

BOYS COACHES



Elementary Basketball – Coached by Real Parents.

OFFENSE · COMPLETE COACHING GUIDE

5-OUT

MOTION OFFENSE

For elementary travel coaches who want to teach the right way.

WELCOME, COACH

The 5-out motion is the offense most kids would expect to generically understand by the time they are in fourth or fifth grade. It's highly regarded because every kid passes, cuts, and shoots. And it is generally positionless. Nobody hides. Run this right and your kids will actually learn how to play, not just where to stand. (though they do need to know where to set up.

DADDY HURLY VOICE

"We're not running plays. We're teaching kids how to play. Big difference."

01 SECTION

WHAT IT IS

WHAT IT IS

The 5-out motion is a positionless offense. All five players start outside the three-point line. Nobody parks in the post. Everybody passes, cuts, and shoots.

Players make decisions based on what they see – what their teammates do, what the defender does. They're not running set plays. They're playing basketball.

KID-FRIENDLY ANALOGY

Think of a soccer field where every kid is a forward. There's no kid stuck on defense or hiding in the corner – everyone is involved on every play. Though the corner players may need some encouragement to work on gettin

COACHING CUES

- ▶ "Spread out."
- ▶ "Pass and move."
- ▶ "Eyes up."
- ▶ "Square to the rim."

02 SECTION

WHO SHOULD RUN IT

WHAT IT IS

Any youth team. Especially yours.

At this age you don't know which kid is going to grow six inches by middle school. The tall kid in fourth grade might be the shortest by seventh. If you stick him under the basket all year, he never learns to dribble or shoot – and when his body changes, he's behind.

5-out makes everybody a complete player. That's the whole point.

KID-FRIENDLY ANALOGY

Just because you are tall today doesn't mean you'll be the tall by the time you get to high school. Every kid needs every skill.

COACHING CUES

- ▶ "Everyone learns everything."
- ▶ "No one parked under the rim."
- ▶ "Build complete players."

03 SECTION

STRENGTHS & WATCH-OUTS

STRENGTHS

- Builds positionless players – everyone passes, cuts, shoots
- Forces great spacing – driving lanes stay open
- Hard to scout – no set plays for the other team to break
- Every kid contributes – nobody dominates the ball
- Easy to teach in progressions – never overwhelming
- Works whether you have a shot clock or not

WATCH-OUTS

- Not great if you have one dominant scorer who needs the ball (you shouldn't want this anyway)
- Players can get robotic – running it without looking to score
- Takes time – reading the game is a skill
- Can feel slow on a shot clock until reads speed up

04 SECTION

THE FIVE SPOTS

WHAT IT IS

All five offensive players start outside the arc. The five spots that must always be filled:

- Left corner
- Left wing
- Top of the key
- Right wing
- Right corner

Set out cones the first few practices. Kids are visual. Make them step on the cone.

These five spots only break when somebody is cutting or screening. As soon as that action ends, somebody fills the empty spot.

COACHING CUES

- ▶ "Fill the spot."
- ▶ "Step on the cone."
- ▶ "Spacing wins."

06 SECTION

THE 5 RULES

WHAT IT IS

These five rules govern everything in the offense. Drill them until your kids can recite them on the bus ride home.

1. NBA three-point line spacing

Stretch out two feet behind the regular three-point line. Tight spacing kills this offense.

2. Every action with purpose

Never pass and stand still. Pass and cut or pass and screen away. And if you cut, cut hard. If you screen, set a real screen.

3. Back cut when denied

If you're being denied one pass away and the player with the ball is looking at you, back cut. Don't hesitate. Next man rotates in after the cut. Coaches often yell "fill in the spots."

4. Square up to the rim

On the catch, face the basket. Now you can shoot, pass, or drive. The defender has no idea what's coming.

5. Attack if you can score

If you think you can beat your defender, do it. On the catch. Attack the open lane. It's supposed to be open.

KID-FRIENDLY ANALOGY

These five rules are like the rules of the road. You don't think about them when you drive – you just follow them. Same here.

COACHING CUES

- ▶ "Denied? Back cut."
- ▶ "Open? Attack."
- ▶ "Catch? Square up."
- ▶ "Move with purpose."

05 SECTION

TEACHING IT – 4 PROGRESSIONS

WHAT IT IS

Don't try to teach the whole offense in one practice. You'll lose them. Move through these in order – never skip a step.

- Progression 1 – Basic cutting

- Progression 2 – Screen away
- Progression 3 – On-ball screen
- Progression 4 – Dribble at

KID-FRIENDLY ANALOGY

It's like learning to drive. Parking lot first. Then side streets. Then highway. Don't put a kid on I-95 in week one.

COACHING CUES

- ▶ "One progression at a time."
- ▶ "Master, then move on."
- ▶ "No shortcuts."

07 SECTION

PROGRESSION 1 – BASIC CUTTING

WHAT IT IS

Set five cones at the five spots. Run 5-on-0 (no defense) and teach four passes:

Drill it until the cuts feel automatic. This alone – just progression 1 – is a complete offense for a young team.

Top → Wing pass

Passer basket-cuts all the way through the key, fills the opposite corner. Teammates rotate up to fill the empty spots.

Wing → Corner pass

Same idea. Passer basket-cuts through the key, fills the opposite corner. Everyone else rotates toward the ball.

Corner → Wing pass

Passer basket-cuts and replaces themselves back in the same corner. Other four players hold.

Wing → Top pass

Passer basket-cuts, then fills the corner on the same side they came from. The corner kid steps up to fill the wing.

