

MOTION

OFFENSE

PLAYS

BONUS

QUICK HITTER

STRATEGY

A play using motion concepts to get your quick three.



Diagram 1: 5 sets backscreen for 3, then steps out to receive pass from 1. Player 2 downscreens 4.

MOTION OFFENSE PLAYS

SET MOTION

STRATEGY

A motion set with multiple options designed to get the defense moving and get your Player 2 open for a three off stagger screen.

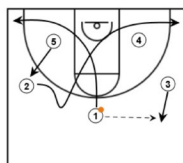


Diagram 1: 3 pops out to receive pass from 1. 1 and 2 cut through paint to corners.

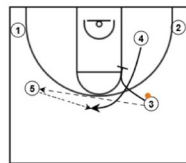


Diagram 2: 5 pops out to wing and receives pass. 3 sets downscreen for 4.

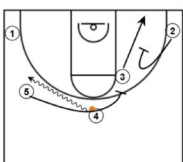


Diagram 3: 4 fakes dribble handoff to 5. 3 slips to short corner.

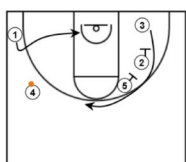


Diagram 4: 5 and 2 set staggered screen for Player 3, 1 flashes and cuts backdoor.



HOW IT WORKS:

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STRATEGY

A motion set with multiple options designed to get the defense moving and get your Player 2 open for a three off stagger screens.

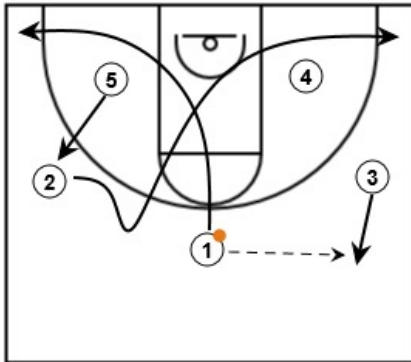


Diagram 1: 3 pops out to receive pass from 1. 1 and 2 cut through paint to corners.

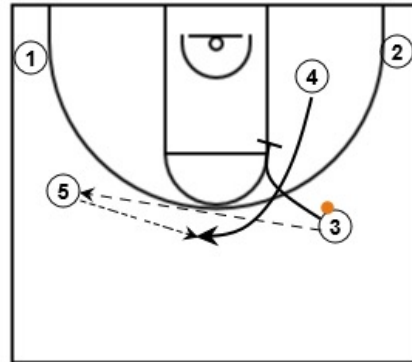


Diagram 2: 5 pops out to wing and receives pass. 3 sets downscreen for 4.

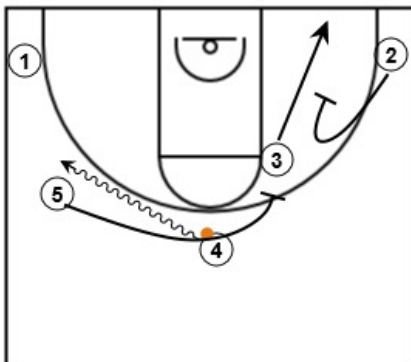


Diagram 3: 4 fakes dribble handoff to 5. 3 slips to short corner.

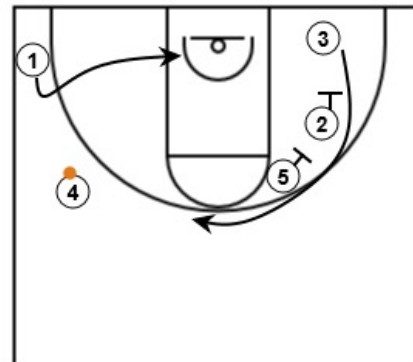


Diagram 4: 5 and 2 set staggered screen for Player 3, 1 flashes and cuts backdoor.



