

Motion Offense

Strong Side / Weak Side



Kyle Hannan
Goucher College



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Motion Offense: Strong Side / Weak Side

Why Play Strong Side / Weak Side Offense?

- ✓ Brings the true dodger back into the game
- ✓ Creates space to attack
- ✓ Forces defense to cover more ground (long slide and recovery)
- ✓ Creates multiple scoring options
 - Shots off the dodge
 - Crease shots
 - Backside shots
- ✓ Puts the OFFENSE in the drivers seat
 - Can attack to strength
 - Forces the defense to adjust



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Motion Offense: Strong Side / Weak Side

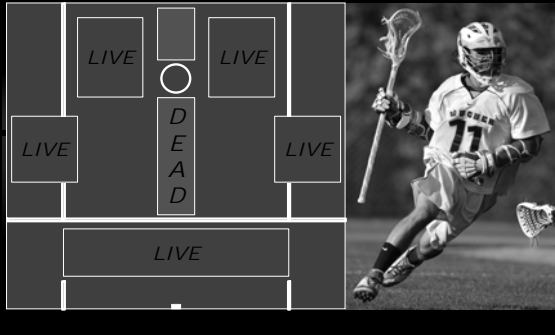
General Concept:

- ✓ Force defense to move East / West
- ✓ Establish a Strong Side
 - ✓ North / South
 - ✓ 4 Players
- ✓ Swing ball to Weak Side
 - East / West
 - Long pass to dodger
- ✓ Attack the Weak Side (2 players)
 - Clear space
 - Attack
- ✓ Play fast off East / West Pass
 - Beat the defenses off ball adjustments
 - Make quick decisions with the ball



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Motion Offense: Strong Side / Weak Side Live / Dead Area's



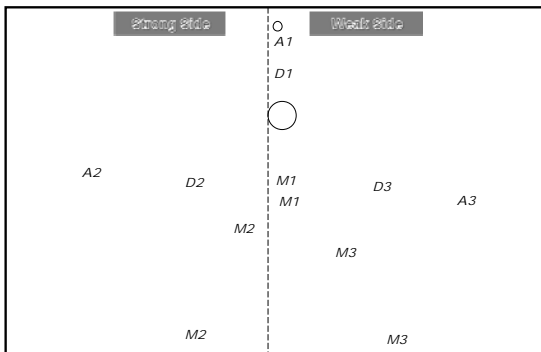
Establishing a Strong Side

- ✓ 4 Man Action
- ✓ North / South Movement
- ✓ Draw Defensive Players with Patience
- ✓ 3 Ways to Create a Strong Side
 1. North / South Passes
 2. Carry
 3. Dummy Dodge



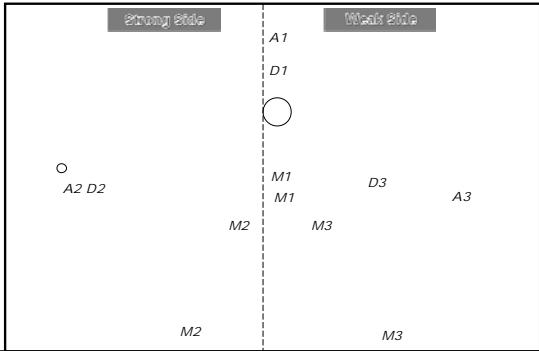
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Strong Side Play (4 man): Two Passes



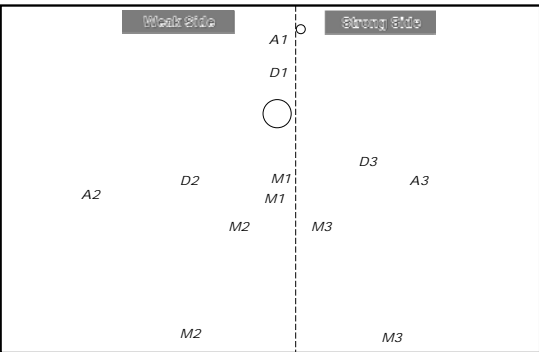
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Strong Side Play (4 man): Dummy Dodge



