

The High/Low Motion Offense By: Bill Self

This 3-out/2-in motion offense is simplified with some basic rules for continuity. Because the offense is designed to pull one of the post players to the high post, it allows the other to be isolated in the low post with room to score. The offense also allows your perimeter players to score off the catch or dribble with the look of a true motion offense.

This offense provides for the traditional advantages of a motion offense while adding structure to keep personnel in their high percentage scoring areas.

Details

True motion offense is difficult and time consuming to teach. This motion is more structured, but has the same components, as a true motion offense, which make it hard to scout. Those components include:

Ball screens
Staggered screens
Double screens
Big-Little screens
Cross screens
Back screens
Dribble penetration opportunities
Inside-Out opportunities

This hi-lo motion offense is designed for post players who are not great perimeter shooters. An offense should not require post players to receive a pass outside of their scoring range. Neither should they be put into a position to shoot a defended shot outside of the paint. This hi-lo offense is a very simple offense. Self states that while at Tulsa he put the offense in 4 days before.

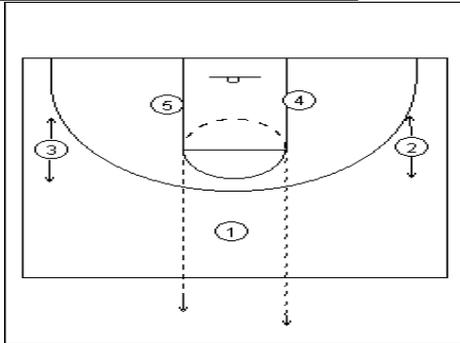
The offense is predicated on:

Point to wing entry pass
Point to high post entry pass
Point to wing dribble entry

LOW POST RULE:

- **Anytime the ball is entered to a low post the other post will dive to the basket.**
- **Weak side pass from wing to low post = strong side wing-post stagger screen for the corner**
- **Strong side pass to post = perimeter players widen out behind the three point line and the other post dives to the basket**

Initial Positioning diagram

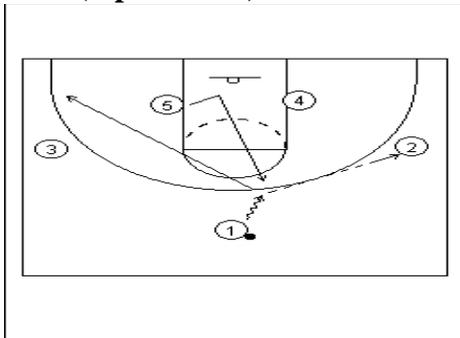


Initial Positioning diagram

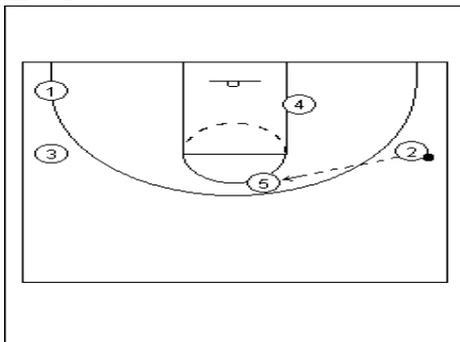
The point should enter the ball into the offense from the Lane channel. The lane lines extended create this channel. The wings will set up either below the foul line extended where they can comfortably receive the ball

Wing Entry

1 pass 2 1 cut away from pass to weak side corner 5 sets up his defender and flashes to the TOC (top of circle)

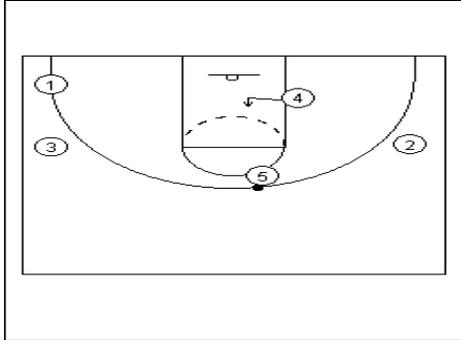


2 pass 5 5 will receive the ball as far out as the defense pushes him, the ideal location is near the elbow

