

### MOTION IDEAS

1. MOTION OFFENSE IS TAUGHT (HENCE LEARNED) IN STAGES.
11. TEACH CUTTING BEFORE SCREENING.
111. MAKE SURE THAT IF THEY DON'T CUT, THEY SCREEN.
- IV. ENCOURAGE THE EFFECTIVE USE OF THE DRIBBLE.
- V. IDENTIFY FOR YOUR PLAYERS/TEACH THEM WHEN/WHERE TO:
  - A. MOVE AND BE FAST OR STAND AND BE SLOW.
  - B. HOLD THE BALL OR MOVE IT QUICKLY.
- VI. BEGIN FROM DAY ONE TEACHING SHOT SELECTION; CONSTRUCT A SEQUENCE OF ACTION UPON RECEPTION: ANYWHERE BUT LOW POST, PASS FIRST, SHOOT/ DRIVE SECOND. (RECEIVING THE BALL)
- VII. BECAUSE IT IS RULE-ORIENTED AND NOT PATTERN OR PLAYLIKE, YOUR MOTION OFFENSE PRACTICE PLAN SHOULD INCLUDE SEGMENTS OF:
  - A. PASSING/CATCHING DRILL(S)
  - B. ISOLATED CUTTING/SCREENING DRILL(S) 3 ON 0; 4 ON 0
  - C. 5 ON 0 WORK (RESTRICTION[S])
  - D. 5 ON 5 WORK (RESTRICTION[S])

1. MOTION OFFENSE IS TAUGHT (HENCE LEARNED) IN THREE STAGES:
  - A. THE FIRST EMPHASIS OF TEACHING IS MOVEMENT
  - B. THE SECOND IS MOVEMENT WITH PURPOSE
  - C. THE THIRD IS MOVEMENT WITH PURPOSE BASED ON INDIVIDUAL ABILITIES

(A) MOVEMENT:

- WE SPEND THE FIRST 5-6 PRACTICES JUST GETTING OUR PLAYERS TO MOVE
- WE ONLY ALLOW CUTTING AND DRIBBLING - NO SCREENING
- WITHIN THE CONTEXT OF CUTTING AND DRIBBLING, WE INTRODUCE SPACING
- OUR PLAYERS SHOULD BE SPACED ROUGHLY 15-18 FEET APART
- WE ALLOW OUR PLAYERS TO OCCUPY ONLY 5 SPOTS ON THE FLOOR  
BOTH CORNERS, BOTH WINGS, AND THE TOP OF THE KEY

(B) MOVEMENT WITH PURPOSE:

- THIS MEANS: (1) PLAYER MOVEMENT WITHIN THE RULES OF OUR GAME OR TYPE OF MOTION AND (2) REACTING TO THE DEFENSIVE COVERAGE. AS DEFENSE IS BASED ON ANTICIPATION, OFFENSE IS BASED ON REACTION.
- WE TEACH OUR PLAYERS TO RECOGNIZE THE DEFENSIVE COVERAGE AND REACT TO IT.

(C) MOVEMENT WITH PURPOSE BASED ON INDIVIDUAL ABILITIES:

- THIS IS THE MOST DIFFICULT LEVEL TO BOTH COACH AND ACHIEVE.
- OBVIOUSLY, CERTAIN PLAYERS ARE MORE GEARED THAN OTHERS TO SHOOT, AND TO SHOOT AT GREATER DISTANCES, AND MORE TIMES.
- SO PLAYERS MUST BE COACHED TO ACCEPT AND EXECUTE THEIR ROLES.
- SELLING - RIGHT PEOPLE SHOOTING THE BALL REGARDLESS OF THE TIME IT TAKES.

11. TEACH CUTTING BEFORE SCREENING:

A. PLAYERS WILL LEARN HOW TO READY DEFENSES MORE EFFECTIVELY

B. CUTTING FIRST CREATES THE BEST SCREENING ANGLE

C. RULES:

1) AFTER A CUT AND NO POST UP: FILL "OUT" (OUTSIDE THE THREE POINT LINE) AND "UP" (TOWARD WING THEN POINT)

2) DON'T CROSS THE FLOOR FROM THE SIDE THROUGH THE MIDDLE TO THE OTHER SIDE WITHOUT THE BENEFIT OF A SCREEN OR UNLESS THE BALL IS BEING DRIBBLED AT YOU.

