

MOTION OFFENSE

BREAK

DOWN

DRILLS

SLIP SCREEN

DRILL TYPE
Passing

PURPOSE

To teach screeners how to slip and ball handlers how to make the pocket pass.

SETUP

Players form two lines, one at the top of the arc with a ball, the other on the wing.



Diagram 1: Player 2 steps toward Player 1 as if they're setting a screen, then the key starts with the ball.



EXECUTION

1. Player 2 sprints towards Player 1 as if to set a screen.
2. Player 1 dribbles at the screen.

DRIBBLE HANDOFF

DRILL TYPE
Passing

PURPOSE

To get players comfortable with executing the dribble handoff, a key part of the motion offense.

SETUP

Have players form two lines, one at the top of the paint and one on the wing. Player on the wing will start with a ball.



Diagram 1: Player 2 dribbles at Player 1 and executes dribble hand-off, rolls to the hoop to receive pass back from Player 1.



EXECUTION

1. Player 2 will dribble towards the middle of the court.
2. Player 1 will sprint towards the wing, receive the handoff and dribble into the paint.
3. Player 2 will slip to the hoop after rolling, receiving the pass and finishing at the hoop.

SCREEN AND ROLL

DRILL TYPE
Passing

POSE

Players comfortable running screen and roll in the half court.

form two lines, one at the top of the arc, one on the wing. Line at the top of the arc starts with the ball.



Diagram 1: Players execute screen and roll. Player 1 hits roller on the way to hoop.

EXECUTION

Player 2 sprints over to set a screen for Player 1.

Player 1 dribbles away from screen to misdirect defender, then dribbles back to screen and uses it to penetrate into the paint.

IT IS ILLEGAL TO POST THIS DOCUMENT ONLINE

The material enclosed is copyrighted. You do not have resell rights or giveaway rights to the material provided herein. Only customers that have purchased this material are authorized to view it. If you think you may have an illegally distributed copy of this material, please contact us immediately.

Please email support@ebasketballcoach.com to report any illegal distribution.

Copyright © AmericanCoachingAcademy.com and Knowledge Spot Inc. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying or information storage and retrieval systems. It is illegal to copy this material and publish it on another web site, social media page, forum, etc. even if you include the copyright notice. Images copyright Away With The Pixels.

LEGAL NOTICES

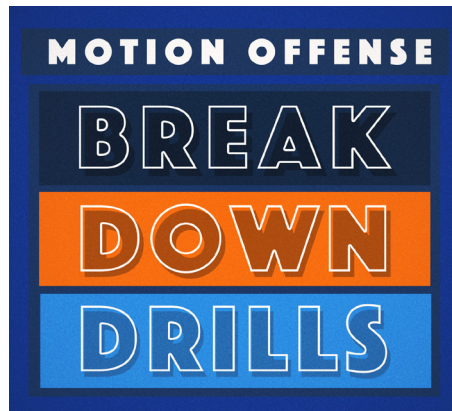
While all attempts have been made to verify information provided in this publication, neither the author nor the publisher assumes any responsibility for errors, omissions or contrary interpretation of the subject matter herein. The publisher wants to stress that the information contained herein may be subject to varying state and/or local laws or regulations. All users are advised to retain competent counsel to determine what state and/or local laws or regulations may apply to the user's particular operation. The purchaser or reader of this publication assumes responsibility for the use of these materials and information. Adherence to all applicable laws and regulations, federal, state and local, governing professional licensing, operation practices, and all other aspects of operation in the US or any other jurisdiction is the sole responsibility of the purchaser or reader. The publisher and author assume no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials. Any perceived slights of specific people or organizations is unintentional. The author and publisher of this document and their employers make no warranty of any kind regarding the content of this document, including, but not limited to, any implied warranties of merchantability, or fitness for any particular purpose. The author and publisher of this document and their employers are not liable or responsible to any person or entity for any errors contained in this document, or for any special, incidental, or consequential damage caused or alleged to be caused directly or indirectly by the information contained in this document.

CONSULT YOUR PHYSICIAN

The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing any exercise or exercise technique. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

CONTENTS

Dribble Handoff	5
Screen and Roll	6
Slip Screen	7
Step Off	8
Screen the Passer	9
Chair Drill	10
Screen the Passer Shooting	11
Screen and Pop	12
V-Cut Shooting	13
Transition to Motion	14



The motion offense has been around for more than 70 years. And despite the game's evolution in that time, its principles have remained firmly entrenched at all levels of basketball.

Generally, a motion offense involves a lot of passing, screening, and movement away from the ball. Instead of a repeating pattern that players perform over and over again (as seen in "continuity offenses"), motion sets use "rules" or "principles" to help players read the defense and make decisions.

