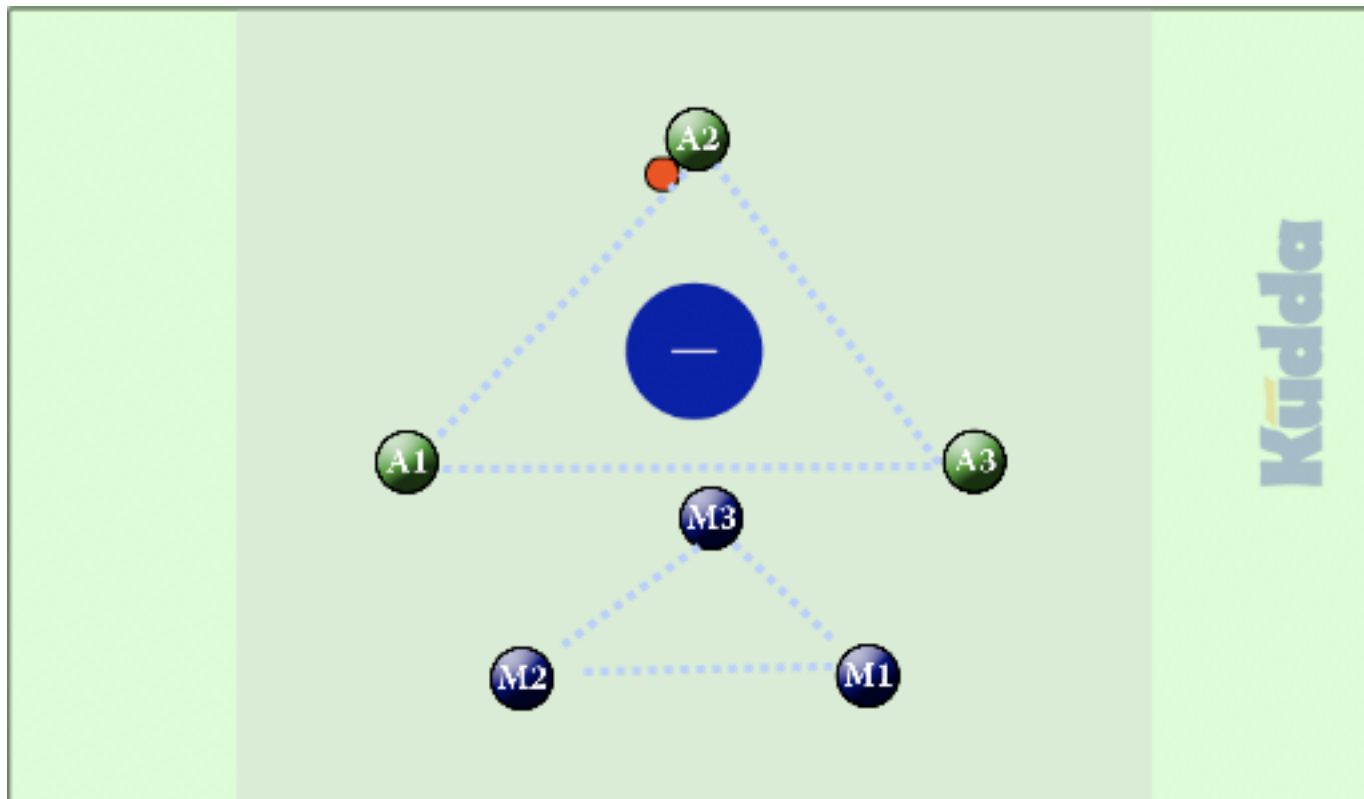


# Jake Reed

## Motion Offense

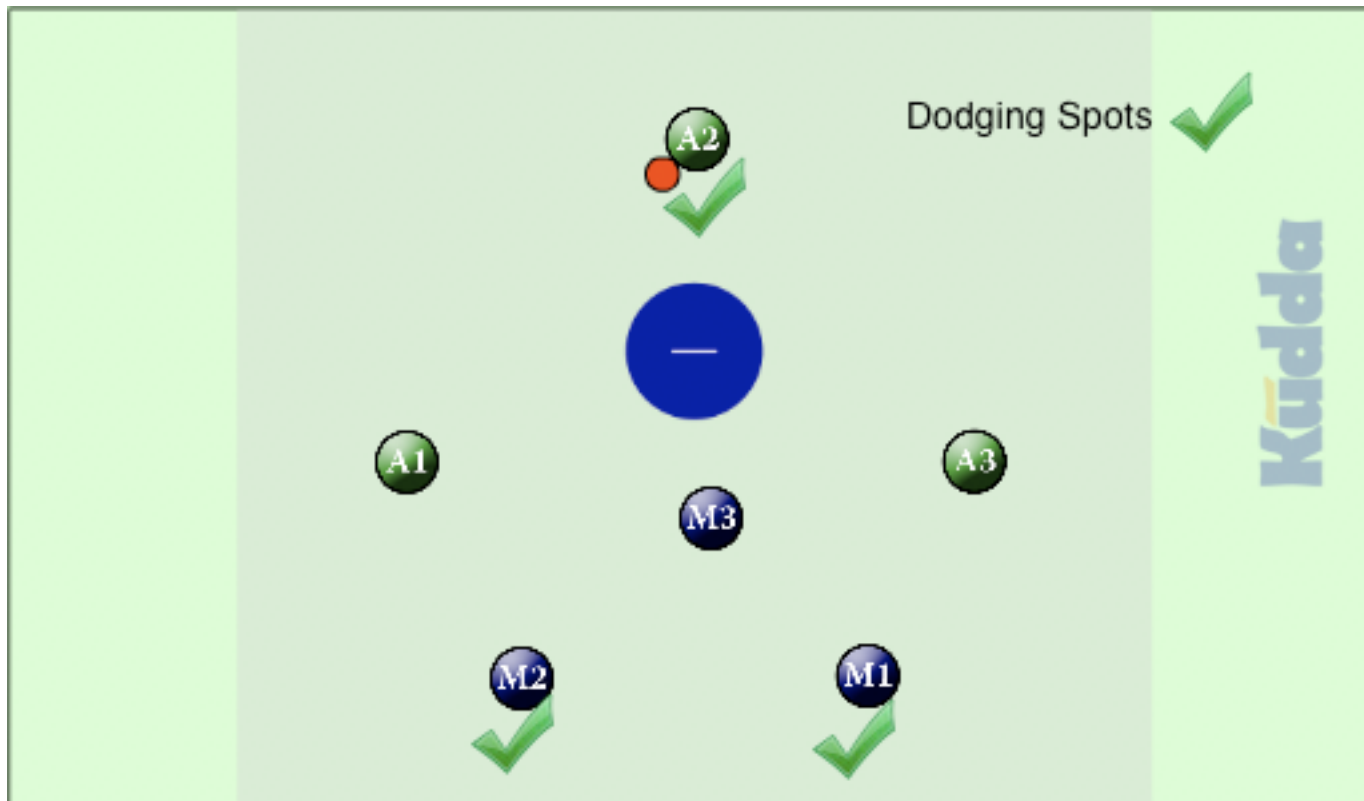
# Motion Offense

The motion offense works in triangles formed by the middies and another by the attack. **A1** and **A3** need to be 5 yards above GLE so that when their man slides, they are in good position to shoot. **M3** is about 5-8 yards above goal.



