

ON THE BENCH



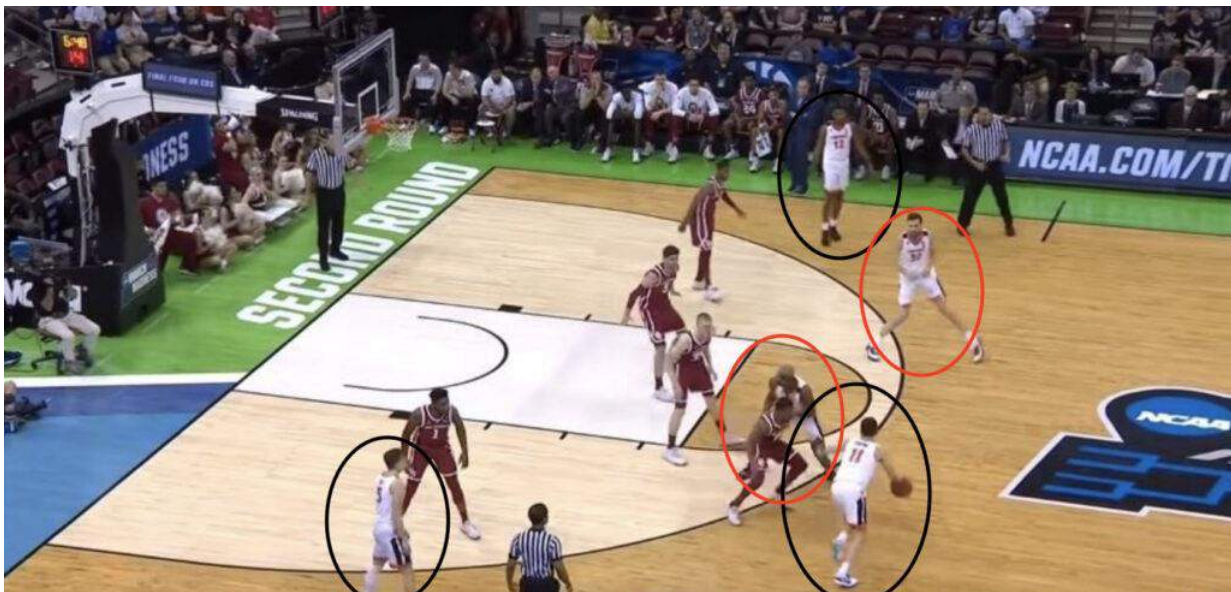
WITH JOE KUHN

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BLOCKER MOVER OFFENSE INTRODUCTION

Posted by [Joe Kuhn](#) | Feb 27, 2021 | [Offense](#) | 0 |



Virginia's Blocker Mover Offense Executing a Side Ball Screen and Flare Screen Step Out Action

Although the Blocker Mover Offense and its concepts have been around a while, this offensive system has been gaining in popularity amongst coaches at every level for many reasons. In this article, we will explore the basics of the Blocker Mover Offense.

The Blocker Mover is a complete system that can be the great equalizer for the many programs with lesser talent because, when executed, it is extremely difficult to defend.

FATHER OF THE BLOCKER MOVER OFFENSE

Dick Bennett, who's known as the father of the Blocker Mover, started running this offense while at the University of Wisconsin-Green Bay and further developed throughout his career.

Tony Bennett, Dick's son, and Virginia won the 2019 National Championship running Blocker Mover as a base offense at Virginia. Virginia has received a lot of attention over the last several years due to its success based on its style of play and toughness.

ADVANTAGES OF THE BLOCKER MOVER OFFENSE

- Is a structured motion offense that creates multiple freelance opportunities for your best scorers.
- Creates continual screening actions the defense gets tired of defending.
- Is nearly unstoppable when run with superior talent.
- Creates an offensive identity for your program.
- Gets better as the season progresses.
- Difficult for opponents to scout and prepare for.
- Lends itself to running set plays that flow into the offense.

BLOCKERS AND MOVERS

The offense consists of Blockers who are primarily screeners and Movers who are continually cutting off of the Blockers. Each has specific rules but you have the flexibility to narrow or expand based on the individual player's talent in their role.

Blockers are pivotal to the success of the offense and must be willing physical screeners. Blockers that are excellent screeners realize that it creates many scoring opportunities for themselves. They should continually look to set screens for the movers but usually never screen for the other blocker. It is the Blocker's responsibility to free the Movers so the Movers can get open and create offense.

The Blockers are assigned to specific areas in which they are looking to screen. The four main areas of the floor a Blocker is assigned to, depending on their individual skill are Lane, Wide, Top, or Bottom. When you add both Blockers the combinations become Lane-Lane, Lane-Wide, Wide-Wide, or Top-Bottom.

Movers are the cutters in the offense. The primary job of the Mover is to set their man up and use screens from the Blockers. Ideally, Movers must be hard to guard. After setting up their defender Movers must cut towards the basketball or basket in a manner that makes their movements unpredictable while reading how the defense defends the screen.

The Mover's job is to attack the basket. Ideally, a Mover must love to penetrate into the gaps (north and south), especially in ball screen situations, and look to draw and kick to the open shooter. His dribble penetration sets up himself and others for open shots. The Mover will also have a number of penetration opportunities coming off of flare screens.

PLAYERS WANT TO KNOW THEIR ROLES

Blocker Mover provides your program an excellent system in which roles are clearly defined. Roles are easily adaptable and can be expanded as players improve during the season. Simply put, you are putting players in a position in which they can be successful.

A COMPLETE SYSTEM

The [Blocker Mover](#) is an offensive system that coaches at any level should consider for their program. Not only does the Blocker Mover create a multitude of offensive options that are difficult to defend it teaches your players how to read defenses and play efficient team offense.



Joe Kuhn's Joliet Junior College Dribble Top – Flare Screen Action in Their Blocker Mover Offense

CONCLUSION

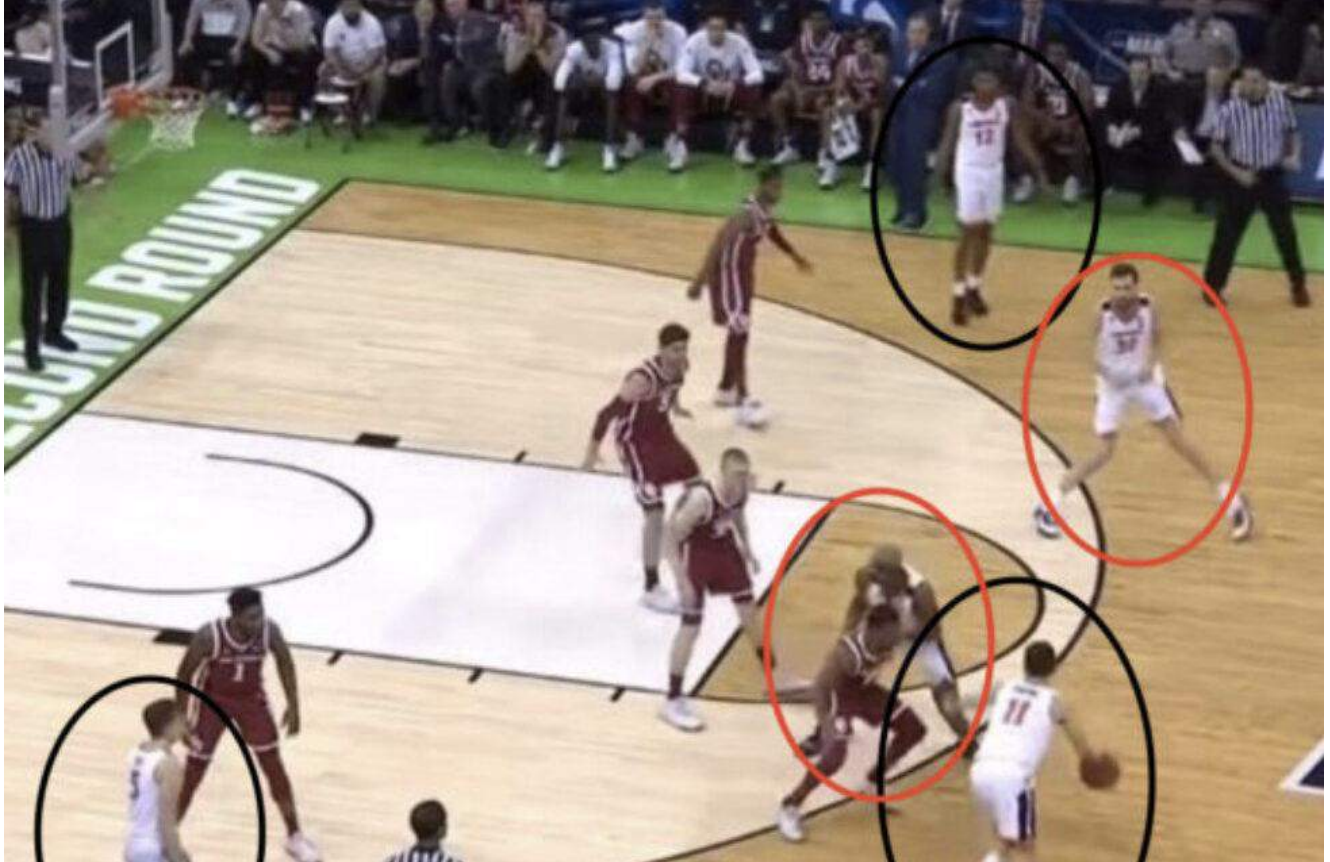
Over the course of the season, you and your players will become more creative with the Blocker Mover and the screening and cutting options that develop based on how defenses defend the actions. As with any offense you must be committed to it. Building an efficient offense that has countless actions takes time to develop.

When implementing the Blocker Mover I suggest starting simple with several basic actions and sets that feature your best players. As your team understands the basics more can be added.

In time, your players will be running an offense that allows them to run a highly efficient offense that features team basketball giving your program an offensive identity that your opponents will dread preparing for and playing against.

BASE ENTRIES INTO BLOCKER MOVER OFFENSE

Posted by [Joe Kuhn](#) | Mar 2, 2021 | [Offense](#) | [0](#) |



The Blocker Mover Offense is a system that can give your program an identity. Base entries into Blocker Mover Offense are an important feature for your players. By running base entries into the Blocker Mover you can feature your best players before the free flow of the offense starts.

We will begin with looking at common options in the offense assuming the ball has been entered to the wing. Diagram 1 shows that Mover 2 has received the entry pass from Mover 1. The Mover that receives the entry pass, in this case, 2, should dribble hard looking to get to paint. As 2 is attacking the paint, or dribbling top, 1 cuts off of a flare screen from the opposite Blocker 4. The opposite Mover 3 runs off of a baseline screen to the ball side corner.

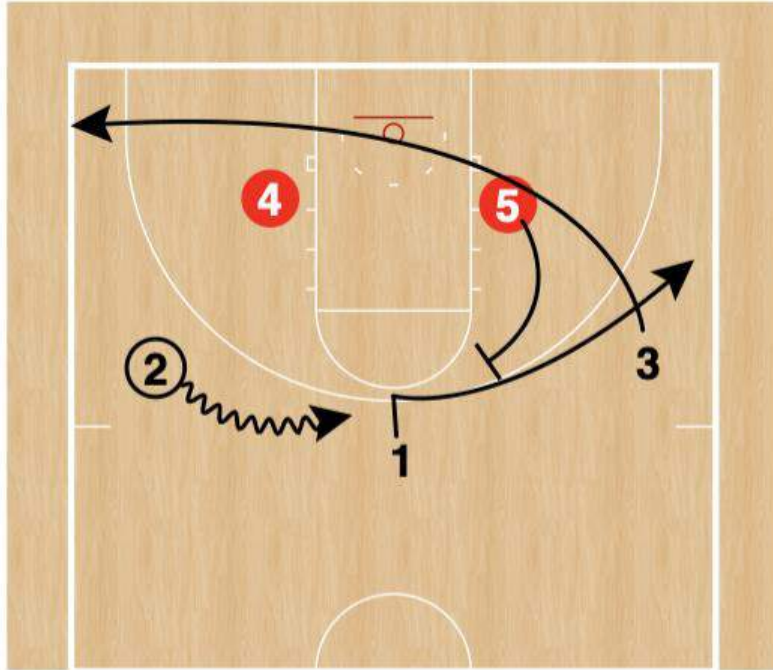


Diagram 1 Illustrates Base Entries Circle Motion

This basic circle action creates a number of opportunities depending on how the defense reacts to the screens. 1 might be open off of the flare screen for a shot, drive, or post feed to 5. 5 might be open on a slip screen to the rim. 4 might be open after screening for 3. The throwback to 2 is almost always open and creates a number of opportunities including a shot, drive, or post feed.

Diagram 2 displays similar action as diagram 1 except Mover 1, after curling the flare screen to the rim, will receive a re-screen from Blocker 5. This action is very effective if the pass to 1 on the curl to the rim is not available. Mover 1 should be looking to curl to the paint if possible for a possible lay in or dump down to 4.

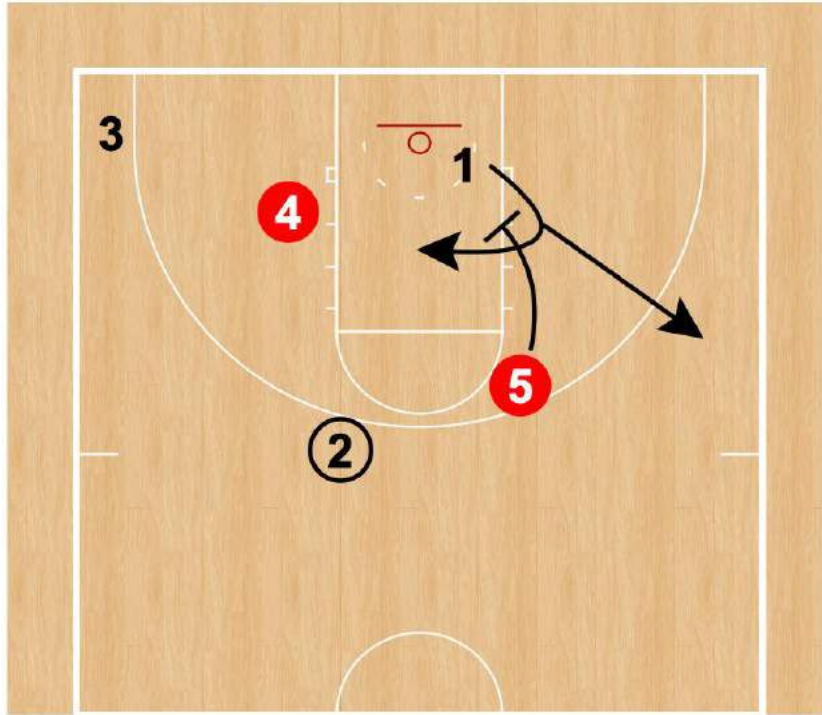
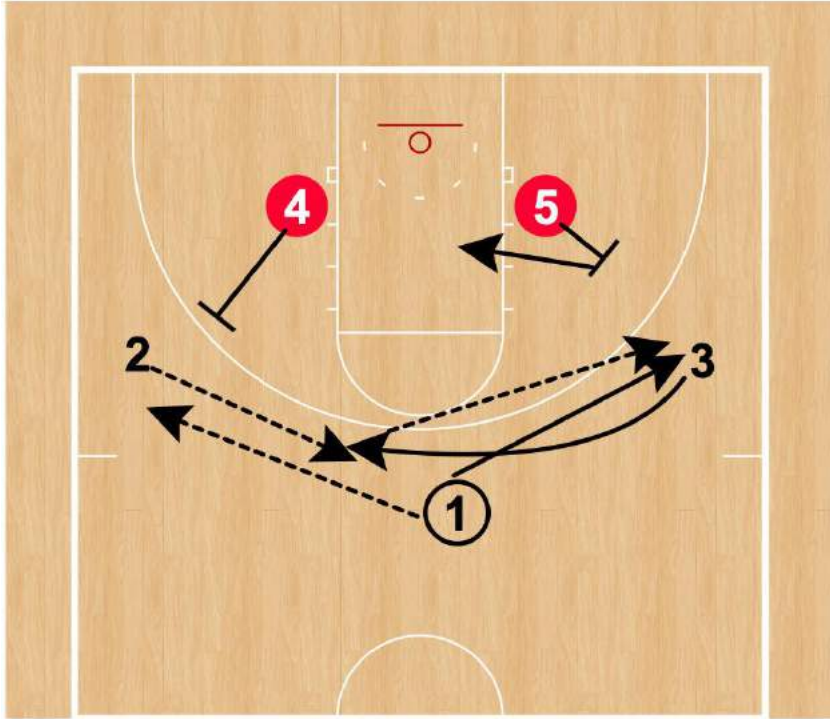


Diagram 2 Illustrates Possible Actions Created by Re-Screening

But, 1 may cut back to the wing. While this action is occurring, 4 could down screen for 2 to occupy the defense or duck in post up. Either will create other effective scoring opportunities. This action becomes more about reading how the defense is playing the screens. As simple as the action seems or is, it does take time to develop. Early in the season, you might even call it a set entry.

I like the action in diagram 3 when you are playing power side offense too much which can happen. It is also a good way to burn a little more clock if the situation calls for it or you are the inferior team trying to reduce the number of possessions. A simple pass and screen away, or cut through and fill, with ball reversal back to the point is executed before initiating the offense.



In Diagram 3 the Ball is Reversed Back to the Point Before Action Starts

Diagram 4 shows the ball reversed back to 1. 1 will now attack or dribble top with 3 coming off the flare screen and 2 running the baseline. Also, Blocker 5 might ball screen for 1 on his dribble top. This is also an excellent option if you want your 2 or 3 cutting off of the initial flare screen action instead of the 1.

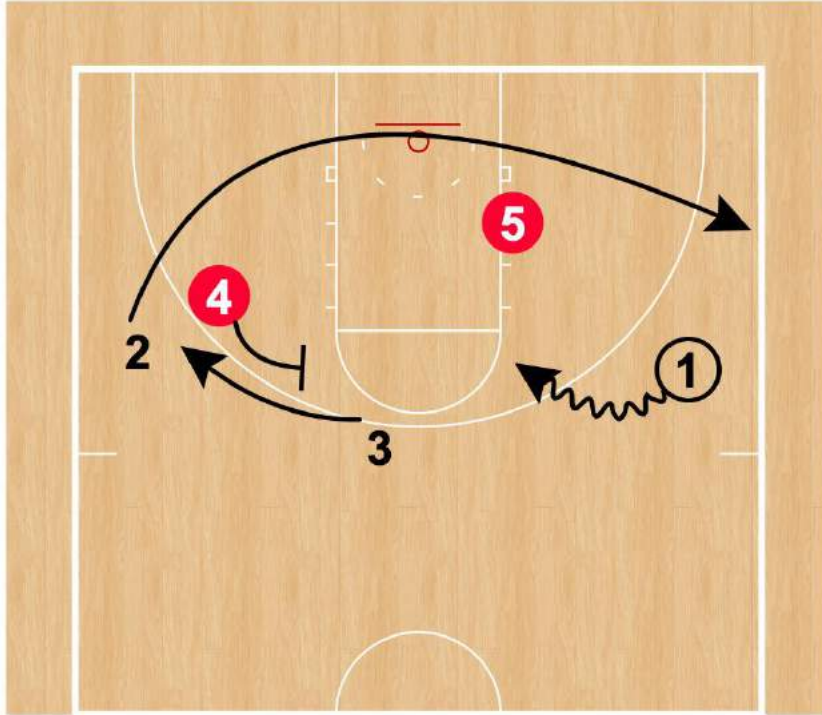


Diagram 4 Show Action After the Reversal

The scoring opportunities in these basic options are numerous. In order for your players to understand the options, and learn to read the defense, it is important to use a variety of breakdown drills. The [Blocker Mover Manual](#) has everything you need to install this system. Also, I believe that running Blocker Mover helps in creating a strong defense. Players will be forced to defend a variety of screens and execute multiple efforts plays against the Blocker Mover. They will have no choice when defending Blocker Mover on a daily basis, either get exposed or get better.

By running the Blocker Mover Offense your team will develop a tough, hard-nosed identity that will help you be as good as you can come playoff time. It is a system that will get better as the season goes on and will have your team playing its best offensive basketball when it is most important playoff time.

Blocker Mover is easily adaptable on a seasonal basis based on the individual talent from year to year or within the season as the development of the team and knowledge of the offense advance. Also, running set entries Blocker Mover will help you in developing a highly efficient offense.

ROLES OF THE BLOCKERS AND MOVERS IN THE BM OFFENSE

Posted by [Joe Kuhn](#) | Feb 27, 2021 | [Offense](#) | [0](#) |



A key component of any offensive system is that players fully understand their roles. One of the main reasons the Blocker Mover Offense is very successful is that the roles of the Blockers and Movers are clearly definable.

The Blocker Mover offense is an excellent choice as a base offense for both men and women, from high school to the professional level, for a number of reasons.

- The Blocker Mover is a system that is fully adaptable to your talent on a yearly basis.
- The roles of Blockers and Movers are definable.
- You can easily expand or contract the roles of your players over time based on their individual skill improvement.
- You can start with a very basic version of Blocker Mover and expand it as your team gains an understanding of it with the experiences gained from running it.
- Blocker Mover flows with a variety of sets and entries from a basic floppy to a 1-4 high.

- You can modify it to play 3 out 2 in, 4 out 1 in, or 5 out.

ROLES AND AREAS OF BLOCKERS

Blockers are the backbones of the offense because their screening is critical for the offense to be effective. Blockers are assigned to specific areas in which they are looking to screen. The four main areas of the floor a Blocker is assigned to, depending on their individual skill, are:

- Lane
- Wide
- Top
- Bottom

When you combine the areas with both Blockers you end up with 5 options:

- Lane – Lane
- Lane – Wide
- Wide – Wide
- Top – Bottom
- Free Flowing

Diagram 1 shows a Lane-Lane set for your Blockers. 4 and 5 are designated to the lane area only. They both work up and down the lane lines looking to set pin screens, back screens, and flare screens for the movers. You might use this option with Blockers whose offensive skill set ranges from very limited or best suited for post-ups or dump off's on rolling action. Lane-Lane also generates good spacing and more room for drives.

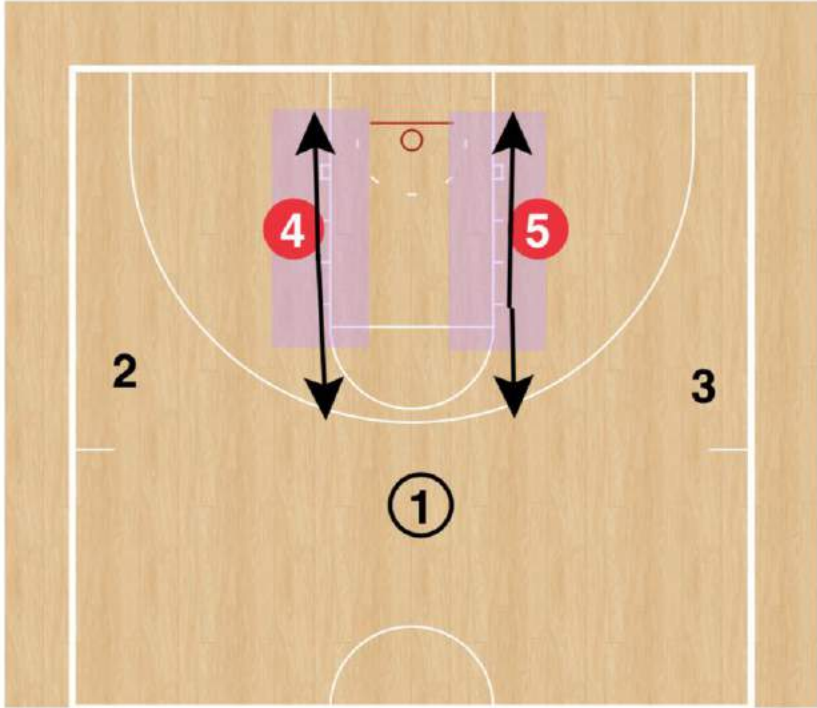


Diagram 1 Lane – Lane Alignment When Both Blockers Role is a Lane

The Lane-Wide alignment is shown in diagram 2 where 4 is designated to the lane area only while 5 may play from the basket to the sideline and from the baseline to above the top of the key. This option is good when 1 of your Blockers is skilled out on the perimeter.

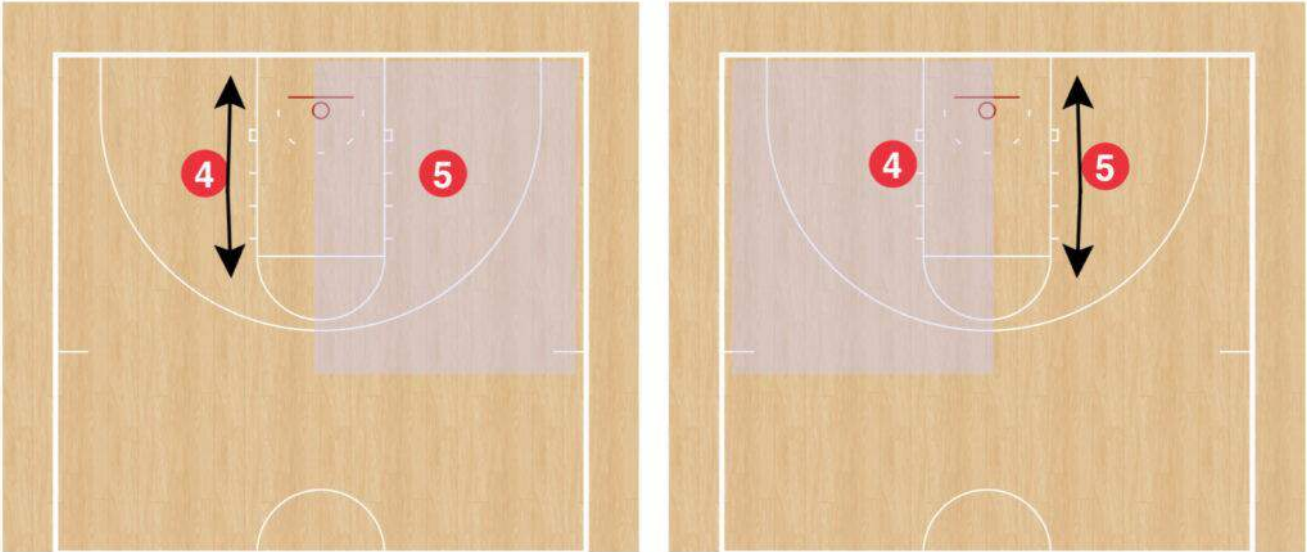


Diagram 2 Shows When One Blocker is a Lane and the Other is a Wide

The Wide-Wide formation, shown in diagram 3, is used when both Blockers have the ability to play on the perimeter. In my experience this will be the most difficult alignment for your opponents to defend.

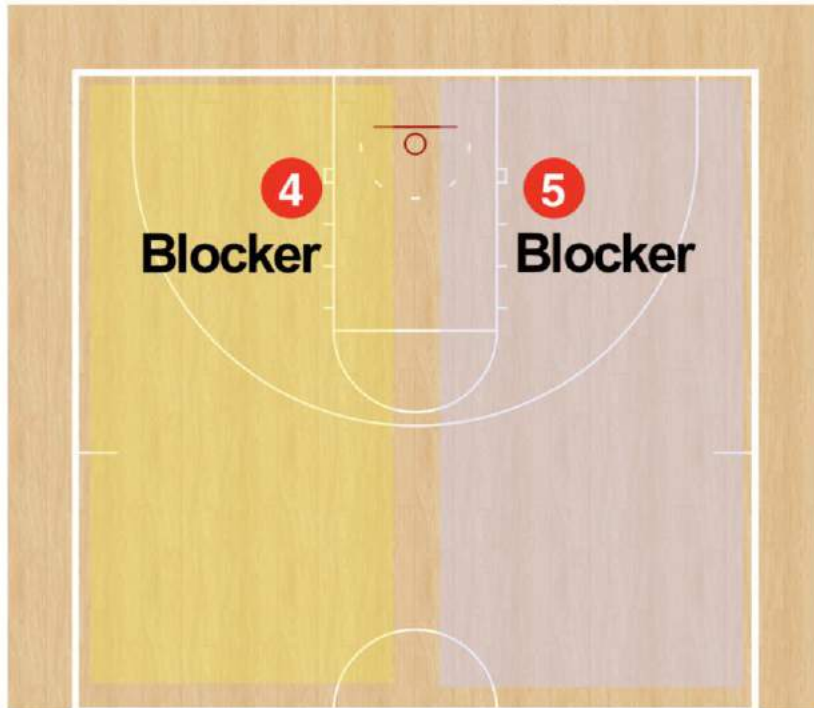


Diagram 3 Shows the Area of the Floor When Both Blockers are Wides

Diagram 4 is the Top-Bottom option which is very effective if you have a stretch 4 or against a zone defense. 5 may play from sideline to sideline below the free-throw line. 4 plays sideline to sideline above the free-throw line.

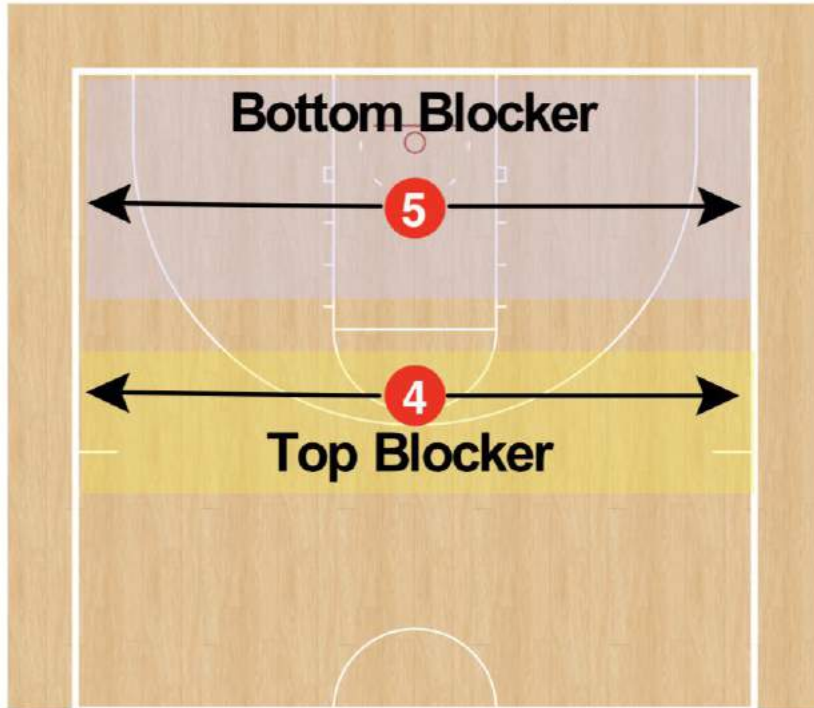


Diagram 4 Marks the General Area of a Top Blocker and a Bottom Blocker

ROLES AND AREAS OF THE MOVERS

Movers are the cutters in the offense. The primary job of the Mover is to set their man up and use screens from the Blockers to get open and create scoring options. Regardless of how you choose to enter the ball, Movers will cut and fill perimeter spots after the entry pass. There are many possibilities and it is up to you to choose what type of freedom the players can have.

THE MOVERS ARE CONTINUALLY LOOKING TO

- Set their man up and use screens from the Blockers.
- Ensure that proper spacing is kept and the floor is balanced.
- Be hard to guard by making unpredictable cuts while reading how the defense defends the screen.
- Attack the basket to create penetration into the gaps and look to draw and kick to the open shooter.

Diagram 5 shows basic Mover action after the entry pass to the wing. 3 is cutting baseline after the entry to 2 using 5 and 4's screens. 1 is looking to come off a flare screen from 5 as 2 dribbles top. This action creates many opportunities for 2. The pass to 1 off of the flare screen for a shot

or drive is often available. A slip screen from 5 is a possibility if the screen is not played correctly. A throwback to 3 is almost always open. 3 could curl the screen from 4 into the paint. On a wing throwback to 3 you can feed the post or run ball screen. As you will see, the options are endless.

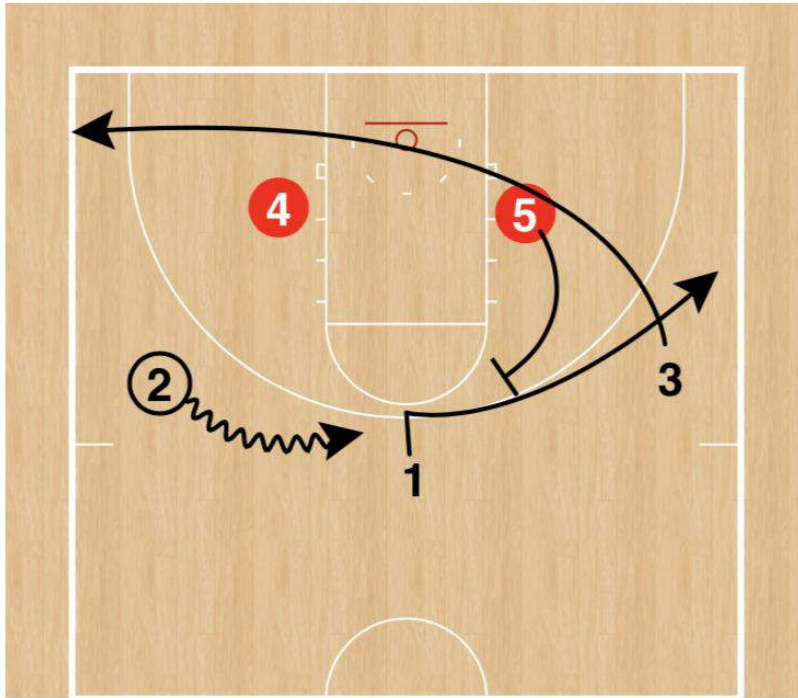


Diagram 5 Shows the Dribble Top Action After Wing Entry

ROLES OF BLOCKERS AND MOVERS

My suggestion is to define the exact role of what each player has, what type of actions and shots each player is allowed. For example, you may have a Blocker who is only allowed to be a Lane Screener while another Blocker may have the freedom to play the entire side of the floor.

Joe Kuhn's [Blocker Mover Manual](#) is a comprehensive guide to installing the Blocker Mover Offense. It goes in-depth about the roles of Blockers and Movers, includes all of the breakdown drills, shooting drills, set plays, and more.

As stated in last week's post, I suggest starting simple and basic with a primary action or two.

In the next post, *Sets That Flow Into Offense*, we will look at a few basic entries as well as how easy it is to flow into after a set play breaks down.

SET PLAYS INTO BLOCKER MOVER OFFENSE

Posted by [Joe Kuhn](#) | Mar 4, 2021 | [Offense](#) | [0](#) |



The Blocker Mover Offense is an excellent system that can be extremely efficient due to the difficulty in defending it. Running set plays into Blocker Mover Offense is a great way to enhance the offense and accomplish many critical components of an efficient system.

SET PLAYS INTO BLOCKER MOVER OFFENSE CREATES:

- The opportunity to feature key players early in the offensive before beginning the free flow.
- Allows you to pick on your opponent's weaker defenders or players in foul trouble.
- The false movement will force the ball to a second and third side of the floor.
- The false movement will make the defense guard through multiple screens.
- Puts your players in the best possible position for their individual skill level.
- Allows you to "hide" certain players early in the offense.

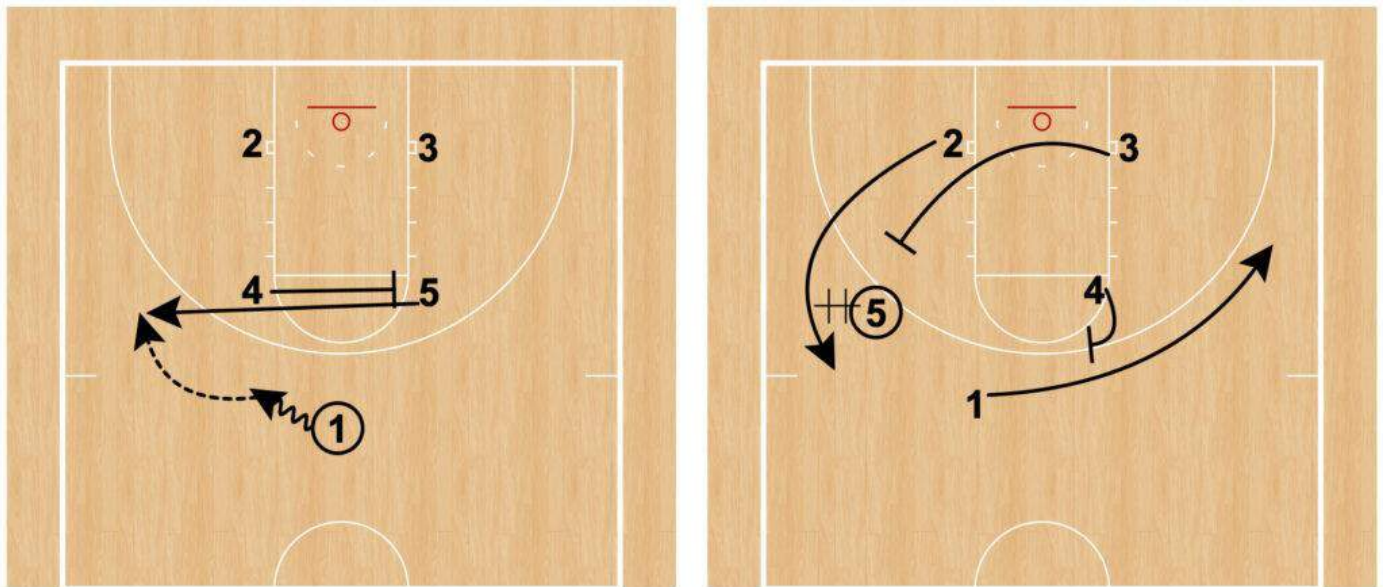
SET PLAYS

Panther is one of the many great set plays into Blocker Mover Offense that will create a number of looks and possible mismatches if the defense is switching screens.

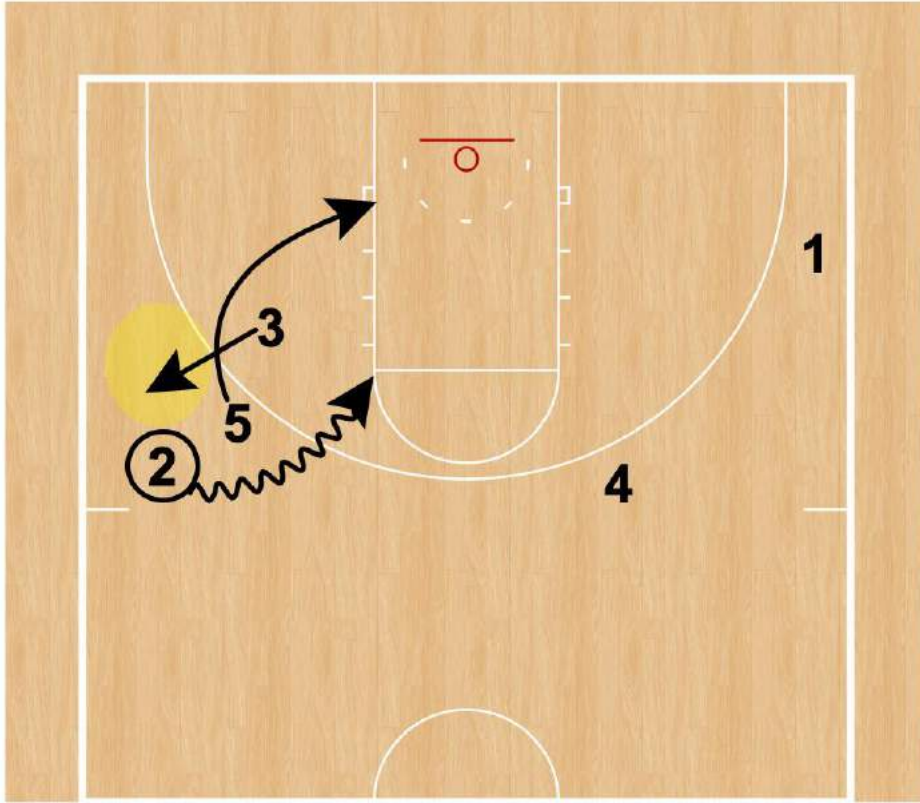
Video Explanation of Scoring Options Within the Panther Set

In Panther, the 3 point shot for 4 is usually available. Once in awhile the direct pass to the point guard is open for a lay up. You can see how Panther is a great set play into Blocker Mover Offense.

Indiana is another excellent set play into Blocker Mover Offense that creates high efficiency. It can be run efficiently out of either a box or horn set alignment. As shown below, 1 enters to 5 on the wing. 2 comes behind 5 for a handoff and looks to immediately attack. 4 sets a flare screen for 1.



There are now a number of options for 2. If the throwback post feed is not available, the dribble top and flare screen action will create numerous options. Indiana with the throwback post up is great against teams that switch screens.



Panther and Indiana are just a couple of high efficiency set plays that are in the playbook [31 Sets That Flow Into Blocker Mover](#).

MY EXPERIENCE INSTALLING THE BLOCKER MOVER OFFENSE

Posted by [Garret Risely](#) | Apr 11, 2021 | [Offense](#) | [0](#) |



My experience installing the blocker mover offense I'd assume was different than most coaches for a couple reasons. Our staff installed this offense in my first year as a varsity coach without any in-person experiences watching or coaching the offense. Also, we installed Blocker-Mover at the beginning of the season without any summer or pre-season opportunities.

Prior to running the blocker mover, I personally had only played and coached the "Read and React" motion offense. With that said, there were so many things that intrigued me about the blocker mover offense immediately. Here I share with you my experience installing the Blocker Mover offense.

WHY BLOCKER MOVER OFFENSE?

I liked how the blockers (most often post players) were positioned in the lane, where they're often most comfortable and always in rebounding position. I liked how the guards facilitated the offense, being primary ball handlers and play makers, which would help to reduce turnovers. On top of these more defined roles for players, I chose to use this offense for the foundational screening actions that take place time and time again within the offense.



[Dribble Top Flare Screen Action in the Blocker Mover Offense](#)

CONTINUAL SCREENING ACTIONS CREATES CONSTANT PRESSURE ON THE DEFENSE

The pin downs and flares used to get guards open forces the defense to make decisions that we can adjust to and always gives our players a step on the defense. In doing this, we're able to rely less on the defense making a mistake and more on attacking and creating offense as a result of running the defense off of a slew of screens, all while continuing to run a fluid/continuous motion offense. With that said, the screens and timing piece of the offense took a little longer to fine tune than other offenses more predicated on passing and cutting/creating off the dribble.

BLOCKER MOVER CERTIFICATION COURSE

We relied heavily on Coach Kuhn's [Blocker Mover Certification Course](#), instructional videos, virtual meetings, and support along the way.

INSTALLING DURING COVID

Our staff had one week of practices prior to our first game due to COVID restrictions and the timeline we had to abide by in Illinois. With all this in mind, the process of installing the offense was very enjoyable. Each practice we left feeling more and more comfortable with the offense and continued to brainstorm drills to break down the specific actions along the way. When the basic actions of the offense became second nature to the girls, we were able to make small adjustments here and there based on how defenses reacted and were able to add on a couple additional layers to the offense.

Our 7th and 8th grade levels are using Blocker Mover as their primary offense now for both man to man and zone defenses alike. I've been impressed with how well and quickly they've been able to pick up the bones of Blocker-Mover and with the looks they're able to get in just a few passes. We're looking forward to this summer and picking up where we left off with the Blocker-Mover offense.

[Blocker Mover Offense Guide](#)

Blocker Mover Offense

The Blocker Mover Offense made its way to basketball courts when Dick Bennett developed and started using it for his offensive game plan with his teams at University of Wisconsin-Green Bay and again at Washington State University.

Fast forward to present time, Dick's son, Tony Bennett, head men's basketball coach at the University of Virginia, has used it for the base of his offense as well; and it has led his team to a successful style of play. Because of the success at Virginia, the Blocker Mover Offense has received a lot of attention.

What is the Blocker Mover Offense? It's a motion offense that consists of players filling specific roles that involves extensive screening and cutting with players reading the defense and making moves accordingly. Essentially, Blockers are primarily screeners and Movers are cutters who are using Blockers to find weak spots in the defense.

In this article, we're going to take a deeper dive in the roles of Blockers, Movers, and how they work together to create high percentage opportunities on the offensive end. By the time you finish this article you'll know the strengths and weaknesses to implementing this offense and tools to learn more if you believe this is the perfect fit for your team.

Strengths of the Blocker Mover Offense

- **Offense Runs through Best Scorer.** The whole point of the Blocker Mover Offense is to get the ball into the hands of your best scorers which means you'll most likely be putting points on the scoreboard every offensive trip.
- **Defined Roles.** Most players want to know what their role is on the team and with this offense it makes it extremely easy to define for each individual. Overall, you'll be putting each player in a position to be successful with a clearly defined role.
- **Difficult to Scout.** The Blocker Mover is a motion offense full of cutting and screening. Your team will be nonstop reading the defense and using counters and other options to exploit the defense thus making it unpredictable and hard to scout for your opponent.
- **Team Offense.** With two main roles, it is imperative for everyone to work together. Movers have to be cutting and using screens to get open and knock down shots. Meanwhile, the Blockers have to be unselfish and set screens to get the Movers open. If your team doesn't work well together, you may choose a different plan for your offensive attack.

Weaknesses of the Blocker Mover Offense

- **Hard to Learn.** This offense can be hard to understand at first because it relies on reading and reacting to the defense. It may take time to learn and understand what to do without Coach telling them exactly what to do.
- **Buying into System.** In order to be successful with this offense, your team has to buy into their roles and working together. Movers and Blockers have to be unselfish and work together to get the best scoring opportunities for the team.
- **Primary Scorers.** If your team doesn't have one or two players (Movers) who can be go-to scorer then you may choose to run a different offense because without Movers this offense will not work.

Who should use the Blocker Mover Offense?

The Blocker Mover Offense is based off the understanding not all players are the same. Some players are natural scorers while others may excel better at setting screens to get the scorers open. In the Blocker Mover Offense, that is exactly the type of team you need to be successful.

If your team is made up of two groups - scorers and screeners - then the Blocker Mover Offense may be the winning game plan. In order to be victorious, you need a group of players who can read the defense, use screens, and score. Your other group is made up of players who can read the defense, set those screens, and find holes for scoring opportunities to keep the defense on their toes.

To put it simply: get the ball into the hands of your best shooters and scorers by setting screens and make sure they get open each offense possession. If your team can find a way to make these two groups coexist by working together then the sky's the limit with this offense.

Blocker Mover Offense Concepts

Coach Dick Bennett has three main concepts to remember when you are running the Blocker Mover Offense:

1. **The Attack Plan.** In order to attack a defense, you need to have a side-top-side Mentality. The primary time a defense breaks down is when you reverse the ball because it keeps the defense off balance. With this in mind, look to pass the ball look to constantly pass and reverse the ball from one side of the court to the other. By doing this, you'll be breaking down the defense for a high scoring opportunity.
2. **Timing of Ball Movement.** It's important to understand what sort of timing to have with your movements depending on where the ball is on the court.

Specifically, be deliberate when the ball is on the top and quick when the ball is on the side.

- *Ball on the top?* Be deliberate and take a second to let screens be set and see if there are any open cutters or post-up opportunities. This also gives the defense time to clear out without helpside which should open up even more options for your offense.
 - *Ball on the side?* A quicker decision is needed to either put it on the floor to attack the rim, pass into the post, or pull up for an open shot. The longer you hold the ball allows the defense to get in position. Be ready to make a quick decision before the defense has a chance to shift and get into position.
3. **Personnel Determinations.** Get to know your players strengths and tendencies in order to figure out who are you Blockers and who are your Movers. Some players think to score first (Movers) and others think to help first (Blockers). Once you know what position each player falls into you can set their roles and help them better understand their responsibilities in executing a winning game plan.

Blocker Mover Offense Positions and Roles

There are two distinctive positions within the Blocker Mover Offense - your Movers and your Blockers. Both positions have clearly defined roles on what they will be doing on the offensive end and it's essential for both Blockers and Movers to have solid understanding of what each is looking for and how to work together to create a winning possession on offense.

Movers

Movers are the players who create the action. They are your primary scorers and ball handlers who can come off screens, make plays off the dribble, and can distribute the ball.

You want your Movers to be hard to guard which means they play all over the court and are constantly look for a Blocker to use as a tool to get open and make a play.

Essentially, they are setting up their defender by using a Blocker to get open for the ball. With the ball in their hands, they look to either score or find an open teammate for a score.

Blockers

Blockers are the primary screeners on your team. Your blockers are constantly setting good, solid screens for Movers so they can get open and create offense for the team.

Your Blockers have to be intelligent players who have a feel for the game whether they're inside or outside. They have an unselfish understanding they're going to be

getting others open first most of the time. Overall, your Blockers are going to make or break your offense because they have to be unselfish teammates.

Unlike Movers, Blockers are restricted to certain areas of the floor for screening depending on what Blocker Mover set your team is using. The only time they may work outside this area is when the pop out for a pass to relieve pressure or help reversing the ball to the other side of the court.

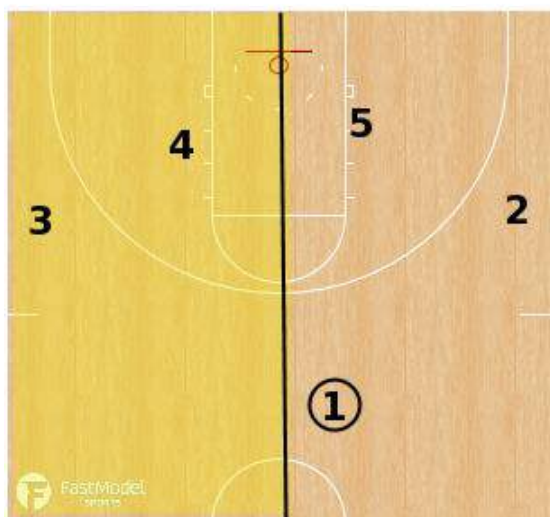
Blockers get their offense from their own screens. Even though, Blockers main focus is to set screens they can still score the ball by positing up, slipping screens, and putting back an offensive rebound.

Blocker Mover Offense Basic Sets

The Blocker Mover Offense can be used with any sort of team - big or small, inside or outside. There are four different sets you can use in the Blocker Mover Offense depending on your personnel.