HOW IT WORKS:

1. Player 3 pops out to the wing to receive pass from Player 1. Player 1 and Player 2 both cut through paint, with Player 1 filling on the weak corner and Player 2 filling on the strong corner. Player 5 pops out to wing to fill Player 2's spot.
2. Player 3 passes to Player 5 on weak side wing. Player 3 sets downscreen for Player 4 who curls up to top of the arc to receive pass from the Player 5.
3. Player 4 fakes dribble handoff to Player 5 as they dribble to the left wing. Player 3 slips down to the short corner.
4. Player 2 and Player 5 step over to set stagger screens for the Player 3. Player 3 curls up to the top of the arc. Player 1 cuts backdoor to the hoop.
5. Player 4 can hit either Player 1 or Player 3.

STRATEGY

A play using motion concepts to get your best shooter open for a quick three.

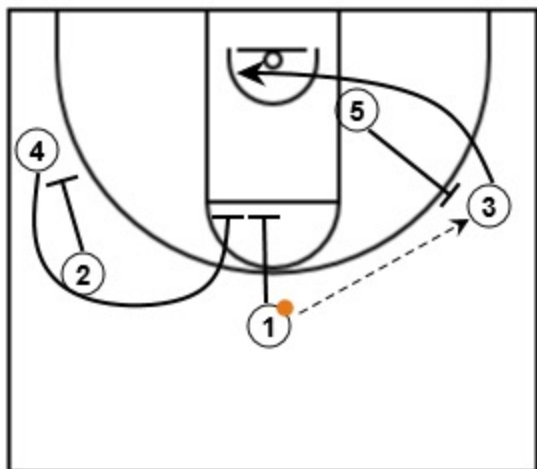


Diagram 1: 5 sets backscreen for 3, then steps out to receive pass from 1. Player 2 downscreens 4.

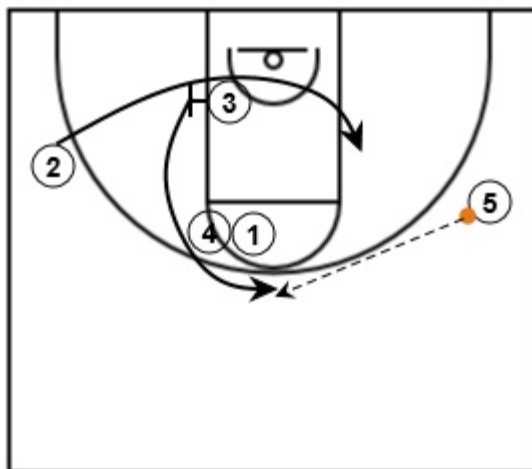


Diagram 2: 3 sets crossscreen in the paint for 2. 1 & 4 set double screen on the free throw line for Player 3.



HOW IT WORKS:

1. Player 5 steps up to set backscreen for Player 3 who cuts backdoor.
2. Player 5 pops out to wing to receive pass from Player 1.
3. Player 2 sets screen for Player 4, who curls around to set a double screen on the free throw line with the Player 1.
4. Player 3 sets cross screen on the left block for Player 2 who cuts backdoor and through to the right block.
5. After setting cross screen, Player 3 uses double screen from Player 4 and Player 1 and curls up to the top of the arc.
6. Player 5 hits either Player 2 or on the block or Player 3 at top of the arc for an open three.

MOTION OFFENSE PLAYS

MAN OPTION 1



STRATEGY

A motion set designed to get your Player 4 deep post position.

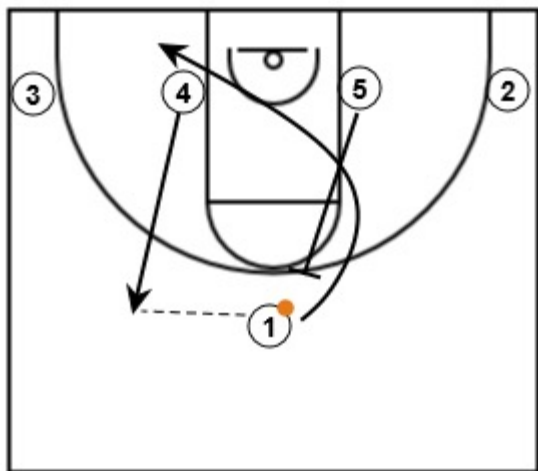


Diagram 1: 4 flashes to top of the arc, 1 passes to them. 5 sets backscreen for 1 who cuts to the hoop.

