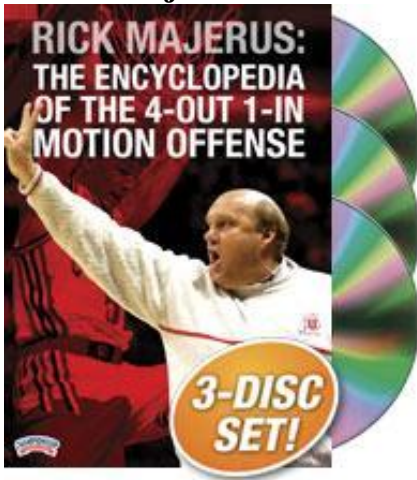


Rick Majerus: The Encyclopedia of the 4-out 1-in Motion Offense



Keys to the Offense:

- Get to the free throw line (premise of offense): Do not allow this to become a jump-shooting offense. Get the ball inside via post ups, cutting and driving.
- Maintain spacing: Is your team maintaining spacing on the 3rd side of the floor after 2 reversals? Be sure to watch game tape to examine if you are.
- Share the ball
- Shot allocation: Our shooters are shooting (“THE most telling halftime statistics were the shot totals for my 2 best players”) Our shooters are looking for screens and our non-shooters are looking for shooters to screen for.

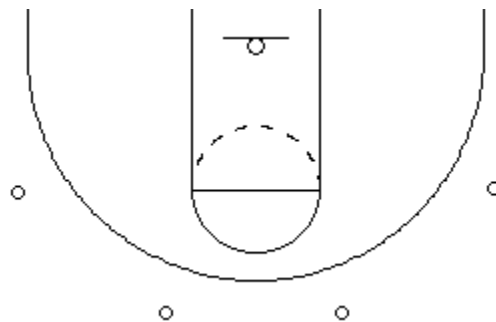
-A smart player is always asking himself four questions while on the court:

1. Who am I?
2. Who are my teammates?
3. Who is covering me?
4. Who is covering my teammates?

-Be sure to adapt the offense to the ability of your players.

Court Terminology:

- High Elbow:** Juncture of NBA 3 and just outside the lane line extended
- Short Elbow:** Juncture of NBA 3 and free throw line extended.
- Spacing concept is always “Too high, Too wide, Too far apart, Too spread apart.”
- Use the NBA three point line for spacing (tape it on your floor for practice).



Rick Majerus: The Encyclopedia of the 4-out 1-in Offense

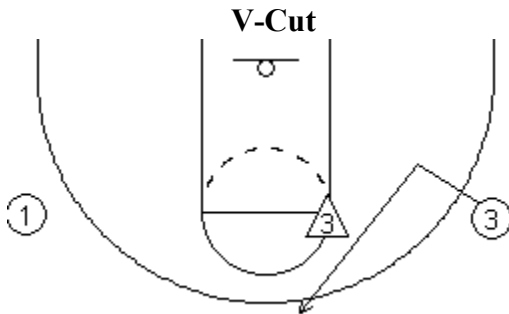
Notes compiled by Zak Boisvert, student manager, Fordham University

(Players 1-4 can occupy any of these 4 positions. All perimeter spots are the same.)
-We always want the fill the high elbows. Whenever you see a high elbow open, fill it (called "Squaring the Top").

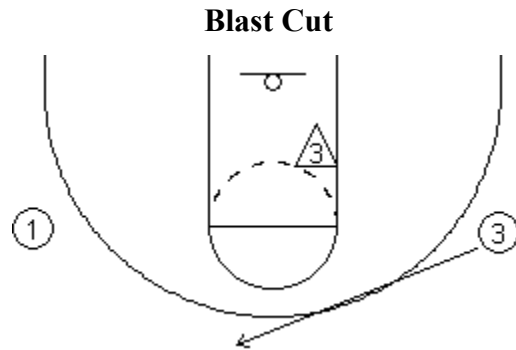
Cuts:

- Never make a cut you don't intend to score
- Always call out the cut as you're making it (even in the game)
- Have a hand target.
- Slow down in the scoring area.
- Complete cut to the front of the rim.

Fill Cut: 2 versions (V-Cut and Blast Cut)



A player should v-cut when his defender even or a man away in a flat triangle.

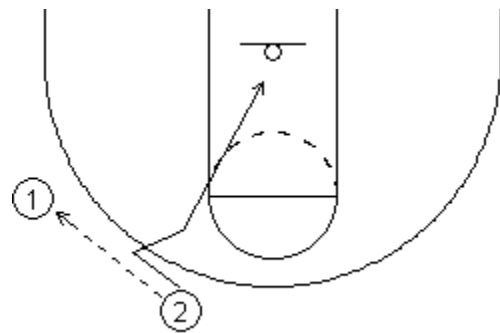


A player should conduct a blast cut is when his defender is 2 men away, rendering a v-cut meaningless. X3 won't be able to get a hand up in time.

