

Motion Audible's

Motion unlike Set or Continuity Offence relies heavily on your ability to teach basketball concepts and principles of play.

Sometimes it can be frustrating when coaching Motion to get the type of shot or player movement that you would desire because much of the decision making is in the players hands.

Motion Entries (Available here from a previous newsletter) are one way to prescribe movement to begin a possession.

Motion Audibles is another coaching concept to add some direction to a possession or scrimmage.

These "Audibles" are also great for controlled scrimmages in practice where you can call for a certain action or principle of play.

A couple of important points to make here:

1. A player can ignore these rules if there is a clear lay-up opportunity.
2. You must still ensure that your players are reading the play when they catch by getting into triple threat no matter what the audible. You still have a responsibility to "play your man" and make sure he respects you on the catch.

Reverse

- o Must have a ball reversal before scoring. In training we will often make stipulate "3 Sides" which means we need the basketball to go side to side three times, which basically means two ball reversals. A pass to the wing is one side, ball reversal is the second side and another ball reversal or skip pass is three sides.

Five

- o Must have 5 passes before you can look to score.

Post

- o Perimeter player can often over look the post player so if I don't think we are looking for him enough we can call out post. The key here is to not force feed the pass on the first side, you may need to reverse the ball first to get a better look.

Paint

- o "Paint" simply means the next shot must be inside the key. It can be a post catch or drive, but either way it must be a shot inside the key.
- o I use the "2 in a row rule" in games where if the team misses two jump shots in a row we must get a shot in the paint on the next possession. This rule also applies to an individual, if you miss two jumpers the next shot you take needs to be attacking the rim.

Fist

- We call fist for an onball screen. This can be a good way to get a “two man game” going or to free up a call ball handler for a drive to the basket.
- This (or post feed) is our default play with 8 seconds or less on the shot clock.

Curly & Cuts

- Curly & Cuts means that we want to attack the basket through our cutting action, rather than dribble penetration. For basket, back door and curl cuts to be effective you must have great floor spacing.
- This type of action can be great to combat switching or pressure defence.

Screens

- This can mean that you want a screen or a certain amount of screens before you score.