

Creating Advantages Through Player Movement



The aim of the offense is to create advantages to attack the basket. **Spacing, Player Movement and Ball Movement** are the key to successfully creating advantages. Our aim is to get the ball to the front court fast in transition before the defence is set. Transition ends when the 5 defenders are back. Spacing must be built into every set offence.

The 5 elements of the offensive movement are

- Pass & Cut
- Circle Action
- Push/Pull
- Ball Screen
- Screen Away

With these tools, players can set an offence and read and react to most movements.

Pass & Cut (P/C)

Spacing is key, use floor mats as a spacing guide, 3v0 to begin.

- Players pass and cut, aiming to move the ball to all three sides of the court before shooting
- Cut to get the ball back - show eyes and hands
- Post up, then clear out to maintain spacing
- Catch to shoot, looking at the basket in a low basketball stance
- On the catch, shoot or rip through aggressively to take advantage of space
- Teach the player to read the defender's movement before the catch and look away from the pass they intend to make

Developing Pass & Cut - Spanish End Line Drill

3v0 → 3v3 (progression)

In this drill the ball is passed along the baseline and each player sprints to wings and point. When D is added the player behind follows to match the O.



- Begin with 6 passes in 3v0
- Gradually add defence: passive → 50% → full intensity
- In 3v2 or 3v3, if defence crosses the 3-point line (Read Line), Back Cut (BD)

Progression to a 5 man offense:

Continuous cut drills are used with big squads. For 3/4/5 continuous cut -

- Each cutter goes off court after their cut and is immediately replaced
- Fake away from the intended cut
- Cutter must call "cut"
- Cut to the charge circle, post up, then clear out



5v5 - The offence in blue pass along the line to each other and cut to their attack spots. Space 1 meter above the 3-point line. Start with 5v0 and add defence to follow the offense and match up. 5v5 starts passive, gradually building pressure. Defence over the 3-point line (R always means back door cut). The ball must touch three sides of the court before play goes live.

Reference Video: [Read & React Layer 1: Pass & Cut Excerpt](#)

Developing the Circle Action

Reference Video: [Read & React Offense Diagnostics: Testing Layers 1-3](#)

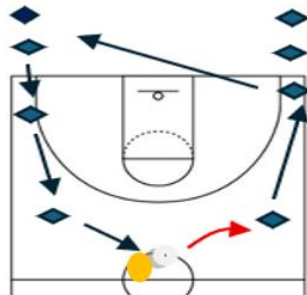
The Circle Action is the movement of the offence in response to any dribbling from a player. The aim is to teach the players to read/react to the ball being dribbled at them (DA). This is a *Push* action. I have broken the learning into 5 parts but it very quickly merges.

Developing Circle Action

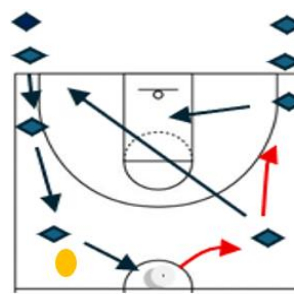
1. **Circle Action**– all players circle from Dribble At (DA)
2. **Dribble At (DA) Cut** – Cut from DA
3. **Combine** - DA Circle/ DA Cut/Pass - Cut
4. **Key Penetration reaction** - Elbow /Nail/Push/Pull
5. **Combine** – Pass/Cut – Penetrate – DA Circle/Cut

Continuous Circle Action - the dribbler 'Dribbles At' (DA) the next player and all players move to the next position. The basket cutter goes off to the opposite line. The player on the ball DA 3 times then P/C to go off the court.

