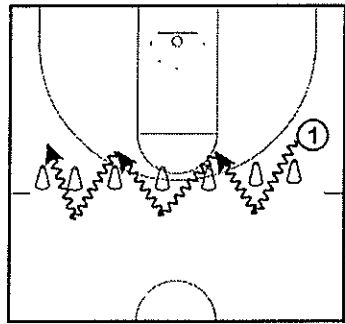
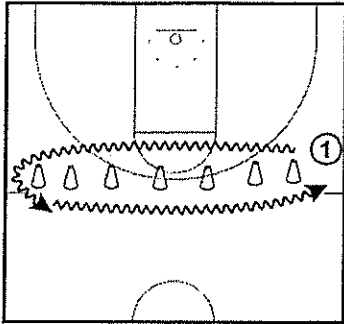


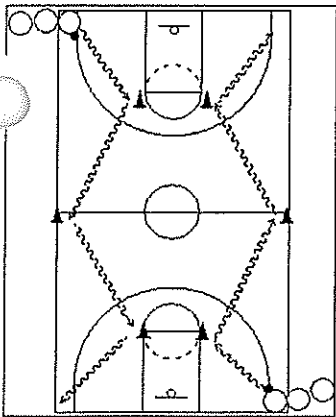
6th Grade Boys Basketball Drills

Dribbling Drills

1) **NBA Zig Zag Drill** – Speed dribble down and around cones with a right hand dribble. Zig zag down and back through the cones by taking a one dribble change of direction dribble (crossover, between-the-leg, behind-the-back). Finish the drill by speed dribbling down and back around the cones with a left hand dribble. Time the players for best time.



2) **The Daily Dozen**



Purpose: To work on the basic fundamentals of dribbling, dribble moves, and shooting. This is a great drill to use as a warm-up for practice.

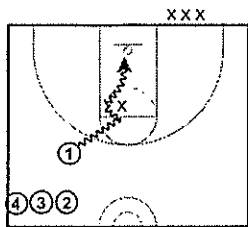
Drill: O = players in equal lines in opposite corners of the court as shown ^ = cones or spots where the moves are performed

The first player in line will dribble to the spots and perform a dribbling move, then change direction and dribble to the next spot. Once completed, go to the end of the opposite line.

Dribble Moves: 1) reverse/spin 2) pullback to crossover 3) behind the back 4) between the legs

This drill should be executed from both corners so that the players will work on going both left and right. This can be done the same day or on alternate days.

3) Evade the Defender Dribbling Drill

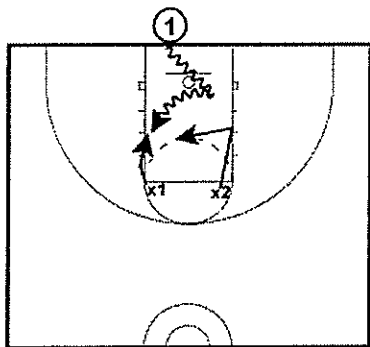


Drill: 2 lines. 1 offensive line at the top and 1 defensive line under the basket. The first defender begins in the lane while the first offensive player begins with a basketball outside the three-point line. The shaded area is being used to show an area you can mark off with tape, if desired. If you mark the sides of the box with tape, it shows the dribbler where he should stay. The point is to make a potential scoring move, not dribble all around the halfcourt. The taped lane should be about 8-10 feet wide.

The drill itself is quite simple. The dribbler begins driving toward the basket (staying within the lane lines) and then makes a move to get past the defender. He should attempt to finish his move by scoring. Defender will get the rebound and rotate to the offensive line. Dribbler will go to end of defensive line.

4) Escape Dribbling Drill

Purpose: To develop and improve dribbling skills while under extreme pressure.



Drill: Divide players into groups of three (preferably by position and ability). You can use both ends of the court.

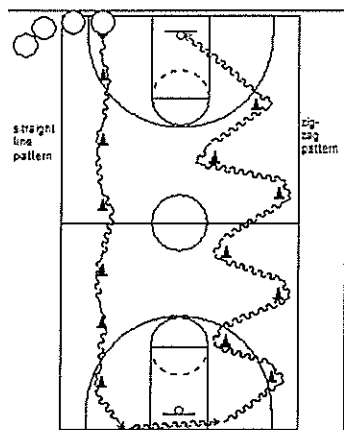
O1 will start with a basketball at the baseline and under the basket. His objective is to dribble past the halfcourt line.

X1 and X2 start at the free throw line from a sitting position. Neither defender may get up until O1 starts dribbling. The two defenders will attempt to prevent O1 from getting to the halfcourt line.

Variations:

- Use the full court.
- Allow defenders to start anywhere.
- Progress the drill by adding 2 more defenders and 1 more offensive player. This will make it 4 defense vs. 2 offense. Have the 2 offensive players attempt to go the full length of the court vs. 4 defenders.

5) Cone Dribble Drill



Drill: On one side of the court, set up about 6-8 cones in a straight line (the cones will be approximately 6-10 feet apart). The team will line up at one end of the court as shown, each with a basketball.

The first player will begin by dribbling with the right hand to the first cone. As he gets to the cone, perform a crossover dribble, moving the ball to the left hand and going around the cone. Dribble to the next cone, crossover to the right hand, and move on to the third cone. Continue for length of court to baseline.

After reaching the baseline, the player will go to the other side of the court and perform the same crossover moves, this time while the cones are in a zig-zag pattern. For the zig-zag pattern, set up at least 6-8 cones in a random zig-zag fashion (you may use more cones to make the cuts sharper). After making the move past the last cone, take the ball strong to the basket and finish with a layup (you can also have them make the move around the cone, take 1-2 dribbles, and finish with a jump shot off-the-dribble).

Coaching Points: The players should keep the basketball low when making the move and then explode to the next cone before breaking down the next 'defender'.

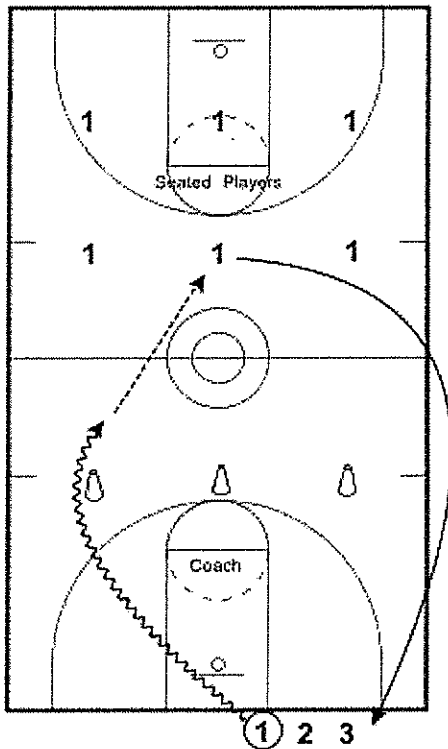
6) Full Court Movement Dribbling Drill

Drill: Perform this drill individually or with an entire team. Start on the baseline. The following are the movements to be utilized:

1. Controlled Full Court Dribble with explosion: Perform three dribbles and explode at the free throw line / halfcourt / free throw line. Jump stop at opposite baseline, switch to left hand, and repeat going back down the court. You may also want to place a cone at the lines to simulate a defender.
2. Inside-Out Dribble: Perform an inside-out dribble at free throw line / halfcourt / free throw line. Jump stop at end line, switch to left hand, and repeat going back down the court.
3. Double Crossover: Perform a double crossover dribble move at each line on the court. Repeat coming back with left hand.
4. Pullback & Crossover: At each line, take 2 dribbles back out of the 'trap', crossover, then explode to next line. Repeat coming back.
5. Hesitation Move: Change pace at each line to a hesitation dribble. Shorten steps and then take a big step and crossover past the defender (cone). Repeat coming back.
6. Between the Legs: Perform a between the leg dribble at each line. Repeat coming back.
7. Speed Dribble: Dribble as fast as possible, under control, from baseline to baseline. Jump stop at the baseline, reverse pivot and repeat coming back. Right hand down; left hand back.

7) Head Up Dribble to Pass Drill

Purpose: To work on dribbling with the head up to see the entire court and finding the open player to pass the basketball.



Drill: Split the team so that 4-6 players take a spot somewhere in the far half court and the remaining players begin at the baseline. 3 cones are needed just beyond the three-point line as shown. The coach or manager stands near the free throw line.

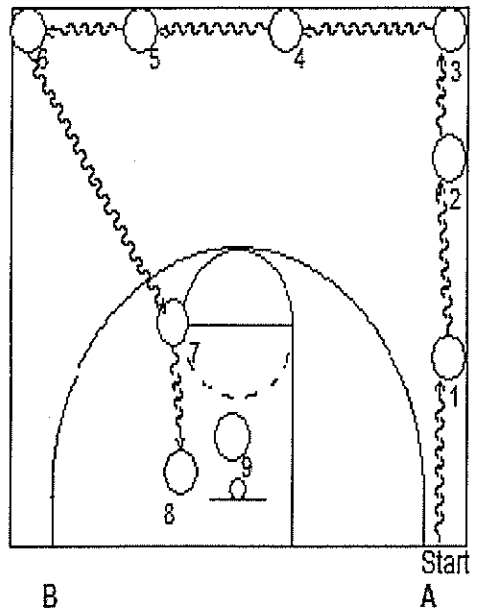
The first player on the baseline dribbles to either the left, middle, or right cone as the coach calls which to dribble at. The dribbler must make a move at the cone, switch hands, and go around it, continue the dribble.

As the dribbler reaches the cone, the coach points to a player in the opposite half court (these players should all be seated or kneeling). The player pointed at quickly stands. The dribbler must immediately pass the basketball to the player that stands up.

The receiver takes the pass and sprints to the baseline, giving the ball to next player in line without one. The dribbler takes the place of the player he passed to.

8) Half Court 8 Dribble Moves Drill

Purpose: To work on eight different dribble moves, as well as a few scoring/finishing moves at game speed.



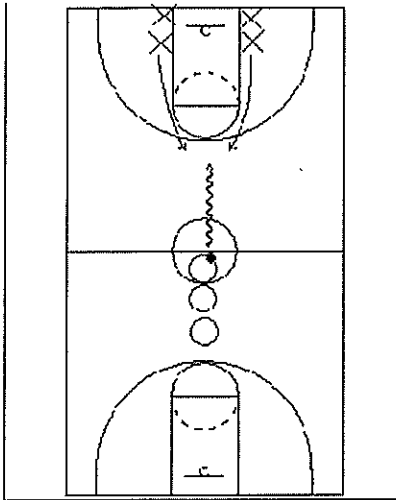
Drill: The players will begin in the corner facing the half-court line with the basketball in the outside hand. The series of moves should be performed at game speed and at the spots marked in the diagram. When beginning this drill, you may even choose to set up cones or markers at the spot so that the players know when and where to perform the move. The moves are as follows:

1. Change of speed / Stutter step
2. In and Out Dribble
3. Spin Dribble (ball should be in left hand after the spin)
4. Pull-back to Crossover (visualizing a double team here — take two dribbles backwards to create space then crossover to right hand and explode forward)
5. Killer Crossover (between the leg dribble from right to left — then crossover from left to right)
6. Behind the Back (ball should be in left hand after going behind the back)
7. Crossover (explode past the imaginary defender)
8. Finishing Moves:
 1. Layup
 2. Power Layup
 3. Pull-up bank shot.
9. Finishing Moves for the Advanced Player:
 1. Step Back Dribble (create space after the crossover at #7 for a jump shot)
 2. Spin-dropstep to front of rim and shoot a left handed baby hook.
 3. Same as above, however, fake the baby hook, pivot on right foot, and step across with your left for a power layup (up-and-under move)

****Perform the drill for desired number of repetitions from starting point 'A'. Then perform starting from point 'B'. The only changes will be that the references above to which hand the ball is in will be reversed.**

9) Chase the Dribbler Drill

Purpose: To teach the dribbler to protect the ball when he is pressured. Part of being a good ballhandler is having the ability to control the dribble while pressured. This is evident when defenses throw double teams at you or even in end game situations where you are attempting to run out the clock.



Drill:

Place two lines under the basket and one line at midcourt. The first person in line at midcourt starts dribbling. As he crosses the center line, he is met by the first two players from the other lines. The objective is to keep the dribble active as long as possible. This can be timed by a coach or manager with a stopwatch. Rotate lines after each possession.

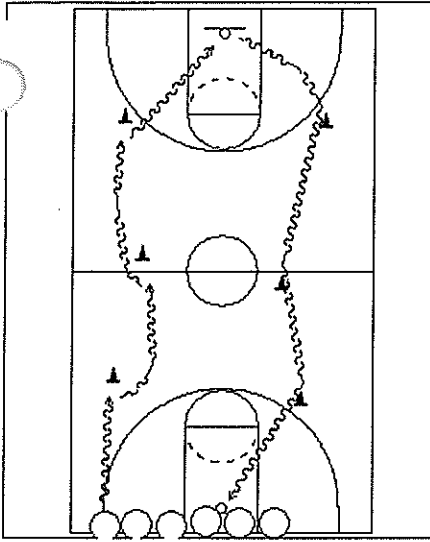
10) Full Court Movement Dribbling Drill

Purpose: To improve ball handling and dribbling skills by working on a variety of full-court dribbling and movement skills. **Drill:** Perform this drill individually or with an entire team. Start on the baseline. The following are the movements to be utilized:

1. Controlled Full Court Dribble with explosion: Perform three dribbles and explode at the free throw line / halfcourt / free throw line. Jump stop at opposite baseline, switch to left hand, and repeat going back down the court. You may also want to place a cone at the lines to simulate a defender.
2. Inside-Out Dribble: Perform an inside-out dribble at free throw line / halfcourt / free throw line. Jump stop at end line, switch to left hand, and repeat going back down the court.
3. Double Crossover: Perform a double crossover dribble move at each line on the court. Repeat coming back with left hand.
4. Pullback & Crossover: At each line, take 2 dribbles back out of the 'trap', crossover, then explode to next line. Repeat coming back.
5. Hesitation Move: Change pace at each line to a hesitation dribble. Shorten steps and then take a big step and crossover past the defender (cone). Repeat coming back.
6. Between the Legs: Perform a between the leg dribble at each line. Repeat coming back.
7. Speed Dribble: Dribble as fast as possible, under control, from baseline to baseline. Jump stop at the baseline, reverse pivot and repeat coming back. Right hand down; left hand back.

Complete with minimal rest to get full conditioning effect. If desired, add more dribble movements to perform. Make sure to perform at game speed in order to improve!

11) Continuity Basketball Dribbling Drill



Purpose: To develop basketball dribbling and ball handling skills.

Drill: Each player should have his or her own basketball (or there should at least be several balls in the line). The players all begin at one end of court as shown. The first player begins by dribbling to the first cone and performing a dribble move. The player continues to the second cone and performs a second move. Finally, at the third cone, the player executes a move, finishes with a layup, rebounds the ball, and performs the same circuit coming back down the court.

The players can make moves predetermined by the coaches or can choose to execute their own moves at each cone. Dribble moves can include, behind the back, between the legs, reverse dribble, stutter step, or anything else the player desires.

The players following in line should wait until the player in front of them passes the first cone. Complete the circuit as many times as desired.

Variations: Instead of using cones on both sides of the court, have the players speed dribble back down to the starting end (just be sure to switch the cones over to the other side so they work both ways).

Also, you can use stationary defenders instead of cones. Allow them to reach, but not move their feet. This will help the ball handlers in keeping control and possession of the ball.

12) Kill The Grass

- Pick a designated area about the size of the jump circle at half-court
- For 30 seconds attempt to dribble with one or two balls the diameter of the circle. Once you get to other side spin and attack to other side of circle.



Make as many moves as possible as you go from one side to the other

- Pound the ball or balls as if you are killing the blades of grass in the circle
- Be sure to work both hands if only using one ball

13) 60 Second 1-on-2 Ball Control Drill

Purpose: To work on controlling the basketball via dribble, pass, and getting open against 2 defenders. Also builds focus, conditioning and develops offensive and defensive skills.

Drill: 1 offensive player and 2 defenders. Coach or manager is also involved and on the court. Drill only takes place in the halfcourt.

The coach or manager starts with the basketball anywhere in the half court. The offensive player, being guarded by 2 defenders, attempts to get open to receive the pass. Once he receives the pass, his objective is to control the basketball for a full :60 seconds without turning it over (NOTE: The first time you do this drill and/or for younger players, you might want to start with the goal being :30 seconds).

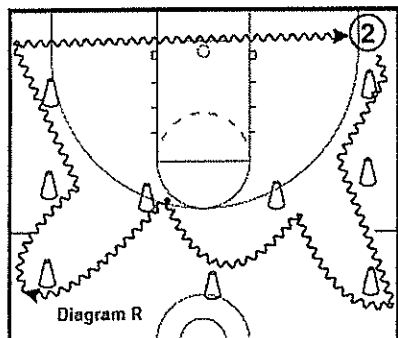
What does controlling the basketball mean? It means he can dribble as necessary to control the basketball. It also means that if he is forced to pick up his dribble (or when highly pressured) he can pass to the coach. After passing, he must get open again to get the basketball. Continue for allotted time.

If the basketball is stolen or otherwise turned over, the offensive player will simply restart and continue.

This is an intense drill and will definitely wear the players out. It is imperative that they stay focused throughout the drill, even as they are getting tired.

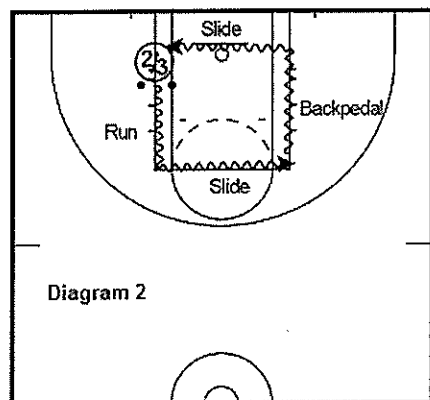
14) Ultimate Cone Change of Directions

Players make multiple one dribble to change of direction moves through cones. More than 3 cones can be placed on the side line.



15) 2-Ball Paint Drill

2/3 dribbles 2-balls around the paint. Go four times in each direction. Your focus is on ball and body control through different plane movements.



16) Half Court 1 Ball Commandos

****Start the with the ball in your right hand on the baseline facing the free throw line.** Dribble out to the free throw line. When you get to the free throw line you are making a solid, two foot jump stop, while pounding the ball down at the same time. You are then making a reverse pivot, on your left foot, throwing your right elbow back. Keep the ball in your right hand. Dribble down to the baseline with the ball in your right hand, make a solid, two foot jump stop, pound the ball down at the same time and make your reverse pivot on your left foot again. Throw your right elbow back, keeping the ball in your right hand. Repeat this sequence for 30 seconds. Rest for 30 seconds.

Start the ball in your left hand, dribbling out to the free throw line. When you get to the free throw line you are making a solid, two foot jump stop, while pounding the ball down at the same time. You are then making a reverse pivot, on your right foot, throwing your left elbow back. Keep the ball in your left hand. You should now be facing the basket (baseline). Dribble down to the baseline with the ball in your left hand, make another solid two foot jump stop and pound the ball down. Reverse Pivot on your right foot, throwing your left elbow back, keeping the ball in your left hand. Repeat this sequence for 30 seconds, rest for thirty seconds.

Start on the baseline working back and forth from baseline to about the FT line, maybe a little further. Make sure you are jump stopping every time when you get to the end. When making a change of direction move, the only time the ball switches hands is on the dribble move. After the move is executed, keep the ball in the same hand, jump stop, reverse pivot (you are always throwing back the elbow that the ball is in.)

Inside Out R- make sure you get a jab step in with your left foot...get the defense leaning to the left.

Inside Out L-jab step with the right foot.

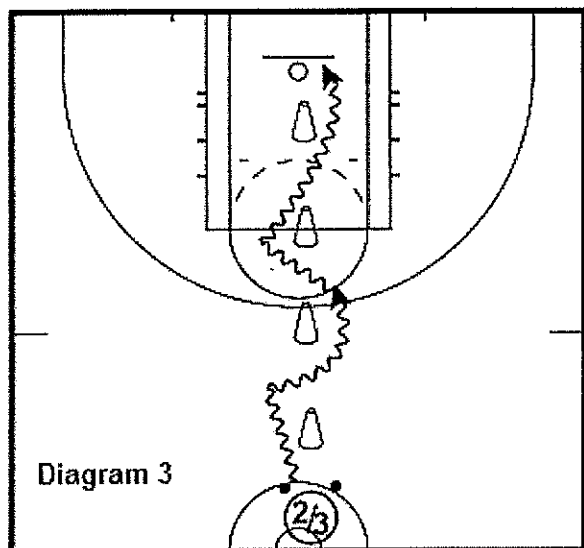
Crossover-Right to Left-get the defense leaning with a big step with your right foot like you are going to go by them and then cross it back over, taking a big step with your left foot. Do not let your feet get parallel (side by side) Keep the ball tight to your body, do not cross the ball in a diagonal direction away from your body.

Between the Legs-make a hesitation then drop it between your legs...make sure you are staying low and pushing off your back foot...

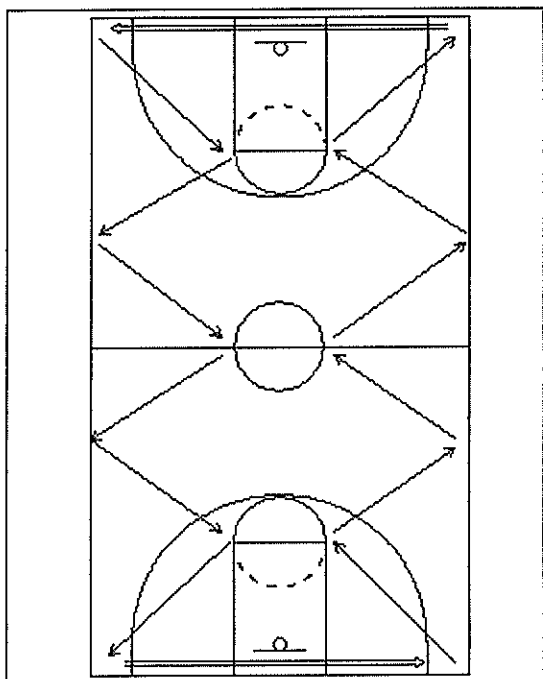
Behind the Back-in the full court situation wrap the ball around the back...in the half-court pop the ball down hard parallel behind the back

17) 2-Ball Cone Lines

2/3 weaves with 2-ball dribbling through the cone lines. Tuck the ball at end of the line and finish with a layup. Focus on dribbling with your hips and the ball low. Also make strong steps through cones. Make 15.



18) "3" Zig Zag Dribble Drill



**At each change of direction, make 3 dribble moves—for example if player starts out using L hand—he would crossover to the R hand, back left, and then R again before heading to next spot.

--crossover, between legs, behind back

19) Jump Stop Drill

Drill Purpose

This is a very important drill that all coaches should use. It will improve your players balance, reduce travels, improve pivoting skills to create space, and improve confidence.

Line your players up on the baseline.

Have each player spread out with about 5 feet between them, so they have enough room for pivoting.

When you blow the whistle, all players should start running at 3/4 speed.

At various intervals, blow the whistle and yell out their pivot instructions. Your choices are: front pivot left foot, front pivot right foot, back pivot left foot, back pivot right foot.

When the whistle blows, the sequence for the player consists of: jump stop (both feet should hit the floor at the same time), pause for a second, do a full 180 degree pivot, pause for a second, do a full pivot back to starting position, and stay in triple threat position until whistle blows again.

Watch every player to make sure they did the jump stop and pivot properly. If anyone traveled or if they're goofing off, make them start over again, back at the baseline.

If everyone did it correctly, blow the whistle again. All players should start running.

At various intervals, blow the whistle and yell out their pivot instructions. Your choices are: front pivot left foot, front pivot right foot, back pivot left foot, back pivot right foot.

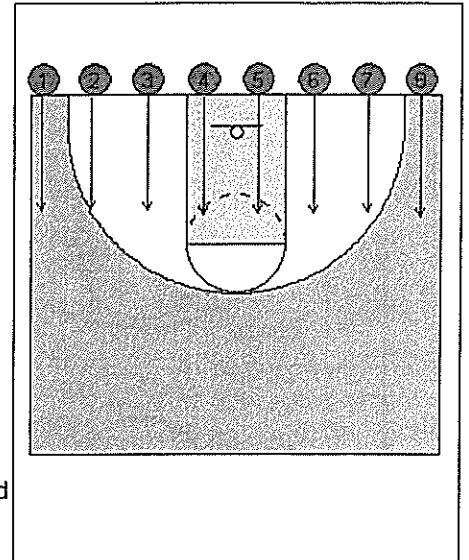
When all players reach the end of the court, start over again. You can blow the whistle anywhere between 1 and 5 times during their trip down the court.

You should run this drill so players run down the court at least 5 times.

Points of Emphasis

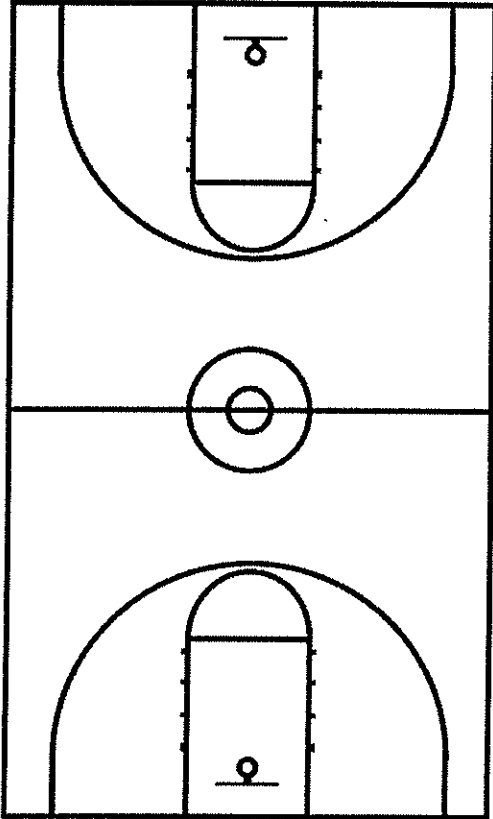
Continually tell your players...

- Don't travel!
- Stay low when pivoting. Keep your knees bent and butt down, in a good triple threat stance.
- Don't get out of your triple threat stance until you hear the whistle. You always want to stay low, so you can take off quicker.




20) 1-2 Square up

Have players line up at baseline and start dribbling out with R hand—at FT line, half court, and opposite FT line—player comes to a 1-2 step square up at each stop. Come to a triple threat stance—ready to shoot. Run from left side as well.



Stationary 1 Basketball Dribbling Drills

1. Ball Slaps

 Continuously slap the basketball from one hand to the other. This is a great drill to start with to get your hands ready for the workout.

2. Straight Arm Finger Taps

While making sure to keep your elbows locked, tap the basketball quickly back and forth straight out in front of you. When you become good at this drill start moving the ball up and down.

3. Wraps – Around Ankle

Wrap the ball around your lower leg/ankles without letting the basketball touch the ground.

4. Wraps – Around Waist

Wrap the ball in a circle motion around your waist.


5. Wraps – Around Head

Wrap the ball in a circle motion around your head.

6. Wraps – Around the world

Involves combining the wraps around the ankles, waist, and head into one drill. Start by wrapping the ball around your head, then bringing it down and around your waist, and finally around your ankles. Then back up to your waist, then head, then waist again, etc.

7. Wraps – Figure 8 Around Legs

 Wrap the ball in a figure 8 motion around your legs.

8. Wraps – Around Right Leg

Starting with your right leg in front and your left leg back, wrap the ball around only your right leg.

9. Wraps – Around Left Leg

Starting with your left leg in front and your right leg back, wrap the ball around only your left leg.


10. Wraps – Double Leg, Single Leg

Start with your legs together. Step your right leg forward and circle your right leg with the basketball. Then immediately step back with your right leg so that your feet are together and circle both legs. Then step out with your left leg and circle it before stepping back together and wrapping the ball around them both. Continue this process.

11. Drops

Start in a squat position with both hands and the basketball in front of you. The aim is to drop the ball between your legs (only a few inches off the ground), let it bounce once, then take both hands behind your legs before catching it. Then dropping the ball again from behind and taking both hands back to the front and catch it. Repeat.

12. Straddle Flip

 Similar to drops but instead start with one hand in front and one hand behind while holding the ball between

your legs. The aim is to quickly flip the ball up and inch or two, swap hand positions from front to back, and catch the ball before it hits the ground.

13. Machine Gun

Kneel down onto the ground and alternate both hands to keep the ball as low as possible to the ground. The ball should stay in the same spot.

14. Spider Dribble

Start with your knees shoulder width apart and bent. The ball should stay underneath you the entire time of the drill. Dribble the ball with your right hand, then your left hand, then reach your right hand around behind your knee for a dribble, and then your left hand behind your knee for a dribble, and then back to your right hand in front. Continue this.

15. Pound Dribble – Ankle Height – Right Hand

Dribbling the basketball a couple of inches off the ground with your right hand.

16. Pound Dribble – Ankle Height – Left Hand

Dribbling the basketball a couple of inches off the ground with your left hand.

17. Pound Dribble – Waist High – Right Hand

Making sure to be in stance, pound the ball as hard as you can into the ground at around waist high with only your right hand.

18. Pound Dribble – Waist High – Left Hand

Making sure to be in stance, pound the ball as hard as you can into the ground at around waist high with only your left hand.

19. Pound Dribble – Shoulder Height – Right Hand

This is used to get the player out of their comfort zone. Pound the ball as hard as you can while dribbling at around shoulder height with only your right hand.

20. Pound Dribble – Shoulder Height – Left Hand

This is used to get the player out of their comfort zone. Pound the ball as hard as you can while dribbling at around shoulder height with only your left hand.

21. Dribble around Right Leg – Right Hand

Start in a wide stance. Keeping the ball low to the ground, dribble the ball in a circle around your right leg with only your right hand.

22. Dribble around Left Leg – Left Hand

Start in a wide stance. Keeping the ball low to the ground, dribble the ball in a circle around your left leg with only your left hand.


23. Dribble Figure Eight

Again starting in a wide stance. Dribble the ball in a figure 8 motion around both legs using both hands.

24. Kills – Right Hand

This drill involves dribbling from ankle to shoulder height. Start by dribbling the ball at your ankles and

gradually dribbling the ball higher on each bounce. When you get to as high as you can 'kill' the basketball by stopping it a few inches off the ground and dribbling back up to your shoulder.



25. Kills – Left Hand

This drill involves dribbling from ankle to shoulder height. Start by dribbling the ball at your ankles and gradually dribbling the ball higher on each bounce. When you get to as high as you can 'kill' the basketball by stopping it a few inches off the ground and dribbling back up to your shoulder.

26. Crossover Dribble

Cross the ball continuously in front of your body. Make sure you're crossing over wide.

27. Behind the Back Dribble

Cross the ball continuously in behind your body. Make sure you're crossing over wide.


28. Scissors – Alternating Between the Legs

Start with your right foot forward and left foot back. Cross the ball between your legs and jump to switch the positioning of your feet so you can immediately cross the ball back to the other side. Every time you go through the legs you should be switching feet.

29. 3-Dribble Crossover.

Pound the ball 3 times before crossing it over in front of your body. Then pound the ball 3 times before crossing it back. Repeat this process making sure that you're pounding the ball hard.

30. 3-Dribble Through the Legs.



Pound the ball 3 times before crossing it over through your legs. Then pound the ball 3 times before crossing it back. Repeat this process making sure that you're pounding the ball hard.

31. 3-Dribble Behind the Back

Pound the ball 3 times before crossing it behind your back. Then pound the ball 3 times before crossing it back. Repeat this process making sure that you're pounding the ball hard.

32. Triples – Crossover, Through the Legs, Behind the Back

The drill must be performed in this sequence: crossover, between the legs, behind the back, through the legs. Continue this sequence.

33. Front V-Dribble – Right Hand

Using only your right hand, dribble the ball from side to side in the shape of a 'v' in front of your body.

34. Front V-Dribble – Left Hand

Using only your left hand, dribble the ball from side to side in the shape of a 'v' in front of your body.

35. Side V-Dribble – Right Hand

Using only your right hand, dribble the ball backwards and forwards beside your body in the shape of a 'v'.



36. Side V-Dribble – Left Hand

Using only your left hand, dribble the ball backwards and forwards beside your body in the shape of a 'v'.

37. Freestyle

Using all the moves in your arsenal, while staying in a stationary position, combine as many moves together as you can. Be creative and work on your handle!

Stationary 2 Basketball Dribbling Drills

38. Double Pound at Ankle Height

Dribble both basketballs as hard as you can at ankle height.

39. Double Pound at Waist Height

Dribble both basketballs as hard as you can at waist height.

40. Double Pound at Shoulders Height

Dribble both basketballs as hard as you can at shoulder height.

41. Double Pound Alternating

With the balls at a comfortable height, alternate the dribbling of each basketball.

42. One High/ One Low

Dribble one the the basketballs at ankle height and one of them at shoulder height.

43. Double Wall Dribbling

Dribble both basketballs against the wall simultaneously at shoulder height.

44. 3 Dribble Double Crossover

Pound dribble both basketballs 3 times and then cross the balls over at the same time. Then perform another 3 dribbles before crossing over again.

45. 3 Dribble Through the Legs/Crossover

Pound dribble both basketballs 3 times and then cross one ball over in front of you and one ball through your legs at the same time.

46. 3 Dribble Behind the Back/Crossover

Pound dribble both basketballs 3 times and then cross one ball over in front of you and one ball behind your back at the same time.

47. Two Ball Figure Eight.

Keeping the ball close to the ground, use your right hand to dribble one ball around your right leg and use your left hand to dribble the other ball around your left leg.

48. Double V-Dribble in Front

Dribble both basketballs side to side in front of you simultaneously.

49. Double V-Dribble on Side


Dribble both basketballs from back to front beside you simultaneously.

50. Kills

Pound both basketballs higher and higher starting from ankle height. When you reach the shoulders 'kill' both balls stopping them a few inches from the ground before dribbling both balls back up.

PASSING DRILLS

1) Simple Partner Passing and Catching Drill


 Have each player get a partner, and each pair has a ball, so they can "play catch" with each other. Have the partners separate about 12 - 15 feet (comfortable passing distance), and face each other.

Have the players practice each of the three basic passes, starting with the chest pass. Demonstrate the proper techniques with "stepping into" the pass with one foot forward. Snap the pass, with the thumbs going through the ball and extending toward the receiver. Make sure the players pass the ball crisply, and not "lob" their passes. Hit the receiver in the chest. The receiver should show a target with his/her hands extended toward the passer. Feet should be squared and shoulder-width apart. After catching the ball, receivers should get into triple-threat position before making the next pass.

Next, work on the bounce pass. Again, passers should start from triple-threat position. The ball should hit the ground about three-quarters from the receiver and bounce right to his chest. Make sure passers are passing the ball with their hands waist to chest high - not over the head (we do not believe in an overhead bounce pass).

Next, work on the two-handed overhead pass or outlet pass. Have the partners move a little farther apart, so that you are working on a longer pass. Players should snap their passes with some arc, but be sure that they are not lobbing their passes too high.

The arc should be just enough to get over the extended hands of a defender, but not so high that the pass "floats". This pass can be thrown hard, and is effective as the outlet pass after a rebound, to start the fast break.

 is also good for throwing over zone defenses ("skip passes"). To simulate the outlet pass, after receiving the ball, have the passer turn his back to the receiver, then simulate pulling the ball in, pivot, and make the overhead pass.

2) "Monkey in the Middle"


Form groups of three. Each group has a ball. Line up the passers about 15 feet apart (comfortable passing distance). The third man in each group is the "monkey in the middle" and tries to steal or deflect the ball, while the two outside players try to pass to each other.

No dribbling is allowed, except for a one-bounce sideways dribble to open a passing lane. No easy lob passes over the defender are permitted. Passers should be in triple-threat position and work on pivoting and ball fakes to clear the passing lane. For example, the passer can fake an overhead pass to get the defender to raise his hands, then make a bounce pass, or "curl" bounce-pass.

Rotation: There's a couple ways of doing this. One easy way is to simply change the middle man every minute, when you blow the whistle. Each person takes a turn in the middle. Or, whenever the defender deflects the ball, the passer now becomes the "monkey in the middle". If no deflections in 30 seconds, switch defenders.

Two Variations:

(1) Defender plays up tight on the passer (Diagram A). After the pass is made, the defender sprints to the receiver and again tries to deflect the pass. The new passer may not pass until the defender is in position and the defender says "go".

 (2) Defender plays tight on the receiver, trying to deny the pass. The group is confined to a given area on the floor. The receiver must try to get open by V-cutting, back-cutting, making contact with the defender and "bouncing off", etc.

3) 3-on-3 Half-Court Passing Drill (Bennett Drill)

Bad passing, turnovers a problem? Use this drill. Playing in the half-court, teams go 3-on-3. The offense must make 10 passes without losing the ball, or making a turnover (double-dribble, traveling, etc). Offensive players must pass, cut, dribble, screen, move, maintain spacing, etc.

The offense does not shoot or attempt to score, but maintains control of the ball for 10 passes. Rotate offense to defense. If the offense completes 10 passes, they don't have to play defense that rotation.

This drill will help teams prone to turnovers and bad-passing. Use this drill every other practice and players should become better passers and your team should see it's turnovers/game decrease.

