



# Union County Basketball

## Drill Notebook

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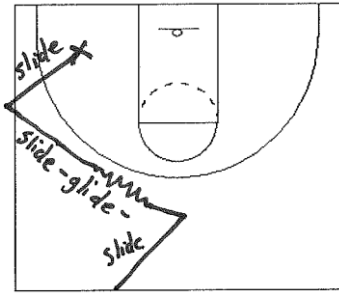
**Second-Effort – Determination – Persistence – Character – Loyalty – Sacrifice – Pride**

***Sectional Champions 1976 1977 1979 2012 2013***

***T&C Champions 1973 1974 1976 1977 1979 1980 1983 1985 2012***

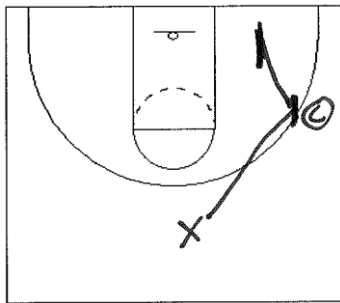
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**Slide – Glide – Slide**



This teaches technique on defensive slide. No offense, slide to sideline and back toward the middle, cross over step and sprint then back into slide.

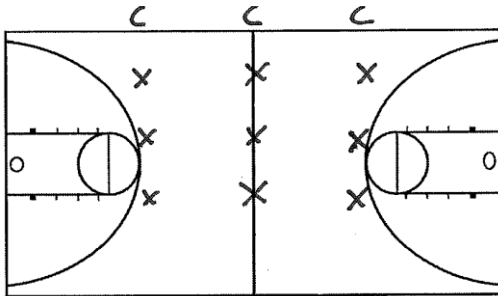
**Triangle Slide Drill**



X slides to Coach  
Yell stick 3 times  
Crossover step – cut off drive  
Take the charge on baseline

Emphasis: angle outside (butt to the basket in the “alley”); square up on wing; crossover step on drive; square up on baseline

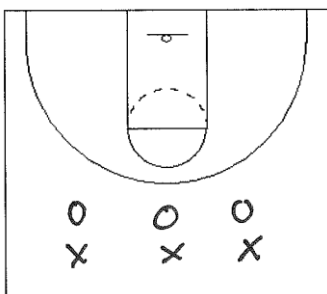
**Point of Contact**



Coach is face to face with X's and slides

When Coach turns to run, X's turn to run, get shoulder to shoulder

**Ball Pressure Drill (Make it do something!)**

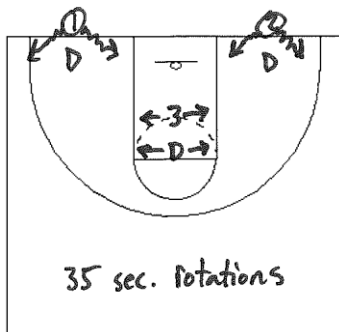


Make the ball do something!

Trace ball, active hands constantly

Drill on this daily!

**Chest Up Drill**



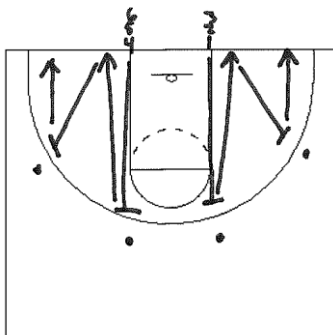
3 and D – lane slides

1 and 2 – side to side dribbling

D – chest up (teach physicality!)

O – don't get pushed around; have some upward movement, harder to guard

**Raider Closeout Drill**



A) 1<sup>st</sup> closeout – don't closeout within 3 feet

B) D slide left and right – simulate D

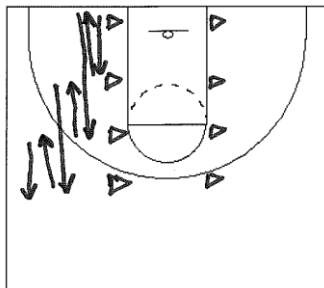
C) D slide down key – butt towards key

D) 2<sup>nd</sup> closeout – D slide left and right

E) D slide to baseline – butt towards key

Active hands, active feet “Guard your yard!”

**D-Slide Suicides (Lateral Slide Cones)**



In a D stance

Lateral slides

1 and back

2 and back to 1

3 and back to 2

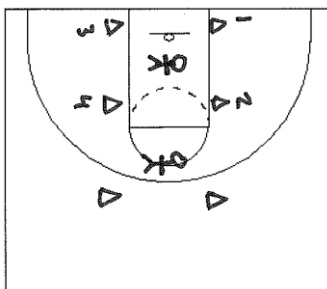
4 and back to 3

Finish to 4

Touch the cone

3 times through on each side

**4 Corner Cone Drill (1,2,3,4)**



In a D stance

“Chop!” – chop feet in place

Coach yells out #'s

1 and 2 – shooter closeout, hands high, “make ‘em squeak”

3 and 4 – post digs

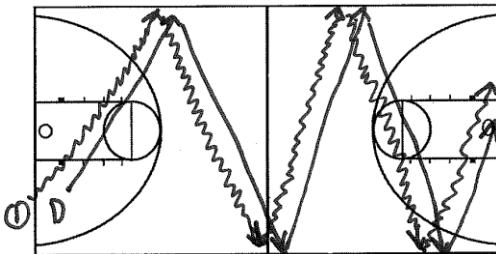
2 minutes at a time

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**Lavin Drill**

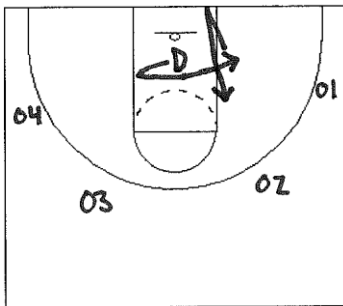
This drill is a mass stance drill. It is a great way to begin practice and build enthusiasm. Coach or a player may lead. Call out “stance”, “pound”, “left”, “right”, (quarter turns), “loose ball”, “charge”, and “rebound”.

**Zig Zag Zig Drill**



Use all 50 feet  
 D – 2 slides then sprint; stay low – DO NOT stand up  
 “Chest up!”

**4 Charge Drill**



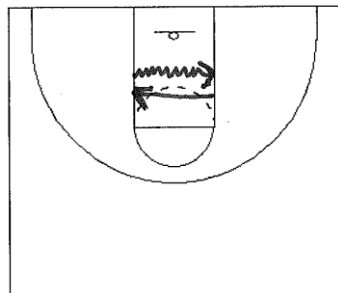
4 guys with a ball in 4 different spots (baseline, wing, wing, baseline)

D – underneath basket, touches opposite lane line with foot and meets driving O outside of the lane and takes a charge

Repeat until D has taken a charge from all four O

“Help your teammate up!”

**Hip Turns**



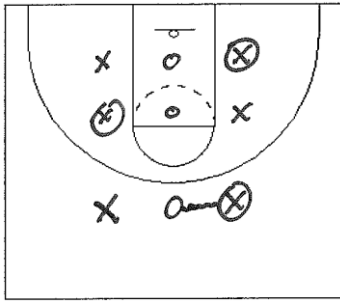
D-slides other lane line, into a hip turn – sprint touch line , back into D-slide

5 times

Go both directions

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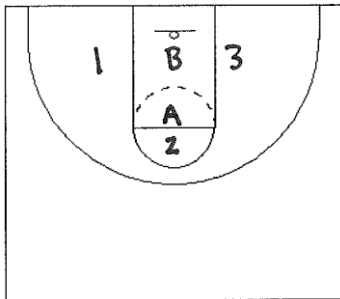
**X-O-X Passing**



Defense in middle must get a hand on the pass to get out of the middle. No overhead passes.

Stress pass fakes and stepping around the defense

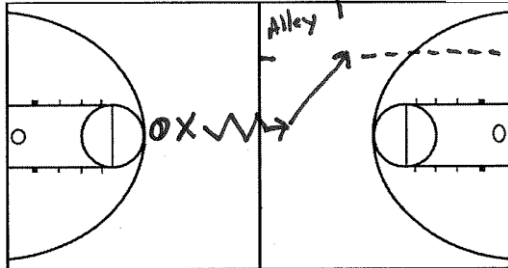
**Triangle Passing**



This is a defensive drill that works on defensive rotation. This is also a good offensive drill, because it makes you a better passer. The offensive players line up on 2 big blocks, and on the nail hole at the free throw lane.

The 2 defensive players line up in the middle. On defense, the first player has the ball, the second player has the pass, and you keep rotating until you can get a deflection or a steal.

**Driving Line**



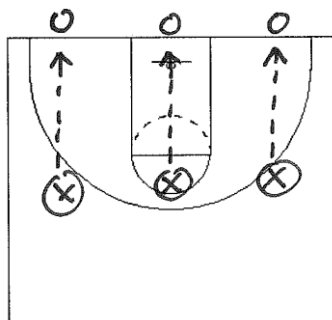
- A) Zig-zag in backcourt – teach player to give cushion
- B) When “O” crosses timeline, force and not get beat.

Feet should be parallel to the sideline in dotted line area.

- C) Ball goes into Coach, Coach kicks it back out, play 1 on 1 or take charge.

This gives practice closeout technique and crossover step.

**Closeout Drill**

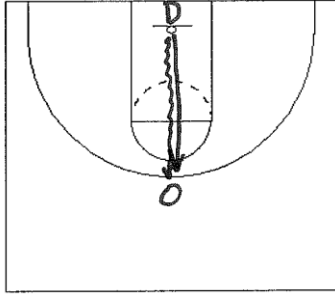


- Sprint ½ way
- Chop step – sit down
- Hands up on closeout
- Hop-back (expect drive)

Add dribble – drive off trail foot  
Add “O” getting a step and make “D” use crossover step

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**Rollout 1 on 1**



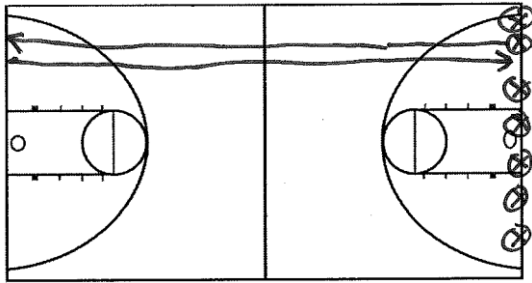
O starts at top of the key

D starts at baseline, rolls the ball out to O, and follows the ball into a closeout

- Sprint 1/2 way
- Chop step – sit down
- Hands up on closeout
- Hop-back (expect drive)

Play 1 on 1 live

**Dribble Pro**

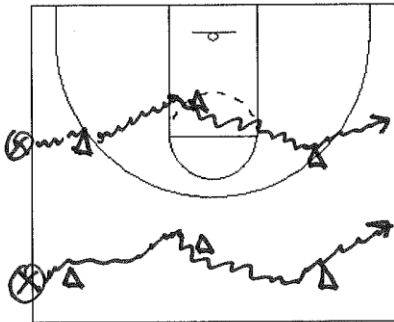


7 minutes on the clock

Down and back in succession:

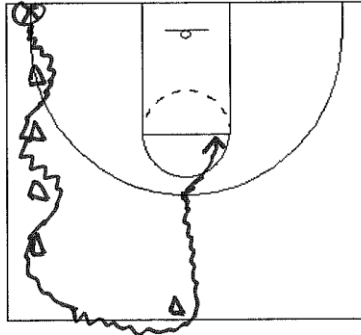
- Quick crossover
- Crab dribble
- One dribble-crossover (push ball above lead foot)
- One dribble-between legs
- One dribble-behind back (treat as crossover)
- Two dribble-crossover
- Two dribble-between legs

**Cones & W Drill**



At each cone:

- A) Crossover
- B) Between legs
- C) Crossover/Between legs
- D) Inside out (fake cross)
- E) Any combo of the four above

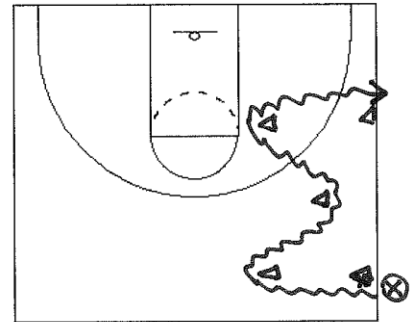


At each cone:

- A) Crossover
- B) Between legs
- C) Crossover/Between legs
- D) Inside out (fake cross)

Make a move at the top of the key

Finish with elbow jumper or layup



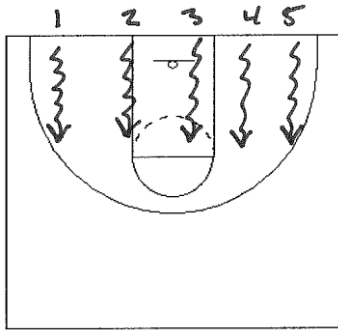
“W Drill”

Dribbling 2 balls, weave through the cones

Down and back (whole line)

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**Dribble Series**

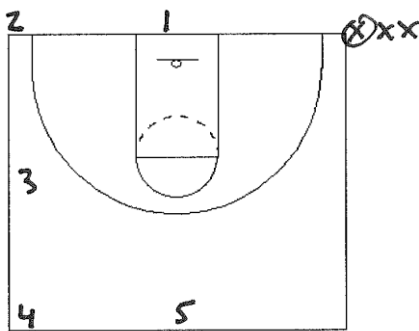


Work on dribbling and ball handling

Speed dribble, protection, crossover, hesitation, pull-back crossover, spin, behind the back, between legs

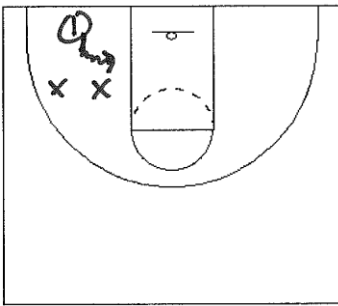
Stop and protect ball when Coach's hand goes up

**L Drill**



Start in corner.  
 Dribble to spot #1 and inside/out dribble  
 Go to #2 behind back  
 To #3 between legs  
 To #4 protect and retreat  
 To #5 spin and go to basket for a layup

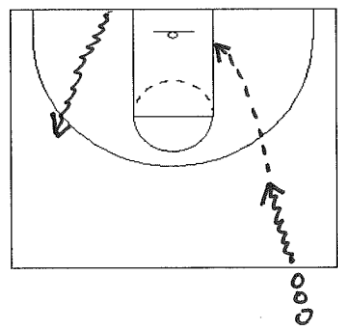
**1 vs. 2**



Start on endline and 1 attempts to get through the defense without turning the ball over.

Can't go past free-throw line extended.

**½ Court Dribbling and Shooting**



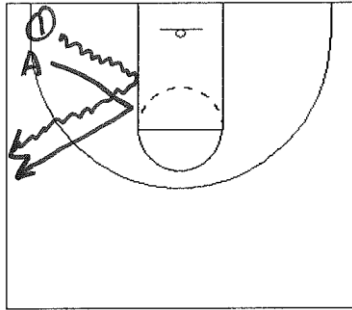
Start @ ½ Court  
 A) Change of pace  
 B) Inside-Out  
 C) Stutter Step  
 D) Between legs/crossover

Have players shoot pull-up or drive to basket

Come back to other side and do same thing on left

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**Zig Zag (Competition)**



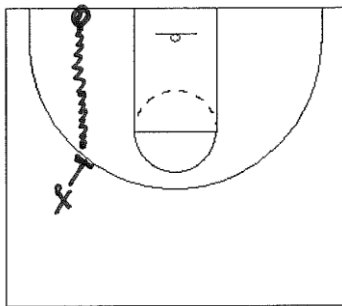
This drill works on pressuring the ball and proper stance and footwork.

Use entire court, free throw lane to sideline.

Stress staying low and controlling the offense by beat him to a spot and turning him back the other direction.

**Competition** – Split team in 2. Count how many times you can turn a guy. Add up turns for each team.

**Zig Zag Rush**

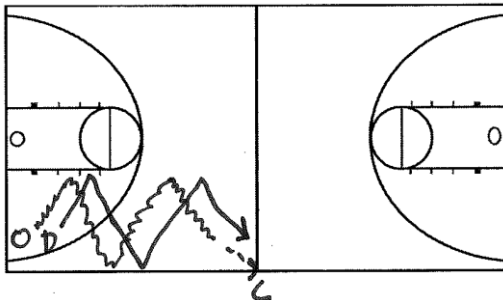


Offense speed dribbles at defender

“D” needs to give a cushion and force weak hand

Add crossover dribble for change of direction – “D” reaches with scratch hand to steal

**Zig Zag Denial**

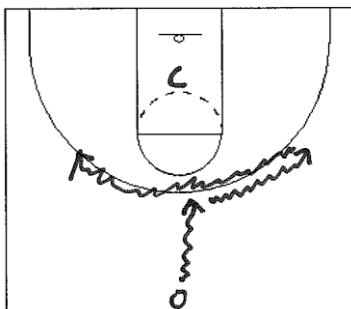


Pass to coach at ½ court

Deny offense the ball

Zig zag the rest of the way

**Flow Drill**



Player starts at ½ court, dribbles to arc

Go right to wing

Change directions using:

- A) Crossover
- B) Between legs
- C) Pull-back crossover
- D) Spin (change hands)

Go to other wing and back to top

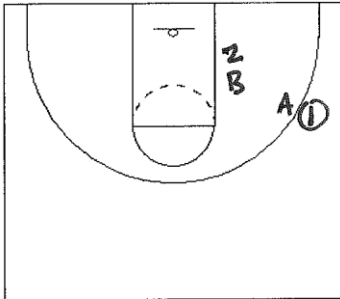
Add Coach in lane to point when to change directions (forces player to keep eyes in lane area)

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**Pair Off/Pass**

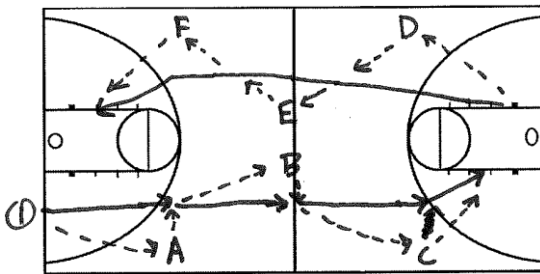
Partner drill working on all passes. Make them have live feet while

**Pressure Passing**



This a drill that stresses creating passing angles and using pass fakes to get the ball in the post.

**Pinwheel**

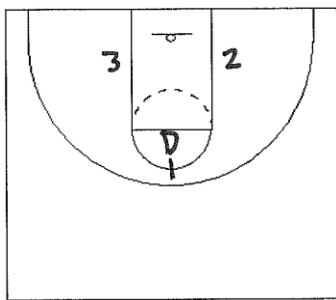


This is a full-court passing, conditioning drill.

- 1 passes to A, A return passes to 1.
- 1 passes to B, B back to 1.
- 1 to C, back to 1 for a layup

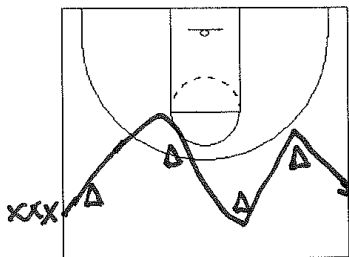
Rotation: Follow the pass to the next spot

**4-Man Post Passing**



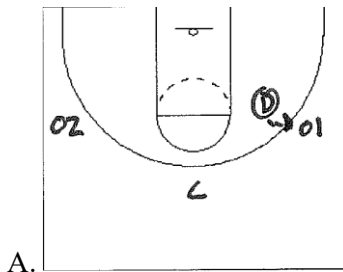
- 1 dribbles to wing
- 3 comes across and plays defense
- Offense pins
- Defense arm up
- 1 makes bounce pass into post
- 2 scores passes back to 1 who dribbles to other wing

**D-Slide Zig-Zag**

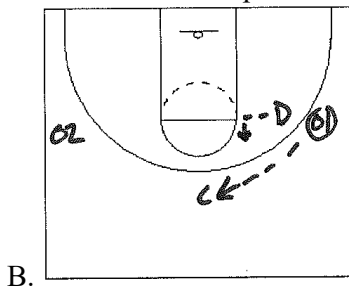


D-slides around cones

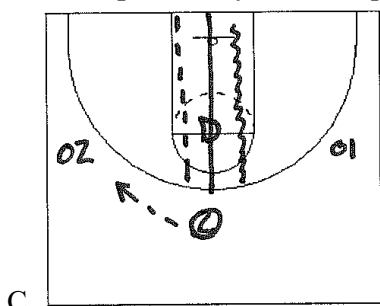
**Wojo Drill**



- O1 & O2 starts at FT line extended
- Coach starts at the top of the key
- D starts a step away from O1
- D flips ball to O1
  - o D goes into a good stance with hand in O1's shooting pocket. D's top foot is above O1's top foot.

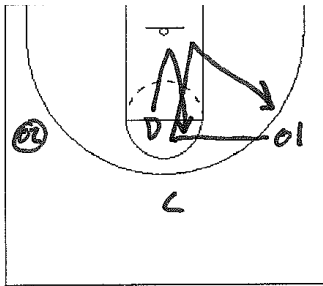


- O1 pass to Coach
- D jumps in the direction of the pass!!
  - o Jump to the basketball!
- **One pass away** = one step off passing lane, two steps toward basketball

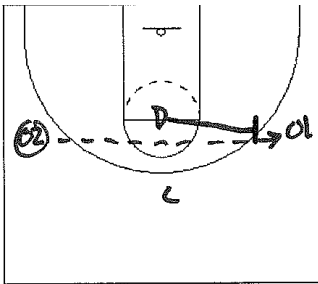


- Coach passes to O2
- D in help side position
  - o NOTE: Coach decide if you want O2 above, at, or below FT line extended
- **Two passes away:**
  - o *O2 above FT line extended* = one step from center lane line (~~~~~)
  - o *O2 at the FT line extended* = both feet across center lane line (———)
  - o *O2 below FT line extended* = both feet across center lane line (-----)

Ball - You - Man

**Wojo Drill (Continued)**

- D.
- O1 flashes to the middle of the paint, cuts down the lane, and replaces self on wing
  - D bumps the flash cut to the ball
    - o "Forearm in the chest!"
  - D does not follow O1 back out to spot – STAY ON HELP SIDE!
    - o This is a problem in youth basketball!!



- E.
- O2 skip passes to O1
  - D closes out on O1
    - o Feet parallel to sideline
    - o Hands high
    - o Chop feet
    - o Top foot above O1's top foot – discourage elbow drive!!
  - D – arm's length away if O1 still has dribble, hand in shooting pocket
  - Play 1 on 1 live
    - o O1 – if D is low, elbow drive
    - o O1 – if D is high, rip through and drive towards baseline
    - o D chest up on penetration

**Rotations:**

- D to O1 (defense to offense)
- O1 to O2 (offense to passer)
- X to D (line to defense)
- O2 to X/out (to the end of the line)

## Ball Handling and Passing

Proper passing, catching, and dribbling of the basketball is far more important than what offense you run. Concentrate on the fundamentals of ball handling every night. Nothing beats you quicker than turnovers, giveaways, taking the ball away from yourself without getting a shot. You pass the ball, not throw it! They are two different things. Work on ball handling with each player individually and in group drills.

### Things to Work On:

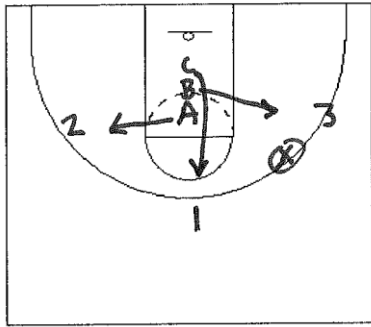
1. Eliminate dropping the ball and missed receptions.
2. Catch the ball in triple threat position – square to the basket.
  - a. TURN, LOOK, GO
  - b. Hold for a count of 2 – take the picture
3. Pass away from the defense, not directly to the offense.
  - a. Offensive receiver should give the target
4. Dribble to penetrate or to improve the passing angle.
5. Ball goes into the post off a bounce pass – knee high
6. Against zones, use a hard shot or pass fake before each pass.
7. Always keep the ball close to body for better control and protection.

### Drills:

1. 2 offense vs. 1 defense keep-a-way (no dribble, 1 dribble)
2. 1 and 2 ball roll – Coach to player or in pairs
3. Back to basketball – call name – pass ball, player reacts, turns, catches
4. Dribble tag
5. 1 offense vs. 2 defense – ball starts in middle of floor and defense tries to trap
6. 2 on 2 with a Coach – Coach to guard, guard to post. Work on improving passing angle, etc.
7. 2 man passing – chest, bounce, step around, baseball, bad pass
8. 2 ball dribbling
9. Pivots – Don't walk – in pairs with ball – shot fake, pump fake, rocker step, etc., then put the ball on floor for a quick dribble or two, then pick it up and go through the fakes again then pass to your partner. Concentrate on holding pivot foot.
10. Passer, always calls the name of the person you're passing to and the receiver calls the name of the person passing him the ball.
11. All the individual ball handling drills (legs, waist, spider, figure 8, etc.) – If we handle the ball well, we will eventually get good shots regardless of what type of offense we run.

