

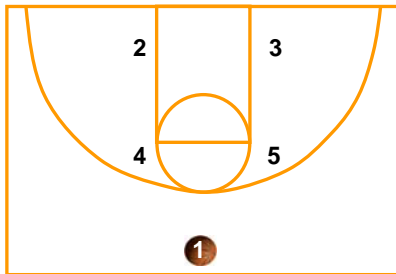
## ***IMPORTANT – PLEASE READ FIRST! HOW TO READ THE PLAYS AND DIAGRAMS:***

To avoid “clutter” on the diagrams, no defenders (X’s) are shown on the play diagrams. This is a normal way to show offensive plays on a diagram. The reason for this is simple - there is really no way to show exactly where a defender will be standing or exactly which direction a defender will turn, etc. Please understand that the offensive players in the diagrams are setting screens on defenders (even though it appears that the offensive player is screening another offensive player)! Remember the offense sets screens on the defense!

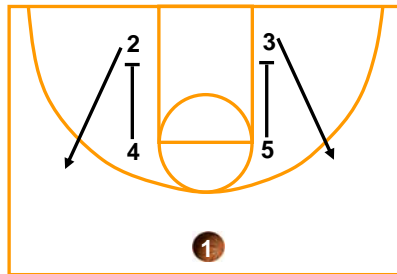
# AVCSS Basketball, LLC “Regular Motion” A Basic Motion Offense

When introducing motion offenses for the first time to youth basketball players, coaches should give their players enough time to get familiar with it. This motion offense is very basic (very easy for the players to pick up). Coaches should first make sure that your players have been taught how to set a screen properly.

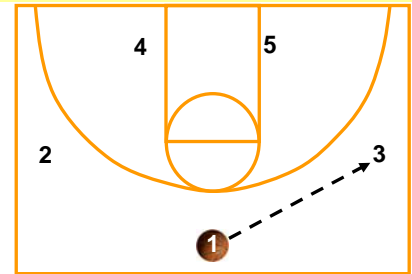
**Basic Set:** The players should line up as shown. The play should look like a 1-2-2 set up. The 2 and 3 are low at the “block” areas, while the 4 and 5 are up high around the elbows.



On the signal from 1, the play starts. The 4 and 5 set “down screens” for the 2 and 3. The 2 and 3 must wait, then turn their defender into the screen, and flash to the high wing.



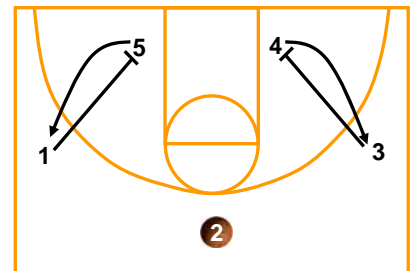
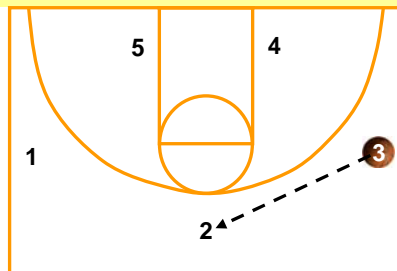
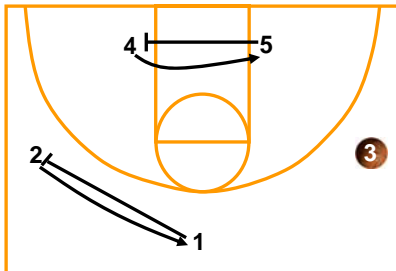
The 1 can pass to either side, but for this example, the first pass is to the side of the 3. The 1 must also be patient and not “telegraph” which side they are going to pass to.



On the pass from the 1 to the 3, the 5 and 1 should “screen away” from the ball. The 2 and 4 flash across towards the ball (hands up and ready to receive a pass).

The 3 should look to pass to 4, if 4 is not open, the 3 should pass high to the 2. The wing players should always look to pass low (quickly), then pass up high if player is not open.

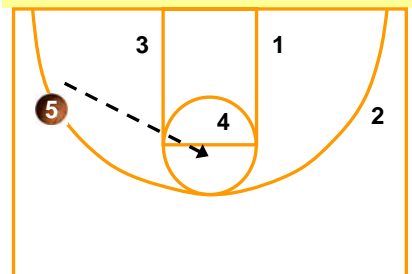
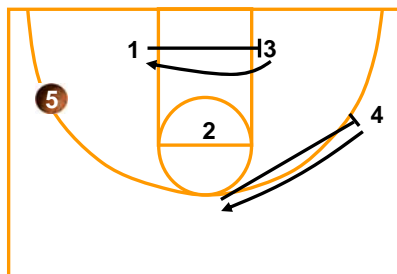
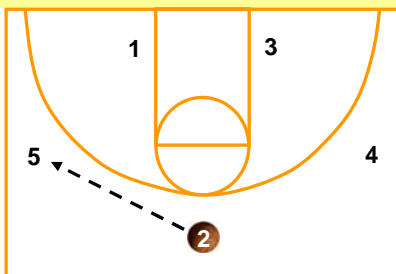
On the pass from the 3 to the 2, the 3 and 1 “down screen” for the 4 and 5 (away from the ball). The 5 and 4 must wait, then turn their defender into the screen, and flash to the high wing.



The 2 should pass to the opposite side (to the 5). This pass should be timed by the 2 (since the 2 is waiting for the screens to take place). A “pass fake” can be used to throw off the defense.

On the pass from the 2 to the 5, the 2 and 1 “screen away” from the ball. The 5 and 4 must wait, then turn their defender into the screen, and flash to the high wing.

**Remember, when the ball is up high players screen down, and when the ball is to the side (wing) players’ screen away!  
And so on...**



### ***Motion Offense Teaching Points / Notes:***

1. Practice the play over and over with no shooting or driving to the basket until the players fully understand the play. Then allow the players to drive or shoot on your signal (let them take turns).
2. Stress the importance of strong passing, and players should always “come to the pass.”
3. Pass Fakes – when used and executed properly, can cause “confusion” for the defense!