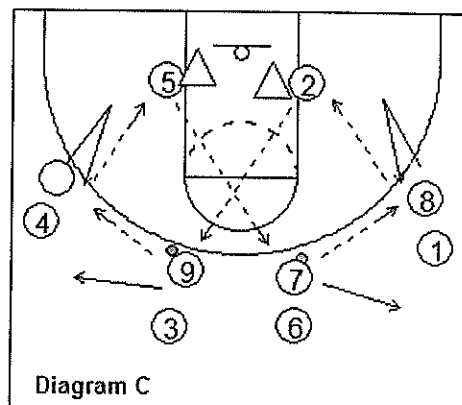
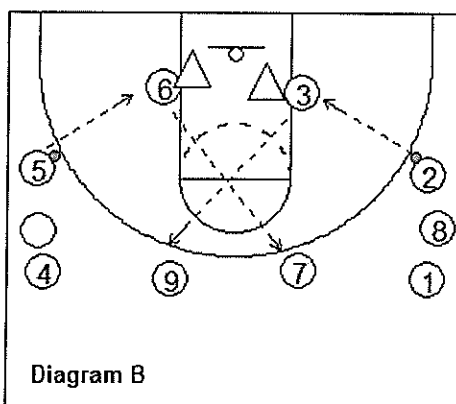
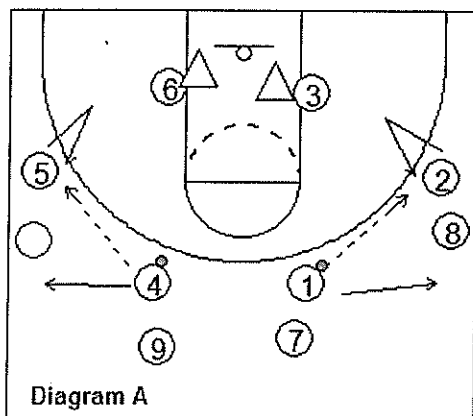
4) Coale Passing Drill

Diagram A: Two balls, each top player (O1 and O4) pass to the wings.

The wings O2 and O5 first V-cut and receive the pass in triple-threat position. They then make a curl bounce-pass into the low post (diagram B). The post player chins it and then skip-passes to the opposite top player. And from here, the drill constantly repeats, with the pass from top to wing, wing to low post, post to opposite top (diagram C).

Player rotation... use two assistants as post defenders. Place extra players at the top spots. After passing to the wing, the top player goes to the wing line. The wing player moves to the low post and the post player moves to the opposite top position... players essentially just follow their passes to the next spot.

Points of emphasis... we want 25 "clean" catches. Wing players must make good sharp V-cuts and catch in triple-threat position. Everything must be "game-speed". Wings make a good step-around bounce-pass into the post. Perimeter passers should use this drill to also practice pass-fakes. Receivers should call for the ball. Practice with good habits.

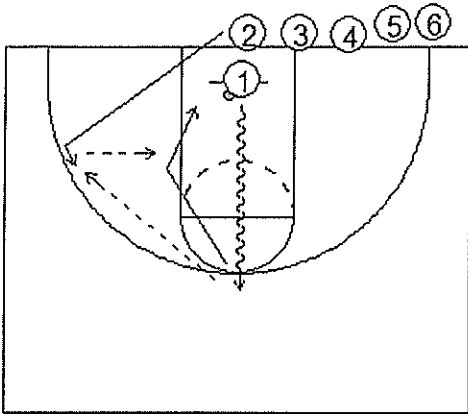


5) 2-Man Passing, Find the Receiver

Often I see kids make a bad pass because they actually threw the ball before first locating their receiver (especially against a full-court press). Players must learn to look before they pass! With this drill, the passer must first find the receiver before making the pass.

Use both baskets. Have a line under each basket. The first player in line (player #1) speed dribbles out to the three-point line, makes a jump stop and a reverse pivot. Meanwhile, the next player in line (player #2) sprints out to either corner and yells "ball, ball, ball" (mix it up so the passer has to look to find the receiver).

The passer makes the crisp chest pass to #2, cuts to the hoop, receives the pass back from #2, and finishes the lay-up. #2 rebounds, and now becomes player #1 and dribbles out and repeats the drill.

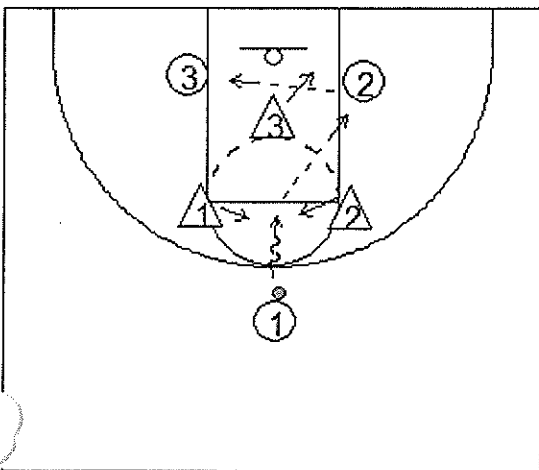


6) Drive and Dish Passing Drill

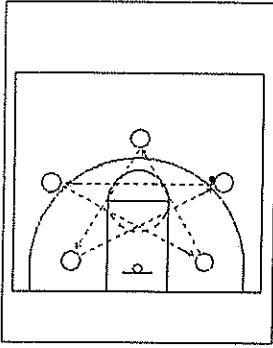
Use three guards and three post players. You can divide your 12-man squad into two groups and use both ends of the court.

O1 is at the point. Place two defenders just above the elbows (like against a 2-3 zone). Put a defensive post in the middle of the lane, and two offensive post players half way up the lane on each side.

Your point guard (O1), will dribble penetrate and split the two defenders and pass to either post player. The X3 defender will try to deny this pass. The receiving post player can either shoot, make a power move to the hoop, or dish off to the opposite post, who finishes the lay-up.



7) Star Passing Drill



Purpose: The Star Passing Drill is useful in the development of passing skills, as well as focus and concentration.

Drills: Five players will form the five points of a star, as shown. One player starts with the basketball and passes to the second player on the right. Continue this process for as long as you want.

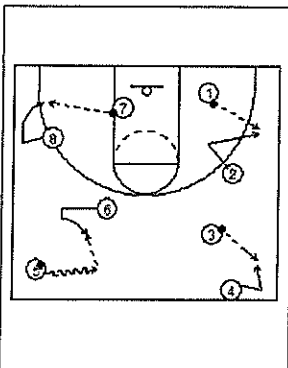
Coaching Points: Practice all the various types of passes such as chest, bounce, one-hand (left and right), and overhead.

Variations:

- Have the players change direction of the pass upon command.
- Use 2 basketballs at the same time.

8) Partner Pass and Move Passing Drill

Purpose: To teach passing and catching skills while moving to get open, such as in a game situation.



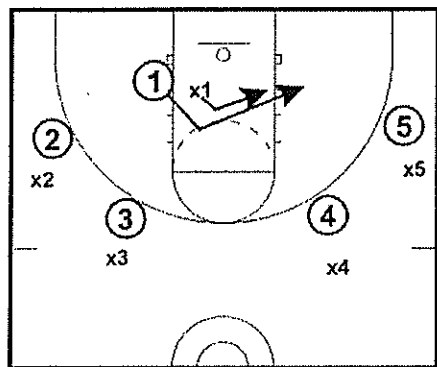
Drill: Players should get into pairs with a basketball and a court area of about 15-20 feet diameter (basically a 1/4 of a halfcourt area).

To start the drill, the player without the ball will make a move to get open (v-cut, l-cut, etc). He will receive the pass, square up to the passer and get into a triple-threat position. The passer then becomes the receiver and makes a move to get open. The drill continues in the same manner for the determined amount of time.

Note: The passer may take a dribble or two before making the pass.

9) 30 Second Team Post Game

Purpose: To practice getting open in the low and high post areas to receive a pass. The defensive player will practice defending the offensive post player. The passers will work on making good, accurate passes into the post.



Drill: 2 teams of 5 per basket (you can use less players if necessary). Each player should be partnered with a player from the opposite team who is of similar size and ability.

Two players start in the post, one from each team (O1 and X1). O1 is on offense, therefore his teammates become the perimeter passers. X1 is on defense. His teammates wait behind their opposing partners and are not involved in the drill.

The drill begins with one basketball in the hands of one of the perimeter players. O1 attempts to get open to receive the pass and his goal is to receive as many passes as possible in :30 seconds.

To be considered a reception, O1 must have at least one foot in the lane when he catches the basketball. If the defender fouls the post player, it is also an automatic reception. The perimeter players can move the ball around if that helps create a better passing angle. It is up to O1 to get open by flashing, cutting, and sealing his defender. No over-the-top lobes are allowed since there is no help defense.

As soon as O1 receives the ball in the post, he immediately passes it out to any one of his teammates. O1 can move as he needs to get open and can get multiple passes from the same player.

Once O1 has completed his :30 seconds, X1 becomes the offensive post player to be defended by O1. The 'X' team member now become the passers while the 'O' team members wait.

When both players have had their turn in the 'ring' (post), the teams should rotate ... O2 on offense, X2 on defense, etc... The team that begins on offense/defense should alternate each time.

Continue rotating until all players have been on offense and defense in the post. The team with the most total post-receptions wins the drill.

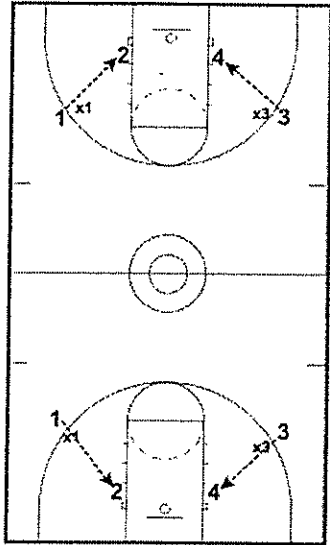
Coaching Tip:

- For advanced levels, include the perimeter defenders to harass the passer. They will not defend the post pass back out to the perimeter but will only defend against the pass. This will make it more game-like and more difficult for the passers.

10) By the Ear Passing Drill

Purpose: To teach the concept of passing the basketball 'by the ear' and to develop the basketball players ability to make the pass through defensive pressure.

Passing 'by the ear' works nearly every time if performed correctly. For example, a low ball fake gets the defender to drop his arm. Bringing the ball back and then passing 'by the ear' of the defender is virtually unstoppable. As defenders, we are not used to or comfortable having our hands up by our ears. Therefore, a pass zipped right past the defenders head is the objective.



Drill: The players will form groups of three as shown; 2 groups can be at each basket available.

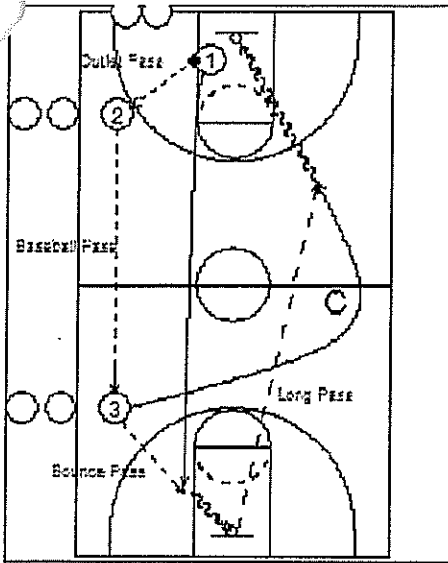
The wing player starts with the basketball and attempts to make the pass by the defender and into the post player. The defender should apply as much pressure as possible.

Coaching Points:

1. Keep your head up. Be able to see the floor and see the open man and then make the pass to his open side.
2. Fake with purpose. Do not simply wave the basketball around. Make solid, succinct ball fakes.
3. After making a fake, return the ball to chest area / triple threat position.
4. Make the pass 'by the ear'.
5. Maintain your calm and poise.
6. Have each player make a set number of passes or rotate all players on command.

11) 4 Passes Drill

Purpose: To improve passing, communicating, and conditioning.



Drill: Players form three lines; one at a baseline and two lines at about the free throw line extended on the same side of the court.

The 4 Passes Drill is performed as follows:

- O1 tosses ball off backboard, rebounds it, throws an outlet pass to O2, then sprints down the lane line to the opposite basket.
- O2 turns and throws a baseball pass to O3.
- O3 throws a bounce pass to O1, who is sprinting from the other end.
- After making the bounce pass, O3 runs outside a coach or manager to receive a long pass from O1.
- O1, after shooting the layup, throws a long pass to O3.
- O3 dribbles for a layup.
- O1 sprints back to the original baseline.

Players shall rotate by going to the line they made their original pass (O1 will go to line 2, O2 goes to line 3, and O3 goes to line 1).

Coaching Points:

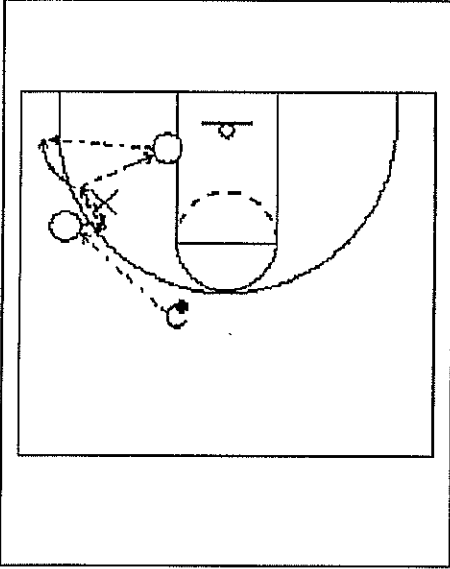
- Perform this drill on both sides of the court so the players will shoot layups from both the left and right sides.
- Make competitive by performing the drill for 4 minutes and requiring 82 made layups (for youth teams, begin with a lower number or keep track of their makes without their knowledge to get a base score — then require a total number made). If they do not achieve the goal, perform a consequence such as push-ups, squat jumps, etc...

Coaching Points:

- Perform this drill on both sides of the court so the players will shoot layups from both the left and right sides.
- Make competitive by performing the drill for 4 minutes and requiring 82 made layups (for youth teams, begin with a lower number or keep track of their makes without their knowledge to get a base score — then require a total number made). If they do not achieve the goal, perform a consequence such as push-ups, squat jumps, etc...

12) 12-Second Post Passing Drill

Purpose: Develop post passing skills and teach patience with the basketball.



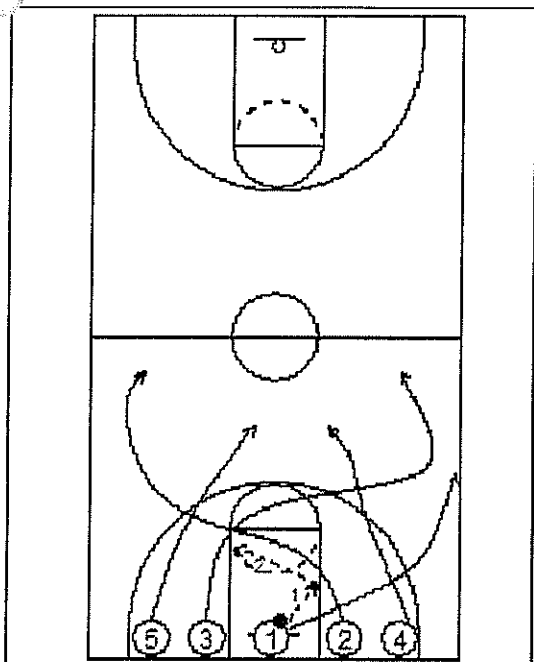
Drill: When a player receives the basketball, he has a total of 12 seconds until he must get rid of it. He has 4 seconds once he catches the ball, 4 seconds to dribble the ball, and 4 more seconds after he picks up his dribble. This drill teaches the 4-4-4 concept in closely guarded situations.

1. The drill starts with a player receiving a pass on the wing. (The defense allows the pass to be caught and then plays tight defense). There is a second offensive player in the low post.
2. After receiving the pass, the wing player should pivot to create space while looking to pass into the low post.
3. Once 4 seconds have elapsed, he must begin to dribble. (A coach should be counting). The player should dribble for four seconds while looking to pass inside. The player can execute moves such as a pullback crossover, 2 dribbles up and back, left/right, etc.
4. After 4 seconds, he must pick up his dribble. He now has 4 more seconds to ball fake, step fake, sweep, etc and pass the ball inside. Utilize a bounce, wraparound, lob, overhead to get it to the post player. Also utilize ball fakes.
5. After passing to the post player, relocate to get the ball back. Make a fade cut, slide, or even cut to the basket (cut based upon what the defender does). If open after relocating, shoot the basketball.

Rotate positions and/or groups of three.

13) 5-Man Weave

Purpose: To develop passing skills and teamwork in a fun full court basketball drill. Great drill to help youth players progress from a 3-man weave and an excellent pre-practice warmup drill for older players.



Drill: Players will divide into five lines on a baseline as shown. All basketballs will begin in the middle line. The rules of this drill are similar to the 3-man weave, except now the players will pass and go behind two players.

In this diagram O1 passes to O2 then cuts behind both O2 and O4. O2 receives the pass, passes to O3, then cuts behind O3 and O5. O4 and O5 move down the court and angle in to receive their passes. The player receiving the pass at the opposite basket should finish with a layup.

Coaching Points:

- You can either have the 5 player unit go down and back or have all groups go to one end and then come back once all groups have completed.
- Dribbling should not be allowed.

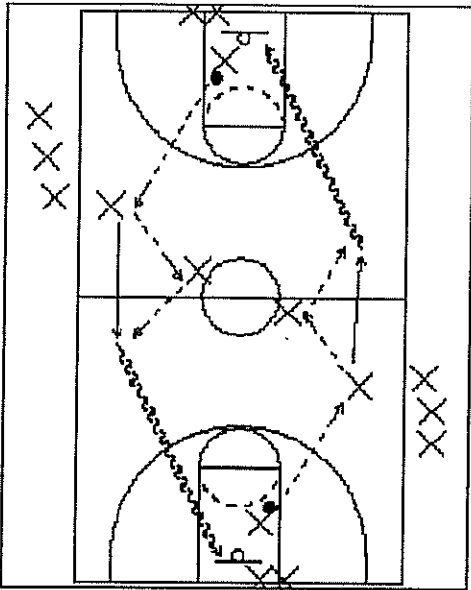
Option: At times, to make sure players are focusing, I will count each missed layup and each time the basketball hits the floor (dropped pass, dribble, etc). At the end of the drill, the total number will equal a down and back sprint. I will also allow the sprints to be taken away individually with a made free throw.

For example, if the total number of drops and misses equals 4, everyone will line up on a baseline and prepare to run a down and back sprint. I will either choose a player or let anyone volunteer to shoot the free throw. If the player makes the free throw, nobody runs and we are down to 3 sprints; then a new shooter is chosen. If a free throw is missed, everyone runs down and back and another player is given the opportunity to take a sprint away by making a free throw.

This helps to make sure the players focus on the drill at hand and will also give them the opportunity to shoot a pressure free throw.

14) Outlet Pass and Go Drill

Purpose: Work on passing and outlet passing, conditioning, finishing (layup).



Drill: This drill needs a minimum of 10 players to perform (12+ works even better). Place at least two rebounders at each basket and at least two shooters at each hash mark. Also place a passer on each side of the halfcourt circle.

The drill begins with each rebounder tossing the ball off the backboard, rebounding, and then turning and making an outlet pass to the first player in line at the hash (who has stepped out onto the floor in the outlet receive position).

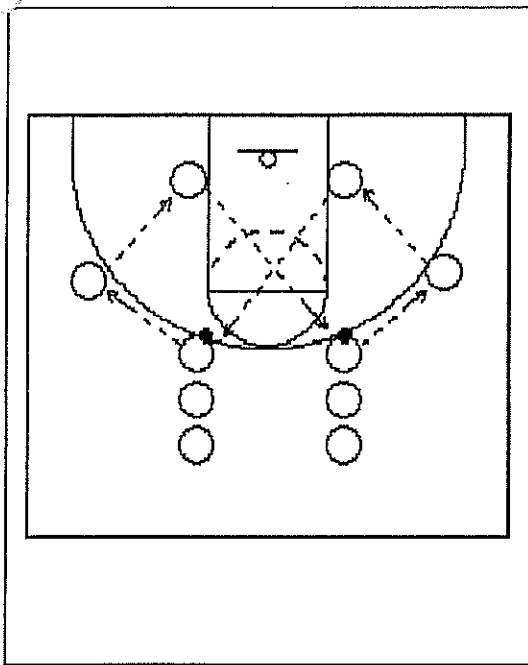
The shooter passes to the passer at halfcourt, who then returns the pass back to the shooter who will dribble in and finish with a layup.

Coaching Points:

- Stress the importance of making good passes
- Players should be running hard
- Perform for designated time or until 20-25 layups are made
- Instead of layups, have the players perform a pull-up jumper.

15) Team Post Passing Drill

Purpose: This drill emphasizes teamwork, coordination, timing, and good communication. Players develop post passing and outlet passing skills and are forced to see the entire floor.



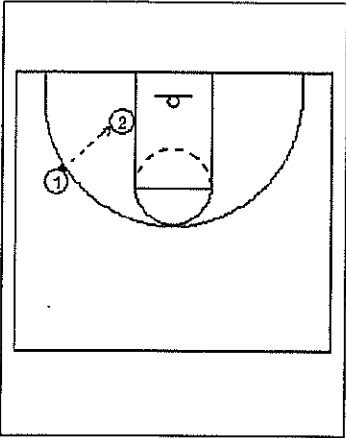
Drill: Players will form two lines at the top, as shown, with a player on each block and a player on each wing. The first player in each line has a basketball.

- The first player in each line passes to the wing player on their side of the court.
- Each wing player will then pass to the post player using a bounce or lob pass to the target hand.
- The post players will then pivot and throw an outlet pass to the first player in the opposite top line.
- After passing, each player will follow his pass and take that position on the floor (top moves to wing, wing moves to post, post moves to end of opposite line).

Proper communication skills should be used by calling for the ball and calling who you are passing to. Repeat for desired number of sequences (at least three times).

16) Weak Hand Post Feed Passing Drill

Purpose: To develop weak-hand passing fundamentals and skill when passing to the low post. To develop proper catching techniques in the post.



Drill:

1. Passer feeds the post with the weak hand.
2. Passer should always feed the post on the baseline side.
3. The catcher (post player) should always receive the ball with feet parallel.
4. Repeat for desired number of passes/catches and switch sides. Also switch passer/receiver positions.

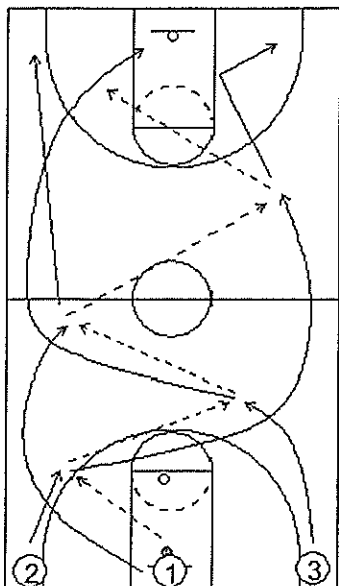
Variations:

Have the players use the bounce pass, one-handed chest pass (with weak hand), wrap-around pass. After gaining the technique and skill of receiving the pass properly, allow the players to make a post move and finish.

17) 3-Man Full-Court Weave

This old drill is still one of the best for passing and catching on the move and conditioning. Players start at one end of the court in three lines, one in the middle and one near each sideline.

The middle player O1 starts the weave by passing to one of the sideline players. O1 then cuts wide around and behind player (O2). O2 now passes to the opposite sideline player (O3) and cuts around and behind O3.



O3 now passes to the original middle person (O1) and cuts around O1. And so it goes (see diagram). No dribbling is allowed except for one dribble to finish the lay-up. The ball should never touch the floor except that the last pass to the shooter is always a bounce-pass.

We will first run the drill with chest passes, and then again with bounce passes. Receivers should move toward the ball, and show a target for the passer. Players should stay wide and always cut around and behind the player they just passed to.

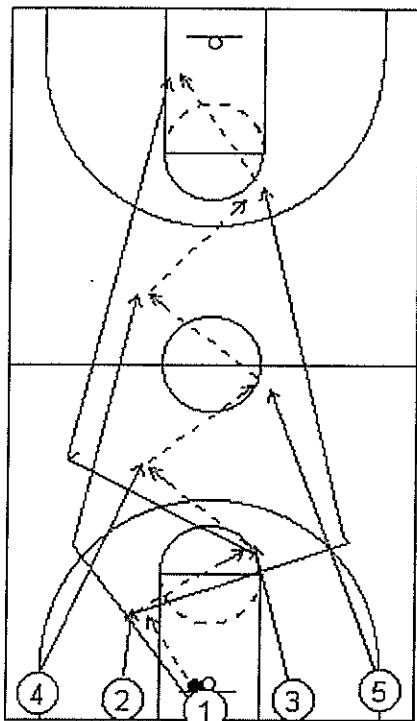
Passers must call out the receiver's name before passing and the number of the pass in the sequence (e.g. "Ross 1", "John 2", "Bill 3"), and receivers should yell "ball". With our high school teams, we will initially run the drill with five passes being made before completing the lay-up. Finally, we will run the drill with each team using only three passes to complete the drill... now they really have to sprint.

We expect players to run the drill at full-speed at all times. If not, stop the drill and have them just run some full-court sprints. Most players would rather run the drill than sprints.

The next three-some can start once the previous group is beyond half-court. Start a new line at the far end, and when all groups have come to that end-line, go back the other way. If we have an odd number, the one or two players left behind will yell "one (or two) back!" and a player(s) will sprint back and go again with that three-some.

18) 5-Man Full-Court Weave to 3-on-2 to 2-on-1 Transition Drill

Here is a variation of the three man weave. In the 5-man weave drill, five players are used and run the traditional weave up the floor, followed by a 3-on-2 break, and finally a 2-on-1 break. In the 5-man weave, the passer cuts outside around two players.

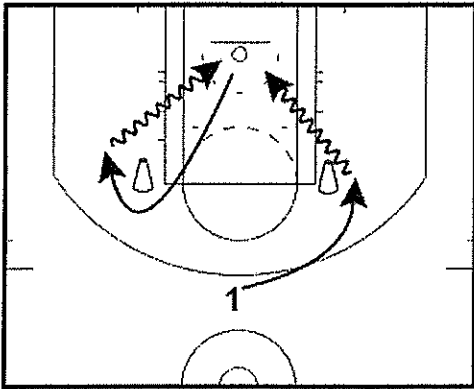


It becomes a transition drill on the way back. Coming back up the floor, it is a full-court 3-on-2 situation. The two defenders are: (1) the player who shot the lay-up, and (2) the person who made the assist pass for the lay-up. These two players sprint back on defense while the other three attempt to push the ball up the floor and score.

Finally, it's 2-on-1 full-court back up the court. The last player to have the ball in the 3-on-2 above (usually the shooter, or someone who turns the ball over), sprints back as the defender, while the two defenders from the 3-on-2 break are now on offense.

SHOOTING DRILLS

1) **Figure 8 Lay Up Drill** – Start at top of key and sprint around chair. Grab basketball and continue to the basket for a lay-up. Sprint to the opposite elbow and grab basketball and then continue to basket for second lay-up. Have rebounders get rebound and replace ball in the chair. Continue drill for set amount of time. Keep track of makes.



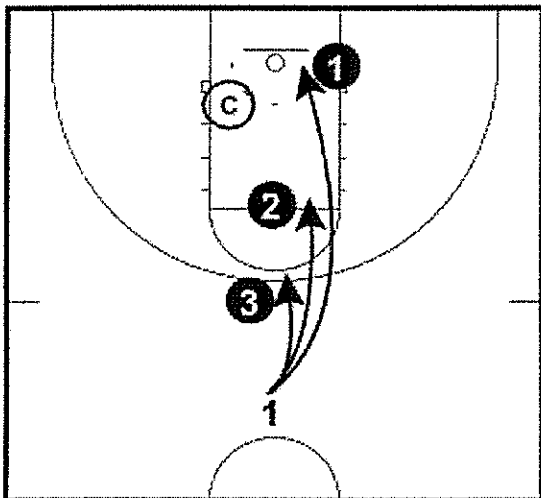
Start at the hash mark and sprint toward the basket to receive a pass from the coach for the lay up. Sprint to the opposite hash mark and back toward the basket for the second lay up. Continue for desired number of reps or for time.

2) **Mike Miller 21** – Start near half court and sprint to the basket for a lay-up. Return to half court and then turn and sprint to the free throw line for a jump shot. Return to half court again and then sprint to the three point line for the catch and shoot three pointer. Continue until player has scored 21 points. Time player to see how long it takes for them to complete.

Lay up = 1 point

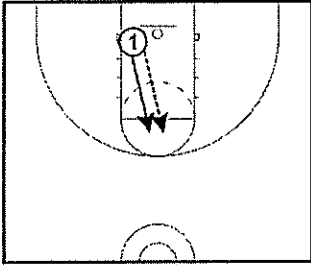
Free throw line jumper = 2 points

3 pointer = 3 points



3) Roll-Out Jump Shot Series

Purpose: To develop jump shot skills by learning to shoot game-type shots. Also helps to develop the ability to create open space and to shoot off the dribble.



Drill #1: Roll-Out J

Start with your back to the baseline and your outside foot touching the lane line.

- Roll the basketball towards the free throw line.
- Run after the basketball and pick it up as it crosses the free throw line, pivot, and face the basket.
- Shoot the jump shot.
- Follow shot. If made, continue drill. If missed, gather rebound and finish with a made layup, then continue drill.
- Continue until 10 jump shots are made (or pre-determined total made)

Drill #2: Roll-Out Shot Fake J

Start with your back to the baseline and your outside foot touching the lane line.

- Roll the basketball towards the free throw line.
- Run after the basketball and pick it up as it crosses the free throw line, pivot, and face the basket.
- Perform a shot fake, take 1 dribble, shoot the jump shot.
- Follow shot. Finish with layup on missed jumpers. -Continue drill.

Drill #3: Roll-Out Wing Combo

Start with your back to the baseline and your outside foot touching the lane line.

- Roll the basketball towards the wing and past the 3-point line.
- Run after the basketball and pick it up as it crosses the 3-point line, pivot, and face the basket.
- Perform a shot fake, take 1-2 dribbles toward wing or baseline, shoot the jump shot. (be sure to alternate going baseline or elbow).
- Follow shot. Finish with layup on missed jumpers. -Continue drill.

Variations:

- Include any number of 'moves' such as jab step, crossover, etc. Do not be limited to the 3 moves listed above.
- Add a defender by having the defensive player closeout from the baseline as you roll the ball out. Go 'live' but utilize shot fakes, dribble moves, etc. Limit number of dribbles to 3.
- If performing in a team practice setting, rotate players from defense to offense to end of line. Use all baskets available.

4) Lipscomb 35 Shot Drill

Purpose: To work on and improve shooting with the variety of shots and moves in this shooting drill that can be performed alone or with a partner.

Drill: You need a partner, a basketball, and a basket. The drill is performed as follows:

- First 5: Layups off of one or two feet guarded by teammate. Try to make the lay-up clean. Take a couple of dribbles in from an angle and shoot it off the glass.
- Second 5: Call for basketball from partner and shoot mid-range jump shots. Move to new spot after each shot. If alone, spin the ball to yourself.
- Third 5: Shot fake without a foot fake from outside the 3-point line. Take 1-2 dribbles and finish at basket or in the lane. (1 dribble if alone, 2 dribbles if defender is involved. The shot fake is vital — use it!
- Fourth 5: Shot fake without a foot fake from outside the 3-point line. Drive hard with 1-2 dribbles and shoot a jump shot. You can also vary the dribble move by incorporating the step-back for a 3-pointer (only if capable).
- Fifth 5: Shoot 3-pointers while partner runs at you after passing you the basketball. Move to new spot for each shot attempt.
- Set of 10: Mix it up by utilizing all the moves and shots that were utilized in the first five sets.

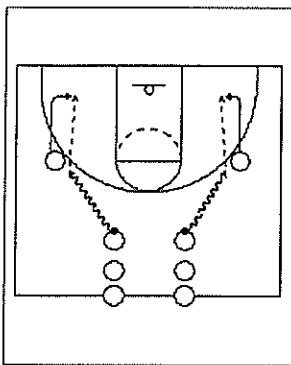
Shoot free throws when finished.

When working with a partner, this drill will take about 6-10 minutes for each shooter. In a team setting, the coach can determine when the drill is finished by utilizing a time limit. Also a good pre-practice or gameday shootaround drill.

Modify drill for post players by including drop step power layups, jump hooks, up and unders, etc.

If doing this alone, spin the ball to yourself so you can execute a cut and move to get open (to get the ball).

5) Float and Shoot Off the Pass Drill

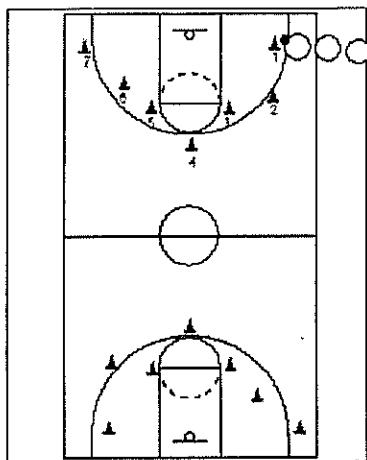


Drill: Form two lines at midcourt, basketball in each line. The first player in each line takes a position on the wing. The next player in line, with the basketball, will dribble toward the wing player. As the dribbler is approaching the wing player, the wing will 'float' toward the baseline. As the pass is in the air, the wing player should be squaring the body toward the basket and getting the feet set so that when the pass is received, a shot can be taken quickly without having to 'get set'.

The dribbler will now become the shooter, the shooter will rebound the shot and go to the end of the opposite line.

6) 56 Made Competitive Shooting Drill

Purpose: To have players shoot from a wide range of spots on the basketball floor in a competitive situation.



Drill: Place a group of players at each basket with one basketball. Two baskets minimum.

Players in each group begin at spot 1 and shoot only from spot 1 until eight shots are made. The shooter must hustle after and get his own rebound and then pass to the next shooter in line. After a group makes eight shots from one spot, they move to the next spot. This continues until the group has completed shooting at all seven spots.

Each group is in competition with the other group(s) at two or more baskets. Make it even more competitive by having the losing group perform push-ups, sprints, etc. **Note:** This is a fun drill for youth players ... just make sure to make the spots within their range. You may also want to reduce the number of required makes due to time constraints. Keeping it competitive over a minimal consequence is still okay.

7) Preseason Basketball Shooting Workout--20:00 on the Clock

20 MADE – 1 and 2 Foot Mikan (10 of Each)

(Alternate Sides)

10 MADE – Around-the-World 2's (2 made per spot @ 5 spots)

Guards: Baseline, Gap, FT Line, etc. Posts: Block, Mid-post, FT Line, etc

10 MADE – Elbow Rip & Drive

(Flip ball out to yourself, catch & face up, then rip & drive- 5 on each side)

5 MADE – Around-the-World 3's (Posts 15ft)

(Around the World – 1 make per spot @ 5 spots) POSTS: Baseline, Gap, FT Line, etc.

10 MADE – Rick Mount Shooting

(Alternate Elbows)

2 & 3 Point Shooting

(Any spot for the REMAINDER of the time on clock – Keep track of the number of MAKES)

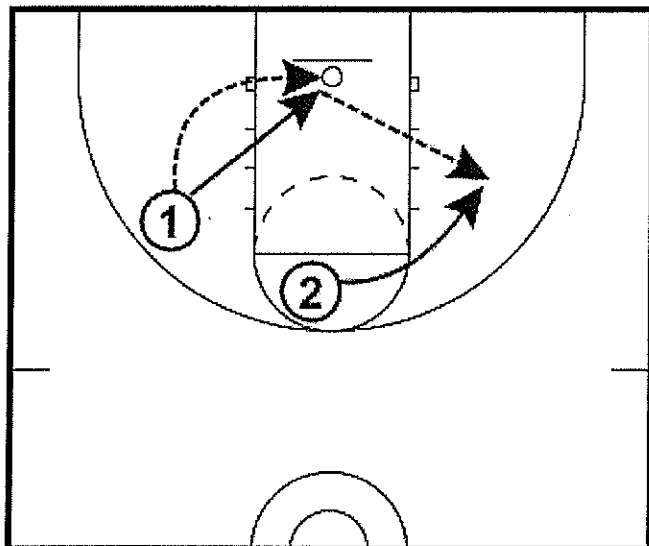
Guards shoot 3's and Posts shoot from 15 ft. range

10 Made Free Throws

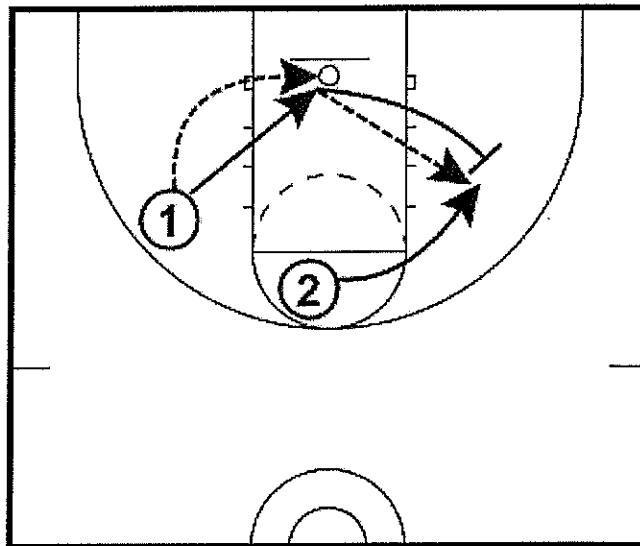
(Makes out of Attempts)

8) Partner Shooting Drill Follow and Closeout

Purpose: To practice shooting, following own shot, passing to a shooter, and closing out on a shooter. Also improves and develops footwork and conditioning.



Shoot and Follow



Shoot and Closeout

Drill: Two players and a basketball. Player O1 shoots and follows his shot, secures the rebound, and passes to his partner who is moving to a spot. Players continue to alternate shots in this drill that should last :30 to :60 seconds.

