

Video Review: Dukes Motion Offense to Attack Man & Zone Defense

Coach Jerry Nicholson, Winnetka Bullets Basketball Academy, completed this video review. You can contact Coach Nicholson at jer166@sbcglobal.net. More information about Coach Nicholson or the Winnetka Bullets Basketball Academy can be obtained from their web site at <http://www.winnetkabullets.com>.

Dukes Motion Offense (69m 1987) VHS
With Mike Krzyzewski

This video is perfect for coaches who want to teach or implement a motion offensive system for their program. It also provides ideas for a coach who wants to improve or tweak his motion offensive system. I highly recommend this video to all coaches.

Philosophy

The Motion Offense video series gives you an in-depth look at Duke's motion offense and provides you with a "sound method which you can use to teach the offense against both man-to-man and zone defense."

Duke's basic philosophy is to play a Motion Offense. In Motion, five players move with a purpose to create both offensive situations that are difficult to defend and the best possible shot opportunities. There are several reasons for using this style of offense.

REASONS TO USE MOTION

DIFFICULT TO DEFEND: The hardest offensive player to defend is the one who is moving. Furthermore, the most difficult offensive maneuver to defend is the screen. Duke's Motion involves five players constantly moving and screening for each other. This style is contrary to most pattern offenses that do not have all five players in motion at any one time.

FLEXIBILITY: In Motion Offense, you can use different combinations of players without regard to traditional positions. For example, guards and forwards, number one man and number three man are all interchangeable. In addition, you can use the best type of offensive alignment and movements to take advantage of the specific group of players you have in the game at any one time. Motion offense gives you the opportunity to use your personnel most effectively at any time during the game.

ADAPTABILITY: The problem with most pattern offenses is that the offense must react to the defenses presented by the opponent. Motion Offense rectifies this situation by giving the offense the power to attack all types of defense; consequently, the defense must react to your offense, not vice-versa.

ENJOYABLE: Most players truly enjoy playing in a Motion Offense. They enjoy the freedom of movement, love the scoring opportunities it presents, and don't feel restricted by the offense. As a coach, you are not teaching the same movements over and over; therefore, the offense is more enjoyable for the coaches to teach.

PLAYER DEVELOPMENT: The Motion Offense maximizes the abilities of each of your players. Because the offense puts the player in a positive state of mind, it allows the player to use his talents more effectively. Motion also allows the player to constantly improve, for he can use the principles he has learned under all playing situations.

DIFFICULT TO SCOUT: Because most offenses are based on a repeated pattern, they tend to be very easy to scout, giving the opponent an added advantage. In Motion Offense, there is no predetermined movement; therefore, the opposition has a difficult time diagramming its tendencies.

In addition to the Offense's basic philosophies, certain essential components are necessary for a successful Motion Offense.

ESSENTIAL COMPONENTS OF THE MOTION OFFENSE

PASSING: Good passing helps avoid turnovers and puts your team in the best possible scoring positions. Most of our passing drills establish the mindset of passing away from the defense instead of passing to the offense. Moreover, the passer must not only get the ball to the recipient but also put the recipient in the best possible position to shoot the ball and score.

MOVEMENT: The key to successful movement is to move in concert with the rest of your teammates to insure the key concept of our offense, floor balance. Proper spacing is essential for a good offense. An offensive player standing still allows his defender to play off his man to give help to his teammates.

SCREENING: Each player must help his teammates get a better shot opportunity. The screen is the most effective way of establishing better shot opportunities. However, the passer must look for both the person being screened and the screener as potential scoring threats. In the execution of the screen two players will work together to produce a scoring opportunity.

SHOT DISCIPLINE: Despite its reputation, motion offense is not an equal shot opportunity offense. You, as coach, must establish what type of shot each player is expected to take.

CONCENTRATION: In pattern offenses, the system does all of the thinking. In motion offense, you are only as good as your concentration. You must think before you move.

ROLE IDENTIFICATION: Each player must understand the role designated for him on the team. Shot discipline & role identification go together. Each player must be told to play within his capabilities.

COMMUNICATION: Communication is key to motion offense. In order to establish proper floor balance and establish the best shot opportunities, players must be in constant communication. For example, demand that the screener call out the name of the player he is screening. This keeps both players alert, encourages good screens, and helps keep the floor balanced.

BASIC PRINCIPALS OF MOTION

READ THE DEFENSE: Players must develop the habit of taking what the defense gives them. The offensive player must concentrate on how he is being defended and the position of his teammates. Then he moves to put himself in the best position produce a score. Offensive players must play their man on offense.

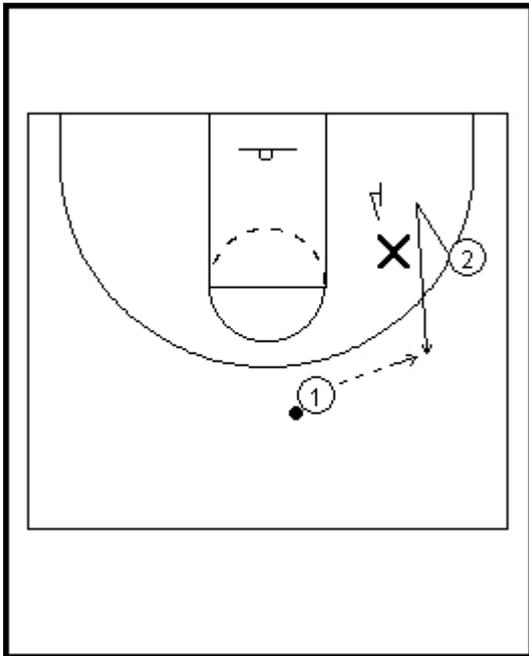
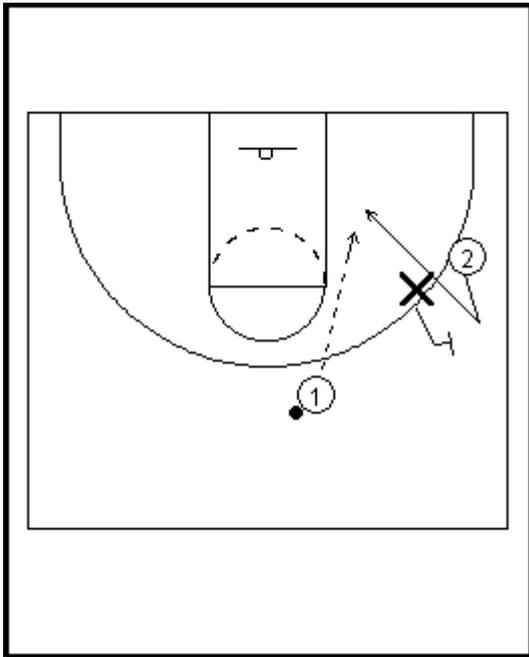
If the offensive player does not have the ball two of the most basic movements are the V cut & the screen.

In the execution of the V cut the offensive player will take his man in one direction & then move quickly in another direction to get free.

Diagram

1

If 2 is guarded high he will move higher &
make a quick back door cut



2

If 2 is guarded loosely he will V cut to receive the ball

In the execution of the screen two players will work together to produce a scoring opportunity.

The screener must think before he moves. First he considers how the teammate is being defended and moves to set a screen at the proper angle so the teammate can make good use of the screen.

As the screener is moving to screen the player getting the screen must set his man up for the screen with a proper V cut. After screening players must maintain proper floor balance.

If a player has the ball he must be in triple threat position. The player must catch & face the basket. The player must be ready to shoot, pass, or dribble. Many times players are just looking to pass the ball and aren't ready to take advantage of scoring opportunities. Offensive players must be aggressive to take advantage of the defense.

NO PREDETERMINED MOVEMENT: Keep the floor balanced, read the defense and take high percentage shots. Because player movement is completely random it is difficult for the defense to defend them.

COMMUNICATION: Communication is essential for motion offense. Talking helps establish good floor balance and timing on screens. Call out the name of the player getting screened to alert him that a screen is coming.

DEVELOP GOOD HABITS: Players need good offensive concepts to help develop good offensive habits. If good habits are developed the offense can react quickly and efficiently to the defense.

TERMS AND PHRASES

Pass away from the defense
 Move with a purpose
 Think before you move
 Play within your capabilities
 Face the defense
 Catch & face
 Play your man on offense
 Show a target
 Be ready to shoot
 Hold your screen
 V cut

CONCEPTS

When you pass, move but don't follow your pass
 Don't make two simultaneous cuts into the same area
 Call out the name of the player screening for
 Catch & face, hold for a 2 count unless you have a good scoring opportunity right away
 Don't pass too quickly
 If a screener's back is to you, hold to see what develops
 15-18 feet spacing on perimeter
 Keep the ball off the baseline unless a scoring opportunity is available
 If a single post has a scoring opportunity don't go there
 Dribble only to advance the ball, improve a passing angle, go to the basket, balance the floor, or get out of trouble.

TEACHING MOTION OFFENSE

Most of the 1,2 and 3 man drills can be taught in 5-7 minutes. 4 & 5 man drills should not be longer than 10 minutes.

Basic Shooting Drills

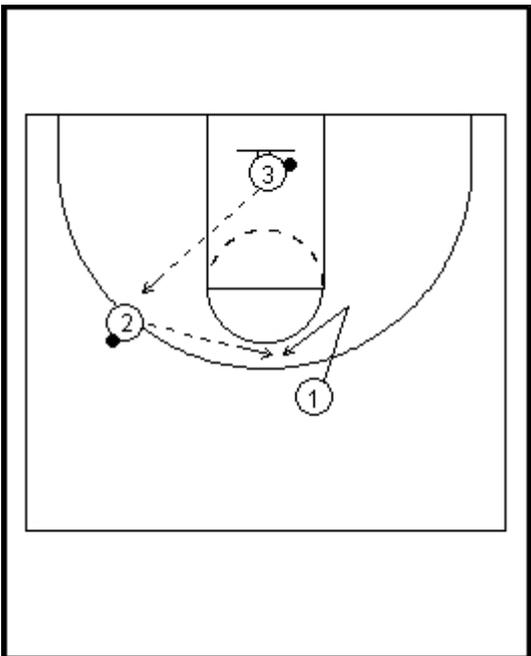
Diagram

3

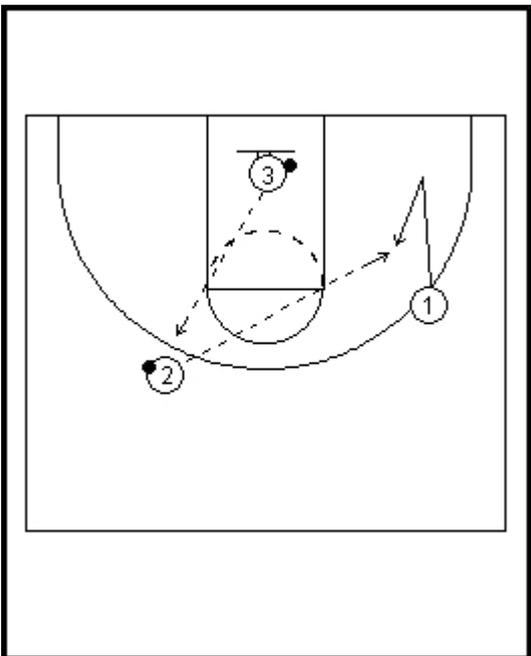
Two Ball Shooting

Diagram TOC

Three players with two balls
 Shooter, rebounder, passer
 1 V cuts
 2 pass 1
 1 shoots
 3 pass 2
 3 rebounds



Rotate after 5-7 shots
 Players must talk by calling out the name of the player they are passing to



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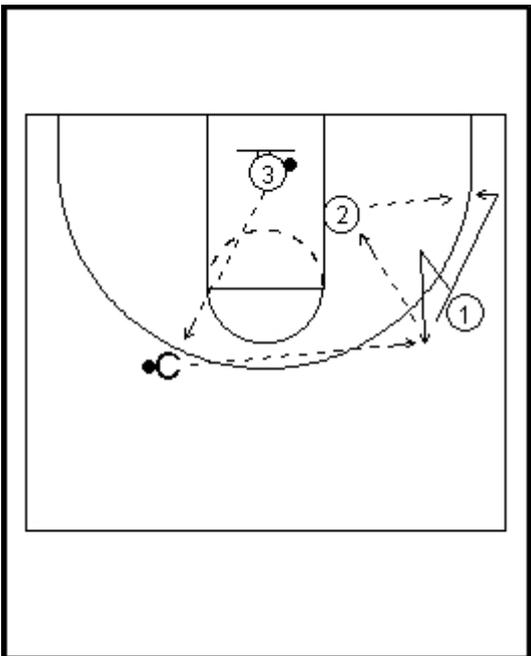
**Two Ball Shooting
 Diagram Wing**

