

Practice Plan Drills

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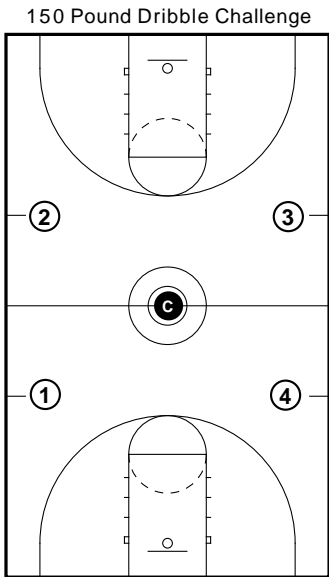
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Ball Handling



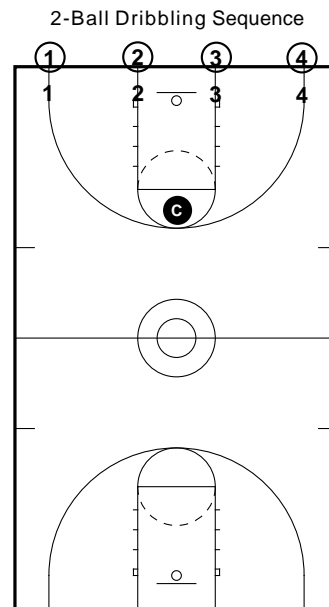
Drill Flow:

Complete the following ball handling skills:

- High Pound (25x)
- Low Pound (25x)
- Inside-Out (25x)
- Crossover (25x)
- Between Legs (25x)
- Behind Back (25x)

Every pound counts as one dribble. For example, when the dribbler gets to #3-#6 they pound, then do the move, pound, move, etc...

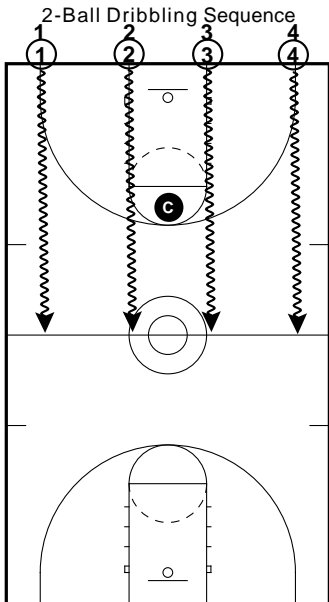
After completing weak hand, repeat with strong hand.



Drill Flow:

- *Low Rhythm & Non-rhythm – Player A maintains a low, simultaneous dribble. He then dribbles every other.
- *High Rhythm & Non-rhythm – Player A maintains a high simultaneous dribble. He then dribbles every other.
- *High / Low – Player A dribbles one ball high and the other low. He then changes.
- *Typically, we change every 10 seconds.

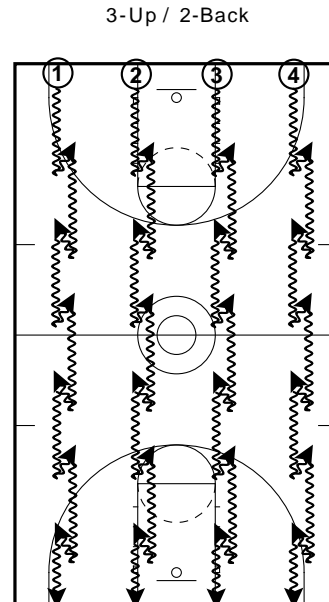
Instruct player B to encourage player A all the while maintaining a stance!



Drill Flow Continued:

- *Move Out! – Player A does the same sequence as he moves out to halfcourt and back.
- *Zig-Zag – Player A zig-zags to halfcourt and returns backwards. Utilize 2-3 push-steps to advance the ball(s).
- *Change Hands – Player A zig-zags and on change of directions he changes hands with the two balls.
- *Speed Dribble - rhythm up & non-rhythm back

Encourage players to train outside of their comfort zone.



Drill Flow:

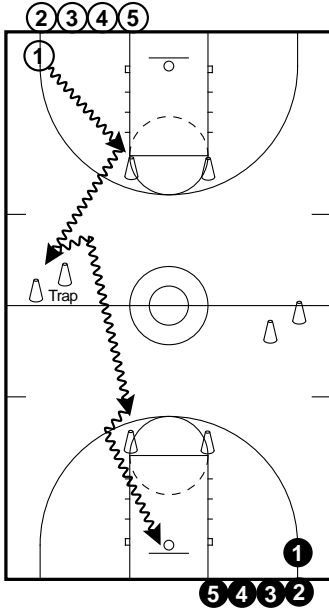
- First 3 dribbles are "North to South" speed dribbles.
- Next 2 dribbles are retreat dribbles.
- Crossover and repeat.

POE:

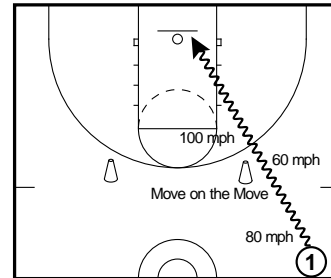
Instruct players during retreat dribble to push-step and keep their body between ball and defense.

Ball Handling

Fullcourt Moves on the Move



Sundance Moves on the Move



Player 1 starts at halfcourt, favoring a sideline. He dribbles at the chair or cone at "80 mph", makes his move on the move at "60 mph" and attacks the rim at "100 mph". Always practice your go-to and counter moves together. We always practice in this sequence:

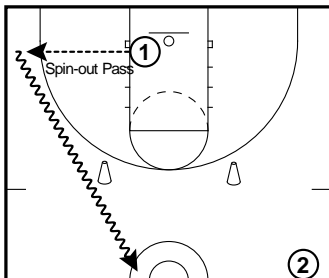
1. Inside-out Move
2. Crossover
3. Hesitation
4. Between the Legs

Player 1 attacks the first cone with a left-handed dribble, crosses over to his right-hand and advances to halfcourt. These two cones simulate a trap. Player 1 escapes the pressure using a pullback crossover move. Finally, he attacks the last cone with a left-handed dribble, crosses over and finishes strong at the rim.

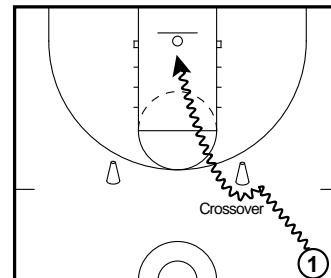
*****Drill Notes:**

- Player 2 starts when Player 1 escapes the halfcourt trap.
- Start half of the team at the opposite end.
- Change directions, cones etc, after 3 or more trips.
- Each time practicing different moves on the move: crossover, between the legs and around the back.

Sundance Moves on the Move



Sundance Moves on the Move

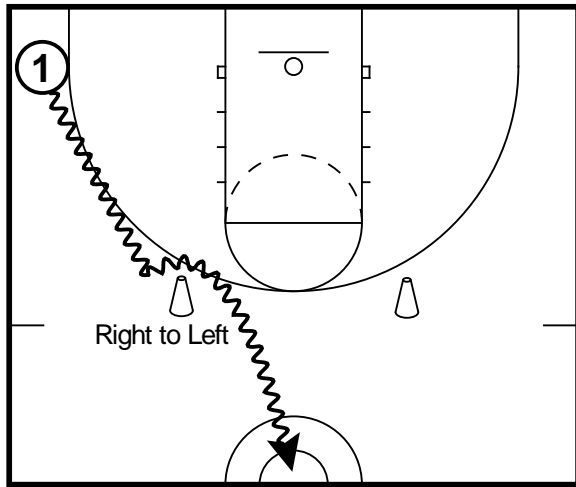


Player 1, after finishing strong off of two feet, gets his own rebound and passes to himself with a "spin-out". It's important this happens outside the arc to enable him to "turn, look and go." This is to simulate breaking backcourt pressure with the same move back. Meanwhile, player 2 goes to work.

Crossover counter move shown here.

Ball Handling

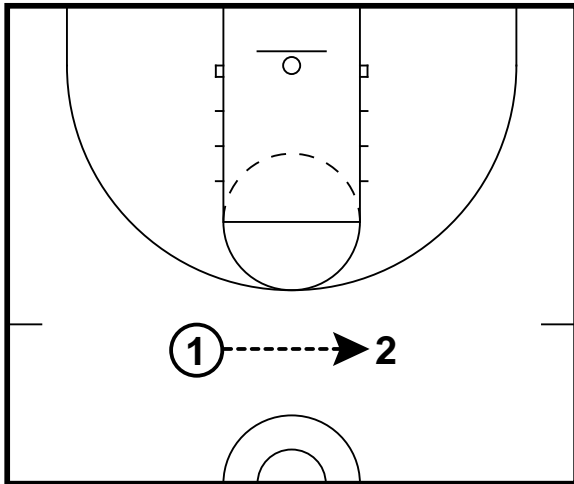
Sundance Moves on the Move



Turn, look and go and repeat the same exact move. Do the same for hesitation and between the legs moves (not shown). We sometimes add a 5th move and the players "create". This should be a fun move challenging their creativity.

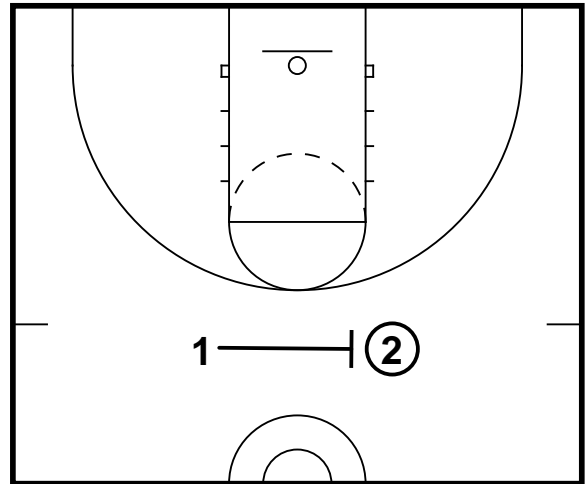
Footwork

Kill the Grass



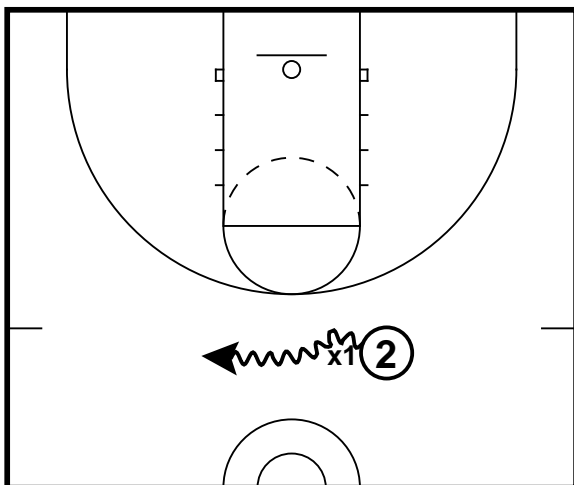
1st Whistle: Pass & Close-out
 -Player 1 passes to 2 (we encourage a chest pass and/or flick pass).

Kill the Grass



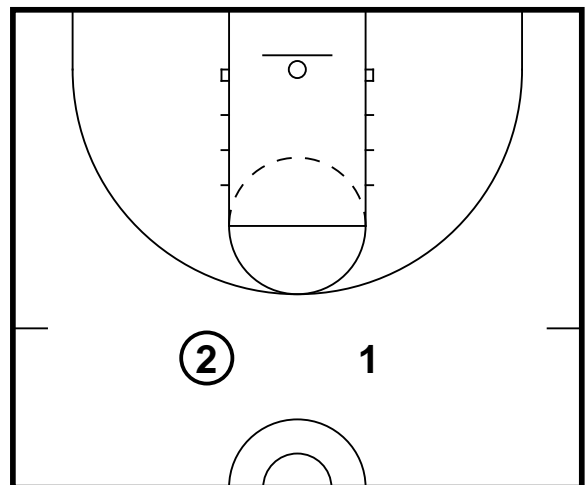
1 then closes out and applies arms length pressure on the ball. 2 catches ball in the air, feet in the air, and rips into triple threat position.

