



Motion Offense: The Principles of the Five-Man Open Post (Art & Science of Coaching) (Art & Science of Coaching Series)

Bob Huggins

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Provides an overview of the motion offense used at the University of Cincinnati. Covers the basic movements of the five player open post motion offense, offense before cuts begin, cut-to-the-basket options, cut-to-the-ball options, cut-away-from-the-ball options, offense from the wings, involvement of corners in the motion offense, weakside play, drilling (individual, two-on-two, three-on-three and weakside) and much more. Contains 90 easy-to-read diagrams.

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