

Motion Offense Situations Drill

Drill Purpose:

This drill can be used for your motion offense and defense at the same time. It improves all of your defensive and offensive fundamentals. The defense faces game-like situations, while the offense utilizes offensive fundamentals to score.

Instructions

1. Practice this drill with 4 on 4 or 5 on 5.
2. You provide a situation for the offense:
For example, offense can only set back screens.

This does two things:

- Teaches the defense how to defend back screens.
- Teaches the offense how to play while setting back screens.

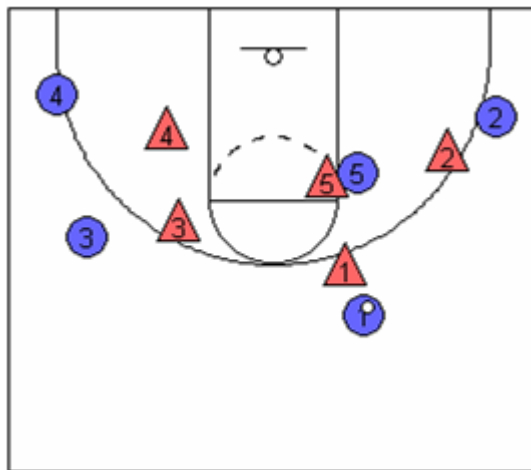
3. On your command, the offense tries to score.

If the offense scores, defense stays out there until they get a stop.

If the defense gets a stop, the next squad rotates in. If there are not enough players to rotate, offense and defense switches.

Any time a possession is over, the player with the ball speed dribbles to the half-court line to start again. The defense and offense sprint to their starting positions.

You can have one coach watch the offense and another coach watch the defense.



These are some other sample situations. I'm sure you can come up with more.

- Designated screen - All screens are down screens. All screens are ball screens. And so on.
- Designated cut - After a pass, all cuts are basket cuts.
- Designated shooter - Pick a player and all screens are set for this particular player and only this player shoots.

- No dribble - Offense can not utilize the dribble to score.
- Lay up only in the first 5 passes.
- Two ball reversals before an attempted dribble penetration.
- Ball must touch post before a jump shot.
- Ball must touch the post twice before a 3-point shot.
- All 3's must come on a pass from the post.

You can use these situations alone or in combinations.