Kill the Grass



2nd Whistle: Blow-by
 2 utilizes a shot fake, blow-by to his strong hand.
 -Chest over thigh
 -Long step, pivot foot down
 -Close the gap

Kill the Grass

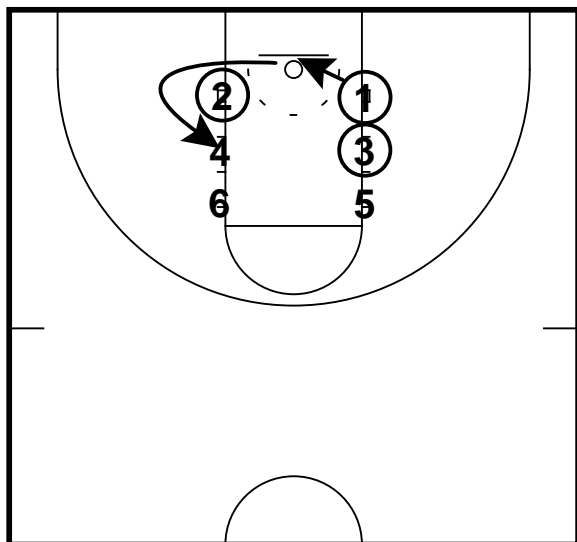


2 dribbles 2-3 times and finishes with a two-foot quick stop, and front pivots using his opposite foot to hand (for example, if he's dribbling right he will left front pivot). Repeat this process on the next whistle for player 1.
Then add Crossover Move:
 -Foot fake the blow-by
 -Crossover step
 -Opposite finish (for example, if he's dribbling left, right front pivot)

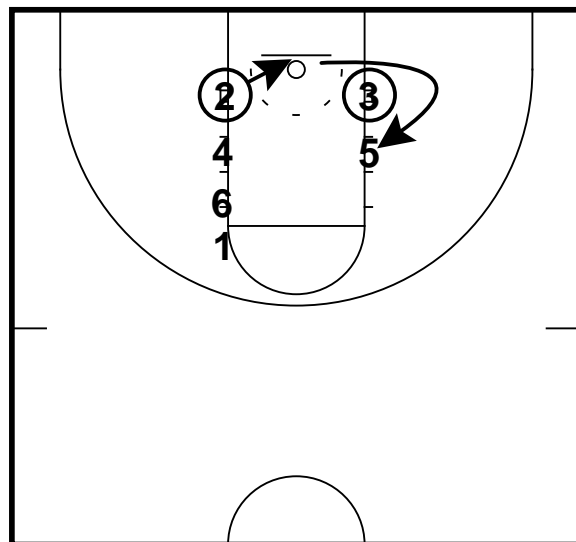
To begin with, we allow players to establish their permanent pivot foot (for example, a right-handed shooter pivots off his left foot). However, we eventually want to add the opposite as well. Usually when this happens we also start teaching reverse pivots too.

Footwork

1-Step Layups



1-Step Layups



***1-Step Layups are perfect for all age levels. This drill flows best with at least 5 players and 3 basketball players.**

-Player 1 steps and plants his left foot while shooting and right-handed layup.

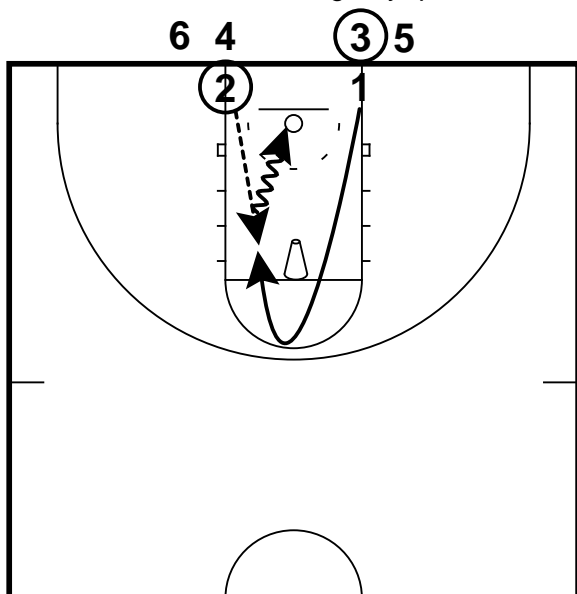
-Player 1 gets his own rebound and takes the ball to the opposite line he is going to.

-Player 2 steps and plants his right foot while shooting a left-handed layup.

-Player 2 gets his own rebound and takes the ball to the opposite line he is going to.

*Repeat this process all the while emphasizing proper footwork, shooting hand and "glass-swish".

Circle Shooting Layups

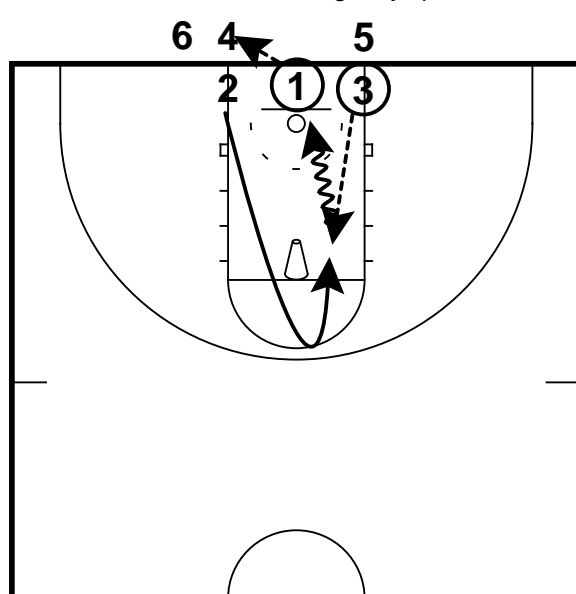


***Circle Shooting Layups flows best with at least 5 players and 2 basketball players.**

-Player 1 circle cuts around the cone or chair (aka Coach).

-We emphasize a good, timely pass and our goal: Get to the rim off 1 foot as fast as possible.

Circle Shooting Layups



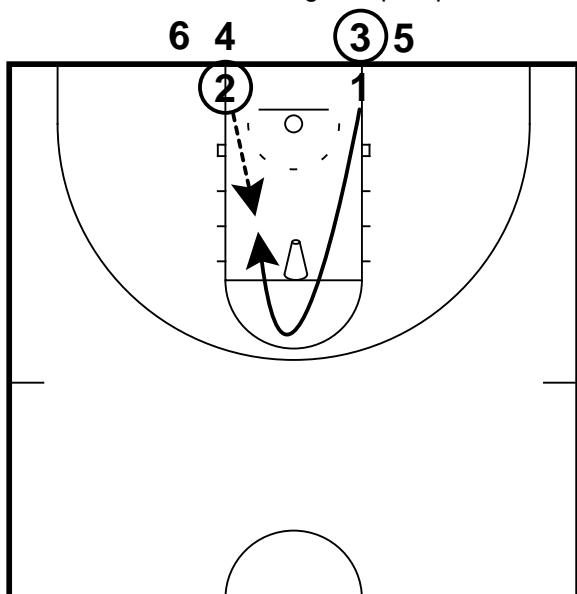
-Immediately after passing, Player 2 circles cuts and repeats the same action going the to the opposite side.

-Meanwhile, Player 1 gets his own and takes the ball to the line he is going to.

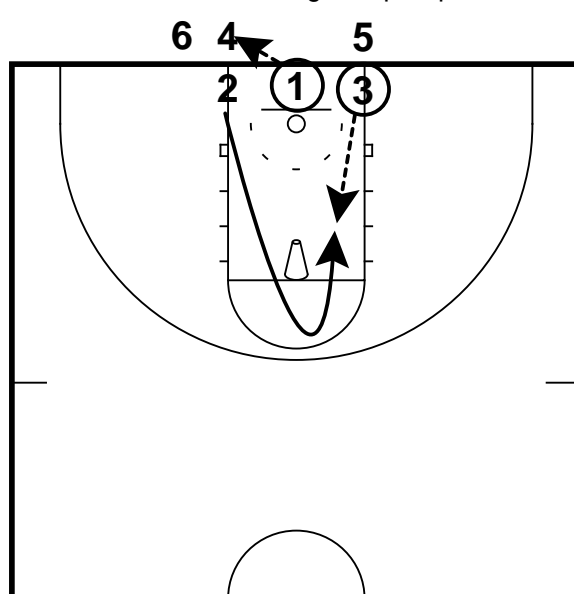
*Possible Footwork Progression: 1) Inside Foot 2) Outside Foot 3) Inside-Out 4) Euro Step 5) Step-Back 6) Step-Back Continuation

Footwork

Circle Shooting Jumpstops



Circle Shooting Jumpstops



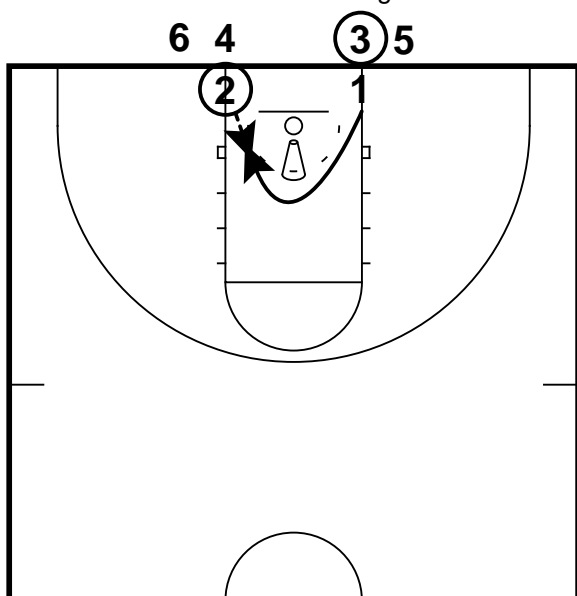
***Circle Shooting Jumpstops flows best with at least 5 players and 2 basketball players.**

- Player 1 circle cuts around the cone or chair (aka Coach).
- We emphasize a good, timely pass and a two-foot jumpstop, or what Villanova refers to as the "Bully".
- After Player 1 catches on the move, going downhill and jumpstops on both feet at the same time, he closes his shoulder and shoots immediately.

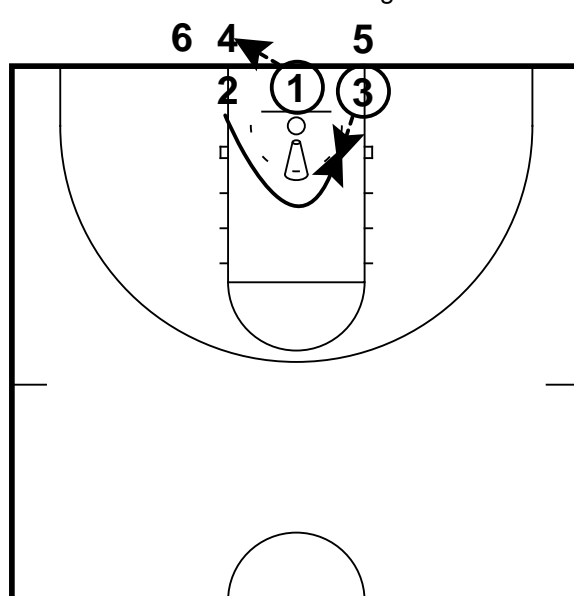
-Immediately after passing, Player 2 circles cuts and repeats the same action going the to the opposite side.

- Meanwhile, Player 1 gets his own and takes the ball to the line he is going to.
- *After a few minutes or certain number of makes, we will progress to the next three moves: 2) Shot Fake 3) Inside Pivot (aka Up&Under) 4) Outside Pivot.

Circle Shooting



Circle Shooting



***Circle Shooting is a very popular shooting drill, and for good reason. This drill flows best with at least 5 players and 2 basketball players.**

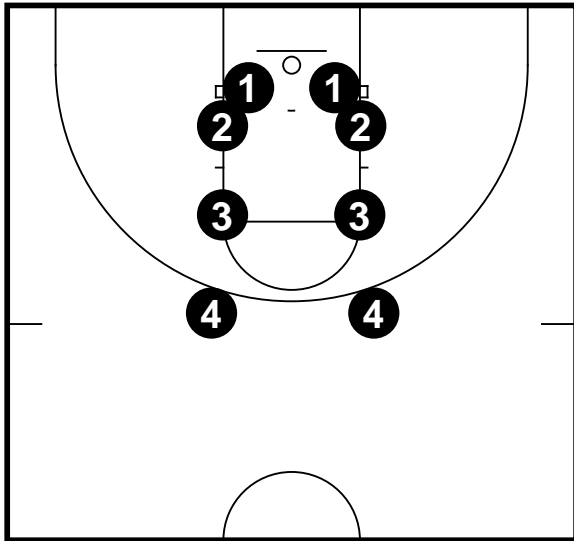
- Player 1 circle cuts around the cone (aka Coach).
- We emphasize the inside pivot. In this diagram Player 1 plants his right foot and front pivots on the catch (heel-toe).
- Player 1 shoots (not a layup).
- *At this first spot we like for the shooter to shoot with his left-hand on the left side and right-hand on the right side.

-Immediately after passing, Player 2 circles cuts and repeats the action with a front left pivot.

