

Australian

BASKETBALLSTAR

Drills & Skills

FOREWORD

After performing numerous coaching clinics some of the greatest feedback I get is about the notes that accompany the clinics. Many coaches express that they enjoy and need the basic drills and enjoy the handouts given out at the clinics. Over the years I have put many drills into my playbook and use them frequently for my own session plans. Hence I have put together this book with numerous skills and drills for all coaches to add to their library. This is a book I hope can be used for beginner's right through to senior athletes.

This is a drills and skills data base and is not a book with Offensive or Defensive sets. Not all of the drills in this book have the finer teaching points that are needed to present the perfect training session. For that you will need to attend further coaching development type sessions to gain the required skills so you can deliver a better training session. One thing I see around many associations is lack of content in training sessions. This book is to be used as an ideas tool for coaches to add content to their training session. I have tried to make the text and diagrams as easy as possible to understand. As session plans are an important part of building a session I have included a template of a session plan. This is located after the Index page, the idea of this is to copy the template and use the various drills in the book to build a training session plan.

A couple of things I feel are most important are getting the athletes to play the drills as soon as possible. By this I mean skill the players in the required techniques then get them playing the situations against each other. The other most important aspect of the game is defensive containment. Whatever your defensive philosophies are please make sure you train your athletes to contain their opponent. We need to make it a major emphasise on players not being beaten by their opponent to the basket. Players love playing, when your happy with execution have the athletes play the drill in game like situations and coach them on the run. Do not hold back on making athletes repeat the drill if they are unsuccessful, repeating the drill until they master it will make the athletes better.

Another aspect of training I have seen change in basketball is the general lack of intensity in training. Please do not be afraid to extend your athletes, make sure you add plenty of conditioning type drills in your sessions, at least 2 suicides, full court lay-up drills or other intense running type drills. Kids are far tougher than we give them credit for and they will respond to the intensity by extending their endurance, fitness and toughness. Basic fitness drills need to begin at the U12 age groups.

Today's youth unfortunately do not get the physical development older generations used to get from every day play. I rarely see push ups, sit ups and dips during a training session anymore. This is why I have included the Physical Development and Flexibility sections, please include some of these exercises in each session. Use these as a dual purpose, you may have athletes do push-ups, sit-ups, dips, etc as a consequence of not performing a task correctly therefore using it as a learning tool as well as improving physical development. Begin basic physical development with the U12 age groups.

A few people I would like acknowledge for the some of the content and production of this book are: Jenny Froling (my wife) for the cartoons drawn in the book and her expert advice in basketball and her patience, All of the coaches that I have gathered drills and skills off over many years, obviously too many to name. Patrick Hunt, Neil Gliddon, Mick Downer, Rebecca Dick, Murry Aldred and Jason Bald who attended the Australian NITCP Coaches Study Tour to the USA, Spain and France in 2007. Jes-Soft for the marvellous playbook tool and the strength and conditioning advice supplied by many past coaches especially Cameron Whiting.

In my Basketball life I have been fortunate to have been influenced by coaching greats over the years such as Barry Barnes and Brian Goorjian as well as numerous other high profile basketball people. A little piece of each them features in this data base. I hope this resource is as helpful to you as all of the people have been to me in my life.



Shane Froling.

ACKNOWLEDGEMENTS.

- Jenny Froling - For the drawing of cartoons, basketball and rules advice.
- Keely Froling – For appearing and showing good form in the shooting photographs.
- Patrick Hunt of the Australian Sports Commission and NITCP Head Coach – For proof reading and advice.
- The Australian Coaches tour of USA, Spain & France. Including coaches, Patrick Hunt – NITCP Head Coach, Neil Gliddon – NITCP Head Coach South Australia, Mick Downer - NITCP Head Coach Western Australia, Rebecca Dick – Australian Institute of Sport Scholarship Coach, Murry Aldred - NITCP Head Coach Queensland and Jason Bald – South Australian Country Basketball Coach for input to drills that appear in this book.
- Cameron Whiting for the Strength and Conditioning advice.
- Duke, North Carolina State and Wake Forest Universities for allowing the Coaches Study tour to observe and take notes on the drills performed at their training sessions.
- The Spanish Basketball Federation and Association Clubs for allowing the Coaches Study tour to observe and take notes on the drills performed at their training sessions.
- The French Basketball Federation, INSEP (French Institute of Sport) and Association Clubs for allowing the Coaches Study tour to observe and take notes on the drills performed at their training sessions.
- The Queensland Academy of Sport for time and use of equipment to help produce this document. I would like to especially acknowledge the help of the QAS regional office staff in assisting me.
- Elaine Nuttall of the QAS for assisting me in designing the Australian Basketball Star Logo.
- Every coach I have ever had for helping gain the knowledge I have.
- Jes-soft for the Playbook tool and data base.

Australian Basketball Skills and Drills.

This document was written and produced by Shane Froling.

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INDEX

Legend.

Session Template.

Section 1: Big Man Drills.

Section 2: Boxing Out/Rebounding.

Section 3: Conditioning.

Section 4: Defence.

Section 5: Dribbling.

Section 6: Drills.

Section 7: Free-throws.

Section 8: Lay-ups.

Section 9: Offence.

Section 10: Passing & Pivoting.

Section 11: Screening, Leading & Cutting.

Section 12: Shooting.

Section 13: Toughness Drills.

Section 14: Flexibility.

Section 15: Physical Development.




Section 16: Shooting Charts & Workouts.

LEGEND

Below are the general symbols you will see in the diagrams. Occasionally some will have a double use such as the Shooting Arrow. This arrow usually identifies when a shot is to be taken but there are times I have used this arrow to signify a defensive slide. The use of this as such will be made clear in the text accompanying the diagram.

The Red Defensive player with arms shown will almost always be red in colour or the lighter shade of grey if printed in black & white.

There may be some symbols that are not shown in the Legend but these are used infrequently and usually have a self explanatory meaning.

	Offensive player. Colour may vary.
	Offensive player. Colour & Angles may vary.
	Defensive player. Colour may vary.
	Defensive player. Colour & Angles may vary.
	X may signify a spot or Defender.
	Coach.
	Ball.
	Hat, Cone, Chair or Marker.
	Player movement direction arrow.
	Pass direction arrow.
	Direction to Screen.
	Shot Arrow. At times this can be used to signify a defensive slide.
	Dribble direction.
	Area to be highlighted.

Session Plan Template

Warm Up

Time	Skill/Drill	Set Up/Description	Points of Emphasis/Diagrams

Session Drills/Skills

Time	Skill/Drill	Set Up/Description	Points of Emphasis/Diagrams

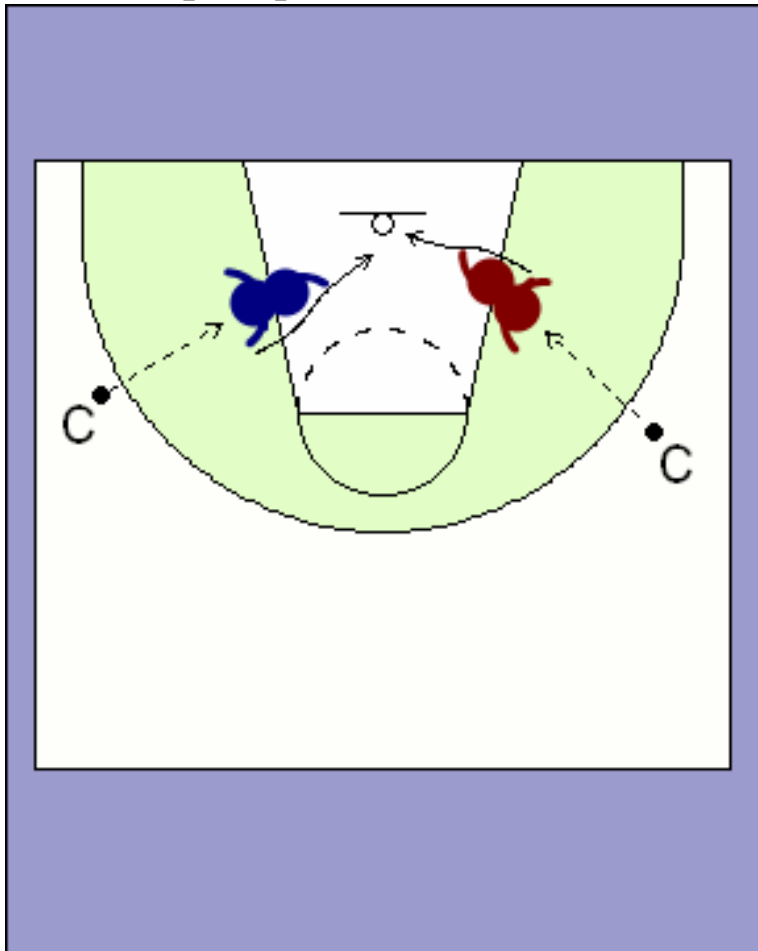
Warm Down/Physical Development/Flexibility

Time	Skill/Drill	Set Up/Description	Points of Emphasis/Diagrams

Section 1: Big Man Drills.

- 1.1 Drop Steps.**
- 1.2 Worthy Moves.**
- 1.3 McHale Moves.**
- 1.4 One on Two Squeeze Drill.**
- 1.5 One on One Reaction Drill.**
- 1.6 Three x 10 Consecutive hook Shots.**
- 1.7 Sealing Drills.**
- 1.8 Mikan Drill.**
- 1.9 Dunk/Post Plays.**
- 1.10 Post Seal & Push Drills.**
- 1.11 Sprint to Post 1 on 1 Drill.**
- 1.12 Post Defence - Fronting.**
- 1.13 Post Defence – 1/2 Front & Recover.**

1.1 Drop Steps.



Big Man Drills.

Coach passes the ball into the post player who posts low, wide & strong. The post player makes a hard drop step (base or middle) to the basket & powers up strong to score.

Make sure the offence makes a quick, long powerful sliding step to the basket keeping the defence on their back.

Methods:

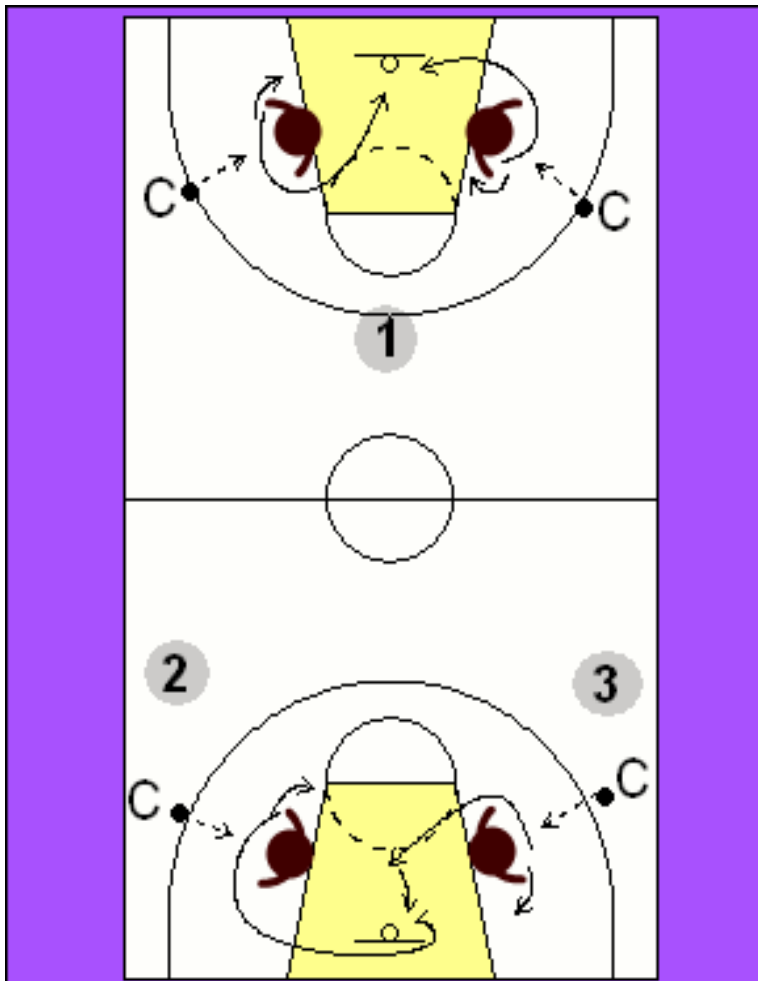
1. The drop step can be a quick, long drop step and power up off the one leg.
2. It can also be executed as a quick, long drop step with a low quick power dribble to a 2 foot jump stop into a shot or counter move.

Hook shots, step throughs & reverse pivot moves are good examples of counter moves.

Play 1 on 1 when coach is satisfied with action.

*Note; Diagram shows 1 player on each side showing the action of the drop step, sealing & drive.

1.2 Worthy Moves.



Coach passes the ball into the post player who is posting low wide & strong

The post player makes a hard head & shoulder fake either to the base or middle. The post player then wheels around on the pivot foot opposite to the direction of their fake to look for the shot or drive to the basket trying to get fingers to rim or as high as possible.

Methods:

Fake, pivot, shoot.

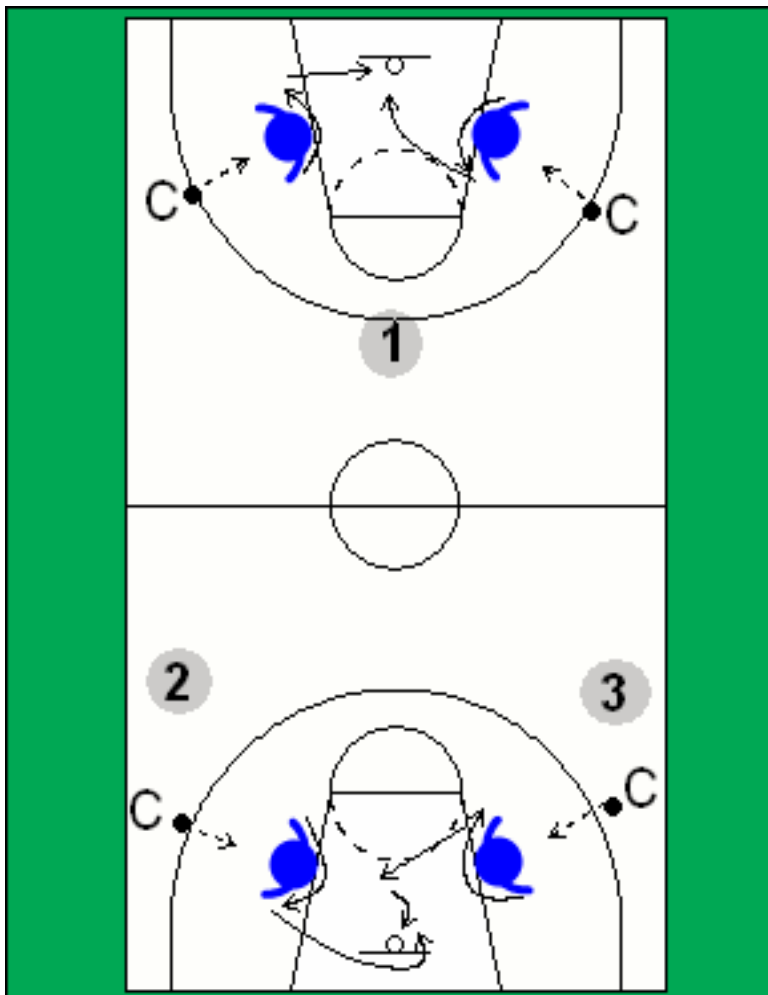
eg 1. Fake, pivot and lay-up.

eg 2. Fake, pivot, drive under basket for reverse lay-up.

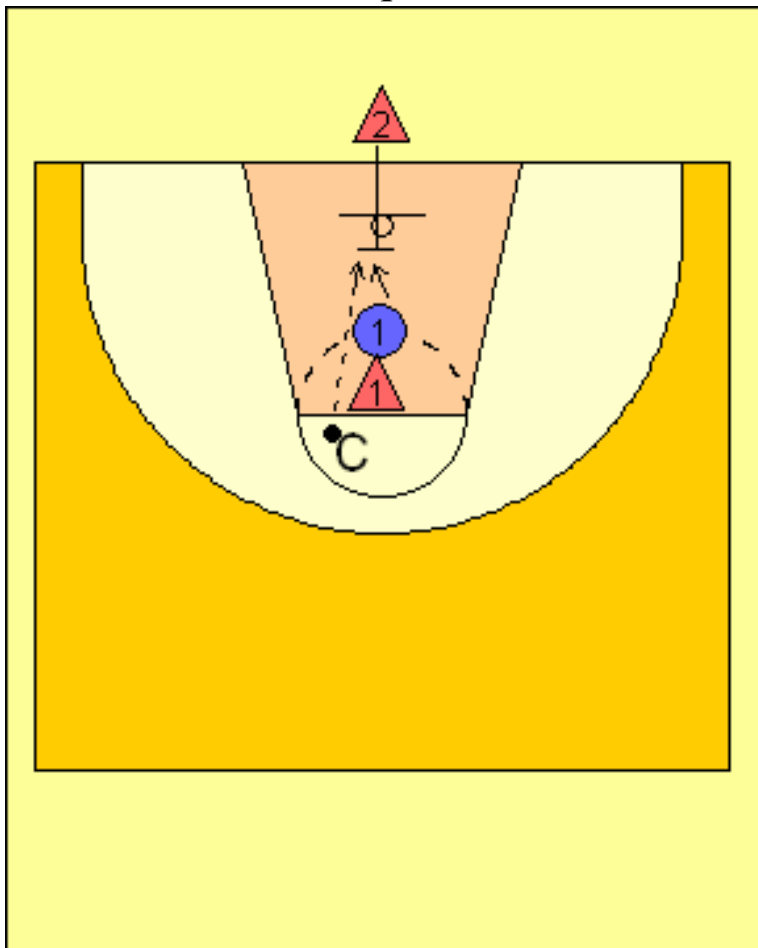
eg 3. Fake, drive to a 2 foot jump stop and make a move. Hook shots, step throughs & reverse pivot lay-ups are good counter move examples.

Play 1 on 1 when coach satisfied with action.

1.3 McHale Moves.



1.4 One on Two Squeeze Drill.



Big Man Drills.

Coach passes the ball into the post player who posts low, wide & strong. The post player makes a hard rip through step (which is a drop step either to the base or middle) to face the basket.

When this step is made it is important that the ball is kept high and ripped through hard to protect it from defence. You can add a shot fake to help draw the defence then drive. Jab steps, crossovers & quick rip'n'drive steps can be used.

Play 1 on 1 when coach satisfied with action

Methods:

Rip through pivot, shoot.

eg 1. Rip through pivot and lay-up.

eg 2. Rip through pivot, drive under basket for reverse lay-up.

eg 3. Rip through pivot, drive to a 2 foot jump stop & make a counter move. Hook shots, step throughs & reverse pivot lay-ups are good counter move examples.

Coach throws the ball off the backboard.

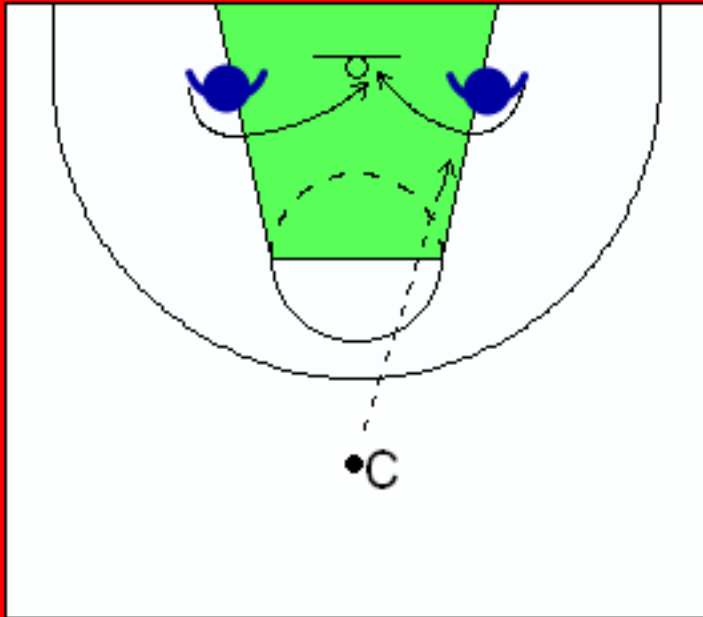
Offense rebounds the ball.

Both defenders squeeze the offensive player.

Offensive player tries to score against the two defenders.

1.5 One on One Reaction Drill.

Big Man Drills.



Players 1 and 2 start on the low block with their back to the coach.

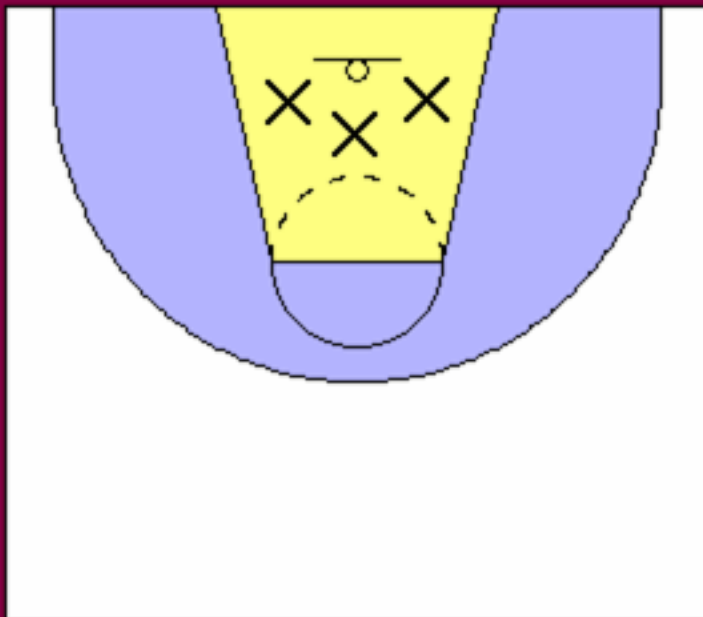
When the coach calls out a go, both players pivot & the coach passes to either player.

The player who receives the ball attacks the rim hard trying to score.

The other player becomes the defender & scrambles to stop the score without fouling.

The objective is for both players to react quickly to get a score or a defensive stop.

1.6 Three x 10 Consecutive hook Shots.



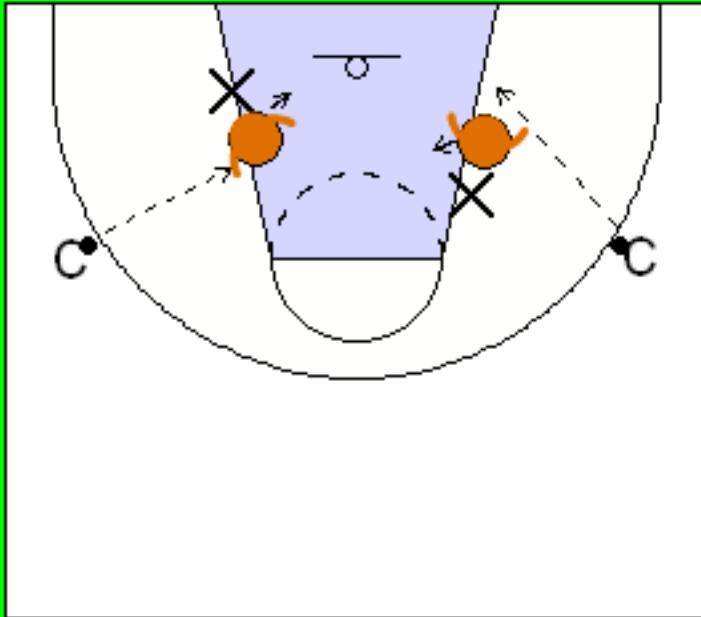
Make 10 consecutive hook shots at each of the spots marked X.

Shoot left hand hook shots from the left, right hand hook shots from the right & alternate hand hook shot from in front.

On a miss player goes back to zero for that position only.

1.7 Sealing Drills.

Big Man Drills.



Post players post according to the side the defence plays.

High side half front - Post player drop steps facing baseline sealing defender to high side & back the defender up the lane. Pass is made to low side target hand.

Low side half front - Post player steps across defender sealing & pushing defender to baseline. Pass is made to target hands

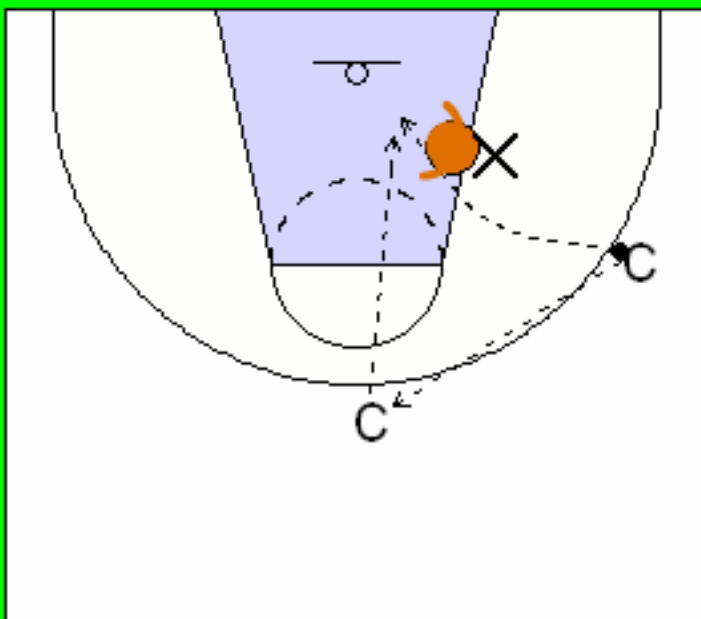
Points Of Emphasis.

Use body to seal, feel the defender and trap with body.

Always give target hand/s away from defender.

Keep low & wide.

Jump to ball on pass so defender cannot reach from behind to steal it.



Advance the drill to a full front by the defence.

Post player now seals the defender to the outside of the ring by making contact, getting low & wide holding (blocking out stance) the offensive player to outside.

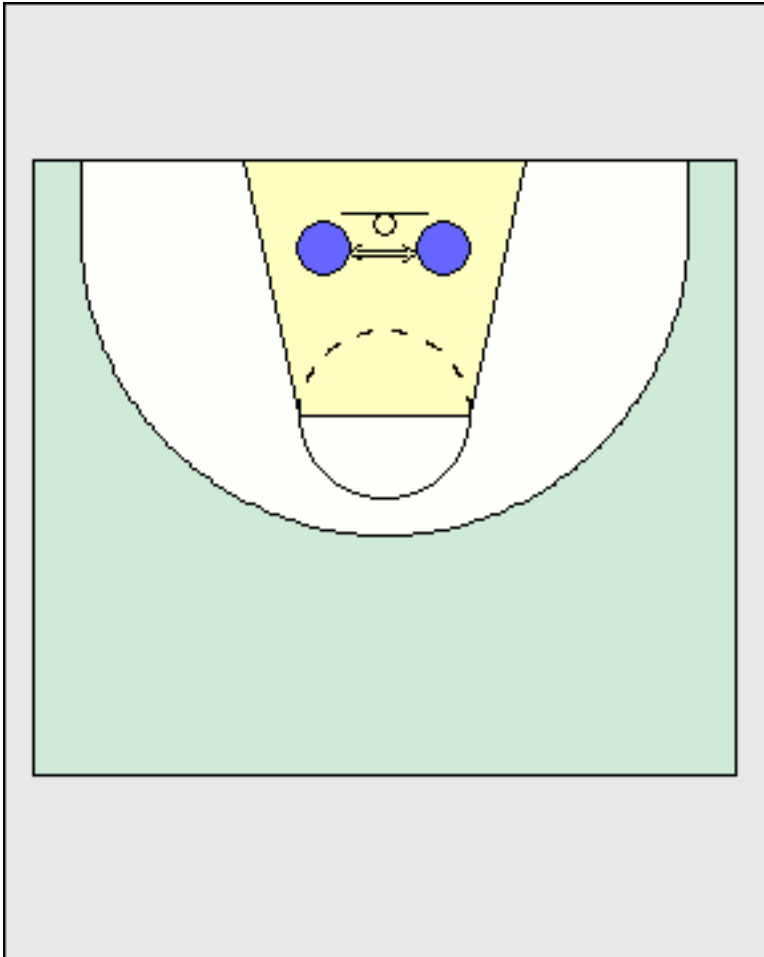
If defender tries to get around, Offence slide the lane to block him out.

Offence must have eye contact with passer & give a target hand away from the defence.

Coach looks to lob pass into Offence then play 1 on 1.

Advance this to passing to coach at the top of the key who passes into sealing post man.

1.8 Mikan Drill.



Big Man Drills.

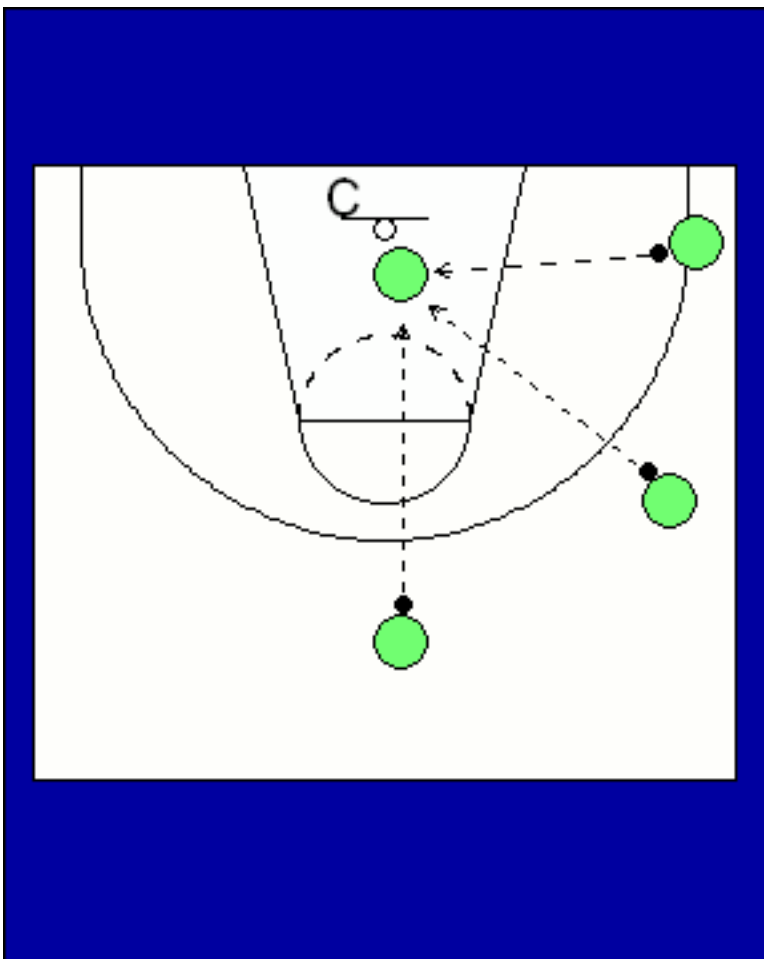
Player goes from one side of the ring to the other shooting continuous hook shots & rebounding without the ball hitting the floor.

These can be done in 2 methods.

1. Face the baseline with normal Hook shots.
2. Face the far end doing reverse Hook shots.

Usually we set a goal of 20 of each in a row. If at any stage the player misses they reset the method they using back to zero.

1.9 Dunk/Post Plays.



Have 3 passers located at the baseline, 45 & top of the key.

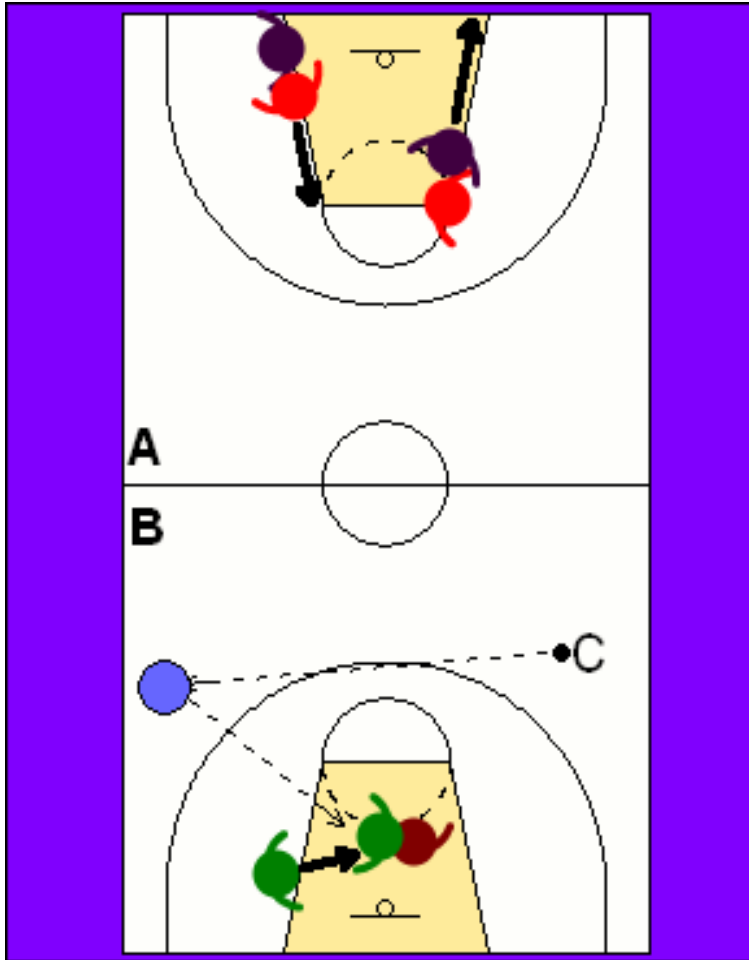
Have the post player at the basket ready to receive the ball.

One after the other the balls are passed rapidly & firmly into the post. The post player now powers up and dunks the ball (or makes a post move) landing & locating the next pass to repeat the same thing.

Have the post player rebound the ball & pass it back before receiving the next pass or have a coach/player rebound the ball to speed the drill up.

Each passer makes 2 passes totalling 6 dunks the rotates.

1.10 Post Seal & Push Drills.



Big Man Drills.

Diagram A

Post Defence half fronts to low side or high side and offers strong resistance. The offensive player must get down low & hump the defender up or down the lane.

For the sake of the drill start on the baseline and work all the way to the foul line, swap & have the other player march the defender work all the way to the baseline.

Diagram B

Ball starts with coach. Post defender is at split line watching man ball.

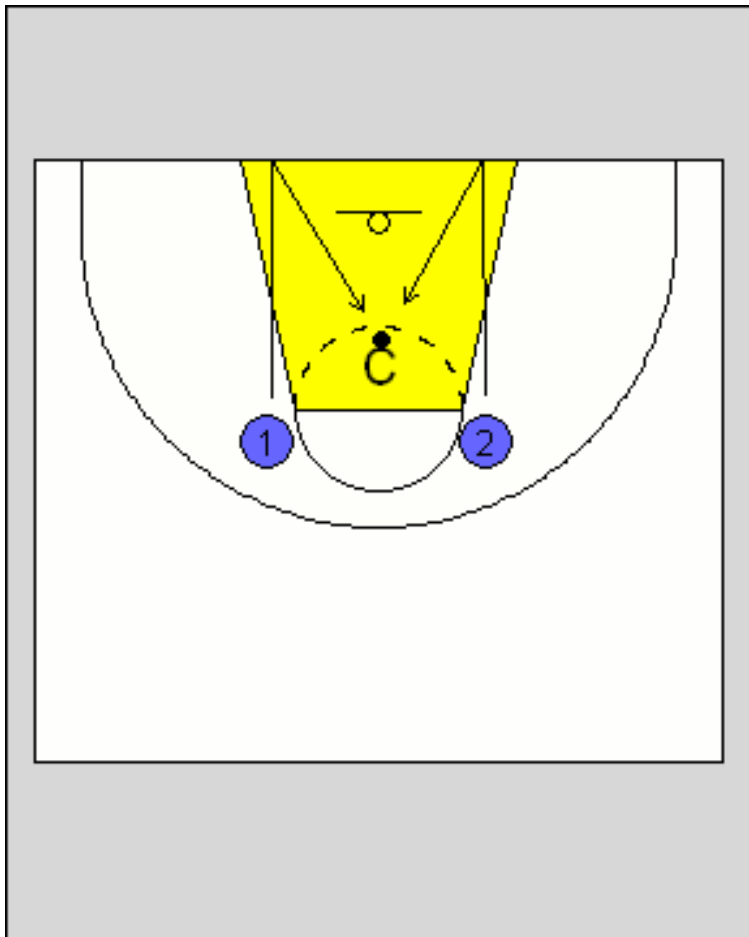
Coach slaps ball & passes to wing. As the ball is slapped, offence runs to the post defender hitting & sealing the defender hard, low & wide on the split line.

Defence must try to get around to ball side. Offence must use stance & slide to prevent this. Do not allow offence to hold with hands, show hands.

After a 3 count pass ball into post.

From here we can reset or play 1on1.

1.11 Sprint to Post 1 on 1 Drill.



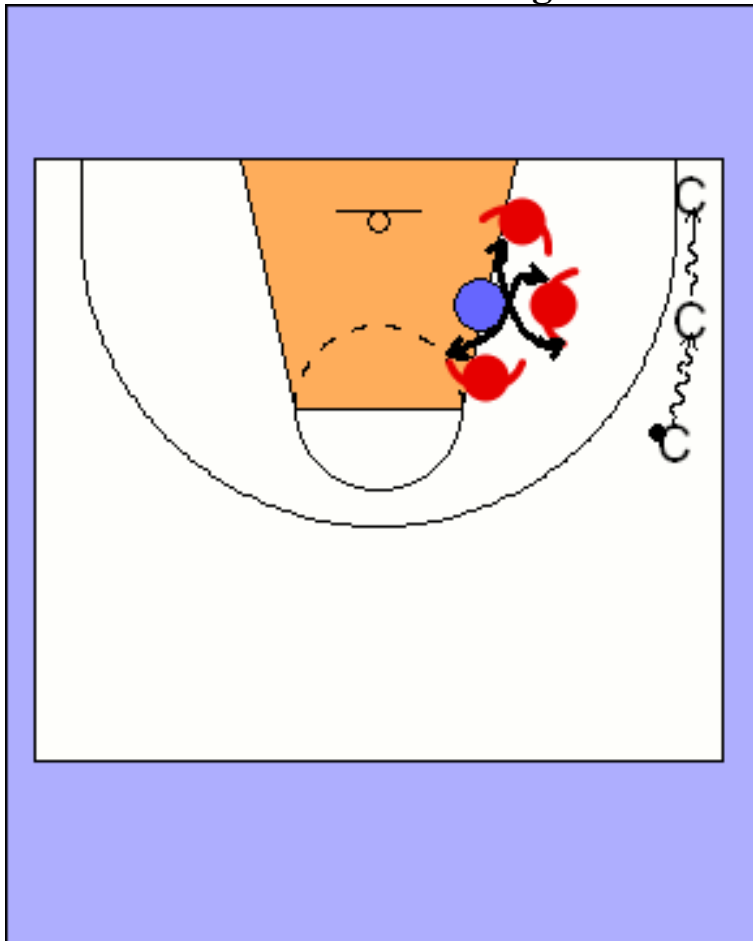
Coach calls "go" and both players sprint, touch the baseline & sprint back. The first player to take the ball from the coach is on offence while the other player is on defence.

The offensive player should look to make post moves.

Variation:

Change where the coach stands.

1.12 Post Defence - Fronting.



Coach starts out high on the wing with a ball.

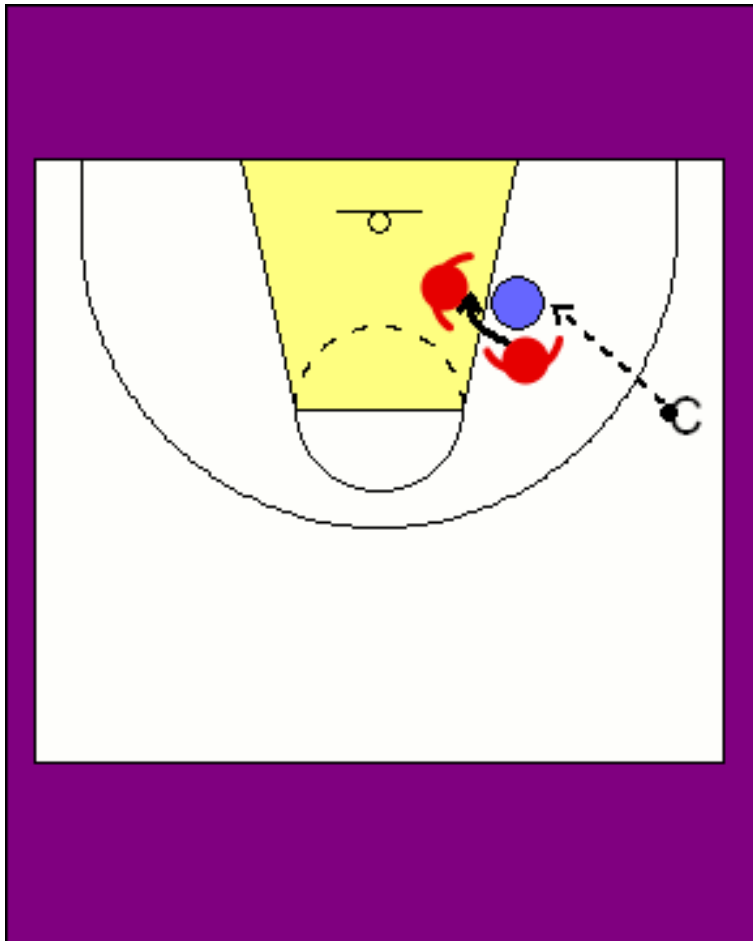
Offence starts above the block.

The defender starts in a 1/2 to 3/4 front keeping their feet away from the offence in a low wide stance.

The coach dribbles down & holds at the mid wing area & the defender uses a slash arm (swim stroke the low arm over the offences arm & slide across in front) or spear arm (spear the low arm up & under the offences arm & slide through) to get to a full front position. The defender should sit back on the offence to feel them but avoid putting too much body weight on the offence. Be low & have active hands.

The coach now dribbles low & holds whilst the defender uses a drop step to defend the low side with a 1/2 to 3/4 front again keeping their feet away from the offence in a low wide stance. Do the same in reverse & repeat until satisfied with footwork & technique.

1.13 Post Defence – 1/2 Front & Recover.



Coach starts out high on the wing with a ball.

Offence starts above the block.

The defender starts in a 1/2 to 3/4 front keeping their feet away from the offence in a low wide stance. The defender tries to keep the ball out of the post with active hands out in front of the offensive player.

The coach passes the ball into the post & the defender quickly reacts to the flight of the ball. If the defender can definitely steal it then they should make the play for the ball.

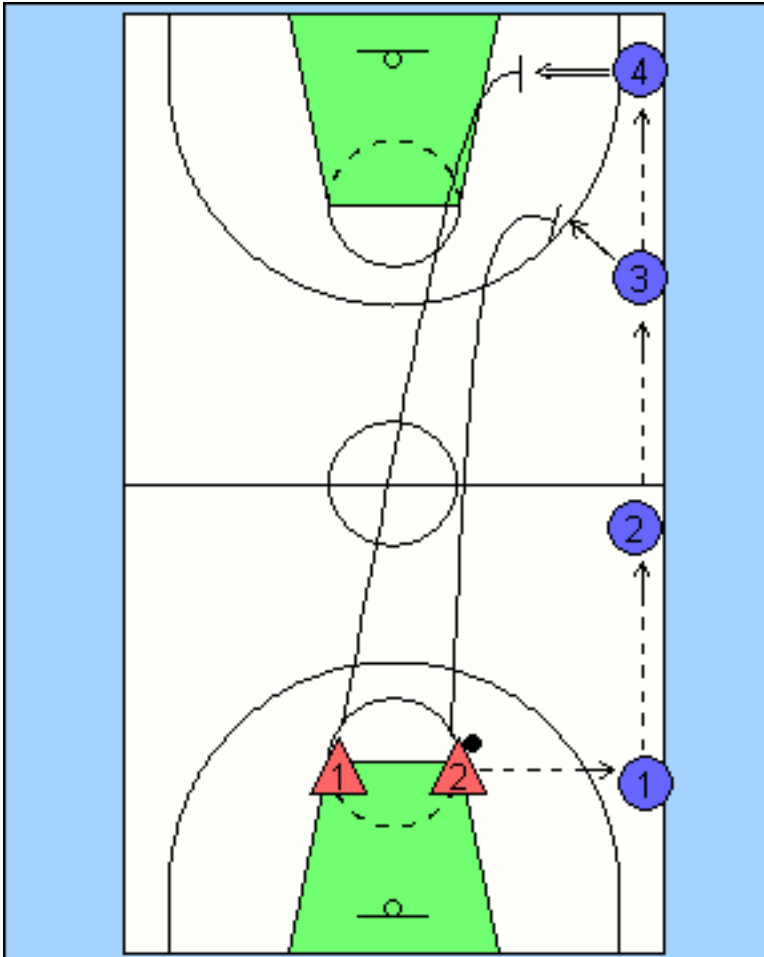
If the read is that the steal is not the defender should quickly reposition themselves during the flight of the ball to a containment position again being in a low, wide & ready to react stance.

Have players play 1 on 1 when footwork & technique are satisfactory.

Section 2: Boxing Out/Rebounding.

- 2.1 Pressure Rebounding.**
- 2.2 Running Blockouts.**
- 2.3 Circle Boxout.**
- 2.4 Board Taps.**
- 2.5 Rebound, Outlet, Drive to Shot.**
- 2.6 Shoot, Box, Boards, Outlet.**
- 2.7 3 on 3 Reverse Rotation Blockout.**
- 2.8 Blockout the Runner.**
- 2.9 Dribble, Pass, Block Out.**
- 2.10 Free Throw Blockouts.**
- 2.11 Animal.**
- 2.12 3 on 3 Rebounding.**
- 2.13 Rebounding Workout Session.**

2.1 Pressure Rebounding.



Boxing Out/Rebounding.

Defender 1 & Defender 2 start at the Free Throw line,

Ball is passed from Defender 2 to the side line & then down the side line until it reaches Offensive player 4.

4 shoots the ball.

Defender 1 & Defender 2 must block out 3 and 4.

Play until score or stop.

Box Out!!

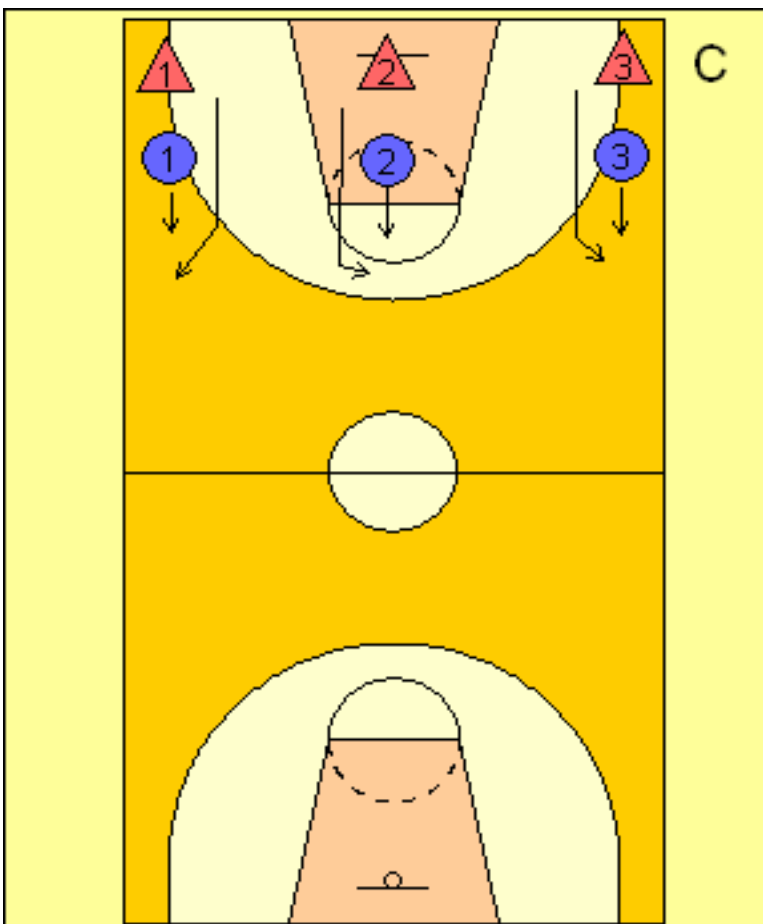
Rotation:

Defender 1 & Defender 2 step off into 4 & 3 position.

3 & 4 move down floor.

2 & 1 become chase & Block out players.

2.2 Running Blockouts.



Players pair up (offence in front of the defence).

Offensive players 1, 2 & 3 and jog up court.

Defensive players follow & run past their partner, making a slash arm and blocking out. Roles are then reversed as the players run full court.

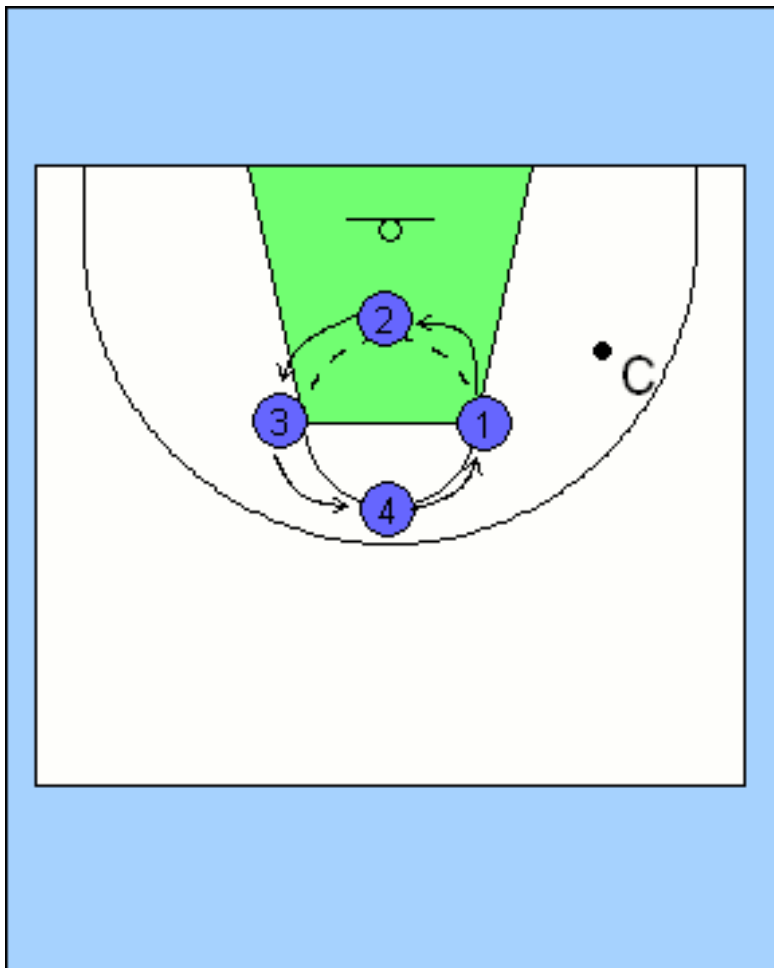
Tip:

The offensive players being blocked out should push the defender in the back simulating a game like situation.

Emphasize:

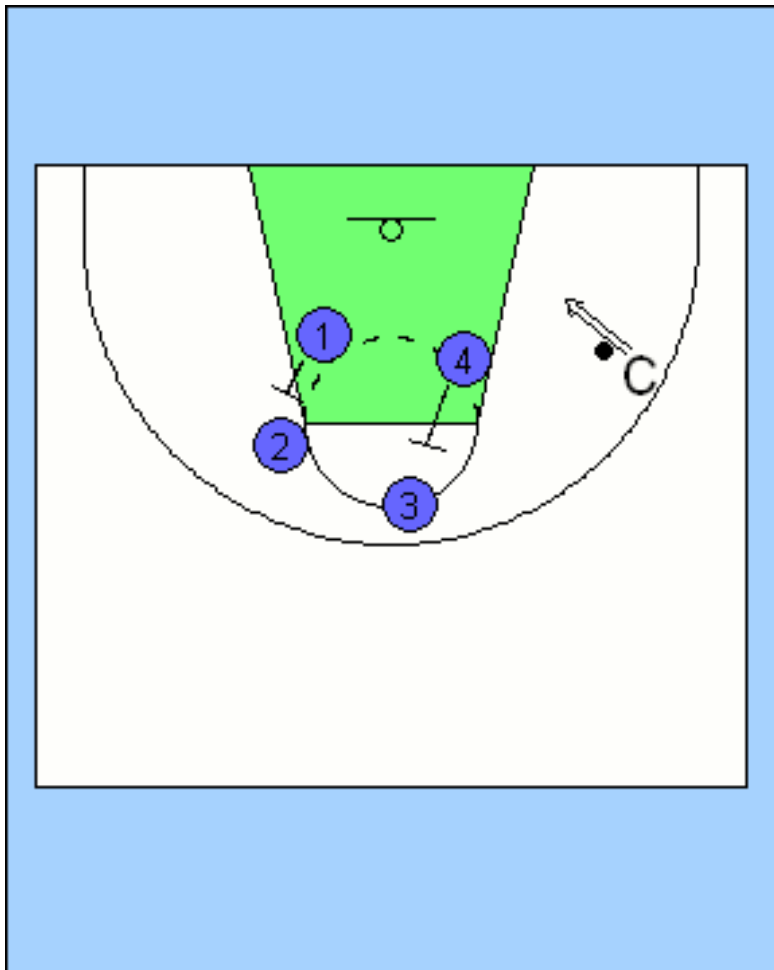
- Defenders must keep arms up (show 2 "L's" with your arms)
- Defenders must keep a wide stance and stay down

2.3 Circle Boxout.



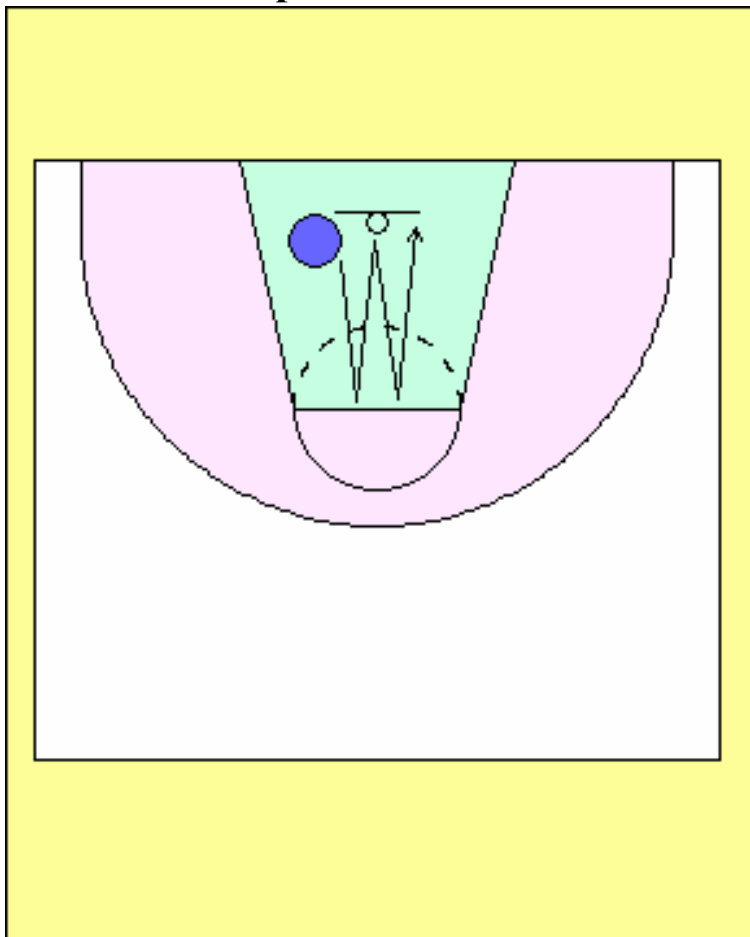
Boxing Out/ Rebounding.

4 players do slides around the Free Throw circle facing each other & coach stands at the 45 with a ball.



When the coach shoots the ball the players below the Free Trow line have to take up space, make contact with the other players & block them out.

2.4 Board Taps.



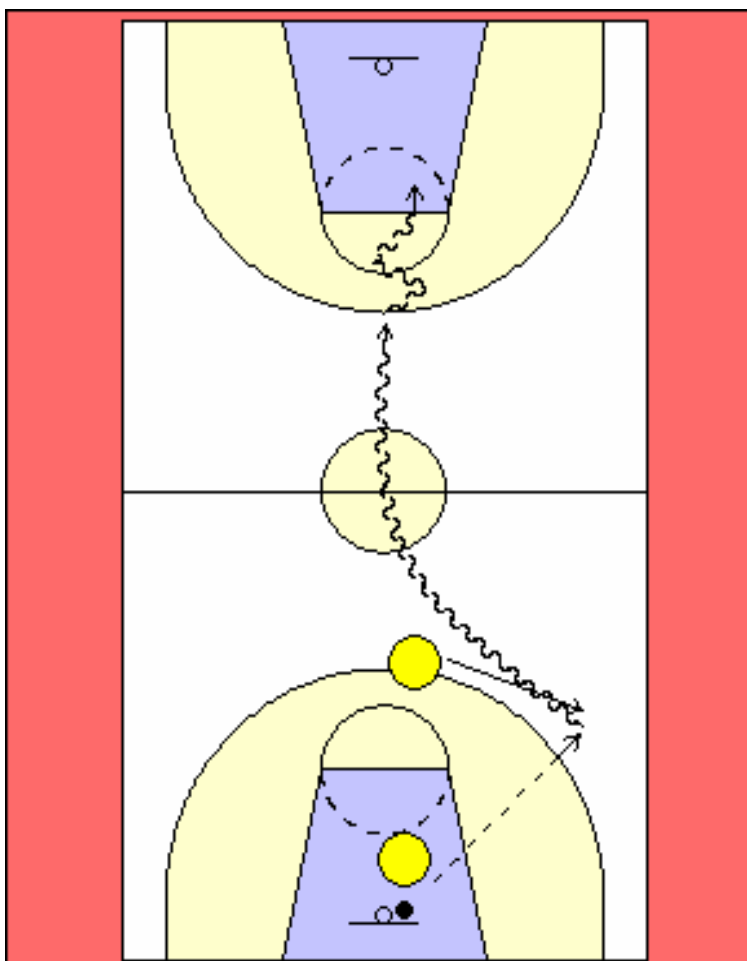
Boxing Out/ Rebounding.

Player taps the corner of the backboard 10 times, back peddle to foul line, jog back to centre of backboard & tap the backboard or the ring if possible another 10 times, back peddle to foul line, jog to last corner & tap 10 times.

Make sure the player has quick contact with the ground.

If the players are younger & cannot reach the backboard, send them to a wall & tap as high as possible.

2.5 Rebound, Outlet, Drive to Shot.



Rebounder tosses ball off backboard, goes up hard to rebound & as they rebound chin the ball, do a half turn in the air and land with a good base looking up the floor locating the outlet man for a good outlet pass..

Outlet man leads to the side looking for the pass, receives the outlet turns with eyes up attacking the middle of the court with an aggressive dribble.

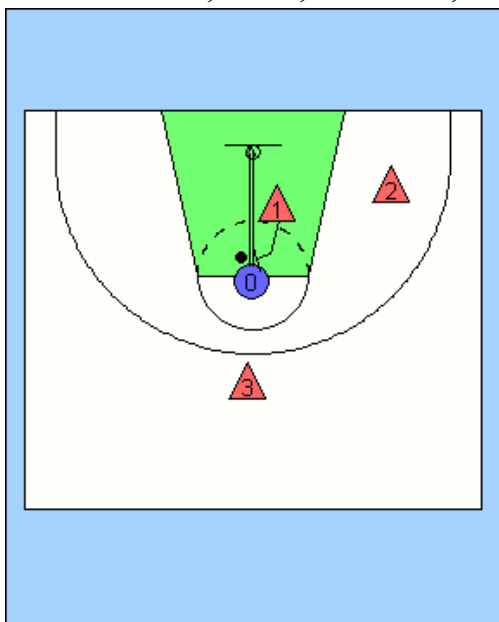
As the player dribbles to the top of the key they perform a stutter step on side dribble, (advance to crossovers, behind back, reverse spin, combos) then drive to the pull up jump shot.

This can be run at both ends of the floor at once.

Add defence once coach is happy with drilling.

2.6 Shoot, Box, Boards, Outlet.

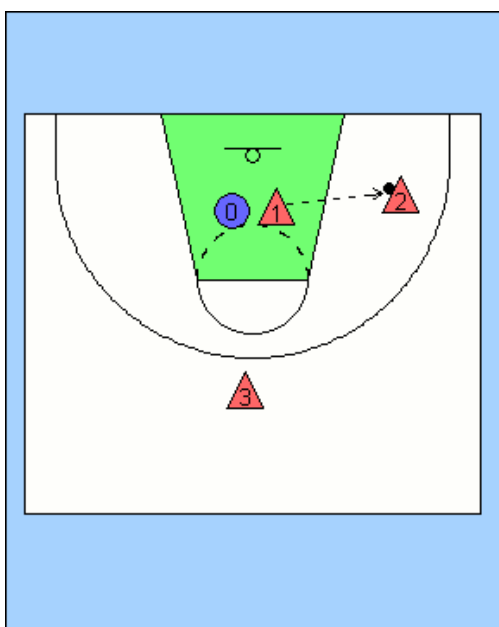
Boxing Out/ Rebounding.



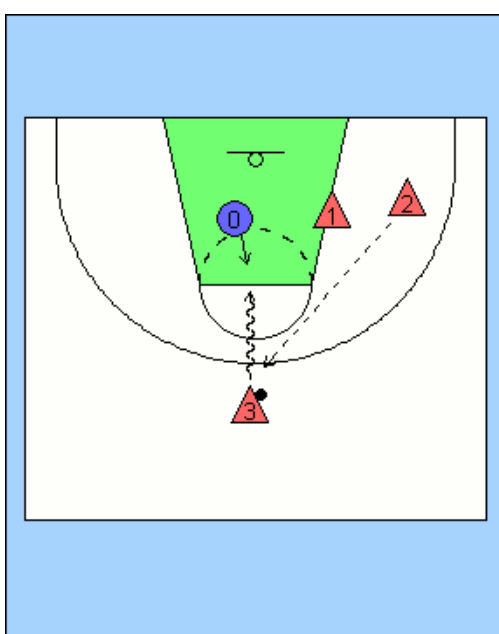
Player 0 shoots, if basket is made the player shoots again.

If the basket isn't made, player 1 in defence box's out the shooter. Player 0 in offence tries to rebound.

Player 1 in defence after boxing out shooter goes for rebound.



After player 1 in defence has the rebound they are to pass the ball out to the outlet player 2.



Player 2 is then to pass the ball to player 3.

Player 3 can then shoot a three pointer or go to the free throw line.

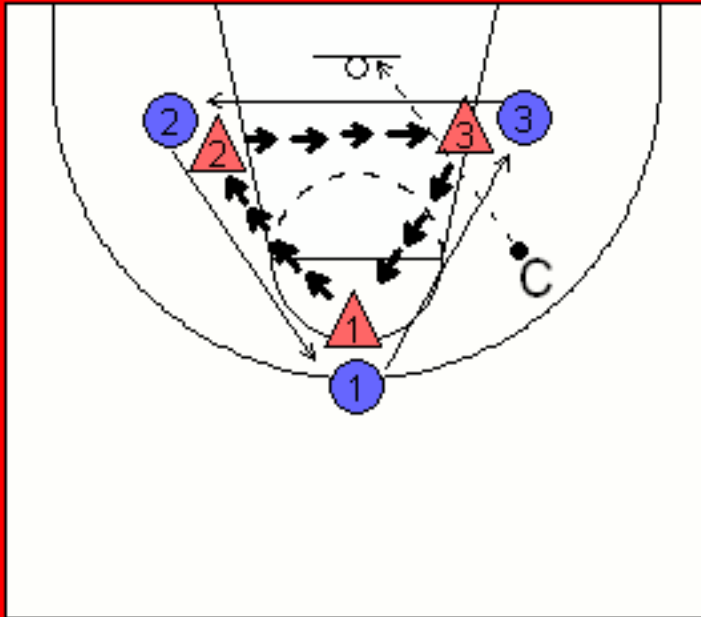
Player 0 starts outside the dotted lines & closes out contesting the shot.

Now player 3 becomes the shooter & the other players rotate clockwise.

Start the drill again.

2.7 3 on 3 Reverse Rotation Blockout.

NC STATE



Offence rotates around the key in one direction.

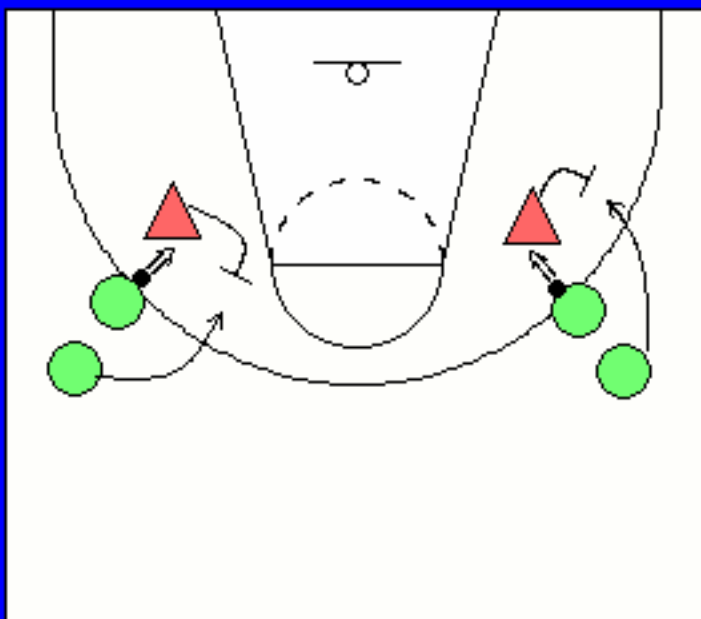
Defence is in stance & slides around the key inside the Offence in the opposite direction.

Coach is on the wing with a ball. When coach is happy with sliding technique they throw the ball up off the backboard.

Defence scrambles to block out the Offence.

If Offence gets the board play 3 on 3 in this half to a score or stop. After either a score or stop the Defenders run transition down the floor to play 3 on 3.

2.8 Blockout the Runner.



3 players line up on either side of the court. The first player in the line will be the defender.

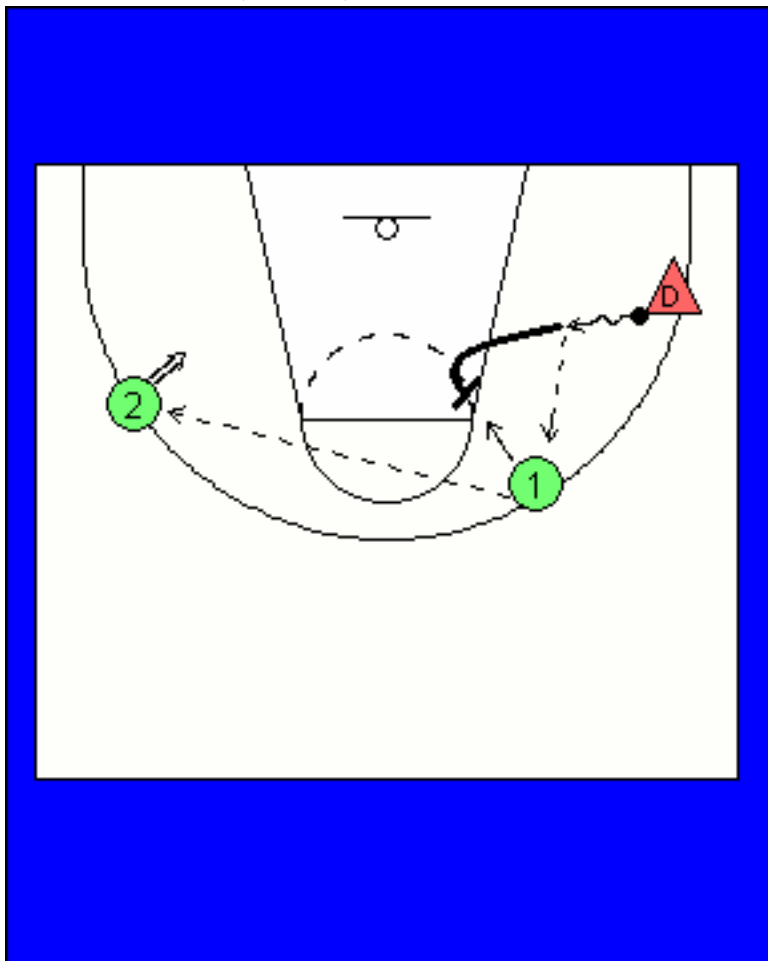
The second player has the ball & will shoot.

The third player will crash the boards as the ball is shot & the first player must block that player out.

If the offence gets the ball, play 1 on 1. If the defender gets it the drill is over.

Shooter becomes defender.
Rebounder becomes shooter.
Defender goes to end of the line.

2.9 Dribble, Pass, Block Out.



Boxing Out/ Rebounding.

The defender starts with the ball & takes 1 dribble then passes to the player marked 1.

1 then skips the ball across court to the wing (2).

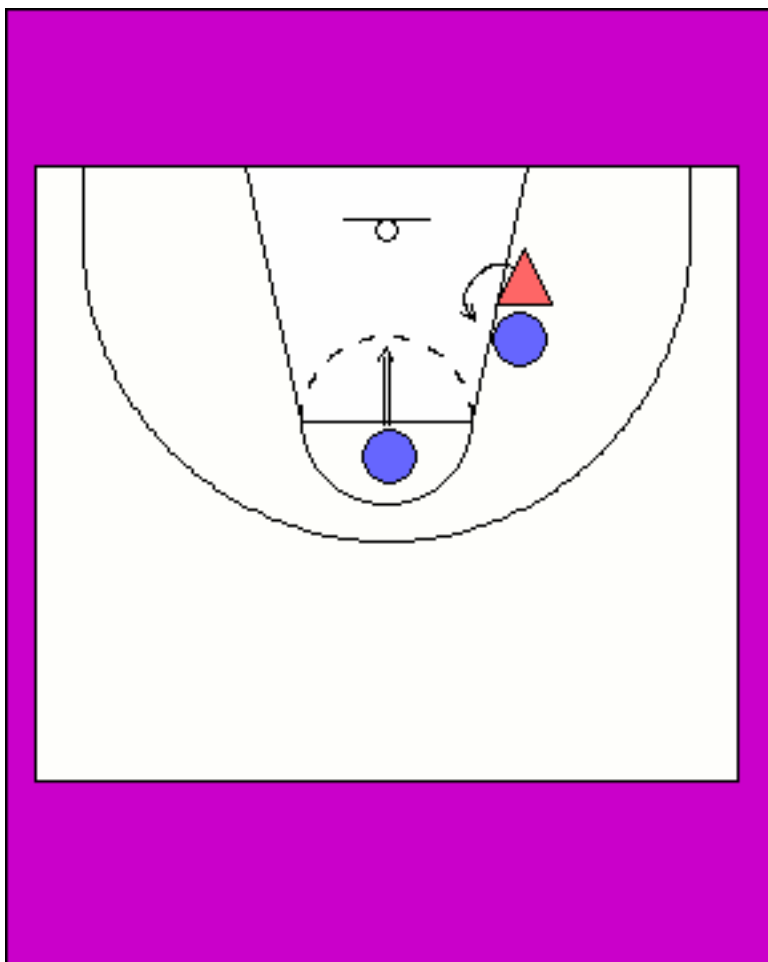
The defender quickly swings around to face up to 1.

The wing (2) player shoots the ball as soon as they receive it.

The defender now blocks out 1 & they play until the defence comes up with the ball or 1 scores.

Rotation is D to 1, 1 to 2, 2 to D.

2.10 Free Throw Blockouts.



Simple drill of having a player shoot the F/T & the defender must block the Offensive rebounder out.

Have the defender pushing with the low side rear foot & stepping across the Offence with the high foot.

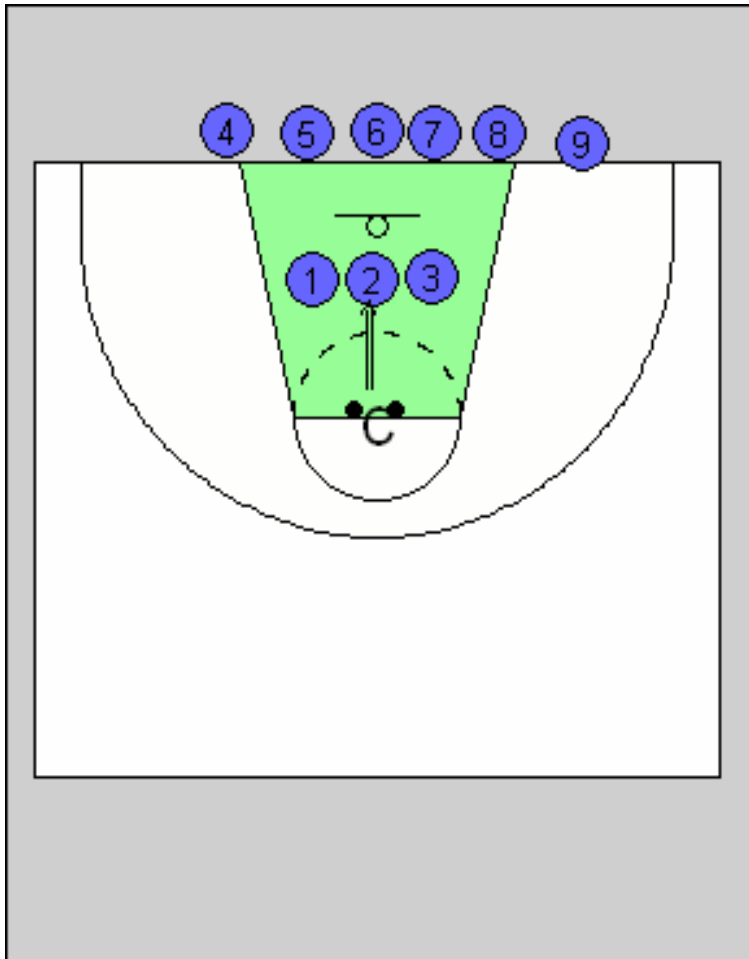
Defender must make & maintain strong body contact to block-out.

Play 1 on 1 until Defence comes up with the ball or Offence score.

Use both sides of the key.

Note: If the Free throw goes in play on as if it missed.

2.11 Animal.

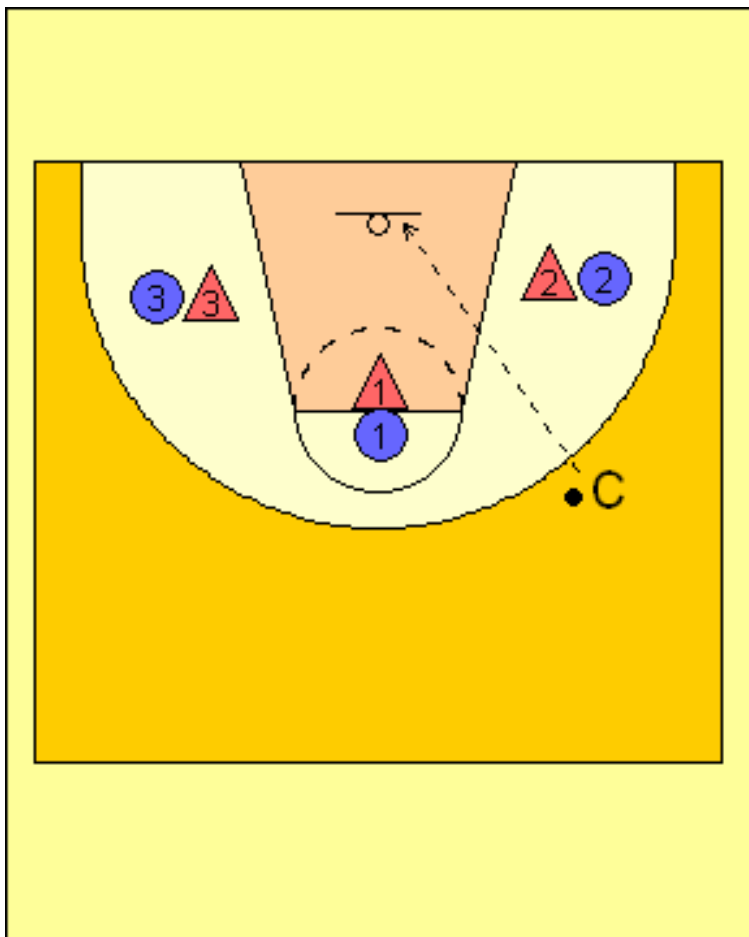


Boxing Out/ Rebounding.

3 players rebound & a coach is at the foul line with 2 balls. The coach shoots 1 ball to start the drill.

- Players stay in the key & below the f/t line.
- Fouls are okay and encouraged - no flagrant or injury causing fouls.
- Players play 2 on 1 after the rebound & continually rebound the ball out of the net to make 3 put back baskets each.
- If that ball exits the keyway the coach shoots the next ball so the rebounders can continue quickly & not leave the key.
- The waiting players rebound the loose ball returning it to the coach quickly.
- When each player has made 3 baskets they quickly step out & the next player in line joins the remaining players in the rebounding fight.
- Play to a time or set amount of repeats as determined by the coach.

2.12 3 on 3 Rebounding.



Players are split into two teams of 3.

Coach shoots the shot & players contest the boards even if the shot goes through the basket.

The defensive team must get 3 rebounds in a row to switch.

Rebounds must be with 2 hands & a good outlet pass must be completed to the coach.

2.13 Rebounding Workout Session.

Boxing Out/ Rebounding.

Note: Do these one after another with minimal breaks.



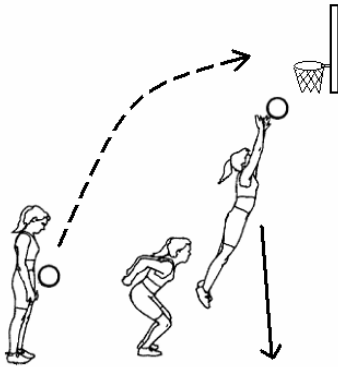
Board Taps.

3 x 10 Board taps.
10 left. 10 middle, 10 right.
Athlete powers up tapping the backboard or wall with hands making quick contact with ground.



Board Taps with Ball

3 x 10 Board taps with ball.
10 left. 10 middle, 10 right.
Athlete power steps up smacking the back board hard with ball, land balanced chinning the ball. Take a step back, power step into jump and repeat



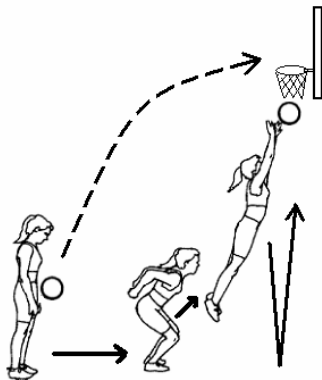
Peak Rebounding.

Toss the ball off the backboard from just inside the foul line. Player then rebounds the ball. This is done 10 times on each side of the backboard.

Player must leap as high as possible and rebound the ball at their peak.

Land with a solid base and chin the ball.

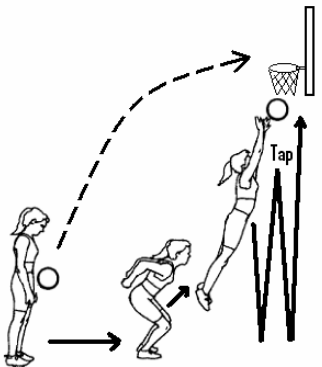
Repeat 10 times from each spot.



Board, Chin, Shot.

Toss the ball off the backboard go up hard off 2 feet, rebound the ball, land with ball up or no lower than chin, make quick contact with the floor and explode up hard shooting the shot. This is done 10 times on each side of the backboard.

Fingers to rim on shot.



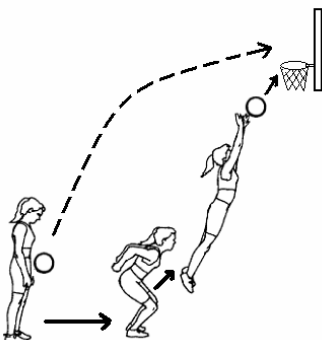
Board, Tap, Shot

Toss the ball off the backboard go up hard off 2 feet, rebound ball, land with quick contact and explode up hard tapping the backboard hard with the ball, come back down to the floor, go up hard shooting the shot. This is done 10 times on each side of the backboard.

Chin ball.

Smack board hard.

Fingers to rim on shot.



Stick backs

Toss the ball up off the ring, player reads the flight of the ball, goes up hard to rebound and sticks it straight back in to the rim or shot without touching the floor. This is done 10 times.

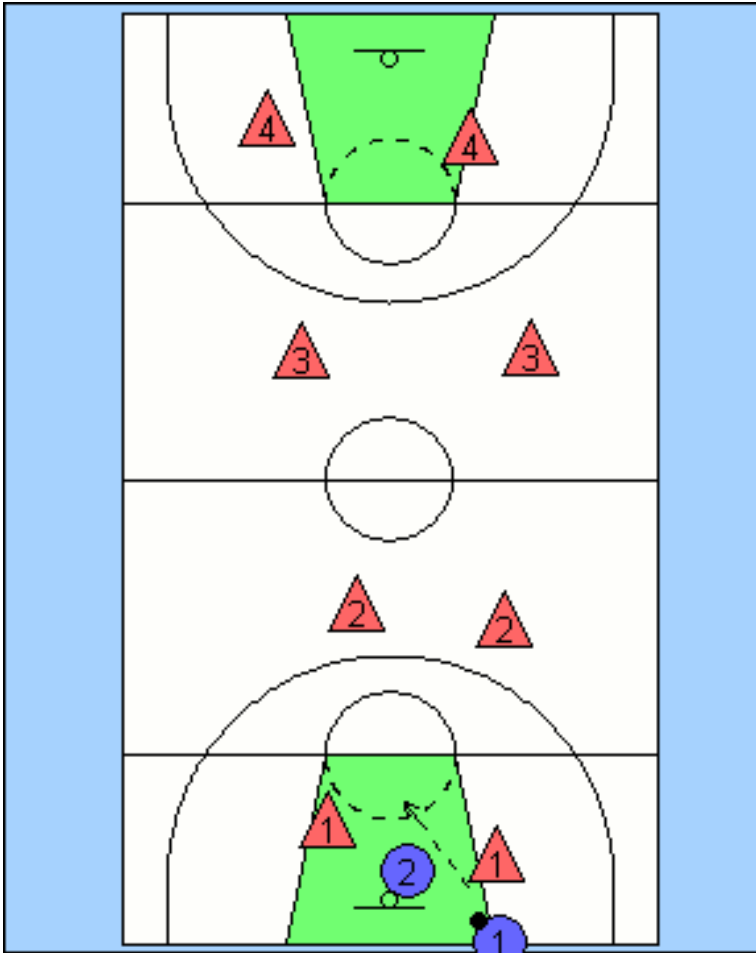
Put ball back in without touching floor.

Section 3: Conditioning.

- 3.1 Two Man Coast to Coast.**
- 3.2 Two X half court 1on 1.**
- 3.3 Three Hat Agility.**
- 3.4 Six Hat Mirror Drill.**
- 3.5 Dribble, Slide, Lay-up.**
- 3.6 Slide, Back Pedal, Lay-up.**
- 3.7 Dribble, Slide, Lay-up.**
- 3.8 Suicides.**
- 3.9 Short 17.**
- 3.10 Pass & Slide.**
- 3.11 Short Suicide.**
- 3.12 Circuit Workout.**
- 3.13 Pass & chase Drill.**
- 3.14 Two Man Series.**
- 3.15 Three Man Weave.**
- 3.16 Five Man Weave.**

3.1 Two Man Coast to Coast.

Conditioning.



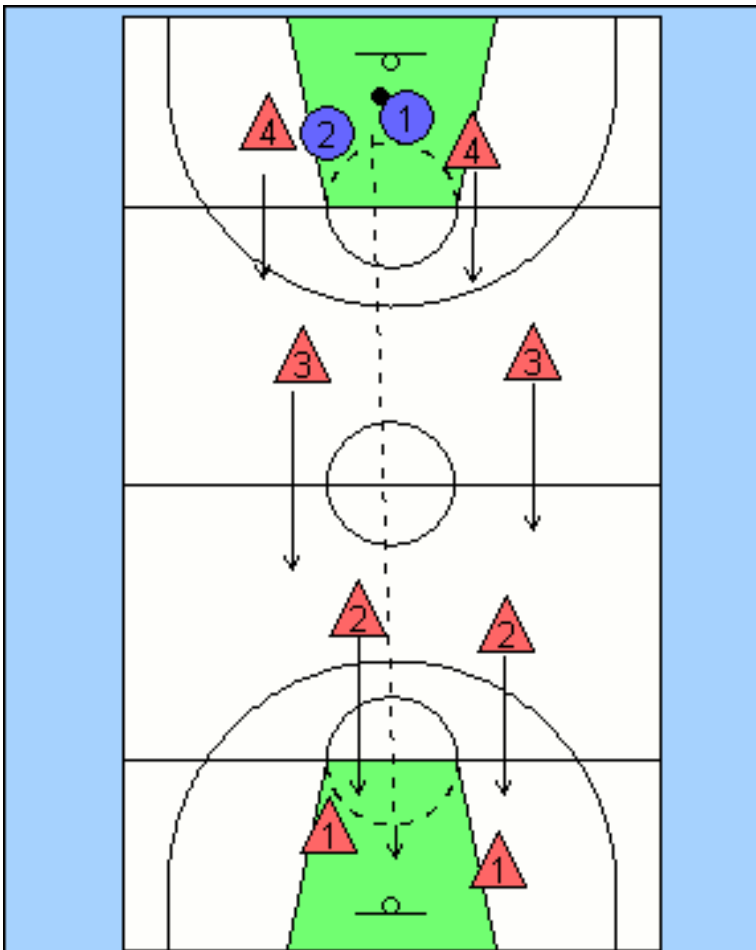
Minimum players: 8.

The court is divided into 4 zones - extended free throw line, mid court, & the other extended line.

In each zone there are 2 defenders.

1 and 2's goal is to take the ball to the opposite basket, by getting through the four zones.

Defenders are only allowed to play defence within their own zone.



When the two offensive players have scored, the ball is rolled back to opposite base line. Defenders in zone 1 play offence.

Defenders in zone 2 move up to zone 1, defenders in zone 3 take the next area and so on. 1 and 2 now defend zone 4.

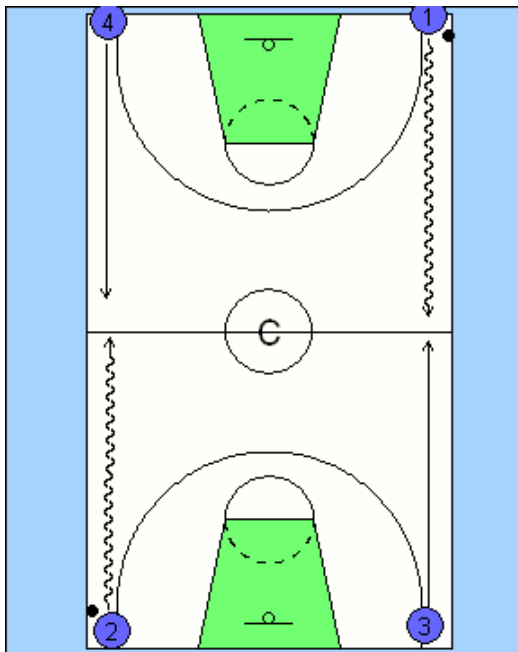
If ball is lost before making it to the basket, its the same procedure as when basket is made:

The ball is rolled back, Defenders in zone 1 become offence & the rest of the defenders move up a zone. O1 & O2 still move down to defend zone 4.

Variation:
No dribble.

3.2 Two X half court 1on 1.

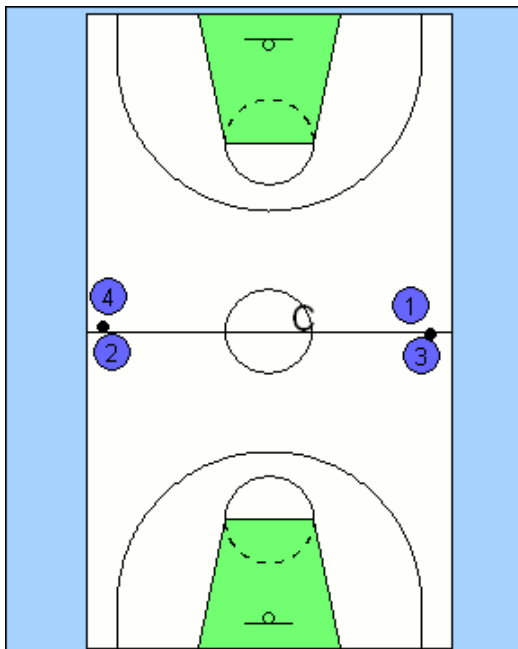
Conditioning.



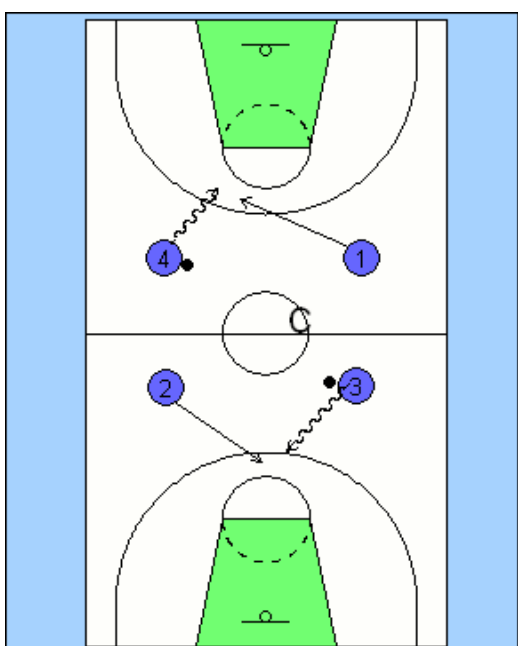
Minimum 8 players & two basketballs

Players line up in the corners of the court.

1 & 2 have the ball. 1 & 2 dribble to the centre of the court (as shown) when the coach gives the signal. Simultaneously 3 & 4 run to the centre of the court.



1 & 2 put the ball on the line (no passing!!!) so that 3 & 4 can pick up the ball.



3 & 4 dribble as fast as they can to the hoop trying to score.

1 & 2 are now defending the man opposite in their half of the court..

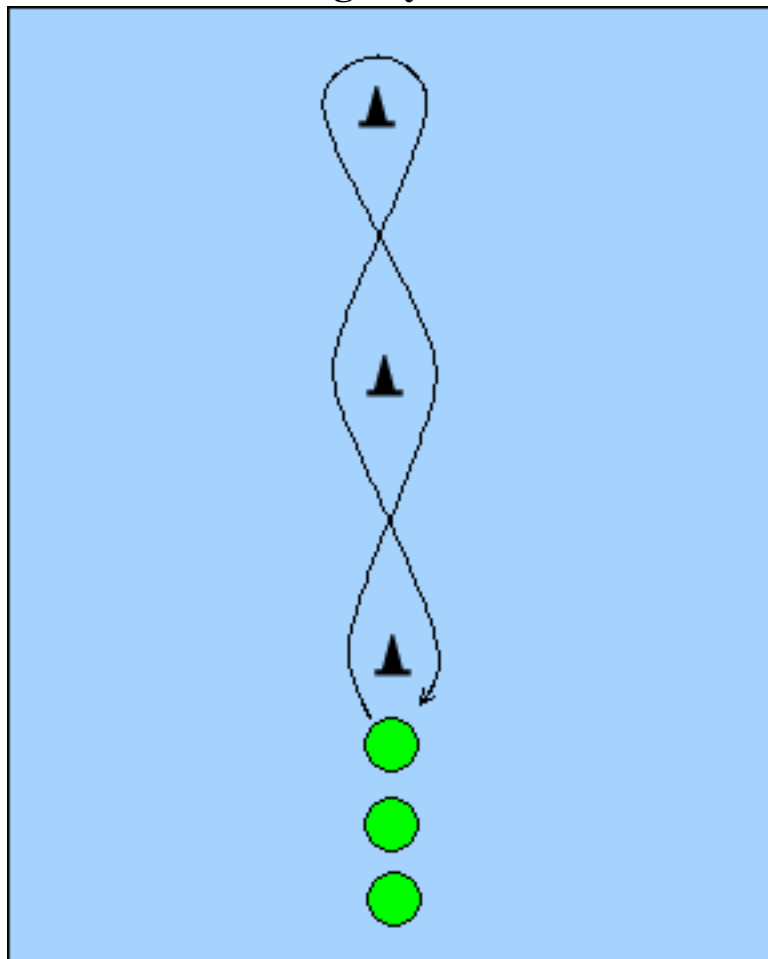
Play until offence scores or the defender gets the rebound. The ball is then returned to the corner to start again.

Rotation can be opposite corner (same half) or work around each of 4 spots on the whole court.

You can motivate the players with the following: when an offensive rebound is taken the defender must make 5 or 10 push-ups.

3.3 Three Hat Agility.

Conditioning.



