

Basic Dribbling Drills

Do these drills at the start of each practice, and all season long. We usually precede these drills with our ball-handling drills. Do each of these drills for one minute. These drills can be done at home, without the team. With the team, we have one of our best dribblers lead the drill by facing the team. The team is spread out and follows the leader who calls out and does the various dribbling drills.

Dribbling Eights

This drill is similar to the ball-handling Figure Eights drill except now the ball is dribbled through your legs in a figure-of-eight motion. Use both hands and be sure to look up while doing this drill. (1 minute)

Up and Downs

Start by dribbling the ball in front of you so that the ball reaches your waist high. Gradually, bounce the ball harder and harder until you are dribbling the ball as high as you can without jumping. Then gradually dribble the ball lower and lower until you are on one knee, finishing as close to the floor as possible. Pound the ball quickly to keep it going. Then do it with the other hand.

Kills

Dribble the ball waist high, then suddenly "kill" it by dribbling it as low as you can, hold this for a few seconds, then bring it back up to waist high. Do this several times with each hand.

Circle Dribbles

This drill is similar to "Circles" (see Ball Handling) except now the ball is dribbled. Dribble around your left leg then your right. Next, using both hands, dribble around both legs which should be together. Next, kneel down on one knee and dribble around your body and under your leg. After that, switch knees and continue. Then, while on your knees, dribble around your body, using both hands.

Back and Forth Between the Legs

Get crouched over with your right knee and leg forward. V-dribble the ball behind the extended leg. Repeat behind the other leg.

Crossover Dribbles

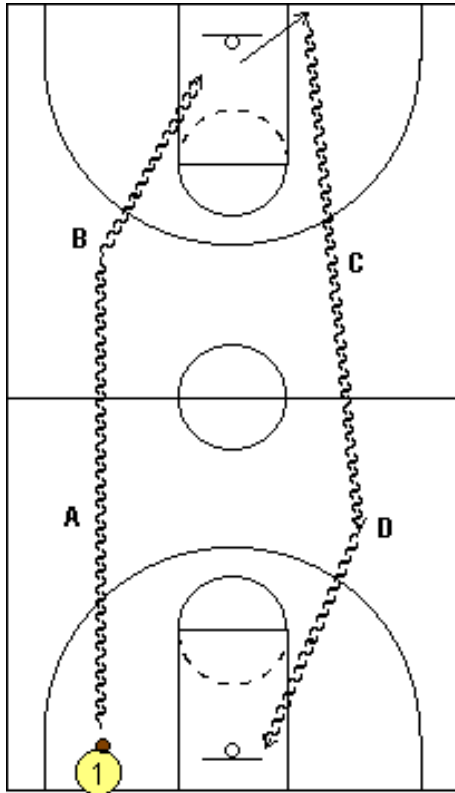
Dribble with your right hand. Bounce the ball once on the right side, then cross the ball over in front of you by bouncing it to the left. The left hand now bounces it on the left once, and then crossover back to the right, where the right takes over again. Repeat this procedure.

V-Dribble in Front

Start with the right hand and dribble once on the right side. Then dribble the ball in front you, as if you were going to cross over to the left side. Instead of getting it with your left hand, roll your right hand over the top of the ball, and bring it back to the right. Keep dribbling like this: right then cross over V-dribble. Repeat with the left hand.

Full Court Dribbling Drills

These full court dribbling drills feature the speed dribble, lay-ups, using the weak hand, and the hesitation move. They are also all good conditioning drills.



5-Minute Drill

Have your players line-up behind #1, on the baseline (see diagram). #1 speed dribbles down the court with the left hand. When she reaches point B, she angles toward the basket for the left-handed lay-up. She gets her rebound, and starts back up the floor on the opposite side, again using the left hand, finishes the lay-up and moves to the end of the line.

The next player starts as soon as the preceding player reaches half court. Have all the players go around several times.

You can set a time limit (such as 5 minutes), and require the players to make a certain number of lay-ups in that time. If they fail to "beat the clock", you have them run! -- maybe speed dribble up and back two more times (even more dribbling practice).

You can also run this drill first with the right hand, and then do the left (even more conditioning).

Variation #1, Hesitation Move.

Have each player do a "hesitation" move when she reaches points A, B, C and D.

Variation #2, Finish the Lay-up Against Pressure.

Place a defender in the paint at each end (a coach or manager), who offers a token defense against the lay-up... no blocks or steals allowed (nothing that would slow the flow of the drill).

Dribbling Moves Drill

Use this full-court dribbling drill to practice specific dribbling moves.

Refer to Diagram A. Use two lines, and start out using the right-handed dribble. On each end of the floor, have an assistant or manager stand at the arc as a token, stationary defender (does not actually steal the ball or defend). Each player should have a ball. The player starts at the half-court sideline and dribbles up to the token defender, and then executes the dribble move that you have told the group to do. This could be a hesitation (rocker) move, an "in and out" move, a stutter move, a crossover dribble, a rocker step combined with a crossover dribble, a stutter cross-over, a behind the back move, a through the legs move, etc. (see Dribbling). After making the move, he dribbles around and shoots the lay-up (or a jump stop and short jumper on the crossover move to the lane). He gets his own rebound, dribbles to the opposite corner, pivots dribbles up the sideline and makes another move there and gets into the line going the other way.

You can practice some or all of the dribbling moves above. Then have the lines face the opposite direction (Diagram B) and repeat all these moves with the left-hand.

Note that the upper part of each diagram shows the crossover move to the lane, while each lower court shows the non-crossover move... this is just for illustration. Have all players do the same move on both ends of the floor.

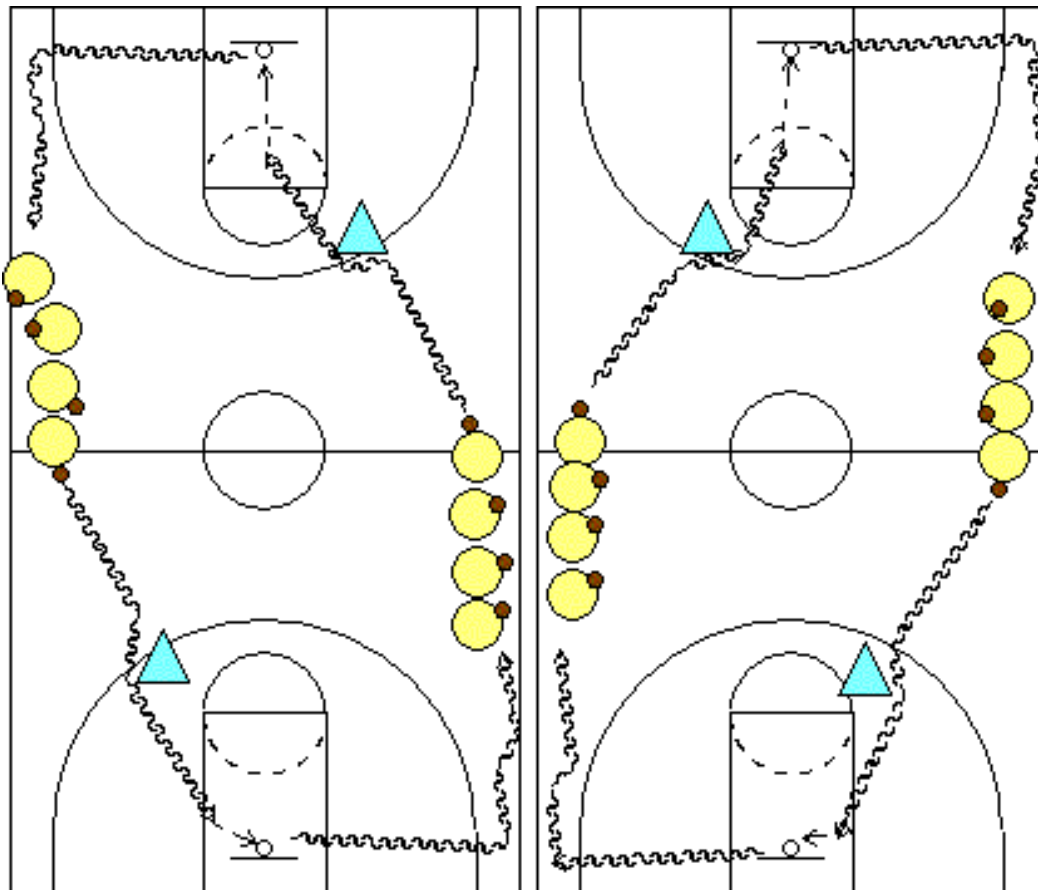


Diagram A. Right-hand

Diagram B. Left-hand

Dribble Tag Ball Handling Drill

This drill will improve ball-handling and the kids seem to like it. It is similar to the kid's game "tag."

Set-up:

Every player on the team has a ball, and is restricted to a half court area. All the players must dribble the entire time.

The Drill:

Start the game with one player as "it". While maintaining her dribble, she must try to tag another player, who is then "it". Players try to avoid getting tagged and becoming "it". They must stay within the half court area and must continue dribbling. If a player leaves the area, or double-dribbles, stops her dribble, or gets tagged, then she is "it".

This drill will help develop ball handling, and to avoid getting tagged, players must keep their heads up. If you have a large group with some good ball handlers, and some not so good, you can put the better dribblers on one end, and the other group on the other end, so the same kids don't get picked on all the time. You can vary this drill by making them use the opposite (weak) hand only.

"Sideline Dribbling Drills"

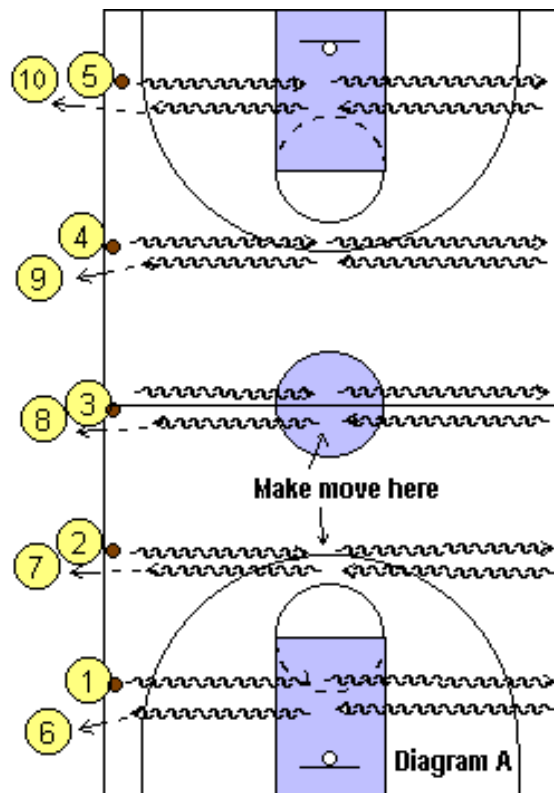
If done every practice for 10-15 minutes, these are the drills that can really make a difference in your team's ball-handling and dribbling skills by the end of the season. These skills are the foundation for many of the offensive moves that the player makes when she has the ball.

Sideline Moves Drill (See Diagram A)

Have your players pair up along the sideline, and spread out. The first player in each pair dribbles from sideline to sideline right-handed, and then back left-handed. The coach will let the players know which move he wants them to execute at the half way point going across (right-handed), and then again coming back (left-handed). The ball is then passed to her partner, who goes next. Have each player do each of the moves down and back twice before moving onto the next move.

Below are the moves you should work on. You may vary these from day to day. But have them try even the difficult moves... challenge them... even if the ball does end up rolling all over the place!

1. control dribble with change to speed dribble
2. speed dribble with change to control dribble
3. crossover dribble
4. in and out move (fake crossover)
5. hesitation move (rock back, then go!)
6. pull back and crossover move
7. step out (sideways) and crossover move
8. through the legs
9. behind the back
10. spin move

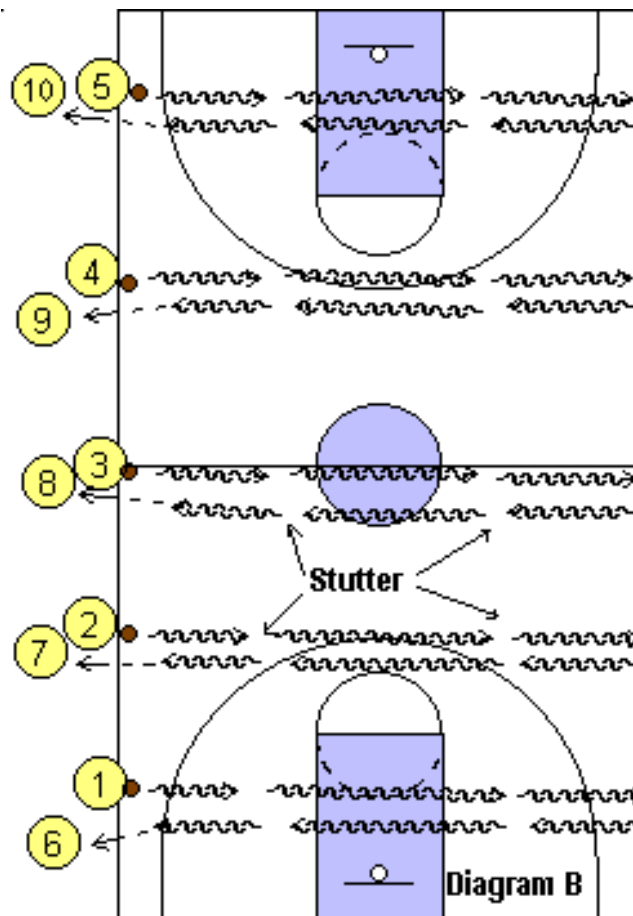


Stutter Drill (See Diagram B)

You can use the same sideline setup as above with partners, or choose to run your entire team, sideline to sideline with this drill (and then after a few trips you are finished in half the time).

This time the players again will start dribbling across right-handed. When they have reached about 1/3 across, you blow the whistle and they stationary "stutter" dribble with legs pistoning up and down and pounding the dribble hard and low, the player bent over forward at the waist with knees bent. After five seconds blow the whistle again, and they resume dribbling across. When they reach 2/3 across, blow the whistle again and they resume the stationary "stutter" dribble. Whistle again and they finish across. They pivot and come back, now with the left hand, doing their stutter dribbles at the 1/3 and 2/3 marks again.

After you do this drill a few times, you won't have to blow the whistle... the kids will know where to stop and stutter, and know to stutter for a 5-count before going again.



