

PRINCIPLES OF “MOTION OFFENSE”

- 1) **TRIPLE THREAT:** PLAYERS MUST UTILIZE THE TRIPLE THREAT POSITION. FROM THIS POSITION A PLAYER CAN SHOOT, PASS, OR DRIVE.
 - * LOOK FOR THE OPENING, PENETRATE TO THE BASKET FOR THE SHOT OR “DISH” THE BALL TO AN OPEN TEAMMATE.
 - * PLAYERS MUST LOOK FOR THE OPPORTUNITY TO DRIVE TO THE BASKET, IF ITS THERE, TAKE IT!

- 2) **OFFENSIVE REBOUNDING:** CONSISTENTLY GOING TO THE GLASS, BOXING OUT, AND GETTING THE REBOUND IS A VERY IMPORTANT WEAPON AGAINST MAN TO MAN DEFENSE. BE AGGRESSIVE, GET TO THE BOARDS!

- 3) **SETTING SCREENS:** A MOTION OFFENSE CAN ONLY BE SUCCESSFUL IF ALL PLAYERS ARE PROPERLY SETTING AND UTILIZING SCREENS. THE BEST ATTITUDE TO HAVE IS “HOW CAN I GET ONE OF MY TEAMMATES OPEN?” ONE OF THE BEST WAYS TO ACCOMPLISH THIS IS TO EXECUTE A SCREEN EFFECTIVELY. IT IS IMPORTANT TO NOTE THAT THERE ARE 2 PLAYERS INVOLVED WITH SETTING A SCREEN: THE SCREENER, AND THE “USER.” BOTH PLAYERS MUST EXECUTE THEIR PART IN ORDER FOR THE SCREEN TO WORK!

- 4) **MOVEMENT WITHOUT THE BALL:** DON’T STAND STILL, ALWAYS BE ACTIVE, MOVE TO KEEP YOUR DEFENDER BUSY (DON’T MAKE IT EASY FOR A DEFENDER TO GUARD YOU). DECEIVE AND DISTRACT YOUR DEFENDER IF YOU ARE AWAY FROM THE PLAY.

- 5) **CATCHING THE BALL:** MAKE SURE YOU ARE IN A GOOD POSITION TO RECEIVE A PASS (USE “V” CUTS, PUSH OFF, ETC), HELP TO CREATE A GOOD PASSING LANE. DON’T BE LAZY WHEN COMING TO THE BALL, AND LOOK THE BALL INTO YOUR HANDS (USE A STRONG GRIP WHEN CATCHING THE BALL).