BASKETBALL NOTES

MOTION IDEAS VS HELPSIDE (SAG) "D"

GENERAL THOUGHTS - MOVE THE DEFENSE
* BALL REVERSAL
* PLAYER MOVEMENT
* EARLY OFFENSE - FLOW INTO MOTION ACTIONS OUT OF TRANSITION

1. USE FLARE SCREENS - DEFENSE USUALLY JUMPS HARD TO BALL

2. SCREEN IN FOR CROSS COURT PASS
   SAME PRINCIPLE DEFENSE HELPSIDE

3. DOWNSCREEN (SCREEN IN) CUTTERS COMING THROUGH TO HELPSIDE
   * COULD ALSO USE MISDIRECTION HERE AND START TOWARDS THE 1-4 DOWNSCREEN
     BUT HAVE 2 BRING BALL BACK TO 3 OFF 5 MAN'S FLARE SCREEN

Coach Brad Brownell
**Basketball Notes**

**Motion Ideas vs Helpside (SAG) "D"**

4. Drives vs. Recovering Helpside Defenders
   - Quick Ball Reversal on Skip Pass
   - Attack the Glass (4+5 Here) as Defense loses men on rotation

5. **Penetrate + Fill Behind (Gd-Gd)**
   - Works really well when you drive it hard at a shooter's defender

6. **Penetrate + Fill Behind (Gd-Fwo)**
BAKKETBALL NOTES

Motion Ideas vs Switching "D"

Usually Perimeter - Perimeter Switch
Post - Post Switch

General Thoughts - "O" Has Options

1. Recognize Mismatches + Arrange
   Actions To Exploit Them (Switch) Screens

2. Make Rule - No Post - Post Screens
   No Perimeter - Perimeter Screens
   To Eliminate "O" Player Frustration
   With Switches. Only Post/Perimeter Actions

3. Have Players Cut/Move First
   Get Ball Reversal 1-2 Times
   Then Screen

4. Combine any of these ideas

* Set More Face Screens Than
  Down Screens!

A. Screener + Passer Always Have
   (3)
   Eye Contact - Easier To Slip
   Screen

B. Widens the Floor - Better
   Spacing

Flash Screen
**Basketball Notes**

**Motion Ideas vs Switching D**

5. *Pairs* - Teammates work together on 1 side of the floor

Options:

A) Keep Pt Guard (1) out top every possession

B) Allow 1 to take place of 2 or 3 within a possession

**How?**

1. **Shallow Cut**
2. **Inside Cut**
3. Downscreen or Flare Screen
4. **UCLA Cut** off Post Man

*Pairs - may work well if you like Rule #2 No Post-Post or Perimeter-Perimeter screens*
**Basketball Notes**

Motion Ideas vs Pressure "D"

General Thoughts - Make them defend the basket

* Spread the floor
* Back cuts, back screens
* Organize 2-3 Pressure Releases

1. If denied, back cut
   Don't stand
   A) Entry pass to wing - back cut
   B) Gd-Gd Reversal - back cut

If possible, have 1 on both posts up on the floor.

2. Make a rule - Low Post Man (5)
   Must stay on same side of floor - 1 low block area
   Is always open for back cuts.

3. Step any low post man off the lane to short corner
3 passes to 5 - Laker cut to basket
   Don't stand!

Empty low post!

2. Same Side Low Post Rule

3. Low Post - Use Short Corner
   Passer Laker Cut
Motion Ideas vs Pressure "D"
Organize a pressure release
We call this action or play "Ponmam" but our kids have been taught to react to this when pressured.

It is probably a good idea to have a pressure release both off the pass and dribble entry.

Option 1 - Back cut layup

Option 2 - Hand off to 1 Hi/low action

Option 3 - Hand off to 2 shot or crossover + Hi/Low
5. **Backscreen the passer rule**

- Make your opponent defend the basket (lay-up) and make them worry about being screened.
- Continue plan of back cutting any denied pass.

6. **Be ready to drive the ball aggressively to score**

- Again encourage any low post player (5)
- Recognize perimeter driving opportunities & posts attack the glass (4+5)

Empty low post!

Encourage perimeter players to give their teammates room to drive the ball - Inside Cut + 2 has middle of floor to attack his man of the dribble.