3 Man Passing Drills

Form groups of three. Each group has a ball.

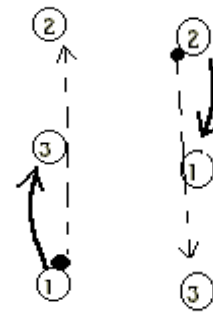
"Monkey in the Middle"

Line up the passers about 15 feet apart (comfortable passing distance). The third man in each group is the "monkey in the middle" and tries to steal or deflect the ball, while the two outside players try to pass to each other.

There's a couple ways of doing this. One easy way is to simply change the middle man every minute, when you blow the whistle. Each person takes a turn in the middle.

No dribbling is allowed. No easy lob passes over the defender are permitted. The passers can work on pivoting and ball fakes to clear the passing lane. For example, the passer can fake an overhead pass to get the defender to raise his hands, then make a crisp bounce pass.

Diagram A Diagram B



Another way involves a simple rotation as follows.

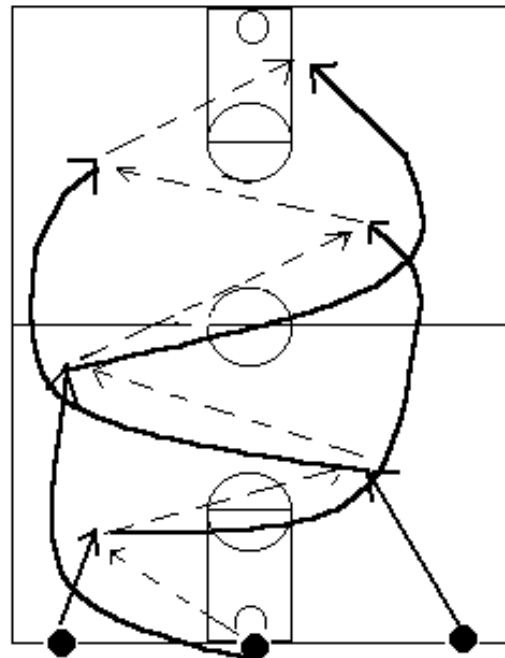
Diagram A. (1) passes to (2), and (3) is the defender. After passing, (1) follows his pass and is now the defender. (3) takes (1)'s place and will receive (2)'s pass (diagram B).

3 Man Weave (passing on the move)

This old drill is still a good one. Have each of your three-somes line up at one end-line. They should be spread out so that one is in the middle and one on each sideline.

The middle man starts the weave by yelling "go" or slapping the ball, and then passing to one of the wing players. He then cuts around the back of the player he just passed to. The wing player with the ball now passes to the opposite wing player and cuts around and behind him. The wing with the ball now passes to the original middle man and cuts around him. And so it goes (see diagram). No dribbling is allowed. The ball should never touch the floor. Receivers should move toward the ball, and show a target for the passer. The players should stay wide and always cut around and behind the player they just passed to.

The next three-some can start once the previous group is making their move to the hoop for the lay-up. Start a new line as the far end, and when all groups have come to that end-line, go back the other way.



Pairs Passing Drills

You must do passing drills and never assume your players are good passers. Poor passing will destroy an offense faster than anything. Excellent, crisp passing makes it all work. Most turnovers are related to bad passing or receiving. All players must become good at the chest pass, bounce pass and overhead pass.

Set-up:

Have each player get a partner, and each pair has a ball, so they can "play catch" with each other. Have the partners separate about 12 - 15 feet (comfortable passing distance), and face each other.

Procedure:

Have the players practice each of the three basic passes, starting with the chest pass. Demonstrate the proper techniques with "stepping into" the pass with one foot forward. Snap the pass, with the thumbs going through the ball and extending toward the receiver. Make sure the players pass the ball crisply, and not "lob" their passes. Hit the receiver in the chest. The receiver should show a target with her hands extended toward the passer. Feet should be squared and shoulder-width apart. Have the passers alternate the lead foot.

Next, work on bounce passes. The ball should hit the ground about three-quarters from the receiver and bounce right to his chest. Again make sure players are alternating their lead foot.

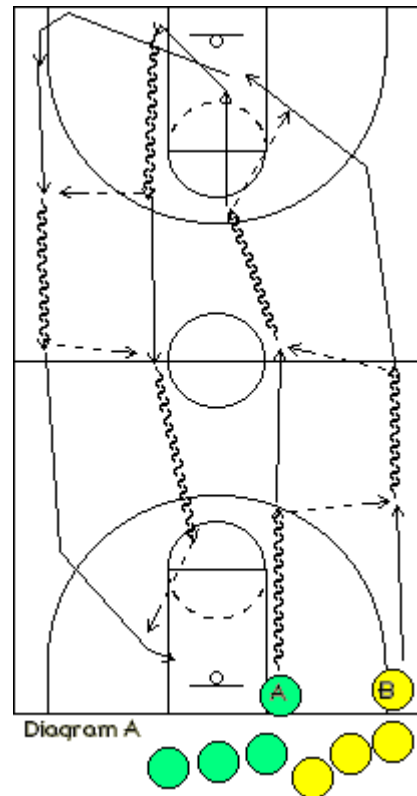
Next, work on the two-handed overhead pass or outlet pass. Have the partners move a little farther apart, so that you are working on a longer pass. Players should snap their passes with some arc, but be sure that they are not lobbing their passes too high. The arc should be just enough to get over the extended hands of a defender, but not so high that the pass "floats". Alternate the lead foot with each pass. This pass can be thrown hard, and is effective as the outlet pass after a rebound, to start the fast break. It is also good for throwing over zone defenses ("skip passes"). To simulate the outlet pass, after receiving the ball, have the passer turn his back to the receiver, then simulate pulling the ball in, pivot, and make the overhead pass.

Pairs Shuffle Drill (passing on the move)

Have all the pair partners line up on one end-line. Each pair has a ball. The players are about 12 - 15 feet apart. The first pair starts, shuffling the full length of the floor in a straight line and back again, making accurate chest passes back and forth the entire way, with no traveling or dribbling.

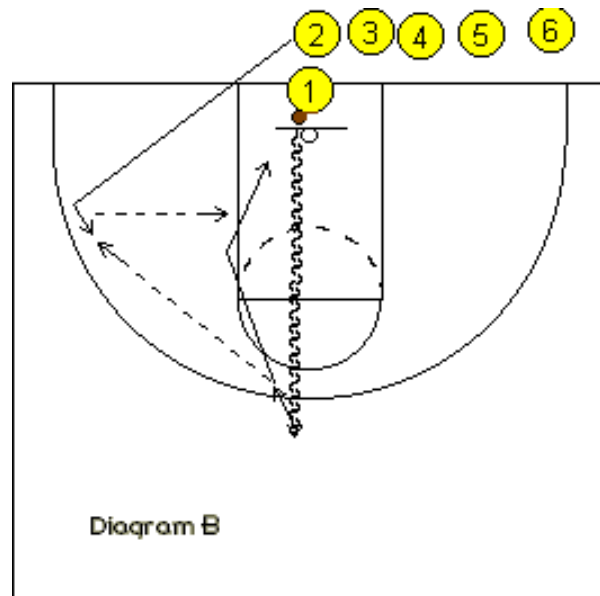
Pairs Full-Court Dribble-Pass Drill (see diagram A)

Two lines on one end of the court as shown below in diagram A, with the left line players each having a ball. The first player (player A) in left line speed dribbles up to the three-point line and passes to player B sprinting up the side line, who catches the ball, speed dribbles to the half-court line and passes back to player A, who dribbles to the top of the circle, passes back to player B cutting to the hoop for the lay-up. Player A gets the rebound and drill repeats going back up the opposite side-line. The second players in line start off once the previous twosome has reached half-court. You can vary this by requiring a jump stop before each pass and after each reception.



Pairs Passing, Find the Receiver (Diagram B above)

Often I see kids make a bad pass because they actually threw the ball before first locating their receiver (especially against a full-court press). Kids must learn to look before they pass! With this drill, the passer must first find the receiver before making the pass. Refer to diagram B above. Use both baskets. Have a line under each basket. The first player in line (player #1) speed dribbles out to the three-point line, makes a jump stop and a reverse pivot. Meanwhile, the next player in line (player #2) sprints out to either corner (mix it up so the passer has to look to find her). The passer makes the crisp chest pass to #2, cuts to the hoop, receives the pass back from #2, and finishes the lay-up. #2 rebounds, and now becomes player #1 and dribbles out and repeats the drill.



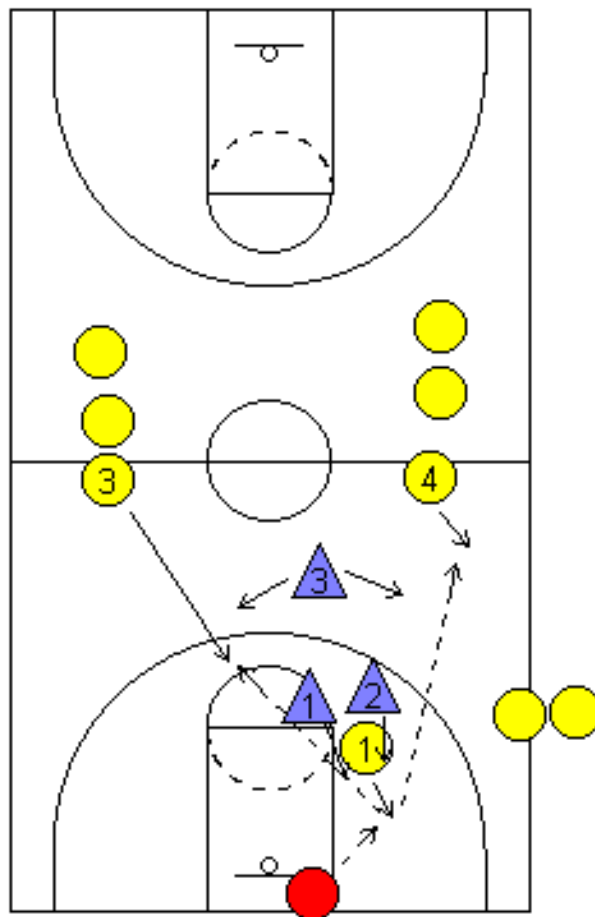
Press Break Passing Drill

This drill teaches players facing full-court pressure and a trap, not to panic, to locate a receiver and make a good, crisp pass. Often the first pass after the in-bounds pass is the crucial pass in breaking the press, and is also the one often intercepted by the defense. This drill practices the in-bounds pass reception and the first pass up the court, either to the center on the ball-side sideline.

Use three lines for the offensive players (yellow).

Use three defenders (assistants). Have two set the trap, after allowing the in-bounds pass. Have the third defender play the gap between the two offensive receivers and try to intercept the pass. You could use a manager or coach to make the in-bounds pass.

The offensive #1 player receives the in-bounds pass, and immediately tries to locate the open receiver and make the correct pass, with "zip". The passer should use an "air" pass if possible (as the bounce-pass is easier to intercept), and may need to use a head, shoulder or pass fake to free up a receiver.



Rebounding 2 Man Drill

This rebounding drill stresses the basics of boxing out, being aggressive, and making the outlet pass, and "finishing" on the offensive glass.

Setup: See the diagram.

Create two rows, one on each side of the free throw lane with the players facing the basket. The first two players step forward and position themselves down by the blocks and face the next player in line, as they will be the two defenders. The next players in each line will be the two offensive players. Have a player in each corner for the outlet pass. The coach, or manager, stands at the free throw line and shoots the ball for the rebounders. For better balance, put your post players in one line, and perimeter players in the other line, so they will be playing against a player of the similar size and position.

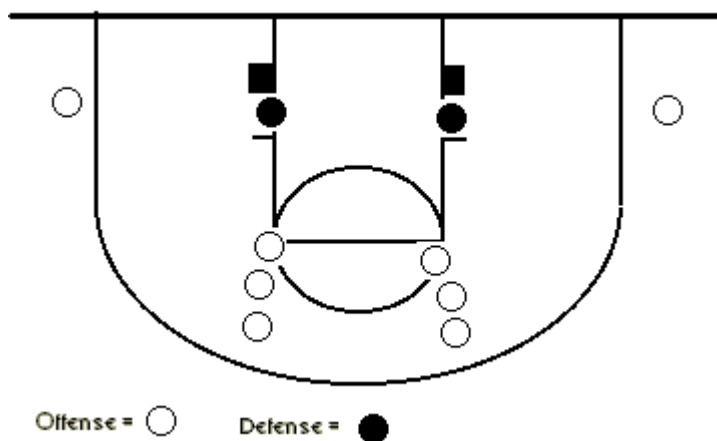
The Drill:

The coach shoots the ball. The defenders work on boxing out and getting the rebound. Once they get the rebound, they make the outlet pass and the next group takes over. The two defenders then rotate to the outlet positions, and the outlet players go to the back of the offensive lines. The offensive players should be aggressive and try to get inside and get the offensive rebound. If they do, they should power it back up to the hoop. The pairs play until either the offense scores or the defense rebounds and outlet passes. Then you rotate to the next group. The offensive players are now the defenders.

Make sure all players hustle and are aggressive. Make sure they are using good rebounding technique... with proper boxing out, attacking the ball, and good outlet passing of defense, and similar techniques on offense, with the addition of powering the ball back up to the hoop.

See "Rebounding", for a description of these techniques, and "Rebounding Circle Drill".

One Man Option: You can also run this drill with just one line, one defender and one outlet receiver.



3-Man Rebounding, PowerUp Drill

This drill stresses boxing out and rebounding, as well as low post offensive power moves. This is a good drill for your inside post players.

Have three players under the basket. The coach or a manager shoots the ball up. All three players work for position and go for the rebound. The player who gets the rebound powers the ball back to the hoop while the other two are on defense and try to stop him. No dribbling is permitted except for a one-bounce dribble adjust. The offensive player should be thinking three-point play (the old fashioned three pointer), the basket and a foul.

This drill not only stresses rebounding fundamentals and aggressiveness, but also power offensive moves, as well as "in the paint" defense and shot blocking.

Circle Box-Out Drill

This drill has players work on their boxing out technique.

Setup:

Have 10 (or 12) players get into position around the free throw circle. You can really use any number of players as long as they have room to maneuver. The players should pair up with a partner. Have guards go against guards, post players against post players. Have five defensive players spread around the circle, and their offensive partners outside the circle. They should be facing each other.

