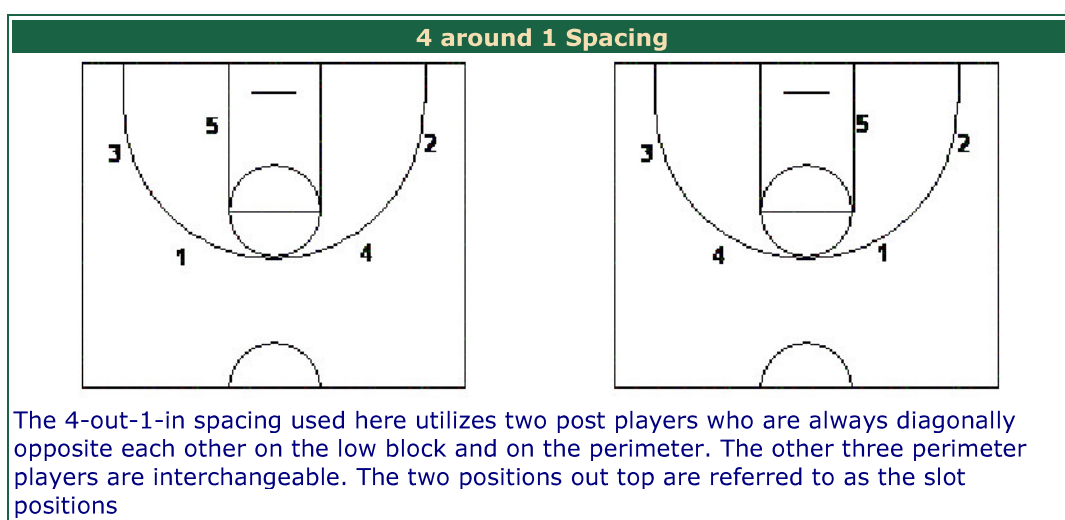


Villanova - 4 out 1 in Motion

Jay Wright

Spacing

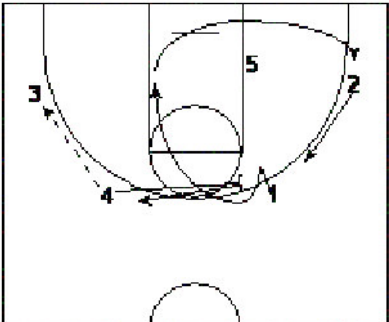
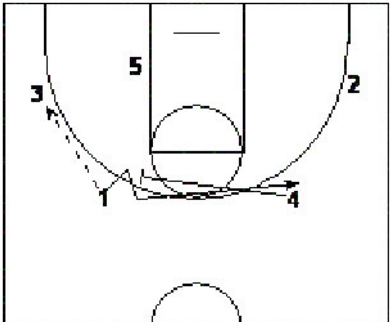
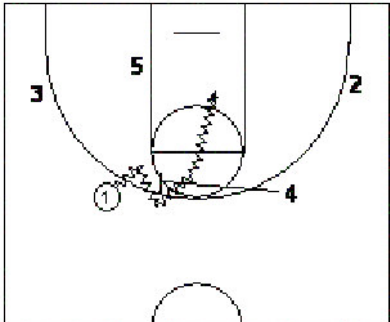
The 4-out-1 in motion offense used by Jay Wright of Villanova and formerly Hofstra University utilizes 3 perimeter players and 2 post players. One on the post players is always stationed on either of the low blocks. The other post player is on the perimeter diagonally opposite the low post player (in one of the slot positions). The three perimeter players are interchangeable occupying the two wings (near the baselines) and one of the slot positions out top



Basic Rules for Post Players

1. The high and low posts are always opposite each other with one on the low block and the other opposite in one of the slot positions.
2. The high post player always screens for the other slot man. This means screening away on a pass, setting a flare screens, and setting on ball screens. He does not screen for the wing players and he never receives a screen from a perimeter player.
3. Whenever the post player in the slot has the ball out top the low post player ducks in and looks for the ball.

Post Player Options

Post Screen Away	Post Flare Screen	Post On Ball Screen
		

Here are some examples of different kinds of screening action that should take place in the slot with the perimeter post player.

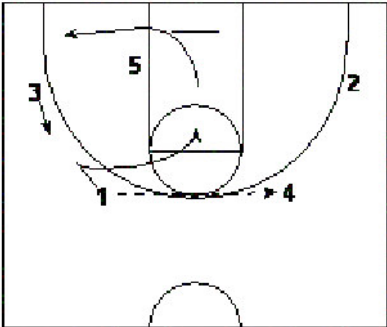
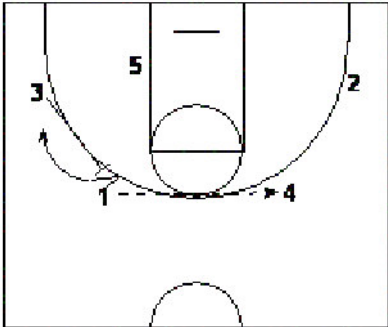
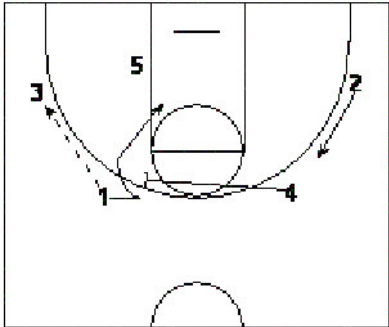
Post Duck In		
		

Every time the post player in the slot receives the ball he should look for the duck in with the low post.

Basic Rules for Perimeter Players

1. After making a pass, you have three options : a) basket cut b) set a screen or c) receive a screen (from post player in the slot).
2. Only screen for each other on the perimeter; They do not set screens for the post player in the slot position.
3. Use dribble to drive to the hoop or create and easier passing opportunity.

Perimeter Player Options

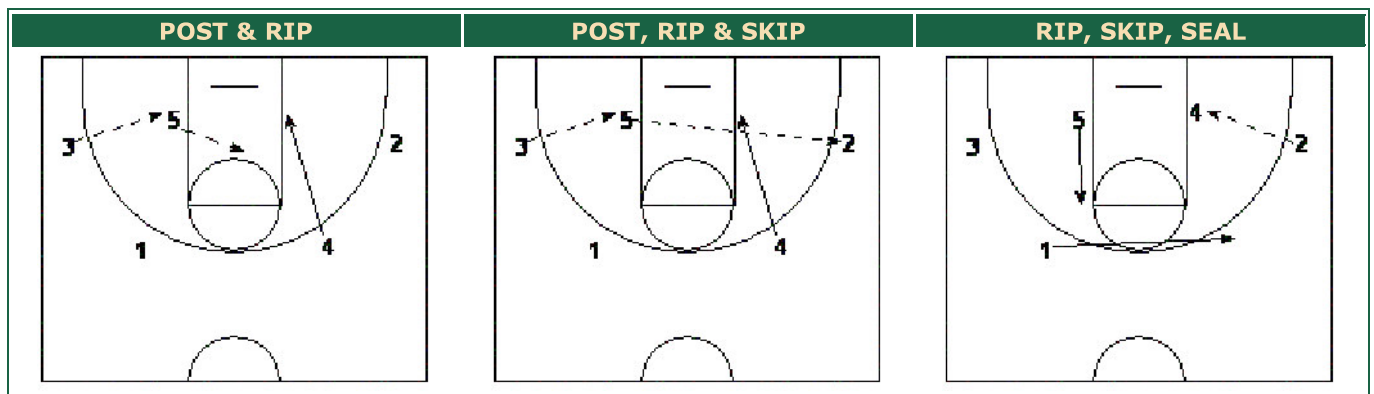
Basket Cut	Receive a screen	Basket Cut
		
Basket cut after making a pass to the post in the slot.	Receive a screen (flare) after making a pass to the post in the slot	Basket cut after making a pass to a wing player.

Key Teaching Points

1. Post ups and ball screens are primary looks.
2. Perimeter players look to catch and shoot; then reverse the ball
3. Read the defense - take the lanes they give
4. Good shot selection
5. Good communication
6. Read Opposite

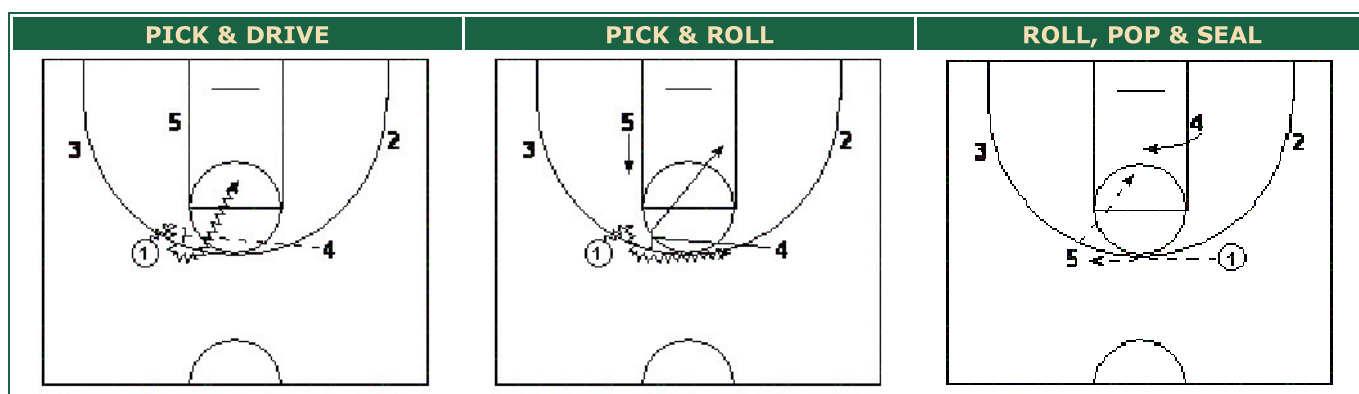
Scoring Opportunities

1. **POST & RIP** – We always look to enter the ball to the low post. This creates several scoring opportunities. The are as follows:
 1. Look to score immediately in post.
 2. **RIPPER** - Look for opposite post player who after a slight hesitation then rips to the weak side block. If this post player does not receive the ball he is in perfect weak side rebounding position.
 3. **RIP / SKIP / SEAL** - Look for skip pass to weak side corner. After the skip pass if the wing does not shoot he has ideal post action with the ripper who has just sealed his defender.
 4. Look to kick back to the wing who entered the ball after slight relocation (this is ideal if the wing doubles down on the post).



2. HIGH BALL SCREENS

1. **PICK AND DRIVE** - immediate driving opportunities to the hoop.
2. **PICK AND ROLL** - Drag dribble implies roll to the hoop (opposite post fills out and replaces).
3. **ROLL, POP, & SEAL** - As the opposite post pops out if he receives then he looks for the roller who has now sealed on the low post.



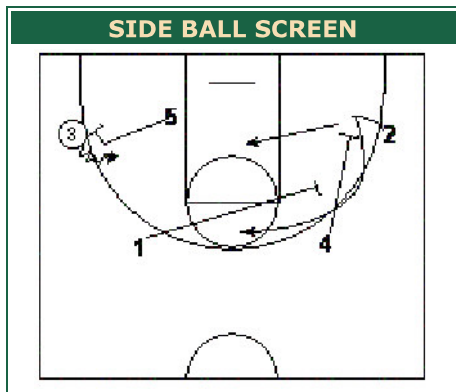
3. SCREENER & CUTTER Opportunities

1. Flares or curls with the two players in the slot positions; post player always screening for the perimeter player
2. Post player who sets the screen can slip the screen and cut to the basket as an additional scoring opportunity.
3. If perimeter players use screen to curl then post player pops back to the ball.

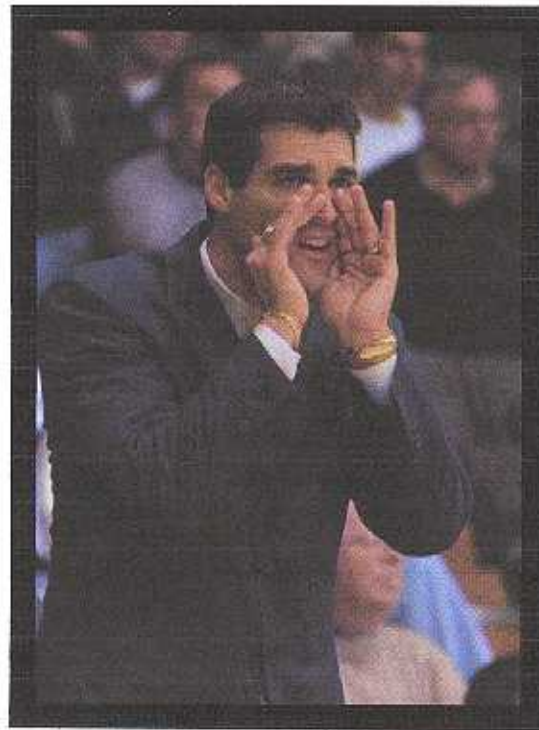


4. **SIDE BALL SCREENS** (ball goes to the corner)

1. Look first to low post
2. Low post sets on ball screen in the corner
3. At the same time two slot players set a staggered screen for weakside wing to curl or get a good perimeter look.



Villanova's Motion Offense



BASIC RULES OF MOTION

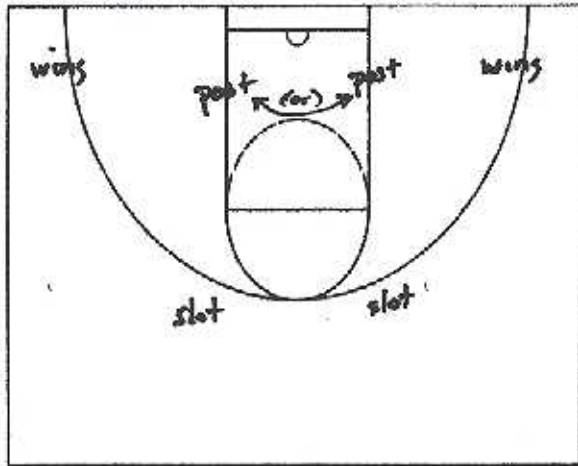
(4 & 5 men)

1. HIGH LOW OPPOSITE EACH OTHER.
2. SCREEN FOR 1, 2 & 3 AT SLOT
3. IF BALL IS HIGH - DUCK IN
IF BALL IS IN POST - RIP

(1, 2, 3 men)

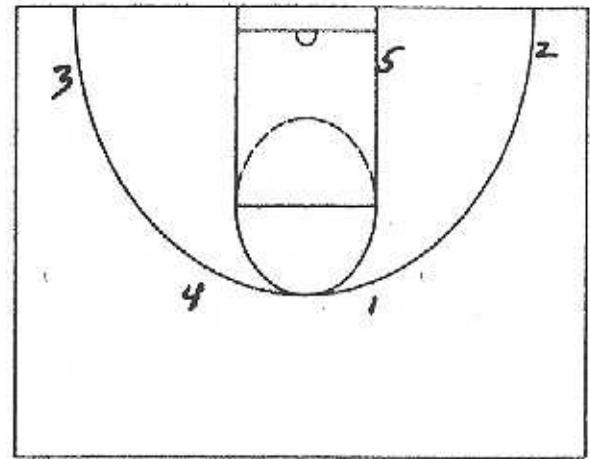
1. AFTER PASS: BASKET CUT, SCREEN, OR
RECEIVE A SCREEN
2. 3 IS A SCREENER FOR 2 & 1; 2 & 1 ARE
CUTTERS.
3. DRIBBLE TO DRIVE OR MAKE EASY PASS.

VILLANOVA BASKETBALL



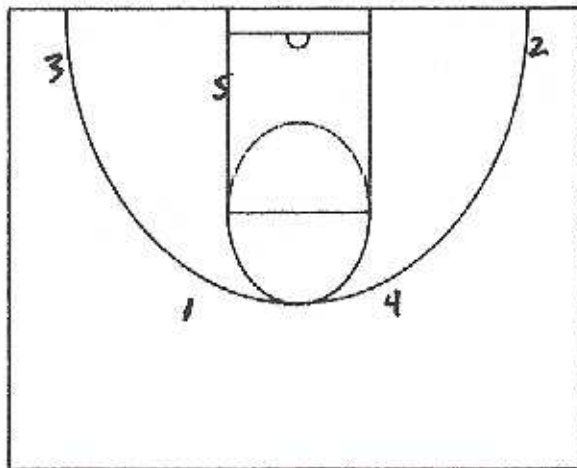
Positions (2 wing spots, 2 slot spots,

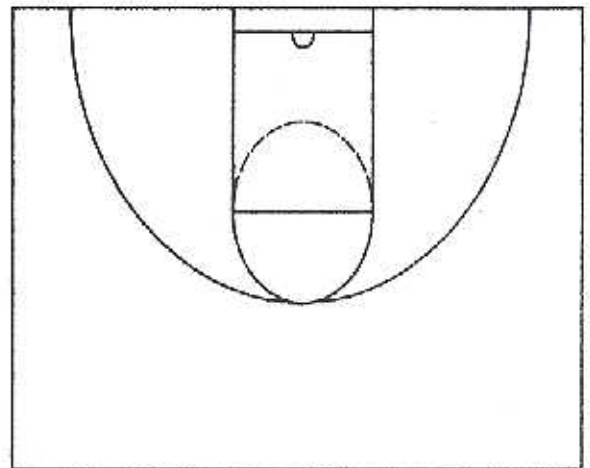
1 post spot)



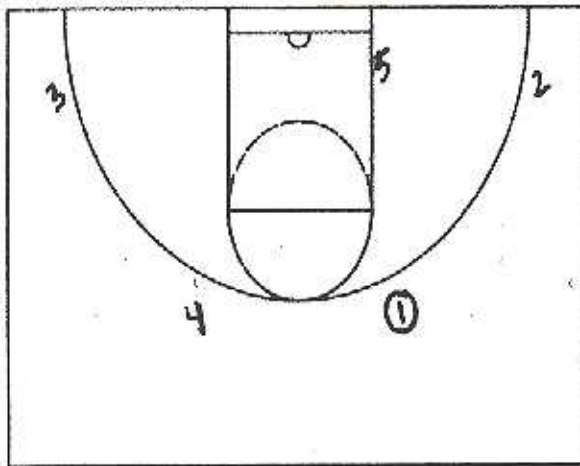
Forwards are hi/lo opposite each

other; Guards fill other 3 spots

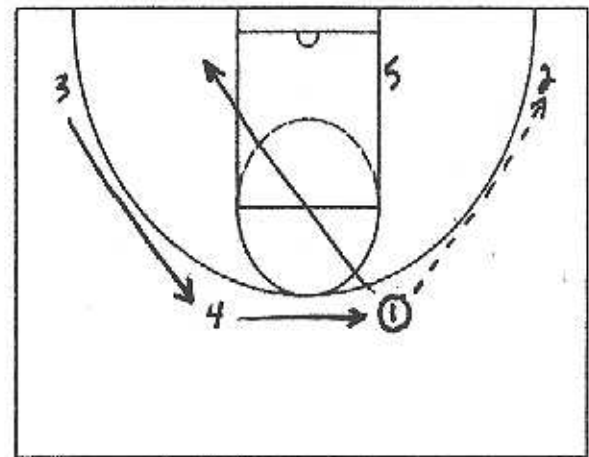




VILLANOVA BASKETBALL



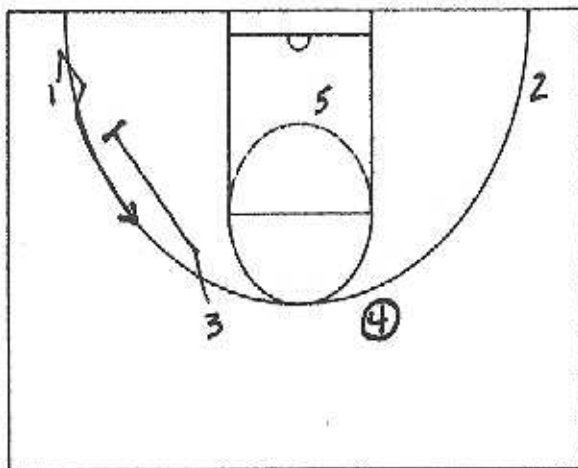
Option 1 - Pass and Basket Cut



Option 1 (cont'd)

