

# **MOTION OFFENCETEST**

**Name:** \_\_\_\_\_

**Team:** \_\_\_\_\_

## **Cuts without screens**

### **The cutter (passer)**

1. After a pass how many steps do you take away from the ball before making a cut?
2. After taking those steps away what do you do?
3. What are the four cuts without a screen?
4. List the reason for deciding each of those cuts
5. List the step by step process in making a cut without a screen.
6. Diagram each of these cuts on the sheets provided.
7. What cut does not need to be called?

### **The receiver**

8. When catching the ball what stance does a player go straight into?
9. What does the receiver look at initially when in possession of the ball? What skill does he use to see this?
10. How does the receiver make the decision as to whether to pass to a cutter or not to pass?

11. If the cutter is not open what are the receiver's options then?
12. What is the sequence called for cuts without screens?

### Down screens

13. What angle must a player set a down screen on?
14. How do we set screens with our bodies?
15. When the offensive cutter see the signal for a screen what should they do?
16. Once the screen is set, where doe the offensive player cut to before deciding a cut?
17. When does a player decide their cut off a screen?
18. How does a player decide their cut off a screen?
19. If the defensive player goes into or under the screen what type of cut do we use?
20. If the defensive player tries to fight over the screen what type of cut do we use?
21. If the defensive player cheats over the screen, what cut do we use?
22. If the defensive player sags into the key off the screen what cut do we use?
23. If the defensive players cheats under the screen, what cut do we use?
24. So how many cuts do we have off a screen?

## Back screens

25. Where does our back face when setting a back screen?
26. How far away do we set the screen?
27. If the defensive player is playing below you what cut do you make?
28. If the defensive player is playing even or above you what cut do you make ?
29. Describe and diagram the side flare cut of a back screen?
30. Where can back screens be set on the floor?
31. How long do post players hold their positions?

## Cross screens – Post Exchange

32. What are the three parts of a cross screen?
33. What does the offensive cutter who is about to receive the screen have to do before cutting of the screen?
34. Diagram the different cuts off a cross screen for when a defender is
  - i. (A) Playing low and
  - ii. (B) Playing high
35. What does the screener have to do on
  - (A) A high cut
  - (B) A low cut

## Spacing

36. What spacing is required between players?
37. What are the five positions on the perimeter that we move through?
38. How do we maintain floor balance after a player has cut through the key?
39. What do we replace into?
40. How many point positions are there?
41. Name the different sets that we have in our motion offense?
42. Explain an odd front set versus an even front set.
43. On what set do we not use the corner positions?
44. Names the positions in our sets that our inside players operate from?

## Offensive options after a pass

45. What are the options a player can perform after passing the basketball?
46. What is the one thing a player wants to eliminate?
47. What are the four cuts we can make without a screen?
48. What are the three screens we can set?
49. What are the five cuts of a screen?
50. Does the basketball move in response to what the players are doing or do the players move in response to the basketball?

## Entries

51. What are the entries we use in our motion offence?
52. Diagram and explain these entries?

## Rules

53. What are our rules for motion offence? In regards to
  - a. Shooting the three
  - b. Reversing the ball
  - c. Driving to the basket
  - d. The ball being passed into the post
  - e. What to do on the weakside if somebody is below you

## Offensive sets

54. Diagram and explain the "5-out" set?
55. Diagram and explain the "5 Man Motion" set?
56. Explain the difference between the above two sets?
57. Diagram and explain the "Post Exchange" set?
58. In "Post exchange" what are you if you are in the post and the ball comes to your side of the court?
59. What are you when it goes away to the opposite side of the court?
60. Diagram and explain the "4-1 Strong" set?
61. Diagram and explain the "4-1 Weak" set?
62. Diagram and explain the "4-1 High" set?
63. Explain why we would run our different sets in particularly in regards to matchups and mismatches.