Coaching Manual

Drills

Drills

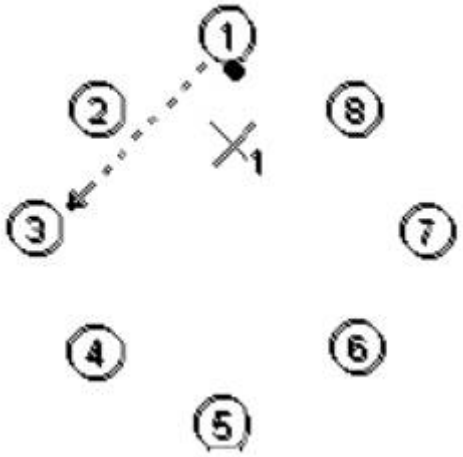
01 – Bull in the ring
02 – Bump the cutter
03 – Chill drill
04 – Close out drill
05 – Defensive shuffle & pass
06 – Fifty passes
07 – Five corner passing
08 – Five on four plus one
09 – Four on four recover
10 – Full court four line passing
11 – Chase (full court lay-ups with chaser)
12 – Full court lay-ups
13 – Horse shoe shooting
14 – Bump (knockout)
15 – Line dribbling drills
16 – Lay-ups & rebound lines
17 – Line running drills
18 – Mass defensive drill
19 – Mirror drills
20 – Ball reversal, receivers
21 – Cutting to get open
22 – Dribble entries
23 – Give & go
24 – Perimeter to post
25 – Post players
26 – Pick (screen) & roll
27 – Pick (screen) away
28 – Mushball
29 – One on one
30 – Pass, shoot & rebound
31 – Pass, shoot & box out
32 – Penetrate & dish
33 – Pepper drill
34 – Monkey (pig) in the middle
35 – Pivot away, two on one
36 – Post moves
37 – Power post pickups
38 – Pride drill
39 – Shell drill
40 – Slide run slide
41 – Star drill (pass & follow pass)
42 – Ten fingers
43 – Terminator
44 – Three on two, two on one

45 – Three man weave
46 – Turning & channelling the dribbler
47 – Two teams sliding
48 – Cincinnati
49 – Create a lead
50 – Dribble, cut, pass & drive
51 – Half court, two pass drill
52 – Triangle passing
53 – Team shoot (triangle shooting)
54 – Circle lay-ups
55 – Fifty
56 – Break away lay-ups (drill one)
57 – Pivot pass
58 – In & out the window
59 – Twenty-seven
60 – Ten-five-ten-five
61 – Out & in
62 – Quick lay-ups
63 – Two on one trailer attack
64 – Full court drive
65 – Five man weave
66 – Five man outlet weave
67 – Bank that shot
68 – Quick timed lay-ups

	Drill	Skill
	01 – Bull in the ring	• Passing • Defense

Description

- Players form a circle around a single defender.
- Players in the circle must make passes to others in the circle, but may <u>not</u> pass to a player next to them.
- The defender must pressure the player with the ball and attempt to intercept or "touch" the pass.
- On an interception or "touch" the passer replaces the defender in the middle.



Variations

a) Use two or more balls.

b) Use two or more defenders in the circle.

c) Change size of circle for shorter or longer passes .

d) Put a time limit on ball-handler to get off pass (e.g. defender counts to 3 seconds).

Points of emphasis

1 Fake a pass to make a pass.

2 Tough defense on the ball, don't just sag off ball.

3 Use hands to signal where you want an open pass.

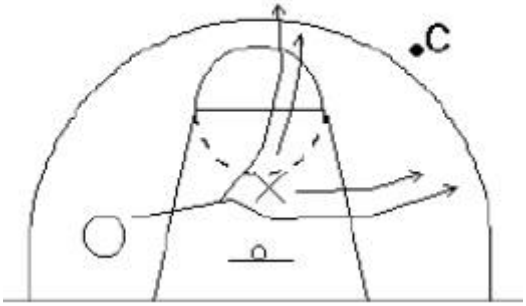
4 Communicate. Call “Ball”.

5 No lollipop passes over the top of the defender.

	Drill	Skill
	02 – Bump the cutter	• Defense

Description

- Coach has ball outside three-point line.
- Offensive player starts in opposite corner.
- Defender adopts flat triangle position in key so they can see coach with ball as well as their check.
- Offense attempts to flash cut the ball.
- Defender must meet cutter in lane, bump the cutter and deny the pass in the key, forcing the offense out to a less advantageous position low in the opposite corner or high on top.
- If offense gets ball, play one on one to basket (offense has no more than two dribbles).
- Rotate offense to defense.



Variations

a) Reposition feeder (coach) and cutter to various parts of offensive court.

Points of emphasis

1 Defense adopt correct initial position relative to ball and man.

2 See ball and man.

3 Deny the pass in the key.

4 Contact the cutter (chest or arm bar).

5 Deny stance up high, snap head and arm down low.

6 Defense lower than offense - correct stance.

7 Correct footwork.

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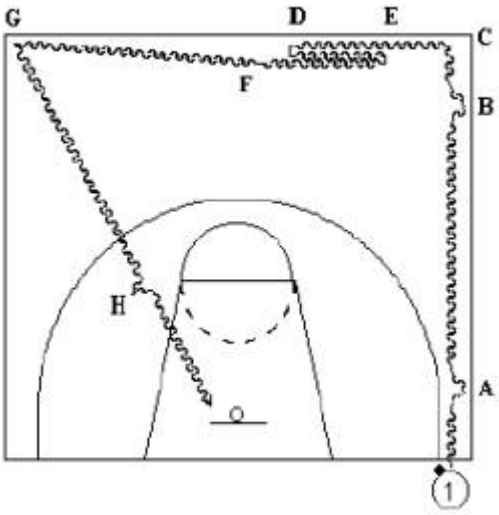
	Drill	Skill
	03 – Chill drill	• Dribbling

Description

- Players line up at corner of the court and follow the path shown in the diagram.
- Steps…
  1. Dribbler starts at corner with ball in right hand.
  2. At points A and B execute an inside-out move (fake crossover).
  3. At point C execute a reverse spin - now dribbling left hand.
  4. Dribble to point D, then quickly retreat dribble back to point E.
  5. At point E, execute a quick, low crossover dribble and dribble to point F - now dribbling right hand.
  6. At point F execute a 180 degree half spin (fake reverse).
  7. At point G execute a behind-the-back as you change direction.
  8. At point H execute a hesitation, stutter-step dribble and explode to the basket for a lay-up.



Variations

a) Go around the opposite direction (start at bottom left corner).

Points of emphasis

1 Keep your head up - see the court.

2 Low dribbling stance.

3 Explosive, quick moves.

4 Do it at game pace.

5 Low dribbles (especially on crossovers).

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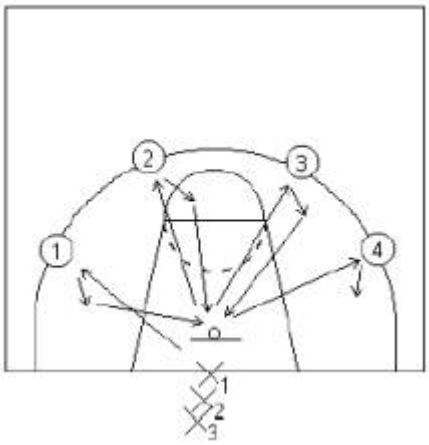
	Drill	Skill
	04 – Close out drill	• Defense

Description

- Four players set up around the three point line.
- Remaining players line up behind the basket.
- No ball is used in this drill.
- Steps…
  1. X1 "closes out" player 1. Player 1 makes an offensive move (only one step required, but direction should be varied) and X1 must drop step in that direction and make one quick slide.
  2. X1 then retreats back to basket and repeats action for the other three players around three point line.
  3. X2 can start and perform same action once X1 has finished with player 1.
  4. Once X1 is back at start of line players 1-4 rotate (4 goes to Xs line and X1 replaces player 1).



Variations

a) Practice both "bunny hop" and "stutter step" close out methods.

Points of emphasis

1 Correct defensive stance and footwork.

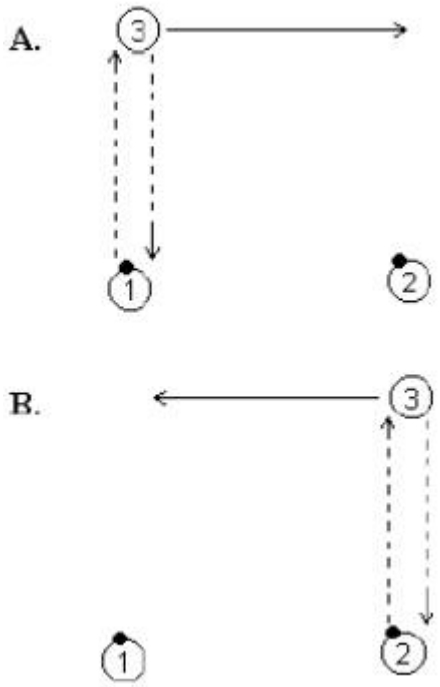
2 Defender calls "ball" every time.

3 Offense use proper triple threat stance and correct jab footwork.

	Drill	Skill
	05 – Defensive shuffle & pass	• Defensive stance • Footwork • Passing

Description

- Players are in groups of three.
- The three players set up as shown in ***Diagram A***.
- Two players with balls are about 3-4 steps apart and face third player who begins drill standing in front of one of the other players.
- Steps…
  1. Player 1 passes to player 3 who returns pass and then defensive shuffles in front of player 2 (***Diagram A***).
  2. Player 2 then passes to player 3 who returns pass and then defensive shuffles back in front of player 1 (***Diagram B***). This sequence is repeated.
- Run for specified time (e.g. 1 minute) and rotate players.



Variations

a) Specify types of passes to be made.

b) Most passes in specified time (competitive).

Points of emphasis

1 Correct defensive footwork (wide then wider).

2 Good crisp passes.

3 Communicate. Show hands and call "Ball".

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	Drill	Skill
	06 – Fifty passes	• Passing • Moving with the ball • Defense • Deny

Description

- Split group into two teams (of equal ability).
- Players use half-court.
- Players are not allowed to dribble the ball.
- Each team must try to complete fifty passes to win the game. Each team counts out loud as they complete each pass.
- Possession always changes to other team when…
  a) a violation (or dribble) occurs
  b) the ball is held
  c) or or the ball goes out of bounds (irrespective of who it came off when it went out)
- When a team gets possession back they continue pass count from where they got to on their last possession. First team to fifty wins the game.

Variations

None

Points of emphasis

1 Fake a pass to make a pass.

2 Move to space - create a passing lane.

3 Move to the ball - don't wait for it.

4 Pivot and move ball aggressively when confronted by defender(s).

5 Step into defender to make a pass.

6 Vary the type of passes you make - don't be predictable.

7 Talk - communicate. Call “Ball”.

8 Use hands to point to where you are going or where you want the ball.

9 On defense - man up!

No diagram

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	Drill	Skill
	07 – Five corner passing	• Passing

Description

- Players form five lines in a star alignment (see diagram).
- Players in front of two lines have balls.
- The players must pass to the player in the front of a line that is not next to them.
- They must then follow their pass to the end of that line.
- Instruct players to run to the far side of the line they are joining.
- This creates more traffic for the next passer.

Variations

a) For beginning players start off with just one ball.

b) Specify the type of passes to be made.

c) On coaches shout of "reverse" players must reverse the direction of passes (i.e. anti-clockwise to clockwise).

Points of emphasis

1 Communicate - call a name.

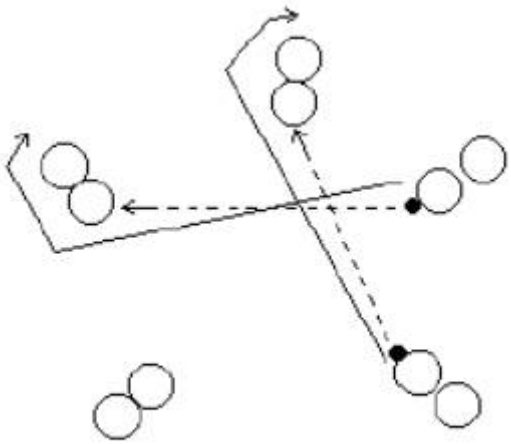
2 Show ten fingers.

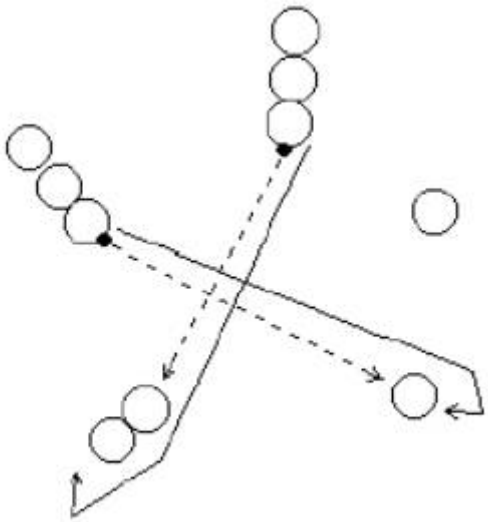
3 Step to the ball to receive the pass.

4 Good passing form.

5 Good crisp passes.

6 Receiver calling “Ball”.





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	Drill	Skill
	08 – Five on four plus one	• Transition

Description

- Offense lines up along baseline.
- Defense lines up along free-throw line extended.
- Coach passes ball to one of the offensive players and offensive team go straight into offensive transition.
- The defensive player guarding the offensive player who received the ball must sprint and touch the baseline before joining the team on defense.
- Play end to end, reversing teams on each possession.
- Score one point for each basket made.
- First team to 5 (or 10) wins.

Variations

a) Use three lines instead of four.

Points of emphasis

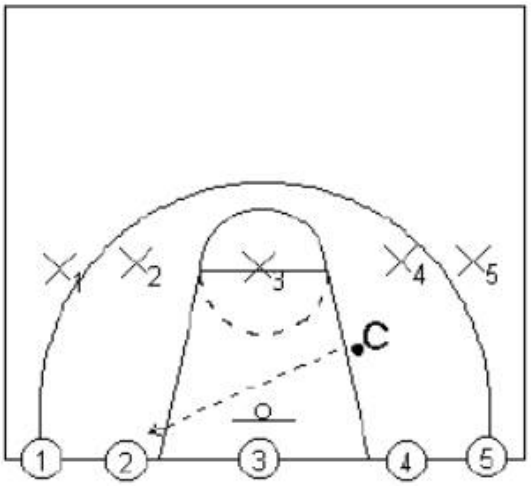
1 Defense must sprint back, get behind ball.

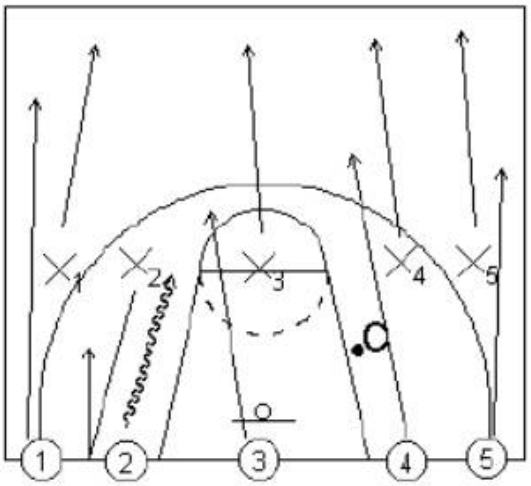
2 Get back and protect the basket.

3 Someone must take the ball-handler.

4 Communicate, communicate, communicate.

A – Set up





B – Movement

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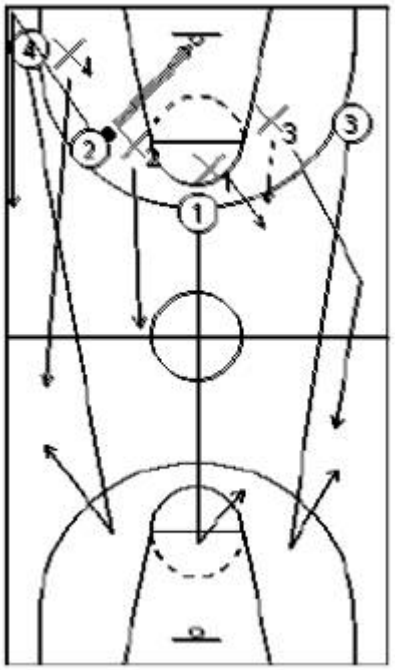
	Drill	Skill
	09 – Four on four recover	• Transition

Description

- This drill starts of as a four on four half court scrimmage.
- When the ball is rebounded by the defensive team, or a basket is scored the defensive team move straight into offensive transition.
- The original offense now go into defensive transition, but the player who took the shot must run and touch the nearest baseline/sideline corner before sprinting down court.
- This gives the offense a four on three advantage until the shooter recovers.



