



Moreno Valley's Favorite Practice Drills 2016



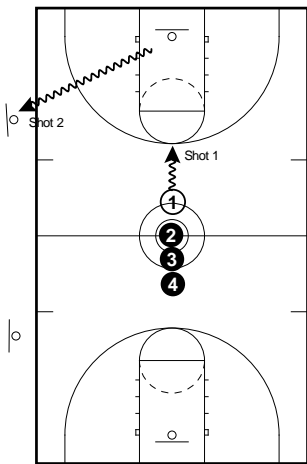
Table of Contents

1.	Warm-Upers	2
2.	Transition Drills	18
3.	Defensive Drills	26
4.	Offensive Drills	36
5.	Shooting	42
6.	Rebounding Drill	54



Warm-Upers

Full Throttle Shooting
2016 Practice Drills

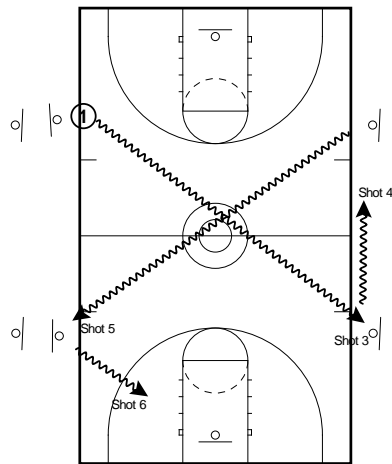


Everyone on the team has a basketball and start at half court. Each player will take the same shots.

1st person dribbles hard to the TOK and takes a TOK three pointer (second person waits until the ball is rebounded before they go and take same shot, each person on the team follows suit) **(Shot 1)**

once player gets a rebound they go to the basket to the left for a **right handed layup (Shot 2)**

Full Throttle Shooting
2016 Practice Drills



Player speed dribbles across the court (push the ball ahead of you limit your dribbles) for a left hand layup **(Shot 3)**

after rebound player sprints to the right side basket for a short corner (or corner three pointer) shot **(Shot 4)**

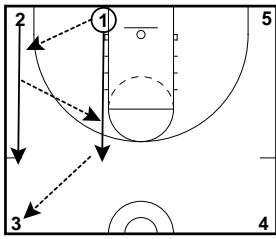
Player gets rebound and speed dribbles diagonally for a bank shot above the block (or a reverse layup depending on what you want to see that day) **(Shot 5)**

The last shot is a wing 15 footer or a wing three pointer (depending on what you want) **(Shot 6) (have players go through these 6 shots two to three times and count their makes and report their makes to you after the drill)**



Warm-Upers

Fire Passing
2016 Practice Drills



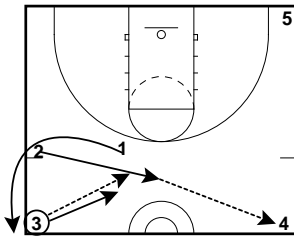
This is a timed drill in our practice: 1:50 seconds to make 20 layups (10 on each side).. We use two heavy balls for this drill normally, but sometimes we will use two regular basketballs...

Start with two lines behind players 1 and 2. There will be players in 3, 4 and 5's spot as well.

The inside line starts with the basketball. 1 slides and passes to 2 who is sliding as well. 2 passes back to 1.

1 passes to 3

Fire Passing
2016 Practice Drills

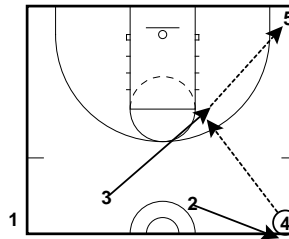


At this point 2 cuts at a 45 degree angle.

3 passes to 2, 3 begins to cut towards 5

2 passes ahead to 4

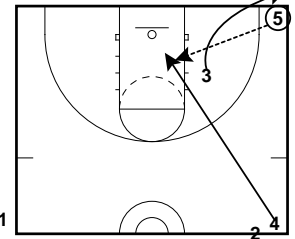
Fire Passing
2016 Practice Drills



3 continues cut and receives pass from 4, 4 cuts towards basket after passing to 3

3 receives 4's pass and passes ahead to 5

Fire Passing
2016 Practice Drills



3 continues on and passes to 5's inside shoulder...

4 is continuing cut to basket

5 delivers a bounce pass to 4 for the layup.

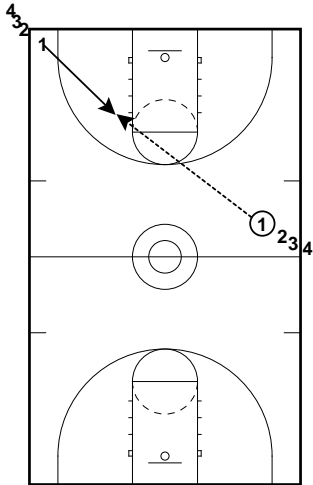
5 follows and gets the rebound

Ball never needs to hit the floor in this drill.



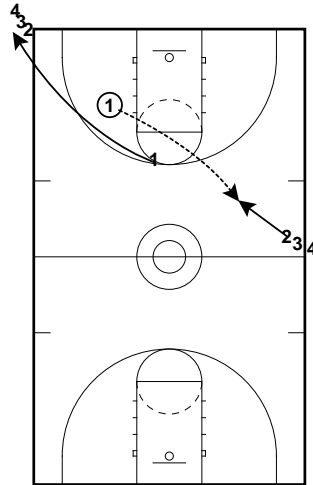
Warm-Upers

Single Exchanges
2016 Practice Drills



Split Team Baseline Corner and Half Court Corner
Player 1 with ball CHEST PASS to
PLAY 1 on Baseline Running
Towards PLAYER 1 with the ball.

Single Exchanges
2016 Practice Drills



Player One Receives ball and chest passes it to next person in line (player 2)....

SWITCH IT UP WITH BOUNCE PASS and then OVERHEAD, then SKIP, sometimes we even roll it so they are working on getting balls off the ground...

