

# ANSETT BEGINNERS SPREAD OFFENCE 2022



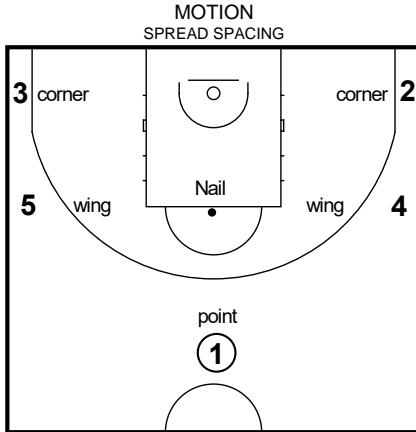
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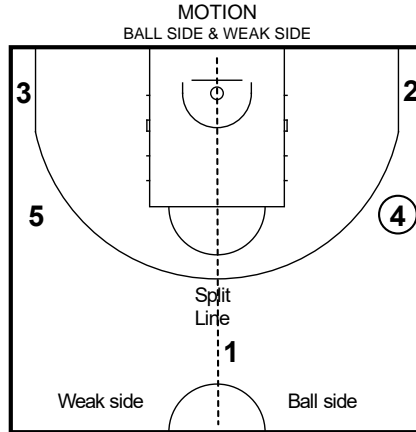
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## 2022

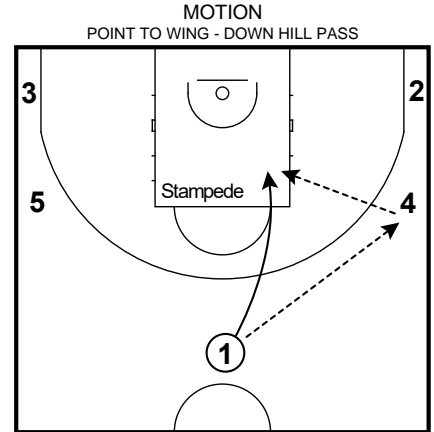
### 5 OUT MOTION



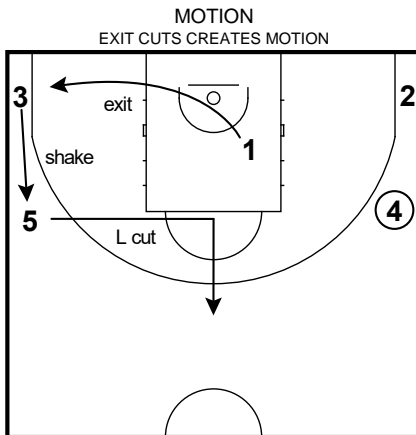
Spread offence uses 5 out spacing. In half court setting, the ball starts at the top with receivers in the corners and at the wings. All players use the same perimeter principles and must learn how to play all five positions.



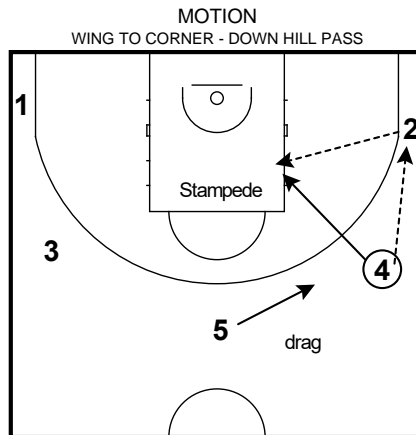
The imaginary line that runs from rim to rim is the "split line". The side of the split line that the ball is on, is the ball side. The other side is the weak side. Most offensive & defensive strategies rely on player's understanding this simple concept.



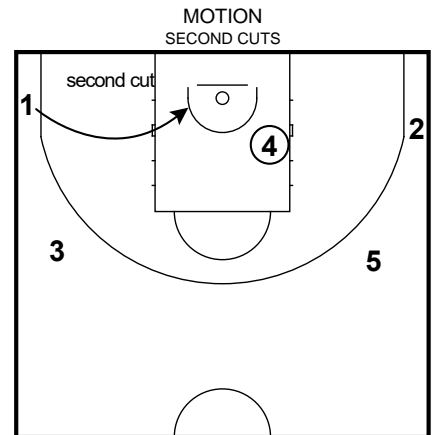
Any pass down hill triggers a stampede cut to the basket. The cutter must be a threat on every cut.



