

"In any moment of decision, the best thing you can do is the right thing, the next best thing is the wrong thing, and the worst you can do is nothing "
Theodore Roosevelt

This is, and will remain, an endless post. As you can see in the video, the clips correspond to several different seasons and several different teams and as the system offers many possibilities, I would never have found the right moment to publish it. However, I have decided to follow the wise words of the great Dídac Herrero and his theory of "the perfect imperfection of the moment" and here is the result. This can be called a motion offense set, as it may not have specific purpose and can be repeated as many times as needed within the possession. That is for me the first reflection: a continuous set has to be broken through good decision making, this will be taken at any opportunity that comes within the spacing offered by the offense

The first team I remember seeing running this set was Phini Gershon's Maccabi, Euroleague champion in 2004 and 2005. That starting lineup (Jasikevicius - Parker-Burstein - Baston - Vujcic) had an excellent combination of technical, tactical and physical skills as well as a high IQ, which allowed them to draw many advantages of this offense. I do not know if this system has another origin, but since then many teams at all levels have been implemented it. In the set, the perimeter players are interchangeable and they can take advantage of the same options. The same happens with the two inside men, being responsible for giving flow to the set and for swinging the ball. Most team run this offense in transition, although it is true that some others play it in half court play types. One of the advantages is that it can be played all over the possession, you can start with the basics and then find different endings or you can start with other sequences and options, which if they are not taken lead to the basic rules and spacing again.

Most coaches' deepest concerns are related to the way we can develop the set in order to help the players grow within it. This type of offenses should encourage the players make decisions, but what we teach will be key for the set to enrich the players and vice versa. In the graphics you see on the following link () possible readings that we Coaches may seem "logical ". It's in our hands if we want to give all the solutions to every defensive response or let the player go reading and interpreting these options (or different from ours) , if we allow them to experience and make mistakes. The methodology and the breakdown of the concepts involved in the offense are the crucial aspects which will improve the quality and will help the player develop his decision making skills. Without sound fundamentals, without being proficient using spacing (the ones involved in this set or in any other), without the basic knowledge of the game, the system does not fulfill its purpose .The graphs also show some options that are not seen in the clips and many others you can think of.

In the first video we see the general set options and decisions related to each of them.

The first clips show the transition Side Pick&Roll (middle or baseline oriented) with options for both the ball handler and the screener. After exploiting these situations and failure to complete (one of the advantages to me of such offenses is the constant threat, do not wait until the ball is passed to "X "to finish the play), we see continuity options, for the receiver (the other inside player), and for the weak side outside players and how the options are restarted if no decision is taken.

In the second video we can see some examples of how you can combine this motion offense with the search for more specific advantages, changing spaces and breaking continuity.