

## 4 Out 1 In Motion - 1st & 2nd Progression

November 9, 2017 12:40 PM

### 4-Out 1-In Motion General Rules

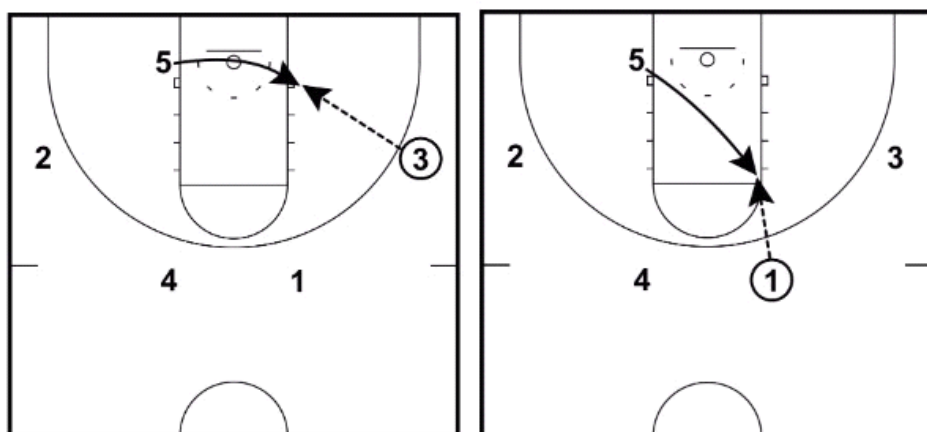
- 1. Keep Great Spacing – This is the most important rule of the offense. Perimeter players should always be about 18 feet away from each other.**
- 2. Cut With a Purpose on Every Cut –** Players must look like they're going to receive the basketball on every cut towards the hoop. This involves showing target hands and calling for the basketball.
- 3. Never Pass and Stand – After a perimeter player makes a pass, they should never stay in the same place. What action they make will depend on what progression you're up to and the actions you choose to use.**
- 4. Watch the Cutters! –** I'm not a fan of players holding the basketball for too long, but since this offense relies so much on cutters and off-ball screens, it's important that the player with the basketball see the cutters and is ready to make the pass if it's open.
- 5. Always Catch Looking to Shoot –** Players must keep the defense honest throughout the entire possession. Always catch the basketball ready to shoot if the defense isn't quick enough.
- 6. No Excess Dribbling –** Don't allow players to catch and put the basketball on the floor without thinking. Save the dribble. Only dribble when penetrating to the rim, using an on-ball screen, or improving a passing angle.

### Post player must stay on the weak side but can flash to the post

The benefits to keeping the post player on the weak side of the floor for the majority of the possession are:

- The lane to the rim will stay open for driving, cutting, and passing by the perimeter players.
- Your post player will have great position to secure offensive rebounds.
- There will be many drive and dish opportunities.

When your post player does flash to the basketball and establishes position, they're allowed to hold their position for a **maximum of 2 – 3** seconds before they must quickly retreat to the weak side again.

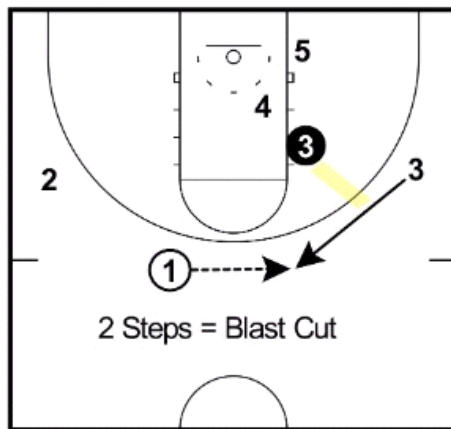
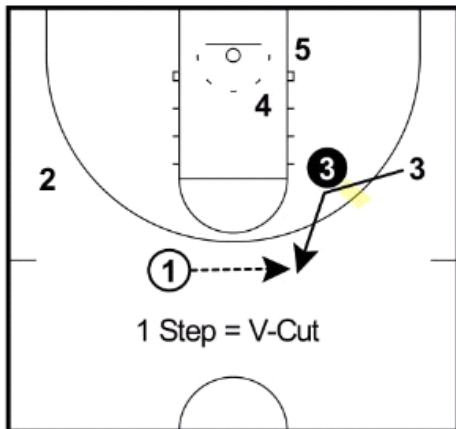


### Filling Around the Perimeter

When filling spots around the perimeter players must read their defender and make one of two cuts.

