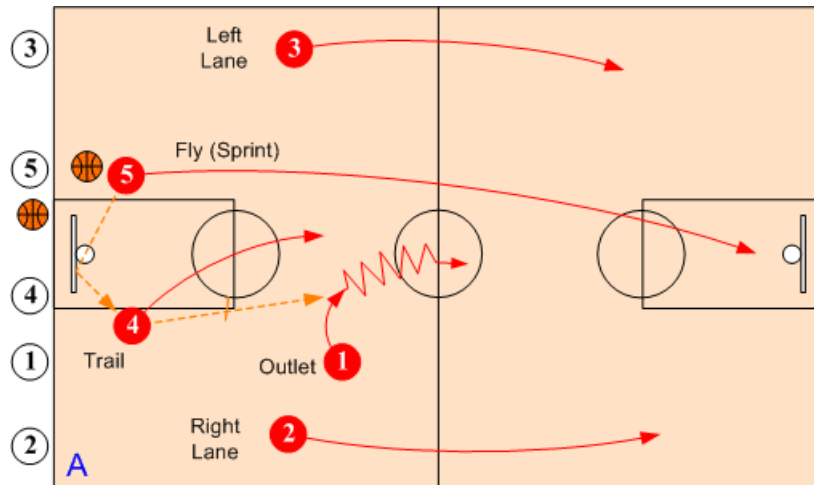


“Five Player Break”

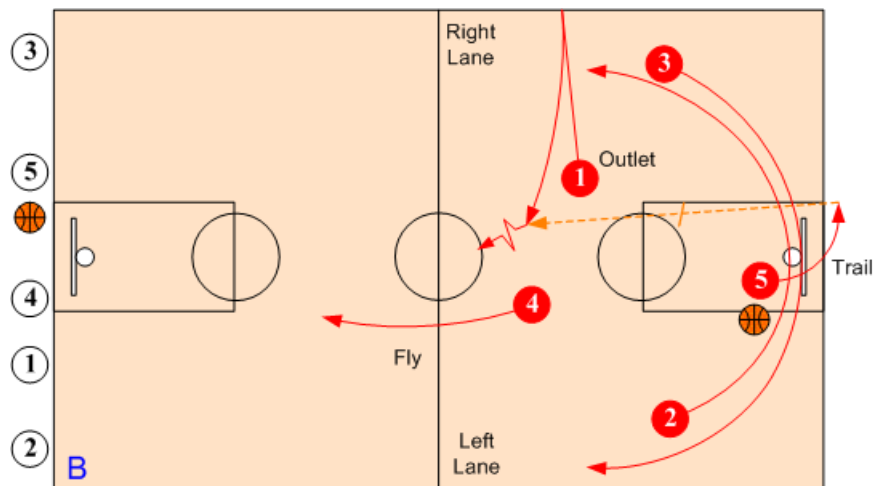
Back-to-Back-to-Back

Five Player Break is a full court drill that incorporates going through all of the available early push options. This five player break drill, introduced by ex-NBA coach Bob Hill, is an important part of the Whole-Part-Whole method of teaching early offense. It should be used first to introduce the early push and again after practicing early push breakdown drills.



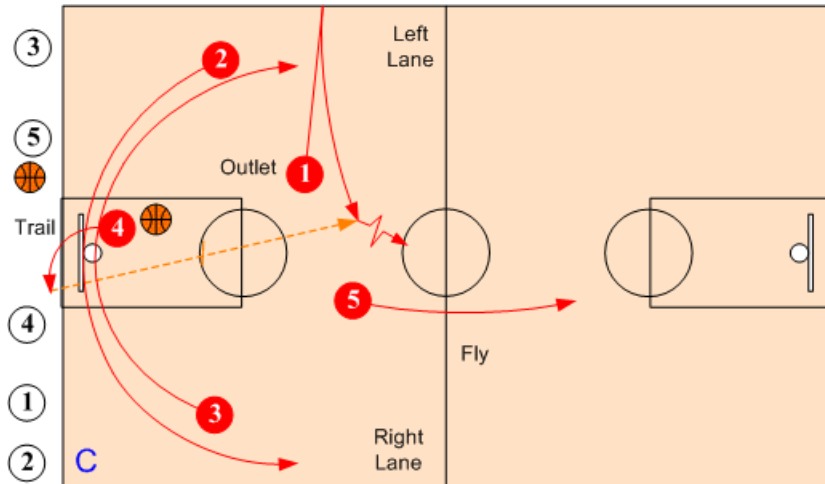
Phase 1: Early Push

To start the drill, post O5 throws the ball high off backboard to O4 and sprints ("Fly's") to opposite end of court looking for a quick release pass from O1. O4 rebounds the ball and makes an outlet pass to ball handler O1 and trails. Wings O2 and O3 bust out, running wide lanes. O1 advances the ball executing one of the various early push options. Note: O4 can also throw an occasional baseball pass on this drill.



Phase 2: Return Trip

Once a shot or putback shot is made, O4 and O5 switch assignments with O5 taking the ball out of bounds and O4 flying to the basket. Wings O2 and O3 cross on the baseline and fill the outside lanes. Ball handler O1 touches the sideline and then receives an inbounds pass from O5. O1 advances the ball executing a different early push option.