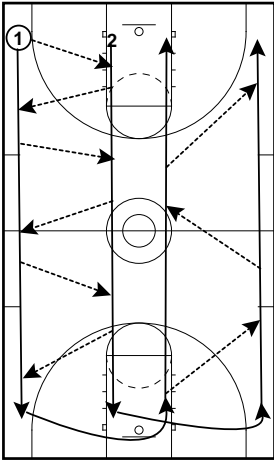
*We Stress: catch with hands, don't let it hit your chest

*We Stress: no bobbles, no drops, frozen rope passes



Warm-Upers

Snap Passes
2016 Practice Drills

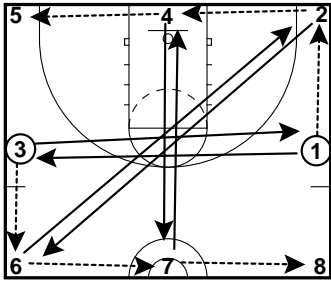


- Player One Starts with Ball (outside the three point line)
- Player 2 starts inside the lane line
- Both Players defensive slide while chest passing to each other (later on you can have one line chest and one line bounce)
- When players reach the end of the court player 2 becomes outside player, player 1 becomes in the lane player, and they **sprint pass** the ball to each other
- We go chest pass, then bounce, then over head, then we have each line have a ball and one person bounce passes while the other person chest passes



Warm-Upers

Warrior Passing
2016 Practice Drills



players are arranged as so and
players 1 and 3 start with a
basketball

all passes go to the right (or left if
you would like)...

You then exchange with your
partner...

normally we run this for the
duration of a shot clock (30
seconds)

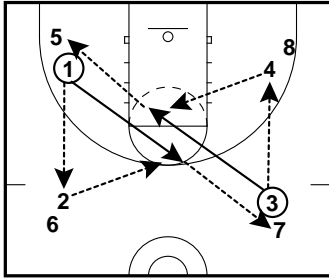
We stress not traveling, great
passes, getting to the spot so your
teammate doesnt have to wait...
You can count each pass and put a
number of passes that you want to
see before time expires to make it
competitive.

As you can see from the diagram 1
and 3 are partners and will always
exchange with each other whenever
they pass the basketball to their
right... 2 and 6 are diagonal
partners who will always switch
with each other the duration of the
drill. (4 and 7 will exchange with
each other and 5 and 8 as well)



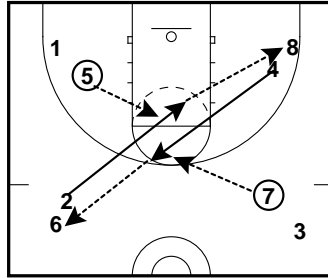
Warm-Upers

Crossroads Passing
2016 Practice Drills



1 and 3 start with a basketball
players pass to their right and cut
4 passes to 3 as she cuts
2 passes to 1 as she cuts
3 passes ahead to 5
1 passes ahead to 7

Crossroads Passing
2016 Practice Drills

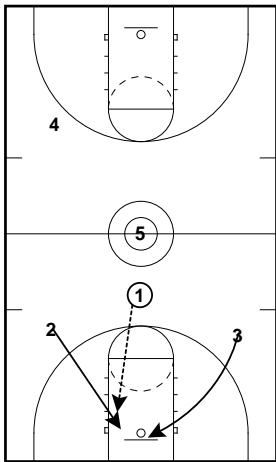


After 2 and 4 pass the ball they cut
5 and 7 pass then cut...
pattern continues until coaches
calls SWITCH or CHANGE in which
the ball will then switch directions
(in this case from right to left)



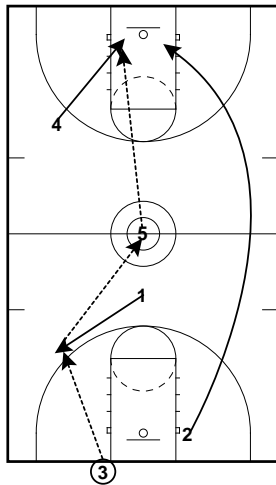
Warm-Uppers

Piston Passing
2016 Practice Drills



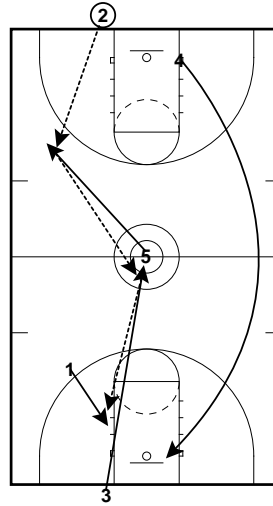
- 1 passes to 2
- 2 scores layup
- 3 rebounds and takes the ball out of bounds

Piston Passing
2016 Practice Drills



- 2 runs the outside lane trying to beat the pass down the floor
- 3 passes ball to 1 in the outlet position
- 1 passes up court to 5
- 5 leads 4 to the rim for a layup
- 2 gets rebound and takes the ball out of bounds

Piston Passing
2016 Practice Drills

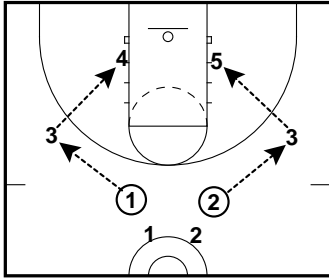


- As 2 is taking the ball out
- 5 is following his pass to 4 and going to the outlet position
- 3 who took the ball out of bounds at first, is filling the mid court position (the person who takes the ball out ALWAYS fills mid-court spot)
- 4 is running the lane
- 2 outlets ball to 5
- 5 passes to 3
- 3 leads 1 with a pass to the rim for a layup
- 4 rebounds the ball and takes it out of bounds



Warm-Upers

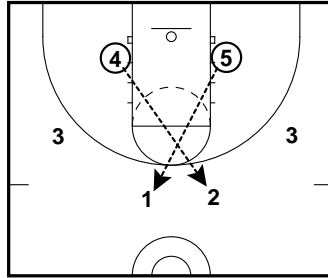
X-Passing Practice



1 and 2 pass to wings, wings make entry passes to bigs (can put defense behind bigs if you want).

1 and 2 that are not circled are players waiting in line

X-Passing Practice



4 and five pivot and pass to opposite tops to 1 and 2 who were waiting in-line in the previous frame.