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Strong Side Play (4 man): Carry



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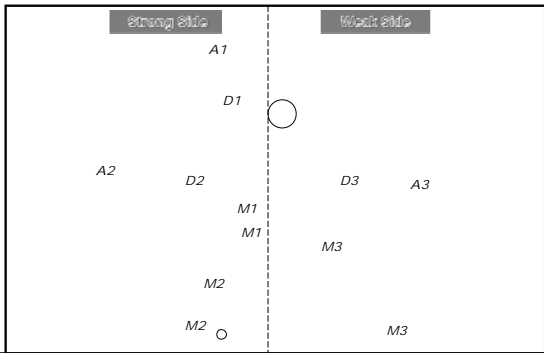
Attacking the Weak Side

- ✓ East / West Pass
- ✓ 2 Man Action
- ✓ Off Ball Player Clears Space
 1. Hook
 2. Fade
 3. Pick
- ✓ Dodger attacks with speed



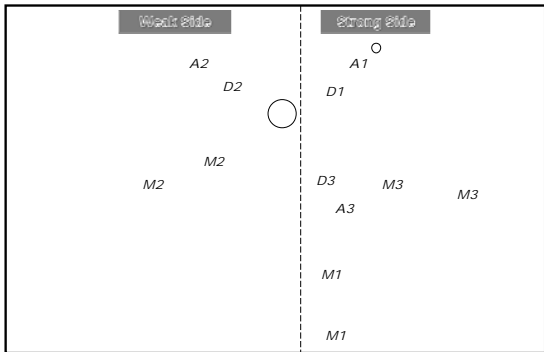
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Weak Side Play (2 man): Clear - Hook



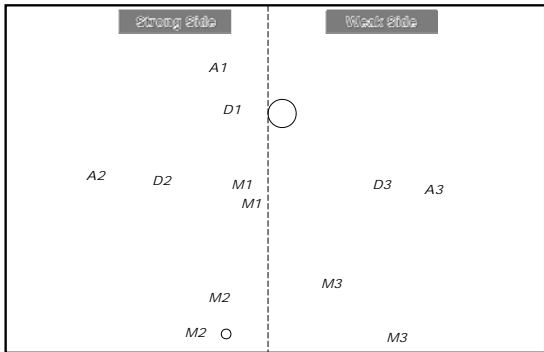
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Weak Side Play (2 man): Clear - Hook



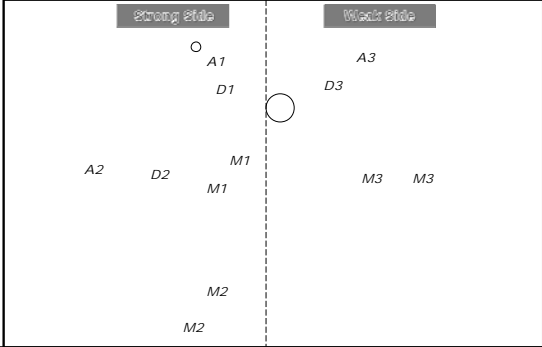
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Weak Side Play (2 man): Clear - Fade



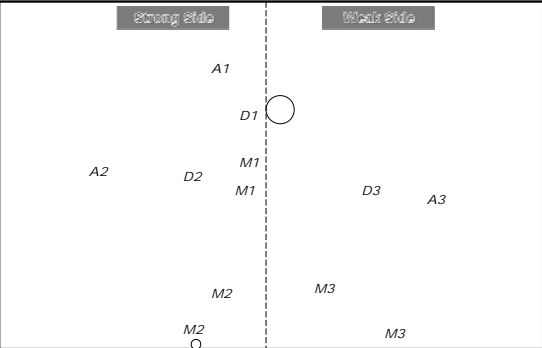
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Weak Side Play (2 man): Clear - Fade



