

Minnetonka Boys' Basketball Motion Offense

- Our basic set-up is 4 players out, 1 player inside. We like to have our 2 and 3 start in the corners, our 1 and 4 on top – about lane line extended, and our 5 down low. (See Figure I)
- The areas on the court that are important for our spacing are detailed in Figure II. We want our perimeter players (players 1-4) to occupy four of the six X's at all times and our post player (player 5) is down low on the block, opposite ball.
- The boxes near the elbows of the free throw line are what we refer to as “Drop Zones”. Our goal is to penetrate to these drop zones and initiate the cuts and motion from the other players. Players 1-4 sprint to unoccupied X's, Player 5 always cuts opposite the ball. (See Figure III and IV)

Keys

- This offense is initiated off of dribble drives, putting the defense in closeout situations, applying constant pressure and attacking the rim.
- Players need to read what the defense is giving them. Players are not encouraged to immediately drive the ball on each catch, especially if the defense is set in front of them. Quick passes are a great way to get the defense moving, putting them in closeout situations and opening up driving lanes. We like to tell our players to attack off of a reversal pass (3-4 passes from one side of the court to the other). On good possessions, the ball should go through the top two X's at least twice.
- To execute this type of Motion Offense, players must be fundamentally sound ball handlers, have the ability to read what the defense is giving them, and also have the ability to get shots off quickly on inside-out passes for 3-point shots.
- Spacing is extremely important. Make sure cuts from X to X are only initiated off of penetration. If players 1-4 are inside of the 3-point line *without* the ball, they need to sprint outside to an unoccupied X.
- The 5-Man cuts block to block, always opposite the basketball. Our goal is for our guards to beat their perimeter defender on their attack to the rim, making Player 5's defender commit to help. If 5's defender helps to stop the ball, our 5 is taught to get opposite ball and seal the nearest helpside defender. Our perimeter defender then has an option to shoot a layup with our best rebounder (Player 5) in perfect rebounding position opposite the ball, or our perimeter players can make a bounce pass down to our 5 for a layup.

- Post Player Rules:
 - If the ball is driven at you - Cut under and relocate opposite.
 - If the ball is driven below you (baseline drive) - Cut up the middle of the lane.
 - If the ball is passed from the wing to the top - Duck in and look for a post up.
 - Ball is dribbled away from you – Seal opposite and survey.
 - Ball is passed opposite – Seal opposite and survey.

- Perimeter Player Rules:
 - After the first pass, Players 1-4 are interchangeable.
 - All four spots should be filled as much as possible.
 - Spacing creates driving lanes and gaps.
 - Passer out of the drop zone always cuts to the ballside corner.
 - Passer *below* the drop zone always cuts underneath and looks to relocate to any unoccupied X.