If the defender is within one step of the line to the basketball, the player must v-cut to get themselves open on the perimeter.

If the defender is two steps or further away from the line of the basketball, the offensive player should blast cut towards the basketball.



## Setting Up the 4-Out 1-In Motion Offense

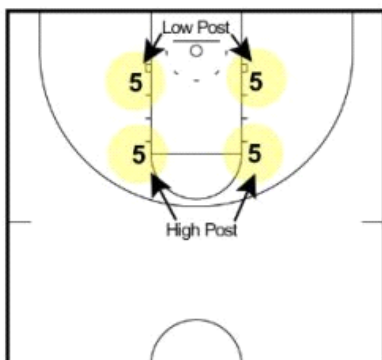


For the perimeter players, there are 4 spots around the three-point arc that are primarily used in the 4-out 1-in motion offense.

We call them the slots and the wings.

(The corners are used occasionally but aren't primary spots.)

These perimeter spots should be a step outside the three-point line to maintain ideal spacing.



For the post player, there are 4 spots around the paint they can move to depending on whether on how you decide to use them within the offense.

These are the two low blocks and the two elbows.

## Teaching the Base 4-Out 1-In Motion Offense

### Progression 1 – Pass, Cut, and Fill

The first progression involves basic passing, basket cuts, and filling the spots around the perimeter.

This is the simplest way to teach players the different positions on the court and get them used to the different cutting

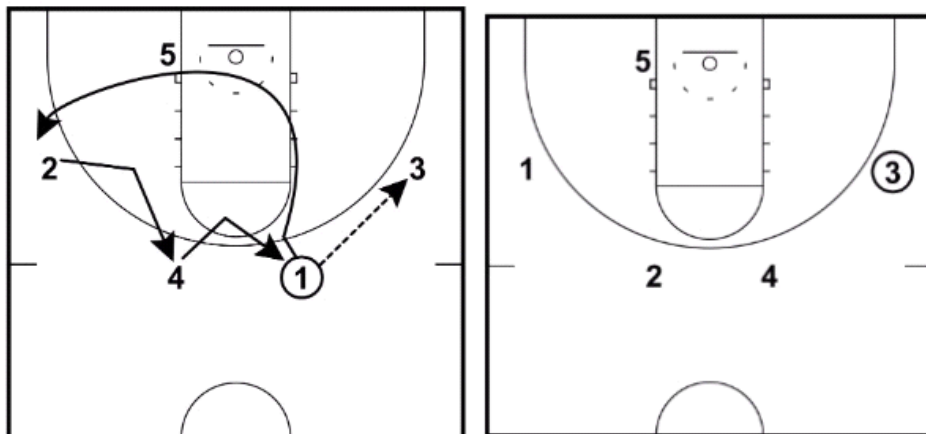
movements involved in the offense.

There are two things that happen during this progression:

1. Every time a player passes the basketball, they must cut.
2. On each cut, all players must fill towards the basketball.  
The post player should stay on the weak side during this progression if you're using them how I recommended at the beginning of the article.

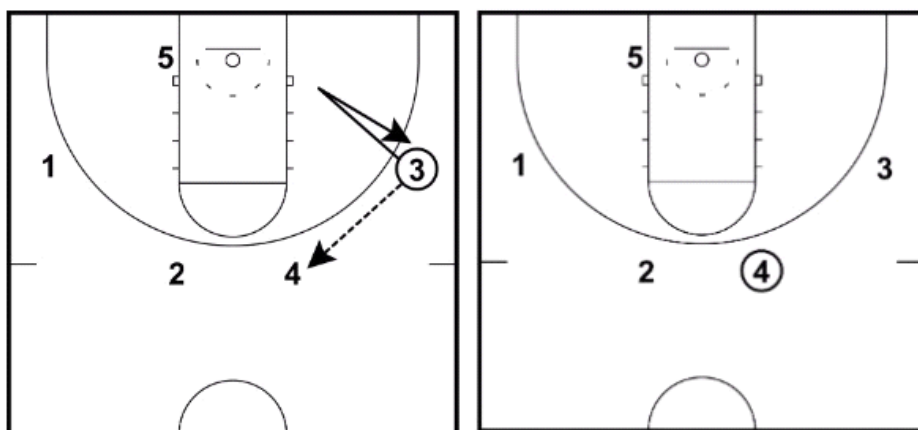
Let's break down the 3 types of passes that are involved in this progression...

