

Motion Offense Overview

Here at Hermantown we run the 4-out motion offense. I personally believe that our motion offense gives us the best chance to achieve success. The 4-out spaces the floor in such a way that there is plenty of room for driving, cutting, and screening. The lane is wide open. This offense allows us to take advantage of mismatches that occur as well.

This offense is predicated on passing and the passer either cutting or screening away along with post movement and backside action. Attacking the basket with the dribble is also an important part of our offense. Remember, you can NOT make a wrong decision in this offense. If you make a mistake reading the defense that happens, just keep playing! The only things you can do wrong in this offense is hesitate and loaf. Decisions must be immediately made and actions must be run crisp and hard.

In this offense, it is important that you catch the ball every time in triple threat position. You should catch the ball, look at the rim, then look for someone to pass to if a drive or shot isn't there. It is also important to use pass fakes and shot fakes to get your defender off balance as well as back cuts when the defense is denying you the ball.

The diagrams below show the positions for the 4 perimeter players and 1 post player. In running the motion, it is important to keep spacing. Two players should not occupy one spot unless they are screening for each other or cutting through. It is important that you communicate with each other to maintain proper spacing in this offense. Remember, all the perimeter positions are interchangeable. For the sake of explanations, the perimeters are referred to "guards" and "wings", but are the same.

Perimeter Positions



Post Positions



Please take a look at the following pages and familiarize yourself with the material. You don't have to memorize it obviously, you'll learn most of it in practice, but having a general idea of the offense is going to help you in learning it.

Guard to Guard Pass Options

When a player at the guard position passes to a player at the other guard, the passer has two options. The passer can either cut to the basket and fill out away from the ball or they can screen away for the wing.

When cutting to the basket, the cutter should take 2 steps away for their pass to set up the cut and then cut IN FRONT of their defender. The cut should be run all the way to the rim with hands up looking for the ball. After running to the front of the rim, the cutter should separate out to the backside wing and kick the backside wing to the guard spot.

When the player decides to screen away, they should take 2 steps toward their pass, and then go set a screen for the backside wing. The wing then runs a cut off the screen, and the screener separates out. The screen should be set below the FT line on the wing. The options for cutter and screener when coming off a cut will be discussed later.

Guard to Guard Pass



Basket Cut



Screen Away



Guard to Wing Pass Options

When a player at the guard position passes to a player at the wing, the passing guard has two options, cut to the basket or screen away.

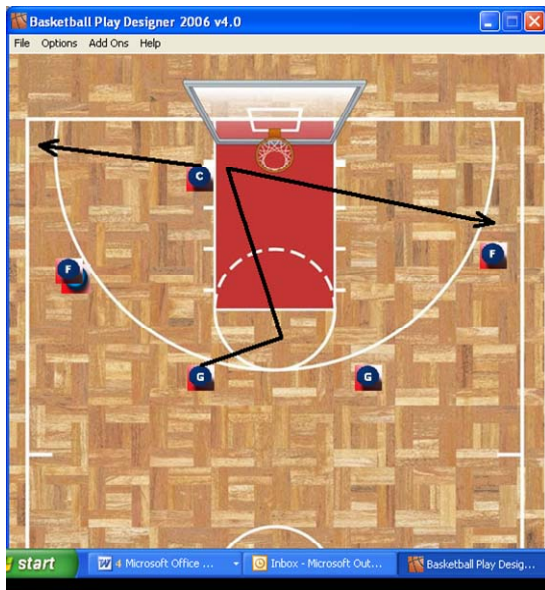
When cutting to the basket, the cutter should take 2 steps away for their pass to set up the cut and then cut IN FRONT of their defender. The cut should be run all the way to the rim with hands up looking for the ball. After running to the front of the rim, the cutter should separate out to the backside wing and kick the backside wing to the guard spot. When running a cut, the post should recognize that and either pop to the high post or corner to clear the area.

When the player decides to screen away, they should take 2 steps toward their pass, and then go set a screen for the backside wing. The wing then runs a cut off the screen, and the screener separates out. The options for cutter and screener when coming off a cut will be discussed in later pages. The screen should be set around the elbow area.

Guard to Wing Pass



Basket Cut



Screen Away



Wing to Guard Pass

When the wing makes a pass to a player at the guard spot, you obviously can't screen away for and if you cut to the basket and through you'll force the player at the guard spot with the ball to dribble over to the wing. So the pass from wing to guard is different than a pass from guard to guard or guard to wing. When a wing to guard pass is made, you should simply make a V-cut and replace yourself. Your cut should be two speeds, two directions, as any cut you make should. Walk your defender down toward the block, then pop back up at an angle looking for the ball.