Variations

a) This drill can be played with three or five players on each team also.

Points of emphasis

1 Defensive team must sprint back past half-court catching up with any players ahead of them, or turning and finding a player if they are behind you.

2 Communicate, communicate, communicate!

3 Closest player takes the ball - slow it down!

4 Get in front of the ball!

5 Offense - go at top speed and find the open player.

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	Drill	Skill
	10 – Full court four line passing	• Passing • Transition

Description

- Players get into four lines at baseline as shown in diagram.
- Players progress the ball down the court by passing and moving in their lines only.
- Note that to create traffic and make job harder, players in line 1 are passing across to line 3 and back. Players in line 2 are passing to line 4 and back.
- As players get to free-throw line extended at opposite end outside players cut to basket for pass and lay-up.
- Inside and outside players exchange lines and players return back down court in similar fashion.

Variations

a) For younger players you may decide to make it easier and remove the traffic option and have players pass to lines next to them.

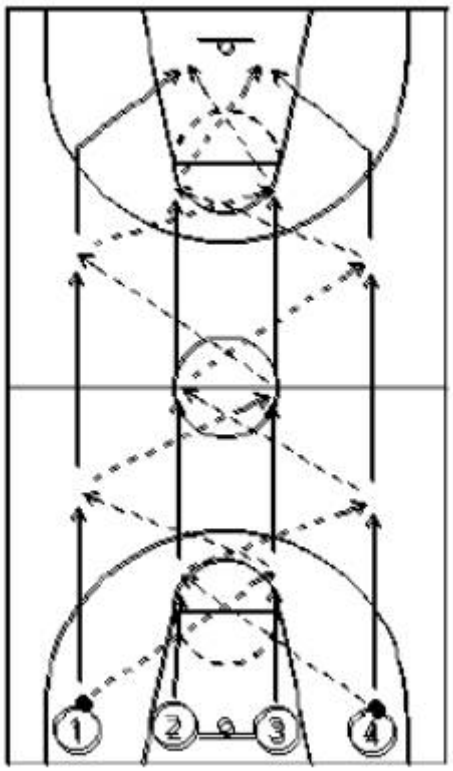
b) Alternatively, you might like to have lines 1 and 4 exchange longer passes and lines 2 & 3 exchanges shorter ones.

Points of emphasis

1 Do it at full speed, on the run, not stop and go.

2 Pass in front of a moving player.

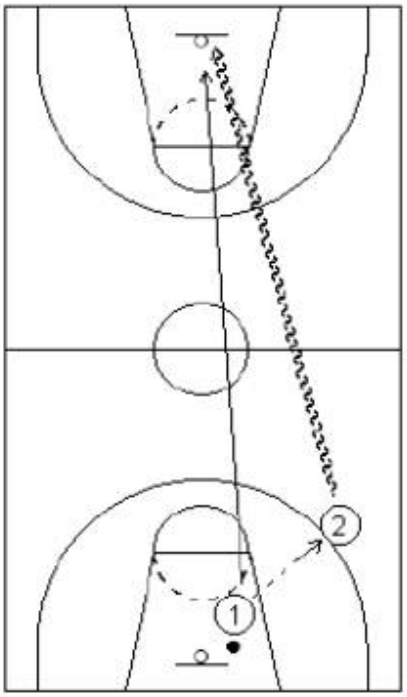
3 Show ten fingers and call a name to receive pass.

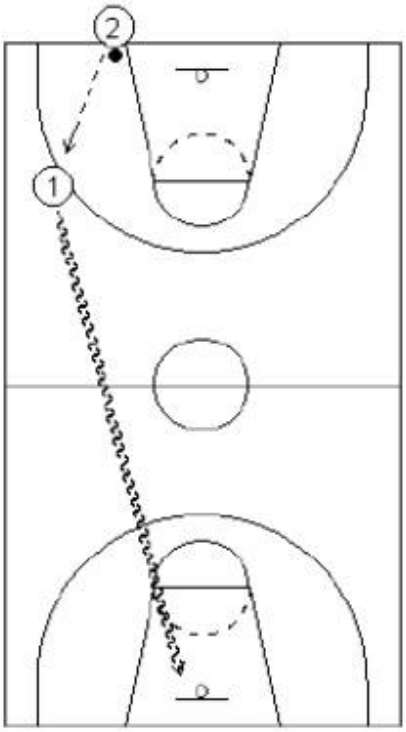


	Drill	Skill
	11 – Chase (full court lay-ups with chaser)	• Transition • Lay-ups

Description

- Players make two lines (one under basket, one at right corner of court).
- Players in centre line have ball each.
- Steps…
  1. Player 1 (centre line) throws ball at backboard and rebounds.
  2. Player 2 (corner line) assumes outlet position.
  3. Player 1 passes to player 2 who speed dribbles for a lay-up. Player 1 chases in attempt to distract or block the lay-up.
  4. At other end players swap roles and come back on the other side of the court.





Variations

a) See how few dribbles any pair can make for two baskets.

b) How many baskets can team make in certain time.

Points of emphasis

1 Speed dribble - push the ball out in front.

2 Sprint

3 Correct lay-up form.

4 Don't rush the lay-up.

5 Outlet player in “knife” position – back to sideline see whole court.

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	Drill	Skill
	12 – Full court lay-ups	• Transition

Description

- Players form three lines at baseline.
- A cone or chair is placed on court at opposite end on three-point line at free-throw line extended.
- Steps…
  1. On way down court, player 1 sprints the lane and goes outside the cone and cuts to the basket, timing run for pass from other two players who are passing the ball down the court whilst running in their lanes (see ***Diagram A***).
  2. Player 1 scores with a lay-up.
  3. Middle lane (player 2) rebounds the ball while outside players exchange lanes.
  4. Player 3 runs outside the cone, and runs the outside lane looking for pass from the other two players (see ***Diagram B***).
  5. Player 3 scores with a lay-up.
  6. Players join end of a different line and drill continues.

Variations

a) Create traffic and heads-up play by starting second and subsequent groups when previous group scores.

b) Time players (how many scores in set time period e.g. two minutes) – have a team record that you constantly try and beat each time.

Points of emphasis

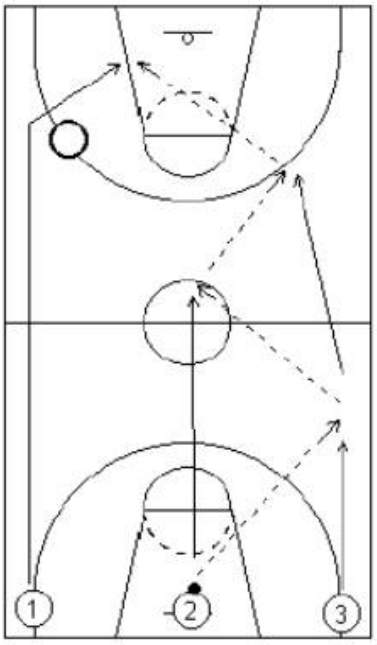
1 Teamwork - timing, communication, effort.

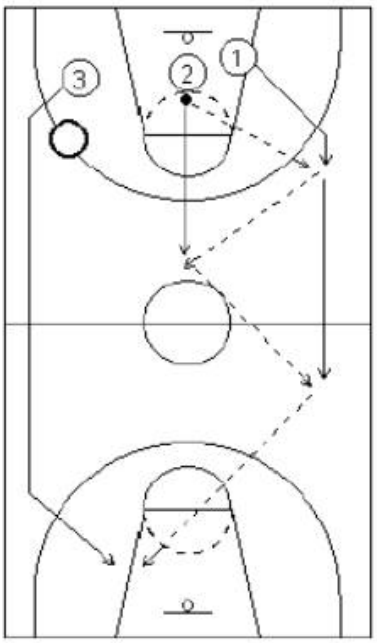
2 Transition - sprint the drill.

3 Pass in front of a moving player.

4 Ball does not hit the floor for entire drill.

A





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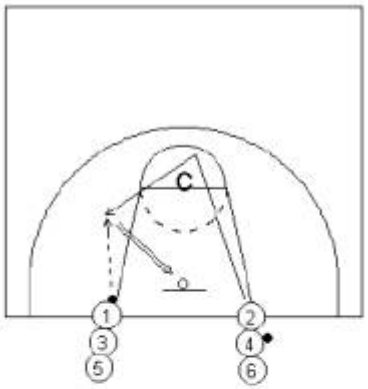
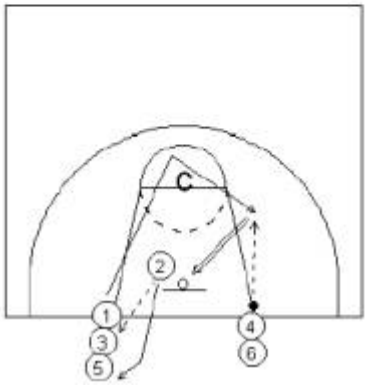
	Drill	Skill
	13 – Horse shoe shooting	• Shooting • Passing/receiving

Description

- Players form two lines on baseline on either side of the key.
- The first player in one line has a ball, the second player in the other line has a ball.
- The coach stands on the middle of the free-throw line.
- Player 2 (front of line without ball) makes a v-cut around the coach, calling for the ball from player 1.
- Player 1 passes the ball to player 2 who shoots the basket and rebounds the ball.
- After taking the rebound players pass to the front player in the opposite line (opposite to where they came from). They then join the end of the line.
- After passing the ball, the player cuts around the coach as described above and the drill continues.





Variations

a) Take a dribble after receiving the ball and shoot off the dribble.

b) Make a hard drive to the basket rather than the shot.

c) Add a shot fake before the shot.

Points of emphasis

1 Correct footwork on the cut and good hard change of direction.

2 Receive the ball in the triple threat position ready to shoot.

3 Correct shooting form.

4 Communicate - call for the ball.

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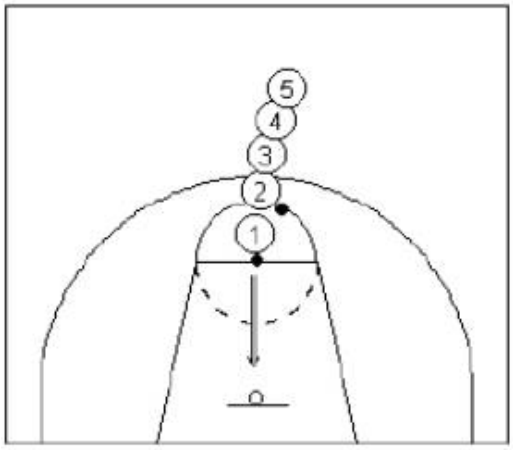
	Drill	Skill
	14 – Bump (knockout)	• Shooting

Description

- Players form line at free-throw line with first two players having a ball.
- Players shoot their first shot from free-throw line and if they miss they follow their shot and keep rebounding and shooting until they score.
- Once the player in front of you has shot, you can begin in the same fashion as described above. If the player behind you scores before you do you are out of the game.
- Once you score, rebound the ball and return to next player in line, then return to end of line.
- Last player left in wins the game.



Variations

a) First shot from different position (e.g. 45 degrees, three-point line).

Points of emphasis

1 Correct shooting form.

2 Observe free-throw rules - don't follow shot until ball hits ring.

3 Strong rebounding.

4 No travels when going to basket on missed shots.

	Drill	Skill
	15 – Line dribbling drills	• Dribbling

Description

- For straight line drills players line up in four lines at baseline (see ***Diagram A***).
- Players dribble down the court, and at designated spots (e.g. free-throw line extended, centre line), or on whistle, make one of the following designated moves:
  1. Change from speed dribble to control (protection) dribble
  2. Crossover
  3. Fake crossover (inside out)
  4. Reverse dribble
  5. Stutter (hesitation) dribble.
- For change of direction drills players line up in two lines near centre of court.
- Players practice change of direction dribbles in a zig-zag pattern down court (see ***Diagram B***). They can make one of the following designated moves:
  1. Crossover
  2. Behind the back
  3. Between the legs

Variations

a) Follow the leader - all players follow moves of designated player.

Points of emphasis

1 Head up - see the court.

2 Correct dribbling technique - fingertips not palms.

3 Protect the ball.

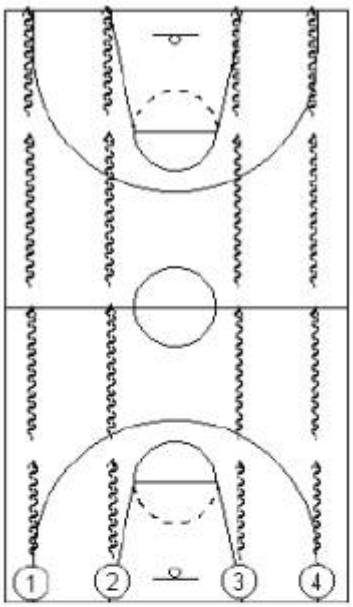
4 Footwork.

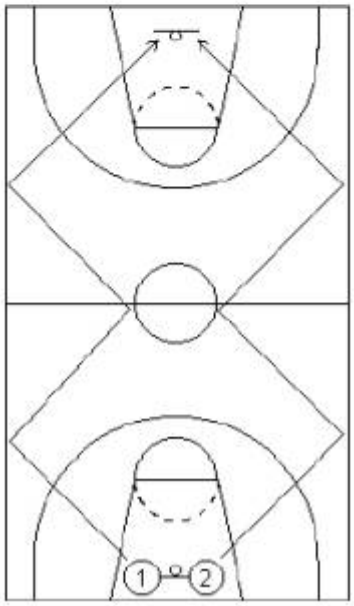
5 Balance.

6 Stay low.

7 Explosive change of direction - plant the foot and push off.

A





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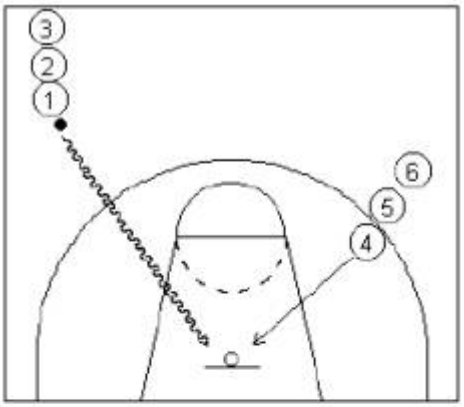
	Drill	Skill
	16 – Lay-ups & rebound lines	• Lay-ups • Rebounding • Passing

Description

- Players make two lines.
- The lay-up line is well outside the three point line towards the sideline at centre court.
- The rebound line is on the opposite side of the court at about the three point line.
- The first person in the lay-up line has a ball.
- Players in lay-up line make hard drives to the basket for a lay-up.
- Rebounder moves to basket anticipating rebound and takes strong rebound.
- Player who took lay-up moves to end of rebound line.
- Rebounder takes two strong dribbles out, make a good pass to next player in lay-up line and then move to the end of the lay-up line.



Variations

a) Swap sides of court.

b) Increase number of balls (up to as many as number of players will allow).

c) Vary type of lay-up (e.g. reverse, two-foot stop into power lay-up etc.).

Points of emphasis

1 Correct lay-up form.

2 Make it a hard drive to basket (game speed).

3 Ball does not hit floor on the rebound.

4 Strong rebound, protect ball, strong dribble, hard pass.

5 Receiver to receive the ball running to the basket, not standing still.

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	Drill	Skill
	17 – Line running drills	• Body movement fundamentals

Description

- For straight line drills players line up in four lines at baseline (See ***Diagram A***).
- Players run down the court using one of the following designated running styles:

  1 Normal jog.
  2 Heels high jog.
  3 Knees high jog.
  4 Grapevine.

- In addition, at designated spots (e.g. free- throw line extended, centre line), or on whistle, make one of the following designated moves:

  1 Jump stop.
  2 Stride stop.
  3 Forward pivot.
  4 Reverse pivot.
  5 Stutter (hesitation) step.

- For change of direction drills players line up in two lines near centre of court. Players practice change of direction in a zig-zag pattern down court (see ***Diagram B***).

Variations

a) Follow the leader - all players follow moves of designated player.

Points of emphasis

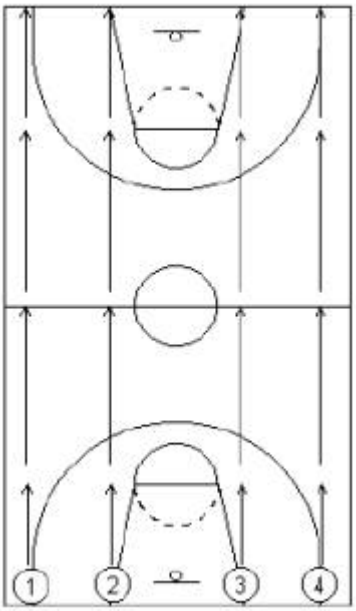
1 Footwork.