Coaching Points:

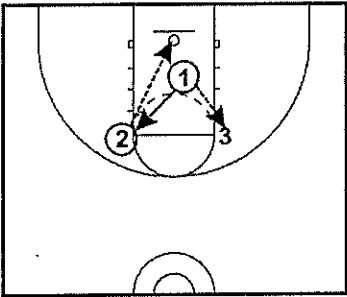
- Shooters should catch in a ready position
- Shots should be taken from game spots
- Players should be quick to rebound, pass, and shot. Game speed!
- For a variation, have the shooter rebound and finish any missed shots

This drill is set up in the same manner as above. The difference is that on the pass back to the partner, O1 will closeout and contest the shot. O2 follows his shot and closes out on the pass.

Coaching Points: Again, same as above with the additional aspect of working on solid closeouts.

10) 3 Player Triangle Shooting Drill

Purpose: To work on shooting in a team practice setting or when 3 players are training together. A simple shooting drill that allows you to get up a high number of shots in a short time.



Drill: Split into groups of three with each group at their own basket. For our example diagram, we are shooting from the elbows. One player starts on the left elbow, one on the right elbow, and one in rebounding position. The rebounder and one of the elbow shooters each have a basketball.

- Drill begins with O2 shooting the basketball and following the shot.
- At the same time, O1 passes to O3 and moves to the now vacated elbow.
- O3 will now shoot and follow the shot.
- When O2, the first shooter, gets his rebound he will pass to O1 at the elbow and then move to the opposite elbow.
- O3 will get his rebound and pass to O2.
- Continue in same manner for desired length of time or number of makes.

Variations:

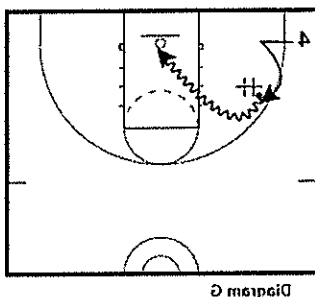
- Utilize any spot on the floor as long as the players are in a triangle formation. Examples might be extending from elbows out to 3-point line, wing & corner shooters, top of key and wing shooters, etc.
- Make competitive and have the groups of three keep track of number made. First group to 20 makes, for example, wins the drill. Losing groups can be given a consequence, if desired.

11) Corner Attacks

Player cuts towards the baseline and sprints to the chair. Player takes the ball off the chair and attacks.

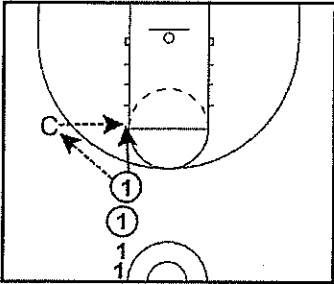
Attack Moves:

- Rip Baseline
- Fake Baseline and Attack Middle
- Shot Fake and Attack either baseline or middle
- One Dribble Jumpshot either baseline or middle



12) Pass Back Shooting Drill

Purpose: To work on perimeter and mid-range shooting, specifically after passing and stepping in to receive a return pass and take the jump shot.



Drill: Passer on the wing. One line at the top, first two players in line have a basketball.

The first player in line passes to the coach on the wing, steps in with a 1-2 step, receives the return pass and shoots the basketball.

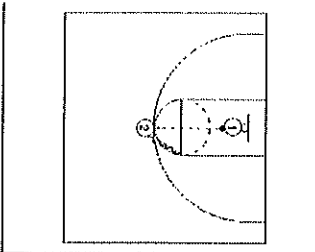
Player should rebound his own shot and return it to next player in line. Switch to other side for next time through (or rotate after desired number of reps).

Variations:

- If you have a number of kids (large team, camp setting, tryouts), have 2 lines with one on left and one on right. A passer should be on each wing. Have players rotate lines after each shot.
- Move the shooter and passer lines to different areas on the court such as having the players pass and step in to shoot from the wings and corners.

13) 2 Dribble Elbow Shooting Drill

Purpose: A simple 2-person shooting drill that is effective at practicing shots from an often open area against most defenses. This shooting drill creates repetition and helps the shooter become familiar at shooting off the dribble from the elbow areas.



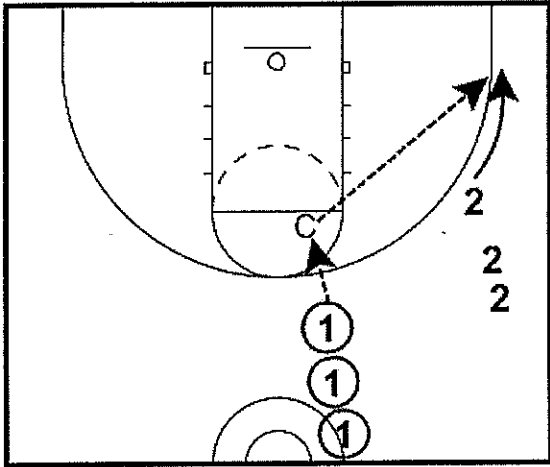
Drill: 2 players and 1 basketball at a basket. O1 starts under the basket and acts as the passer and rebounder. O2 begins at the top of the key. O1 passes to O2. O2 catches the basketball and takes two hard dribbles to the elbow, squares up, and takes a jump shot. After shooting, O2 sprints back to top of key while O1 secures rebound. Repeat to left elbow and continue for desired number of shots. Take shots in sets of 10 and then switch shooter / rebounder. Perform for desired number of total shots.

****Make drill competitive by keeping score and having the loser perform sprints, push-ups, rim touches, etc. Could keep score of total or each set of 10.**

****Add skills such as shot-fake, jab, step-back, etc as able.**

14) Post Kick-Out Zone Offense Shooting Drill

Purpose: A drill to teach zone offense passing and movement skills that works on a variety of aspects such as feeding the high post, moving without the basketball, and catching at the ready to shoot.



Drill: Two lines and a coach or passer needed for this drill. The coach stands at the elbow / free throw line area. One line starts at the top and one line on the wing. Players, or at least the first couple of players in line O1 should have a basketball.

The first player in line 1 passes the ball to the coach. As the coach catches the ball, the wing player (2) will slide down to the corner while calling 'slide' (or some other key word to let the high post player know that he is open). The shooter should have good footwork and catch the basketball in a position to shoot quickly.

The high post feed will often create open perimeter shots against all zone defenses. As defenders collapse on the ball, the perimeter player should slide to an open area, call for the ball and be prepared to shoot.

The high post player should catch the basketball and face the basket. This will open up his vision of the entire court to find the open teammate.

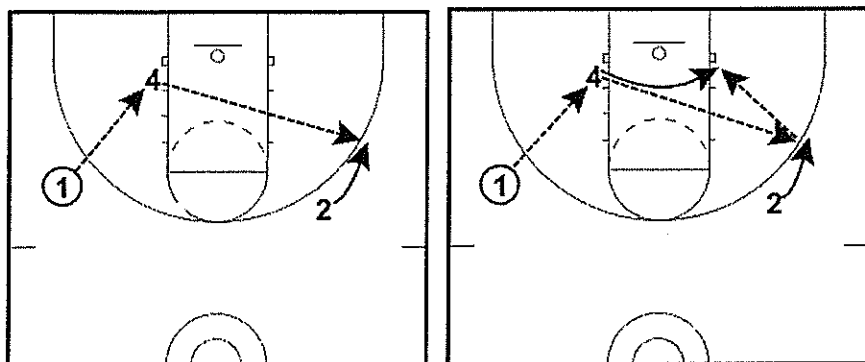
Variation:

****As this drill also works on passing out of the high post, you may want to have your post players in that position instead of a coach. Have the post flash up to receive the pass, turn and make the kick-out pass to the perimeter. You can even add a defender on the post to harass him while making the pass.**

****Post can then post up, call for the ball, show hand—kick back to the corner shooter who has now moved to a new position.**

15) 2 Zone Offense Inside Out Shooting Drills

Purpose: To work on shooting utilizing shots that you will get against a zone defense, specifically when executing the inside-outside pass opposite. To help players learn the benefits of the 'pass opposite' when playing against a zone defense.



Drill #1: Inside Outside Pass Opposite Drill #2: Inside Outside Flash

Drill #1: O1 passes to O4 in the low post. O4 turns and passes opposite to O2 for the shot.

Coaching Points:

- O4 should keep catch ball and keep at chin level or above head.
- O2, instead of simply standing stationary, will step into the gap to receive the pass

Drill #2: This drill is performed in the same manner as drill #1, however instead of shooting, O2 will pass to O4 who has rolled and flashed across the lane to the ballside low block.

The point of adding the post flash is that O2 may not be open for the shot but as the defenders shift and rotate, the low post area might be wide open. Also a good habit to never just pass and stand.

16) Mid Range Consequence Shooting

Diagram C. Player alternates between elbow and short corner shooting catch and shoot jump-shots.

Diagram D. If player misses at any time they must sprint and touch the opposite sideline. They then continue the drill on that side of the court. Set a goal for makes and/or put the player under time.

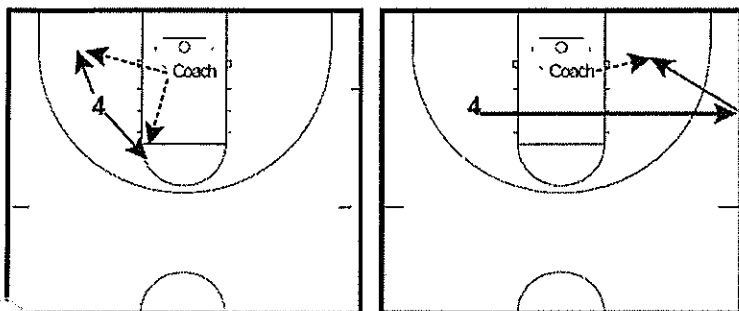


Diagram C

Diagram D

17) 35 Shot Drill

Purpose: To work on and improve shooting with the variety of shots and moves in this shooting drill that can be performed alone or with a partner.

Drill: You need a partner, a basketball, and a basket. The drill is performed as follows:

- First 5: Layups off of one or two feet guarded by teammate. Try to make the lay-up clean. Take a couple of dribbles in from an angle and shoot it off the glass.
- Second 5: Call for basketball from partner and shoot mid-range jump shots. Move to new spot after each shot. If alone, spin the ball to yourself.
- Third 5: Shot fake without a foot fake from outside the 3-point line. Take 1-2 dribbles and finish at basket or in the lane. (1 dribble if alone, 2 dribbles if defender is involved. The shot fake is vital — use it!
- Fourth 5: Shot fake without a foot fake from outside the 3-point line. Drive hard with 1-2 dribbles and shoot a jump shot. You can also vary the dribble move by incorporating the step-back for a 3-pointer (only if capable).
- Fifth 5: Shoot 3-pointers while partner runs at you after passing you the basketball. Move to new spot for each shot attempt.
- Set of 10: Mix it up by utilizing all the moves and shots that were utilized in the first five sets.

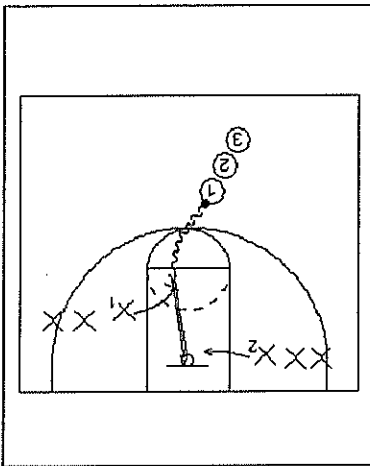
Shoot free throws when finished.

When working with a partner, this drill will take about 6-10 minutes for each shooter. In a team setting, the coach can determine when the drill is finished by utilizing a time limit. Also a good pre-practice or gameday shootaround drill.

Modify drill for post players by including drop step power layups, jump hooks, up and unders, etc.

If doing this alone, spin the ball to yourself so you can execute a cut and move to get open (to get the ball).

18) Dribble, Stop and Jump Shot Drill: To work on shooting the jump shot off the dribble. Develop the skill of executing the pull-up as a help defender is closing in.

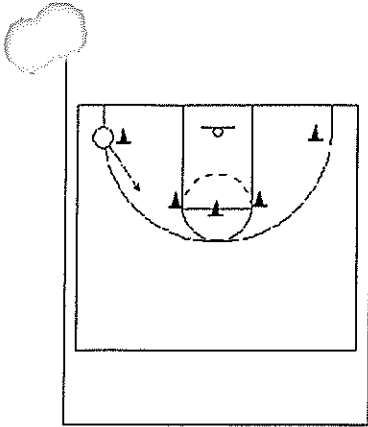


Drill: O1 begins by dribbling toward the free throw line. X1 cuts over to a good defensive position between O1 and the basket, forcing the pull-up shot. O1 stops and shoots the jump shot.

X2 retrieves the rebound, passing out to O2 and the drill continues. Lines rotate clockwise

19) 60-Second Shooting Drill

Purpose: Develop speed shooting under pressure to make the shots in time from various perimeter spots.



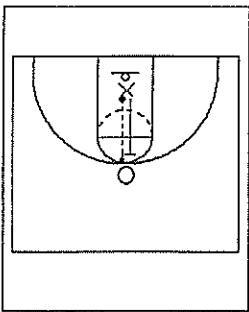
Start in corner with :60 seconds on the clock. Make three shots from each spot before moving to the next. The objective is to get from corner to corner in :60 seconds.

*A rebounder can be used but isn't necessary. Also, change time to :90 seconds and move the spots outside the 3-point line.

*For younger players, keep them in range and either drop the makes to 2 from each spot or extend the time. Good, young shooters should still be able to make 3 from each spot in :60 if they are in their range.

20) Contest the Shooter Drill

Purpose: To work on shooting while a defensive player is running at you. To focus on the shot from various areas on the court that you may shoot from during a game.



Drill: Player 'X' begins under the basket with a basketball.

- Player 'O' can start at any spot on the floor; generally from spots where he/she will shoot during a game.

X begins the drill by passing to O. After passing, X runs at O to contest the shot (hands up, yelling, etc). O's goal is to concentrate, focus, and hit the shot. After the shot attempt, X should block out the shooter and get the rebound (the offense doesn't need to go after the rebound — this is mainly so the defender practices sound block out techniques). Continue drill for desired number of shots or makes (or time allotment). Generally, I'll shoot at least 10 from 5 different spots on the court; shoot more or less as time allows. Then rotate shooter and passer.

- Keep score (made shots / missed shots) with the loser doing something such as rim touches, down and back sprints, defensive lane slides, etc.

21) High Post Quick Reads

O4 flashes to nail while Coach tosses out ball. Player squares up to basket and attacks with multiple moves.

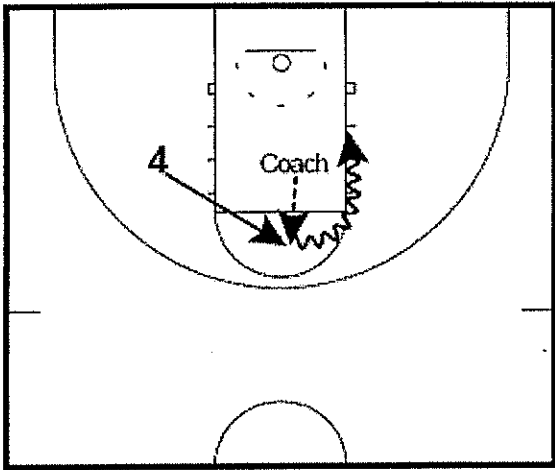


Diagram E

Moves:

- shot fake and go
- jab and go
- rocker move and go
- catch and shoot

22) Trailer Series

Player starts at half court and sprints to the 3-point line and catches the pass for different attacks out of the trailer position.

Moves:

- catch and shoot
- one dribble jump shot to either elbow
- hesitate at elbow-layup

Make 25 of each.

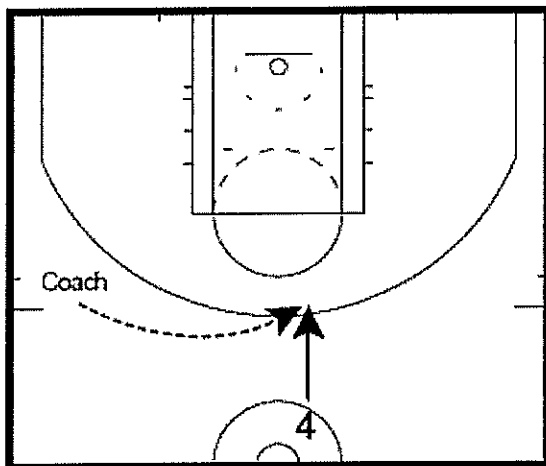
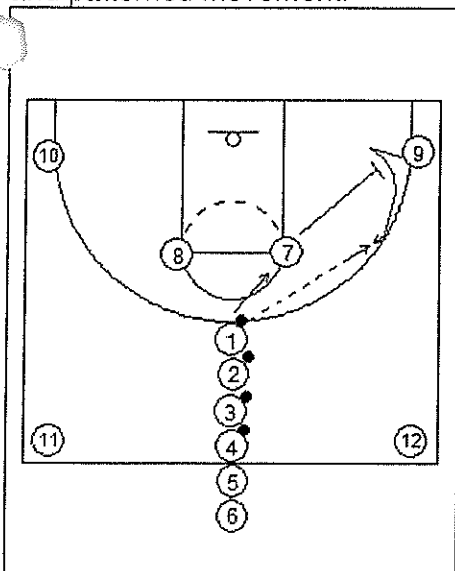


Diagram H

23) 12 Player Basketball Shooting Drill

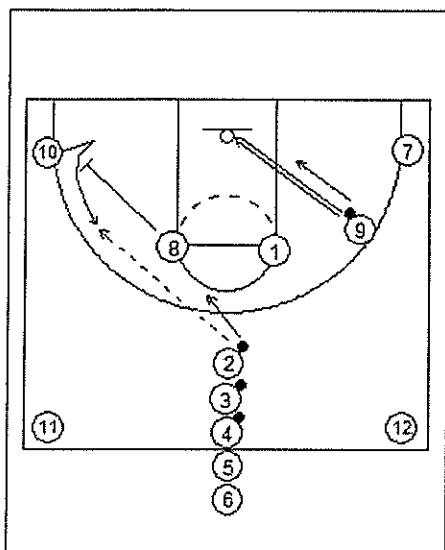
Purpose: To develop and improve shooting in a game-like situation utilizing passing, screening, rebounding, and patterned movement.



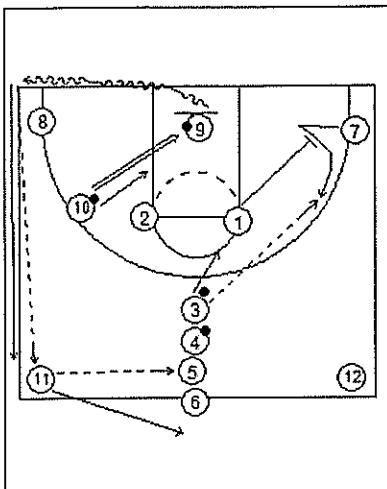
Drill: As the drill name states, this is a 12 player, 4 ball shooting drill. It can be used as a warm-up drill or as a competitive drill by competing against the clock to score a predetermined number of shots.

As shown in the first diagram, players 1-6 set up in a line about 20-25 feet from the basket at the top of the key. Players 7 and 8 set up at the elbows; players 9 and 10 in opposite corners; and players 11 and 12 at the sidelines near midcourt. Players 1-4 each have a basketball.

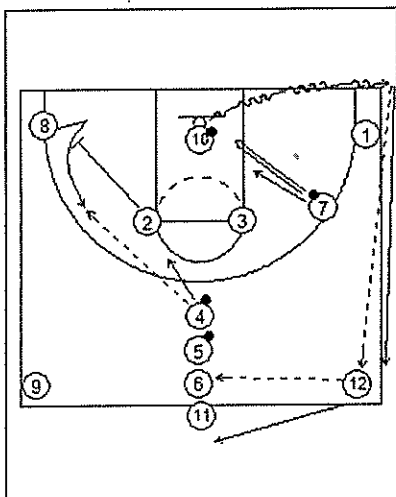
The drill begins by O7 setting a screen for O9, who comes off the screen for a pass from O1. O1 follows his pass and replaces O7 at the elbow, while O7 replaces O9 in the corner.



O9 shoots the ball or drives to the basket as O8 screens for O10. O10 cuts hard off the screen for a pass from O2. O9 recovers his rebound and dribbles baseline to the opposite corner as shown in diagram 3.



As O10 shoots the ball, O1 screens for O7, O9 throws a skip pass to O11 at midcourt. O11 makes a chest pass to the next player in line without a ball (O5). Both O9 and O11 follow their pass to the next spot (O9 takes O11's place and O11 goes to the back of the line).



The pattern continues with O7 shooting the ball, O10 rebounding his shot and dribbling to opposite corner to throw a skip pass to O12. O8 comes off O2's screen for a pass from O4, and O12 throws a chest pass to O6 and follows to the back of the line. **Coaching Points:**

Communication. The players setting the downscreen should call out the name of the player for whom they are screening. The player coming off the screen should call for the ball.

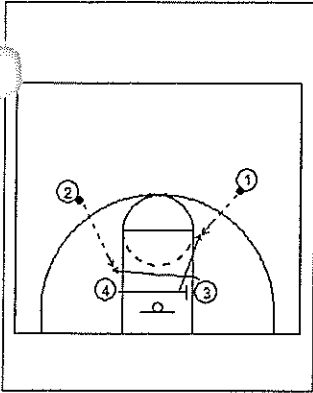
Setting and Using Screens. The screener executes a wide base jump stop and the cutter sets his man with a jab step before coming 'shoulder to shoulder' off the screen. (You can also add a curl and fade move as well).

Make Good Passes. Emphasize hard, accurate passes. Make 'Goldilocks' passes — not too hard, not too soft.

Triple Threat. The player coming off the screen should be taught to keep his hips down and be low and quick. Immediately upon catching, he is expected to square up to the basket in the triple threat position. When this drill is used as a warmup, it allows for the players to go through the following progression of shots:

1. Shot fake, drive baseline
2. Shot fake, drive middle
3. Shot fake, one dribble pull up to baseline
4. Shot fake, one dribble pull up to middle
5. Catch and shoot off the screen
6. Catch and shoot a 3-pointer off the screen.

24) Post Cross Flash Basketball Shooting Drill



Purpose: To develop the skills needed for 2 potential post shots; off the cross screen and off the high post flash.

Drill: Players form into groups of 4 at each basket; 2 basketballs at each basket.

The drill begins with O4 setting a cross screen for O3. After O3 slips past, O4 flashes to the high post, receives a pass from O1, turns and shoots, and gets own rebound.

O3 cuts hard off the screen set by O4, receives the low post pass from O2, turns and shoots, and gets own rebound.

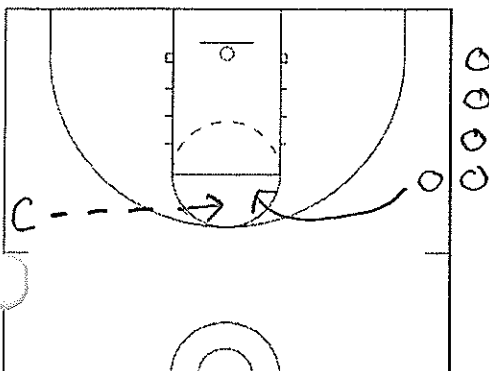
The drill will start again with O3 setting the cross screen this time.

- Have the players shoot a set number of shots, i.e. 10 shots.
- Rotate which side the cross screen comes from so players get shots from both sides of the court.
- If your offense places all players in all positions, this is a good drill for guards and posts.
- Either have the shooters get their rebound and pass it back out to the passers or get their rebound, finish with a layup, then pass it back out.
- Add a defensive player. The defensive player can start under the basket and choose to guard either O3 or O4.
- Add two defensive players.

25) 1-2 Step shooting

Drill: Have players form a line on a wing, and have a coach stand on opposite wing with a ball. 1st player in line makes a hard cut straight to the ball across the lane at the FT line. As the player is cutting—coach makes a chest pass to the player at the FT line.

Player uses a 1-2 step—using the inside foot as the pivot foot and the outside foot to square up to the basket. Player shoots, grabs rebound and returns basketball to the coach, who will then pass the ball to the next player in line.





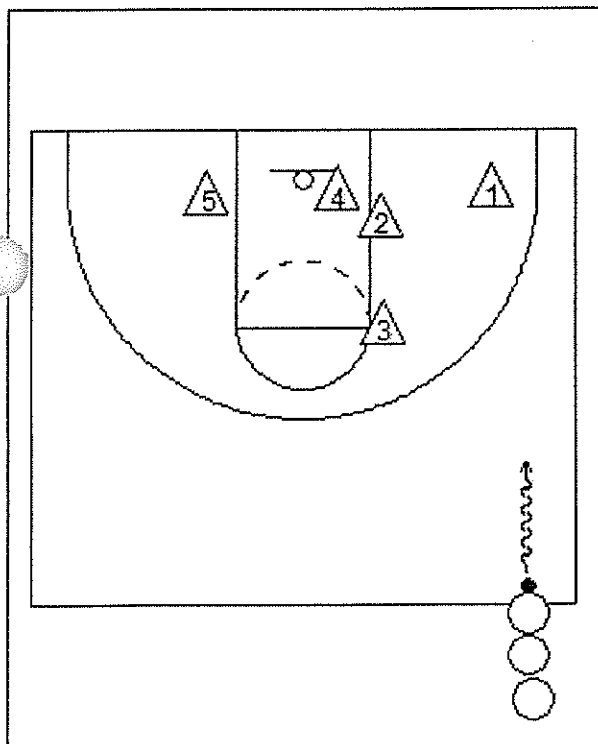
OFFENSIVE MOVES

4) Combo Dribble with Shot

This portion of the 'Daily Dozen' begins with a line at halfcourt. The first player begins by dribbling down the sideline and performing a reverse dribble in the corner. Shots at ^3 and ^4 are taken after a reverse dribble at the elbow.

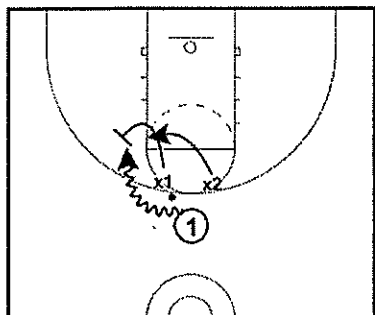
- 5) ^1 = Baseline jump shot
- 6) ^2 = Jump stop on block, power layup or short jumper
- 7) ^3 = Jumper at elbow
- 8) ^4 = Drive to basket from elbow reverse
- 9) ^5 = Drive baseline for reverse layup

Variations: You could perform these with a different dribble-move than the reverse dribble.



2) Score Against Two Drill

Purpose: To work on offensive ball handling and scoring ability. This drill helps to develop offensive ball skills and dribble moves that are required in order to score against two defenders.



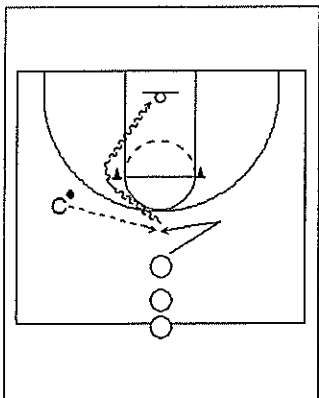
Drill: Three players per basket; one offensive player and two defensive players. A defender starts with the basketball. The drill begins with one of the defenders handing the basketball to O1. O1 attempts to score against the two defenders, X1 and X2. Perform for specified number of attempts, scores, or timeframe. Rotate after number or rotate each possession.

Coaching Tips:

- Defenders should work hard at playing solid, intense defense to make it as difficult as possible.
- The offensive player should attempt to take good shots.
- Limit the number of dribbles allowed to 3-5 dribbles. This forces the offensive player to make good moves to score. Otherwise, players will simply dribble all over the court — and that is a bad skill they can't get away with in games.

3) Turn the Corner Drill

Purpose: To develop the dribble-drive — adding explosiveness to the move.

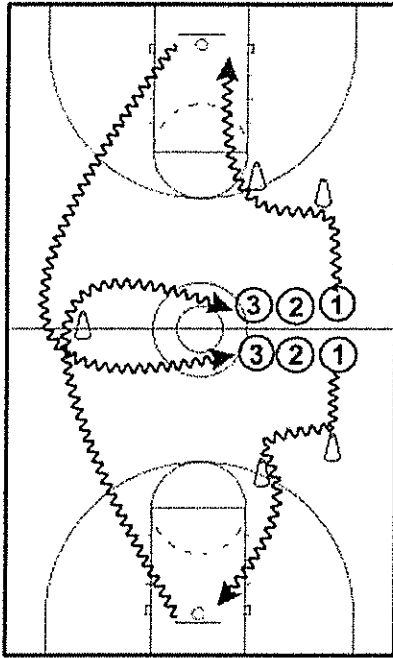


Drill: Line or player at top. Coach/player with basketball on the wing. The player makes a V-cut away from the ball and cuts back hard to top, receiving the pass. Upon receiving the pass, the player will fake, then dribble at the cone and turn the corner sharp for a layup. Plant the outside to change direction and speed.

Variation: Be sure to go both ways, left and right. You could also add a jump shot as they turn the corner, to simulate help coming over to stop penetration.

4) Transition Dribble Drive Drill

Purpose: To develop ballhandling skills and change of direction moves when dribbling, specifically in a transition situation.



Drill: Form two lines of players at midcourt as shown in the diagram. At least the first 2 players in each line should have a basketball. (This drill can also be performed during an individual workout).

O1 starts by dribbling to the first cone and executing a dribble move. He continues to the second cone and executes another dribble move and then drives in for a layup or pull-up jump shot. O1 gets his own rebound and speed dribbles out and round the midcourt cone to the rear of the opposite line.

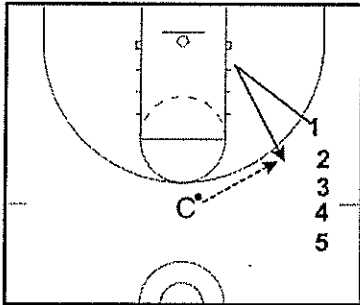
Once the dribbler has passed the cones, the next player in line should proceed. Continue for duration of drill.

Coaching Points:

- Keep ball low on the dribble
- Work on being explosive out of the dribble moves
- Dribble move combinations might be a crossover, between the legs, behind the back, spin, double cross, etc.

5) Triple Threat Drill

Purpose: To learn the triple-threat position and to practice getting into the triple-threat from a V-cut. To practice making a move out of the triple-threat position.



Drill: Form a line on the right wing with the coach or passer at the top of the key. Use more than one basket and/or place a line and passer on the left wing if you have a number of players.

The first player in line begins the drill by executing a V-cut to the block and back to the 3-point line area. He will receive the pass and then pivot into the triple-threat position. After about a 2-count, pass the ball back to the coach and go to the end of the line or start a new line on the left wing.

Coaching Points:

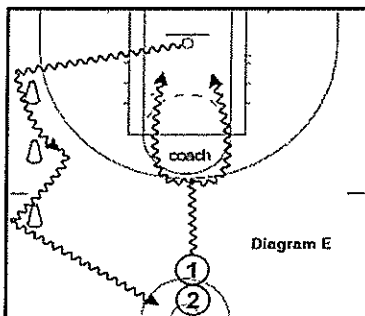
- Make sure the players are balanced and in a good triple-threat position.
- Make corrections as necessary because a poor triple-threat isn't really a triple threat.

Variations:

Once they learn the triple-threat and can execute it properly, progress into having them execute a move such as a jab-step, shot fake, etc into a drive for a layup or pull-up jumper.

6) Change of Directions Attacks with Defense

Player attacks coach with change of direction move and scores. Takes ball out of net and performs change of directions through cones. Coach gives resistance to player on move to simulate game contact.

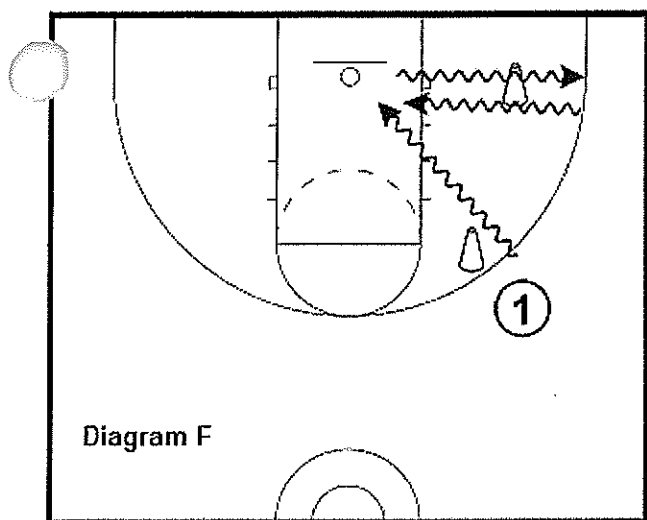


Change of Direction Moves:

- In and Out
- Crossover
- Between the Legs
- Behind the Back Spin Move

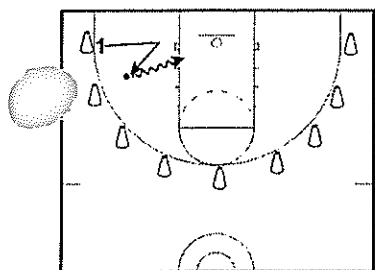
7) Double Cone Series

Triple threat attack from first cone. Change of direction to perimeter on second cone, dribble pivot and attack again.



8) Individual V-Cut Drill

Purpose: To learn how to make a fundamentally sound V-cut. This drill incorporates footwork, 1-on-1 moves, and shooting useful in developing the ability to get open and being able to make an scoring move once you have the basketball in your hands.



The player begins by placing the ball on the floor (represented by the black dot in the diagram). He then steps or cuts away from the ball and makes a V-cut back to the ball. The player picks up the basketball, makes an offensive move, and then takes a shot. After shooting, the player will rebound the basketball and repeat from each of the other 8 positions on the court (as marked by the cones in the diagram).

Coaching Points:

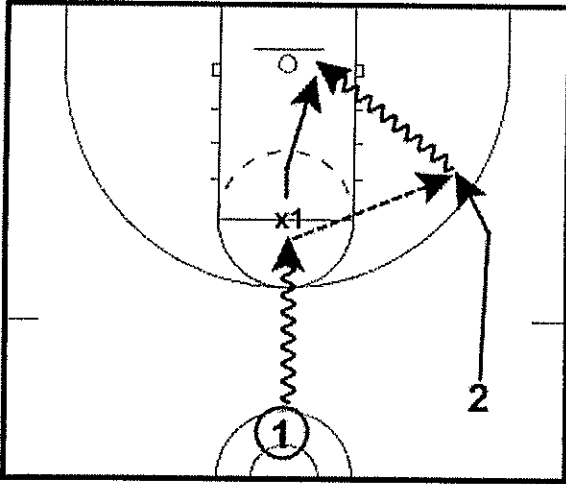
To execute a V-cut, you walk the defender away from the ball at your own pace, push hard off the outside foot, then explode hard back toward the ball. In a game, you would be looking to receive a pass. Since this is an individual drill, you pick up the ball, pivot to face the basket and get in triple threat position. From this point, you make your offensive move and score the basketball.

Be sure to utilize different offensive moves from all the various positions. Don't practice the same move each time. Some examples of offensive moves:

- Shot
- Head fake, shot
- Head fake, 1-2 dribbles, shot
- 1-2 dribbles, shot
- Jab step, shot
- etc...there are many, many more. Be creative, but be game-like.

9) 2-on-1 Wing Shot and Defend Drill

Purpose: This combination drill works on a variety of basketball skills and fundamentals. The offensive players work on dribbling, passing, jump stops, and layups or jump shots. The defender works on stopping the dribbler and then recovering to help defend the wing shot or drive.



Drill: Two offensive players near midcourt, one in the middle with basketball and one near the sideline. One defender begins at the free throw line.

O1 begins by dribbling toward the lane, forcing X1 to defend him. When stopped by X1, O1 makes a pass to O2 on the wing. O2 can drive in for the layup or take a jump shot.

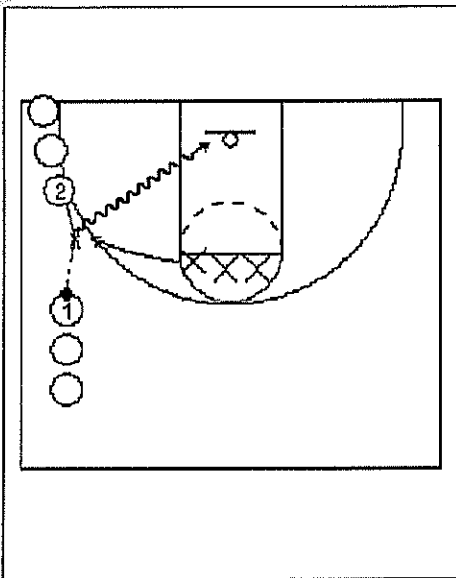
Rotate whether the shot is made or missed. O1 becomes the X1 defender. O2 rotates to O1 line and X1 goes to O2 line.

Coaching Points:

- The offensive focus should be on dribbling, passing, and finishing with control.
- To prevent X1 from cheating on the pass, O1 can take it all the way to the basket. X1 must stop O1 from penetrating.
- O1 should execute a jump stop at the free throw line and O2 should execute a jump stop and power layup if he takes the ball all the way in for a layup.
- This is also a 2-on-1 transition situation. The offense should attempt to force the defender to commit by using fakes and quick ball movement. The defender should bluff and fake in order to force O2 into a jump shot rather than a layup.

10) Pivot and Score Drill

Purpose: To work on moving into the pass, pivoting away from the defense on the reception, making a move and scoring.

