

OKLAHOMA'S
MOTION PRINCIPLES
Motion Offense Is Three Things

1. *Moving the Ball*
2. *Moving People*
3. *Screening*

“OFFENSE IS SPACING & SPACING IS OFFENSE”

OFFENSIVE PRINCIPLES/MENTALITY

Keys to Success of any Offensive System

1. Unselfishness
2. Aggressiveness
3. Ability to read the defense
4. Fundamentally sound
5. Confidence

Principles for All Players

1. Ready Hands
2. Limited Use of Dribble
3. Every Third Pass to Paint
4. Every Shot = Pass to You . . . Rebound!
5. Move With a Purpose
6. Let the Ball Have Eyes

Motion Principles

1. Stretching the Defense
 - Allows spacing for better cuts
 - Clears post
2. Center the Ball
3. Watch the Defense
4. Receivers of Screens -- wait, wait, wait
5. Screeners are Second Cutters
 - Great cutters get teammates open
6. Basket Cut -- Foundation of Motion Offense
7. Communication
 - Screens
 - Cuts
8. Get Best Shot Possible
 - Not what the defense gives you, but what we want

Motion Rules

1. Every 3rd pass hits the post
2. If ball comes out of post, it must be re-fed or reversed (if not shot, of course)
3. 15-18 foot spacing – maintain spacing
4. Motion Line above free throw line extended high & wide

OKLAHOMA'S MOTION OFFENSE

KEYS TO SUCCESS IN ANY OFFENSIVE SYSTEM

1. Unselfishness
2. Aggressiveness
3. Read the Defense
4. Fundamentally Sound
5. Confidence and Belief in that System

GOAL – to get the best possible shot (not a wrong, but a better or best)

MOTION IS THREE THINGS

1. Move the Ball
 - ❖ make five people defend
 - ❖ every third pass must go to the paint
2. Move People
 - ❖ move—basket cut is the foundation/fill/back cut
 - ❖ move with a purpose
 - ❖ move with a purpose together
3. Screening
 - ❖ must be very definite about angles
 - ❖ must center the ball

4 Types of Screens

1. Down Screen—back to the ball
2. Back Screen—back to the basket
3. Flare—back to the corner
4. Pin—back to the sideline

Fundamentals of Screening

1. Every screen begins with a basket cut
2. Communicate—verbal and physical
3. Low and wide—fight the defenders feet
4. Quick stop to proper angle
5. Be a second cutter—opposite of first cutter

Fundamentals of Receiving

1. Wait, wait, wait, and then wait
2. Walk the arc—v-cut (change of speed and direction)
3. Nosehole to nosehole
4. Look at the defense and read (fill, curl, back cut, out)
5. Communicate—call all cuts

Teaching Progression: 2 on 0 (specific screens)/2 on 1 (specific screens)/
2 on 2 (specific screens, live)/4 on 0 (cuts, specific screens, live)/4 on 4 live/5 on 0/
5 on 4 open post/5 on 5 (cuts, live, no dribble, designated screener, designated scorer,
second cutter scores)