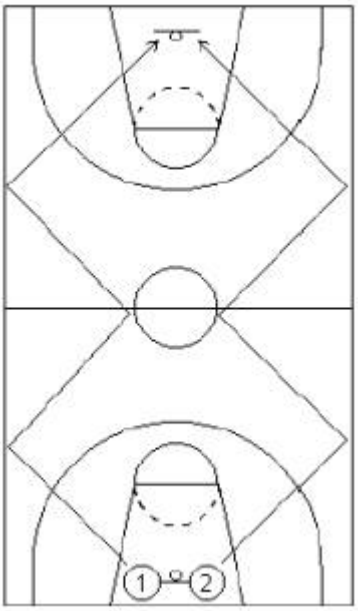
2 Balance.

3 Stay low.

4 Explosive change of direction - plant the foot and push off.

A





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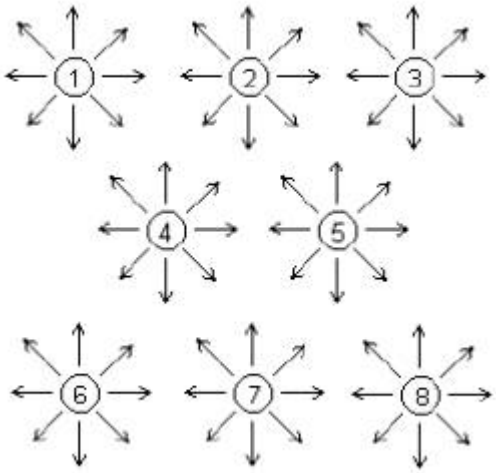
	Drill	Skill
	18 – Mass defensive drill	• Defensive stance & footwork

Description

- Players spread out on court facing the coach who is standing in front of them.
- The coach can use visual or audible cues to make the players do the following:
  1. Get into their defensive stance.
  2. Footfire or pitter-patter with their feet.
  3. Defensive footwork any direction (e.g. left or right slide, drop-step and slide, retreat step, close out).
  4. Change hand position - coach might move ball around and have players trace ball, challenge shot etc.
- Visual cues may be better as it encourages players to keep their heads up.



Variations

a) Have a player lead the others.

Points of emphasis

1 Correct defensive stance.

2 Stay low - no bobbing up and down.

3 Keep head in middle of body.

4 Keep head back - "nose behind toes".

5 Correct defensive footwork - wide then wider - don't bring feet together.

6 Active hands.

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	Drill	Skill
	19 – Mirror drills	• Defense

Description

- This drill is designed to allow the players to improve their defensive stance and footwork.
- It can be run in one of two ways:
- First method (see ***Diagram A***)
  1. Players line up in a straight line facing towards the coach who is standing in front of them
  2. As the coach moves from side to side the players attempt to keep with him and in a line.
- Second method (see ***Diagram B***)
  1. Have players pair up and each pair chooses a line on the court
  2. One player moves laterally along the line whilst he other player (facing them) attempts to stay in front of them (like "looking in a mirror").
  3. Limit the number of steps to three before a change of direction or it will just turn into a running race along the line.
  4. After 30 seconds players swap roles (leader - follower).

Variations

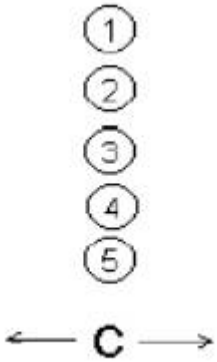
None

Points of emphasis

1 Correct stance and footwork (wide then wider).

2 Quickness.

A



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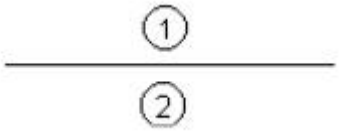
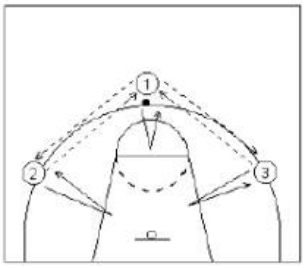


	Drill	Skill
	20 – Ball reversal, receivers	• Motion offense

Description

- These drills are designed to practice and teach the value of quick ball reversal. We also teach the principle of having two receivers in position when dribble penetration occurs into the key.
- **Diagram A** has three players one at each wing and one at point. Players pass the ball point - wing - point - wing with each player V-cutting and replacing themselves after they make each pass.
- **Diagram B** shows the four areas we want our players to get to, to be effective, threatening receivers when one of their team-mates dribble penetrates into the key. Every time the ball is dribbled into the key we want two of these spots filled. If the penetration is above the blocks it is both low spots that should be filled. If penetration is below the block fill one high spot and low spot opposite the penetration.
- **Diagram C** shows the progression from Diagram A. After a certain number of reversal passes coach shouts drive and ball-handler penetrates with their dribble, other two offensive players must move to the receivers spots for a pass off and score.
- **Diagram D** shows another set-up for similar drill with defender X3 helping and being forced to close out after quick ball reversal. O3 fakes/jabs and drives, O1 and O2 again must move to receivers spots.

A



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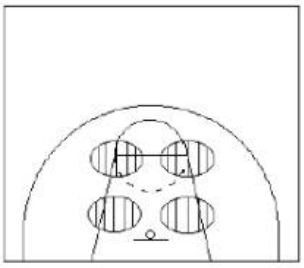

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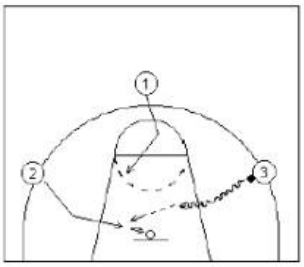

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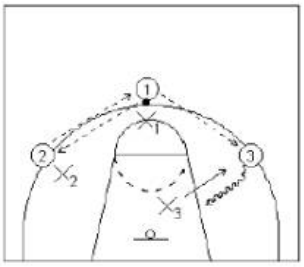

Variations

a) Drill A is good to run competitively - groups of 3 most passes in specified time. Don't count a pass if v-cut not done correctly

b) All drills should be done 3 on 0 to start and then progress to 3 on 3.

c) Start with token defense moving to full 3 on 3

Points of emphasis

1 Quick ball reversal.

2 V-cuts - plant foot, good change of direction, target hand.

3 Passes - pass away from defender.

4 Catch and square up to the basket.

5 Receivers - get to spots and present a target.

6 Recognize space - move into space.

7 Five player receivers principle - one player penetrating, two players in receivers spots, one player spotting up for outside shot, one player is defensive safety.

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	Drill	Skill
	21 – Cutting to get open	• Motion offense

Description

- These drills are used to teach the V-cut, backdoor cut and leading from the low post.
- Diagram A shows V-cut.
- Diagram B shows backdoor cut.
- Diagram C shows leading from the post.

Variations

a) Start all drills 2 on 0 and progress to 2 on 2.

b) Start with token defense moving to full 2 on 2.

c) Run from different parts of the floor.

Points of emphasis

Offense…

1 At least two steps to take defender away.

2 Plant foot - push off - change direction quickly.

3 Present target hand.

4 Catch and square up to the basket.

5 Read the defense - e.g. if overplayed go backdoor

6 Leading from post - take player up lane, inside leg and arm over in front of defender, once in front cut out to receive ball.

7 Pass into path of cutter - don't make him stop.

Defense…

1 Defensive stance.

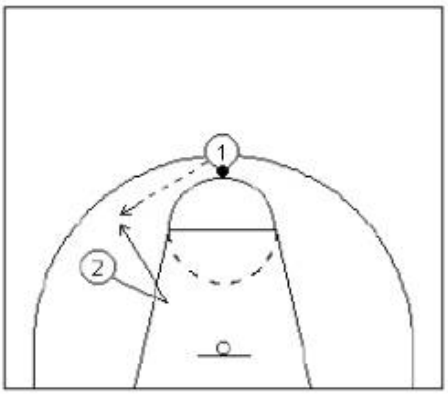
2 Correct defensive footwork.

3 Deny stance.

4 Jump to ball on pass - not after pass made.

5 Snap head and arm on backdoor cut.

A



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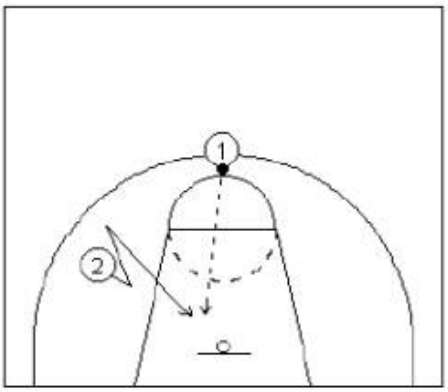

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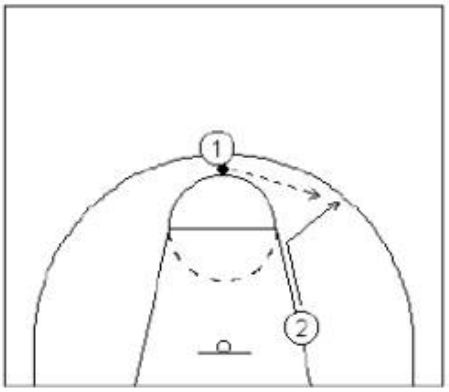

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	Drill	Skill
	22 – Dribble entries	• Motion offense

Description

- Here we try to teach the different options available after a dribble entry to a wing.
- Main teaching emphasis is on filling empty spots (recognizing space and what your teammates are doing).
- ***Diagram A*** shows a backdoor cut by O2 as they are dribbled at. O3 fills point (defensive safety) and O2 fills weak side if they don't get the pass. Run this drill with at least three return passes to new point before allowing pass to cutter. Obviously point can pass to either wing.
- ***Diagram B*** shows post-up (button-hook) cut by O2. Again O3 fills point. Once defense is participating in drill, teach players to read how O2 is defended in post. If they are not fronted pass them the ball. If they are fronted pass to O3 at ball side elbow, O2 seals and looks for pass from O3.
- ***Diagram C*** shows O2 making shallow cut and filling point. O3 moves their defender but replaces themself.

Variations

a) All drills should be done 3 on 0 to start and then progress to 3 on 3.

b) Start with token defense moving to full 3 on 3.

c) Run from both sides of floor equally.

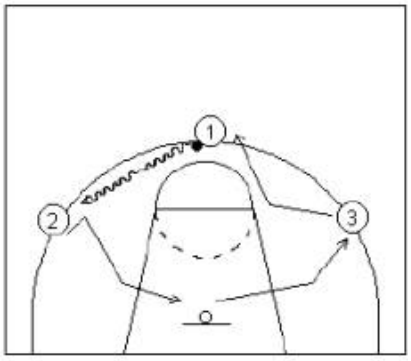
Points of emphasis

1 Moving to space.

2 Recognize team mates' cuts.

3 Read defense.

A



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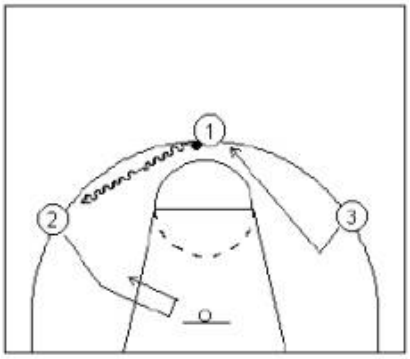

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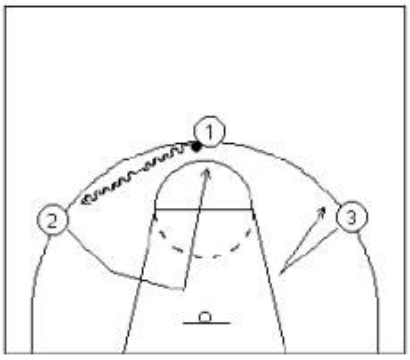

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	Drill	Skill
	23 – Give & go	• Motion offense

Description

- These drills (along with many other variations) can be used to teach and practice the give-and-go.
- ***In diagram A,*** O1 at point passes to a V-cutting O2 on wing and then cuts to basket.
- ***In diagram B,*** O2 returns initial pass to O1 and runs backdoor cut for give-and-go.
- ***In diagram C,*** O1 is running a give-and-go off the high post.

Variations

a) All drills should be done 3 on 0 to start and then progress to 3 on 3.

b) Start with token defense moving to full 3 on 3.

c) Run from both sides of floor equally.

Points of emphasis

Offense…

1 Good cuts.

2 Try for ball side cut whenever defense allows - take them away first to get ball side cut.

3 Target hand.

4 Bounce passes to cutter.

Defense…

1 Defensive stance.

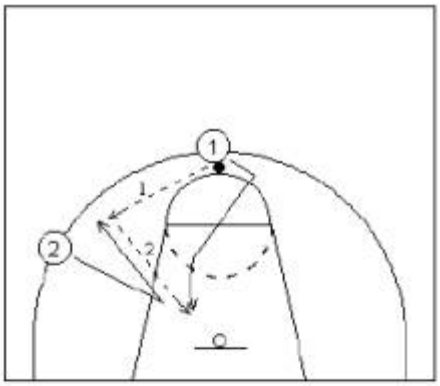
2 Correct defensive footwork.

3 Deny stance.

4 Jump to ball on pass - not after pass made.

5 Snap head and arm on backdoor cut.

A



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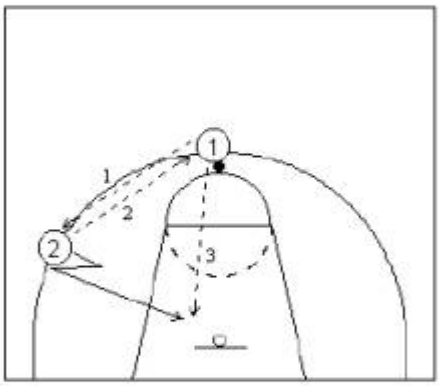

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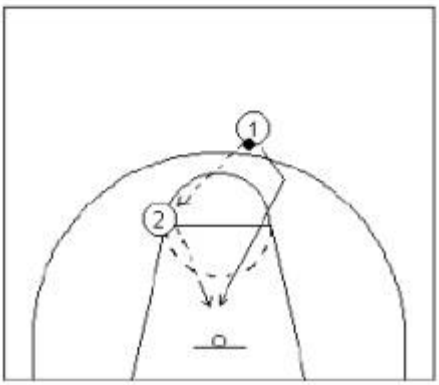

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	Drill	Skill
	24 – Perimeter to post	• Motion offense

Description

- Run these drills to teach players to recognize how post players are defended and how to cut off posts.
- In ***Diagram A***, pass is to high post, so wing O2 cuts low and O1 replaces O2.
- In ***Diagram B***, pass is to low post, so point O1 cuts and O2 replaces O1.
- In ***Diagram C***, post defense is allowing pass to post so we make it.
- In ***Diagram D***, post defense is fronting so we pass to O1 cutting to ball side elbow, post seals and we look for high-low pass.

Variations

a) Start 3 on 0, progress to 3 on 3.

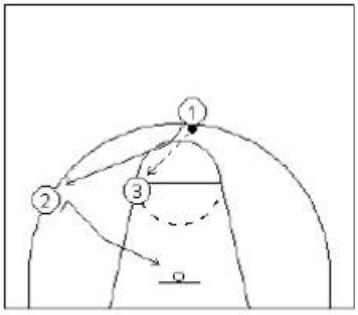
b) Start with token defense progressing to full 3 on 3.

Points of emphasis

1 Recognize space.

2 Recognize open man.

A



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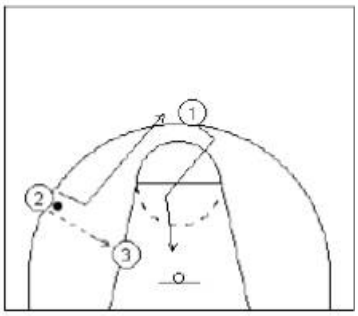

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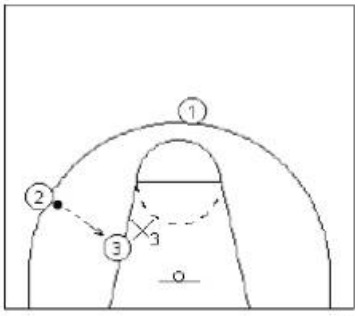

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	Drill	Skill
	25 – Post players	• Motion offense

Description

- Here we teach two post players to work together.
- ***Diagram A,*** when pass is to high post, low post seals and looks for pass and basket.
- ***Diagram B,*** when pass is to low post, high post shows and then cuts to basket looking for pass from low post and basket.
- ***Diagram C*** shows a good drill where we have two posts and two post defenders. Remainder of squad passes ball around key looking for posts to make good position and they then pass to posts who go 2 on 2.
- ***Diagram D*** shows a good two-passers to two posts drill. Posts set a screen and roll on cross screen and both screener and roller get pass for a basket.

Variations

a) Start 3 on 0, progress to 3 on 3.

b) Start with token defense progressing to full 3 on 3.

c) Run from both sides of floor.

d) Various cuts off screens.

