

# **Stoughton Vikings Motion Offense**

## **Why Motion Offense?**

- 1. Teaches Players how to Play**
- 2. Can Adjust to any defense**
  - a. Don't have to pull the ball out and call an offense**
- 3. Flexible enough to fit your team from one year to the next depending on what you emphasize**
  - a. Screen more if less skilled**
  - b. Get the ball inside more if you have a good post group**
  - c. Incorporate transition if you have an athletic group**
  - d. Penetrate and kick more if you have a more skilled ballhandling and shooting group**

## **Motion is Equal Opportunity...**

The answer is "No".

Coaches teach roles to the players and hold players accountable to those roles.

Roles dictate what a good shot is for each player and who shoots the most. Different players will take different shots. The flow of the game, time & score, and who has the hot hand will also affect shot selection during the course of a game.

## **Why 4-out Motion?**

### **1. Spacing**

-Allows enough room on the perimeter to drive, cut, and screen.

### **2. Post Presence**

-Low and high post.

-If no "Post" players, hide a defender here.

## Positions

Four perimeter positions:

- All interchangeable
- Guard spots are 2 steps off lane line outside 3-point line.
- Wing spots are between the elbow and block outside 3-point line.

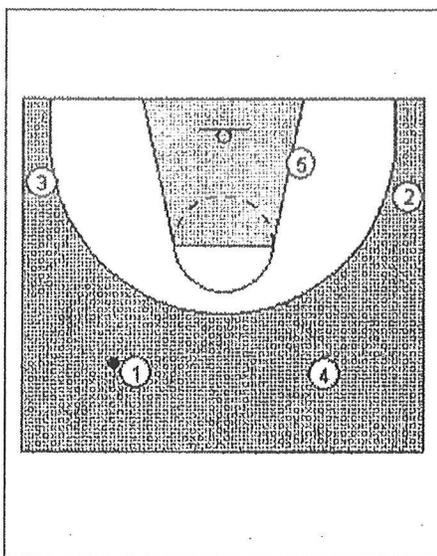
Post Position:

- Back side block and either high post.

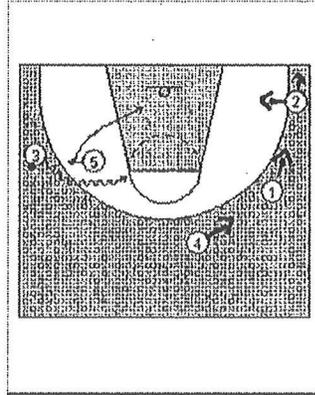
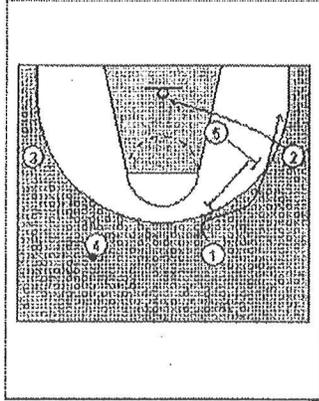
Ball side block:

- Anyone can post and hold for a couple seconds, then get out
- We want to try and leave ball side block as open as possible for cutters to use

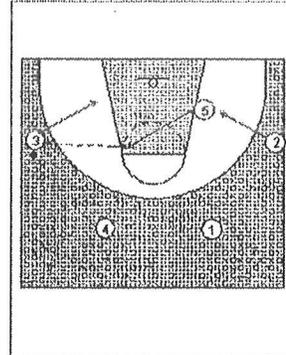
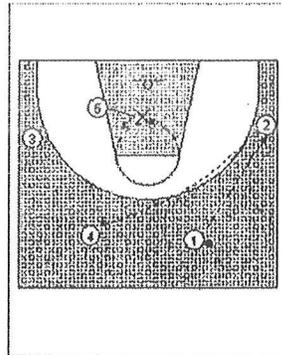
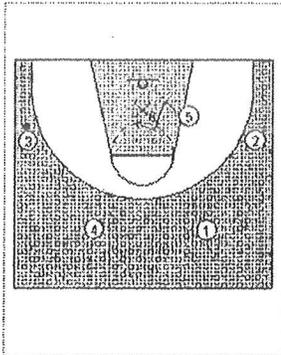
## Positions



## Notes on Post Play



## Notes on Post Play



## Layered Teaching

If you throw everything about the offense to your team at once you will confuse them and they will only do a few things or none well at all.