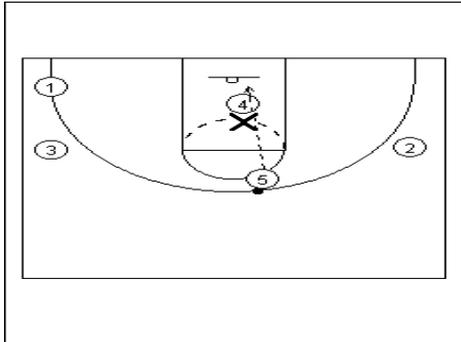


NOTE:

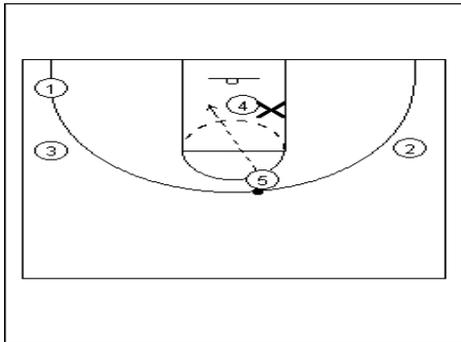
When the high post has the ball the low post will be in a direct line between the ball and the basket. This will force the post defender to commit to a defensive position (front, behind, side). If the post does not move in a direct line with the ball and basket he is easier to defend.



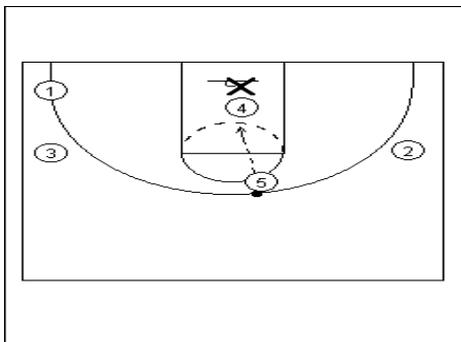
X front



X side

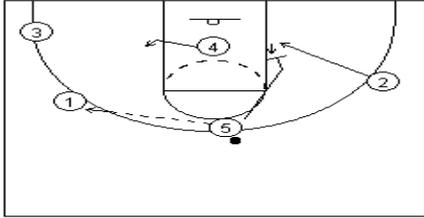


X behind

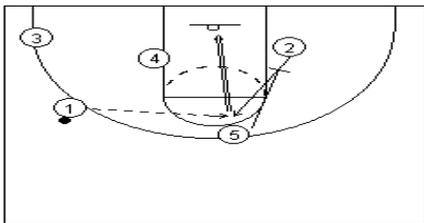


Weak Side Action

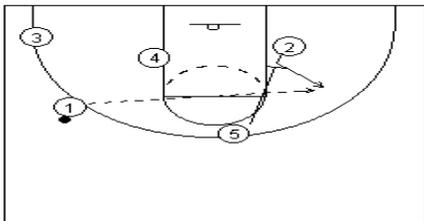
5 will down screen 2 2 walks his defender into the block 2 takes advantage of how his defender reacts to the screen.



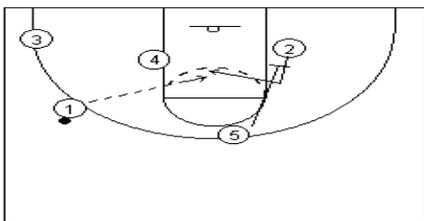
Straight cut



Fade cut

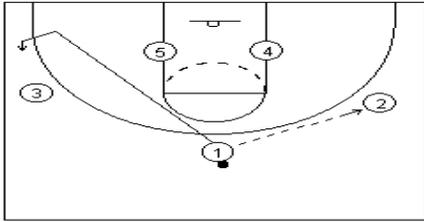


Curl cut

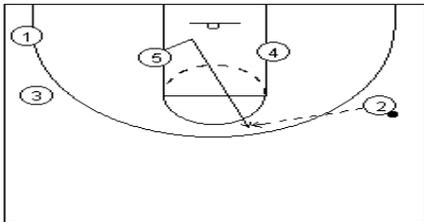


Hi-Lo Motion Weak side Cut Continuity

Hi-Lo Motion weak side cut 1 pass 2 1 cut to weak side corner



5 sets up his defender 5 flash TOC 2 pass 5



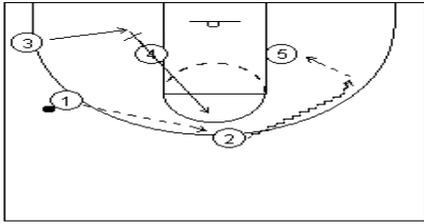
2 pass 5 at TOC 4 moves in line with ball and basket 5 pass 4 3 down screen 1 1 cut to wing



