

# Evansville Motion

Philosophy, Drills and Teaching



# Motion Philosophy

- Toughness
- Communication
  - Call “Name” and “Change”
- Equalizes Size and Athleticism
- Unique System to University of Evansville
  - Attention to Detail – Way of Life
  - Pride in Being Different (More Disciplined, Better Execution, More Together)
- Passing/Cutting/Screening
  - Screening, Cutting, Reading Defense, Team Importance

# Motion Details

## Spacing

- Fill Four Spots
- 2 On Top
- Finish All Cuts Outside the 3

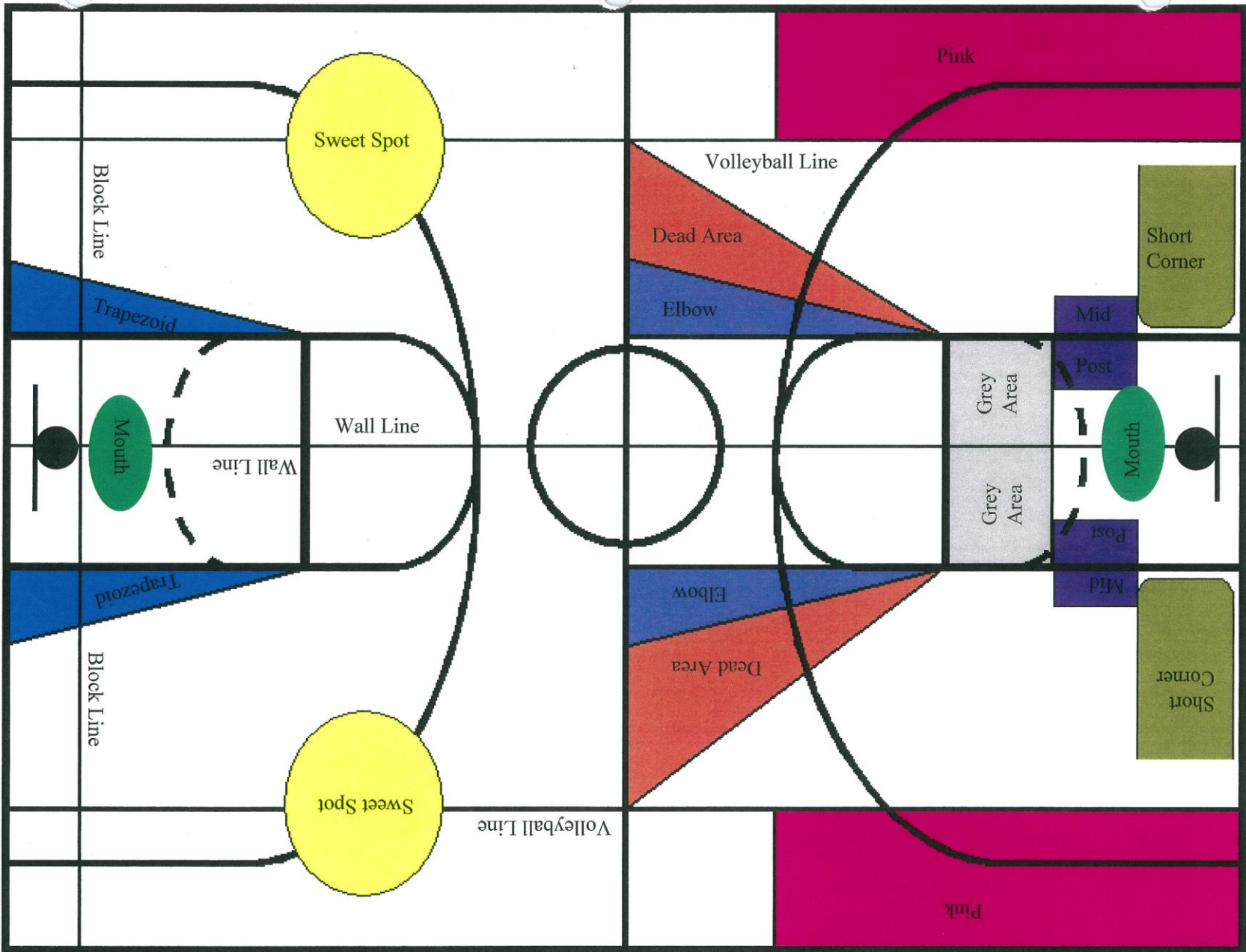
## Cutters

- Wait for Screen
- Set Cut Up / Run Cut
- Use the Screen (Shoulder to Hip)
- Read the Defense
- Over/Under Extention
- Low/Quick Change of Direction
- Hand Preparation/Communicate