Goal is to have 25 clean POST catches in a row.

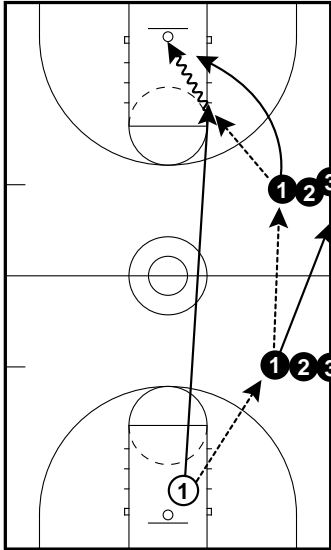
*Wings must V-Cut to get open

ROTATION:
Top Guards to Wings, Wings to Posts, Posts to Top.



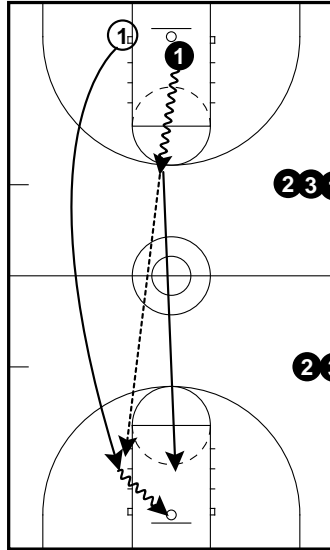
Warm-Upers

3 Minutes of Hell
2016 Practice Drills



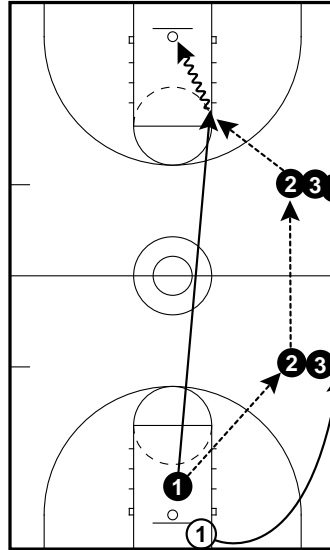
- 2 lines on the coaches box mark on one side of the floor
- 1 player starts under the basket
- 1 throws ball of backboard gathers the rebound outlets to 1 in the first line
- 1 sprints down the lane lane line towards the other end of the court
- as this is happening player 1 in line passes to 1 in the other line then follows his pass into the second line.
- the sprinting player calls for ball in an area where the pass will be received and a layup can occur without putting the ball on the floor.
- as 1 passes to the sprinting player he/she leaves the line and grabs the rebound before the ball can hit the floor

3 Minutes of Hell
2016 Practice Drills



- the player who made the layup sprints wide back down the court
- the rebounder is allowed one dribble and then must pass the ball up court to 1 on the fastbreak.
- 1 scores the layup and the passer follows and grabs the rebound before the ball can hit the floor.

3 Minutes of Hell
2016 Practice Drills



- rebounder outlets to 2 and the process starts over again.

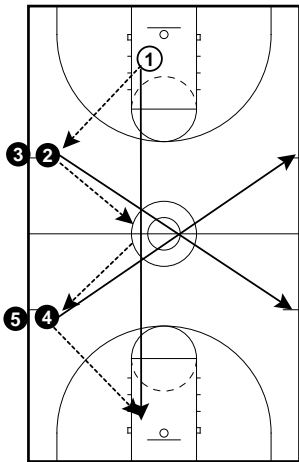
Give Players 3 Minutes to do this Drill. Pick a number of layups that must be made within this time frame.

For my high school girls I go with 30 layups in 3 minutes. Make sure after you do right hand that you switch sides and do left hand as well.

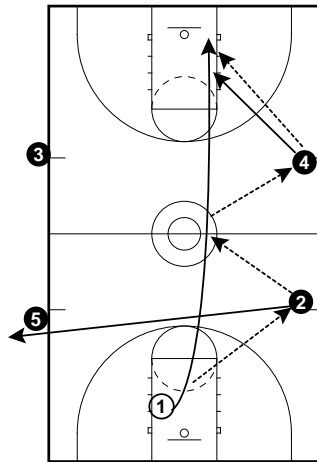


Warm-Upers

Relocation Layups
2016 Practice Drills



Relocation Layups
2016 Practice Drills



This is a timed drill, Put two minutes on the clock and select an amount of layups you want to see made. Players do not reach it they get a sprint added under TEAM FOULS (to be ran later in practice)

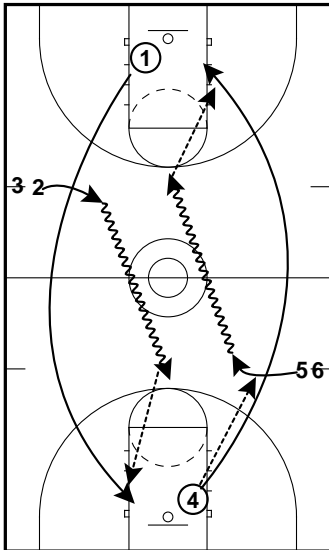
1. Team lines up on sideline as shown
2. Player with basketball under the rim throws the ball off glass and outlets to 2
3. Player 1 runs the lane, player 2 passes back to player 1 and cuts diagonally across the floor to the opposite sideline
4. Player 1 passes ahead to 4, 4 passes it back to 1 who will shot the layup
5. Player 4, after the pass back to 1, will cut diagonally across the floor (as shown)

1. Player 1 gets rebound and outlets to 2
2. Player 2 passes back to player 1 and sprints across the court and gets into line behind 5.
3. Player 1 continues and passes ahead to 4
4. 4 passes back to Player 1 and follows player to the basket to get rebound
5. Player 1 finishes and Player 4 rebounds and goes back the other way to repeat the process.



Warm-Upers

Valley Layups
2016 Practice Drills



Put 1 minute on the clock and set a goal of made layups that the team needs to make...

Players 1 and 4 start with basketball underneath their respective baskets

there's a line at each end coaches box...