Pass & Cut: 3 versions (V-Cut, 7 Cut, and Middle Cut)

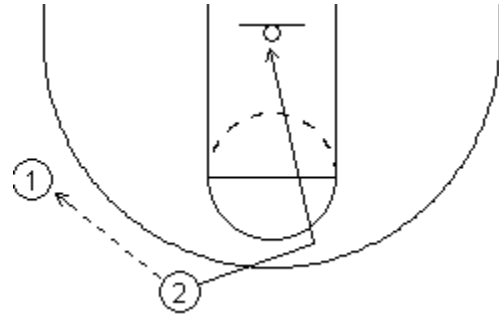
V-Cut

-2's defender jumps to the ball, 2 steps diagonally at 1 before changing direction to cut to rim (showing hand target and slowing in passing area).



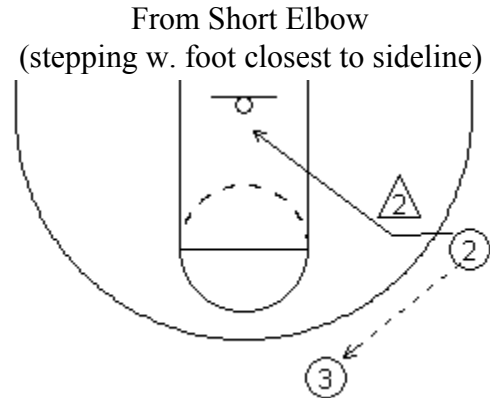
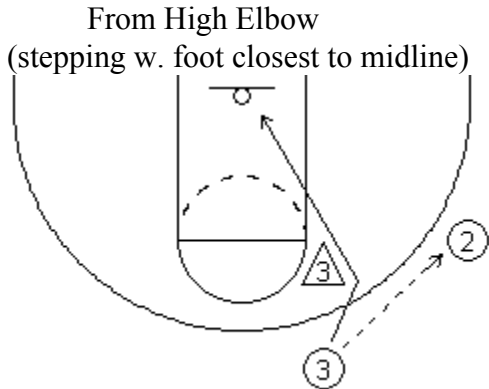
7 Cut

-2 acts as if he were about to set a stagger for a player on the weakside before quickly diving to rim.



Middle Cut (2 versions: Middle Cut from short elbow & Middle Cut from high elbow)

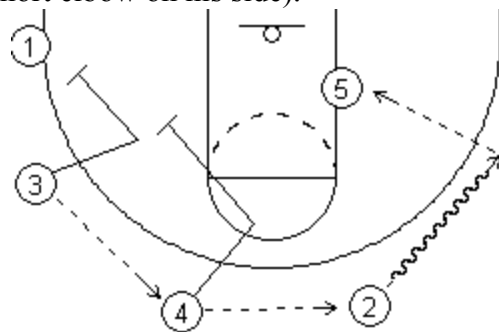
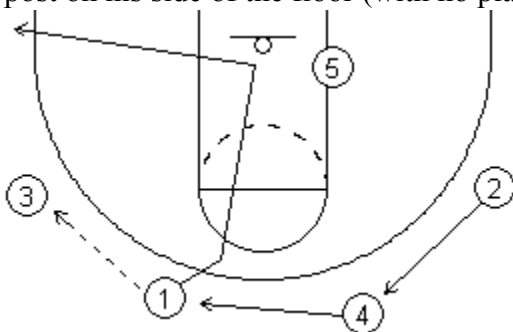
-This cut, best utilized on third side of the floor, is conducted when defender jumps 1 man straight back on the pass of the ball. Offensive player would pick up foot farther away from the offensive player he passed to (if he passed left, he would lift his right, vice versa) and step in front of the defender for a middle cut.



-If the defender were to jump even farther back, 2 men away. The offensive player should cut and replace himself. However, Majerus allows only certain players to cut and replace. Most seasons, he would allow only 2 players to cut and replace. If the player wasn't a great shooter or wasn't tremendous at attacking closeouts, he would be instructed to screen away in such a situation (because the defender wouldn't be able to recover in time to give proper help).

Creating a Naked Post:

Load one side of the floor by sending 1 through on his pass to the wing and isolate your post on his side of the floor (with no player in the short elbow on his side).



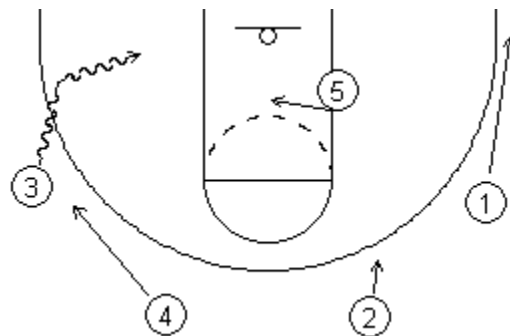
-2 should not pass to 5 immediately on his catch. Do not feed the post from the high elbow (unless it's a lob with the 5 reverse pivoting in a situation where his defender is too high). 2 should dribble to wing from an improved passing angle (Majerusism: "It's better to go too low for a post feed than to be too high.")

-Run a stagger on the opposite side to draw away help.