This resource is designed to help you teach those principles and ingrain them into the habits of your team. We will cover specific skills to improve your passing, cutting, screening, and finishing. And will will work on generating high percentage shots from the specific locations that motion offenses tend to produce shots from.

In all, you'll learn 10 effective drills, ranging from basic to advanced.

Let's get started!

DRILL TYPE

Passing

PURPOSE

To get players comfortable with executing the dribble handoff, a key part of the motion offense.

SETUP

Have players form two lines, one at the top of the paint and one on the wing. Player on the wing will start with a ball.

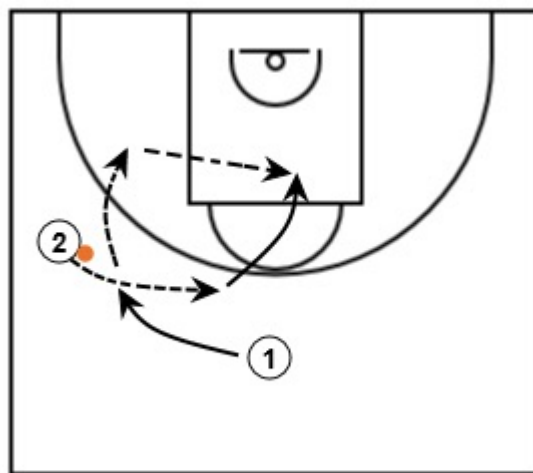


Diagram 1: Player 2 dribbles at Player 1 and executes dribble hand-off, rolls to the hoop to receive pass back from Player 1.



EXECUTION

1. Player 2 will dribble towards the middle of the court.
2. Player 1 will sprint towards the wing, receive the handoff and dribble into the paint.
3. Player 2 will slip to the hoop after rolling, receiving the pass and finishing at the hoop.



COACHING TIPS

- Once players are comfortable executing the dribble hand-off, you can begin to work in variations – have the player pop instead of rolling, or even have your player execute a fake dribble handoff, hesitating for a moment before driving hard to the hoop.

DRILL TYPE

Passing

PURPOSE

To get players comfortable running the screen and roll in the half court offense.

SETUP

Players form two lines, one at the top of the key, one on the wing. Line at the top of the key starts with the ball.

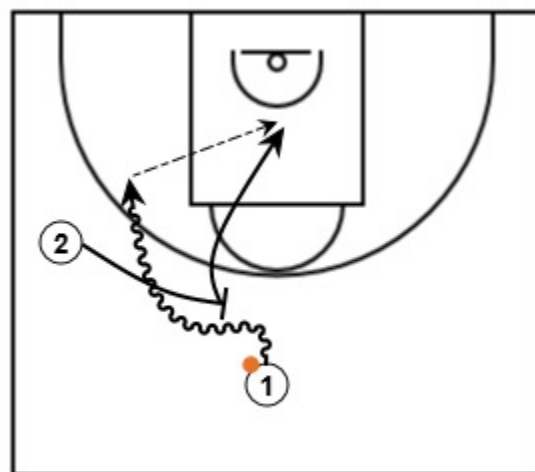


Diagram 1: Players execute screen and roll. Player 1 hits roller on the way to hoop.



EXECUTION

1. Player 2 sprints over to set a screen for Player 1.
2. Player 1 dribbles away from screen to misdirect defender, then dribbles back to screen and uses it to penetrate into the paint.
3. Player 2 rolls to the hoop, receives pass from Player 1, finishes at hoop.



COACHING TIPS

- It is vital that the ballhandler wait until the screener has set their feet before they use the screen, otherwise they are likely to get called for a moving screen.
- The ballhandler should always take a dribble or two away from the screen to misdirect the defender and set them up for the screen.

SLIP SCREEN

DRILL TYPE

Passing



PURPOSE

To teach screeners how to slip and ball handlers how to make the pocket pass.

SETUP

Players form two lines, one at the top of the arc with a ball, the other on the wing.

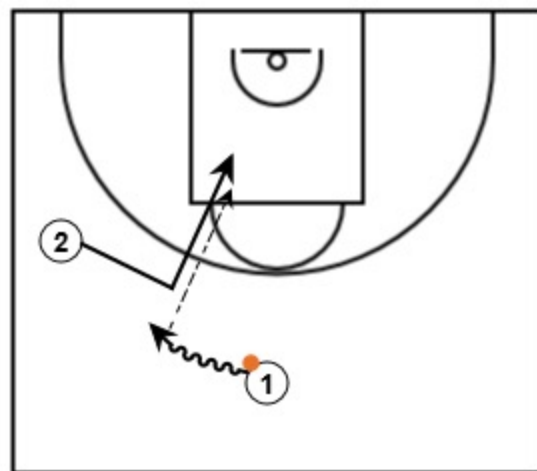


Diagram 1: Player 2 steps towards Player 1 as if they're setting a screen, then slips to the hoop



EXECUTION

1. Player 2 sprints towards Player 1 as if to set a screen.
2. Player 1 dribbles at the screen.
3. Player 2 slips the screen and dives to the hoop instead of setting the pick.
4. Player 1 makes either a bounce pass in the pocket or an overhead pass above the defense.



