

## **MOTION OFFENSES**

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## INTRODUCTON

These notes have been prepared to assist coaches of Regional Squads in developing the concept of motion - style offense to players throughout the state.

The material presented is not original, but has been gathered from a variety of sources. It is consistent with the style of play being taught at the AIS and which is being used to some degree at least by our National squads at all levels.

Whilst much of the content focuses on screening and use of screens there is no reason why players as young as 11 years of age cannot be taught the concepts of spacing, timing and floor balance using simple pass and cut techniques. Provided they have been taught to lead and square up to the basket properly. There is a separate section detailing a teaching progression to achieve this.

As will be explained in more detail later, motion offense can be adapted to suit any make-up of team, and therefore can be run from a variety of different 'sets'.

However in your role as a coach in Junior Development it is important that you develop all round skills for all players. Obviously in the long term players must specialise and master specific skills. But it is quite likely that as your players progress to higher levels they will need to change positions. Your local centre player may be faced with the prospect of playing the perimeter if he or she is selected in a state squad.

You can assist your players by adopting approaches, which will result in all round better players.

One strategy to achieve this is to ensure that regardless of any other type of motion offense taught, players be taught motion five (5) out ie. no centres. In doing so all players are going to learn all positions. Big players will be taught to play from the perimeter facing the basket, and perimeter players will be taught to post up. Every player has to do all things. The result will be better skilled players and greater versatility for your teams.

In addition the five out concept reinforces the concepts of spacing, timing and floor balance and improves court awareness.

This approach does not detract from the need to teach each player the basics of his/her position. Obviously a seven-foot centre must ultimately learn to play inside. But the 6'5" centre had better be able to play facing the basket to achieve any prominence beyond local competition.

The outside approach is also a lot of fun for the players and they enjoy developing the skills of the various positions. It also serves to break from the monotony of playing one position all the time.

## PHILOSOPHY

Motion Offense is not, as some people perceive, a freelance offense but an offense of rules which is a reflection of each individual coaches philosophy.

If the offense is not correctly taught it can result in disorganised free-lance basketball. Therefore your players must be disciplined in the concepts of shot selection, - spacing, balance and most importantly reading the defense. Your players must be instructed correctly and effectively to execute the essential components of the offense.

The offense is a grounding in 'how to play the game' as opposed to learning to play a position. Specialising in a position will develop as your players mature and will be influenced by their physical stature. Learning the motion offense will ensure that they have the skills required to play in a role that their size and quickness will determine.

The motion offense is an ideal teaching vehicle for individual and team offensive movement and provides an excellent fundamental skill base for your players. It also teaches players to read the game and develop a sound knowledge of team concepts, but most importantly they love it!

## BACKGROUND

### (I) REASONS FOR MOTION OFFENSE: -

- (a) It is difficult to defend
- (b) It is adaptable
- (c) It is flexible
- (d) Players find it enjoyable
- (e) Individual player development
- (f) It is difficult to scout

#### (a) DIFFICULT TO DEFEND

-The hardest aspects to defend in basketball are constant player and ball movement. Motion offense offers both of these characteristics.

-The toughest team offensive manoeuvre to defend is the screen. Motion offense combines constant screening and cutting both internally and on the perimeter.

#### (b) ADAPTABILITY

-Motion offense can be used at any tempo

-Motion offense can be used against all defences, man to man and zones, therefore your one offensive system enables you to attack all the time and lessens the amount of preparation involved in teaching different offenses for different defenses.

-It is also very easy to combine with transition/press offenses and special plays can be incorporated.

#### (c) FLEXIBILITY

-It is flexible in that you can use your players in many different ways.

-If in foul trouble you can substitute in your next best player not necessarily your next best point guard, off guard, forward etc.

-Because teaching motion offense involves instruction of individual offensive moves of all position; there is no need for role specialisation. Everyone learns to play all positions.

#### (d) ENJOYABLE

-Players enjoy motion offense because it provides the opportunity to express themselves individually.

-Motion offense also creates a great teaching environment.

#### (e) INDIVIDUAL PLAYER DEVELOPMENT

-Motion offense creates a positive state of mind for players.

-It teaches overall fundamental skills, the development of all playing roles and all individual offensive fundamentals

(f) DIFFICULT TO SCOUT

-Whilst offensive tendencies can be scouted, no movement can be predicted because there is no predetermined movement.

-Even you as a coach have no certainty of what your players are going to do.

-You just know that they are going to play as a unit to provide good shot opportunities.

(II) ESSENTIAL COMPONENTS OF MOTION OFFENSE: -

- (a) Passing
- (b) Movement
- (c) Screening/Cutting
- (d) Shot selection
- (e) Importance of space
- (f) Concentration
- (g) Role identification

(a) PASSING

-Good passing decreases turnovers

-Create a good passing attitude

-Do not pass to a teammate - pass away from the defense

-Good passing creates a better shot for the recipient

(b) MOVEMENT

-Move with a purpose

-When you pass, move, but never in the direction of your pass

(c) SCREENING/CUTTING

-Both screener and cutter can be recipients of the ball - "Show a target"

(d) SHOT SELECTION

-An offense that is effective is determined by the quality of the shots that you are able to create.

(e)(f) CONCENTRATION/SPACING

-Think before you move - 'Create good spacing'

(g) ROLE IDENTIFICATION

-Play within your capabilities

(III) BASIC PRINCIPLES OF MOTION OFFENSE: -

- (a) Read the defense
- (b) No predetermined movement
- (c) Communication
- (d) Develop good habits

(a) READ THE DEFENSE

- Take advantage of what the defense is giving you
- 'Play' your man on offense
- V-cut and screens are the basic movements

(b) NO PREDETERMINED MOVEMENT

- Screener must think before he moves
- See how the defense reacts to screen
- Triple threat position - 'catch and face'
- Be a threat, Make the defense play honestly
- Demand your 'space'
- Good floor balance/space
- Good shot selection

(c) COMMUNICATION

- Call out screener's name when going to screen and signal
- Verbalise and visualise

(d) DEVELOP GOOD HABITS

- Refine and rehearse all individual and team concepts

(IV) BASIC CONCEPTS VS MAN TO MAN DEFENSE

(a) GENERAL

- When you pass, move, but do not follow your pass
- Do not make two simultaneous cuts to the same area
- Make use of all screening opportunities off the ball and move with a purpose
- Call out the man's name for which you are screening
- When you receive the ball, face the basket (triple threat) and hold the ball for a count of two, unless you have a good scoring opportunity. Do not pass too quickly.

(b) BALL

- If a screeners back is to you, hold the ball to see what develops.
- "Be patient".
- Do not reverse ball while a screen is taking place.

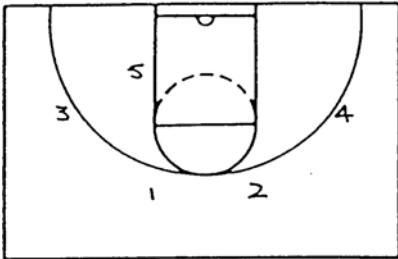
(c) SPACING

- Perimeter players should be 4 - 5 metres apart (pass length). The ball should not go along the baseline unless a scoring opportunity is available.

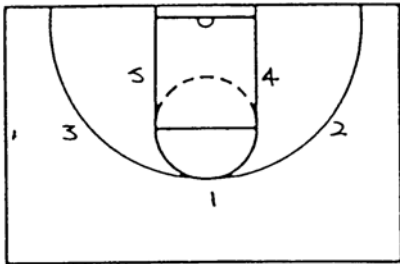
### 3. OFFENSIVE SETS/ALIGNMENTS

Motion offense can be initiated from a variety of different sets, such as those set out below. Once the basics have been taught using '5 out', '3 out 2 in' and '4 out 1 in' formations, floor balance can be adapted to suit the make-up of your team.