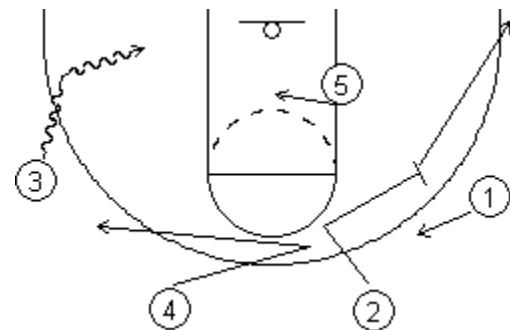
Penetration Rules:

Baseline drive on an empty post:

Nearside high elbow (4) cuts behind for crackback (should be man to a man and a half behind ball). Farside high elbow (2) drifts to vision ("It's not a spot. It's a "can the driver see me with his eyes?"). 1 sprints to corner for drift. 5 diagonals up to the front of the rim right by the front of the rim and should look to attack, but can settle for soft jumper (no bounce passes made to this big- everything going to the 5 in this situation should be a chest pass—conversely he teaches a bounce pass on the baseline drift pass 3 to 1 because it's extremely tough for v-back man defensively to get his hand down when covering sideline).

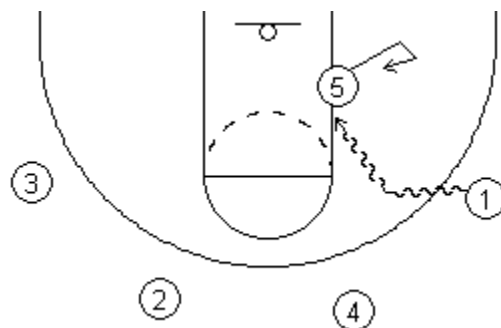


↑
If such a baseline drive were to happen while a stagger was being set, the first screener (2) would head to drift spot on first sign of penetration. The second screener (4) who had taken a step towards stagger circles for crackback. 1 would "drift to vision."



Middle drive on an occupied post:

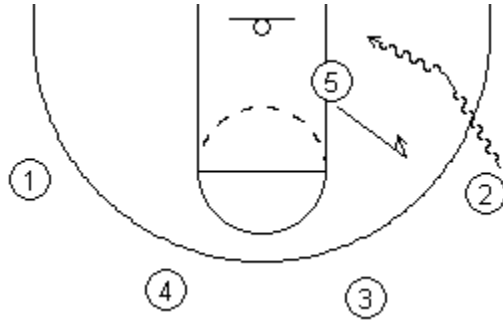
(Perimeters should never be afraid to drive an occupied post. It's their job to get out of the way). 5 would move foot closest to driver (right foot in diagram) and turn his body momentarily to head to baseline. 5 would turn to open and call 1's name (must make a verbal call).



Baseline drive on an occupied post:

5 makes space by again lifting the foot the perimeter is driving at (left in diagram) and runs to the midpost area, curling to face 2. 5 should again make a verbal call and if 2 does throw this pass it should be a hook pass.

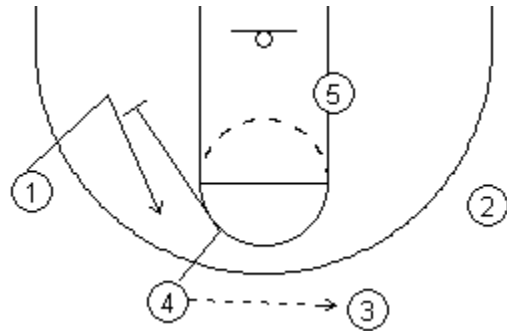
On 5's catch: shot (if he can shoot it) or a dribble handoff/pass to the nearest perimeter followed by an elbow angle ball screen (run a flare on opposite side—who's going to help?)



Screens:

Diagonal Down Screen:

Screener must have his butt to the ball and must be sure to space off his screen (a critical aspect of maintaining spacing is the screener getting back outside the 3). On a curl of back cut, 4 is returning to the high elbow spot to fill.



Stagger Screen:

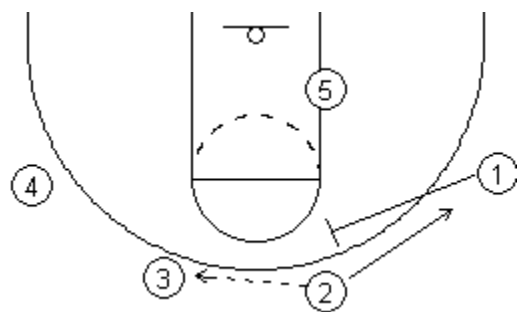
You never want your 2 screeners to be on the same plane. The second screener's belly button should not come up first screener's butt. Second screener should be inside or outside first screener's hip depending on path of the defense. If the defense goes low, the second screener is on the inside of the first screener's hip. If the defense goes high, the second screener is on the outside of the first screener's hip.

-On staggers, both screens should be set under the plane of the free throw line.