COACHING POINTS

- Front cut: take one step away from the ball, then explode ball-side past the defender to the rim.
- Back cut: if the defender jumps to deny, step in front of them and open the passing lane.
- Watch the ball on every cut. If a shot goes up, find rebounding position immediately.
- Cut hard – every time. A lazy cut tells the help defender you're not a threat.

KID-FRIENDLY ANALOGY

Pass and cut is like 'tag, you're it.' Once you pass, you're moving. Standing still is breaking the rule of the game.

COACHING CUES

- ▶ "Pass and cut."
- ▶ "Explode to the rim."
- ▶ "Hard cut every time."
- ▶ "Fill it back up."

08 SECTION

PROGRESSION 2 – SCREEN AWAY

WHAT IT IS

Once they're hitting the cuts 80–90% of the time, add screening away.

Instead of cutting after a pass, the passer can set an away screen for a teammate. This works on top-to-wing, wing-to-corner, and wing-to-top passes (not on corner-to-wing).

For elementary kids: keep it simple. Have the screened player always curl off the screen toward the rim. Don't give them options yet.

HOW IT LOOKS (TOP-TO-WING EXAMPLE):

1. Player 1 passes from the top to Player 2 on the wing.
2. Instead of cutting, Player 1 sets a screen for Player 3 (opposite wing).
3. Player 2 (with the ball) waits a beat – don't pass too quick or you miss the curl.
4. Player 3 curls hard off the screen to the rim.
5. Player 1 pops back to the top spot. Often gets an open shot if 1's defender helped on the curl.
6. Player 3 fills the weakside corner. Everyone is back in position.

COACHING POINTS

- Screen angle matters. Screener's butt should face the ball or the rim – not the sideline.
- The screener calls the name and shows a fist before the screen. Verbal + visual cue.
- Hold the screen. Don't slide. Take the bump.

KID-FRIENDLY ANALOGY

A screen is a roadblock. Stand still and let your teammate run free. If you slide, the cop pulls you over (the ref calls a foul).

COACHING CUES

- ▶ "Set it. Don't slide."
- ▶ "Hold the screen."
- ▶ "Curl tight off the pick."

09 SECTION

PROGRESSION 3 – ON-BALL SCREEN

WHAT IT IS

Now you can add the pick-and-roll. With great spacing, it's lethal.

An on-ball screen can be set after any pass. Common rule: every pass to the corner triggers an on-ball screen from the passer.

HOW IT LOOKS:

7. Player 1 passes to Player 2 on the wing, then sets an on-ball screen on 2's defender.
8. Player 2 uses the screen and drives hard at the rim.
9. Player 2 reads the help defense. Either finishes, kicks to a shooter, or drops it to the screener.
10. If the ball gets kicked back out and nobody shoots, all five players find a fill spot – the offense restarts.

COACHING POINTS

- Screen angle: set it so the ball-handler can attack the rim, not the sideline.
- The three players not in the action move to open shooting spots.
- Match the action to the player. Don't set ball screens for kids who can't dribble well.
- Verbal + visual cue from the screener. Always.

KID-FRIENDLY ANALOGY

Like a blocker in football. The ball-handler is the running back. Hit the hole hard.

COACHING CUES

- ▶ "Hit the hole."
- ▶ "Read the help."
- ▶ "Finish or kick."

10 SECTION

PROGRESSION 4 – DRIBBLE AT

WHAT IT IS

Add this when the ball-handler is being pressured and her teammates are denied.

She dribbles toward a teammate. The teammate has two options:

- Back cut to the rim, looking for the layup. If no pass, fill the weakside corner.
- Hand-off – receive the ball going the other way and attack the rim.

For elementary kids: skip the hand-off. Always back cut on a dribble-at. Cleaner, simpler, fewer turnovers.

COACHING POINTS

- On a hand-off, the ball-handler rotates her hands top-and-bottom of the ball so the receiver can grab the sides.
- The other three players hold spots and let the action breathe.

KID-FRIENDLY ANALOGY

Dribble-at is like saying 'switch with me.' You're tagging your teammate to take over. Move your feet – don't just stand there.

COACHING CUES

- ▶ "See the dribble – back cut."
- ▶ "Hard cut to the rim."
- ▶ "Fill the corner."

11 SECTION

PIECING IT TOGETHER

WHAT IT IS

Once they've got the four progressions, the next step is recognizing what works for which kid.

Talk to your players individually. Tell them what they're good at. Tell them what to work on. Then let those tendencies show up in the offense:

- Quick guards who make good decisions → set on-ball screens for them.
- Hard cutters who finish → away-screen for them.
- Best shooters → set away screens so they pop out for the open look.

12 SECTION

TRANSITION DEFENSE & REBOUNDING

WHAT IT IS

Common question: if everyone starts outside the arc, who rebounds?

Pick one. All three work – match it to your team:

Bonus: defenders can't box out a player who's running in from the perimeter. Tough, athletic kids will eat up offensive rebounds in this offense.

Option 1 – Point guard plays safety. The other four crash the boards.

Option 2 – Point guard and shooting guard play safety. The other three crash.

Option 3 – Anyone below the free-throw line rebounds. Anyone above plays safety.

KID-FRIENDLY ANALOGY

Pick a rebounding rule the way you pick lanes on the highway. Stay in your lane. Don't change it mid-drive.

COACHING CUES

- ▶ "Crash hard."
- ▶ "Safety stays back."
- ▶ "Run in for the board."

13 SECTION

WRAPPING UP

WHAT IT IS

That's the offense. Run it right and they'll learn how to play – not just where to stand.

Run progression 1 until they own it. Then 2. Then 3. Then 4. No skipping. The offense isn't impressive on day one and it isn't supposed to be – it's impressive in February.