Three players with two balls
 Shooter, rebounder, passer
 1 V cuts
 2 pass 1
 1 shoots
 3 pass 2
 3 rebounds
 Rotate after 5-7 shots
 Players must talk by calling out the name of the player they are passing to

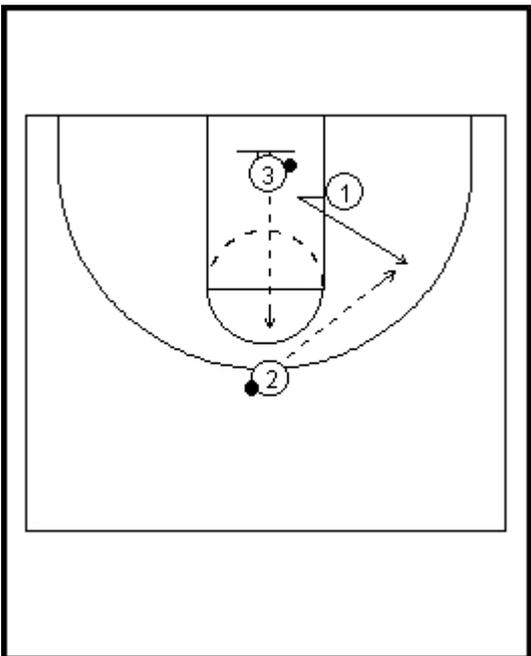
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**Two Ball Shooting
 Diagram Pass to post & relocate**

Three players with two balls
 Shooter, rebounder, passer, coach
 1 V cuts
 C pass 1
 1 pass 2 & relocates
 2 pass 1
 1 shoots
 3 pass C
 3 rebounds



Rotate after 5-7 shots
 Players must talk by calling out the name of the player they are passing to



6

Down Screen shooting for Perimeter Players Diagram

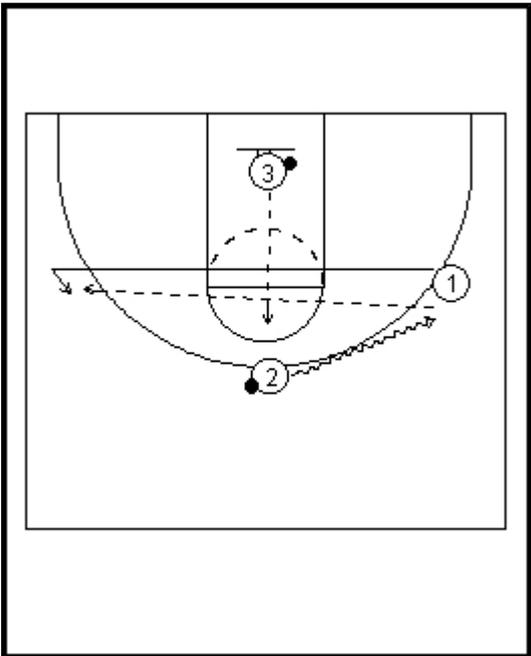
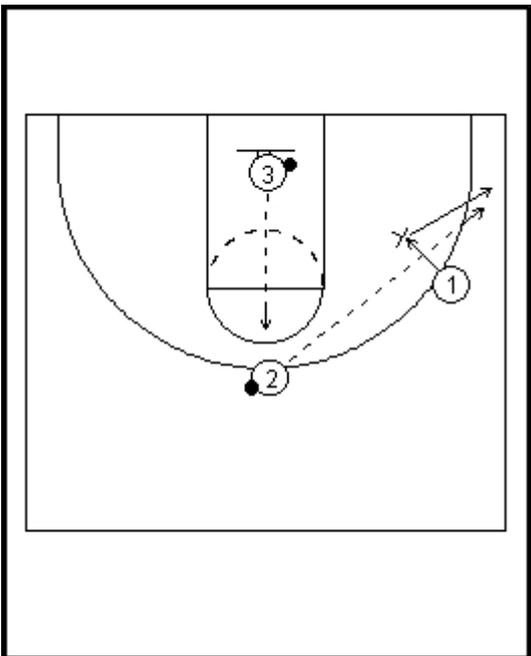
This is the same concept as 2 ball shooting. 1 starts low & V cuts to simulate being down screened by a teammate

7

Backpick Shooting for Perimeter Players Diagram

1 V cuts into a flare move to the outside to simulate coming off a backpick

1 V cuts & flares



8

Skip Pass Shooting for Perimeter Players

- 2 dribbles 1 out
- 1 cuts to opposite wing
- 2 skip pass to 1
- 1 shoots
- 3 shots & rotate

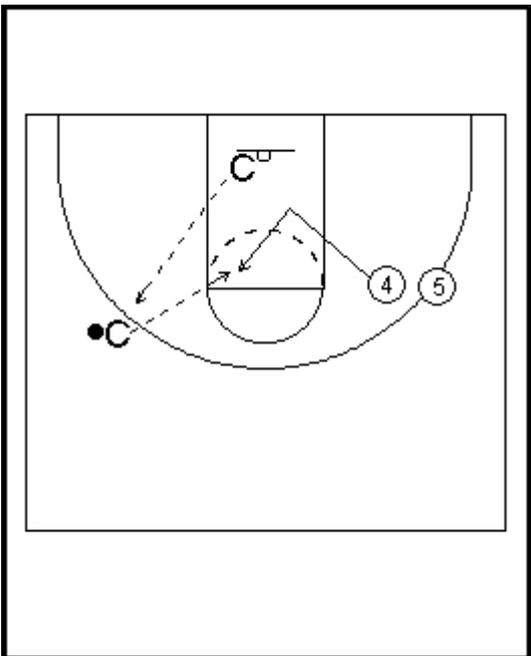
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Post Shooting Use of a screen

This develops good footwork & the habit of going to the offensive boards

Diagram

4 V cuts low & flashes high



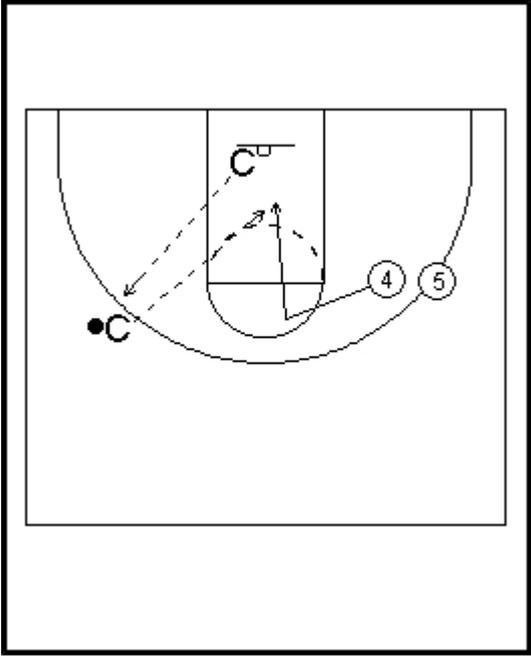
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Post Shooting Use of a screen

This develops good footwork & the habit of going to the offensive boards

Diagram

4 V cuts high & flashes low



11

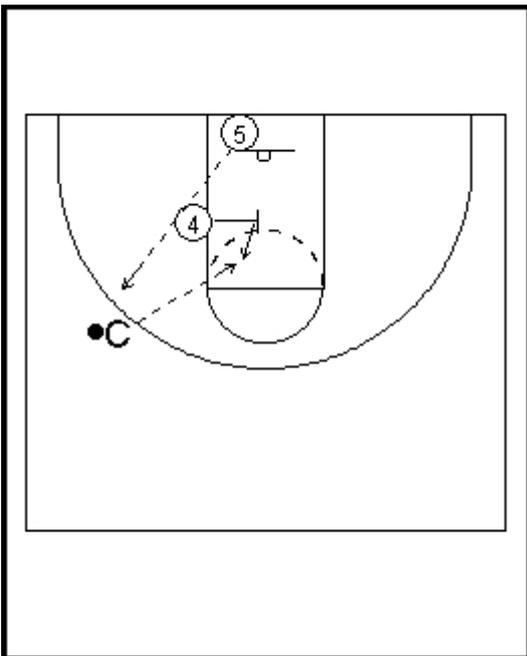
Post Shooting Shape Up After the Screen

Stress coming to a complete stop on the screen with the proper setting of his hands. The shape up move must be quick & precise.

Diagram

X Screen

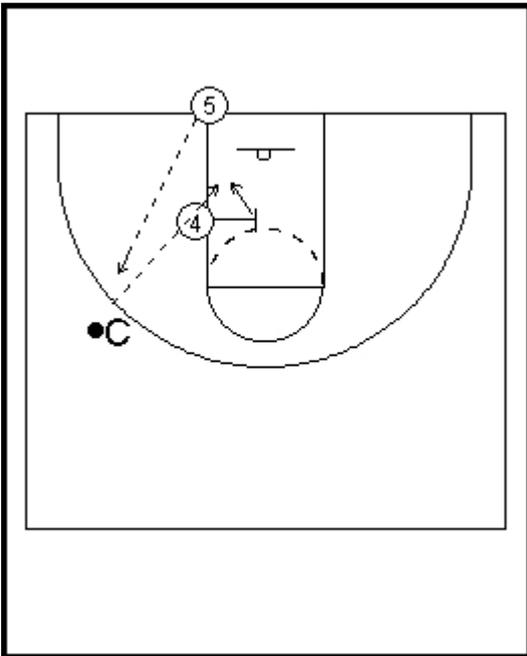
4 x screen shape up high



12

Post Shooting Shape Up After the Screen
Stress coming to a complete stop on the
screen with the proper setting of his hands.
The shape up move must be quick &
precise.

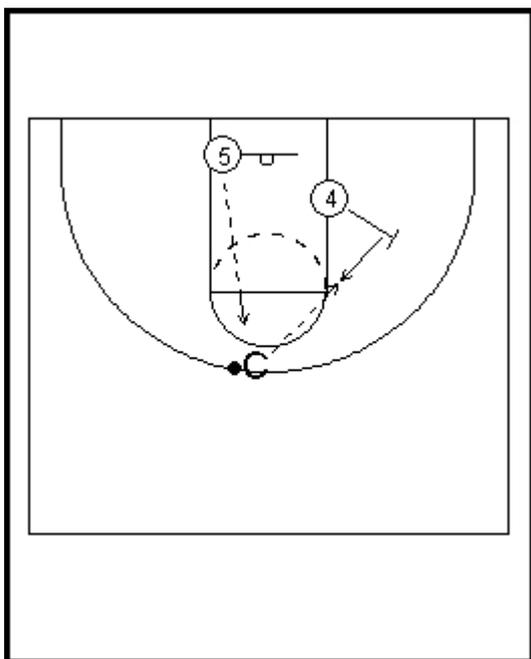
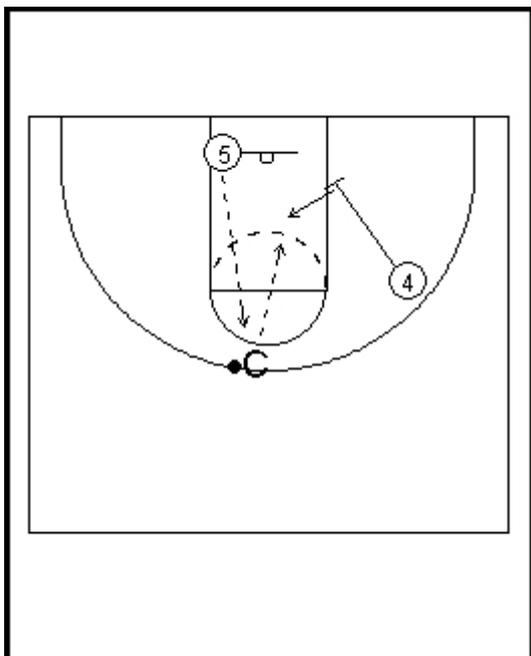
Diagram
 X Screen
 4 screen & shape up low



13

Post Shooting Shape Up After the Screen
Stress coming to a complete stop on the
screen with the proper setting of his hands.
The shape up move must be quick &
precise.