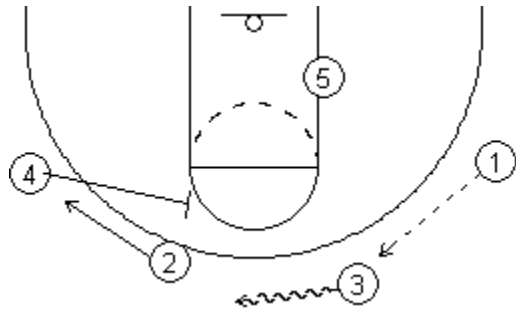
Flare (ball going away from you): On airtime of 2's pass to 3, 1 sprints in to set flare screen (there is no setup on this cut). If 2's man is one man away, 2 chests him to nail of free throw line before coming off flare. If his defender is a man and a half away or more, he just flies right to wing for catch

-If 2's man were to body him and try to get over the top of the flare, 2 should dive to the rim and 1 would return to the short elbow where he came from rather than squaring the top (increases the closeout distance as there would some kind of help on the play).

-It's best for a flare screen to be set for non-like sized players (1 and 4 for example) because it means the defense will be less reluctant to switch.



Flare (ball coming to you): The screener initiates this on airtime. 4 sprints in for flare screen as 2 runs off the screen (the cutter cannot settle into a spot on the same plane as the screener). 3 must dribble to improve his angle.

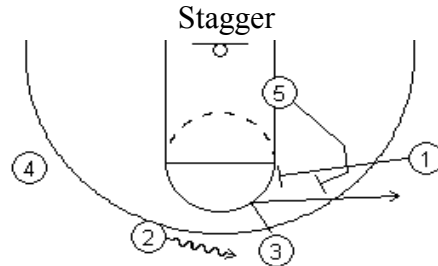
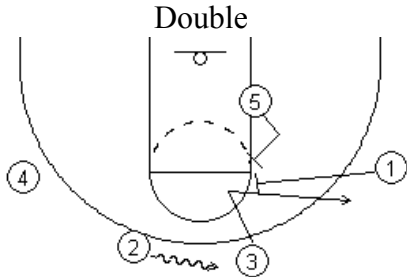


-An important reminder in maintaining proper spacing: the flare screener should not space to the side of the floor he came from. For example, in this diagram 4 should not space to left high elbow, but rather to the right side of the court (most often right high elbow, but at times, right short elbow).

-Post player should never make his post flash as flare is occurring because it takes away the cutter's ability to turn down the screen and dive to the rim.

-Players worry about the ball too much on cuts (flares, curls). "The ball will find you!"

Double Flares (Stagger or Double)



-5 comes up with 1 to set flare. Decision is does he seal low for a double or does he stagger? The answer depends on how the defense is playing screens. Are they going underneath flares? Run a double (with the second screener on the first screener's inside hip). Are they going over the top? Run a stagger (with the second defender lodged slightly behind first screener's outside hip). Remember: there's a certain rhythm to how teams defend screens. Very rarely will a team play a flare one way and then change it up the next time down the court.

All four perimeter spots are the same, but within those spots will be your players who will each have a unique and varied set of skill. It's your job to make your players recognize the variety and specialization of those skills. Who's the scorer? Who's the shooter? Who's the non-shooter? Who's the driver? With these roles identified (as a coach, you can't be afraid to tell a player their role in the offense), the players need to respond accordingly with the appropriate offensive actions and movements to get the players the opportunities they should.

Posts:

-Post your 5 at the first marker rather than the block, but make sure that when he is coming across the lane for a post flash that he is not running right to the marker. He should be trying to get a deep paint catch every time. Reasoning for posting up on the first

marker rather than the block (the only reason you wouldn't is if you were taking away greatly from player's skill set by moving him to the marker):

- More high-low opportunities
- Forces the D to make a clear-cut decision on how to play him
- Opens up baseline for cuts and drives.
- During freshman and sophomore year, posts are allowed only 1 flash across the lane per possession and are urged to wait until the 3rd or 4th side of the floor to do so.
- Don't move on the pass to the short elbow because by the time the perimeter player catches and looks to feed, your chance for a paint catch will be gone. Flash on the perimeter player's catch.
- Watch your man, not the ball. "The ball will find you."
- Toes perpendicular to lane line and one step off the lane line when ball is on opposite of the floor. He is not focused on the ball, he is focused on his man as he hunts for his draw & kick angle and his rebounding angle. What he shouldn't do: "Keep coming across the lane with half-assed cuts that compromise his teammates available room to operate."

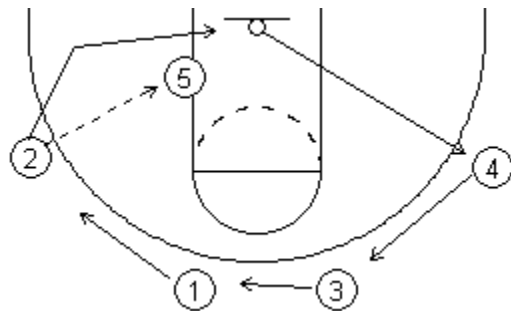
Post flashes:

If defender is even or below, step in hard with bottom foot (foot closest to baseline) and reach it in front of defender with arms up for a hard duck-in.

