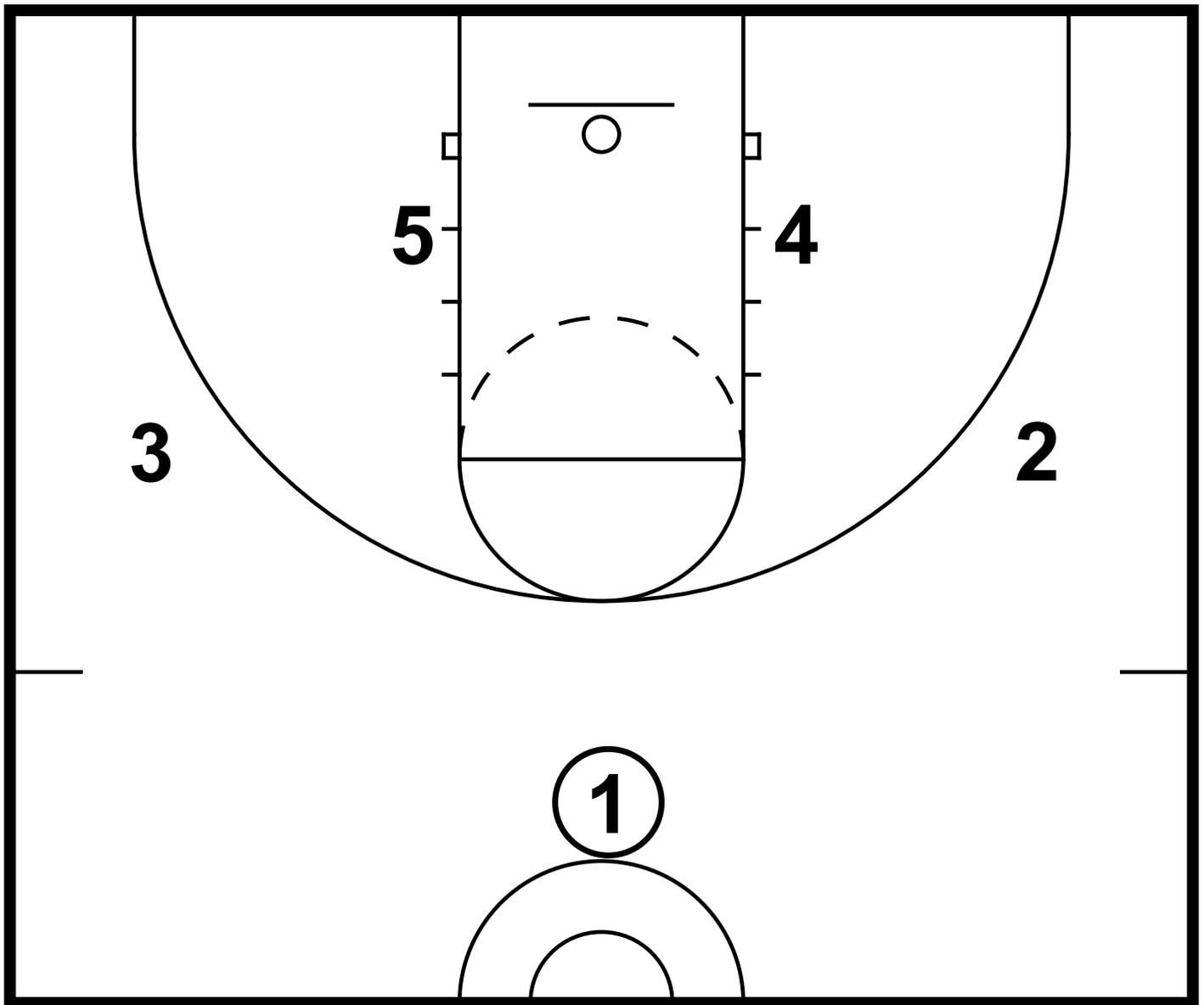


Motion Principles

3-Game

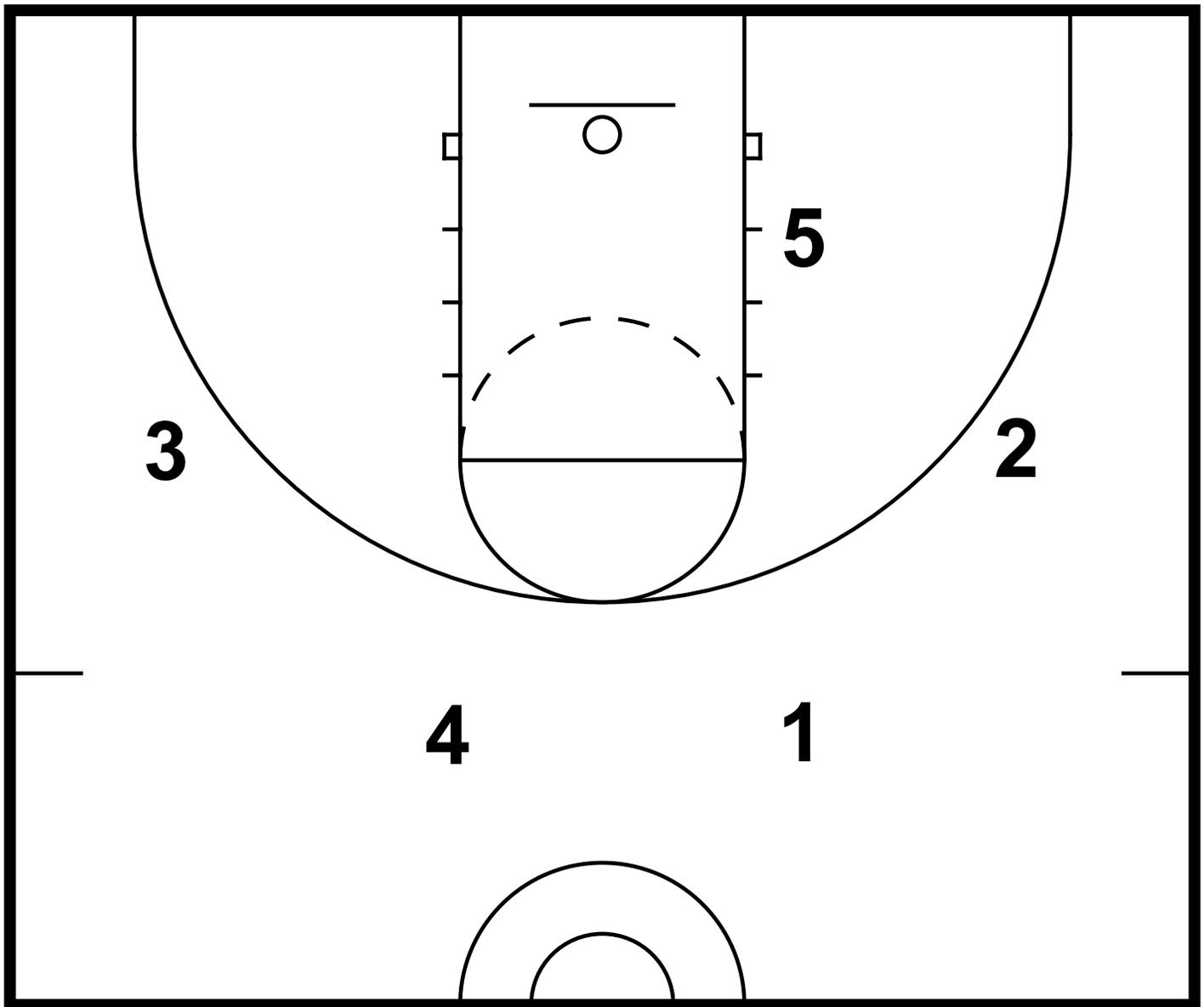


Ideal 3-Out Spacing: Point and wings - High and wide! Posts occupy the landmarks.



Motion Principles

4-Game

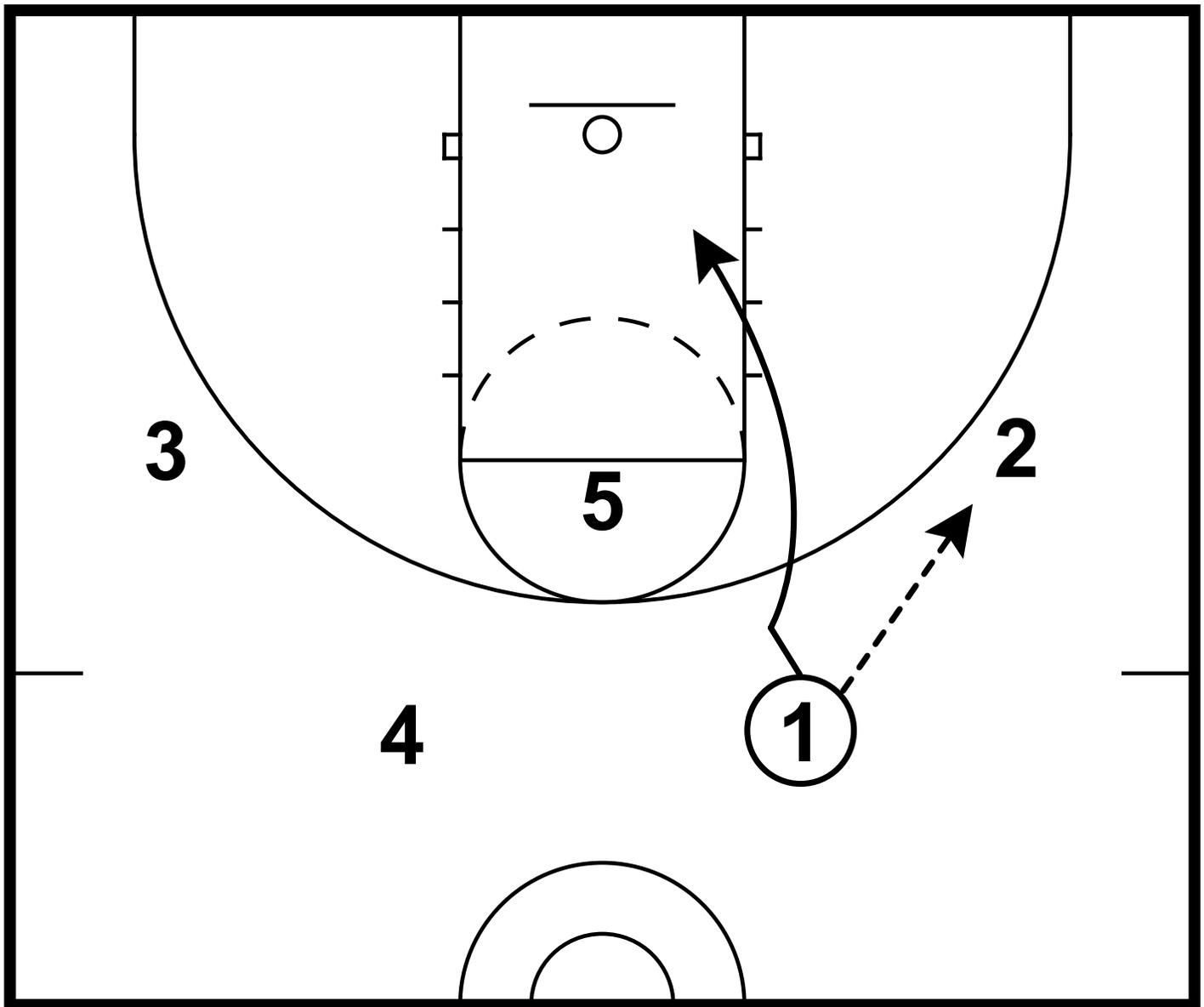


Ideal 4-Out Spacing: High and wide, square the top around a single post. Ball high - Post high. Ball low - Post low.