4 Basic Sets of the Blocker Mover Offense

Lane-Lane Set

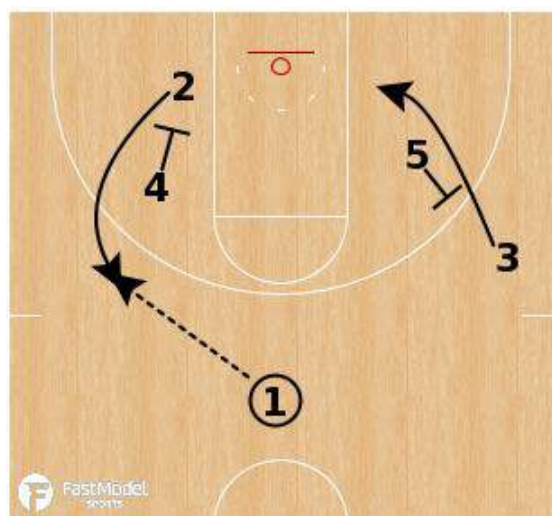


In this set, you take your 2 Blockers and put one on each side of the lane. Each Blocker owns their side of the lane and they stay on their side of the lane (no crossing or switching sides). The 3 Movers spread the floor and they can move anywhere they want.

The main actions for your Blockers are setting screens up and down the lane line or pinning, sealing, and positing up their defender.

The main actions for your Movers are spreading the floor, using the screens, and looking to get open for a shot or pass to an open Blocker in the post.

Wide-Wide Set



In this set, your Blockers are still given a side of the floor but they have more mobility and are not limited to the lane area. Instead they have one side of the floor and can set screens anywhere on their side of the floor.

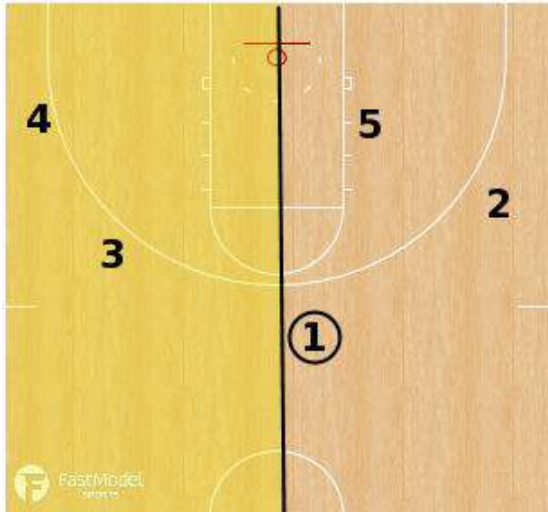
With an entire side of the floor, your Blockers have many more screening angles. After setting screens in this set, Blockers are more active in getting open themselves which makes them more involved in the scoring than the Lane-Lane set. The 3 Movers spread the floor and they can move anywhere they want.

The main actions for your Blockers are setting screens and setting more screens or opening up to the ball if they're open.

The main actions for your Movers are using the screens and looking to get open for a shot or pass to an open Blocker for a shot.

Lane-Wide Set

This set simply combines Lane-Lane and Wide-Wide to create a Lane-Wide set. In this set, the screening possibilities are endless and any screening angle you're trying to get is possible.



On one side of the court you have your Blocker in the lane (Lane Blocker) following the Lane-Lane concepts and on the other side of the court your Blocker is wide (Wide Blocker) following the Wide-Wide concepts. The 3 Movers spread the floor and they can move anywhere they want.

The main actions for your Blockers vary depending on if they're a Lane Blocker or a Wide Blocker. Your Lane Blockers setting screens up and down the lane line or pinning, sealing, and positing up their defender. Your Wide Blockers are setting screens and setting more screens or opening up to the ball if they're open.

The main actions for your Movers are using the screens, setting screens for other Movers, and looking to get open for a shot or pass to an open Blocker for a shot.

Top-Bottom Set



In this set, the Blockers have the freedom to change sides of the floor.

You have a Blocker who is on the bottom (Bottom Blocker) and blocks both sides below the free throw line. The other Blocker is on the top (Top Blocker) and they block the area of the floor extending at the wings all the way across the top. The 3 Movers spread the floor and they can move anywhere they want.

The main actions for your Blockers vary depending on if they're a Bottom Blocker or a Top Blocker. Your Bottom Blockers are moving on both sides below the free throw line and setting screens up and down the lane line or pinning, sealing, and positing up their defender. Your Top Blockers are moving around the top part of the court and setting screens and setting more screens or opening up to the ball if they're open.

The main actions for your Movers are using the screens, setting screens for other Movers, and looking to get open for a shot or pass to an open Blocker for a shot.

Blocker Mover Offense Plays

Lets take a look at some Blocker Mover sets Virigina has used in their offense!

Virginia – Flare

Things to Note

- Movers: 1, 2, and 3
- Blockers: 4 and 5
- Initive Set-Up: Lane-Lane Set

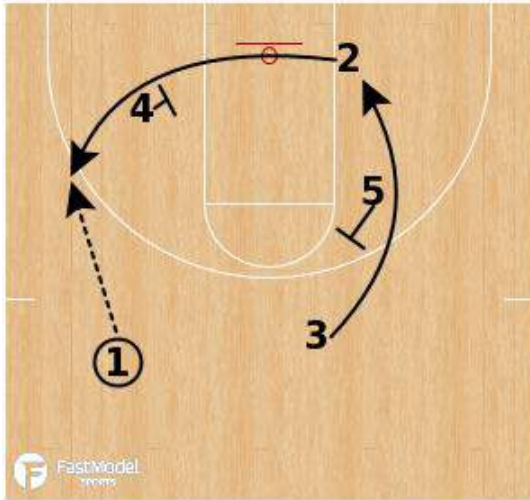
Starting Points

- 1 starts with ball on left side
- 2 starts on opposite low block
- 3 starts on right wing lane line extended
- 4 starts on left lane low block
- 5 starts on right lane at the elbow

Actions for Flare

Frame 1

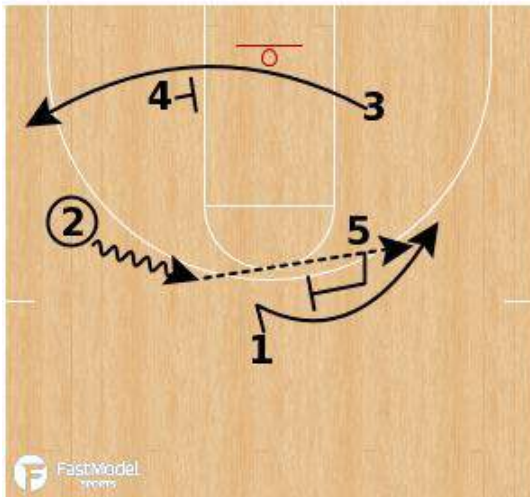
Frame 1



- 2 cuts off of a down screen from 4 to the wing
- 1 passes the ball to 2
- As this pass happens, 3 cuts off a back screen from 5 to the opposite low block

Frame 2

Frame 2



- 2 then dribble towards 1
- As 2 dribbles 1 cuts off a flare screen from 5 for a pass
- As this happens, 3 cuts off a down screen for 4

Scoring Options

- 2 coming off the down screen from 4 for open shot on the wing

- 3 coming off back screen from 5 for open short jumper or lay-up
- 1 coming off flare screen for 5 for open shot on the wing
- 3 coming off down screen from 4 for open shot on the wing
- 4 and 5 could be open by slipping screens, posting up, or pinning/sealing their defenders

Virginia – Turnout

Things to Note

- Movers: 1, 2, and 3
- Blockers: 4 Top Blocker and 5 Bottom Blocker
- Initiate Set-Up: Top-Bottom Set

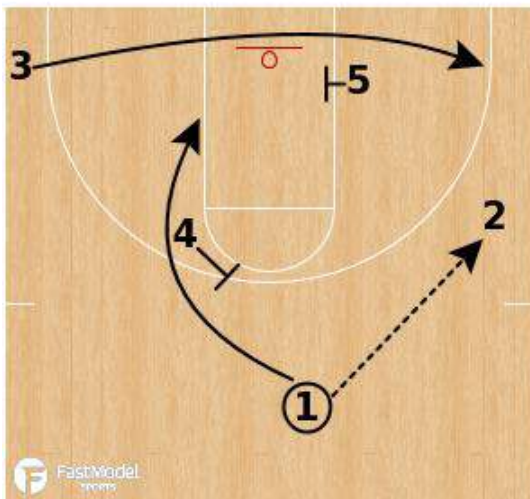
Starting Points

- 1 starts with ball at the top
- 2 starts on right wing
- 3 starts on left corner
- 4 starts on top left elbow
- 5 starts on right lane low block

Actions for Turnout

Frame 1

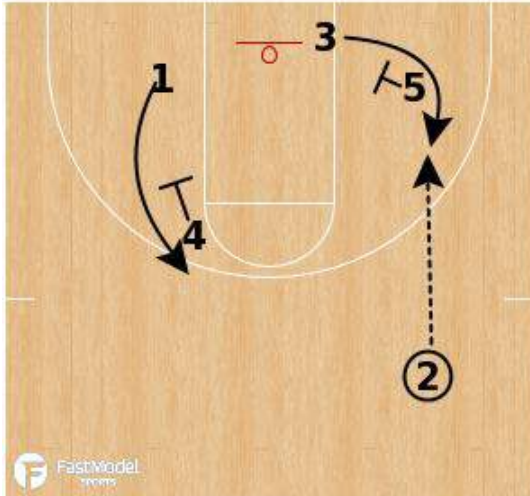
Frame 1



- 1 passes the ball to 2 on the wing
- After passing, 1 comes off a back screen from 4
- 3 cuts off a screen from 5 to ball side corner

Frame 2

Frame 2



- If corner is not open 3 curls off the screen from 5 for a pass
- After screening for 1, 4 turns around to rescreen by setting a down screen for 1

Scoring Options

- 3 coming off screen from 5 for a shot in the corner
- 1 coming off down screen from 4 for a shorter jumper or lay-up
- 3 curling off screen from 5 for a shooter jumper or attacking the lane
- 1 coming off the rescreen from 4 for open shot at the top
- 4 and 5 could be open by slipping screens, posting up, or pinning/sealing their defenders

Virginia - Curl Post

Things to Note

- Movers: 1, 2, and 3
- Blockers: 4 and 5
- Initiate Set-Up: Lane-Lane Set

Starting Points

- 1 starts with ball on left side
- 2 starts on opposite low block

- 3 starts on right wing lane line extended
- 4 starts on left lane low block
- 5 starts on right lane at the elbow

Actions for Curl Post

Frame 1

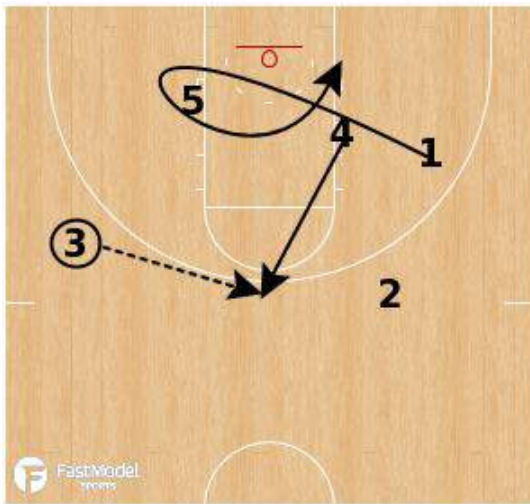
Frame 1



- 1 dribbles towards 2 who comes to ball for a handoff
- 2 then passes the ball to 3 on opposite side

Frame 2

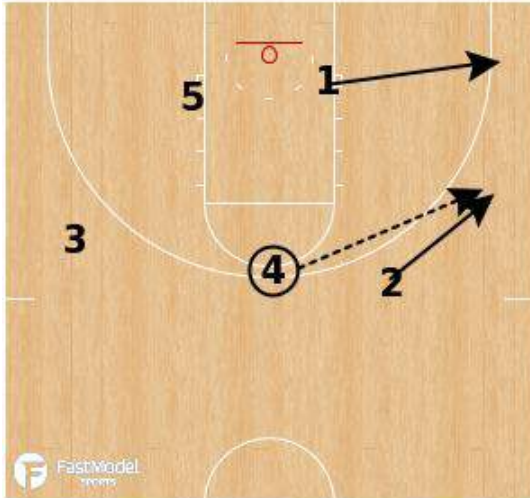
Frame 2



- 1 cuts behind 4 and curls around 5 into the lane
- After 1 cuts behind, 4 pops to the top of the key
- 3 looks at 5 for a post-up and 1 in the lane

Frame 3

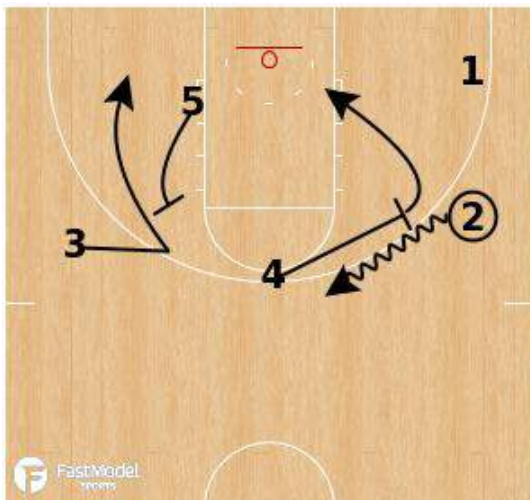
Frame 3



- If neither is open, 3 passes to 4 who swings the ball back to 2
- If 1 doesn't get the ball, they pop out to the right corner

Frame 4

Frame 4



- 4 follows their pass to set a ball screen
- As the ball screen happens, 5 sets a flare screen for 3 to the short corner
- 2 comes off the screen with options to score
- After screening, 4 rolls to the basket

Scoring Options

- 1 coming off curl screen from 5 for a short jumper or lay-up
- 5 posting up on the low block
- 2 coming off ball screen from 4 for an open lane to attack or open shot
- 4 rolling after setting ball screen
- 3 coming off a flare screen from 5 for open shot in the short corner

Teaching the Blocker Mover Offense

Typically, when you're teaching a new offense you break it down into sections but with the Blocker Mover Offense Bennett stresses working on the offense as a whole. With his team, he always worked on the offense with 5 players going against defense. The reasoning is your team needs to learn how Blockers and Movers work together while both are reading the defense. The best way to do that is to go 5-on-5 and approach the offense as whole.

For specific actions within the offense such as screening and cutting, you can treat those as fundamentals and use drills specific to those actions.

Drill Suggestions

- Blockers should focus on screening, slipping screens, posting up defenders, and pinning/sealing defenders.
- Movers should focus on coming off screens for a shot or using their dribble, reading screens for flaring, curling, or slipping.

Learn More

The Blocker Mover Offense has the potential to be unstoppable for your team against any defense. If you're players buy into the system with an unselfish attitude and willing to work together executing cutting and screening then you have found the right fit.

We have given you the foundation to implement this into your game plan, but there's always more to learn. A great tool for any coach is learning directly from the coach who developed the Blocker Mover Offense, Coach Dick Bennett. His short, instructional DVD, **The Blocker Mover Offense**, thoroughly breaks down everything you need to know to execute this offense.

Check out this clip from Coach Dick Bennett's **The Blocker Mover Offense**.

Another one of our favorite Blocker Mover Offense videos is with Tom Jicha. He gives you two options when it comes to his Blocker Mover DVDs. The first option is his DVD, **The Mover Blocker Offense**, which covers the basic introduction to the offense. Whereas his second option, **Set Plays and Drills for Mover Blocker Offense**, goes

into more detail of plays to run with this offense and drills to use in practice to get better with this offense. Jicha basically offers the complete package for the Blocker Mover Offense!

Check out this clip from Coach Tom Jicha's **Set Plays and Drills for Mover Blocker Offense**.

If you want to learn even more about the Blocker Mover Offense, check out **HoopsKing.com** for DVDs you can download or rent.

Oct 05, 2018 Coach Chris

FastDraw

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Blocker-Mover Offense – Complete Coaching Guide



You frequently hear coaches use the phrase:

“I want to teach players how to play.”

If you believe in that adage, you may find that few offensive systems increase a player's basketball IQ as well as the Blocker-Mover offense.

The Blocker-Mover has been popularized by Tony Bennett's Virginia Cavalier teams, and its elements are utilized by Terry Stotts of the Portland Trail Blazers.

It's a true motion offense with clearly defined roles for each player.

And the free-flowing nature makes it difficult for defenses to guard and prepare for.

If you are looking for an offensive system that lets players do what they do best, the Blocker-Mover may be a great choice.

Blocker-Mover Roles:

a. Movers

Movers are usually a team's best scorers.

They utilize screens in hopes of breaking free for open shots.

Movers must be intelligent cutters who can read the defense properly.

They must also be well-conditioned because they are in constant motion, moving all over the court seeking scoring opportunities.

At times, Movers may also screen for other Movers.

b. Blockers

Blockers look to set great screens for Movers.

The purpose of this is twofold:

By screening for a Mover, the Blocker seeks to free their teammate for a shot.

However, oftentimes the screener gets open themselves when their defender is forced to help on the screen.

Because of this, Blockers often get easy points near the basket off of post-ups or slips.

Both roles are extremely important to the success of the offense!



Strengths of the Blocker-Mover Offense:

a. Teaches Players to Read Screens

The Blocker-Mover is a screen-oriented offense.

Movers run through a series of screens designed to free them for open shots.

However, screens are only effective if players know how to read the defense.

Because few coaches emphasize this skill, Blocker-Mover teams can separate themselves from most others in this area.

Reading the defense should be a regular part of practice and will improve as players get more reps.

For example, on a down screen, Movers should make a curl cut if the defender trails and bump cut if the defender goes under the screen.

Understanding these reads will lead to open shots.

b. Lets Players Play to Their Strengths

Because players are categorized as “Blockers” or “Movers,” the coach can determine the best role for each individual.

This leads to clarity for the player because he or she will know what is expected.

We’ve all had a player who may be a good defender and rebounder but struggles with the ball in their hands.

While any offense benefits from having five skilled players, the Blocker-Mover provides those players with a job that is crucial to their team’s offense as well:

Set great screens to free the Movers.

c. Seeks to Get Shots for Your Best Players

This goes hand-in-hand with the previous point.

A potential downside of many motion offenses is that they are “equal opportunity.”

While Blockers should get quality shots in this offense as well, the focal point is freeing the team’s best scorers – the Movers.

One trademark of a great offense is one that creates good shots for the best offensive players.

When executed properly, the Blocker-Mover does that.

d. It Will Improve Throughout the Season

Because this offense relies heavily on chemistry between Blockers and Movers, it will take some time to master.

However, when it clicks, it is VERY hard to defend.

Good teams improve throughout the season and peak at tournament time, and this offense will help you do that.

e. Difficult to Scout

The Blocker-Mover uses unscripted, spontaneous actions to attack the defense.

This makes it difficult to scout because there is no pattern to memorize.

Players make decisions based on what they see.

Opposing defenses will have a hard time disrupting this offense.

Weaknesses of the Blocker-Mover Offense:

a. Takes Time to Master

This is not an easy offense.

If you are looking for something you can implement in just a few practice sessions, Blocker-Mover probably isn’t the best choice.

If you do choose this offense, you need to dedicate practice time building chemistry and teaching screen reads.

b. Role Definition Can be Tricky

Coaches must be careful how they communicate “Blockers” and “Movers” to their team.

While it is true that the best scorers are typically Movers, Blockers have a major part in the offense as well.

Blockers should be taught that by setting great screens, they will open up shots for themselves.

If players feel their only job is to screen while never touching the ball, they won't play as hard on either end of the court.

Because of its complexity and strict role definition, I do not recommend Blocker-Mover as a youth offense.

c. Choices Can Lead to Stagnation

When executed properly, the Blocker-Mover is BEAUTIFUL.

However, as with any offense, that won't always be the case.

As players learn the offense, they could overthink their choices.

When players overthink, they sometimes freeze up and the offense stagnates.

This should improve with continued practice.

d. Requires High-IQ Players

This is both a strength and a weakness.

The Blocker-Mover is much more effective with five intelligent basketball players on the court.

The good news is, the offense helps to develop this basketball IQ.

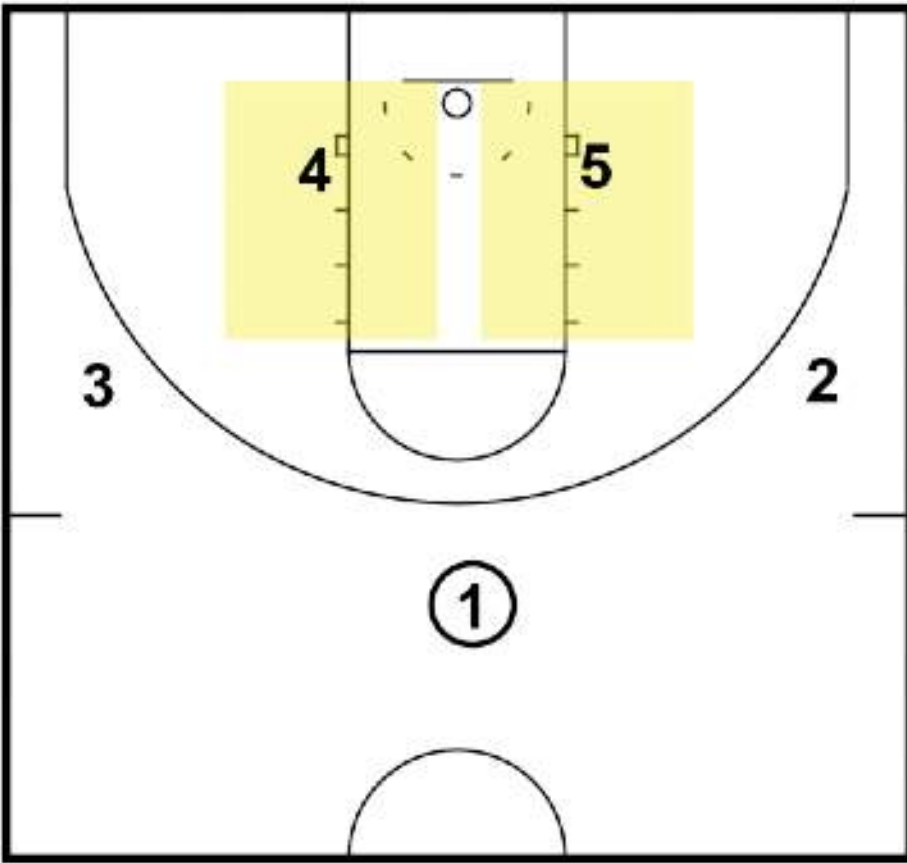
Running the Blocker-Mover Offense:

While there are several variations of the Blocker-Mover, the most common is the "Lane-Lane" set.

This version plays with two Blockers and three Movers.

The Movers have freedom to move anywhere on the floor, but the Blockers are each assigned one side of the court and set screens up and down the lane lines.

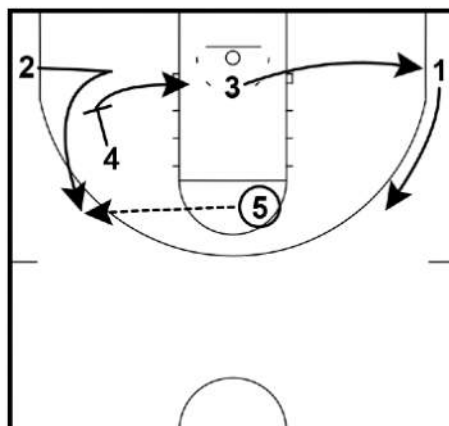
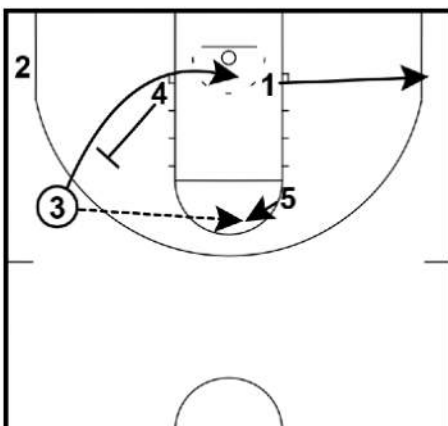
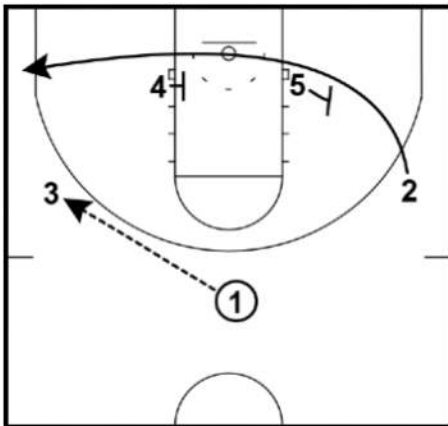
The diagram below shows the typical screening areas for each of the Blockers (Players 4 and 5).

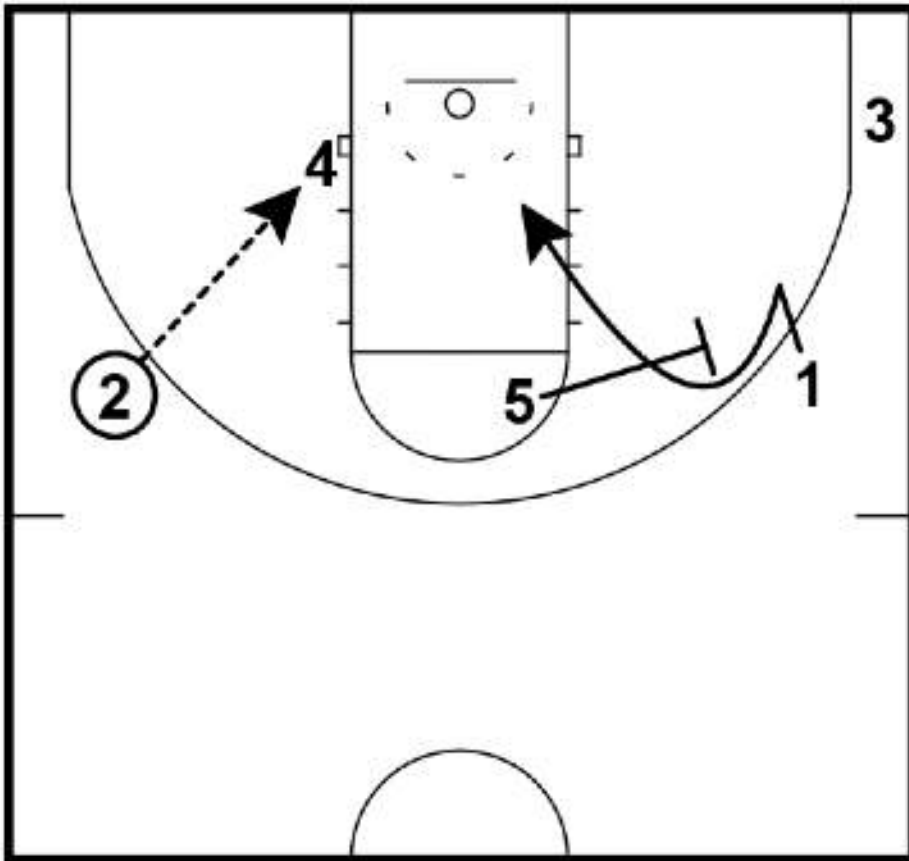


Because Blocker-Mover is a [pure motion offense](#), it is unscripted and impossible to diagram precisely.

Blockers are constantly looking to screen for Movers; after screening, they will post up or make themselves available for a potential scoring opportunity.

The following diagrams show some possible actions you might see in this offense.





In those diagrams, notice how one action flows to the next.

In this one possession, the defense is forced to guard staggered screens, back screens, down screens, flex screens, and post-ups.

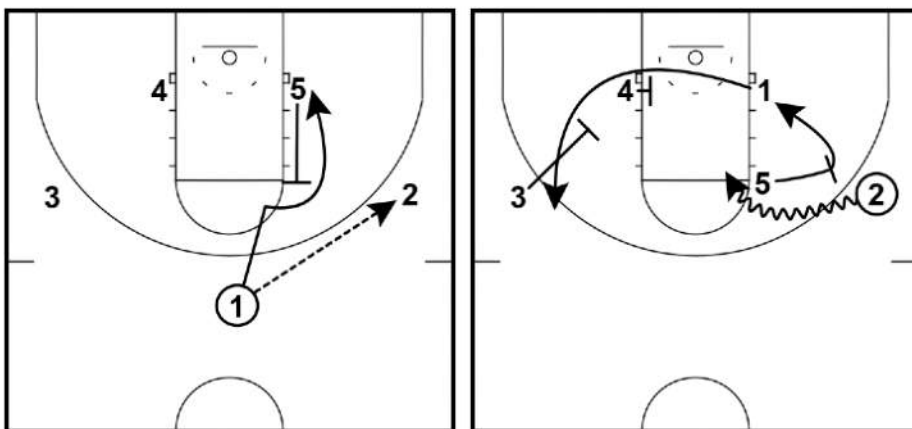
Even better, they are executed in a random order, making them even harder to defend.

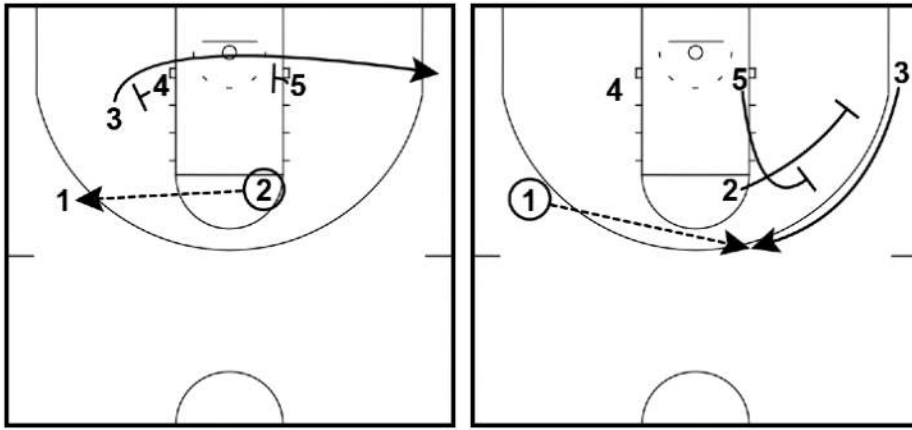
It is important for the Blockers (Players 4 and 5) to always look for the ball after screening.

In the above diagrams, Player 5 steps out following a back screen to help get the ball reversed.

The possession ends with Player 4 setting a down screen, then posting up.

The Blockers and Movers work together to create continuous actions.





In the above diagrams, some different actions are featured.

The play starts with a UCLA screen, and also uses a ball screen, and multiple staggered screens.

Eventually, Player 3 gets open for a jump shot.

Notice how, on two occasions, Movers saw opportunities to screen for other Movers.

This happens at random, and, with practice, players will learn the right times to screen for one another.

Conclusion:

All offenses have pros and cons.

You must consider the time commitment necessary to master the Blocker-Mover offense.

However, if you're a patient coach who wants an offensive system that is hard to scout and will develop players and improve throughout your season, the Blocker-Mover could be very effective for your team.

Coach Mac	Offense
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Related Posts

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Disclaimer

ENCYCLOPEDIA OF BLOCKER MOVER OFFENSE



“Learn an offense that gets the ball into you best player’s hands and gives them the ability to score!”

Author: Chris Filios

Blocker Mover Playbook

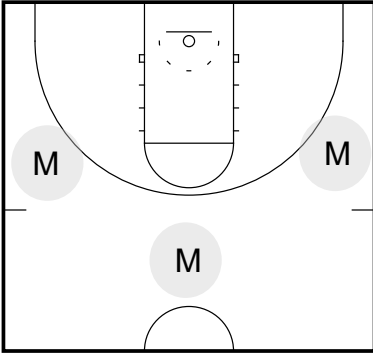
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Blocker Mover Playbook

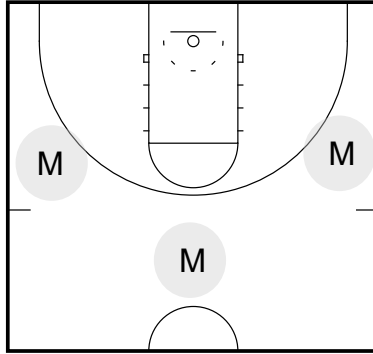
Blocker Mover Personnel

Blocker Mover Personnel- Movers
Concepts



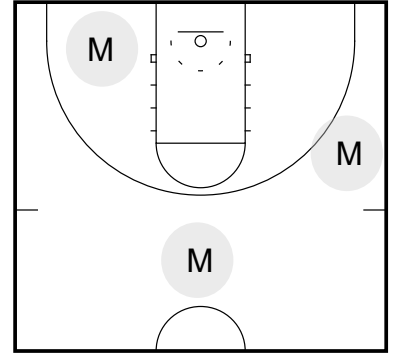
Movers are primarily scorers. They play all over the court, from side to side, and top to bottom.

Blocker Mover Personnel- Movers
Concepts



Movers look for a "blocker" to get a screen, then uses the screen properly based on reading the defense and making the right cut.

Blocker Mover Personnel- Movers
Concepts



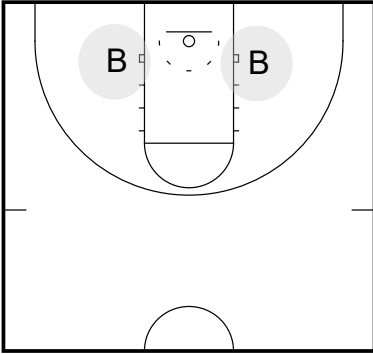
3 Key Areas for **Movers**:

1. Top
2. Wing
3. Short corner

Blocker Mover Playbook

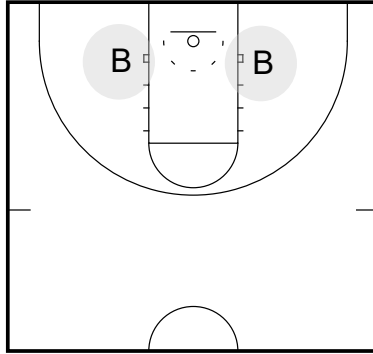
Blocker Mover Personnel

Blocker Mover Personnel- Blockers
Concepts



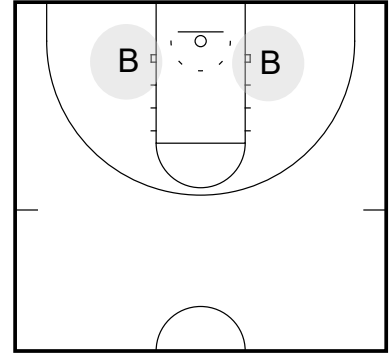
Blockers are smart team players who embrace their primary responsibility of setting good, solid screens for movers.

Blocker Mover Personnel- Blockers
Concepts



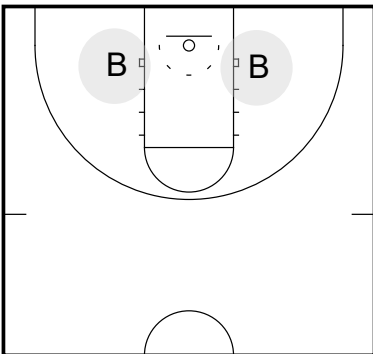
After screening, a **blocker** may set another screen, or in reading the defense, may shape up to the ball or slip the screen for a lay-up. Just as movers read and react to the defense, so to do **blockers**. They read both the movers and the defense.

Blocker Mover Personnel- Blockers
Concepts



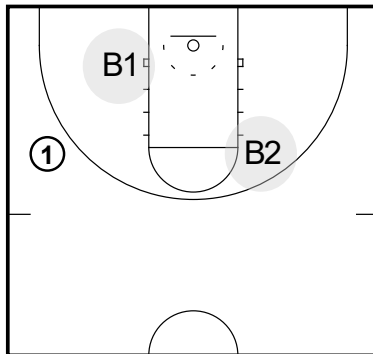
Blockers generally score inside off posting up, slipping screens, offensive rebounding, etc.

Blocker Mover Personnel- Blockers
Concepts



Blockers are restricted to operating in certain areas of the floor (see other pages).

Blocker Mover Personnel- Blockers
Concepts

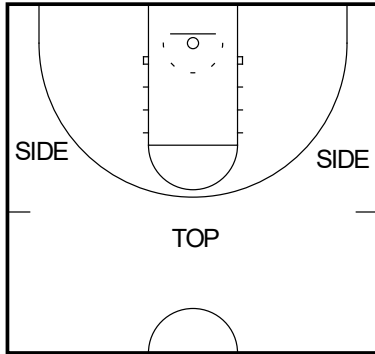


Ball side= **Blocker (B1)** is low
Weak side= **Blocker (B2)** is high

Blocker Mover Playbook

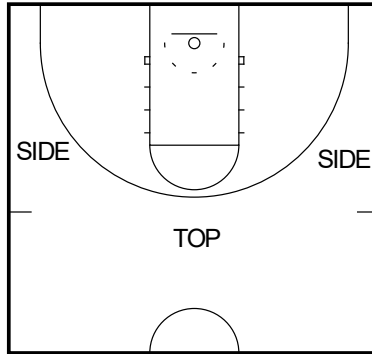
Blocker Mover Sets

Blocker Mover- Side-Top-Side Mentality Concepts



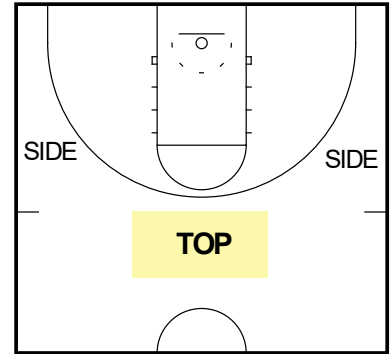
This is the general spacing of the 3 movers on the perimeter. They should keep this spacing throughout the possession.

Blocker Mover- Side-Top-Side Mentality Concepts



Defenses tend to break down with ball reversal. The offense should look to get the ball side to side through the top.

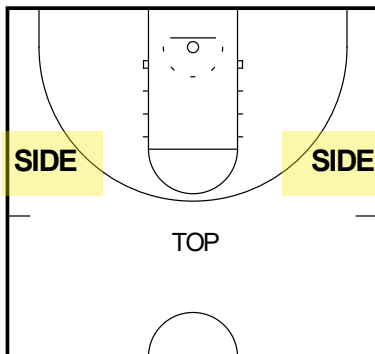
Blocker Mover- Side-Top-Side Mentality Concepts



Be deliberate when the ball is on the top and quick with the ball on the sides.

When the ball is on the top, the perimeter player should pause and look inside for a cutter or a post-up, and allow time for the help side defenders to clear out.

Blocker Mover- Side-Top-Side Mentality Concepts

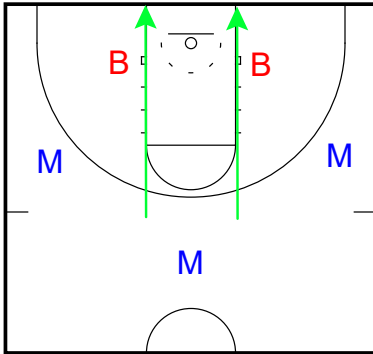


When the ball is on the side, the defense has to scramble into help side, and the offense wants to pass and move quickly before they get there. The longer you hold the ball on the wing, the more time the defense is able to get into help side and get set.

Blocker Mover Playbook

Blocker Mover Sets

Blocker Mover Set- Lane-Lane
Concepts

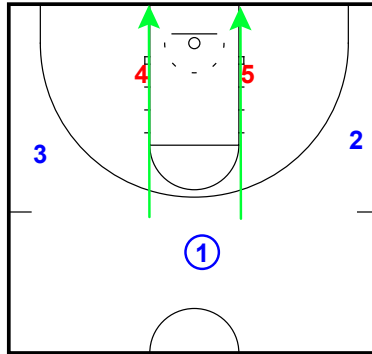


Lane-Lane Set.

This set uses two inside post players, or "lane" blockers and three movers...forming a 3 out-2 in offense.

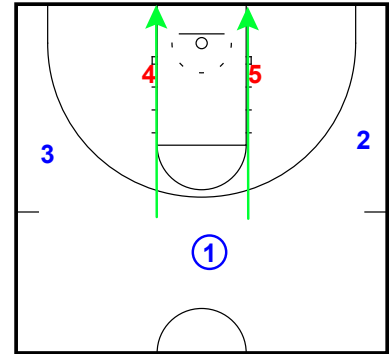
This is the most common set used in the mover-blocker offense.

Blocker Mover Set- Lane-Lane
Concepts



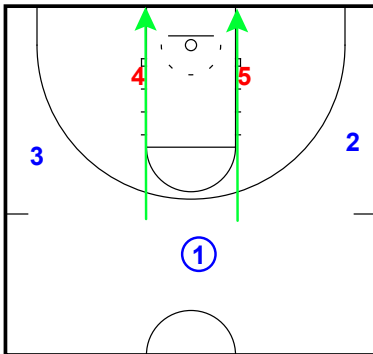
The 3 movers cut and fill maintaining top-side-side alignment. The point and each wing should be filled by the movers.

Blocker Mover Set- Lane-Lane
Concepts



In the "lane-lane" set, the blockers are restricted to screening along the lane line extended for the movers. They can set flare screens for a player cutting off the point, they can set pin screens for cutters exiting the lane, and they can down screen for movers.

Blocker Mover Set- Lane-Lane
Concepts

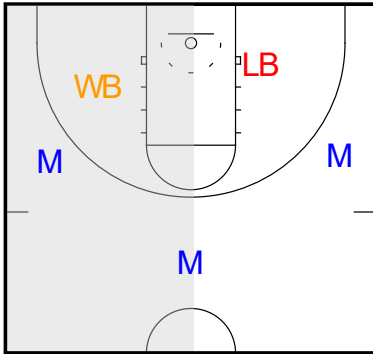


Blockers cannot change sides of the floor or screen for one another.

Blocker Mover Playbook

Blocker Mover Sets

Blocker Mover Set- Lane-Wide
Concepts

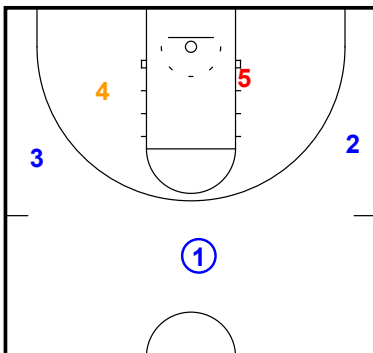


Lane-Wide Set.

In the lane-wide alignment there is one **lane blocker** (same as lane-lane) and there is a **wide blocker** that can screen from midline to sideline on their side of the floor.

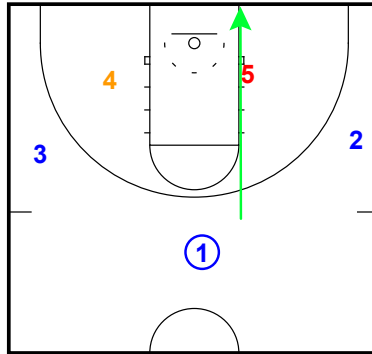
It is a good way of adding spacing to the offense and utilizing a skilled forward. It also allows for more variety to the screening options.

Blocker Mover Set- Lane-Wide
Concepts



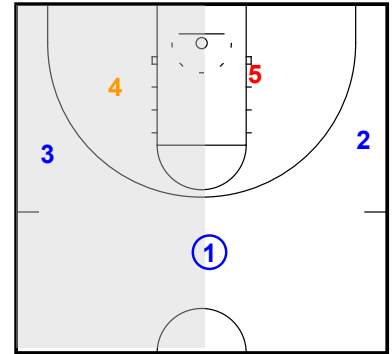
The 3 **movers** cut and fill maintaining top-side-side alignment. The point and each wing should be filled by the **movers**.

Blocker Mover Set- Lane-Wide
Concepts



The **lane blocker** must remain on their side of the floor and screen for the **movers** ONLY on their lane.

Blocker Mover Set- Lane-Wide
Concepts



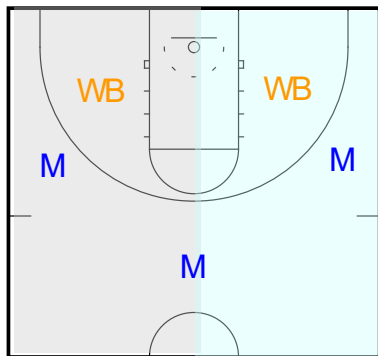
The **wide blocker** can set-up inside or outside and can screen from midline to sideline on their side of the floor.

They should screen and separate, and play outside the 3 point line.

Blocker Mover Playbook

Blocker Mover Sets

Blocker Mover Set- Wide-Wide
Concepts

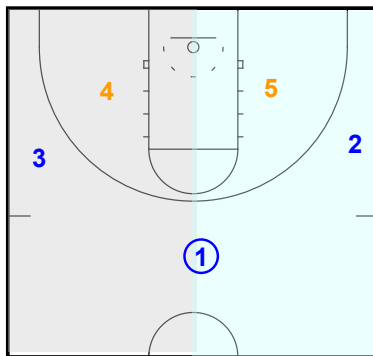


Wide-Wide Set.

In the lane-wide alignment there are two **wide blockers** that can screen from midline to sideline on their side of the floor.

It is a good way of adding spacing to the offense and utilizing a skilled forward. It also allows for more variety to the screening options.

Blocker Mover Set- Wide-Wide
Concepts



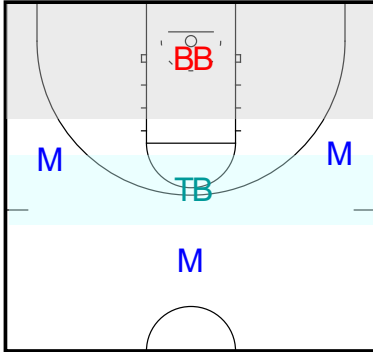
A **wide blocker** is usually more involved as a scorer than a **lane blocker**.

After they screen, the blocker might screen again or open up to the ball for a pass and shot.

Blocker Mover Playbook

Blocker Mover Sets

Blocker Mover Set- Top-Bottom
Concepts

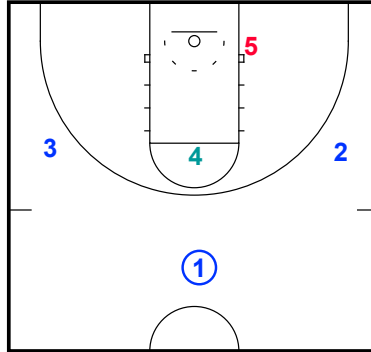


Top-Bottom Set.

This set uses one **lane blocker** and one **top blocker**.

This alignment is most often used in set plays and in zone offense.

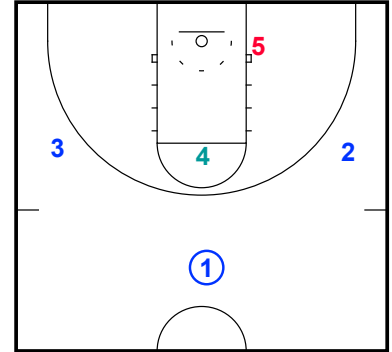
Blocker Mover Set- Top-Bottom
Concepts



The **lane blocker** remains below the free throw line and may play sideline to sideline. The **top blocker** plays sideline to sideline above the free throw line.

This can be effective if you have a stretch 4 to play in the **top blocker** position.

Blocker Mover Set- Top-Bottom
Concepts

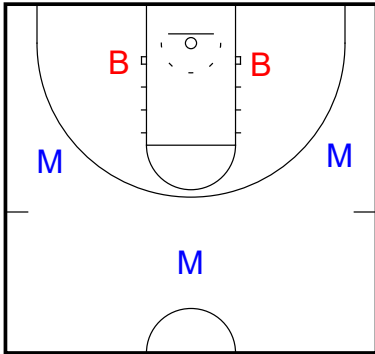


The 3 **movers** cut and fill maintaining top-side-side alignment. The point and each wing should be filled by the **movers**.

Blocker Mover Playbook

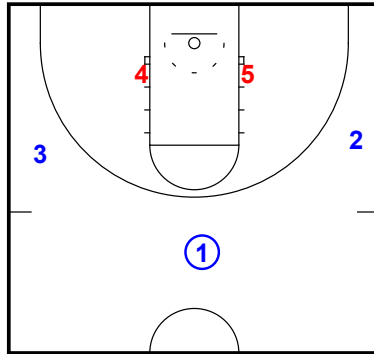
Blocker Mover Basic Movement

Blocker Mover Basic Movement- Circle Concepts



This is NOT a patterned offense! However, teams will have actions they prefer to run out of the offense.

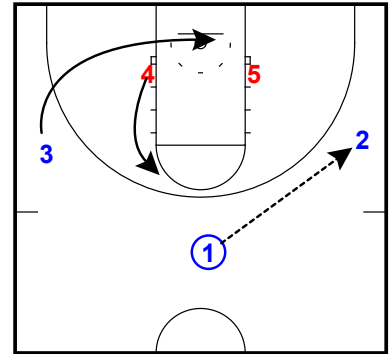
Blocker Mover Basic Movement- Circle Concepts



The 3 movers cut and fill maintaining top-side-side balance. They can move and fill so long as they maintain top-side-side balance.

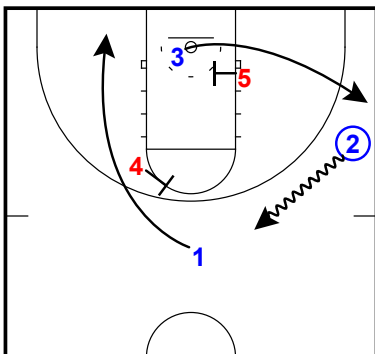
Getting the ball to the center of the court is key, then the ball-handler can see both screening actions.

Blocker Mover Basic Movement- Circle Concepts



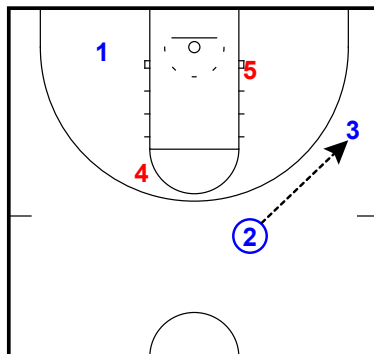
The most common action is the **CIRCLE ACTION** that utilizes a flare screen and pin screen combo.

Blocker Mover Basic Movement- Circle Concepts

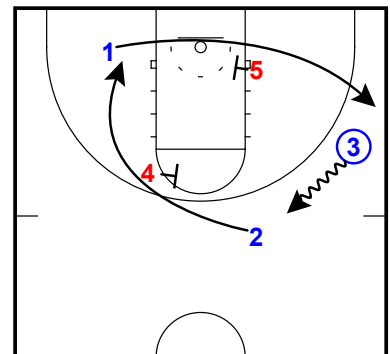


On the centering of the ball, 4 will flare for 1. 5 will baseline pin for 3.

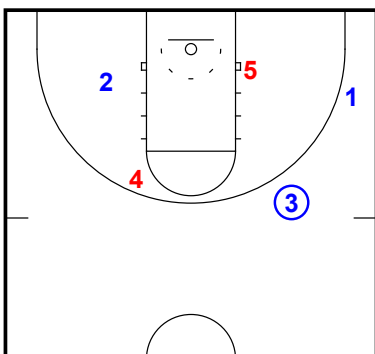
Blocker Mover Basic Movement- Circle Concepts



Blocker Mover Basic Movement- Circle Concepts



Blocker Mover Basic Movement- Circle Concepts

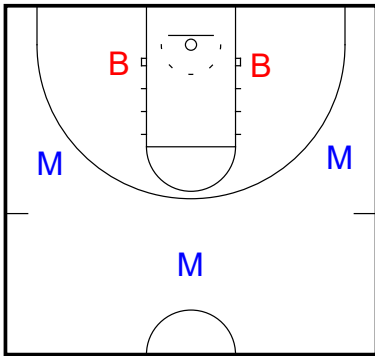


Work both directions.