The Drill:

The coach puts the ball in the center of the circle, gets out of the way, and blows the whistle. The offensive players try to get inside and get the ball. The defenders should immediately pivot, put their backsides into the offensive players and keep them outside away from the ball. They should continue boxing out for a count of 5. Then switch offense and defense.

Make sure defenders are using correct boxing out technique (see Rebounding), and do not hold the offensive players. You can keep score and the losers run. Any holding fouls, give a point to the offensive team. This puts pressure on each player to do his part in keeping his man out.

Hustle Drill

This is a good drill for emphasizing hustle and going for loose balls. It also works one-on-one offensive skills, man-to-man defensive skills, and rebounding. A "laid back" player can actually be taught to hustle, and get after the ball and the opponent.

Setup: see the diagram below.

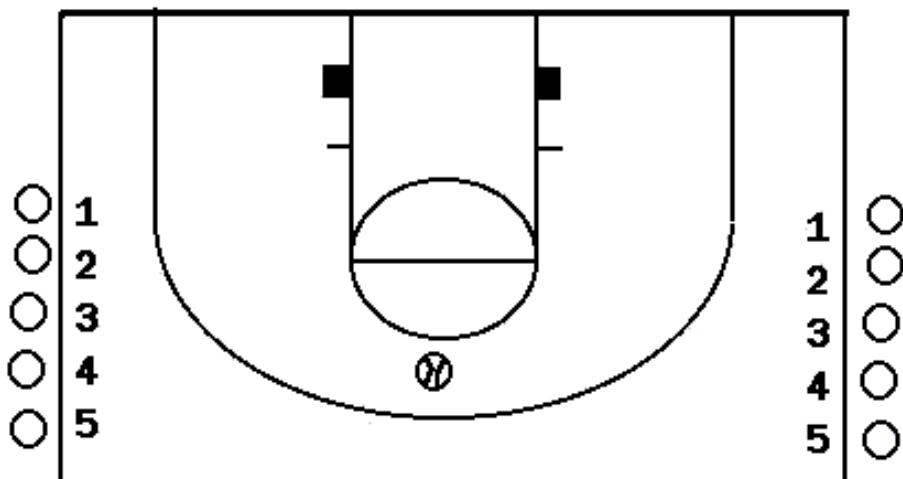
Divide the team into two groups. They will be competing against each other, so even out the speed and talent. Line each team up along a sideline. Each player is given a number, 1,2 ,3, etc (see diagram). Try to align your post players into the #1 and 2 spots, and the guards further out (#3 - 5). Have the players get down on their knees, or all fours, facing away from the floor. Have a coach or manager check to make sure they don't peek! If they cheat, the other team gets a point.

Starting the Play:

The coach places the ball somewhere on the floor, equidistant from each team. You could place it out high, or even down in the paint. Coach then yells a number 1 thru 5. The player from each team whose number he calls, runs out and gets the loose ball. The player who gets the ball, then takes it to the hoop and tries to score, while the other player defends against her. Keep playing until the offense scores, or the defense gets the ball. Award one point for getting the loose ball, and another point if she scores. Play to 10. Losers run!

Options:

1. You can call more than one number at a time... e.g. "2 and 5!", or "everybody". Be careful though, if you call too many at one time, there could be a collision going for the ball. Make sure you rotate the numbers called, so that all players are eventually called.
2. If defense fouls, have the offensive player shoot one free throw. If she makes it, it counts as a score.



Three Line Lay-up Drill

This pre-game warm-up drill helps improve players' passing, cutting, receiving and ability to make lay-ups.

Setup:

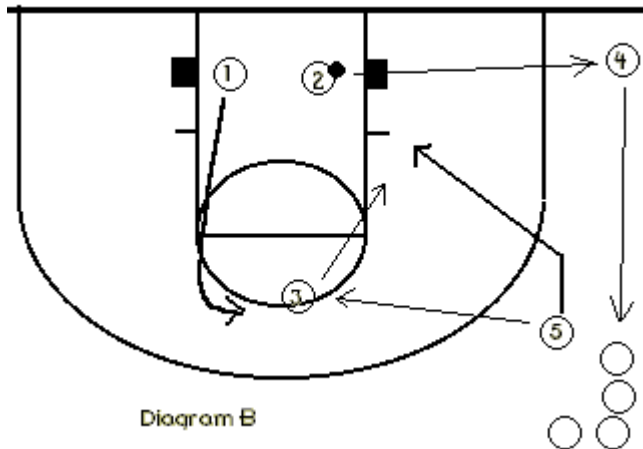
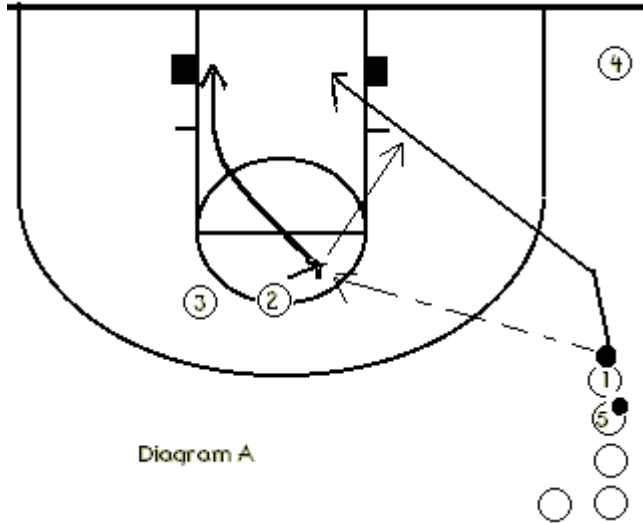
Two players start at the top of the key, one player in the right corner, and the rest of the players lineup at half-court near the right sideline.

The first two players in line have balls.

Drill:

Player #1 passes to player #2 and cuts down the right sideline, then makes sharp cut to the basket. Player #2 passes the ball back to #1 who shoots a lay-up (see diagram A). After shooting, #1 goes to the top-of-the-key line.

Player #2 rebounds the shot and passes to player #4 in the corner. Player #2 then follows her pass and goes to the corner. Player #4 passes to the next player in line, and follows her pass, going to the end of half-court line.

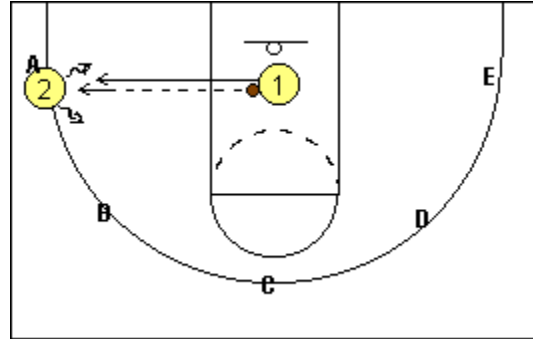


2 Man Shooting Drills

Here are several partner shooting drills. Have each player get a partner and use all of your baskets. Make sure players receive the pass in triple threat position, and use correct shooting form.

Drill #1, Catch and Shoot.

Player #1 makes a good chest pass to player #2. #1 follows the pass and closes-out on #2, but does not try to block the shot or simply fly by the shooter. #2 takes the shot (no dribbling) and follows it for the rebound. Now player #2 passes back out to player #1 (who is at position A) and closes-out on #1, who is now the shooter. After both players have shot from position A, they move next to position B, and on around the circle and then back around again (E->D->C->B->A).



If you are coaching younger players, have them move in closer so that correct shooting form is not compromised.

Drill #2, Ball Fake and Shoot Jumper.

Follow the same procedure as in Drill #1, but this time have your shooter first make a ball fake or jab step, move around the defender using no more than one or two dribbles, and then shoot the jump shot. He can move in either direction, using a pump fake and moving right, or a ball fake and crossover dribble to his left.

Drill #3, Fake and Drive for the Lay-up.

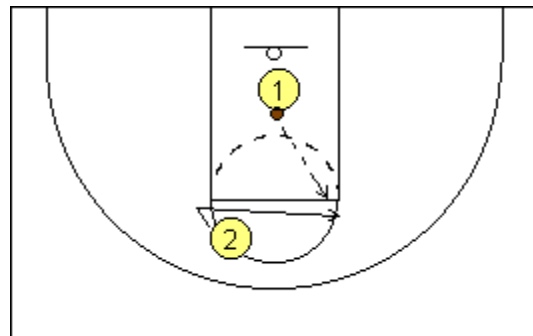
Again, the same procedure is used. This time the receiver makes a shot fake and explodes through the defender (rub off his shoulder) for the drive to the hoop and lay-up.

Drill #4, Anything Goes!

Same procedure as above, but now the shooter has all of the above options and the defender plays all out defense.

Drill #5, Elbow Shooting.

Player #1 is the re-bouncer for player #2. #2 starts at the left elbow, fakes left and cuts to the right elbow. #1 passes to #2 so that the pass arrives at the right elbow the same time #2 does. #2 plants the inside foot, squares up and takes the shot. Make sure that correct shooting form is being used and that the shooter does not "drift" sideways. #1



#1 rebounds the shot and passes back to #2 for the shot now at the left elbow. #2 continues moving back and forth from elbow to elbow for a total of ten shots. Then the players switch roles and #1 is the shooter for ten shots. You can repeat this for as many sets as you want, getting 20, 30, 40 or 50 shots for each player.

The elbow shooting drill can be modified. You can have the shooter catch the ball, make a shot fake, cross-over dribble to the middle of the paint (between the free throw line and the circle hash marks) for the short jumper. This is especially useful for your post players, helping them to acquire that "soft touch" on the short, point blank jumper.

2 on 1 Drill

This offensive drill helps players read the defense in a 2 on 1 situation, and helps them to learn when to take it to the hoop or pass off to their teammate.

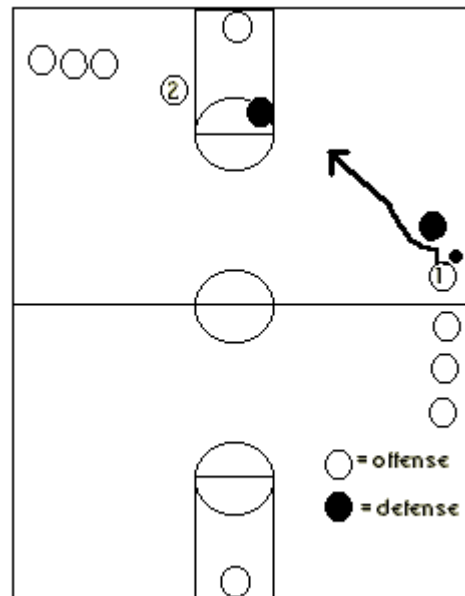
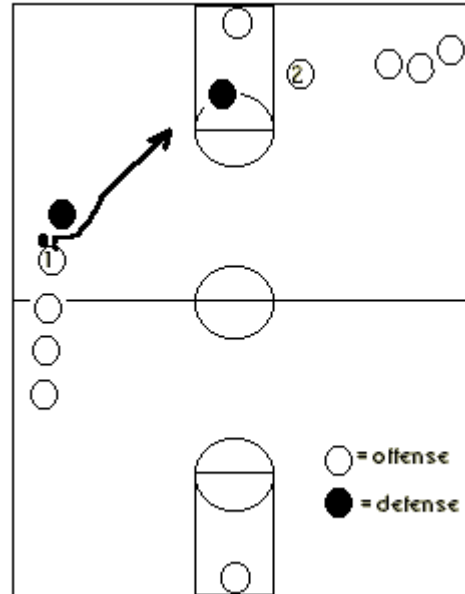
Setup:

Make two lines, one with perimeter players out at half court on the left sideline. The other line is made up of your post players, and is opposite along the right baseline. There is a token defender (maybe a manager or an assistant) on the guards. One of your post players is the other defender in the paint area and will try to stop the 2 on 1 break.

The Drill:

Player #1 has the ball, makes a fake or jab step, and goes around the token defender. He then dribbles toward the hoop, and tries to exploit the 2 on 1 situation with the defender. The first player in the post line along the baseline is his teammate. The guard has to decide whether to take it to the hoop, stop and pop a jumper, or pass off to his teammate. He should try to get the defender to commit himself so he can take advantage. If the defender comes up, he should pass to the post player. The post player should maintain proper spacing, and if he gets the ball, take it strong to the hoop and lay it in off the glass (or slam dunk it). If the defender lays back, the guard should take it to the hoop. In this drill, discourage the outside jumper. The offense should try to get a lay-up every time.

The rotation is that #1 now starts a new line on the right sideline (see the diagram to the right). #2 starts a new post line along the left baseline. Use the same defender until all the post players have been on offense, then use another post player as the defender.



3 Man 2 Ball Shooting Drill

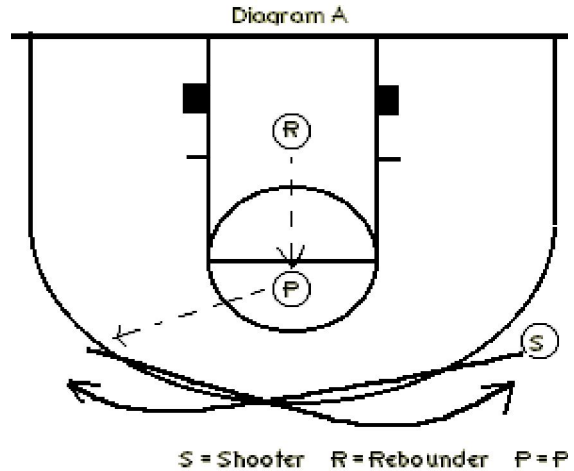
Setup:

Have three players and two balls at a basket. Use the side baskets too. Each group has a shooter, rebounder, and passer.

Players should shoot from areas where they usually shoot from in a game.

Wing-to-Wing Motion, Diagram A

The shooter starts at the right wing with a ball, the passer at the free-throw line with another ball, and the rebounder in the center of the lane. The shooter shoots then sprints to the opposite wing, spots-up, and shoots again. He/she keeps repeating this, going wing-to-wing without dribbling. The rebounder rebounds each shot, passes to the passer, who passes to the shooter. Run this for 1 minute. Then change roles, with each player taking a turn at each of the three positions.