Motion Principles

Basket Cut

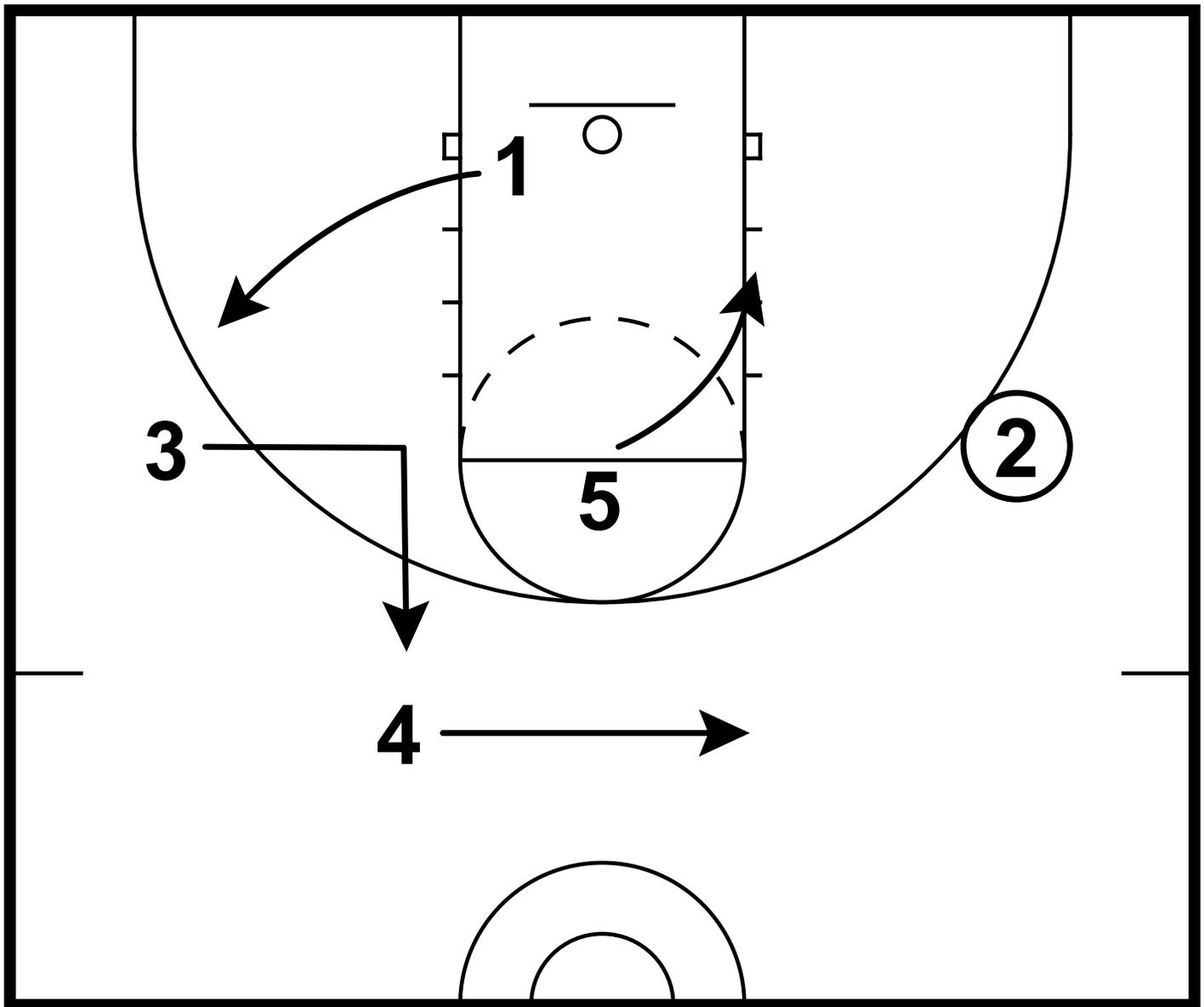


Ball high (1), post high:

1 passes to 2 and basket cuts (Very similar to our Quick break).

Motion Principles

Basket Cut



Ball low (2), post low (landmark).

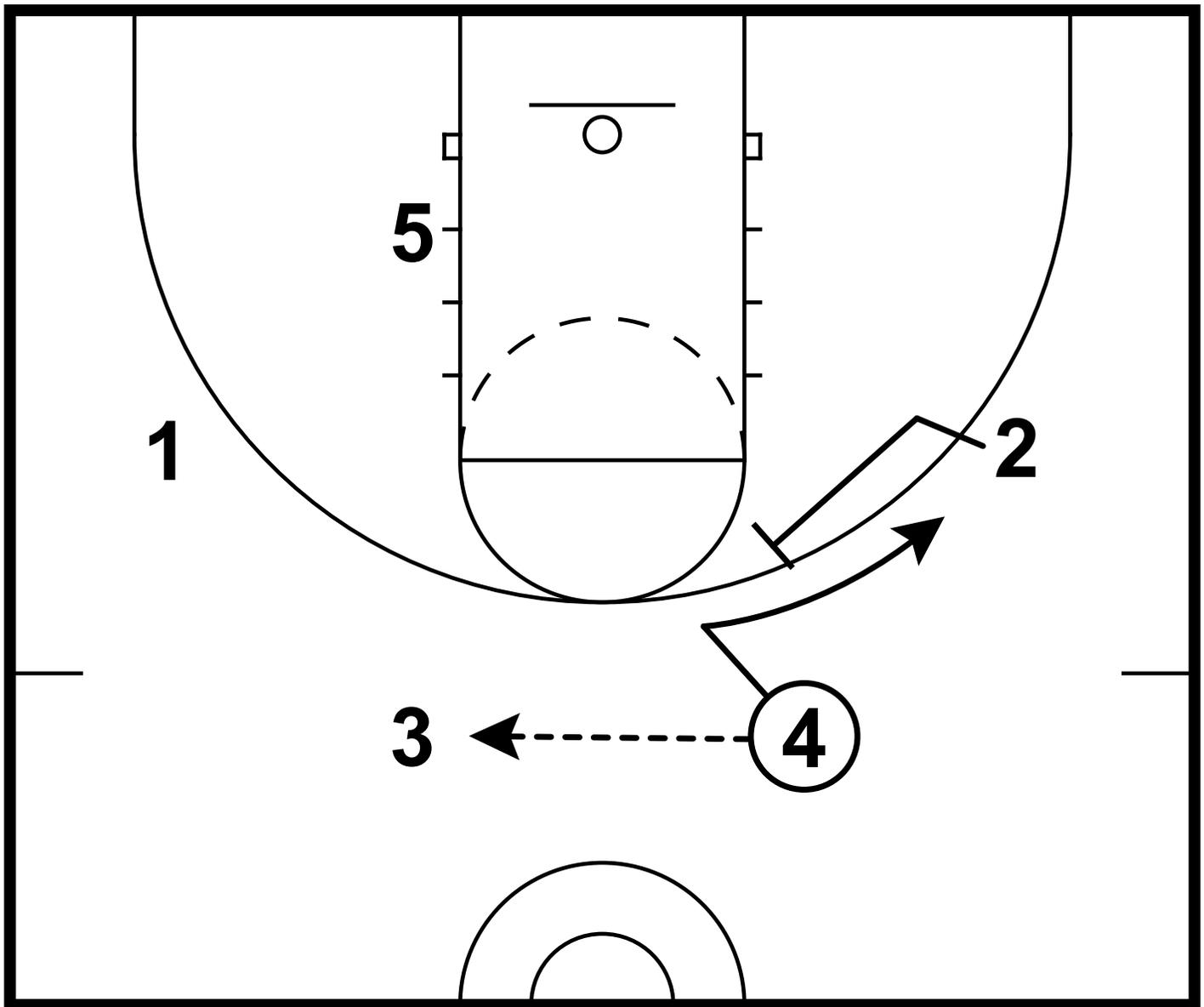
1 continues his cut and empties out away from the ball.

5 dives (secondary cut) to the landmark.

4 and 3 fill accordingly.

Motion Principles

Flare Screen

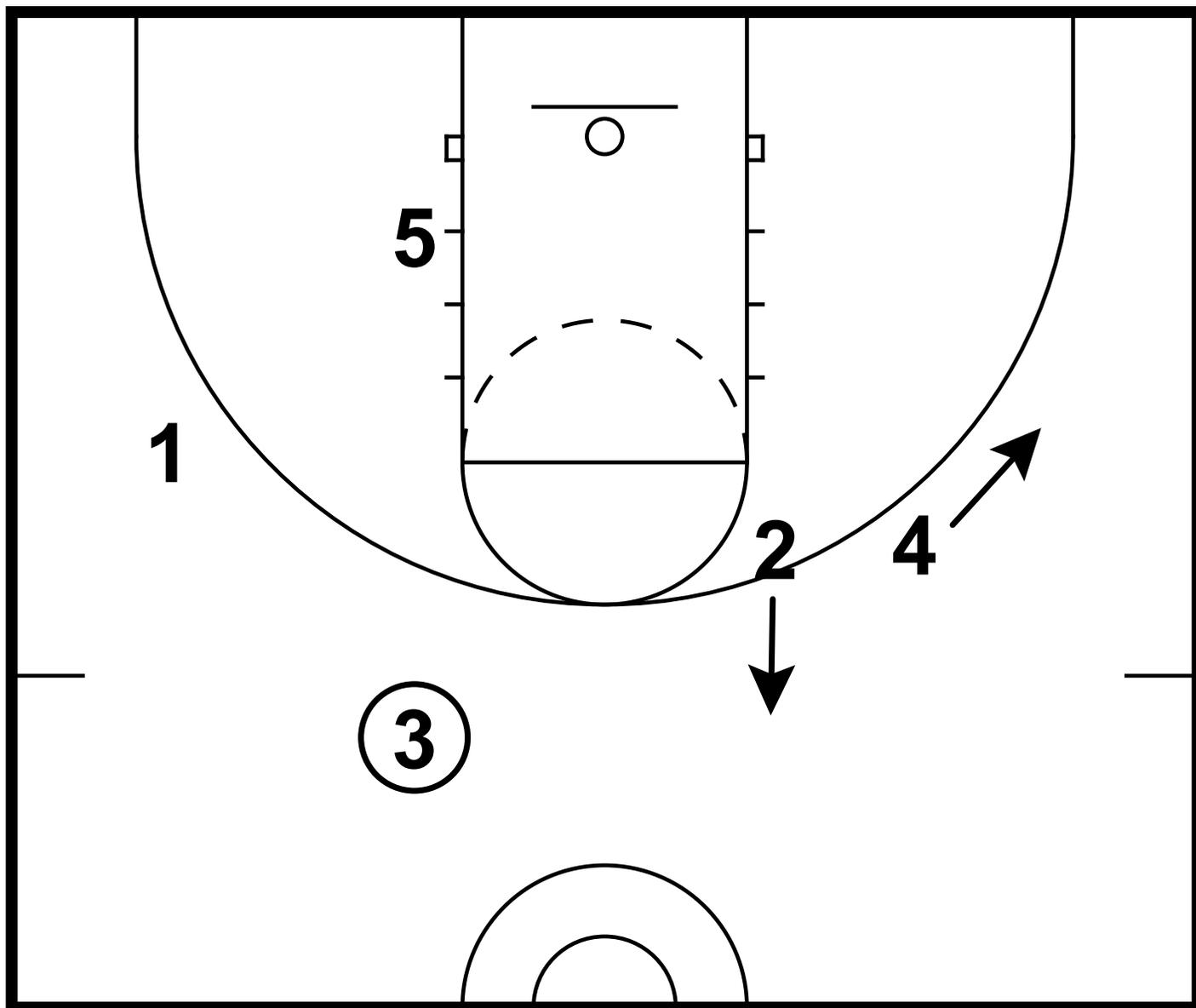


2-Man Game Weakside Options:
4 passes to 3.
2 flare screens for 4.



Motion Principles

Flare Screen



Key to motion is reading the defense with screening game.