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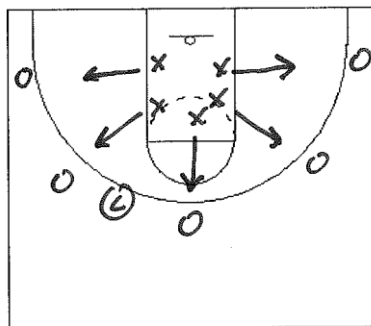
**I Rebounding**



Coach shoots  
 C blocks out 1  
 B blocks out 3  
 A blocks out 2

Stress meeting the offensive player

**Hit and Go**

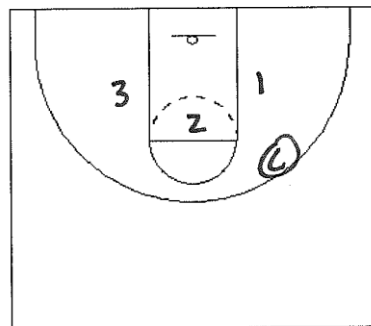


Coach shoots

Teach going two steps outside of lane on helpside

Face the offense, use forearm to make contact and go get rebound

**War on the Boards**

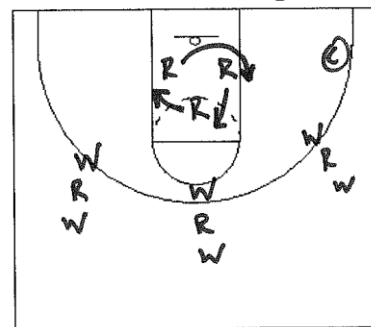


Everyone is for themselves

First to 5 wins

Let them get rough and foul a little

**Rotation Rebounding**



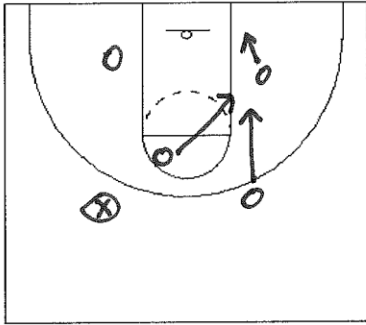
D = +1 for rebound  
 O = +2 for rebound

Coach shoots  
 Rotate one spot to right to block out

JV 14-0 lead  
 6 minute game

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**O Rebounding**



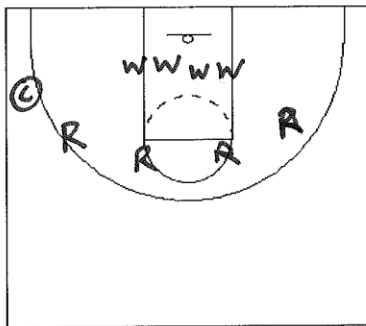
Work on slice or spin to get even with defense

Get three guys to the weakside on shot attempts

Chart this per player

Drill on this daily!

**Four in a Row (3/4/5) SSSS**



3 groups

Four defensive rebounds in a row to win game

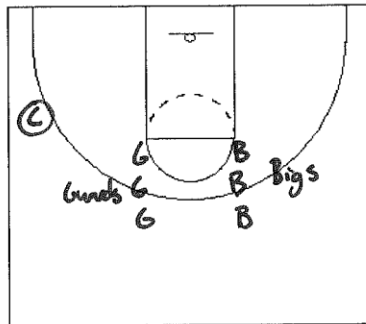
R passes until Coach blows whistle to shoot OR Coach shoots

W blocks out, must get rebound

R steps out, 5 push ups

S comes on because O didn't get rebound

2 on 2 Blockout  
 G Guards B B Bigs  
 G B Bigs



4 minute games, Coach referees

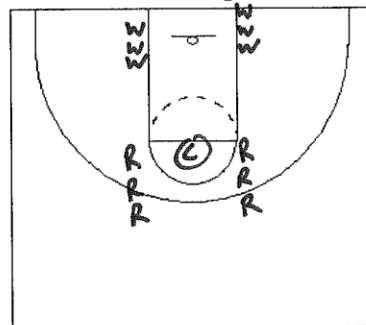
#1 rule for offense – don't run into a back

If the ball goes out of lane, pass to Coach

Play 2 on 2

Work on pick and roll or cross screen

**NBA Rebounding**



Coach shoots

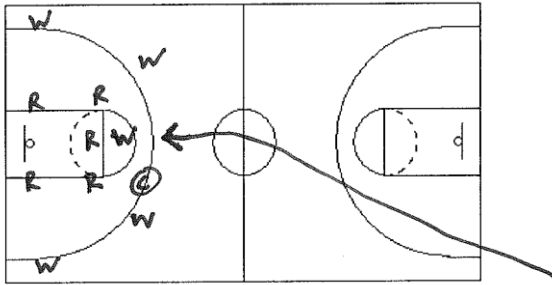
If W gets rebound they can score it – it becomes a 2 on 2 game

Put rules in to make O ball screen, draw & kick

Rotation: R will go bottom, W to top

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**War**



Scoring:  
 +2 Off. Reb.    +1 Def. Reb.  
 -1 Turnover    + Charge

3 trips or go for set time or certain score (15)

R – Foot in paint and go block out on shot  
 W – Stress not running into a back – slice and spin

If R gets it – we convert  
 Stress 1<sup>st</sup> 2 dribbles and 1<sup>st</sup> 2 steps to emphasize transition

Put your best offensive player on top OR someone you want to wake up! You want this person to dominate!

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**Form Shooting**

1 hand 10 shots (3-5 feet); 2 hand 10 shots (6-8 feet)

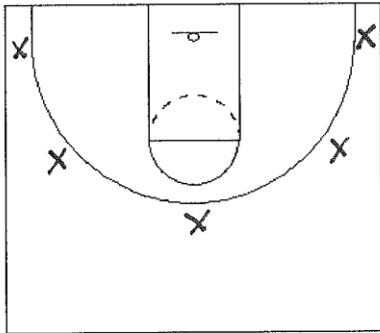
**Stationary 3's**

All 3-pointers – shoot 20 each side (pass from the top)

**Partner Shooting (or 2 Ball Shooting with 2 Partners)**

Do this drill almost every day. Stress moving at game speed. Shooter will cut and partner will pass to him and get a hand up on shot. Shooter will then follow shot and rebound and pass to partner for shot. Add shot fakes and individual moves. Add a ball and another partner.

**Pitino Shooting**

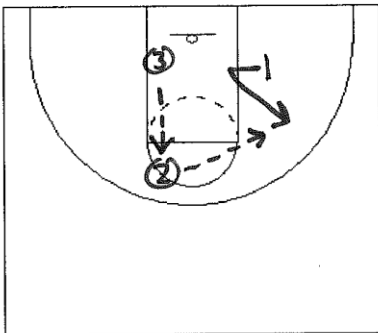


There are 5 spots around the 3-point line. Shoot at each spot for 30 secs., you get your rebound and pass to partner, and rush the shooter.

The 2<sup>nd</sup> time around, you shot fake and dribble to the left, 3<sup>rd</sup> time shot fake and dribble to right.

In between each round, shoot 5 free throws.

**Down Screen Shooting**



2 balls

1 v-cuts as if being downscreened, 2 passes to 1, and 1 shoots

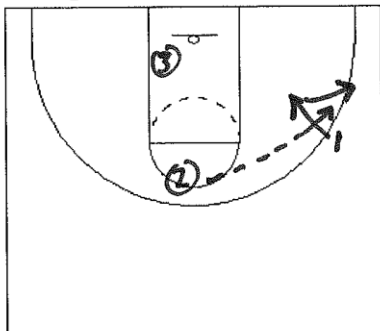
1 follows his shot and rebounds if comes his side, 3 rebounds if it goes opposite

Repeat

Rotate after 3 to 5 shots

Note: our players follow their shots when they are taken below the FT line extended

**Backpick Shooting**

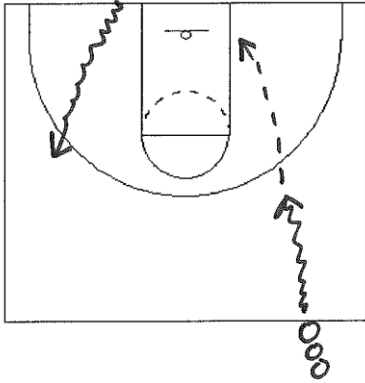


Same concept as above except 1 will anticipate a backpack being set for him. He will v-cut into a flare move to the outside.

Note: The flare move is used often in our motion offense. It helps create many perimeter shots while helping our team keep good spacing.

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**½ Court Dribbling & Shooting**



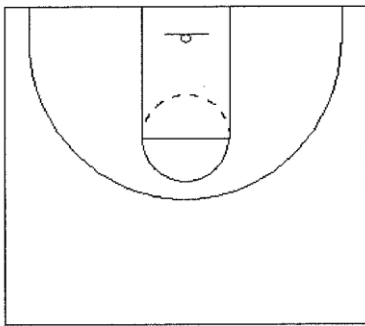
Start @ half court

- Change of pace
- Inside-out
- Stutter step
- Between legs/crossover

Have players shoot pull-up or drive to basket

Come back to other side and do same thing on left

**Pressure Free Throws**

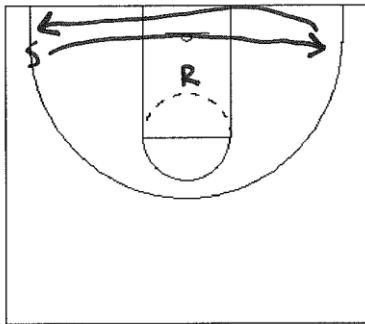


Each player shoots 1 shot and rotates

If he misses and the next player makes, he runs a sprint

If next player misses, penalty is doubled

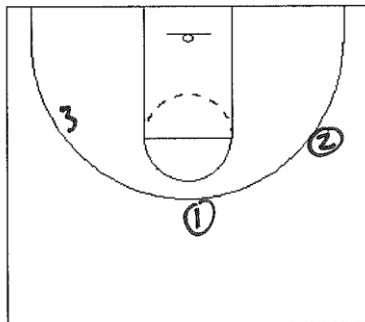
**Side to Side Shooting**



Shoot until you make 5 at each spot

1. Corner to corner
2. Wing to wing
3. Elbow to elbow

**Rotation Shooting**



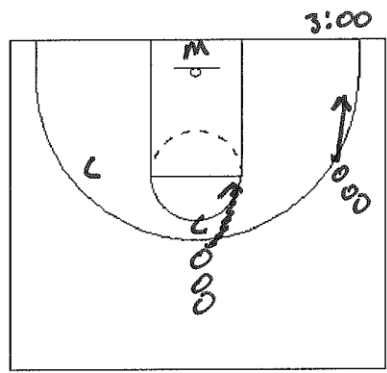
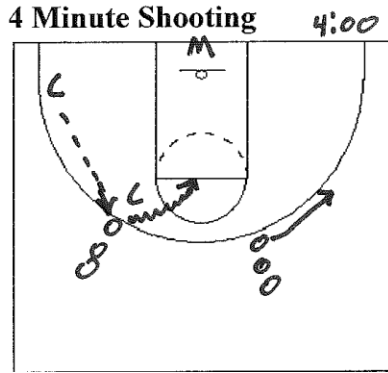
1 shoots and gets own rebound, passes to 3  
2 shoots and gets own rebound, passes to 1

Players must call names and locations

Go for 5 minutes

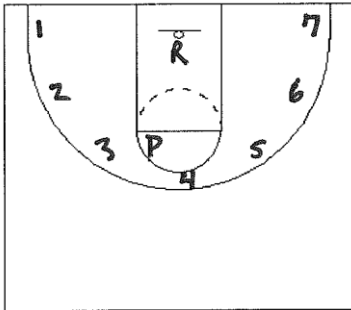
- 1 min – spot-ups
- 1 min – shot fake
- 1 min – all banks
- 1 min – v-cuts
- 1 min – 3's

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Need 3 balls. Drive at defender and by the shoulder. Attack elbow – kick to shooter who spaced to right. At 3 minute mark move to right – shoot bank. At 2 minute mark – move to other side of floor. At 1 minute mark move to left – shoot bank. Goal is to make 70 shots.

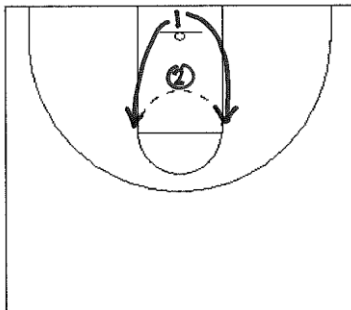
**7 Spot Shooting**



Shooter, passer, and rebounder  
Go for 1:30, use 2 balls  
Move to next spot when you make 2 in a row

Post best time & player name on board in locker room

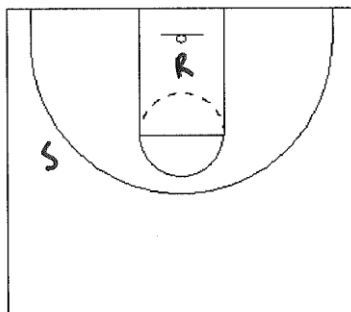
**Championship Shot**



2 is the rebounder  
1 sets up cut, shoots at each elbow  
5<sup>th</sup> shot is “championship shot” – if you don’t ht the 5<sup>th</sup> shot, you keep going until you make

Do this same drill but flare to baseline  
Add dribble pull-up

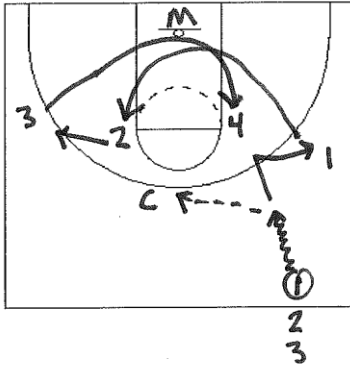
**3 Minute 3's**



Can't shoot from same spot  
Keep score  
Count by 3's  
Goal is 100 points in 3 minutes

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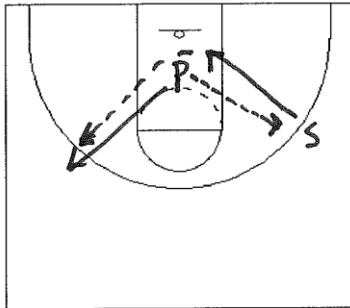
**Flare and Tight Cut Shooting**



Dribble from 1/2 court, pass to Coach

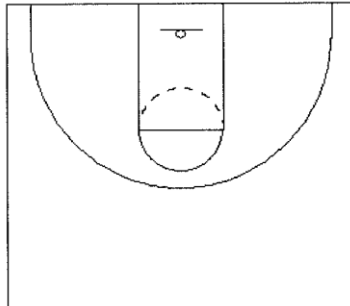
- 1 – Flare cut for shot
- 2 – Tight cut to opposite elbow for shot
- 3 – Flare out on wing for shot
- 4 – Tight cut to elbow for shot

**33 Shooting**



Done in perimeter breakdown  
 One passer, one shooter  
 Shooter rebounds his own and finds teammate who spots up somewhere on the 3-point line. The first team to hit 11 3-point shots (33 points) wins.

**Champion Shooting**



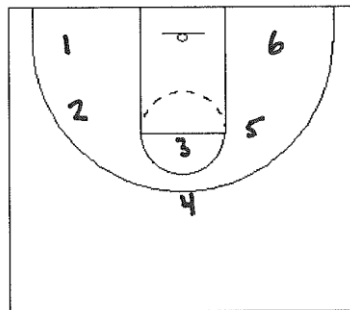
Player shoots from a designated area for 1 min. Rebound his own shot and dribble to next to the next spot.

Shots from 5-15 feet out

Shooting Area:	Goal (Made):
Block to block (must bank)	20
Baseline to baseline (no bank)	14
Wing to wing	10
Elbow to elbow	10

Have other players on side ball handling or get a hand up on shooter

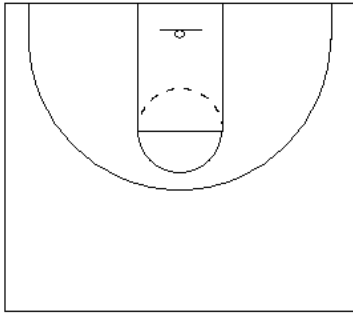
**90 Drill**



Start at any of the 6 spots  
 Shoot, follow shot, rebound miss and shoot again without dribbling  
 On make go back to same spot until 15 shots are made from all 6 spots

**5 Levels of Shooting**

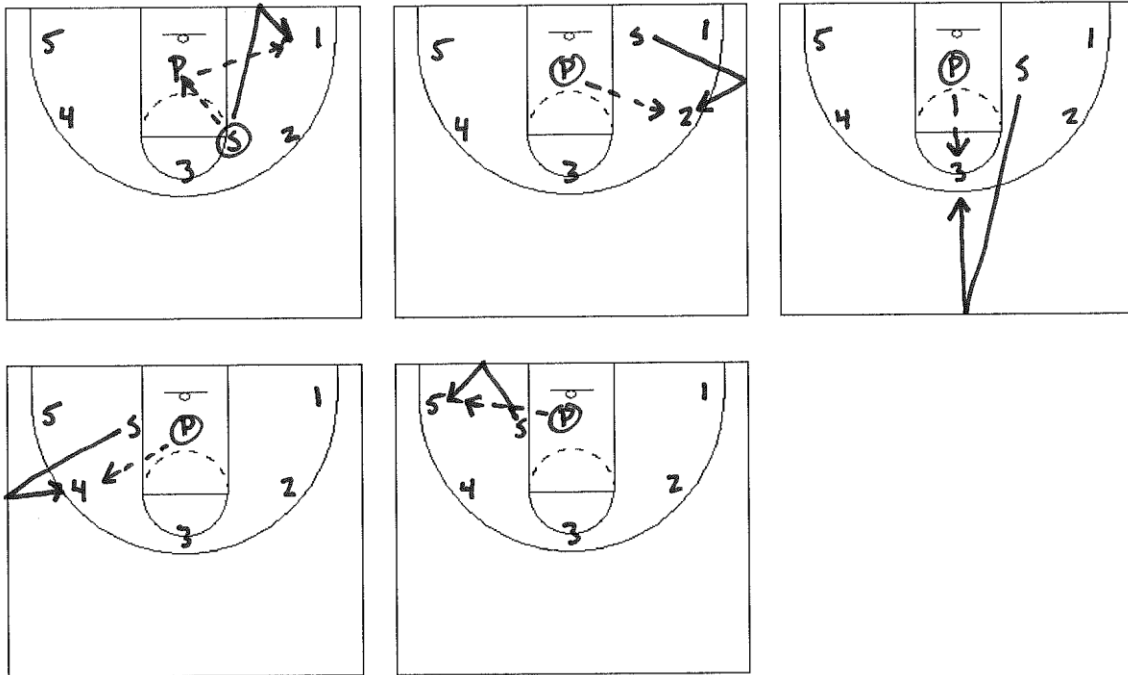
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Go for 4 minutes  
Must make a lay up, 3-pointer, and any combination of 3 other shots (Coach picks)

After making all 5 shots, player shoots 2 free throws – Must make both to go to the next level. Levels 2-5 are the same.

**40 Point Drill**



Learn to shoot on balance after cutting  
3 players at each basket – One shooter, one passer, one on side  
Passer stays in lane at all times, he is not a rebounder  
Shooter begins on elbow, passes to teammate, cuts to baseline then corner to receive pass  
Shooter gets his rebound, passes back to passer, cuts to sideline and back to 2 for 2<sup>nd</sup> shot  
Shooter again rebounds, cuts to timeline, and back to 3 for 3<sup>rd</sup> shot  
Shooter cuts to sideline and back to 4 for shot  
Shooter cuts to baseline and back to 5 for shot

Four phases – no dribble, shot fake and drive, shot fake and pull up, 3-pointers

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**Perimeter Workout**

- Ball Handling
  - Pop ball – 10; Head-waist-legs – 5 left, 5 right; Figure 8 – 5 each way; Drop and switch – 10; Dribble 8 – 5 each way; Hike – 10; Spider – 10
- Firm Dribble Drill
  - R/L – 20 times each
- Dribble Pro Series
  - Crossover / between legs / behind back
- Form Shoot
  - 1 hand 10 shots (3-5 feet); 2 hand 10 shots (6-8 feet)
- Freestyle Ball Handling
  - 3 sets of 30 seconds
- Cone Drill – 3 minutes
  - Crossover, between legs, between legs/crossover – 1 minute each
- Square Ups
  - Toss-out square up fight pressure from 3 spots – drive on last spot
- 30 Second Sweeps
  - Done with a partner – use fakes/never negative step – lead foot always in front of pivot – “Break his hand with your elbow!”
- Sweeps
  - From baseline toss-out, one dribble, reverse lay-up (5 each side)
- Shooting Series – all done with a partner or ball toss – shooting off the pass (ADD SHOT FAKE 2<sup>nd</sup> TIME THROUGH)
  - Shoot 10, 16-foot jump shots, stepping in with left pivot foot
  - Shoot 10, 16-foot jump shots, stepping in with right pivot foot
  - Shoot 10, 18-foot jump shots, stepping in with left pivot foot
  - Shoot 10, 18-foot jump shots, stepping in with right pivot foot
- Shot Fakes
  - From wing going left and right (10 total per side)
    - Keep knees bent, bring ball to forehead – 1 dribble
  - From baseline, 1 dribble (5 each side)
    - Get angle and use glass
- Tight Cuts
  - 12-15 feet – 10 each side
- Flare Cuts
  - All 3-point shots – 10 each side
- Step-back Jumpers
  - From top of key / left wing / right wing – 5 each spot
  - Attack defender, shoot 15 step back jumpers
- Speed Dribble – from ½ court and make individual move at arc
  - Hesitation pull-ups – 5
  - Between legs / drive – 5
  - Between legs twice – drive and finish with reverse lay-up – 5
  - Near arm lay-ins – 5 each side
  - Dribble out – dribble down keep dribble, dribble out, pass to coach, coach passes back – shot
  - Dead pivots – 1-2 stop, ball fake-step through / finish / counter: turn 180/turn back / finish with step through
- Individual moves from wings (each move 5 times per side)
  - Spin moves – from wing / attack elbow area
  - Elbow drives into a jump stop (explode off baseline foot finish) – cover some ground!
  - Hop back drive – various finishes (spin move / floater / reverse lay-up)
- Stationary Jumpers
  - All 3-pointers – shoot 20 each side (pass from the top)
- 1 on 1 – 5 minutes

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## Post Workout

- Ball Handling
  - Pop ball – 10; Head-waist-legs – 5 left, 5 right; Figure 8 – 5 each way; Drop and switch – 10; Dribble 8 – 5 each way; Hike – 10; Spider – 10
- Firm Dribble Drill – R/L – 20 times each
- Dribble Pro Series
  - Crossover / between legs / behind back
- Form Shoot
  - 1 hand 10 shots (3-5 feet); 2 hand 10 shots (6-8 feet)
- Mikan Drill
  - 10 in a row – KEEP THE BALL UP!
- Jump Hooks
  - To baseline (chin ball, bank in) – 10
  - To middle – 10
- Square Ups
  - Toss-out square up fight pressure from 3 spots – drive on last spot
- 30 Second Sweeps
  - Done with a partner – use fakes/never negative step – lead foot always in front of pivot – “Break his hand with your elbow!”
- Shooting Series – all done with a partner or ball toss – shooting off the pass – Shoot 5 Free Throws after 20 shots
  - Shoot 10, 8-foot jump shots, stepping in with left pivot foot
  - Shoot 10, 8-foot jump shots, stepping in with right pivot foot
  - Shoot 10, 12-foot jump shots, stepping in with left pivot foot
  - Shoot 10, 12-foot jump shots, stepping in with right pivot foot
- Elbow Drives
  - Flash to elbow – shot fake – drive and finish – 5 each elbow
- Post Moves – do with  $\frac{3}{4}$  defense (10 times each)
  - Drop step to baseline
    - After receiving the ball, feel where the defender is. If on the lane side, or high side, give a fake toward the lane. Then extend your inside (baseline) foot backward, pivot on it quickly to the baseline and to the hoop. Keep your body between the defender and the ball, and extend your arms forward toward the hoop.
  - Drop step to lane (jump hook)
    - After receiving the ball, feel where your defender is. If on your baseline side, fake to the baseline, and drop your lane-side foot backward. Pivot quickly on that foot, and jump hook and shoot with the hand opposite the defender.
  - Turn and face defender and jab step
    - After receiving the ball, feel where your defender is. If directly behind you, and not toward either the lane or baseline, pivot and face the defender, while protecting the ball. Give a quick jab step fake, and see what the defender’s reaction is. If the defender does not back off the jab step, quickly drive around him. Go right at defender’s shoulder.
  - Up and under move
    - After pivoting and facing the defender, fake a shot to get defender up. The defender, once straightened up, or in the air, is easily beaten. Quickly duck under the defender on a straight line to the hoop. Again, don’t be afraid to attack at the shoulder, as this is the straightest and quickest path to the hoop.
  - Step-dribble-Hop Drill
    - From the high post, catch the pass, make a short drop step to lane along with a one-bounce power dribble, followed by a long jump stop landing with a two-footed jump stop, and then go right up the shot.
  - Rip and Go
    - Sweep knee to knee, drive baseline for reverse lay-in
- Baseline Pop-Outs
  - 15 footers – 10 shots each side
  - Catch and sweep drive and finish a different way each time – 10 each side
- Ball Screen and Fade
  - 10 each side – hand and foot preparation
- 1 on 1 – 5 minutes
  - Defense play on 1) high side 2) low side 3) behind 4) from high post

