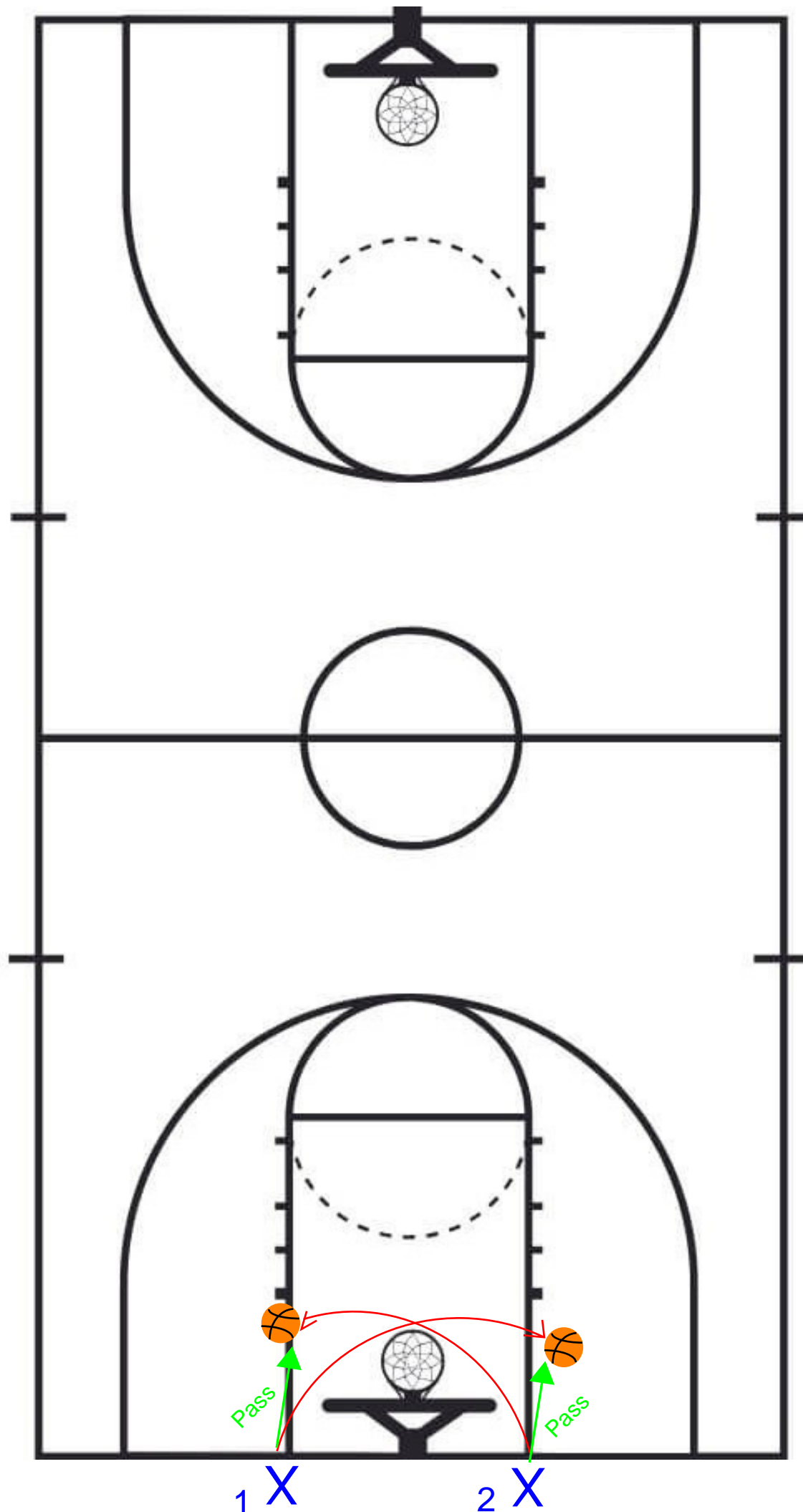




## Basketball Plays

### Pre-Game Warm-up

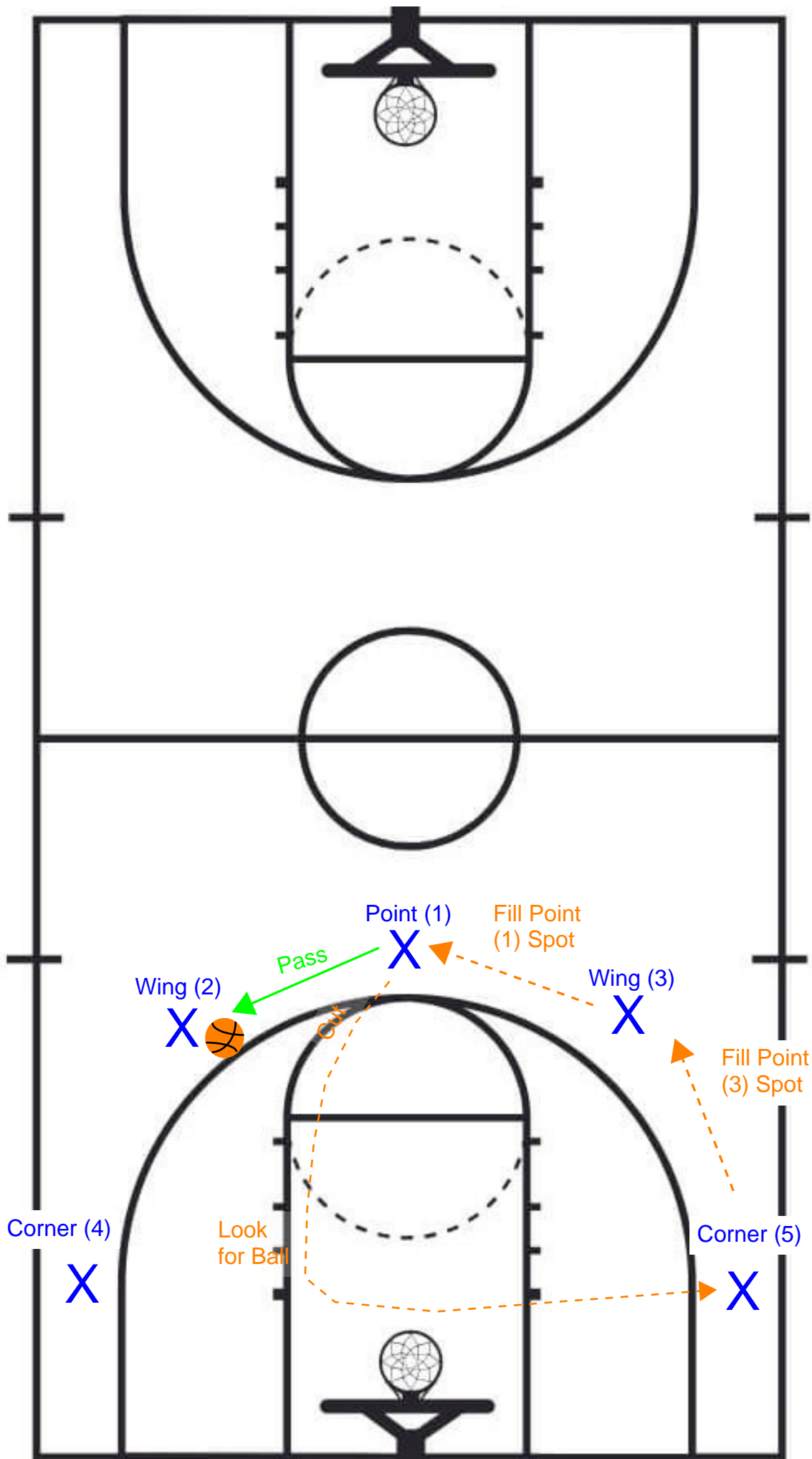
This is a good pre-game warm-up. Two equal lines under basket as shown. One ball each line. 1st player in line 2 has no ball and starts drill by running as shown to block in front of line 1. Line 1 passes to player and then runs outside to opposite block in front of line 2. As soon as ball is passed, the player runs. Player who shoots ball, gets their own rebound and gives to next player in line.



# Motion Offense

To start the play, the point guard dribbles ball down court. As the point passes 1/2 court, the wings screen towards the basket and then fill the corner spot. The (2) corners fill in at the wing spot. The point guard passes to left or right and then screens toward basket thus starting motion offense.