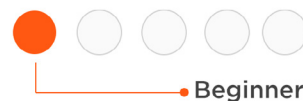
COACHING TIPS

- This is a great set to use when the defense is loading up on the screen, using a hard hedge or switch screen defense. When the screener slips it will catch the defense overcommitting and lead to an easy basket.

STEP OFF

DRILL TYPE

Off-Ball Movement, Finishing



PURPOSE

This drill is a great way to teach players how to get free from a strong physical defender.

SETUP

Players form a line on the left wing with the coach on the right wing. First player in line steps out into the paint to play defense. Second player in line starts with a ball.

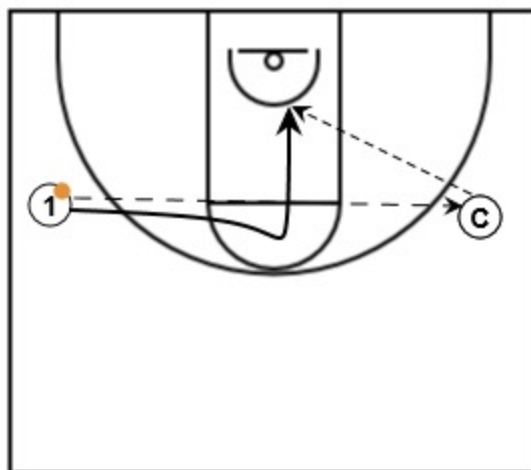


Diagram 1: Player 1 sprints to the middle of the paint, fakes a cut to the top of the arc and goes backdoor.



EXECUTION

1. First player in line makes pass to coach on the opposite wing.
2. Player then sprints to the middle of the paint. As they approach the defender in the middle of the paint, they will 'step-off', as if they are going to cut out to the top of the arc.
3. Instead, they will plant the high foot and cut back backdoor to receive the pass and finish at the hoop.



COACHING TIPS

- As the player makes their fake towards the top of the arc, it is vital that they show their hand high, as selling the fake cut to the top will make the backdoor much more effective.

DRILL TYPE

Passing

PURPOSE

To reinforce the off-ball movement techniques we want to use in our offense.

SETUP

One line at the top of the arc with a ball, one on the left wing. Coach on the right wing.

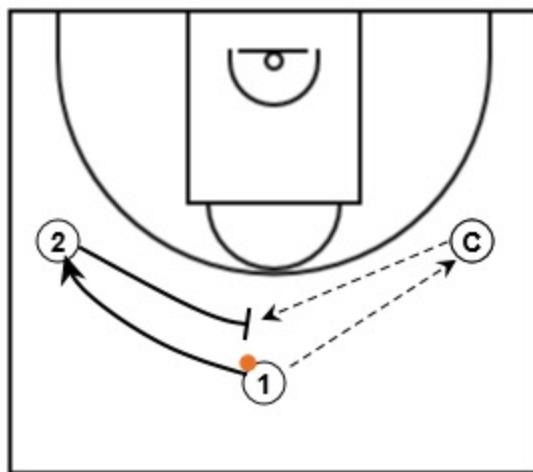


Diagram 1: Player 1 passes to Coach, receives screen from Player 2. Flare cuts to the wing.



EXECUTION

1. Player 1 passes to coach on the wing.
2. As soon as the ball leaves Player 1's hands, Player 2 will sprint over to set a screen for the passer.
3. The coach will pass back to the screener as they pop out to receive the pass.
4. Player 2 swings the ball to Player 1, who attacks the basket and finishes



COACHING TIPS

- The goal of this drill is to ingrain the idea in our players minds that anytime someone makes a pass, we want to screen the passer. The key to a motion offense is off-ball movement, whether it's the passer screening away or receiving the screen.

CHAIR DRILL

DRILL TYPE

Shooting, Footwork



PURPOSE

Use this drill to teach players the correct footwork when receiving a pass while curling to the hoop.

SETUP

Place a chair or cone on the elbow and have the players form a line on the block underneath it. Have a coach line up at the top of the arc on the opposite lane line.

