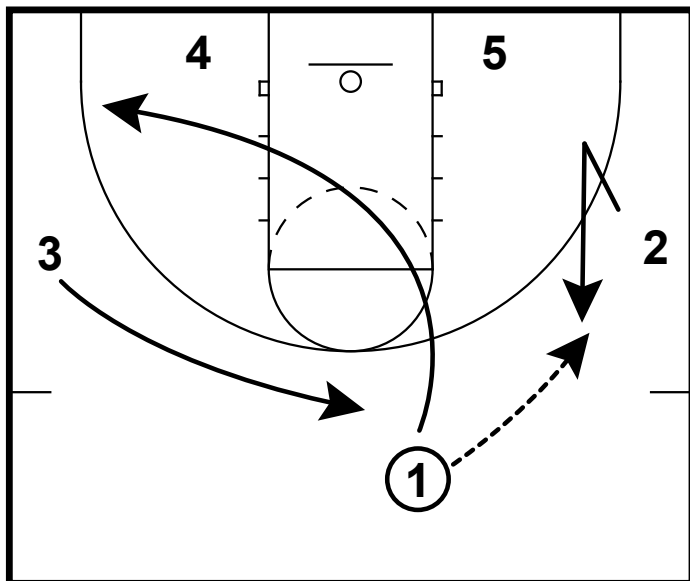
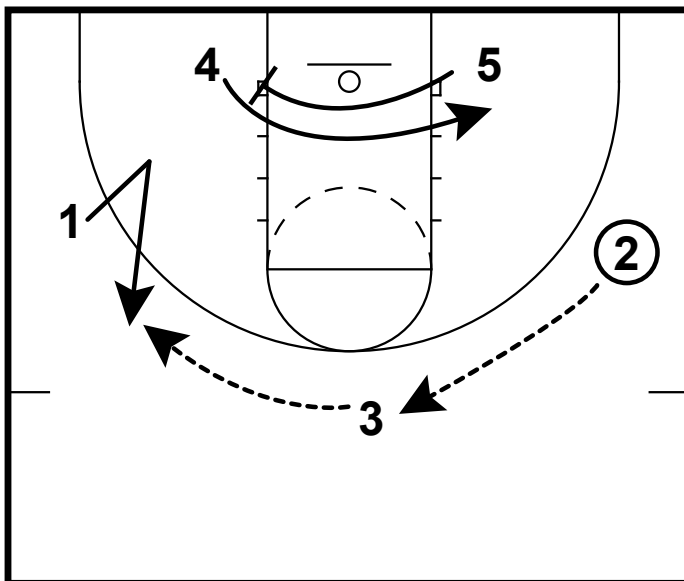


HALF- COURT: 3 MOTION



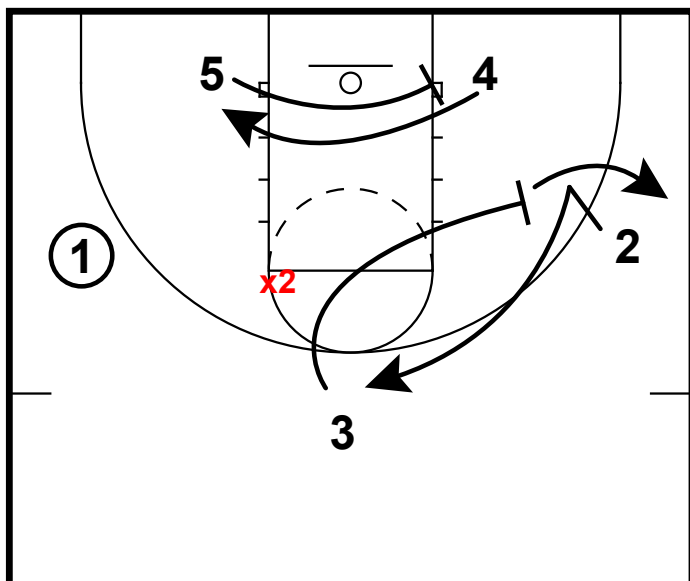
When running any kind of motion you want to allow your players lots of freedom to read and react to the defense. Here is a basic 3 motion structure. In this look we have spread the post out about a step for 2 from the block. This creates space for driving a cutting. It also allows them to see the floor better as well. The wings always V-cut to get open. 1 will pass to the and basket cut. 3 replaces up top.

HALF- COURT: 3 MOTION



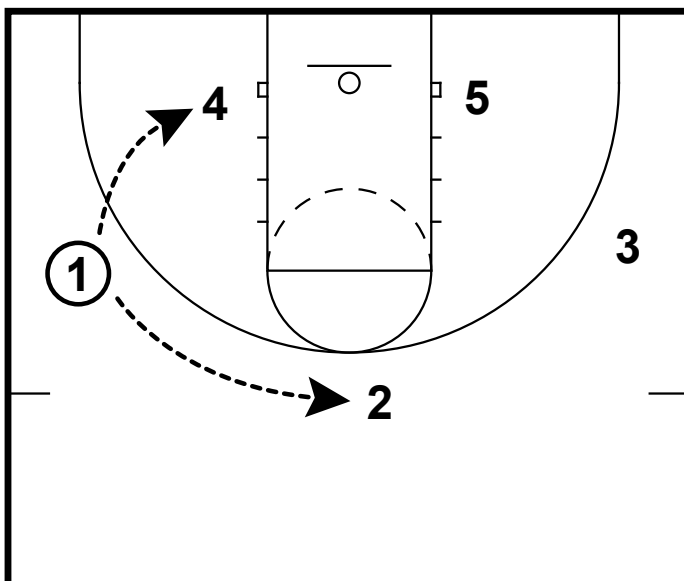
5 can go screen away, dive in for a post or stay spaced out which could allow the 4 to flash to the ball. In this frame he will go screen for the 4. 4 cuts high or low off the screen depending on the defense. In this frame we will reverse the ball all the way around the perimeter.

HALF- COURT: 3 MOTION



1 now has the ball. Anytime you make a guard to wing pass you look to basket cut. If the defense jumps to the ball and jams the cut then you will go screen away. X2 jams the cut in this frame so the 3 will go screen away for the 2.

HALF- COURT: 3 MOTION



1 will pass to whoever is open. This motion gives your team some structure but also gives them the freedom to make plays for each other.