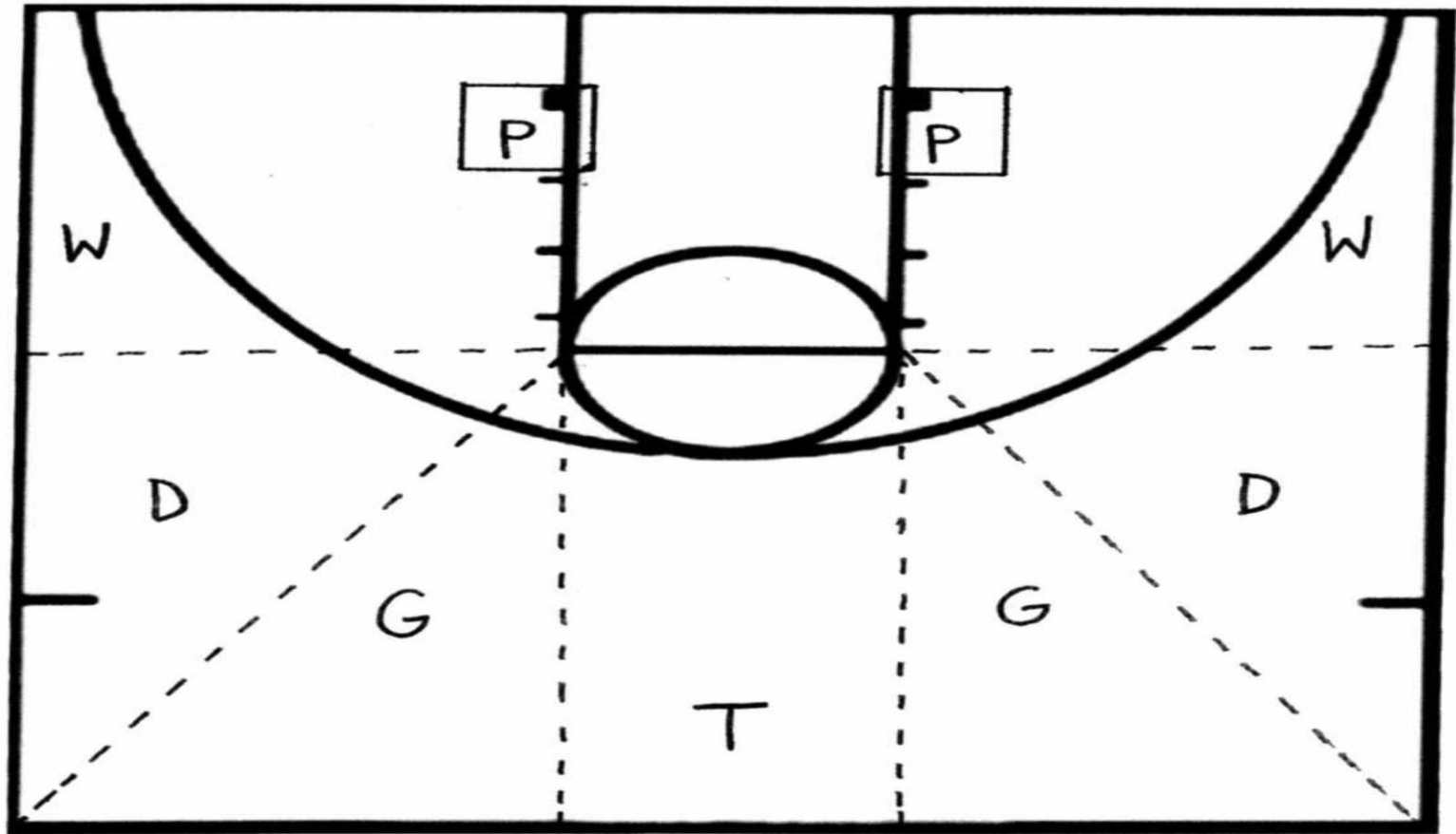
## Screening

- Sprint to Screen
- Hold It/Toughness
- Low and Wide Base
- Respond (5's Roll to Rim/Seal)
- Respond (Pop/threat to shoot/drive)
- All the Way to Defense
- See How Big is Guarded