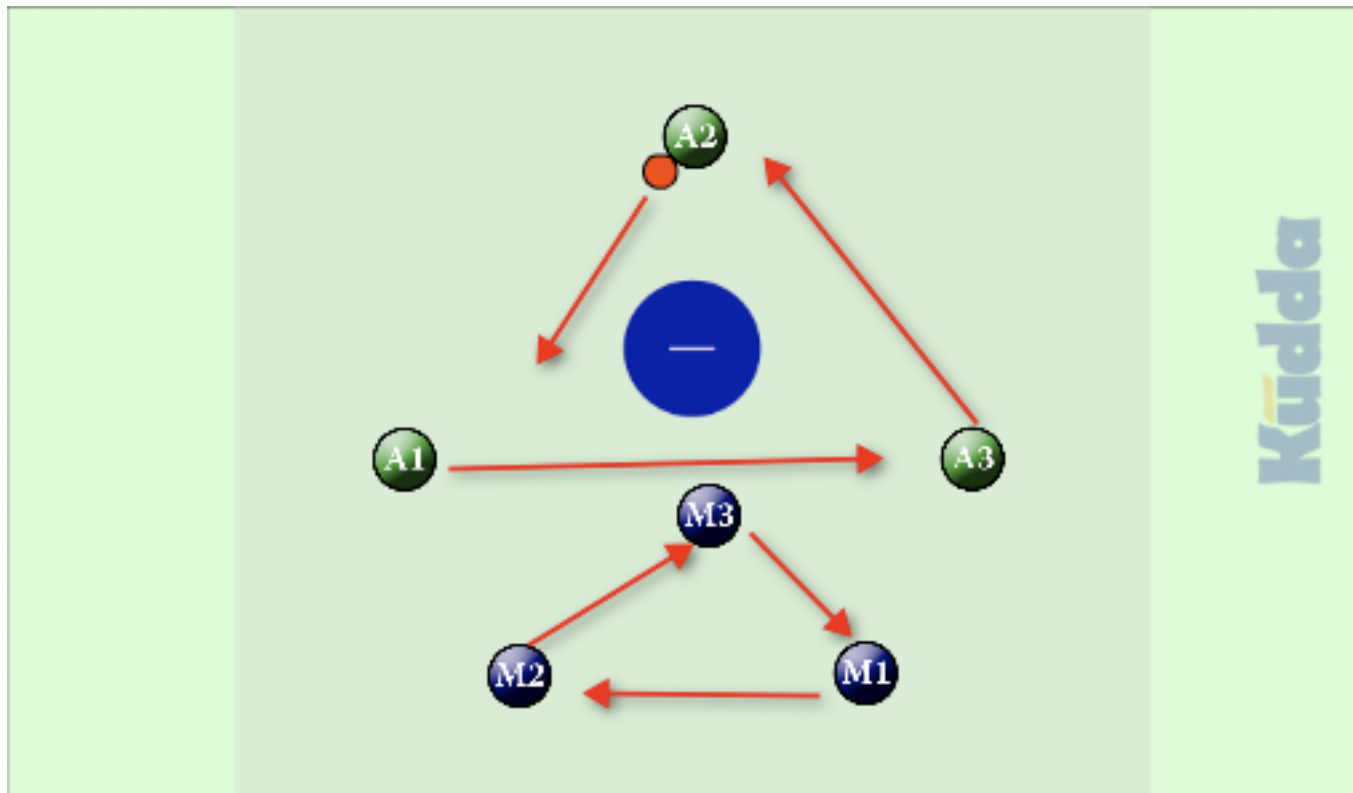
# Motion Offense

There are three main spots to originate a dodge from. They are at X and up top with the 2 middies as shown by the green checkmark.



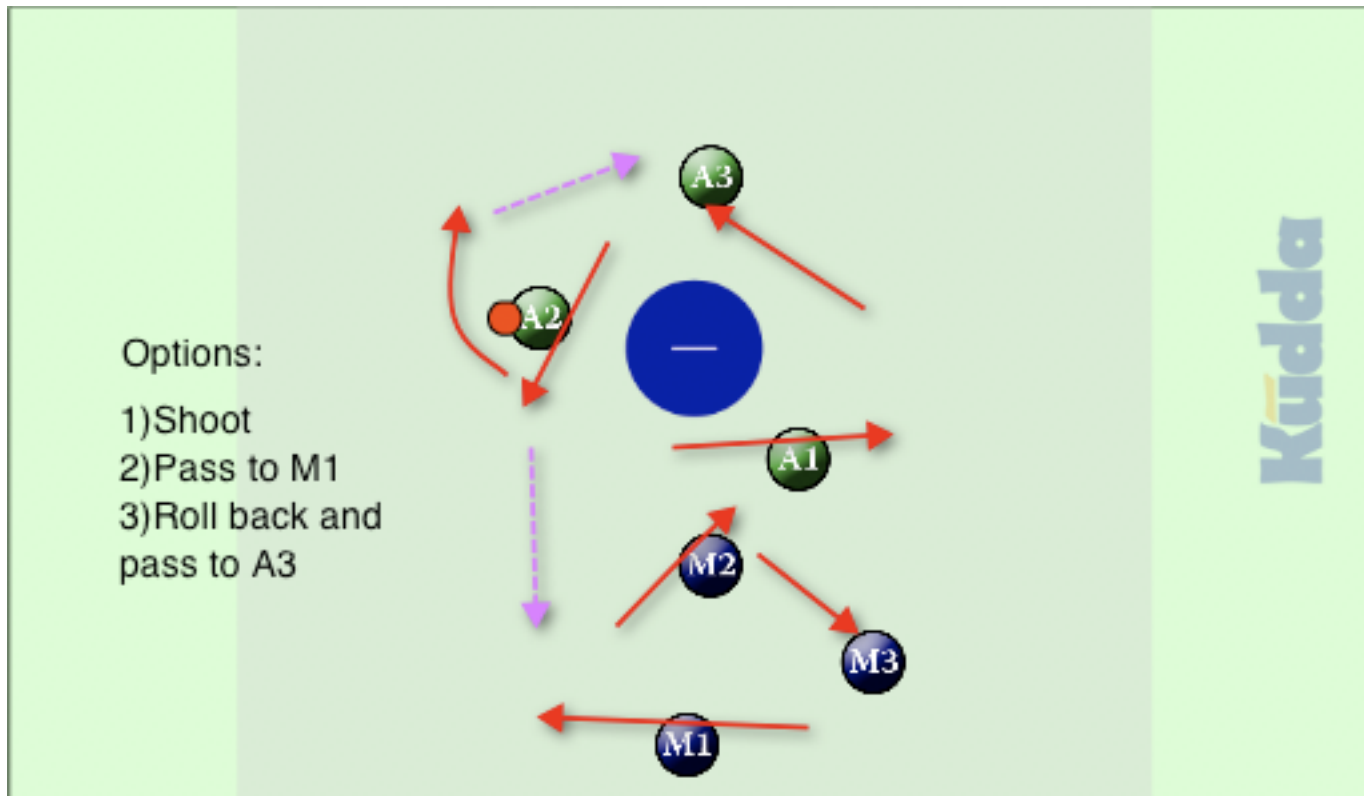
## Motion Offense

As **A2** dodges to his right, **A1** clears through while **A3** replaces **A2** at X. **M2** cuts through to high crease while **M3** clears out and **M1** replaces where **M2** was. As **A2** dodges, there is now a lot of open area as **A1** and **M2** have cleared.