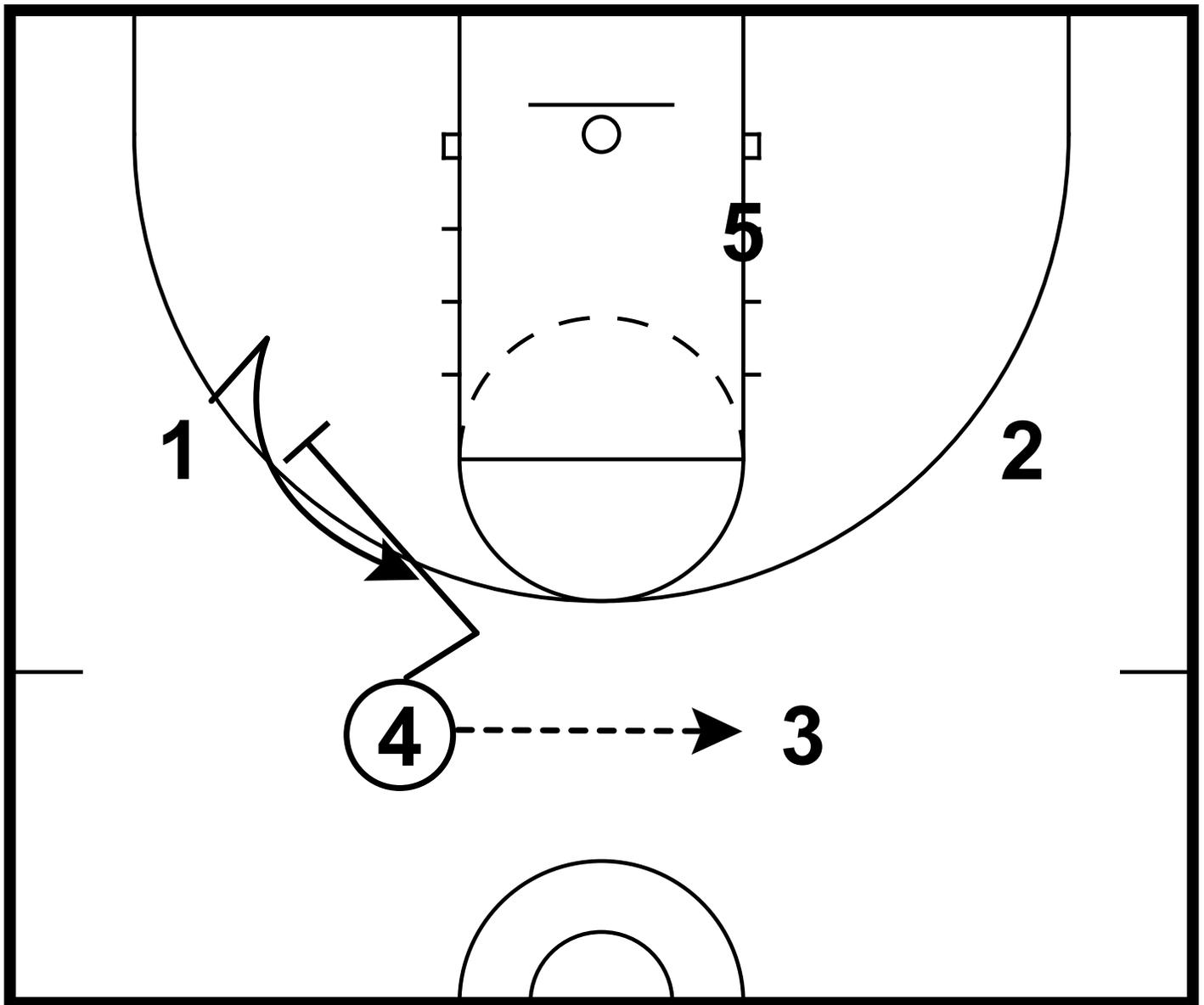
1st Cut Series: As 4 uses the screen he reads the defense and makes the appropriate cut.

2nd Cut Series: After 2 sets the screen he reads his teammate (4) and goes opposite.

Stagger rule applies if 3 passes to 1.

Motion Principles

Down Screen

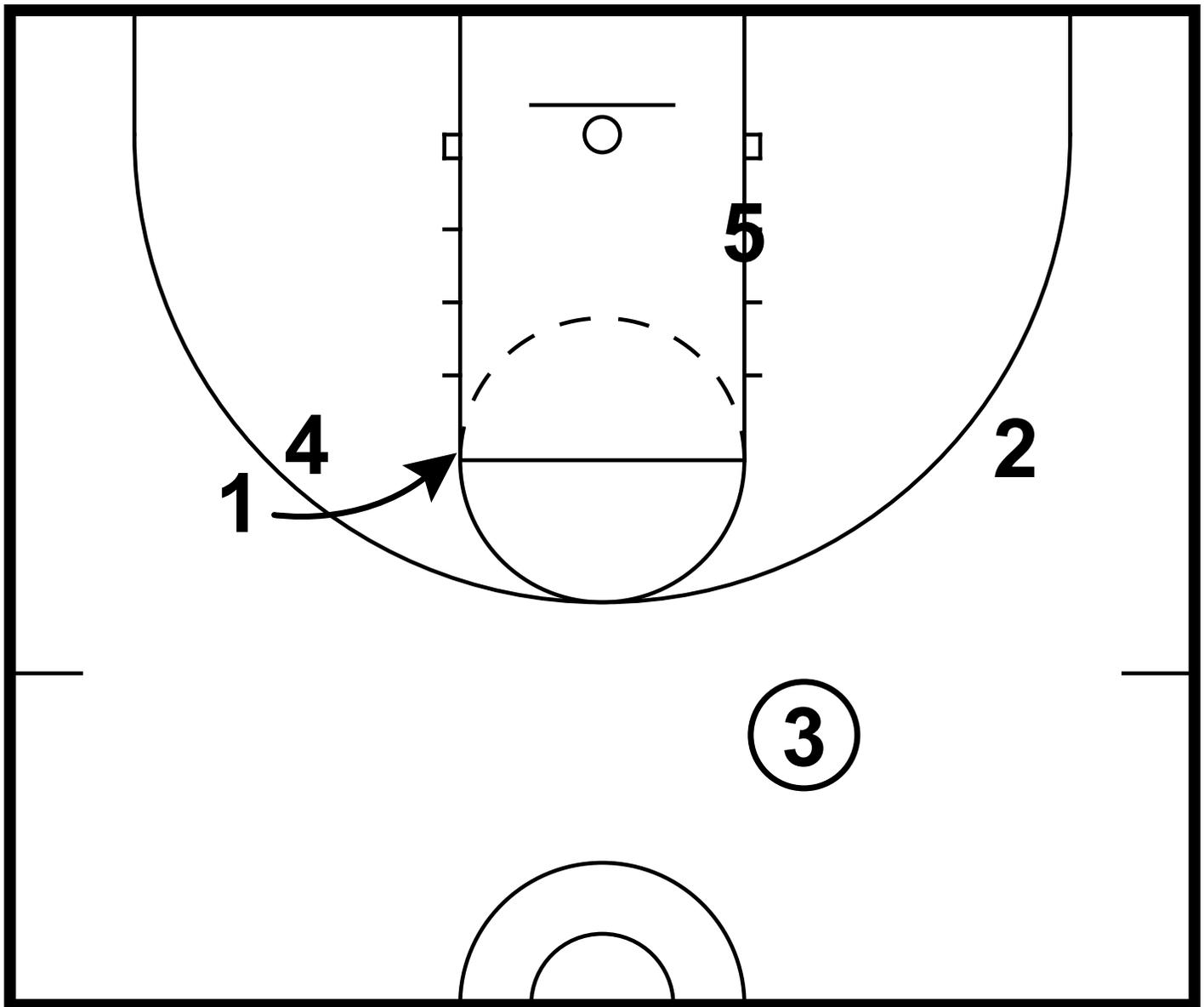


2-Man Game Weakside Options:
4 passes to 3.
4 down screens for 1.



Motion Principles

Down Screen



Key to motion is reading the defense:

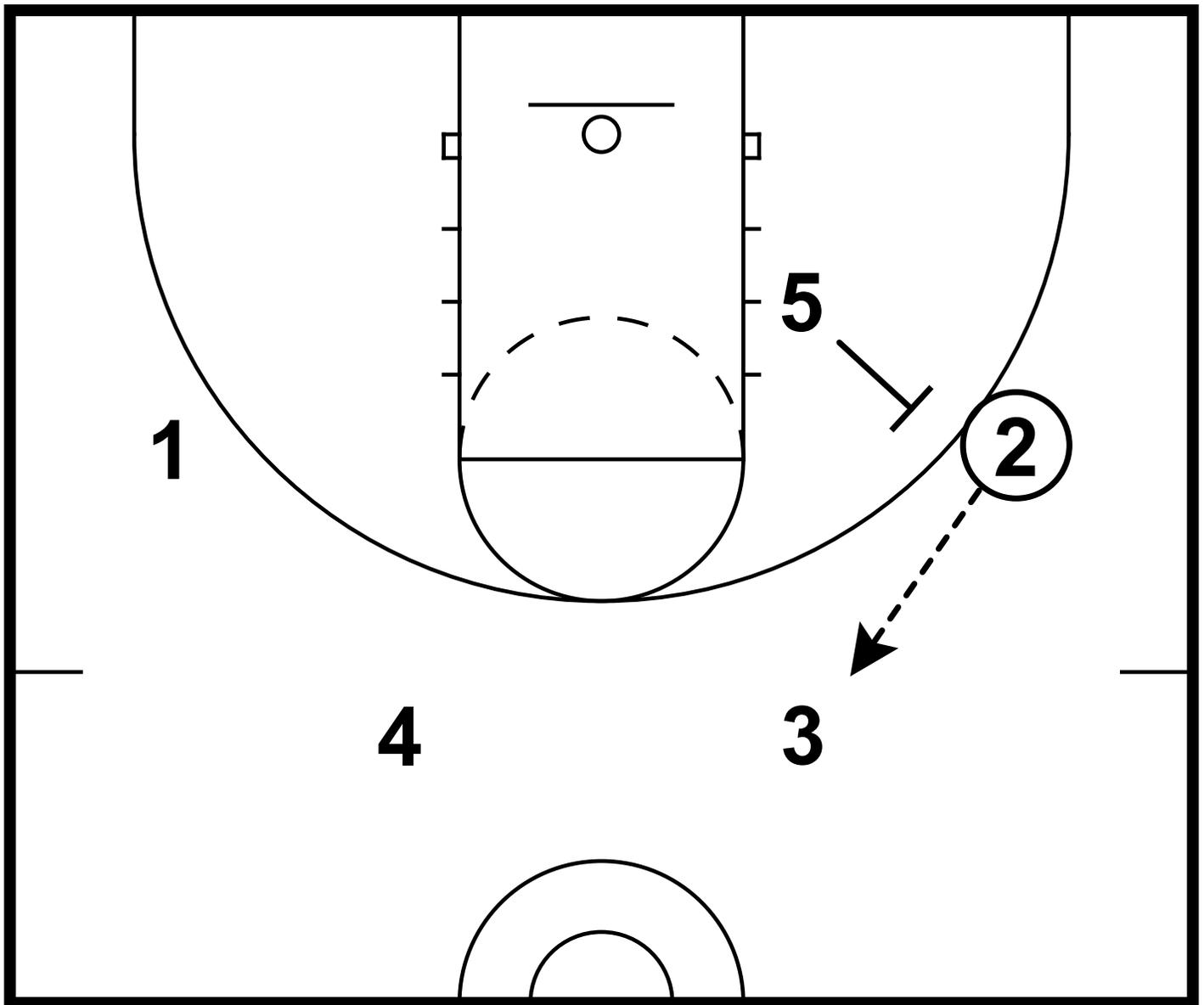
1st Cut Series: As 1 uses the screen he reads the defense and makes the appropriate cut.

2nd Cut Series: After 4 sets the screen he reads his teammate (1) and goes opposite.