Diagram
 Down Screen
 4 shape up to ball



14

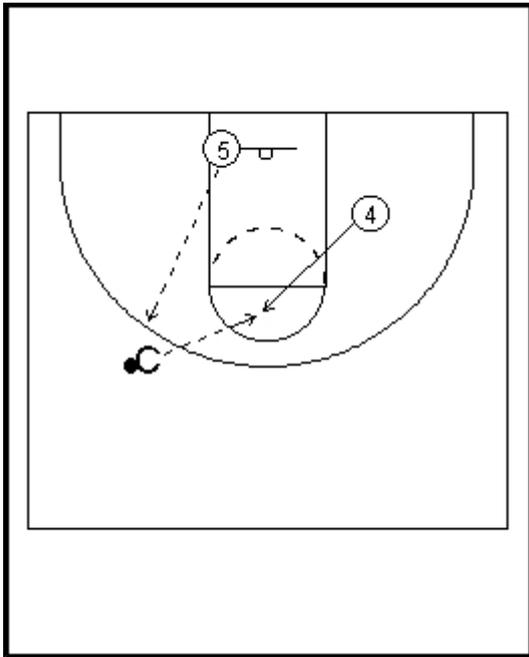
**Post Shooting Shape Up After the Screen
Stress coming to a complete stop on the
screen with the proper setting of his hands.
The shape up move must be quick &
precise.**

Diagram
Backpick
4 shape up to ball

15

**Post Shooting Shape Up After the Screen
Stress coming to a complete stop on the
screen with the proper setting of his hands.
The shape up move must be quick &
precise.**

Diagram
Flash
4 Flash to ball

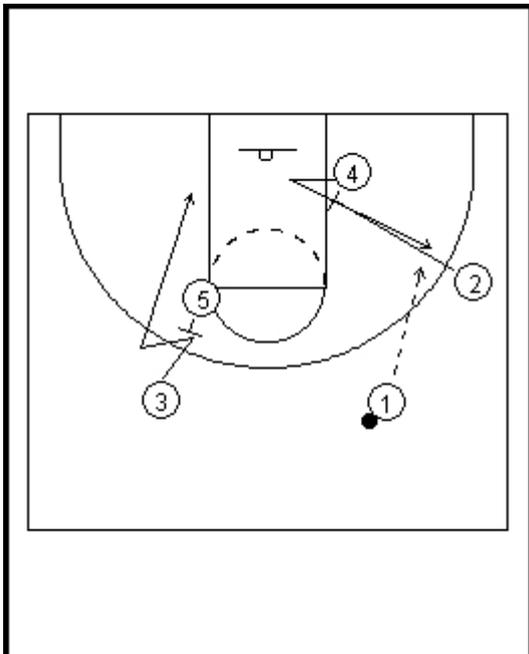


5x0

There are many ways to implement the 5x0 . There are three basic roles, perimeter-post, perimeter, and post. With perimeter-post the players can fill any position on the court. A permanent perimeter player would only occupy a position on the perimeter and would not establish himself anywhere in the lane. A permanent post player would establish himself in positions within and closely around the lane. A permanent post can backpick outside the lane but must flash back to the post area after the screen.

Diagram

16



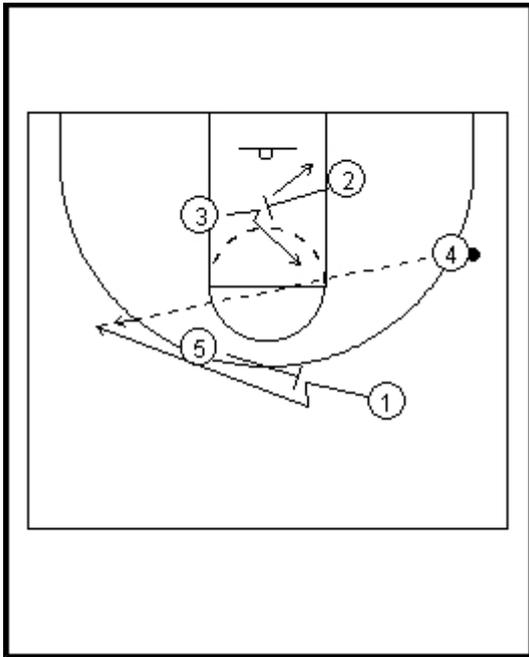
Diagram

5 man motion. All players are perimeter-post players. All positions are interchangeable.

Start 3out-2in

1 waits for the screens by 5 & 2. When the ball is on top the best screens are a down screen & back screen.

17



Diagram

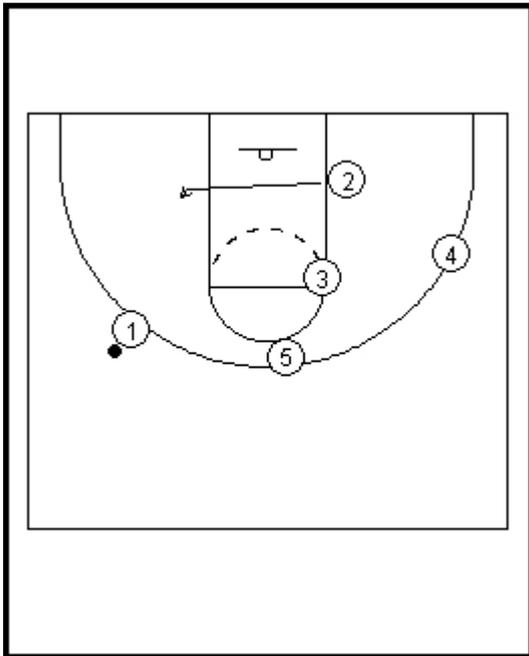
Constantly stress good V cuts & precise screens

after the first pass

post players 2-3 work together

perimeter players 1-5 work together

18



2 must move to maintain floor balance & spacing

Constantly stress good V cuts & precise screens

after the first pass

post players 2-3 work together

perimeter players 1-5 work together

19

5 man motion with a permanent perimeter player. Usually this will be your ball handling guard.

Diagram

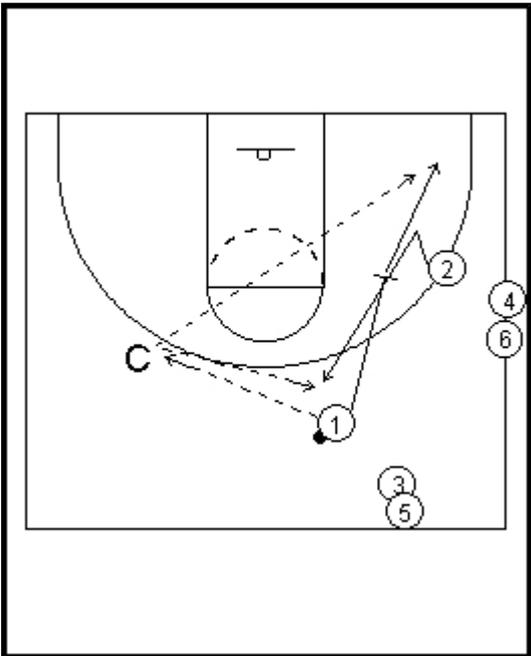
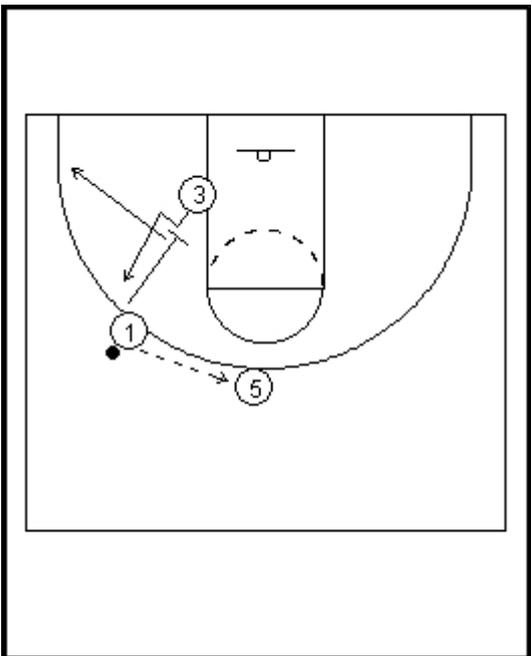
1 down screens 3

After screen 1 clears to perimeter

Diagram 3 back screens 1

1 cuts to basket

1 clears back to the perimeter

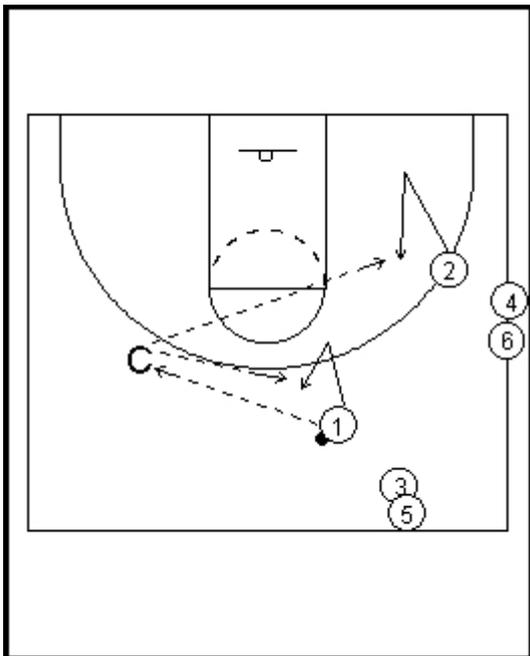


20

2 Man Drills
Perimeter
Diagram
2x0 screen away

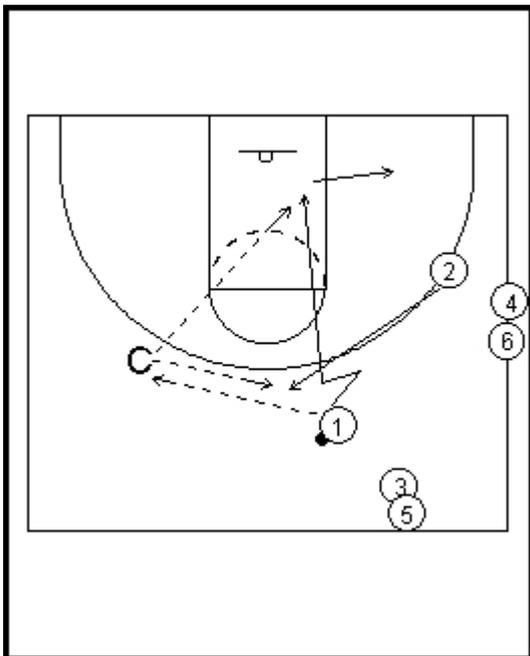
21

2 Man Drills
Perimeter
Diagram
2x0 V cut



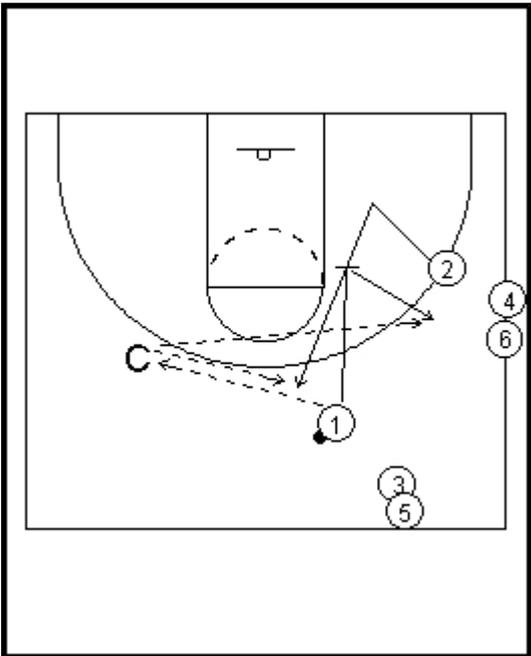
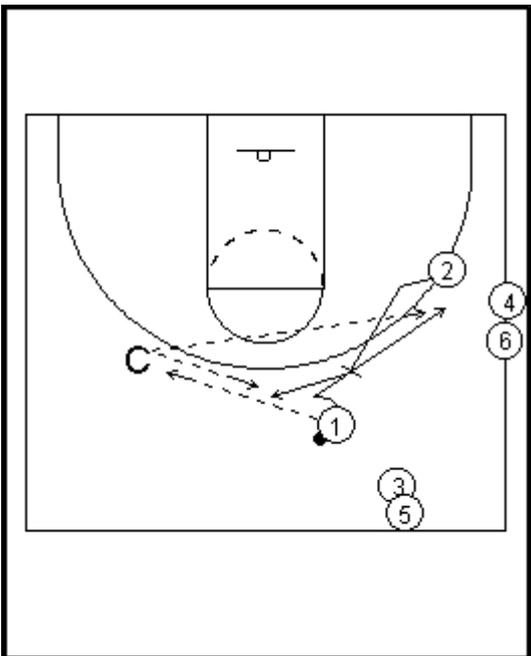
22