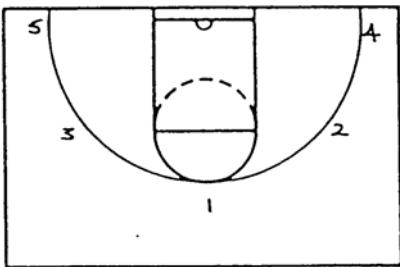
Four out one in  
(Single post)



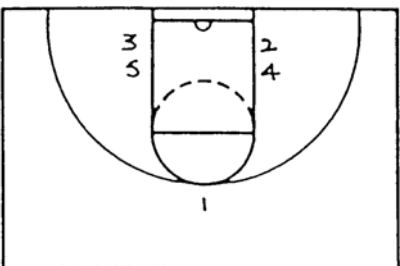
Three out two in  
(Double post)



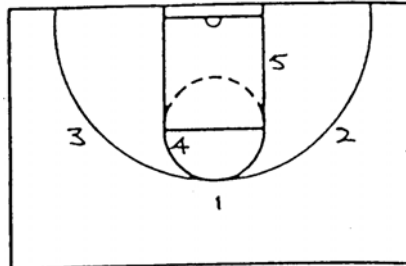
Five out  
(Spread)



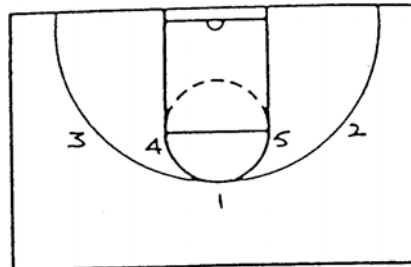
Double low  
(Stack)



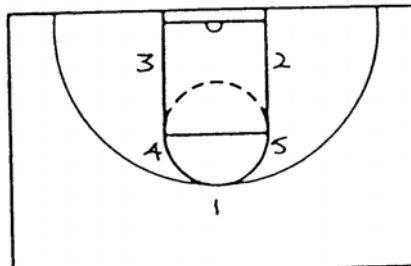
1-3-1



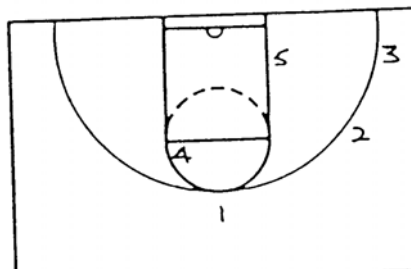
1-4



1-2-2



Overload

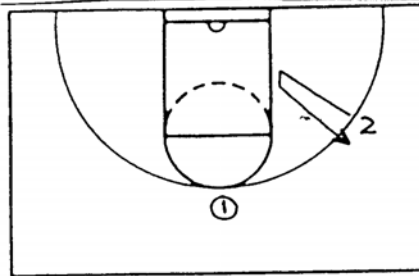


#### 4. TYPE OF CUTS

Players need to be able to execute all of the cutting movements shown below and also to understand when each is appropriate.

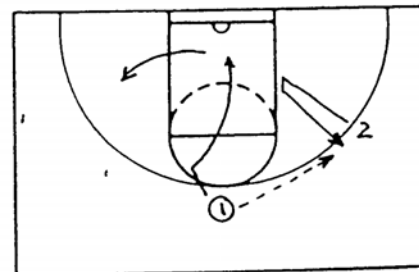
##### V cut lead

The most basic moved used by a player in order to get free to receive a pass



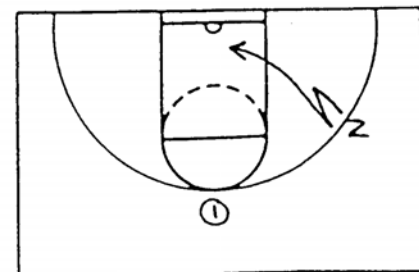
##### Inside cut

The basic give & go movement



##### Back cut

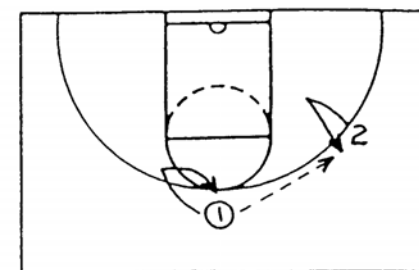
This is an essential movement to combat the defender who overplays the passing lane



##### Replace yourself

A particularly useful movement  
a) against a defender who sags too far from his opponent, or

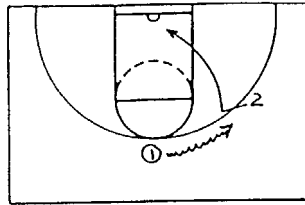
b) to prevent congesting the key area if other teammates are involved in cutting and/or screening activity



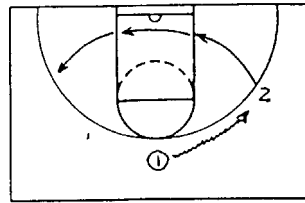


This next series of diagrams illustrates the types of cutting movement available to a player when a team mate, instead of passing the ball, initiates an offensive play by use of a "dribble entry" from the point to the wing.

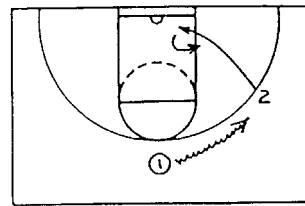
Back cut



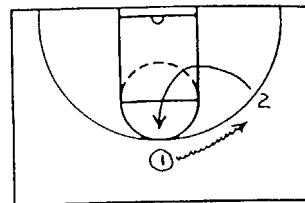
Deep cut



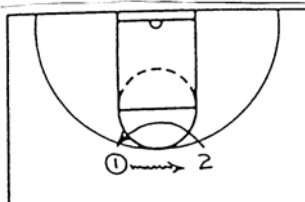
Back cut, button hook & seal



Shallow cut  
Guard to forward



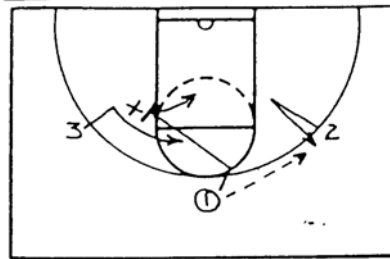
Shallow cut  
Guard to Guard



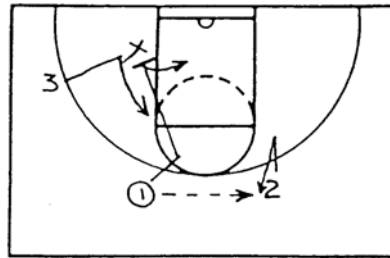
In effect, any time a player dribbles towards a team-mate, we want that team-mate to vacate that position on the floor by executing one of these moves, and relocate to another position to maintain proper floor spacing.

## 5. TYPES OF SCREENS

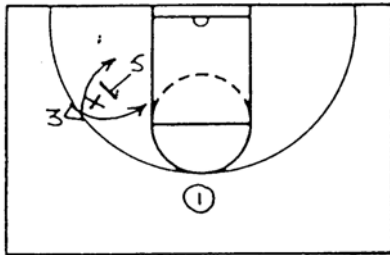
Away screen



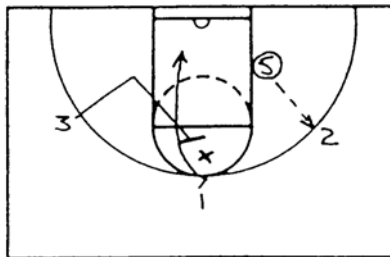
Down screen



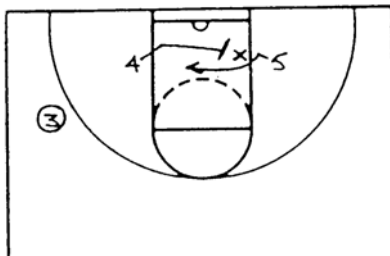
Back screen  
Post to perimeter



Up Screen  
Perimeter to perimeter



Cross Screen



Familiarity with these types of screens is only the beginning. The next section details effective use of screens, and it is in this area that much of your time will be spent.

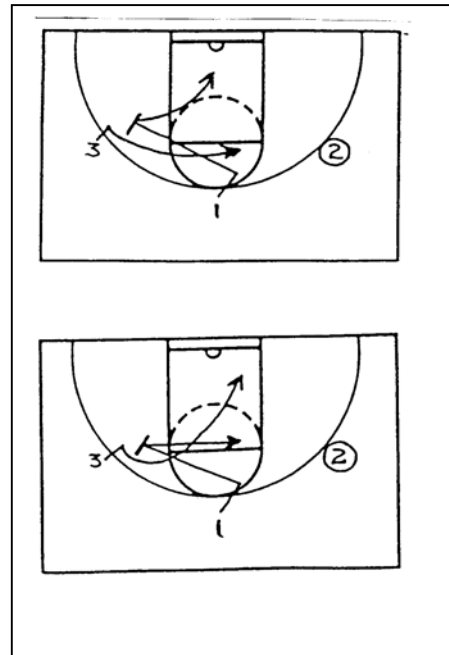
## 6. USING SCREENS

### (I) GENERAL

The most critical element in learning motion offense is an understanding of how to set and use screens. Much of your time will be spent doing breakdown drills to teach this aspect, that is teaching players to 'play their man' or 'read the defense'.

We will use the away screen as an example of the various options available to players in getting open off screens. However, before describing these options there are a couple of important points which should be made.

- a) The screener should always set his defender up for the screen by taking two steps in the direction of his pass before moving to set the screen.
- b) The screener must come to a jump stop with a strong wide stance and ensure the screen is set at the proper angle.
  - (i) Away screen - nose to ear of the defender
  - (ii) Down screen - back to the ball
  - (iii) Up and back screen - back to the basket
  - (iv) Cross screen - back to the ball
- c) The cutter must always set his man up for the screen by executing a v-cut. Take four steps towards the basket before coming off the screen.
- d) Employ the rule 'one to the ball -one to the basket'.
  - That is, if the cutter goes to the ball or flares, the screener goes to the basket.
  - If the cutter goes to the basket the screener opens to the ball.
  - Players must attempt to create two scoring opportunities off every screening situation.