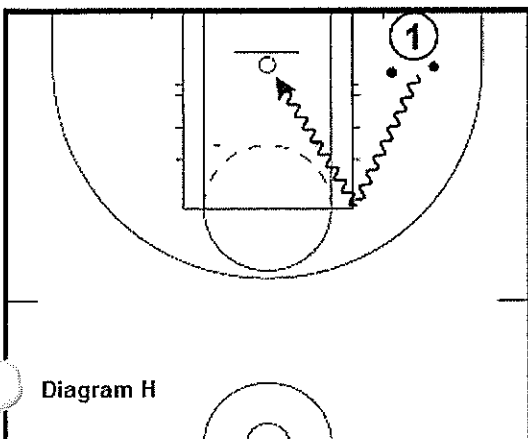


Drill: Three lines, or three players, as shown in the diagram. O1 line is the passer, O2 is the receiver, and X is the defender. O2 moves in the direction of the pass from O1. As he receives the ball, he stops and pivots away from the defender (X) who has moved into position from the side. After the pivot, O2 makes a move and dribbles in quickly for a layup or pull-up jump shot. X does not defend the drive — he is only defending the pass and can step in and steal it if O2 doesn't meet it. X is also defending on-ball to make sure O2 pivots and makes a strong move. Rotate by having the shooter go to the defense line, defender going to passing line, and passer going to shooting line.

- It is imperative to meet the pass. A player who waits for the ball instead of meeting it causes many passes to be deflected and/or stolen.
- Once the pass is received, be strong with the ball. Pivot away from the defender with strength and make a strong move to the hoop.

11) 2 Ball Cut and Tuck

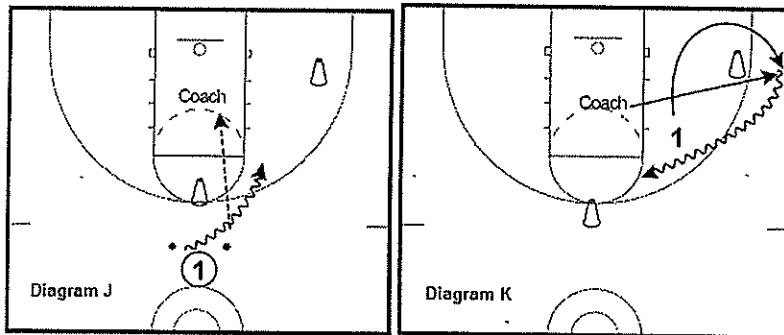
Diagram H. Player pounds 2 balls 10-15 times. Attacks elbow and cuts to basket. Tucks one ball under arm and finishes with the other.



12) 2 Ball Progression

Diagram J. Player pounds ball 15 times then passes off the dribble with the hand called by the coach. Then changes direction into one dribble jump shot.

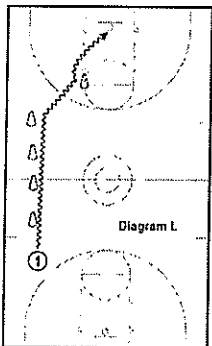
Diagram K. Player flashes behind cone in the corner for pass from coach. Player goes into pick and roll and makes jump shot from elbow.



13) Cone Line Series

Diagram L. Player weaves between cones with various moves working on hand speed with each move. Player then looks to duplicate speed of move on cone at the elbow.

Emphasis: Being efficient between pound dribble and move, and between move and pound dribble after.
Moves: Crossovers, 2 dribble in/outs, between the legs



14) Corner Attacks: Player cuts towards the baseline and sprints to the chair. Player takes the ball off the chair and attacks

- Rip Baseline
- Fake Baseline and Attack Middle
- Shot Fake and Attack either baseline or middle
- One Dribble Jumpshot either baseline or middle

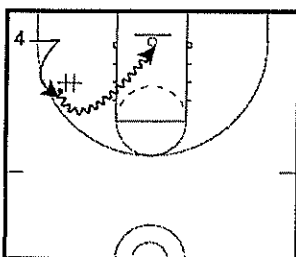
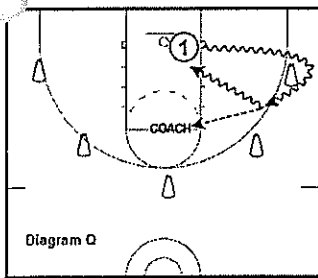


Diagram G

15) 2 Ball Curl and Pass

Player curls around cones with 2 ball dribble and passes one ball to coach after curl and scores with the other. Player does not lose dribble of other ball when passing to coach. Put time limit and scoring goal on drill.

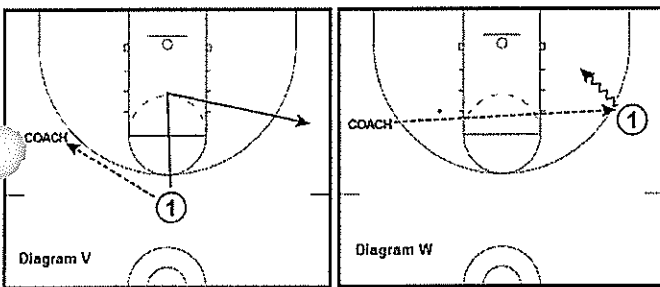


16) Pass-Cut-Rip

Player passes and cuts to weak side. Coach sends skip pass (diagram W) to player who attacks with rip series.

Moves:

- Rip and Go
- Jab and Attack Middle
- Shot Fake and Attack Baseline
- Jab and Shoot

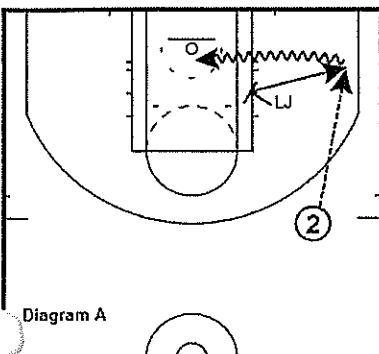


17) Down Screen And Pop

Player sets the down-screen and then pops towards the 3 point line.

Moves that can be made out of the catch:

- catch and shoot
- shot fake and finish at the rim
- jab to one dribble jump shot

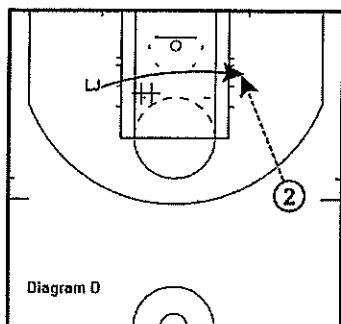


18) Post Up From Cross Screen

Player will take a cross screen (#) to post up on the strong side. Once getting the ball, player squares up to the basket and attacks the rim with a reverse lay up.

Other Moves:

- square up and shoot
- square up, jab, and attack the middle

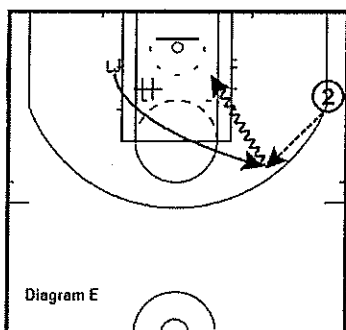


19) Down-Screen Scoring

This time player goes high over the down-screen and cuts towards the ball. On the catch he attacks off the dribble.

Moves to use:

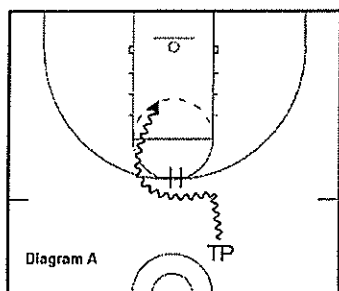
- Rip and go layup
- catch and shoot



20) Pick and Roll Into Floater

If player is able to turn the corner on the high pick and roll, he looks to get into the middle. He typically shoots a floater over the help defense.

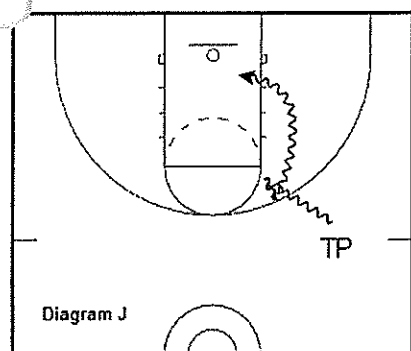
Drill: Use a chair for the screen and get into the paint for a floater. Make 20 going in each direction.



21) Retreat Into A Re-attack

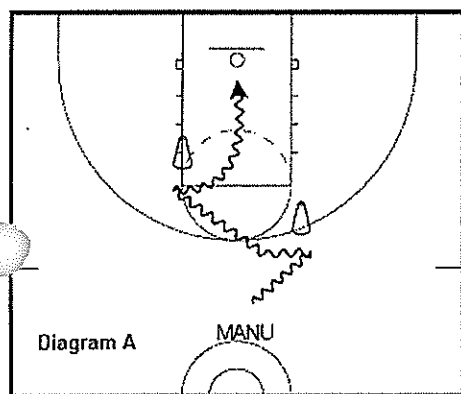
Player attacks the nail, bounces out with a crossover and re-attacks to the other side.

Drill: Make 20 with the move on both sides of the court.



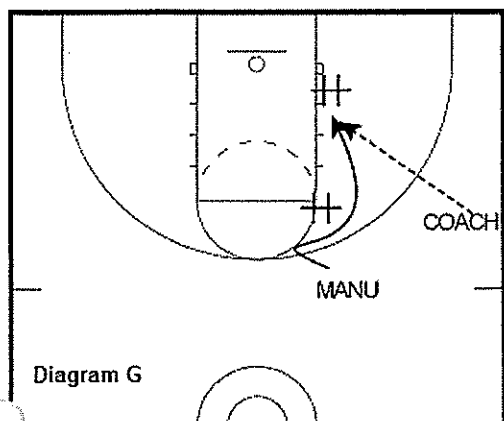
22) Double Crossover

Drill: Attack the first cone with a crossover. Pause briefly and attack the second cone with another crossover. Make 20 in each direction.



23) Back Screen to Post Up

Drill: Fake and cut off the first chair (#). Post up the second chair and score when receiving the ball from the coach. Make 20 shots on both blocks.



24) Open Court Moves From Half Court

Drill: It is important for players to develop a primary crossover move and ideally a secondary move that they can use to counter the first. In this drill, players get a chance to practice different dribble moves while coming down the court at full speed.

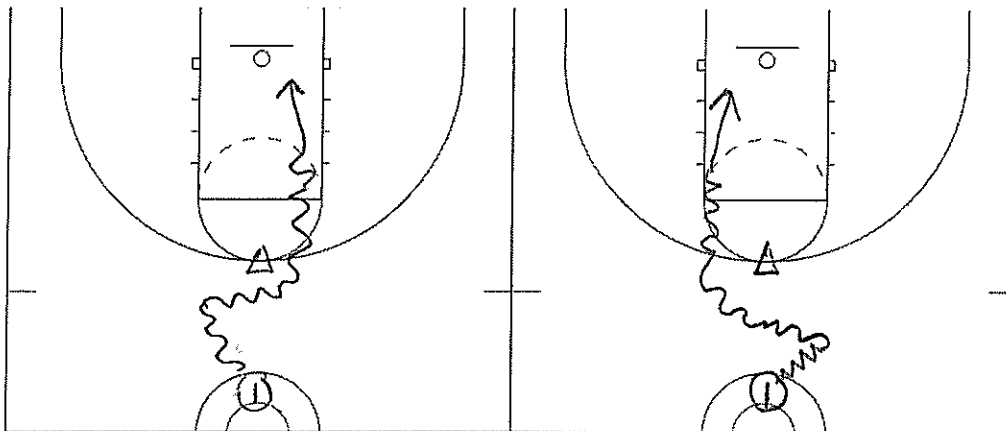
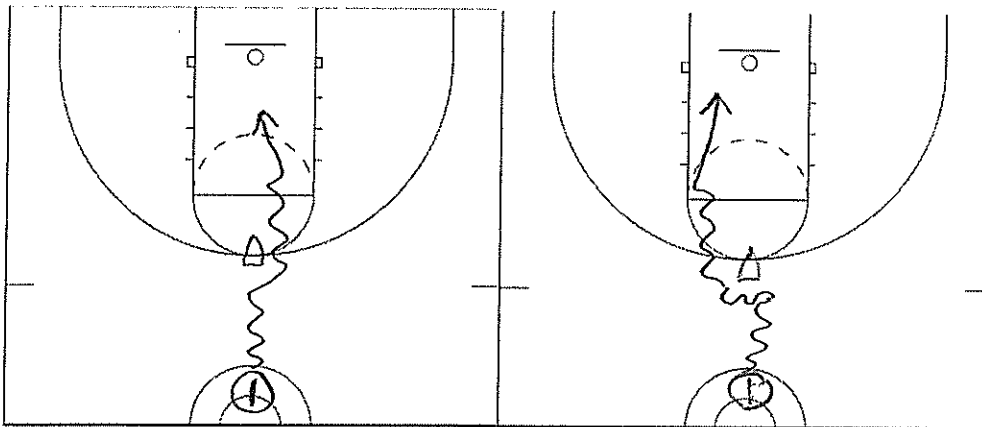
Form a line at half court, each player with a ball. Place cone at top of arc. Players dribble down one at a time and make their move past the cone, and then take the ball to the hoop for a layup.

Inside Out---Player needs to change pace, baiting the defender into anticipating a crossover before flowing by them to hoop.

Crossover---Dribble in front of defender has to be quick and low. Place emphasis on making dribble below the knee and hands stay low to the ground.

Reverse Spin---Great weapon to get out of traffic. Players need to stay in control and use their body to protect the ball. Dribble towards the defense and use the front foot to plant towards the defender. With the ball in the hand opposite the plant foot, they make a half spin to change directions. On the spin move—they keep their hand on top of the ball to prevent palming the ball.

Dribble Pull Back and Crossover---Great move when facing ball pressure in the full court, but just as effective in the half court. Player dribbles to one side of the defender, use a retreat dribble when defender cuts them off, crossover to the other side and attack the basket.



25) Reggie Miller's "Shooting Off The Dribble" Workout

Each Player starts with a spin out and catch on the perimeter anywhere from 15 feet to 3 or 4 feet outside the arc, using the whole court. The Players should use a variety of set ups—catch and rip, ab, catch and lift, shot fake.

The player needs to be a quick decision maker as if in a game situation. In a game they would shoot off the catch, make a quick move, or pass the basketball.

1. Shoot off the spin and catch 25 shots.
2. 1 dribble with the right hand and then shoot. 25 shots.
3. 2 dribbles with the right hand and shoot. 25 shots.
4. 1 dribble with the left hand and shoot. 25 shots.
5. 2 dribbles with the left hand and shoot. 25 shots.
6. 3-dribble sequence into the shot off the dribble.

A. Cross over (right—cross dribble with left—another left; alternate with left—cross dribble with right—another right). 25 shots.

B. Inside out (right—inside out—another right; alternate with left—inside out—another left). 25 shots.

C. Between the legs (right—through—left; alternate with left—through right). 25 shots.

D. Change of pace or step back move—vary the timing. 25 shots.

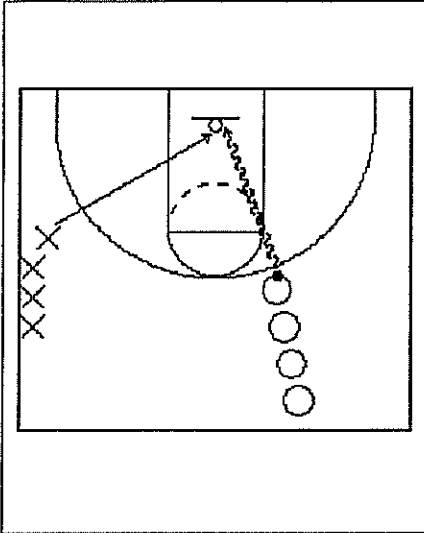
- Player shoots 100 free throws after each set of 25 shots.
- Total workout—225 shots plus 80 free throws.



POST MOVES/LAYUP DRILLS

1) Contested Layup Drill

Purpose: Learn to shoot a layup strongly to prevent it from being blocked.



Drill: The offensive player will start at the top of the key and the defensive player starts at the foul line extended about one step from the sideline (you can start the offensive player at any spot you desire, wing, corner, etc — and you can start the defender wherever you desire as well).

When the coach yells 'Go', the offensive player will drive to the basket while the defensive player hustles in to contest the shot. The players will then go to the end of the opposite line.

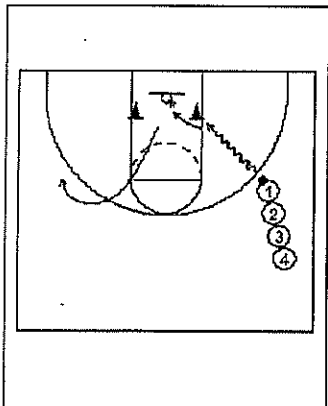
Coaching Points: The coach can make this drill competitive by giving the offensive player a consequence for missing the layup (consequence can be as simple as 1 push up — just something to make 'competitive' and add pressure to 'doing it right'). Also, make sure the defensive player is going for the block with the inside hand and not fouling the shooter; the objective here is to contest the layup, not give him a free throw opportunity.

2) Contested Mikan Drill

Diagram A. Player does traditional Mikan Drill. Coach contests every shot. This forces player to hold off coach and finish at the basket. Set goal of amount of makes under certain amount of time.

3) Crossover Step Layup Drill

Purpose: Learning the Crossover Step Layup move will help to create strong shot opportunities when a player drives to the basket.



Drill: Players will line up on the wing, as shown. (If you have several baskets at your disposal, use them.) At least one ball per group.

The first player begins by dribbling hard to the cone, jump stops, and then executing the crossover step and finishing with a layup/baby hook shot. Grab your shot and pass back to next person in line without a ball and then move to other wing.

Crossover Step:

The first thing to understand when doing the crossover step is that the jump stop must be done correctly (landing simultaneously on both feet — if not, this may be whistled as a travel.)

Once the jump stop is completed, the inside foot (or foot closest to the basket) is the pivot foot. The outside foot will then step in front of the body toward the basket, thereby helping to seal off the defender. The shot is then taken (preferably with the hand that is away from the defender so that it cannot be blocked).

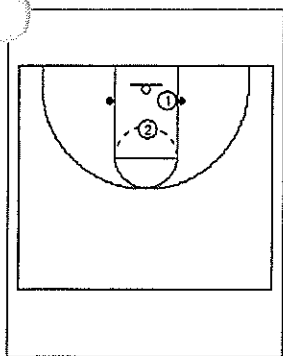
Coaching Points:

To help create an ever better opportunity, the player should perform a shot fake or even a pass fake after the jump stop and before the crossover step. This will help to get the defender on his toes and out of position to defend adequately.

Also, as an added variation once the players get accustomed to performing this move, use a live 'defender' instead of the cones. Begin with a basic 'dummy' defender and make it more 'live' as needed.

4) Power Layup Drill

Purpose: To develop the drop step, pump fake, and power layup.



Drill: 2 basketballs and 2 players per basket. Place a basketball on each block. O1 begins by stepping to the ball and picking it up off the ground. Upon grabbing the ball, he performs a drop step, two pump fakes, and then shoots a power layup.

O2 grabs the rebound and places the ball on the vacated block.

After shooting, O1 moves to the other block, picks up the ball, drop steps, pump fakes twice, and shoots a power layup.

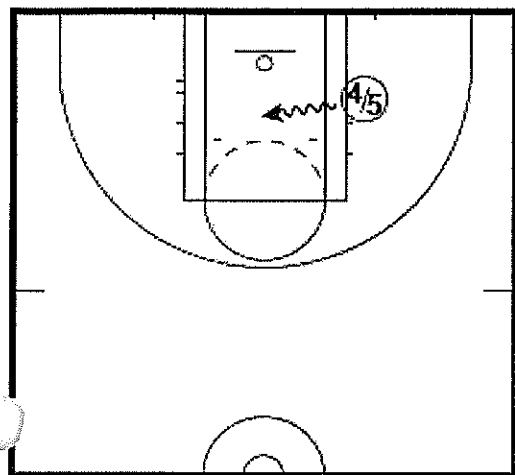
Continue drill for 1 minute then rotate positions so that O2 becomes the shooter.

5) Block to Split Line Scoring

Finishing Moves:

- Jump Hook
- Up & Under
- Up & Under into 2nd Pivot
- Sell middle spin back to baseline

Make 30 of each on both sides of the rim.



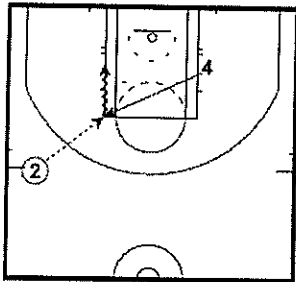
6) High Post Flash

Player flashes to the high post and catches into a turn and go.

Finishing Moves:

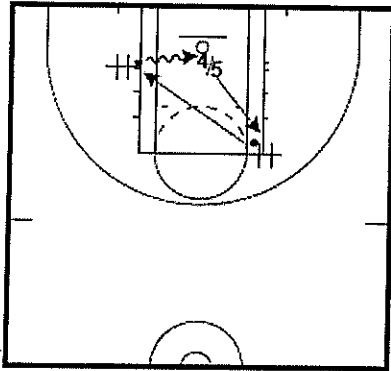
- Power layup
- Pull up jump shot off the glass
- Spin move counter

Make 20 on each side of the court



7) High Post to Block Scoring

Player starts under basket. Flashes to high post for pivot and shoot. Player then flashes to block for drop step and score. Make 20 total on each side.



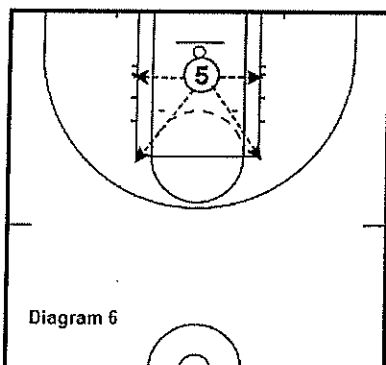
8) 4 Spot Scoring

5 makes self pass to both blocks and elbows (rotating after each shot clockwise).

Block Scoring Moves: Drop Step, Up & Under, Jump hook

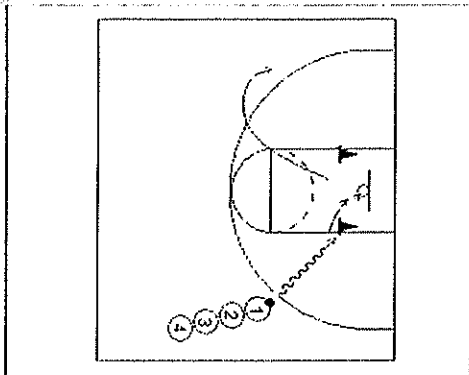
Elbow Scoring Moves: Shoot, Sweep, Fake Sweep

Make 30 total



9) Crossover Step Layup Drill

Purpose: Learning the Crossover Step Layup move will help to create strong shot opportunities when a player drives to the basket.



Drill: Players will line up on the wing, as shown. (If you have several baskets at your disposal, use them.) At least one ball per group.

The first player begins by dribbling hard to the cone, jump stops, and then executing the crossover step and finishing with a layup/baby hook shot. Grab your shot and pass back to next person in line without a ball and then move to other wing.

Crossover Step:

The first thing to understand when doing the crossover step is that the jump stop must be done correctly (landing simultaneously on both feet — if not, this may be whistled as a travel.)

Once the jump stop is completed, the inside foot (or foot closest to the basket) is the pivot foot. The outside foot will then step in front of the body toward the basket, thereby helping to seal off the defender. The shot is then taken (preferably with the hand that is away from the defender so that it cannot be blocked).

Coaching Points:

To help create an ever better opportunity, the player should perform a shot fake or even a pass fake after the jump stop and before the crossover step. This will help to get the defender on his toes and out of position to defend adequately.

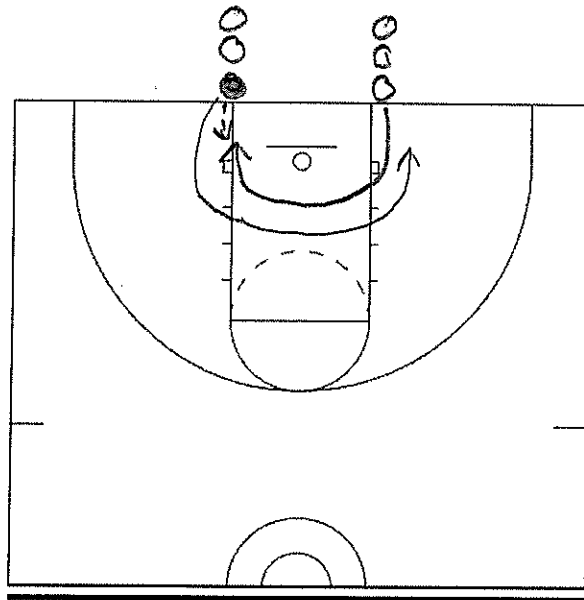
Also, as an added variation once the players get accustomed to performing this move, use a live 'defender' instead of the cones. Begin with a basic 'dummy' defender and make it more 'live' as needed.

10) Warmup Shooting:

Drill—Have players form 2 lines on the baseline where it meets the lane line. The first player in one line and the second player in the other will have a basketball. To start the drill, the front player without a basketball will curl through the key with his hands ready, receiveing a pass from the other line and finishing a layup. They will then rebound the ball and give it to the line they received the pass from, filling in at the back.

Immediately after passing to the player curling around to his side, that player will curl around to the other side for his own layup, and the drill will continue as such.

After a designated amount of makes, have the players move out to the elbow jumpers or any other shot you want your players to get a high number of reps practicing.



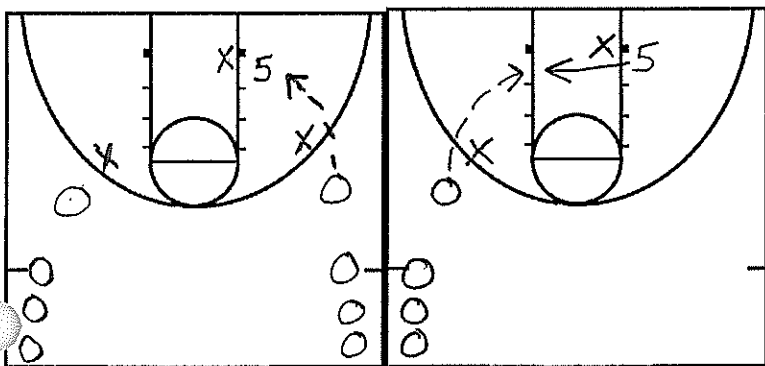
11) Rodeo Post Up

Drill: Have your guards form 2 lines, one on each wing, with each carrying their own basketball. Big men line up along the baseline. At the front of each line of guards—pull out one player who will play defense.

2 big men on the court on the block, one of offense and one on defense, will begin to fight for position. It is up to the guard on the wing to make an entry pass to the post, who will then try to score on the defender. If the entry pass is broken up or stolen—the passer must get down and do 5 pushups.

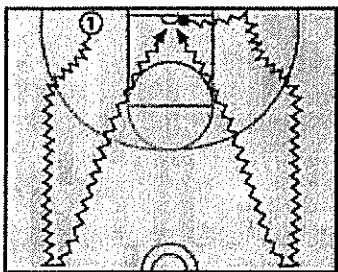
After the offensive player shoots—he will immediately slide over to the other block and begin to seal again, looking for another entry pass.

The big men will go back and forth trying to score as many times as possible in 30 seconds. Once 30 seconds is up, offense will switch to defense and vice versa down low; and new defenders will switch on the perimeter. Key—fast pace with no longer than 5 seconds for players to get into correct position between each "set".



12) Explosion Layups

This is a great ball-handling and conditioning drill that forces your players to dribble as fast as they can, while staying under control, exploding to the basket and making strong layups with both hands.



Starting on the baseline, 1 dribbles hard to the half-court line with the right hand. When 1 reaches mid-court, he or she makes a change-of-direction move, switches to a left-hand dribble, takes the ball back toward the basket, explodes to the hoop and finishes with a left-handed layup.

After making the layup, 1 grabs the ball as it's coming through the hoop, takes it to the opposite side of the basket and dribbles hard with the left hand to half-court. At mid-court, he or she makes a change-of-direction move and dribbles hard to the baseline with the right hand, side shuffle while dribbling and then come to jump stop with 2 feet while using body to create space under basket. Finishes with a power layup.

13) 2-Player Drill Series Stresses Shooting, Passing And Post-Up Moves

Have two lines of players, with one stationed near the top of the key and another group lined up in the baseline corner behind the 3-point line. C is a coach who is playing stationary defense.

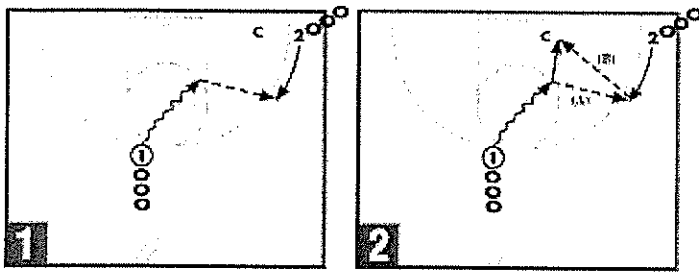


DIAGRAM 1: Pass And Shoot. 1 penetrates to the free-throw line, while 2 starts out in the corner and makes a quick cut to the wing area behind the 3-point line (if the player doesn't have 3-point range, have him or her step in for a medium-range jumper).

1 passes to 2 who shoots a jump shot. The shooter rebounds and the players switch lanes.

DIAGRAM 2: Penetrate And Post. 1 penetrates and passes to 2. After making the pass, 1 cuts to the block and posts up in front of the coach who's playing defense. 2 makes an entry pass back to 1, who executes a post-up shot against the defending coach. The shooter rebounds and the players switch lanes.

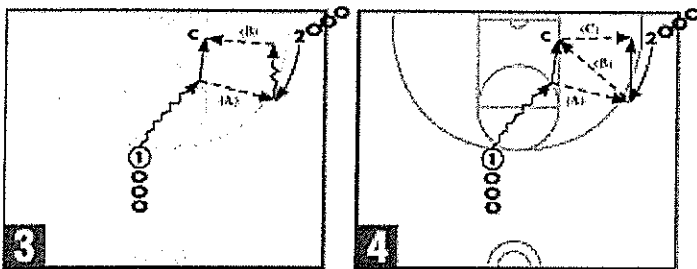


DIAGRAM 3: Relocate The Passing Angle. This drill is the same as the previous drill, but after receiving the initial pass, the wing dribbles toward the baseline for a better passing angle into the post.

1 passes to 2 and breaks down low to post up on the low block. 2 takes a few hard, quick dribbles to the baseline and makes an entry pass to 1. 1 executes a post-up move against the defending coach. The shooter rebounds and the players switch lanes.

DIAGRAM 4: Post-Wing Kickout. 1 passes to 2 and breaks down low to post up on the low block. 2 takes a few hard, quick dribbles to the baseline and makes an entry pass to 1. 1 fakes a post-up shot and kicks the ball back out to 2 on the wing, who secures the pass for a quick catch-and-shoot jump shot. The shooter rebounds and the players switch lanes.

14) 9 Baseline Post Moves

The following 9 post moves are designed to take advantage of the open baseline when the defender is playing close and to the middle. The moves are either on the catch or created through solid footwork.

1. **Baseline Power Move 1**

When looking over the inside shoulder, the post player sees that the defender is playing close and on the high side. The post player reads that the baseline is open. With the back vertical and a low center of gravity, the player makes the pivot and takes a long step directly toward the area immediately beside the rim (but not under the backboard); the lead foot is point to the hoop. The footwork necessary to make this move can be described as "step, hop, jump stop". The first step (the drop step toward the rim) is accompanied by a simultaneous two-handed dribble. This dribble is performed close to the floor so that it almost appears as if the player has simply touched the floor with the ball without releasing it. After the dribble, the player springs off the lead foot and comes to a jump stop in the spot just beside the rim. This "step, hop, jump stop" action is difficult to explain but can be clearly seen via video and/or demonstration.

As a general rule, contact works in favor of the offensive player; it seals the defense and disallows defensive reaction and countermovement. When a player is making the baseline power move, contact is even more important because it ensures that the offensive player maintains inside position. When taking the initial long step toward the basket, the offensive player contacts the defender's legs with the backside. And when executing the following hop and jump stop, the player moves into the defender to maintain that contact.

2. **Baseline Power Move 2 (Pump Fake)**

When a player is making a power move to the baseline, the defender may sometimes recover enough to be able to put pressure on the direct layup. If so, a pump fake is needed to either freeze the defender or cause that defender to leave the feet. The idea of a fake implies that the offensive player is deceiving the defender into thinking the shot will be taken. That means the fake must be convincing. Any action other than what is involved in the actual shot will hinder that deception. Therefore, when faking the layup, the player flexes the knees, moves the upper body slightly upward, and moves the ball up to, but no higher than, the eyebrows.

After a fake of any kind — in any situation and from any area of the floor — immediate counteraction is necessary. For that reason, especially when under the basket with the ball, the pump fake should be executed with no change in the center of gravity; the legs remain bent so that the shot can immediately follow the fake. In other words, for the actual shot, there is no need to lower the center of gravity again to coil the knees.

After the fake of a direct layup, the appropriate counteraction is the reverse layup. To avoid the traveling call, the player must jump off both feet (without moving either one) to reverse the ball.

3. **Fake Baseline Drop Step, Square Up, Jump Shot**

The baseline is open, and the offensive player begins the power move. However, the defender slides back and over to cut off the path. The offensive player counters with a step back, creating space for the jump shot.

4. **Middle Sweep and Drive**

After faking the drop step and squaring up, the offensive player reads that the defender is reacting quickly and is coming out to put pressure on the jump shot. The player fakes the jump shot, sweeps the ball from right to left — with the ball very close to the floor — and drives to the middle for the layup.

5. **Middle Kiki 1**

As the offensive player drives toward the middle, the defender retreats to cut off the driving lane. The

player reacts by planting the right foot and springing back to create space for the jump shot. When springing back, the player must turn to square up to the basket when landing. This will help ensure high-percentage shooting.

6. **Middle Kiki 2**

If the defender reacts well when the offensive player springs back for the Kiki 1 move, this triggers the countermove, the Kiki 2. The offensive post player reads that the defender is reacting and closing the gap created by the Kiki 1 move. To counter, the offensive player raises up the head as if beginning the jump shot and then dives low toward the basket for the layup. The entire move requires two dribbles: The first dribble takes the player back away from the defender, and the second dribble should be past the defender and toward the basket.

7. **Baseline Step Hook Shot**

If the defense is giving the baseline but is not playing tight, the baseline step hook is available. The step directly toward the baseline creates the space necessary to get this shot off. The accuracy of this shot is dependent on some very important details. Turning the stepping foot in the intended direction in order to release the hips is of great importance. This allows the hips to rotate, freeing the upper body to rotate as well. The upper rotation permits the head to turn and look at the target. It also frees the shooting arm to follow through in the direction of the basket. In other words, a chain reaction is initiated with proper footwork — the rotation of the stepping foot. At the completion of the shot, if all is done right, the shooter will be facing the target, ready to move to the offensive rebound.

8. **Baseline Jump Hook**

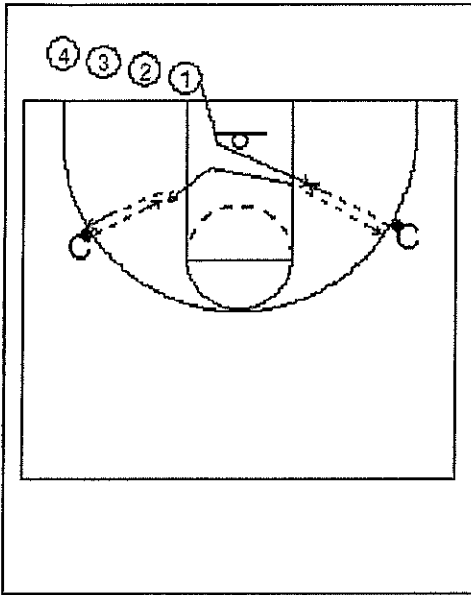
Some players seem to be very effective with the jump hook, which is executed off two feet rather than one foot as required for the hook shot used in the previous move. This shot has become the most used post shot in today's professional game. The player begins in the crouched position, looking across the key toward the play. After reading that the baseline is open, the player steps toward the baseline, again releasing the hip to rotate, hops off that foot into a two-footed jump stop, and releases the jump hook. The ending position is identical to that of the hook shot in the previous move; the player is facing the basket and should move toward the possible rebound.

9. **Baseline Spin Move**

As mentioned, the post player should look at the play when receiving the basketball; however, there is one exception — when the defender is playing very aggressively, physically pushing the back of the offensive player on the high side. In this situation, the offensive player must keep the back vertical and the center of gravity low. The idea is to make the defensive pressure work against the defender by releasing it. The offensive player spins the body 180 degrees and literally falls toward the basket with the upper body, while dribbling the ball with the hand away from the defender. The baseline foot is used as the pivot foot, and the outside foot comes completely around to step toward the hoop. The dribble is made with the outside hand (away from the defender) in order to protect the ball and is immediately picked up with both hands. This action is followed by a hop off the lead foot and a jump stop beside the basket.

15) Post Jump Stop Drill

Purpose: To learn and develop the skill of executing a jump stop when receiving a pass in the post so that you have the option of either foot as a pivot foot. Also helps you to think about and anticipate potential scoring moves.



Drill: A coach or manager on each wing, as shown. Both coaches have a basketball. All post players begin under the basket as shown. You may also include all players, regardless of position, especially if your offense moves players in and out of the post.

O1 begins by breaking hard toward the coach and jump stops under control. Coach passes the basketball to O1. O1 checks both left and right and thinks about making a potential move. O1 passes the ball back to coach.

After passing, O1 breaks to the other side of the lane, jump stops, and receives a pass from the second coach. Again, O1 checks left and right and considers his move. He then returns the pass to coach.

O2 breaks to the first coach when O1 breaks to the second coach. Continue in same manner for desired time / repetitions.

Coaching Points:

- Players should jump stop so both feet land at same time. This gives them the option of either foot as the pivot foot.
- Players should patiently check left and right before returning the pass. Many players make a post move too quickly without checking what's available. This helps them learn patience.
- Players should be strong with the ball when they receive it. Learn to 'chin it' rather than holding it low. Double-teaming guards can't easily slap it away when you are strong with the ball.

