

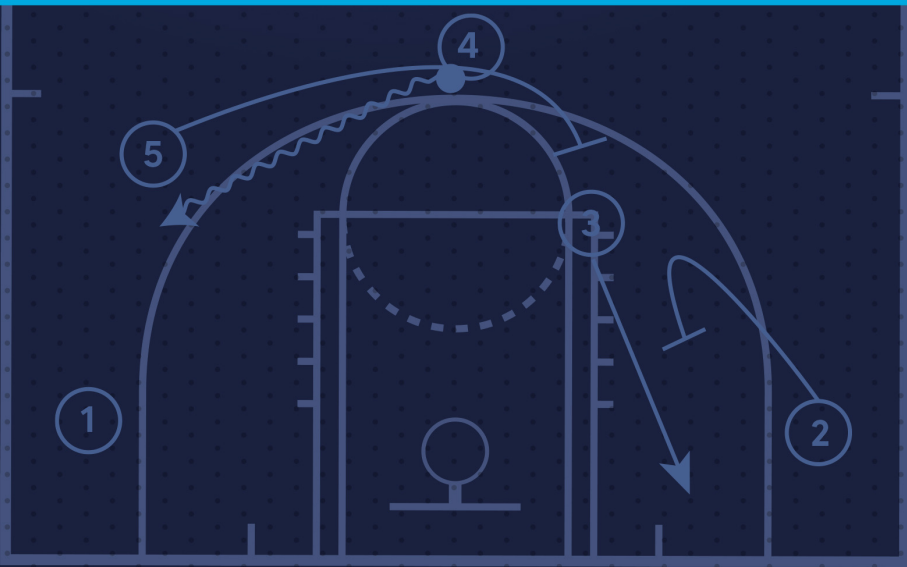


PRINTABLE



5 MAN MOTION OFFENSE

17 GAME-SITUATION DRILLS AND PLAYS FOR ALL AGES



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INTRODUCTION

Welcome to *5 Man Motion Offense*!

The motion offense was invented in the 1940s by a coach by the name of Henry Iba, and it has been a mainstay in basketball ever since!

The focus on dynamic movement and team-oriented play has made it popular with both coaches and players, and this eBook will be your guide to creating a solid foundation for young basketball players.

To do this, we've curated a collection of effective drills and plays specifically for teaching kids the essentials of motion offense. Each page is broken down into key components, ensuring that both coaches and players can easily follow along and implement these strategies on the court.

- Clearly defined objectives for each drill or play, helping coaches communicate the intended skills and concepts to young players
- Step-by-step instructions on how to set up the drill or play in a way that maximizes engagement and participation, whether you have a full team or are working with smaller groups.
- Easy-to-understand explanations for coaches and players, emphasizing proper technique, positioning, and teamwork.
- Insights and tips from a seasoned youth basketball coaching expert to guide coaches in addressing common challenges, encouraging skill development, and fostering a positive learning environment.
- Visual representations of each drill or play, ensuring clarity and providing a valuable reference for coaches and players alike.

Our goal is to empower coaches with the knowledge and resources to instill a love for the game and a deep understanding of the motion offense in their young athletes.

Whether you're a seasoned coach looking to refresh your training repertoire or a newcomer eager to make a lasting impact, *5 Man Motion Offense* will be your go-to resource for building a strong foundation.

Let's hit the court!

PASSING & MOVEMENT DRILLS

5 SPOTS ON THE FLOOR



PURPOSE

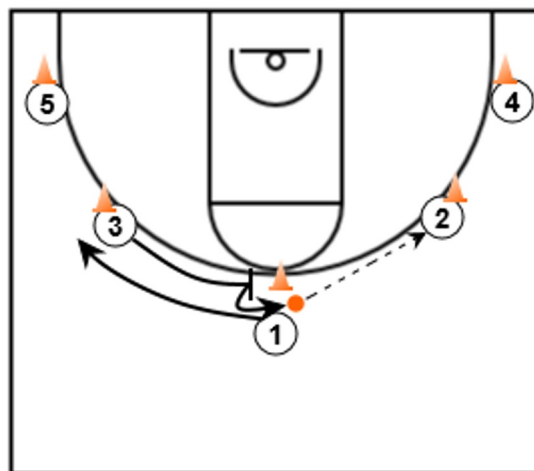
A drill designed to teach players to instinctually space out and fill to the correct places on the court.

SETUP

Place 5 cones around the arc, starting in 1 corner, up to the wing, to the top of the arc, and back down the other side.

Have 1 player line up in front of each cone.

The player at the 1 spot will start with the ball.



This drill will teach players how to properly space out the court by using markers on the floor they can use as a reference.

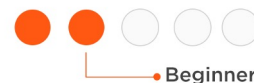
INSTRUCTIONS

1. On your signal, the drill will begin.
2. Players are not allowed to dribble, but they are free to pass and make cuts/screens as they see fit.
3. The only requirement is that after each pass, there should be movement - whether that's a backdoor cut, a back screen for the passer or some other motion concept.
4. Continue for about 30 seconds to a minute, then call out "shot!".
5. The player with the ball will shoot, the team will crash the boards and rebound on a miss, and then we bring in a new 5 players.

COACHING TIPS

- This drill is a great way to put all the concepts we've learned into practice: dribble handoffs, on-ball screens, off-ball screens, backdoor cuts etc.
- The key for the corner players is to stay patient. Players should move with purpose, not run around just to run around. If the corner can stay patient, they will often end up with the best shooting opportunity.
- Instead of cones, we can also use tape to mark down the 5 "Xs" on the floor.