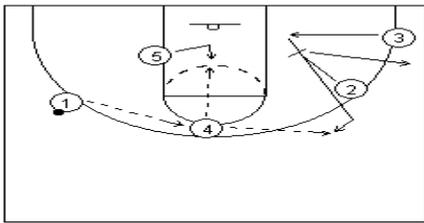
5 pass 4 5 pass 1 4 follows ball & posts 5 down screen 2 2 cuts TOC



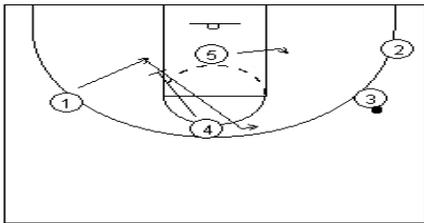
1 reverse to 2 2 dribbles over to get a better passing angle to 5 4 screen 3 3 cuts to TOC 1 stays wide



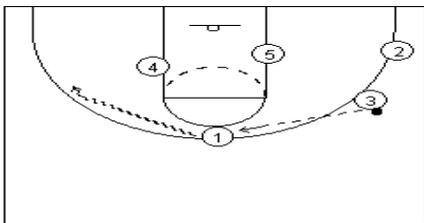
2 pass 3 3 pass 1 3 cuts opposite pass to corner 4 cross screen 5 5 cuts under screen to ball 1 pass 5 4 clears to TOC



5 follow ball & posts 4 down screen 1 1 cut TOC



3 reverse to 2 at TOC 2 dribbles across to get a better passing angle to 4



Continue the motion



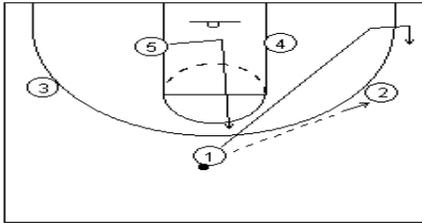
***When a perimeter player screens another perimeter player he will clear behind the three-point line.

***Offense Keys:

- High post pass to weak side = strong side wing -post stagger screen for the corner.
- High post pass to strong side = weak side post-wing down screen.
- Perimeter player pass to weak side = posts have option to cross screen.

Hi-Lo Motion Strong Side Cut Continuity

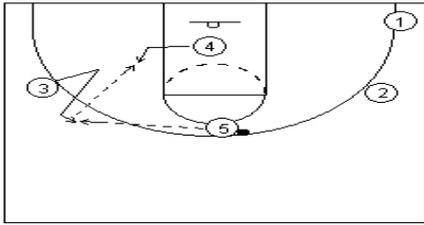
Hi-Lo Motion strong side cut 1 pass 2 1 cut to ball side corner 5 cuts TOC



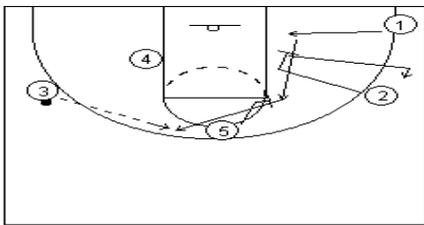
2 reverse to 5 TOC 4 posts between ball and basket



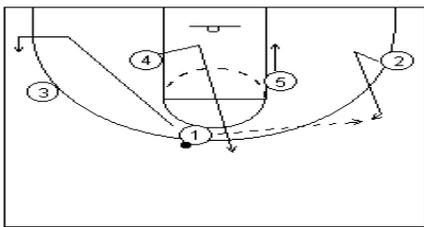
3 gets open on the wing 5 pass 3 4 follows ball & posts 3 pass 4