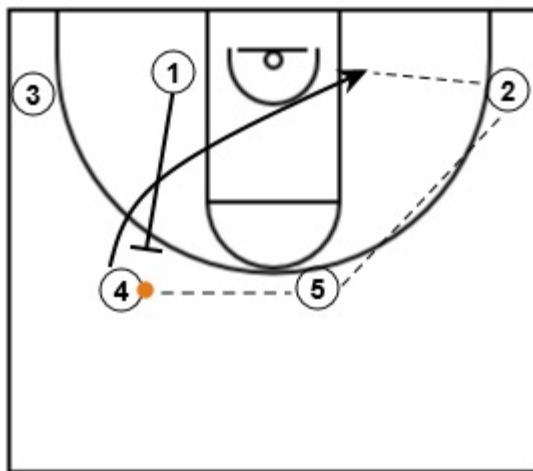


Diagram 2: 5 pops out to receive pass from 4, swings ball to 2. 1 sets a backscreen for 4 who flashes to strong side block.



HOW IT WORKS:

1. Player 4 sprints out to top of the arc to receive pass from Player 1.
2. Player 5 comes up to set backscreen for Player 1 who cuts to the hoop and through to the left block.
3. Player 4 swings to Player 5, Player 5 swings to Player 2 in corner.
4. Player 1 sets backscreen for Player 4 who cuts to the right block to receive the pass from Player 2.

STRATEGY

A motion set designed to get your Player 1 open for a three at the top of the arc.

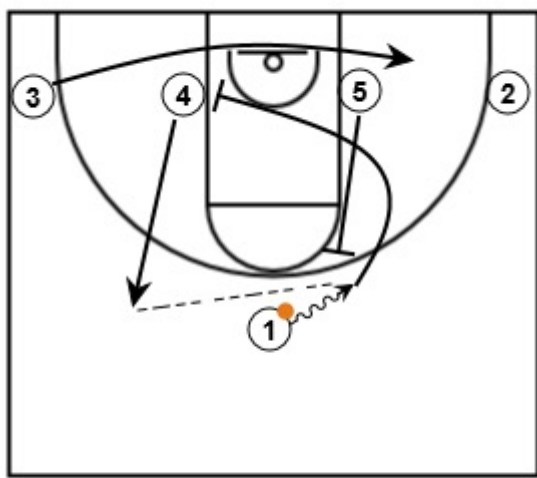


Diagram 1: 1 dribbles right, passes to 4 as they pop out beyond the arc. 5 sets backscreen for 1, 1 sets crossscreen for 3.

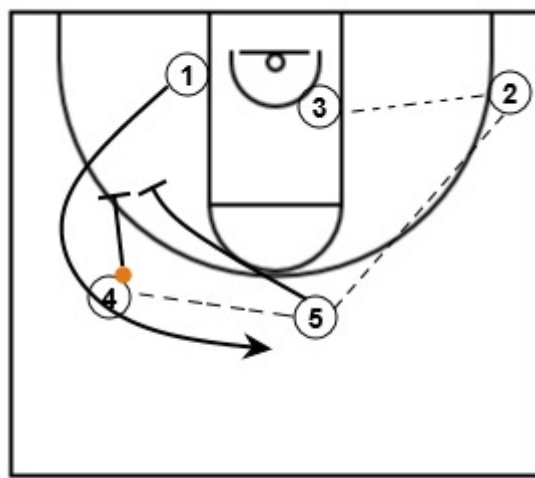


Diagram 2: 4 swings to 5, who swings to 2 in corner. 4 and 5 set double downscreen for Player 1.



HOW IT WORKS:

1. Player 1 dribbles to the right and Player 4 flashes up to the top of the arc.
2. Player 1 passes to Player 4 while Player 5 comes up to set a backscreen for the Player 1.
3. Player 1 uses backscreen to cut into middle of the paint, where they set a cross screen for the Player 3.
4. Player 4 swings the ball to Player 5, who swings the ball to Player 2 in the corner.
5. Player 3 uses cross screen from Player 1 and flashes to the strong side post.
6. Player 4 and Player 5 set double down screen for Player 1 who cuts to the top of the arc looking for the three.