

# PRACTICE DRILLS

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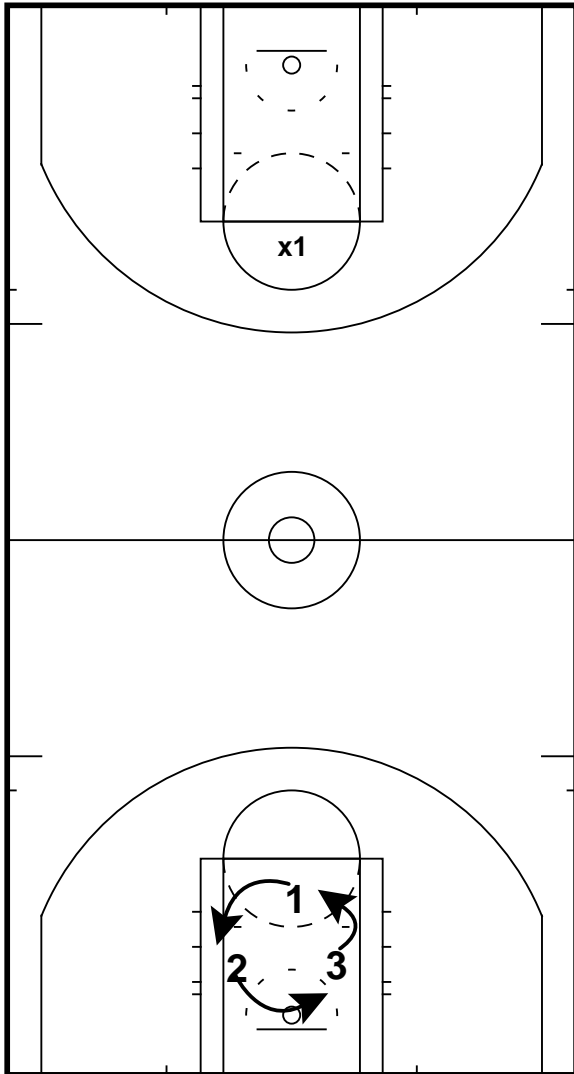
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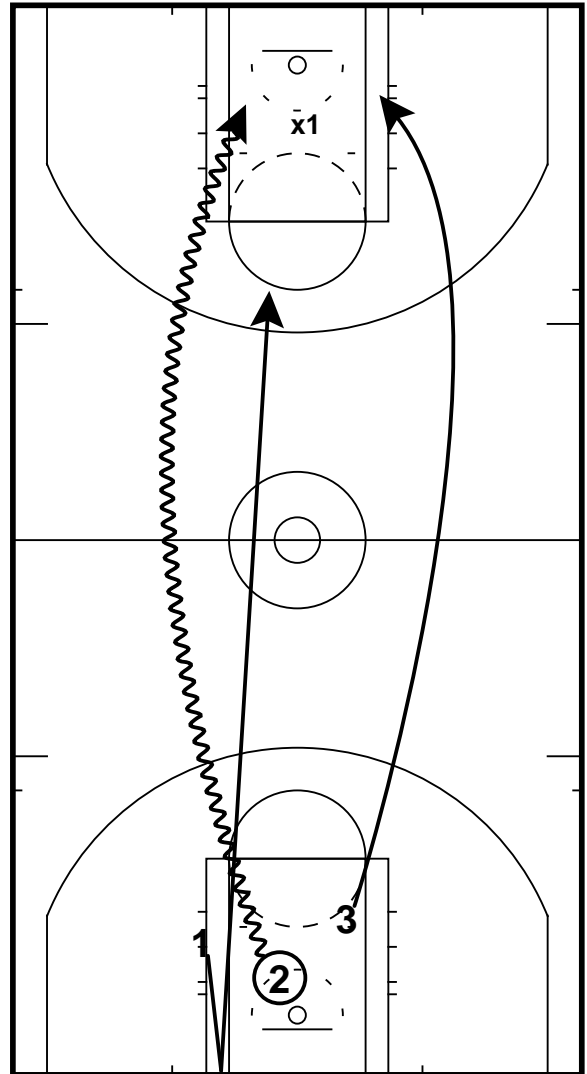
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# Breakdown Drills

Practice Drills  
2 on 1 with Chaser



Practice Drills  
2 on 1 with Chaser

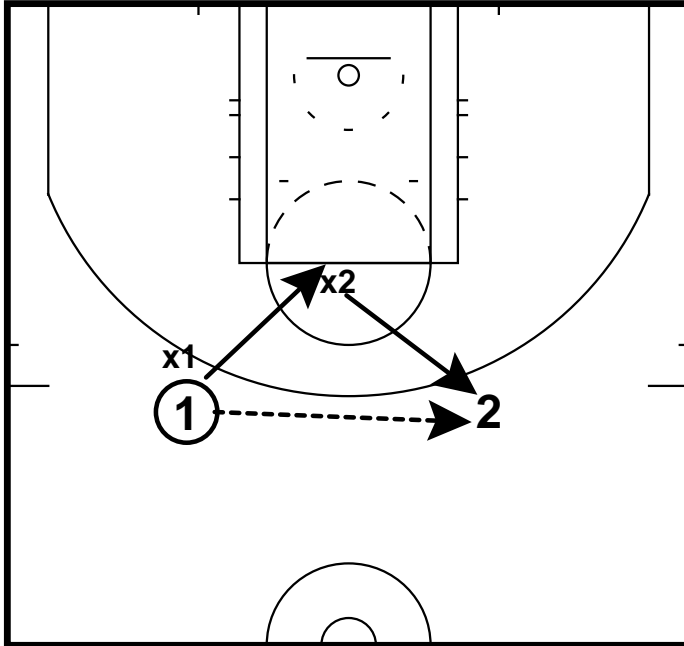


3 players circle handing ball to each other. The Coach calls one of the players name and that player must touch the baseline. The other 2 players execute 2 on 1 fastbreak versus x1. The chaser sprints back to get to 2 on 2.

After the break, 3 new players step on and the drill is repeated. New defender on the opposite end.

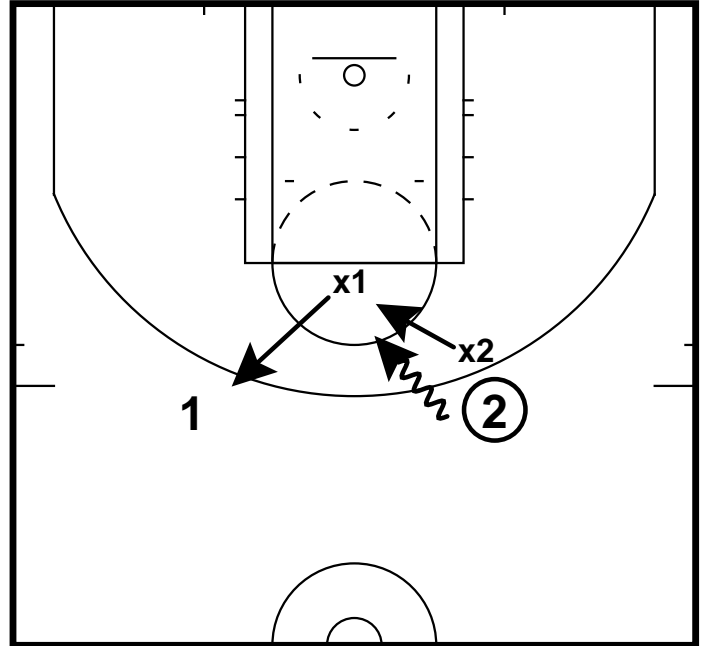
# Breakdown Drills

Practice Drills  
2 on 2 Stunt



- Move on the motion of pass  
- 1 passes to 2/sprint to closeout/nail  
-Closeout accordingly  
\*Repeat by passing ball back and forth

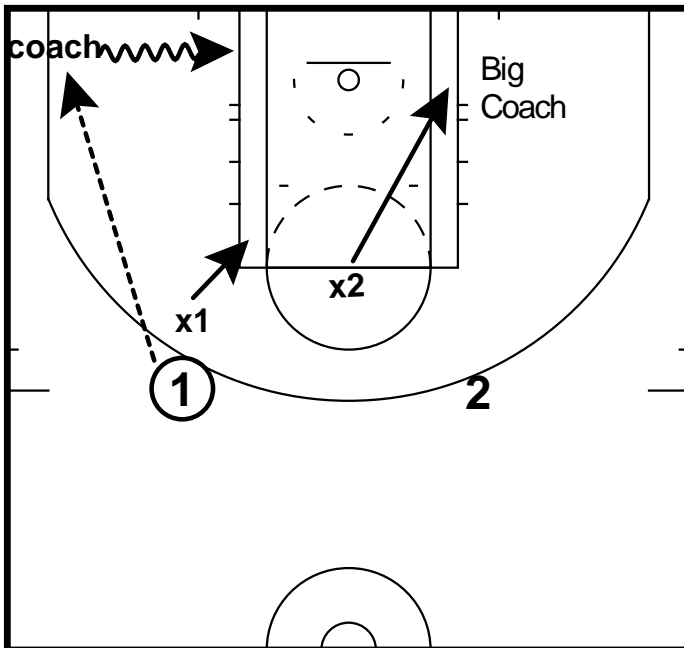
Practice Drills  
2 on 2 Stunt



- Add dribble

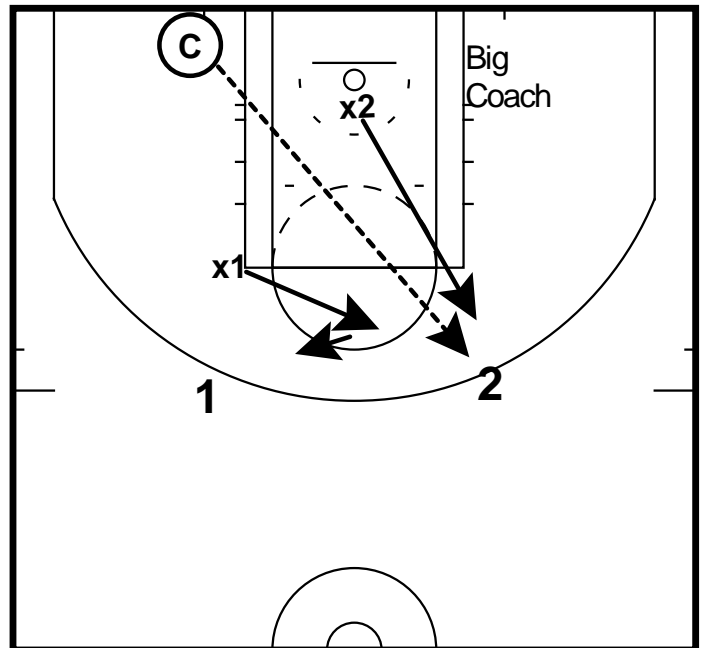
\*\*Repeat this drill from any 2 spots (Gaps) on the floor\*\*

Practice Drills  
2 on 2 stunt the stunter



- 1 passes to coach in corner  
-coach drives baseline  
- x 2 sinks & helps on (Big Coach)

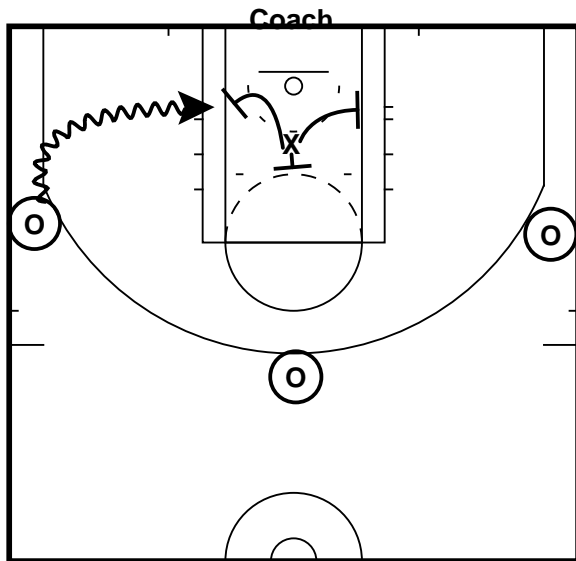
Practice Drills  
2 on 2 stunt the stunter



- Coach skips to 2  
-X1 stunts @ 2  
-X2 closeout to 2

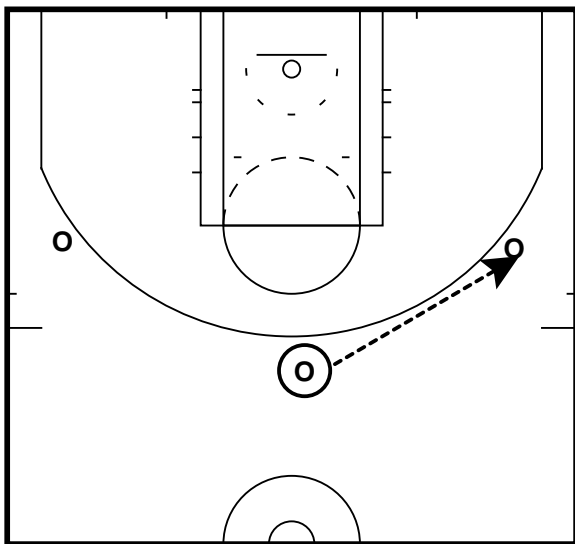
# Breakdown Drills

## Practice Drills 3 vs. 1 Helpside Drill



- All offensive players with ball
- Coach underneath basket
- Coach points at offensive player
- Offensive player drives ball/defender needs to stop ball outside the smile

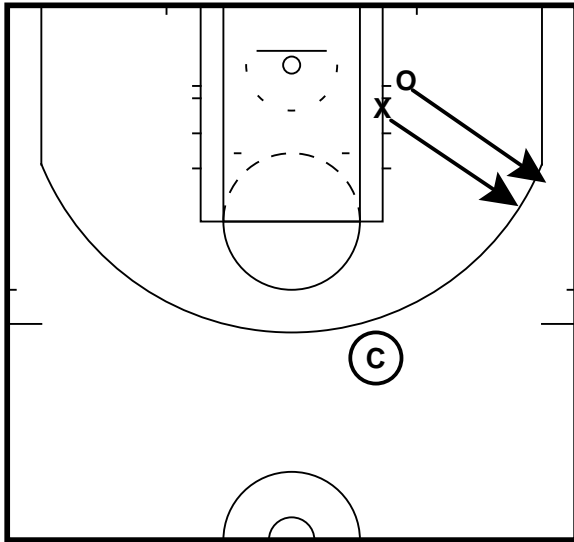
## Practice Drills 3 vs. 3 Drive/Kick



- 3 vs. 3 drive&kick
- offensive players pass and cut
- offensive players penetrate and pitch (No Screening)
- Defense accordingly/working on rotations & Closeouts
- \*\*add a post player\*\* (3 vs. 3 +1)

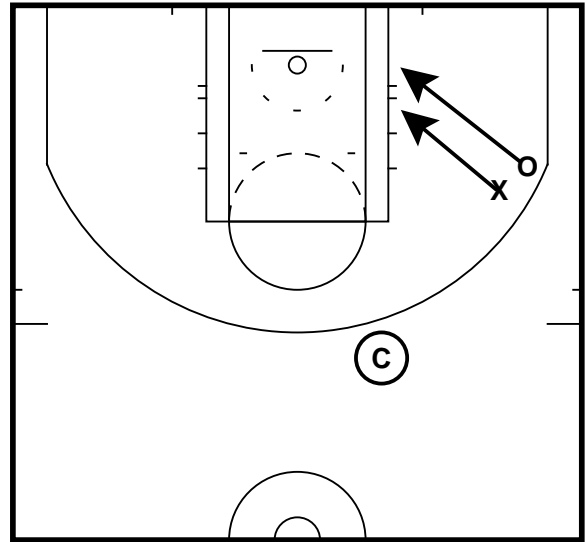
# Breakdown Drills

Practice Drills  
7 Point Drill



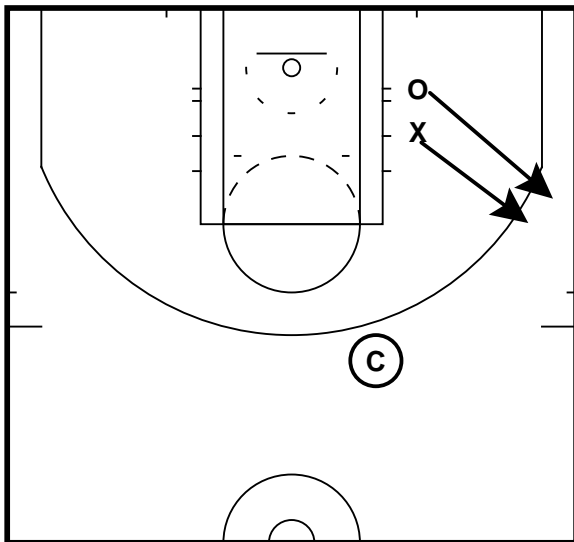
1) Deny Wing

Practice Drills  
7 Point Drill



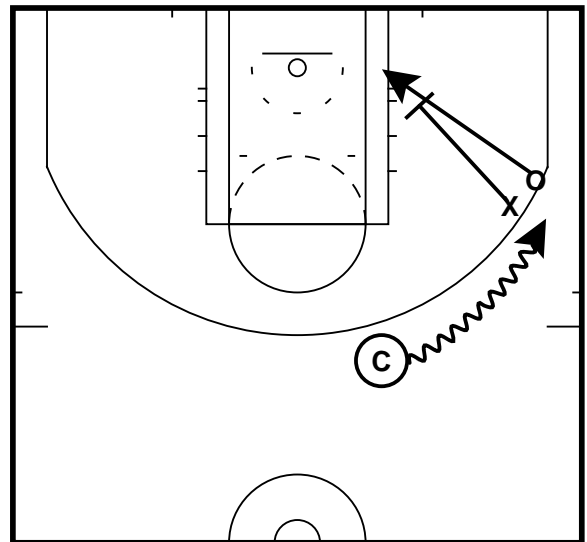
2) Back Cut

Practice Drills  
7 Point Drill



3) Deny Wing

Practice Drills  
7 Point Drill

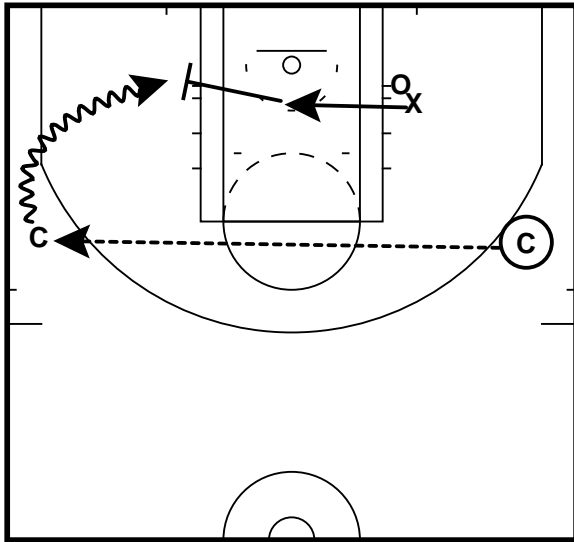


4) Coach dribbles/Offensive player posts/Defender post defense (Guards front/Posts coach decision)



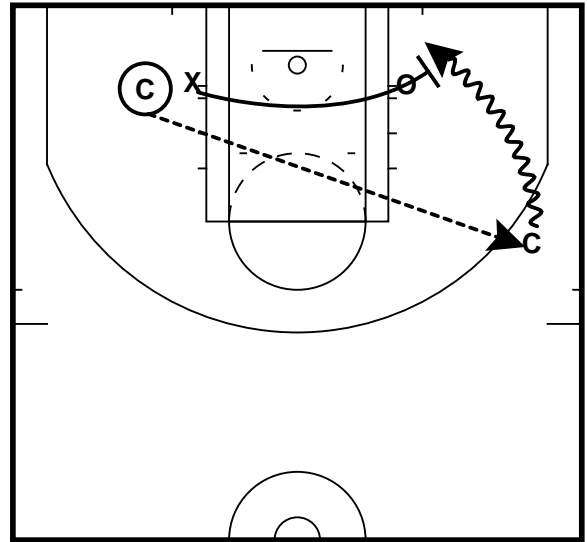
# Breakdown Drills

Practice Drills  
7 Point Drill



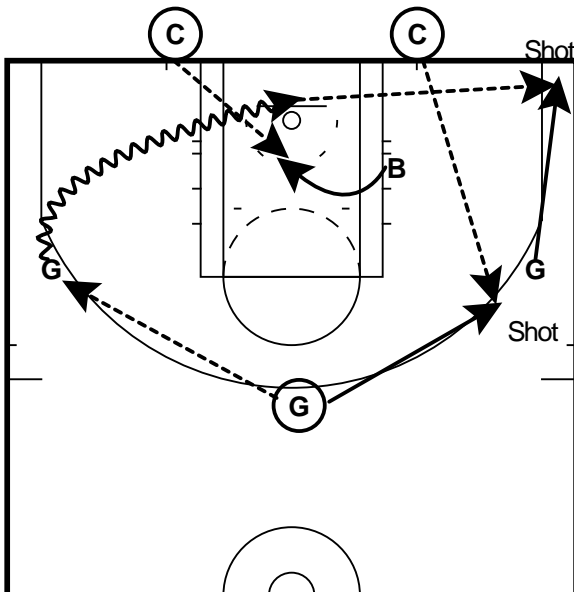
- 5/6) Coach Skip to opposite wing  
-defender jumps to mid-line  
-Coach dribbles/defender steps outside lane to stop penetration

Practice Drills  
7 Point Drill



- 7) Coach skips pass to opposite coach  
-Coach drives baseline  
-Defender sprints to post defense  
-Defender takes charge

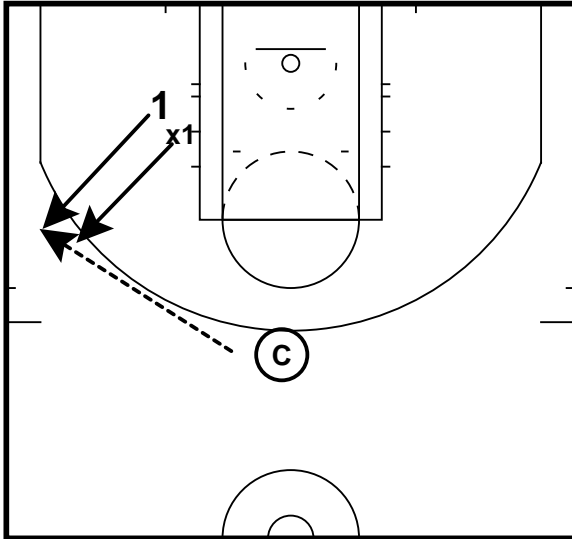
Practice Drills  
Baseline Drift Drill



- 3 Ball Drill
- guard drives baseline (has to get to under rim)
- Drift pass
- Big loops to front of Smile
- Top guard gets to slot
- 3 shots

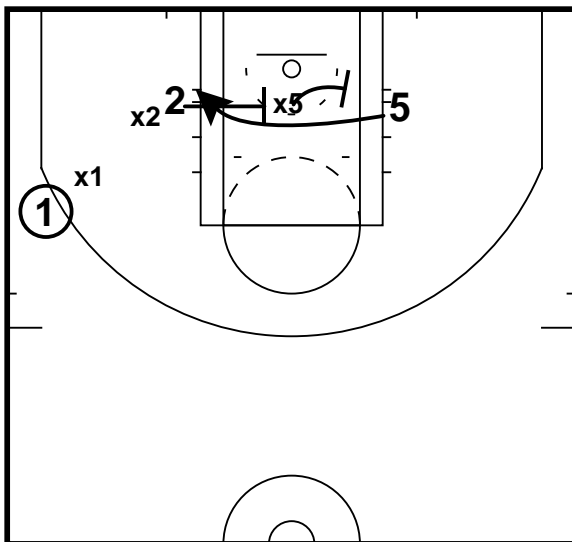
# Breakdown Drills

Practice Drills  
C&DL (Contest & Driving Line)



- Deny Pass beyond 3 point line
- Live 1 on 1 after catch
- Play to rebound/made shot

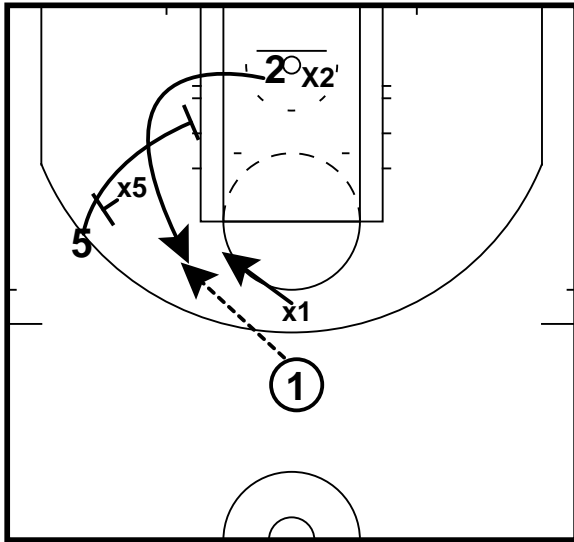
Practice Drills  
Defending Cross Screen



- 2 cross screen for 5
- X5 chests 5& takes away low cut
- X2 stays on cross screen until X5 handles screen

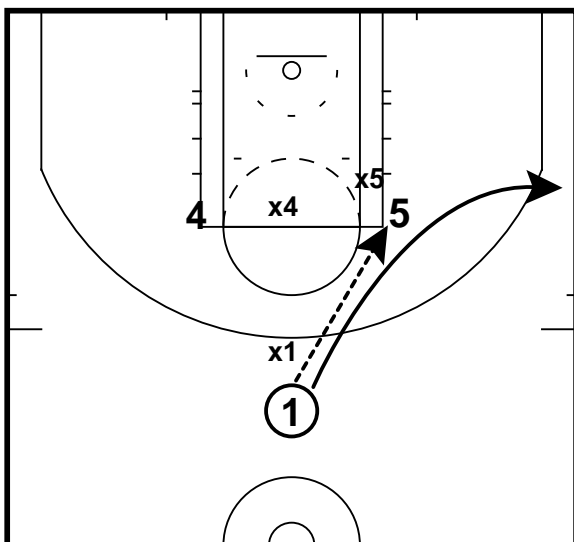
# Breakdown Drills

## Practice Drills Defending Down Screens



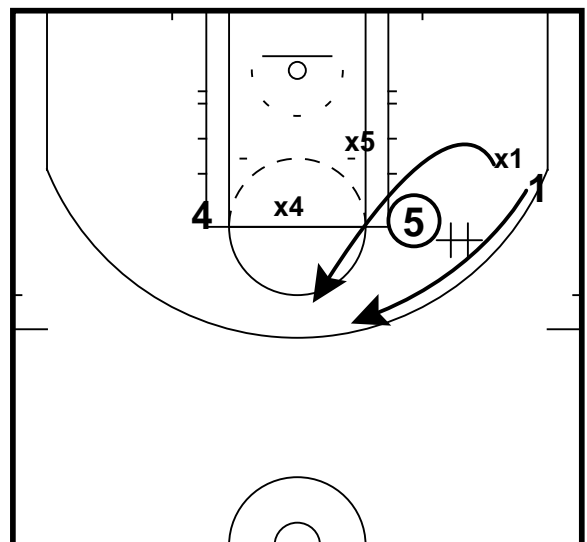
- 5 sets down screen/X5 chest screener
- 2 curls into elbow area/X2 is makes 2 go 1 way
- X5 keeps hand on 5, quick show
- X2 lock and trail/X1 quick stunt to elbow

## Practice Drills Elbow Drill



- 1 passes to 5
- 1 pinch post with 5.
- X1 chases over top of pinch post
- (X4-stunting) (X5-Defense accordingly)

