

# 3 Out 2 In Open Post Motion Notes

## Basic Overview-

What I am going to attempt to provide you is a look at the options provided in the open post motion offense. These options are NOT play calls you give your players, they are NOT sets. They are different looks that the open post motion can provide you through it's natural flow. You show the different options to your kids and they just happen on their own. What you chose to show your players is up to you. Take what you want, throw what you don't.

I feel that the backbone of the open post motion is the 3 guards passing the ball and then cutting or screening; the 2 post players should occupy the post positions and play off each other. The only time that a perimeter player doesn't basket cut or screen is when the ball goes from wing to point. Then the wing cuts and replaces himself to continue the offense. If you teach it like this, the opportunities are endless. I tell my perimeter players that **every pass they make** should result in movement; a cut or a screen. This is even true when the ball is entered to the low post, high post, or short corner. You can't just pass the ball in and stand there with a finger in your nose. It's just not good offense. Also, it is a MUST that you teach your players to be unpredictable. Run different cuts off the screen away, mix up screening away and basket cutting. If you start to look like a well oiled machine (pass, screen away, pass screen away, pass, screen away) you are doing something wrong and not running good offense.

Also, I do not let my players run the screen and roll when they want to. I don't do this for one simple reason, I find that it always ends up with 1 player having the ball, 1 player standing, and 3 players trying to set a ball screen. I do incorporate ball screens, but always as some type of set play or else when we have an offensive look that I like (ex: designated post on the low block and specific perimeter with the ball on the wing).

Teaching back door cuts and pass fakes is something that must be done to easily add extra dimensions. Teach your players that you **DO NOT** need a screen to run a back cut. You just run a back cut every time you are being over played by the defense. It's just sound offense. I teach my players to pass fake every time the defender is denying and overplaying one of our players. I also teach that anytime someone gives you a pass fake you should back cut immediately and all the way through. If that means kicking over the ball to the wing so be it. Another little hint I give them is if they are 2 steps above the free throw line on a cut and have not seen the ball because they are being denied they should automatically back cut. The only time they wouldn't is if the point guard passed the other way. But if the point is trying to enter the ball to them and they get 2 steps above the three point line they should dive to the basket.

Teaching verbal and nonverbal communication to your team is also vital if this offense is going to work. Teammates should be constantly chattering at each other and letting each other know where they are going to be. They should be signaling for screens, or cuts, or anything. If your team is great at communicating, they will be great at the motion offense.

Don't let this offense become a jump shot offense either. Encourage your players to run basket cuts off the pass from the point to the wing, cut to the basket off screens, and enter to the ball to the post. We are looking to get shots in the paint and free throws along with the jumpers. Another thing that many coaches mistakenly discourage is players aggressively taking the ball to the basket in this offense. Taking it to the basket

hard and creating shots for teammates is part of the offense. Encourage your players, especially the good drivers, to take advantage of their man and take the ball to the basket. On the other hand, do not let your offense turn into a 1 on 1 contest. Coach your players to see the right times to put the ball on the floor and also how to distribute the ball to their open teammates when they shift the defense.

As I will say numerous times, ball reversals are vital to the offense. The more you switch sides of the floor, the more you are able to exploit the offense. I say to my guys we need to go side-top-side as much as possible and move the ball around. I would even go as far as to say when you teach this offense initially **MAKE** them reverse the ball each time and **NOT** be able to have the point pass back to the same wing. After they get the hang of it then you can allow the return pass.

For teaching progressions, I would teach it part to whole and initially do a lot of 5 on 0. I would start by teaching the guards to pass from the point to the wing and basket cut every time. Reverse the ball and have the point basket cut again while the wing that initially passed to the point for the reversal run a V cut and replaces himself. The players would basically reverse the ball constantly and run basket cuts each time. After they get that down, I would run it where they pass from point to wing and either cut or screen away. The wing to guard pass is still a V cut however. Then I would add the point to wing pass can be a cut, screen away, or point screen and would want to see mainly the first two. At this juncture I may add my option of screen and re-screen for the wing to point pass. Then I would introduce the options when I am passing to the high post, low post, and short corner. So the could work on constantly passing to the short corner and cutting or screening. As this is going on the posts are just working of reacting to each other, working on the back/cross screen, etc. After they understand that, I would run a lot of 5 on 0 and breakdown drills where they just work on recognizing the different options. I would stress that it's a simple offense where you pass and move by receiving a screen, cutting to the basket, or screening for a teammate. The only different situation is where the ball is passed from the wing to the point and the solution to that is just running a V-cut.

One of the most important teaching points is to tell your players that they can **NOT** make a wrong read. You have to get them in the mindset of quickly making the read and just going with it. Many players after they pass just stand there and try to figure out if they should cut or screen away or they are slow coming off the screen away because they are trying to figure out what to do, don't let them! Don't let them be hesitant because that leads to turnovers. Do it with conviction! If your players learn this, they will be much more successful.

One of the most fun things about the motion is that you can coach it to fit your team and also can coach it to fit the opponent you are playing if you choose just by how you coach your kids. For instance, if you have a post that is fairly athletic, pretty skilled, and a good shooter, you tell him that you want him to mainly be at the backside elbow, ball side elbow, and short corner looking to get the ball and take his man. He can flash to the low post from time to time but shouldn't camp there. Another example would be if you have a 6-4, thick perimeter player that is a great athlete, pretty skilled, but not a great outside shooter. You may coach him to take a lot more basket cuts and more run curl or back cuts off of screens so that he's getting to the basket and looking to take advantage of his size and athletic ability inside and in his range. You may even tell this player that you

want him posting up when the block is open and that your posts should open up the block when he cuts. To give you an example of how you can tailor this offense for an opponent: suppose you are playing a team that has a 6-9 shot blocker on the team. You don't want that kid anywhere near the basket right? Well then you tell your team that whoever he is guarding should be filling a lot of back side elbow, ball side elbow, and short corner to try and draw him away from the hoop. The flexibility and coachability of this offense is one of the most fun things about it, you can get creative in your preparation.

Along the same lines, you can run the open post motion at any pace you want; you can have it fit your style of play. You can teach it to be a ½ court, slow it down, work the ball around offense. On the other hand you can teach it as a fast paced quick scoring offense where you shoot early and often. You can teach it to fit your ideals.

The motion offense is an equal opportunity offense, but that doesn't mean everyone on the team has to shoot the same. As a coach, you must coach players on their expectations and roles on the team. Where do they fit in? I stole this thought from Rick Majerus, but it's a good one. You should have your players constantly asking and answering the following questions: Who am I? Who's guarding me? Who are my teammates? Who's guarding my teammates? These questions should help better define each player's role and how they fit in with the team. Are they the main scorer on the floor or is there another teammate they should be working to get open? For example, your skinny 6-2 post that can shoot the 15 footer should be trying to stay off the low block so that it can be occupied by your 7-2 350# stud inside player, and the 6-2 guy should be cross/back screening for him and also catching the ball in the short corner or elbow and trying to feed it inside. At the same time, your players should always be analyzing the defense. Are there any mismatches that can be taken care advantage of? For example, if there is a 5-6 guard matched up on that 6-2 post a trip down because of a mix up the 6-2 post should communicate that to his teammates and go to the low block looking for a score.

When you look over the materials, you may start to think that this is too much for a high school kid to understand. I promise you that it is not as complicated as it looks! The premise of this offense is the guards to pass and move while the posts fill their positions and play off each other, that's all you really have to convey to your players. Every time a perimeter makes a pass from the point to a wing or the wing passes to a post they have the option to cut to the basket, screen for a teammate, or call for a screen, the wing to point pass results in a V cut. That's the offense in a nut shell. The reason for the many explanations and diagrams is that I am trying to lay out all the possibilities that can happen through the natural flow of the offense. The diagrams are more for you the coach and less for the players. Just teach it to them as they are passing and moving and you will eliminate confusion. Also, some of the diagrams skip the step of making a pass. **My diagram program doesn't let me show the passer moving so I just have the diagram start just after the pass is made.** The Cs on the diagram represents the post players and the Gs represent the perimeter players. If you want to designate players to spots that is fine, but I don't so I make my diagrams as such. Hope that clears up any confusion. If not, or if you have ANY QUESTIONS please e-mail me and ask!! The open post motion is a great offense in my opinion. It combines constant movement with unpredictability which makes for very solid offense.

## Initial Guard to Wing Pass-

This diagram begins at the start of the offense, both posts start on the low block. When the ball is passed to the wing, the back side post should pop to the back side elbow. From there he can either stay there and be a second screener for the back side guard (major option), flash to the ball side high post, flash short corner, or flash to the low post if the ball side low post vacates the block or if he gets a back/cross screen from the low post. You have to instruct your ball side low post to pop either high post or short corner at least 50% of the time if he sees the guard at the point running a basket cut after the pass to the wing.

The point should either run a basket cut, screen away, or call for a point screen (least used option) after passing the ball to the wing. I would tell my players that it should be a 45:45:10 ration for basket cut, screen away, point screen. If he screens away, the back side guard has 4 options for a cut to run, as he runs the cut the screener should separate and both should fill the two open spots they left by reading each other. It is IMPERATIVE for you to teach your screeners to separate hard and look for the pass. If done right, the screener can score as much as the cutter if he separates correctly and hard. Cuts would be (screener's option in parenthesis): Straight to top of key (screener reads defense and makes a dive to the basket & fill to the wing, or does a flair cut to the wing), Curl to basket then fill to backside wing (screener reads defense and runs either a flair to the wing or pop to the top), Flair to wing (screener reads defense and runs either a dive to the basket and fills to the point or runs a pop to the point), and Back Cut to the basket (the screener reads the defense and can pop to the top or flair to the wing).



## Post Positions-

The post are a vital part of this offense and should be gone to early and often. Establish your post play early with lots of touches in the post. Encourage your posts to screen for each other, cut all over and be unpredictable. Mandate that your guards get the ball inside early to set the tone. It will make it easier for your guard to get shots in the end.

This diagram shows the 4 different areas that posts are allowed to go in the offense. If the ball was on the other wing, the diagram would be flipped. I personally let the posts just occupy areas and play off of the each other and their guards. I do have a rule that a post player can not occupy the same spot after a ball reversal, or after the ball goes from the wing to the point and back to the same wing. So, if a post is on the low block and the ball is reversed he can not go to the low block on the other side. And if the wing passes to the point, V cuts and receives the pass back again the post that is on the low block can not continue to camp there, he has to move. I will never MAKE my players go to certain spots, but I do guide them with statements such as it's beneficial to have a post on the back side elbow and if there is a post on the back side elbow the cross screen is a great option. I give them guidance but don't MAKE them go places. I personally like my posts to post up as much as possible. I feel that for the motion to be effective, the ball has to go inside early and often. It can go through by direct post entry and by passes to a cutter off a basket cut or curl. I do like to get it to the post players early because I feel it keeps them posting hard all game.