2 Man Drills
Perimeter
Diagram
2x0 basket cut



23

2 Man Drills
Perimeter
Diagram
2x0 back screen



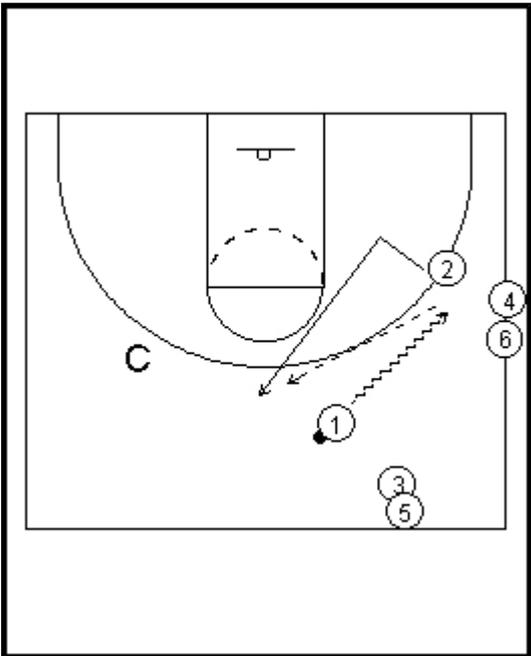
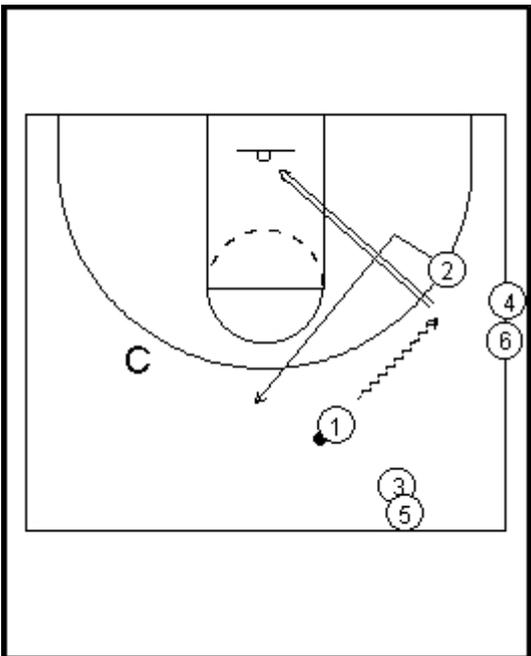
24

2 Man Drills
Perimeter
Diagram
2x0 down screen

25

2 Man Drills
Perimeter
Diagram
2x0 shallow cut shoot

1 takes shot

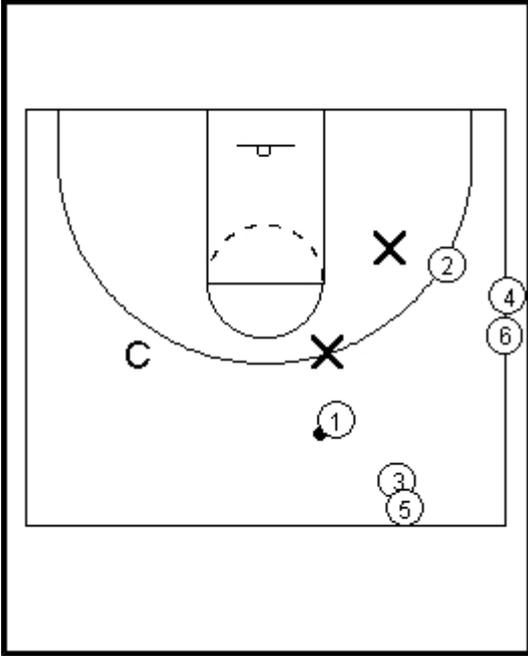


26

2 Man Drills
Perimeter
Diagram
2x0 shallow cut pass TOC

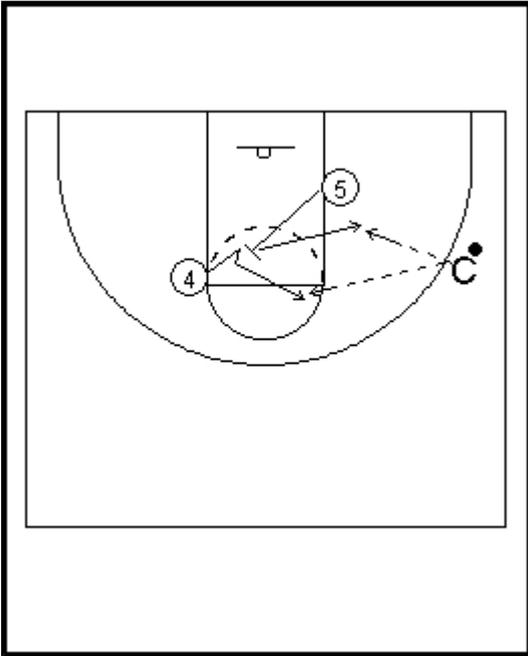
27

2 Man Drills
Perimeter
Diagram
2x2 same drills with defense added



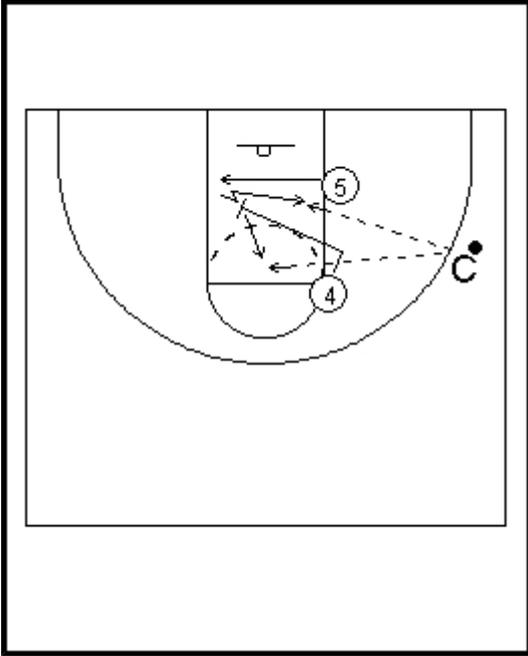
28

Post
Diagram 2x0
Back screen



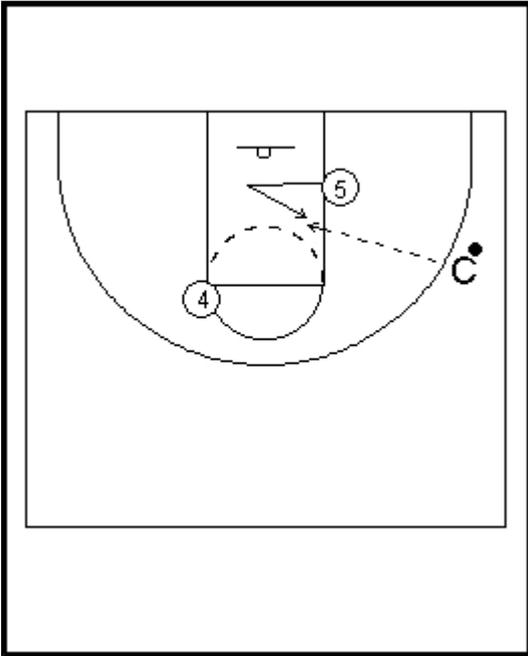
29

Post
Diagram 2x0
Diagonal down screen



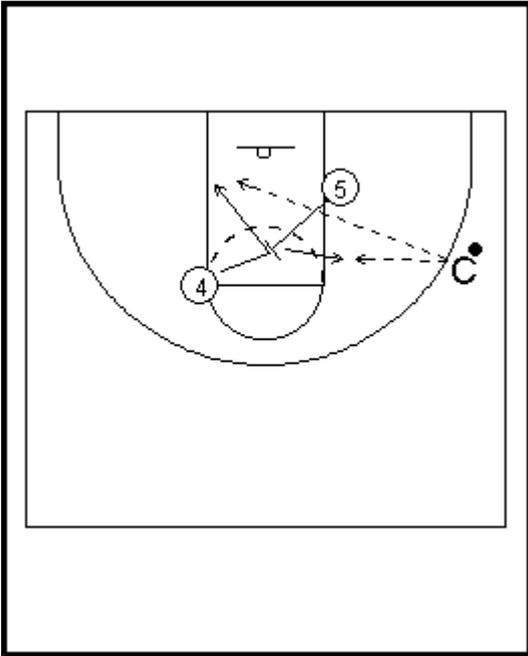
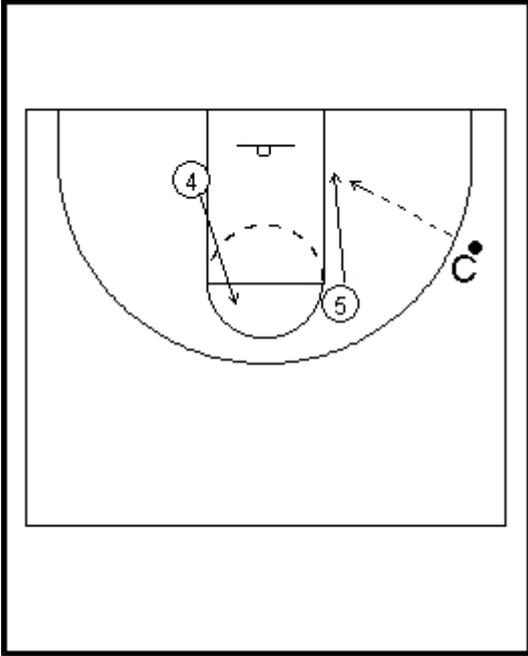
30

Post
Diagram 2x0
Low post V cut



31

Post
Diagram 2x0
Roll

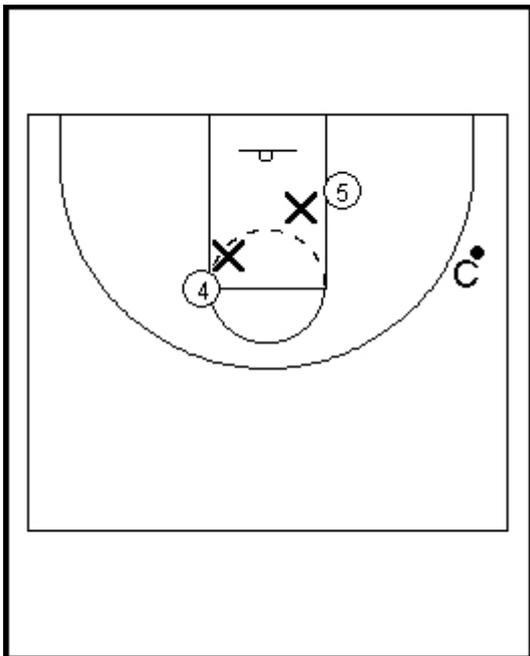


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Post
Diagram 2x0
Screen & flare

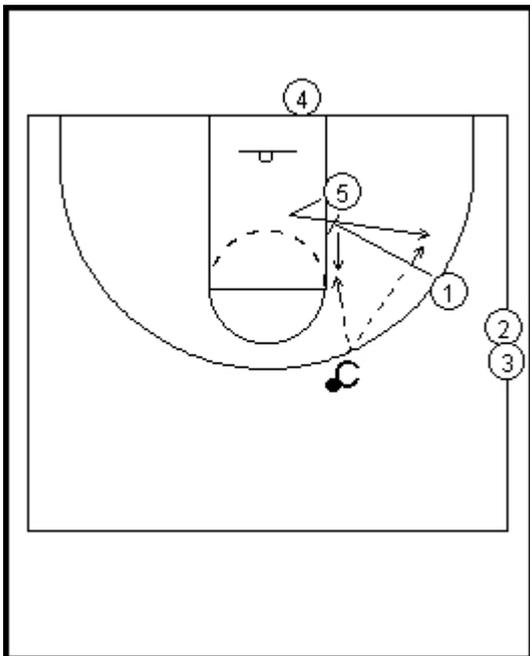
33

Post
Diagram
2X2 same drills with defense added



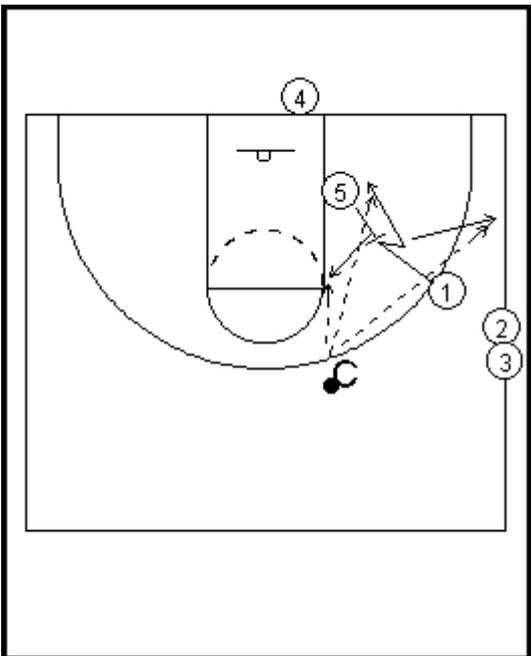
34

Perimeter -Post
2x0
down screen



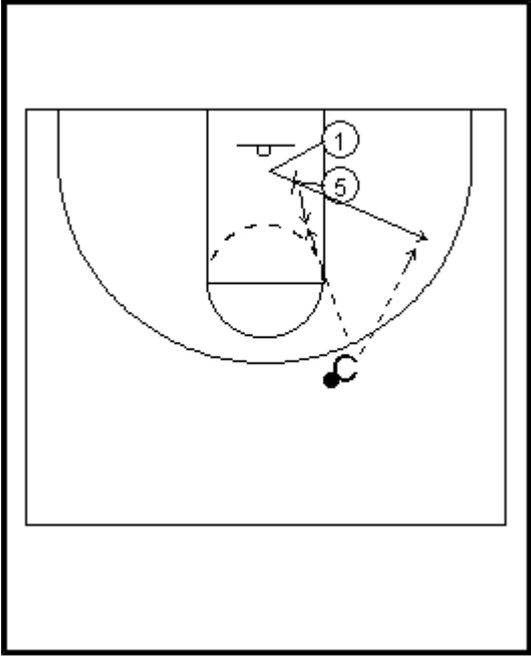
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Perimeter -Post
2x0
back screen