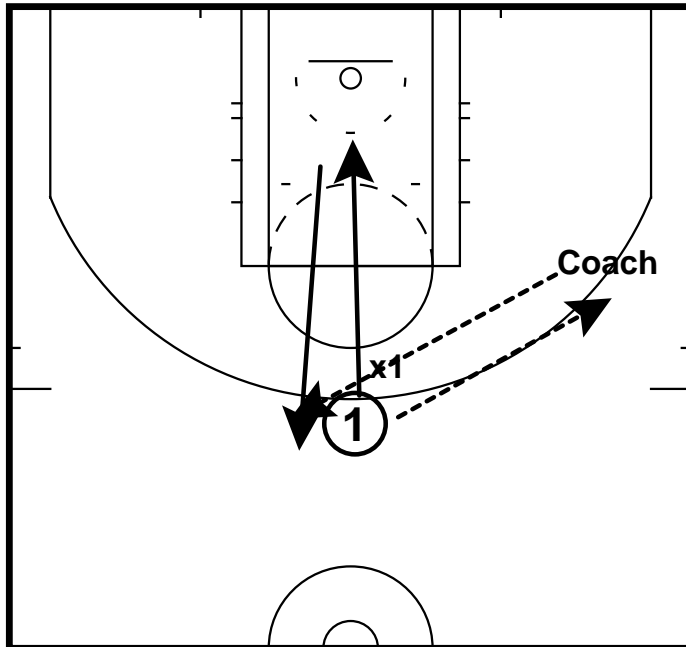
## Practice Drills Elbow Drill



- 5 DHO 1
- X1 goes under
- \*\*Repeat drill both ways and rotate accordingly\*\*

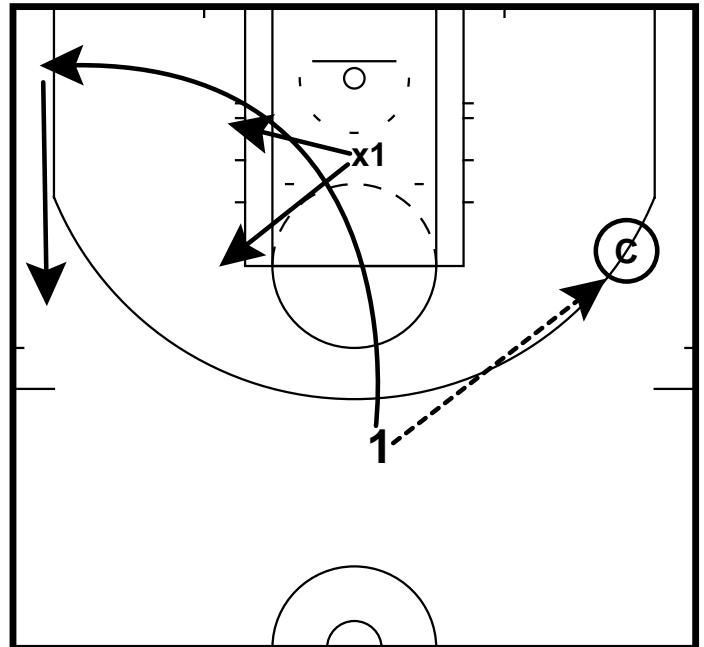
# Breakdown Drills

Practice Drills  
Position Defensive Series (top)



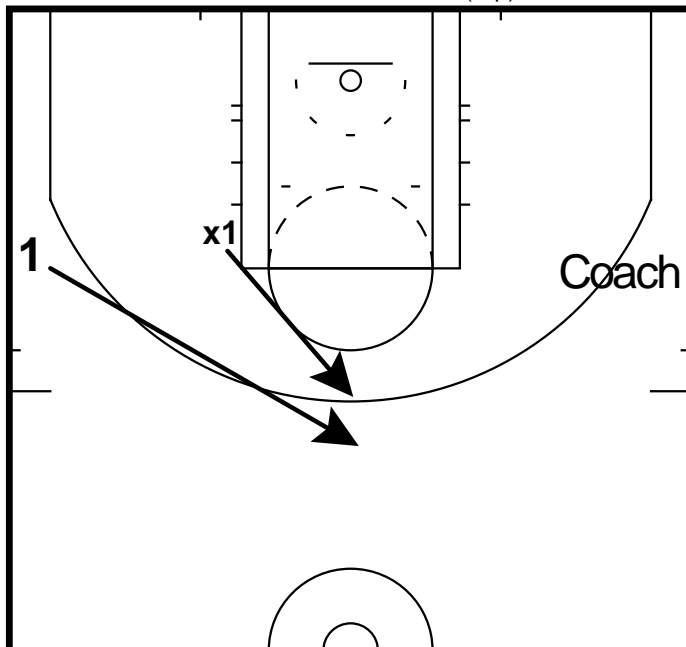
- 1 passes to coach/ cuts to basket/ cuts back to top
- defense must make 1 catch outside 3
- throw back to coach

Practice Drills  
Position Defensive Series (top)



- 1 cuts to smile and empties (defender can't get turned) (Coach can drive to simulate help)
- Cleanse (2.9)
- 1 offensive player works up sideline/defender stays on level of the ball

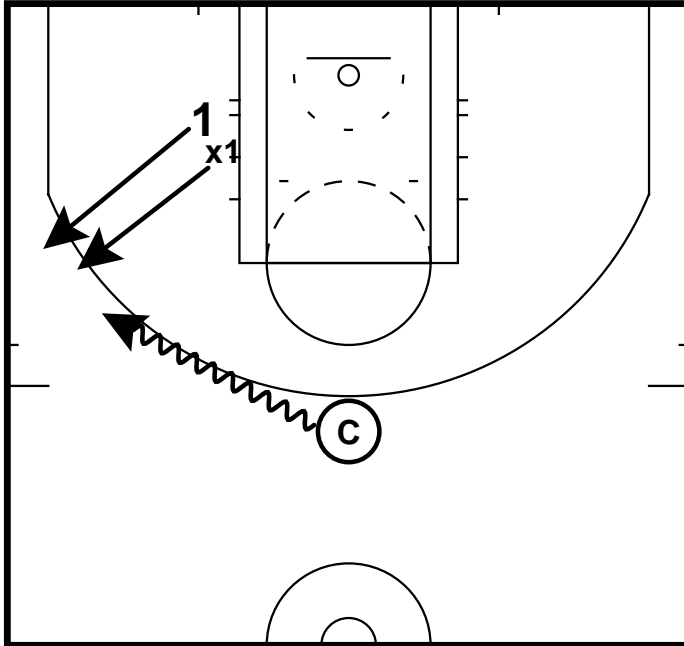
Practice Drills  
Position Defensive Series (top)



- 1 flashes/x1 deny cutter beyond 3 point line
- play live 1 on 1

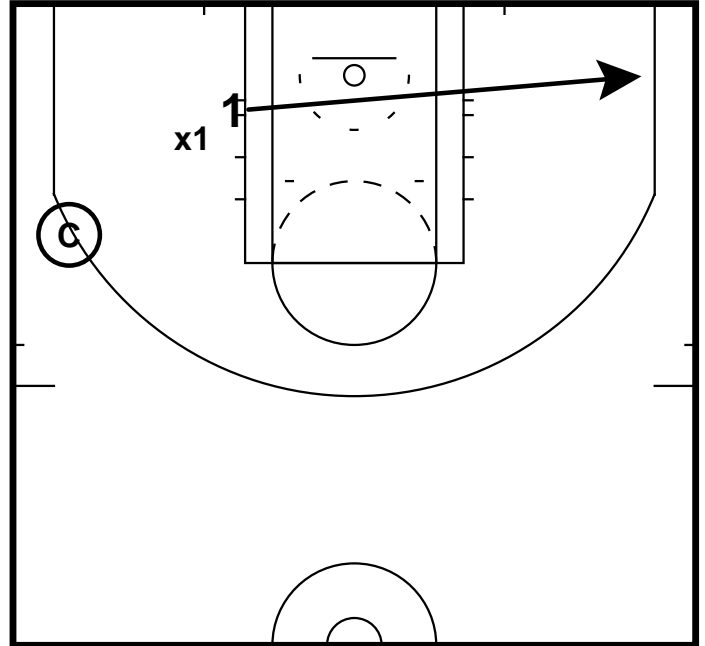
# Breakdown Drills

Practice Drills  
Position Defensive Series (wing)



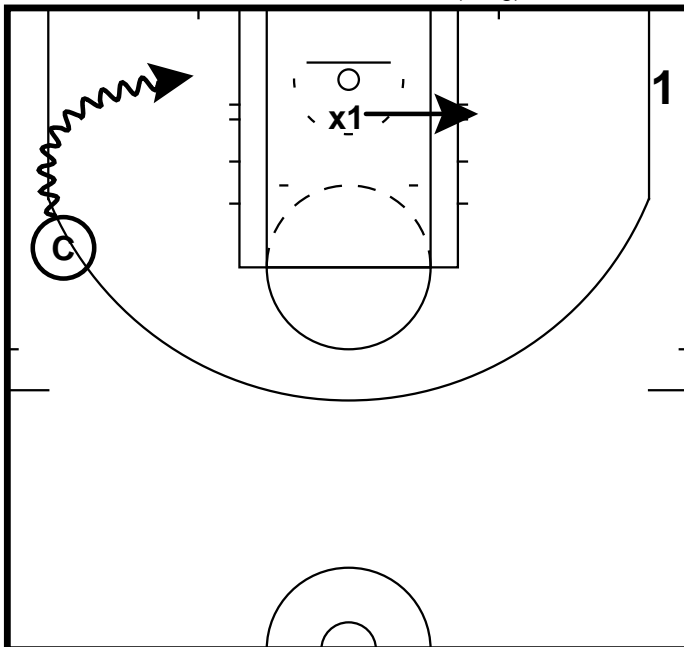
- Deny Wing/Pass (beyond 3-pt line)
- Coach Pushes offensive player to post (Chest cutter/No twist on defense)

Practice Drills  
Position Defensive Series (wing)



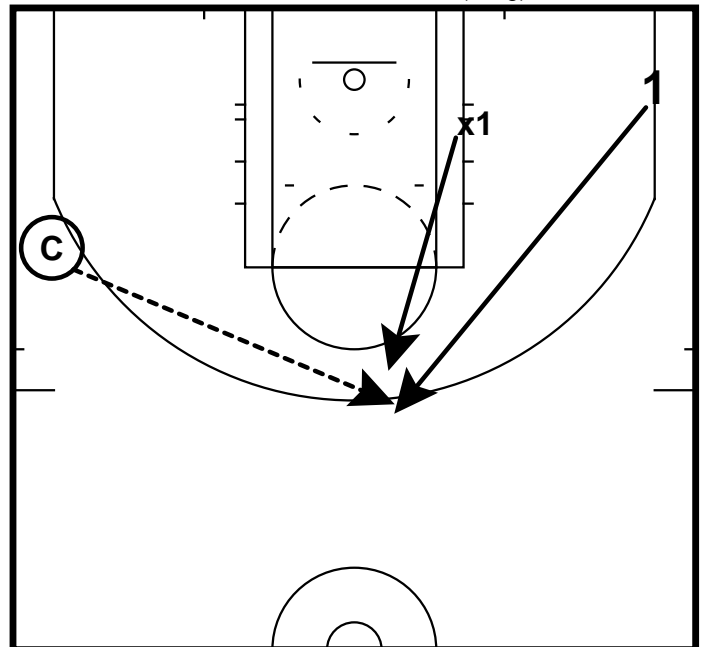
- Post Defense (guards always front)
- post players (coach decides what post coverage)
- offensive player empties after post-up

Practice Drills  
Position Defensive Series (wing)



- Coach can dribble at defender to simulate help
- defender must cleanse (2.9)

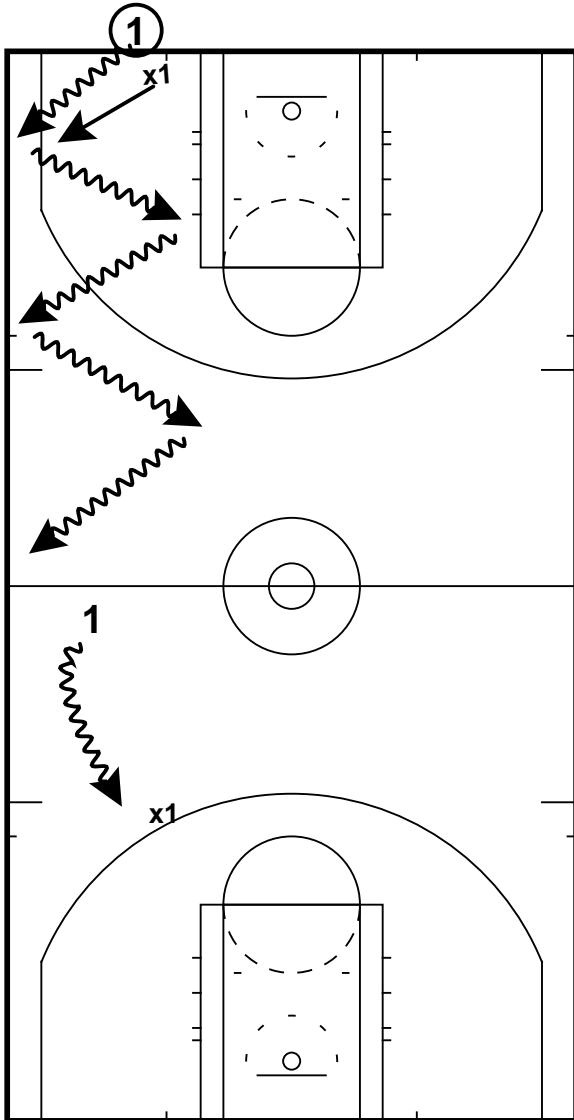
Practice Drills  
Position Defensive Series (wing)



- offensive player flashes on coach command
- defender denies flash
- live 1 on 1 (play to rebound)

# Breakdown Drills

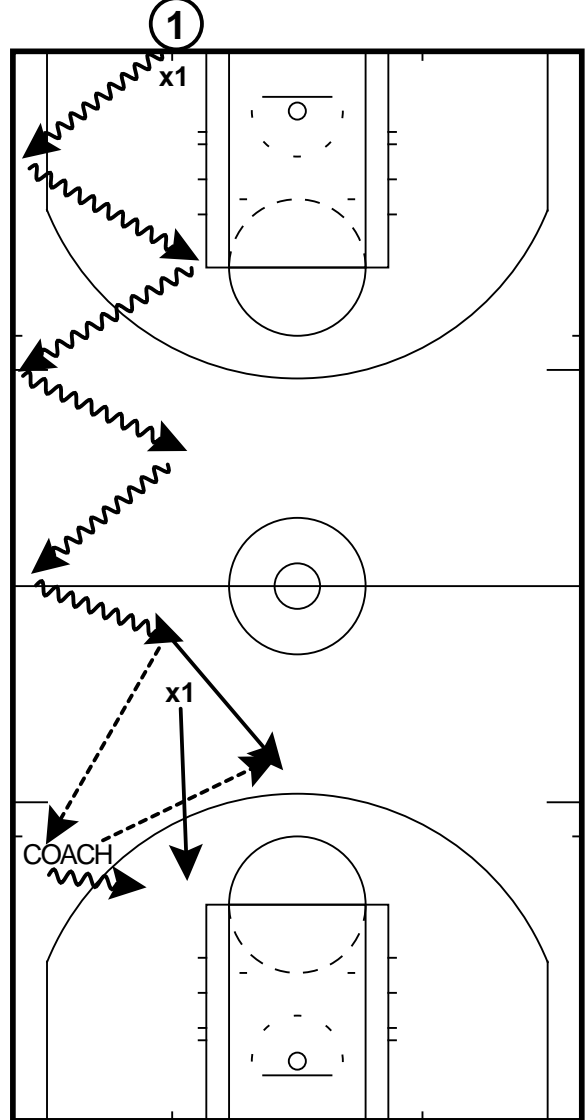
Practice Drills  
1 on 1 Zig-Zag (Full Court)



## 1st Phase-Live 1 on 1 (1/2 Court)

- 1 on 1 zig zag -> 1/2 Court
- Play live 1 on 1 on other end

Practice Drills  
1 on 1 Zig-Zag (Full Court)

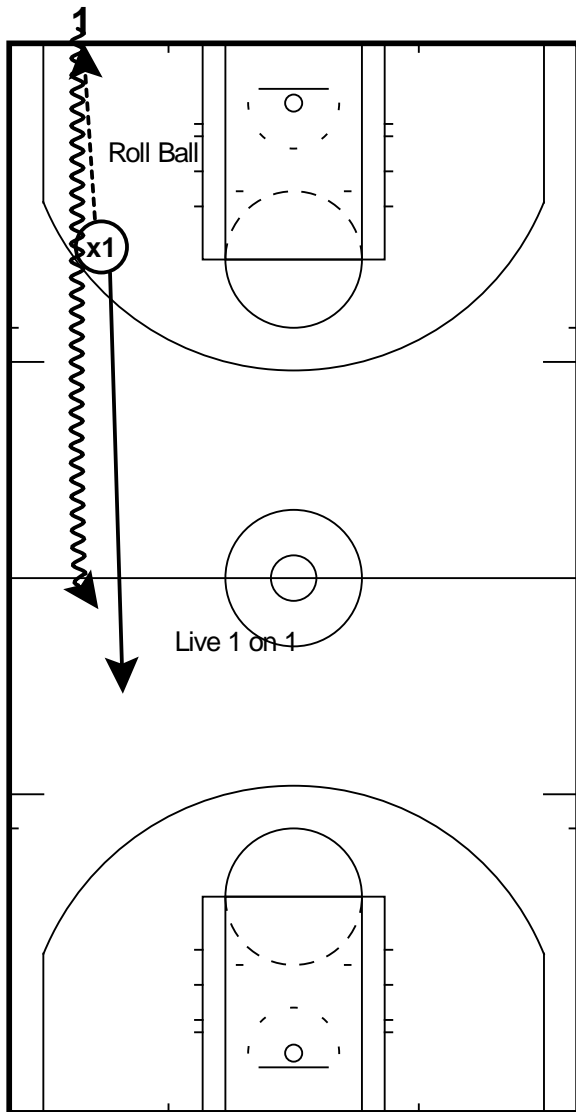


## 2nd Phase-Coach Pass (Live 1 on 1)

- 1 passes to coach
- defender jumps to ball (coach can dribble @ defender/or pass to offensive player)
- Live 1 on 1

# Breakdown Drills

## Practice Drills 1 on 1 Zig-Zag (Full Court)

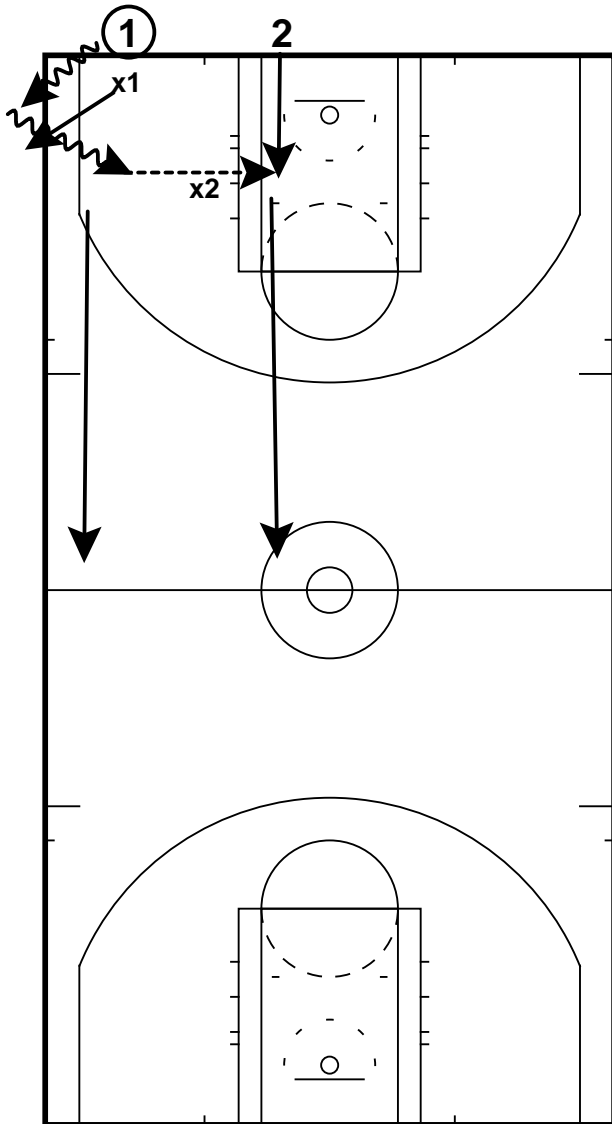


### 3rd Phase-Roll & Retreat

- Defensive player(starts at FT line extended) rolls ball to offensive player
- Defensive player sprints to 1/2 court
- Offensive player picks up ball and pushes
- Live 1 on 1 (@other end)

# Breakdown Drills

## Practice Drills 2 on 2 Zig Zag



- working on being in gaps
- X2/X1 is stunting when the ball is being dribbled at them
- Continue drill to 1/2 Court
- Play Live at 1/2 Court

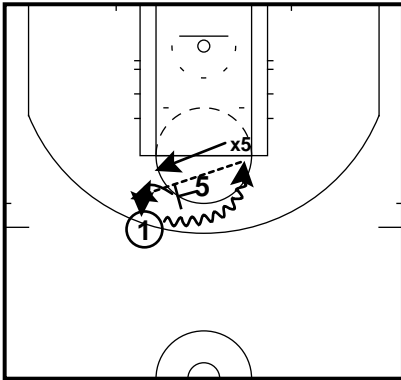
**\*\*Continue all phases as 1 on 1\*\***

- 1) Live 2 on 2 @ 1/2 Court
- 2) Coach Pass
- 3) Roll & Retreat



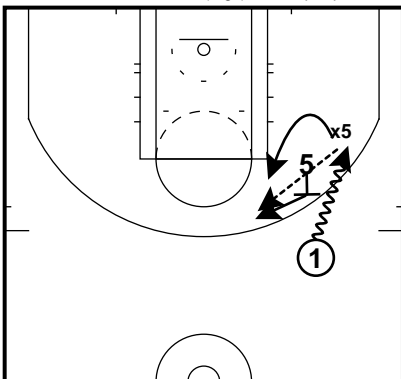
# Closeout Drills

Practice Drills  
1 on 1 Closeouts (Bigs) vs. Rub



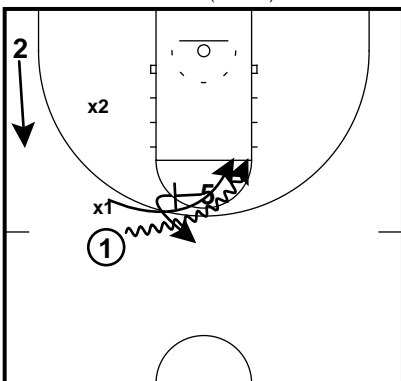
Coach dribbles off 5 man. X5 matches his numbers to the ball handlers numbers. X5 can't leave until the ball is passed to the 5. X5 closes out to the 5 and we are live. 3 x in a row.

Practice Drills  
1 on 1 Closeouts (Bigs) vs. Step-Up



Step-Up (Pop)  
1 dribbles off 5 man (pops). X5 matches numbers with ball handler. Once the pass is made, X5 closes out, play it live. 3 x in a row.

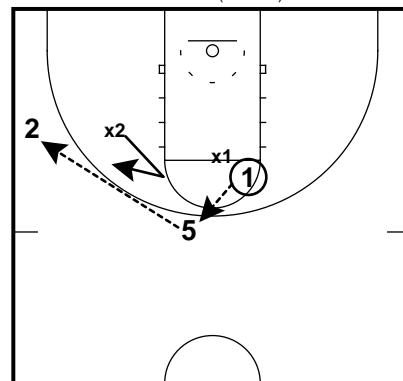
Practice Drills  
1 on 1 Closeouts (Guards) vs. Rub



Guard Closeouts vs. Rub (POP)  
1 dribbles off high Pick & Roll. 1 passes back to 5 who popped. 2 lifts from opposite corner. X2 must stunt at 5 man/closeout to 2. Play it live. 3X in a row.

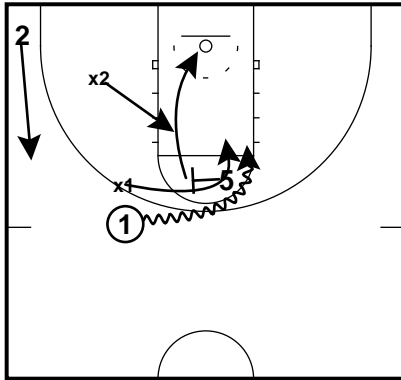
\*\*5 man can also roll hard\*\*

Practice Drills  
1 on 1 Closeouts (Guards) vs. Rub



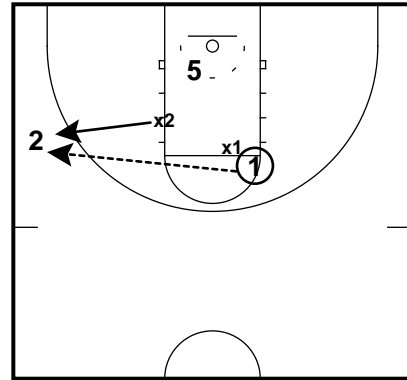
# Closeout Drills

Practice Drills  
1 on 1 Closeouts (Guards) vs. Rub

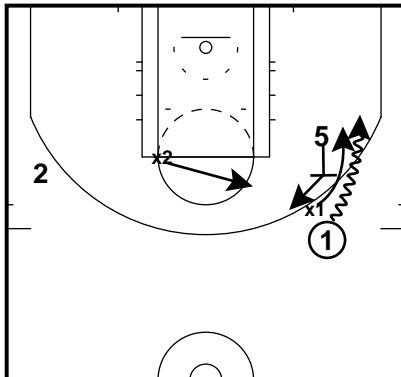


Guard Closeouts vs. Low Show (ROLL)  
1 dribbles off high Pick & Roll. X1 man must chase over the top of ball screen. 1 passes back to 5 who popped. 2 lifts from opposite corner. X2 must Chip 5 man/closeout to 2. Play it live. 3X in a row

Practice Drills  
1 on 1 Closeouts (Guards) vs. Rub

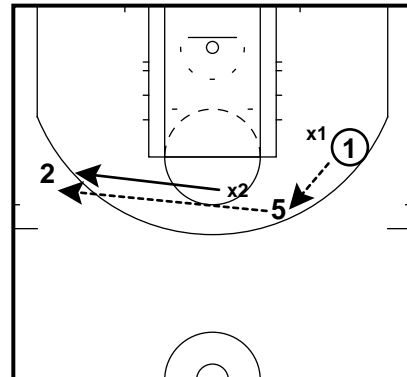


Practice Drills  
1 on 1 Closeouts (Guards) vs. Step-up

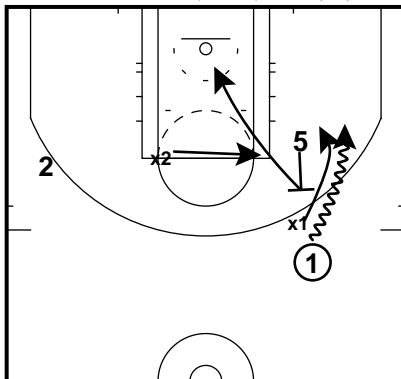


Step-Up (Pop)  
5 sets a step-up ball screen. 1 uses ball screen. X1 chases over screen. 5 pops. 1 passes to 5. X2 stunts at 5, 5 passes to 2. X2 closes out to 2. Play it live, 3x in a row.

