

TUNICA BASKETBALL COACHING

2003

GRAND CASINO & CONVENTION CENTER

ROBINSONVILLE, MS

Larry Gipson
Northwestern State University

Motion Offense

Keys:

1. Sparring – fill 5 spots 12’-15’ apart. Not to close – not too far.
2. Execution – proper screen angle-contact-separate-set up cuts
3. Read Your Man- screener and cutter
 - a/ How to cutter reacts to his man and comes off the screen
 - b/ Screener react to the cutter or slip the screen if his defender overplays

Problems:

1. Horizontal spread - count balance
2. reversing the ball
3. Looking inside after receiving the ball
4. Holding a position – or the ball – for a 2 count before moving or passing
5. Staying high and wide – keeping the ball off baseline except for the shot
6. Passing to the post as soon as open
7. Timing of cuts with the ball

Rules:

- 1.If an offensive man is below you downscreen unless you are the better shooter
- 2.Sets up all cuts
- 3.Identify shooter
- 4.Four things to do after passing the ball:
 - a/ ‘7’ cut –back cut
 - b/ Pick away
 - c/ Set up and receive pick
 - d/ Replace yourself – cut and come back
- 5.A player goes through the post, he must hold a 2 count before gets out of the post – usually by back or cross picking
6. Player closest to the middle of the floor is usually the picker.
7. If defense switches, picker slips pick and cutter comes hard to the ball
8. Picker must always be inside the cutter – never even with each other
9. Pick always goes to cutter and headhunts - no air picks
10. Backpicker must follow cutter with vision and re-pick- if cutter goes through or defender helps on cutter
11. Cutting:
 - cutter must always know where is the ball
 - cutter must always watch/read his man and react accordingly
 - cutter must come off pick shoulder to shoulder
12. Picks:

- Down picks
- Backpick- re-pick
- Cross pick
- Flare picks

13. Picker:

- go to defender – headhunt pick
- be alert to defense and how they defend the pick
- flare pick must be set on line – cutter must set up his cut
- back picker ALWAYS look to re-pick

14. Shot selection – only take good shot for you – no bad shots or tough shots.

DRIVE SERIES

Run your regular offense – but when you drive take place – do this:

BASE LINE DRIVE:

A/Driver goes to score:

If he is going to shoot the lay-up, he does a look off and ball fake

1st look

B/ I and slips the ball out to the post and can stop him – the driver looks up the basket and slips the ball out to the post

2nd look

C/ If the driver can't deal the ball to the post – he picks up his dribble and looks for a man low and away trying to get open (stepping in a window or busting by a defensive man). Use good passing skills – might have to bounce pass around the defensive help man with his base line hand.

3rd look

D/ If his low man away is not open – the driver looks for a wing or guard busting into a window – more in the middle- or in area cleared by the movement of the low man.

4th look

E/ The next look is for guard sliding away to the elbow away. The action of the driver will flatten out the defense and the pass should be open. The pass to the guard will probably have to be thrown over a big man – but should be thrown as sharp and crisply as possible.

F/ The safety must come from the post man (the one who was the 1st look). If the driver has been unable to shoot or hit one of the 4 looks, the post man must step out and get open for the driver to do a reverse pivot and to get rid of the ball – so a held ball will not be called.

DRIVE TO THE MIDDLE:

Everything is basically the same. driver to score – and if hit is not possible:

1st look:

Is it look at the post – passer looks up at the basket and deals it to the post.

2nd look:

Is a man busting open down low_ from a side away

3rd look:

Is a wing or guard away – coming hard to an open area – up the lane

4th look

The guard at the elbow away

5th look

Is the ball side post stepping out for an outlet pass.

TEACHING MOTION OFFENSE

Preparation:

Evaluation of personnel:

- how many people on perimeter?
- Single post? Double post? Open post?
- Alignment?
- Entry passes? Rebound coverage?

*Do a few things well

Do not beat yourself

Read the situation to score

DEVELOPING THE OFFENSE

The success of the offense – executions will depend on the ability of the coaching staff to teach and then continue to stress the fundamentals of the offense.

Primary teaching points:

- Players must be constantly be aware of:
 - 1/ Reading the defense
 - 2/ Knowing what your teammates are doing
 - 3/ Moving with the purpose
 - 4/ Executing fundamentals
- Players must realize the importance of floor balance and spacing

- Players must realize the importance of ball reversal
- Players must know that the picker is scorer and the picker must be constantly reminded to be on alert for scoring opportunities
- Players must know the proper use of the dribble
- Players must know the importance of control of the ball
 - proper passing/catching/ballhandling fundamentals
- Shot selection – Players must know the kinds of shots you want
- Players must be taught to move with a purpose. Through drilling they must know:
 - 1/ How to get open
 - 2/ How a when to free up a teammate
 - 3/ When to balance the floor
 - 4/ When to help a teammate who has the ball
- Players must know the importance of constantly executing proper passing, cutting and Picking principles
- Players must be patient > Four passes before we shot the ball
- Restrictions in practice:
 - No dribble or shot
 - Make minimum # of passes before shooting
 - Get a specific kind of shot/pick
 - Specific player shooting
 - Post man handles ball a specific # of times

SELLING MOTION OFFENSE TO THE PLAYERS

DEFINITION:

Disciplined free lance – controlled freedom
 Players and ball movement with our rules

Qualities a player must possess:

Unselfishness – There must be a commitment to team play

Patience - To get the shot you want. You must make 4 passes in order to utilize movement and Picking

Concentration - Players must be aware of: 1/How they are being defended 2/ What their Teammates are doing.