1 outlets to 2
4 outlets to 5

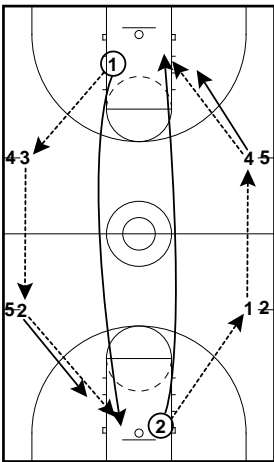
2 dribbles to TOK, jump stop, make pass to 1
5 dribbles to TOK, jump stop, make pass to 4

2 and 5 follow the layup, get it out of the net and outlet to the next person in line and the drill continues



Warm-Upers

4 Corner Layups/Jumpers 2016 Practice Drills



Player 1 and 2 start with a basketball under their respective baskets...

They outlet it to their respective sides and run the lane.

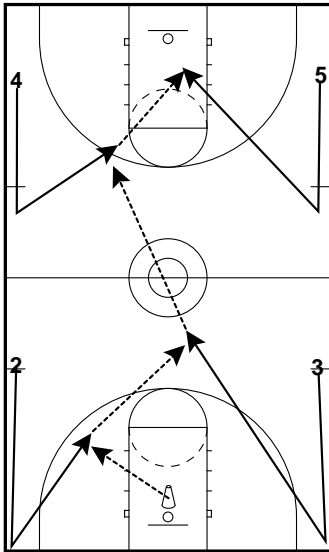
The outleter passes down the sideline and follows pass into the other line.

The person receiving the outleter pass will pass ahead to the player running the floor for a layup or elbow or three point jump shot. The passer will follow his/her pass and get the rebound and continue as the runner on the other side of the floor



Warm-Upers

4 Man V-Cuts
Practice



Coach is the cone.. Coach has the ball...

2 and 3 sprint to baseline when coach says GO...

they touch baseline and cut at a 45 degree angle...

Coach passes to 2

2 passes ahead to the cutting 3

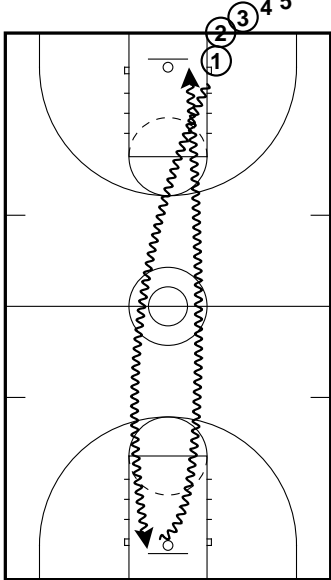
at this time 4 and 5 are timing their sprint up so that as 3 catches 4 is starting 45 degree cut towards basket and 5 is also cutting... 3 passes to 4

4 bounce passes to 5 for the finish

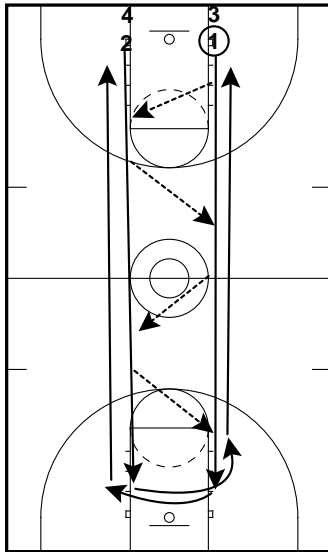


Warm-Upers

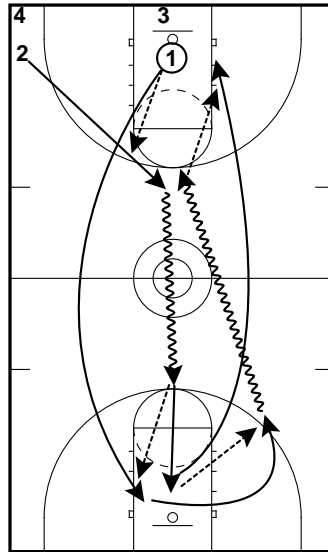
WAKE
2016 Practice Drills



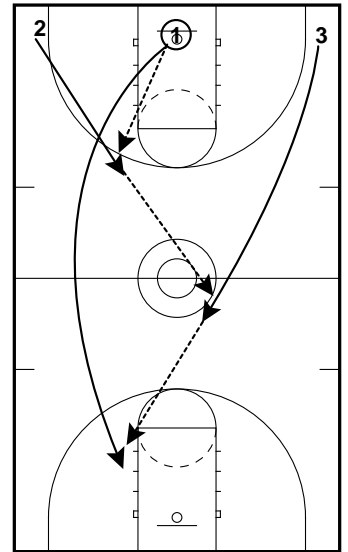
WAKE
2016 Practice Drills



WAKE
2016 Practice Drills



WAKE
2016 Practice Drills



Wake is a drill that combines 6 full court drills into one segment. It is a timed drill and a perfection drill. If a player misses a shot in this drill they sprint back redo whatever drill we are currently on...

This is timed: Put 7 to 8 minutes on the clock (varies depending on skill level) Players must complete it in the time given or they start ALL OVER. This is a HUGE TONE-SETTING DRILL

1. Speed Layups (Three Basketballs to start this drill)
(Right hand side first) (once every player has made both right hand layups they proceed to do left hand speed layups) (if they either layup that player must go again) (team cannot continue to next part of drill until all players make their layups)

NOTE: The rest of this drill is done with only 1 basketball

2. Lane Line Passing: Player 1 and 2 take off together down the floor making crisp chest passes. One player finishes at one end of the floor, players cross each other, and the other player finishes on the other end... If either player misses on their turn they must start again before anyone else on the team can go... All players must make a layup before moving onto part 3

3. 2-Man Weave : Player 2 cuts Player 1 passes to 2, Player 2 dribbles to the TOK and jump stops. Player 2 hits player 1 for the layup... Player 2 gets rebound, player 1 gets the outlet and dribbles to TOK and jump stops. Player 1 passes to player 2 for a layup...