One thing you should teach your post players is how to effectively pass the ball back out after the post entry. Teach how to read the double from either the wing, point, or the back and hit the open man. This can be an extremely effective part of motion offense if you teach your perimeter players how to relocate in conjunction. Once in a while I would run some drills that work on post entry and post move, then post entry and kick back out for a jumper.

When the post is on the ball side high post, he can set a UCLA type screen for the guard after a pass to the wing. This would be a type of basket cut. Something else to teach your posts is how to react to the drive when they are on the low block by reading their defender, when to step in to the lane behind the defender and when to pop to the short corner. I advise my posts to duck in behind the defender if their defender steps up on the drive. I teach my post to pop to the corner if their defender stays next to them. Popping short makes them make a choice, should I stay and help on the drive and give up a jumper to his defender, or should he stay with his man and risk giving up a lay up.

Also along with screening, if you have a post that can play on the perimeter, encourage him to set back screens for the guards and screen himself onto the perimeter. The guard he screens for temporarily becomes a post while the post is out on the perimeter. It's another thing you can do to draw bigger defenders out and make them play perimeter defense.

If your posts find themselves in a low post situation where one is on the low block and another is short corner, the post on the block can set a flex type screen for the post in the corner.

It may take a good sell job, but you must convince your posts to stay on the back side elbow as a second screener at least some of the time. It's not the most glorious job, but it can be fruitful for them. As a screener they should separate by either diving to the basket or shaping up to the ball side elbow. Many times their man will sag in the lane helping and can get caught on the shape up giving your post player an easy jumper. Also, sometimes their man will sag off and not even go up with them. When that is the case, it's a quick pass from the wing to the post on the back side elbow for a jumper. One of the main reasons to convince them to stay is that it adds unpredictability to your offense. If they don't stay, you usually end up with the same high low look that clogs the lane for

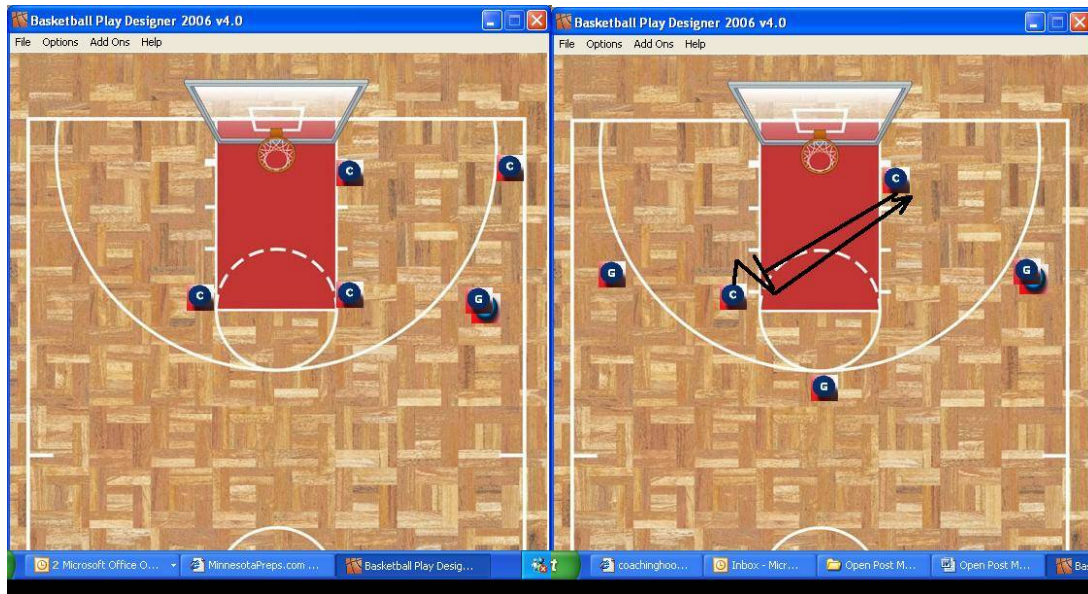
cutters. So encourage them to stay on the backside from time to time. To better encourage this, also encourage your ball side post to set that back/cross screen when he does. This is **one of my FAVORITE looks** and is basically great offense. The low post sets a cross/back screen for the post in the backside high post area. Players working that look for each other in tandem are absolutely great!

Lastly, as I said above, encourage your post players to vacate the post when they either see the guard at the point running a basket cut or a guard coming off the screen running a back or curl cut. They don't HAVE to, but I would advise them to do it 50/50.

### Basic Positions (w/ball on wing)

### Post to Post Cross/Back

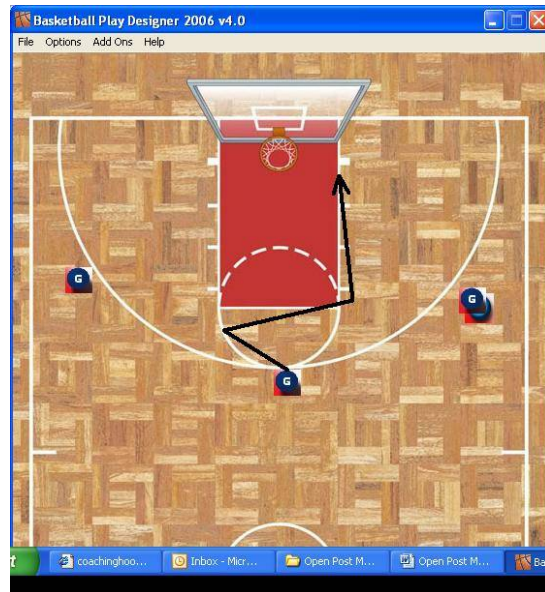
#### Screen



### Pass and Basket Cut Overview-

This is the first option for a guard when he makes a pass to the wing and is an important component in the motion offense. I would teach it where you introduce the basket cut first and insist then consistently cut after they pass. The following diagrams will explain the options. As always, I do not tell them the options to run. I tell them to mix it up and keep the defense on their toes. The guard should cut to the basket and then separate out to the back side wing, ball side wing, or the point. The guard should step toward the back side wing as if he is screening and then he should try to cut in front of the defender. If the defender starts to just sag in the lane and prevent the cut, then he knows it is time to screen. The other 2 guards react to where he separates out. If he separates to the back side wing, he bumps the back side wing to the point. If he separates to the ball side wing, he bumps the ball side wing that dribble swings the ball to the point.





### Pass and Basket Cut Without Post on Block-

This diagram shows what happens when the guard passes to the wing and basket cuts when there is no post on the low block. Even though it is not shown on the diagram, the guard should take 1-2 steps away like he is going to screen then should cut hard in front of his defender to the low block. From there he can separate out. If he's a bigger guard, or he is being guarded by a smaller man he can even stop for a second or two and post on the low block. This is a good way to exploit that little waterbug point guard that the other team has, he may give you headaches on defense, but you can give it right back to him on offense. This is part of coaching/strategizing within the motion, you can tweak the offense to fit your opponents. For example, if the team you are playing does have a waterbug at the point, you can instruct the man that he's guarding to basket cut often and instruct your posts to clear out when they see that guard basket cut. The diagram *should* show steps away, but my software wouldn't allow it!



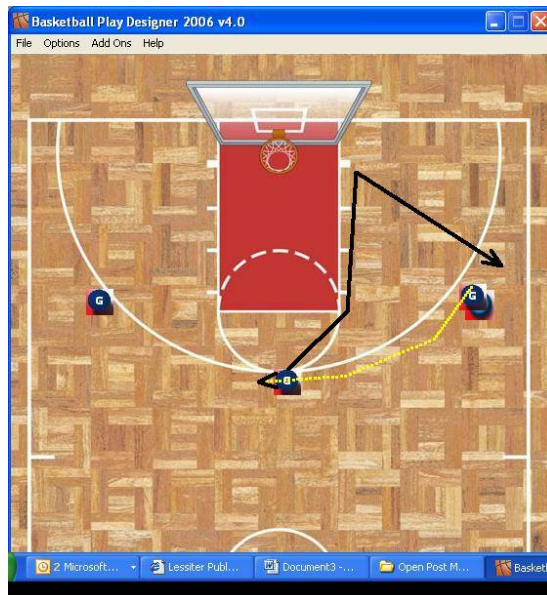
### Pass and Basket Cut with Post on Block-

This diagram shows how the guard cuts when there is a post occupying the block. The guard should cut more straight down the lane to the rim and then separate out. He should set it up by taking 3-4 steps toward the back side wing. The diagram *should* show steps away, but my software wouldn't allow it!



### Pass and Basket Cut Separation Ball Side-

This diagram shows that happens when the basket cutting guard separates out to the ball side wing. The guard with the ball on the wing dribble swings the ball to the point to balance the floor and the offense continues. The diagram *should* show steps away, but my software wouldn't allow it!



### Pass and Basket Cut with UCLA Screen From High Post when there is no Low Post-



This diagram shows the guard passing to the wing and cutting to the basket off a UCLA style screen. There are two ways to cut off the UCLA screen and depend on if there is an occupying post on the low block.



### **Pass and Basket Cut with UCLA Screen from High Post when there is a Low Post-**

Just shows the UCLA cut look when there is a low post. The guard should cut behind the low post and should come off the screen the opposite way. The diagram *should* show steps away, but my software wouldn't allow it!



### **Pass and Screen Away Overview-**

This series of diagrams that show what happens when the guard at the point passes to the wing and then screens away for the back side wing. The player being screened for should take 1-3 steps down in order to set up the screening angle. It may not

be shown in the diagrams but it should happen. Notice in the following diagrams how the wing being screened for starts lower, that is because my software couldn't show them walking down then making the cut, so I started it as if they already set the screen up. The player being screened for has the option to run 4 different cuts; the straight cut, the curl cut, the flair cut, and the back cut.