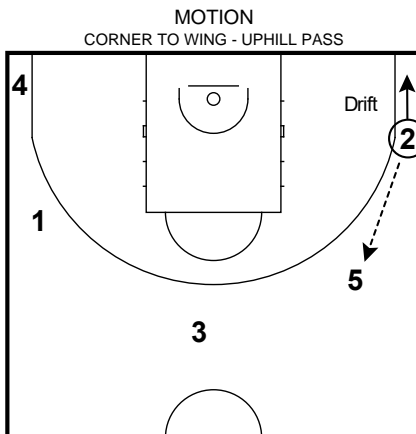
If a cutter does not receive the ball they must exit cut to the weak side corner. The player in that corner must cut to the wing to create space. The player at the wing should flash to the nail looking for the ball. If they don't receive the ball at the nail they should pop to the point.



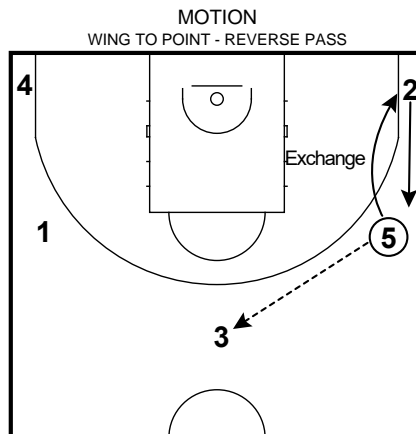
Any pass down hill triggers a stampede cut to the basket. Perimeter players should remain spread. The next action depends on the result of the cut.



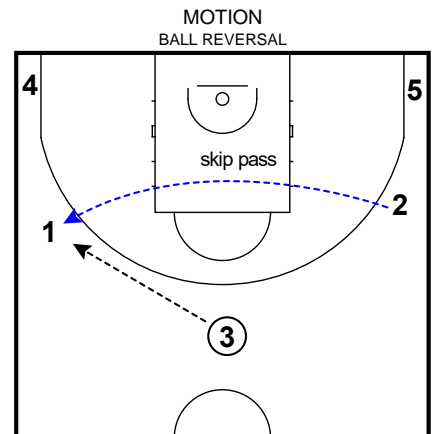
If the stampeding player does not have an open lay-up they should attempt to get "two feet to the paint" and jump stop. The jump stop triggers a second cut from the weak side corner. The other 3 perimeter players should be open for a kick out pass.



When the corner player passes to the wing they must drift back to the corner. Every time a player receives a pass they must instantly decide to shoot, drive or pass.



If the ball is reverse passed back to the point, the wing & corner exchange.



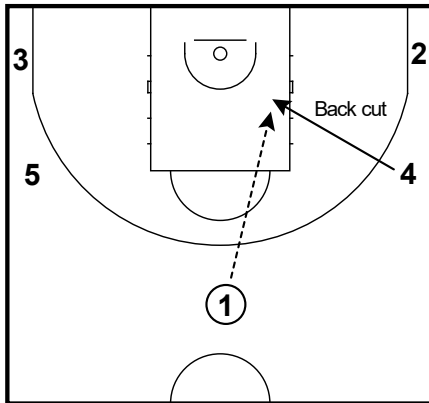
If the offence has attacked from one side but not created advantage the ball should be reverse passed to the other side. A skip pass can also be used to reverse the ball.

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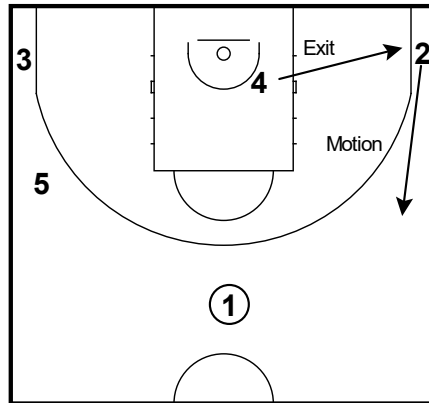
### 5 OUT MOTION

#### BACK CUTS RULES



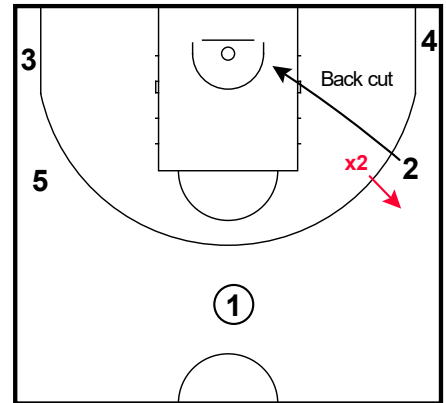
- 1 - Never fake a back cut
- 2 - Be a threat on every cut
- 3 - Exit cut to a corner if you don't receive the ball