16) Mikan Drill

Drill Purpose:

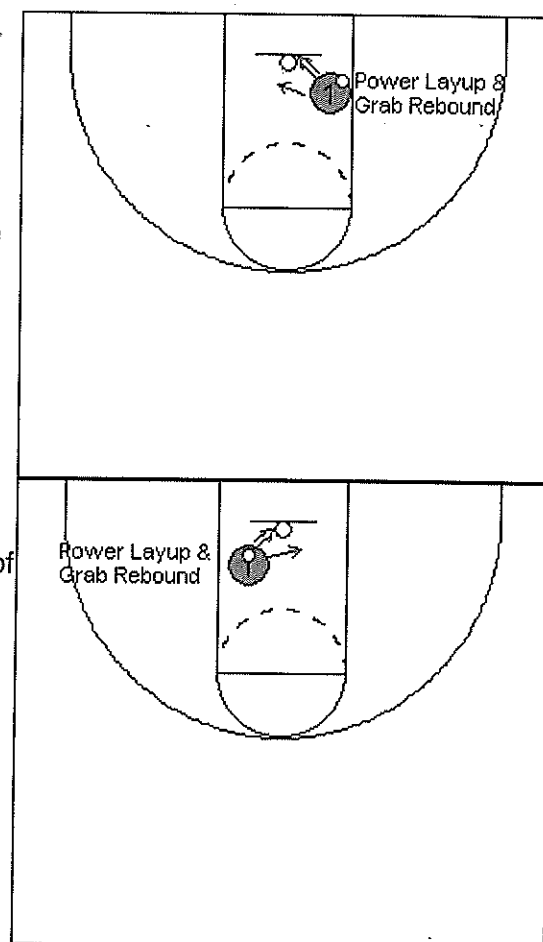
This is a great drill to work on shooting close to the basket. It's a great warm up drill to start every shooting workout with. Rebounding and quick feet also play a role in this drill.

Instructions

Stand to one side of the basket slightly inside of the block facing the baseline. Jump and power the ball up for a lay up. Make sure to use the backboard.

Soon as you land, jump back up and rebound the ball out of the net. Try to rebound the ball as high as possible. When you grab the ball, keep it above your head. Your jump should transition you to the other side of the hoop. If you shoot on the right side, your jump should take you to the left side.

Continue the process side to side working on your left and right hands. Continue this pattern back and forth for a set number of repetitions.



Points of Emphasis

- Explode towards the basket on every jump.
- Get the ball up and off the glass. Aim for the top corner of the square.

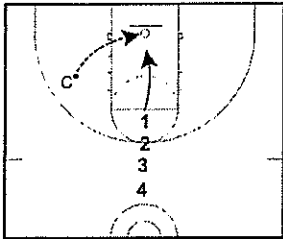
Variations:

- Reverse Mikan - Mikan back and forth with your back to the baseline instead of facing the baseline.
- One Leg - Jump off one leg back and forth. You can do this with Mikan and Reverse Mikan.

REBOUNDING

1) Crash the Glass Offensive Rebounding Drill

Purpose: To develop the mindset and ability of 'crashing the glass' to go after offensive rebounds.



Drill: A coach stands anywhere on the court with a basketball. The players line up at the free throw line.

When the coach shoots the basketball, the first player in line goes after the rebound. The player must rebound the basketball in the air with both feet off the ground. To add a gamelike dimension, have the player finish by making a basket once he has secured the rebound. Rotate.

- **VARIATION**--Have 2 players start side-by-side on the free throw line. When the shot is taken, both players go after the rebound attempting to get it in the air. To add further to this variation, have the player that secures the rebound attempt to finish and score 1-on-1 against the player that did not get the rebound.

2) 5-on-2 Competitive Rebounding Drill

Purpose: To develop determination in defensive rebounding. The defensive rebounders, being at a great disadvantage, must work hard to get the rebound.

Drill: 2 defensive players begin by positioning themselves in the lane. 5 offensive players begin outside the lane in normal team offensive positions. Also, if you have a basketball rebounder, this is an excellent drill to utilize it.

The drill starts with the shooter (a manager or coach) taking the first shot from anywhere in the half court. The players attack the glass and go after the rebound. After each rebound, the ball is passed back out to the shooter for the next shot. The drill continues until the defensive players have secured 5 total rebounds.

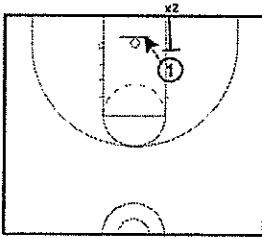
Once they have gained 5 rebounds, two new players are placed in the defensive positions.

Coaching Points:

- Stress continuous action by all players.
- Defensive players must work for rebounding position as well as show determination and desire to gain possession of the rebounds.

3) Power Up Rebounding Drill

Purpose: To work on rebounding in traffic and taking the basketball up strong against pressure. The offensive player will have to use fundamental moves to score and the defensive player works on giving intense inside pressure.



Drill: Two players and one basketball per basket. O1 has the ball and stands near the low block on either side of the rim. X2 stands out of bounds on the same side as the offensive player (in this diagram, both players are on the right side).

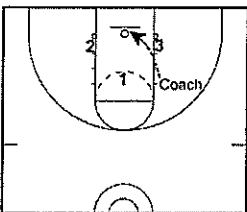
- O1 starts by tossing the basketball high off the backboard.
- As soon as the ball hits the backboard, X2 steps onto the court.
- O1 secures the rebound.
- O1 attempts to score over X2 and can use ball fakes and/or post moves. O1 is only allowed a maximum of one dribble.
- Continue until O1 scores or X2 stops him.
- Rotate positions and repeat drill.
- Continue drill until a player scores three baskets.

Variations:

- Make drill "competitive" by having the losing player perform an exercise such as 10 pushups, 10 rim touches, squat jumps, etc.
- Make drill more difficult and challenging by having 2 defensive players step in from out of bounds.

4) Triangle Rebounding Toughness Drill

Purpose: To work on rebounding, aggressiveness, and toughness in a competitive drill.

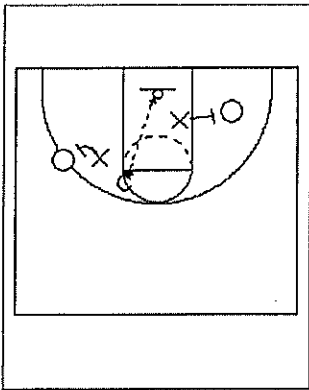


Drill: Three players at a basket with a coach or manager and one basketball. The players set up as shown; one on each block and one in the middle of the lane.

The coach 'shoots' the basketball off the rim and the three players go after the rebound. The player who rebounds the basketball attempts to score against the other two players. The ball is live until someone scores. Repeat until predetermined score is reached.

5) 2 and 3 Player Shell Blockout Drills

Purpose: These two simple rebounding drills break down the skill of defensive rebounding. The defenders must work on the ballside blockout and the helpside blockout, depending upon their position to the shooter.



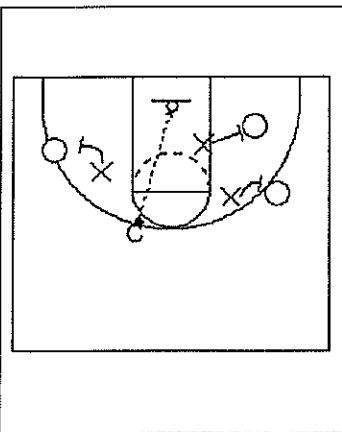
Drill: 2 offensive players and 2 defensive players, as shown. Also, have a manager or coach as the shooter. I generally don't like to use other players in rebounding drills because the attempt is to miss the shot — I don't want players practicing to miss!

The shooter will shoot from various spots on the floor. Prior to the shot, the defenders must be in proper defensive position according to where the ball is located (helpside, on the line, etc).

When the shot is taken, both defenders blockout and go after the rebound. The offensive players are also attempting to secure an offensive rebound.

Coaching Points:

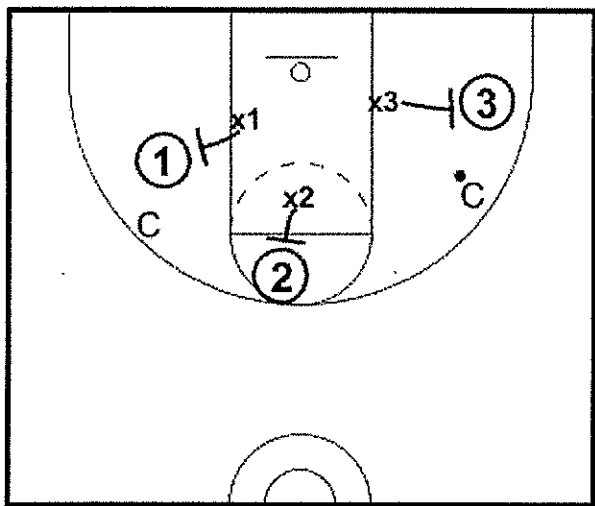
Have the defensive duo or an individual stay on as defenders until they secure a specified number of rebounds (total or consecutive). Include a consequence (push-ups, rim touches, etc) if the goal is not reached.



This is the exact same drill as the 2-Man Shell Blockout above except it is now 3-on-3. The purpose, drill, and coaching points are the same.

6) 3-on-3 Competitive Rebounding and Outlet Pass Drill

Purpose: To practice offensive and defensive rebounding in a competitive situation and to practice making the outlet pass on a defensive rebound.



Drill: Three defensive players position themselves inside three offensive players. Two coaches or managers are also on the court.

The coach shoots the basketball and the defensive players attempt to block out while the offensive players go after the rebound. If the defense gets the rebound, they pivot and make an outlet pass to either coach.

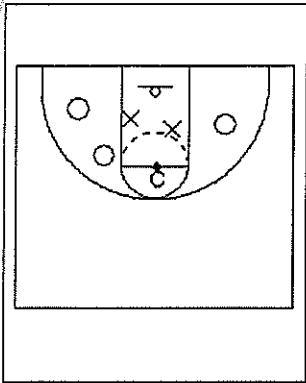
To make this drill competitive, scoring is kept in the following manner:

- On a defensive rebound, they get awarded one point and stay on defense.
- On an offensive rebound, they get two points and go on defense.
- If a foul is committed (called by the coach), the team that is fouled gains points just as if they had secured the rebound.
- If the outlet pass is stolen, thrown away, or deflected, the offense gains two points and goes on defense.
- The first team to reach 10 points wins. Losers have consequence such as push-ups, squat jumps, down-and-back sprint, etc.

The coaches on the perimeter can also pass the ball to each other before shooting. Doing so will better simulate a game situation by changing the rebounding angles for the players.

8) Mismatch Rebounding Drill

Purpose: To work on defensive rebounding in a competitive setting made even more challenging because the defenders are at a disadvantage.



Drill: This rebounding drill is a mismatch drill where the two defenders attempt to out rebound the three offensive players.

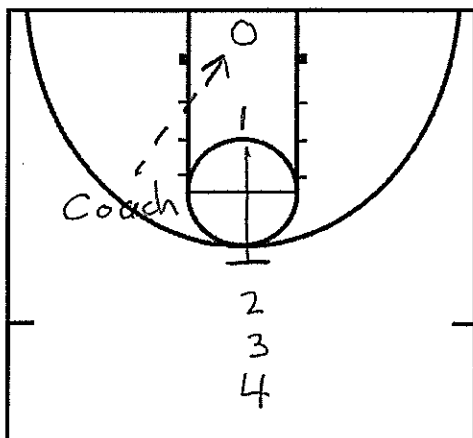
A coach or manager will shoot the basketball while the defensive players try to gain the rebound and outlet the ball to the coach. The offensive players also try to secure the rebound. If the offense gets the rebound, they attempt to finish with a score. If they do not get the rebound, they attempt to steal the outlet pass.

The defensive rebounders must get two successful rebounds and outlet passes before they can get off the court (or switch to offense).

Variation: To make it even more challenging, add a fourth offensive player. Rules stay the same.

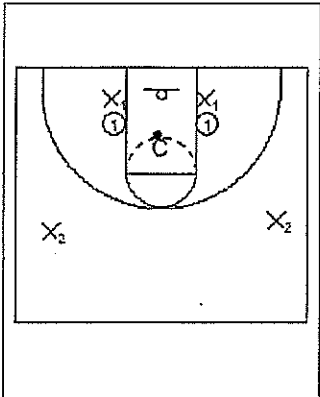
9) One on One Rebounding

Drill: Players form a line at FT line. 1st player in line is on defense, and on your shot, must box out the next player in line. The goal is for the defensive player to get 3 consecutive rebounds each time with a fresh offensive player. And for the rebound to count—the defender must pull down rebound, “chin it”, and fire the outlet pass to the coach without travelling. If the ball is knocked out of bounds or if the offensive player secures the rebound, the count is reset.



10) Inside 2-on-2 Rebounding Drill

Purpose: To develop rebounding skills in a competitive environment. Offensive players will also work on finishing after getting a rebound and defensive players work on outlet passing after rebounding.

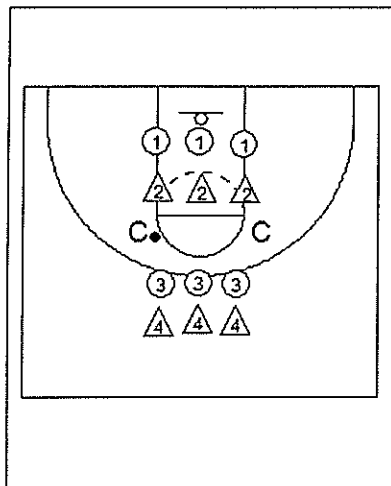


Drill: Two offensive players line up inside the lane with two defensive players ready to block them out. A coach or manager tosses the basketball off the glass or rim and the players go after the ball. The defenders (X1) are attempting to box out properly and the offensive players (O1) are attempting to get the offensive rebound.

If a defender secures the rebound, he will try to outlet the ball to the X2 on his side. The offensive players can attempt to steal or deflect the outlet pass.

If an offensive player secures the rebound, he should attempt to score. The defense can apply pressure to negate the shot/score.

The defensive rebounders must get two rebounds in a row before they rotate to either offense or outlet receivers. (You can change that number if you desire it to be more challenging).



Purpose: To help your basketball team become more adept at both offensive and defensive rebounding. This is a very tough and competitive drill that will wonderfully improve your overall team rebounding.

Drill: Divide the squad into four teams of three players. (If you have more than twelve players, just add them equally to the four teams so they can rotate after each shot attempt.)

Coaches or managers can be perimeter shooters, passing the ball back and forth several times before shooting to ensure correct weakside and ballside defensive positioning. The three offensive players should be active and in constant motion.

Team 1 should wear one color jersey and Team 2 should wear a different color. Team 3 will wear the same as Team 1, and Team 4 will wear the same as Team 2. Rotation will always be the same, therefore there will be no jersey conflict.

Team 1 (defensive rebounders) is 'under' first. They stay in that position for as long as they can maintain control of the rebound.

Team 1 is credited with one point for each rebound they clear inbounds. The points are kept by a coach or manager. The emphasis is on control of the ball in game situations. Team 1 stays until they do not control the rebound.

There are two ways Team 2 (the offensive team) can score; if it gets an offensive rebound = 1 point; if it scores off the offensive rebound or gets fouled on a controlled shot = 2 points (one point for the rebound, one point for the score). Try to discourage the offensive team from just slapping the ball out of bounds, but that can be used as a last resort to show how the defenders failed to box out properly. When Team 1 does not control the rebound, it moves to the back of the line and Team 2 becomes the defensive rebounding team; with Team 3 moving to the offense.

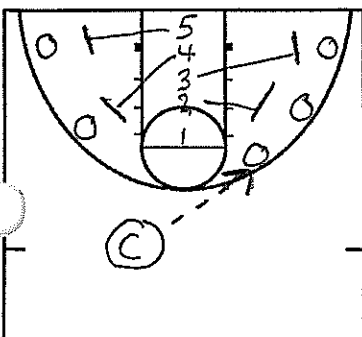
Go through three complete rounds; this usually requires about 10 minutes of practice time. We usually give the winning team a break while the other three teams have a 'consequence' (I never make the consequences too much; just something that makes the drill competitive).

Points of Emphasis:

- Box your man outside the lane.
- Do not allow the offensive team to push the defensive team. This will result in a foul and the defense is credited with one point just as if it had cleared the rebound.
- Pass fake before shooting. This helps eliminate standing around.
- Encourage hustle and dives for loose balls, etc., and give credit for retrievals.
- Remember, the defensive team should always have position advantage. The offensive team should try to take that advantage from the defensive team with constant movement.

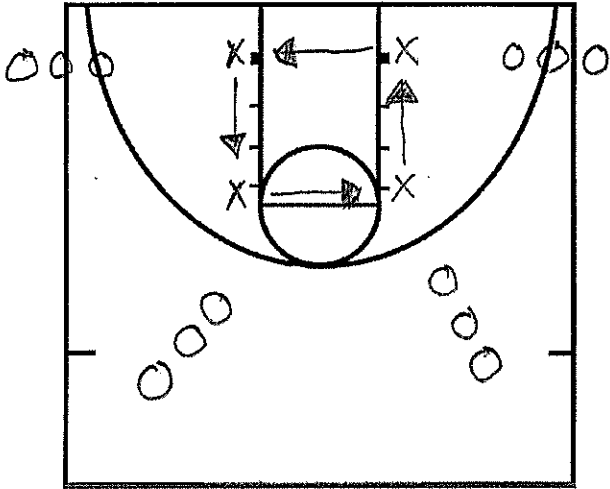
11) Line Rebounding

Drill: Defensive players line up in the center of the lane—number them 1-5. Offensive team lines up around the arc. Coach stands at the top of the key with ball and passes to one of the offensive players while calling a defensive player's number. Whichever player's number has been called—he sprints to close out on the shooter who must shoot immediately, while the other defenders scramble to box out and get the rebound.



12) 4 on 4 Shuffle Rebounding

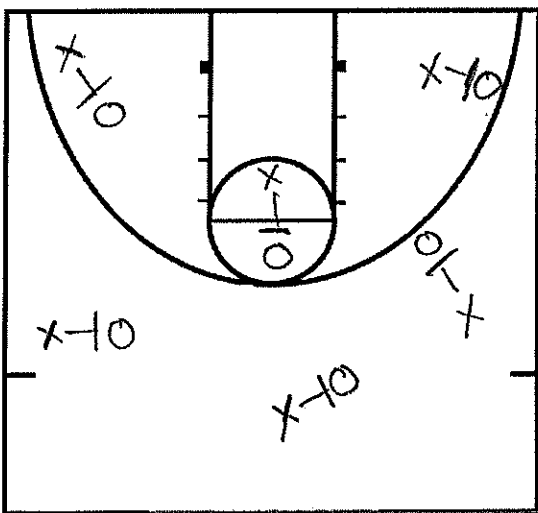
Drill: Focus is locating your man and blocking out. Have your players form 4 lines, one at each block and one at each elbow. The 1st player in each line will be on defense and the second player in each line will be on offense. On coaches command, the defensive players begin to shuffle around the box. When coach shoots, each defensive player will locate the nearest offensive player, box out, and secure the rebound. If defense secures the rebound, the offense becomes the defense and the defense goes to the back of the line. If not, the defense stays in and a new offense team rotates in.



13) Box Around the Ball Drill

Drill: Focus strictly on blocking out technique. Have players partner up with other players who are of similar size and athleticism, and give each pair a basketball. The defensive player will put the ball on the ground, and then take 2 giant steps away from the ball, with his back to the ball and his partner in front of him, facing him.

On coaches whistle, the defensive player will pivot around and attempt to keep his partner from getting around him and touching the ball. Coach counts out 3 seconds and then blows whistle again. If defensive player is successful, they switch places. Otherwise, defensive player repeats the drill.



14) Full-Court Rebounding Drill

This drill is continuous and stresses conditioning, as well as reinforces proper rebounding technique for both offense and defensive rebounders.

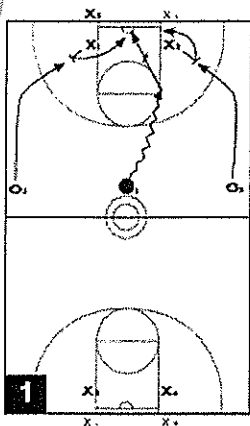


DIAGRAM 1: This drill begins with O1 dribbling to either elbow to and shooting a jumper. After taking the shot, the shooter does not rebound, but instead leaves the court. O2 and O3 run the lanes wide and angle toward the basket to grab the offensive rebound. X1 and X2 meet them just outside the lane and box out. The four players fight for the rebound.

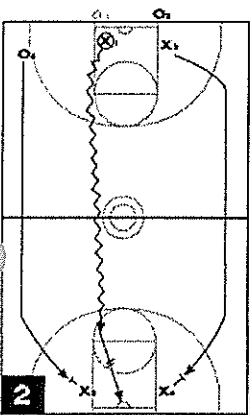


DIAGRAM 2: Whoever of the four players — offense or defense — successfully secures the rebound (X1 in this Diagram), he or she dribbles downcourt and becomes the shooter on the opposite end of the floor.

The player whose opponent grabbed the rebound, stays on the court and runs hard, filling the lane wide going the other way downcourt (O3 in this Diagram). The teammate of either the offensive or defensive player who successfully secured the rebound, gets to leave the court (O2 in this Diagram). The player on the team who “lost” the rebound, fills the lane wide on the opposite side of the floor (X2 in this Diagram) and sprints hard downcourt.

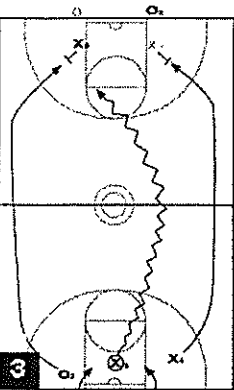


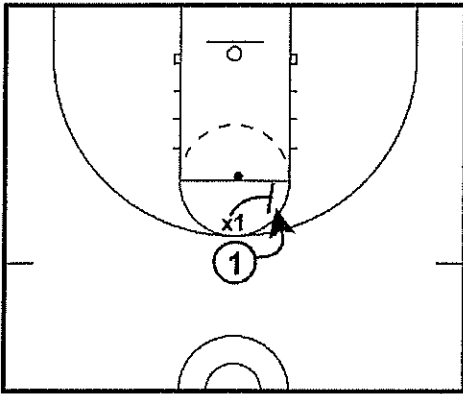
DIAGRAM 3: In this Diagram, after X1's jumper, X3 has grabbed the rebound and power dribbles downcourt going the other way. X2 gets to leave the drill because the defensive rebounder (X4) to his or her side did not get the board. O3 has to stay in the drill and run back downcourt in transition because the person to his or her side was the one who grabbed the rebound (X3).



TOUGHNESS DRILLS

1) Protect the Basketball Toughness Drill

The Protect the Basketball Toughness Drill simulates blocking out, however, the objective is to keep your opponent away from the basketball. This is a toughness drill for both players as one attempts to protect the basketball, while the other player attempts to get the basketball.

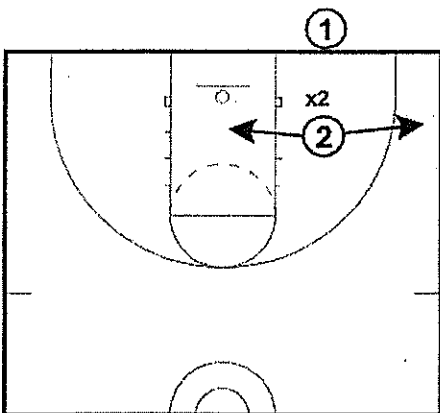


Drill: A basketball is placed in the middle of the free throw circle. To accommodate more players performing this drill at once, use all available free throw circles in your gym.

O1 starts at the top of the key and X1 starts just inside the key. Both players are facing each other.

2) Deny the Inbounds Toughness Drill

Purpose: To work on the ability to fully deny an inbounds pass. The main purpose with this drill, however, is as a toughness drill.

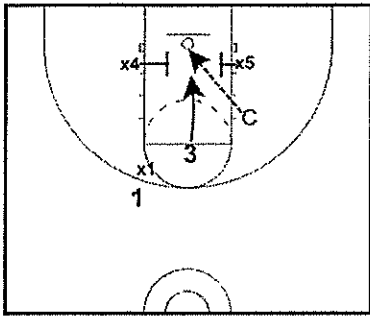


Drill: The players set up as shown, with an inbounds passer, a offensive player, and a defender. The defender, X2, faces O2 and attempts to deny the pass attempt being made by O1. If O2 receives the pass, he will then try to score the basketball. X2 will attempt to stop him from scoring.

Normal inbound rules apply — O1 only has 5 seconds to pass the ball. The shaded area of the diagram is used to demonstrate that the offensive receiver (O2) is restricted from receiving the pass outside of this area.

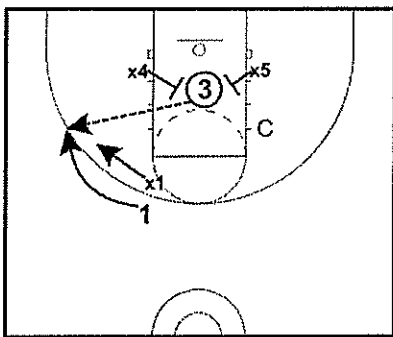
3) Double the Rebounder Toughness Drill

Purpose: To develop toughness and to prepare players against double-teaming and pressure situations.



Drill: Two defenders (X4, x5) start just outside the lane. A third defender (x1), starts at the top. O3 starts at about the free throw line while O1 starts at the top of the key. A coach has the basketball.

When the coach shoots the basketball, O3 goes in after the rebound. X4 and x5 allow O3 to secure the rebound and then immediately harass and doubleteam him.



As O3 secures the rebound, O1 cuts to get open so he can receive an outlet pass from O3.

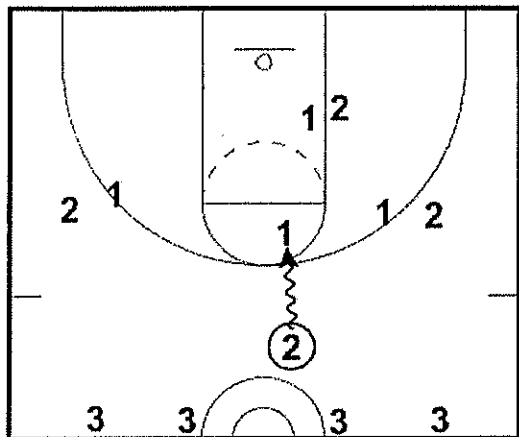
Coaching Points: O3 can certainly make use of the dribble to clear space, but his objective is the outlet pass to O1. O3 will not start dribbling downcourt. O1 must work to get open. Also, this is a toughness drill for the offensive players. Therefore, the defenders should work very hard to give intense pressure.

Variations:

- When O1 receives the outlet pass, have him dribble down in a 1-on-1 fullcourt situation against his defender and attempt to score.
- Have both offensive players break downcourt to score against the 3 defenders.
- NOTE: Those options can be incorporated but make sure that when you use this drill, you are focusing first on the main purpose — to improve the ability to handle intense pressure. Only build in these variations when the players have developed the initial skill of handling and beating the pressure/doubleteam.

4) Three Stops 4-on-4

Purpose: To work on overall team defense and develop the teamwork and communication skills necessary to play great team defense. The competitive situation also helps to develop defensive toughness.



Drill: The Three Stops 4-on-4 Team Defense Drill is competitive in that requires the defense to have three consecutive successful stops.

Divide your squad into teams of 4. Extra players can be placed on teams and they will simply need to rotate in and out.

As shown in the diagram, Team 1 is on defense against Team 2. Team 3 waits at halfcourt. Team 1 will stay on defense until they get three stops in a row.

A “stop” is defined by the coach. This can be simple or it can be challenging. As the coach, you can also change what is successful whenever you do this drill — possibly to prepare for an upcoming opponent. The following are some examples of how you might define a successful stop (of course, there are many more types of stops you can come up with):

- The offense doesn't score.
- The offense doesn't score or attempt a layup.
- The offense doesn't score or get an offensive rebound.
- The offense doesn't score or get an offensive rebound or get an 'uncontested' shot.
- The offense doesn't score or get an offensive rebound or get a shot attempt in the lane.

The next offensive team waiting (Team C) has their own basketball and is ready to come on the court as soon as the defensive team wins or loses the possession. The next team does not have to wait until the defense is ready — they must only wait until the previous offensive team has cleared the court. By not waiting for the defense to fully reset, this forces the defenders to quickly recover from the previous possession and match up with the new players.

The coach will keep track of the stops. A loss puts the defensive team back to zero.

5) Continuous 10-Second Basketball Game

Purpose: To practice and develop decision-making abilities in a full speed game situation. Offensive players will also work on scoring when a basket is needed. Defensive players will work on stopping the offense from scoring when that is needed. Also a great drill to improve conditioning.

Drill: Divide your squad into 2 teams, with 5 players from each team on the court (5 offense vs. 5 defense). The teams will play a normal full court game of 5 on 5 with one exception ... each time they gain possession of the basketball, they have 10 seconds to score.

To keep track of each 10-second 'shot clock', use your shot clock, game clock, or have a coach/manager call out the time. It is 'continuous' because the entire drill time should be between 3 to 5 minutes long.

There are 2 main objectives with this drill. 1) The team objective is to score more points than the other team and 2) the individual objective is to stay in the drill for the entire 3 to 5 minutes. Coaches tip: If a player is not sprinting from end to end, substitute him out of the drill. Players that are subbed out should understand that they are not in good physical condition.

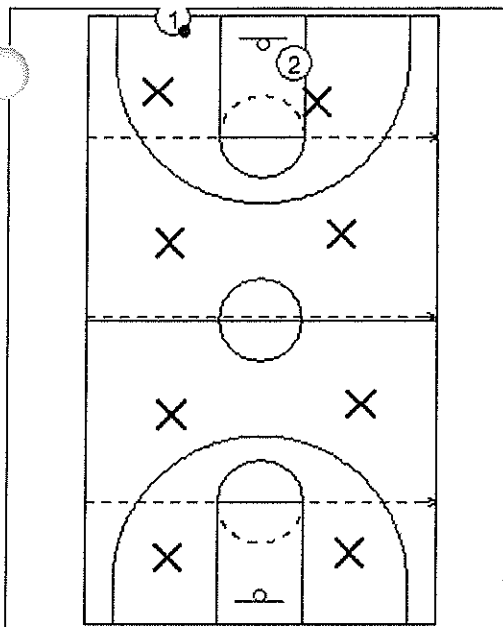
Coaching Points:

- Perform this drill at or near the end of practice. If players are tired, it will be even more challenging.
- Players should transition quickly — that is, sprinting between the 3-point lines.
- Players with stamina and determination will be more effective.
- Players should make good decisions and judgements, even though they will be tired.
- Remember, this a game-like situation — make the players aware they have to be that much more focused.

Variations:

- Require at least one pass to be made after the offense has crossed halfcourt. Incorporate this if you notice most every shot is being taken off the dribble (or, instruct your defense to 'stop the ball!').
- Perform drill with no dribbling allowed. This is obviously much more challenging. Just perform drill in same manner but any time the ball is dribbled or a shot is not taken in the time allowed, have the player set the ball down so the defense can grab it and convert to offense.

6) The Gauntlet



Purpose: Offensively, to work on ball handling, passing, and scoring in highly intense, pressure situation. Defensively, to work at on-ball defense, trapping, and double teaming.

Drill: The basketball court is divided into 4 separate zones, as shown in the diagram. Place two defenders in each of the four zones. They must defend their zone, but cannot leave it.

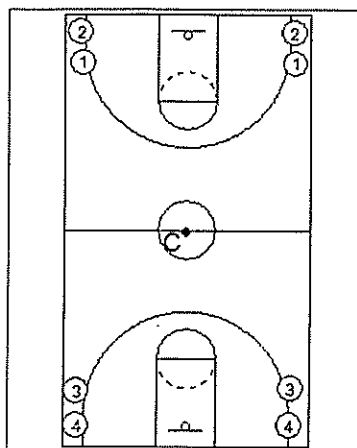
Two offensive players must attempt to bring the ball up the court through 'The Gauntlet' and score. On any miss and defensive rebound, steal, turnover, or out of bounds, the offensive pair SPRINTS back to the beginning and tries again. If they make the basket, all eight on defense run. (could be a sprint down and back or a full 4-line sprint).

Each pair should be given only 3 opportunities to score. Once they score (or not), switch positions so a new pair moves to offense.

Offensive Tips: There should not be a lot of dribbling; pass, cut, give and go. Continually change sides as the ball moves up the court. Focus on finishing – you cannot spend all that effort penetrating and not make the basket.

Defensive Tips: Keep pressure on ball handler and direct to the side. Anticipate and deny the next pass. Communicate with each other. In the scoring zone, box out and rebound.

7) 2-on-2 Hustle Drill



Purpose: Work on and develop hustle, speed, aggressiveness and competitiveness.

Drill: Two players in each corner. The first player on each side are one team (2 per team). A coach has a basketball in the middle of the court.

The coach starts the drill with a call of 'GO' and throws the ball on the ground. All 4 players sprint and hustle for the ball. The twosome that retrieves the ball are on offense and the two that do not get the basketball are on defense. They play 2 on 2 until one team scores.

The team that scores goes to the corner on the side where they score ... the 'losing' team sprints to the other end of the court to get in line. The next four players then begin the drill again.

Variations: Play 3 on 3, 1 on 1, 4 on 4, instead of 2 on 2.

8) "Offense Wins" Drill : This is a great 5-on-5 half-court drill for teaching your players how to move without the ball and pass while under defensive pressure without wasting their dribble. Our team started using this drill during the middle of the season last year and it led to a tremendous improvement in our players' ability to take better care of the basketball — especially during end-of-game situations.

DRILL RULES:

1. The offensive group is the only team that can score. The first team to 7 points wins.
2. The offense is not allowed to dribble.
3. You get to play offense only by getting a steal or rebounding a missed shot.
4. A turnover, as well as a dribble by any offensive player, results in a change of possession.

TWO WAYS TO SCORE:

Make a basket.

Make 7 consecutive passes without having the ball be touched by a defender.

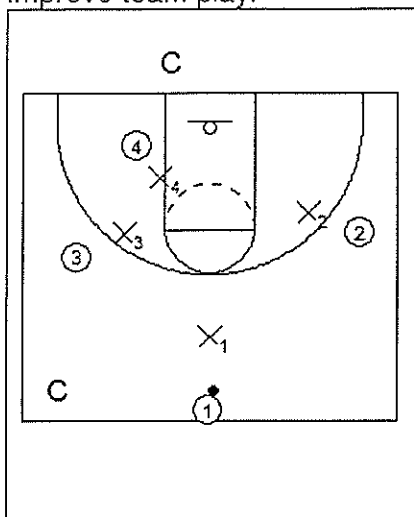
If the defense deflects the ball out of bounds, the count to 7 passes starts over. This encourages players to get into passing lanes as much as possible.

When you first start using this drill, allow the team to use the entire space anywhere within the half-court region. As the players become accustomed to the drill, shrink the allotted movement space from the half-court line to the space between the top of the key and the half-court line (often the volleyball line on many gym floors). This "shrunk court" places a greater challenge on the offensive players to cut-and-move without the ball.

DEFENSE DRILLS

1) Shell Situations Drill

Purpose: To work on various situations that occur in a basketball game and how to properly defend them. To improve and develop communication skills. Also works on offensive movements and fundamentals that will improve team play.



Drill: The 'Shell Situations Drill' is a more advanced version of the basic shell drill; this drill is intended to help defend against all the various offensive movements.

If numbers allow, divide into three groups of four players. Two of the teams set up 4 vs. 4 in the half court, one offensive player with the basketball in the center circle. The third team aligns out of bounds, ready to come in quickly.

One coach should set up on the perimeter to call the situation to work on. A second coach sets up under the basket — both coaches correct mistakes and provide encouragement.

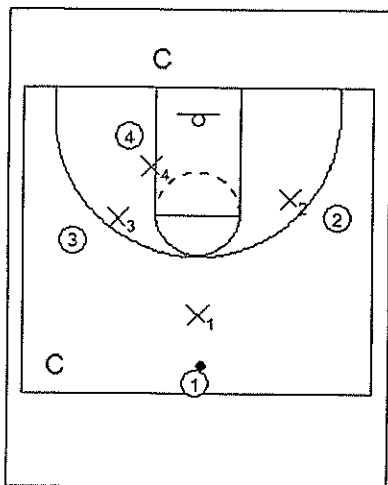
The player at the top waits for the coach's call and then passes to a teammate to begin the 4 on 4 scrimmage. Whenever a team scores or recovers a defensive rebound, it immediately passes or dribbles the ball to the center circle. If the offense scores a basket, they get the ball to the center circle to play against the next foursome. If the defense gets a steal, rebound, or turnover, they immediately get the ball to the center circle. The 'losing' team leaves the floor and the waiting team hustles on quickly.

They pick up a player as quickly as they can and the offensive team goes right to work on them. By this time, the perimeter coach has called a new offensive situation; to which the defense must instantly adjust.

A lot of communication is constantly going on. The coach keeps calling out the offensive movements and guiding the defense to where they are supposed to cover.

The coach on the perimeter is equipped with 15 calls which can change from game to game, depending on what is expected from the upcoming opponent.