Motion Principles

Back Screen



2-Man Game Weakside Options:

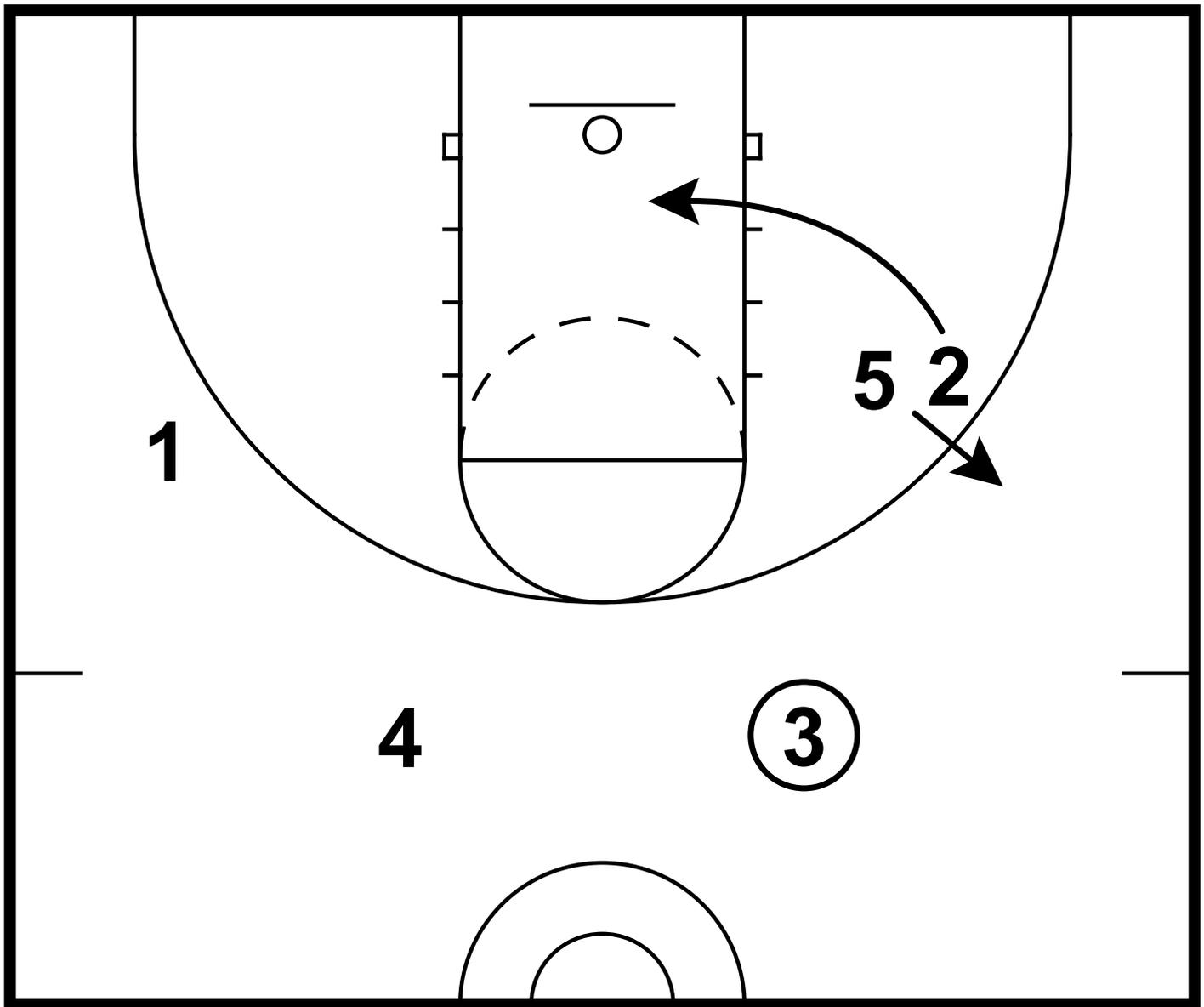
2 passes to 3.

5 back screens for 2 (creating slice action).



Motion Principles

Back Screen



Key to motion is reading the defense:

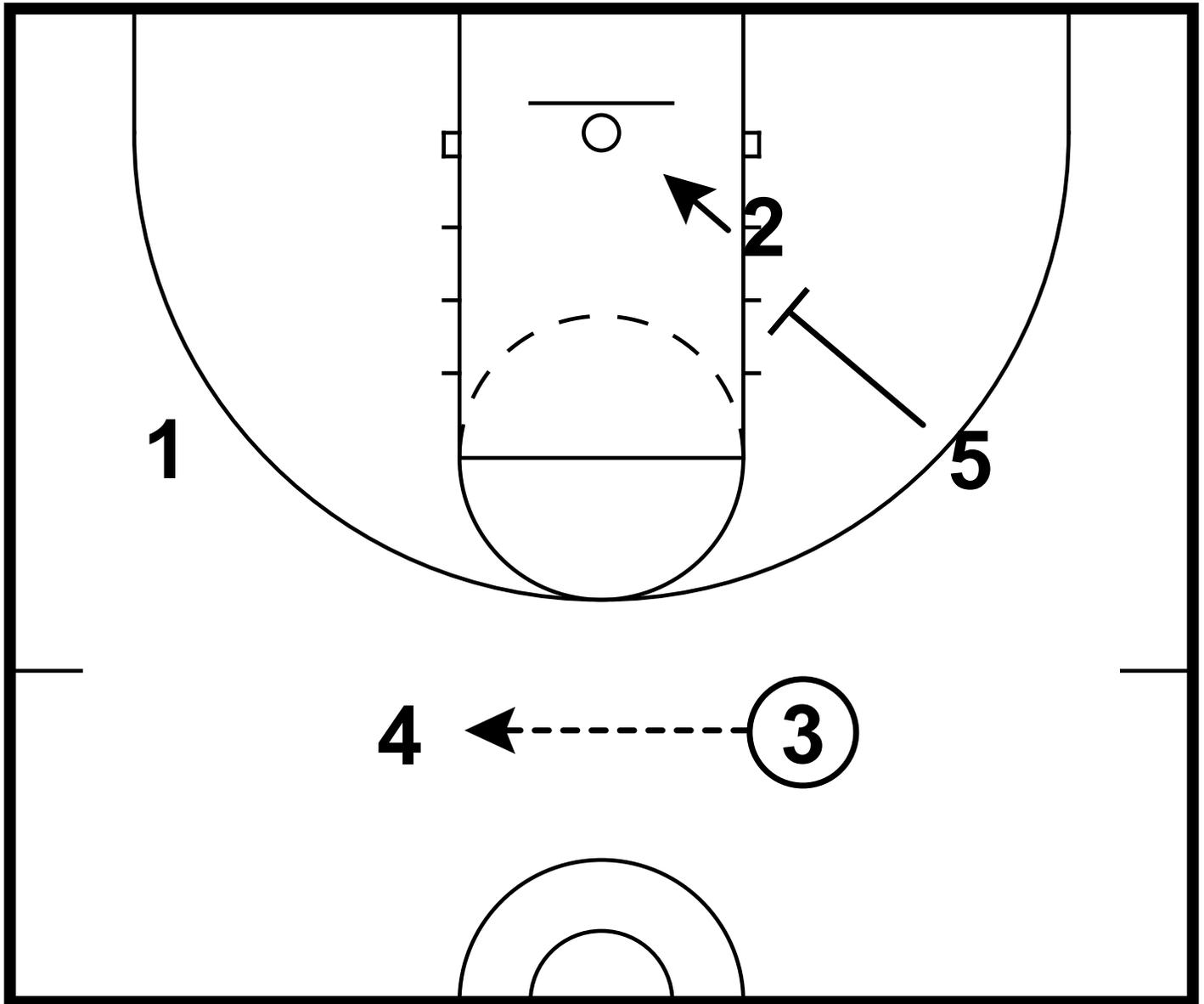
1st Cut Series: As 2 uses the screen he reads the defense and makes the appropriate cut.

2nd Cut Series: After 5 sets the screen he reads his teammate (2) and goes opposite.



Motion Principles

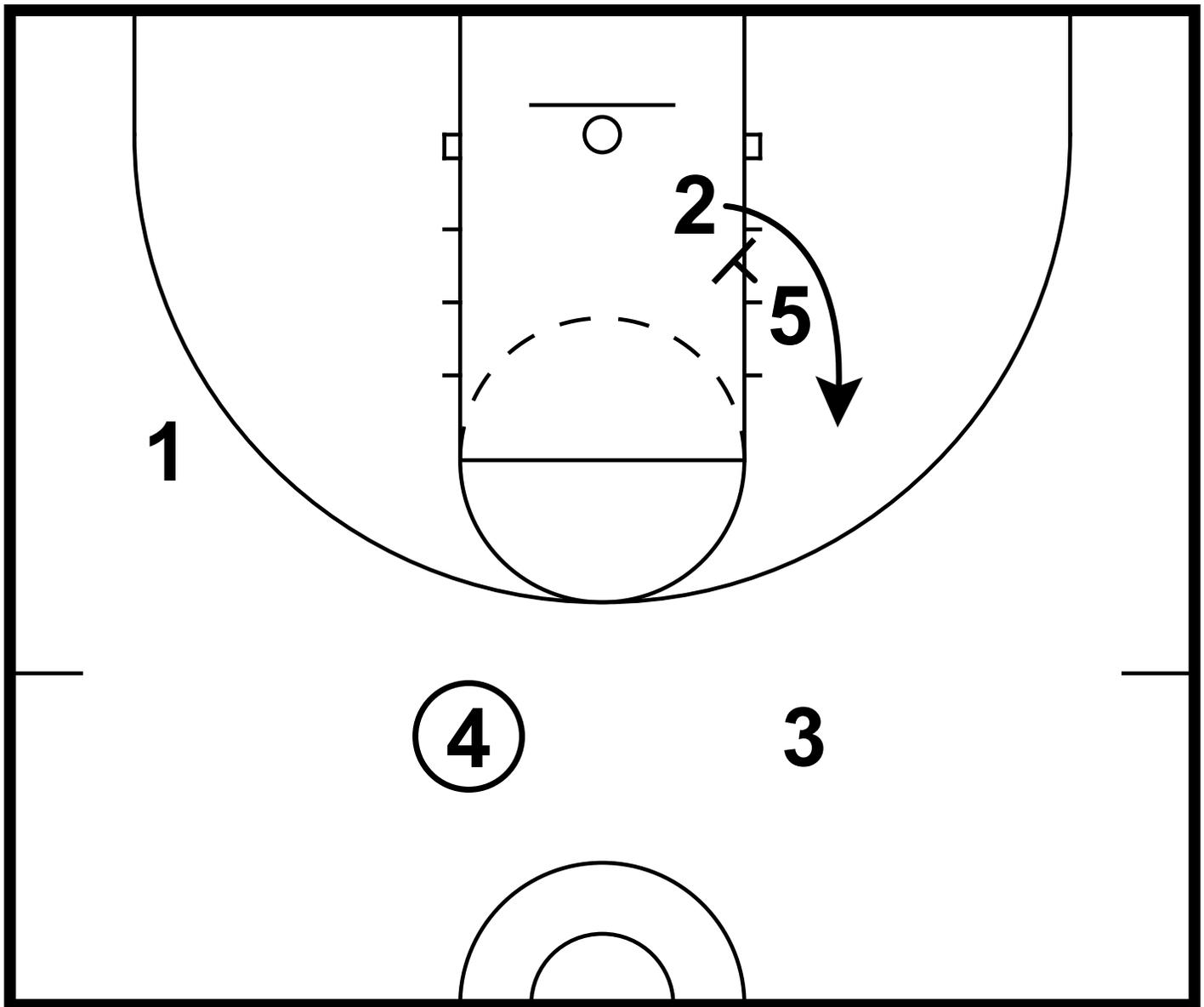
Pin Down



Similar to a down screen is a pin down. 2 must walk away and "wear the hat". Meanwhile, 5 sprints to screen. Often, this action occurs simultaneously on both sides out of an odd front.