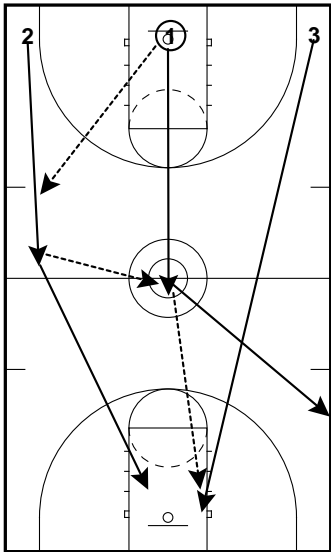
*Again both layups have to be made in order for the next group to go.

4. 3-Man Weave: Basic three man weave up and back.. Both layups need to be made before the next group in line goes...



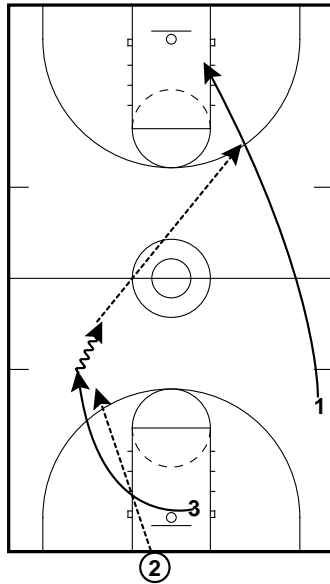
Warm-Upers

WAKE
2016 Practice Drills



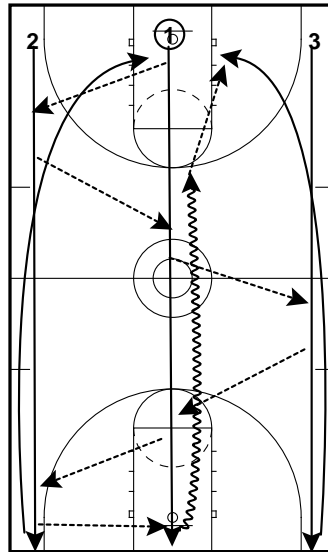
5. **Irvine Layups:** 1 passes to 2, 2 passes back to 1, 1 passes ahead to 3 for the layup. After 1 passes he/she must sprint to the sideline (under the coaches box), 2 gets 3's rebound and 3 goes to the outlet spot

WAKE
2016 Practice Drills



Irvine Continued: 1 sprints down the floor as 3 is receiving the outlet... 3 takes one dribble and passes it ahead to 1 for the layup... *Both layups must be made before the next group of three can go

WAKE
2016 Practice Drills

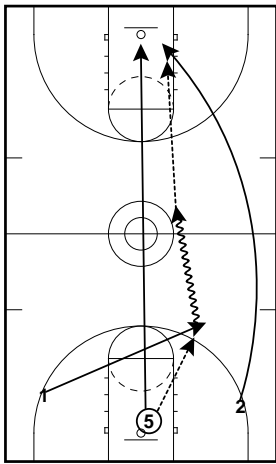


6. **Duke 3-Man Break:** 1 passes back and forth with 2 and 3... they should remain wide and not travel on their passes... Once they all hit the baseline they sprint back with the Point guard pushing the ball in transition dribbling to the TOK, jump stop and hit one of the guards for a layup.



Transition Drills

Quick Strike
2016 Practice Drills



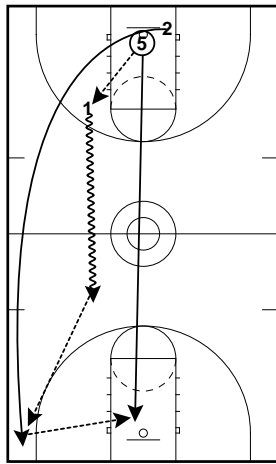
This drill is 4 trips in transition...
5 starts by throwing ball off glass and collecting the rebound...

1 cuts across the floor to receive the outlet

2 takes off down the floor.

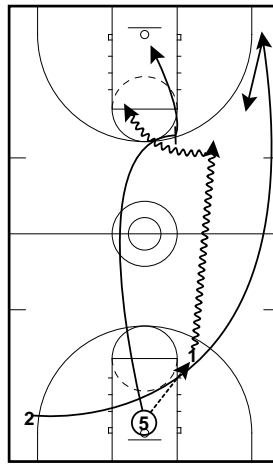
1 passes ahead to 2 for the layup

Quick Strike
2016 Practice Drills



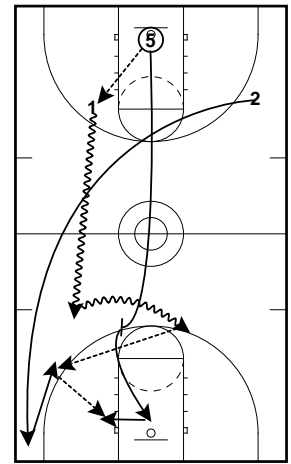
Coming back 1 pitches ahead to 2 who hits the trailing big for a layup

Quick Strike
2016 Practice Drills



Trip three: 1 gets the outlet and dribbles ahead not able to hit the two, 5 runs into a drag ballscreen and rolls, PG hits the roll

Quick Strike
2016 Practice Drills

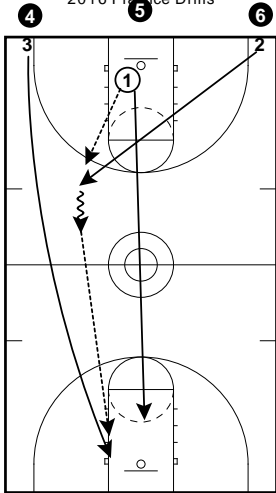


Trip four: Same as three except 2's man helps on the roll so as 1 comes off the ball screen the 2 lifts from the corner and receives a pass from 1 for the three pointer



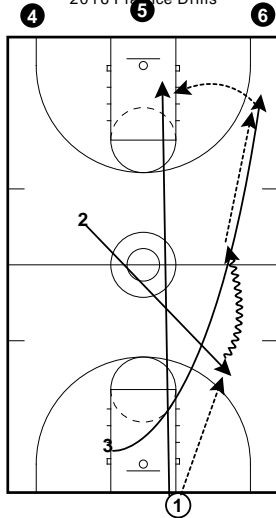
Transition Drills

76'ers Drill
2016 Practice Drills



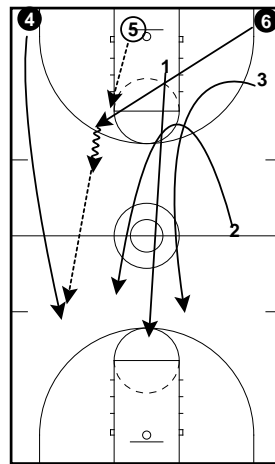
- 1 throws the ball off the backboard
- 2 cuts across the floor for the outlet
- 3 takes off down the floor
- 2 passes ahead to 3 for a layup
- 1 rim runs and gets to the ball before it hits the ground

76'ers Drill
2016 Practice Drills



- 1 takes ball out and outlets to 2, 1 runs the the lane hard
- 3 runs the floor to the wing
- 2 passes ahead
- 2 passes the ball inside to 1 for a layup...