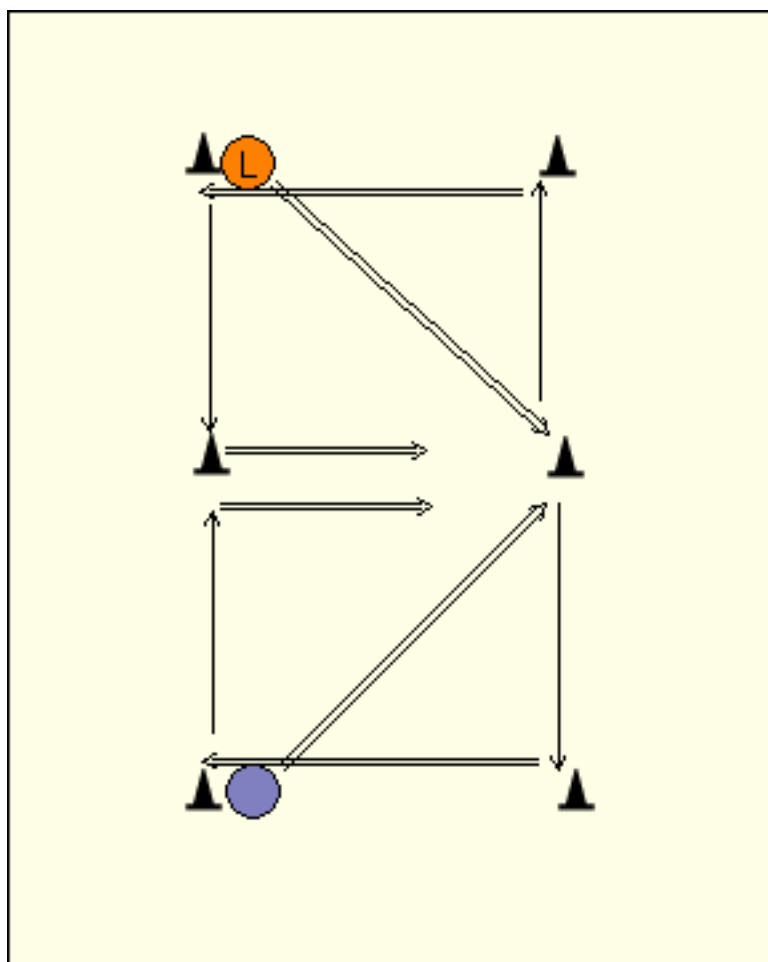
Players line up behind hats that are placed 2 metres apart.

Players always face forward.

The first player sprints through the hats as quick as possible and rounds the top hat with the backward sprint weaving back through the hats as quick as possible.

When player 1 returns player 2 performs the same task and so on it goes.

3.4 Six Hat Mirror Drill.



Place 6 hats or cones on the floor.

2 players stand opposite each other with one player nominated the leader.

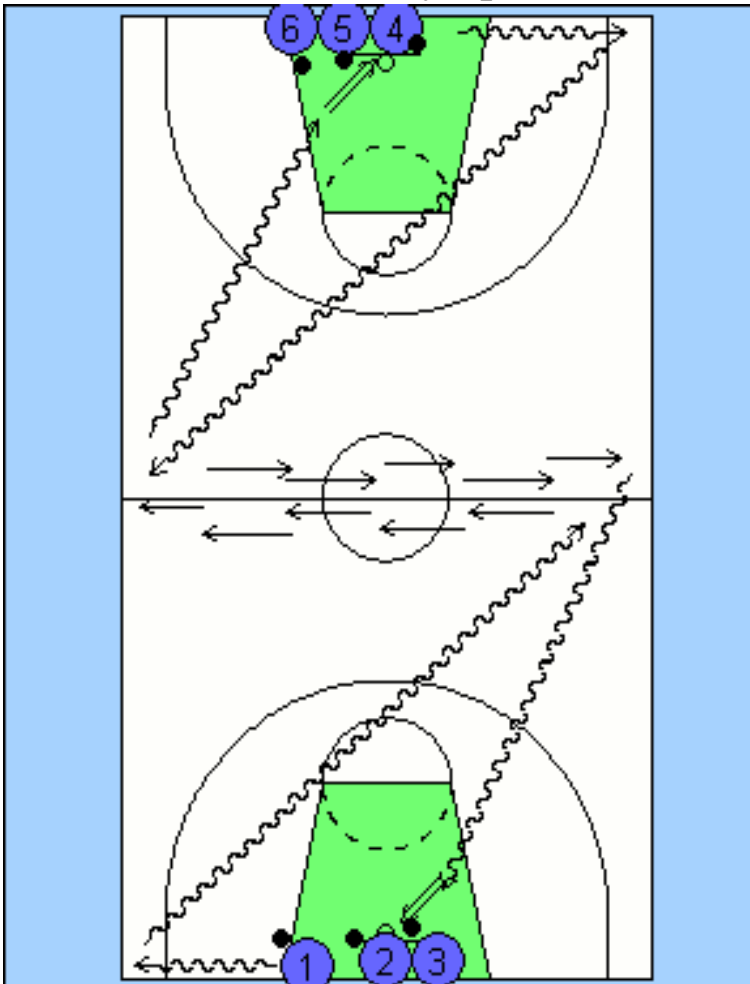
When the coach calls go the lead athlete can choose to run, slide or back peddle in any direction to any hat or cone. (In the example shown the lead athlete slides diagonally, back peddles down, slides across, runs to the top then slides across.)

The athlete opposite must mirror the lead player & keep up with them. Players always face each other.

Coach sets time & encourages during drill.

3.5 Dribble, Slide, Lay-up.

Conditioning.



A fairly simple but effective conditioning drill.

Each player has a ball.

First the players dribble to the corner of the baseline with the left hand & make a crossover dribble to the right hand.

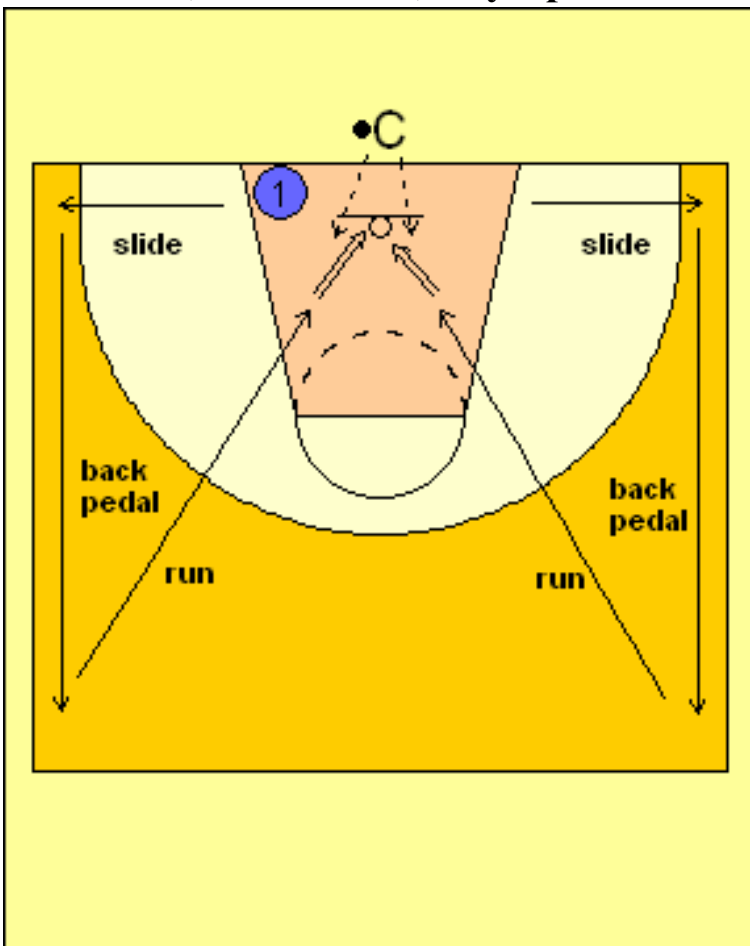
Speed dribble diagonally to the mid line.

Hold the ball, & slide with good defensive footwork parallel to the mid line to the other side. Face to the (offense) basket.

Finally speed dribble & left handed lay-up.

After 2 minutes rotate to the other side.

3.6 Slide, Back Pedal, Lay-up.



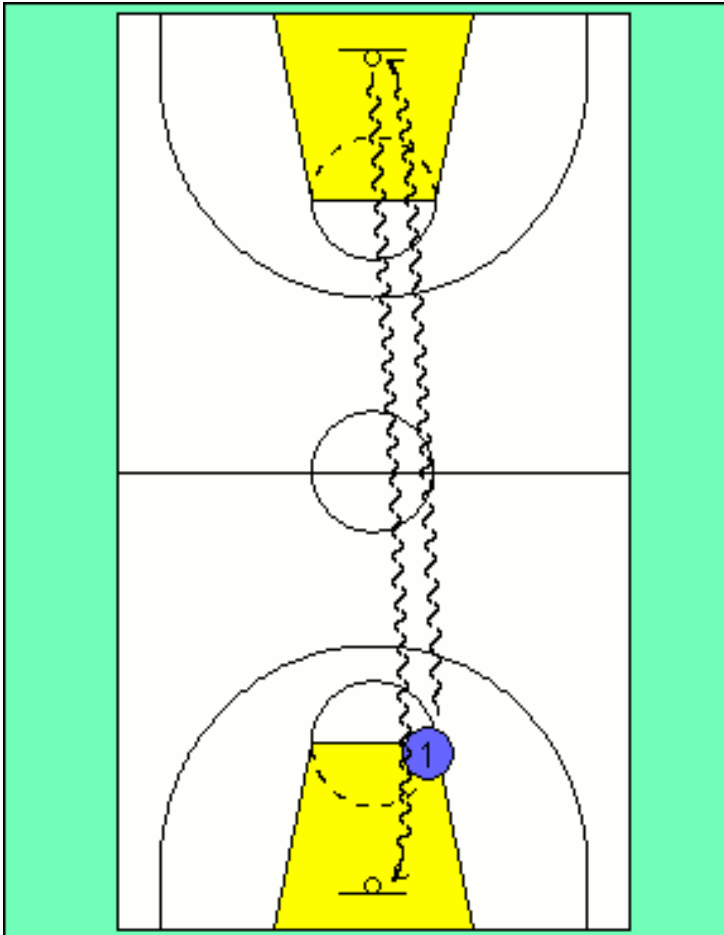
Player 1 faces the baseline & slides from the edge of the key to the sideline. They then back pedal to the 1/2 way line, stop, and then sprint to the basket to receive a pass off the coach & shoot a lay-up.

Repeat drill on the other side of the court.

Play should continue until they have made a set number of lay-ups (e.g. 6-10).

3.7 Dribble, Slide, Lay-up.

Conditioning.



This drill is a timed for 1 min.

The player starts at the corner of the Free Throw line. Make sure the player operates on the same side of the floor each time. This ensures using alternate hands on the dribble and lay-up.

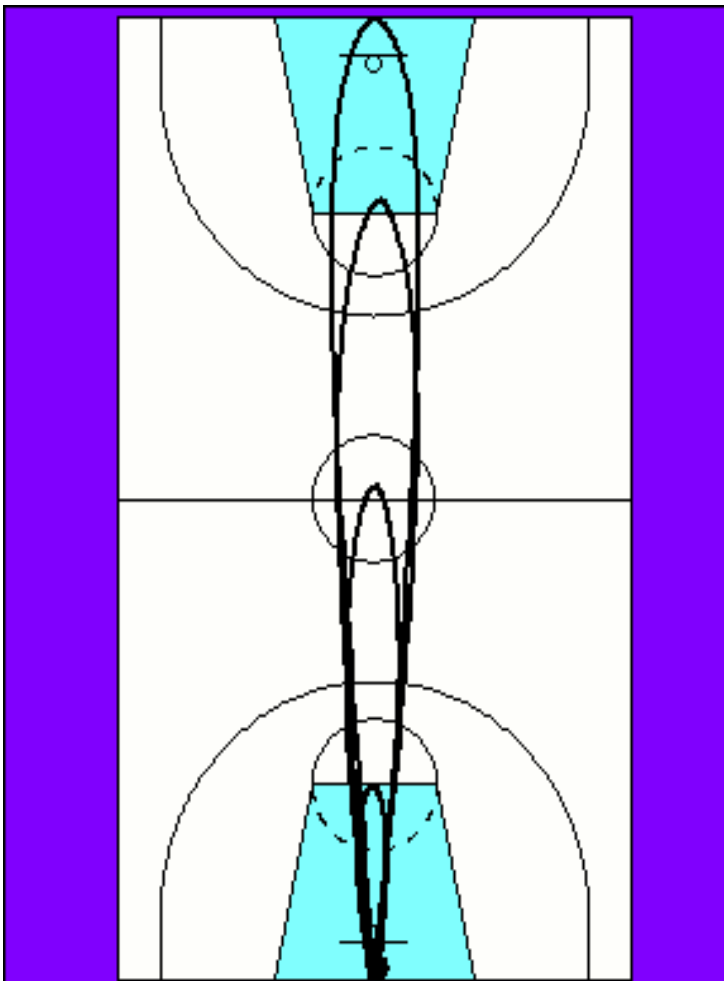
When coach calls "go" the player dribbles up the floor as quick as possible to make the lay-up.

The player then rebounds the ball and dribbles the full length of the floor as quickly as possible with the opposite hand to make another lay-up.

Coach should count down the last 10 seconds so the player can get a final shot off.

A good athlete can get 10 in a minute.

3.8 Suicides.



Players start at the Baseline.

On "Go" players sprint to the nearest Foul line & back.
Then to the Centre & back.
Then to the far Foul Line & back.
Then to the far Base Line & back.

Turns should be low and sharp, avoid using looping turns. Players must touch lines with foot.

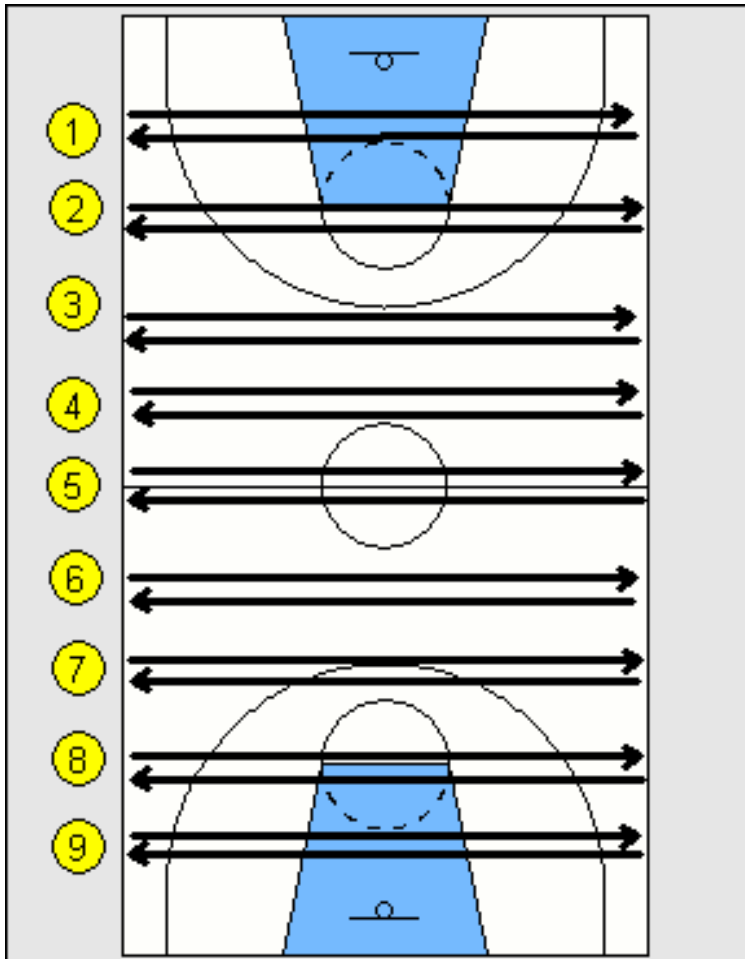
Boys:
26 secs – Excellent, 28 secs - Very Good,
30 secs – Good, Above 30 secs needs work.

Girls:
28 sec – Excellent, 30 sec - Very Good,
32 sec – Good, Above 32 secs needs work.

Note: curved lines on diagram are for demonstration only, players should run in straight lines.

3.9 Short 17.

Conditioning.



This is 17 side line sprints in 1 minute.

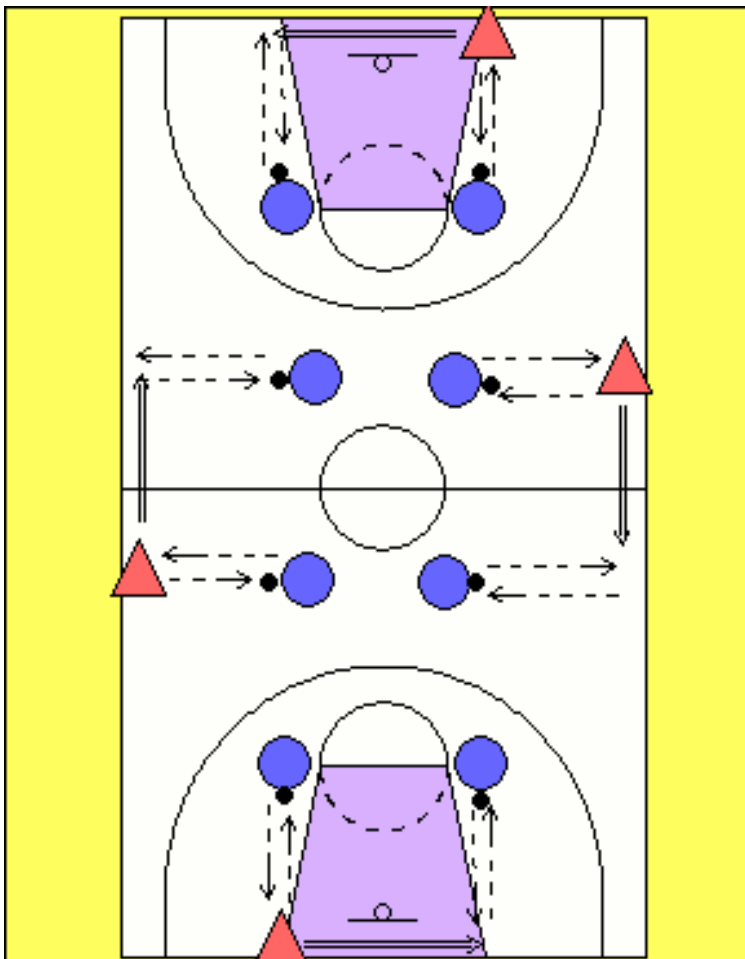
Line your players up on the sideline.

Coach calls "go" and clock starts.

Players sprint across court & must touch line with their foot. Over is 1, back is 2 & so on until 17 widths of the floor have been run.

Sharp low turns are required for best results.

3.10 Pass & Slide.



In this drill we have a player line up on the baseline or sideline with 2 passers about 3 metres away & just wider than the circles.

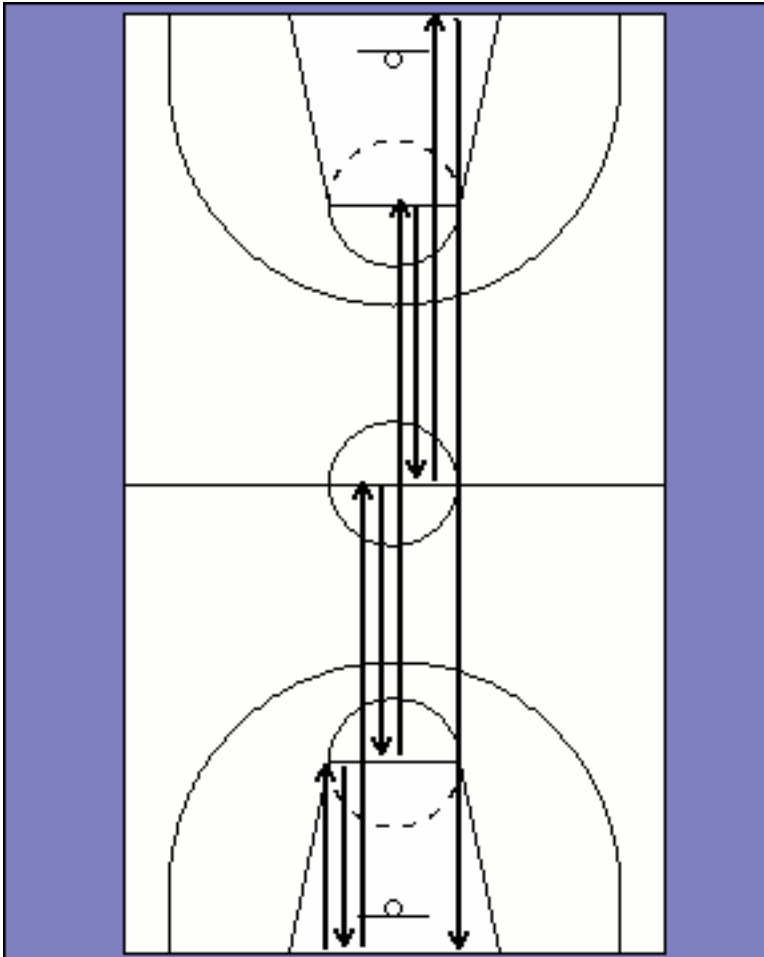
The player on the line slides hard to one side, receives the pass and sends it straight back. The player now returns to receive the pass & sends it straight back to repeat the drill again.

Coach can set period of time to run drill, 1 min to start.

Rotate through the group in a clockwise circle.

3.11 Short Suicide.

Conditioning.



Players run to the Free Throw line & return to the Starting Baseline.

Then to the Half way line & return to the Free Throw line.

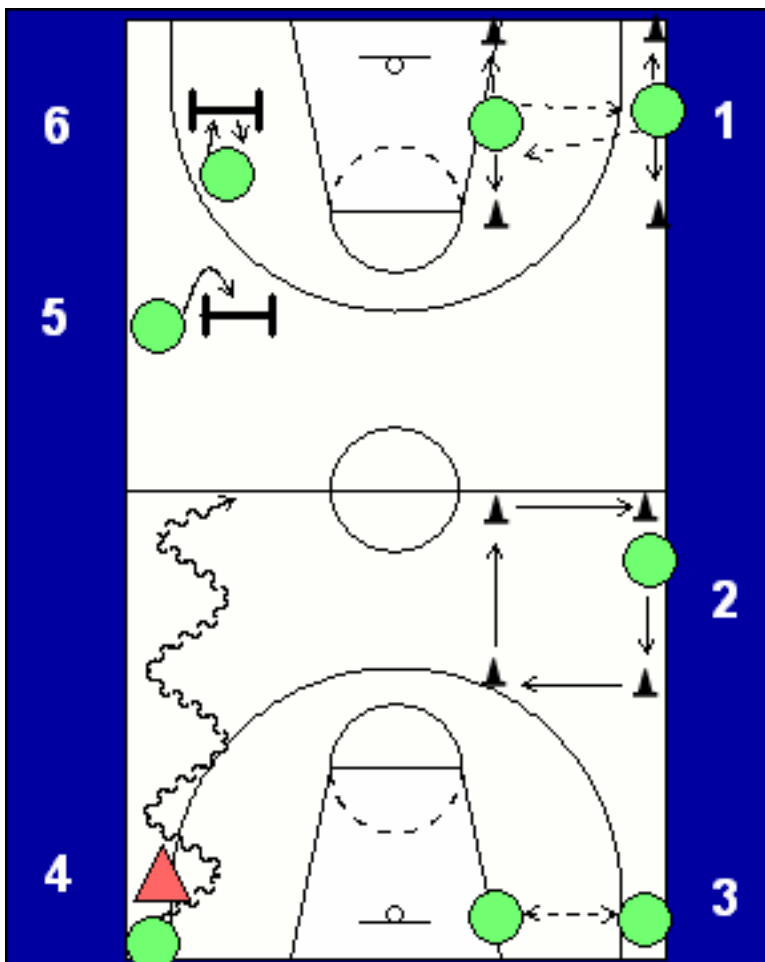
Then to the Next Free Throw line & return to the Half way line.

Then to the far Base Line & return to the starting Base Line.

Boys should complete this in 20 secs.

Girls should complete this in 22 secs.

3.12 Circuit Workout.



This is a circuit that is run for 2x1 min rotations, 40 secs of exercise with 20 secs break or rotation to next station.

1. Slide & pass - Players face each other & pass whilst sliding between hats, vary passes.

2. Between hats players defensive slide across, run backwards, slide across, run forwards.

3. Players jump, catch & pass in one motion.

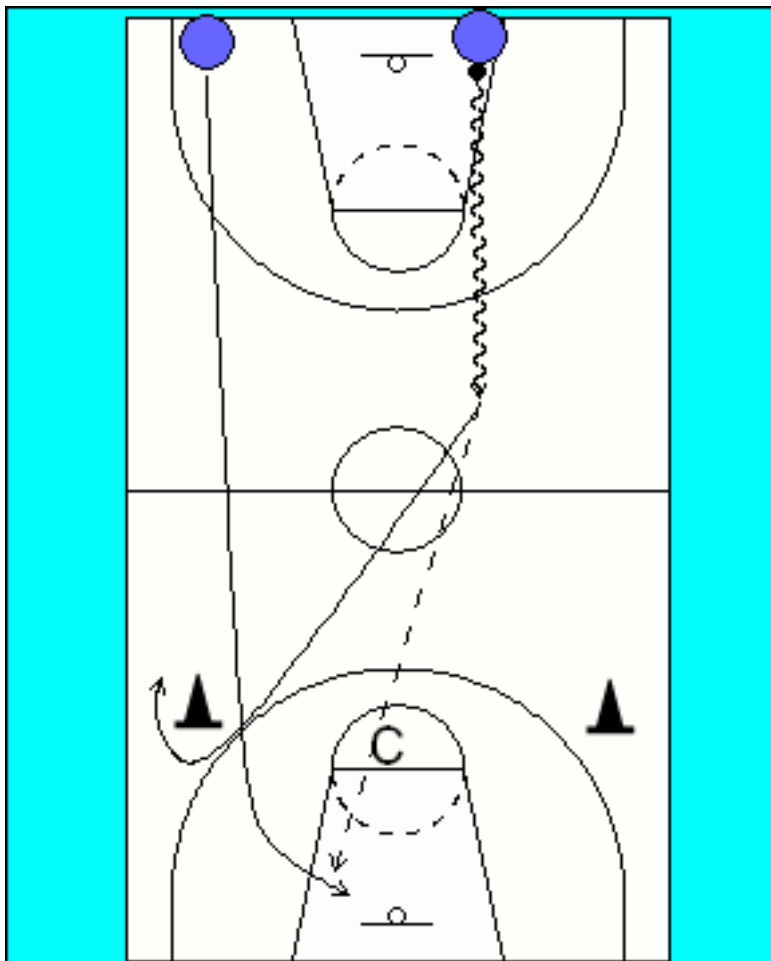
4. 1 offence, 1 defence, dribble & slide in a zigzag pattern to the half, swap O & D & return.

5. Players make 2 foot jumps up & down on a box 30-50cm in height.

6. Players do step ups on a box 30-50cm in height.

3.13 Pass & chase Drill.

Conditioning.

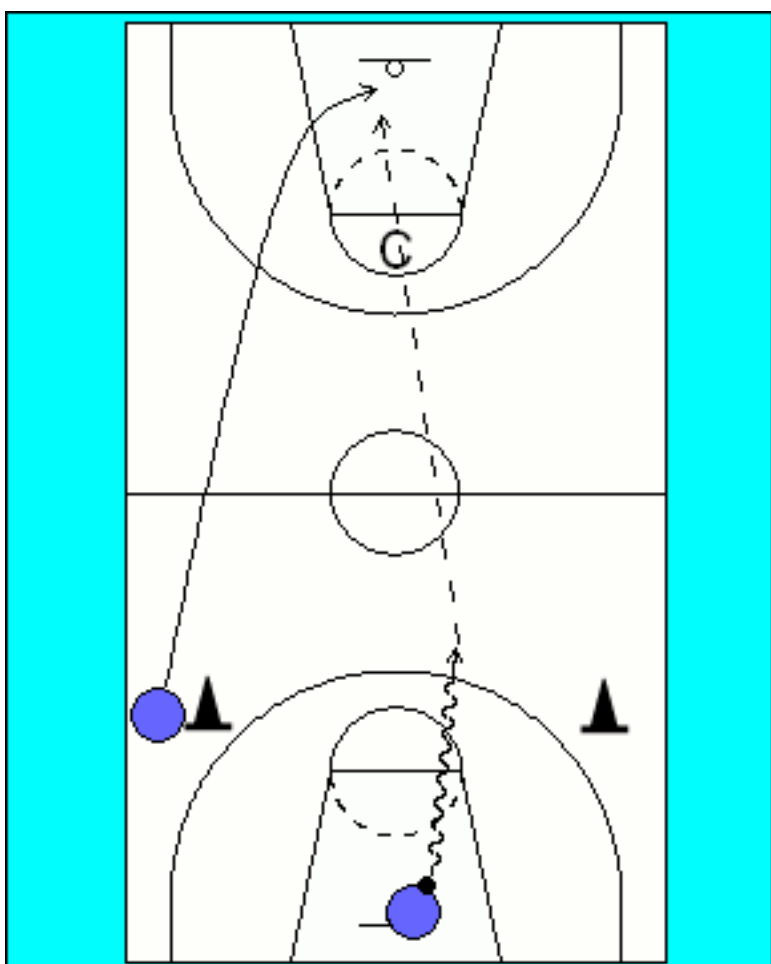


Dribble off baseline at speed & throw the pass ahead of the running outlet player. The outlet player must be at full speed to run the ball down.

Coach at foul line to add extra pressure by having to pass over them.

Passer runs around hat.

Receiver makes the lay-up & rebounds their own shot.



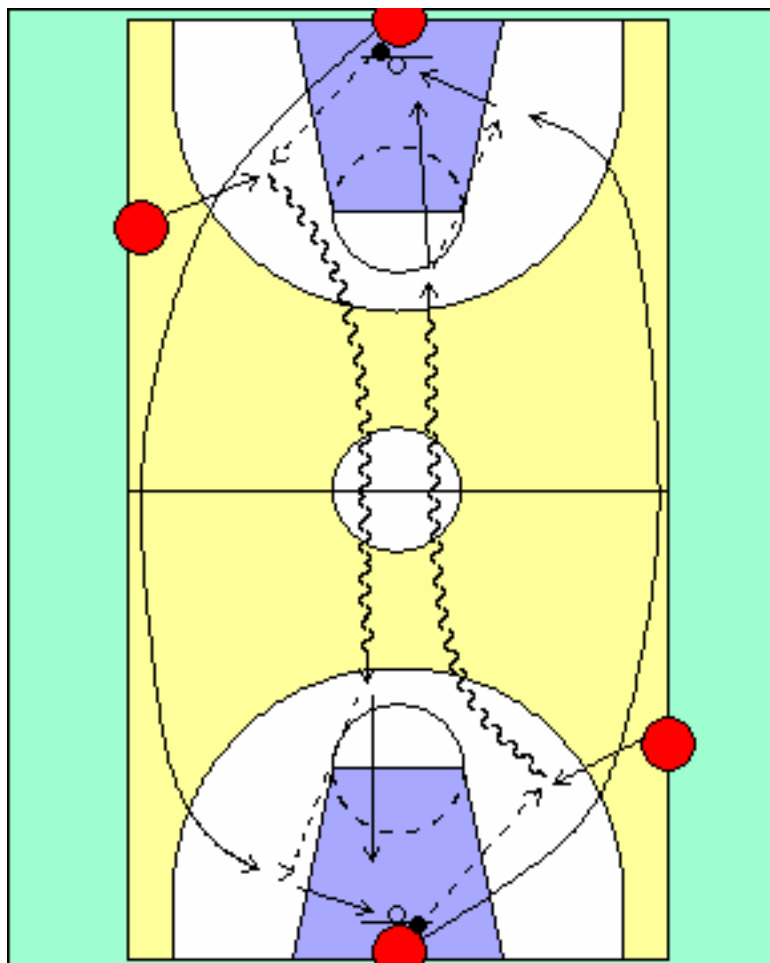
Return doing the same thing.

Alternate sides of the court.

This can be made to be a continuous drill, coach can determine the amount of sets according to the fitness of the athletes.

3.14 Two Man Series.

Conditioning.



1 Ball at each end under the basket.

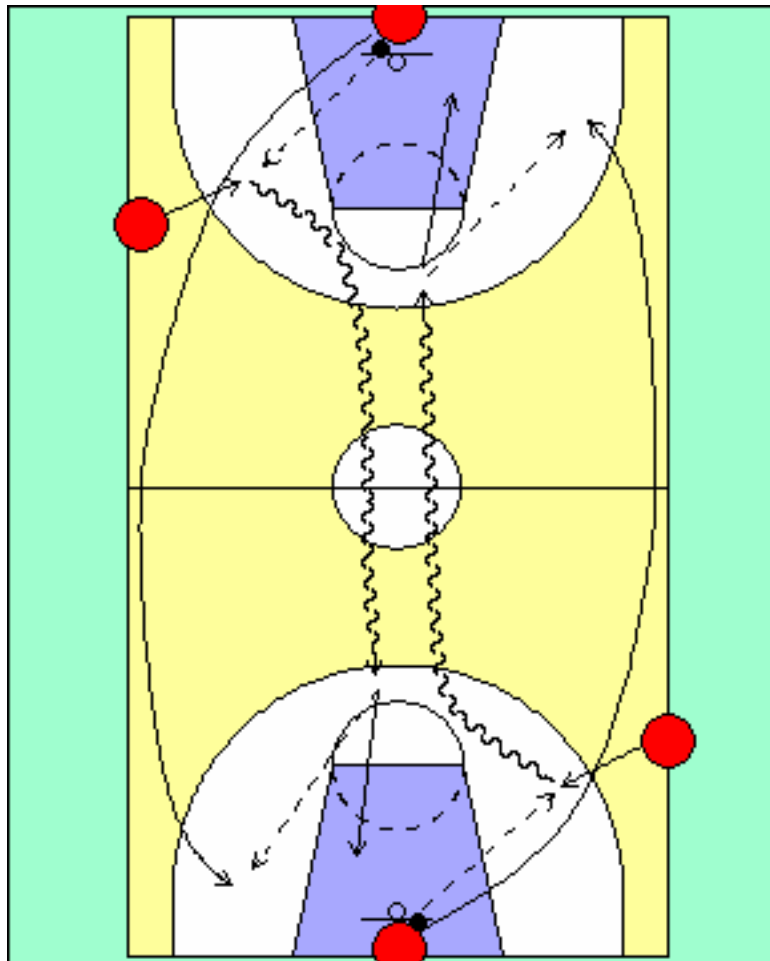
Inbounds pass to wing who leads for the ball. Wing player dribbles ball through middle of court to top of key to pass the ball to the chaser.

Inbounder/Rebounder becomes the chaser & sprints the floor touching the centre/side line receiving the ball back for the lay up.

If you have enough players under the basket & on the wing continue the drill.

If there are 2-4 people this drill can be continuous with the inbounder becoming the chaser/lay-up/wing receiver. The wing receiver becomes the dribbler/passer/inbounder.

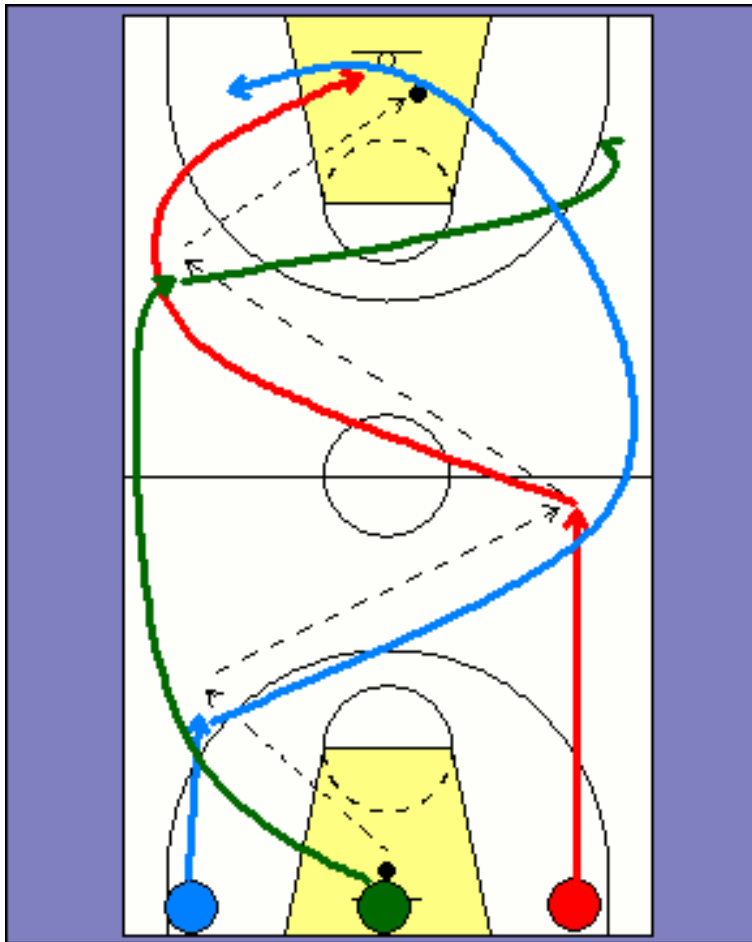
Coach sets time or number of lay-ups



. Add the options of:

1. Chaser taking the jump shot.
2. Chaser receives the ball, Dribbler UCLA cuts for lay-up.
3. Chaser receives the ball, Dribbler posts up, then the chaser relocates for shot.

3.15 Three Man Weave.



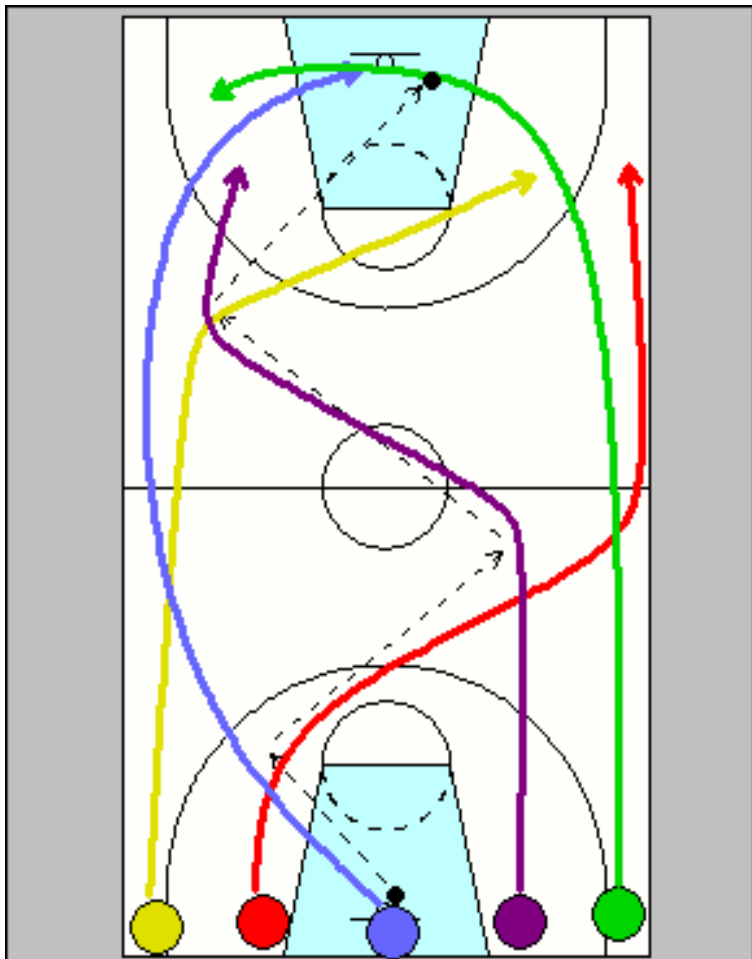
Conditioning.

Have players perform a 3 man weave up the floor. The basic instruction for a 3 man weave is to follow behind the player you pass the ball to. The running players must touch the sideline after the pass. All players must get to at least the level of the far foul line. We normally try to make it up the floor in 3 passes for older athletes and 4 passes for younger athletes.

To play 2 on 1 out of the 3 man weave the last passer becomes the defender scrambling back after getting to foul line level, the shooter runs wide & the 3rd player rebounds to bring the ball up to play 2 on 1.

You may chose to pyramid with the 3 man weave having the athletes run one 3 man weave up & back in turn. Then run 2 continuous lengths up and back. Build up to 3, 4 & 5, then work back down to 1. If the ball hits the floor or there is a turnover the set the athletes are on starts again.

3.16 Five Man Weave.



Have players perform a 5 man weave up the floor. The basic instruction for a 5 man weave is to follow behind the player you pass the ball to. The running players must touch the sideline after the pass. All players must get to at least the level of the far foul line. We normally try to make it up the floor in 3 passes for older athletes and 4 passes for younger athletes.

To play 3 on 2 out of the 5 man weave the last passer & the shooter become the defenders scrambling back after getting to foul line level, the shooter runs wide & the 3rd player rebounds to bring the ball up to play 3 on 2.

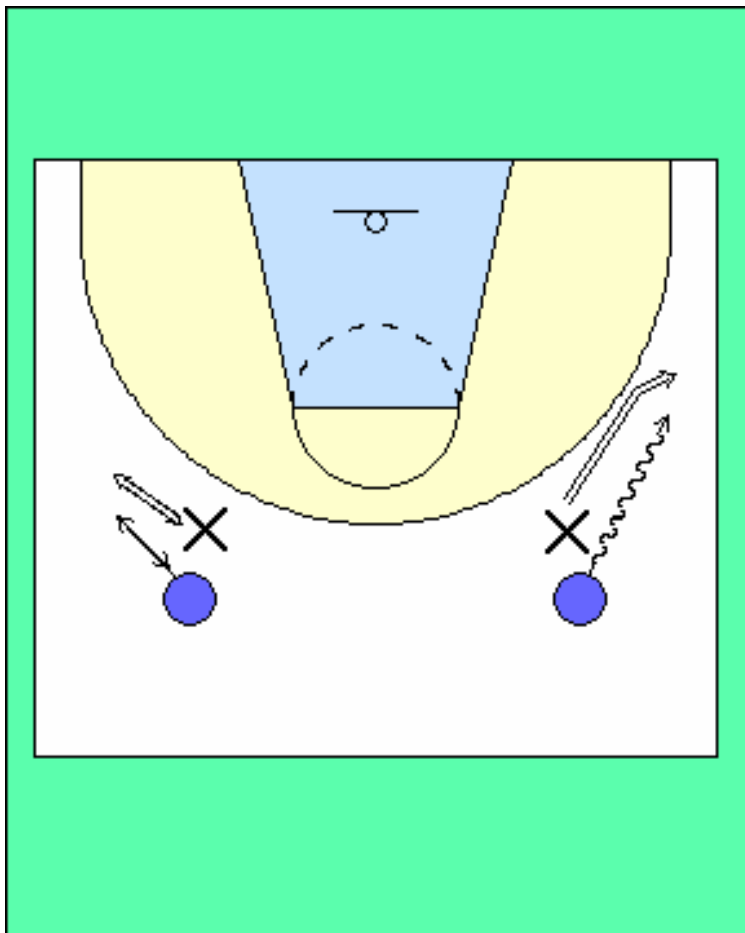
You may chose to pyramid with the 5 man weave having the athletes run one 5 man weave up & back in turn. Then run 2 continuous lengths up and back. Build up to 3, 4 & 5, then work back down to 1. If the ball hits the floor or there is a turnover the set the athletes are on starts again.

Section 4: Defence.

- 4.1 Gapping.**
- 4.2 Two vs. One Chaser.**
- 4.3 Pitter-Patter/Boxer.**
- 4.4 Run & Play 2 on 2.**
- 4.5 Shell Drill.**
- 4.6 Kansas – Penetrate & Kick Rotations.**
- 4.7 Slide & Chase.**
- 4.8 Close out & Slide, Full Court.**
- 4.9 Pig In The Middle.**
- 4.10 Triangle Closeout.**
- 4.11 Two on Two, 3 Passes & Play.**
- 4.12 Triangle Shell Drill.**
- 4.13 Full Court Closeout Drill.**
- 4.14 Closeout, 3 Hard Slides.**
- 4.15 Key Slide to 1 on 1.**
- 4.16 2 on 2 Closeouts.**
- 4.17 Defensive Slide.**
- 4.18 Post Defensive Drill.**
- 4.19 1 on 1 - Defend the Hat.**
- 4.20 Hedge down Closeout.**
- 4.21 Mirror Drill.**
- 4.22 Ins & Outs.**
- 4.23 1 on 1 Play Diagonals.**
- 4.24 Slide to Cut off Drill.**
- 4.25 Continuous Close Outs.**
- 4.26 Two Ball Dribble & Closeouts to 1 on 1.**
- 4.27 1 on 1 - Defend Space.**
- 4.28 Defender Through Drill.**
- 4.29 Gauntlet.**
- 4.30 Staggered Screens Defence.**
- 4.31 Duke Slides Drill.**
- 4.32 Lane Closeouts.**
- 4.33 On-Ball Screen Defensive Actions.**
- 4.34 Bounce the Base & Chase.**

4.1 Gapping.

Defence.



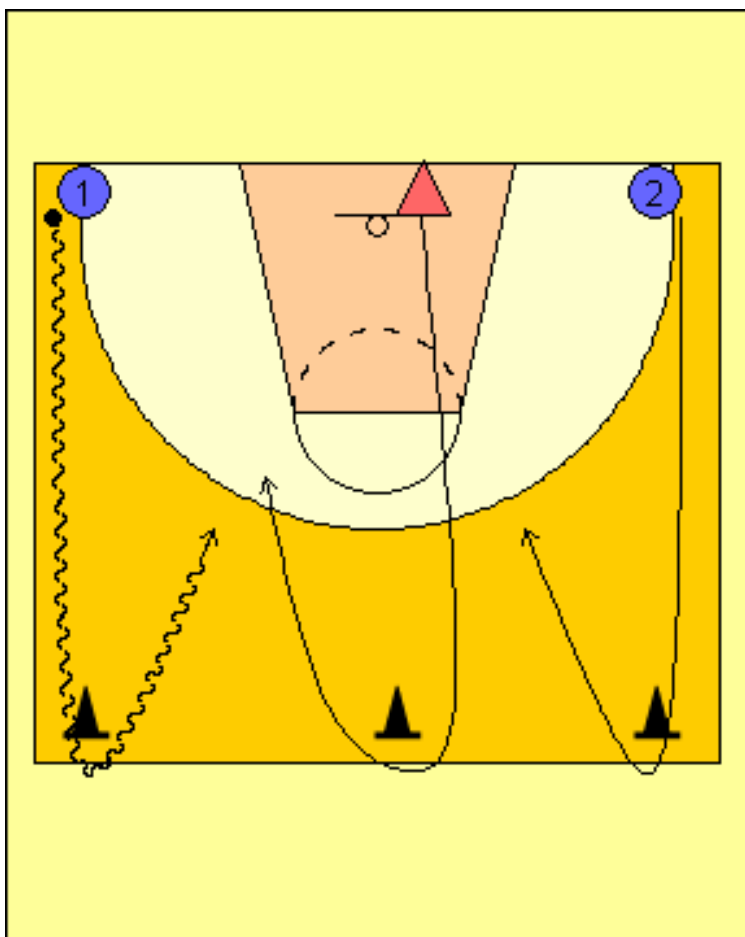
Left of diagram shows offence making multiple jab steps to either side, Defence adjusts to each jab step (moving back) and retreat step (moving forward) by keeping an arms distance gap at all times.

Right of diagram shows advancing this to Offence taking 2 dribbles and Defence keeping the gap. Stay in front of your opponent. When the player picks up their dribble we want the Defence to be up and in smothering the ball calling "Ball, Ball, Ball"

Do not allow the defenders gap to become too big.

Pressure the ball with active hands at all times.

4.2 Two vs. One Chaser.



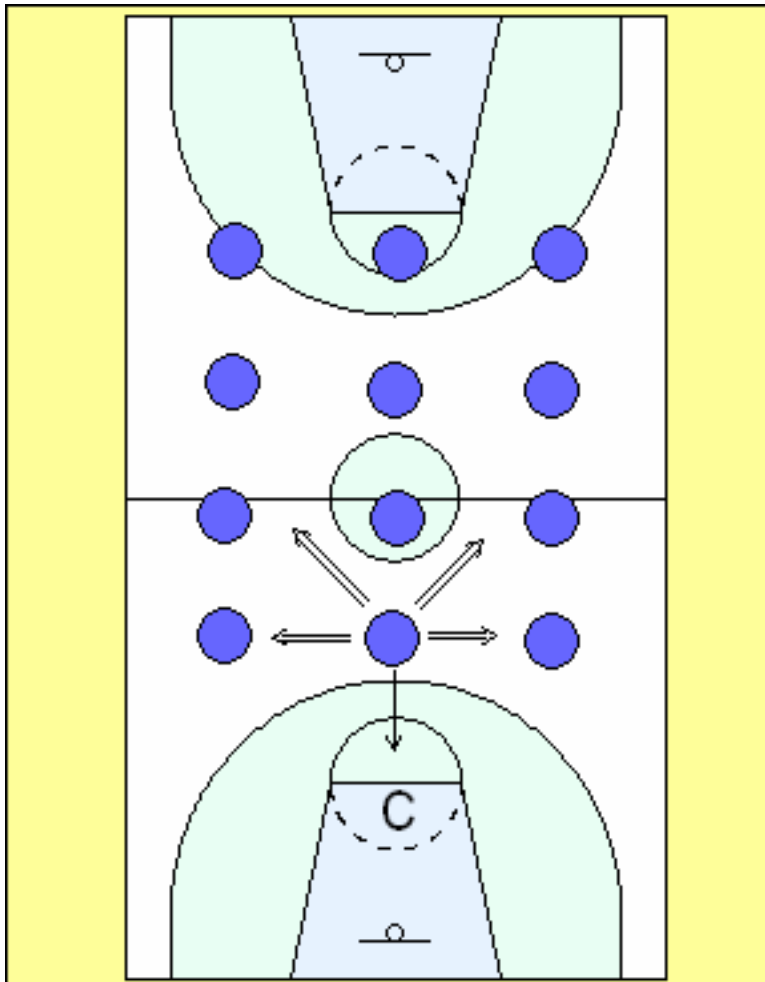
1 must dribble around the cone at halfway & then drive to the basket. 2 runs around the other cone at halfway & then aims to get ahead of player 1 to give a passing option.

Defence must run around the centre cone & then play 2 on 1. They should hedge & try and confuse the offence.

You can do this drill at both ends of the floor having both groups run around the same cones so that the players have to get through "traffic" at half way.

4.3 Pitter-Patter/Boxer.

Defence.



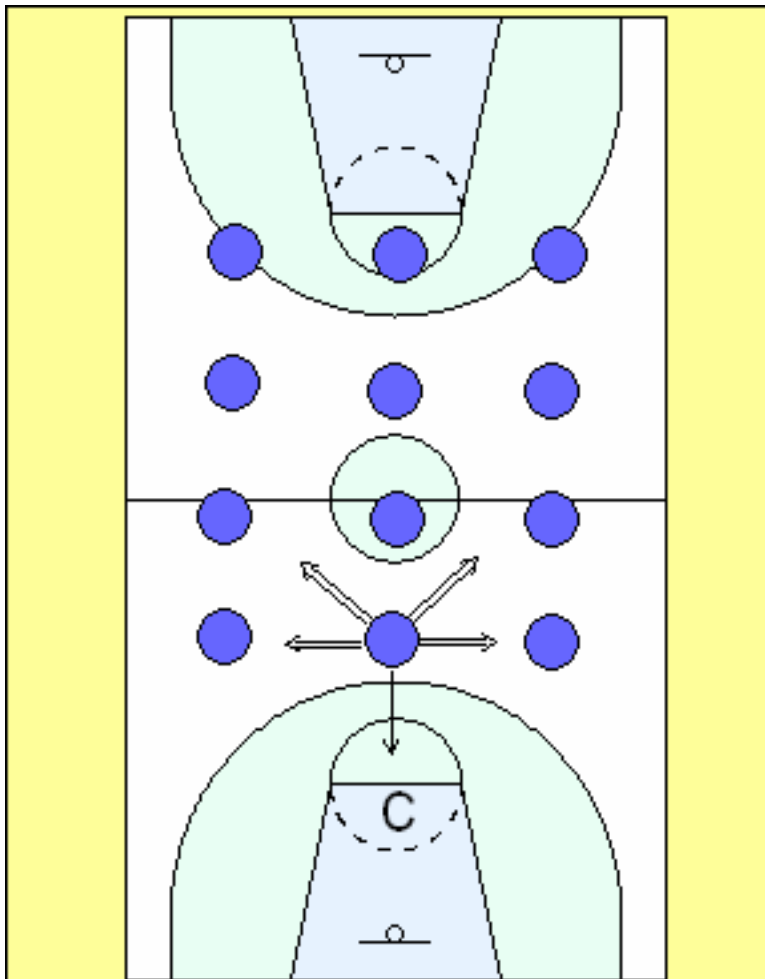
Have players line up in rows. Coach is out front. To start players must be in stance with butt down and hands at shoulder height pitter pattering their feet. When coach is happy with stance and technique, point in the direction you wish the players to slide.

Players must make 3 hard slides & call the direction they slide with each step. eg. Left, left, left. Right, right, right. All players move simultaneously & in the directions as diagrammed.

If the coach points to the diagonal, players drop step & slide 3 hard slides calling the direction they slide.

If coach waves players forward they run to a close out calling ball.

Players never stand if they are stationary they must pitter patter their feet. Run this for 1 min blocks to start and build up.



Pitter Patter can be evolved to a drill I call boxer. This is because I want the athletes to bounce like a boxer. The difference is I want the players in stance & bouncing with short quick bounces.

Same rules apply, coach starts players bouncing, points direction, players take 3 short sharp bounces to that direction calling left, left, left or right, right, right.

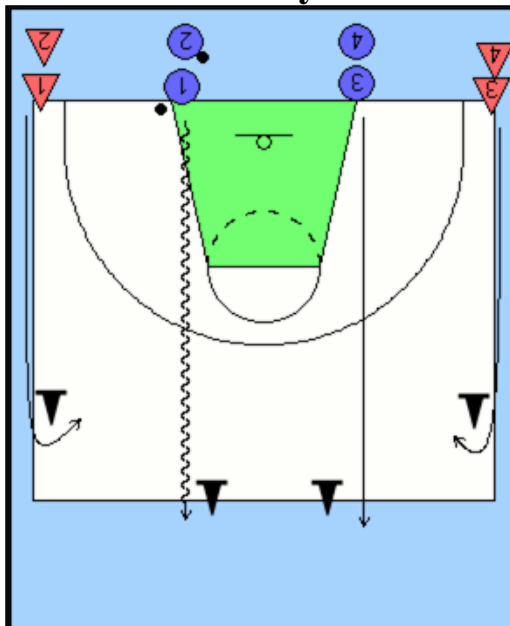
If players look fatigued bring them forward on a couple of closeouts.

The points of emphasis are; Stay in stance whilst making quick contact with the ground, carry hands, TALK.

1 min of this is tough to do. Try 40 secs for beginners.

4.4 Run & Play 2 on 2.

Defence.

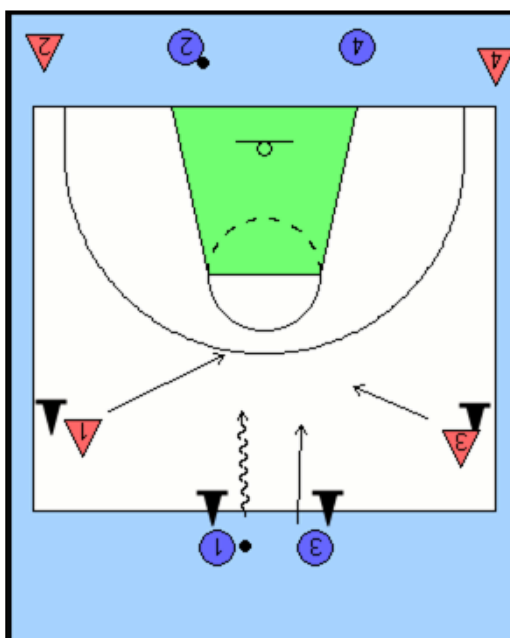


2 or more balls
8 or more players

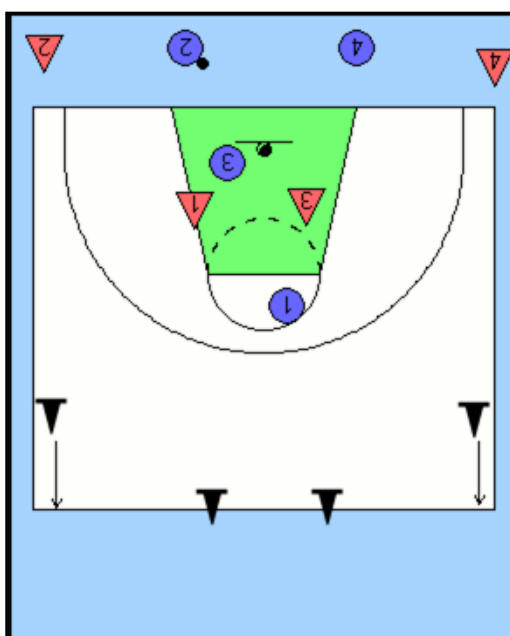
Make 4 rows at the baseline.
The outside players will be defenders & the inside players play offence.

This drill starts with the first 4 players going to the hats.

The defensive players should go as fast as they can.
One of the players on the offensive has to dribble the ball to the hat.



After rounding the hats player 1 & 3 play 2 on 2 against defenders 1 & 3.



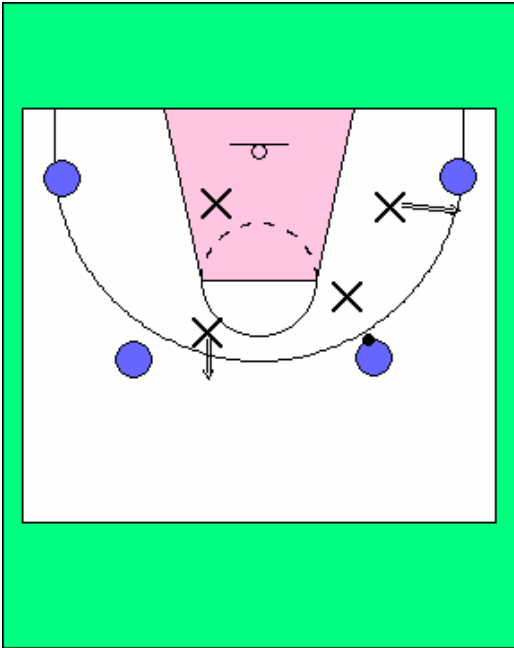
After a score the next group of 4 players starts.

Variations.

- Put the emphasis on offence instead of defence.
- Play with the placing of the hats, move the defenders hats up to make it harder for the defence.

4.5 Shell Drill.

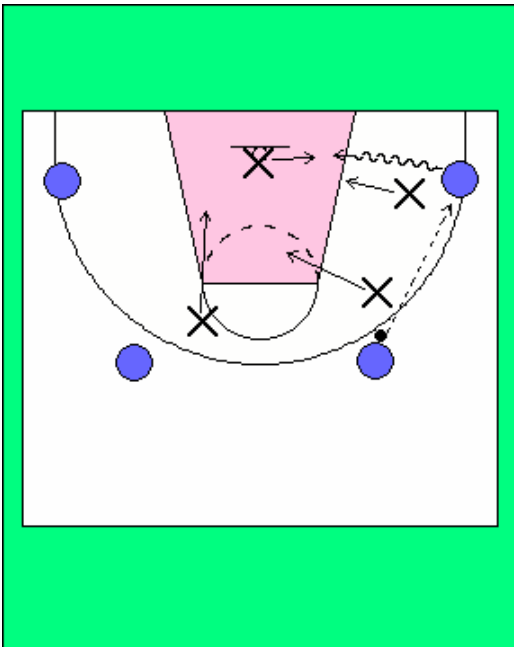
Defence.



The ball handler is pressured but contained.

If you are 1 pass away play denial (Hand in lane) but prepared for back cut.

Weakside player is off to ball seeing man & ball (Triangle, point pistols).



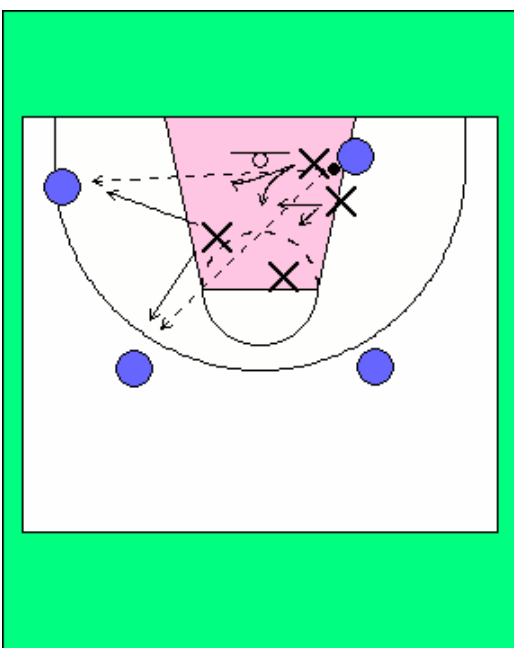
If pass goes to corner all 4 players rotate, ball is pressured.

Strongside high defender drops to foul line area.

Weakside player gets to split line.

On the drive we force the ball handler to the baseline corner and the weakside defender comes to help before Offence gets to the edge of key.

High weakside player drops to cover skip pass to either weakside player.



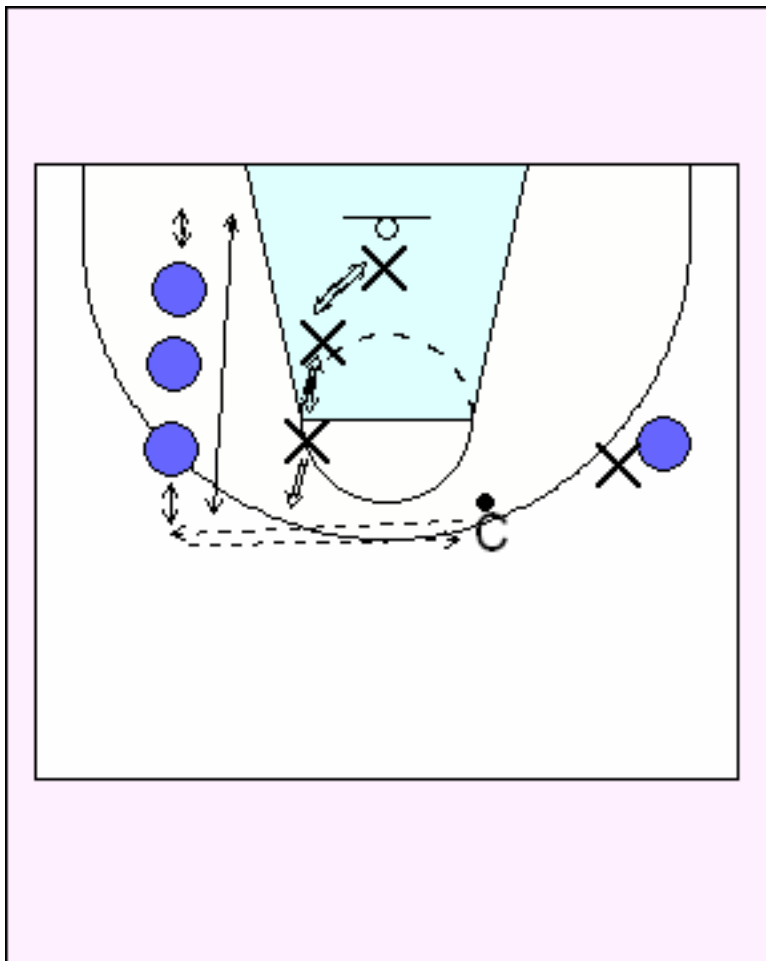
On the pass the weakside defender closes out onto the ball.

If the ball is passed quickly on the drive the ball handler defender rotates to the next man. If it is from a dead ball trap the trapper rotates on the pass to the free man.

Strong side high defender moves according to closeouts. This player may rotate to ball if closeout is late, this player may go to 1 pass away denial if the ball is passed high or may stay in a shallow triangle if it is passed out low.

4.6 Kansas – Penetrate & Kick Rotations.

Defence.

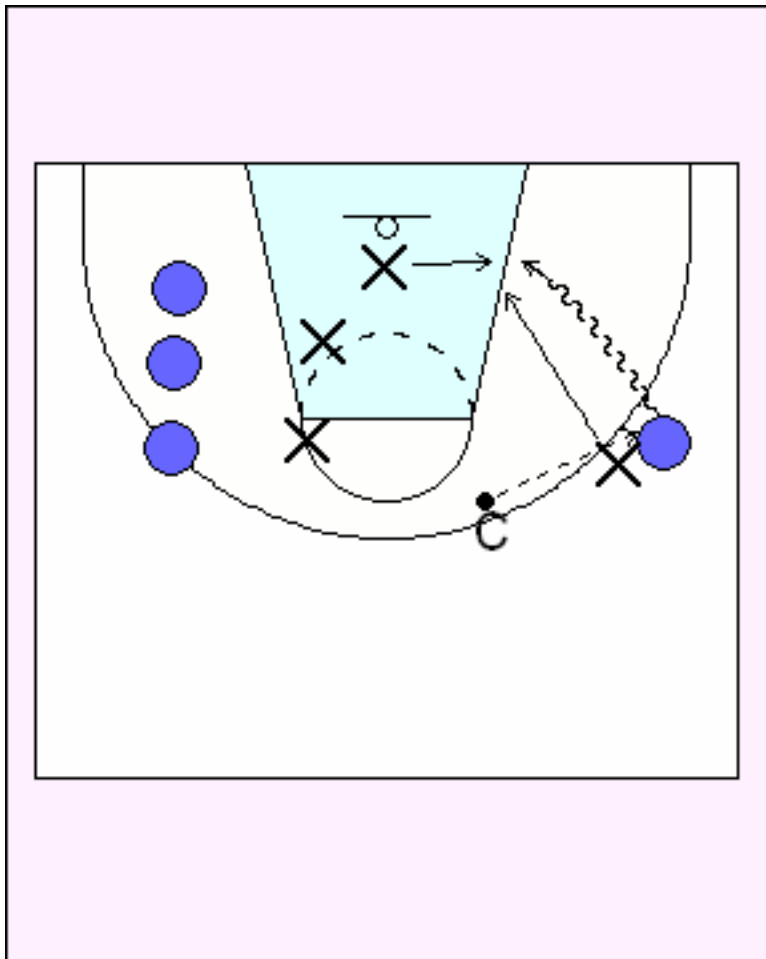


Coach is at the top with a ball.

Wing man (on right) is ready to receive the ball with a defender standing beside them allowing pass then pressuring the drive.

3 weakside offensive players jog up and down rotating on the weakside looking for pass from coach out high.

Defenders must match up to man & deny the ball to top players lead. Coach can make the pass to the leading players to ensure the defence is getting into denial (if the offence receives ball pass it back to coach). The lowest defender must get to split line.



On the drive we force the ball handler to the baseline corner & the weakside defender comes to help before Offence gets to the edge of key.

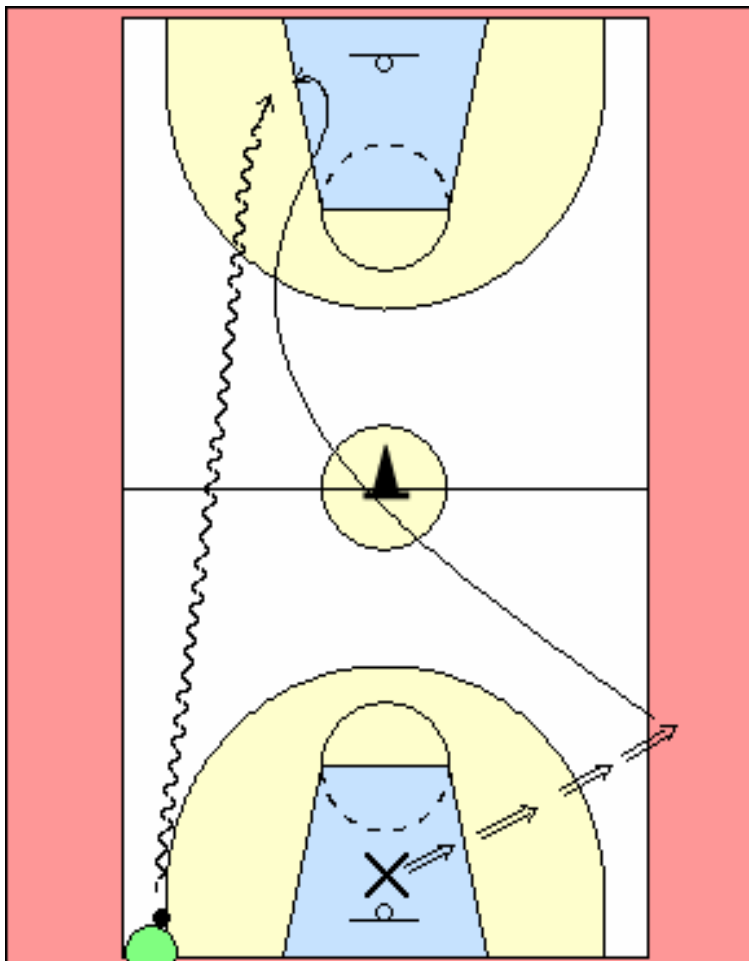
The other 2 weakside defenders cover skip pass to the 3 weakside offensive players.

On the pass the closest weakside defender closes out onto the ball. The other defender rotates to next nearest player.

If the ball is passed quickly on the drive the ball handler defender rotates to the next man. If it is from a dead ball trap the trapper rotates on the pass to the free man

4.7 Slide & Chase.

Defence.



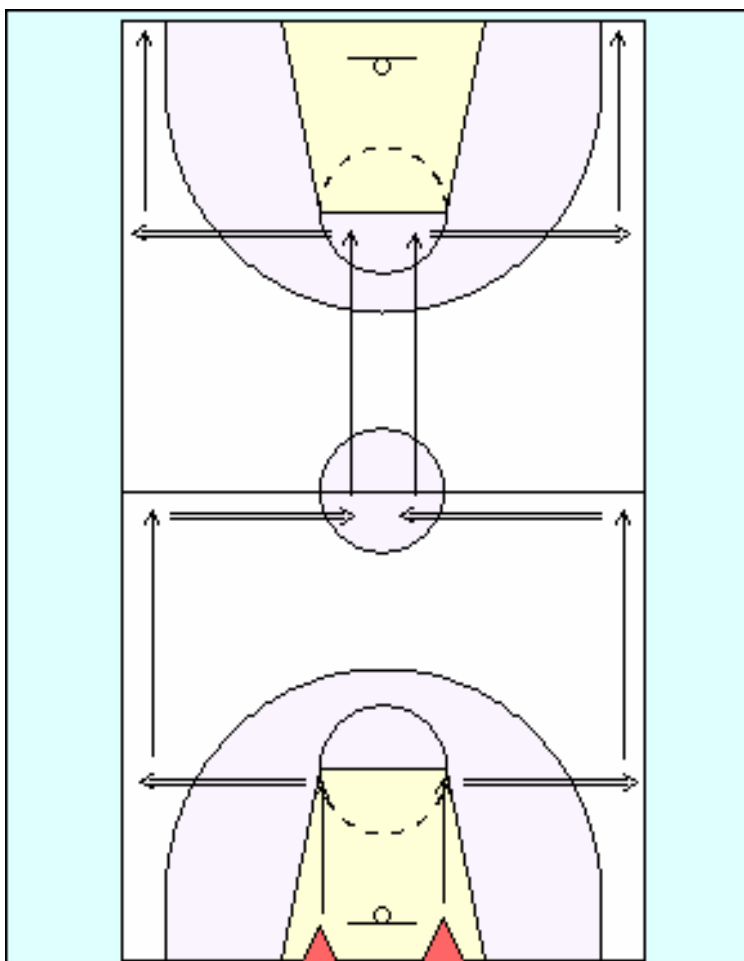
Defence slides to the side line facing the baseline at the ball end of court.

Offence has one foot on the baseline with the ball ready to drive down the floor to score.

When Coach calls "Go" the Offence dribbles as quickly as possible up the floor trying to score. The defender turns the inside shoulder out of the slide & chases. The defender must go around the cone, chair or coach in the middle of the floor.

The aim is to get to, cut the Offence off and keep the player jammed to the side line. Containment and pressuring the shot is paramount to the success of this drill.

4.8 Close out & Slide, Full Court.



This is a continuous drill.

Players line up in 2 lines under backboard.

On coaches call or whistle, 1st player in each line runs to close out at free throw line calling ball and holds stance.

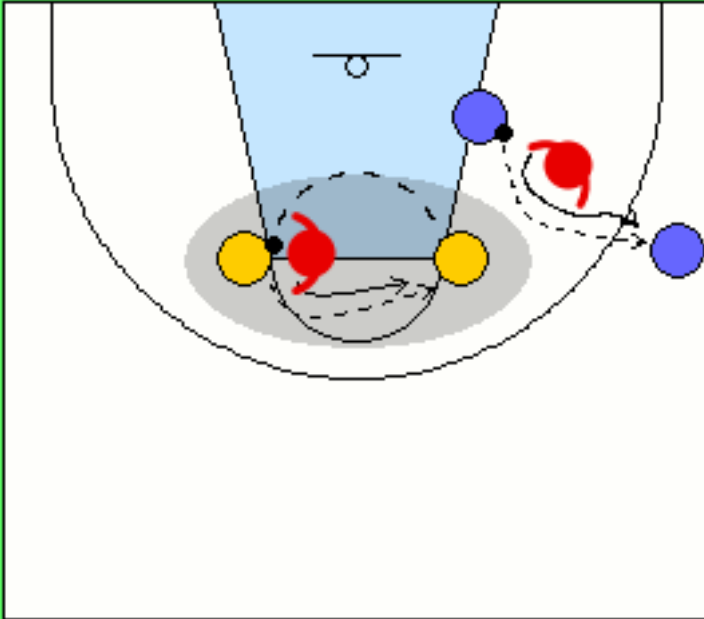
On coaches call or whistle, 1st player slides with correct technique to side, 2nd player begins with close out.

On coaches call or whistle, 1st player closes out to centre, call ball. Next player also joins in.

Keep repeating until all players have gone through. Make sure players hold at each spot and check form.

4.9 Pig In The Middle.

Defence.



Have 2 offensive players either side of the circle as shown in the shaded area. 1 Defender pressures the ball.

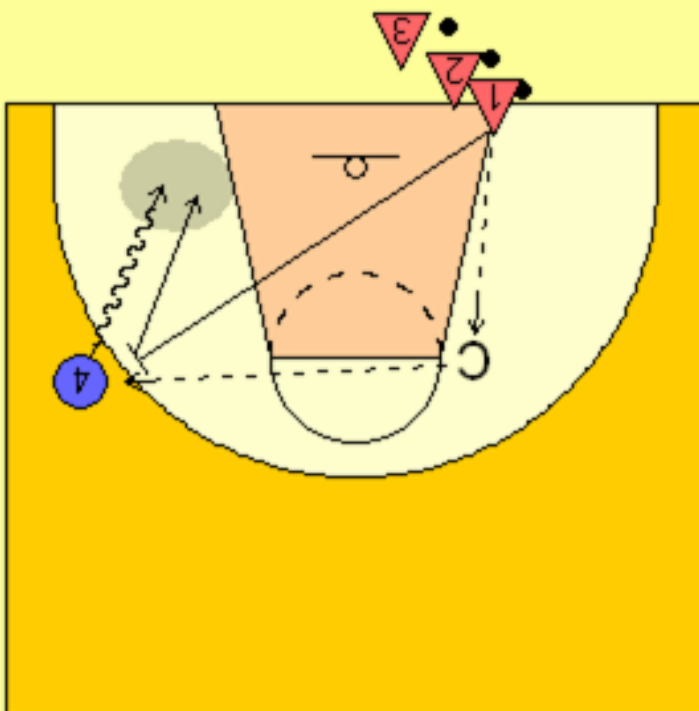
Offence pass from side to side, passes must be direct, no lob passes. Defender chases the ball and tries to get as many deflections as possible in a set time. Usually 30 secs to 1 min.

Defence must be active, pressure up on the ball at all times, no sitting back in the lane waiting, turn to the side the ball is passed and be vocal calling ball-ball-ball.

You may also wish to set this drill up with a post & wing with the defender pressuring the wing when they have the ball & hedging down when the post has it as shown in the non shaded area.

Most deflections wins.

4.10 Triangle Closeout.



Set-up as in diagram.

(1) passes to coach who passes to (4).

(1) closes-out to (4).

- Butt-low
- High-hands
- Head-back
- Stutter steps/Bunny hops at the end.
- No Middle.

Play one-on-one to a result.

Variation:

(4) shoots directly, 1 boxes out.

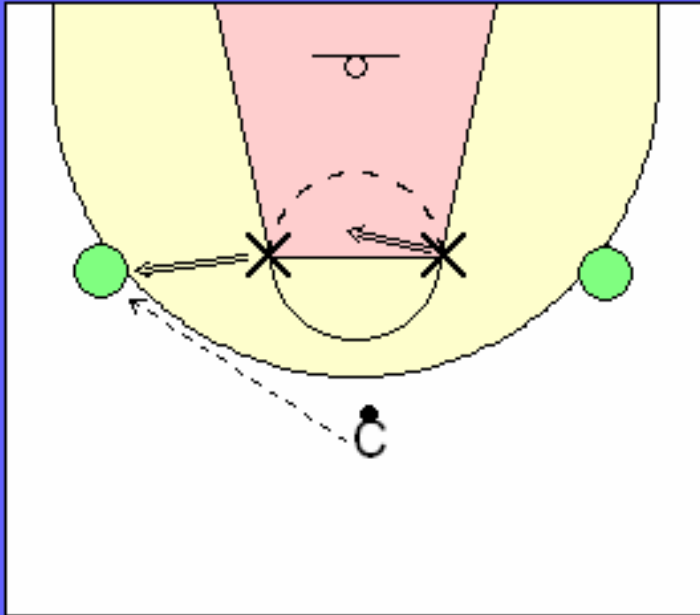
4.11 Two on Two, 3 Passes & Play.

Defence.

Coach Starts with ball & passes to either wing.

Defenders start at edge of foul line, on pass closest defender closes out the ball hard & calls "ball" loudly.

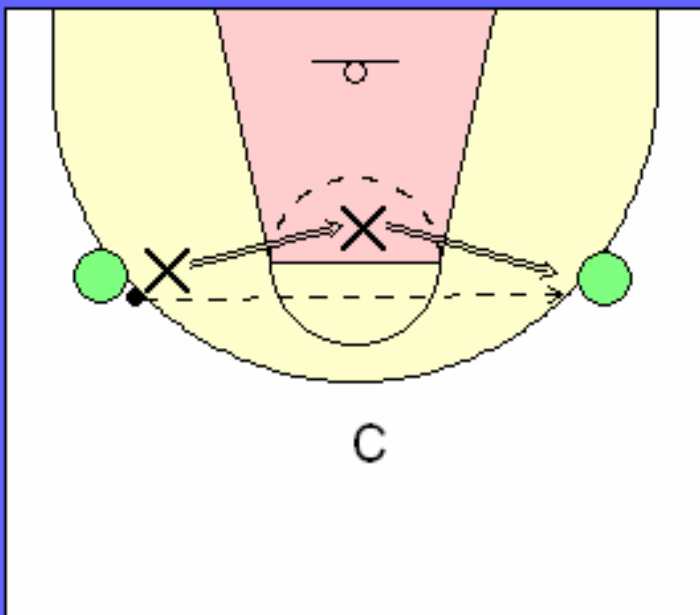
Weakside defender gets to help position calling "help" loudly & is in a flat triangle able to see man and ball.



Ball is skipped across the court & Help side defender closes out hard to ball calling "ball" loudly.

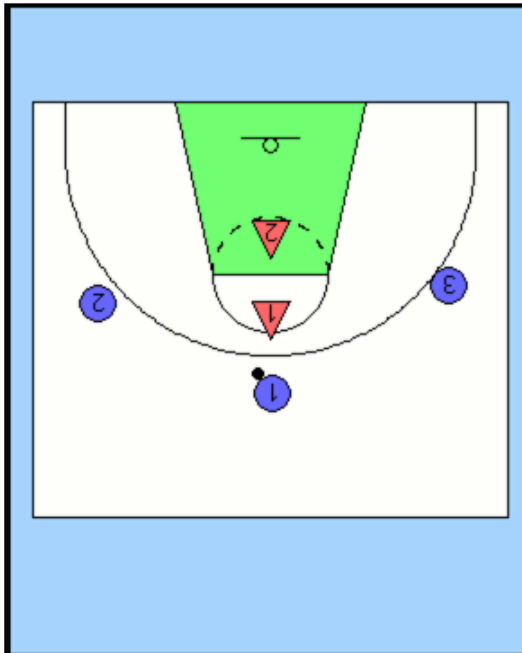
Pass defender drops to helpside calling "help" loudly.

This is repeated for 3 passes then play it live according to coaches rules. These rules can be limited dribbles, no screens, no dribbling, etc.

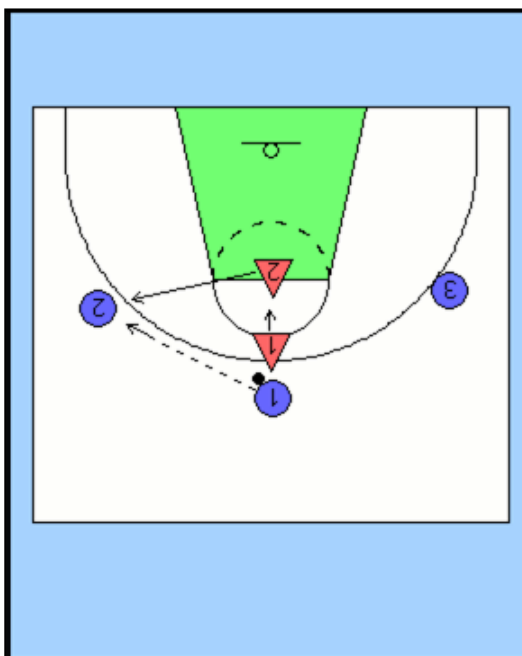


4.12 Triangle Shell Drill.

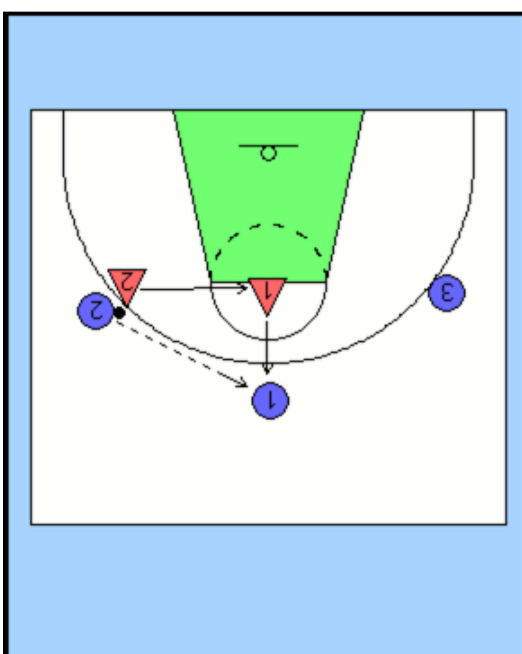
Defence.



Offence is spread around 3 point line.
Defence is set in tandem position.



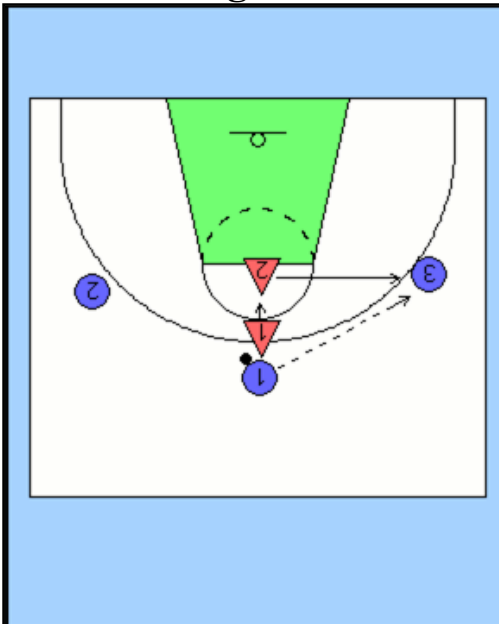
With the pass to the wing, 2 sprints to the ball-side; 1 slides to the free-throw line.



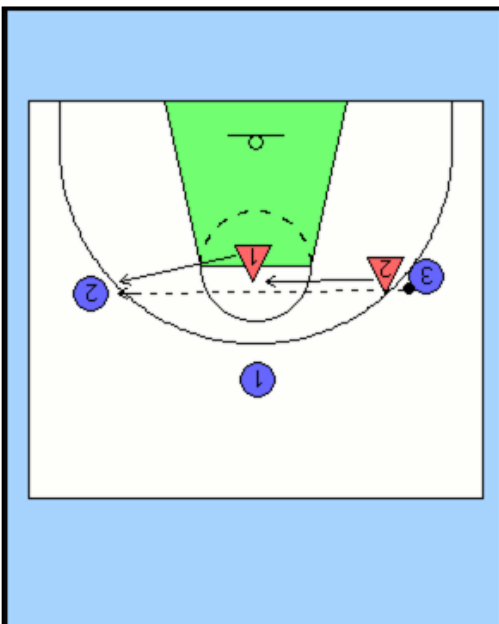
If the ball is passed back to the top, 1 sprints to the ball & 2 slides back to high post area.

4.12 Triangle Shell Drill cont.

Defence.

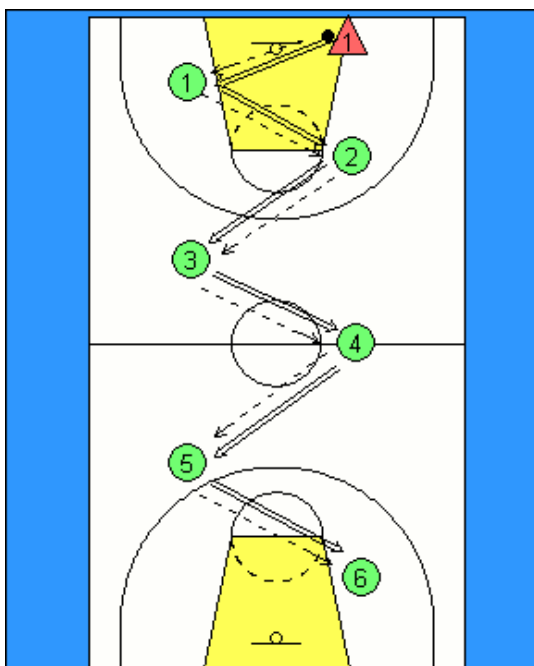


With the pass to the wing, 2 sprints to the ball & 1 slides to free-throw line.



If the offense plays a skip pass, 1 sprints to the ball & 2 slides back to the circle.

4.13 Full Court Closeout Drill.



There are 2 ways to perform this drill. Place chairs in the players positions or use players from the team so the ball can be passed and pressured.

Defence starts on the baseline and throws Offence the ball and then closes out with low wide stutter step. The defender traces the ball with pressure calling "ball" until coach says go.

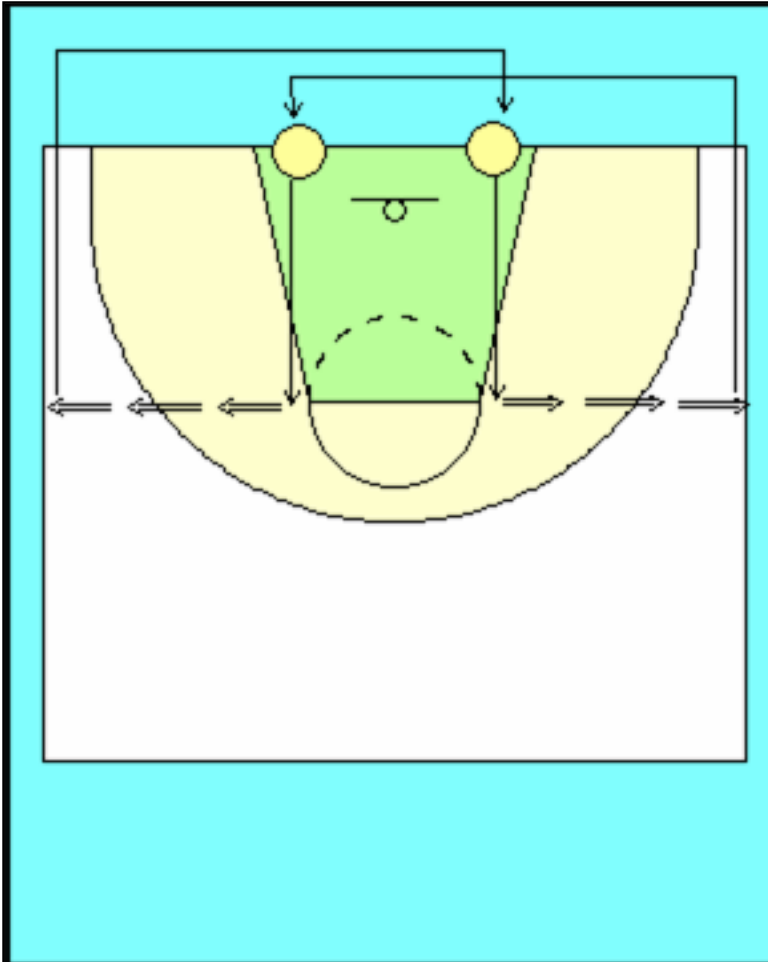
The next pass is made and the defence repeats their efforts. So it goes for the rest of the drill.

When Defence gets to the end every one rotates, D1 takes 6 place, 6 takes 5, 5 takes 4 etc.

1 will step off the court and join the defensive line.

4.14 Closeout, 3 Hard Slides.

Defence.

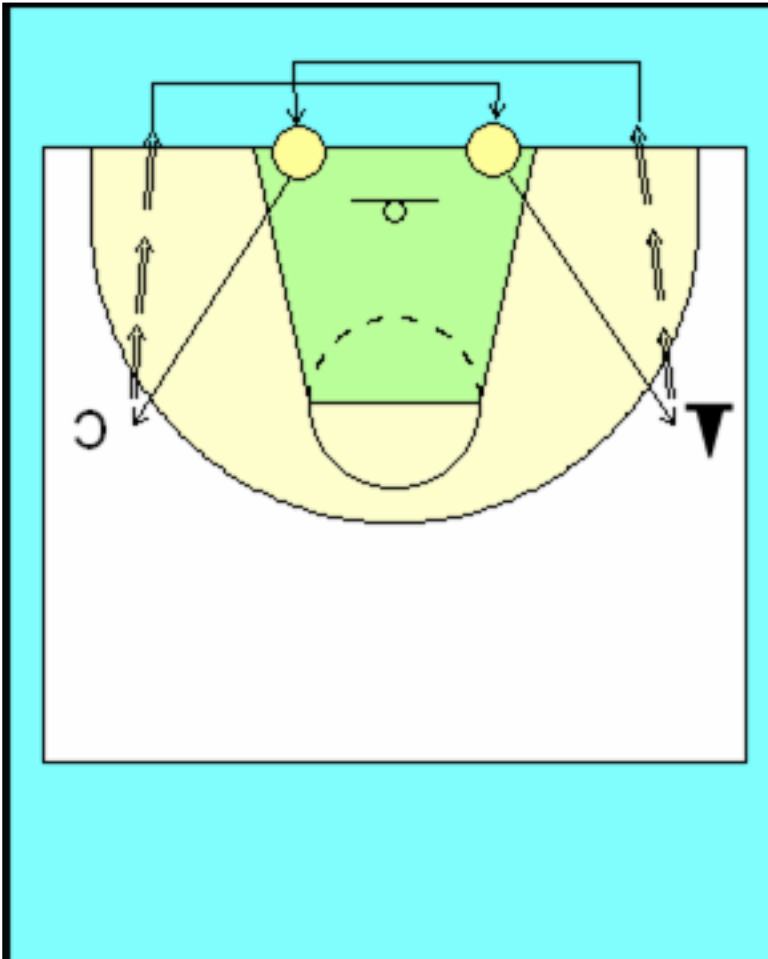


Start on baseline, run to Elbow for a low closeout.

Make 3 hard slides to sideline.
Player must make it to side line on 3rd slide.

Back peddle to baseline, jog along baseline until you reach the other side of the key & perform the same drill on the other side.

Drill is continuous until coach is happy.



Start on baseline, run to wing (Coach or chair) for a low closeout, Defence must focus on making sure high foot is higher than coaches high foot or chair leg.

Make 3 hard slides to baseline.
Player must make it to base line on 3rd slide.

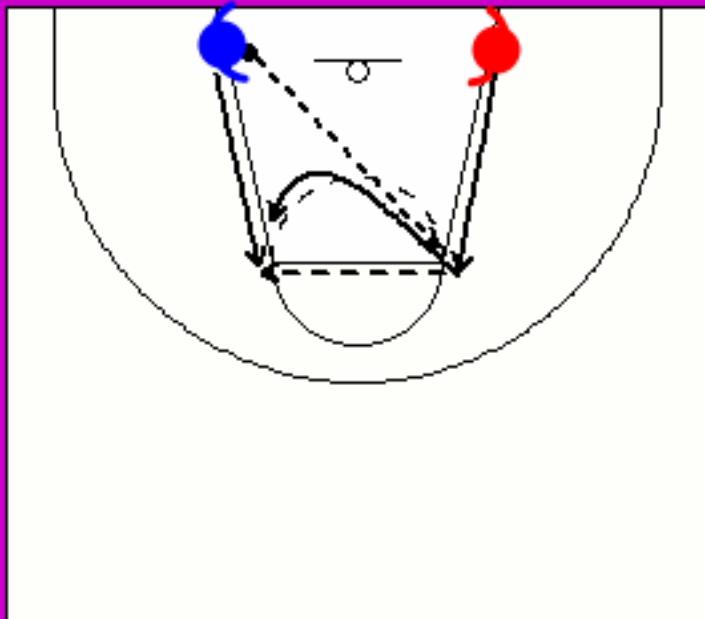
Jog along baseline until you reach the other side of the key and perform the same drill on the other side.

Drill is continuous until coach is happy.

***Note:** I teach force to Baseline Corner, this is so athletes don't open up giving too wide a driving lane and rely on help.

4.15 Key Slide to 1 on 1.

Defence.



1 Offensive player on the low corner of one side of the key & 1 Defensive player on the other facing each other.

Defence slides up to the elbow with good technique.

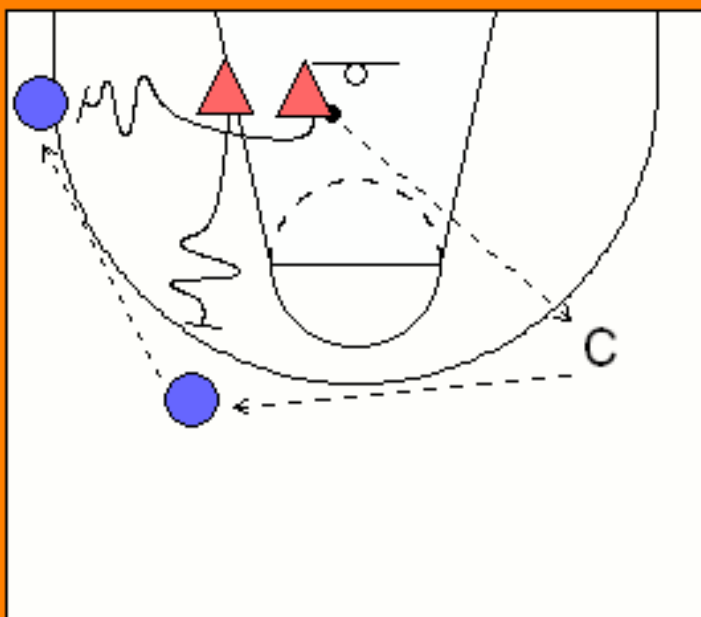
Offence passes to the Defender at the elbow & slides up to the other elbow.