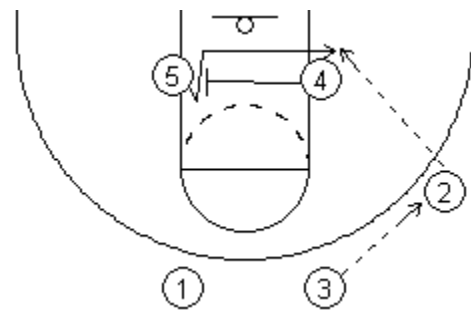
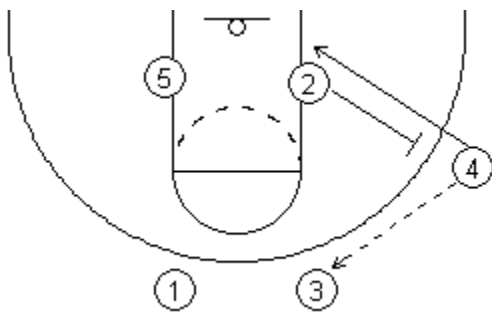
If defender is high, step with foot closest to baseline and put high foot between back of defender's legs and step across looking for a paint catch low. (Your posts should always be looking for the cut lowest to the rim).

Baseline Cut

Pardon the diagram (was unable to curve my lines), but on the post feed to 5, 2 makes a baseline cut. His path should be that of a bowl or a semi-circle. He must be sure to maintain proper spacing between himself and 5.



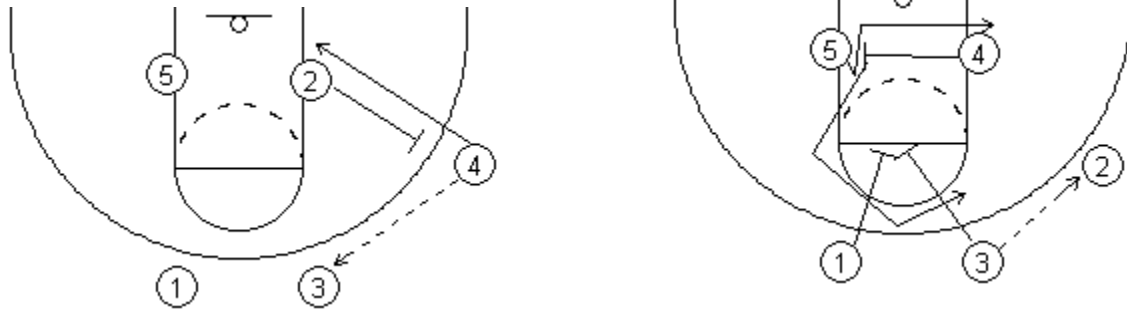
Reverse Action:



-Reverse action can occur anytime a perimeter player enters the post (via a middle cut, seven cut or any basket cut).

-The perimeter player setting the back screen (2) must read the perimeter player's defender. On 4's pass to 3, has x4 jumped to the ball or straight back? It's very important because 2's screen should be right up his back.

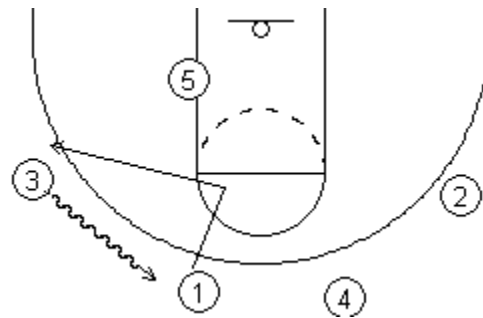
Reverse Action with a tail:



-Reverse Action + a double down screen for the cross screener. This should be run only for your best shooter.

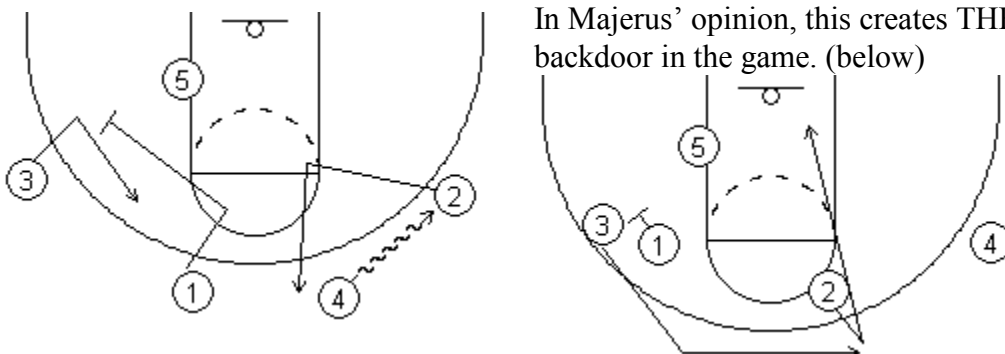
Loop Cuts:

High Elbow → Short Elbow: 1 makes a shallow cut, being sure to away from ball handler (to not allow a potential double team).



Short Elbow → High Elbow: 4 dribbles to wing, 2 makes a shallow cut to top (it's important that he squares this cut off going directly from wing to elbow to high elbow).

