

OFFENSIVE PHILSOPHY

It is very important that every player knows the goals we are striving for as a team this year offensively. The coaches will be working towards obtaing perfection on your part in order to reach our ultimate goal-WI NNING.

We are going to work very hard at moving the ball up the floor quickly. In othe-r words, we want our team speed to work for us and we will fast break in all trans-ition situations when we have the correct oppor tunity. The hardest part for you asa player will be for you to evaluate if we have an advantage in each of our fast break situations. The player that can not do this effectively will make too many mistakes, and consequently won't be able to see much playing time.

If we do not have a fast break situation that calls for a shot we reach our ne-xt offensive phase, our Mo tion Offense. The success of this type of offense is dependent upon teamwork, sacrifices, and prids in helping your teammates. A selfish pl-ayer can destroy this offense by causing congestion and stagnation. It will be assumed we have no player with "ego hang-ups." The good player should fulfill his potential as a basketball player in this offense because he is not restricted by the constraints of a patern.

However, the concepts of floor balance, ball movement, and player movement must be understood by everyone if this offense is successful.

THOUGHTS

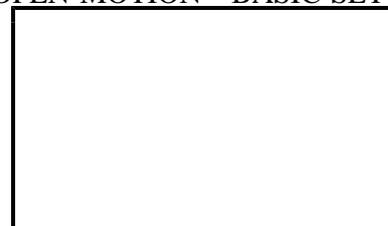
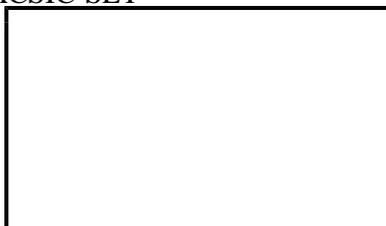
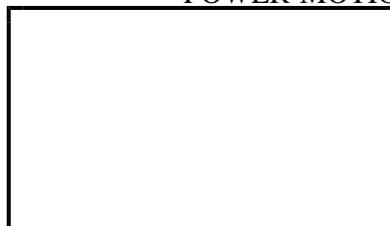
- * We must have patience, most defenses usually have a break-down after 4 or 5 passes.
- * We never take a bad shot! Shot selection has a great deal to do with whether one player plays over a nother.
- * Player and ball movement creates easy shots.

1. In a set pattern offense usually three players at the most are envolved. This gives the defense a chance to provide a great deal of off side help. Motion Offense puts all five players in constant movement and nothing creates more problems for the defense th an does movement, particularly, movement with screening.
2. Motion Offense makes scouting and anticipation very difficult because our offense is a reaction to the of fense.
3. Motion Offense can be geared to all tempos of play, from fast breaking to a slow down situation.
4. Motion Offense gives every player equal offensive opportunities.
5. Motion Offense teaches all players ball handling skills no matter what postion he plays. This is a result of all positions being interchangeable.
6. Because all positions are interchangeable, the Motion Offense forces our opponent's defense into a positi on they do not want to play.
7. The Motion Offense allows for individual offensive creatively at the right time.
8. The Motion Offense teaches our players to become intelligent players. Our players must react to the defe nsive play of our opponents and act accordingly. You are forced to think! You are not just memorizing li nes drawn on a piece of paper by a coach.
9. The Motion Offense is a team offense. It develops play among individuals. Our players must look to dev elope things for his teammates, if he doesn't, then he gets "no time."

* These are only a few important reasons why use Motion Offense. There are entirely too many to list al l of them. However, as the season progresses you will notice many more. We will be using two differ ent sets in our Motion Offense against man to man defenses, a Power Motion set and our Open Motio n set. As we have said the fundation for our Motion Offense is constant movement of all five players with closely co-ordinated rules or principles to follow.

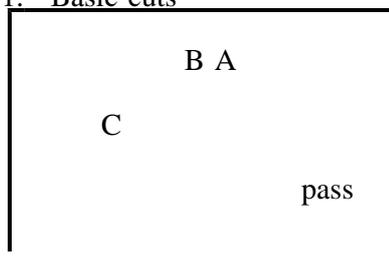
POWER MOTION - BACSIC SET

OPEN MOTION - BASIC SET



. Perimeter play

1. Basic cuts



- A) Baseline cut or Basket cut
- B) Post cut
- C) Exchange

* Remember! Two players should not make 2 consecutive cuts in the same direction. (This should not be made.)

2. Use of Screening Principles

A) Player and ball movement will make good screens tough to handle. We will use vertical and horizontal screens. We never set a screen for the man with the ball, all our screens are away from the ball.

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B) The effective use of screen is dependent upon the section of both the screener and the cutter. The screener must read the position of the defensive men he is going to screen. This is called setting the screen at the proper angle. The cutter must use a V cut to set his man up for the screen.

The defensive player is low and away. A high vertical screen on A sets-up a V cut for the using to break to the foul line.

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The deffensive player is playing high and tight. The best pick is a vertical screen on the back side. Wing uses V-cut.

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- C) Switching: We must be prepared for defense switching on our screens. Our method for countering the switch is to have the screener step back to receive the ball. Always screen a flash back if you can.
- D) When you receive the ball make sure you face the basket for at least 2 seconds before passing it to perimeter player. This gives the inside game a chance to develop.
- E) our perimeter players must keep a 15' ~ 18' spacing. (Except between our 2 guards in our initial ser of special motion). This will improve our cutting and screening abilities.
- F) After you make a pass think of making a play for someone else. Be unselfish.
- G) If you screen for an inside player you must READ if you become an inside player.
- H) Use of the dribble; we must do anything we can to reduce or eliminate the use of the dribble. We only want to use the dribble in the following situations.
 - a) To advance the ball across mid court.
 - b) Use it to take the ball directly to the basket on the drive.
 - c) When a passing angle can be improved.

.Inside Game

- 1. The low post should always be opposite the ball: a player coming out of the low post has the following

options:

- A) Fill the high post if it is vacant. A
 - B) Fill a spot on the perimeter and follow perimeter principles.
 - C) Back pick for a perimeter player who can move into the high post, screen the low post, or go through to the baseline.
 - D) Low Post Back Pick: At times the low post on the ball side may be occupied. If the ball is reversed the wing. #4 may also be open by stepping back if his man sags or switches. × ×
2. When the high post is vacant-move into it: If the flow of motion leaves the high post open, the first player who sees this moves into it. this is a flash post put.
3. Post play: Since our motion offense are a combination of interaction of perimeter and post play we have separate rules for each.
- A) All of our players are expected to be able to play in the post area.
 - B) The #5 man is designated as always being in the post unless we specify otherwise
 - C) The high post on ball side should always be filled when the ball arrives to that wing.
 - a) Slide low on the ball side to allow someone to replace him, who will come from the low post of one of the perimeter spots.
 - b) He goes opposite the ball to screen for the low post-flash back.(assume the low post-flash back)
 - c) He goes to the opposite high post to set a possible screen for perimeter player.
- (The player in the high post is in a great position to be a feeder. Then he gets the ball he should immediately look toward the basket.)