Practice Drills  
1 on 1 Closeouts (Guards) vs. Step-up

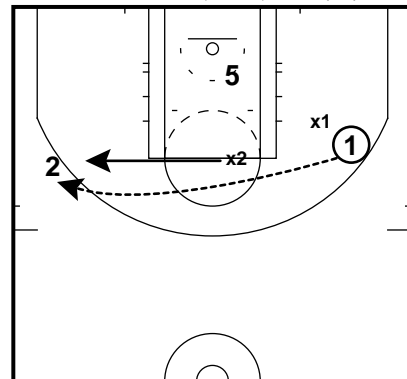


Practice Drills  
1 on 1 Closeouts (Guards) vs. Step-up



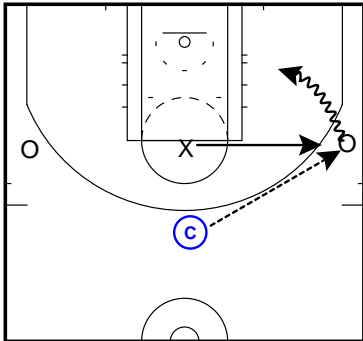
Step-Up (Roll)  
5 sets a step-up ball screen. 1 uses ball screen. X1 chases over screen. 5 Rolls. 1 passes to 5. X2 Chips 5, 5 passes to 2. X2 closes out to 2. Play it live, 3x in a row.

Practice Drills  
1 on 1 Closeouts (Guards) vs. Step-up



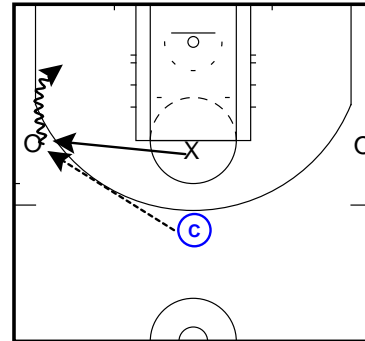
# Closeout Drills

Practice Drills  
2 vs. 1 Closeout



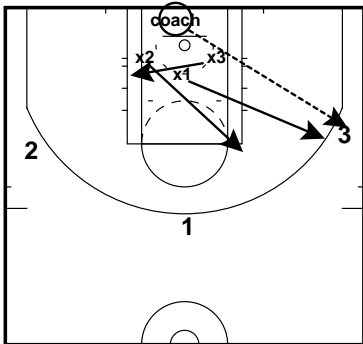
- Coach passes to offensive player on wing
- defender closes out/live 1 on 1 play to a rebound
- Defender gets rebound and outlets to coach
- sprints back to nail

Practice Drills  
2 vs. 1 Closeout



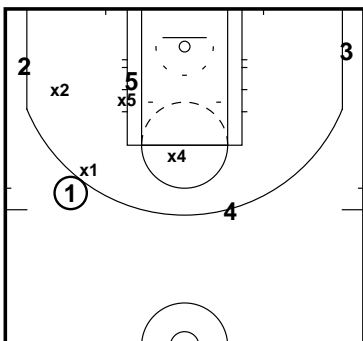
- Coach passes to left wing
- defender closes out/live 1 on 1 play to a rebound
- (2 Stops in a row/Offensive rebound play out the drill but doesn't count as stop)
- (Close out appropriately)**

Practice Drills  
3 vs. 3 Switch Closeouts



- (2 Teams)  
(COACHES DON'T TALK)
- COACH throws ball to any offensive player
  - Defense can't guard the guy in front of them
  - Closeout to proper position
  - If defense doesn't get a stop (run down and back)
  - (Coach gives offense Rules)

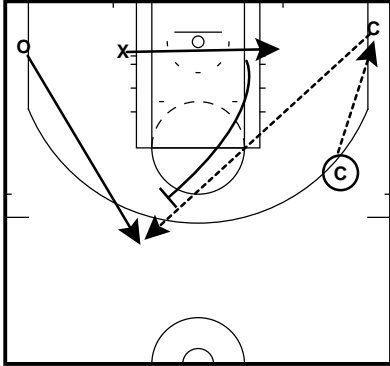
Practice Drills  
5 vs. 4 Live



- No zone!/must play a man
- Offense can do whatever they want
- leave opposite offensive player unguarded
- Stop=1 point/Basket=1 point
- \*\*Add Change to drill\*\***

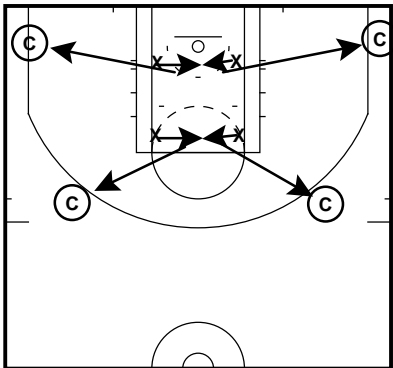
# Closeout Drills

Practice Drills  
Cleansing Closeout Drill



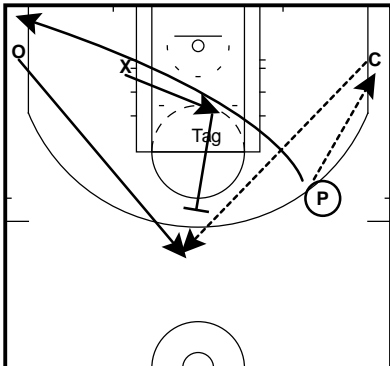
- Coach throws to Coach in corner
- Defender (cleanses) to ball side
- Coach skips to offense
- Live 1 on 1

Practice Drills  
Closeout Drill



- Coach says Go
- Defenders (in the lane) slap hands and closeout accordingly

Practice Drills  
Tagging Closeout Drill

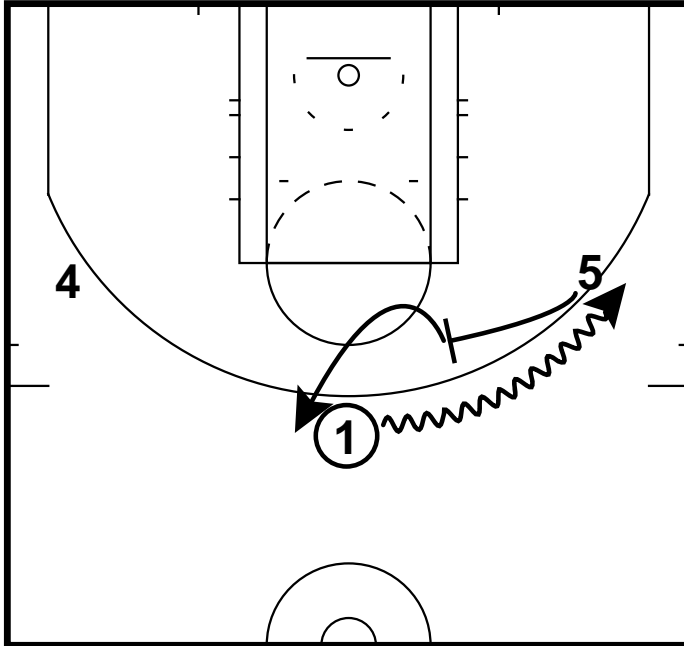


- Player passes to Coach
- Player cuts thru/Defender "Tags" cutter
- Offense cuts high/Coach skips and Live 1 on 1

# Pick And Roll Defense

## Practice Drills

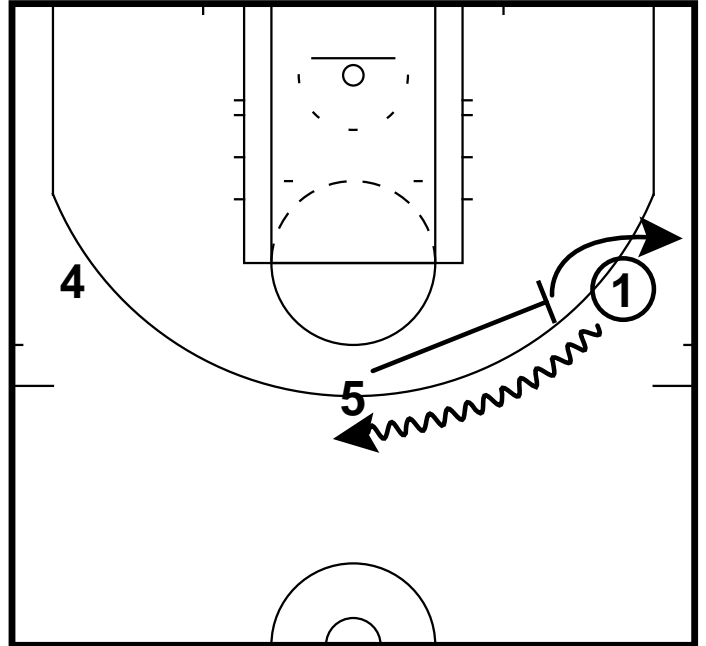
3 vs. 3 (Pick & Pop) Gold-Show-Gold-Show



- 5 / 1 Ball Screen (5 man pops)
- Gold (High hands when retreating to Pop Guy)
- Opposite big defender (tag)

## Practice Drills

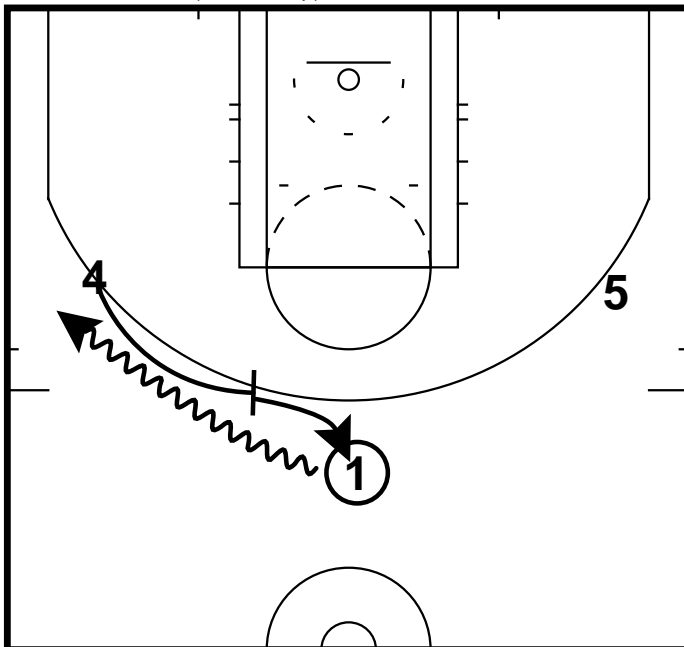
3 vs. 3 (Pick & Pop) Gold-Show-Gold-Show



- 5 / 1 Ball Screen (5 man pops)
- Show (High hands when retreating to Pop Guy)
- Opposite big defender (tag)

## Practice Drills

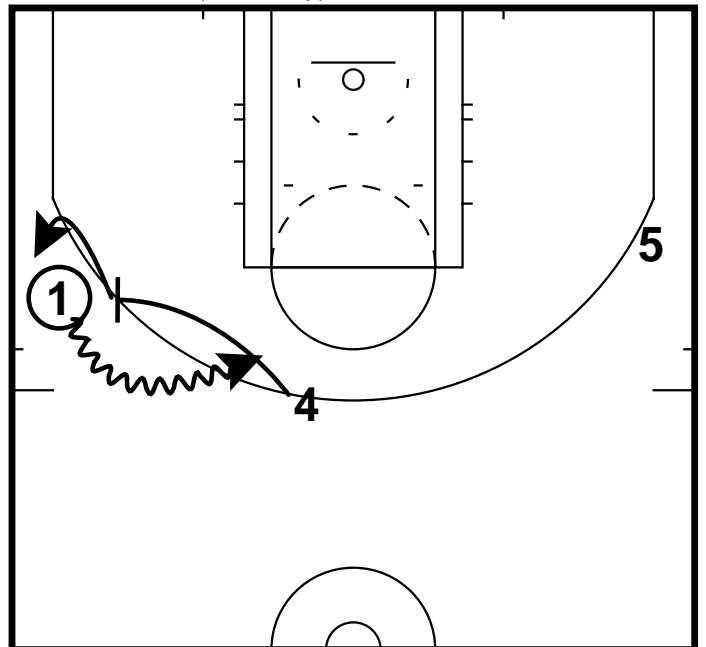
3 vs. 3 (Pick & Pop) Gold-Show-Gold-Show



- 4 / 1 Ball Screen (5 man pops)
- Gold (High hands when retreating to Pop Guy)
- Opposite big defender (tag)

## Practice Drills

3 vs. 3 (Pick & Pop) Gold-Show-Gold-Show

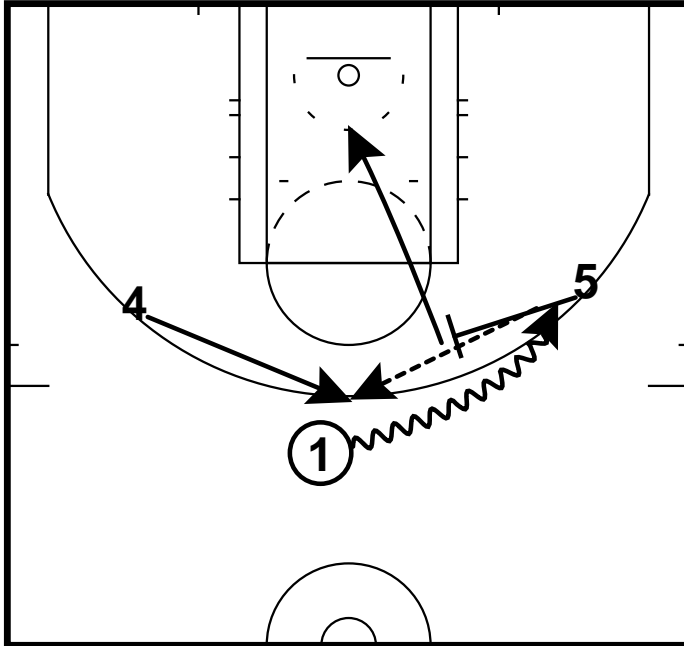


- 4 / 1 Ball Screen (5 man pops)
- Show (High hands when retreating to Pop Guy)
- Opposite big defender (tag)

# Pick And Roll Defense

## Practice Drills

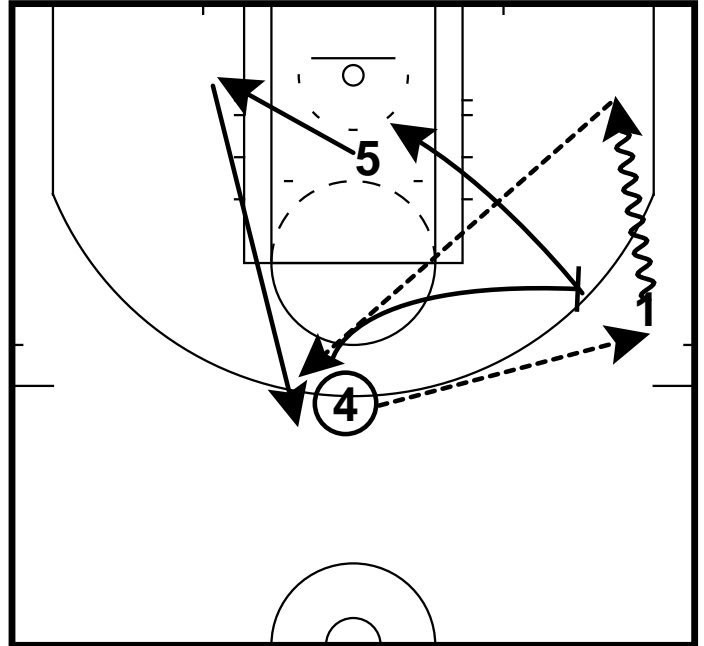
3 vs. 3 (Pick & Roll) (Show/Gold)-Blue-(Show/Gold)-Blue



- 5 sets rub for 1 (Show/Gold)
- 5 rolls
- 1 passes to 4

## Practice Drills

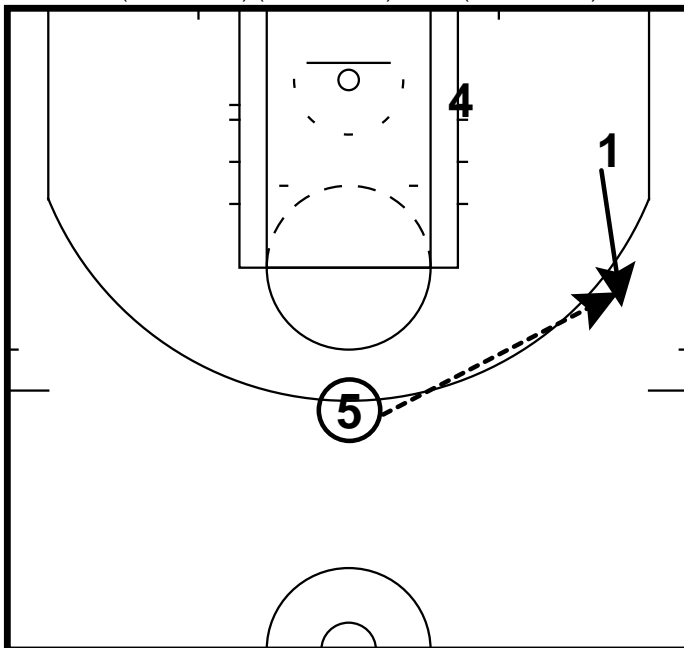
3 vs. 3 (Pick & Roll) (Show/Gold)-Blue-(Show/Gold)-Blue



- 4 throws back to 1
- 4 chases 1 (Blue)
- 4 rolls/5 replaces
- 1 throws to 5

## Practice Drills

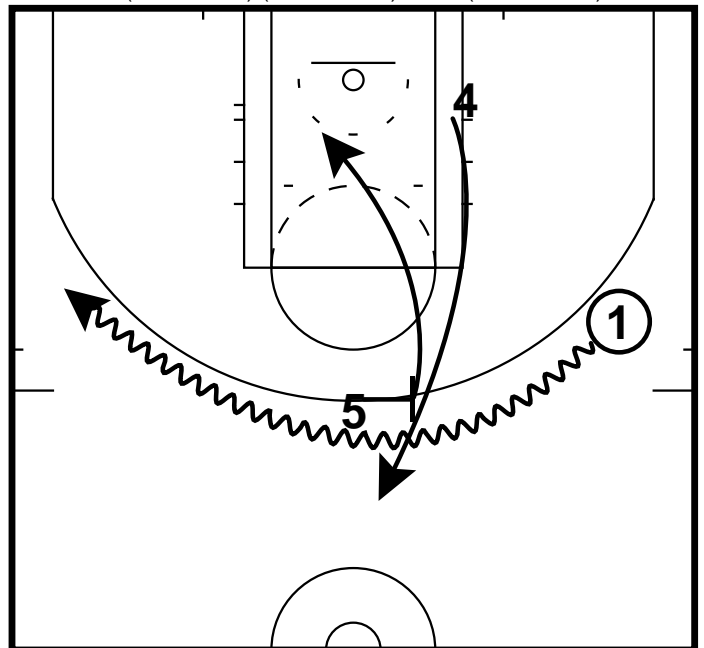
3 vs. 3 (Pick & Roll) (Show/Gold)-Blue-(Show/Gold)-Blue



- 5 throws back to 1

## Practice Drills

3 vs. 3 (Pick & Roll) (Show/Gold)-Blue-(Show/Gold)-Blue

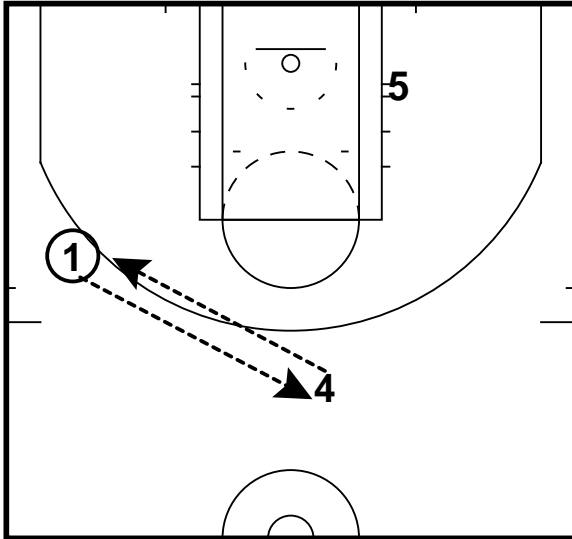


- 5 sets rub screen for 1 (Show/Gold)
- 1 dribbles to opposite wing
- 5 rolls/4 replaces

# Pick And Roll Defense

## Practice Drills

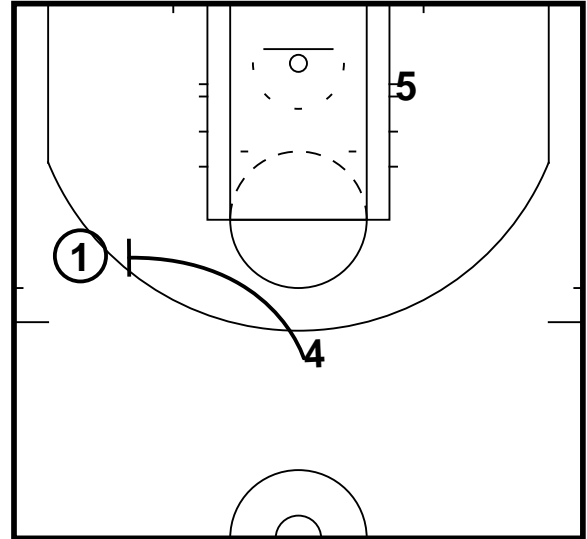
3 vs. 3 (Pick & Roll) (Show/Gold)-Blue-(Show/Gold)-Blue



- 1 passes to 4
- 4 throws back to 1

## Practice Drills

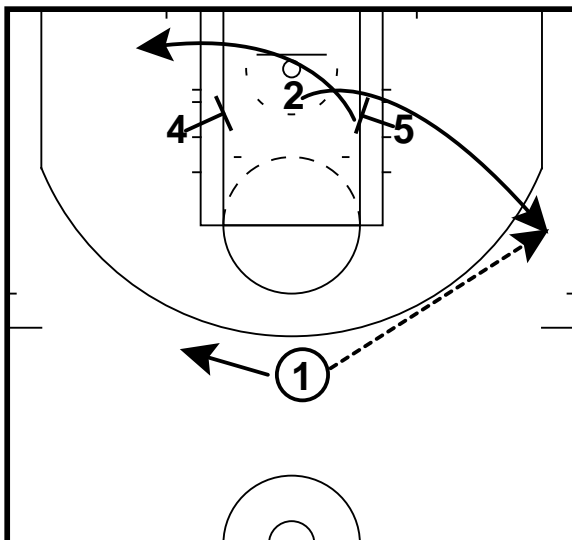
3 vs. 3 (Pick & Roll) (Show/Gold)-Blue-(Show/Gold)-Blue



- 4 chases 1 (Blue)

## Practice Drills

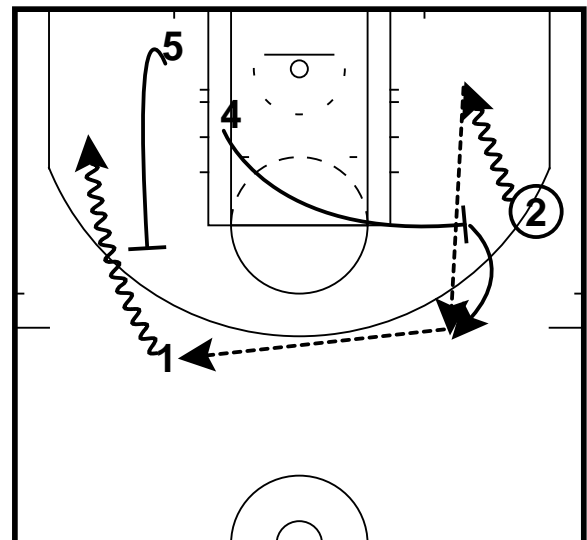
4 vs. 4 Blue Dog-Step-Up



- 2 can use screen either way
- 1 passes to 2 (1 clears to pro-lane extended)
- 5 gets to dunker spot

## Practice Drills

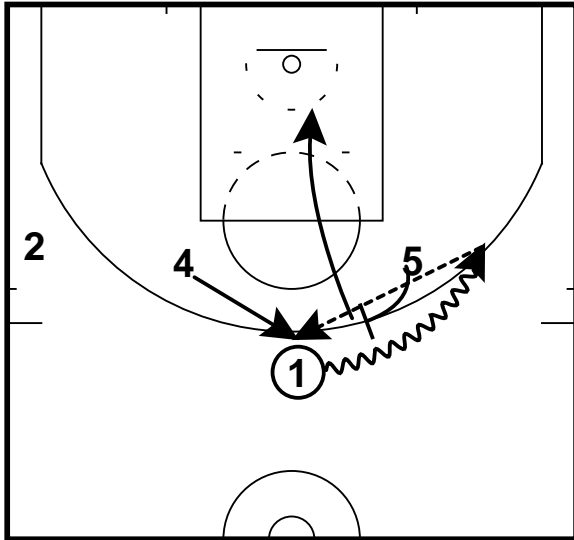
4 vs. 4 Blue Dog-Step-Up



- 4 sprints to side P&R (defense in "BLUE DOG")
- 2 throws back to 4
- 4 reverses to 1
- 5 sets Step-up for 1
- \*\*PLAY LIVE\*\*

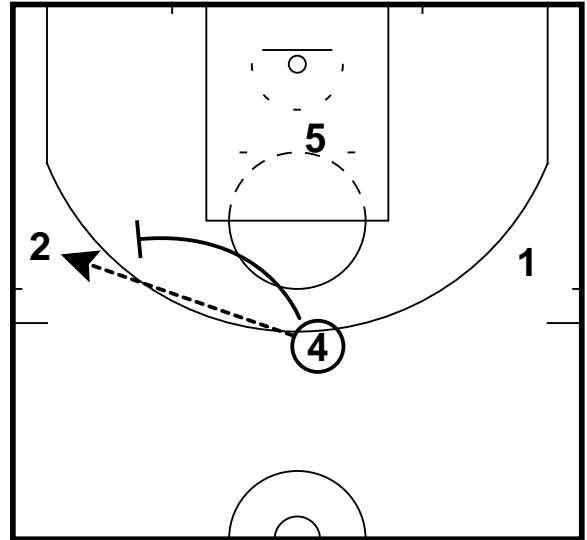
# Pick And Roll Defense

Practice Drills  
4 vs. 4 Rub/Side Drill



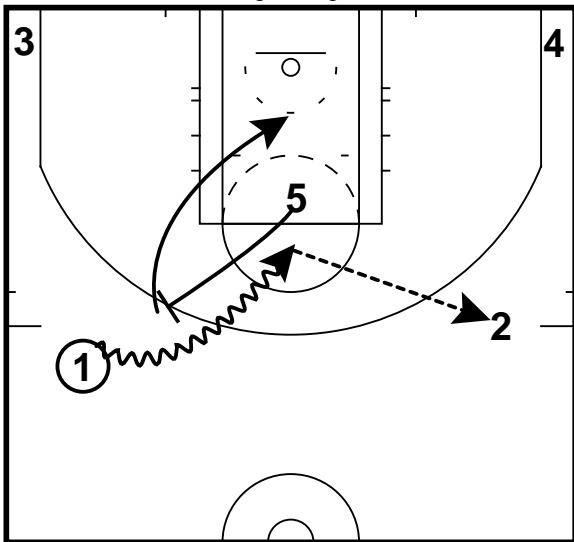
- 5 sets rub screen for 1/5 (X5--> Gold/Show)
- 5 Rolls/X4 Tags
- 1 passes to 4

Practice Drills  
4 vs. 4 Rub/Side Drill



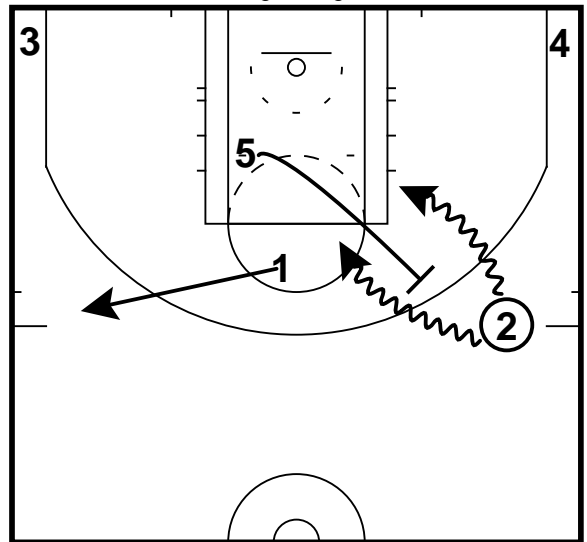
- 4 chases 2 (P&R Coverage accordingly)
- Blue/Gold/Show/Black
- \*\*Play Live\*\*