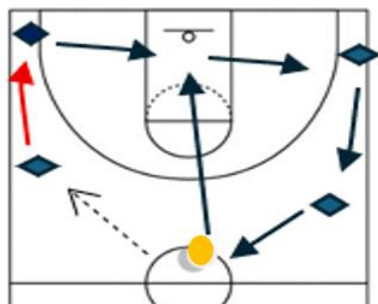
5v0 Continuous Circle DA



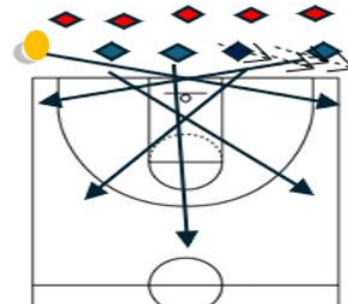
5v0 Continuous Circle DA - Cut



5v0 DA Circle or Cut then Pass & Cut



5v5 Passive then live *same as above



Progression

The offensive motion builds by adding the *DA Cut* combined with the *Circle Action*. Any player dribbling the ball makes 3 actions before *P/C*.

Push/Pull

Push and Pull are the read/reactions of the players on the court to the movement of the ball either on the perimeter or by penetration to the basket - Nail and Elbow. The reference points are shown on the diagram below.

Developing Push/Pull /Penetration

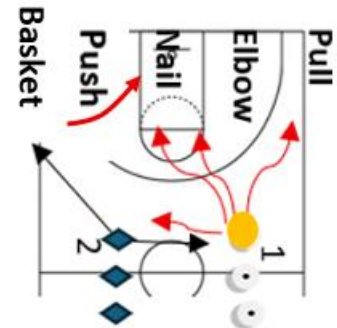
4. **Key Penetration reaction** - Elbow /Nail/Basket/Push/Pull
5. **Combine** – Pass/Cut – Penetrate – DA

Ref video: [Basketball Coaching: Read & React Offense \(Layer 4\)](#)

Ref video: [2019 HP Camp 1 Session 1 – 1min 30 seconds into video](#)

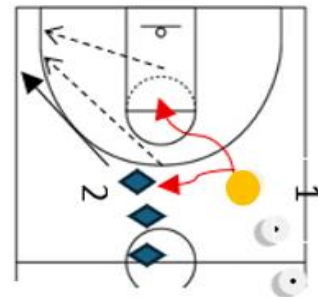
Push/Pull/Penetrate Movement -

- 1 initiates the attack by pushing or pulling the defender or by driving towards the *nail or elbow*
- 2 moves in response, receives pass for shot/layup
- No defence - then add passive defence on 2 - defence help/recover from 1's penetration to closeout 2 – all defence is passive throughout - body in/hands out



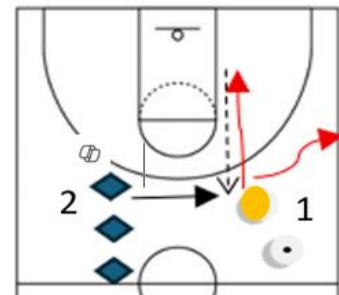
Push –

- 1 has ball, push 2 by DA or penetrate nail
- 2 moves in response, receives 1 handed pass for a shot/layup at basket or elbow from 2 foot stop
- No defence, then add passive defence on 2



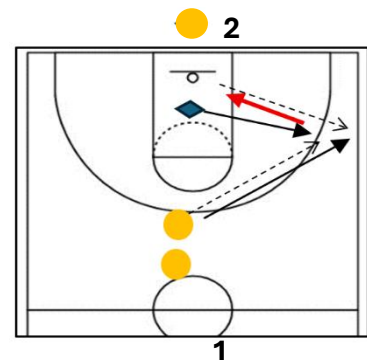
Pull –

- 1 has ball, pull 2 by move to the wing or penetrate elbow
- 2 moves in response, receives pass for a shot/layup at basket or elbow from 2-foot stop
- No defence, then add passive defence on 2, defence help/recover from 1's penetration to closeout 2
- Add 2 defenders, allow penetration, help defence and live play