V-CUT PASSING



PURPOSE

To get players loose and warm while improving their off-ball movement, passing and finishing.

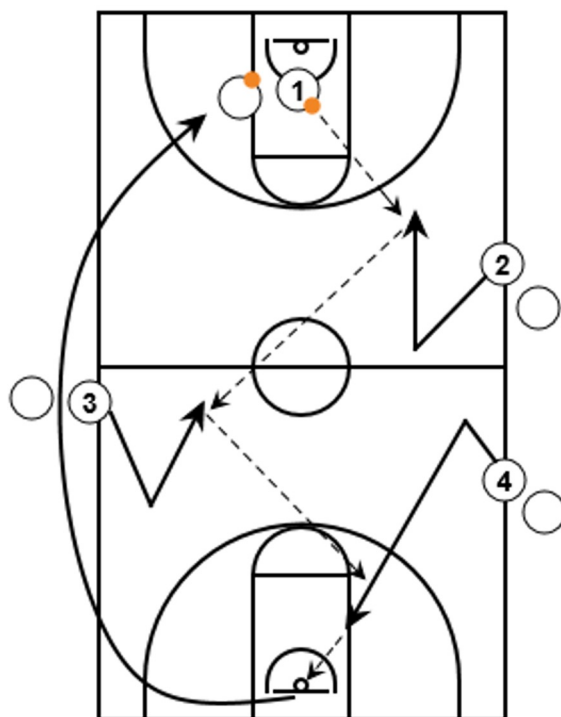
SETUP

2 players line up underneath the net with a basketball.

The remaining players split up into 3 lines. 2 lines on one sideline, each on the hash, and another line on the opposite sideline right around halfcourt.

INSTRUCTIONS

1. The drill begins with the player underneath the hoop **(1)** throwing the ball off the backboard and grabbing the 'rebound'.
2. As soon as the ball leaves the rebounder's hands, the first player in the outlet pass line **(2)** will take 3 hard steps away then cut hard back to the ball to receive a pass from the rebounder **(1)**.
3. The player in line 3 at halfcourt **(3)** will then make a v-cut as well, receiving the next pass..
4. Lastly, the player in the last line **(4)** will take 2 steps towards the ball then cut backdoor to the hoop, where they will receive a bounce pass from their teammate **(3)** and finishing strong at the basket.
5. Everyone rotates down one line and the drill continues.



A full court conditioning drill that will teach players how to perform V-cuts.

COACHING TIPS

- We want players to present a clear target with both hands up to receive the pass. If players aren't being disciplined about this, have them clap their hands before every catch. It's a good way to instill the idea of getting your hands ready for the ball early.
- After the players get more comfortable with this drill we can add a challenging shooting element. Instead of layups, have the last player fake a backdoor and cut to the elbow for jumpshots. Challenge your team to make 12 baskets in 1 minute!

TRANSITION TO MOTION



PURPOSE

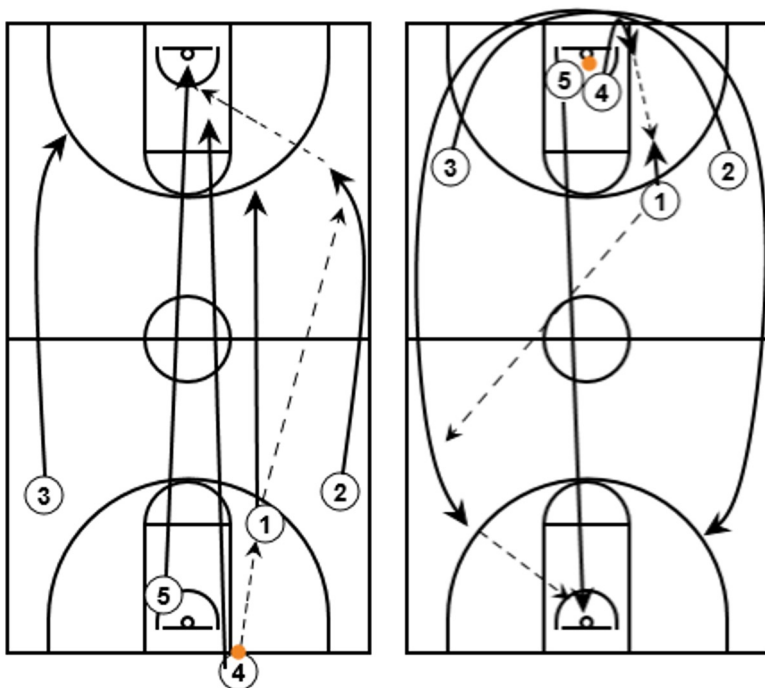
To improve conditioning and teach players how to run and space the court in transition

SETUP

5 players start on the court. The 2 and 3 start on the wings, with the 5 underneath the hoop and the 4 out of bounds with the ball in hand. The PG will start just off the elbow on the strong side.

INSTRUCTIONS

1. To start, your 4 will make a layup.
2. As soon as the ball is in the air, the 2, 3 and 5 will begin printing downcourt.
3. The 4 will grab the ball out of the net, step out of bounds, and make an outlet pass to the 1.
4. Without dribbling, the 1 will pivot and make a pass to the 2 streaking downcourt on the wing.
5. The 2 will receive the ball and hit the 5 making a rim-run down the middle, who will finish strong at the hoop.
6. The 4, who will begin a full-court sprint immediately after inbound the ball, must rebound the made layup by the 5 before it hits the ground.
7. After making the layup, the 5 will turn around begin to sprint back down the court.
8. The 2 and 3 will sprint along the baseline to the other sideline before sprinting back down to the hoop they started on.
9. The 1 will flash to the elbow to receive the outlet pass, and the drill will repeat going back down the other way.