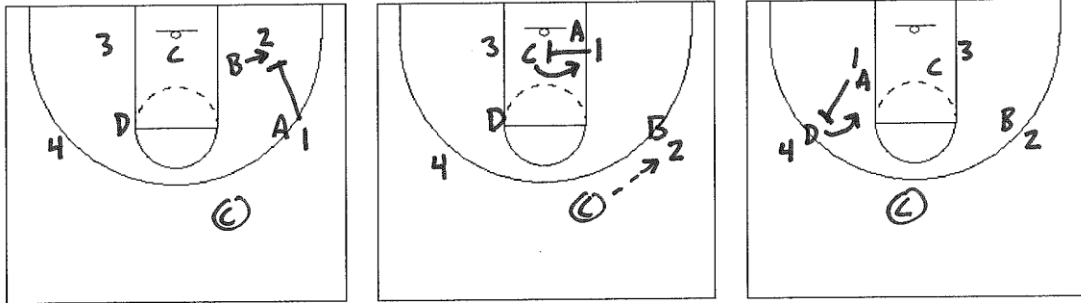
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### Shooting Tips

- Put whole foot down
- Elbow in line with side of body – ball in pocket at stomach level
- Second foot down lift ball
- Equalize pressure in both legs
- Push straight up
- Head level
- Hold head still
- Lift ball to chin-face-forehead (based on age of player)
- Grip – fingers angled toward middle some – grip with outer half of thumb pad
- Drill on 1-2 step and stationary jumper (shooting foot back)
- Footwork on cuts to corner

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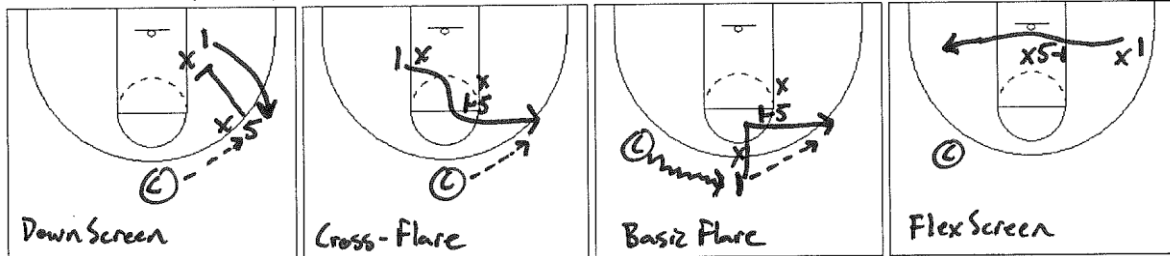
**Indiana Screen Drill**



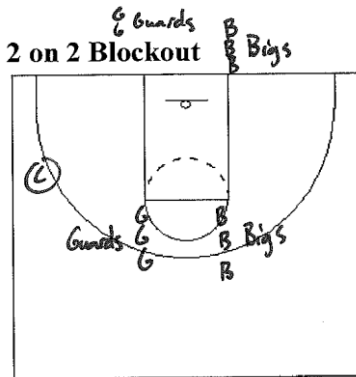
\* Can add ball screen action

Coach starts with ball on top. 1 down screens 2 – get outside foot and lead arm through.  
 1 will then cross screen for 3 – D goes on top, D guarding 1 will bump 3.  
 1 will then set back screen for 4 – D fights over top, hedge the cutter on the back screen.  
 \*This is a great drill to cover three common screens!

**Arabian Drill (2 on 2)**



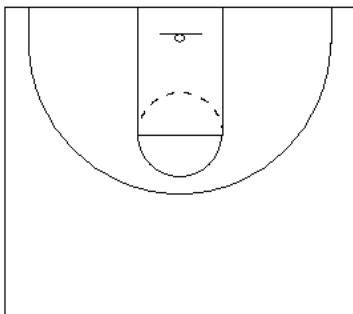
2 on 2 with a Coach Work on screens and reads  
 Rules: 1) One Dribble 2) Three Dribbles 3) Make it – Take It



4 minute games, Coach referees  
 #1 rule for offense – don't run into a back  
 If ball goes out of lane – pass to Coach

Play 2 on 2  
 Work on pick and roll or cross screen

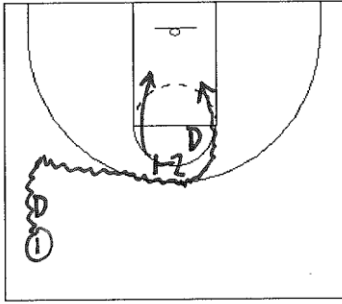
**4 Man Drill**



Different starting positions (down screen, cross screen, ball screen, baseline drive, cross screen, flex cut, flare screen)  
 After initial action – it's live  
 3 groups – group on baseline in D stance  
 Point game - +2 stop w/ no lane, +1 stop  
 3 perfect stops in a row wins  
 Defense stays if they get stop, if not group on baseline steps on

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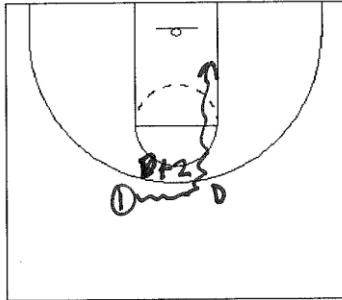
**Patriot Ball Screen Series**



1 – between the legs crossover  
Get to the level of the screen!

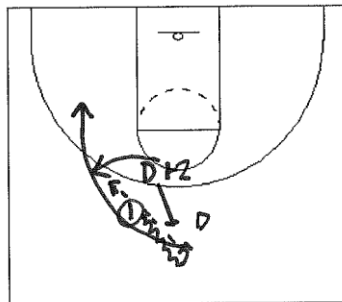
A.) Flat/Soft/No Hedge

2 roll, 1 attack D's hips



B.) Hard Hedge – D's #'s to sideline

1 push/slap ball through

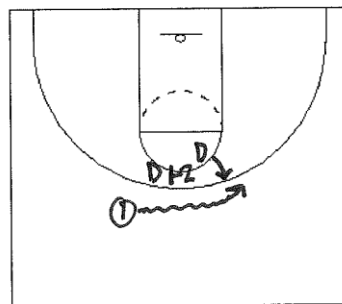


C.) Trap

1 back dribble, 2 step out

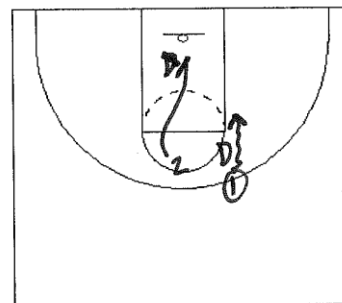
1 pass to 2

2 hand off to 1



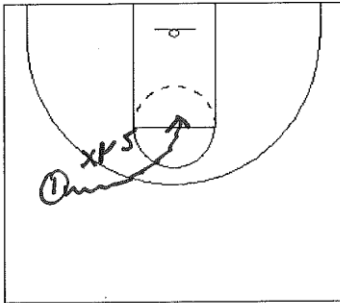
D.) Switch

i.) 2 bury D in post, 1 pass to 2



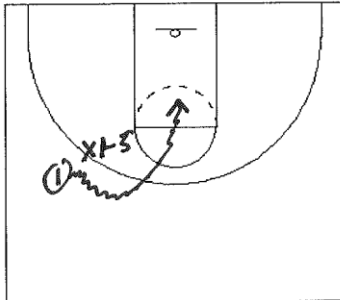
ii.) 2 pop out, 1 attack rim

**Fist Ball Screen Series**



1. Go

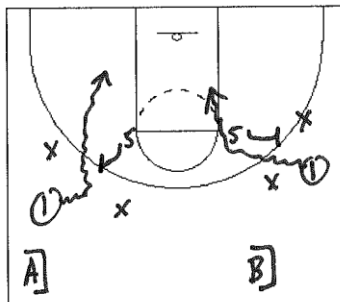
Foot first then ball.  
Work from low to high.  
Put your shoulder on your screener's hip.



2. Hesitate & Go

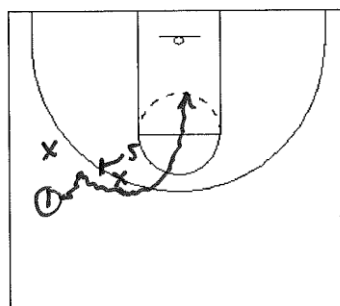
Offense hesitate and go, take 1-2 dribbles past the screen and shoot.

Remember: Go downhill! Get in the paint! (not too deep)



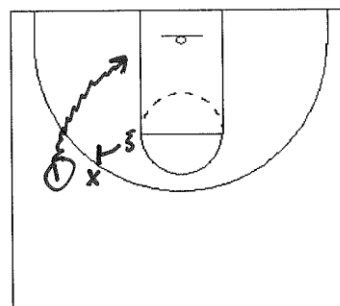
3. Split Screen

- a. *Split Early*: If your defender forces you to use screen
- b. *Split*: If the hedge defender overruns the screen



4. Fake the Split

Use an inside-out dribble to freeze the hedge defender

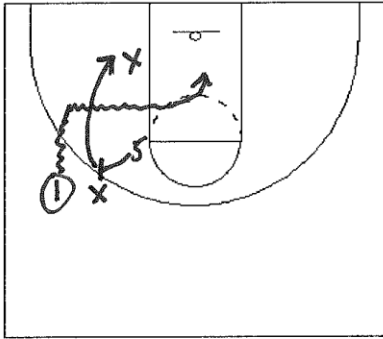


5. Reject

If the defender does not allow offense to use screen: Fake at screen and drive hard opposite

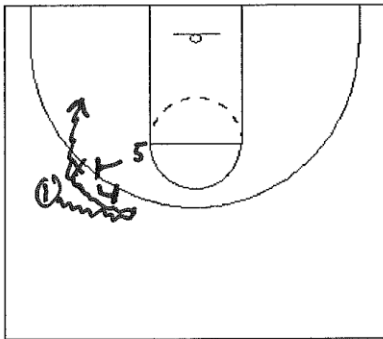
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**Fist Ball Screen Series (Continued)**



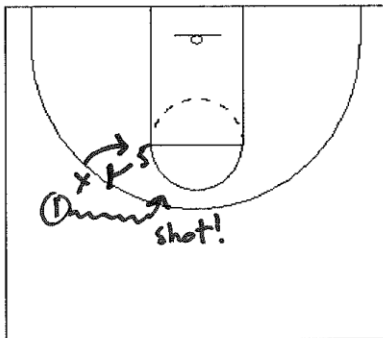
6. Attack the Blue

The defender forces you down to the big: 1 dribble towards baseline, crossover and drive middle forcing the big to step up



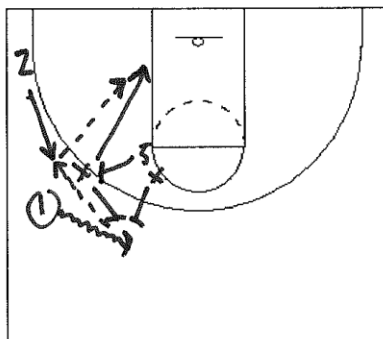
7. Re-Screen

If the defender gets over the ball screen: Bring D back off another screen



8. D Goes Under

Attack the screen and shoot behind it  
Screener – bury the guard's defender with a reverse pivot butt screen

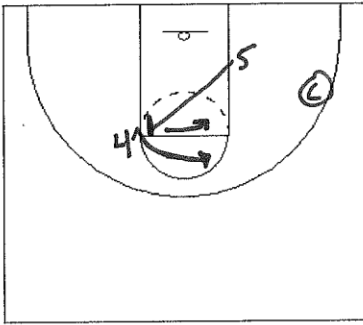


9. Drag to Pass Back

Drag the defensive hedge or trap hard toward mid-court and mid-line

Drag the D away from their man and stretch the defense to create good spacing and bad defensive rotation

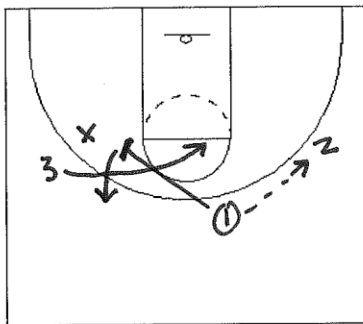
**Perimeter and Post 2 on 0**



The coach has the ball and reacts to the movement of 4 and 5. Put in different positions to create different screens and movement. Build on this drill by adding two defenders.

Combine a perimeter and post to simulate types of screens they should be making.

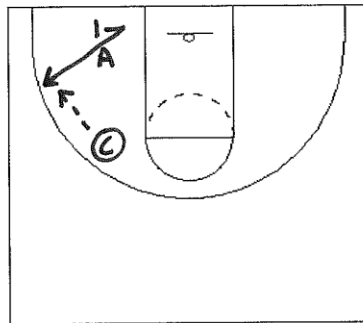
**3 on 1 / 3 on 3 – 2<sup>nd</sup> Cutter**



This reinforces importance of screening and popping. Defense will stay on one player the entire sequence.

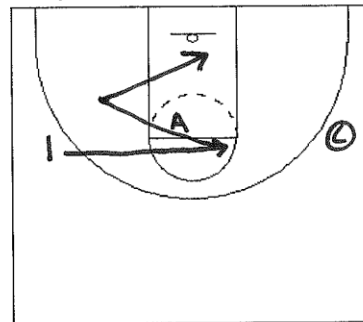
Add defenders and go 3 on 3.

**Deny the Wing**



This drill work on denying your man the ball when he is on the ballside. 1 cuts out, A keeps hand nearest to ball in passing lane. Don't allow offense to get open.

**Deny the Flash**

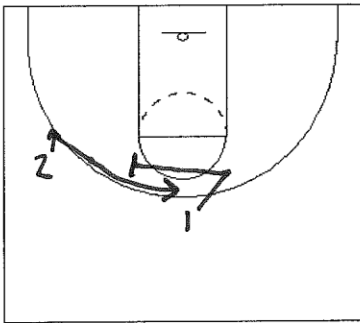


The purpose of this drill is to deny cutters to the ball. A is guarding 1 and the ball is on the opposite side, so A is in helpside defense. 1 flashes to high post, A denies ball, 1 pops back out and flashes to low post, A denies.

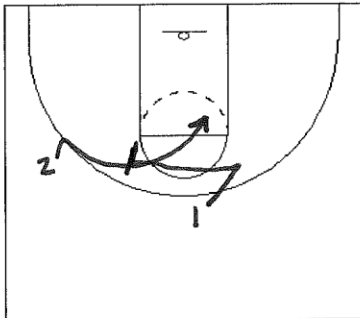
Stress finding cutters with the forearm.

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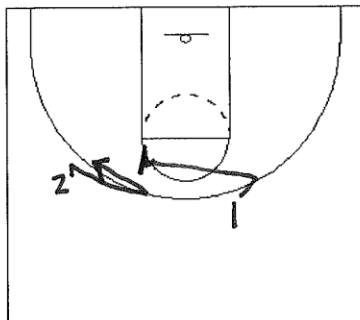
### 2 on 0 Screens



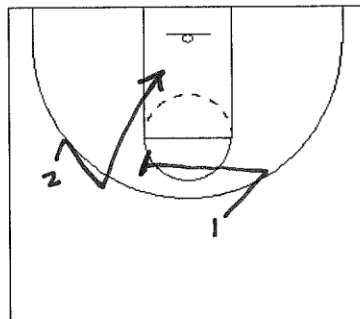
Straight Cut



Curl



Flare



Back Cut

In this 2 on 0 we use no ball.

1 fakes pass to right and attempts basket cut, then turns to screen.

2 man walks his man down the arc.

Stress – eyeball to eyeball!

This will help to read what cut to make.

Utilize all cuts in this 2 on 0 series.

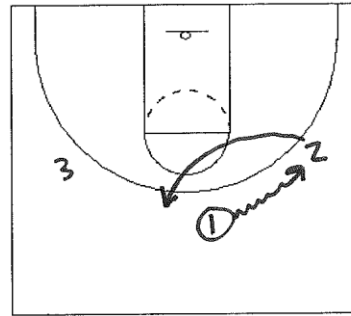
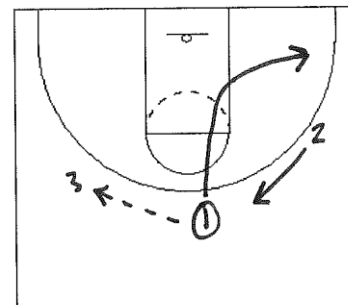
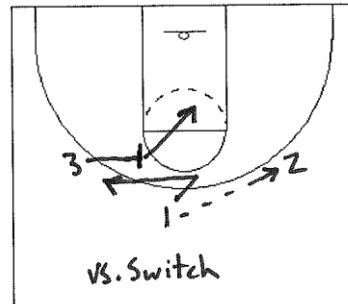
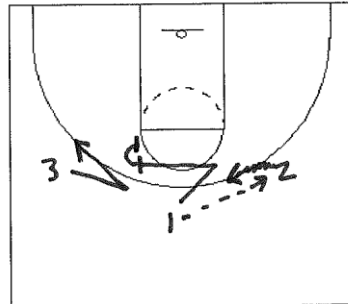
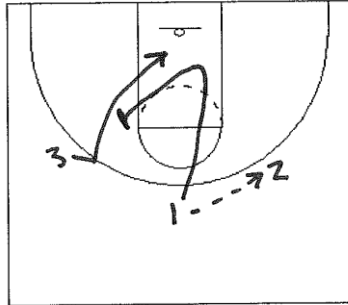
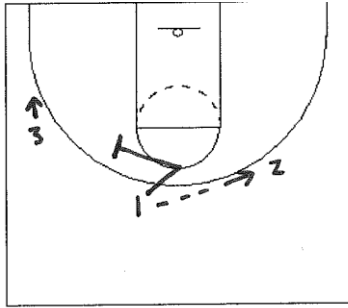
Coach call out straight cut, curl, flare, back cut.

Progression of this drill would be to add one defender and then two (2 on 1 / 2 on 2).

Coach should call out types of screens – down, cross, back, flare.

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**3 on 0 Screens**



Now we have added a third offensive player.

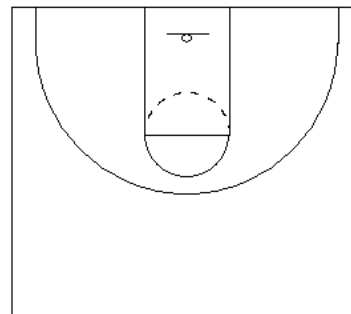
Follow same procedure as 2 on 0.

As we progress daily, we should emphasize reading, and force players to call out names and make screener call out the type of cut to make.

Emphasize taking the ball to the screen on flare screens.

Add slipping the flare vs. switch.

**4 on 0**



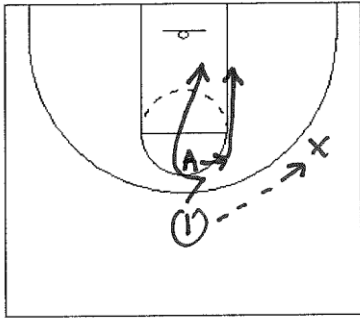
We now have added a fourth player and a ball. Use restrictions such as: no dribble, no screens, only basket cuts, only flare screens, etc.

Gradually remove restrictions.

Stress catch facing, fake the pass to make the pass.

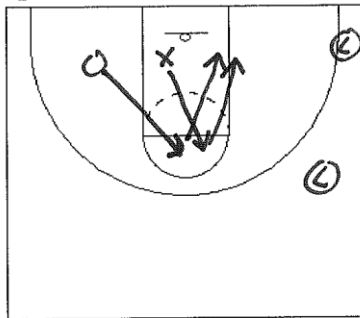
*Refer to 2 on 2 & 3 on 3 with Coach in "Team Offense/Team Defense"*

**Front the Cutter / Defend Low**



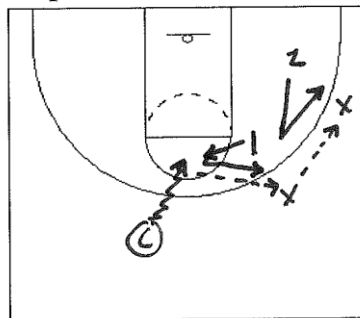
1 passes to Coach (x), A must jump in the direction of the pass. 1 cuts to the basket and A must front the cutter. As 1 posts low, A must play post defense

**Spartan Deny**



Deny high post flash, X dives to deny pass on back cut

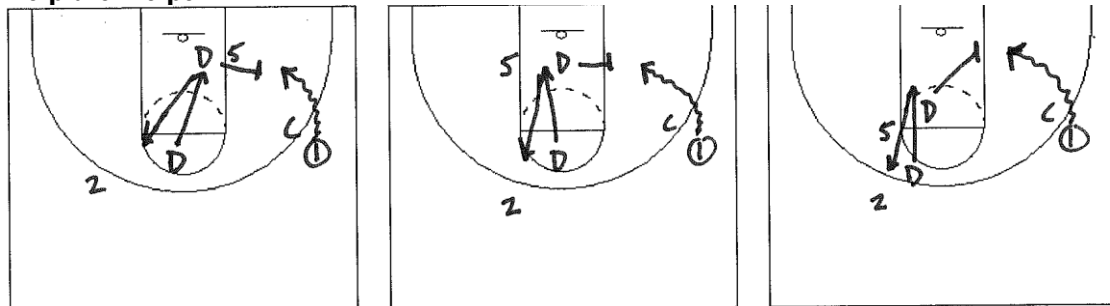
**Help and Recover**



Coach at top of key, 1 on the wing, 2 in the corner. Coach penetrates to the middle where A is forced to step in to help. B is forced to help up the line on the pass to 1 and scramble back to his man as A sprints to recover.

Emphasize *"helping up the line"*!

**Help the Helper**



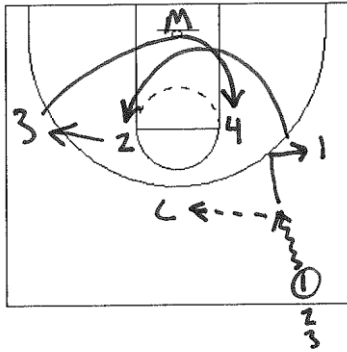
Coach is defender being beaten (use pads to bump guard). Post defender is forced to step over and help and the other guard must drop to discourage the offensive guard from the dump-down pass to post (emphasize for the guard to have his hand across post's chest). If the ball is kicked back out, the guard must closeout.

Sink to the level of the ball!!! Play 3 on 3 live after initial action! Keep score!