Blocker Mover Playbook

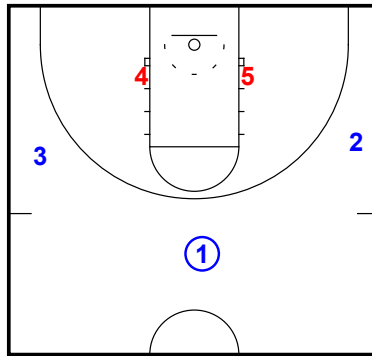
Blocker Mover Basic Movement

Blocker Mover Basic Movement- Change Direction Concepts



This is NOT a patterned offense! However, teams will have actions they prefer to run out of the offense.

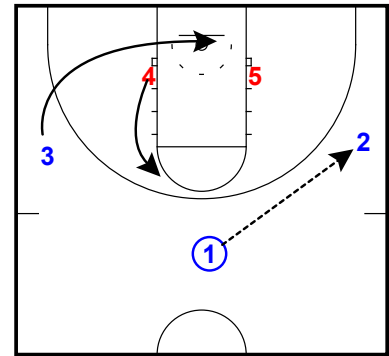
Blocker Mover Basic Movement- Change Direction Concepts



The 3 **movers** cut and fill maintaining top-side-side balance. They can move and fill so long as they maintain top-side-side balance.

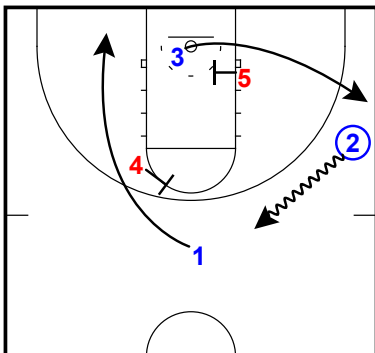
Getting the ball to the center of the court is key, then the ball-handler can see both screening actions.

Blocker Mover Basic Movement- Change Direction Concepts



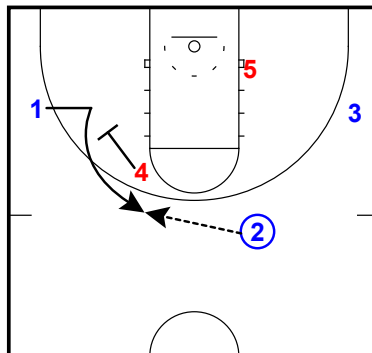
The most common action is the **CIRCLE ACTION** that utilizes a flare screen and pin screen combo.

Blocker Mover Basic Movement- Change Direction Concepts



On the centering of the ball, 4 will flare for 1. 5 will baseline pin for 3.

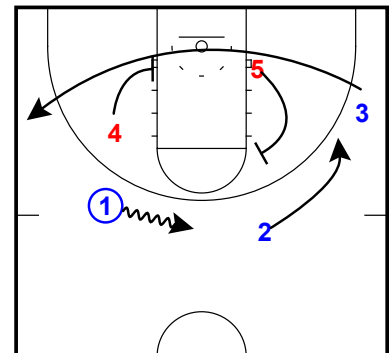
Blocker Mover Basic Movement- Change Direction Concepts



You can **reverse** the direction of the circle action by using the re-screen for the cutter off of the flare screen. This action is primarily used if the flare screen was not well timed with the centering of the ball.

4 re-screens for 1. 1 reads the defense and cuts accordingly- curl, pop, flare, back cut.

Blocker Mover Basic Movement- Change Direction Concepts

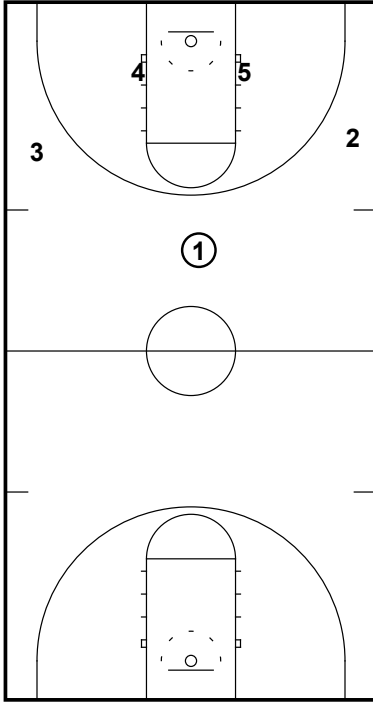


When the direction is **reversed**, the **movers** will circle in a new direction on the dribble up by ball handler. The **blockers** will flip their positioning.

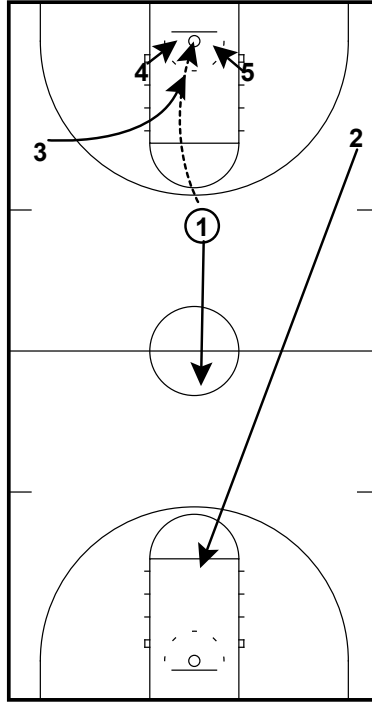
Blocker Mover Playbook

Blocker Mover Basic Movement

Blocker Mover- Shot Balance
Concepts



Blocker Mover- Shot Balance
Concepts



Shot balance is a huge piece of the Mover-Blocker Offense.

It is not just important for offensive rebounding, but it is the first step in transition defense.

3 to glass and 2 back. On the shot, 3-5 go to the glass hard. 1 and 2 sprint back. One is a fullback and the other is a halfback.

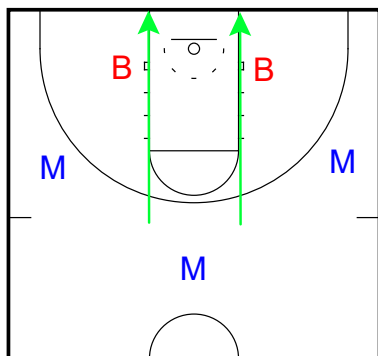
The fullback is responsible for getting all the way back and protect the basket.

The halfback is responsible for getting to the half court circle and being ready to pick up the ball as it is being advanced in transition.

Blocker Mover Playbook

Blocker Mover Screening Breakdowns

Blocker Mover Screening Breakdown- Lane Pin Down Concepts

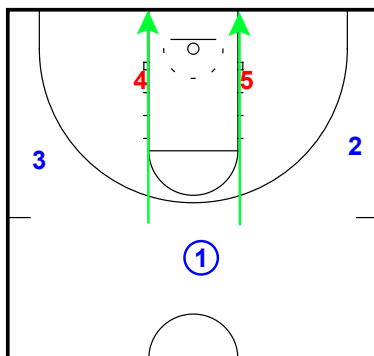


Lane-Lane Set.

This set uses two inside post players, or "lane" blockers and three movers...forming a 3 out-2 in offense.

This is the most common set used in the mover-blocker offense.

Blocker Mover Screening Breakdown- Lane Pin Down Concepts

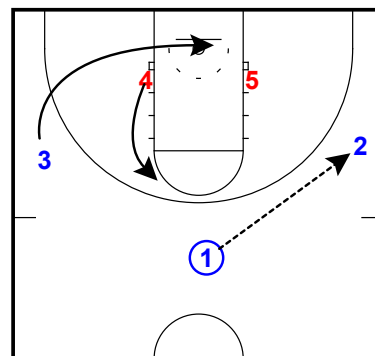


This is NOT a patterned offense! However, teams will have actions they prefer to run out of the offense.

The 3 movers cut and fill maintaining top-side-side balance. They can move and fill so long as they maintain top-side-side balance.

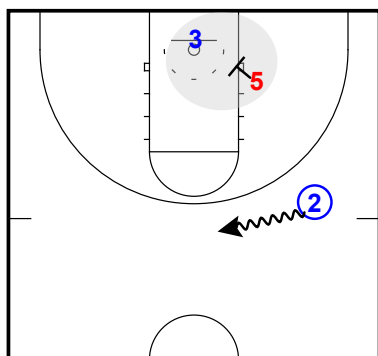
Getting the ball to the center of the court is key, then the ball-handler can see both screening actions.

Blocker Mover Screening Breakdown- Lane Pin Down Concepts



The most common action is: flare screen and pin screen combo.

Blocker Mover Screening Breakdown- Lane Pin Down Concepts

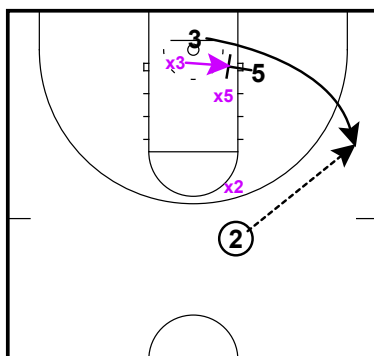


As 2 dribbles up, the lane blocker (5) will set pin in for the mover (3). The mover's read will be based on how his defender guards the screen.

The lane blocker will then make a cut based on the cut that the mover makes.

General rule of thumb, there will always be an "inside cut" (cut towards the rim) and an "outside cut". One is a reaction from the other.

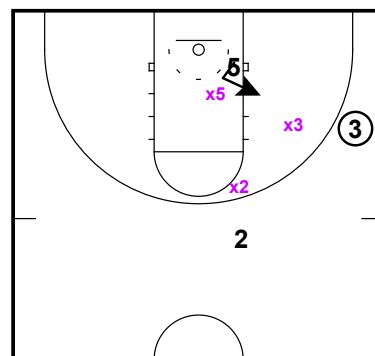
Blocker Mover Screening Breakdown- Lane Pin Down Concepts



Pop-Post Action

If x3 is removed from player, runs into screen, or 3 is unsure of coverage, 3 will POP the screen (outside cut).

Blocker Mover Screening Breakdown- Lane Pin Down Concepts

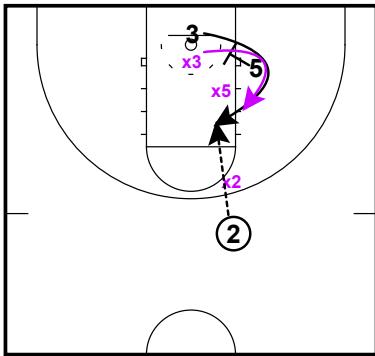


With 3 popping the screen, 5 will POST (inside cut). Immediately after x3 breaks shoulder plane, 5 will aggressively duck into x5 and post-up for deep touch or angle.

Blocker Mover Playbook

Blocker Mover Screening Breakdowns

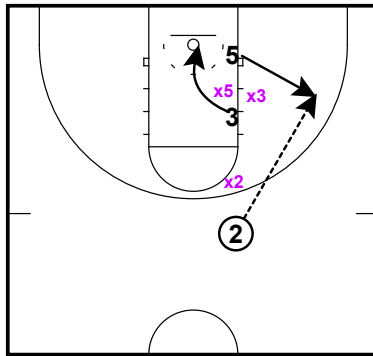
Blocker Mover Screening Breakdown- Lane
Pin Down
Concepts



Curl-Pop Action

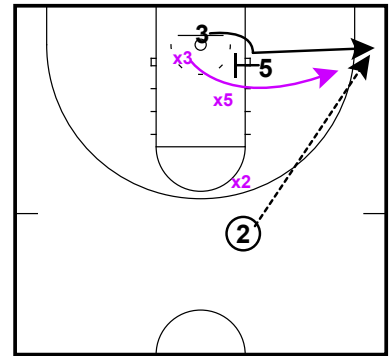
If x3 is tight to 3 and comes off same side of the screen, 3 will **CURL** the screen (inside cut).

Blocker Mover Screening Breakdown- Lane
Pin Down
Concepts



With 3 curling the screen (inside cut), 5 will **POP** back as a result (outside cut) to properly space the floor.

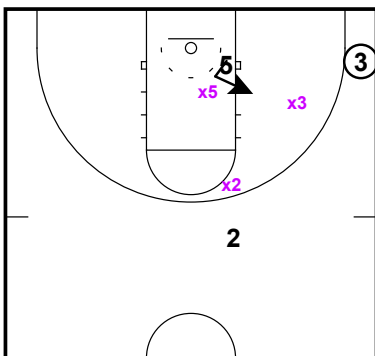
Blocker Mover Screening Breakdown- Lane
Pin Down
Concepts



Flare-Post Action

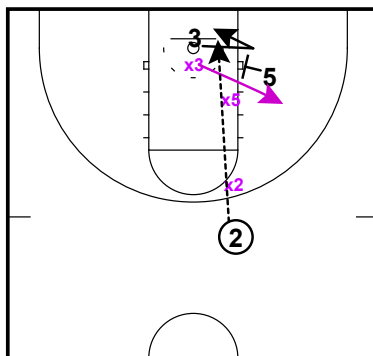
If x3 goes removed on the screen (over the top) , 3 will **FLARE** the screen (outside cut).

Blocker Mover Screening Breakdown- Lane
Pin Down
Concepts



With 3 flaring the screen, 5 will **POST** (inside cut). Immediately after x3 breaks shoulder plane, 5 will aggressively duck into x5 and post-up for deep touch or angle.

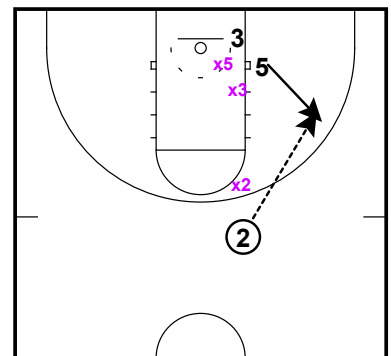
Blocker Mover Screening Breakdown- Lane
Pin Down
Concepts



Back Cut-Pop Action

If x3 tries to cheat the screen, 3 will **BACK CUT** the screen (inside cut).

Blocker Mover Screening Breakdown- Lane
Pin Down
Concepts

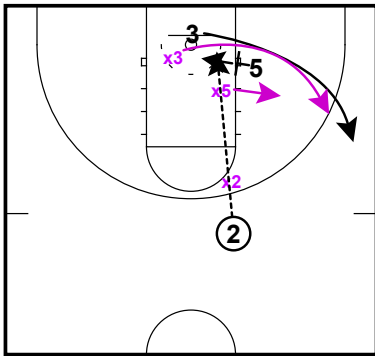


With 3 back cut the screen (inside cut), 5 will **POP** back as a result (outside cut) to properly space the floor.

Blocker Mover Playbook

Blocker Mover Screening Breakdowns

Blocker Mover Screening Breakdown- Lane
Pin Down
Concepts



Pop-Slip-Post Action

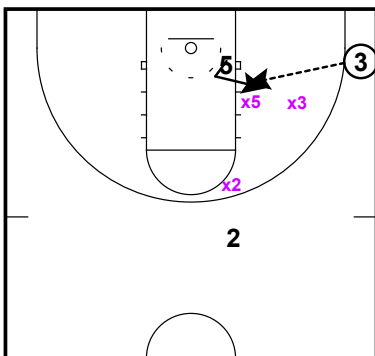
If x3 is removed from player, runs into screen, or 3 is unsure of coverage, 3 will **POP** the screen (outside cut).

If 5 sees x5 cheat out to help on screen or get too high on his show, arms length removed from 5, 5 will **SLIP** (inside cut) the screen to the rim.

This does a couple things:

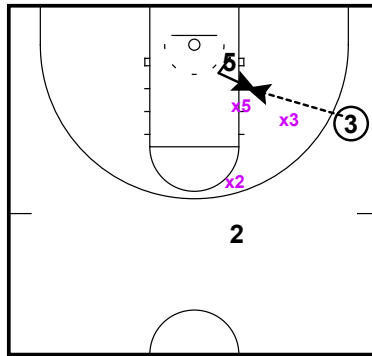
1. Lay-up and 2 points
2. Soften the show leading to lessen the help

Blocker Mover Screening Breakdown- Lane
Pin Down
Concepts



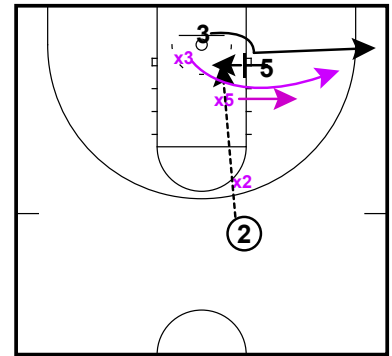
If the 5 is not open on the slip, he will then aggressively duck into x5 for a **POST** touch or angle.

Blocker Mover Screening Breakdown- Lane
Pin Down
Concepts



If the 5 is not open on the slip, he will then aggressively duck into x5 for a **POST** touch or angle.

Blocker Mover Screening Breakdown- Lane
Pin Down
Concepts



Flare-Slip-Post Action

If x3 goes removed on the screen (over the top) , 3 will **FLARE** the screen (outside cut).

If 5 sees x5 cheat out to help on screen or get too high on his show, arms length removed from 5, 5 will **SLIP** (inside cut) the screen to the rim.

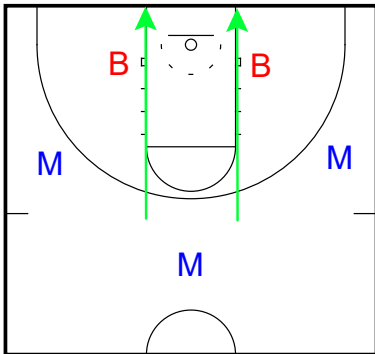
This does a couple things:

1. Lay-up and 2 points
2. Soften the show leading to lessen the help

Blocker Mover Playbook

Blocker Mover Screening Breakdowns

Blocker Mover Screening Breakdown- Lane Flare Screen Concepts

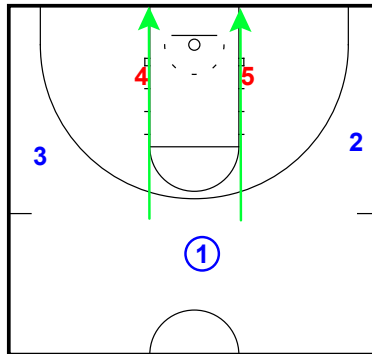


Lane-Lane Set.

This set uses two inside post players, or "lane blockers" and three movers...forming a 3 out-2 in offense.

This is the most common set used in the mover-blocker offense.

Blocker Mover Screening Breakdown- Lane Flare Screen Concepts

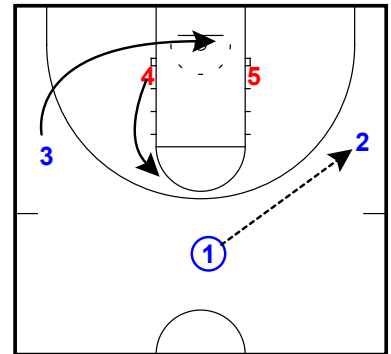


This is NOT a patterned offense! However, teams will have actions they prefer to run out of the offense.

The 3 movers cut and fill maintaining top-side-side balance. They can move and fill so long as they maintain top-side-side balance.

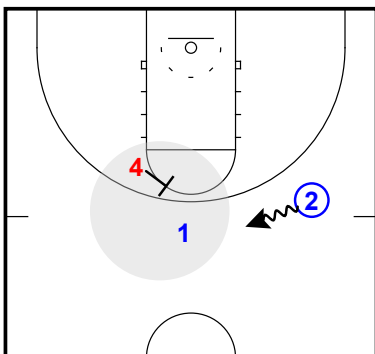
Getting the ball to the center of the court is key, then the ball-handler can see both screening actions.

Blocker Mover Screening Breakdown- Lane Flare Screen Concepts



The most common action is: flare screen and pin screen combo.

Blocker Mover Screening Breakdown- Lane Flare Screen Concepts

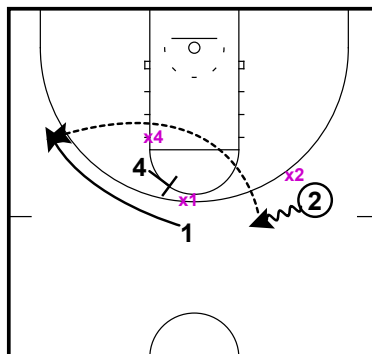


As 2 dribbles up, the lane blocker (4) will set pin in for the mover (1). The mover's read will be based on how his defender guards the screen.

The lane blocker will then make a cut based on the cut that the mover makes.

General rule of thumb, there will always be an "inside cut" (cut towards the rim) and an "outside cut". One is a reaction from the other.

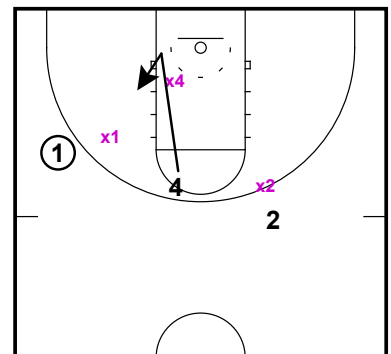
Blocker Mover Screening Breakdown- Lane Flare Screen Concepts



Fade-Post Action

If x1 is removed from player, runs into screen, or 1 is unsure of coverage, 1 will FADE the screen (outside cut).

Blocker Mover Screening Breakdown- Lane Flare Screen Concepts

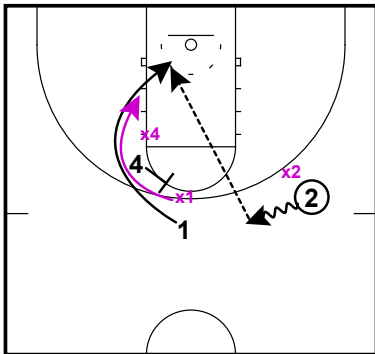


On the pass from 2 to 1, 4 will slide down the lane and POST (inside cut).

Blocker Mover Playbook

Blocker Mover Screening Breakdowns

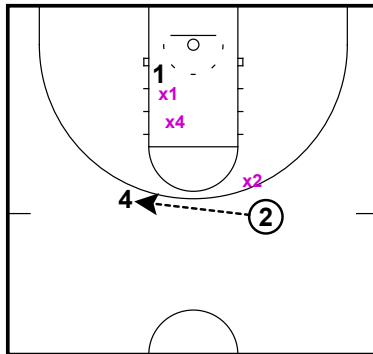
Blocker Mover Screening Breakdown- Lane Flare Screen Concepts



Curl-Pop Action

If x1 is tight to 1 and trails off same side of the screen, 1 will **CURL** the screen (inside cut) to the rim.

Blocker Mover Screening Breakdown- Lane Flare Screen Concepts

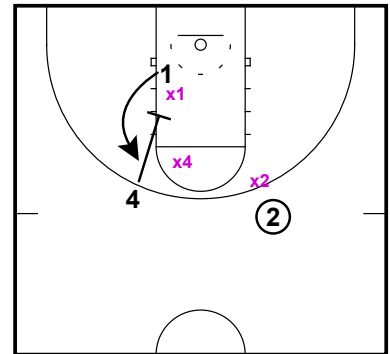


With 1 curling the screen (inside cut), 4 will **POP** back as a result (outside cut).

Options:

1. If he is a perimeter shooter he can look for jumper if x4 plays off or helps too much for cut

Blocker Mover Screening Breakdown- Lane Flare Screen Concepts

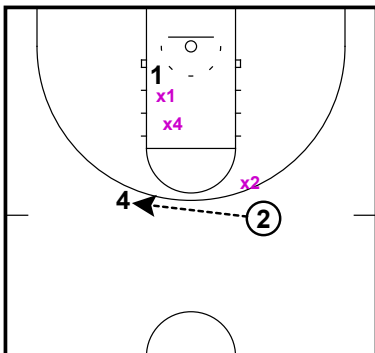


With 1 curling the screen (inside cut), 4 will **POP** back as a result (outside cut).

Options:

2. If he is not a perimeter shooter he can re-screen for 1 on pin down.

Blocker Mover Screening Breakdown- Lane Flare Screen Concepts

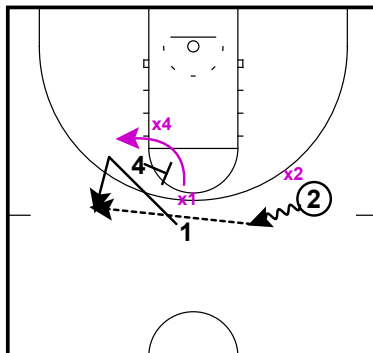


With 1 curling the screen (inside cut), 4 will **POP** back as a result (outside cut).

Options:

3. Feed guard posting up
4. Guard can pop and receive wing DHO or wing PNR

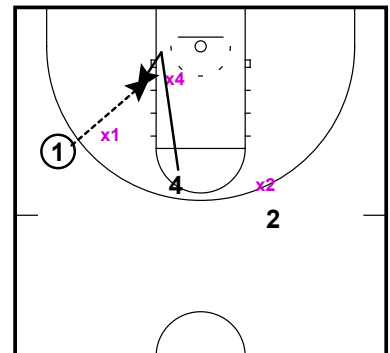
Blocker Mover Screening Breakdown- Lane Flare Screen Concepts



Flare-Post Action

If x1 goes removed on the screen (under) , 1 will **FLARE** the screen (outside cut).

Blocker Mover Screening Breakdown- Lane Flare Screen Concepts

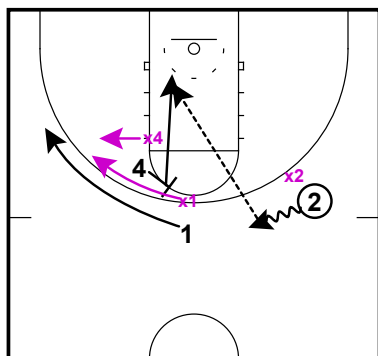


On the pass from 2 to 1, 4 will slide down the lane and **POST** (inside cut).

Blocker Mover Playbook

Blocker Mover Screening Breakdowns

Blocker Mover Screening Breakdown- Lane
Flare Screen
Concepts

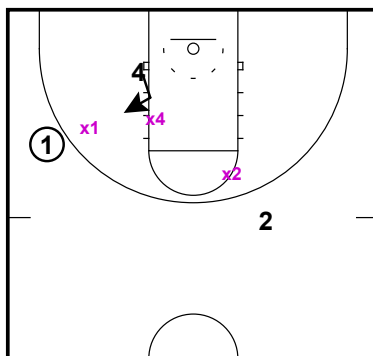


Fade-Slip-Post Action

If x1 is removed from player, runs into screen, or 1 is unsure of coverage, 1 will **FADE** the screen (outside cut).

If 4 sees x4 cheat out to help on screen or get too high on his show, arms length removed from 4, 4 will **SLIP** (inside cut) the screen to the rim.

Blocker Mover Screening Breakdown- Lane
Flare Screen
Concepts

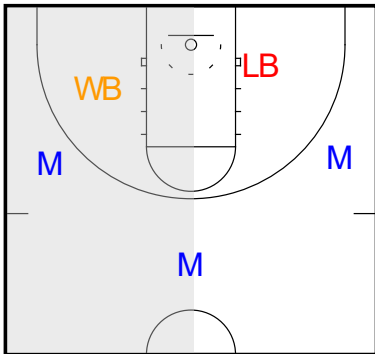


If the 4 is not open on the slip, he will then aggressively duck into x4 for a **POST** touch or angle.

Blocker Mover Playbook

Blocker Mover Screening Breakdowns

Blocker Mover Screening Breakdown- Wide
Pin Down
Concepts

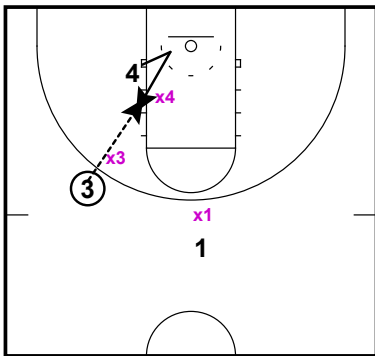


Lane-Wide Set.

In the lane-wide alignment there is one **lane blocker** (same as lane-lane) and there is a **wide blocker** that can screen from midline to sideline on their side of the floor.

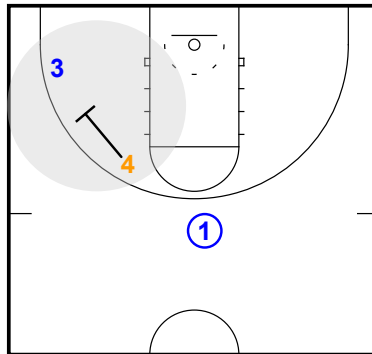
It is a good way of adding spacing to the offense and utilizing a skilled forward. It also allows for more variety to the screening options.

Blocker Mover Screening Breakdown- Wide
Pin Down
Concepts



With 3 popping the screen, 4 will **POST** (inside cut). Immediately after x3 breaks shoulder plane, 4 will aggressively duck into x4 and post-up for deep touch or angle.

Blocker Mover Screening Breakdown- Wide
Pin Down
Concepts

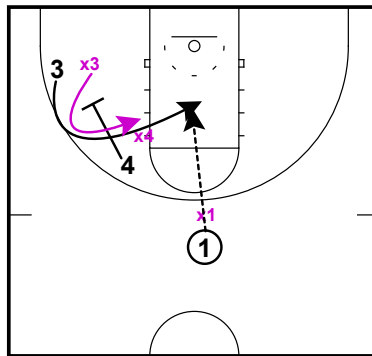


The **wide blocker** (4) will set wide pin down for the **mover** (3). The **mover's** read will be based on how his defender guards the screen.

The **wide blocker** will then make a cut based on the cut that the **mover** makes.

General rule of thumb, there will always be an "inside cut" (cut towards the rim) and an "outside cut". One is a reaction from the other.

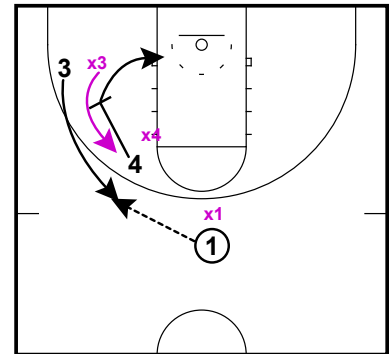
Blocker Mover Screening Breakdown- Wide
Pin Down
Concepts



Curl-Pop Action

If x3 is tight to 3 and comes off same side of the screen, 3 will **CURL** the screen (inside cut).

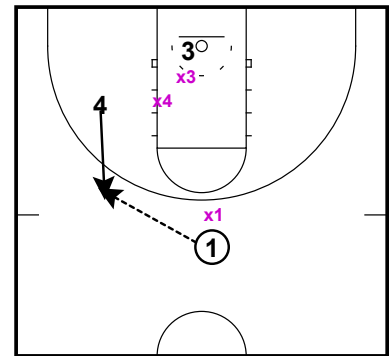
Blocker Mover Screening Breakdown- Wide
Pin Down
Concepts



Pop-Post Action

If x3 is removed from player, runs into screen, or 3 is unsure of coverage, 3 will **POP** the screen (outside cut).

Blocker Mover Screening Breakdown- Wide
Pin Down
Concepts



With 1 curling the screen (inside cut), 4 will **POP** back as a result (outside cut).

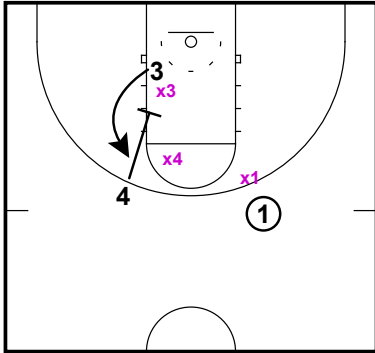
Options:

1. If he is a perimeter shooter he can look for jumper if x4 plays off or helps too much for cut

Blocker Mover Playbook

Blocker Mover Screening Breakdowns

Blocker Mover Screening Breakdown- Wide
Pin Down
Concepts

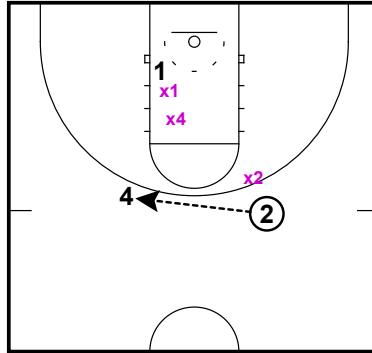


With 1 curling the screen (inside cut), 4 will **POP** back as a result (outside cut).

Options:

2. If he is not a perimeter shooter he can re-screen for 1 on pin down.

Blocker Mover Screening Breakdown- Wide
Pin Down
Concepts

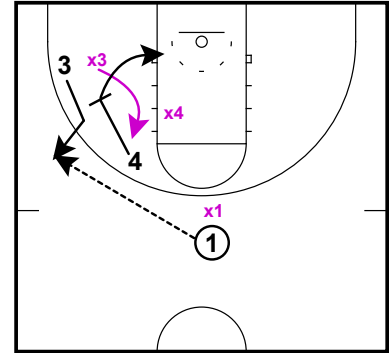


With 1 curling the screen (inside cut), 4 will **POP** back as a result (outside cut).

Options:

3. Feed guard posting up
4. Guard can pop and receive wing DHO or wing PNR

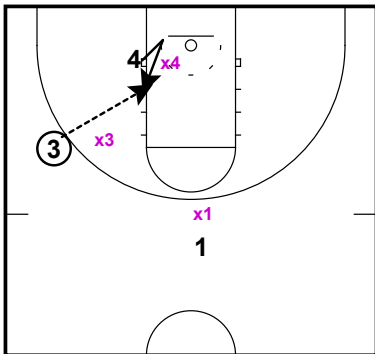
Blocker Mover Screening Breakdown- Wide
Pin Down
Concepts



Flare-Post Action

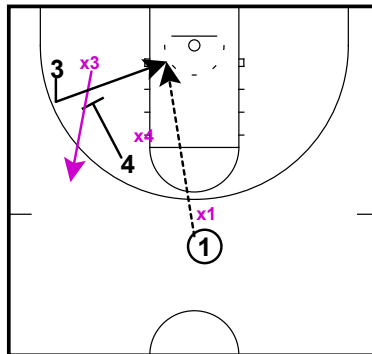
If x3 goes removed on the screen (over the top), 3 will **FLARE** the screen (outside cut).

Blocker Mover Screening Breakdown- Wide
Pin Down
Concepts



With 3 flaring the screen, 4 will **POST** (inside cut). Immediately after x3 breaks shoulder plane, 4 will aggressively duck into x4 and post-up for deep touch or angle.

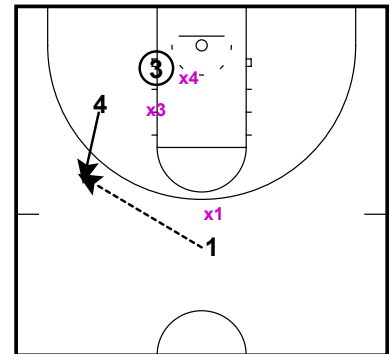
Blocker Mover Screening Breakdown- Wide
Pin Down
Concepts



Back Cut-Pop Action

If x3 tries to cheat the screen, 3 will **BACK CUT** the screen (inside cut).

Blocker Mover Screening Breakdown- Wide
Pin Down
Concepts



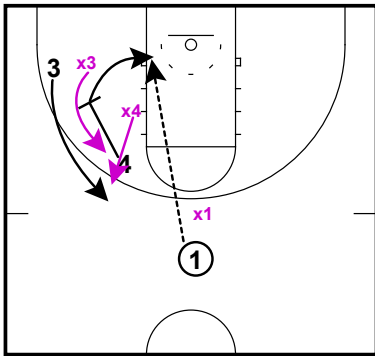
With 3 back cut the screen (inside cut), 4 will **POP** back as a result (outside cut) to properly space the floor.

4 will have several options (see "curl" above).

Blocker Mover Playbook

Blocker Mover Screening Breakdowns

Blocker Mover Screening Breakdown- Wide
Pin Down
Concepts



Pop-Slip-Post Action

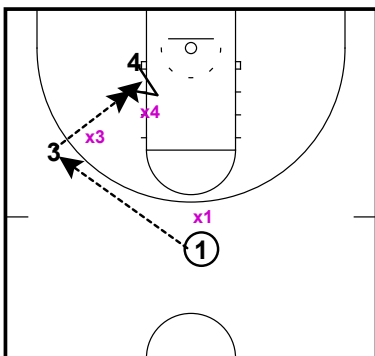
If x3 is removed from player, runs into screen, or 3 is unsure of coverage, 3 will **POP** the screen (outside cut).

If 4 sees x4 cheat out to help on screen or get too high on his show, arms length removed from 4, 4 will **SLIP** (inside cut) the screen to the rim.

This does a couple things:

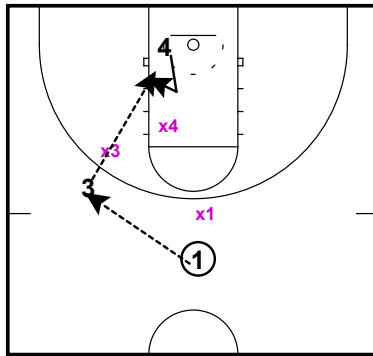
1. Lay-up and 2 points
2. Soften the show leading to lessen the help

Blocker Mover Screening Breakdown- Wide
Pin Down
Concepts



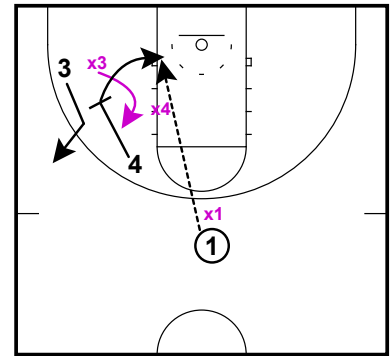
If the 4 is not open on the slip, he will then aggressively duck into x4 for a **POST** touch or angle.

Blocker Mover Screening Breakdown- Wide
Pin Down
Concepts



If the 4 is not open on the slip, he will then aggressively duck into x4 for a **POST** touch or angle.

Blocker Mover Screening Breakdown- Wide
Pin Down
Concepts



Flare-Slip-Post Action

If x3 goes removed on the screen (over the top) , 3 will **FLARE** the screen (outside cut).

If 4 sees x4 cheat out to help on screen or get too high on his show, arms length removed from 4, 4 will **SLIP** (inside cut) the screen to the rim.

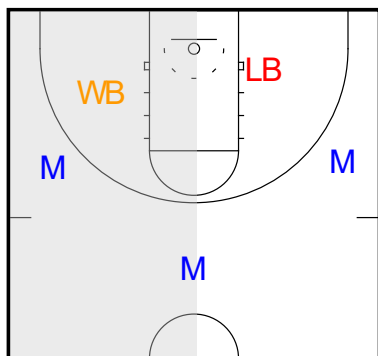
This does a couple things:

1. Lay-up and 2 points
2. Soften the show leading to lessen the help

Blocker Mover Playbook

Blocker Mover Screening Breakdowns

Blocker Mover Screening Breakdown- Wide Flare Screen Concepts

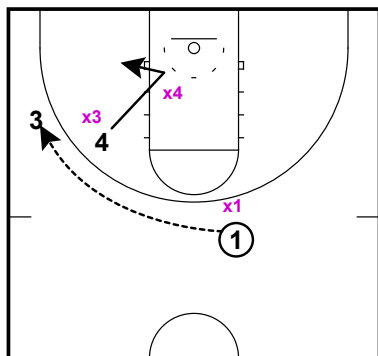


Lane-Wide Set.

In the lane-wide alignment there is one **lane blocker** (same as lane-lane) and there is a **wide blocker** that can screen from midline to sideline on their side of the floor.

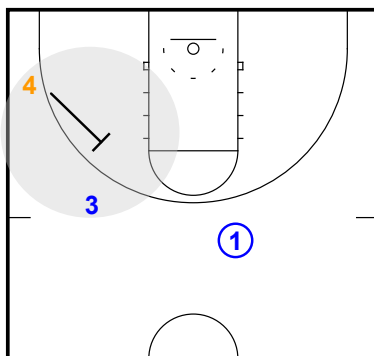
It is a good way of adding spacing to the offense and utilizing a skilled forward. It also allows for more variety to the screening options.

Blocker Mover Screening Breakdown- Wide Flare Screen Concepts



On the pass from 1 to 3, 4 will slide down the lane and **POST** (inside cut).

Blocker Mover Screening Breakdown- Wide Flare Screen Concepts

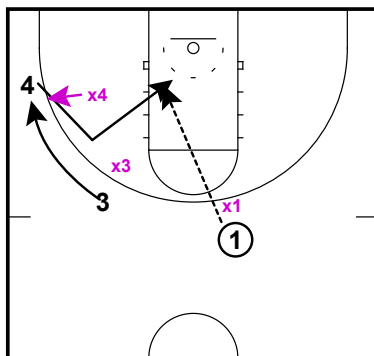


The **wide blocker** (4) will set wide pin down for the **mover** (3). The **mover's** read will be based on how his defender guards the screen.

The **wide blocker** will then make a cut based on the cut that the **mover** makes.

General rule of thumb, there will always be an "inside cut" (cut towards the rim) and an "outside cut". One is a reaction from the other.

Blocker Mover Screening Breakdown- Wide Flare Screen Concepts

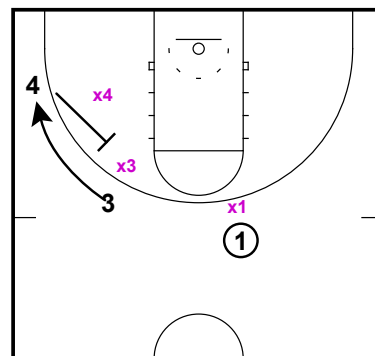


Fade-Slip-Post Action

If x3 is removed from player, runs into screen, or 3 is unsure of coverage, 1 will **FADE** the screen (outside cut).

If 4 sees x4 cheat out to help on screen or get too high on his show, arms length removed from 4, 4 will **SLIP** (inside cut) the screen to the rim.

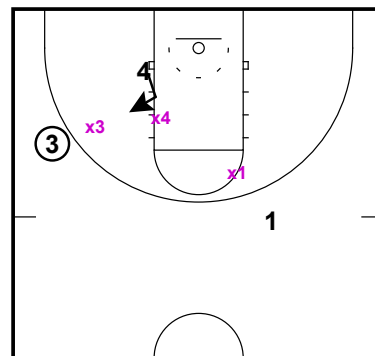
Blocker Mover Screening Breakdown- Wide Flare Screen Concepts



Fade-Post Action

If x1 is removed from player, runs into screen, or 1 is unsure of coverage, 1 will **FADE** the screen (outside cut).

Blocker Mover Screening Breakdown- Wide Flare Screen Concepts

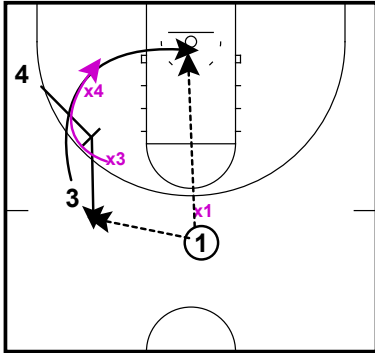


If the 4 is not open on the slip, he will then aggressively duck into x4 for a **POST** touch or angle.

Blocker Mover Playbook

Blocker Mover Screening Breakdowns

Blocker Mover Screening Breakdown- Wide Flare Screen Concepts

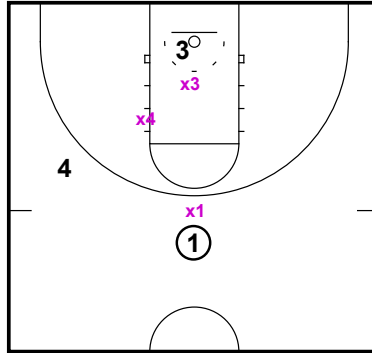


Basket Cut-Pop Action

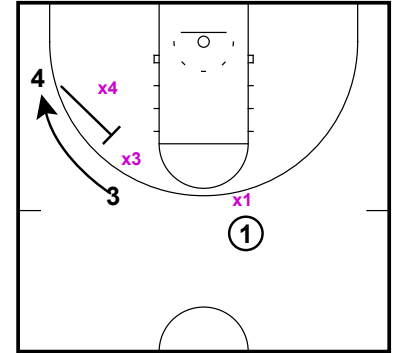
If x3 trails 3 off the back screen, 3 makes **BASKET CUT** (inside cut).

4 can then **POP** (outside cut) and step out beyond the arc for a catch.

Blocker Mover Screening Breakdown- Wide Flare Screen Concepts



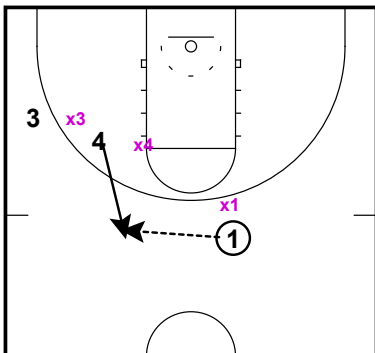
Blocker Mover Screening Breakdown- Wide Flare Screen Concepts



Fade-Pop Action

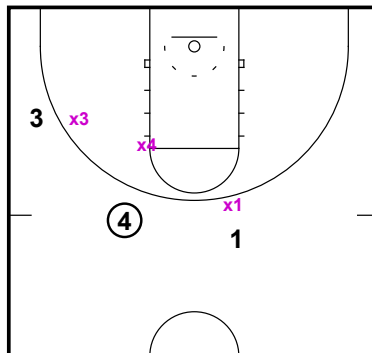
If x1 is removed from player, runs into screen, or 1 is unsure of coverage, 1 will **FADE** the screen (outside cut).

Blocker Mover Screening Breakdown- Wide Flare Screen Concepts



With more freedom within the wide-lane set, 4 can **POP** after setting flare screen if ball is not passed to 3.

Blocker Mover Screening Breakdown- Wide Flare Screen Concepts



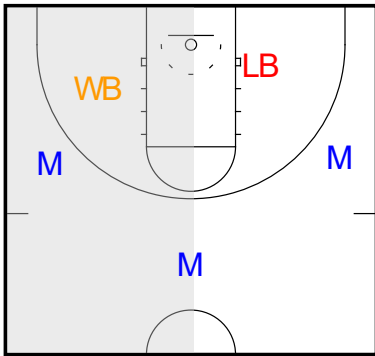
4 has some options after the catch:

1. He can pass to 3 and chase into wing pick and roll/pop
2. He can DHO with 3.
3. He can pass to 1 and set wide pin for 3.

Blocker Mover Playbook

Blocker Mover Screening Breakdowns

Blocker Mover Screening Breakdown- Wide Back Screen Concepts

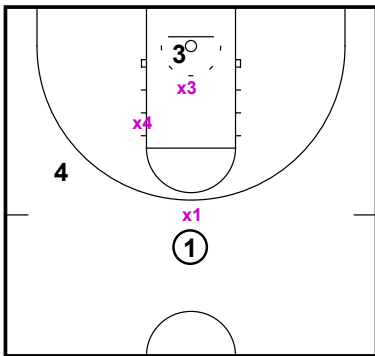


Lane-Wide Set.

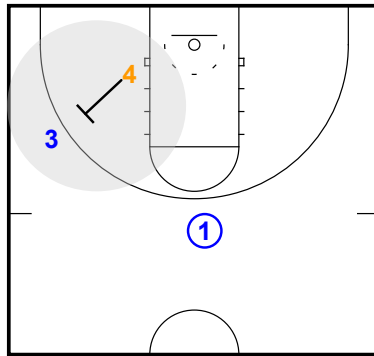
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It is a good way of adding spacing to the offense and utilizing a skilled forward. It also allows for more variety to the screening options.

Blocker Mover Screening Breakdown- Wide Back Screen Concepts



Blocker Mover Screening Breakdown- Wide Back Screen Concepts

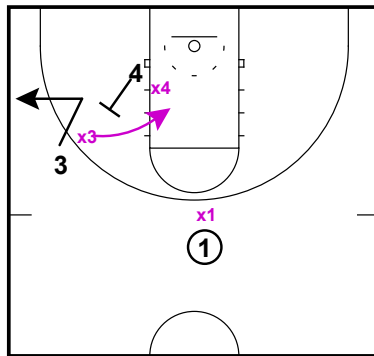


The **wide blocker** (4) will set wide pin down for the **mover** (3). The **mover's** read will be based on how his defender guards the screen.

The **wide blocker** will then make a cut based on the cut that the **mover** makes.

General rule of thumb, there will always be an "inside cut" (cut towards the rim) and an "outside cut". One is a reaction from the other.

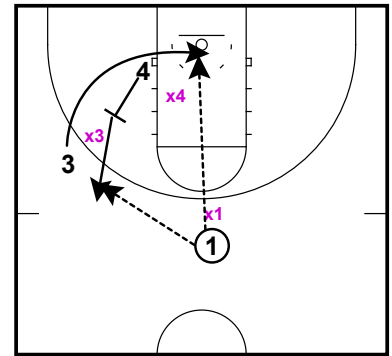
Blocker Mover Screening Breakdown- Wide Back Screen Concepts



Flare-Post Action

If x3 goes removed on the screen (over the top), 3 will **FLARE** the screen (outside cut).

Blocker Mover Screening Breakdown- Wide Back Screen Concepts

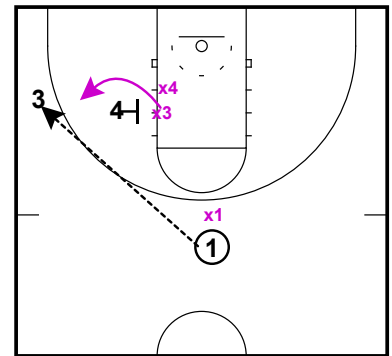


Basket Cut-Pop Action

If x3 trails 3 off the back screen, 3 makes **BASKET CUT** (inside cut).

4 can then **POP** and step out beyond the arc for a catch.

Blocker Mover Screening Breakdown- Wide Back Screen Concepts

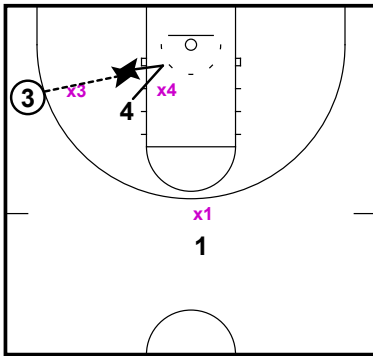


4 will pivot (most likely front pivot as defender was on high side), locate x3, and re-screen him.