A full-court transition and conditioning drill designed to teach players how to space the floor on the break.

COACHING TIPS

- The goal of the offense is to make 4 baskets in 24 seconds or less, without letting the ball hit the ground.
- Cycle in new groups of 5 after every rep.
- You can also change the option on this drill - you can have the 2 take a pull-up jumpshot, run a give & go with the 1, hit the 4 as the trailer etc. - feel free to experiment!

60 PASSES



PURPOSE

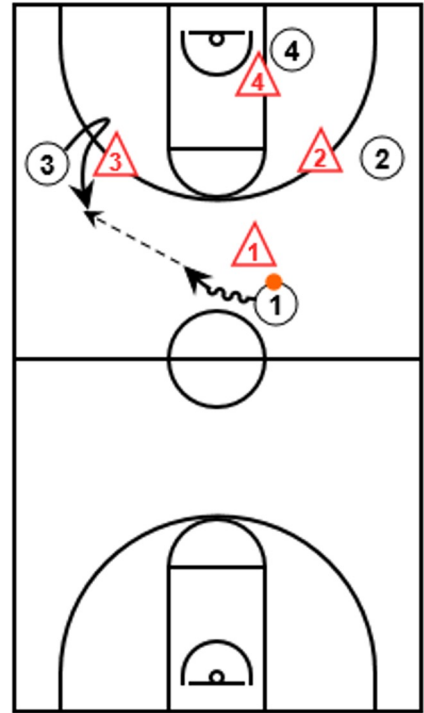
A challenging drill that will test players focus, conditioning, passing and teamwork.

SETUP

Set up two teams of 4 players.
Give 1 team a ball to start.

INSTRUCTIONS

1. This drill is a live game between the two teams with a few rules.
2. The 1st and most important rule is no dribbling. The ball can only move by being passed from player to player.
3. Each pass is worth 1 point, and a layup is worth 5 points.
4. On a turnover or made basket offense and defense switch and the drill continues.
5. First to 60 points wins.



A no-dribbling drill focusing on passing and conditioning with each pass and layup earning points.

COACHING TIPS

- This is a fantastic drill to run at the end of practice when your players are tired, because those are the times it is most difficult to stay fundamentally sound and focused.
- We can run this drill 2 ways - with or without screening. At the end of games when we have a lead, we don't want to run the risk of getting called for an illegal screen and giving our opponent's the ball back for free.
- You can run this drill in the halfcourt or the full court depending on which part of the offense you want to focus on.

RAYTOWN PASSING



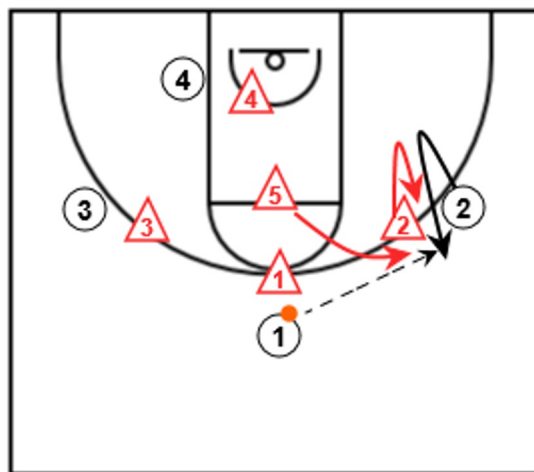
PURPOSE

A challenging drill designed to get the offense to use motion concepts to move the ball and complete passes.

SETUP

Have 4 offensive players spread out in the halfcourt.

There will also be a defensive team - however they will have 5 players.



A motion-based drill with 4 offensive players passing to earn points against a 5-player defense, emphasizing aggression and frequent intervention to maintain fair play.

INSTRUCTIONS

1. On the coach's signal, the drill will begin.
2. The offense is not allowed to dribble, and can only move the ball by passing.
3. Every time the offense completes 10 passes, they get 1 point.
4. If the defense is able to get a turnover or deflect the ball out of bounds, offense and defense switch.
5. The extra player from the team that started on defense will step off the court, and the team that started on offense will bring in an extra player of their own.
6. First team to 3 points wins.

COACHING TIPS

- The defense should be aggressive - we want them to trap the ball at every opportunity.
- This is a great drill for your defense as well, as it will teach them to be aggressive and compete hard.
- You will need to step in pretty frequently to call fouls or reset the play as the defense can often get a bit too physical.

SHOOTING & FINISHING DRILLS

BACKDOOR DRILL

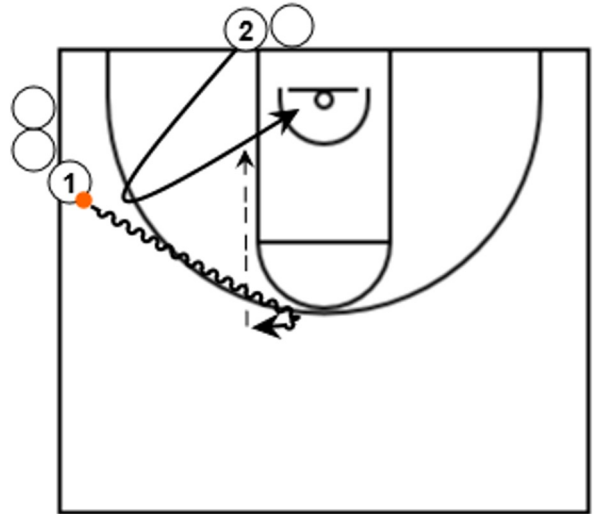


PURPOSE

To teach players how to cut and pass correctly when executing a backdoor cut.