## Slot to Wing Pass



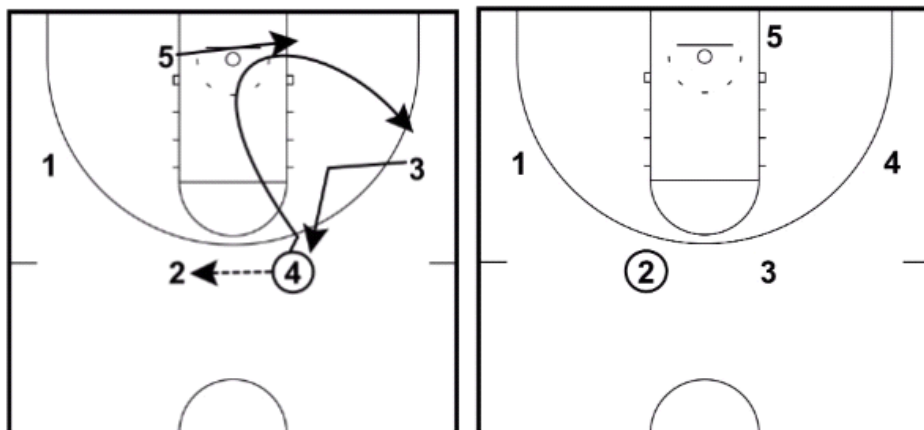
1. 1 passes from the slot to 3 on the wing.
2. 1 will then basket cut making sure they step within the charge and then replace 2 on the weakside wing.
3. 2 and 4 will both fill towards the basketball using a blast cut or v-cut.
4. 5 stays on the weak side of the court.

## Wing to Slot Pass



1. 3 passes to 4 and then cuts towards the rim.
2. Since the only spot left to fill is their own, 3 cuts back out to the ball-side wing.
3. Everyone else holds their positions since there are no spaces to fill.

## Slot to Slot Pass



1. 4 passes to 2 and then cuts through the paint to the rim and then out to the weak side wing.

2. Since there is a spot to fill closer to the basketball, 3 v-cuts and replaces 4.

3. 5 cuts across the lane to continue being on the weak side of the floor.

## Coaching Points:

- Allow your players to run this progression for as long as it takes them for the movements to become almost automatic. Sometimes this is a few weeks, sometimes it takes a few months, but don't rush this progression.
- This first progression alone can make for a great youth basketball offense.
- Once your players have used the cuts a couple of times, allow the post player to flash to the basketball once per possession.
- If the post player flashes towards the low block and there's a slot to wing pass, the slot player must always cut behind the post player.
- Players must cut all the way through the charge circle on each cut while looking at the basketball. If you don't have a charge circle on your court, instruct the players to run under the rim.
- On any basket cut, a perimeter player can post up for about 2 seconds if they feel like they have a mismatch on the inside and the post player hasn't flashed towards the basketball.
- Remember that when filling spots around the perimeter players should be using either blast cuts or v-cuts.

## Progression 2 – Add Back Cuts to Pass, Cut, and Fill

The next progression will be much quicker than the first since it involves the same cutting and filling strategies as progression 1.

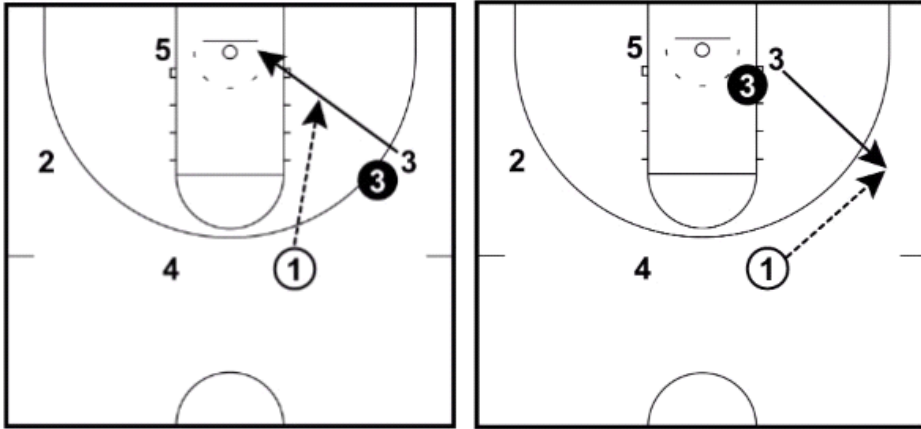
For the 2nd progression, we'll be teaching players to back cut when they're being overplayed by their defender.

