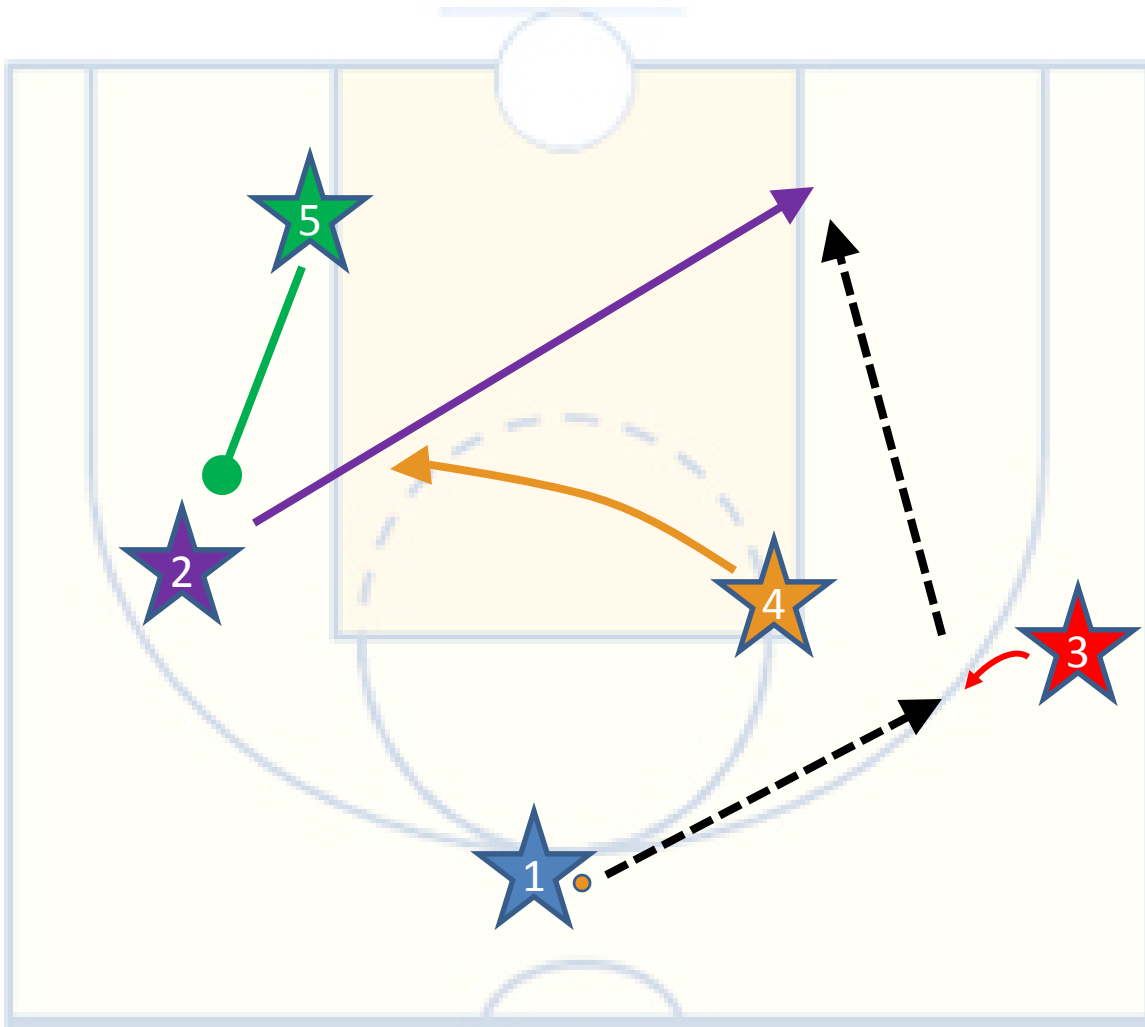


Basic Motion Play

A simple motion offense play that works at any level, but especially good for beginners



Execution:

Player 1 (blue) passes to a cutting Player 3 (red).

At the same time, post Player 5 (green) steps out and sets a back screens for Player 2 (purple), who is making a “V-cut” down towards the hoop and looking for a pass from Player 3 (red).

If Player 3 cannot pass to 2, the Player 4 (orange) moves across the lane and sets a screens for Player 5 (green), who cuts to the ball and the motion continues.

Player 1 (blue) hangs back in case of a turnover.