

DELTA STATE MOTION OFFENSE CHECK LIST

1. Must Have Established Screeners
 - a. Role Development
2. Shot Selection
 - a. Basketball is not an equal opportunity game
3. Shot Opportunities
 - a. How will you get shots, and who will take them?
4. Offensive Rebounding
5. Spacing
6. Stay away from “weak spots”
7. Penetration
 - a. Hardest thing to guard
8. Inside scoring, Free Throws, Balanced Scoring
9. Turnovers
10. Hard to Guard
 - a. Teach kids how to play