Following are the 15 basic calls the coach can choose from:



The 15 Basic Offensive Calls:

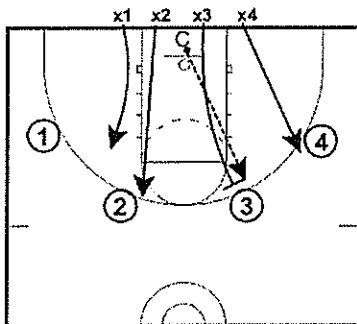
1. Pass and Cut: The offensive player passes the ball to a teammate and tries to cut in front of the defender. The defender must jump at the ball and try to make the offensive player go behind him on his cut to the basket.
2. Drive and Kick: The offensive player tries to penetrate with the basketball and then pass (kick) the ball back out to the perimeter. The defense must be able to help on the drive and recover to the perimeter.
3. Pass and Screen Away: The offensive player passes the basketball and then screens away from the direction he passed to.
4. No Dribble: The offensive players cannot dribble unless going in for a layup.
5. Four Passes: The offensive players must make four passes before they take a shot, unless they have a layup.
6. Two Dribbles: The offensive player can take only two dribbles (or none, if they choose).
7. All Back Screens: The offense can set only backscreens. The defense must fight through or switch, depending upon team philosophy.
8. Nothing But a Layup: The offense must work the ball, but cannot shoot anything but layups.
9. Only Post Moves: The offense can score only via a post move.
10. Only a Three-Point Shot: The offense can score only via a three-point shot.
11. Screen on the Ball: The offense must set screens on the ball; the defenders must react by jumping out highside, fighting through, or going behind.
12. No Screening: Everyone on offense has to get open by cutting. No screening is allowed. The defenders must deny the passes.
13. Staggered Doubles: The offense sets staggered double-screens and the defense has to adjust by fighting through them or switching.
14. Pick and Roll: The offense has to set up its' scores by utilizing the pick and roll.
15. Flare Screens Only: The offense must set up a screen and then flare back for the open jump shot. This gives the opportunity to shoot a lot of three-pointers and to play a lot of defense against such screens.

This team defensive drill can be very exhausting and should not be run for more than 10 minutes. The three groups should hustle on and off the floor as fast as they can. Whenever a team stays on offense for a number of times in a row, it provides a lot of incentive for the other teams to "stop them" on defense.

This drill is also very beneficial for the offensive teams because they will be working on backdoor cuts, ballscreens, cutting, playing without dribbling, etc... Great development on offensive teamwork.

2) 4-on-4 Closeout Basketball Drill

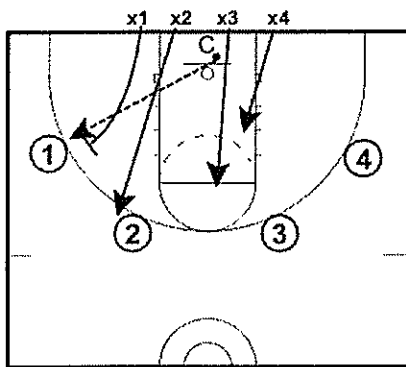
Purpose: To practice closeouts on the ball and closing out defensively when off the ball.



Drill: 4 offensive players start on the perimeter. 4 defensive players start on the baseline. A coach with a ball also stands on the baseline.

To begin the drill, the coach will pass the basketball to any one of the 4 offensive players. As the ball is in the air, the 4 defenders close out as quickly as possible to their proper defensive position. 'Proper' meaning if they are guarding the basketball or if they are in strongside denial or weakside help position.

Once they have demonstrated proper closeout, positioning, and defensive stance, rotate positions. (Defense becomes offense, offense to baseline).

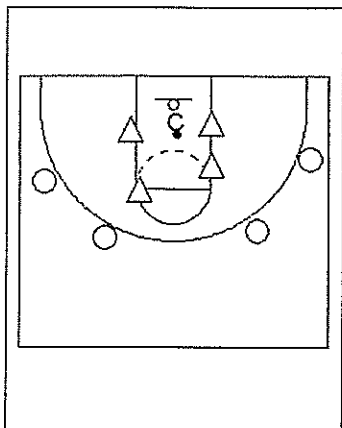


This diagram shows the correct close out and positioning when the pass is made to a wing/corner offensive player.

Drill Variations:

- Allow offensive player to take 1 or 2 dribbles, forcing defensive players to adjust accordingly and correctly.
- Go 'live' 4 on 4. Play until the offense scores or defense secures the ball.

3) 4-on-4 Closeout & Rebounding Drill



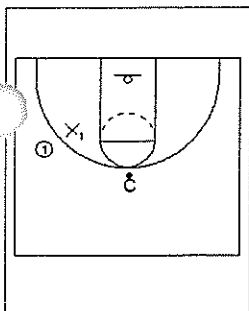
Purpose: To teach team closeouts and rebounding. A good closeout is the key to blocking out any offensive player.

Drill: 4 offensive players line up outside the 3-point line and face the basket. They should be at least five feet apart and line up from one side of the line to the other, as shown.

The coach with a basketball begins under the basket and will pass the ball to one of the 4 offensive players. The defense will react by sprinting out to the offensive player they are guarding. The proper method of closing out should be utilized. The offensive player who receives the ball only has the option to shoot. When the shot goes up, all defensive players must block out the offensive players.

Coaching Points: You can make this drill competitive by playing to certain number of rebounds — if you get the defensive rebound, you stay on defense; if you get an offensive rebound, you switch. First team to 10, for example.

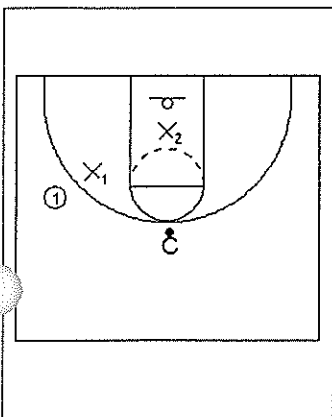
4) 1 on 1 Basketball Defense Series



Purpose: To teach an individual defender the proper movements, footwork, and defensive techniques as he defends his opponent on the basketball court.

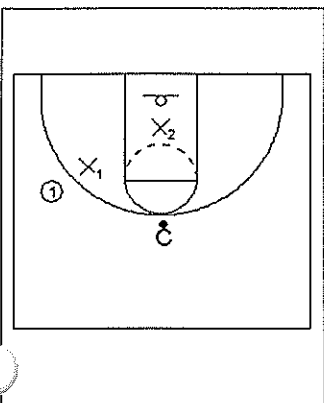
Series Setup: This series of drills requires an offensive player and a defensive player on the wing, as shown. A passer or coach is also required (C). "C" has a basketball and is at the top of the key.

Drill 1: Driving Line: Offense on wing ready to receive the pass. The defender will not contest the pass from the top. Once the offensive player receives the pass, the defender will contest the driving line. In other words, stop the offensive player from driving easily to the basket...do not get beat on the dribble. No shot is needed during this drill.

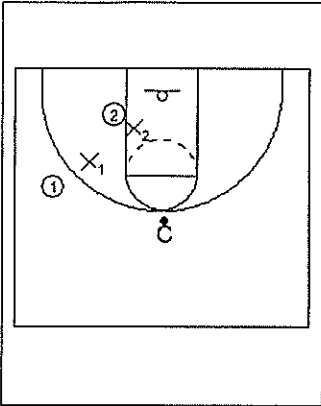


Drill 2: Contesting: Now, the defender will contest the pass to the offensive player. The objective is to not let the offensive player receive the pass. X2 is on the floor to communicate that the post is unoccupied.

As a variation, the passer may add a couple of dribbles toward the basket so the defender will have to show help to stop the penetration, but be able to recover and not allow the pass. **Note: X2 is communicating whether or not there is an offensive player in the post. This is done because in a 5-on-5 setting, the wing defender will want to know what is going on behind him. If there is an offensive player in the post, he will not have to worry about getting beat backdoor. If the post is open (no offensive player), he could be beat to the backdoor.**



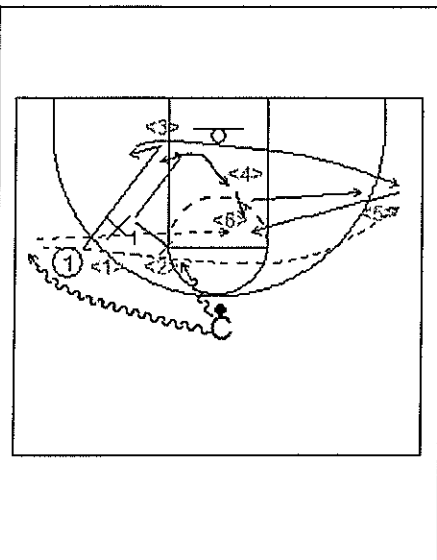
Drill 3: Contesting and Driving Line: This drill is a combination of 1 and 2. Contest the pass, and if the offensive player catches the basketball, contest the driving line.



Drill 4: Occupied Low Post: With the low post occupied by an offensive player, the defensive post player shall communicate that the post is closed, i.e. "You got help!"

This is now a 'free contest' ... there is no way you can be backdoored. This will allow for a more intense denial and will force the offensive player out further away from the basket.

The offensive player on the wing can also go down and utilize a screen from his teammate.



Drill 5: Six-Point Contesting: This drill simulates all the movements made by a defender in a game situation.

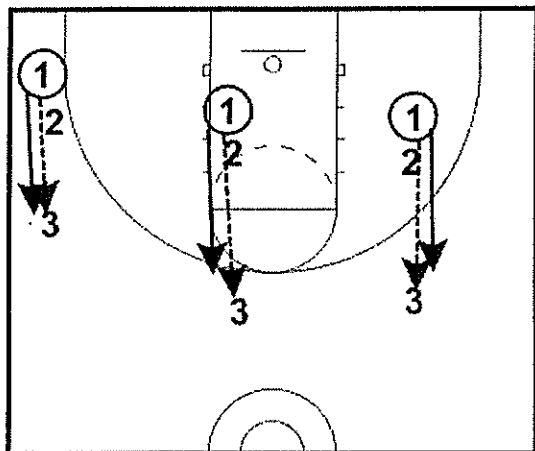
Each of the following six points are marked by the corresponding number on the diagram.

- Point 1 = Denial (deny the initial pass)
- Point 2 = Fake trap / show help (help on dribble by 'C')
- Point 3 = Post Defense (deny on the high side)
- Point 4 = Helpside (offense is away, stay on helpside)
- Point 5 = Closeout (closeout after skip pass)
- Point 6 = Deny Flash (deny high post flash)

Note: The offensive player will make the movements throughout the drill; wing to post to weakside to high post. The coach/passer with the basketball at the top will dribble to the wing and use dribbles whenever he wants to demonstrate when fake traps or helpside defense is necessary.

5) Closeout Keepaway Drill

Purpose: To learn and develop how to properly closeout on a player who has picked up the dribble.



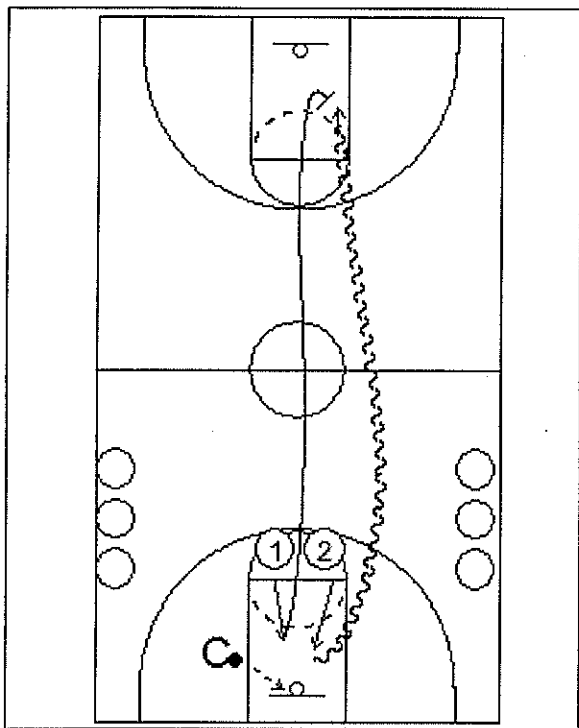
Drill: Divide players into groups of 3. Groups should find their own space on the court. Passer and receiver should stand approximately 10-15 apart. The drill starts with the basketball in O1's hands, O2 defending O1, and O3 ready to receive the pass.

- O1 passes to O3, follows the pass and closes out properly on him.
- O3, upon receiving the pass from O1, takes a couple of stationary dribbles and then picks up the dribble.
- O2, after defending O1's pass, turns and waits for a return pass from O3.
- Once O1 has closed out on O3, O3 will pass to O2 and then sprint and closeout.
- Continue drill for desired time or total number of closeout repetitions per player (8-12 reps)

Coaching Points:

- The focus is on defensive closeouts. Make sure the pass receiver waits until the defender has performed a closeout before making the next pass.
- After closing out, the defender should work hard on pressuring the passer. In this drill, remember, the player with the basketball no longer has use of the dribble.
- Passing is involved and a needed skill so make sure the players are passing effectively and efficiently, i.e. no lob passes.

6) 1 on 1 Gladiator Drill



Purpose: In a transition setting, little elements are overlooked within the big picture. For example, when players go 1 on 1 full court, the focus tends to be on sprinting down the court. As a result, players forget to block out prior to transitioning down the court. This drill stresses all areas of 1 on 1 defense and offense. Players are required to do the little things or they will be penalized accordingly. The elements used in this workout will be numerous and can translate into better defensive all-around players. The 1 on 1 Gladiator Drill will also provide a vital conditioning component to your practice. This is great at the start of practice.

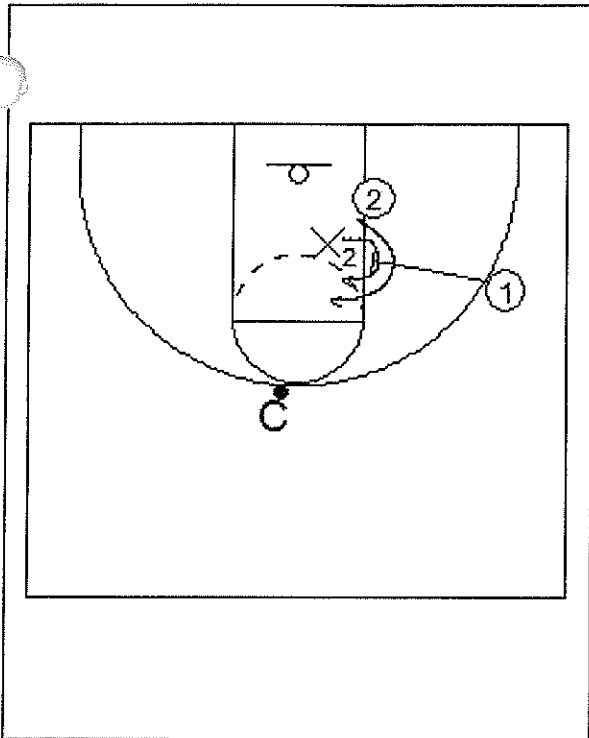
Drill: Have the players pair off according to size and speed and begin with two players on the free throw line. A coach or manager will toss the ball off the backboard while the two players block out and go aggressive to get the rebound.

The player who gains possession becomes the offensive player and the other player becomes the defender. The offensive player attempts to score by transitioning quickly to the other basket. The defensive player attempts to stop the offensive player.

If the defender stops a score (steal, defensive rebound, etc) he is allowed one trip to the other end for his own scoring opportunity — while the original offensive player now becomes a defender.

Note: This is true transition basketball. Get a stop and go! If desired, this drill can continue until someone scores. Following a score, a new group of two comes in. This is a great drill that covers many defensive aspects! The offensive player is also attempting to score in this drill, but the coaching focus should mainly be on defending the 1-on-1 transition.

7) Tag Cutter to Closeout Drill



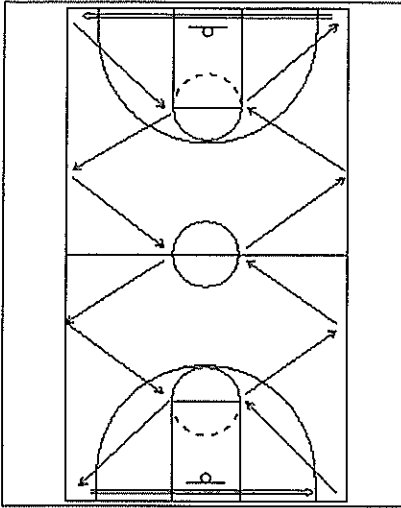
Purpose: To help the defensive player learn how to fight through a downscreen.

Drill: Player 1 starts the drill by setting a downscreen on the low block for player 2. O2 will cut around the screen to the elbow. The defender should 'tag' the cutter and go around the screen with him. Once past the screen, take the inside route to closeout.

Many coaches, in this instance, will teach X2 to go over the screen (between the screen and his teammate, X1 — X1 is not shown but he would be guarding O1). This is also fine, but by 'tagging' the cutter (trailing closely behind), and then closing out, you can fight through the pick more easily. I am not talking about trailing lazily behind your opponent, but basically being his shadow...close enough to 'tag'!

Also, in order for this defensive method to work, X1 would need to step to the high side to eliminate the possibility of a curl cut. This defender will still be in position to defend a pass to the screener, O1.

8) Zigzag Defense Series



Purpose: To improve defensive footwork and foot speed. Players learn to stay low and to play defense against a player with the basketball. They will learn the method in turning an offensive player and how to open up in order to continue to defend aggressively. This is also an excellent conditioning drill for the players.

Drill:

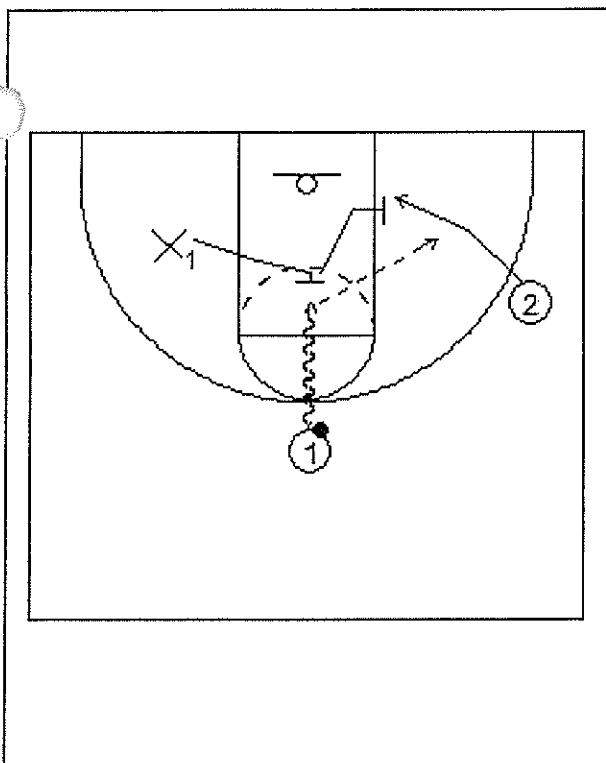
Defensive Movement Series: The player start in a defensive stance, without a basketball, at the corner of the baseline and will shuffle toward the elbow. When they reach the elbow, they plant their foot nearest the foul lane line and open up with the other leg and then shuffle toward the sideline. Make sure to keep head up and eyes forward, staying low in the defensive stance. Do not cross feet or let feet come together and touch. Continue the zigzag action (as shown) to opposite baseline, then sprint across the baseline and repeat the process going back down the court.

Offensive and Defensive Movement: The players will now use a basketball. They do the same as in the first series except that now an offensive player is added who will be dribbling the basketball. The offensive players are not trying to 'beat' the defensive players but are supposed to make them work. Defensive players do not try to steal the basketball but try to beat the offensive player to the sideline and foul lane line each time. Players should switch assignments when they reach the end of the court.

To add an additional teaching series, the coach may want to add a sequence with the offensive and defensive player, but no basketball. This might help aid in the progression for players who are having difficulty with the correct footwork once a dribbler and basketball are thrown into the mix. Add this between the first and second series, if needed.

Note: This drill does not need to be very long in time — 3 minutes maximum for each series is adequate.

10) 2 on 1 Stopper Defense Drill



Purpose: To break down the 2 on 1 situation for the defensive player. Technique, principles, and confidence can also be achieved in this drill. This drill also aids in the understanding of how to convert offensively in a 2 on 1 situation by making sound and fundamental decisions.

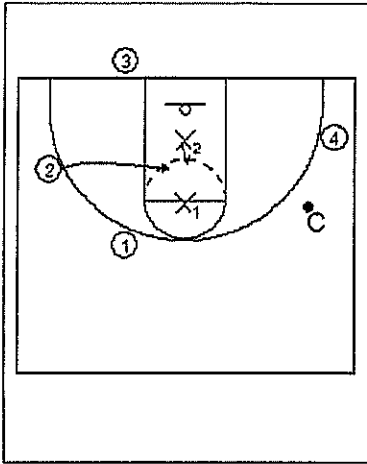
Drill: Set up 3 lines as shown in the diagram. The drill begins with O1 dribbling down the middle of the lane. X1, coming from a help position, attempts to stop the dribble. If stopped, O1 attempts to pass to O2, who is cutting towards the basket. The defender must now convert to stopping O2 from scoring.

Coaching Points:

- The defensive player cannot foul and he must contest the shot and then block out the shooter.
- The 'jab and retreat' concept should be used by the defender.
- Active feet and active hands are necessary – work on it!
- The defender's first objective is to stop the basketball / penetration.
- All players should alternate and switch lines.

11) Weakside Help and Recover Drill

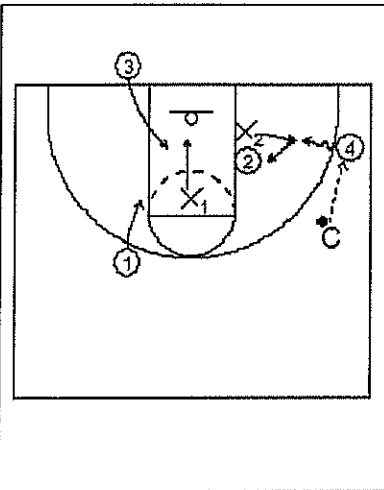
Purpose: To stop ball penetration by teaching defenders to become proficient at helping and recovering.



Drill: This drill has four offensive players and two defenders. The initial alignment is shown here in diagram 1. A coach has the basketball on the wing, three offensive players are on the perimeter, and the fourth offensive player (O3) is standing out of bounds.

The defenders, X1 and X2, are in help position and see both their offensive player and the ball.

The drill begins with O2 flashing into and across the lane. X2 must deny the flash cut so O2 cannot receive a pass in the lane. This is a basic premise for any defense and it doesn't particularly help this drill if O2 is open on the initial cut!

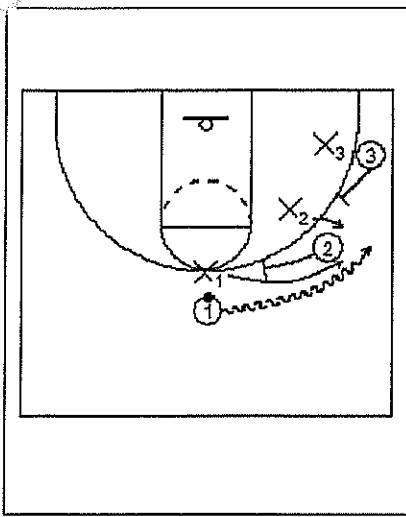


The drill continues following O2's flash cut in this manner:

- Coach passes to O4.
- Once O4 catches the ball, O3 steps onto the court.
- If open, O4 drives to the basket.
- X2 stops O4's dribble penetration and recovers to O2.
- X1 slides down to cut off a potential pass to O3.
- If the ball is passed back to the coach, the coach can throw a lob pass to O3.
- X2 must turn and prevent the lob pass to O3.
- Coach may pass back to O4, and the drill continues until O4 or O3 gets a shot.

12) Defending the Pick & Roll

Purpose: To teach the defenders how to fight through and help on a pick and roll. It also gives the offensive players opportunity to work on setting the pick and roll.

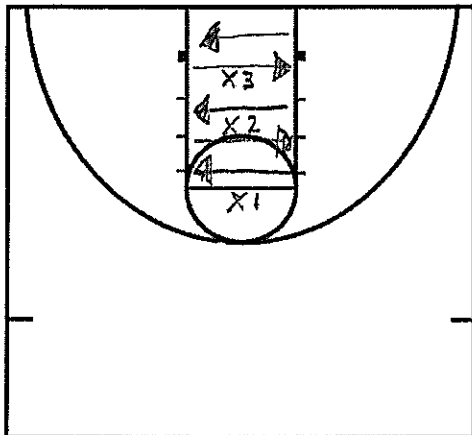


Drill: This drill has 3 offensive players and 3 defensive players set up as shown. O1 starts with the ball at the top.

- O2 begins the drill by setting a screen for O1. O1 attempts to run X1 into the screen.
- X2 must step up and 'show himself' to O1. This will force O1 to dribble wider, thereby creating a lane for X1 to step over the screen and stay with O1.
- X2 then recovers to O2.
- The drill continues as O3 then sets a screen for O1. Then O1 comes from the corner back the other direction.
- Rotate positions and continue.

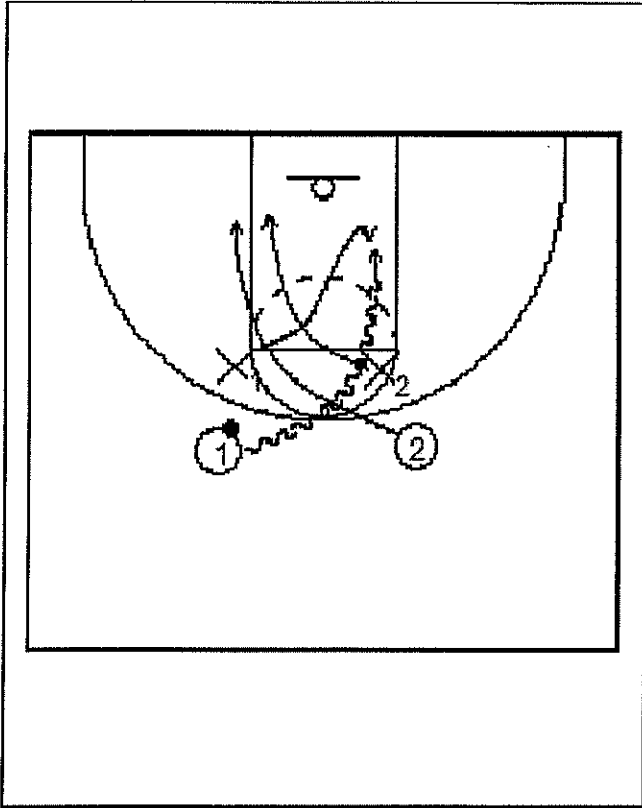
13) Marquette Agility Drill

- **Drill:** 2 ways to run it. Either have 3 or 4 players in the lane at a time and have them race to see who can shuffle back and forth across the lane 5 times first.
- Another way is to give one player at a time an allotted set of time and count how many times they can cross the lane within that time. This allows for competition to see who can take the title of "quickest feet".



14) 2-on-2 Practicing the Slide-Through Drill

Purpose: Some teams will only switch on defense. Some will only slide through screens. Some will teach both options. Possibly, the best defensive teams can do both if they communicate well. The purpose of this drill is to teach players how to cooperate while sliding through the screen to keep good defensive position.



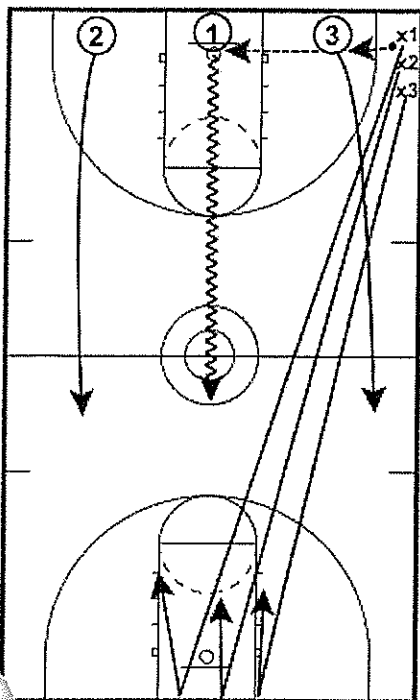
Drill: 2 offensive players and 2 defensive players at a basket. The 2 offensive players are basically working the pick and roll, but they may also work a handoff or any crossing action.

X1 and X2 attempt to stay with their assigned man at all times. To slide through, the player being screened should go under the screen (between the screen and the basket). This does give the offense a brief opportunity for a shot but it is better than giving up a layup.

If it is a pick and roll, the defender not being screened should step high to force the dribbler wide. In other crossing options, he should cooperate by stepping back enough to give his teammate room to slide through the screen.

16) 3-on-3 Defensive Transition Reaction Drill

Purpose: To work on getting back on defense and recovering quickly to defend an offensive player. Also helps develop communication skills and conditioning. The offensive players get work on scoring in a fast break situation.



Drill: The offensive players O1, O2, and O3 start along the baseline in position to run a 3-lane break.

X1, X2, and X3 are the defenders. They will begin in the corner and X1 has the basketball.

The drill begins with X1 handing the basketball to O3. Immediately, X1, X2, X3 sprint to touch the opposite baseline and then position themselves to defend.

O3 will immediately pass to the middle player, O1, and they will take off on a 3-man break.

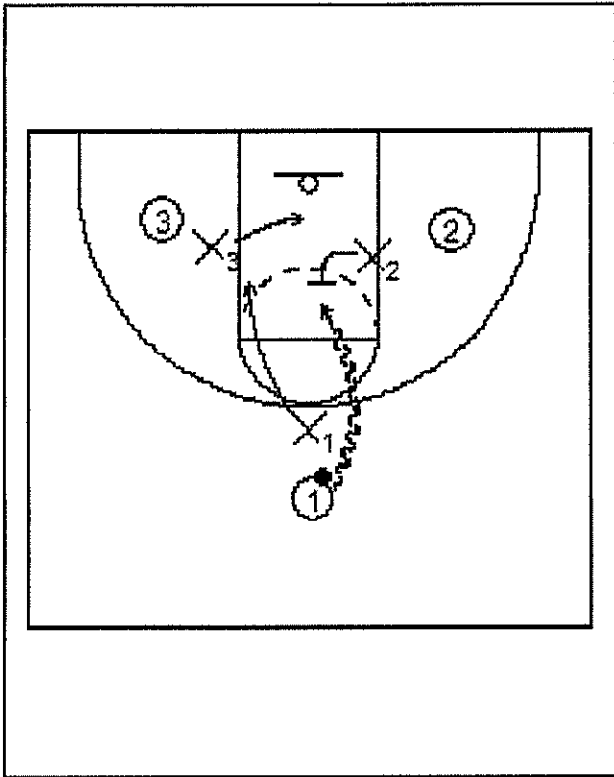
The defensive objective is simple: don't let the offense score! Obviously the offensive players are attempting to score. Continue until offense scores or defense secures the basketball. Rotate offense and defense and go back the other way.

Coaching Points:

- Sprint to touch baseline before defending
- Defenders must communicate who they will be guarding (TALK!)

15) Defending Point Guard Penetration

Purpose: A point guard that has the ability to penetrate from the top can be a nightmare to defend. This drill will help teach how to stop and help penetration once the on-ball defender is beaten off the dribble. The help, rotation, and total team defense must be stressed.



Drill:

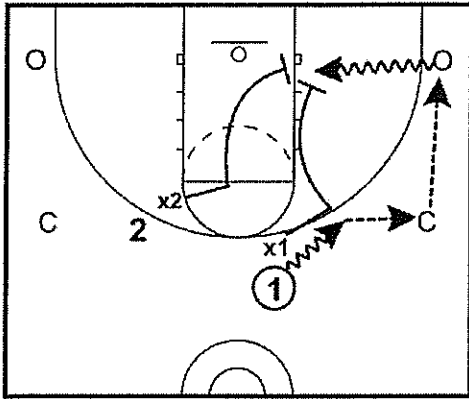
- O1 starts out beyond the top of the key and uses dribble penetration to get into the lane.
- X2 steps up into the lane to a) stop the dribble, b) deflect a pass, or c) take a charge.
- X3 fills in behind and helps in the lane. He may be able to steal the first pass but he must be prepared to help on a pass to either side.
- X1, if beaten, slides down to help on defending O3.

Coaching Points:

- Communication is a must!
- Defenders should work on anticipation and reaction.
- Team Defense!!
- The first priority is for X1 not to get beat.

17) Anticipation and Help Drill

Purpose: To help defensive players improve their anticipation and rotation to help on penetration.



Drill: 2 offensive players and 2 defenders. Also 2 'penetrators, one in each corner and 2 coaches or passers. One basketball.

The two coaches/passers position themselves at the deep wing area. The two unguarded 'penetrators' are in the corners and the remaining four players go two-on-two against each other.

The drill begins with the two offensive players going live against the two defensive players. The offense is trying to score and the defense is trying to stop them from doing so.

When the offense picks up their dribble and/or cannot get an open pass to one another, they can pass to one of the coaches. When the pass goes to a coach, the defense should adjust accordingly to denial and help position.

The coach has the option of passing the basketball to one of the offensive players or to one of the unguarded 'penetrators'. If the coach passes the ball to the corner, that player immediately drives up the baseline to the basket.

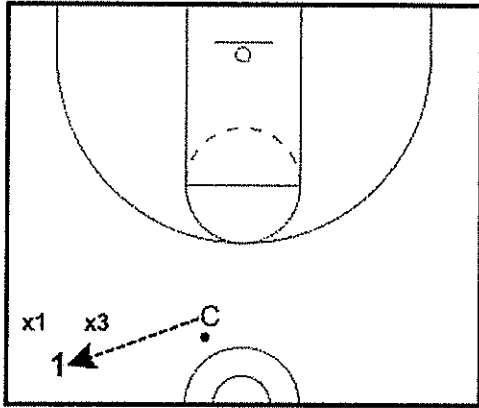
Both defenders must drop to the baseline to take the charge and/or stop the ball.

The players rotate as follows until drill is performed for desired amount of time (making sure that all players have played each position): Offense goes to defense, the defense goes to the 'penetrator' position and the penetrators go to offense.

- Force the offense to pick up their dribble
- Deny pass to offensive player
- React on the passes
- Help out on the open man
- Get to position in order to take the charge

18) Trapping Drill

Purpose: To work on the fundamentals of trapping the ballhandler in the frontcourt and trapping/containing the dribbler in the backcourt. This is a nice defensive breakdown drill for teaching trapping fundamentals and is especially effective if you utilize a defensive trap within your system ... whether you trap from a zone defense or a man-to-man defense.



Drill (Frontcourt Variation): One offensive player starts near the midcourt / sideline as shown. Two defenders are about 3-5 feet away. A coach or manager begins with the basketball.

The coach will pass the basketball to the offensive player as the two defenders attempt to trap and contain the offensive player. The defenders do not want to allow the offensive player to split them or beat them. Continue until the defense gets the ball via steal, turnover, 5-second call, etc. Rotate players.

Drill (Backcourt Variation): This variation sets up the same except that the players will begin near the backcourt baseline. When the coach passes the ball to the offensive player, the defenders will to contain and/or trap the dribbler in the backcourt for 8-10 seconds.

19) Competitive 1-On-1 Drill

Divide your team into two lines of players (X's and O's) and position a line at each free-throw lane line out of bounds, under the basket. The first player in each line steps to the nearest low block. A coach stands at the top of the key with a basketball.

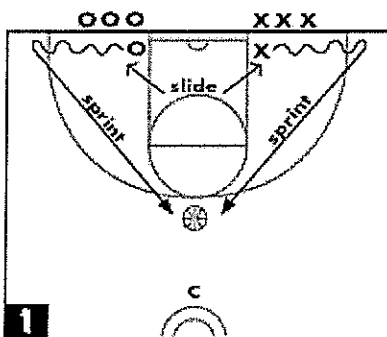
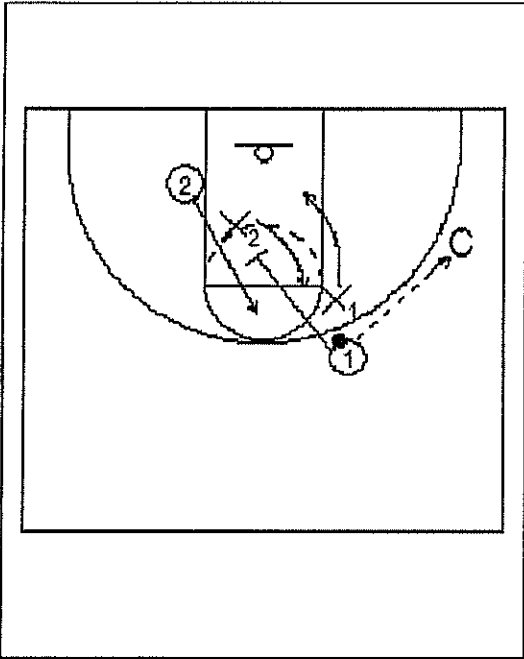


DIAGRAM 1: The coach initiates the drill by setting the ball down on the floor and quickly backs up to half court. As soon as the ball touches the floor, the players on each low block must execute a quick defensive slide to the nearest sideline, touch it and sprint to get the ball. Whoever retrieves the ball first is on offense and the players immediately play 1-on-1 until a basket is scored.

The losing players runs a lap and the next two players in line step up to each low block to run the drill again. Continue the drill for a predetermined time limit.

20) Diagonal Downscreen Drill

Purpose: To teach proper offensive downscreen techniques. Can also be drilled for defensive teaching purposes as it is useful in helping your players learn to defend and fight through the downscreen.



Drill:

Two offensive players, two defensive players, and one coach or passer needed for this drill. O1 starts near the top of the key with a basketball while the O2 starts on the opposite low block. A defender guards each offensive player. The coach is on the wing.

Offensive Concepts:

- O1 begins by passing to the coach and then setting a diagonal downscreen on X2.
- O2 uses the downscreen and makes a hard cut to the free throw line / top of key area.

