

Check List for Motion Offense

- 1) **Sureness:** *Everything begins with our ability to Take Care of the Basketball*
- 2) **Shot Selection**
Basketball is not an equal opportunity game
- 3) **Shot Opportunities**
How will you get shots, and who will take them?
- 4) **Must have Established Screeners**
Role Development
- 5) **Spacing:** *Good Offense is Spacing and Spacing is Good Offense*
- 6) **Offensive Rebounding:** **OBC**
- 7) **Stay away from “weak spots” (Baseline)**
- 8) **Penetration:** *Hardest thing to guard*
Know the Bailouts
- 9) **Inside Scoring**
Free Throws
Balanced Scoring
- 10) **Be Hard to Guard**
Teaching Kids How to Play



DELTA STATE BASKETBALL
“A Commitment to Excellence”