- 2<sup>nd</sup> Action



# Evansville Basketball



# Motion Screens and Cuts

## Types of Screens

Down Screens (Twist)

Back Screens

Rip Screens

Cross Screens

UCLA Screens

Flare Screens

Rub Screens

## Types of Cuts

Inside Cut (Pass to Wing Open Post)

Tight Cut (Defense Chasing)

Change Cut (Defense Goes Ballside)

C Cut (Defense on Top)

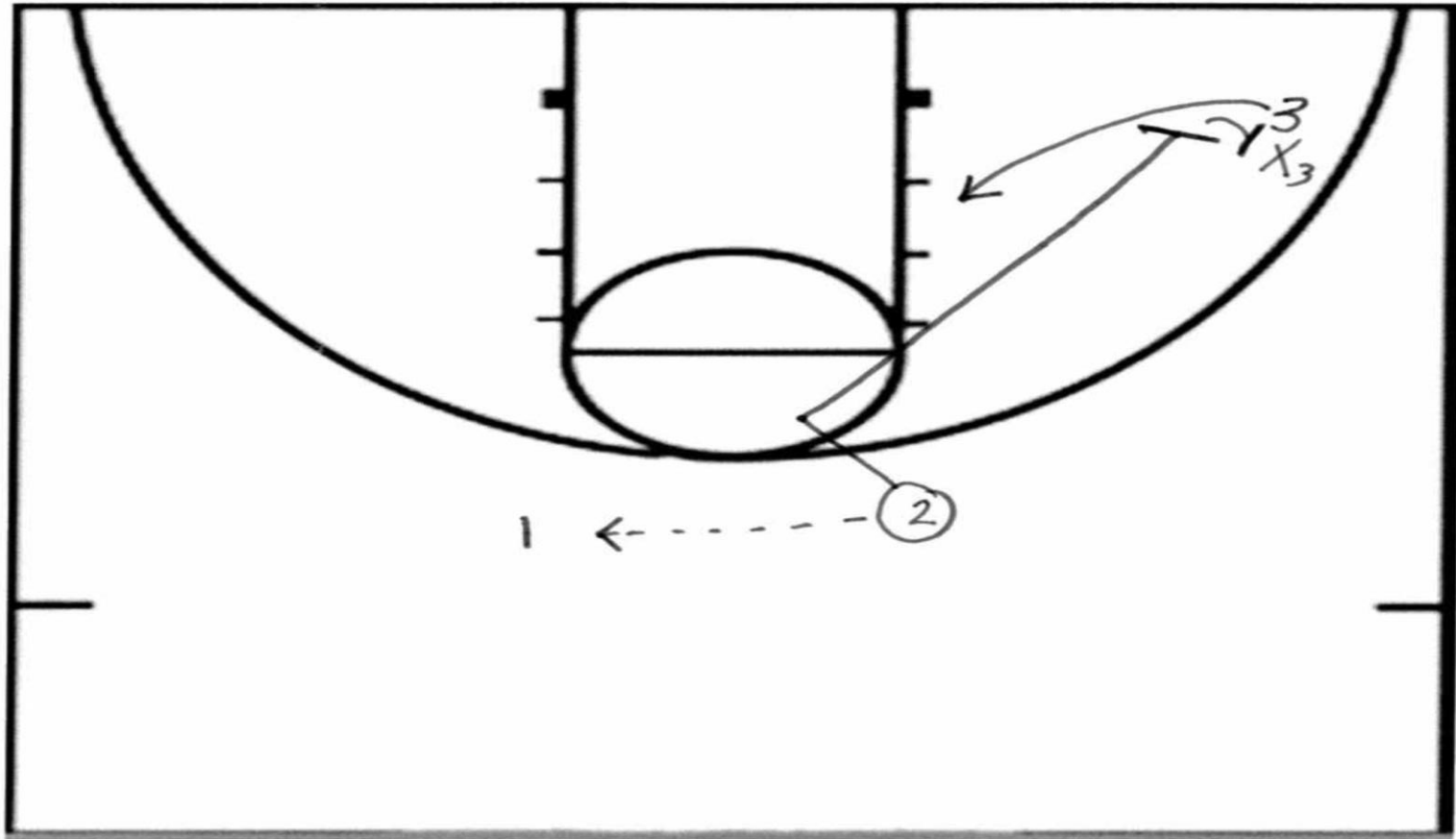
S Cut (Defense Switching)