76'ers Drill
2016 Practice Drills



Players who fast broke must get under the freethrow line before running back onto defense at the other end....

players on baseline are waiting to get ball out of net and attempting to push the ball up the floor in transition against the defense who is trying to get back

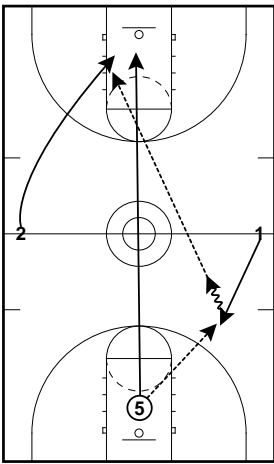
Play until make or miss is rebounded. Once defense gets the rebound or takes the ball out they try to push back against the team that just transitioned on them

(this drill works on transition offense, primary and secondary, and transition defense, it is competitive because you can put light jerseys versus dark jerseys and keep score)



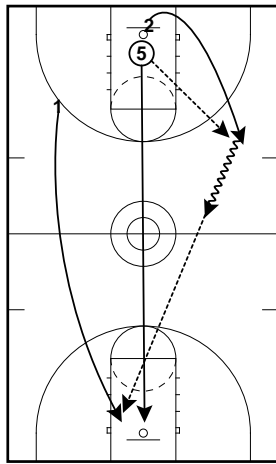
Transition Drills

Short and Long Outlets
Practice



- 5 starts with ball
- 1 comes toward ball for outlet
- 2 takes off down the floor as 1 catches outlet pass
- 1 dribbles once and passes ahead to 2
- 5 sprints rim to rim to get ball before it hits the ground

Short and Long Outlets
Practice

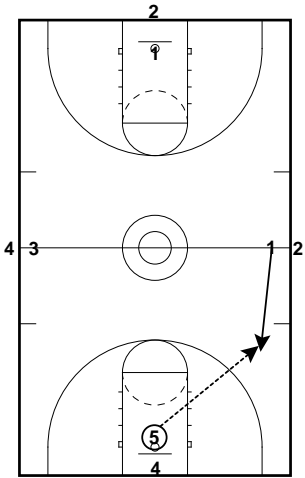


- 1 cuts across the floor after passing ahead to 2...
- 5 gathered rebound and outlets to 2
- 2 takes a dribble and passes ahead to 1 for the layup



Transition Drills

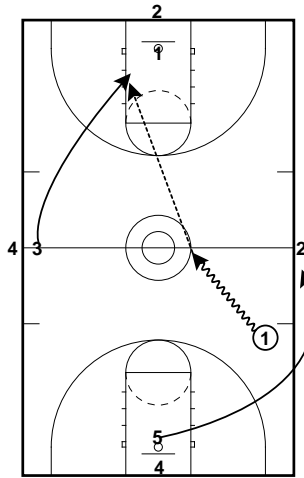
North Carolina Practice



4 lines (2 basketballs)
 ***2 or more people in each line needed

5 starts with ball and throws it off the glass for the rebound
 1 sprints to outlet position
 5 passes to 1

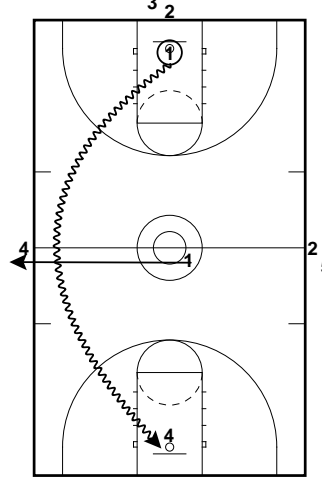
North Carolina Practice



1 takes one to two hard middle dribbles and passes it to 3 who is running the lane for a layup.

(ALL PLAYERS FOLLOW THEIR PASSES INTO THE NEXT LINE) (AS SHOWN HERE BY 5 FOLLOWING HIS PASS)

North Carolina Practice



The layup is made and 1 gets the make and speed dribbles down court (same side as lane runner)

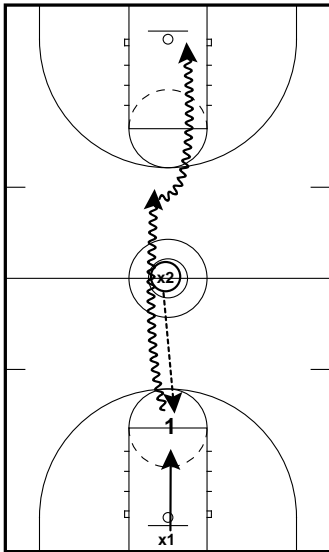
(THE POINT GUARD "1" is FOLLOWING HIS PASS FROM THE PREVIOUS FRAME)

After 1 scores the layup 4 would get the rebound and repeat the entire process...