Motion Principles

Pin Down



Key to motion is reading the defense:

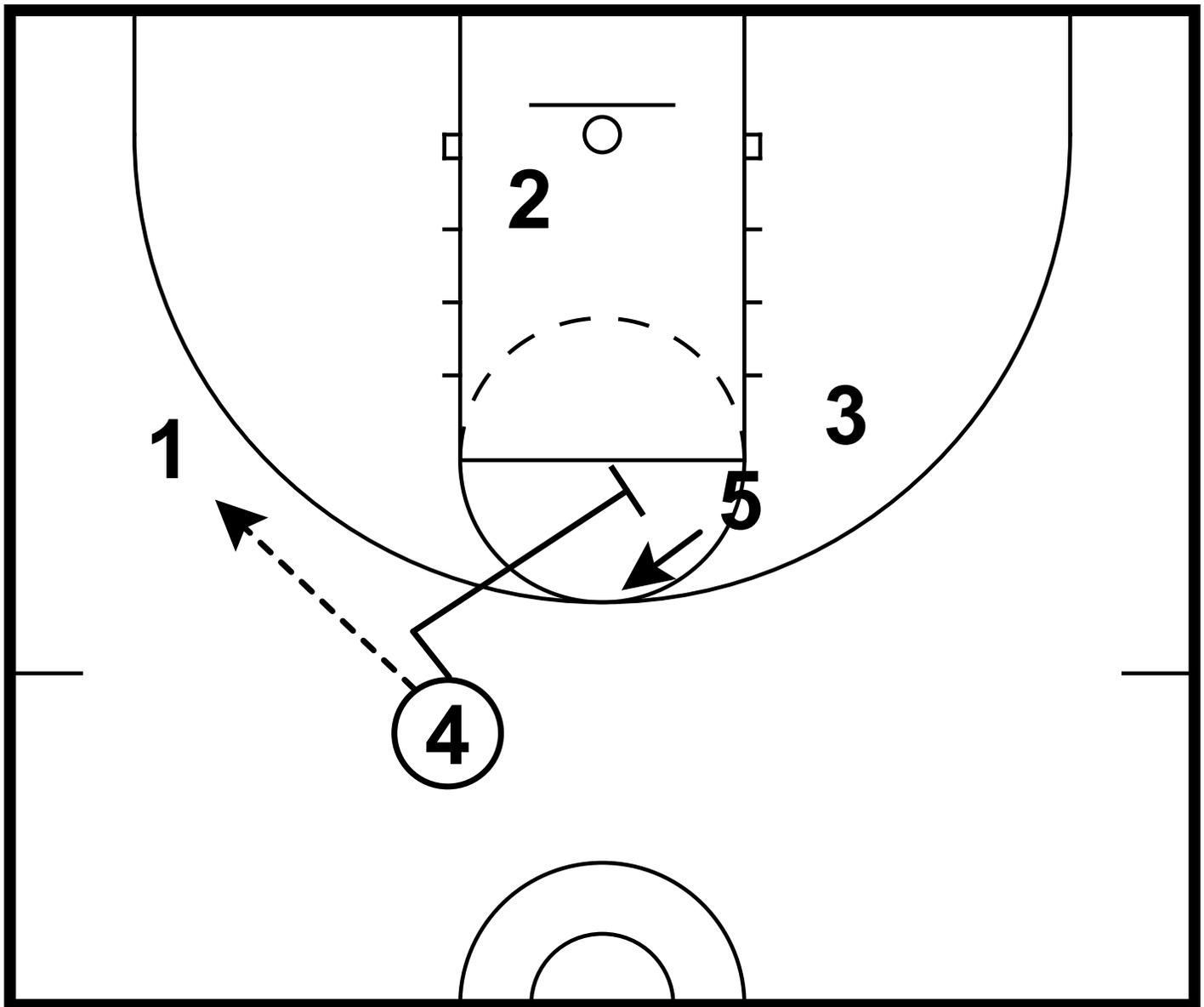
1st Cut Series: As 2 uses the screen he reads the defense and makes the appropriate cut.

2nd Cut Series: After 5 sets the screen he posts up strong.



Motion Principles

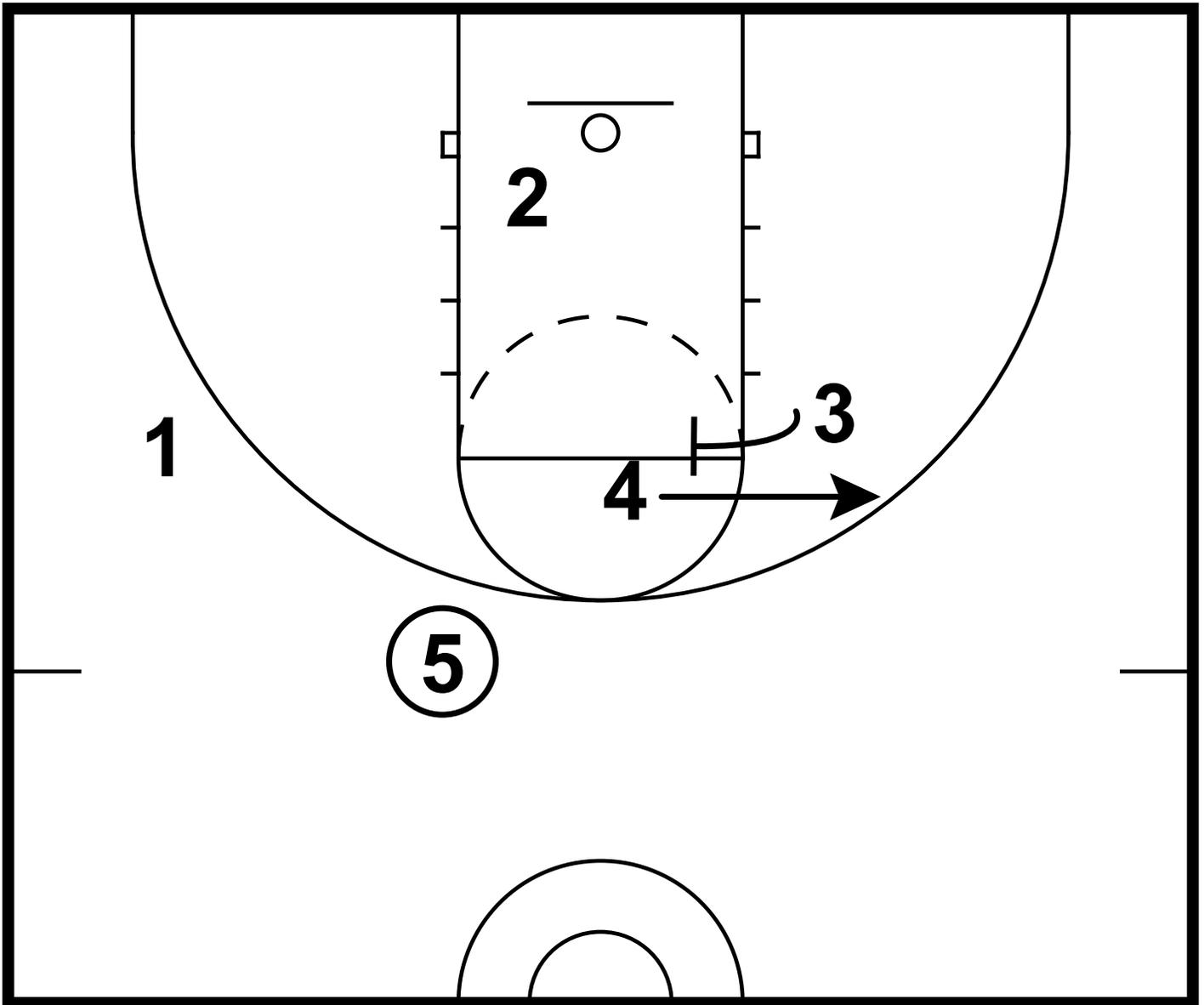
Stagger Rule



Stagger Rule: Two consecutive screens for one player. 2nd screener (4) is never on the same plane as the 1st screener (3).

Motion Principles

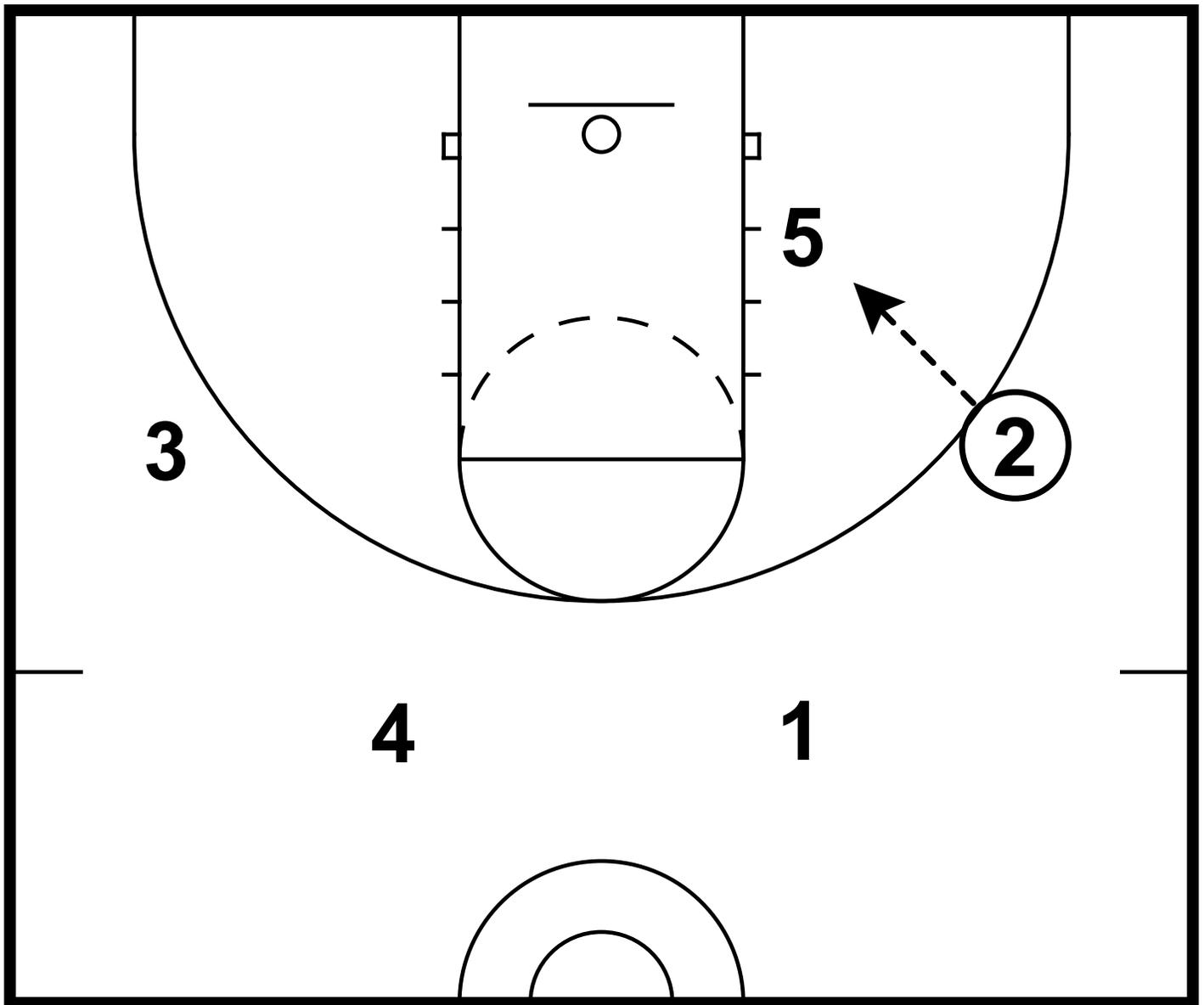
Stagger Rule



Stagger Rule: Advanced action: 1st screener (3) immediately flare screens for 2nd screener (4).