Face Cut (Defense No Jump to Ball)

Fill Cut (2 on top)

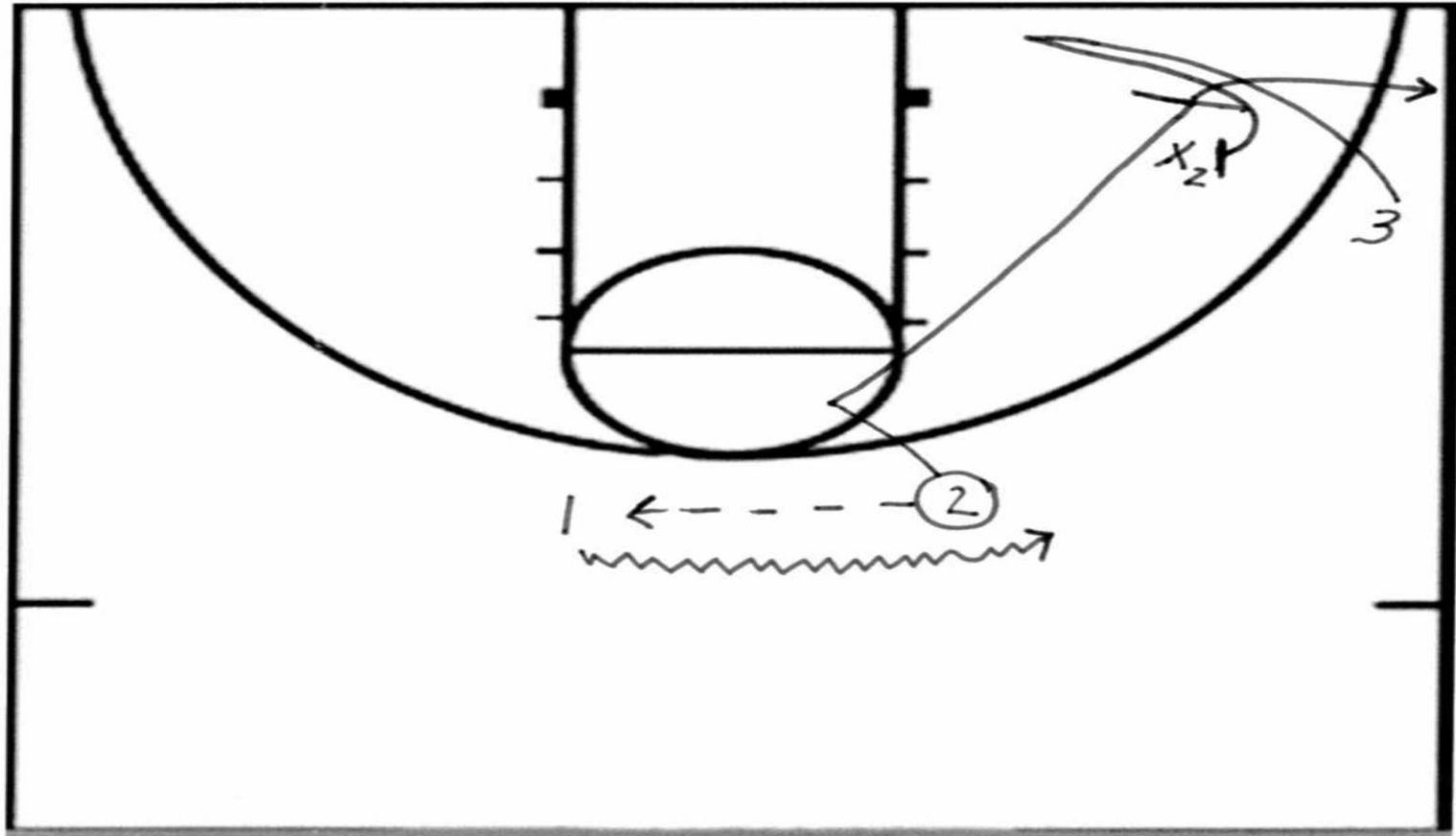
# Evansville Basketball

"TWIST"