SETUP

1 line of players will start underneath the hoop, with the other on the wing. The line of players on the wing will start with a ball.



A simple drill that will teach players how to make backdoor cut effectively.

INSTRUCTIONS

1. On your signal, the player with the ball will begin to dribble to the top of the arc.
2. The player under the hoop will sprint out to the wing as if to receive a pass.
3. They will then make a hard plant, turn and cut back to the hoop.
4. As this cut is happening, the ball carrier will stop and reverse pivot towards the sideline, making a bounce pass to their teammate.

COACHING TIPS

- Communication is key! One of the issues with backdoor cuts is that sometimes the cutter and the passer aren't on the same page.
- To reduce the chances of this happening, the cutter should use a signal to indicate to the passer that they will be making a backdoor cut.
- One of the simplest ways to do this is to simply have players hold up a fist when they are going to make backdoor cut.
- Open hand = v-cut. Closed fist = backdoor.

CHAIR DRILL

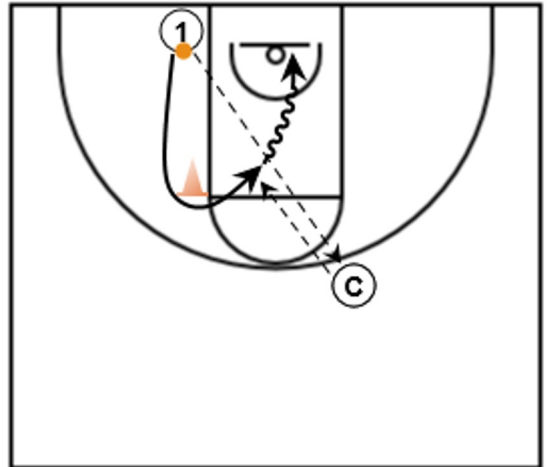


PURPOSE

To teach players how to curl to the hoop and finish strong off of a screen.

SETUP

Have players grab a ball from a line where the baseline and lane line meet. Place a cone on the elbow on the same side of the court. Have a coach lineup above the arc on the opposite lane line.



An off-ball movement drill that gets players comfortable navigating screens in a game-like situation.

INSTRUCTIONS

1. On your signal, the 1st player in line will throw an overhead pass to the coach above the arc.
2. The player will then sprint out, get low, and curl around the cone with their hands out and ready to catch the ball.
3. The coach will hit the player in stride, who will catch and finish strong at the hoop.
4. The player will grab their rebound and return to the back of the line.

COACHING TIPS

- Communication is key! Get players in the habit of calling out “Curl!” as they cut off the chair.
- Remind them to stay low through the cut - if players aren’t being disciplined about this, the Low Cuts drill is a great way to improve.

LOW CUTS



PURPOSE

To teach players to get low as they make their cuts.

SETUP

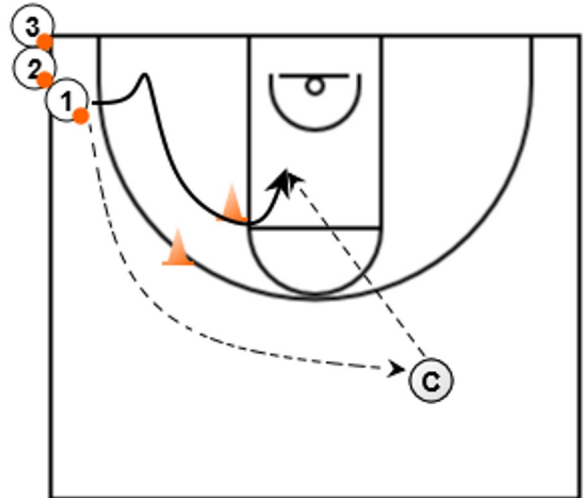
Have the players form a line in the corner, each with a ball.
Have 1 coach stand on the opposite side of the court above the arc.
Setup two poles between the elbow and the arc, with a piece of tape between them at about 5 feet high.

INSTRUCTIONS

1. On your signal, the player will make an overhead pass to a coach on the opposite wing.
2. The player will then v-cut, taking 2-3 hard steps towards the hoop before planting and coming back up over the elbow to the ball.
3. The coach will pass them the ball as they curl in front of the elbow.
4. The player catches, shoots a jumpshot, grabs their rebound and heads to the back of the line.

COACHING TIPS

- The players should be staying as low to the ground as possible, as this will make them harder to bump off their cut in-game.
- If you don't have the ability to setup the poles, simply keep a close eye on players as they cut and provide feedback on if they were low enough or not after each repetition.



An off-ball movement drill that emphasizes the importance of staying low all the way through your cuts.

PENETRATE & PITCH



PURPOSE

An offensive drill designed to teach players how to drive and make an accurate kick out pass while also getting shooting reps.

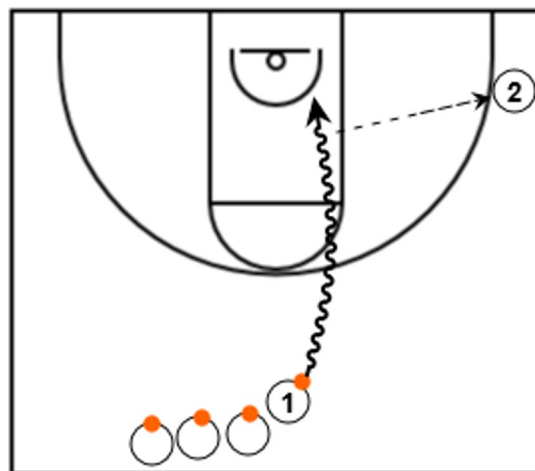
SETUP

Have players form 1 line at the top of the arc, all with a ball.