Blocker Mover Playbook

Blocker Mover Screening Breakdowns

Blocker Mover Screening Breakdown- Wide
Back Screen
Concepts

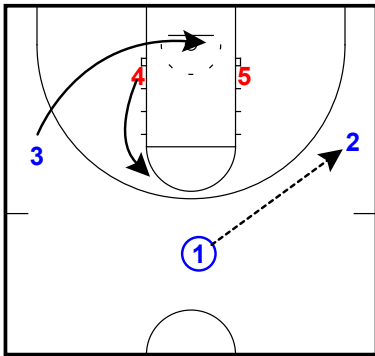


After re-screening, 4 will slip hard to the rim and **POST** (inside cut). He will look to duck-in on x4 creating a deep post touch or angle.

Blocker Mover Playbook

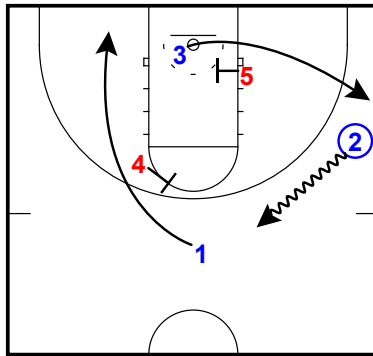
Blocker Mover Post Play

Blocker Mover Post Breakdown- Feeding the Post Concepts



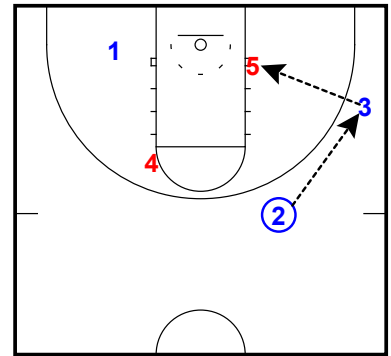
One of the primary scoring areas is in the post off the pin down screen.

Blocker Mover Post Breakdown- Feeding the Post Concepts



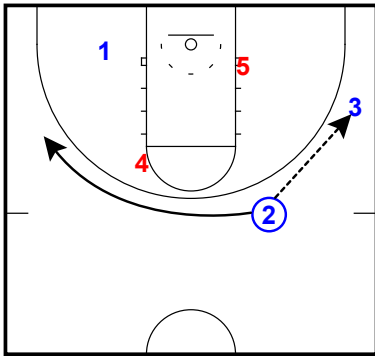
When the wing dribbles up to initiate the action, 5 will pin down for one of the movers.

Blocker Mover Post Breakdown- Feeding the Post Concepts



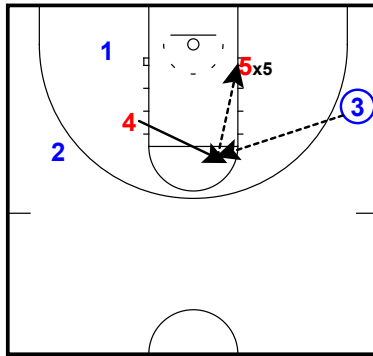
On the pop out, the blocker will duck into the post. This is the most common way of getting the ball into the post.

Blocker Mover Post Breakdown- Feeding the Post Concepts



Another way of getting ball into post is if they are in a hard full front, then the offense can look to hi-lo the ball into the low post.

Blocker Mover Post Breakdown- Feeding the Post Concepts

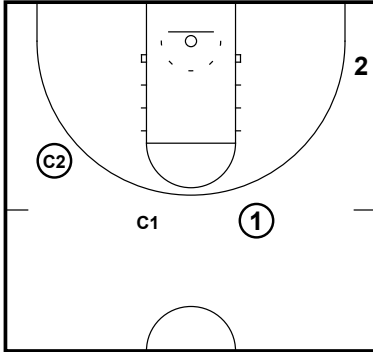


x5 is in full front, so 4 will flash high for catch and then look to pass the ball hi-lo for a lay-in.

Blocker Mover Playbook

Blocker Mover Drills

Basic Breakdowns (Curl)
Drills

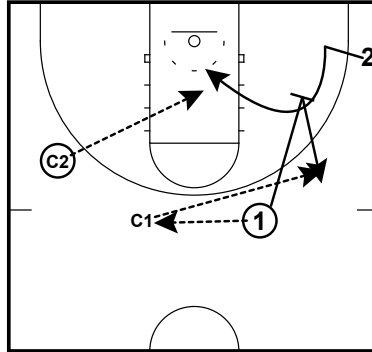


This breakdown drill can be used/tailored for any motion based offense. They are designed to help players work on reading screens.

2 lines of players- 1 in high slot and 1 in the corner (can be moved based on your offense). Line in the high slot has a basketball.

2 coaches/managers opposite- 1 in high slot and 1 on 1 on wing with a ball.

Basic Breakdowns (Curl)
Drills



In this breakdown, there will always be an "inside" cut and an "outside cut". Players must read and react to what their teammate is doing. 1 will swing ball to coach and then pin down for 2.

2 will walk his man in to set defender up for the screen. He will then sprint off screen.

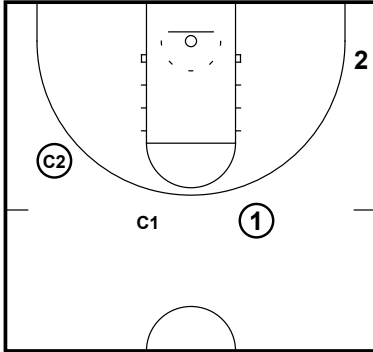
Defender chases. 2 curls the screen (inside cut), then 1 will pop back for jumper (outside cut).

C1- will always pass to outside cut.
C2- will always pass to inside cut.

Blocker Mover Playbook

Blocker Mover Drills

Basic Breakdowns (Pop)
Drills

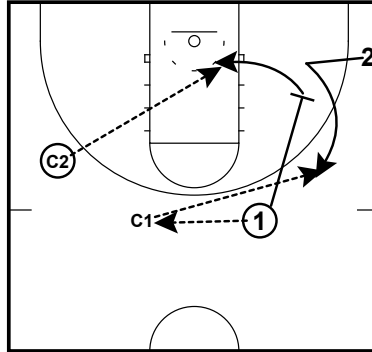


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2 lines of players- 1 in high slot and 1 in the corner (can be moved based on your offense). Line in the high slot has a basketball.

2 coaches/managers opposite- 1 in high slot and 1 on 1 on wing with a ball.

Basic Breakdowns (Pop)
Drills



In this breakdown, there will always be an "inside" cut and an "outside cut". Players must read and react to what their teammate is doing.

1 will swing ball to coach and then pin down for 2.

2 will walk his man in to set defender up for the screen. He will then sprint off screen.

If 2 pops off the screen (outside cut), then 1 will screen and slip to rim for lay-up (inside cut).

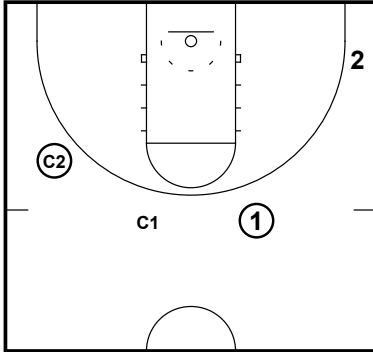
C1- will always pass to outside cut.

C2- will always pass to inside cut.

Blocker Mover Playbook

Blocker Mover Drills

Basic Breakdowns (Back Cut)
Drills

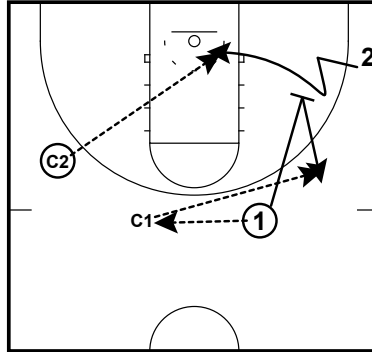


This breakdown drill can be used/tailored for any motion based offense. They are designed to help players work on reading screens.

2 lines of players- 1 in high slot and 1 in the corner (can be moved based on your offense). Line in the high slot has a basketball.

2 coaches/managers opposite- 1 in high slot and 1 on 1 on wing with a ball.

Basic Breakdowns (Back Cut)
Drills



In this breakdown, there will always be an "inside" cut and an "outside cut". Players must read and react to what their teammate is doing. 1 will swing ball to coach and then pin down for 2.

2 will walk his man in to set defender up for the screen. He will then sprint off screen.

Defender cheats the screen. 2 back cuts the screen (inside cut), then 1 will pop back for jumper (outside cut).

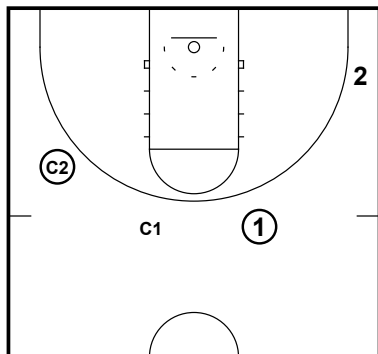
C1- will always pass to outside cut.

C2- will always pass to inside cut.

Blocker Mover Playbook

Blocker Mover Drills

Basic Breakdowns (Flare)
Drills

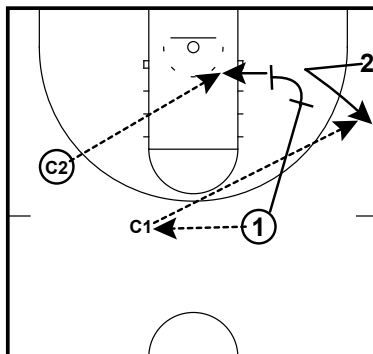


This breakdown drill can be used/tailored for any motion based offense. They are designed to help players work on reading screens.

2 lines of players- 1 in high slot and 1 in the corner (can be moved based on your offense). Line in the high slot has a basketball.

2 coaches/managers opposite- 1 in high slot and 1 on 1 on wing with a ball.

Basic Breakdowns (Flare)
Drills



In this breakdown, there will always be an "inside" cut and an "outside cut". Players must read and react to what their teammate is doing.

1 will swing ball to coach and then pin down for 2.

2 will walk his man in to set defender up for the screen. He will then sprint off screen.

Defender goes removed. 2 flares off the screen (outside cut), then 1 will re-screen and slip to rim for lay-up (inside cut).

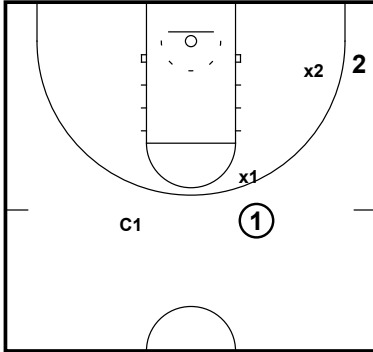
C1- will always pass to outside cut.

C2- will always pass to inside cut.

Blocker Mover Playbook

Blocker Mover Drills

Basic Breakdowns- 2 v 2 Live Drills

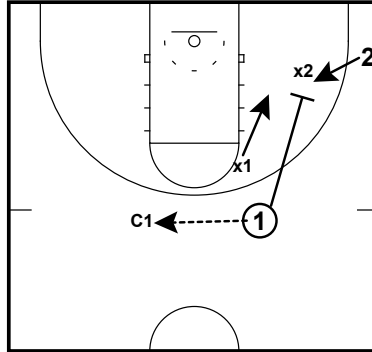


This breakdown drill can be used/tailored for any motion based offense. They are designed to help players work on reading screens.

2 lines of players- 1 in high slot and 1 in the corner (can be moved based on your offense). Line in the high slot has a basketball. 2 defensive players guarding them.

1 coach opposite in the high slot.

Basic Breakdowns- 2 v 2 Live Drills

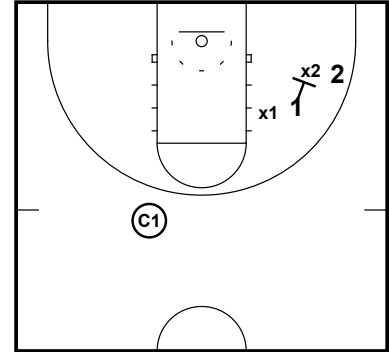


1 will swing ball to coach and then pin down for 2.

2 will walk his man in to set defender up for the screen. He will then sprint off screen.

Play is live.

Basic Breakdowns- 2 v 2 Live Drills



2 reads his man and makes appropriate cut to how he is being played.

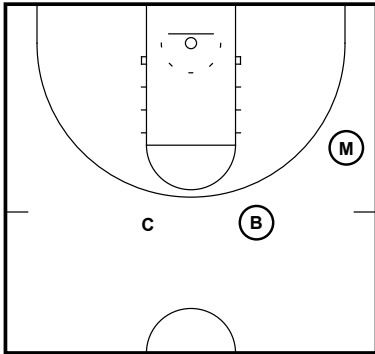
1 reacts to 2 cut and makes opposite cut.

Coach can pass to either player. If no shot, offense can re-set, swing ball back to coach, and screen again.

Blocker Mover Playbook

Blocker Mover Drills

Blocker Mover- 2 Man Game Breakdowns
Drills

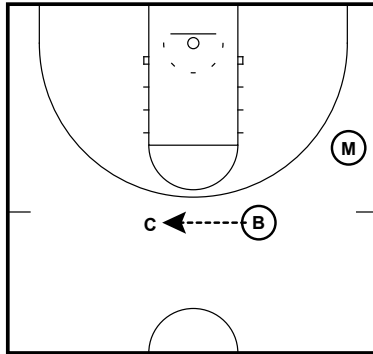


Line of movers on wing with ball.

Line of blockers in high slot with ball.

Coach in opposite slot.

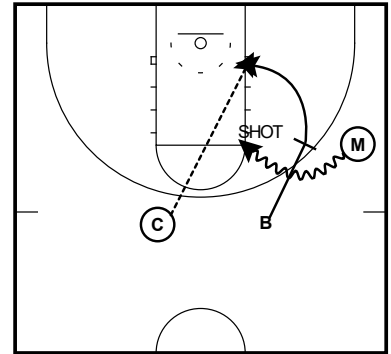
Blocker Mover- 2 Man Game Breakdowns
Drills



Blocker swings ball to coach and will then sprint into wing ball screen.

The offense will go through a variety of reads.

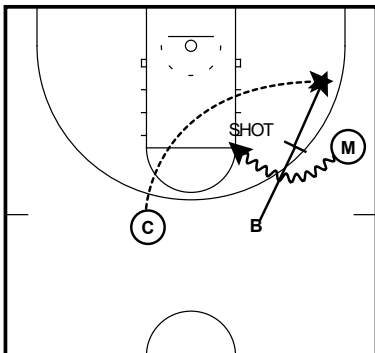
Blocker Mover- 2 Man Game Breakdowns
Drills



Shot #1: Pull-up and Roll

Blocker sprints into a wing PNR. The mover comes off for a pull-up jumper on the elbow. The coach passes to blocker on the roll.

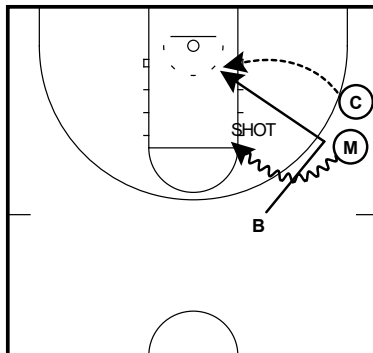
Blocker Mover- 2 Man Game Breakdowns
Drills



Shot #2: Pull-up and Pop

Blocker sprints into a wing pick and pop. The mover comes off for a pull-up jumper on the elbow. The coach passes to blocker on the pop for a jumper. The blocker will pop to his shooting range.

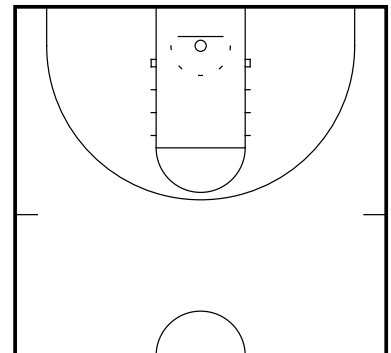
Blocker Mover- 2 Man Game Breakdowns
Drills



Shot #3: Slip and Pull-Up

Blocker sprints into a wing PNR. The blocker then slips the screen. The mover comes off for a pull-up jumper on the elbow. The coach passes to blocker on the slip for lay-up.

Blocker Mover- 2 Man Game Breakdowns
Drills



Adjustments to this drill:

You can use a variety of shots and reads for the ball handler...

- Shots:
- pull-ups
 - shots at rim
 - 3's

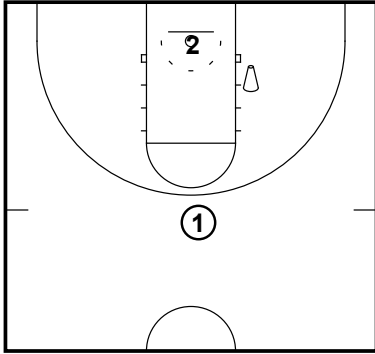
- Reads:
- turn corner
 - sit on screen
 - snake the screen
 - split

Then adjust the shot the big takes if necessary.

Blocker Mover Playbook

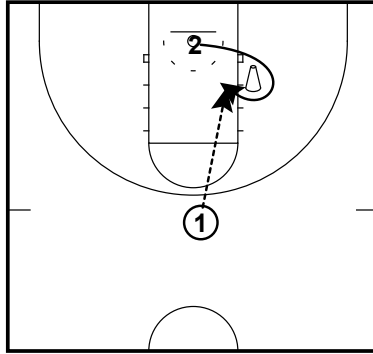
Blocker Mover Drills

Moat Shooting Drills



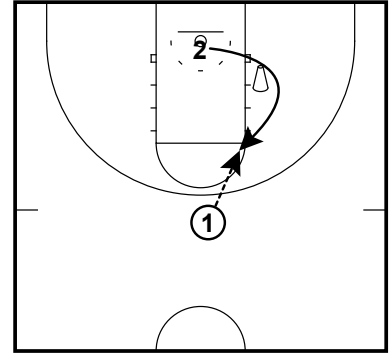
Coach or player at top with ball. Player under rim. Can use cone, chair, player, manager, etc for screener a step off block.

Moat Shooting Drills



Tight curl

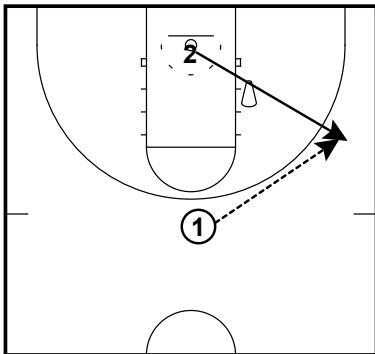
Moat Shooting Drills



Loose curl, elbow curl

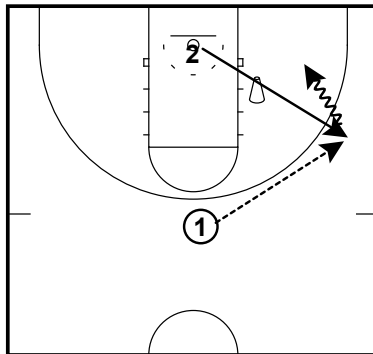
The player(s) will go through a series of shots that would simulate playing off a pin down screen.

Moat Shooting Drills



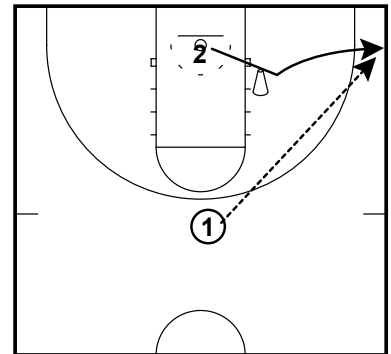
Pop

Moat Shooting Drills



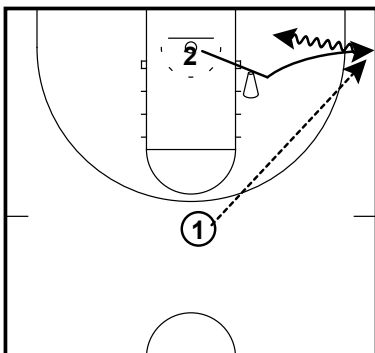
Pop-Baseline Pull-up

Moat Shooting Drills



Flare

Moat Shooting Drills

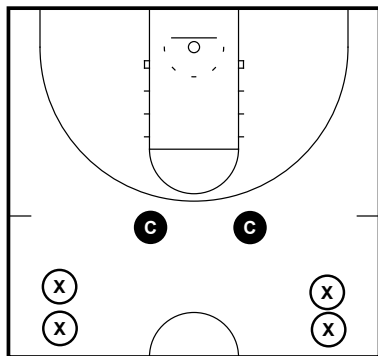


Flare-Baseline Pull-up

Blocker Mover Playbook

Blocker Mover Drills

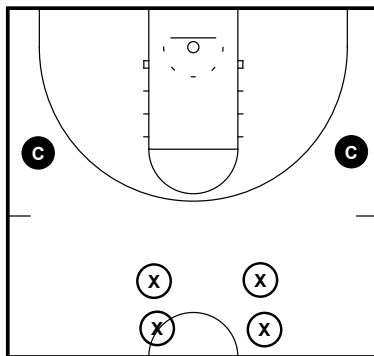
Team Shooting Drills



Throw ahead series:

1. Catch and shoot wing 3's
2. Deep corner 3's --> sprint to wing and slide to corner
3. Deep corner + shot fake + pull-up

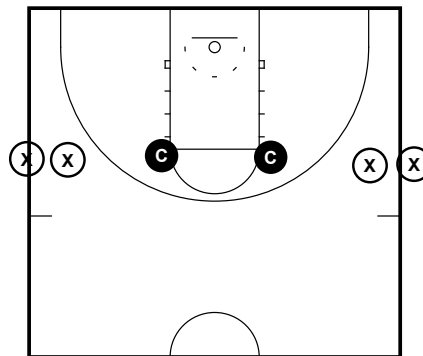
Team Shooting Drills



Trail series:

1. Trail catch and shoot 3's
- Coaches move to elbows...
2. Transition pull-up 3's
 3. Elbow handoff pull-ups
 4. Horns ball screen pull-ups

Team Shooting Drills



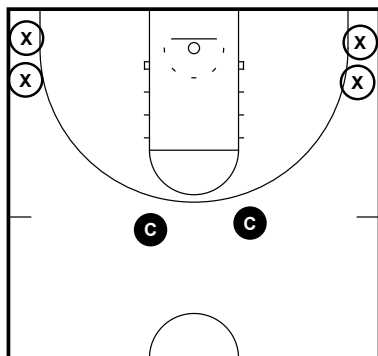
Side Pick and Roll Series:

1. Come off + pull-up
2. Down+ pull-up
3. Down + pass (to big pop)+ handoff + pull-up/floater
4. Down + pass to pop + backdoor

*can add or change as much as you want

5. Snake
6. Split

Team Shooting Drills

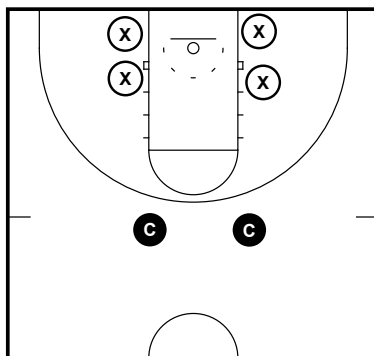


Corner series:

1. Catch and shoot curl (modified)
2. Catch + shot fake+ rip across + jumper
3. Catch+ reverse pivot+ drive+ layup (vs tight defense on catch)
4. Catch+ nash hesitation+ attack (vs big show on down screen)

*can add or change as much as you want

Team Shooting Drills

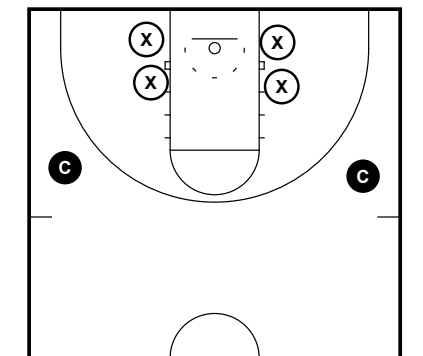


Tight series:

1. Curl + floater
2. Flare to corner + shot
3. Pass opposite + duck in + jump hook middle
4. pass opposite + duck in + drop step baseline

*can add or change as much as you want

Team Shooting Drills



Flash series:

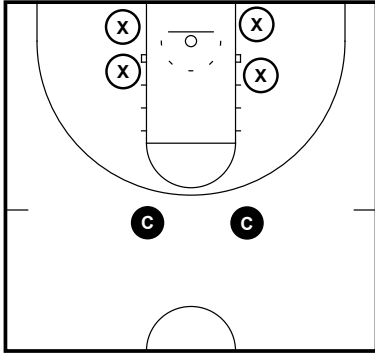
1. flash + catch and shoot
2. flash + reverse pivot + hook shot/floater/runner

*can add or change as much as you want

Blocker Mover Playbook

Blocker Mover Drills

Team Shooting
Drills

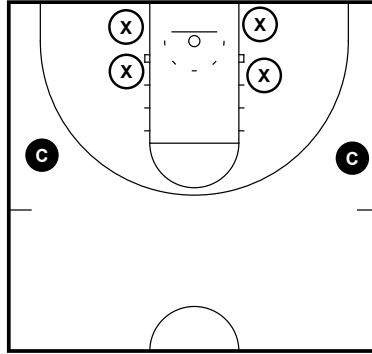


L series:

1. L-cut + catch and shoot
2. L-cut + catch + rip baseline + rim or pull-up
3. L-cut + jab + go middle + pull-up/step through move

*can add or change as much as you want

Team Shooting
Drills



Zipper series:

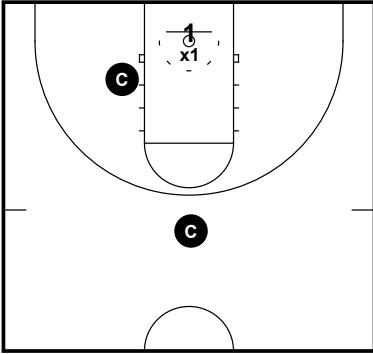
1. catch and shoot
2. catch + jab middle + drive
3. catch + rip middle middle + 1 bounce + tony parker spin move

*can add or change as much as you want

Blocker Mover Playbook

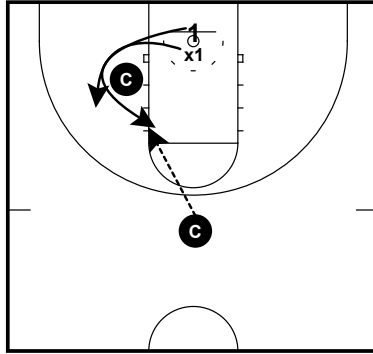
Blocker Mover Drills

2 Man 1 v 1 Live Drills



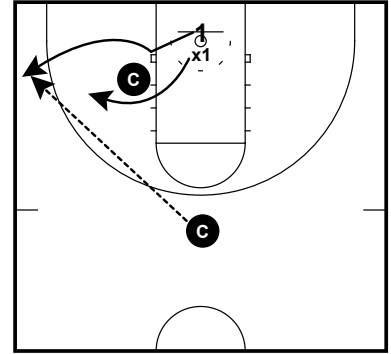
1 v 1 off ball screen live.

2 Man 1 v 1 Live Drills



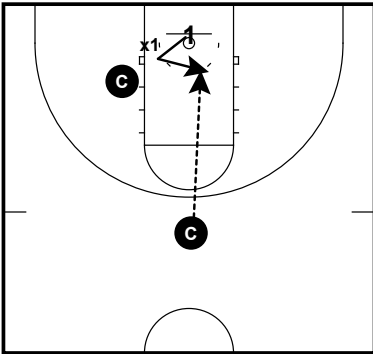
Defender chases=curl to floater or jumper (no lay-up).

2 Man 1 v 1 Live Drills



Defender goes removed. Offense flares and catch and shot or catch and drive.

2 Man 1 v 1 Live Drills

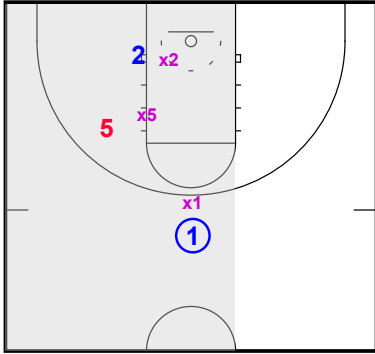


Defender tries to jam screen or jump screen early. Offense back cuts or seals d off for lay-up.

Blocker Mover Playbook

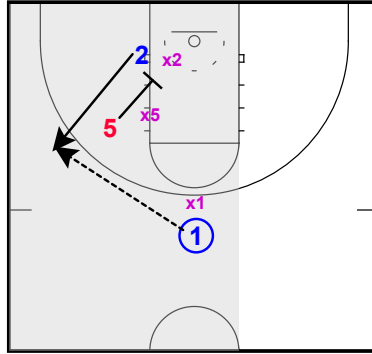
Blocker Mover Drills

3 v 3 Half Court Drills



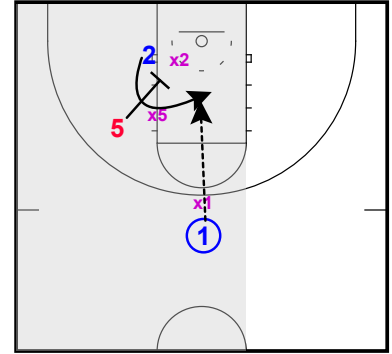
3 v 3 Half Court on 1 side of the floor.

3 v 3 Half Court Drills



Pop

3 v 3 Half Court Drills



Curl

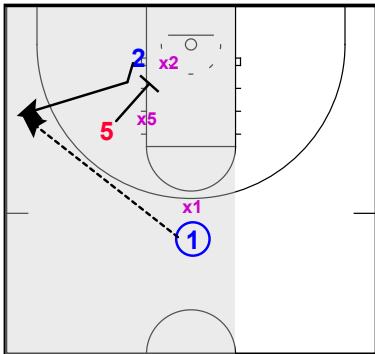
2 **movers**- 1 up top and 1 on wing (or down) and 1 **blocker**.

The offense works on screening- down screen, back screen, flare screen- and reading screens.

Coach should limit dribbles to none or just 1-2.

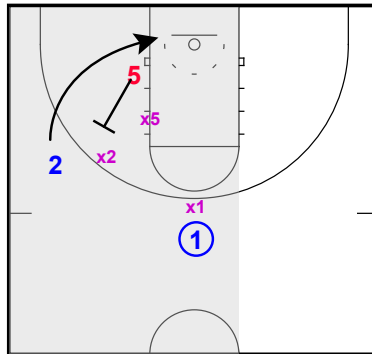
Make it, take it.

3 v 3 Half Court Drills



Flare

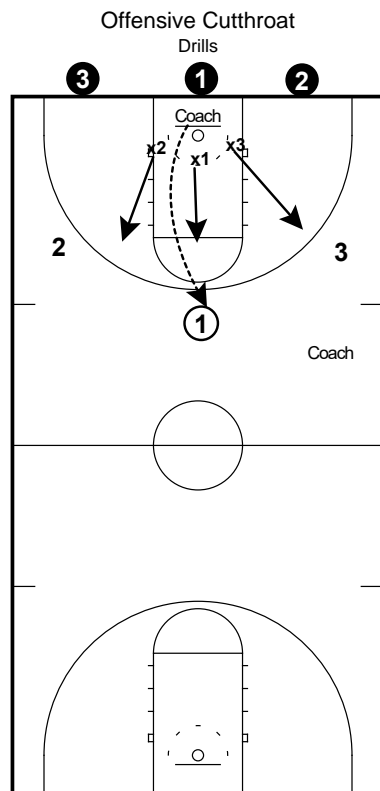
3 v 3 Half Court Drills



Back screen

Blocker Mover Playbook

Blocker Mover Drills



Offensive Cutthroat.

Start with the offense on the perimeter and the defense in the paint. Coach underneath basket throws ball out to an offensive player. Defense closes out to proper positions. On catch, the ball is live.

If the offense scores, defense goes off, offensive player immediately gets ball and outlets to coach on perimeter. If defense gets stop, they outlet the ball to coach, go to offense, and offense goes off. Coach passes ball in and play is live. Next 3 players come on defense. Keep pace and energy high.

Offensive Rules:

1. Must catch ball and square up to basket- triple threat.
2. Move the ball and move your body. Make a pass, then either cut or screen. No standing.
3. No ball screens.

If they fail to do these, blow the play dead and they are off).

Game Rules:

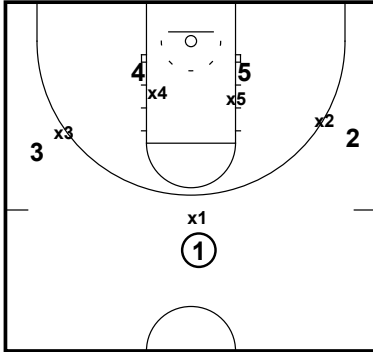
1. Make it, take it rules.
2. Start with no dribbles at all. Can add dribbles later.
3. Each basket is worth one. Coaches can adjust scoring system if they like.

*Can add players- 4 v 4, 5 v 5.

Blocker Mover Playbook

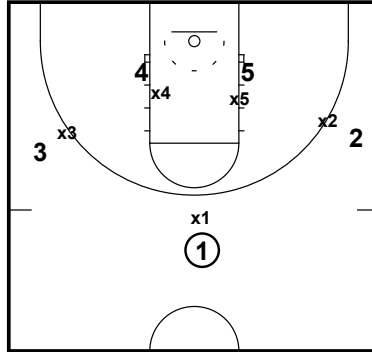
Blocker Mover Drills

60 Point Game
Drills



Half Court 5 v 5. Game to 60 points.

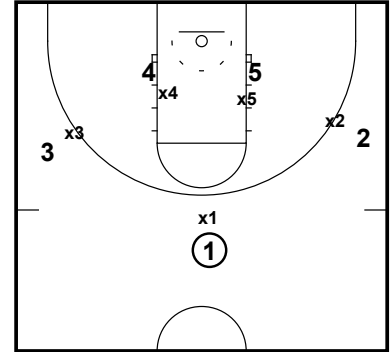
60 Point Game
Drills



Rules:

1. No dribbles. You can adjust this to allow 1-2 dribble max or only allow 1 dribble to create better passing angle (post feed or dribble up).
2. Must win game with made basket.
3. Make it, take it.

60 Point Game
Drills



Scoring:

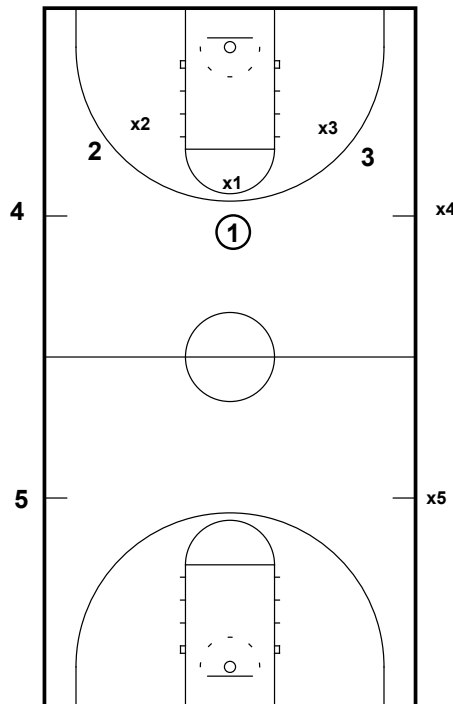
- 1 point for every pass
- 5 points for a made basket
- can have negative points for TOs

Play to 60 points, but team must make basket on possession to win. If team hits 60 and doesn't score, game continues.

Blocker Mover Playbook

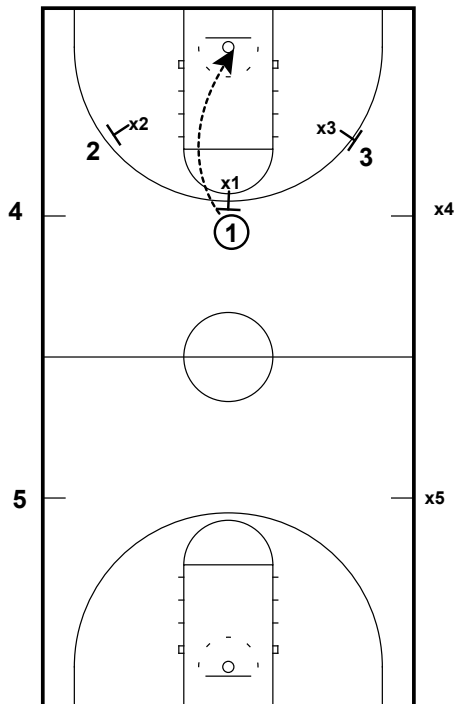
Blocker Mover Drills

33 Continuous Drills



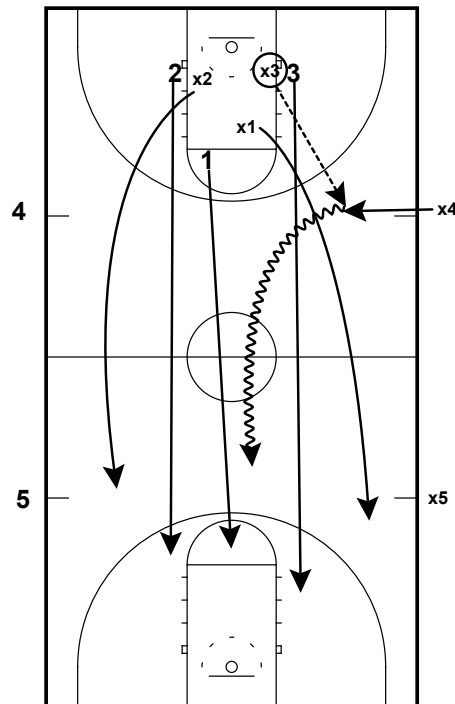
Split teams into 2, 3 on offense and 3 on defense. Remaining players on sidelines (one team on each), split into 2 lines on each end of the floor.

33 Continuous Drills



Play 3 v 3. Offense trying to score. When shot goes up, both teams are trying to get the rebound (miss or make).

33 Continuous Drills



Whoever rebounds the ball becomes the offense going the other way. The player who rebounds the ball (x3), outlets the ball to his team- the player in front of the line on the sideline steps on (x4). He takes the outlet, centers the ball, and pushes towards the other end. The other 5 players on the floor sprint to the other end. The player who rebounded the ball (x3) goes off and gets in line on the sideline.

The defensive players must sprint back, get matched, and guard. The offensive players run hard looking for early baskets.

Play for 5 minutes (or certain score).

Scoring: 1 point for the team that rebounds the ball.

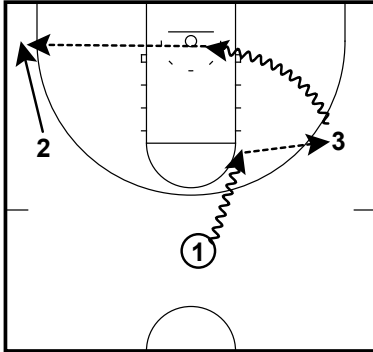
Options: Can add minus points for TO. Also, can choose to sub for players who have been on floor too long.

*Coach restarted clock when there was poor effort (mental or physical) or game got too sloppy.

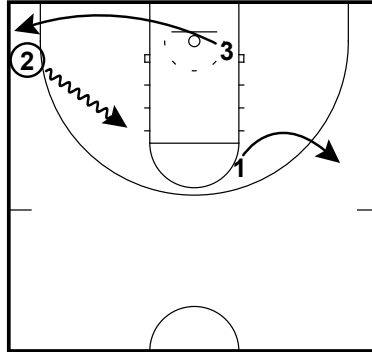
Blocker Mover Playbook

Blocker Mover Drills

Continuous Punch-Kick
Drills



Continuous Punch-Kick
Drills



Continuous punch-kick.

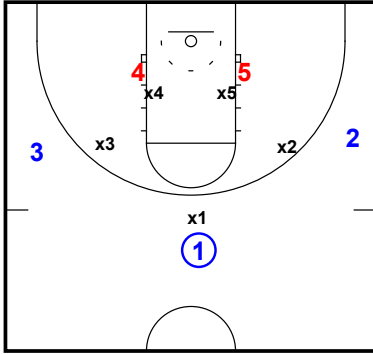
Go until coach says "shot".

Emphasize: 1. Spacing. 2. Ball movement.

Blocker Mover Playbook

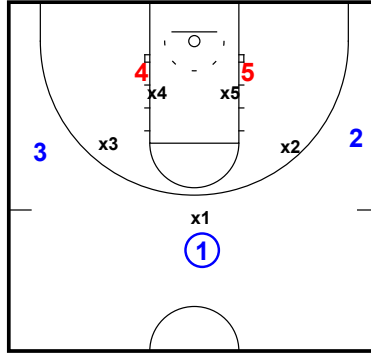
Blocker Mover Drills

5 v 5 Designated Shooter
Drills



A great way of working on the offense is to play 5 v 5 but put in game rules that forces the offense to focus on specific things you are attempting to achieve.

5 v 5 Designated Shooter
Drills



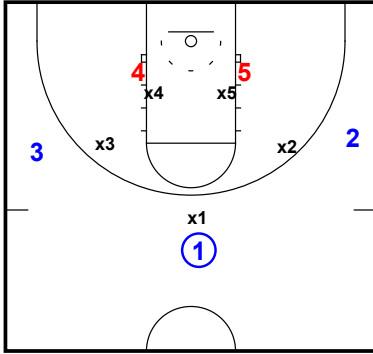
The offense runs offense and only a specific player can shoot the ball.

You can choose to tell the defense who that player is to increase the difficulty of the offense.

Blocker Mover Playbook

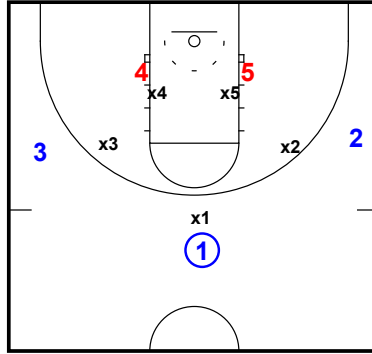
Blocker Mover Drills

5 v 5 Only Blockers Can Shoot
Drills



A great way of working on the offense is to play 5 v 5 but put in game rules that forces the offense to focus on specific things you are attempting to achieve.

5 v 5 Only Blockers Can Shoot
Drills



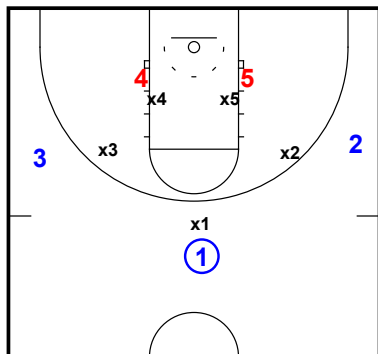
The offense runs offense and only the blockers (in red) can shoot the ball.

This game forces the blockers to become offensive threats rather than just screeners.

Blocker Mover Playbook

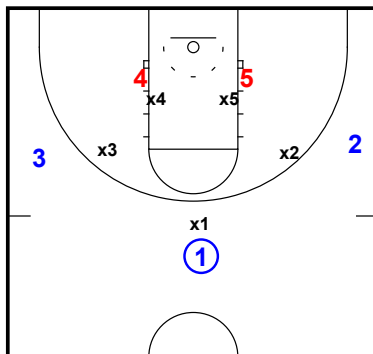
Blocker Mover Drills

5 v 5 Touches
Drills



A great way of working on the offense is to play 5 v 5 but put in game rules that forces the offense to focus on specific things you are attempting to achieve.

5 v 5 Touches
Drills



There are few variations you can use on this:

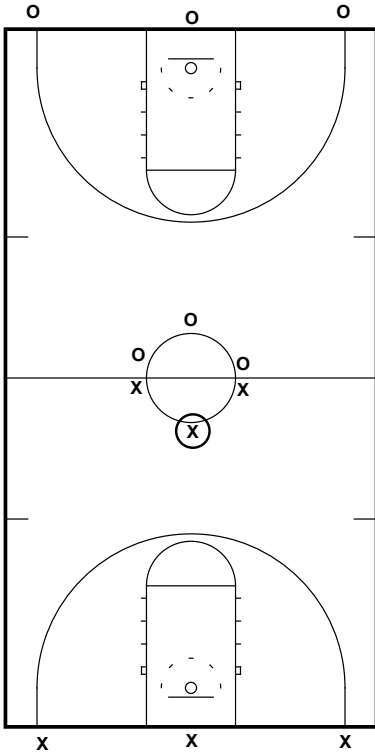
1. Certain number of passes before you can shoot
2. Everyone on offense must touch before shooting
3. Ball must touch paint before shot
4. Certain number of ball swings before shot

You can really tailor it to however you want to achieve a desired result.

Blocker Mover Playbook

Blocker Mover Drills

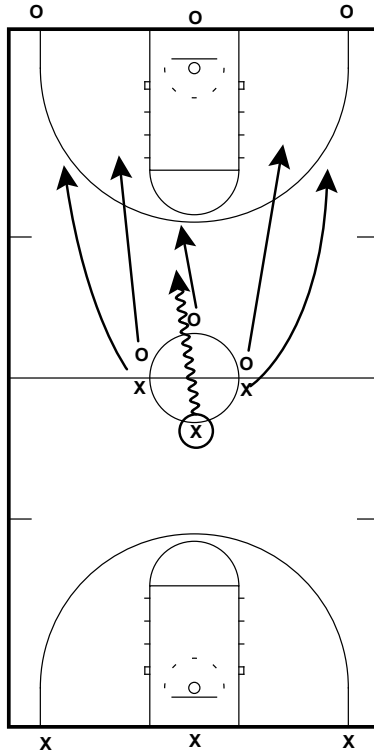
7 Minute Drill
Drills



3 vs 3 Full court- fast paced. Goal is to get shot as quickly as possible. Embrace chaos- run, run, run. Speeds up game and thought process. Works transition offense and defense.

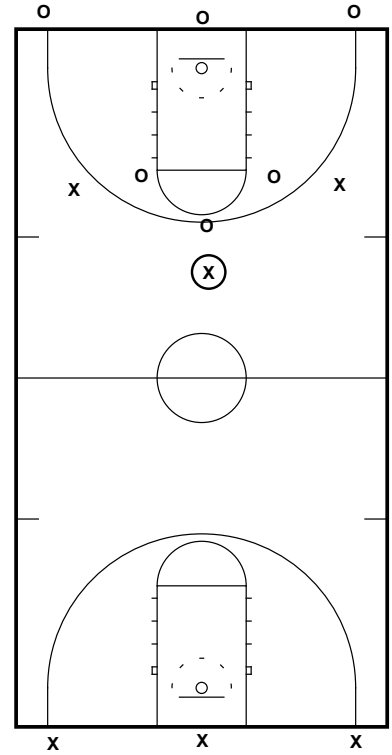
Possibly use short shot clock? BYU rules?

7 Minute Drill
Drills



Offense attacks. Plays 3 v 3 working for a quick shot.

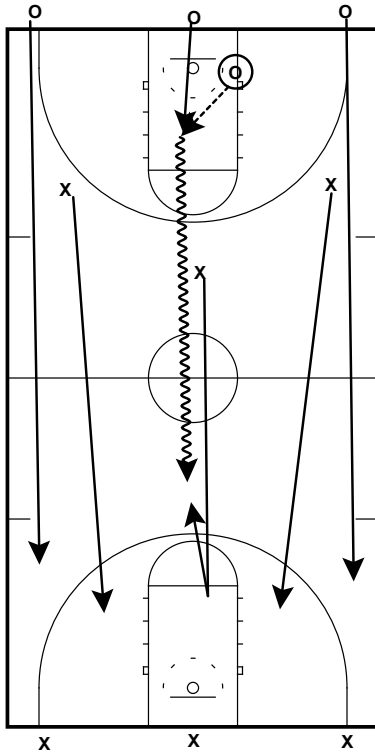
7 Minute Drill
Drills



Blocker Mover Playbook

Blocker Mover Drills

7 Minute Drill
Drills

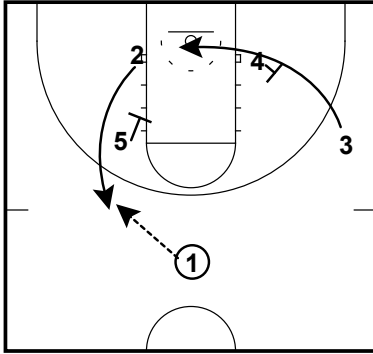


On made shot or defensive rebound, the offense (x) becomes the defense and sprints back on defense. The next 3 players (o) on the baseline step on and becomes new offense- take out of net on make or player who rebounded ball outlets to new player. New offense (o) pushes ball to other end.

Blocker Mover Playbook

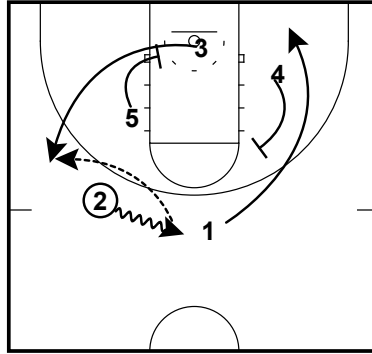
Blocker Mover Half Court Set Plays

Wheel Basic Motion
Half Court Man Offense- Sets



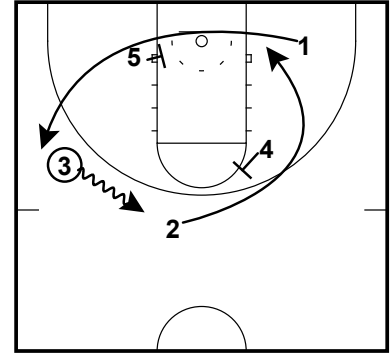
5 pins for 2. 4 back screens for 3. 2 pops for catch. 1 passes to 2.

Wheel Basic Motion
Half Court Man Offense- Sets



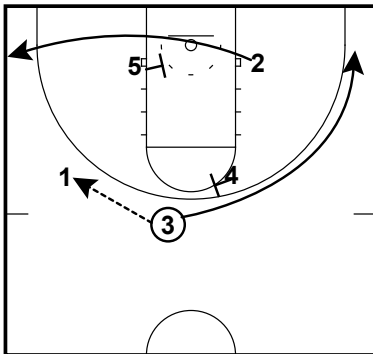
2 dribbles up. 4 flares for 1. 5 pins for 3. 2 passes to 3.

Wheel Basic Motion
Half Court Man Offense- Sets



3 dribbles up. 4 flares for 2. 5 pins for 1. 3 passes to 1.

Wheel Basic Motion
Half Court Man Offense- Sets

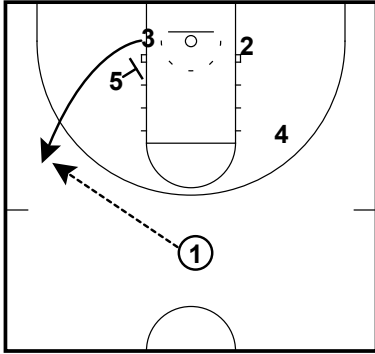


3 passes to 1. 5 pins for 2. 4 flares for 3.