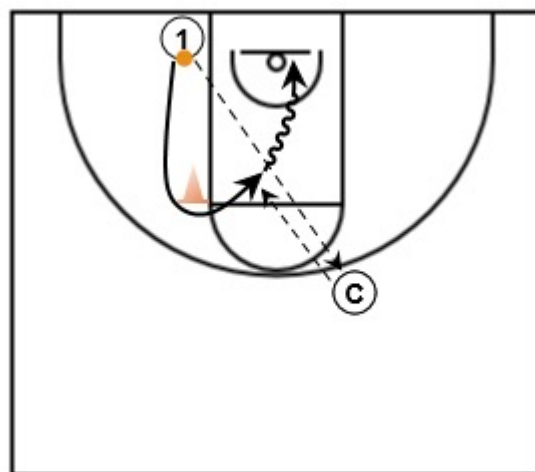


Diagram 1: Player passes to coach, curls off the chair, receives pass back and finishes at the hoop.



EXECUTION

1. Player 1 passes to coach, then sprints up the lane line and curls around the chair into the paint.
2. Coach hits the player as they curl into the paint.
3. Player catches the ball in stride and finishes strong at the hoop.



COACHING TIPS

- This is a great drill to work on a variety of finishes around the hoop as well as footwork in the paint. Have players practice catching and jump stopping before going up with a strong power layup, or pump fake and pivot back to the middle for a baby hook – feel free to get creative!

DRILL TYPE

Shooting, Passing

PURPOSE

To work on both off-ball movement in our motion set and shooting.

SETUP

Have players form two lines, one at the top of the arc, one on the left wing. You'll also need two coaches – one on the right wing, and one on the left hash.

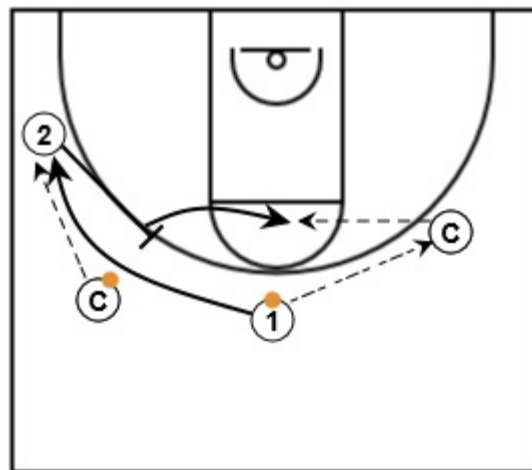


Diagram 1: Caption explaining what's here



EXECUTION

1. Player 1 passes to coach on the right wing. Player 2 steps up to set backscreen for Player 1, who flares out to left wing.
2. Coach on left wing hits Player 1. Player 2 pops out to free throw line to receive pass from coach on the right wing.
3. Both players shoot and rebound their balls.



COACHING TIPS

- Emphasize the importance of good footwork – don't let players build bad habits. They should either be stepping into shots with 1-2 footwork or catching on a jump stop – either way make sure they aren't taking any extra steps.

DRILL TYPE

Passing, Shooting

PURPOSE

To practice the pick and pop action.

SETUP

Players form two lines, one at the top of the arc, one on the wing. Line at the top of the arc will start with a ball.

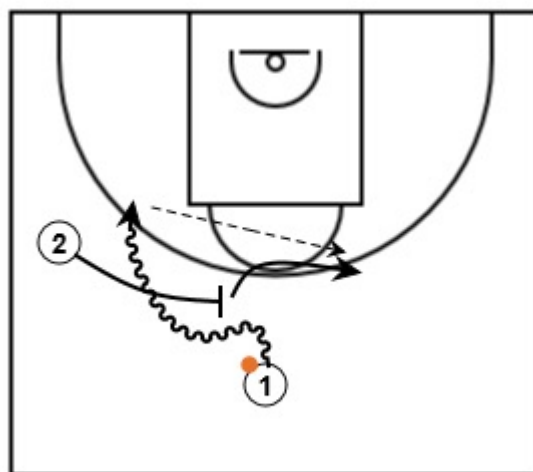


Diagram 1: Players execute the screen and pop, Player 1 hits Player 2 who takes the jump shot



EXECUTION

1. Player 2 sprints up to set a ball screen for the Player 1.
2. Player 1 takes a dribble away then uses the screen and penetrates.
3. Player 2 pops out sets feet and gets ready to catch and shoot when the Player 1 makes the pass.



COACHING TIPS

- Depending on the screener's range, have them pop out to an appropriate spot - if they aren't comfortable shooting threes, make sure they are popping out to that 15-17 foot range - or closer, whatever they are comfortable with.