Important Points:

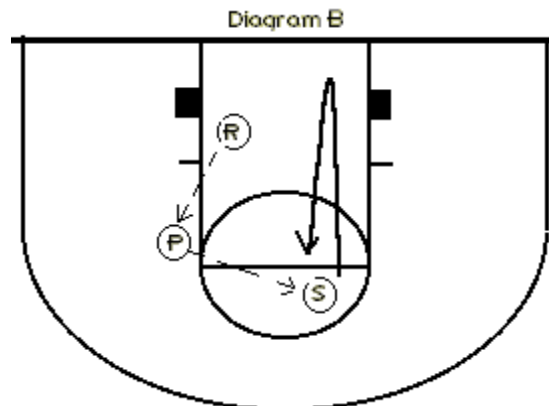
Make sure the shooter is squared up each time and stationary, not moving sideways.

Avoid dribbling. Make crisp, sharp passes. No dogging it -- sprint. You can make a competitive game out of this drill by keeping score.

Baseline to Free Throw Circle Motion:

(Diagram B)

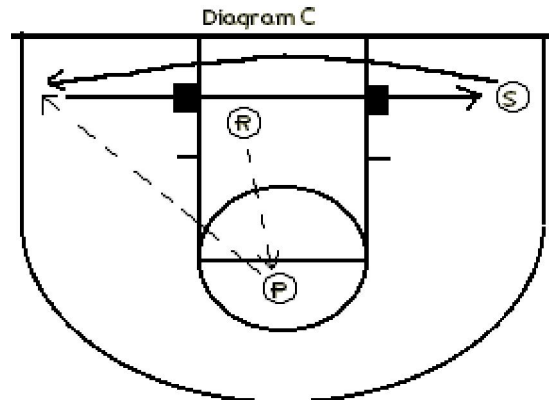
The shooter moves back and forth from the baseline to the free throw circle.



Corner-to-Corner Motion:

Diagram C

The shooter moves from corner to corner.



Close-out Shooting Drill

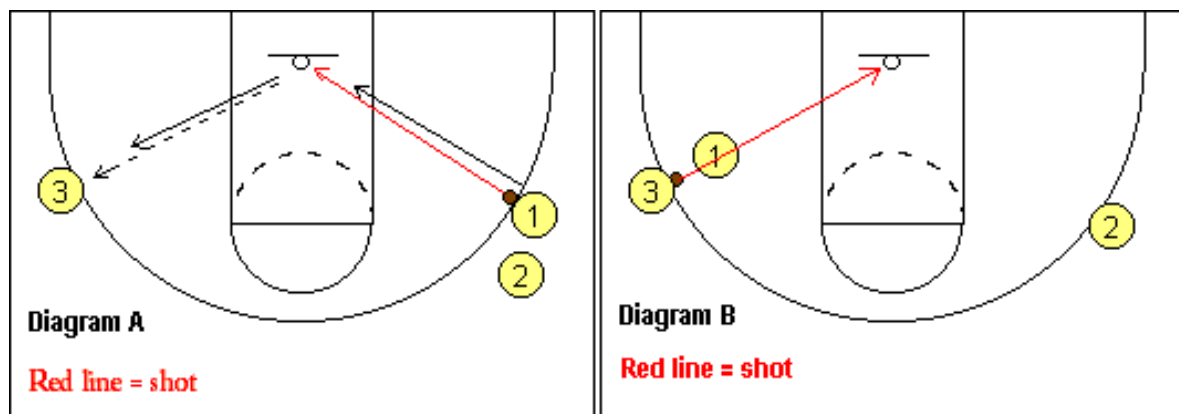
This drill gets your players to practice shooting contested shots, which is more game-like.

Setup

Use three players at each basket, with one ball. Use all the baskets in the gym if you need to. Have the players shoot from areas on the floor where they will usually be in a game.

The Drill

Start with two players on the right wing (#1 and #2) and one on the left wing #3 (see Diagram A).



#1 shoots, follows her shot and gets the rebound and then passes to #3, and defensively "closes-out" on #3 with hand up so as to contest or distract the shooter (Diagram B). Do not actually attempt to block the shot. The shooter can take one quick dribble sideways to get open. Then #3 shoots, follows her shot, rebounds and passes to #2, and closes-out. Now #2 shoots and follows the same procedure.

This rotation continues for several minutes. Then you can change baskets, or change the location of the shots and use the corners, or high-low.

Make sure the passes are crisp and accurate, the players sprint, the defense makes good close-outs (with baseline foot back), and the shooters are squared up, using good shooting technique with proper ball "rotation".

Free Throw Shooting Drill

Do this drill at the end of practice when players are tired. We want to simulate a game situation.

Instructions:

Use both ends of the court, half of the team on one basket, the other half on the other basket. Tell the kids we are pretending the game is tied at 50-50. Then first player in each line will shoot the first of a 1 and 1 free throw. If the first is made, then the player shoots the bonus. If the other team misses the first shot, they may not shoot again until the other team has completed the bonus shot. Keep track of the score with each free throw. Then the next player in each line does the 1 and 1, and so forth. The first team to say 60 is the winner. If there is time, play the best 2 out of 3 games. The losers have to run. A player from the losing team who made all her free throws can be rewarded by not having to run.

Note: make sure each player gets to shoot...the above example is for 5 players on each team. If you only have four on each team, make the starting score 52 - 52 and the winning score 60, so each player gets to shoot. If you have 12 players, use 48 - 48 as the starting score, etc.

Low Post Power Drill

Your post players must learn how to "finish" and score against a defender. See the diagram.

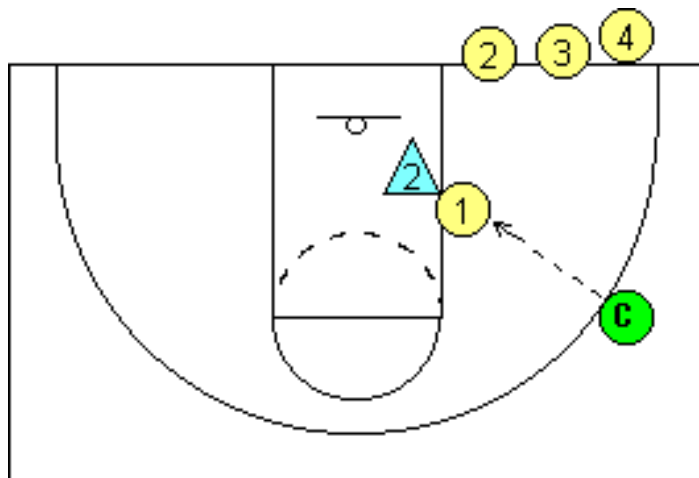
#1 posts up on the low block. #2 plays defense. The coach or manager makes the pass into the low post player, #1. #1 executes the drop step to the baseline move (see "Post Moves") and tries to score against the defender. Initially, have your defender allow the drop step move, but contest the shot. #1 now becomes the defender and the #2 defender goes to the end of the line. The next person in line becomes the offensive player.

Variations.

Next have your players rotate through each of the following moves:

1. drop step to the lane and jump hook.
2. turn and shoot move
3. up and under move.

Eventually, go "live" with the offensive player permitted to do any of the moves, and the defender playing all out defense.



Then move to the opposite low block and work that side of the basket.

Pairs-Shooting Drill

This drill will help shooting, spotting up, and will emphasize that shooters should follow their shots. In addition, this drill also helps passing skills.

Set-up:

Each player gets a partner, preferably with another player who plays a similar position. That is, the a perimeter player should pair up with another perimeter player, and post players should pair up together. Each pair has a ball. Use all the baskets in the gym.

The Drill:

For perimeter players: One player starts on the right wing (player #1) and the other starts opposite on the left wing (player #2). Player #1 on the right wing shoots, follows her shot, rebounds and passes out to her partner (#2) on the left wing. Player #1 then spots up at another place on the perimeter. Player #2 takes her shot, follows it, rebounds, and passes to #1, who is now spotted up in a different location. This rotation continues, with the players moving around to all the locations that they will normally shoot from in a game... corners, top of the key, etc.

For post players: Use the same drill as above except the post players should be taking their shots inside, in the paint, around the hoop, and can actually work on their post-up moves. After rebounding, the player can dribble the ball out and pass down into the post to his partner.

Make sure the shooters are squared up, using good technique, elbow in, follow through, no drifting sideways, no dribbling. Shooters should receive the ball in "triple threat" position. Make sure the passes are sharp and accurate. Players should sprint after the ball and to their shooting spots... no loafing! Do this for several minutes, blow the whistle, and have the pairs rotate baskets.

For a variation, do the same drill but instead of spot stationary shooting, have the shooter fake the shot, dribble adjust, and then take the jumper.

"4 on 4 Transition"

This drill emphasizes the transition game, both offensive and defensive skills.

Setup: (red is offense, blue is defense, yellow is the coach with the ball).

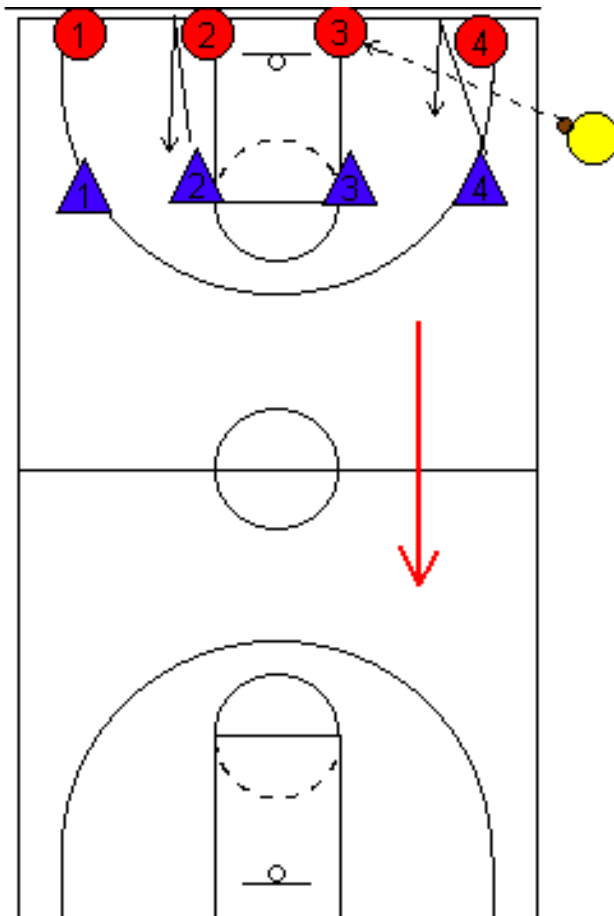
Running the drill:

The four offensive players line up on the end line, while the four defensive players line up at the level of the free throw line.

The coach has the ball and simultaneously yells the names of two of the defensive players (in this diagram, #'s 2 and 4) and throws the ball to the offense.

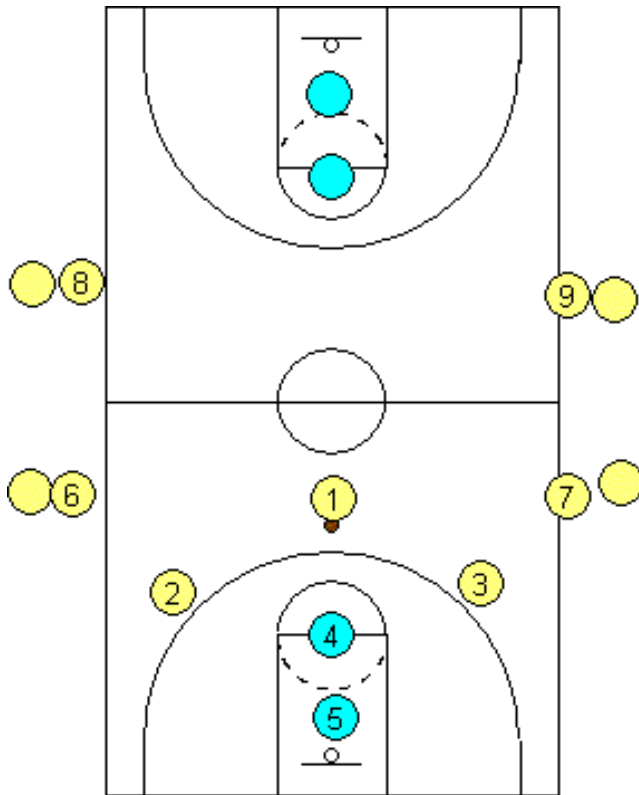
The offense immediately tries to get the fast break going. The defense tries to stop the break. In order to give the offense a head start, the two defensive players whose names the coach called out, have to first go touch the end line, and then sprint back to help on defense.

The offense tries to score. If the defense steals the ball or gets the rebound, or gets possession after a made basket, they quickly push the ball back up the floor for their own fast break and score. Once they score, or are stopped, the ball goes back to the coach, the players line up again, and it starts all over again, but this time with the blue team on the end line, and the red team defending.



11-Man Drill (Full Court)

This is a good full-court drill that emphasizes 3-on-2 offense vs. defense, rebounding, outlet pass, transition and conditioning. And the players like running this drill. You need a minimum of eleven players to do this drill. In the diagram below, I have actually used 15 players. There is also a half-court version that you can use as a pre-game warm-up, and this only requires a minimum of seven players.



Set-up:

Refer to the diagram at the left. You will start with a 3-on-2 situation with 1, 2 and 3 on offense vs. 4 and 5. Two defensive players are waiting on the opposite end of the floor, and there are four lines, two along each sideline.

The drill:

1, 2 and 3 try to score against 4 and 5. When a shot is taken (even if it is made), the rebounder makes the quick outlet pass to either 6 or 7 who step inbounds from the sidelines for the outlet pass. Now the rebounder, 6 and 7 break down the floor where the other two defenders are waiting for them. After the shot, the 8 and 9 come in for the outlet pass.

Let's back up to the initial 3-on-2 with 1, 2 and 3 vs. 4 and 5. Here are some more rules.

1. Only one shot is allowed.
2. No matter who rebounds, whether offense or defense, that person outlets to the sidelines and is part of the next offense transitioning down court. If a defender makes a steal, that person is the new offensive person along with the two outlet players.
3. Of the 5 players involved in the initial 3-on-2, the four that do not get the rebound or steal, immediately yell "defense". The first two to yell it become the next two defenders and the other two go to the ends of the two lines on opposite sides.

Go to the next page to see the 7-Man Drill.

7-Man Half Court Drill

Here is the half-court version that can be used if you only have seven players. You can also use this as a pre-game warm-up drill.

