

Viking Motion (Fist)

We want a Post Touch, Open 3 or foul every possession!!!

We want to push the ball and take advantage of our quickness and abilities in the open floor

Our posts must run and our guards must reward the posts for running!

We have four spots on the floor

- Top (between the lane lines)
- Wing (right and left - 45 degree from the goal)
- Corner (Right and left corners – Block extended no lower)
- Block (Right and left block – Block up to the 2 hash mark)

We are always trying to get the next spot filled – this will create a circular motion on the perimeter. Our goal is to get to the top spot.

Our Vision --- Rim, Post, Action

What can happen from the “top” spot:

- Pass and Face cut
- Pass and set downscreen
- Pass and receive an inscreen
- If dribbled @ - backcut to the rim
- You can always catch and attack rim

What can happen from the “wing” spot:

- If dribbled @ - backcut to the rim
- You can always catch and attack rim
- If shooter above you (Top) set an inscreen
- If “top” sets downscreen – make a decisive cut

What can happen if you are at the “corner” spot:

- Fill to the spot above you

What can happen if you are on the “block” spot:

- Post aggressively
- Backscreen – by stepping up and off the block
- Fill to corner / then up
- If wing dribbles to top - you step out and set inscreen

Cutting: You cut to score or to create help & open teammate

- Dribble @’s –
- Face Cuts –
- Fill behinds –
 - If you cut from wing – stay same side
 - If you cut from the top – balance the floor for spacing
 - Finish your cut @ 22’ – spacing is critical

- There should never be 2 cutters at same time

3 types of screens: All screens are set up by 2 step face cut & are set @ 18’ around the arc

- Downscreens – screen originating from the middle of the floor
- Inscreens - screen originating from the outside of the floor
- Backscreens - screen originating from the middle of the floor and from the block

3 Types of cuts off of screening

- Curl – best cut to get shooter open – slowest cut
- Slip – quickest cut / great vs. switches or aggressive defense
- Flare – great cut to make post feed, get open 3 look
 - Any screening action – in cut changes sides of the floor and out cut shortens the pass
 - Screener’s back is the angle of attack
 - Inscreens always have priority over other screening action (downscreen)

- Communication between players is a must – screener must verbalize (talk) and visualize (hand gesture)!
- Inscreens always have priority over other screening action (downscreen)
- If there is a question where to be...get to the corner and start filling up
- We want our post players inside and we want our perimeters to be outside. For our motion to be the most effective we must have players that understand and are proficient at both spots.
- The action that we must get on the perimeter is a circular motion from the “top” spot. You need to envision two circles on both sides of the floor.
- The separation that is made after screening action is critical – if you can create a long close out the defense is at your mercy

Post Guidelines: Anyone can post!

- Seek ways to get into the posting area
- Ways to get in Post – Face cut, back cut, screening action, “crab” dribble
- Ways to get out of Post - Back screen, Get to corner, if wing dribbles to TOK - inscreen the dribbler
- We don’t want weakside post occupied – too much congestion

Exceptions:

- ❖ Bounce Cuts
- ❖ Inscreen / Post action
- ❖ Balancing the Floor