We want 5 players to work hard to create scoring opportunities for themselves and for their teammates. The harder you work to free your teammates the better the offense will work and the more shot opportunities you will get.

We want to make 4 passes before we make the good shoot opportunity. If we get a great scoring opportunity, lay-up/post shot, before we have made 4 passes we will take it.

We will take the 15 footer after 4 passes.

FUNDAMENTALS OF MOTION:

Passing

- Hold ball for 2 counts – look at basket
- Pass away from the defense
- Make the easy pass, accurate pass
- Make a crisp, sharp wise pass
- The passer is responsible for the success of the pass. be aware of receiver's situation on the floor. Do not make him handle the ball when he has no chance of making a good play
- Apply all passing and catching fundamentals – control the ball

Cutting

Two types of cut:

- 1/ To receive the pass
- 2/ To set a pick

Picking

Types of pick:

- 1/ Downpick
- 2/ Crosspick
- 3/ Backpick

Picking principles:

- Set a pick at the proper angle – screen nearest leg
- Jumpstop 2 feet from defense – it is a cutter responsibility to utilize a pick
- Headhunt – good wide base, set a tough pick – drop forearms to inside of thighs, be tough
- Face the man you are picking
- Signal to the cutter – name of hand signal
- Picker – you are a scorer – look for the ball/seal/step to open a passing lines

PICKING DRILLS

Include in warm up drill/starts/stops/ changes of direction/ footwork/V-cuts/jumpstops/etc

Mass picking drills-teach picking in mass

Rotate-picker, defense, end of lines

1/ Down pick:

Four players are on the base line spacing apart and 4 +4 behind o the top of the key also spacing apart. Palyers from the top picks, players on the base line uses picks and gets behind the second group of pickers. Drill continues. Coaches corrects

2/ Cross pick:

The same only different angle and lines

3/ Back pick

The same only different angle and lines position

4/ 2-1 + C Reading the defense drill

Teaching points:

- *concentrate on cutting and picking principles
- * Teach responsibility of picker as a scorer
- * Defense is passive

Down/cross/back pick

Note: Run these picking situations from different spots on the floor. Rotate 2-2-3

5/ 3-1 Reading the defense

Passing principle are now taught along with picking and cutting > Rotate 1-2-3-4

6/ 3-2 reading the defense

Add the defensive player on the picker

Teaching points:

- Concentrate on the picker as a scorer

Note: rotation alternate offense and defense after three possessions, then rotate to the next position passer-picker-cutter

Start the drill with passer or picker having the ball

Perimeter rules:

- Cut every time you pas. Options
 - a/ basket cut
 - b/ pick away
 - c/ replace yourself
 - d/ baseline cut
- Do not make two consecutive cuts in the same direction
- Face the basket for a slow 2 –count
- Maintine 15'-18' spacing – floor balance
- Always look belowe you to pick
- Cut to the post man if it is vacant
- Use of the dribble:
 - to improve passing angle
 - to penetrate to the basket/
 - to relieve defensive pressure
 - to control the offense

The key is repetitions and constant stressing of fundamentals and rules.

It is important to have established these perimeter rules when you teaching offensive fundamentals in drills and breakdown situations.

It may be helpful to talk and walk through a 5-0 situations.

Perimeter drills:

1/ 3-0 can be structured or unstructured drill, can be a strictly a perimeter drill or can include post play also.

Restriction; minimum # of passes/ specific cuts/ball reversal/

2/ 3-3 same as 3-0, except add defense

Post rules:

- Post up for 2 counts then exercise the best option: a/ cut to the ball b/ pick away c/ go to the perimeter and pick
- Ball to the high post – low post: a/ post up b/ backpack
- Ball is passed to the low post – high post go opposite (board coverage)
- Ball is dribbled on the perimeter, nearest post player becomes picker and picks for teammates
- Post help rules: If ball is in trouble on perimeter free yourself for release of the trapped ball.

Combining Perimeter & Post play:

Drills:

1/ 3-3 Inside. Offensive players starts motion from different spots on the floor, depending on what coach wants to work on.

Coach always start the drill making first pass

Each perimeter and post rules

Teach pass-cut- pick principles

Restrictions:

- no dribble – work on movement and picking away from the ball
- minimum # of passes
- particular type of shot
- start with particular cut

2/ 4-4 Inside, the same as 3-3 only add player

Teach players court awarnes, do not let them sterotype play.

When the ball is on specific area on the cort there are picking angles that are better than others>Players must be made aware of these good picking angles in 3-3 or 4-4 situations

Teach them to read and do not make 2 consecutive cuts in sme direction.

3/ 5-5 motion

Entry:

- Guard –forward
- Geard – high post
- Guard- corner

Alignments:

- 2 guards front – 3 man motion
- 1 guard front - 4 man motion
- 2 guards front – 5 man motion

We do restrict the movement of our guards in the 3 man and sometimes the 4 man motion.