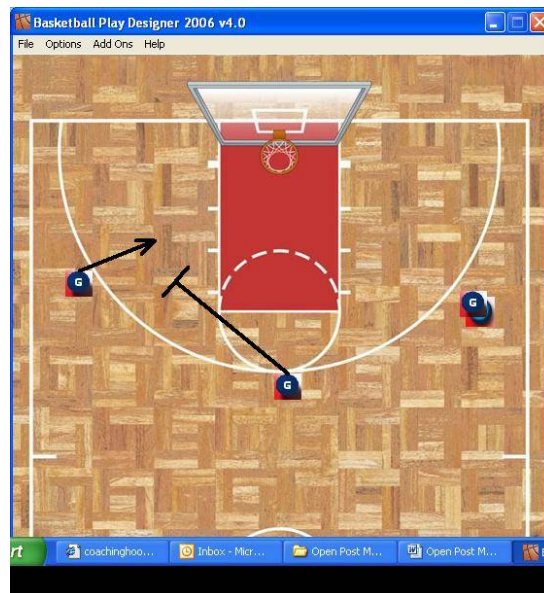
The screener should separate and look to score based on the cut that's run and how his defender is playing him. You should make sure that the cutter is reading how his defender plays the screen and not just going through the motions. The screener separating should be just as viable a scoring option as the cutter and often is. Also, if the screener reads the defense and always separates hard, it's going to hurt teams that have the screener's defender hedging the screen and bumping the cutter because the screener's man is going to be cutting to the basket for layups. The same is true against teams that switch on screens, the screener's man is going to be behind him as he separates.

Players have a tendency to run a lot of straight cuts because they want to touch the ball but as a coach don't let them get in that robotic habit! The straight cut is a good cut, but the players should run a variety of cuts. As I said above, with a sound offensive game plan we want to get a lot of shots in the lane and free throws.

Running a lot of back cuts and curl cuts off of screens will accomplish this so emphasize those cuts and monitor the frequency of their use during games. When running dummy offense in practice it's a good idea to eliminate the cut that they primarily run in order for them to get used to running different cuts.

Also, as mentioned, if the second post is on the backside elbow, he too should be setting a screen so it becomes a staggered double. After the cutter cuts off the screen, the post screener should separate as well. For separation rules read the portion under the double point screen section. The post does NOT have to separate out however because the ball will probably be swung to his side anyway.

The diagrams I have however only show the perimeter players to add clarity to them.



### **Pass and Screen Away Straight Cut-**

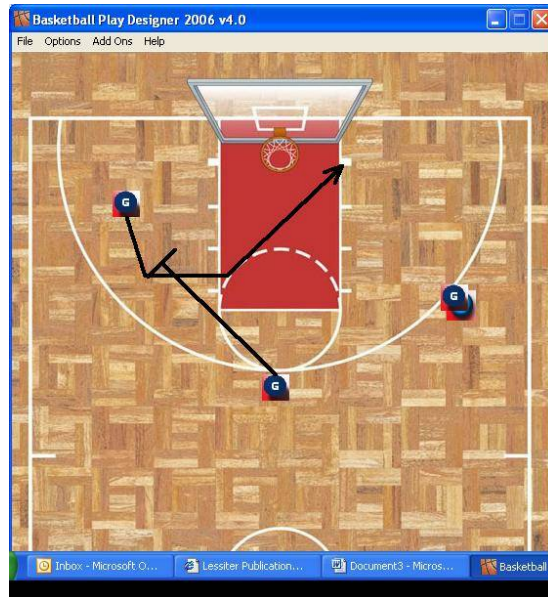
This is a good cut to run if the defender is sagging in the lane or the cutter can't really tell how he is playing defense. The diagram starts after the back side wing takes 1-3 steps in order to set up the screening angle (already done in the diagram, notice the lower position). The cutter should cut up over the screen, across the lane and then L cut to the point looking for the ball. The screener should dive to the basket and then separate to the wing if his defender is playing high and should flair to the wing if his defender is playing low. The dive is a great look because sometimes his defender will play over the top on the screen because he wants to help on the cutter. This is also a great look if the defense likes to switch.



### **Pass and Screen Away Curl Cut-**

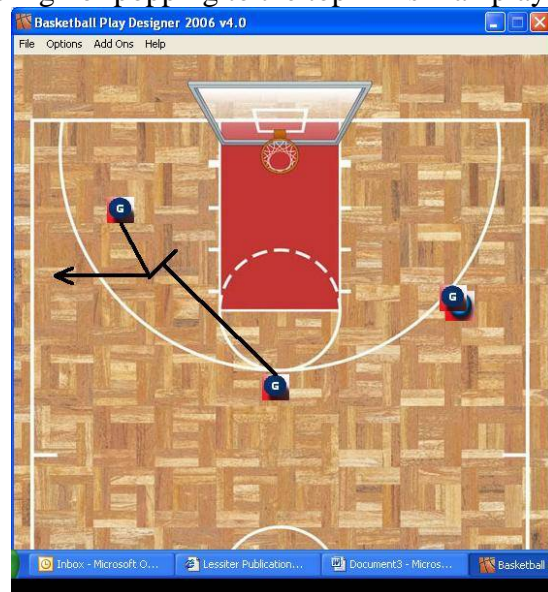
I love this cut, it should be one of the primary cuts because it's getting touches close to the basket and pulling the defense in. This cut should be run if the cutter's defender is trailing him on the cut. If there is a post on the ball side block, the cutter should curl down the middle of the lane looking for the ball. One thing that sometimes happens with the curl cut is the man defending the post on the block steps to the middle and tries to take away the basket cutter. This opens up the man on the low post for an easy post entry. If there is no post on the low block, the cutter can curl to the low block and look for the ball. As with the basket cut, if the guard is bigger and/or has a height advantage they can post for a second or two.

The screener should either flair cut to the wing or pop to the point. The curl cutter reacts to the pop and then fills the open spot.



### **Pass and Screen Away Flair Cut-**

This is the cut to run when the defender is defending by coming under the screen or when the defender is sagging in the middle of the lane defending against back and curl cuts. The cutter should pop out to the wing. When the cut is called, the screener can turn in and change the screening angle on the defender. The cutter should put his hands up and call for the skip pass if open. I teach on a flair that the cutter turn his body so that he is facing the ball. The screener can separate either by diving to the basket and then filling the top if his man plays high or popping to the top if his man plays low.



### **Pass and Screen Away Back Cut-**

This is the cut to run if the defender is over playing the cut. The cutter should dive to the basket looking for the ball. The rules with the block being empty or filled are the



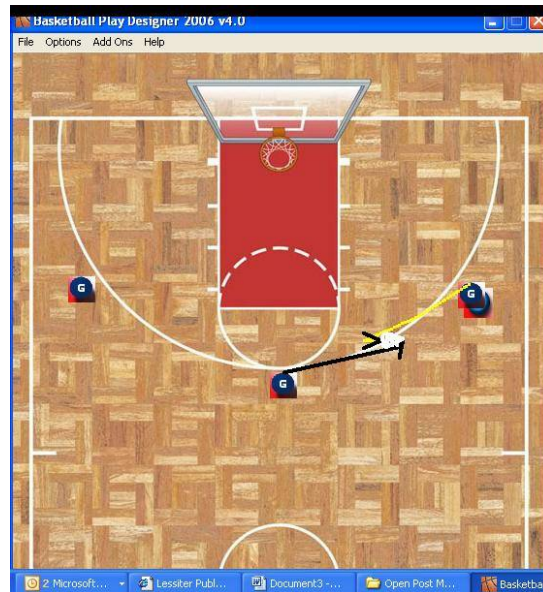
same as the curl cut. The screener should either separate to the wing by flair cut or to the top by a pop cut. The cutter can fill the open spot.



### **Pass and Euro Screen-**

This is an option to mix things up, I have not seen it taught in many motion offenses so incorporate it if you wish, I personally like the look from time to time. When the ball is passed to the wing, the point can initiate the option by cutting toward the wing. He should actually cut at the wing player's defender. When this happens, the guard on the wing dribbles at the point who is cutting toward him. When they get close, the wing with the ball jump stops and pivots to face the sideline from which he came. He then sets a "euro screen" for the guard cutting from the point. A euro screen is when the man with the ball sets a butt screen and then gives the ball to the guard cutting off his back side. The dribbler should pivot to face back the way he was coming from. The player cutting from the point should run right off the dribbler's back, shoulder to shoulder. The guard who receives the pass looks to shoot a quick jumper, attack the basket, or dribble balance the floor by bringing the ball to the wing. The screener/passers reads his defender and either dives to the basket or pops for a jumper. This is a look that has caught on at the collegiate level as well as in Europe and the NBA. It is one that can be used effectively because if they switch, it's an easy pass back and score for the screener (dribbler). If they don't then the receiver of the pass can score.





## Pass and Call for Point Screen-

This is an option that you seldom see taught in a motion offense, and as always it is your option whether to incorporate it or not. I think it's a good idea because it then gives your perimeter's THREE options when the ball is passed from point to wing. After the ball is passed, your point can communicate with the wing (talking or hand gestures, whatever you want) to have the back side wing come and set a screen for the guard at the point. There is also the option to get a double point screen if there is a post on the back side elbow. Both options will be shown in diagrams.

The reason I think this works is because you can catch the points defender jumping to the ball and playing tighter defense. It's going to be easy to set screens and free up the player at the point because their man should be fairly close. I like the screens to be set on the back side elbow, but I also wouldn't mind if the screener's head hunted to get the defender. It depends on what works best for you.

The same cuts that are run off screen away can be run off this screen. I do change the terminology a little, but if you aren't comfortable with that you tweak it to fit your style. The only difference is that when the guard cuts off the screen to the back side wing I call that a flair cut because I want to run it as such (high hands, facing the ball, etc). If the cutter pops back to the point because their defender overplayed, I call it a pop back.

Separation off the double point screen is a little more tricky and requires communication between the cutter and both the screeners. The post screening has two options after the cutter goes through, face up to the ball or dive to the basket. His cut is based primarily on where his partner post is. The screening wing has to base his separation on what the other two are doing. The post screener calls his separation out first, either "face" or "dive" then the perimeter screener can separate out by reacting to the cut and the post separation. It is kind of arbitrary how I decided to do the separation, feel free to adjust it how you want. I just give the post first crack because he is limited to two options. Also, it's ok if the post dives after a curl or back cut, but you definitely do NOT want both my screeners diving to the basket and clogging up the lane. In all

honesty, the screeners rarely impede each other or get in each other's way. The only time the post affects how the perimeter

The screening post can turn and face only if there is no post in the high spot. If there is a post there it's counter productive. When the post faces, he just flashes to the high post with hands up ready to catch the ball. He doesn't even have to turn and just goes straight ahead. I would recommend this one if your post is a good shooter from 15' and/or if his defender was sagging in the lane to defend the screen. If he is a poor shooter and the defender is sagging he should still face because he can catch the ball wide open and look for a drive (if he is that skilled) or a high low pass to the other post.