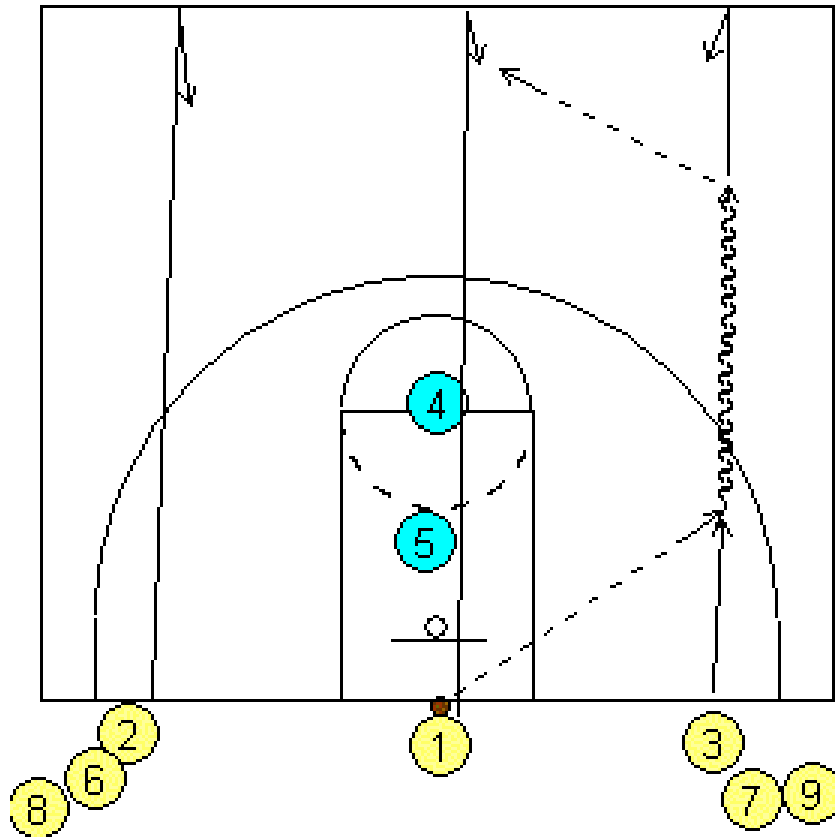
Set-up:

Again, the players will be going 3-on-2. Start on the baseline with just one player in the middle, and two lines on opposite sides... see diagram.

Defenders 4 and 5 are in position. #1 outlet passes to #3 (or 2). All three offensive players sprint or speed dribble to the half-court line, touch the line and then turn around and go 3-on-2 vs. the two defensive players.

The same rules apply as in the full-court drill above, except that the player who gets the rebound or steal, instead of making the outlet to the side, runs quickly out-of-bounds in the center under the basket (where #1 started initially) and then passes inbound to either of the next two players in line (either 6 or 7).

Again, the four who did not get the rebound immediately yell "defense". The first two to yell it become the next two defenders on that end and the other two go to the ends of the two lines on opposite sides.



Footwork Drill

Every player must learn proper footwork to become a good player. He/she must learn how to execute the jump-stop, forward and reverse pivot, and make certain cuts without the ball, such as the V-cut. He/she must learn the "triple-threat" position. Here is a drill that has the players execute all of these moves plus take a shot, follow the shot for the rebound, and make a good pass.

Refer to the diagram. The players form two lines, one for the passers and one for the movers- shooters.

Start the drill with the player in the line on the right wing cutting sharply toward the corner, where he makes a jump-stop (JS), and then does a reverse pivot (RP), and then cuts to the block. There he makes a V-cut (VC) back out to the elbow or free- throw line extended area. There he does a forward pivot (FP) and receives the pass in triple threat position (TT). Finally, he takes the shot, follows his rebound, gets the rebound and passes to the next person in the passing line who does not have a ball. He follows his pass to the rear of the passing line. The passer goes to the rear of the shooting line.

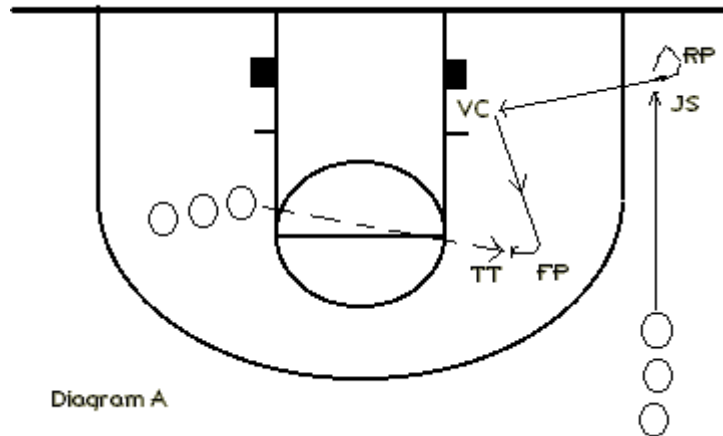


Diagram A

Pointers:

Make sure the jump-stop and pivots are executed correctly. Stress the footwork in this drill.

Jump-stop: hop and land on both feet simultaneously.

Reverse pivot: After the jump-stop, pivot on the inside (left) foot toward the open floor.

V-cut: Plant the inside (right) foot and push off it hard extending your left leg the opposite direction to make the sharp cut to the free-throw line extended area.

Forward Pivot: At the end of the V-cut, make a sharp forward pivot by pivoting on the baseline (right) foot, and face the passer and receive the pass in triple threat position.

At first, go through the drill slowly with the players, instructing and executing each move for them. Have the players go slow-motion at first, then speed it up once they start becoming proficient. Running this drill for 5-10 minutes each practice will rapidly improve these basic footwork skills.

Learning the Jump Stop

The jump stop is helpful offensive footwork that can be used at the end of a dribble, or to receive a pass and be in triple threat position. At the end of a speed dribble, young players will often stop, fall forward from their momentum, and get a traveling call. Ending the speed dribble with a jump stop will prevent the traveling violation. The jump stop is executed by the player, who is on the run, taking one small step and then landing on both feet simultaneously in proper balance (not leaning forward).

Here is a drill for teaching the jump stop.

First demonstrate the jump stop to your players.

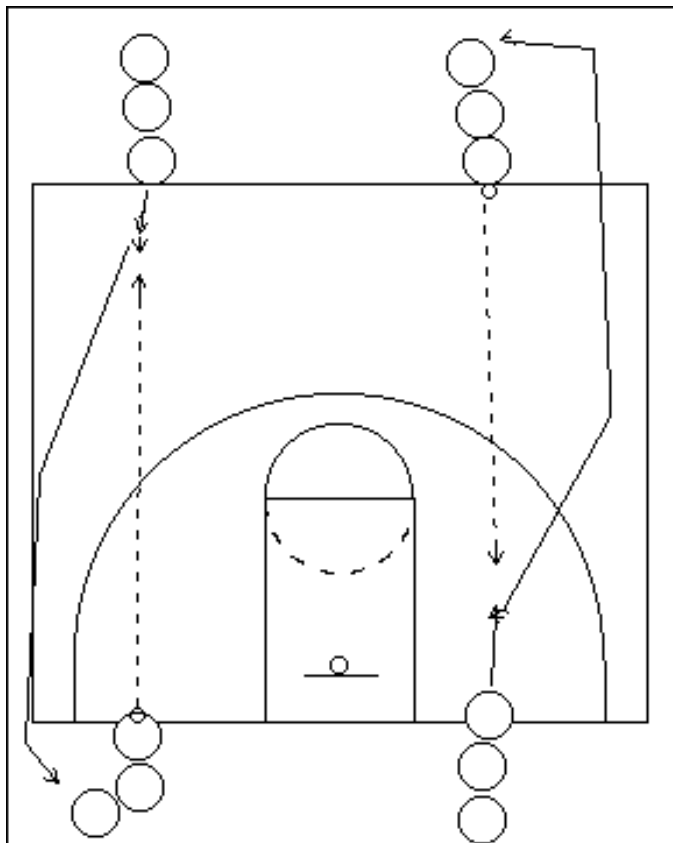
Have all the players lineup on the end-line, with adequate spacing. Start this drill at slow speed initially. Have the players jog down the floor slowly. When you blow your whistle, they come to a jump stop. Yell "go" and they start again. Every-time you blow the whistle, they jump stop. Do this back and forth, up and down the court. When they look like they are getting the hang of it, have them sprint and do the drill. Then give everyone a ball, and dribble slowly down the floor, doing jump stops. Eventually work up to the speed dribble and jump stop.

Receiving the pass with a jump stop.

Form two sets of lines, one at an end-line, the other at half court, with the lines facing each other (see diagram A). This drill is good for learning to receive the pass with a jump stop, and is also a good passing and conditioning drill.

Passers make good chest passes. Make sure they don't lob these passes. Passes should have "zip", speed. The passer then follows his pass and sprints to the rear of the opposite line.

The receivers move toward the ball and receive it with a jump stop, and hold the triple threat position briefly, and then make the pass to the next player in the opposite line, follow the pass, and get into the opposite line.



Make sure passes are crisp, and the receivers are coming to the ball and are jump stopping. Check their triple threat position. Players should be sprinting to the opposite line... get a little conditioning in here too.

Low Post Offensive Drills

This page consists of a series of drills that will help develop the offensive skills of your low post players.

Single Person Drills

The first two drills are done with only one player. So the player can do these anytime, alone. The first drill is the classic "Mikan drill", which gives the player a feel for how the ball reacts off the glass and improves his/her "touch" under the basket as well as footwork. The second drill is "Roll and Retrieve, Power Lay-up drill".

Mikan Drill

Do this drill right under the basket. Become familiar with how the ball comes off the backboard, and at different angles. Start by standing right under the basket. Step on the left foot and do a baby hook lay-up on the right side, using the backboard. Catch the rebound and step on the right foot and do the baby hook lay-up on the left side using your left hand. No dribbling is allowed. Repeat this continuously alternating right and left sides for a couple minutes. This will help you with your lay-ups, both right and left-handed, and give you a better feel for the backboard.

Roll and Retrieve, Power Lay-up Drill

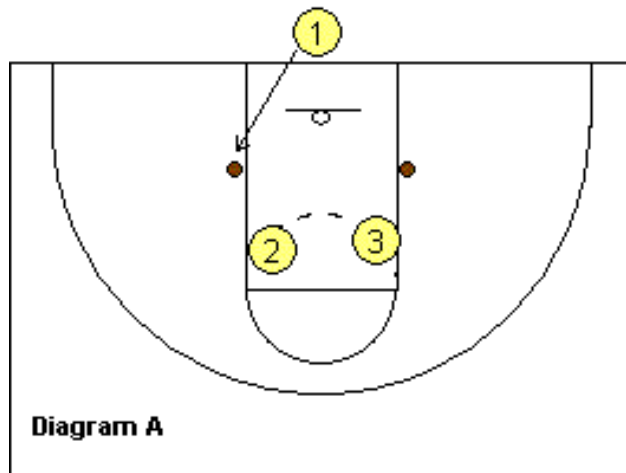
In this drill, the player has the ball at the right elbow and rolls it on the floor toward the right low block. He/she runs after the ball, retrieves it, squares up to the basket, makes a pump fake, and makes the power lay-up, or bank-shot off the glass. Make ten shots on one side and then repeat the drill on the left side.

Three Person Drills

The following drills are done with three players. Diagram A shows the set-up for the next three drills. Do each of these drills for one or two minutes and then rotate players, so that each player gets a chance to perform the moves.

Drop Step Drill

Player #1 starts under the basket. He/she sprints out, jump stops, and retrieves the ball lying on the left block. He/she makes a head-shoulder fake toward the lane, and then executes the drop step move by extending the outside (right) leg toward the baseline and pivoting. He/she makes a one-bounce power-dribble adjustment and powers the ball up off the glass using the left hand. He/she then sprints back under the basket, V-cuts out to the right block, jump stops, retrieves the ball on the right block and does the baseline drop-step move on the right block. He/she continues back and forth from block to block for one to two minutes. Players #2 and #3 rebound and place the ball on the blocks for player #1. After one or two minutes, the players rotate and #2 now does the moves.



Jump Hook to the Lane Drill

The same set-up and procedure are used in this drill. This time, instead of making the baseline drop step move, the player fakes the baseline drop step, and drops his/her inside leg toward the lane and hoop, and does the one-handed jump hook move, extending the shooting arm high and keeping his/her body between the ball and the defender.

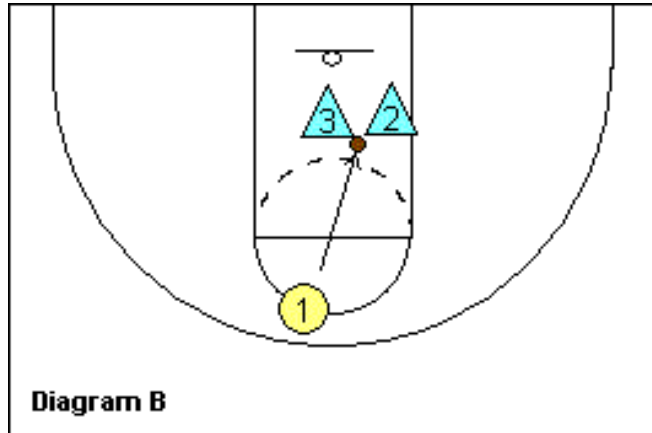
Turn and Shoot Drill

Again, the same set-up (Diagram A) is used as in the Drop Step Drill. This time player #1, sprints out from under the basket, jump stops, retrieves the ball, makes a head-shoulder fake toward the lane, pivots on the outside foot and shoots the short bank-shot off the glass. He/she then sprints back under the hoop, V-cuts out to the right block and repeats the move on the right side (jump stop, retrieve ball, fake to the lane, pivot on the left foot, and bank it in).

Power Shot Drill (Diagram B)

This drill will simulate contact when going up for the shot. Players should learn to "finish" even when under pressure.

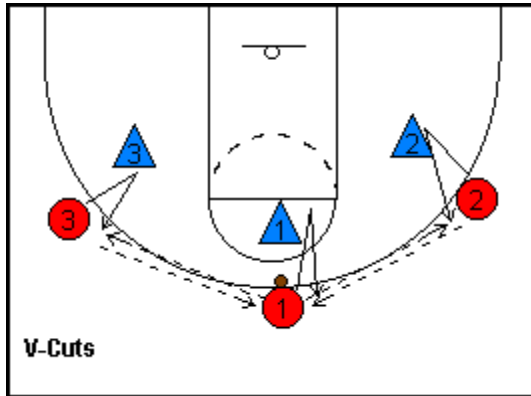
In this drill, the ball is placed on the floor, in the lane near the basket, between defenders #2 and #3. Players #2 and #3 extend their arms high over their heads and keep them there at all times. #1 runs in and picks up the ball and puts it under his/her chin with elbows out in a strong position. He/she then tries to power the shot up between the arms of the defenders. The defenders may "body up" and bump the shooter, and may actually hit his/her shooting arm, but may not jump or attempt to block the shot. After a few attempts, rotate players.