The Defender now passes across to the Offence & scramble to cut the Offence off.

Offence can attack immediately upon receiving the ball.

Play 1 on 1 until a score or a stop.

4.16 2 on 2 Closeouts.



Defenders start at the bottom of the backboard side by side.

One offensive player out high & the other in the deep corner.

Drill starts with a pass to the coach.

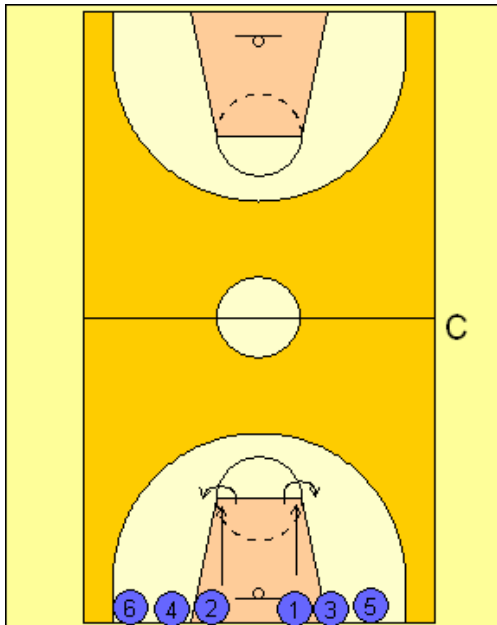
On this pass the outside defender closes out the high offence.

The ball is quickly passed on to the corner & the Inside defender closes this player out,

Play 2 on 2 until a score or a stop and progress to next step on page 2.

4.17 Defensive Slide.

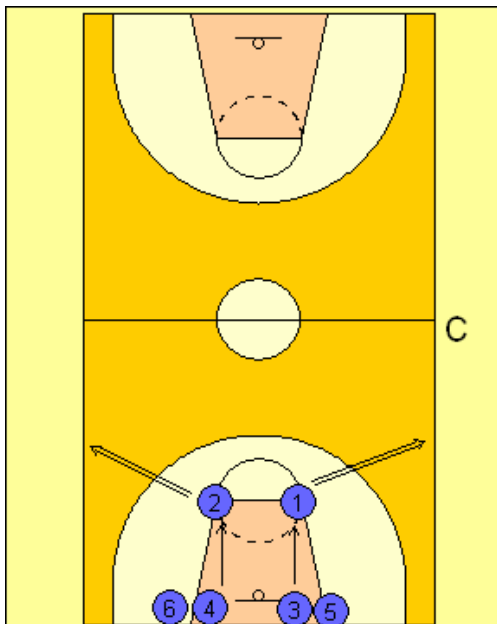
Defence.



This is a defensive drill designed to help young athletes learn the basic footwork for defending a ball handler in the open court.

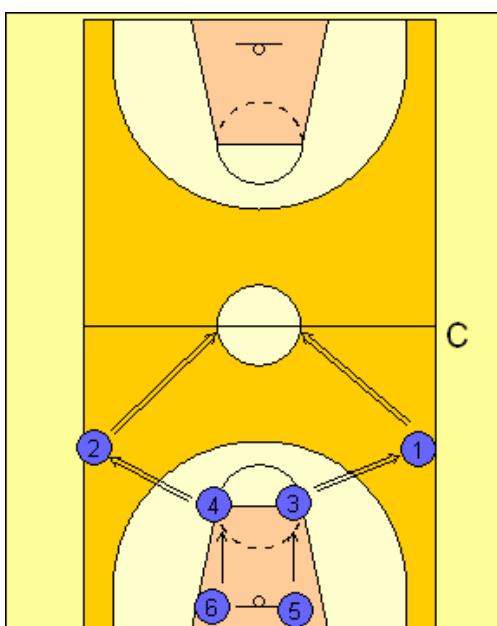
It begins with two groups of players on opposite sides of the lane.

On the first whistle, the first two players in each group sprint to the free throw line, turn toward the baseline, & pitter patter their feet until the second whistle.



On the second whistle, the first set of players slide step to the sideline parallel to the top of the arc.

The second set of players follow the first.



On the third whistle, the first set of players slide step to the mid court circle.

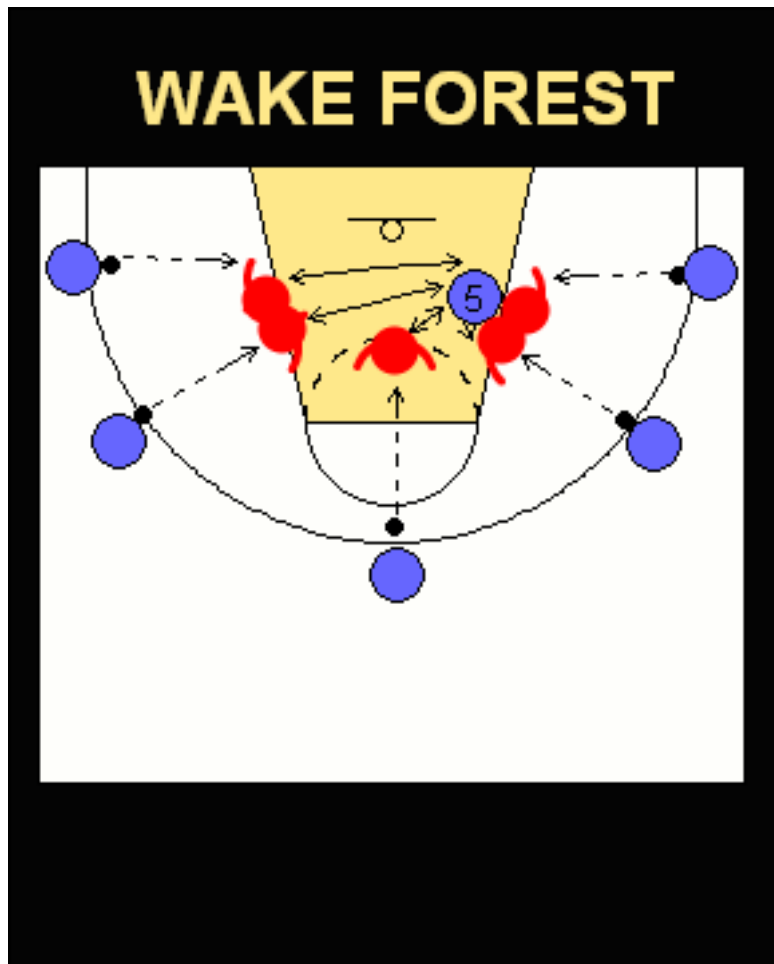
The other sets follow the first.

This pattern continues until all players make it to the opposite baseline.

This drill can be run continuously from one end to the other.

4.18 Post Defensive Drill.

Defence.



5 coaches or passers have a ball on the 3pt line.
5 starts in the low post & works the lanes.

Defender starts in a 1/2 front ball side when ball is low.
Defender goes to a full front at the 45's.
Defender full fronts at top.

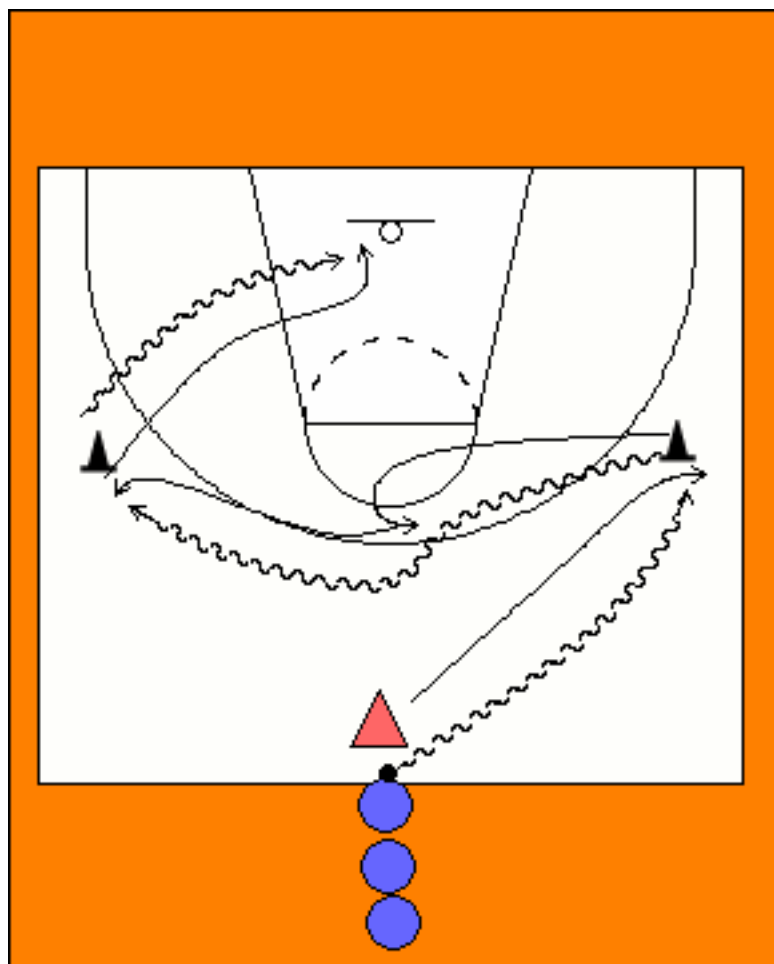
Coach will make a pass, the defence must knock the pass away without losing balance.

The drill is repeated with each of the coaches making 1 pass.

Offence (5) must touch the original starting block with their foot between positions.

Defender moves with Offence keeping between man & ball with correct positioning.

4.19 1 on 1 - Defend the Hat.



This is a great drill for developing the defence.

Place 1 hat on each wing.
Line players up at the centre line & have 1 player on D the other on O.

The objective of this game is for the defence to stop the Offence from touching the hat (chair, etc.) with their hand.

Defence must do all they can to stay between the ball & the target.

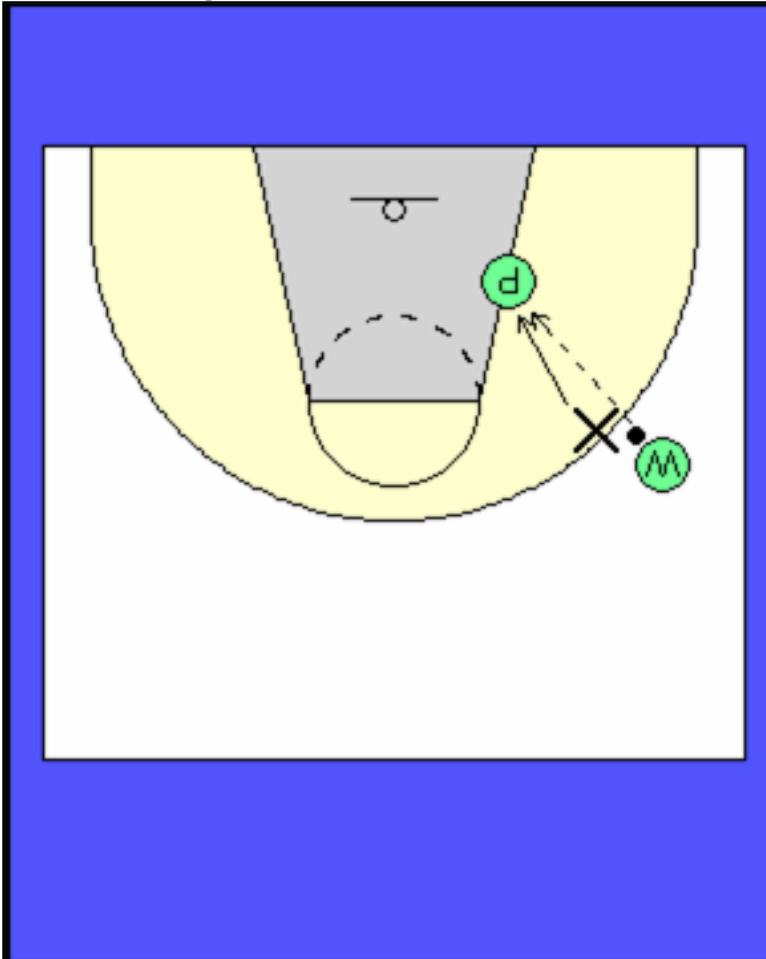
Once the offence touches the first hat they try to dribble as quickly as possible across to touch the second hat. Again the defender scrambles and tries to deny the Offence from doing this.

After touching the second hat the offence attacks the basket trying to score. Defence of course tries to stop this

Start the next 2 players after the score or stop.

4.20 Hedge down Closeout.

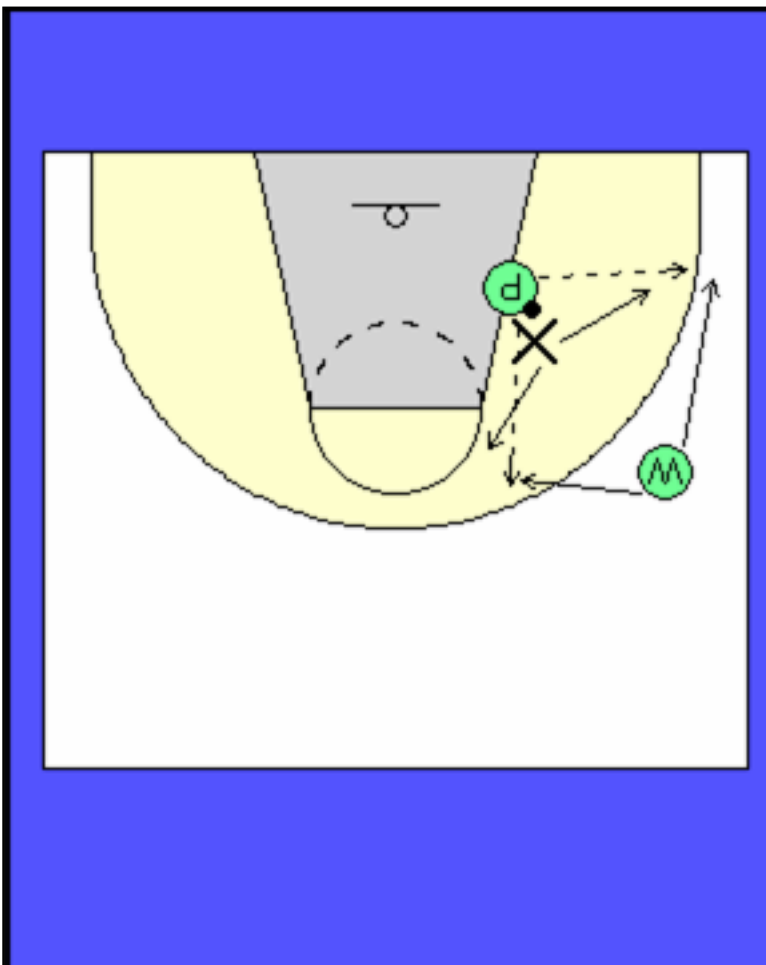
Defence.



Wing player has no dribble, defender is up & in pressuring the pass trying to steal or deflect the ball as often as possible. Reset the drill each time until passer gets the pass in.

Wing passes ball into post & the defender drops right down to hedge at the post making sweeping attempts at pressuring & stealing the ball with out fouling.

We do this on a good post player to put extra pressure on them trying to get them to offload the ball.



The defender must be in a low loaded stance & must see their man whilst hedging down. As the defenders man relocates off the ball they must know where their man is.

Post has the ball for a 3 count then passes to the relocated wing. Defender closes the shot out.

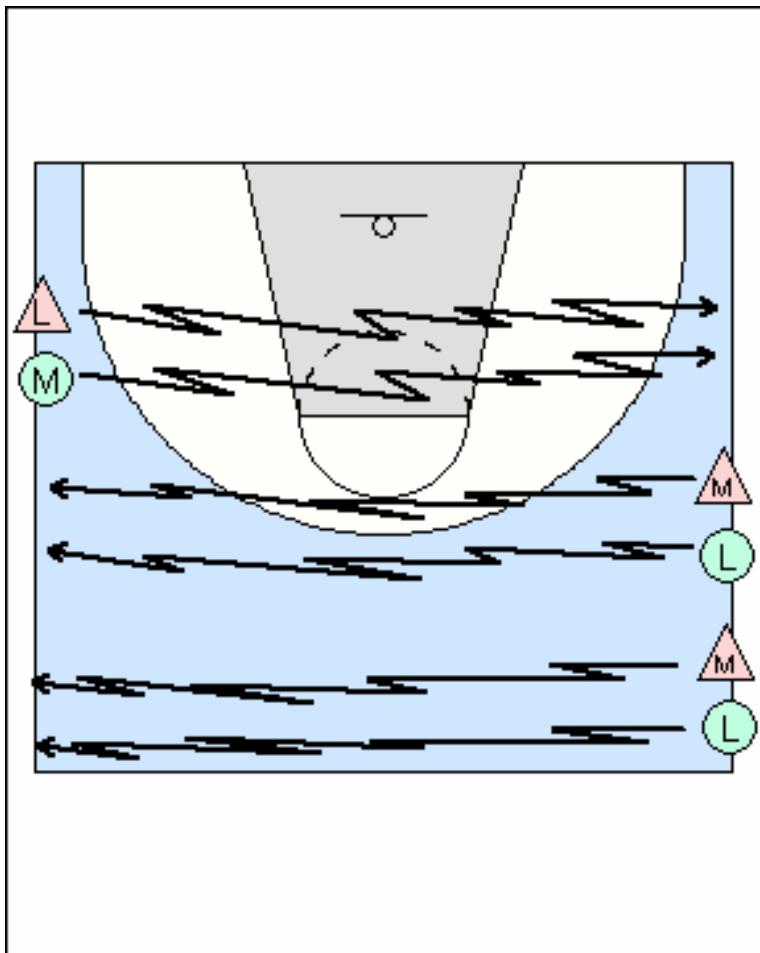
Progress this into full 1 on 1, post steps off.

Progress this to 2 on 1 with post flaring out wide for shot. This will promote scramble defensive rotation.

Rotation is Wing to D, D to Post, Post to Wing.

4.21 Mirror Drill.

Defence.



In this Drill we line the players up in pairs on the sideline & have a lead player paired up with a mirror player.

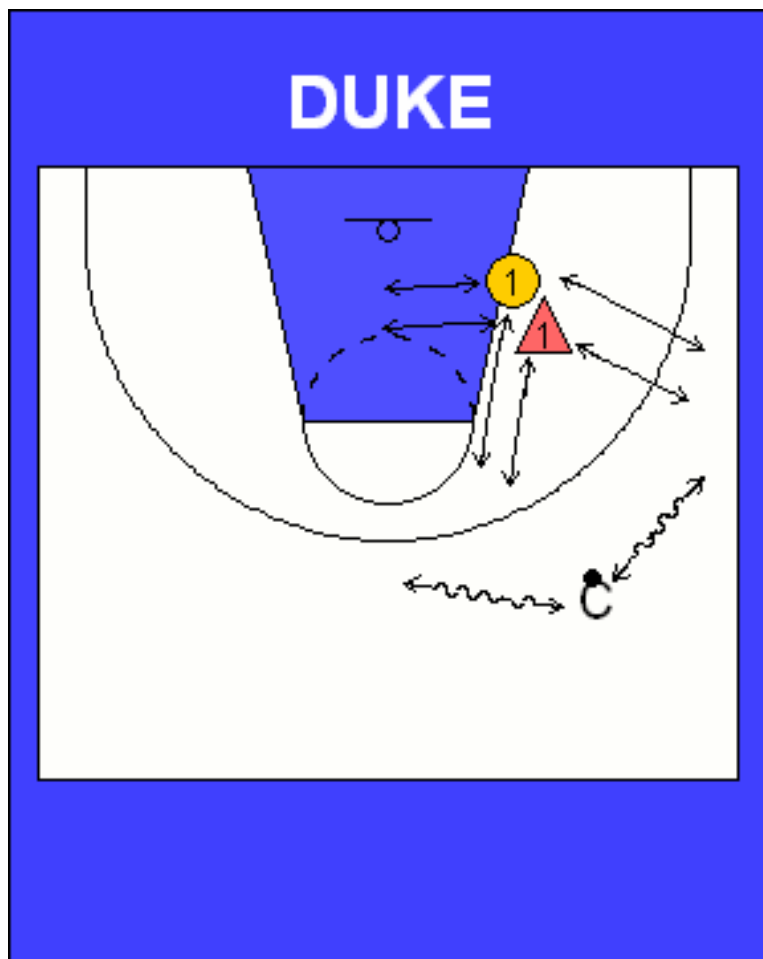
The lead player must take 3 slides across the court and then has the choice of 1 or 2 slides back, then another 3 across with the choice of 1 or 2 back & so on across the court.

Defence must mirror what the lead player does.

Once we get to the other side players swap who leads.

Start players at a slow controlled wide pace over & back, then do it at game pace over & back, then remove the set amount of slides and have the athletes mirror the lead athletes random slides.

4.22 Ins & Outs.



Offence & Defence start in the low block.

Coach is out high with the ball.
Coach dribbles from side to side.

Offence makes leads out to the wing, up high or backdoor according to where the coach is positioned.

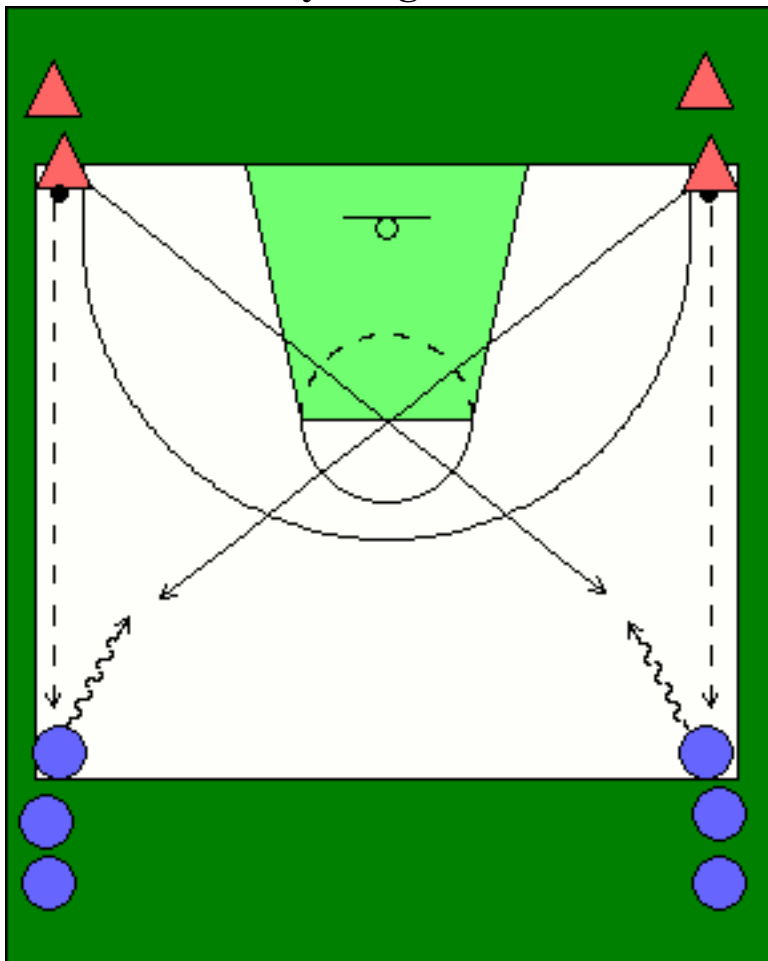
Defence must deny all leads.

Coach can pass the ball at any time & we play 1 on 1 until a score or a stop.

Make sure the defender is vocal making calls such as deny, backdoor, pass, shot, etc.

4.23 1 on 1 Play Diagonals.

Defence.



Line Offensive players on each side of the centre court line & Defenders on each of the Baseline corners.

The first defender on each corner starts with the ball & passes it straight up the lane to the first Offensive player in each line.

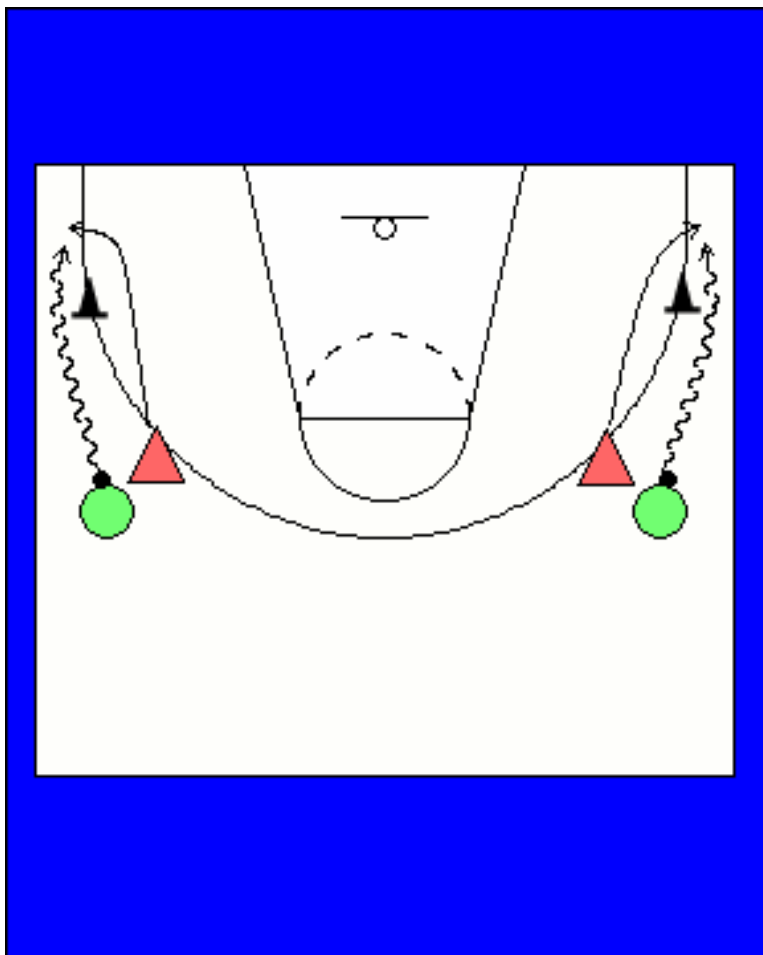
As soon as the pass is made the defenders sprint to defend the Offensive player on the diagonal side of the court.

As soon as the Offence receives the ball they are attacking the hoop with speed trying to beat the closing out defender to score.

Restrict the 1 on 1 one game to the half side the players are now on & play until a score or stop.

Rotate to a different line each time playing both Offence & Defence.

4.24 Slide to Cut off Drill.



Start Offence out high with a ball & a defender guarding the offence.

Offence dribbles the ball to the hat with the defence channelling the offence to the side.

When they get to the hat the defence makes a hard cut off slide to stop the offence dead.

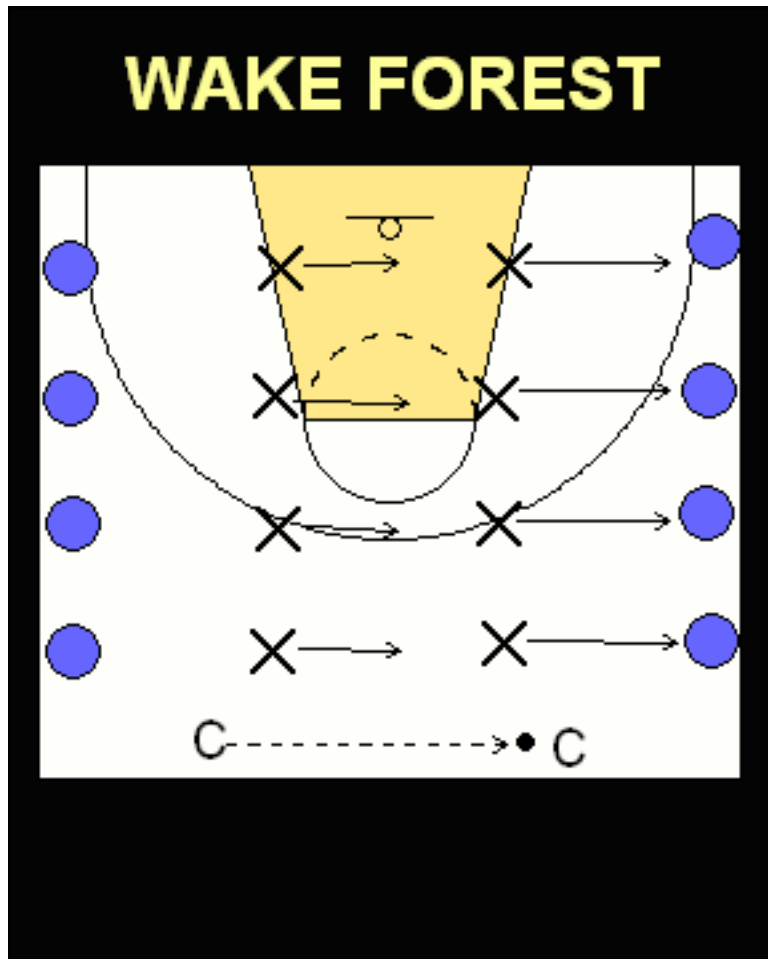
Have the offensive player move the ball from side to side for a 3-5 second count whilst the defender aggressively traces the ball calling "dead, dead, dead".

Advance this to the offence trying to score but can only attack from the corner below the hats.

Use both sides of the floor and swap offence to defence when coach determines.

4.25 Continuous Close Outs.

Defence.



2 Lines of Offence (on the sidelines, facing the split line)

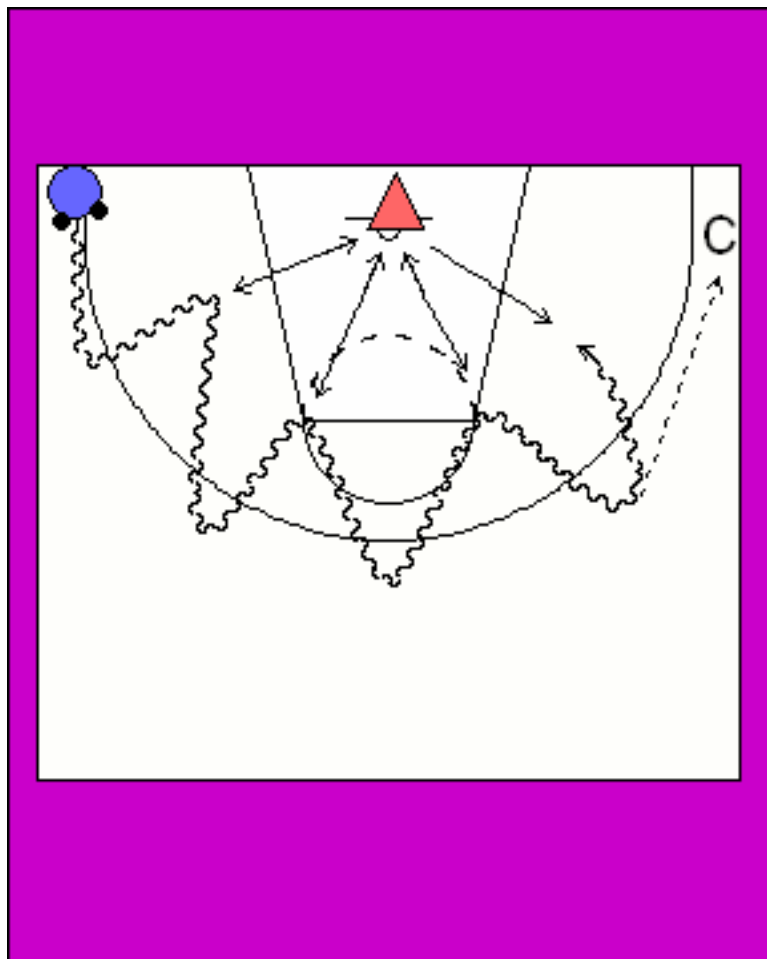
2 lines of Defence (facing the coaches) open stance

On the pass from one coach to the other, all defensive players adjust running to a sideline player closing them out & calling "Ball".

The defensive players closeout continuously as the coaches pass from side to side.

On the coaches command the offensive & defensive lines swap.

4.26 Two Ball Dribble & Closeouts to 1 on 1.



Place 1 Offensive player in the corner with 2 balls & 1 defender under the basket.

Offence dribbles the 2 balls up to the wing then drives toward the basket.

Defence closes the offence out.

Offence retreat dribbles with both balls out high.

Defence retreats to the Basket.

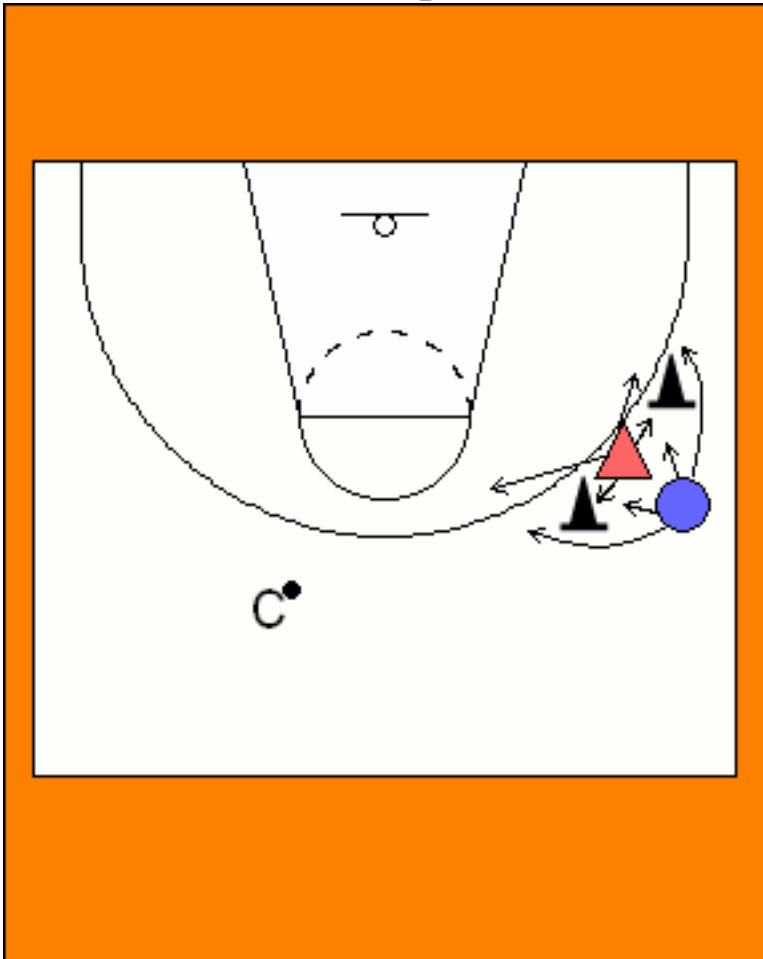
The same is repeated at the elbows of the key by the Offence & the Defence.

Once the Offence gets to the opposite wing they pass 1 of the balls to the coach & then drives to score.

Defence again closes out & we play until a score or stop.

4.27 1 on 1 - Defend Space.

Defence.

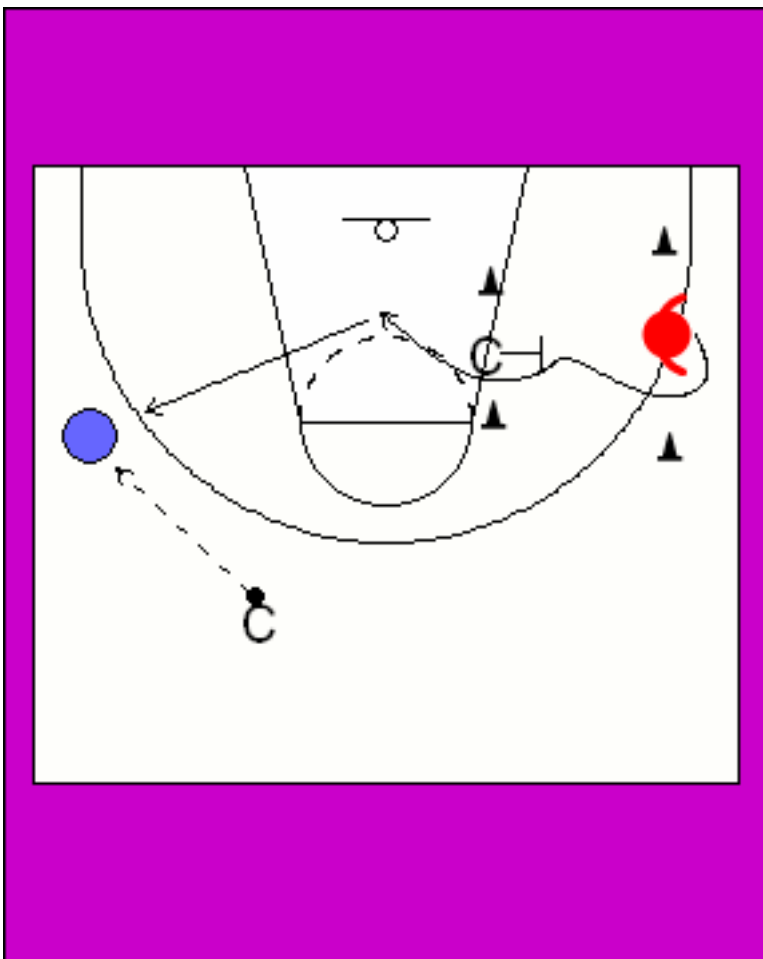


In this drill we set 2 hats approximately 2-3 metres apart.

The defenders goal is to stop the Offence cutting through the gates, they do this by being in stance & countering the Offences moves by cutting them off. Players can use the body to check the cut through the gates. Defence wants the Offence to go outside the gates.

Whichever player wins the battle once the Offence gets through or around the gates the coach will pass the ball & the players play 1 on 1 to a score or a stop.

4.28 Defender Through Drill.



Place 2 hats 3 metres apart so the defence can slide back & forth repeatedly facing the sideline.

Place another 2 hats 1.5 metres apart at the edge of the key. Between these hats we place a coach with a bump pad.

Have a coach or player out high with a ball.

Place an offensive player at the wing.

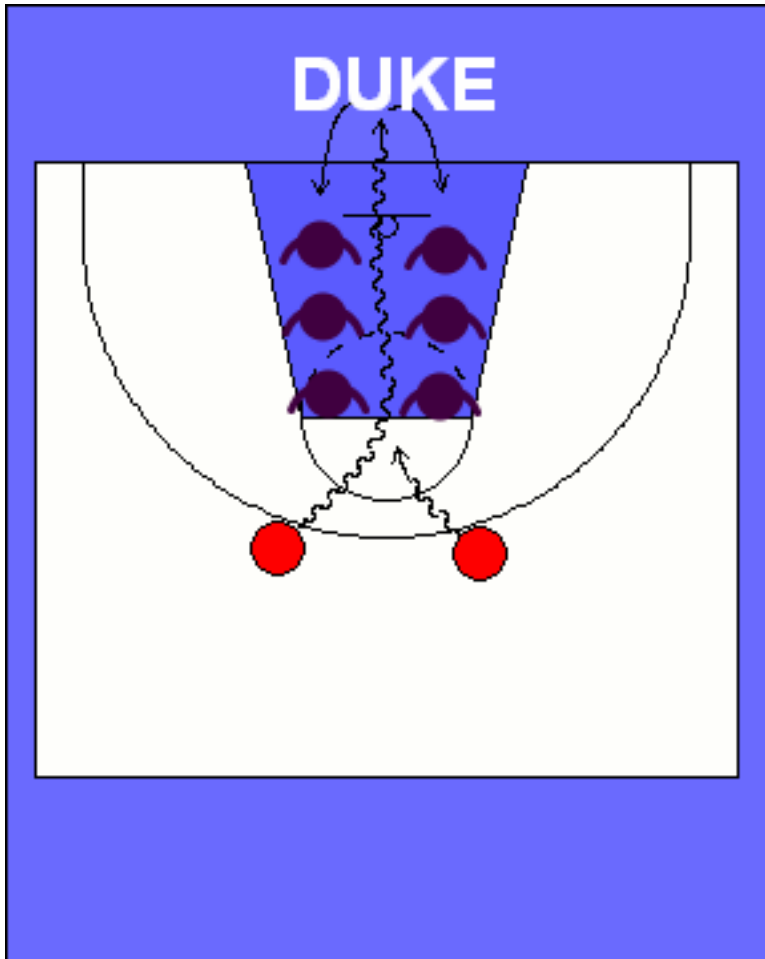
D slides between the hats until high coach calls "Go".

The defender now turns & must get through the gates & the coach with the bump pad 7 on to the split line.

Coach then passes the ball to the wing. The defender closes out & we play 1 on 1 until a score or a stop.

4.29 Gauntlet.

Defence.



Line players up in 2 lines about the width of the F/T line.

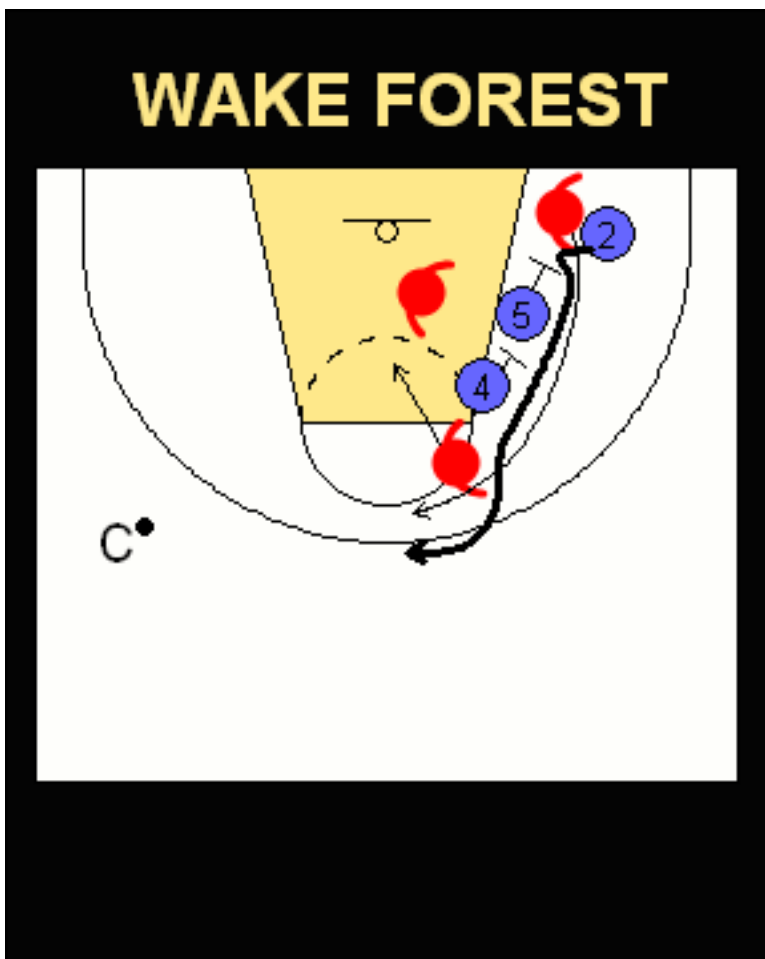
These players become defenders. They must not move the outside foot as it is like a pivot foot

One red player drive through the lane of defenders trying to get to the baseline. Defenders try to steal or deflect the ball.

When the dribbler gets through they join the end of the line & all players shuffle up 1 spot.

The top defenders now become the new dribblers and move out to the centre waiting their turn.

4.30 Staggered Screens Defence.



This is a breakdown of the staggered screen action in offence using 3 on 3.

The 3 man defender forces the 2 man as high as possible squeezing through or trailing the screens as tight as possible.

The first screeners (5) defence drops into the paint to cover the 5 & 4 players on defence in case they slip & cut to the basket.

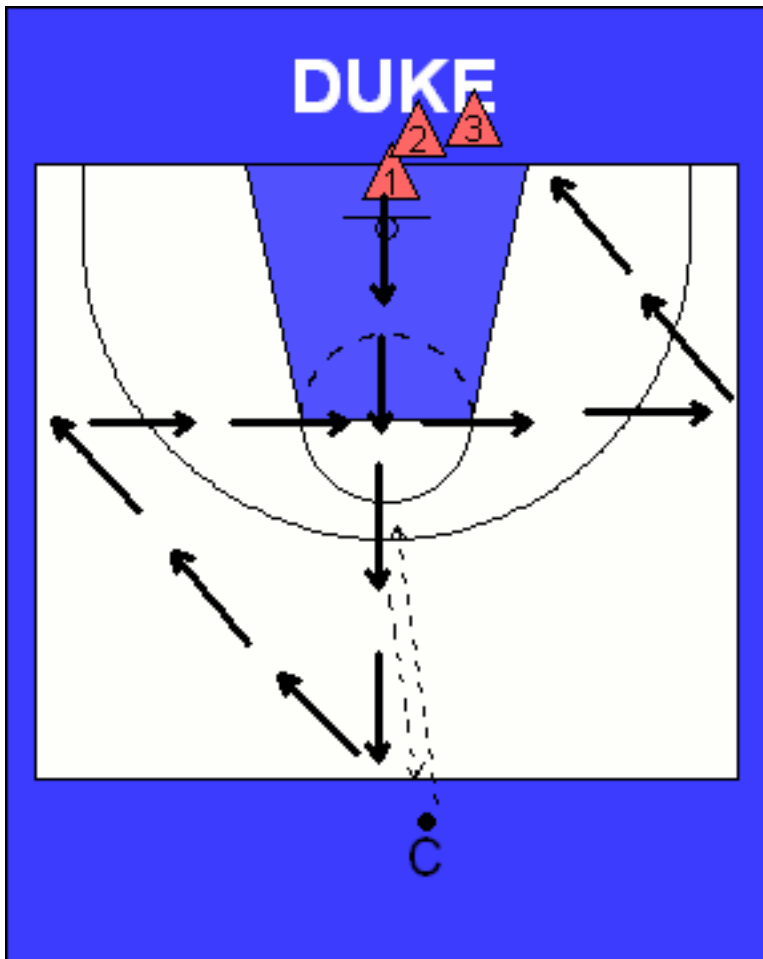
The second screeners (4) defence shows low & wide making the 2 man have to cut out high above the key thus allowing the 2 defender to make a recovery on defence.

The 4 defender then quickly gets back to the key to guard 4.

Play 3 on 3 from the pass. Make sure all players rotate through all spots.

4.31 Duke Slides Drill.

Defence.



Have players bodies facing the right side line as in this diagram but eyes looking toward coach.

Slide out to the half looking toward the coach. Players must be ready as coach may throw a lob pass the player must catch & return to coach.

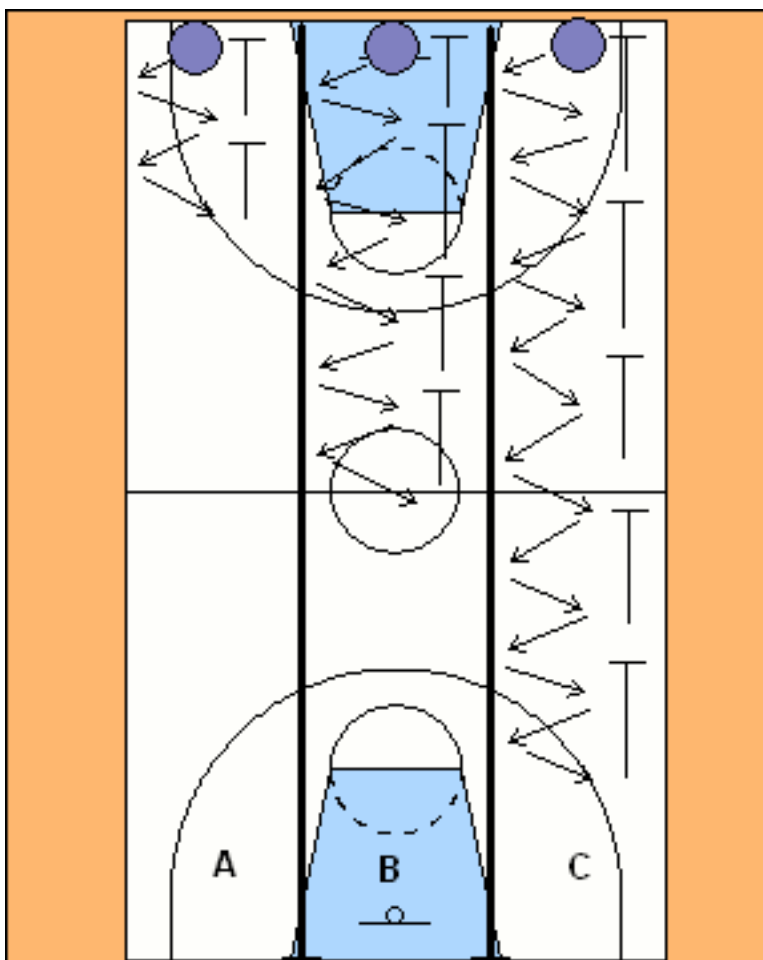
At the half drop step & slide to side line at level of foul line, see the coach.

Players now slide across the court to the other side line facing coach.

Players drop step & slide to start point again seeing the coach at all times.

When first player reaches foul line next goes, communicate when crossing paths.

4.32 Lane Closeouts.



Players start facing nearest baseline in 3 lanes.

All players are to do the same thing at the same time. Players use the whole width of the lane for slides. The diagram is for demonstration purposes only & I am showing closeouts beside the slides.

Coach calls go on each set once last player returns. Make sure good technique is used.

A - Players make 3 hard slides, drop step, 3 hard slides drop step etc to the first foul line. Players then make short sharp closeouts calling ball on each one back to the baseline.

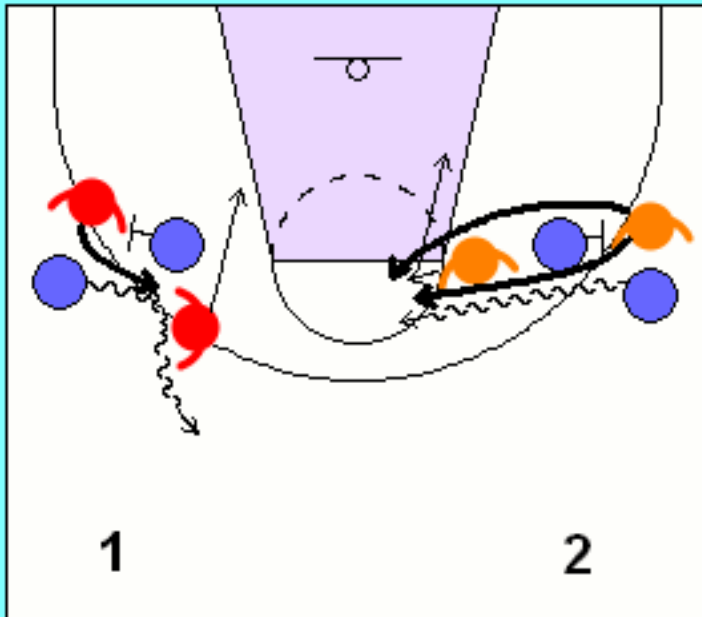
B - Repeat the same thing to the centre line.

C - Repeat the same thing to the far foul line.

D - Not Diagrammed. Repeat the same thing to the far base line.

4.33 On-Ball Screen Defensive Actions.

Defence.

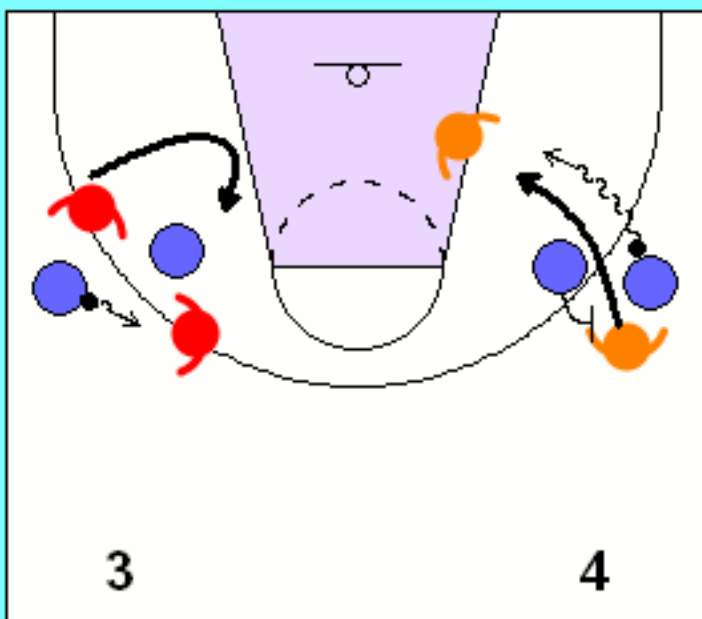


1. Show & Recover. Play 2 on 2. Have players set up in an onball screen action. The ball handlers defender forces the offence over the screen. The screening defender must announce the type of screen, left, high & then show low & wide in stance forcing the offensive player to divert direction away from where they want to drive. The ball handlers defender must follow over the screen & reapply full ball pressure as soon as possible. The screeners defender scrambles back to their player.

2. Shallow Show. Play 2 on 2. Set up as previous. The ball handlers defender forces the offence over the screen. The screening defender must announce the type of screen, right, high & then keeps a low & wide shallow stance sliding with the offence. The ball handlers defender can follow over the screen or slip under the screen & reapply full ball pressure on their player as soon as possible. The screeners defender scrambles back to their player.

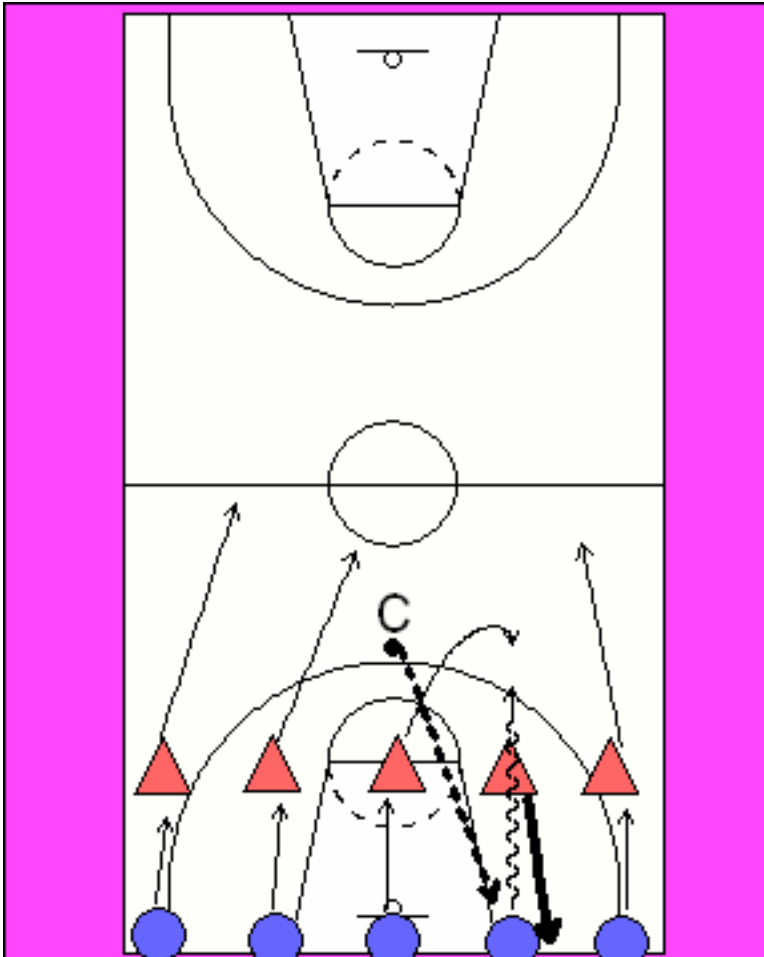
3. Switch. Play 2 on 2. Set up as previous. The ball handlers defender forces the offence over the screen. The screening defender must announce the type of screen, left, high & then be in a low & wide stance switching onto the offensive player with the ball. The ball handlers defender quickly rotates down to the screener to defend that player.

4. Force Low. Play 2 on 2. Set up previous. The ball handlers defender forces the offence down low not allowing them over the screen. The screening defender must announce the type of screen, right, high & then drops of into the keyway blocking up the lane ready to help on any penetration. The ball handlers defender can follow through with the offence & reapply full ball pressure as soon as possible. The screeners defender then scrambles back to their player.



4.34 Bounce the Base & Chase.

Defence.



Coach is out high with a ball.

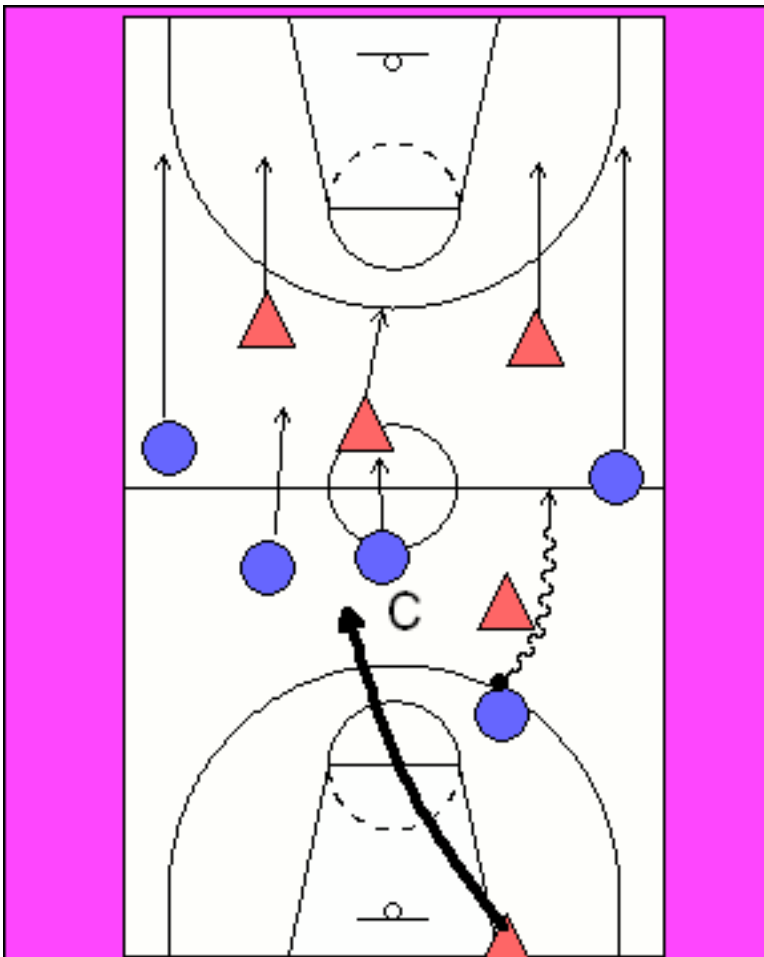
Have 5 players line up on the baseline on Offence & 5 players on Defence in a ready stance across the floor at foul line level.

When the coach throws an offensive player the ball the corresponding defender must sprint to touch the baseline with their foot.

All other players sprint the floor in transition down to begin the break 5 on 4 trying to score.

The defender that is closest to the ball should immediately pressure the ball handler to slow the offensive transition down.

Note: If the ball is passed to the player as shown avoid having the outside defender come to defend the ball as it will leave that whole side of the floor without a defender.



All defenders scramble back to rotate on any offensive players who receive the ball until the loose defender scrambles back.

Once the defender that has to touch the baseline has done so they sprint back to find the offensive player that does not have an opponent.

When all are matched up play 5 on 5.

Swap offence to defence at each end.

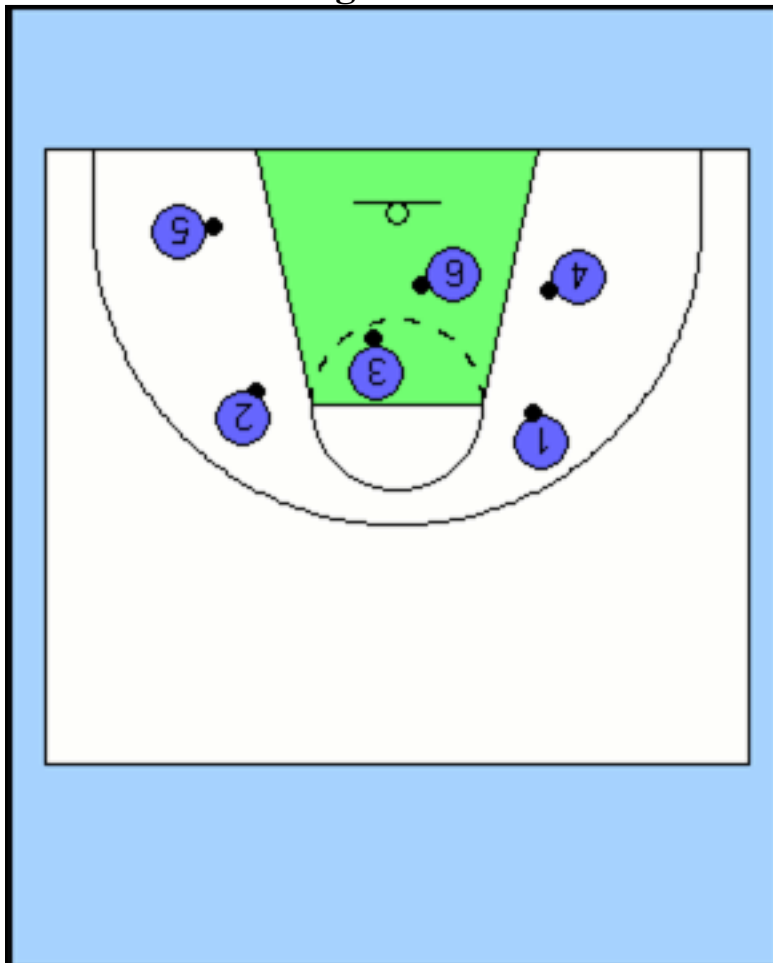
Play to scores, stops or a set time.

Section 5: Dribbling.

- 5.1 Ball Handling – Knock out.**
- 5.2 Dribble 3 Hats.**
- 5.3 Dribble touch & Spin.**
- 5.4 Dribble the Hats.**
- 5.5 Dribble Counter Moves to Shot.**
- 5.6 Ball Handling Warm up.**
- 5.7 Dribble, Slide, Drive**
- 5.8 Dribble, Slide, Shot.**
- 5.9 Dribble, Slide, Drive.**
- 5.10 Drive through the box to 1 on 1.**
- 5.11 Ball Handling – 2 Ball & Back up Dribbles.**
- 5.12 Dribble, Slide, Drive.**
- 5.13 Duke Dribble Protection Drill.**
- 5.14 Full Court Dribbling With Counter Moves.**

5.1 Ball Handling – Knock out.

Dribbling.



Ball handling
Protection dribble

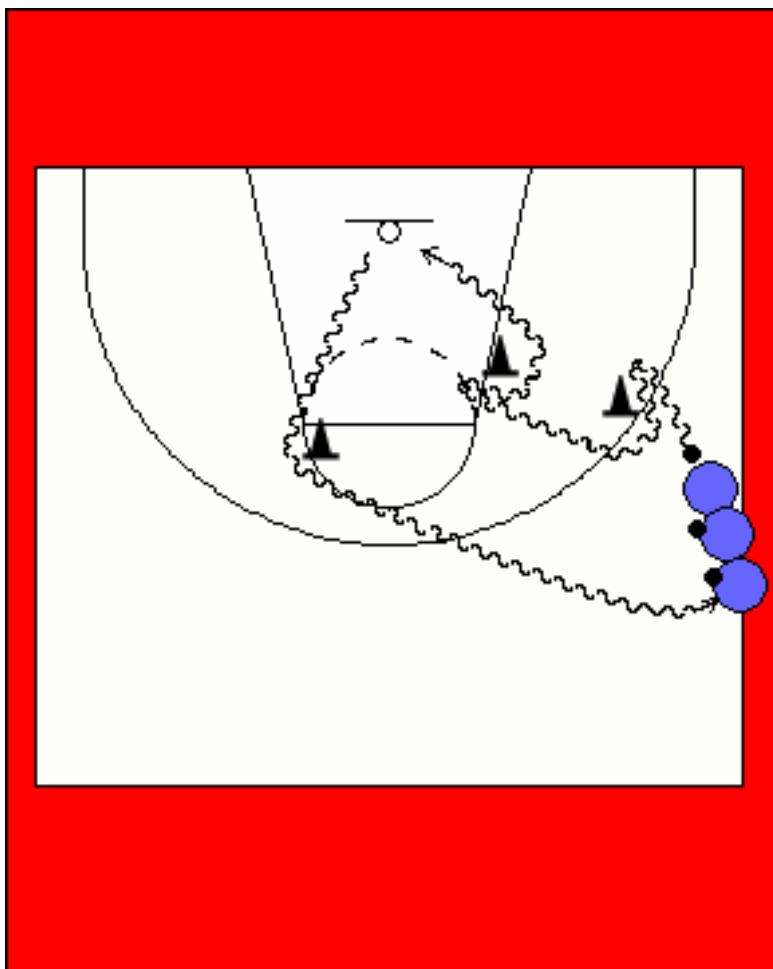
In a restricted area (3 point area) everyone dribbles & tries to steal the ball off a team mate.

If a player loses or fumbles their ball they are out.

As the group shrinks reduce the dribbling area to the keyway or the foul shot circle.

Play until there is 1 winner.

5.2 Dribble 3 Hats.



Each player has a ball

Players drive at the first 2 hats & perform a retreat dribble, hard crossover then drive to the second hat & repeat. After the second hat the player lays the ball up, rebounds the ball & dribbles around the 3rd hat to return to the line.

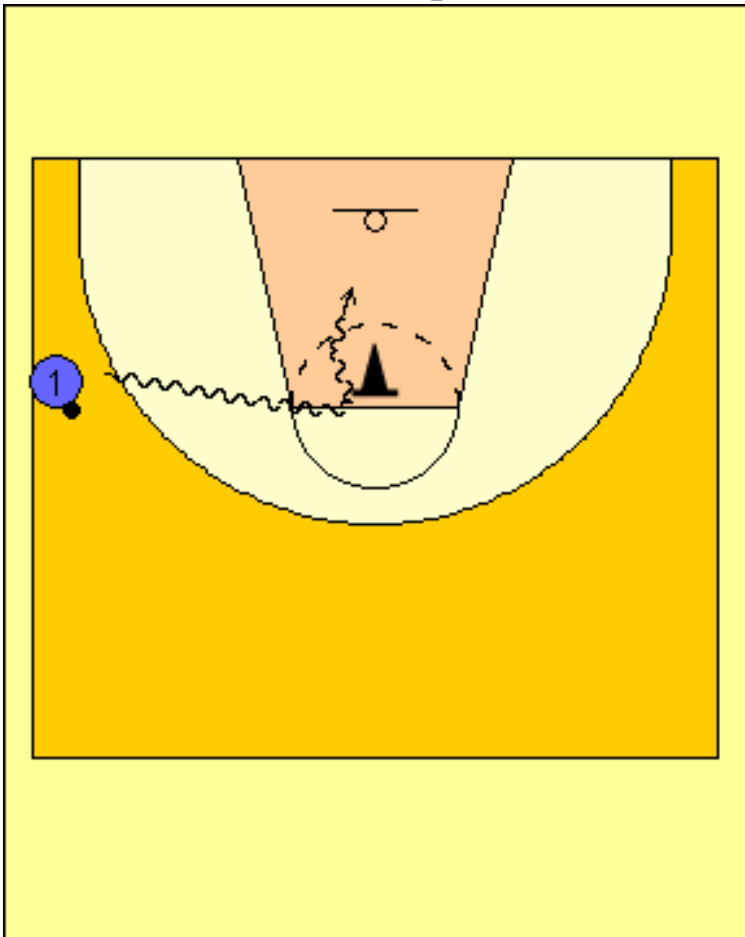
Progress to the players making a triple cross over dribble at each of the 2 hats then drive.

Progress to 3 continuous behind the back dribbles at each hat.

Any change of direction dribble the coach calls can be used.

5.3 Dribble touch & Spin.

Dribbling.



Player 1 dribbles towards the chair in the middle of the key & touches it with their non-dribbling hand.

Player 1 then makes a spin or other dribble move & shoots the ball.

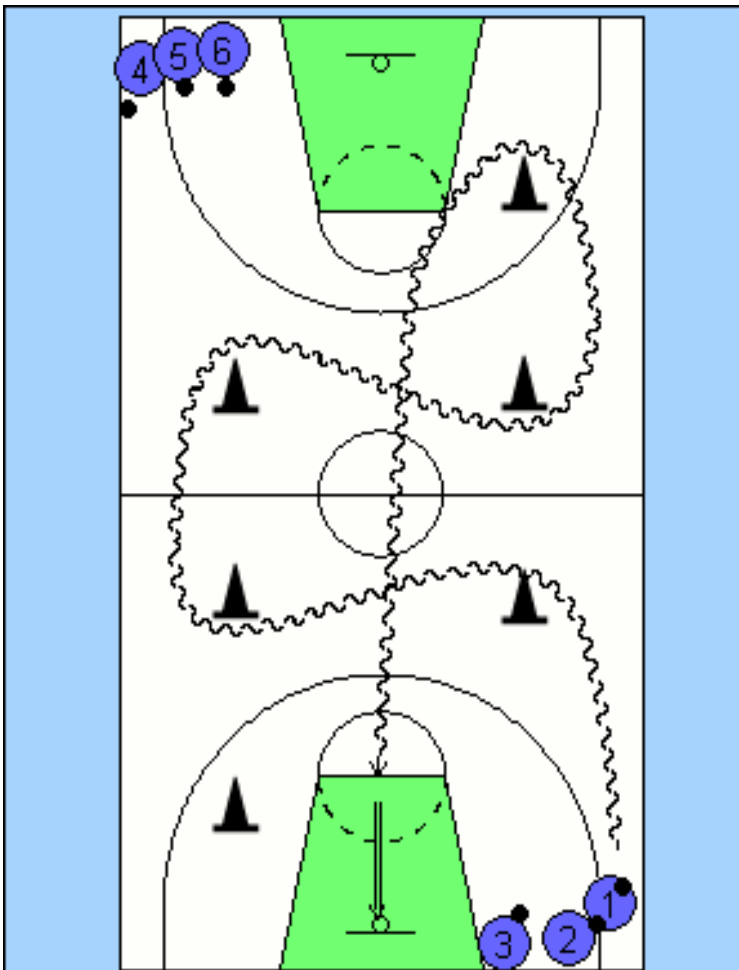
Note:

In the diagram, player 1 should dribble with their right hand (hand furthest away from the basket).

Variation:

Change sides and hands.

5.4 Dribble the Hats.



Players & hats set up as shown

*Note: We are only showing the one ball handlers path in this diagram due to neatness. The same pattern will be run from the other end obviously opposite to what you see here.

1. Players at both ends leave at the same time on coach's whistle & follow pattern as shown.

2. Once 1 & 4 have gone around the second pylon the next players in line respectively follow.

Variations:

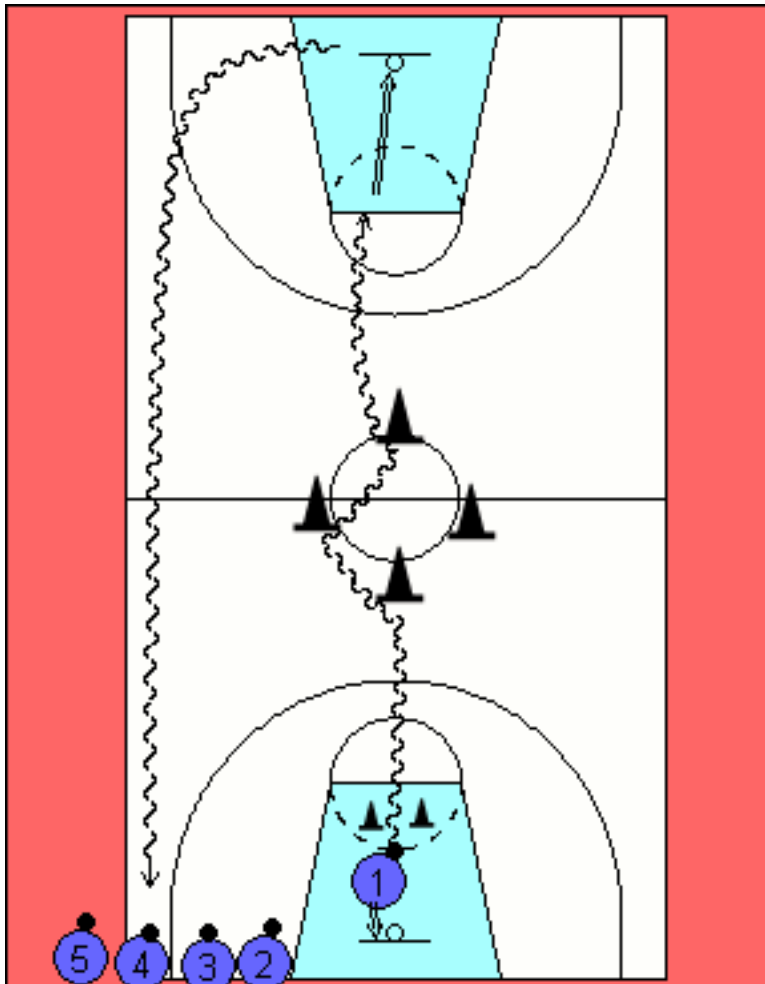
- Only dribble with right hand, only dribble with left hand, crossover at pylons, reverse at pylons etc.

Notes:

- Keep their heads up
- Great drill for tryouts, you get a lot of kids moving at once & the coaches can sit back and evaluate.

5.5 Dribble Counter Moves to Shot.

Dribbling.



Place 4 chairs or large hats around centre circle.
Place 2 smaller hats in the keyway acting as gates to dribble through.

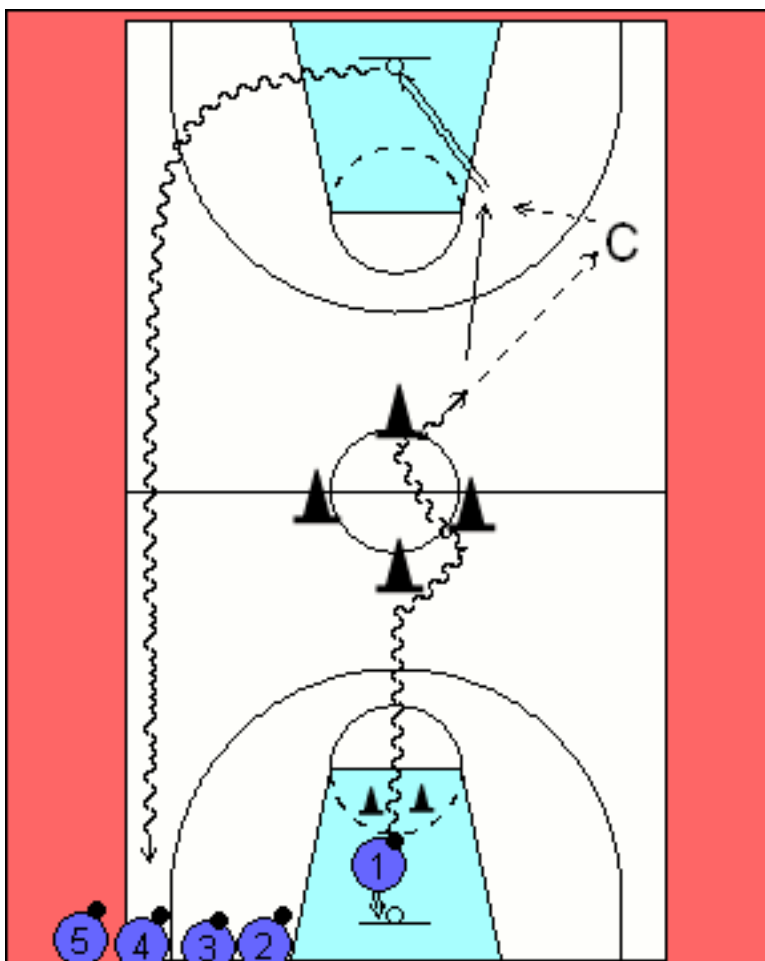
Players line up on the baseline with a ball.

One Player steps onto the floor & throws the ball up onto the backboard, rebounds, pivots & dribbles through the starting gates. When one player reaches the centre hats the next can go.

Dribble to the centre court make a dribble counter move at the first hat (go either direction), dribble to the next hat to make a dribble counter move & then repeat at the third hat.

Player then dribbles to a lay-up or shot.

Player rebounds the ball and dribbles the length of the floor to start again.



The same sequence is repeated here to the last hat.

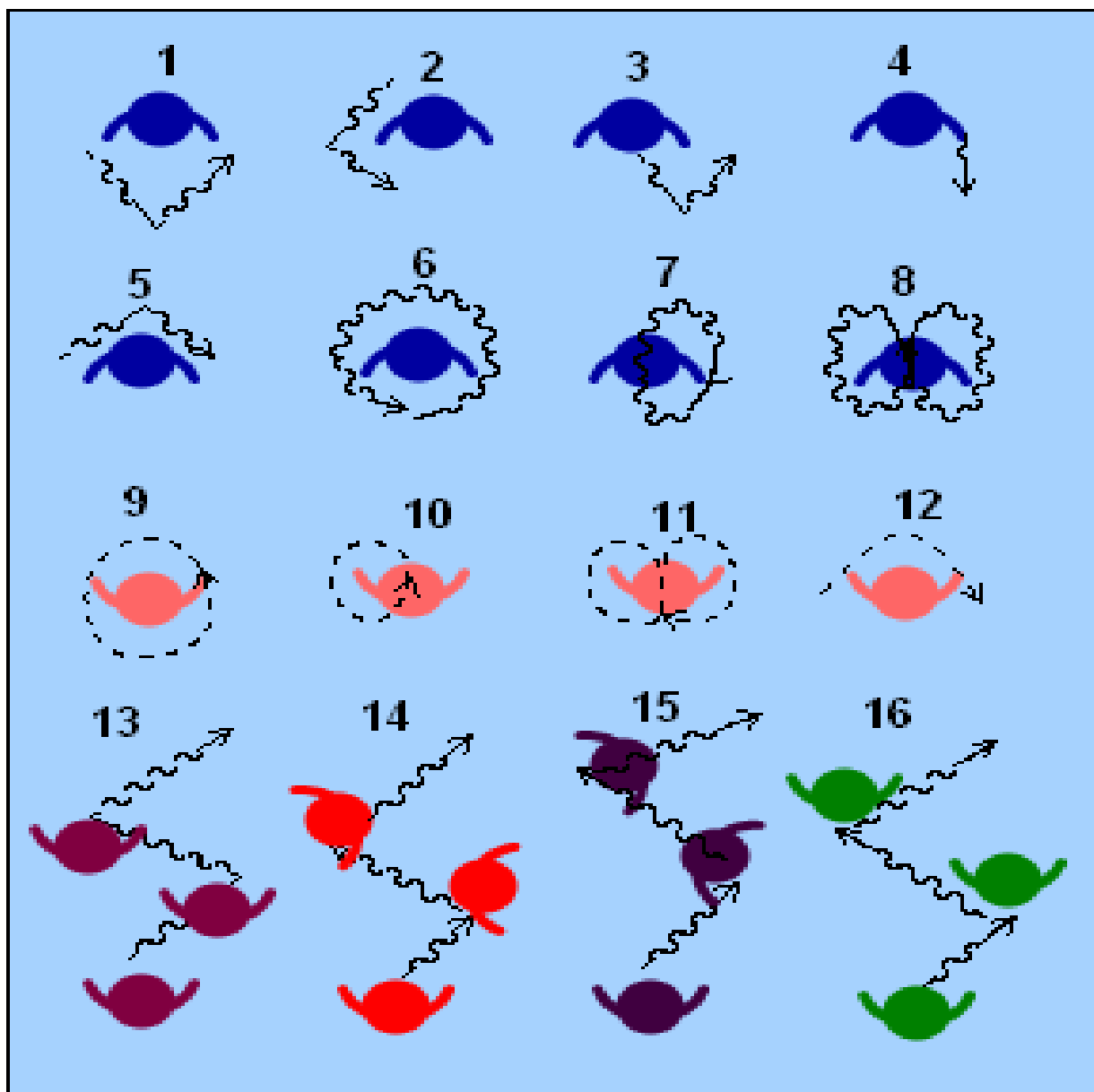
Once dribbling off the last hat the player now throws a pass to the coach then cuts hard toward the basket looking for the pass back from the coach.

Coach will determine whether players shoot lay-ups, jump shots or 3 pointers.

Player rebounds ball & dribbles back again.

5.6 Ball Handling Warm up.

Dribbling.

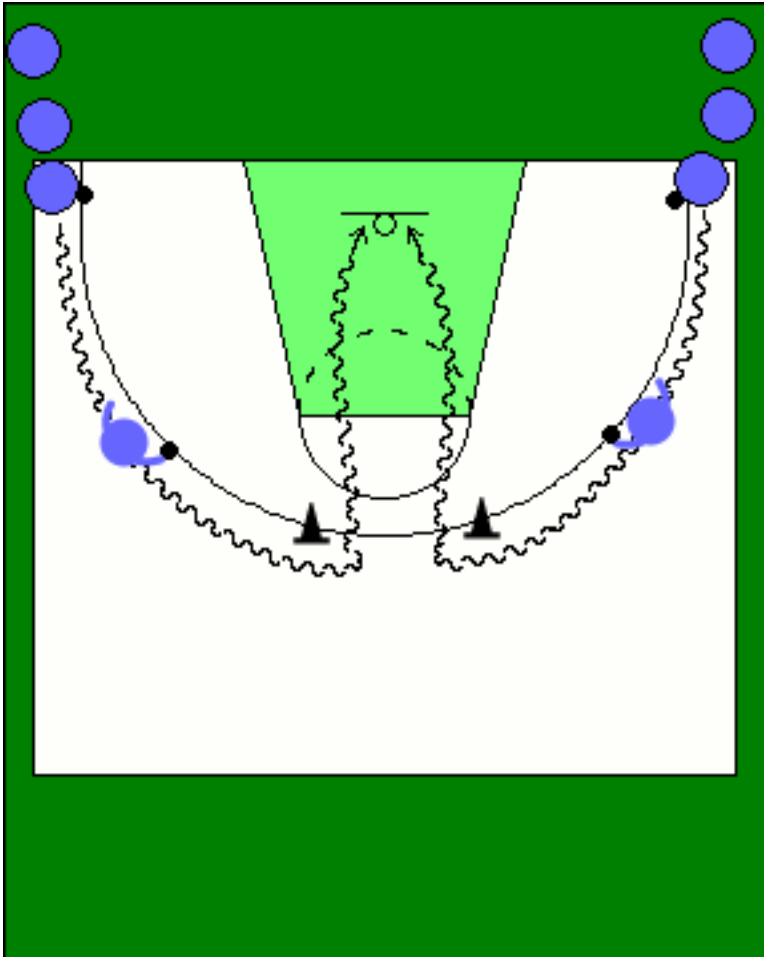


Ball Handling - to be done in stance & with eyes up. Hard controlled dribbles are to be used. Make sure athletes go both directions & use both hands.

1. Crossover Dribbles.
2. 1 hand Dribble to side back & forth, L & R.
3. 1 hand Dribble in front side to side, L & R.
4. Machine gun - quick low dribbles, L & R.
5. Behind the Back Crossover Dribbles.
6. Around the Body Dribbles.
7. Around 1 Leg Dribbles.
8. Figure 8 Dribbles.
9. Body Wrap - waist, legs, head & combo.
10. Around 1 Leg Passes.
11. Figure 8 Passing around legs
12. Giant Arm Swings - swing ball from arm to arm going high, low, high.
13. Crossover Dribbles on the move up floor.
14. Reverse Spin Dribbles moving up the floor.
15. Between Legs Dribble moving up the floor.
16. Behind the Back Dribble moving up the floor

5.7 Dribble, Slide, Drive.

Dribbling.

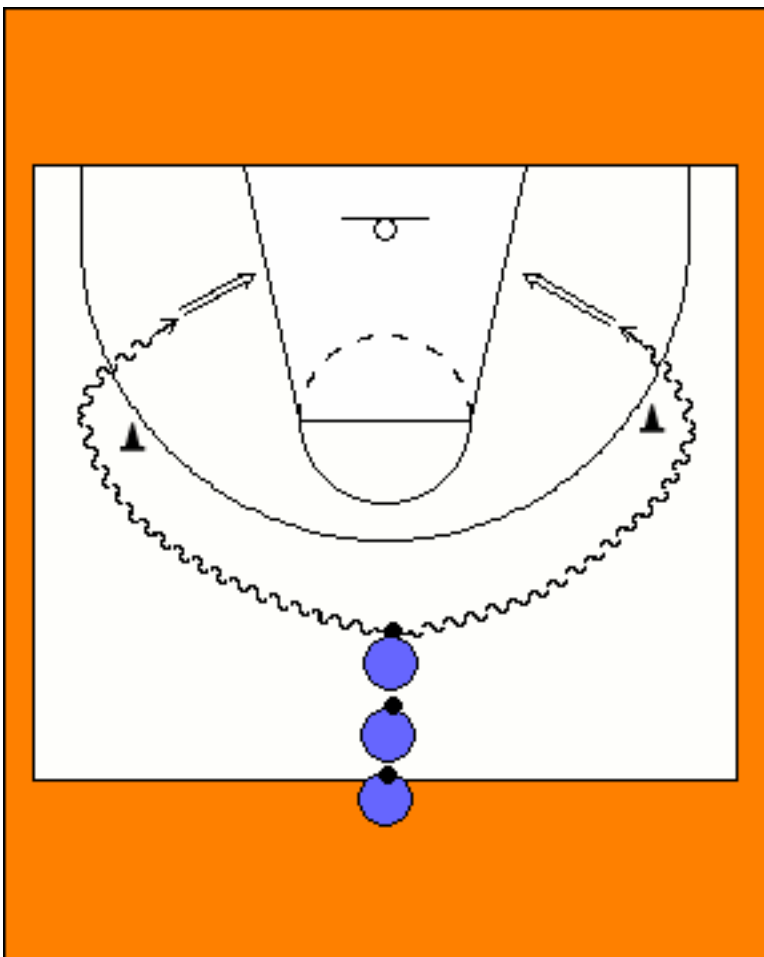


Players start on the baseline & slide with a crab dribble using the hand to the centre of the court.

The crab dribble ends at the hat & the player drives hard to the basket for a lay up.

Progression of this can be for the players to make 1 or 2 changes of direction at the end of the hat with a cross over, between the legs, reverse spin, behind the back, etc, then drive to the basket.

5.8 Dribble, Slide, Shot.



Players start at the point spot with their own ball.

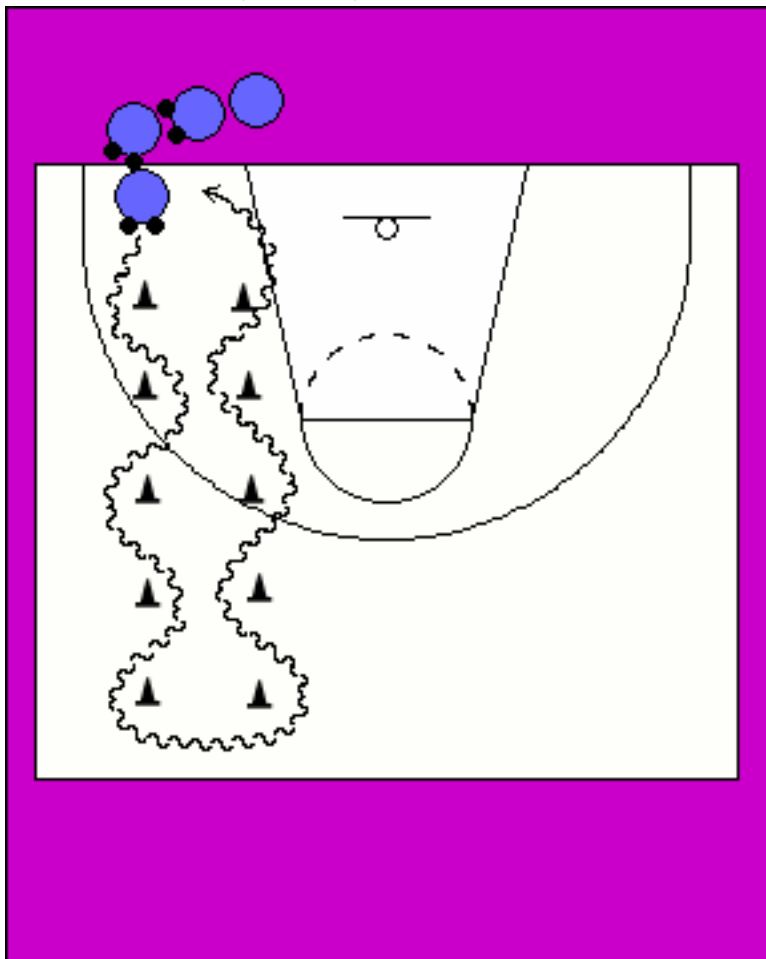
Have players use a defensive slide movement whilst dribbling the ball with their outside hand.

Players turn the corner when they reach the hat to attack the basket for the drive or the jump shot.

Player rebounds their own shot & rejoins the line.

5.9 Dribble, Slide, Drive.

Dribbling.



Players line up on the baseline with 2 balls each.

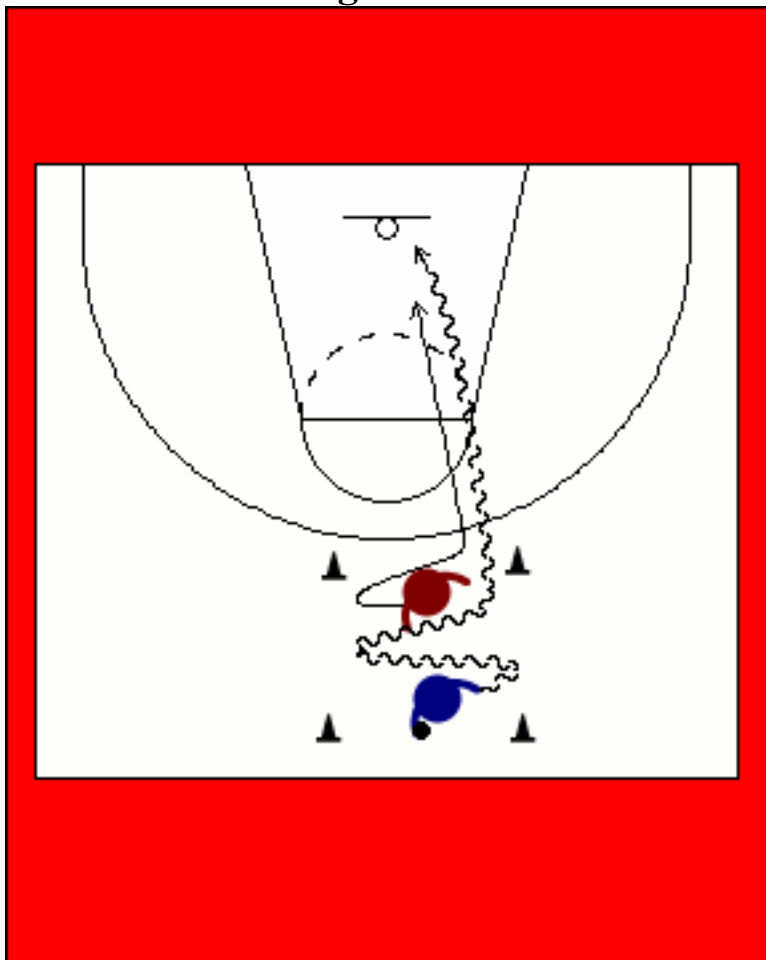
Players dribble the 2 balls around the hats as shown using a variety of methods.

Two balls bouncing together, alternating dribbles, 2 ball crossover, reverse spin dribble, etc are some methods used.

Players work up the line & back down the other side to rejoin line & pass balls to next player if necessary.

Focus on good dribbling stance, eyes up, good ball control.

5.10 Drive through the box to 1 on 1.



Players play 1 on 1 in the designated area as shown with hats.

Defence tries to stop the offence leaving the box through the base line side of the hats.

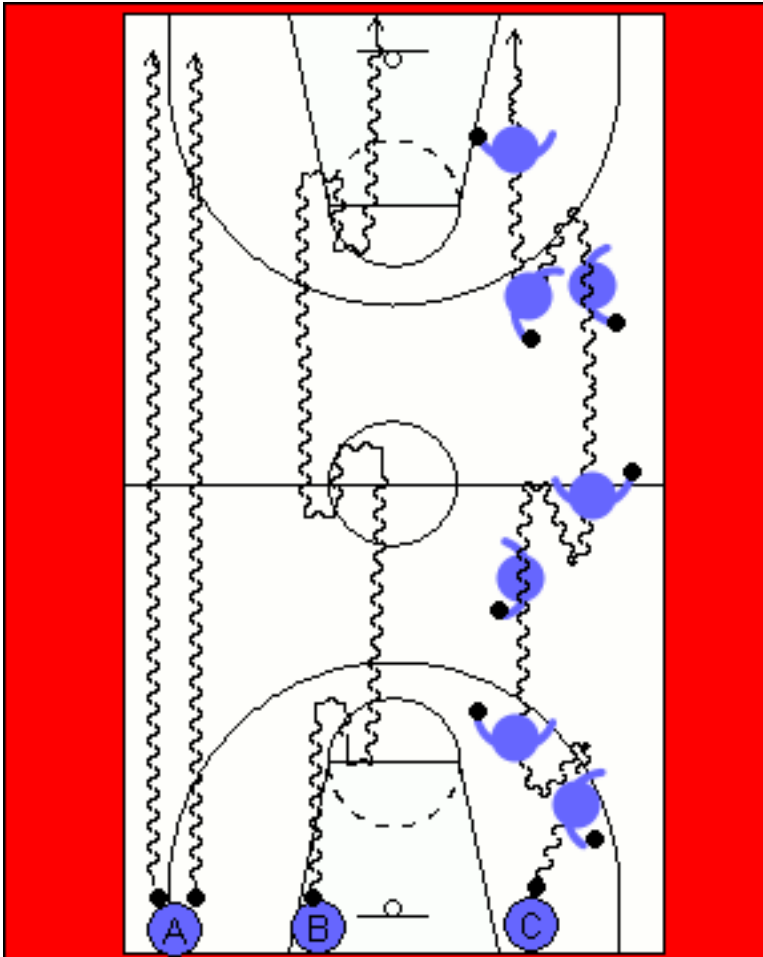
Offence works until an open opportunity arises to beat the defender through the gap & drives to the basket trying to score on their opponent.