Transition Drills

MoVal 11
2016 Practice Drills



2X and 1X are light colored jerseys
1 is a dark colored jersey

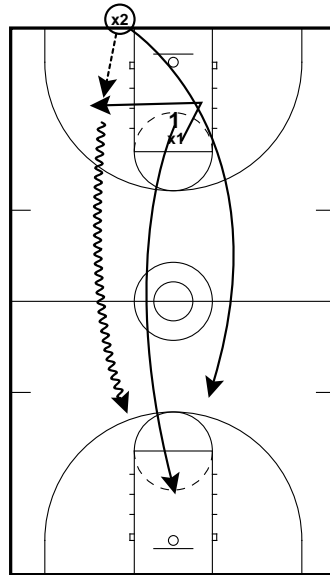
2x passes to 1 who must immediately attack 2X

As soon as 1 touches the ball 1X takes off after him from behind

2X cannot leave the half court line until 1 has touched the perimeter of the circle

1 attacks the rim as quickly as possible trying to score 1vs.1 before 1X can help his teammate

MoVal 11
2016 Practice Drills



If 1 doesnt make basket he gets back right away and 1X and 2X attack the other way 2vs1....

However, if 1 does score 2X takes ball out of bounds.... 1 face guards 1X and tries to get a five second call or a steal...

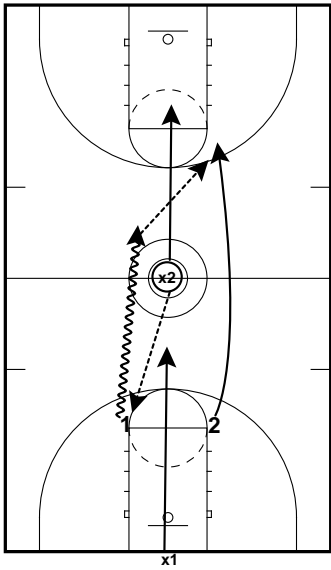
If 1X gets the ball he attacks 1 2vs1.

Switch teams each set of possessions and keep score to 6 (dark vs. light colored jerseys).



Transition Drills

MoVal 22
2016 Practice Drills

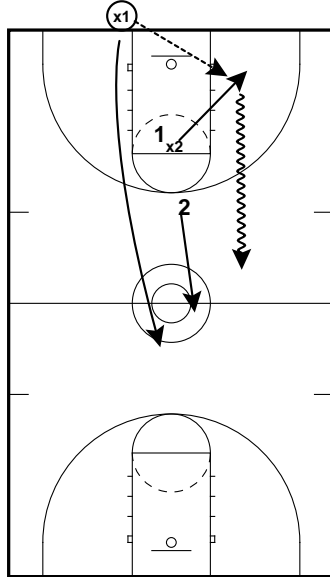


This is just like MoVal 11 except now we are playing 2vs.1 to begin.

If offense misses defense comes back 2vs.2...

If offense scores on the initial break the defense must take the ball out and the people who scored must deny and try to get a 5 second call. (See example frame two)

MoVal 22
2016 Practice Drills

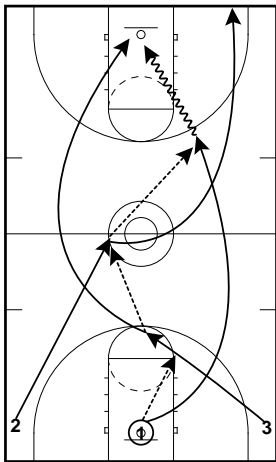


Usually we go to 4 (first team to 4 wins, losing team runs an up and back, winning team must make a freethrow to get the win, if they miss they do 5 pushups and do not get credit of the win)

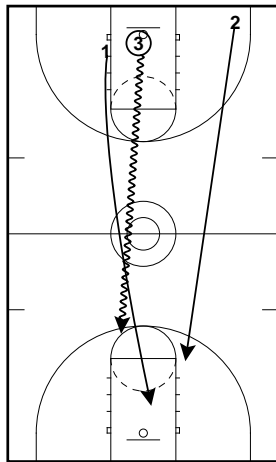


Transition Drills

3 Man Weave to 2 vs. 1
Practice



3 Man Weave to 2 vs. 1
Practice



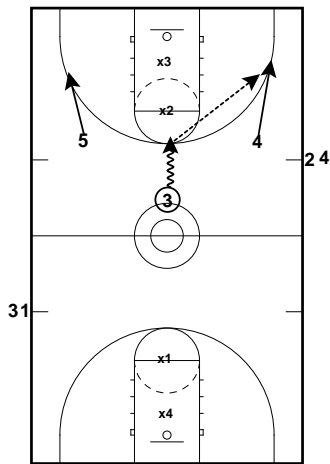
3 man weave down
2vs.1 coming back

you can also do this 5 man weave
down and 3vs2 back

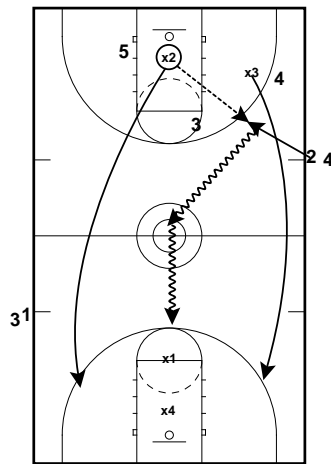


Transition Drills

3 vs. 2 Continuous Practice

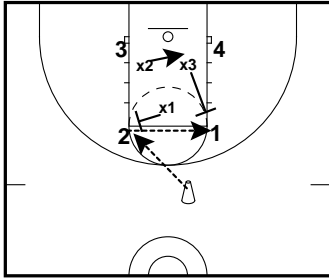


3 vs. 2 Continuous Practice



Defensive Drills

Hooiser Square
Practice



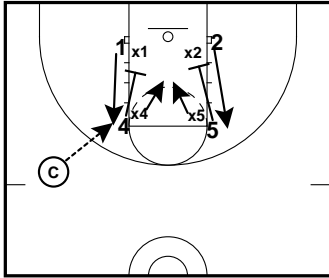
3 defenders scramble to try to deflect passes of 1,2,3 and 4
offensive players cannot throw the ball to the same person they received the pass from until another teammate has touched the ball

A deflection gets the defender out of the middle.
offense tries to complete as many passes as coach wants without a tip or turnover.



Defensive Drills

Box Defense Drill
2016 Practice Drills



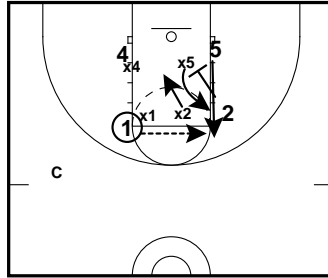
I love this drill for communication and working with down screens and cross screens....