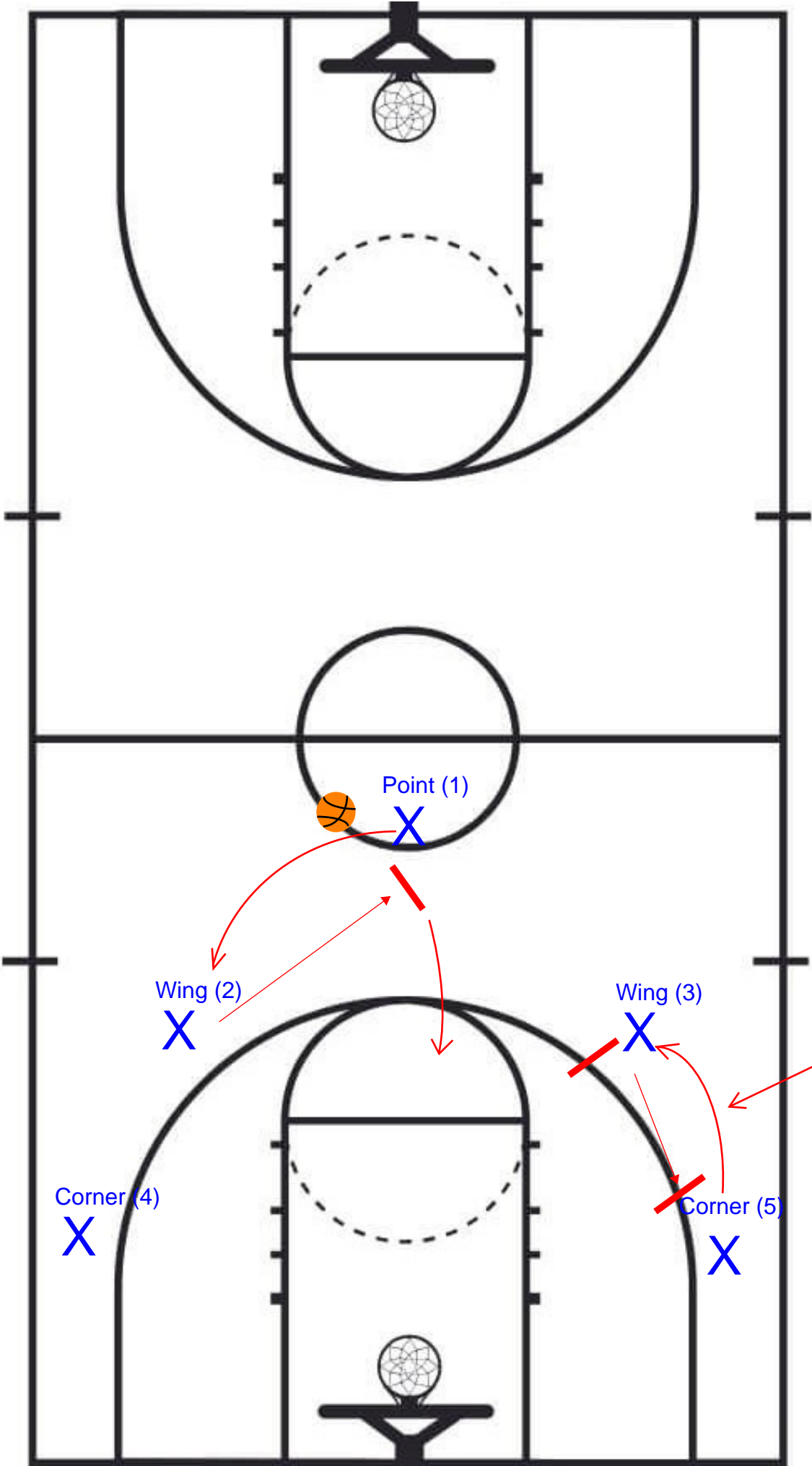
**Keys:** Keep moving. Fill in spots. Make basketball move (i.e. cuts).



# Motion Offense - Blue

Same as motion offense, but introduces more pick and roll opportunities. This is good play if defense picks up point guard (1) at 1/2 court in lieu of 3-pnt line. To start the play, the point guard (1) dribbles ball down court and just prior to crossing 1/2 court picks a side (left or right) and calls "blue". In this example, they picked the right side. This is the cue for wing (2) to set a screen on point (1) defender and then roll to the basket (i.e. pick and roll). The point (1) fills in the wing (2) spot. The wing (3) fills in the point (1) spot. The corner (5) fills in the wing (3) spot and the wing (2) fills in the corner (5) spot.