- Meanwhile, Player 1 gets his own and takes the ball to the line he is going to.
- *After a few minutes or certain number of makes, we will progress to the next spot.**

Footwork

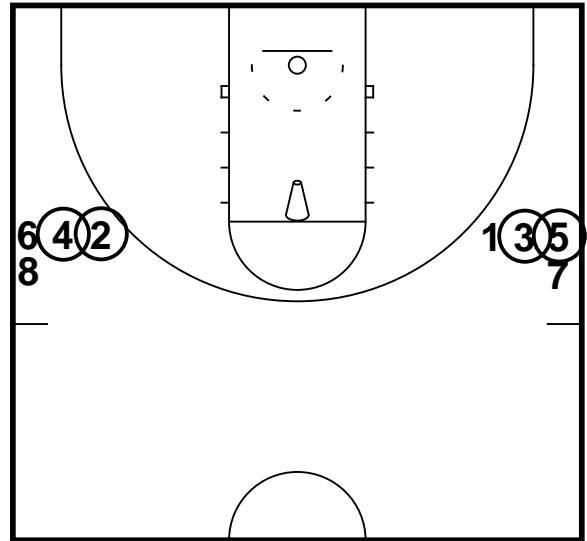
Circle Shooting



4 Shooting Spots:

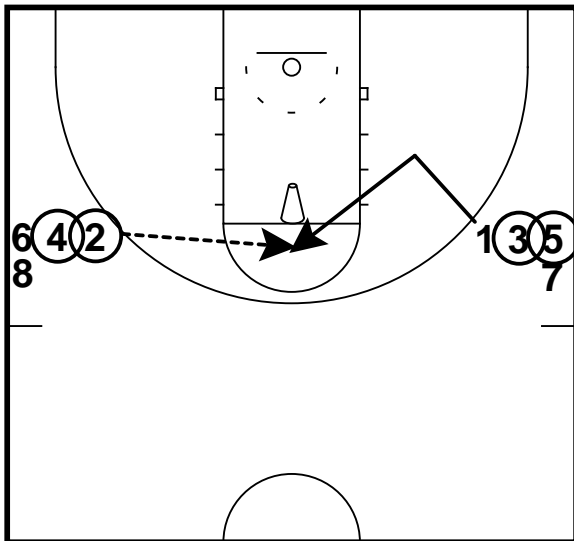
- #1 - Blocks
- #2 - Landmarks
- #3 - FT Elbows
- #4 - 3FG (if age & skill level warrants)

Continuous Blast-cuts



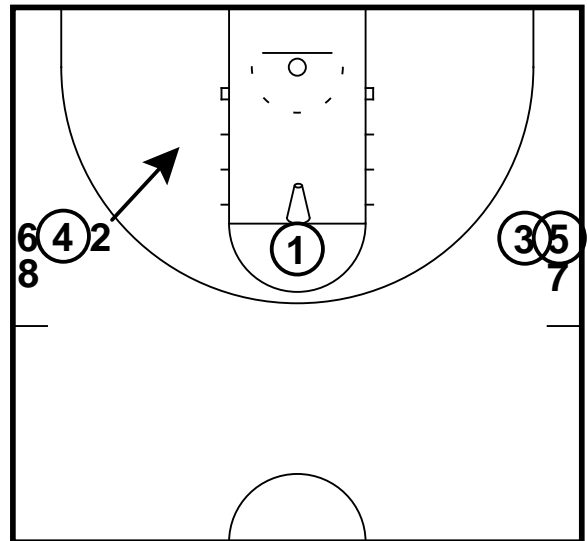
*Continuous Blast-cuts is one of our favorite footwork shooting drills. Teaches (cut &) replace motion concept and incorporates 1) Catch & Shoot 2) Shot Fake Blow-by 3) Foot Fake Crossover and 4) Back-cut. *Works best with 8 players and 4 basketballs. Drill Sequence: 1) Pass First 2) Cut Second 3) Shoot Third 4) Rebound Last 5) Change Lines. ***As a coach, we like to be where the cone is positioned to instruct and direct traffic.**

Continuous Blast-cuts



1 starts the drill with a fill cut. In this diagram, a v-cut (2-step rule). We emphasize going in slow and coming out fast. 2 is in triple threat position and makes a good pass to 1 (good pass = good shot). 1 uses an inside pivot to face up.

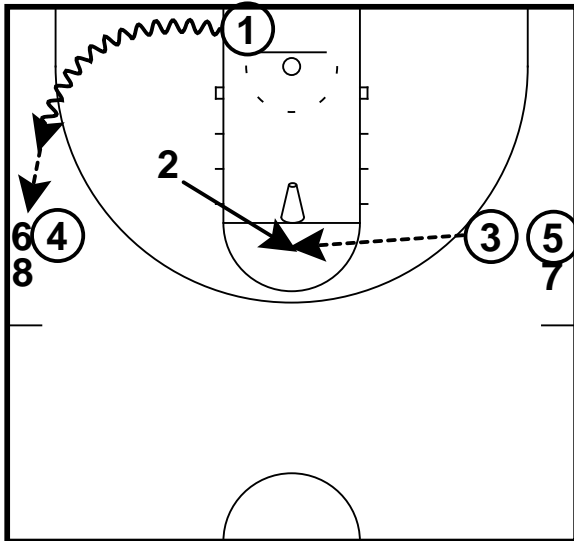
Continuous Blast-cuts



1 will execute one of the following: 1) Catch & Shoot 2) Shot Fake Blow-by (1 dribble pull-up) 3) Foot Fake Crossover (2 dribbles, close shoulder lay-up) 4) Back-cut (lay-up). 2 begins 2-step rule (fill cut).

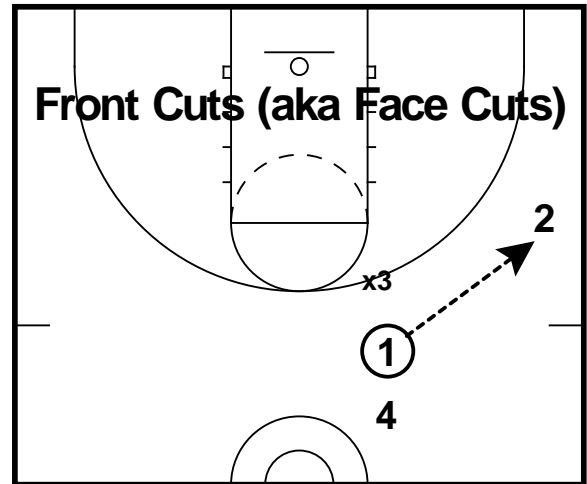
Footwork

Continuous Blast-cuts



1 follows his shot, rebounds and takes the ball to the opposite line.
 2 fills and the sequences starts all over again.
***Please emphasize the cutting, inside pivot and footwork (4 actions mentioned earlier).**

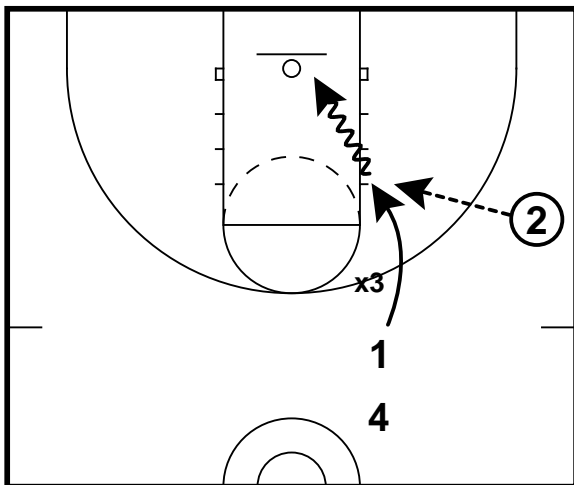
Motion Front & Rear Cutting Drill



4 - 6 players needed to execute this drill.
 1 passes to 2.

POE:
 Pass to outside hand.

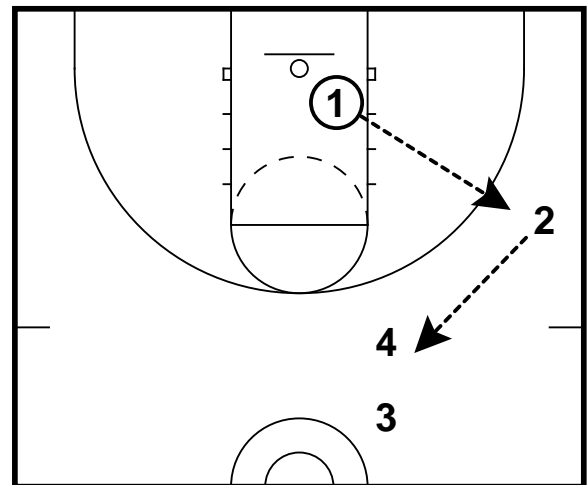
Motion Front & Rear Cutting Drill



1 immediately front/face cuts X3.
 2 passes to 1.
 1 finishes at the rim and gets his own rebound.

POE:
 Put pressure on the rim anytime we can.

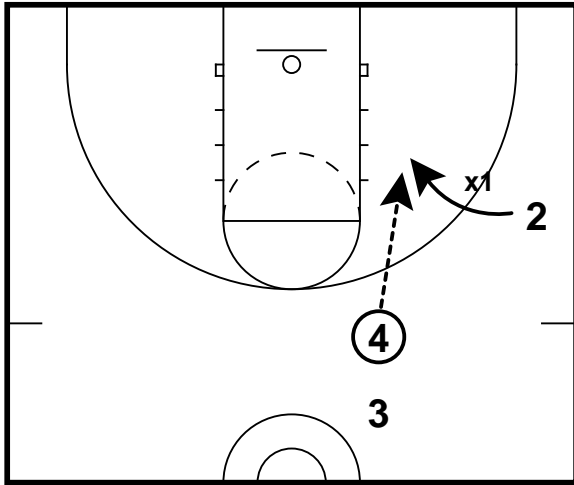
Motion Front & Rear Cutting Drill



1 passes to 2 and follows his pass to become X1.
 2 passes to 4 (emphasize outside hand).

Footwork

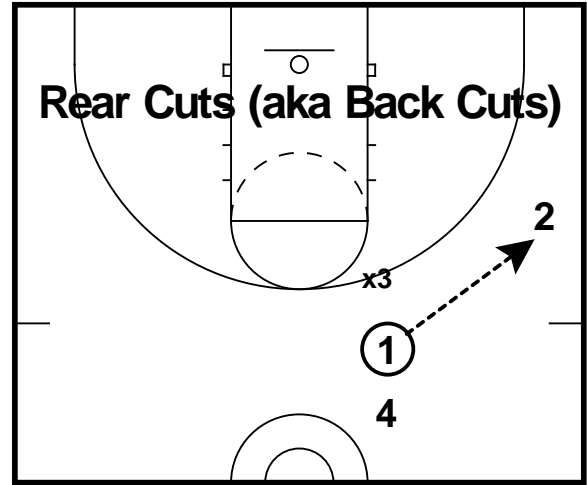
Motion Front & Rear Cutting Drill



2 immediately front/face cuts X1.
4 passes to 2.
2 finishes at the rim and gets his own rebound.

POE:
Finish quickly off 1 (foot) and/or strong off 2 (feet).

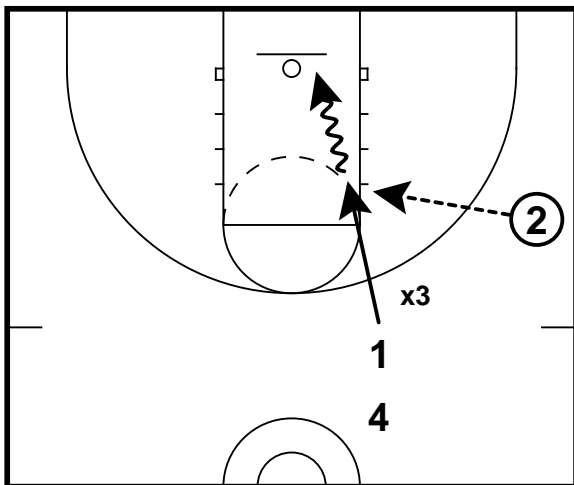
Motion Front & Rear Cutting Drill



4 - 6 players needed to execute this drill.
1 passes to 2.

POE:
Pass to outside hand.

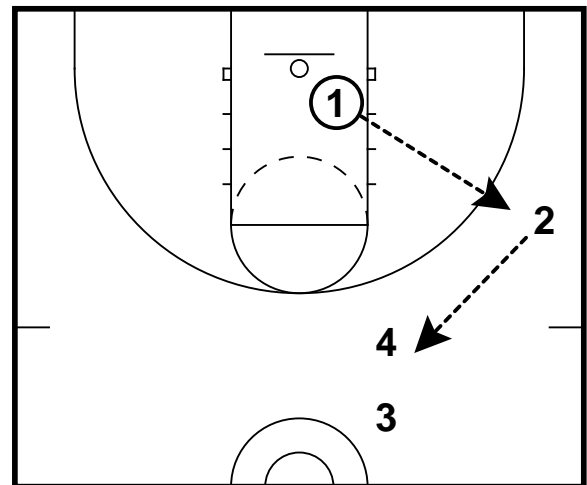
Motion Front & Rear Cutting Drill



1 immediately rear/back cuts X3.
2 passes to 1.
1 finishes at the rim and gets his own rebound.

POE:
Don't fight pressure.