Practice Drills  
Angle/Angle



- 5 sets angle ball screen for 1
- 5 rolls to the smile
- 1 pitches 2

Practice Drills  
Angle/Angle

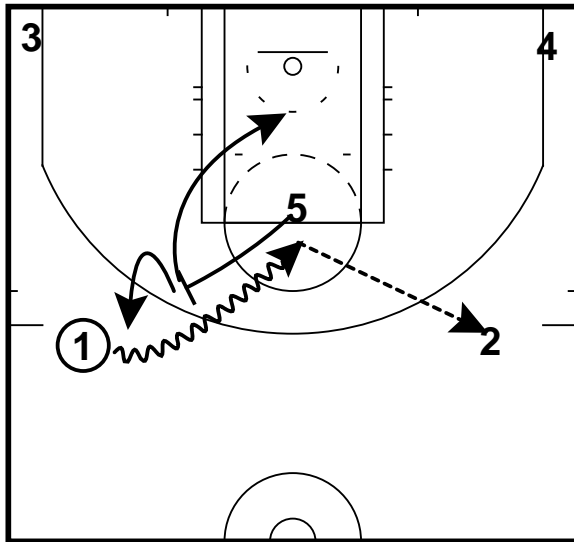


- 5 sprints into angle screen for 2
- Play Live



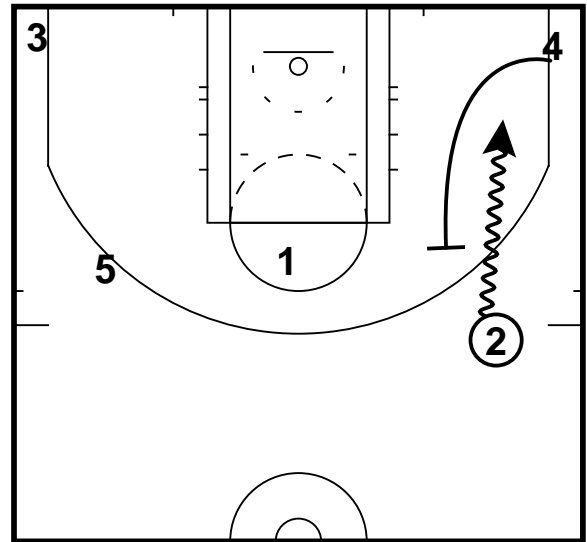
# Pick And Roll Defense

Practice Drills  
Angle/Step-Up



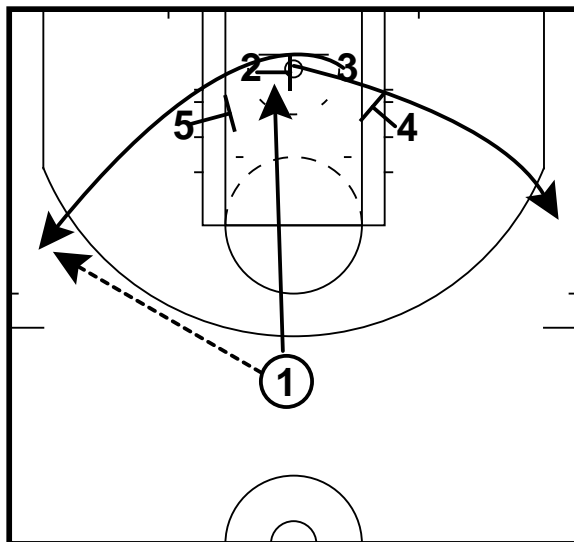
- 5 sprints to angle ball screen for 1
- 1 pitches to 2
- 5 can roll or Pop (if rolls get to smile)

Practice Drills  
Angle/Step-Up



- 4 sets step-up for 2
- 1 spaces accordingly (reading what 5 does)
- play live

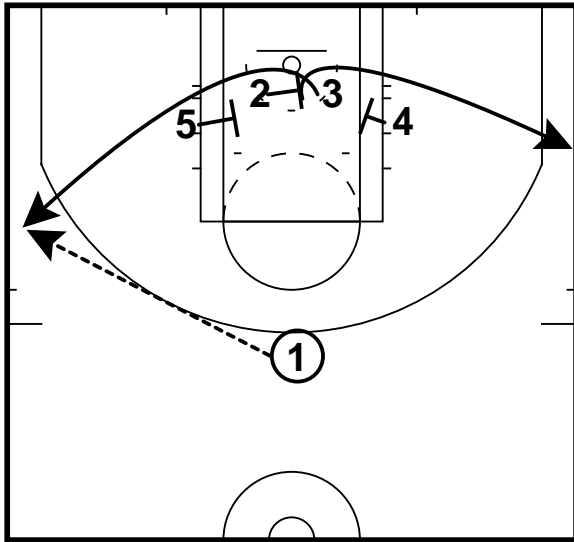
Practice Drills  
Floppy Catch & Shoot



- Floppy Action
- 1 passes to 3
- \*\*Defense Accordingly\*\*
- 3 dribbles to center/Reset Floppy
- 3X (so 1,2,3) guard all perimeter spots

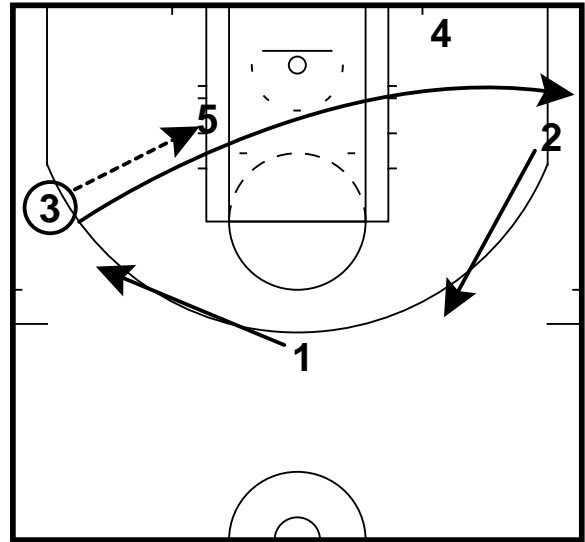
# Pick And Roll Defense

Practice Drills  
Floppy Down-DIG



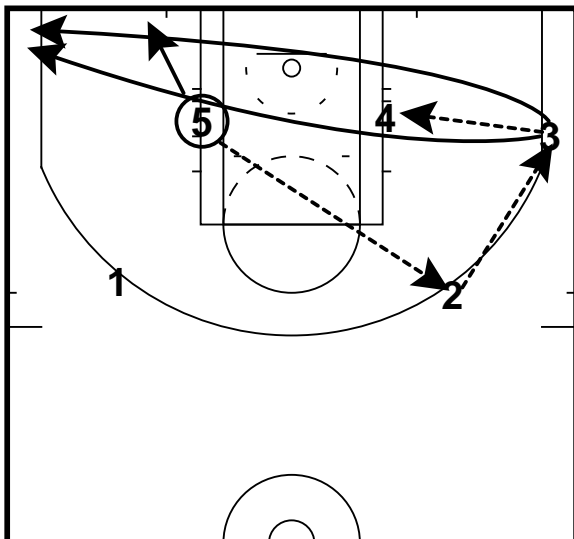
- Floppy action
- 1 passes to 3

Practice Drills  
Floppy Down-DIG



- 3 passes to 5/cuts opposite
- 1/2 shape up (X1 defender is "dig" guy on post)
- 4 is in Dunker spot

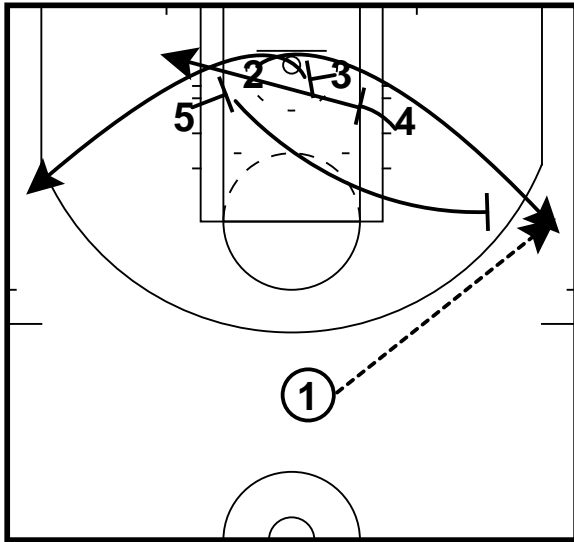
Practice Drills  
Floppy Down-DIG



- 5 skips opposite to 2
- 2 throws below to 3
- 3 feeds 4 in post (3 cuts high or Low)
- 5 is in dunker spot

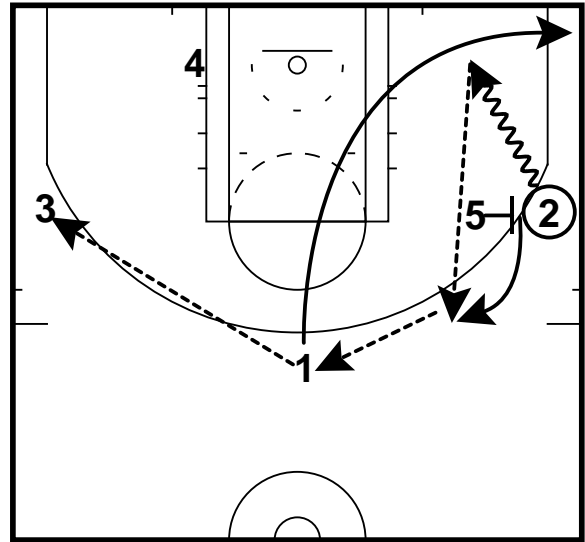
# Pick And Roll Defense

Practice Drills  
Floppy Roll-(Blue)



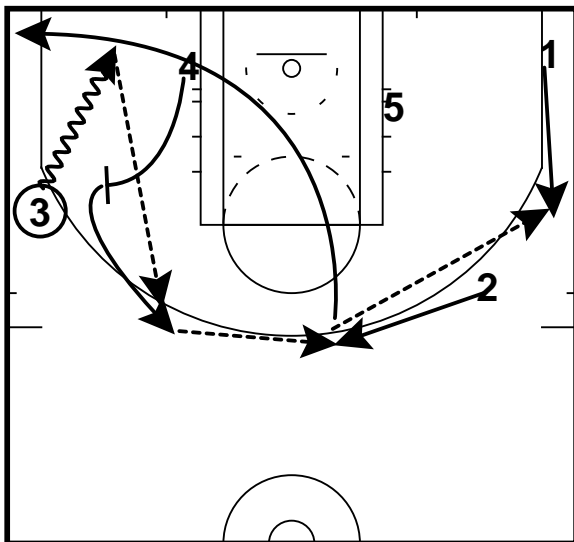
- Floppy action/1 passes to 2
- 3 clears opposite/4 vacates to opposite dunker spot/block
- 5 sprints into side P&R

Practice Drills  
Floppy Roll-(Blue)



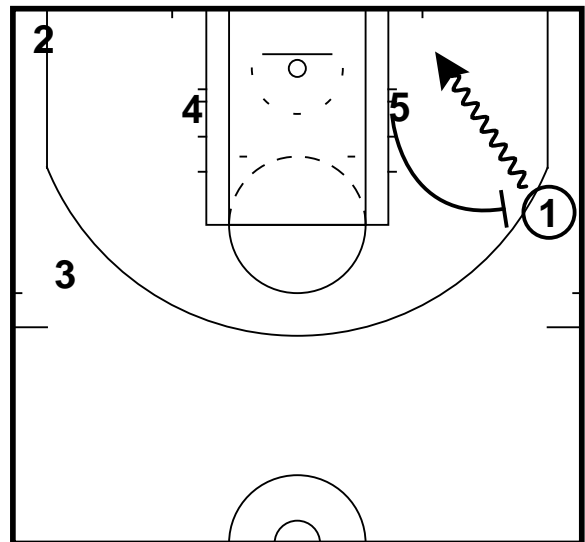
- (BLUE) defense on Side P&R(5 pops)
- 2 drives baseline and throws back to 5
- 5 reverses to 1 (1 cuts opposite corner)
- 1 reverses to 3 (1 cuts opposite corner)

Practice Drills  
Floppy Roll-(Blue)



- 4 sets side P&R on 3 (BLUE)
- 4 pops
- 3 throws back to 4/4 reverses to 2
- 2 reverses to 1 (2 cuts opposite)

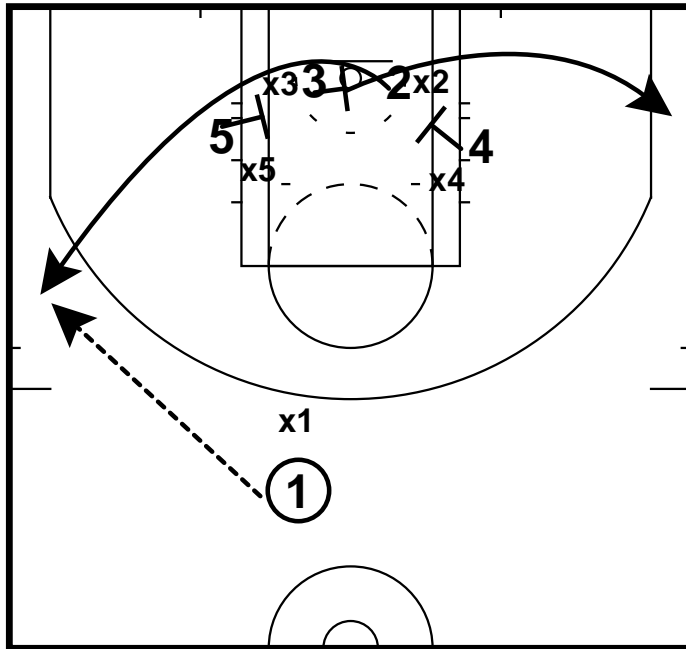
Practice Drills  
Floppy Roll-(Blue)



- 5 sets side P&R on 1 (BLUE)
- \*\*PLAY LIVE on 3rd side\*\***

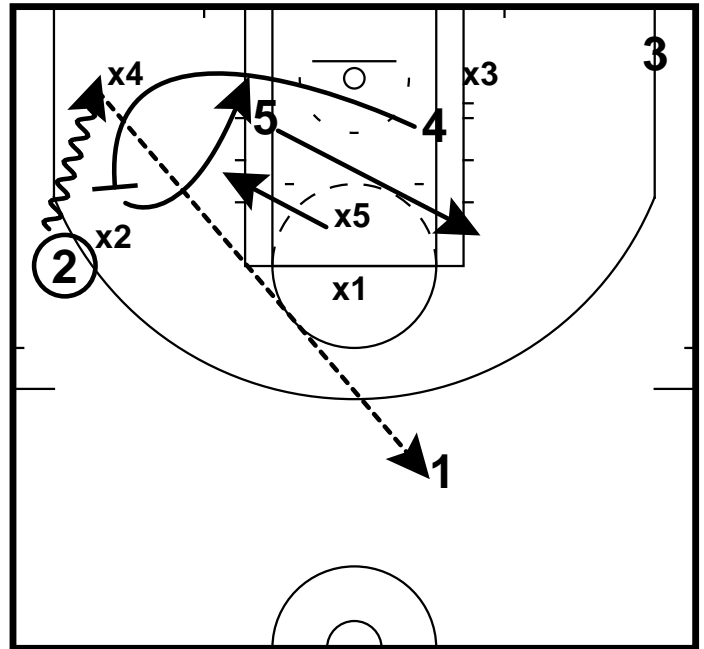
# Pick And Roll Defense

Practice Drills  
Floppy-Step Up/Blue



- Floppy set/x2-x3 force man into the double
- 5/3 set double for 2/3 clears opposite

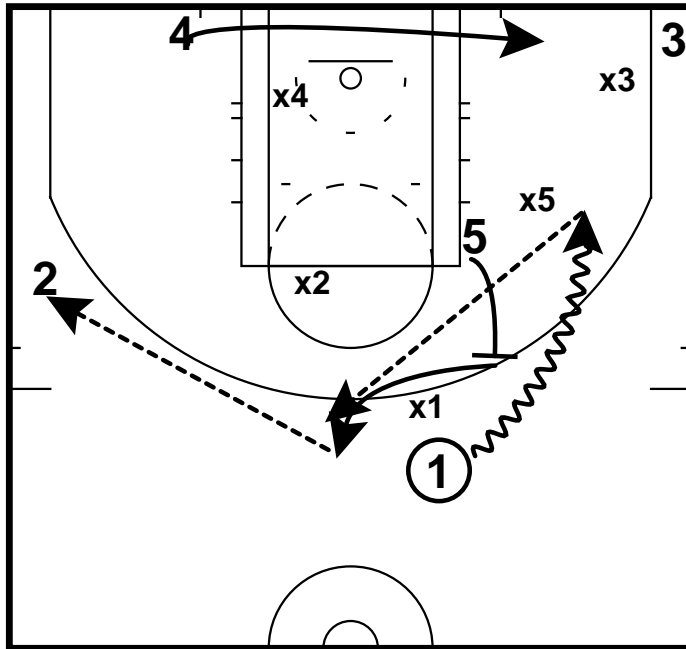
Practice Drills  
Floppy-Step Up/Blue



- 4 man cuts under block & sets step-up for 2
- 4 rolls hard/X5 Tags 4 man (roller)
- 5 empties to opposite elbow
- 2 throws to 1

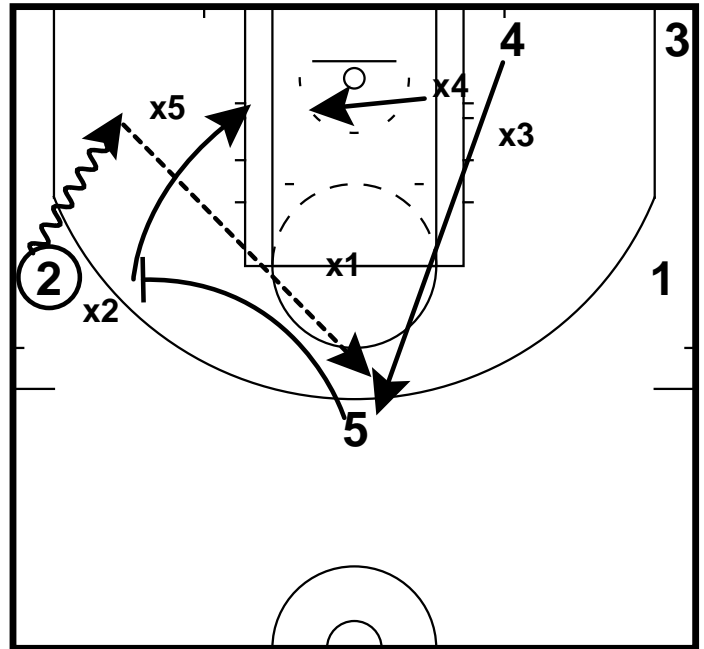
# Pick And Roll Defense

Practice Drills  
Floppy-Step Up/Blue



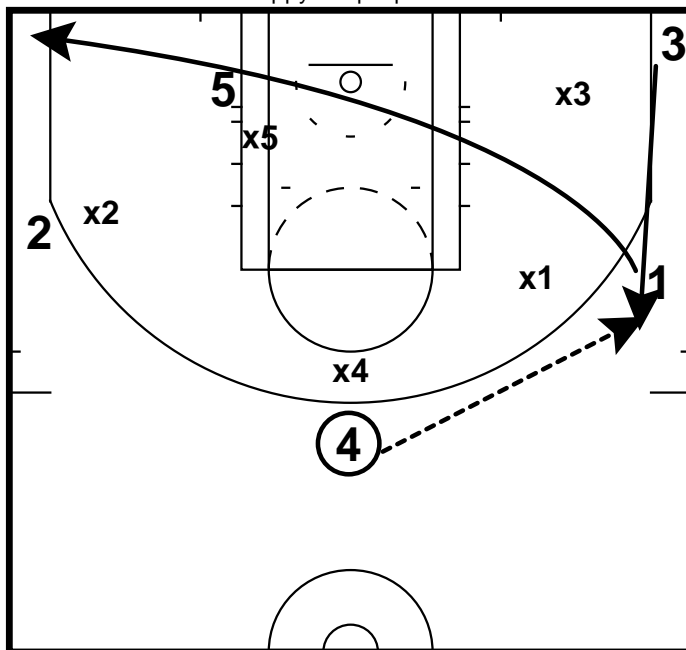
- 5 sets step-up for 1 (3 corner fill)
- 5 pops (X2 stunts @ 5)
- 1 throws back (4 clears to dunker spot on pass)
- 5 reverses to 2

Practice Drills  
Floppy-Step Up/Blue



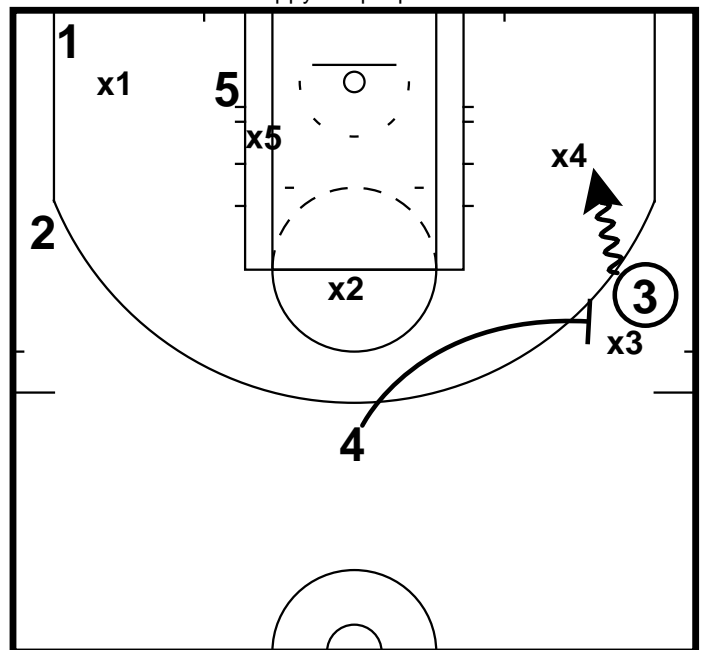
- 5 chases 2 (BLUE)
- 5 rolls/X4 Tags/ 4 replaces high
- 2 passes to 4 / (X1&X3 stunt for stunter)

Practice Drills  
Floppy-Step Up/Blue



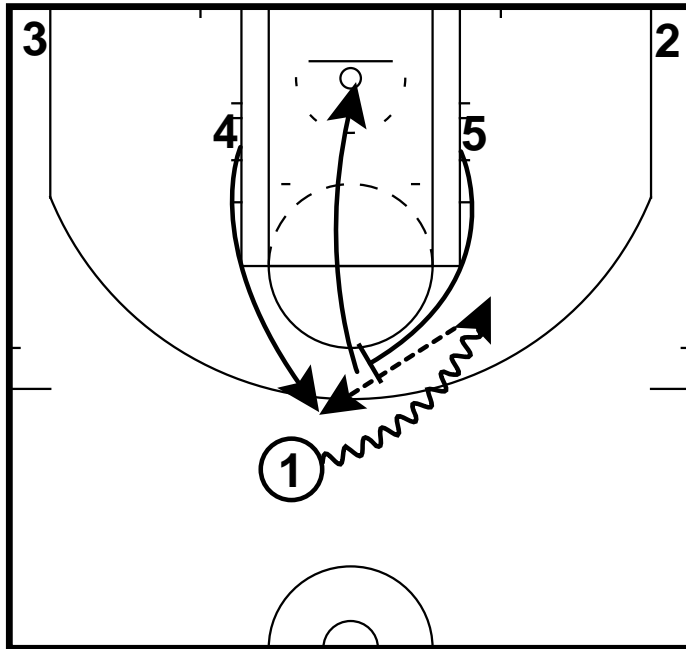
- 1 back cuts qnd clears opposite
- 4 chases to 3 (BLUE)
- Play Live

Practice Drills  
Floppy-Step Up/Blue



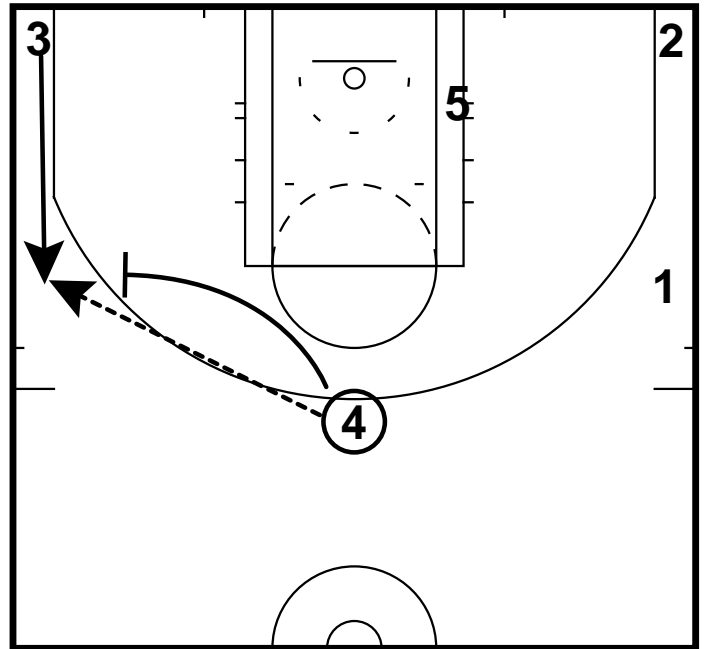
# Pick And Roll Defense

Practice Drills  
Roll-Replace/Chase (Blue)



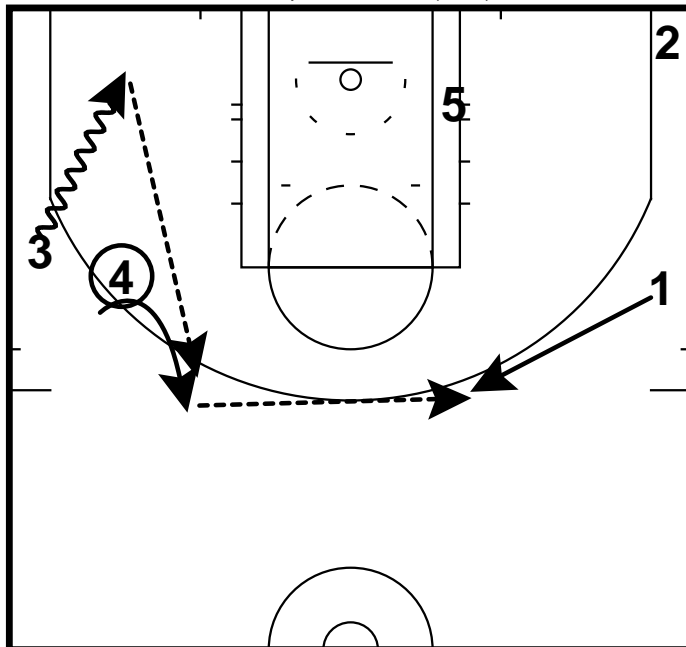
- 5 sets Rub for 1
- 5 rolls/4 replaces
- 1 passes to 4

Practice Drills  
Roll-Replace/Chase (Blue)