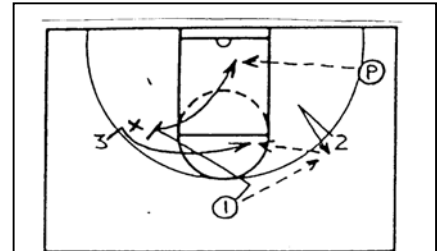
(II) OPTIONS

These various options need to be drilled first in isolation, and with out defense. Then introduce defense to the screener only, increase the options available to the defender and finally introduce the second and third defenders and allow players to practice 'live'.

In the initial stages it is often useful to set up two passers so that both the cutter and screener become accustomed to giving targets to receive the ball.

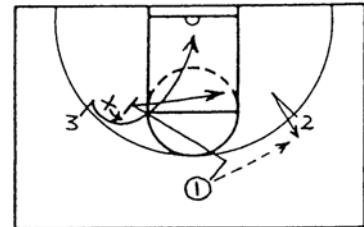
OPTION 1.

Defender into the screen. In this instance the cutter manages to run the defender into the screen. The cutter should execute a straight cut to the ball and the screen opens to the basket.



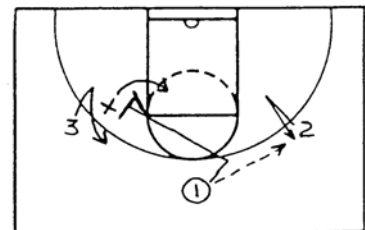
OPTION 2.

Defender follows the cutter. Here the defender follows the cutter around the screen, so the cutter should 'curl cut' to the basket and the screener open to the ball.



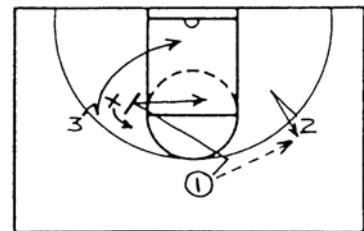
OPTION 3.

Defender sags below the screen. This time the cutter should flare to the open. The screener should adjust his screening angle to prevent the defender closing out before opening to the basket.



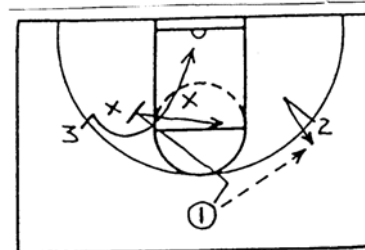
OPTION 4.

Defender anticipates the cutter over the top. The defender cheats over the top of the screen in anticipation of a straight cut, so the cutter back cuts and the screener opens to the ball.



OPTION 5.

Defenders switch. Any switching situation the cutter should curl to the basket under the switching defender and the screener should flare or open to the ball.



## 7. TEACHING MOTION OFFENSE (5 OUT)

(I) You as a regional coach will need to decide at what level you need to introduce motion offense concepts. It may be necessary to go right to the beginning and cover the section, which deals only with five out pass and cut. Some may need to spend considerable introductory time on the screening techniques in the previous section, notwithstanding the need for everybody to regularly reinforce those techniques. Others may be ready to jump right into the offense.

(II) Teach the offense by the whole method first. Explain the principles outlined in previous sections. Reinforce every week. Then break down the offense and use 3 on 3 to teach the various screening techniques. This is most important in also teaching timing and how to read the defense.

The concept of 'one to the ball, one to the basket' cannot be over emphasised, neither can countering switches.

The basic rules for the offense, regardless of the alignment, can be summarised as follows:-

### BASIC RULES

- On any downward pass (point to wing, wing to baseline) cut or screen away
- On any outward pass (base to wing, wing to point) set backscreens, cut and replace yourself, shallow or deep cut clear-out.
- On a dribble entry at a player, the player without the ball clears out/or scissors handoff with the dribbler, posts up, shallow cuts, or screens opposite.
- On any pass to the post area, run three cutters in the same direction.

These basic rules are not absolutes. Read the defense and judge for yourself.

The next series of drills should form the basis of your teaching:-

They are followed by examples of the type of 5 out offensive movement you can teach.

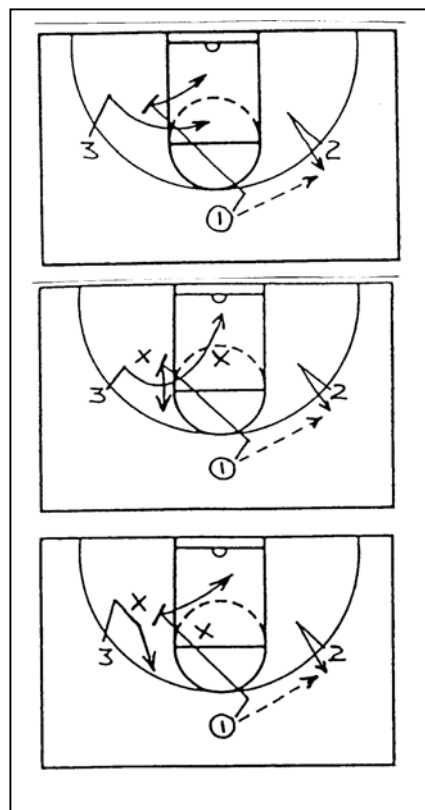
### (III) 3 ON 3 BREAKDOWNS TO TEACH USE OF SCREENS

#### 1. Pass and screen away

a) V. Cuts. Shoulder to shoulder. Cut according to the defense. Pass to the cutter. Pass to the screener.

b) If the defense switches. bend or flare the cut. Slip or flare the screen. Here the cutter bends below the switching guard to the basket. The screener flares.

c) Here the cutter flares and therefore the screener cuts. Our rule is always one to the ball, one to the basket.



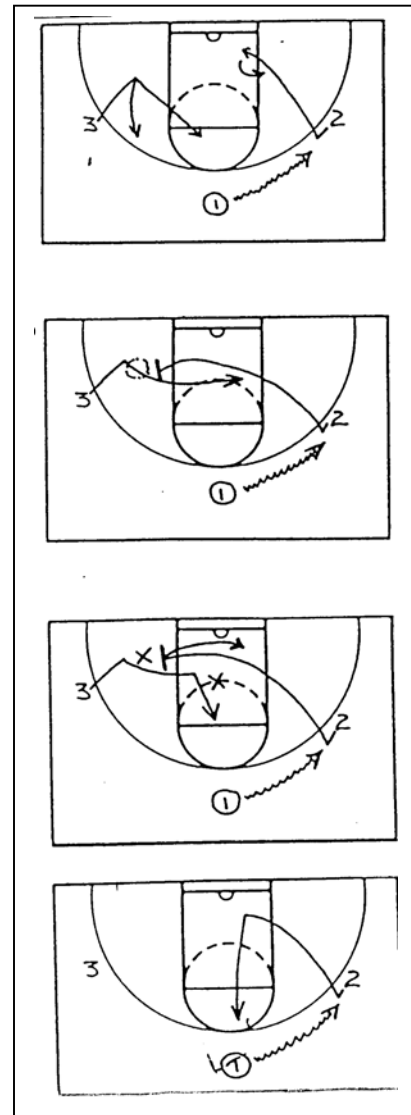
## 2. Dribble Entry

a) Point dribbles at the wing who V cuts for a backdoor pass and continues on or freezes his man under the basket and buttonhooks back to the post for a pass. The weakside player sees this and flares or flashes to take the help defense away from the low post.

b) Same play, except wing man screens opposite for the corner man. Read the "D" and obey our rules as in 1 (b) and 1 (c) regarding switches. Low post man must step back from the low post in order to get room to V cut.

c) Here the defense switches so the cutter flares and the screener cuts back. If the cutter had cut, then the screener would flare.

d) Shallow cut.  
Same play, wing man freezes his defense and shallow cuts for a pass. In the 5 on 5 this cut can often be off a screen.

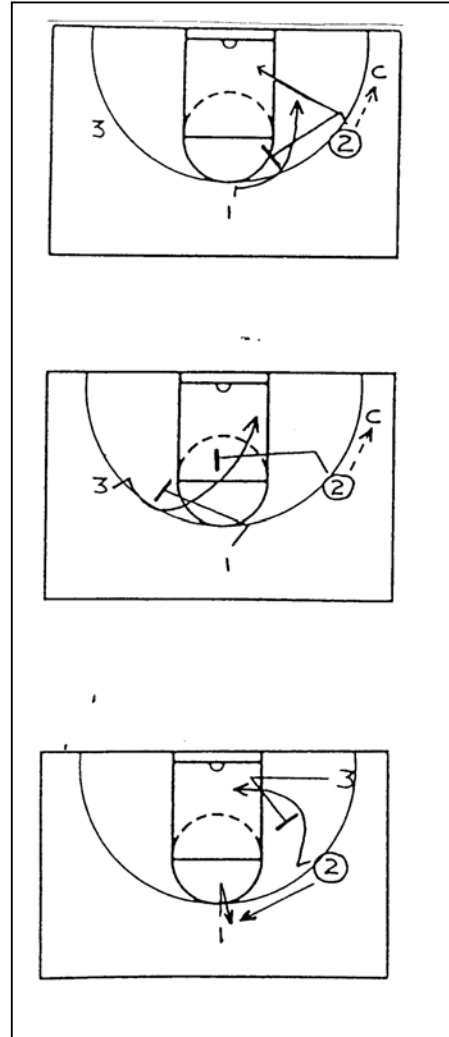


### 3. 3 on 3 from the wing

a) Here 2 passes to the coach and either cuts to the basket or screens away for 1 who cuts off the screen to the basket, or to the ball while 1 cuts to the basket and 3 fills the top. 2 may continue to screen for 3 rather than rolling off the screen to the basket. Read the defense.

b) Here 2 passes to the coach in the corner and either cuts or screens for 1 to cut to the basket. 1 may take the screen or screen away for 3 who can now cut to the basket off two screens from 1 and 2. This same drill can be used with a player in the corner and coaches on the helpside, -or without coaches, and four on four. etc.

c) Here 2 passes to 1 at the top of the keyhole. Here we usually have 3 move into the lane area and backscreen for 2 to cut to the basket. Of course you can have 2 screen for 3 to come to the ball or go to the basket. Teach both, but make sure you do have some backscreens in your 'plays'.