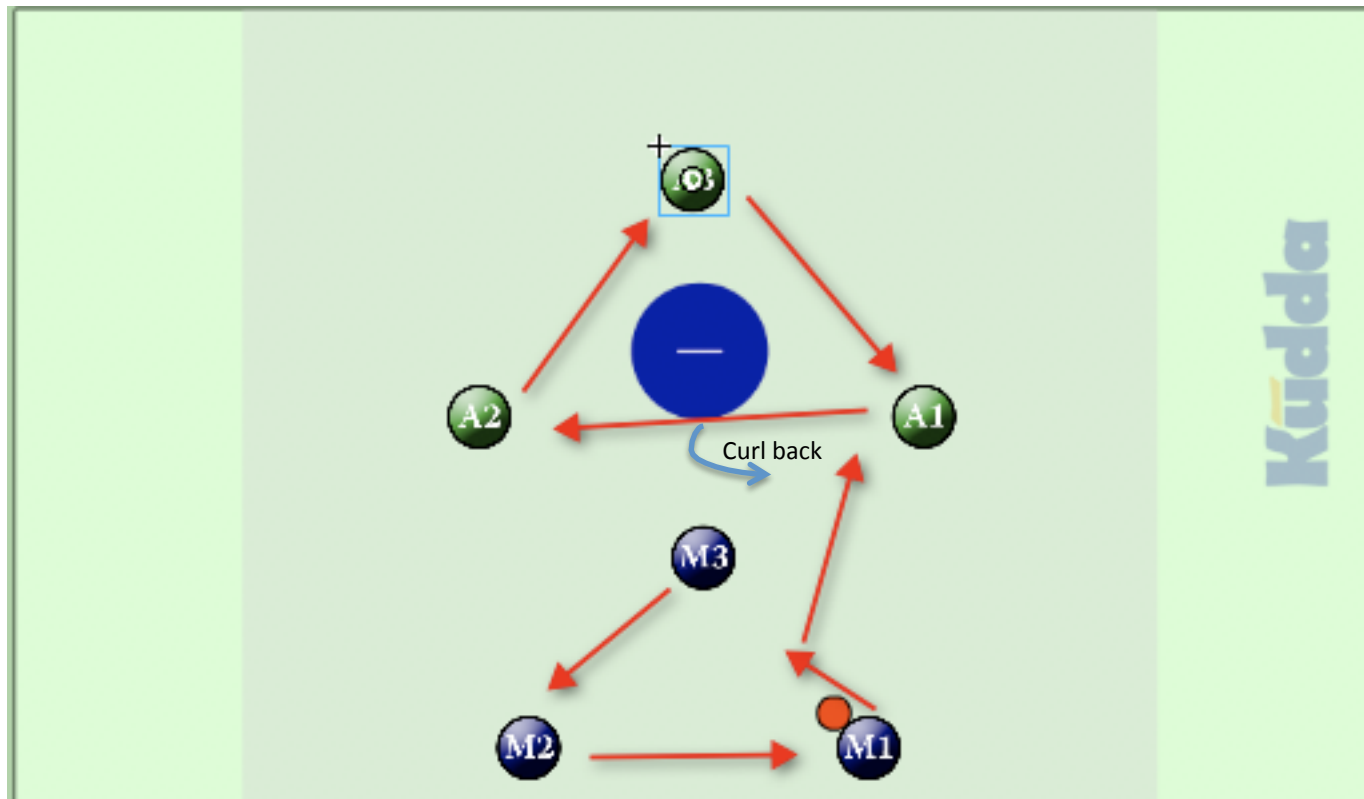
# Motion Offense

As **A2** dodges to his right, he can shoot, pass to **M1** who is going across to the top or **A2** can roll back and pass to **A3** who is now replacing at X.



