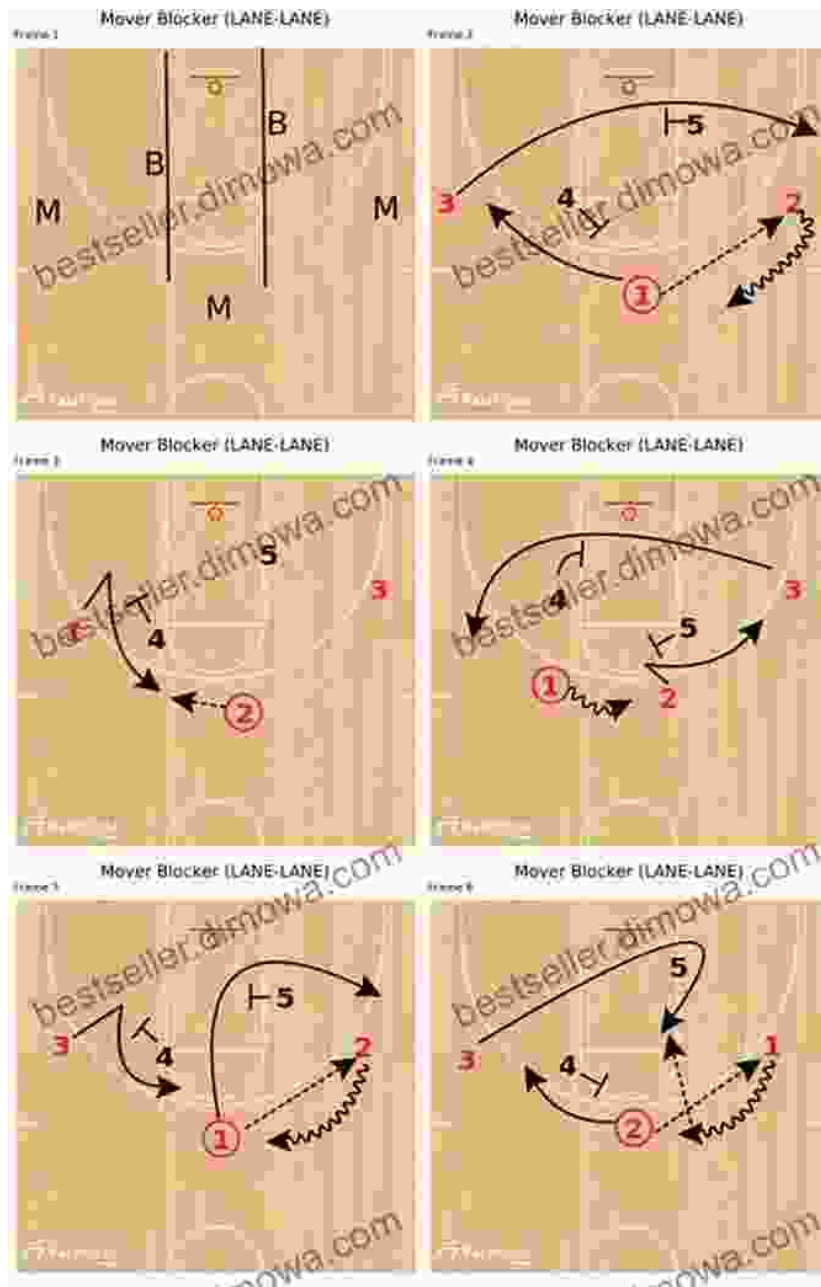


Coaching Basketball Zone Attack Using Blocker Mover Motion Offense: A Comprehensive Guide



Zone defense is a common defensive strategy in basketball that can be challenging to attack. However, with the right strategy and execution, you

can exploit zone defense and score consistently.



Coaching Basketball's Zone Attack Using Blocker-Mover Motion Offense by Bernhard Wunderlich

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In this article, we'll discuss the blocker mover motion offense, a highly effective zone attack that uses a combination of screens and cuts to create scoring opportunities.

Benefits of the Blocker Mover Motion Offense

- Creates mismatches and scoring opportunities.
- Difficult for the defense to guard because of the constant movement.
- Can be used against any type of zone defense.
- Promotes player movement and ball movement.

How to Implement the Blocker Mover Motion Offense

The blocker mover motion offense is a complex offense that requires practice and coordination. Here's a step-by-step guide to help you

implement it with your team:

1. **Start with a basic formation.** The offense typically starts with five players spread around the perimeter in a U-shape formation.
2. **Initiate the motion.** One player (the "blocker") sets a screen for another player (the "mover").
3. **The mover cuts to the basket.** The mover uses the screen to get open and cut to the basket.
4. **The passer makes a pass to the mover.** The passer reads the movement of the mover and makes a pass to them as they cut to the basket.
5. **The mover shoots or passes.** The mover can either shoot the ball or pass it to a teammate for a better shot.

Variations of the Blocker Mover Motion Offense

There are many variations of the blocker mover motion offense. Here are a few of the most common:

- **Double screen.** Two players set screens for the mover, creating a double team on the defender guarding the mover.
- **Back screen.** The blocker sets a screen behind the defender guarding the mover, freeing the mover up for a cut to the basket.
- **Cross screen.** The blocker and mover cross paths, creating a situation where the defender guarding the mover is forced to switch onto the blocker.

Tips for Coaching the Blocker Mover Motion Offense

- **Emphasize ball movement.** The blocker mover motion offense is a ball-intensive offense. Encourage your players to move the ball quickly and decisively.
- **Read the defense.** The offense needs to be adjusted based on the defense. Teach your players to identify defensive weaknesses and exploit them.
- **Be patient.** The blocker mover motion offense takes time to master. Be patient with your players and don't get discouraged if they don't execute perfectly right away.
- **Use drills to practice.** There are many drills that can be used to practice the blocker mover motion offense. Use these drills to help your players develop the skills necessary to execute the offense effectively.

The blocker mover motion offense is a powerful zone attack that can help your team score consistently. By following the tips in this article, you can implement the offense with your team and start winning more games.



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