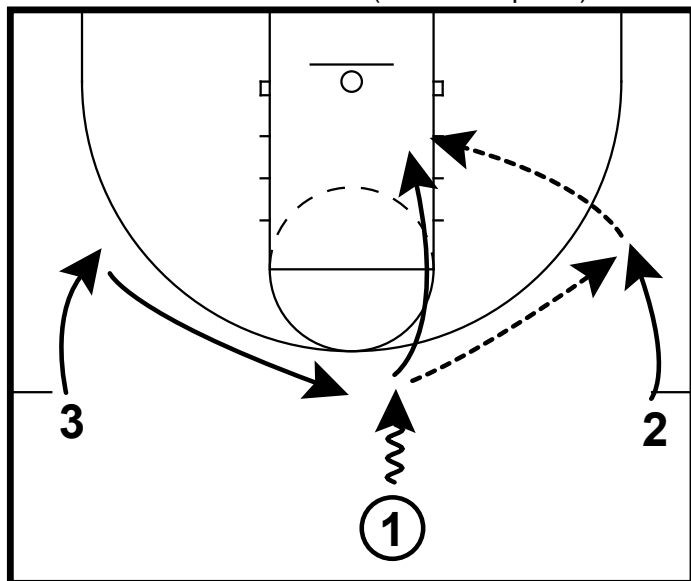
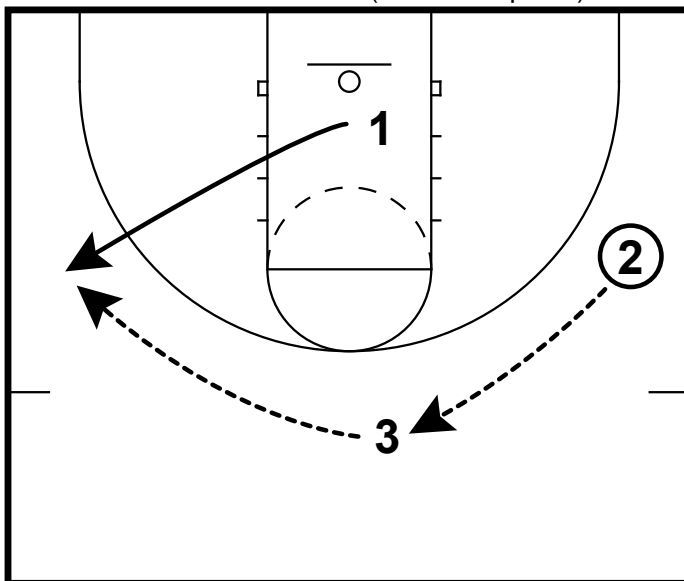


3 Out Motion Series (Cut and replace)



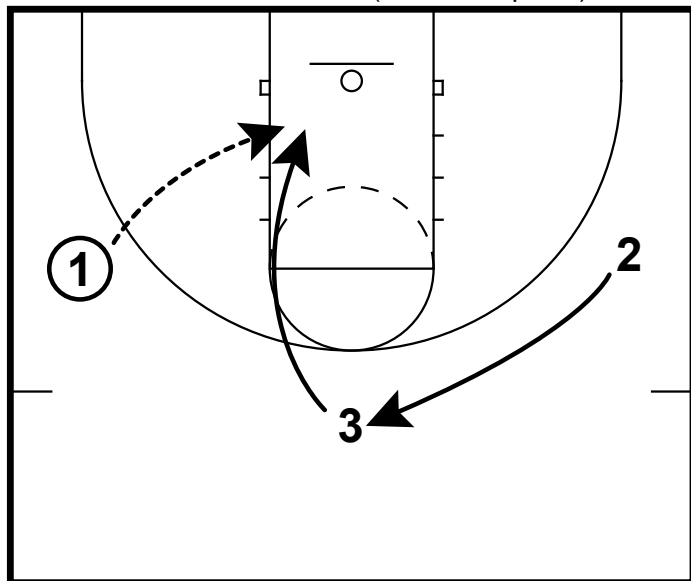
3 Out Motion Series (Cut and replace)



These are some great drills that teach spacing and can help build up to your motion offense. There always needs to be constant movement and communication. Also, you always want the top spot filled so you always have someone back to stop the break. 1 dribbles up the floor as the 2 and 3 run the wing spots. You want your players to be high and wide. 1 will pass to 2 and basket cut. If open 2 will pass him the ball. 3 needs to sprint up top and fill.

If the 1 is not open. The 2 will pass to the 3 who will reverse to the 1. The 1 needs to sprint to the wing so we can reverse the ball quickly.

3 Out Motion Series (Cut and replace)



3 will now basket cut and 1 will pass to the 3 if open. 2 will replace up top.