

Sets to Initiate Motion Offense

- **High Ball Screen**
 - Figure I – Offense is initiated with the 4 or 5 setting a high ball screen at the top of the key. The 2 and 3 are in the corners, and the 4 or 5 starts on the block opposite ball.
 - The 1 comes off a screen and roll with the 5, the 5 rolls down the lane, the 4 cuts up the lane to the top of the key, and the ballside wing (Player 3) cuts up to the X. Player 1's priorities are to (1) get a layup, (2) pass to 5 for a layup, or (3) pass to Player 3 cutting up to the X.
 - If the ball is passed to Player 3, we're in our motion offense. Player 3 can make a quick reversal and get it into a sealing post player (Figure II), or can dribble drive attack and initiate our offense (Figure III).

- **Box Set into Motion Offense**
 - Figure I – Players 2 and 3 set up on each block, Players 4 and 5 set up on each elbow. Player 1 centers the basketball.
 - The offense is initiated with Player 1's dribble entry to either side. Ballside Post then downscreens for the guard bring him up the middle of the lane to the top of the key.
 - Figure II – Player 1 passes to the top and receives backscreens from Player 5, 2, and 4 coming out the other side.
 - Figure II – After Player 2 sets a screen for Player 1, he gets a rescreen from Player 5 and cuts out the wing. Player 5 then ducks in on a post up.
 - Figure IV – Player 3 can pass to either wing. After the pass, Player 3 gets a flare screen and the ballside post screens for the opposite post bringing him block to block.
 - If there are no post catches or shots out of this set, either player 4 or 5 relocates outside to a perimeter X and we are in our motion offense.

Keys

- Use these sets to initiate the Motion Offense, it's a good way to incorporate screens into an offense that doesn't use screens very much.

- If these sets breakdown at any point, make sure your players know that they can get to an X at any point and be in your Motion Offense.