4 fills to the slot, can look for hi/lo

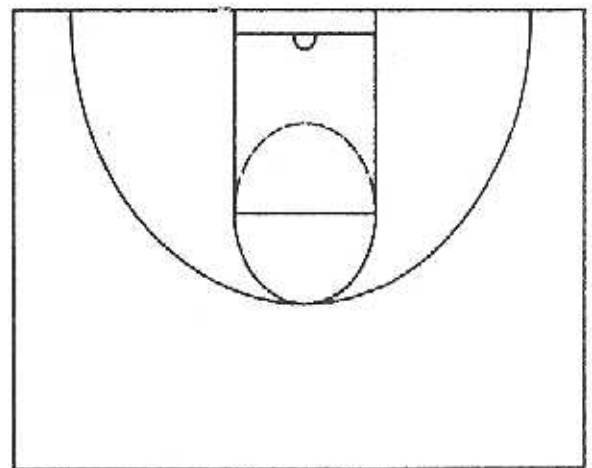
3 fills to other slot



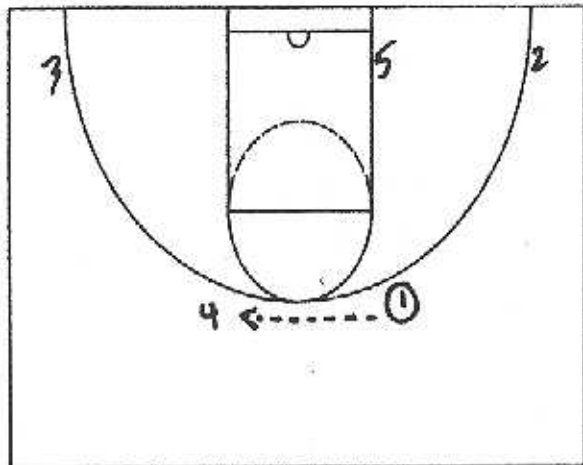
Option 1 (cont'd)

3 then screens for 1

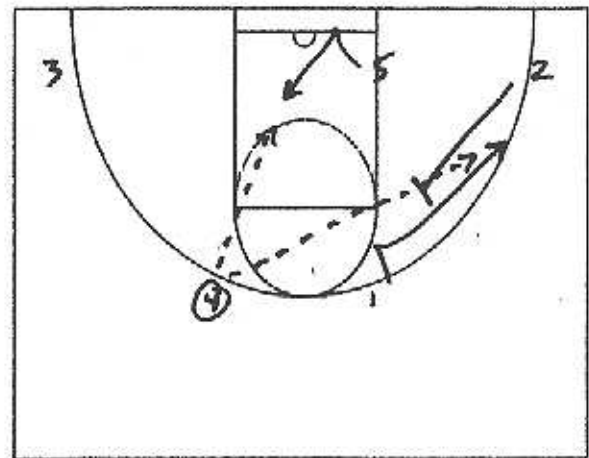
5 gets opposite 4



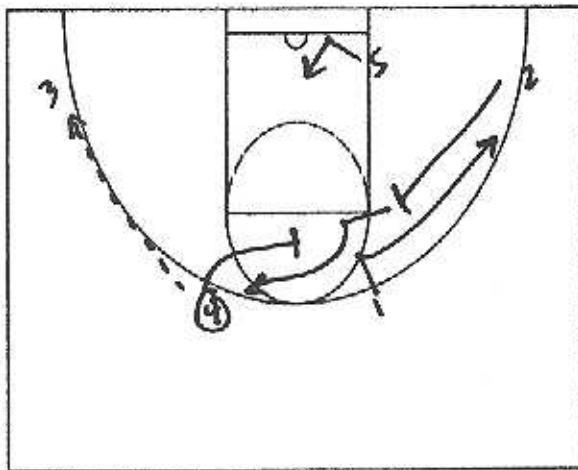
VILLANOVA BASKETBALL



Option 2 - Pass and Receive Screen

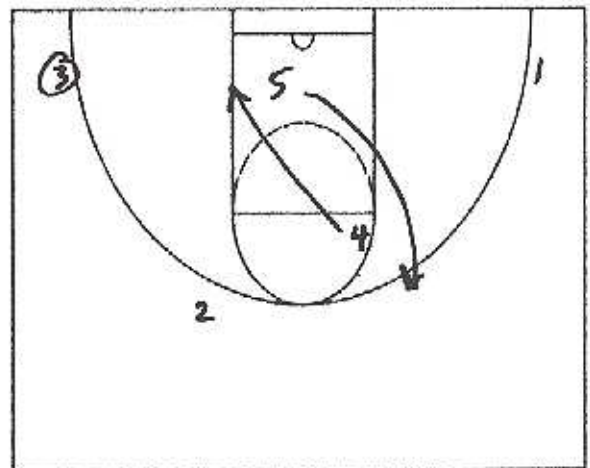


Option 2 (cont'd)

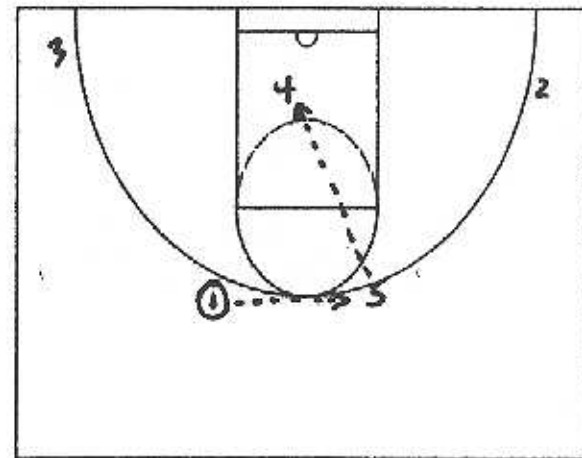
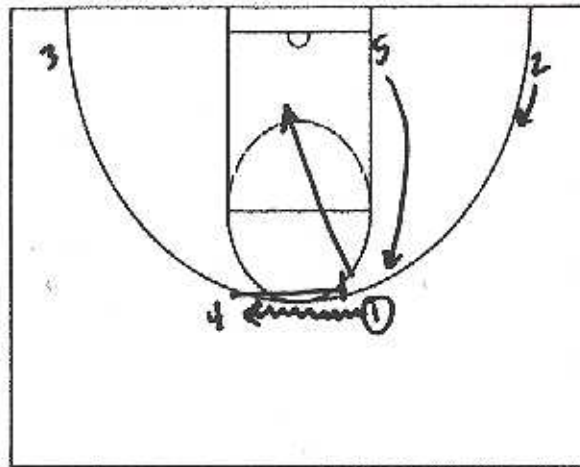


Option 2 (cont'd)

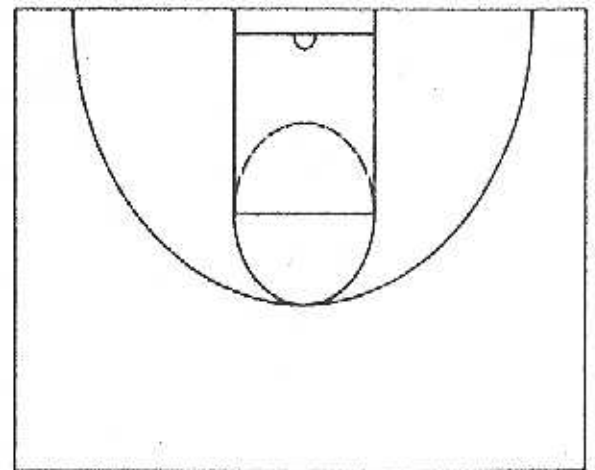
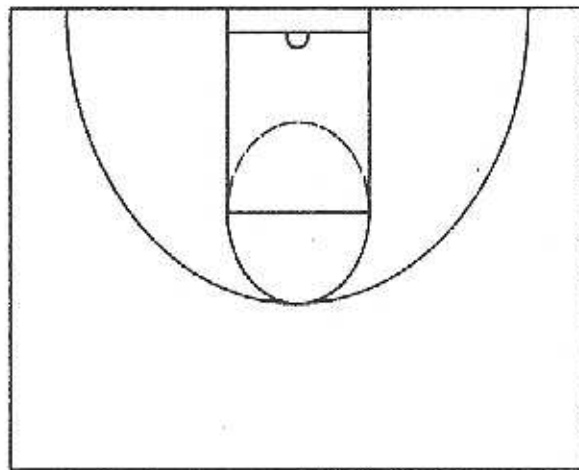
4 reverses ball to 3, then screens for 2



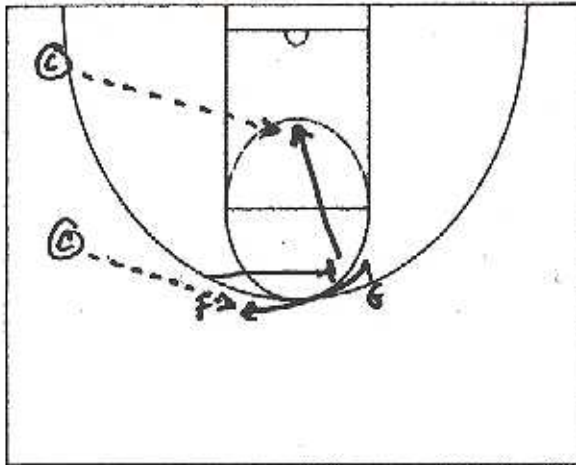
VILLANOVA BASKETBALL



Option 3 - Ballscreen (Roll & Pop)

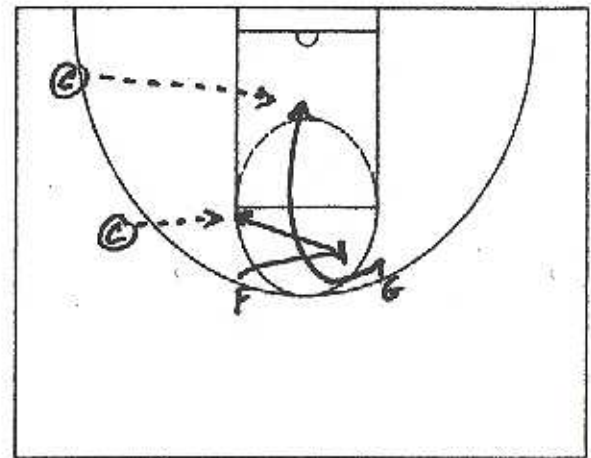


VILLANOVA BASKETBALL

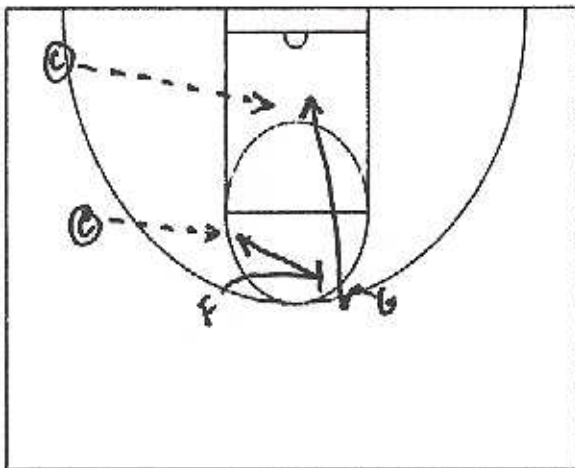


Motion Breakdown Shooting Drills

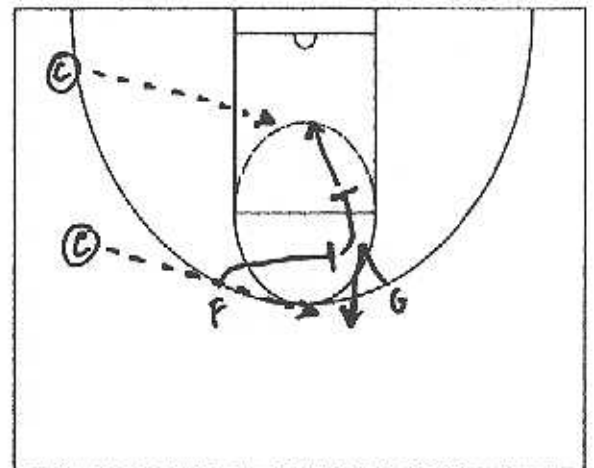
1.) straight cut



2.) curl and pop

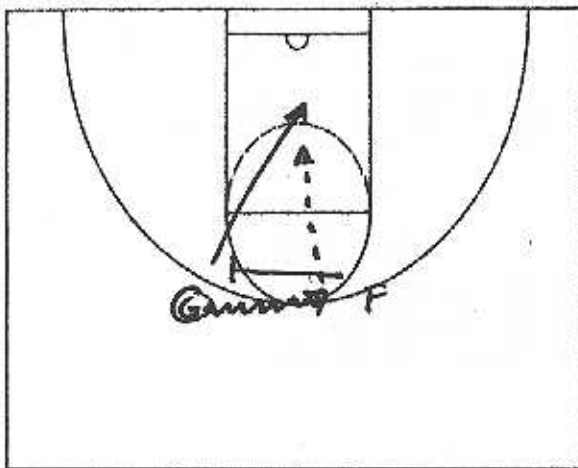


3.) back cut and pop



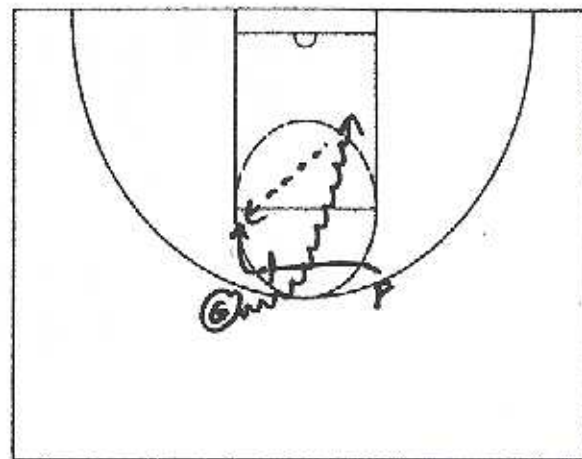
4.) outcut

VILLANOVA BASKETBALL

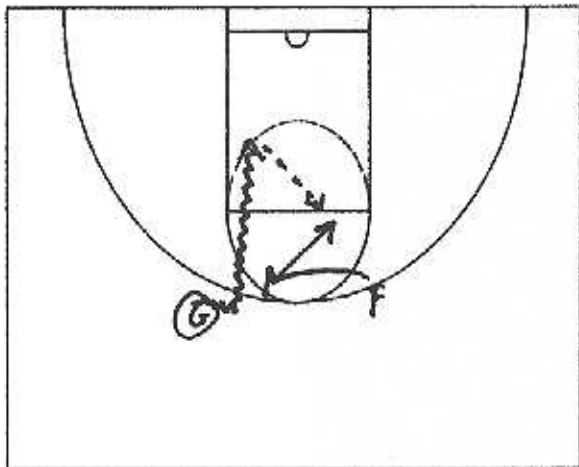


Motion Breakdown Shooting Drills

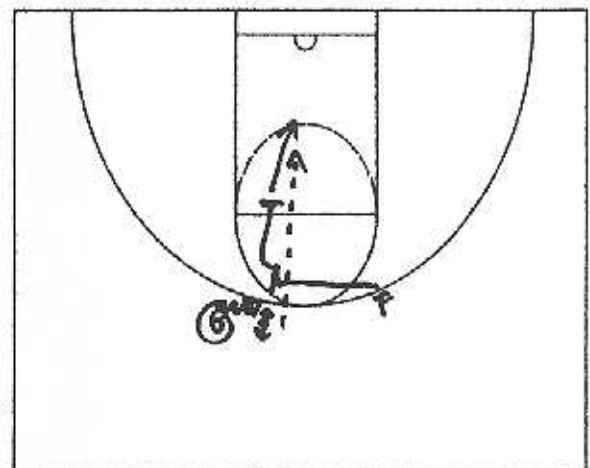
1.) straight cut



2.) curl and pop



3.) back cut and pop



4.) outcut

Jay Wright Villanova Offense

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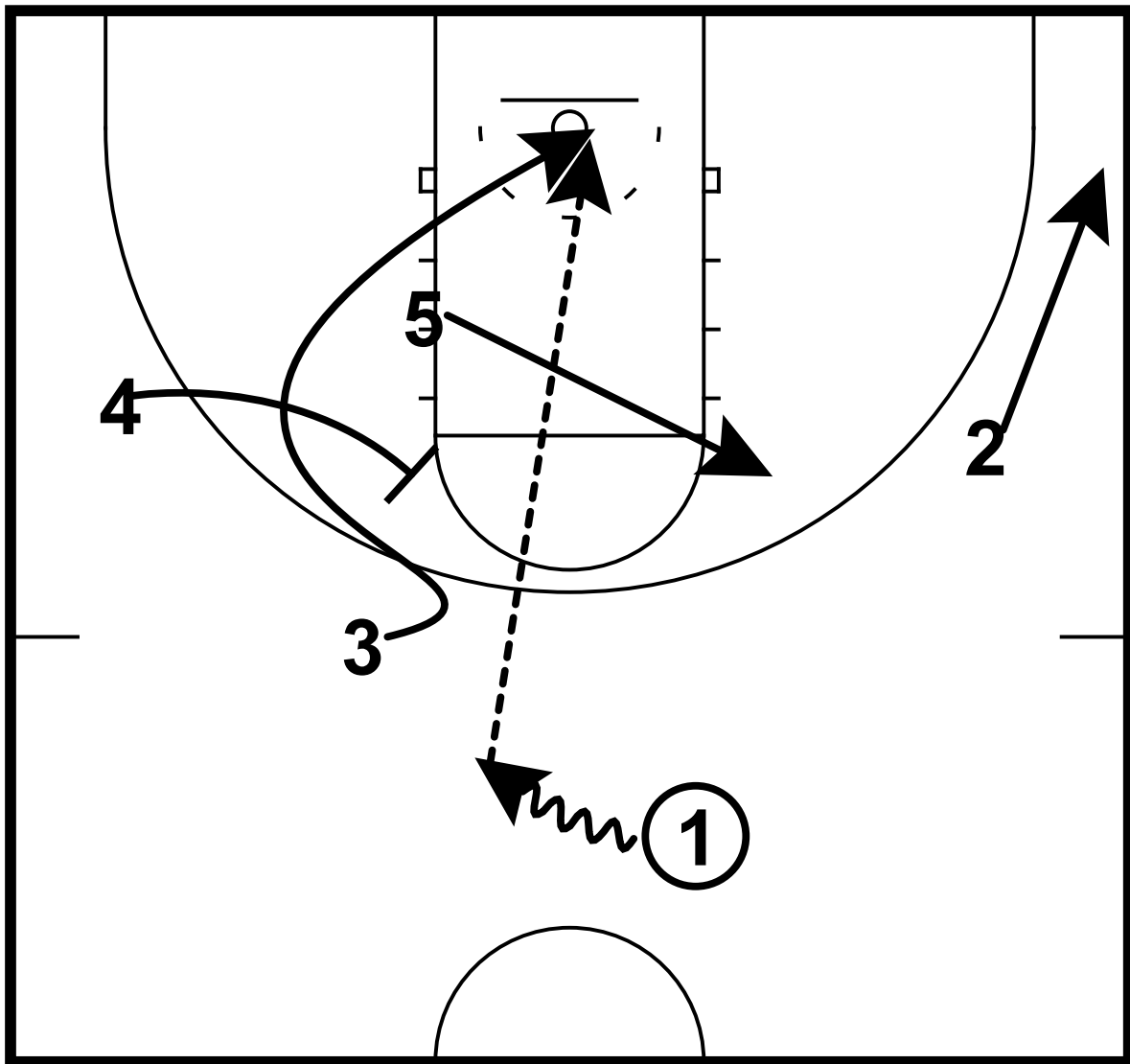
1.	Offense - Man 2 Man	2
1.1	Quick Lob	2
1.2	Nova 2 Man	3

Jay Wright Villanova Offense

Quick Lob

Frame 1

Offense - Man 2 Man



1 dribbles left as 4 sets a flare-screen for 3.

5 moves to the ball-side elbow.

