

Basketball Offense

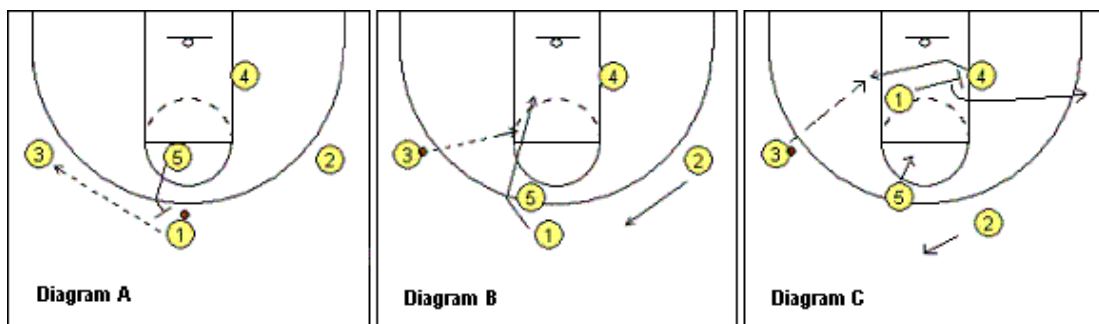
1-3-1 Motion Offense

From the Watterford IT Coaching Podcast

The 1-3-1 offense is a simple offensive set, easy to learn, with good spacing, a high post and low post presence. It is a good choice for novice level teams. For attacking man-to-man defense, several simple motion patterns are presented, and a few simple plays are referenced. Starting with the most simple ("Motion-1") and ending with a more detailed, advanced "Motion-3".

Motion-1

Using the 1-3-1 set, O1 is the point, O2 and O3 are the wings, O5 is high post and O4 is low block (see diagram A). O1 starts the play on either side by passing to either O3 or O2. O4 goes to the opposite block from the ball (see diagram B). O5 sets pick for O1. O1 cuts around the pick on the ball side. O3 can pass to the cutting O1 who can take it for the lay-up or shot.



If O1 does not get the pass, he/she continues through and sets pick for O4 (Diagram C). O4 then cuts to the ball-side block to post up. Meanwhile, O5 drifts back to the free throw line, and O2 rotates out to the point. O3 tries to pass to O4. O4 then makes a post move for the shot. If O4 shoots, O1 should get into rebounding position on the opposite side. If the ball is passed out, O1 goes out to the right wing.

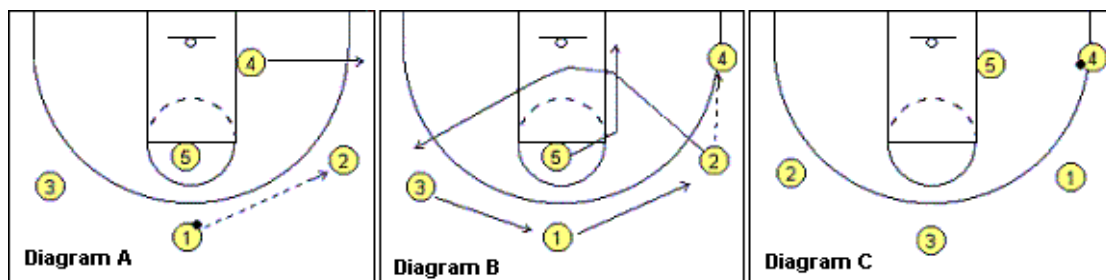
Options:

O3 can pass to the cutting O1, or to the posting O4, or to O5 at the free throw line, or back out to O2. Or O3 can take an open shot.

Motion-2

Run this motion offense either man-to-man or zone defense.

Diagram A. O1 is at the point, O2 and O3 are on the wings, O5 is high post and O4 is low block. It may be helpful to have a good 3-point shooter playing 4, as O4 may get the 3-point corner shot. Try to overload the zone. O1 starts the play on either side by passing to either O2 or O3. O4 sprints to the ball-side corner (see diagram A).



Next (Diagram B), O2 passes to O4 in the corner and cuts through looking for a pass back from O4. If O2 does not receive the pass, he/she goes on through to the opposite side and fills the O3 spot. O1 should rotate over to the 2 (right wing) position, and O3 should now rotate to the 1 position at the point.

O5 waits until O2 has cleared through. If O2 does not get the ball, O5 then cuts down to the low block for a pass from O4. The zone on the right side is now overloaded, and there are now 2 on 1 offensive opportunities.

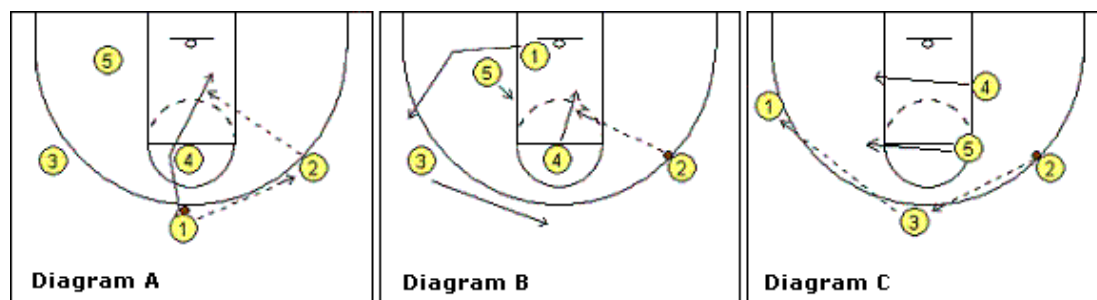
Now the offensive options are (Diagram C): -- O4 can shoot the 3 pointer, pass to O5 down on the block, or to O1 on the right wing. O1 could then shoot, or skip pass to O2, or reverse it back out to O3 on the point.

Motion-3

Run this against man-to-man defense. This set is useful because there are so many simple, effective options and plays that you can run from this. There are three demonstrated here.

(Play 1)

O1 at the point, passes to O2, and cuts around O4's screen. O2 passes to O1 for the lay-up. O4 seals the screened defender for inside position.



(Play 2) If O1 is not open (defense switched the screen), he/she clears out and cuts around O5's screen. At the same time, O4 should have inside position after the sealing on the screen, and cuts to the hoop. O2 passes to O4 for the lay-up. Notice that if the X4 defender over-plays, switches and jams O1's cut, O4 could simply "slip" the screen and cut to the hoop for the pass from O2. O3 rotates out to the point.

(Play 3)

If O4 or O5 are not open, the ball is reversed back to O3 and then to O1, or directly with a skip pass from O2 to O1. Now O4 moves over and posts-up on the ballside block, while O5 moves to the ballside elbow. O1 can take the outside shot, or can pass inside to either O5 or O4. You have all of the previously described options available now on the left side.