Motion Principles

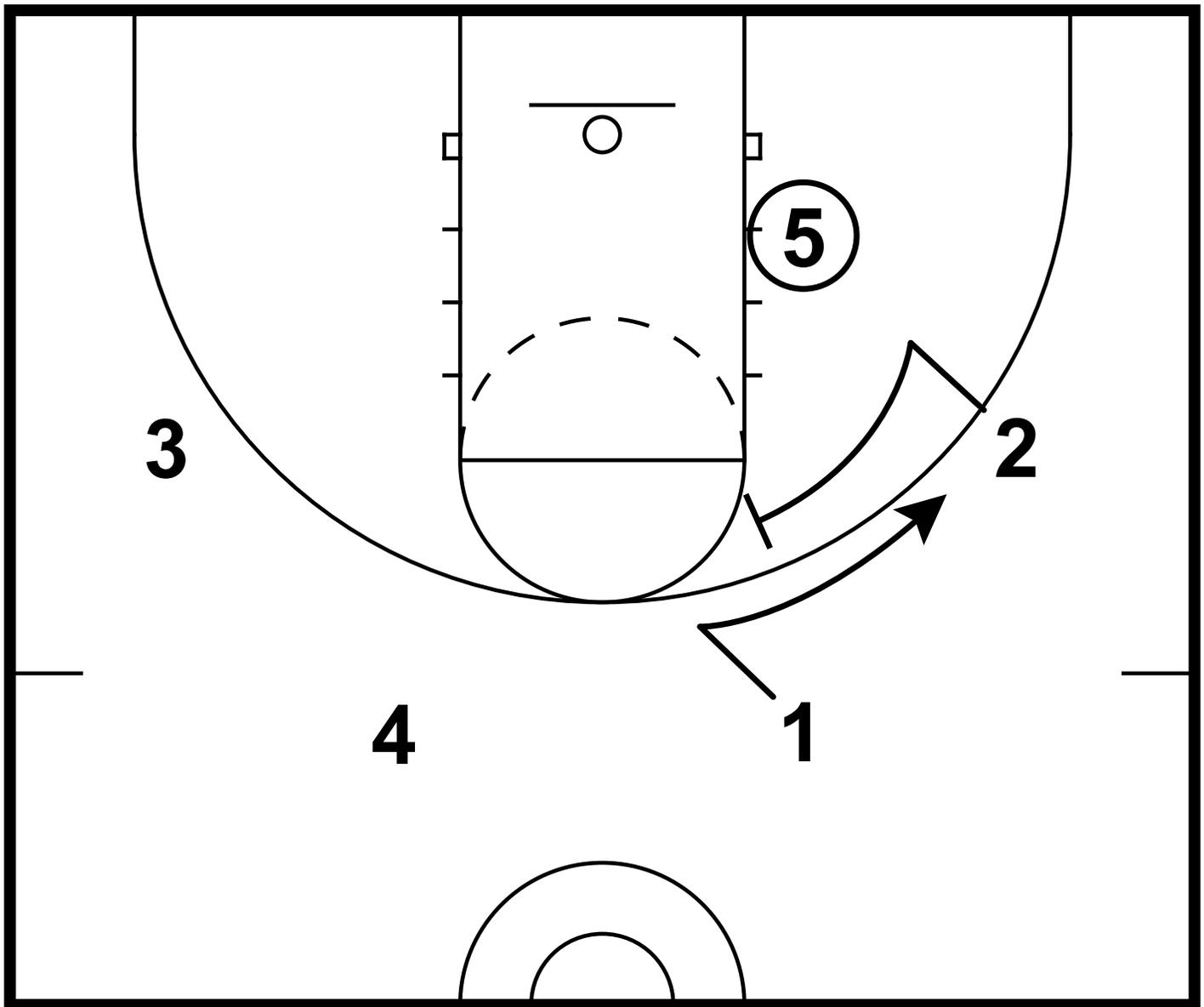
Split the Post Rule



Split the Post Rule: 2 feeds the post.

Motion Principles

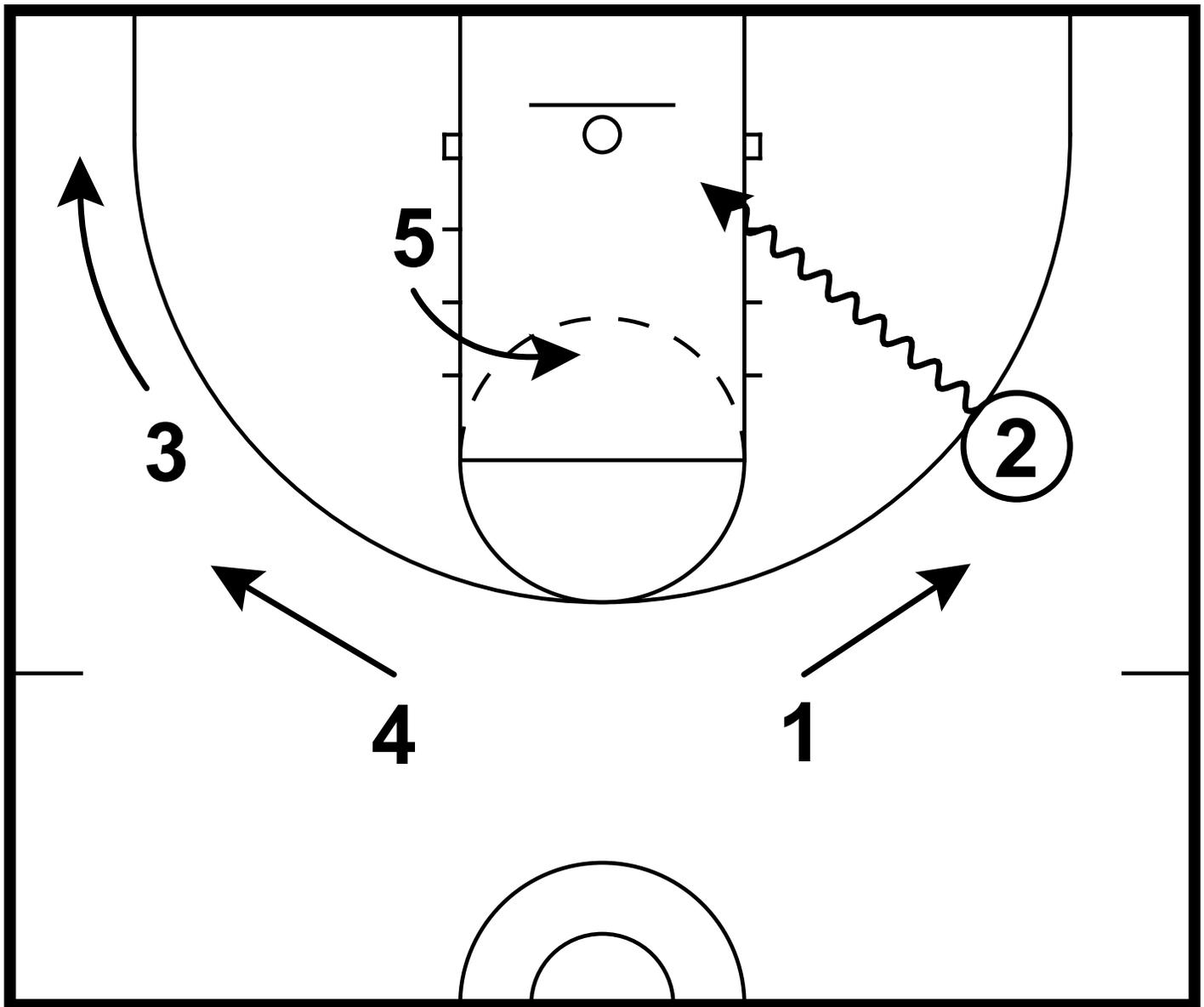
Split the Post Rule



2 screens for the nearest perimeter player (1). 5 scores or passes to players (1&2) cutting.

Motion Principles

Dribble Drive



Dribble Drive from the Wing to Baseline:

2 drives and 1 cracks-back.

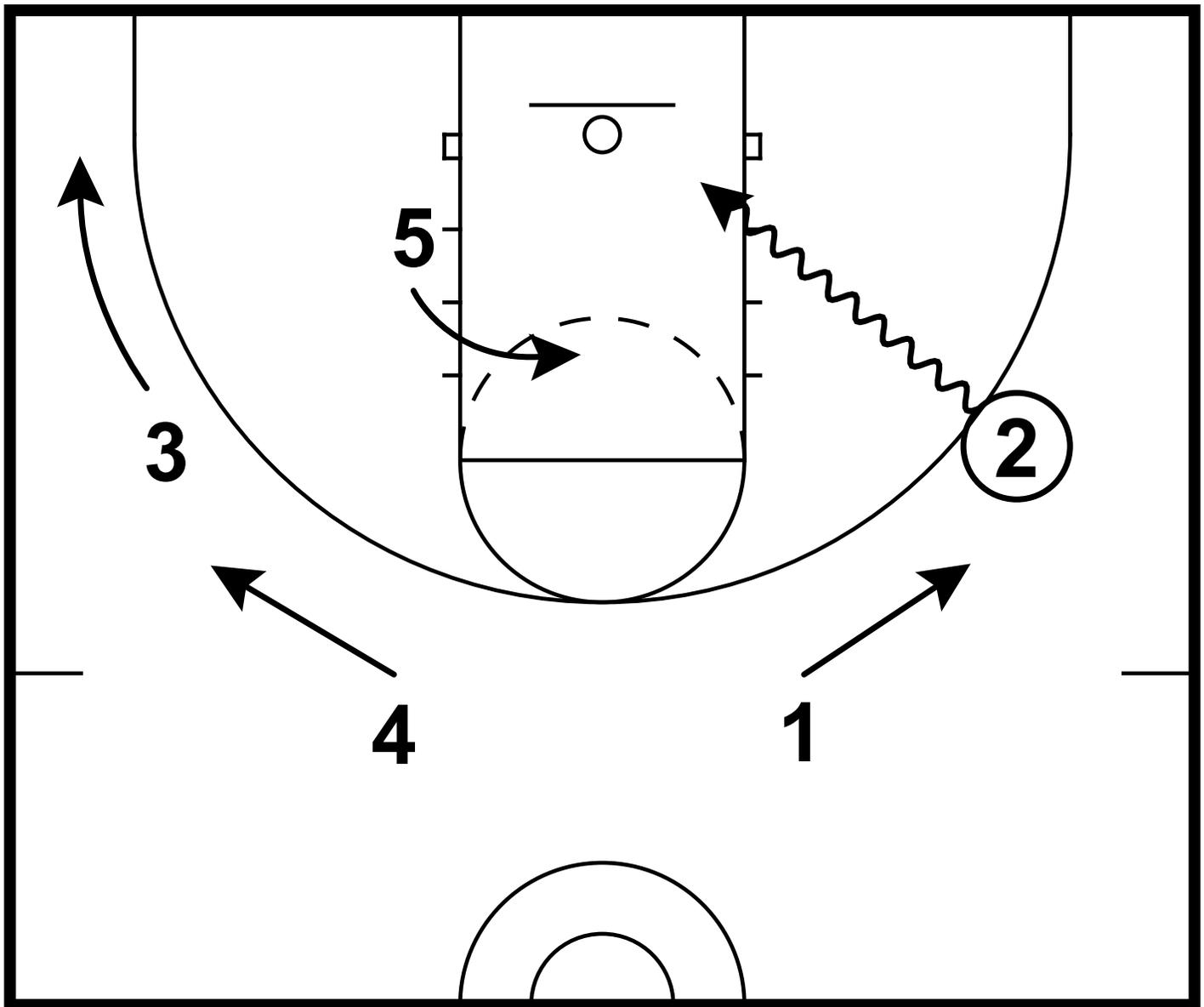
3 remains parallel to the ball and drifts to the dead corner.