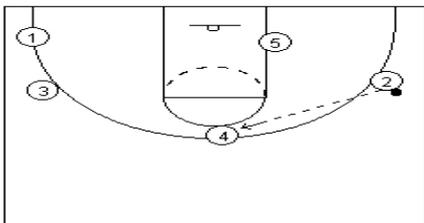
2 & 5 set double stagger screen for 1 1 cuts TOC 3 reverse to 1 TOC



we are now back to the basic set and 1 can cut to ball side or away from the entry pass here 1 cuts away from the ball

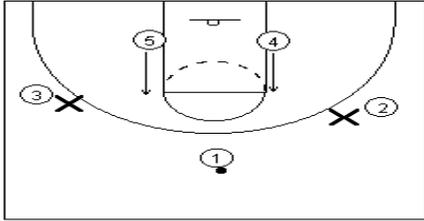


Continue the motion

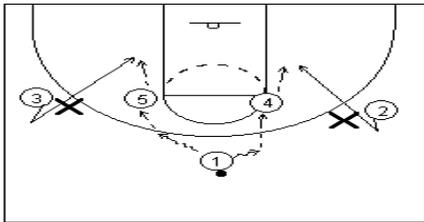


1-4 Pressure Defense Entry

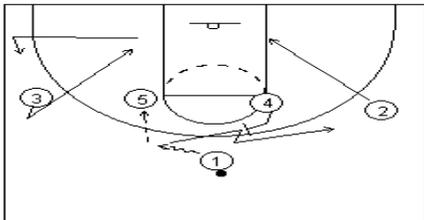
1-4 Pressure Defense Entry - When the defense denies the wing entry pass both post players will flash to the elbows and both wing players will move to a position where they will be higher than the ball on the post entry pass.



The first option is a back cut by the ball side wing. The post will drop step in the direction of the pass and use a bounce pass to feed the cutter. The wing will initiate the cut by pivoting on the back foot and stepping across the defender and placing him on his back or hip. Once a back cut is initiated, the wing will cut all the way to the block.



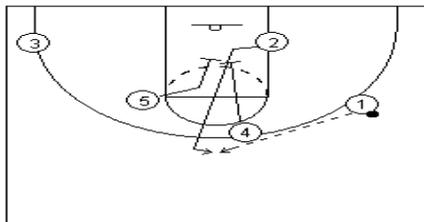
If back cut is not open 3 widens to corner 2 walks his defender to the block 4 screens 1 1 fades to the wing



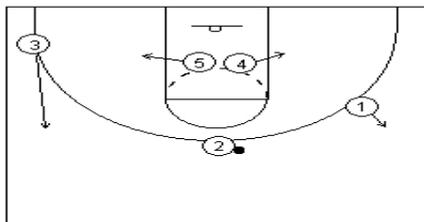
5 takes 1 dribble into circle 5 will use a 2 hand overhead pass to 1



4 & 5 will down screen for 2 2 straight cuts to three-point line 1 pass 2 2 shoots

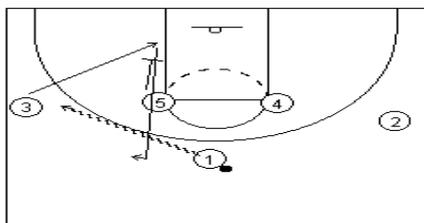


If shot is not taken we are in position to initiate the offense again

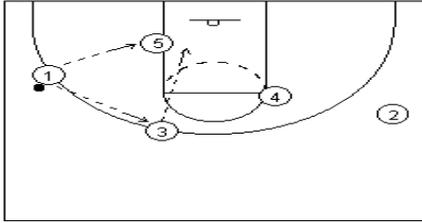


Point Dribble Entry

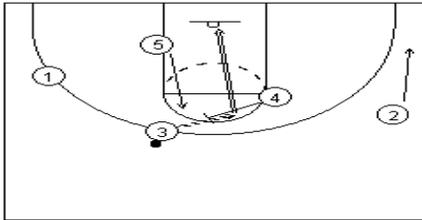
The players have gone through the pressure entry methods and are in a 1-4 set. 1 dribbles to a wing 3 walks his man down to block 5 down screens 3 3 cuts up the lane line NOTE: 3 must be on the lane line when he receives the pass to facilitate a hi-lo entry pass to 5.