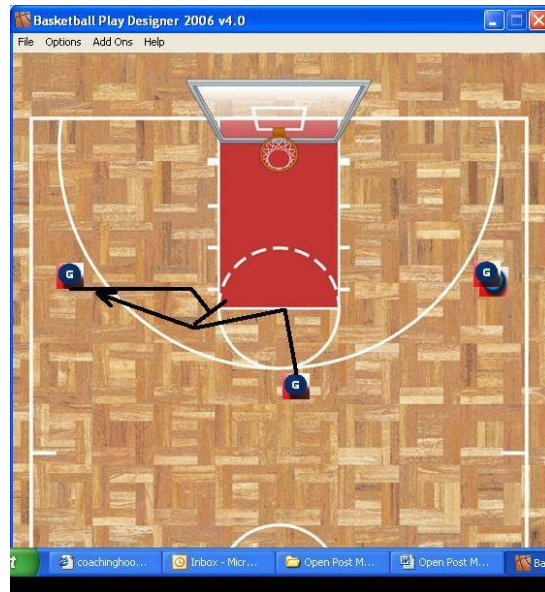
The screening post should dive to the basket after the screen if his defender is hedging the screen or the defender is playing on his high side (maybe to deny the face up), or else if there the other post is occupying the high post area. If the cutter runs a flair or pop cut, the screening post can immediately dive. If the cutter runs a back or a curl cut, the screening post should wait until the cutter clears out to dive into the post. The post should NOT dive if the low post is occupied. Then he should just face instead. A post diving into the open post area is a great way to get the ball inside, especially when the other post is either short corner (overload look) or high post (high/low look).

One last notable point here is that the point guard can call for a point screen and if the defender gets around the screen the point can always just cut to the basket. It is shown as a back cut here. Just because they call for the point screen doesn't mean they have to use it. They have to do what the defense dictates and take the most open option.



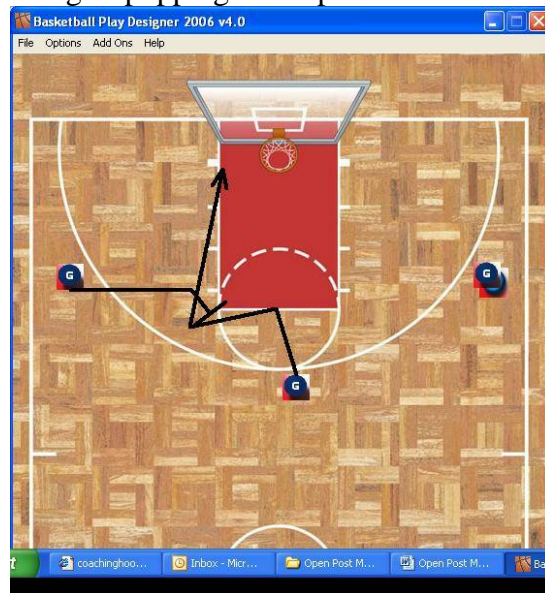
### **Pass and Call for Point Screen – Flair Cut**

This is the cut to run if the defender gets caught by the screen and then goes under it. The point guard runs a flair cut out to the back wing and looks for the skip and the shot. The screener can separate by either popping to the point or cutting to the basket and filling a spot. If the screener dives to the basket, they can fill by bumping the back side wing (the original point) or by just cutting to the top and filling that empty spot.



### **Pass and Call for Point Screen – Curl Cut**

The curl cut off this screen should be used when the defender is caught by the screen and is trailing the cutter over the top of the screen. The cutter just curls around and dives to the basket. The biggest point here is to curl almost all the way around so you are spending most of your cut with a chance to get a pass. The screener should separate be either flaring out to the wing or popping to the point.



### **Pass and Call for Point Screen – Back Cut**

This is the cut to use after you run this look a few times and the defense starts to overplay and cheat the screen. The cutter should cut right up to the screen so they are almost shoulder to shoulder (cutter's low shoulder, screener's high), then the cutter should dive in front of the screen to the basket leaving his defender on the back side.





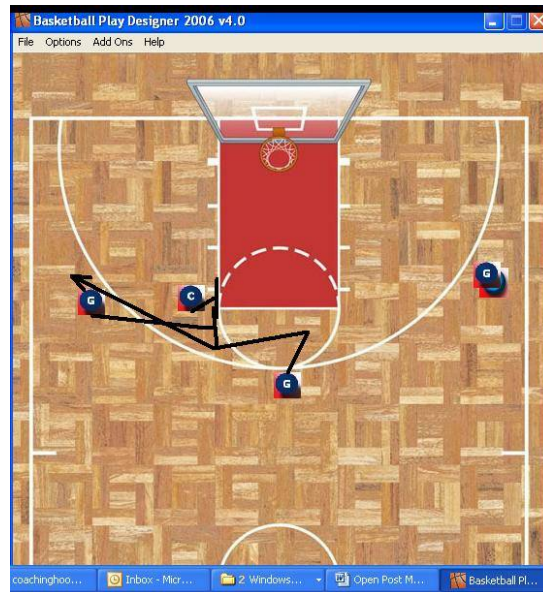
### **Pass and Call for Point Screen – Pop Cut**

This is the option to use if the defender gets wise to what you are doing and starts to cheat the screen by standing right under it so they can play the cut to the wing or the basket. The cutter just pops back out to the point and looks to get the ball either for a shot or a pass to the separating screener. In this the screener can separate either by diving to the hoop and filling or by flaring out to the wing depending on how they are being played.



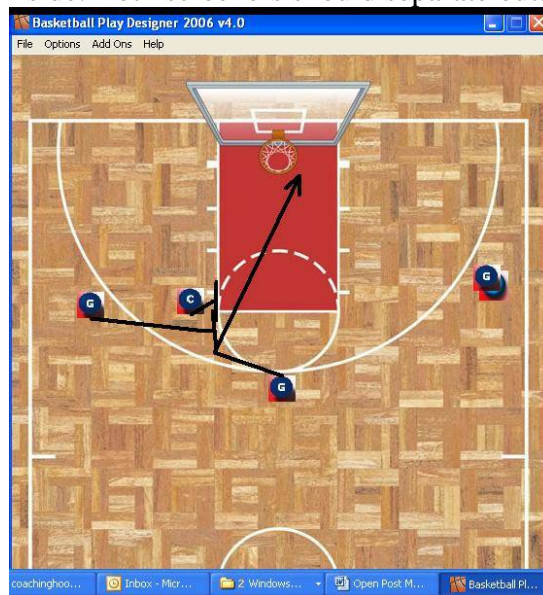
### **Pass and Call for Double Point Screen – Flair Cut**

This is the cut to run if the defender gets caught by the screen and then goes under it. The point guard runs a flair cut out to the back wing and looks for the skip and the shot. The perimeter screener can separate by either popping to the point or cutting to the basket and filling a spot. The post screener can either dive to the basket or face up.



### **Pass and Call for Double Point Screen – Back Cut**

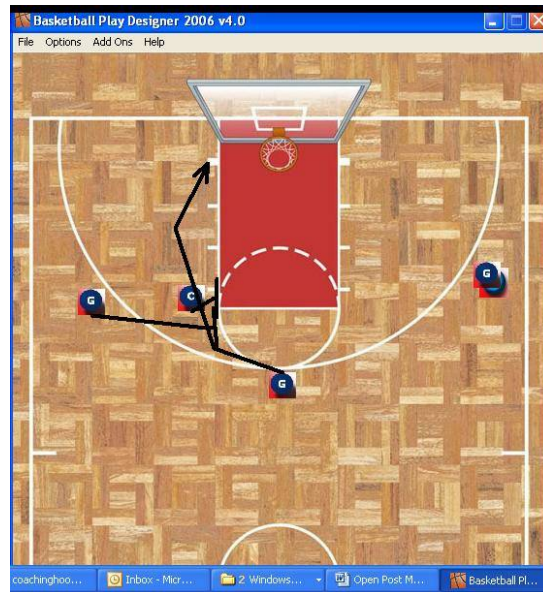
This is the cut to use after you run this look a few times and the defense starts to overplay and cheat the screen. The cutter should cut right up to the top of the screen so the cutter and top screener are almost shoulder to shoulder (cutter's low shoulder, screener's high), then the cutter should dive in front of the screen to the basket leaving his defender on the back side. Both screeners should separate out.



### **Pass and Call for Double Point Screen – Curl Cut**

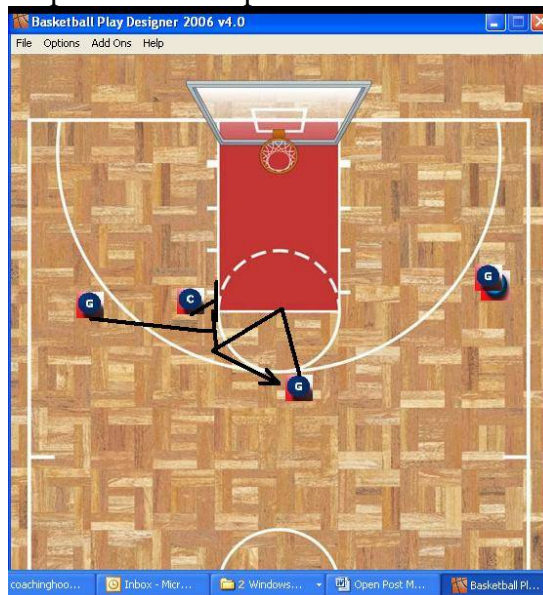
The curl cut off this screen should be used when the defender is caught by the screen and is trailing the cutter over the top of the screen. The cutter just curls around and dives to the basket. The biggest point here is to curl almost all the way around so you are spending most of your cut with a chance to get a pass. The screener's should communicate and separate out. This is a situation where if the post were going to want to dive into the post he should wait for the cutter to clear.





### **Pass and Call for Double Point Screen – Pop Cut**

This is the option to use if the defender gets wise to what you are doing and starts to cheat the screen by standing right under it so they can play the cut to the wing or the basket. The cutter just pops back out to the point and looks to get the ball either for a shot or a pass to the separating screener. In this the perimeter screener can separate either by diving to the hoop and filling or by flaring out to the wing depending on how they are being played and what the post does. The post can either face or immediately dive.