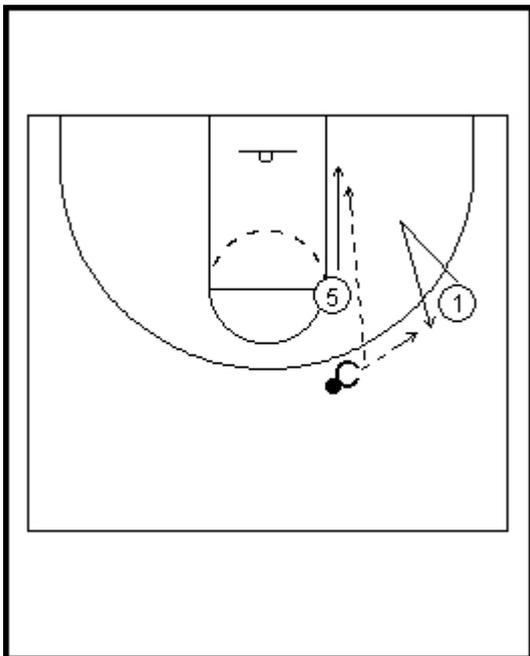
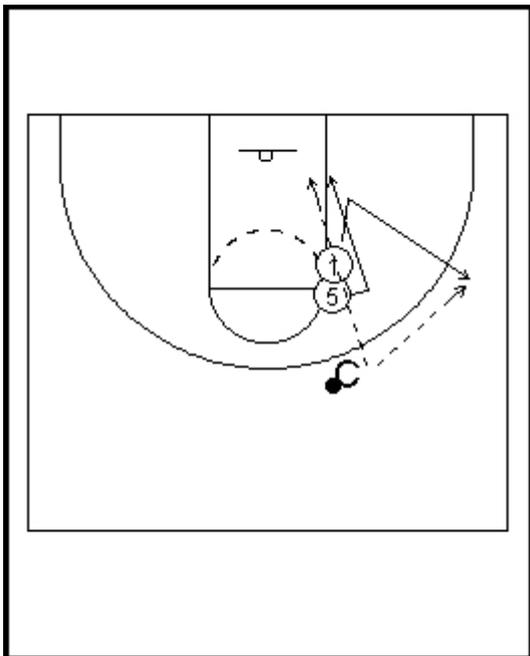
36

Perimeter -Post
2x0
low stack



37

Perimeter -Post
2x0
high stack

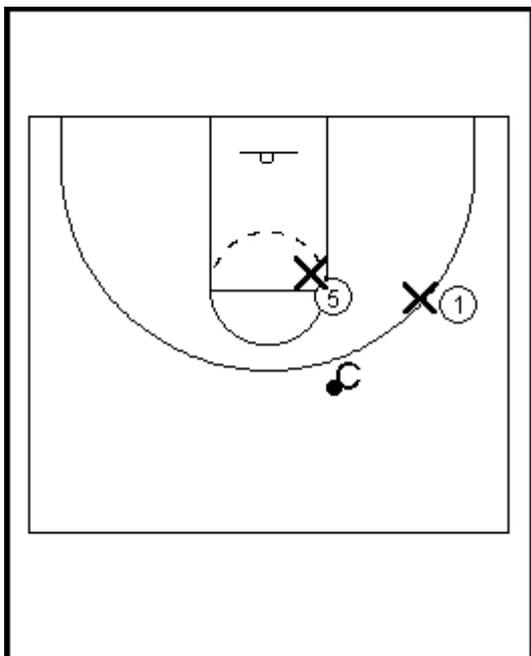


38

Perimeter -Post
2x0
elbow- wing

39

Perimeter -Post
2x2
same drills with defense added

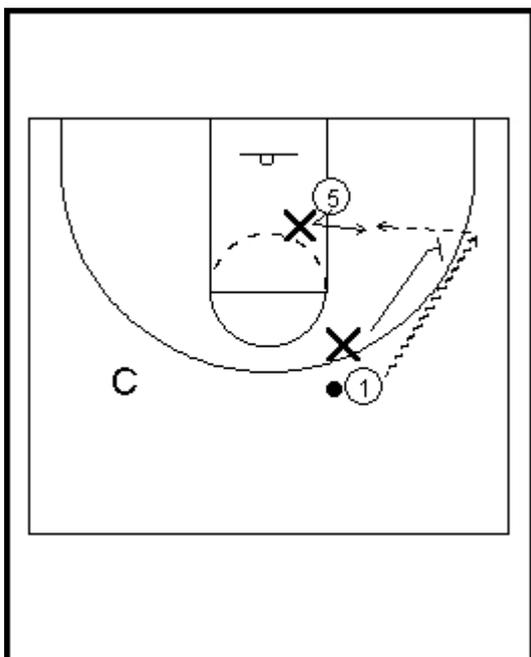


40

Post Feeds
Effective passing to the post is essential to a good offensive system.

Diagram

2x2



41

3 man drills

Diagram

3x3 perimeter

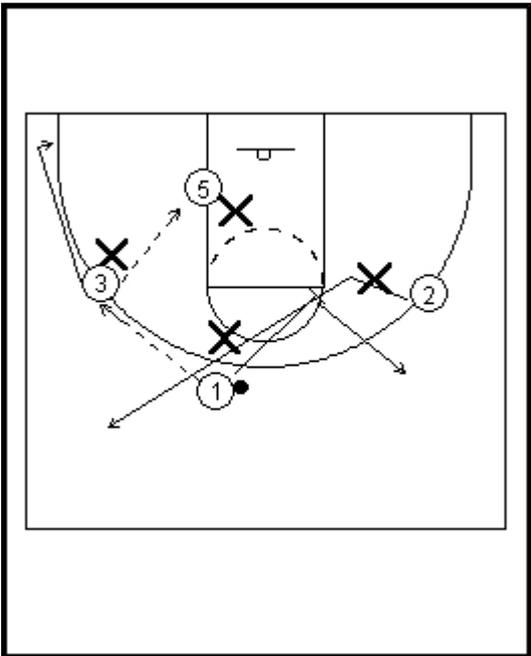
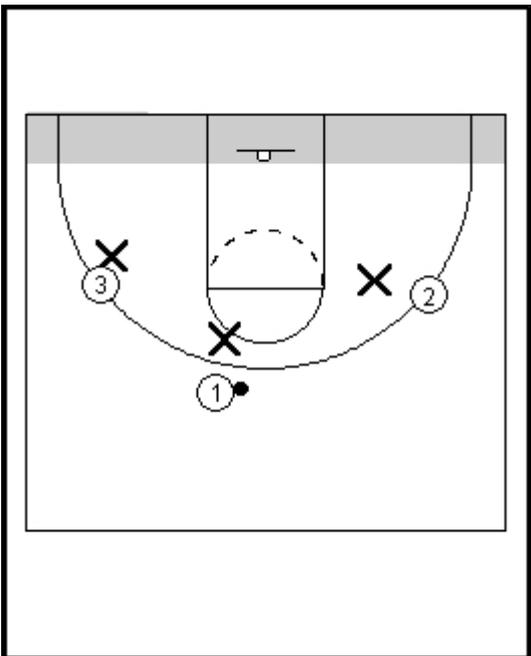
stress

proper spacing 15-18

catch & face

Avoid the shaded area

the ball should not go to the baseline unless there is an opportunity to score



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3 man drills

Diagram

3x3 perimeter w/post

This drill is used to work on post feeds & relocation.

The post will look to score or kick the ball out to the open player

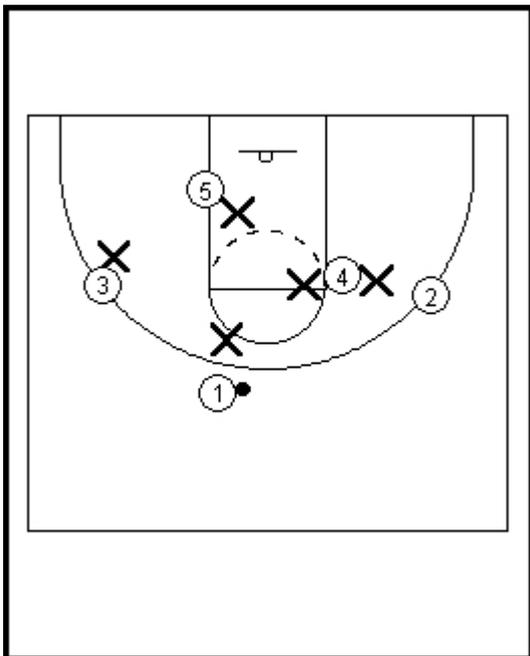
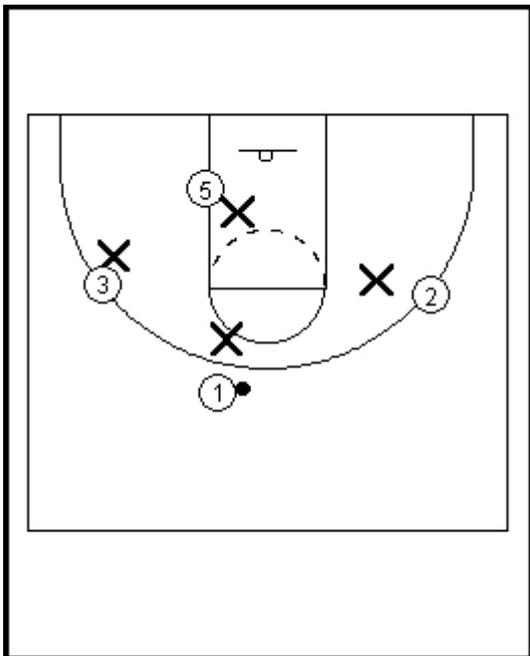
43

4x4

Pass & move, but don't follow pass
Don't make two simultaneous cuts into the same area

Catch & face, hold for a two count unless there is a good scoring opportunity

Call out the name of the player screening for



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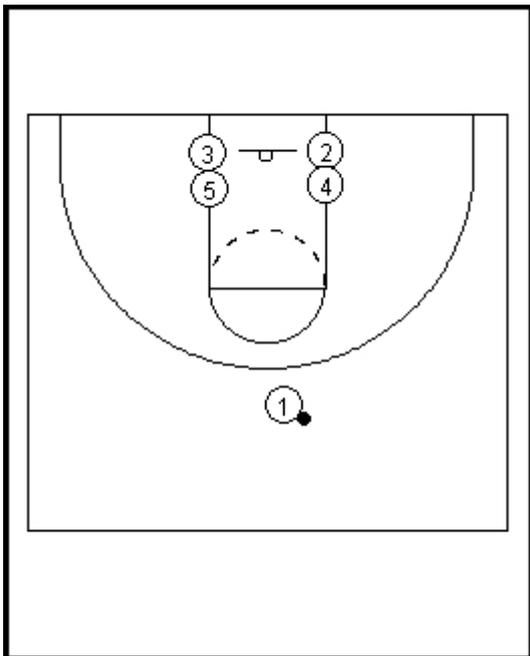
5X5

Basic set is 3-2 with the posts hi-lo
Add restrictions to better teach the motion movements