If you want, you can even include boxing-out and rebounding in this drill by adding the 3-Man Rebounding Drill after each shot is taken.

Drills for Teaching the 3-2 Motion Offense

This article features some break down drills for teaching the 3-2 motion offense. These drills may involve only certain positions, and not the entire team. You may want to work with the perimeter players, while on the other end, your assistant works with the post players, or vice-versa.

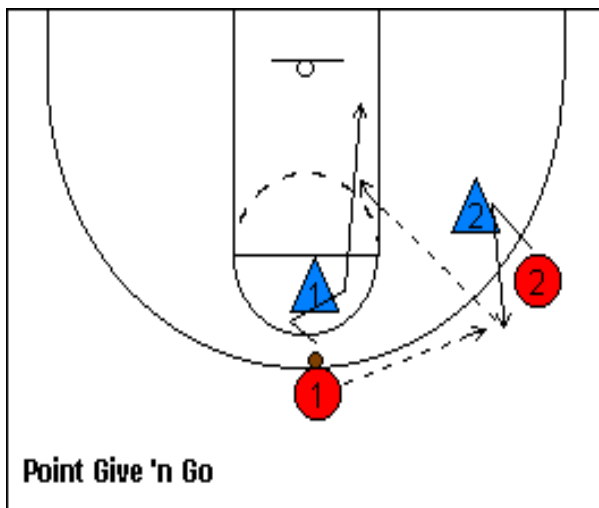
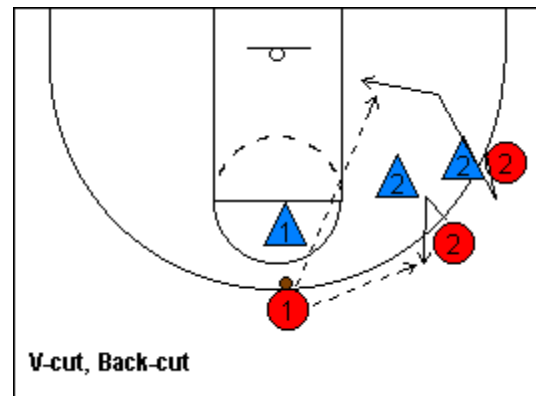


V-Cut Drill

Teach your perimeter players to V-cut, replace themselves, and receive the pass. Make sure they catch the ball in triple threat position. Use groups of three, and start with no defense, or token defense (no deny). The players reverse the ball around several times. Then you yell "Go!", and anything goes with the offense attempting a quick score, using a dribble move, a cut and pass, screen, back-cut, etc.

V-Cut, Back-Cut Drill

After teaching the V-cut, teach the back-cut, which is used when the defender over-plays, or denies, the pass. Have your #2 defender deny the pass, and teach #2 to recognize this situation and make the back-cut for the pass from #1. Initially, use token defense, and then go 2-on-2 with hard defense. The #2 offensive player must learn to read the defender, and learn when to v-cut, and when to back-cut.

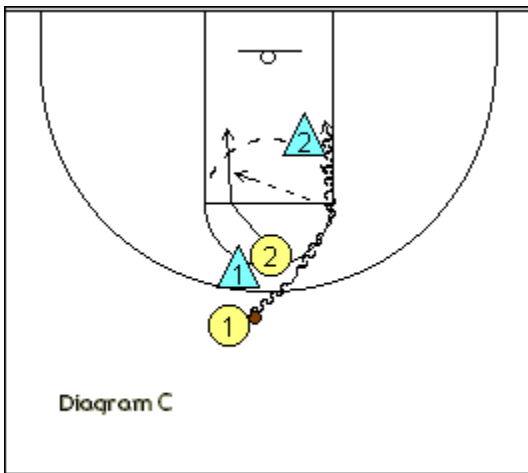
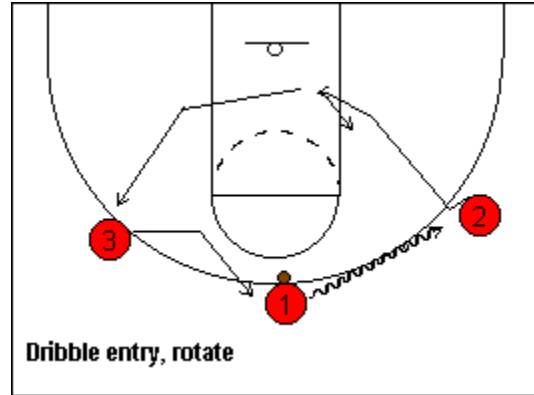


Point-Guard Give 'n Go Drill

Again, use the 2-on-2 setup. The #2 defender plays "soft" and allows the pass from #1 to #2. #1 fakes left, and makes the basket cut looking for the return pass from #2. Have the #1 defender play token defense at first. Then "go live". If the #1 defender over-plays the passing lane (because he knows the drill), then the point guard can fake the cut and pop back out for the pass and outside shot. If the #2 defender "cheats" toward the passing lane, then #2 offensive player can fake the pass, and dribble-penetrate to the hoop.

Dribble-Entry, Rotate Drill

Now teach that if #1 is not able to make the pass to the wing, he may simply dribble to the wing and replace the wing. The wing player must recognize this, and then back-cut to the hoop. He may cut all the way through to the opposite wing, or he can button-hook at the low post if he feels he can score on his defender down low. The opposite wing replaces #1 at the point. Rotate around several times (go left also) and then yell "Go!", and finish the set with a pass to a cutter for the lay-up or shot.



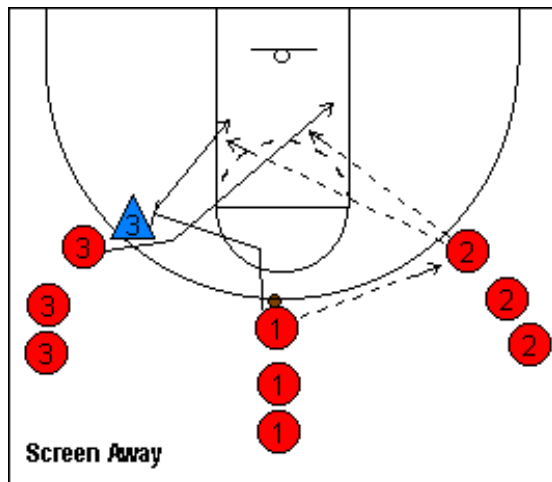
On-Ball Screen and Roll Drill

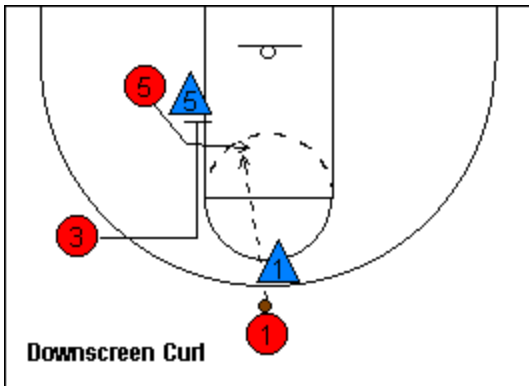
Again, use the 2-on-2 setup. #1 has the ball. #2 comes from his wing and sets a screen for #1. #1 dribbles around the screen to the hoop. #2 seals the #1 defender and rolls to the hoop. For correct screening techniques see "Setting Screens".

Also reverse the rolls. Have #1 pass to #2 on the wing and then follow his pass and screen for #2. #2 goes around the screen and takes it to the hoop, while #1 seals and rolls to the hoop after the screen.

Screen Away Drill (see "Setting Screens")

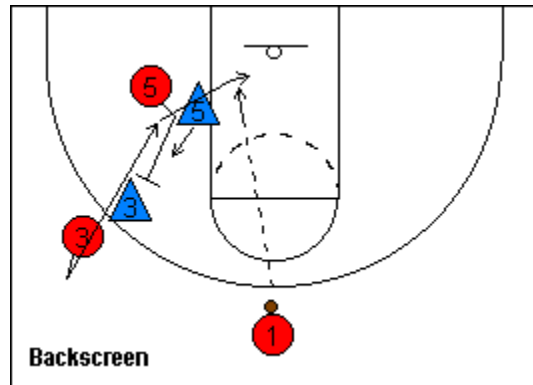
Teach all your players correct screening techniques with this drill. Use three lines. #1 passes to #2, and "screens away" for #3 on the opposite wing (use a coach or manager as a token defender). #3 rubs off the screen and cuts to the hoop. Make sure that #3 waits for the screen to arrive, and that #1 sets the correct angle on the screen. Also, make sure that #1 seals the defender, and then rolls to the hoop after #3 cuts around the screen. #2 can pass to either cutter. Although not shown in the diagram, have #2 make a v-cut to receive the ball... again reinforcing that there is no standing still to receive a pass.





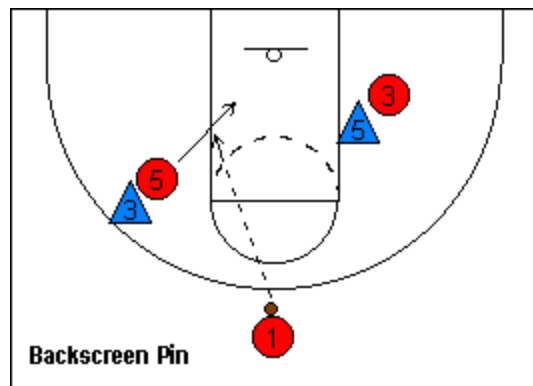
Down-screen Curl Drill

Teach your wings how to down-screen for the low post. The low post player curls around the screen for the pass and jump shot. Work both sides of the floor. Start with the #5 defender playing token defense, and progress to hard defense.



Back-screen Drill

Teach the low post players how to correctly back-screen for the wing. The wing behind the screen for the pass from #1. Show token defense at first, and have the #5 defender let #3 cut to the hoop for the pass and lay-up.

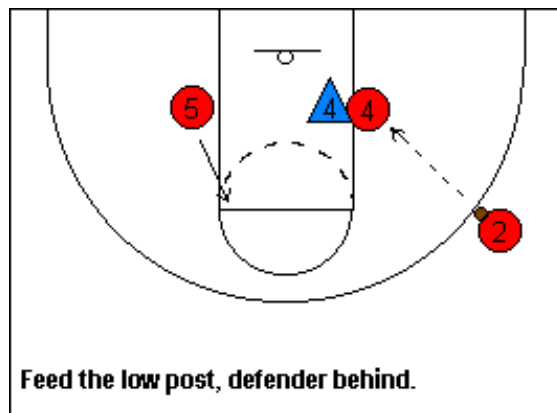


Then teach the "back-screen pin". In this case, have the #5 defender switch on the back-screen and pick up the cutter #3. #3 recognizes that he is covered and moves out to the opposite short corner (for spacing). Meanwhile, #5 who has screened the #3 defender, also "pins" the defender thereby gaining inside position. He rolls to the hoop for the pass and lay-up. Again, start with token defense.

Then progress to hard defense allowing the defense to either fight through the screen, or switch. In either case, the offense must learn to read the defense... if the switch is made, use the back-screen pin.

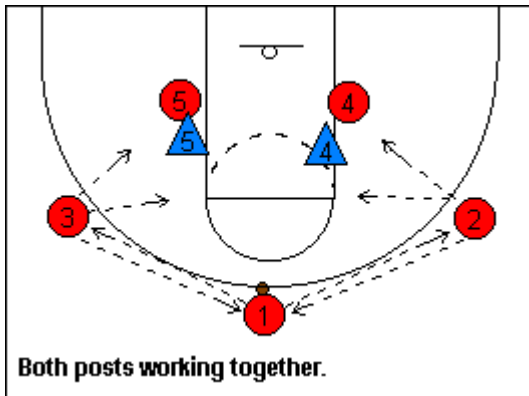
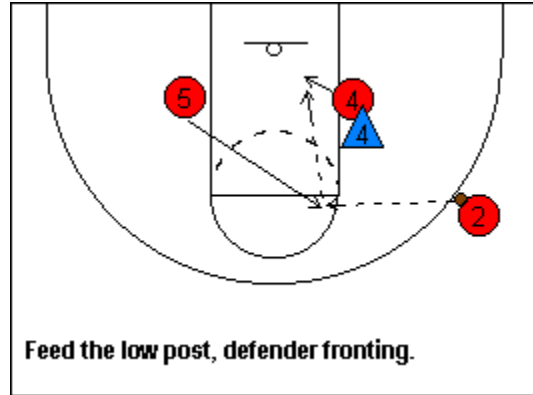
Feed the Low Post, Defender Behind Drill

Teach the wing players to try to make the pass to the low post when the defender is playing behind him. You can also place a defender on the wing player, so he has to "step-around" to make the pass. #4 must get wide with arms out to receive the ball. Once the pass is made, the opposite post should recognize that he should move to the high post, to allow spacing for #4 to make the post move on his defender.



Defender Fronting the Low Post Drill

Have your low post dead-fronted. Teach #5 to recognize this situation, and then flash to the ball-side high post position to receive the pass from #2. #4 should “pin”, or seal, his defender and get inside position for the pass from #5. Have all your post players take turns, to learn to recognize this situation. The other option to be practiced here is having #4 pin the defender and “step-off” toward the hoop for the high lob pass from #2 to #4

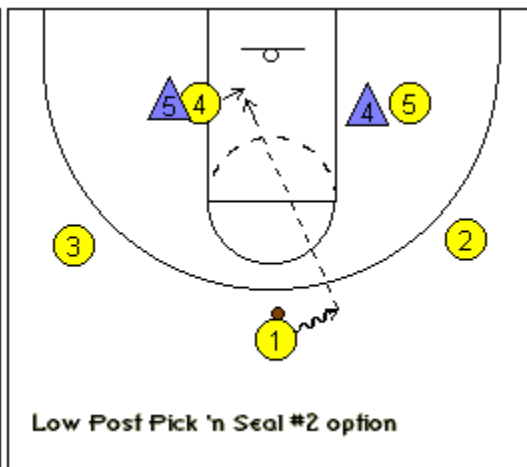
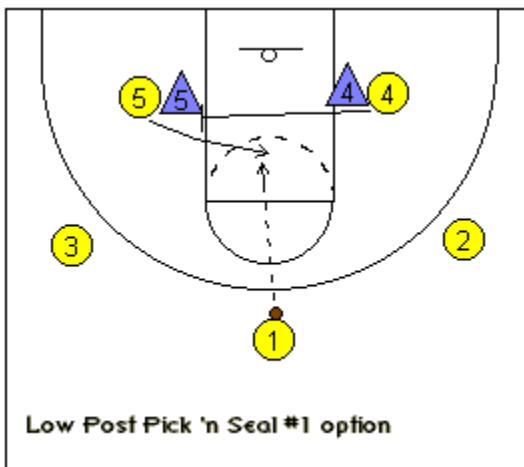


Posts 2-on-2 Drill

Now use three perimeter players to rotate the ball (you can have them v-cut as in drill #1 above). The two offensive post players learn to work together, reading the defense as learned above, and work on screening for each other also. When they receive the ball in the low post, let them make a post move on their defender. Use token defense at first, and progress to hard defense.