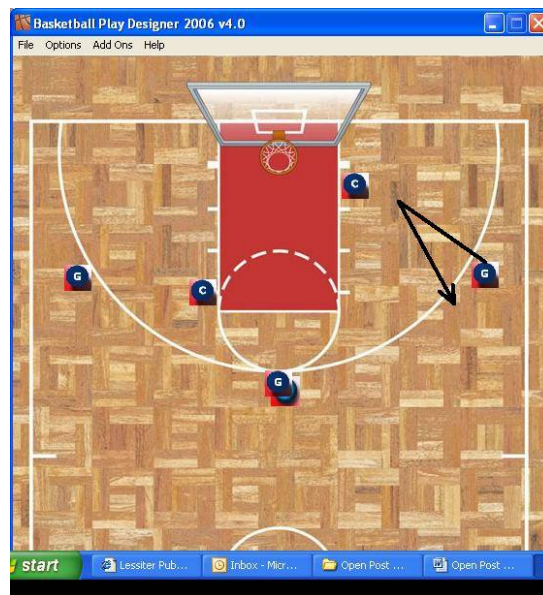
### **Wing to Guard Pass Options Overview-**

In this offense, the pass from the wing out to the guard was a look that often gave me trouble because there really was no movement. I don't like having the wing cut through because that forces the guard with the ball at the point to have to dribble the ball to the wing to balance the floor. This perpetually keeps the ball on the wing and you must reverse the ball to have good offense. I have a few options you can give your players for

when they pass the ball from the wing to the point. They aren't satisfactory to me, but they are something at least! You can teach them all or you can select the ones you want. I personally would recommend selecting 2-3 at the most however to eliminate confusion, maybe 2 cuts (V, L) and 1 screen series (ex: downscreen). If there is screening involved, the post and perimeter MUST communicate to get the result they want. You can have hand signals or use verbal communication.

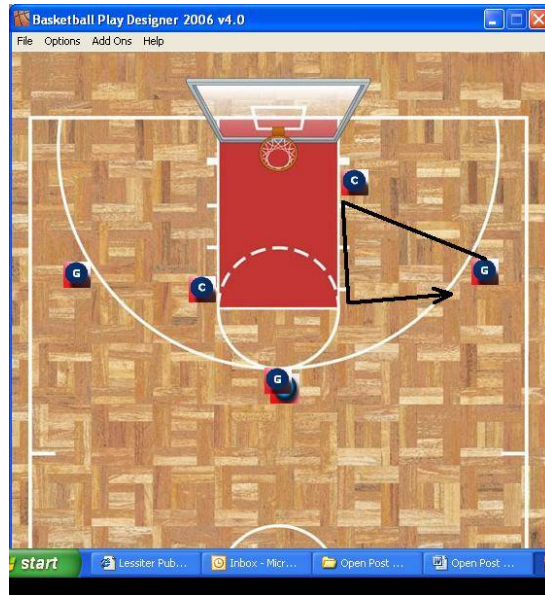
### **Wing to Guard Pass - V-Cut**

This is the most basic, but it is the one I would teach above others. The player just runs a V-Cut and replaces himself on the wing. The player makes like he is cutting to the basket and then pops out to look for the ball. I also like this look because if the point reverses the ball and comes to set a screen, he is already 1-3 steps down and ready to receive the screen.



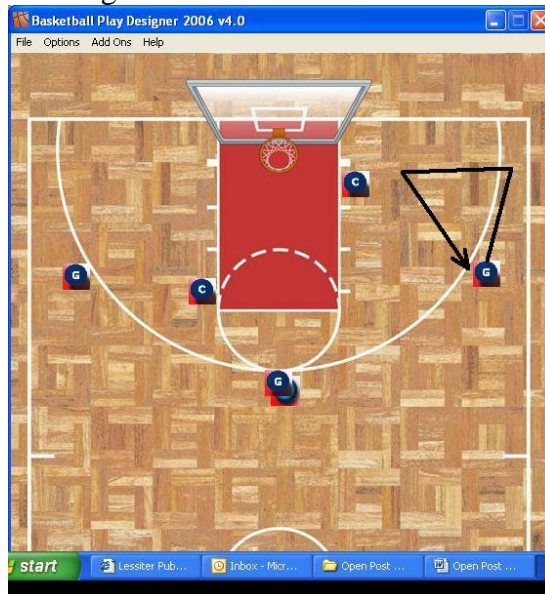
### **Wing to Guard Pass - L-Cut**

I like this because it is a different look for the defender and I LOVE L-cuts. The player cuts down to the block (doesn't matter if there is a post) and then L-cuts out to the wing.



### Wing to Guard Pass - Triangle Cut

This is just a different cut you can run. It's close to a V-cut by just a little different. What the player does is cuts down to the corner, across the lane almost to the block, then pops out to the wing.



### Wing to Guard Pass - Back Screen

This just shows a simple option to get some movement. The back side guard can call for a back screen from the post and cut to the basket. If your post can play on the perimeter he can stay out there and the offense can continue. This is a good look if you have players that are interchangeable. If you are playing a team that has a big stud at center, I would have this look so that the post he is guarding can step out and bring him

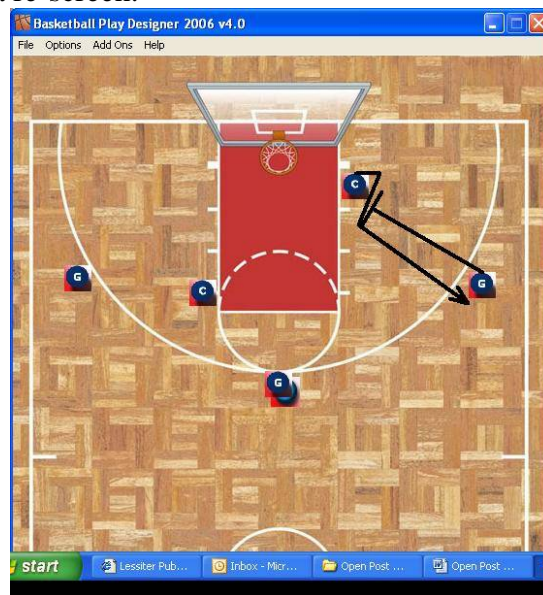


away from the hole. IF however your posts are inept with the ball you may want to try screen and re-screen instead.



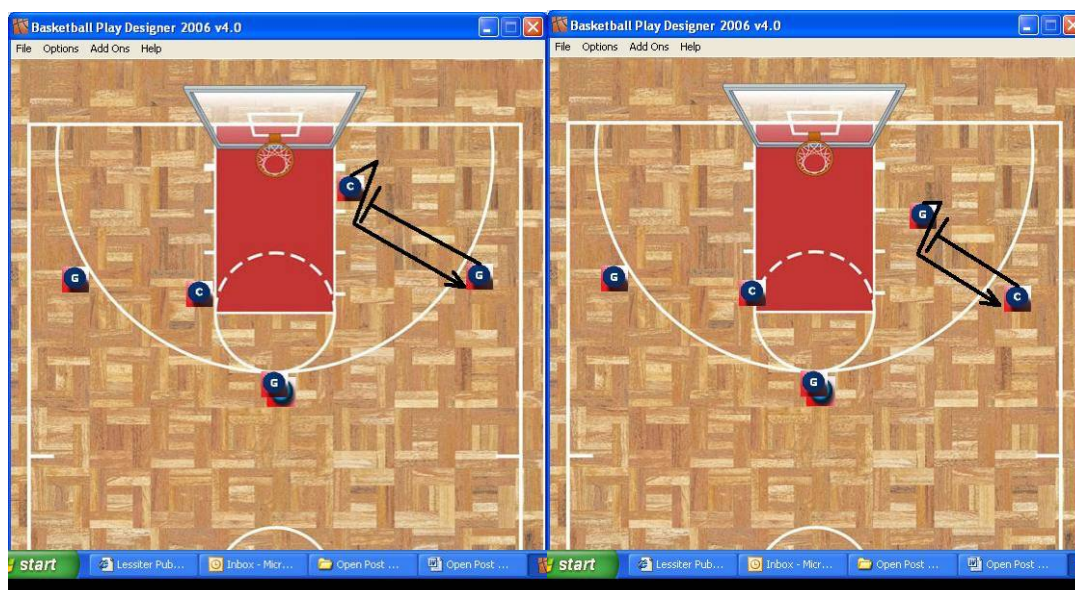
### Wing to Guard Pass - Down Screen

This is a look similar to the back screen. The guard just sets a down screen for the post who pops up. Once again if your posts are better suited by the basket and not handling the ball, add a re-screen.



### Wing to Guard Pass - Screen and Re-Screen

Just shows what it would look like on a down screen and re-screen where the guard pops back out to the wing. You could have a screen and re-screen with any combination of post-wing screen or wing-post screen. In this diagram, both screens are downscreens but it doesn't have to be that way. Use the combination you think best fits your team or the combination that you like.