Played at game intensity on both offence & defence.

Box can be moved from point spot out top to the wings.

5.11 Ball Handling – 2 Ball & Back up Drabbles.

Dribbling.



A. 2 ball dribbling the length of the floor & back, emphasise firm dribbling of the ball & eyes up.

B. Hesitation dribble (back up dribble)

Purpose: To teach vision & protection of ball after a stopped penetration or a fast break.

Procedure

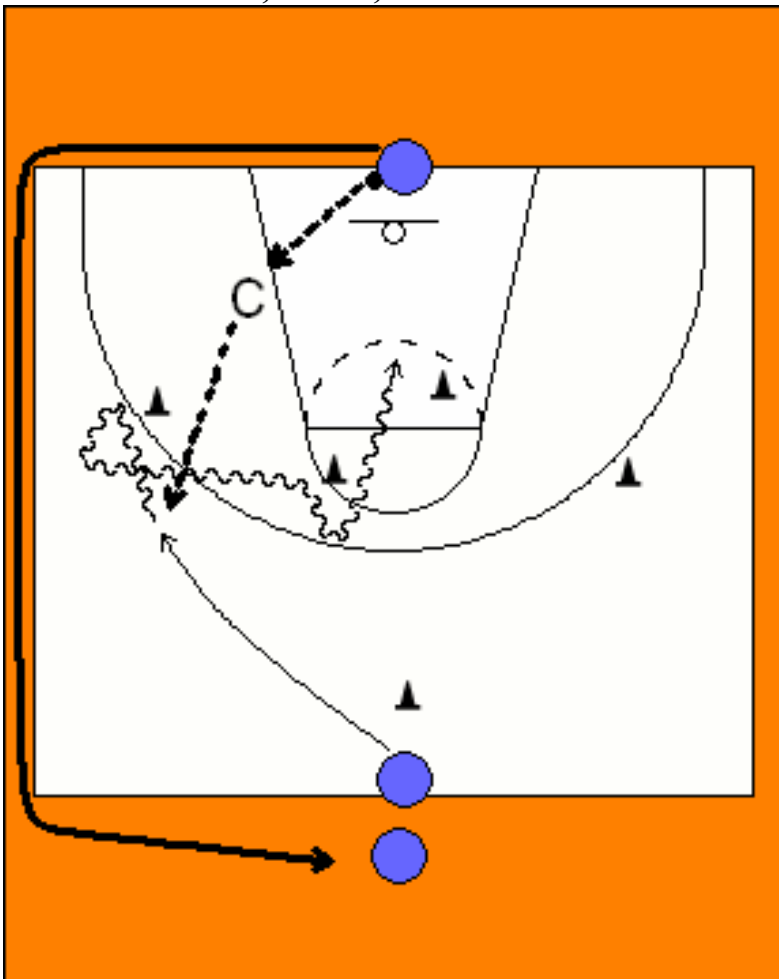
On the free throw line, 1/2 court line, far free throw line do the following tasks:

Speed dribble, protection dribble, back up dribble, cross over dribble, speed dribble.

C. Another version of Hesitation Dribble.

The last 2 or 3 steps of the forward dribble have the player turn the body away from the imaginary defender drawing the ball away from the defender, crab forward to the foul line, back dribble, crossover & explode into another forward dribble. Repeat up floor.

5.12 Dribble, Slide, Drive.



Players line up on the centre line, coach is in the low post.

Hats are placed randomly anywhere on floor.

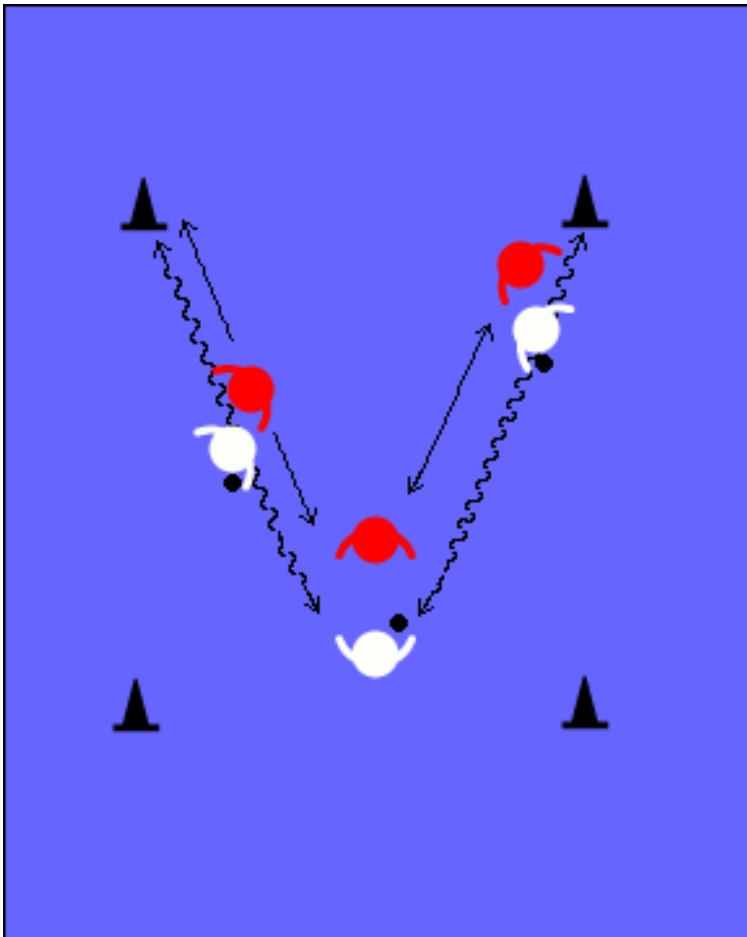
The player leads in any direction at all & the coach passes the ball to the player.

On receiving the ball the player must dribble to the nearest hat, make a dribble move at that hat, dribble to any of the other hats, make another dribble move & drive to the basket for the lay-up or jump shot.

The player rebounds their own shot, passes the ball to the coach & returns to the centre to repeat the drill. Players can work both sides of the court & dribble moves can be retreat, between legs, reverse, behind back, crossovers, multiple combinations, etc.

5.13 Duke Dribble Protection Drill.

Dribbling.



Place 4 hats in a 4 metre box area.

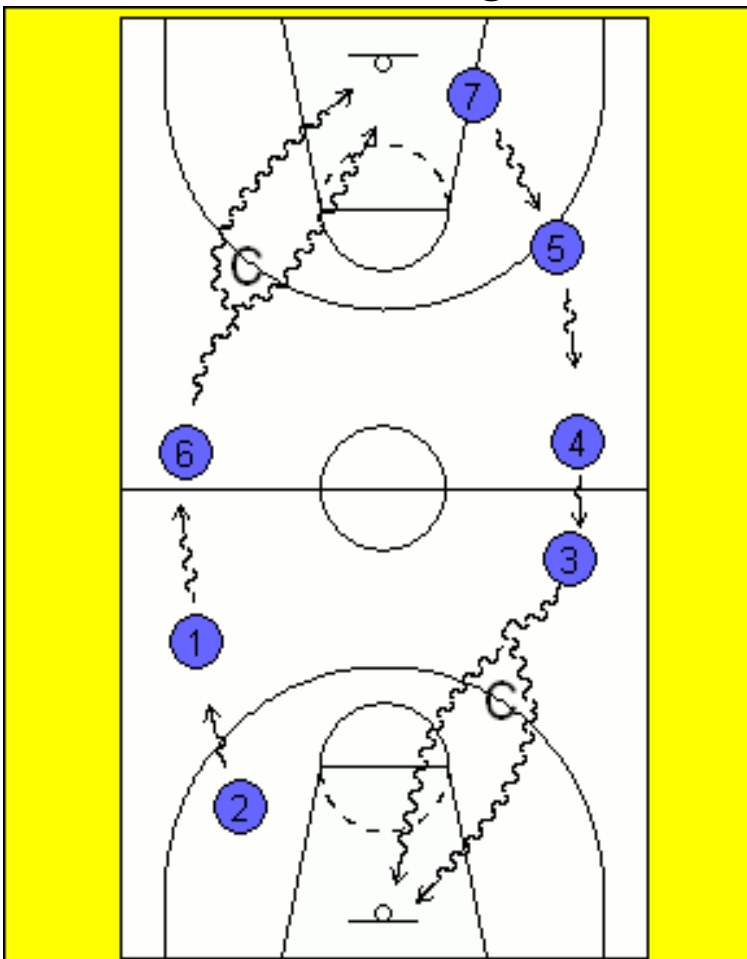
Have 1 Offensive & 1 Defensive player match up at the bottom of the box. Drill is timed for 1 min.

On the coaches call the Offence starts dribbling to one of the top hats. Offence turns their back side to the Defence and keeps the ball well away from them.

Offence slide dribbles aggressively to the top hat & back then reverses to the other hand to attack the other high hat working back & forth in a V. Offence is looking to place the lead foot above the defenders looking for the opportunity to blast past them.

Defence is very active in trying to steal the ball & arm barring the Offence, if the defence is lazy the Offence can blast past the Defender to touch the top hat.

5.14 Full Court Dribbling With Counter Moves.



Each player has their own ball. Have players dribble full crt to the coach.

The coach puts an arm out to act as a gate, the player must react & go opposite side of the extended arm.

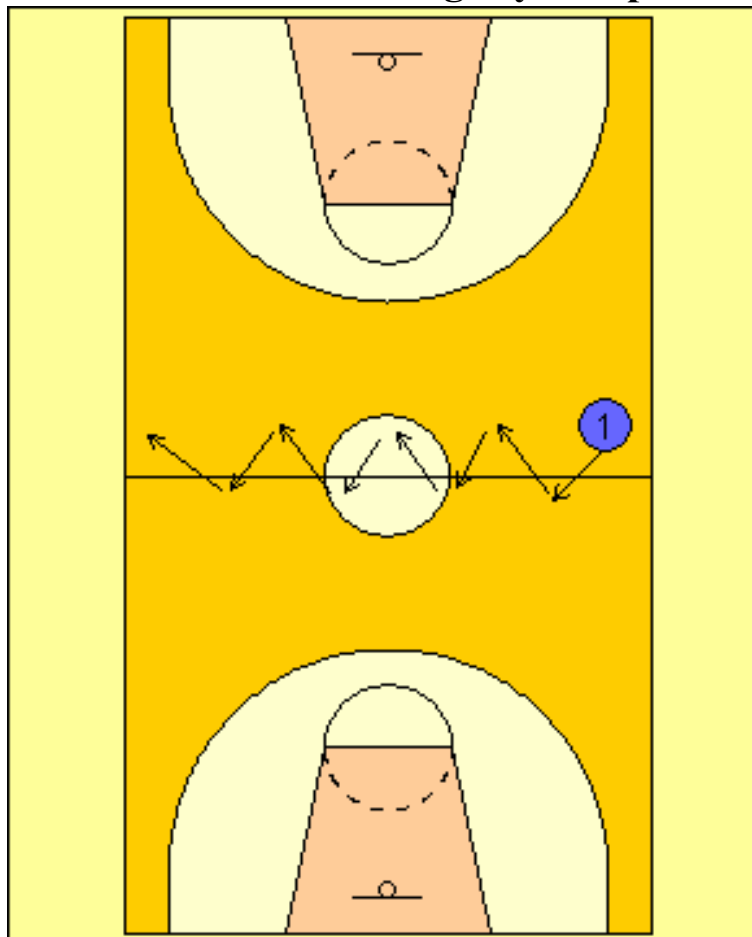
The player makes a dribble move & lay-up.

This is a warm up drill but must be done with intensity.

Section 6: Drills.

- 6.1 Footwork Drill - Agility Jumps.**
- 6.2 Footwork Drill - Sprint, Jog, Sprint.**
- 6.3 Full Court 3 on 2 continuous.**
- 6.4 Shot, Boards To Press.**
- 6.5 2 on 3 Rotation Drill.**
- 6.6 Dribble & Slide.**
- 6.7 Dribble Pass, Drive Drill.**
- 6.8 Station Work.**
- 6.9 3 on 3 Continuous.**
- 6.10 3 Man Tap Drill to 2 on 1.**
- 6.11 Footwork Drill – Z Drill.**
- 6.12 Agility Footwork Drill – Stations.**

6.1 Footwork Drill - Agility Jumps.



Lateral Jumps

Purpose:

To develop coordination, foot quickness & improve conditioning

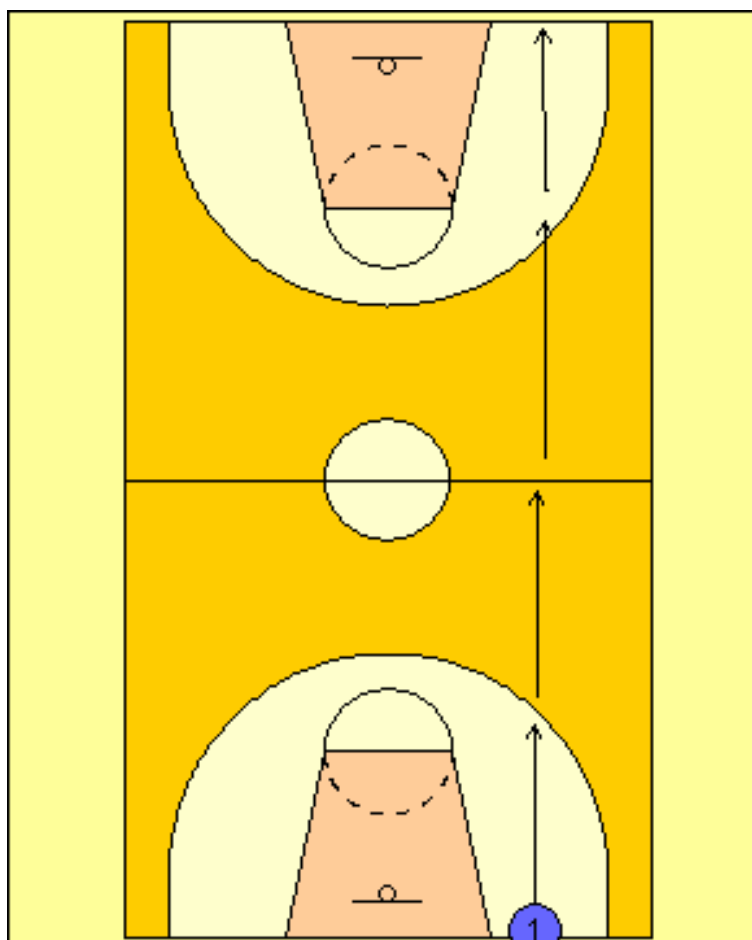
Method:

Player starts with both feet on one side of a line on the court. The player jumps rapidly & continuously landing on one leg from one side of the line to the other.

Variation:

Two foot landings with feet together going from side to side.

6.2 Footwork Drill - Sprint, Jog, Sprint.



**Footwork drills
Sprint-Jog-Sprint**

Purpose :

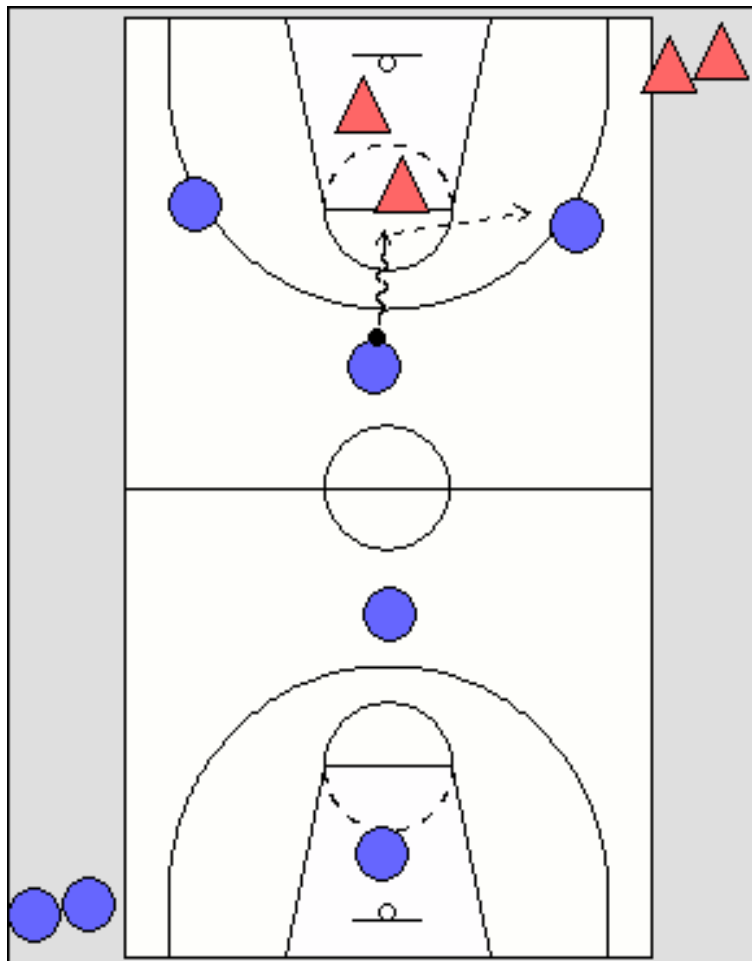
Quick start & ability to change speed while running

Procedure:

The players line up along the end line. On signal the players sprint to free throw line, jog to 1/2 court line, slowdown & sprint to the far free throw line, the jog to the end line.

6.3 Full Court 3 on 2 continuous.

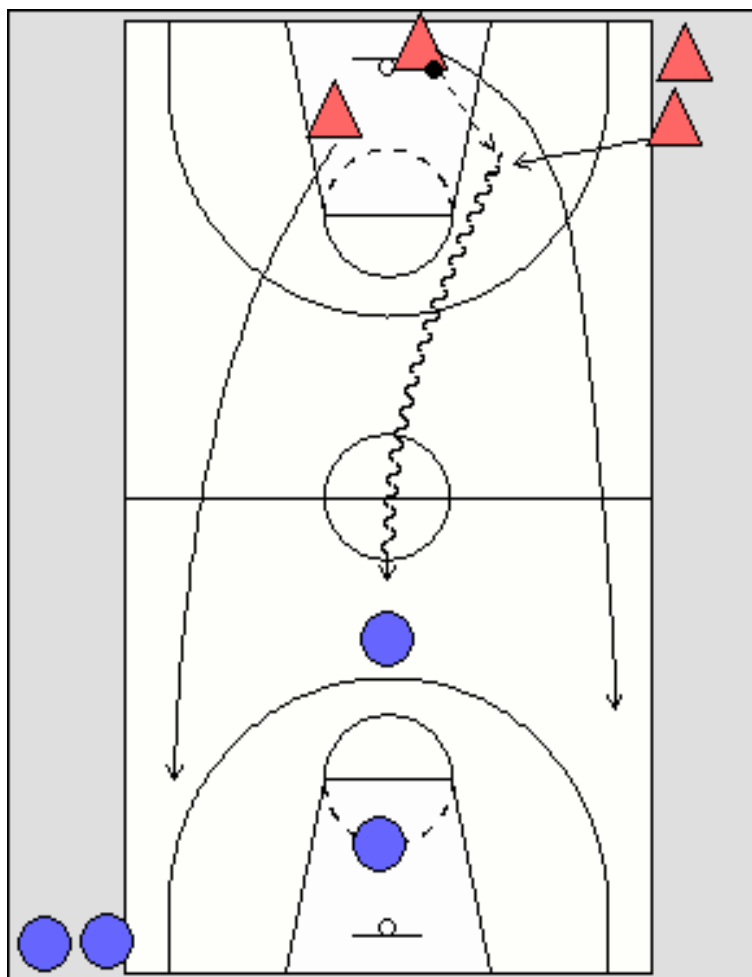
Drills.



Players come down the floor playing 3 Offensive players on 2 Defenders.

The outlet line is waiting at the corner of the base & sidelines.

Put an emphasis on the defender meeting the offence early.



After the shot the 2 defenders become offence.

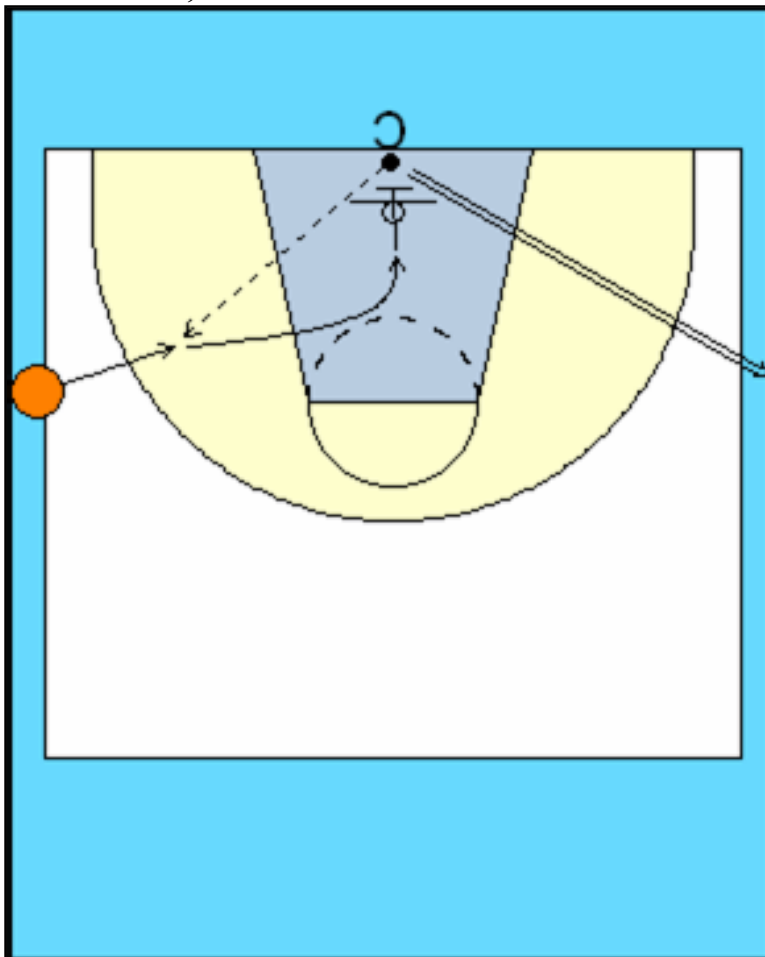
One outlet line player joins in to receive the outlet pass.

All 3 come down to attack the 2 waiting defenders.

This cycle continues until coach determines.

6.4 Shot, Boards To Press.

Drills.



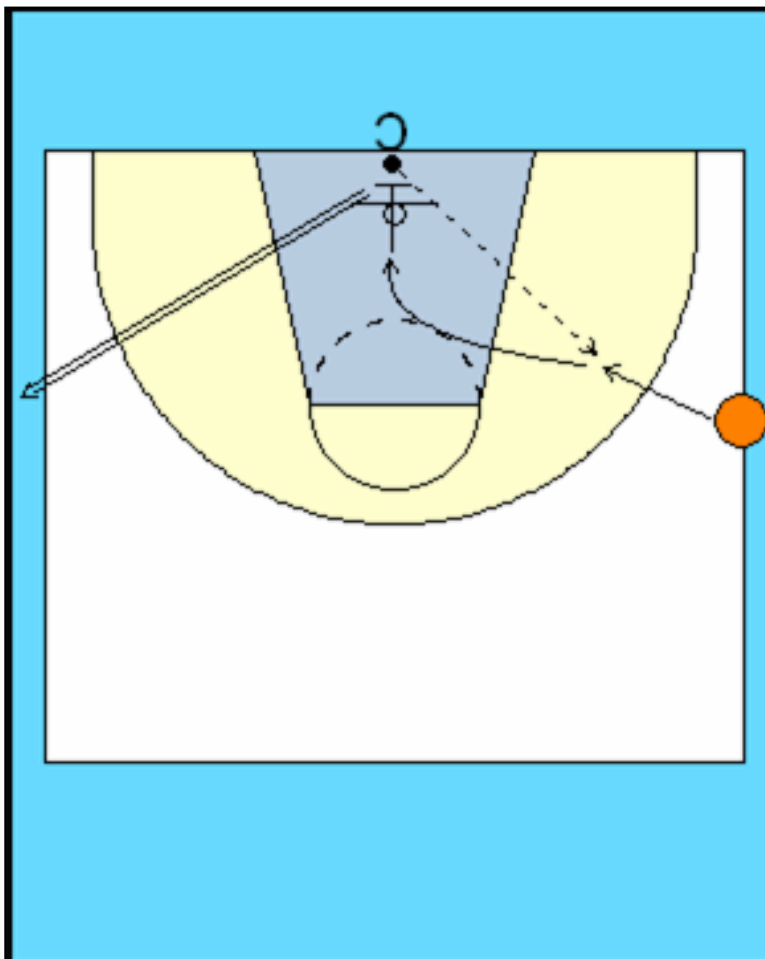
Offence starts with one foot outside side line. Lead for the ball, coach passes to player for catch and shoot.

If the basket is made, offence gets 1 point, chases the ball down out of the basket and hands it to the coach.

If it misses the player chases the ball down, takes it strong to the hoop until making the lay-up, then hands the ball to the coach. There is no score for a miss and put back lay-up.

Player gets up in the coaches face pressuring the inbounds pass calling ball-ball-ball.

When coach calls "go", the player slides hard to the opposite side getting one foot outside the side line.



Repeat the same process.

We play to 10 baskets or designated amount set by coach.

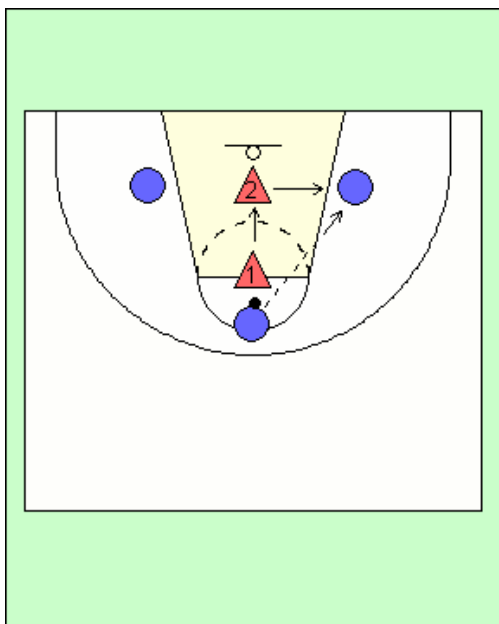
The player can only score on the first jump shot, the more accurate the player is on the jump shot the quicker the drill finishes.

The idea of this is to go from an offensive shot to hustle after the boards then gets into the pressure defence.

*Emphasise that this drill is done at game pace.

6.5 2 on 3 Rotation Drill.

Drills.



3 offensive players around Key as shown.

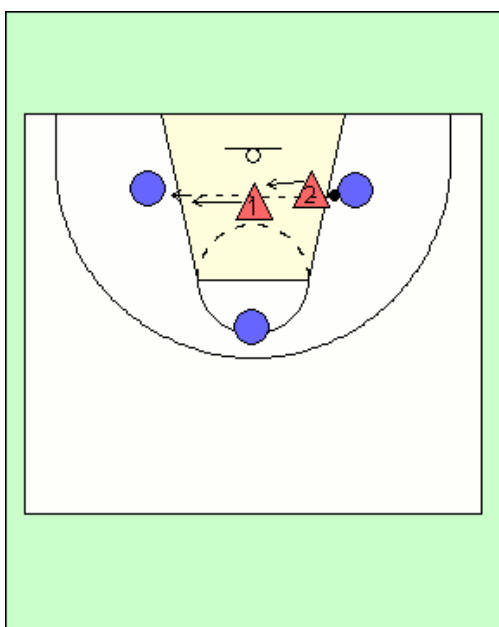
Offence cannot dribble the ball, only passing is allowed. Passes can be made to any of the 3 players.

For beginners make the passers hold the ball for a 2 count before allowing the next pass.

Defence start with a man on the ball & the other defender splitting the 2 passing options.

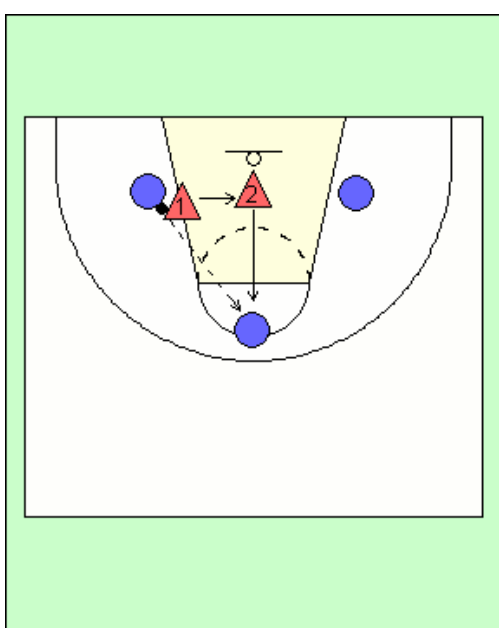
Ball is passed & the split defender gets to the ball to apply pressure.

The other defender now drops to become the split defender. Split defender must be in a low ready stance with good vision.



On the next pass the split defender rotates to the ball on an aggressive close out to pressure the ball.

As with before the other defender now becomes the split defender.



On the next pass we want the split defender rotating to the ball on an aggressive close out to pressure the ball.

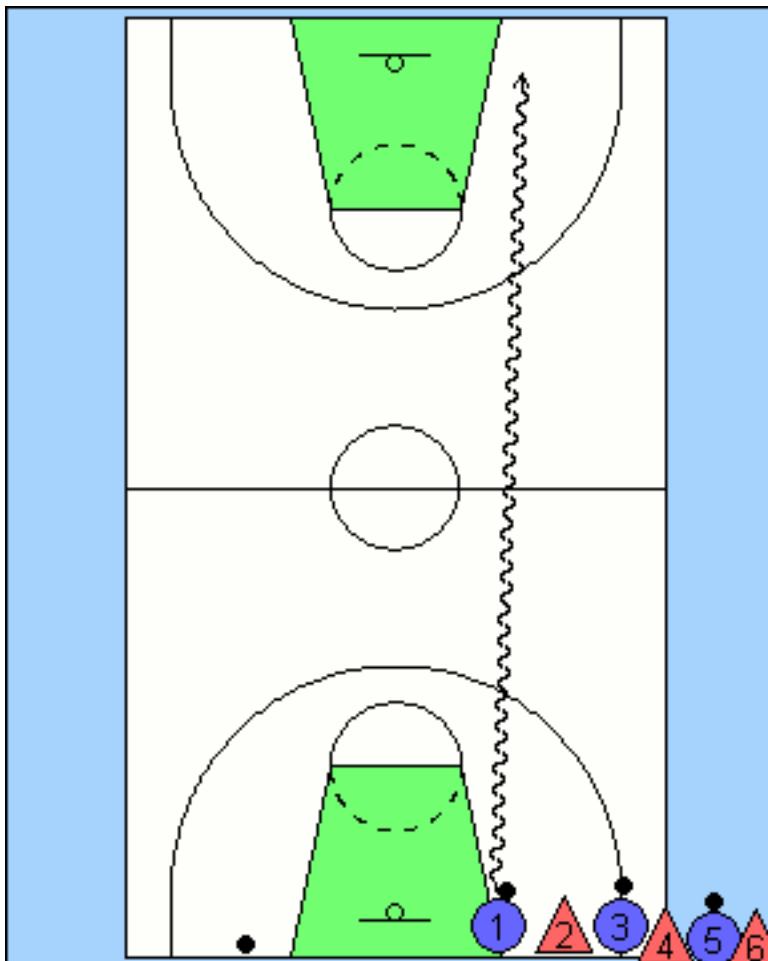
As with before the other defender now becomes the split defender.

As the players get better at rotation the passes can be sped up.

If the coach wishes to make it competitive they can set an amount of passes then play or add the dribble in right from the beginning of the drill.

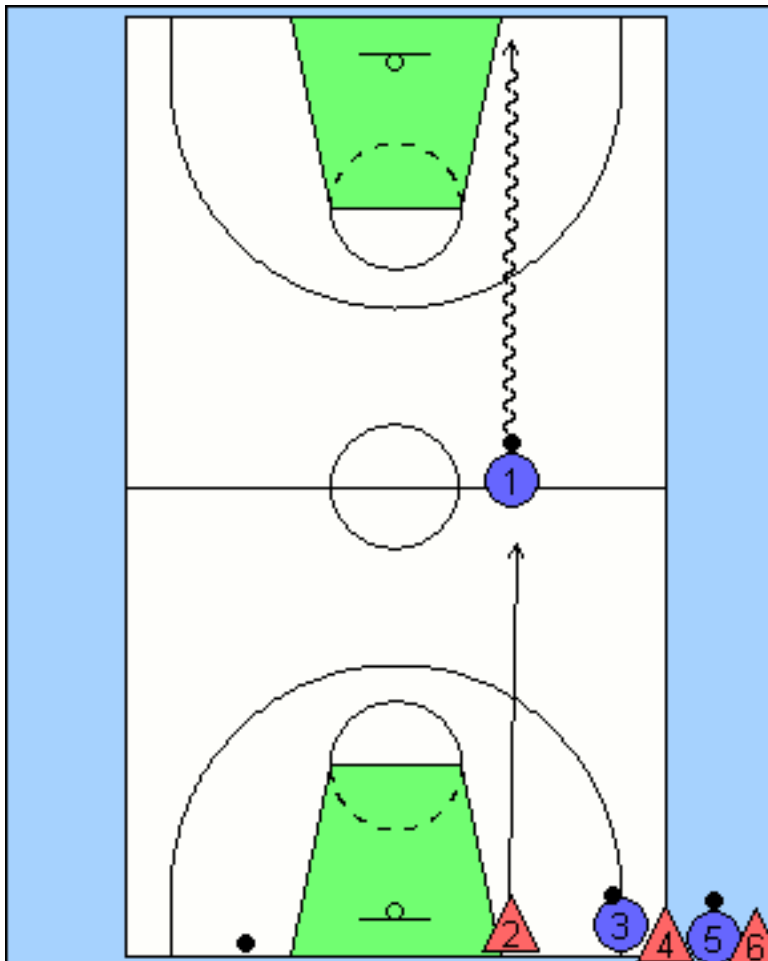
6.6 Dribble & Slide.

Drills.



This drill starts off with player 1 dribbling from baseline to baseline

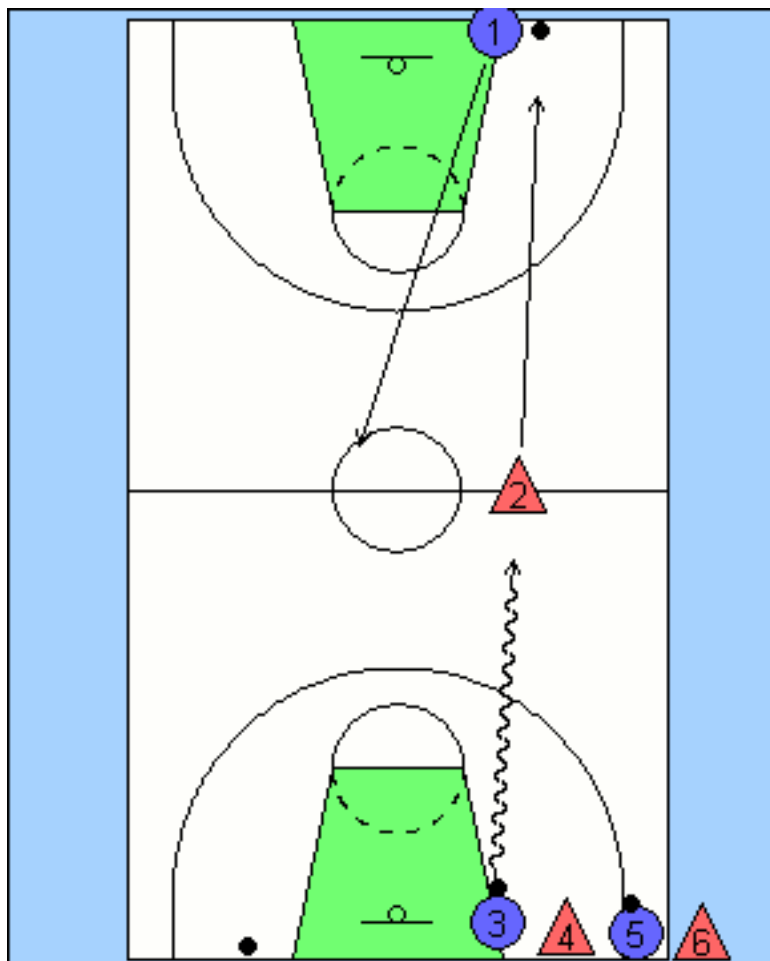
Place a ball at the opposite side of the starting baseline as shown.



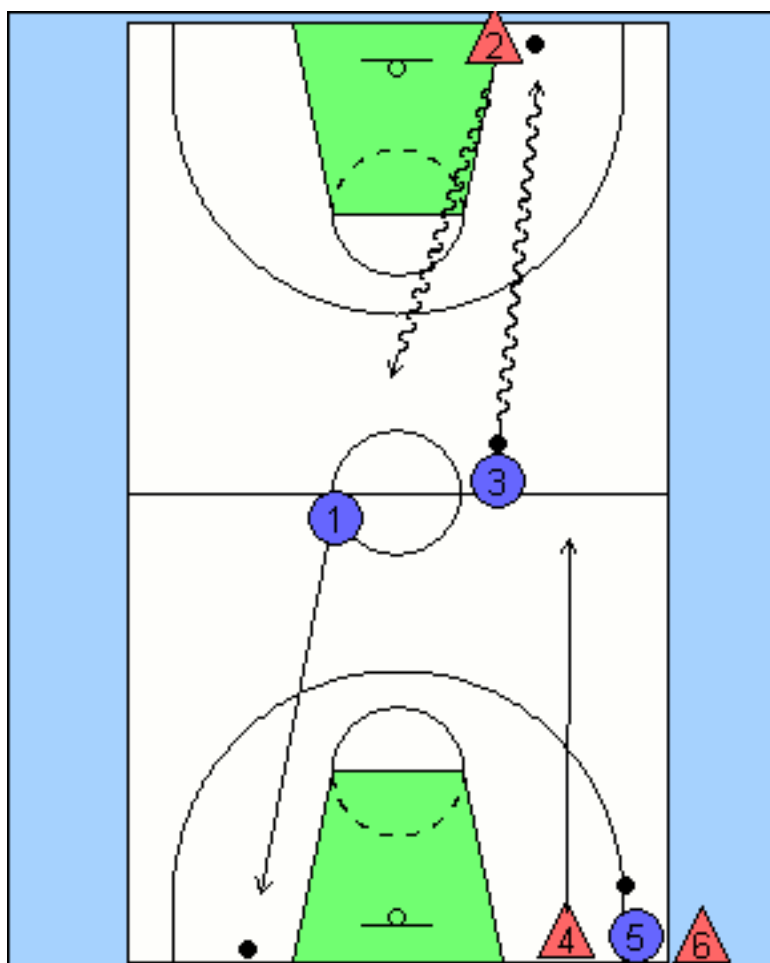
When player 1 reaches the centre line player 2 starts their defensive slide footwork to the other baseline.

6.6 Dribble & Slide cont.

Drills.



When player one reaches the baseline the player places the ball on the floor & starts their defensive slide footwork to the other baseline where a ball is waiting for them.



When player two reaches the ball one has placed on the baseline he picks it up & starts dribbling to the other baseline to place the ball down on the floor for player 3 to pick up.

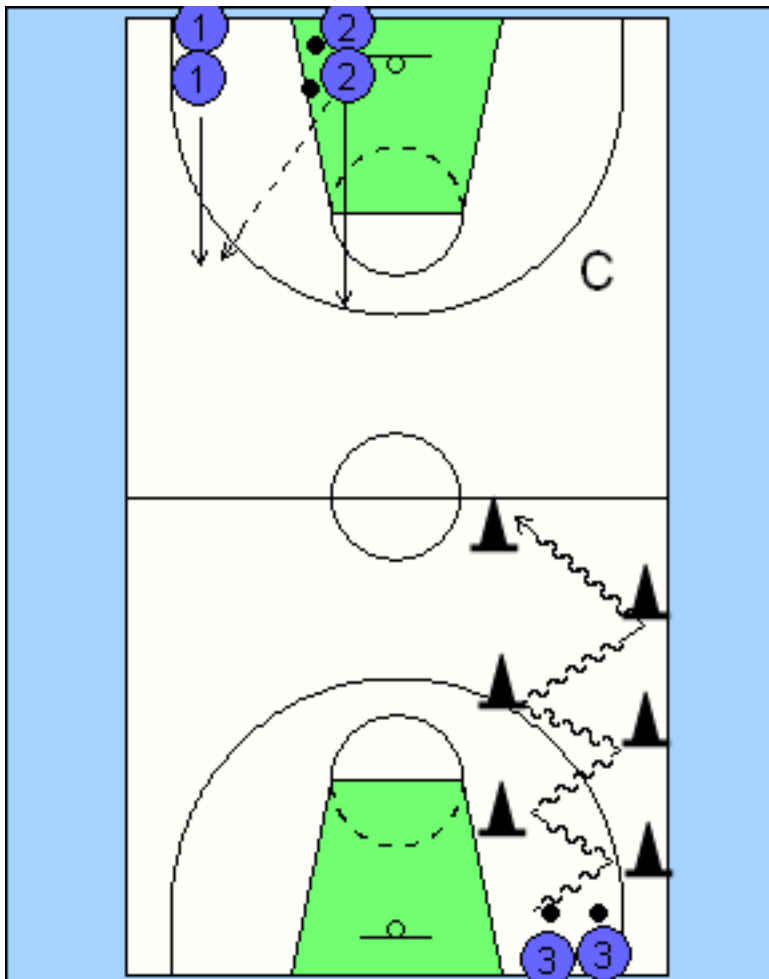
Once the players reach this baseline they go back to the start.

The rest of the drill is a repeat of the steps described before.

Make sure that when in defensive mode the players switch their leading leg (with an even amount of players let them watch the same wall all the time).

6.7 Dribble Pass, Drive Drill.

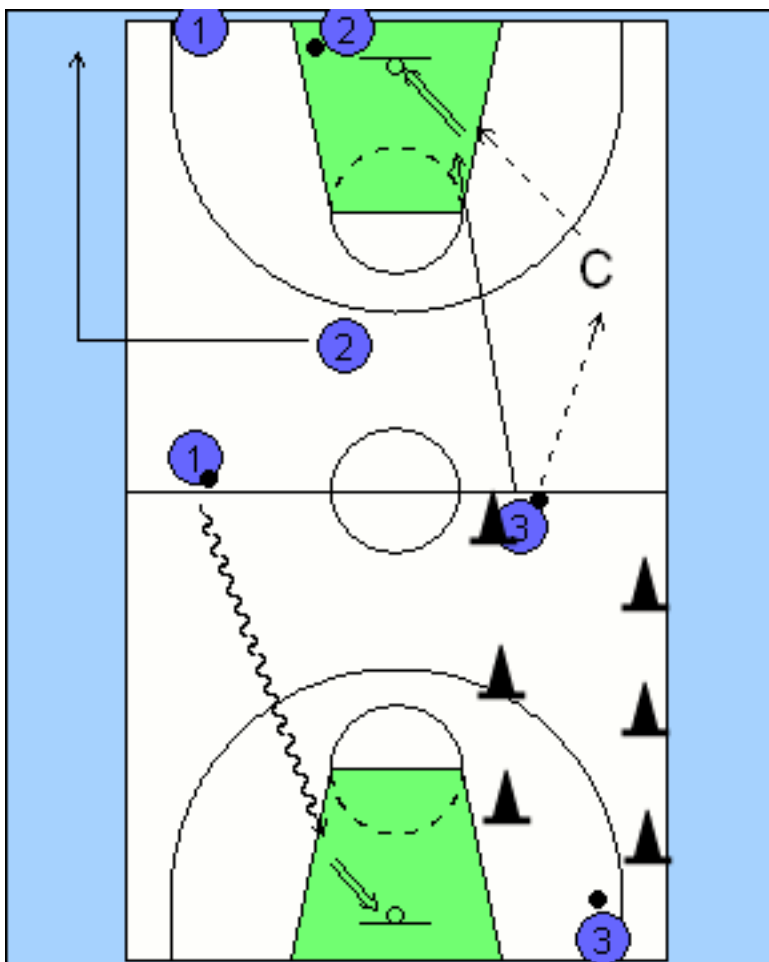
Drills.



Players will start in lines as shown with lines numbered 1, 2 & 3.

Line 1 & 2 have a ball and will chest pass to the centre of the court.

Line 3 will dribble between the hats using a dribble as determined by the coach.



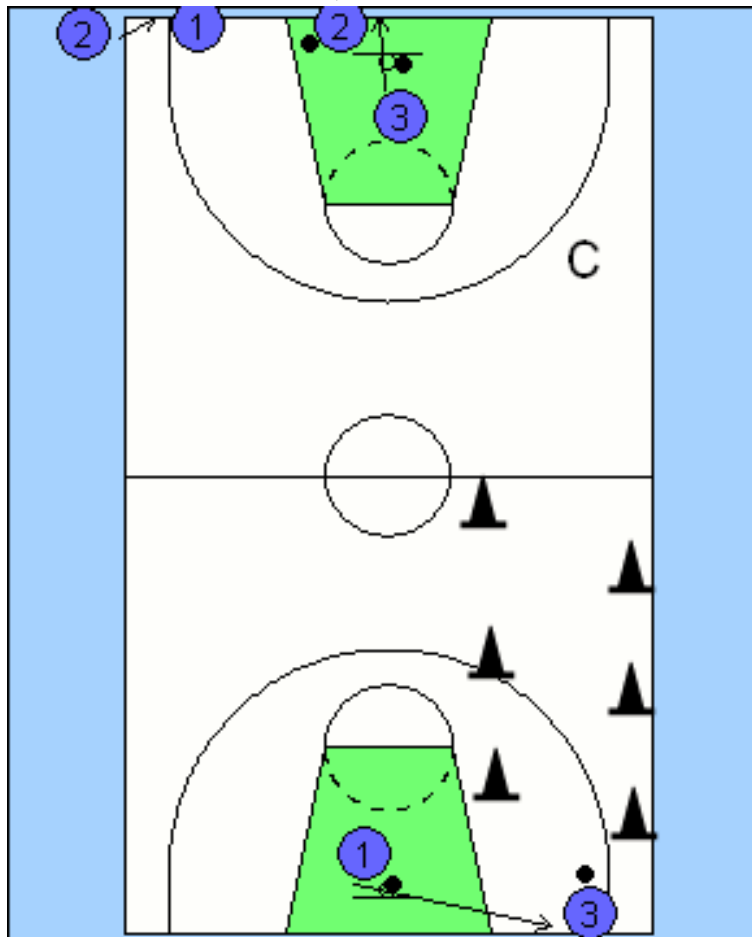
When 1 & 2 reach the middle, 1 makes a speed lay-up & goes to line 3

2 exits the court quickly at the side-line & returns to start but now joins line 1.

3 makes a pass to the coach, & gets the ball back to make a lay-up without a dribble. 3 now joins line 2.

6.7 Dribble Pass, Drive Drill cont.

Drills.

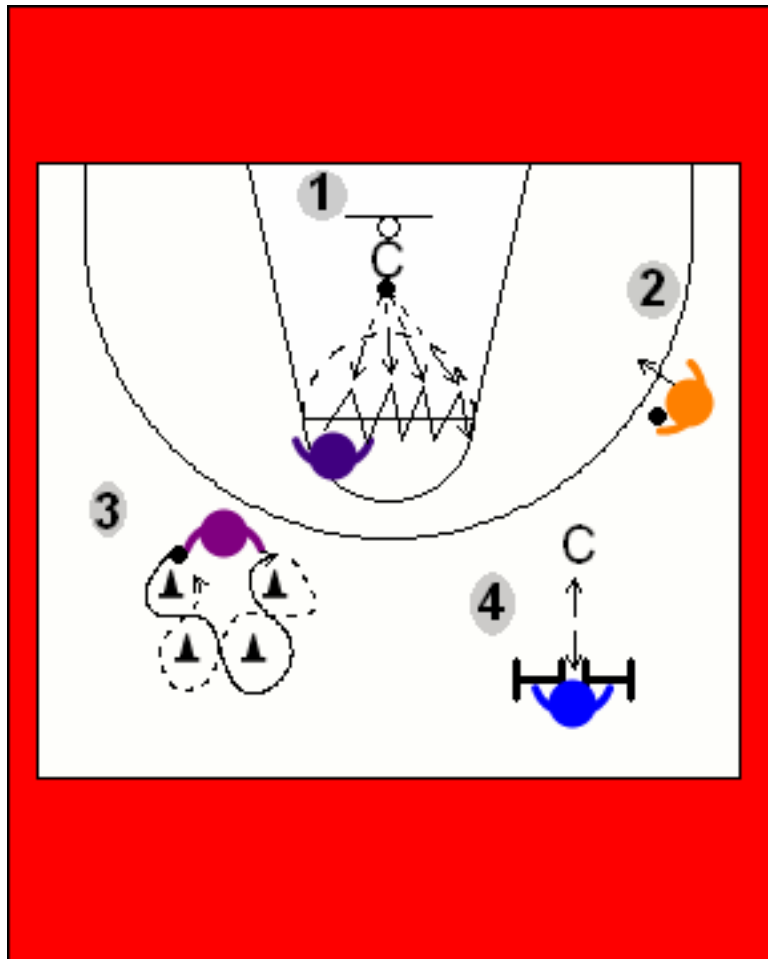


Rotation:
3 becomes 2,
2 becomes 1 and
1 becomes 3

Repeat the drill for a set amount of time or made lay-ups.

Emphasise good passes, eyes up & working at game speed.

6.8 Station Work.



1 min stations & rotate.
Repeat each drill 2 times.

1. Player makes quick 2 foot jumps across the line & back working along the length of the foul line. Coach & player pass the ball to & fro. This can progress to the player jumping & passing the ball around the waist as they jump.

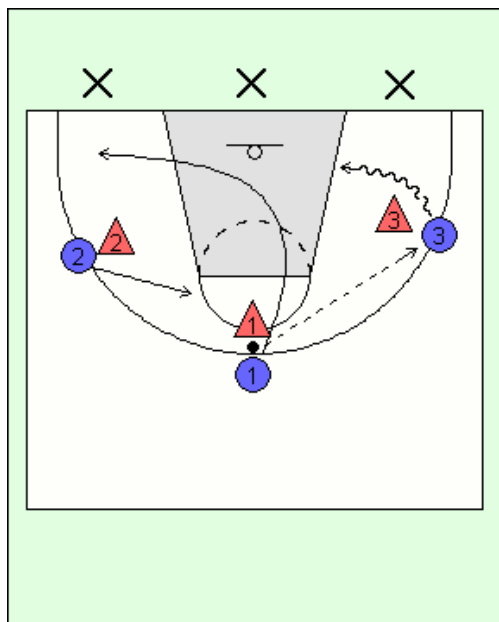
2. Player is in triple threat stance and with one lead foot makes as many jab steps as possible. wap legs next time through.

3. Player stands on one leg and rolls the ball on the floor around the 4 hats in a figure 8. Swap legs next time through.

4. Player balances on 2 H shaped blocks whilst coach passes ball back & forth. the cross beam being a 4cm dowel.

6.9 3 on 3 Continuous.

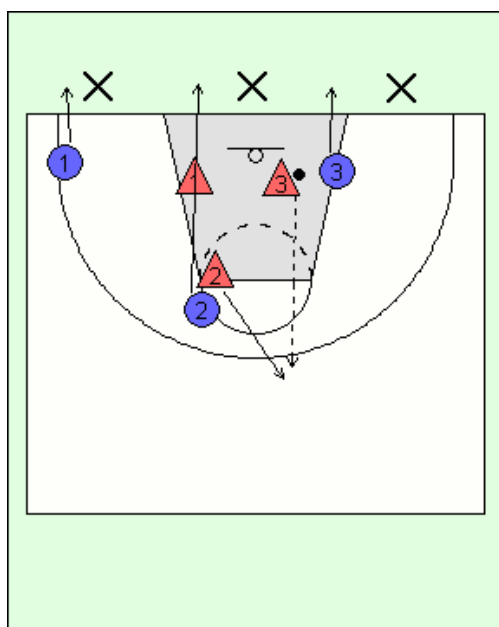
Drills.



*This drill must have groups on the Baseline ready to sprint in on the change continuously.

Start with the ball at the top with 3 Offensive players and 3 Defensive players matched up on them.

Play 3 on 3 live with any passes, drives, shots or cuts allowed.

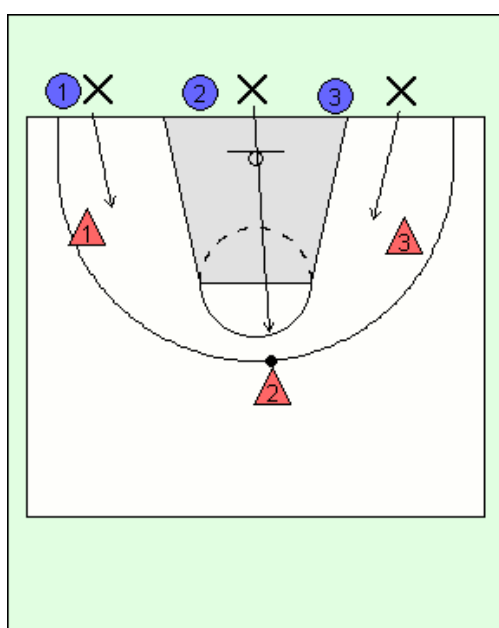


If the Offence score they get the ball back outside the 3 point line as quick as possible and attack the basket again without hesitation.

Only the ball carrier has to get outside the 3 point line anywhere on the court, the other players can move where ever they like.

If as shown in this diagram the Defence comes up with the ball they get the ball out to the 3 point line as quickly as possible & attack the basket without hesitation.

In each case the team without the ball gets off the court as quick as possible.



As the score or turnover occurs the baseline group of 3 (group X as shown) scramble in on D picking up a man as quickly as possible.

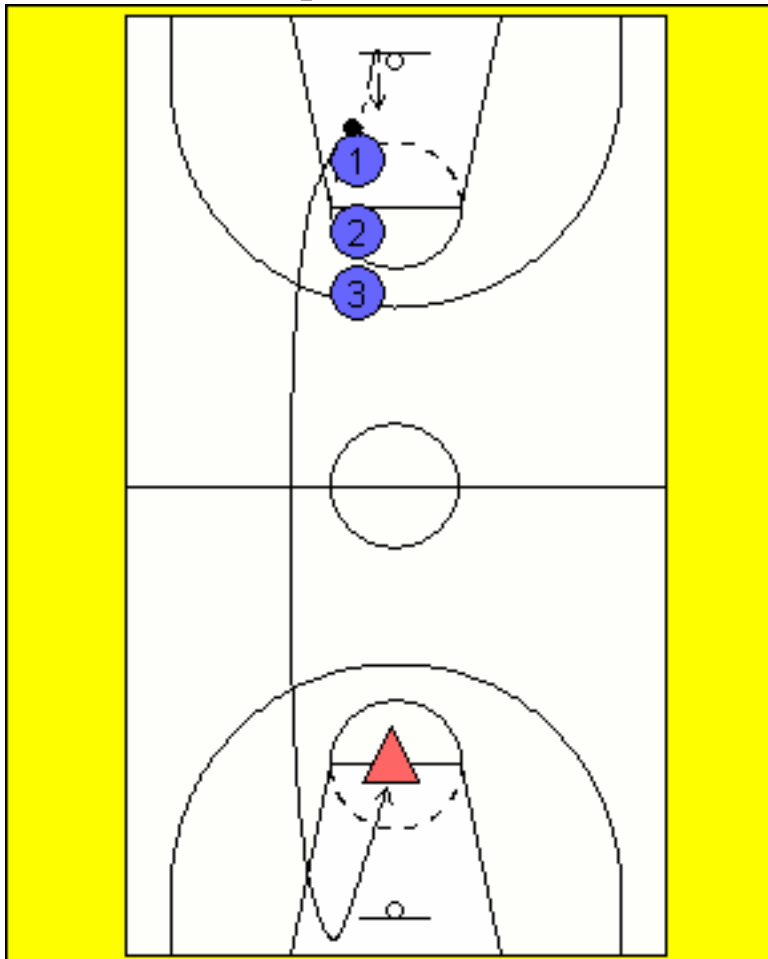
The waiting defenders should be communicating to each other and figuring out which players they will pick up on defence avoiding picking up the same player.

If the new defence is too slow there is no mercy & they are out if scored on for being slow with the new group who is waiting scrambling in.

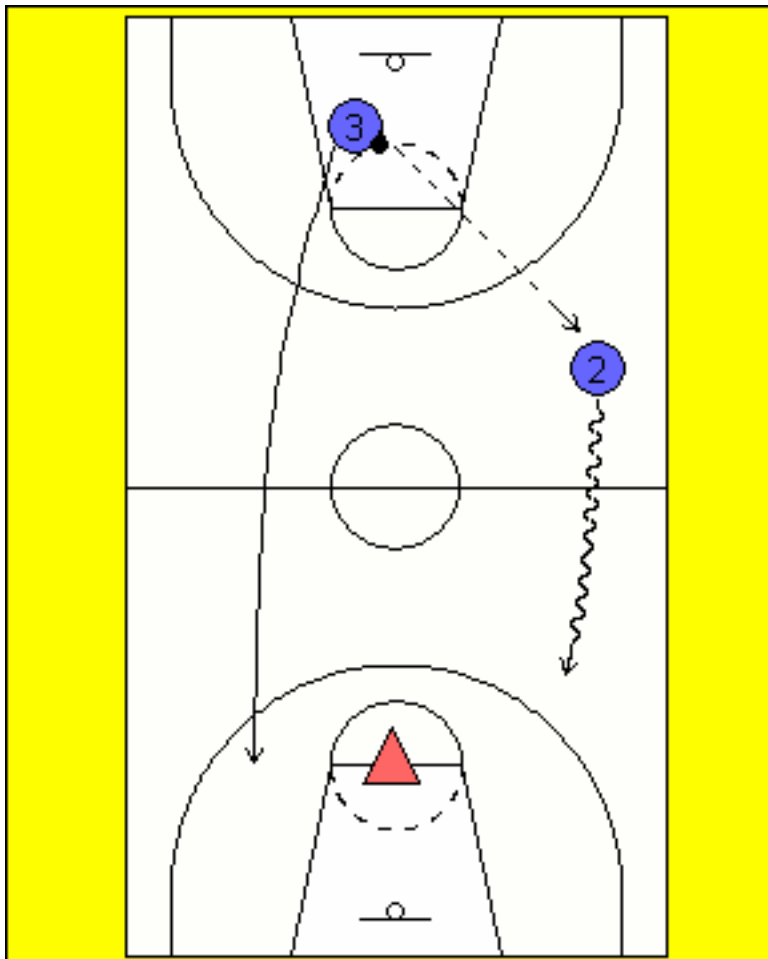
Keep the cycle going, you can play to a score or time.

6.10 3 Man Tap Drill to 2 on 1.

Drills.



1 will toss the ball off the backboard & sprint hard to the opposite baseline becoming the defender in the 2-1 situation.



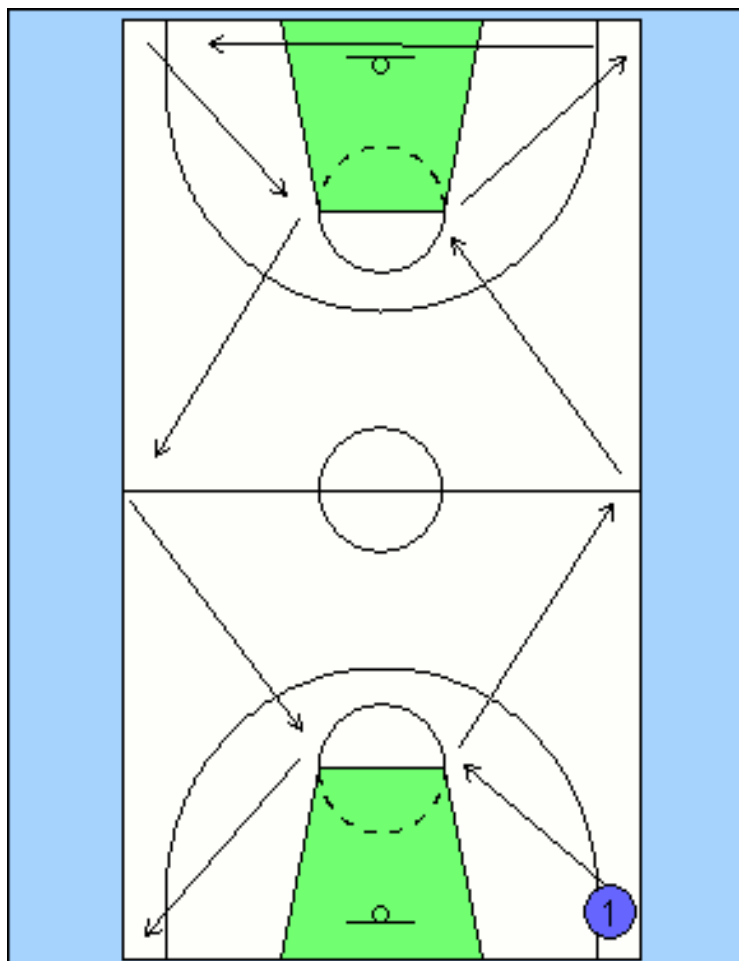
2 will also tap the ball off the board & 3 will rebound the ball after 2's tap out letting the ball to 2 who has filled either the left or right corridor.

2 will push the ball up against D1 looking for a defensive commitment, 3 will trail & fill.

1 pass maximum in the forward court

6.11 Footwork Drill – Z Drill.

Drills.



Footwork drills

Diagonal run (Z-drill)

Purpose :

To improve the ability of change directions quickly when running.

Procedure:

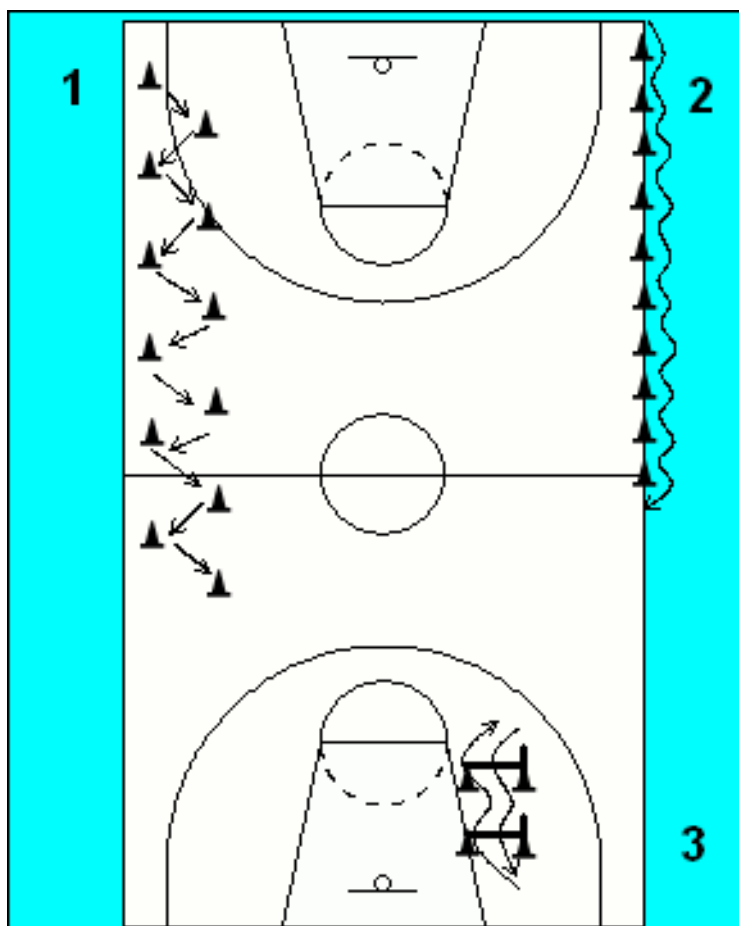
Players form single file behind the baseline.

The first player sprints diagonally to the free-throw elbow & makes a sharp cut to the right pushing off the left pivot foot.

Then they sprint to the junction at the 1/2 court line and the sideline & make a sharp cut to the left, pushing off the right pivot foot.

The drill continues as shown.

6.12 Agility Footwork Drill – Stations.



Station 1:

1 step slow lateral bounds between hats, walk back & repeat when finished.

Progress to 1 step fast lateral bounding.

Station 2:

High knees, high step over hats whilst running the length of the floor. Walk back & repeat.

Progress to running backwards over the hats with a high step.

Station 3:

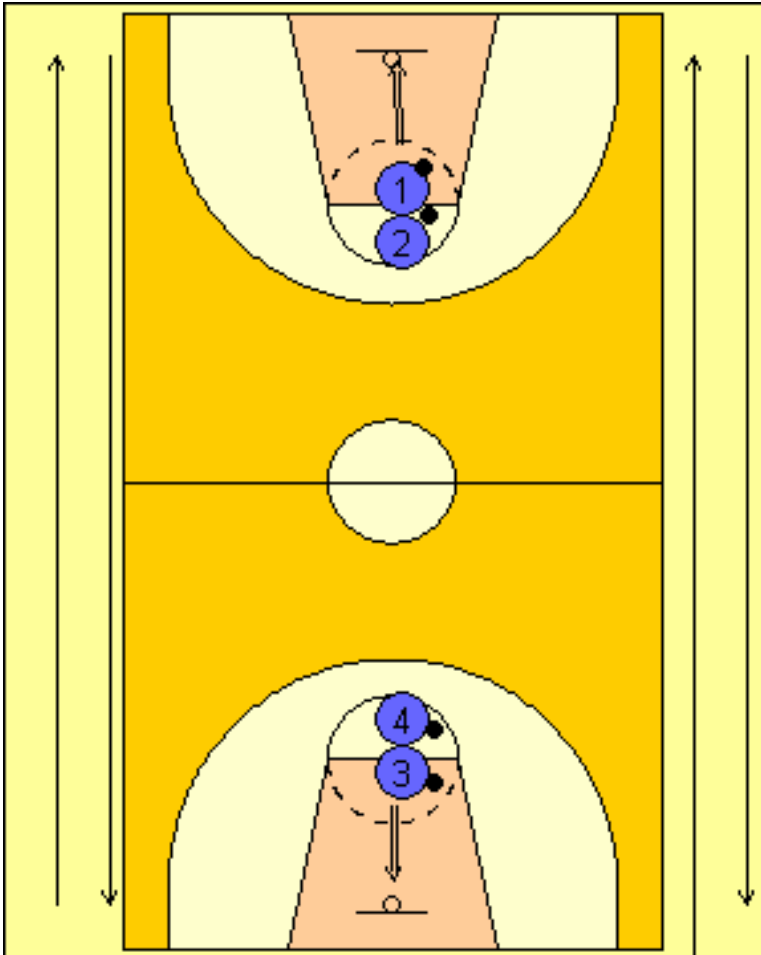
Have players do 2 leg quick contact jumps over the 2 raised sticks (approx 30cm), go forward & return backwards 5 times then the next player goes.

Section 7: Freethrows.

- 7.1 Integrity.**
- 7.2 Freethrow Conditioning.**
- 7.3 Freethrows – Run Until A Miss.**
- 7.4 Shoot 100.**

7.1 Integrity.

Freethrows.



Use all available baskets.
Divide team among the baskets.
Players are to shoot free throws.

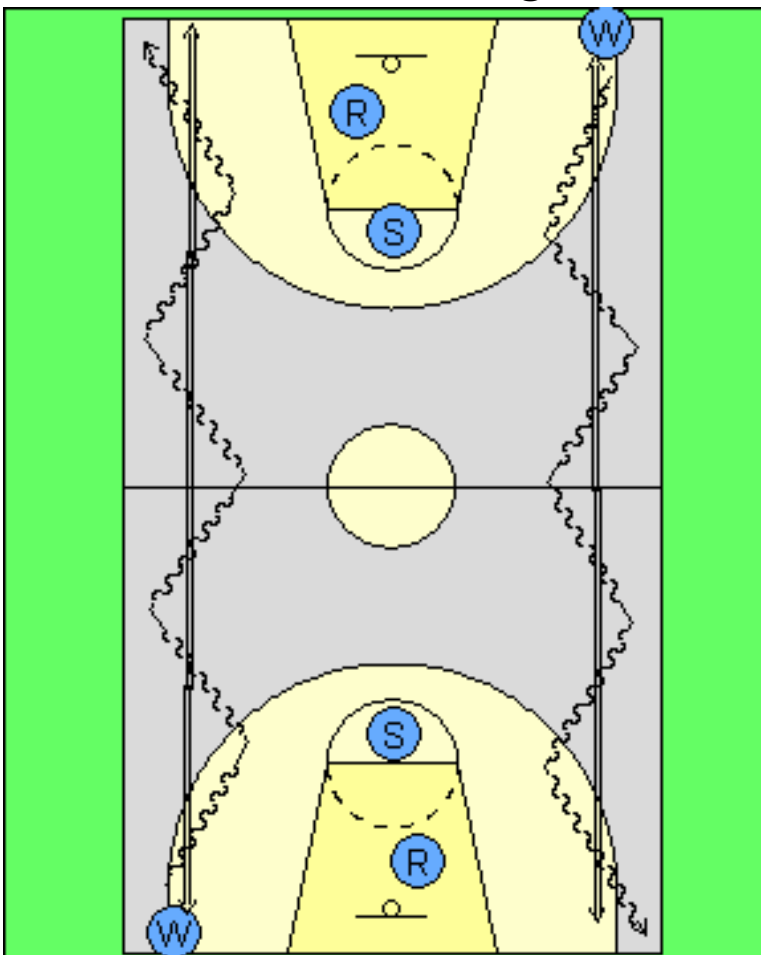
If they miss the first shot, they are to run 2 full court wind sprints, running at game speed.

If they hit the first and miss second they are to run one wind sprint.

As added measure if they shoot an air ball they are to double the number being run.

The reason for name of integrity is the players have to have enough integrity to run the required penalties & run them at game speed.

7.2 Freethrow Conditioning.



3 players on each basket. 30 secs per rotation. Each player goes through 3 times.

Player S shoots the Free throw.
Player R is the rebounder.
Player W is the worker.

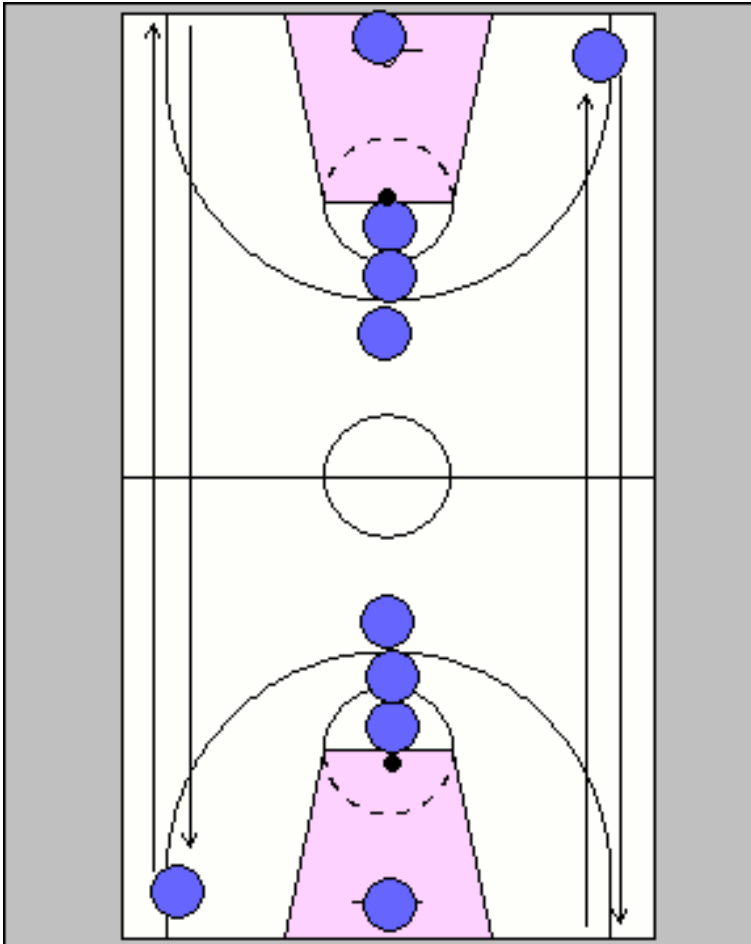
Set the clock or watch for 4 1/2 mins.
Have S Shoot as many Free Throws as possible in 30 secs. R will Rebound.

W will run the floor in sprints the 1st time, Slide the floor hard the 2nd time & crossover dribble the length of the floor the 3rd time. This MUST be done at full pace for the 30 secs.

On the change Worker will become shooter, Shooter becomes rebounder, Rebounder becomes worker.

7.3 Freethrows – Run Until A Miss.

Freethrows.



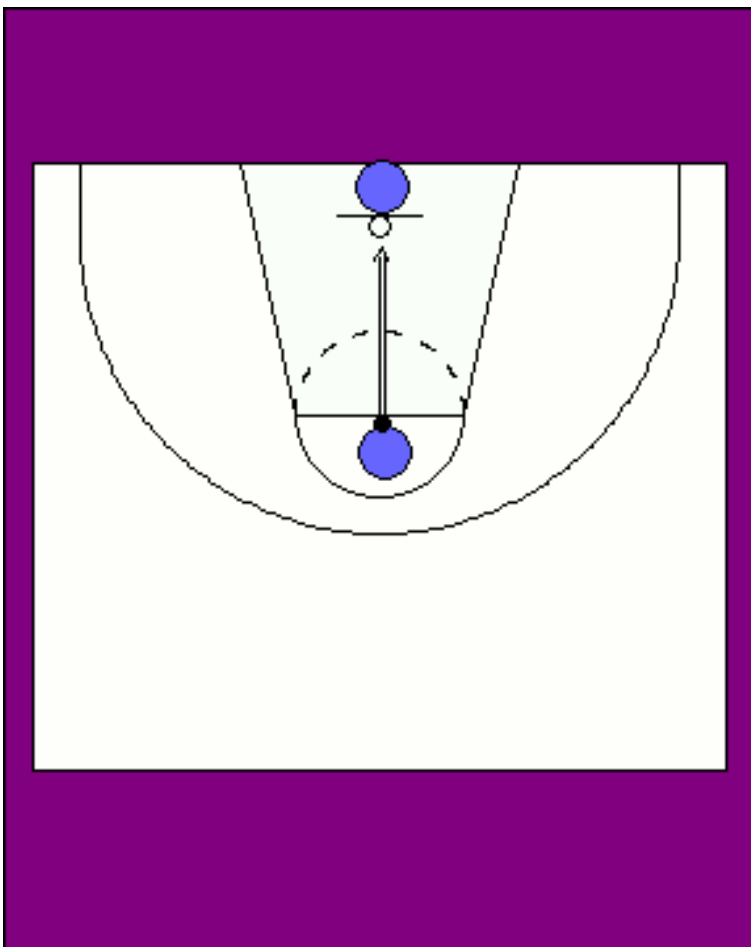
Have players line up on the Free throw line & put 1 player under the basket as a rebounder at both ends of the floor.

Have players shoot a free throw. If a player misses they are to run sprints from baseline to baseline until the next person in their group misses.

The player that misses now runs, the runner returns to the line and we rotate shooters & rebounders.

Limit the amount of made shots to 10 so as the running player has a end point. If the shooter makes all 10 they do not run.

7.4 Shoot 100.



Simply shoot 100 Freethrows and keep a score. If you are in pairs shoot 10 & rotate

Have a rebounder or toss back in place to return the ball.

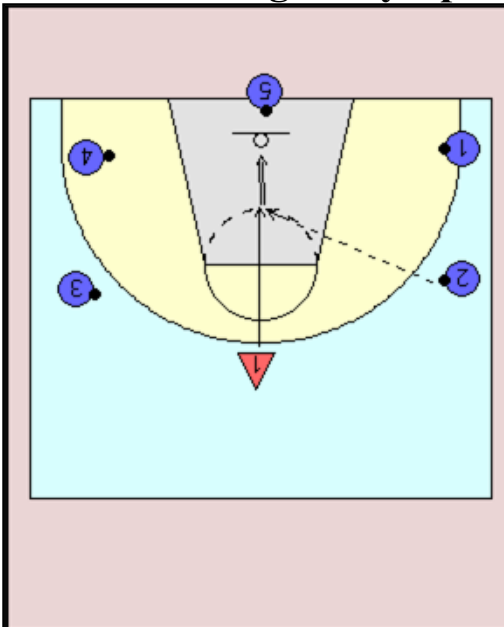
Chart your shot & try to improve your percentage each time. Apply penalties if goals aren't obtained or shoot the 100 shots again until satisfied.

Section 8: Lay-ups.

- 8.1 Multi Angle Lay-ups.**
- 8.2 Slide, Pivot, Lay-up.**
- 8.3 Team Dribble Move to Lay-up.**
- 8.4 Dribble, Lay-up, Board Shot.**
- 8.5 X Lay-ups.**
- 8.6 Giant Killers, Floaters.**
- 8.7 Jump Stop Series.**

8.1 Multi Angle Lay-ups.

Lay-ups.



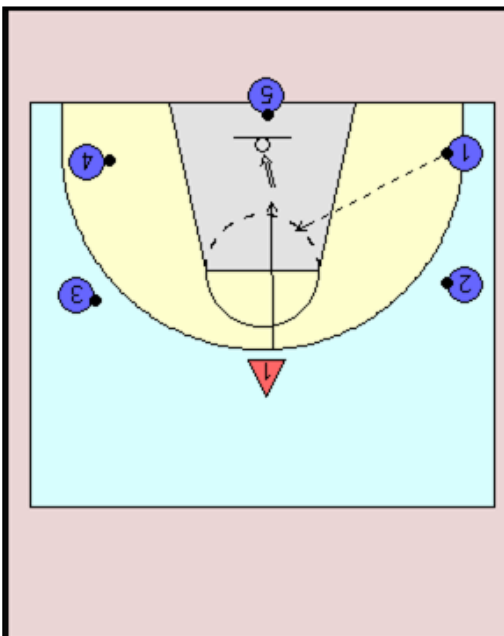
Each shooter should run through this drill hard & fast. It combines a routine lay-up drill with sprints & teaches the player to adjust to balls coming from different angles.

Drill requires six players & five balls.

Drill starts with players/coaches standing with balls at five points as shown.

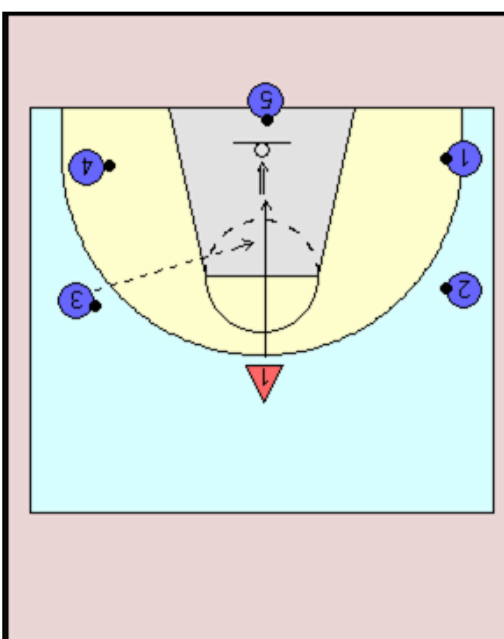
Shooter stands at the top of the key. Younger players can use the foul line as their starting point.

Shooter breaks to the basket, receives pass from high-post extended player & makes a lay-up.



Shooter runs back to their starting point & cuts back down the key, where they will receive a pass from the low-post extended player.

Shooter makes a lay-up.

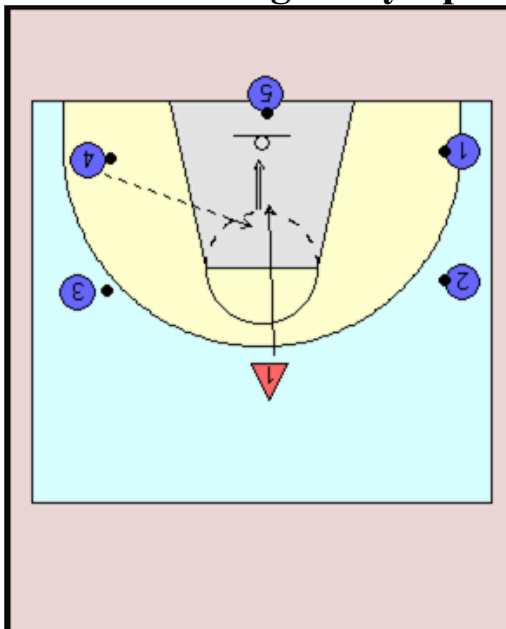


Shooter runs back to their starting point & cuts back down the key, where they will receive a pass from the other high-post extended player.

Shooter makes a lay-up.

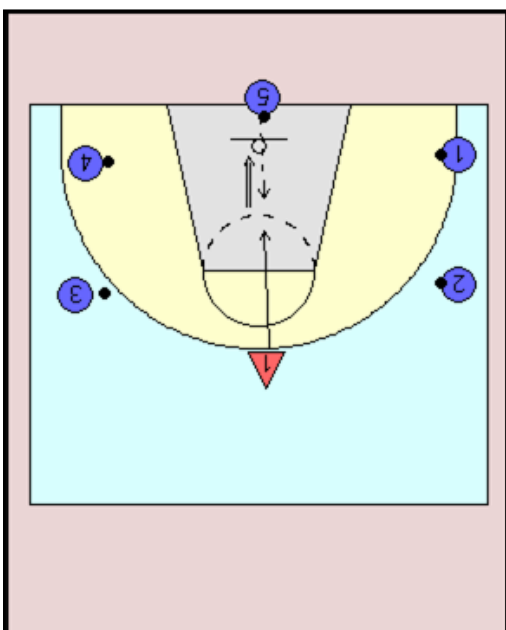
8.1 Multi Angle Lay-ups cont.

Lay-ups.



Shooter runs back to their starting point & cuts back down the key, where they will receive a pass from the other low-post extended player.

Shooter makes a lay-up.

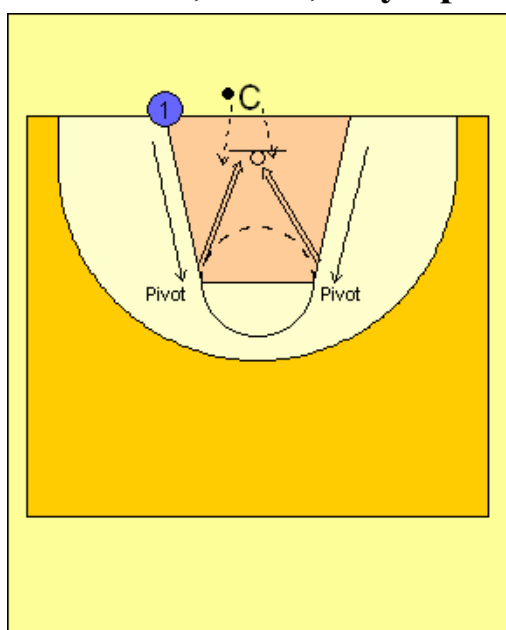


Shooter runs back to their starting point & cuts back down the key, where they will receive a pass from the baseline player.

Shooter makes a lay-up.

Everyone rotates 1 spot & repeat.

8.2 Slide, Pivot, Lay-up.



Player 1 starts off sliding up the lane facing the sideline.

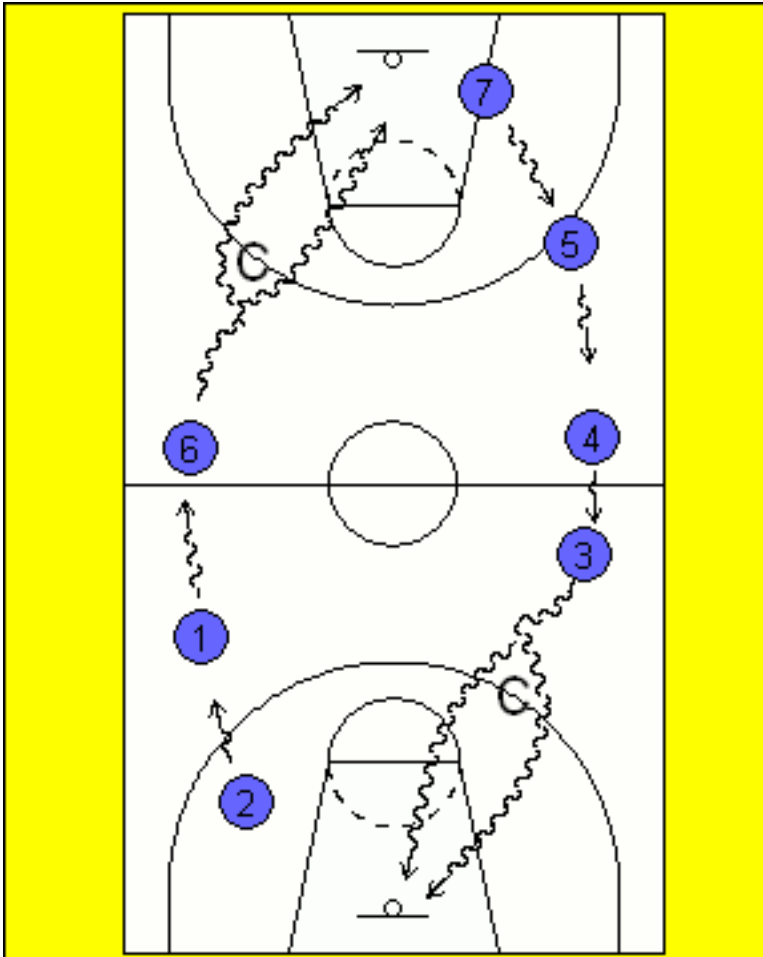
When he gets to the foul line player 1 forward pivots and catches the pass from the coach to lay the ball up.

Player 1 then goes to other lane and repeats the drill.

Player should go until they have shot 20 lay-ups.

8.3 Team Dribble Move to Lay-up.

Lay-ups.



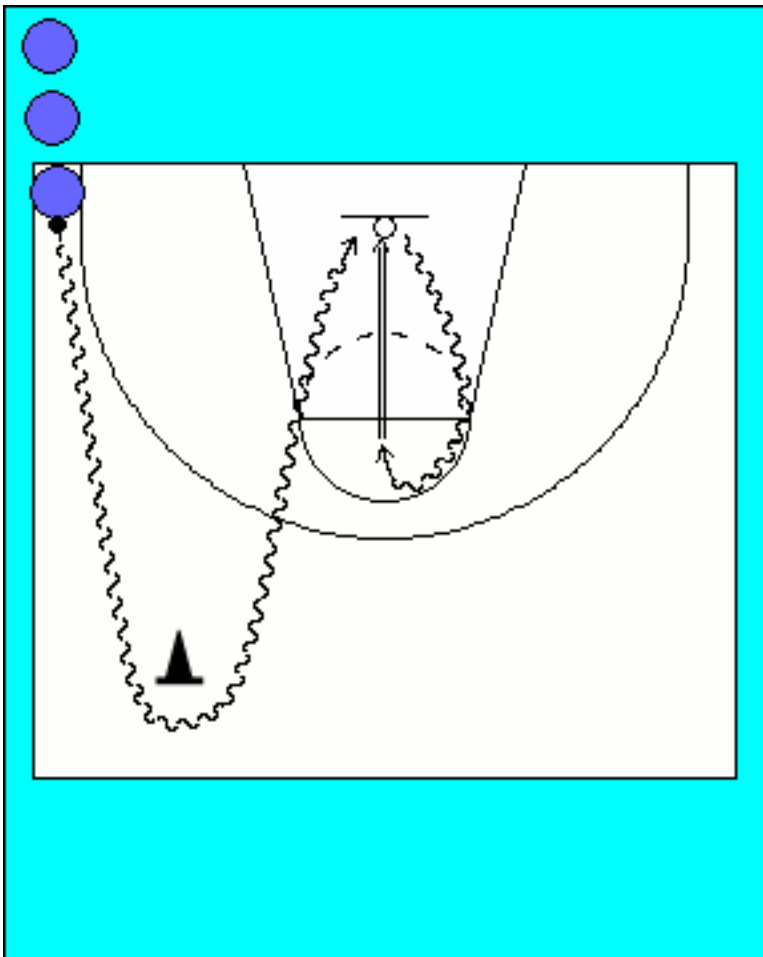
Each player has their own ball. Have players dribble full court at the coach.

The coach puts an arm out to act as a gate, the player must react & go opposite side of the extended arm.

The player makes a dribble move & lay-up.

This can be a drill used in the warm up but must be done with intensity.

8.4 Dribble, Lay-up, Board Shot.



Players line up on baseline with a ball.

On coaches cue player dribbles out to the first hat at speed with the ball on the outside hand.

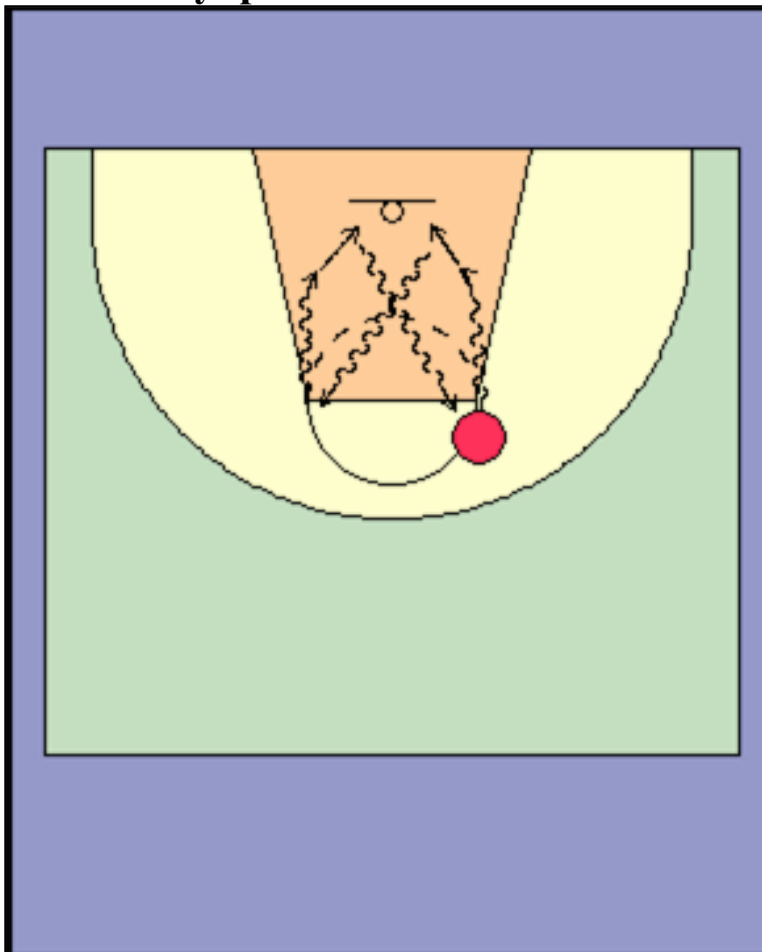
The player turns around the hat & crosses the ball over to the new outside hand.

The player now drives hard to score a lay-up & rebounds their own ball.

Then the player drives up to the opposite elbow hard & loops around for the jump shot.

8.5 X Layups.

Lay-ups.



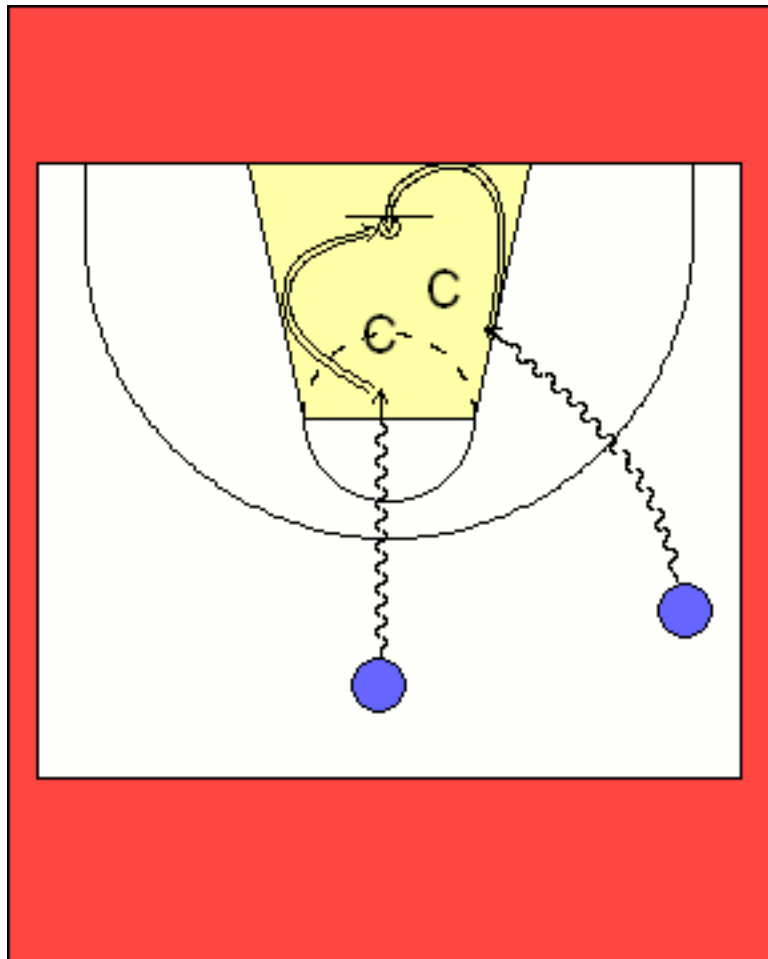
Facing the basket start at the top right of the key.

Dribble with the right hand to a lay-up, rebound the ball and dribble with the right hand to the top left side of the key.

Turn with a cross over dribble to the left hand then drive to the basket for a lay-up. Rebound the ball & dribble with the left hand to starting point, crossover & repeat the drill.