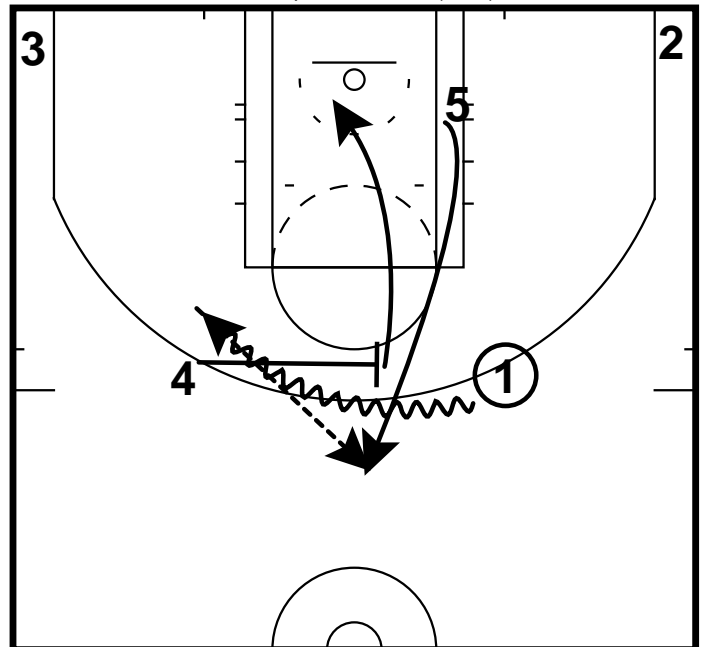
- 3 lifts
- 4 chases to 3

Practice Drills  
Roll-Replace/Chase (Blue)



- 3 drives baseline (Blue)
- 4 pops/3 passes to 4
- 1 pops high on 4 catch
- 4 chases to 1

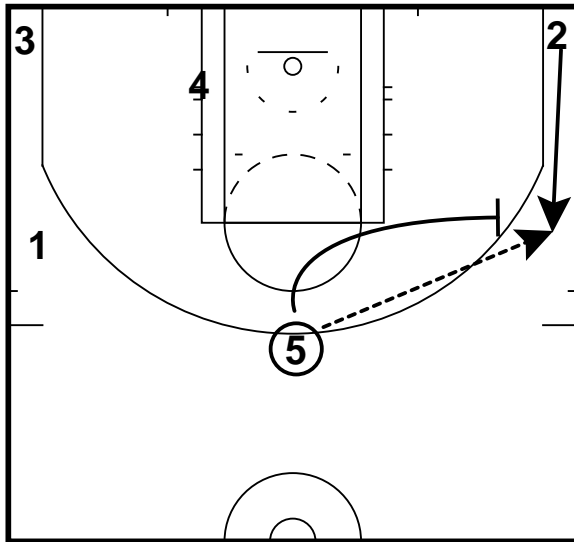
Practice Drills  
Roll-Replace/Chase (Blue)



- 4 sets Rub for 1
- 4/5 roll & replace
- 1 passes to 5

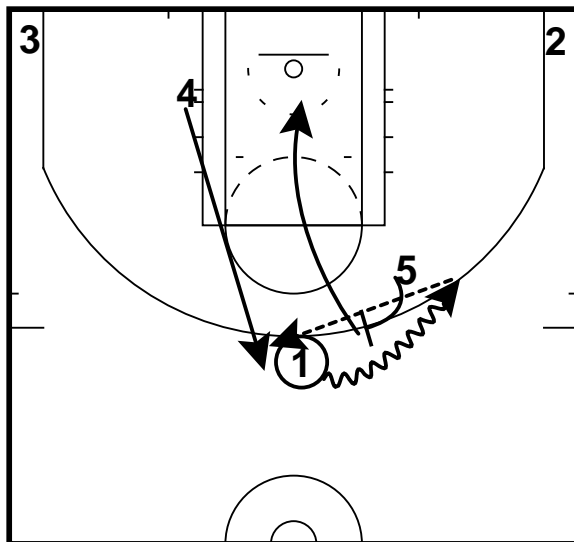
# Pick And Roll Defense

Practice Drills  
Roll-Replace/Chase (Blue)



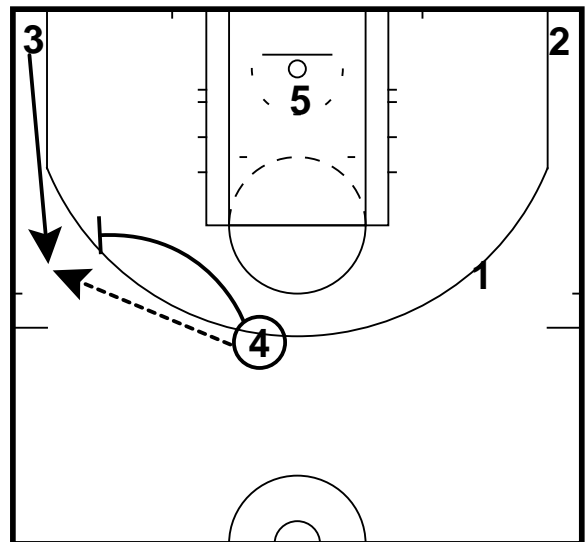
- 2 lifts
- 5 chases to 2 (Blue)
- Play Live

Practice Drills  
Rub-Side



- 5 sets rub on 1
- 5 rolls/4 replaces
- 1 throws to 4

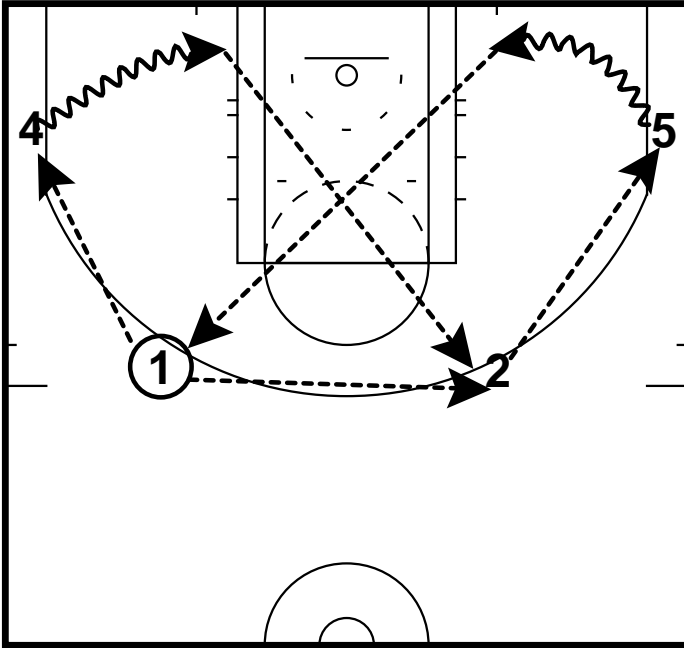
Practice Drills  
Rub-Side



- 3 lifts
- 4 chases 3 (side P&R)
- \*\*Play Live\*\* (on 2nd Side)**

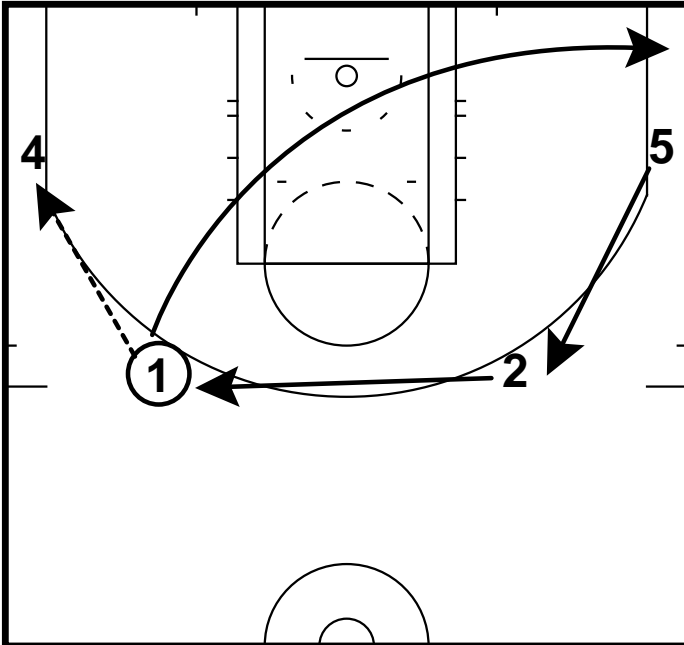
# Shell

Practice Drills  
4 vs. 4 Shell (Baseline Drive Help)



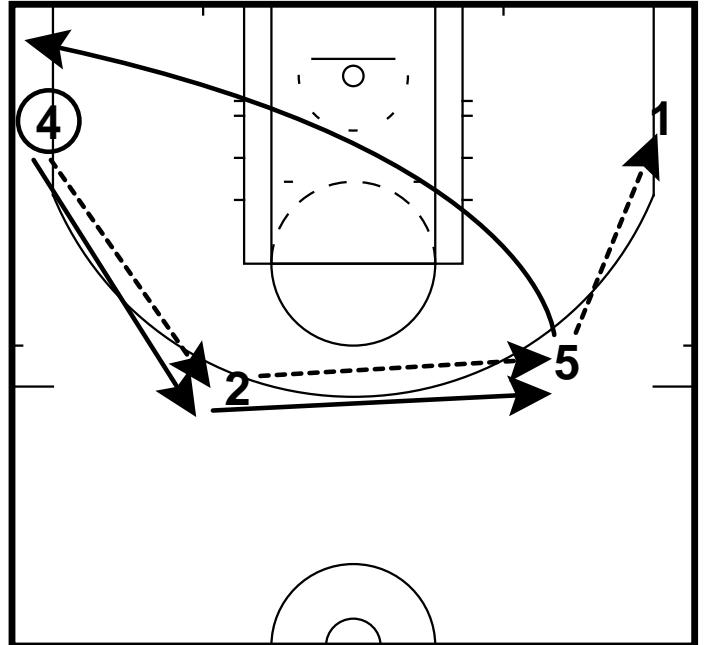
- Pass to Forward spots/drive baseline
- Skip pass to opposite guard/guards stunting

Practice Drills  
4 vs. 4 Shell (Cutter Thru Open Post)



- Guard to forward pass/Guard cuts thru to opposite corner
- opposite guard/forward rotate 1 spot

Practice Drills  
4 vs. 4 Shell (Cutter Thru Open Post)

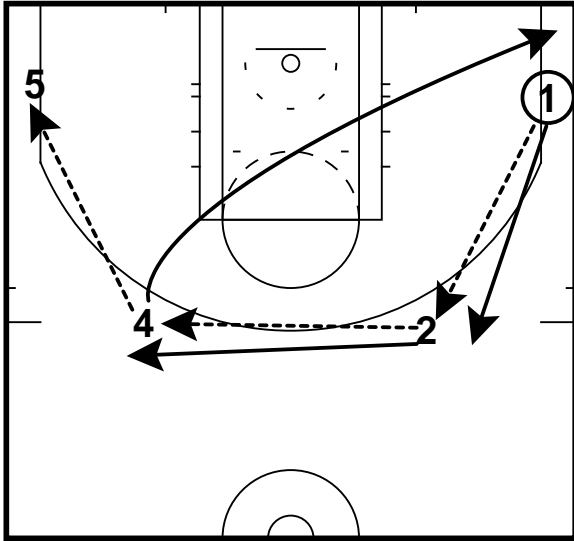


- Ball is reversed through both guard spots to forward spot
- guard cuts thru to opposite corner
- opposite guard/forward rotate spots

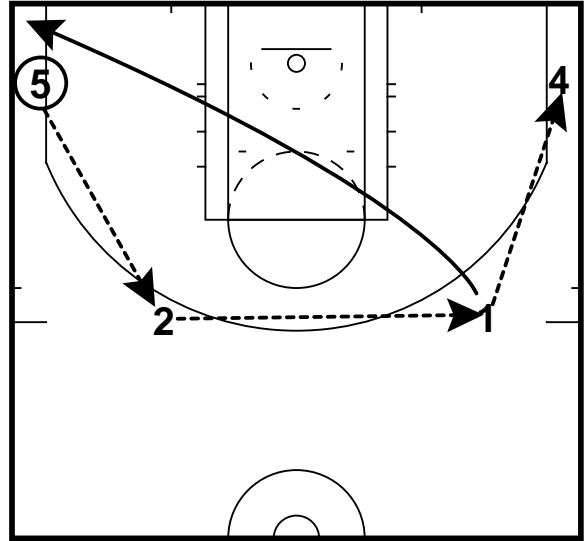


# Shell

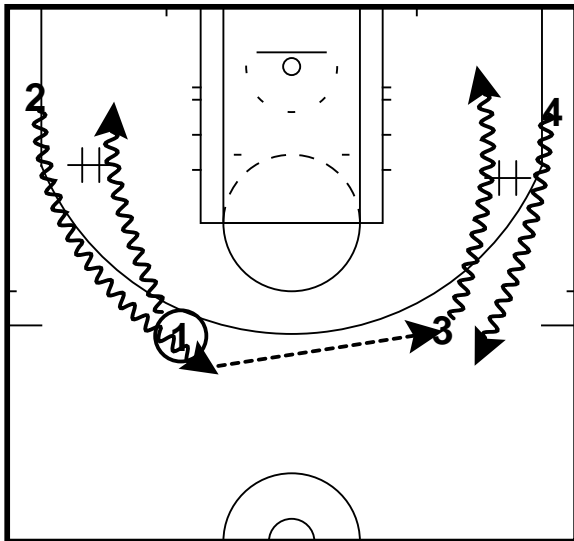
Practice Drills  
4 vs. 4 Shell (Cutter Thru Open Post)



Practice Drills  
4 vs. 4 Shell (Cutter Thru Open Post)



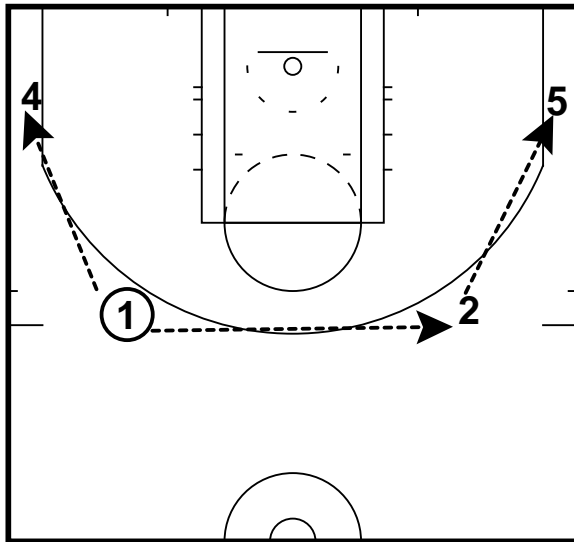
Practice Drills  
4 vs. 4 Shell (DHO)



- 1 DHO 2
- 2 passes 3
- 3 DHO 4

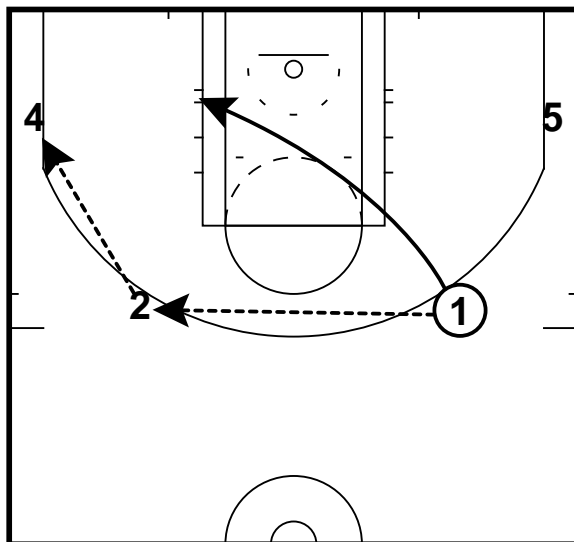
# Shell

Practice Drills  
4 vs. 4 Shell (Pass & Hold Open Post)



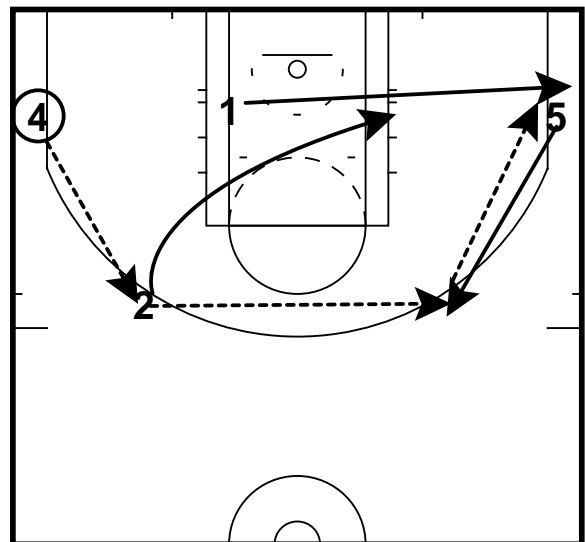
-Pass and Hold  
\*\*Defense accordingly\*\*

Practice Drills  
4 vs. 4 Shell (Post)



- 1 passes--> 2 - -> 4  
- 1 cuts diagonal and posts (2 Count)

Practice Drills  
4 vs. 4 Shell (Post)

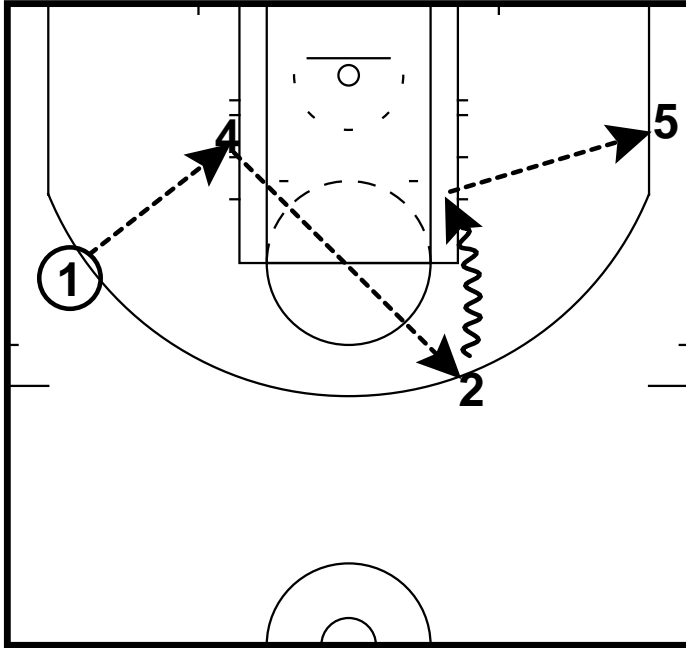


-Ball is reversed to the 1  
- 2 cuts diagonal and posts (2 count)  
\*\*Continue rotation until everybody posts  
\*\*Post Defense accordingly\*\*

# Shell

## Practice Drills

4 vs. 4 Shell (Post-Up) w/skip pass & drive

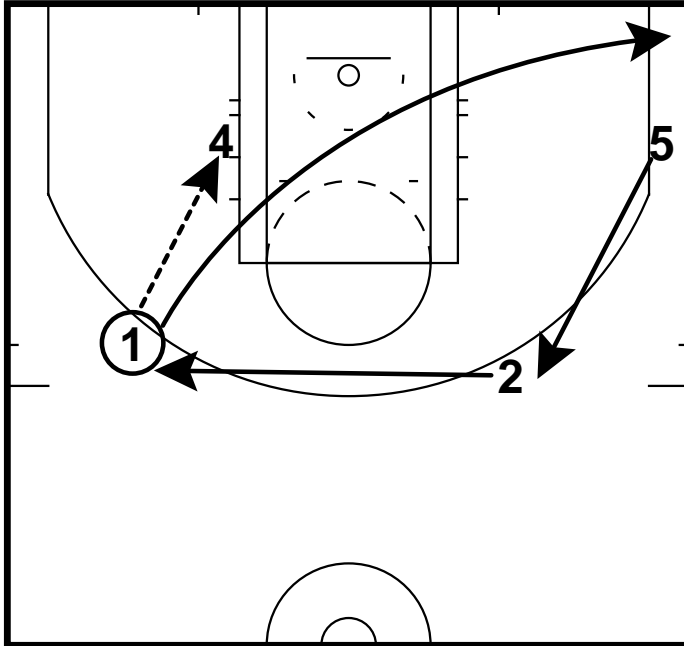


- 1 passes to 4 /
- Defense accordingly
- \*\* - get the guard on wing with ball**
- 1) start with turnout 4/1
- 2) 1 back screens 4 into post
- 3) 1 start at pro lane extended dribble entry

# Shell

## Practice Drills

4 vs. 4 Shell (Post-Up)"Dig" (w/cutter) w/Post Player



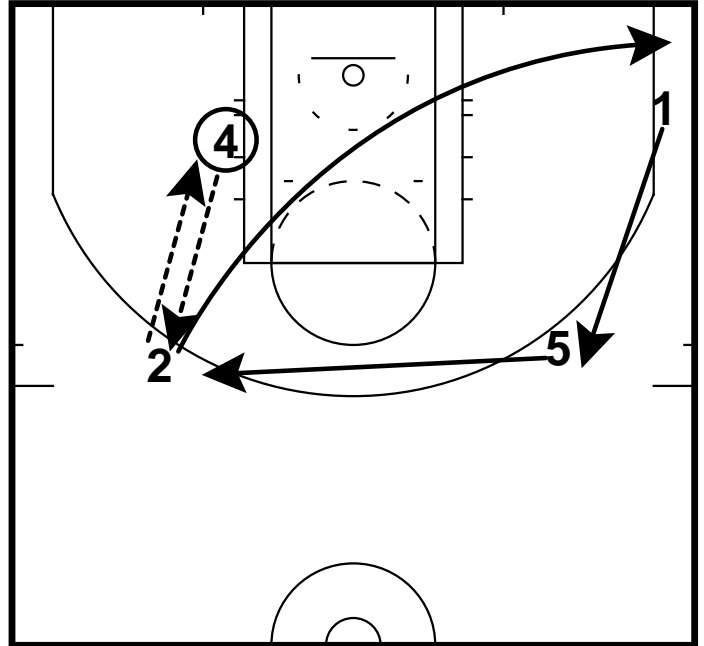
- 1 passes to 4 / 1 cuts opposite/ 1&5 rotate positions
- Defense accordingly
- 2 "digs" (stunting behind)

**\*\*get the guard on wing with ball**

- 1) start with turnout 4 / 1
- 2) 1 back screens 4 into post
- 3) 1 start at pro lane extended dribble entry

## Practice Drills

4 vs. 4 Shell (Post-Up)"Dig" (w/cutter) w/Post Player

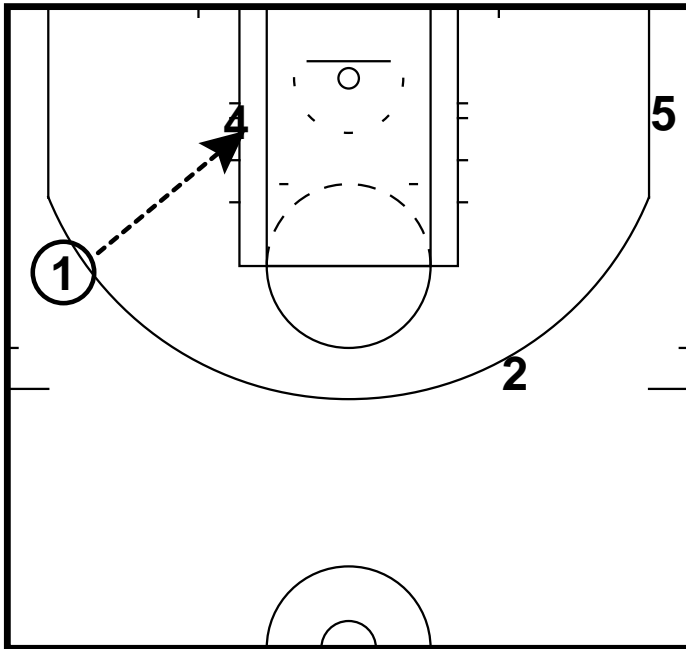


- 5 "digs" (stunting behind)

# Shell

## Practice Drills

4 vs. 4 Shell (Post-Up)"Dig"(Stationary) w/Post Player)

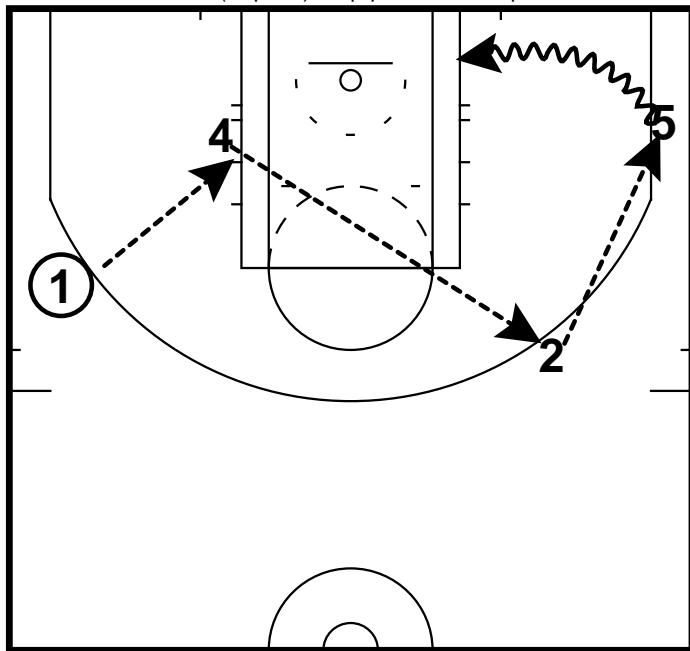


- 1 passes to 4 / post feeder defender "dig"
- Defense accordingly
- get the guard on wing with ball
- 1) start with turnout 4/1
- 2) 1 back screens 4 into post
- 3) 1 start at pro lane extended dribble entry

# Shell

## Practice Drills

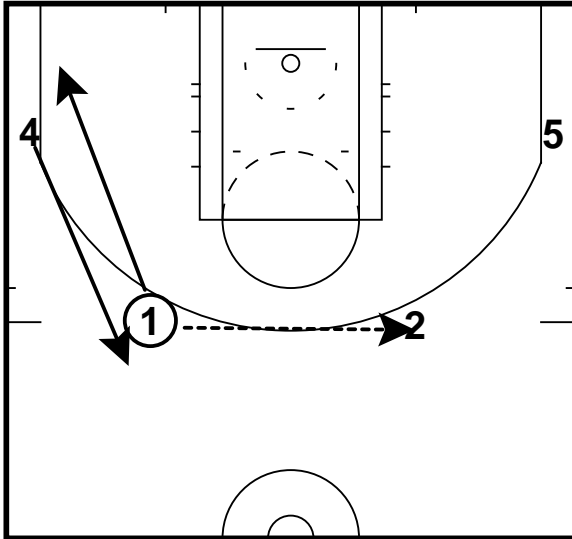
4 vs. 4 Shell (w/post) skip pass-corner pass drive



- 1 feeds post
  - 4 skips to 2
  - 2 throws below to 5
  - 5 baseline drive
- \*\*Defense accordingly\*\***

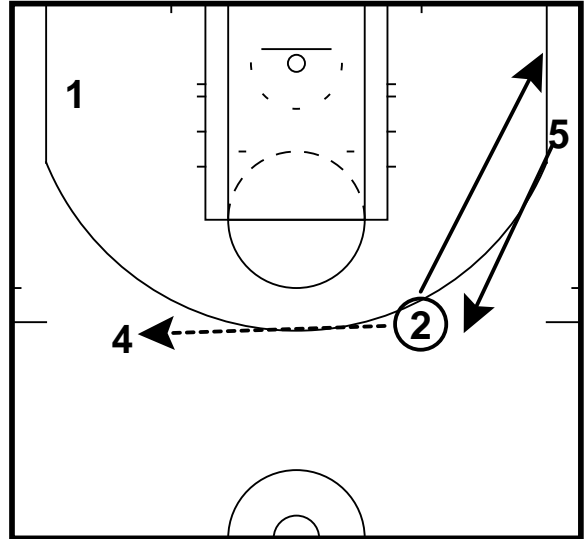
# Shell

Practice Drills  
4 vs. 4 Shell (weakside interchange)