#### BACK CUTS EXIT CUT



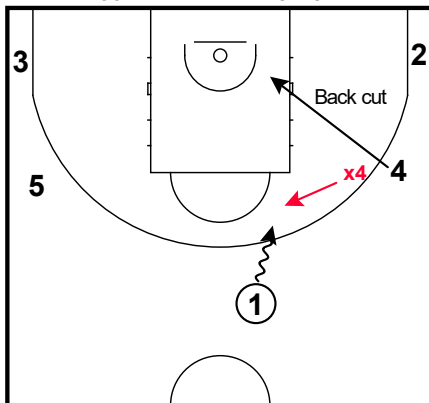
Back and exit cuts create motion which can lead to opportunities for more back cuts

#### BACK CUTS TRIGGER 1 - OVER PLAY



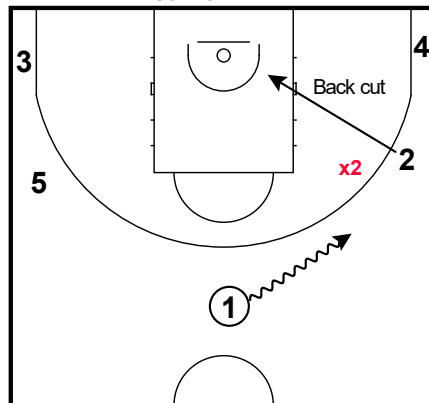
If a receiver's defender is over playing the passing lane - back cut.  
The trigger can also be as soon as the defender steps outside the 3PT line

#### BACK CUTS TRIGGER 2 - DEFENDER TURNS HEAD



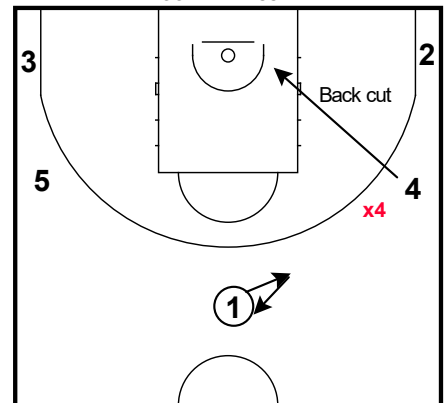
Receivers should always be watching for their defender to turn their head to the ball, losing sight of the receiver and triggering a back cut

#### BACK CUTS TRIGGER 3 - DRIBBLE AT



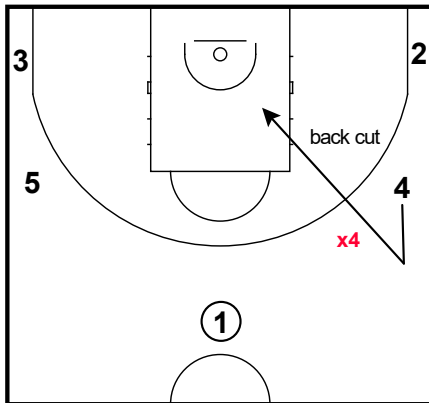
If a ball handler dribbles at a receiver they should back cut

#### BACK CUTS TRIGGER 4 - PASS FAKE



The ball handler can pass fake to a receiver to cue them to back cut

#### BACK CUTS TRIGGER 5 - LEAD WITH FIST

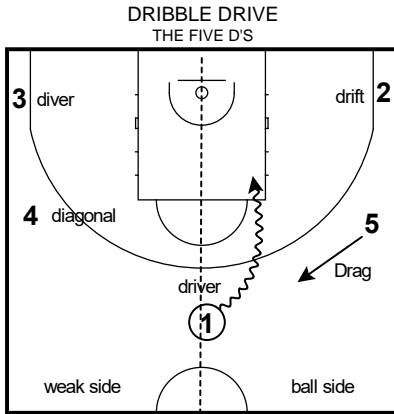


A receiver can signal to the ball handler that they intend to back cut, by leading to the ball with a closed fist.

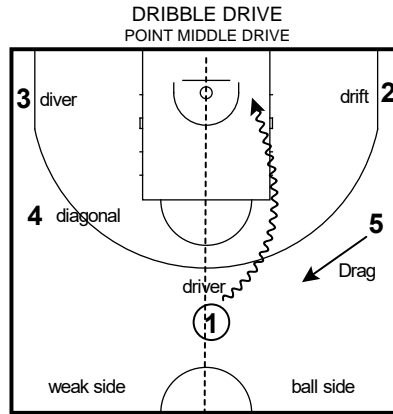
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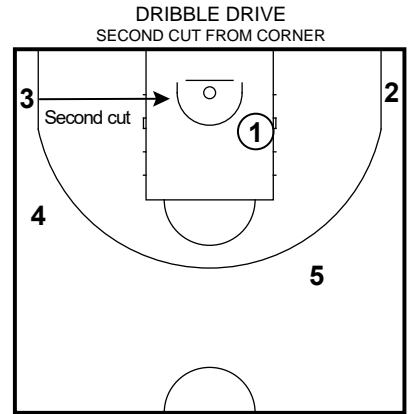
### 5 OUT MOTION



