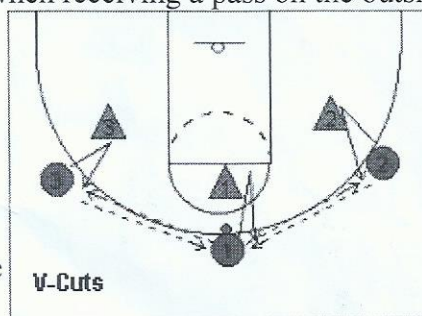


Basketball Drills - Motion Offense Drills

First read "Motion Offense". This article features some break down drills for teaching the 3-2 motion offense. These drills may involve only certain positions, and not the entire team. You may want to work with the perimeter players, while on the other end, your assistant works with the post players, or vice-versa. Many of these drills are applicable to any motion offense... 3out-2in, 4out-1in, 5out, etc. and help teach players how to "play the game". After running some of these drills, we like to go 4-on-4 or 5-on-5 half-court to reinforce things. We make our 4-on-4 and 5-on-5 drills competitive with losers doing push-ups. In all of these drills, we really stress that our perimeter players get into triple-threat position when receiving a pass on the outside.

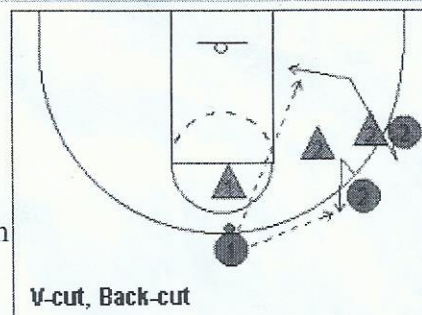
V-Cut Drill

Teach your perimeter players to V-cut, replace themselves, and receive the pass. Make sure they catch the ball in triple threat position. Use groups of three, and start with no defense, or token defense (no deny). The players reverse the ball around several times. Then you yell "Go!", and anything goes with the offense attempting a quick score, using a dribble move, a cut and pass, screen, back-cut, etc.



V-Cut, Back-Cut Drill

After teaching the V-cut, teach the back-cut, which is used when the defender over-plays, or denies, the pass. Have your X2 defender deny the pass, and teach O2 to recognize this situation and make the back-cut for the pass from O1. Initially, use token defense, and then go 2-on-2 with hard defense. The O2 offensive player must learn to read the defender, and learn when to v-cut, and when to back-cut.



Point-Guard Give 'n Go Drill

Again, use the 2-on-2 setup. The X2 defender plays "soft" and allows the pass from O1 to O2. O1 fakes left, and makes the basket cut looking for the return pass from O2. Have the X1 defender play token defense at first. Then "go live". If the X1 defender over-plays the passing lane (because he knows the drill), then the point guard can fake the cut and pop back out for the pass and outside shot. If the X2 defender "cheats" toward the passing lane, then O2 can fake the pass, and dribble-penetrate to the hoop.