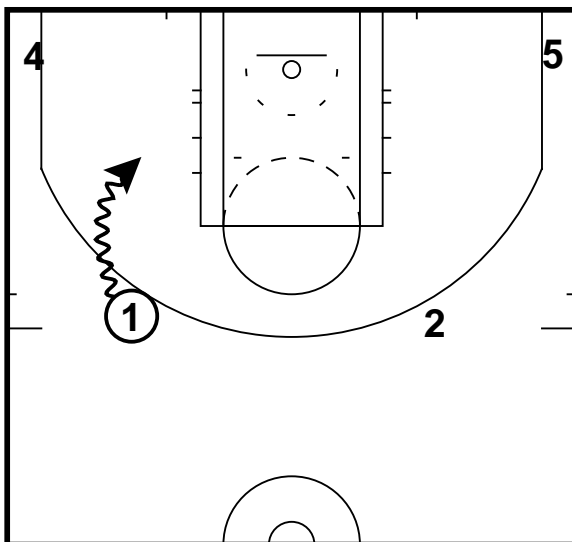


-Guard to Guard pass/ interchange on weakside (Defense accordingly) (ball side on weakside)  
**\*\*Ball stays at the guard spots\*\***

Practice Drills  
4 vs. 4 Shell (weakside interchange)



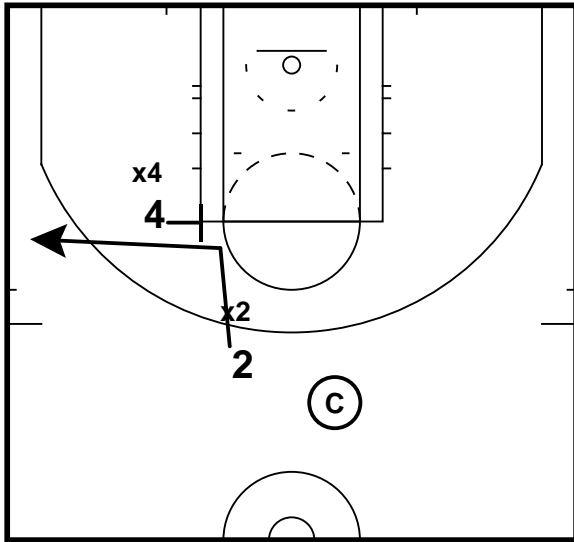
Practice Drills  
4 vs. 4 Shell Dribble



-Offense can take 2 dribbles  
-Defense is stunting and in proper rotations  
-Offense stay in spots

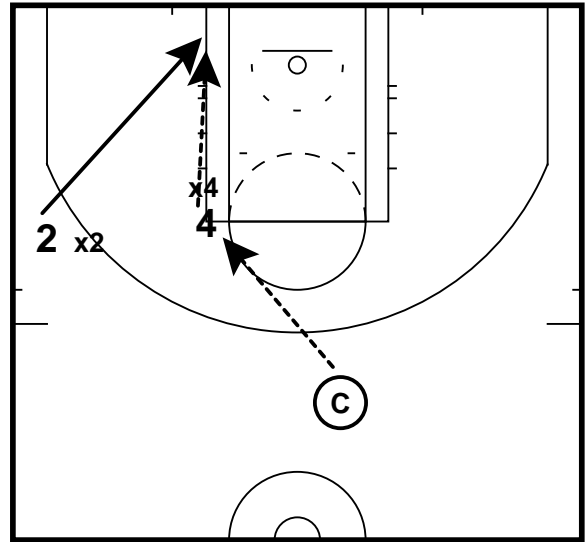
# Shell

Practice Drills  
Motion 1 Shooting (Back Cut)



- Coach starts with the ball
- 2 cuts off 4 (motion 1 footwork)
- X2 chases screen

Practice Drills  
Motion 1 Shooting (Back Cut)

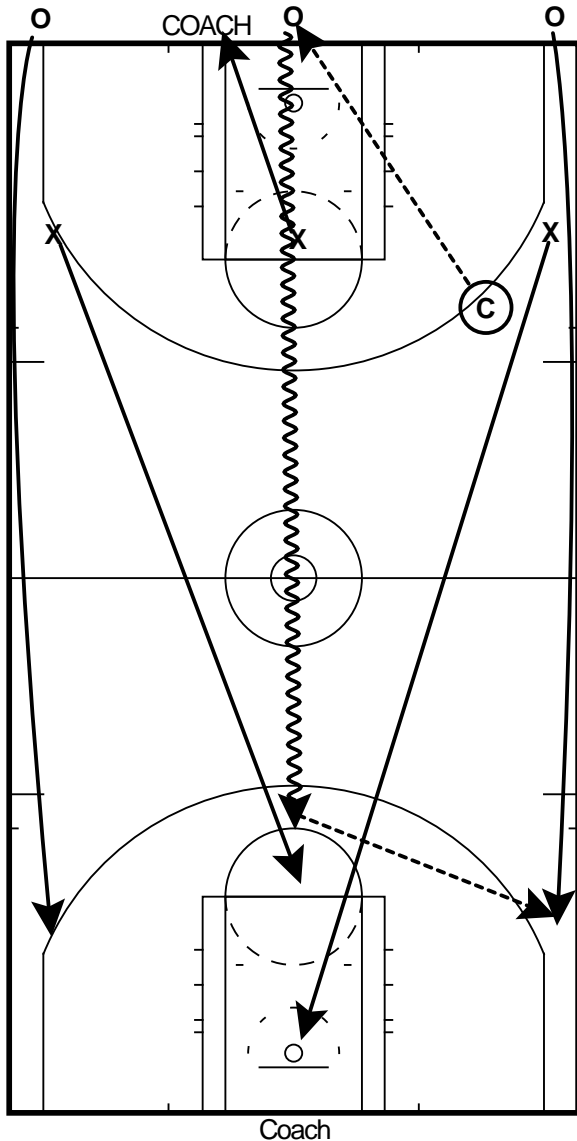


- Coach Passes to 4/2 back cuts



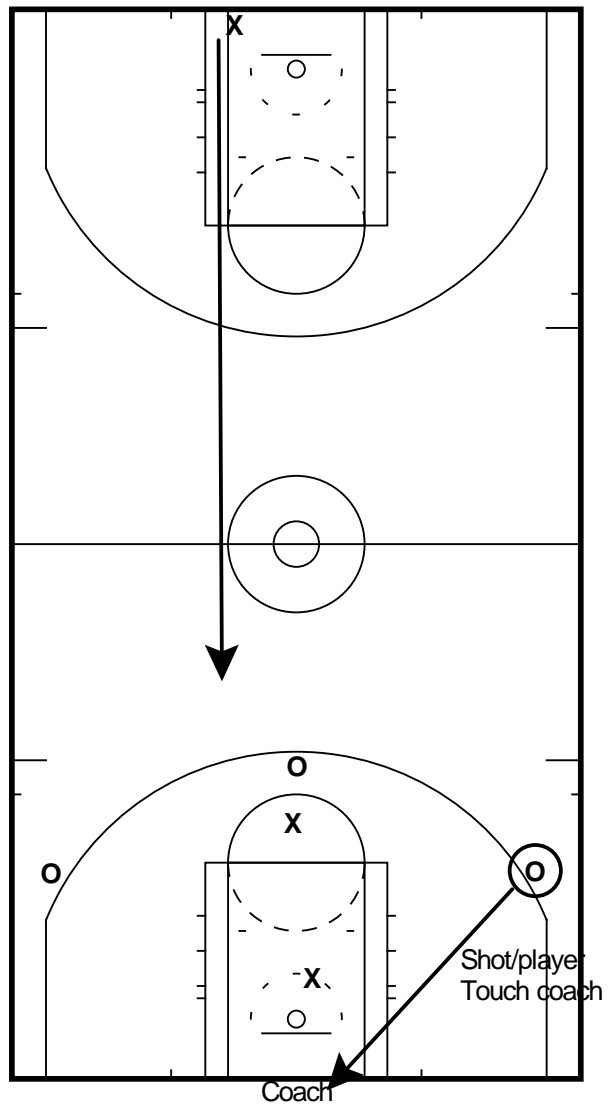
# Transition Defense

Practice Drills  
3 vs. 3 / 4 vs. 4 (Touch & GO)



- Coach passes ball to any player, defender across from the player sprints and touches (coach/baseline)
- 3 on 2 -> other end

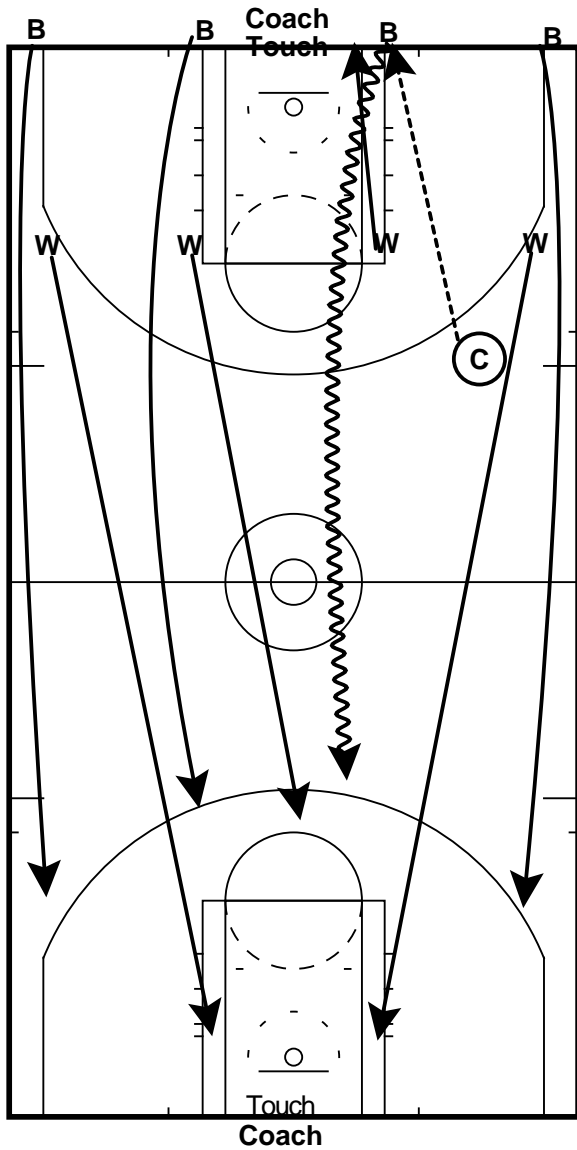
Practice Drills  
3 vs. 3 / 4 vs. 4 (Touch & GO)



- Player who shoots/turns it over touches coach on baseline
- 3 on 2 -> other way
- \*\*2 Minute Game\*\*
- (Also do Drill 4 on 4 / 5 on 5)

# Transition Defense

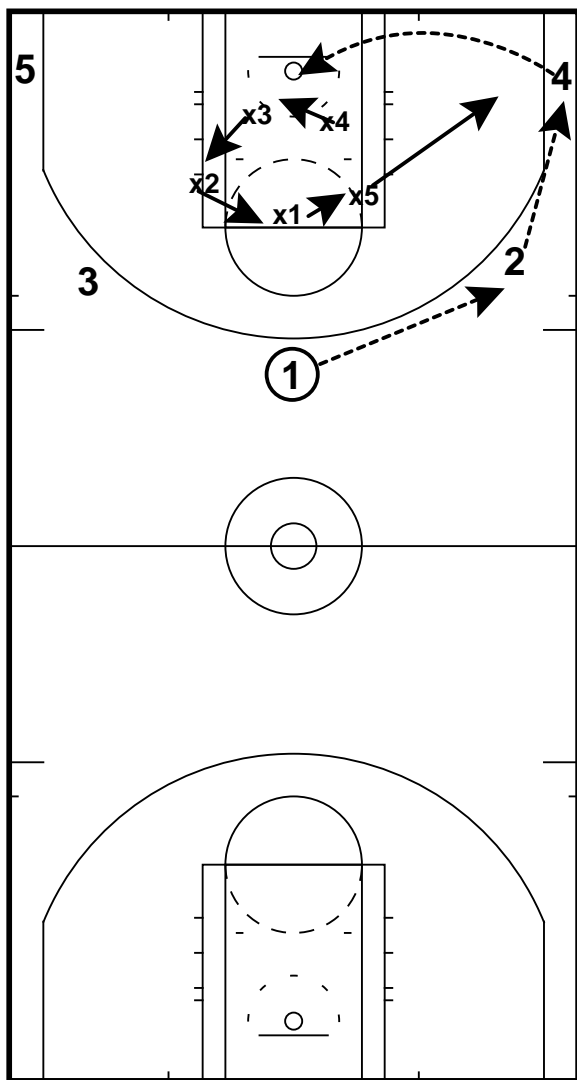
## Practice Drills 4 vs. 3 Continuous (Coach Touch)



- 4 on 4 game/players lined up across from one another
- Coach has ball/Coach can throw ball to any of the players lined up on baseline
- The defender lined up in front of the guy who receives the pass from the coach sprints to touch the baseline
- 4 on 3 to opposite end
- each conversion requires the guy who shot the ball or turned it over to touch the coach which turns into 4 on 3 continuous
- (play 2 minute game)\*\*Keep Score\*\*

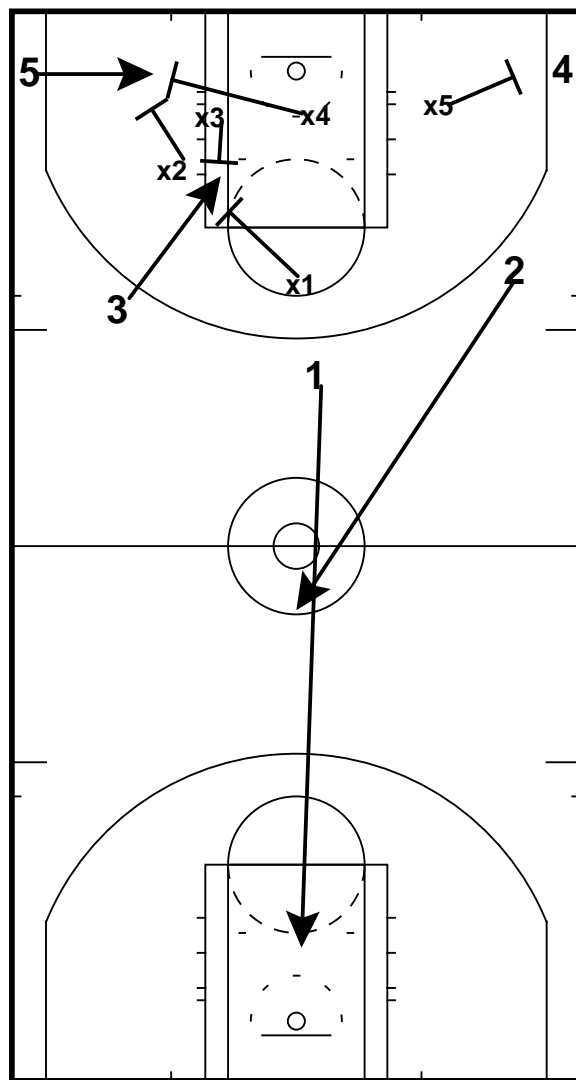
# Transition Defense

Practice Drills  
5 OUT 3 POINT TRANSITION



The defensive team circles as offense passes ball around arc. Coach calls shot. Defensive team contests 3 point shot and blocks out. Offensive team getback/crash according to position.

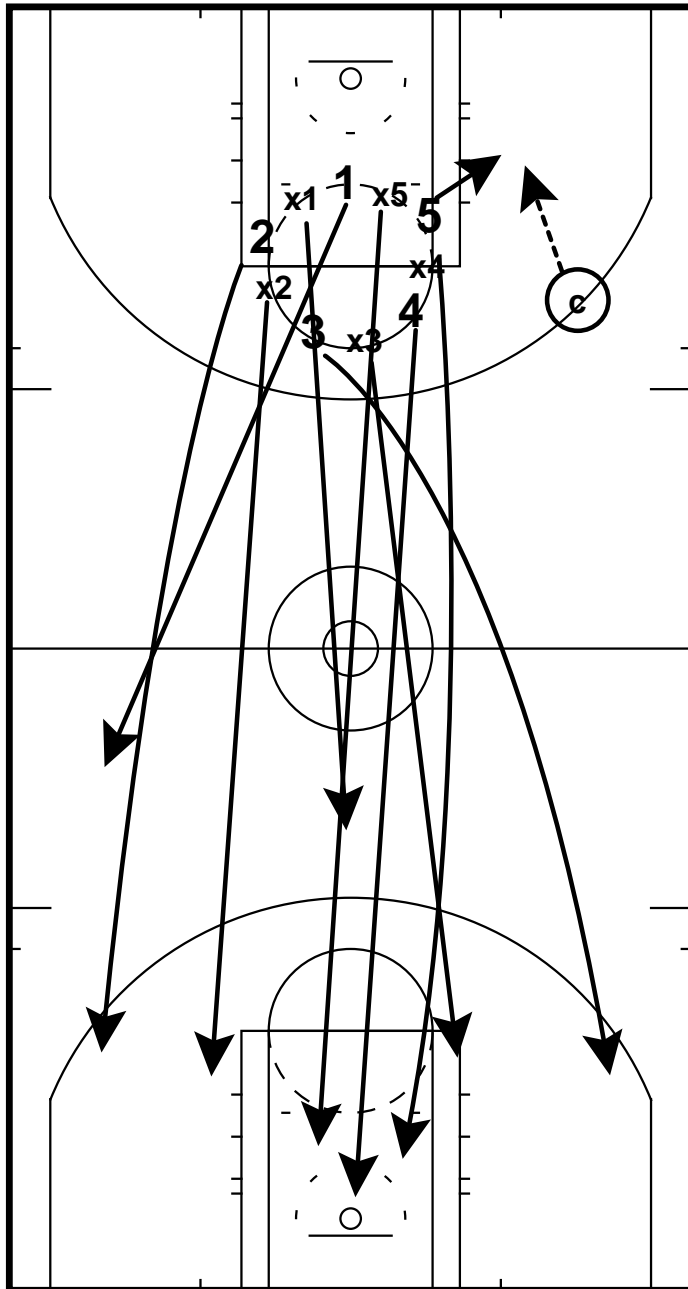
Practice Drills  
5 OUT 3 POINT TRANSITION



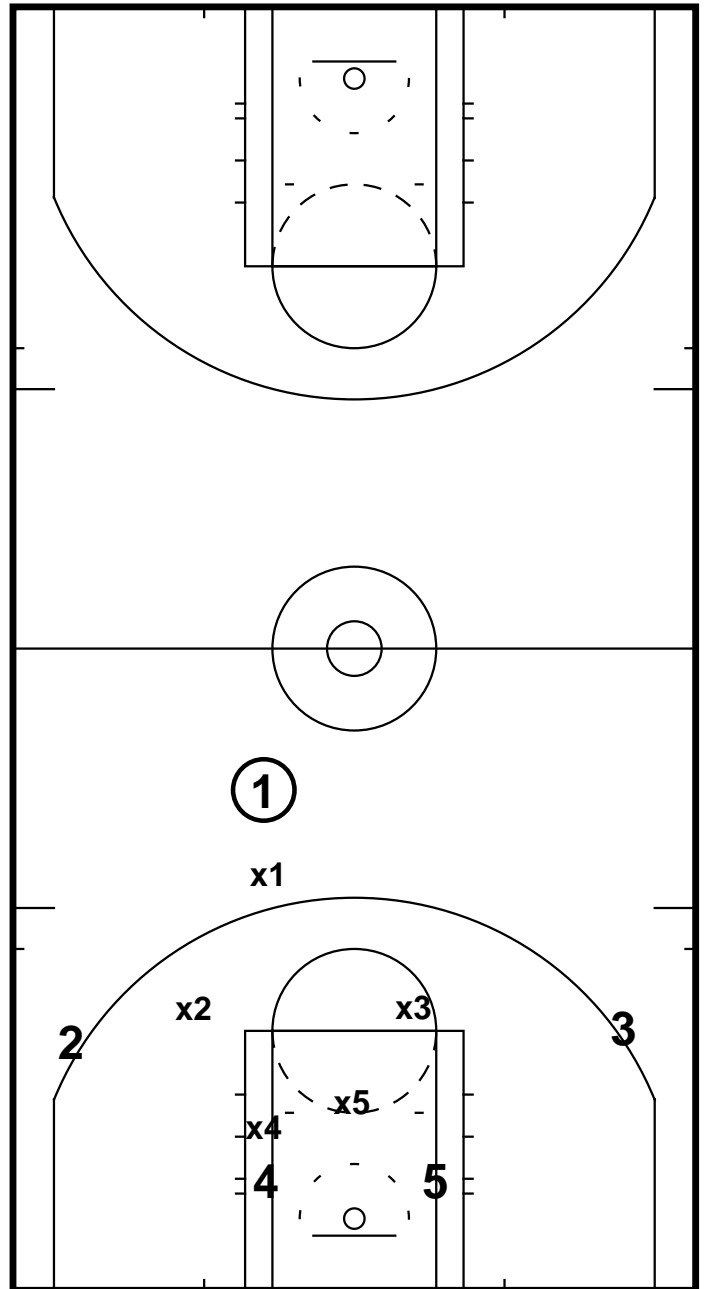
x 1 and x2 will double team on blockout to secure the ball. Offense tries to make the 3 and putback the miss. The defense tries to secure the ball and score in transition. One trip and drill is done. 1 point for made 3 and 2 points for an offensive rebound. 1 point for a stop in defensive transition and 2 points for a charge taken. Play to a certain score or 5 trips per team.

# Transition Defense

Practice Drills  
Circle Transition (Coach Touch)



Practice Drills  
Circle Transition (Coach Touch)



Coach

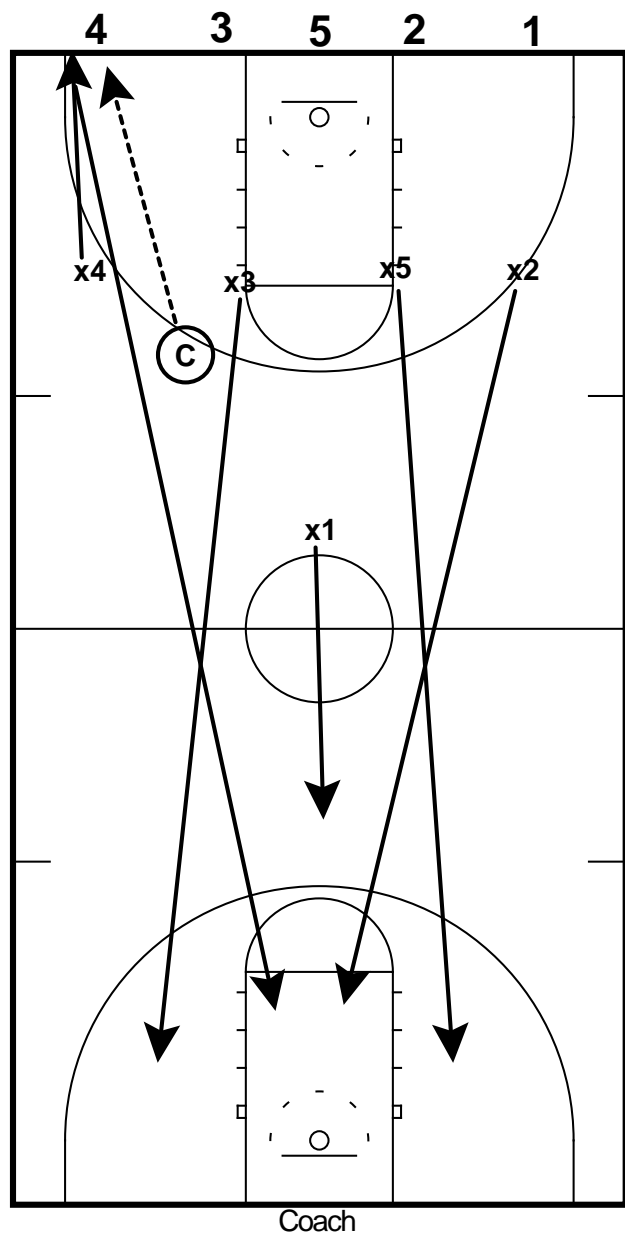
Players circle up alternating offense and defense. The coach has the ball and can call out a players name at anytime. The coach can toss it directly to the player or force them to chase it slightly. Whoevers name is called that team pushes on offense and the other five must sprint back on defense. Must communicate and get ball stopped.

-Convert to other end/Player who shoots the ball or commits a turnover must touch coach before he runs back

## Transition Defense

## Practice Drills

Line Transition (5 on 5) (W/Coach Touch)



5 offensive players line up on the baseline and a defender mirrors them on the FT line/FT line extended. 1 man starts at half court since he will get back on all shot attempts. A coach has the ball and will pass to any player on the baseline. You can do it one of two ways: 1.) the player matched up with the offensive player who catches it has to touch the baseline and then get back on defense. 2.) the coach can yell out the name or names he wants to touch the baseline.