Have 1 player begin in the right corner.

INSTRUCTIONS

1. On your signal, the 1st player in line will make a straight line drive to the right side of the hoop.
2. Once they have 2 feet in the paint, they will make a pass out to their teammate in the corner, who will catch and shoot.
3. After making the pass, the passer will fill in the corner.
4. The shooter will collect their rebound and go to the back of the line.



A drill that works on ball handling, passing and shooting, teaching players the value of drawing the defense in and kicking out to the open shooter.

COACHING TIPS

- As a variation, we can have the ball handler drive to the left then perform a spin move back to the right side and make a chest pass to the shooter.

STEP OFF SERIES



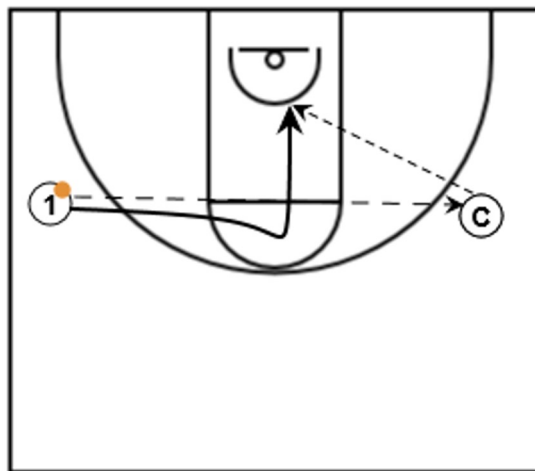
PURPOSE

To teach players a variety of moves they can use off-ball to get open in the motion offense.

SETUP

Have the players form 1 line on the wing, each with a ball.

Have 1 coach start on the opposite wing.



The step-off series teaches players a variety of moves and cuts they can make after cutting into the paint and making contact with a defender.

INSTRUCTIONS

1. On your signal, the 1st player in line will make an overhead pass to the coach on the far wing.
2. They will then run in a straight line at the coach until they're just about at the middle of the key.
3. Next, they will take one hard step up to the arc as if they are flashing outside, then plant and cut backdoor to the hoop.
4. The coach will hit them with an overhead pass, which the player will finish, rebound, and return to the back of their line.

COACHING TIPS

- We can run a few variations of this drill from this setup.
- For the “rip through” variation, the player will flash out to the top of the arc, get into triple threat, rip the ball, sweeping it from one hip to the other, then dribble hard to the hoop and finish with a layup.
- For the “pump & shoot” variation, the player will flash out to the top of the arc, receive the pass, pump fake, then take the shot.

IVERSON DRILL



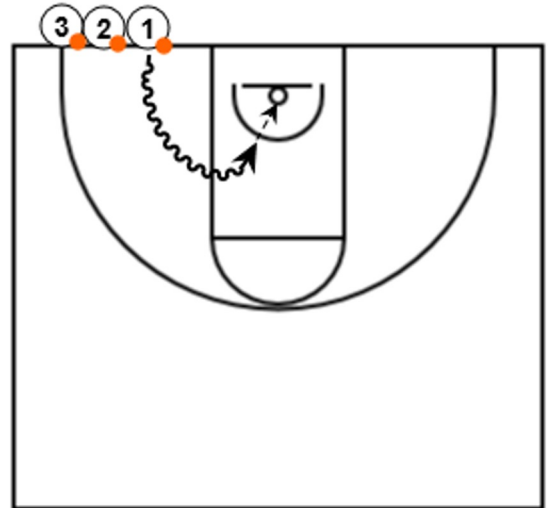
PURPOSE

To teach players to stay low and in control when driving to the hoop.

SETUP

Have the players form a line on the baseline.

Each player will need a ball.



A drill that teaches players how to stay low as they dribble by making them keep contact with the floor with their off-hand.

INSTRUCTIONS

1. On your signal, the 1st player in line will get low with the ball in their right hand.
2. They will then place their left hand on the ground.
3. Next, they will dribble forward, turning in a semi-circle back towards the hoop.
4. Once they have 2 feet in the paint, they will stop, plant, and rise up for a short jumpshot.
5. The player will then grab their rebound and return to the back of the line.

COACHING TIPS

- Don't forget to switch sides! As with all ball handling drills, it is just as important to put in time working on our weak hands as our dominant hands.
- To test your strongest ballhandlers, there is a variation of the drill where the player must control 2 balls - dribbling one while they roll the other on the ground with their other hand. Instead of having them shoot, we have them do a pro sprint like this while maintaining control of the ball.

DRIBBLE HAND OFF DRILL



PURPOSE

To teach players basic motion offense concepts like the dribble hand-off, pick and roll, and off-ball screens.

SETUP

Have players split into 2 lines, 1 starting in the corner with balls and the other up at the top by halfcourt without.

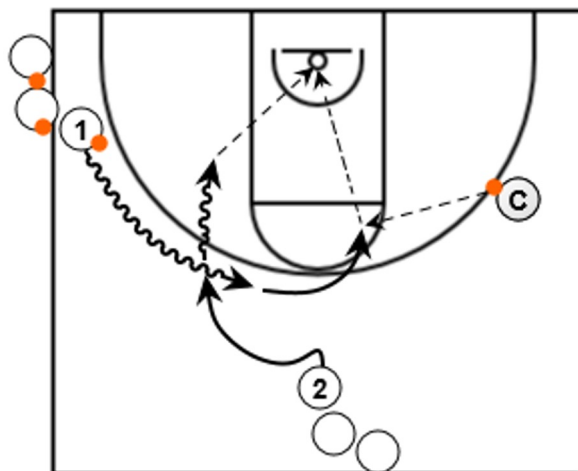
Have a coach start on the weak side wing.

