Basic 3 Out 2 In Motion Offense

For a complete step by step system for installing a killer motion offense in just one practice... check out:

http://bballsecrets.com/ov/1play.html
Basic 3 Out 2 In Motion Offense

Start by setting up in a 3 out 2 in formation, with your point guard (Cliff), shooting guard (Claire), and small forward (Theo) on the perimeter, and your power forward (Denise) and center (Vanessa) on the blocks.

Initiate the play by entering the ball to the right or left wing (after the wing v-cuts to get open)

With the ball at the wing, the point guard will screen away to the opposite wing. In this case, Cliff screens for Theo. Meanwhile the ball side post (Denise) will screen away for the weak side post (Vanessa).

For a complete step by step system for installing a killer motion offense in just one practice... check out:

http://bballsecrets.com/ov/1play.html
Basic 3 Out 2 In Motion Offense

After Theo and Vanessa come off their screens, Claire can either enter the ball to Vanessa on the block, or pass to Theo, who reverses it to Cliff on the opposite wing.

This time, instead of screening away, Theo will make a give and go cut through the lane and look for the ball. Denise clears out and sets a post to post screen for Vanessa.

If Theo is not open on the give and go cut, he continues through the lane and fills the wing position, while Claire rotates over to fill the top of the key area.

For a complete step by step system for installing a killer motion offense in just one practice... check out:

http://bballsecrets.com/ov/1play.html
Basic 3 Out 2 In Motion Offense

With the ball still at the wing, Cliff can feed it to Vanessa in the post, or reverse it to the opposite side to continue the offense.

After the ball is reversed to Theo on the left wing, the sequence continues as before. The player at the top of the key always has the option to screen away or make a give and go cut. The ball side post can look for the ball, or screen away for the opposite side post.

For a complete step by step system for installing a killer motion offense in just one practice... check out:

http://bballsecrets.com/ov/1play.html