In Majerus' opinion, this creates THE best backdoor in the game. (below)



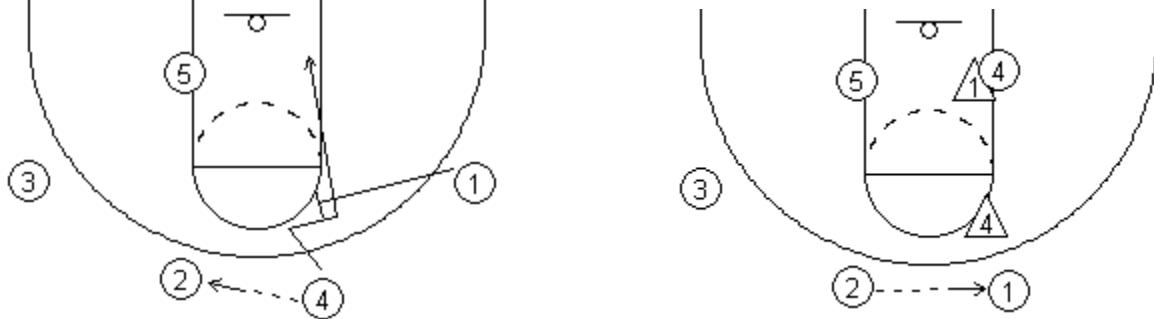
It also serves as a great way to get into reverse action (having 2 post momentarily after completing his cut to the rim as 4 passes to 3 filling high elbow. 2 would step up to set the back screen for 4 to begin the reverse action sequence).

Breaking Switches:

-What do you do when they switch?

-Situation: Defensive switches a screen between 1 and 4 and now you have 2 favorable matchups (x4 guarding 1 on perimeter and x1 guarding 4 in the post). Which one do you attack? Majerus believes that you should attack the defensive big on the perimeter because you have 2 likely foul scenarios: the defensive big trying to keep the guard in front and the defensive guard trying to keep the offensive big in front of the glass.

Breaking switches with a flare screen involving a 4 or a non-like sized switch:

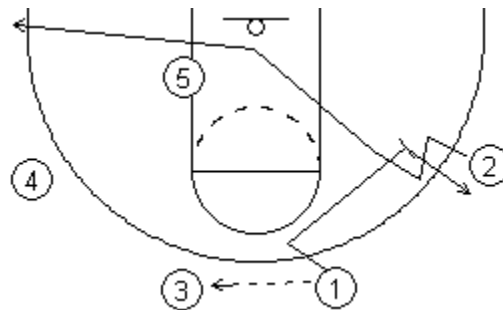


-On x1 and x4's switch of the flare screen, 4 heads straight to the block to post the smaller defender while 1 looks to drive the closeout against x4.

Breaking switches with tight curls:

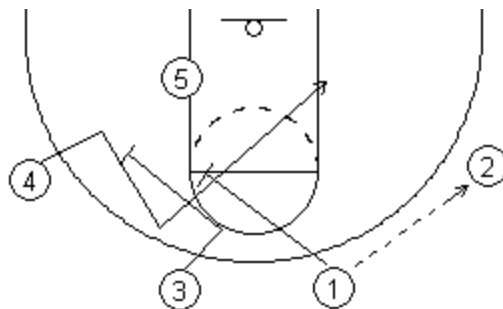
The only occasion in which you should bring the screener and cutter together against a switching defense is when the cutter is performing a tight curl (all other screens versus a switching defense should be broken off before the 2 offensive players can come together because the 2 offensive players coming together would facilitate a switch).

Off Diagonal: 2 tight curls 1's screen and empties beneath post to the opposite corner. 1, in an exception to one of the offense's main rules, does not square the top and instead spaces to the short elbow to create a longer distance for the closeout.



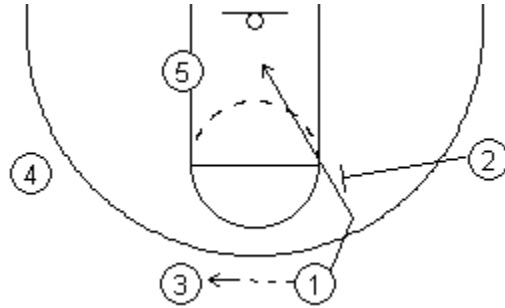
Off Stagger: 4 tight curls the stagger set by 1 and 3 directly to block. A switching defense would have switched out on the stagger and the second screener's defender (in this diagram, x1) would be covering 4 (an obvious mismatch). 1 and 3 would square the top.

-Note: the tight curl off the double stagger is a great entry into reverse action.



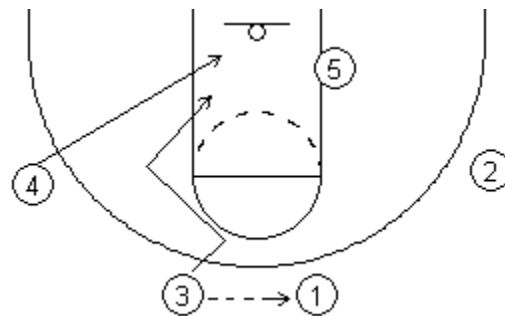
Breaking a like sized switch on a flare screen:

First, it's important to remember that against switching defenses, the flare screen is an area screen (2 screens an area rather than x1). On switch, 1 dives the switch and 2 spaces back to where he came from and looks to drive the closeout.