Now, one last thing!

Your post players must learn how to screen for each other, and how to “pin” the defender after the screen, for inside position. This is very important for getting easy, inside baskets. See the diagram below. If the ball-side post player cannot get open for the pass, he can screen away for the opposite post player, who comes to the ball. If he does not receive the pass, or if the defense switches on the screen, he can move out to the short corner (for spacing). Now the other post player should have inside position if he correctly pinned his defender when setting the screen. Incorporate these concepts in the “Posts 2-on-2 Drill” above. Be innovative! Create your own drills to help teach the “motion offense”.

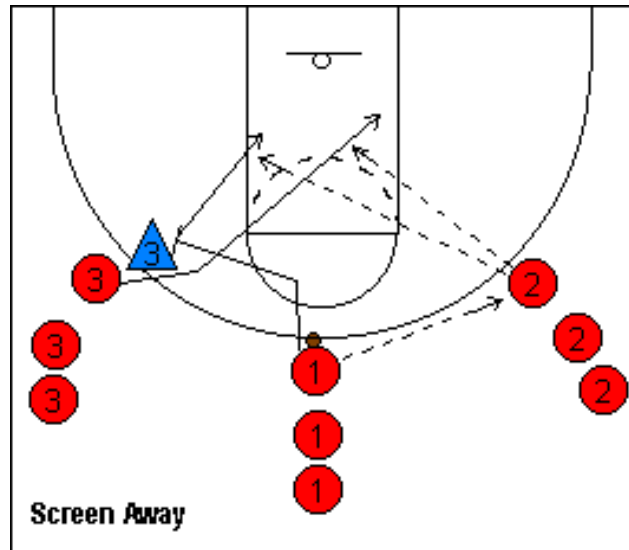


Pick Drills

It is important that your players know how to set correct screens. The first drill is a pass and "screen away" drill that helps stress all the ingredients of setting good screens, and teaches the pick and roll move. The second drill is a screen set for the ball-handler, with execution of the pick and roll move. For the important basics of setting screens, see "Setting Screens".

Drill #1. Pass and screen-away.

Create three lines out along the 3-point arc corresponding to a point guard, and both wing positions (see diagram). Have an assistant or manager be the token defender on the left wing. The point guard starts with the ball by passing to the right wing. He then "screens away" for the left wing, setting the pick on the defender. The wing player cuts around the screen and gets the pass from the right wing, and takes it to the hoop. The screener should "roll" off the pick after his teammate cuts around. See "Setting Screens" for correct screening techniques, and the pick and roll technique. Have the players rotate right wing, to point, to left wing.



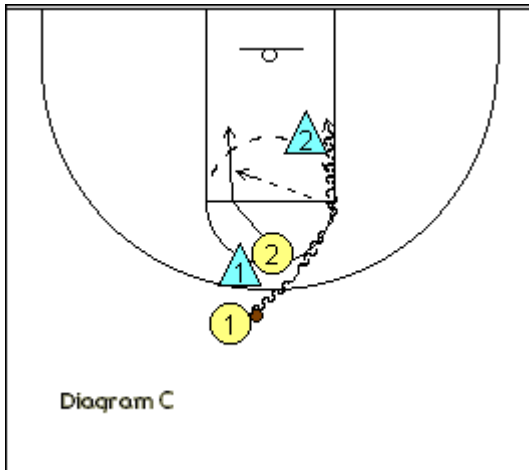
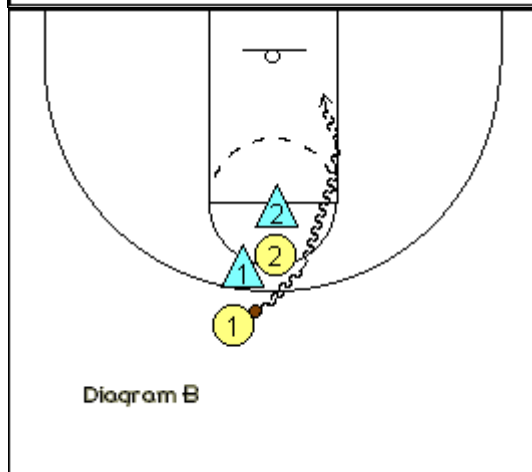
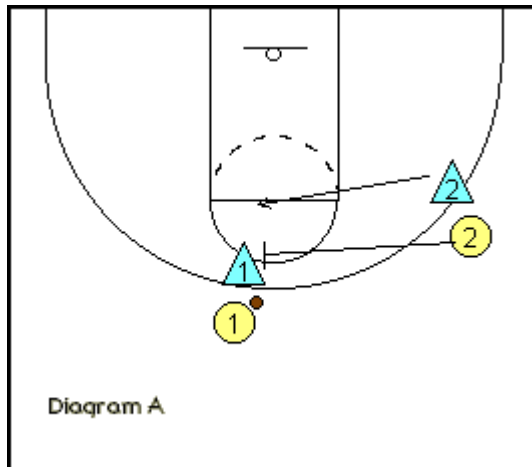
Make sure that the screeners make contact, get wide and strong and stationary with arms in, and make sure they have the correct angle on the screen. Make sure the player cutting off the screen waits for the screen to develop, and "rubs off" the screen correctly. Make sure the pivot on the roll move is toward the cutter, not away... a player should not turn his back to his teammate.

Make sure as always that players hustle, and the passes are sharp. Once you feel that your team is making good screens, "go live". Break up into groups of three, and put a defender on each offensive player. Tell the defenders to allow the first pass to the right wing, but then play tough "D". You can now also teach your defense how to fight through, and slide behind a screen, and how to call a "switch" on defense. You can also start with a pass to the left wing, and screen right, or let it up to the point guard to go either way. Look at the diagrams below for common screening errors.

Drill #2. Front screen set for the ball-handler.

#1 and #2 have defenders on them. #2 sets a front screen for #1 (Diagram A). #1 dribbles around the screen, "brushing off" the screener. If the defense does not switch, #1 takes it in for the lay-up (Diagram B), and #2 will roll as the trailer for the rebound. Now see Diagram C for the next option.

#1 dribbles around the screen. If the defenders switch men, then #1 dribbles another two or three steps to clear the screen. Meanwhile, #2 seals off the #1 defender and rolls to the hoop. #1 makes the bounce pass to #2 who takes it for either the lay-up, or the in-the-paint jumper.



Common Screening Errors

○ = Offensive teammate ● = defender ● = screener

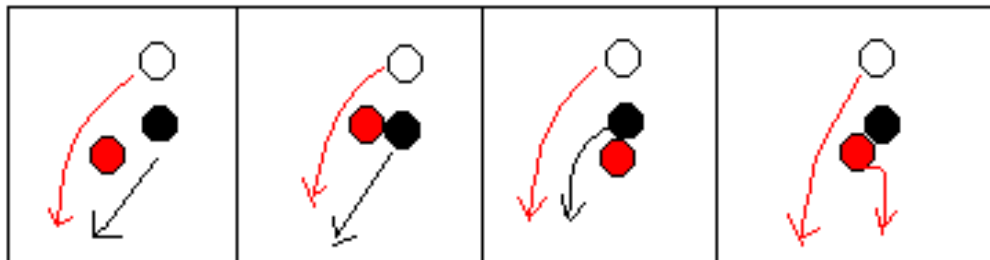


Diagram A
"Too wide"

Diagram B
"Too high"

Diagram C
"too low"

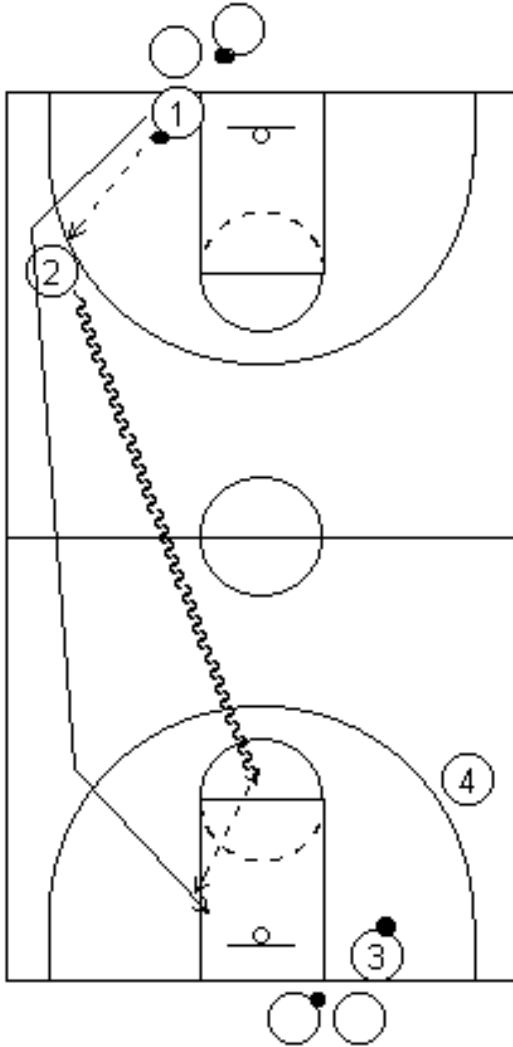
Diagram D
Perfect pick & roll

Pitch 'n Fire Full-Court Drill

This offensive drill emphasizes full-court offensive transition skills and conditioning. Players will use the speed dribble, jump stop, passing and receiving on the move, and the lay-up. The re-bouncer is taught to get the ball out of the net (after the basket is made) and get the ball in-bounds quickly.

Setup:

Pair up, each player has a partner, and each twosome has a ball. Use both the left and right sides of the floor.



The Drill:

The first twosome on each end start with one player sprinting up to the wing and other passing in-bounds quickly to her. The ball receiver speed dribbles the length of the court to the free throw line, and passes off to her partner, who has cut full-speed up the sideline, and then 45 degrees to the hoop, for the lay-up. The non-shooter grabs the rebound out of the net, before it can hit the floor, steps out of bounds and passes quickly into her partner, who is now on the opposite wing, and they repeat the same drill going back up the floor on the opposite side of the floor.

Run both sides of the floor. The next twosome in line starts when the first twosome reaches half court. The drill is continuous, no stopping.

Pointers:

1. Stress that the re-bouncer quickly snatch the ball out of the net and get it in-bounds, and her partner should be ready for the reception on the wing.
2. The dribbler speed dribbles and comes to a jump stop before making the pass for the lay-up.
3. The shooter receives the pass on the move, makes the jump stop to get control, and lays the ball in off the glass.
4. A good conditioning drill!

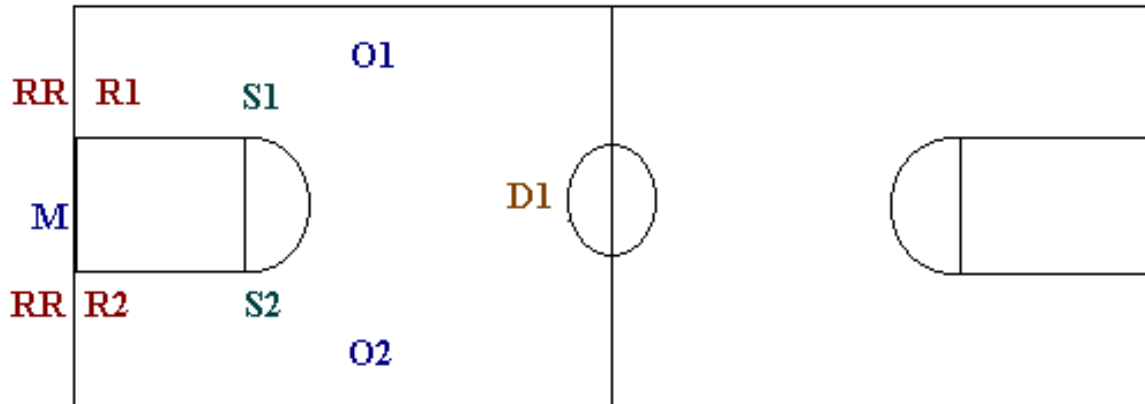
The Rebound-Outlet-Break Drill

Objective

The objectives of the R-O-B Drill include both offensive and defensive skills during the transition phase of going from one side to the other, as in offense to defense and vice versa.

Set-up

To set up the drill you will need 2 re-bouncers(R1 & R2), 2 shooters(S1& S2), 2 outlets(O1 & O2), 1 defender(D1), and the entry passer(M).



To Begin

R1 and R2 start on the blocks facing S1 and S2. M will pass to S1 or S2 - we will go with S1 to explain the drill.(diagram 2)

When S1 catches the ball:

- R1 must call "ball" and cover S1 immediately.
- R2 must cover S2 and deny pass.
- S1 catches the ball and shoots immediately.*
- R1 must contest shot, yell "shot", and screen S1.
- R2 hears "shot" and screens S2.

