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5 out motion offense set plays

There is a certain scenario that my son liked to play with me when he was four years old. We'd make a house, a train and a ticket booth out of Lego Duplo blocks. A conductor would come to the house, pick up a guy and his Dalmation and take them to the dinosaur museum, which actually housed real dinosaurs and seemed sort of terrifying except that the dinosaurs were always fairly reassuring that they didn't intended to eat the guy or his dog. I, of course, played the voice of the dog. So everything I said had a "ruff-ruff" before and after it. Like, "Ruff-ruff, oh no I think that's a giganotosaurus, ruff!" It was totally amusing the first, eh, four times we played it. By round 83, it had lost a lot of its appeal for me. I never was much of a fan of pretend play. Give me a stack of board games or some crayons or a trampoline and I'm totally on board. Feed me endless courses of fake plastic food and I want to crawl into a hole. It felt like the scenarios could drag on and on with no end in sight. I wish I had read this piece in Slate back then because it might have given me the perfect way to balance my son's need for play repetition and my need to not get stuck in dino museum land forever: Pour pure attention into them for a period of time, dropping all other activities and doing whatever they want. This sounds onerous at first glance, but is actually really freeing in practice—you put your phone away (everyone agrees this is a must), stop thinking about dinner prep, and just float on the tides of childish whim for a while by seeing what the kid is doing. I could have set a timer. Twenty minutes once a day to pretend the hell out of those Legos. If we've only got 20 minutes, maybe I might challenge myself to see how many "ruffs" I could muster (100? 1,000??) or how many dinosaurs we could almost be attacked by. Twenty minutes is not a hard and fast ruleI simply picked a number. Maybe you've only got 15 minutes in the morning and 10 in the afternoon or evening. Or maybe you've got 30 minutes in you! The amount of time is less important than the intentional act of dedicated playtime and connection. Put it in a drawer, put it in another room. (Do not put it in another room. (Do not put it in another room.) about all the other distracted moments throughout the day. Think of it as quality timeYou certainly don't want your kid to feel like this 20 minutes is yet another chore you must complete each day. An excited, "Ooooh, it's 20-minute play time!" can go a long way in making your child feel like this is a treat for both of you, a welcomed break in an about all the other distracted moments throughout the day. Think of it as quality timeYou certainly don't want your kid to feel like this 20 minutes is yet another chore you must complete each day. 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This 5 out motion offense is an extremely simple offense with great success because it opened up the lanes for dribble penetration and cuts that allowed us to utilize our team's quickness. As a freshman in high school, I saw Cedar Rapids Prairie win the Iowa state championship using this as their primary offense. Easy To Teach - This offense could very easily be taught in one day! Delay offense. If you want to hold the ball until you get a lay up or the final shot to end the quarter, this offense is ideal for those situations. Foundation for any motion offense at any level. This offense can be used as a building block to teach your players basket cuts, back cuts, and how to react to dribble penetration. Great For Youth Teams - Great foundation as mentioned in #4 and you can teach more options as the team progresses. Rule 1 - Pass then basket cut. After the basket cut is made, fill the open spot along the baseline at you. Rule 2 - If the player in front of you cuts, replaces 1. 5 replaces 3. Rule 3 - Cut Only When You Pass The Ball or when the player with the ball is looking at you. Rule 4 - The ball should only be dribbled to improve floor balance or beat the player. Rule 5 - Avoid passing to the corner & keep the ball above the free throw line extended. If you're coaching a youth teams, you want to allow more freedom. Teaching Points To Better Execute The Offense: These are some things that you will want to teach your players along the way. Be careful on teaching the way though. This helps with timing for the next player filling the vacant spot. When replacing the cutter, wait until the player with the ball is about done looking at the cutter. This will help with timing and setting up the defender for a back cut or straight cut. Back cut when the 3-point line, or 1 foot from the 3-point line. It's up to you to decide what works best for you. Always have the ball in triple threat and be ready to dribble penetrate. This offense can sometimes lull the defense to sleep which gives the ball handler opportunities to attack the basket. Remember, to execute this offense all you need to know are the 5 rules above. Those rules explain what to do in virtually every situation. With that said, there are little teaching points that make this offense more effective. Below you'll find a sample sequence to help you see how everything fits together. As you go through the sequence, you'll notice that the 5 rules are always followed. 