INSTRUCTIONS

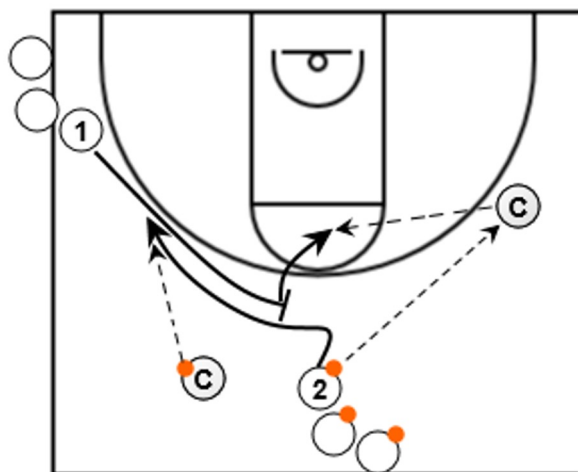
1. On your signal, the drill will begin with the player in the corner (2) dribbling along the arc to the player at the top of the arc (1).
2. The player at the top of the arc (2) will take a misdirection step away, then run at their teammate (1), curling off their high shoulder to receive a handoff.
3. The player who received the handoff (2) will take a pull up jumpshot, and then the player who handed the ball off (1) will receive a pass from the coach on the weak side and take a shot as well.
4. Players rebound their balls, return the ball to the weak side coach, and go to the back of the line as the drill continues.

COACHING TIPS

- This is a very versatile setup - we can work on everything from dribble handoffs to high pick and rolls or even screening the passer.
- To run this as a pick and roll drill, simply have the player without the ball run over to their teammate and set a screen.
- The ball carrier will dribble around the screen and take a pull up jumpshot, while the screener rolls or pops and receives a pass from the coach.



Players executing the dribble handoff drill. The ballhandler dribbles to their teammate, hands the ball off, and then both players take jumpshots.



Players performing the "Screen the Passer" iteration of this drill. After 2 makes a pass to the coach on the wing, 1 will come and set a flare screen. 2 will flare and 1 will pop, and both coaches hit them with passes for rhythm jumpshots.

5 MAN MOTION PLAYS

PURPOSE

A simple motion based play that puts the concepts and skills the players have worked on into practice.

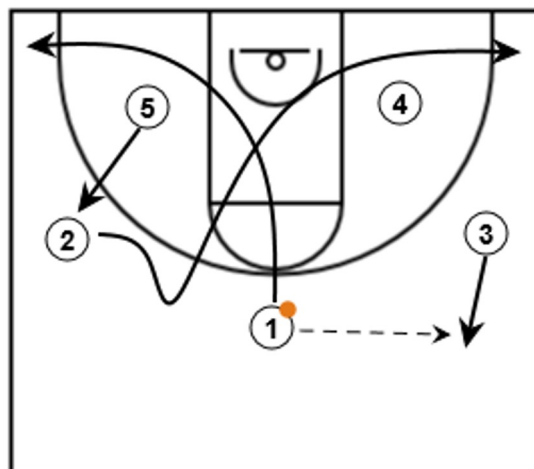
SETUP

Have your starting offense lineup on the court.

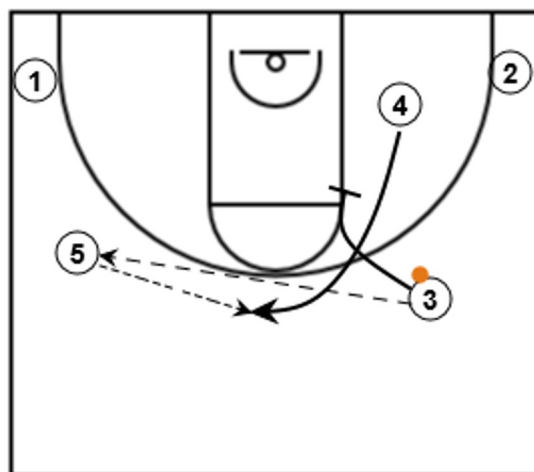
PG (1) up top, SF (3) on the right wing, SG (2) on the left wing, PF (4) on the right block and C (5) on the left block.

INSTRUCTIONS

1. The play begins with the 3 stepping off the arc towards the hash to receive a pass from the 1.
2. The 1 will then make a backdoor cut before filling out to the weak side corner.
3. The 2 will step towards the top of the arc, then make a backdoor cut before filling out the strong side corner.
4. The 5 will step out to the weak side wing, where they will receive a pass from the 3.
5. After passing to the 5, the 3 will move to set a downscreen for the 4 on the weak side elbow.
6. The 4 will curl off the down screen to the top of the arc, where they will receive a pass from the 5.



This play begins with 3 stepping out to the hash to receive a pass, followed by backdoor cuts by both the 1 and 2.



