

Basketball Team Offenses

Offense 01 - 1-4 Motion

Offense 02 - 1-3-1 Motion

Basketball Offense

Offense No: 01 **Name:** 1-4 Motion

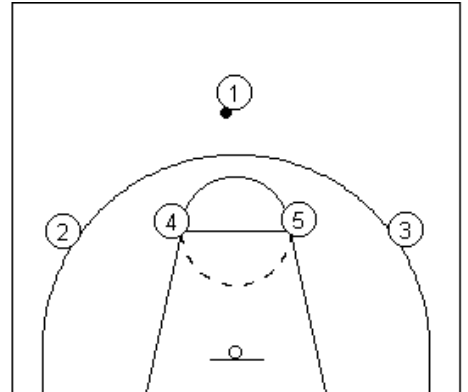
Description:

Initial alignment is shown in diagram A.

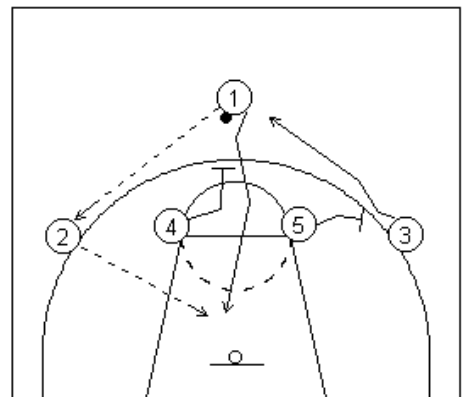
The offense can be started in one of three ways. Either the point guard passes to one of the wings, or the point guard passes to one of the high posts, or the point guard dribbles at one of the wings.

- 1) If the point guard passes to one of the wings, then
 - a) The ballside high post screens for the point guard who cuts off the screen to the basket, if the give-and-go pass is on, the point guard has a shot (see diagram B).
 - b) The weakside high post sets a screen for the weakside wing who fills the point position (see diagram B).

A.

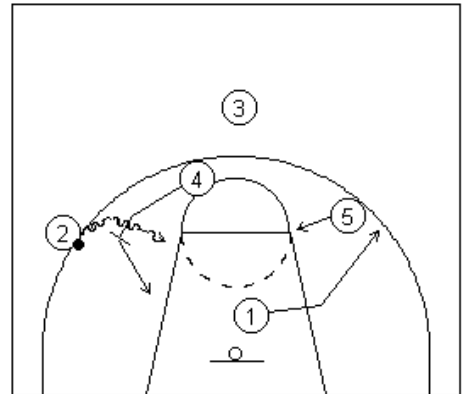


B.



- c) If the give-and-go pass is not made to the point guard he fills the weak side wing position (see diagram C).
- d) If the give-and-go pass is not made to the point guard the ball side high post sets a screen and roll with the ball side wing. We would prefer to set the screen in such a position that the wing can drive high and the high post can roll low (see diagram C).
- e) The weak side high post returns to their position (see diagram C).

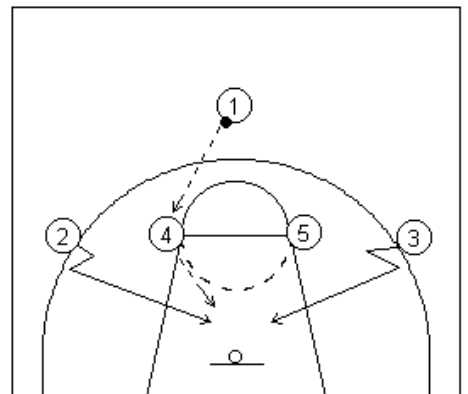
C.



- 2) If the point guard passes to one of the high posts then,
 - a) both wings backdoor cut to the basket looking for a pass from the post and a scoring opportunity (see diagram D).

If the wing players do not receive a pass they exchange wing positions.

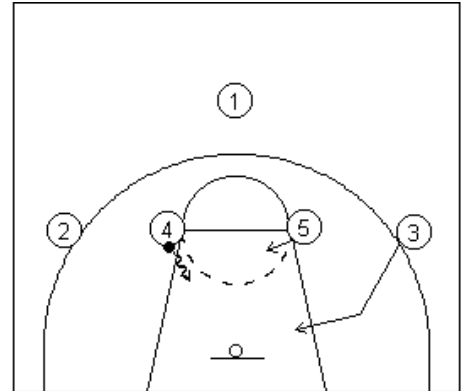
D.



Basketball Offense

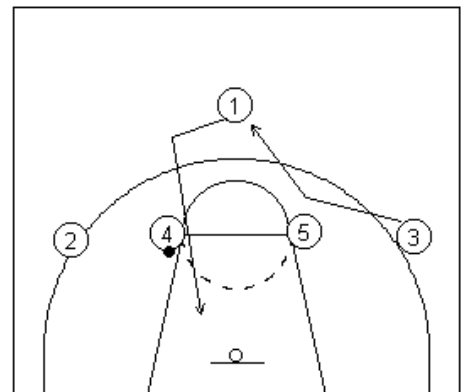
- b) The high post can also drive if he wishes. In this case the weak side high post and wing fill receiver positions (see diagram E).