5 Out Set. Very important to keep spacing for dribble penetration and cutters. 2 & 3 should be near the free throw line extended. 4 & 5 should be in the corners. 1 passes the ball to 2 on the wing. After the pass, 1 basket cuts straight to the rim. Then, fills the spot on the top of the key. 5 fills the spot on the top of the key. 5 fills the spot on the top of the key. 1 fills the wing. 2 passes the ball to 5. 2 basket cuts and replaces open spot along baseline. 4 fills the spot. The pass is not open, so 4 back cuts. 3 replaces to 3. 5 basket cuts. 2 & 4 fill the open spots. Remember, 2 & 4 should not replace as soon as 5 basket cuts. They want to pause until 5 has almost reached the basket to ensure proper timing. 5 clears the lane. 3 dribbles to ut to 1 in the corner. 1 dribbles to ut to 1 in the corner. 1 dribbles to ut to 1 in the corner. 2 dribbles to ut to 1 in the corner. 3 dribbles to ut to 1 in the corner. 3 dribbles to ut to 1 in the corner. 3 dribbles to ut to 1 in the corner. 4 dribbles to ut to 1 in the corner. 5 dribbles to ut to 1 in the corner. 5 dribbles to ut to 1 in the corner. 6 dribbles to ut to 1 in the corner. 8 dribbles to ut to 1 in the corner. 9 dribbles t corner to help on penetration and basket cuts. If the player in the corner is a slasher or scorer, you can pass him the ball to the corner to avoid the 5 second call and basket cuts. 5 immediately dribbles to the wing and looks to the top of the key to start the offense again. What To Do With A Good Post Player If you have a good post player, you can give them permission to sit in the post for 2 seconds to try to get position. 1 passes to 2. 1 basket cuts. 1 cuts over to the post starts to clear. If 3 leaves too early, it can throw off the timing. Subscribe to our free monthly newsletter to receive new drills, plays, scoring tips and coaching strategies, plus three free eBooks with over 270 pages of our favorite basketball drills and plays! Setting a solid meeting agenda ensures the success of the meeting. It helps you stay on track and accomplish important goals. Here are some steps you can take when setting a meeting agenda. Get Input From the TeamEspecially when the meeting is collaborative in nature rather than informative, getting input from the team can help you craft the agenda. For example, if you're putting together an agenda for a staff meeting, you can create a basic list of topics and send them out to your team. That way, if someone has an important item they'd like to bring up to discuss with the group, you can add it to the official agenda. Keep in mind that not all of your team members' input will be applicable, so stick to topics that affect everyone rather than items that can be discusses in smaller groups. Start With a TemplateDepending on the type of meeting you're putting together, the agenda may need to be detailed and professional. A good example of this would be a board meeting agenda, which is of utmost importance since top members of the organization will be part of the meeting. Rather than start the process from scratch, you can download a template online. This will help you ensure that you capture all of the important pieces that should go into an agenda. Templates are available through the Microsoft Office website, and they range from conference agendas, education agendas and more. Create the Header The header of the agenda should include all of the pertinent details, like the date, time and place. If you are catering to people outside of your business during the meeting, you can also add your business name, address, phone number and website. For a visual impact, add the business logo. Outline the Agenda The next step is to put together the body of the agenda. You might use bullet points with numbers or letters. Some people like to use tables to keep the information organized. If you want to emphasize the time table for the meeting, add an "Estimated Time" column to indicate how long you expect each agenda on track. Send the Agenda on track. Send the Agenda on track. Send the Agenda on track are that everyone is on track. Send the Agenda on track are that everyone is on track. That gives you enough time to make any necessary changes before handing out the final copy on the day of the meeting. MORE FROM OUESTIONSANSWERED.NET

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