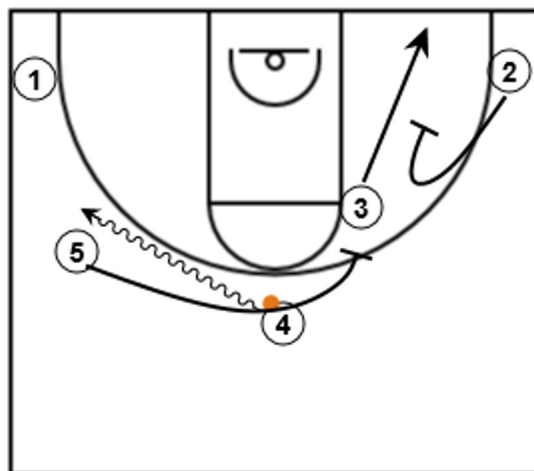
The 5 will then flash to the arc to receive a pass from the 3. The 3 will then downscreen the 4 who will curl up to the top of the arc.

ILLINOIS MOTION



INSTRUCTIONS (CONTINUED)

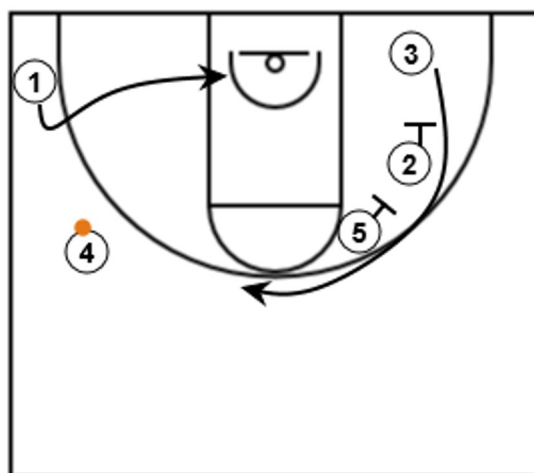
7. The 4 will then dribble to the left wing.
8. The 5 will run over the 4's high shoulder faking the dribble handoff.
9. At the same time, the 3 will drop down out to the short corner on the right side.
10. The 2 and the 4 will then set staggered screens just off the elbow inside the arc.
11. The 3 will curl off the staggered screens, looking to catch and shoot at the top of the arc.
12. The 1 will execute a backdoor cut, and the 4 will make a pass to either the 1 or the 3.



The 4 will dribble to the left wing, faking a dribble handoff to the 5. The 5 and 2 will set up for a stagger screen as the SF drops to the short corner.

COACHING TIPS

- As an alternate option, we can have the 4 pass to the 1 in the corner and execute a screen and roll instead of the backdoor cut.
- Another option is to have the 4 dribble into the corner and execute a dribble handoff with the 1.



The 3 will come off the stagger screen as the 1 cuts backdoor.

MOTION QUICK HITTER

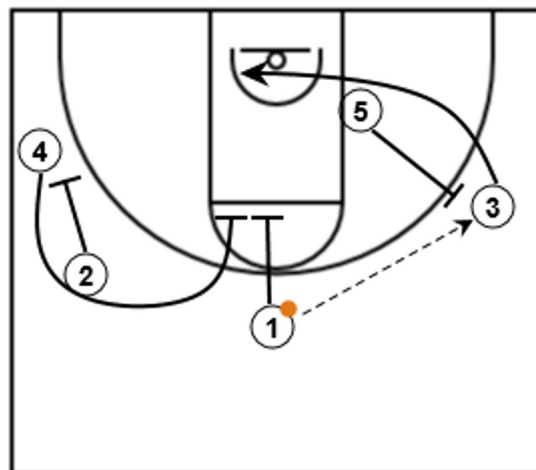


PURPOSE

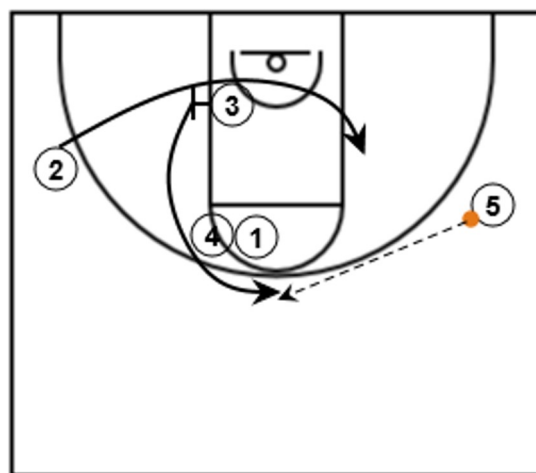
A fast developing play designed to create multiple high percentage options.

SETUP

Have the 1 line up at the top of the arc, with the 2 on the left wing and the 3 on the right wing.
The 4 will start in the left corner, and the 5 will start on the right block.



The play starts with the 5 setting a backscreen for the 3 and 2 down-screening for the 4. The 1 will swing to the 5 on the wing.



The 3 will set a backscreen for the 2 on the left block, then run up to use the 4 and 1's double screen on the left elbow.

INSTRUCTIONS

1. The play begins with the 5 setting the 3 a backscreen and the 2 setting the 4 a downscreen.
2. The 3 will cut backdoor under the hoop and the 4 will curl off the screen to the left elbow.
3. The 1 will step to set a double screen with the 4 on the elbow.
4. Next, the 3 will set a backscreen on the left block.
5. The 2 will use the screen flashing to the strong side post.
6. After screening, the 3 will curl off the double screen to the top of the arc and look to catch and shoot.

COACHING TIPS

- This is a great play to use at end of quarter/game situations - it has options for layups, postups, and a 3-point shot all within a few seconds of starting the play.

1-4 LOW (OPTION 1)



PURPOSE

An offensive set designed to create space for your best players by using 3-man motion.

SETUP

The 1 will start at the top of the arc with the ball.

The 2 and 3 will start in the right and left corners, respectively.