45

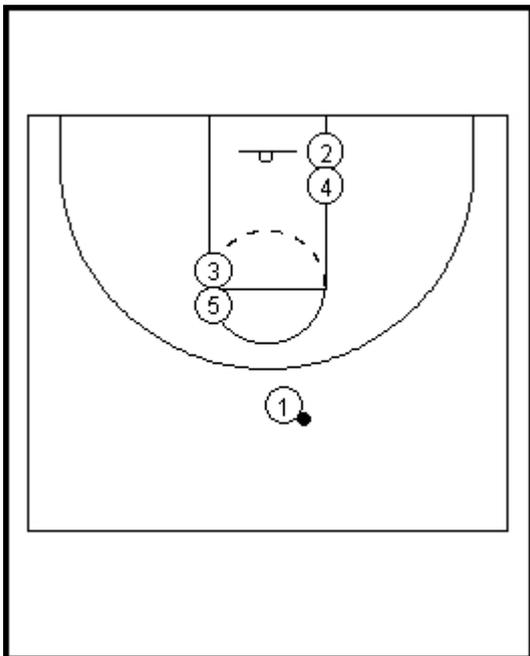
Different Sets

2 stacks low



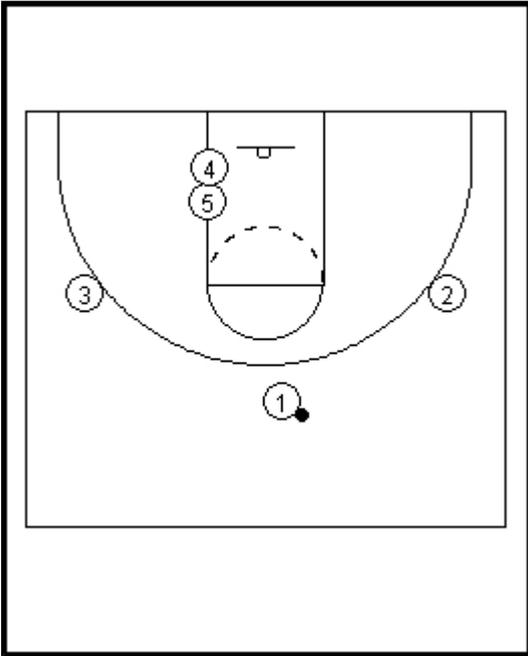
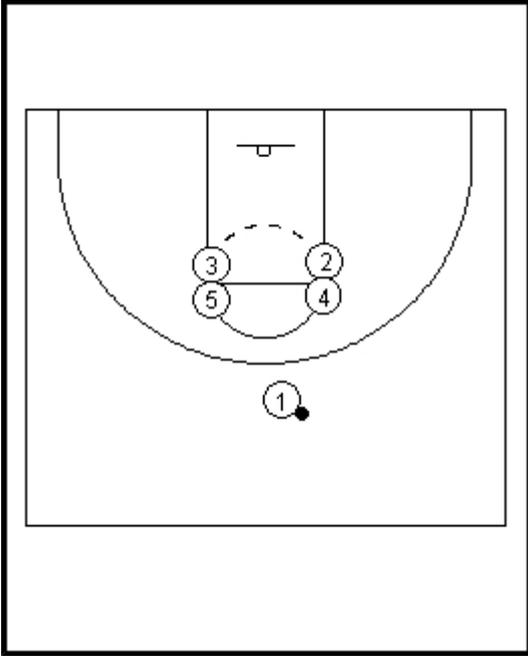
46

Different Sets
Hi-lo stacks



47

Different Sets
2 stacks high

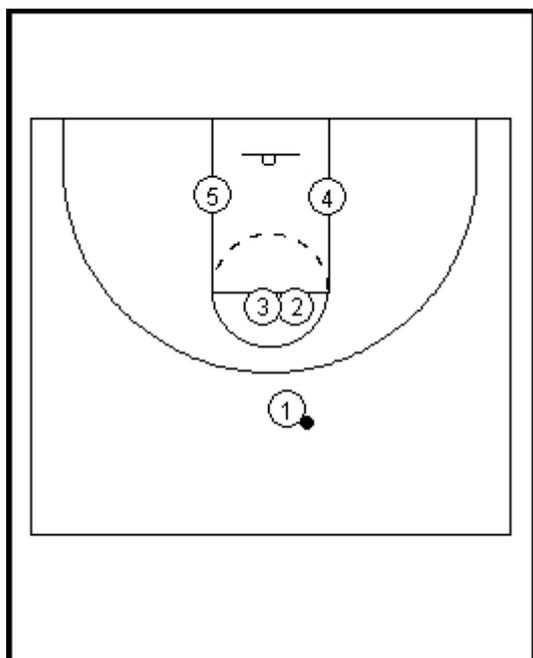


48

Different Sets
single stack

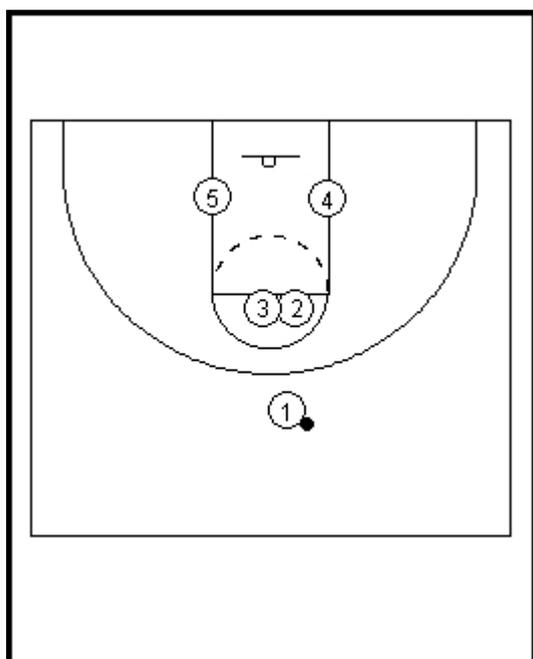
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Different Sets
2 perimeter players at foul line



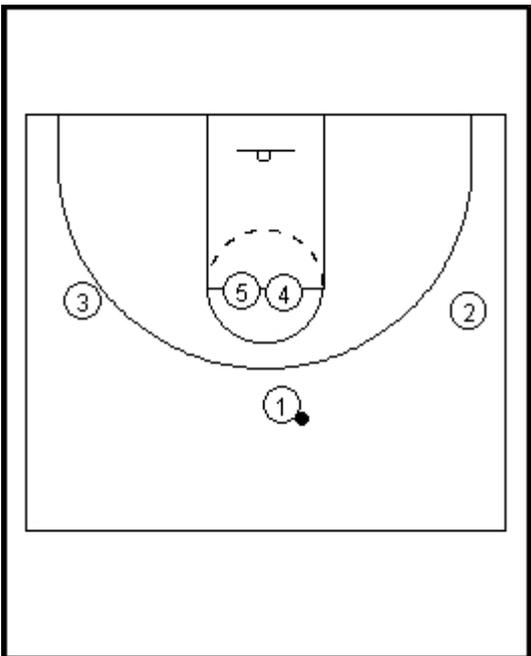
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Different Sets
2 post players at foul line



51

Different Sets
2 post players at foul line

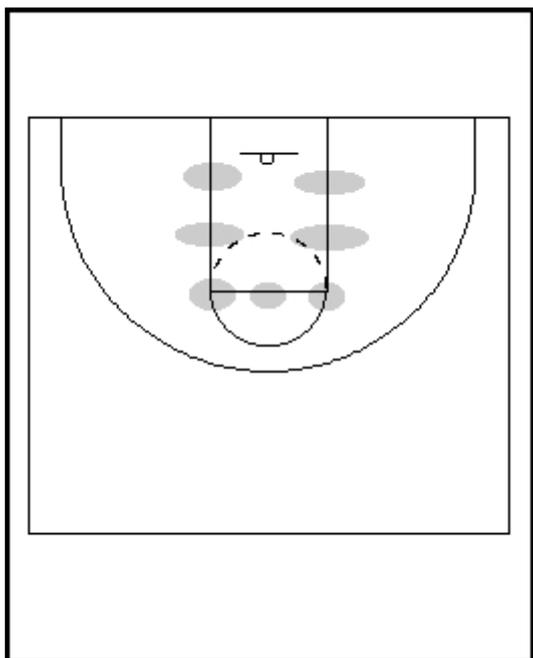


THE 3 OUT - 2 IN MOTION OFFENSE

Positioning Rules

The Post Men:

You have 2 posts in this offense. They may locate in 7 different spots: low post(s), mid post(s), elbow(s), and middle of free throw line. When the offense begins both posts go down low and post up.



1

THE 3 OUT - 2 IN MOTION OFFENSE

Positioning Rules

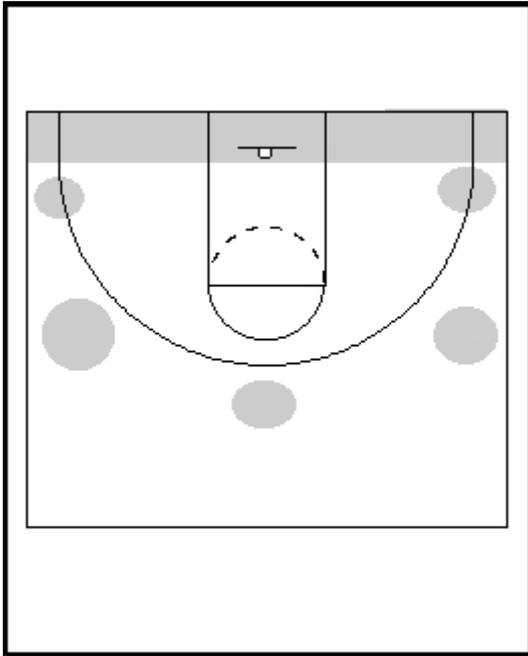
Diagram

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The Perimeter Players:

You have 3 perimeter players. The 5 spots they can locate at are: the point, the wing(s), and the corner(s). When the offense begins the ball is in the point's hands and the other two players are usually in the wing areas. Perimeter players should try to stay about 12 feet apart. If you are more than 12 feet apart - the ball is in the air longer and the chance for a deflection increases. If you are closer than 12 feet you allow a defender to defend the pass and still be in position to stop the drive. **LEARN PROPER SPACING.**



2

The Perimeter Players:

Diagram

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LEARN PROPER SPACING.

GENERAL RULES

When you make a pass you must move - it is easy to guard someone standing still.

Only dribble for the following reasons: (1) to make an immediate drive to the basket. (2) to improve your angle of pass to your teammate. (3) prevent a 5-second count violation. It is very important that your players understand what the 5 second count is - **STUDY THIS RULE AND TEACH IT.**

POST RULES

Both posts should immediately go to the low post area on each side of the lane and post up. You want the ball in the low post - thus it is very important you teach your players how to post up. When the ball is passed from point to wing, this is when the posts begin to work together with rules. The weakside post will key on how his offensive post partner is defended. If the post on ballside is fronted the weakside post will flash ballside elbow. If he receives a pass look for the low post pin and a high low play. If no high low pass then high post slides down and players have just switched spots. If the ballside post has the defense playing behind him - the weakside post breaks straight up the lane to the weakside elbow. We want the ball passed into the low post every time in this situation. Note if the weakside post defender doubles down then the weakside post player needs to get a pass out from the low post for the elbow jumper. If the defense plays the ballside low post with a 3/4 defense then the ballside post will come and screen for the weakside post. If the defense switches on this play - the screener always steps back to the ball. A teaching point we always teach to prevent turnovers - low post player has his hand up yelling for the ball. When player is going to vacate the post (screen away), we drop our hand a one second count before we turn and go. This prevents turnovers when you pass and the player has vacated the post and the ball hits him in the back of the head. The post player always has the freedom to break up to the high post when he sees the point to wing pass having trouble being made. This movement opens up the backdoor cut for the wing player.

PERIMETER RULES

The perimeter players have 5 spots to locate in. They can do the following after passing the ball: (1) pass and cut to the basket and relocate to an open perimeter spot. (2) pass and screen a partner perimeter player away from the ball. (3) pass and "v" cut and replace yourself. (4) pass and slide - this is cutting to an open spot away from the ball. (5) any time a pass is made to a post player - the perimeter player who made the pass to the post will go pick for the closest perimeter player to him. The pick should be at least 10 feet from the post player - make sure this pick is not closer than 10 feet or perimeter defenders may double down on the post.