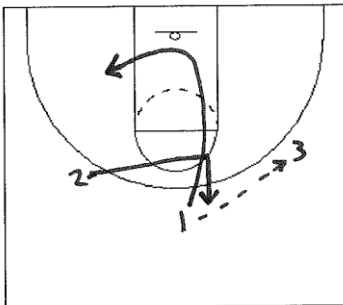
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**Flare and Tight Cut Shooting**



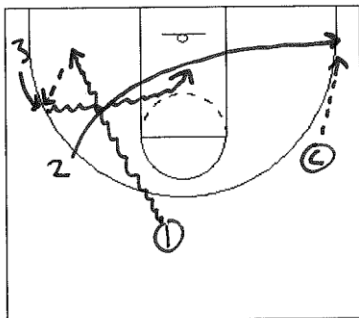
- Dribble from 1/2 court, pass to Coach
- 1 – flare cut for shot
  - 2 – tight cut to opposite elbow for shot
  - 3 – flare out on wing for shot
  - 4 – tight cut to elbow for shot

**3 or 4 Man Completeness**

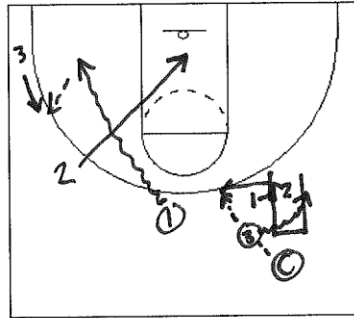


- 8 passes – basket cuts
- Score on 8<sup>th</sup> pass
- Screen away – jump shot on top on 8<sup>th</sup> pass
- Flare screen – jump shot on 8<sup>th</sup> pass
- Emphasis: Pass to outside hand, catch outside 3-point line

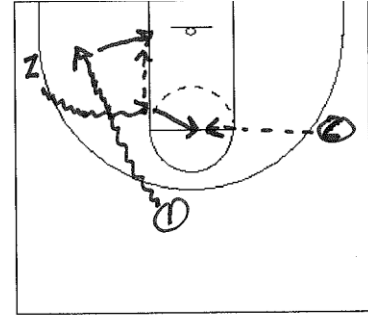
**Phoenix Drill**



Handoff and Attack



Misdirection Pin



Dive Off Handoff

*Handoff and Attack* – Backdoor cutter doesn't cut until eye contact is made

- 1) lay up 2) jump shot

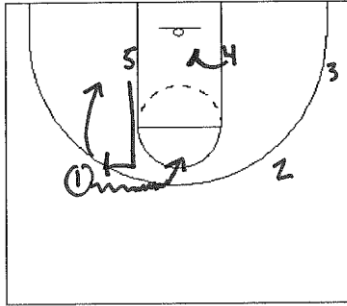
*Misdirection Pin* – Handoff must get inside the lane and inside the level of the screen to create passing angle for the coach

- 1) lay up 2) jump shot

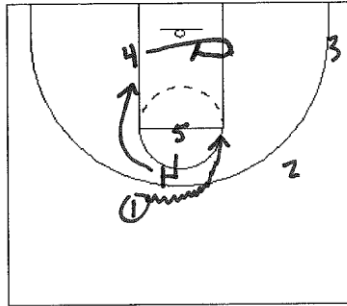
*Dive Off Handoff* – Keep handoff wide to allow space to dive if hedge occurs

- 1) lay up 2) reverse lay up 3) kick to corner

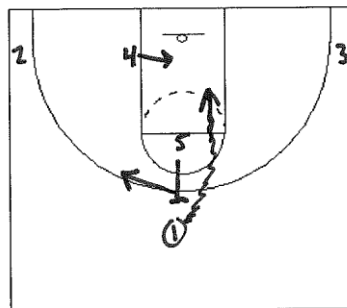
**The 5 Angles of the Ball Screen**



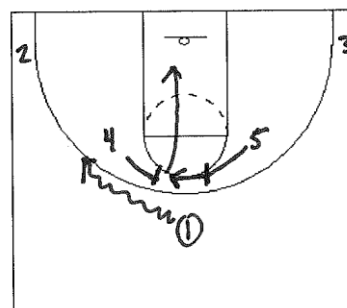
1. Side  
Make sure screen is not too close to sideline  
1 – Shot  
2 – Weakside shooter  
3 – Weakside shooter  
4 – Duck in  
5 – Roll



2. Middle  
Screener's feet pointed at sideline  
1 – Shot  
2 – Weakside shooter  
3 – Corner shot OR back cut  
4 – Slide and duck in  
5 – Roll

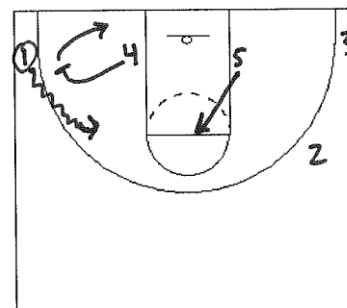


3. Flat  
Screener's feet facing half court  
1 – Drive and shot  
2 – Weakside shooter  
3 – Strongside shooter  
4 – Duck in  
5 – Pop



4. Horns  
1 – Pass to 4/5 on the roll  
2 – Strongside shooter  
3 – Weakside shooter  
4 – Roll OR replace  
5 – Replace OR roll

(Have other players pass to other 4 players for shots)

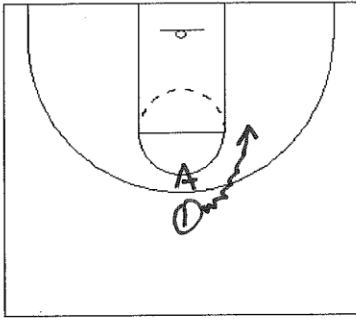


5. Baseline Step-Up  
Use against teams who like to help a lot, suck the defense in  
1 – Shot  
2 – Wing weakside shooter  
3 – Corner weakside shooter  
4 – Roll  
5 – Flash high post

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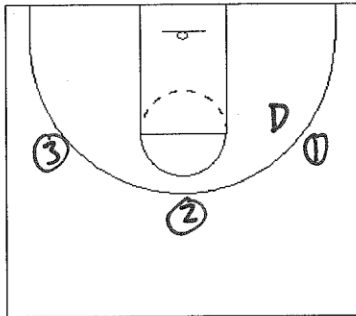
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**1 on 1 From the Top**



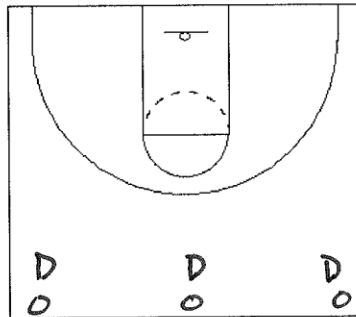
This drill works on individual defense. In this drill the offense is limited to 3 dribbles. Stress taking the ball right to the basket. Defense must stay low and move their feet. This drill begins when the defense touches the ball. Offensive player should start in triple threat position. Other drills can be used from this: 1 on 1 from Side, 2 on 2, with a Coach, and 3 on 3.

**3 Stop Drill**



4 or 5 at a basket  
 Player on D must get 1 stop from right wing, top, and left wing  
 Offense gets 3 dribbles max – if no score – push-ups for offense

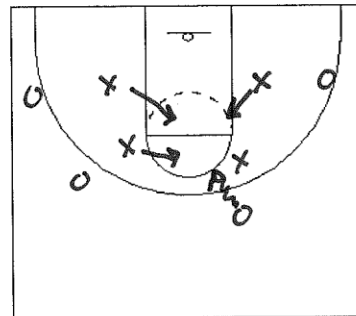
**1 on 1 From Half Court**



Right wing goes first, then top, then left wing

Change spots

**4 on 4 Contain**



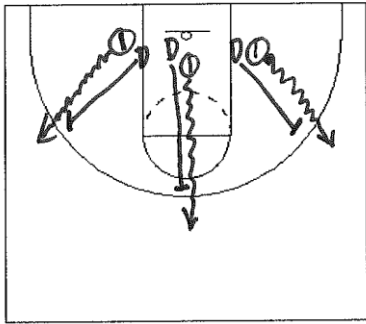
Everybody's responsibility is to stop the drive.

Offense always tries to drive.

Keep ball out of paint for 20 seconds

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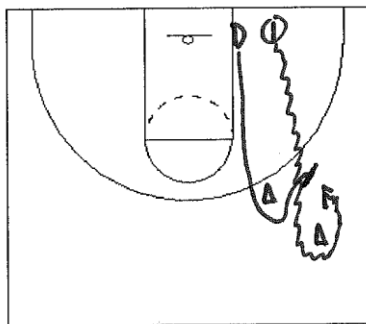
**Dribble Follow 1 on 1**



1 – speed dribble out  
 A – sprint out, chest up, be physical  
 1 – make a move; get him off you  
 Rotate and repeat drill at top of key and opposite side

Add 2 on 2 – B on 1’s attack dribble, one stunt step and recover; on a non-attack dribble, stay home

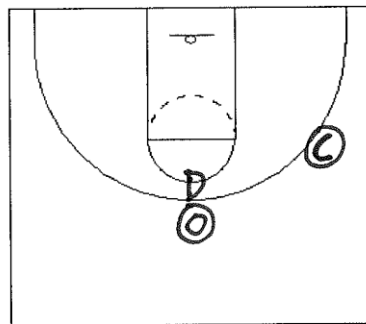
**Two Cone Drill**



1 – speed dribble around cone  
 D – sprint around cone and meet 1

Play 1 on 1  
 Work on D off of dribble and catch  
 Cones can be moved around the court  
 D – physical and aggressive

**Shot Clock 1 on 1**

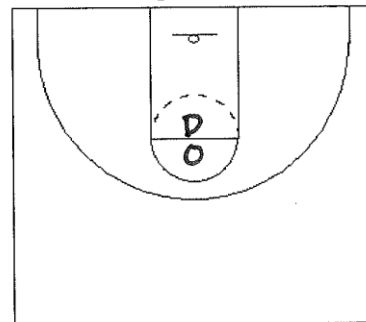


1 on 1 with a Coach

10 seconds to get open and score  
 (time can vary)

Offense may pass back to Coach and cut again

**Disadvantage 1 on 1**



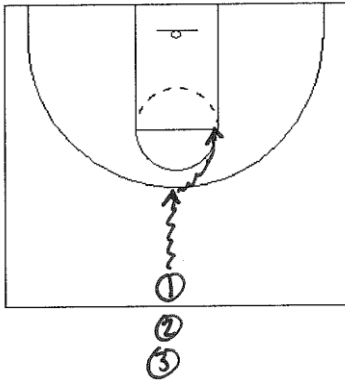
1 starts at FT line with ball firmly in D’s back

D starts in front of 1 looking at basket

Once 1 pulls ball from D’s back, 1 on 1

D must seek leverage – step forward & turn  
 O must take shot in lane – no step back jumper at start

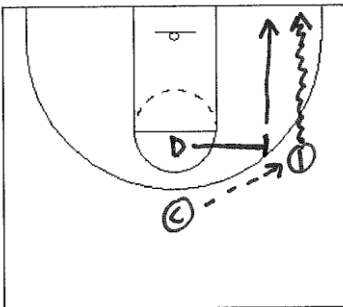
**Individual Moves from Half Court**



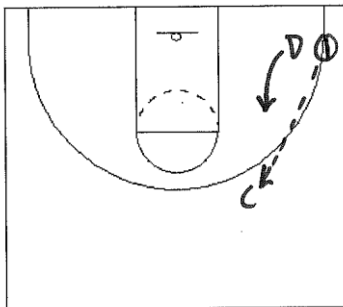
Speed dribble from 1/2 court and make individual move at arc

- Hesitation pull-ups – 5
- Between legs / drive – 5
- Between legs twice – drive and finish with reverse lay-up – 5
- Near arm lay-ins – 5 each side
- Dribble out – dribble down keep dribble, dribble out, pass to coach, coach passes back – shot
- Dead pivots – 1-2 stop, ball fake-step through / finish / counter: turn 180/turn back / finish with step through
- Step back
- Floater

**Donlon D Drill**

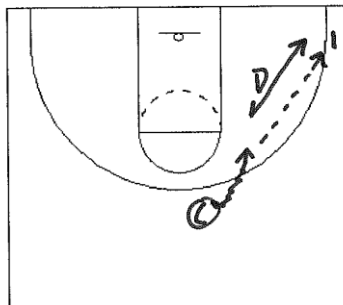


- A) Coach with ball; D – happy feet
- B) Coach pass to 1; D – closeout
- C) 1 jab step middle; D take away the middle drive
- D) 1 dribble to baseline; D chest up/in grill all the way down



- A) 1 pass to Coach
- B) D sprint to help side gap

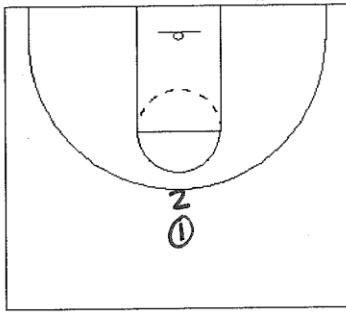
Be low and ready – in stance



- A) Coach two hard dribbles
- B) D – one jab step and recover
- C) 1 on 1 live

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**Cut-Throat 1 on 1 3**



3 players at a basket – 1 on 1 & a man out

If O scores, they stay

If D gets a stop, they become O, and man out becomes D

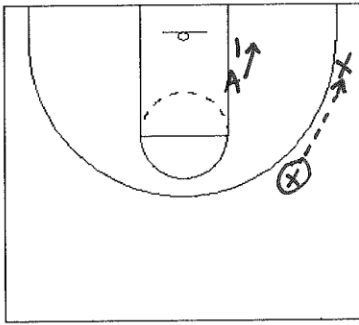
Put in a dribble max (3 dribbles)

*Option:* Keep score, have a basket winner

**Perimeter Tips and Drills**

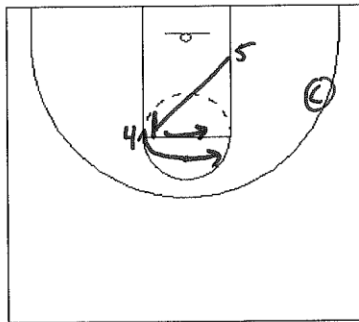
1. Hand education – “english” around the rim
2. Near arm lay-ups
3. Euro step
  - a. Euro step into near arm lay-up
  - b. Euro into floater
4. Reverse lay-ups
5. Spin move
6. Hitch – move ball up – baseline foot down first
7. Step back
8. Rondo go move – from top of key – 2 dribbles and go
  - a. 2 dribbles pull up
  - b. 2 dribbles into step back

**Post Defense**



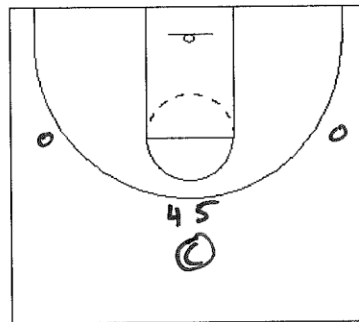
As the ball moves from Coach to Coach, the defensive player adjusts his position. At first offensive man is passive, allowing defense to develop footwork. When offense becomes active he attempts to receive ball. Emphasize stopping the pass. Teach the two step method when going from high side to low side on defense.

**Post 2 on 0**



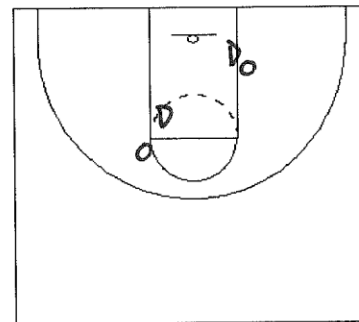
Coach has ball and reacts to movement of 4 and 5. Put in different positions to create different screens and movement. Build on this drill by adding two defenders

**1 on 1 Defensive War**



4 and 5 face basket  
If Coach passes to right wing, 5 will be on D  
Work on fronting post  
Fight for position

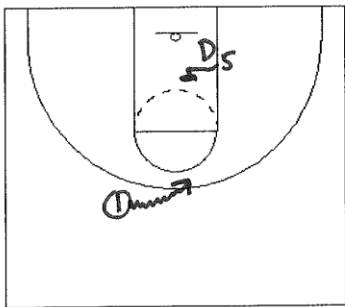
**Post 1 on 1**



O and D start on blocks or in high post  
O spins ball out to self, turn and face  
1 on 1 live

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**Franklin Drill**



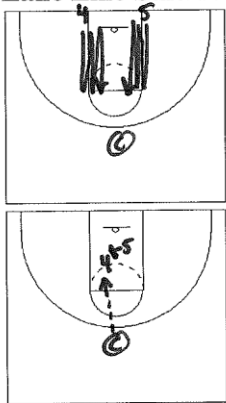
Rip move – thumbs up, under D’s hip bone. Be low, slide, hands high. Fluid hips on slide, no lean

“Chin it” – between chin and strong side shoulder

1<sup>st</sup> look – through baseline shoulder  
LOW MAN WINS!

1 – Dribble outside hip, get past D, toe towards target, pass can never be too low

**Lane Line Suicide (1 on 1)**



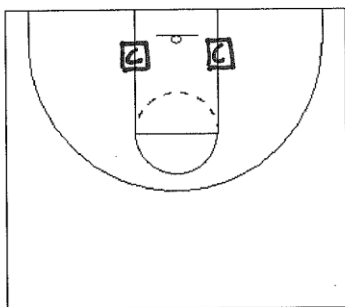
4 & 5 start at baseline, sprint a suicide (or 3 times) up lane line to elbow and back

Coach stands in middle of FT line with ball

Coach passes to 1<sup>st</sup> guy done – guy moves through the catch

2<sup>nd</sup> guy becomes D – play 1 on 1

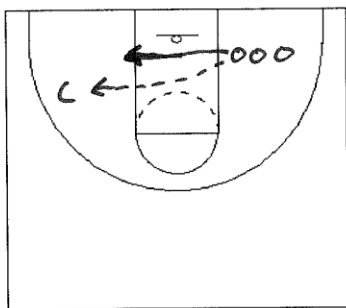
**Chair Drill**



Place chair on low blocks  
Post sits in chair – chins the ball  
Toe up and head back  
Explode up and try to dunk – one fluid motion  
Reps = 10 times each side

Jump up straight! If post ends up on other side of the basket = no good. Don’t jump in, jump up! Forces power and use of hips! No tippy-toe jumps.

**Post Series**

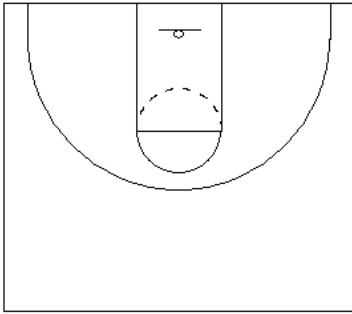


Good warm up  
O passes to C, cuts, and jump stops on block area.

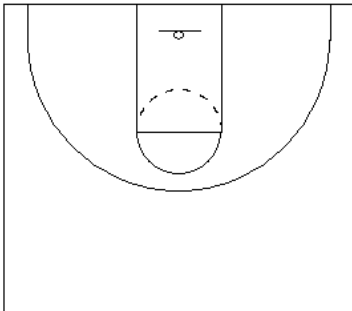
Options: drop step, face up (bottom foot pivot), face up – 1 dribble middle, face up – sweep baseline, face up – top foot pivot – sweep to middle

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### Hansbrough Drill



### Triangle Shooting

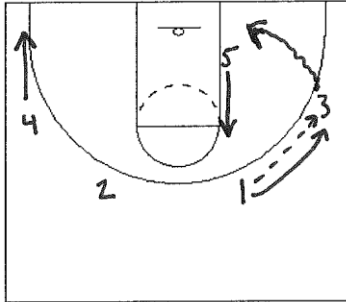


**Post Drills** – do with  $\frac{3}{4}$  defense (10 times each)

1. Spin move to baseline drop step to lane (jump hook)
2. Turn and face with reverse pivot-jab step – up and under
3. Spin move from high post and short corner
4. Rip and go – drive baseline for reverse lay-in

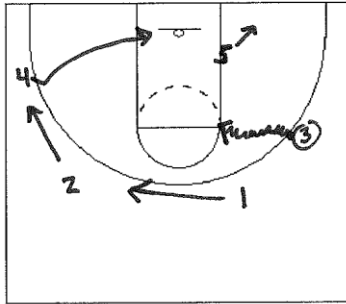
**Draw and Kick Series**

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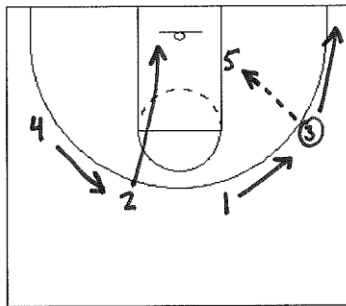


- a. Hit post
- b. Hit 1 following 3's drive
- c. Hit 4 who dropped

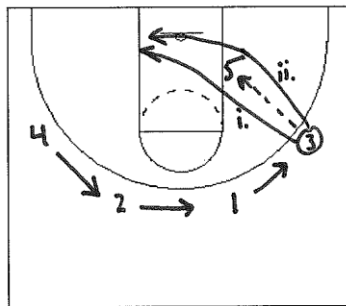
\*Have coaches/players pass balls to other players so you have 2-3 players shooting



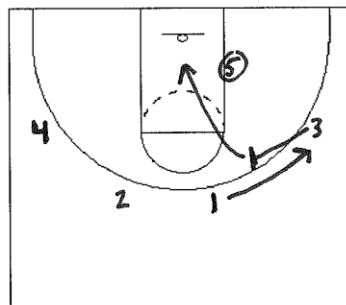
- 2. Ball side penetration to middle
  - a. Hit 5 who drifted
  - b. Hit 4 on back cut
  - c. Hit 2 who dropped



- 3. Post feed
  - a. Hit 2 cutting
  - b. Hit 4 opposite
  - c. Hit 1 who drifted



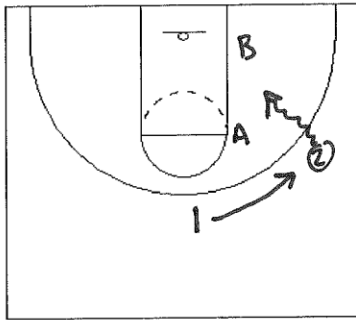
- 4. Go Cut and Fill
  - a. If 3's man sags, cut him through
    - i. Over
    - ii. Under



- 5. Screen and Slip (Split Screen)
  - a. If 3's man stays, screen for top of key and slip

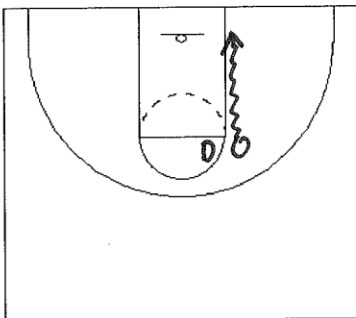
1. Ball side penetration to baseline

### Kentucky Draw and Kick



Attack the gaps and draw the defense to you  
Kick out for the shot

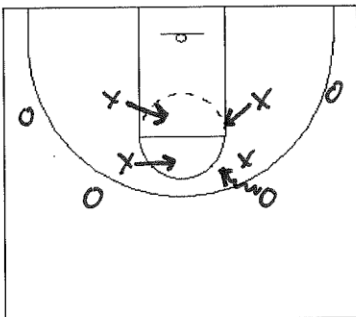
### Air 'Em



Start at elbow  
Drive and jump stop – Shot fake  
D flies by

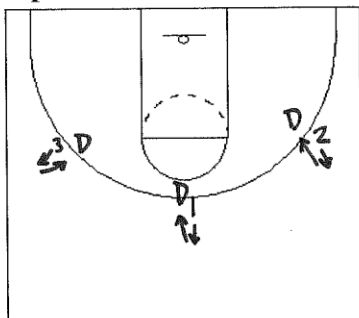
Remind players: If there's a chance the D can do something to alter your shot, you should go off of two feet

### 4 on 4 Contain



Everybody's responsibility to stop drive  
Offense always tries to drive  
Keep ball out of paint for 20 seconds

### Rip Thru Series 1 on 1



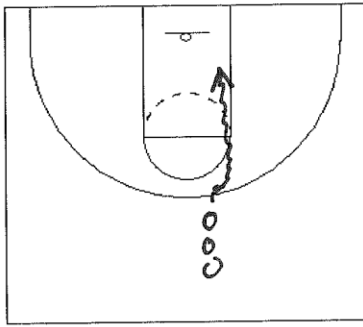
Work on 1 on 1 game  
Drive at the shoulder

Offense has back to basket, toss out, pivot, face, and rip thru

1 dribble pull up

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**Fake Sandwich**



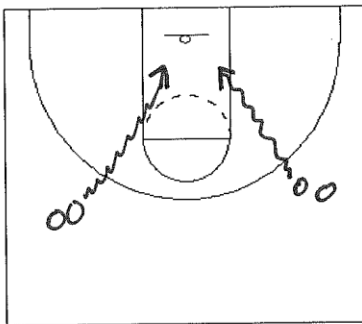
This works on patience!

Shot fake, 2 dribble drive, and shot fake

Pass back to partner

Also add dummy D

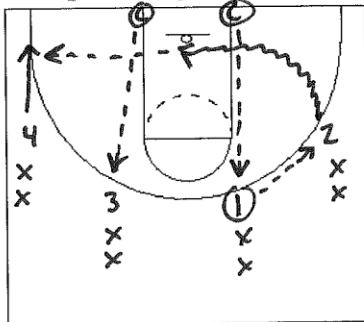
**Hunt the Paint**



Two dribbles, get as far as you and jump stop – peek at rim and pass fake

Pass back to partner

**Sweep Through Shooting**



2 – sweep through, knee to knee

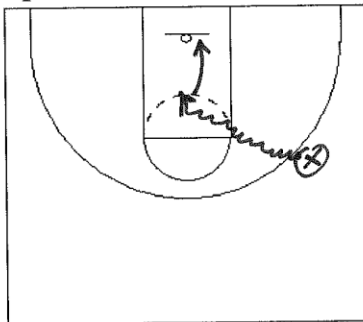
Good 1<sup>st</sup> step/dribble

2 pass to 3 in the corner

Coaches pass to 1 and 4 for shots

Rotate

**Up and Under from Wing**



Drive, jump stop, shot fake,  
pivot, power layup off two feet

### **Driving Action**

Remember the Four P's!!!!