## Motion Offense

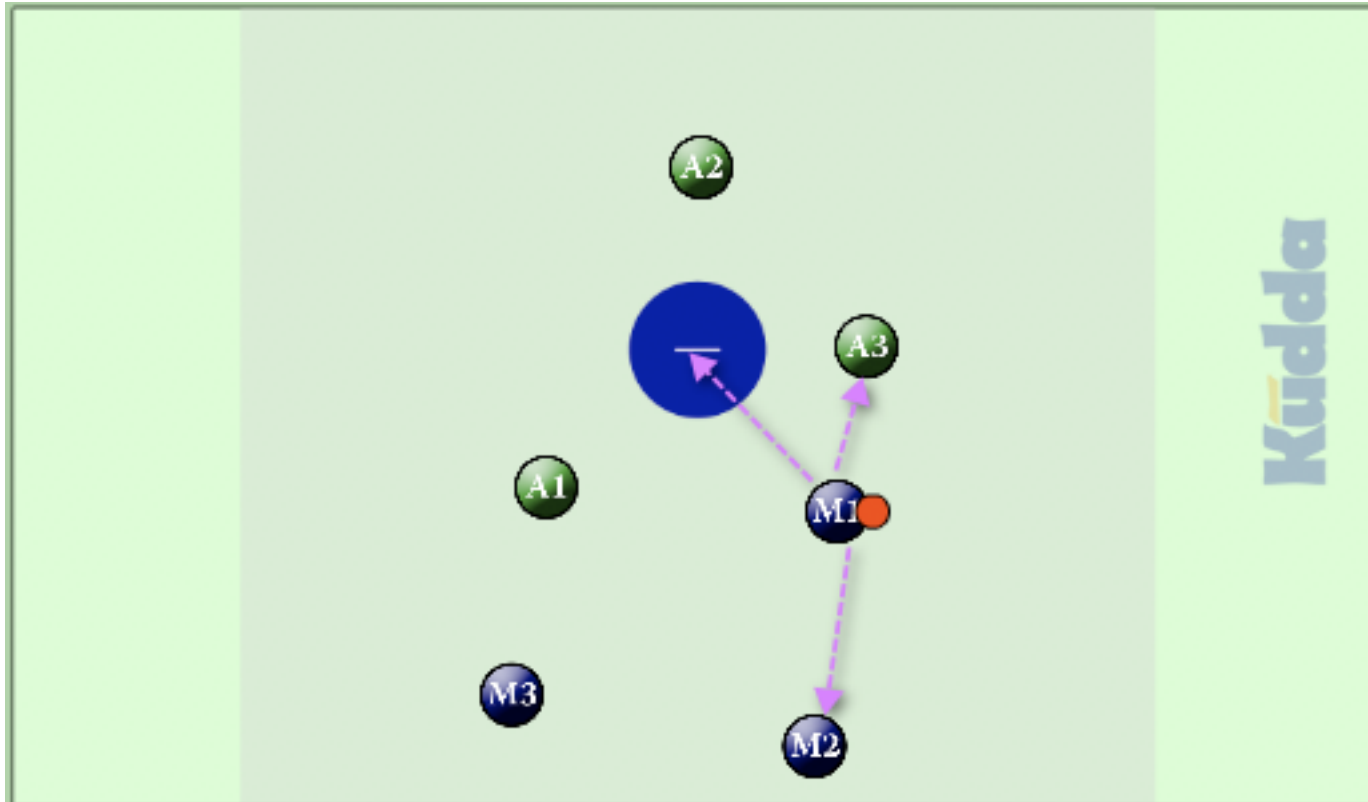
The ball starts with **M1** who does a split dodge down the alley. It is very important that **M1** takes his man to the middle before cutting back. This will help **M1** get a closer shot as he dodges. As **M1** dodges, the other five players are moving. When **A1** clears through the crease, **A1** should curl back right handed for a pass.