**alternative is to allow one pass to S2 to work on pass denial and R2's communication - "ball", "shot", etc.*

When shot occurs:

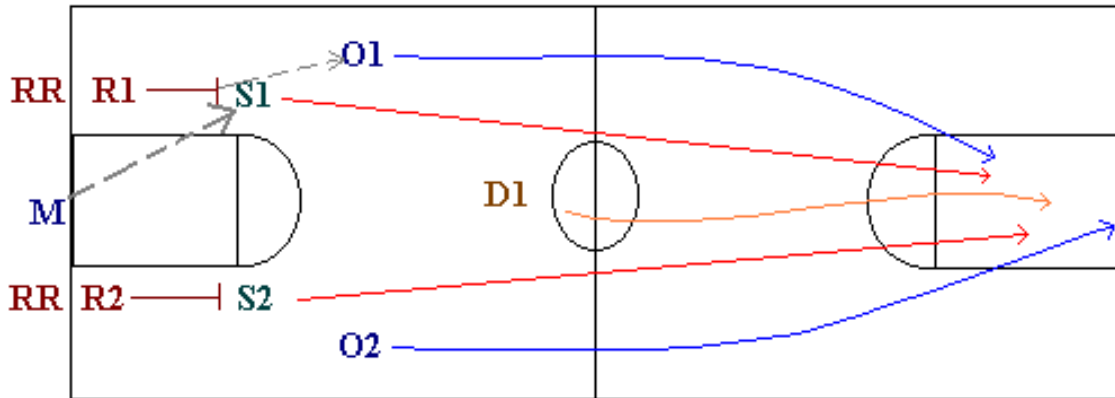
- R1 and R2 are to screen out shooters until ball hits floor.
- R1 and R2 hold screens whether shot is made or not.
- S1 and S2 battle to get offensive rebounds.

If R1 gets rebound:

- O1 calls for "outlet" while moving up the floor.
- O2 breaks for basket.
- S1 must pressure pass, then retreats on 'D' after throw.
- S2 must hustle back to stop O2.
- D1 drops back to stop 2-on-1 break.
- O1 and O2 try to score on D1 before help arrives(S1& S2). 2), 1 defender(D1), and the entry passer(M).

Drill Rotation:

- R1 and R2 become S1 and S2.
- S1 and S2 become O1 and O2.
- If O1 shoots ball, he becomes D1.*
- D1 and O2 go to R1 and R2 lines.
- *Shooter becomes defender



Variables:

- If S1 or S2 get the rebound, then R1 and R2 must run two walls.*
- Anyone who makes a turnover must run two walls.
- If O1 forces turnover passing to O2, he runs two walls and O2 goes to D1.
- *S1 and S2 remain as shooters

What we are trying to accomplish:

1. Transition

A. We want to instill in the defense to become the offense immediately by finding the outlet, pushing the ball up the floor as quickly as possible and gaining the advantage - ex. 2 on 1 break. We must do this before the opponents can get back and 'help out' on defense at the other end of the floor.

B. We want the offensive players to battle for offensive rebounds, put pressure on the opposing passer, and still get back on defense as quickly as possible.

2. Rebounding

A. The objective here on defense is to teach proper blocking-out techniques and sustaining the screen as long as possible.

B. On offense we try to instill a more aggressive attitude toward the non-shooter in going after offensive rebounds and the shooter to follow his shot.

3. Communication

A. The re-bouncers are to communicate where the "ball" is when their man has the ball, and to tell everyone that a "shot" has gone up, which will tell teammates it is time to block out.(This can be enhanced by allowing S1 and S2 to pass the ball before shooting.)

B. We also want re-bouncers to get in the habit of getting the ball to an "outlet" as quickly as possible.

As with most drills, there are many variations that you can use to meet the needs of your players. We found this drill to be successful for players who needed work on communication, pushing the ball up the floor, and especially in getting good position and blocking out on the defensive end of the boards.

Transition Offensive Drills

There are several drills that can be used to help with your transition offense. Before proceeding here, read the page on Transition Offense first. The transition offense and fast break can be broken down into its components when practicing and doing drills.

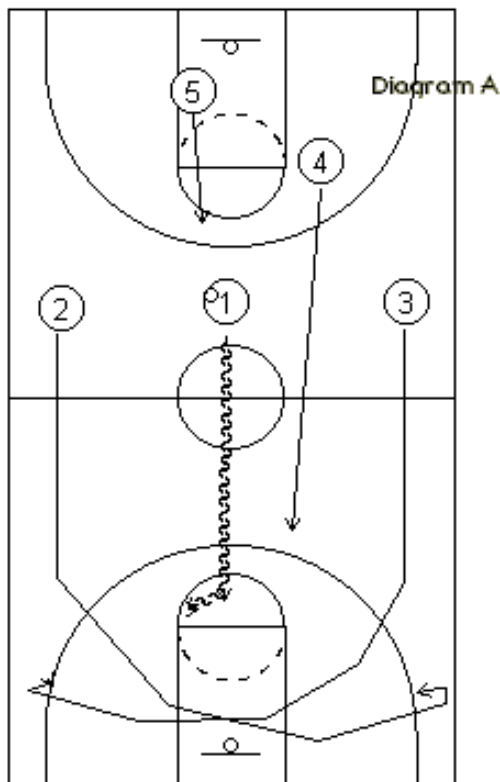
Rebound and outlet pass

First, to get the break going, you must box-out, get the defensive rebound and the quick outlet pass. Some coaches teach getting the outlet pass to the ball-side wing, while others teach passing the outlet directly to the point guard in the center near the free throw line. Design your drill depending on which method you like.

Have two offensive and defensive re-bouncers near the basket. If you are teaching the wing outlet, have a guard on each wing (free-throw line extended). The coach shoots the ball up and the re-bouncers fight for position and get the rebound. If the offense gets the ball, they return it to the coach for another shot. When the defender gets the rebound, he pivots immediately on his outside foot toward the sideline, wheels and throws the two-handed overhead pass to the wing. Repeat this over and over, to both sides. From time to time, have another player, manager or assistant step into the outlet passing lane, so that the re-bouncer learns to look first for his receiver, before blindly making a bad pass.

For the center outlet pass, use this same drill, except instead of the wings, just have your point guard in the center above the free throw line. Put a defender on him and impress upon him that he has to work hard after the rebound to get open and get the pass. In this offensive scheme, the point guard must get the ball. The re-bouncers, instead of pivoting

to the outside wing, are now looking up the middle. Once the point guard gets the ball, he pivots and starts the speed dribble up court. Once he reaches mid-court, the drill is over, and he passes back to the coach.



Filling the Lanes

Run 5 on 5, full court. Start the drill with both teams in a half court situation. The coach puts the ball up on the rim and players fight for position and rebound. If the offense gets the rebound, start the drill over. Once the defense rebounds, they should get the outlet and then fill the three lanes, and run the fast break full court, with the trailer and preventer coming last (see Diagram A).

If the defense steals or intercepts a pass, have them start their own fast break. If the defense stops the break in the half court (without getting the ball), start the drill over on that end of the floor for the other five players.

Pointers:

1. Make sure the outlet is clean and the pass is not forced.
2. Try to get the ball centered, if possible.
3. Make sure the lanes are filled quickly, and make sure each player knows his assignment.
4. The point guard should speed dribble the ball up the middle lane and stop his penetration at his own free throw line. He looks to pass to his wings, or can pop the free throw line jumper. If all three lanes are not filled (just two), and he has a two on one situation, he can take it to the hoop for the lay-up, or dish off to his teammate.
5. The wings should be looking for the pass from the point, and take it in strong for the lay-up. If the point guard pops the jumper, the wings should crash the boards for the offensive rebound. If neither happens, the wings should cross under the basket and fill the opposite corner-wing area. As they "clear out", the point guard should veer off to the right side of the free throw circle, and the trailer should be coming through for the pass. This all takes timing. If the trailer gets there too soon, the paint will be congested. If he's too late, the defense is already in position.
6. If the defense, steals the ball during the break, have them push it back up for their own score. You want to make sure the prevent man is holding back and knows how to do his job.

Finishing the break

These drills will help your guards and wings to finish the break with a score.

3- on-1, 3-on-2 Drills

Have three lines corresponding to the three lanes of the fast break, at the half-court line. Have your point guards in the middle lane, and your wings on the outside lanes, in the positions where they usually play in a game. Have one defender in the paint. I would suggest having your players who usually play the "prevent" position as the in-the-paint defender, because this will be a good defensive drill for him to stop the break. Have the point guard run the 3-on-1 break. Make sure the offense knows their assignments as pointed out above in points 4 and 5.

Once they are proficient at breaking the one man defense, have them go 3-on-2.

Defense 1 on 1 Drill

Set-up:

Use both ends of the court and make four lines, one under each basket with the players facing the free throw line, and one at each free throw line with players facing the basket.

The Drill:

The defensive players are under the basket; the offensive players are at the free throw line. The first player in the defensive line passes the ball to the offensive player at the free throw line, and closes-out aggressively. The offensive player tries to score, by shooting or driving to the hoop. The defender should play aggressively and box-out after any shot. Once the offense scores or the defense stops her, it's done, and they pass to next defensive player in line on the baseline. The rotation is that the offensive players go to the defense line and vice-versa.

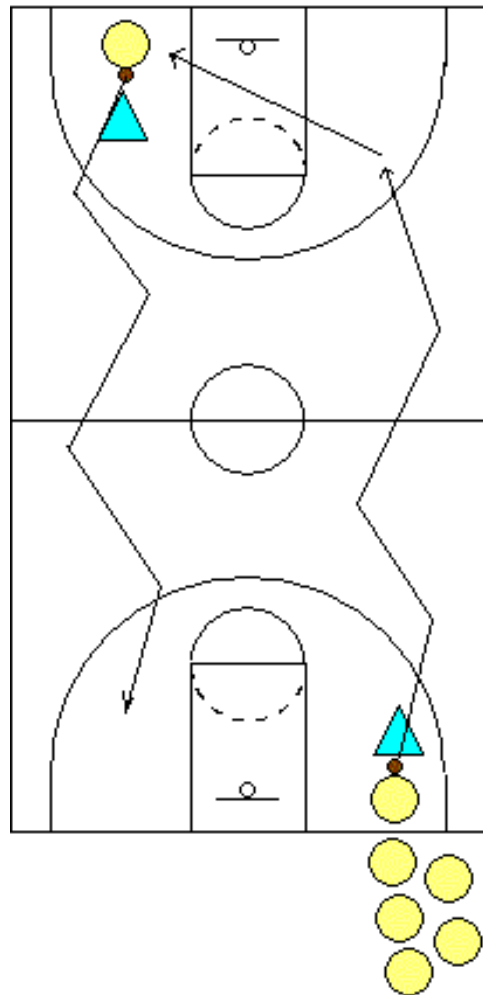
The defensive players should work on proper stance and footwork, and box-out on any shots. The defense should close-out initially with the strong foot forward and that hand up toward offensive player. Over-guard the offensive player's strong side. The other hand should be low, out to the side, palm up. Proper footwork means sliding with the offensive player (don't cross your feet), and staying between the player and the basket. Watch the belly-button, contest all shots with a hand up at the shooter.

You can make a game of it and have your players or managers keep score. Losers run.

Full-Court Drill

This is a good full-court conditioning drill, while working on defensive footwork. See the diagram.

Start with a line at one end of the floor. The first player in line becomes the defender. The next person in line attempts to dribble the entire length of the floor in a straight line, without having to cross-over or change direction. The defender, by using correct footwork, must try to "turn" the defender as many times as he can... i.e. force him to change direction or cross-over dribble. Once they reach the opposite end, the pair moves over to the opposite side of the floor and the original defender now becomes the dribbler and vice-versa for the trip back up the floor. Meanwhile, the next twosome can start up the opposite side of the floor.



Defense Shell Drill

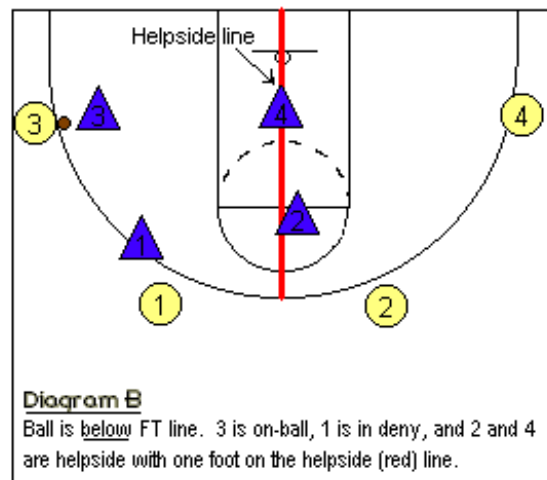
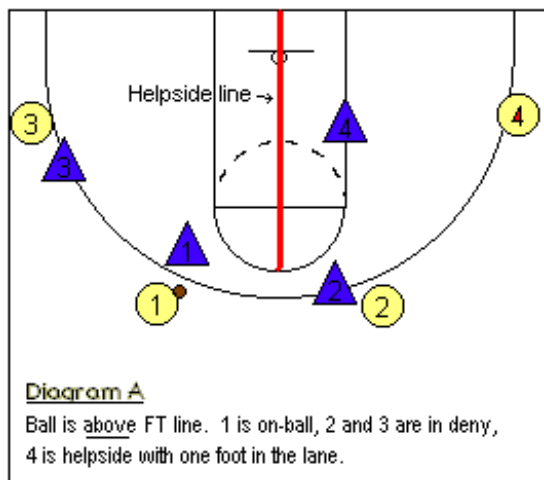
This drill focuses on the basic concepts of "on-ball", "deny", and "help-side" (see Basic Defense).

Set-up:

Use a half court setup with a total of eight players. Four offensive players are positioned around the three point arc. Start with two wings and two players in the corners. Match-up four defensive players with each of the offensive players. You could also use five on each team with a point guard, two wings and two corners. Additional players can sub in and out at your discretion.

The Drill:

The offensive players are stationary, no cuts or dribbling. This is a defensive drill and the offensive players simply pass the ball sharply around the arc. Make sure they receive the ball in "triple threat" position, and have them make some "skip" passes too. The defensive players are not to steal or intercept the ball, since this is drill designed to emphasize proper positioning on the floor. The defensive players must work on proper relationships in positioning with the offensive player they are guarding. If the defender's man has the ball, she should be applying "on-ball" pressure. If her player is one pass away, she should be in "denial". If she is two passes away, she should be in "help-side". If the ball is above the free-throw line (Diagram A), the help-side defender should have one foot in the lane. If the ball is below the free throw line (Diagram B), the help-side defenders should be straddling the



"help-side line". For more of an explanation, see Basic Defense.

Once you feel your team has an understanding of these basic relationships, and all players have been on offense and defense, you can let them play half court all out with cutting, screens, shooting, etc. Watch the defenders carefully for proper defensive positioning. Blow your whistle when you need to make points with the players... somebody messed up, or somebody did something really well.