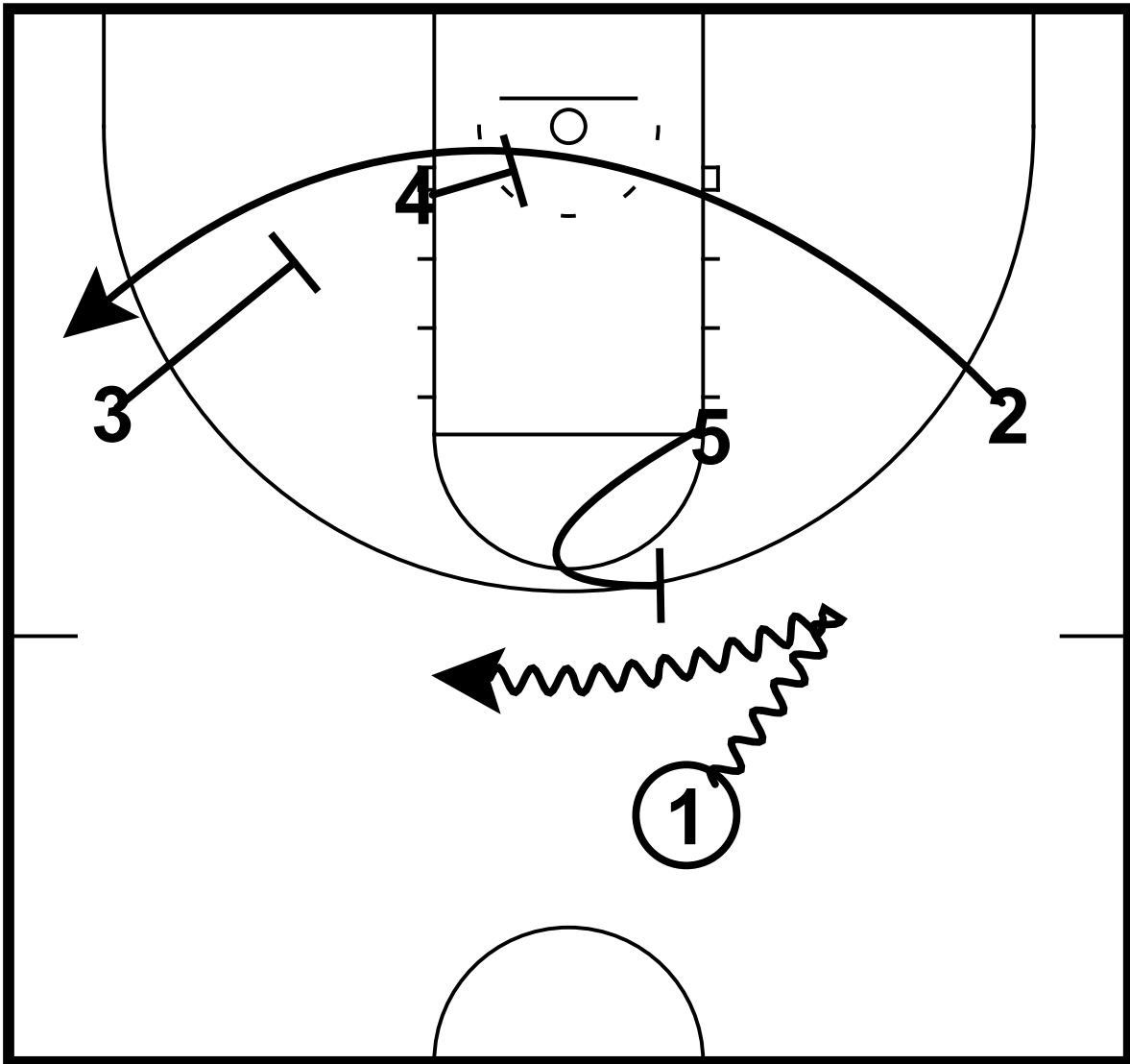
1 makes the lob pass to 3 at the basket.

Jay Wright Villanova Offense

Nova 2 Man

Frame 1

Offense - Man 2 Man



2 cuts across the floor off of a staggered screen from 4 and 3.

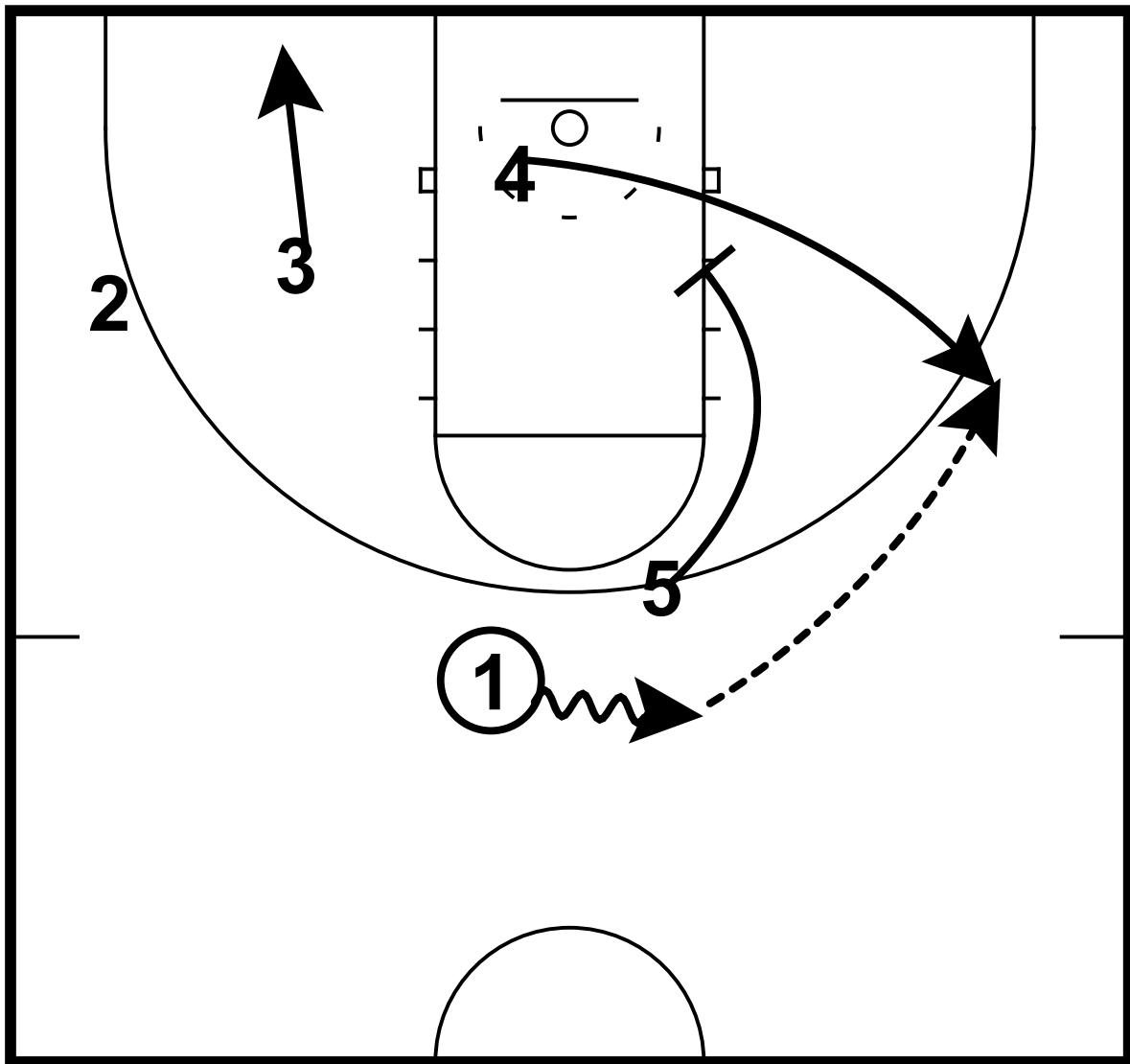
5 sets a ball-screen for 1.

Jay Wright Villanova Offense

Nova 2 Man

Frame 2

Offense - Man 2 Man



5 rolls off of the screen into a down-screen for 4.

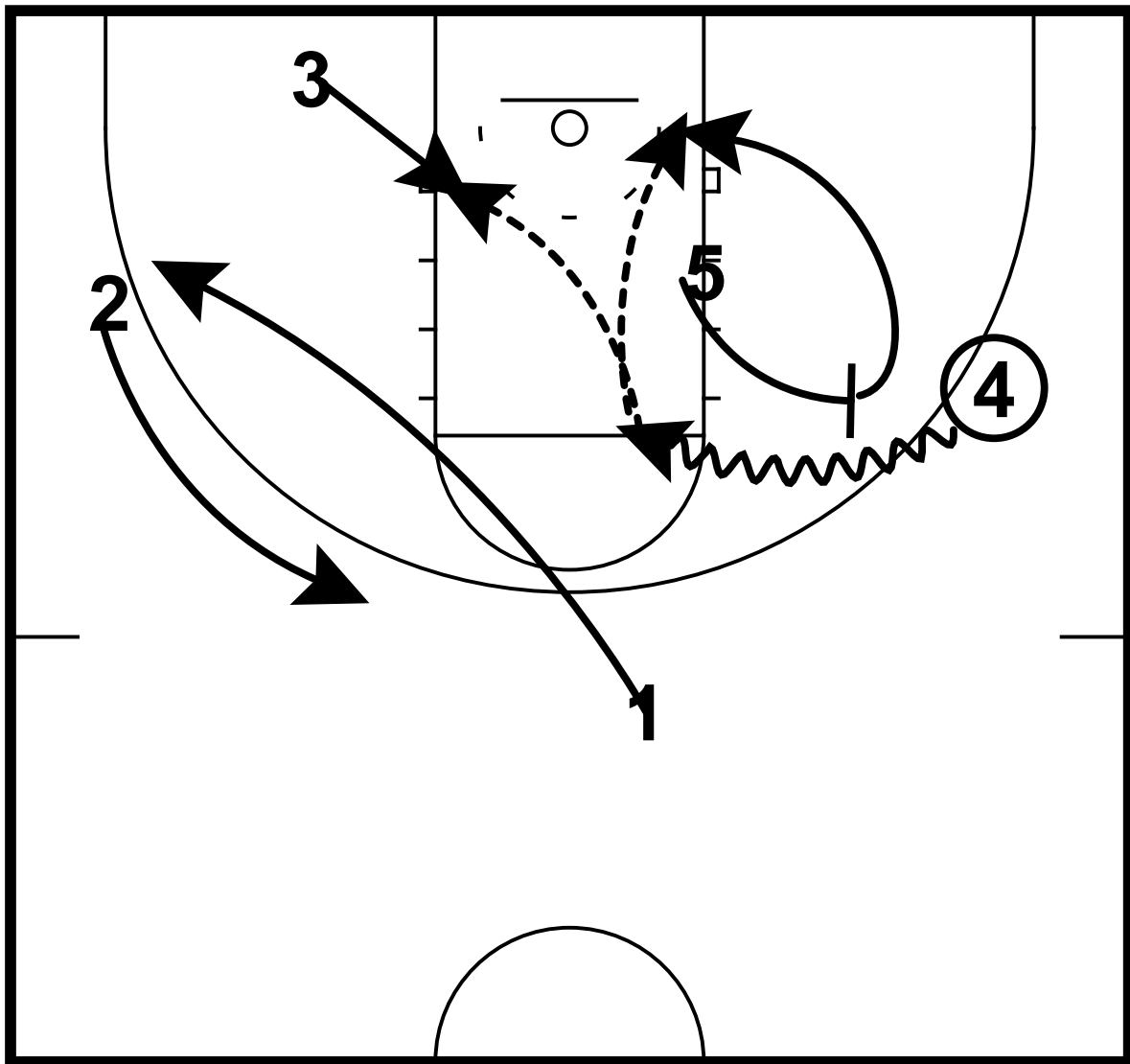
1 passes to 4.

Jay Wright Villanova Offense

Nova 2 Man

Frame 3

Offense - Man 2 Man

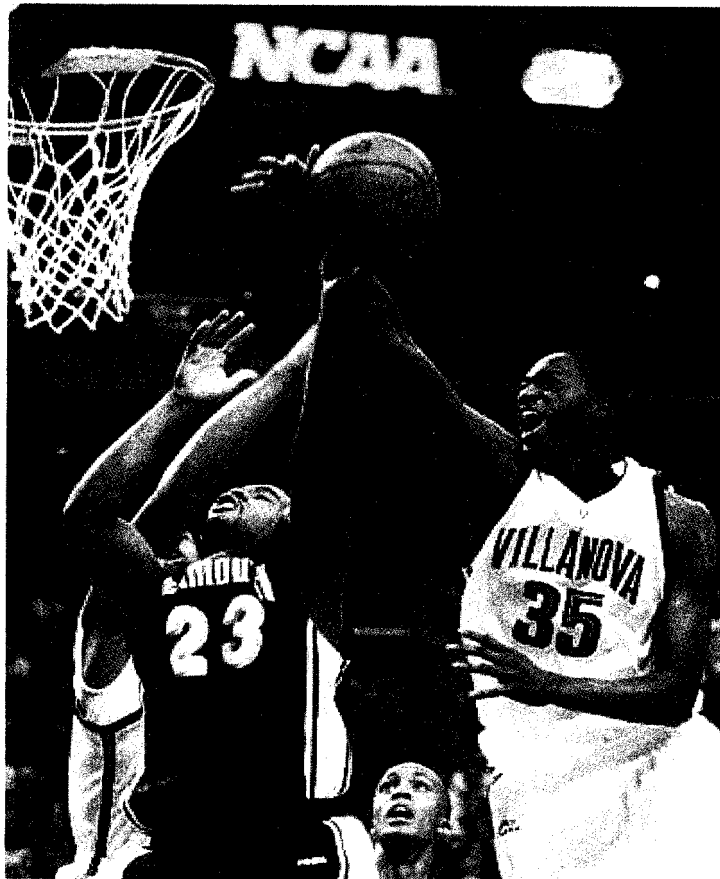


5 sets a ball-screen for 4.

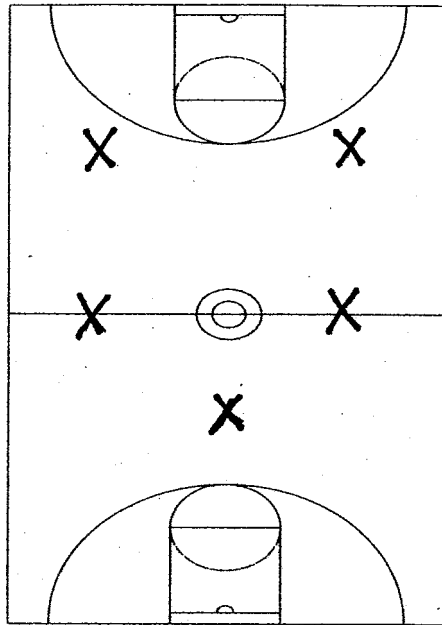
4 drives middle as 5 rolls and 3 steps in from the short corner.

Villanova Basketball

1-2-2
3/4 Court Trap

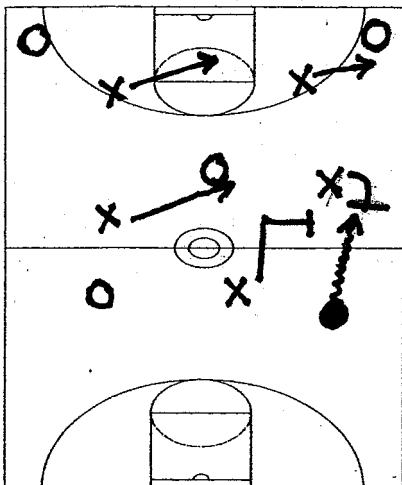


"1" Defense (1-2-2 3/4 Court Trap)

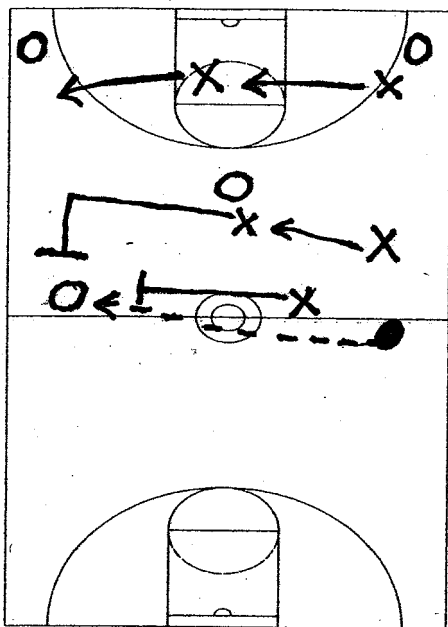


Teaching Points

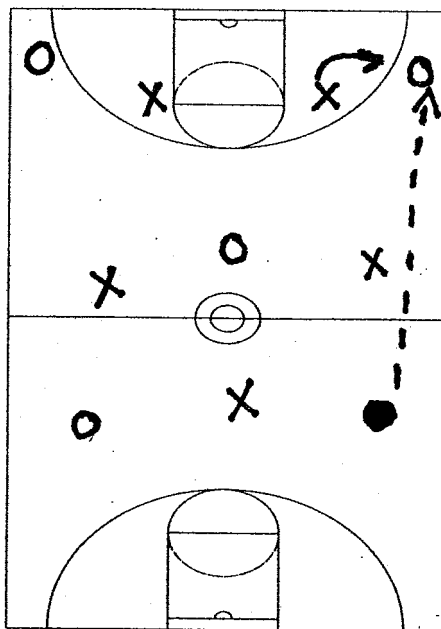
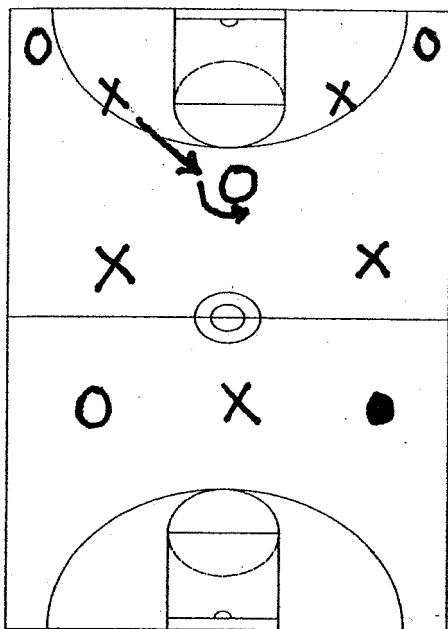
- Top man tries to force ball to a side
- Initially, top 3 defenders want to “fake small, retreat big” at the ball – make the offensive player with the ball think that you’re coming to trap, then retreat back to try and steal the pass
- We look to get a trap right over 1/2 court; so, whatever side the ball is forced to, the top man and that side wing defender look to trap; other wing defender takes away middle – a pass to the middle cannot be allowed



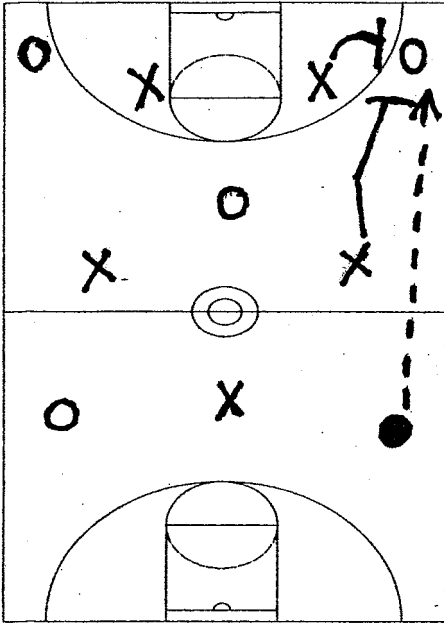
- If the ball is reversed, wing defender that was taking away middle now must sprint out and look to trap with top man; wing defender that was looking to trap must now sprint to the middle and not allow pass to come to the middle



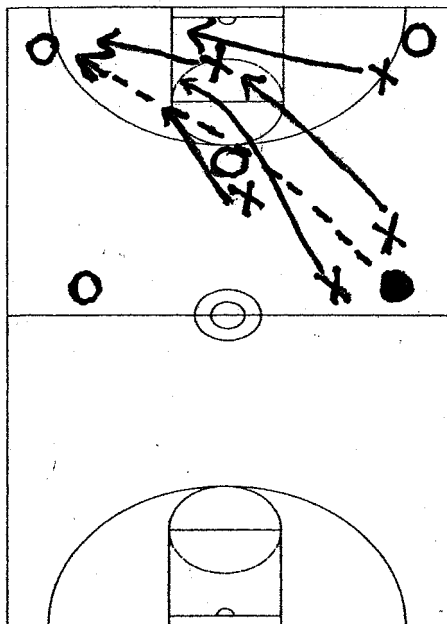
- Back men can cheat up and look to help on denying middle; they also must be ready to wack out if pass is made up the sideline



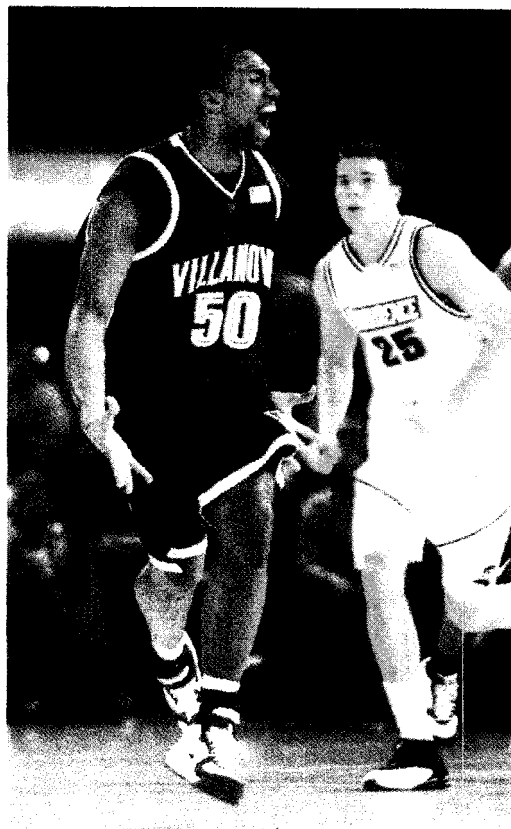
- If pass is made up the sideline, back man and wing defender on same side can look to get trap



- Once a pass is made out of the trap, all defenders sprint back the paint and load to the ball