5 I-cuts (T-ups) and 4 fills diagonal.



Motion Principles

Dribble Drive



Dribble Drive from the Wing to Middle:

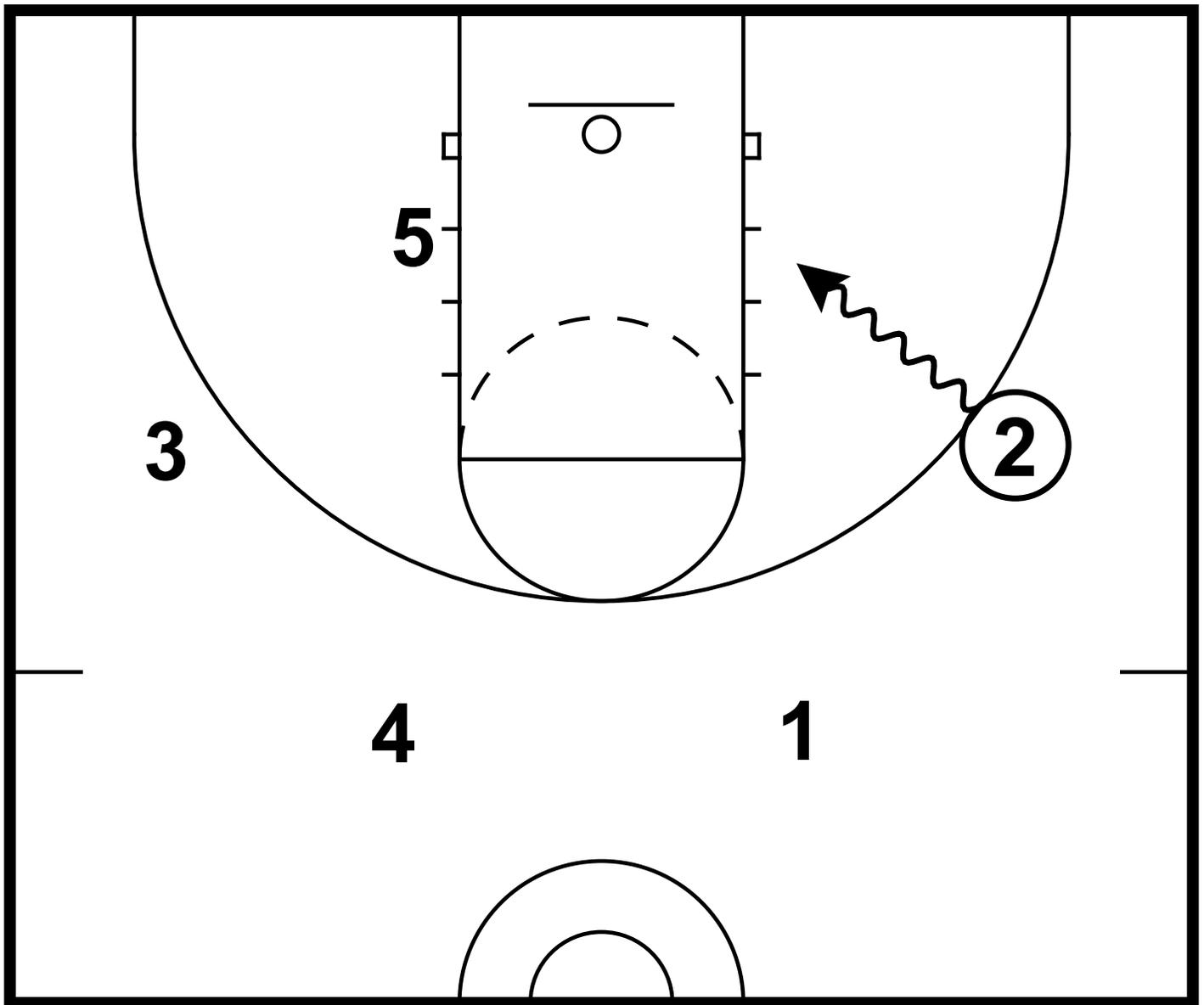
2 drives and 1 cracks-back.

3 remains parallel to the ball and drifts to the dead corner.

5 I-cuts and 4 fills diagonal.

Motion Principles

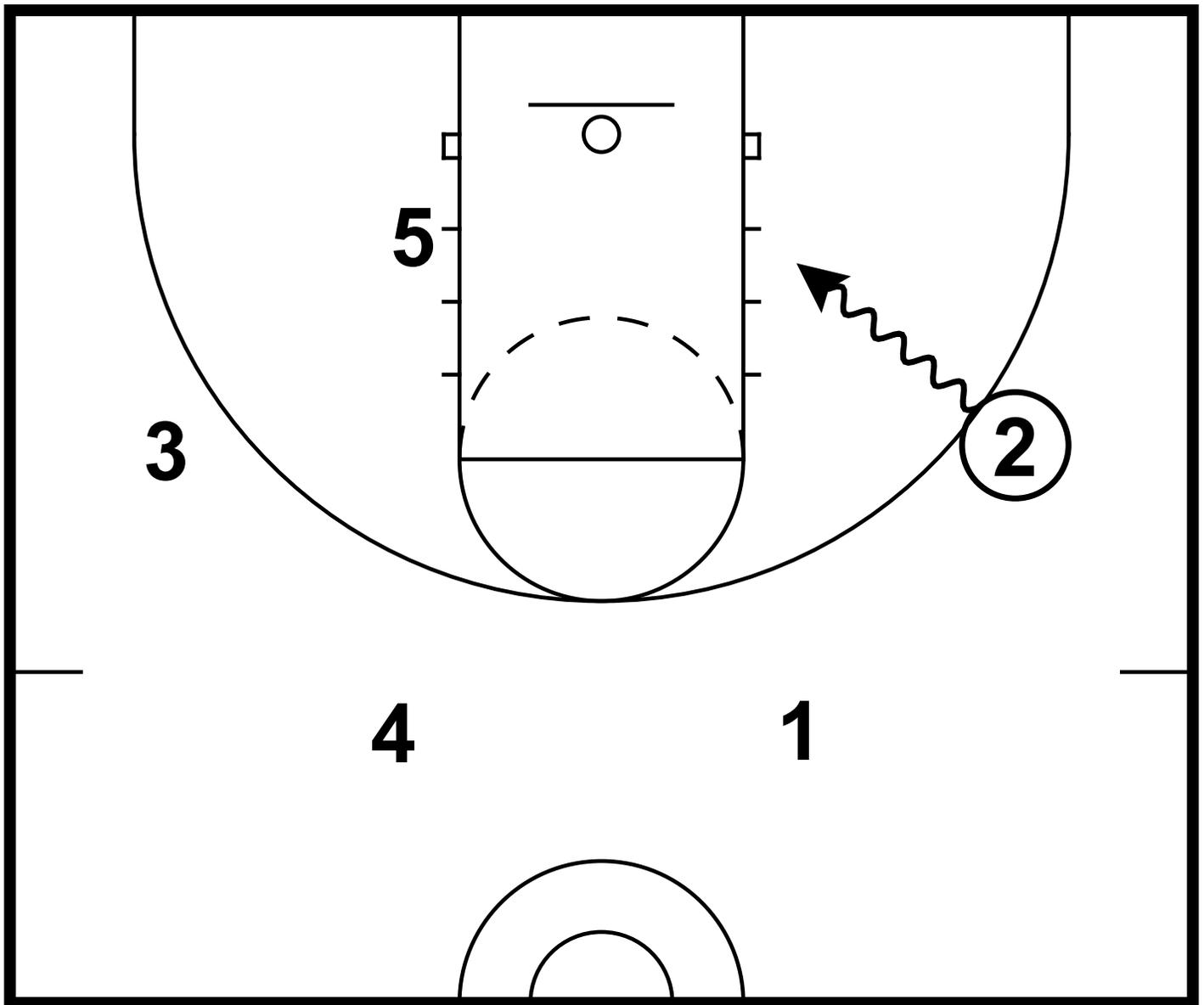
Dribble Drive



Split the Post Rule: 2 feeds the post.

Motion Principles

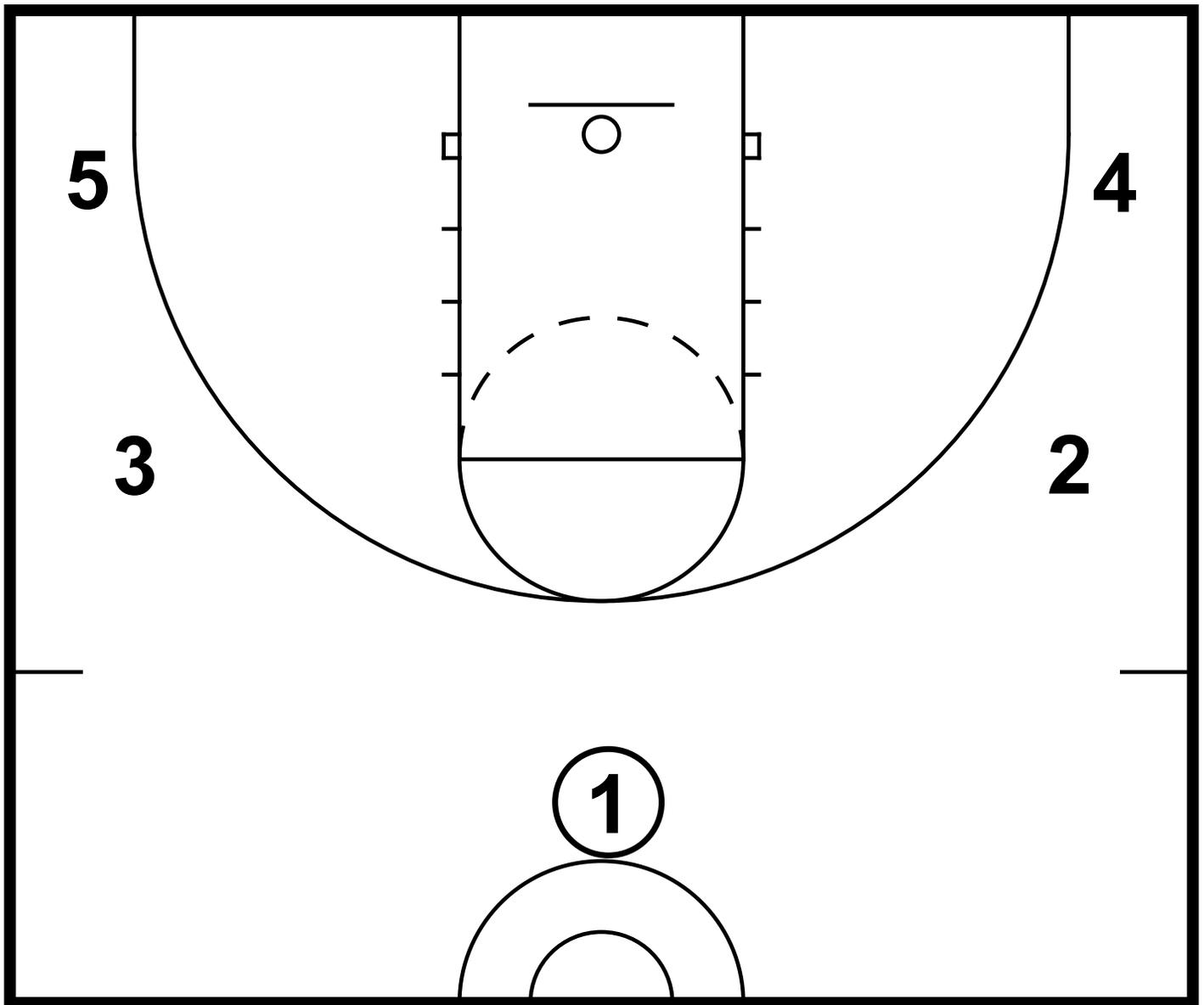
Dribble Drive



Split the Post Rule: 2 feeds the post.