13+ in 1 min is the goal.

8.6 Giant Killers, Floaters.



***Note:** The curved shot lines signify a high lob shot over the coach not to side as shown.

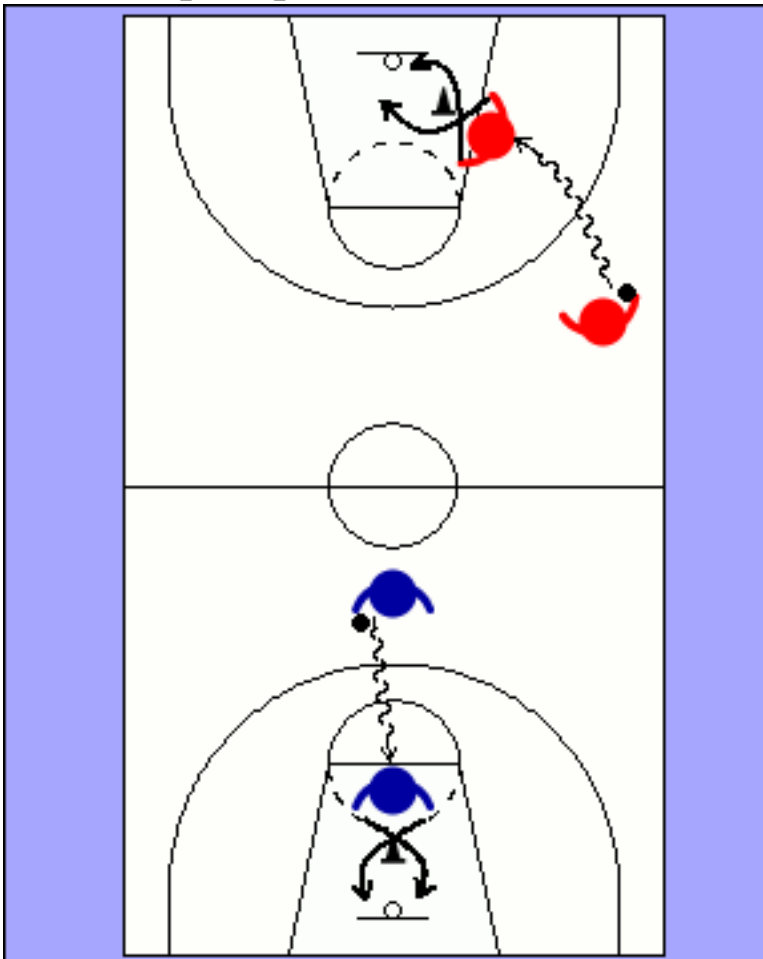
This lay-up is performed to get a shot over a waiting shot blocker, it must be lobbed high over the defenders hand & come down to the basket.

Players dribble in from the side or wing taking off early before they reach the coach or opponent, the player takes a 1-2 lay up step & then can finger roll or overhand place shot the ball up high to beat the shot block attempt.

This lay-up action must be done early enough for the player to pull up so as not to charge into the coach or opponent. To make it more realistic the coach can stand with a broom & swat the shot if the lob is not high enough

8.7 Jump Stop Series.

Lay-ups.



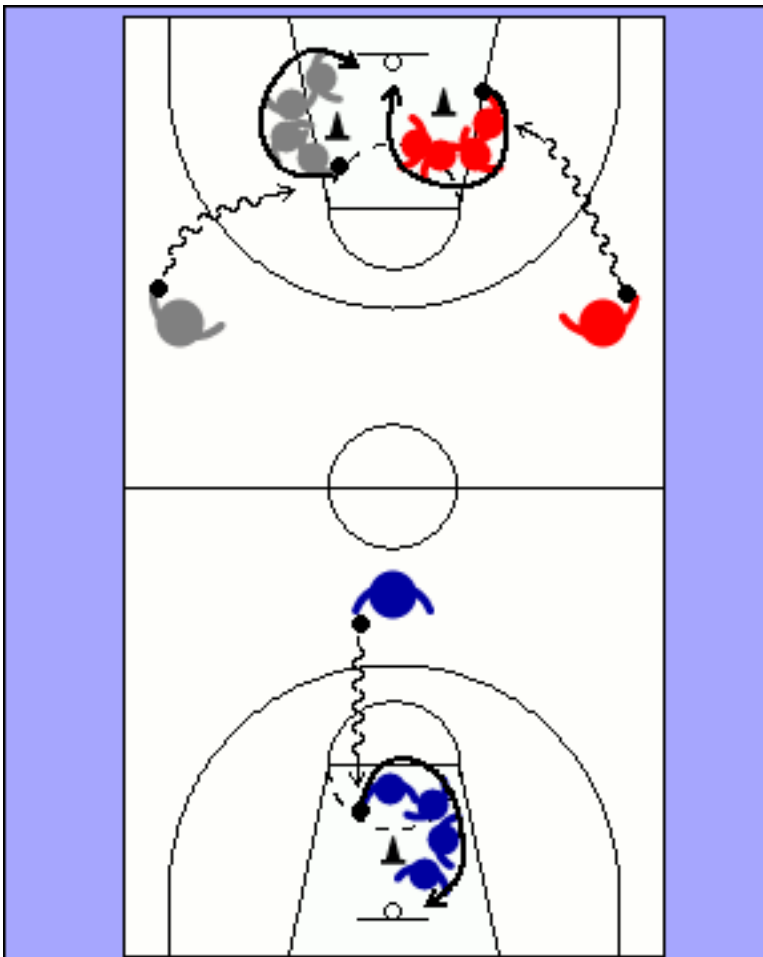
Dribble, Jump stop, Crossover move to lay-up.

Players dribble in from the wing or top of the key. Have players perform a 2 foot jump stop at the hat, chair or coach making sure they are balanced & low. Players eyes should also be focused on the rim.

Players then perform a crossover step to a lay-up or baby hook shot. Only 1 step is allowed after the jump stop, either foot may be used. Make sure players are getting fingers pointing to the rim on the lay-up & not fading away.

Work both sides & top of key varying left and right hand moves.

When the coach is happy with execution they can add shot fakes, jab steps etc as counter moves. Play 1 on 1 situations.



Dribble, Jump stop, Reverse Pivot move to lay-up.

Players dribble in from wing or top of the key. Have players perform a 2 foot jump stop at the hat, chair or coach making sure they are balanced & low. Players eyes should also be focused on the rim.

Players then perform a balanced low reverse pivot to a lay-up or baby hook shot. Only 1 step is allowed after the jump stop, either foot may be used. Make sure players are getting fingers pointing to the rim on the lay-up & not fading away.

Work both sides & top of key varying left and right hand moves.

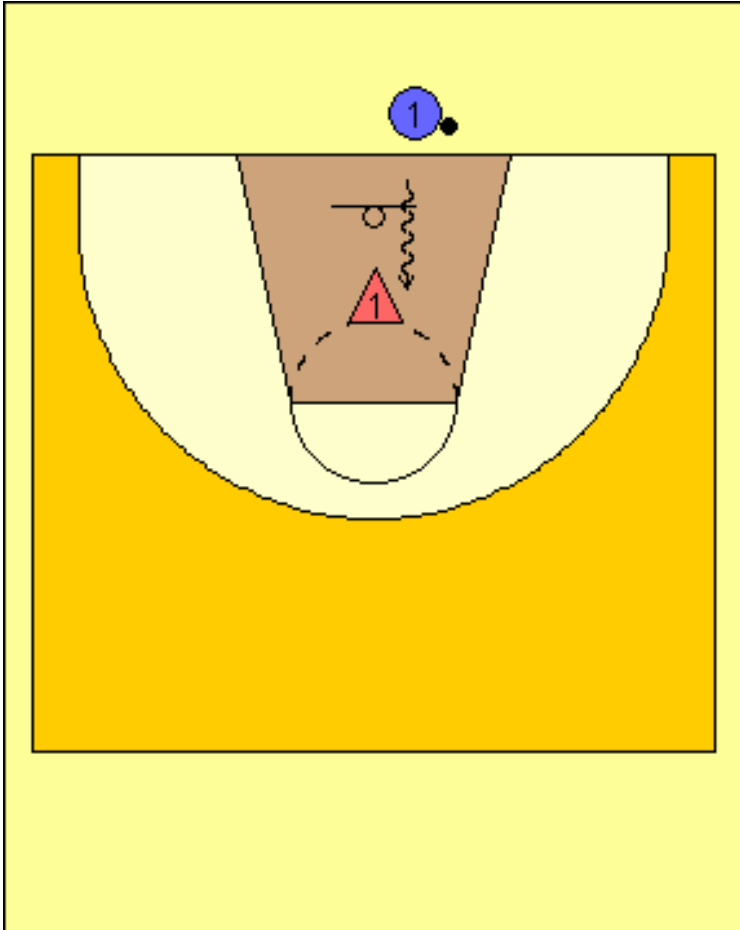
When the coach is happy with execution they can add shot fakes, jab steps etc as counter moves. Play 1 on 1 situations.

Section 9: Offence.

- 9.1 In The Paint.**
- 9.2 Hand & Play.**
- 9.3 Sideline Chaser.**
- 9.4 Power Play & Block.**
- 9.5 Two Against One.**
- 9.6 Two on One into Two on Two.**
- 9.7 Bulldog 1 on 1.**
- 9.8 Two on Two 4 Passes Offensive Focus.**
- 9.9 Half Court 2 on 1 to 2 on 2.**
- 9.10 UCLA Cutting Series.**
- 9.11 Dribble Penetration, Pop to Short Corner.**
- 9.12 Laker Cuts.**
- 9.13 Drive & Loop out.**
- 9.14 Spacing Drills.**
- 9.15 Pass Relocate Drills.**
- 9.16 1 on 1 Curl Cuts.**
- 9.17 1 on 1 Flare Cuts.**
- 9.18 1 on 1 Full Court.**
- 9.19 1 on 1 Half Court.**
- 9.20 Board & Break.**
- 9.21 2 on 2 Pass & Cut.**

9.1 In The Paint.

Offence.



This is a great drill to teach an offensive player how to use their body and create space within a small area.

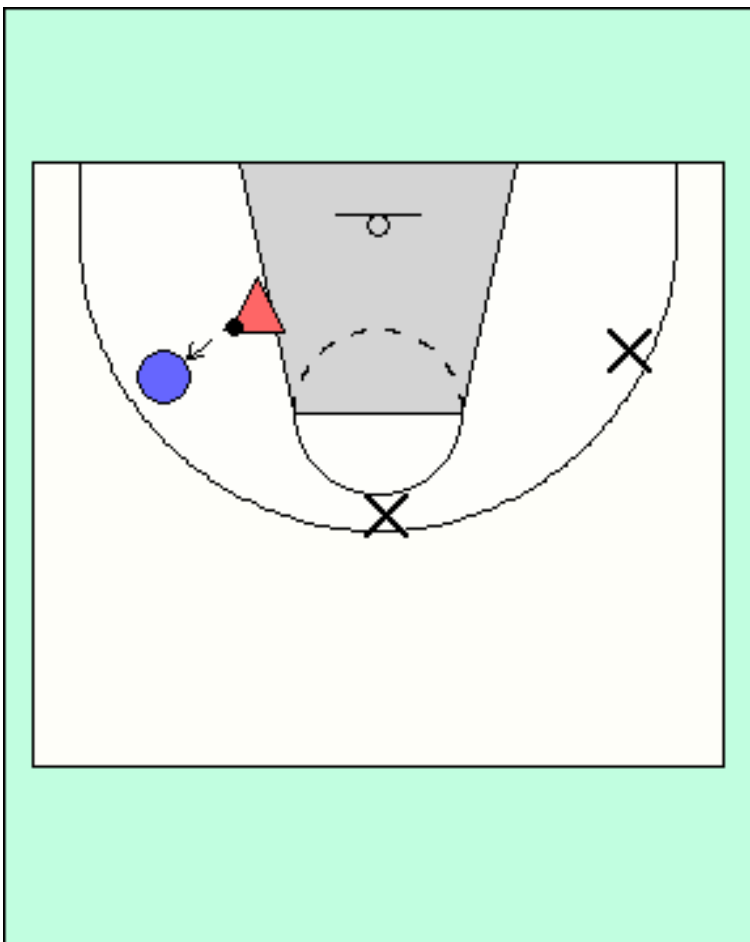
The offensive player can start with either a live dribble behind the baseline or in a triple threat stance on the baseline.

It is the job of the offensive player to beat the defender past the top of the key, without stepping outside the key area or getting the ball stolen.

The ball handler cannot turn their back on the defender with a spin dribble or use their body to back the defensive player down.

There is a time limit of 6 seconds to get the ball over the finish line.

9.2 Hand & Play.



Simple 1 on 1.

Defence hands or passes the ball to the Offence and play 1 on 1 straight up.

Contain your man, contest all shots and block out. If Offence gets the rebound play on.

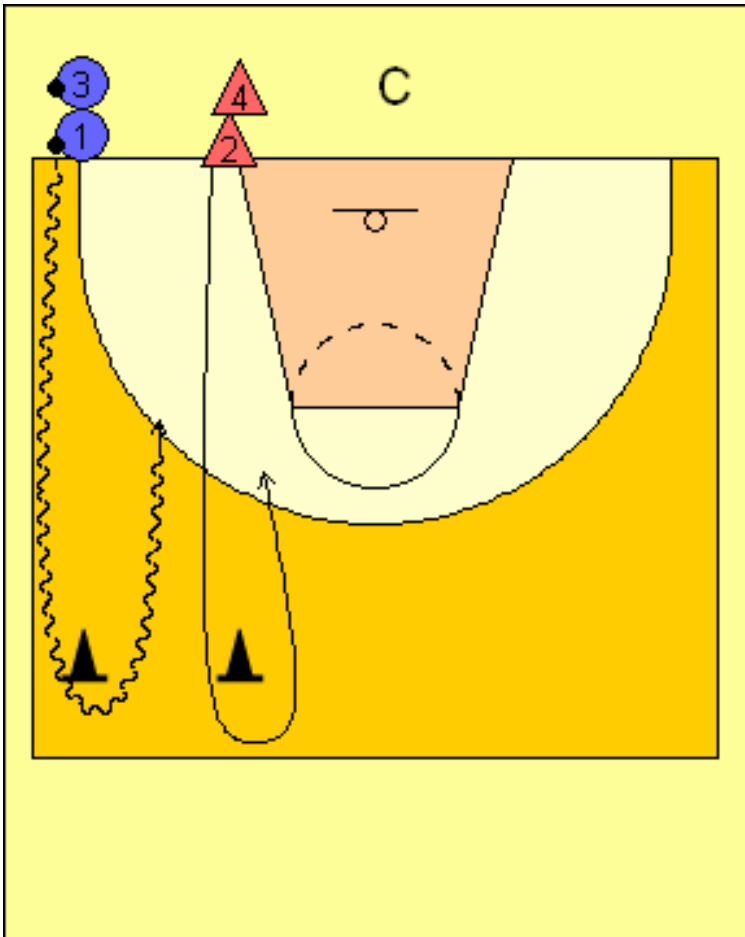
Play games from the left 45, Top or Right 45.

Coach can limit dribbles and set scores to win.

Variation: Defence passes the ball from under the basket & closeout.

9.3 Sideline Chaser.

Offence.

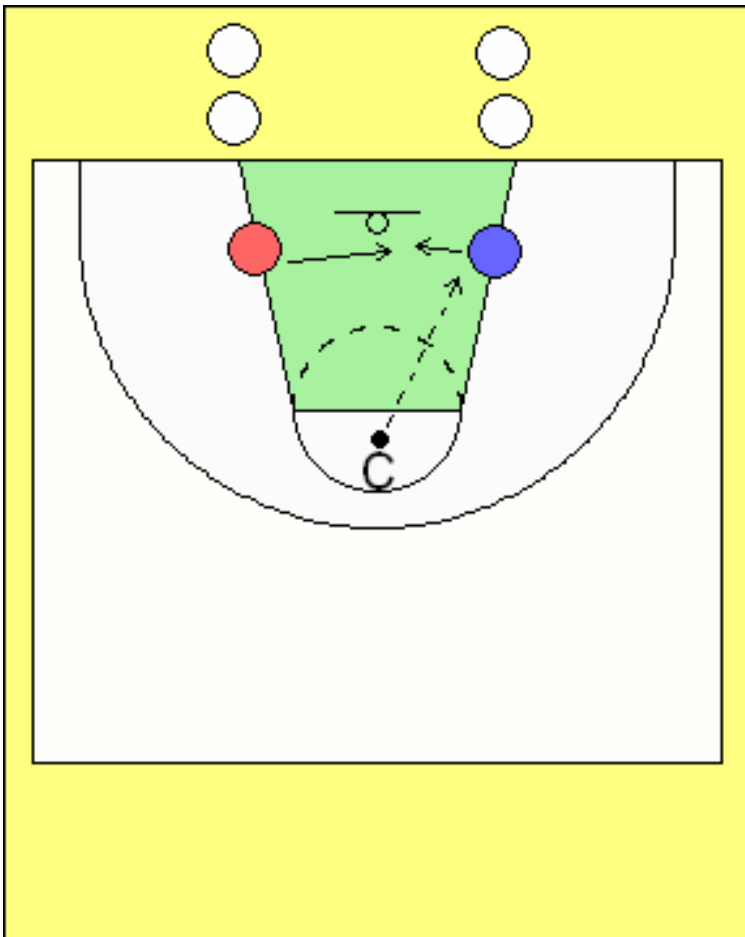


- Two chairs or bins are placed along the sideline above the 3-point line.
- Player 1 is on offence & player 2 is on defence
- Player 1 starts with the ball. When the coach calls "go", player 1 must dribble around the chair in front of him while player 2 runs around the chair in front of him.
- Players then play 1 on 1. Players must make a good decision whether to make a lay up or pull up for a jump shot (read the defence).

Variation:

- Change position of chairs to either give advantage to the offence or defence.

9.4 Power Play & Block.



One player on each block waits in ready stance to receive the pass from the coach.

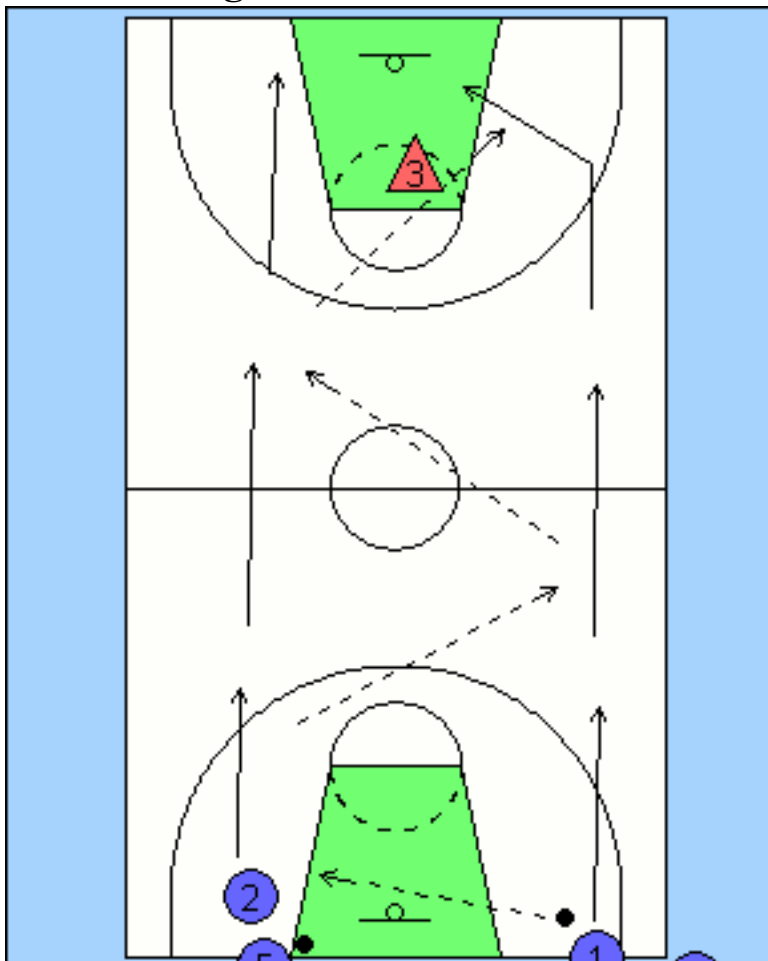
Coach passes to a random player who then makes a quick power move to the basket (this is not catch and shoot).

The player who does not get the ball quickly switches to defensive mode & tries to block the shot attempt without fouling.

Two more players waiting step on to the floor and repeat the drill.

9.5 Two Against One.

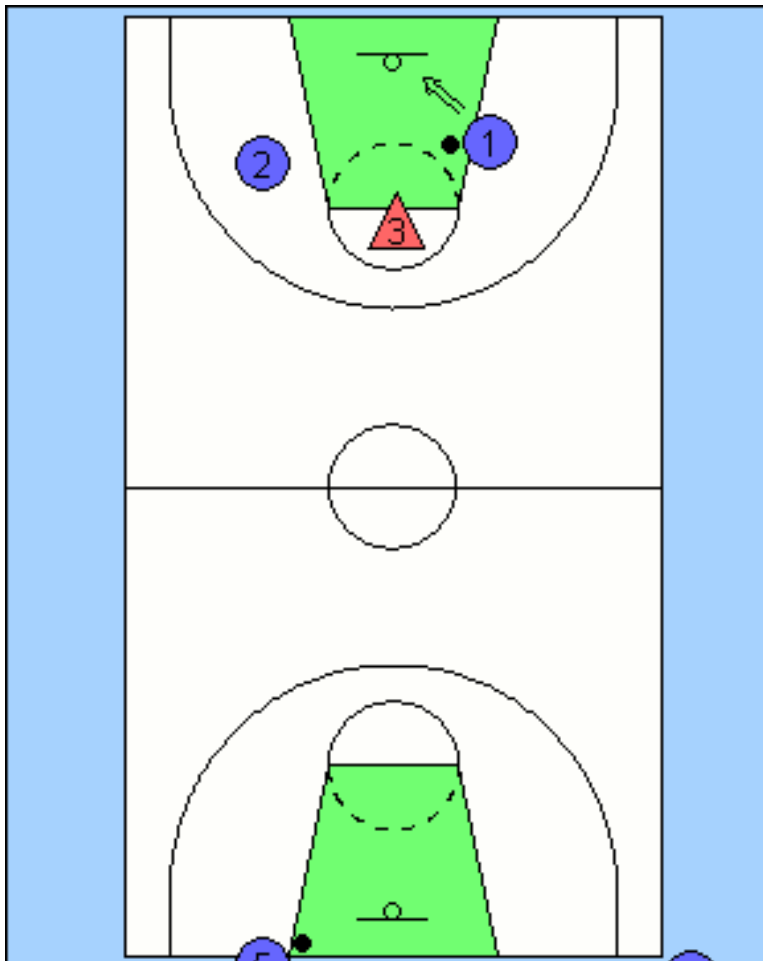
Offence.



A fairly simple but effective drill.

Player 1 and 2 pass the ball to each other up the court. They are not allowed to dribble or make travels.

Player 3 is the defender who will try to intercept the ball.



At the end of the drill 1 or 2 will take the lay-up & become the new defender.

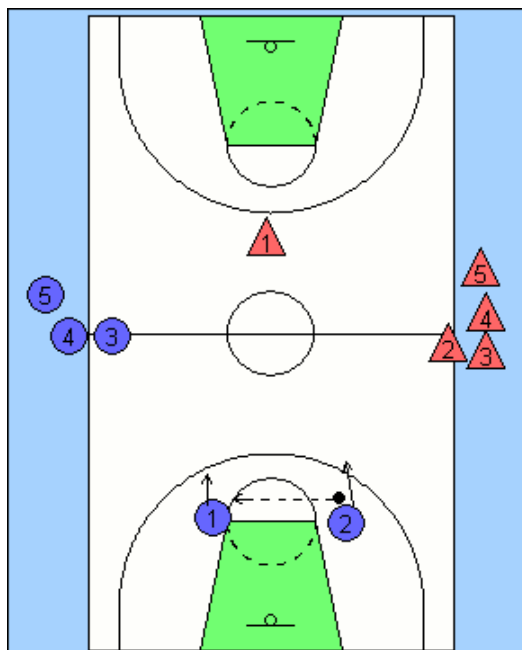
After a score the defender & the non shooter step off the court & return to the start point.

If a pass is intercepted before the score by the defender the player who made the poor pass will become the defender.

If at the beginning the scoring is low you might allow one or two dribbles.

9.6 Two on One into Two on Two.

Offence.

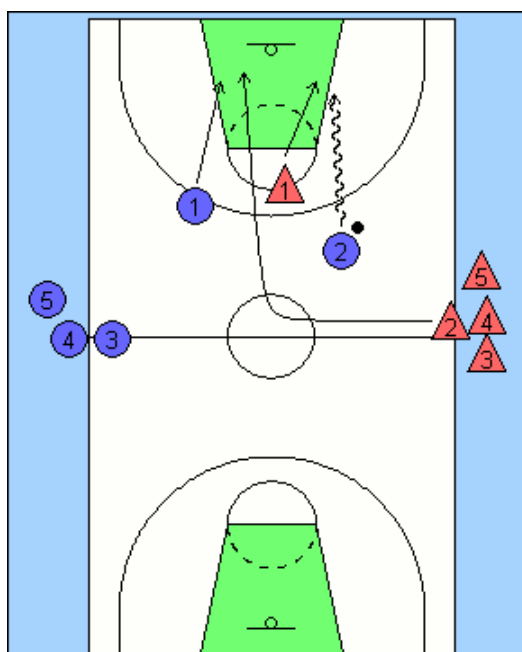


One team stands on the left side, the other on the right side.

Two players from the blue team get ready for two on one attack.

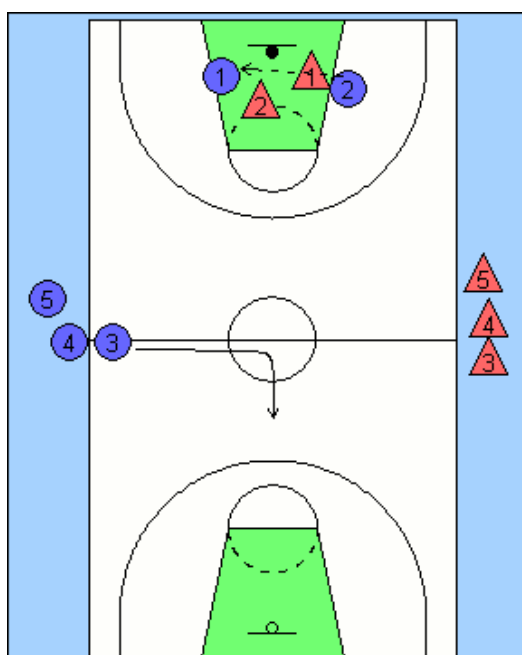
On the other side of the court stands one defender ready to defend the two attackers.

Offence passes the ball up floor until pressured by defence.



When the **LAST** blue player (not the ball) crosses the half court line.

Red player 2 runs through the centre circle getting 1 foot in the circle and scrambling down the floor trying to make it a two on two competition instead of two on one.



The ball is worked until score or turn over.

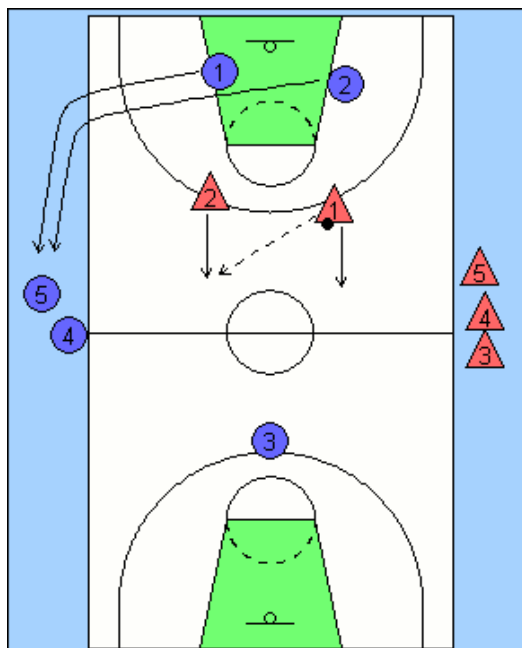
When the ball goes through the basket and not before, blue player 3 (defender now) must go through the centre circle & get ready for red offence to attack.

After the blue team shoots, If they score, get the ball in from out of bounds, if they miss, play from the rebound.

The red team gets the ball and starts the attack on the opposite basket.

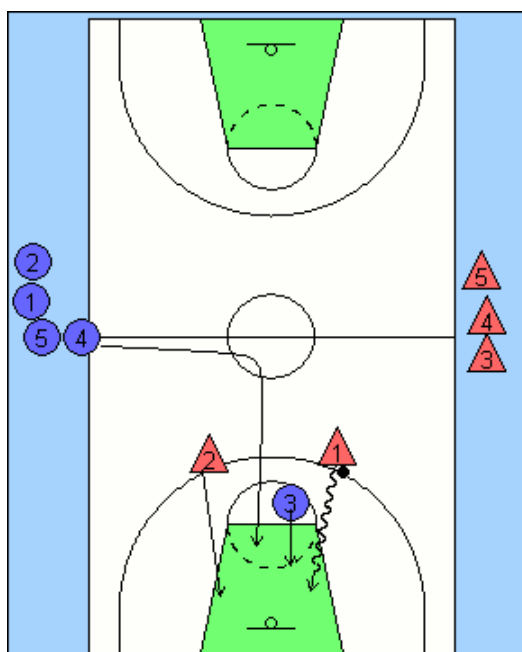
9.6 Two on One into Two on Two cont.

Offence.



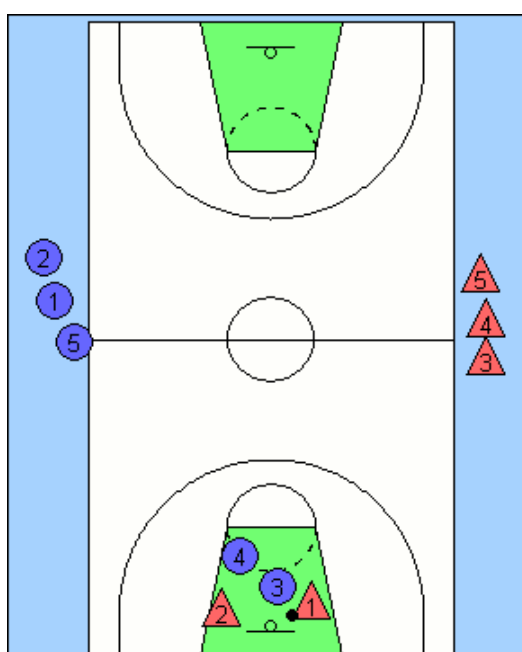
Blue 1 and 2 (Offence) return to the centre line on their teams side of the floor ready to join in again when it is their turn.

Red pass the ball up the floor until pressured.



Again, when the last red player crosses the centre line, blue player 4 runs through the centre circle, one foot in the circle and scrambles in on defence to make it 2 on 2.

Red team attacks, forced to score as fast as they can.



If they score get the ball in from out of bounds, if they miss play from the rebound.

Everything now repeats, so all players get a chance to attack and to defend.

Variation:

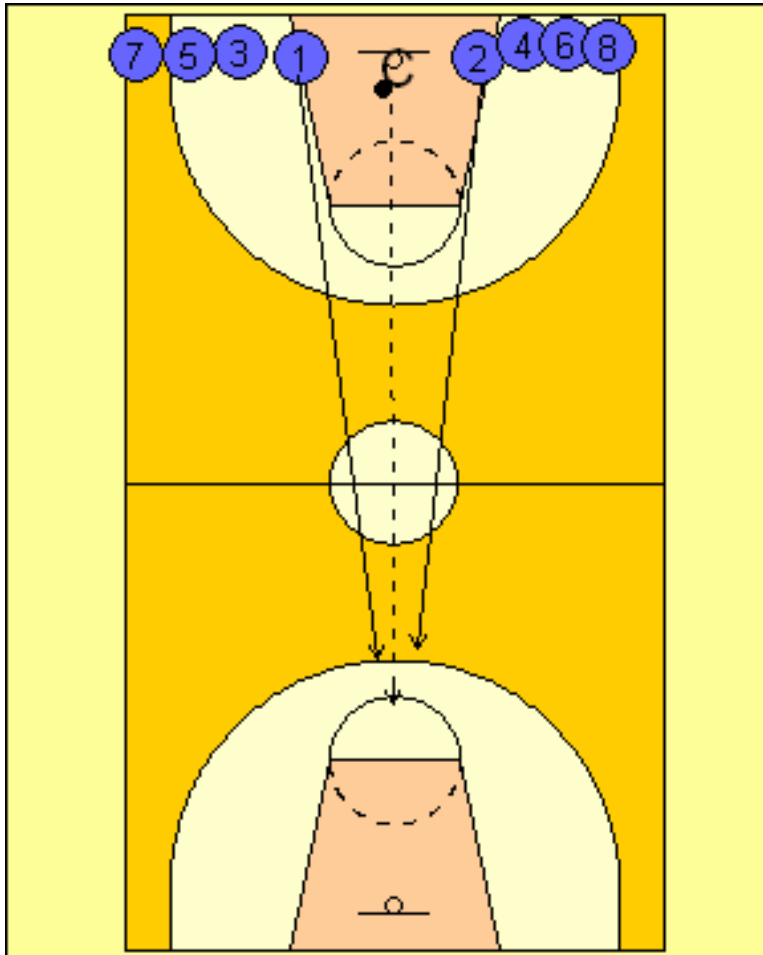
You can also make this Drill a 2 On 1 to 2 on 3 Drill.

Have 2 Defenders waiting or coming in through centre after a score with 3 Offensive players attacking.

When the last Offensive player crosses the centre send in the Third defender through the centre circle.

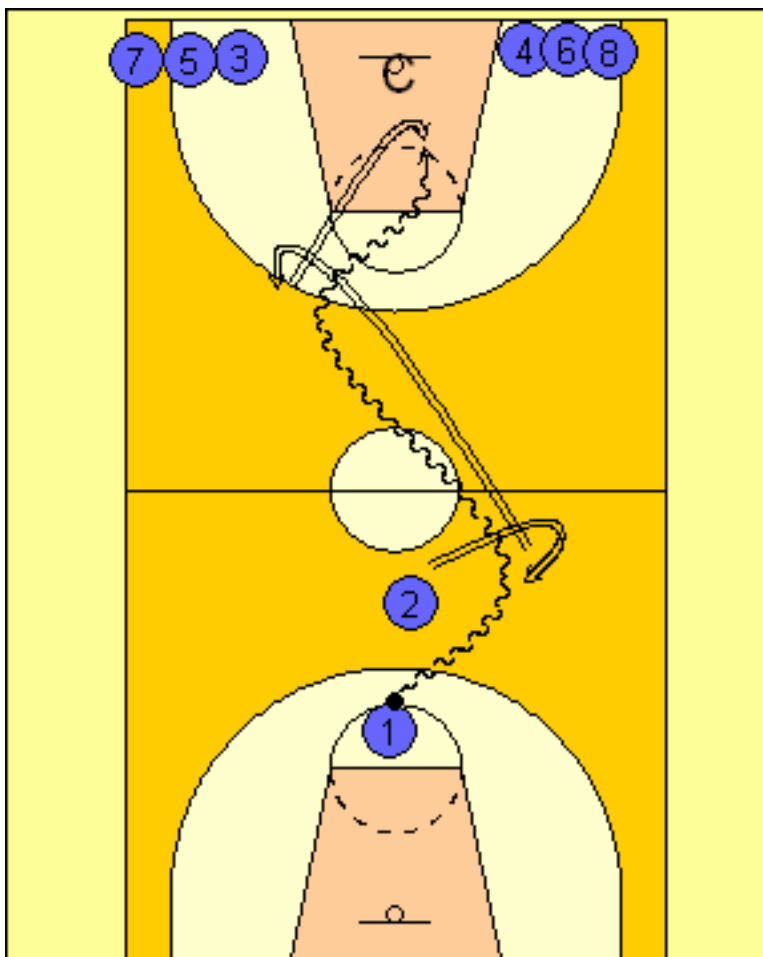
9.7 Bulldog 1 on 1.

Offence.



This drill teaches loose ball skills, aggressiveness & one-on-one skills.

The coach stands under the basket & has the team break into two lines (one on each side). The coach rolls the ball down the middle of the court and the first player from each line race to the ball. There are no rules (within reason) - players are encouraged to get on the floor & scrap for the ball.



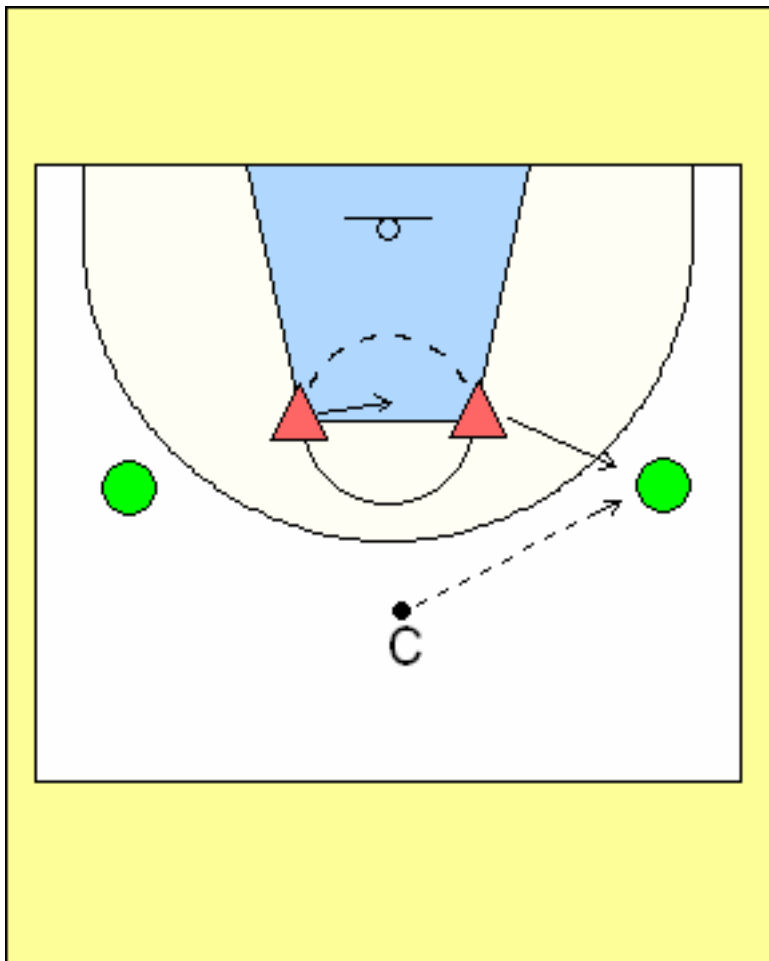
Once one player gets the ball they play one-on-one back to the basket where the coach is.

The defender is to work as hard as possible at turning the offence and getting a stop.

If a player loses the race & gets scored on penalties may apply. They can be given push ups, a suicide or go on defence again.

9.8 Two on Two 4 Passes Offensive Focus.

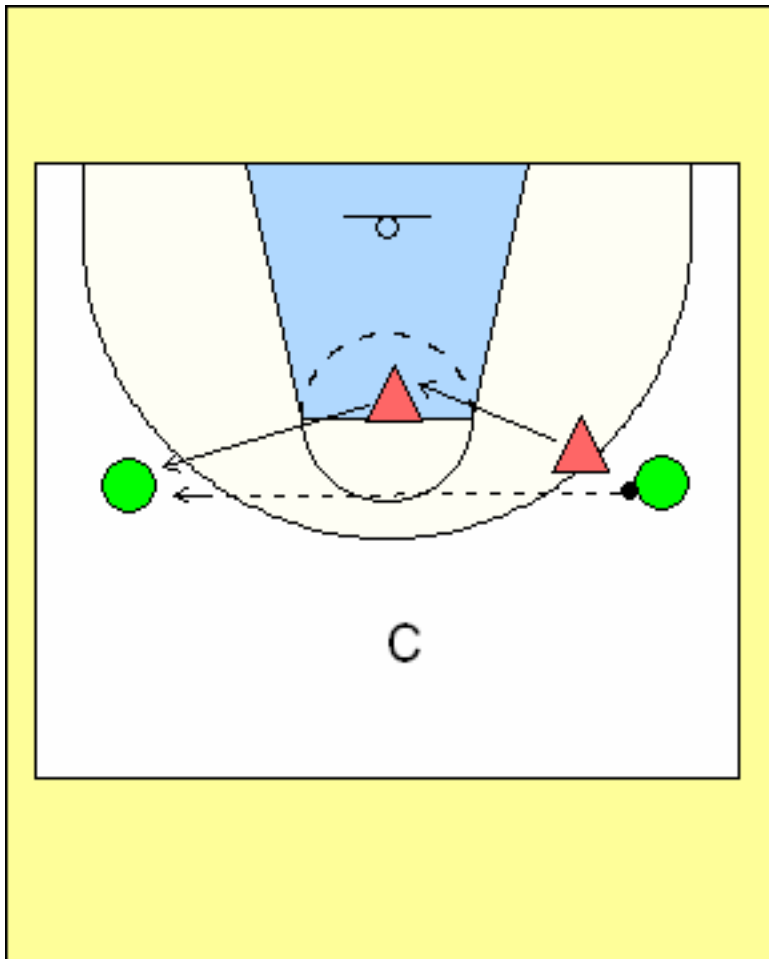
Offence.



Coach passes to wing

Defence closes the ball out urgently calling ball and pressuring the pass. Offence is dead.

Weak side defender drops to high split line.

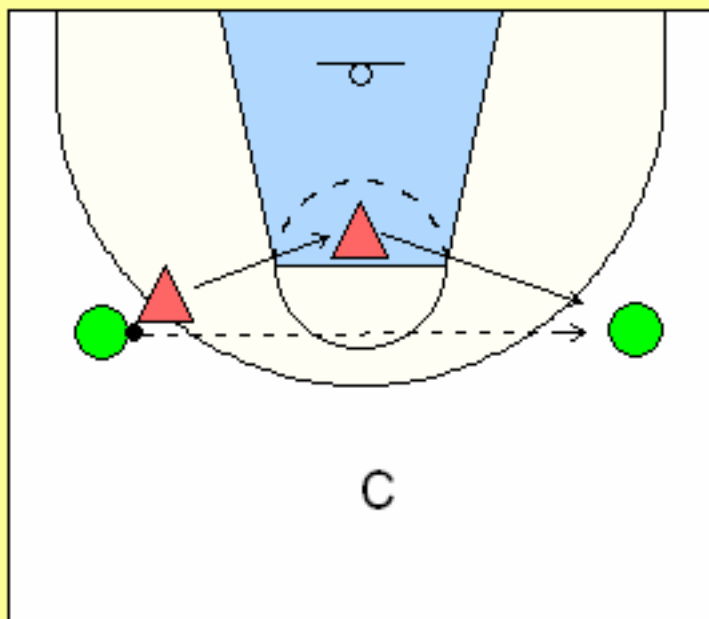


Wing now passes to the opposite wing & the weak side defender now closes out the ball calling ball & pressuring the pass. Offence is still dead.

Weak side defender drops to high split line.

9.8 Two on Two 4 Passes Offensive Focus cont.

Offence.

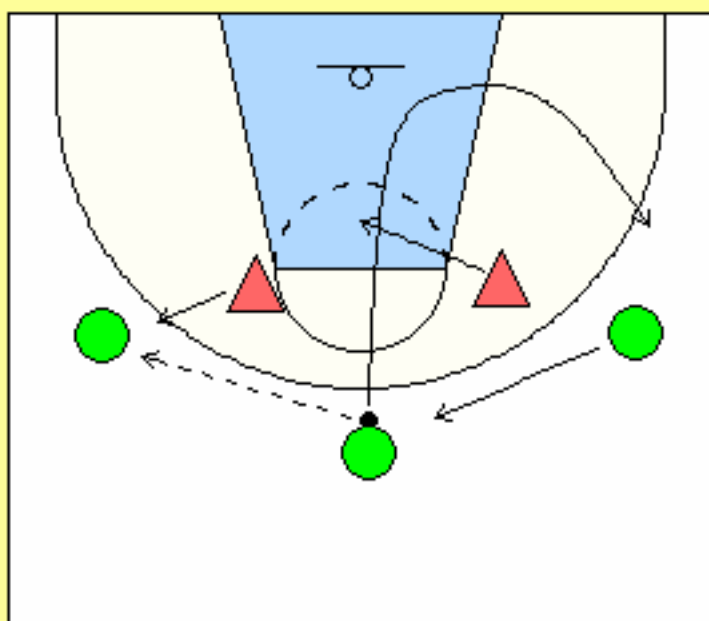


Wing again passes to the opposite wing and the weak side defender again closes out the ball calling ball and pressuring the pass.

Weak side defender drops to high split line.

Offence is now live and we play 2 on 2 until a score or stop is made.

Coach can put dribble limits or no dribble rules in and set a score target if they wish.



This can be advanced to 3 on 2.

The point passes and cuts through the key & out to the weak side wing.

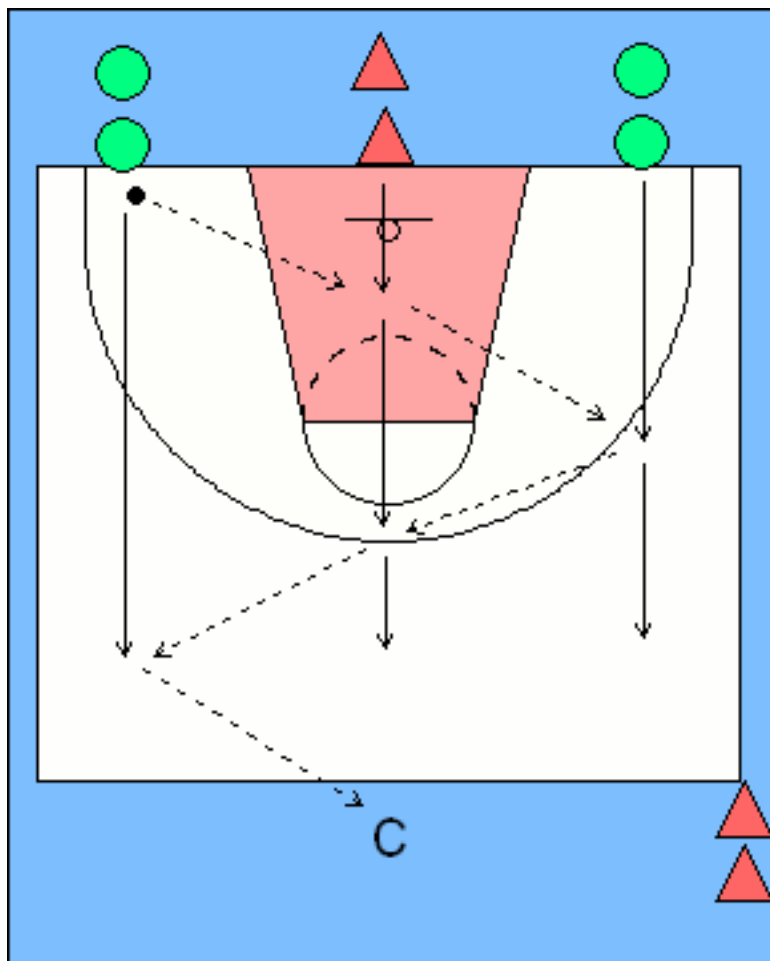
The weak side wing lifts.

The defender closest to the ball closes out the ball whilst the weak side defender gets to split line & watches the 2 offensive threats.

After the 3 passes play 3 on 2 to a score or stop.

9.9 Half Court 2 on 1 to 2 on 2.

Offence.

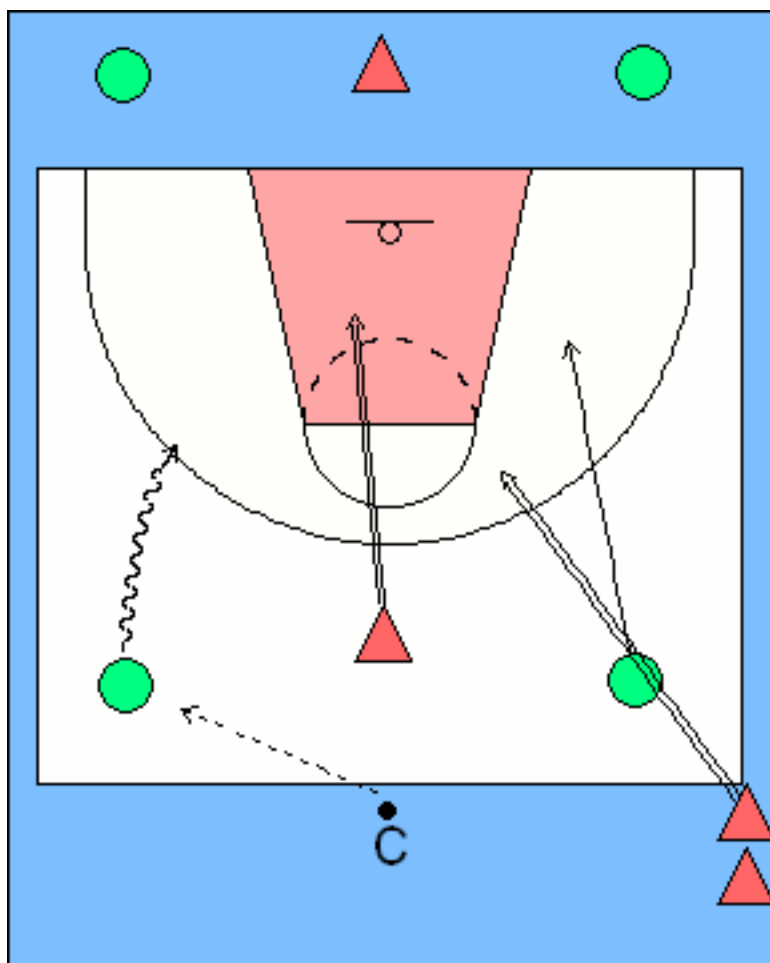


3 lines on the baseline. Outside lines will be Offence, Middle line will be Defence.

A fourth line is at the sideline at the middle of the court. This will be a second Defender waiting to scramble in on the coaches pass.

Ball is passed through the lines up to half court where it is passed to the coach.

Neither the Offence or Defence can drop back until the coach passes it.



Coach will quickly pass to either wing & the Offence will attack the defender on the court however they please.

The second defender at half court scrambles in to help the on court defender (who protects basket & hedges) as quickly as possible. This player must cover off on the closest man.

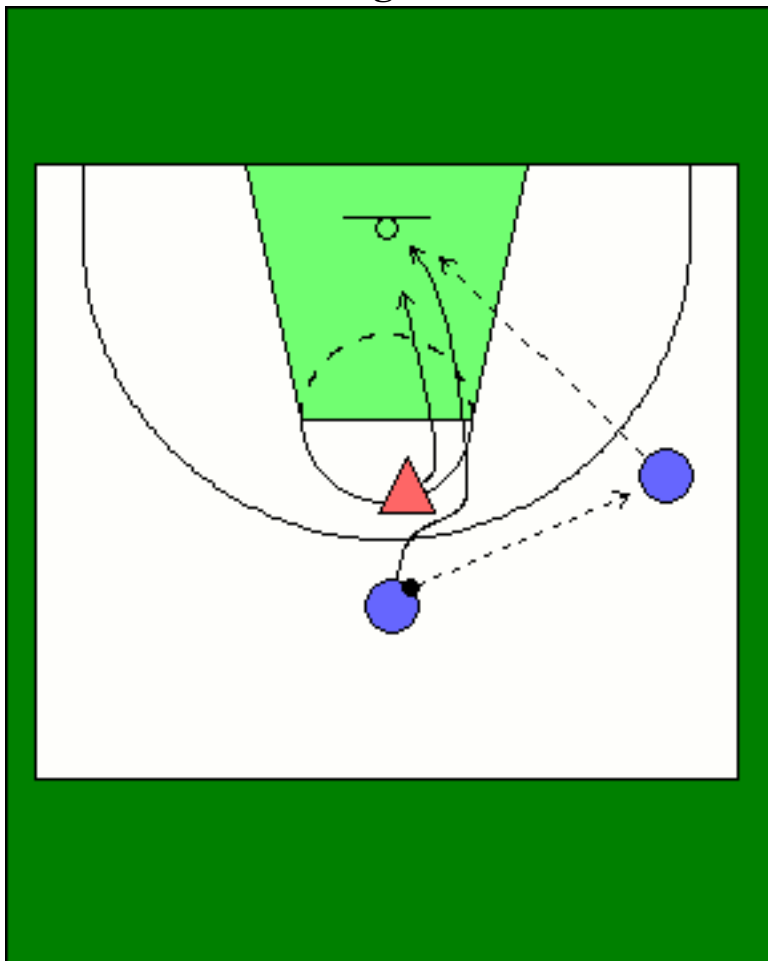
Play 2 on 2 if the break is stopped.

Next group step in & repeat drill.

Players must rotate from Offensive to Defensive lines each time.

9.10 UCLA Cutting Series.

Offence.



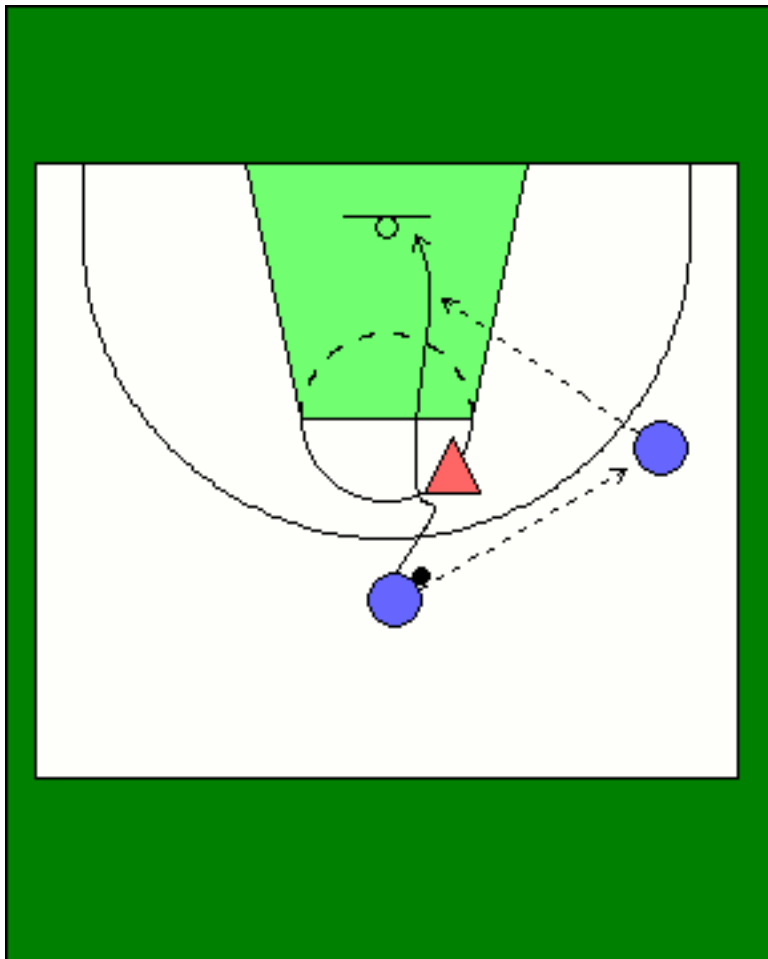
Have a player at the point with a ball & a defender. The defender gives best effort at all times.

Place a player at the wing spot as a passer.

The defender is not off to the ball giving the cutter an advantage.

Ball is passed to the wing & the offence makes a hard UCLA speed cut to the basket trying to beat the defender to the outside.

The ball is passed to the cutter & 1 on 1 is played until a score or stop.



Have a player at the point with a ball & a defender. The defender gives best effort at all times.

Place a player at the wing spot as a passer.

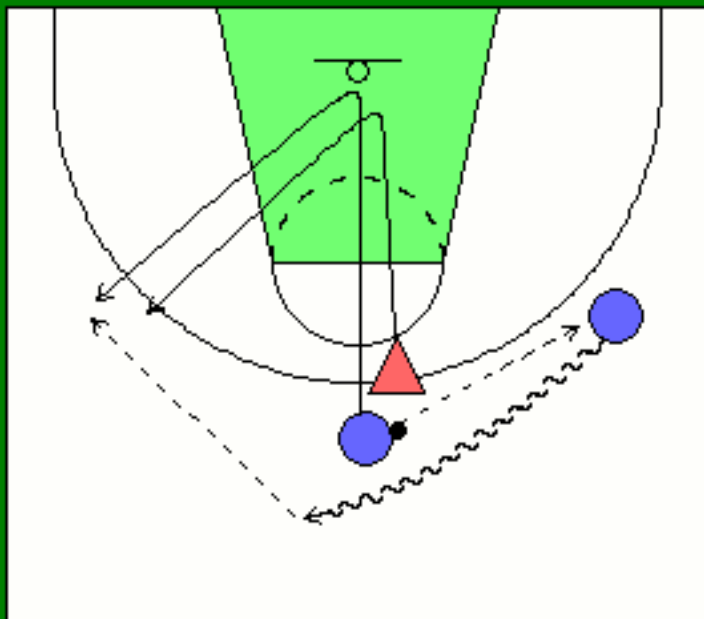
Ball is passed to the wing, defence jumps to the ball & the offence makes a hard UCLA speed cut to the basket with hand extended looking to slip behind the defender for the pass.

Progress this to the offence running at the defender, hitting & spinning off the defender looking to beat them to the basket for the pass.

The ball is passed to the cutter & 1 on 1 is played until a score or stop.

9.10 UCLA Cutting Series cont.

Offence.



Have a player at the point with a ball & a defender. The defender gives best effort at all times.

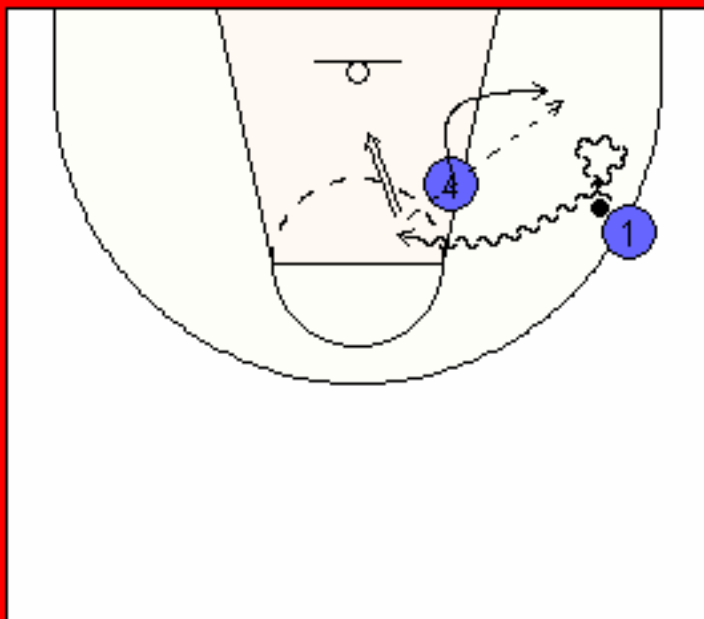
Place a player at the wing spot as a passer.

Ball is passed to the wing & the offence makes a speed cut to the basket trying to beat the defender.

If the ball is not passed in the wing player dribbles to the top of the key & the cutter leads out hard for the ball with the defence applying denial pressure.

The ball is passed to the cutter & 1 on 1 is played until a score or stop.

9.11 Dribble Penetration, Pop to Short Corner.



1 makes an attacking dribble to the basket then retreats to the 3pt line at the wing.

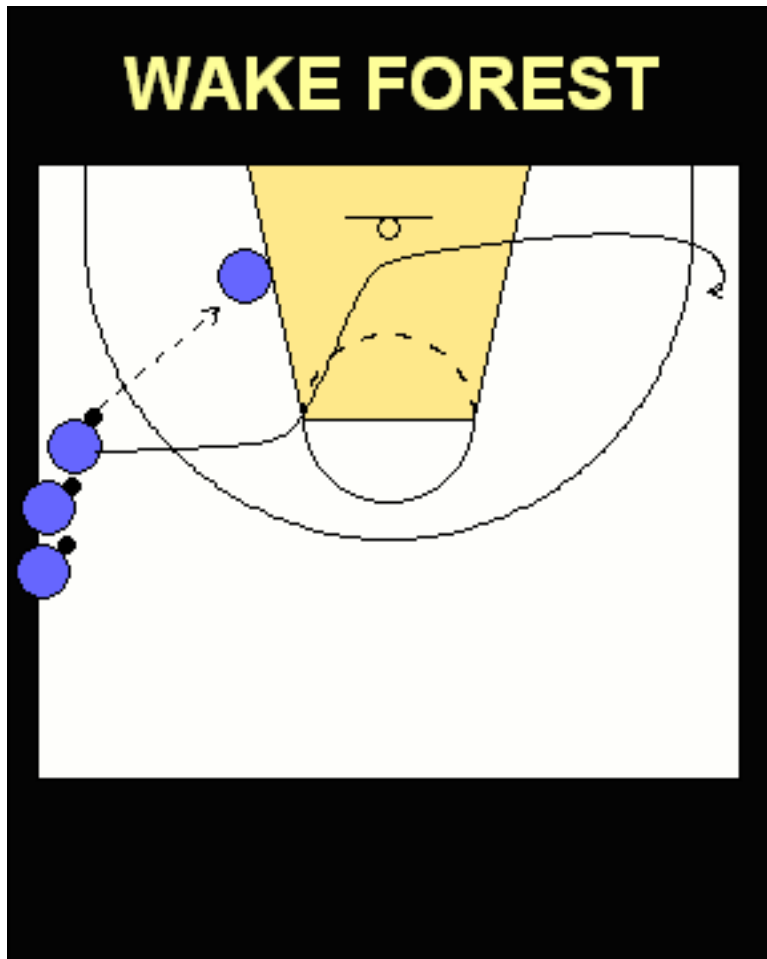
Then 1 penetrates hard middle.

On the middle penetration 3 loops out to the short corner.

1 either shoots or passes to the receiver 3 for the shot

9.12 Laker Cuts.

Offence.



Place a player in the post & a group out on the wing with a ball.

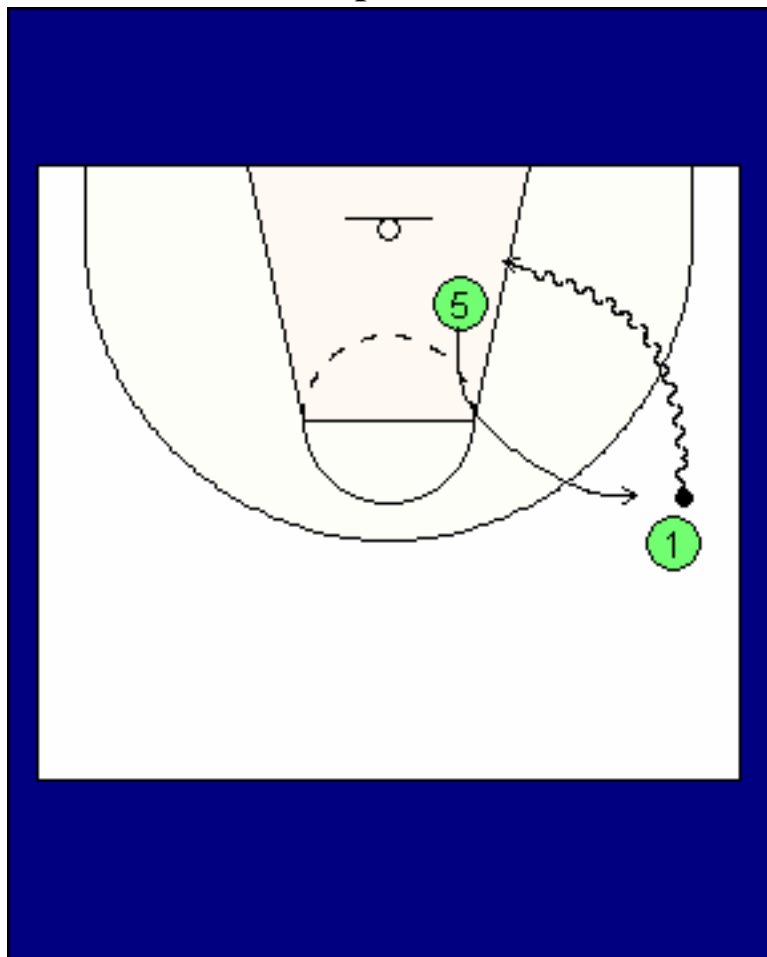
Wing passes in to the post & cuts hard to the foul line where they dive toward the basket & then out to the wide wing.

Post can feed the cutter at any stage for the shot.

Work both side of the floor.

Add defence when satisfied with technique.

9.13 Drive & Loop out.



1 drives baseline looking to score

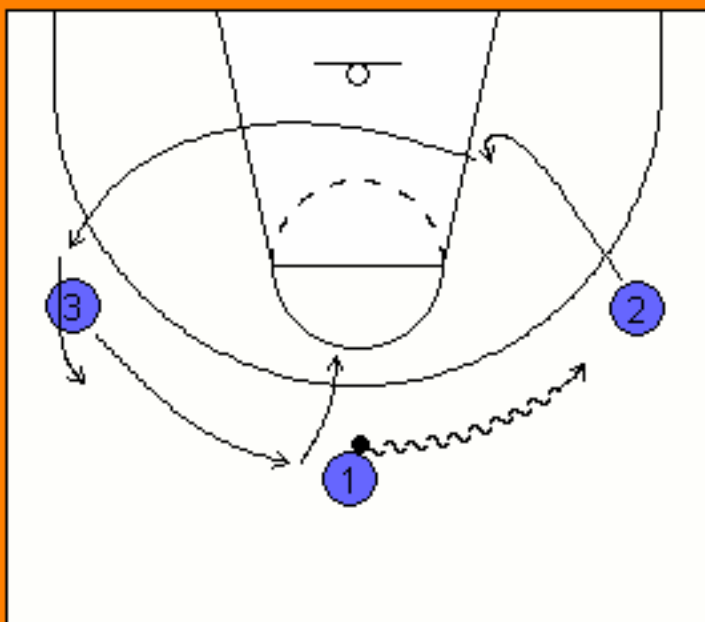
5 "loops out" & replaces 1 at the wing spot.

Look to shoot, pass back to post or repeat drive & loop.

Add defence when coach is satisfied with technique.

9.14 Spacing Drills.

Offence.



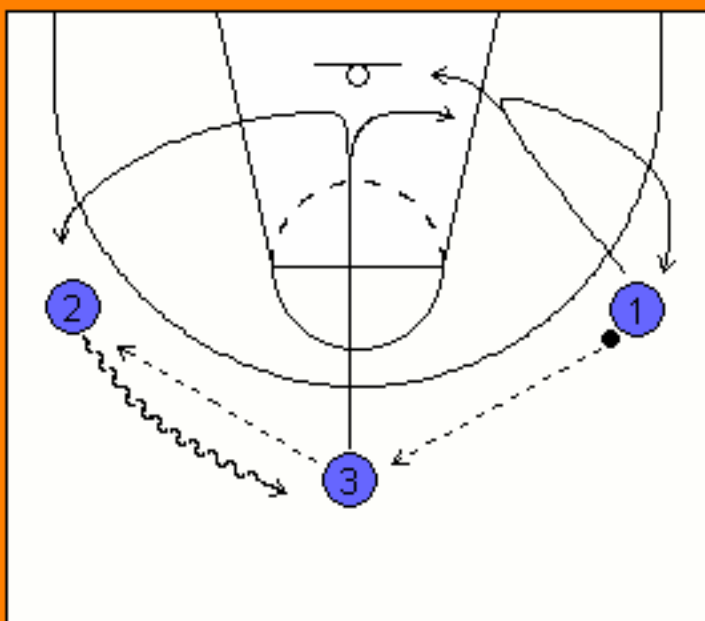
This is a simple spacing, passing & cutting drill. Players do not have set rules as such but must keep the wings & point spots occupied without crowding the same spot.

Each time a player fills a position they should be in a ready to receive & shoot stance. If the ball is not moved within a 2 count the Offence must make a move. Following are some movement examples.

Set players up 3 on 0. Have the point player dribble the wing out.

Strong side wing can cut into post & clear out to weak-side.

Weak wing can replace point. This player can also decide to dive to the basket after coming high & the weak-side player can replace.



If the ball is reversed through the point to the wing the point player can basket cut.

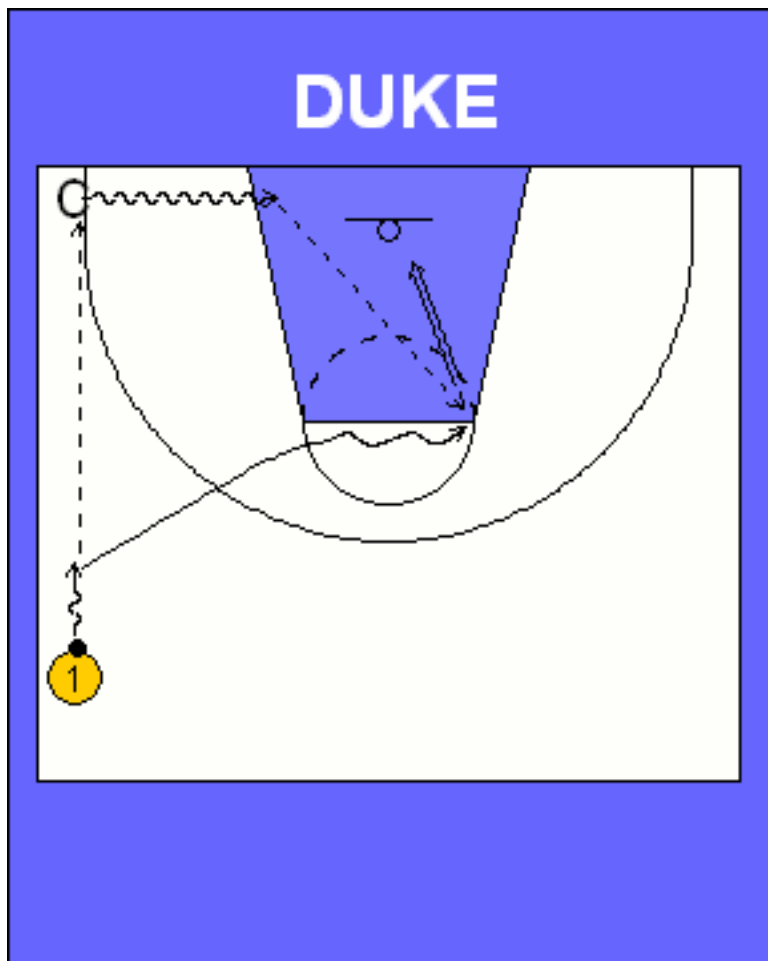
If the wing 2 dribbles high the cutter 3 can replace this player. If not 3 can go opposite.

1 can cut to the basket & out to the other side of the court, 1 can cut & replace themselves also.

As soon as the coach is satisfied with the acquired spacing concepts add defenders to play 3 on 3

9.15 Pass Relocate Drills.

Offence.

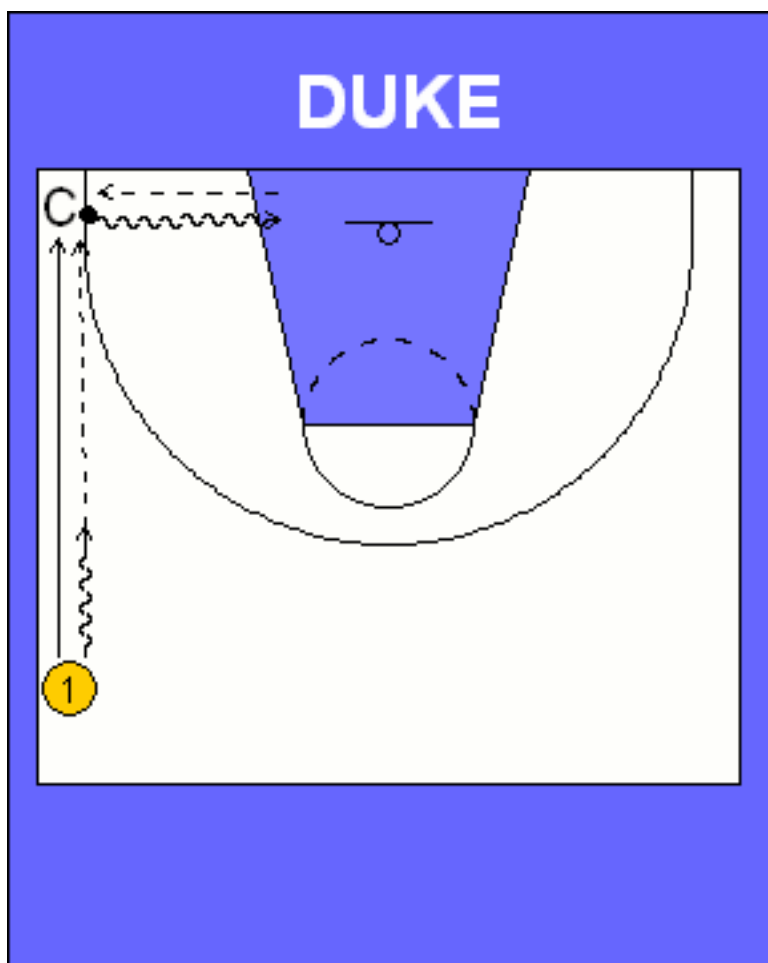


Side corridor kick ahead & penetrate

1 will pass the ball down the designated side corridor & trail up to the elbow. Making a low balanced crab slide to the opposite elbow, remaining in a stance with hands up in good preparation ready to shoot.

The coach in the corner, will drive baseline looking for the kick out to 1 on the opposite elbow.

Vary shot range, mid to 3pt range.



Baseline penetration, fill & kick out.

1 will make the kick ahead to the coach in the deep corner. The coach will penetrate through the low gateway.

1 will fill the vacant corner.

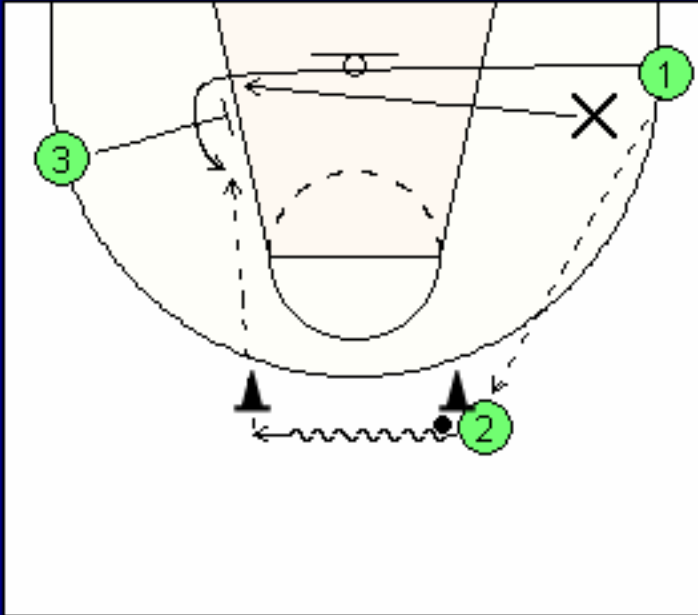
Coming to a balanced jump stop the coach will land & reverse pivot pulling the ball through (point & pass) keeping it baseline side & protected.

The coach will make the pass to 1 who is in good stance & shot preparation.

1 will shoot the ball.

9.16 1 on 1 Curl Cuts.

Offence.



1 v 1 TURNOUT CUTS (with a screener & passer)

1 starts with ball in the corner & is defended by X1.

1 passes to 2.

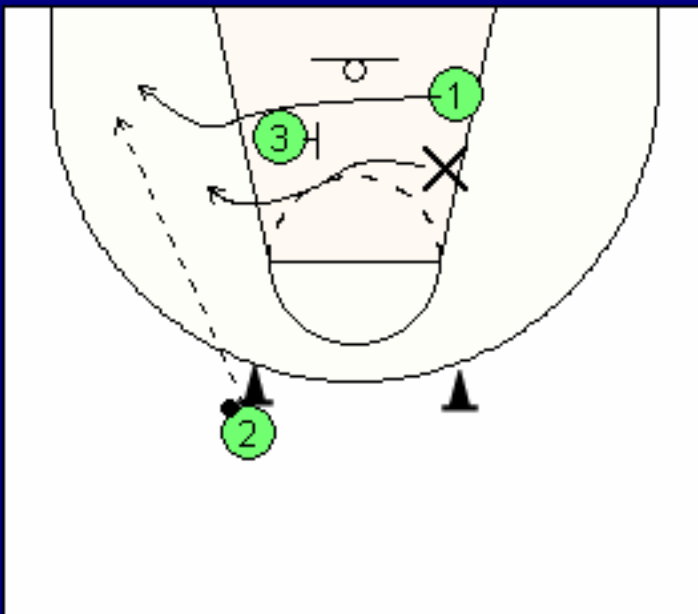
2 dribbles across top of key.

3 moves to set a screen for 1.

3 screens 1 who curl cuts if X follows under.

3 can post or pops high after screen.

9.17 1 on 1 Flare Cuts.



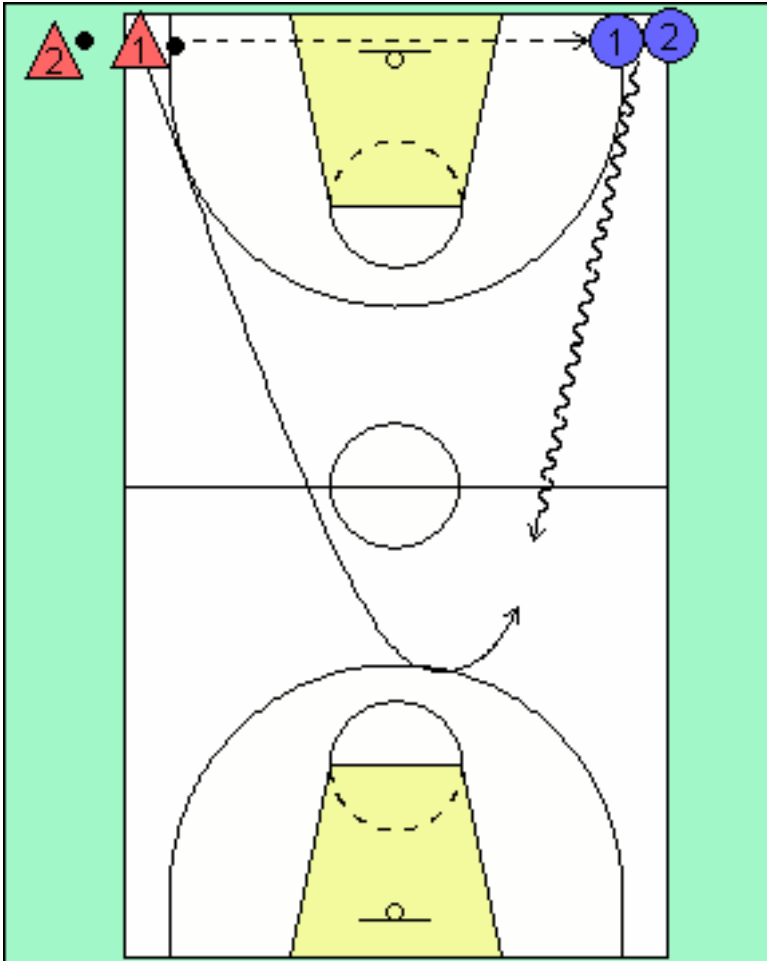
If X goes over the top 1 will flare low & wide.

3 can post or pops high after screen.

rotate positions after each possession.

9.18 1 on 1 Full Court.

Offence.



Defenders start on one side of the floor & offence on the opposite as shown.

Defence throws a good pass across the court to the offence & sprints up the floor to intercept the attacking ball handler.

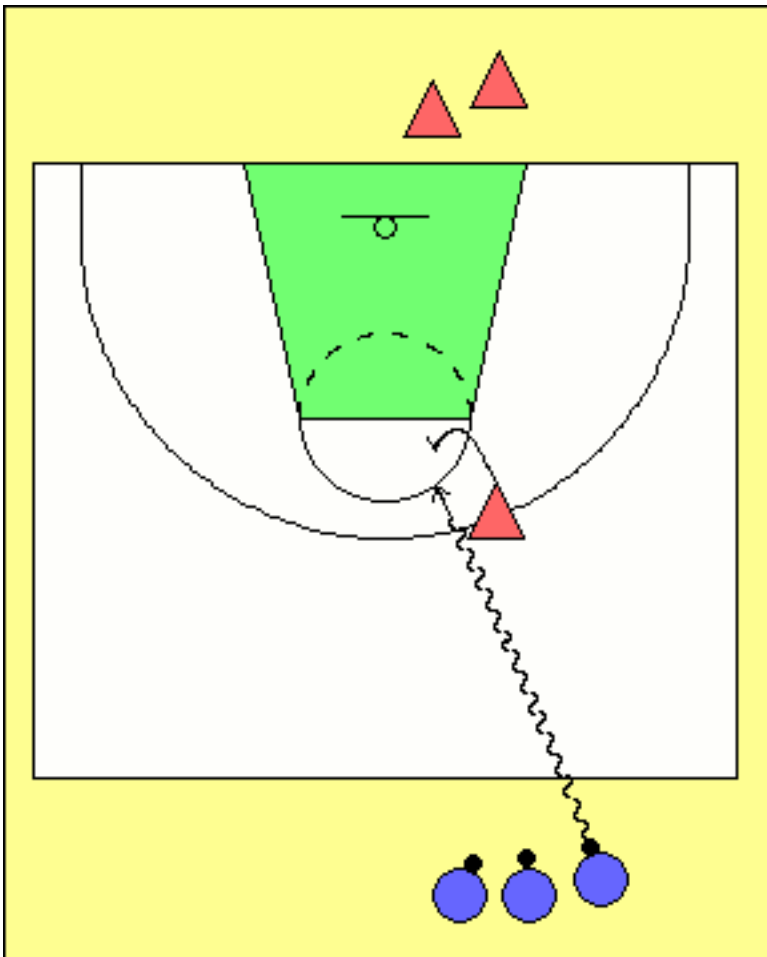
Offence can attack as soon as they receive the ball.

Offence attacks at full speed with no restrictions. Offence can use the pull up jump shot at the far end.

Defence must contain the attacking offensive player & play 1 on 1 to the opposite basket.

The next pair starts when a shot is taken or the ball is lost. If the defence is poor have them defend the next player.

9.19 1 on 1 Half Court.



A magnificent fast break drill good for practising offensive transition & defensive containment.

In this drill we start the offence behind the centre of the court with a ball & the defence at the 3 point line.

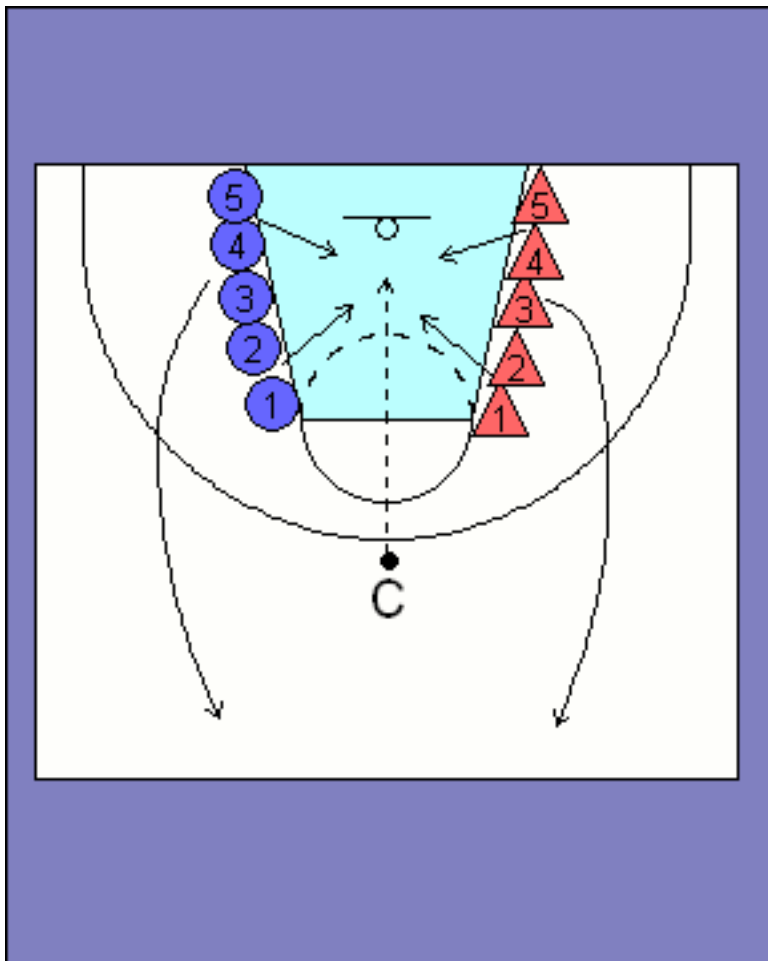
The offence attacks the defender at full speed on the dribble trying to score any way possible. We especially want to focus on putting the defence on the back foot and running the ball down their throat. Quick change of direction moves & finishing off are most important. Players can pull up for the jump shot.

The defender must start in stance making the appropriate slides, closeouts or back peddles to contain their opponent.

Play to a score or stop & rotate from defence to alternate lines. Repeat the drill if the defence is poor.

9.20 Board & Break.

Offence.



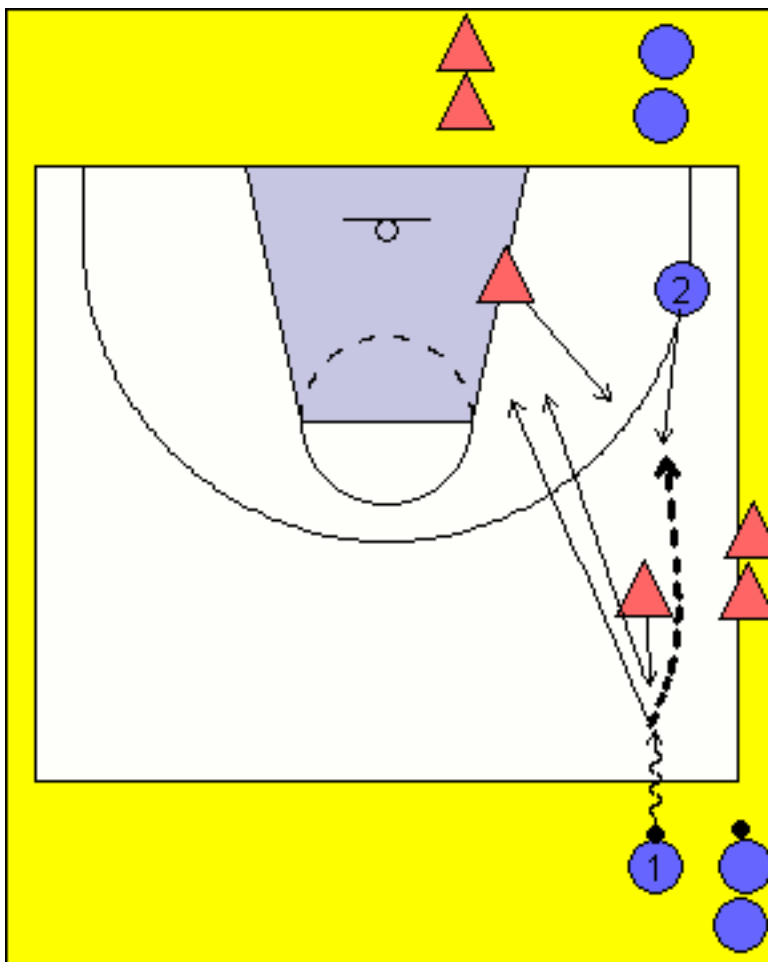
Coach can roll, bounce, throw or shoot the ball landing it in the key area.

Once the coach calls go all players must scramble for possession of the ball.

Blue or red gets the ball to go directly into a full court fast break to the opposite end of the court trying to score whilst the other team play transition defence scrambling to match up.

Play to a score or a stop.

9.21 2 on 2 Pass & Cut.



Start an offensive player with a ball behind the centre line. A defender 3 metres from the centre line. An offensive player on the low wing & a defender at the edge of the key.

Offence 1 dribbles the ball once which is the key for the offence 2 to lead & the defenders attack. 1 must make a successful pass to 2 & the defenders close their opponents out putting them under immense pressure.

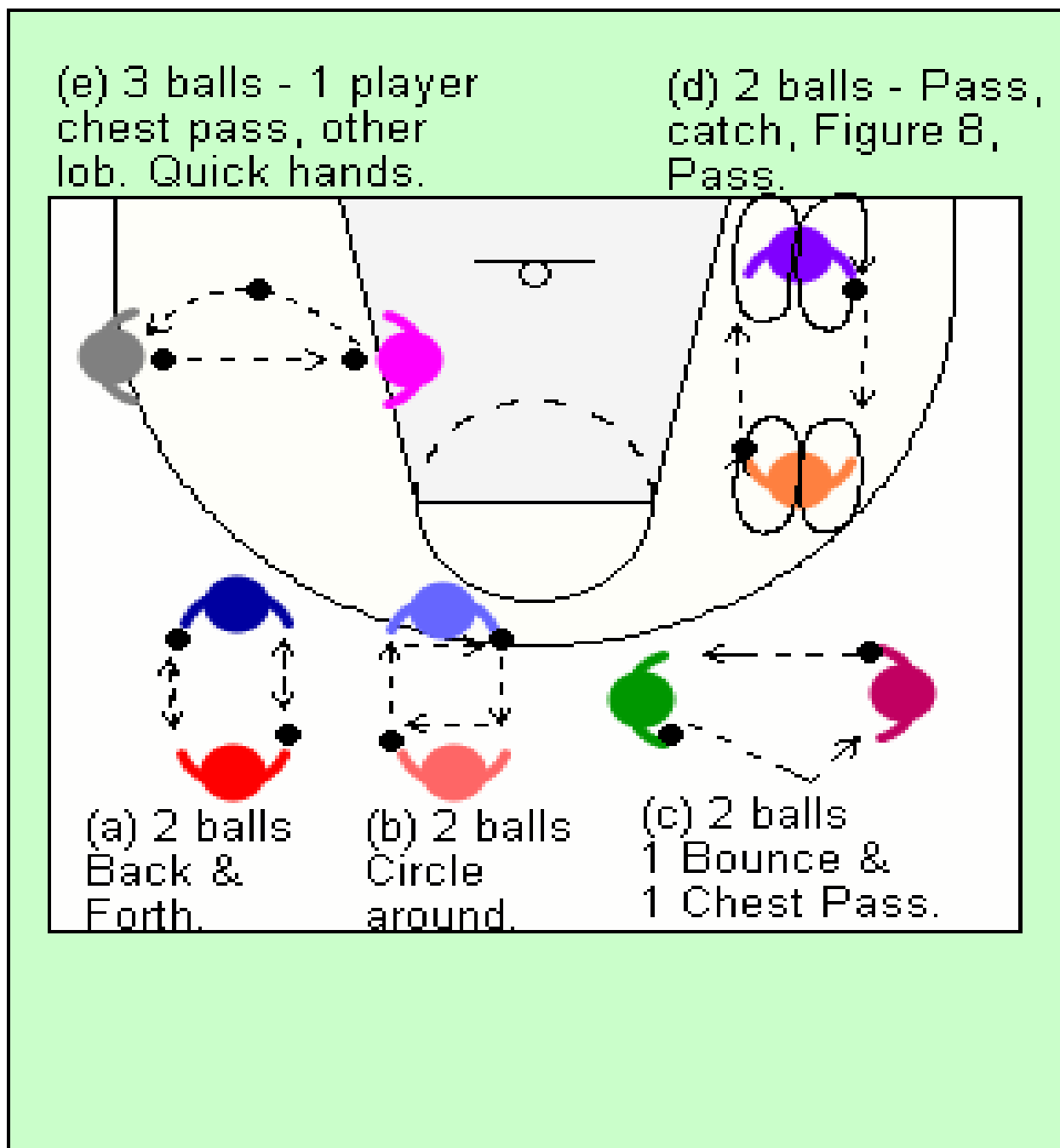
After the pass we play 2 on 2. Offence 1 cuts hard to the basket looking for the ball. The defender tries to stop this action. Play to a score or stop

If the first pass unsuccessful repeat the drill.

The next group of waiting offence & defence step in to play.

Section 10: Passing & Pivoting.

- 10.1 Pairs 2-3 Ball Passing.**
- 10.2 Passing from Traps.**
- 10.3 Four Corners Passing.**
- 10.4 Four Corners Dribble & Passing.**
- 10.5 Machine Gun.**
- 10.6 Fifty Passes.**
- 10.7 Alabaster Passing Drill.**
- 10.8 Brehmner Passing Drill.**
- 10.9 Pass & Cut/Flare.**
- 10.10 Bull in the pen.**
- 10.11 Two Ball Rapid passing.**
- 10.12 Inside to Outside Passing Drill.**
- 10.13 Chinese Passing.**
- 10.14 Star Passing.**
- 10.15 Pairs Passing.**
- 10.16 Precision Passing.**
- 10.17 Four Lane Pass & Change.**
- 10.18 Pivoting.**
- 10.19 Pivot, Pass Drill.**
- 10.20 Dribble, Pivot, Pass.**
- 10.21 Lob Passing.**



(a) 2 Balls Back & Forth. Players face each other & with one hand pass the ball back & forth, keeping the ball on the same side.

(b) 2 Balls Circle around. Players face each other & pass ball with one hand, catch, skip the ball across to their other hand, then pass again.

(c) 2 Balls, 1 Bounce & 1 Chest Pass. Players face each other, 1 player throws a 2 hand chest pass, the other a 2 hand bounce pass.