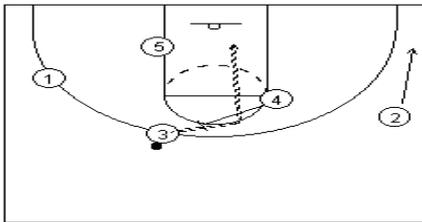
1 can pass to 5 for an easy score if open 1 pass 3 3 pass 5



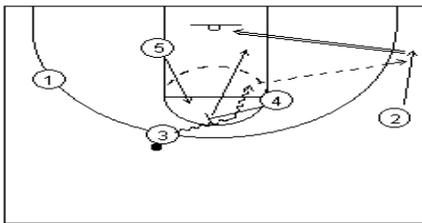
4 moves to screen 3 while the ball is in the air. 3 drives off the screen by 4 3 gets a shot 5 flashes to TOC as 3 clears the screen if there is no shot



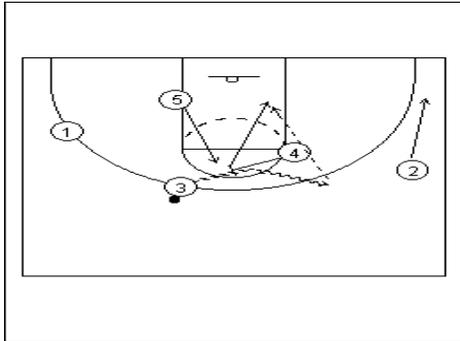
3 drives to the basket



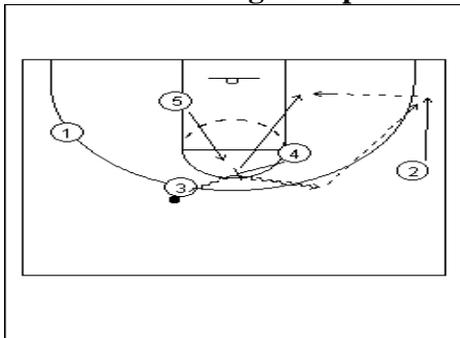
3 drives to the basket 2 repositions on the wing 3 is stopped by 2's defender sagging in 3 pass 2 2 shoots three-point shot 5 flashes TOC



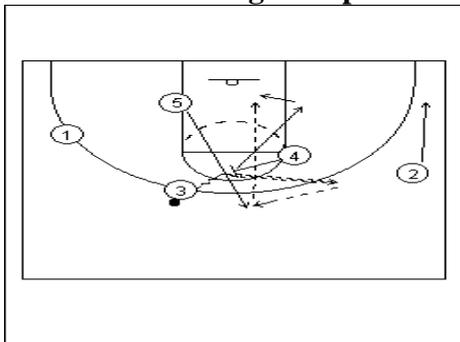
3 drives to the basket X4 switches to stop 3 4 rolls to basket 3 pass 4



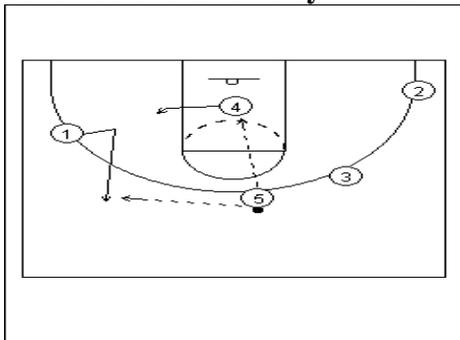
3 drives to the basket X4 switches to stop 3 4 rolls to basket 3 can't pass to 4 3 will drag the defender a little higher 3 pass to 2 2 pass to 4 on big-little mismatch



3 drives to the basket X4 switches to stop 3 4 rolls to basket 3 can't pass to 4 3 will drag the defender a little higher 3 pass to 5 5 pass to 4 on big-little mismatch