TEACHING METHODS

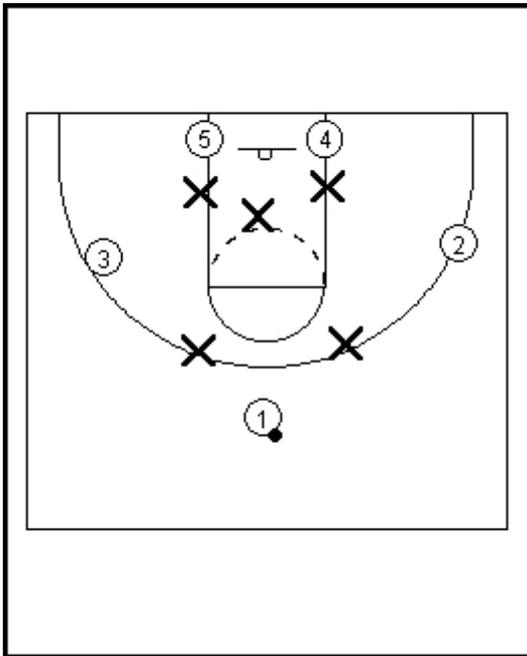
We separate the post players and the perimeter players when introducing this offense. Post players learn to work together and read the defense. The coach can create 2 on 2 situations while he holds the ball out on the wing. The perimeter players learn their rules by going 3 on 3 against each other. The key will be spacing and moving - players tend to want to stop and watch and not move. When the basic rules are learned we create the following teaching progressions for this offense: (1) 5 on 2 with defense only on the posts - posts can only score. (2) 5 on 3 with defense only on the perimeter - perimeter can only score. (4) 5 on 4 with coach dictating what player has no defense on him - player with no defender is not allowed to score. (5) finally we get to 5 on 5. The coach can dictate different situations such as: (1) certain number of passes must be made. (2) specify which player can only score (only the offense knows who the player is). (3) no dribbles may be allowed.

MOTION AGAINST A ZONE DEFENSE

Fill the natural gaps in the zone. Try to make one defender guard two offensive players.

Diagram

Against an even front



1

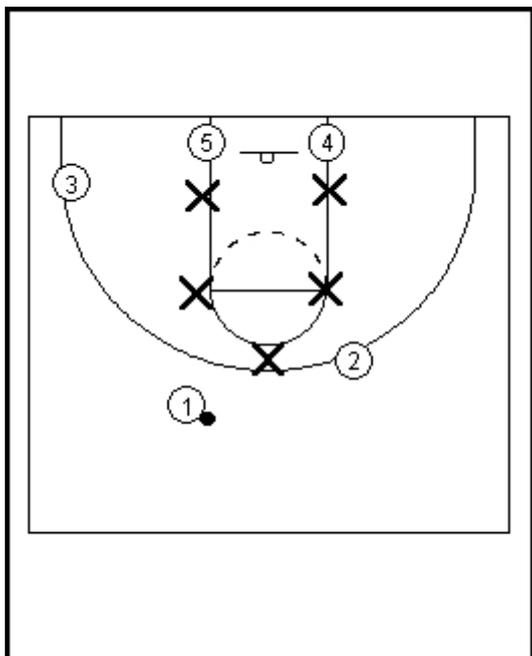
MOTION AGAINST A ZONE DEFENSE
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Diagram

Against an even front

Against an odd front

2

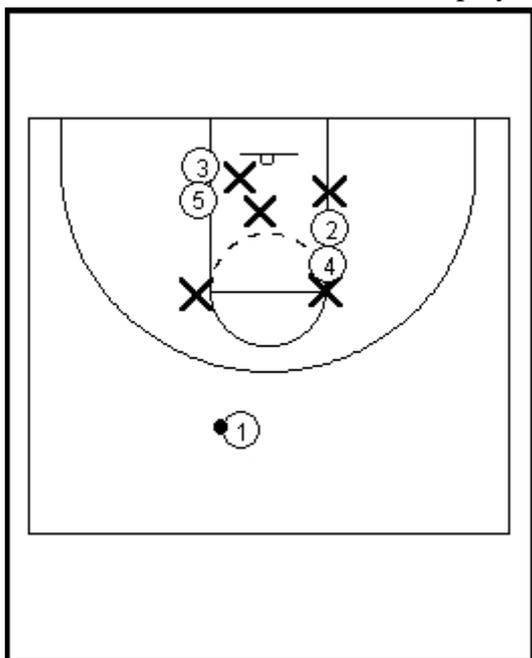
Against an odd front



Distortion

Try to distort the zone with an overload. Use 3 & 3 player stacks to confuse the zone. Distortion creates a situation with a defensive player without anyone to defend.

3



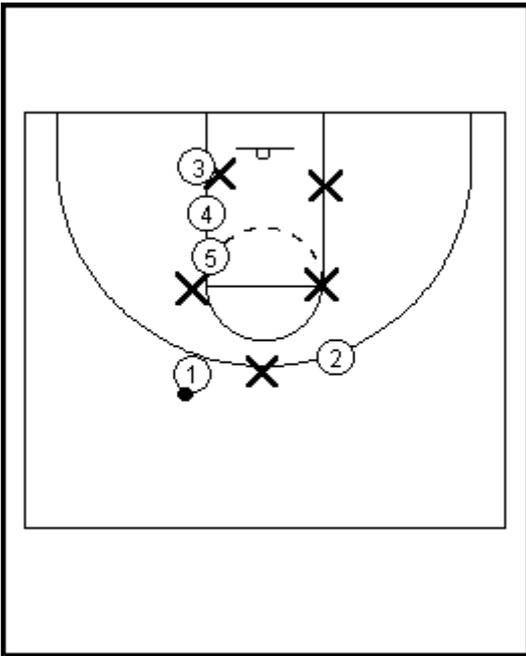
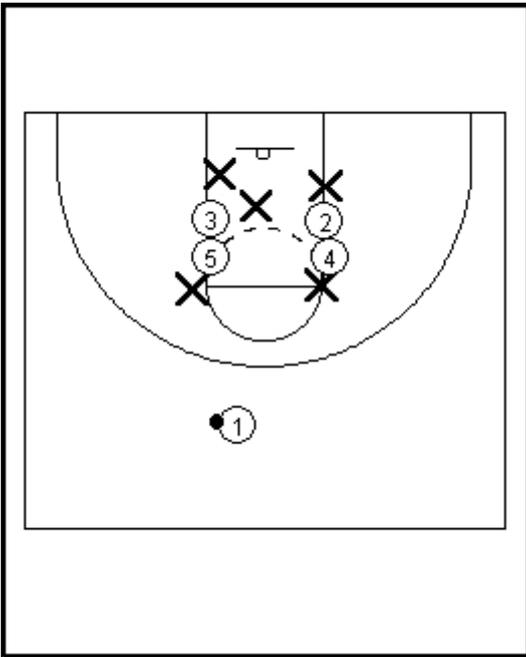
Distortion

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Use 3 & 3 player stacks to confuse the zone.
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Hi-Lo stacks

4

Two Stacks High

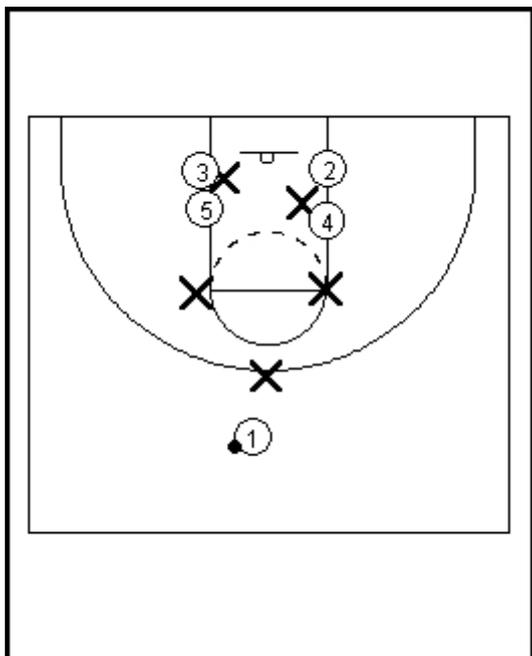


Triple stack

5

Two Stacks Low

6

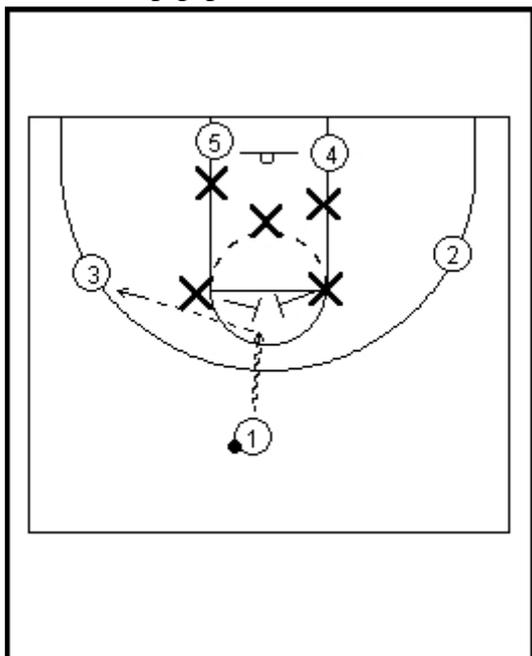


Principles used attacking a zone defense

Use the dribble to penetrate the gaps in the zone

Diagram

Penetrate top gap



7

Principles used attacking a zone defense

Use the dribble to penetrate the gaps in the zone

Diagram

Penetrate top gap

Diagram

Penetrate side gap

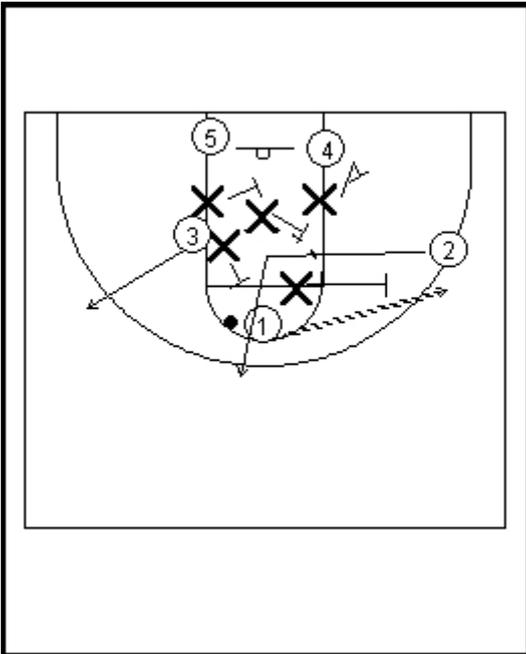
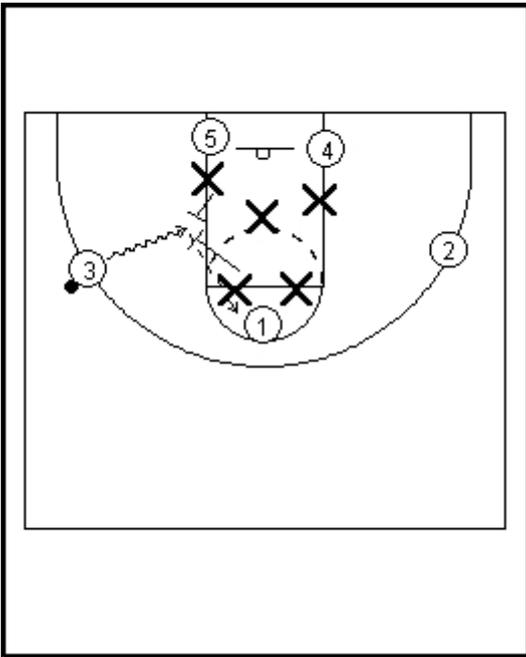
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Principles used attacking a zone defense

Use the dribble to penetrate the gaps in the zone

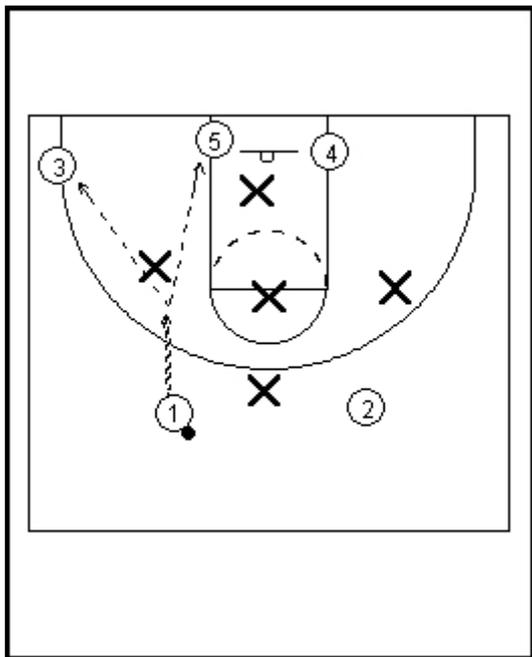
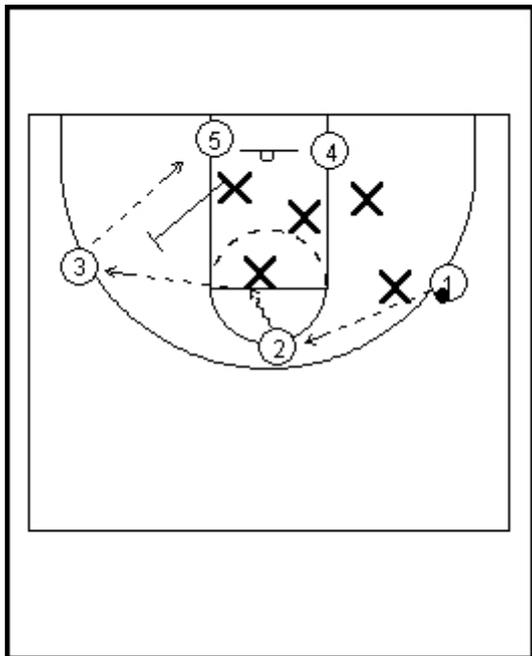
Diagram