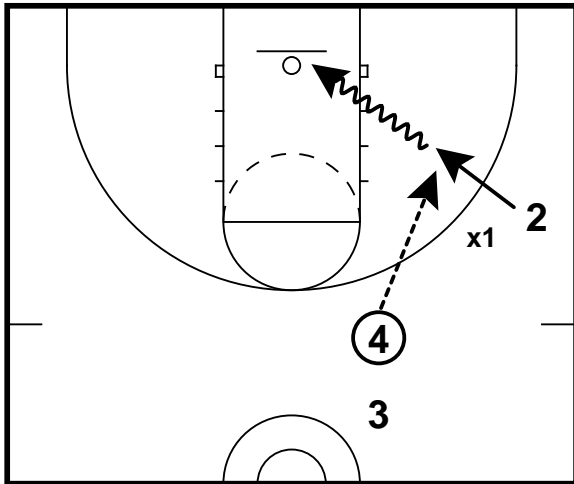
Motion Front & Rear Cutting Drill



1 passes to 2 and follows his pass to become X1.
2 passes to 4 (emphasize outside hand).

Footwork

Motion Front & Rear Cutting Drill

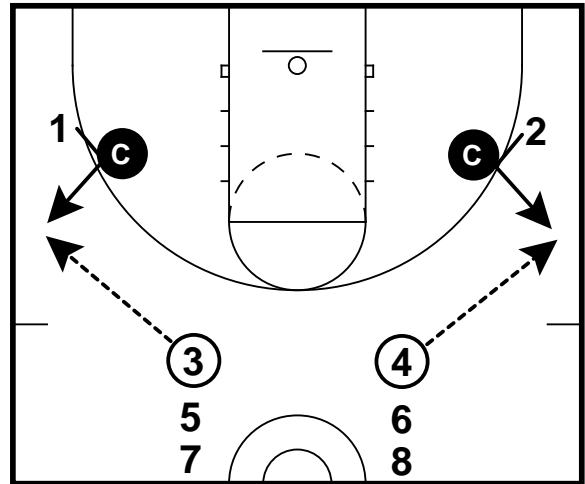


- 2 immediately rear/back cuts X1.
- 4 passes to 2.
- 2 finishes at the rim and gets his own rebound.

POE:

Repeat on the left side of the floor as well.

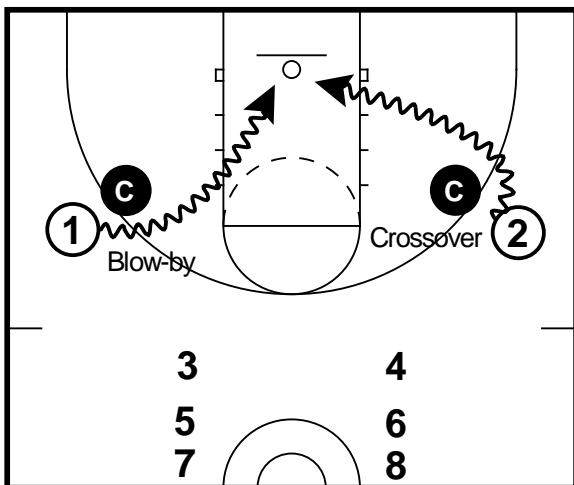
Villanova Pressure Release



Drill Flow:

- Player 1 (and then 2) get open vs denial pressure by executing the following:
 - *V-Cut properly. Consider the angle of return (aka perimeter post-up) and provide outside hand.
 - *Player 3 (and then 4) passes to the outside hand. In doing so, step across and flick pass to the outside hand provided.

Villanova Pressure Release



Drill Flow Continued:

- On the catch, player 1 (and then 2) concentrate on the following:
 - *Rim-Post-Action
 - *Ball Protection
 - *Blow-by and Crossover Moves

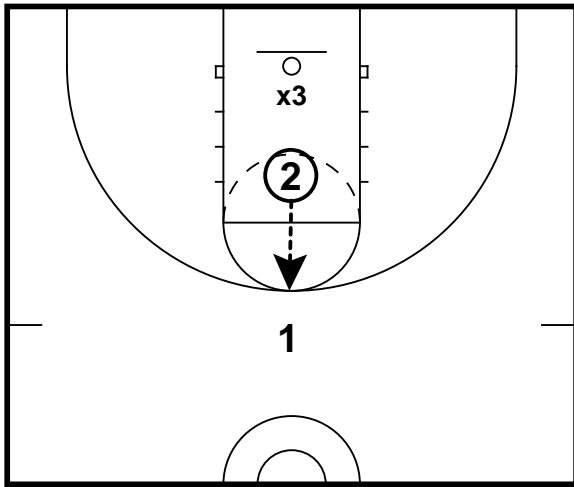
POE:

Minimize the dribble (2-3 dribbles max).

Eventually, flip-flop the passing line (slot) with the receiving line (forward).

Shooting

.5 Shooting



2 passes to 1.

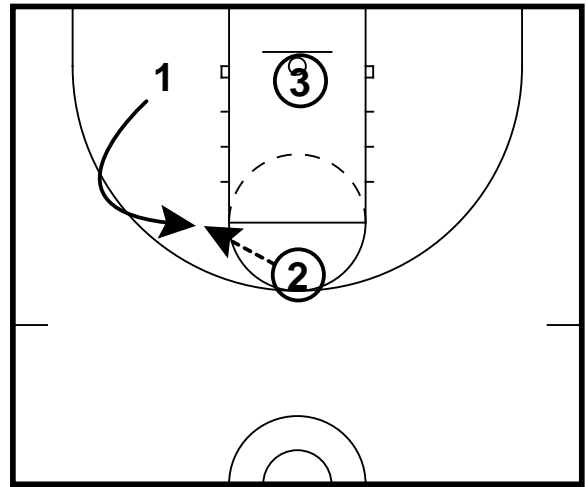
1 reads the closeout:

- If 2 is an arm's length and a half away = Shoot it!
 - If 2 is arm's length or less = Drive it!
 - x3 serves as late help: If x3 has both arms up = Play off 2 feet.
- If x3 opens up = Get to the rim off 1 foot as quickly as possible!
Rotate and repeat.

POE:

Shooter is most open on the catch!

2-Ball Shooting



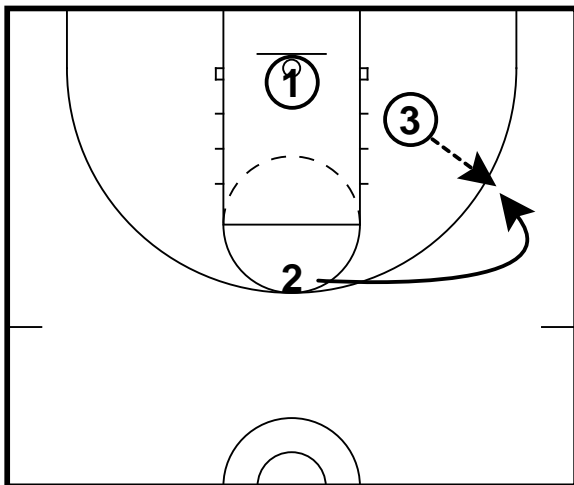
Drill Flow:

- 1 cuts into a game shot at game speed.
- 2 passes to 1.
- 1 shoots and follows his shot.

Points of Emphasis:

- Game shots at game speed.

2-Ball Shooting



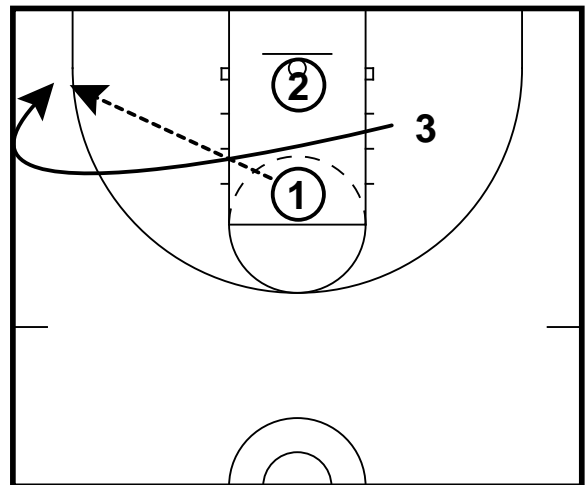
Drill Flow Continued:

- 2 now cuts into a game shot at game speed.
- 3 passes to 2.
- 2 shoots and follows his shot.

Points of Emphasis:

- Good pass = a good shot.

2-Ball Shooting



Repeat - Repeat - Repeat:

- 3 now cuts into a game shot at game speed.
- 1 passes to 3.
- 3 shoots and follows his shot.

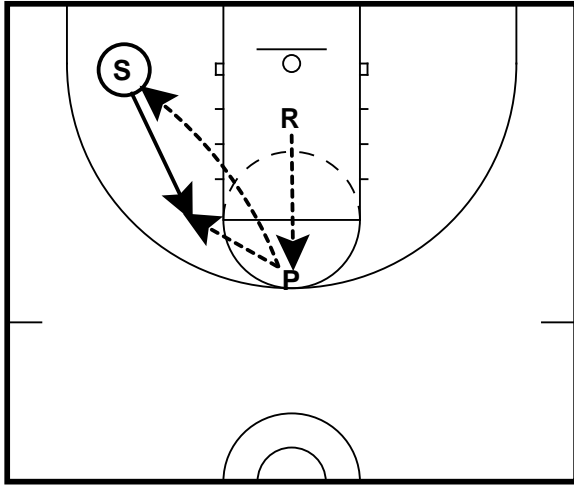
Points of Emphasis:

- Go somewhere with your dribble.

Continue for 2 minutes off the catch, and then 2 minutes off the dribble.

Shooting

30 Second Shooting



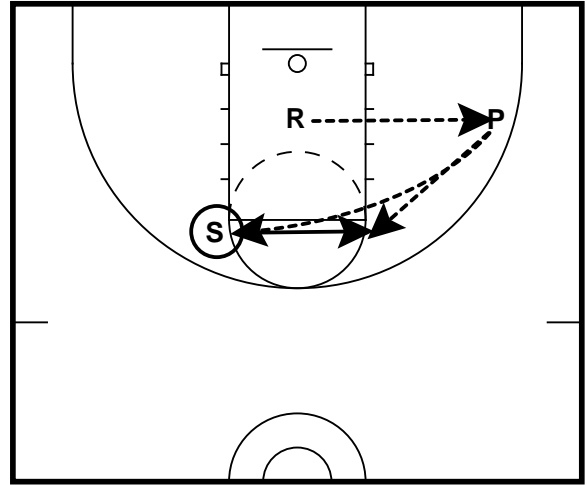
Combo 1 Shooting Spots:

For :30 seconds the shooter cuts back & forth from the short corner to the freethrow elbow.

Points of Emphasis:

- Get your homework done early (we emphasize inside step).
- Game speed.
- Good pass = a good shot.

30 Second Shooting



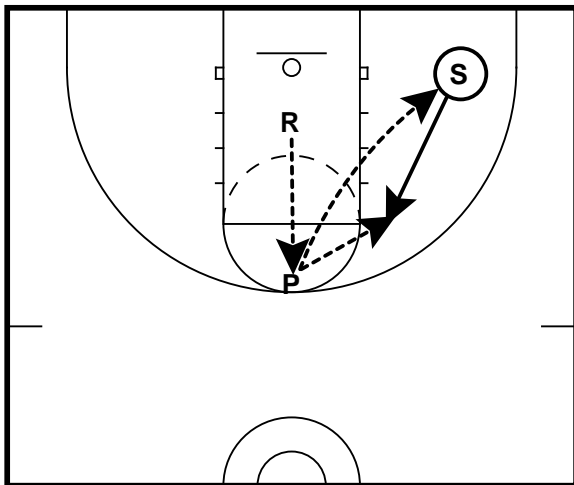
Combo 2 Shooting Spots:

For the next :30 seconds the same shooter cuts elbow to elbow.

Points of Emphasis:

- Rebounder and passer must be efficient and work hard for the shooter.
- Tracking FGA & FGM is a must for concentration and competition.
- It is possible to attempt 30 or more shots per player.

30 Second Shooting



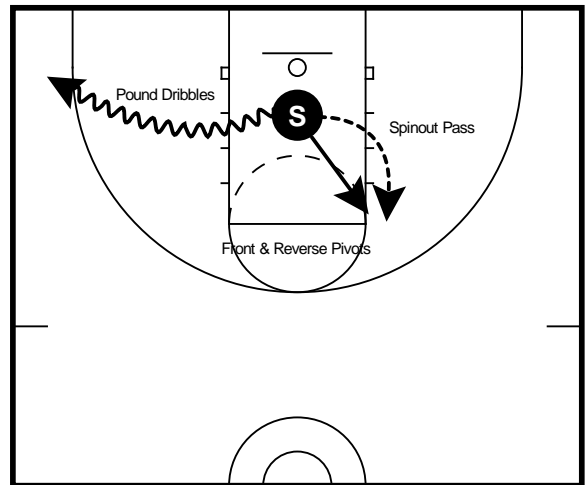
Combo 3 Shooting Spots:

For the last :30 seconds the shooter cuts back & forth from the short corner to the freethrow elbow (same as phase 1, but opposite side).