## Post Entry Options Overview

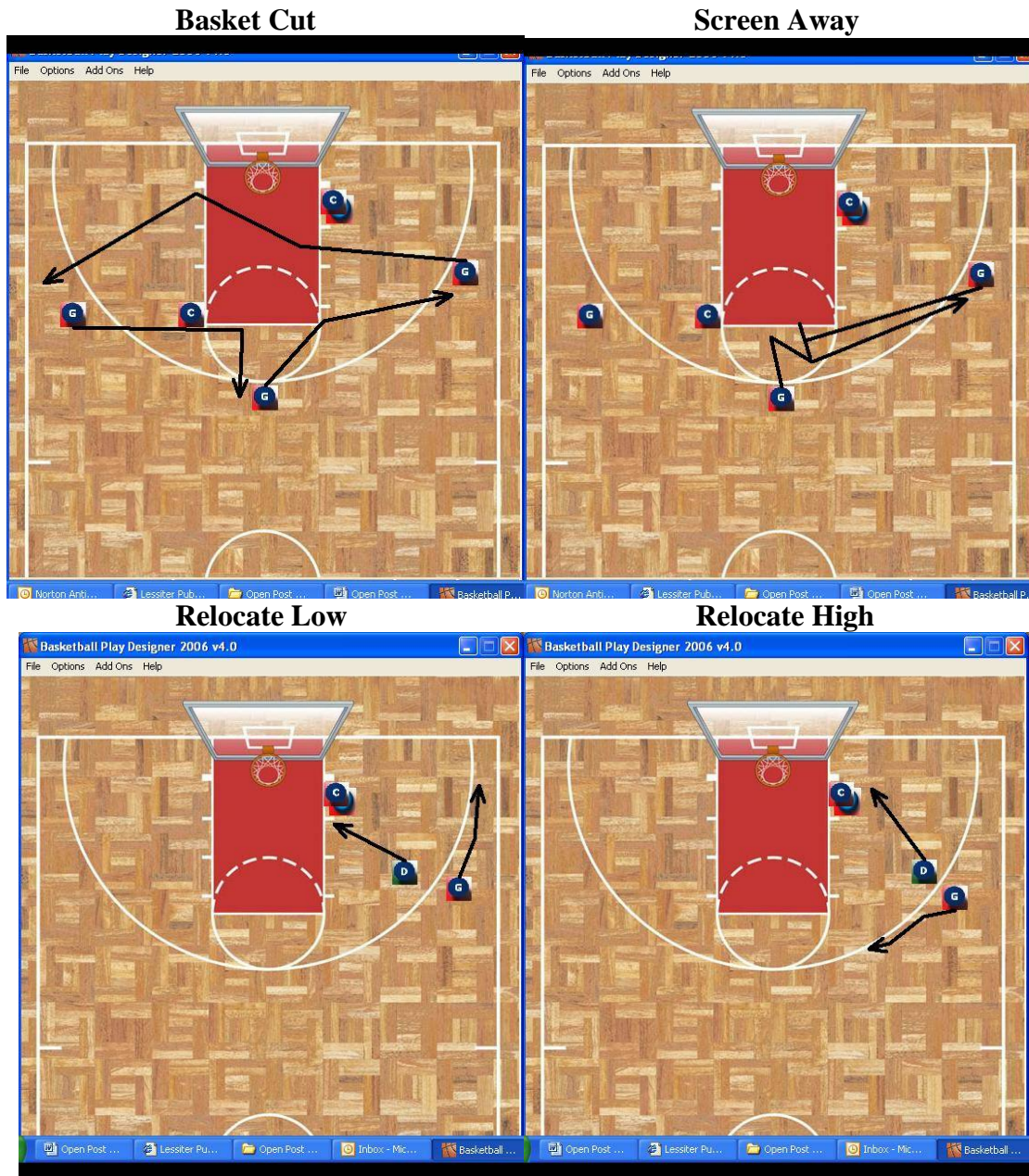
These diagrams show the options your guards have when they enter the ball into the post. It is too common to see the pass made into the post, especially high post or short corner, and then have the passer stand there and be easy to guard. You have to emphasize to your kids that they have to move when they pass inside. That may be as simple as relocating high or low after you pass to the low post. It may be cutting through or screening away. The kids should gauge the defense and make the decision. I personally love to play inside out; throw the ball into the low post, relocate, and kick out for an open jumper. They also have the option of screening away or cutting to the basket as well. I think it's a great look to have your guard cut quickly off of the low post and receive a quick pass for a layup. When the ball is passed to the short corner or the high post however, I tell my players to either screen away or cut. If the passer's man leaves to help in the short corner or bother the high post, the basket cut is going to be open. Hopefully players moving after the entries to the post will free up your posts from double teams a little bit better.

## Low Post Entry

These diagrams show the different possible looks you can get when the ball is entered to the low post. They show guards relocating high, relocating low, basket cutting, and screening away.. With the basket cut, I like to have my players cut tight to the post because sometimes you can get pass in there if their defender is trailing. A good pass to teach is the hand off or quick bounce (that hits then in the chest). There may be no better play than a give and go from the guard to the post and back to the guard for a layup. It's a look that I don't think is utilized enough in motion offenses. Also, teach your perimeter's how to relocate for a shot after a pass. If the player can't shoot, or their defense doesn't leave the help, the player should either be cutting to the basket or screening away, if he's a shooter and the defense helps, he should be relocating. Relocation, like everything else in motion offense, is based on the defense. Teach your shooters to relocate as far away



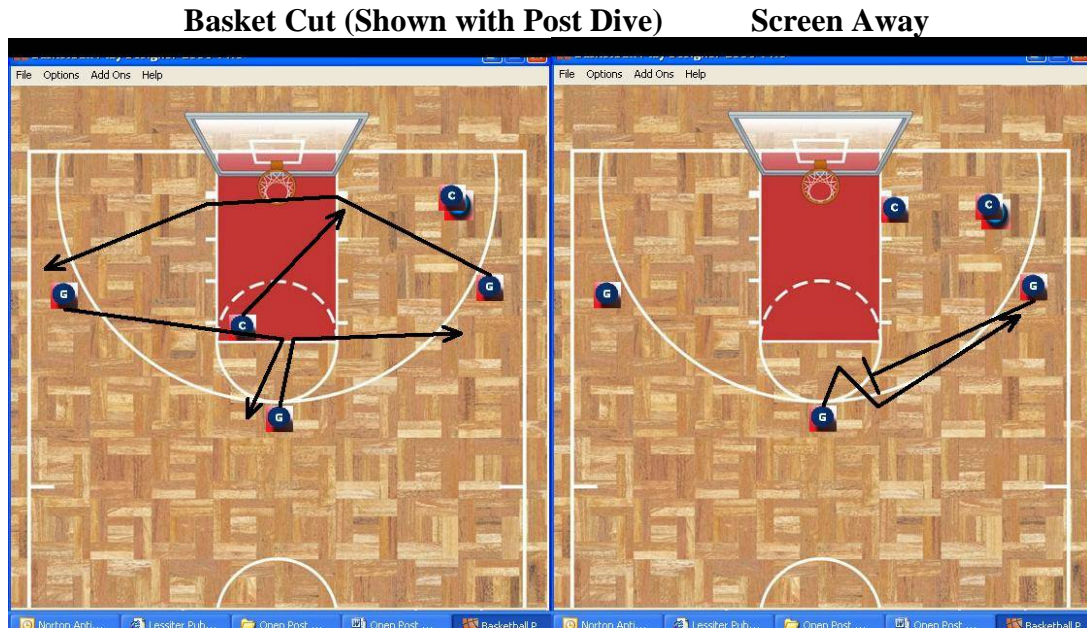
from the defense as you can. Defense helps high side, relocate low, defense helps low, relocate higher. The low post can also look to skip the ball to the backside where the double comes from.



### Short Corner Entry

This series of diagrams shows the options when the ball is passed to the post popping in the short corner. If the post with the ball is a skilled and/or athletic player, he should look to take his man 1 on 1, especially if he has a quickness advantage. This is a look that can be an equalizer for the other teams big, slow footed post that clogs the lane. The guard that made the entry should either screen away or cut through. The basket cut diagram shows when there is no low post there. If there is, I would advise a higher cut by

the guard or a screen away. If there isn't a low post, the other post CAN cut down after the guard vacates but shouldn't if the post is trying to drive to the basket. That's a situation the other post just has to read. Also, an open post is a great time for one of your bigger guards to isolate in the low post or for your team to isolate a very small player on the other team.

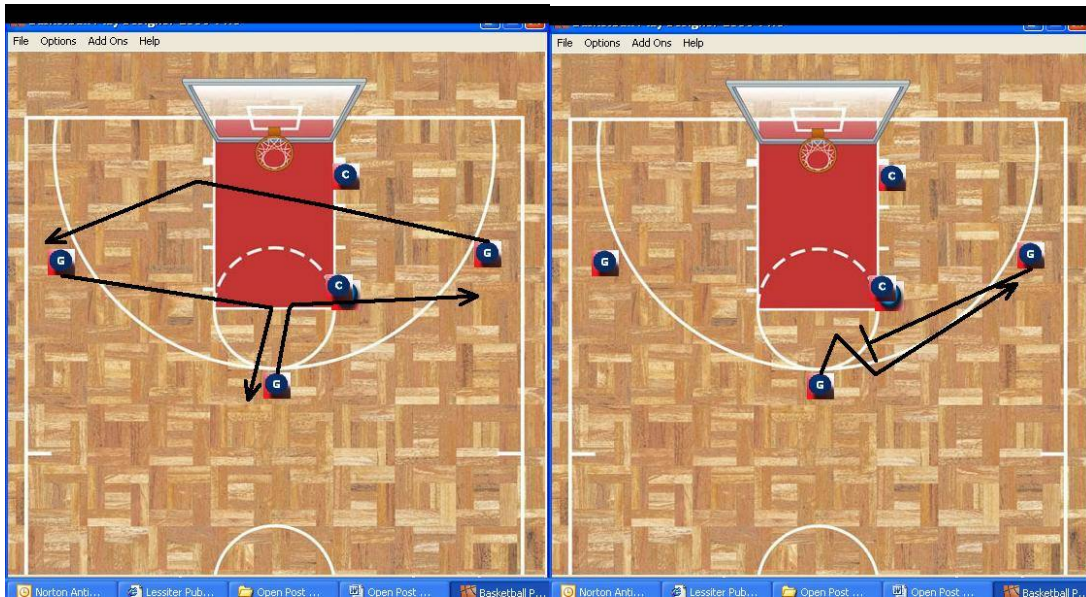


### High Post Entry

The set of diagrams that goes with the high post entry is basically the same as the short corner. The options are screen away or basket cut. I think that the high post entry in this offense is absolutely vital for good offense. You have to get post touches there to look high low. It's also great for ball reversal to go through the high post. Look at the screen away diagram, you have a post isolated on the block with no help and the ball in the high post, what more could you want? I would mandate high post touches early and often in the offense.

**Basket Cut (Shown with Low Post)**      **Screen Away**





## High And Wide

High and wide is a different, yet effective look you can run out of the 3-Out Open Post Motion. When you run high and wide, your 2 posts only have three options on where to be. They can be ball side or weak side high post or else in the short corner. I like them both being on the elbow myself, but I do want them to give some variety and move a little. Your perimeter players should be 25+ feet away from the basket. All the options are the same, pass and cut, screen away, or call for a screen as well as the dribble options. Now I am sure right now you are thinking I am completely nuts, why would I want my perimeter and post players out of their scoring range? Well, there are a couple of reasons to run this look.

The first reason, and the one I would use it for the most, is to run this as a stall at the end of a game. The beauty of it is you do not have to waste valuable practice time putting in a fancy stall, it's built into the offense already. But when you are stalling, you still have looks to score because you are in your regular offense. You can have players basket cutting (and because they are high getting screens from the post), curl cutting, and back cutting to the basket and being wide open because there is no help under the basket. If the post players defenders sink you can throw it into them as part of the stall. One thing to think about when running the stall is to use a lot of the Euro screens that I will talk about with the dribble options. Kind of like the dribble weave the old Celtics teams of the 60s ran. That is something to stress when stalling. Of course you don't want to do it all the time, but if they are really denying it's a good look. Also, if they are really trapping and denying, back cuts are going to be vital. You start to run good back cuts, the defense is going to get screwed giving up easy layups. I just tell my kids the minute your defender takes 2 steps to the ball (to go double) cut hard to the rim and get the ball!