Points of emphasis

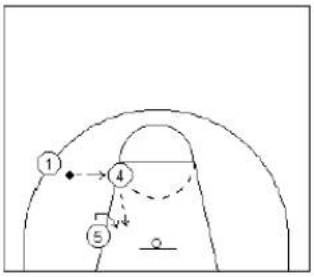
Offense…

1 Recognize how your partner is defended.
2 Remember to move without the ball – correctly.
3 Present a target when you want the ball by holding hand up and yelling for ball. Drop hand and stop yelling one second before moving (e.g. to screen or relocate).
4 Jump stop as you receive the ball in the post - option of either foot as pivot foot.
5 Receiving the ball, remember the three Cs – Catch, Chin (the ball, protect with extended elbows) & Check your defender.

Defense…

1 Side-front high when ball is high.
2 Side-front low when ball is low.
3 Correct footwork in front of post to move between two stances.

A



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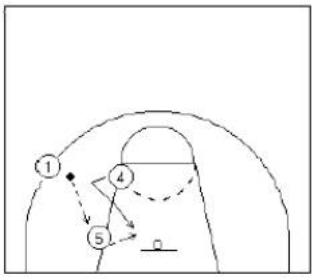

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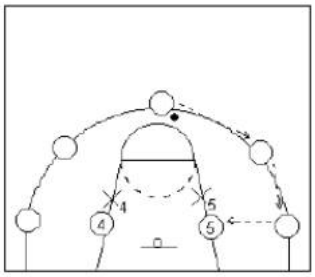

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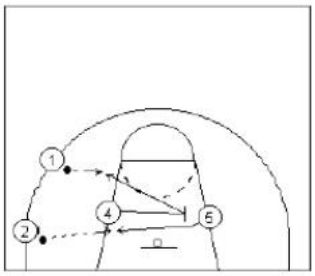

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	Drill	Skill
	26 – Pick (screen) & roll	• Motion offense • Pick & roll

Description

- These drills teach the pick and roll.
- Point O1 passes to wing O2 and sets pick on O2s defender.
- O2 reads defense, v-cuts (if appropriate) and drives off pick.
- O1 rolls to basket looking for (bounce) pass from O2.

Variations

a) Start 2 on 0, progressing to 2 on 2.

b) Start with token defense, move to full 2 on 2.

Points of emphasis

Offense…

1 Cutter must wait for picker to set.

2 Picker must set wide, low, balanced pick, arms in, make contact with defense.

3 Cutter uses pick - brush shoulders.

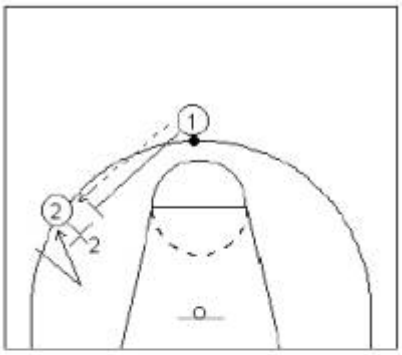
4 Drive hard, penetrate - look to score.

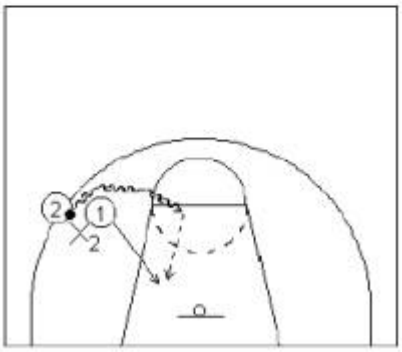
5 Picker rolls - see ball rule.

Defense…

1 Picker's defender must show numbers and recover.

2 Cutter's defender must fight over top of pick (hips and leg over).





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	Drill	Skill
	27 – Pick (screen) away	• Motion offense • Pick & roll

Description

- These drills show how to begin teaching the pick away from the ball.
- ***Diagram A*** shows point O1 passing to wing O2 and then setting pick weak side for O3.
- ***Diagram B*** shows O3 cutting off pick and O1 rolling to basket.
- ***Diagram C*** shows a modification to B where an extra passer is inserted to give both picker and cutter a pass and score.

Variations

a) Start drills 3 on offense & none on defense and progress to 3 on 3.

b) Start with token defense and move to full 3 on 3.

Points of emphasis

Setting the pick - the player who is cutting off the pick should remember to…

1 Keep your feet shoulder width apart, bend your knees and take up a strong balanced position.

2 Hold your arms strongly across your chest to protect yourself.

3 Expect contact - you want the defender to run into you!

4 Make sure your body is positioned "square" to the direction you are trying to pick.

5 Make sure the defender is in the middle of your body.

6 Remember to call your team-mate so they know you are picking.

7 You must not push the defender.

8 You must remain stationary, and in your "cylinder".

9 Once the "cutter" has gone, "roll" to the basket.

Cutting off the pick - the player who is cutting off the pick should remember to…

1 Don't cut too soon. You must wait for the picker to have set the pick properly and to be stationary.

2 Fake in the opposite direction that you are going to cut to put the defender off balance.

3 Cut close to the picker! Brush shoulders with them. If you leave a gap the defender may get through it!

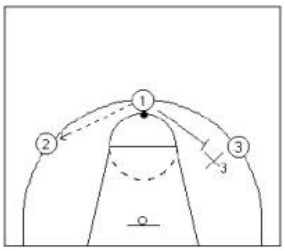
4 "Read" the defense and make your move accordingly.

a) If the picker does a good job and the defender is run right into the pick, the cutter should make a tight cut, close to the picker, into the lane looking for a pass.

b) If the defender gets between the picker and the cutter (fights over the top of the pick), the cutter can go back door looking for the pass. The picker should turn (face the basket) to block the defender.

c) If the defender chooses to go behind the picker, the cutter pops out for an easy pass (and possibly a 3-point shot). Again the picker can turn to block the defender.

A



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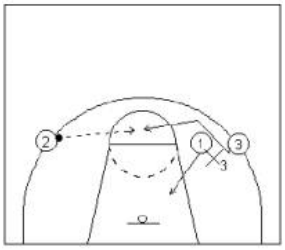

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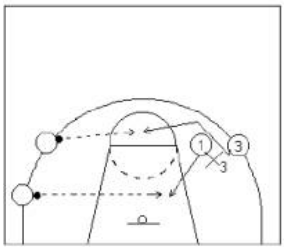

Points of emphasis (cont)

Correct picking angles…

1 Down pick - back to ball.

2 Up pick - back to baseline corner.

3 Back pick - back to basket.

4 Cross pick - back to ball side elbow.

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	Drill	Skill
	28 – Mushball	• Free throw shooting • Offense/defense close to basket

Description

- Players line up as shown in ***Diagram A***.
- One player is in each of the low free-throw lane positions. The remaining players line up at the free-throw line with the first person in line with a ball.
- The shooter shoots free-throws until they miss, scoring one point for each made shot.
- Free-throw lane rules must be adhered to; players in the lane cannot cross line until ball hits the rim, and the shooter cannot cross free-throw line until ball hits rim.
- On a miss all three players play to score. That is, the person who rebounds is on offense, the other two are on defense.
- A field goal from this 1 on 2 contest is worth two points.
- Players cannot go further than one step outside key.
- Play continues until either (a) a field goal is scored, (b) the ball leaves the field of play (i.e. one step outside of key), (c) a violation occurs or (d) the ball is held. Then players rotate. The rotation sequence is shown in ***Diagram B***.
- Encourage strong moves to the basket, through the defense.
- There are no fouls (other than flagrant ones) in mushball.

Variations

a) In the case where a player is well defended and cannot score, allow a pass out to the coach (who is standing to one side just inside the three-point line). The coach should return the ball to the same player, as long as she does a good job of getting open (by cutting to the basket, or posting up).

b) Allow players waiting in line to distract shooter by shouting etc. (no touching).

c) Have players rotating from second lane position run a suicide before returning to end of free-throw line. This should help simulate tiredness (e.g. end of game).

Points of emphasis

1 Players to have correct free-throw form and a consistent free-throw routine.

2 Players to go strong to basket (body parallel to backboard).

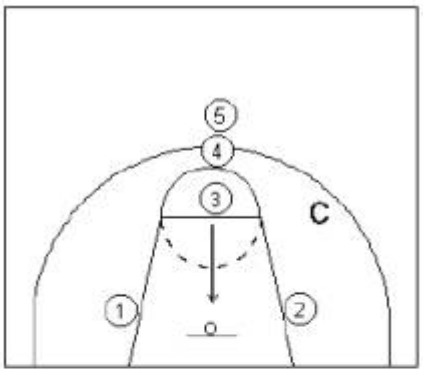
3 Read defenders and move accordingly.

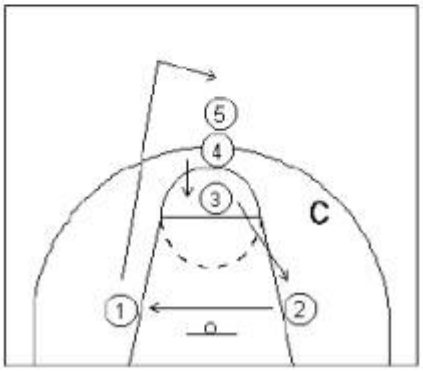
4 Use the pump fake.

5 Go strong for the rebound.

6 Power dribble only - protect the ball.

A



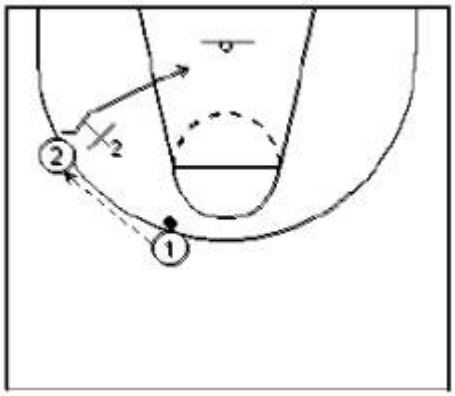


B

	Drill	Skill
	29 – One on one	• Individual offense • Defense

Description

- Players are in groups of three. Player 1 is passer, player 2 is offense, X2 is defense.
- Player 2 gets open (V-cut, back cut, lead from post etc.), player 1 makes pass.
- X2 plays defense (deny pass, play defense one-on-one).
- Offense must always square up and assume triple threat position upon receiving the ball on the perimeter.
- Offense can use any offensive move, or might be instructed to use a certain one by coach. These might include:
  - a) Catch, square and shoot.
  - b) Catch, square, jab step and shoot.
  - c) Catch, square, jab step, shot fake and shoot.
  - d) Catch, square, jab/fake step and strong side drive into jump shot off dribble.
  - e) Catch, square, jab/fake step and crossover drive into jump shot off dribble.
  - f) Catch, square, jab/fake step and strong side drive into power lay-up.
  - g) Catch, square, jab/fake step and crossover drive into power lay-up.
- Players rotate X2 becomes passer, 2 becomes defense, 1 becomes offense.
- Can have two groups at each basket.



Variations

a) Only token defense if players need practice on moves.
b) Make X2 close out from a distance.
c) Use different positions on court.

Points of emphasis

1 Catch and square into triple threat every time.
2 Stay balanced.
3 Fool the defense with realistic jabs and shot fakes.
4 Read the defense - take what they give you.
5 Intensity - game pace.

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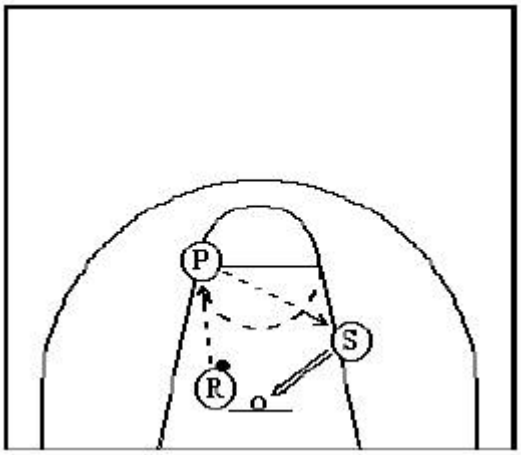
	Drill	Skill
	30 – Pass, shoot & rebound	• Offense

Description

- Players operate in groups of three.
- One player is passer, one is rebounder (starts with ball), the other is shooter.
- Steps…
  1. Rebounder passes to passer
  2. Passer passes to shooter
  3. Shooter shoots
  4. Rebounds and sequence is repeated
- Rotate after 5 shots.



Variations

a) Run drill for certain time (say 1 minute) and rotate players.

b) Rotate every shot.

c) Shooter must dribble to right or left and shoot.

d) Shooter must relocate every shot.

e) Passer and shooter give shot fake, jab step etc. before pass or shot.

f) Increase competition by keeping track of each persons made baskets.

Points of emphasis

1 Correct shooting form.

2 Correct rebounding technique (chin ball, elbows protect, pivot away and pass).

3 Passer and shooter receive in ready position (be low).

4 Passer passes to "shooting pocket".

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	Drill	Skill
	31 – Pass, shoot & box out	• Shooting • Boxing out

Description

- Players are in pairs. Player 1 is on perimeter in shooting range, player 2 is under basket with ball.
- Steps…

  1. Player 2 passes to player 1. Player 1 takes one strong dribble either side into a shot. Player 2 as soon as they pass the ball is closing out, trying to pressure the shot and boxing out once the shot is taken.
  2. Both players go for the rebound. If offense gets the rebound they should try and score.
  3. Player that gets the rebound is offense on next repetition or on made basket players rotate positions.

Variations

a) Use different parts of the floor.

b) Have 2-3 pairs at each basket and use as many baskets as you have.

c) Add competition. Keep score.

Points of emphasis

1 Correct shooting form.

2 Dribble to go somewhere.

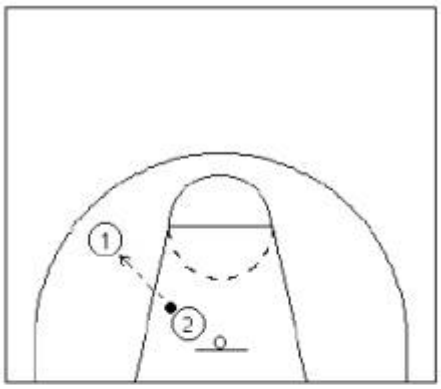
3 Stay low and go up into the shot.

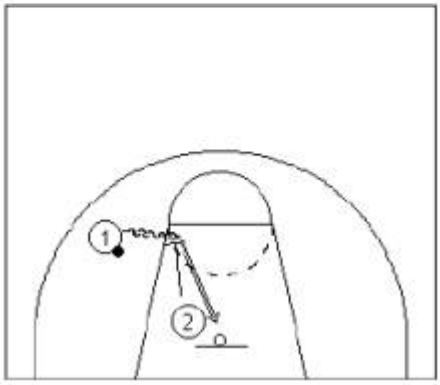
4 Close out properly.

5 Make contact on the box out.

6 Compete for the rebound.

A





B

	Drill	Skill
	32 – Penetrate & dish	• Offense

Description

- This drill is designed to teach the skills of dribble penetration into the key and passing the ball off to a team mate who have placed themself in a good position.
- The drill can be run from a 3 on 2 set (See ***Diagram A & B***), and can be run with the dribble penetration coming from any area of the offensive court (e.g. ***Diagram A*** shows penetration from the point, ***Diagram B*** shows penetration from the wing).
- ***Diagram C*** shows one of the possible sets when running the drill 4 on 3.
- Have the penetrating dribbler undefended with a defender on each of the other offensive players.
- Dribble penetration should "split" two of the defenders.
- Receivers must read their defender and cut to an advantageous position.
- Dribbler should pass to best option but can continue drive to basket if defense sag off.

Variations

a) 3 on 2, 4 on 3 or 5 on 4.

b) Run from all parts of floor.

Points of emphasis

1 Direct penetration between the defenders - attack the gaps.

2 Drive to score.

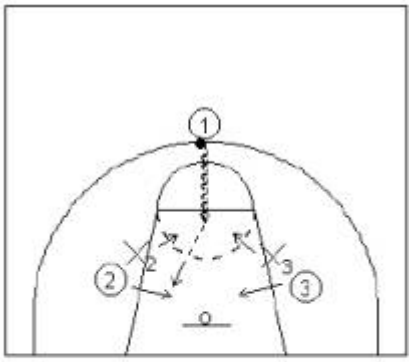
3 Get into the key (two feet in the key).

4 Receivers read the defense and the dribbler.

5 Receivers face dribbler in ready position.

6 Receivers cut to the basket.

A



B

C

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	Drill	Skill
	33 – Pepper drill	• Passing • Receiving

Description

- Players form a semi-circle around one of the players.
- Note that the player in the middle is a step inside the circle - this ensures they have has to use their peripheral vision to see the players on the ends of the semi-circle.
- The player in the middle and the player on one end each have a ball.
- Steps…

  1 Player 1 passes to player 3 and then receives the pass from player 2.

  2 Player 1 passes to player 4 and then receives the pass from player 3.

  3 The play continues like this, and then returns in the opposite direction around the circle.

- Players then rotate so each has a turn as the middle passer.