Drill Rotation:

- After the 1st shooter completes all 3 combos, the passer rotates in as the next shooter.
- Rebounder moves to passer and shooter goes to rebounder.
- This drill should take less than 5 total minutes.

Intensity Shooting



4 minutes on the clock.

Goal is to make 20 baskets.

Shooter mixes in the following:

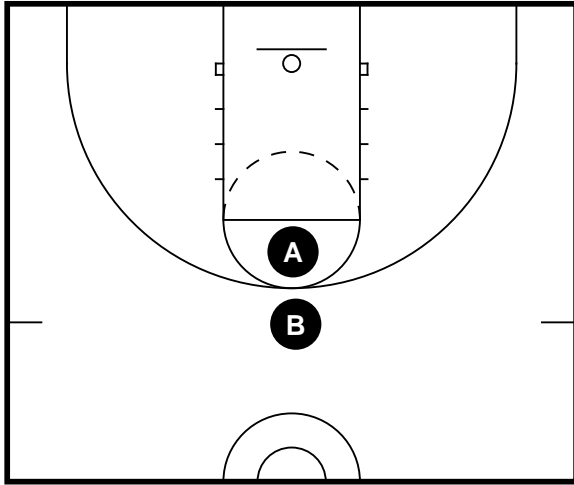
- Spinouts to simulate shooting off the catch
- Pound dribbles off the bounce
- Create a variety of front and reverse pivots
- 3fg's/2fg's are both acceptable
- Finish at the FTL

POE:

Shoot game shots at game speed!

Shooting

Running Horse



2 minutes on the clock.

Scoring - 1,2,3,etc...

Goal is to never stop running.

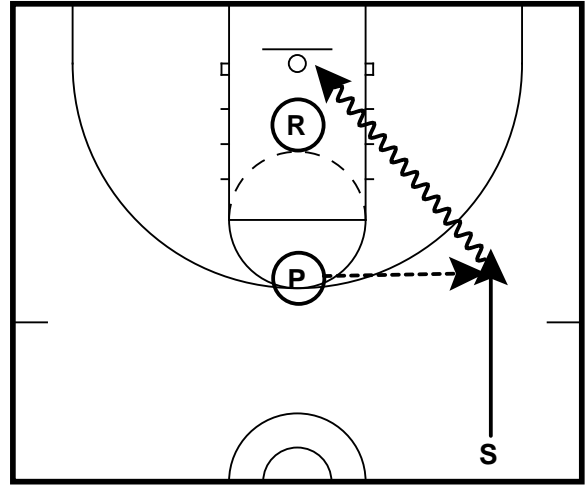
Shooters mix in the following:

- Spinouts to simulate shooting off the catch
- Pound dribbles off the bounce
- Create a variety of front and reverse pivots
- 3fg's/2fg's are both acceptable

POE:

Shoot game shots at game speed!

Warrior Shooting



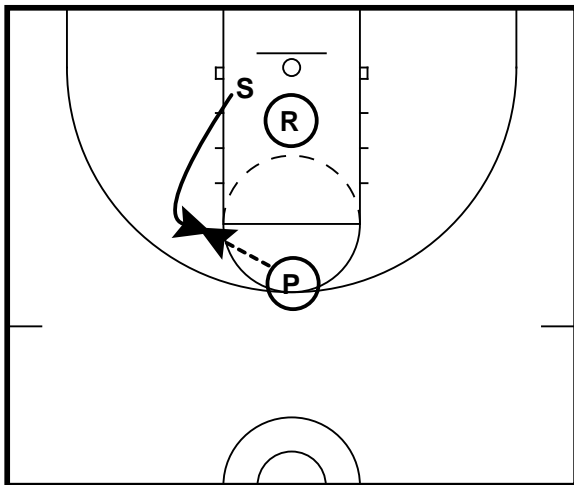
Shot #1 Worth 1 Point:

Shooter starts at halfcourt (or top of the key extended if space doesn't allow), catches on the move and attacks the basket.

Points of Emphasis:

- Catch on the run and attack the basket with a 45 degree angle cut.

Warrior Shooting



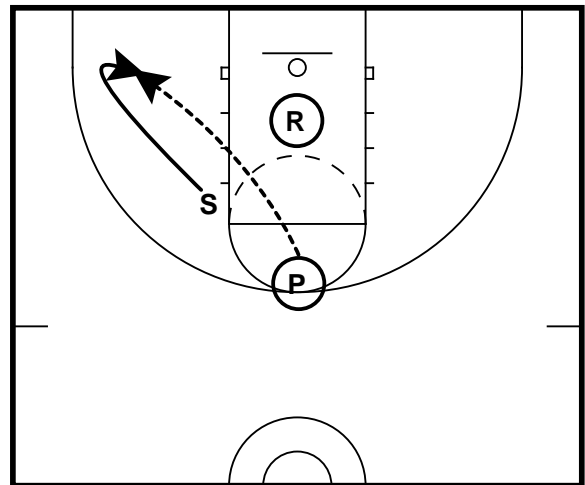
Shot #2 Worth 2 Points:

Shooter continues his cut to simulate using a pin down screen and shoots near the freethrow elbow.

Points of Emphasis:

- Emphasize inside-pivot.

Warrior Shooting



Shot #3 Worth 2 Points:

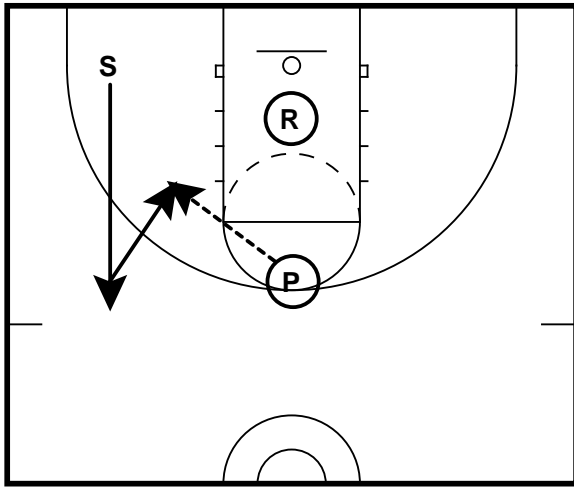
Shooter cuts to the short corner as if using a flare screen.

Points of Emphasis:

- Balance, balance, balance!

Shooting

Warrior Shooting



Shot #4 Worth 1 Points:

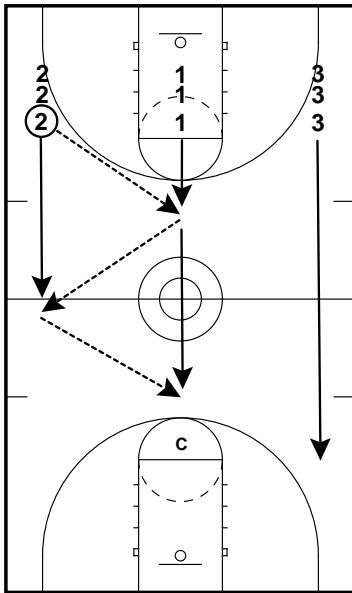
This will be the same as shot #1 but on the opposite side. There are two ways to do this: 1) Sprint to halfcourt, or 2) Cut hard to ball level and simulate a back cut. We prefer this more times than not.

Points of Emphasis:

- Shot #5 & #6 will also be the same as #2 & #3.
- After the 1st shooter is done, the passer becomes the shooter and the rebounder passes.
- Repeat this again, but start on the opposite side.

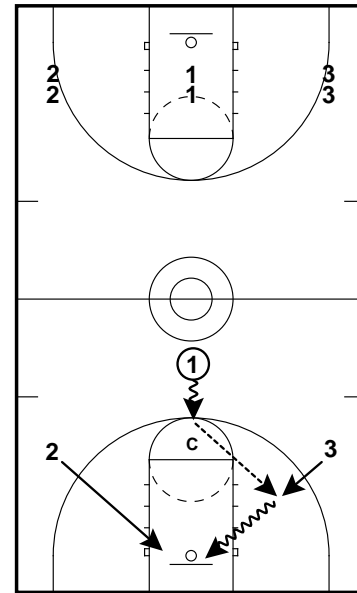
Transition

KU Break: 3 Line Passing



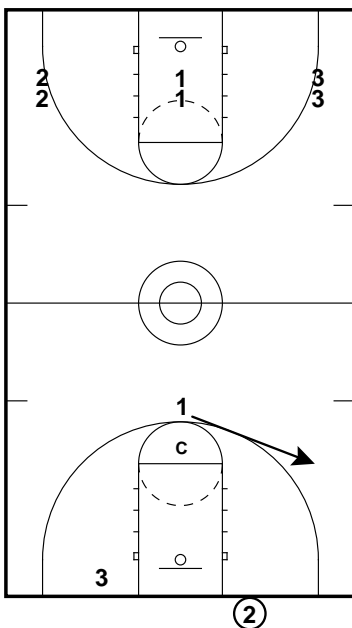
First 3 passes are air passes between 2 and 1. No more than 3, no less! 3 fills the opposite long cutter lane.

KU Break: 3 Line Passing



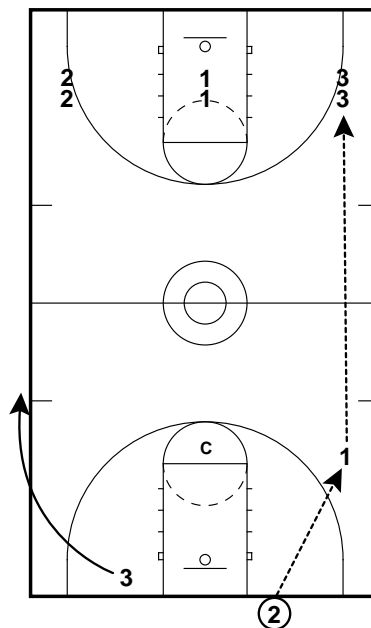
1 may dribble if needed, but he certainly does not want to charge the coach. 1 passes to 3 cutting to the basket. This 4th pass is to be a bounce pass only!

KU Break: 3 Line Passing



1 cracks-back and then fills the outlet box. 2 becomes the inbounder and makes certain he gets outside the lane line extended.

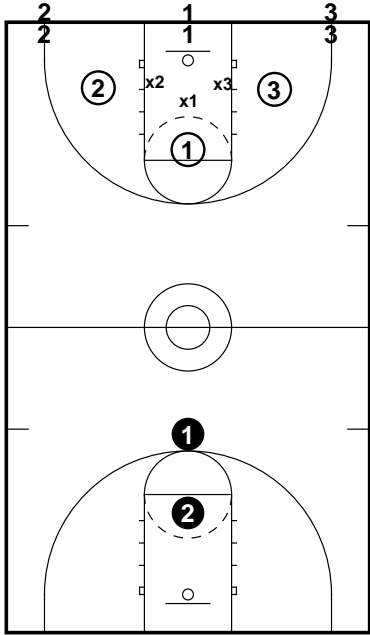
KU Break: 3 Line Passing



2 passes to 1. This pass is to be two hands overhead and/or a scoop pass (advanced). Finally, 1 baseball passes to the next available player in line. Special note: We like to get two balls going and players should rotate lines clockwise!

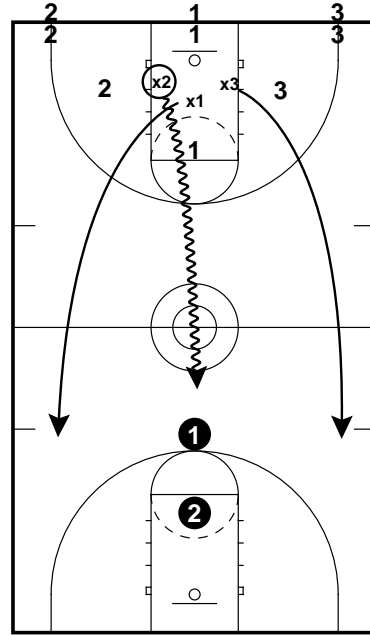
Transition

KU Break: 3-on-2 / 2-on-1



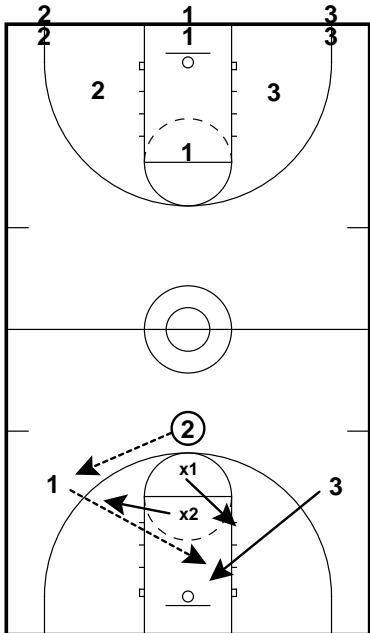
On the floor slap, defense shuffles clockwise and calls out ball/man. Coach shoots a shot. Defense calls "shot-check", makes a hit and pursues the rebound.

