



# 12 Motions



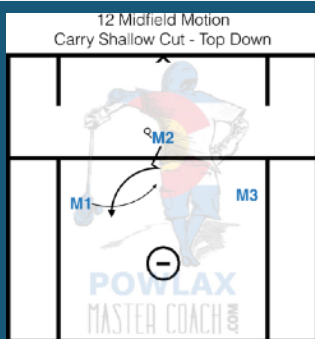
## 12 Motions

To create a completely free motion, that allows players to dodge from any perimeter positions, we must include 12 Motions that initiate from up top (for midfielders) and X (for attackman) as well as from the wings. For the most part, 12 Motions can flow by themselves and will recycle back into 12 Formations.

12 Motions **that initiate with a dodge from top center** will fill the top center or X position with off ball players so that the dodger has a backside outlet top center or X. When the dodger throws back, the motion will reset. (See D)

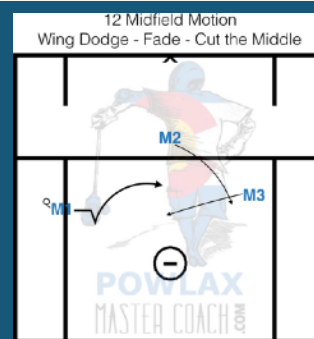
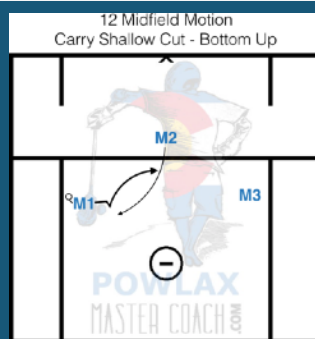
12 Motions **that initiate from the wing and send the dodger up top** will also reset the motion because the dodger is sent to top center or X and an off ball player will refill the wing position.

12 Motions can get dicey when they **initiate from the wing and send the dodger underneath (for midfielders) and over the top (for Attackman)** because the dodger does not move to a position where they are filling another spot within the 12 Formation. In these scenario's I recommend having the backside player follow as the outlet and hold backside as shown below in box 4.



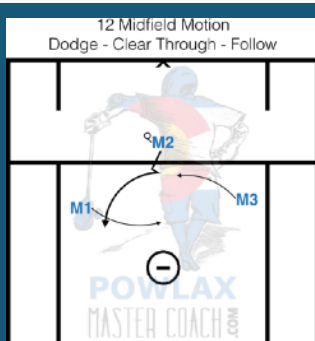
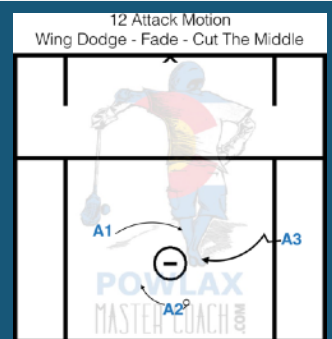
1

Carry - Shallow Cut



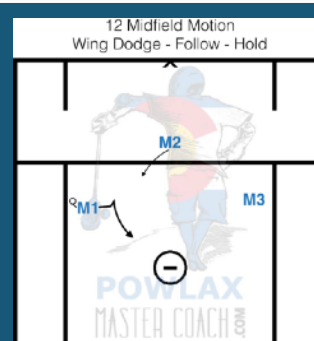
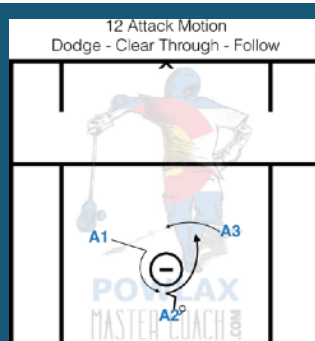
2

Wing Dodge - Fade - Cut The Middle



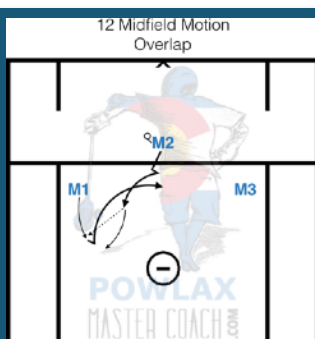
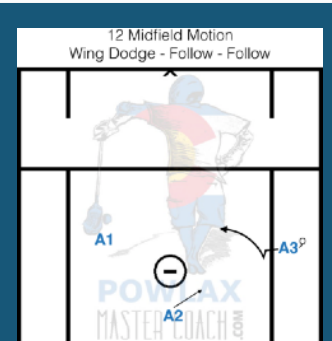
3

Dodge - Clear Through - Follow



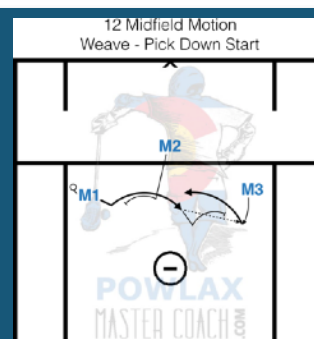
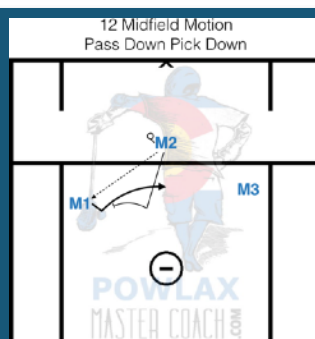
4

Wing Dodge - Follow - Hold



5

Pass Down Pick Down / Overlaps / Weave



6