E.



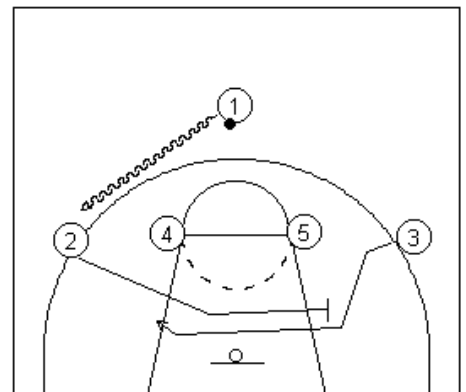
- c) Another option is for the point guard to cut off the high post looking for a hand-off pass. If the defenders on the high post and point guard don't switch the point guard may have an easy drive to the basket (see diagram F).

F.



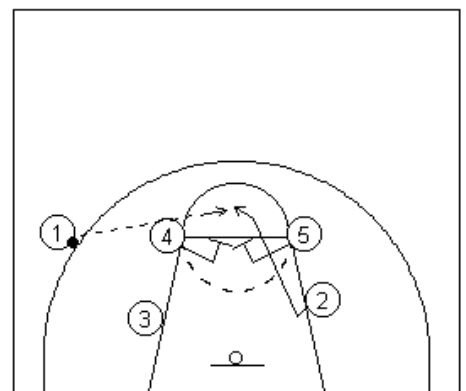
- 3) If the point guard does a dribble entry to the wing then,
 a) the ball side wing cuts across the key and sets a screen for the weak side wing, the weak side wing cuts off the screen low looking and posts up low looking for a pass (see diagram G).

G.



- b) If the pass is not on to the low post, both high posts set a screen in the middle of the lane and the original ball side wing cuts behind the screen to the free throw line for a pass and shot (see diagram H).

H.



Basketball Offense

Offense No: 02 **Name:** 1-3-1 Motion

Description:

Initial alignment is shown in diagram A.

In this offense the low post is always a low post and the high post is always a high post. This may make it easier to teach to younger players.

We always want the low post to set up on the low block on the weak side.

- 1) The point makes the pass to one of the wings.
- 2) The high post sets a screen for the point guard who cuts to the basket looking for the give-and-go pass (see diagram A).
- 3) The high post then sets a screen for the weak side wing who fills the point position (see diagram B).
- 4) The point guard, if she doesn't get the give-and-go pass sets a cross screen for the low post. The low post cuts to the opposite low post and posts up looking for the pass (see diagram B)

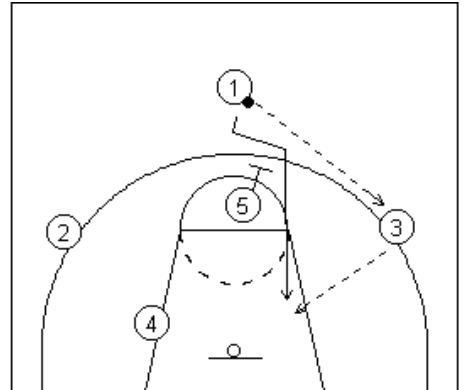
The point guard fills the weak side wing if no pass is made to the post.

- 5) We can now look for ball reversal and start the offense off on the other side of the court (see diagram C).

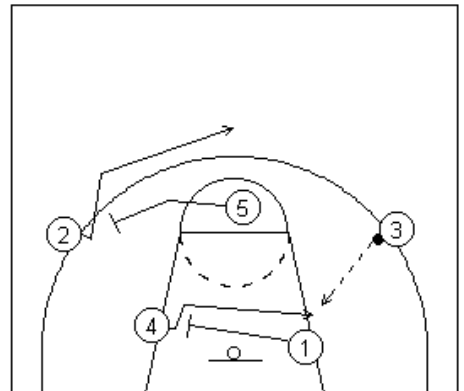
- 6) If the point is denied the ball we can look to the high post as a ball reversal option.

If the pass is made to the high post the low post should be trying to seal their defender and be looking for the high-low pass from the high post (see diagram D).

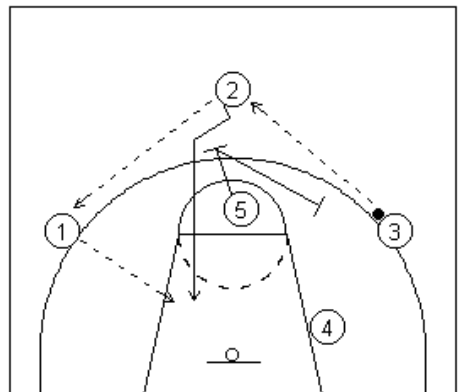
A.



B.



C.



D.