KU Break: 3-on-2 / 2-on-1



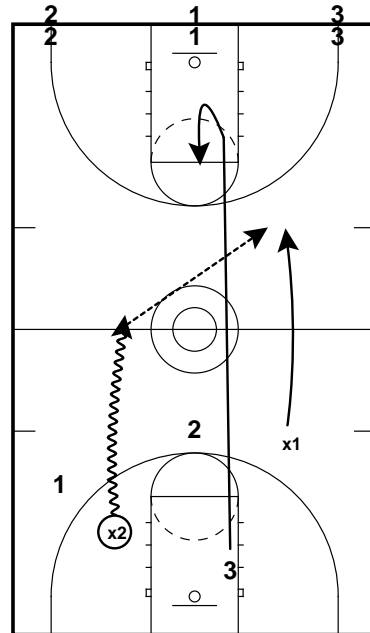
On the floor slap, defense shuffles clockwise and calls out ball/man. Coach shoots a shot. Defense calls "shot-check", makes a hit and pursues the rebound.

KU Break: 3-on-2 / 2-on-1



3-on-2: Offense attacks to score quickly (1-2 passes). Defense must rotate and try not to give up a layup.

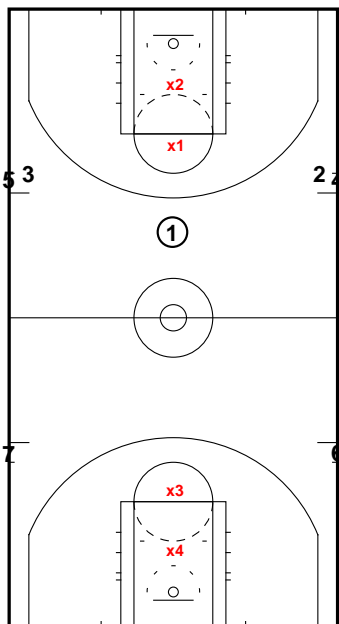
KU Break: 3-on-2 / 2-on-1



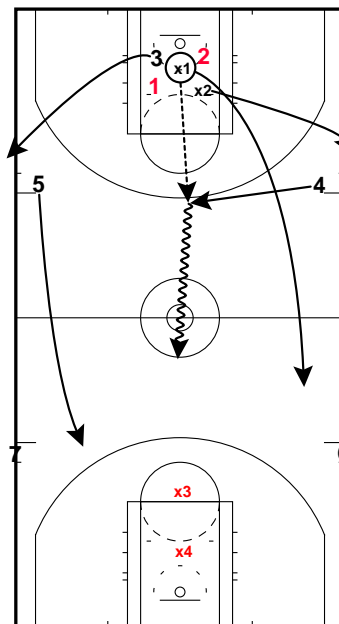
2-on-1 is determined as follows: Last offensive player from frame 3 to touch the ball gets back on defense (remaining two will stay to play defense). x1 and x2 transition to offense. Ball should NOT be centered in a 2-on-1 back.

Transition

11 Man Break: 3-on-2 Continuous



11 Man Break: 3-on-2 Continuous



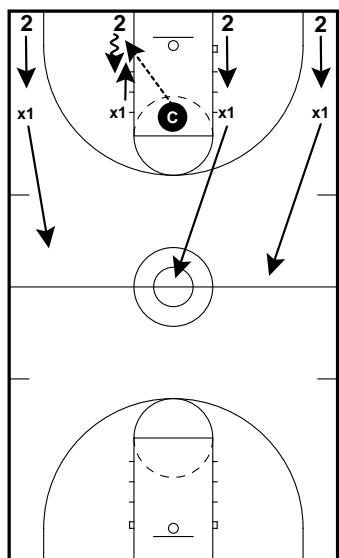
11-Man Break (3-on-2 Continuous)

Whoever gets the rebound will outlet to either sideline, then sprint the wing for a 3-on-2 break.

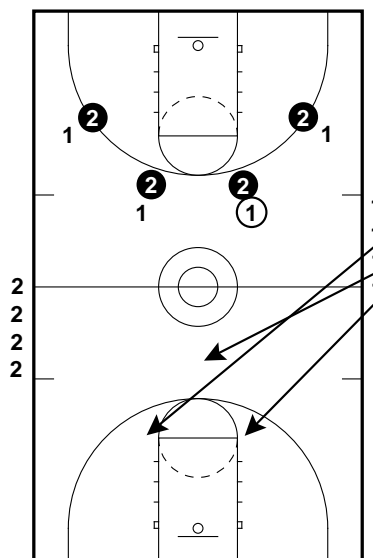
1 & Done (No 2nd shot attempts)

Both offensive and defensive players can get the rebound. Two of the offensive players stay as defenders and the remaining players join the outlet lines.

Baseline Touch



Fastbreak League



Drill Flow:

- Team 1 starts on defense and team 2 on offense.
- Coach passes to any of team 2.
- The corresponding x1 defender must touch the baseline (advantage created).
- Team 1 must communicate and get back on defense.
- Flip flop at the opposite end.

POE:

Call the ball and call your man!

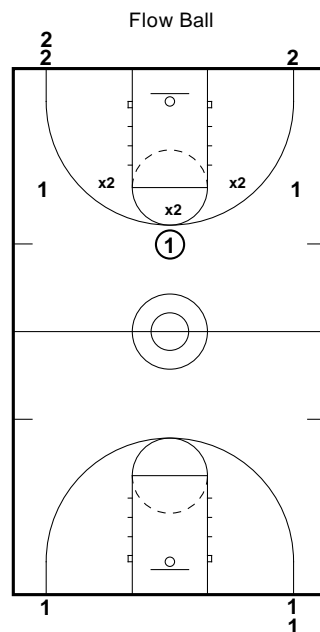
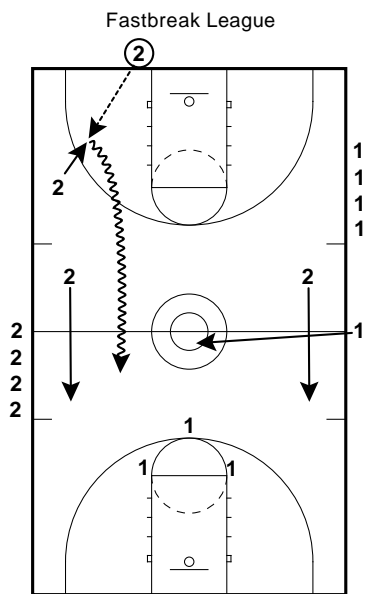
Drill Flow:

- Divide equally into 2 teams of 6 or more (if you happen to have 8 or more on a team we recommend running 4's rather than 3's).
- To begin the "League", simply play out a 4v4 (4's) possession as shown here.
- Meanwhile, team 1 positions the next 3 players in line back on defense (2 back if only running 3's).

POE:

Emphasize proper floor positioning and spacing. We like to say, "Race to space!"

Transition



Drill Flow Continued:

- Team 2 fastbreaks accordingly (long cutters, inbunder, outlet, etc).
- Team 1's 4th defender will not step on the court until after the ball crosses the timeline. In doing so he will sprint to the center, put a foot inside the circle before getting back on defense.
- Meanwhile, team 2 now positions their next 3 players in line back on defense.
- Scoring team may be permitted to "press" at coach's discretion.

POE:

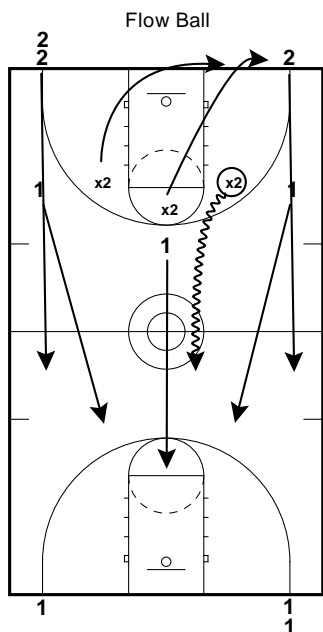
- Defense calls ball and man.
- Offense moves the ball and people.

Flow Ball Flow:

- Team 1 starts on offense and team 2 on defense. Play out the possession.
- Upon change of possession, team 1 gets back!!!
- Meanwhile, any team member of X2 gets the ball and goes!
- He is joined by team 2's next two players in line along the baseline.

POE:

- Emphasize OBC, fastbreak offense and motion principles.



Modifications:

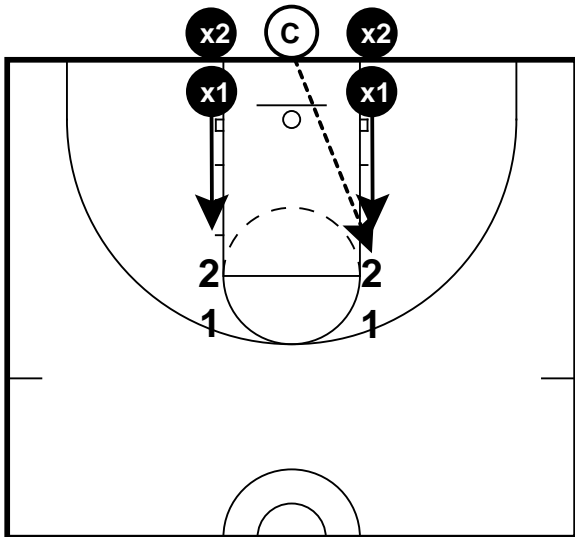
- If numbers allow, a third line can be added under the basket to allow for 4v4.

POE:

- Both teams, first 3 steps.
- Defense, get back and call ball and man.
- Offense, get ahead and get wide!

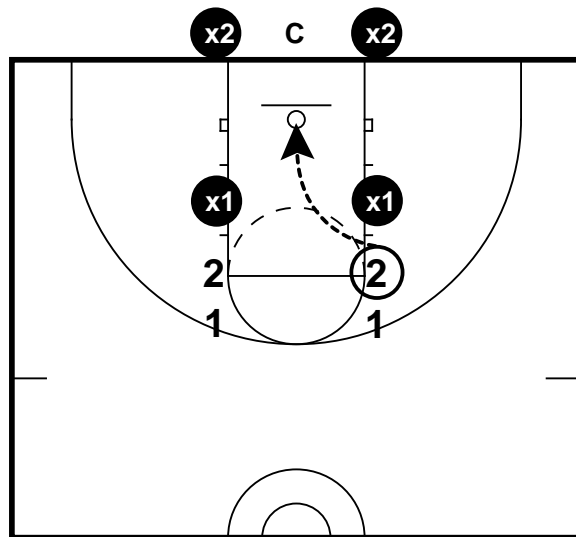
Shell Defense

2-on-2 Creighton Blockout



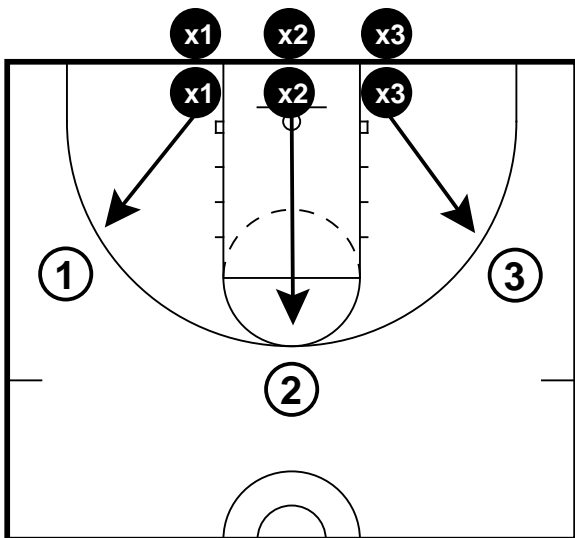
Divide into 2 teams of 4 or more: Team 1 vs. Team 2. Coach rolls out the ball and both defenders (1) closeout properly.

2-on-2 Creighton Blockout



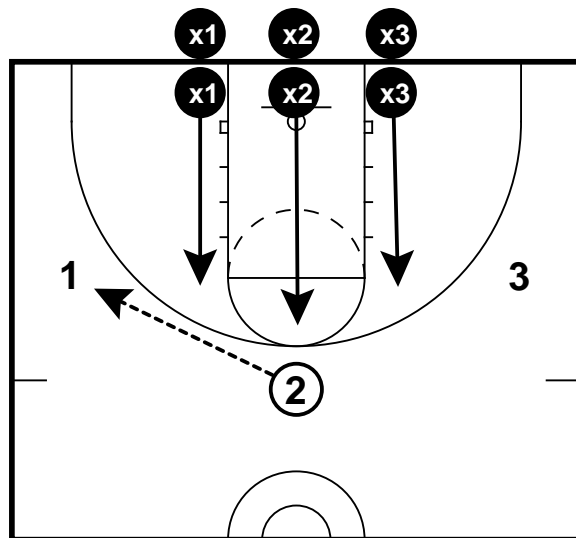
Offense (2) shoots on the catch and this basket is worth 1 point. Then, immediately following the made or missed shot, both teams scramble for the put-back. Play this out until one team scores. Special notes:
 -No out of bounds (within reason)
 -Let them play (within reason)
 -Rotate lines accordingly (offense to defense, etc)

3-Line Closeouts



Each player on offense has a ball. On the coach's whistle, all three defenders closeout on the ball and maintain solid pressure. Offense remains triple threat and "beats" the defense with the pivot. Defense moves "in & out". Defense rotates to offense and offense changes lines clockwise.

