

Frankton Blues Motion Layers - U12 Principles of Play



“As to methods there may be a million and then some, but principles are few. The man who grasps principles can successfully select his own methods. The man who tries methods, ignoring principles, is sure to have trouble.”

- Ralph Waldo Emerson

Aim:

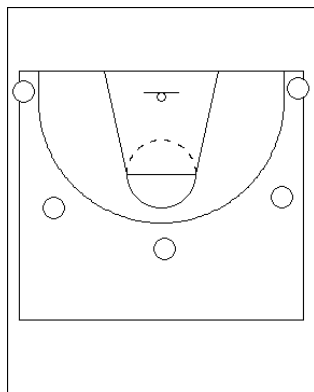
To provide consistent teaching, terminology throughout the Blues by implementing an age group by age group and layer by layer progression.

This will enable the club to grow by coaches “standing upon the shoulders” of the previous coaches.

Layers:	<u>U12</u>	<u>U14</u>	<u>U16 & U18</u>
	<u>5 Out Motion</u>	<u>3 or 4 Out Motion</u>	<u>3 or 4 Out Motion</u>
	<ul style="list-style-type: none"> • Balance, Spacing • Pass, Cut & Replace • Drive Receiver Spots <ul style="list-style-type: none"> - North/South - East/West - Post Reactions 	<ul style="list-style-type: none"> • Pass and Screen Away • Post Play <ul style="list-style-type: none"> - Back screens - Post Blocking 	<ul style="list-style-type: none"> • Onball Screens • Multiple Screens

LAYER 1: Balance, Spacing & Alignment:

5 Out Motion

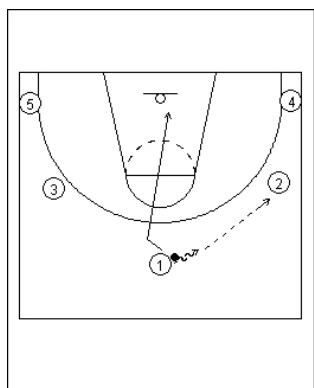


- 5 perimeter spots to fill: Point, Left & Right Wing, Left & Right Corner.
- 12-15 Feet apart, outside the 3pt line.

Shown to the left are the five positions in “5 Out Motion.” These positions or this alignment gives the players maximum opportunity for creating, recognizing and attacking space. Note that the spots are all around and outside the 3pt line; this helps bring the defence away from the hoop so you can attack it.

Spacing is offence, and offence is spacing
- Chuck Daly

LAYER 2: Pass, Cut & Replace:

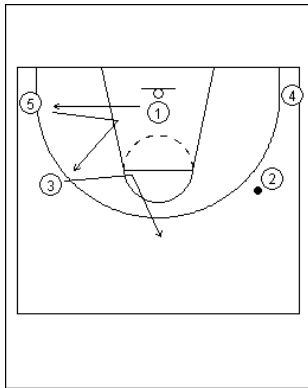


- Player 1 dribbles off the splitline to shorten the pass to Player 2.
- After passing to Player 2, Player 1 basket cuts to try and receive the pass back.

Principle:

- If the defence jumps to the ball make a back cut.
- If the defence does not jump to the ball face cut.

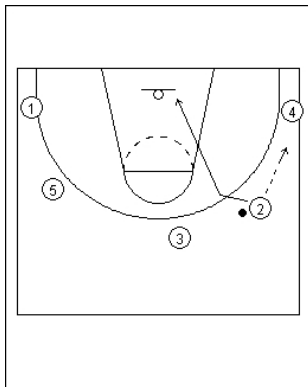
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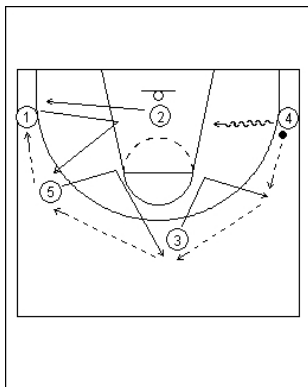
- Player 1 after cutting to the basket, then exits away from the ball.
- Players 3 & 5 V-Cut to replace the empty space left by Player 1.

Principle:

- Always fill open space above you



- Player 2 passes to Player 4 and basket cuts looking for the pass back.



- Player 4 should look to drive to hoop as players are replacing the empty spots on the floor.
- If Player 4 has no opportunity to drive, the ball should be reversed to the opposite side of the floor through Players 3 and 5.
- Once the ball has been reversed Player 2 or 1 looks to drive.

Specific skills required for this layer:

- V-Cut and get open into a triple threat stance.
- The ability to dribble with both hands.
- Finish at the basket with the four underhanded layups (left or right normal and left and right reverse) off the dribble & catch.
- Chest Pass with two hands, and Push Pass left or right hand.
- Jump stop on balance, execute 1 of 4 pivots and pass.

Specific tactics/principles required for this layer:

- Read the defence to make a face cut or back cut.
- Pass to the advantage of the receiver.
- Recognize open space.