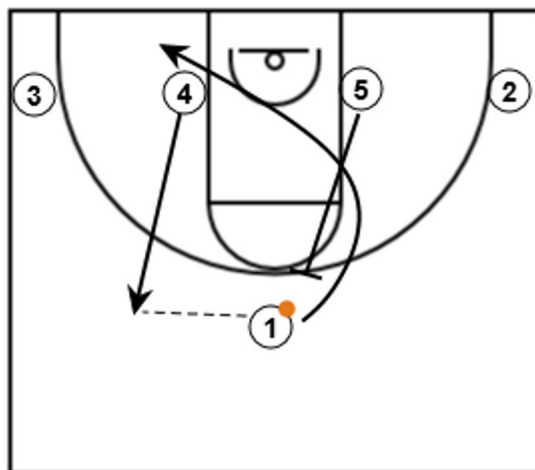
The 5 and 4 will start on the right and left blocks, respectively.

INSTRUCTIONS

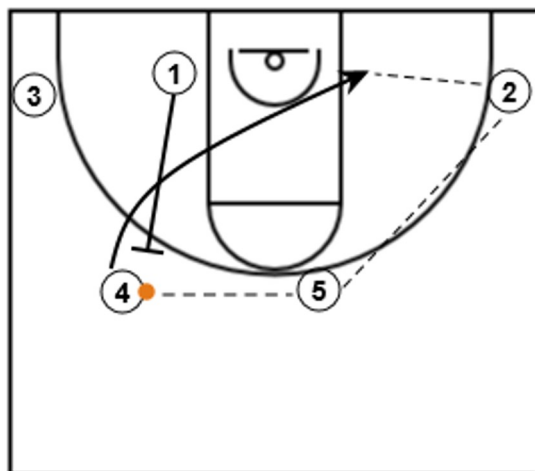
1. To begin, the 4 will flash out to the top of the arc to receive a pass from the 1.
2. The 5 will then come up to set a backscreen for the 1, who will make a backdoor cut down the right lane line before filling into the left block.
3. The 4 will then swing the ball to the 5 who will immediately swing it to the 2 in the corner.
4. In the meantime, the 1 will set a backscreen for the 4 who will cut backdoor and flash to the strong side block where they will receive the entry pass from the 2 and look to score.

COACHING TIPS

- Stress the importance of precise timing in executing cuts and screens to create effective scoring opportunities, and encourage players to communicate effectively to enhance the fluidity of the motion.



This play begins with 1 swinging the ball to the 4 as they flash up top, then receiving a backscreen and cutting backdoor.



The 4 will then pass to the 5 who will swing to the 2 in the corner. The 1 will set a backscreen for the 4 who will cut to the paint and look to seal under the hoop for a post up.

1-4 LOW (OPTION 2)



PURPOSE

An offensive set designed to misdirect the defense to the hoop while we setup one of our best shooters for an open shot.

SETUP

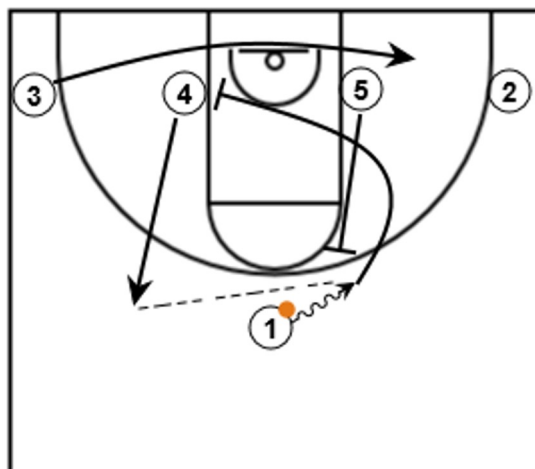
The 1 will start at the top of the arc, with the 2 in the right corner and the 3 in the left corner. The 5 will start on the right block and the 4 will start on the left block.

INSTRUCTIONS

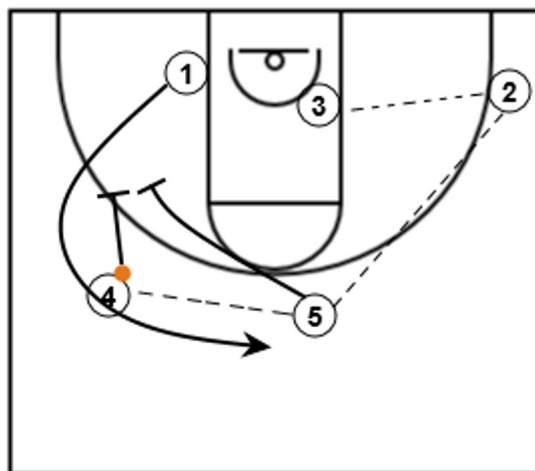
1. The play starts with the 1 dribbling to the right lane line.
2. The 4 will flash out to the top of the arc on the left lane line.
3. The 1 will pass to the 4, then receive a backscreen from the 5 and cut back door before filling on the left block.
4. The 1 will then set a backscreen for the 3 who will sprint across the baseline to post up on the right block.
5. The 4 will swing the ball to the 5 who will swing it to the 2 in the corner.
6. The 4 and 5 will then set a double screen for the 1 on the left wing.
7. The 2 can hit either the 3 on the right block or the 1 curling off the double screen for a 3-pointer.

COACHING TIPS

- When the team is struggling to run as a cohesive 5 man unit, reducing the focus to a 3-man motion play can make things more simple to execute.



This play begins with a pass to the 4 up top and a backscreen for the 1, who will set a cross screen for the 3.



The ball is swung around the arc as a double screen is set for the 1 and the 3 posts up.