# Evansville Basketball

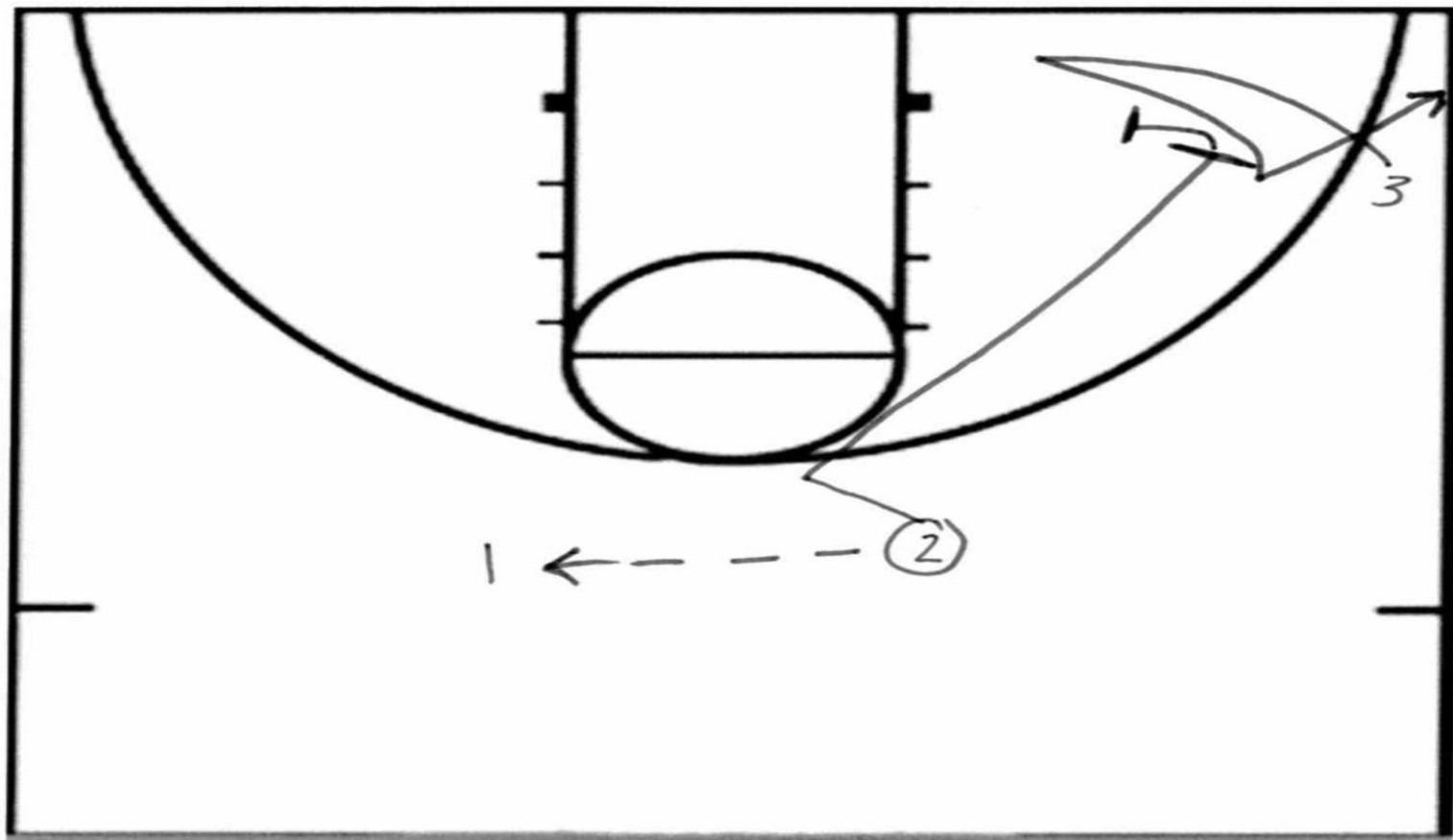
“RUB”