# Motion Offense

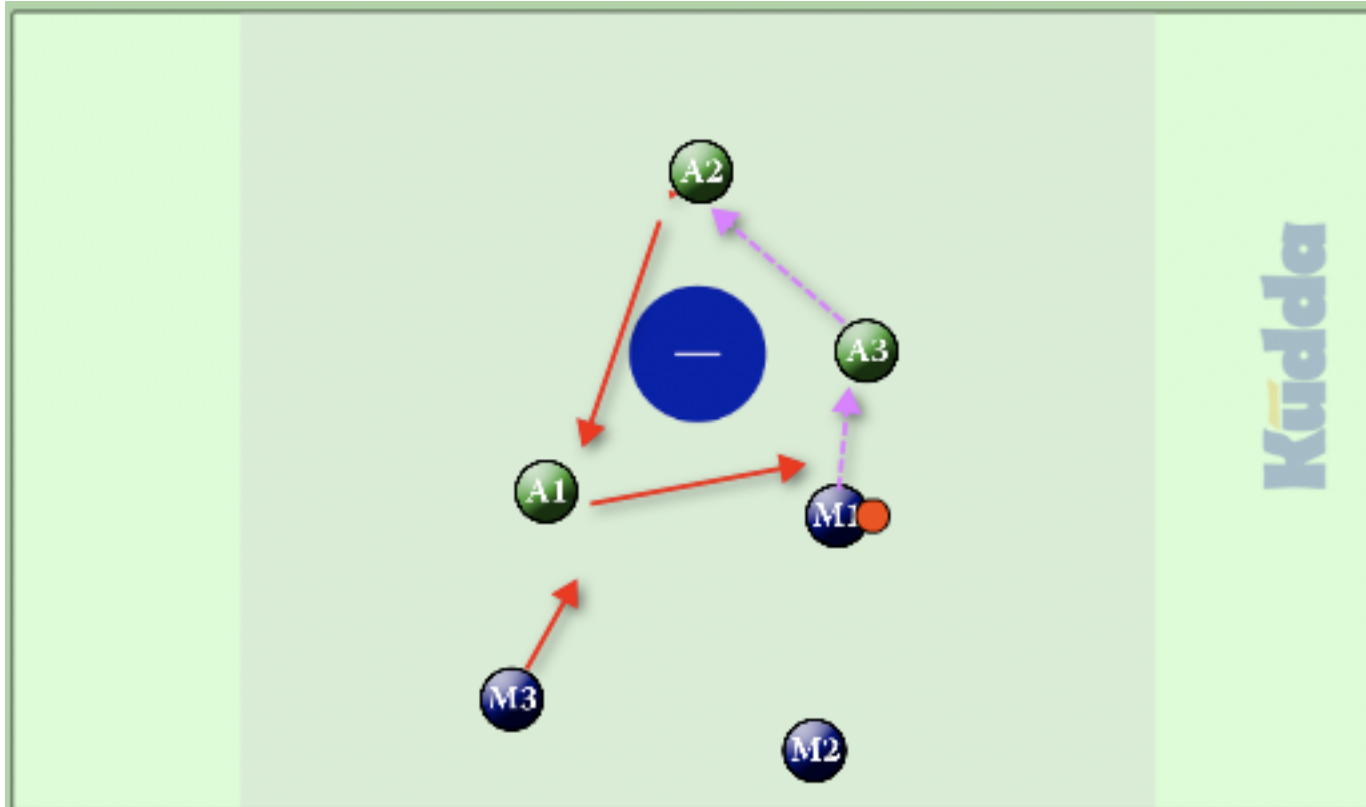
M1 has 3 options.

- M1 can shoot
- M1 can pass to A3
- M1 can roll back and pass to M2



## Motion Offense

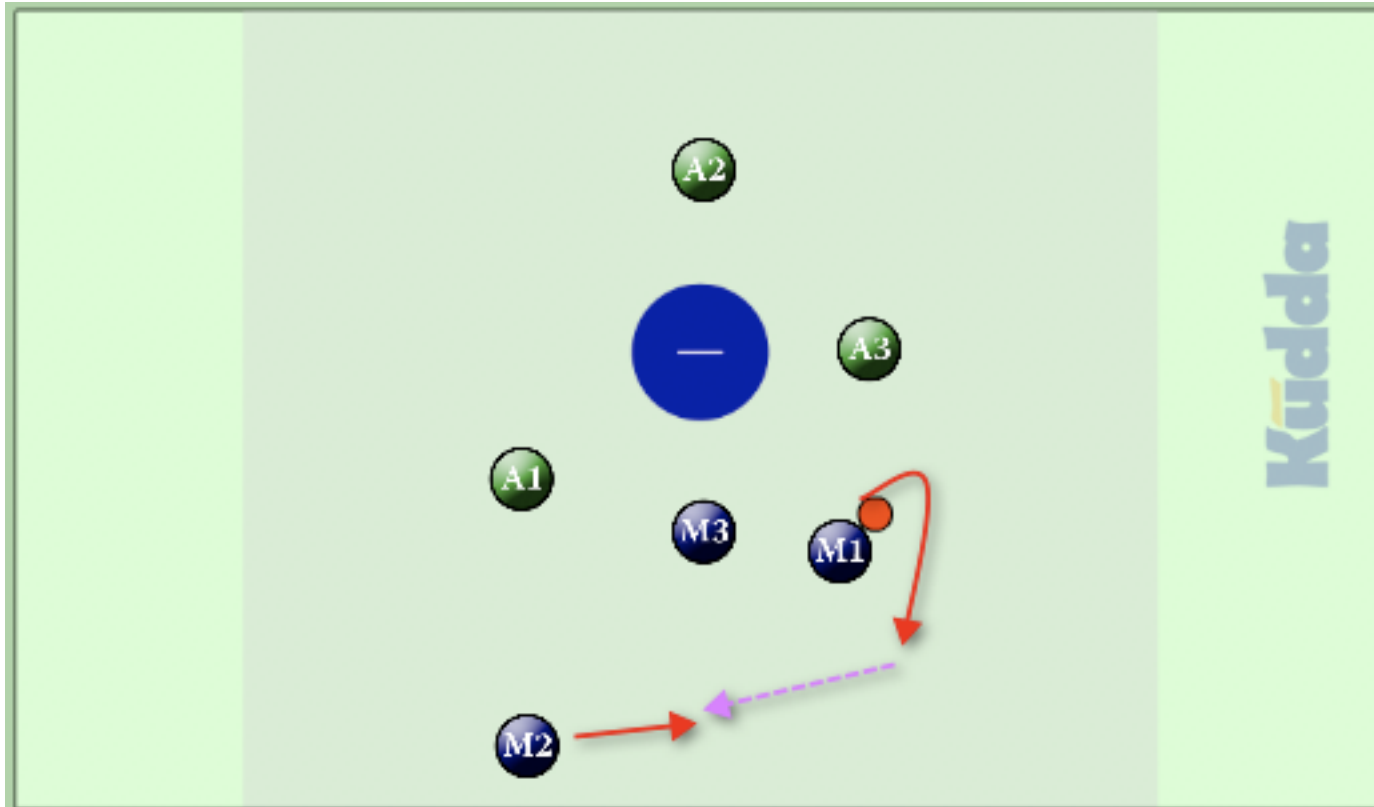
In the motion offense, one of the rules is that after a dodge, there needs to be 2 passes before another dodge. This ensures that the defense has to shift. If M1 passes to A3, A3 looks to A1 curling back and then immediately passes to A2, then A2 will dodge. A1 will clear through creating space. Option 1 is for A2 to shoot. Option 2 is to pass to moving M3 for a shot.