4 These are examples of the type of movement which can be generated from the 5 out alignment.

Five Out No Post

a) Start with five players outside the three point line. Player who passes the ball has first option to post up. Other players can only post up off a flash cut from the baseline or after they set a screen or come off a screen.

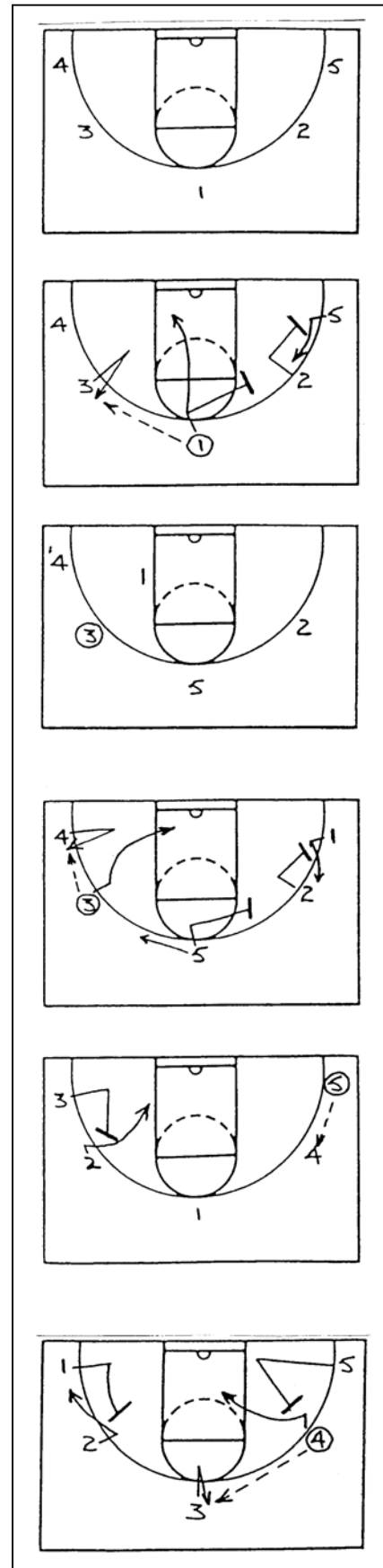
b) Player 1 passes to 3 and screens away for 4 or 2 cuts and posts up. Players 5 and 2 exchange (usually with a downscreen for a down pass)

c) Now we follow the four out one inside rules. Players in the post have a count of "four" to get the ball then they must clear to the corners, set a screen or fill a spot.

d) Player 3 passes to 4 and we repeat the rules as in (b). Players 1 and 2 exchange while 5 fills the spot left by 3, or screens away for 1 or 2.

e) Pass from the base to the wing. Player 5 passes to 4 and cuts to post up, cuts and replaces himself, or screens opposite for the other corner man or wing. He may also screen on the ball for 4. As before on any back pass, set back screens. Therefore 3 would set a backscreen for 2 to flare for 1 etc. Any number of situations can develop.

f) Again, 4 passes back out to 3, so we prefer a backscreen. Player 1 backscreen for 2 to flare or cut. Player 1 is in an excellent position to set the screen, or to slip through and cut to the basket, for a pass. Player 5 can backscreen for 4, who having passed the ball may cut to the basket first, or use the backscreen.





g) Flash Post

The 5 out offense are excellent for 'blind pig' flash post play. Our rule is that anytime you are in the corner area you may flash for a pass and then play our usual rules.

Player 2 receives, 3 flashes backdoor to post up or screen away for 4, player 1 fills as does player 5. Player 5 may screen down for player 4 so that 3 will set the pick for 5 rather than 4. If 3 posts up ball side then 4 and 5 must exchange screens.

Low post feed rules are as follows:- the high man cuts (either 1 or 2) with the other two players interchanging screens. Player 3 relocates for a pass. The essential play is to move to prevent the defense doubling down on the post.

h) Dribble Entry

On dribble entries we clear out both wing players. Player 1 dribbles at 2, players 2 and 3 clear out and set screens opposite. Players 4 and 5 exchange screens, then come off the screens set by 2 and 3. Player 1 has an excellent clear out while the defenders on 5 and 4 can be easily picked off with the two quick screens.

i) Cross Court Passes

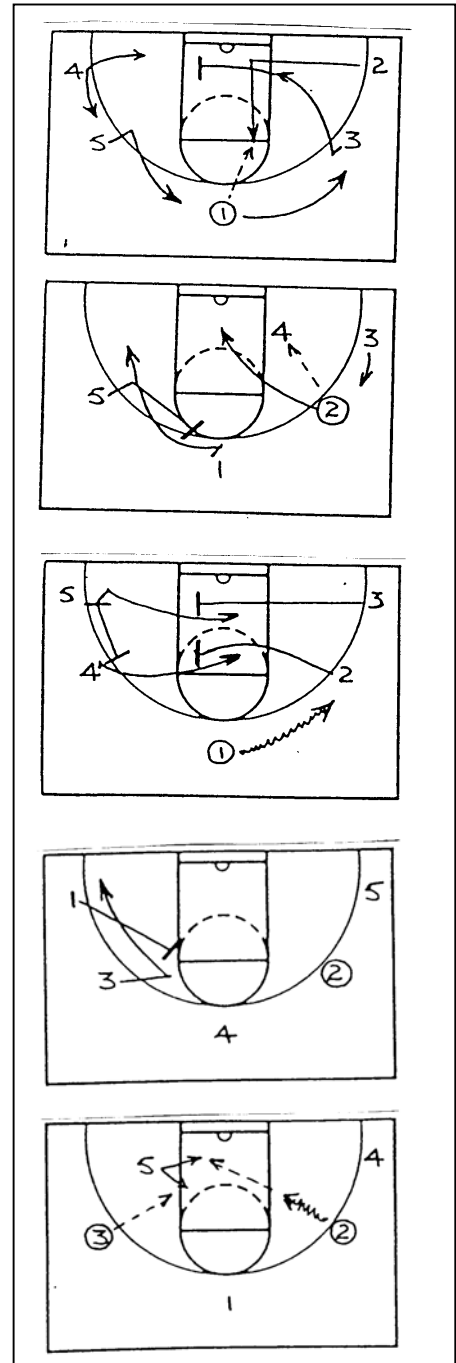
In the 5 out spread offense, backscreens and flares are especially effective, plus they spread the defense. Here player 1 sets a backscreen so that 3 "V" cuts and flares for the long pass from 2. This play causes problems for the defense and often results in lay ups for the screener.

j) Spacing

While it is ideal to have five players capable of shooting the three and driving from the perimeter this is rarely possible. Teach the players to develop their range and then to get to the spots that they can threaten from. Here we see 5 who is a big slow player playing in the low post short corner position. His is his-range. If 3 gets the ball he can cut to the basket, or seal his man and post up.

If 2 penetrates then X5 has to decide whether to stay in touch with 5 or go to 2. If X5 helps then 5 can set up for the jump shot or backdoor behind X5 for the pass and power layup. If 2 has the ball 5 is also in an excellent position, facing the basket, to fake low and flash for the medium or high post.

Get players to stretch the defense but do not allow the defense to cheat by positioning yourself or cutting outside your jumpshot range.



## 8. FOUR PERIMETER ONE POST

In this offense we follow the principles and rules set down previously. In this case we want to take advantage of our one big man or to keep him basically inside, and to spread the remaining defenders.

a) Player 5 may start anywhere on the keyhole. His basic rule is to allow one cut before coming to the ball unless he is already ball side.

Pass from the point to the wing. Player 1 has first priority and will screen away for 2, 3 or 4 or cut to the basket, post up, then clear out.

b) On the same pass 2 and 3 obey our rules of exchanging down or up or any perimeter pass.