Breaking diagonal down screen switches: The key is the 2 players never come together. Either the cutter or the screener (or both) is diving to the rim before they actually come together for the screen.

-“Double Chase” is the action when both the screener and the cutter dive to the rim. The cutter (4 stationed at short elbow) would backcut the coming down screen set by the player at the high elbow (3). The screener could then turn to space back to the short elbow or he could run a “Double Chase” by following with a rim cut.



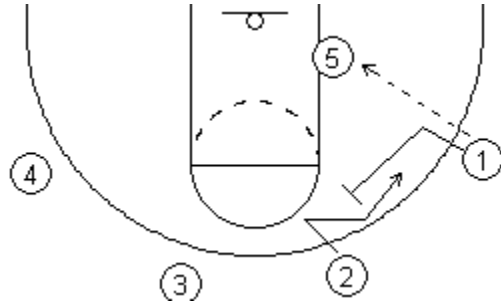
-Note: the breaking off of the screen can be initiated by the screener as well. 3 could slip for a rim cut while 4 could fill the high elbow spot he vacated or run a “Dribble Chase” by following 3’s dive with a rim cut of his own.

Feeding the Post:

- Follows the framework of the offense in that the mantra is “cutters cut, shooters shoot.”
- Cut against the swing of the head. Post feeder’s defender turned his head to middle, post feeder makes a baseline cut. Post feeder’s defender turned his head to the baseline, post feeder makes a middle cut or performs a split or a screening action with the nearest perimeter.
- Top MUST be squared on all post catches.
- On any baseline power move that the post makes, the ball side corner must be filled for bailout option. This can be done two ways:
 1. The post feeder slides to baseline and the ball side high elbow slides to the wing spot he vacated.
 2. The post feeder screens for the high elbow who slides to the corner.

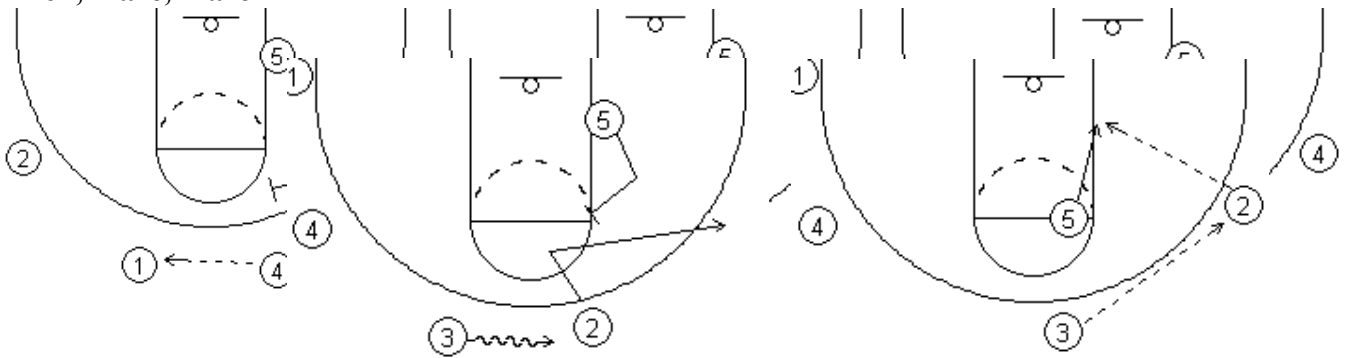
-Post feed flare split: 1 makes a post entry into 5 and turns to set a flare for 2.

↑
To break a switch in this situation, the screener (1) can dive to the rim or the cutter (2) can dive.



More Flare Options:

“Pick, Flare, Flare”

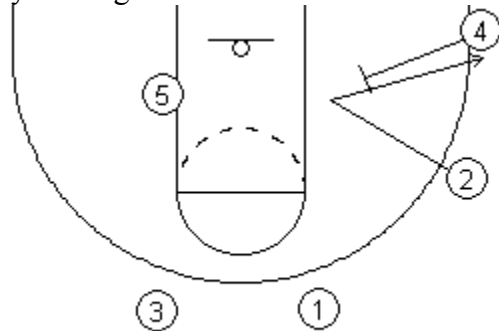


Open side Flare

-5 steps up to elbow to set a flare for 2 on an open side of court and then dives to block on 2's catch.

Flare out of loaded corner:

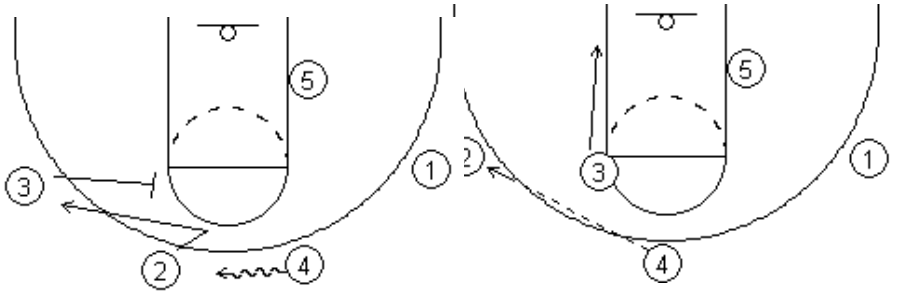
-This action is run for only your best players. It's extremely hard to defend, but offensive player being screened for must be an offensive threat that defense is keying on.