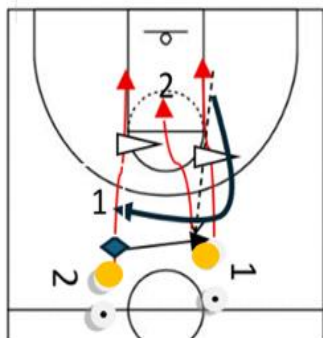


Basket drive -

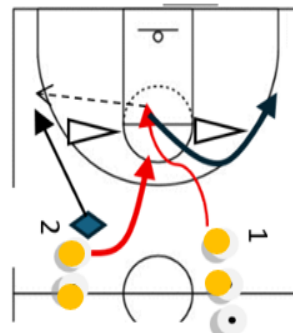
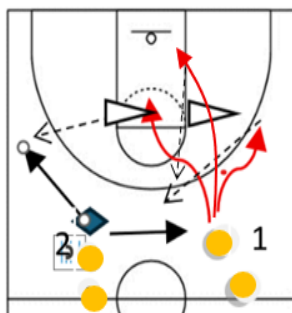
- 1 pass to 2 cutting to the wing
- 2 drives to the basket and 1 is pulled behind
- 2 two-foot stop at the basket and *reverse* pass to 1
- 1 shoot and 2 gets a pass from the 2 line to shoot



Pull Continuous



Push or Pull Continuous



1 attacks the 'nail, or 'elbow' and 2 reacts. 1 passes to 2 and goes around the cone to read what the next 2 does, Push or Pull?

Ref video: Push Pull : [Basketball Shooting Drill: Penetrate, Kick and Cut](#)

Push/Pull 2v2 into live -

- 1 passes to 2 and sprints to left slot
- 2 dribbles at the 'nail,' pushing 1 to the wing
- 2 passes back to 1, then closes out and plays defence
- 1 drives to the basket, 4 is pulled behind for a pass from 1
- 4 passes to 3, who is pulled behind 4, then plays defence on 3
- Play live 2v2



Continue to 3v3 -

- 1 passes to 4 and sprints to opposite wing
- 4 passes to 3 and defends 3
- 3 passes to 5; 6 comes from behind to defend
- 6's position (either side of 5) directs the drive to the 'elbow' or 'nail'
- Play live 3v3

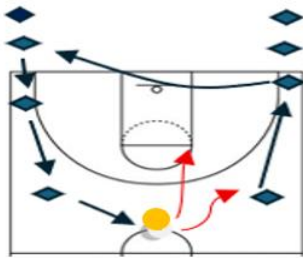


Ref video : [Nico Loureiro Shooting Session](#) – 2 mins 30 sec in.

Combine all the actions: DA Circle/Cut - Penetrate Elbow/Nail/Basket - Pass & Cut

5 v 0 Continuous – when a player moves to the basket they go out to the opposite line. In continuous the ball player makes 4 actions (*Circle DA/Penetration*) before Pass & Cut. After each penetration they bounce back outside the 3-point line.

5v0 Continuous Penetration



Spanish 5v0 Da, Circle /Cut Penetration P/C- 5 v 5 live

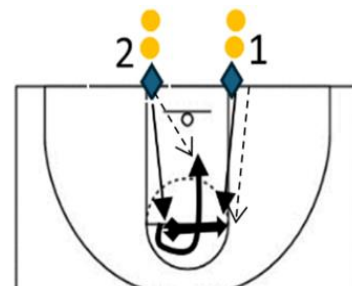


Ref video: [Read & React Offense Diagnostics: Testing Layers 1 & 4](#)

Developing Screens

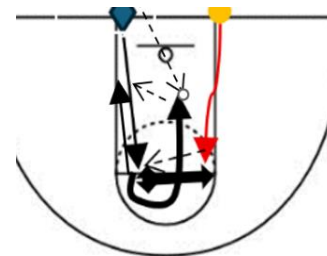
Off ball -

- 1 & 2 run to the *elbows* to *jump stop*
- 1 sets a *screen* for 2 who *curls* to the basket for a pass from 2
- 1 pops back to their start position for a pass from 1



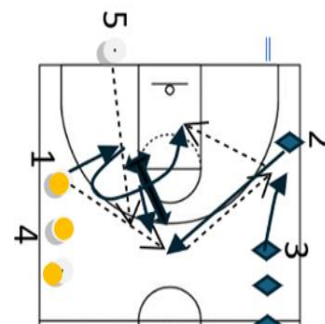
On ball -

- Same start, after the jump stop, 1 dribbles to stop
- 1 passes to 2 and sets a screen for 2 to pick & roll
- 2 *drives and bounce pass (pocket pass)* to 1, rolling to the basket
- Line on the left pass to 2 for a shot



Nico Drill

- 2 cuts to the point; 1 passes to 2
- 1 walks to the basket to get below the screen
- 2 passes to 3 on the wing, then sets a screen for 1
- 3 passes to 1 cutting off the screen (bounce pass outside hand)
- 5 passes to 2 on the jump back, 2 shoots and replaces 5
- 3 cuts to the point, 4 passes to 3



Ref video: [Developing Unselfish Teams Nico Loureiro](#) – 22 minutes in.