Variations

a) Specify the types of passes to be made.

b) Make a rule that the middle passer must make a different type of pass than they just received.

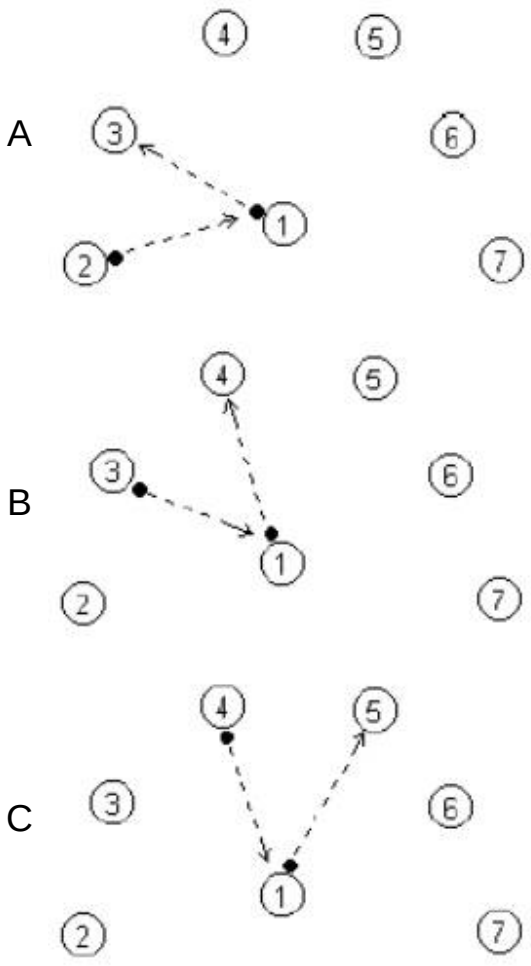
c) Time each player for a certain number of rotations.

Points of emphasis

1 Good, hard passes.

2 Quickness (but don't hurry).

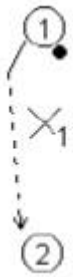
3 Show "ten fingers" to receive the ball.



	Drill	Skill
	34 – Monkey (pig) in the middle	• Passing • Defense

Description

- Players are in groups of three.
- Players 1 and 2 stand about 3-4 metres apart with third player in between.
- They must make passes to each other while X1 attempts to touch or get a hand on the ball. X1 must play aggressive defense on ball handler, rather than sagging off.
- As soon as X1 touches or gets hand on ball they swaps position with the passer.



Variations

a) Place time limit on passer (e.g. X1 counts to 3 seconds) and passer must pass the ball before time expires.

Points of emphasis

1 Fake a pass to make a pass.

2 Passer must attack the defender. Step into/around defender to make pass.

3 Receiver must call "ball" every time.

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	Drill	Skill
	35 – Pivot away, two on one	• Pivoting • Offense

Description

- Players form three lines at centre line.
- Steps…
  1. Player in middle line sprints to foul line.
  2. Player now approaching the foul line, receives pass from the coach at free-throw line and one player from each of the other lines follow to play defense.
  3. Player 1 with ball must keep ball away from the two defenders for 5 seconds by pivoting and ball movement.
  4. The end of the five second count is announced by the coach and the player tries to split the defenders and make a drive to basket.
  5. Players return to a different line.

Variations

a) After 5 second count player passes to coach.

Points of emphasis

1 Stay low and pivot aggressively.

2 Move ball strongly and vary position of ball up and down.

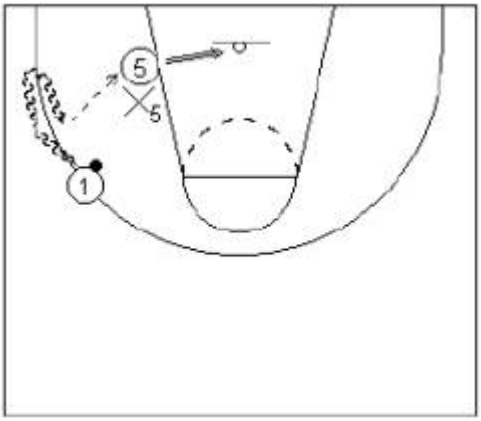
3 Strong step-through.

4 Good double-team technique by defenders.

	Drill	Skill
	36 – Post moves	• Individual offense • Defense

Description

- Players are in groups of three.
- Player 1 is perimeter passer, player 5 is offensive post, X5 is defensive post.
- Player 5 posts up looking for pass from player 1.
- Player 1 can dribble from wing to corner and back along three point line.
  Post should attempt to post-up strong or seal defender if possible.
- Upon receiving pass, post reads defense and makes appropriate move. This should include…
  a) Drop-step baseline into power lay-up.
  b) Drop-step middle into baby hook.
  c) Turn and face, bank shot.
  d) Turn and face, drive middle.
  e) Turn and face, up and under (crossover into power lay-up).
- Post can pass back out if a good shot isn't available.
- Players rotate X5 becomes perimeter passer, post offense becomes post defense, perimeter passer becomes post offense.
- Use two groups at each basket.



Variations

a) Token defense only for beginners (coach may instruct defender to overplay one side for offense to practice certain moves).

Points of emphasis

1 Jump stop when receive pass.
2 Chin ball, elbows out, low stance.
3 Read the defense - take what they give you.
4 Avoid rapid movement on offense, rather use your body and leverage to gain position.
5 Get body parallel to backboard for power-lay-up.
6 Go up strong, protect ball with inside arm / elbow.
7 Pump fake.
8 Slash arm, inside leg technique.
9 Defense half-front high or low depending upon position of ball. Correct footwork in front of offense post to change from one position to the other.

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	Drill	Skill
	37 – Power post pickups	• Power lay-ups

Description

- Two balls are placed on the low blocks.
- One player is the post shooter, two other players are to rebound balls and place them back on the low blocks after each shot.
- Post shooter starts in middle of lane and alternately picks up each ball off low block and makes post move to the basket (maximum of one power dribble allowed).
- Players rotate positions after specified time.

Variations

a) 3 balls can be used with one of the non-post players holding it to place on the block where the post player picks up the ball to make their move.

b) Specify types of move to be made (e.g. drop-step baseline into power lay-up, drop-step middle into baby hook etc.).

c) Most baskets in certain time (e.g. one minute).

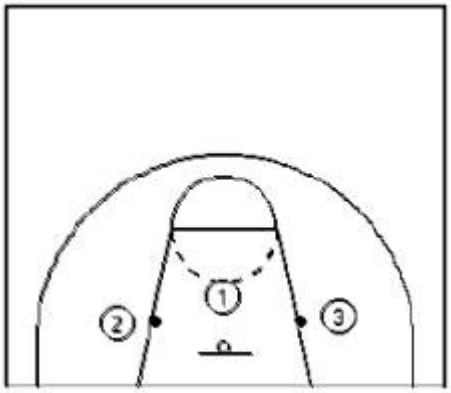
Points of emphasis

1 Work hard.

2 Concentrate on footwork.

3 Get body parallel to backboard for power lay-ups.

4 Put the ball up strong with two hands well above the ring.



	Drill	Skill
	38 – Pride drill	• Transition • Conditioning

Description

- Drill starts with a five on zero offensive transition and score.
- On score, all players sprint to defensive positions and get into defensive stance and execute "foot-fire" or defensive "pitter-patter" until coach passes one of them the ball when they return to offensive transition and repeat.
- After two repetitions swap out to new team or bring in fresh players.

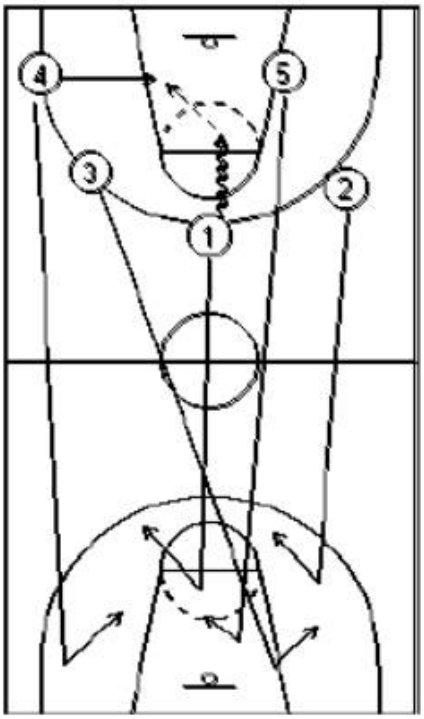
Variations

a) Coach might award points for correct execution, hustle and effort. Players do drill until nominated points score is reached.

Points of emphasis

1 On offense, fill the lanes.

2 On defense, sprint back while seeing the "ball".



	Drill	Skill
	39 – Shell drill	• Team defense

Description

- Four players assume offensive positions at guard and wing or corner positions.
- Four players assume defensive positions based on the following rules:
  - a) If your man has the ball play him - push to sideline, no penetration.
  - b) If your man is one pass away - play deny stance in passing lane.
  - c) If your man is two passes away - play in the key in help position.
  - d) If your man is more than two passes away - play on the split line in help position.
- On ball movement all defensive players move to correct position.
- When first teaching this drill have offense hold ball for two-second count before passing.
- Rotate offense to defense.

Variations

a) The shell drill should be run in the following progression. (Build up to latter stages over number of sessions.)
  - a) Stationary offense - defense allow passes. This stage is so defenders get used to movement into correct positions.
  - b) Offense move (v-cuts and replace only) - defense allow passes.
  - c) Offense move (v-cuts and replace only) - deny passes.
  - d) Allow penetration only - defensive help.
  - e) Allow offense to exchange positions.
  - f) Allow screens.
  - g) Live four-on-four.
  - h) Add a fifth player on the perimeter.

b) Depending upon the defensive emphasis you may want high defenders to sag and guard against penetration rather than denying pass.

Points of emphasis

1 Jump to the ball - as pass is made - not once it gets there - "fly with the ball".
2 See the ball and your man - point your pistols.
3 Stance, stance, stance - low, low, low. Must be lower than the player you are guarding.
4 Correct footwork - slides, drop step, close-outs.
5 Three main jobs are pressure on pass or shot, stop penetration, help your teammates.

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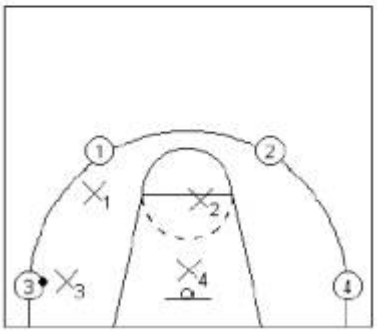

B

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	Drill	Skill
	40 – Slide run slide	• Defense

Description

- Players start at baseline facing out of court in defensive stance.
- Players are playing against an "imaginary opponent" initially.
- They begin by defensive sliding two or three steps then pretend they have been beaten and move to a run (sprint) to catch up, then return to defensive stance/slide, then repeat to other end of court.

Variations

a) Add an opponent with ball rather than imaginary opponent.

b) Add an opponent moving without ball (harder for defense).

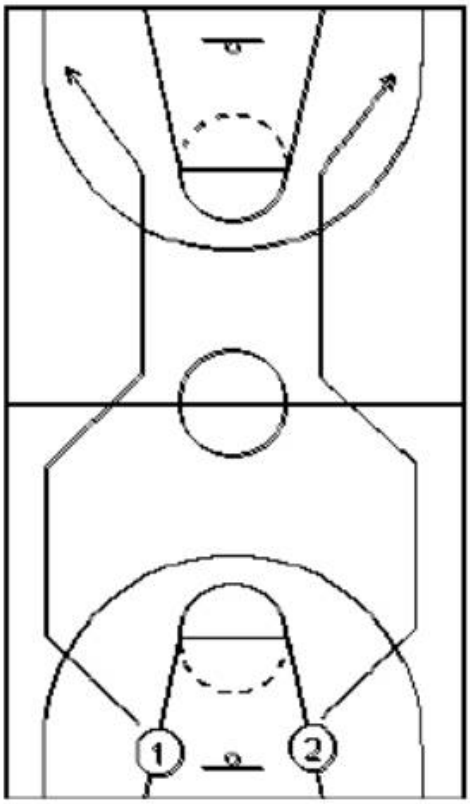
c) Defender holds towel behind back (concentrate on footwork).

Points of emphasis

1 Correct defensive footwork - stay low.

2 Sprint.

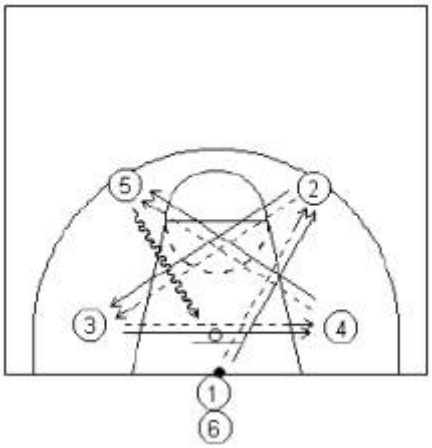
3 Effort.



	Drill	Skill
	41 – Star drill (pass & follow pass)	• Passing & receiving • Power lay-ups

Description

- Players line up as shown in diagram.
- Two players (3 & 4) are a step off each low free-throw lane position, two players (2 & 5) are a step off each elbow. Remaining players line up behind the baseline with the first player in line with a ball.
- Player 1 passes to player 2 and follows her/his pass (taking 2's position).
- Player 2 passes to player 3 and follows her/his pass.
- Player 3 passes to player 4 and follows her/his pass.
- Player 4 passes to player 5 and follows her/his pass.
- Player 5 drives hard to the basket for a power lay-up, only one dribble (two for beginners) allowed.
- Players rebound own shots and hand-off ball to next player in line, then move to the end of the line.
- Drill continues in same manner.



Variations

a) Use two balls at once. Enter second ball just after first ball is passed from position 3 to position 4.

b) Reverse the direction (for left-hand power lay-ups).

c) Specify the type of pass to be made (e.g. chest, bounce, overhead).

d) Vary type of lay-up (e.g. reverse, two-foot stop into power lay-up etc.).

Take short jump-shot off dribble rather than lay-up.

Points of emphasis

1 All passes to be hard and accurate.
2 Catcher calls “Ball” and shows hand target to receive the ball.
3 Step forward to make, and receive the pass.
4 Hard drives to the basket with correct power lay-up form.

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	Drill	Skill
	42 – Ten fingers	• Cutting • Passing • Shooting

Description

- Players form two lines outside three-point line.
- All players, except for first in each line have a ball.
- Steps…

  1. First player in each line runs into key and v-cut back to ball.
  2. Players "show ten fingers" and call to receive ball from next player in line. After receiving pass they square up to basket and either shoot, dribble/drive for lay-up or dribble into jump shot.
  3. Passer can repeat move once shooter has gone to basket or shot the ball.
  4. Players rebound their own balls and dribble back up court to end of lines. They are coming back through subsequent pairs who are completing drill (creating traffic).

Variations

a) If full-court available, have players dribble to opposite end for a lay-up before they return to lines.

Points of emphasis

1 Plant foot and push off hard for good change of direction on cut.

2 Showing "ten fingers" and calling for ball.

3 Catch and face into triple threat.

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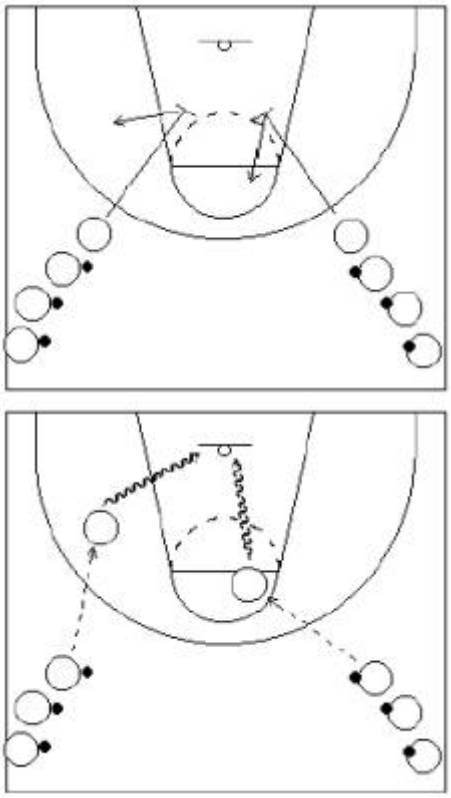

B

	Drill	Skill
	43 – Terminator	• Dribbling

Description	
• Vary the court space used depending upon the size of your group. • For a group of eight to ten start off within the three-point line and baseline. • Each player has a ball and must dribble continuously within the designated area whilst trying to knock away the ball from other players. • Any player who cannot maintain their dribble or goes outside of the designated area is out and should step out of the designated area. • As number of players reduces further restrict the playing area (e.g. key, circle, top half of circle). • Last player left wins.	No diagram
Variations	
a) Players only use weak hand to dribble.	
Points of emphasis	
1 Head up! **2** Correct dribbling technique - fingertip control - use the wrist - push the ball to the floor. **3** Low dribbling stance - protection stance.	