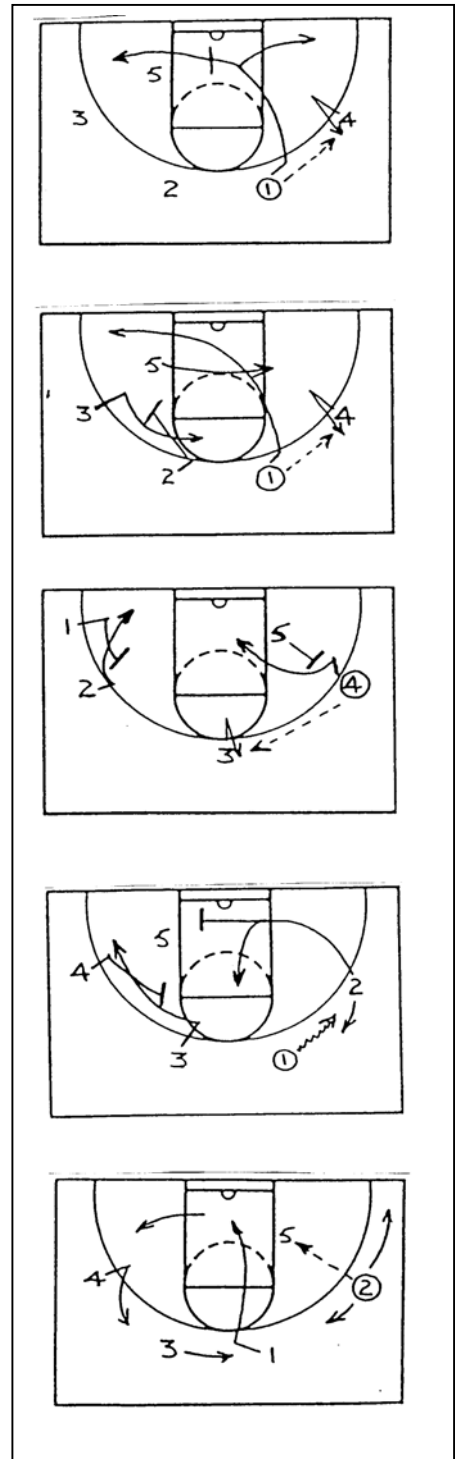
c) Player 4 now has the ball and looks to pass to 5 who stays in the post (or screens away for player 1). On the pass back out we obey our rules of backscreens, so 5 backscreens for 4 while 1 backscreens for 2 to flare to the corner. Player 4 posts up, or exchanges with 5 again to get 5 back inside, or screens away for 2 or 1.

### Dribble Entry

d) Same rules as before: player 2 clears out, posts up, scissors, screens for 5 or shallow cuts. Players 4 and 3 interchange.

### Passes To The Post

e) Exactly the same as before. Three players move in the same direction. High guard cut.



## 9. 'THREE OUT TWO IN'

(I). 5 on 5 movement

a) Three players (1,2,3) begin outside the three point line. The post players (4,5) line up anywhere on the keyhole their side of the "split line".

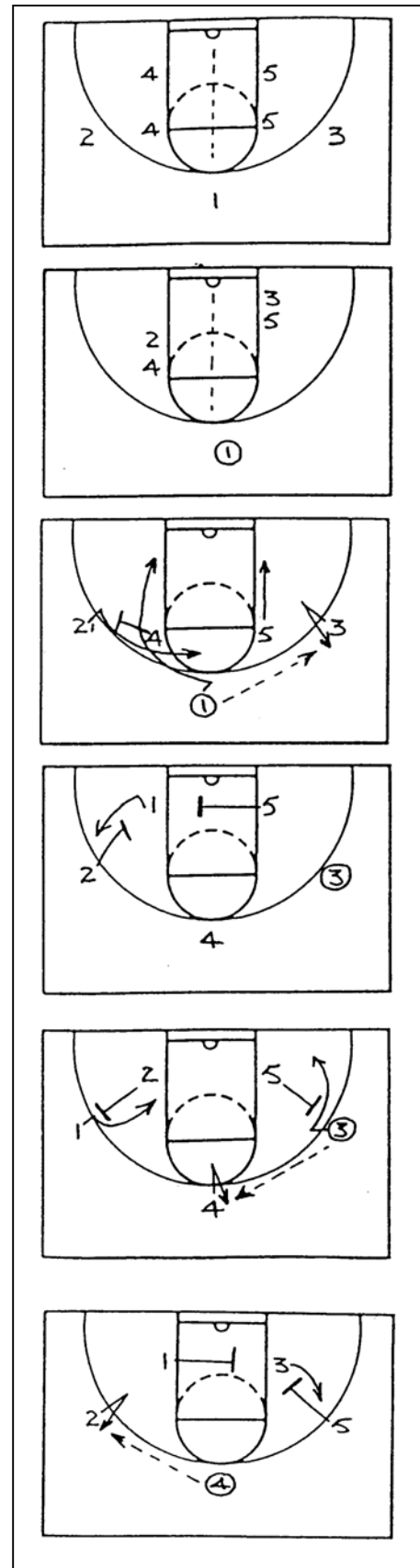
b) In this case the wings and post players start in a stack formation high/low. The wing and post player either side of the "split line" can start in any formation they wish.

c) We have both post players high. We begin our motion and follow our rules. Player 1 passes to 3 and cuts off a screen by 4 or screens away for 2. Post 5 rolls for a pass.

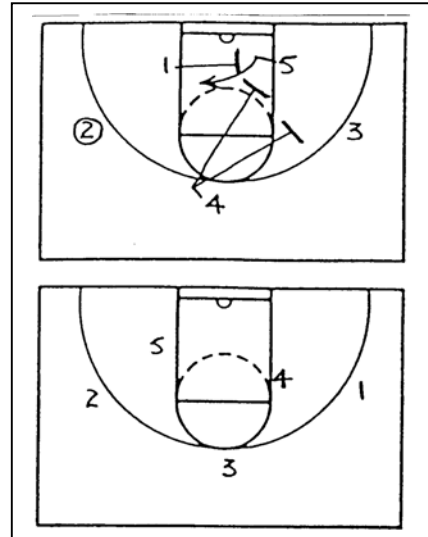
d) Player 3 looks to pass to 5. At the same time 1 and 2 are exchanging with down or back screens. If 5 does not get the ball he can screen away for 2 or 1, whoever is in the low post. Player 3 has an excellent one-on-one.

e) Player 3 passes back to 4. On a pass outwards we want the wings and posts to interchange usually with backscreens. Here the use of flares and curl cuts must be taught. Player 4 passes to the cutters or the screeners.

f) Player 4 passes to player 2 who looks to pass to player 1 posting up. On any down pass, we down screen, so 5 downscreens for 3. As 1 is a point guard we would expect him to screen away for the opposite low post who would be player 5.



g) Player 1 screens for 5. Meanwhile 4 obeys his rule and screens away for the wing (3) or the low post (now 1).

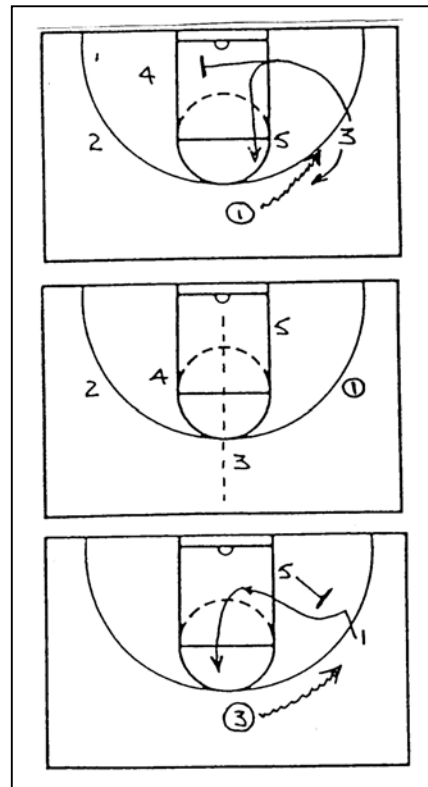


h) This type of movement continues with all 5 players interchanging. As all players have different skills we expect players to play to those by creating scoring opportunities for themselves and others. Post players get back inside, perimeter players play outside.

This continuous movement allows the team to post up big perimeter players to bring good outside shooting post players to the perimeter and forces the opposition to switch and thereby the offense gains mismatches.

(II). Dribble Entry

a) Player 1 dribbles at player 3 who Scissors off 1 and a screen by 5, or who clears out posts up / screens opposite / shallow cuts off a screen by 5.



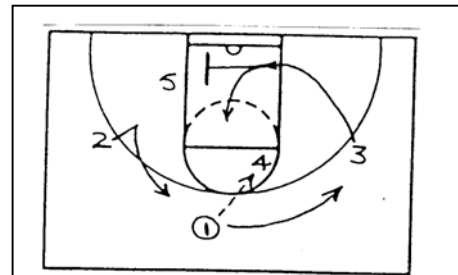
b) All of the above are good options. The result will be good balance with a man at the point and two either side of the "split line". From here follow the rules.

c) 3 dribbles at 1 who cuts off a backscreen by 5 and shallow cuts to the point.

(III). Post Play

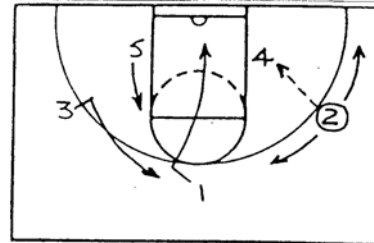
a) Pass To The Post

On a pass to the high post the wing backdoors and posts up or screens away, or shallow cuts. 5 and 2 react to 3 while 1 replaces 3 at the wing. This is a good backdoor against pressure and a good post up for 5.