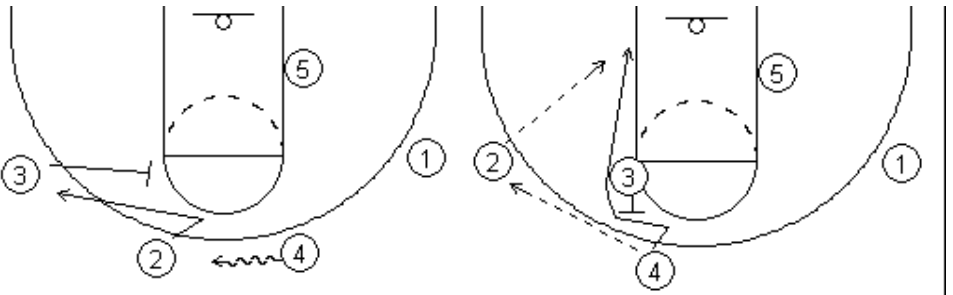
-2 can get a ton of layups off this by simply stepping to the rim if his man tries to fight over the screen early.

Options off flare screen:

Post Dive: If 3 is a player that is adept at scoring on the block, dive him to the post on 2's catch.

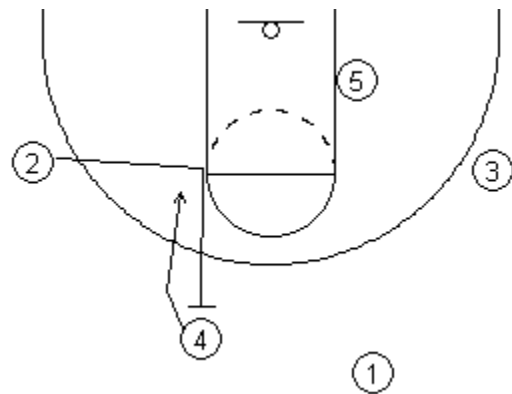


UCLA: After setting the flare, 3 turns to set a ruboff screen for 4



4 picked up high upcourt (2 options):

-If defense begins closely guarding the 4 man as the ball is being brought halfcourt, 2 sets a high back screen for him. It is important that 2 squares his path to the back screen, cutting first to the elbow then to the back screen.



-The other option is to set a high flare screen for the 4.

High-Low Concepts:

-A high post flash should be made not to the elbow, but rather to the nail at the middle of the free throw line. The reasoning is that the high post and low post should never be on the same plane (If the two are on the same plane, a high-low pass is too difficult to perform successfully).

-With the ball in the high post, never have a perimeter player in a spot out of the high post's vision. The player in the high post with the ball must be able to see everyone.

Majerus' various thoughts on the 4-out/1-in:

-Devise your own entries and be willing to change them all the time (you will have to in order to keep defenses off balance).

-All cuts and screens are called out by his offense. He has never been concerned with the fact that the defense is able to hear these calls too. The positive outweighs the negative in this situation as offensive communication is extremely important. Majerus doesn't care if the defense knows what's going on as long as his offense does.

- Never perform a high elbow-high elbow away screen because it is useless in that it puts no pressure on the defense whatsoever.
- A cutter should always empty through or below block when spacing/emptying out (this emphasizes that you should be cutting all the way to the rim).
- On flares, cutter should always be thinking about a rim cut.
- Teach your guys to maintain their dribble when no pass or shot is available. Teach them to be able to drive it hard to the paint and veer off the dribble back to outside the 3. To be good at attacking with the dribble, you must be equally good at retreating with it.
- A three second call is a good turnover because it means we're working to establish post position. Make the ref blow his whistle!

Various Majerus Thoughts:

- Send your bigs to the offensive glass through the back of the rim (think Moses Malone).
- On lob to post, the offensive 5 should not disengage contact to move to the ball until the ball passes his inner ear (It's better to be late on a lob).
- Make sure post players have toes to the ball and are showing the passer their number.
- Spacing is extremely important because it can discourage defense from helping and can make them pay if they decide to.
- Never pass to a cutter that has finished his cut and is now moving away from the rim.
- “Foot Organization!” In anticipation of a catch, players should have inside foot pivoting and the great shooters have that inside toe already pointed to the rim as soon as they catch.
- Be decisive versus closeouts. Be prepared to drive closeouts. “I see too many unnecessary shot fakes on closeouts when the guy should be putting it on the floor and going by the guy.”
- “If you own the three point line, you will win.”
- “Wins are on the free throw line.”
- On post feed, make sure bounce pass is coming up high to post player.
- Really emphasized how much an offensively skilled 4 (a player who can drive, shoot and take advantage of any mismatches on the block) can turn a good offensive team into a great offensive team.