Wing to Guard Pass



V-Cut and Replace



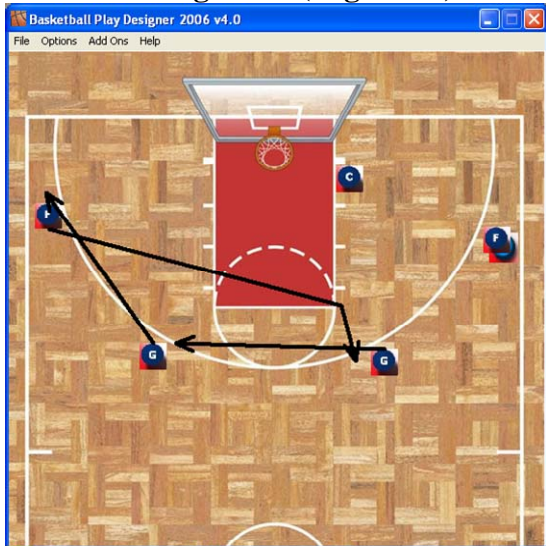
Backside Action

Sometimes, players will be standing for awhile on the back side of this offense. If the two players on the opposite side of the ball have been standing for more than five seconds they need to move in order to keep the offense from getting stagnant. There are two different actions that the backside players can have. They can either screen for each other, or the backside wing can flash to the ball.

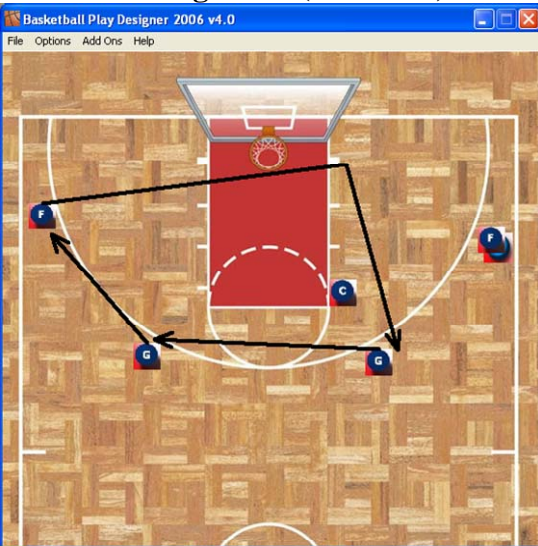
When the players screen for each other, they then exchange spots (notice the diagrams below).

When the backside wing flashes, he either flashes to the high post (elbow) or the low post (block). Where he flashes depends on where the post is. He must also not get in the way of a pass and basket cut action.

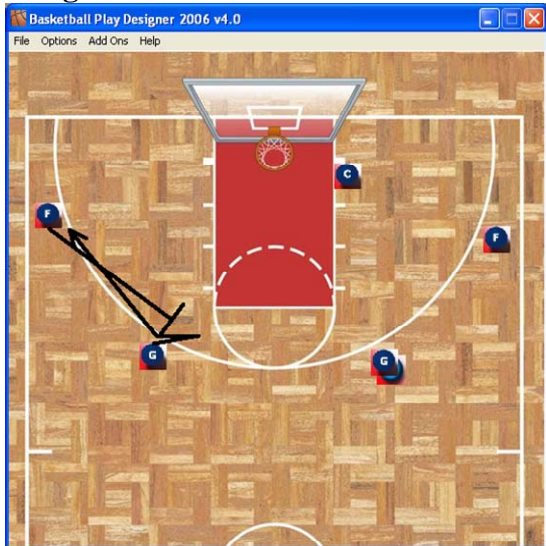
Backside Wing Flash (High Post)



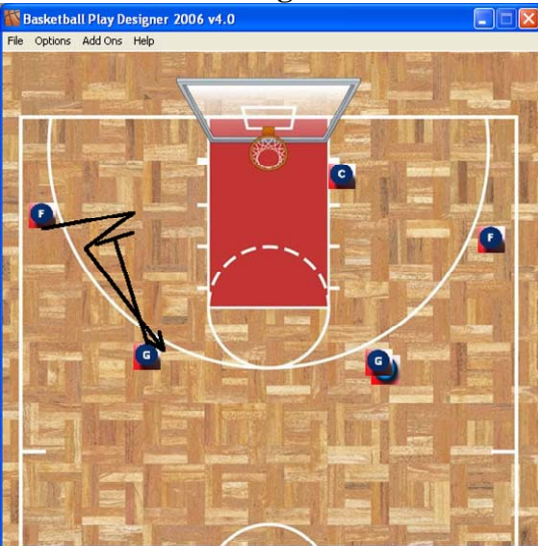
Backside Wing Flash (Low Post)



Wing Screens Guard



Guard Screens Wing



Motion Cut Options off the Screen

In our motion offensive breakdown so far, we have talked about setting screens after a pass. But what do you do when a screen is set for you? In our motion offense we have four possible cuts to run off of a given screen: **curl, flair, straight, and back**. These four cuts, and when to run them, will be further explained below.