**Keys:** Wait for screens. Roll to basket and look for ball.

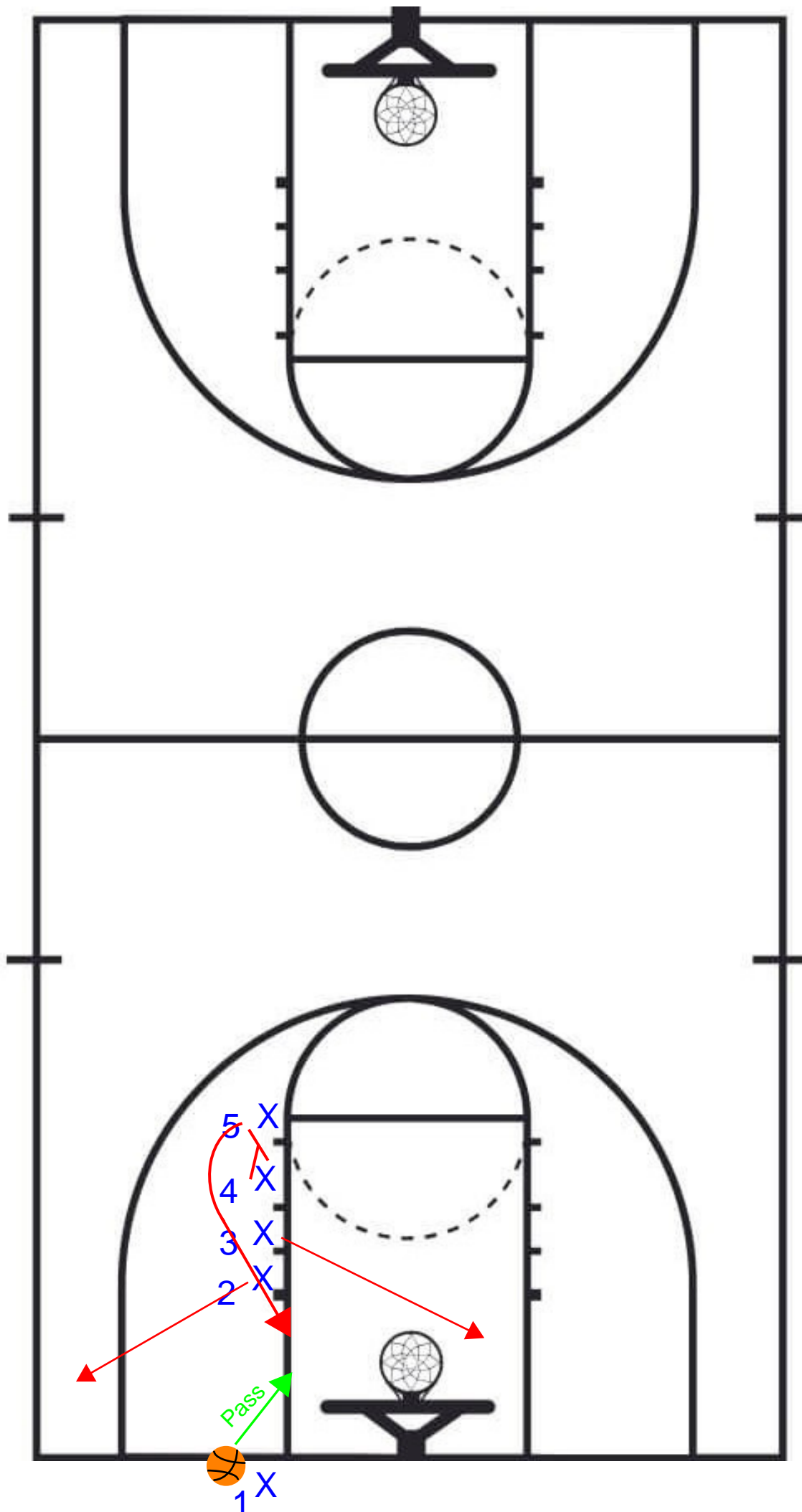


## Line - In Bounds Play

The 1 spot starts the play once ball is received from referee. Once 1 spot calls "go" and slaps ball, this is the cue for spots 2-5 to take action. 2 spot goes to corner. 3 spot goes to opposite block. 4 spot sets a screen for 5 spot. 5 spot curls around "bumping" shoulders with 4 spot and looks for ball.

**Goal:** 1 spot to pass ball to 5 spot for easy layup.

**Key:** 1 & 5 spots needs to be patient to allow other spots to get into position.



## Box - In Bounds Play

The 1 spot starts the play once ball is received from referee. Once 1 spot calls "go" and slaps ball, this is the cue for spots 2-5 to take action. 2 spot sets screen for 4 spot. 4 spot goes to set screen for 3 spot. 3 spot rolls to block looking for pass (option 1). After 2 spot sets screen for 4 spot, they immediately proceed to set screen for 5 spot. 5 spot rolls to block looking for pass (option 2).

**Goal:** Option 1 or 2 for easy lay-up.

**Key:** Players need to be patient and wait for screens. 1 spot needs to be patient to let play develop.