1. Purposeful
2. Powerful
3. Patience
4. Peek (at rim)

Stress – Get in the paint and be patient! Don't hurry! Passes on the move kill you!

### **Driving Tips & Drills**

Work on putting ball on hip. Step-step.  
Move ball from hip to hip.

1. Foot fake straight ahead – go straight ahead
2. Foot fake straight ahead – cross step
3. Foot fake out to right – bring shooting foot back and shoot
4. Foot fake out to right – then cross-step – then step back and shoot

### Transition Drills

Our philosophy on misses is to sprint the ball down the court with no rules. The players have 8 seconds to make a play or they must get into motion. On makes we run an organized break with the following assignments:

- 1 - Point guard - get open, sprint the ball up, pitch ahead
- 2 - Run the right lane wide, get to corner then come back to block level
- 3 - Run the left lane wide, start a basket cut then get to corner then come back to block level
- 4 - Take ball out, use correct foot work- get the ball to 1 quickly, trail play
- 5 - Sprint the middle of the floor and expect the ball

We want to attack the basket early in the possession. If the defenses gets all 5 back then we run an ending.

All these drill start with coach making a basket.

A. 4-1

- 4 takes 3 steps out of bounds
- 1 sprints to sideline with butt to sideline
- 1 takes 3 speed dribbles to center of floor

B. 4-1 Back cut

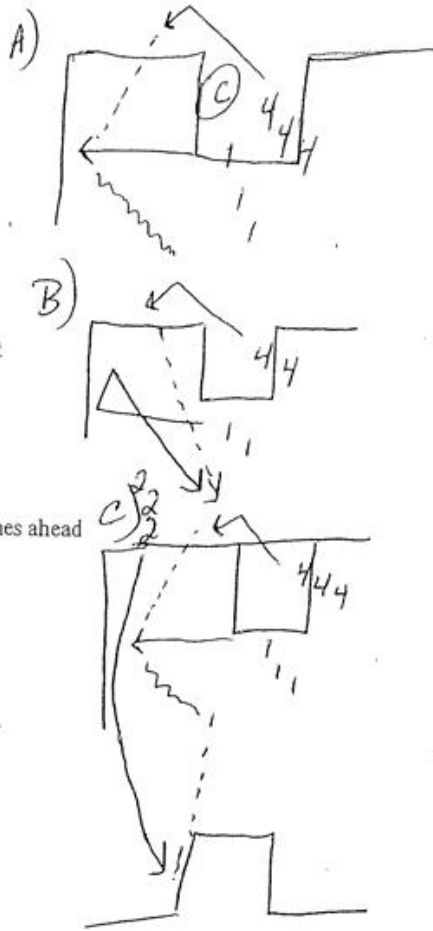
- 4 Pass fakes then leads 1 to start break
- 1 must takes 3 steps to 4 then back cuts
- We do not come back to ball - we back cut

C. 4-1-2

- 2's do not leave until 4 touches ball
- 2 runs wide
- 1 takes a dribble to gather himself and pitches ahead
- 4 rebounds the ball before it hits the floor
- Do the same coming back

D. 4-1-3

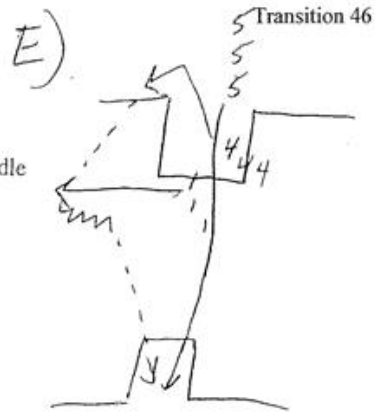
- Same as 4-1-2 except run the left side



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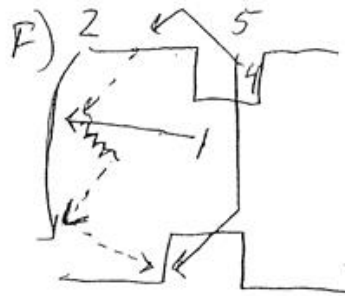
E. 4-1-5

- Same as 4-1-2 except 5 man runs the middle



F. 4-1-2-5

- 5 runs a diagonal cut
- 2 hits 5
- do the same coming back



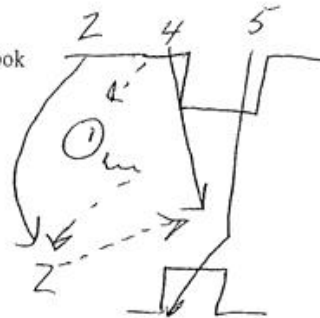
G. 4-1-3-5

- Same as above except left side



H. 4-1-2-4-5

- Hi - low look

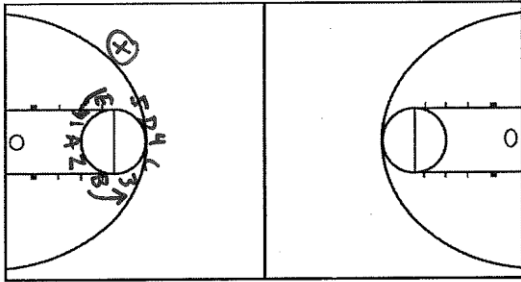


I. Two trips in :18

- Any options or coach calls it out

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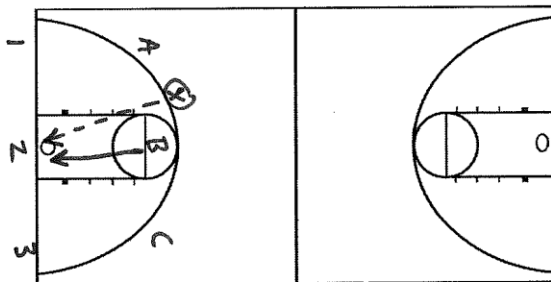
**Circle Drill**



Players jog in a circle  
 Coach will pass ball randomly to a player  
 Convert to other end  
 Objective is for defense to convert quickly and not give up a lay-up

Emphasize transition defense!

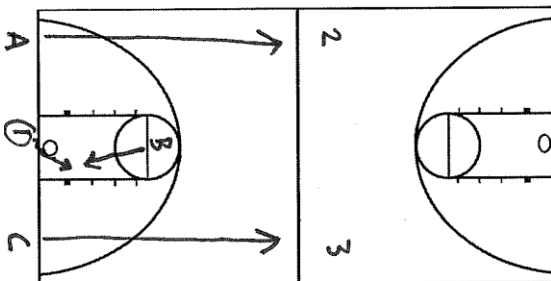
**3 on 3 Conversion**



X passes to 1, 2, or 3  
 Defensive player directly in front of where ball is passed must sprint and touch baseline and recover to other end

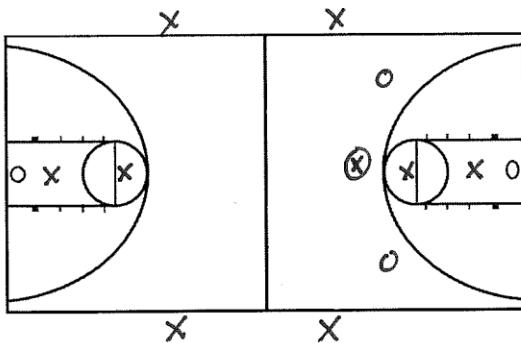
Emphasize communication!

**3 on 3 Rush**



1 starts with the ball  
 As soon as 1 crosses end line, B comes to guard him.  
 A and C go at same time to catch their men  
 A guards 2, C guard 3  
 2 and 3 can't move until 1 crosses half court.  
 Objective is for B to stop progression of ball to allow A and C to recover and catch their men

**11-Man**



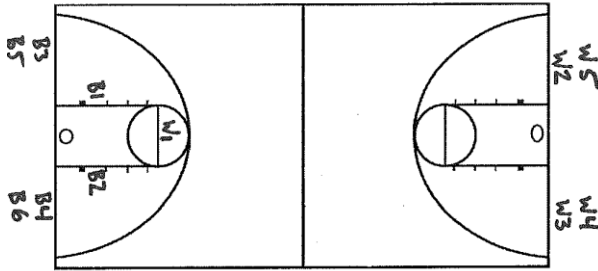
Start with a man out of bounds at each hash mark, 2 defensive men at each end, and 3 offensive men across the middle

Bring the ball down in a 3 on 2 situation

After shot is taken, the rebounder then turns to throw the outlet pass to player at hash mark

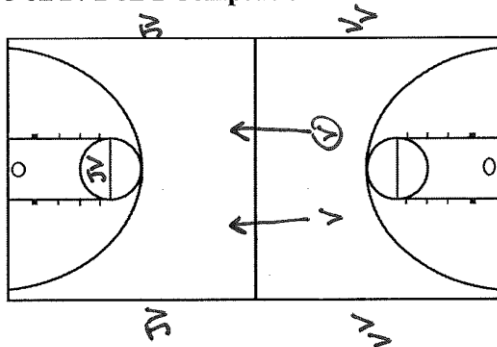
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**Eagle Transition**



W1 shoots FT to start drill  
 B1 and B2 convert 2 on 1  
 Must get a shot within 1 pass after crossing  
 W2 and W3 step in and convert 3 on 2  
 B3 and B4 step in and convert 4 on 3  
 W4 and W5 step in and convert 5 on 4  
 B5 steps in and converts 5 on 5

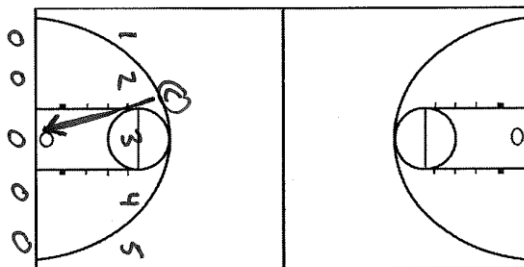
**3 on 2 / 2 on 1 Competition**



Anything goes. No out of bounds.  
 JV gets handicap (up 10-0 for 6 min. game)  
 +2 for a 2 pt. FG / +3 for a 3 pt. FG  
 -1 for turnover or too long to get a shot  
 +4 for a charge

Varsity goes 2 on 1 for first 3 minutes  
 3 on 2 last 3 minutes  
 Switch half way through competition

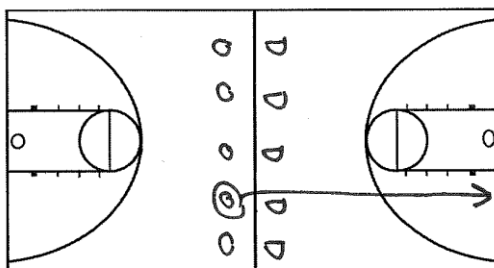
**5 on 3 Plus 2**



Coach calls out 2 numbers to touch endline, they must recover  
 Stress – TURNING THE BALL!

In this drill, 1 and 2 convert when shot goes up.  
 First one goes to opposite top of key, second one back goes to HC. Influence the ball as early as possible – get it out of the middle

**Tiger Transition**



Coach calls which offensive player(s) to sprint to endline

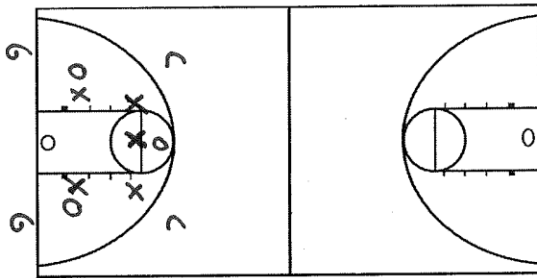
It is 5 on 4

If O doesn't score, D converts (1 O is already down waiting)

This forces the guards to get back

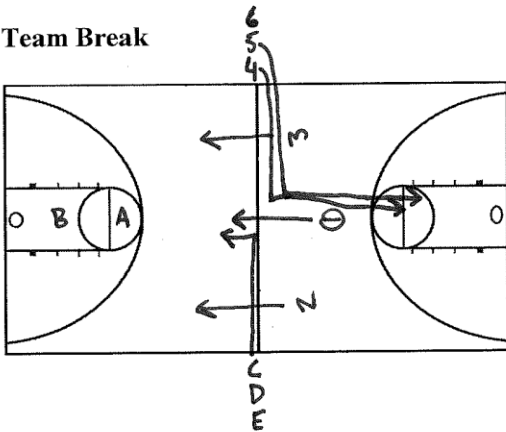
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**Tarheel Transition**



Coach shoots  
 2 guards (G) sprint back – 1 to ½ court, 1 to opposite FT line  
 5 D convert to offense  
 Go for 8 minutes & keep score  
 On scores, game stops and Coach shoots to restart  
 Game keeps going until a basket is made

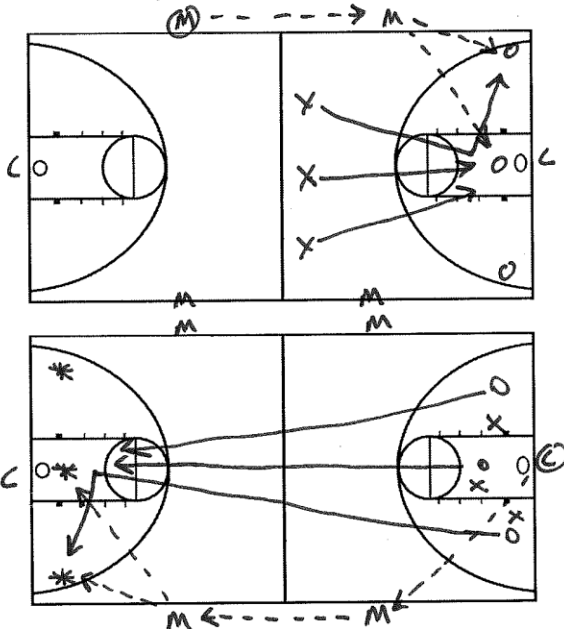
**Team Break**



This is a competitive drill. Split into two teams. Line up at HC. When 3 offensive players cross the time line, the 3<sup>rd</sup> defender will touch the center circle and attempt to recover and help. On the score, the ball is taken out by defense and the 3 offense will press up to HC. They get back in line if they don't get a turnover. The same sequence will happen on the opposite end.

*Scoring:* +3 make good shot, +2 take good shot, +1 make bad shot, 0 anything else

**Kansas City Drill**



M1 passes to M2  
 M2 tries to pass for a lay-up first  
 X's work inside out

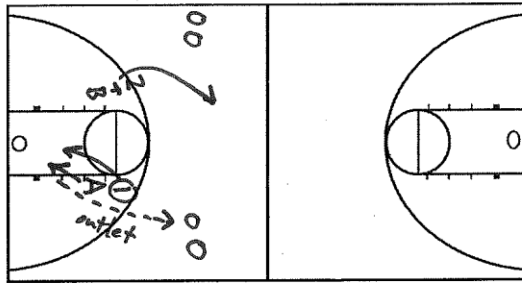
Play 3 on 3

On a miss:  
 If X rebounds, outlets it to an M  
 O's become defense vs. \*'s  
 Repeats itself on other end

On a make:  
 Coach grabs and outlets to M, same as above

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**Two-Man Rebounding**

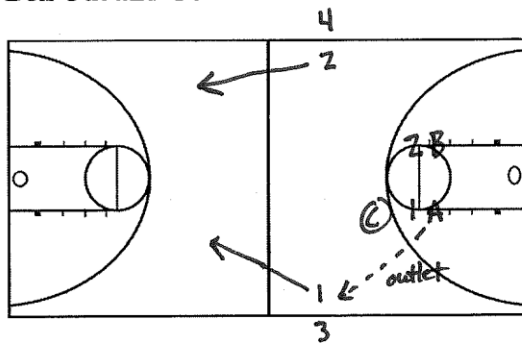


Offense shoots

Defense rebounds and outlets

The player who doesn't rebound, sprints to other end, receives pass from player who received outlet

**Box Out and Go**



Coach shoots

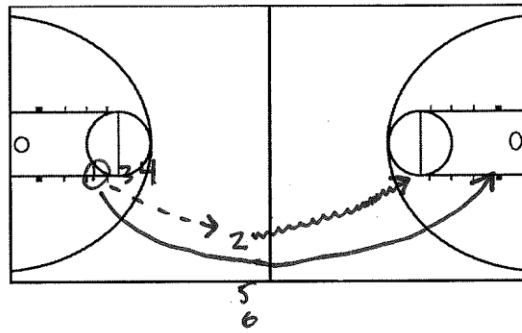
Defense rebounds, pivots, outlets

1 and 2 convert on other end for 2 on 1 break  
If they don't score, they run

Rotate offense to defense, defense to outlet

One of the outlet men stays on D at other end

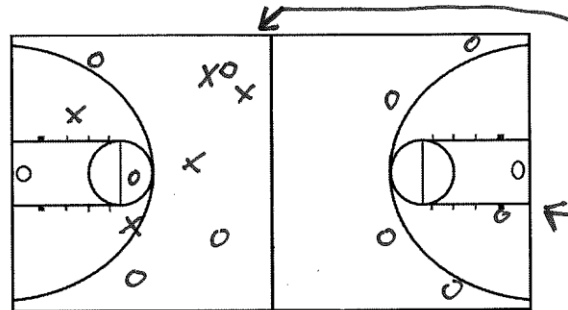
**Boston Break (Rebound-Outlet)**



This is a full-court outlet drill. Player 1 throws the ball off the glass, Stress chinning the rebound. Pivot to the outside and make pass. 2 dribbles to elbow and returns pass to 1 for lay-up.

*Add:* bank shot, flare to corner, return to passer on basket cut, return to pass replacing himself for shot, return to passer for elbow jumper, flare to corner-ball screen

**Turnover-Score**



Drill on scoring off turnovers!

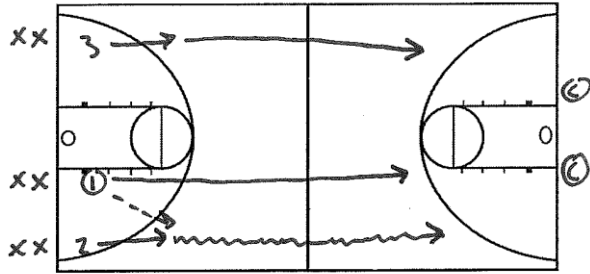
Put players in situations and have them convert and score.

Focus on getting 4 guys around the arc in transition

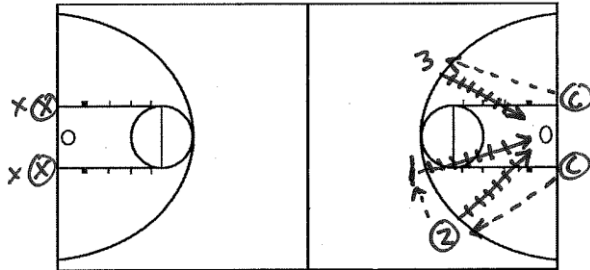
*Rule:* No three's until the ball gets into paint (drive and kick out)

**Shots on the Run**

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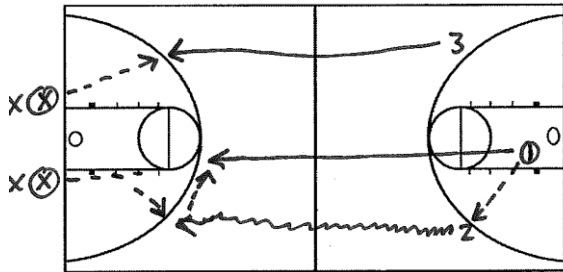
- 1 – Rebound, outlet to 2, sprint to top of key
- 2 – Outlet, dribble to arc, jump stop
- 3 – Sprint to arc



- 2 – Jump stop, pass to 1, receive pass from C, shoot!

- 1 – Receive pass from 2, shoot!

- 3 – Receive pass from C, catch and shoot!

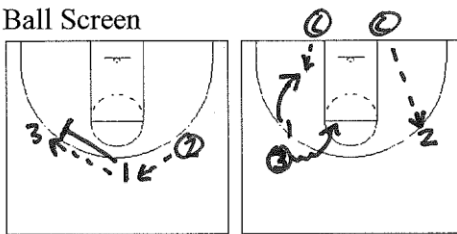


- 1- Rebound own shot, outlet to 2

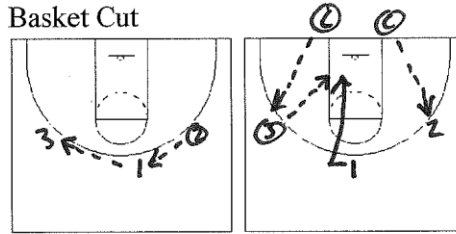
\*repeat back down court\*

Different Endings:

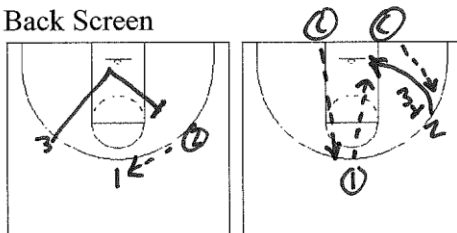
**Ball Screen**



**Basket Cut**

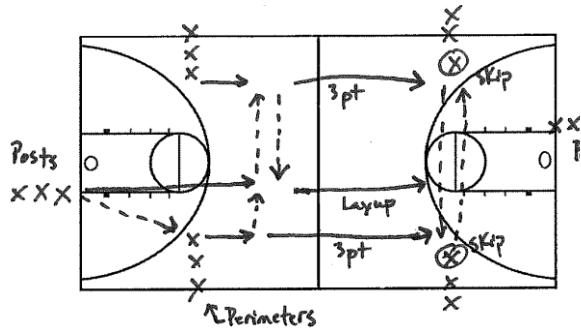


**Back Screen**



**Wildcat Shooting**

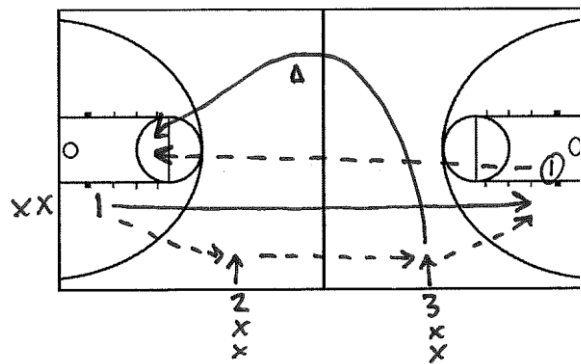
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Primarily a 3-point shooting drill. Go for 2 minutes. Coach give a number team needs to hit.

Post players line up at each end. Perimeter players line up at wings-extended at each end. Post players will rebound ball & outlet to one of the lines. Parallel pass to other end. Post player gets a lay-up. The 2 wings will get skip passes from the wing lines at that end. After shots, another group goes the other way.

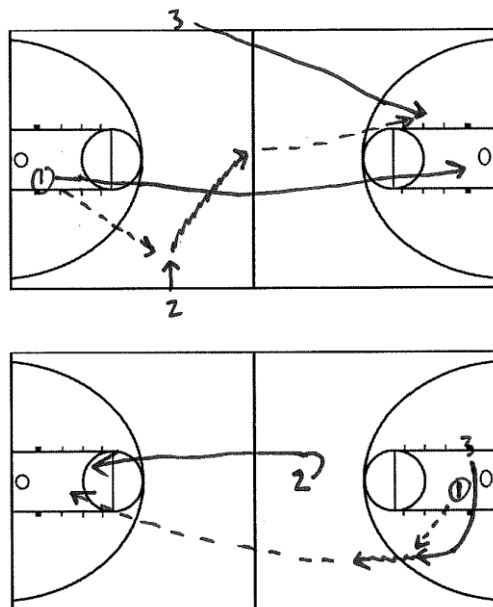
**Bulldog Outlet Drill**



- 1 – off board, outlet, sprint
- 2 – chest pass to 3
- 3 – bounce pass to 1 for lay-up, then sprint around cone
- 1 – get own rebound, baseball pass outlet to 3

Rotate spots, continuous, work both sides  
Don't expect, demand!