# Evansville Basketball

**"CHANGE"**



# Teaching Fundamentals of Motion

## Run Cut Sweeps

- Sweep and Pivot Pass to Outside Hand
- Sprint to Block
- Show Baseline Hand
- CHANGE OF DIRECTION
- Quick Sweep
- Shoulder to Hip
- Rail Defender
- Pull up in Gray Area

# Teaching Fundamentals of Motion

## Continuous Screening

- Sprint to Screen
- Grab Wrist, Pull Down, Center of Body
- Wide Base
- Don't Flinch, Nose on Chest
- Cannot Stop Short

# Teaching Fundamentals of Motion

## Down Screen and Back Screen Shooting

- Emphasize Same Screening Principles
- Sprint to Screen
- Low Wide Base
- Respond Low and Quick
- Hand and Feet Preparation
- Shot Progression
  - Catch and Shoot
  - Catch and Sweep Baseline (Rail)
  - Shot Fake Go Middle

# Teaching Fundamentals of Motion

## Cutting Off Down Screen

- Pivot, Sweep and Pass Ball to Outside Hand of Coach
- Run Cut
- Change of Direction
- Get Shoulder to Hip and Read Defense...Progression
  - Tight Cut Shot
  - Tight Cut Shot Add Shot Fake
  - Change Cut Shot
  - Change Cut Shot Add Sweep and Attack Baseline
  - Change Cut Shot Add Shot Fake and Attack Middle

# Teaching Fundamentals of Motion

## Cutting off Back Screen

- Pivot, Sweep and Pass Ball to Outside Hand of Coach
- Set Man Up Towards Passer(Face Cut if no Jump to Ball)
- Change of Direction
- Get Shoulder to Hip and Read Defense...Progression
  - Tight Cut Shot (Cut Thru Dots and Above Extention)
  - Tight Cut Shot Add Shot Fake
  - Change Cut Shot
  - Change Cut Shot Add Sweep and Attack Baseline
  - Change Cut Shot Add Shot Fake and Attack Middle

# Motion Shooting Drills

## 3 on 0 – 3 Ball Shooting

- Shoot on First Action (Passer Hits the Cutter)
- Shoot on Second Action
- Cutter to Screener for Jump Shot
- Cutter to Passer for Jump Shot
- Passer Hits the Screener
  
- 2 Coaches on Each Side of Floor for Shots
- Defense on the Passer
- “Larry” when 3 Made Shots

# Motion Shooting Drills

## 4 on 0 Penetration Passing

- Communication!
- Wing Starts with Shot Fake and Penetrates Baseline
- 2 Perimeters – One Slides to Corner, One Cracks Back
- Post Players Drop and Hop to Rim
  
- Penetrator Hits Perimeter in Corner
- Penetrator Hits the Drop and Hop Post
- Penetrator Hits the Crack Back Perimeter
- Penetrator Drives Middle and Hits Perimeter on Circle Wagon
  
- Coaches Always Hit 3 Other Players For Shots...Preparation



# Motion Shooting Drills

## 4 on 0 “L” Shooting

- Defense on Passer
- Cutter Has Option to Use Baseline Screen or Down Screen
- Passer Must Deliver Ball to Cutter Right Off Screen
- 2<sup>nd</sup> Action For Shot or Baseline Drive to Drop and Hop
- Coaches Always Pass to 3 Other Players

# Motion Shooting Drills

## Slide Shooting

- Players Start in Guard Spots
- Players get Foot in Circle and Slide Off Flare
- Get Foot Set When Ball is in Flight
- Step Towards Basket
- Progression 15', Sweep Baseline, Shot Fake and Attack Middle

## Swivel Shooting

- Players Snap Ball to Coach, Wait Until Coach Catches Pass
- Player Sprint For Shot and Call for the Ball
- Swivel into Shots...Emphasis on Getting Outside Foot Around
- Shoulders Over Your Feet, Equal Push
- Progression 15', 3pt, Add Shot Fake

# 5 on 0 Motion Entries

- Double
- Double Circle
- L
- High Low Cross
- FT Cross
  
- 5 on 0 Full Court to Evansville Motion