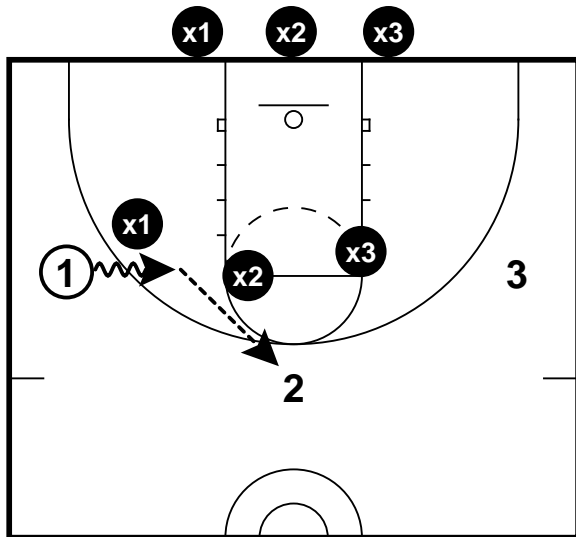
3-on-3 Shell vs. Pass



Coach rolls the ball out to one of the offensive players and the defense closes out accordingly. Offense changes the ball from side to side. Coach ends the possession within 12-15 seconds. Emphasize:
 *Talking our defense
 *Jumping to the ball
 *Stance-Vision-Position

Shell Defense

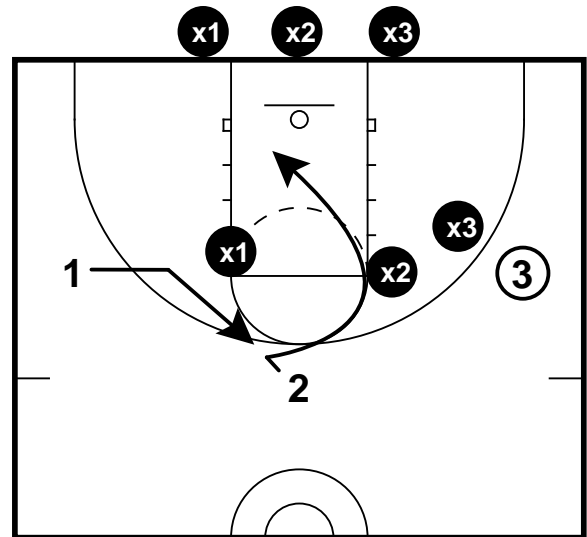
3-on-3 Shell vs. Dribble Drive



Begin and end this drill the same as Shell vs. Pass. However, offense drives the ball as much as possible (drive & replace self). Emphasize:

- *Talking our defense
- *Leveling off the ball
- *Stunting (stab & help)

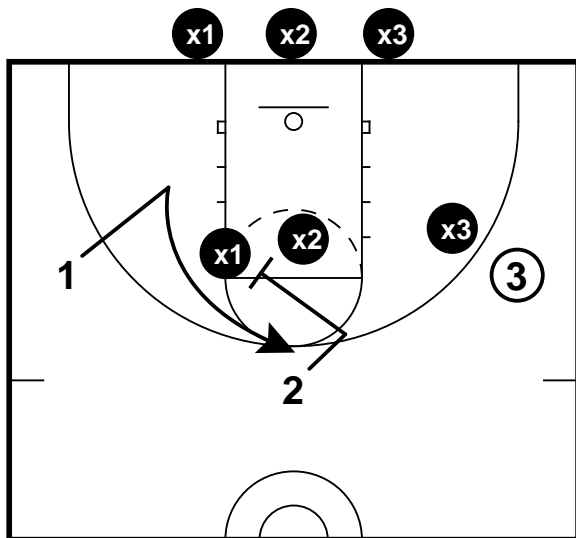
3-on-3 Shell vs. Basket Cut



Begin and end this drill the same as Shell vs. Pass. However, offense basket cuts each time after passing to the wing.

- Emphasize:
- *Talking our defense
 - *Jumping to the ball
 - *No face cuts

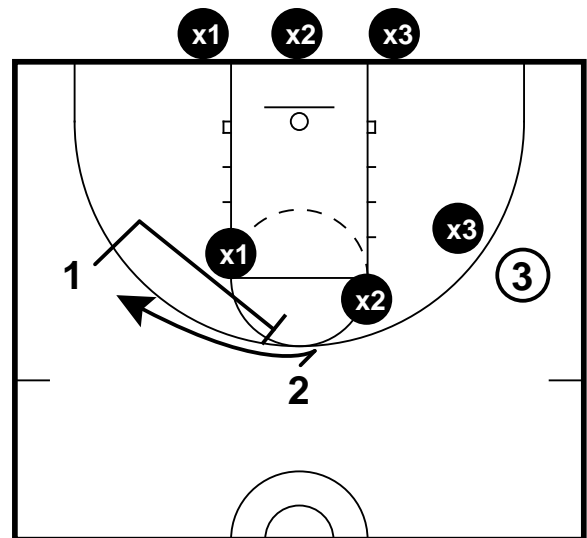
3-on-3 Shell vs. Screen Away



Begin and end this drill the same as Shell vs. Pass. However, offense screens away each time after passing to the wing.

- Emphasize:
- *Talking our defense
 - *Following the cutter and/or getting off & under
 - *Jamming all cutters

3-on-3 Shell vs. Flare Screen

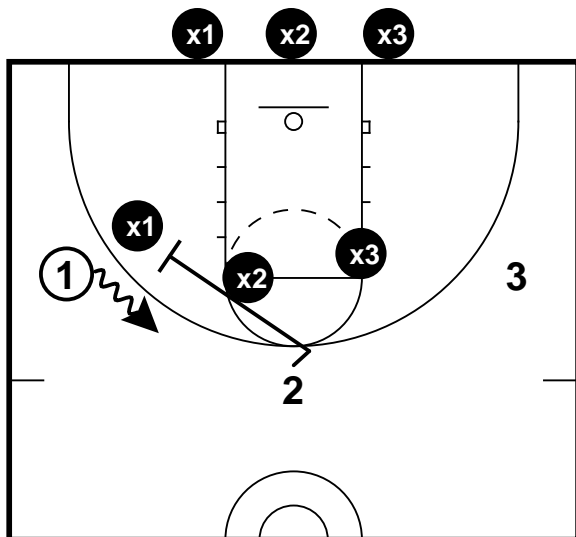


Begin and end this drill the same as Shell vs. Pass. However, weak side wing flare screens for the point after he passes.

- Emphasize:
- *Talking our defense
 - *Following the cutter
 - *Helping with the slip and/or curl

Shell Defense

3-on-3 Shell vs. Ball Screen



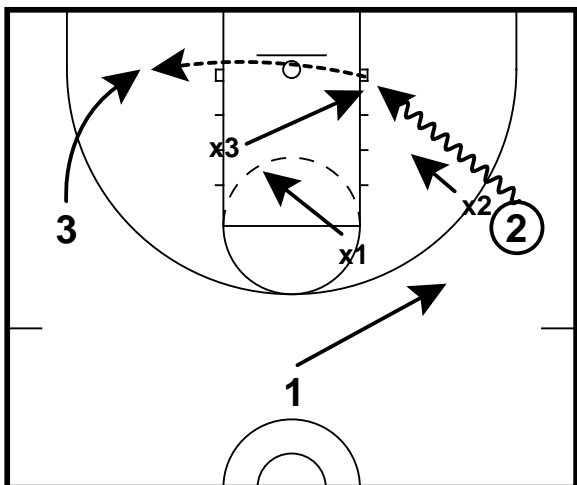
Begin and end this drill the same as Shell vs. Pass. However, offense follows his pass to the wing and ball screens.

Emphasize:

- *Talking our defense
- *Taking the ball into the screen
- *Showing hard

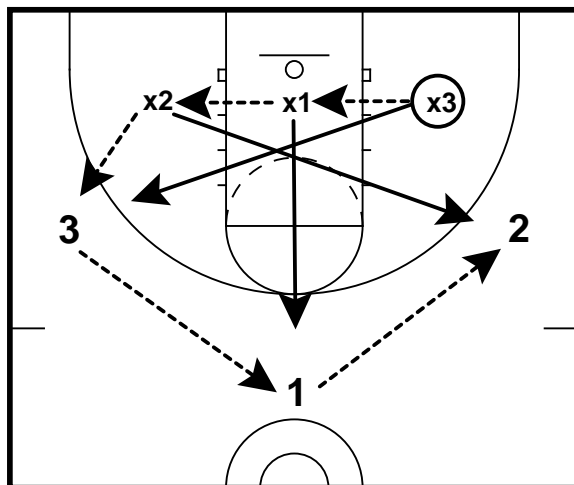
Team Play

3-on-3 Halfcourt Games // SSG



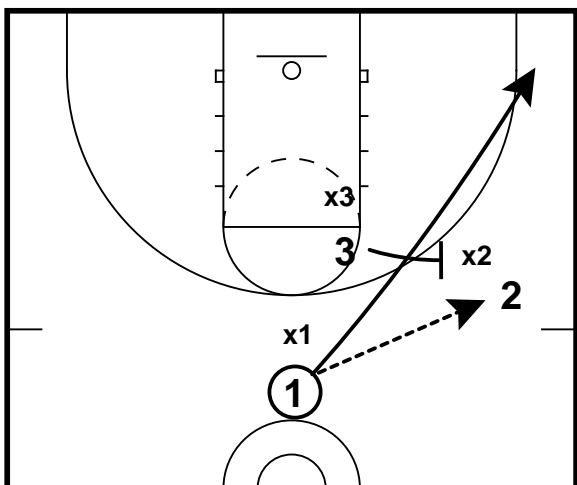
***1 Second Advantage** - Defender guarding the ball (X2 in this frame) starts with his back to the ball. 2 drives the ball and we play out of this advantage.

3-on-3 Halfcourt Games // SSG



***Memphis Closeouts** - This looks more complicated than it really is. X3 passes to X1 and then closes out on 3. X1 passes to X2 and closes out on 1. X2 passes to 3 and closes out on 2. 3 passes to 1 and 1 passes to 2. At this point the game is live.

3-on-3 Halfcourt Games // SSG

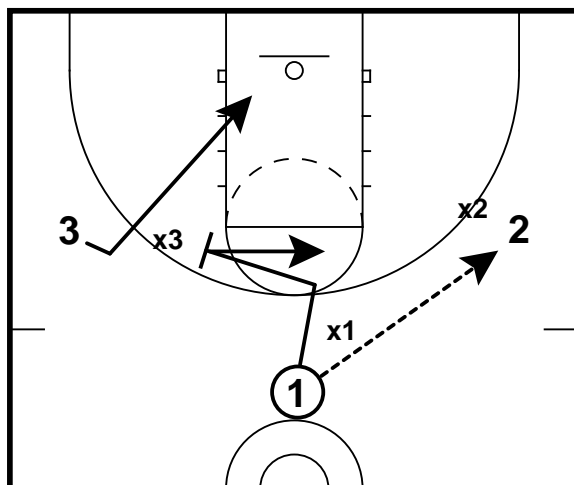


***Ball Screens** - In this frame 1 passes to 2 and loads the corner. 3 side screens for 2. At this point, we play out of it.

POE:

3 puts pressure on the rim with his roll and 1 shakes up in the back action.

3-on-3 Halfcourt Games // SSG

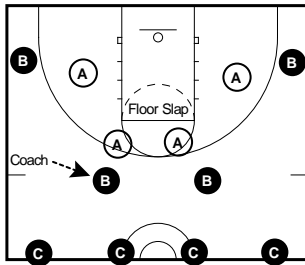


Again, the concepts are endless and up to your imagination. One more example from our screening game:

***Wing Splits** - 1 passes to 2 and then screens away for 3. 3 rejects the screen and cuts to the rim. 1 replaces his own cut and shapes back to the ball. Play out of this.

Team Play

3 Stops



It doesn't get any better than this drill. We emphasize getting 7 "Kills" in a game, and 3 stops in a row equals 1 "Kill".