Teach in layers....

- Breaks it into easy to learn sections.
- Allows you to build the offense over time in a step-by-step progression.
- Allows players to *master* every part of the offense.
- Allows you to diagnose where the offense is going wrong
  - \*What layer?

## Layered Teaching

The most important rule to teaching the offense in layers is that you do **NOT** go onto the next layer until they have mastered the previous one.

They've mastered a layer when they are doing it in game and practice situations without having to be re-taught.

## Layers

1. Pass and Cut (3<sup>rd</sup> & 4<sup>th</sup> Grade)
  - Basket Cuts
  - Laker Cuts
2. Back Cut Denial (3<sup>rd</sup> & 4<sup>th</sup> Grade)
  - Use 3-point Line as read line if overplayed
  - Never fight pressure, GO-GO (Get Open or Get Out)
3. Attack Dribble (5<sup>th</sup> & 6<sup>th</sup> Grade)
  - Perimeter Player Movements
  - Post Player Movements
4. Pass and Screen Away (5<sup>th</sup> & 6<sup>th</sup> Grade)
  - Curl Cut
  - Back Cut
5. Flare Screen on the Back Side (7<sup>th</sup> & 8<sup>th</sup> Grade)
  - Flare Screen & Slip to the Basket
  - Flare Screen & Replace Back to the Ball

## "S" Principles

Below are concepts that we are looking to emphasize in the offense:

1. Spacing (15 feet apart)
2. Swing the Ball Side-Top-Side (Think Next Pass)
3. Sharp Cuts (Move Hard & Fast)
4. Sureness with the Ball (No Turnovers)
5. Screen & Seal in the Post
6. Screen & Pop on the Perimeter
7. Square Up (Quick Decisions- Shoot, Drive, Pass)
8. Shot Selection
9. See the Play Before it Happens

## Layer 1

### Pass & Cut

The first thing to teach players to do when they pass and cut to the basket is to read their defender.

- If defense jumps-to-the-ball, cut straight to the basket.
- If defense sags off you, cut in front of defender to the basket.

Sprint on your basket cut until you get under the backboard. Then, you can post up for 2-3 seconds if you want or get out to the wing quickly.

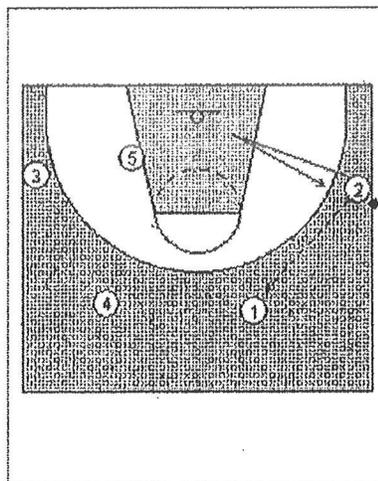
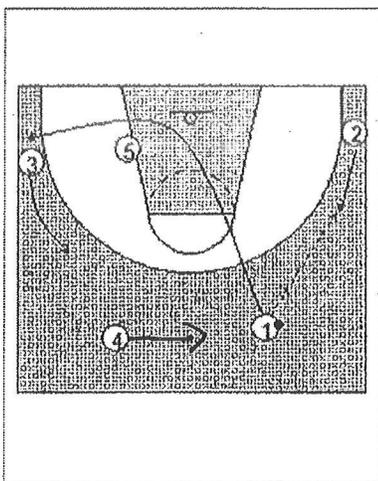
If ball changes sides of the floor, post relocates to the back side.

Perimeter players follow the rules.

- Other perimeter players fill to the ball.
- Cutter fills to the open wing.

## Layer 1

### Pass & Cut



## Layer 1

### Pass & Cut

Passing to the post is the same rule, we pass and cut

High post entry is treated as a normal pass and cut to the basket.