Before we start discussing the specific cuts, there are a few things that must be pointed out. First of all, you **MUST SET UP YOUR CUTS**. Whenever we cut, we cut two speeds, two directions. When you see the screener take 2-3 steps toward his pass, you know he is coming to screen for you. As you see him take 2-3 steps toward his pass, you should take 2-3 steps down toward the block to set up the screen. When you come off a screen, call your cut so your teammates know what you are doing and they can make the right separation off the screen and pass.

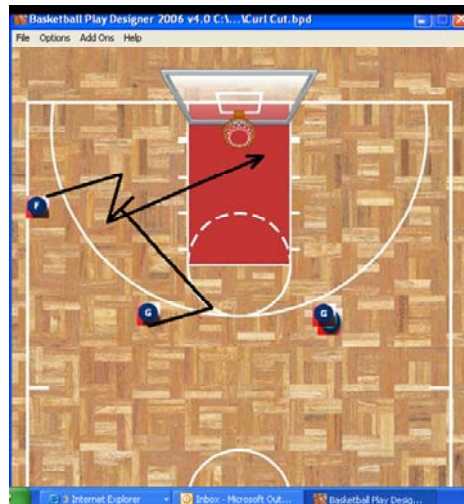
When setting the screen we have to remember to separate hard off the screen looking for the ball. Screeners can score just as much as the cutter, if they run the separation right. Remember to separate opposite of the cutter.

Also, don't just run a cut to run a cut. Read the defense as you run the cut. How the defense plays determines the cut you run. You might not always make the right read, and that's OK as long as you are trying!

Curl Cut: The curl cut is run when you curl all the way around the screen to the rim. **This cut is run when the defender is trailing you around the screen or when he gets caught by the screen.** This is not a cut to run if the defender is sagging in the lane or sitting on top of the screen. The screener pops to the guard spot on separation. The screener finishes his cut at the rim and separates out to the opposite side of the ball.

Straight Cut: The straight cut is where you come down 2-3 steps, cut to the top of the screen, and straight to the guard spot. The straight cut is **the cut you make when the defender is either sagging right by the rim or is under the screen.** The screener separates hard to the wing looking for a skip pass.

Curl Cut



Straight Cut



Post Play

In this motion offense, the post player can roam anywhere in the designated area below when the ball is on a given side. They should be looking to get the ball. There are, however, some rules with post players.

First, the post player can only change sides of the floor once. This will ensure that the floor is open for cutting more often. If you as the post do not change sides of the floor, you can should try to stay on the back side block and try to pin your man on the reversal.

As a post, you can screen yourself in and out of the post. You can set back screens for the perimeter players and take their place on the perimeter. Then, you can set a screen for the perimeter in the post, the perimeter will cut back onto the perimeter and you will take your place back in the post.

You as a post can post up on the block. This is a great option when a player is guarding you that is smaller and or weaker than you. A player that you can beat with your back to the basket.

You as a post can pop to the short corner. This is a good way to open up the middle, and also look to get the ball on the perimeter against a bigger, slower defender.

You as a post can pop to the high post. This is a second way to open up the lane and to get the ball away from the basket to play a face up game.

When a perimeter runs a basket cut, you should pop out to the corner or high post. This opens up the lane for the cutter. This also allows you to cut back into the post and gain better position on your defender after the cutter goes through.

When a perimeter player drives, you should cut to the opposite side block of the driver. This opens the driving lane and also makes your defender make a decision, help and leave you open, or don't and give up the drive.



High and Wide

High and wide is a way to run the offense when we are looking to create a lot of spacing as well as run the clock out at the end of a game. This is an offensive look we will use when playing against an aggressive man to man defense because there is lots more room to run our back cuts as well as drive.

Here, the guards are out about 25 feet or more, around where the NBA three point line would be. The wings are higher than they normally are (FT line or below), and also outside where the NBA three point line would be.

The post player is either in the corner or the high post. He can also set back screens against the defense trying to free up the guards for a lay-up.



Back Cutting Against Pressure

This is something we have talked about earlier, but I think it is important enough to elaborate on a little bit more. The back cut against pressure is one of the vital principles of our motion offense. When the defender is overplaying you, it does you no good to dance back and fourth trying to get the ball. This type of play results in lots of turnovers and poor offense for us. What we need to do is to **not fight pressure**, but instead use their aggressiveness to our advantage. We can do that by back cutting against their pressure.

We have two rules in our motion that act as signals to you that you should back cut. Our first rule is if you go 3 steps above the three point line and have not caught a pass because the defender is denying you, you must back cut. Our second rule is if a teammate with the ball gives you a pass fake, you must run a back cut. These are the two cues that you are being overplayed and are not going to get the ball. When you run a back cut, you must run it all the way to the rim and then separate out away from the ball side (as shown in the diagram below). When running a back cut, firmly plant your top foot, push off, and dive hard to the rim. Remember to keep your hands up the entire time looking for the ball; do not break the cut off early.

