* Offensive Philosophy

- True motion team runs motion with the game on the line
- Motion teaches kids how to play, not just how to run plays
- Can learn the basic concepts of offense: cutting, timing, spacing, passing
- It’s then easy to learn any set or play if you understand the basics
- Run offense to score, not just to run offense
- If you can get a good shot after one pass, take the shot
- Only time that changes is in time and score situations/end of the game situations
- Every cut and screen should be made to score
- Timing and spacing are key to good offense
- Spacing is offense, offense is spacing – just having good spacing is good offense – give guys space to make plays
- Play to your strengths
- Offseason – work on your weaknesses, improve your skills
- Inseason – play to your strengths
- Play together – screen assist, extra pass, quick outlet
- Take pride in doing the little things that help your team win
- Players play for their teammates and coaches, actors play for the crowd
- Paint catches, paint passes
- “Solid” – everything fundamental that a player does: passing, pivoting, catch the ball to shoot, etc.
* Fundamentals

- NBA players are the most fundamentally sound players
- Take Lanes (read what the defense is giving you)
- Options after passing: screen or basket cut
- Catch to shoot every time
- The most open you’ll ever be is when you first catch it
- Put your eyes on the rim (every play)
- Standing in one position is not bad as long as we have good spacing and we’re ready to shoot

* Post and Rip

- Anytime we feed the post, we want to throw it to the inside shoulder of the player so he can maintain the seal
- Always look to seal first, not make a post move
- If no seal, and post player gets pushed out – chin the ball and go “baseline to score” or “middle to explore”
- If you go “middle to explore” – initiates “rip series”

4-man goes to weakside elbow and rips down the lane
3-man can rip baseline or go to weakside elbow and rip down the lane
1-man and 2-man fill top of key and weakside wing to give room for 5-man to work

* Drive and Space
- As soon as we drive the ball, we’re in our “drive and space” action

- Each player has to get off his defender’s line
- We want to throw a baseline bounce pass
- Once we go to “drive and space,” we’re out of motion

* Screener/Cutter
- Screener: “head-hunt waist, solid base”
- Cutter: “V-away, eyeball-to-eyeball, shoulder-to-shoulder”
- Screener becomes 2nd cutter
- Screener always goes opposite the cutter
Screener/Cutter action on a downscreen

(straight cut and dive)

(curl and pop)

(back cut and pop)

(outcut/re-screen and dive)

Screener/Cutter action on a ballscreen (same action except you have the ball)

(straight cut and dive)

(curl and pop)

(back cut and pop)

(outcut/re-screen and dive)
* **Using the dribble**

- Dribble should be used to drive to the basket, use a ballscreen, or make an easy pass
- Players often dribble without accomplishing anything
- Picking up your dribble is a killer
- Good time to drive is when you see a defender’s back

[Diagram]

- You can force containment or create an easier pass or shot
- Dribble at if reversal is denied = backcut

[Diagram]

- Better to keep your dribble than dribble to a spot and pick up your dribble

* **Review: Key components in motion**

- Spacing
- Hard Cuts
- Drive and Space
- Post and Rip
- Screener/Cutter

- Motion is a great thing to defend against in practice – all different types of screens

- We’re always working on our motion, even if we’re working on our defense

- No matter what wrinkle we put in, our players will know how to read the defense

* Breakdown Drills

- Ballscreen Jumpers

- all different shots off of a ballscreen
- straight/curl/back/out
- take them from all four motion spots
- going left/going right
- coach can dictate cut, or they have to read the defense

- 2-on-0 Drive and Space Drill

- guard #1: drives the ball, stops, pivots under control
- guard #2: wants to get off the line of his defender; 1-2 steps into jumper
- practice pivoting off both feet
**Forward Hi/Low Drill**

- Forward #1: first looks to catch and shoot
- Forward #2: then looks to beat his man on duck-in; if defender takes it away – seal, reverse pivot, maintain contact until ball is over head
- Timing is important
- Passer is the eyes of the receiver – if passer puts the ball high, he’s telling the receiver to keep the ball high
- Catch it up, keep it up – catch the ball high and keep it above your chin

**Weak Hand/Weak Foot Drill**

- Forward sets a screen and makes a 2nd cut
- Coach throws poor pass
- 2nd cutter has to chase ball down
- Chin the ball
- Pivot on weak foot
- Extend to the rim without a dribble
- Layup using their weak hand
- **Screener/Cutter Drill**

- Guards and Forwards
- Forward is screener and then becomes 2\textsuperscript{nd} cutter
- Guard is the cutter
- One coach is responsible for cutter, one for the 2\textsuperscript{nd} cutter
- Screener calls cutter’s name; “head hunt waist, solid base;” “hard and late on 2\textsuperscript{nd} cut”
- Cutter calls the cut – mix up the cuts: straight, curl, back, out

- also can do drill where cutter passes to 2\textsuperscript{nd} cutter, then pops back out for shot

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- **3-on-3 Weakside**

- teach them what they can do on the weakside vs. what they can do on the strongside
- weakside events: screener/cutter action, post flashes, ball screens
- weakside players can: slip the screen, curl into the lane, make 2\textsuperscript{nd} cuts to the basket
- weakside post looks for: ball to be reversed, offensive rebound, space on drive – catch and finish when post defender helps
- on missed shot, kick it out to coach and fill spots
3-on-3 Strongside

- Hard for perimeter players to make basket cuts when post player is on their side
- Post player can get baseline seals (step to defender and seal, not to the ball)

- Skip pass recipient must recognize seal
- Skip passer must know to skip it
- Post must know not to duck-in

* 5-on-5 (No Dribble)

- Have to catch and shoot – a good shooter not catching to shoot is worse than a bad shooter taking an open shot
- Have your eyes on the rim – see everything
- If perimeter pass are denied, post feed is a good option/outlet (great spacing because everyone is denying and can’t help)
- You can also put on other motion restrictions – give them things they’re only allowed to do
- What are we trying to teach in this drill?
- For example: have to score off a post touch, have to score off screener/cutter