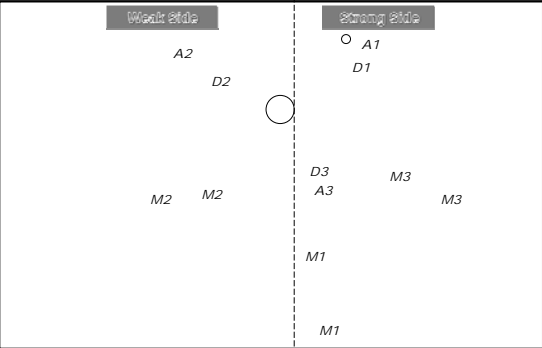
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Weak Side Play (2 man): Clear - Pick (ball)



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Weak Side Play (2 man): Clear - Pick (ball)



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Weak Side Play (2 man): Dodger

Key's to Weak Side Dodging:

- ✓ Beat the ball to the dodging spot
- ✓ Start dodge when ball is in the air
- ✓ Attack defender
- ✓ No hesitation, beat off ball defenders
- ✓ The Three D 's of Dodging
 - Dynamic
 - Deceptive
 - Decisive



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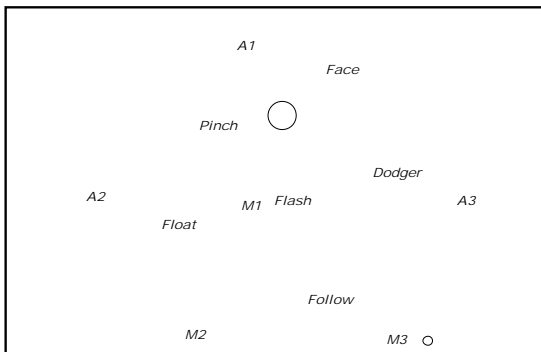
Power Positions:

- ✓ Dodger
- ✓ Follow (behind the dodger)
- ✓ Face (in front of the dodger)
- ✓ Flash (crease)
- ✓ Float (Backside high balance)
- ✓ Pinch (Backside low balance)



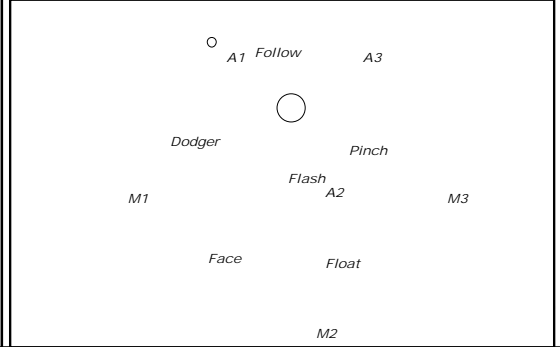
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Creating the Strong Side: High Drive



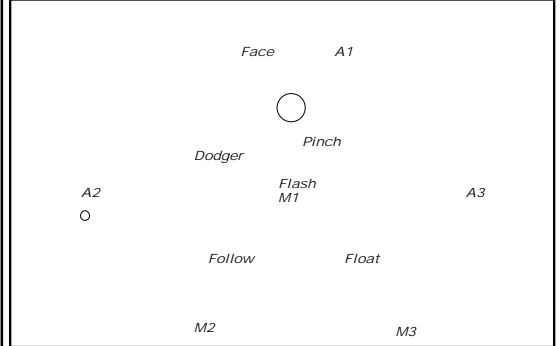
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Creating the Strong Side: Power Positions - Low Drive



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Creating the Strong Side: Power Positions - Wing Dodge



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Motion Offense: Key's to Success

- 4 - 2 Philosophy
 - ✓ 4 Players Create a Strong Side
 - ✓ 2 Players Attack the Weak Side
- Change Tempo of Play
 - ✓ Establish Weak Side with Patience
 - ✓ Attack Weak Side with Speed
- Long Trigger Pass Favors the Dodger
- Early Clear - Hook
- Late Clear - Fade
- Dodge (dynamic, deception & decisive)
- Point of Attack: all players 1 pass away
- Start Big and Finish Small
- Understand Flow
 - ✓ Possession vs. Turn-over
 - ✓ Lay-up vs. Three Pointer
- Individual Skills (sticks, dodging & shooting)



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