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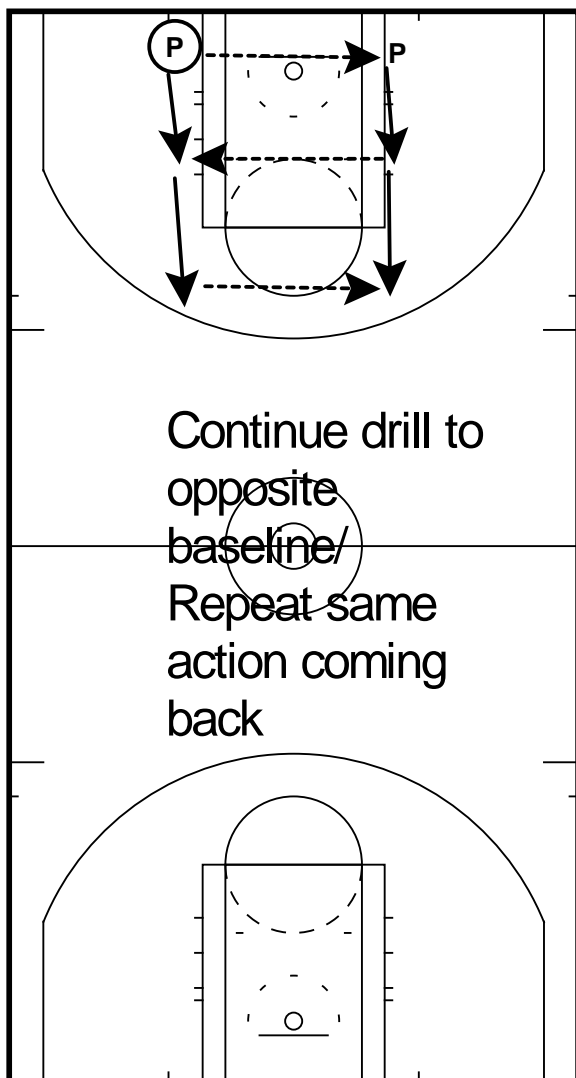
baseline.
**Convert 1 time to other end**

```

**\*\*Coach Touch\*\***

# Warm-up Drills

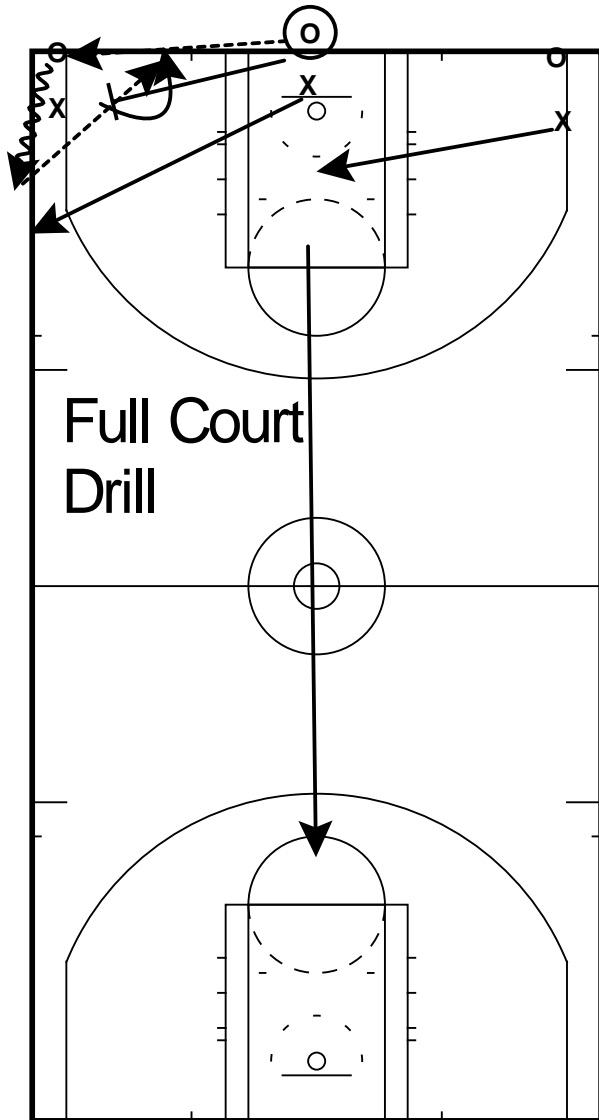
## Practice Drills 2 Line Passing



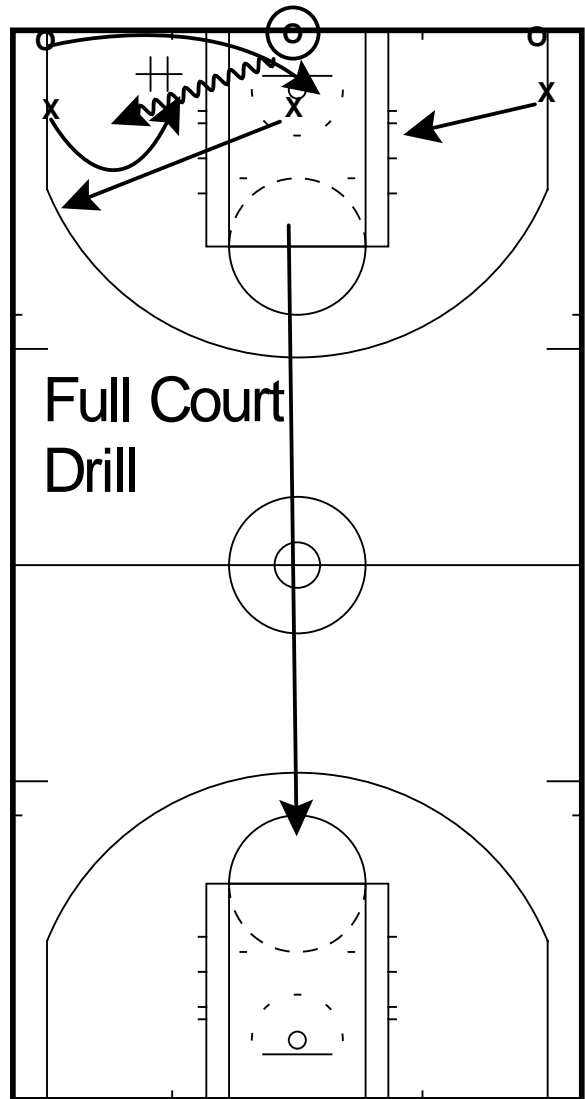
5 Part Series (Down&Back each action)  
1. Chest 2. Bounce 3. 1 Hand  
4. P&R 5. DHO

# Warm-up Drills

Practice Drills  
3 on 3 Energizers



Practice Drills  
3 on 3 Energizers

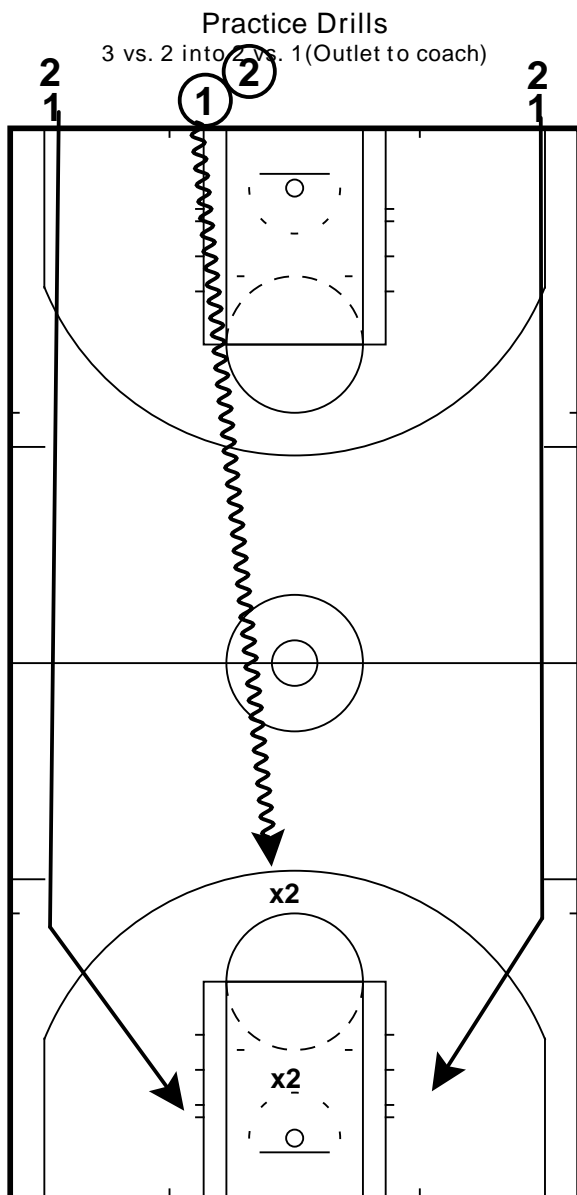


- 1) "Blue"/ "Show"/ "Gold"
- middle guy with ball passes to wing
- (Simulate "Blue")
- offensive guy drives baseline throws back to middle guy/opposite defender stunts-
- \*\*Continue drill full court\*\*

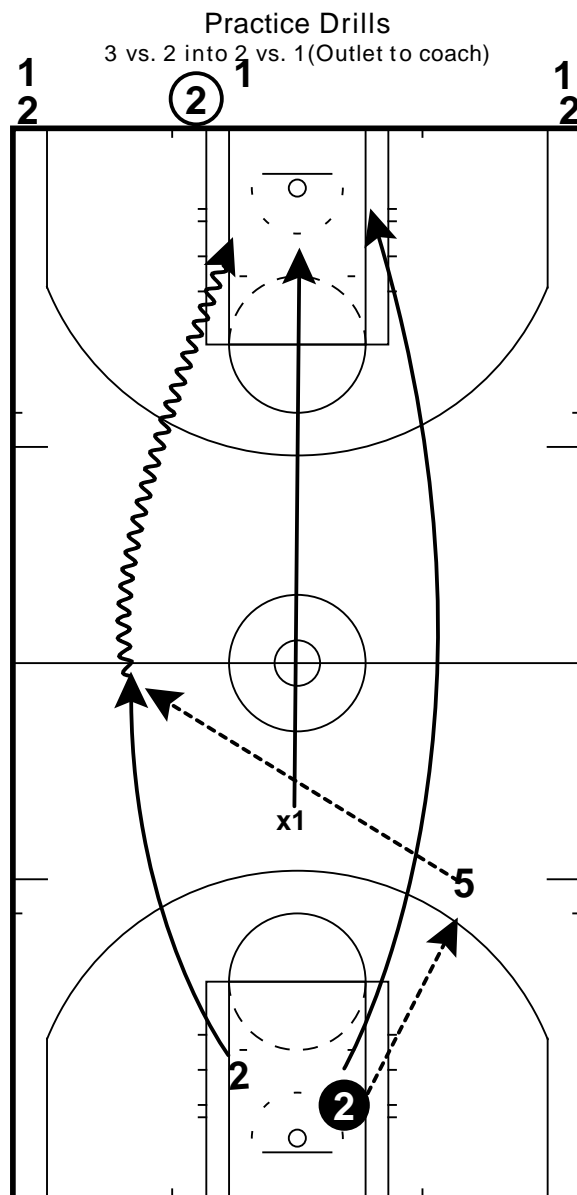
**Can do all of your ball screen coverages**

- 2) DHO
- Middle guy DHO to wing
- (Defense Accordingly)
- Wing guy becomes middle guy/middle guy DHO to opposite wing
- \*\*Drill continues full court\*\*

# Warm-up Drills



Drill starts with 2 teams lined on 3 lines on baseline. Team 1 starts 3 on 2 break versus 2 defenders from team 2. Team 1 is allowed max of 2 passes and 1 shot or tip follow. Team 2 secures ball on miss or make. Team 1 passer gets back on defense and other 2 players stay on defense.

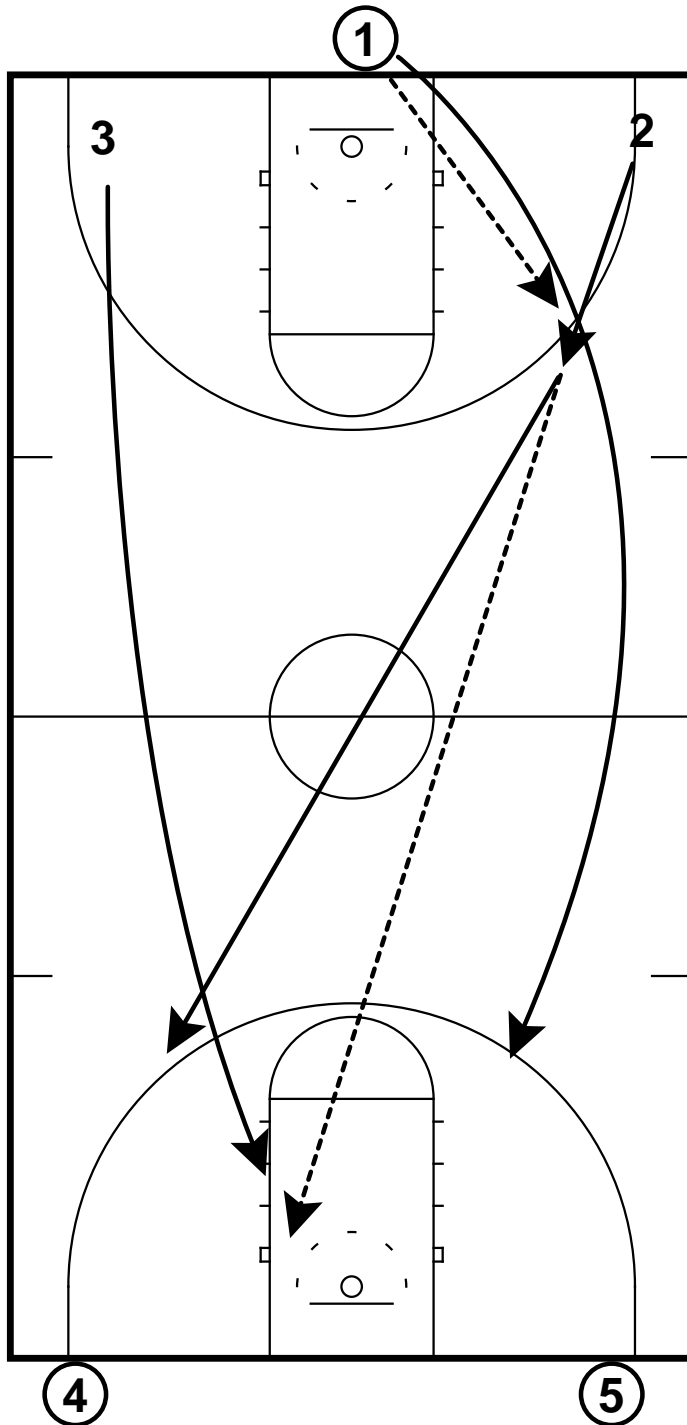


Team 2 outlets to Coach(5) and fills for 2 on 1 as Coach hits either player. The next 3 players can start 3 on 2 as the 2 on 1 is being completed. Run drill for 3 minutes and see which team scores more points.



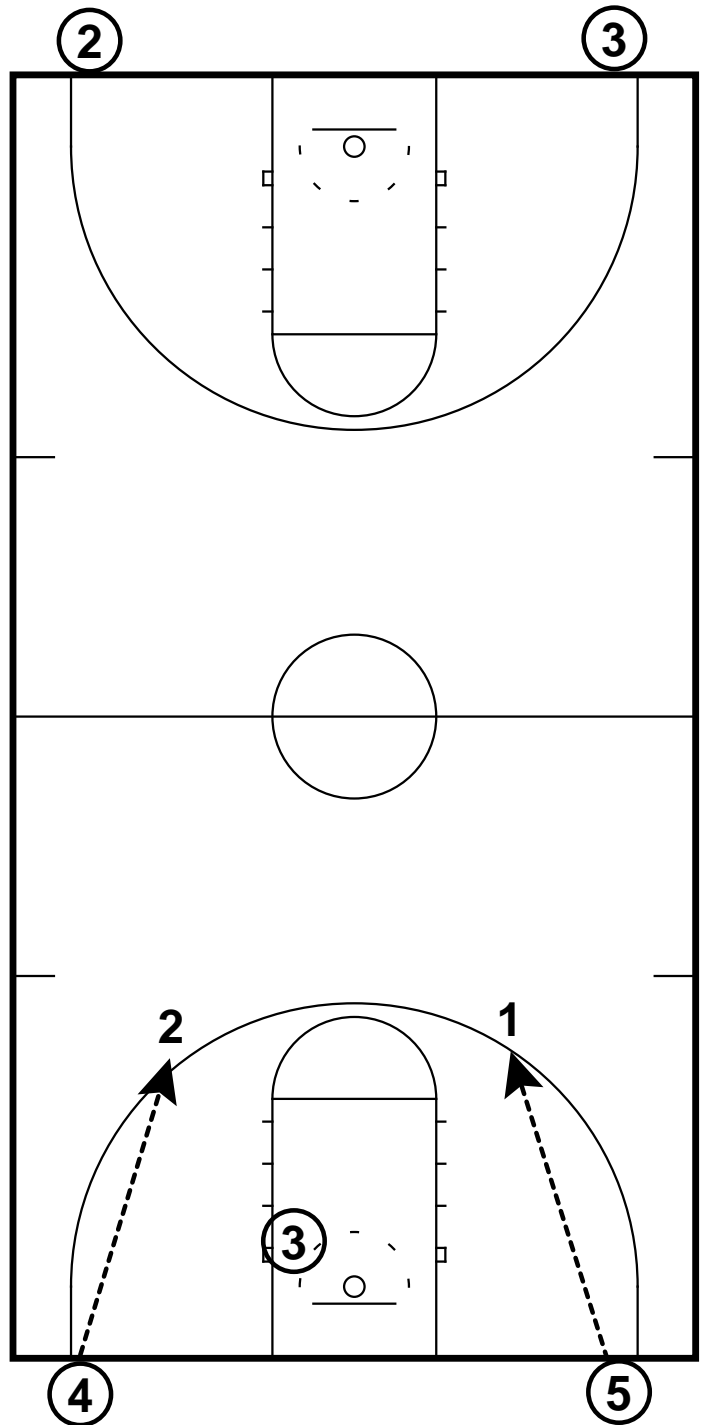
# Warm-up Drills

Practice Drills  
4:15/96



1 starts with the ball on baseline and passes to the 2 who is sprinting the sideline and angling toward center court to shorten pass. 3 sprints the floor for lay up. 2 follows his pass to opposite wing/elbow area and the 1 fills the other wing/elbow area.

Practice Drills  
4:15/96

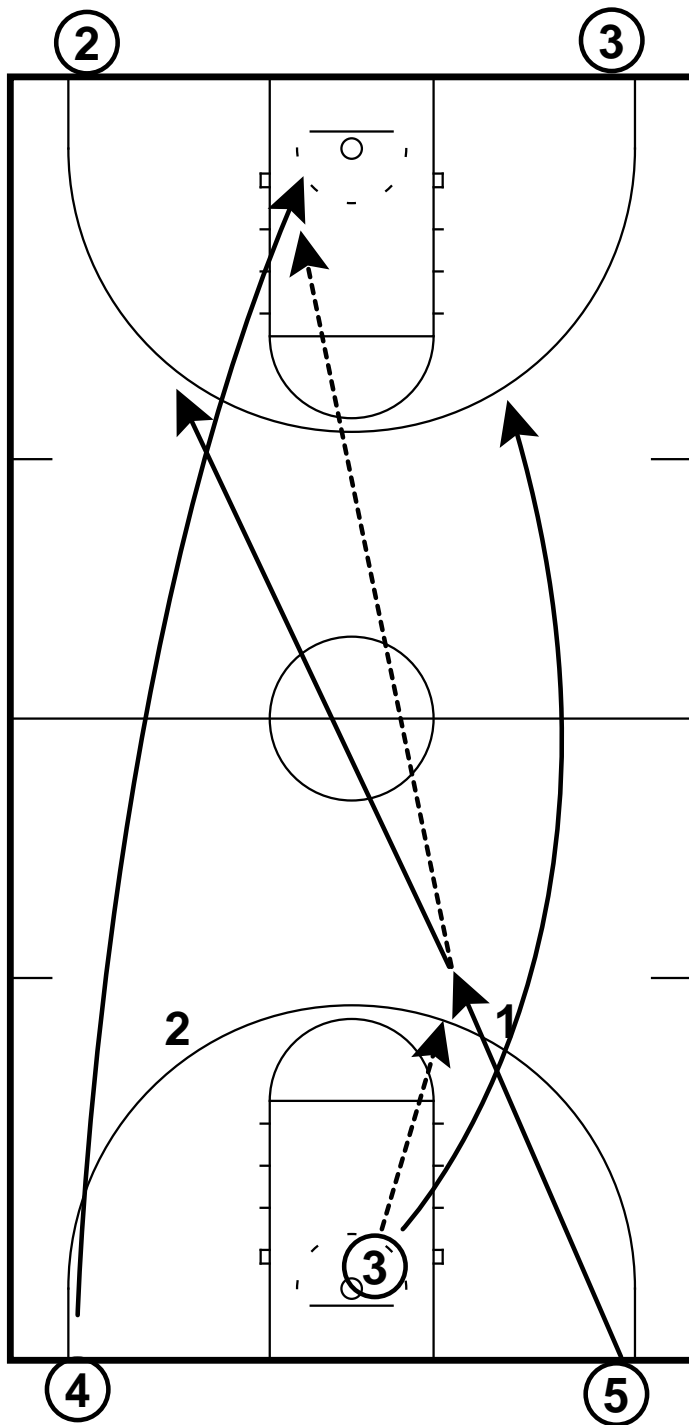


4 passes to the 2 for a jumper and 5 passes to the 1 for a jumper. 3 makes his lay up and gets his own rebound. The 4 and 5 should have communicated who is running the floor for a lay up ahead of time. That man sprints while the other calls for the outlet pass.

## Warm-up Drills

## Practice Drills

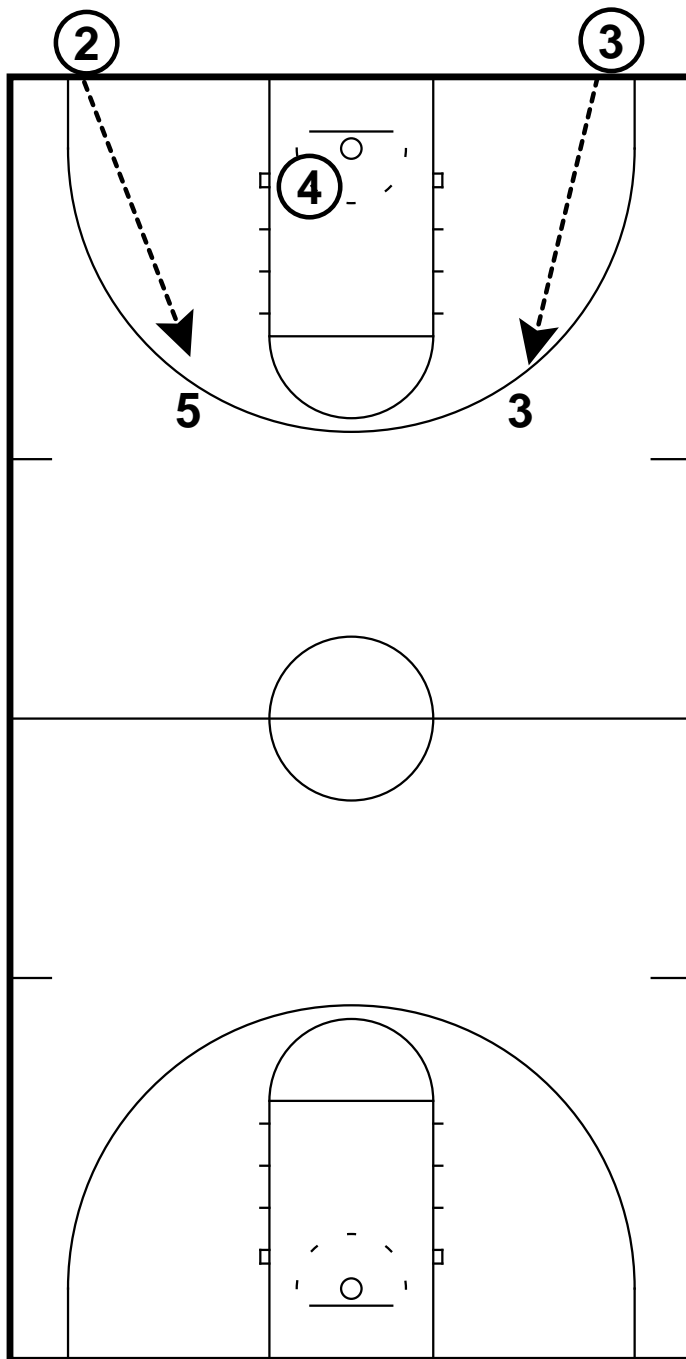
4:15/96



3 passes to the 5, 5 passes to the 4 for a lay up. 5 follows his pass to opposite wing/elbow area. 3 fills the other wing/elbow area. 1 and 2 go to the end of the line on the baseline.

## Practice Drills

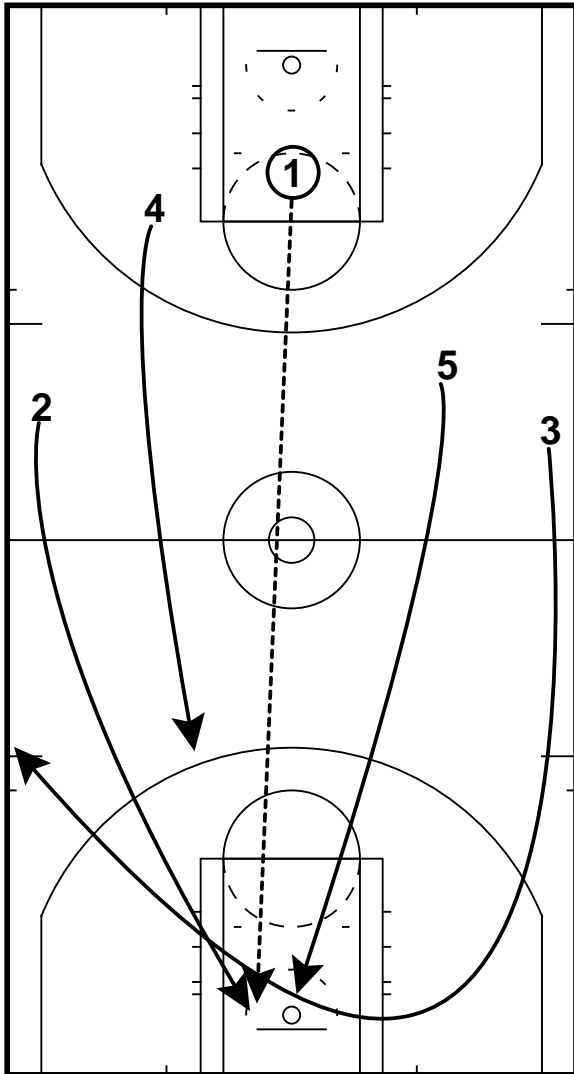
4:15/96



Players on baseline hit the 5 and 3 for jumpers and the drill continues as such. Set a goal for made shots in a certain time frame based on the skill level of your team. We try to make 110 in 5:00.

# Warm-up Drills

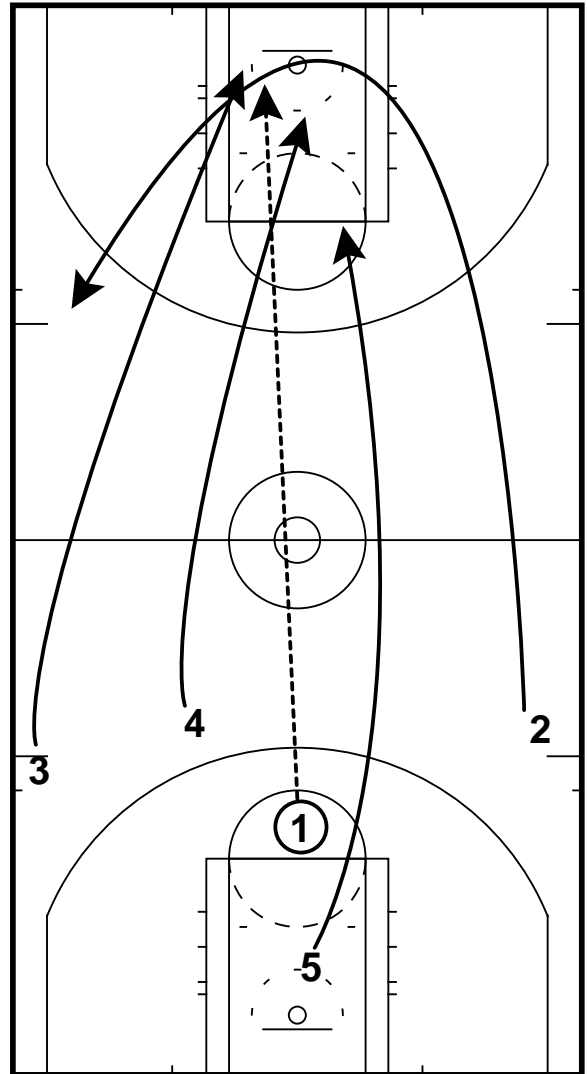
Practice Drills  
5 on 0 Fast Break (All-Lay-ups)



## 1st Lay-up

- 1 passes to 2 for lay-up
- 2&3 swing underneath

Practice Drills  
5 on 0 Fast Break (All-Lay-ups)

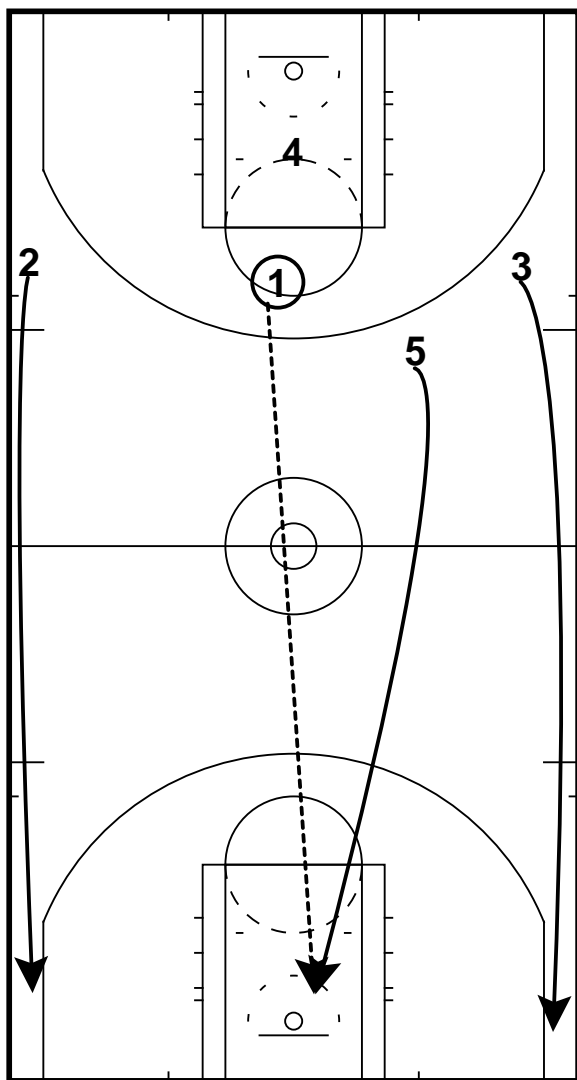


## 2nd Lay-Up

- 1 passes to 3 for Lay-Up
- 2&3 swing underneath

# Warm-up Drills

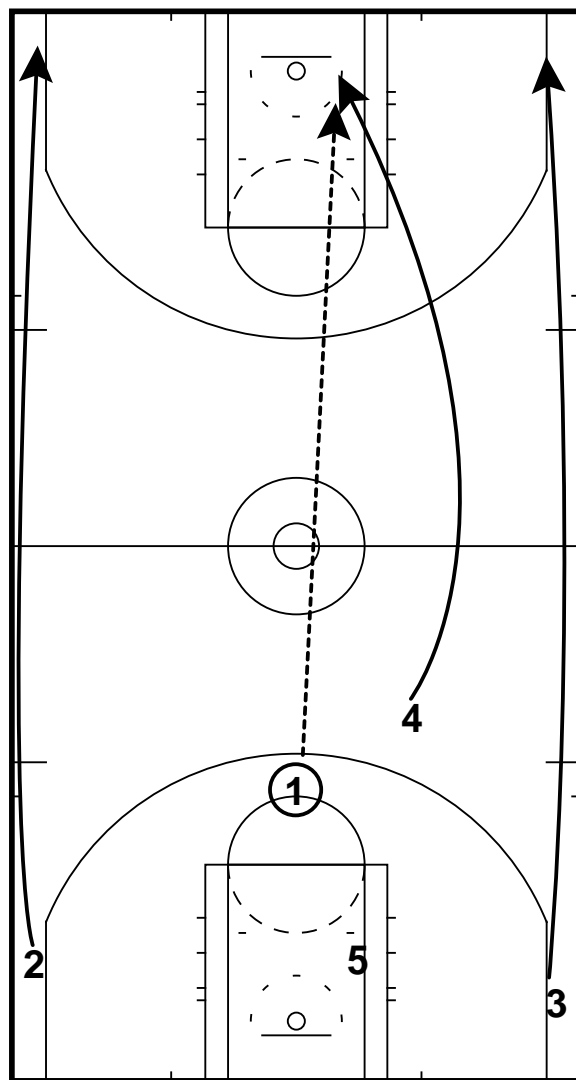
Practice Drills  
5 on 0 Fast Break (All-Lay-ups)



## 3rd Lay-Up

- 1 passes to 5 for lay-up
- 2&3 DON'T SWING

Practice Drills  
5 on 0 Fast Break (All-Lay-ups)



## 4th Lay-Up

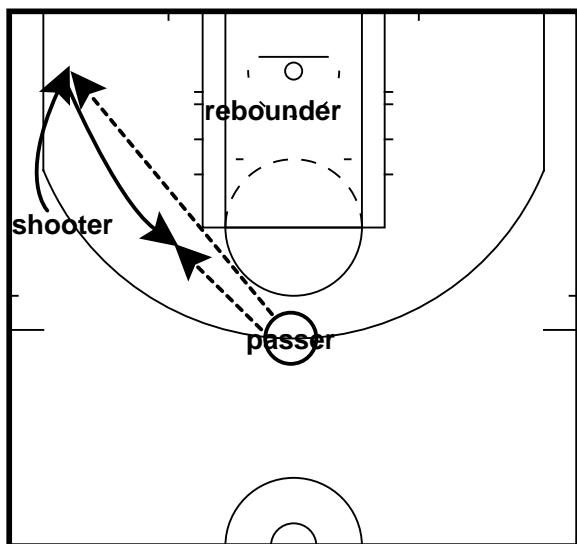