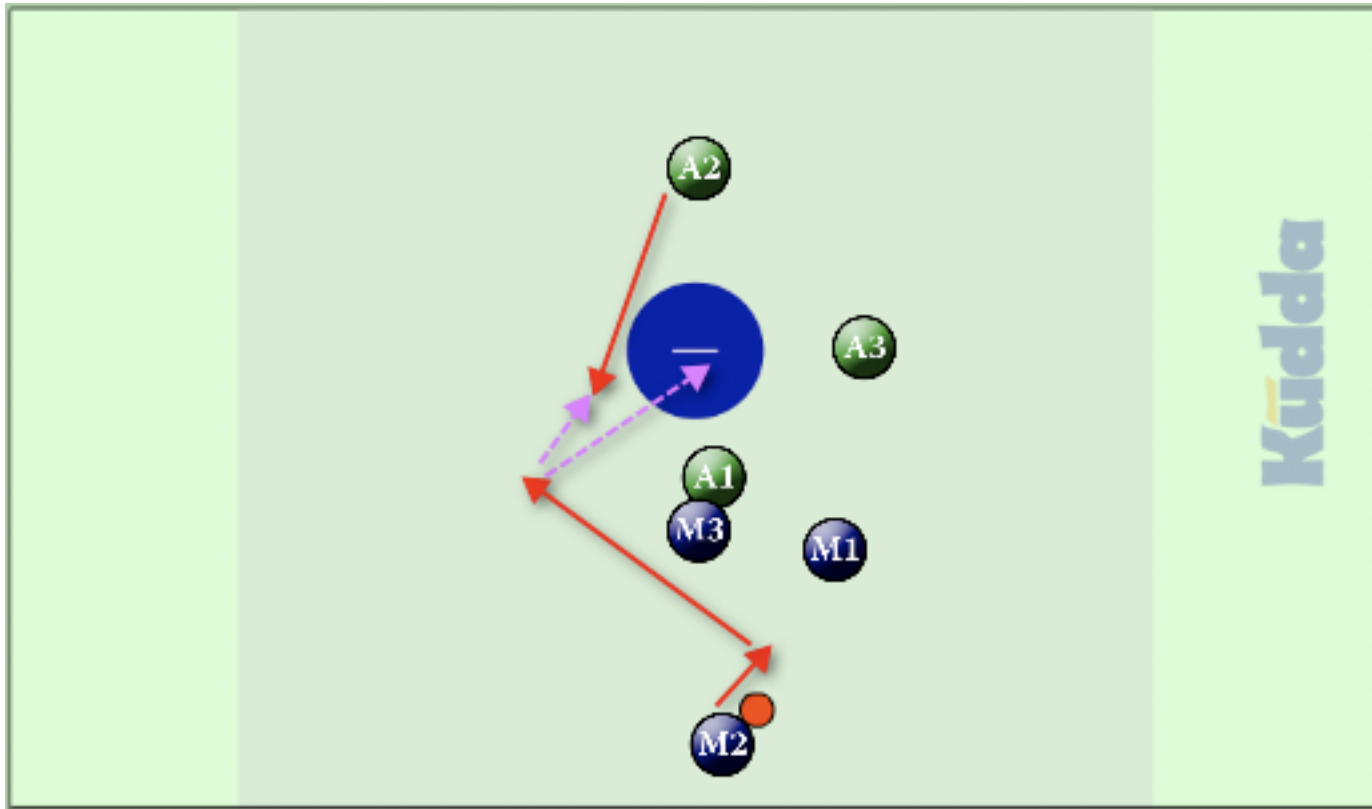
# Motion Offense

If **M1** rolls back and passes to **M2** at the top center, **A1** will clear through and **M3** stays put in the middle.