- DIAGRAM DRILL -

111. MAKE SURE THAT IF THEY DON'T CUT, THEY SCREEN
- A. YOUR PLAYERS MUST BE COACHED TO HAVE BOTH A CUTTING AND SCREENING MENTALITY, NOT JUST A CUTTING AND EXCHANGE MENTALITY.
- B. WHY DO PLAYERS SCREEN?
- DIAGRAM - 1. THE PASSER SCREENS BECAUSE HE CAN'T CUT. THE DEFENDER TAKES AWAY HIS FACE CUT. SO HE SCREENS.
- DIAGRAM - 2. ANY OTHER PERIMETER PLAYER SCREENS TO "MOVE THE DEFENSE" AND PREVENT HIS MAN FROM SEEING BOTH MAN AND BALL.
- DIAGRAM - 3. ANY PLAYER WHO HAS POSTED UP SCREENS BECAUSE THE BALL HAS BEEN REVERSED.
- THESE ARE OUR 5 MAN GAME RULES; THESE RULES WOULD PROBABLY CHANGE IF YOUR GAME CHANGED.
- C. HOW DO PLAYERS SCREEN? (EXPLAIN)
1. WIDE, FLEXED BASE WITH BOTH FEET FIRMLY PLANTED.
2. ARMS IN A PROTECTIVE POSITION WITH ELBOWS INSIDE OF HIPS.
3. BACK ANGLED TO WHERE HE WANTS THE CUTTER TO CATCH THE BALL.
4. FEET POSITIONED PREVENTING CUTTER'S DEFENDER FROM COMING BETWEEN HIMSELF AND THE BALL. THIS PLACES THE SCREENER INSIDE OF THE CUTTER AND CLOSER TO THE INSIDE OF THE COURT.
- D. HOW DO CUTTERS USE SCREENS?
1. INITIALLY SQUARE HIS SHOULDERS PERPENDICULAR TO THE SCREENER'S SHOULDERS BEFORE USING THE SCREEN.
2. SQUARE HIS SHOULDERS TO THE SCREENER'S SHOULDERS WHEN USING THE SCREEN.
3. MOVE TOWARD SCREENER SO THAT HIS (CUTTER'S) DEFENDER CANNOT COME BETWEEN HIMSELF AND THE SCREENER.
4. IF CUTTER'S DEFENDER BEATS HIM TO THE SCREENER'S BACK, CUT AWAY IN ANOTHER DIRECTION.
5. IF THE CUTTER CANNOT SEE HIS DEFENDER, CURL THE SCREEN + GO TO THE GOAL.

E. TYPES OF SCREENS:

1. DOWN:

- (A) PT/WING
- (B) WING/CORNER
- (C) WING TO POST

2. BACK

3. UP - BACK UP -

4. ON BALL

- DIAGRAMS -

F. TYPES OF CUTS:

TEACHING POINT: BOTH SCREENER AND CUTTER SHOULD CONVERGE AT THE DEFENDER AND OPERATE TOGETHER.

- 1. OVER (OUTSIDE OF SCREEN): SCREENER GETS "HIGH + WIDE" (OUT + UP)
- 2. UNDER (INSIDE OF SCREEN): SCREENER "POPS BACK" TOWARD BALL  
("RUN HANDS" TOWARD BALL)
- 3. CURL: SCREENER "POPS BACK" ("RUN HANDS")
- 4. FADE: SCREENER READJUSTS BACK AND HOLDS SCREEN FOR 2 COUNT

- IV. ENCOURAGE THE EFFECTIVE USE OF THE DRIBBLE
- A. DIFFERENCE BETWEEN PASSING/MOTION GAME
  - B. DIFFICULT FOR PEOPLE TO GUARD THE DRIBBLER
  - C. IMPORTANT TO GIVE YOUR PLAYERS DRIBBLE OBJECTIVES/RULES

1. "DRIBBLE AT":

IF THE BALL IS DRIBBLED AT YOU:

- A) GO THE GOAL
- B) SCREEN BELOW YOU

2. "DRIBBLE FOLLOW":

IF THE BALL IS DRIBBLED AWAY FROM YOU:

FOLLOW THE BALL (BE CONSCIOUS OF SPACING)

- THIS INCLUDES ANYONE WHO MAY BE POSTED

- DIAGRAM -

3. "GAP DRIBBLE":