Screen Away Spanish End Line Drill

- Same setup as **Spanish End Line**
- Screener signals 'away' with fist raised
- Cutter fakes a basket cut, then sprints to the screen
- Cutter steps below the screen and executes a 'curl cut'
- Focus on 'curl cut' before building to 'blast cut' or 'flare Cut' as defence goes under the screen (see diagrams below)

Progression:

- Start 3v0 reps focusing on cuts
- Advance to 3v3 screen away options
- Incorporate P/C (BD) against denial defence – DA Circle to create away screens

Curl Cut

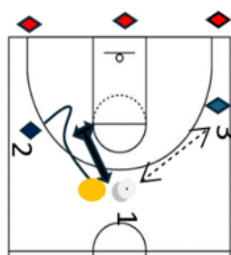


1 pass to 3 and set screen for 2 - 2 curls and back to the wing - 1 fast back to point - 3 pass to 1 - 1 pass 2 and repeat for 3. 1 shoot or end the drill with:

1 P/C with 2 and 3 *Pin Down* screen for 1 who curls for a pass from 2

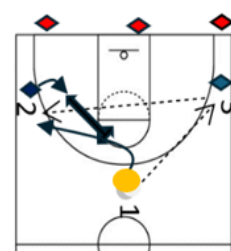
1 DA 3 who circles and *Back screens* 2 for a pass from

Blast Cut



1 pass to 3 and sets screen for 2
2 cuts hard below screen to point for pass
Repeat for 3

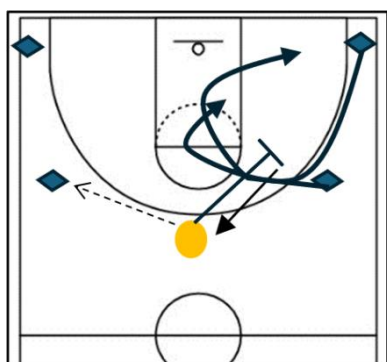
Flare Cut



1 pass to 3
2 sets screen for 1 to flare
Skip pass to 1
Repeat for 2

Note - adding defence gradually to these drills will build their understanding of screen positioning and reading the defence to gain the best advantage.

Ref: video: [3 Motion Offense Drills - How To Coach Screening & Cutting](#)



This basic screen away format for 5 out creates great movement and can be used in secondary transition or set offence. Run on two sides it will open gaps for the cutters.

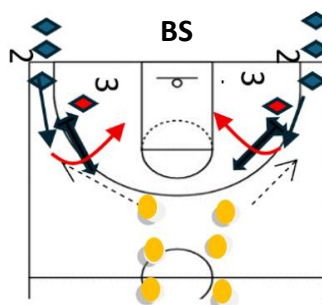
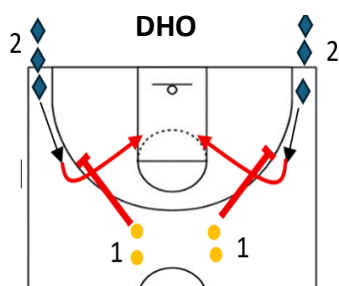
In this video there are some ideas for your 5 out offence

Ref video: [5 Out Circle Motion Continuity Offense #CircleMotionTips](#)

Ball Screen (BS) and Dribble Hand Off (DHO)