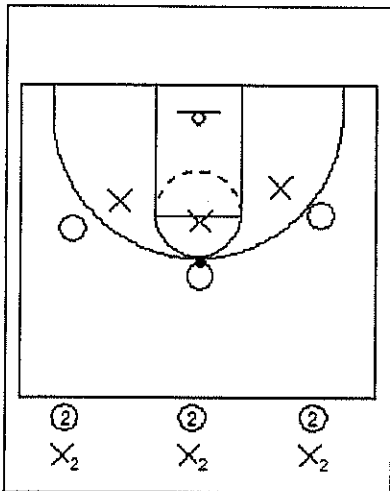
Defensive Concepts:

- Depending upon your defensive philosophy, X1 should either drop down and away from the screen to give room for X2 or he should stay tight and then bump the cutter if O2 attempts to curl.
- X2 should attempt to cut between the screener and his teammate or go around the screener and cut off the passing lane.
- X2 should attempt to intercept the pass, if possible.

Switch groups from offense to defense and/or rotate in new twosomes. Also switch sides of court to work on both sides.

21) 3 on 3 Survival

Purpose: To work on team and individual defensive skills in a competitive 3-on-3 setting. By nature of the drill, players are encouraged to work hard and competitively. Players will also learn to work together offensively and further develop their individual skills within the team concept.



Drill: This is a half-court drill with 3 offensive players vs. 3 defensive players. The offense attempts to score in any way possible. The defense attempts to stop the offense from scoring and gain possession of the ball by way of a mistake by the offense or a defensive rebound.

The defense **MUST** stop the offense three times in a row in order to get off the court.

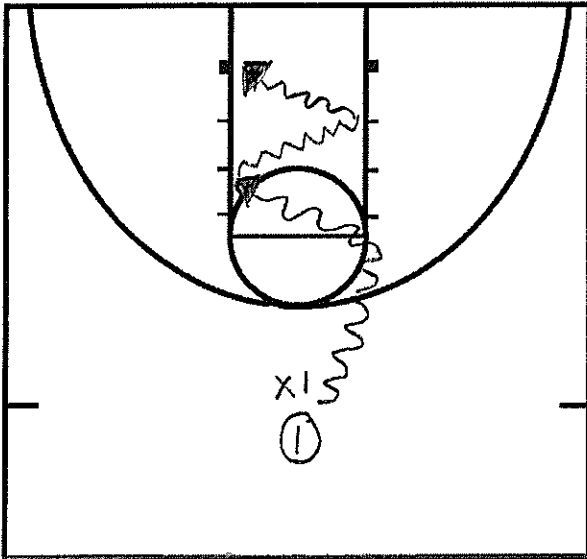
Any time there is a change of possession (made basket, steal, defensive rebound, etc) a new team comes in on offense. When the defense makes the third stop in a row, the offense goes to defense, defense leaves the floor, and a new offensive team comes in.

Coaching Points:

- Players should play tough, aggressive defense.
- If the defense commits a foul, count it as an offensive score.

22) Lane Head Off

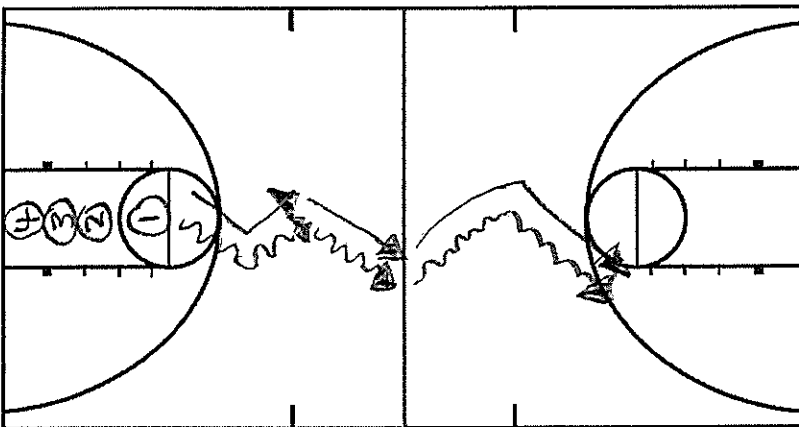
Drill: Ballhandler starts at the top of the arc with the defender in front of him. Object of the drill is to force the ballhandler to crossover as many times as possible within the boundaries of the lane before he gets to the baseline.



23) Full Court One on One

Drill: Work on defending in the open court. Have players form 2 lines, the offense under one of the hoops and the defense lined up on the sideline at the half court line.

Once the defender is ready and in position, coach signals to start drill. Only rule is that defender is not allowed to sag off—he is trying to turn the offensive player as many times as they can and ultimately stop the score. Drill continues until offense scores or defense gets rebound. To keep things competitive—offense gets a point every time they score—first to 5 wins. Everybody else does sprints or pushups.

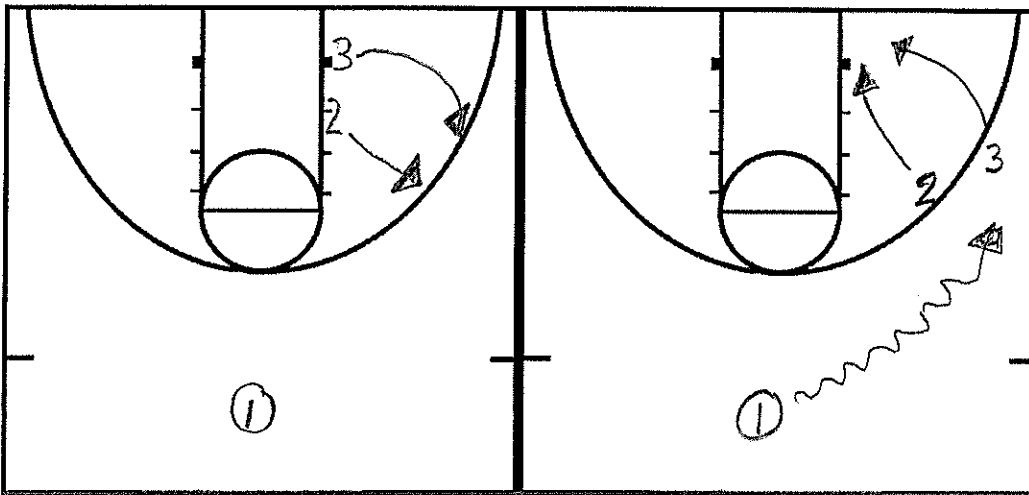


24) Duke 6 Point Drill

Drill: Defender is put through 6 different stations and he must adjust accordingly. To start, coach or player will start at the top of the key with ball in hand, and the offensive player is lined up at the R block. Defensive player is in position between his man and the ball.

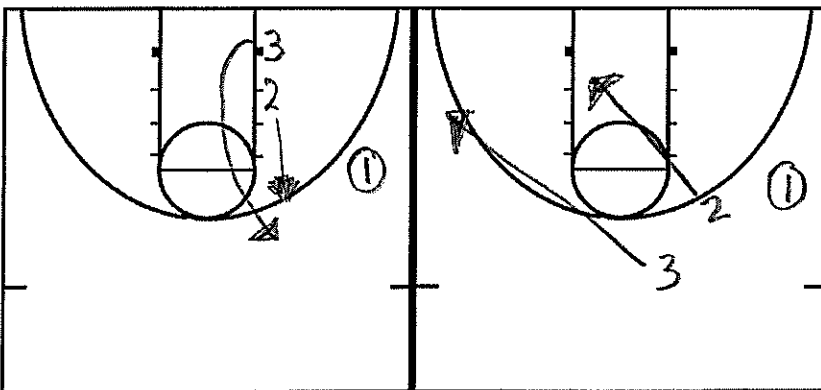
1st step--deny the wing entry. As the offensive player cuts out to the wing, the defender will stay with him, keeping an eye on the ball and man and keeping a hand in the passing lane.

2nd step--the coach will dribble over to the R wing, pushing the offensive player down to the block. The defender will go down with him, maintaining the ball-you-man relationship and denying the post pass.



3rd step--defending the zipper cut, with the offensive player coming up through the key out to the top of the arc. As with the previous 2 steps, defender will maintain proper position and defend the pass.

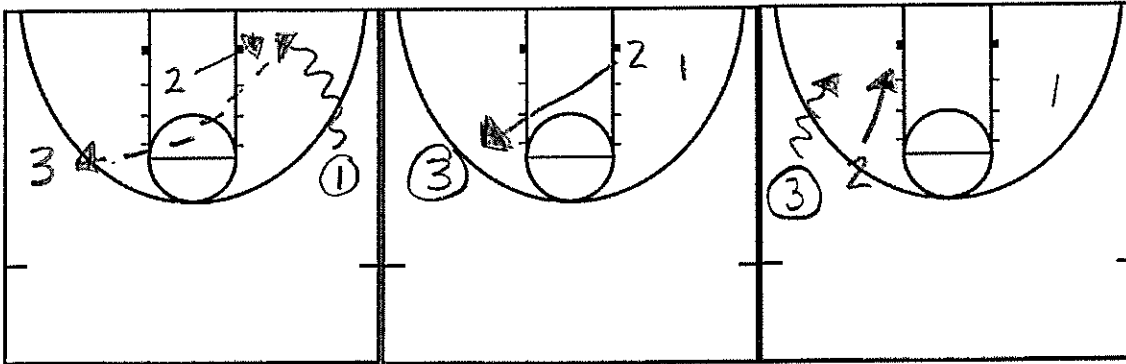
4th step--the offensive player will cut across the court to the opposite wing. Instead of denying the pass here, the defender will stay halfway up and 2 steps off the ball-man line, staying in the key in help position.



5th step—we will now force defender to react to penetration from the ballhandler, coming to help and stop the ball before the ballhandler can get into the key.

6th step—Ballhandler will throw a skip pass to the wing, with the defender sprinting across the court to a controlled closeout on their man.

7th step—last step—Offensive player can now drive baseline with the defender forcing him to pick up his dribble or take a bad shot. If shot goes up—defender will contest, blockout, and collect the rebound to end the drill.



25) Shot fake, close out drill

Close outs. This drill helps players learn how to stay down on close outs and to contain penetration within two defensive slides.

Defensive help. This drill is a great teaching tool to help players learn how to stop the ball while remaining in a defensive stance and ready to close out to the next pass.

Offensively, this drill aids in the development of three critical — and often overlooked — offensive skills.

Shot fakes. Good technique on shot fakes enables better penetration.

Penetration. This drill helps players learn how to stay under control if defensive help arrives and how to read teammates for kick outs.

Moving Without The Ball. The repetitions in this drill help players learn how to stay moving during any penetration and to keep the feet and hands at the ready to receive a pass and make a good shot attempt.

Begin the drill with three offensive players positioned on the perimeter behind the 3-point line. There should be one defender set up under the basket and one coach or team manager who has a basketball and floats behind the 3-point line.

There is a single-file line of players waiting to enter the drill under the basket on the baseline.

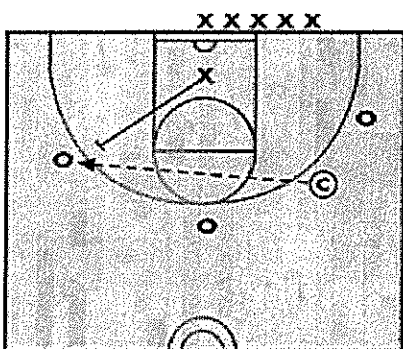


DIAGRAM 1: Shot Fake And Close-Out Drill (A). The coach begins the drill with a pass to any of the offensive players. The defender executes a close out within the context of the team's defensive philosophy (such as either forcing to the middle or to the baseline) and defends the player with the ball for two defensive slides.

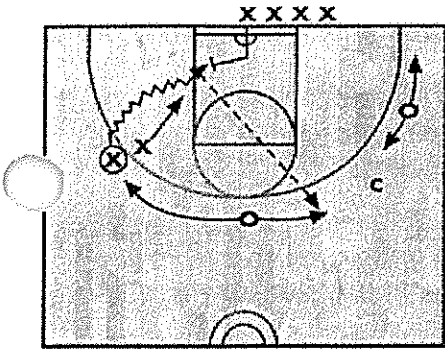


DIAGRAM 2: Shot Fake And Close-Out Drill (B). The next person in line on the baseline steps in and must be ready to provide defensive help on penetration.

Offensively, the player with the ball will execute a shot fake, sweep and penetrate either to the middle or baseline with the intention of getting all the way to the basket. If help is there, he or she must pull up and be prepared to pass to a teammate.

Teammates must slide to spots along the 3-point line with feet and hands ready for a kick out and shot.

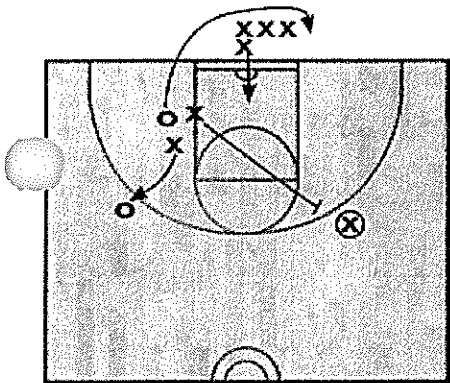


DIAGRAM 3: Shot Fake And Close-Out Drill (C). The rotation for this drill is as follows: The initial defender becomes the offensive player, the help defender becomes the close-out defender, the penetrator goes to the end of the line and the player receiving the kick-out pass becomes the shot-fake-and-penetrating player.

To enhance readiness, the coach may have another ball and can call "shot" at any time. On the next kick-out pass, the offensive player shoots while the defender closes out on him or her. The defender rotates to offense, the shooter retrieves the rebound and passes it back to the coach and the help defender continues the drill by closing out on the remaining player to receive the pass (with the extra ball) from the coach.

26) Rules for defending screens

Most motion offenses today include a variety of picks (screens) to free the ball or players to the basket. These screens include 1) on-the-ball screens, 2) backscreens, 3) cross-screens, and 4) downscreens.

RULE 1: Defending The Ball Handler During On-The-Ball Screens. If you are defending an opponent who has the ball and you are picked, try to fight "over the top" of the screen. Try not to get picked so that you can easily switch. Feel and "see" with your hands and anticipate or sense the picks coming. Listen for verbal warnings from your teammates.

RULE 2: Fighting Through Screens. When you get picked, try to get a foot and ankle in the gap, then a leg and hip, and finally, the rest of your body over the top of the pick by arching your back and squeezing through. Once you're through the screen, play tough defense. Keep your hands up to prevent the shot or pass over the top to the individual who is rolling or releasing to the basket.

RULE 3: Defending The Screener During On-The-Ball Screens. If you're defending the screener on the ball, stack your feet in line with the screener's feet until the dribbler approaches (see Diagram 1). As the dribbler approaches, move out so that your inside foot is directly to the side of the screener's outside foot, with your inside hand on the screener's outside hip. Once this position is established, jump out in the path of the dribbler to: 1) draw a charging foul or another turnover, 2) force the ball handler to pick up the dribble or 3) make the dribbler bow out away from the basket and screener. This defensive technique is called "hedging."

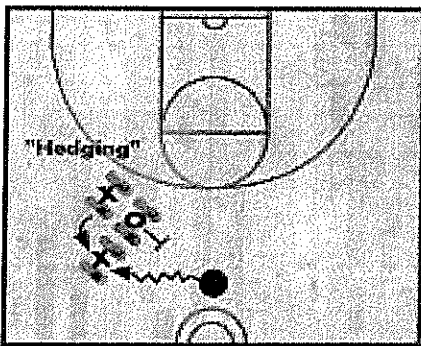


DIAGRAM 1: Hedging. This diagram shows defenders how to position their feet while hedging.

RULE 4: Effectively Switching On Screens. The defensive player who is guarding the screener should yell "screen" and if he or she sees that the teammate can't get through the screen, he or she should yell "switch!" Both defenders should switch without question or hesitation.

RULE 5: Defending The Pick-And-Roll. If there's no switch, the defensive player who's defending the roller should treat the "pick-and-roll" player as a backdoor cutter. That is, the defender should face him or her as he or she rolls until that player cuts through the free-throw lane. At that point, the defender opens up to the ball.

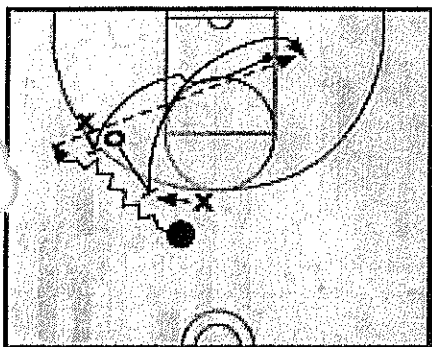


DIAGRAM 2: Defending The Pick-And-Roll. Your team should have help-side defense to help on any cutters who are cutting to the basket.

RULE 6: Defending Backscreens. When you get backscreened, go on the ball side of the pick, fight around it and face your assigned opponent (who is backcutting) until he or she starts across the free-throw lane — which is when you should open up to the ball.

Sagging off in the “ball-you-man” principle, makes it difficult for the offense to execute. As soon as your assigned opponent passes the ball, jump off your opponent and to the ball.

If you get backscreened, fight through the ball side of the screen and treat the cutter as if he or she is a backdoor cutter. Do not switch on backscreens, but the player who is defending the screener must warn his or her teammate of the oncoming backscreen.

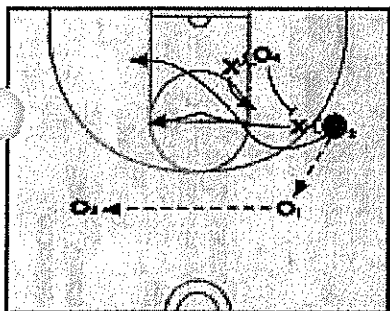


DIAGRAM 3: Defending The Backscreen. This diagram shows the movements for defending backscreens on any ball reversal on top.

RULE 7: Defending Downscreens.

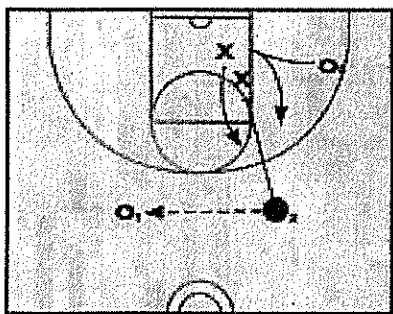


DIAGRAM 4: Defending Downscreens. Fight hard and quick on the ball side of the pick to be in the passing lane at the top of the downscreen in case the outer offensive player runs a “curl.” Anticipate the backdoor cut and treat it the same as you would for any other backdoor cut.

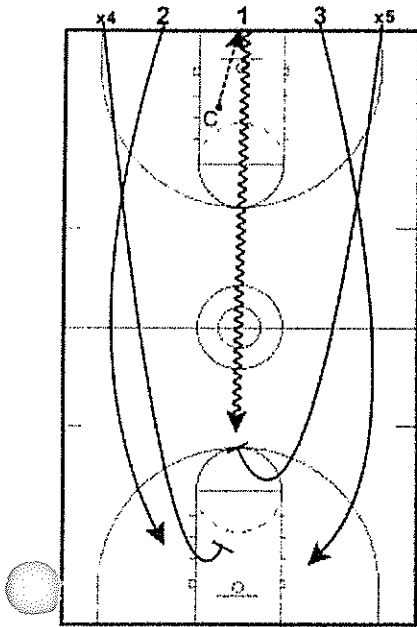
The defender who's guarding the screener should give his or her teammate room to get through on the downscreen. Communication is a key element for defending any type of screen. Always go on the ball side and fully extend the arm on the side that's closest to the ball.



TRANSITION DRILLS

1) Baseline to 3-on-2 Transition Drill

Purpose: To develop fast break skills by having the offensive players work on scoring in transition from an advantage situation and to teach defensive players to hustle back on defense to stop the fast break.



Drill: 5 players will line up across the baseline, as shown. A coach is in the painted area with the basketball. The inside 3 players are on offense, the outside 2 are on defense.

To begin, the coach will pass the basketball to one of the 3 inside players. On the pass, the outside players will sprint downcourt to play defense. The ball handler will start dribbling downcourt and the 2 non-ball handlers will break to score.

Continue until the offense scores or the defense secures the ball via rebound, steal, turnover, etc.

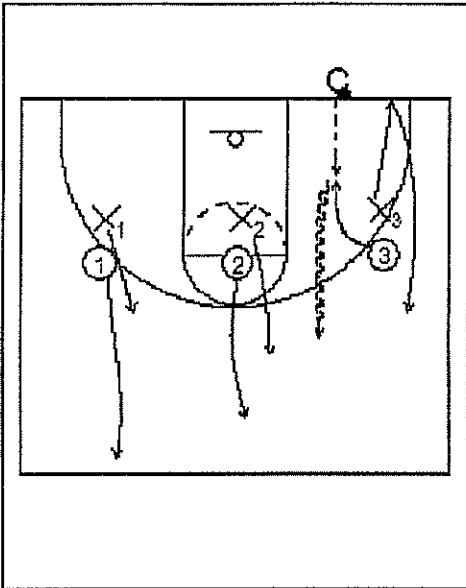
You can have another group ready to go or the same 5 can come back from the other end. Continue drill for desired duration.

Coaching Points:

- As the coach, pass the ball to a ball handler. It need not be the point guard, but it should be a player who will often handle it in a fast break situation.
- A major teaching point in this drill is defensive communication. The 2 defenders need to communicate who will take the top and who has the bottom.

2) 3-on-2 with Trailer Drill

Purpose: To prepare the defenders when transitioning back on defense in a disadvantage situation. The emphasis of this drill is for defense, but offensive players will get to work on the transition offense part of the game as well.



Drill: Six players are needed for this drill, along with a coach or manager at the baseline.

3 defensive players are positioned along the free throw line extended with their backs to the coach at the baseline. 3 offensive players are positioned in front of the defenders and facing the coach.

The coach begins the drill by rolling the basketball toward one of the offensive players. In this diagram, the coach has rolled the ball toward O3. O3 moves to pick up the ball while O1 and O2 start sprinting downcourt. Once O3 gains possession, he begins dribbling as quickly as possible to the opposite basket for a layup/shot or pass ahead to either teammate.

X1 and X2 also sprint with O1 and O2 to get back and defend. X3 however, as the player defending who the ball is rolled to, must sprint and touch the baseline before racing downcourt.

The offense is in a 3-on-2 situation while the third defending tries to get back as quickly as possible to help.

Coaching Points:

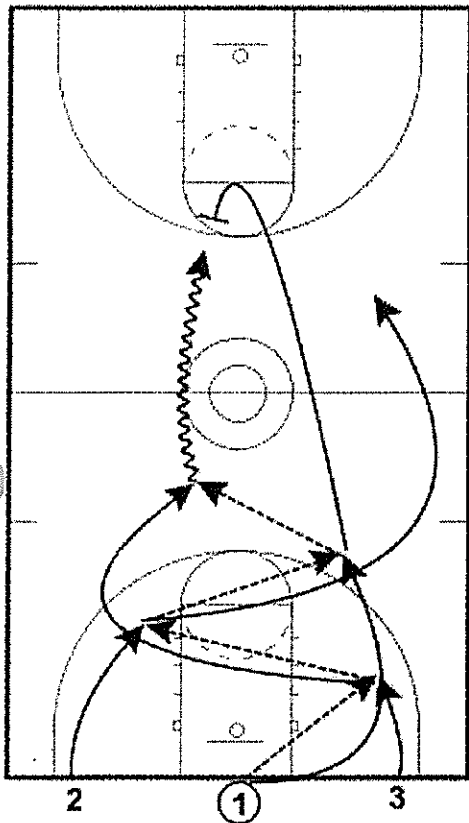
- Defense must communicate.
- Defense must get back quickly and attempt to hold off the offense until help arrives.
- Offense is attempting to score.
- When the defense gets the ball back by either a steal, turnover, or made basket, come back the other way in a 3-on-3 situation.
- Rotate offense/defense or cycle new players in.

3) Fullcourt Weave to 2-on-1 Drill

This drill is a bit of variation on the normal 3-man weave to 2-on-1 drill. In the normal weave to 2-on-1, it is usually a 3-man weave up the court and a 2-on-1 coming back ... with the shooter sprinting back as the defender.

This variation speeds things up a little bit more, making it more challenging for the defender to get in position and to defend the offense from scoring.

Purpose: To work on transition defense from a disadvantage situation. Also helps develop offensive transition fundamentals, communication skills, and conditioning.

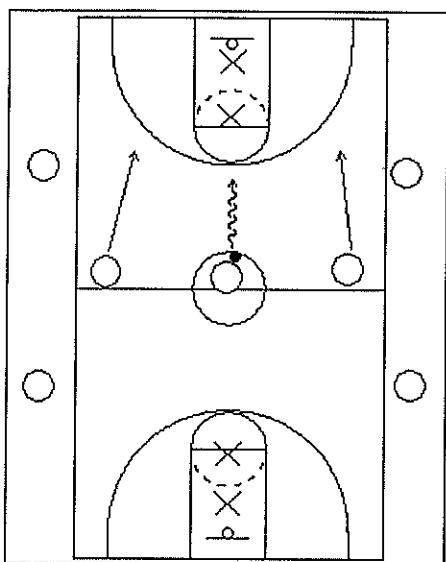


Drill: 3 lines along a baseline, basketball in middle line. The first three players begin a 3-man weave up the court. When player O1 makes his second pass, he will sprint upcourt to play defense against the other two players and attempt to stop them from scoring.

After defender secures basketball or offense scores, players step off the court and next group begins. Rotate lines so different players begin in the middle line each time.

4) 11 Man Fast Break

Purpose: To develop fast break skills, both offensively and defensively. The 11 Man Fast Break Drill teaches the players to make smart, quick decisions. It also teaches the defenders to work together in attempting to make a stop from a disadvantage situation.



Drill: Start with players in each of the four outlet positions (as shown by the players lined up off the playing court); two players in each lane for defense; and three players at halfcourt to begin (with one ball).

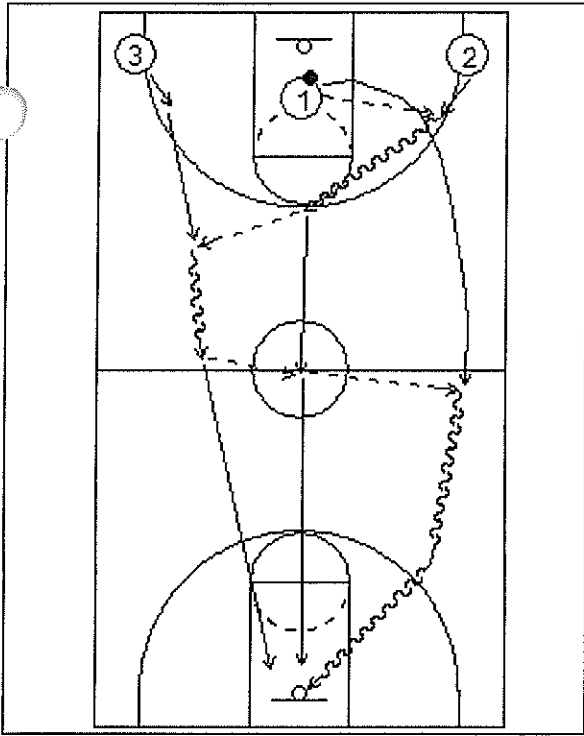
The three players begin by attacking the 2 defenders and trying to score. Once a shot is taken, all 5 players become rebounders. Whoever secures the rebound makes an outlet pass to whichever outlet is closer.

The outlet who gets the ball dribbles to the middle of the court; the player who made the pass fills the lane on the side the pass was made to; the first player in line in the other outlet position fills the other lane. These three players now have a 3 on 2 going the other way. The four players who did not get the rebound go to one of the open positions, two go to the outlet positions and two stay on the court to play defense. The same action continues at the other end of the court and will continue back and forth for the duration of the drill.

Variations:

- Keep track of rebounds and allow the player with the most rebounds to receive a reward (could be something as simple as mentioning it and giving a round of applause).
- When the ball crosses halfcourt, have a player from a specific outlet line run to the middle of the court and then go back on defense to help the other 2 defenders. This resembles a game-like situation (recovering defenders) and forces the offense to try to score quickly.

5) Pass and Score Under Pressure Drill



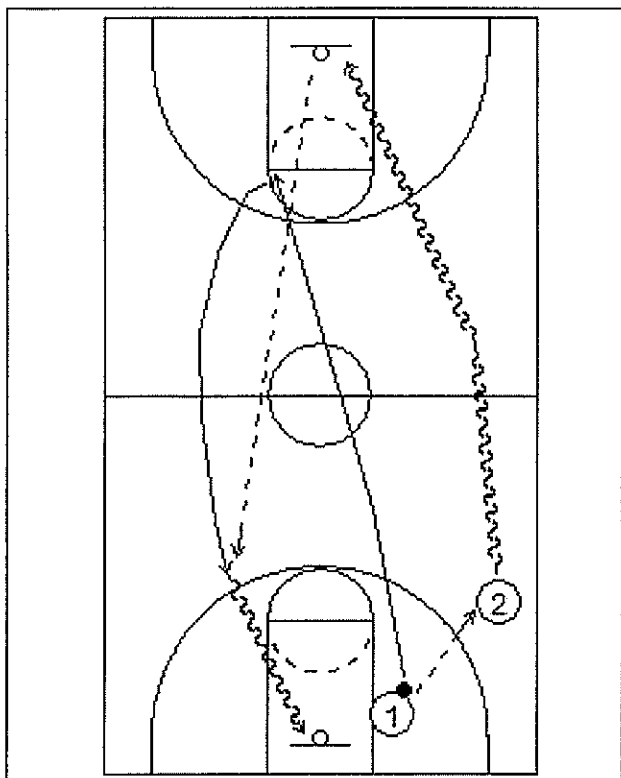
Purpose: To help the players recognize passing and catching in motion, defensive recovery from the weakside, and scoring while being challenged. This drill covers a lot of areas within a transition setting. It is a great game-simulation drill and also highly competitive. Players will enjoy this drill and get great conditioning besides.

Drill: Player 1 begins in the foul lane, with a ball, and facing the basket. Player 2 and Player 3 stand about 15 feet away on each side of the baseline. #1 throws the ball off the backboard and makes an aggressive rebound. As soon as #1 grabs the ball, #2 and #3 sprint to the outlet areas. #1 then outlets to #2 or #3.

#1, #2 and #3 now stay in their lanes and pass the ball up the court by passing the ball from sideline to middle to sideline and back.

The first pass received by any player beyond the half court line is taken on the dribble to the basket for a layup. The player on the opposite side of the player making the layup hustles and contests the layup. #1 rebounds the shot and the drill is repeated.

6) Celtic Drill



Purpose: The Celtic Drill incorporates the outlet pass, layup, baseball pass, and the ability to catch the basketball on a dead run and put it on the floor for a layup without traveling. Also an excellent drill for building up speed and stamina.

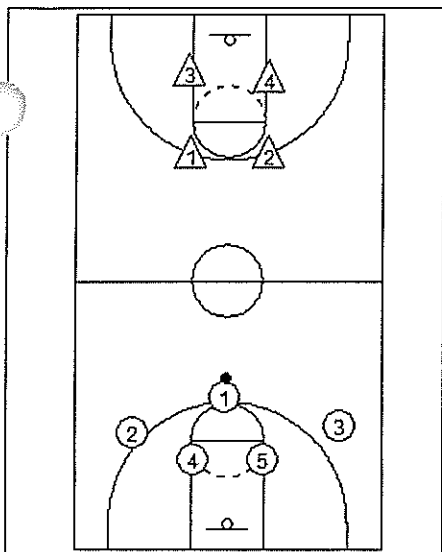
Drill: The drill begins with player 1 standing on the low block and player 2 standing in the outlet area. Player 1 outlets the basketball to player 2. Player 2 drives wide the full length of the court for a layup.

Player 1, after making the outlet pass, sprints to the opposite free throw line, turns, and sprints back down the court looking for a long pass from player 2.

After shooting the layup, player 2 gets own rebound, takes one dribble and throws a long baseball pass to player 1. Player 2 sprints down the court to retrieve player 1's rebound before the ball hits the floor.

Switch positions and repeat or have next twosome jump on the court (the next twosome can also start once the layup is taken on the far end of the court).

7) Break Advantage Drill



Purpose: To work on both transition offense and transition defense. In this drill, the offense will always work with a man advantage and the defense has to work with a man disadvantage. This drill also requires a great deal of communication.

Drill: The drill starts with 5 offensive players running your transition offense/secondary break. The 5 offensive players will be attacking 4 defensive players. Depending upon what you want your offensive players to attack, the defense can play man-to-man, a 2-2 zone, or a 1-3 zone. The offensive team is given only one shot attempt to score.

After the shot, the passer and the shooter drop out, forcing a 4 on 3 situation in the other direction (the 4 defenders now go on the offensive, while the remaining 3 offensive players get back on defense). This same rationale is used at the other end, with the shooter and passer dropping out forcing a 3 on 2. Again, the passer and shooter will drop out forcing a 2 on 1 to end the drill.

The Break Advantage Drill has the following segments: 5 on 4, 4 on 3, 3 on 2, 2 on 1. During the 5 on 4 and 4 on 3, the players should work the ball quickly for a good shot. In the 3 on 2 and 2 on 1 segments, they should be on the attack.

This drill can also be made to be competitive by adding a scoring system. It is a drill that players love to run and they will go very hard. Have 2 different teams (2 different colors); as soon as the 2 on 1 is finished, subs can come in and start the drill all over again.

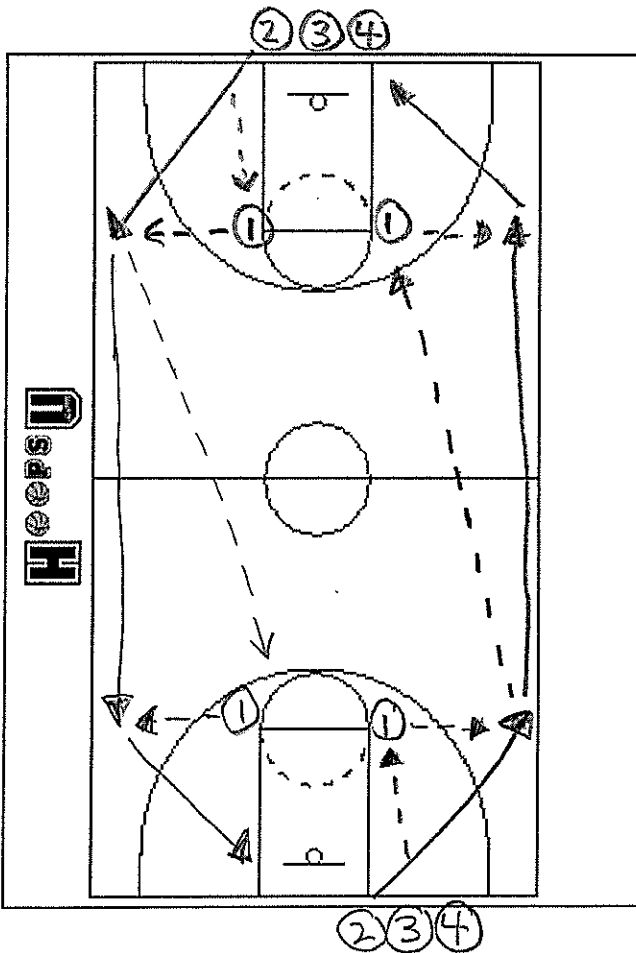
Coaching Points: Make sure your players understand how you want to attack in a 3 on 2 and 2 on 1 situation...and also how you want them to defend in these situations. It is understood that the players should know these rules prior to running this drill.

8) 4 Minute Layups

Drill: Set up 4 passers with one at each elbow on both sides of the court. The rest of your players will form 2 lines with 2 balls—each where the right lane line and baseline meet.

On whistle—player at front will pass ball to player at elbow, then sprints down court staying wide. Passer will hit them back, after which they will make a full court pass to the passer at the next elbow. The passer will then hit the player back just as they pass them, allowing them to finish strong with a layup.

Goal is to score 110 pts in 4 minutes (adjust for different ages). Layups are worth 2, misses and turnovers are -1, and a bad rotation is -4. Every 1 minute—rotate the passers out. Keep track of time while they are shooting layups in four 1 minute blocks. 2 minutes right handed and 2 minutes left handed.



9) 11-Player Drill

This is a 3-on-2 continuous drill that teaches multiple skills such as rebounding, transition offense and defense, outlet passing and conditioning. Align the players as shown in Diagram 1. The rebounder or player who secures the loose ball is always on offense.

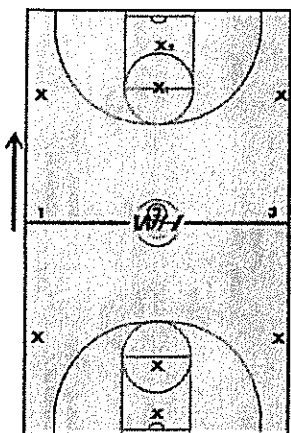


DIAGRAM 1: 11 Player Drill. Start with two players on defense at both ends. Have an outlet line positioned on each sideline at the free-throw line extended. Three offensive players (1, 2 and 3 in this Diagram) set up at half court and come down on a 3-on-2 transition situation versus two of the defenders (X1 and X2 in this Diagram).

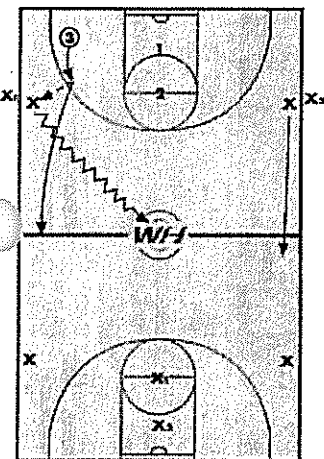


DIAGRAM 2: 11 Player Drill (Continued). The player who gets the ball (3 in this Diagram), throws an outlet pass to the nearest outlet player and they begin a 3-on-2 transition going the other way. The outlet player who receives the pass fills the middle, while the rebounder (3) and other outlet player (X) run wide in transition. The two other original offensive players (1 and 2) stay back and become defenders, while the other two player (X1 and X2) sprint to the sideline at the foul-line extended and become the new outlet-pass receivers.

