

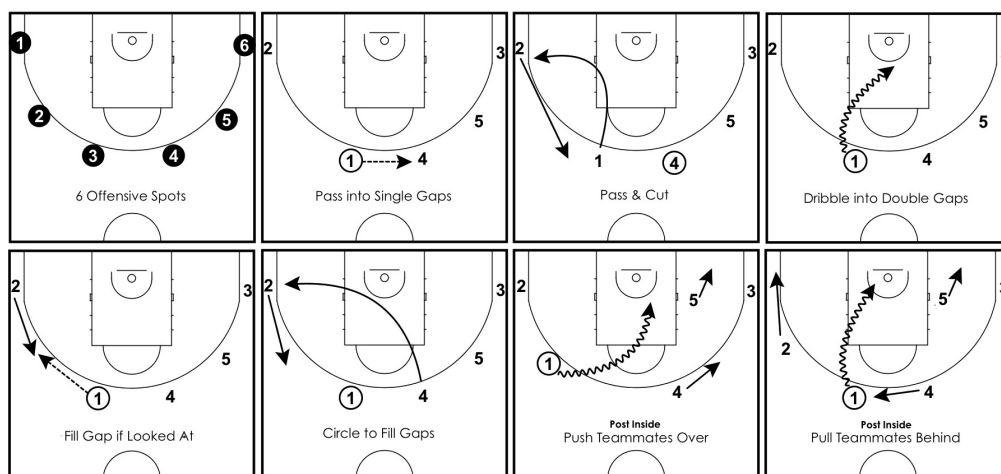
# Drill

## Drill: 5-on-0 Flow (Offensive Spacing Phase A)

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| <p><b>Goal:</b> Learning Goal: Practice spacing and ball movement in transition and halfcourt offense. Points of Emphasis: Drive into a double-gap, pass into a single gap, fill open spots.</p> | <p><b>Equipment/# players needed:</b> - at least five players - one ball - shot clock - nine poly spots</p> |
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**Sketch:**

**Diagram:**



**Description:** Note: This is a drill that was explained to me by Mike MacKay for teaching single-gap and double-gap principles. This can also serve as a fullcourt warm-up drill to raise heart rates.

This is a fullcourt drill. Indicate six spots on the court (corners, wings, swing spots). Five players begin at the other end of the court and move the ball downcourt 5-on-0.

5 Out: Fill five of the six spots on the perimeter. Players can occupy any spot. If there is a single-gap between players, they can pass the ball. Drive into double-gaps. If looked at, cut into the double-gap. Circle around to fill open gaps.

4 Out, 1 In: A player moves between the dunker spots on the baseline. The perimeter players fill four of the six spots. The same rules apply except there are now the possibilities for triple-gaps that should be exploited. If the ballhandler drives towards a player, they are pushed away. If the ballhandler drives away from a player, they lift behind.

Depending on the pace desired, the team can score quickly or maintain possession for a set number of passes or seconds on the shot clock.

Rotation: Five players on, five players off. The teams could be position-less to encourage all players to handle the ball and move or consist of a typical basketball line-up.

Progression: For young players, coaches could use poly spots to identify the locations on the floor. The team could also begin in a 4-on-0 situation so there is more room to move.

As the team masters the concepts, introduce opponents to provide a Guided Defense read or play a mini-game to execute the spacing at game intensity.

Coach Positioning: Stand on the sideline at one end in order to give feedback to those not on the court. Another coach could stand on the sideline at midcourt in order to observe those participating in the drill.

Time: 5-10 minutes.

Heart Rate: 75-82% (when the drill is loaded into a 5-on-5 situation, the heart rate may rise to 82-89% MHR).

Work:Pause Ratio: 1:1.

Athletic Abilities: Aerobic Energy System, Anaerobic Lactic Energy System, Agility, Balance, Quickness

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**Load(s):**  Physical  Mental  Technical  Pressure  
 Social/emotional

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**LTAD stage(s):**  Fundamentals  Learn to Train  Train to Train  
 Train to Compete  Train To Win

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**Categorie(s):**  Ball Handling  Defense  Dribbling  Dynamic 1 on 1  
 Footwork  Fundamental Movements  Passing  Picks  
 Principals/Actions  Rebounding  Screens  Shooting  
 Static 1 on 1

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**Phase(s):**  A  B  C  D

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© 2018 Canada Basketball - Coach Education - 1 Westside Drive, Suite 11, Toronto, ON M9C  
1B2  
certification@basketball.ca Voice: 416-614-8037 Fax: 416-614-9570