VILLANOVA BASKETBALL



DEFENSIVE TECHNIQUES

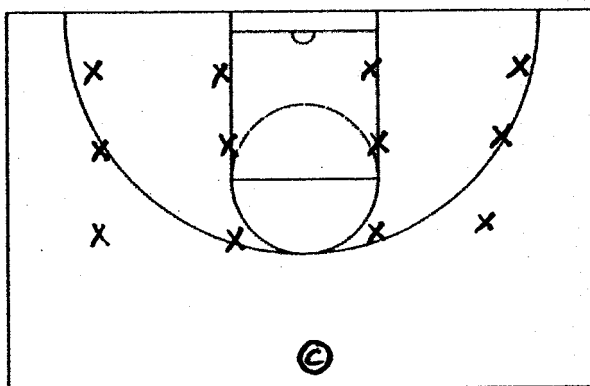
Villanova Basketball

Breakdown of Defensive Philosophy

- 1. Stance, Step Slide**
- 2. Slide-Run-Slide**
- 3. Wackouts**
- 4. Denials & Backcuts**
- 5. Post Defense**
- 6. Attack & Swim**

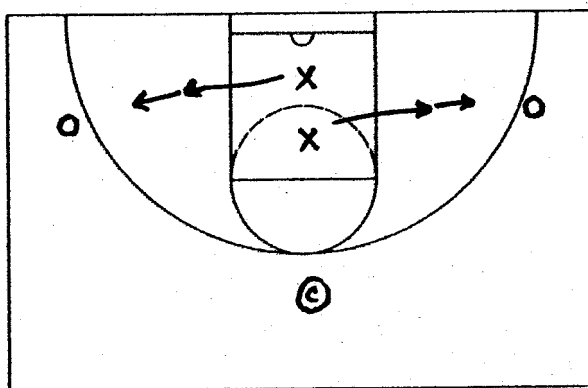
Stance, Step-Slide

- **Low & wide, knees bent, butt down**
- **Back straight, head up, arms length away**
- **Feet parallel, switch, feet stay parallel**
- **Don't come out of your stance**
- **Hand and head on ball; give space, take away space**
- **Ball over head – “ball, ball, ball” – stay in stance**
- **Long 1st step, short 2nd; stay wide**
- **Point your toe in direction that you are sliding**
- **Take 1st step with foot closest to direction you are sliding**
- **Once dribble is picked up – “dead, dead, dead”**



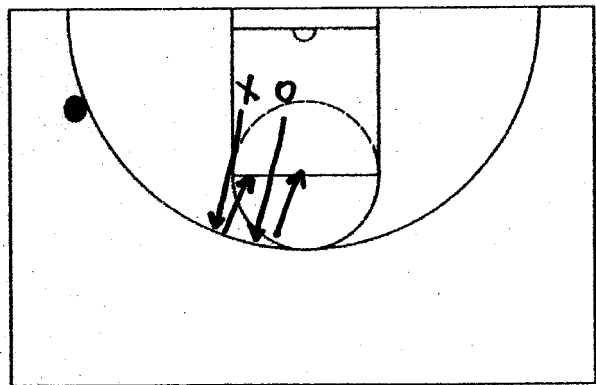
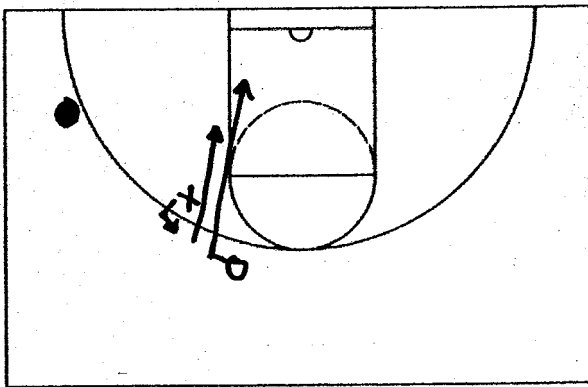
Wackouts

- **Point toe & step with foot closest to ball**
- **Cross low – long strides**
- **Stop 2/3 of distance, throw head back as you sit in stance**
- **Contain 1st, crow hop to offense, expect to step-slide**
- **Contest after shooter leaves feet**
- **“Touch” and “Space” (wackout close enough to “touch” shooter, and give more “space” to penetrator)**



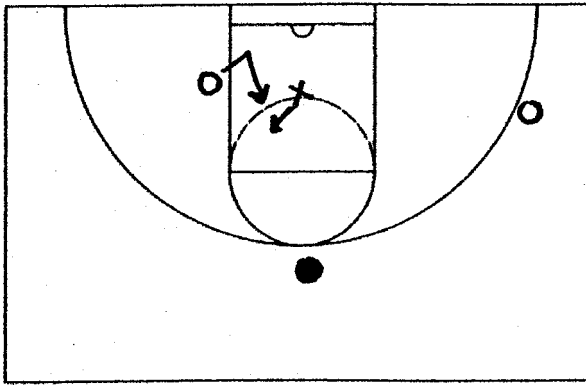
Denials and Backcuts

- **Defense: Near hand and near foot up; as offense steps to ball, stay ball-you-man; on back cut throw down back hand and snap head**
- **On 1st pop, pass is made, D knocks away**
- **On last backcut, pass is made, D knocks away**
- **Near hand knocks away pass**
- **“Head turn” – to see both man and ball**
- **Contain 1st, Deny 2nd – “Play ball 1st”**
- **At any time, offense can drive**
- **Contain and wack or fake and wack**

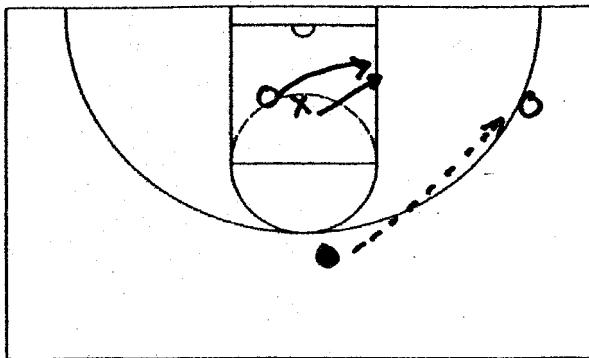


Post Defense

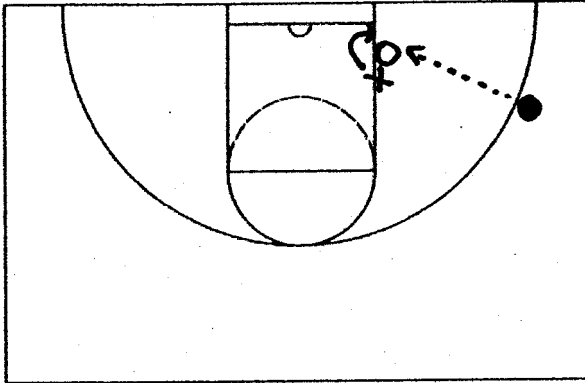
- **Hands above shoulders, move feet**
- **Ball-You-Man**
- **Back to middle (with ball in slot area)**
- **Take away duck-in with ball at top of key**



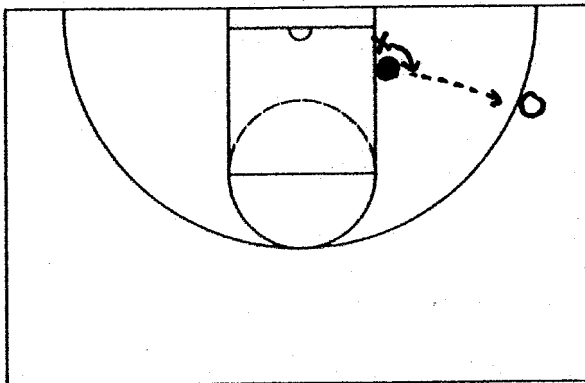
- **Back to Baseline (with ball on wing)**
- **Hard & High, Discourage pass, Don't steal pass**
- **Forwards: "Hard and High;" Guards: "Red Post"**



- **On pass, forwards jump behind and take away baseline**
- **Offense pivots, defense moves feet**

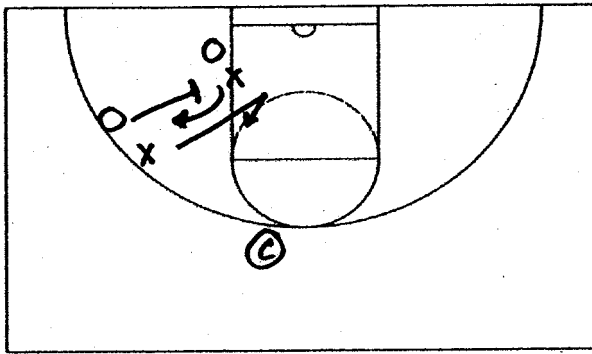


- **On kickout, defense “reds” the re-post, then gets hard and high after he forces offensive player to step out**

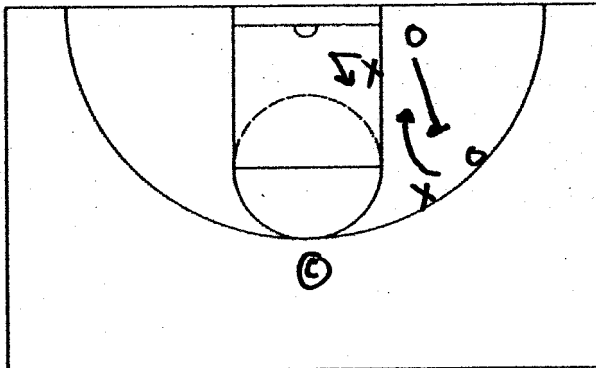


Attack-and-Swim

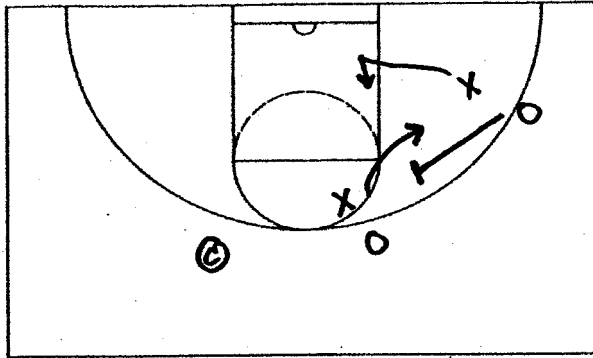
- **Screeners man yells out “screen,” then helps low and steps up**
- **Defender being screened must first turn and face screen; Attack the screen, don’t wait for it; Forget about your man, beat him to the spot (force outcut)**
- **Attack – Swim – Deny**



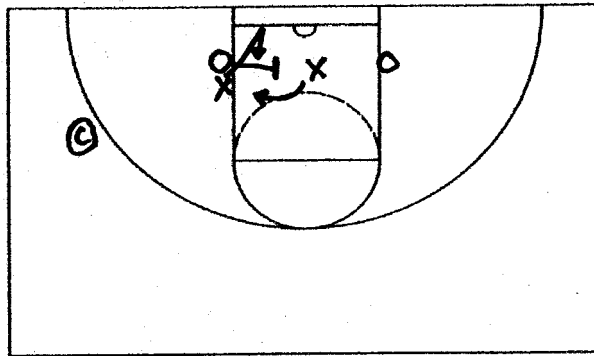
(Downscreen)



(Backscreen)



(Flair Screen)



(Cross Screen)

JAY WRIGHT SHOOTING DRILLS

- 70% of rebounds come to the weak side
- create good habits in all drills
- in all drills, what is important is what you emphasize
- most drills are competitive
- all loose balls are picked up with two hands, chinned to a jump stop

1) SET LIFTS technique shooting, 5 feet from rim, out to FT line

10 minutes: lift & follow through, perfect form, catch hi/keep hi,

“teach the exaggerated good habits”

catch→shoot→catch 10 toes every time

2) BRADLEY DRILL “elbow under the ball”

5 spot shooting, 5 feet from the hoop

closer you are to the rim, higher you shoot the ball

catch, 3 bounce, then shot

hold follow through

3) MIKAN DRILL “catch high, keep high”

10 Mikan shots, off two feet, alternate left & right

10 Reverse Mikan shots, off two feet, alternate left & right

4) 1-2 STEP SHOOTING

stepping with inside foot (foot closest to inside of court/midline)

alternate feet

habits created in practice

1-2 → lift→ follow through

5) 3 MAN, 2 BALL SHOOTING create good habits

A) baseline/wing

B) wing/point

C) point/opposite wing

Rebounders keep hands up through drill

6) 3 MAN, 2 BALL SHOOTING RIP JUMPERS

v cut → rip → 1 dribble jumper

catch at 3, 1 hard dribble, catch on wing, alternate baseline and middle attack

7) OLYMPIC SHOOTING 3 man, 2 ball shooting

“set up quick, shoot slow” first guy shots, follows shot, kicks out, relocates

Round 1: 15 foot shooting, MUST have good spacing,

Break → make 1 FT each

Free Throw thoughts: teach, repetition, confidence

Free Throw thoughts: build confidence, create game situations, combine two

8) SLIDE THREES JJ Redick style (pump fake, slide line, shoot 3)

30 seconds, 3 man-2 ball, rotate spots

BIGS: Lane Jumpers 15 feet, good spacing, good passes, 3 man 2 balls rotate spots

9) 2 BALL SHOOTING

Teaching Points: to simulate game shots and situations

forwards are screeners, guards are cutters

“you must think shot before you get shot”

“screener must hold screen until cutter passes him”

Screener becomes second cutter

Cutter ALWAYS looks back to screener

Players MUST talk throughout all drills

Shooting Drills without ball: 2 passers, 2 offensive players in two lines,

A) Wide-Pin screen (from high elbow to opposite wing)

Player 1 Screen, relocate, Player 2 set up and use screen, catch at top of key, hit player 1, then receive pass from second coach/manager for second shot

B) Curl-Cut, Pop Behind (from high elbow to opposite wing)

Player 1 Screen, relocate, Player 2 set up and use screen CURLING off the screen, catch from coach, pivot turn and hit player 1, then receive pass from second coach/manager for second shot after flashing to elbow

C) Back Cut & Pop

Player 1 Screen, relocate, Player 2 set up and rejects screen using a back door cut then catching from coach on back door, pivot turn and hit player 1, then receive pass from second coach/manager for second shot after flashing to elbow

D) Flare & Pop

Player 1 Screen, relocate, Player 2 set up and rejects screen using a back door cut then catching from coach on back door, pivot turn and hit player 1, then receive pass from second coach/manager for second shot after flashing to elbow

On Flare: push screener in back, tell screener to “change his angle”

10) 2 ball shooting, BALL SCREEN ACTION

“hold screen until cutter clears shoulder”

A) Straight cut to elbow/pop 4 trails and screens for 2 man

guard: middle drive attack elbow, jump stop, turn and pass to forward who pop's following ball screen, then guard will relocate and catch pass from coach

B) Straight cut to elbow/pop level 2 finish 4 trails and screens for 2 man

guard: middle drive attack elbow, jump stop, turn and pass to forward who pop's following ball screen, forward will catch and score at level 2, then guard will relocate and catch pass from coach

C) FLOW action

Teaching Point: don't pitch ball, "put it on a plate" and let guard take it

4 man dribbles at 2 spot, handing ball to guard

guard will attack elbow on middle drive, 4 man will bump screen following hand off, then pop open for pass back

4 Ways to use EVERY SCREEN off the ball

1) pop/straight cut 2) curl 3) back cut 4) fade (out cut)

11) DRIVE & SPACE (3 v 0)

movement with and without dribble, "shorten the pass, lengthen the defensive run"

A) Baseline drive

Guard drives baseline, guard on opposite wing drifts to the baseline, top guards either float behind shooter (on ball side) or slide the line to the open spot on the opposite wing)

Must pass twice before shot, 2 coaches/managers with balls, 3 shots

12) POST & RIP (3 on 0)

1 post, 2 perimeter players

post entry, rip → kick out to relocating guards

movement off post entry, 3 shots

13) LEFTY DRILL

all players start on left side, at high elbow, with a ball

1) Attack coach at elbow with in/out dribble, score with 1 dribble on power layup.

Dribble out baseline, along sideline, back to ½ court with weak hand

2) Attack coach at elbow with in/out dribble, score with A.I. finish at block (must be off glass)

Dribble out baseline, along sideline, back to ½ court with weak hand

- 3) Pass to coach, catch back at high elbow, lefty jab step, attack with weak hand for level 2 pull up jumper. Dribble out baseline, along sideline, back to $\frac{1}{2}$ court with weak hand.

13) TWENTY

game to 20, compete against men at your basket

1 ball, any shot inside 3 pt line is worth 1 point. Any shot beyond the three point line is worth 2 pts. Can't shoot in same spot twice. Shoot till you miss...then rotate.

14) 3-2-1&1-1 FT

2 guys at a goal, each guy shoots, 3 shots, then 2, then 1&1, then 1

all free throw scenarios that could occur in game, best score is 8 pts

keep total makes, add up score at one goal, compete against other baskets

15) WIN THE GAME 70-70 is score at beginning of drill

FT game situations, your team surrounds the foul line

Make a free throw= +1 miss a FT= -2

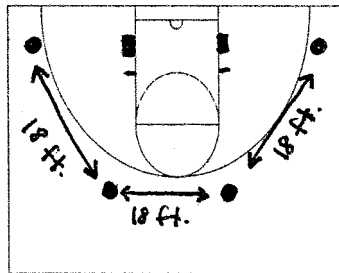
Everyone on the team shoots 1 shot

Condition or celebrate

4-Out, 1-in Motion

* Spacing

- 2 baseline spots, block extended
- 2 slot perimeter spots, 2 to 3 feet off the 3pt line
- 18 feet between spots
- 2 post positions (1 on each side) – straddle the first marker above the block = primetime; can make baseline moves and moves to the middle; also allows for cutting opportunities for feeder (to cut baseline)

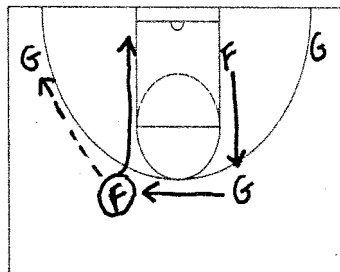


* Positions

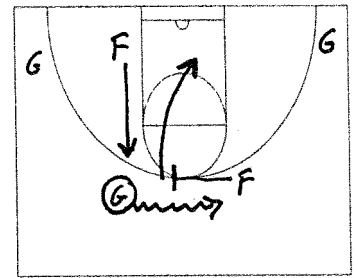
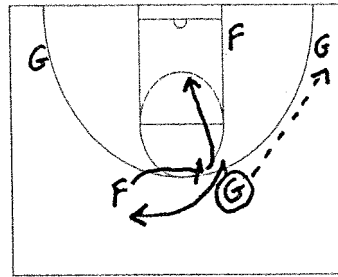
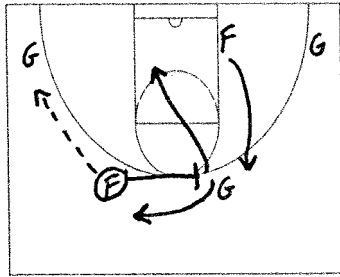
- 3 perimeter players (1-man, 2-man, 3-man) can fill any of the 4 perimeter spots
- 2 post players can fill either post positions or either slot positions (always want to maintain positions diagonal from each other)
- Never want two post players to fill both post positions at the same time – one is always in the slot, and one is always in the post

* Basic Rules for Post Players

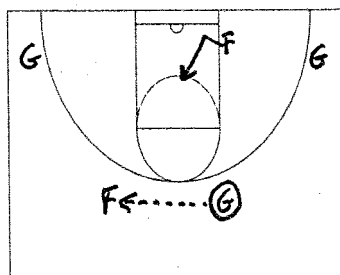
- High/Low opposite each other



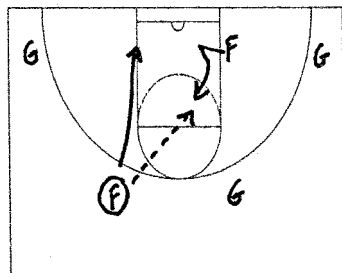
- Always screen in the slot



- When ball is in the slot with forward, other forward will duck-in



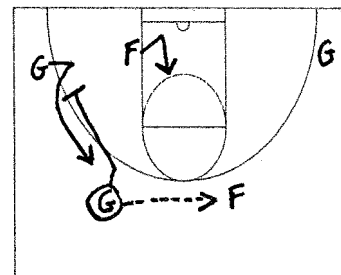
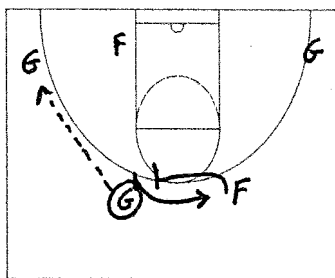
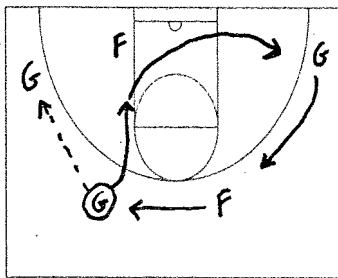
- If ball goes into post, other post player will Rip to opposite elbow/opposite block