Blocker Mover Playbook

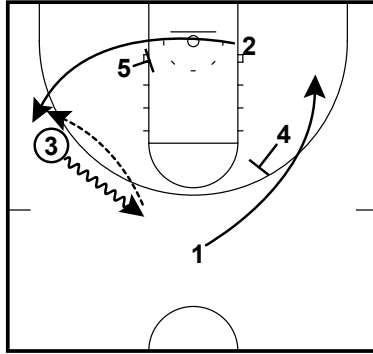
Blocker Mover Half Court Set Plays

Wheel Blur Iso
Half Court Man Offense- Sets



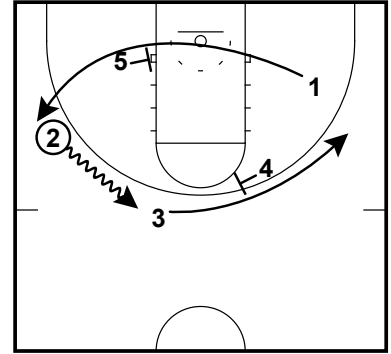
5 pins for 3. 1 passes to 3.

Wheel Blur Iso
Half Court Man Offense- Sets



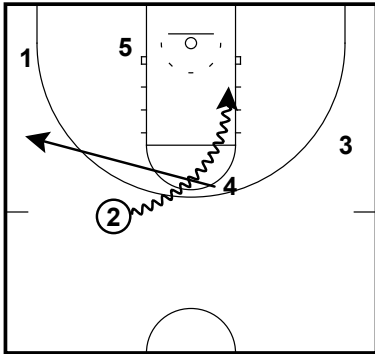
3 dribbles up. 4 flares 1. 5 pins for 2. 3 passes to 2.

Wheel Blur Iso
Half Court Man Offense- Sets



2 dribbles up. 5 pins for 1. 4 flares for 3.

Wheel Blur Iso
Half Court Man Offense- Sets

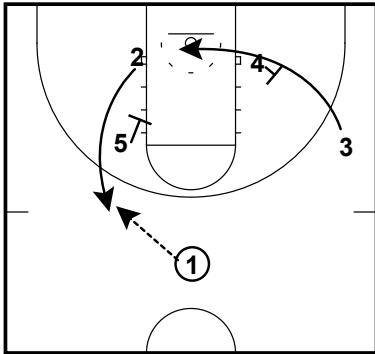


4 blur cuts. 2 drives off back off blur cut.

Blocker Mover Playbook

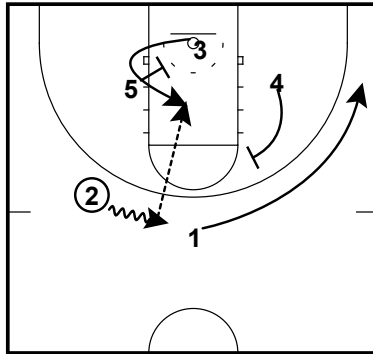
Blocker Mover Half Court Set Plays

Wheel Curl
Half Court Man Offense- Sets



5 pins for 2. 4 back screens for 3. 2 pops for catch. 1 passes to 2.

Wheel Curl
Half Court Man Offense- Sets

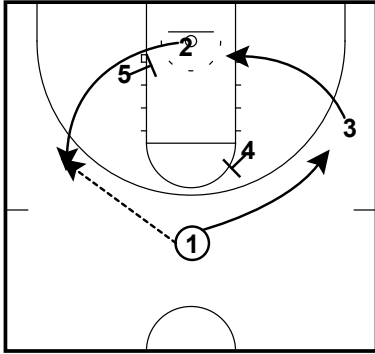


2 dribbles up and centers ball. 4 flares for 1. 5 pins for 3. 3 curls off 5 screen.

Blocker Mover Playbook

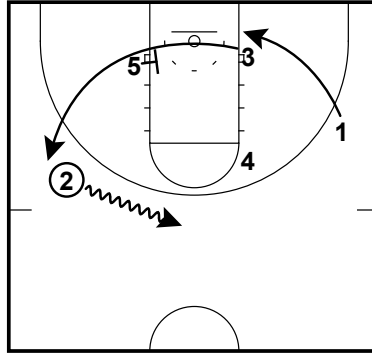
Blocker Mover Half Court Set Plays

Wheel High Pick and Pop
Half Court Man Offense- Sets



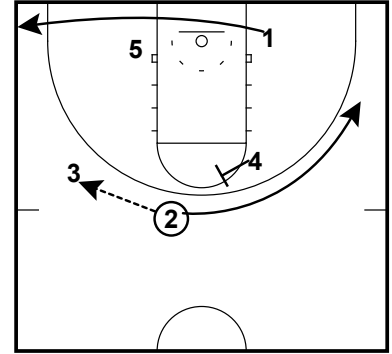
5 pins for 2. 1 passes to 2. 4 flares for 1.

Wheel High Pick and Pop
Half Court Man Offense- Sets



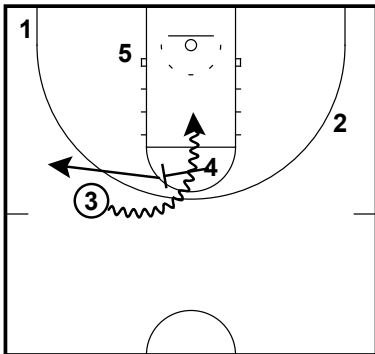
2 dribbles up. 5 pins for 3. 1 continues cut to basket.

Wheel High Pick and Pop
Half Court Man Offense- Sets



2 passes to 3. 1 cuts to corner. 4 flares for 2.

Wheel High Pick and Pop
Half Court Man Offense- Sets

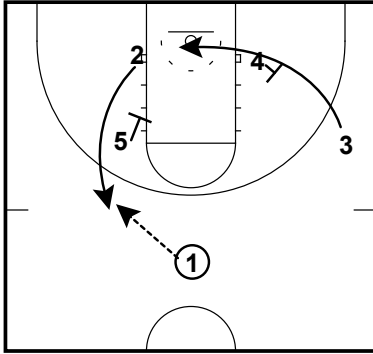


4 sets high pick and pop for 3.

Blocker Mover Playbook

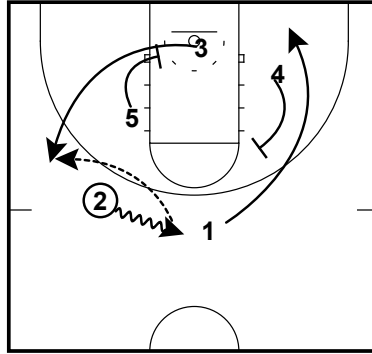
Blocker Mover Half Court Set Plays

Wheel Wing PNR
Half Court Man Offense- Sets



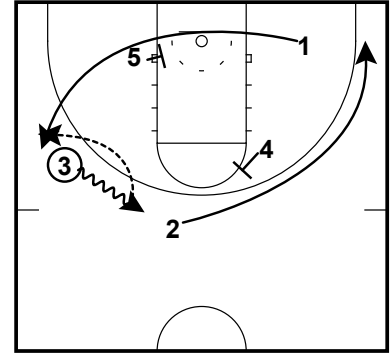
5 pins for 2. 4 back screens for 3. 2 pops for catch. 1 passes to 2.

Wheel Wing PNR
Half Court Man Offense- Sets



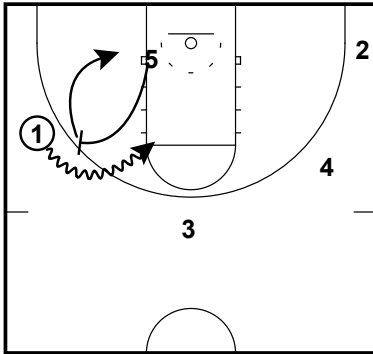
2 dribbles up. 4 flares for 1. 5 pins for 3. 2 passes to 3.

Wheel Wing PNR
Half Court Man Offense- Sets



3 dribbles up. 4 flares for 2. 5 pins for 1. 3 passes to 1.

Wheel Wing PNR
Half Court Man Offense- Sets

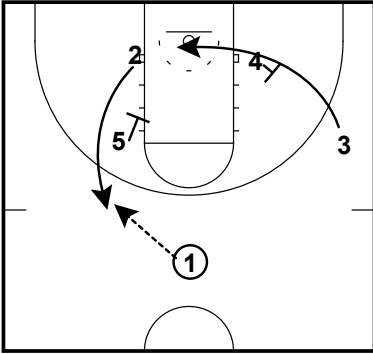


3, 4, and 2 space on weak side. 5 sprints out and sets wing PNR for 1.

Blocker Mover Playbook

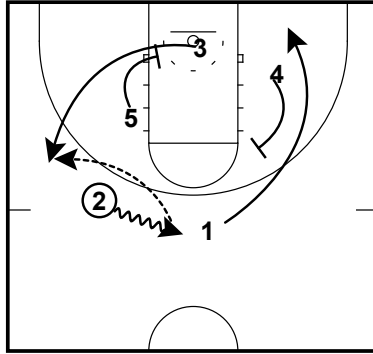
Blocker Mover Half Court Set Plays

Wheel Wing PNR (corner fill)
Half Court Man Offense- Sets



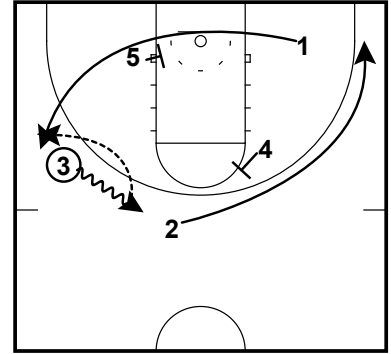
5 pins for 2. 4 back screens for 3. 2 pops for catch. 1 passes to 2.

Wheel Wing PNR (corner fill)
Half Court Man Offense- Sets



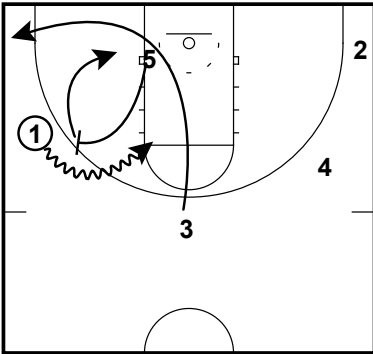
2 dribbles up. 4 flares for 1. 5 pins for 3. 2 passes to 3.

Wheel Wing PNR (corner fill)
Half Court Man Offense- Sets



3 dribbles up. 4 flares for 2. 5 pins for 1. 3 passes to 1.

Wheel Wing PNR (corner fill)
Half Court Man Offense- Sets

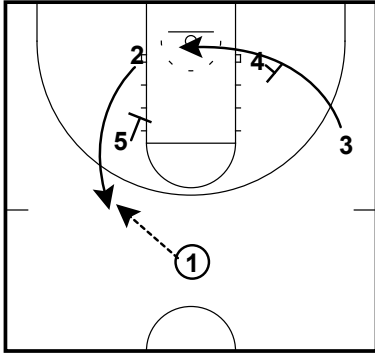


After passing, 3 dives and cuts to ball side corner. 2 and 4 space on weak side. 5 sprints out and sets wing PNR for 1.

Blocker Mover Playbook

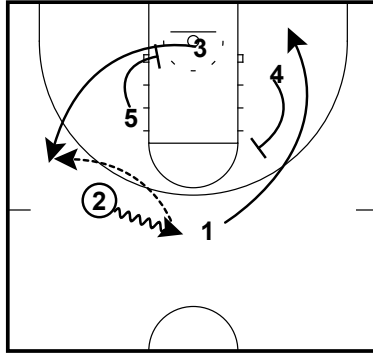
Blocker Mover Half Court Set Plays

Wheel Wing DHO
Half Court Man Offense- Sets



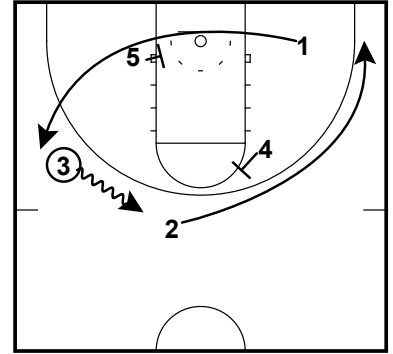
5 pins for 2. 4 back screens for 3. 2 pops for catch. 1 passes to 2.

Wheel Wing DHO
Half Court Man Offense- Sets



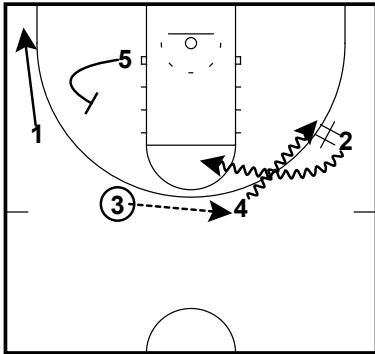
2 dribbles up. 4 flares for 1. 5 pins for 3. 2 passes to 3.

Wheel Wing DHO
Half Court Man Offense- Sets



3 dribbles up. 4 flares for 2. 5 pins for 1.

Wheel Wing DHO
Half Court Man Offense- Sets

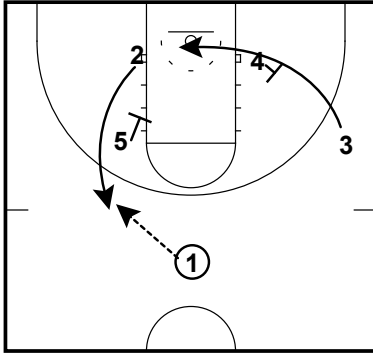


3 passes to 4. 4 DHO 2. 5 flares for 1.

Blocker Mover Playbook

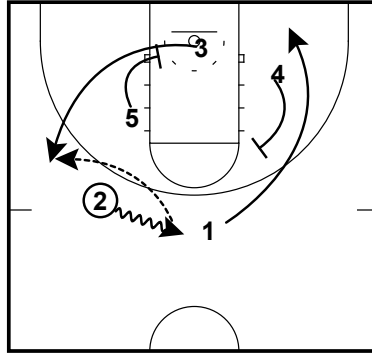
Blocker Mover Half Court Set Plays

Wheel Lane Blocker Iso
Half Court Man Offense- Sets



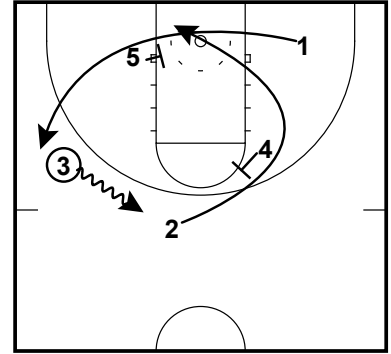
5 pins for 2. 4 back screens for 3. 2 pops for catch. 1 passes to 2.

Wheel Lane Blocker Iso
Half Court Man Offense- Sets



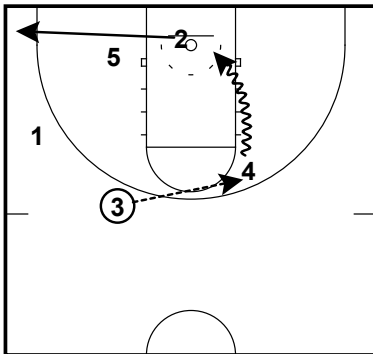
2 dribbles up. 4 flares for 1. 5 pins for 3. 2 passes to 3.

Wheel Lane Blocker Iso
Half Court Man Offense- Sets



3 dribbles up. 4 flares for 2. 5 pins for 1. 2 curls the screen to the rim.

Wheel Lane Blocker Iso
Half Court Man Offense- Sets

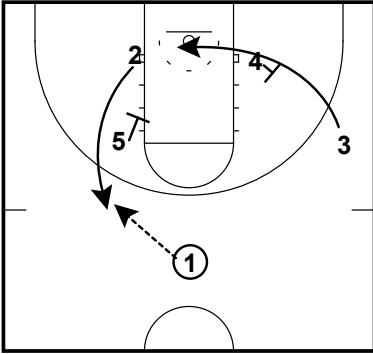


2 continues cut to corner. 3 passes to 4. 4 iso drive.

Blocker Mover Playbook

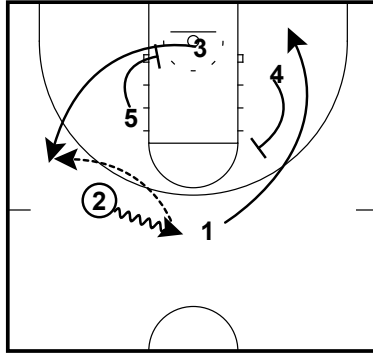
Blocker Mover Half Court Set Plays

Wheel Lane Blocker Iso
Half Court Man Offense- Sets



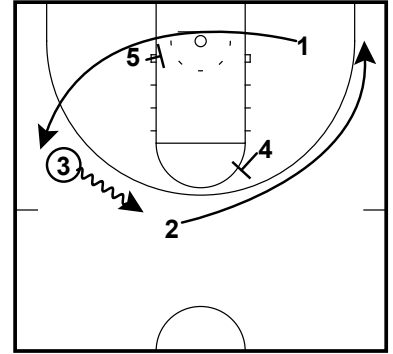
5 pins for 2. 4 back screens for 3. 2 pops for catch. 1 passes to 2.

Wheel Lane Blocker Iso
Half Court Man Offense- Sets



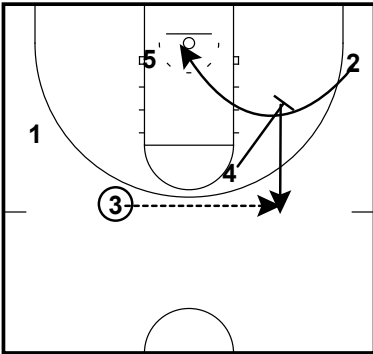
2 dribbles up. 4 flares for 1. 5 pins for 3. 2 passes to 3.

Wheel Lane Blocker Iso
Half Court Man Offense- Sets



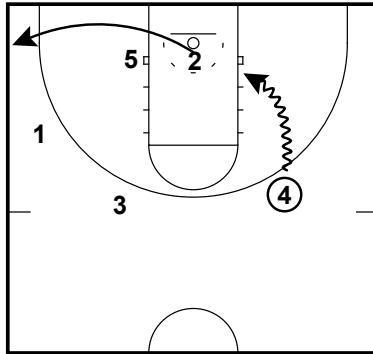
3 dribbles up. 4 flares for 2. 5 pins for 1.

Wheel Lane Blocker Iso
Half Court Man Offense- Sets



4 re-screens for 2. 2 curls the screen to the rim. 4 pops back. 3 passes to 4.

Wheel Lane Blocker Iso
Half Court Man Offense- Sets

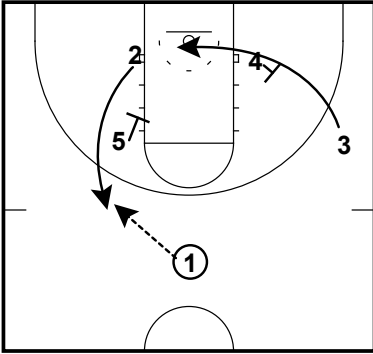


2 continues cut to corner. 4 iso drive.

Blocker Mover Playbook

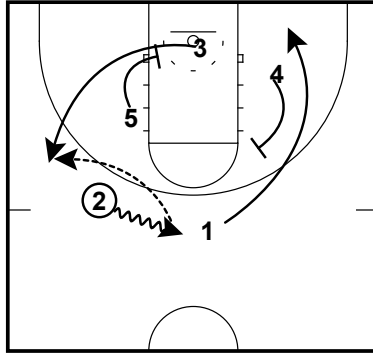
Blocker Mover Half Court Set Plays

Wheel Double PNR
Half Court Man Offense- Sets



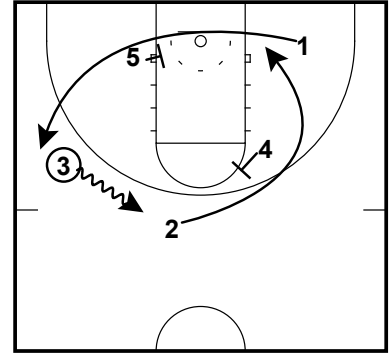
5 pins for 2. 4 back screens for 3. 2 pops for catch. 1 passes to 2.

Wheel Double PNR
Half Court Man Offense- Sets



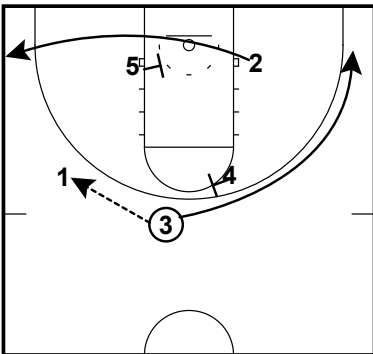
2 dribbles up. 4 flares for 1. 5 pins for 3. 2 passes to 3.

Wheel Double PNR
Half Court Man Offense- Sets



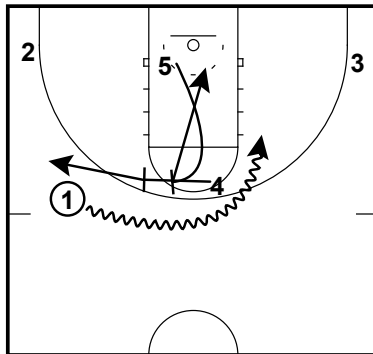
3 dribbles up. 4 flares for 2. 5 pins for 1. 3 passes to 1.

Wheel Double PNR
Half Court Man Offense- Sets



3 passes to 1. 5 pins for 2. 4 flares for 3.

Wheel Double PNR
Half Court Man Offense- Sets

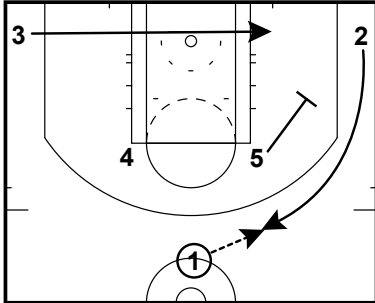


4 and 5 set double ball screen for 1. 4 pops and 5 rolls.

Blocker Mover Playbook

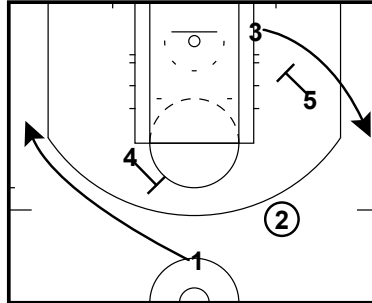
Blocker Mover Half Court Set Plays

Fist Motion Flare
Half Court Man Offense- Sets



5 sets wide pin down for 2. 3 cuts underneath along baseline. 1 passes to 2.

Fist Motion Flare
Half Court Man Offense- Sets

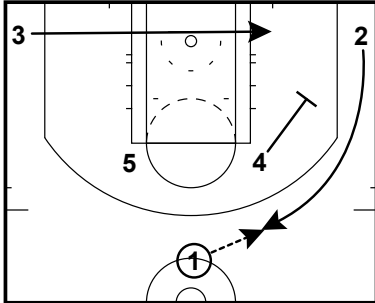


4 flares for 1. 5 sets baseline pin for 3.

Blocker Mover Playbook

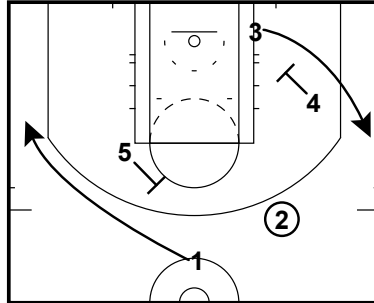
Blocker Mover Half Court Set Plays

Fist Motion Flare PNR
Half Court Man Offense- Sets



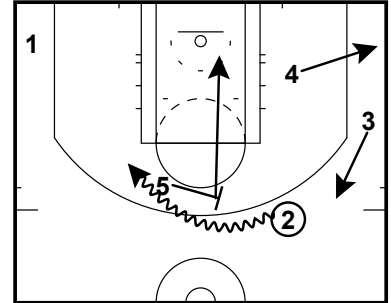
4 sets wide pin down for 2. 3 cuts underneath along baseline. 1 passes to 2.

Fist Motion Flare PNR
Half Court Man Offense- Sets



5 flares for 1. 4 sets baseline pin for 3.

Fist Motion Flare PNR
Half Court Man Offense- Sets

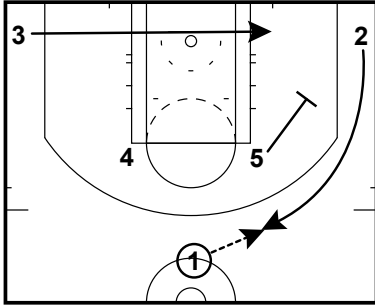


4 spaces to corner. 3 lifts. 5 sets high PNR for 2.

Blocker Mover Playbook

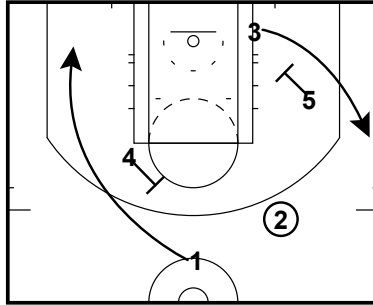
Blocker Mover Half Court Set Plays

Fist Motion Ricky
Half Court Man Offense- Sets



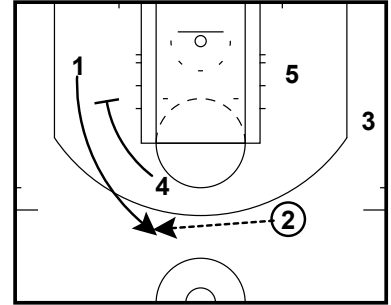
5 sets wide pin down for 2. 3 cuts underneath along baseline. 1 passes to 2.

Fist Motion Ricky
Half Court Man Offense- Sets



4 flares for 1. 5 sets baseline pin for 3.

Fist Motion Ricky
Half Court Man Offense- Sets

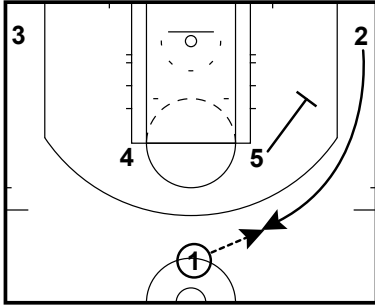


4 re-screens for 1.

Blocker Mover Playbook

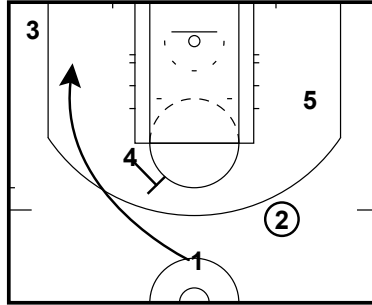
Blocker Mover Half Court Set Plays

Fist Motion Stagger
Half Court Man Offense- Sets



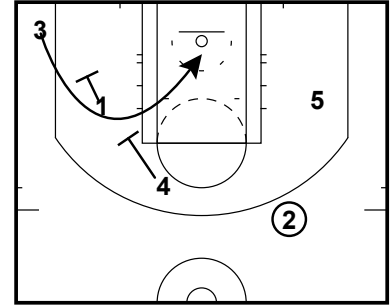
5 sets wide pin down for 2. 1 passes to 2.

Fist Motion Stagger
Half Court Man Offense- Sets



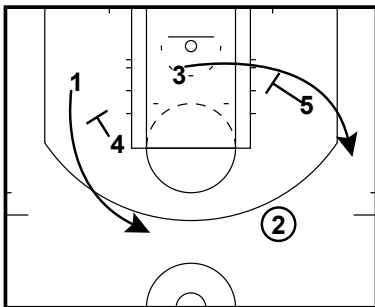
4 flares for 1. 5 sets baseline pin for 3.

Fist Motion Stagger
Half Court Man Offense- Sets



1 and 4 stagger away for 3. 3 curls off first screen.

Fist Motion Stagger
Half Court Man Offense- Sets

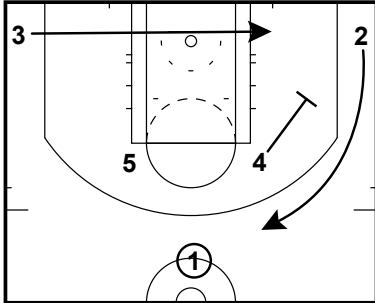


4 pins for 1. 5 pins for 3.

Blocker Mover Playbook

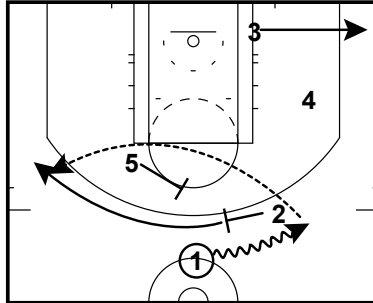
Blocker Mover Half Court Set Plays

Fist Motion Ray
Half Court Man Offense- Sets



4 sets wide pin down for 2. 3 cuts underneath along baseline. 1 passes to 2.

Fist Motion Ray
Half Court Man Offense- Sets

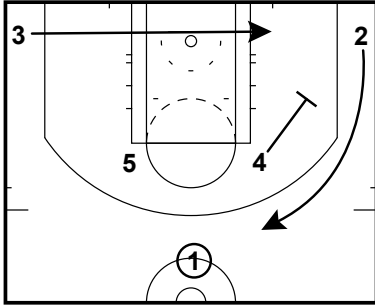


2 runs into ball screen for 1. 5 sets flare for 2.

Blocker Mover Playbook

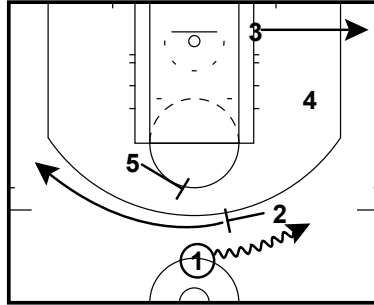
Blocker Mover Half Court Set Plays

Fist Motion Ray PNR
Half Court Man Offense- Sets



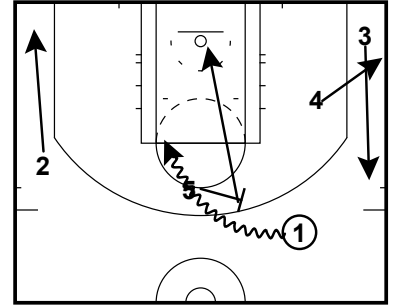
4 sets wide pin down for 2. 3 cuts underneath along baseline. 1 passes to 2.

Fist Motion Ray PNR
Half Court Man Offense- Sets



2 runs into ball screen for 1. 5 sets flare for 2.

Fist Motion Ray PNR
Half Court Man Offense- Sets

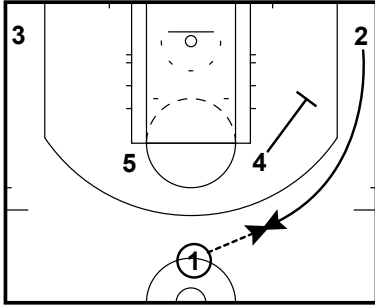


3 lifts up. 2 and 4 space to corners. 5 sets high PNR for 1.

Blocker Mover Playbook

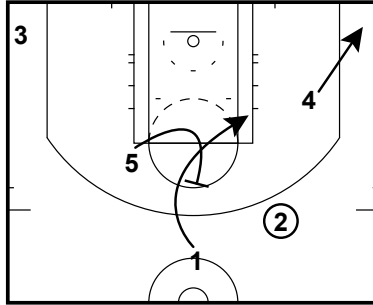
Blocker Mover Half Court Set Plays

Fist Motion Slash
Half Court Man Offense- Sets



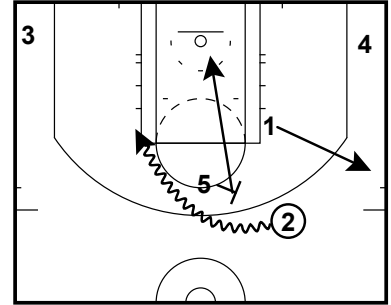
4 sets wide pin down for 2. 1 passes to 2.

Fist Motion Slash
Half Court Man Offense- Sets



5 back screens for 1. 1 cuts off to elbow. 4 spaces to corner.

Fist Motion Slash
Half Court Man Offense- Sets

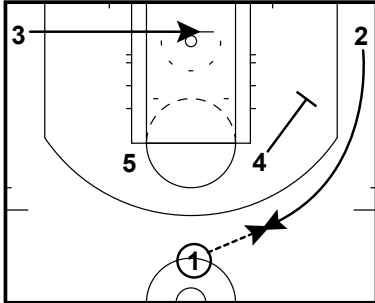


5 sets high PNR for 2. 1 replaces up.

Blocker Mover Playbook

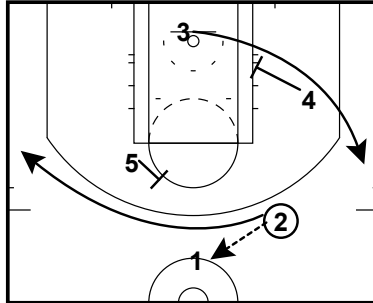
Blocker Mover Half Court Set Plays

Fist Motion Flip
Half Court Man Offense- Sets



4 sets wide pin down for 2. 1 passes to 2. 3 runs the baseline.

Fist Motion Flip
Half Court Man Offense- Sets

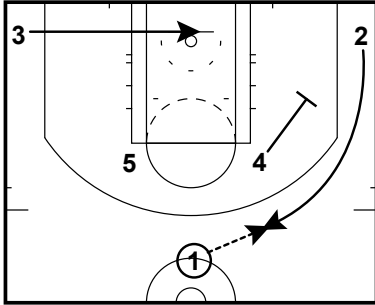


2 flips ball back to 1 and continues cut off 5 flare. 4 pins for 3.

Blocker Mover Playbook

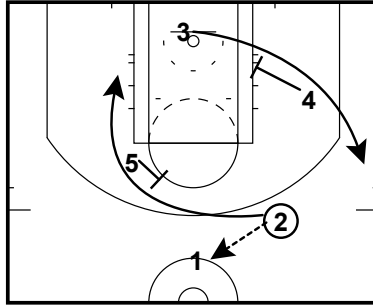
Blocker Mover Half Court Set Plays

Fist Motion Flip Post
Half Court Man Offense- Sets



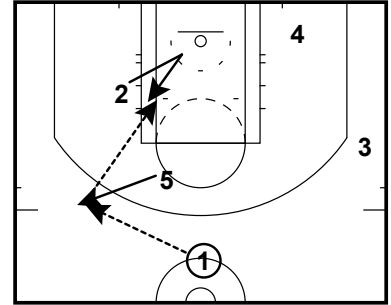
4 sets wide pin down for 2. 1 passes to 2. 3 runs the baseline.

Fist Motion Flip Post
Half Court Man Offense- Sets



2 flips ball back to 1 and curls off 5 flare. 4 pins for 3.

Fist Motion Flip Post
Half Court Man Offense- Sets

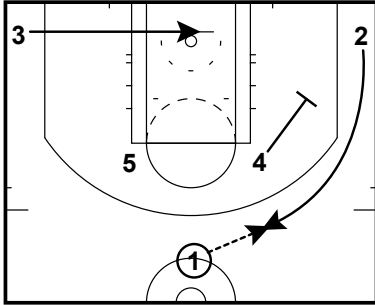


5 pops out. 2 posts up. 1 passes to 5. 5 passes to 2.

Blocker Mover Playbook

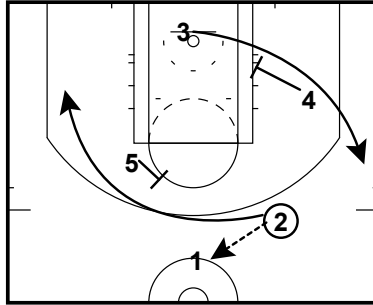
Blocker Mover Half Court Set Plays

Fist Motion Flip Ricky
Half Court Man Offense- Sets



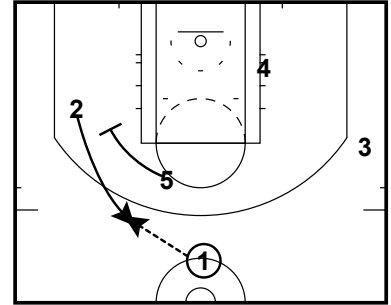
4 sets wide pin down for 2. 1 passes to 2. 3 runs the baseline.

Fist Motion Flip Ricky
Half Court Man Offense- Sets



2 flips ball back to 1 and continues cut off 5 flare.
4 pins for 3.

Fist Motion Flip Ricky
Half Court Man Offense- Sets

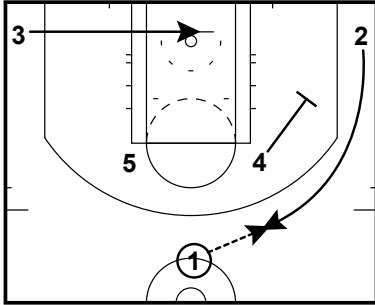


5 re-screens for 2.

Blocker Mover Playbook

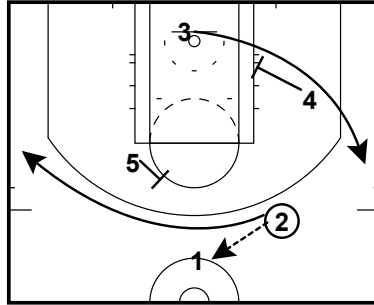
Blocker Mover Half Court Set Plays

Fist Motion Flip PNR
Half Court Man Offense- Sets



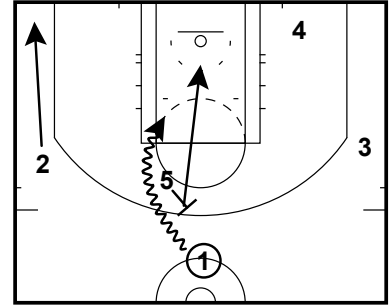
4 sets wide pin down for 2. 1 passes to 2. 3 runs the baseline.

Fist Motion Flip PNR
Half Court Man Offense- Sets



2 flips ball back to 1 and continues cut off 5 flare. 4 pins for 3.

Fist Motion Flip PNR
Half Court Man Offense- Sets

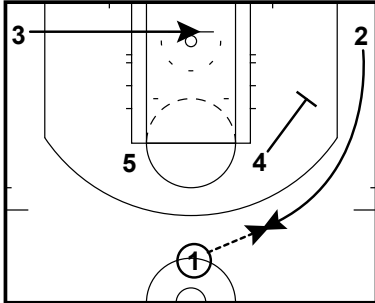


5 sets high PNR for 1.

Blocker Mover Playbook

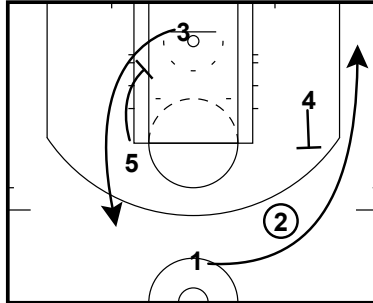
Blocker Mover Half Court Set Plays

Fist Motion Fake Flip 45
Half Court Man Offense- Sets



4 sets wide pin down for 2. 1 passes to 2. 3 runs the baseline.

Fist Motion Fake Flip 45
Half Court Man Offense- Sets

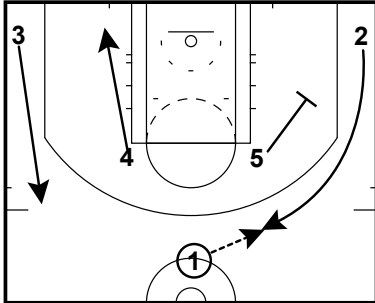


2 fakes hand off to 1. 1 continues cut off 4 flare. 5 pins down for 3.

Blocker Mover Playbook

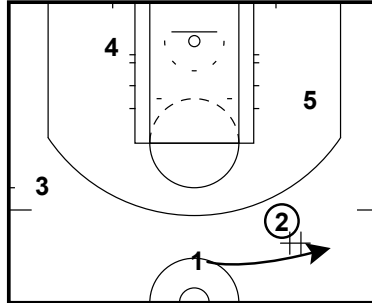
Blocker Mover Half Court Set Plays

Fist Motion Flip Step Hammer
Half Court Man Offense- Sets



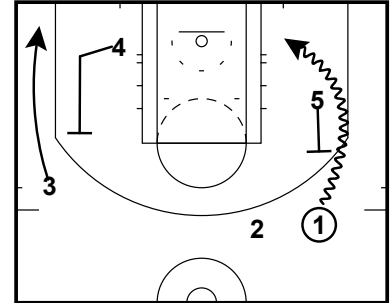
5 sets wide pin down for 2. 1 passes to 2. 3 lifts.
4 dives to short corner.

Fist Motion Flip Step Hammer
Half Court Man Offense- Sets



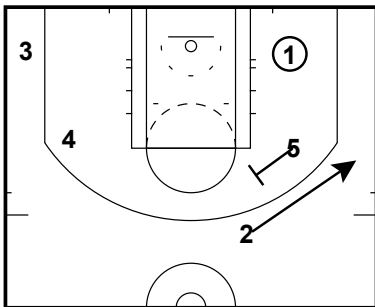
2 hand off to 1.

Fist Motion Flip Step Hammer
Half Court Man Offense- Sets



5 sets step up BS for 1. 4 sets hammer screen
for 3.

Fist Motion Flip Step Hammer
Half Court Man Offense- Sets

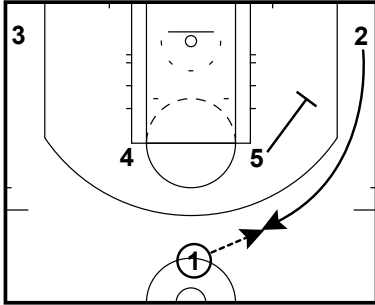


5 screens in for 2.

Blocker Mover Playbook

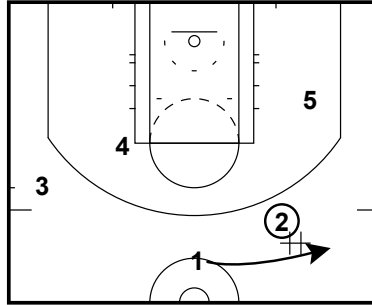
Blocker Mover Half Court Set Plays

Fist Motion Flip Step RR
Half Court Man Offense- Sets



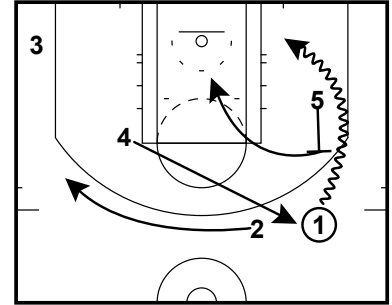
5 sets wide pin down for 2. 1 passes to 2.

Fist Motion Flip Step RR
Half Court Man Offense- Sets



2 hand off to 1.

Fist Motion Flip Step RR
Half Court Man Offense- Sets

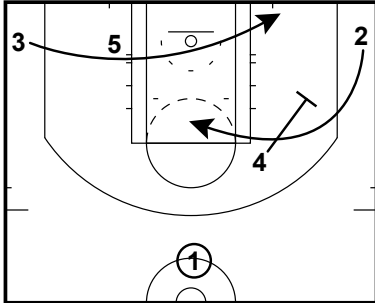


5 sets step up PNR for 1. 2 spaces to opposite wing. 4 replaces behind screen.

Blocker Mover Playbook

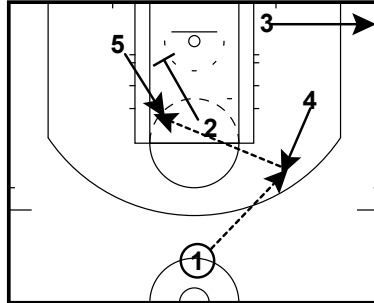
Blocker Mover Half Court Set Plays

Fist Motion Amare
Half Court Man Offense- Sets



4 sets wide pin down for 2. 2 curls the screen. 3 cuts over the top of 5.

Fist Motion Amare
Half Court Man Offense- Sets

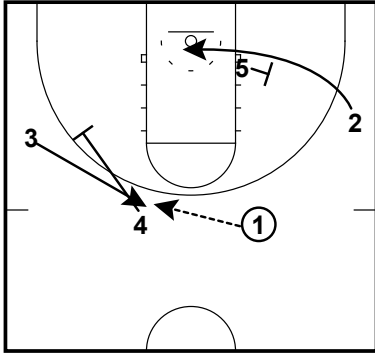


4 pops back for a catch from 1. 2 screens down for 5.

Blocker Mover Playbook

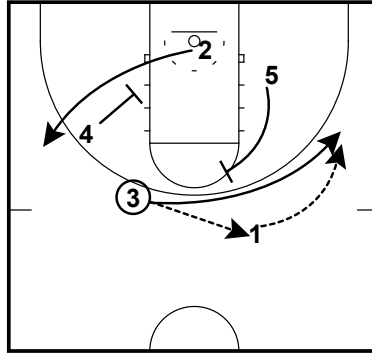
Blocker Mover Half Court Set Plays

Circle
Half Court Man Offense- Sets



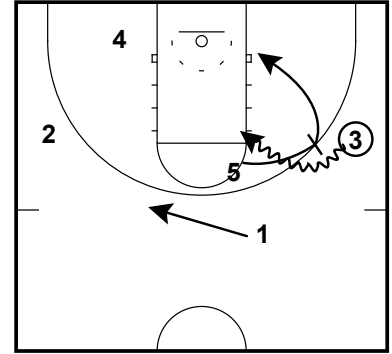
4 pins for 3. 1 passes to 3. 5 flex screens for 2.

Circle
Half Court Man Offense- Sets



3 flips back to 1 and continues cut of flare screen from 5. 4 pins down for 2. 1 passes to 3 off of flare.

Circle
Half Court Man Offense- Sets

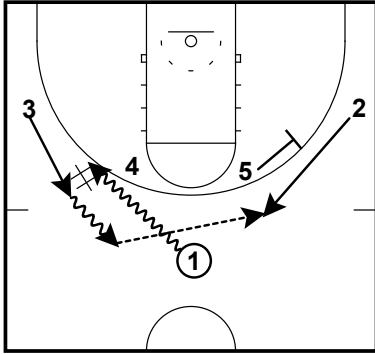


5 sets wing PNR for 3.

Blocker Mover Playbook

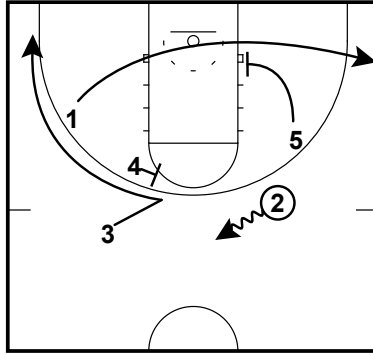
Blocker Mover Half Court Set Plays

Circle High BS
Half Court Man Offense- Sets



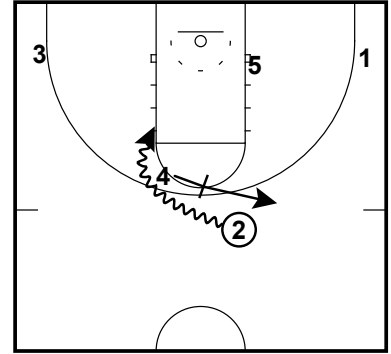
1 DHO with 3. 5 pins down for 2. 3 passes to 2.

Circle High BS
Half Court Man Offense- Sets



2 dribble up. 1 curls cut to under rim and comes off pin down from 5. 4 sets flare screen for 3.

Circle High BS
Half Court Man Offense- Sets

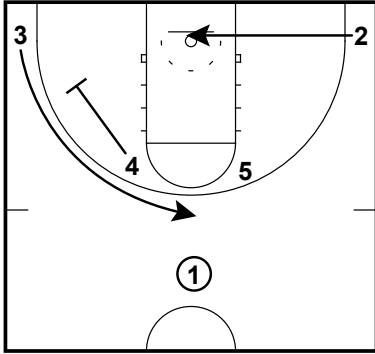


After setting flare screen, 4 steps up and sets high ballscreen for 2 and pops.

Blocker Mover Playbook

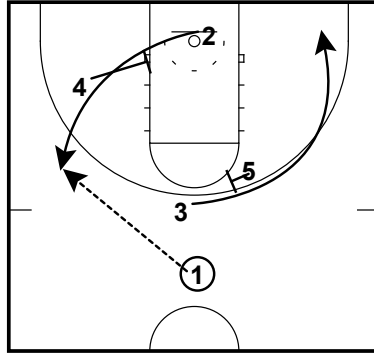
Blocker Mover Half Court Set Plays

Circle Sprint BS
Half Court Man Offense- Sets



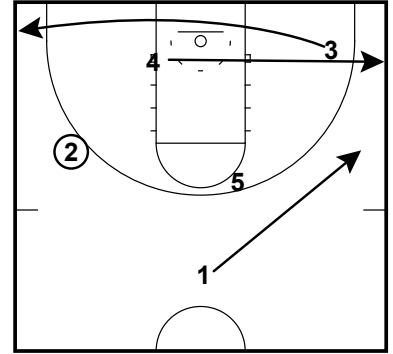
4 pins down for 3. 2 cuts underneath rim.

Circle Sprint BS
Half Court Man Offense- Sets

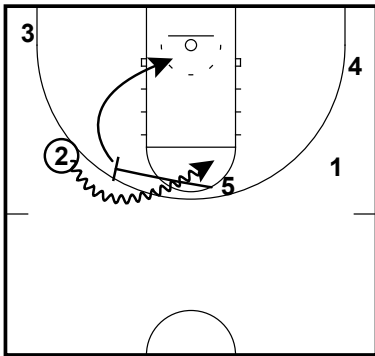


3 continues cut over top and receives flare screen from 5. 4 pins down for 2. 1 passes to 2.

Circle Sprint BS
Half Court Man Offense- Sets



Circle Sprint BS
Half Court Man Offense- Sets

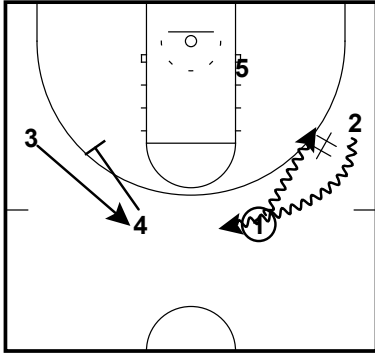


5 sprints into wing ball screen for 2.

Blocker Mover Playbook

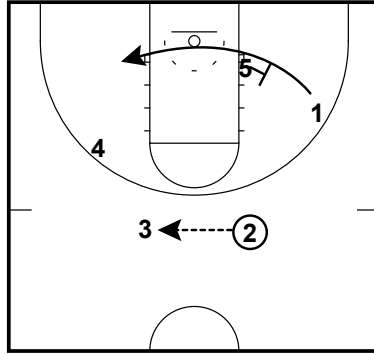
Blocker Mover Half Court Set Plays

Circle Wing BS Stagger
Half Court Man Offense- Sets



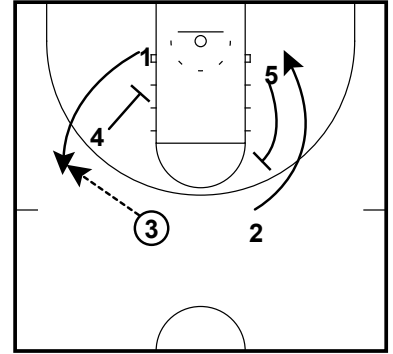
1 DHO 2. 4 pins down for 3.