IF THE BALL IS DRIBBLED INTO THE GAP TOWARD THE GOAL:

- A) TOWARD YOU: COME BEHIND THE BALL
- B) AWAY FROM YOU: FOLLOW THE BALL

- DIAGRAM -

V. IDENTIFY FOR YOUR PLAYERS/TEACH THEM WHEN/WHERE TO:

A. MOVE AND BE FAST OR STAND BE SLOW

B. HOLD THE BALL OR MOVE IT QUICKLY

C. PLAYER MOVEMENT:

1) BE SLOW AND EVEN STAND WHEN YOU:

A) HAVE THE BALL (EXCEPT AT THE POINT) *why*

B) ARE IN THE CORNER

C) ARE POSTED BALLSIDE

D) ARE RECEIVING A SCREEN (TO SET UP THE DEFENDER)

2) BE FAST AND NEVER STAND (1 SECOND RULE) WHEN:

A) YOU ARE ANYWHERE ELSE

B) YOU ARE SETTING A SCREEN

C) PASSER BALL FAKES AT YOU - FOLLOWED BY A DRIBBLE AT

3) TEACHING POINT FOR A PLAYER IN THE CORNER:

- DIAGRAM -

A) IF THE WING MAN ABOVE YOU PASSES THE BALL TO THE POINT/MIDDLE, BE SLOW AS HE MAY SCREEN FOR YOU

B) IF THE WING MAN ABOVE YOU FILLS UP TO THE POINT OR MIDDLE, FILL UP QUICKLY TO THE WING

D. BALL MOVEMENT:

WE FEEL THAT THE TYPE OF MOTION YOU ARE RUNNING DETERMINES WHERE YOU ARE MORE DELIBERATE WITH THE BALL AND WHERE YOU MOVE IT QUICKLY. IF WE WERE RUNNING THE TYPE WITH 1 OR 2 PERMANENT POSTS, WE WOULD HOLD THE BALL A LITTLE LONGER IN THE MIDDLE OF THE FLOOR THAN ON THE WINGS.

*Ask about  
filling post.  
& different cuts*

BUT SINCE WE RUN ESSENTIALLY AN "OPEN" POST THAT WE WILL FILL WITH EITHER A CURL OR UNDER CUT OFF A WEAKSIDE SCREEN OR WITH A FACE CUT, WE FEEL THAT WE MUST HOLD THE BALL LONGER ON THE WINGS SINCE IT CAN TAKE LONGER TO FILL THE POST. OUR BASIC THINKING IS THAT IT IS EXTREMELY DIFFICULT FOR THE DEFENSE TO CONTINUALLY SHIFT FROM BALLSIDE TO HELPSIDE AND HELPSIDE TO BALLSIDE AND STAY IN PROPER POSITION.

- BALL REVERSALS ARE KEY

VII. BECAUSE IT IS RULE-ORIENTED AND NOT PATTERNED OR PLAYLIKE, YOUR MOTION OFFENSE PRACTICE PLAN SHOULD INCLUDE DAILY SEGMENTS OF:

A. PASSING/CATCHING DRILL(S):

1. BALL SPINS ?
2. DRIBBLE HACKS ?
3. PARTNER PASSING (PLAYER IN POST)
4. 2 ON 1 PASSING (BALL FAKES) - PLAYER THAT PASSES GUARDS TWICE → Explain
5. POST PASSING Explain

B. CUTTING/SCREENING DRILL(S):

1. MEET THE PASS
2. 3 ON 0: A) FACE CUTS AFTER BALL REVERSAL *what is face cut*  
B) COME + GO AFTER BALL REVERSAL *come + go*  
C) DRIBBLE AT/FOLLOW AFTER BALL REVERSAL (BACKCUTS)

C. 4 ON 0 / 5 ON 0:

1. WE DO THESE WITHOUT DEFENSE TO DEVELOP TIMING AND TECHNIQUE
2. EXECUTE WITH RESTRICTIONS: A) CERTAIN PLAYER SHOOTS  
B) CERTAIN KIND OF SHOT  
C) OFF OF A CERTAIN TYPE OF ACTION  
D) AFTER A CERTAIN NUMBER OF PASSES/BALL REVERSALS/TIME OFF/LEFT ON CLOCK

D. 5 ON 5:

- 1) WITH DEFENSE TO DEVELOP READING AND COMPETITIVENESS
- 2) EXECUTE WITH RESTRICTIONS
- 3) 50 POINT GAME SCORE TWO OR THREE

OFFENSE 1 PT FOR COMPLETED PASS

1 PT FOR GETTING FOUL - GET POSSESSION

DEFENSE TURNOVER - 2 PTS

DEFLECTION - 1 PT

RESTRICTIONS

- NO DRIBBLE
- IF CERTAIN PLAYER SCORES (PTS.)
- IF SCORE OFF A BACKDOWN (PTS.)