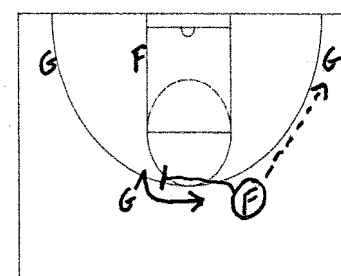
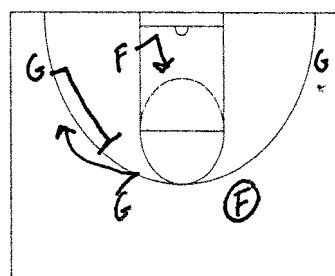
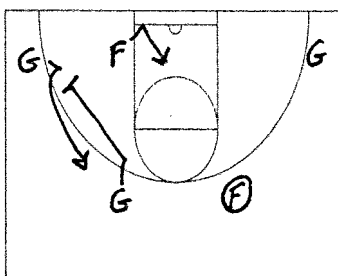
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Basic Rules for Perimeter Players

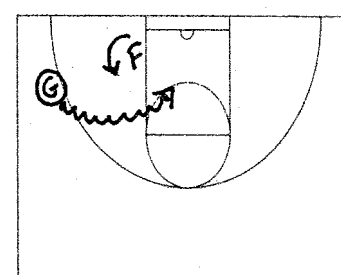
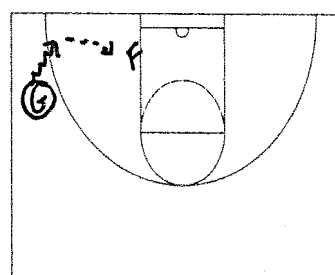
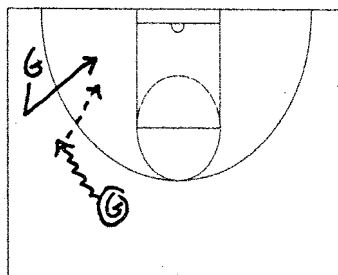
- After any pass: can basket cut, screen, or receive a screen; never pass and stand



- Perimeter Players only screen for each other



- Only use your dribble to drive or make an easy pass



*

Key Teaching Points

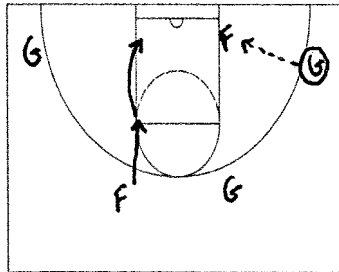
- Post ups and Ballscreens are primary looks (always looking to score first)
- Perimeter players must catch to shoot then look to reverse the ball (eyes on the rim, see post, reversal)
- Use good shot selection (easy shots, define for each player)
- Be "solid" – solid passes, solid screens, solid 2nd cuts; make the proper fundamental play

- Take lanes – don't fight the defense – take the lane the defense gives you
- Communication – talk to each other when screening, cutting, 2nd cutting, reversals
- “Read Opposite” – post players, screener-cutter action

*

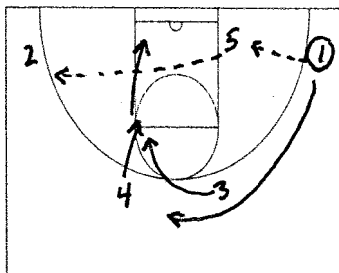
Scoring Opportunities

Post up and Rip

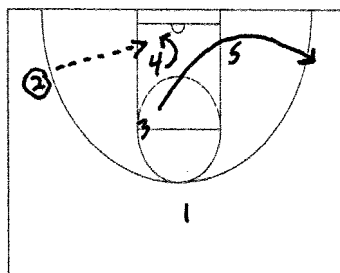


- any time ball goes into the post
- good opportunity to feed the post off ball reversal
- catch pass and go “baseline to score”
- if post player can't do that, go middle to explore
- if post player goes middle, that initiates cutting action (Rip)
- Opposite post man: rip to opposite block, get weakside rebounding position
- 3-man goes to opposite elbow for jumper; if not, rip to basket
- the two perimeter players rip to the top of the key and the weakside wing

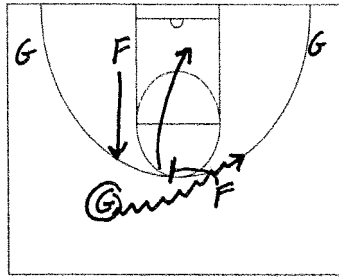
Post-Rip-Skip



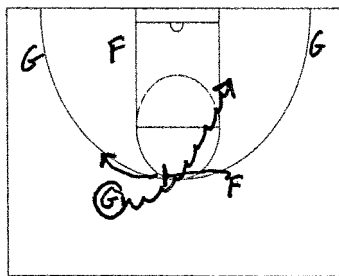
Post-Rip-Skip-Seal



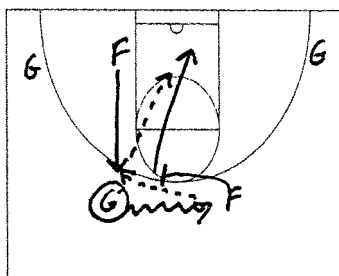
- High Ballscreen (screener reads opposite)



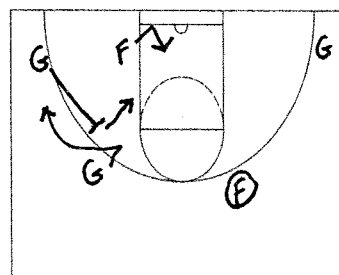
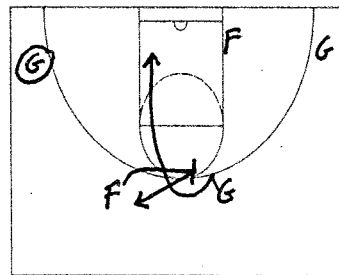
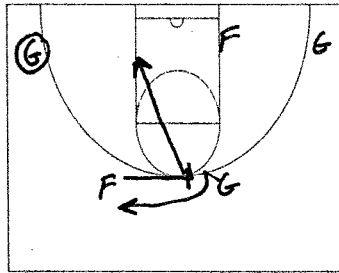
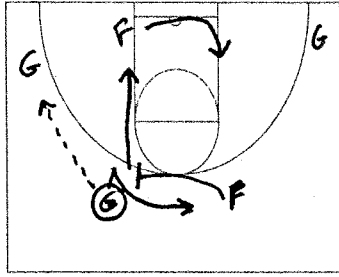
- (Curl and Pop)



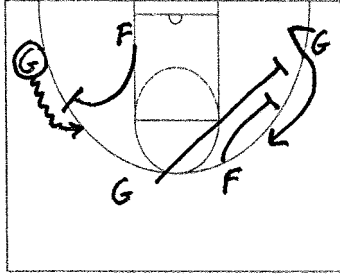
- (Roll, Pop and Seal)



Screener/Cutter Action



- Side Ballscreen



* Conclusion

- Our 4-out, 1-in motion works hand-in-hand with our individual instruction
- It enables us to use ballscreens and post ups, which are difficult to defend – so we get to practice against that every day
- Keeps pressure on the defenses we play against (to have to defend our motion)
- Keeps a continuity in our program – each year we run the motion offense, but as our players change and their abilities change, we can make adjustments within our motion offense

Jay Wright

Villanova University



“SKILL DEVELOPMENT FOR GUARDS AND POSTS”

-Teach your players skills to use when the game slows down (transition opportunities decrease in the tournament).

» “Players play too fast. Slow the game down for them.”

-It's interesting to note that 4 out of the 5 HOF inductees this year were really old school basketball people (Jordan, Stockton, Sloan and Vivian Stringer). All 4 stood for passion, commitment and respect for the game (all 3 are things missing from many of today's players).

-Teach your players habits to make them the most successful in the most difficult of situations.

» "What kind of habits will make us successful on the road at Uconn?"

-Ask your players, especially your scorers, "What can you do to help us win if your shots aren't falling?"

-“The most open you’re going to be is when you first catch the ball”

»Catch and think shot.

-“I’d rather have my guys catching like a shooter and maybe some ill-advised threes than having my guys scared to shoot.”

-New practice facility’s walls read ATTITUDE on both ends. On one side, it reads “Defend Rebound Run Execute” while the other side reads “Play Hard, Play Together, Play Smart, Play with Pride”

-Don’t be afraid to work on your player’s free throw shooting. It takes a lot of shots to really improve as a three point shooter, but players can improve significantly in a short time in terms of their free throws.

» “Sell your players on how quickly they can improve in this department and what it can do for their scoring average and for the team.”

-The last 2 years Villanova has adopted a concept Wright picked up from the European teams while coaching USA Basketball in Argentina. All European teams go twice a day with the morning practice being strictly a shooting workout and the afternoon practice being the team work. Wright credits the morning shootings for his team leading the country in free throw percentage.

-“Attitude is a huge emphasis for us. The only thing we can control sometimes is our attitude.”

»Every team Wright has ever had has ended their huddles with “1-2-3-ATTITUDE”

- “Your individual workouts should be your offense broken down into several different segments. Each drill should be a different part of what your players can come to expect in the offense. It’s important that your players understand how the drills you do in these individuals translate to the game.”

»Show them in your offense where the skillwork comes in.

-To get the players comfortable in the 4-out/1-in alignment and thinking catch on each shot, Villanova starts all individuals with 4 players around the perimeter passing and cutting at game speed. Wright emphasizes looking to shot on each catch.

-Players have to be able to use both feet as their pivot foot just because that there are so many times in a game where you can't dictate your pivot foot.

-“Wing Catch Sequence” A line of players start on each wing, the first player in the line makes a v-cut to the block before popping back to the wing area to use an inside foot pivot on the catch (a 1-2 step; stepping with the right foot first and then the left foot on the right wing rather than jumping behind the ball) thrown by a coach at the top of the key.

»Sequence: 1. Catch & shot fake 2. Catch & shot 3. Catch & shot fake, rip baseline 4. Catch & shot fake, long step in same direction. Player goes on right wing then switches over to the left wing.

-Finishes:

“Bully” land on a 2 foot jump stop and extend to rim.

“Hop Jumper” land on 2 foot jump stop and extend high to shoot jumper. Really emphasize the high release way above their head. They have so much momentum coming down on the drive and jump stop that they shouldn't need any legs to shoot this shot and it should be all wrist.

-“Bradley Jumpers” A good warmup drill with one shooter taking short jump shots around the paint. The shooter starts with the ball extended above his head at his release level. The player jumps three time, firing hard off his toes, while finally shooting on the third jump. Rebounder passes him the ball and he goes again, jumping 3 times (shooting again on the 3rd jump).

-Continuous 2-on-2: A coach stands at the top of the key with an offensive player at each wing and 2 defensive players in the lane (aligned in I information). The defensive players are matched up with one of the wings and when the ball is thrown to the left wing, his defender moves to closeout on the catch while the other defender assumes a help position in the lane. They play live 2-on-2 and on a make, the offense throws the ball out to the coach and assumes the offensive positions again. On a miss, the defense grabs the rebound, throws it out to the coach, and steps beyond the three for a catch to play live 2-on-2.

YOU WALK IN THE GYM AND DO ONE OF TWO THINGS: YOU EITHER CREATE GOOD HABITS OR YOU CREATE BAD HABITS

- "Pick apart everything your kids do in practice by holding them accountable for every little thing then give them freedom during games and you'll be satisfied with the results."

-Posts: seal by stepping across the defensive player's top foot while keeping chest squared to pass.

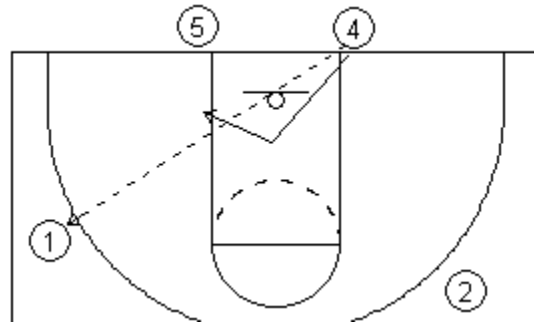
-Posts: You're not posting on a spot, you're posting in front of the defender. Find the contact!

-Postup Drill:

Posts start off the baseline and throw to the coach on the opposite wing before making a hard v-cut to the block.

Establish a go-to move and a counter move for each of your post players.

Variation: High post flash.



-Posts: "Baseline to score, middle to explore."

-Work with your posts on their ability to change direction with the ball on their roll off a ball screen. Good teams will not give up a straight roll and dunk so work with your posts to catch on a jump stop. Work with them on pivoting to the middle of the floor off this jump stop and putting it on the floor once to finish on the other side of the rim.

Jay Wright Coaching Clinic

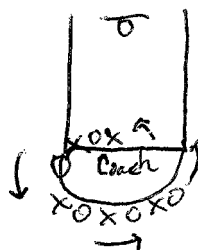
Practice #1

General Observations

- The assistant coaches are very loud and encouraging to the players. For lack of a better term they are cheerleaders for the players.
- The practice is never quiet in the sense that coaches are always encouraging or instructing. The players are talking on defense and the coach to player and player to coach communication is fantastic.
- Stretching is even up tempo and loud with encouragement and enthusiasm.
- Players never walk when on the court. There is a sense of urgency in everything they do.
- The player's attitudes are fantastic and it starts with Jay Wright and trickles down. The players never complain and always accepted coaching and were very selfless.
- Jay Wright is constantly teaching and when correcting and there is very little yelling at players; he even instructs (correcting mistakes) in a positive way.
- When a player falls on the floor, every single player runs over to help him up; this happened frequently and each time every player ran over to pick up a teammate.
- The defensive pressure is so intense!!! There is hardly, if ever an easy shot.
- They keep score in every drill with the loser(s) doing push-ups.
- To finish practice they circled up at mid court with encouraging words from the coaches and broke down 1, 2, 3 attitude.

Basketball Notes

- Started with a basic layup drill making one move at a coach who was on the wing.
- Performed rip drills from the baseline mixing in a crossover dribble
- Every pass has a name; if I am passing to Cheek, I yell "Cheek."
- **Circle Rebounding Drill**, a coach holds ball at the free throw line with players running around him in a circle until a free throw is shot and it becomes a battle for the rebound. The team that rebounds can transition and try to score. The score is kept with the losing team doing push ups.



- They sprint back every time on defense and the most important thing is to pick up a man even if it isn't your man; just pick up!
- When blitzing (trapping) a screen if your man slips you must stay with him.
- On the blitz get in front of the screener and let him bring you into a trap.

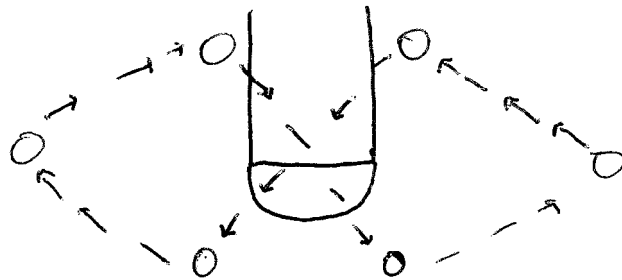
- **3 on 3 and 4 on 4 blitz the ball screen drill**, blitz and recover drills with offense trying to score.
- **4 on 4 middle screen drill** with players not in drill doing **Olympic Shooting Drill**
- Most drills were done 4 on 4
- When playing help defense you are facing your man, seeing man and ball (feet pointing to your man) “in the triangle.” Coach Wright emphasized staying in the triangle seeing ball and man. Always play the ball first and up the line.
- Two men always back on transition.

Practice #2

- Warmed up dribbling at a coach on wing make a move then jump stop into the lane and jump shot.
- Next was form shooting (progression) the assistant coaches were loud and encouraging, mikan drill, jump shot and finished with free throws.
- “When at practice we don’t care about the past or the future; it’s all about the present and getting better today.”
- They prepare like they are on the road (starters wear blue) at Syracuse. They come to practice to create habits (of playing hard) in order to be successful in

tough situations when you aren't making your shots or all of the refs calls are going against you.

- They do not prepare like they are at home and things are going well; that's easy. Their practices are tough, scrappy, up tempo and they try not to stop too much, but when they do they treat it like a 30 sec or 1:15 TO.
- **Four Ways to Feed Post Drill:** quick pass, fake pass to make pass, baseline bounce pass and second look. Post chins ball and skips to opposite slot.

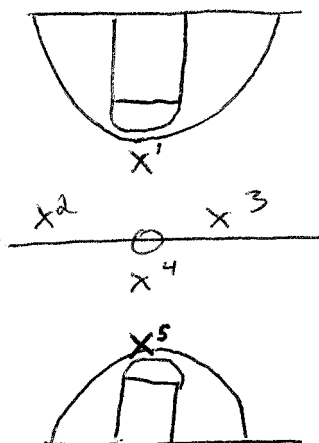


- Pass to wing
- Wing feeds post in one of four ways
- Post chins ball and skips opposite slot

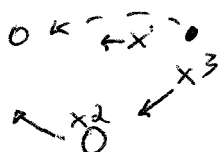
- When a player makes a mistake over and over, he doesn't yell and cuss but puts the entire team on the line and makes them run. He does explain to the player what they were doing wrong and how to do it right. Dominic Cheek kept messing up the "ice" call however Cheek told an assistant coach, "Coach Wright told me to never run ice" and when the assistant coach told Coach Wright he acknowledged that Cheek was correct in a game situation but for the purposes of the drill I want you to run ice.
- Coach Wright doesn't care about looking pretty in practice; just be effective and each year can be different even if the players are the same.
- Take advantage of mismatches and change your play based on how teams defend us.
- "It's not what we know; it's what the players know."
- "Player's roles may be different but everyone's status is the same."
- "Character and work ethic are what we look for first."
- On defense you have to talk; "see it and say it."
- Come off screens very tight, shoulder to hip.
- His players never walk and never talk back. There is a sense of respect from coaches to players, players to players and players to coaches.
- The players were very unselfish and even took blame for things that was not their fault.

Villanova $\frac{3}{4}$ Court Zone Press

Set up



- X^1 & X^4 are the most important players
- X^4 Quickest & most aggressive. Responsible for pass up sideline and discourage pass to middle.
- X^2 and X^3 are trappers
- X^5 Sets up on rim line and can steal diagonal skip pass as he gets better. Contain ball on diagonal skip pass to corner so remaining players can load and recover.
- Uses the press to slow teams down with equal or greater talent. When playing a team of less talent use it to speed them up so they can't hold the ball.
- No MIDDLE, Wants the ball advanced up the sideline and blitz right over the half court line, baseline corner (unless from a diagonal skip pass) and right before half court line if they are close to a 10 second call.
- Have to blitz in the back court some to keep teams honest so you can "fake small and retreat big."
- If the ball goes to the middle it is an "automatic convert" and everyone turns and sprints to the paint. The man behind the ball chases to try and get the ball out of the middle
- Why $\frac{3}{4}$ court press? Full court is too much ground to cover and can lead to giving up easy shots. What hurts the most is giving up an easy 3.
- On a skip pass up top, the defender guarding man in the middle must hold the middle so X^3 can recover and then X^2 will release.



- On a blitz (trap): We never want blitzers to foul. Not the blitzers job to get a steal. Trace the ball and try to get a deflection. Leave farthest man from the ball open. If they beat the trap convert and load to ball side.
- Convert is sprinting to the paint and loading ball side. Not necessarily guarding a man but point to the closest man to you and then pick up as the ball moves.

Mike Dunleavy

- 5 slots on the court: 2 outside, 2 inside and 1 middle
- 3 on 2 break you at least want an open jump shot
- 2 on 1 fast break you want a lay up or foul
- Never want 3 on 1 because so many guys mess it up
- The point of a pick and roll is separation of picker and pickee and the picker opens up to ball and roll/pops.
- Give your defender love taps on his shooting arm throughout the game and by the 4th quarter his arm will be heavy.
- Toughest SLOB play to defend late game is man going from top of key to the corner. Throw to outside shoulder of offensive player moving away from ball.
- Offense is about reads- counter what the defense is trying to do to you.

VILLANOVA- Practice #3

- Warm up drill (defensive slides)
- Olympic Shooting Drill
- Olympic Shooting Drill outside three point line, pump fake, one dribble shot
- Each player then shot one free throw a piece
- Olympic Shooting Drill with three's
- Free throws
- Olympic Shooting Drill jump stop (hop) jump shot in the lane
- Offensive transition with 1 and 2 always back
- Stack 2 breakdown
- Free throw situation into 5 on 5
- Stack 2, 5 on 0
- 5 on 5 keeping score, losers run
- Win The Game Drill; Puts 70-70 on scoreboard visitor @ Syracuse. Each player shots F.T. and whatever the score is (if they can win the game) they play 5 on 5

with 7 seconds left. If the score is such where they can't win the game they shoot 1 and 1 to see if they run.