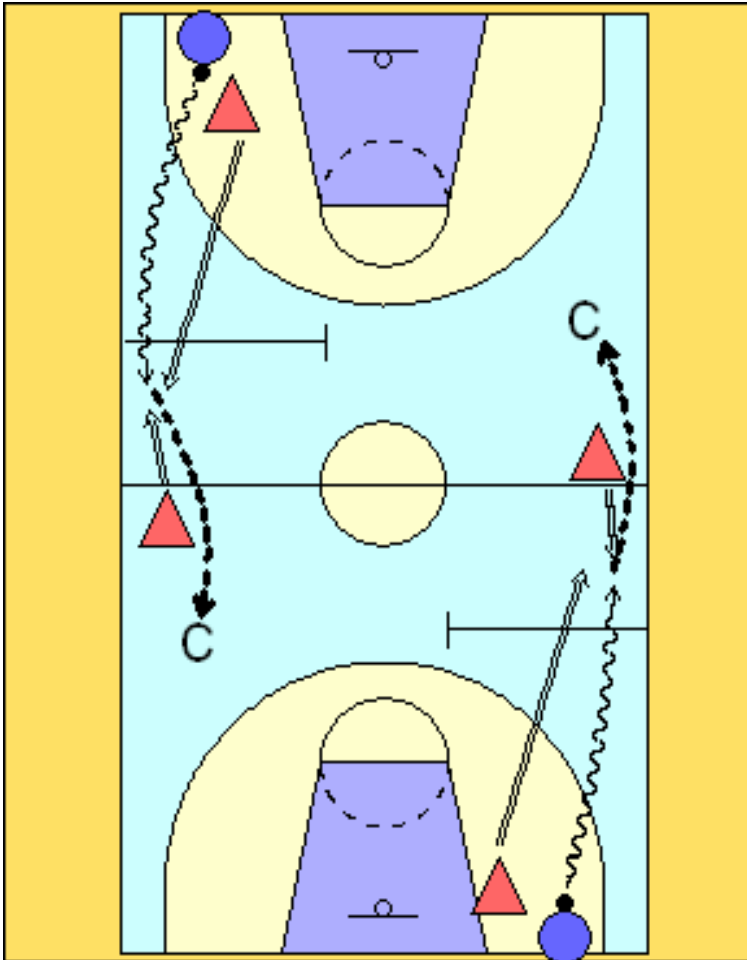
(d) 2 Balls - Pass, catch, Figure 8, Pass. Players face each other, catch, do a figure 8 between the legs & pass it back and so on.

(e) 3 Balls - 1 player chest pass, other lob. Players face each other & with quick hands get 3 balls passing, 2 balls on lob, 1 chest pass. Players stand further apart for this drill.

Alternate hands (direction) for all categories

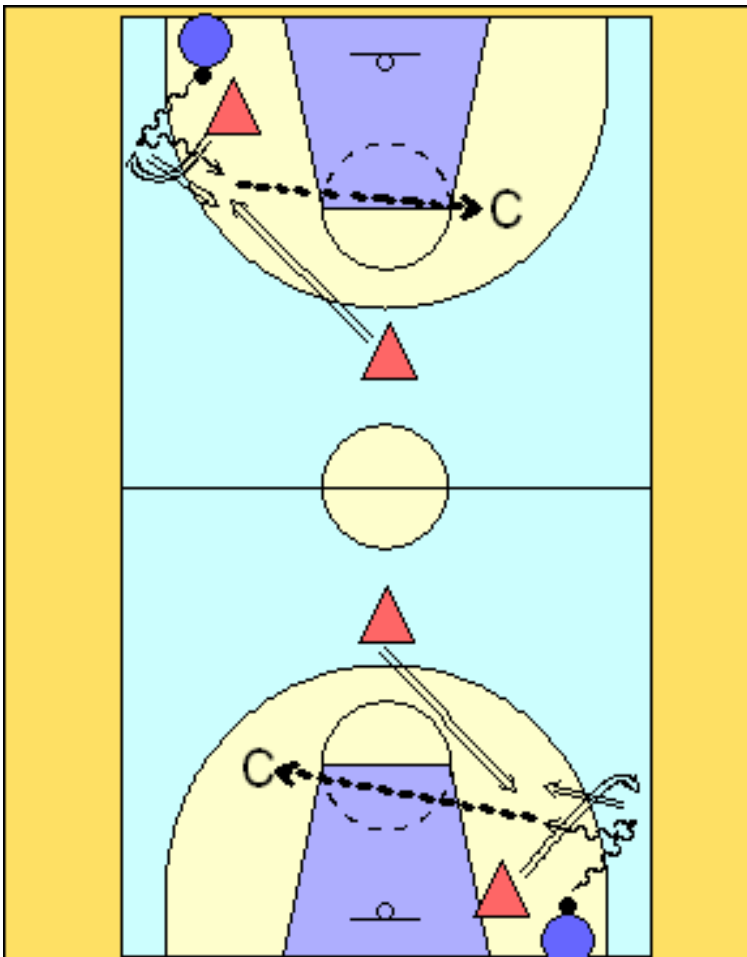
10.2 Passing from Traps.

Passing & Pivoting.



Offence is corralled down side to trapping defence.
Second defender cannot trap until Offence passes trapping mark on floor - approx 1 metre above key.
Offence must dribble into trap with head up, be aggressive, protect ball & deliver pass to coach through trap. Do not allow pass before trapping mark on floor.

Drill can be worked both sides of floor at once. Rotate when happy with passes

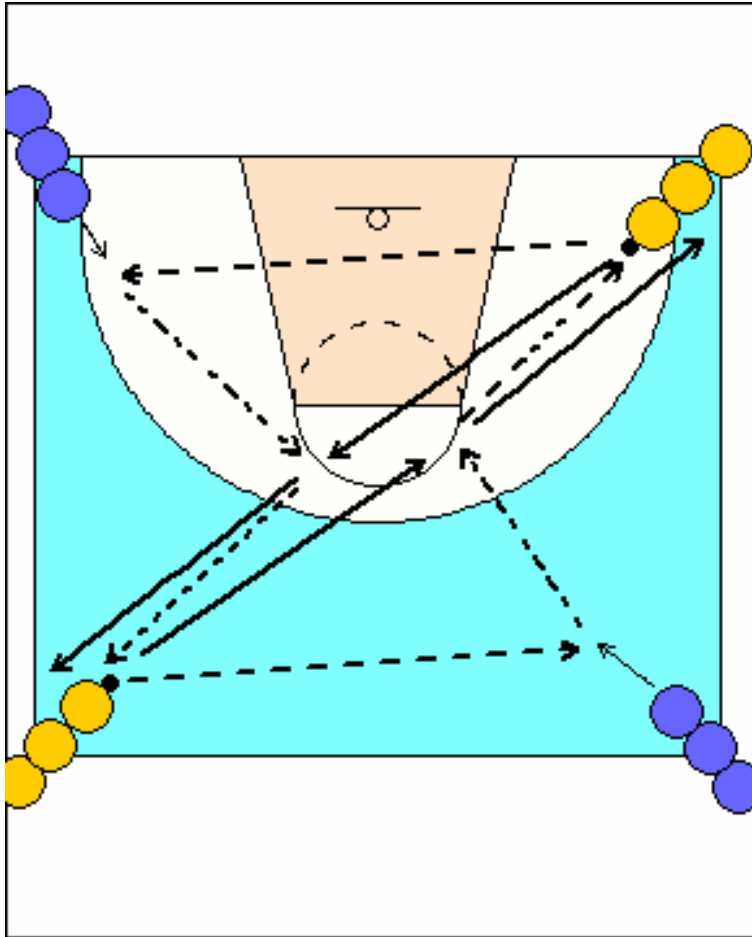


Offence is forced to side early and forced to reverse spin dribble. On the reverse spin dribble the second defender runs into the double team trap. The trap needs to be aggressive.

Offence needs their head up and be aware of where & when the trap will happen. On the reverse spin protect the ball with the body and snap the head looking for the pressure release pass to the coach. Be strong with the ball.

Work both ends, rotate when happy with passes.

10.3 Four Corners Passing.



Passing & Pivoting.

This is a simple pass to the corner run through the middle, receive the pass back, pass to the opposite end & run through to that line.

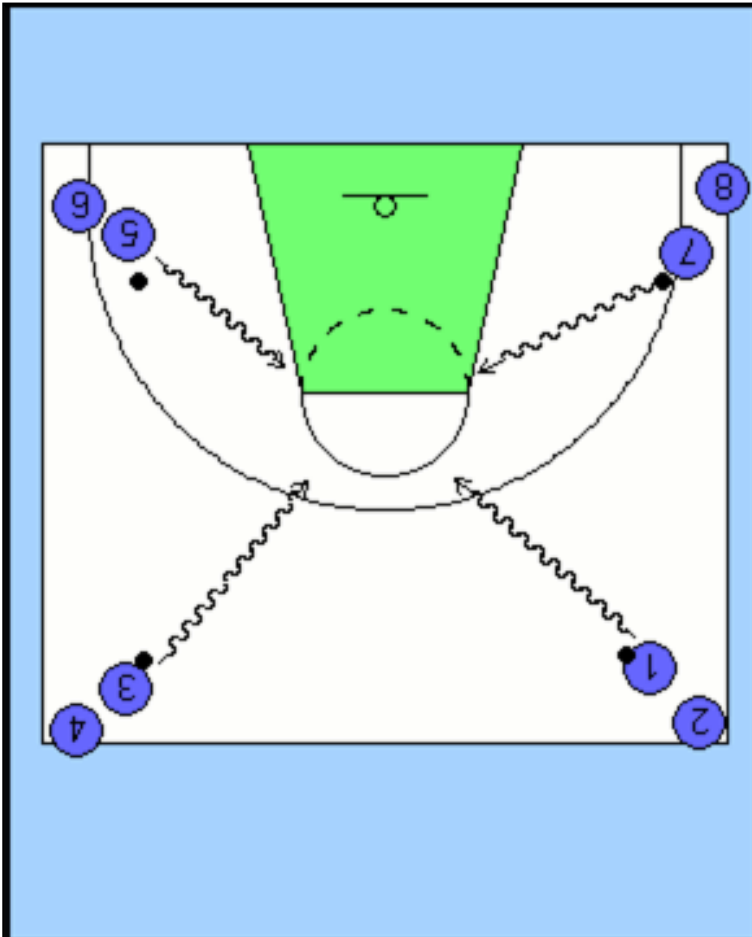
Both lines perform the same task, I have only diagrammed one line doing it as to keep it neat.

After the blue player passes the ball back to the middle, blue will run out to receive the ball back & onto the opposite line.

So it continues.

Add up to 4 balls if teams are competent.

10.4 Four Corners Dribble & Passing.



Focus:

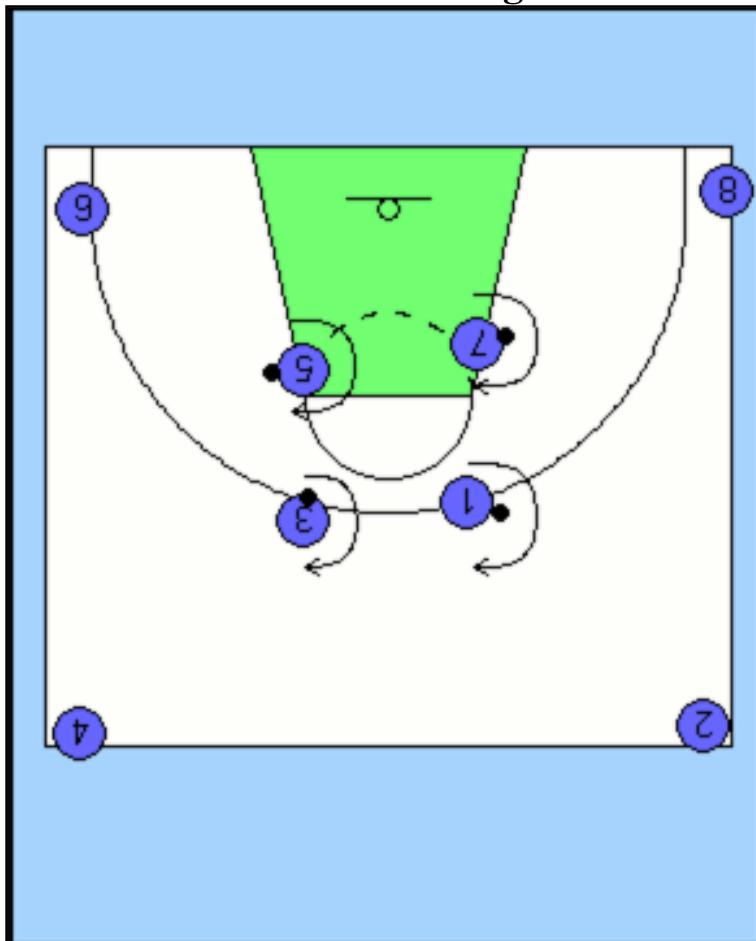
Concentrate on proper execution for the dribble, pivot & pass drill.

Procedure:

Players form four equal groups in the corners on the half court. Each group has a ball & should follow these steps:

1. This is dribble, pivot & pass drill synchronized with a whistle or oral command by one of the players.
2. Before starting the drill, the coach will call for either a right-foot pivot or a left-foot pivot.

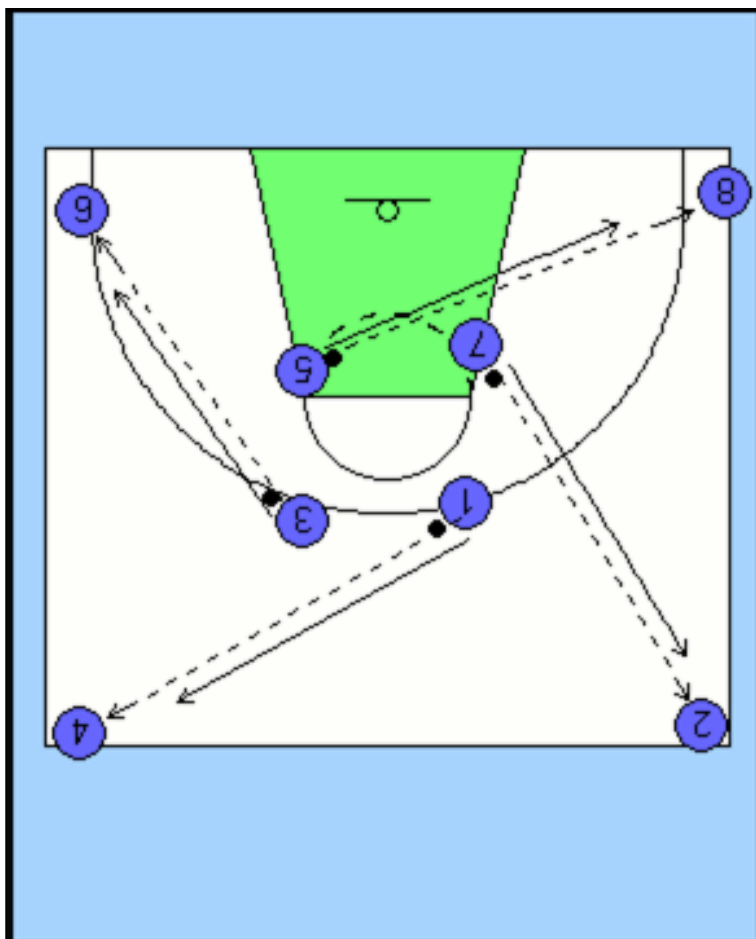
10.4 Four Corners Passing cont.



Passing & Pivoting.

3. On the command to start the drill, the players in the front of each line dribble the middle & stop just outside the free-throw circle. They continue dribbling until the whistle blows or the command to pivot is announced.

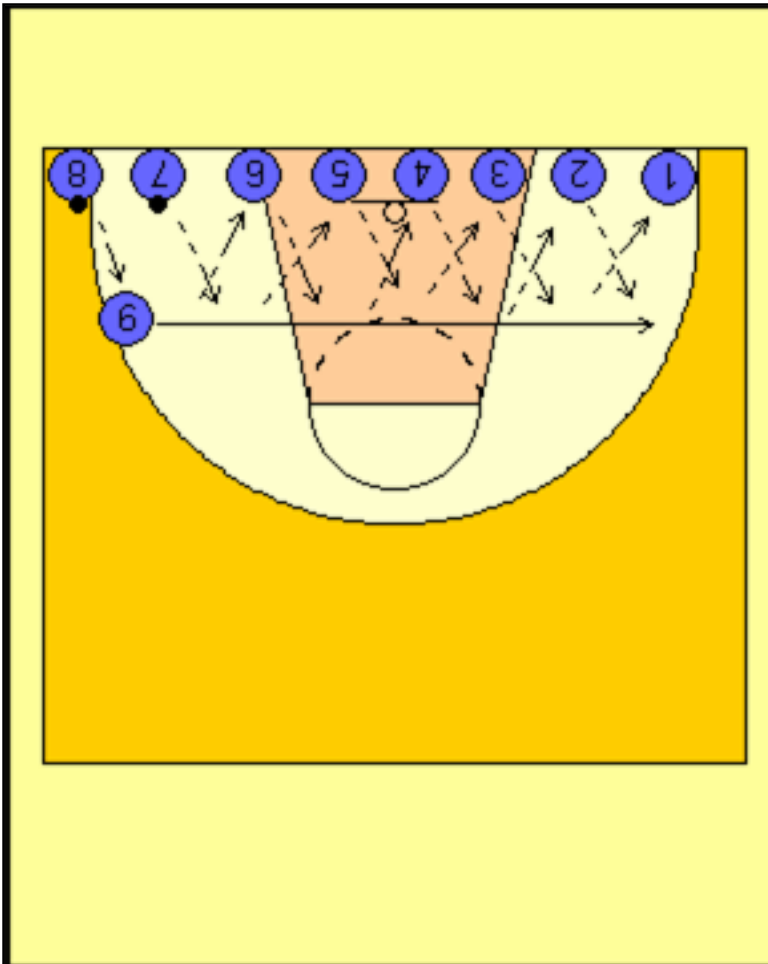
4. The players, in unison, pivot & pass a two-handed chest pass the player in the next line. The players follow the pass and rotate to the next line.



5. The player receiving the pass must show a target by opening both palms to the passer.

6. The coach can call "Reverse!" to change direction of the pivot at any time to keep the players alert and involved in the drill.

10.5 Machine Gun.



Machine Gun (or the nose breaker).
6+ players

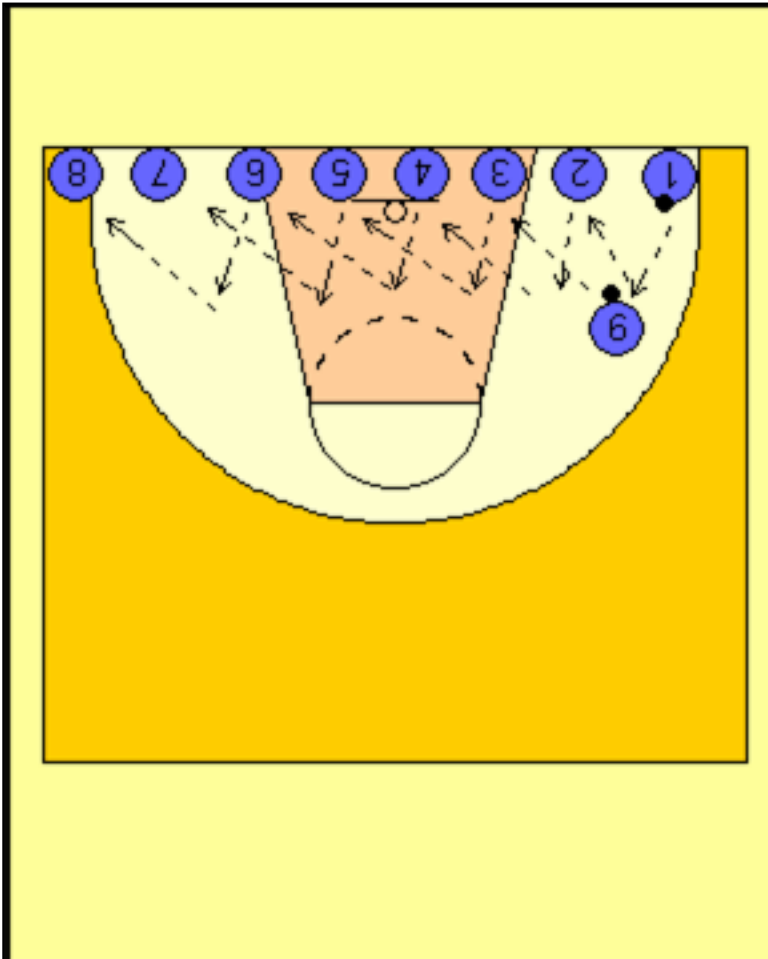
This drill incorporates good hand eye coordination, quickness, passing fundamentals, & the defensive slide.

Players line up spread out at shoulder width along the baseline. The first person sets up approx. 3 metres opposite the line.

The first player, (No. 8 in drawing), chest passes to 9. 9 passes to 6, while 7 is passing to 9. 9 passes to 5, while 6 passes to 9, etc.

Coaching points:

1. Be ready (It is called the nose breaker for a reason).
2. Good defensive slide. Stay low, do not cross over legs.
3. Passes do not have to be hard, just good touch passes to the chest.



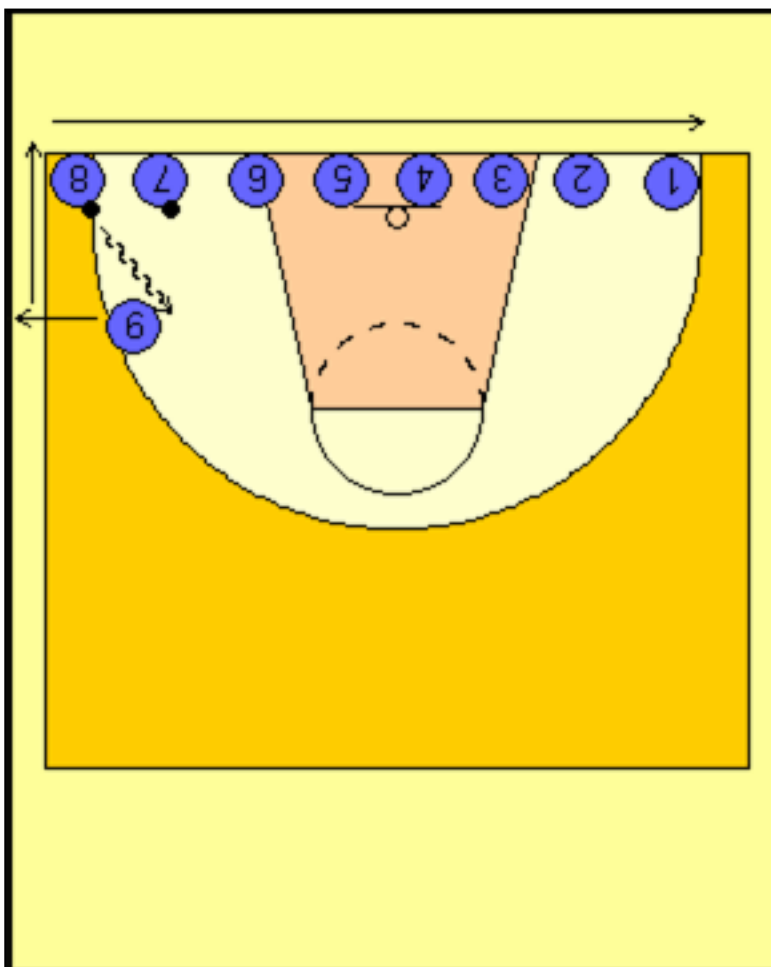
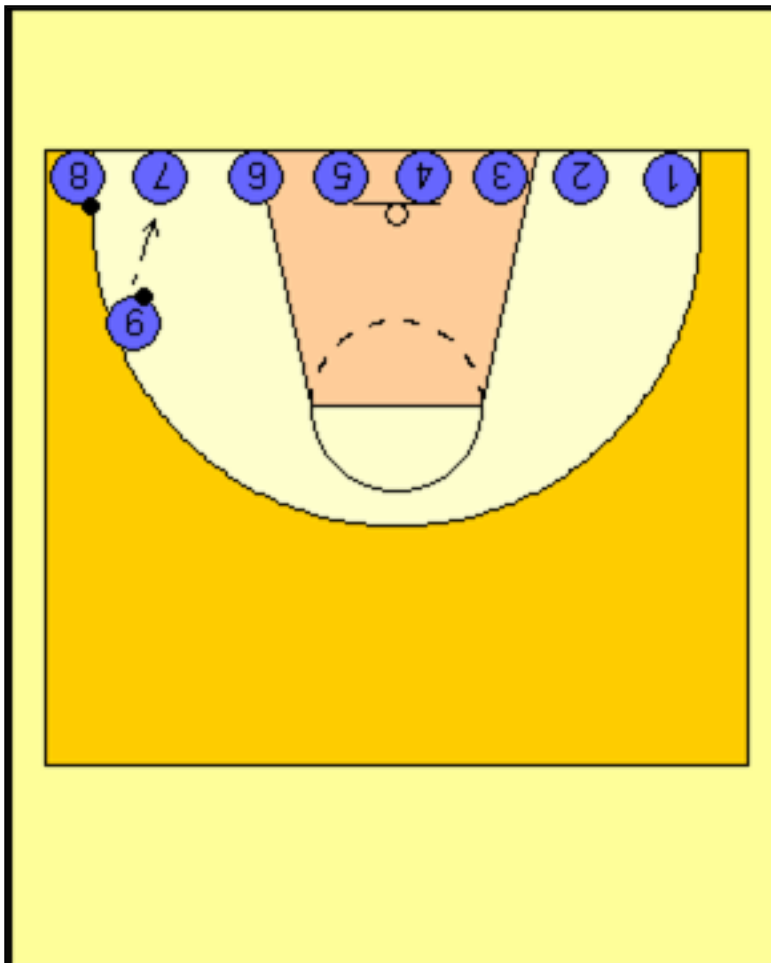
Speed comes with repetition.

Repeat the same passing method back down the line.

10.5 Machine Gun cont.

Passing & Pivoting.

Last passes are made to 7 & 8 then everyone shuffles up one spot.



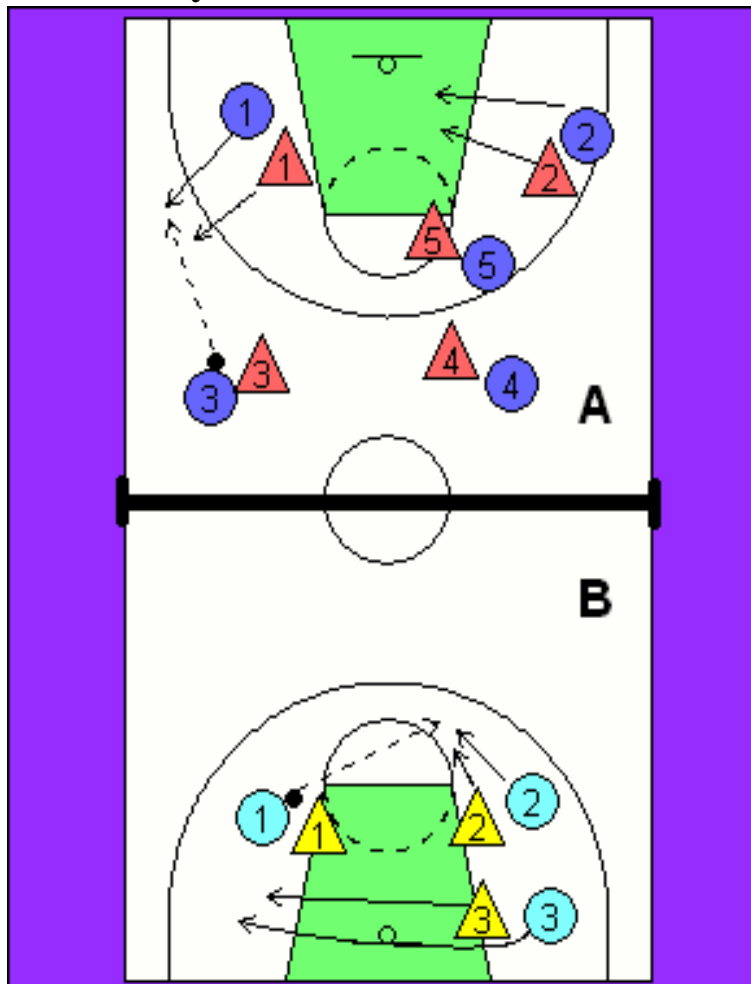
9 steps off the court & runs the baseline to line up beside 1.

8 Dribbles out to start Machine Gun Passing Drill again.

Repeat until whole team is finished or coach is satisfied.

10.6 Fifty Passes.

Passing & Pivoting.



This is a simple passing drill where the 2 teams compete for first to 50 passes.

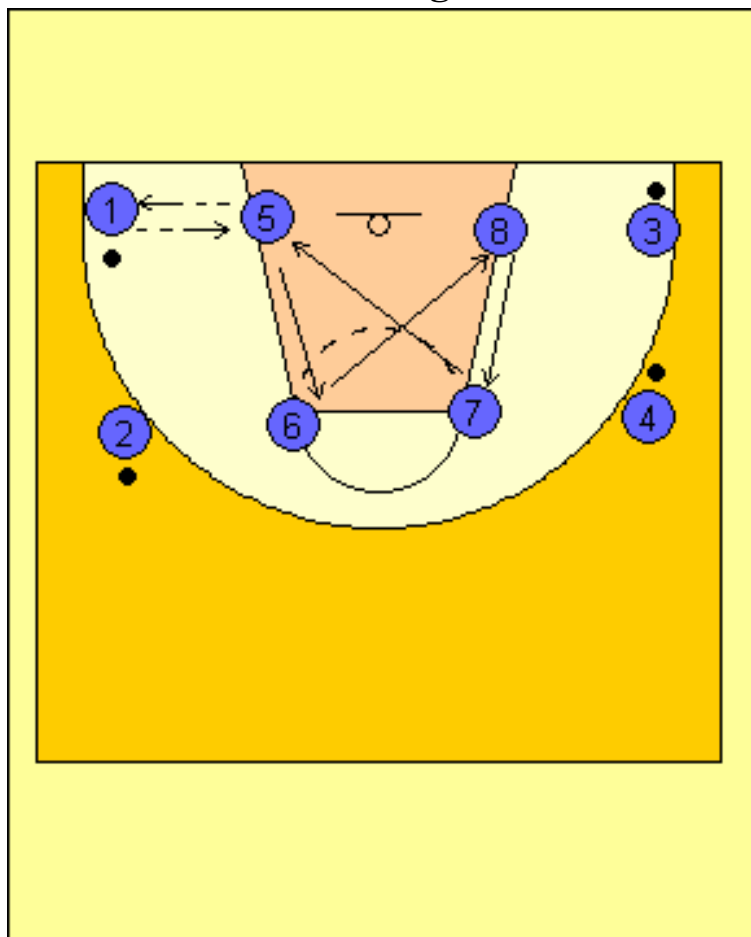
Players are not allowed to dribble the basketball. A dribble, travel, turnover or ball touching the floor (no bounce passes) changes possession but score remains & is continued with next possession until a team reaches 50.

Players are encouraged to set defenders up & lead hard, use back door cuts, pass hard, quick & protect ball from pressure.

Diagram A shows two full teams playing 50 Passes using the whole half of the court.

Diagram B shows a smaller group playing 50 Passes contained within the 3 point line area.

10.7 Alabaster Passing Drill.



Players line up on the court as per diagram. Player 1 passes the ball to 5, player 2 passes to 6, player 4 passes to 7, and player 3 passes to 8.

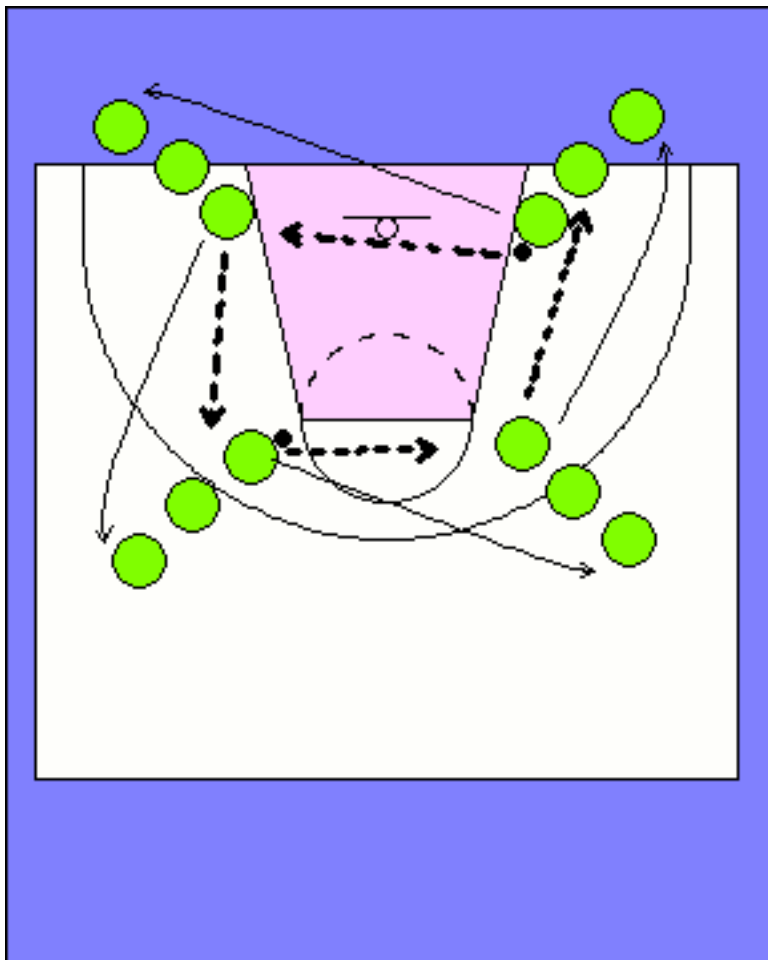
The following rotations are the same for all players:

- 1 passes to 5, 5 passes back to 1.
- 5 then defensively slides up to the elbow & receives the pass from 2 & passes the ball back to 2.
- 5 then defensively slides diagonally across the key to the opposite block & receives a pass from 3 then passes the ball back to 3.
- 5 then slides up to the elbow & receives the passes from 4 then returns the pass to 4.
- Continue the drill for 2 or 3 minutes then rotate outside passers to inside rotational group..

Focus on quick, hard passes & defensive stances.

10.8 Brehmner Passing Drill.

Passing & Pivoting.



Load the corners of the Key with even numbers of players.

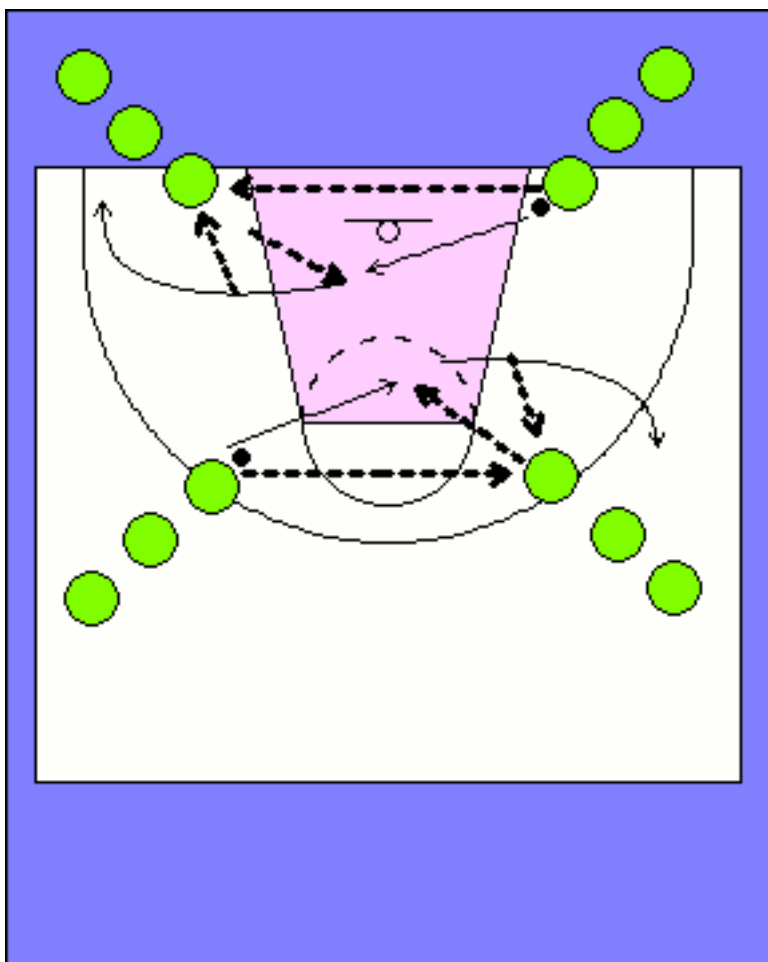
Start with 2 balls diagonally opposite each other.

Player passes the ball to the first player in the next line then follows their pass to join the back of the line they passed to.

This is continuous & players keep going until coach calls reverse, players now turn around to pass in the other direction.

1. Is the number we give the chest pass.

2. Is when the player takes 1 dribble then makes a one hand push pass off the dribble to the next player.



3. Is when we chest pass the ball to a player, that player immediately passes it back & then we hand it back to the player as we run in front of them. Player then joins that line

The same method continues to the next line.

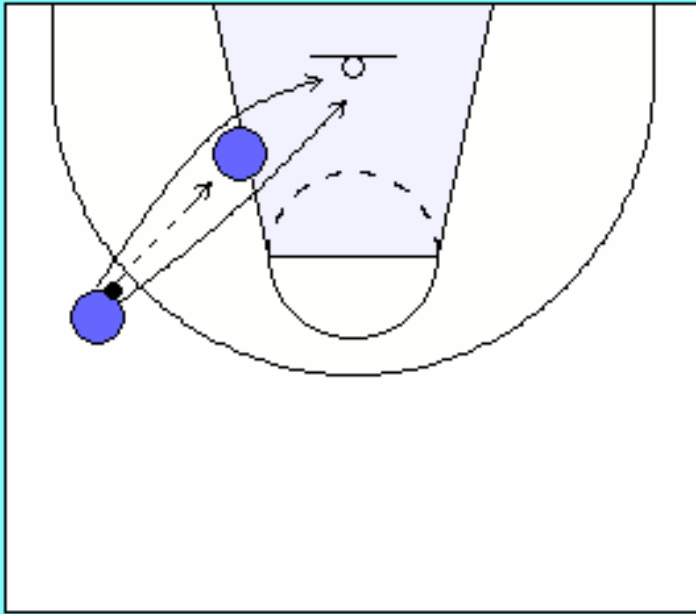
Coach can call the type of pass, 1, 2 or 3 & at any time can call reverse.

Players need to understand which number represents which pass & need to be alert to the coaches call.

Players also need to be in ready stance, need to find the ball quickly & need to communicate.

10.9 Pass & Cut/Flare.

Passing & Pivoting.

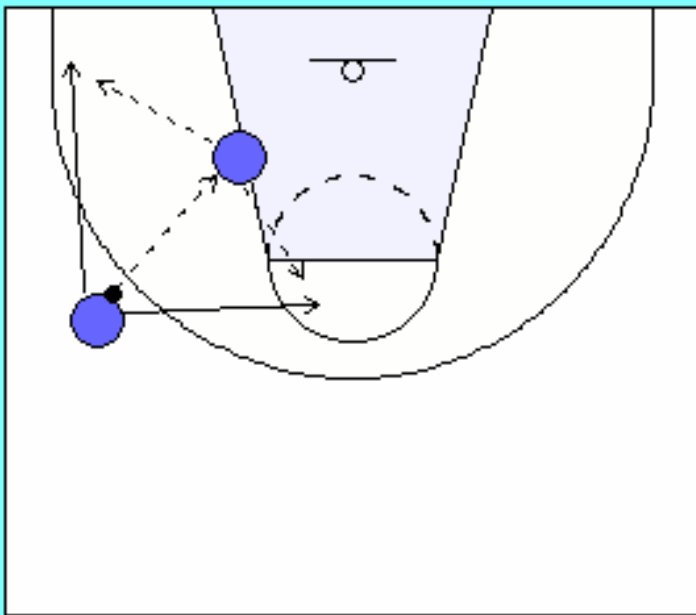


Pass ball hard into the post who is showing 2 hands & can see their thumbs out in front.
As post receives the ball they are to jump to ball into a jump stop allowing for either foot to be a pivot foot.

Wing makes a (emphasise) speed cut & receives the ball for a lay up.
Teach cutter to be able to go off one leg for a quick lay-up or off a jump stop so as to have a counter move.

Mix up post passing to cutter or post ignoring cutter to take own shot.

Add defenders when happy with drill & play 2 on 2.



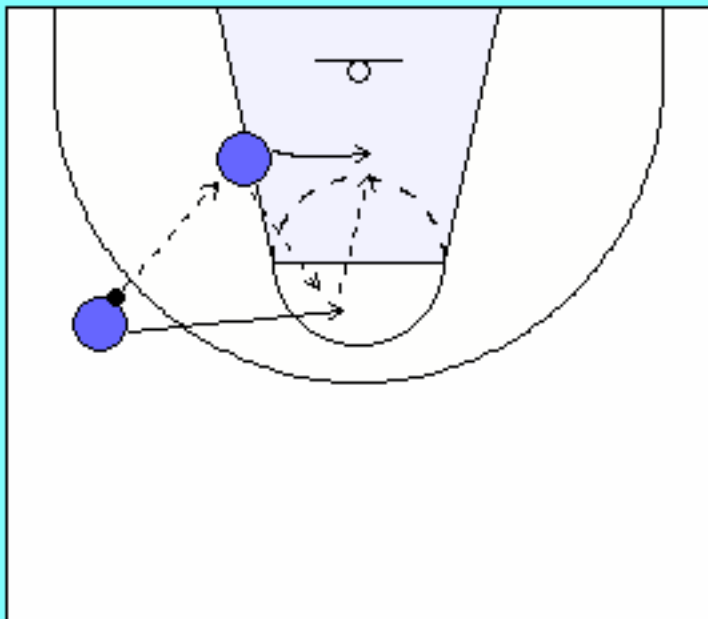
Progress this to hard pass into the post who is showing 2 hands & sees their thumbs out in front.
As post receives the ball they are to jump to ball into a jump stop allowing for either foot to be a pivot foot.

Wing now flares wide looking for separation from his defender then receives the ball floor the jump shot.

Add defenders when happy with drill & play 2 on 2.

10.9 Pass & Cut/Flare cont.

Passing & Pivoting.

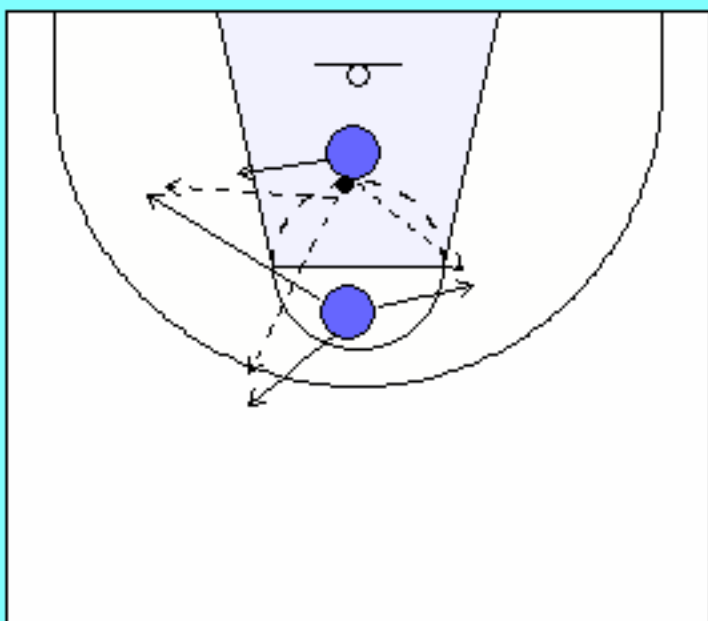


Progress to post feed, wing flares (this can be to middle or baseline).

Post passes to wing then reseals aggressively across defender looking for ball showing hands.

Wing passes ball back to post for the post to make a post move.

Add defenders when happy with drill & play 2 on 2.

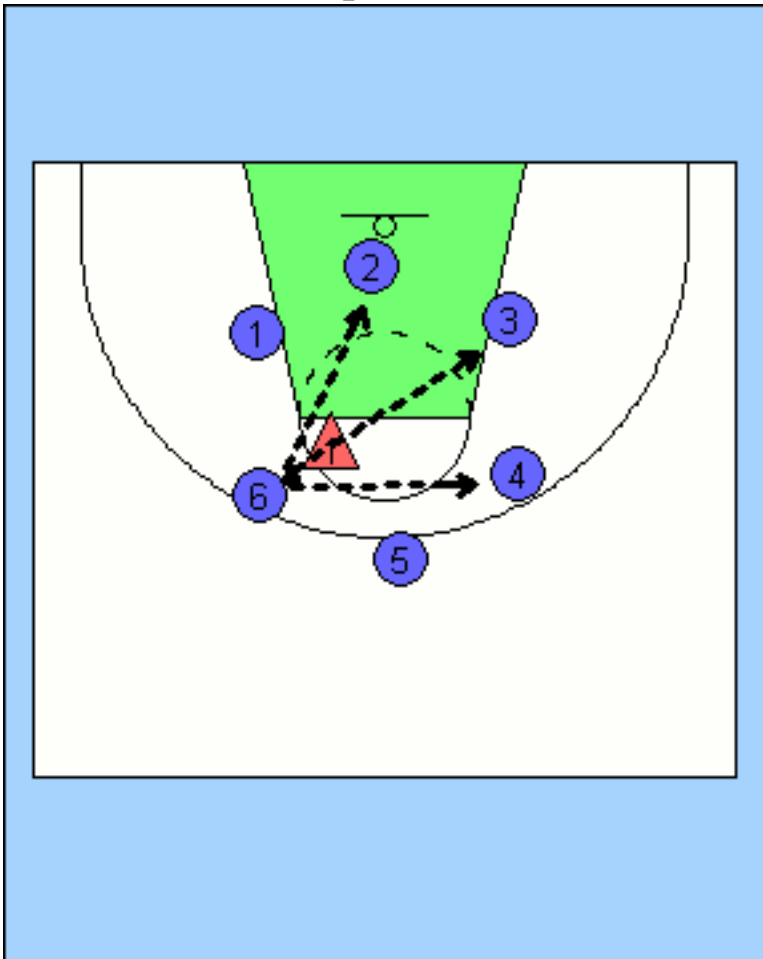


Progress to another flare cut to open space on court trying to separate from the defence then the post passes to wing for the shot.

Post must relocate to the side of the key so as not to obtain a 3 second violation.

10.10 Bull in the pen.

Passing & Pivoting.



An excellent passing game.

Have offence start 1 step out from the circle.

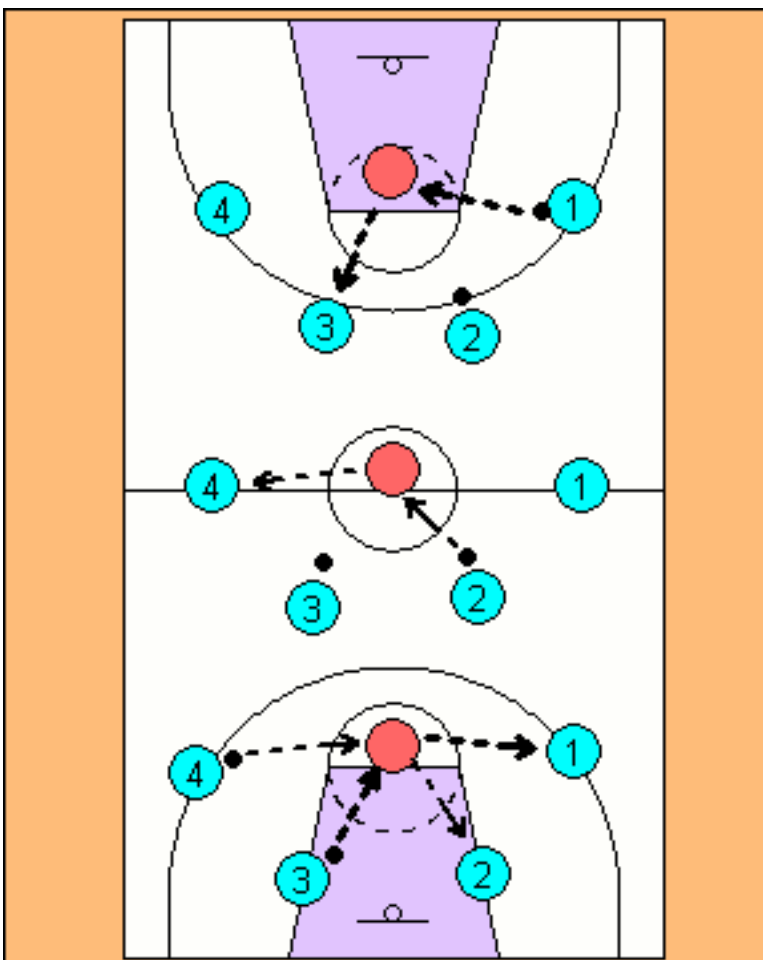
Put 1 defender in the middle of the pen. This player must pressure & chase the ball at all times.

Passers can pass the ball to anyone in the circle except the person immediately either side of them. Passer must allow defender to get to them before passing & cannot throw lob passes. Encourage pass fakes.

If defence deflects or steals the ball in flight, they step out of the pen & the passer whose pass was stopped enters the pen.

If any player throws an uncatchable pass they automatically replace the defender.

10.11 Two Ball Rapid passing.



Set up in groups in each circle.

There are 2 balls per group. Balls start on the outer with 1 & 3 always receiving the same ball, 2 & 4 also always receiving the same ball.

On coaches "go", the 1st ball is passed to middle & on to the 3rd player as per 1st diagram.

Immediately after this pass player 2 passes to middle & on to player 4 as per middle diagram.

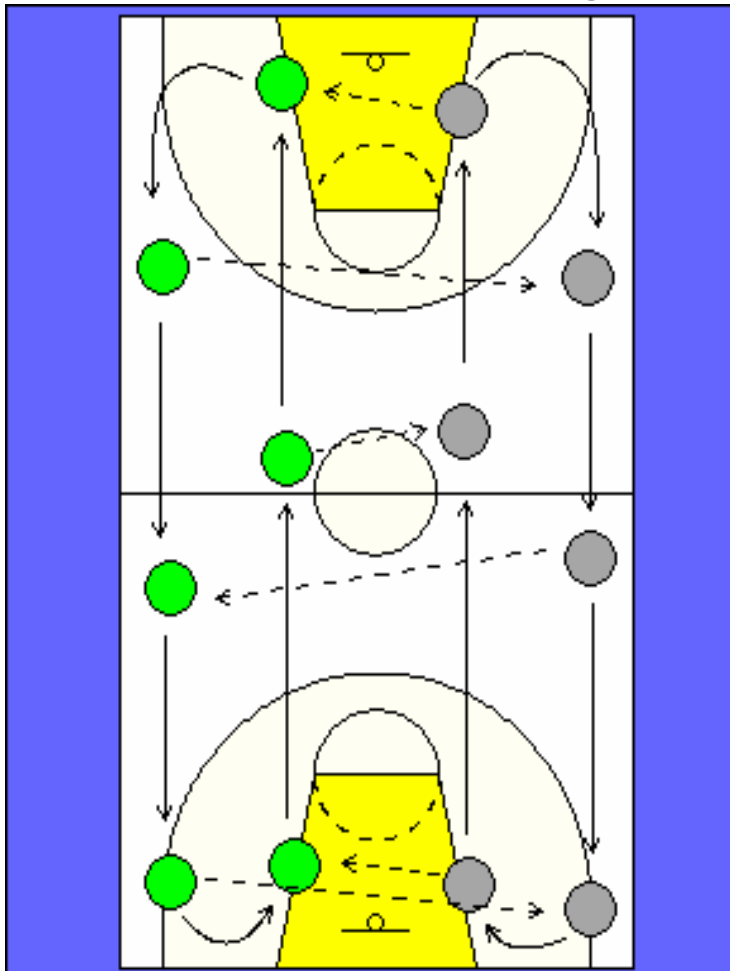
From here player 3 passes it to the middle and the centre player kicks it to the 1st player then 4 passes to middle & this is passed to player 2.

Start the sequence again.

Work for 1-2 mins & rotate. Passes must be sharp & accurate.

10.12 Inside to Outside Passing Drill.

Passing & Pivoting.



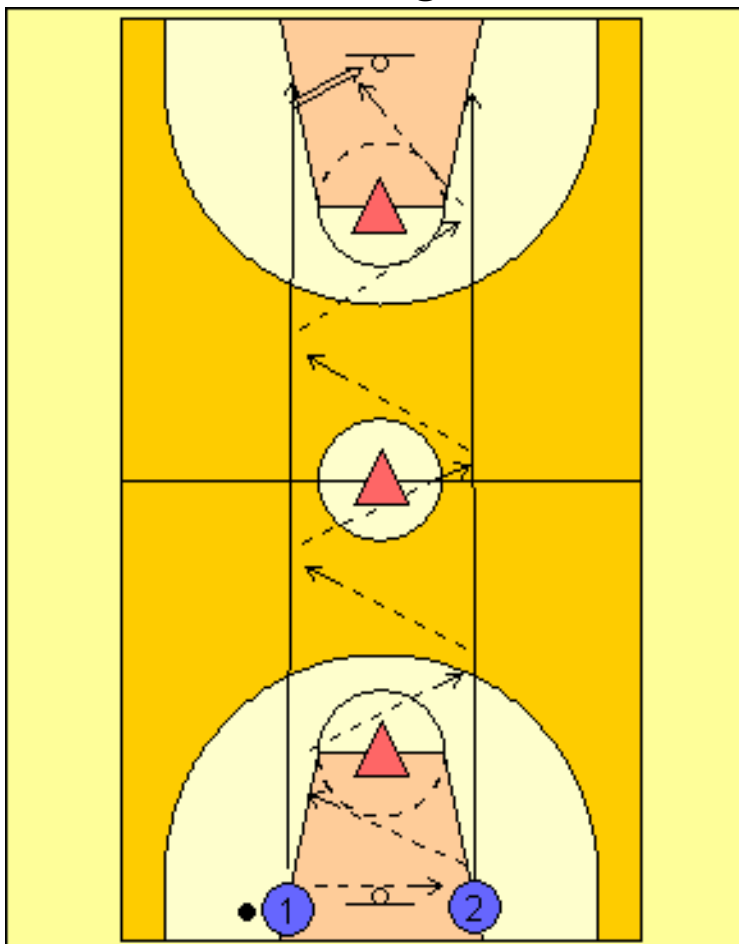
In this drill we have the inside players run the lane making the required passes (chest, bounce, behind back, volleyball etc.) to each other.

At the far baseline the players peel off to their side line & run the outside lanes passing over the top of the inside lanes.

This can be done with 2 players continuously or multiple players. If large numbers are present have a feeding line on the baseline.

Emphasise good passes especially the long over the top passes. Work at a good speed.

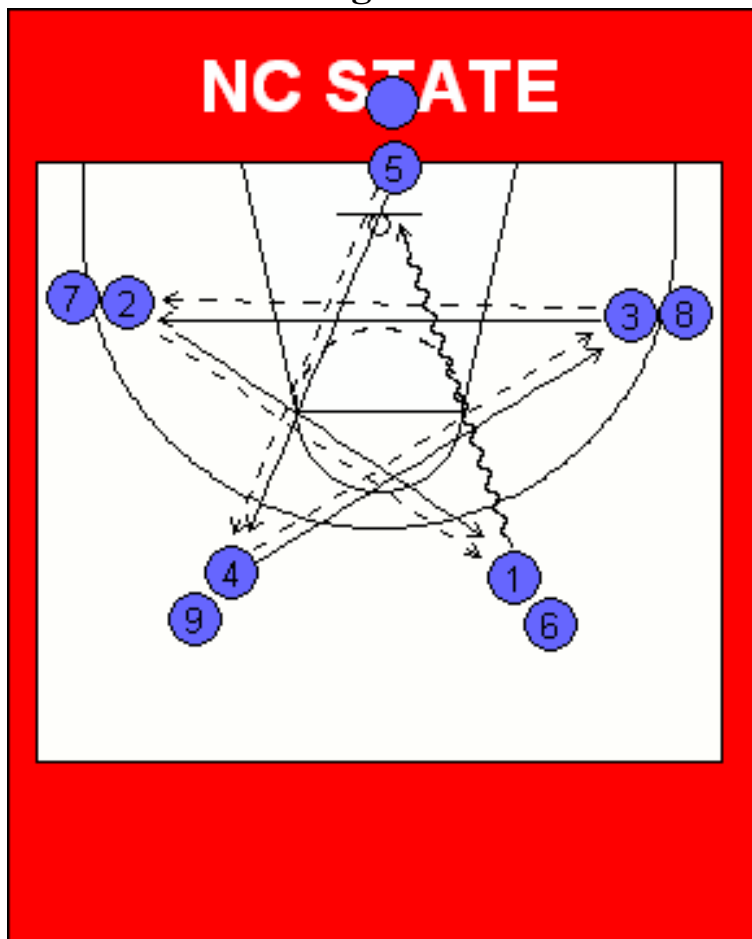
10.13 Chinese Passing.



- 2 lines on the baseline no wider than the key. 1 Defender in each jump circle
- 1 & 2 pepper pass as they sprint down the court
- The Defenders in each circle try and steal the ball from 1 & 2
- Defenders can only move in the jump circle
- 1 & 2 are encouraged to sprint, catch the ball in the air & anticipate the defenders actions.

10.14 Star Passing.

Passing & Pivoting.



Ball starts at the baseline. The pass is made by players & they follow their pass to join the line they have just passed to. We run this drill in a star pattern with the last line dribbling in to make a lay-up.

Baseline 5 passes to 4 player out high & follows the pass.

4 passes to 3 on wing & follows.

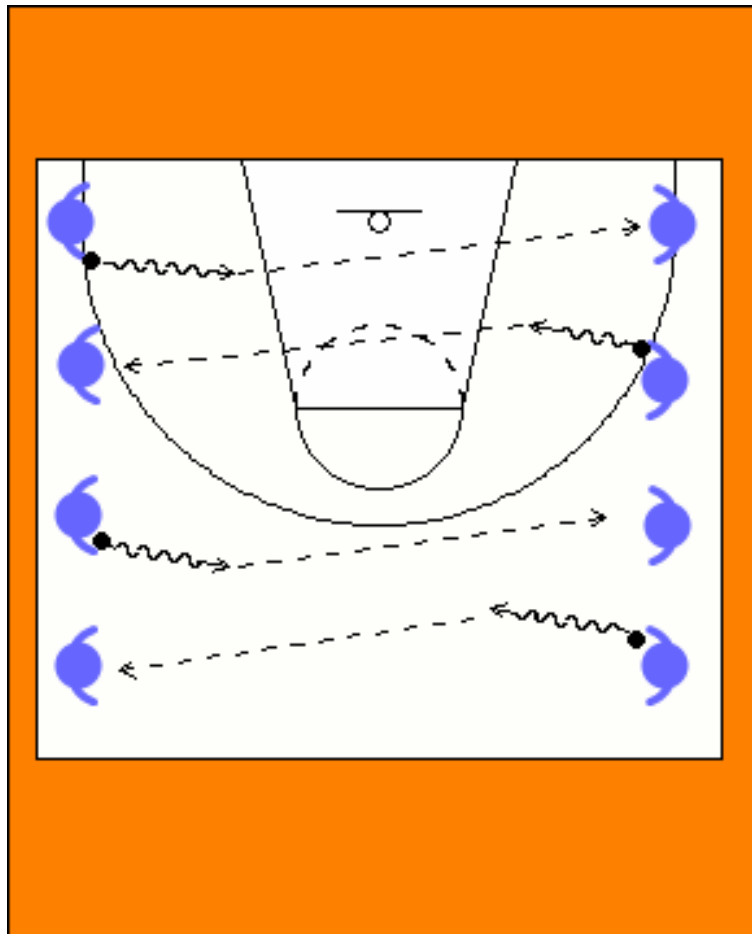
3 passes to 2 on opposite wing & follows.

2 passes to 1 out to opposite high side.

1 dribbles in to lay ball up & joins baseline line.

Next player on the baseline rebounds the ball to continue the sequence.

10.15 Pairs Passing.



Players in pairs face each other lined up across the court at the sideline.

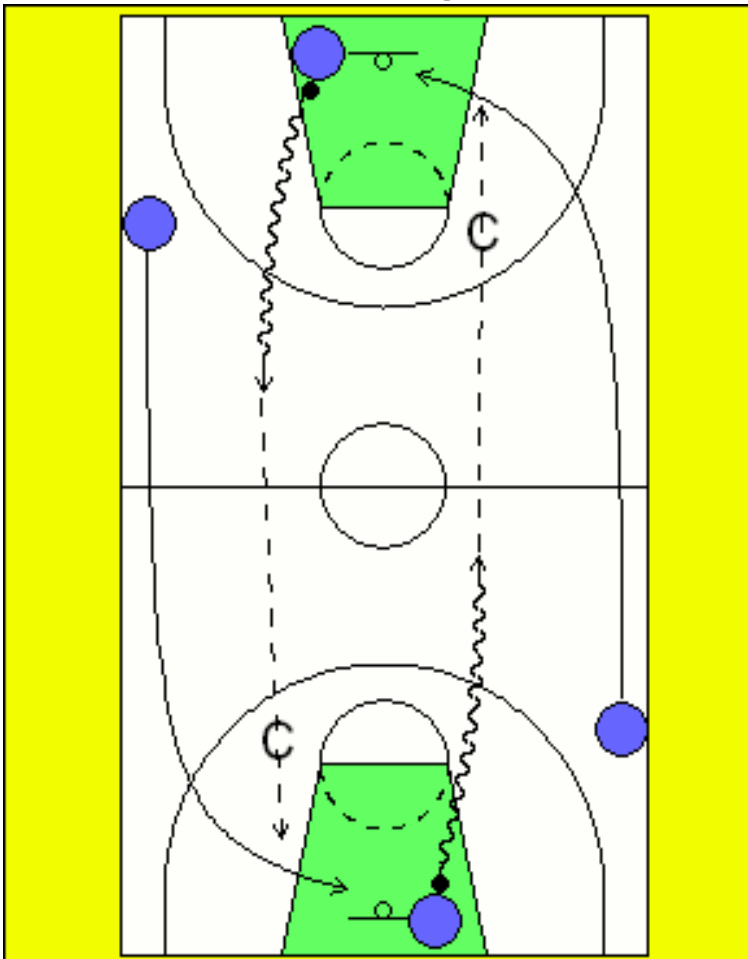
Player with the ball take 2 or 3 dribble & makes the one hand push pass to their partner.

After the pass they return to the sideline quickly ready to receive the pass from their partner.

The drill continues from side to side.

Different passes can be added to the drill, vary which hand is used if using the one hand pass from the dribble.

10.16 Precision Passing.



Passing & Pivoting.

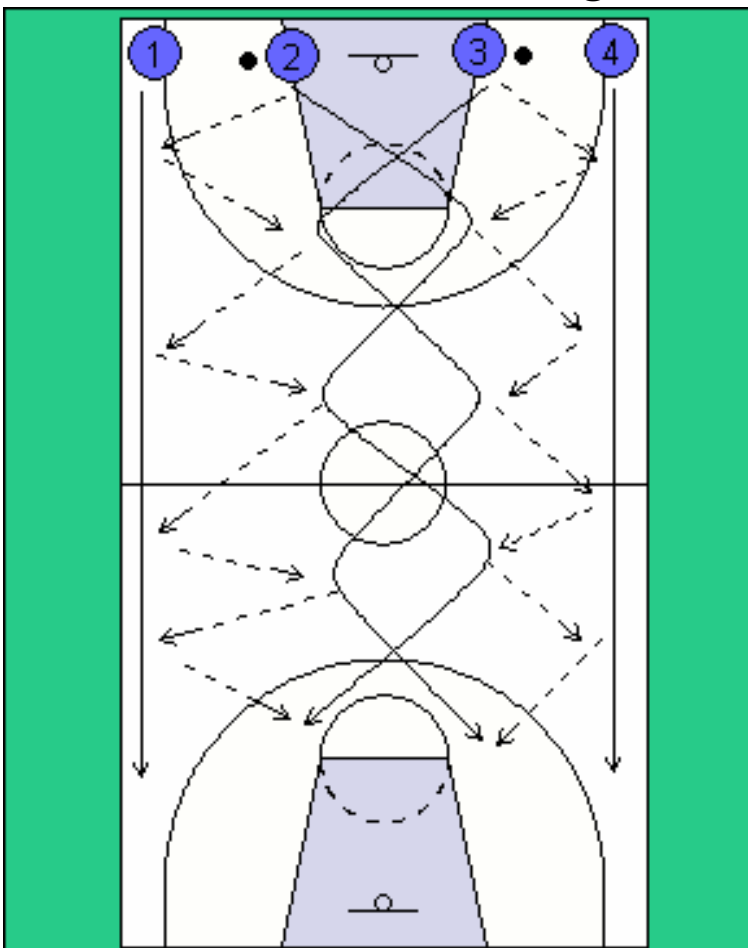
A great drill for developing transition passing.

1 player starts on the baseline with the ball & another player lines up on the wing ready to sprint the lane wide. This can be set up on opposite side of the court as shown.

Place a coach at the corner or just above the foul line to add extra pressure. The passers task becomes more difficult by having to make a precision pass over the coach.

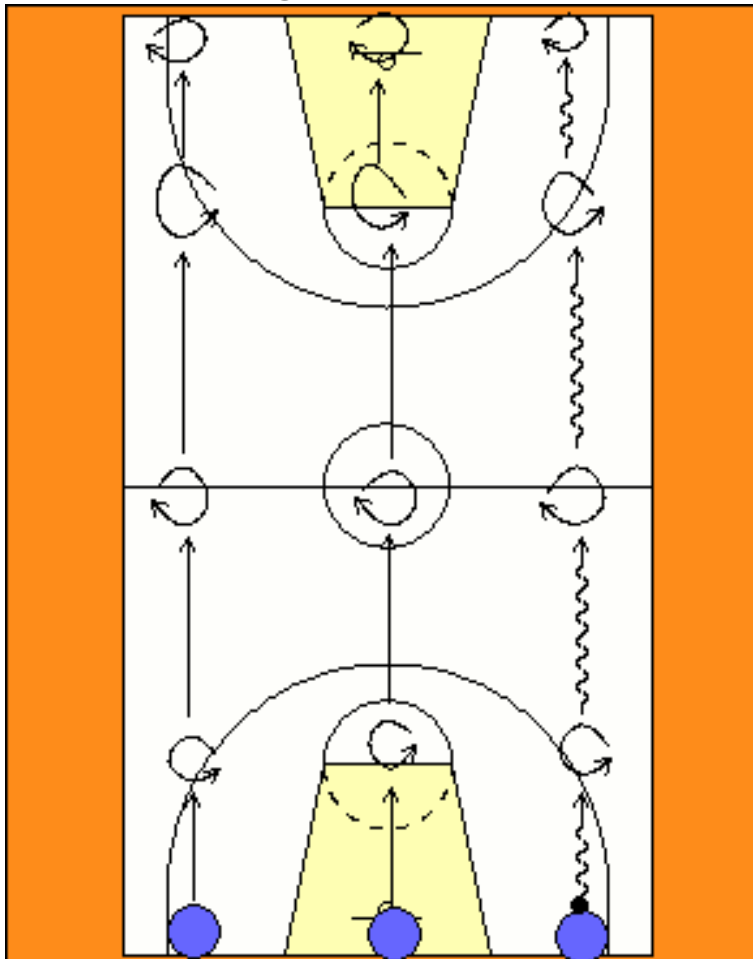
On coaches call of go wing player sprints the lane looking for the pass from the baseline player who dribbles off the baseline at speed. The pass must be thrown before the half court line & ahead of the running outlet player. The outlet player must be at full speed to run the ball down, catch the ball & lay it up with out any dribbling.

10.17 Four Lane Pass & Change.



- Players 1, 2, 3 & 4 line up as shown.
- 2 & 3 have a basketball.
- All players move down the court.
- 2 & 3 pass to the outside players 1 & 4 respectively. 2 & 3 then cross over.
- 1 & 4 will pass the ball back to the players closest to them. These outside players will then continue moving up the court.
- 2 & 3 will return pass to the outside players, 2 & 3 will cross over.
- Drill continues full court.

10.18 Pivoting.



Passing & Pivoting.

Pivoting needs to be taught & reviewed regularly, it is one of the most important aspects of the game we most neglect.

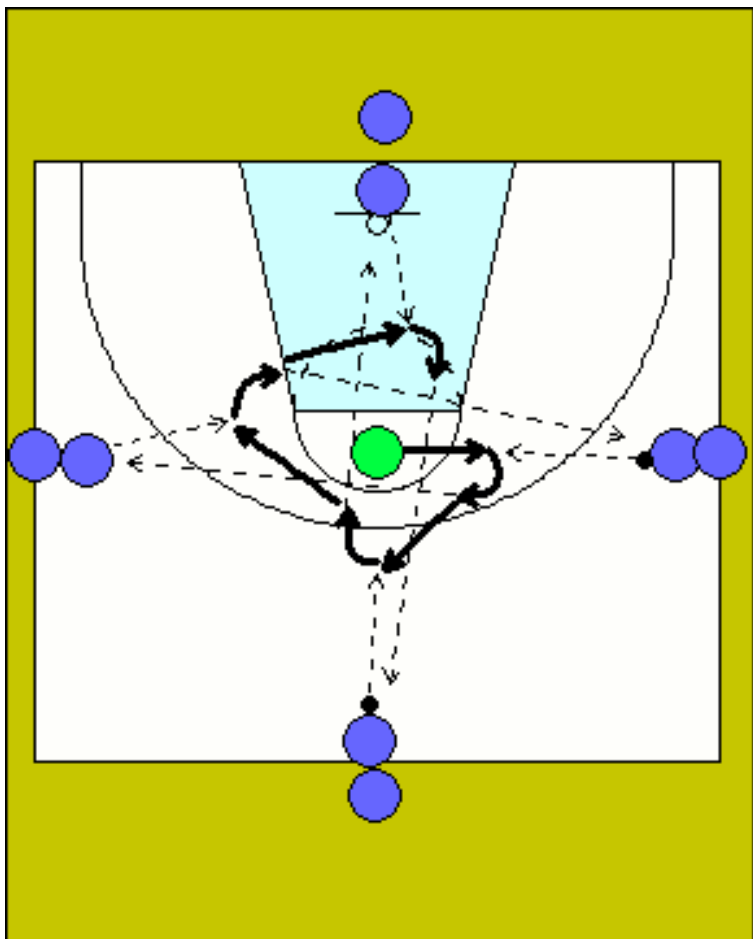
Have players in lanes. Players run at various speeds & make jump stops at the free throw, centre & end lines. At each line the players are to land low, balanced & in stance.

The coach determines which pivot the players will use. The pivots to practice are forward pivots on both feet & reverse pivots on both feet. You may also add a half pivot one way then a returning pivot the way they came.

Progress this by adding a ball to the drill & dribble to a jump stop & pivot.

Coaching points are; low wide stance, pivot on toes, protect ball, eyes up, power out of pivot.

10.19 Pivot Pass Drill.



A simple pivot & pass drill. Have players line up at the centre of each line. Place 1 ball on a side line & another ball either on the base or middle line. (The players can also be placed in the corners if the athletes are strong passers)

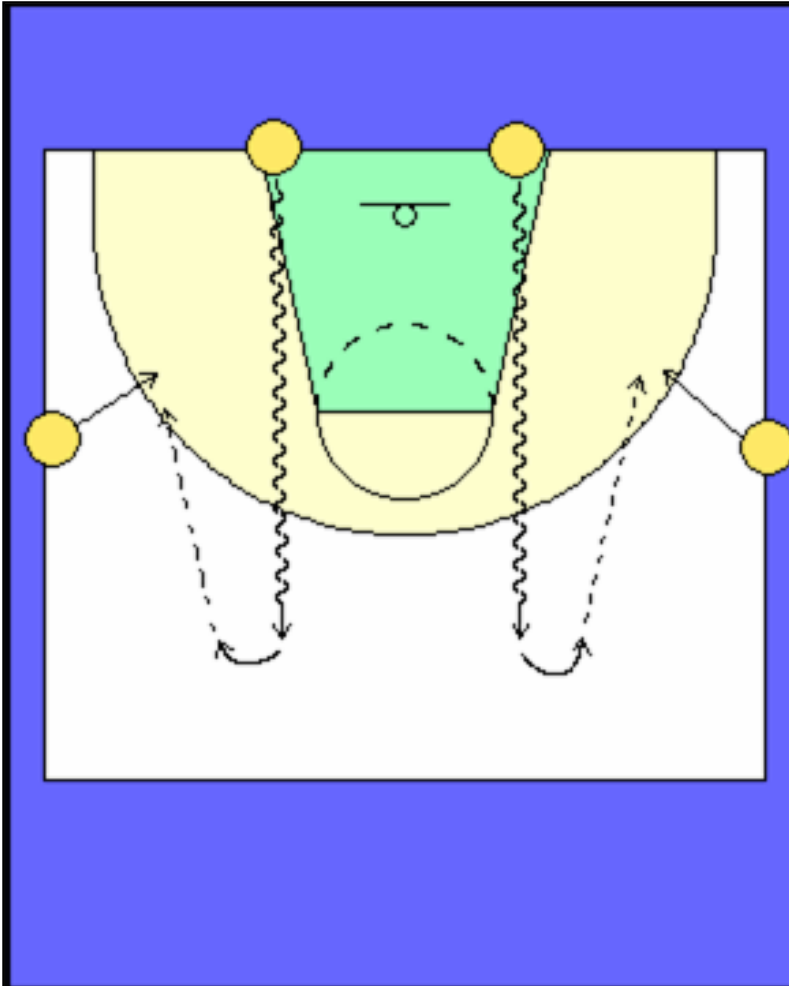
The player in the middle leads to the ball on the side line & receives the pass in a low wide stance, pivots with eyes up, protecting the ball & passes the ball to the opposite side.

The player now leads to the middle line to receive the pass in a low wide stance, pivots protecting the ball & passes the ball to the opposite side.

The drill continues for 4 pivots & passes then the next player steps in. The coach may also choose to keep one player in the middle until they call switch.

10.20 Dribble, Pivot, Pass.

Passing & Pivoting.

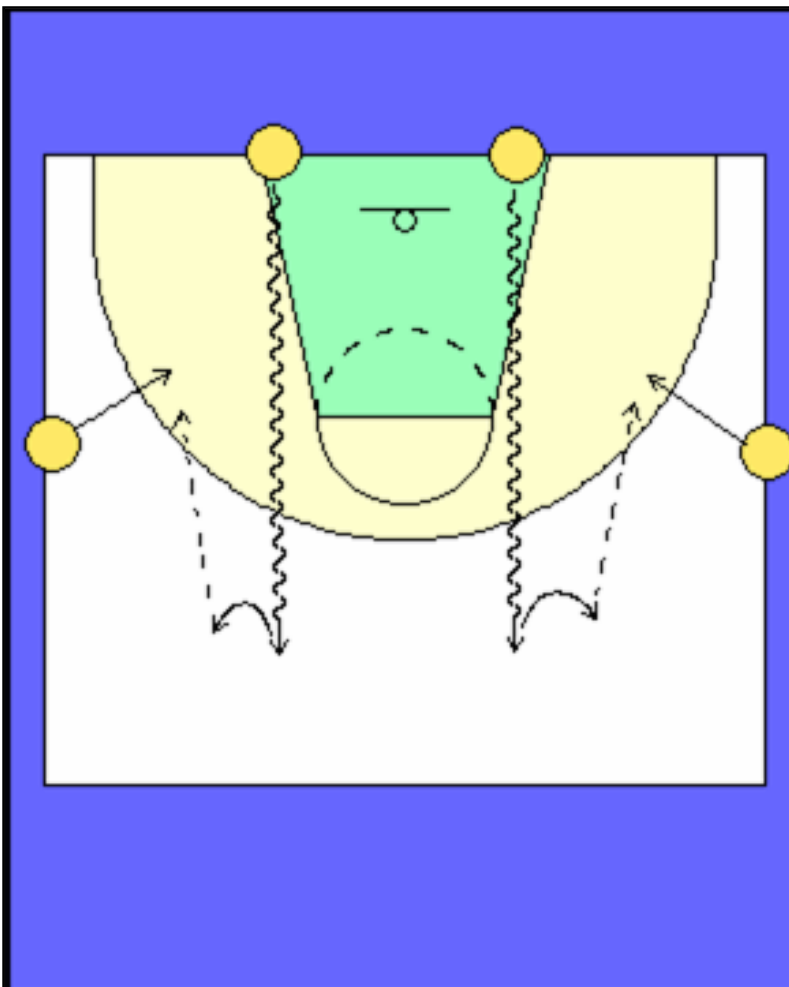


Baseline players start with the ball & dribble at speed toward the centre of the court with 3 hard dribbles covering as much distance as possible.

After the 3rd dribble come to a stop, forward pivot & pass to the wing player leading for the ball. Wing takes the shot

Stay low on pivots.

Shooter rebounds ball & goes to baseline on opposite side, passer goes to wing they pass to.



Baseline players start with the ball & dribble at speed toward the centre of the court with 3 hard dribbles covering as much distance as possible.

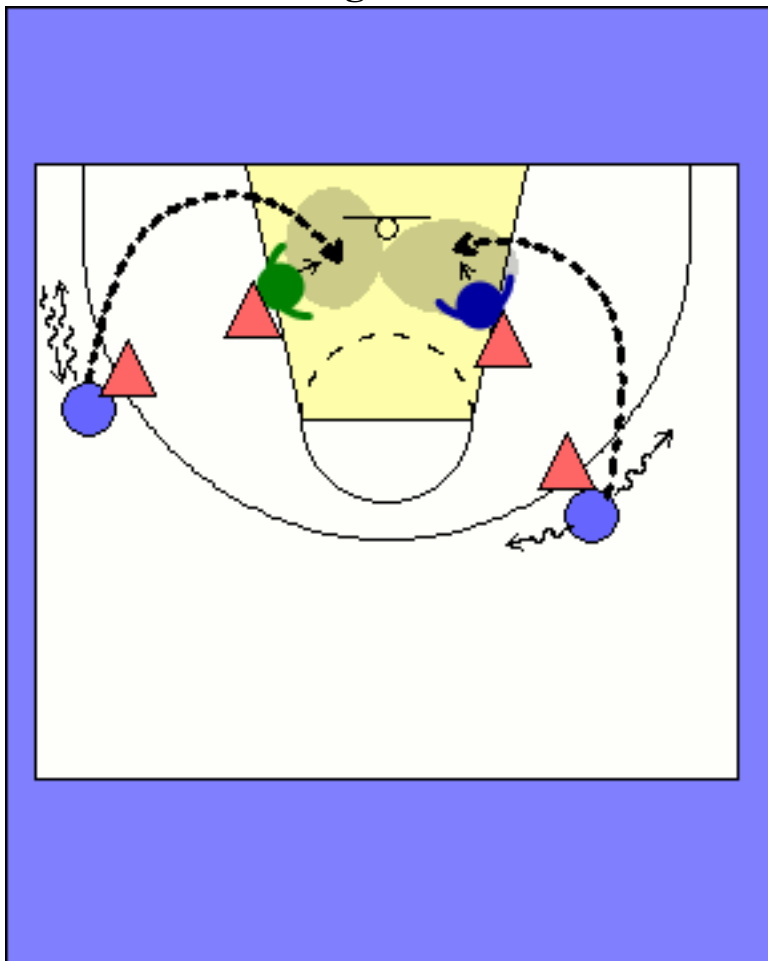
After the 3rd dribble come to a stop, reverse pivot & pass to the wing player leading for the ball. Wing takes the shot.

Stay low on pivots.

Shooter rebounds ball & goes to baseline on opposite side, passer goes to wing they pass to.

10.21 Lob Passing.

Passing & Pivoting.



Start the drill with no defence on the guard. Guard can dribble side to side looking for better passing angles.

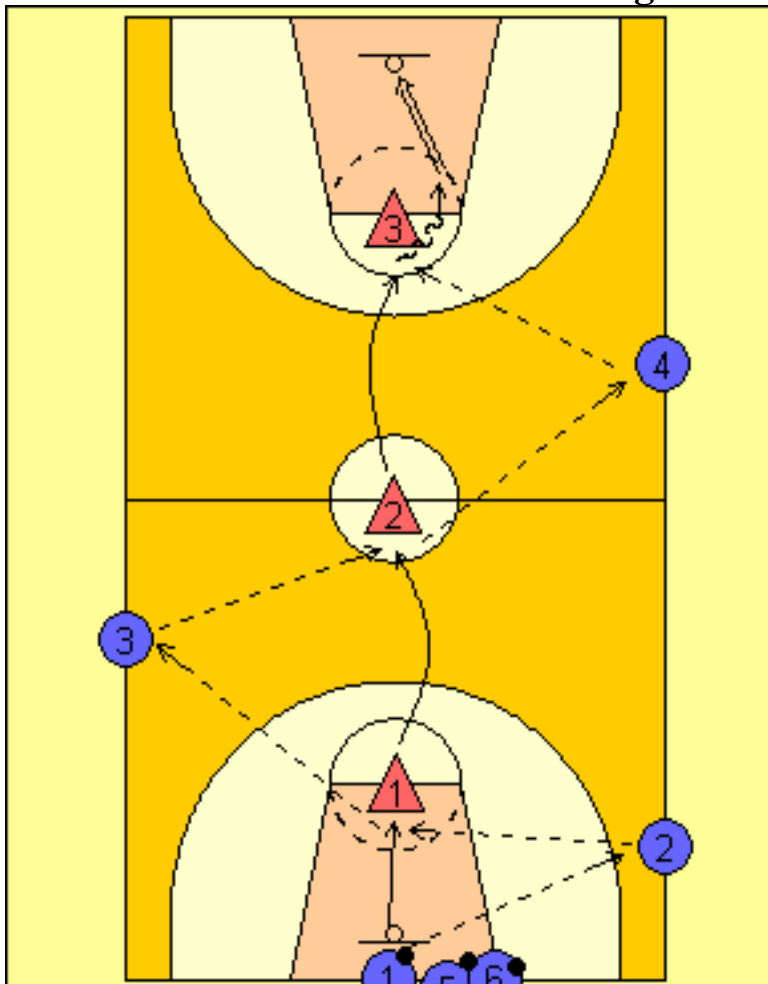
Have post players seal their defenders using good body placement.

Have the ball handler make the lob pass over the heads of the post defender & offensive post man into a space that the offence can move to as shown in the shaded areas.

As the pass is lobbed to this space the offensive post breaks from the seal with timing jumping to meet the ball & then finishes the play.

When coach is happy with the passing add a defender to the guard to make the pass more difficult with pressure.

10.22 Full Court Pressure Passing.



This is a passing toughness drill.

1 starts under the basket with a ball. 1 passes to 2 & sprints toward the 1st defender with the pass arriving at the same time, 1 catches the ball with a jump stop. The defender tries to take the ball from 1. 1 rips the ball through hard & steps toward 3 making a firm pass.

The drill continues up the floor through all 3 defenders in the same method. At the 3rd defender offence should catch, give a ball fake then play 1on1.

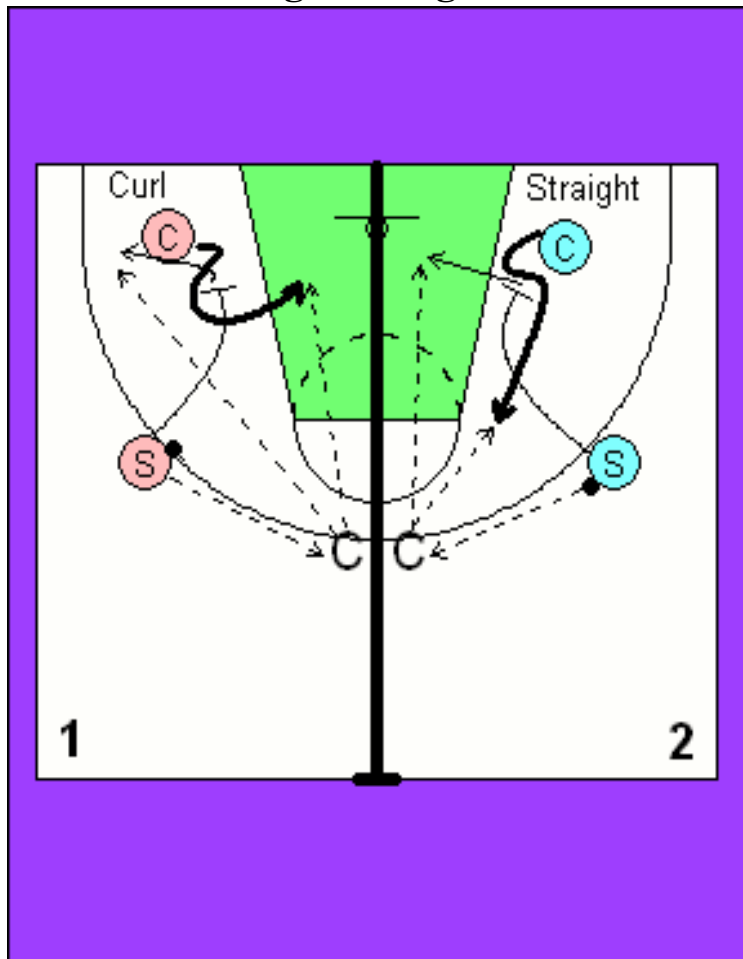
The defenders are stationary until offence receives the ball. Defence should slap at the ball aggressively, on a steal give at back & continue.

Rotation: 1 will shoot & replace the last defender. All other players move to where the pass they received came from moving through offence & defence.

Section 11: Screening, Leading & Cutting.

- 11.1 Screening/Cutting Actions.**
- 11.2 Screen & Cut Drill.**
- 11.3 Screen & Pop Drill.**
- 11.4 On Ball Screen & Roll Drill.**
- 11.5 On Ball Screen & Pop Drill.**
- 11.6 On Ball Screen & Rim Run Drill.**
- 11.7 Screen Re-screen Drill.**
- 11.8 Leading.**
- 11.9 Leading & Shooting.**
- 11.10 Baseline Inbounds Leads.**
- 11.11 Side Inbounds Leads.**
- 11.12 2 on 2 Coach Feed.**
- 11.13 Slash Cuts To Post.**

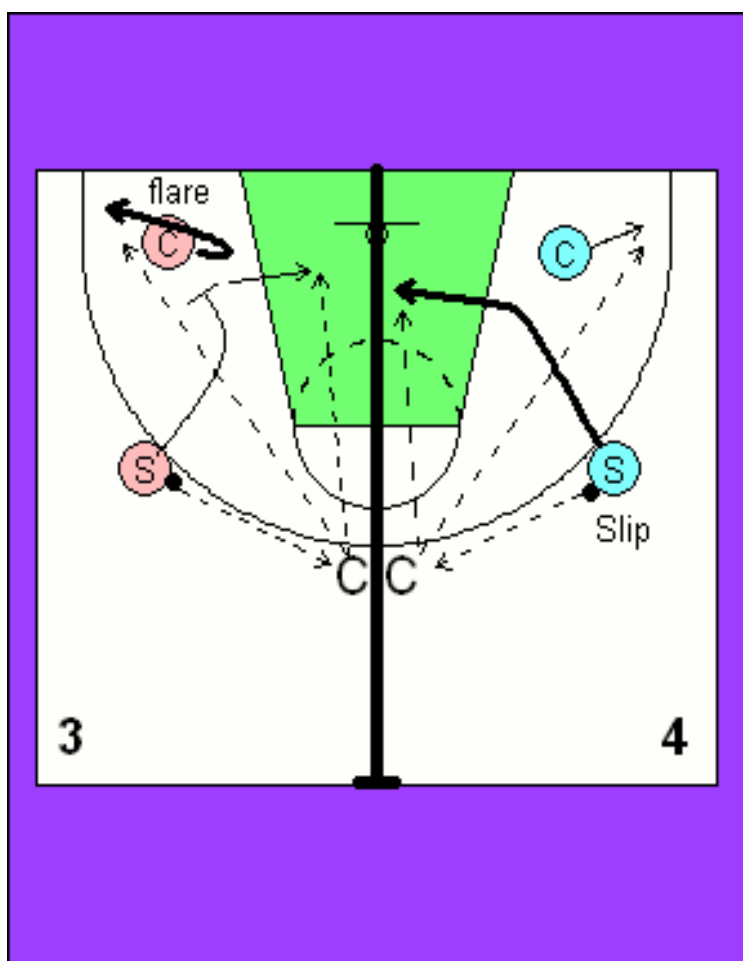
11.1 Screening/Cutting Actions.



Screening Leading & Cutting.

1. The screener (shaded S) passes to the coach & walks the imaginary defender into the keyway. The screener screens down calling "wait, wait" & then "go" when in screening position. The Cutter (shaded C) curl cuts (calling "Curl") hard to the basket looking for the ball. This is done if the defender follows over the screen. The screener flares or pops out wide causing separation making it hard to defend. Coach passes to either player.

2. The Screener (shaded S) passes to the coach & walks the imaginary defender into the keyway. As the Screener screens down they call "wait, wait" getting to position & "go" when in screening position. The Cutter (shaded C) then straight cuts (calling "straight") hard to the coach looking for the ball. This is done if the screener makes a good screen. The screener can dive to the basket or pop out wide causing separation making it hard to defend. Coach passes to either player.



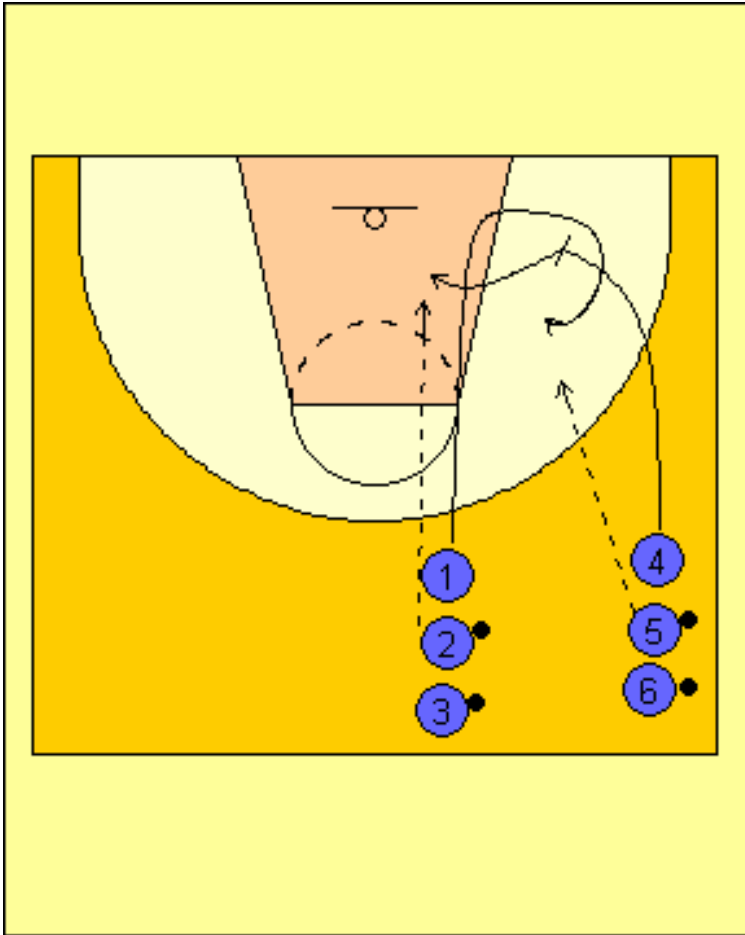
3. The Screener (shaded S) passes to the coach. As the Screener screens down they call "wait, wait" & then "go" when in screening position. The Cutter (shaded C) flare cuts (calling "flare") hard to the side looking for the ball. This is done if defence cheats inside the screen. The screener dives to the basket causing separation making it hard to defend. Coach passes to either player.

4. The Screener (shaded S) passes to the coach, the Screener now screens down calling "wait, wait" & then dives (calling "slip") to the basket. This would be done if the defence double teams the ball handler. The Cutter (shaded C) then pops wide looking for the ball causing separation making it hard to defend. Coach passes to either player.

Variations

Add 2 balls & pass to each cutter.
Add a defender to the cutter only.
Add defence to both players & cut according to their actions.

11.2 Screen & Cut Drill.



Screening, Leading & Cutting.

Player 1 basket cuts.

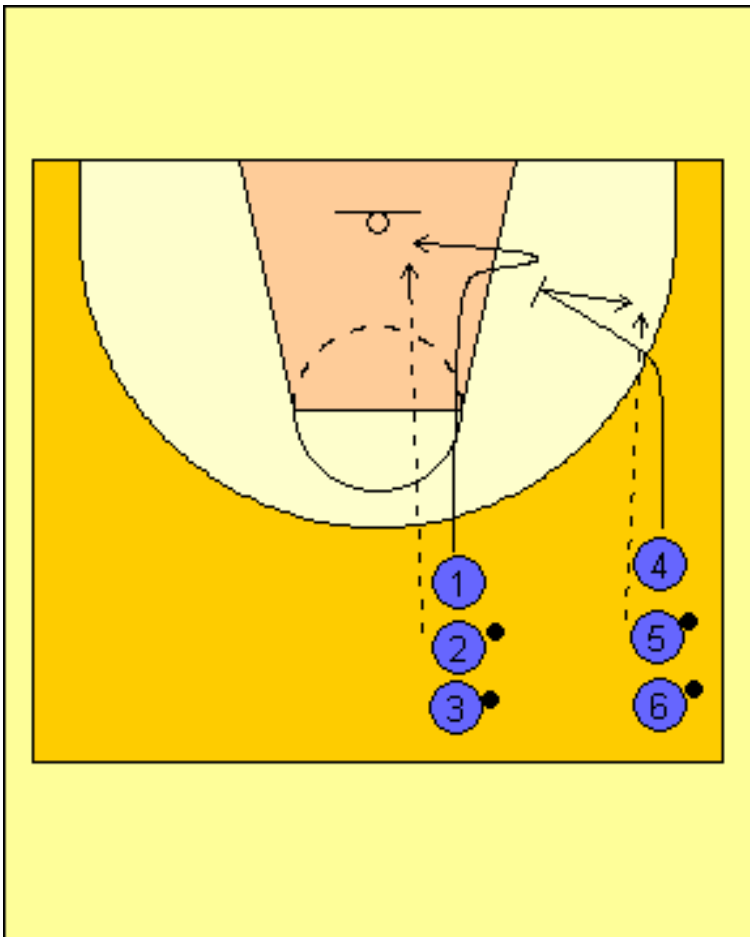
Player 4 screens player 1.

Player 1 comes off the screen to receive a pass off player 5,

While the screener (player 4) now opens up to the basket & receives a pass off player 2.

Repeat the drill with the following players. Make sure the players rotate through both lines.

11.3 Screen & Pop Drill.



Player 1 basket cuts.

Player 4 screens player 1.