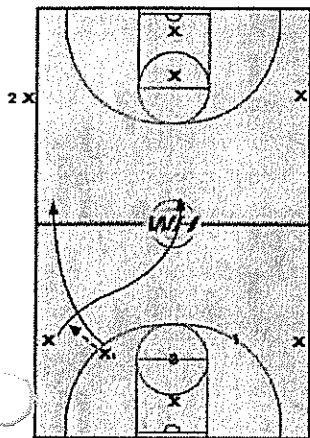


DIAGRAM 3: 11 Player Drill (Continued). The drill runs continuously for a predetermined set time limit.

10) Purdue Full-Court Drill

Position the players on the floor as shown in the diagram prior to starting the drill.

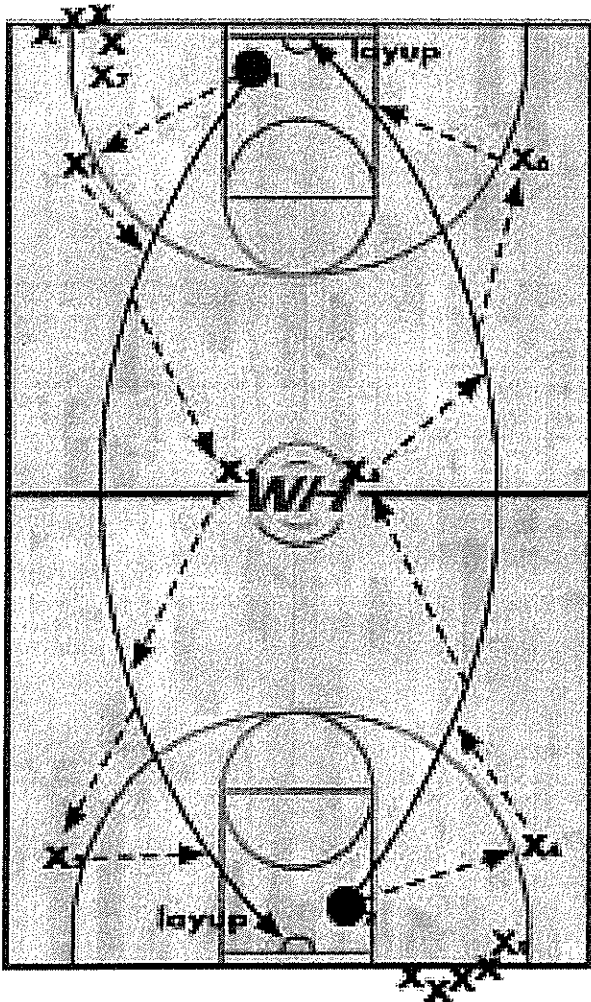


DIAGRAM: On the coach's signal, O1 begins the drill by passing to X1. O1 runs hard downcourt, receives a pass back from X1, passes ahead to X2 without dribbling and continues to sprint downcourt, receiving the pass back from X2 after O1 cross the half-court line. O1 then passes ahead to X3, who returns the pass back to O1 in full stride at about the mid-post of the lane line for a layup.

Simultaneously, on the opposite side of the floor, O2 passes to X4. X4 throws a return pass to O2, who throws ahead to X5 at half court. X5 makes a return pass to O2, who passes ahead to X6. X6 returns the pass, hitting O2 in stride for a layup.

Each player grabs the ball as it comes through the net and throws it to the next player waiting in line (X7 and X8 respectively). Once each player in line has made a layup, they rotate down a spot and keep the drill moving. When O1 has made layups from both sides, for example, he or she would replace X1, X1 would move down to X2's spot, etc.

The drill continues for a predetermined amount of time. Set goals for this drill (such as a certain number of made layups within a set time limit). If the goals aren't met, the players must perform push-ups. Also build in certain penalties for the number of missed layups, turnovers, etc.

11) 3-on-2 Full-Court Drill

Coaches are always searching for new and exciting drills that will get their players warmed up and ready to go. The following 3-on-2 full-court drill works on several skills simultaneously and is one we use daily within the first 15 minutes of practice.

This multi-purpose drill is effective because it teaches players to:

- Take advantage of a quick 3-on-2 situation.
- Screen and cut during 3-on-3 play.
- Break trapping presses by cutting into the middle of the floor.
- Trap defensively while not committing fouls.
- Protect the basket in fast-break situations.

How The 3-on-2 Drill Works

Divide your squad into two equal teams (teams A and B as shown in the diagram). One team should be positioned on a sideline, while the other team lines up downcourt on the opposite sideline.

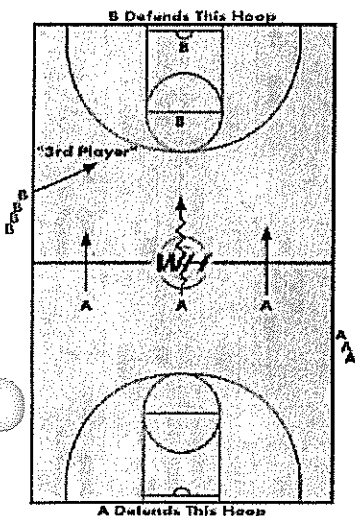


DIAGRAM: Three offensive players from Team A line up at halfcourt, with the middle player holding a ball. On the coach's whistle, Team A attempts to score on Team B in a 3-on-2 attacking situation. Team B starts with two players defensively, one at the foul line and the other in the lane, positioned in front of the basket.

A third defender for Team B stands on the sideline and waits until the coach calls "Third player in!" At that moment, the third member of Team B sprints in to offer defensive help, turning the drill into a 3-on-3 contest.

If the offense (Team A) scores, they immediately full-court press and look to double-team everything they can in the backcourt. Meanwhile, two new defenders for Team A set up in the front court (one defender at the foul line and the other in front of the basket) and prepare to defend the basket.

Team B is now on offense and tries to break Team A's full-court press. If Team A steals the ball, they try to score again on their end. If Team B breaks the press and the ball passes halfcourt, the pressing defenders on Team A sprint off the court and return to their sideline.

Team B, after breaking the press, takes the ball downcourt and attacks Team A's two back defenders in a 3-on-2 situation. The third Team A defender sprints in to provide defensive help on the coach's call of "Third player in!"

Games are played to 8 points with the losing team doing pushups or sprints. This drill is fast paced, aggressive and your players will love it!

12) Full-Court, V-Cut Drill

All coaches are aware of the importance of getting practice off to a good start. One of the best drills we've used to ensure a good start to practice is the full-court, V-cut drill.

This is a drill designed to incorporate multiple offensive fundamentals into a full-court drill in a short period of time. Once your players learn how to correctly do the drill, it usually takes only 10 minutes from start to finish.

Some of the fundamentals that are covered in the full-court, V-drill are:

The drill begins with players evenly distributed in four lines — labeled A, B, C and D — with each player in line A holding a basketball.

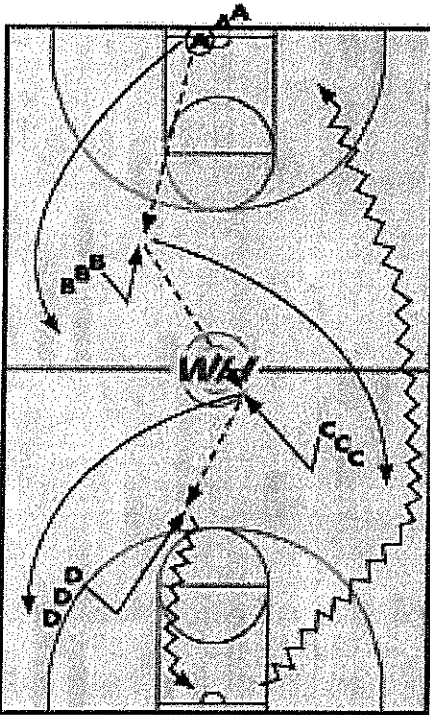


DIAGRAM 1: Full-Court, V-Cut Drill. The first player in line B executes a V-cut downcourt and comes back to receive a pass from player A. Stress to the players in line B that they must aggressively come back to meet the pass.

After receiving the pass, player B uses a front pivot and passes to the first player in line C without traveling. Player C also uses a V-cut and breaks hard to meet B's pass.

Coaching Point: Attention to detail in practice, focusing on skills such as proper V-cuts and pivoting will save many turnovers when pressure defense is applied in a live-game situation.

Communication, Timing Is Critical

To get your players in the habit of communicating, have your players constantly making verbal calls throughout the duration of the drill, with the passer calling out the receiver's name and the receiver calling out the passer's name.

One of the keys for good timing in this drill is to have the next player in line begin his or her V-cut while the ball is in the air and going toward the player who will become the passer.

All passes (except for backcut, backdoor or post-entry passes) should be crisp chest passes.

After passing, players run to the end of the next line. The first player in line D will rebound any misses and use a 2-foot power layup to finish the play. After making the shot or follow-up shot, player D will grab the ball as it comes through the basket and speed dribble the length of the floor, outside of line C, and shoot the appropriate shot at the other hoop. To keep things at a good pace or to mix things up and keep the players alert, have the coach call out or set up a sequence for the type of shot that your players in line D are to use (speed layup, reverse layup, pull-up jump shot, etc).

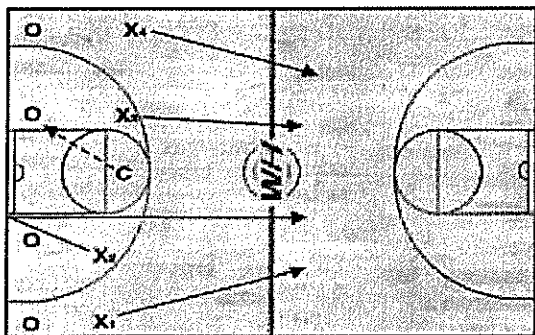
If player D misses the shot, he or she will rebound and follow it up with a 2-foot power layup. The next player in line A takes the ball as it comes through the net and passes to the next player in line B, who is making the V-cut move toward line A.

As the drill progresses, the sequence of shots for the players in line D should be:

1. Speed layup.
2. Reverse layup.
3. Catch-and-shoot jump shot.
4. Pull-up jump shot after a crossover dribble.
5. Catch-and-shoot 3-point jump shot.
6. Return pass to C for a 3-point jump shot from the top of the key.
7. Return pass to C at the top of the key. D then posts up on the opposite low block and C dribbles over to get a wing-to-low-post passing angle.
8. Hard dribble by C directly at D, which is D's signal to execute a backcut and look for a backdoor bounce pass from C.

The first player up in line A is called the "change-it" player and when he or she gets back into the first-position spot in line A, it's time to change to the next shot in the sequence. Shoot each shot twice.

3) 4-On-4 Touch the Line



THE DEFENSE IS facing the basket, while offense has its back to the basket. The coach calls out the name of one defensive player (X2). That player must touch the baseline while X1, X3 and X4 retreat to defense.

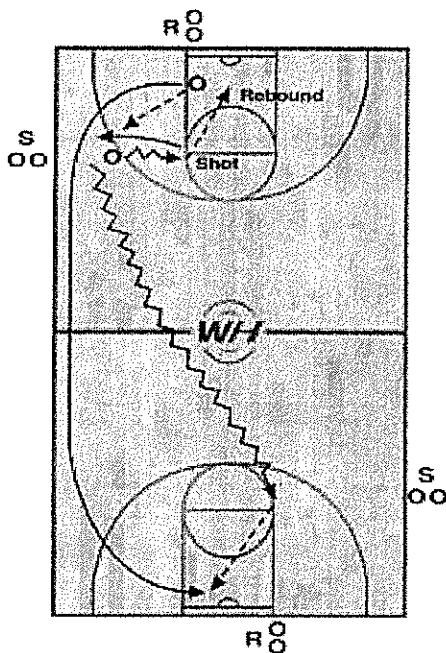
A coach throws the ball to any offensive player and the offense attempts to execute a fast break. The defense must talk and work together to cover the open man. X2 must recover quickly to pick up the open man. Have your offense run a motion game.

On a basket, the defense takes the ball out of bounds and becomes the offensive team. The offensive team becomes the defense and must play full-court, man-to-man denial defense. Play continues until a basket is scored.

Emphasis with this drill is on talking, helping and reacting.

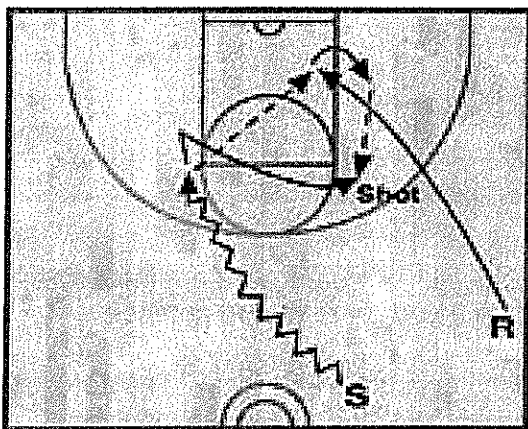
14) 2-Man Break

THIS DRILL IS DONE simultaneously on both sides of the floor.



Shooting Line

1. The player dribbles to the elbow and shoots a jumper, then gets to the free-throw line extended for the outlet pass.
2. Outlet—show the outside hand and turn outside once the player receives the ball.
3. The player must dribble full court to the opposite elbow and pass to R for layup.
4. When the ball returns to the free-throw line, the player passes for a layup and v-cuts to the opposite elbow for a jump shot.



Rebounding Line

1. The player rebounds the shot and then outlets to S.
2. The player sprints down the floor through the hash mark for a layup.
3. When the ball goes back to the free-throw line, the player must jump stop, pivot outside and pass back to elbow for jumper.

OFFENSE DRILLS

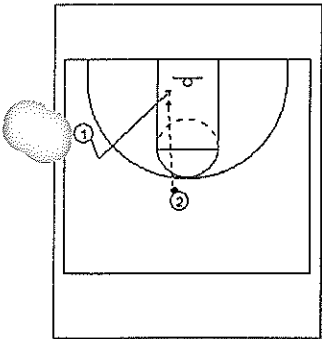
1) Moving Without the Basketball Drills

Purpose: This series of basketball drills teaches the players five moves to make without the basketball in order to get open; the backdoor cut, buttonhook cut, square cut, fade cut, and dip move.

1) Drill: Moving without the ball is one of the most important aspects of the game and also one of the least worked on. The following five moves are essential in developing a complete player. In the following five drills, the players begin at the foul line extended and execute each of the five moves. They should do each move at least three times on each side of the court.

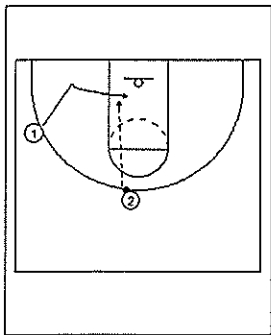
Backdoor Cut

To use when the defense is overplaying the passing lane. The offensive player starts toward the passer by coming out to the ball, planting the far foot from the basket, pushing off, and cutting hard to the hoop. Players must also give a target to the passer.



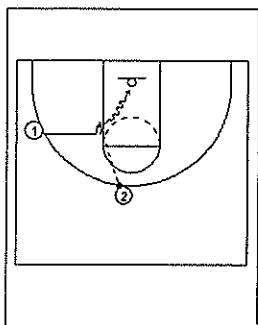
Buttonhook Cut

The offensive player takes the defense to the basket, pivots on the inside foot (foot closest to the basket), opens up to the ball, pins defender on back and prepares to receive the pass.



Square Cut

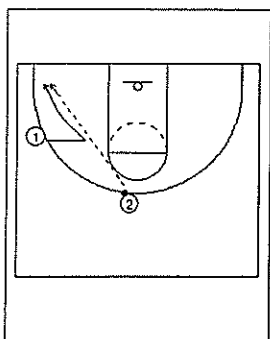
The offensive player takes the defense away from the ball to the elbow area, pivots on inside foot, opens up to the ball, pins defensive player on back and prepares to receive the pass.



Fade Cut

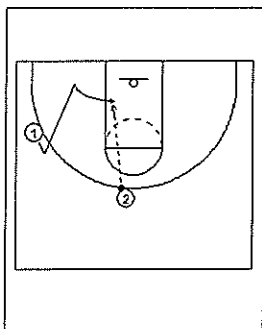
Use this cut when the defender stops or overplays the square cut. (This move can also be utilized on a screen when the defender overplays it and goes high over the top or when the passer starts dribbling towards you and your defender hedges over to help).

The offensive player takes the defense away from the ball to foul line area, pivots on inside foot, opens up to the ball, slides back out to three-point line area and prepares to receive the pass.



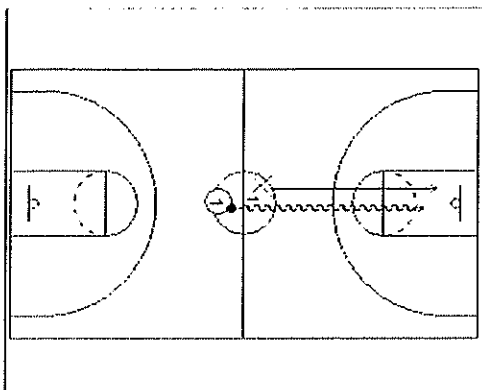
Dip Move

This is the move to make when a player is being overplayed on a backdoor cut. The offensive player starts at the foul line extended and proceeds to execute a backdoor cut. When the defender prevents the backdoor cut by overplaying, the offensive player simply takes a quick change of direction and 'dips' in front of the defender toward the hoop.



2) 1-on-1 Fast Break Drill vs. Defender

Purpose: To work on scoring in an open court, one-on-one situation. Also simulates the point guard being tightly defended in a half-court situation. This is an excellent fast break drill, dribbling drill, and breakdown drill — teaching the dribbler to make quick and effective moves to score.



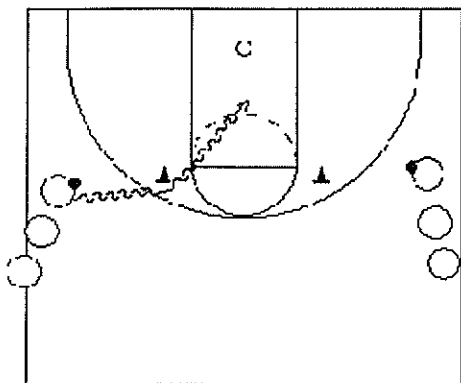
Drill: Begin with a line for dribblers at half court and follow these rules:

1. The defender will begin no more than 10 feet away from the offensive player.
2. The offensive player begins at the back of the center jump circle in the backcourt.
3. The offensive player will only be allowed 4 seconds to take a shot.
4. Within that 4 second limit, the ball must be shot inside the lane.

If a shot is taken outside the lane or not within 4 seconds, it is treated as a turnover and no score is given. The defender who stops the offensive player gets one point. A scoring player gets two points. Play to score or for a timed period. As the coach, you can decide to rotate or go make-it-take-it.

3) Lane Penetration Drill

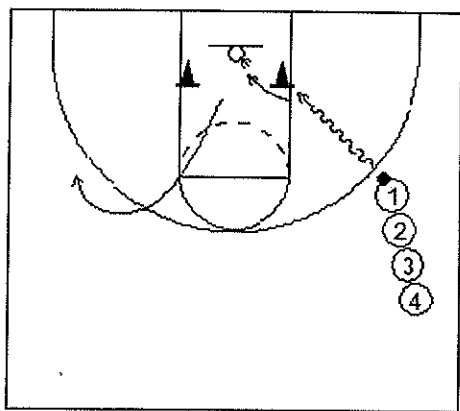
Purpose: Teach and train basketball players to penetrate into the lane and finish strong.



Drill: 2 lines on the wing, one basketball in each line. Place a cone just off the lane/elbow area. The first player begins by utilizing a shot fake, driving to the cone, turning the corner and penetrating into the lane. Execute a jump stop and power up strongly, finishing high off the backboard with the shot. Rebound your shot, pass back to the same line and rotate to the end of the other line. Once shot is taken, the player from the other line should go. Continue rotating lines.

4) Crossover Step Layup Drill

Purpose: Learning the Crossover Step Layup move will help to create strong shot opportunities when a player drives to the basket.



Drill: Players will line up on the wing, as shown. (If you have several baskets at your disposal, use them.) At least one ball per group.

The first player begins by dribbling hard to the cone, jump stops, and then executing the crossover step and finishing with a layup/baby hook shot. Grab your shot and pass back to next person in line without a ball and then move to other wing.

Crossover Step:

The first thing to understand when doing the crossover step is that the jump stop must be done correctly (landing simultaneously on both feet — if not, this may be whistled as a travel.)

Once the jump stop is completed, the inside foot (or foot closest to the basket) is the pivot foot. The outside foot will then step in front of the body toward the basket, thereby helping to seal off the defender. The shot is then taken (preferably with the hand that is away from the defender so that it cannot be blocked).

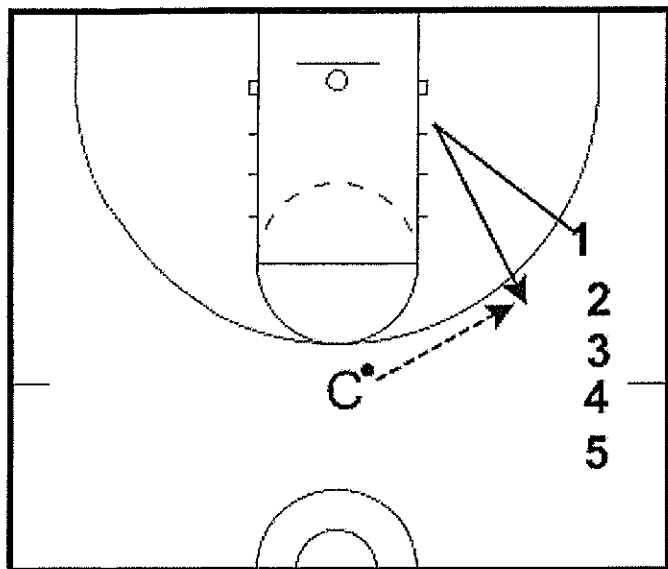
Coaching Points:

To help create an ever better opportunity, the player should perform a shot fake or even a pass fake after the jump stop and before the crossover step. This will help to get the defender on his toes and out of position to defend adequately.

Also, as an added variation once the players get accustomed to performing this move, use a live 'defender' instead of the cones. Begin with a basic 'dummy' defender and make it more 'live' as needed.

5) Triple Threat Drill

Purpose: To learn the triple-threat position and to practice getting into the triple-threat from a V-cut. To practice making a move out of the triple-threat position.



Drill: Form a line on the right wing with the coach or passer at the top of the key. Use more than one basket and/or place a line and passer on the left wing if you have a number of players.

The first player in line begins the drill by executing a V-cut to the block and back to the 3-point line area. He will receive the pass and then pivot into the triple-threat position. After about a 2-count, pass the ball back to the coach and go to the end of the line or start a new line on the left wing.

Coaching Points:

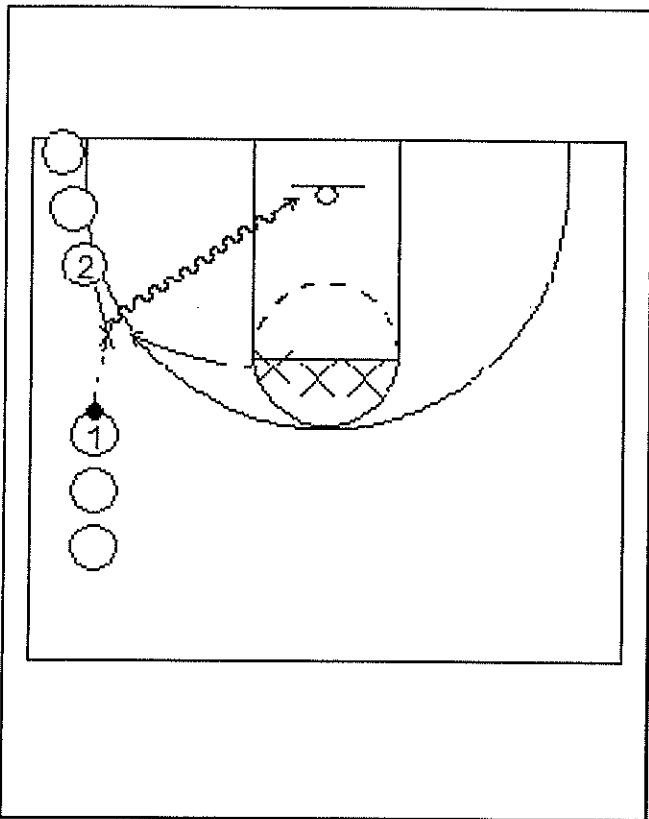
- Make sure the players are balanced and in a good triple-threat position.
- Make corrections as necessary because a poor triple-threat isn't really a triple threat.

Variations:

Once they learn the triple-threat and can execute it properly, progress into having them execute a move such as a jab-step, shot fake, etc into a drive for a layup or pull-up jumper.

6) Pivot and Score Drill

Purpose: To work on moving into the pass, pivoting away from the defense on the reception, making a move and scoring.



Drill: Three lines, or three players, as shown in the diagram. O1 line is the passer, O2 is the receiver, and X is the defender.

O2 moves in the direction of the pass from O1. As he receives the ball, he stops and pivots away from the defender (X) who has moved into position from the side. After the pivot, O2 makes a move and dribbles in quickly for a layup or pull-up jump shot. X does not defend the drive — he is only defending the pass and can step in and steal it if O2 doesn't meet it. X is also defending on-ball to make sure O2 pivots and makes a strong move.

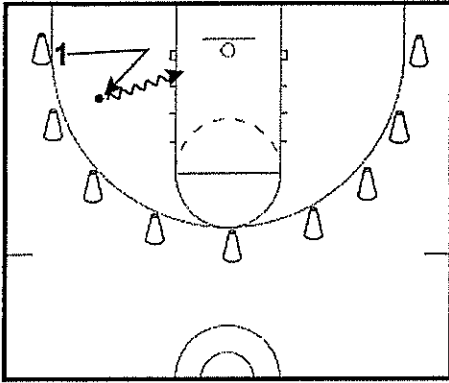
Rotate by having the shooter go to the defense line, defender going to passing line, and passer going to shooting line.

Coaching Points:

- It is imperative to meet the pass. A player who waits for the ball instead of meeting it causes many passes to be deflected and/or stolen.
- Once the pass is received, be strong with the ball. Pivot away from the defender with strength and make a strong move to the hoop.

7) Individual V-Cut Drill

Purpose: To learn how to make a fundamentally sound V-cut. This drill incorporates footwork, 1-on-1 moves, and shooting useful in developing the ability to get open and being able to make an scoring move once you have the basketball in your hands.



Drill: The player begins in one of the corners. Cones can be placed on the court as shown, but are not necessary. They are mainly used to demonstrate the spots on the court where the player will begin each V-cut.

The player begins by placing the ball on the floor (represented by the black dot in the diagram). He then steps or cuts away from the ball and makes a V-cut back to the ball. The player picks up the basketball, makes an offensive move, and then takes a shot.

After shooting, the player will rebound the basketball and repeat from each of the other 8 positions on the court (as marked by the cones in the diagram).

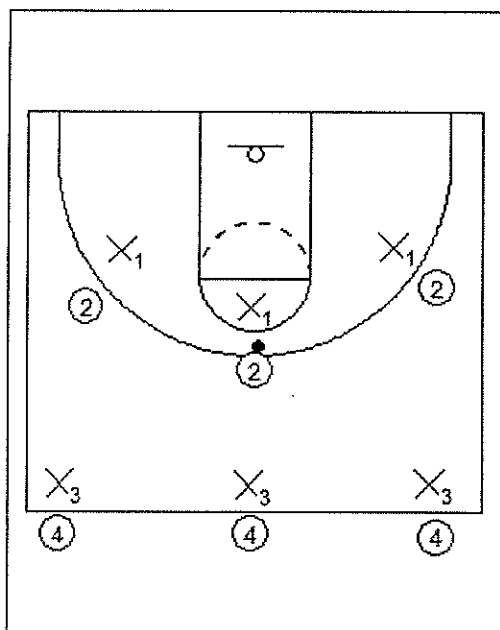
Coaching Points:

To execute a V-cut, you walk the defender away from the ball at your own pace, push hard off the outside foot, then explode hard back toward the ball. In a game, you would be looking to receive a pass. Since this is an individual drill, you pick up the ball, pivot to face the basket and get in triple threat position. From this point, you make your offensive move and score the basketball.

Be sure to utilize different offensive moves from all the various positions. Don't practice the same move each time. Some examples of offensive moves:

- Shot
- Head fake, shot
- Head fake, 1-2 dribbles, shot
- 1-2 dribbles, shot
- Jab step, shot
- etc... there are many, many more. Be creative, but be game-like.

8) Continuous 3-on-3 Drill



Purpose: This drill is a continuous halfcourt 3 on 3 drill with players rotating quickly from offense to defense. It teaches players to react quickly and communicate effectively. Any aspect of basketball can be emphasized such as offense, defense, rebounding, passing, etc.

Drill: 12 players get into 3 lines. Alternate jersey colors in each line. The first player in each line steps out to be on defense (3 defenders). The next 3 players will be on offense and attack the basket in a 3 on 3 setting.

The offense will try to score by cutting, screening, flashing, etc (any and all movements you utilize in your offensive sets). The defense, of course, will try to stop the offense by creating a turnover or rebounding a missed shot. When the defense rebounds a missed shot or steals the ball, they must outlet to the next player in one of the side two lines, who then passes to the middle line.

If the offense scores, the defense must step out of bounds and throw the basketball to an outside line. When the ball gets back to the middle, the next 3 players attack the basket. The players who were just on offense must turn and defend the new offensive team.

Keep alternating from offense to defense. After playing defense, run wide off the court and get back into the lines and halfcourt.

Coaching Points: The offense should attack as soon as the ball is in the middle line. The new defensive team must then talk and find a man to guard. Focus on good outlet passes and moving without the ball. The defense must fight screens and play good position defense.

9) Sooner Passing Drill

In this drill, we give players a chance to get a high number of reps in a short time, working on passes they will use in the half court.

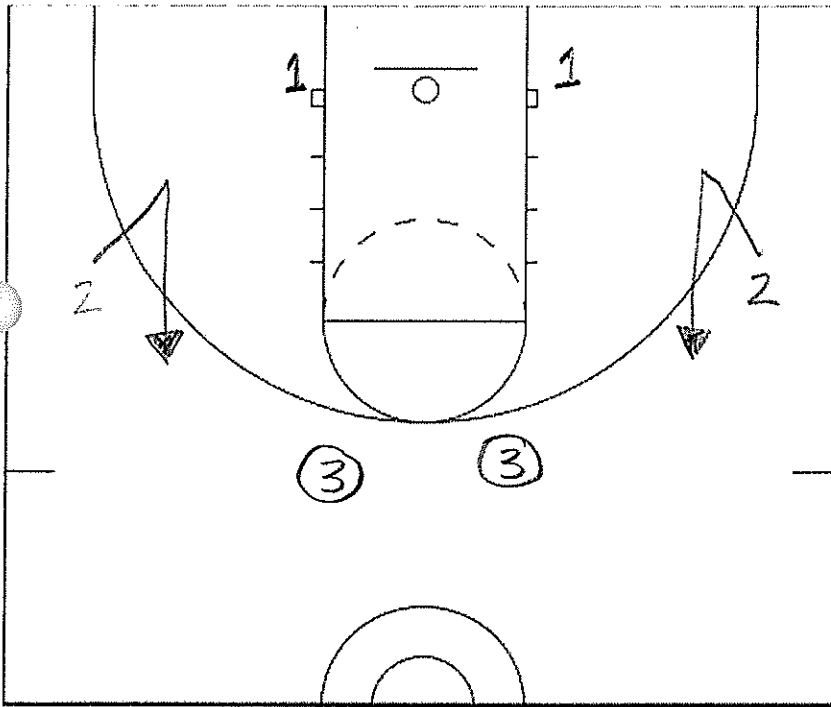
3 players needed, can put 6 at a basket—with 3 on each side of the hoop.

Player up top will start with the basketball. Next, the wing player will v cut to get open, and then square up to the hoop in triple threat on the catch.

Post player will establish position and give a hand for a target, which the wing player will hit with the pass. The post will then reverse pivot so he can see the entire floor, and then hit the guard at the top of the key with a skip pass.

Rotation—guard to wing, wing to block, block to point guard.

Make sure players are doing the drill at game speed, protecting the ball and putting zip on passes. On each catch, player should first establish themselves as a threat to score, only making passes after they don't see an opportunity.



10) Attack-N-Go Drill

The "Attack N' Go" is a continuous, half-court, all-purpose drill that develops defensive and offensive skills simultaneously. Your team should run it as either a warmup to begin practice or as the first drill in a daily defensive progression series.

Offensively, "Attack N' Go" works on practicing first step moves, passing under pressure, the give-and-go, baseline drives, squaring up and power layups.

Defensively, it works on closing out, sliding to protect the baseline and trapping.

This is a very active drill that involves constant movement and will keep player waiting to a minimum.

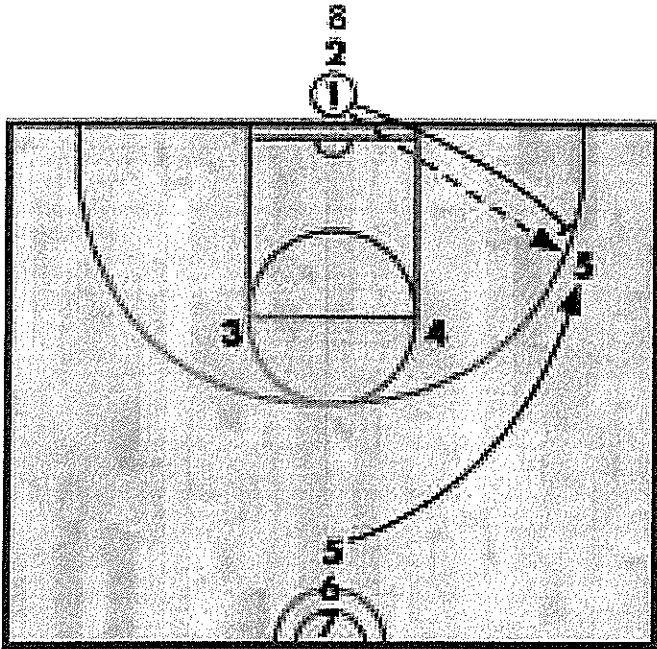


DIAGRAM 1: Set up a line of players under the basket (inside line). The first two have basketballs. Place a player at each elbow and a line of players just below the jump ball circle (outside line).

The drill begins as 5 cuts right, stopping at the wing area just above the 3-point arc. 1 passes the ball to 5 and closes out hard. 5 does not move until 1 is up close playing defense. Stress that the defender must be very active with waving hands and proper defensive stance.

Once 1 has closed out on 5, 2 passes out to 6 on the other side and everything repeats.

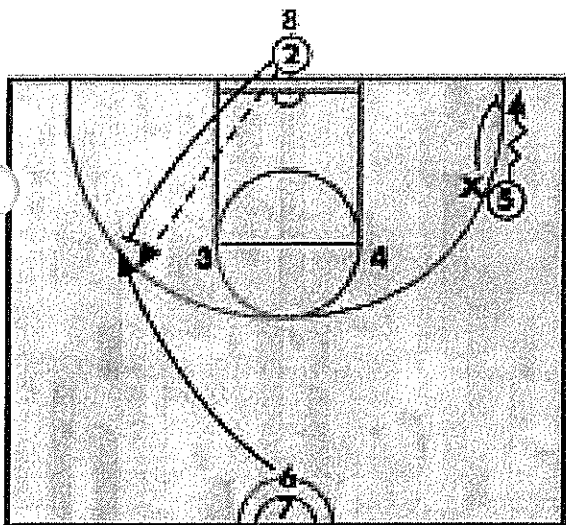


DIAGRAM 2: 5 makes a quick move toward the basket using any move to get free. 1 must force 5 to the corner. Once in the corner, 5 picks up the dribble and looks to pass to 4 at the elbow.

At this point, the defender must protect the baseline and maintain active hands without reaching in.

Stress that the offensive player make the good pass, faking high and going low, utilizing proper pivot techniques to protect the ball. The quickest way to turn the ball over is to try and throw over the trap.

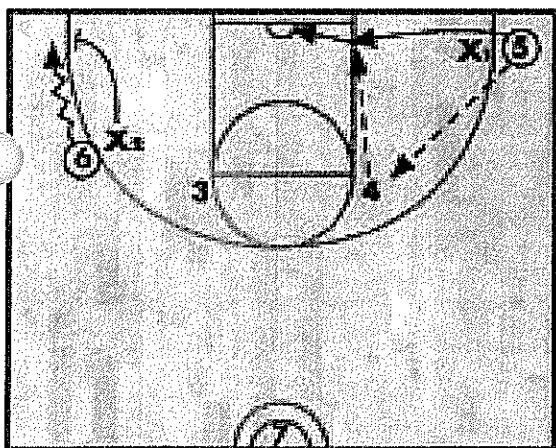


DIAGRAM 3: 5 passes to 4 and immediately cuts to the basket looking for a return bounce pass (1 allows 5 the free cut to the basket). 5 receives the pass and comes to a jump-stop, putting up a power layup.

Stress that the cutter should present the inside hand as a target and upon receiving the pass should square up and go up strong. 5's get their own rebound and hand-off to the next player in the inside line.

Rotation: 1, the defender, moves to the elbow. 5, the offensive player, goes to the end of the inside line and 4, who is at the elbow, goes to the end of the outside line (repeat same on the other side). Since this drill is continuous, your players must always be hustling and working hard.

Later: Once your players have a feel for the drill, add a coach under the basket with a football blocking pad who randomly defends the shooters.

You want your players to get used to the physical contact that a move of this kind invites. As a result, your players will not shy away during game situations and will concentrate on going up strong.

We have found that after implementing this drill, our players have played a lot harder underneath and, out of habit, look for the return give-and-go pass.