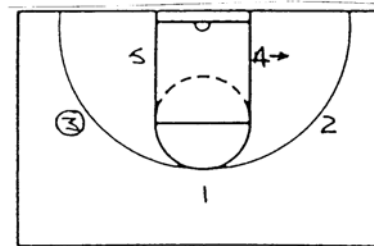
b) Pass To The Low Post

Player 2 passes to the post. Player 1 cuts with 3 replacing, while player 2 relocates. Player 5 reacts by screening or coming high to drag the defensive help away from 4. Again read the action.



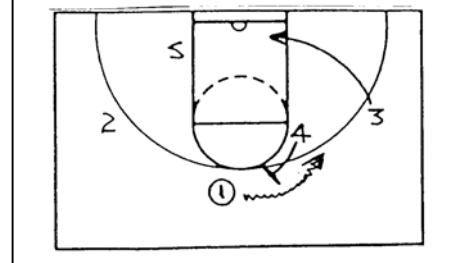
c) 'Opposite Post Rule'

Anytime a player is in the low post opposite the ball that player must take two steps off the key and face the ball. This allows 4 now to 'V' cut if 5 screens for him, to flash to the free throw line, and to set up a backscreen on 2's man so that 2 can flare to the corner.



d) High Post Screen

At anytime a high post man can screen for the point man. When player 1 dribbles off the screen the rules are exactly the same as for a dribble entry by I at 3. Player 4 can now stay at the point or screen for 2, 5 or 3 (shallow cut).



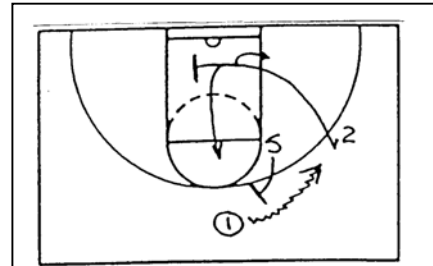
All of the previous 'rules' allow the players to use their initiative and to read the plays. The critical factors are timing, spacing, creating for others, and reading the defense.

Many situations will develop out of the 'the three out two inside' game as long as the two players either side of the split line play off and create for each other.

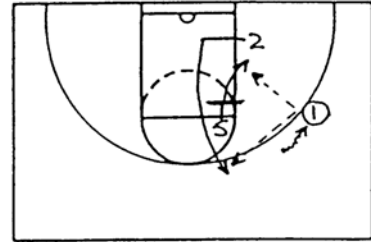
4. 3 on 3 breakdowns for '3 out 2 in'

a) High Post Screen

This time the point man dribbles off a pick by the high post. The wing man repeats his three options as in II (a).

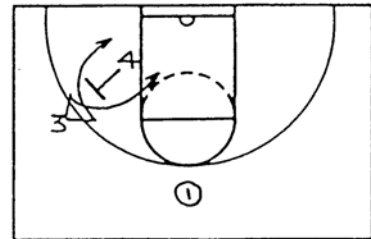


b) Here the wing man freezes his man under, then cuts off the screen, reading the defense, bend or flare, and the high post rolls to the basket for a pass.



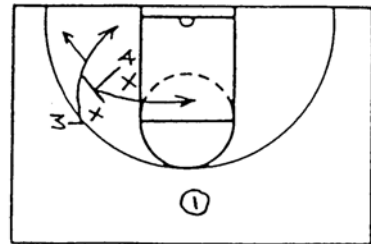
c) Backscreens

Low post sets a screen 2 metres from the wing man who "V" cuts according to the defense. Screener reacts to the cutter.



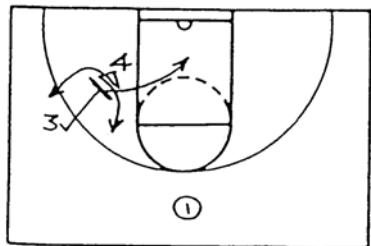
d) Switching

If the defense switches, back cut the cutter or flare. The screener slips the screen and comes to the ball.



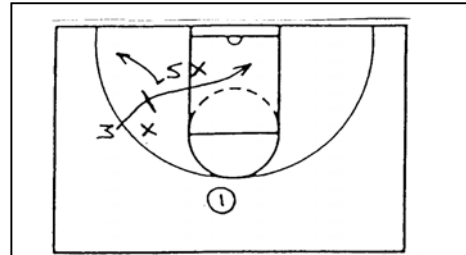
e) Downscreens

Crackdowns. Wing man screens down for post player. Cutter "V" cuts and reads the defense. Screener reads the defense and steps to the ball.



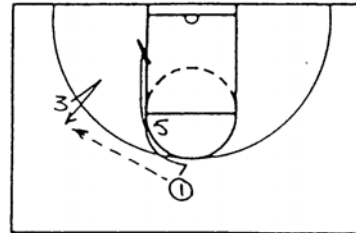
f) Switching

Defense switches. Screener cuts to the basket between the defenders and the cutter flares. The high defender is caught with no one to defend.



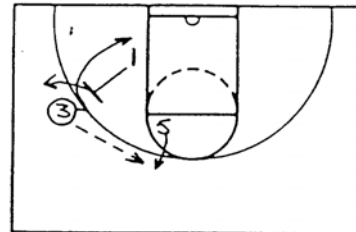
g) U.C.L.A. Cut

Point man cuts off the high post and posts his man up for a pass.



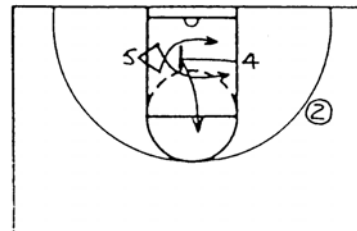
h) Same play

Wing man passes out to the post player and screens down (or gets a back pick) for the low post. The wing and low post obey the rules as described previously.



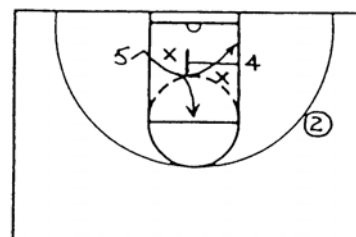
i) Post Cross Screens

This is virtually the same as in II (b) except here we have two post players.



j) Switching Defense

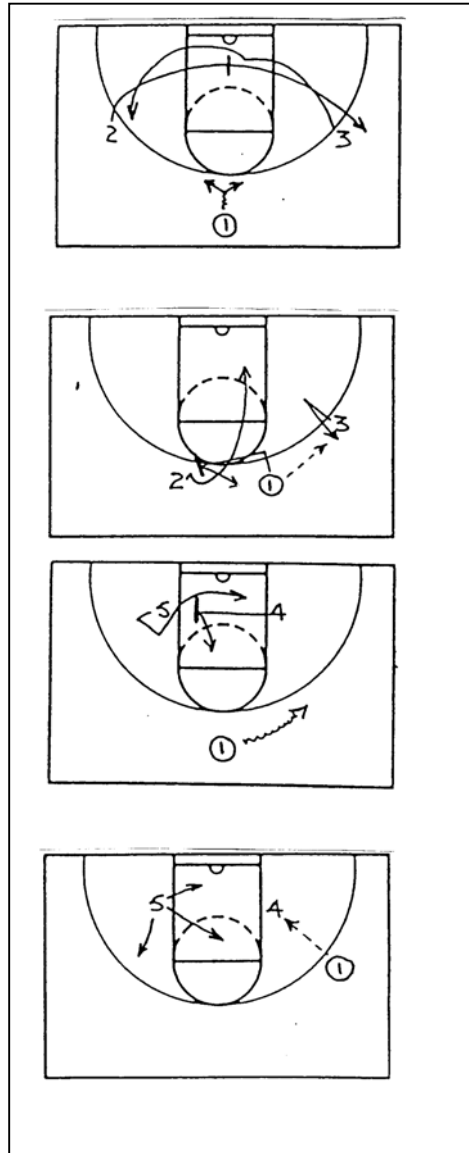
Cutter obeys rules and cuts between defender or flares. If cutter bends then the screener flares. If the cutter flares the screener cuts back to the ball.



10. GENERAL TEACHING DRILLS AND VARIATIONS

a) 3 on 0 - Swing wings

Be sure to set the screen at the proper angle, receive the ball with good floor spacing and square up in triple threat position. Passer then cuts or screens away as appropriate.



b) Guard cross

1 passes to 3 then cross screens for 2. 2 makes a basket cut looking for a pass from 3. If 3 is unable to hit 2, look to reverse the ball to 1.

c) Cross screen drill

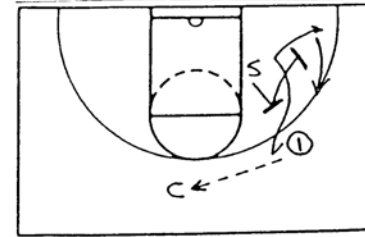
4 and 5 are in the proper post up position straddling the block. 1 takes the ball to either side, the man opposite the ball widens out. The post man on the ball side turns, looks, recognises then screens. 1 must deliver the pass to the cutter when he is shoulder to shoulder to the screener.