Circle Wing BS Stagger
Half Court Man Offense- Sets



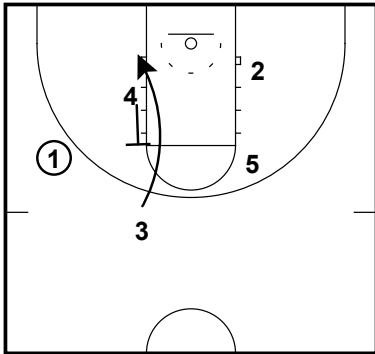
2 passes to 3. 5 sets flex screen for 1.

Circle Wing BS Stagger
Half Court Man Offense- Sets



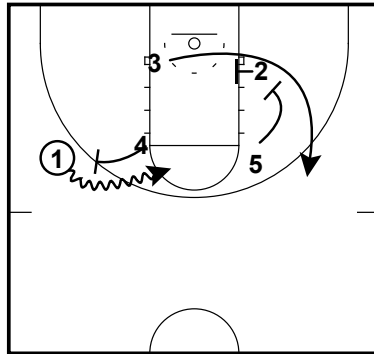
4 pins down for 1. 5 flares for 2.

Circle Wing BS Stagger
Half Court Man Offense- Sets



4 UCLA screens for 3.

Circle Wing BS Stagger
Half Court Man Offense- Sets

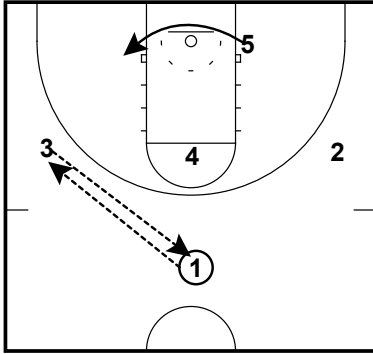


4 wing ball screens for 1. 2 and 5 set stagger for 3.

Blocker Mover Playbook

Blocker Mover Half Court Zone Offense

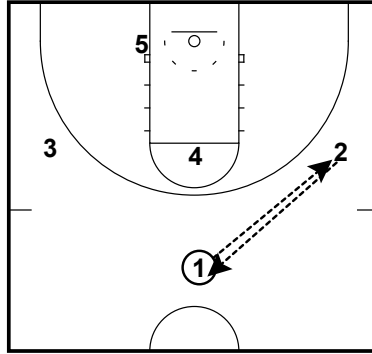
1-3-1 Motion
Half Court Zone Offense- Sets



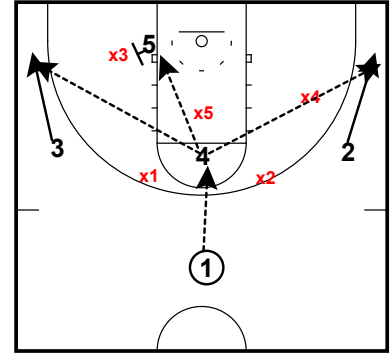
1-3-1 set-up.

Ball is moved around perimeter. 4 stays in high post looking for hole in middle of the zone. 5 is free to go block to block or short corner to short corner.

1-3-1 Motion
Half Court Zone Offense- Sets



1-3-1 Motion
Half Court Zone Offense- Sets



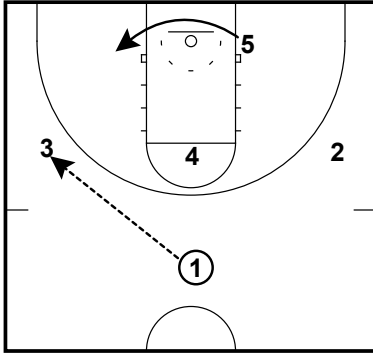
On pass to the high post...

- 4 will look for shot
- 5 will seal low wing in zone for hi-lo pass
- the wings will sink lower separating from top guards

Blocker Mover Playbook

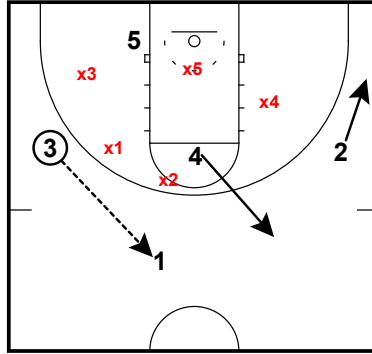
Blocker Mover Half Court Zone Offense

1-3-1 Pop
Half Court Zone Offense- Sets



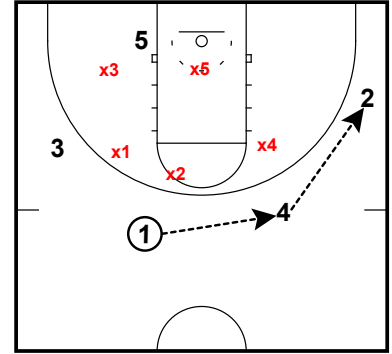
1 passes to 3. 5 goes short corner to short corner.

1-3-1 Pop
Half Court Zone Offense- Sets



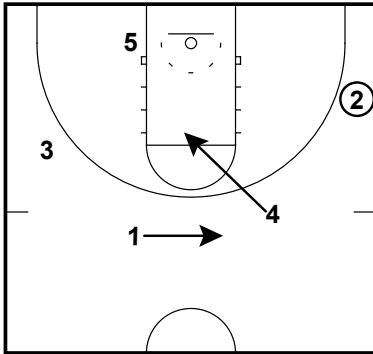
4 pops out of high post creating a 4 around 1.

1-3-1 Pop
Half Court Zone Offense- Sets



By 4 stepping out, he has distorted the zone and created a 2 v 1 situation on the back side.

1-3-1 Pop
Half Court Zone Offense- Sets

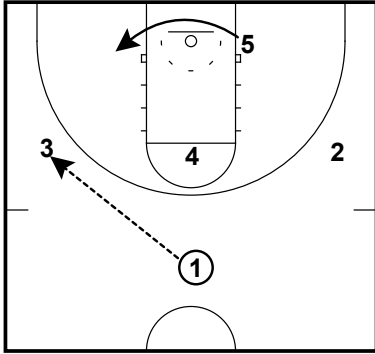


If there is no shot, 4 can remain on perimeter or dive back into the high post to form the 1-3-1 look again.

Blocker Mover Playbook

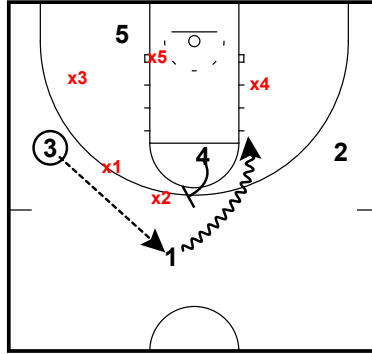
Blocker Mover Half Court Zone Offense

1-3-1 Step Up BS
Half Court Zone Offense- Sets



1 passes to 3. 5 goes short corner to short corner.

1-3-1 Step Up BS
Half Court Zone Offense- Sets

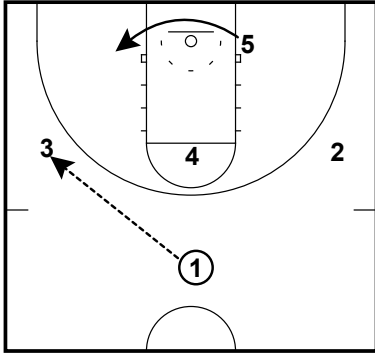


3 passes to 1. On air time of pass, 4 steps up to set high ball screen for 1.

Blocker Mover Playbook

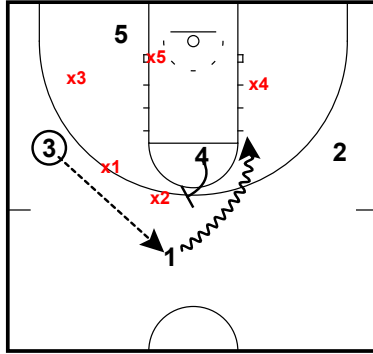
Blocker Mover Half Court Zone Offense

1-3-1 Step Up BS
Half Court Zone Offense- Sets



1 passes to 3. 5 goes short corner to short corner.

1-3-1 Step Up BS
Half Court Zone Offense- Sets

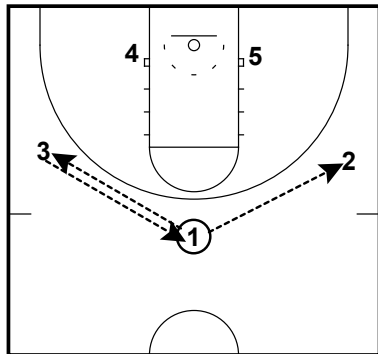


3 passes to 1. On air time of pass, 4 steps up to set high ball screen for 1.

Blocker Mover Playbook

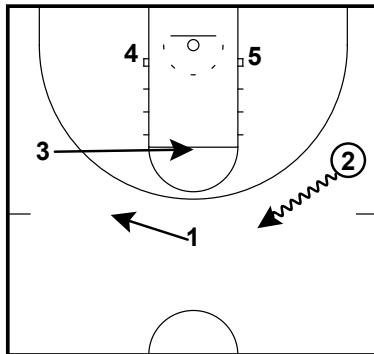
Blocker Mover Half Court Zone Offense

3-2 Flash (2-1-2)
Half Court Zone Offense- Sets



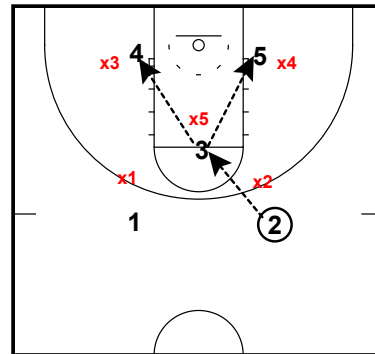
Start in 3-2 alignment. Ball moves around perimeter.

3-2 Flash (2-1-2)
Half Court Zone Offense- Sets



One wing will flash middle. The ball will be dribbled up creating a 2-1-2 look.

3-2 Flash (2-1-2)
Half Court Zone Offense- Sets



When the ball touches the high post...

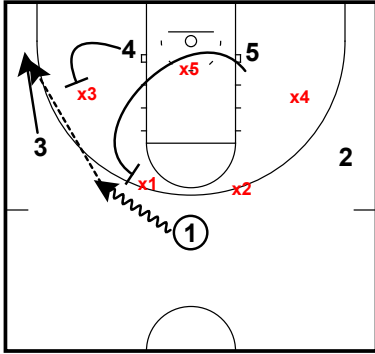
-3 will look for shot if 5 does not step up
-4 and 5 will seal wings in the zone looking for hi-lo pass from 3

If the high post is not open, he will step out to perimeter and original 3-2 set is formed.

Blocker Mover Playbook

Blocker Mover Half Court Zone Offense

Ball Screen Flare
Half Court Zone Offense- Sets

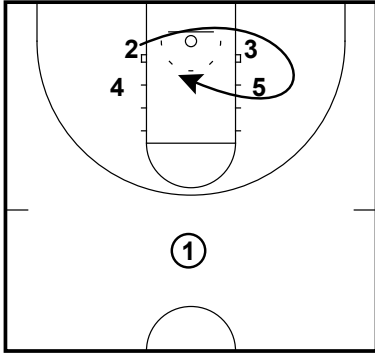


5 loops up and sets high ball screen on x1. As 1 dribbles off, 4 sets flare screen on x3.

Blocker Mover Playbook

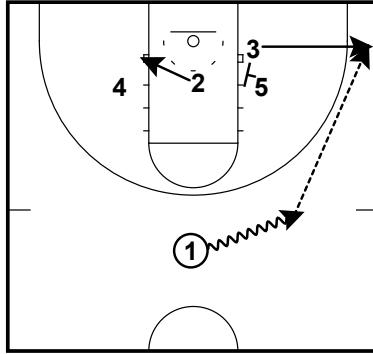
Blocker Mover Half Court Zone Offense

Ball Screen Pin In
Half Court Zone Offense- Sets



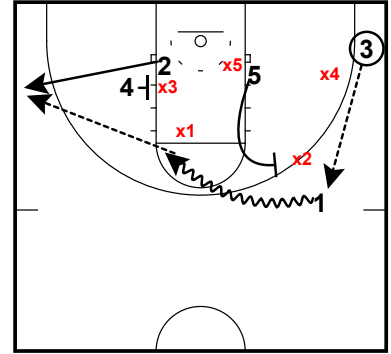
Stack formation. 2 curls off 3 and 5.

Ball Screen Pin In
Half Court Zone Offense- Sets



5 pins in for 3. 1 passes to 3 for corner shot.

Ball Screen Pin In
Half Court Zone Offense- Sets

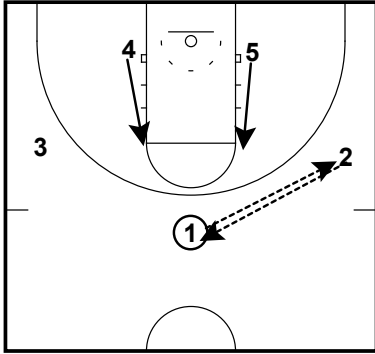


If no shot, 3 passes back to 1. 5 sprints up and sets high ball screen for 1. 4 pins low man of zone for 2.

Blocker Mover Playbook

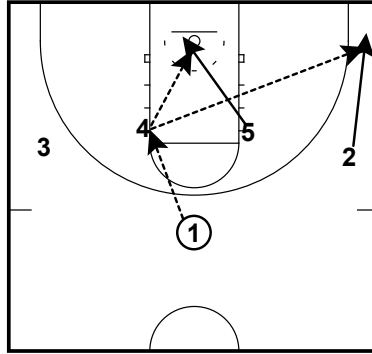
Blocker Mover Half Court Zone Offense

Flash Dive
Half Court Zone Offense- Sets



1 passes to 2. 2 passes back to 1. 4 and 5 flash to the elbows.

Flash Dive
Half Court Zone Offense- Sets

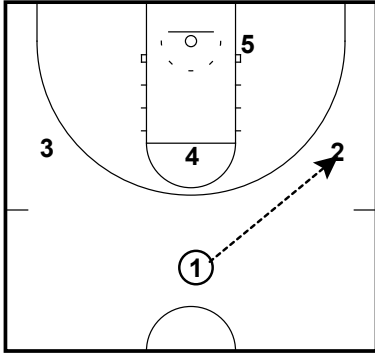


1 passes to one of the elbows. The opposite elbow dives to rim and opposite wing dives to the corner.

Blocker Mover Playbook

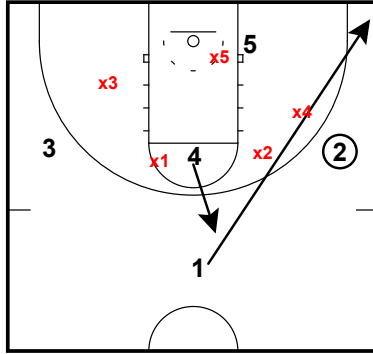
Blocker Mover Half Court Zone Offense

Overload
Half Court Zone Offense- Sets



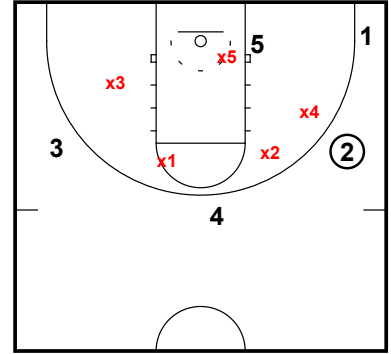
1 passes to wing.

Overload
Half Court Zone Offense- Sets



1 cuts to strong side corner to overload. 4 pops to top.

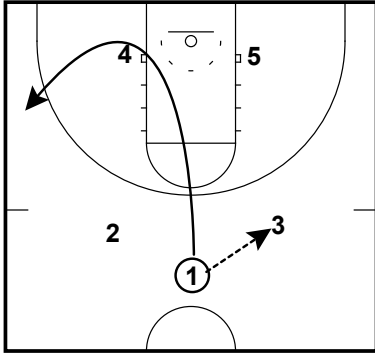
Overload
Half Court Zone Offense- Sets



Blocker Mover Playbook

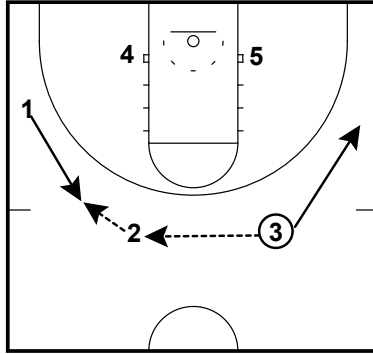
Blocker Mover Half Court Zone Offense

Overload BS
Half Court Zone Offense- Sets



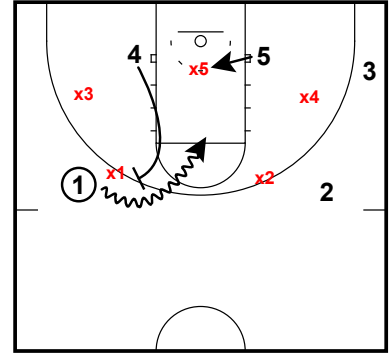
1 passes to 3 and cuts through middle of the zone.

Overload BS
Half Court Zone Offense- Sets



3 passes to 2. 2 passes to 1 filling up.

Overload BS
Half Court Zone Offense- Sets

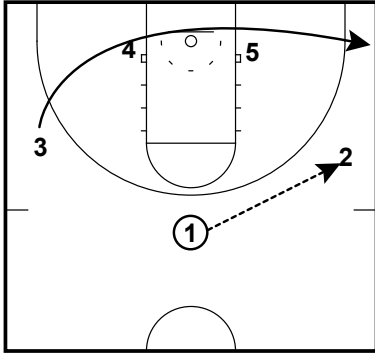


4 sets wing PNR. 5 ducks in on x5. 2 and 3 space on back side.

Blocker Mover Playbook

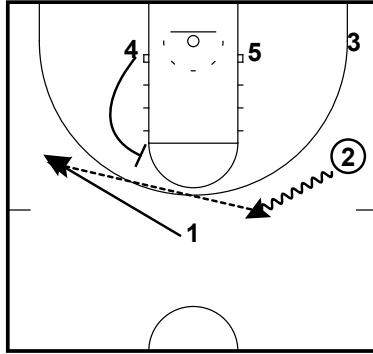
Blocker Mover Half Court Zone Offense

Overload BS
Half Court Zone Offense- Sets



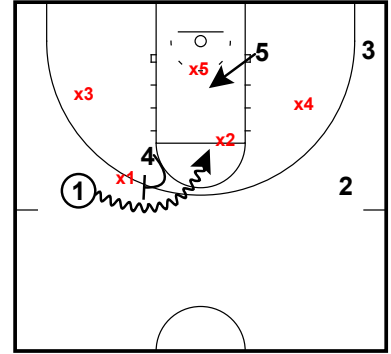
1 passes to 2. 3 overloads to the corner.

Overload BS
Half Court Zone Offense- Sets



2 dribbles up and 4 flares for 1.

Overload BS
Half Court Zone Offense- Sets

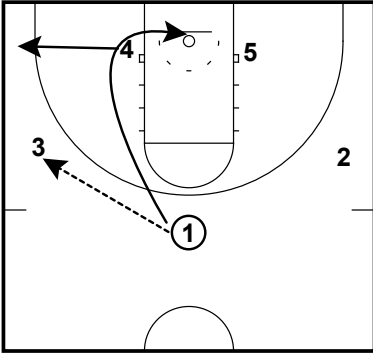


4 sets high ball screen for 1. 5 ducks in on x5. 2 and 3 space on the weak side splitting x4.

Blocker Mover Playbook

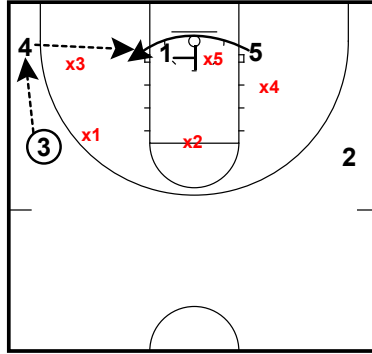
Blocker Mover Half Court Zone Offense

Rip
Half Court Zone Offense- Sets



1 passes to 3 and cuts off 4. 4 pops to corner.

Rip
Half Court Zone Offense- Sets

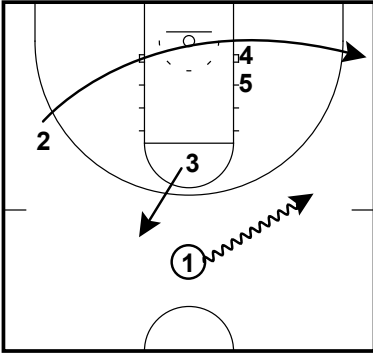


1 cross screens for 5.

Blocker Mover Playbook

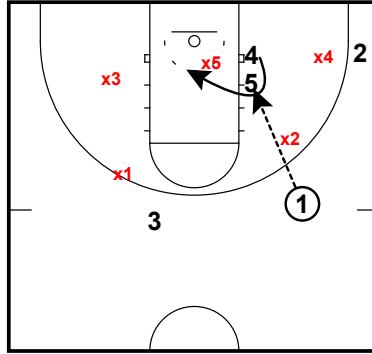
Blocker Mover Half Court Zone Offense

Rub
Half Court Zone Offense- Sets



1 dribbles to wing. 2 overloads to corner. 3 pops.

Rub
Half Court Zone Offense- Sets

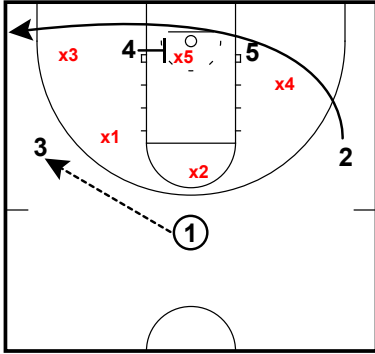


After 2 breaks 4 shoulder, 4 loops off 5 and rubs defender. 5 ducks in.

Blocker Mover Playbook

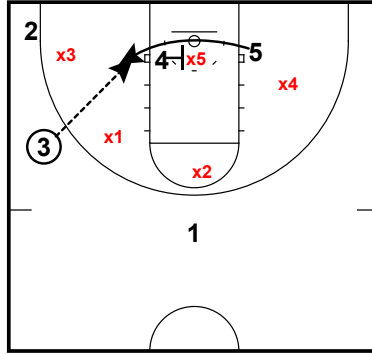
Blocker Mover Half Court Zone Offense

Runner Rip
Half Court Zone Offense- Sets



1 passes to 3. 4 screens middle man. 2 runs baseline to overload.

Runner Rip
Half Court Zone Offense- Sets

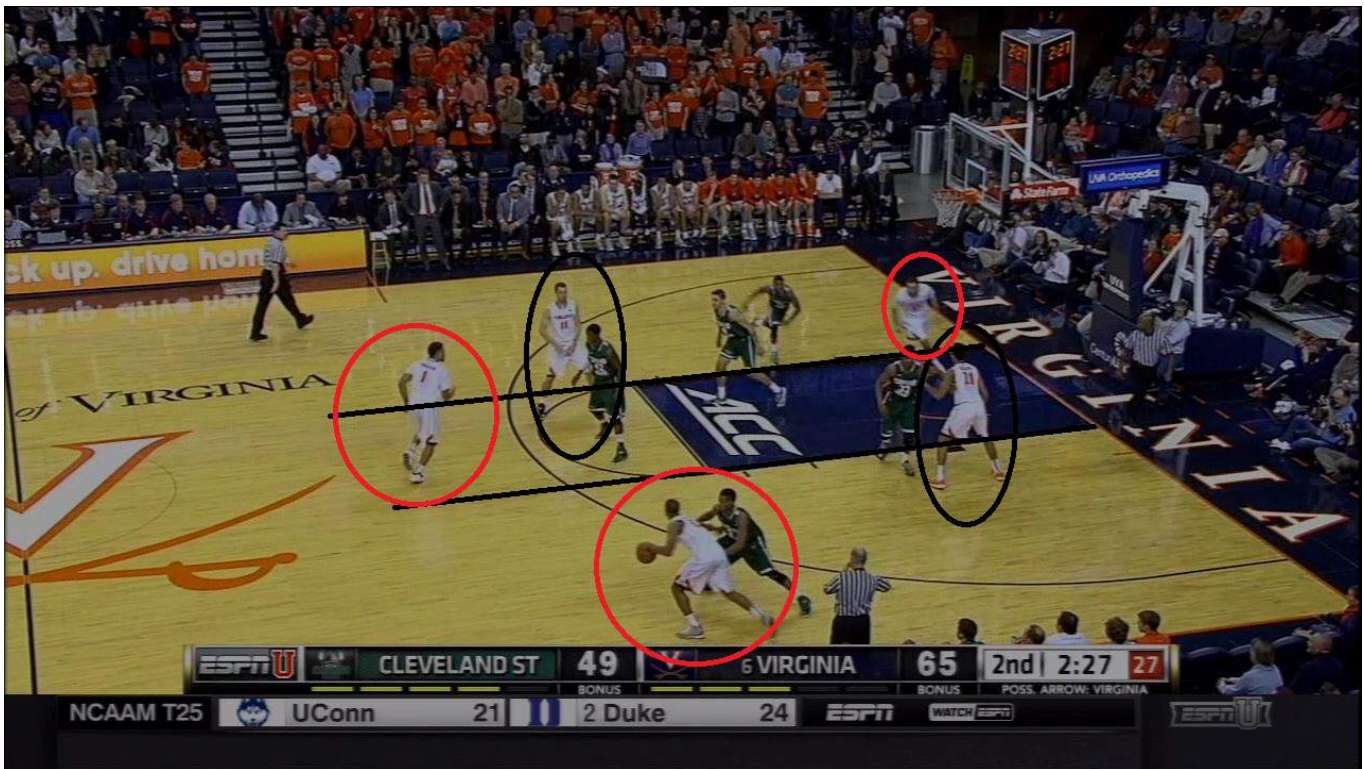


4 holds screen on middle man. 5 comes off cross screen.

Virginia Cavaliers Mover-Blocker Offense

Featured Motion Offense Offense Plays of the Week March 6, 2015

By Randy Sherman



Much of the talk from college basketball **fans** and **media** this season has been about the Kentuck Wildcats and their pursuit of an undefeated season. Rightfully so, John Calipari's crew has a chance to make history.

However, the team that I get asked more about than any other team by **coaches** is the Virginia Cavaliers. Coaches are enamored with their **defensive approach** and their overall "team" concept.

With no McDonald's All-Americans on their roster Virginia (28-1, 16-1 ACC) has now won back-to-back outright Atlantic Coast Conference titles. They are the first team from outside of the state of North Carolina to do so.

The Cavs' defense is a treasure. By using packline principles that were invented by his father Dick Bennett, Virginia head coach Tony Bennett has built a team that leads the nation in **adjusted defensive efficiency**. But Virginia did not make it to 28-1 without a sound offensive philosophy to match their suffocating defense.

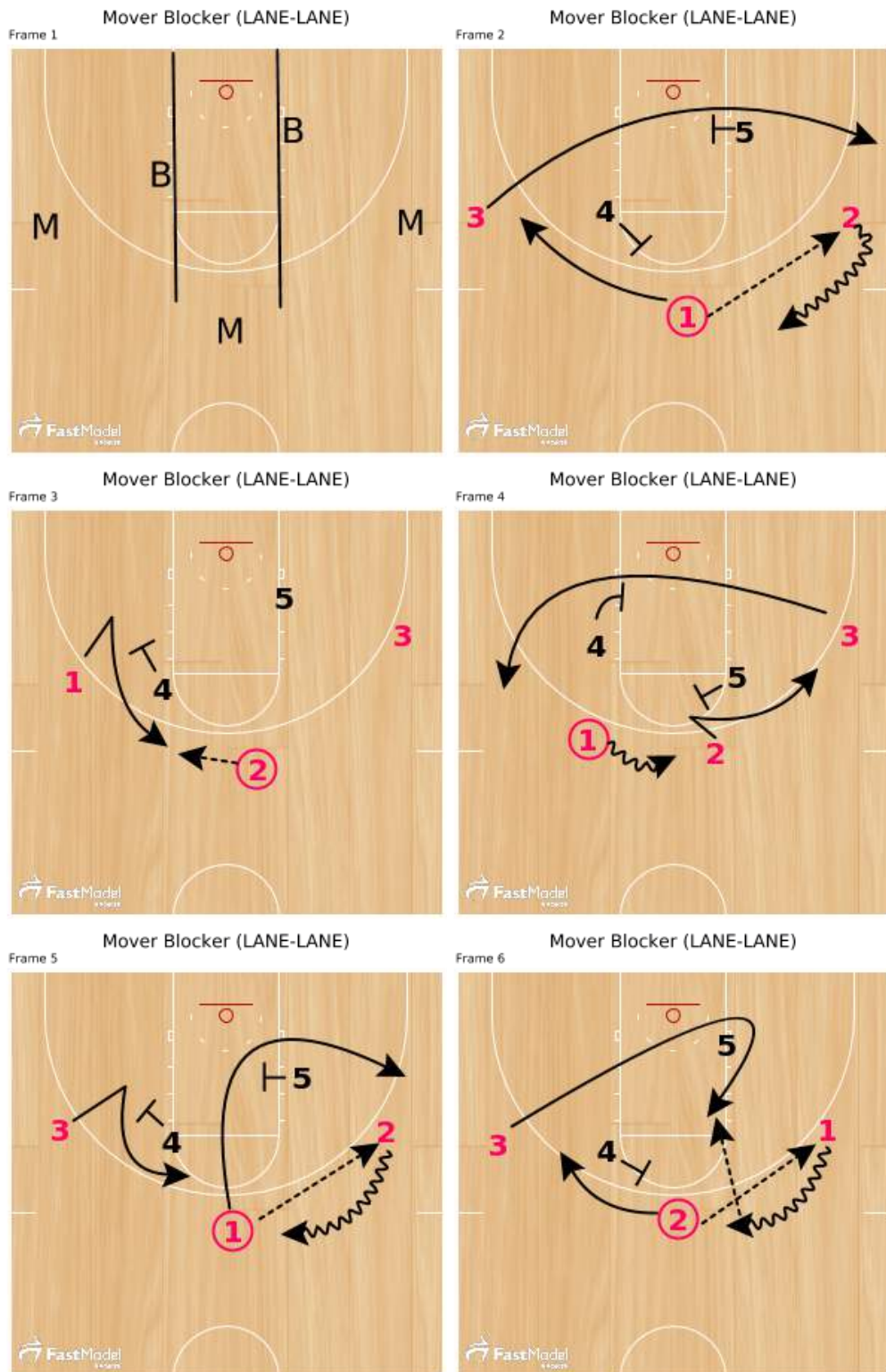
Bennett again borrows from his father and uses the Mover-Blocker motion offense. It is a **motion offense** that uses two screeners, or "blockers" as they are called in the Virginia system, and three "movers." In the photo below the movers are circled in red and the blockers in black.



The Cavaliers most often use the **Lane-Lane mode** of the Mover-Blocker offense. These are the concepts of this mode of the offense.

Rules:

- The three “movers” (colored in pink in diagram) cut and fill maintaining top-side-side alignment. The point and each wing should be filled by the movers.
- In “lane-lane” the blockers are restricted to screening along the lane line extended for the mover. They can set flare screens for a player cutting off the point, they can set pin screens for cutters exiting the lane. They can downscreen for movers.
- Anytime a mover pin screens along the lane line, he/she then immediately buries their man at the post.
- Blockers cannot change sides of the floor or screen for one another.
- Think of it as a game of 3-on-3 among the movers and their defenders with screening help from the blockers along the lane line.
- Movers center the basketball with the dribble so the ball can see both actions.
- **This is not a patterned offense!** The actions diagrammed below are *possible* actions that exist within the framework of the offense. Movers are given license to move and read the defense so long as they maintain top-side-side alignment.



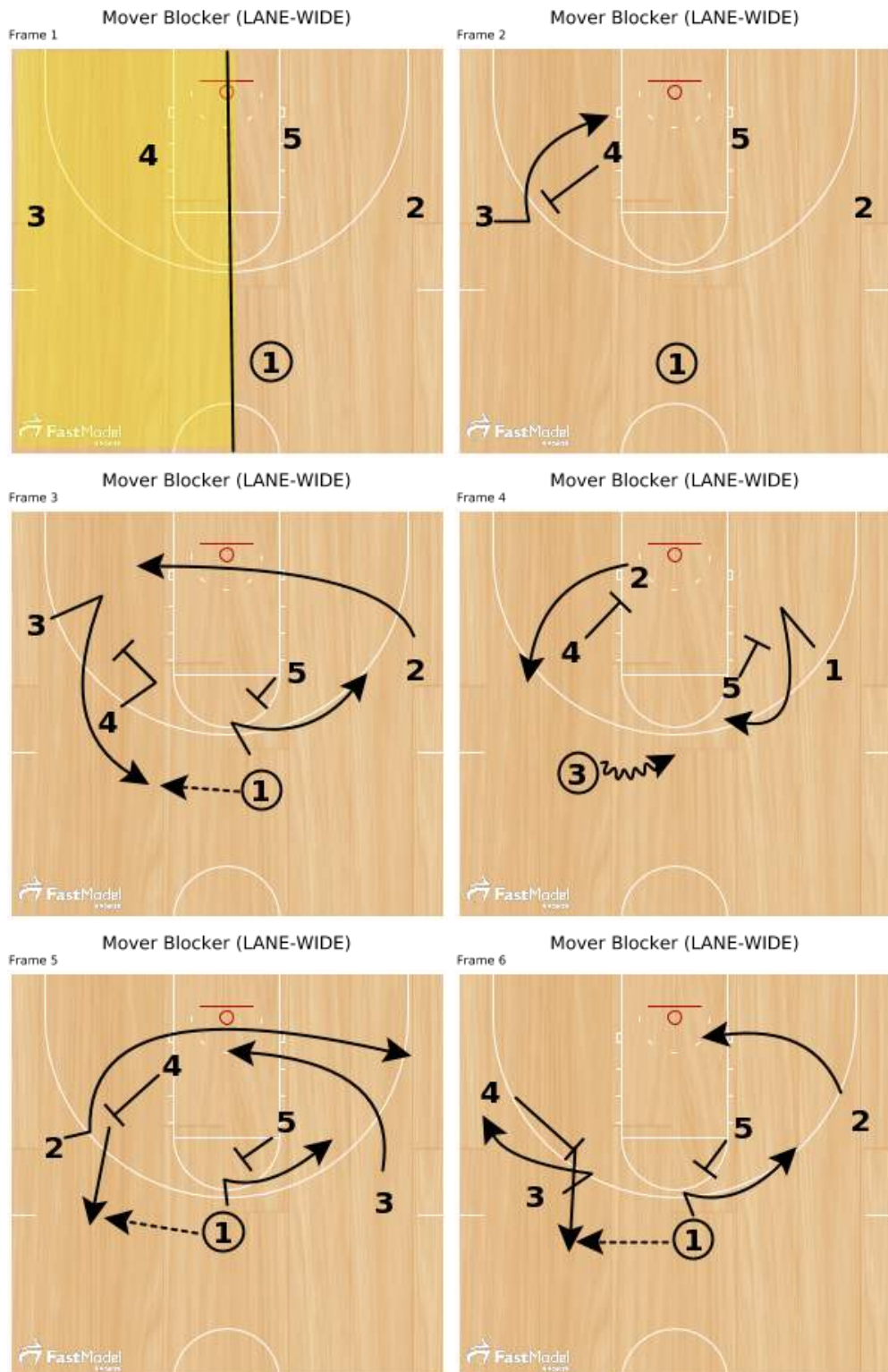
In the video below note how the Cavaliers follow these offensive principles. The blockers set screen along the lane line as the movers cut and maintain top-side-side alignment.

The movers demonstrate curls, out cuts and **read the defense** in the screening action.

At times, Virginia allows one of their blockers to screen from midline to sideline on his side of the floor. This is the **“Lane-Wide” mode**.

In the lane-wide alignment of the Mover Blocker offense, there is one lane screener just as in lane lane. There is a wide screener that can screen from midline to sideline on his/her side of the floor. a good way to add spacing to the offense, utilize a skilled forward and add more variety to the screening options

- Lane Blocker must remain on his/her side of the floor and screen for movers ONLY along the lane line.
- Wide Blocker can set up inside or outside and can screen from midline to sideline on their side of the court. They should screen and separate and play outside the three-point line.
- Movers pass and cut and maintain top-side-side alignment while using screens from the block READ the defense, curl, back cut and out cut depending on how the defense covers the screen action
- This is not a patterned offense! Players play within the rules and concepts. Below are a few of many possible actions.





In the video below, #11 Evan Nolte is the “wide” screener. Note how he utilizes the entire width of court from midline to sideline on his side.

The “lane” blocker remains along the lane line and screens from there on his side of the floor. Nolt has shooting range and better ball handling skills, therefore he is allowed greater freedom as the \ blocker.

There are more elements to the Virginia offense and we will be presenting those in up coming pos Before implementing the Mover Blocker offense, players should have a sound grasp of **motion offe fundamentals** such as **basket cuts**, **down screens** and **reading the defense**. Virginia certainly work the skill and timing of these motion offense concepts everyday.

Be sure to check out all the information on **motion offense fundamentals** that FastModel has to off

Bio	Latest Posts
 	<p>Randy Sherman</p> <p>Randy Sherman is the owner and founder of Radius Athletics - a basketball coaching consulting firm - where he consults with basketball coaches at all levels on coaching philosophy, practice planning, Xs & Os and teaching a conceptual style of basketball. While a head basketball coach at the the interscholastic level, Sherman's teams won 197 games in nine seasons.</p>

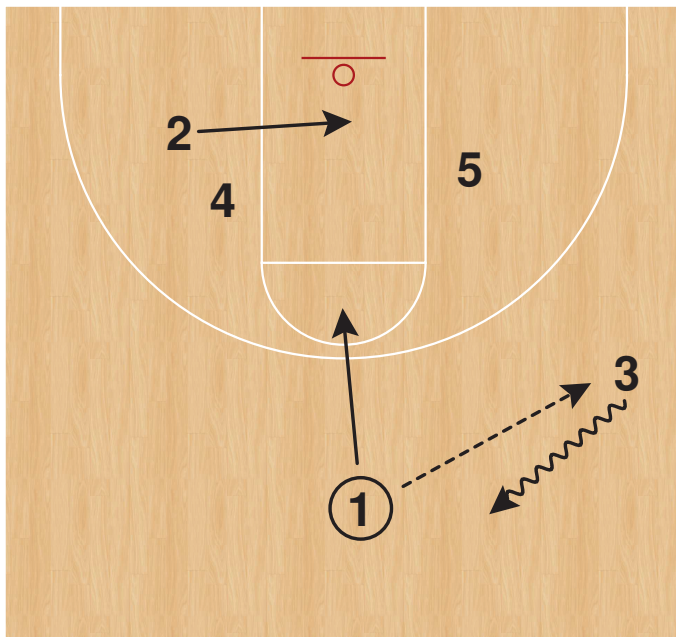
Virginia Cavaliers

Mover Blocker

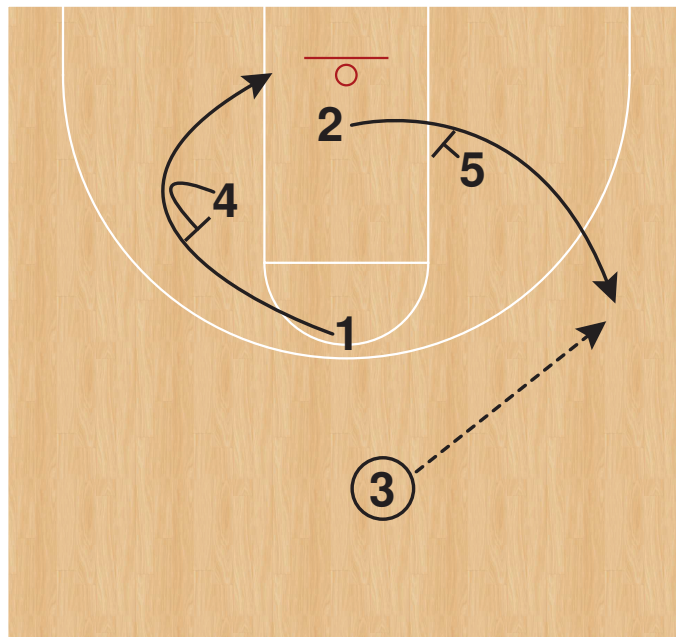
Offense Clinic

Mover Blocker - Diamond Entry Half Court Sets

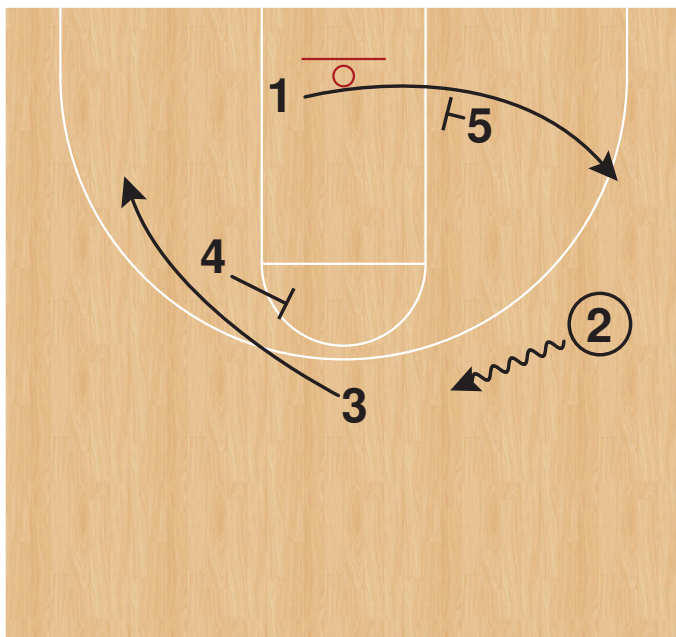
Virginia



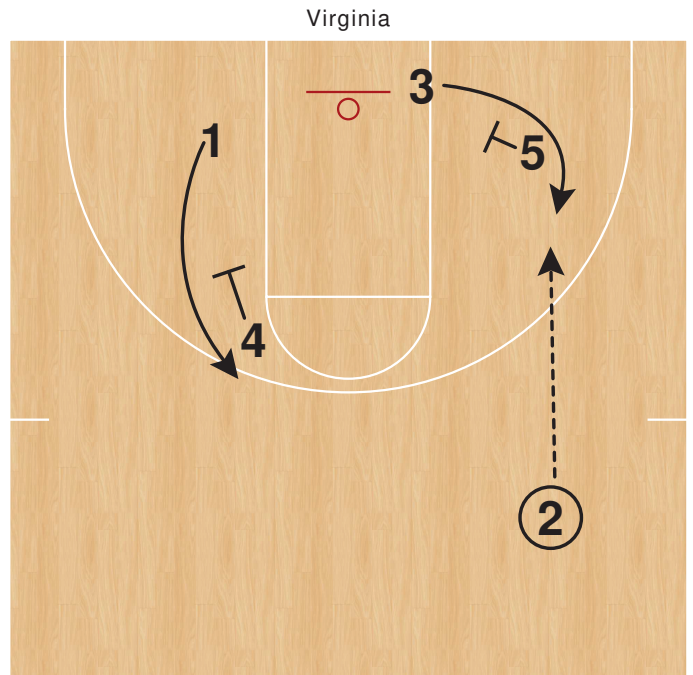
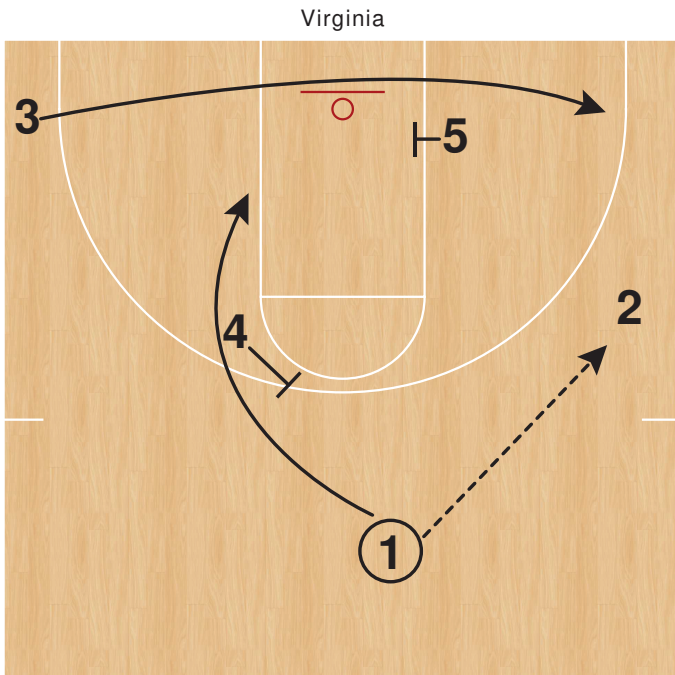
Virginia



Virginia

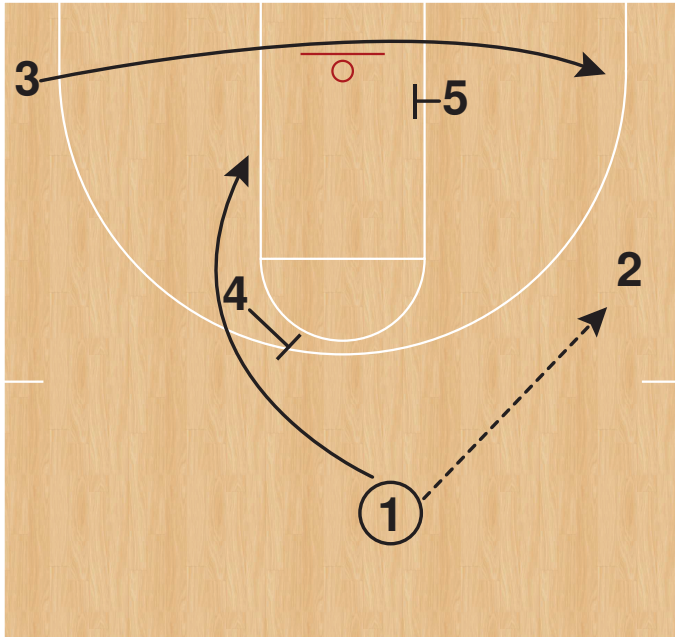


Mover Blocker - Exit Half Court Sets

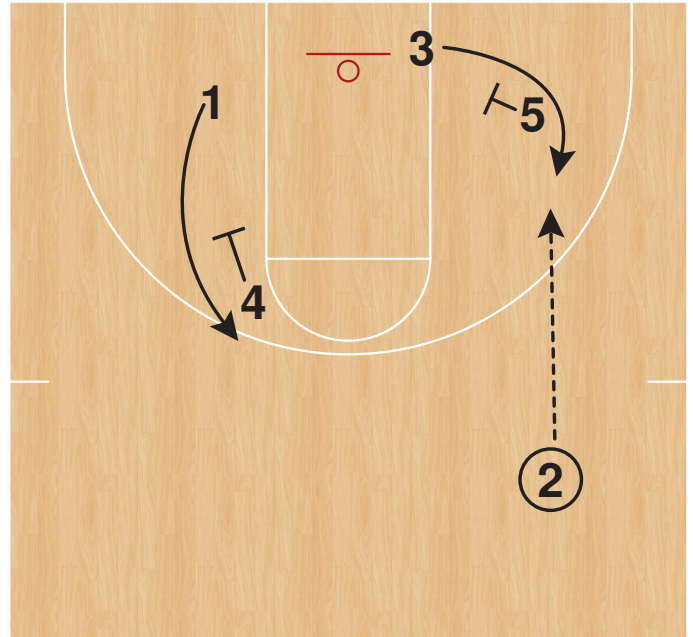


Mover Blocker - Exit (2-Man) Half Court Sets

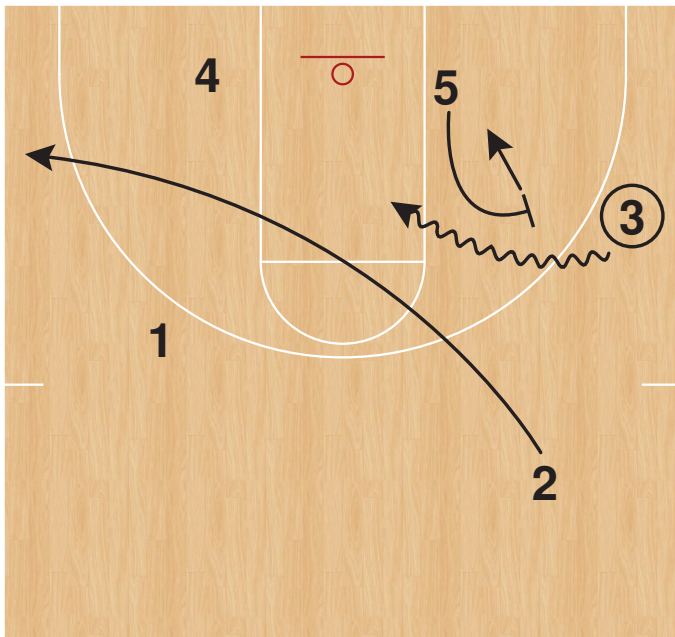
Virginia



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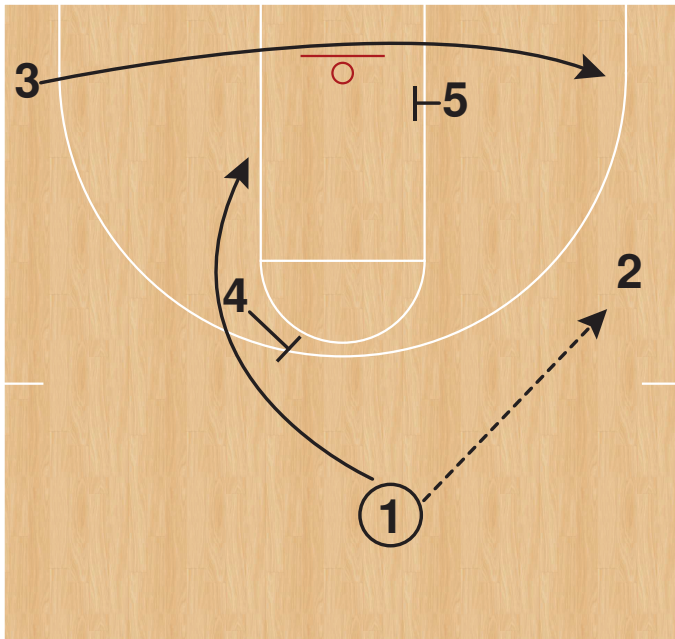