Player 1 fakes coming off the screen & then makes a hard back cut to the basket to receive a pass off player 2,

While the screener (player 4) now pops to "space" to receives a pass off player 5.

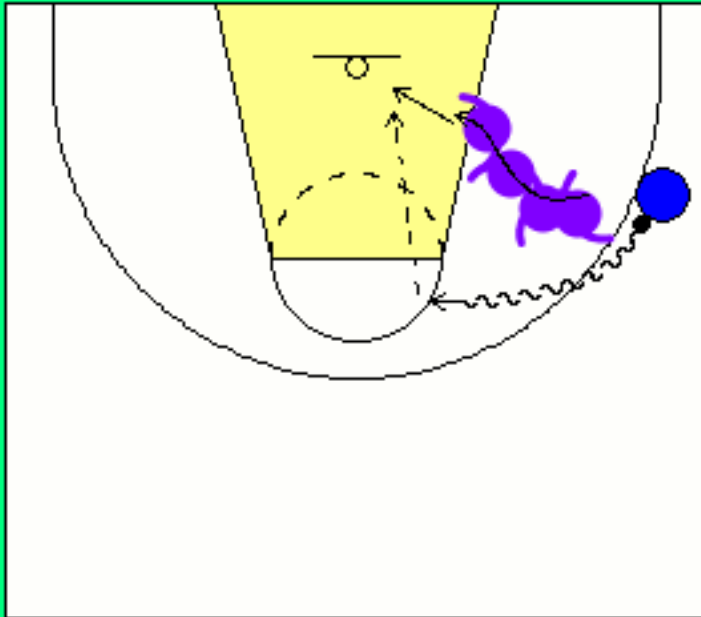
Repeat the drill with the following players. Make sure the players rotate through both lines.

Note:

Allow room to back cut.

11.4 On Ball Screen & Roll Drill.

Screening, Leading & Cutting.



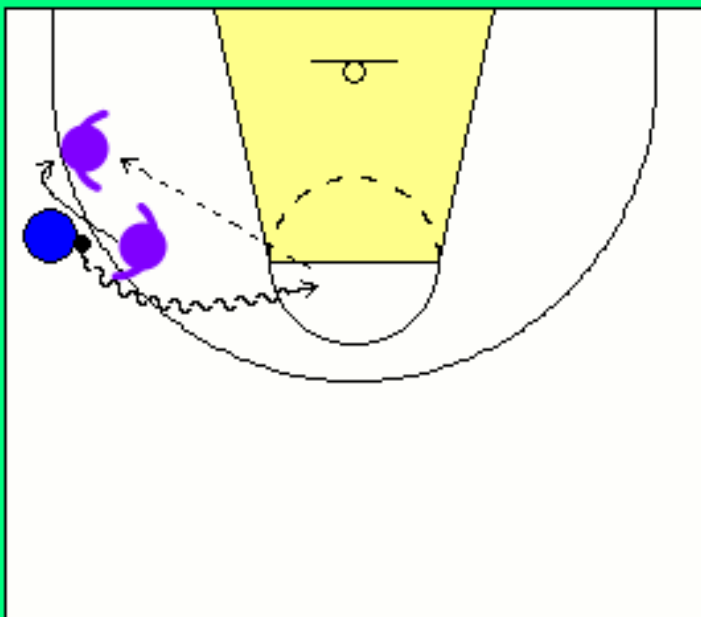
Here we take the screener to the imaginary defender calling "wait, wait", The screen is to be likened to a heat seeking missile, don't screen the space, find the defender, when the screen is in place & feet are set call "Go".

The Ball Handler comes off the screen shoulder to shoulder with an aggressive drive trying to cause separation from the screener. This makes the defence have to make quick hard decisions.

Here the defence will have switched so the screener rolls facing the ball as the 4 stage diagram shows. The screener should have the switched defender on their back so they head to the basket looking for the pass.

Add Defence when satisfied with drilling.

11.5 On Ball Screen & Pop Drill.



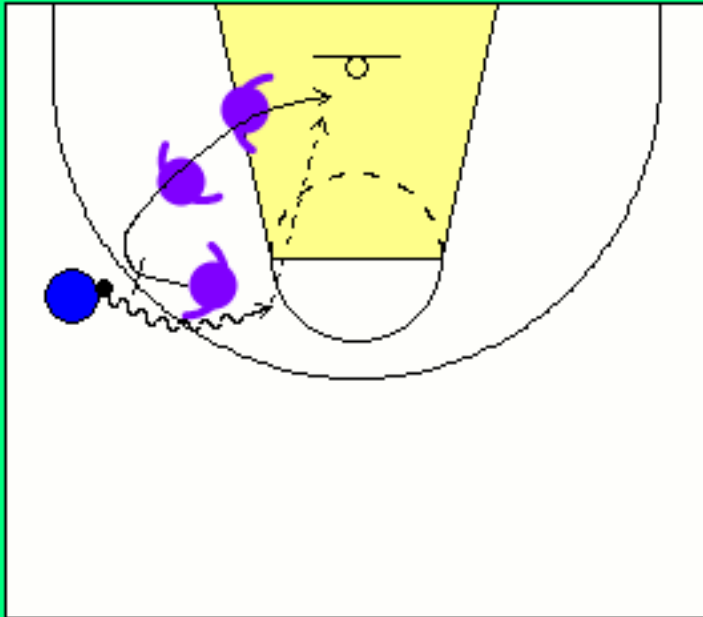
Here we take the screener to the imaginary defender calling "wait, wait", The screen is to be likened to a heat seeking missile, don't screen the space, find the defender, when the screen is in place & feet are set call "go".

The Ball Handler comes off the screen shoulder to shoulder with an aggressive drive trying to cause separation from the screener. This makes the defence have to make quick hard decisions.

Here the screeners defence will have shown or double teamed and the ball handlers defender is staying with their man so the screener pops looking for the pass & an open shot or drive.

The screener can also dive to the basket on a hard show.
Add Defence when satisfied with drilling.

11.6 On Ball Screen & Rim Run Drill. Screening, Leading & Cutting.



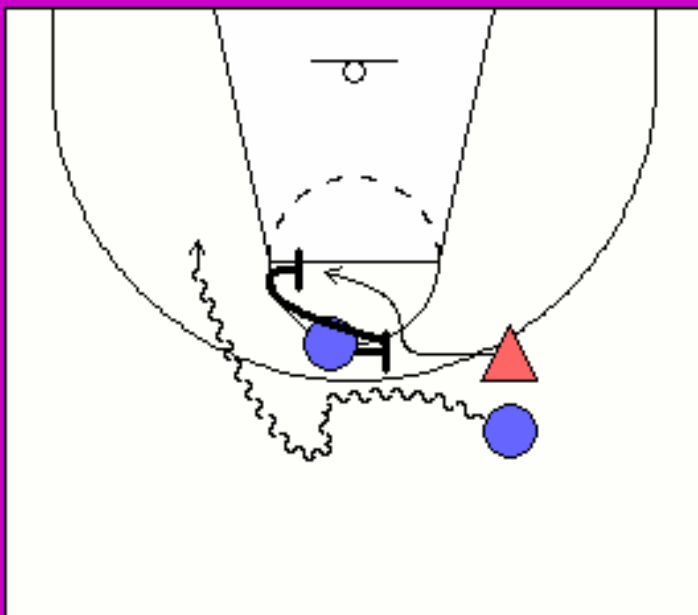
Here we take the screener to the imaginary defender calling "wait, wait", The screen is to be likened to a heat seeking missile, don't screen the space, find the defender, when the screen is in place & feet are set call "go".

The Ball Handler comes off the screen shoulder to shoulder with an aggressive drive trying to cause separation from the screener. This makes the defence have to make quick hard decisions.

Here the defence will have shown hard so the screener steps through to the basket as the 3 stage diagram shows. The screener is now using the Rim run action & dives to the basket looking for the pass.

Add Defence when satisfied with drilling.

11.7 Screen Re-screen Drill.



This drill is a high screening drill where the screener is low & wide but ready to sprint out of the screen to re-screen the defender who goes to the low side of the screen.

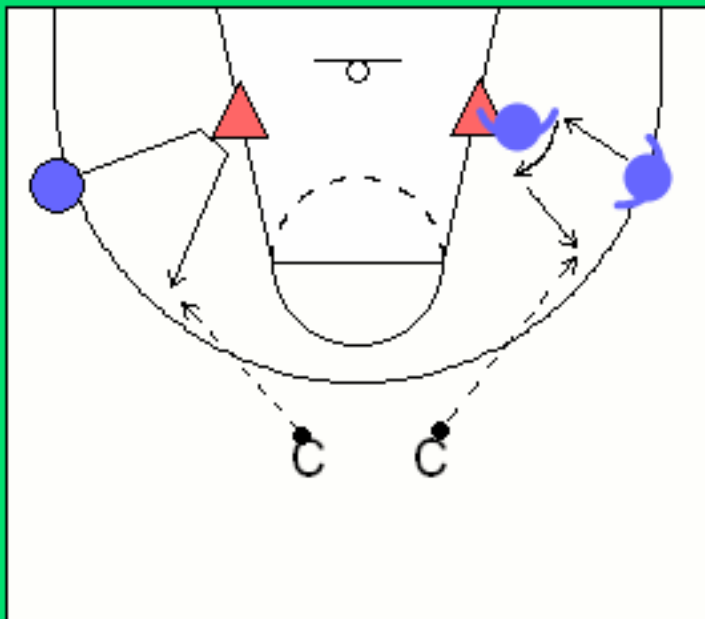
The offensive player can make a hesitation/separation dribble after coming off the screeners shoulder to allow time to re-screen the defender.

The important part of this drill is that the screener quickly reacts to get ahead of the defender so that a legal screen can be set for the second time.

An alternative way to run this is for the Screener to start with their back to the ball handler & defender on the first screen then sprinting to set the second screen facing the defender

11.8 Leading.

Screening Leading & Cutting.

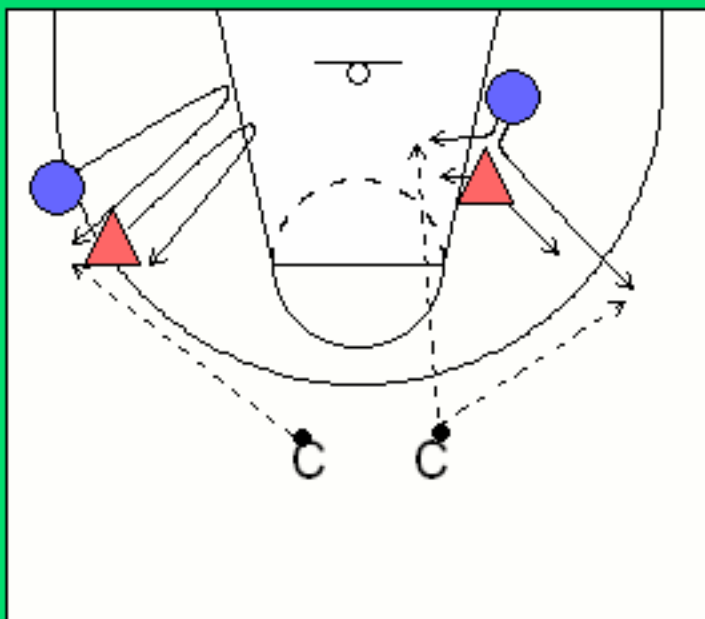


Making a good lead requires timing & body placement. Avoid allowing players to stand waiting for the pass as this is commonly the pass that is stolen.

The first example shows the offence moving to the defence, making contact, stepping across the defenders high foot effectively blocking the defensive players lane & then leading out for the pass.

The second example shows the offence moving to the defence & placing the lead foot (usually ball side) between the defenders feet. Offence now reverse pivots using the backside of their body to block the defenders lane & then leads out for the ball.

Have players play 1 on 1 when happy with leading techniques.



Progress this to defenders playing full denial defence both on the wing & in the post.

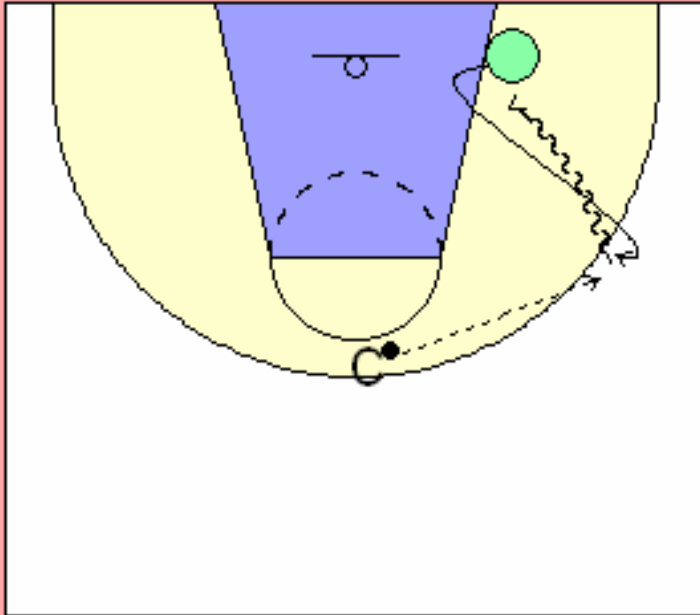
In the left (wing lead) diagram the offence cuts hard to the basket extending the baseline hand looking for the backdoor pass. If defence does not react throw the pass for the lay-up. If defence does a good job the offence leads out with speed trying leave the defender behind. The offence can step across the defenders path in this drill also.

In the right diagram (post lead) the offence pushes the defender up the lane & makes a lead to either side looking for the backdoor pass or the forward lead with speed. Again the offence can get try to the defenders feet to block the defenders lane, then lead with speed.

Have players play 1 on 1 when happy with leading techniques.

11.9 Leading & Shooting.

Screening Leading & Cutting.



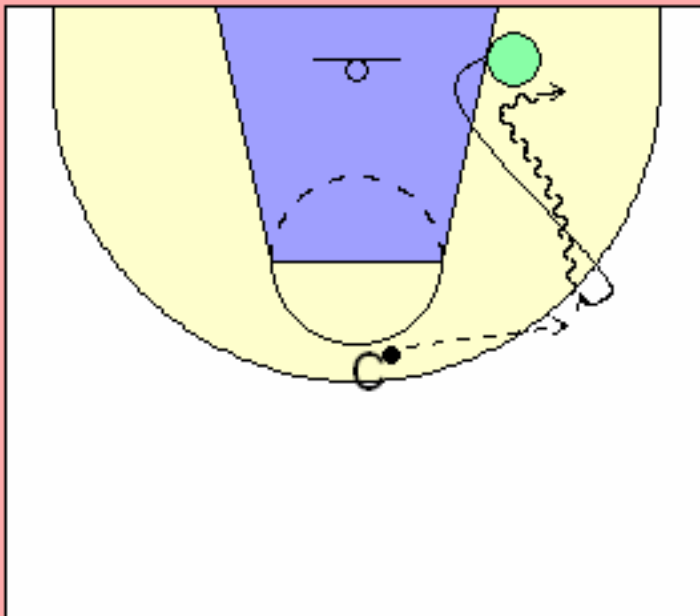
Lead to Drive.

Player steps into paint as if to step off defender, lead hard at game speed & receive the pass from coach squaring up facing the basket.

Player rips the ball through to the low side & drives hard to a 1 dribble pull up jump shot.

Emphasise pushing the ball out, taking a long step getting head & shoulders low past an imaginary defender.

This can also be done adding defender to make it competitive.



Lead, Drive, Back Slide (separate) to Shot.

Player steps into paint as if to step off defender, lead hard at game speed & receive the pass from coach squaring up facing the basket.

Player rips the ball through to the low side & drives hard towards the basket then takes a hard retreat dribble creating separation from the defender & shoots the shot from a balanced stance (coaches watch for too much fade away).

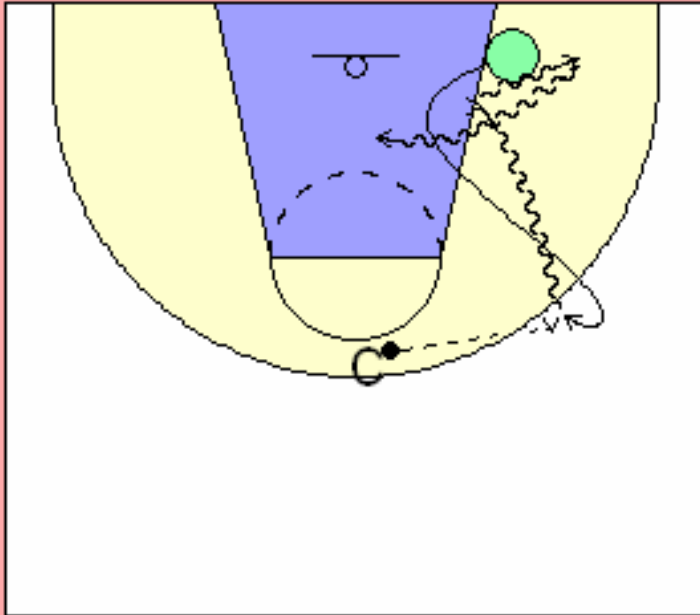
Emphasise pushing the ball out, taking a long step getting head & shoulders low past an imaginary defender.

This can also be done adding defender to make it competitive.

11.9 Leading & Shooting cont.

Screening Leading & Cutting.

Lead, Drive, Backslide, Drive to Shot.



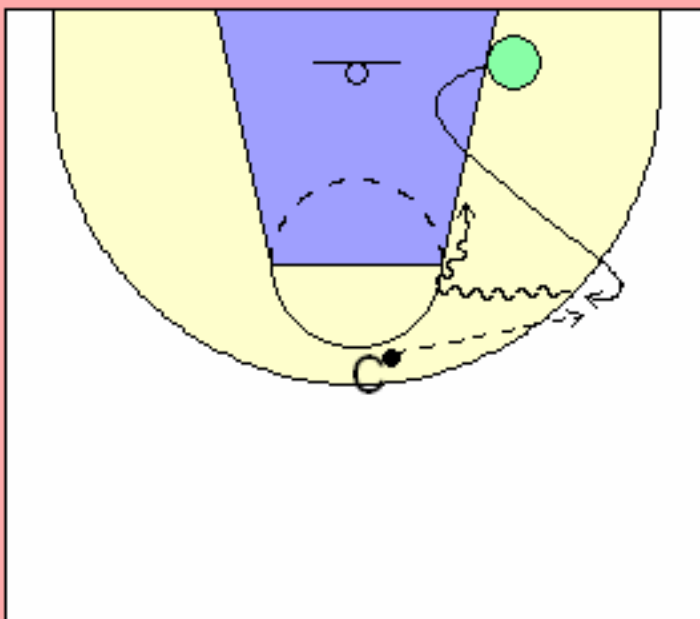
Player steps into paint as if to step off defender, lead hard at game speed and receive the pass from coach squaring up facing the basket.

Player rips the ball through to the low side & drives hard to the basket, separates with a retreat dribble then drives to a lay up or jump shot.

Emphasise pushing the ball out, taking a long step getting head & shoulders low past an imaginary defender. On the retreat dribble player must lock eyes on ring to sell shot to defender then drive.

This can also be done adding defender to make it competitive.

Lead Drive, Middle, Change Direction, Shot.



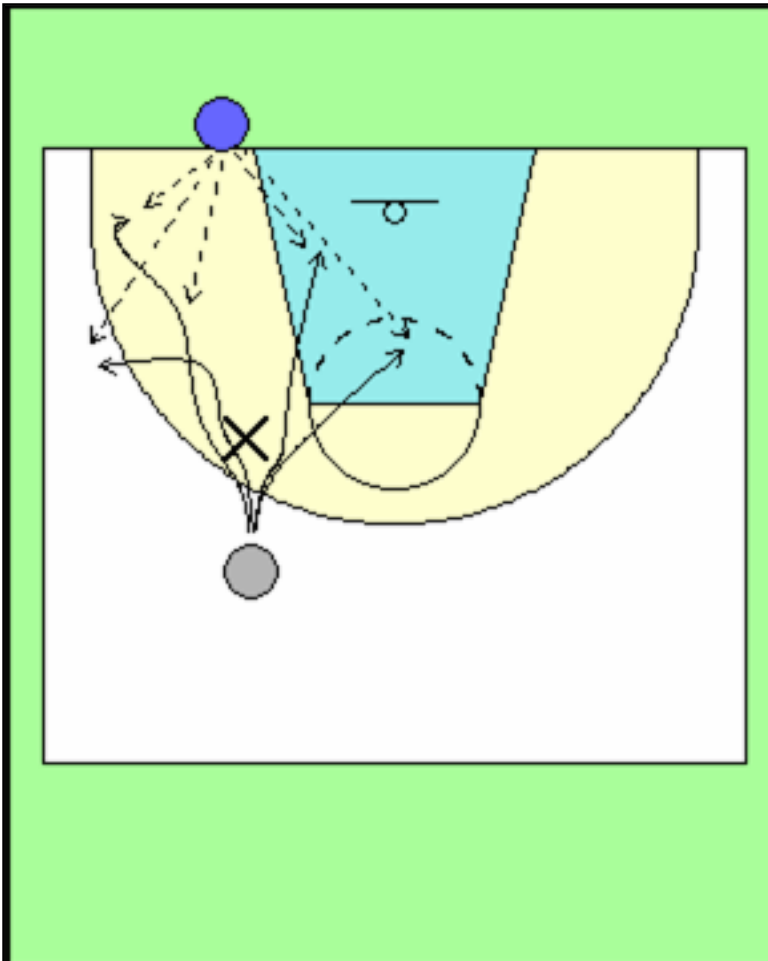
Player steps into paint as if to step off defender, lead hard at game speed & receive the pass from coach squaring up facing the basket.

Player drives hard to the middle & performs a crossover dribble (advance to reverse spin behind back, between legs) to shot or lay-up.

Emphasise pushing the ball out, taking a long step getting head & shoulders low past an imaginary defender.

This can also be done adding defender to make it competitive.

11.10 Baseline Inbounds Leads.



Screening Leading & Cutting.

From above the key attack the defender with pace, make the defender commit to you use a hard change of direction and get to open spot with pace.

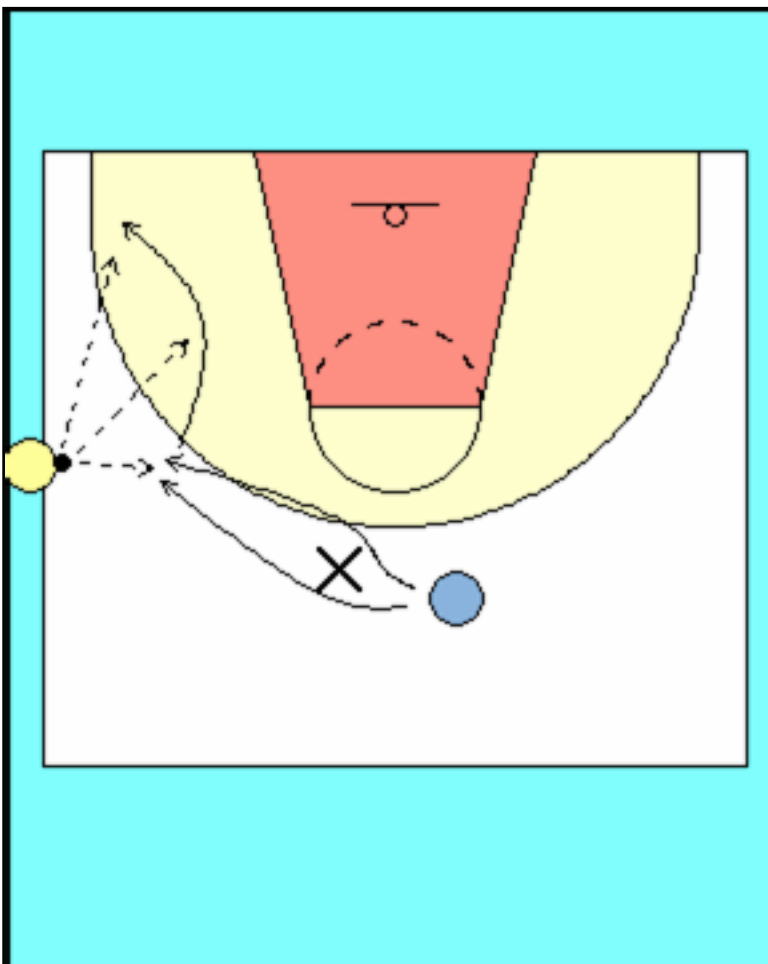
It may take a second change of pace & direction to get open.

Passer can pass when the leading player is open. Start with a lead, catch, shoot over a hand.

Progress to 1 on 1.

Priority is to make the defence commit & then make an explosive lead.

11.11 Side Inbounds Leads.



From above the key attack the defender with pace, make the defender commit to you use a hard change of direction & get to open spot with pace.

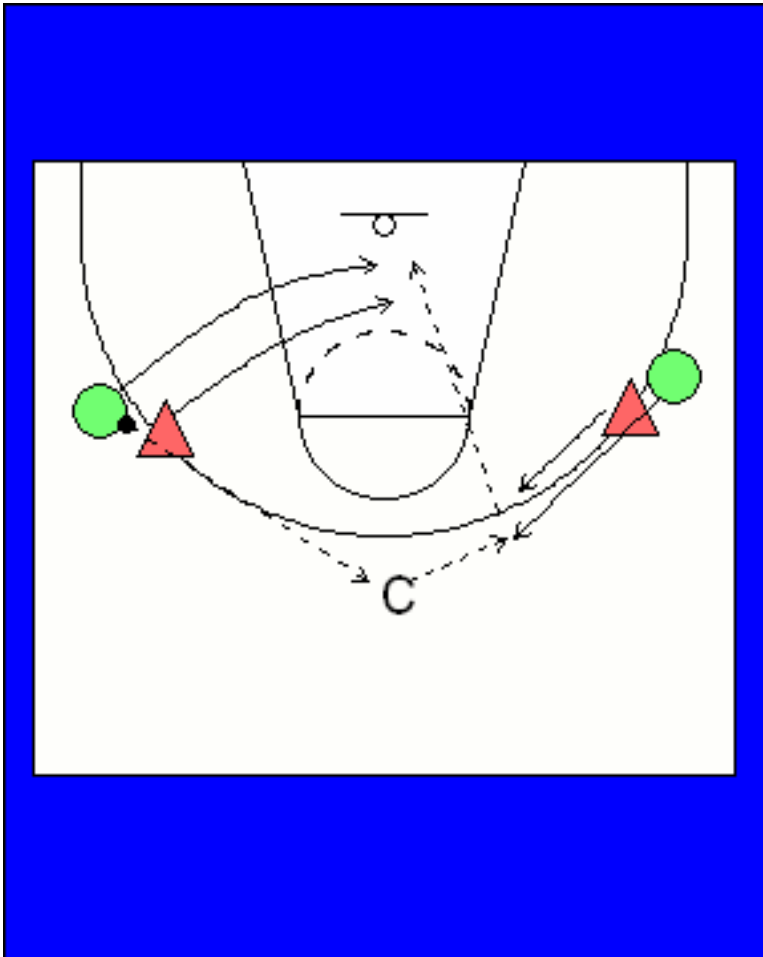
It may take a second change of pace & direction to get open.

Passer can pass when the leading player is open. Start with a lead, catch, shoot over a hand.

Progress to 1 on 1.

Priority is to make the defence commit & then make an explosive lead.

11.12 2 on 2 Coach Feed.



Screening Leading & Cutting.

Coach starts with ball.

Players make leads & cuts looking for the ball, leads & cuts must be done with speed.

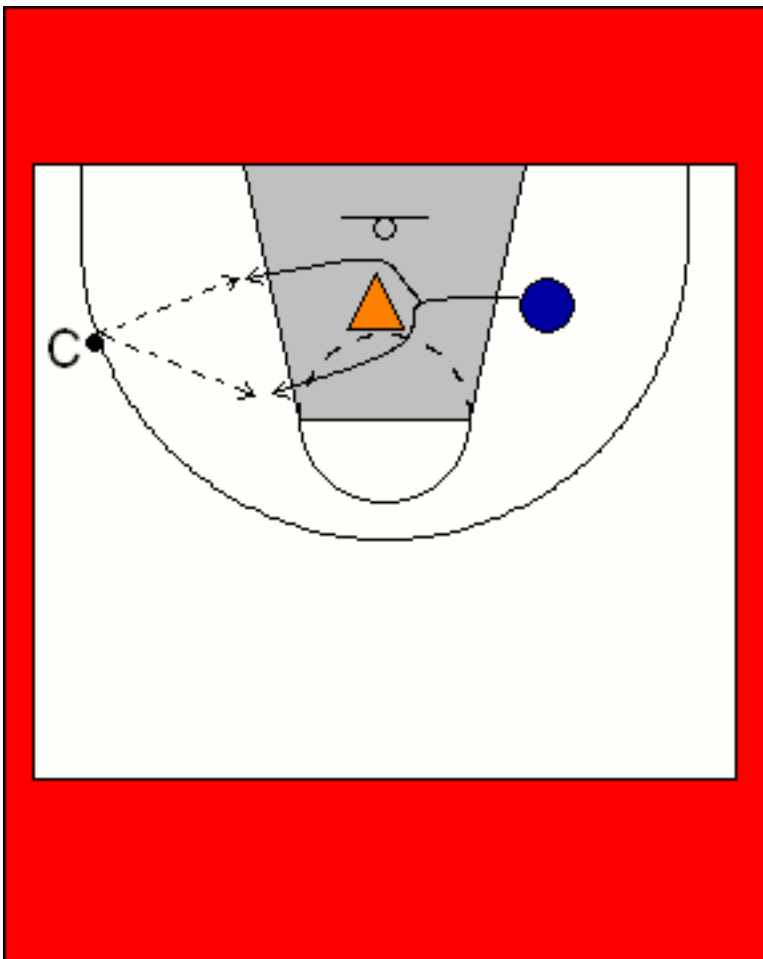
Coach passes the ball when an option presents then the players play 2 on 2 until a score or a stop.

Players can pass back to the coach at any time.

Emphasise the denials in defence.

Coach can limit dribbles or passes if they wish to.

11.13 Slash Cuts To Post.



Start with a coach on the wing, a defender on the split line & an offensive player at the weak side of the key.

The defender should be in a low wide stance where they can see man & ball & be ready to bump the cutter.

When the coach slaps the ball or calls "go" the offensive player cuts with speed at the defender. When offence hits the cutter they make a decision on whether to cut high or low according to the smartest path beating the defence to a good post up position.

When the offence has established a strong, aggressive post position the coach feeds the ball in, offence makes post plays to play 1 on 1 to a score or a stop.

Section 12: Shooting.

- 12 Teaching shooting techniques.**
- 12.1 Technique or Form Shooting.**
- 12.2 3 x 10 Shots.**
- 12.3 Elbow to Elbow – Elbow to Base.**
- 12.4 Texas Block Shooting.**
- 12.5 1 Min Elbow Shooting.**
- 12.6 Titan Shooting.**
- 12.7 Five Man 3 Ball Shooting.**
- 12.8 Elbow Catch & Shoot.**
- 12.9 Pass, Sprint & Shoot.**
- 12.10 Villanova Shooting Drill.**
- 12.11 6 Spots Perimeter Shooting.**
- 12.12 6 Spots Post Shooting.**
- 12.13 Iceland Merry Go Round 1.**
- 12.14 Iceland Merry Go Round 2.**
- 12.15 3 Way Shooting.**
- 12.16 AIS Shooting Drill.**
- 12.17 On the Rack Shooting Game.**
- 12.18 Shot after Dribble.**
- 12.19 Two Ball Motion Shooting.**
- 12.20 Two Ball Shooting.**
- 12.21 Screen & Shoot Drill.**
- 12.22 Beat the Closeout.**
- 12.23 Chair Shooting**
- 12.24 Pressured Shooting.**

Section 12: Shooting.

Teaching shooting technique.

This is a general guide to shooting, note that not all athletes will have the same shot & sometimes the unorthodox shot can work for some. It is up to the coaches to get to the athletes early enough to teach correct technique. If you are dealing with an older athlete it will take more time to tweak their shot.

The best way to become a better shooter is repetition, repetition, repetition. If athletes do not find time to shoot they will not get better. This means they will have to find time to shoot on their own. I have added a few shooting practices & charts at the end of this book to help guide you & your athletes.

Here I will begin with the teaching process commonly referred to as **B.E.E.F = B- Balance, E – Eyes, E – Elbow, F – Follow through.** I will also add other important shooting tips through the document.



The first thing we need the athletes to do is catch the ball in the air landing with a 1-2 step in the ready to shoot or loaded to shoot position.

Athletes may also receive the ball in the ready to shoot or loaded position when stationary. Athletes then need to make sure they are squared up to the basket with the shooting foot forward. Feet must point toward the ring & shoulders must be square to the basket. The athlete will produce a much slower shot if they catch the ball standing upright, then lower to a shooting position. This will result in greater opportunity for the defence to block or defend the shot.

Balance as shown in the top photographs to either side is most important, poor balance results in poor shooting %'s. Centre of gravity is pivotal & is obtained with the athletes feet properly placed & shoulders square to the basket. Feet should be pointing at the basket, approximately shoulder width apart & the shooting foot slightly forward giving good stability. The athlete will also need the knees bent & loaded ready to shoot, the amount of knee bend will be determined by athlete strength & range.



Placing of the hands is also extremely important. We want the shooting hand under the ball & the guide hand to the side. Looking at the ball the shooter should see the shape of a T where the thumbs almost meet.

The fingers of the shooting hand should be spread comfortably across the ball. The ball should rest on finger tips & not in the palm of the hand.

Eyes need to locate the rim as quickly as possible & be locked on it as the target. Athletes should focus on the centre of the rim not the front or back.

The Shot Pocket is the starting point of the shot. Generally we like the shot to start directly in front rather than to the side & just below the eyes so the athlete can see the rim. The shooting arm should be comfortably to the side of the body but ready to move under the ball as the shot progresses. Shooters need to practice getting the ball past their face losing rim vision for a split second. This is an art & young athletes lack confidence in this area, hence we see players shoot from the shoulder.

Elbow as shown in the second row of photographs now comes directly under the ball helping to give high lift & power to the shot. We like the elbow to be in a straight line aligned with the athletes shoulder, pointed at the rim & not pointing to the side. As the shot lifts the elbow should form an L shape & the guide hand is still to the side of the ball without placing too much side force on it. Legs extend as the shooter takes shot & should be synchronised with the arms lifting, thus creating power.

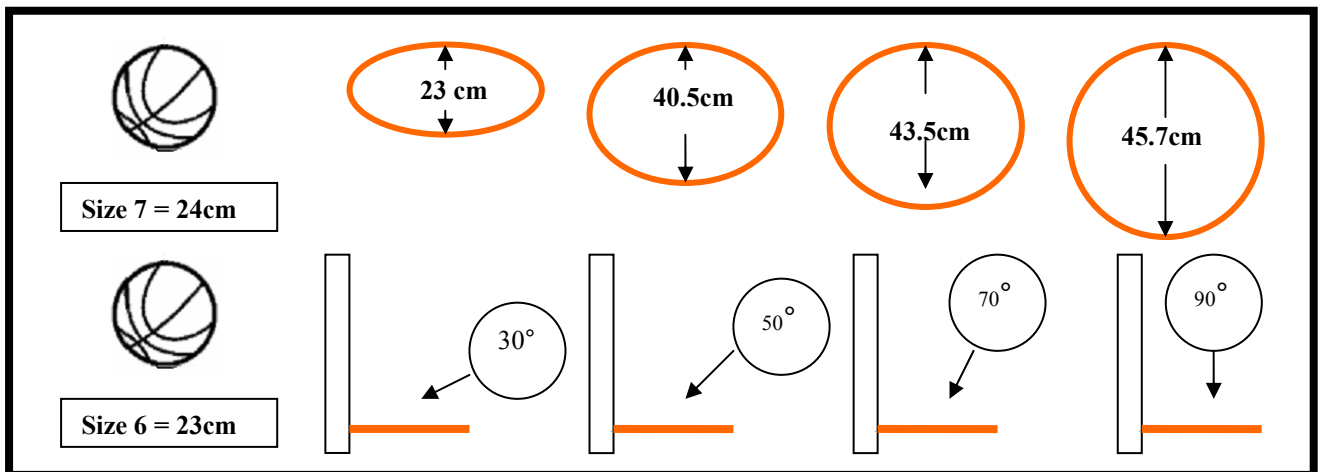




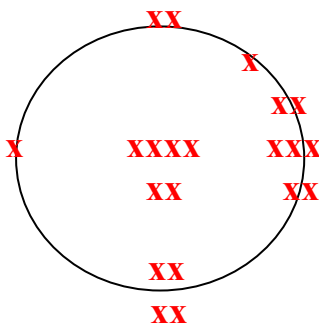
A consistent release point is another extremely important part of the shot. If the release point is too early the shot will be flat. The preferred release point should be up nice & high. The term Elbow to Eyebrow is a great description. Getting the Elbow to Eyebrow height before the release point ensures good height in the shot. The athlete needs to come to a full extension up onto their toes with arms and legs in a smooth synchronised movement like a spring being released. If shooting a jump shot athletes need to shoot on the elevation or peak of the shot. We do not want the shot to be a double movement with the legs extending first followed by the arms.



Follow through as shown in the third row of photographs is also known as shooters touch. Follow through is the smooth flicking of the wrist action which creates great rotation of the ball. This helps increase the chance of the ball gripping the rim or backboard & dropping in. Some terms I like to use are fingers in the cookie jar, fingers in the rim or follow through with the wrist finishing like a goose neck. Athletes need to picture their hand following through over the top of the rim & in the rim or the cookie jar. The arm should be straight and the hand relaxed in the follow through position or Goose Neck Position. A tense hand will result in a tight shot that could be too flat..



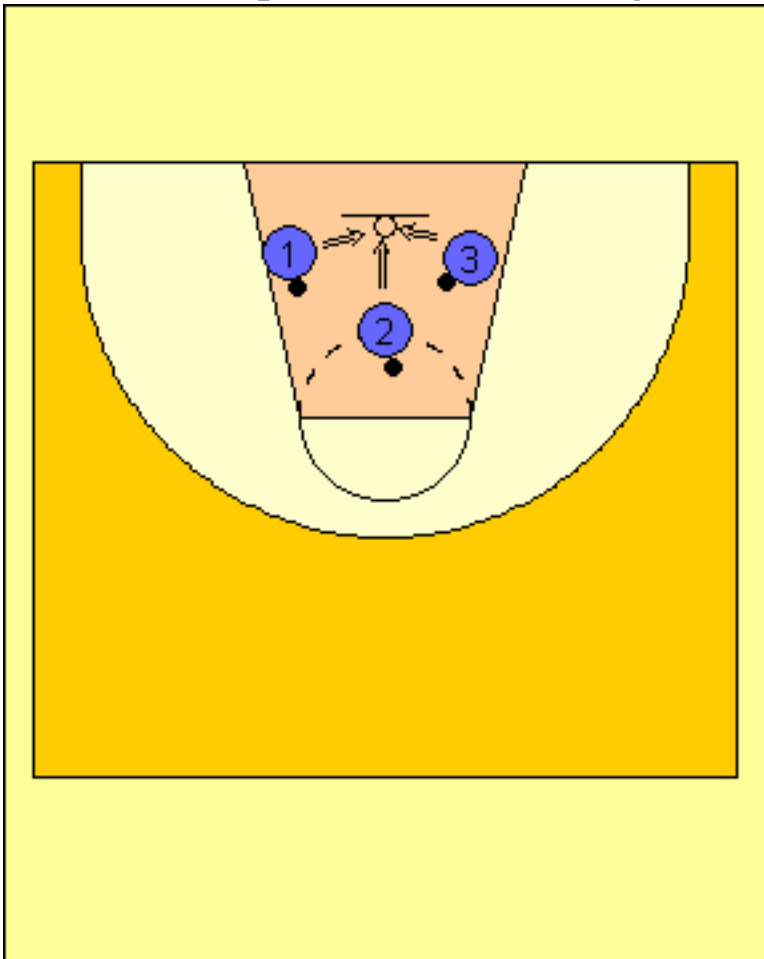
The above diagram shows the importance of the release point and angles of the flight of the ball. The earlier you release the ball the flatter the shot is as per the first part of the diagram showing a 30 degree angle shot and how much of the area reduction of the target area with approximately only 23 cm available. This shot will result in a lower percentage & long rebounds. As the angles increase you will see the target area increasing thus improving percentages. 50 degrees shows approx 40.5cm of target, 70 degrees shows approx 43.5cm of target & 90 degrees shows approx 45.7 cm of target. The area of the rim almost = 2 balls. A size 7 Basketball is 24cm and a size 6 Basketball is 23cm. The above are great examples of why we want a higher release on the shot.



Another great tool to help with shooting is to have your athlete shoot a number of shots & chart them as shown to the side. A simple circle with X's will suffice. This will show where the player hits the rim the most & identify problems with the shot. In the example to the side we see the ball hitting the right side of the rim too much. This may show that the players guide hand may be interfering if they are a right hander. If it hits the front of the rim it may indicate poor leg power, early release or poor follow through.

12.1 Technique or Form Shooting.

Shooting.



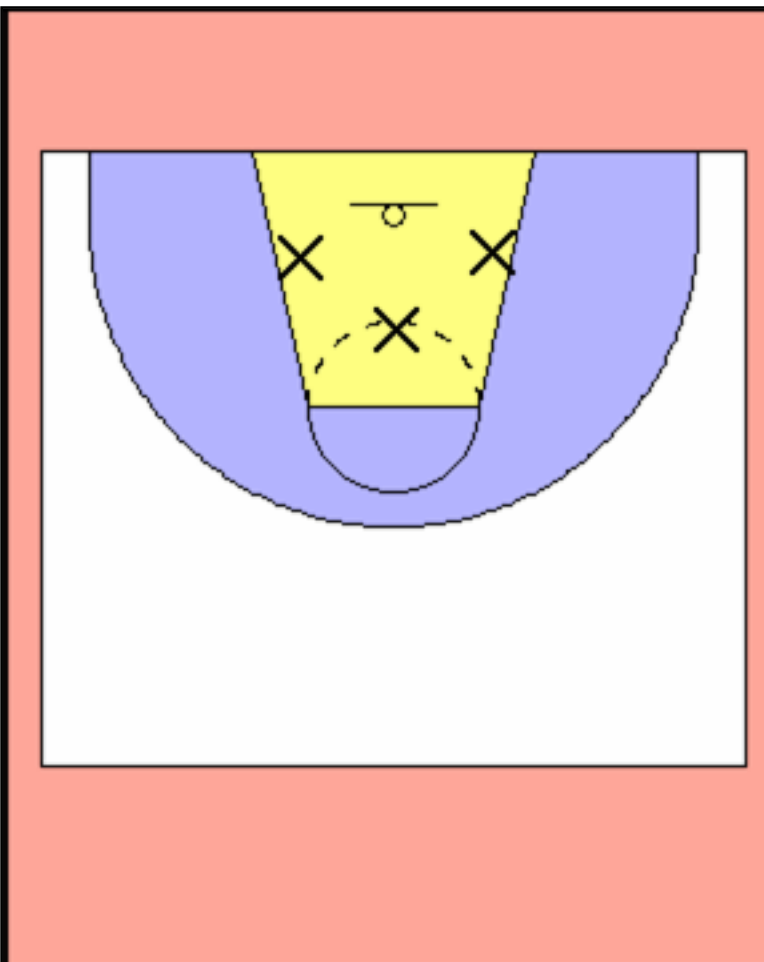
Players work on their technique or form. Shot should be broken down into the following stages:

1. One hand only (lock and snap). Other hand by your side or behind your back.
2. Other hand (guide hand) is now brought in to balance the ball.

Emphasize:

- "L" shape of shooting arm
- ball in the finger tips (space between fingers & the palm of your hand)
- lock and snap action
- bend your legs (for power)
- hold your follow through
- aim for "swishes"

12.2 3 x 10 Shots.



Make 10 consecutive shots at each of the spots marked X.

On a miss the player goes back to zero for that position only.

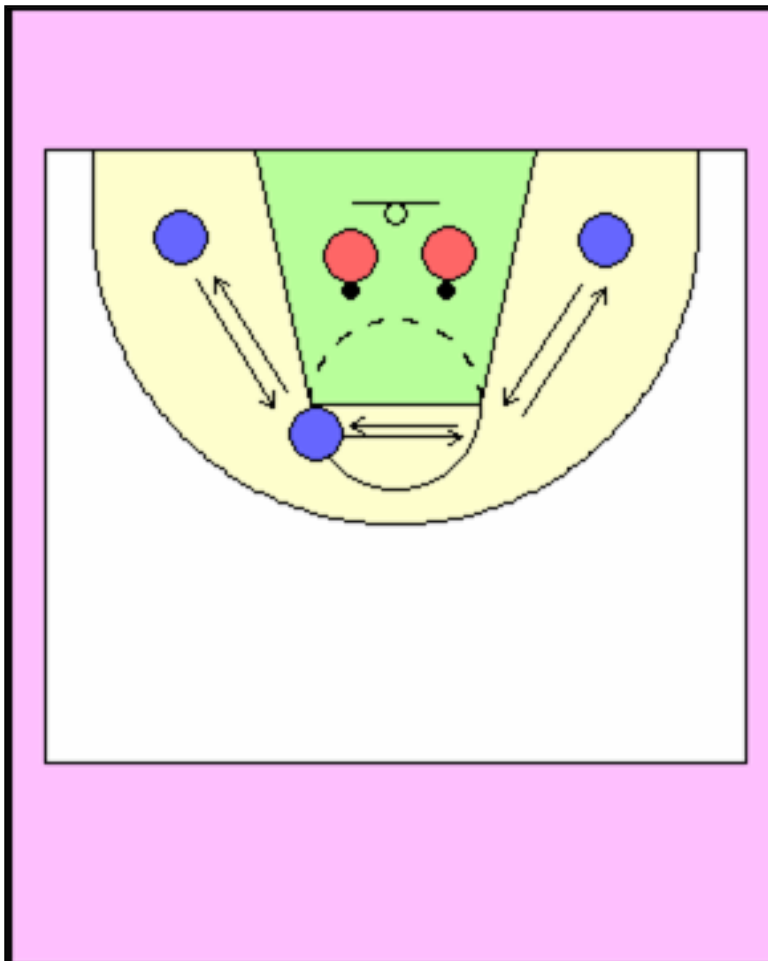
Another version of 10 shot shooting can be with Hook shots.

Shoot left hand hook shots from the left, right hand hook shots from the right and alternate hand hook shot from in front.

Again on a miss the player goes back to zero for that position only.

12.3 Elbow to Elbow – Elbow to Base.

Shooting.



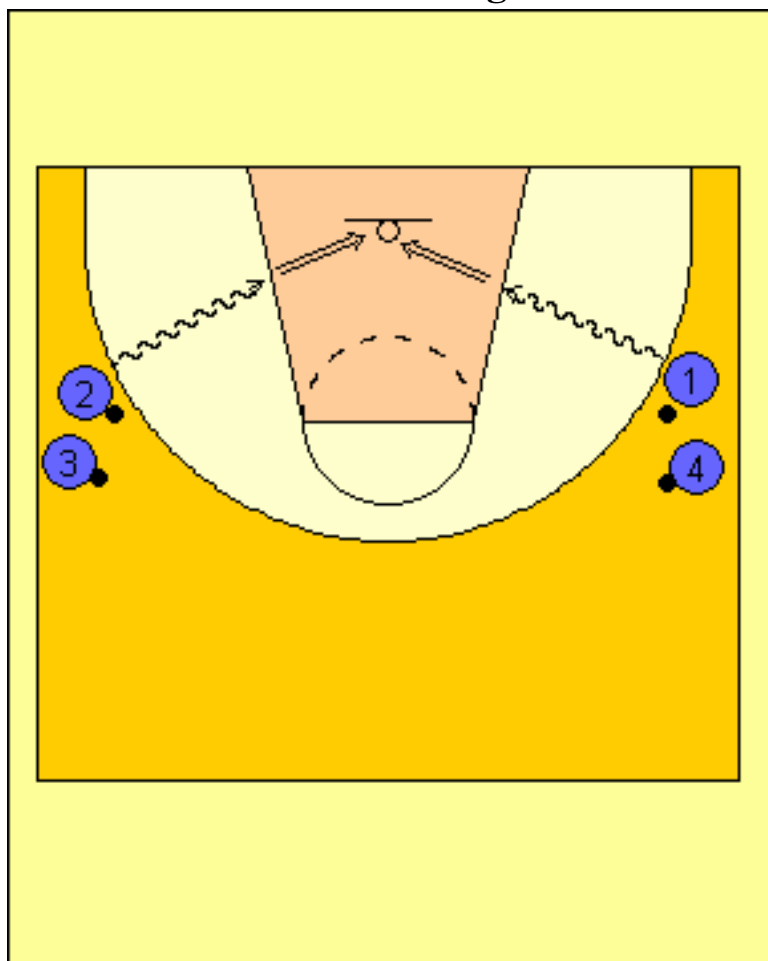
This is Elbow to Elbow & Elbow to Baseline shooting.

Offence leads from Elbow to Elbow for a set amount of shots or time.

The same thing occurs from the elbow to Baseline on either side.

If 2 passers are available use them, if not make do with one passer.

12.4 Texas Block Shooting.



Players line up at the 45 & take 1 dribble only & then come to a stride stop to make a jump shot.

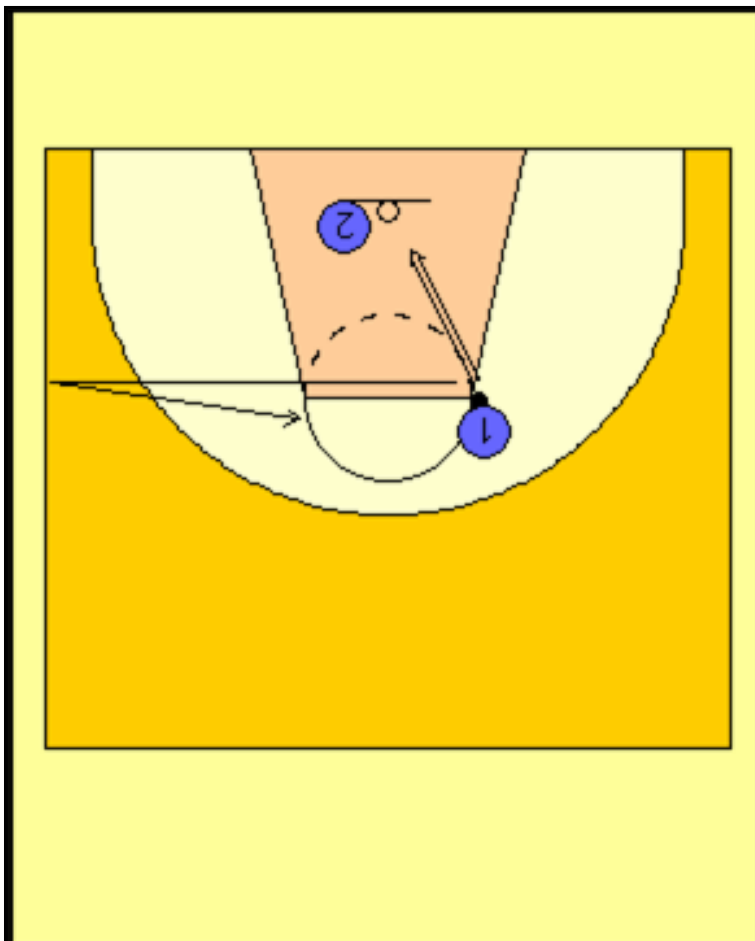
Players should take a long first step ("chest on your knee").

1-2 step into a shot of the dribble to avoid traveling. Have athletes drop their hips as they come into the 1-2 step so they are in a loaded stance ready to receive the ball & take the shot quickly.

Variation: drill may be done at the top of the 3pt line (shooting from the elbow).

12.5 1 Min Elbow Shooting.

Shooting.



One minute of shooting from the elbow.

After each shot run to the opposite sideline & back to nearest elbow.

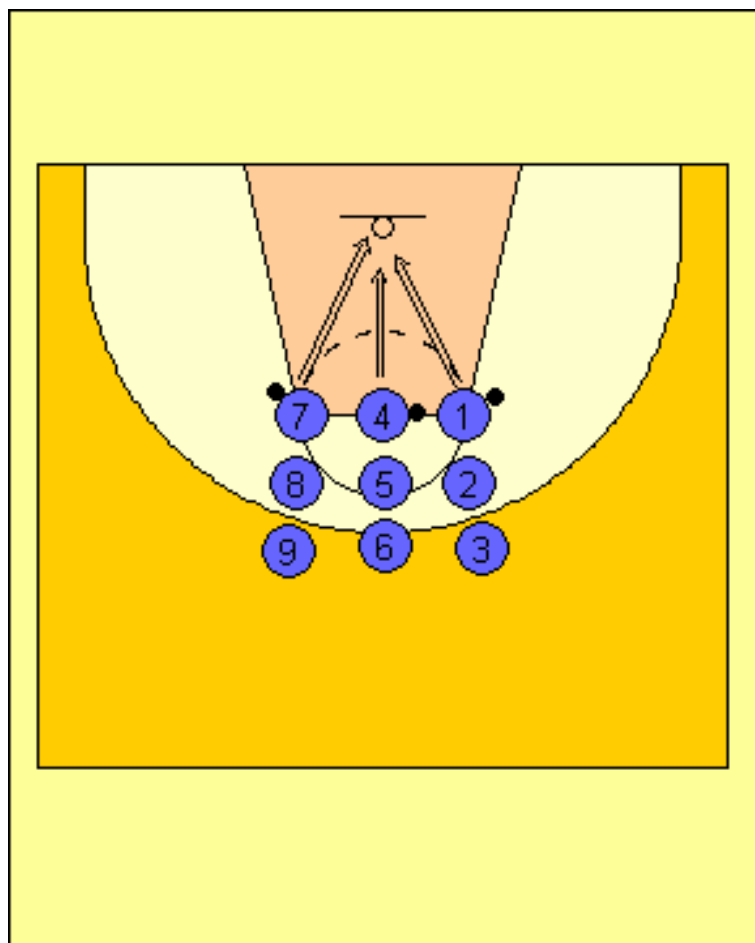
Player 2 is the rebounder & keeps score.

Switch after 1 minute.

Variation:

Touch baseline or midline.

12.6 Titan Shooting.



Players start in 3 lines at the foul line.

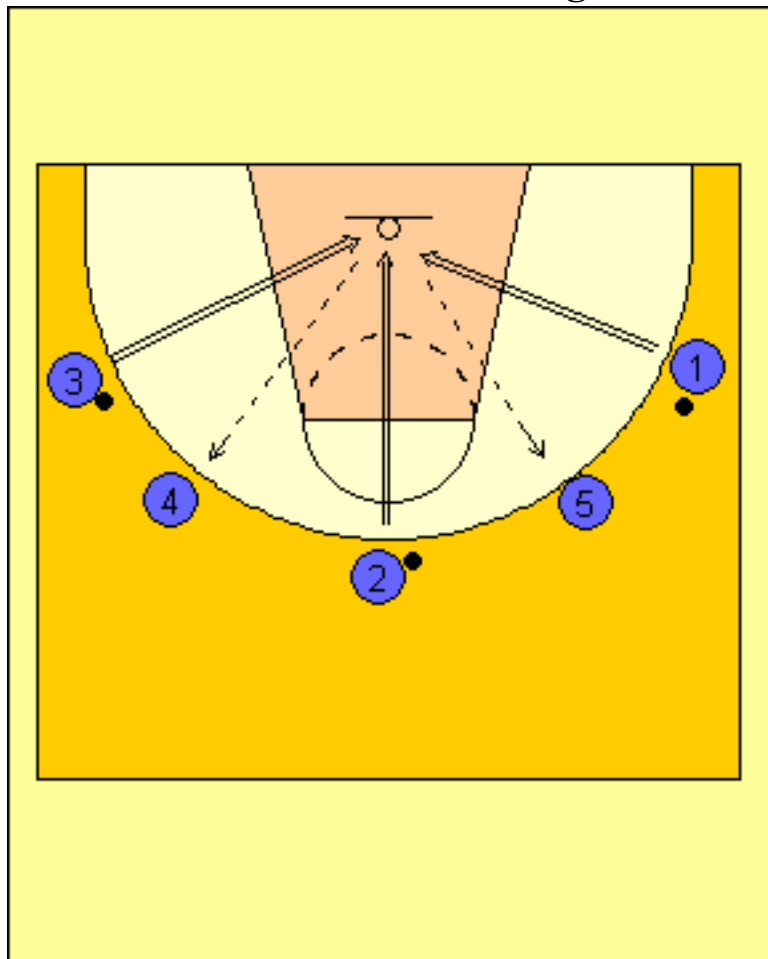
- One ball starts in each line.
- After shooting the ball each player rebounds their own shot & passes it back to the next player in their line.
- They then rotate to another line
- This drill runs for three minutes & can be to a target i.e. 70 or the team that makes the most baskets.

Teaching Points

- Be in the air as you catch the ball
- Quick feet into the shot
- Low balanced stance
- 40-50 shots made for younger players.

12.7 Five Man 3 Ball Shooting.

Shooting.



Players 1, 2 & 3 have a ball. Player 1 starts the drill by shooting the ball, rebounding & then making a pass to player 4 or 5. Player 2 and 3 also shoot the ball just after player 1. All players rebound their own shots & make a pass to the open players outside the key who are ready to catch and shoot.

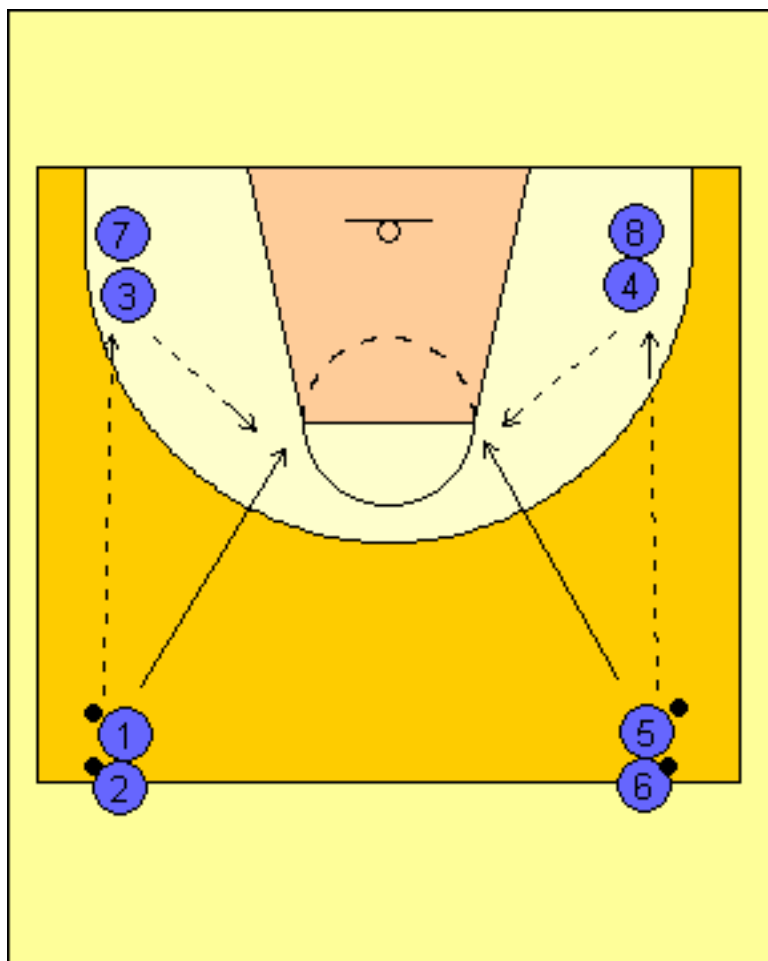
Emphasize:

- Players have to really get after their shots as the drill becomes very quick
- Make good, strong direct passes
- Shooters to prepare early, show hands & be down ready to catch the ball & shoot
- Shooters must call the name out of the rebounder.

Variation:

Play to a time limit or target score either individually or as a group.

12.8 Elbow Catch & Shoot.

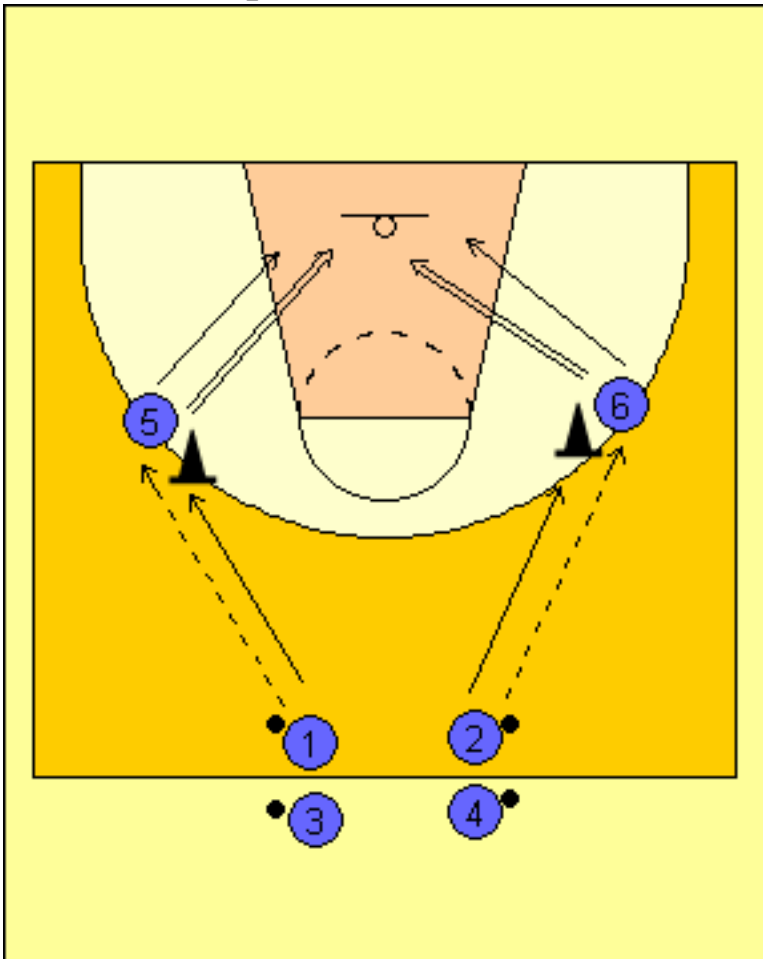


Players 1 & 5 make passes to the players on the baseline & then sprint to the elbow to receive a return pass for a catch & shoot.

After shooting the ball, players go to the baseline, whilst passers on the baseline rebound & rotate to the 1/2 way line.

12.9 Pass, Sprint & Shoot.

Shooting.



Players 1 & 2 make a pass to players 5 & 6 who receive the ball & put it in the chair.

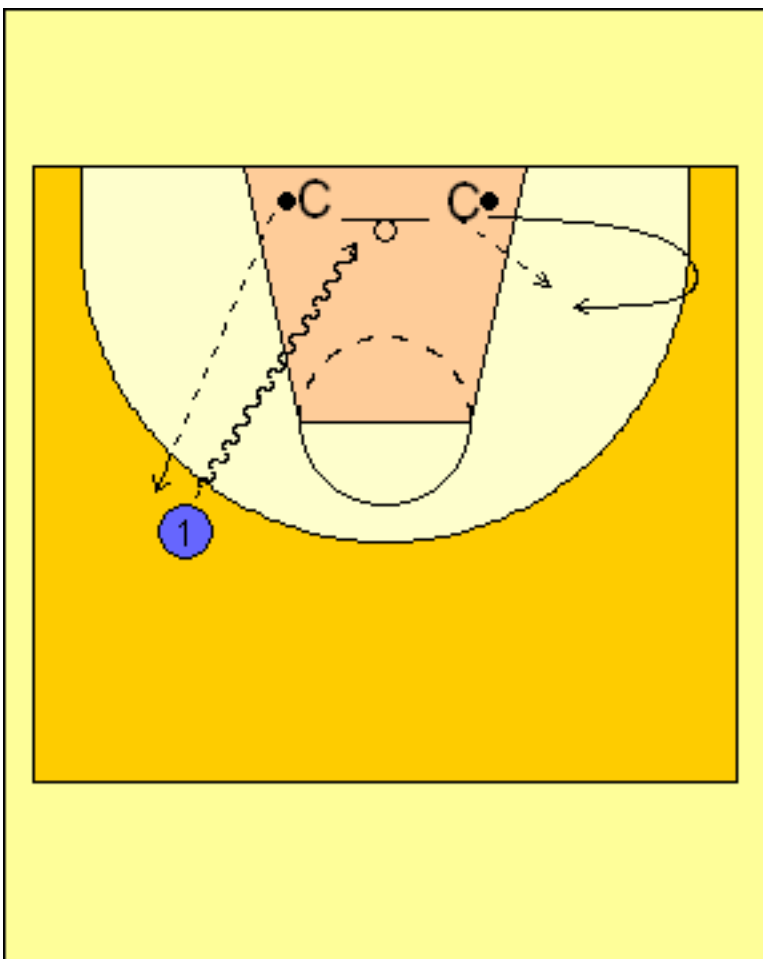
After passing the ball, players 1 & 2 then sprint to pick up the ball & shoot.

Players 5 & 6 rebound the shot, then pass the ball to the players at the 1/2 way line (they then join that line).

After shooting the ball, players 1 & 2 then become the next receivers & rebounders.

You may chose to use the players at the elbow extended as passers instead of chairs. After the pass they will still become the rebounders.

12.10 Villanova Shooting Drill.



Player receives a pass from the coach & dribbles in hard for a lay up. The player then continues through to opposite side getting 2 feet outside the 3 point line, turns & cuts towards the basket. Receive the pass from second coach for catch & shoot option.

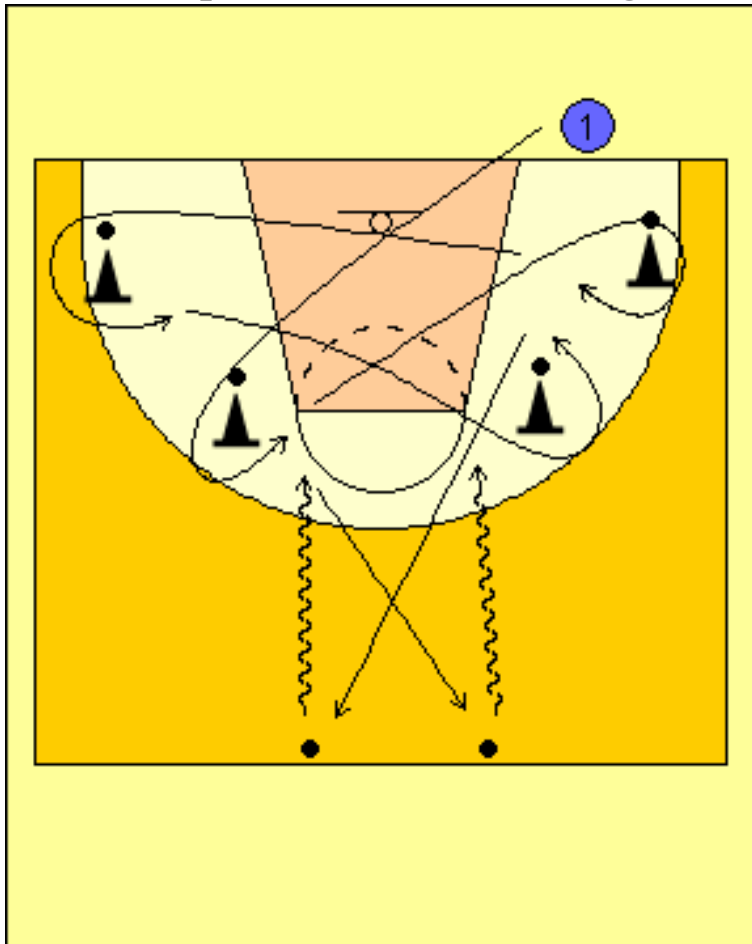
The player runs back to the start to receive the pass & repeat drill. Continue drill until designated # of points scored.

Points of Emphasis

- Lay up technique & speed
- Step into jump/set shot, low balanced & in shooting action.

12.11 6 Spots Perimeter Shooting.

Shooting.



6 balls & 4 Chairs needed.

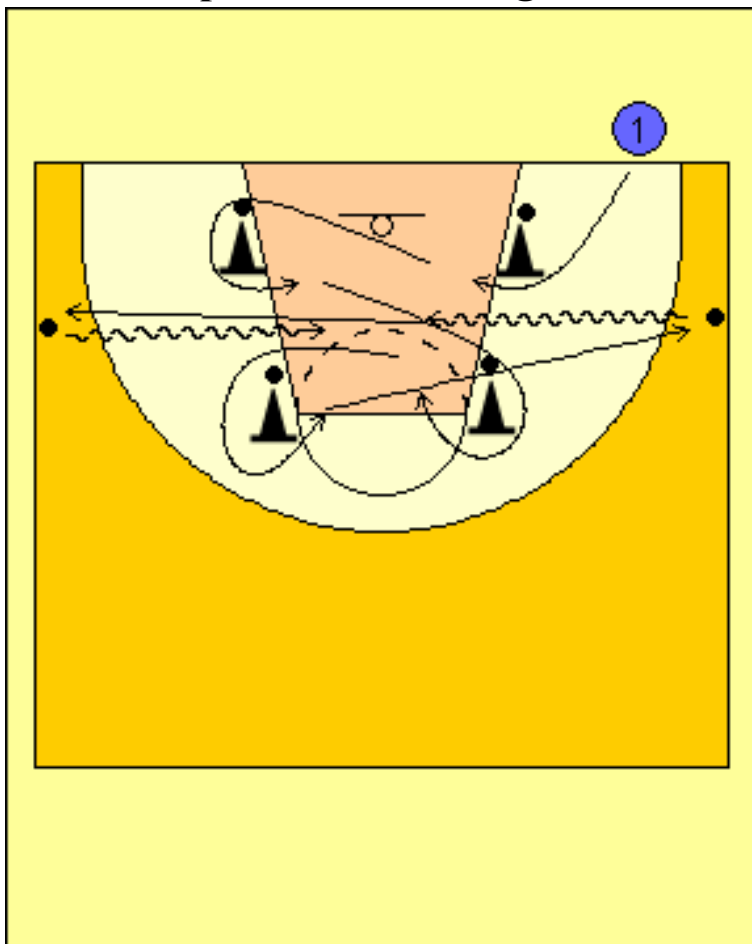
Player 1 sprints & picks up the basketball from the 4 chairs on the court, shooting from the alternative positions as shown.

After shooting the 4 shots, player 1 then sprints to the 1/2 way line & picks up the basketball, dribbles it to the elbow & shoots, then sprints back to the centre to pick the other basketball up & repeats the dribble & shot.

Although this drill is a hustle drill, players should look to make their shots.

Apply Push-ups for set amount of misses.

12.12 6 Spots Post Shooting.



Player 1 sprints & picks up the basketball from the 4 chairs on the court, making post shots from alternative positions.

After shooting the 4 shots, player 1 then sprints to the sideline and picks up the basketball, power dribbles (crab dribbles) it to the middle of the key & shoots a hook shot, then sprints to the other sideline, picks up the other basketball up to repeat the dribble & shot.

Although this drill is a hustle drill, player 1 should look to make their shots.

Apply Push-ups for set amount of misses.

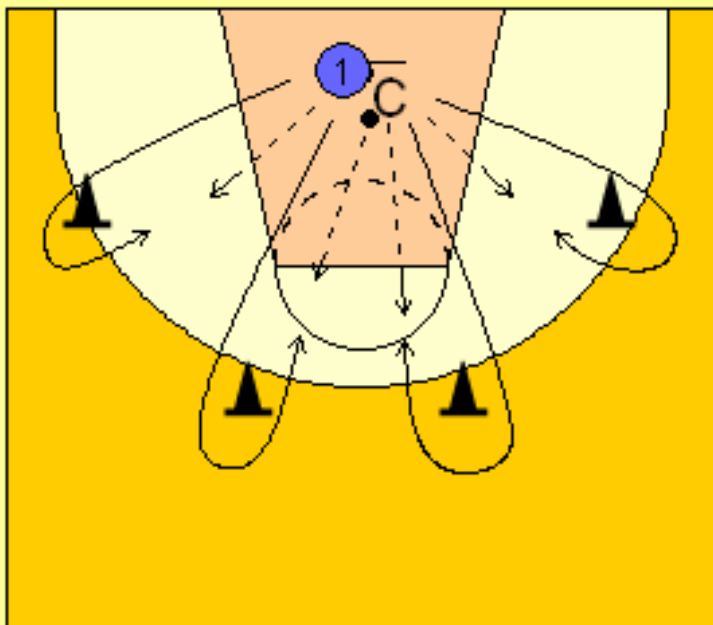
12.13 Iceland Merry Go Round 1.

Shooting.

Coach has the ball. Player 1 runs around a chair (or bin), comes back & shoots off a pass by the coach. Coach rebounds the shot.

Player 1 then goes around the opposite chair & shoots the ball off another pass by the coach.

Players must come into the shot in a loaded stance. Show hands & get the ball into the shot pocket as quickly as possible for a quick shot.

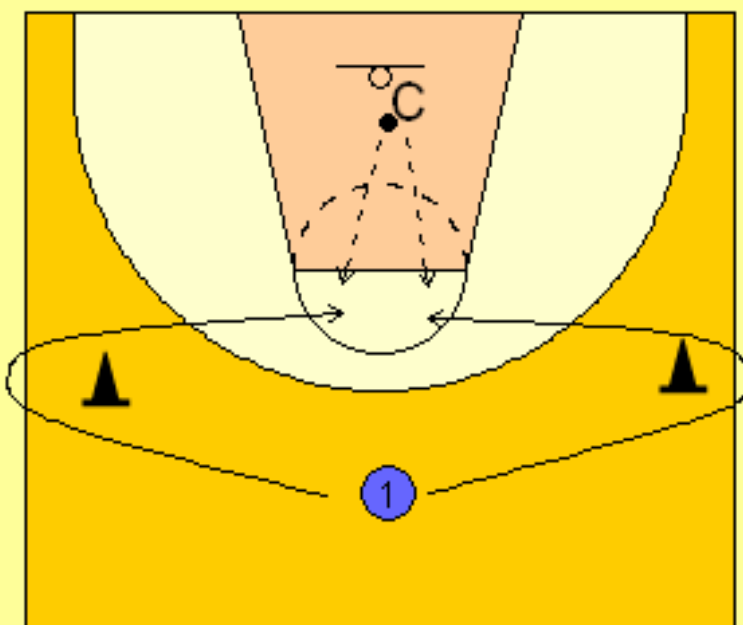


12.14 Iceland Merry Go Round 2.

Coach has the ball. Player 1 runs around a chair (or bin) positioned on the sideline, comes back & shoots off a pass by the coach. Coach rebounds the shot.

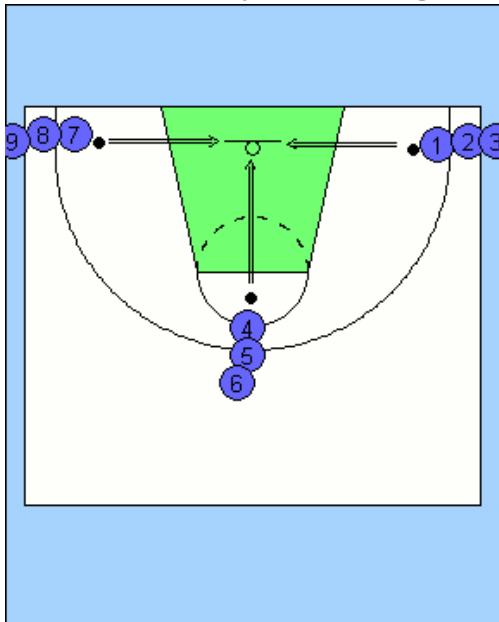
Player 1 then goes around the opposite chair & shoots the ball off another pass by the coach.

Players must come into the shot in a loaded stance. Show hands & get the ball into the shot pocket as quickly as possible for a quick shot.



12.15 3 Way Shooting.

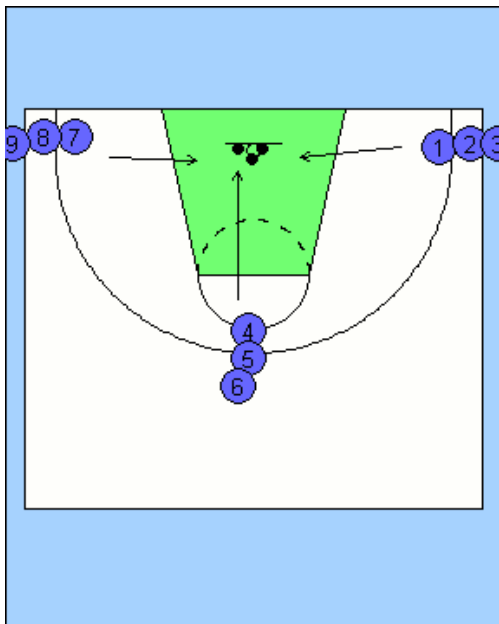
Shooting.



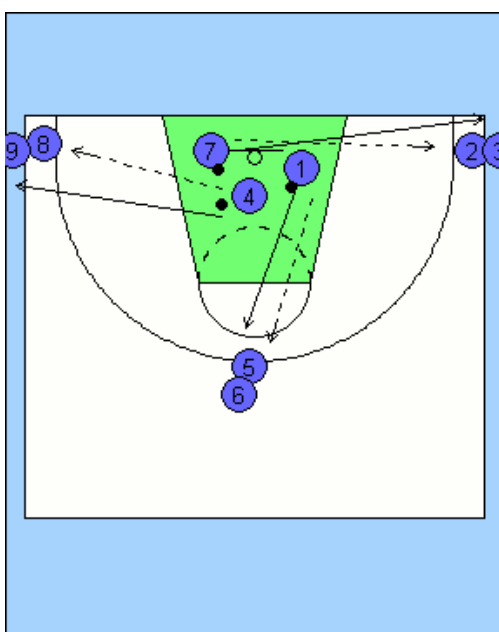
3 balls
6 or more players.

Line up in 3 rows 2 at the side line, 1 in the middle. The first player in each row has a ball.

The drill starts with a jump shot from players 1, 4 and 7.



After finishing the shot completely with good follow through, the players chase the ball for the rebound.



After the rebounds the balls are passed to next row (clockwise) & the players follow their pass.

Make sure that the pass is good so players 2, 5 & 8 don't have to adjust before taking a jump shot.

The drill repeats it self.

Emphasis:

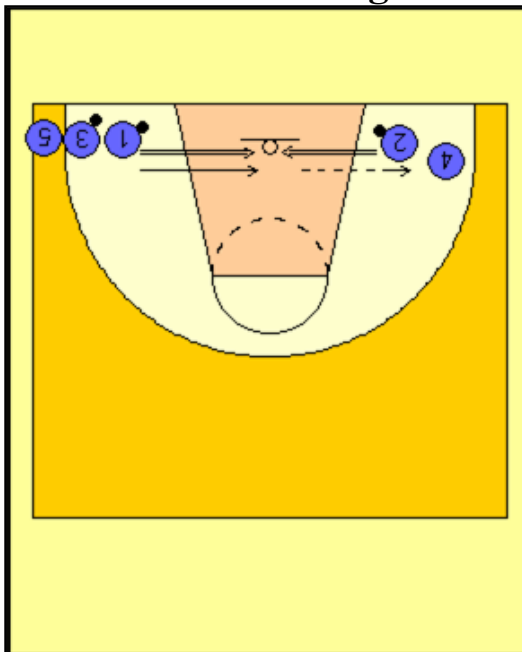
- Prepare for the shot, show hands & be loaded.
- Step to catch the ball in the air with a 1-2 step & shoot.
- Good passing after the rebound.

Variation:

- After the pass try to block the shooter.
- With more than 12 players use the full court.

12.16 AIS Shooting Drill.

Shooting.



Drill needs at least 5 players, however can be done with more.

First Spot

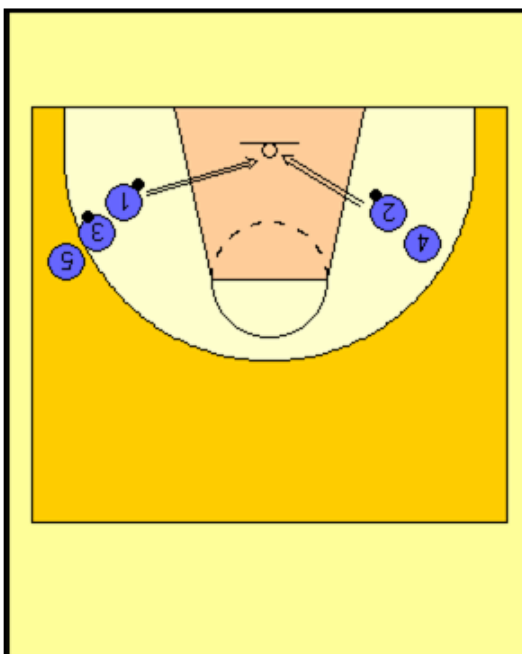
Players start lined up on the baseline, two basketballs on one side of the key & one basketball on the other side.

Player 1 starts the drill by shooting & rebounding their own shot then passes to the player opposite (4). After player 1 has shot the ball player 2 shoots their ball & rebounds then passes to opposite side.

Basic rule is that after you shoot the ball you rebound your own shot & pass to the side opposite. You always rotate to the opposite side after shooting the ball.

After making 20 shots as a group, both lines go to the next spot.

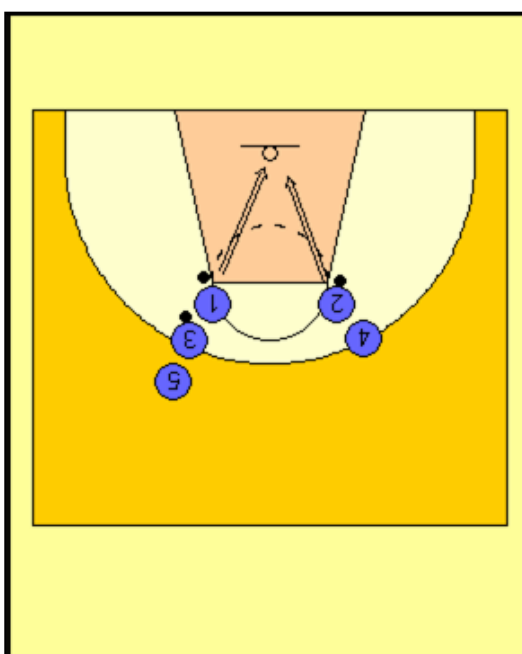
Drill should be run for 5 minutes.



Second spot

Group must make 20 shots from the 45.

Once they complete this they rotate to shoot the ball from the elbow.



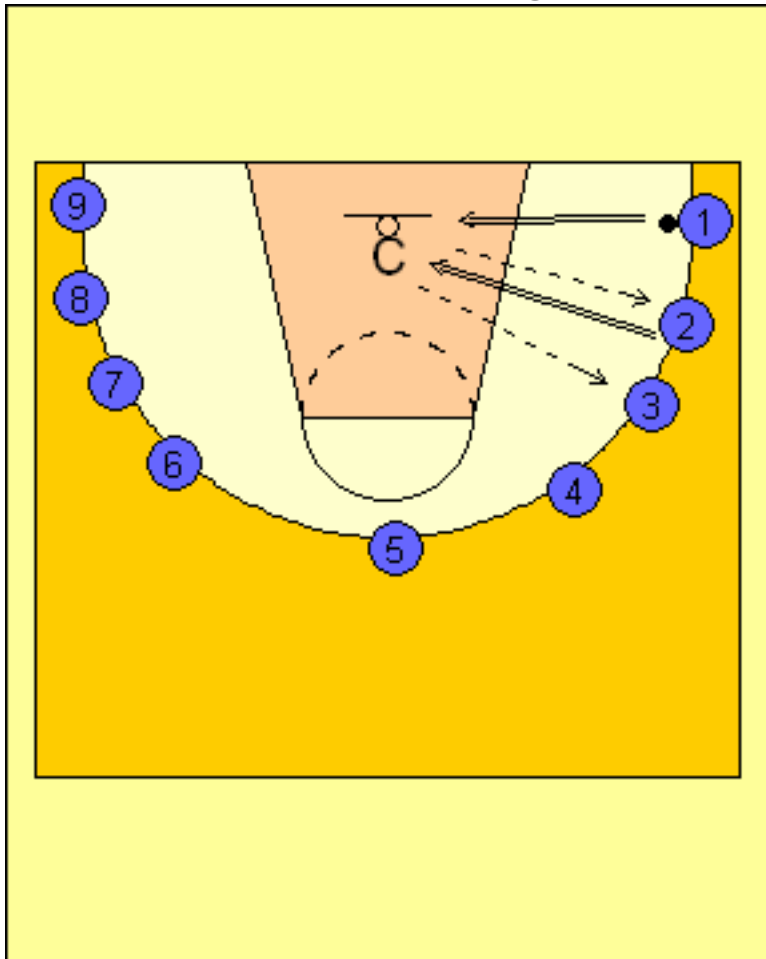
Third and final spot

Group must make 20 shots from the elbow.

Once they complete this, they then rotate back to the baseline and start again.

12.17 On the Rack Shooting Game.

Shooting.



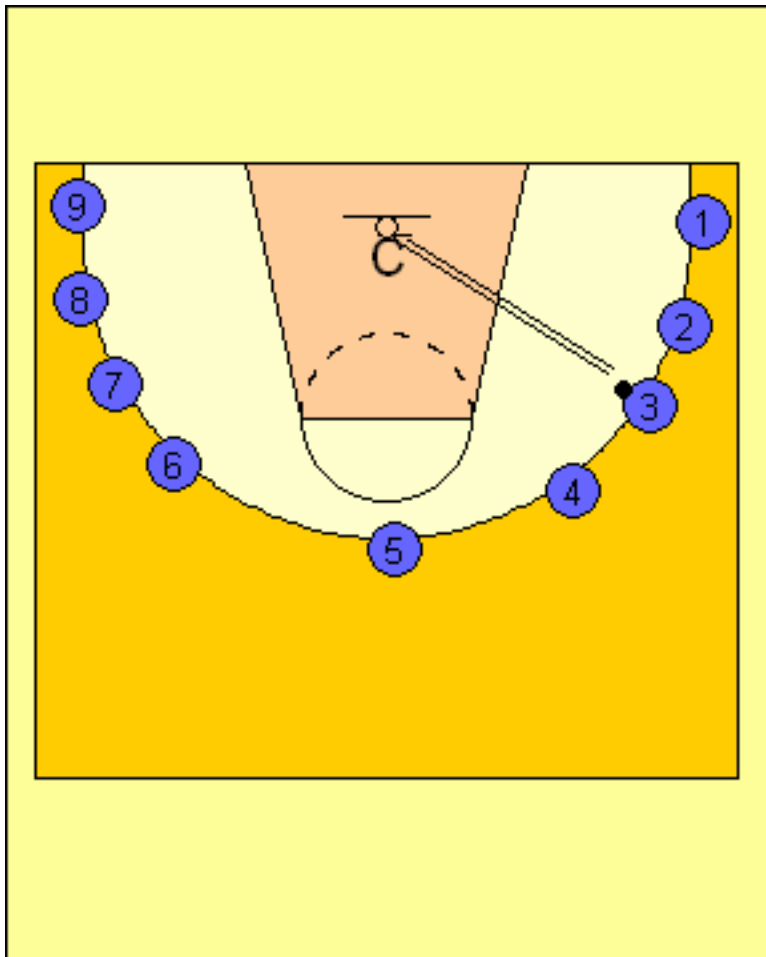
This is a fun shooting game.

Each athlete selects a spot around the 3-point line. Once a spot is selected, the athlete cannot move from their spot.

Each athlete commences the game with 10 points. The aim of the game is to keep your score in the positive as if your score hits zero you are out of the game!

General Rules:

- Each player only takes one shot per "go"
- After a player has lost points for missing a shot, the score goes back "0 on the rack"



An example of the game.

- If player 1 makes their shot, the ball goes to player 2 for a shot. Because the basket counted, there is "1 on the rack" so if player 2 missed their shot, they lose one point and their score becomes 2.

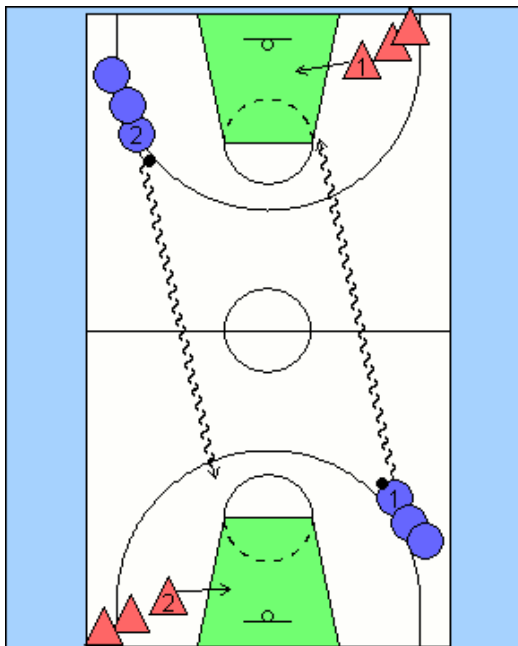
However,

- If player 2 makes the shot, there are now "2 on the rack", so if player 3 misses their shot they lose 2 points or if they make their shot, there are "3 on the rack", & so on until players lose all their points and are out of the game leaving the last player with points as the winner.

Variation: When a player's score becomes 0, they can remain in the game by scoring a half court shot & re-enter the game with a score of 3.

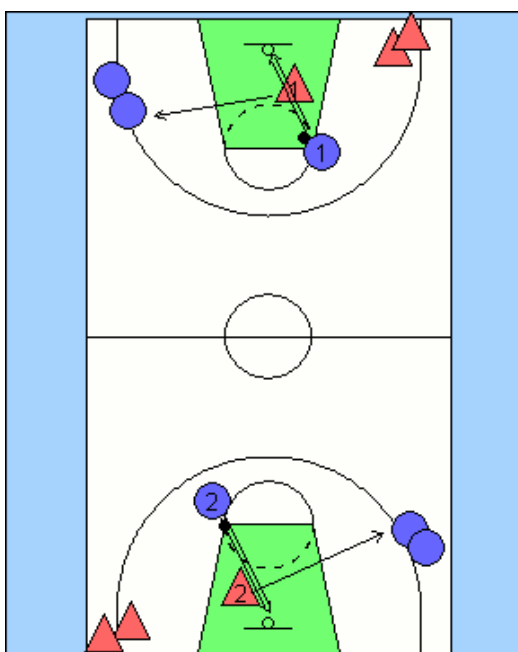
12.18 Shot after Dribble.

Shooting.



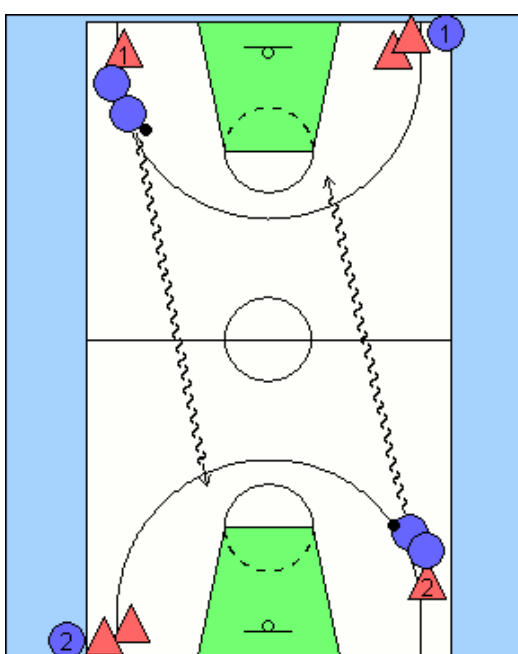
Offence 1 & 2 speed dribble to the opposite side.

Defenders 1 & 2 prepare to defend, box out & rebound.



1 & 2 pull up & take a jumpshot outside the keyway.

Defenders 2 & 1, box out, rebound & give an outlet pass to the next player in line.

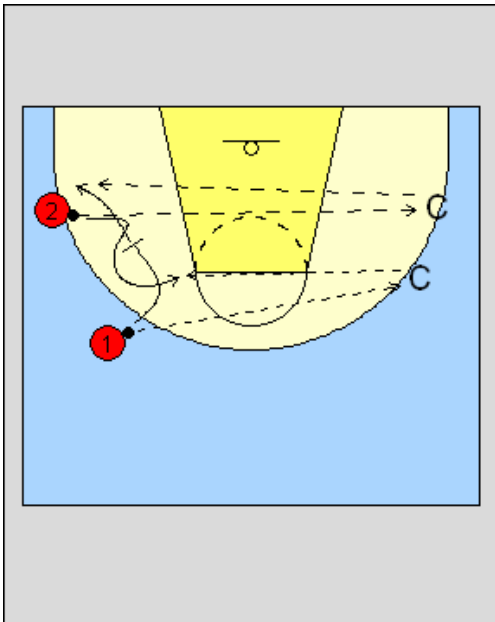


Rotation:

After the outlet pass the defenders rotate to the outlet line & the shooter joins the defenders line.

12.19 Two Ball Motion Shooting.

Shooting.



Player 1 passes to high coach.

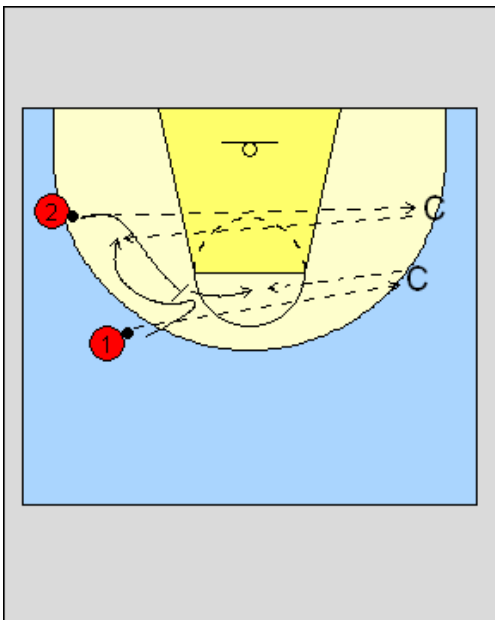
Player 2 passes to low coach.

Player 1 steps toward ball & aligns himself to set a screen for player 2.

Player 2 makes a V cut & comes off the screen looking for the pass from the high coach & shoots the shot.

After screening, player 1 flares to the weak side looking for the pass from the low coach & shoots the shot.