**Explain to your players that any time their defender has a hand in the passing lane whilst the player with the basketball is one-pass away and looking at you, you must back cut immediately.**

**And never hesitate. No exceptions.**

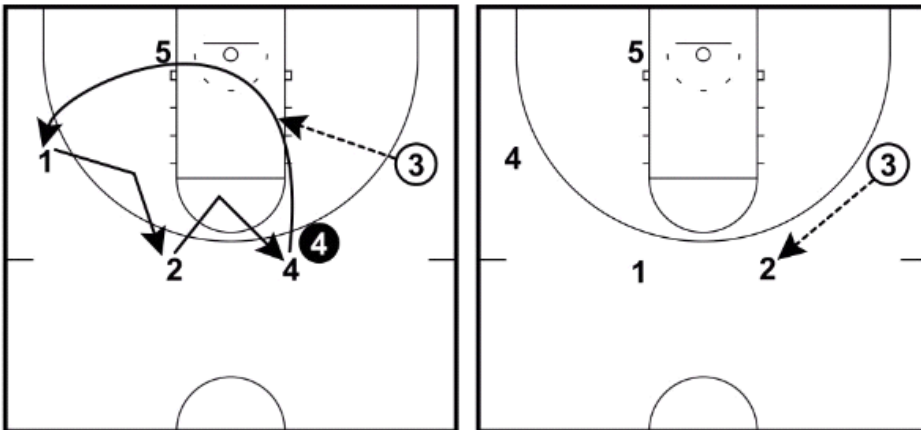
Here's how the back cuts work from each position.

## Overplaying a Slot to Wing Pass



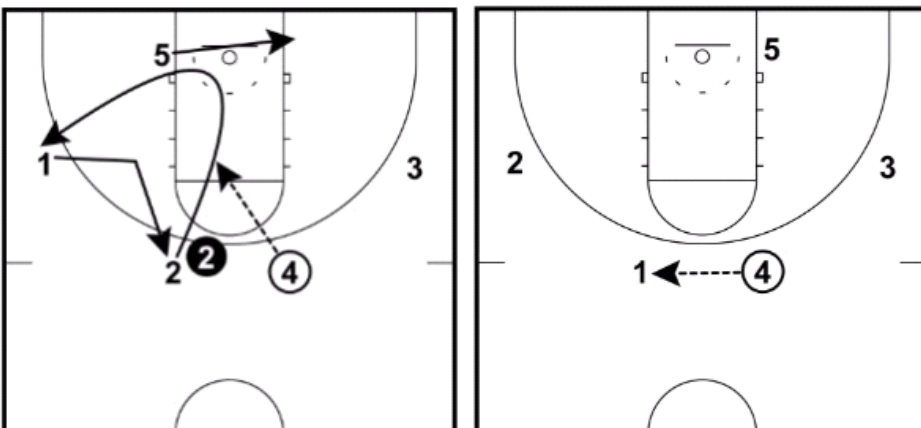
1. 3 is being overplayed by their defender so they cut immediately without hesitation.
2. If 2 doesn't receive the pass from 1, they pop back out to the same position.
3. All other players stay in their spots since there are no spots to fill.

### Overplaying a Wing to Slot Pass



1. If 4 is being overplayed by their defender, they immediately back cut looking to receive the pass from 3.
2. If they don't receive the pass, 4 replaces weak side wing.
3. 1 and 2 then fill cut towards the basketball.

### Overplaying a Slot to Slot Pass



1. If 2 is being denied by their defender, they must back cut through the paint looking for the pass.
2. If they don't receive the pass, they exit on the weak side wing replacing 1.

3. 1 fills towards the basketball replacing 2.

## Coaching Points:

- You can teach this by adding defenders and getting them to play 'dummy defense' switching between normal denying or overplaying the passing lane.
- Constantly stress to your player that they **must never hesitate. If the defender is denying the pass, back cut immediately!**