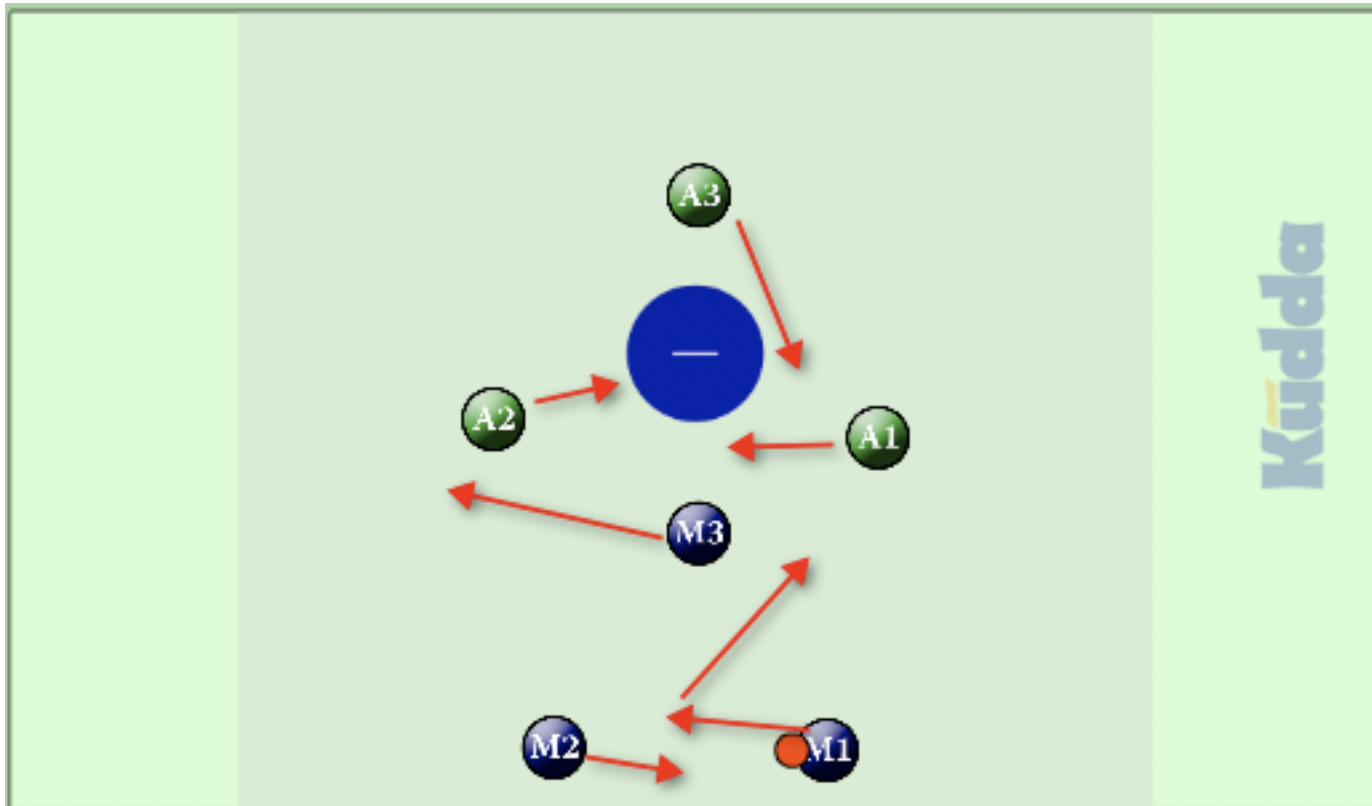
# Motion Offense

M2 now has a lot of space to split dodge. M2 can either shoot or pass to cutting A2.



## Motion Offense: Circle Play

This is a good set play to use against a team that slides early. **M1** will start to split dodge from up top. **A1** doesn't clear all the way through but stops near pipe. **A2** goes to far pipe. **M3** goes outside, not replacing **M2**. This will leave the middle wide open.



## Motion Offense: Circle Play

M1 rolls back and passes to M2. M2 passes to M3 who should have wide open shot. If A2's defender comes up to play M3, M3 simply passes down to an open A2 on the crease.