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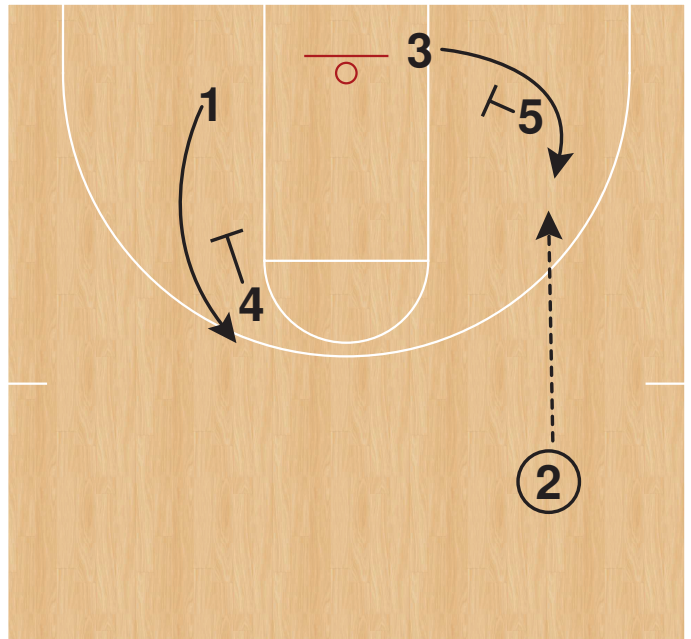


Mover Blocker - Exit Punch Half Court Sets

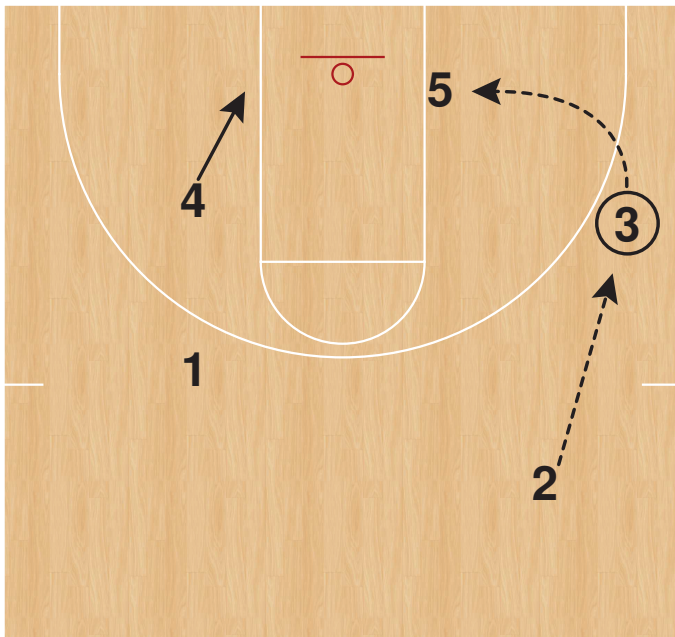
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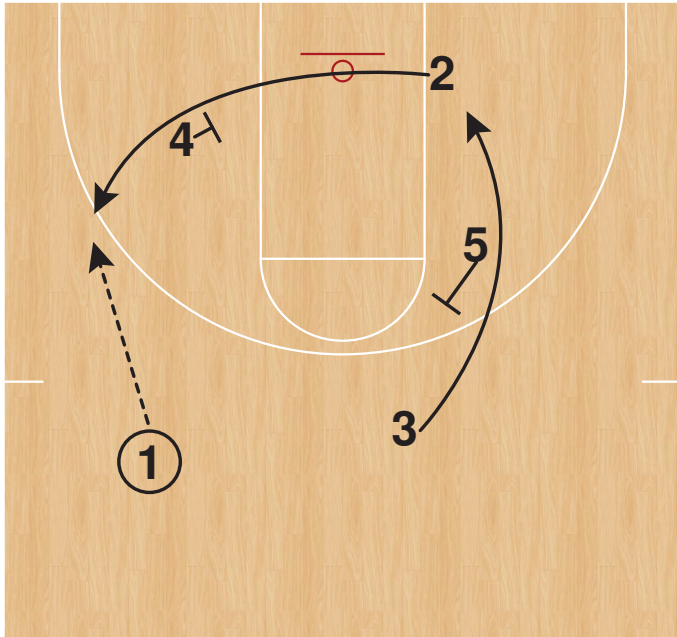


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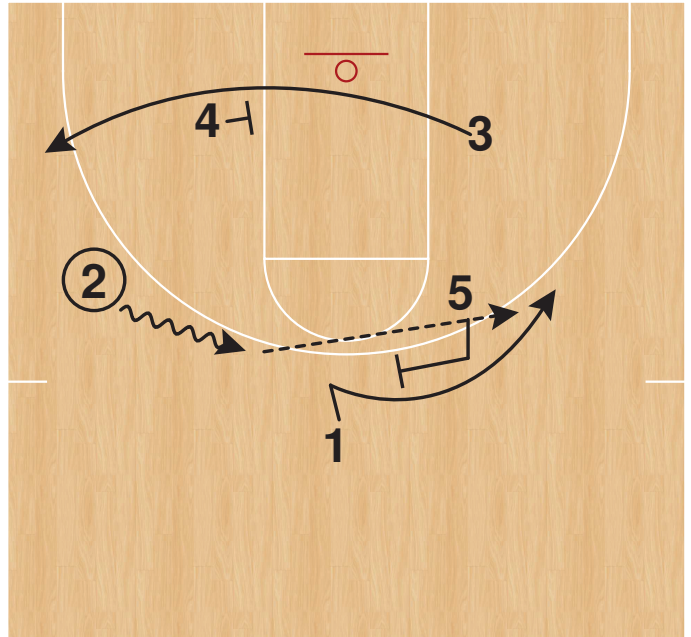


Mover Blocker - Flare Half Court Sets

Virginia



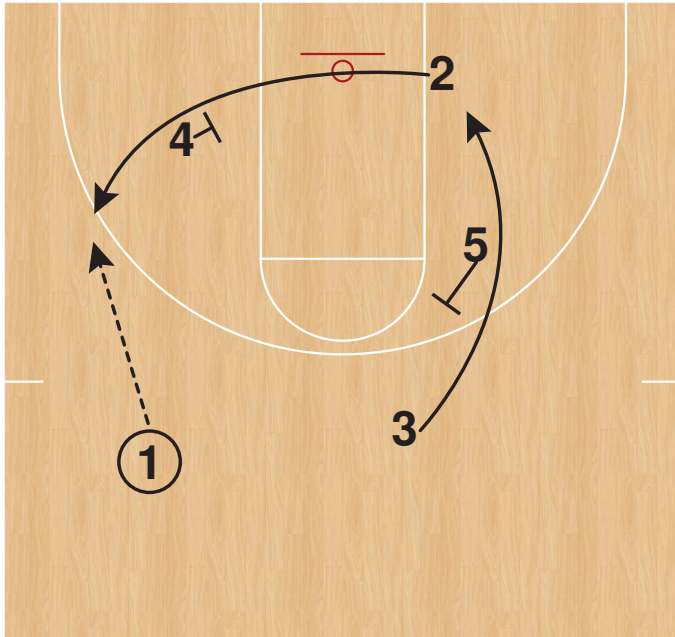
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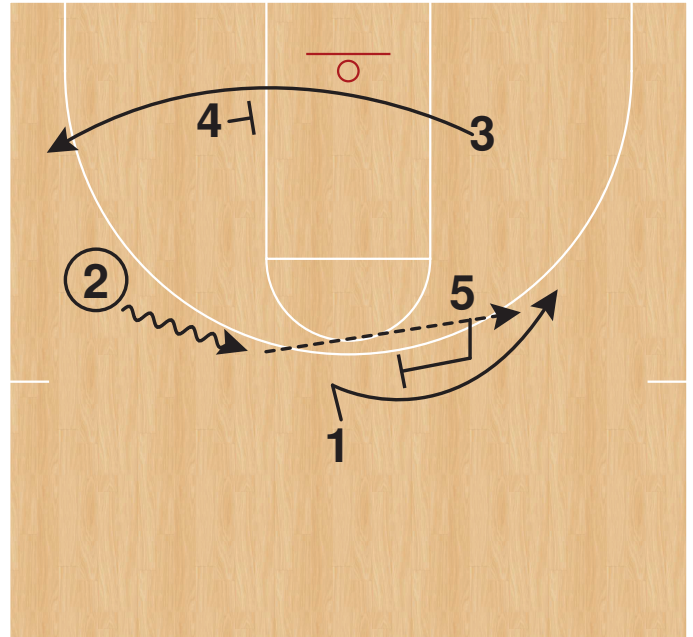
Mover Blocker - Flare (2 Man)

Half Court Sets

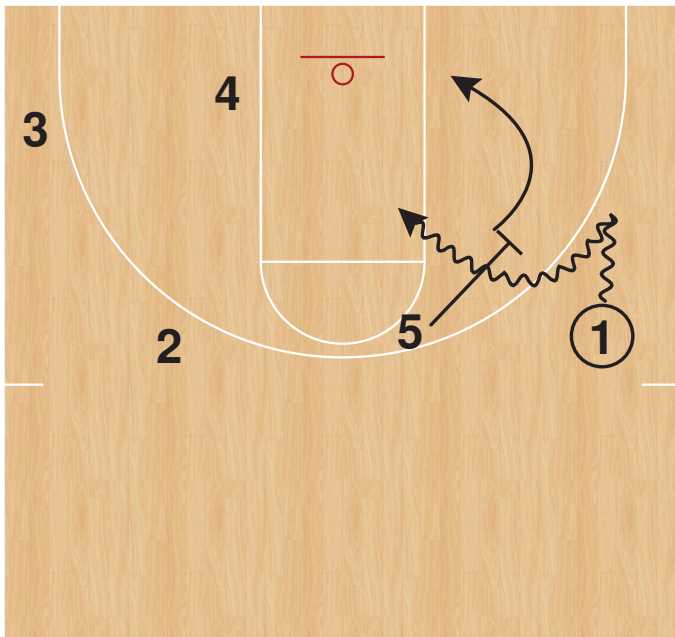
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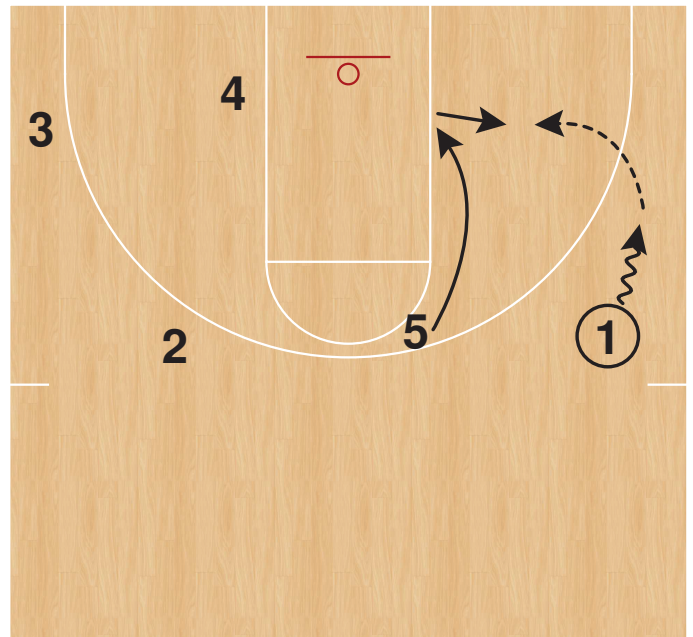
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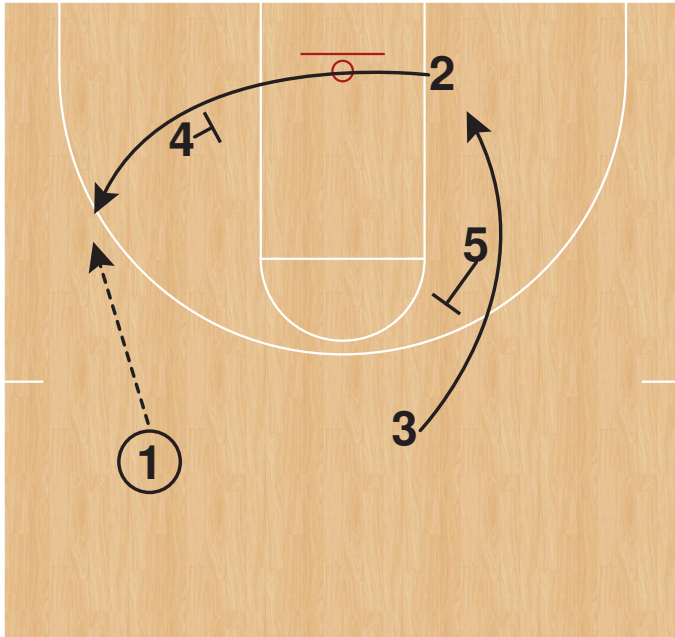


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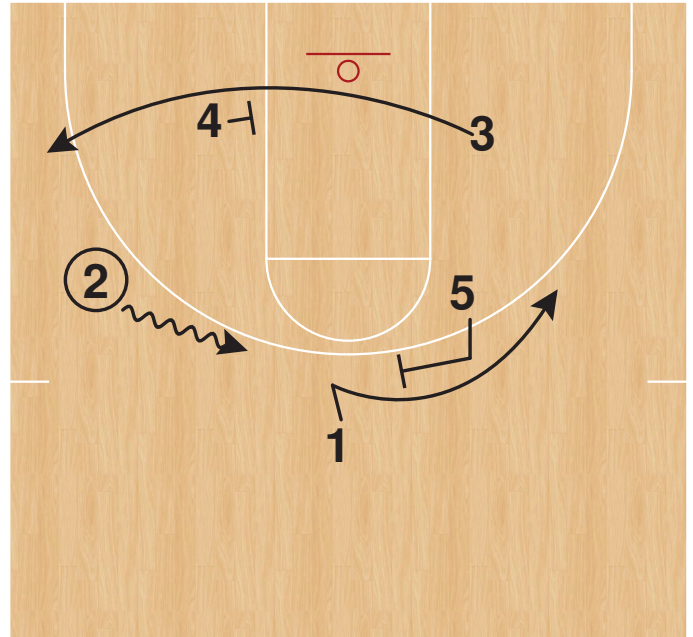


Mover Blocker - Flare (Fade Read) Half Court Sets

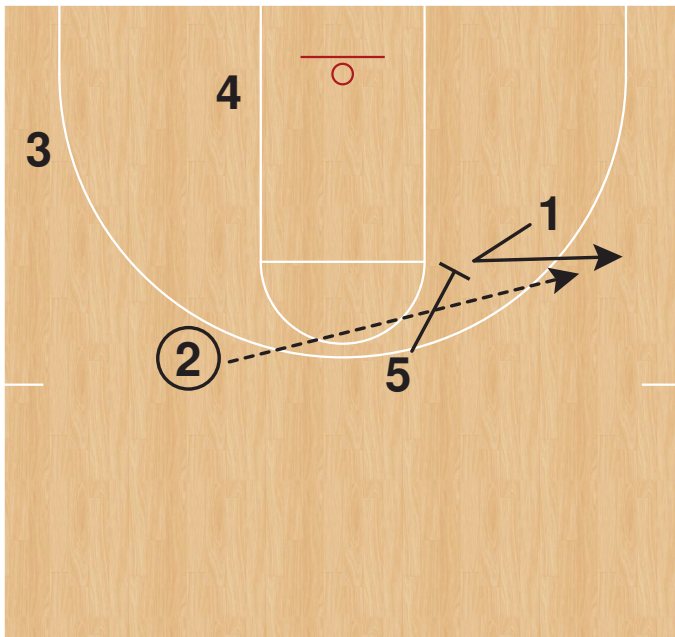
Virginia



Virginia



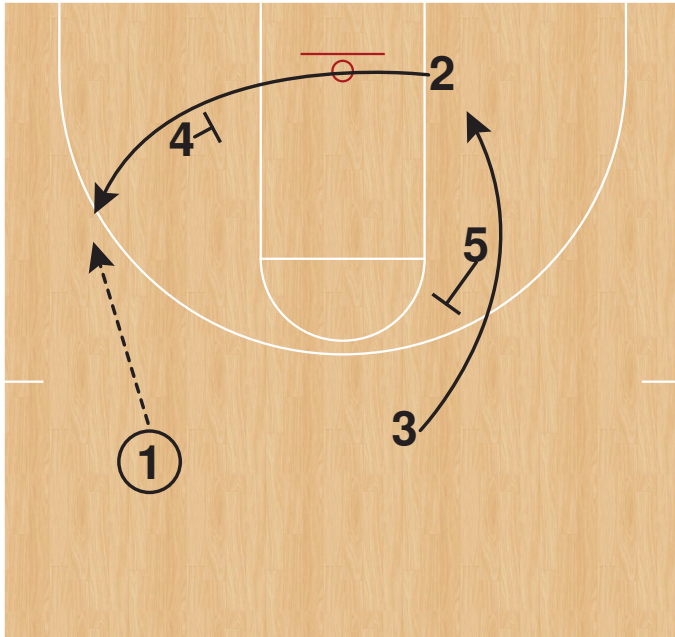
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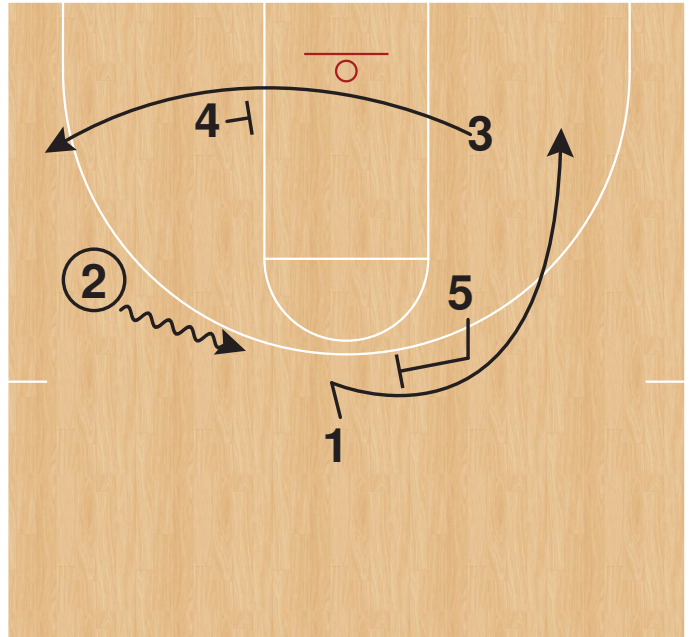
Mover Blocker - Flare (Rescreen)

Half Court Sets

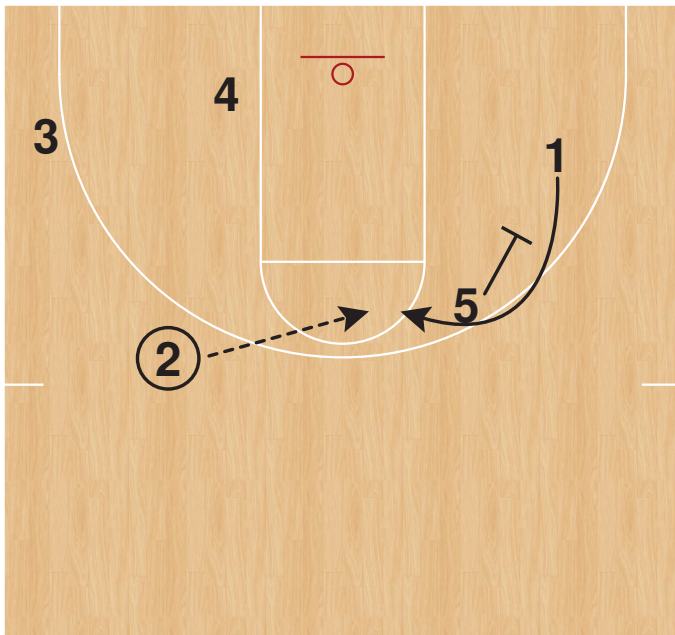
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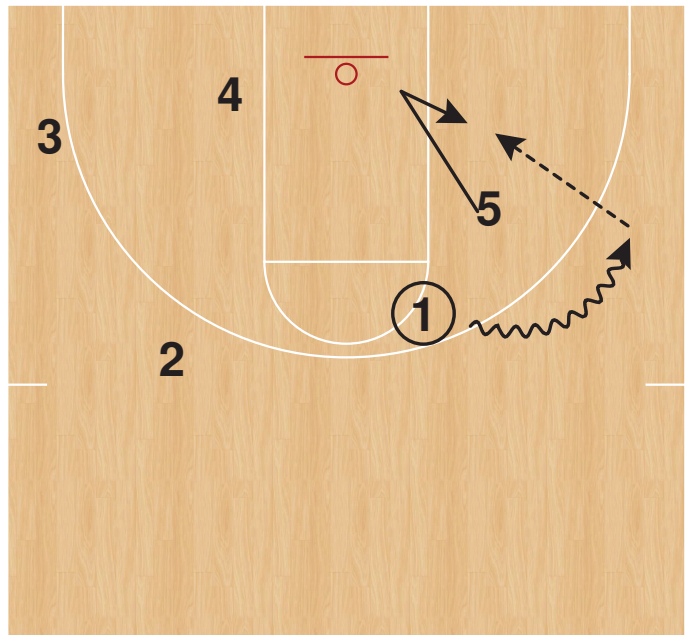
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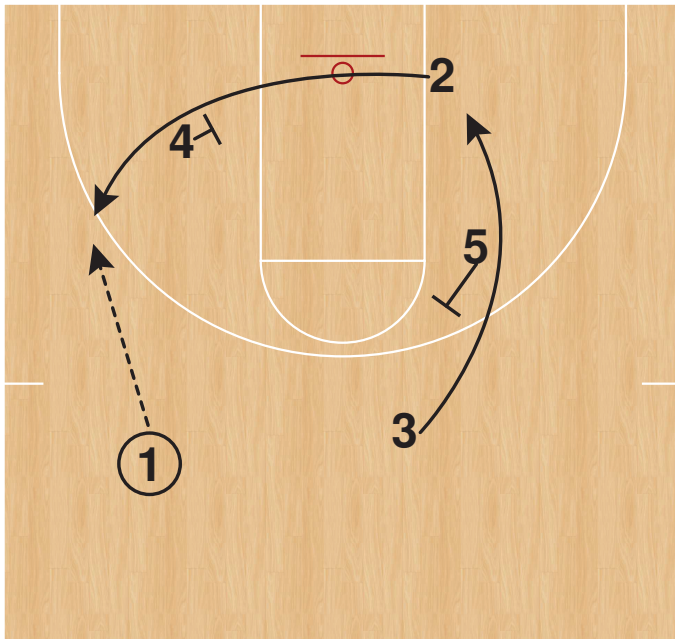


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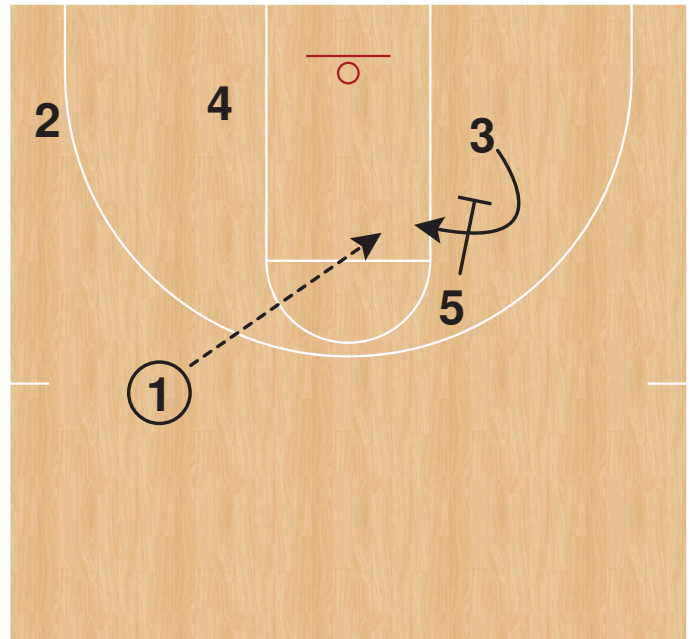


Mover Blocker - Rescreen Half Court Sets

Virginia

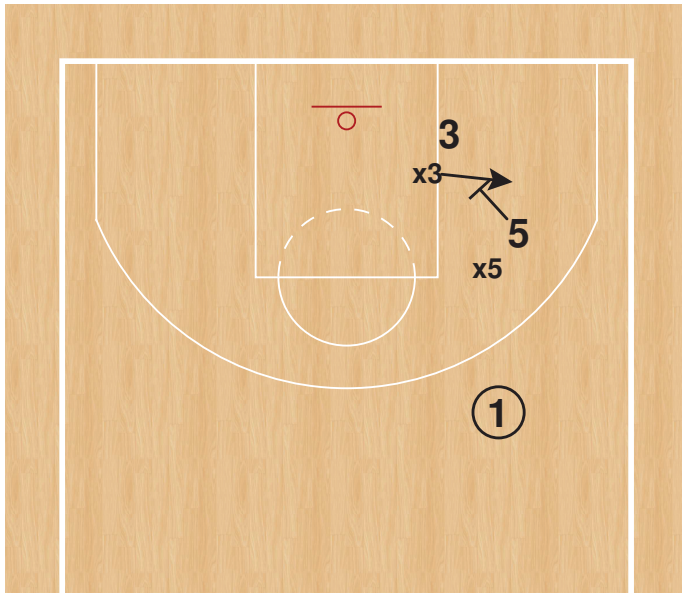


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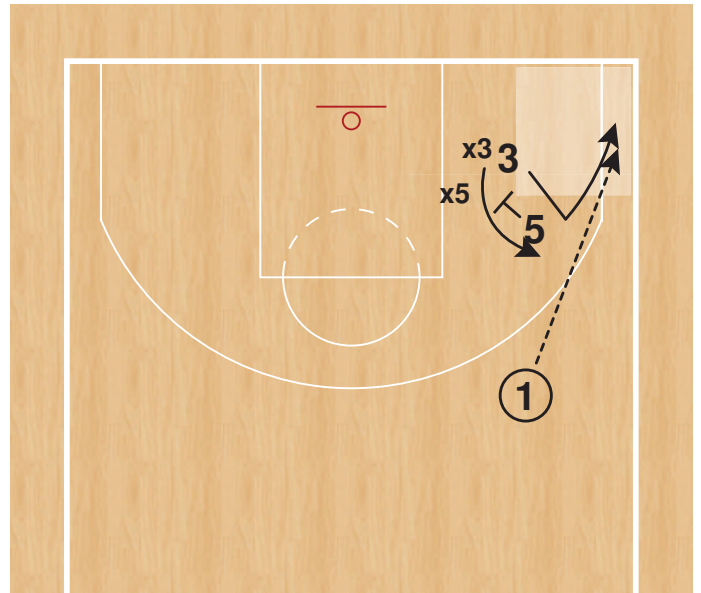


Exit - Fade Read Half Court Sets

Virginia

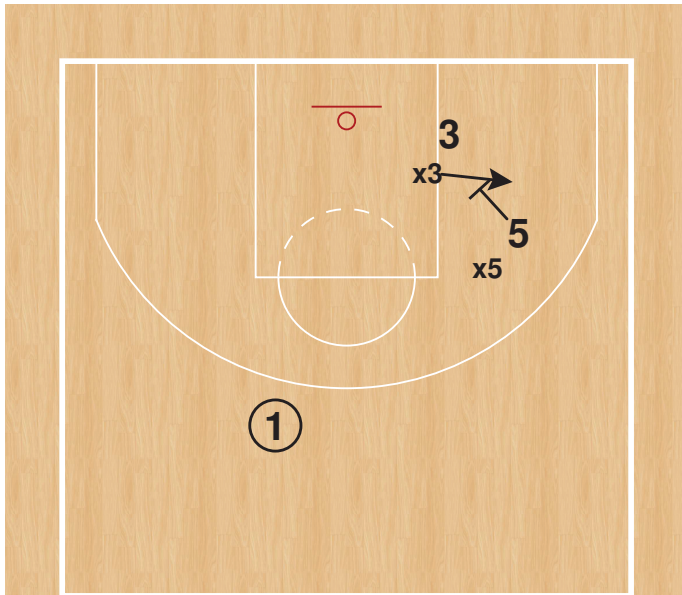


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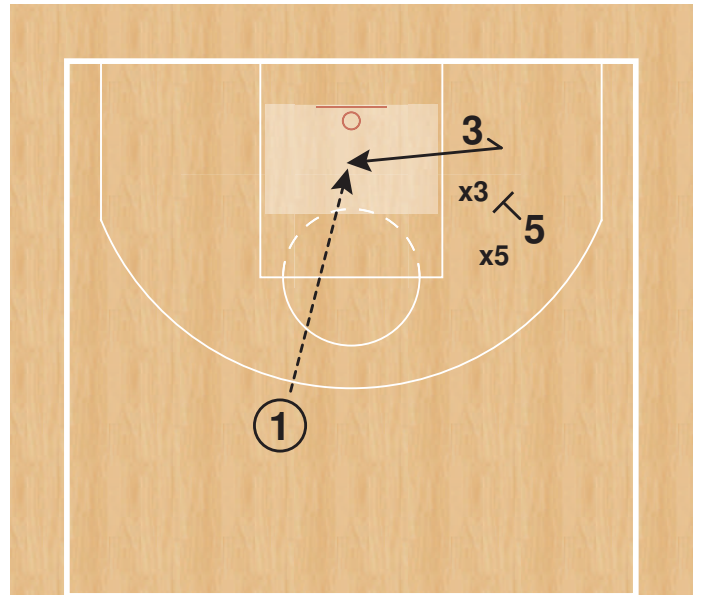


Exit - Backdoor Read Half Court Sets

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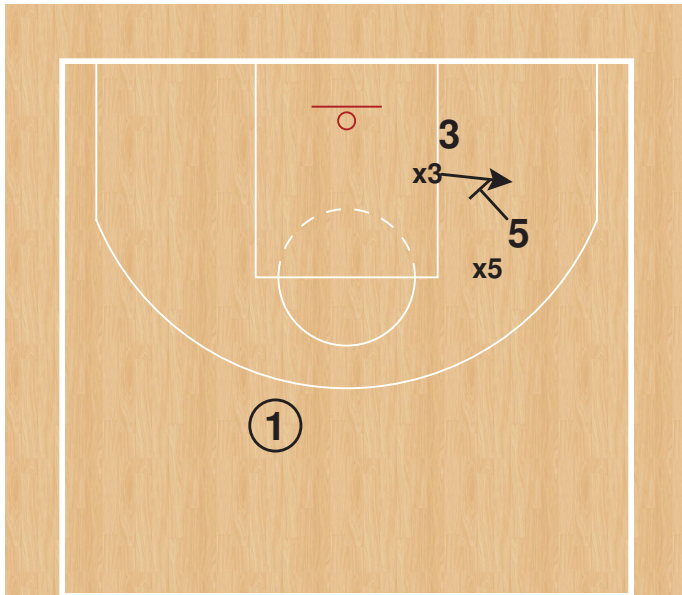


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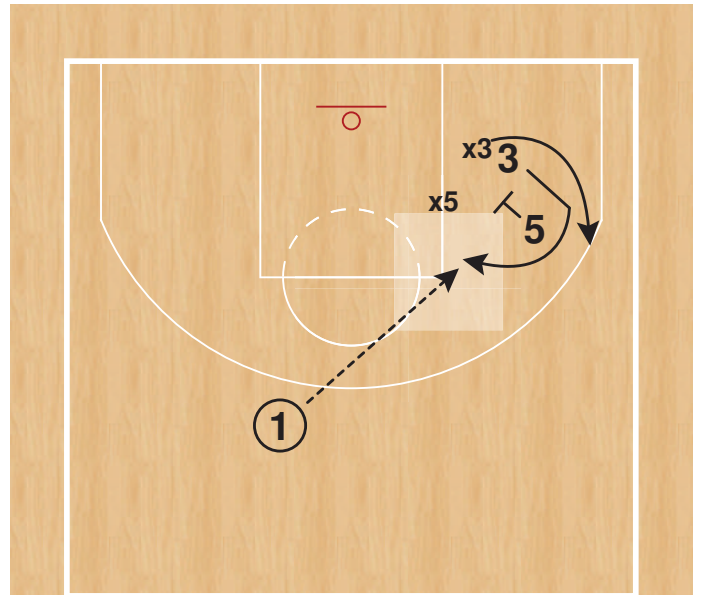


Exit - Curl Read Half Court Sets

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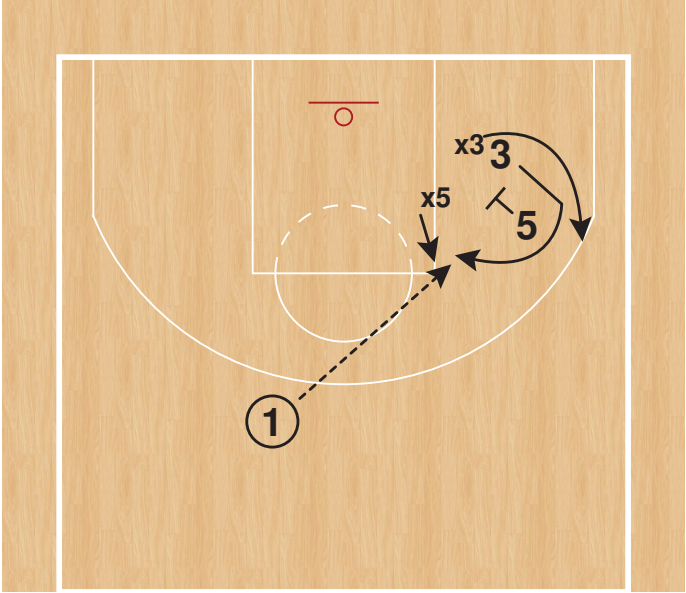


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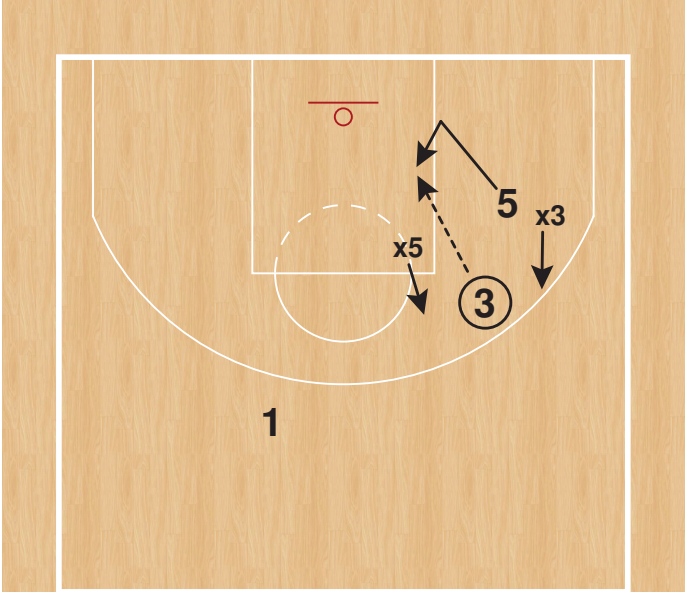


Exit - Hit Screener Half Court Sets

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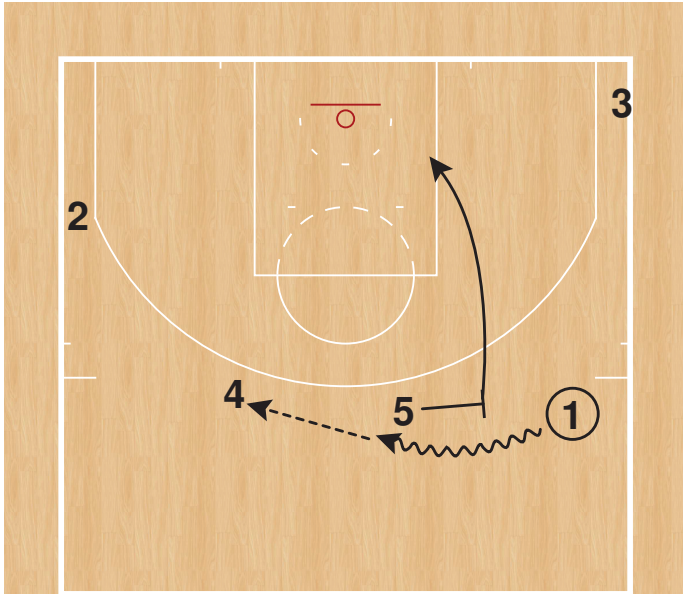


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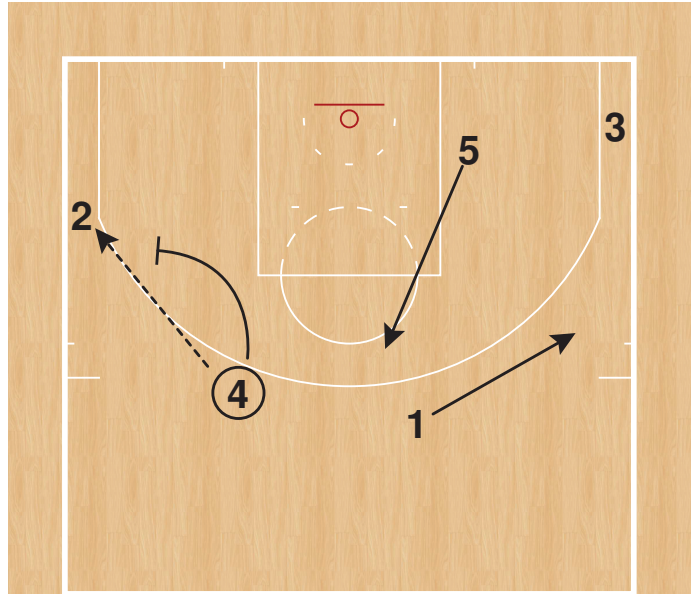


Euro Half Court Sets

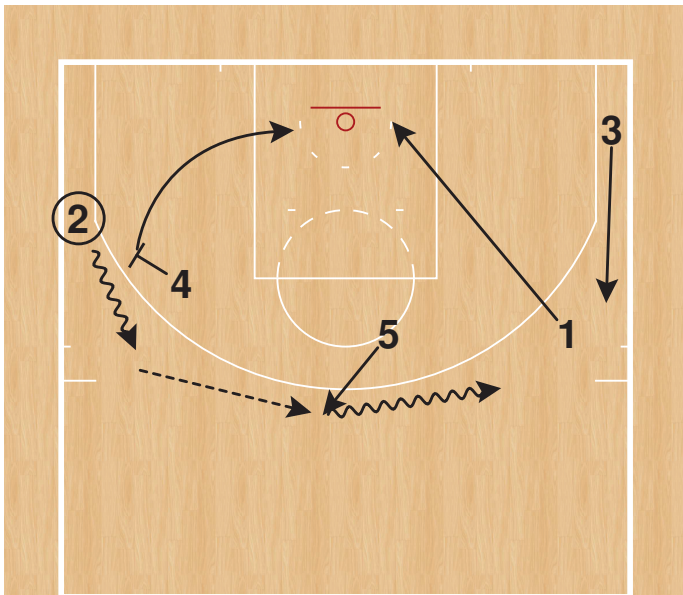
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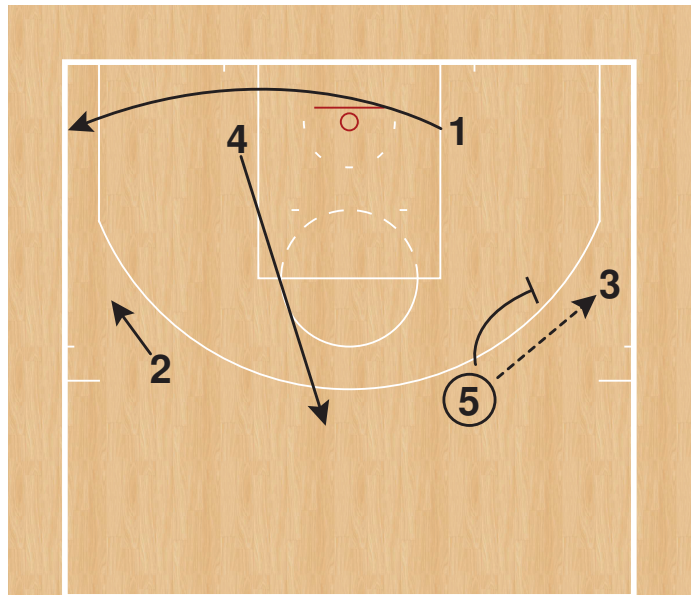
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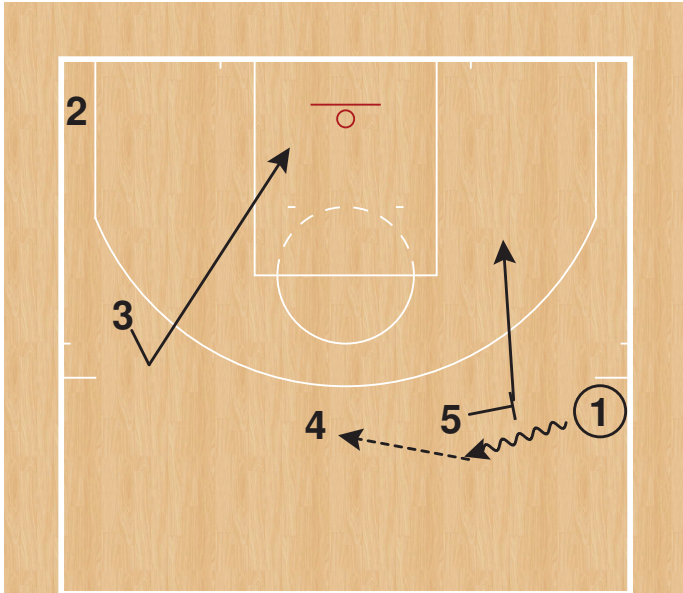


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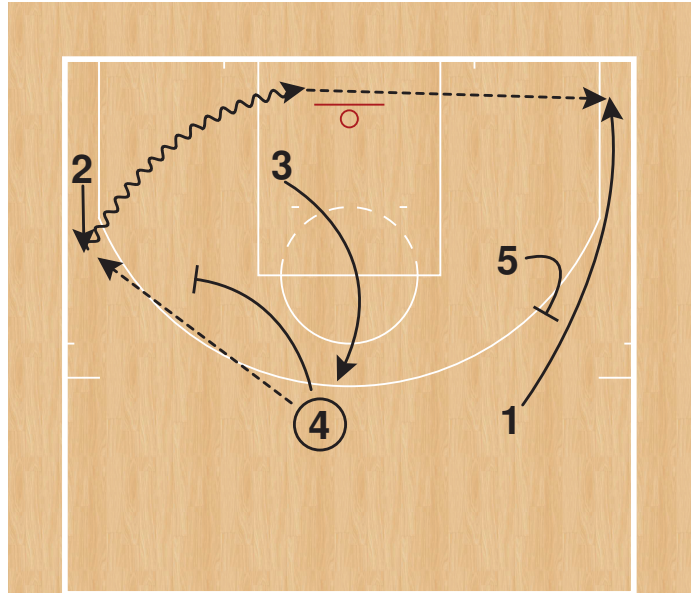


Euro - Hammer After Time Out

Virginia



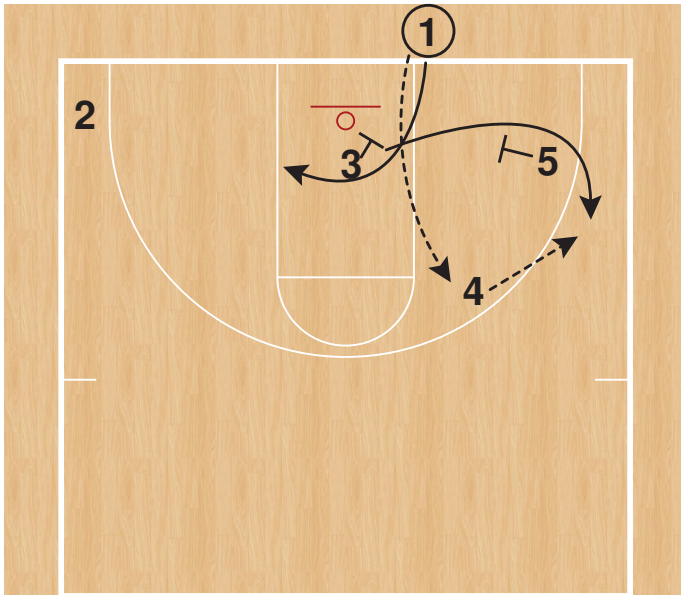
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1 Out

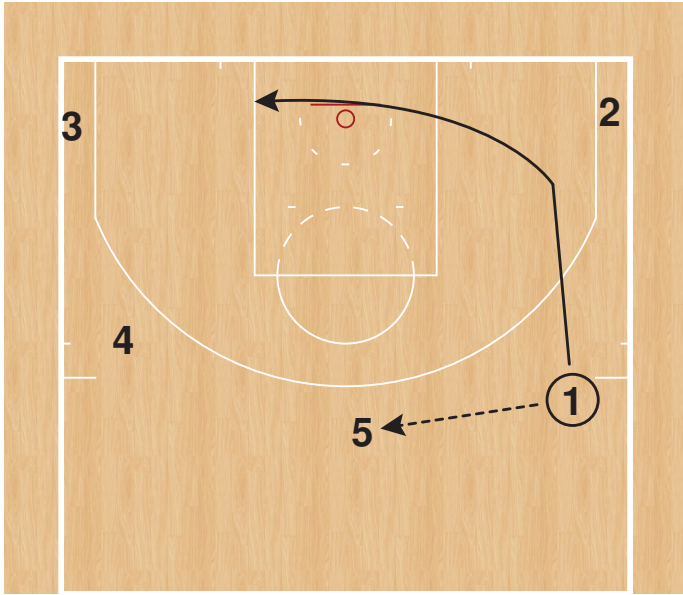
Baseline out of Bounds

Virginia

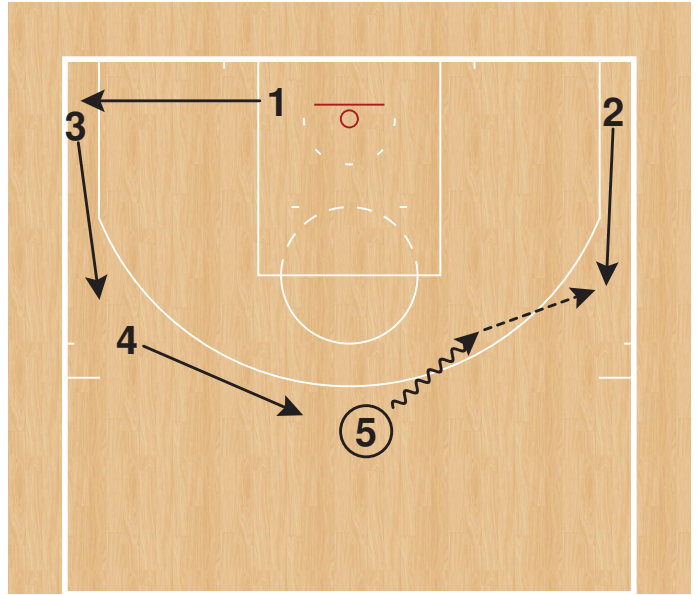


Delay Clear Half Court Sets

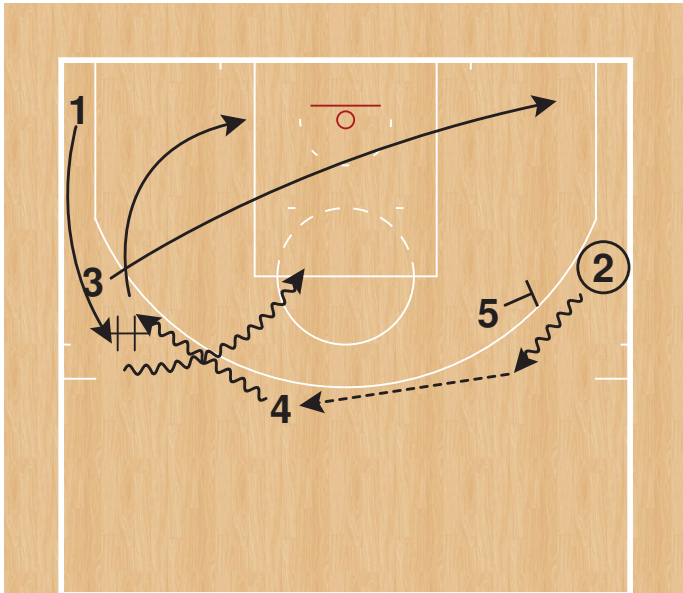
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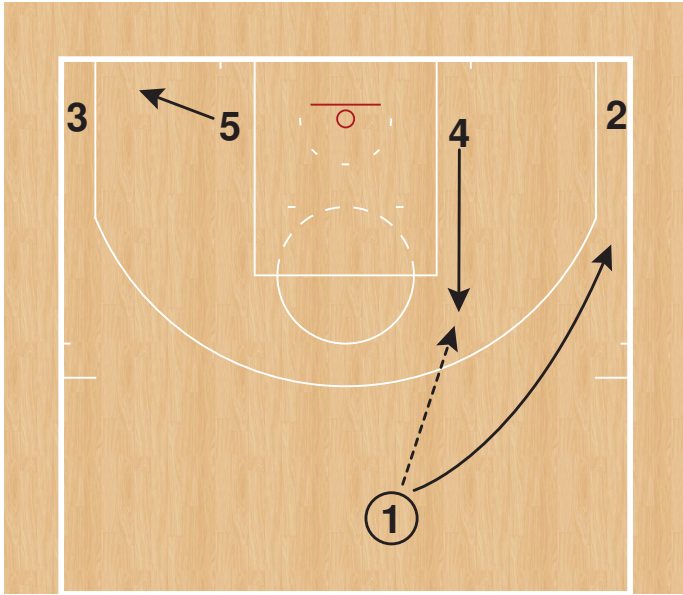


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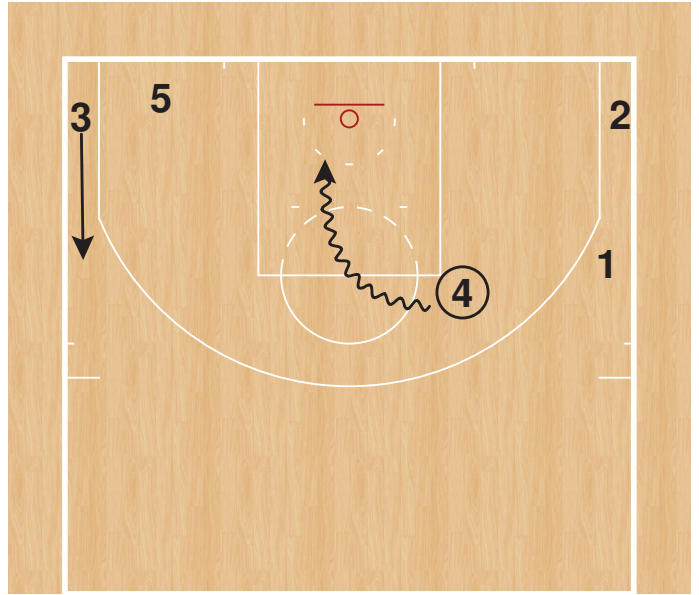