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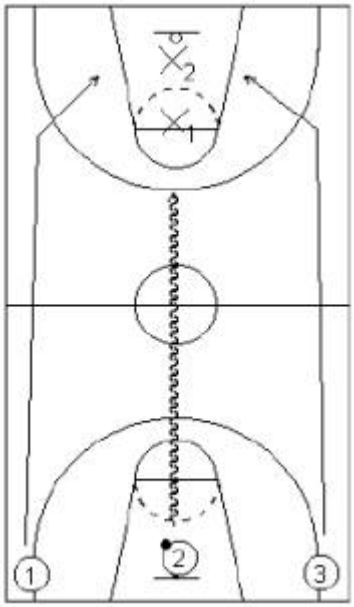
	Drill	Skill
	44 – Three on two, two on one	• Transition

Description

- Two players assume "tandem" defensive position at one end, all other players form 3 lines at baseline at opposite end. Player in middle line has ball.
- Three players (first in each line) bring ball down court to play 3 on 2 versus the two defenders.
- As soon as defenders get ball, or a score is made, the two defenders play 2 on 1 in the opposite direction against either,
  a) the shooter, in the case a shot was just taken (made or missed), or,
  b) the person who turned over the ball, in the case an interception was made, or violation occurred.
- The other two offensive players remain to be defense for next three players.



Variations

a) Have players throw ball off backboard, rebound ball and outlet to start drill rather than just running off lines.
b) Must make certain number of passes in transition.
c) Start next 3 coming down court while 2 on 1 is still coming back (create traffic).

Points of emphasis

1 Run lanes hard, cut to basket at free-throw line extended.
2 Sprint.
3 Correct **defensive** play of 3 on 2 situation, that is,
  a) tandem alignment,
  b) front defender takes ball,
  c) rear defender takes first pass and front player drops.

4 Correct **offensive** play of 3 on 2 situation, that is
  a) outside players stay wide and cut to basket,
  b) ball-handler draw front defender
  c) ball-handler make good pass to most open player and cut to ball-side elbow.

5 Driving lane, passing lane concept.
6 Communicate (both offense and defense).
7 Take the ball to the basket hard.
8 On turnover get straight into offensive transition.
9 On made shot, step out of court and get in-bound pass in quickly, straight into offensive transition.

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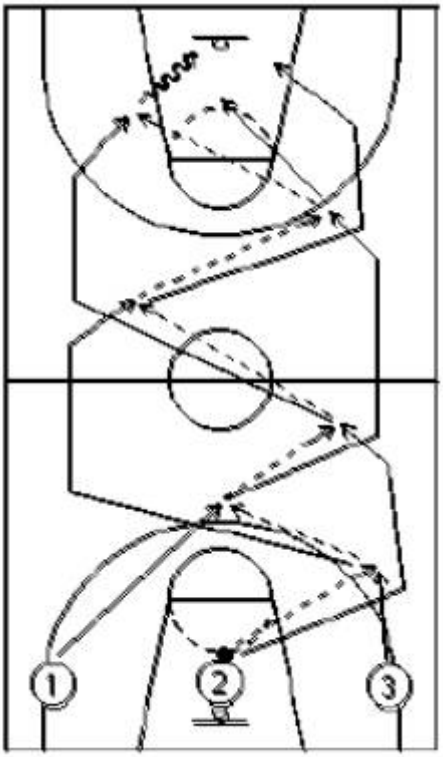
	Drill	Skill
	45 – Three man weave	• Passing • Receiving • Offensive transition

Description

- Players form three lines at baseline.
- Player in middle line has ball.
- Ball is passed in a weave pattern up the court.
- Players cut behind the person they have passed to (see diagram). i.e., Pass and Go Behind and Cut to Centre
- Player who receives ball near edge of offensive key makes a hard drive to basket.
- The other two players form a rebounding triangle and any missed shots are put back after the rebound.
- After the made basket, the ball is grabbed, the player steps out of bounds and the drill is repeated back down the court.



Variations

a) Players can wait at end of court (rather than coming back) for rest of players in line to come down court and then all take in turns to come back in opposite direction. This way, the next three players can start when the previous three cross halfway.

b) Specify the types of passes to be made.

Points of emphasis

1 Sprint down the court.

2 Run the lanes - go wide.

3 Communicate - call for the ball.

4 Pass in front of the moving player.

5 No traveling.

6 Ball does not hit the floor.

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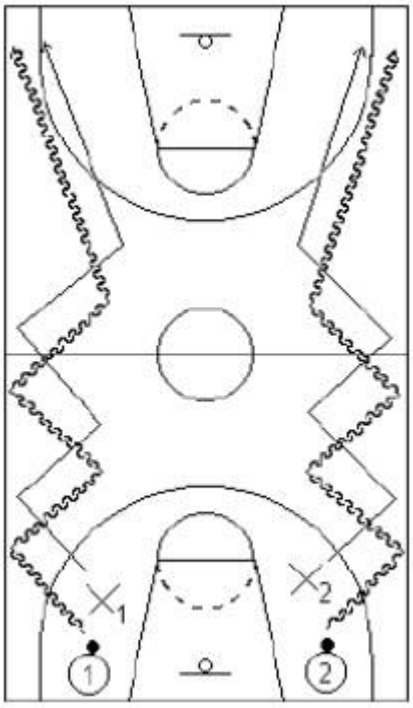
	Drill	Skill
	46 – Turning & channelling the dribbler	• Individual defense • Dribbling

Description

- Players in pairs, using both sides of the court.
- One player in pair is on defense and that playere steps onto court with ball and hands offensive player the ball.
- Each pair must stay on own side of the court.
- Using good defensive stance and footwork to gain correct position, defensive attempts to turn the dribbler at least three times in the back court and then attempts to channel offensive player to the sideline in the front court.
- Upon reaching end of court, both players sprint back to other end and rejoin line.
- Next time down, offense and defense swap roles.
- Swap groups to opposite sides of court halfway through allotted time.



Variations

a) Initially defense should not attempt to get ball.

b) To stress footwork have defense play with hands holding towel behind back.

c) Add a third player to attempt trap at half-court line.

Points of emphasis

1 Correct defensive stance and footwork.

2 Nose to ball and overplay to turn dribbler.

3 Quickness.

4 Emphasis is on defensive position and footwork.

5 Dribbler - protect the ball.

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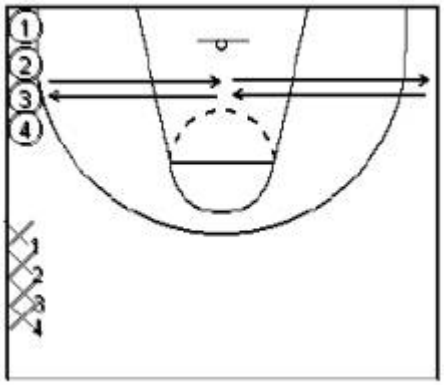
	Drill	Skill
	47 – Two teams sliding	• Defense

Description

- Players line up, in two teams, along sideline as shown in diagram.
- Alternately, each team slides across floor in a line and returns.
- When one team returns, other team goes.
- To emphasize keeping low and defensive stance, players touch hands to floor between their legs 5 times and yell "defense" in the seven spots indicated in the bracketed material here (at start, at opposite sideline, twice at mid-court - once on the way and once on the way back - and on return).
- Players complete 180 degree pivot each time they cross split line.



Variations

After a couple of repetitions, have players:

a) Jump in air before touching floor.

b) Sprint from opposite sideline to mid-court on return leg.

c) Close-out from mid-court to opposite sideline.

Points of emphasis

1 Correct defensive stance and footwork.

2 Pure effort.

3 Teamwork - stay together.

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	Drill	Skill
	48 – Cincinnati	• Passing • Offensive transition

Description

- Players form two lines at half-court.
- One line in centre of court, the other near one sideline.
- One player is on free-throw line.
- First player in line at centre court must have ball.
- First player in centre line (2) passes to player at free-throw line (1) whilst first player in side line (3) sprints the outside lane.
- After receiving the pass, player (1) pivots and passes to (3) cutting to the basket. (3) receives pass and performs a lay-up. (3) continues out opposite side of court while (1) rebounds the ball and outlets to (3) who takes one or two dribbles and passes to the next player in centre line who doesn't have a ball.
- 3) goes to end of centre line, (1) goes to end of side line and (2) moves down to free-throw line to pass/rebound on next rotation.

Variations

a) Move side-line to other side of court.

b) Use two or more balls.

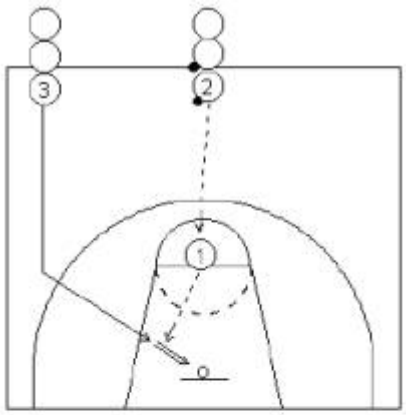
Points of emphasis

1 Sprint the lane.

2 Drive the lay-up hard.

3 Pass the ball in front of the cutter so they don't have to stop.

A



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	Drill	Skill
	49 – Create a lead	• Offense

Description

- Players form four lines, two at each corner and two at half-court.
- First players in half-court lines have a ball.
- Players in corner lines move to low post area and then "create a lead" (using the inside leg/ inside arm technique).
- After receiving the pass they face-up to the basket and make a one on one move to the basket.
- Players rotate lines clockwise so all players get a turn at passing and receiving from both sides of the court.

Variations

a) Use different one-on-one moves to the basket for both shots and lay-ups.

b) Use no-defense, then token defense, then real defense on players creating the lead. Then add token, then real defense to the passers as they become more accomplished.

Points of emphasis

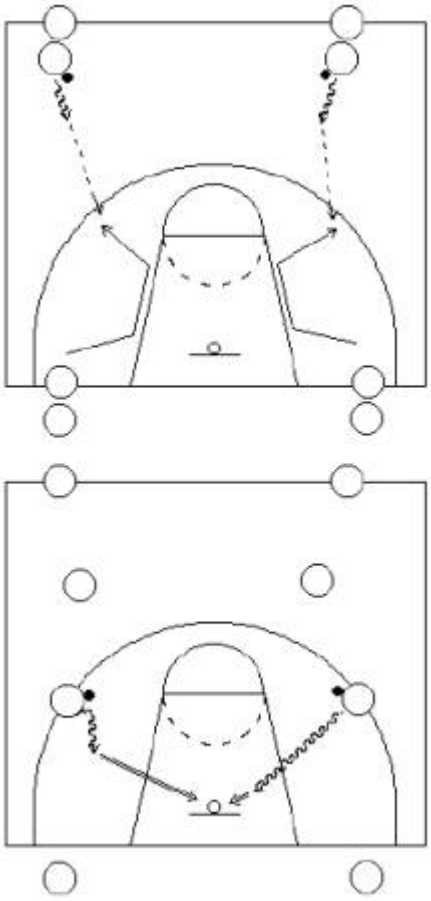
1 Stress the cut to the basket to make the defender move.

2 Stress the correct inside leg, inside arm in front of the defender technique.

3 Players must face basket after receiving the pass.

4 Explosive one-on-one moves to the basket.

A



B

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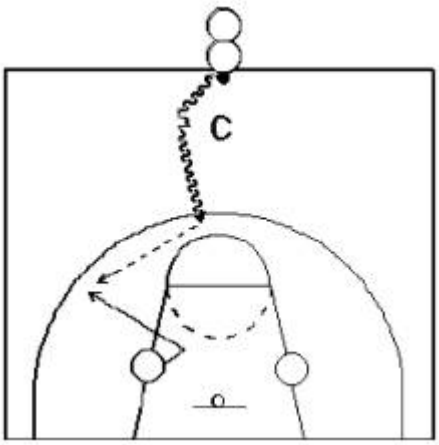
	Drill	Skill
	50 – Dribble, cut, pass & drive	• Dribbling • Cuttins • Passing • Driving

Description

- One player sets up on each low block.
- The remaining players line up at half-court.
- This line of players is behind coach who is standing on edge of centre circle, facing the basket.
- Players in line dribble past the coach executing a stated move (hesitation, crossover, reverse etc.) as they pass the coach.
- After the dribbler is past the coach, the coach signals to post players that one of them is to V-cut by holding out his left or right arm, or by establishing eye contact.
- Note: This is not done until dribbler is past the coach so they cannot see the signal.
- Nominated player executes a good v-cut and receives pass from dribbler.
- Player then makes move to basket (dribble to jump shot, drive for lay-up etc.).
- Dribbler replaces post player who received pass. Post player who received pass goes to end of line.



Variations

a) Have other post player close out on receiver and play defense.

Points of emphasis

1 Good, hard cuts.

2 Timing of guard to wing pass.

3 Pass into "shooting pocket".

4 Hard drives to basket.

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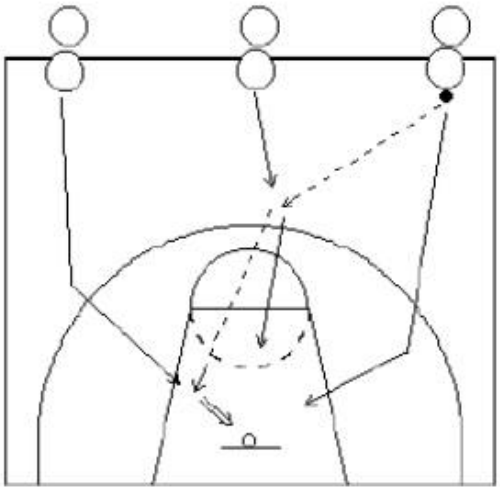
	Drill	Skill
	51 – Half court, two pass drill	• Passing • Lay-ups

Description

- Set up with three lines at half-court as shown in diagram.
- Ball start at one side.
- As middle line player cuts to ball, opposite wing sprints lane and cuts to basket.
- A pass to middle player at the top of the circle is followed by a pass to cutter for a lay-up.
- All players follow shot to form "rebounding triangle".
- Missed lay-ups must be "put back".



Variations

a) Start from opposite side of court.

b) Cutter receives pass outside key for jump shot.

Points of emphasis

1 Run it hard, don't stop to receive or pass.

2 Good, hard passes.

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	Drill	Skill
	52 – Triangle passing	• Passing • Receiving

Description

- Players use half-court and form three lines.
- Two lines are at the half-court corners and the third is under the basket.
- Players pass to player in next line, who is moving to the ball.
- Players then move to the end of the line they have just passed to.

Variations

a) Use two balls.

b) Change direction (go anti-clockwise).

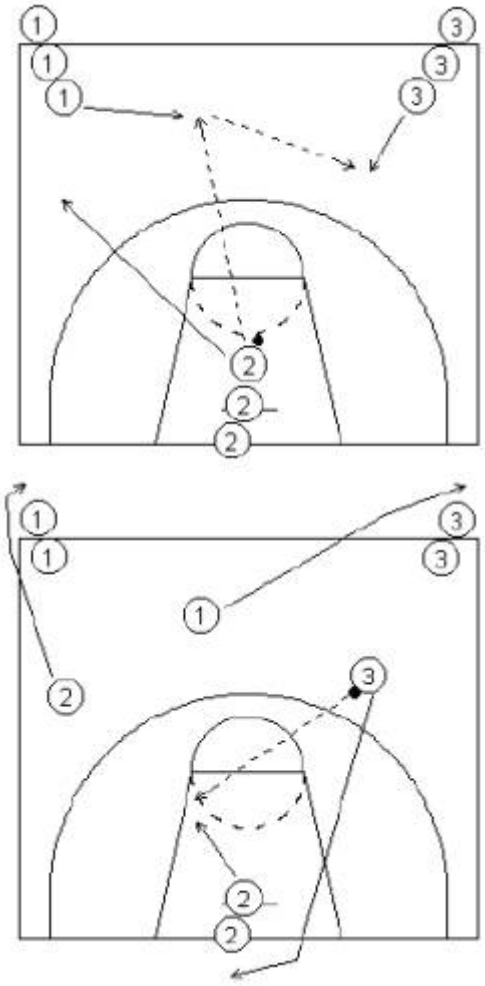
c) On vocal command from coach players change direction during the drill.

Points of emphasis

1 Move to the ball to receive pass.

2 Show "ten fingers" and call passers name.

3 Sprint to the end of the line after passing.



	Drill	Skill
	53 – Team shoot (triangle shooting)	• Shooting

Description

- Players form three lines around basket.
- Players shoot and rebound their own shots, pass to next person in their line and return to end of line.
- Rotate positions.

