BNB U17 Boys

Practice #17

Moncton High

June 22, 2019

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| Drill | Description | Emphasis |
| 12:00 -12:06  3 v 0 Penetration Reaction | Cones at three perimeter spots.  Coach underneath rim with 2 basketballs  Players start stacked in the key.  On coach signal players must fill a perimeter spot. Coach will pass to one perimeter player who will attack and get two feet in the paint. Other two perimeter players must space appropriately. Player who drive will pass to one for a jump shot. Coach passes to the other for a jump shot. | Ball is dribbled toward you – space away to create a long closeout.  Ball is dribbled away from you – pull with basketball and fill behind.  Get to spot and get feet and hands ready to shoot |
| 12:06 – 12:12  3 v 2 penetration reactions | O and D start stacked in the key. Coach under the rim with a basketball. On coach’s signal, offense spaces to the perimeter and coach passes to one offensive player.  Playing 3 v 2 with the following rules:  Must get a paint touch (ball handler 2 feet in the paint) prior to a shot.  Only lay ups and threes allowed. 3s must be directly off a paint touch  If pass comes inside out, you can not drive it right back into the paint (penetrate-pass-pass) | Spacing off penetration  Decision making – open rim or not to finish layup.  Don’t be three in a row. |
| 12:12 – 12:20  3 v 3 penetration reaction | Same start as before, but now 3 v 3.  Same rules as above | Spacing and decision making on penetration.  Defensive focus – early help (charges).  Communicate when you have 2. |
| 12:20 – 12:26  4 v 0 penetration reactions | 4 players start circling in the paint.  Coach under rim with a basketball.  Cones at 6 perimeter spots (swings, wings, corners)  On coach’s signal players must fill any perimeter spot. Coach makes a pass to any player who will drive the ball to get a paint touch. Other players must space appropriately.  Everyone should either be a rebounder or a safety when a shot goes up. | Do not drive it into a single gap.  General rule – ball driven towards you space away, ball driven away from you pull to fill behind.  Exception – baseline penetration from wing or corner – want to have corner and 45 filled. |
| 12:26 – 12:34  4 v 3 penetration reactions | O and D all start circling in the paint.  On coach’s signal O spaces to perimeter and coach passes to one player who must drive it on his catch.  Play live with the same rules as 3 v 2 and 3 v 3 above. | Offense  Spacing on penetration  Don’t drive into a single gap  Don’t drive immediately off a kick out (penetrate-pass-pass)  Don’t be 3 in a row  Defense  No middle  Early help  Communicate who has 2 |
| 12:34 – 12:44  4 v 4 penetration reactions | Same as above, but now 4 v 4.  Add in transition down and back, emphasizing spacing on penetration as well. | Same as above |
| 12:44 – 12:50  5 v 0 penetration reactions | Same as the 4 v 0 as well, but now add a post as well. They can space to strong side or weak side.  Everyone should either be a rebounder or a safety when a shot goes up. | Same as 4 v 0 for perimeter  Strong side post – short corner (middle drive) or elbow (baseline drive)  Weak side post – circle middle (baseline drive) or relocate under (middle drive) |
| 12:50 – 1:05  5 v 5 Serbian Start | Offense starts with 4 players spaced on the perimeter and 1 post. D has post matched up and 4 on the baseline. Pass across baseline to start drill.  Offense will reverse the ball, attacking on coach’s signal.  Playing down and back in transition – run horns/strong/weak on live play, focus on spacing after the action. | Drive into double gaps, pass across single gaps.  Spacing/reaction on penetration.  D – communication, early rotations.  Transition D – sprint back. Talk to match up. |
| 1:05 – 1:15  5 v 0 full court trips | Run strong/weak/motion  Focus on secondary actions. How do we flow and maintain advantage if we don’t score on initial action | Automatics  Big on the perimeter – dribble pitch to single side  Guard on perimeter – DHO to ball screen. |
| 1:15 – 1:35  5 v 5 horns start | Play 5 v 5 starting with a horns half court possession.  Play for 6 trips. | Cuts made at pace  Contact on screens -responsibility of both the screener and the cutter.  Secondary actions – Don’t stop the ball  Defense  Early rotations  Communication  No strong side help |
| 1:35 – 1:55  5 v 5 BLOB/SLOB start | Play 5 v 5 starting with a BLOB or SLOB situation.  Play for 6 possessions. | Same as above  Run actions correctly on BLOB/SLOB if we don’t get a shot on the first catch. |