Elbow ISO Half Court Sets

Virginia

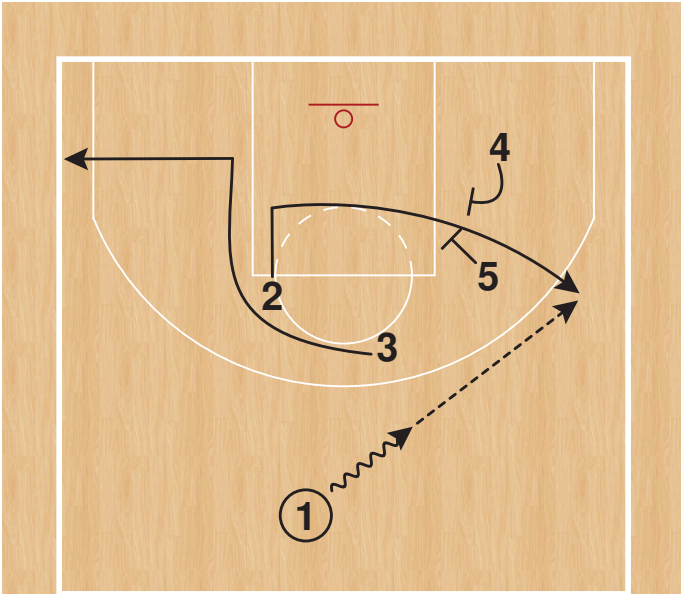


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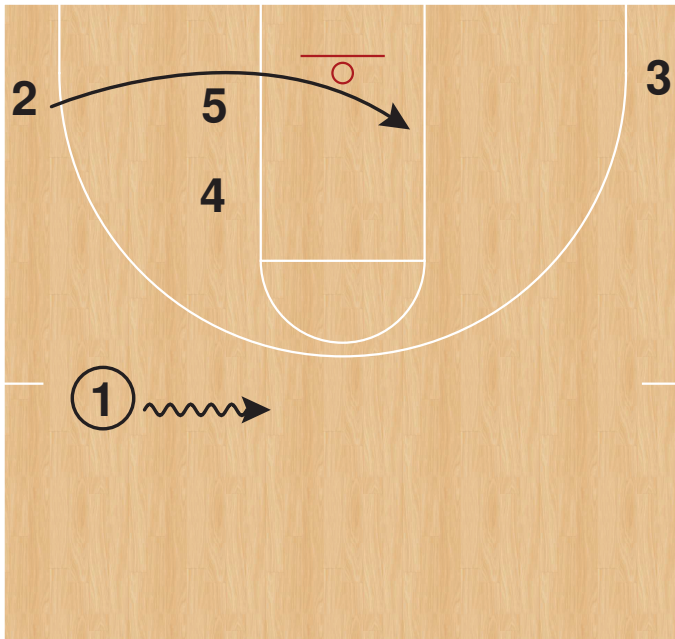
Elevator Half Court Sets

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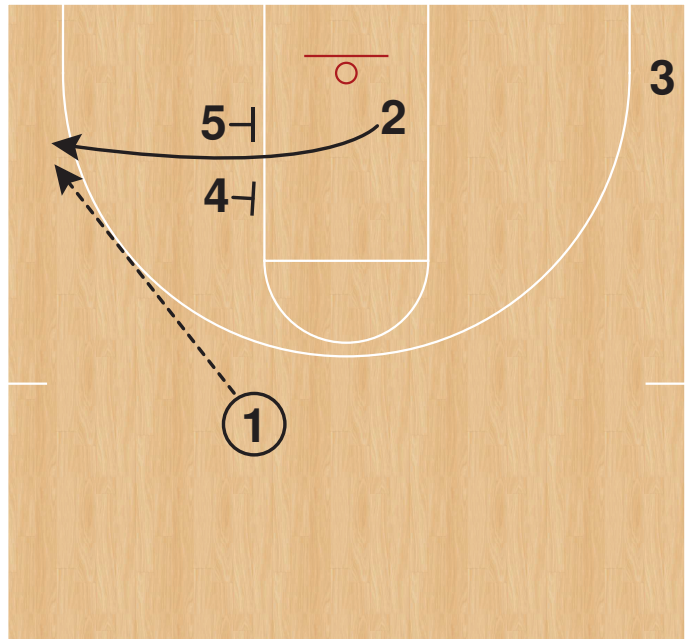


Elevator Half Court Sets

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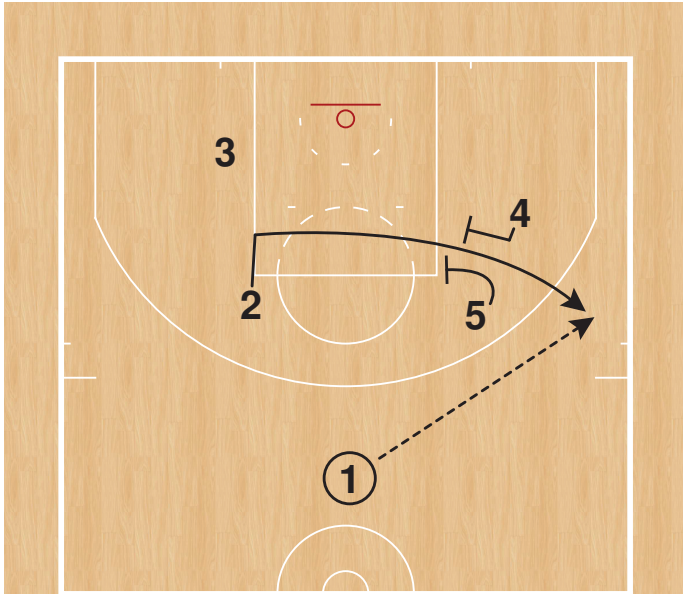


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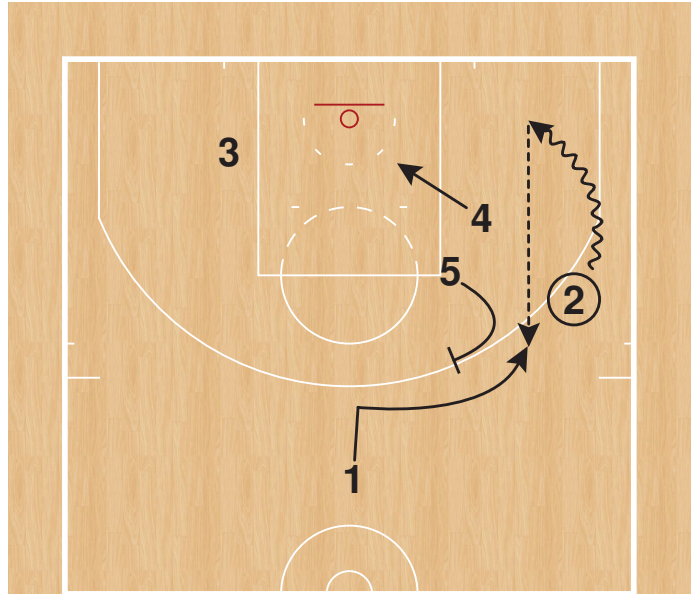


Elevator - Throwback After Time Out

Virginia

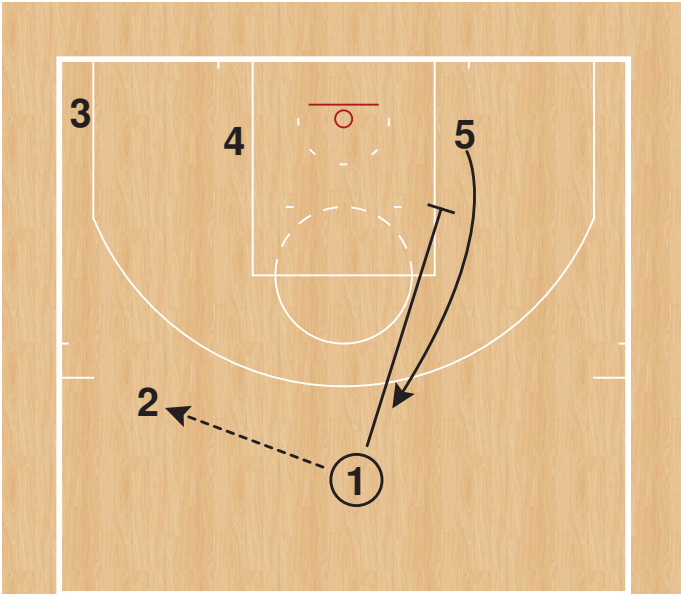


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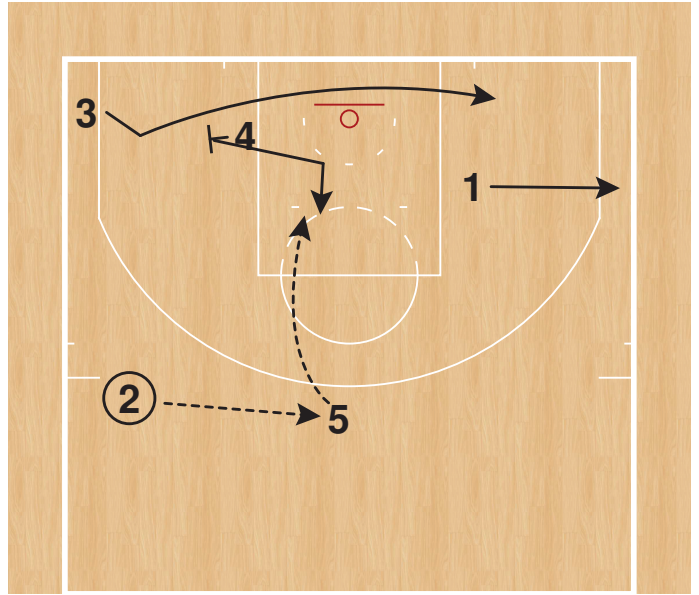


Flex Duck Half Court Sets

Virginia

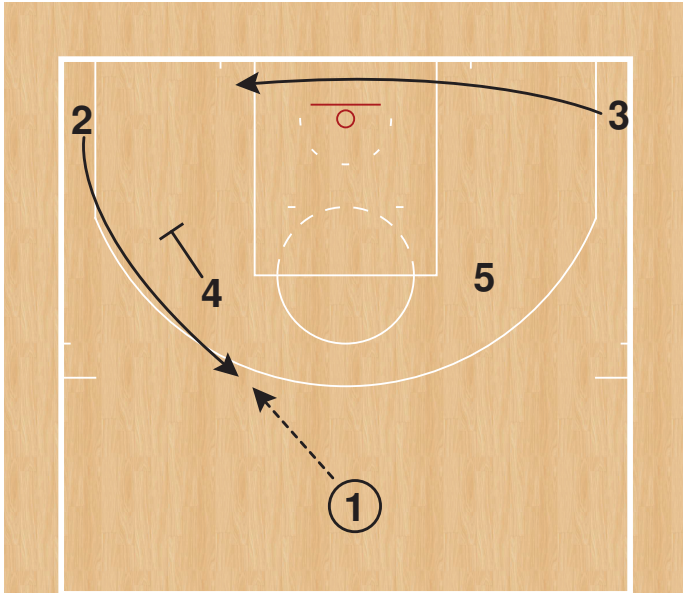


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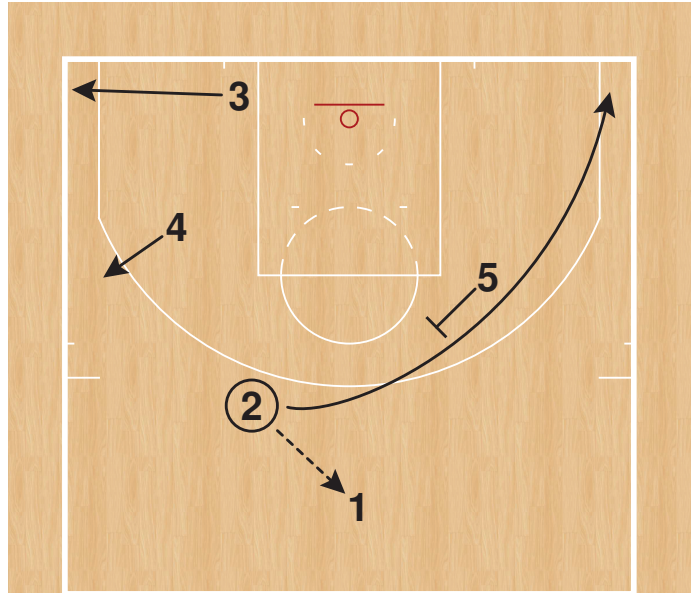


Flip - Spread Half Court Sets

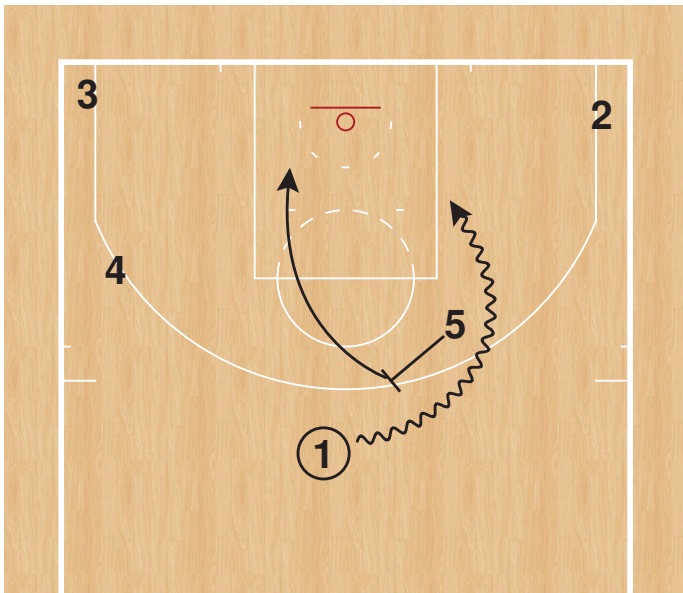
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Virginia



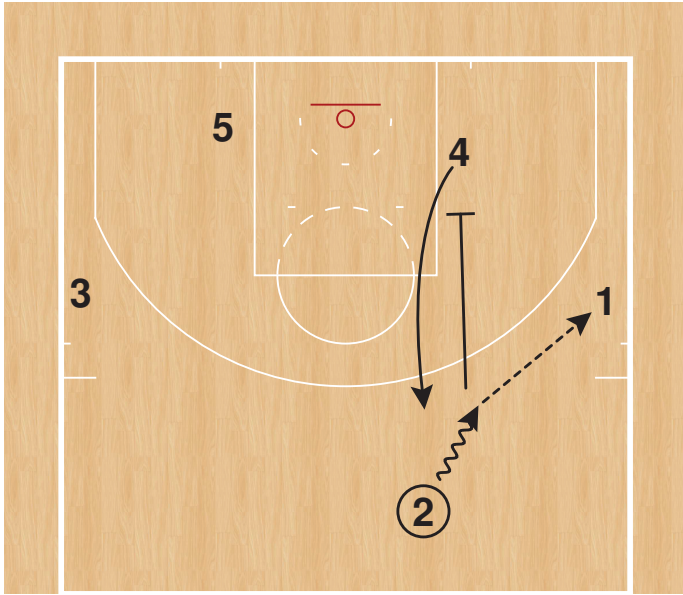
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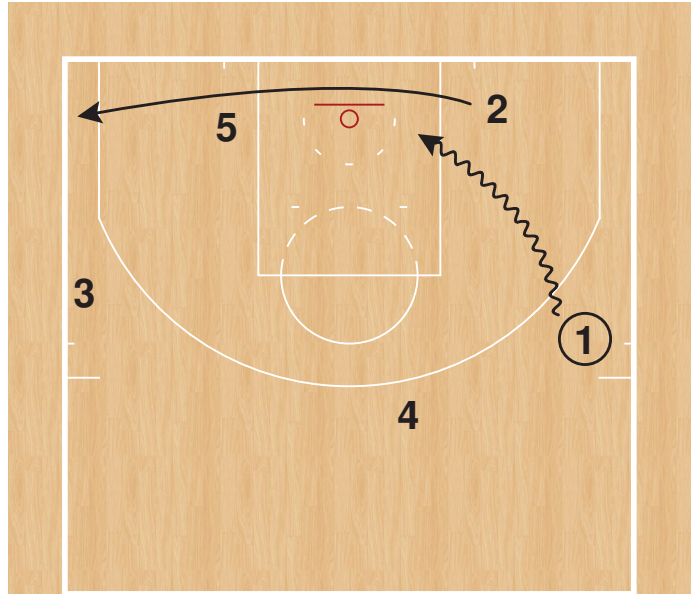
PG ISO

Half Court Sets

Virginia

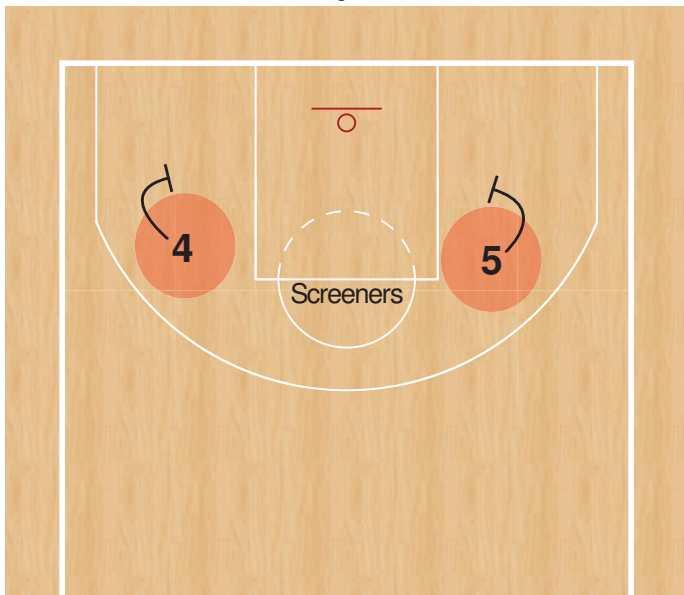


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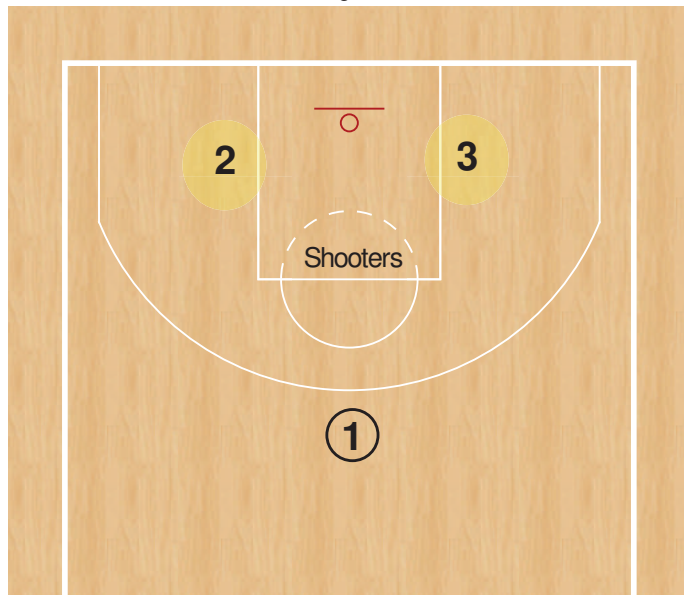


Setup - Mover Blocker Half Court Sets

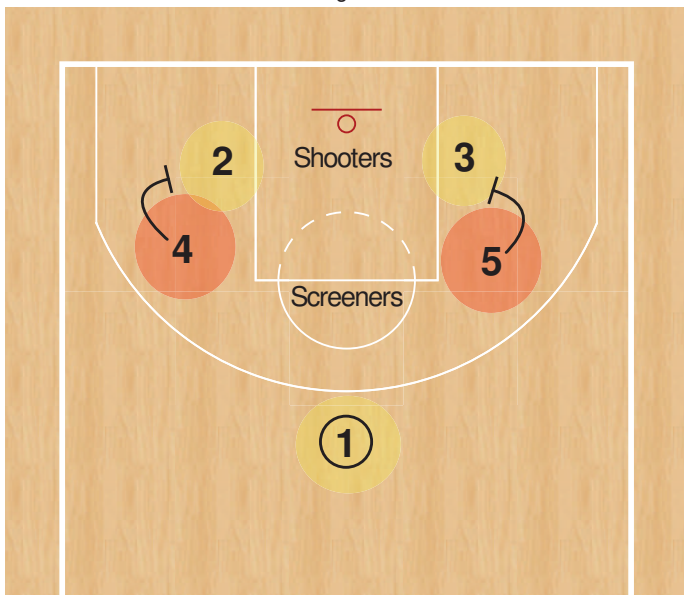
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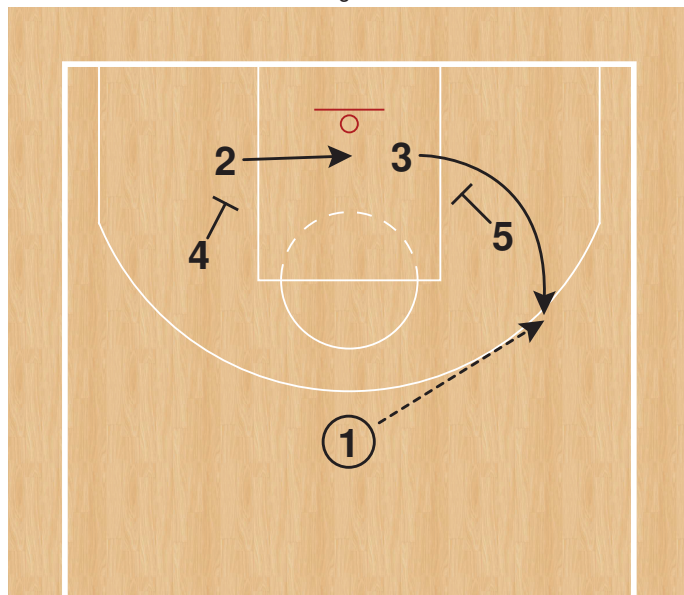
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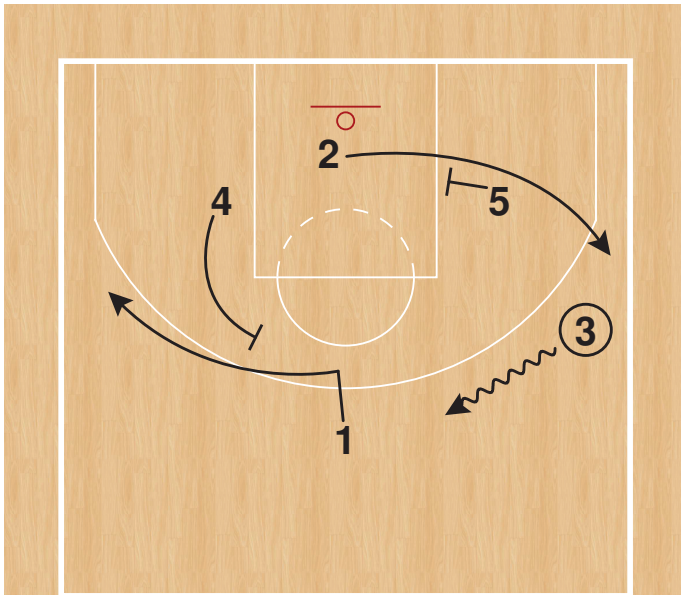


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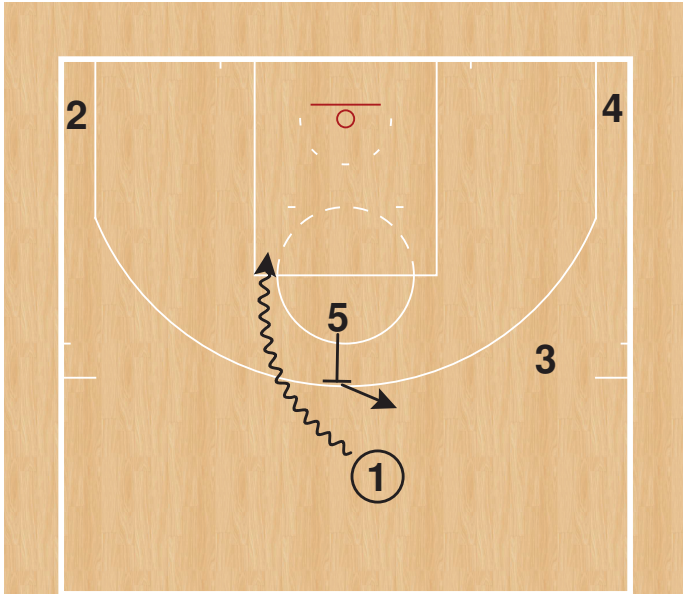
Setup - Mover Blocker Half Court Sets

Virginia

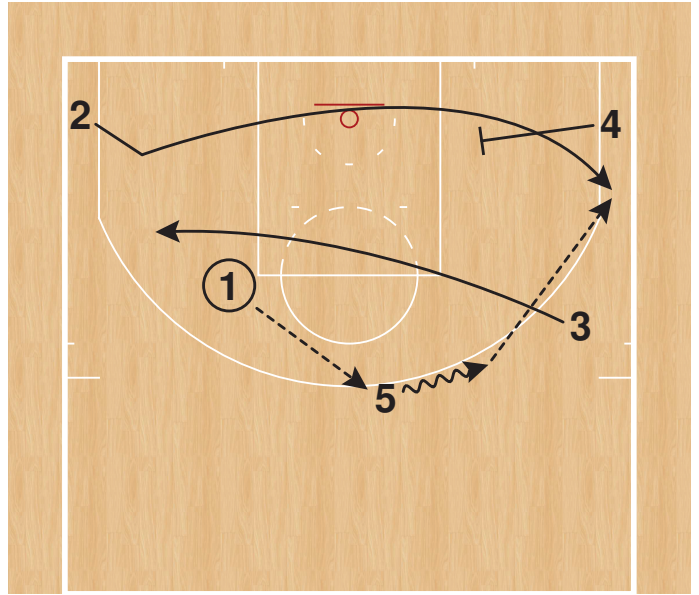


Spread Pop Half Court Sets

Virginia



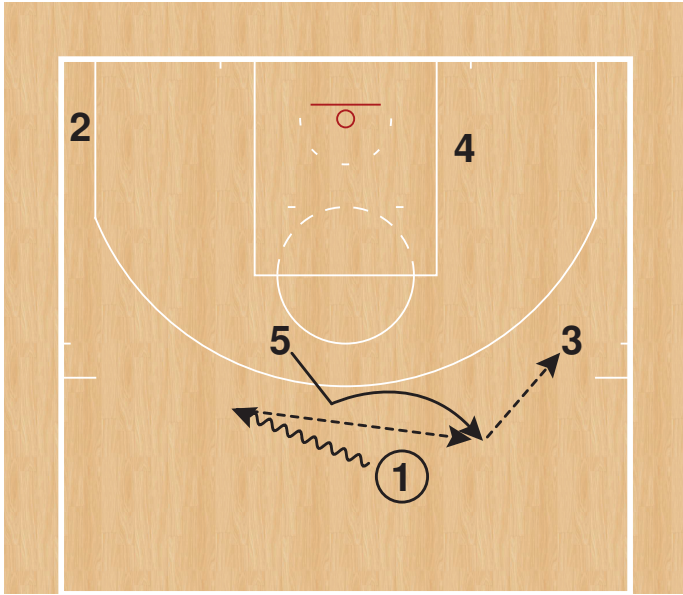
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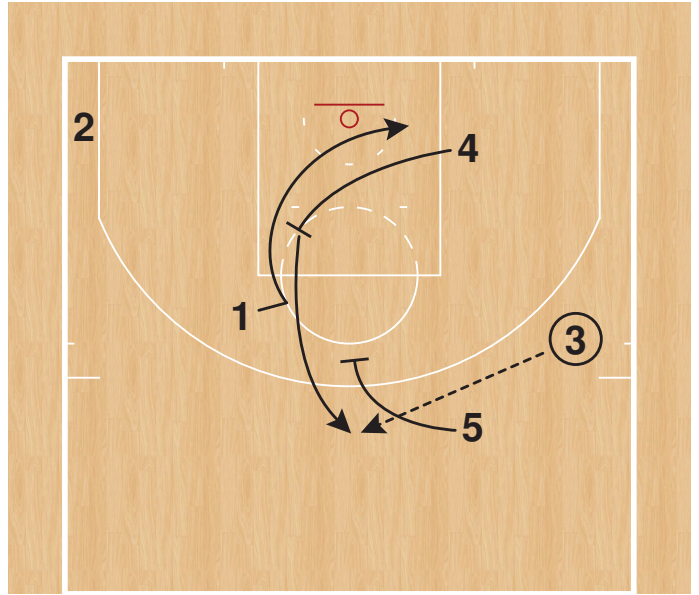
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Half Court Sets

Virginia

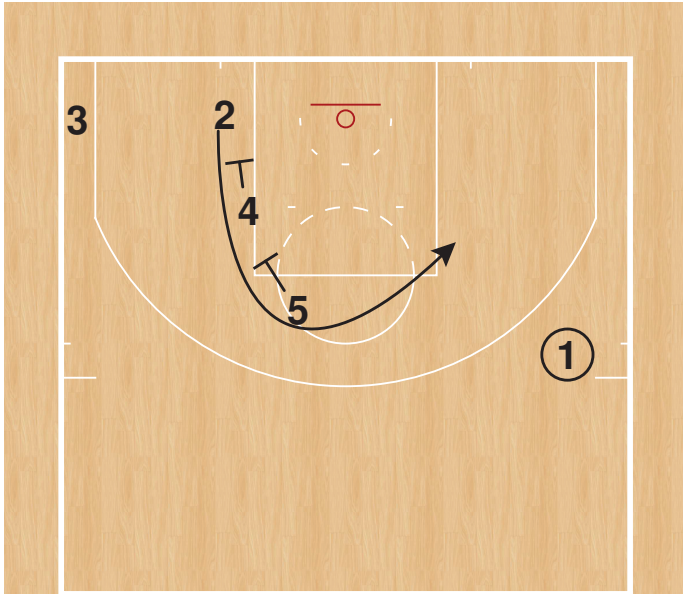


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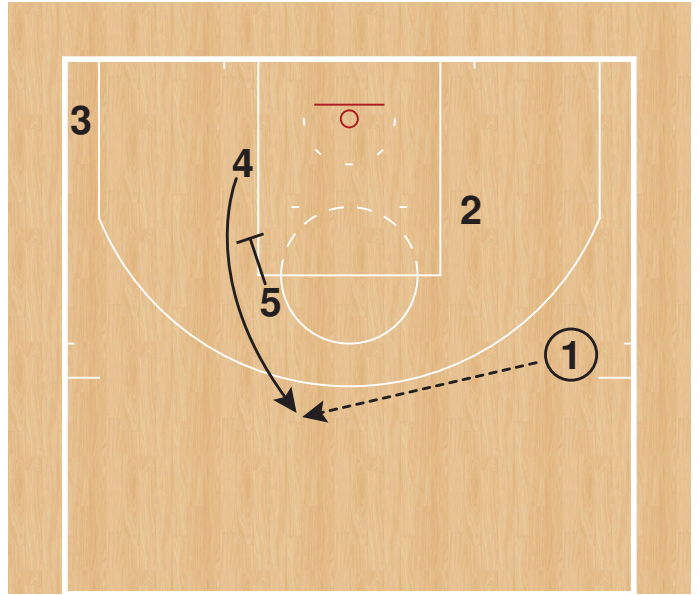


Thirds Half Court Sets

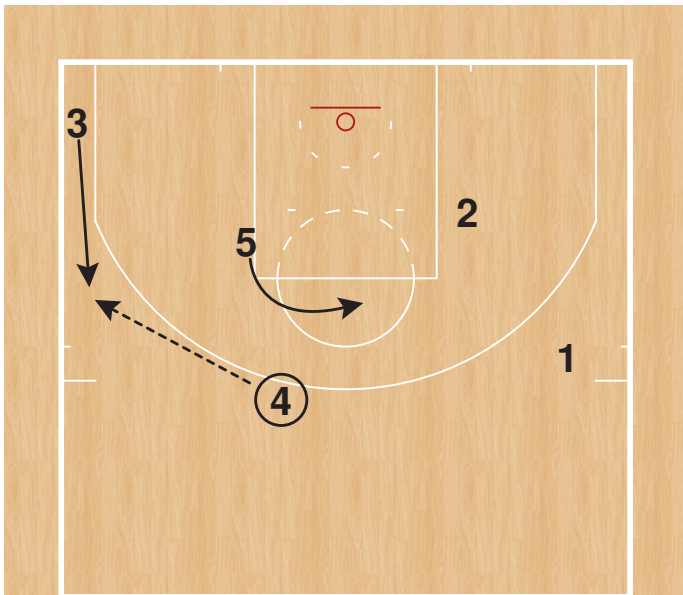
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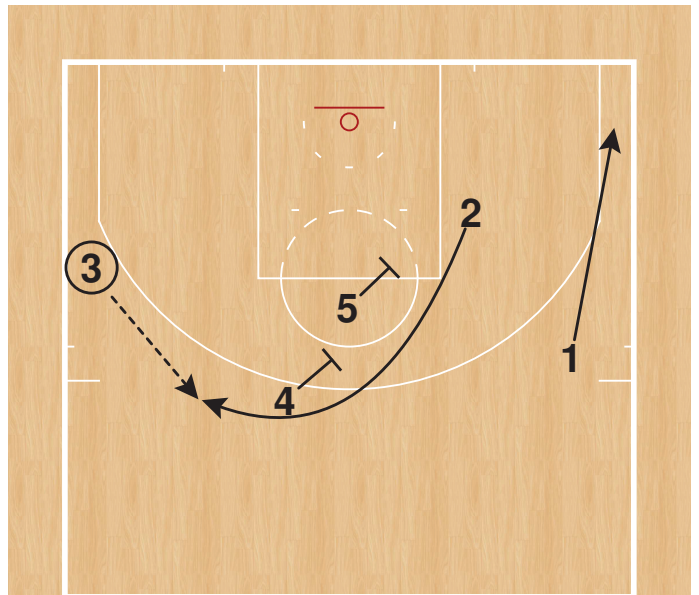
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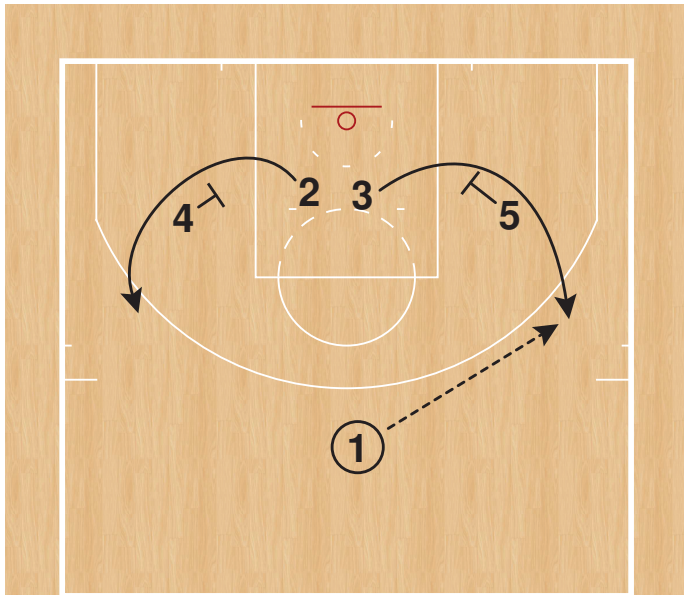


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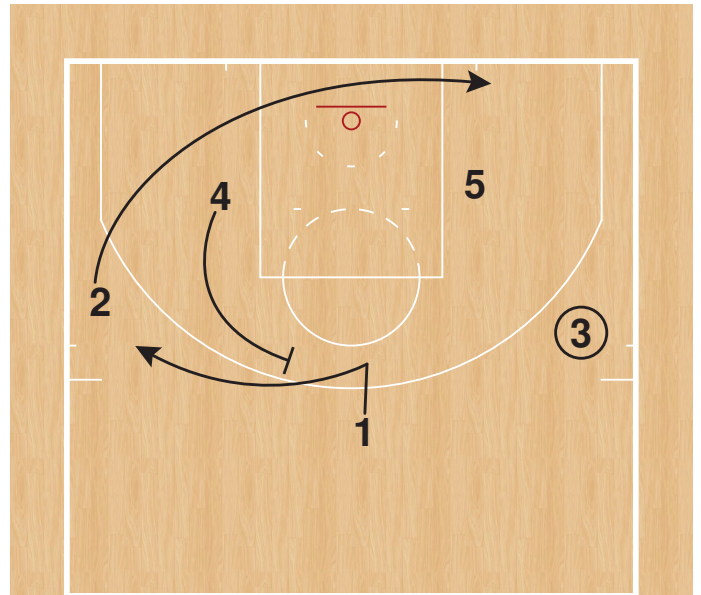


Thumbs Up Half Court Sets

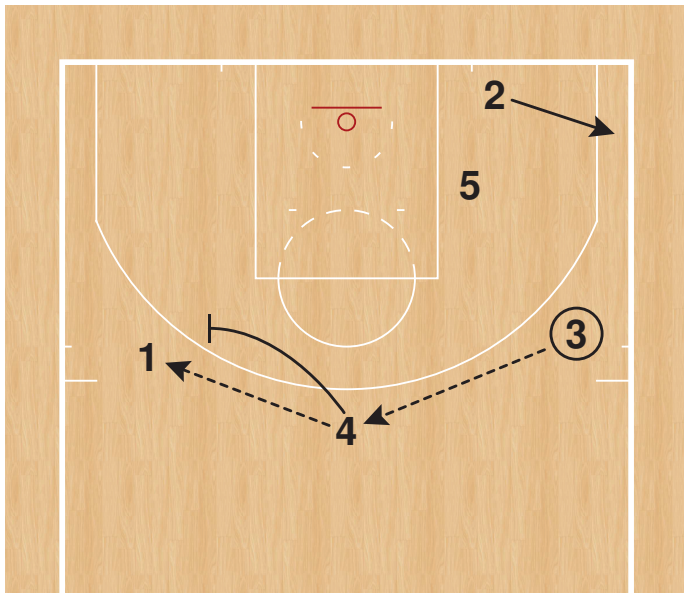
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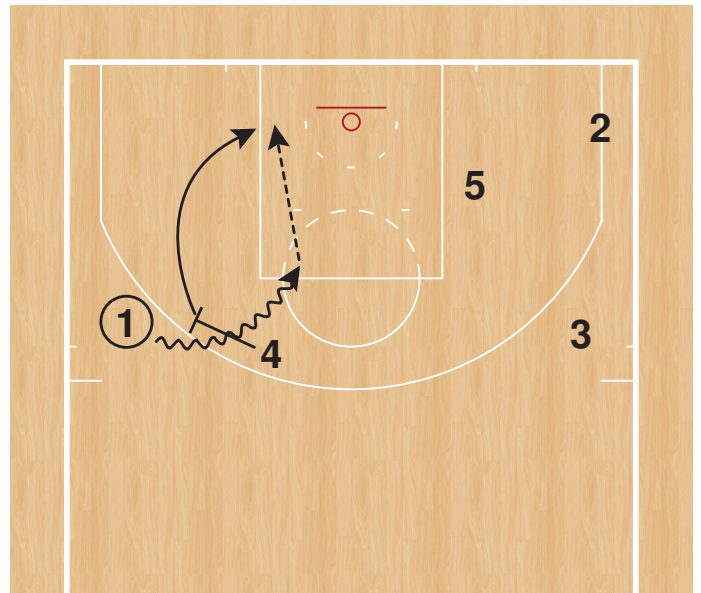
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Virginia

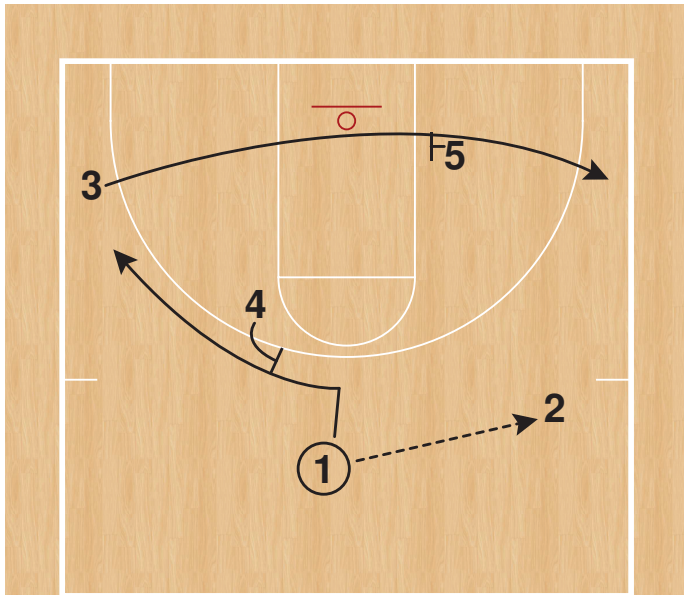


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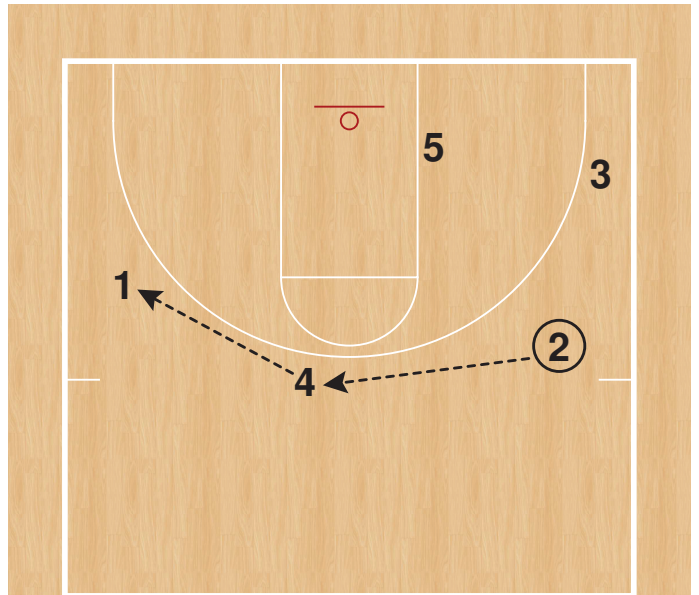


Thumbs Up - Flood Half Court Sets

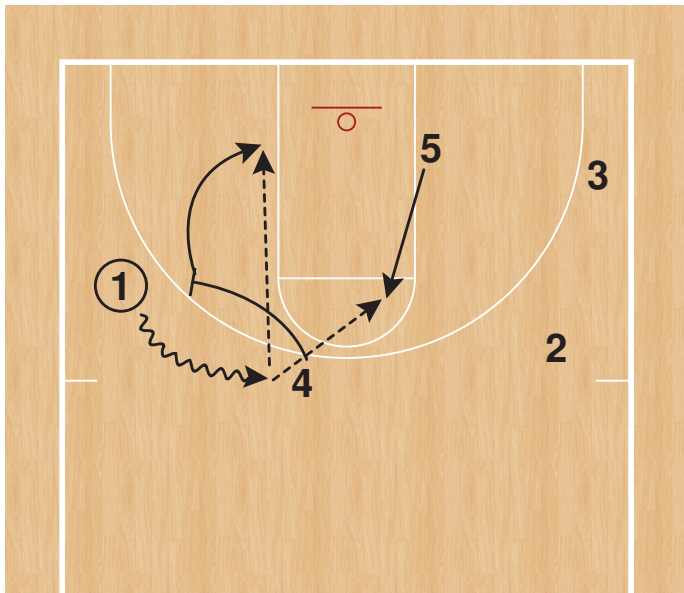
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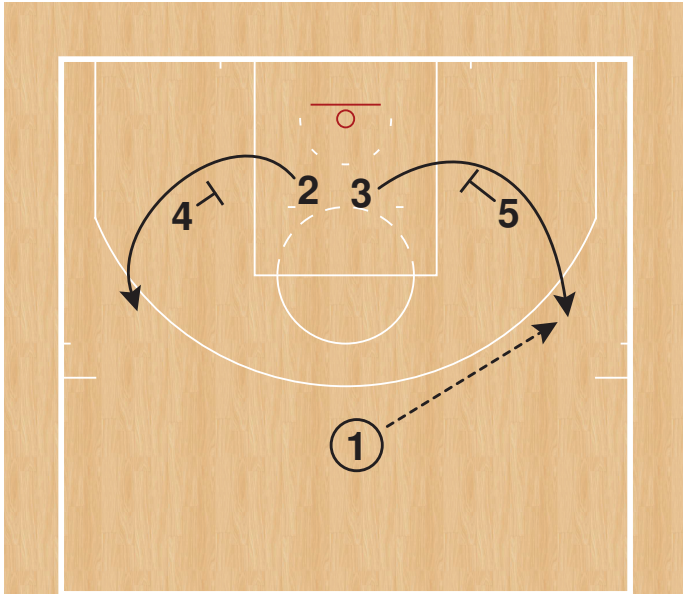


Virginia

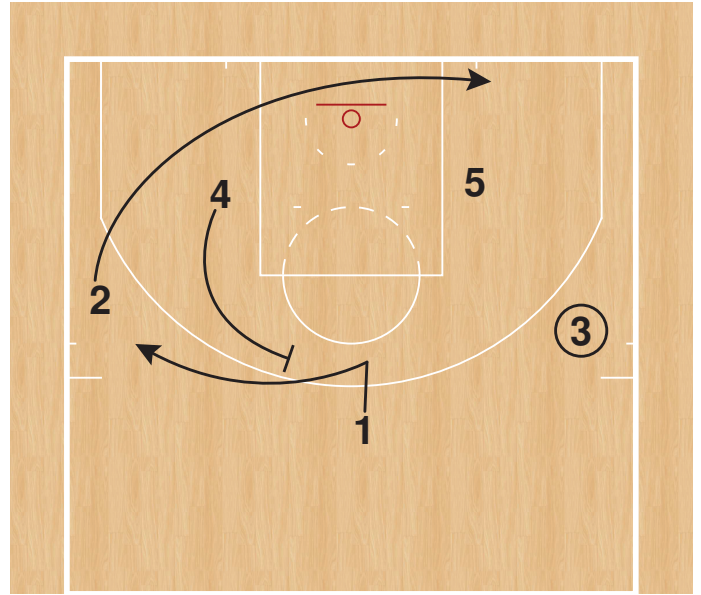


Thumbs Up - Pin Half Court Sets

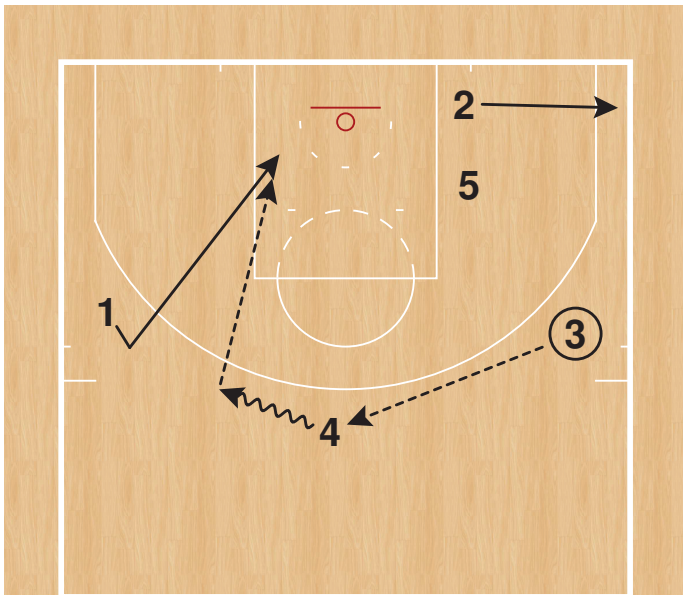
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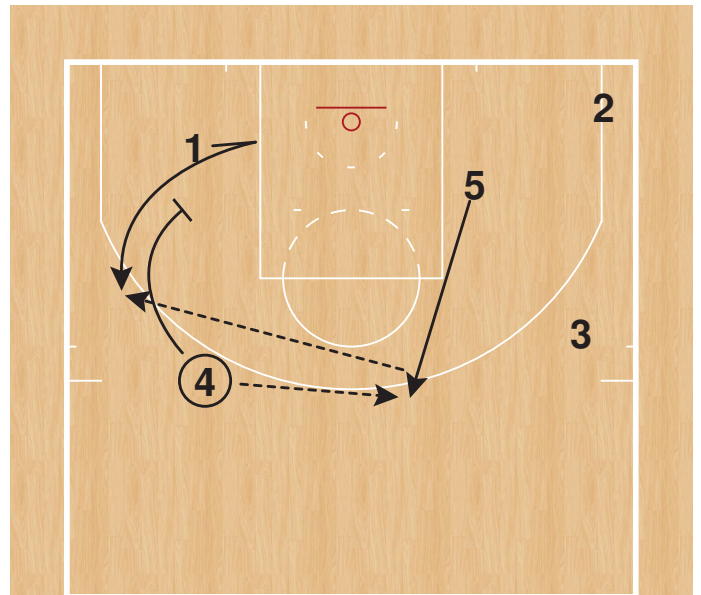
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Virginia



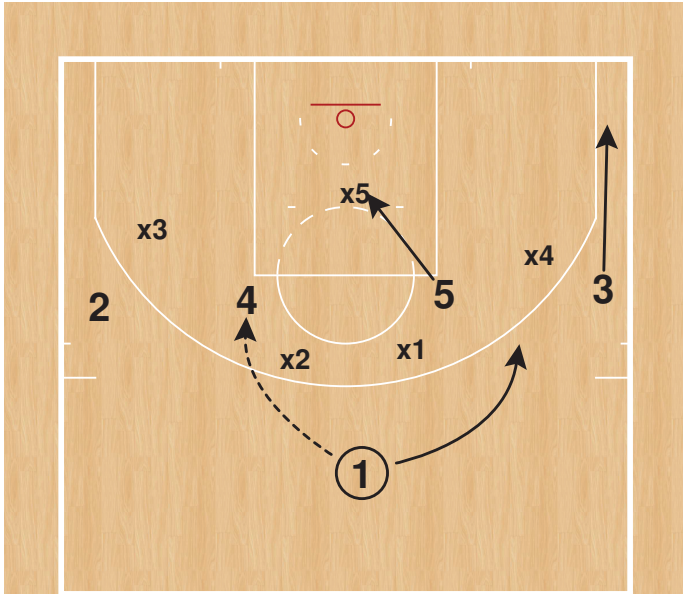
Virginia



Zone 14

Half Court Sets

Virginia



Virginia