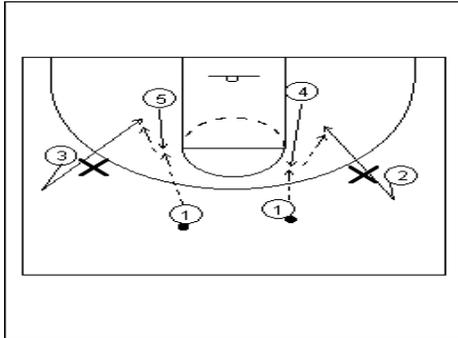


Continue the continuity with a wing-post stagger away for 2

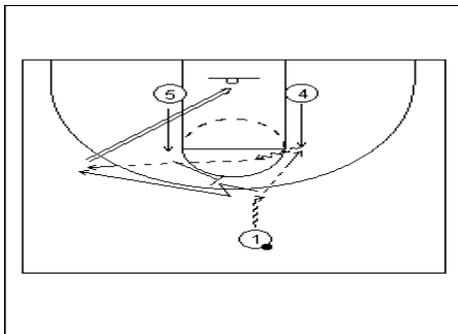


BREAK DOWN DRILLS - 1-4 - Pressure Drills

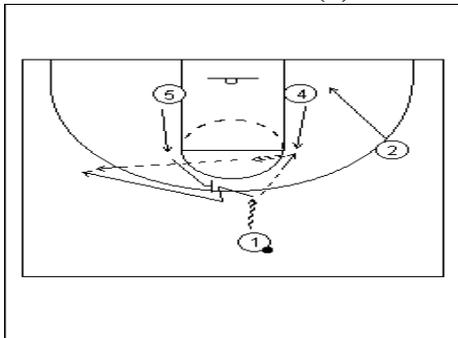
1-4 Back Cut Drill



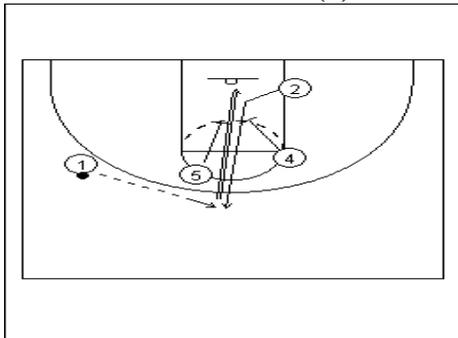
1-4 Fade Screen Drill



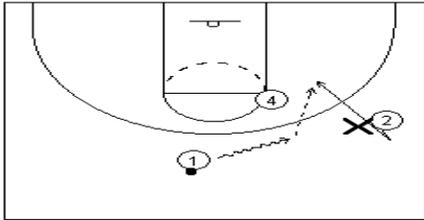
1-4 Double Down Drill (1)



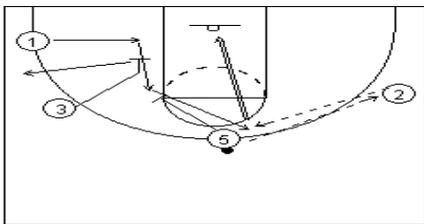
1-4 Double Down Drill (2)