Penetrate side gap



9

10



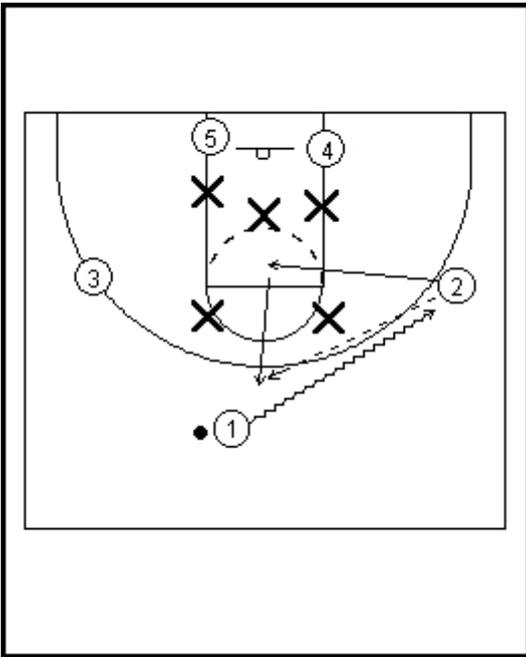
11

Against 1-3-1 attack the outside defender on the overload side

12

Ball Reversal

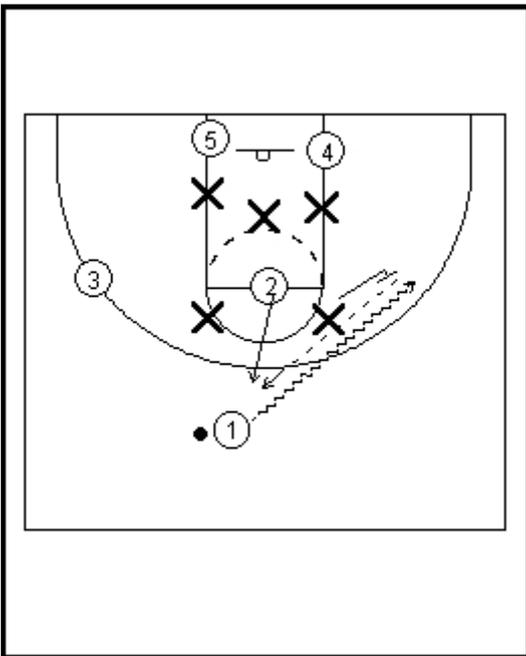
The most effective method of ball reversal is for the point to dribble to a wing & pass back to the wing who made a shallow cut to the point or a player stepping out to the point from the high post.



13

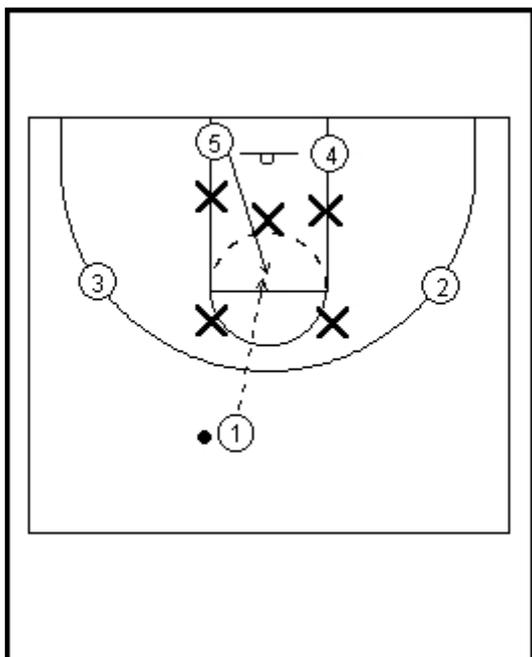
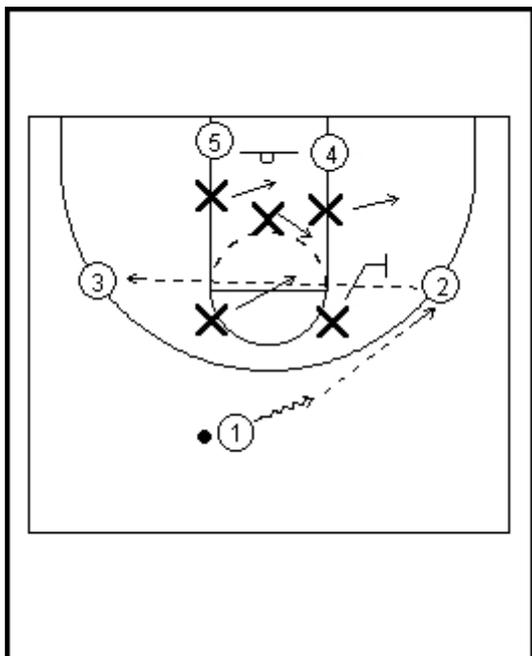
Ball Reversal

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14

The Skip Pass

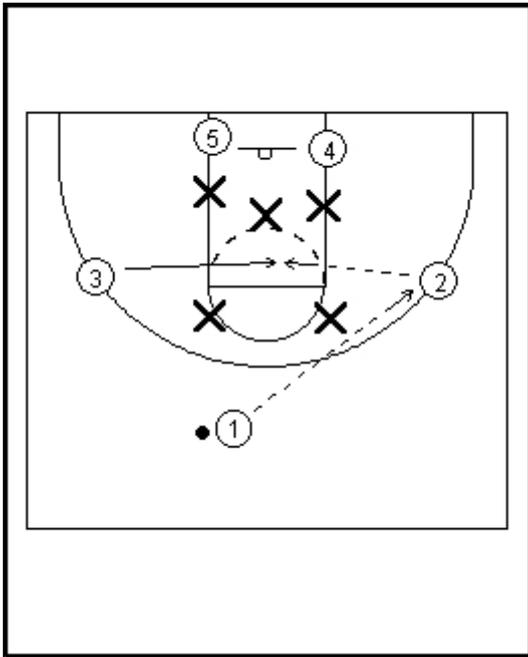


15

Flash from behind the zone

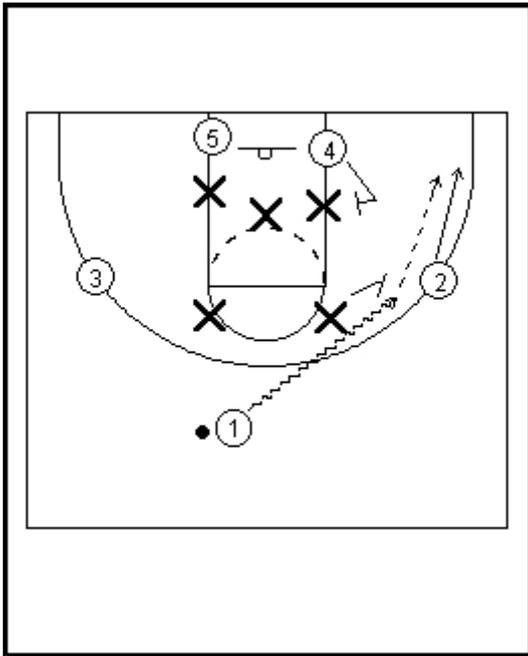
16

Flash from behind the zone from weakside wing

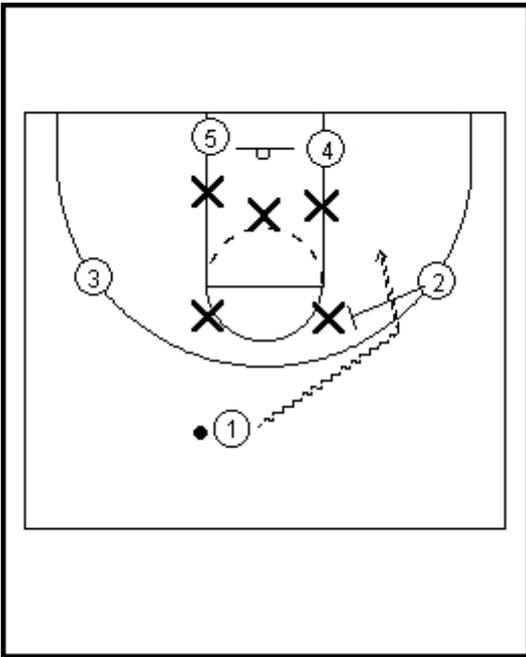


17

Screen the Zone

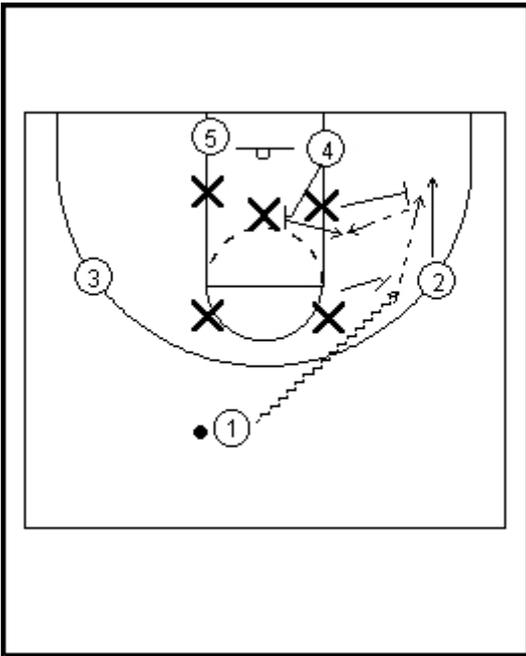


18



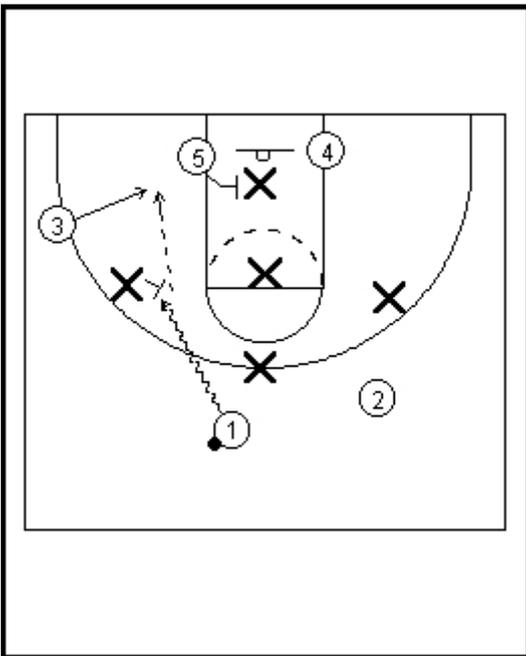
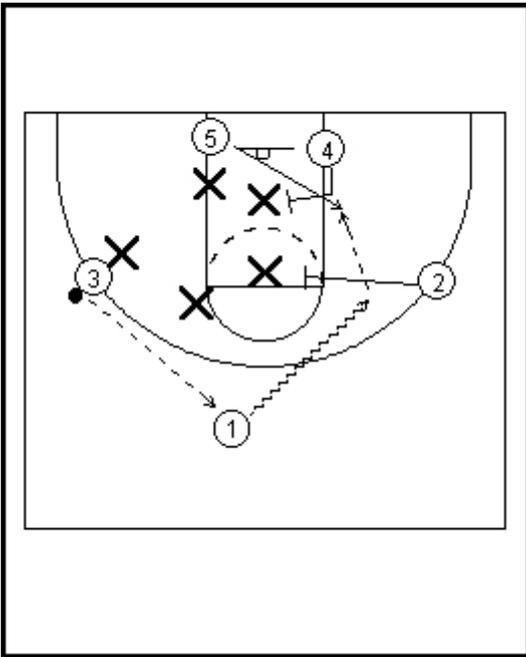
19

Screen the middle man



20

Screen the logical zone slides on the reversal



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