

Drill

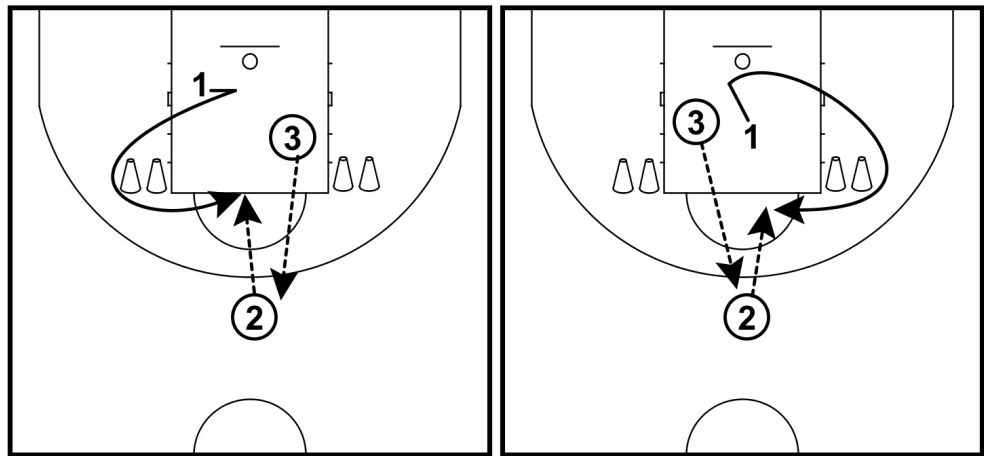
Drill: Ray Allen Series (Pin Down A)

Goal: Learn how to use pin down screens away from the ball. Develop different shots to utilize based on how the defense plays the screen.

Equipment/# - 2 balls, 3
players players per
needed: hoop - cones
or agility poles

Sketch:

Diagram:



1 curls around the cones and receives a pass from 2.
3 feeds 2 and rebounds the ball.

1 curls around the block and uses the cones on the other side.
1 continues to alternate sides for a minute or number of shots (6, 12).

Description: The cutter starts under the basket and prepares to use the screen. The cutter goes to the left side and curls around the cones in order and receives a pass. After shooting, the cutter goes to the other side and executes the same shot from the opposite side.

Execute two types of each shot (curl around screen and finish at the rim, shooting a floater in the middle of the lane, popping and catching and shooting). Keep moving for a minute or a set interval or shots (6, 12).

Rotation: cutter to rebounder, passer to cutter, rebounder to passer.

Progression: Attempt more advanced shots during the second sequence (one dribble pull-up jumper on the nail, two dribble rip-back pull-up jumper on the wing, fade to the corner catch and shoot).

Coach Positioning: Stand outside the arc at the foul line extended.

Heart Rate: 82-89% (this could also be a warm-up or cool-down drill by having players work at 75% MHR).

Work:Pause Ratio: 1:2

Athletic Abilities: Aerobic Energy System, Agility, ATP-PC Energy System, Balance, Speed

Next Step: Thunder Drill (Pin Down B)

Load(s): Physical Mental Technical Pressure
 Social/emotional

LTAD stage(s): Fundamentals Learn to Train Train to Train
 Train to Compete Train To Win

Categorie(s): Ball Handling Defense Dribbling Dynamic 1 on 1
 Footwork Fundamental Movements Passing Picks
 Principals/Actions Rebounding Screens Shooting
 Static 1 on 1

Phase(s): A B C D