Variations

a) Make it competitive by:

i) Seeing which team can make 10 (or any number) of shots first.

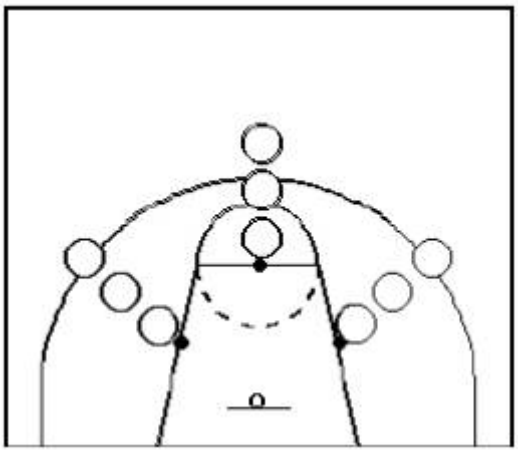
ii) Seeing which team can make most shots from a set number.

b) Change distance of shot.

Points of emphasis

1 Correct shooting form.

2 Follow the shot and aggressively rebound.

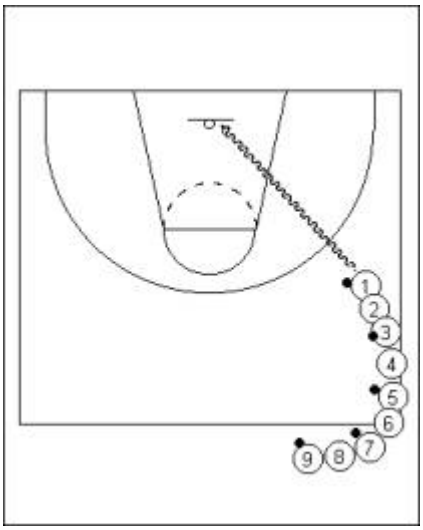


	Drill	Skill
	54 – Circle lay-ups	• Shooting

Description

- Players form a line on the right side of the court. (See ***Diagram A***)
- Every other player has a ball starting with player one in the line.
- Line must be an odd number of players to make the drill work.
- Line moves together spacing out as players with ball shoot.
- Lead player who shoots first trots around in a circle eventually joining the end of the line which now becomes a circle. (***See Diagram B***)
- Player following shooter rebounds ball and dribbles round in circle to become the shooter.

A



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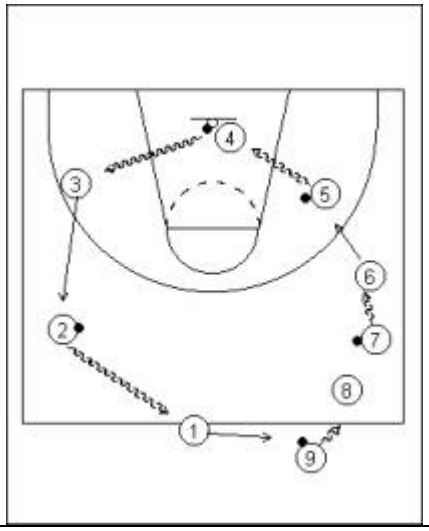

Variations

a) Have players circle to the left doing left handed lay-ups.

b) Give all players a ball and have them do power lay-ups rebounding their own ball as they continue dribbling around in a circle.

Points of emphasis

1 Spread out in circle so players don't crawl up each other's backs.

2 Stress beauty and symmetry of drill when lay-ups are made.

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	Drill	Skill
	55 – Fifty	• Shooting game

Description

- Player loses, is out of the game, once they collect 50 or more points.
- Player left after everyone else is out of the game is the winner.
- Objective of game is to make your shots to avoid collecting points and to add ten points to the value the next player shoots to avoid.
- Player 1 shoots from any place on the floor.
- If shot is made player 2 shoots has to make their shot to avoid collecting 10 points.
- If both player 1 and 2 in sequence make their shots, player 3 now shoots from the spot and has to make their shot to avoid collecting 20 points.
- If players 1, 2 and 3 in sequence make their shots, player 4 now shoots from the spot and has to make their shot to avoid collecting 30 points.
- On any missed shot the next shooter has a choice of where they will shoot from and zero points are passed onward.

Variations

a) Game can be played using the 3-point arc. Players must shoot outside the line and may shoot from anywhere on the arc, rather than from a specific spot.

b) One ball per player makes the game go quicker as shooter retrieves own ball after each shot.

Points of emphasis

1 None. This is simply a fun shooting game for from 2 to 5 players.

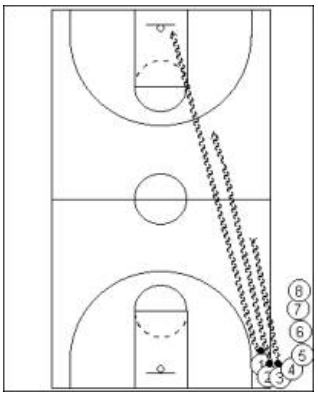
No diagram

	Drill	Skill
	56 – Break away lay-ups (drill one)	• Shooting

Description

- A stop watch is needed for this timed drill.
- 3, 4 or 5 balls are used depending on the number of people doing the drill. (A ratio of 1 ball for every 3 people is optimum.)
- Players line up in corner with balls at the front of the line (See ***Diagram A***). On timer's (coach's), "GO."
- Player one starts dribbling right handed down the court at break away speed to score their right hand lay-up at the far basket.
- 2nd, 3rd players start with appropriate spacing between themselves and the player in front of them.
- Player must score at far basket or must get missed ball and race back to start and re-start her/his dribble break away again.
- Basket scored at far end entitles player to grab rebound and right hand dribble back down to score at second basket near start line. Misses at second basket mean player starts break away dribble all over again. To complete drill player every player must score two consecutive lay-ups starting from the corner.
- Ball is passed to next player in line once player with ball successfully scores the two lay-ups. (See ***Diagram C***)
- Drill ends, i.e., stop watch is stopped, when last player gains control of ball after they have scored.

A



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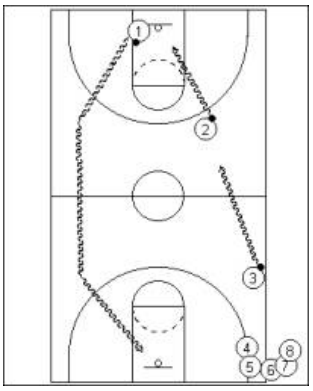

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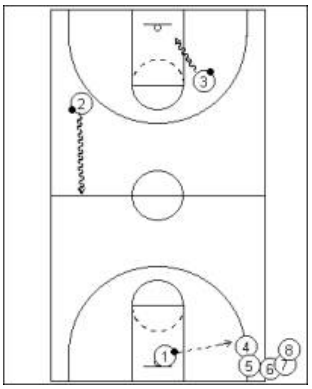

Variations

a) This drill is punishing if a person cannot sink two lay-ups in a row. Coaches should be prepared to release a player from having to sink two lay-ups in a row if fatigue is setting in.

b) Drill can be run based on having to score. So it is down and score, back and score with as many shots as needed being used at each basket till ball scores.

c) Drill can be run as one lay-up at each basket only. Each miss adds 5 (penalty) seconds to the team's time.

d) Drill One becomes Drill Two on the opposite side (left side) of the court with players required to dribble and shoot left handed. Use of right hand to dribble or shoots results in coach telling player to start over again and do it left handed. (Note, the stop watch keeps running.)

e) Drill One and Two may be done as a single timed consecutive drill rather than as two drills.

f) Players also like to do these drills individually against the stop watch. This is a good speed, body control and high performance activity. Doing this though with the whole team present has to many people standing around doing nothing.

Points of emphasis

1 Scoring on breakaways is important.

2 Slow down fractionally just as you go to shoot to bring body and forward momentum under control.

3 Speed is important but not at the expense of missing.

4 Missing is expensive from a time point of view and very expensive is it occurs in a game and the team looses two points.

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	Drill	Skill
	57 – Pivot pass	• Passing • Triple threat • Passing

Description

- Players form into lines of about 3 to 4 people each with one ball at front of line.
- First player in line dribbles out about 15 feet ending dribble with jump stop into triple threat position with back to teammates. (See ***Diagram A***)
- Player pivots using left foot as pivot foot first time and right foot next time (i.e., alternating pivot foot).
- Player executes crisp pass to next player in line once pivot complete. (See ***Diagram B***)
- Player follows pass to end of line, as next player dribbles out. (See ***Diagram C***)

Variations

a) Change type of pass being used.

b) Insert cones in dribble path to add crossover dribble technique.

c) Make activity a race as to which team completes 2, 3 or 4 time through first.

d) Change distance of dribble (dribble out long way and turn keeping dribble and dribble back to execute pass).

e) Have dribble toward wall, execute pass to wall catching ball on rebound in triple threat position, pivot, and pass back to next person in line.

Points of emphasis

1 Calling "Ball".

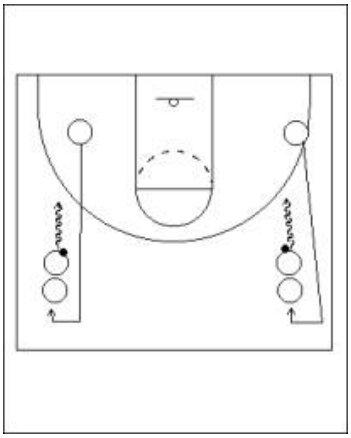
2 Hand signaling for pass.

3 Triple threat stopping correctly.

4 Good passes.

5 Dribble low – go full out.

A



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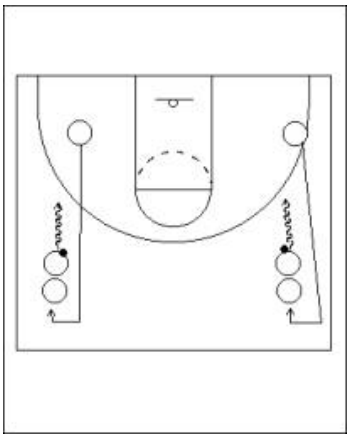

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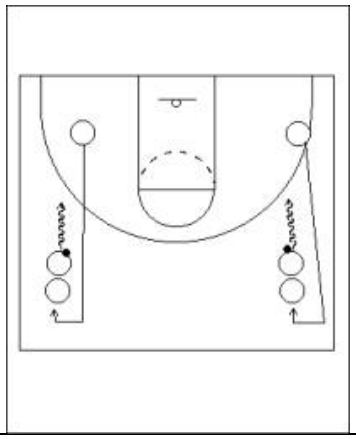

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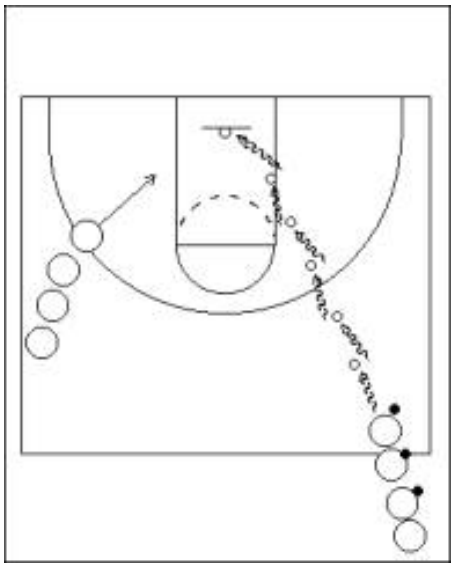
	Drill	Skill
	58 – In & out the window	• Crossover dribbling • Shooting

Description

- Set cones up as in diagram, on 45º angle to basket.
- Establish lay-up shooting line with balls and rebound line.
- Players dribble to cone, execute crossover dribble, hence reversing dribbling hand, dribble to next cone and crossover again, finally driving to the basket for a lay-up.
- Rebounder shags ball and dribbles to end of shooting line.



Variations

a) Move cones onto centre line down court, or to left side.

b) Have execute between legs dribble, or behind the back dribble to shift ball from one hand to other.

c) Change lay-up from normal stride type to power lay-up.

d) Count number of lay-ups made in row, indicating you'll move cones after 20, 25 in a row.

e) Use whole length of court. Set five cones down the centre line of court.

Points of emphasis

1 Dribbling low to ground,

2 Increasing speed with experience,

3 Shooting accurately and under control,

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	Drill	Skill
	59 – Twenty-seven	• Shooting • Rebounding

Description

- This is a shooting game with the first person having 27 or more points declared the winner. (Naturally, equal turns are required for anyone with a chance of equaling or bettering this possible winning score.)
- Each player in turn has 3 shots. The first shot (from 10 feet for youngsters to 3-point shots for older players) is worth 5 points if made. The second shot is taken from the spot where the ball is retrieved after the first shot, and is worth 3 points. The third shot is a lay-up worth 1 point if made. (Lay-up may be taken from a drive to the basket after retrieving a long rebound on the second shot.)
- Maximum points per turn per person is 9 points.
- Game is over when all players have had an equal number of turns (if necessary) to declare a fair winner.
- If a tie develops after all have had equal turns, tied players play further "turns" till one is a clear winner.
- Note: (a) second shot is often a lay-up if the first shot is made, and (b) game best played with 2, 3 or 4 players.

Variations

a) Make lay-up on third shot be done with the players left or non-dominant hand.
b) Make a contest of winners against winners and losers against losers if playing game at more than one basket.

Points of emphasis

1 The first shot worth 5 points is critical. Players making this first long shot consistently will win every game.

2 Hustling for rebound after one's shot comes naturally in this game.

No diagram

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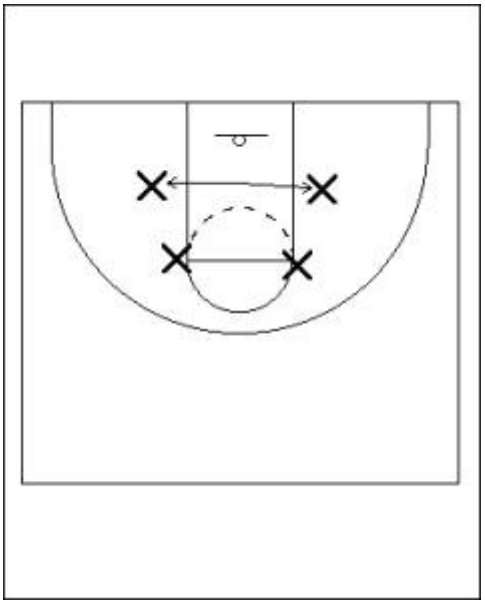
	Drill	Skill
	60 – Ten-five-ten-five	• Shooting • Rebounding

Description

- Select two pairs of spots equal distance from the basket, on opposite sides of the court, such as in the diagram. Adjust distance of spots from basket according to shooting skills of players.
- Players shoot from spots nearest basket first, alternating back and forth between the two spots.
- Shooting stops once one player gets to ten (made baskets). Players may pass each other on the spots as not all rebounds are fielded equally, and rebounding and getting to the other spot quickly are all part of which shooter gets ten shots in first. (Request counting be done out loud.)
- Players then shoot foul shots till one player has made five foul shots. (Naturally players are allowed equal turns in this part of the drill.)
- Players move out to second pair of spots and shoot and rebound till one gets ten made shots. (Request counting be done out loud.)
- Last is a second set of foul shots.
- Winner is person with greatest number of made shots.



Variations

a) Increase/decrease number of foul shots to be made.

b) Change location of spots.

Points of emphasis

1 Rushed shots are usually missed shots. Shooting speed comes over years of practice. Shooting accurately is more important than speed.

2 Softer the shot, shorter the rebound.

	Drill	Skill
	61 – Out & in	• Shooting

Description	
• Select four shooting spots each a step or two farther out from the basket than the preceding spot. First spot is a lay-up spot. • Players shoot lay-up using left or weak hand. Shot made, moves out to next spot. • Shot missed, other player's turn. • Player shoots out and back in and back out, etc., going out and in until a shot is missed.	No diagram
Variations	
a) Location and number of spots. b) With younger players can allow two shots from each spot to make the game more interesting.	
Points of emphasis	
1 Shooting accuracy **2** Non-shooting player rebounding and passing effectively.	

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	Drill	Skill
	62 – Quick lay-ups	• Shooting

Description

- Using one ball,
- Form players into two lines as in ***Diagram A***,
- Give the ball to the first player in either of the lines.
- Player with the ball dribbles to basket and shoots a lay-up, as in ***Diagram A***.
- This shooter gets own rebound and passes the ball to the first player in the opposite line, as in ***Diagram B***.
- Player who has shot, rebounded, and passed the ball follows their pass to the end of the line they passed to, as in ***Diagram C***.
- Player catching the pass, immediately drives toward the basket to shoot their lay-up without waiting for the passer to join the end of the line.
- Encourage using left hand on the left side and right hand on the right side.