**Bucher Outlet Drill**



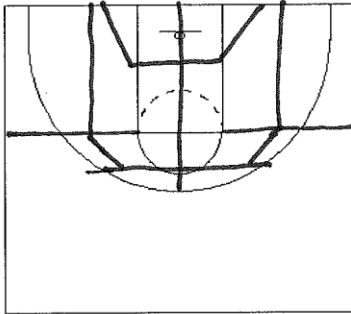
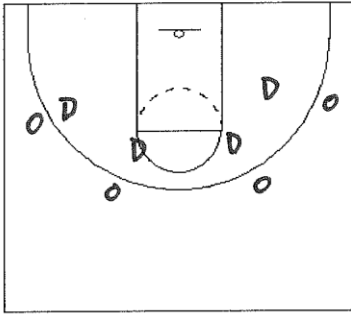
- 1 – rebound-outlet to 2, sprint to basket
- 2 – center, 2 dribbles, pass to 3 for lay-up
- 3 – sprint, lay-up

- 1 – rebound-outlet to 3
- 3 – become outlet, 2dribbles, & pass to 2
- 2 – sprint to top of key, run floor, lay-up on opposite end

1 – rebounds both sides  
**DO NOT LET THE BALL HIT THE FLOOR! SPRINT!**

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**4 on 4 / 5 on 5 Shell**



This drill stresses taking away dribble penetration, providing help, and moving with the ball. You can go 4 on 4, 5 on 4, or 5 on 5. You can have a dribble max (i.e. 2 dribbles)

**5 Phases of Shell:**

1. Passing Only
2. Dribble Penetration
3. Cutting
4. Screens
5. Go live!

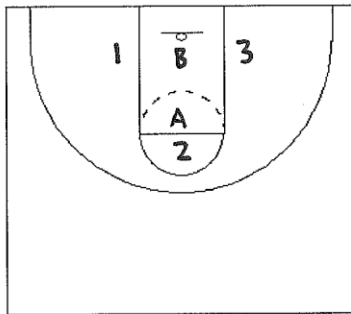
Start at #1 and progress through the phases as the season goes on

**Important D Concepts:**

“Butt to the house!”, “Protect the paint!”, “Keep them out of the kitchen!”

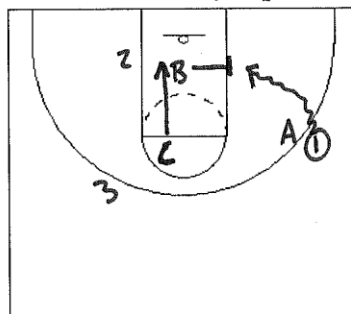
Stress help side! – refer to the Patriot Defensive Philosophy Handout

**Triangle Passing**



This is a defensive drill that works on defensive rotation. This is also a good offensive drill, because it makes you a better passer. The offensive players line up on 2 big blocks, and on the nail hole at the free throw line. The 2 defensive players line up in the middle. On defense, the 1<sup>st</sup> player has the ball, the 2<sup>nd</sup> player has the pass, and you keep rotating until you can get a deflection or a steal.

**3 Man Rotation (Help the Helper)**



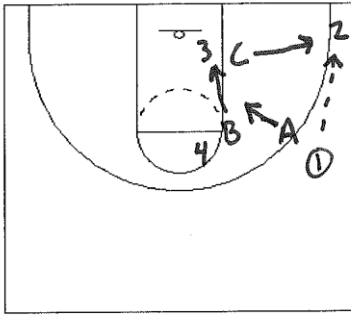
This drill is used to illustrate proper rotation when a player guarding the ball gets beat

A gets beat, B rotates over, C drops down

A tries to recover, if he can't, he takes whoever is open

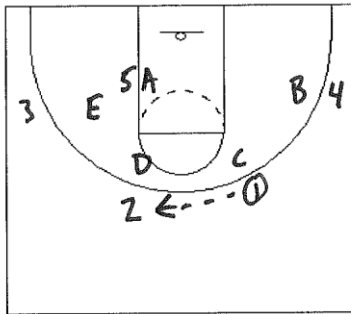
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**4 on 3 – On the Side**



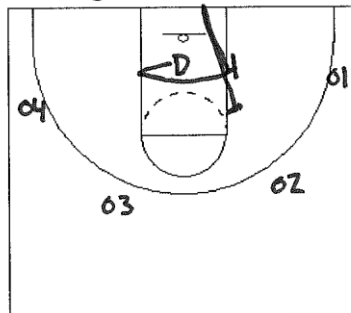
This is a zone rotation drill. Put 4 offense players on one side of the floor as shown. The 3 defenders must move while the ball is in the air to cover spots.

**50 Pass Drill**



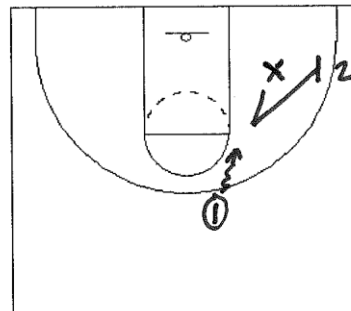
Play 5 on 5  
+1 for each pass  
Objective is to get to 50

**4 Charge Drill**



D must rotate over from help side to take charge  
  
D touches opposite FT lane line to start O1, touches end line for O2, etc.  
  
Teammates on end line help up D

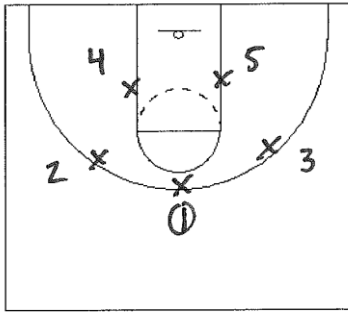
**2on1 Help and Recover**



O1 drives and D1 helps – stress hips open  
  
Key teaching point – see the off-hand  
As off-hand comes to ball, sprint back to man

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**60 Point Game**

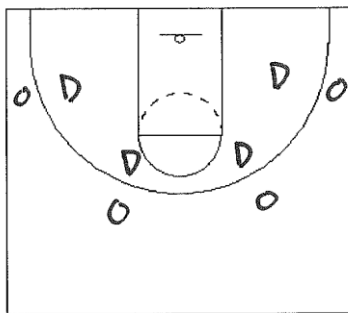


Each team gets equal number of possessions

- Scoring:
- +1 pass
  - +5 for lay-up
  - 2 turnover
  - 4 foul

Can also put limitations on – such as: no dribbling, no screening

**Gut-Check Drill**

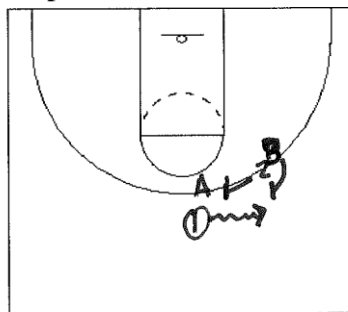


3 groups of 4 – extra group shoots at other end

If offense doesn't score – run to ½ court and back in 5 seconds

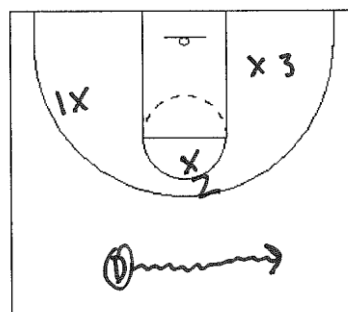
15 minutes on clock – go for 5 minutes and switch

**Help and Recover**



The purpose of this drill is to learn how to properly defend a screen on the ball. 2 screens A, A attempts to fight over the top of the screen, B steps high and flashes trying to make 1 go wide. B then drops back to his man.

**3 on 3 Vision**

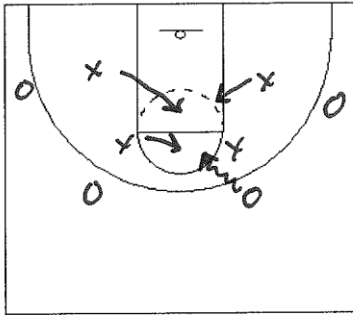


1, 2, 3 move randomly  
 Defense has to react and always see the ball  
 Go for 15 seconds / 30 seconds

Always be in a stance. No screens.

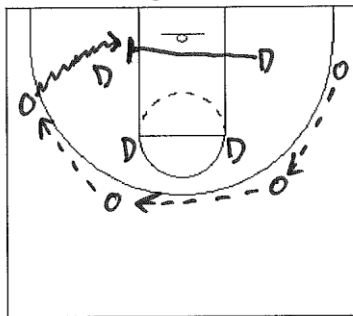
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**4 on 4 Contain**



Everybody's responsibility is to stop drive.  
Offense always tries to drive.  
Keep ball out of the paint for 20 seconds.

**4 on 4 Charge**

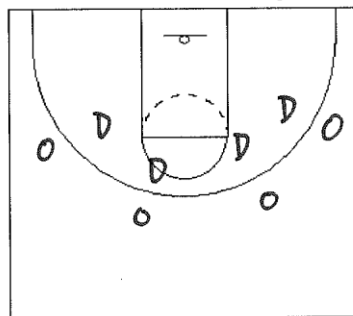


Swing ball – drive – charge

Change spots (of drive)

After each rep, other defenders help teammate up and then rotate spots.

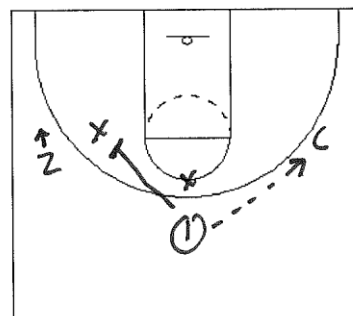
**4 on 4 with Mandatory 3**



4 on 4 live – Offense must shoot a 3

Work on D not allowing a three, foul situations

**2 on 2 with a Coach**

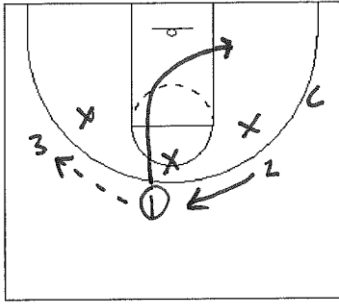


Refer to 2 on 0 in “Cuts and Screens”

Work on reading, cutting, and screening.  
The ball is passed to the coach to start the drill. 1 can screen for 2. 1 can make a basket cut and 2 moves on top. 2 back picks for 1 and 2 shapes up for shot.

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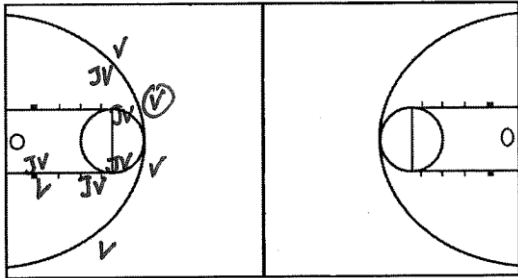
**3 on 3 with Coach**



Build on 2 on 2 with a Coach

Emphasize spacing, walking down the arc, and holding for two.

**And/Or**

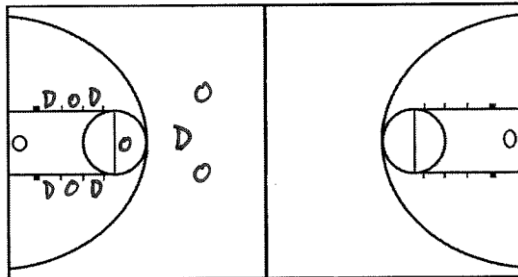


Good for 5 on 5 drill

Varsity vs. JV or Starters vs. Subs

Starters must get a stop AND a score to get a point. Subs get a score OR a stop to get a point

**Free Throw Game**



5 on 5 drill – Shoot 1 and 1 every possession

If D gets rebound, transition into offense – after offensive possession (stop or score), shoot 1 and 1 on this end

If there's a shooting foul, shoot 2 shots, then 1 and 1

Play for set amount of time – team who hits most free throws usually wins game

*\*Good to use with transition series*

### Warm-Up Routines to begin Practice

Below are three routines to begin practice. Try to incorporate all three throughout the season. This helps to keep players mentally fresh by not always beginning practice the same way.

#### Red Warm-Up

- Pass – cut – show hands – lay-up (2 each)
- Pass – 2 step set-up – cut – drive
  - Lay-up (shoot 2 each)
  - Power lay-up (shoot two each)
- Pass – 2 step set-up – cut – catch and shoot (2 each)
- Pass – 2 step set-up – cut – catch and go – 1 dribble pull up (2 each)
- Pass – 2 step set-up – cut – catch and sweep – 1 dribble pull up (2 each)
- Pass – 2 step set-up – cut to post – post move (2 each)

#### Blue Warm-Up

Groups of three – Shooter, rebounder, and a stretcher (or rope or 2-ball dribbling) / or dribbler doing Chris Paul Series

15 minutes on clock and run it down

5 shooting drills: Mikan, bank shots, 5 spot, 3's, and free throws (or 12-15 ft. catch and shoot, 12-15 ft. shot fake/dribble and shoot instead of 5 spot and free throws)

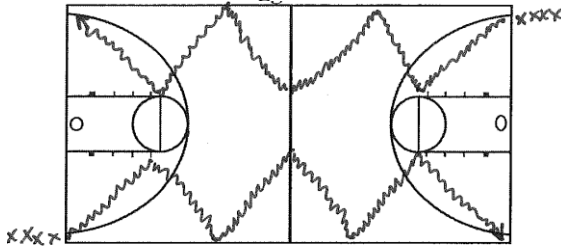
#### White Warm-Up

40 Point Drill

Groups of three – Shooter, passer, and rebounder (lane slides or rope)

Winners will be together next time. All others must change groups.

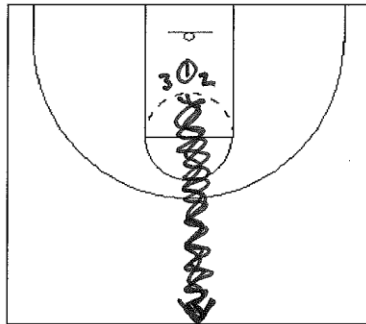
**Blue Devil Dribbling**



At each spot: Crossover, Between legs, Spin, Triple (three combined), Million (very low dribble), Type Writer (two hand million), Spiderwalk (spider dribble while walking), Jump Stop-Rip Thrus (push out with lead dribble)

\*\*Add cones coming back with various moves

**3 Man Weave - Tight**

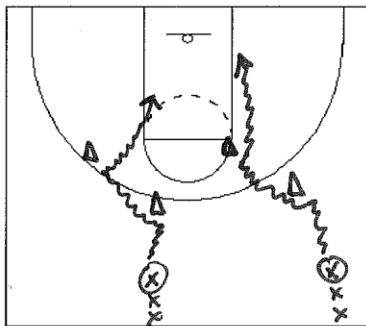


3 man weave, man with ball drops ball on whistle, 2 on 1 break the other way

Man who picks up ball passes it up automatically, drive until stopped

Pass back better than pass forward on breakaway

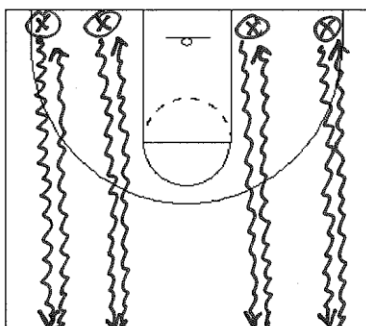
**Cone Finishing – “2 Moves”**



Moves: Step in-step out, Hesitation, Crossover, Between the legs, Between the legs-crossover

Finishes: Pull up, Reach layup, Wide layup, Reverse layup

**2 Ball Series**

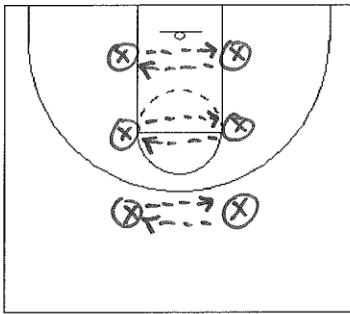


3 dribbles then:

- A. Between the legs-crossover
- B. Stutter step
- C. Pull back

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**Perfect Partner Passing**



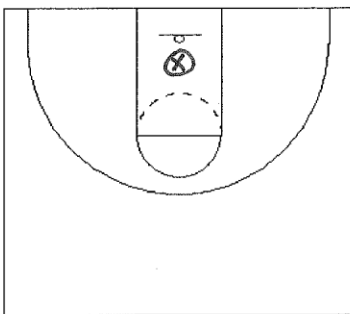
Ball on both sides – left hand between legs & make right hand pass

Go left, then right, the alternate

Add: between legs passing

Make guys communicate!

**Double Miken**

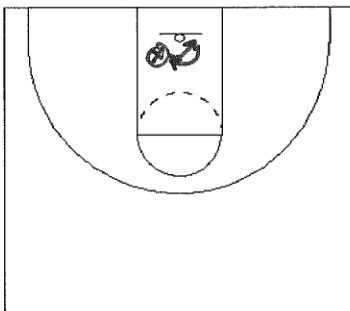


Ball in each hand

20 seconds to make 18

Starting shooting 1 before you catch the second

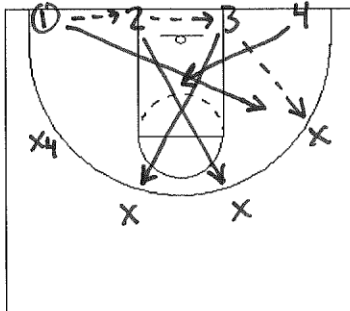
**7 Side Tap-In**



3 taps and on 4<sup>th</sup> put it in the basket

7 sides in 22 seconds

**Cross Closeouts**



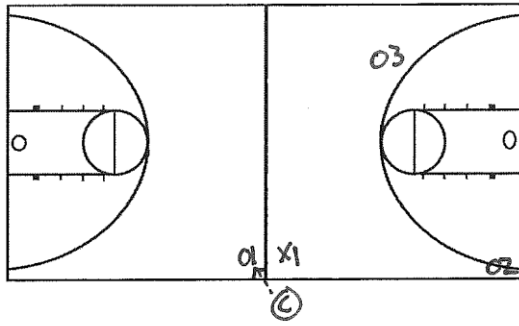
Pass along baseline, 3 will pass to wing  
As soon as 1 passes, they will start their closeout, etc.

4 will help and be responsible for X4

Progression: Add post

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**Coverdale Drill**



**Positioning:**

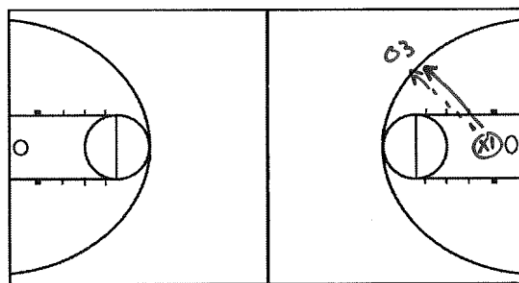
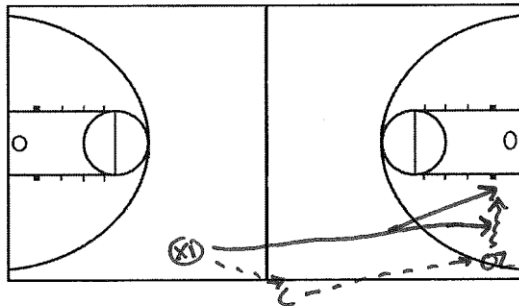
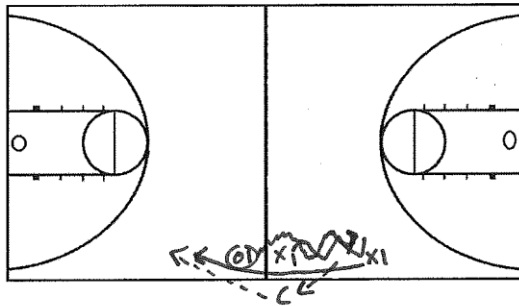
Coach at half court on the sideline, O1 at half court near coach, X1 at half court. O2 in corner same side as coach, O3 on wing opposite side of coach.

**Rotation:**

X1 will stay on defense the for the whole series, he has to guard all three O's, and then players will switch.

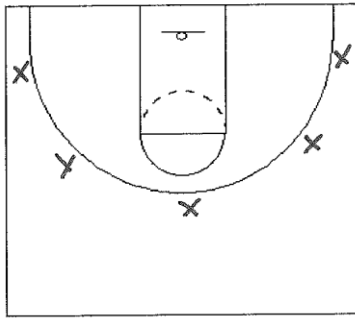
**Drill:**

1. Coach throws ball to O1, O1 goes against X1 doing zig-zag drill towards O2.
  - a. After three zigs O1 stops, X1 yells "dead, dead, dead" and traces the ball.
2. O1 passes back to coach who rolls it into the back-court, where X1 must sprint and dive on the ball. After X1 recovers the ball he throws it back to coach.
3. As soon as X1 passes to coach he has to sprint to block, because the coach is going to pass to O2 in the corner and drive it to the hoop. X1 must try to get into position to take a charge on the block.
4. After taking the charge O2 passes to O3 and X1 must get up and close-out O3, where O3 and X1 will play live.



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**50 in 5:00 / 25 in 2:30**

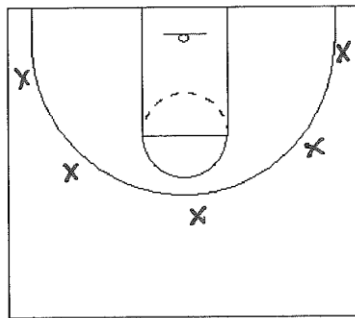


Make 50 shots in 5:00

Shoot three 3's, move in 1 step, shoot 17-footer, move to next spot and back to shoot 3's, repeat for 5 minutes

Can abbreviate to 25 makes in 2:30

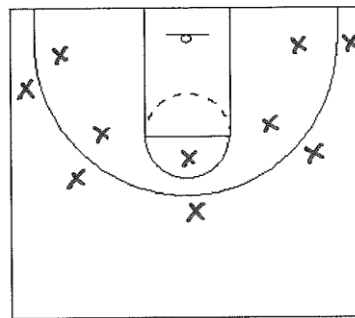
**4 in 40**



Use 2 balls, make three 3's in a row, then move to next spot (non 3-point shooters from 18 feet)

Get through at least 4 out of 5 spots in 40 seconds

**25 in 4**

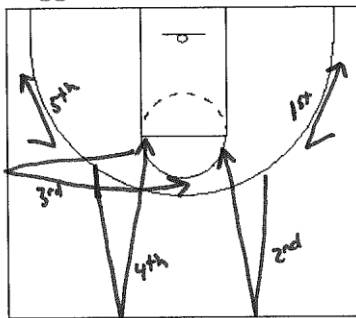


Must make 5 shots from each spot, move in 'around-the-world' like fashion

Spots: 15-17 footer, shot fake-1 dribble right, shot fake-1 dribble left, 3 pointers, free throws

4 minutes on the clock

**Nugget Drill**



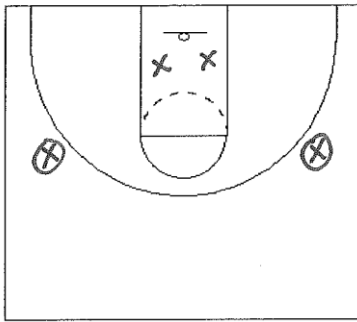
Make 3 in a row from each spot.

1. Flare and shoot from corner
2. Run to midcourt, plant & come back to elbow
3. Touch sideline cut to top
4. Run to midcourt, plant & come back to other elbow
5. Flare and shoot from other corner

Players get 4 minutes to do this.

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**10 Minute Shooting**



Partner, ball, and running clock (10 mins.)

1 min – 15 ft. jumper, then switch with partner, he will shoot for 1 min.

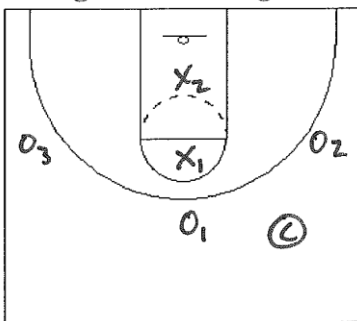
1 min – 3 pt. shots, then switch

1 min – sweep right, then switch

1 min – sweep left, then switch

Last 2 mins – FT, rotate every

**Triangle Rebounding**

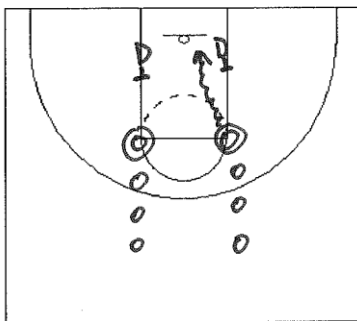


Coach shoots the ball

Other coach calls out two #'s (1, 2, 3)

Defenders have to box them out

**Billiken Boards**

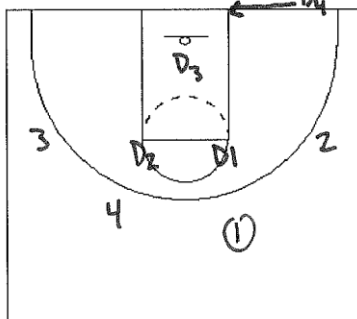


O look at rim, eyes up, knees bent

O – throw ball up off of board, get, 3 secs., go up

D – has pads, beat the guy up

**4 on 3 Plus 1 Box Out**



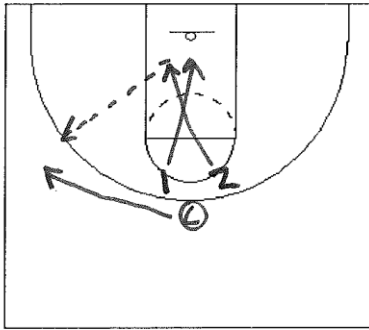
Offense pass around arc until Coach yells "Shot!"

