

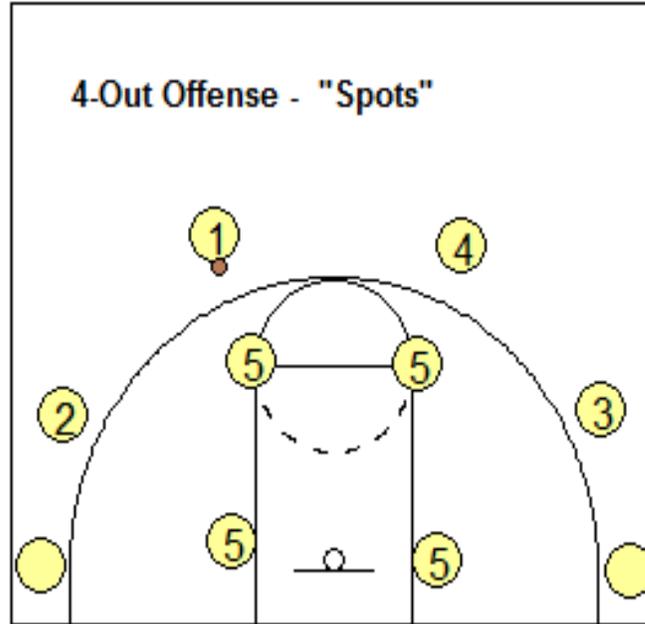
"4-Out"- MOTION

This is a more simple, free-lance style of 4-out motion offense that uses the rules explained below under "General Rules". Refer to the diagram to see the basic set-up for this offense.

The 4-out offense has four perimeter players spaced out on the 3-point arc, with one post player, who can either start low or high (at the free throw line area). With "4-Out", our post player moves as the ball moves, using the low blocks, anywhere up and down the lanes, paint area, elbows and high post (free-throw line area)... basically anywhere he/she can get open for a pass inside.

When the ball is on top (O1 or O2), O5 should locate at high-post, ball-side elbow area. If the ball is passed to O5 at the high post, O3 and O4 should be thinking about a back-cut to the hoop if they are being denied the pass. O5 passes to the back-cutter for the easy lay-up.

When the ball is on the low wing, corner (O3 or O4), then O5 should move down to the ball-side low post.



General Rules

Perimeter players can fill any of the six spots shown in the diagram above, two top spots, two wing spots, and two corner spots. Outside players should be moving, screening for each other (on-ball screen and screen away). Additionally, hand-off screens work well.

For example, O1 dribbles toward O2, hands the ball off to O2 while screening O2's defender. O2 comes around the screen and either shoots the three-pointer, or makes a dribble move inside.

Dibble-penetration, attacking the seams, is often possible when the post player is located on the opposite (weakside) low block. If you have good three-point shooters, you can go "inside-out" where a guard dribble-penetrates a seam and then kicks the pass outside (usually to the corner) to a wide open perimeter player for the three-point shot. For this reason, we often like to locate our best shooter O2 in the right corner.

Pick and roll moves work. **Give and go** plays work (example: O2 passes to O4 and cuts to the hoop for the pass back from O4). If a dribble entry is made, the outside players rotate (example: O1 dribbles toward O2. O2 can either exchange with O1 and move to his/her spot, or O2 can rotate down to take O4's spot and O4 cuts through to take O3's spot, while O3 rotates out to the O1 spot).

Four things you can do after making a pass: **1)** Screen for the ball.

2) Screen away. Cut to the basket (example: give and go, or back-cut). **3)** Back cut if the defender is denying the pass. **4)** V-cut and pop back outside for the return pass and outside shot.

Rules without the ball:

If you have an under-play (defense sagging off), pop out to spread the defense.

If you have an overplay (being denied), back cut.

Someone dribbling at you, back cut (except for the weave plays)

Fill the open spot when a teammate cuts inside.

When someone dribble-penetrates, relocate.

Screen away, and pop out.

The most important rule is to keep moving