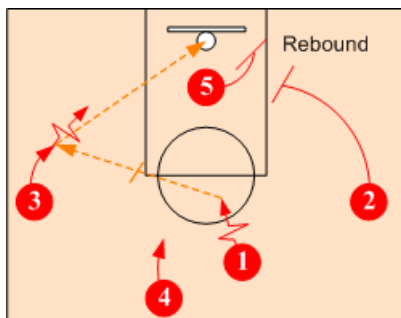


Phase 3: Repeats

Early push is repeated with O4 and O5 switch assignments and wings O2 and O3 crossing on the baseline. Ball handler O1 touches the sideline and then receives an inbounds pass from O5. O1 advances the ball executing a different early push option. The Five Player Break Drill should be repeated 3 or 4 times before the next group goes.

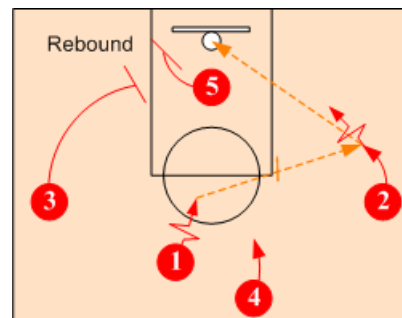
Early Push Options

Be sure to explain, demonstrate and walk through all of the various options available on the early push. Do not assume players know them.



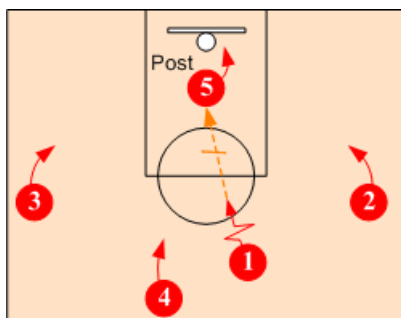
Pass to Left Wing Option

Ball handler O1 passes ahead to left wing spotting up or pulling up for open shot. Wing can also drive or execute a one-on-one move to the basket.



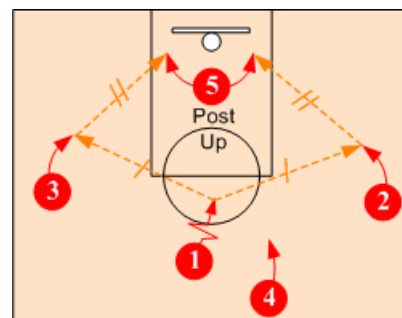
Pass to Right Wing Option

Ball handler O1 passes ahead to right wing spotting up or pulling up for open shot. Wing can also drive or execute a one-on-one move to the basket.



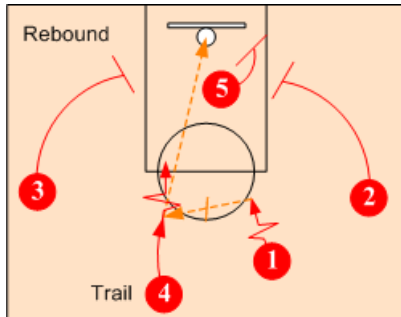
Post Feed Direct

Ball handler can pass ahead to post flying to the basket or posting up in front of the basket.



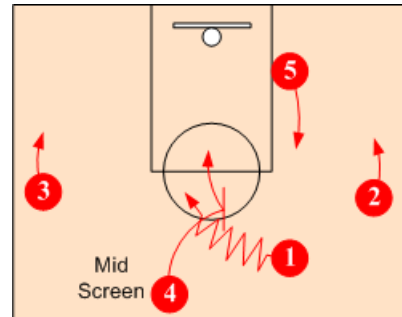
Strong Post Up

Ball handler can also pass to wing, who in turn, can feed the post.



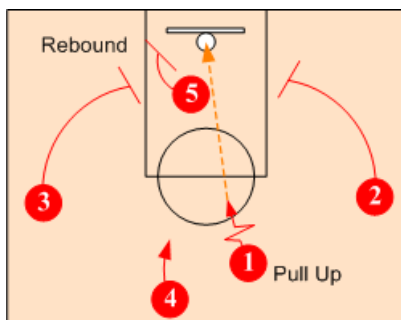
Trailer Option

Ball handler can feed trailer for pull up shot or drive to basket. Weakside wing can also set a back screen for trailer for a lob pass.



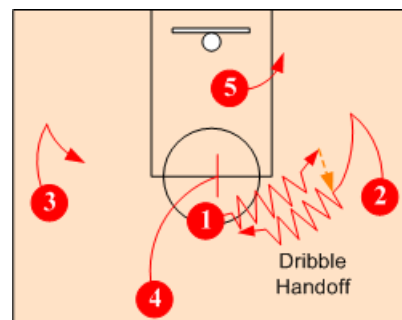
Mid Screen Option

Trail can set a mid screen initiating ON-Ball screen action with the ball handler.



Pull Up Option

Ball handler can pull up for open jump shot or make a one-on-one move to the basket.



Dribble Weave Option

Ball Handler O1 can execute a dribble handoff with either wing. Trail O4 sets a mid screen. Wing has options of driving off mid screen, pulling up for jump shot, feeding screener on roll to basket or popping out or executing a dribble handoff with opposite wing. The ball handler can also fake the dribble handoff and drive to basket.

Early Flow

The five player break drill can also be utilized to introduce and practice flowing directly into early offensive sets. "Early Flow" actions are actually half court offenses executed without having to back the ball out to initiate a set play. This transition from early push into an offensive set prevents the defense from getting set, and needs to be practiced.