

**Blue Valley West High School
Motion Offense**

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Advantages of Running Motion Offense

- **Difficult to Defend**
- **Difficult to Scout**
- **Improves your defensive play**
- **Flexibility in attacking multiple defenses**
- **Adaptability**
- **Player Development**
- **Fun for your players to play**
- **Fun to Coach**

Disadvantages of Running Motion Offense

- **Requires enormous amounts of teaching the offense during practice and after practice watching film**
- **Requires daily maintenance therefore will require patience especially during initial implementation**

Basic Fundamentals

- 1. Ball Handling**
 - a. Passing**
 - b. Catching**
 - c. Dribbling**
- 2. Shooting**
- 3. Spacing**
- 4. Cutting**
- 5. Screening**
- 6. Post Play**

Offensive Concepts

- 1. Shot Selection**
 - **Every player needs to know where he can and cannot shoot from.**
 - **Shot selection must be the most undemocratic thing there is.**
 - **I am not concerned about their confidence in their shot. I am more concerned about my confidence in the shots that are being taken.**
 - **The kid that does not understand shot selection really hurts his team.**
 - **The kid that violates shot selection hurts all the efforts of his teammates.**
 - **You can shoot and you cannot shoot. There are other things on the floor that kids can do to help their team.**
 - **We want more lay-ups and power shots than our opponent.**
 - **We want to make more free throws than our opponents take.**
 - **The post game, hard cuts, and drives into the lane get you fouled.**
 - **The curl cut and basket cuts get you free throws.**
 - **Rating shot Selection/Discipline:**
 - 4 = Lay-up**
 - 3 = Wide Open Shot**
 - 2 = O.K. Shot**
 - 1 = Poor Shot**
 - 0 = Turnover**
 - We want 4's and 3's**
 - **Don't take the shots the defense gives you. Get the shots we want.**

2. Handling the ball without making mistakes

- **SURENESS**
- **BOSS WITH THE BALL**
- **Pass the ball away from the defense, “Don’t throw the ball to a black uniform throw the ball away from a red uniform.”**
- **You have to understand what your kids can do and more importantly what they can’t do. On both ends of the floor, we determine not what we want them to do but what they can do and what they can’t do. Basically, letting kids know what they can and cannot do in certain circumstance. PLAY TO OUR STRENGTHS AND PLAY AWAY FROM THEIR WEAKNESSES.**
Drills to emphasize passing and catching:
 - a. Shotgun passing Drill
 - b. Pair up and don’t walk
 - c. Three man Keep away
 - d. Bad Pass Drill

3. Moving without the ball

- **Read the defense, play the defense.**
- **On offense your man is the most important thing, on defense the ball is the most important thing.**
- **Get an offensive play on the weak side to say high and wide, and when the ball is reversed he/she reads the defense will have some scoring opportunities. “Embree Rule”**
- **15ft. to 18ft. Spacing between every two players**
- **Offense is spacing and spacing is offense. . . Chuck Daly**
- **Proper V-cut to get open**
 - **If the defender is playing you level or lower take him 2 to 3 deliberate steps towards the basket then come to the ball**
 - **If the defender is playing you high, take him higher and cut to the basket.**

4. Helping each other get open

- **Primary way to get you teammate open is with a screen.**
- **Man below you go downscreen**
- **Anytime you are in the lane man outside you go backscreen. Keeping in mind, do not go backscreen where you cannot score from. Have him be a down screener or cross-screener.**
- **The guy that will get open will be the screener when the cutter reads the man and the screener sets a good screen.**