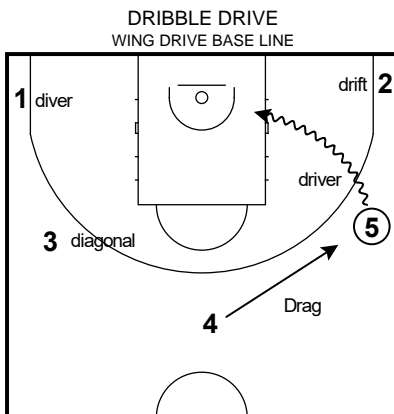
The positions on a drive are referred to as the five D's.  
 Driver - the player with the ball  
 Drift - strong side corner  
 Diver - weak side corner  
 Diagonal - weak side wing  
 Drag - strong side wing



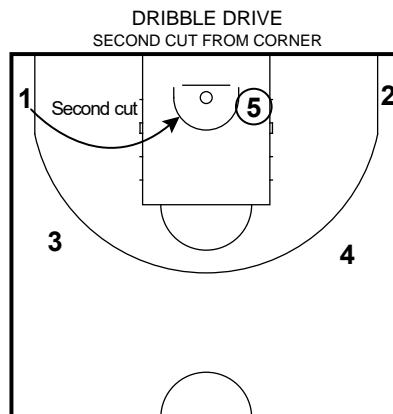
When a player drives from the point, they should get to one side of the split line creating a ball side & a weak side. The ball side wing must drag behind the driver, while the other players remain spread in one of the five D spots.



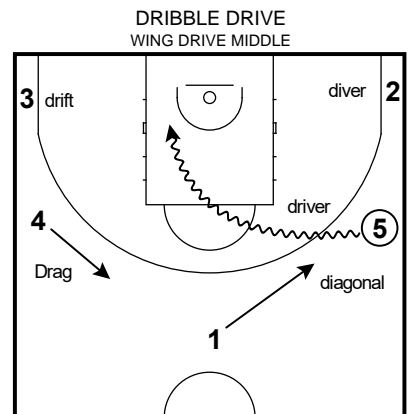
If the driver does not get an open lay-up they should jump stop in the paint. This triggers a second cut from the weak side corner (diver). The other three perimeter players should all be open for a kick out pass.



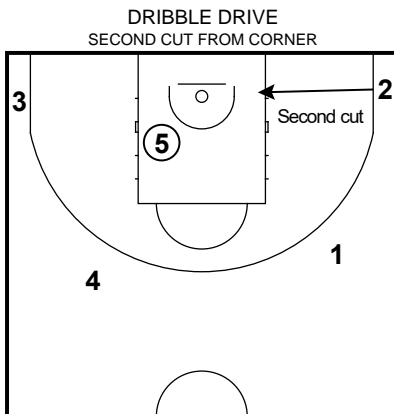
If the ball is driven base line from the wing, the player in the point must drag behind, while the other players remain spread.



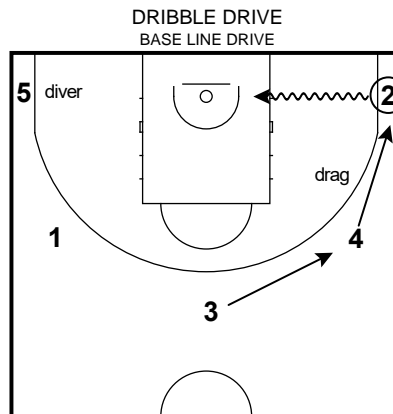
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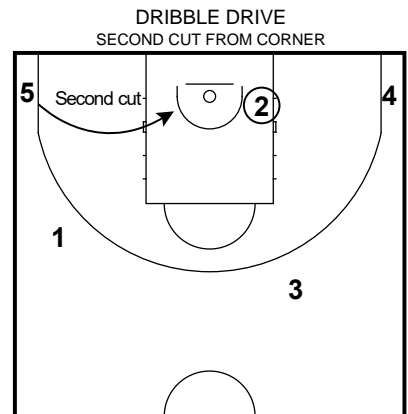
If the wing player drives middle and crosses the split line the ball side changes. 1 & 4 must get to a spot on the perimeter that prevents their defender from effecting the drive.



If the driver does not get an open lay-up they should jump stop in the paint. This triggers a second cut from the weak side corner (diver). The other three perimeter players should all be open for a kick out pass



If the corner player drives base line, the wing should drag behind. The other perimeter players should space out to stay open



If the driver does not get an open lay-up they should jump stop in the paint. This triggers a second cut. All other perimeter players should be open for a kick out pass