Each player rebounds the ball & goes to the other starting point to repeat the drill.



Player 1 passes to high coach.

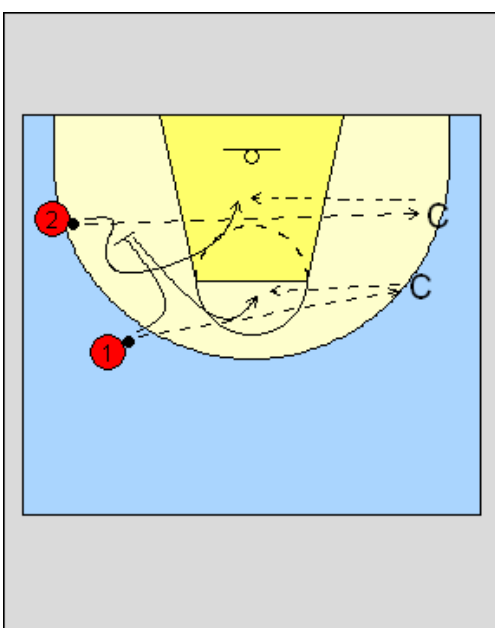
Player 2 passes to low coach.

Player 2 steps toward ball & aligns himself to set a back screen for player 1.

Player 1 makes a V cut & comes off the back screen looking for the pass from the low coach & shoots the shot.

After screening, player 2 leads to the ball looking for the pass from the high coach & shoots the shot.

Each player rebounds the ball & goes to the other starting point to repeat the drill.



Player 1 passes to high coach.

Player 2 passes to low coach.

Player 1 steps toward ball & aligns himself to set a down screen for player 2.

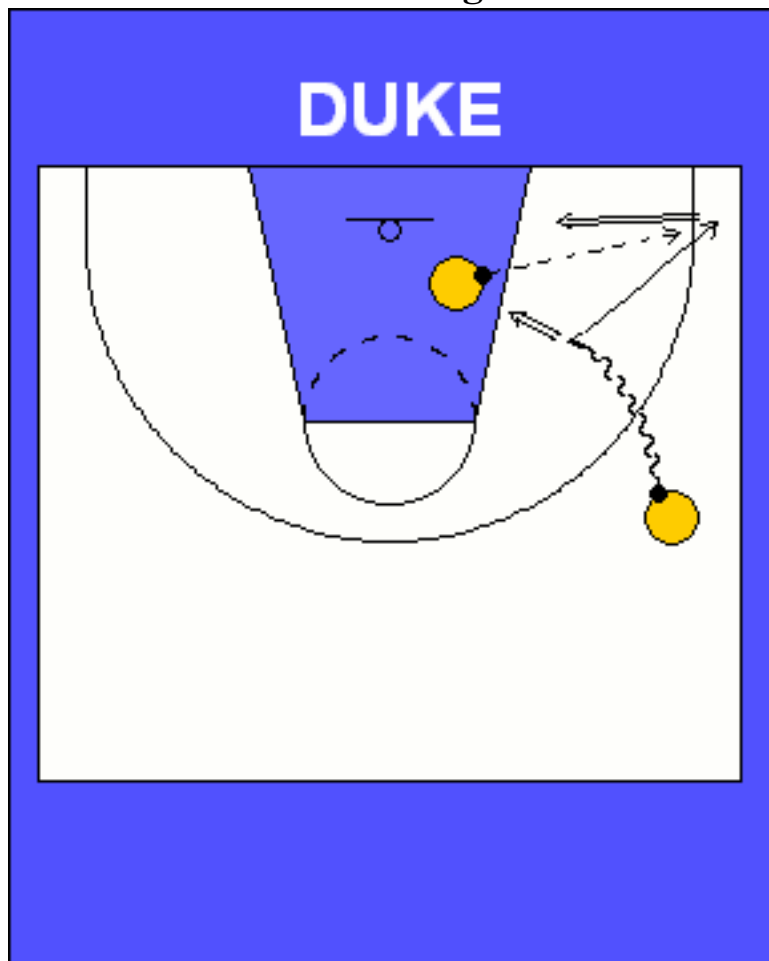
Player 2 makes a V cut & comes off the screen curling to the basket looking for the pass from the low coach & makes the layup.

After screening player 1 pops back out high looking for the pass from the high coach & shoots the shot.

Each player rebounds the ball & moves to the other starting point to repeat the drill.

12.20 Two Ball Shooting.

Shooting.



Two players are on the floor as shown with a ball each.

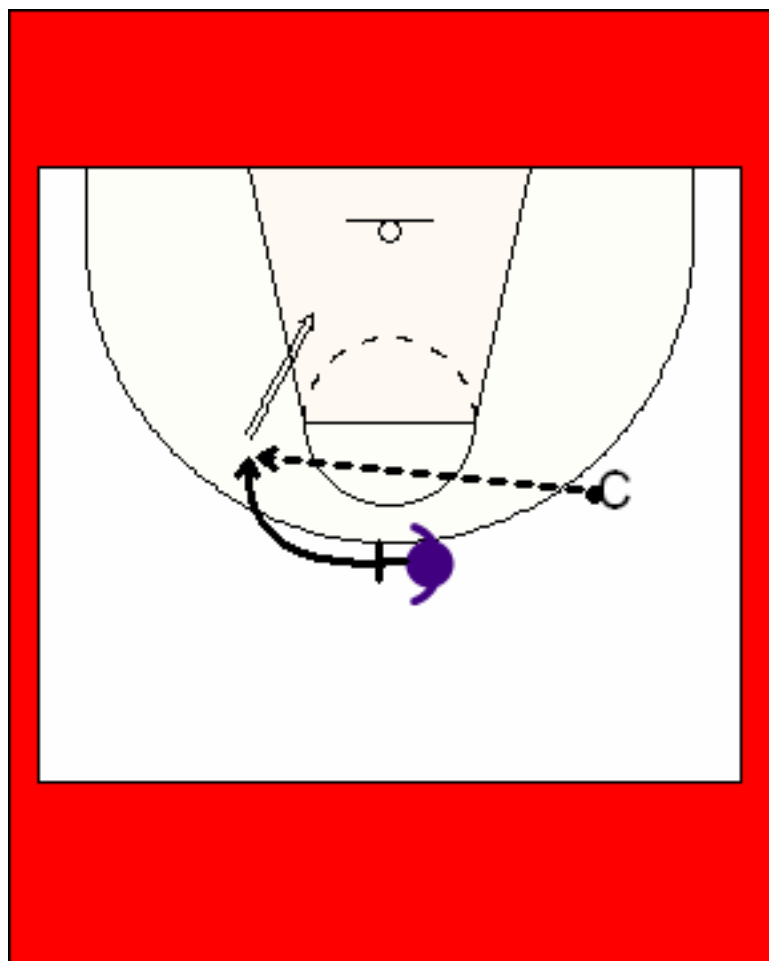
the wing drives toward the basket to pull up & hit the jump shot.

After the shot is released the player quickly relocates to the corner in ready stance to receive & shoot the second ball passed from the player in the paint.

The players rebound one ball each & rotate positions.

Drill can be moved anywhere around key.

12.21 Screen & Shoot Drill.



Player sets an imaginary on-ball screen out high then continues through to spot up on the weak side.

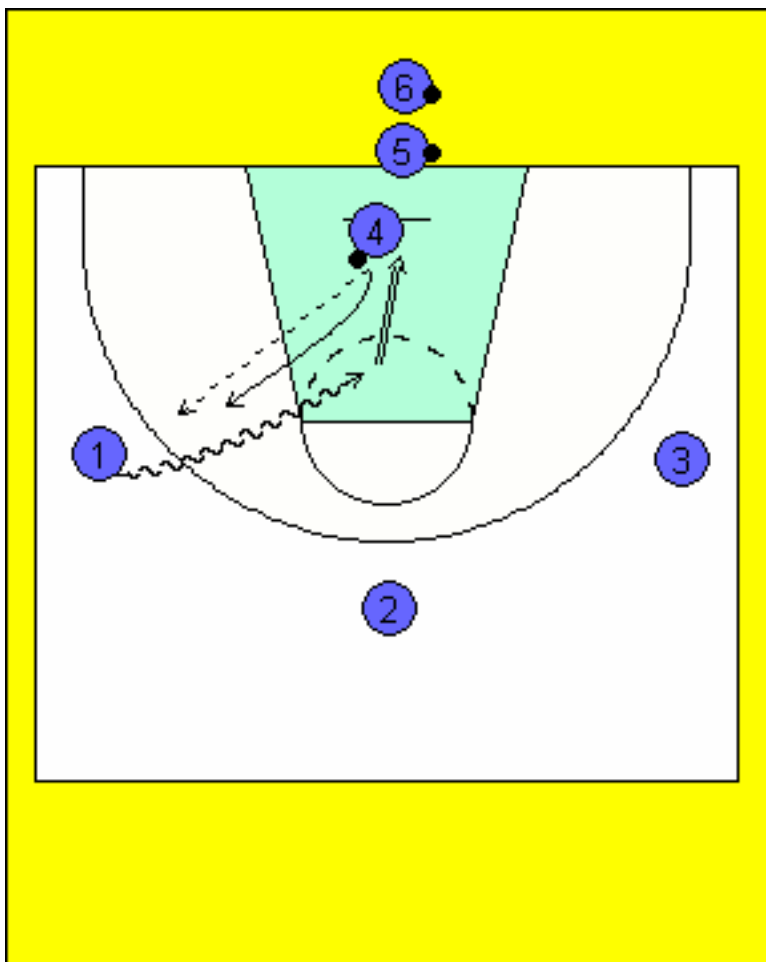
Coach passes the ball to the screener.

Player takes the shot.

Progression is to have the player take a dribble into the shot.

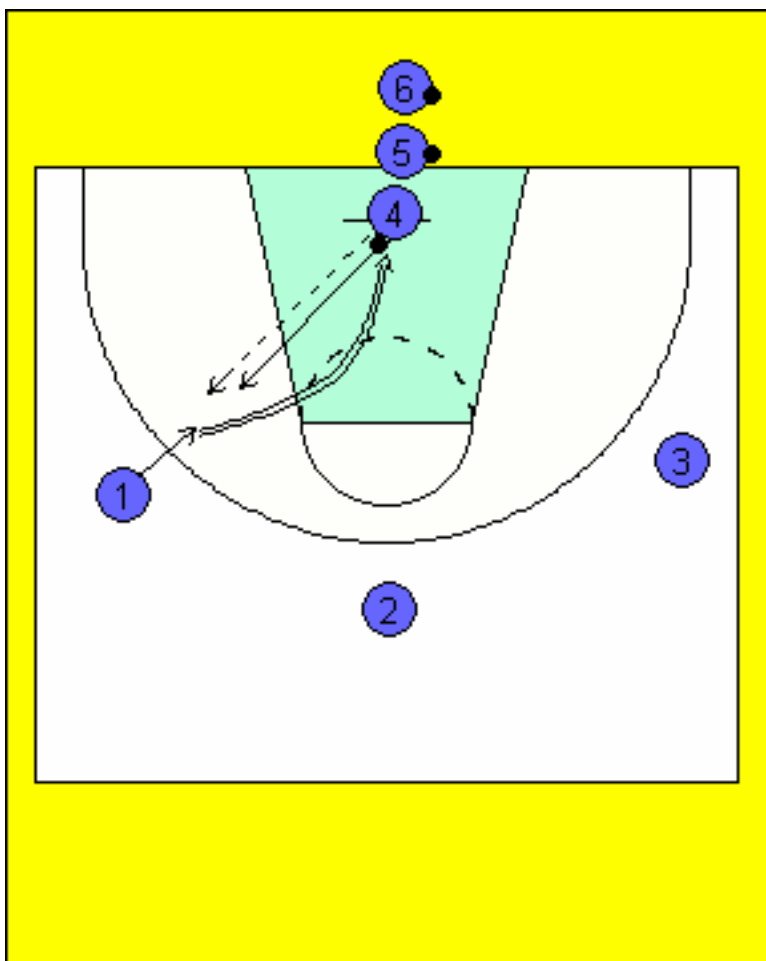
12.22 Beat the Closeout.

Shooting.



a.) Drive to the basket.

- Have a line of players with balls under the basket, as well as 3 lines of players around the perimeter spots as shown.
- 4 passes the ball out to 1 and closes out. 1 catches the ball in a stance, shot fakes & penetrates beating the close out to the basket.
- Move along the line for each go, add additional players on the perimeter. 5 passes to 2, then 6 passes to 3 and so on.

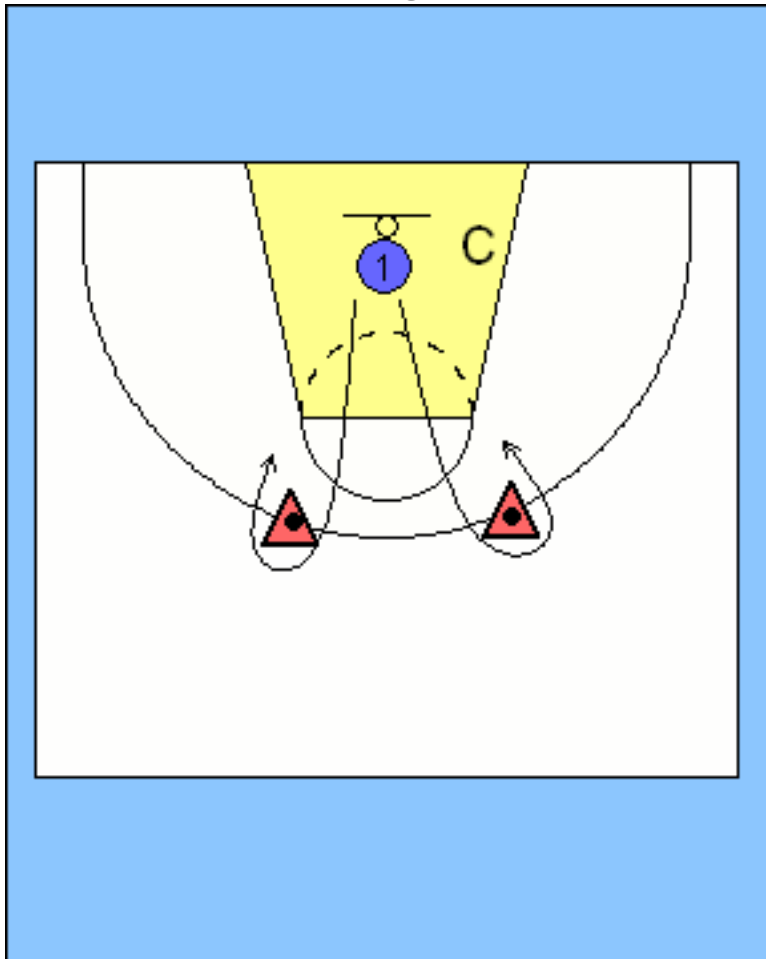


b.) Catch & Shoot.

- Have a line of players with balls under the basket, as well as 3 lines of players around the perimeter spots as shown.
- 4 passes the ball out to 1 and closes out. 1 steps to the ball with a 1-2 step coming into a shooting stance & shooting the ball as the passer closes out.
- Move along the line for each go, add additional players on the perimeter. 5 passes to 2, then 6 passes to 3 and so on.

12.23 Chair Shooting.

Shooting.



Player 1 starts under the basket, goes inside & up the lane, picks the ball up from the chair and shoots a jump shot or 1 dribble jump shot.

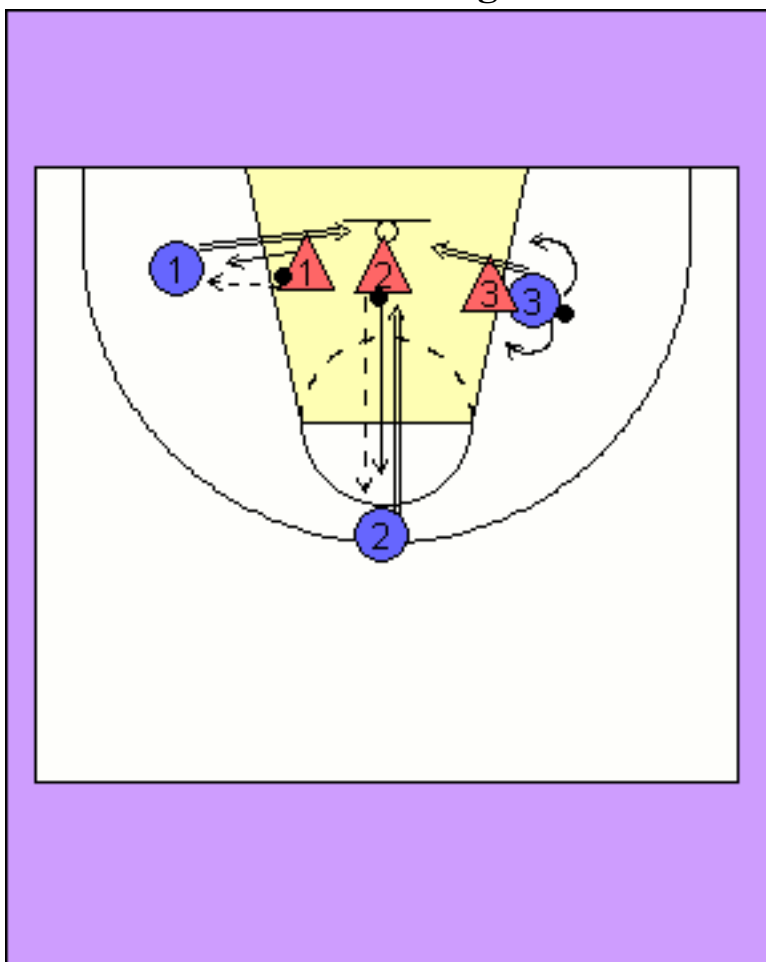
Coach rebounds the ball & puts in back in the chair.

Player 1 runs back to the rim & continues up to get the 2nd ball off the other chair and the drill is repeated until satisfactory or number of shots is reached.

Variation:

Lay-ups can be substituted for jump shots.

12.24 Pressured Shooting.



The following shows 3 examples of different shooting under pressure drills. The diagram is not meant to show all 3 being performed at once.

Players 1.

Here the Defender (1) throws the ball to Offence (1) from short range then closes out to make 1 shoot over a hand.

Players 2.

Here the Defender (2) throws the ball to Offence (2) from under the basket then closes out to make 2 shoot over a hand.

Players 3.

Here the Offence (3) starts back to the basket on the block with the ball & Defence (3) makes the offence shoot over a hand when they square up.

Variations.

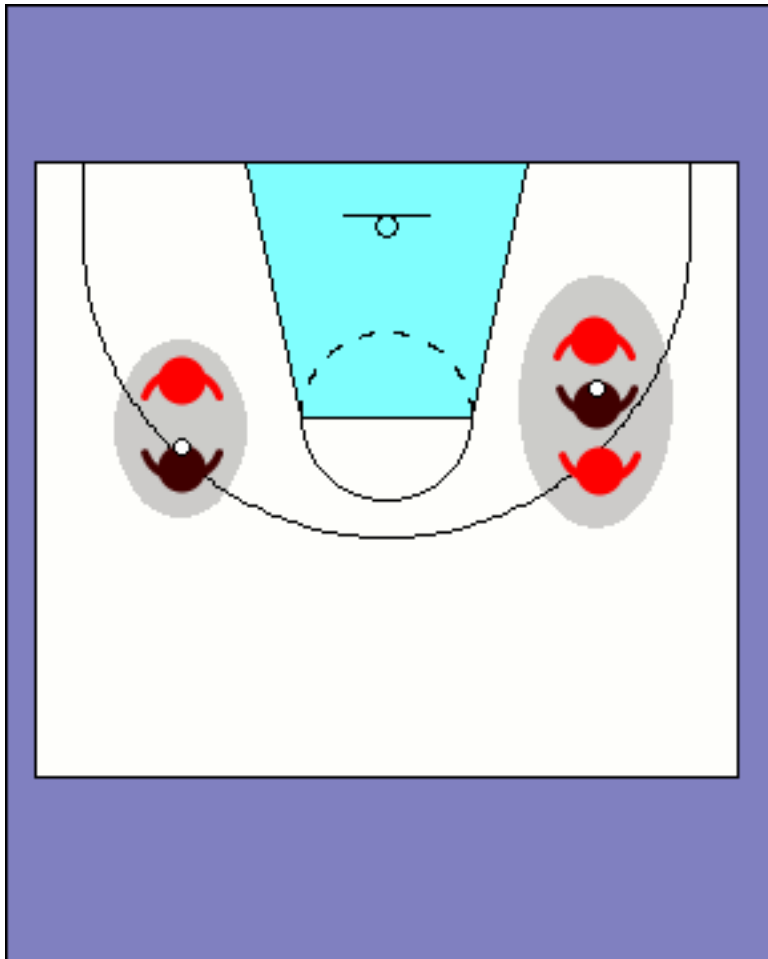
Coach can elect to add a dribble to the offence.

Players may also play 1 on 1 to a score or stop.

Section 13: Toughness Drills.

- 13.1 Ball Protection Drill.**
- 13.2 Charge Bump Drill.**
- 13.3 Shunt Opponent Drill.**
- 13.4 4 Minutes Stance.**
- 13.5 One vs. Four.**
- 13.6 Defend the Team.**
- 13.7 Charge Drill.**
- 13.8 Aggressive 2 on 1.**

13.1 Ball Protection Drill.



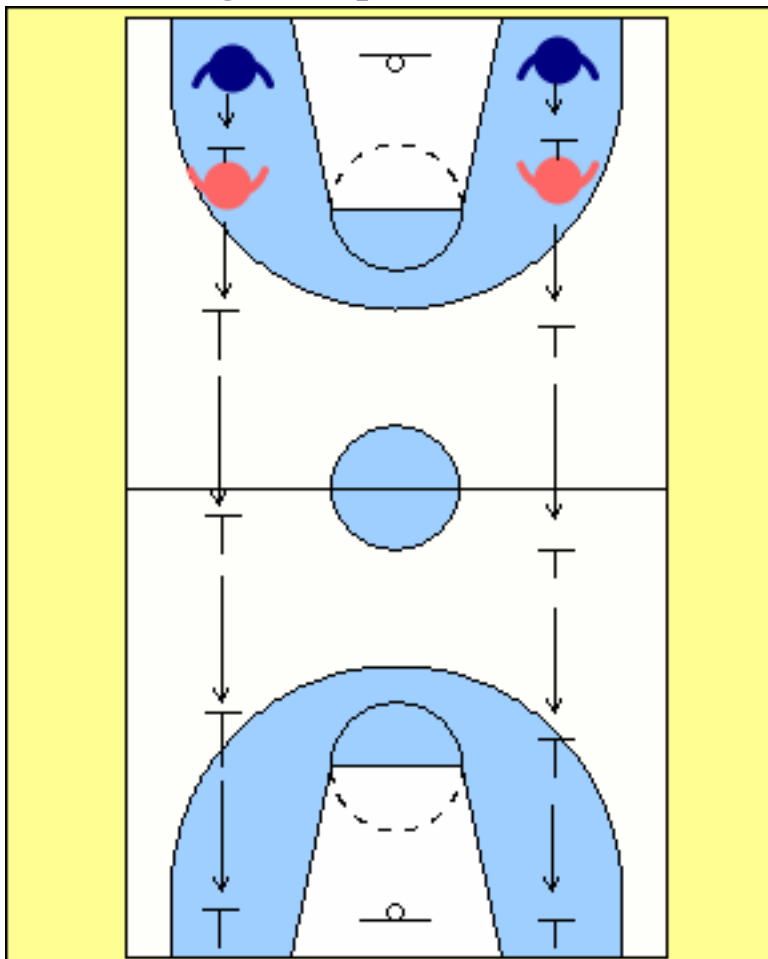
Toughness Drills.

Pair up - offence has the ball anywhere on the floor with no dribble. Defence tries to steal the ball from offence by constantly attacking for 30 - 45 secs. If Defence gets ball give it straight back to the Offence & go again.

Progress the drill by making it 2 defenders vs. 1 offensive player.

Offence & Defence both need to be strong & aggressive. This will sort out who will be tough for you & who wants the ball.

13.2 Charge Bump Drill.



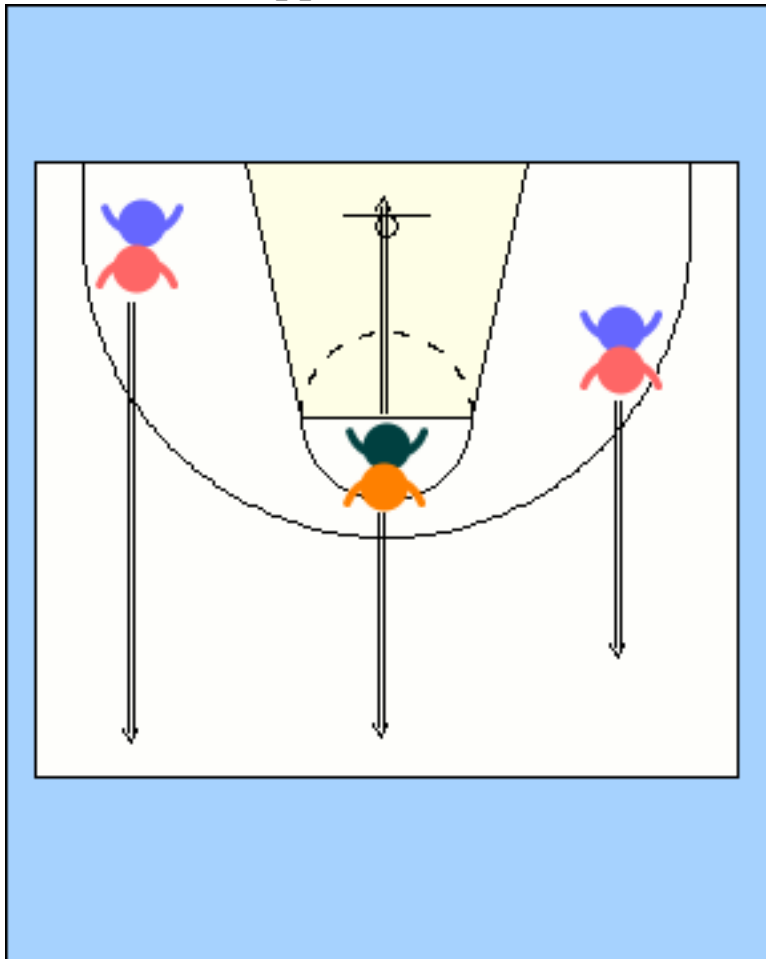
Defender stands in front of Offence who runs from one end of court to the other. Defence must brace & take multiple charges or body blocks up the court.

Low stance, take the charge & move backwards on impact but do not fall to the floor.

Do not extend braced arms above the 45 degree angle as this is a foul.

Swap at the opposite end.

13.3 Shunt Opponent Drill.



Toughness Drills.

Players start on baseline standing back to back. We will be pushing our opponent up to the centre line or far baseline depending on coaches call.

On coaches command of "go" the players push against one another.

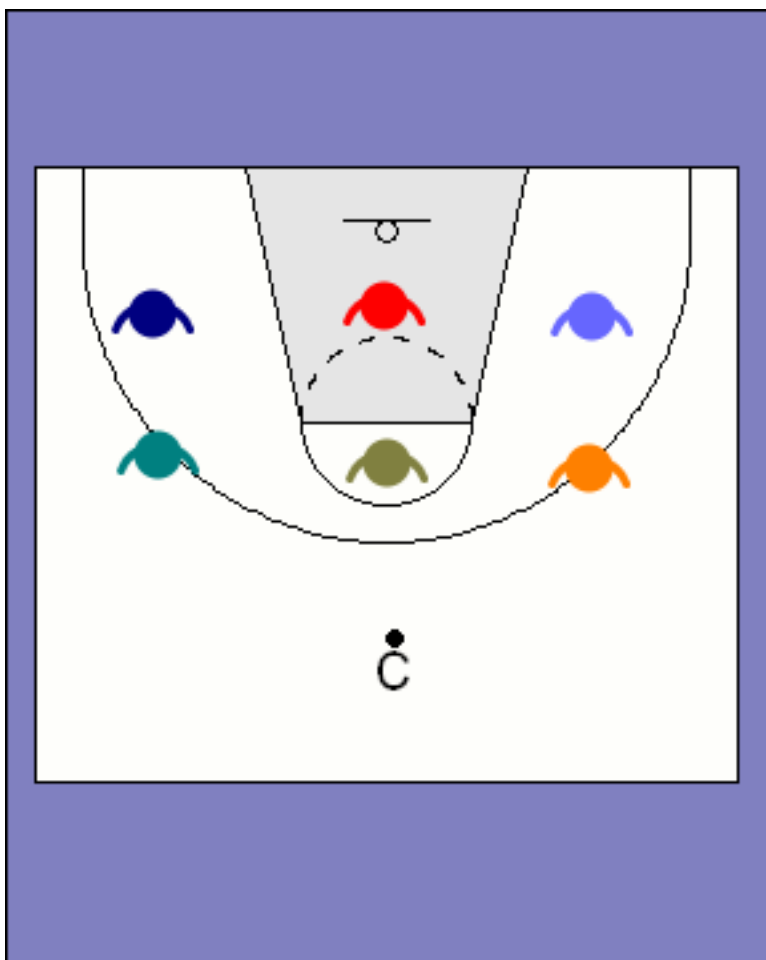
Players offer strong resistance (not total resistance) that makes the pushing player work the whole way up the floor.

When we get to the centre swap who pushes & head back to the start.

Another method (shown centre) is to put the players in the middle & see who can push the farthest in a set time, say 30 secs.

This is a good block out/sealing type drill.

13.4 4 Minutes Stance.



Players must get down in defensive stance for 1 min.

30sec break.

Stance 1 min.

30 sec break.

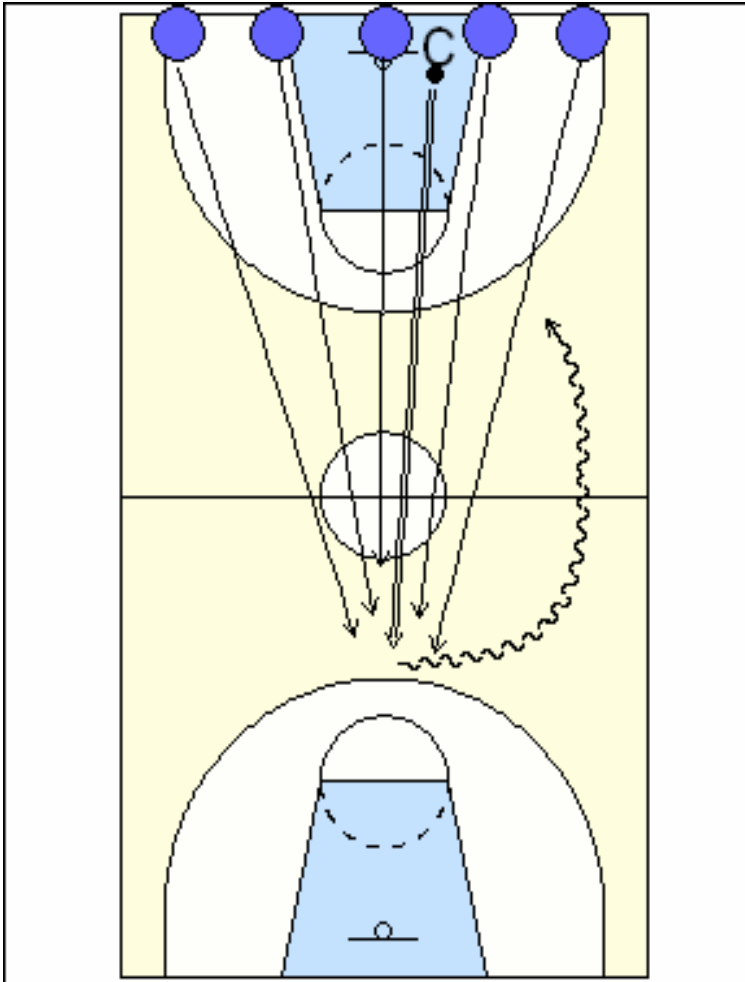
Stance 2 mins.

Make sure players are in a deep stance, eyes up & carrying arms at shoulder height.

Stop the drill & start again if coach is unhappy with any of the above

13.5 One vs. Four.

Toughness Drills.



Line the players up randomly on the baseline.

Coach rolls the ball out & players wait for go command. On "Go" players sprint to the ball.

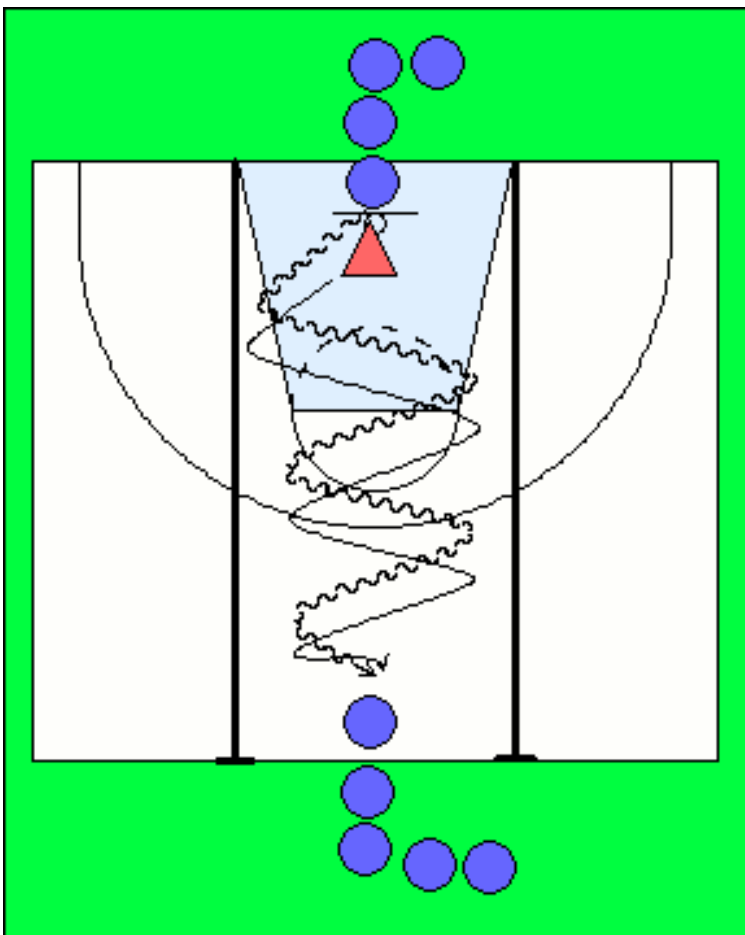
First to the ball picks it up & uses all of their ability to get to the starting basket to score.

The other 4 players are playing defence trying to get the ball of the 1 offensive player. If successful the player who comes up with the ball will become the 1 offensive player with the rest defending still.

We must finish with a player making a basket.

Control the fouling situation but encourage aggressiveness from both the offence and defence.

13.6 Defend the Team.



Half of the team is lined up on the baseline & half on the centre.

Place 1 team member on the floor as a defender.

The defender must defend the team 1 player at a time working in the centre lane only (as shown by lines at edge of key).

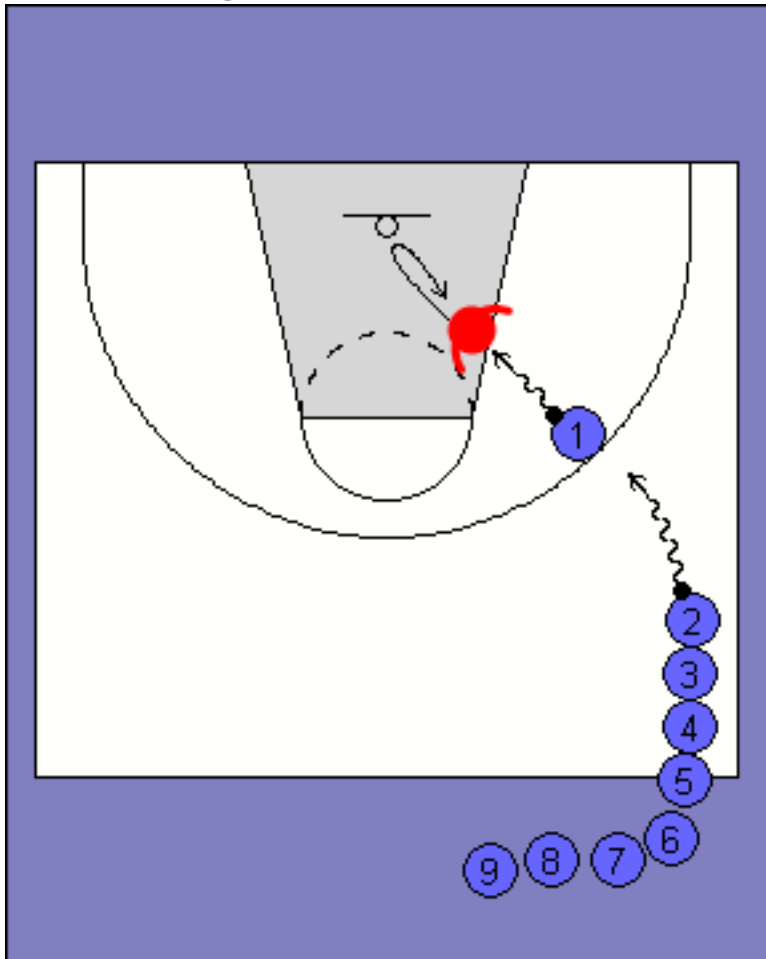
When the whole team has been defended the next player steps up to do the same.

The main focus of this drill is to contain the Offence. Do not allow your Player to beat you!!

If the defender steals the ball they throw it to the next in line & continue the drill.

If the defender gets beaten too many times make that player repeat the drill after the team has completed it.

13.7 Charge Drill.



Toughness Drills.

Have 1 defender line up at the edge of the key.

The rest of the team lines up out high, well outside the 3 point line.

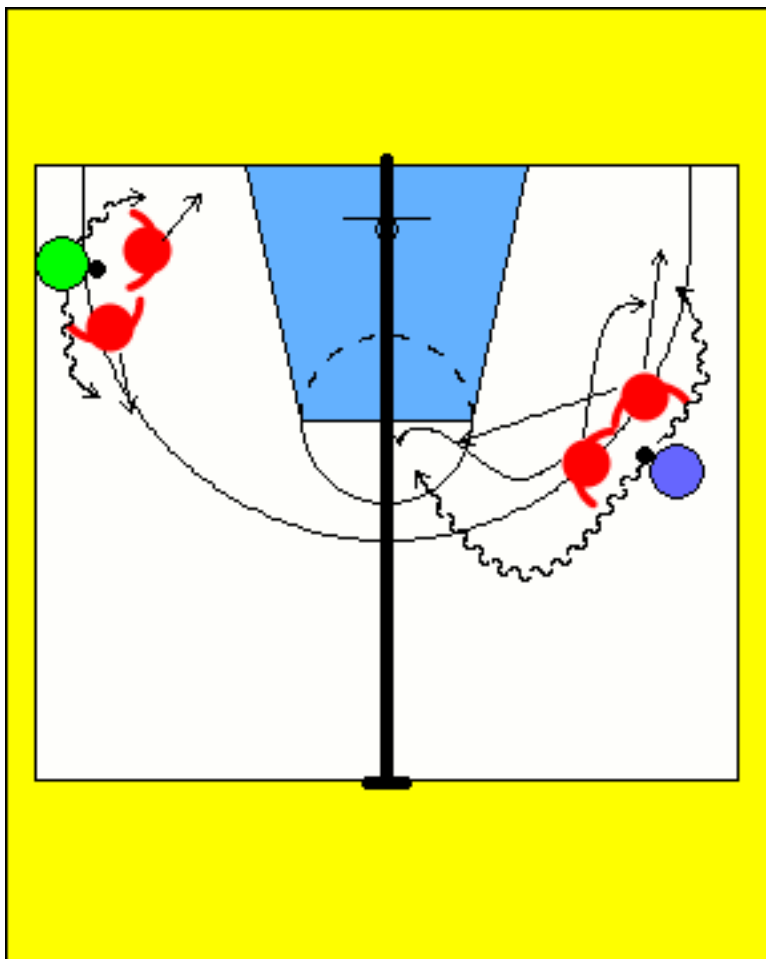
Each player dribbles at the defender as if to score a lay-up. The defender must take the charge hit the floor get up as quickly as possible & take the next charge.

Defence must learn to brace for the hit, learn how to fall & time the impact with the falling backward action as to avoid full impact & to scramble up ready for the next play.

This is repeated until the Defender has taken a charge on the whole team. The next player rotates in to do the same thing.

*Note we do not want the Offence barrelling in at full speed or having knees up.

13.8 Aggressive 2 on 1.



In this drill we have 2 defenders up close to the offensive player & they hand the ball to the offensive player to play 2 on 1 **Aggressively**.

Have defenders put the offensive player under immense pressure. The offence can dribble or shoot at any time once they receive the ball.

Discourage poor shots, encourage quick & decisive moves. Allow defenders to attack with physicality & avoid calling soft fouls without it becoming violent. Offence needs to learn to play through contact referees may not always call.

Play anywhere on the floor including in the post. The toughest position to play from is in the corner as shown on the left of the diagram. If you start here give the offence a little escape room.

Coach can set time or dribble limitations.

Section 14: Flexibility.

Calf Stretch.

Quadriceps Stretch.

Hamstring Stretch.

Lower Back Stretch.

Groin Stretch.

Hip Flexor Stretch.

Chest Stretch.

Back & Shoulder Stretch.

Gluteus Stretch.

Alternate Lower Back Stretch.

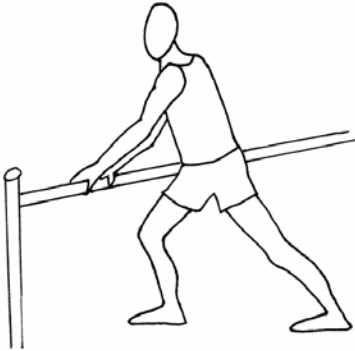
14.1 Flexibility.

Flexibility.

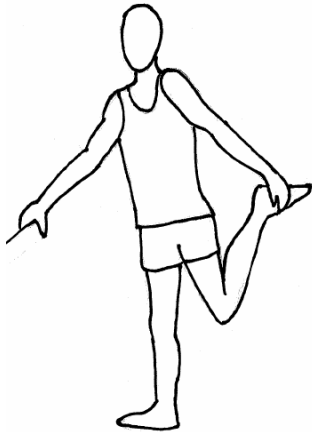
“Allows for greater range of motion, a longer stronger muscle always produces more force.”

Rules:

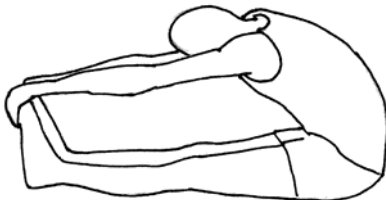
- Warm up prior to stretching
- Stretch gently and slowly – never bounce or stretch rapidly.
- Stretch to the point of tension or discomfort, not pain.



Calf stretch: Leaning against fence, with both feet apart and pointing forward, bend the front leg slowly forward keeping the back leg straight and the back heel on the ground.



Quadricep stretch: Standing on one leg, pull the heel of the opposite leg up to the buttock. Standing straight pull the knee back stretching the quadriceps.



Hamstring stretch: Sitting on the ground with legs straight bend slowly forward and hold onto toes if possible.



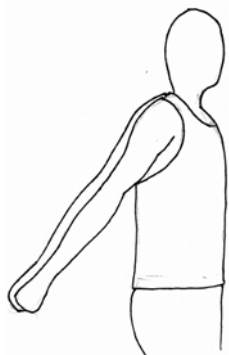
Lower back stretch: Sitting on the ground, cross one leg over the other. Turn the upper body and face the opposite direction to that of the bent knee hooking the elbow across the knee to give support.



Groin stretch: Sitting on the ground, place the soles of the feet together and bring them towards the body. Place the hands on the knees and push gently down.



Hip Flexor stretch: Feet wide apart, both pointing forward, bend one knee until it is directly over the ankle. Straighten the back and slowly lower the back leg so that the knee is touching the ground.



Chest stretch: Extend both arms behind the back and interlock fingers. Slowly push shoulders back.



Back and shoulder stretch: Interlock fingers and stretch arms above head with the palms of the hands facing upwards. Slowly push arms back and upwards.



Gluteus Stretch: Lie on back, cross ankle over knee and pull knee back as far as possible forcing the crossed leg to stretch the gluteus muscle.
Hold for 30 seconds on each leg 3 times.



Lower Back Stretch: Lie on back with 1 leg out straight and the other straight up with a 90 degree angle bend at the knee. Keep shoulders pinned to the floor and roll the knee to one side rotating it as far as you can. Use the opposite hand to assist in pushing the knee toward the floor.
Hold for 20-30 seconds. Perform exercise to both sides 3 times.

Section 15: Physical Development.

Squats - Arms out, Hands behind head, With Broom.

Step ups.

Calf Raises.

Push ups.

Push ups on 1 ball.

Push ups on 2 balls.

Push ups with feet on ball.

Sit ups or Abdominal Crunches.

Wall Crunch.

Oblique Crunch.

Bench Dips.

Bridges – Front, Side, Back, Front on ball.

Back Extensions.

Alternate arm and leg raises.

Lunges.

Lunges with ball.

Lunges with ball and twist.

Lunge with ball passing between legs.

Stair Climb.

Skipping.

Bounding.

Bounding side to side.

Double leg jumps.

Single leg jumps.

Box jumps.

Court Running.

Inch Worm.

Reverse Medicine Ball throws.

Front Medicine Ball throws.

Line jumps.

*Physical Development is a very important part of developing our young athletes. In saying this each athlete will have different capabilities and each will need to be catered for individually. I have put together a very basic description of exercises with suggested sets & reps, these are not recommendations but are a basic guide for athletes with good core strength. If an athlete is struggling or in pain you need to stop the athlete performing the exercise & seek expert advice. Young athletes especially will need to be built up to higher sets & reps slowly. Athletes need to be encouraged to perform a variety of these exercises in each session, this will help develop the core strength needed to be a better athlete. These are body weight exercises only and quality strength & conditioning coaches should be sourced for specialized development.

15. Physical Development.

P.D.

Physical Development (P.D.) is an important part of making our junior athletes physically ready for the demands that are placed on their bodies. We usually get a lot of this development with every day play, running, climbing. Jumping, etc. Today's athletes seem to have less time in every day play so we try to incorporate or extend these abilities. There are many and varied skills and drills we can incorporate in our training sessions to help with this development and below are a few examples for you to utilise in your training sessions.

If at any stage any of these exercises cause pain not related to hard training effort muscle pain the exercise should be stopped.

Squats.



Can be done basic with arms straight out in front parallel to floor, hands behind head or with broomstick on shoulders.

Feet shoulder width apart.

If using broom place broom on shoulder muscles, not on your spine.

Push chest out, pull shoulders back and keep your eyes and head up.

As you lower suck your stomach in.

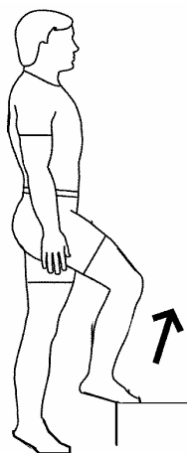
Keep your heels on the ground and your knees aligned over your feet.

Lower with control until your thighs are parallel to the ground, If your heels start to lift off the floor don't go any further. Do not hunch over as this will cause injury.

Return to the start position by raising under control.

You can also do half or full squats with body weight only.

Do 1 set of 10 to 20 in a session, more if the athlete is capable.



Step Ups.

Find a bench or a step.

Step up with one foot on to the bench on the ball of your foot.

Bring the other foot up again staying on the balls of your foot.

Step down to the floor with the lead foot.

Step the other foot down and repeat the cycle again..

Alternate which feet you lead with.

Do not let the heel touch the ground.

Work feet as quickly as possible.

Sets of 20 as a start. More depending on athletes ability.

Athletes may be timed during this exercise, Eg 1min = many as possible.

Calf Raises.

Stand on a bench or step with your body weight on the balls of your feet.

This can be done on 1 or 2 legs, if on 1 leg, alternate legs in sets..

Push up or step up on the balls of your feet as high as possible, then lower the calf so the foot goes as far as possible below the step/ bench.

Can be done on single or double leg.

Do 1 set of 10 to 20 in a session, more if the athlete is capable.





Push Ups.

Arms shoulder width apart.

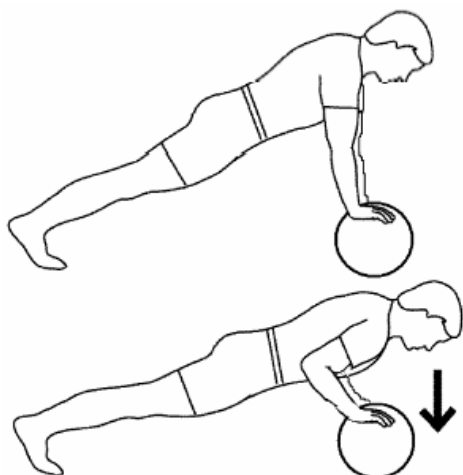
Lower under control until just above floor, do not touch floor.

Raise under control until elbows are straight

Keep your back straight and avoid the saggy horse back.

Sets of 5-10 as penalties

Sets of 10-20 for strength development. More if athlete is capable.



Push ups on 1 Ball.

When doing push ups on a Basketball make sure you have stability and good grip on the ball.

Perform the exercise as above.

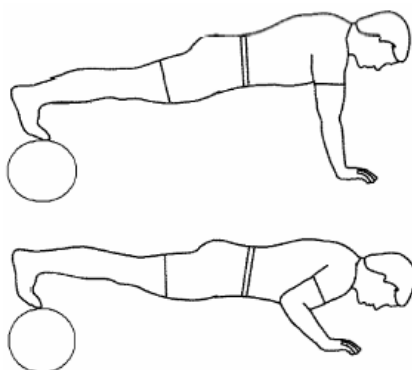
You may want to do these on a mat for safety.

This is an extension of the strength development and the sets can be as above.



Push ups on 2 Balls.

As above except now we use 2 Basketballs.



Push ups with feet on Basketball.

Here we put the feet on the basketball and perform a push up.

This puts a little more weight on the arms thus working them harder.

Sets of 10-20 for strength development. More if athlete is capable.

Sit Ups or Abdominal Crunches.

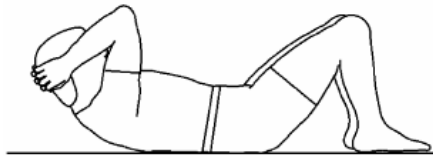
Start Crunch Lying flay on the floor with your knees up, feet flat.

Place hands at the side of your head and tighten your stomach muscles curling your upper body under control toward your knees.

Lower under control back to starting position and repeat.



You may also wish to perform a sit up with your arms extended out in front. As above lift upper body under control until hands reach over your knees and lower under control to start.



Sets of 5-10 as penalties.

Sets of 10-20 for strength development. More if athlete is capable.

Wall Crunch.

As above except now your feet are flat against a wall.

Try to keep feet in contct with the wall.

Perform crunch as described above.



Sets of 5-10 as penalties

Sets of 10-20 for strength development. More if athlete is capable.

Oblique Crunches.

Start in normal cruch position then hook one foot over the opposite knee.

Now crunch up bringing the elbow opposite the raised knee up to touch the knee under control.

Lower under control to start point and repeat.



Once set is complete alternate leg and elbow.

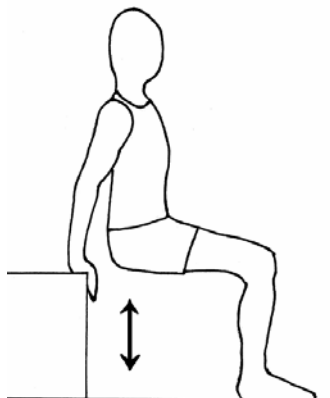
Sets of 10-20 for strength development. More if athlete is capable.

Bench Dips.

Start with hands on bench, knees at 90 degree angle and butt Forward of bench,

Lower body with control down to floor without touching it, then up again under control.

Repeat this for the required number or amount of time.



Sets of 10-20 for dtrength development. More if athlete is Capable.

15. Physical Development cont.

P.D.



Bridges.

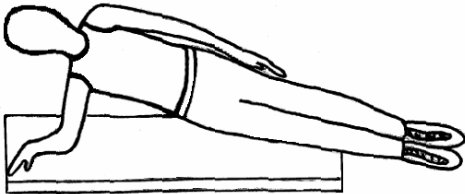
Front Bridge.

Athlete is up on toes and elbows. Elbows and fists remain flat on ground and are shoulder width apart. Body must be held rigid feet through to head.

This is done until set time expires or failure. Failure is sagging body.

Can be timed for 30 secs to 2 mins.

Do 2-3 sets.



Side Bridge.

Athlete lies on a mat with legs straight out on their side & holding their body up with their elbow.

Body must be held rigid feet through to head.

Can be timed for 30 secs to 2 mins.

Do 2-3 sets.



Back Bridge.

Place feet flat on the floor and shoulders on the floor. Tighten stomach muscles and lift body to straight rigid position from shoulders through to knees.

This is done until set time expires or failure. Failure is sagging body.

Can be timed for 30 secs to 2 mins

Do 2-3 sets.

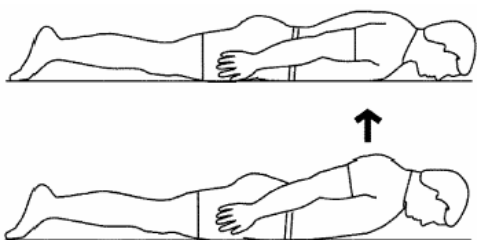


Front Bridge on Ball.

As with normal Front Bridge but place feet on ball or box of similar height.

Can be timed for 30 secs to 2 mins

Do 2-3 sets.

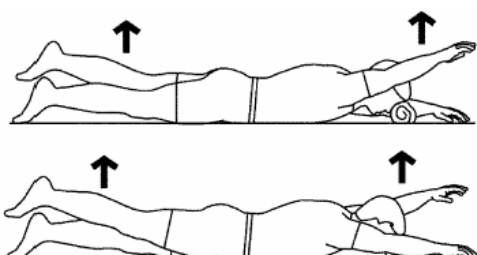


Back Extensions.

Lie flat on the floor with forehead touching floor.

Raise shoulders as high as possible lifting chest off the floor, keep eyes looking to floor and don't tip head back.. Hold for a 3 count, lower under control and repeat.

Do 3 sets of 10, more if athlete is capable.



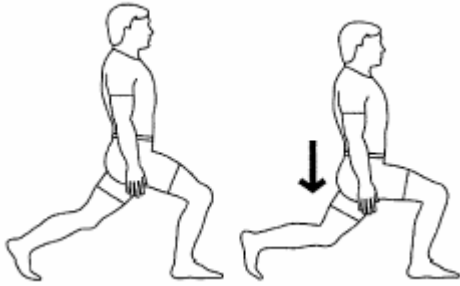
Alternate Arm & Leg Raises.

Lie flat on the floor with forehead on the floor or on rolled cloth.

Raise one arm and the opposite leg at the same time, lower at the same time then repeat with the opposite arm and leg.

Hold for a 3 count, lower under control and repeat.

Do 3 sets of 10, more if athlete is capable.



Lunges

Step forward keeping the body upright.
Lower the rear knee to the floor.
Keep the front knee over the toes, no further.
Step through and repeat with the other leg.

Walk either half the court or the full court depending on Athletes abilities.

Various Lunges with a ball.

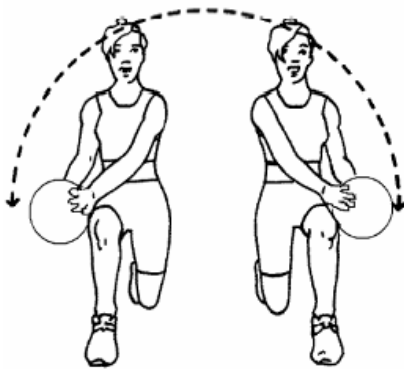
Lunge with ball.

As above walk up the floor performing the lunge exercise.
Now we add a ball and we bring the ball to the side of the lead knee.

As you lunge up the floor the ball goes from side to side with each step in giant swings above the head.

Lunge with ball and twist.

As with normal lunges walk along and with each step we bring the ball right out to the side at shoulder height twisting the trunk from side to side.



Lunge with ball passing between legs.

As with normal lunges we now pass the ball between our legs with each lunge we take.

Stair Climb.

Run the stairs of the gymnasium or equivalent as quick as possible.

This exercise can be a couple of ways.

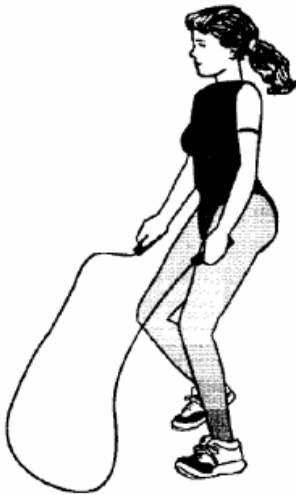
Quick choppy steps hitting every stair swinging arms sharply.

Long bounding step climbing 2-3 stairs at a time.

You may choose to walk down the stairs back to the start point and repeat or jog down. If you jog be cautious with your footing.



4-5 sets of 30 stairs in a session.
More if athlete is capable.



Skipping.

Work on skipping for set amount of time.
 Skipping can be done in a variety of ways

1 leg jumps.

Alternate leg jumps.

2 leg jumps

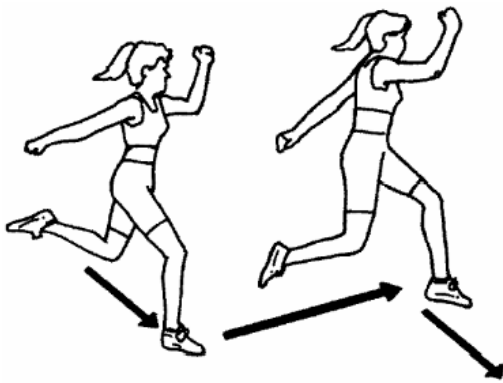
Jumping in box whilst skipping. ie forward, side, back, side while skipping.

Double whirl Jump, 2 rotations of arms to 1 jump.

3 Sets of 1-2 mins skipping with changes between.

Set time for skipping eg 5 mins.

Athlete can do more if capable.



Bounding.

Athlete takes long bounding steps getting as high and far as possible with each bound.

Try to be as light as possible on feet, avoid landing with thud.

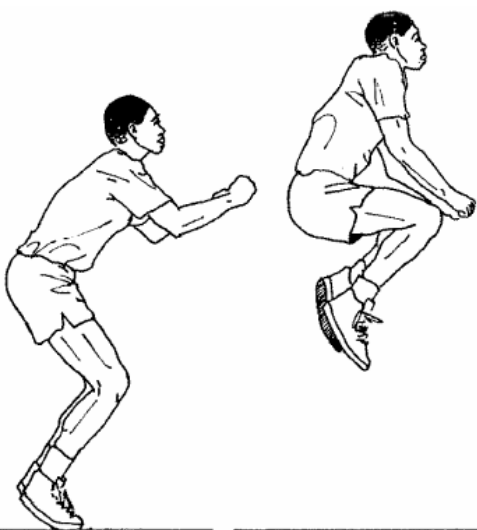
1-2 lengths of the court.

Bounding side to Side.

Athlete takes long bounding steps side to side getting as high and far as possible with each bound.

Try to be as light as possible on feet, avoid landing with a thud.

1-2 lengths of the court.



Double Leg jumps.

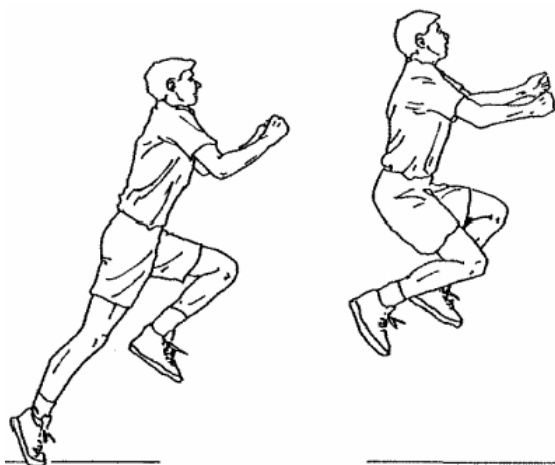
Athlete starts in crouched down position and makes a 2 foot jump with explosiveness driving forward with their arms.

Try to be as light as possible on feet, avoid landing with thud.

Land with Balance and repeat.

Jumps can be sped up to be made in quick succession if coach desires.

1-2 lengths of the court.



Single Leg jumps.

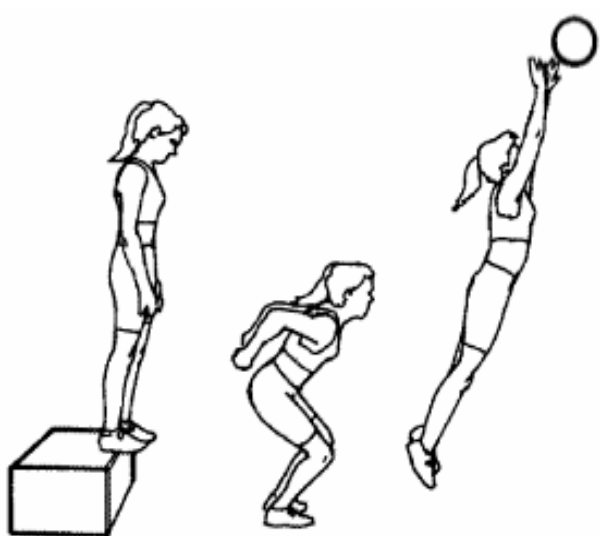
Athlete starts standing on 1 leg and makes as long a jump as possible with explosiveness driving forward with their arms.

Try to be as light as possible on feet, avoid landing with thud.

Land with Balance and repeat.

Jumps can be sped up to be made in quick succession if coach desires.

1/2-1 length of the court.



Box Jumps.

Athlete stands on a box about as high as a step.

Step off the box and make quick contact (1 count) with the ground on 2 feet and explode up.

Coach throws the ball and the athlete catches it at the peak of their jump.

Athlete can also start with ball standing on box, step off, hit the floor with quick contact on both feet, explode up and tap backboard or dunk the ball if capable.

Do 3 sets of 10 – 1 set from 1 side of backboard, 1 set from the middle, 1 set from the other side of backboard.

Court Running.

Various types of running performed up and down the floor.

A Basketball may be incorporated in this.

Jog/Run forward. As name suggests.

Run Backwards. As name suggests, be aware of finish or obstacles.

High Kness. Jog upright bringing knees as high as possible.

Heel to Butt. Run kicking heels back to contact backside.

Carriocca or Grapevine Run. sideways facing wall crossing 1 leg in front of the other alternatively.

Forward to Backward Runs. Run to centre line and quickly pivot on the move to run the rest of the court backwards.

Change of Direction. Run in 45 degree angles up the floor changing direction every 4-5 steps. Explosive change pace on change of direction. Make sure team all start going in same direction.

Sprints. Full length sprints as fast as possible.



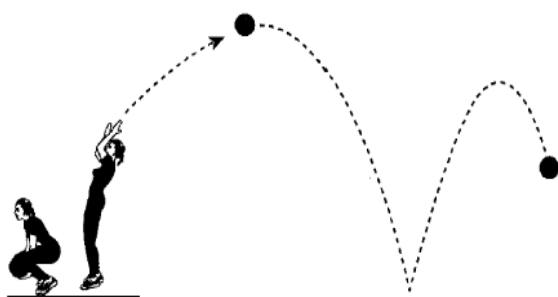
Can be used in warm up.

Coach can select various run throughs as fitness conditioning.

Inch Worm.

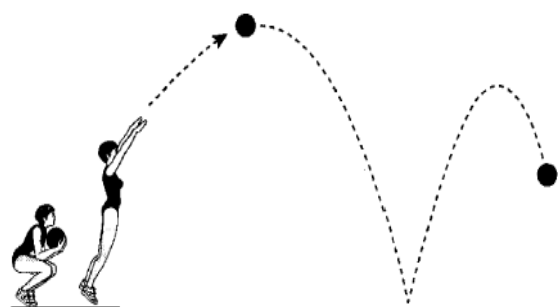


Athletes start in a push up position. Keeping hands stationary slowly walk feet forward with small alternating steps until the athlete gets as far as they can without bent knees. Now the athlete slowly walks their hands out one after another until back in the push up position. The sequence is then repeated and continued for distance determined by the coach. Begin with a half court distance & build to full court as athletes strengthen.



Reverse Medicine ball Throws.

Start athlete in the crouched position facing away from the throwing direction & holding the medicine ball between legs. With as much force as possible the athlete must thrust with their knees and arms to full extension catapulting the medicine ball as far as possible backwards over their head. Coach can be a receiver to roll ball back. Repeat 10-20 times.



Front Medicine ball Throws.

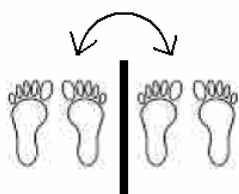
Start athlete holding the ball in the chest pass position facing the direction of the throw. With as much force as possible the athlete must thrust with their knees and arms to full extension catapulting the medicine ball as far as possible out in front. Coach can be a receiver to roll ball back. Repeat 10-20 times.

Line Jumps.

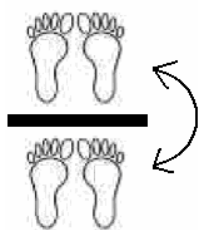
Athletes are to perform line jumps in the following patterns for a time to be determined by the coach. Coaches may also choose to mix the patterns by reversing or alternating the jumps.

Make sure the athletes are on the balls of their feet being as light as possible on landings. If the athlete is constantly landing with a thud stop and correct them.

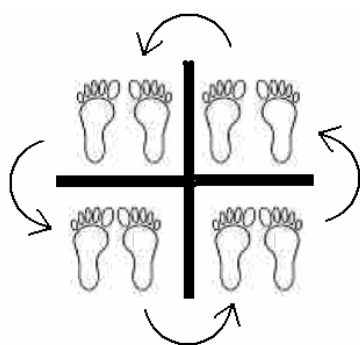
Encourage athletes to move their feet as quick as possible making sure they clear the lines on all jumps.



Side to Side.



Over & Back.



Around the Quadrant.

Around the quadrant jumps can be varied to test the athletes pattern recognition.

Section 16: Shooting Charts & Workouts.

- 16.1 Shooting Workout – Self Training**
- 16.2 Jab Fake, On Ball Screen Shooting.**
- 16.3 Petrovic NBA 3 Point Shooting Workout.**
- 16.4 Shooting Chart.**
- 16.5 Swish shooting Chart.**

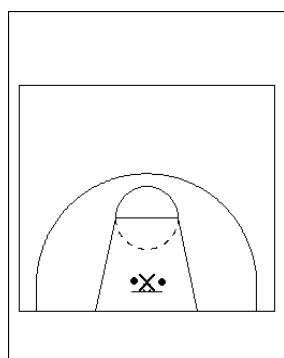
SHOOTING WORKOUT - SELF TRAINING

This is a Workout that can be done with or without Coaches Supervision but you need to push yourself if there is no coach available.

This Session requires you to shoot and rebound the ball yourself. You are required to train at game pace for as long as possible.

This Session is continuous, go from spot to spot immediately after making score target and only take the breaks at the designated times in the session.

If you shoot the ball well you could finish the session within 30 – 40 minutes. If you shoot the ball poorly it could take over 1 hour. You should have had an extremely hard workout by the end of this session.

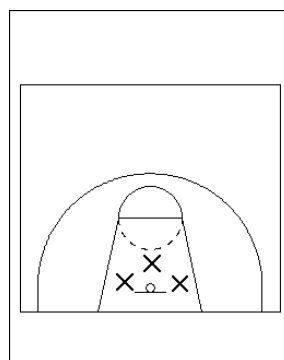


Mikans Drill - 20, 20.

Start with ball under hoop facing back board - shoot 20 Hook shots alternating left and right hands.

Then face opposite end and shoot 20 reverse Mikans.

1



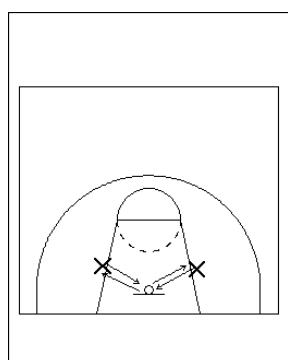
Hook Shots - 10.

Right side facing back board - Make 10 right hand Hook shots.

Left side facing back board - Make 10 left hand Hook shots.

Front of rim - Make 10 Hook Shots using alternate hands.

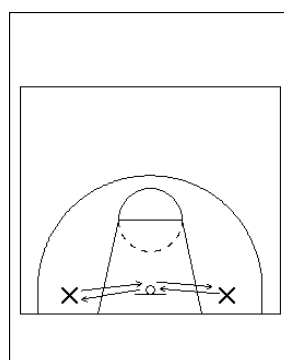
2



Block to Block - 20.

Start on either Block, shoot the ball, rebound the ball yourself and go to the opposite Block to shoot again. Repeat this until you have made 20 shots.

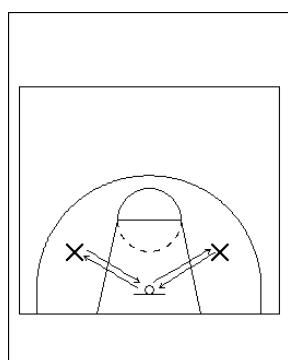
3



Short Corner - 10.

Start on either Short Corner, shoot the ball, rebound the ball yourself and go to the opposite Short Corner to shoot again. Repeat this until you have made 10 shots.

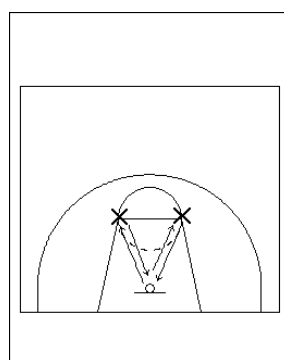
4



45 Jumpers - 10.

Start on either 45, shoot the ball, rebound the ball yourself and go to the opposite 45 to shoot again. Repeat this until you have made 10 shots.

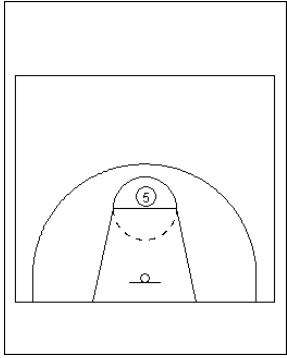
5



Elbow to Elbow - 10.

Start on either Elbow, shoot the ball, rebound the ball yourself and go to the opposite Elbow to shoot again. Repeat this until you have made 10 shots.

6



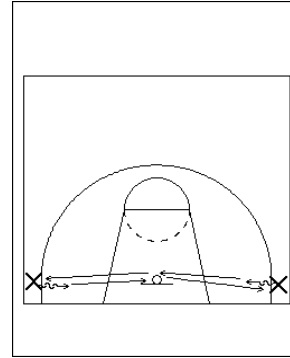
Free Throws - 5.

7

Make 5 Free Throws. If you miss 2 in a row sprint to the end of the court and back to the Free Throw line to start again.

We never miss 2 in a row.

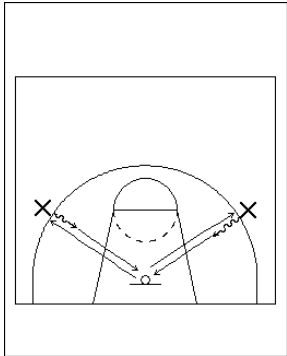
You now have a 1 minute drink break.



1 Dribble Baseline Jumpers - 10.

8

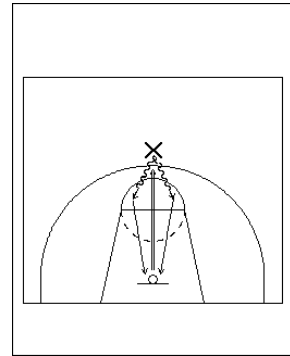
Start in either Corner, take 1 game speed dribble and shoot the ball, rebound the ball yourself and go to the opposite Corner to 1 dribble and shoot again. Repeat this until you have made 10 shots.



1 Dribble 45 Jumpers - 10.

9

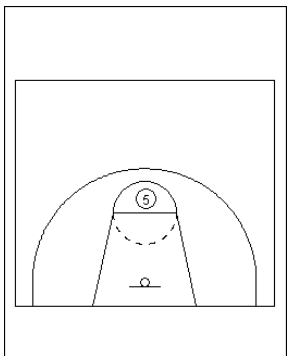
Start on either 45 outside the 3, take 1 game speed dribble and shoot the ball, rebound the ball yourself and go to the opposite 45 outside the 3 to 1 dribble and shoot again. Repeat this until you have made 10 shots.



1 Dribble Foul Line Jumpers - 10.

10

Start at top of key outside the 3, take 1 game speed dribble and shoot the ball, rebound the ball yourself and go back to the top of the key outside the 3 to 1 dribble and shoot again. Repeat this until you have made 10 shots.



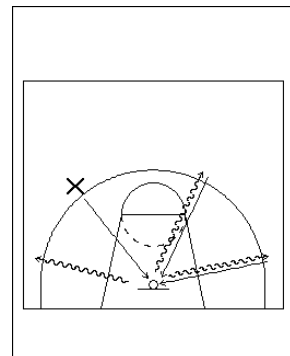
Free Throws - 5.

11

Make 5 Free Throws. If you miss 2 in a row sprint to the end of the court and back to the Free Throw line to start again.

We never miss 2 in a row.

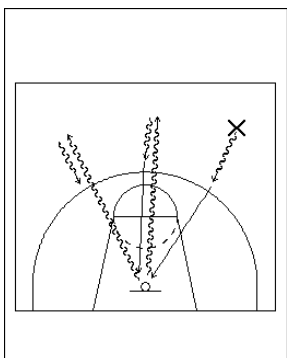
You now have a 1 minute drink break.



3 Point Shoot, Chase, Replace - 10.

12

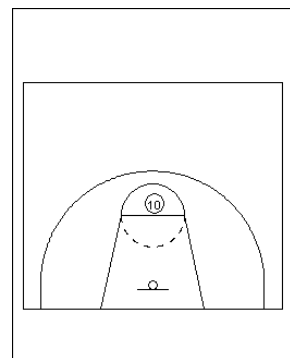
Starting outside the 3 point line shoot the set 3 point shot, chase down the rebound, dribble to replace yourself anywhere on the 1/2 court outside the 3 and square up to shoot the 3 again. Repeat this until you have made 10 shots.



Transition 3's -10.

13

Starting anywhere on the floor just over the half court dribble at game speed to pull up for the 3 point shot. Chase the ball down recovery (slow) dribble out to anywhere in the half court to repeat the same again. Make 10 Shots



Free Throws - 10.

14

Make 10 Free Throws. If you miss 2 in a row sprint to the end of the court and back to the Free Throw line to start again.

We never miss 2 in a row.

The Session is now over.

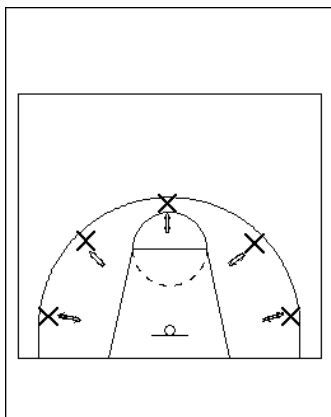
16.2 Jab, Fake, On Ball Screen - Shooting.

This workout can be done alone, in pairs, or with a coach. As always we work at game pace. If a partner is unavailable find a Chair, Bin, Cones or any marker to work off. If you have numbers you can play 1 on 1 or 2 on 2 for each drill when the coach is happy with the execution of technique.

When you execute the Jab steps sell the step as if you are really going to drive to the basket, pull back and get the quick shot off.

When you execute the Shot Fake get your Elbow to Eyebrow as if actually shooting and have your eyes fixed on the basket, this will sell the fake. Upon drawing the imaginary defender push the ball out hard (head and shoulders past defender) for a quick 1 Dribble Jump Shot.

When using the On Ball Screen make sure you come off the screen tight and fast, get clear of the screen and drive hard to the jump shot. If you make the crossover dribble after clearing the screen, make the crossover fast and low into a hard dribble and pull up for the Jump Shot.

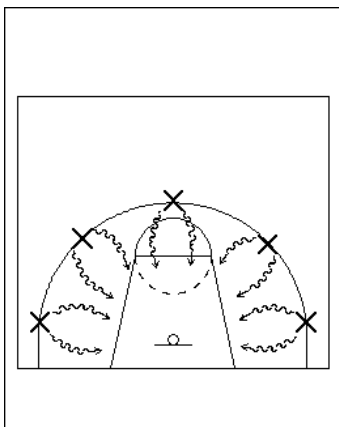


Jab Steps.

From 5 spots around the inside of the 3 make a hard jab step at the imaginary defender, pull back and make the shot.

Make 5 shots at each spot.

1

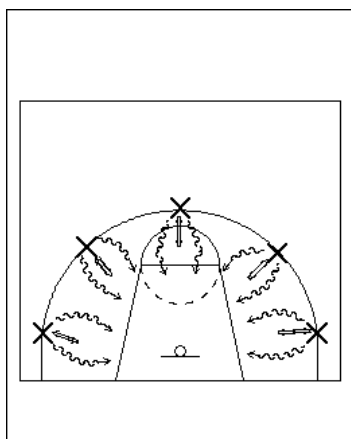


Shot Fakes.

From 5 spots around the edge of the 3 make a hard shot fake (getting your elbow to eyebrow - sell the fake) at the imaginary defender, take 1 hard dribble left or right and make the shot.

Make 5 shots at each spot.

2



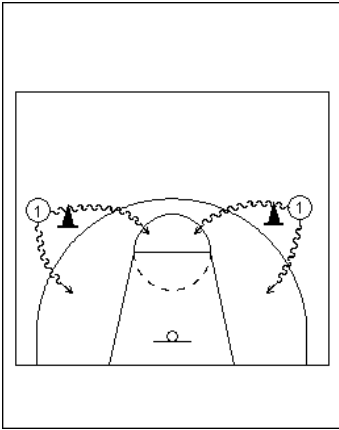
Jab Step, Shot Fake, Drive.

From 5 spots around the edge of the 3 make a hard jab step at the imaginary defender, pull back and make the hard shot fake (getting your elbow to eyebrow - sell the fake), take 1 hard dribble left or right and make the shot.

Make 5 shots at each spot.

3

4



Place a player, chair, cone or any available substitute in the screening position. If a rebounder is not available rebound the ball yourself and return to the start point.

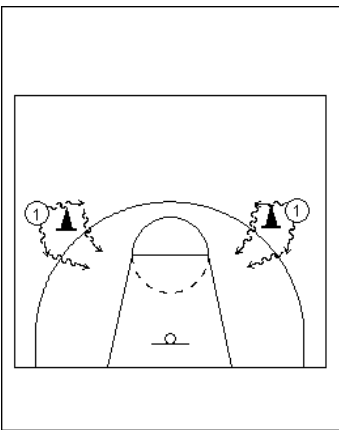
Offence is to dribble tight (shoulder to shoulder) off the screen at game speed.

Dribble to high side of screen, once clear of the screen get to the elbow area as quick as possible (preferably 1 dribble) to shoot. Make 5 shots with this action.

Repeat the drill to the baseline side of the screen pulling up to shoot at the 45. Make 5 shots to the base.

Repeat drill on other side of court.

5



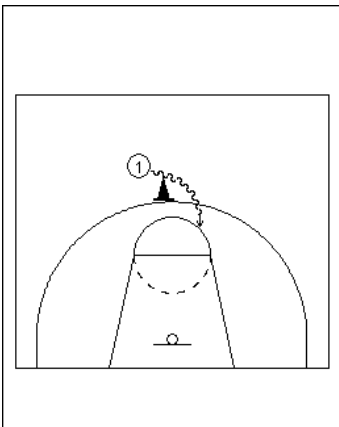
Offence is to dribble tight (shoulder to shoulder) off the screen at game speed.

Dribble to high side of screen, once clear of the screen make a hard cross over dribble to shoot. Make 5 shots with this action.

Repeat the drill to the baseline side with a hard crossover dribble after clearing the screen, then pull up to make the shot. Make 5 shots to the base.

Repeat drill on other side of court.

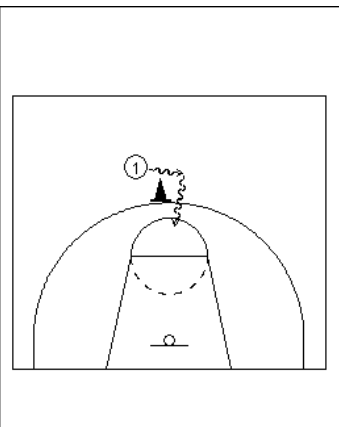
6



At top of key off to one side offence is to dribble tight (shoulder to shoulder) off the screen at game speed.

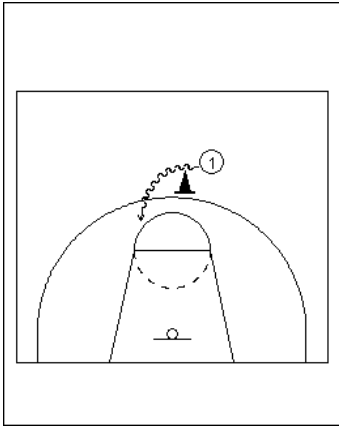
Once clear of the screen get to the elbow area as quick as possible (preferably 1 dribble) to shoot. Make 5 shots with this action.

7



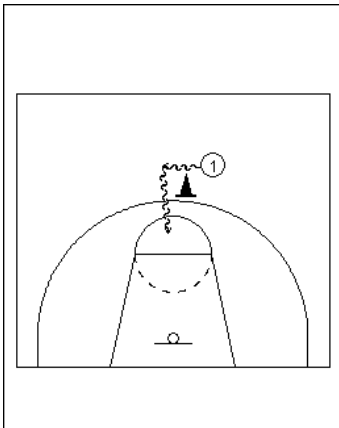
At top of key off to one side offence is to dribble tight (shoulder to shoulder) off the screen at game speed.

Once clear of the screen make a hard cross over dribble to shoot. Make 5 shots with this action.



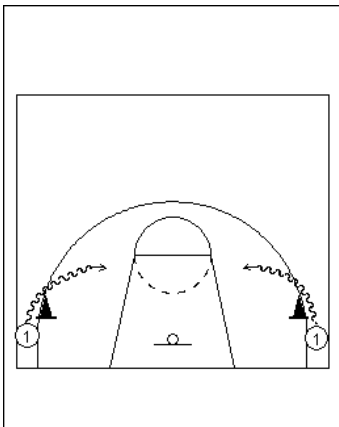
At top of key off to the other side offence is to dribble tight (shoulder to shoulder) off the screen at game speed.

Once clear of the screen get to the elbow area as quick as possible (preferably 1 dribble) to shoot. Make 5 shots with this action.



At top of key off to one side offence is to dribble tight (shoulder to shoulder) off the screen at game speed.

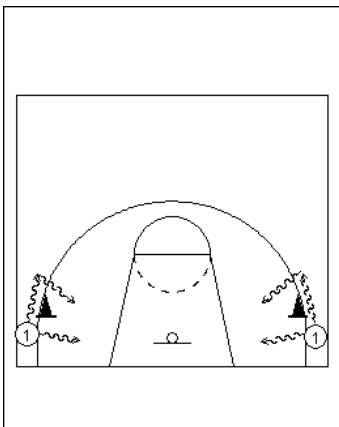
Once clear of the screen make a hard cross over dribble to shoot. Make 5 shots with this action.



From the baseline offence is to dribble tight (shoulder to shoulder) off the screen at game speed.

Once clear of the screen get to mid range area as quick as possible (preferably 1 dribble) to shoot. Make 5 shots with this action.

Repeat drill on other side of court.



From the baseline offence is to dribble tight (shoulder to shoulder) off the screen at game speed.

Once clear of the screen make a hard cross over dribble to shoot or rip the ball through hard and fast to the base line to take a 1 dribble jump shot. Make 5 shots with this alternating action.

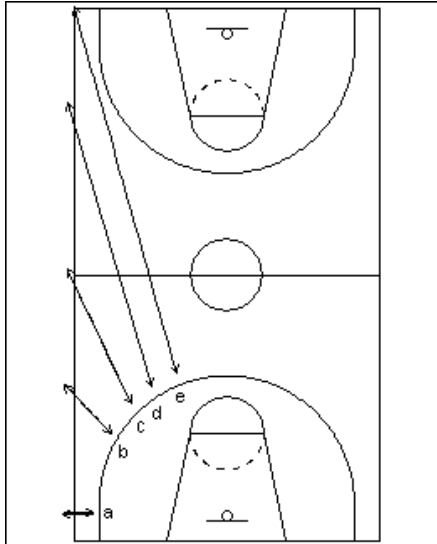
Repeat drill on other side of court.

16.3 Petrovic NBA 3 Pt Shooting Workout

The athlete is to make a 3 point shot in the designated position, run the floor to the shown point, replace to the same spot and receive the ball from a rebounder to shoot the 3 again until the required number of shots is made. The athlete's ability determines the number of shots to be made at each spot.

Beginners: 1 shot at each spot. **Average:** 2 shots in a row at each spot.

Good : 3 shots in a row at each spot. **Excellent (NBA):** 5 shots in a row at each spot.



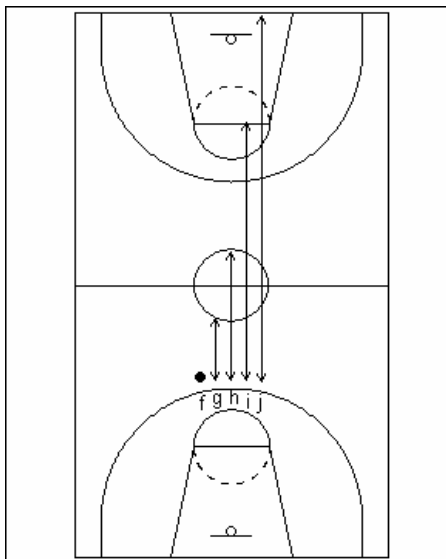
(a). Shoot the 3 touch the sideline nearest to you, replace and shoot the next shot.

(b). Shoot the 3 touch the sideline level with top of the 3 pt line, replace and shoot the next shot.

(c). Shoot the 3 touch the sideline at centre court, replace and shoot the next shot.

(d). Shoot the 3 touch the sideline at the far foul line extended, replace and shoot the next shot.

(e). Shoot the 3 touch the sideline at the far corner, replace and shoot the next shot.



This diagram illustrates the touch and shooting points only. You can run the centre lane and shoot the 3 anywhere across the top.

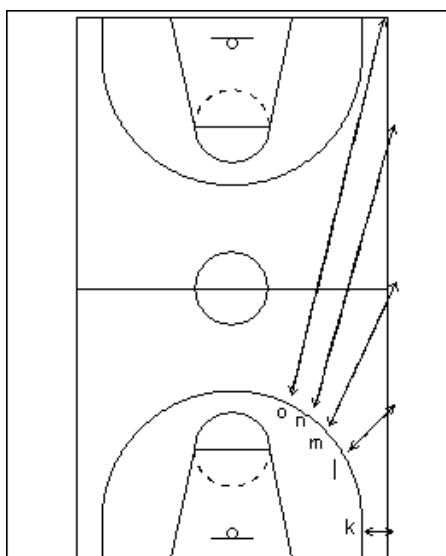
(f). Stationary 3's from top of key.

(g). Shoot the 3 touch the bottom of centre circle, replace and shoot the next shot.

(h). Shoot the 3 touch the top of centre circle, replace and shoot the next shot.

(i). Shoot the 3 touch the far foul line, replace and shoot the next shot.

(g). Shoot the 3 touch the far baseline, replace and shoot the next shot.



(k). Shoot the 3 touch the sideline nearest to you, replace and shoot the next shot.

(l). Shoot the 3 touch the sideline level with top of the 3 pt line, replace and shoot the next shot.

(m). Shoot the 3 touch the sideline at centre court, replace and shoot the next shot.

(n). Shoot the 3 touch the sideline at the far foul line extended, replace and shoot the next shot.

(o). Shoot the 3 touch the sideline at the far corner, replace and shoot the next shot.

16.4 Shooting Chart.

Bank <input style="width: 40px; height: 20px;" type="text"/> 45° close Shots Right <input style="width: 40px; height: 20px;" type="text"/> 45° mid	Name: _____ Date: _____	45° close <input style="width: 40px; height: 20px;" type="text"/> Bank Shots 45° mid <input style="width: 40px; height: 20px;" type="text"/> Left
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/
 F/T

This shooting chart can be used a number of ways, please encourage athletes to do 1 a week at least. Use 1 of the following methods according to the athletes needs. Start each shooting chart at the inside box on the baseline either side of the court and work backwards through each row of 3 spots around the key.

Methods:

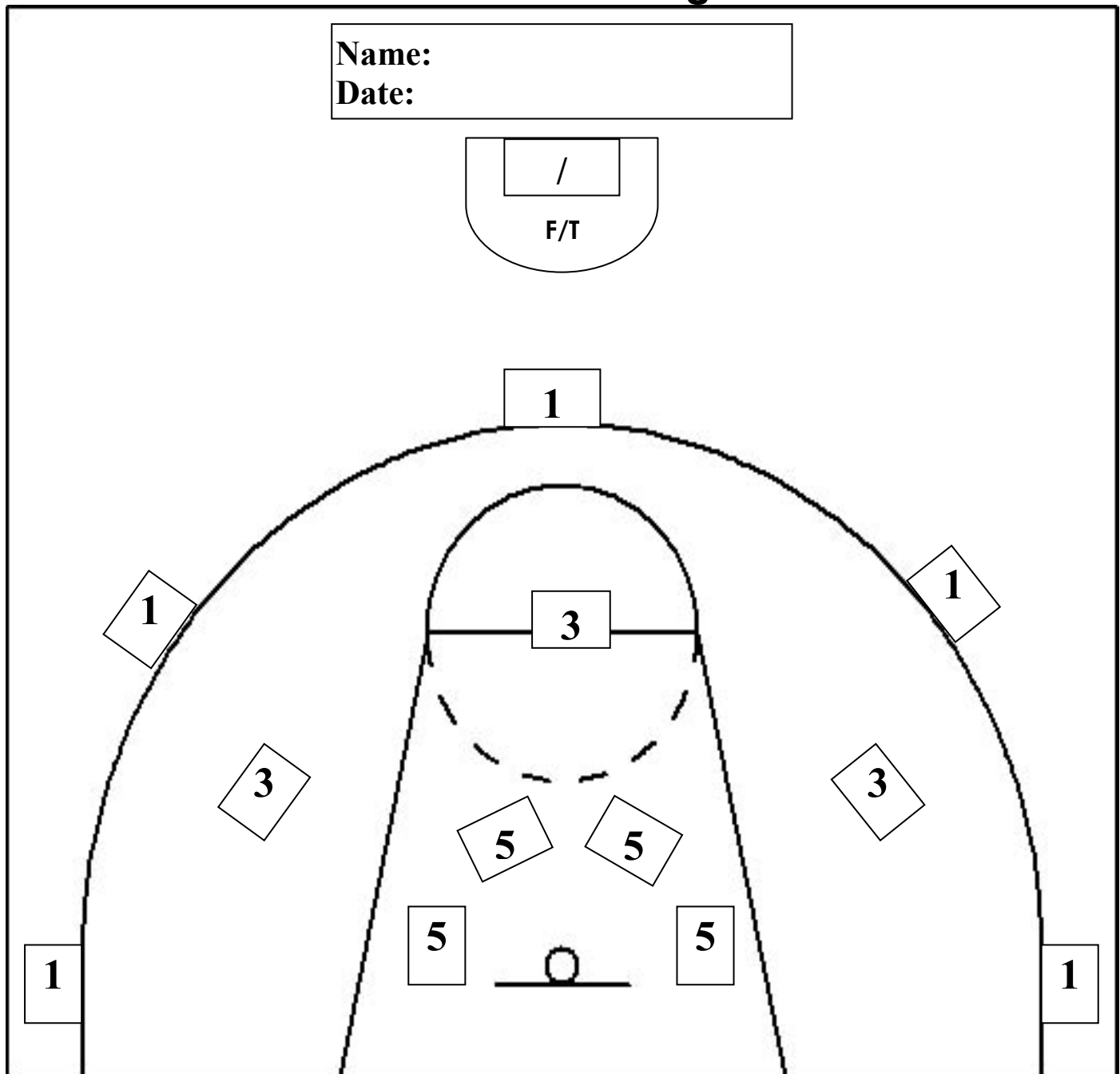
1. **Spot shooting** – Catch and shoot 10 shots from each spot, record makes in the box.
2. **Catch and shoot on the move** – The player shoots ten shots from each spot. The athlete will start 3 steps back from the shot box, move toward the shot box area catching the ball and shooting. The athlete then steps back to the starting point and repeats the action again. On the baseline 3 pointers the athlete must be in bounds, start up court, lead, square up and shoot.
3. **One bounce Jumpers** – This is set up like the shoot on the move chart, the athlete catches the ball at the starting point and takes 1 dribble to the shot box and shoot. Shuffle back to start point and repeat. On the baseline 3 pointers the athlete must be in bounds, start up court, dribble, square up and shoot.

The bank shot boxes (top right and left of page) are used for shots on the 45 degree angle and we only do 2 spots on each side as 3 point bankers are not a necessity.

Free throws – This can be set at any number depending on time but 50 is a recommendation. Sets of 2-10 can be used.

***This is meant to be a WORKOUT. The athlete is to hustle between shots and be in the shooter ready position. The rebounder will need to be very active with hands in the ready to rebound (UP) position and sprinting after long rebounds and snap the ball to the shooter with a quick crisp game like pass.**

16.5 Swish Shooting Chart



This shooting chart is a Swish Shooting Chart, It makes the athlete lift their shot as unless they swish the shot the basket does not count. Encourage athletes to do this chart when work on their shooting touch is required.

Methods:

1. Swish shots only, Basket does not count if the ball touches the rim or backboard at all. Rebounder has the Final say on the Swish. Make 5 Swish Shots in close at 4 positions, make 3 Swish Shots mid range at 3 positions, make 1 Swish Shot from the 3 at 5 positions.
2. If the above method is mastered and too easy do the same thing but the athlete must hit the 5 and 3 Swish Shots consecutively before moving to the next position.
3. You may choose to increase these numbers if you find the athlete completes this too easily.

Free throws – You must make 10 Swish Free Throws within 50 shots.

Australian Basketball Skills and Drills.
This document was written and produced by Shane Froling.
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