A. Types of Screens:

1. Downscreen

- **The screener should call the name of the teammate he/she is going to screen for**
- **The screener should take 2 to 3 steps towards the middle to set up the screen**
- **The screener should sprint down and screen.**
- **The angle of the screen is paramount.**
- **The screeners back should be to the ball.**
- **Lock hands so we do not move on the screen. Normally it is the cutter who creates the illegal screen. Protect yourself.**
- **Cutter must set his man up by taking 2 to 3 steps towards the bucket with a v-cut. If he does not go with cutter on initial setup just cut to the basket.**
- **The cutter should read his man and make the appropriate cut:**
 1. **Straight cut if man is screened**
 2. **Curl cut if man is trailing him**
 3. **Back cut if man is playing above the screen**
 4. **Pop back cut if man goes ballside of the screen, screener should rescreen in this situation.**
- **If he fights over top I take him high and rescreen for the backscreen.**
- **Pop back when defender goes on the ball side of the screen rescreen.**
- **Hold screen for a two count**
- **Sprint to screen run to cut.**
- **Finish Cuts to the rim.**

Drills:

- 1. 1 on 0 2 balls**
- 2. 2 on 1 1 ball**
- 3. 2 on 2 With and without Switching**

- **2 options when setting a downscreen versus a switch:**

- 1. Cutter backcuts and screener pops out for shot**
- 2. Screener slips the screen**

2. Backscreen

- **One rule on a backscreen: the screener must be able to shoot from where he screens from.**
- **Screen and rescreen when the defender goes ball side.**
- **Pay attention to what the cutter is doing.**

Drills:

- 1. 1 on 0 2 balls**
- 2. 2 on 1 1 ball**
- 3. 2 on 2 with and without Switching**

- **2 options when setting a backscreen versus a switch:**

- 1. Cutter cuts low and screener seals his man and steps back to ball.**
- 2. Screener slips the screen don't run into the switch.**

- 4. 2 on 2 Downscreen or Backscreen versus a switch**

3. Cross Screen

- **Post for a count of 2, then turn look and go screen. 3 part situation, do not screen air and you do not screen your own man.**
- **Back to the ball on the cross screen, the cutter needs to step 6 to 8ft off of the lane to have room to cut.**
- **Cutter's man plays high take him high and cut low. If he plays you level or lower take him low and cut high.**

Drills:

- 1. 1 on 0 2 balls**
- 2. 2 on 1 1 ball**
- 3. 2 on 2 with and without Switching**

4. Flare Screen

- **Call out name of player you are going to screen for.**
- **When setting a flare screen your seat is pointed at the corner**
- **Go get the cutter's man**
- **Cutter needs to set his man up by taking 2 to 3 steps away from the screen.**
- **4 reads off of the flare screen:**
 - 1. Straight cut if man gets screen**
 - 2. Reverse Curl if man is chasing cutter**
 - 3. Pop Back if cutter defender goes under screen, screener must rescreener cutter must pop straight back from middle of screener's back.**
- **WE THINK A FLARE SCREEN IS A GREAT SCREEN TO SET FOR A GOOD SHOOTER OUT ON TOP TO GET HIM A SHOT.**
- **We like to rescreen if the cutter does not get the ball on the initial screen**
- **This is a great screen to use if teams are switching, the screener must set the screener wider which allows the screener a great angle to slip to the basket.**

Drills to teach your motion offense

1. **2 on 2**
2. **2 on 2 inside switching and not switching with 2 coaches on top as releases.**
3. **3 on 3 Perimeter**
4. **3 on 3 with a release in the post in the lane where the line cross.**
5. **3 on 3 inside with 2 releases**
6. **2 on 2 Perimeter with 3 screeners**
7. **Ballside 3 on 3 with a Release.**
8. **3 on 3 on the Perimeter with postman**
9. **4 on 4**

Five Daily Basics

1. **Shooting**
2. **Passing**
3. **Cutting and Screening**
4. **Pass Fake and Shot Fake**
5. **Post Play**