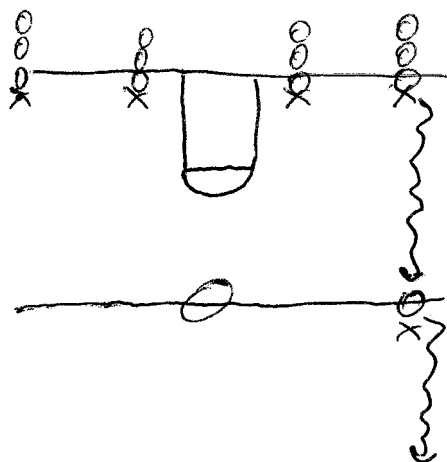
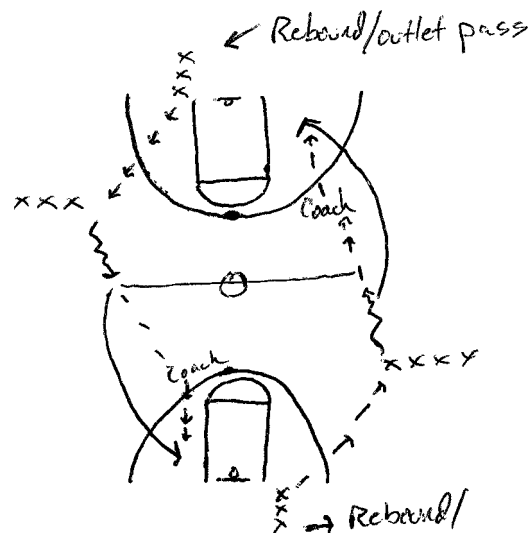
St. Joe's Practice Sunday October 17th, 2010

- Give your teammates courage by talking on defense, "Downscreen Justin."
- To a player with his hands on his knees after a drill: "I only deal with warriors; warriors don't bend and grab knees, that's a sign of weakness or defeat, I want warriors."
- Never inbound the ball with a bounce pass. We had UMASS and Camby beat and inbounded the ball with a bounce pass, it went off our guy's knee and we lost the game.
- Martelli was very involved and enthused and authoritative.
- On defense you guard the basketball first
- Dribble at the defense on a dribble exchange.
- They start 5 on 5 with a free throw and Martelli asks random players, "When can you rebound?" Asks guards, "how many fouls do we have, timeouts, the other team's fouls, and timeouts?" Very simple but things that players need to know.
- At the end of practice he talks about the quote of the day. He asks questions to a few players like, "who is the best player at your position in our league and why?" Justin, tell us your strength and weakness academically. John, tell us your strength as a teammate.

Drills

Vanderbilt Layup Drill

- Outlet pass, two dribbles, pass to coach who passes back for layup.
- Player who shoots layup goes to back of rebound/outlet line.



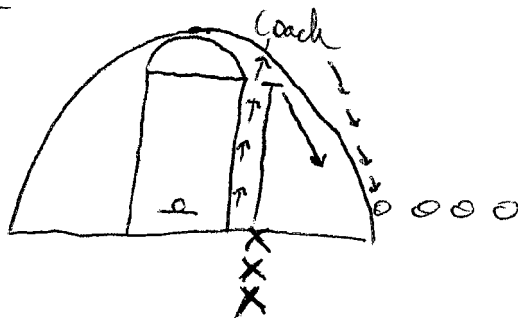
Full Court Alley Drill

- O → Offense starts baseline w/ BB and pivots, jab steps etc. while "X" defender holds two weighted balls in each hand and traces basketball.
- offensive player dribbles to halfcourt while defender tries to turn ballhandler as many times as he can.
- ⓐ Halfcourt start over w/ jab steps etc

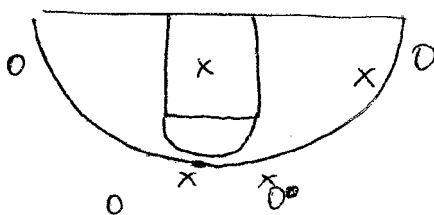
Georgia 1 on 1 Drill

X - passes to Coach and closes out
Coach passes to "O" where
X and O play 1 on 1

- Keep score of how many
stops you get



Shell Defense Drill

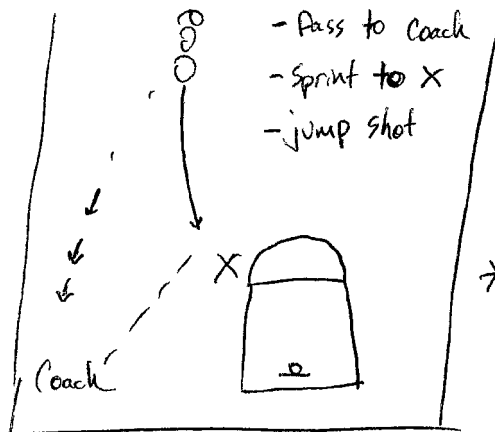


- 4 on 4
- Focus is teaching defenders how to guard and rotate against penetration.



- Split into teams
- The goal is to make (7) shots from each of (7) spots
- First team to (7) wins and then every team moves to next spot.
- Make 6 and 7 must be made consecutively.
- The team that wins most stations wins with losers running or pushups.

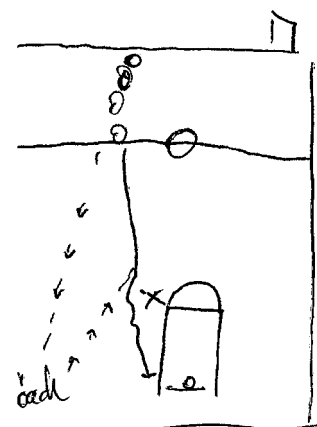
Individual Work (Guards)



- Pass to Coach
- Sprint to X
- Jump shot

- Third time through one dribble to the right - jump shot
- Start over and go to the left.

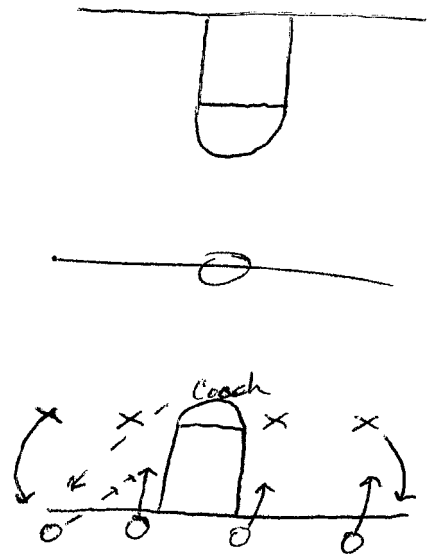
* Never looks @ the ground.
Keep head up, butt down and explode.



Pass to Coach
Sprint to "X" (another Coach or player w/ hands up)
Pump fake, one or two dribbles - layup

Coach passes to a post player who passes to a guard.

- The two post defenders must touch baseline creating 4 on 2 breaks.
- Offense needs to get quality shot before post defenders recover.

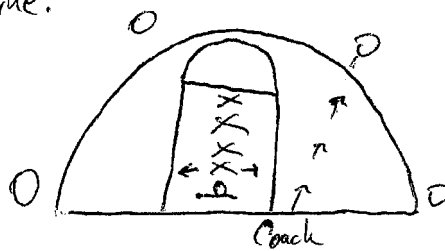


Northern Iowa Drill

(back to ball)

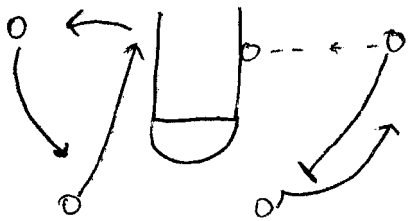
X - Defenders get in defensive stance and slide paint line to paint line.

Coach will pass to offense with offense trying to score.
Offense has to get ball to paint before they can shoot.



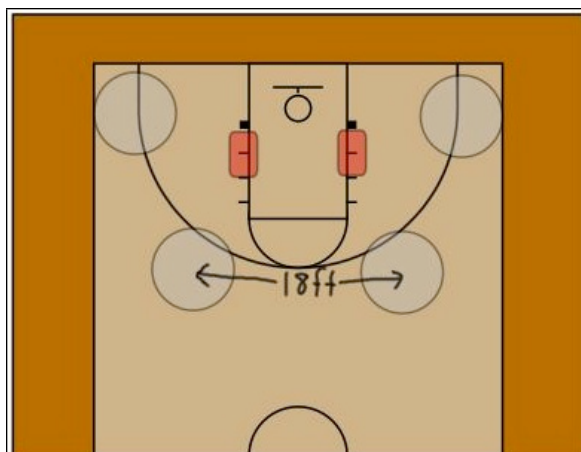
Low Post Movement

→ They feed the post and work on spacing, screening and cutting of perimeter players specific to their offense.



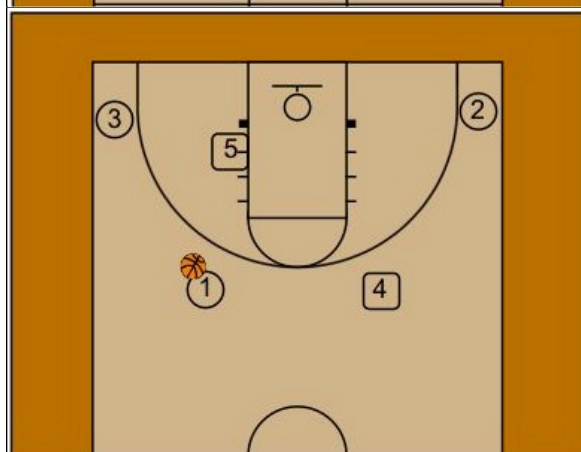
Reasons to run the 4 out 1 in:

- Players learn the game
- Coaches teach the game
- Defines the roles and adjusts to the players strengths
- Gets the ball to players in areas where they can score
- Forces great spacing (helps encourage timing)



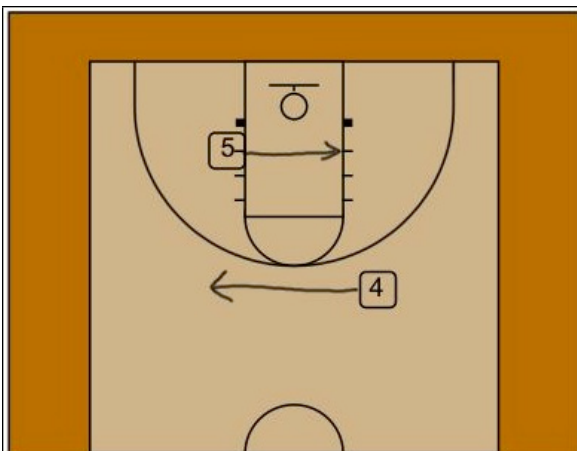
Positions and spacing

- 4 perimeter spots
 - two baseline spots (directly in line with the block)
 - two "slot" perimeter positions - two/three feet off the line.
- 18 foot spacing
- 2 "Prime Time" Post spots
 - straddle the first marker above the block.
 - Enables cutting and driving spaces.



Movement:

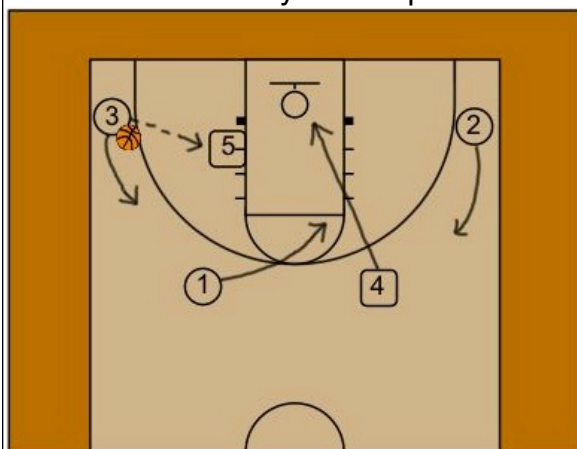
- Three perimeter positions can fill any four perimeter spots
- two post players can fill either post or either slot position
 - always need to be diagonal from one another.
- One post player in the slot position and one post player in the post.



Post Screening for the Slot



Post Entry and "Rip"



Basic Rules - Post Players:

1. Should always be high/lo and opposite one another.

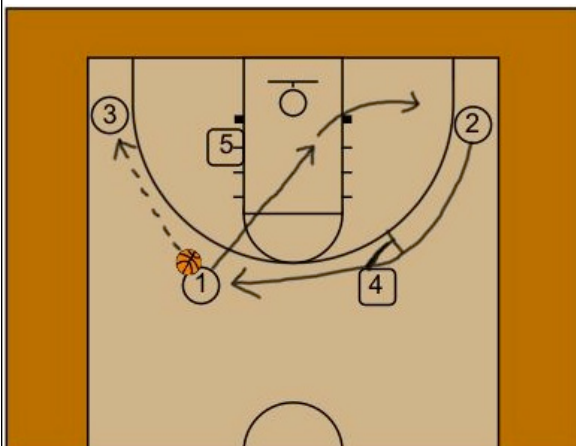
2. Posts always screen the man in the slot.

1. After screening, always make a second cut towards the basket.

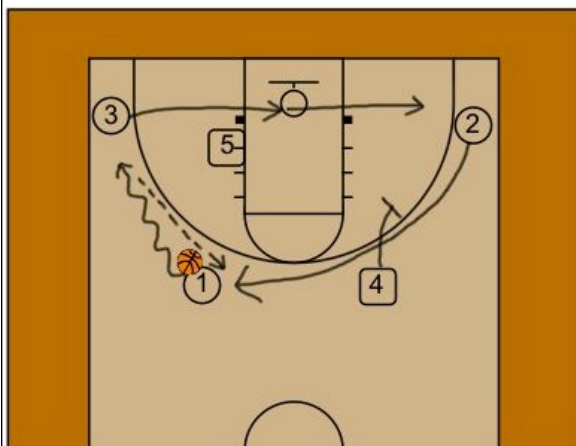
3. When the ball is in the slot, the low post will always duck in.

1. When the ball gets into the post, the high post 'rips' to the basket

Guard Pass, Cut, and Fill



Guard Dribble at



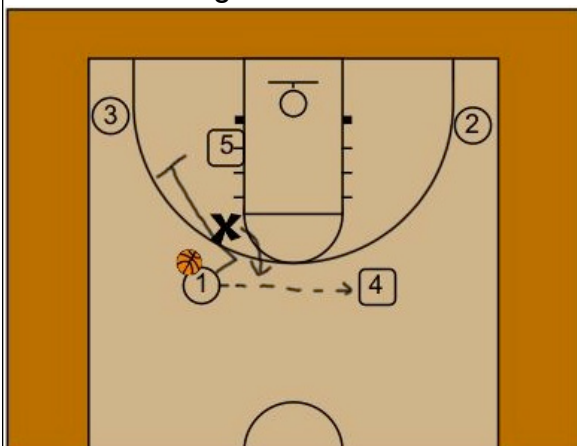
Basic Rules - Perimeter players

1. After Every pass we can:
 1. Basket cut
 2. Screen
 3. Receive a screen
2. Only screen for other perimeter players
3. Use our dribble to drive or to make an easy pass.

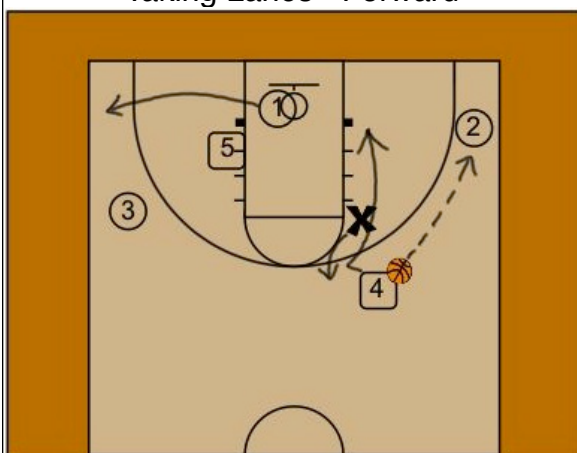
Key Teaching Points:

- Post ups and ball screens are our primary looks.
 - Anytime a guard gets the ball in the slot, he's looking to score, post-entry, or get the ball screen.
 - If post entry isn't available, low post must set a ball screen.
- All perimeter players must catch the ball to shoot, then reverse the ball.
 - catch and put your eyes on the rim (see the post and the reverse opportunity)
 - don't allow the defense to play you like a passer.
- Use good shot selection ("Easy shots")
 - comes from defining player roles.
- Be "solid"
 - On screens, good solid base, solid second screen.
 - "solid" means make the proper fundamental play (the "perfect play")

Taking Lanes - Guard



Taking Lanes - Forward



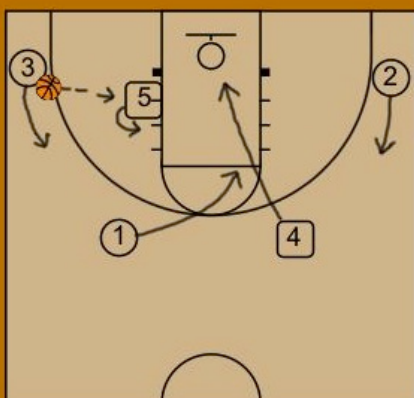
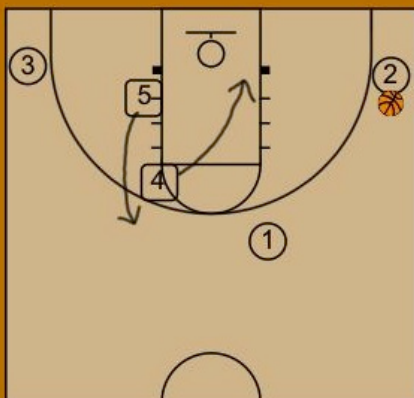
Teaching Points - cont.

- Take lanes
 - Don't fight the defense, take the lane that the defense gives you.
- Communication
 - Call screens, call for passes or reverses, and posts tell one another when to move.

Reading Opposite - Guard



Reading Opposite - Forward



Teaching Points - cont.

- Read opposite - On any screen there are two reads:
 - Guard - reads the defense and goes opposite their defender.
 - If defender goes under, then the cutter pops up.
 - If the defender trails, then the cutter curls.
 - Forward - reads the cutter.
 - If the cutter pops, then the screener dives to the hoop.
 - If the cutter curls, then the screener pops to the high post.

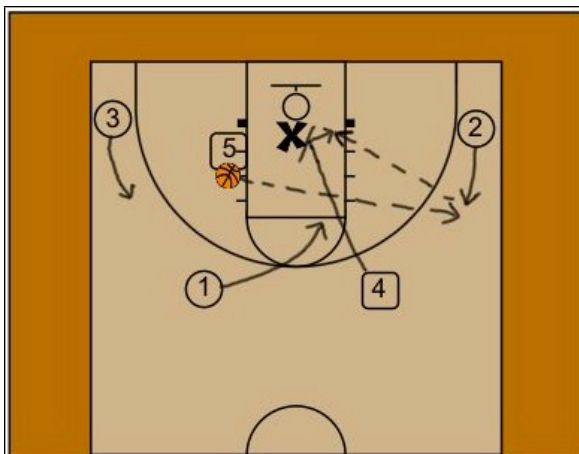
** The second cutter is the most dangerous cutter (in this case it's the forward screening).*

Scoring opportunities in our Motion Offense.

1. Post up and rip
 - a. Give opportunities for the post entry passer and the opposite post to rip.
 - Baseline to score
 - Middle to explore

On the post entry

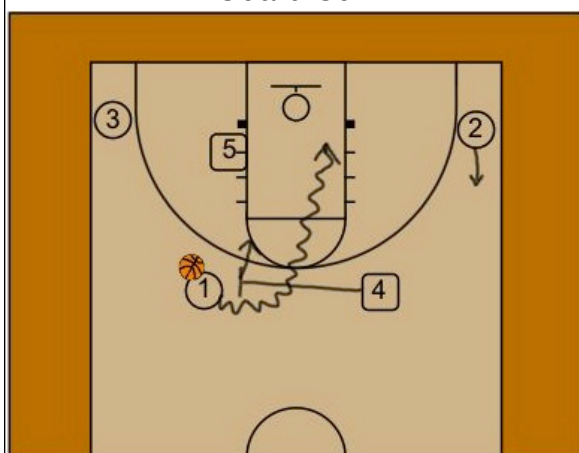
- Opposite forward 'rips' to the weakside of the hoop.
- slot perimeter player (or next to fill the slot) cuts to the opposite junction.
- the two baseline perimeter players fill up towards the slots (taking away post doubling opportunities).



Rip/Skip/Seal

- If the ripping post dives and is denied by their defender, we can skip the ball to the opposite wing and get an immediate seal.
- If we skip, but don't enter:
 - 1 and 5 fill the slot spots and we're right back into our motion spots.