DRILL TYPE

Transition, Shooting

PURPOSE

Teaching players how to space the floor and move the ball quickly downcourt in transition.

SETUP

Player 4 starts under the hoop with the ball, with Player 1 on the left hash, Player 2 on the half court line on the right side, and Player 3 on the left hash on the far side of the court.

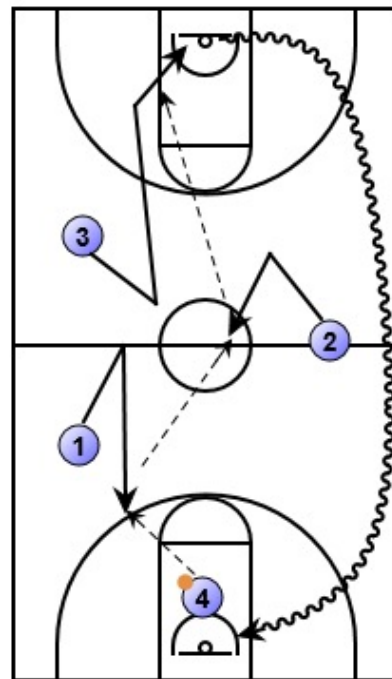


Diagram 1: Players executing the V-cut Shooting drill full-court.



EXECUTION

1. Player 4 throws the ball off the backboard and rebounds to start the drill.
2. Player 1 sprints towards half court then V-cuts back towards the ball to receive pass from Player 4.
3. Player 2 V-cuts, sprinting downcourt then back towards center circle to receive next pass.
4. Player 3 sprints towards ball, plants and cuts backdoor towards the hoop.
5. Player 2 makes pass to Player 3 who finishes at the hoop, grabs their rebound, and then dribbles down the sideline to where the drill started.
6. Players all rotate one position, with Player 4 moving to Player 1 spot, Player 1 to Player 2 spot, and Player 2 to Player 3 spot.
7. Player 3 finishes at the hoop, gets rebound and restarts drill from there.
8. The drill should continue for about 2 minutes, with players keeping track of their score.



COACHING TIPS

- This is a great drill to show players how much more quickly and efficiently they can move the ball downcourt by passing as opposed to dribbling. This is precisely why we don't allow players to dribble in this drill (except to start the next rep).
- Challenge your players to see what's the highest score they can achieve!

TRANSITION TO MOTION

DRILL TYPE

Transition



Advanced

PURPOSE

To teach players how to seamlessly move from transition into our motion offense.

SETUP

Player 4 starts out of bounds with the ball, with the Player 5 under the hoop, the Player 2 and Player 3 on either wing, and the Player 1 in between the short corner and the elbow looking for the ball.

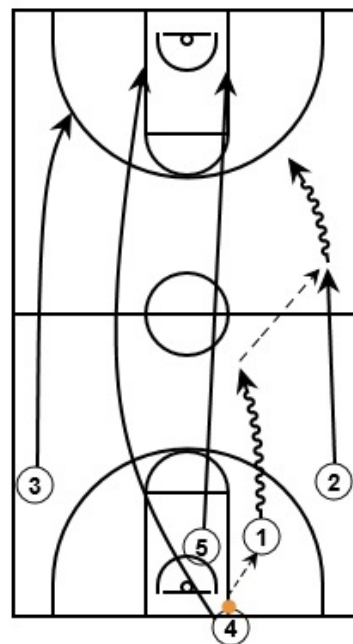


Diagram 1: Player 4 inbounds to Player 1, who dribbles and passes downcourt to Player 2, who finishes in transition.



EXECUTION

1. Player 4 inbounds the ball, passes to Player 1. Player 1 takes 1-2 dribbles and passes the ball downcourt to Player 2, who will catch take one dribble and finish at the hoop.
2. Player 5 will do a rim run from one end of the court to the other, while the wings sprint down the sidelines and Player 4 trails.
3. After Player 2 finishes the layup, Player 4 will grab the ball out of the next and inbound to Player 1, continuing the drill.
4. Now Player 3 will receive the pass downcourt.
5. The drill will continue like this, with a different player finishing on each trip down the court.
6. Player 5 will receive the next pass and finish, Player 1 will also finish a layup, and lastly Player 4 to finish the drill.



COACHING TIPS

- This is a great drill for players to challenge and really push themselves. They should be sprinting as hard as they can and making sure the ball never touches the ground - if it does, they have to restart the entire drill!
- For an extra challenge we can have our guards take jump shots instead of just laying the ball up at the hoop - this will add extra pressure for both the shooters and rebounders.
- Challenge players to see who can put up the best times/scores!