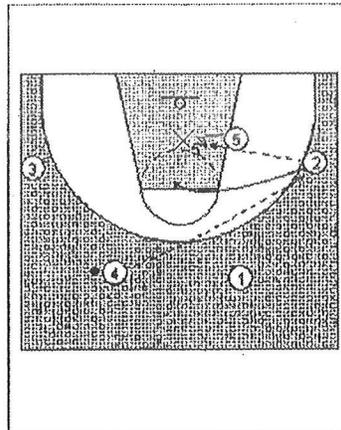
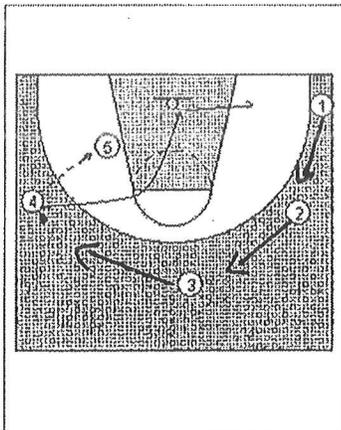
On a low post entry pass we run a Laker Cut.

-Cutter cuts through the elbow to back side block and out to the wing.

-On cut, other perimeter players fill toward the ball the same as if they saw a basket cut.

## Layer 1

### Pass & Cut



## Layer 2

### Back Cut Denial

Any time a player is denied the ball outside the 3-point line, they should back cut to the basket and fill the open wing.

GO-GO Mentality! (Get Open or Get Out)

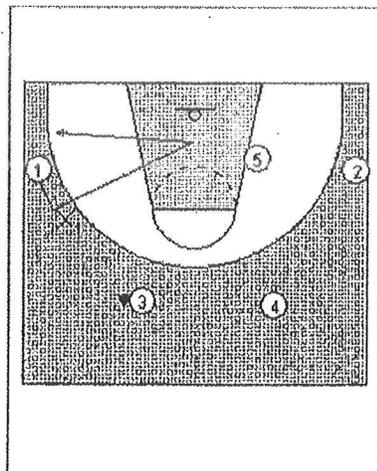
Once inside 3-point line, follow Rule #2 and DON'T pop back outside 3-point line.

-No "Texas 2 Step"

-Eliminate V-cuts and L-cuts to get open.

## Layer 2

### Back Cut Denial



## Layer 3

### Attack Dribble

We use attack dribble term because we only want straight line drives, with purpose of GETTING TO THE RIM!

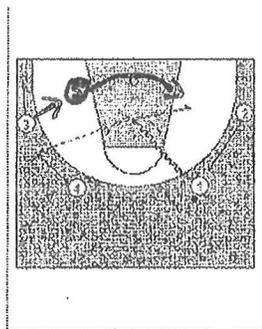
Perimeter players in the direction being dribbled at must make a read.

-Defender helps UP = Back Cut

-Defender helps ACROSS = Slide Up or Slide Down to create spacing

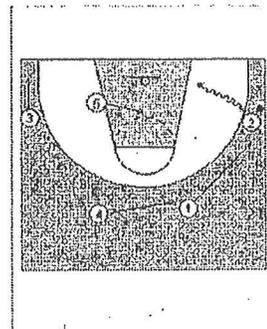
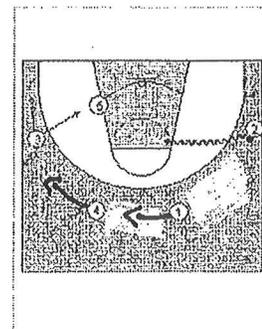
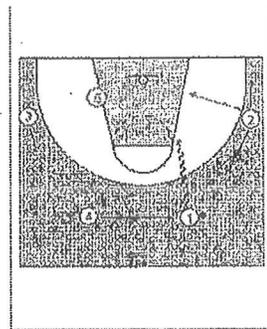
Perimeter players not in the direction being dribbled at should fill up spots behind the ball.

On kick out pass follow perimeter rules #1 & #2.



## Layer 3

### Attack Dribble



## Layer 3

### Attack Dribble

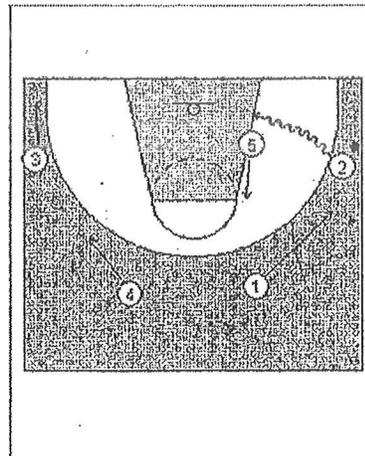
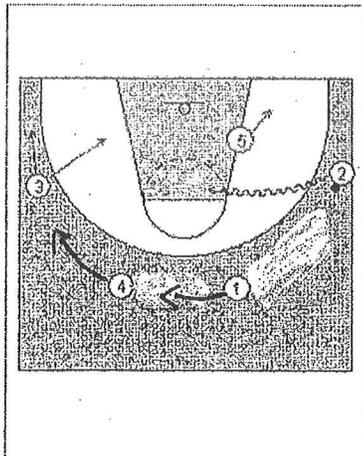
When attack dribble penetration occurs with teammate in the ball side block. Player in the ball side block should execute the following movements:

-If ball is driven into the lane above the ball side block, player in the ball side block should slide down to short corner.

-If ball is driven into the lane below the ball side block, player in ball side block should slide up the lane line to circle cut behind ball handler.

## Layer 3

### Attack Dribble



## Layer 4

### Pass & Screen Away

How We Teach Screening and Why?

We teach screening in parts because it's hard to read screens. Also, it allows us to teach screens and cuts that we want first. For example, the only screen and cut we want to teach first is the Screen Away/Curl Cut

Players must communicate on screens. Screeners should tell the cutter when to cut by saying the following:

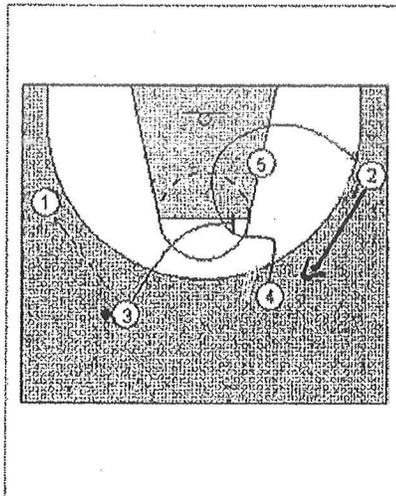
-Wait, Wait, Go!

Cutters using screens must cut off screens hard shoulder to hip.

Its Important to teach the screener to separate quickly after the screen back to the ball as a 2<sup>nd</sup> cutter looking for scoring opportunities as well.

## Layer 4

### Pass & Screen Away



## Layer 4

### Pass & Screen Away

Curls are the best cut to run off of a screen away. That is why we will only allow Screen Away/Curl Cuts to start.

Player passes and screens for the next player away.

Player screening must find the angle to screen their teammates defender so that they can curl to the basket.

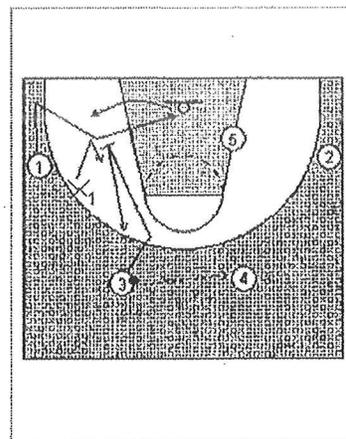
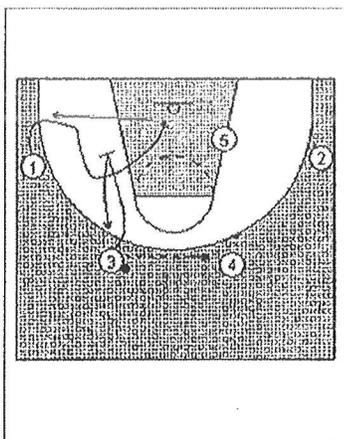
-If cutter sees the defender playing BELOW the screen, cutter should cut tight shoulder to hip OVER top the screen to the basket.

-If cutter sees the defender playing ABOVE the screen, Cutter should cut UNDER the screen to the basket.

In both cases above, screener should replace back to the ball quickly as a 2<sup>nd</sup> cutter looking for scoring opportunities

## Layer 4

### Pass & Screen Away



## Layer 5

### Flare Screen on the Back Side

Perimeter players on the back side wing should look to flare screen for other perimeter players on the backside elbow to occupy weak side defenders and take away help defense.

After flare screen has been set, screener can execute the following actions to look for scoring opportunities:

- Cut to the basketball if defender is even or higher than you
- Cut to the top-of-the-key if defender is below you

## Layer 5

### Flare Screen on the Back Side