Offensive Principals of play

1. Spacing

- **15' to 18' spacing between any two players.**
- **We can slip screen, change directions, and tougher on the defense to play.**
- **Lateral spacing is the hardest to guard.**
- **The more you are forced to help the more chance for error. Everytime there is a help and recover situation there is a great chance of a defensive mistake.**
- **The 3-point line is a great line for spacing.**
- **Most offenses only use 60% of the floor we want to use 100% laterally of the floor.**
- **Don't throw the ball to the baseline unless the receiver is open for an immediate shot or drive.**
- **Don't throw the ball to the guy cutting away from the ball.**
- **Let's get the ball on top of the key as much as possible.**
- **Post man straddling the hash.**
- **Horizontal motion line everything above it except for a cutter or a postman posting.**
- **Keep our offense up above the motion line.**

2. Face the basket for a two count

- **On the perimeter unless someone is immediately open for a shot or drive.**
- **In the post**
- **We bypass the postman far more than we see him open.**
- **Hold the screen for a two-count.**

3. **Perimeter Cuts:**
 - a. **Inside cut to the baseline**
 - b. **Cut to the basket**
 - **Basket cut is the foundation of motion offense.**
 - c. **Screen away**
 - d. **Cut away and replace yourself**
4. **Don't make two consecutive cuts in the same direction**
5. **Screen below you**
6. **Keep the ball off of the baseline**
7. **Fill the high post**

Flexibility

- **the number one ingredient in offensive play which allows you to play players in different positions on the floor**
- **The opponent is going to determine who he/she is going to guard; we can determine where they are going to guard**
- **Number the players—they are #1, #2, #3, #4, or #5. We really do not number players. We want kids that can play the game.**
- **Game-to-game preparation, we look at the opponent and see where we want their players to guard our players.**
 - **Example 1-Center that is not really big but is quick and can really drive it probably better to bring him out on the perimeter, conversely, you can have a guard who is being guarded by a smaller player put the guard in the post.**
 - **Example 2-Inside player can step out and handle the ball and being able to shoot and drive or a guard who can go inside and play with his back to the basket.**
 - **Example 3-Teams that switch we can setup a screening switching where we end up having a bigger guy on a smaller guy and drive him or a bigger guy being guarded in the post by a smaller guy.**

Using Restrictions to Teach

- **Put a value on each possession...**
- **Handling, rebounding, shot discipline. You could call them emphasis rather than restrictions.**
 1. **The value of ball possession**
 2. **Shot discipline**
 3. **Ball handling and post feeding skills**
 4. **Board coverage and transition**
 - A. **No Dribble**
 - **It forces the kids to pass-cut-screen moving without the ball and reading the defense.**
 - B. **You have a really good scorer you must have only him shoot. The offense knows he is going to shoot, the defense knows he is only one going to shoot, and the best player knows he/she is only going to score unless you have a layup.**
 - C. **Conversely, then we do not let our best player shoot. You can only score on layups. Now everyone else has to score. Maybe your best player is in foul trouble.**
 - D. **Where the postman has to touch the ball 3 times before you can shoot.**
 - E. **Number of Passes before you shoot unless they have a layup.**
 - F. **Throw things into practice to make them concentrate.**
 1. **Only the screeners shoot**
 2. **Importance of getting ball to the top of the key.**

- **Let's get the ball on top and see what is available on the other side.**

Man-to-Man Alignments

1. Post Exchange

Teaching Drills:

- a. **3 on 3 on the perimeter/2 on 2 inside**

2. Triangle

- a. **2 on 2 with 3 across/3 on 3 inside**

3. Regular

- **Change**
- **We go through everything we have been working on a full court basis.**
- **Forces kids to concentrate.**
- **4 offense versus 5 defenders**
- **4 offense versus 6 defenders, 2 are trappers**
- **4 offense versus 7 defenders-start with FT. throw ball to the long corner, keep the passer behind the ball, keep someone in the middle, if the middle man gets it fly the lanes.**
- **Rebounding**
 - **2 on 2 with 2 outlets and coach shooting the ball.**
 - **3 on 3 with one shooter**
 - **3 man tip drill**

Many Thanks to: Bob Knight and his staff, Jim Boone, Don Meyer, Jim Crews, and Mike Krzyzewski