D4 finds man not boxed out and boxes him out

Play live (offensive rebound or into transition)

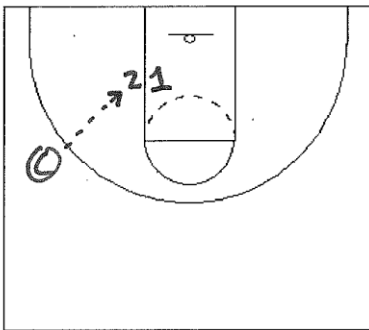
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**Rebound-Outlet-Score**



Coach shoots ball to start drill then moves to an outlet position.

Rebound the ball and outlet to coach on the wing.



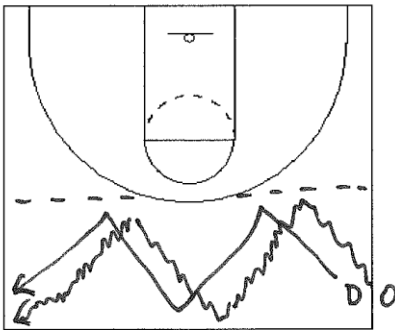
Rebounder becomes offense and looks to post up.

On a miss, rebounder outlets and reposts.

On a make, the coach restarts with a shot.

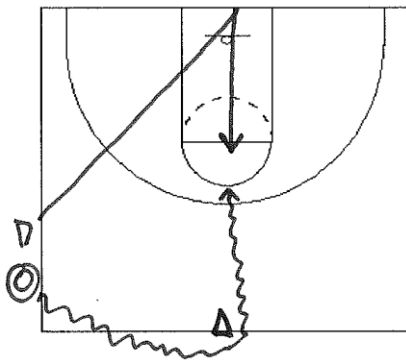
First to 3 made post moves wins.

**Cyclone 1 on 1**



This combination drill emphasizes ball handling, scoring, defense, competitiveness, and toughness.

1. Drill begins with the offense starting with the ball on the sideline. Offense must advance the ball to the far sideline in 5 seconds or less. The boundaries are the half-line and the top of the key extended. If the offense accomplishes this both players continue to the second part of the drill. If the defense contains the offense within 5 seconds, the defense wins and the drill is done.

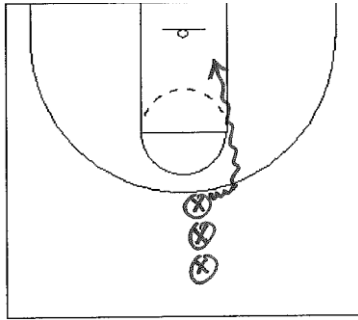


2. The second part of the drill requires the defense to sprint to the rim and then cover out towards the top of the key. The offense must speed dribble around a chair located just opposite the half-line. Once the offense dribbles around the chair, the two players compete in a live 1-on-1 situation.

Scoring can be either defensive stops or made baskets.

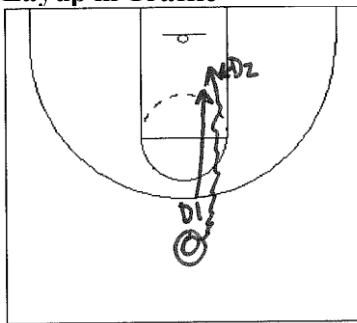
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**Rondo Go Move**



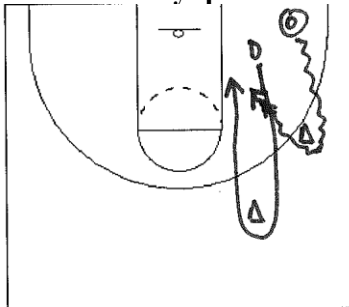
Two dribbles and go  
 Two dribble pull up  
 Two dribble into step-back

**Layup in Traffic**



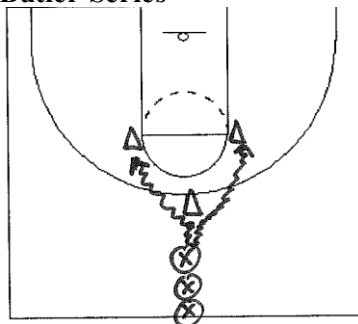
Ball starts on D1's back  
 O – go off of 2 feet with contact  
 D1 – walling him up, D2 – swiping

**Contested Layup**



D starts below the block  
 O dribbles around cone at arc  
 D sprints around cone outside of arc  
 O initiate contact on shot  
 Use your shoulder as a weapon

**Butler Series**



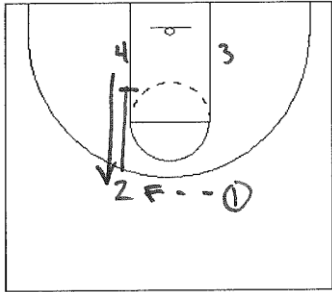
Cones in a triangle (top of key and elbows)

- A. Between the legs at both
- B. Between legs-inside out
- C. Behind back-spin

O with ball on the baseline

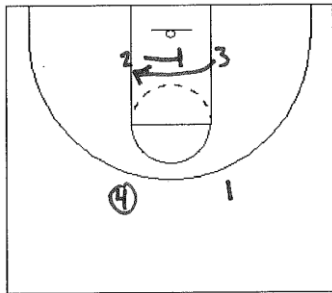
**4 on 4 Box Screening**

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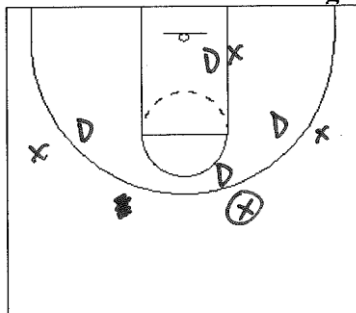


4 offense (2 on arc – lane line extended, 2 on blocks) with 4 defending

Start with down screen, then cross screen, continue with down screen on other side

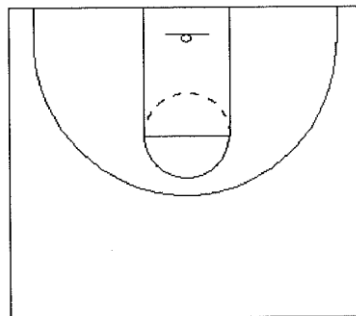


**4 on 4 Diamond Screening**



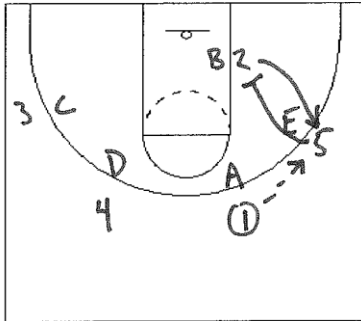
Setup – Offense at top, wings and under basket with 4 defending

- a. Pick for the picker action – must be defended
- b. The offense can make any read they want
- c. Focus on the Defense
- d. Play to a score with consequences



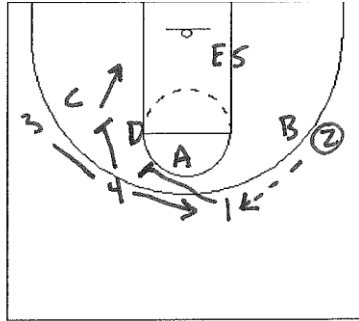
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**Hoosier Screen Drill**



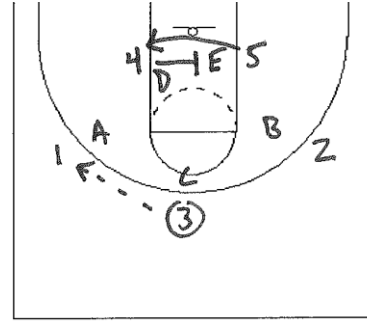
Down Screen

B – Get outside foot and lead arm through  
E – Help on the curl



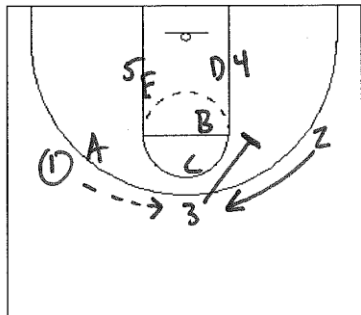
Stagger Double

D – (player closest to the basket) loosen up to the basket; responsible for either post slipping / going to the basket  
A – (player guarding top screen) step out and disrupt/extend cut  
C – (player guard cutter) directly behind cutter, trailing hard and close



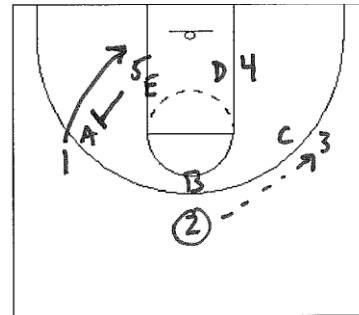
Cross

E – fight over top  
D – bump cutter



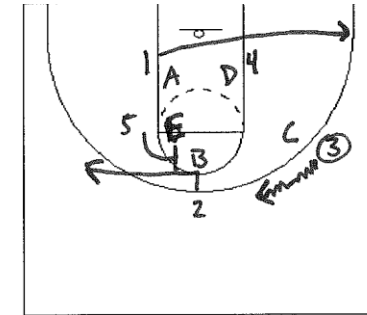
Away

Jump to the ball! Don't get screened!  
If defense still attempts to screen, treat as a down screen



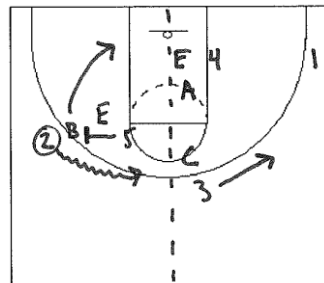
Back

A – fight over top  
E – hedge/bump the cutter



Flare

B – hands up, fight over the top  
E – loosen up with defender to protect against slip, step up to deny reversal

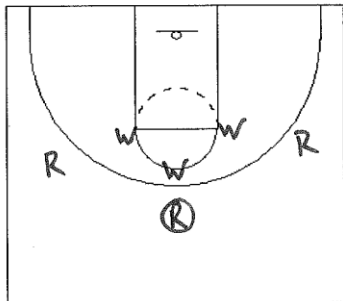
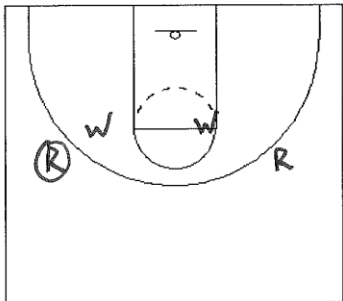
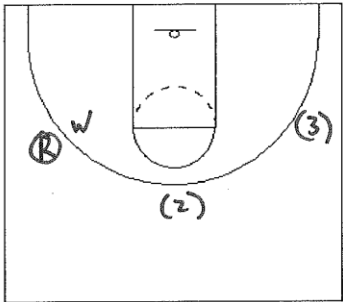
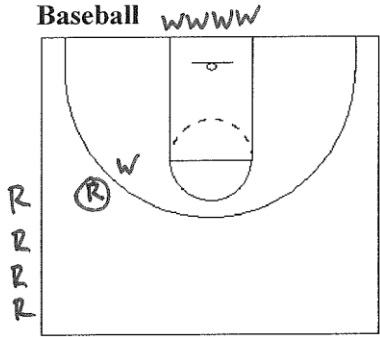


Ball

E – #'s to the sideline, hedge hard (“on the same board”), then get back with arms high  
B – “Over the screen, under your teammate!”  
A, C, & D – help side  
D – Be the third guy!

**\*\*This drill is designed to cover most major screening action. It can be done in its entirety or be broken up and used to practice against specific screening action.\*\***

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Divide teams into two colors.

We sometimes let our players DRAFT teams in keeping with the baseball theme.

Red team establishes a “batting order” and white matches up accordingly to how they want to defend.

Red team stays on offense, scoring as many points as possible until they get 3 OUTS (defensive stops)... Switch to White team on offense. White plays until they get 3 outs. End of first inning.

Move to spot #2 at top of key and repeat. Move to spot #3 on wing and repeat.

For the 4th, 5th and 6th innings we go 2-on-2. For each inning, we vary the initial actions (ball screen, down screen, flare screen, etc.) Use whatever actions are part of your offense or maybe your upcoming opponents offensive attack.

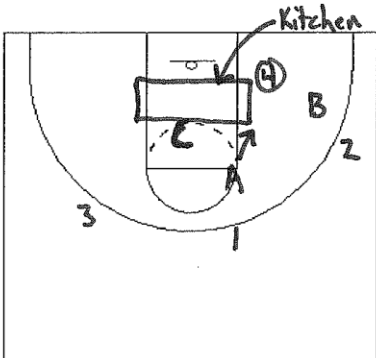
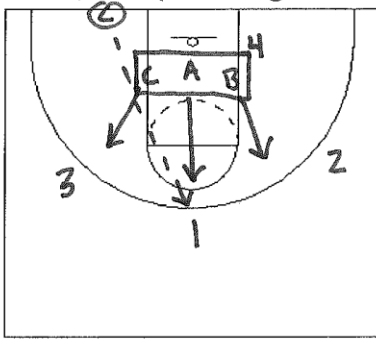
For the 7th, 8th, and 9th... we go 3-on-3 again changing the initial actions.

Sometimes we will play less than 9 innings but ultimately build up to 9.

D foul = Error = 1 pt. for O and no out  
O foul = Strikeout = 1 pt. for D and an out

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**3 Out, 1 In (Post Unguarded)**



Interchange on perimeter

Unguarded post – ball side

For drill, all post catches outside of the kitchen

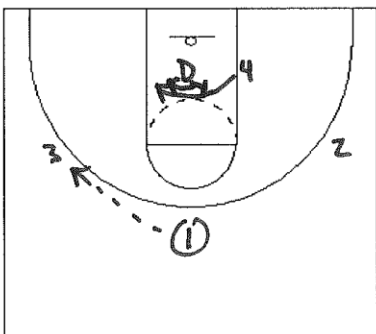
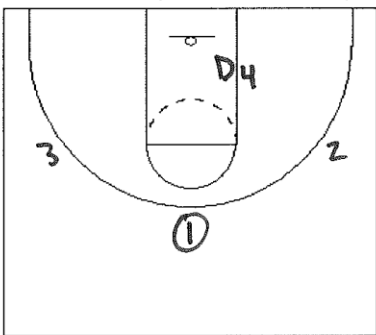
On pass into post – “crowd the post”, from the top, not ball side

Ball side defender – “butt to the baseline” – see ball and man

Help the help – jump and swipe to freeze / “buy a second”

**THESE TWO ARE COMPANION DRILLS**

**3 Out, 1 In (Post Guarded)**



No defense on perimeter  
Guarding post

Pass around perimeter

As O cuts across – D bumps, no O over top and ride him out of kitchen

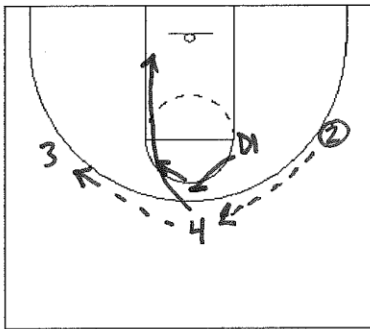
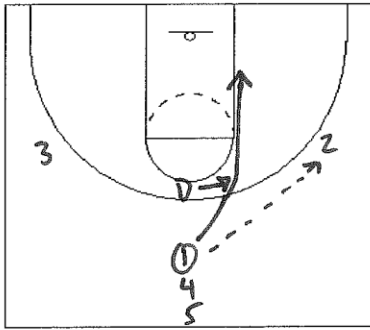
O post reads:

D foot low = attack midline

D foot high = dribble middle, spin to basket

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**Blackhawk**



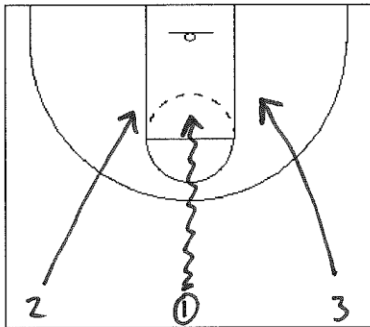
3 on offense – 2 on wings, 1 on top  
 1 on defense – guarding man on top  
 Rest of team in line behind man on top

Drill:

- A. Work on jumping to the ball, closeouts, bump cutters
- B. 1 passes to wing
- C. D bump cutter, no cuts in front of your face
- D. 4 (next man in line) becomes top man, repeat process of passing to wings and cutting
- E. On passes to top, D jumps to ball with hands high, yells “shot”
- F. Coach yells “Live”, play 1 on 1 from top
- G. Offense don’t settle! Get a good one, get to rim!

For posts: Pass to wing, cut to block, play 1 on 1 in the post

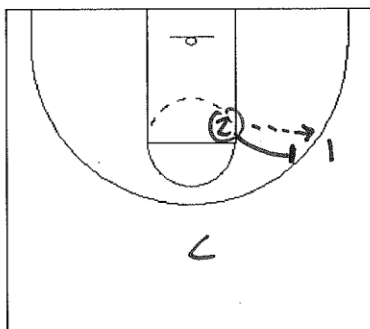
**Purdue Layups**



Offense starts with ball at half court  
 Defense starts at half court, near sideline

On whistle/go, offense tries to score, D tries to stop

**1 on 1 Vision**



1 on 1 on wing with a Coach at top

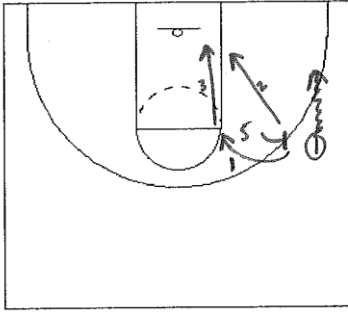
Move ball around – with Coach dribble, skip passes

Look to back door

Work on positioning

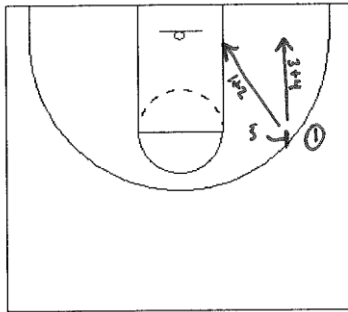
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**Wing Ball Screen Series**



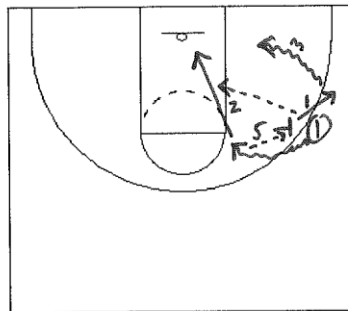
A.) Rejections

1. Shallow curl to elbow
2. Slip to Basket
3. Shallow curl / Back cut



B.) Slips

1. Slip to basket
2. Slip to basket, shot fake, absorb contact
3. Jumper
4. Shot fake, go to basket

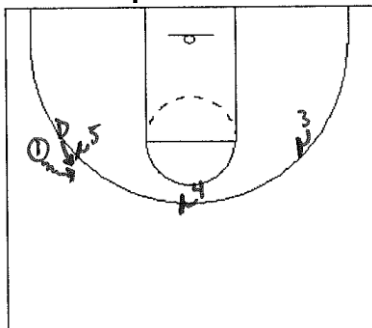


C.) Pick and Pops

1. 3 point shot
2. Give and go
3. Shot fake, 1 dribble or go to basket

Progression: Add a 2<sup>nd</sup> passer for shot

**Purdue Rip Thru**



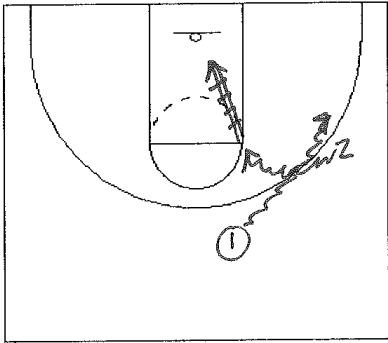
A variation of our Rip Thru Series  
Go to the right and then back to the left

O - Work on using the ball screen, shoulder to hip, win the elbow

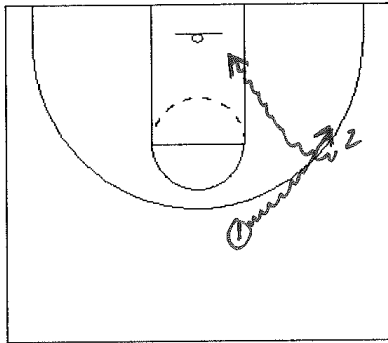
D - Get over all screens, don't give screener your shoulders, heat the ball up

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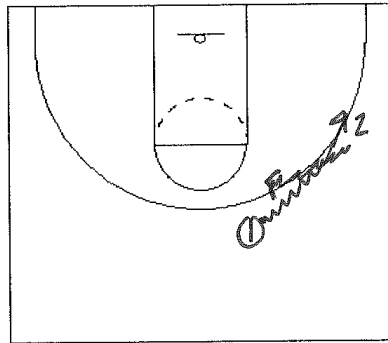
### Wing Handoff Series



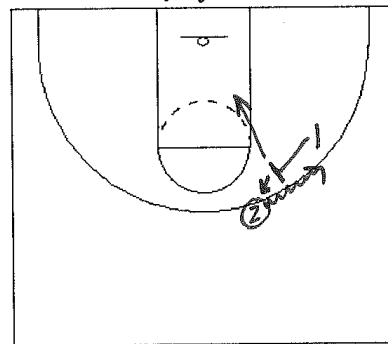
A.) Jump Shot



B.) Attack the basket



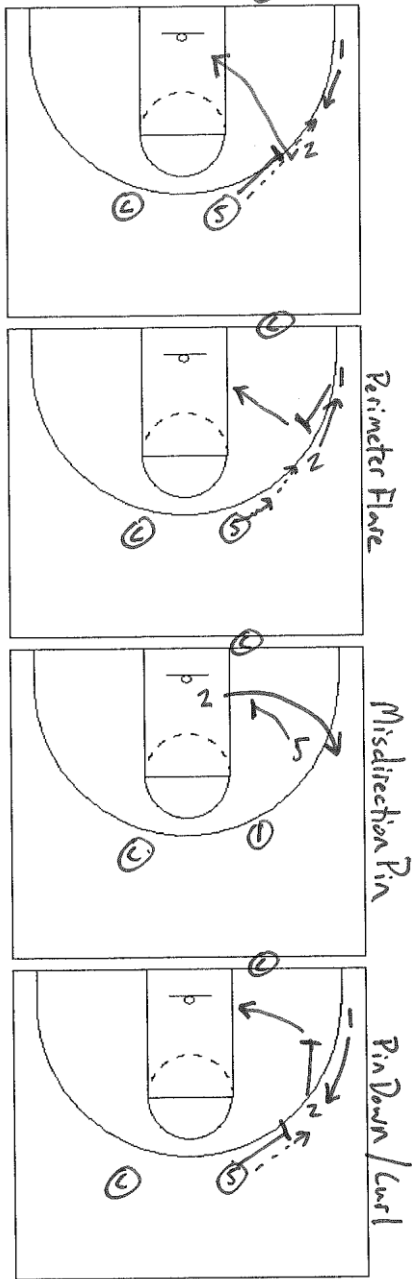
C.) Rescreen



Progression: Add a 2<sup>nd</sup> passer for a shot

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**3 Man 3 Ball Series**



A.) 2 back cuts, 1 replaces, 5 passes to 1 and follows into a ball screen.

