

Continuity Motion Offence

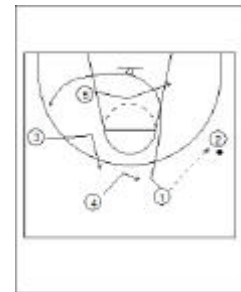
by Marissa Fillipou

This continuity based Motion offence is from Former Vic Metro head coach Marissa Fillipou.

The offence is predicated on “pass triggers” to help give the players accountability and direction in offence but still allow read and react opportunities.

This is the base of Coach Fillipou’s offence; it is the offence behind the offence. In short this is what the players run after the sets or entries have not generated a opportunity to score.

- 1 makes guard to guard pass to 2 and basket cuts. (he finishes cut at hoops and holds his spot)
- 5 cuts on the back of 1s cut.
- 4 & 3 replace perimeter spots.



- 2 makes wing to guard pass to 3 and receives a back screen from 5.



- 4 makes a guard to guard pass and receives an up screen from 5.
- 3 makes a guard to wing pass and basket cuts.
- 2 cuts on the back of 3 to the post.



Notes:

Same rules to set up cut on all cuts, regardless of where they are on the floor
Offensive communication on screening actions
Cut and screen with purpose and to create
Create dribble penetration opportunities where possible.