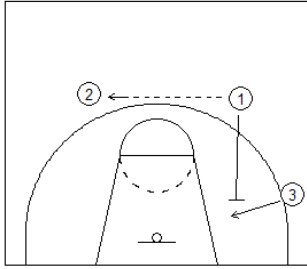


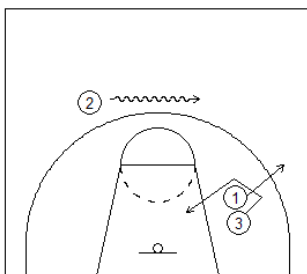
## *Motion Offence Shooting Drills*

### Shooting drills specific to Motion Offence; use on both sides of the floor



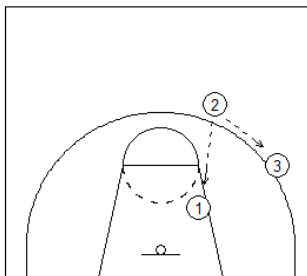
#### *Curl Cut Shooting*

- Set up with a 2 guard front and a wing player
- Guard swings the ball and down screens for wing
- Screen is set just above the block, half way between the key line and 3 point line with back to the ball
- Wing Player takes defence towards basket under the screen and makes a read...



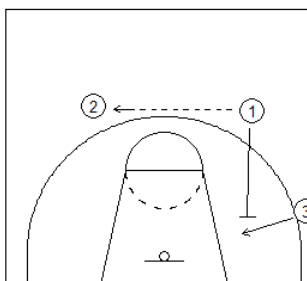
#### *Curl Cut Shooting*

- Wing player curls if defence is **trailing**
- Wing must move towards the screens chest and bump shoulders on the way through curling to the basket
- Guard (2) dribble swings the ball to the action
- Guard (1) screener pops for shot



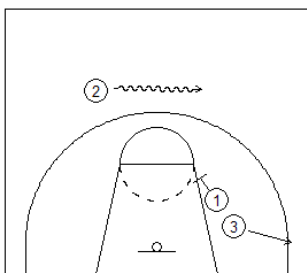
#### *Curl Cut Shooting*

- Guard (2) reads the action and makes a pass to the open player



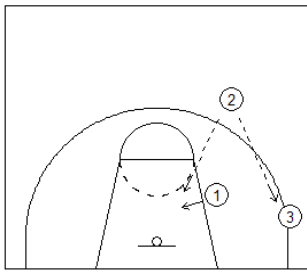
#### *Flare Shooting*

- Set up with a 2 guard front and a wing player
- Guard swings the ball and down screens for wing
- Screen is set just above the block, half way between the key line and 3 point line with back to the ball
- Wing player takes defence towards basket under the screen and makes a read...



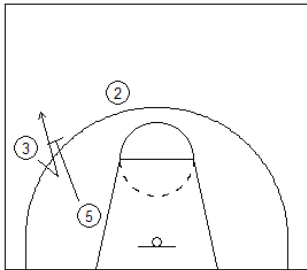
#### *Flare Shooting*

- Wing player flares if the defence is **cheating over the screen**
- Wing (3) flares to the corner
- Guard (1) re-screens wing (3)'s player
- Guard (2) dribble swings to the action



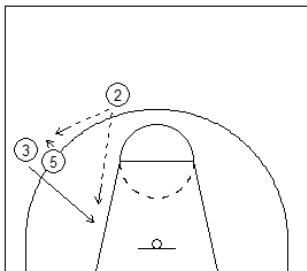
### Flare Shooting

- Guard (1) slips the screen and shows to the middle
- Guard (2) reads the action and makes a pass to the open player



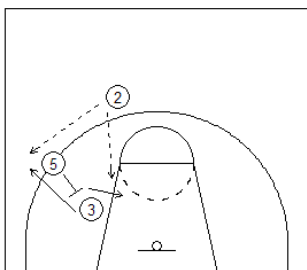
### Back Cut

- When a wing is unable to get open on the wing, player (5) sets a back screen for wing (3). Back screen when defence **overplays**
- Wing (3) leads hard out showing hands.



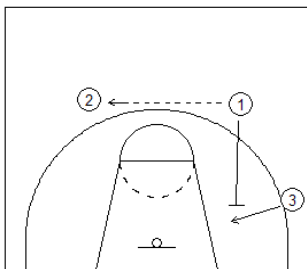
### Back Cut

- Wing (3) changes direction and cuts hard at the basket
- Player (5) opens up
- Guard (2) reads the action and makes a pass to the open player



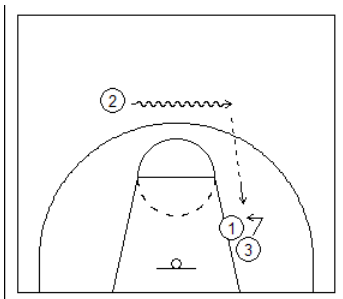
### Back Cut with Re – Screen Option

- Player (5) re-screens for wing (3) to lead out to receive ball
- Wing leads out hard looking for ball to shoot to feed post
- Post shows following the screen looking for the initial pass and then post looking to receive from (3).
- Guard (2) makes the read and delivers the ball



### Pocket Cut

- Set up with a 2 guard front and a wing player
- Guard swings the ball and down screens for wing
- Screen is set just above the block, half way between the key line and 3 point line with back to the ball
- Wing player takes defence towards basket under the screen and makes a read...



### Pocket Cut

- Wing (3) pulls up in the screeners pocket when the defence is **soft**
- Wing must move towards the screens chest and bump shoulders on the way through curling to the basket
- Guard (2) dribble swings the ball to the action
- Guard (2) feeds wing (3) for shot over guard (1) in the pocket