Ball into post, 5 steps up or steps to basket, depending on what his defensive man does. 5 can flash to the ball if his man gives help on the post (4) when 1 has the ball.



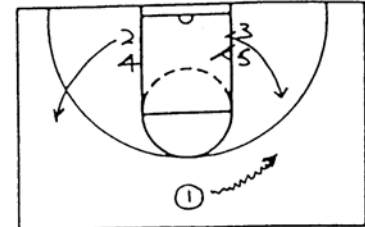
d) Back screen to down screen

1 passes to the coach and 5 steps out to back screen for him. 1 sets up his man and cuts off the screen. If 1 isn't open, he widens out and 5 goes and down screens for him.



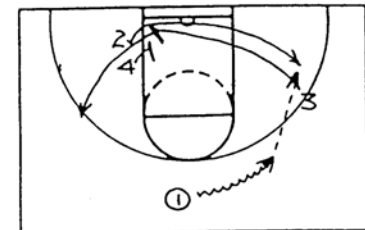
e) Stack offensive sets

Point guard 1 declares a side by dribble entry; ballside low man takes a step opposite of where he is going to cut. This indicates angle of screen to screener.



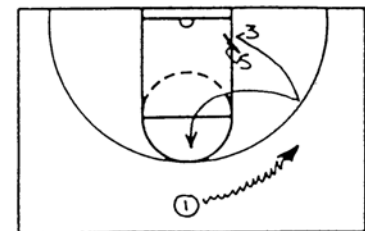
f) Baseline exchange

Point-guard 1 dribble entries. 3 sets a double screen with 4 for 2 to cut to the ball. 2 flares off the screen. Guard can screen away for 3 after passing the ball.



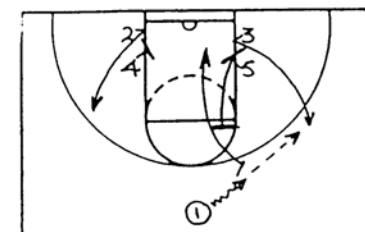
g) Wing cut to shallow cut

3 cuts off the low stack. If not open 1 can dribble entry and 3 shallow cuts to maintain spacing.



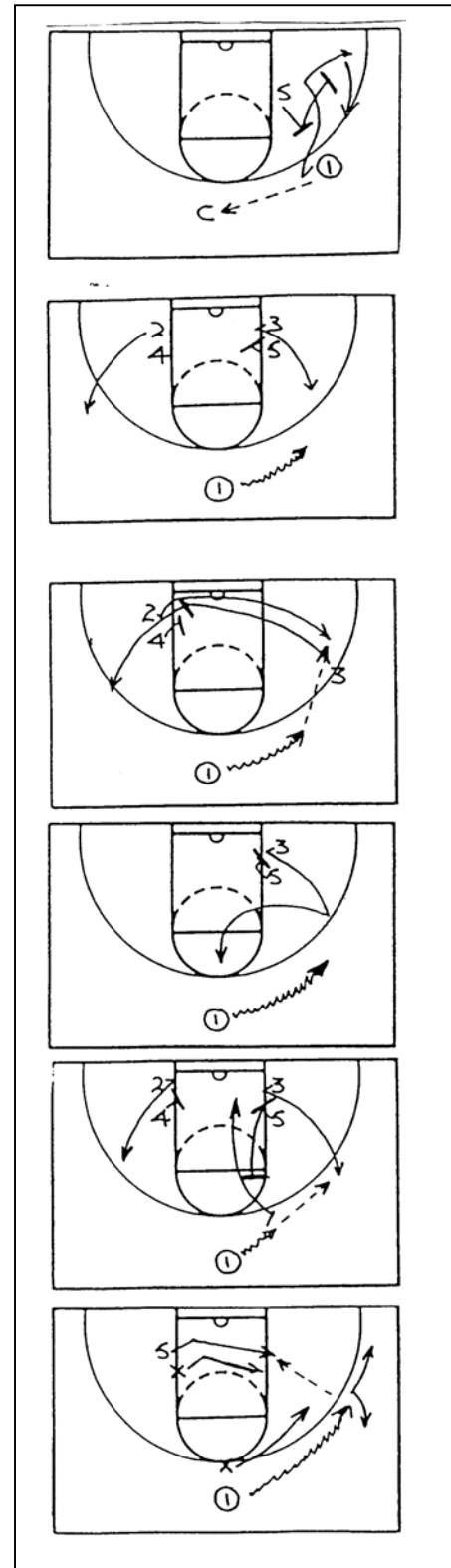
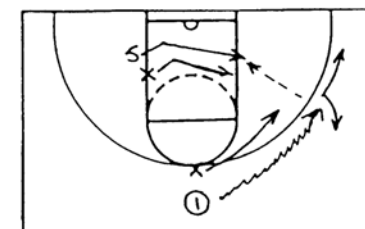
h) Shuffle off down screen

3 releases off stack for a pass. 5 up screens for 1 to cut, post or clear away.



i) 2 on 2 Post feeds

Feed and relocate. Post goes one on one or passes back out of any double team.



j) Inside cut and flare

Dribble entry by 1 and 3 fakes outside, then cuts inside off screen by 5. 5 flares to the corner.

k) Inside cut denied

If 3 is not open he can screen away for 4 on the opposite post area.

l) Shallow cut with double flare

1 and 2 run a shallow cut with 2 going inside the top of the key. 5 flashes to high post and 1 hits him with a high post feed. 1 and 2 run flare cuts off 3 and 4 screens. 5 looks for either 1 or 2, if not open go into regular motion offense.

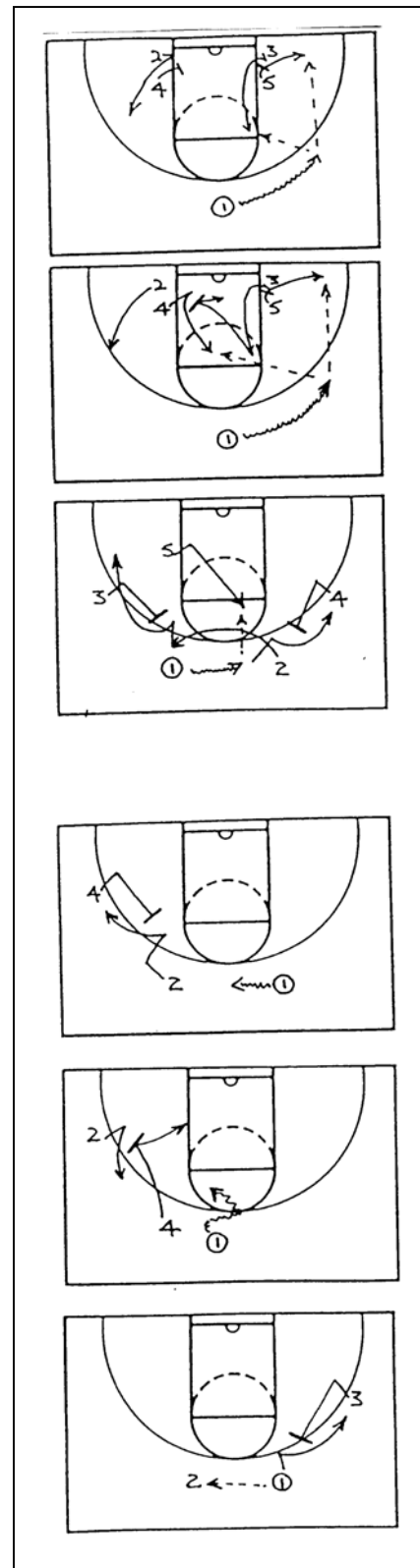
m) Flare screen/down screen

4 sets a flare screen for 2 while 1 dribbles over to improve the passing angle. If 1 is unable to get the ball to 2, he keeps his dribble.

1 starts away then comes back as 4 goes down and down-screens for 2.

n) Flare screen drills

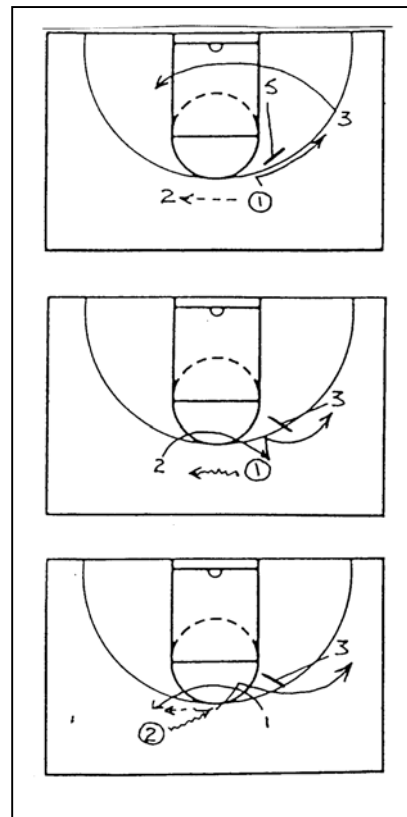
1 passes to 2 makes an inside cut and then cuts off 3 back screen. 3 must set the back screen up as high as he can - top of the key area, once 1 cuts off the screen, he starts his foot preparation when he receives the ball from 2.



o) 5 can come from the low post area and I use a flare screen to get open. 3 clears away as we want to leave one side of the court open for a good shooter.

p) 1 dribbles towards the middle of the court and 2 makes a shallow cut. Unable to get the return pass from 1, he makes a flare cut 3's back screen.

q) 2 dribbles to the middle of the court, 1 makes a shallow under 2 and steps back to receive a pass from 2. 2 then flare off 3's back screen. 1 must dribble to the middle of the court to increase the passing angle.



