

4 Out 1 In Motion Offence

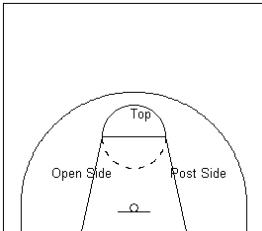
Personnel

1 Point Guard

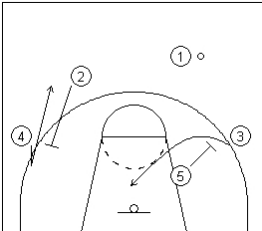
2, # 3, and # 4 Swing Players

5 Post Player

Concepts and rules for teaching 'motion offence' apply with specific application based on ball location.

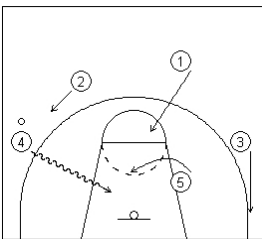


Floor Areas



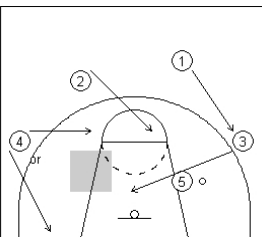
Ball Out Top

- Screen action on both sides
- Inside to outside screening action
- Double screen and re-screen action should also be used



Ball On Open Side

- Drive opportunities
- Perimeter players slide to shooting spots
- 5 steps high to clear backside and gets to middle of lane for pass or to rebound



Ball On Post Side

- Post opportunities (anyone can post if 5 man on the perimeter)
- Cut or slide to shooting spots when the ball is in post
- Clear backside in shaded area