

# Check List for Motion Offense

- 1) **Must have Established Screeners**  
*Role Development*
- 2) **Shot Selection**  
*Basketball is not an equal opportunity game*
- 3) **Shot Opportunities**  
*How will you get shots, and who will take them?*
- 4) **Offensive Rebounding: OBC**
- 5) **Spacing**
- 6) **Stay away from “weak spots”**
- 7) **Penetration: *Hardest thing to guard***
- 8) **Inside Scoring**  
**Free Throws**  
**Balanced Scoring**
- 9) **Turnovers**
- 10) **Hard to Guard**  
*Teach Kids How to Play*



**DELTA STATE BASKETBALL**

**“A Commitment to Excellence”**