Variations

a) Time the drill, counting the number of baskets made in the given time. Challenge players to do the drill again, scoring more than the previous time, or their best previous score.

b) Indicate the drill will continue until 5, 10, 20 baskets are scored in a row. Also indicate if there are more than 5 misses before they reach the required number in a row that everyone runs a lap for each miss above 5. Reward them with, if they reach the number in a row with less misses they have a bonus to use in a future drill where their performance still needs improvement.

c) If you have enough players, set this drill up at two or three baskets and challenge the various groups to find out which group is best, i.e., has the highest number in in the timed variation, or gets the required number in in a row first.

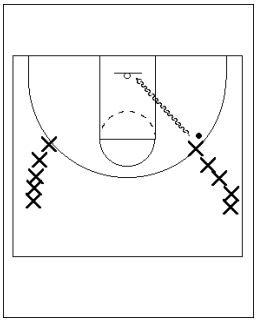
Points of emphasis

1 Accuracy in shooting.

2 Shooting accurately when pressed by time in variation 1 above.

3 Left side dribbles and shoots left handed, and visa versa on the right.

A



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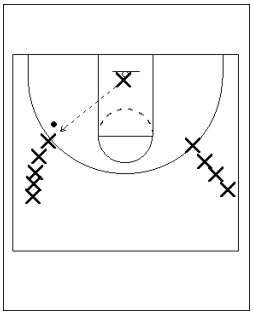

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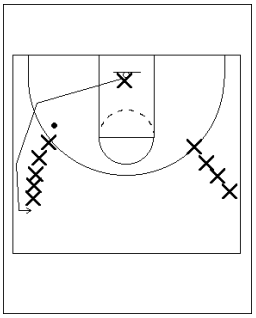

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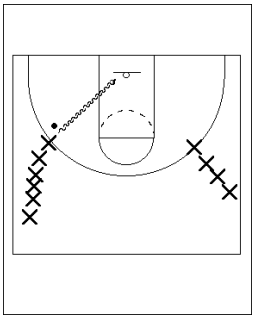

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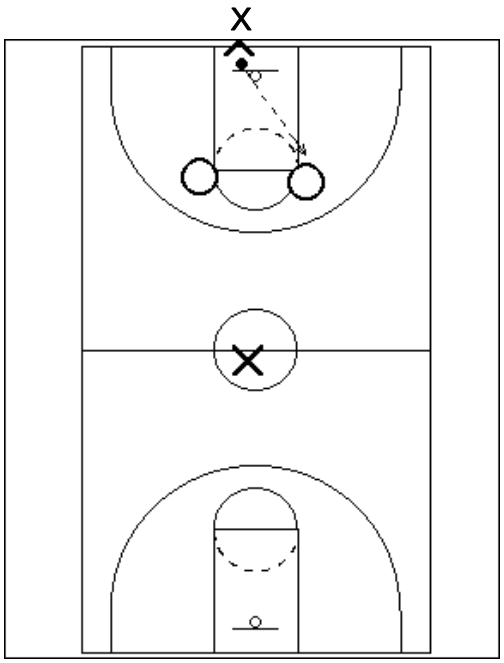
	Drill	Skill
	63 – Two on one trailer attack	• Fast break

Description

- Drill uses full court and 3 balls.
- In Diagram X's (under basket & in centre circle) are defenders and O's are attackers on offense.
- Start positions for players are as in the Diagram.
- Once the players are all in place Defender X (under the basket) with the ball starts the drill by passing the ball to either of the two offensive players at the elbows.
- On catching the ball the two O's attack the basket at the other end of the court as in a fast break. The two X's defend against the break. Obviously the X that passed to start the drill is the trailer trying to catch up in this drill and eliminate the fast break advantage.
- Next 2 on 1 attack starts immediately after basket is scored OR one of the defensive players gain possession of the ball OR the ball is turned over by the offensive players.
- Players rotate in any way they wish to fill any of the 4 starting spots.



Variations

a) Offensive players get one shot only.
b) Offensive players can't pass and pass and pass to try and get a shot. If defense gets "a stop" the attack ends because in a game the offensive team would call off the fast break and set up its regular offense.

Points of emphasis

1 All players, both offensive and defensive, should go all out, i.e., as fast as they can, when doing this drill.
2 Players returning from a 2 on 1 attach MUST return in the off court, sideline area.
3 Offensive players should use a pass over a dribble at all times, as passes move the ball up court faster than dribbling. When the initial pass from the defender is made to the elbow player, the off elbow player should jump out, be sprinting down court looking for a pass, call in for the "Ball", BEFORE their offensive partner has received the ball.

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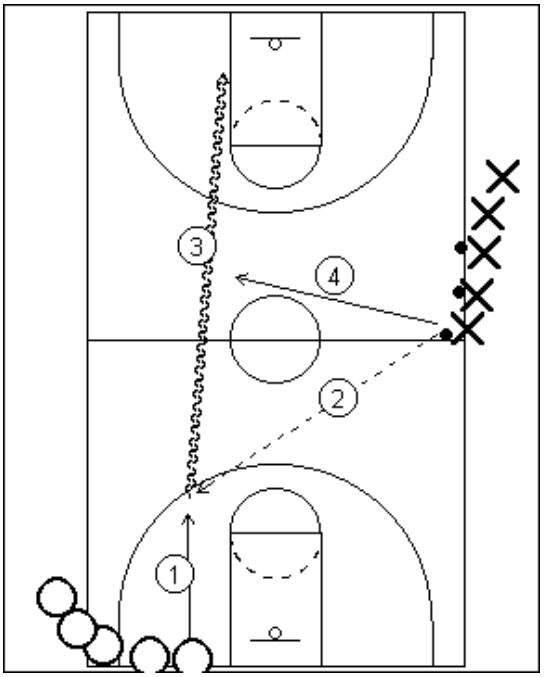
	Drill	Skill
	64 – Full court drive	• Dribbling • Defense

Description

- Have players set up in two lines as in the Diagram, offensive players along the base line, defensive players along the side line.
- Diagram forces left hand dribbling.
- Which side the side line 'line' is on determines which hand the offensive player will likely need to use to dribble and shoot.
- On "GO" from the coach the offensive player can start to run (line 1) to catch the ball tossed (line 2) to her/him as s/he comes up court.
- After pass defensive player rushes on court to harass/defend (line 4) the offensive player's dribble/attack (line 3) at the basket at the far end of the court.
- Players return to other line outside the court area.



Variations

a) See Drill 11 – Chase

b) **IF you wish to use it**… Have the defender 'foul' the shooter if the shooter gets to a position of having a near certain basket. Note:

i) The foul should be a reach in foul.

ii) The foul must NOT be a push as that would be viewed as an intentional foul.

iii) The reason for teaching this is for the game situation where a foul is preferred to a certain basket.

Points of emphasis

1 Dribbling with proper hand.

2 Speed in dribbling.

3 Shooting under pressure.

4 Defensive pressure on shooter.

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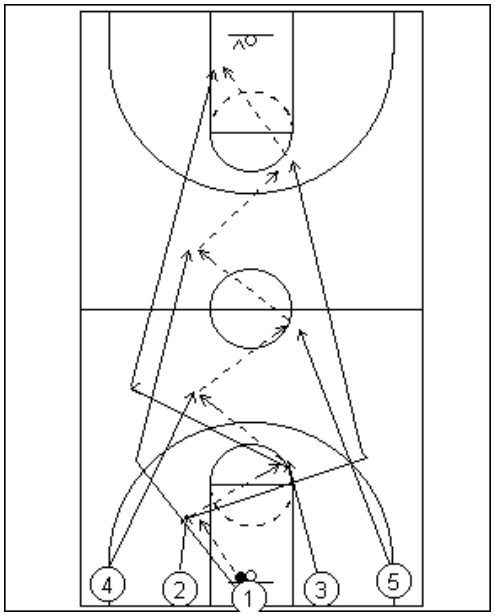
	Drill	Skill
	65 – Five man weave	• Offensive transition • Passing • Receiving

Description

- Do **not** attempt to do this drill until Drill 45 - 3 Man Weave has been mastered.
- Players set up as in 5 numbered spots, i.e., players form 5 lines on baseline.
- Player in middle has the ball
- Ball is passed in a weave pattern up the court.
- Player cuts behind BOTH players on the side they have passed to (study diagram) i.e. Pass and Go Behind and Cut to Centre
- As the ball reaches the far end of the court without a turnover or a dribble, the last player makes a running lay-up without any use of a dribble.
- All players run pattern converging on the basket.
- After basket is made, the ball is grabbed by a non-shooter and all players return on the run to the other starting end of the court and refill the vacant positions for the next 5 Man Weave.



Variations

a) See Drill 45 - 3 Man Weave and Drill 66 - 5 Man Outlet Weave

b) Once 5 man weave is mastered add in this return variation, after the shot (made or missed), the shooter and the person who passed to them are on defense against the other three players, who attack back down court to the basket where the drill started in a 3 on 2 attack. (Some people add on a 2 on 1 attack back at the far basket with the shooter being the defender in this case.)

Points of emphasis

1 Sprint down the court.
2 Run the lanes - go wide.
3 Communicate - call for the ball.
4 Pass in front of the moving player.
5 No travelling.
6 Ball does not hit the floor.
7 Score the Basket.

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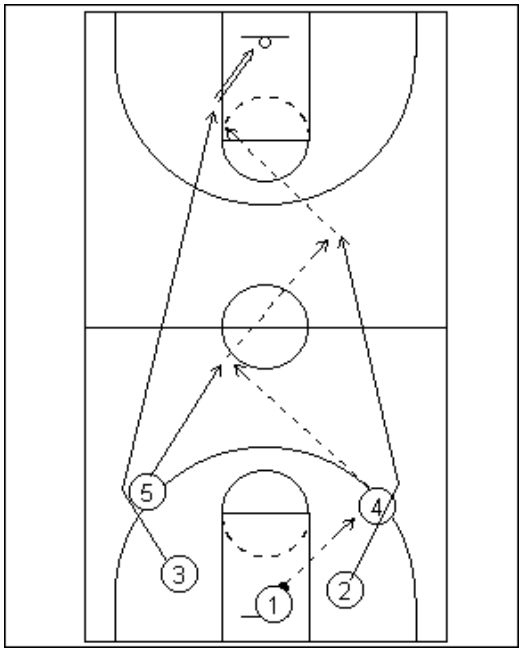
	Drill	Skill
	66 – Five man outlet weave	• Offensive transition • Passing • Receiving

Description

- Do **not** attempt to do this drill until both Drill 45 - 3 Man Weave and Drill 65 -5 Man Weave have been mastered.
- Players set up as in 5 numbered spots.
- Player 1 tosses ball gently off backboard, rebounds properly, pivots to outlet ball to nearest outlet player.
- Players 4 and 5 (outlet players positioned on 3 point line opposite foul line, the outlet spot), shout "Outlet." as Player 1 catcher rebound.
- Players run, and ball is passed in a "weave" like pattern up the court, as in the Diagram. NO DRIBBLE is allowed, except to score.
- As the ball reaches the far end of the court without a turnover or a dribble, the last player makes a running lay-up without any use of a dribble.
- All players run pattern converging on the basket. Players 2 and 3, after their pass, run straight down court to offensive basket. Player 1, the original passer, also runs a straight line down court playing the role of TRAILER to the play.
- After basket is made, the ball is grabbed by a non-shooter and all players return on the run to the other starting end of the court and refill the vacant positions for the next 5 Man Outlet Weave.



Variations

a) See Drill 45 - 3 Man Weave and Drill 65 - 5 Man Weave

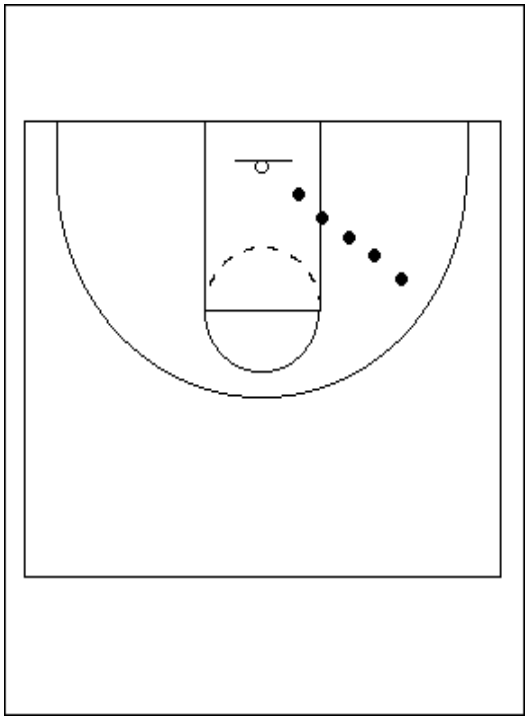
Points of emphasis

1 Sprint down the court.
2 Rebound properly. Jump high, catch ball with arms fully extended, land wide and balanced, pivot properly and have quick outlet pass.
3 Communicate - call for the ball. Outlet players must call "Outlet."
4 Pass in front of the moving player.
5 No travelling.
6 Ball does not hit the floor, i.e., no dribbling is allowed as it will slow the transition game down.
7 Score the Basket.

	Drill	Skill
	67 – Bank that shot	• Shooting

Description

- Purpose of the drill is to teach players the art of banking their shots off the backboard. (Once learned banked shots are a higher percentage shot than unbanked ones.)
- Set 5 (or 6) cones or markers on the floor at a 45 degree angle out from the basket. Don't set cones beyond the 3-point arc for beginning players.
- Set the first cone at the spot that a lay-up would be taken if one was standing by the basket and banking it off the inside corner of the square.
- In turn have each of your players shoot from behind each cone. As player makes their shot they moves one cone further out. The idea here is to learn to bank your shot from farther and farther out. Also the idea is to learn banked shots are a higher percentage shot and easier to make than unbanked shots.
- When a player misses they go to the back of the shooting line.
- Players take turns seeing how far out they can get. It is recommended that this competitive aspect be kept at the individual level and not at a team level. The idea is for players to improve as individuals rather than against team mates.



Variations

a) Set cones for banking on left side.
b) Once banking shots from behind the cones is mastered have players shoot from the left and right side of each cone. Doing this teaches that the angle does not need to be exactly 45 degrees for a banked shot to work.
c) With beginning players you may want to allow two misses from each spot until they get the "hang" of the art of banking shots.
d) Eventually make the shot they use a jump shot as people doing this drill will likely use a one hand push shot initially.

Points of emphasis

1 Bank the shot off the corner of the square.
2 Praise accomplishments/improvements/use of backboard.
3 Challenge them as to how far out can they get.
4 Encourage concentration and accuracy over speed initially.

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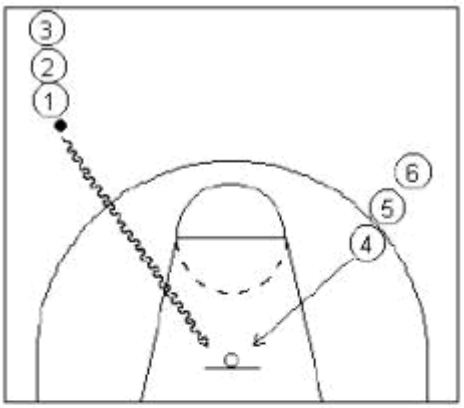
	Drill	Skill
	68 – Quick timed lay-ups	• Shooting – lay-ups • Rebounding • Passing

Description

- Stop watch needed.
- The lay-up line is well outside the three point line towards the sideline at centre court.
- The rebound line is on the opposite side of the court at about the three point line.
- To set number of lay-up to be made in three minutes, you should have your team do this drill for three minutes and count the number of lay-ups made. Based on this data set the standard you wish your team to reach.
- Challenge your team to beat the standard you set. For example, with one ball, ask team to make more than 40 baskets in 3 minutes. Note: 40 is just used as an example. Use a number appropriate to your teams capabilities.
- The first person in the lay-up line has a ball.
- Players in lay-up line make hard drives to the basket for a lay-up.
- Rebounder moves to basket anticipating rebound and takes strong rebound.
- Player who took lay-up moves to end of rebound line.
- Rebounder takes two strong dribbles out, make a good pass to next player in the lay-up line and then move to the end of the lay-up line.
- Either you count made lay-ups or have team yell them numbers out as they make the basket. Periodically in the three minutes give them a verbal time check.

A



B

Variations

a) Swap sides of court.
b) Add a second ball.
c) Vary type of lay-up (e.g. reverse, two-foot stop into power lay-up etc.)

Points of emphasis

1 Make it a hard drive to basket (game speed). Work to score more than number specified for time period used.
2 Correct lay-up form.
3 Ball does not hit floor on the rebound.
4 Strong rebound, protect ball, strong dribble, hard pass.
5 Receiver to receive the ball running to the basket, not standing still.

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