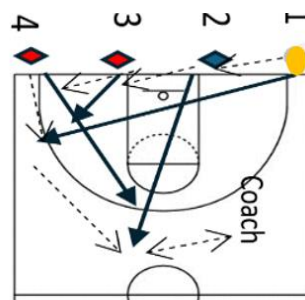
2v0/2v1 DHO & BS -

- 2 rises from the corner *on eye contact from 1*
- DHO Option: 1 dribble attacks the defender, uses an outside hand pass to 2
- 2 attacks the basket at speed, while 1 rolls to the basket
- BS Option: 2 rises (or bumps off defender) from corner on 1's eye contact
- On the catch, 2 sets up the screen with a fake or dribble away
- 2 only attacks when 1's feet are planted (to trigger effective screen/roll)
- 2 drives shoulder-to-hip with 1, 1 rolls or pops
- Progression - add defender on 2 for 2v1, coach players to read and react
- Rotation: 1 → 2 → 3 (then back to start)

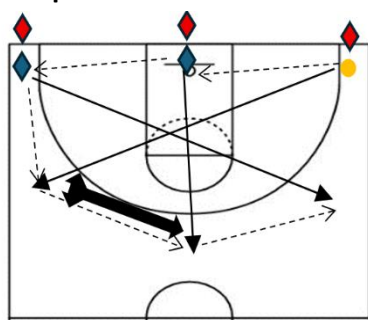


2v2 Spanish -

- 1 passes to 2, 3, 4
- 4 passes to 1 and defends 2, 3 defends 1
- 1 passes to 2 - 2 returns it with DHO or BS
- If 1 is denied, 2 passes to the coach
- 2 then either cuts or screens away for 1
- Coach passes to 1 - then run DHO or BS with 2



3v3 Spanish - this is same set up as for the Pass & Cut and Away action – DHO or BS on the wing

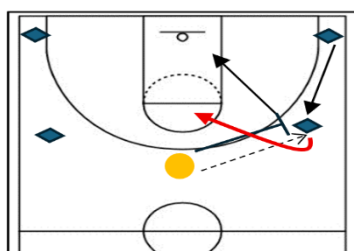


The point guard passes and screens to the ball. Create space with the 3rd player in the action in the weakside corner. The screener can roll or pop. All penetration and finishing in the key from a 2-foot layup.

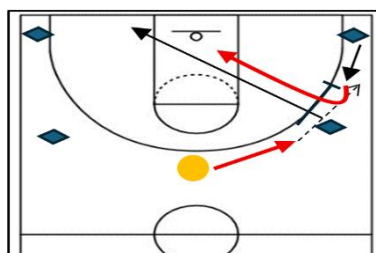
Ball screen can be run as a 5 v 0/continuous drill with the roller leaving each time. All the previous 5-man drills can be run to develop the DHO/BS.

Two ball screen actions for a 5-out offence

A



B



In A the PG. passes and screens the 2 guard for P & R – the corner forward rises to the guard spot to create a *Triangle Action*.

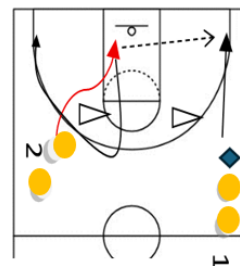
In B if the ball is denied to run A then the 2 guard cuts and 1 P & R with the corner forward.

In this video there are some great BS actions.

Ref video: Wave - [5 Out Euro Ball Screen Continuity Offense](#)

Creating Advantage

Two lines in wing positions with balls, first player in line 1 has no ball. 2 drives to the basket to score from a two-foot stop. 1 drifts to the corner for the pass. 2 passes to 1, 1 shoot. 2 goes around the cone and drifts with the next drive from 1.