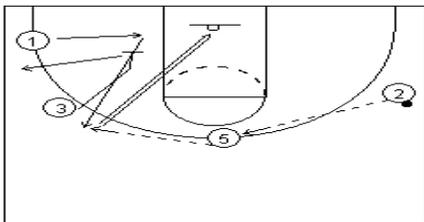
1-4 Dribble Back Cut Drill



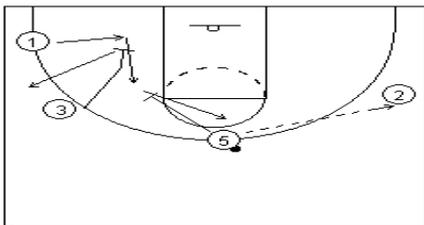
Strong Side Stagger Screen Drill



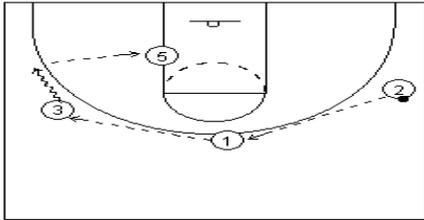
Ball Reversal Shot Drill



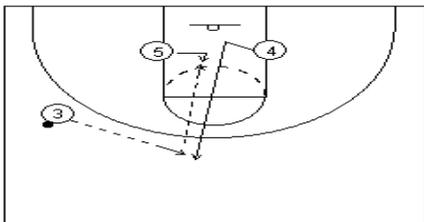
Low post entry Drill



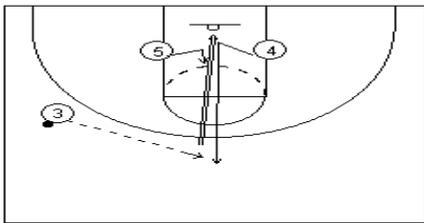
Low post entry Drill



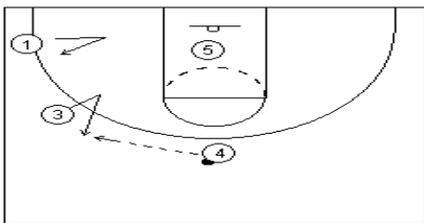
Hi-Lo Drills (1)



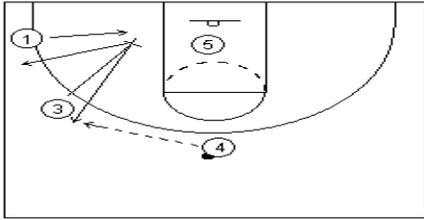
Hi-Lo Drills (2)



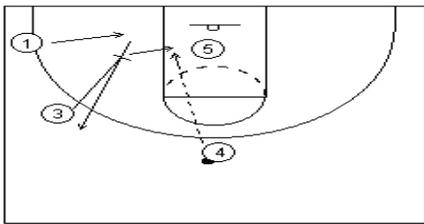
Wing Entry Drills – Replace – V-cut



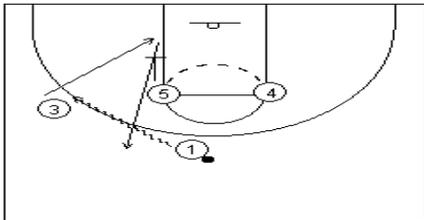
Down Screen



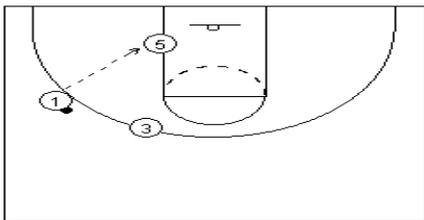
Slip Screen



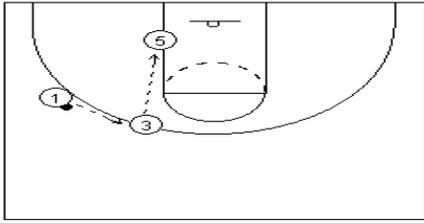
Dribble Entry Drills - 3-5 Dump Down (1)



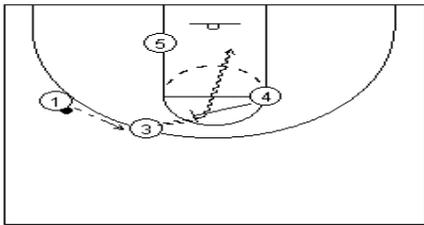
3-5 Dump Down (2)



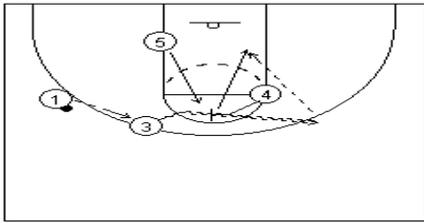
3-5 Dump Down (3)



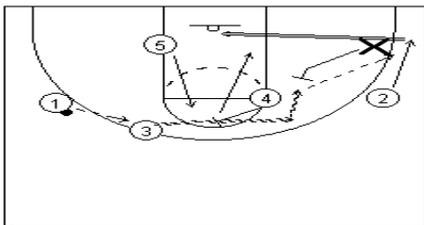
Penetrate Drill



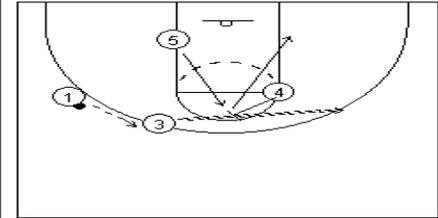
Drag Dribble Switch Drill



Three Point shot Drill



Reverse Dump Down Drill (1)



Reverse Dump Down Drill (2)