The second reason I would run high and wide is if the defense is playing all out denial, trapping defense. They are running a scramble or a run and jump type of half court defense. They are trying to make us cave under tight man to man pressure. Having your players high and wide is going to open up the lane for a lot of curl and back cuts. Also, with the post players high and wide, they can be setting back screens for the guards

that are being pressured further freeing them up. The posts can step to the perimeter to set the screens. You are trying to stretch the help out so far that you can gouge it with slashes to the basket. I know it's counter intuitive to have your players where they can't score, but sometimes the benefits outweigh the drawbacks.

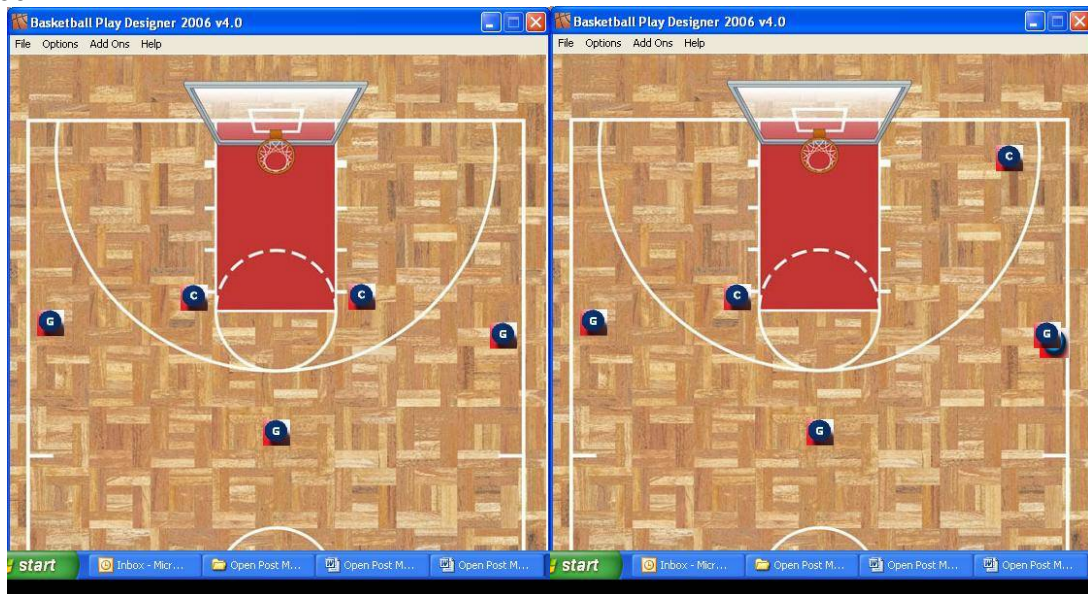
Having a great penetrating point guard is another reason to break out the high and wide sometimes. This opens the floor and hopefully spreads the help thin allowing the point guard to penetrate. I teach my other players to step up to the three point line (or inside to arc to their range) when the guard drives and their man leaves to help, or if he goes far enough to help just cut to the basket. This can put them in position to be the recipient of some nice kick out passes and open looks (not to mention layups from time to time). Also, bringing the high post man up for screen and rolls in the high and wide is a great look. The same applies when the other perimeter player's defenders leave to help, they step up and get ready for the kick back.

Lastly, I run high and wide when I just feel like the offense is stagnant. I may run it for a possession to get the players in the flow of cutting and moving. I may have a call that they go high and wide and constantly cut and fill off the pass, just start to get in the flow and try to get the ball inside with cuts. I feel that if they hear high and wide, they don't hold the ball as long and aren't looking to go one on one as much. At least that is how I teach in (unless of course I have the point guard who I am telling to drive).

### **2 High Posts Look**

### **High Post, Short Corner**

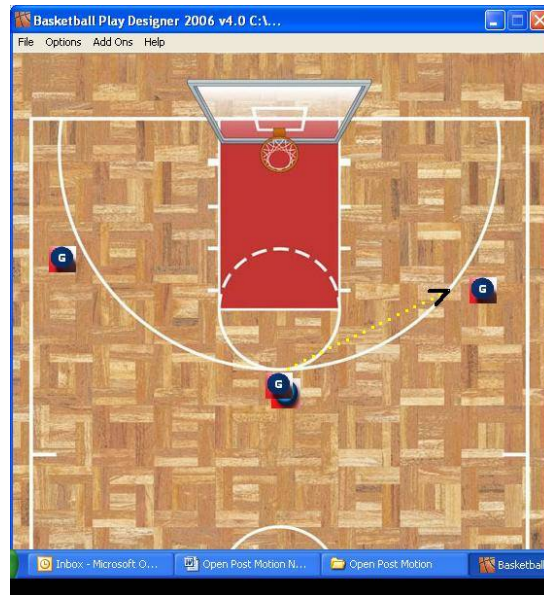
### **Look**



### **Dribble Over Options-**

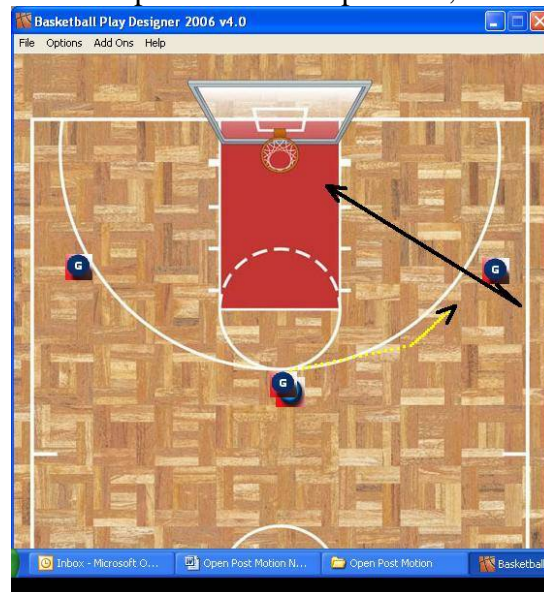
There are a few reasons to use a dribble over. It can be added as just another option to create movement and add some unpredictability to the offense. It can be used to move the ball against all out denial pressure, especially when using the back cut option. Either way I think it should be incorporated at the high school level. Using the dribble to move the ball is something that has been lost in the game and wouldn't be bad to revive. What the player being dribbled at does it up to the player being dribbled at. He should read the defense and react to it. At the same time however, be careful of using this option too much. As with most things, you have to strike a balance. You shouldn't be using the

dribble over three times a possession or necessarily on every possession, but it should be used. All the diagrams show the dribble over being used from guard to wing, but it can be used from wing to guard as well.



### **Back Cut-**

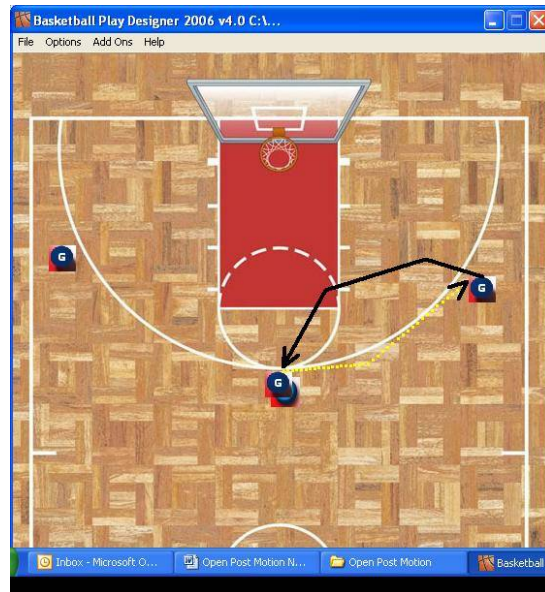
This is an option where one of the players dribbles at another. The player being dribbled at runs a back cut to the basket and fills the open spot on the perimeter. This should be used when the defender is overplaying the player being dribbled at. If the player with the ball can't make a pass because of pressure, this is a viable option.



### **Shallow Cut-**

This is another dribble over option. The player being dribbled at cuts like he is going to cut to the basket but then pops out to the spot vacated by the dribbler. This should be used when the defender drops back upon seeing the dribble over in order to not get beat back door. The player that runs the shallow cut should look to get the ball and shoot if open.





### **Euro Cut-**

This is the same as the Euro cut on the pass options. The player that is being dribbled at cuts toward the defender of the player dribbling the ball. The player dribbling the ball recognizes this and then jump stops, pivots the direction he came from, and has the player being dribbled at cut off his back shoulder to shoulder. He receives a handoff and either drives, shoots, or continues the offense.

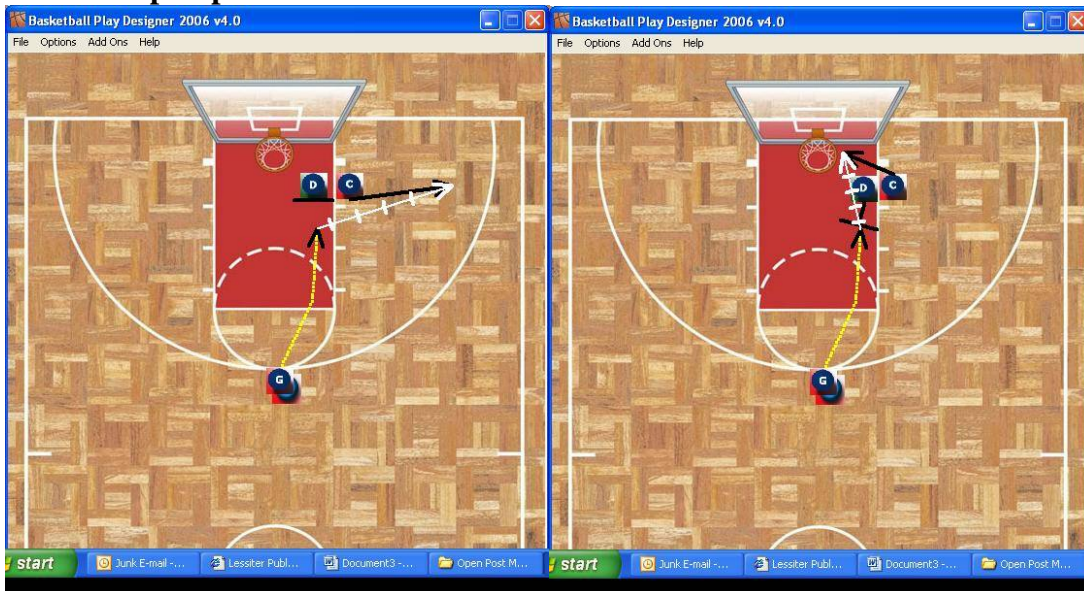


### **Drive Options-**

These diagrams are just a quick overview of what I teach my post players to do when a perimeter drives. To many times I see posts just standing there confused and clogging the lane. I show them how to read their defenders and make a move that will be useful to both them and the driver. My rule of thumb is this: defender stays next to you or moves laterally (to the middle of the lane), step out and make him decide. If he steps up to stop the penetration, duck in behind him to the basket. Your rules may not be the same

as mine and that is just fine. I would however, strongly recommend you have rules for your post players so they are not just sitting there clogging the lane.