## 5 SPECIAL SITUATIONS OR CONCEPTS

### SPECIAL CONCEPTS:

1. "BREAK CUT":

THIS OCCURS WHEN A CUTTER USING A SCREEN REALIZES DURING HIS CUT THAT THE AREA HE IS CUTTING TO IS OCCUPIED BY A TEAMMATE (SPACING). THE CUTTER SHOULD BREAK OFF HIS CUT AND MOVE IN THE OPPOSITE DIRECTION OF THAT TEAMMATE.

2. "ACCIDENTAL SCREEN":

THIS OCCURS WHEN TEAMMATES SIMULTANEOUSLY CONVERGE AT THE SAME SPOT. THE PLAYER CLOSEST TO THE INSIDE OF THE FLOOR SHOULD SCREEN FOR THE OTHER.

3. "SEAL OUT/SCREEN IN":

THIS APPLIES TO HOW THE SCREENER APPROACHES THE CUTTER'S DEFENDER. IF THE CUTTER'S DEFENDER IS IN THE OUTSIDE PORTION OF THE FLOOR, THE SCREENER SHOULD ATTEMPT TO KEEP HIM SEALED OUTSIDE. HOWEVER, IF THE CUTTER'S DEFENDER SINKS INTO THE MIDDLE AREA OF THE FLOOR OR LANE, THE SCREENER SHOULD ATTEMPT TO SCREEN THAT DEFENDER INSIDE. THE CUTTER MUST READ THE SCREENER'S BACK WHEN USING THE SCREEN. MOST OFTEN, THE CUTTER WILL BE OPEN TO RECEIVE THE BALL OUTSIDE WHEN THE DEFENDER IS INSIDE AND INSIDE WHEN THE DEFENDER IS OUTSIDE.

4. "SCREEN THE SCREENER": (1) BACK DOWN (2) SCREEN ON BALL  
THE FLEX OFFENSE IS DESIGNED TO PLACE GREAT PRESSURE ON THE  
DEFENSE BY IMMEDIATELY HAVING ONE PLAYER SCREEN FOR ANOTHER  
PLAYER WHO HAS JUST SCREENED. THIS IS GREAT OFFENSE, HOWEVER,  
IN THE FLEX IT LOSES SOME EFFECTIVENESS BECAUSE THE DEFENSE KNOWS  
EXACTLY WHERE + WHEN IT WILL OCCUR. IN MOTION, WE TEACH THE  
SAME ACTION. WE'LL HAVE A SHOOTER CUT TO THE POST AND BACKSCREEN  
OR SCREEN ON THE BALL AND IMMEDIATELY SCREEN FOR HIM AFTER HE  
SCREENS. WE HAVE HAD GREAT SUCCESS WITH THIS, AND MAINLY, WE FEEL  
BECAUSE THE DEFENSE IS CAUGHT OFF GUARD BECAUSE IT IS DONE AT BOTH  
DIFFERENT TIMES + PLACES ON THE FLOOR.

- DIAGRAM \_

5. "RESCREENS":  
OCCASIONALLY YOU MAY HAVE A PLAYER WHO WHILE YOU ALLOW HIM TO  
HANDLE THE BALL ON THE PERIMETER, YOU WOULD PREFER HIM TO SPEND  
MORE TIME IN SIDE OR BE SCREENING FOR OTHERS. IN THAT CASE, TEACH  
HIM TO RESCREEN. ALLOW HIM TO HANDLE THE BALL ON THE PERIMETER  
IF HE RECEIVES A SCREEN, BUT, IF HE SCREENS THE ACTION OUTSIDE OF  
HIM, HAVE HIM IMMEDIATELY RESCREEN THE ACTION INSIDE OF HIM .

- DIAGRAM -