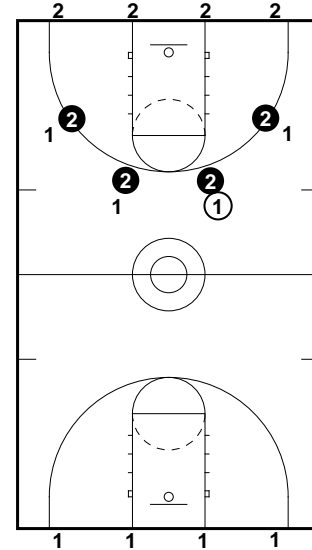
Drill Flow:

- Team A starts the possession by all 4 or 5 players slapping the floor. At that point, a coach passes the ball to Team B.
- Play out the possession.
- Repeat by alternating Team B and C until Team A gets 3 stops in a row.
- Taking a charge is worth a Kill!!!!
- Repeat for all 3 teams.

POE:

Communication - Stance - Vision - Position & Mental Toughness!!!

Illini Fastbreak



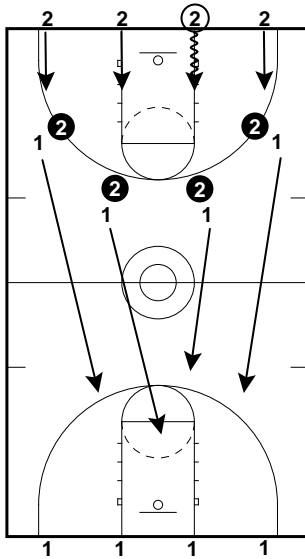
Drill Flow:

- Team 1 starts on offense and team 2 on defense. Play out the possession.
- Upon change of possession, team 2 outlets to teammates along baseline waiting to come on.
- Team 1 must get back on defense.

POE:

-First 3 steps is a huge emphasis!

Illini Fastbreak



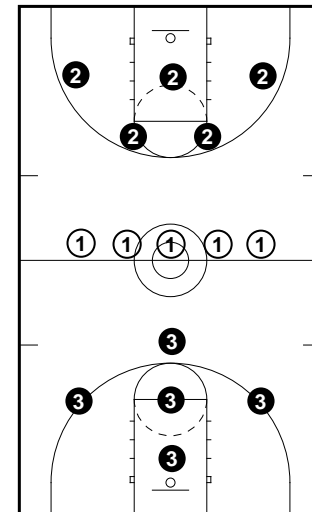
Modifications:

-This drill can easily go to 5v5 if numbers allow.

POE:

- Both teams, first 3 steps.
- Defense, get back and call ball and man.
- Offense, get ahead and get wide!!

Old School Cut Throat



Drill Flow:

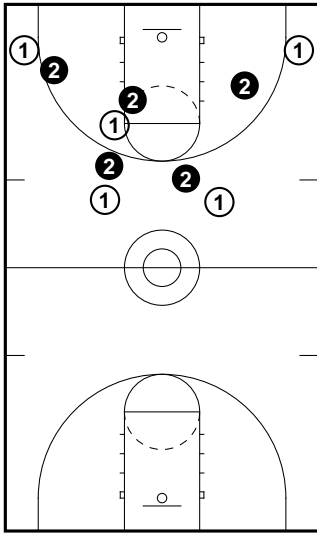
- Team 1 starts on offense. Teams 2 and 3 begin on defense.
- We assign a coach at each end to call out a defense. Most often we use this as a zone defensive drill, but doesn't have to be.
- If team 1 scores on 2, team 1 will stay of offense and transition to the opposite end vs. team 3.
- Any team getting a stop becomes offense.

POE:

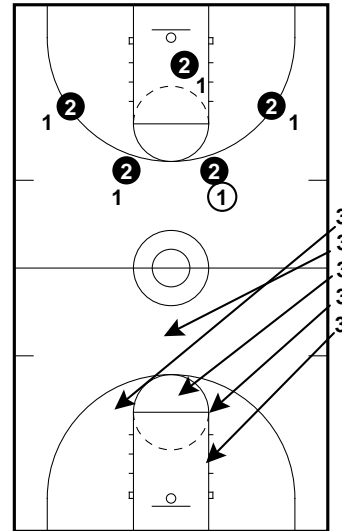
Emphasize recognizing the defense and attacking accordingly.

Team Play

Stop-Score-Stop



Wolves Cut-Throat



Drill Flow:

Highly competitive drill we've really come to love! Played almost daily.

- Team 1 ball on offense. 1 is trying to get a score followed by a transition defensive stop then completed with another offensive score. If these three results occur, team 1 earns 3 points (one for each "win" during the possession).
- Simultaneously team 2 is attempting to get a half court stop, followed by a transition score, then complete with a transition stop. If these three results occur, team 2 earns the 3 points.
- As you do this drill, you will see that if 1 scores and then 2 scores, neither team can complete their desired outcome and earn the 3 points. In this instance the team that earns the "win" on final trip, earns 1 point.
- We usually play to 10 points (or by time). Be careful not to over coach.

Drill Flow:

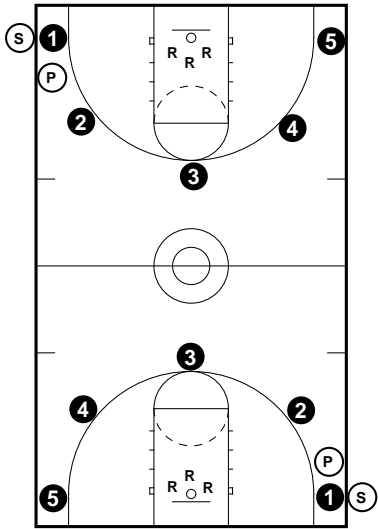
- Team 1 and 2 play up and down to one made field goal.
- Team 3 waits at halfcourt ready to sprint on and play defense.
- Team that scores gets to stay on offense. Team that gets scored on must sprint off or lose a point.
- Repeat

POE:

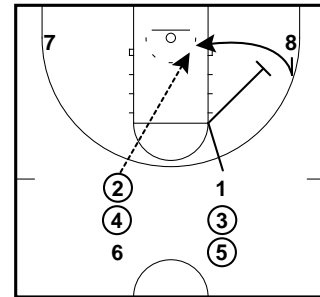
Emphasize proper floor positioning and spacing. We like to say, "Race to space!"

Team Shooting

1st to 50



4 Corner WPD Shooting



4 Corner Shooting is one of our favorite motion team shooting drills. Incorporates 4 cuts when using a wide pin down screen (reject, straight, curl & flare). Works best with 8 players and 4 basketballs. Drill Sequence: 1) Pass First 2) Screen Second 3) Shoot Third 4) Rebound Last 5) Change Lines. Our Goal: 15+ mfg for every minute!

Drill Flow:

1 sprints to set a "wide pin down". We emphasize a great screening angle (butt to ball) and change of speed. 8 rejects the screen and back cuts. 2 passes to 8. 8 closes his shoulder and attacks the rim!

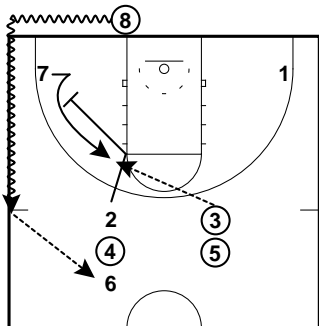
Drill Flow:

- Each team has two basketballs and begins in the left dead corner, aka spot 1.
- If you make your shot from spot 1 you get 1 point and the right to advance to spot 2.
- If you make your shot from spot 2 you get 2 points.
- This is the same flow for spot 3, 4 and 5 as well.
- As soon as you miss, next man up.
- First team to 50 points wins. Start your next game on the right side.

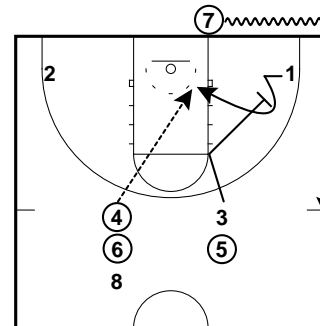
POE:

Teams need to work together and find the most efficient strategy.

4 Corner WPD Shooting



4 Corner WPD Shooting



Drill Flow Continued:

Immediately after 2 passes to 8 (previous frame), 2 sprints to set a "wide pin down" for 7. On this side 7 uses the screen and makes a straight cut to the elbow. 3 passes to 7. 7 shoots (we emphasize an inside-pivot).

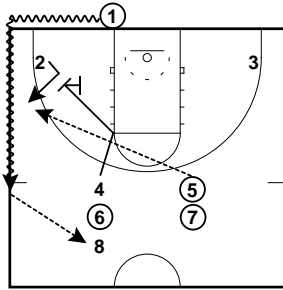
***This action would continue for 1 - 2 designated minutes, and then flip-flopped (reject the screen on the left and straight cut on the right).**

Drill Flow:

Now let's look at the next two pairs of cuts: 3 sprints to set a "wide pin down" for 1. 1 tight curls the screen. 4 passes to 1 attacking the basket.

Team Shooting

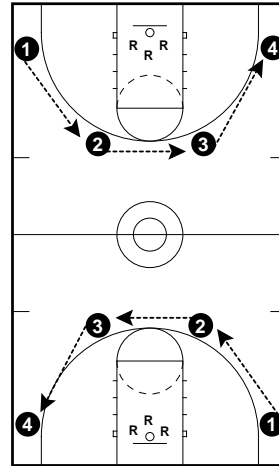
4 Corner WPD Shooting



Drill Flow Continued:

On this side 4 sprints to set a "wide pin down" for 2. 2 flares and 4 repositions his screening angle. Again, this action would continue for 1-2 designated minutes, and then be flip-flopped (tight curl on the left and flare cut on the right).

Loyola Shooting Competition



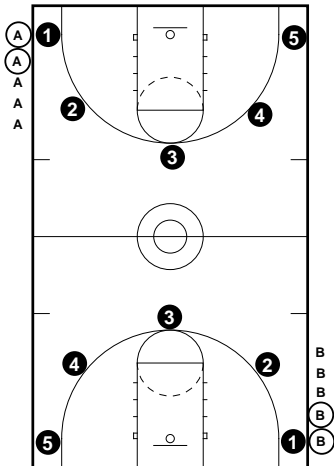
Drill Flow:

- We use our 4 motion spots, but this could be done occupying 5 spots too. At least 4 basketballs are needed and 6 or more players. 2 minutes on the clock.
- Balls are entered at spot 1 and moved from player to player. Once the first ball gets to player 4 he will shoot and then follow his shot.
- Player 3 will shoot the second ball and move to spot 4.
- Player 2 will shoot the third ball and move to spot 3.
- Player 1 will shoot the fourth ball and move to spot 2.
- Rotate a new player in and repeat.
- Most makes wins the competition. Then repeat from the opposite side.

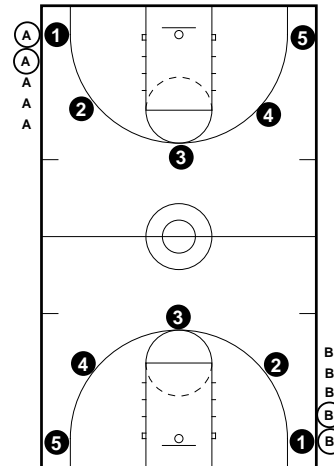
POE:

Instruct players to use their inside step to flick pass to the receiver's outside hand unless he is the next shot up - at that point, pass to his shooter's pocket. Good Pass = Good Shot

Olympic Shooting



Team Shaka



Drill Flow:

- Competition last for 5 minutes.
- Each team has two basketballs and begins in the left dead corner, aka spot 1.
- As a team, make 8 total shots and move to the next spot.
- Shooter must follow his own shot.
- If you make all 40 and there is still time left, finish at spot 3 and count makes (+1, +2, +3, etc).

POE:

Good pass = Good shot.

Drill Flow:

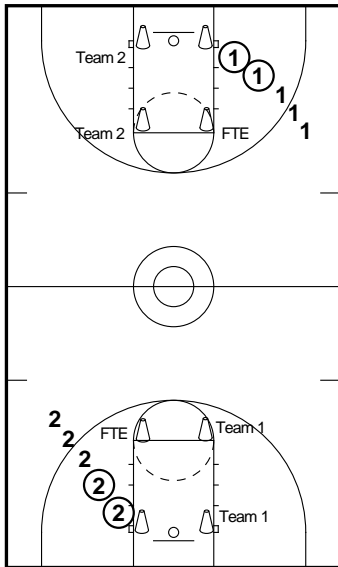
- Each team has two basketballs and begins in the left dead corner, aka spot 1.
- Count your made shots.
- Remain on that spot up until you miss 2 in a row.
- After 2 misses in a row, move to the next spot all the while counting makes.
- Highest total wins.

POE:

Thrive on making pressure shots!

Team Shooting

Utes Win!



Drill Flow:

- Each team has two basketballs and begins on the FT block.
- As a team, make 7 total shots.
- Then move to the FT elbow and make 7 more.
- Repeat the same at the opposite end of the floor.
- Finally, make 1 halfcourt shot and celebrate yelling, "Utes Win!"

POE:

Teach the halfcourt shot to come off of 1 foot.