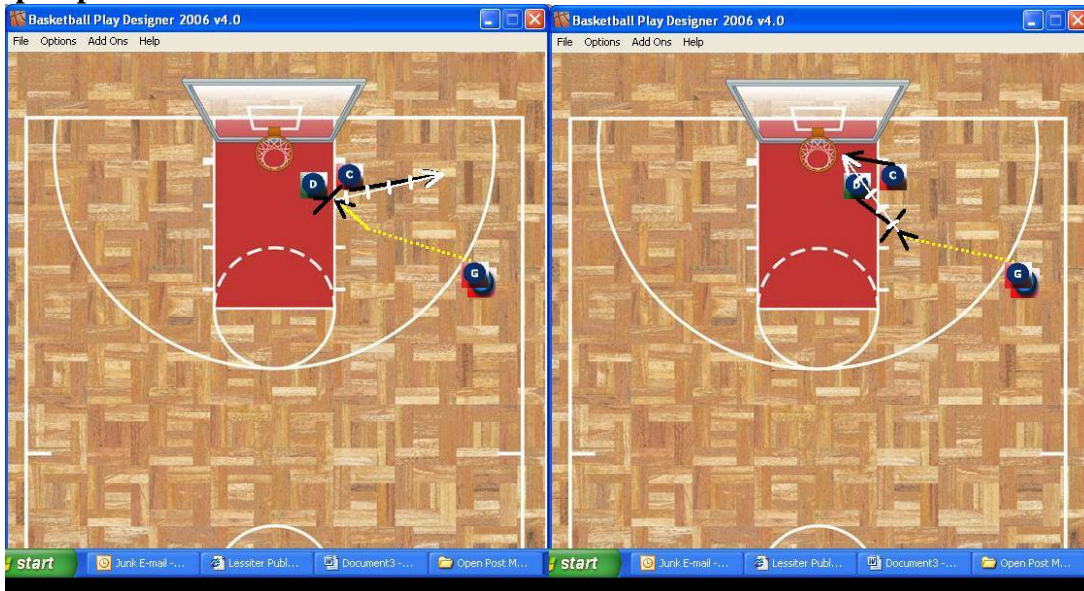
### Drive from Point – Defender Stays      Drive from Points – Defender Steps Up



Wing Drive – Defender Stays

Wing Drive – Defender

### Steps Up



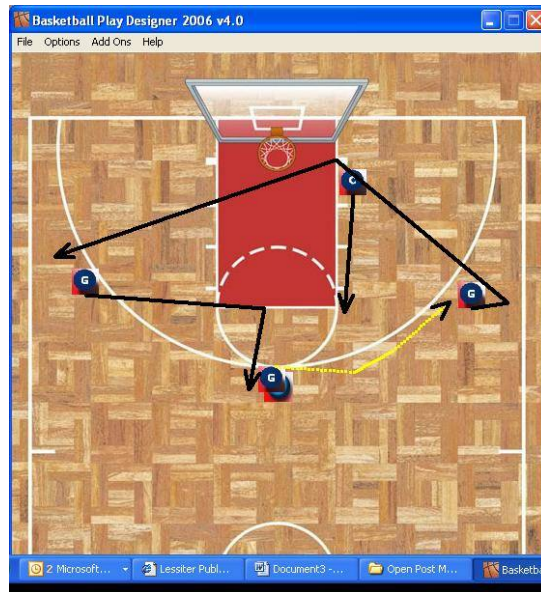
### Wing Entry Trouble Shooting Overview-

Sometimes, the biggest problem with this offense is getting the ball entered to the wing initially. The following diagrams are some calls you can have to get the ball entered to the wing to initiate the offense. This is about the only time I do anything structured with it but it's sometimes imperative in order to get the offense started. You don't have to

and probably shouldn't run all of these. I would recommend running 1-2 of these or ones that you come up with. You can change them as the season goes as well if teams catch on. Also, these are not the only options out there, I am sure you can think of tons on your own, do so and use them! These are just some quick ones to get you thinking about it.

### **Wing Entry Trouble Shooting Dribble Over-**

This is maybe the easiest option to run. If the defenders are denying the pass hard, the guard can just dribble at the wing. When he does this, it causes the wing to run a back cut to the basket and separate out to the back side. The back side wing L cuts to the point. At the same time, the post should pop to the elbow to eliminate their defender from the low block.



### **Wing Entry Trouble Shooting Pin Down-**

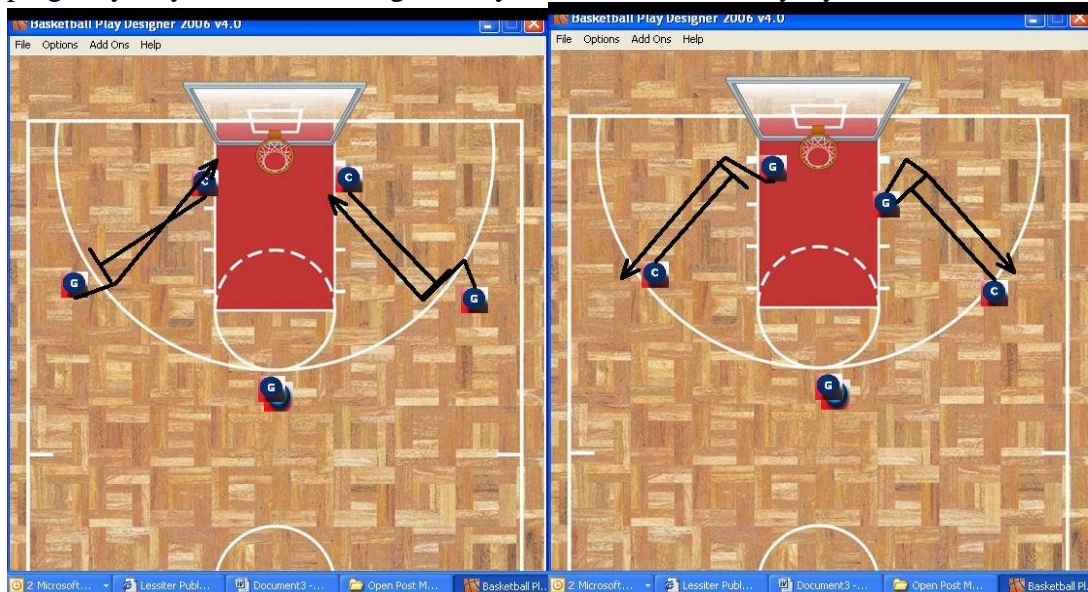
This is another simple option to try and get the wings open initially. The posts start at the wings and the guards start on the blocks. The posts down screen the wings who pop up. You can also add the wings crossing and coming off the down screens. Sometimes you'll find a pass to the wing and dumpdown to the low post on the seal is a good look. If they switch it should be an automatic. On the down screen, the same rules apply as for any screen. If they overplay back cut, if they trail curl. We are hoping they stay in the lane and get hit by the screen, but if they try to cheat beat them.





### Wing Entry Trouble Shooting Screen and Re-Screen-

These two diagrams show a screen and re-screen look you can use to try and exploit the fact that the defense is denying the wing pass. You can run this both sides as shown or you can designate a side. The post players first set a back screen for the wings. This should work if they are on the line up the line overplaying. If there is no pass for a layup, the posts then set downscreens for the guards who pop up. On the down screen, the same rules apply as for any screen. If they overplay back cut, if they trail curl. We are hoping they stay in the lane and get hit by the screen, but if they try to cheat beat them.

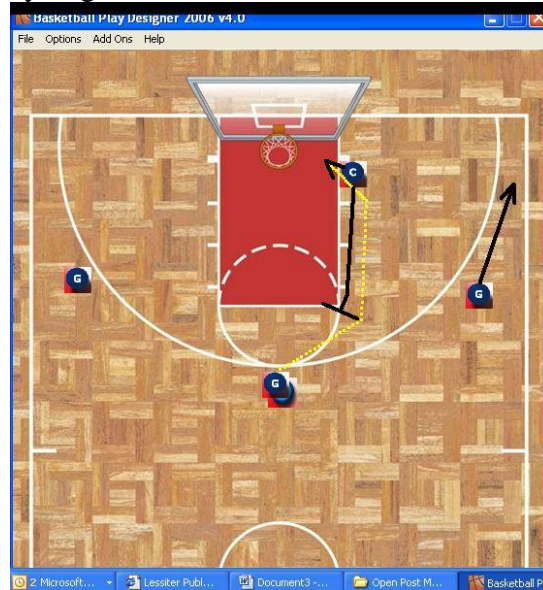


### Wing Entry Trouble Shooting Screen and Roll

If the defense is flat out denying the wings, it should make the screen and roll with the point and a post easier. It is not shown on the diagram, but the back side post should pop to the elbow and draw his defender away from the basket. The wing on the side of the screening post should drop low and look for a jumper if his man sags off. The



back side wing should stay high but do the same. If the pass is made to a wing and no immediate shot is taken, you get into the offense.



### **Wing Entry Trouble Shooting Short Corner Entry**

This is one I would keep in case they are denying your wings hard and then having their bigs sag way in the lane to protect the basket. You have your low posts pop wide, maybe even the 3 point arc and enter the ball that way. Then, if your players are smart, the wing on that side can run a basket cut or screen away. The basket cut should be open if the defender leaves to guard the corner and the wing's man is denying.



### **Conclusion**

This is not by any means the ONLY way to run the open post motion. There are multiple ways to run it successfully, just as there are many ways to run motion offense in general successfully. This is just what I do when I run the 3 Out/2 In Open Post Motion.

If you have any questions, feel free to e-mail me (John Carrier) at [john.carrier@st.bemidjistate.edu](mailto:john.carrier@st.bemidjistate.edu). As I said, this is not the end all, be all for motion. Continue to look at different things and see what works for you. Hopefully you got something out of this!