

Blocker Mover Offense, The Great Equalizer: Roles of Blockers and Movers

The Blocker Mover offense is an excellent choice as a base offense for both men and women, from high school to the professional level, for a number of reasons. First, it provides a system that is fully adaptable to your talent on a yearly basis. Next, you can easily expand or contract the roles of your players over time based on their individual skill improvement. A very important aspect is that you can start with a very basic version of Blocker Mover and expand it as your team gains understanding of it with the experienced gained from running it. Additionally, Blocker Mover goes well with a variety of sets and entries from a basic floppy to a 1-4 high. Finally, you can play 3 out 2 in, 4 out 1 in, or 5 out.

Blockers are assigned to specific areas in which they are looking to screen. The four main areas of the floor a Blocker is assigned to, depending on their individual skill, are Lane, Wide, Top, or Bottom. In the Lane-Lane alignment, 4 and 5 are designated to the lane area only. They both work up and down the lane lines looking to set pin screens, back screens, and flare screens for the movers. You might use this option with Blockers whose offensive skill set ranges from very limited or best suited for post ups or dump off's on rolling action. Lane-Lane also generates good spacing and more room for drives. The Lane-Wide has one Blocker designated to the lane area only while the other may play from the basket to the sideline and from the baseline to above top of the key. This option is good when 1 of your Blockers is skilled out on the perimeter. In the Wide-Wide formation, both Blockers have the ability to play on the perimeter. The Top-Bottom option is very effective if you have a stretch 4 or against a zone defense. The bottom Blocker may play from sideline to sideline below the free throw line. The top Blocker plays sideline to sideline above the free throw line.

Movers are the cutters in the offense. The primary job of the Mover is to set their man up and use screens from the Blockers. Regardless of how you choose to enter the ball, Movers will cut and fill perimeter spots after the entry pass. The Movers are continually looking to set their man up and use screens from the Blockers. The Movers must ensure that proper spacing is kept and the floor is balanced. There are many possibilities and it is up to you to choose what type of freedom the players can have. My suggestion is to define the exact role of what each player has, what type of actions and shots each player is allowed. For example, you may have a Blocker who is only allowed to be a Lane Screener while another Blocker may have the freedom to play the entire side of the floor. Ideally, Movers are hard to guard. After setting up their defender Movers must cut towards the

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basketball or basket in a manner that makes their movements unpredictable while reading how the defense defends the screen. The Mover's job is to attack the basket to create penetration into the gaps and look to draw and kick to the open shooter. As you will see, the options are endless.

I suggest starting simple and basic with a primary action or two. In next weeks post, we will look at a few basic entries as well as how easy it is to flow into after a set play breaks down.