Guard Curl



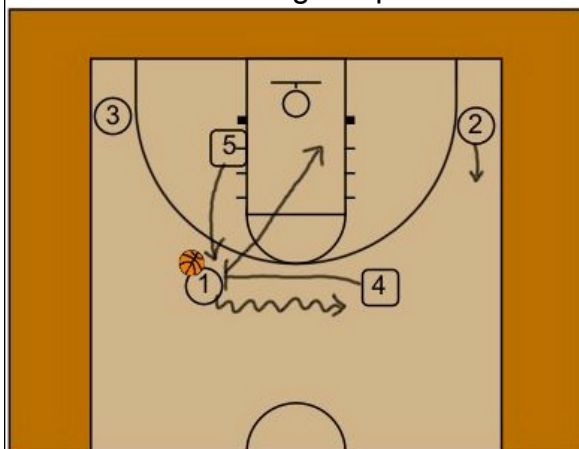
2. High Ball Screen

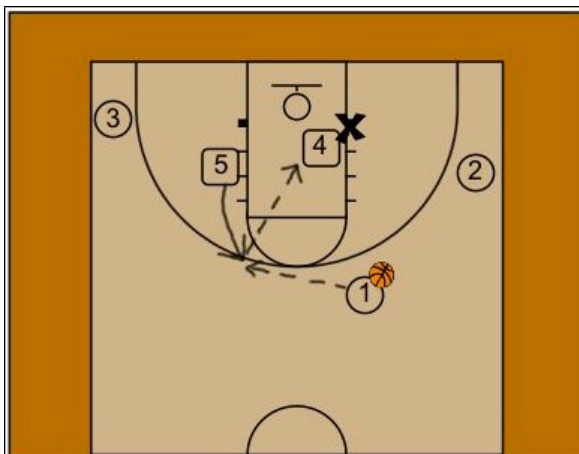
- As soon as the low post sees the high ball screen, he gets to the ball side of the floor.
- Guard reads opposite the defense and post reads opposite the guard.
- Wings both slide to the baseline.

Two options:

1. Guard curls/drives
2. Guard drags from slot spot to slot spot.

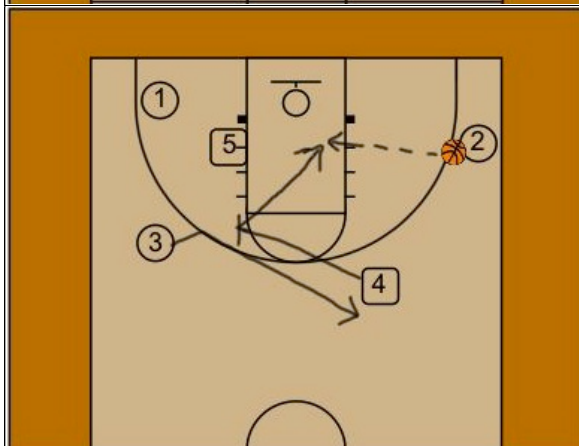
Guard Drag to Space





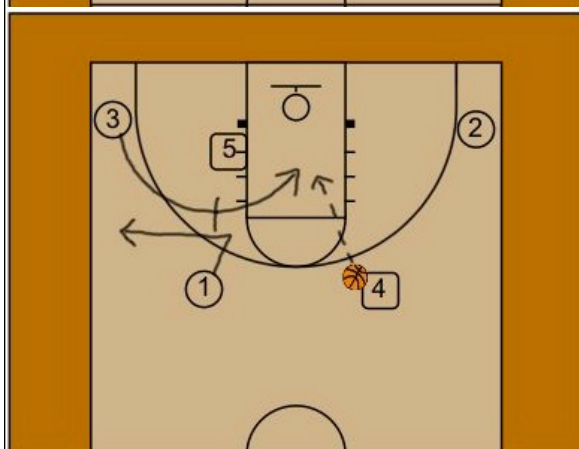
Roll/Pop/seal

- If the defense fights under (or switches), the ball is reversed to the forward popping up.
- We then look inside to the roller, who is now sealing.

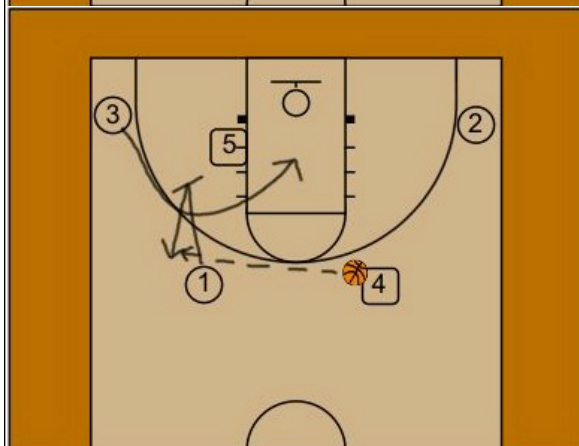


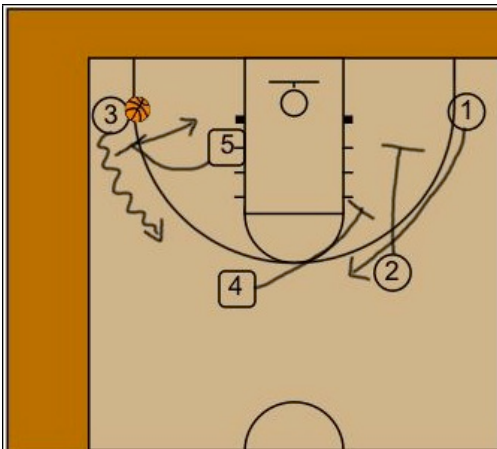
3. Screener/Cutter situations

- the screeners become 2nd cutter
 - 2nd cutter is the most dangerous cutter in the offense.
- On the screen away, the forward reads the guards cut and goes opposite.



- On the guard/guard screen, the screener looks to make themselves available with either a basket cut or by popping up for a jumpshot.





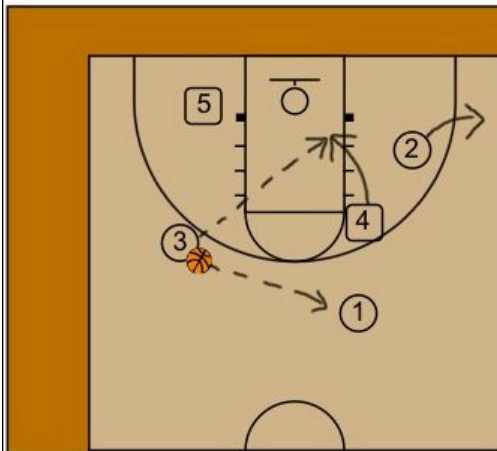
4. Side Ball Screen

- Anytime we can't get the ball into the post from the wing, we can ball screen

On the wing ball screen:

- we have a double screen (staggered) away.
 - Post should look for 2nd cutter opportunities.
 - Guard should space to the perimeter.

Side ball screen is a great opportunity for the guard to get into the lane (turn the corner)



- Once the staggered screen has been cleared, there is an excellent opportunity for the forward to be a weak side second cutter.
 - The guard finds space on the weak side.
 - There is also an opportunity for the a quick post up for the weak forward.

How to Teach the Motion Offense System

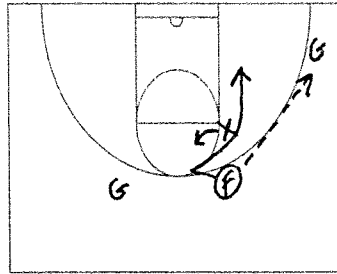
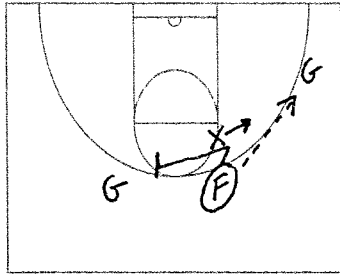
* Offensive Philosophy

- True motion team runs motion with the game on the line
- Motion teaches kids how to play, not just how to run plays
- Can learn the basic concepts of offense: cutting, timing, spacing, passing
- It's then easy to learn any set or play if you understand the basics
- Run offense to score, not just to run offense
- If you can get a good shot after one pass, take the shot
- Only time that changes is in time and score situations/end of the game situations
- Every cut and screen should be made to score
- Timing and spacing are key to good offense
- Spacing is offense, offense is spacing – just having good spacing is good offense – give guys space to make plays
- Play to your strengths
- Offseason – work on your weaknesses, improve your skills
- Inseason – play to your strengths
- Play together – screen assist, extra pass, quick outlet
- Take pride in doing the little things that help your team win
- Players play for their teammates and coaches, actors play for the crowd
- Paint catches, paint passes
- “Solid” – everything fundamental that a player does: passing, pivoting, catch the ball to shoot, etc.

*

Fundamentals

- NBA players are the most fundamentally sound players
- Take Lanes (read what the defense is giving you)

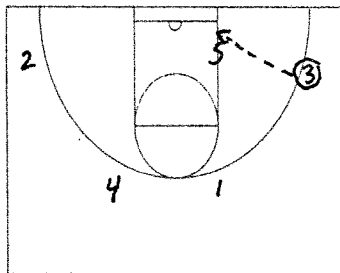


- Options after passing: screen or basket cut
- Catch to shoot every time
- The most open you'll ever be is when you first catch it
- Put your eyes on the rim (every play)
- Standing in one position is not bad as long as we have good spacing and we're ready to shoot

*

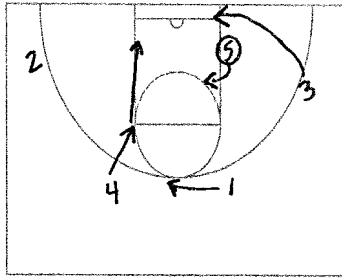
Post and Rip

- Anytime we feed the post, we want to throw it to the inside shoulder of the player so he can maintain the seal



- Always look to seal first, not make a post move
- If no seal, and post player gets pushed out – chin the ball and go “baseline to score” or “middle to explore”

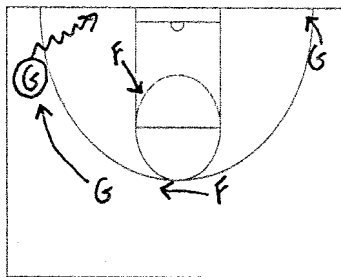
- If you go “middle to explore” – initiates “rip series”



4-man goes to weakside elbow and rips down the lane
 3-man can rip baseline or go to weakside elbow and rip down the lane
 1-man and 2-man fill top of key and weakside wing to give room for 5-man to work

* Drive and Space

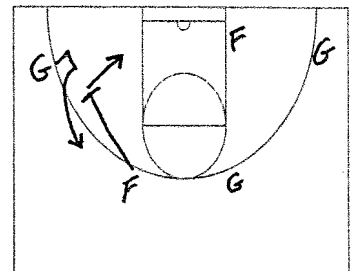
- As soon as we drive the ball, we're in our “drive and space” action



- Each player has to get off his defender's line
- We want to throw a baseline bounce pass
- Once we go to “drive and space,” we're out of motion

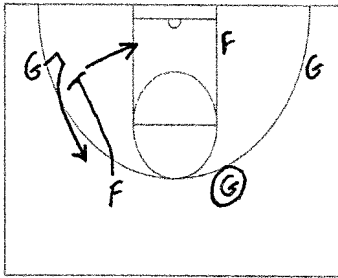
* Screener/Cutter

- Screener: “head-hunt waist, solid base”
- Cutter: “V-away, eyeball-to-eyeball, shoulder-to-shoulder”
- Screener becomes 2nd cutter
- Screener always goes opposite the cutter

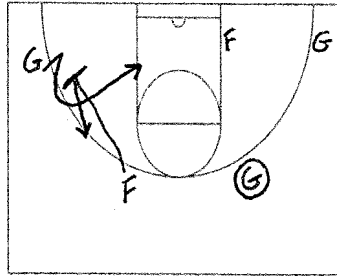


- Screener/Cutter action on a downscreen

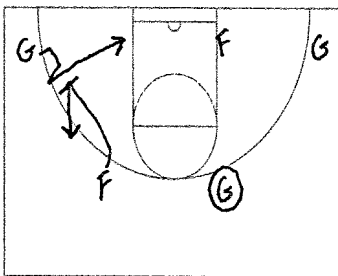
(straight cut and dive)



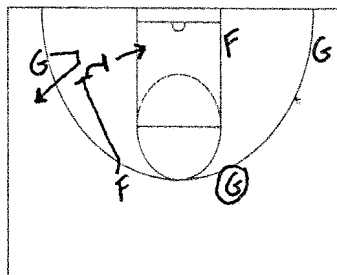
(curl and pop)



(back cut and pop)

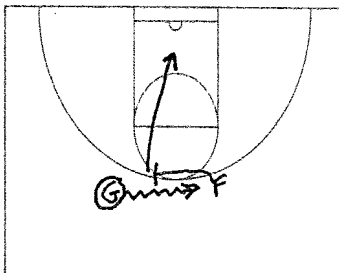


(outcut/re-screen and dive)

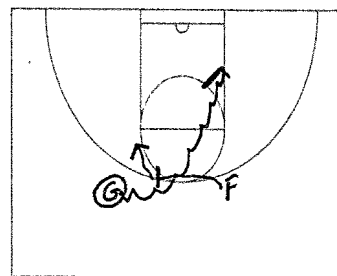


- Screener/Cutter action on a ballscreen (same action except you have the ball)

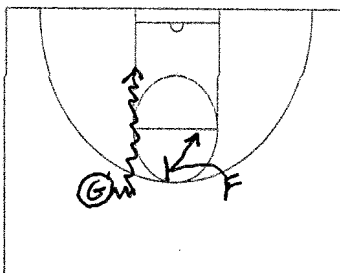
(straight cut and dive)



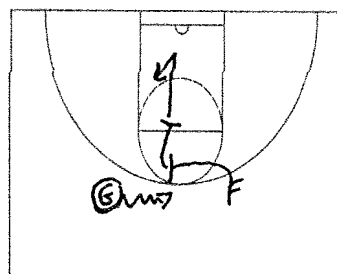
(curl and pop)



(back cut and pop)



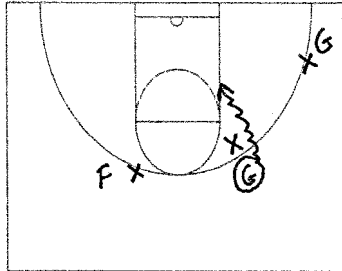
(outcut/re-screen and dive)



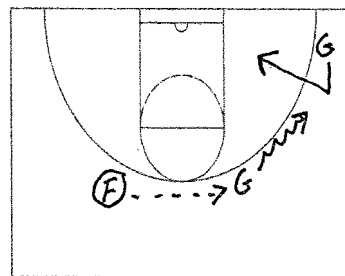
*

Using the dribble

- Dribble should be used to drive to the basket, use a ballscreen, or make an easy pass
- Players often dribble without accomplishing anything
- Picking up your dribble is a killer
- Good time to drive is when you see a defender's back



- You can force containment or create an easier pass or shot
- Dribble at if reversal is denied = backcut



- Better to keep your dribble than dribble to a spot and pick up your dribble

*

Review: Key components in motion

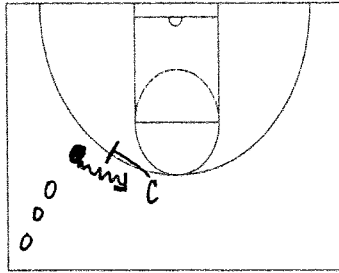
- Spacing
- Hard Cuts
- Drive and Space
- Post and Rip

- Screener/Cutter
- Motion is a great thing to defend against in practice – all different types of screens
- We're always working on our motion, even if we're working on our defense
- No matter what wrinkle we put in, our players will know how to read the defense

*

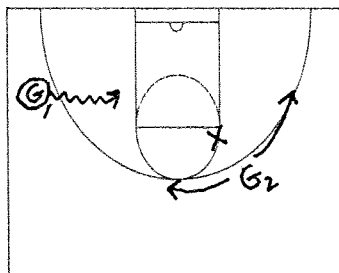
Breakdown Drills

- Ballscreen Jumpers



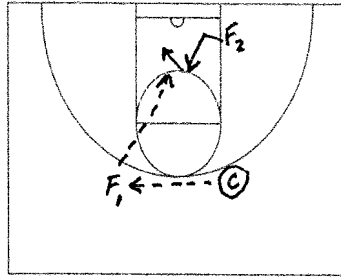
- all different shots off of a ballscreen
- straight/curl/back/out
- take them from all four motion spots
- going left/going right
- coach can dictate cut, or they have to read the defense

- 2-on-0 Drive and Space Drill



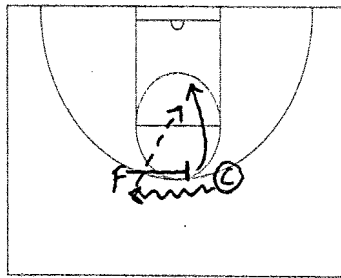
- guard #1: drives the ball, stops, pivots under control
- guard #2: wants to get off the line of his defender; 1-2 steps into jumper
- practice pivoting off both feet

- **Forward Hi/Low Drill**



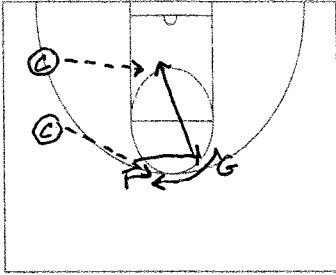
- Forward #1: first looks to catch and shoot
- Forward #2: then looks to beat his man on duck-in; if defender takes it away – seal, reverse pivot, maintain contact-until ball is over head
- Timing is important
- Passer is the eyes of the receiver – if passer puts the ball high, he’s telling the receiver to keep the ball high
- Catch it up, keep it up – catch the ball high and keep it above your chin

- **Weak Hand/Weak Foot Drill**

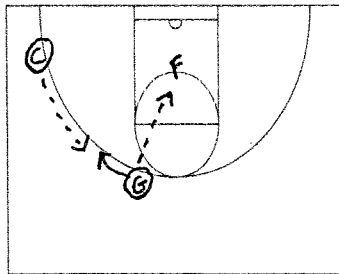


- Forward sets a screen and makes a 2nd cut
- Coach throws poor pass
- 2nd cutter has to chase ball down
- Chin the ball
- Pivot on weak foot
- Extend to the rim without a dribble
- Layup using their weak hand

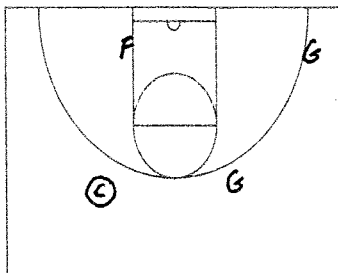
Screener/Cutter Drill



- Guards and Forwards
- Forward is screener and then becomes 2nd cutter
- Guard is the cutter
- One coach is responsible for cutter, one for the 2nd cutter
- Screener calls cutter's name; "head hunt waist, solid base;" "hard and late on 2nd cut"
- Cutter calls the cut – mix up the cuts: straight, curl, back, out
- also can do drill where cutter passes to 2nd cutter, then pops back out for shot

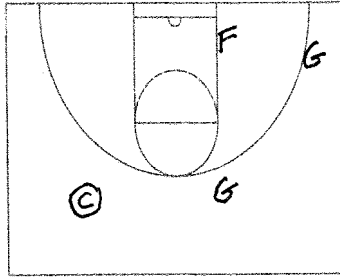


3-on-3 Weakside

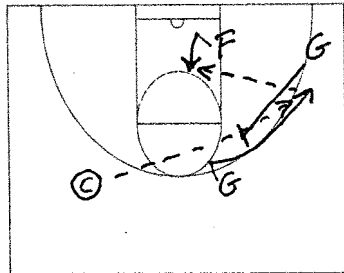


- teach them what they can do on the weakside vs. what they can do on the strongside
- weakside events: screener/cutter action, post flashes, ball screens
- weakside players can: slip the screen, curl into the lane, make 2nd cuts to the basket
- weakside post looks for: ball to be reversed, offensive rebound, space on drive – catch and finish when post defender helps
- on missed shot, kick it out to coach and fill spots

3-on-3 Strongside

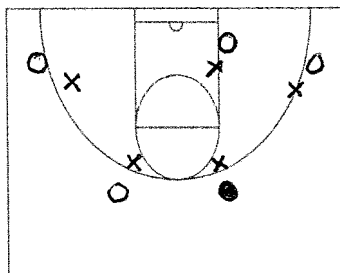


- Hard for perimeter players to make basket cuts when post player is on their side
- Post player can get baseline seals (step to defender and seal, not to the ball)



- Skip pass recipient must recognize seal
- Skip passer must know to skip it
- Post must know not to duck-in

* 5-on-5 (No Dribble)