Motion Principles

5-Game

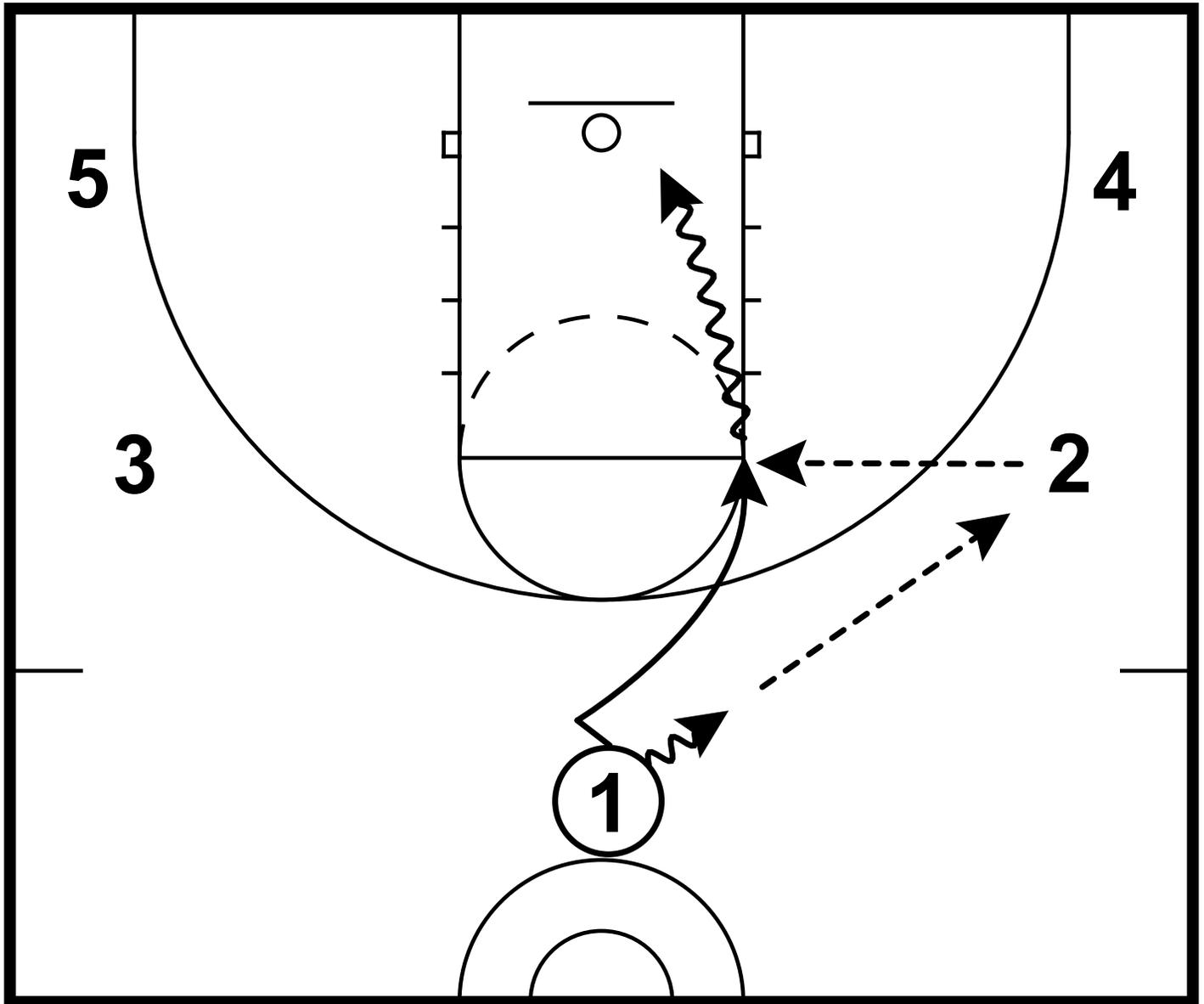


Ideal 5-Out Spacing: When in doubt, space out! Emphasize "BIG SPACING" outside the arc.



Motion Principles

5-Game



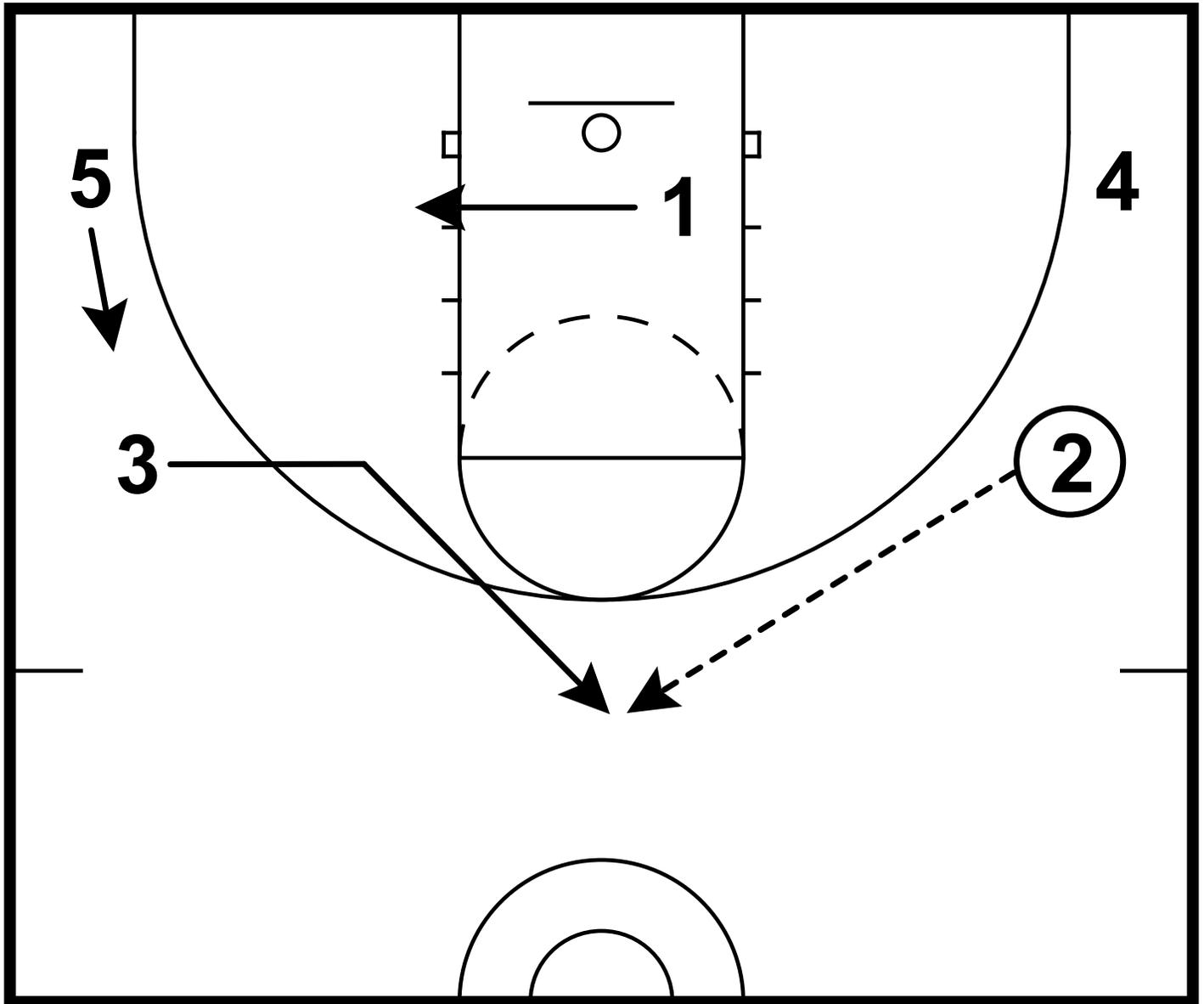
Primary Motion Cut: Basket Cut! (a.k.a. Give & Go)

***Always encourage the "point guard" to favor the lane line (extended) to shorten his pass.



Motion Principles

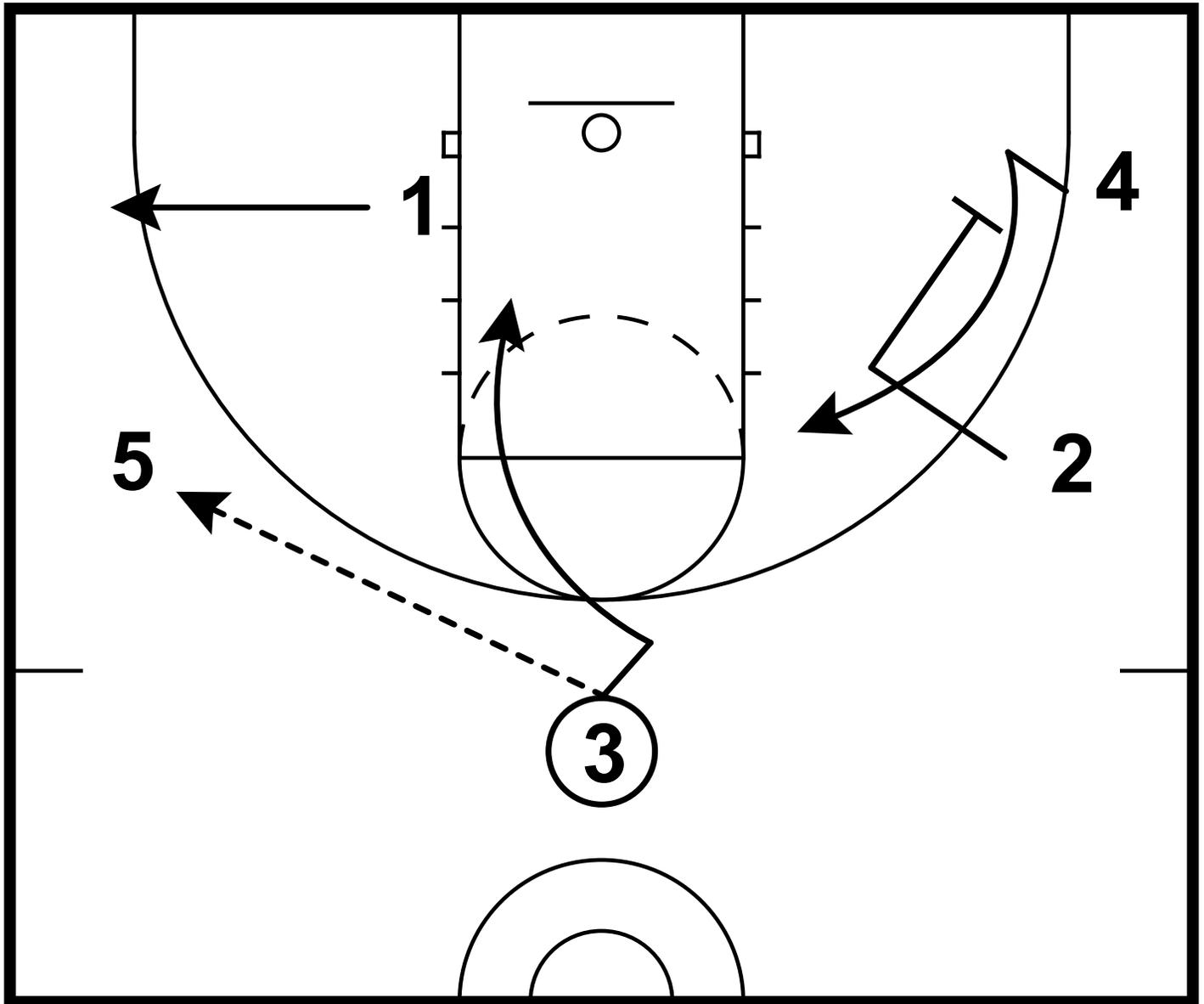
5-Game



Get Open or Get Out: The cutter, in this case 1, has the option to post. But if he is not open he needs to get out (GO-GO). Meanwhile, 3 must fill.

Motion Principles

5-Game



Ball change with motion is very important! 3 passes to 5 and the following options present themselves: 2 and 4 are currently engaged in a wide pin down. 3 basket cuts. GO-GO!