## 11. PASS AND CUT SERIES (5 OUT)

As stated in the introduction to these instructions, this is an ideal offense in which to introduce the basic concepts which can be later developed into a full, adaptable motion offense.

The cutting rules and court balancing are presented in a "whole method" format. Three and four man progressions and breakdowns to emphasise the rules and techniques can easily be incorporated to build up the movement.

There is no doubt that players who have mastered this style of offense will more readily adapt to the screening concept so integral to the motion offenses they will learn as they progress through the ranks.

### a) Down court passes - Rules

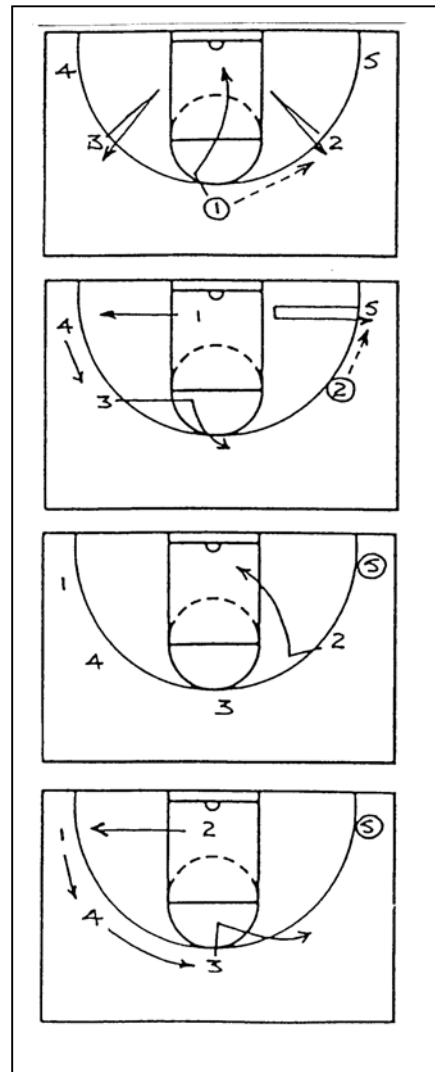
Players one pass away lead for the ball (other players do not lead). One pass, one cut. Downcourt pass (cutter) balances out to other side of court. If you are replacing a player who just cut - combine your movement with a lead for the ball.

2 and 3 lead, 1 passes and cuts.

3 replaces 1 (combining a lead with movement).  
 5 leads.  
 2 downcourt passes to 5.  
 1 balances out to other side of court.  
 4 replaces 3.

2 will cut after downcourt pass.  
 2 will balance out to other side of court.

3 will replace 2 (combining a lead with movement).  
 4 will replace 3.  
 1 will replace 4.



b) Up court passes - Rules

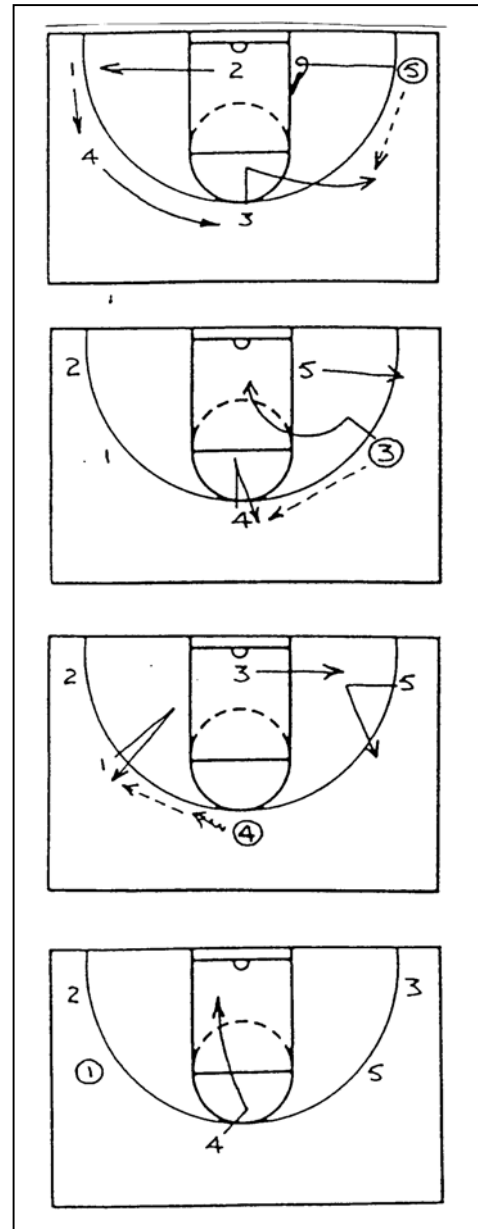
Players one pass away lead for the ball other players do not lead). One pass, one cut. Upcourt pass (cutter) balances out to same side of court. If you are replacing a player who just cut - combine your movement with a lead for the ball.

2 has just cut after a downcourt pass.  
 2 will balance out to other side of court.  
 3 will replace 2 (combining a lead with movement).  
 4 will replace 3.  
 1 will replace 4.  
 5 passes to 3 and moves.  
 5 will-walk player into post and reverse pivot (face post).  
 This is the move we want in both forward spots.

5 replaces himself (combining a lead with movement).  
 4 will make a lead.  
 3 Upcourt passes to 4.  
 3 makes cut.

3 balances out to same side of court.  
 5 will replace 3 (combining a lead with movement).  
 I will make a lead.  
 4 wants to reverse the ball and should make a better angle with a few dribbles before passing to 1.

Now we are back into downcourt passes.  
 4 will cut...  
 and so on.



c) Skip pass and cut

Skip passes are when a player misses (skips) another to pass to the next. The passer then cuts.

For example, a player 1 can skip pass to 4 or 5 and then cut.

Player 1 will balance out to the other side of the court. This is the usual rule. Other players rotate up.

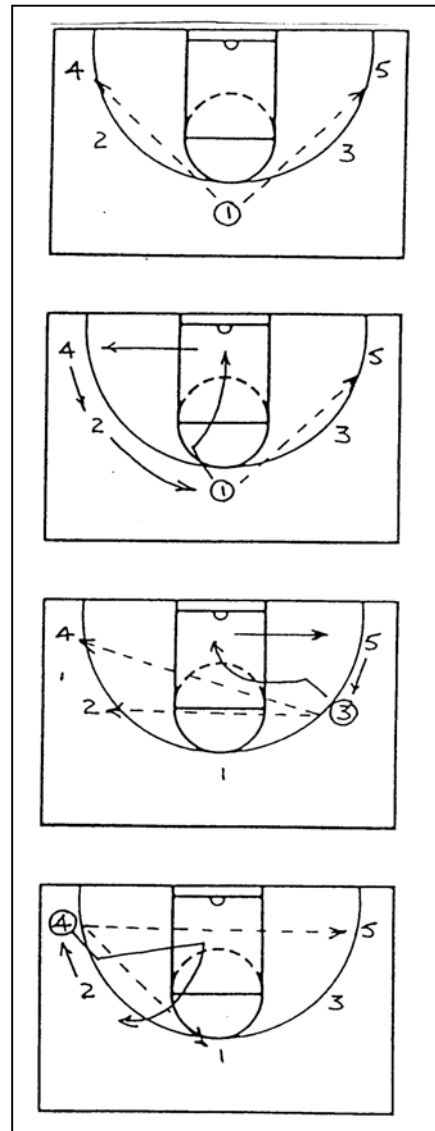
The rule on all cross-court, skip passes is:

- \* pass and cut balancing out to the same side of the court
- \* next player rotates up

The same type of movement if the skip pass is from 3.

The same rule applies if there is a skip pass from 4 or 5.

Once 'Pass and Cut' has been mastered this can be introduced very quickly into practices and games.



d) Backdoor Cuts

This is a great move to use after a time out, but more importantly players should be taught to execute this move without hesitation any time they recognise that a defender is overplaying a lead for the ball.

1 has the ball.  
3 leads as per usual.  
3, on reaching the three point line will backdoor cut.  
Teach players to read the defense.

5 will then lead for the ball (replacing 3).  
3 will balance out to the same side of the court.  
1 can pass to 5.  
1 will then make a move.

On any back cut from the point position always balance away from the ball.

On any back cut from the corner the rule is to balance out to the same side of the court.  
When 5 leads, 5 will replace himself.