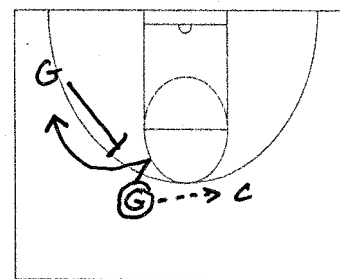
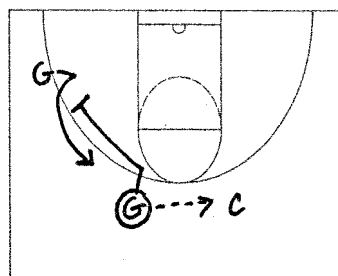
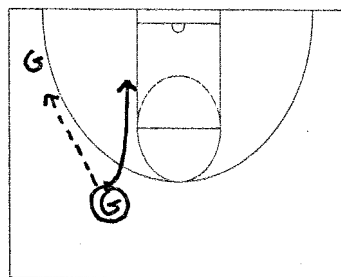
- Have to catch and shoot – a good shooter not catching to shoot is worse than a bad shooter taking an open shot
- Have your eyes on the rim – see everything
- If perimeter pass are denied, post feed is a good option/outlet (great spacing because everyone is denying and can't help)
- You can also put on other motion restrictions – give them things they're only allowed to do
- What are we trying to teach in this drill?
- For example: have to score off a post touch, have to score off screener/cutter

Breakdown Drills for the 4-Out, 1-in Motion Offense

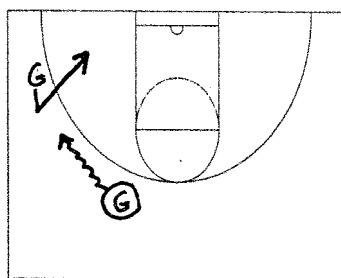
- * Simulate game situations
- * Repeat necessary footwork
- * Want to make sure:
 - Guards work well together
 - Forwards work well together
 - Team executes together under pressure situations
- * Drills: Guards Drills, Forward Drills, Combined Drills, Live Drills, 2-Ball Shooting Drills

* Guard Drills

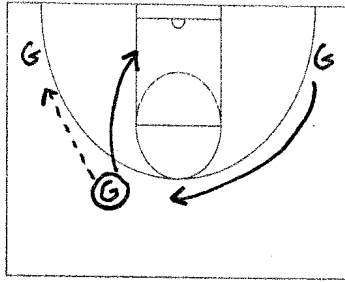
- Every time a perimeter player makes a pass, he can basket cut, screen or receive a screen



- If a pass is denied, dribble at teammate to tell him to basket cut

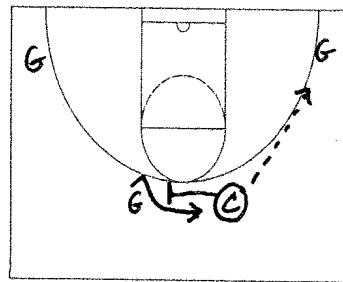
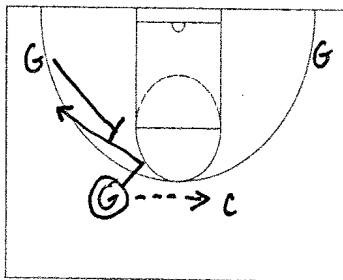


- 3-on-0 Pass and Cut



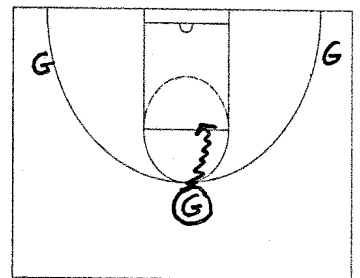
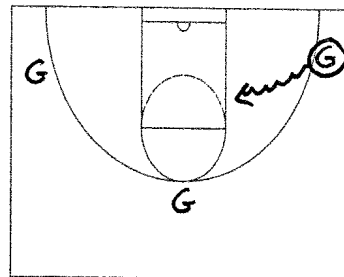
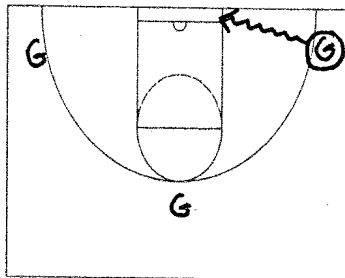
- Catch to shoot
- Make hard cuts
- Reverse the ball
- Dribble thru vs. denial
- Fill motion spots
- Keep proper spacing

- 3-on-0 with a Coach



- Coach is post player/screener
- Score off high cross screen, flare screen, or ball screen; can hit 2nd cutter
- Coach calls out which cut

- Go moves/Rip moves/Spacing off the ball

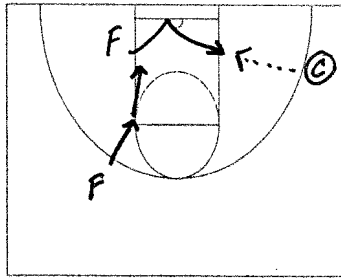


- On baseline drive, opposite perimeter player – flood the baseline – bounce pass
 - On drive to middle, read defense
 - On drive from top, read defense

*

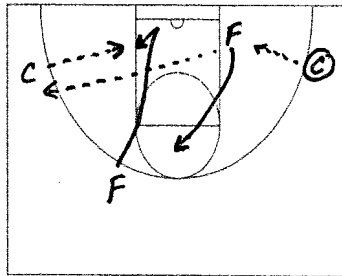
Forward Drills (2-on-0)

- Rip Drill



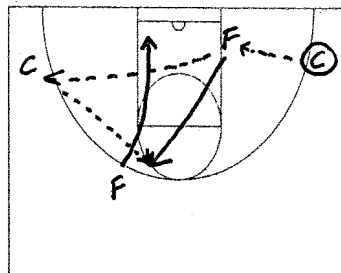
- Hit the post, go middle to explore
- Opposite post man rips down the lane

- Rip/Skip/Seal Drill



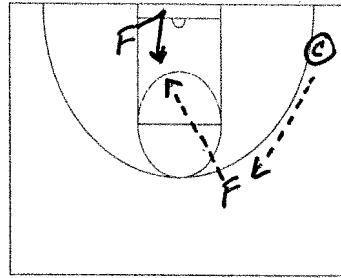
- Hit the post, go middle to explore
- Opposite post man rips down the lane
- Skip opposite to coach – throws pass to post man sealing
- Other forward flashes high

- Rip/Skip/Flash



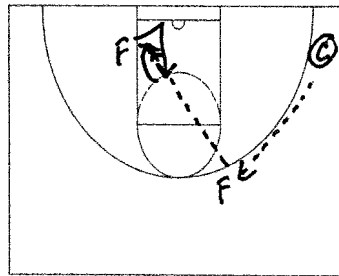
- Hit the post, go middle to explore
- Opposite post man rips down the lane
- Skip opposite to coach – throws pass to post man who flashes
- Inside foot jumper, go-move or rip-move

- High/Low Duck-in Drill



- Any time ball is high, low post man ducks-in
- First option is always to go baseline to score

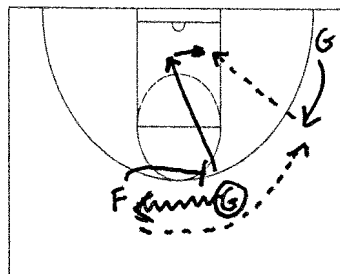
- High/Low Duck-in/Lob Drill



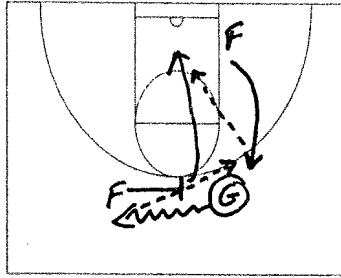
- On duck-in, if defense fronts, reverse pivot for lob
- * On all these drills, work together, get footwork down, get passing angles down

* Combo Drills – High Ball Screen

- High Ballscreen/ Skip/Seal

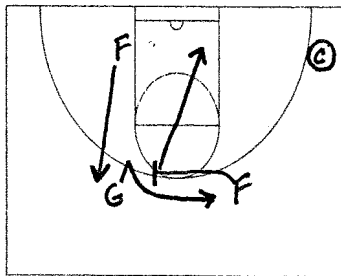


- High Ballscreen/ Roll and Pop/ Seal

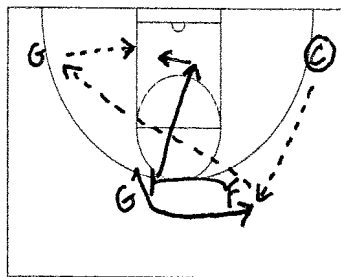


* Combo Drills – High Cross Screen

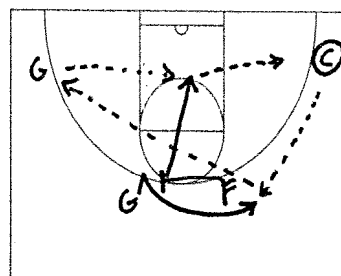
- High Cross Screen/ Pop/ Seal



- High Cross Screen/ Skip/ Seal



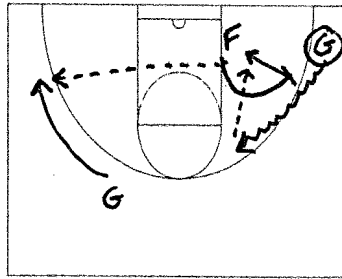
- High Cross Screen/ Skip/ Seal/ Extra Pass



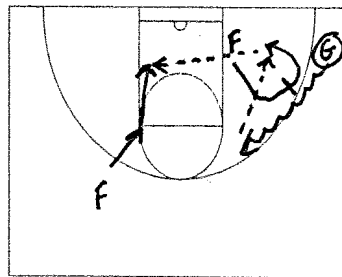
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Combo Drills – Side Ball Screen

- Side Ball Screen/ Roll/ Kick Opposite



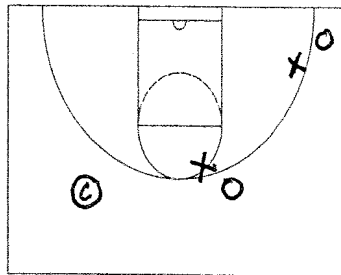
- Side Ball Screen/ Roll/ Rip



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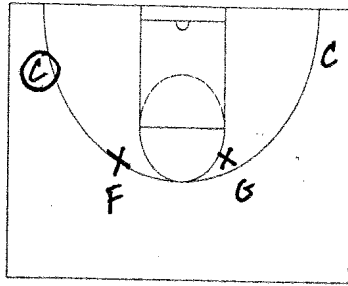
Live Competitive Drills

- Guards: 2-on-2 with a coach



- Have to score on your ½ of the floor
- Can basket cut, screen, or receive a screen
- Screen and 2nd cut

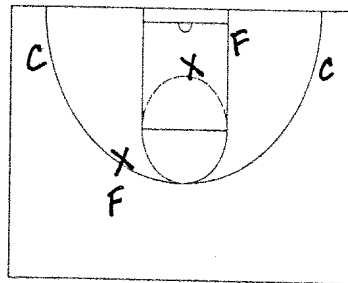
- Guard/Forward: 2-on-2 with a coach



- Forward is always the screener, Guard is always the cutter
- Forward can set a cross screen, flare screen or ball screen
- Screener becomes 2nd cutter
- Can use both coaches as outlets

* Live situations when players get a lot of touches – this is when they learn how to play together – even though they make mistakes

- Forwards: 2-on-2 with a coach



- Scoring opportunities: go moves and rip moves on perimeter; go-to's and counter-moves in the post, skips/rips
- Can add a 3rd coach as a perimeter player in the slot

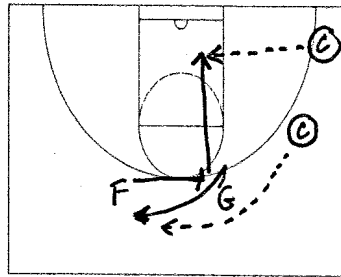
* Forwards should: get a lot of movement, work together, stay high/low opposite each other

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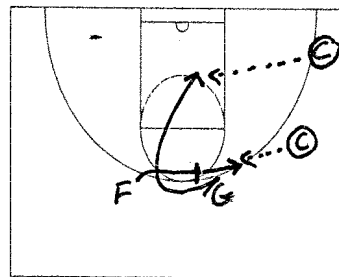
2-Ball Shooting Drills

- We want to practice taking the shots we will get out of our offense
- Cutter calls the cut, screener makes 2nd cut
- 4 different cuts: straight and flash, curl and pop, out cut/re-screen/flash, back cut and pop
- High Flare Screen

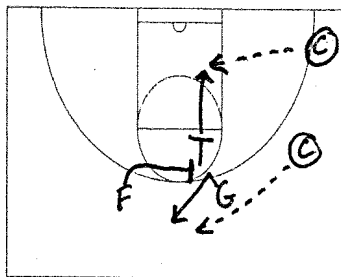
(Straight)



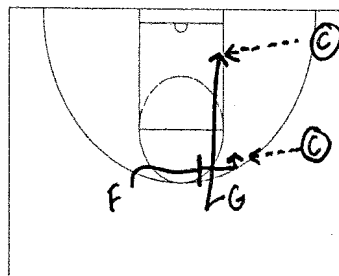
(Curl)



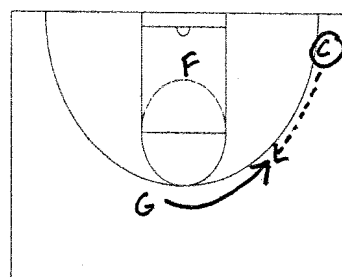
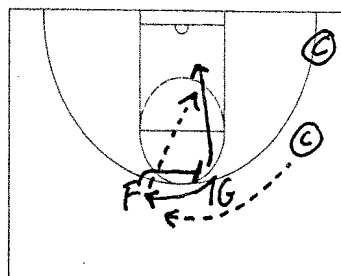
(Out)



(Back)

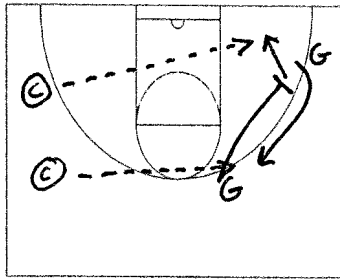


- You can add making an extra pass as well

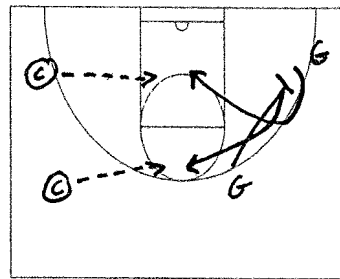


- Down Screen

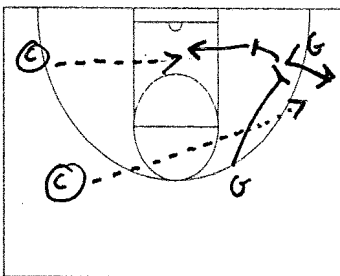
(Straight)



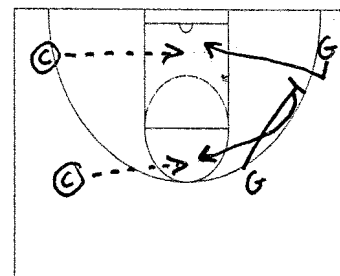
(Curl)



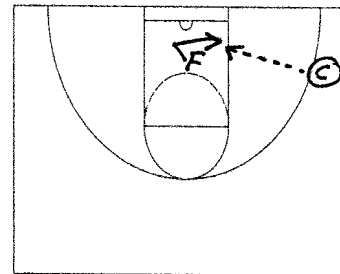
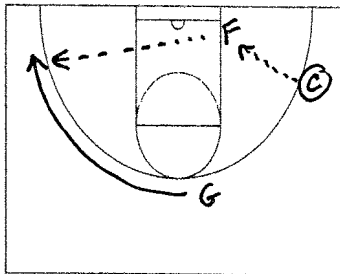
(Out)



(Back)



- Rip/Skip/Re-Post



- Feed the post, go middle to explore
- Guards rips to opposite wing
- Forwards re-posts, can go baseline to score or use go-to/counter move

VILLANOVA MOTION OFFENSE

Coach Harry Perretta

Numbering System for Cuts in the Motion Offense

- 1. Basket Cut**
- 2. Curl Cut**
- 3. Backdoor Cut**
- 4. Slip**
- 5. Back Screen/Flare Screen**

Numbering System for Options in the Motion Offense

- 6. Pick and Roll with the 4 and 5 Players (designated post players)**
- 7. Dribble Handoffs**

Offensive Concepts of the Motion Offense

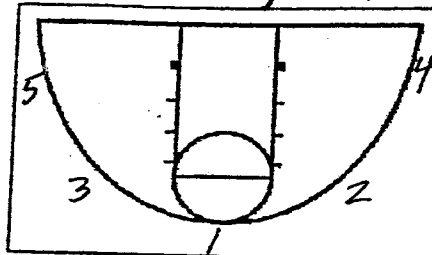
- 1. To initiate the offense, the ball is on the top (middle) of the floor. With the ball on top, action begins on both sides.**
- 2. There are NO mistakes in this offense. Players play through any spots of confusion or uncertainty.**
- 3. After making a basket cut, you will always fill an open spot. (You must read if the opening is on the ball side or the weak side.)**
- 4. When ball is caught in the middle of floor, always look back to the side of floor from which it was passed.**
- 5. Whenever ball is passed on top, both sides of the floor create action.**
- 6. Whenever you are overplayed and are 1 pass away from the ball, execute an automatic backdoor cut (#3).**
- 7. Slips (#4) can be utilized at any time. (Based on player reads.) (Exception: when cutter is executing a #2 or #3 cut.)**
- 8. When 2 players screen for one another, the screener can execute a #4 cut into a post up if the defenders switch and the match-up is advantageous. (How long post player stays is personnel/philosophy driven.)**
- 9. "Option" call: players play basketball using any of the 5 cuts and 2 options. (We strongly prefer big on small screens and handoffs. Therefore a heavy emphasis is placed on the 4 and 5 players executing #6 and #7 options.)**

10. On handoffs and pick and rolls, no action takes place off the ball.
(Read your defender and move appropriately.)
11. On verbal calls such as "25," the call describes 2 types of cuts and actions to be executed on a particular possession. (The first number, in this case "2," would refer to curl cuts. The second number, "5," would refer to back screens. The first number is always executed after the first 2 passes; the second number is executed for the remainder of the possession.)
12. There are occasions when the ball is in the corner, 2 passes will be necessary to continue the offense efficiently. (Get ball back on top/middle of floor.)

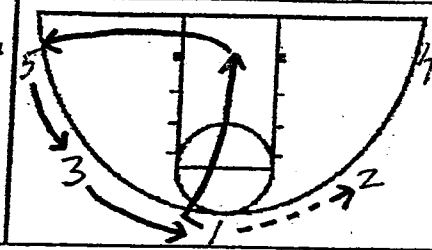
Note: An extra pass may be required in certain situations, in order to create better spacing opportunities. This happens most frequently when the ball is in the corner. Your philosophy must determine when to make extra passes or run specific cuts and actions. (This offense is not a perfect science; it is intended to flow as opposed to follow dictated or pre-determined movement.)

MOTION OFFENSE: INITIAL ALIGNMENT AND NUMBERED CUTS

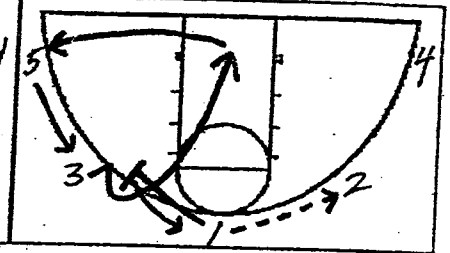
Initial Alignment



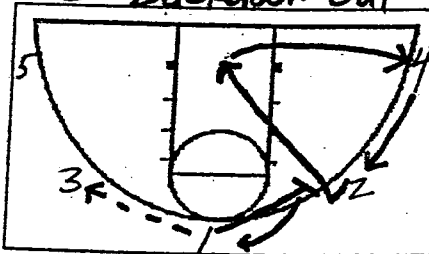
#1 - Basket Cut



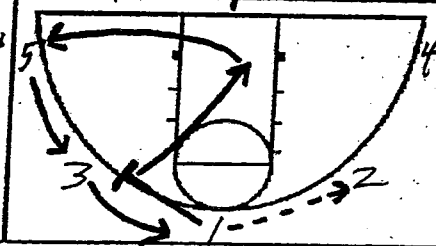
#2 - Curl Cut



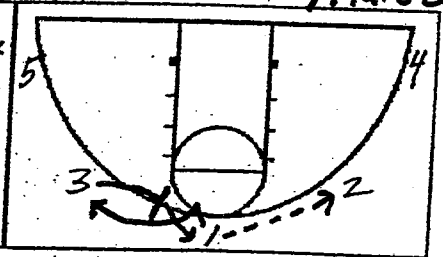
#3 - Backdoor Cut



#4 - Slip



#5 - Back Screen / Flare Screen



MOTION OFFENSE: DIAGRAM OF A "25" CALL

(The first 2 cuts are curl cuts, the remainder of cuts in possession are off back screens.)