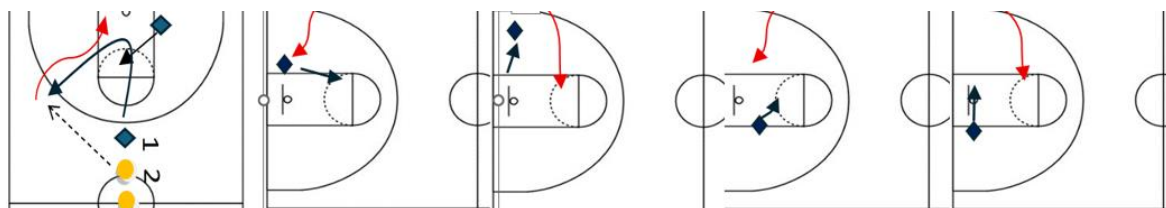


4 v 3 advantage into drift pass



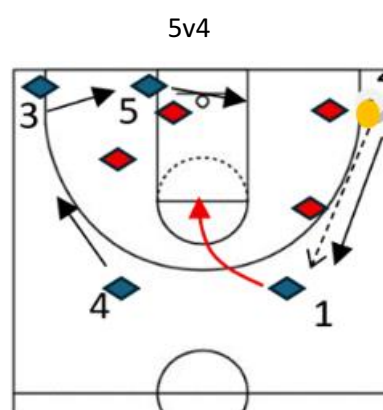
1 starts by passing along the line – 1 runs to defend on 2 - 2nd defender on 3 - 3rd defender passes to 2 and plays defence on 4. 2 reverses the ball to 5. 5 attacks the basket drawing help defence and *drift passes* to 2. Allow this pass. 3 and 4 'circle pull' and 2 drifts to the corner. Live play.

Arrow 1 Post Pass -



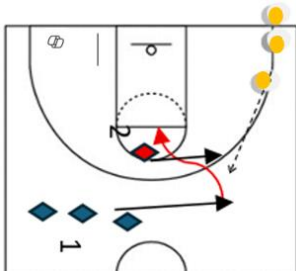
In the Arrow 1 Post Pass we teach the movement from the 4 or 5 who start in the 'short corner' with heels on the baseline. To develop further, add defence to the post player who must react to the guard penetration.

In the 3v3/5v4, the penetration comes from the wing and slot again creating an advantage. The focus in these drills is on the post movement. Build the guard awareness of the advantage when the 4/5 defender comes to help.



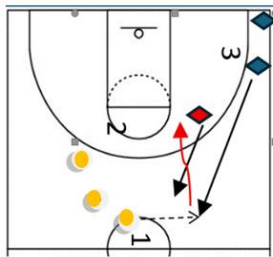
Shooting Drills to build on the motion

Slot to Nail Drive



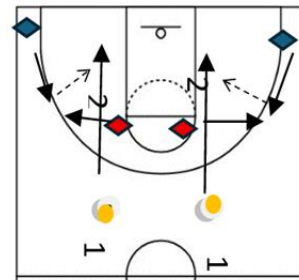
1 cuts to the opposite slot to catch a pass from 3. 2 close out passive defence on the cut. 1 drive the nail. Passive defence, body in, hands out from 2. All rotate.

Slot to Elbow Drive



3 cuts from wing to the right slot on the pass from 1, rip drive the elbow to score. 2 close out to 3, passive and follow the drive chest in hands out. All rotate.

Pass/Cut



1 pass to 3, defence 2 passive, close out from the elbow on pass or cutter. 3 makes wrap pass baseline to cutter 1. All rotate.

Backdoor pass to wing



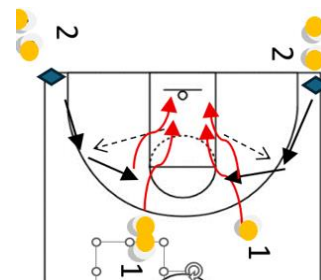
3 rises from the corner and 2 denies on the 3-point line. The 3-point line is the 'read line' for a backdoor cut. Pass from 1 off the dribble. This drill can be used to get the wing open using the 3-step sequence – step in/step across/step out and show hand - 'rip' into 1v1.

Push Pull



2 dives the nail and passes left hand to 1 drifting to the wing. 2 pops to the 3-point line for a pass from 3. 1/2 shoots. 4 drives the elbow and 3 is pulled behind for a pass from 4. 4 cuts baseline for a pass from 5. Repeat.

Elbow Penetration Corner Rise



1 drives to the 'drop box' below the 'elbow' and comes to a two-foot stop passing to 2 rising from the corner or a baseline cut. 2 attacks the basket. 1 pops to the wing for a pass from the next ball on the 2 line to shoot. Add defence on the 2, allow the pass.