- 1 passes to 4 for lay-up
- 2&3 DON'T SWING

## 5th lay-Up

- 1 dribbles length of floor for lay-up to finish drill

# Warm-up Drills

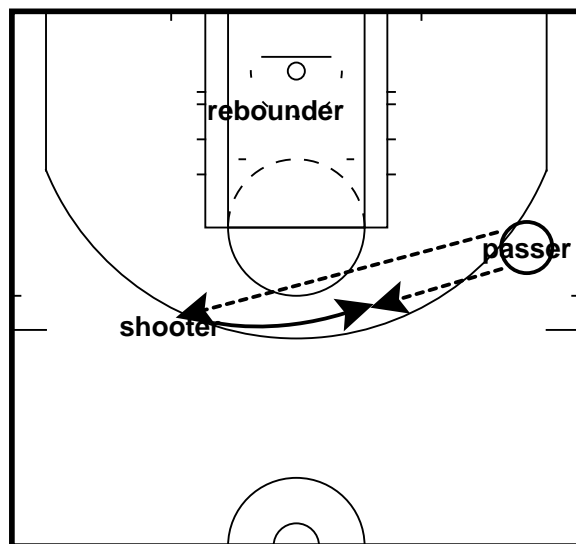
Practice Drills  
3 Man 2 Ball



## 6 part shooting drill (10 makes)

1) LT Wing - -> corner (catch & shoot) (range appropriate)

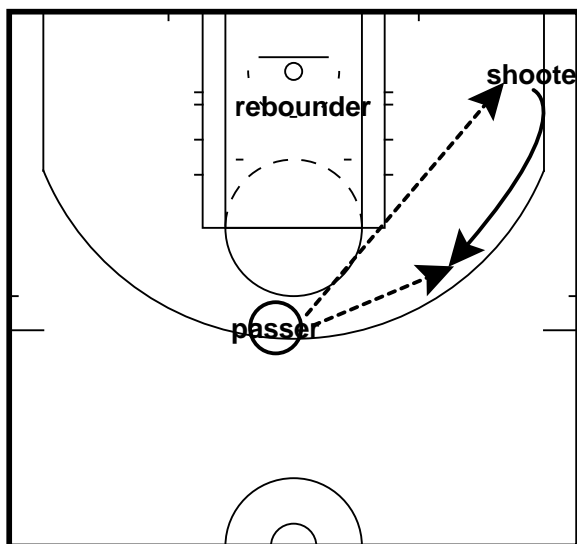
Practice Drills  
3 Man 2 Ball



## 6 part shooting drill (10 makes)

2) Pro Lane--> Pro Lane (catch & shoot) (range appropriate)

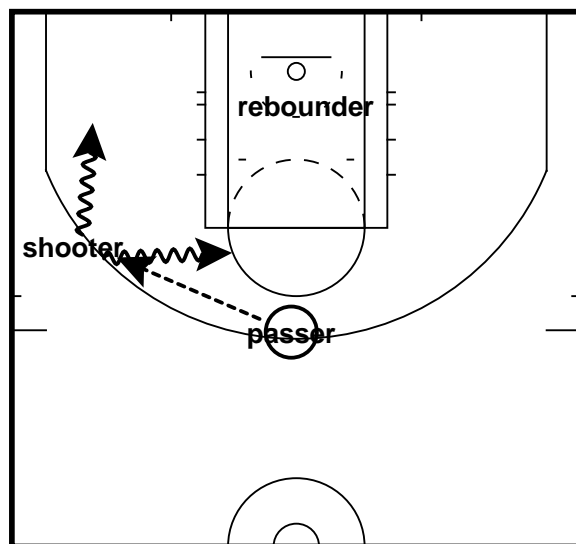
Practice Drills  
3 Man 2 Ball



## 6 part shooting drill (10 makes)

1) RT Wing - -> corner (catch & shoot) (range appropriate)

Practice Drills  
3 Man 2 Ball

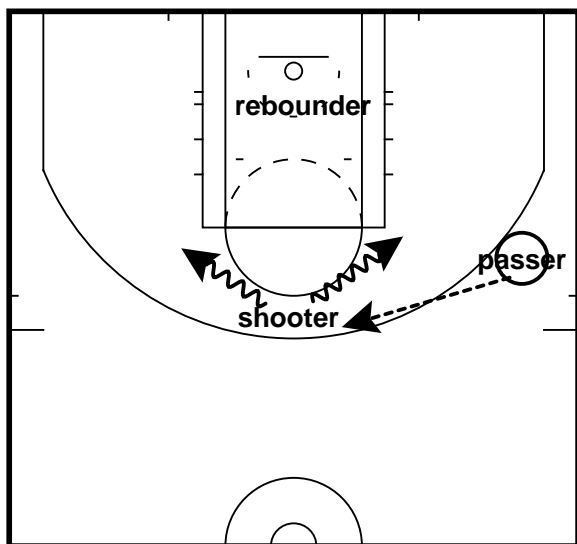


## 6 part shooting drill (10 makes)

1) LT Wing (Catch on wing 1 dribble pull-up)

# Warm-up Drills

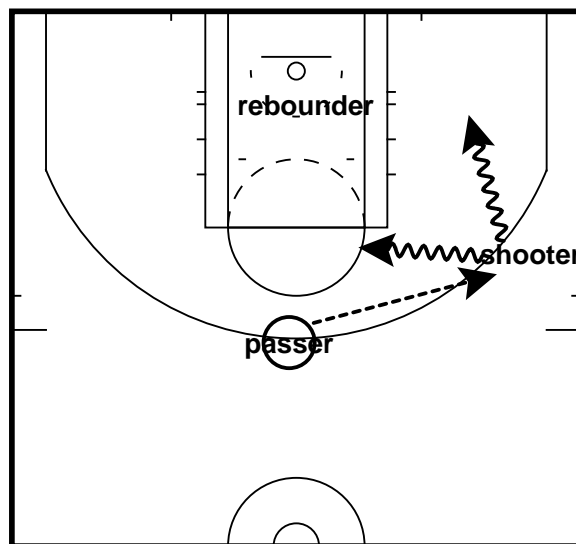
Practice Drills  
3 Man 2 Ball



## 6 part shooting drill (10 makes)

- 1) Top Key (Catch on wing 1 dribble pull-up)

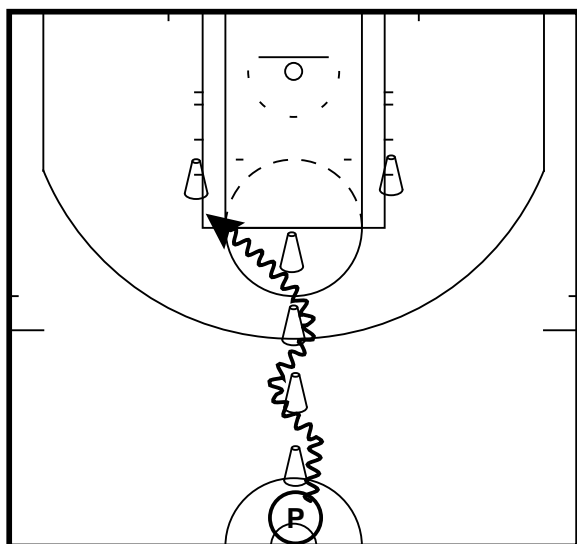
Practice Drills  
3 Man 2 Ball



## 6 part shooting drill (10 makes)

- 1) RT Wing (Catch on wing 1 dribble pull-up)

Practice Drills  
Cone Drill



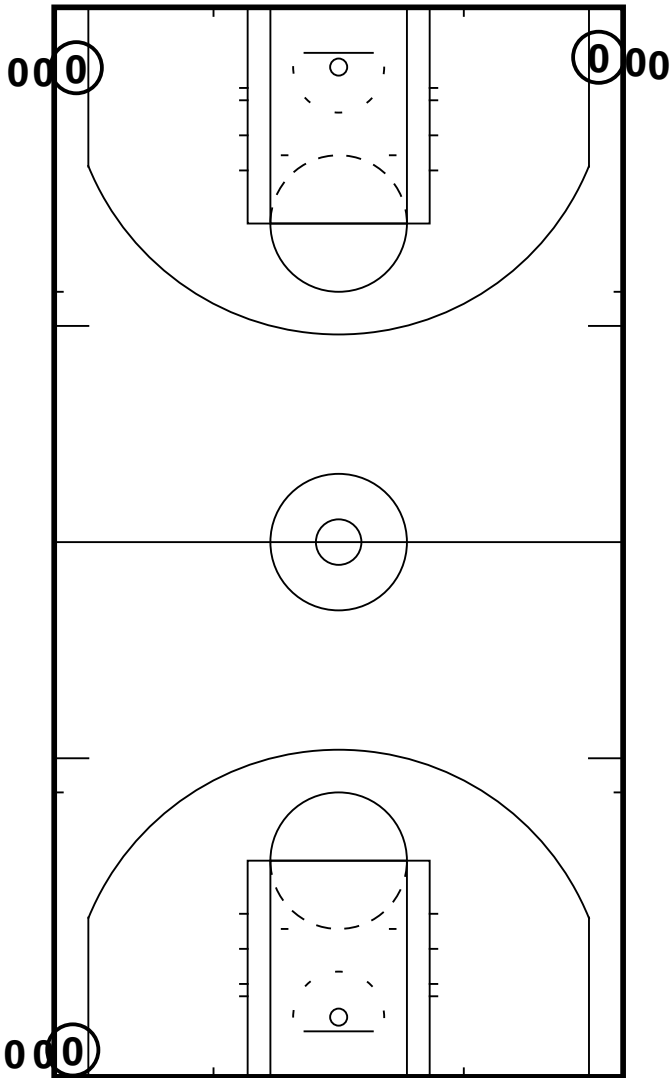
- 4 Cones

- 1) Crossover
- 2) Between Legs
- 3) Behind Back
- 4) Combo all 3

\*\*Shoot 2 shots each way/then next step

# Warm-up Drills

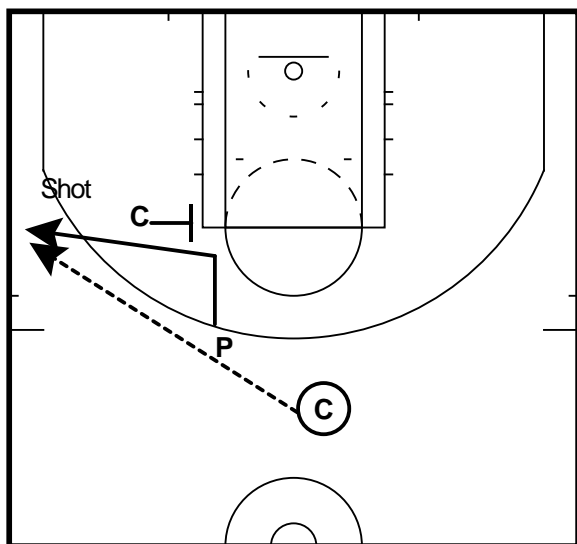
## Practice Drills Corner 3 Drill



- Start in 3 corners
- As a Group make 25 3's
- Start with a make end with a miss (each Individual)
- When finished with corner (go to open corner)
- First team to 100 made 3's wins

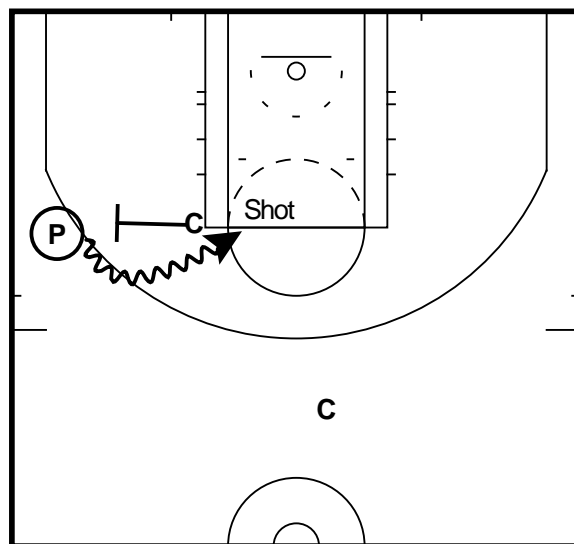
# Warm-up Drills

Practice Drills  
Motion 1 Shooting



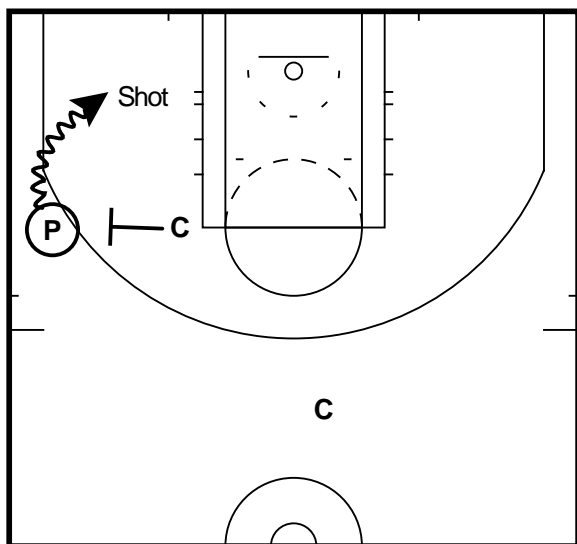
- 4 step series
  - Coach has ball/player cuts off outside foot
  - Back pedal off flare screen straight towards sideline
  - Offense player (mix up speed of cut)
- 1) Shoot (2 shots, each side)

Practice Drills  
Motion 1 Shooting



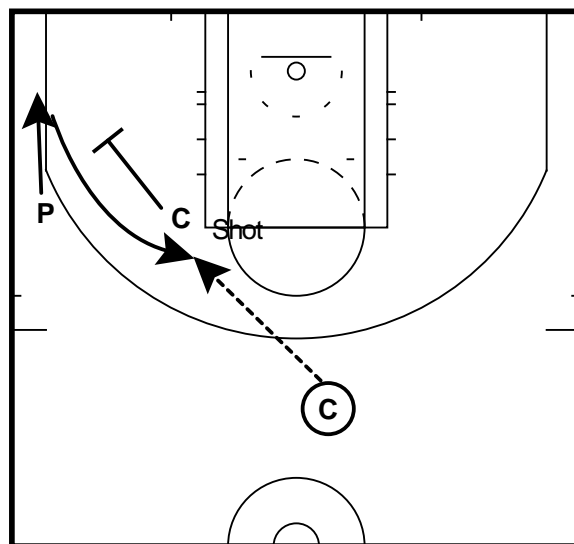
- 2) P&R shot (2 shots each side)

Practice Drills  
Motion 1 Shooting



- 3) Refuse Ball screen (shot) (2 shots each side)

Practice Drills  
Motion 1 Shooting

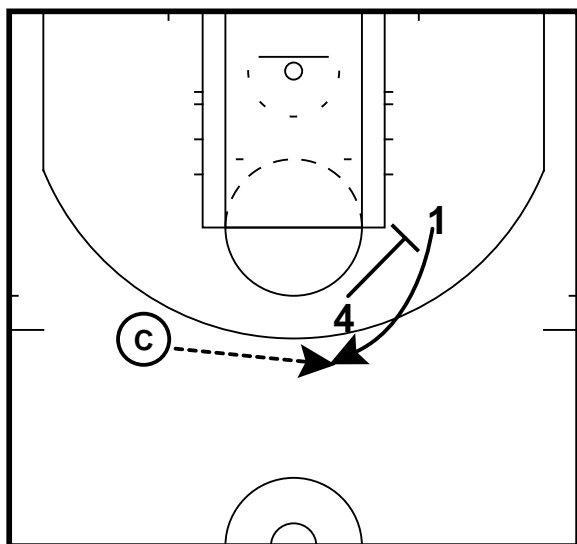


- 4) After flare, walk down/Coach sets wide pin down  
\*\* 2 shots each side \*\*

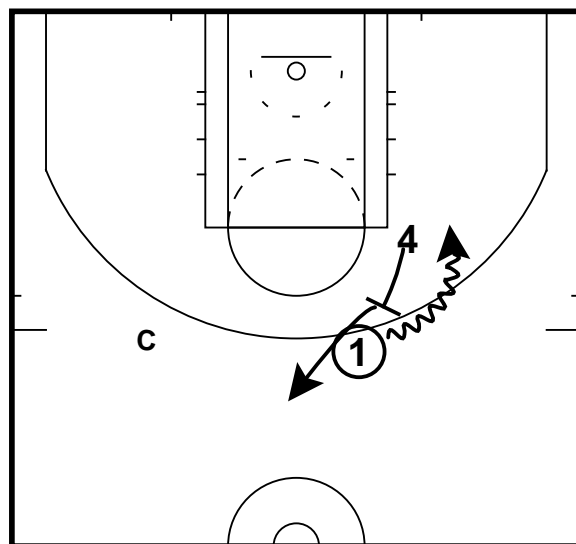


# Warm-up Drills

Practice Drills  
Follow 2 Man Game



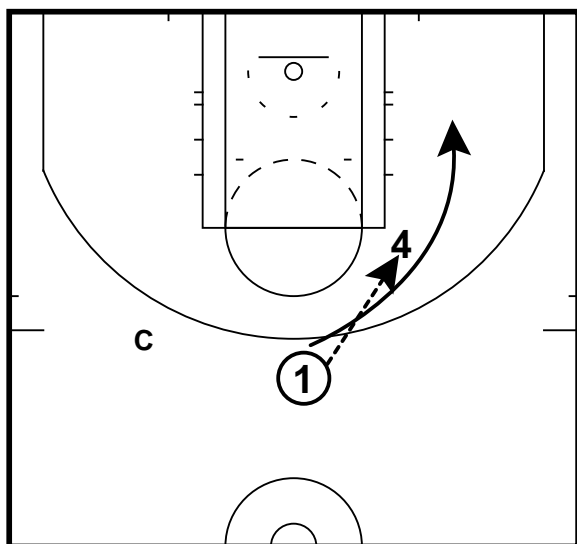
Practice Drills  
Follow 2 Man Game



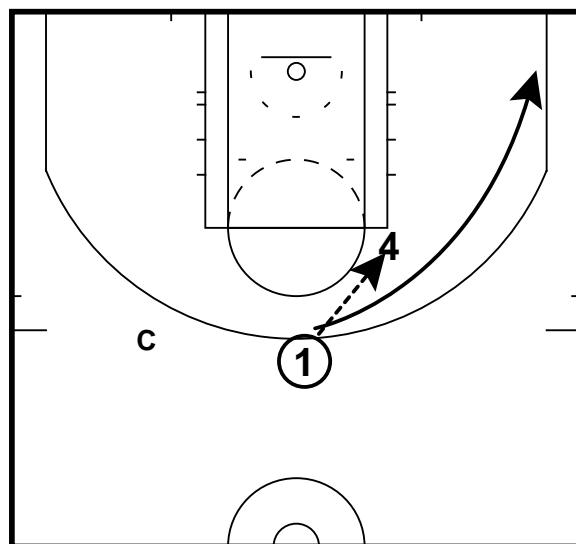
1) Step-up

\*\*Ball screener either rolls or pops

Practice Drills  
Follow 2 Man Game



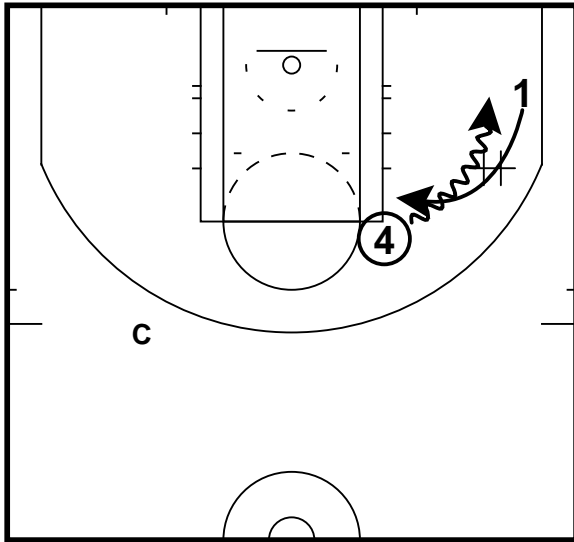
Practice Drills  
Follow 2 Man Game



2) Pass & Cut  
\*\*2 man game\*\*

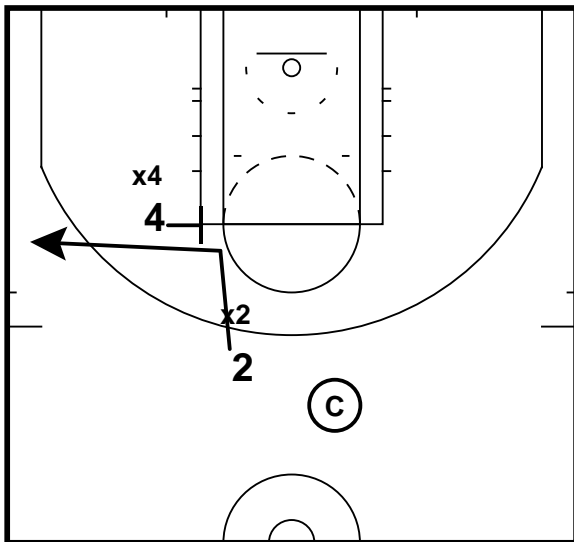
# Warm-up Drills

## Practice Drills Follow 2 Man Game



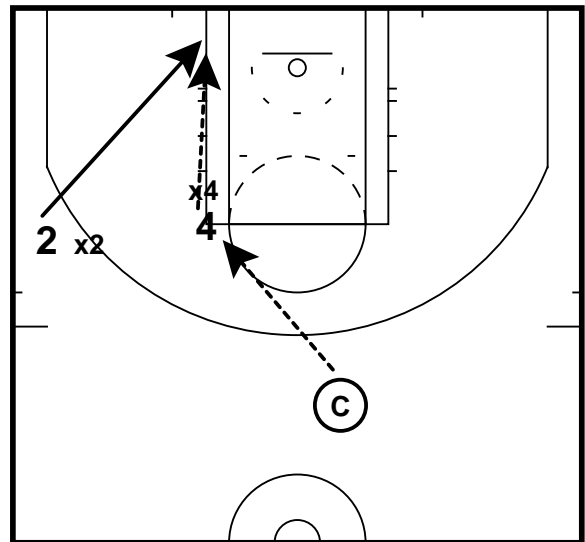
3) Pass & Chase (DHO or P&R)

## Practice Drills Motion 1 Shooting (Back Cut)



- Coach starts with the ball
- 2 cuts off 4 (motion 1 footwork)
- X2 chases screen

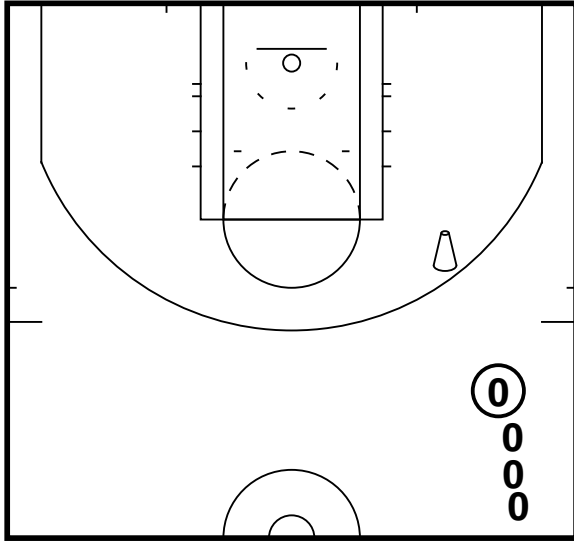
## Practice Drills Motion 1 Shooting (Back Cut)



- Coach Passes to 4/2 back cuts

# Warm-up Drills

## Practice Drills Wing Pull-Up Series



### **Both Wings**

- Dribble pull-up X2
- Dribble Cross-over X2
- Between The Legs X2
- Behind The Back X2
- Combo Move X2
- Double Move X2