

Concepts in Motion Offense

Passing in the offense:

Must be able to make different kinds of passes- bounce, chest, overhead

Consider: where to be thrown, velocity, timing, where to look at

Pass away from the defensive man where the receiver can handle it.

Get the ball to the best shooters- scorers- it is not an equal opportunity.

Pass the ball to a player when he can be effective with it in a particular situation

Know what you and your teammates are capable of doing offensively

Do not pass the ball to a player in a situation where he can't be effective with it.

Don't force the pass-wait to see what develops- but get the open man the ball

Four options for a man once he passes:

1. Inside cut to the baseline setting himself up for a screen
2. Screen away (but not from the top of the key)- do not screen the ball
3. Make a post cut or a cut to the basket
4. Go away and replace himself

**** Absolutely cannot stand- you must move but move with a purpose**

Screening in the offense:

Three kinds of screens: 1)down, 2)back, 3)cross

Set a solid screen on the defensive man (have to be almost stationary)

Face the defensive man- feet shoulder width apart with slightly bent knees

Put hands in front of crotch for protection and to prevent holding on screen

Angle of screen- direct relationship to where the ball is (back to the ball)

Hold the screen long enough to allow the cutter to make his move

Screener steps in a different direction than the cutter after the cutter has cut

The screen isn't the end of the play- must continue moving after teammate cuts

Screener rolls back to the ball when the defense switches

Against switching man/man defense the screener is the primary receiver

Switching will be more difficult against down screens than back or cross screens

****Screen to get a teammate open**

Cutting in the offense:

Look to flash to the ball (without a screen) anytime you can beat your defensive man

Most important thing in the cut is to see where the defensive man is playing you

Take your man one step in the direction he is playing you and then sharply cut in the other direction (V- Cut)

All cuts should be made in straight lines and sharp angles

Set the defensive man up on every cut in order to get open- use a proper V- cut

Make sure defensive man is close to you when cutting in order to rub him off on the screen- time it so the cutter runs shoulder to shoulder with the screener

Types of cuts:

1) V-cut, 2) back out, 3) flare-step back away from the screen (when your man cheats way off on opposite side of the screen), 4) Z-cut

Reverse the ball to create more movement-you want cutters coming back to the ball

After making a cut and not receiving the ball keep moving- don't stand and wait (unless you are posting up)

Sagging defense- have to step up and hit the 12-15 ft. shot

Dribbling is used only to:

1. Improve the passing angle
2. Drive the ball to the basket
3. Advance the ball up the floor

Never more than 3 dribbles at any one time on the offensive end of the floor

A pass is much more effective than a dribble

Principles of perimeter play:

1. Turn and face the basket for a count of two every time you receive the ball
2. Look below you to screen
3. Feed the high post whenever he is open
4. Fill the high post if it is vacant

Maintain 15 feet spacing between players – spread the floor out

- want the middle open for players to cut into-receive the ball in a high percentage scoring area

High Post Options:

1. Start away and come back to the ball
2. Screen away for a man in the low post
3. Feed the low post from the high post

****The high post is the best place to attack the defense from**

- You have the most scoring opportunities with the ball in the middle of the floor (turn and face whenever you receive the ball)

Keep the ball off the baseline unless there is a shot there

Inside – outside is the plan of attack.

Make the defense sink and then expand. Loosen up their line rules.

Low Post Options:

1. A forward or center should look to fill the high post when it is vacant
2. Be ready to cut off a screen set by the high post man
3. Ideal position to receive a screen and come off for the shot or move out on the floor as a perimeter player
4. Step out and back screen for a perimeter player – most effective when the perimeter player has just given up the ball

If you receive the ball in the low post you must score and/or get fouled

Pure post player plays inside – if he steps out to screen he rolls back inside after the cutter has cut

Pure post player never handles the ball more than 15 feet from the basket

Initial alignments:

- three men on the perimeter and two inside
- two men outside and three inside (triangle)
- four men inside and a point guard
- four men outside and a post man
- five man motion – no definite post
- Post exchange (two in the post and three outside alignment) – post men working inside
- Post man high and post man low
- All five players on the floor should know the rules of the post

***The action is away from the ball and we will move the ball to action.**

***Playing without the ball is more important than playing with the ball.**

The offense is based on Reading the Defense and Reacting – Intelligence

Read the offense as well as the defense – what your teammates do will determine to a great extent what you do.

****Read the situation and react accordingly.**

Thoughts on running Motion Offense...

Put your emphasis on passing

Based on guidelines – concepts with emphasis on screening and movement without the ball (purposeful movement)

Helpside defense concepts are destroyed with continuous motion

Recognizing situations and reacting is the key to getting good shots

Allows more freedom and creativity but does limit one-on-one play to a certain extent
(players will not stand around while others go one-on-one)
Forces your players to play intelligent basketball in order to be effective
Players must recognize and play within their limitations – each player must understand
his and every other players' role in getting the team a good shot
Utilize your strengths in developing your Motion Offense
Must be able to soundly execute three basic fundamentals: Pass, Cut, Screen

Developing Motion Offense...

Everyone must move in order to create open shots
Want all cutters coming back to the ball off screens or to the basket
Must have continuous motion- **absolutely cannot stand still**
Screen a defensive man anytime he is in position to be screened effectively and make the
screen effective – Look for these opportunities and correlate them with ball movement
Recognize advantageous opportunities – e.g.- height disparity, force the ball on a man in
foul trouble, flash from weakside against poor help defense
It's critical to get your best scorers the ball in their scoring areas

****The offense must create opportunities for your scorers to score**

Shot selection is critical to offensive effectiveness – players must be disciplined and
understand what shots are to be taken and who takes them.
Above and beyond all, you must have patience – take as much time as it takes to get a
high percentage shot.