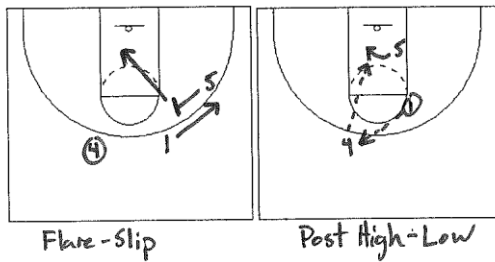
B.) 2 coaches with basketball, will pass to open men

a. Reads (w/ 2 Guards):

1. Pick and Roll
2. Pick and Pop
3. Hit the cutter
4. Reject
5. Reject-Go Corner
6. Perimeter Flare
7. Misdirection Pin
8. Pin Down
9. Pin Down Curl & Drop

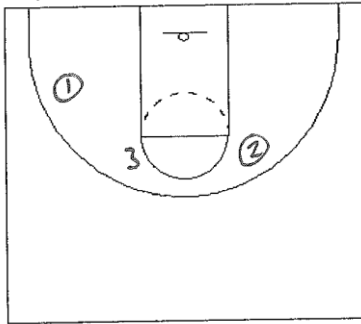
b. Reads (w/2 Bigs):

1. Flare Slip
2. Post High Low



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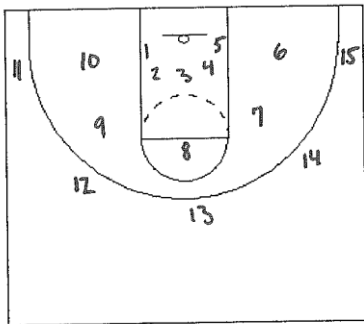
**Dayton Shooting**



3 man, 2 ball

- Five phases 60 seconds each – give 20 second break between phases
- 1 – 18 foot catch and shoot
- 2- 3's
- 3 – shot fake 1 bounce pull up
- 4 – moves from 1/2 court
- 5 – rapid fire – same spot catch and shoot

**Around the World – 15 Makes**



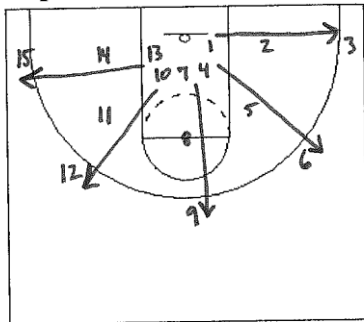
5 footers, 15 footers, 3 pointers

Shooter, Rebounder

1 minute on the clock

Must make it at spot to move on – around the world movement

**5 Spot 3 in a Row**

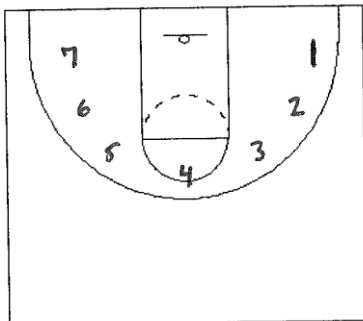


5 footers, 15 footers, 3 pointers – must make all 3 then around the world movement

90 seconds on the clock

Add 3 man, 2 ball (shooter, rebounder, passer)

**Seven 7's**



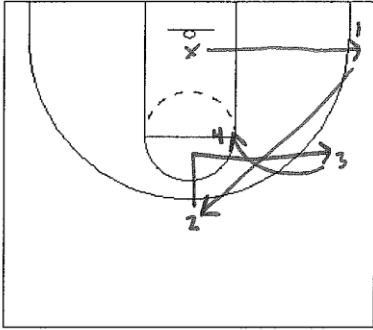
7 Spot Shooting

Must make 1 from spot 1, 2 in a row from spot 2, 3 in a row from spot 3, 4 in a row from spot 4, etc.

3 minutes on the clock

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**4 Spot Shooting**



3 man, 2 ball (shooter, rebounder, passer)

1st shot – cut to the corner

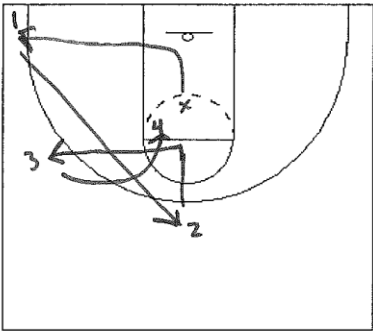
2nd shot – come of ‘stagger double’ to the top

3rd shot – flare to wing

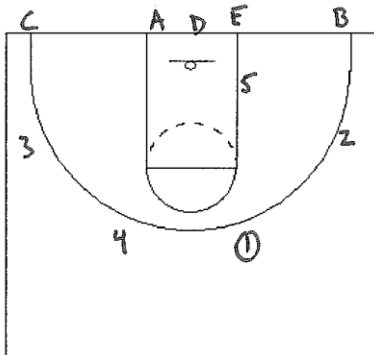
4th shot – elbow jumper

Do from both sides

1 minute on the clock

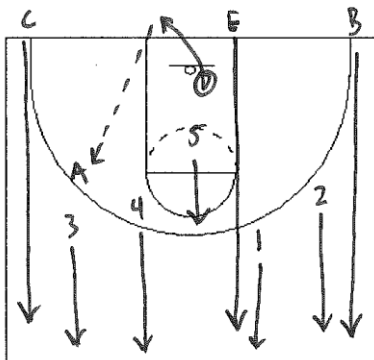


**Perry Transition**



5 on 0 on 5

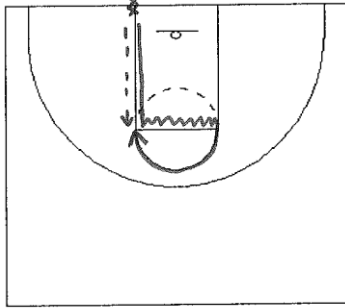
5 on 0 run a set



5 on baseline ready to convert on a make

**Closeout-Slide-Shoot**

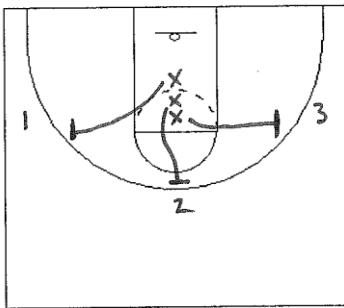
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Closeout to elbow, D-slide across FT line, curl around, plant inside foot and shoot

Do from both sides

**3 Man Closeouts**



3 defenders in a line in the middle of lane

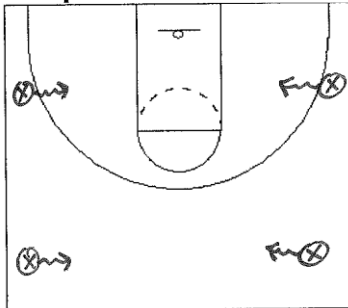
3 offense (top of key, each wing)

Pass and closeout

On wings: encourage baseline

On top: guard your yard

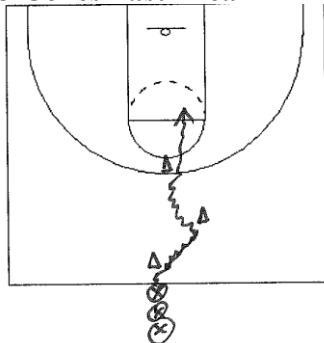
**1 Step Drives**



Work on ball handling and explosive 1<sup>st</sup> steps

Make a move in 1 step, add double moves

**3 Cones Fast Break**

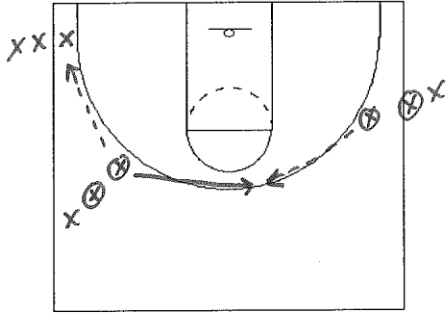


Make a move at each cone

Differentiate finishes

**Maryland Shooting**

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Begin drill with 4 balls. 2 balls in each of the lines shown above and one line without balls.

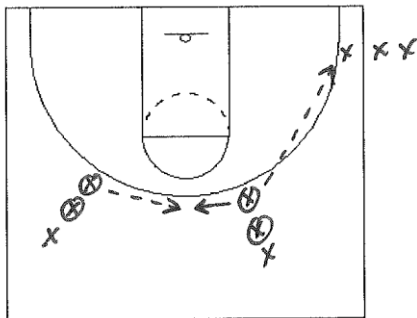
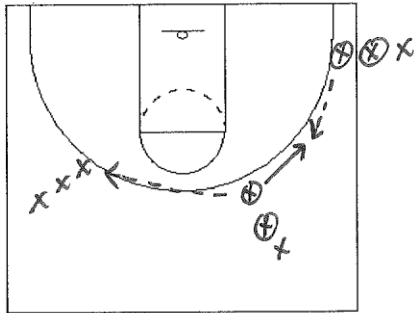
The middle line passes to the corner. The player in the corner attempts a 2 or a 3.

After making the pass the player cuts to the top of the key where they receive a pass from the third line.

The player at the top of the key attempts a 2 or 3.

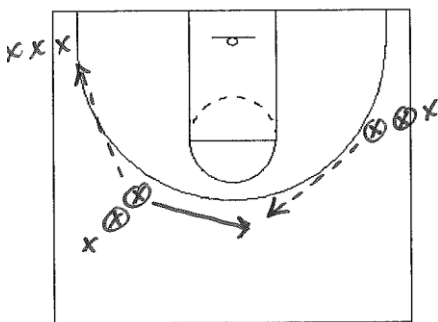
The pattern continues to repeat itself for 1:00.

2 point makes worth 2 points.  
3 point makes worth 3 points.



For the second 1:00 simply move the lines to new spots so that they can shoot the two wing shots.

For the third minute, move balls from the corner to the wing to get shots in the corner and back at the top again.

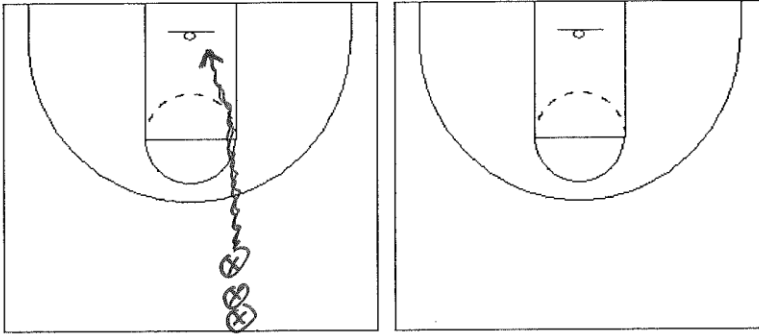


For minute 4, 5, and 6 switch ends of the court and repeat.

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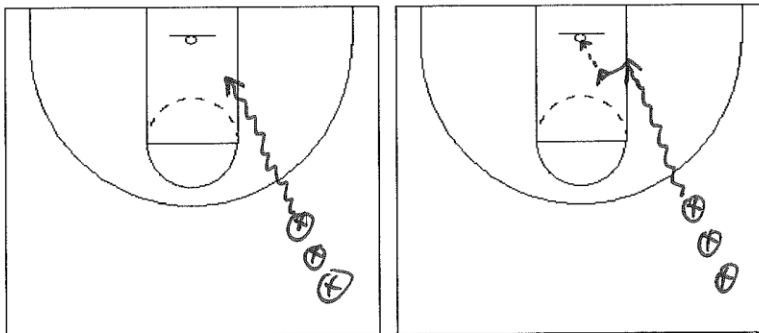
**Drill Additions:**

**Anchor Finishes (added to ½ Dribbling and Shooting – page 6)**



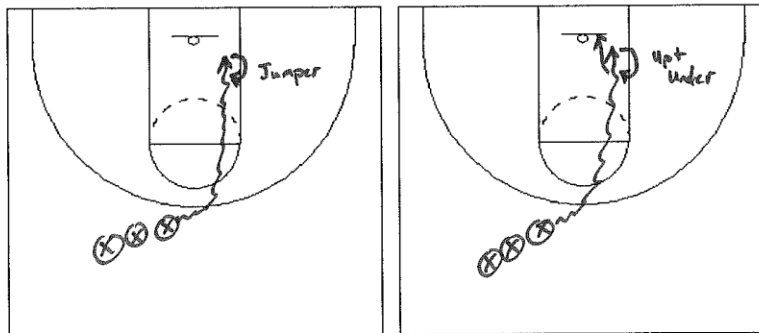
Use the pad, finish with contact, “shoulder on the D’s nose!”

**Euro Finishes (added to ½ Dribbling and Shooting – page 6)**



On the euro step – step between the D’s knees  
Add euro step floaters into the middle

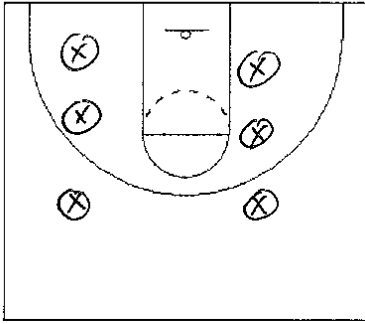
**Rondo Go Move Finishes (added to Rondo Go Move – page 68)**



Add Rondo pivot into jumper  
Add Rondo pivot into up and under

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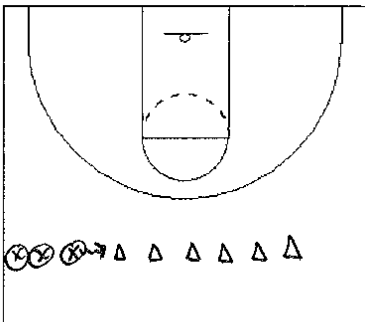
**Get 10**



Player with a ball:

1. Side to Side dribble (in front of him)
2. Push-Pull dribble (on each side of body)
3. Side-Side, Push Pull Crossover
4. Side-Side, Push Pull Between legs
5. Side-Side, Pull-Behind Back-Push
6. Combo: Put them all together

**Chris Paul Series**



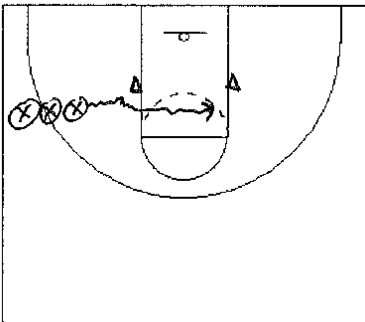
Setup 6 cones, each 1 step apart

Player straddles cones –gives a good base; shoulders should stay on one plane – stay low; ball should go between cones

Progression:

1. Pound and crossover
2. Pound and between legs
3. Pound and behind back
4. Pound and in & out
5. Pound and crossover/between legs
6. Pound and between legs/behind back
7. Pound and triple move

**Throw It Off The Nose**



Setup 2 cones, one on each lane line

At the cone:

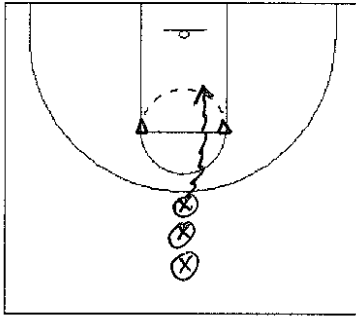
1. Crossover
2. Between legs
3. Behind back
4. Combo moves

Teaching points:

1. Throw the ball out after move, throw out should get to other lane line
2. Keep inside hips – if coach stands behind, shouldn't see ball
3. Don't let ball come into body
4. Slow and then explode at cone
5. "Throw it off your nose!"

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**Straight Line Drives**

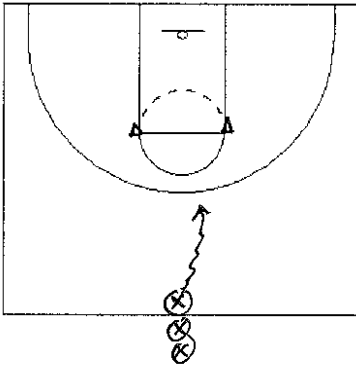


Setup 2 cones just inside elbows, man with ball at top of key

From stationary triple threat position, throw the ball out in front of you; 1 dribble get to the rim, layup

Teaching points:

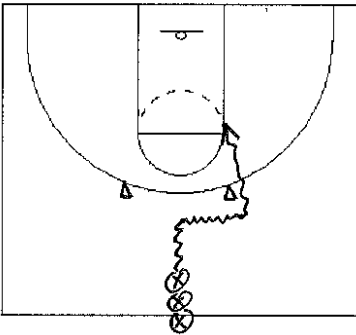
1. Stay inside of cones, attack the inside of the elbows
2. Don't swing the ball during layup
3. Don't stomach ball – just roll hands
4. No "drop dribbles" – throw it out each time



Progressions:

1. From top of key, 1 dribble
  - a. Crossover step, layup
  - b. Near arm
  - c. Euro step
  - d. Pull up
2. From half court, 2 dribbles
3. From 3/4 court, 3 dribbles
4. From full court, 4 dribbles

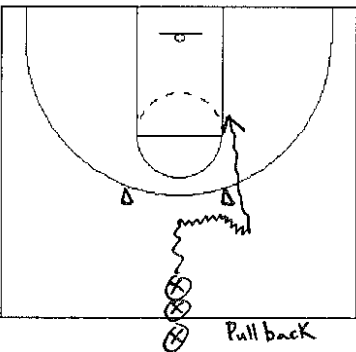
**Skip Dribble**



Setup two cones just outside of lane lines, top of arc extended

Take 1-2 dribbles towards basket  
Skip dribble to the cone  
Push out, explode, and attack the basket

Skip dribble = like a D-slide dribble, shoulders square to basket, lead foot in front, no negative steps

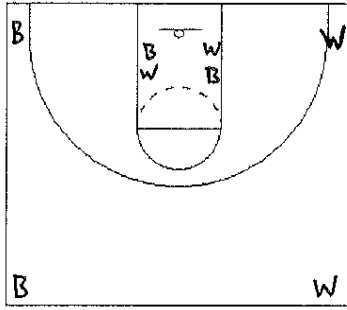


Progression (skip dribble into):

1. Crossover
2. Between the legs
3. Behind the back
4. Pull Back (*2 dribble straight back, no body turn*)
  - a. Layup
  - b. 3 point
  - c. Spin move

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**2 In, 2 Out**

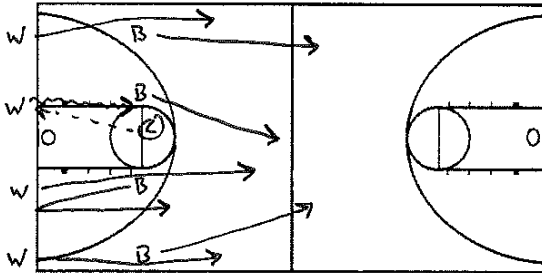


Setup – 2 blue on sideline, 2 white on opposite sideline; 2 blue on blocks, 2 white on opposite blocks (one with inside position for each team)

Coach shoots the ball, whatever team gets rebound outlets to HC man (this pass cannot be deflected), play 4 on 4 live on catch

Must communicate (who has who?); Play to certain score or # of possessions

**Baseline Touch**

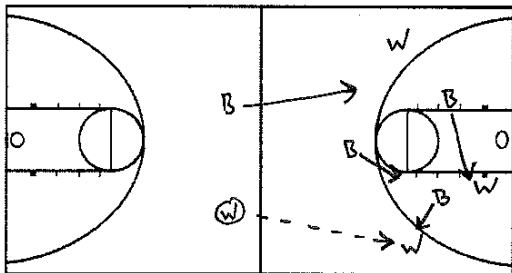


Setup – 4 white on the baseline, 4 blue on free throw line extended

Coach yells out a blue name while passing to a white, starts transition to other basket

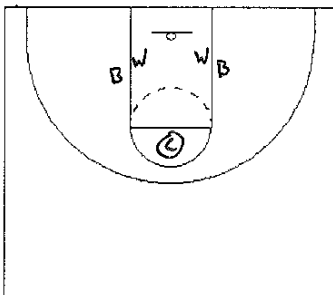
Teaching points:

1. Don't backpedal in transition, SPRINT back!
2. Form the triangle
3. Communicate: "Trailer" or "Opposite"
4. Front the mismatch in the post
5. Don't pinch or stunt the rebounder – creates constant uphill help/disadvantage
6. "Build walls around the ball!"
7. Don't run to man or to who you think is open
8. Trailer runs opposite
9. Call big guys names the most – more like game action



Go 3 possessions – Get back guys get to their spots

**2 on 2 Blockouts**



Coach yells "shot!"

Box out man for 5 seconds

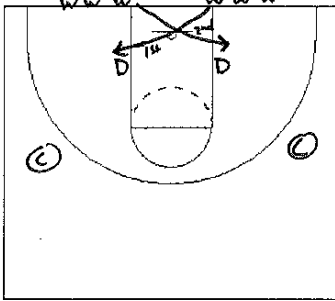
Coach then shoots the ball, and battle for rebound

Keep your hands high – H up

Hit and H up

[HOME](#)

**Reverse and Search**

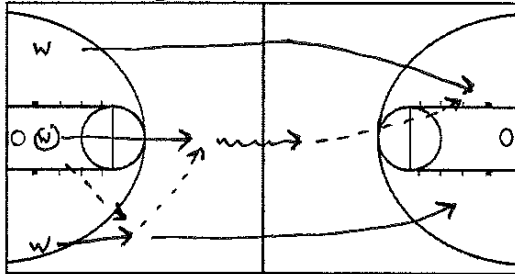


For post players, simulating ball reversals

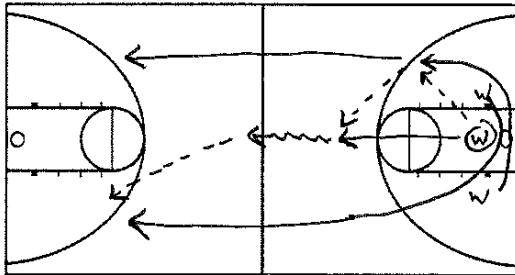
Bigs in two lines underneath basket, on the lane lines, a coach with a ball on each wing, a defender on each block

- Big comes across lane to opposite block:
1. Hit, catch, and score
  2. Dribble midline and drop step
  3. Spin and score
  4. Up and under

**3 on 0 Michigan**

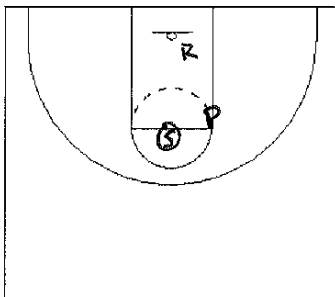


Setup – 3 guys on the end line, middle guy passes to right, middle stays in middle, right passes back to middle, middle bounce passes to left for a layup, middle stays in middle, the other two interchange after layup



Get from end to end in two passes

**Steve Nash Free Throws**

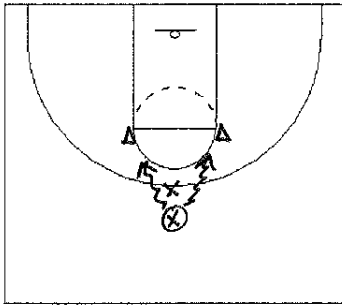


Shooter at FT line, rebounder, passer

1 minute on the clock

Receive and shoot free throws: no dribble routine

**Win the Elbow**



1 on 1 drill

Setup cones on each elbow

Teaching Points:

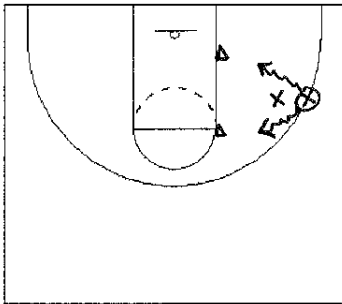
Offense

1. Shoulder to hip
2. Initiate contact
3. Go through a guy
4. Attack the inside of the elbows

Defense

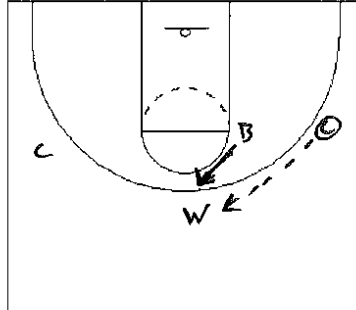
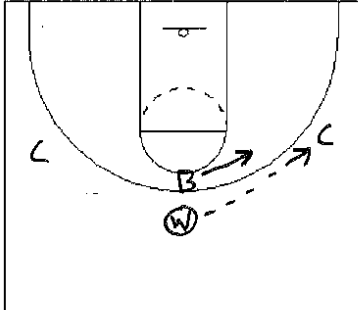
1. Chest up
2. Point of contact – use shoulder
3. “Guard your yard!”

From the side – place a cone at elbow and block



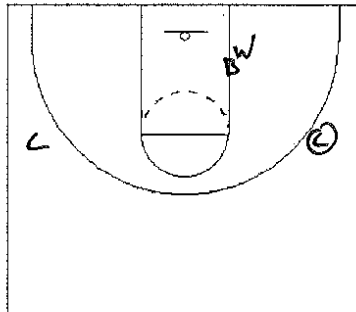
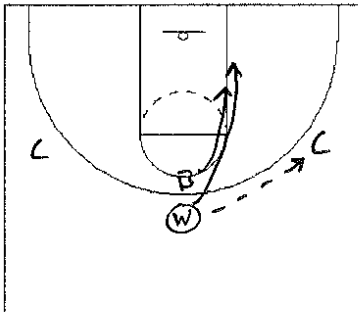
**Drill Additions:**

**Baseball for Guards (added to Baseball – page 71)**



1 on 1 up top, coach on each wing – check up, pass to a side, D get into gap, pass back to top, D closeout hands high, play 1 on 1, 2 dribble max

**Baseball for Posts (added to Baseball – page 71)**



1 on 1 up top, coach on each wing – check up, pass to a side, cut ball side, D don't let him face cut, offense post up, play 1 on 1, 2 dribble max