TO START:
4 and 5 down screen for 1 and 2

depending on who we play we will either attach to the hip of the shooter coming off the down screen and chase them, or we will shoot the gap that x4 and x5 have given x1 and x2 to shoot through

Coach has the ball and hits 1 at the elbow

Box Defense Drill
2016 Practice Drills

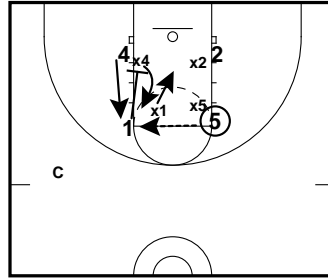


As 1 catches 2 will screen down for 5...

In this example x2 has "opened the window" allowing x5 to shoot the gap to get through the downscreen

1 passes to 5

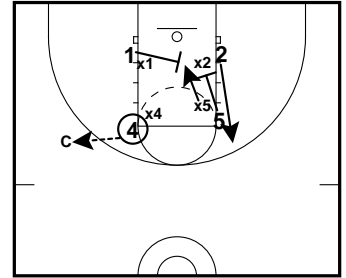
Box Defense Drill
2016 Practice Drills



1 down screens for 4

5 passes to 4

Box Defense Drill
2016 Practice Drills



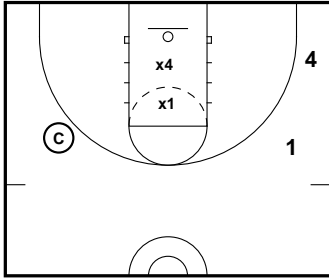
After a few down screens the elbow player will pass out to the coach... ball side block will cross screen, defend it based on your principles but it should be a little screening for a big most of the time.

After the cross screen the drill turns into 4 on 4 live and can open up.



Defensive Drills

Pumpkin Head Drill
2016 Practice Drills



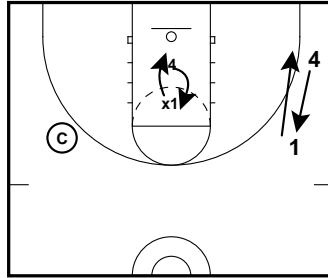
Coach has a tennis ball and basketball in his/her hand in this drill...

x 1 and x 4 are on defense... 1 and 4 are on offense along with the Coach.

The point of this drill is to know where the ball is at all times while still knowing where your man is and communicating with your teammate the entire possession.

The tennis ball (or some other soft ball, is a ball used to ensure that the defense is seeing both the coach and their players and keeping their heads on a swivel.

Pumpkin Head Drill
2016 Practice Drills



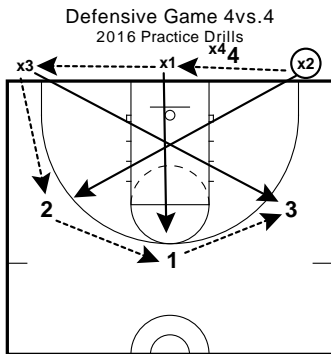
1 and 4 exchange with each other a few times and x 1 and x 4 must communicate and switch with them while at the same time keeping an eye on the ball

if the coach feels that x 1 or x 4 are too focused on their man he can throw the tennis ball at the defender, if it hits the defender in any way that defensive group loses a point, if the defense deflect the tennis ball no points are lost.

The coach eventually will dribble drive and x 1 or x 4 must stop ball and the other must COVER DOWN because of the rule "when ball drops we drop"



Defensive Drills



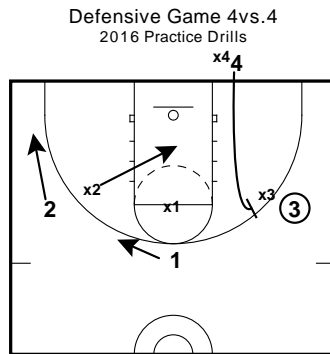
Along with your normal shell drill we like to play defensive games....

The only way to score in defensive game is to 1) be on defense and 2) get a stop

We use this drill to practice our closeouts and also to practice on ball screens from the wing area... We defend on-ball screens from the wing 4 different ways: 1) Blitz, 2) Show and Thru, 3) Ice, 4) Jam and Under

As the season goes on we adjust this depending on our opponent

Player x2 starts with ball and passes it to x1, after the player passes they must sprint to close out as shown. As soon as ball reaches 3 - x4 and 4 come into play... 4 will come on and set the on-ball screen for 3 and it is live play from there



Here you see how when 3 receives the ball 4 sprints into a ball screen and it is live... Practice defending it however you see fit.

In this game only the defense can score points...

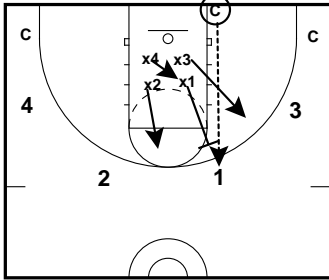
If the **offense scores** on the defense they get to go on defense and defense goes on offense, but the offense does not receive points from scoring...

The goal is to get 5 stops. First team to 5 stops wins the game.



Defensive Drills

6vs.4 Cover Down Drill
2016 Practice Drills

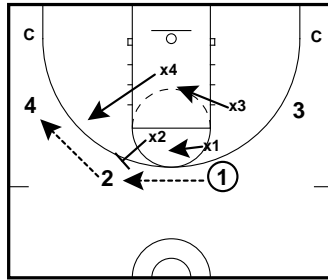


Have two coaches or managers in each corner.

Coach starts with ball under the basket and can throw to any offensive player (except for to the corner).

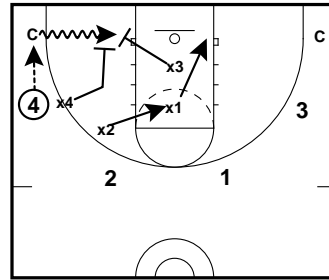
When coach throws ball out to offense, defensive players close out to their proper spots.

6vs.4 Cover Down Drill
2016 Practice Drills



Offense passes ball around and defense is working on being in the correct positions based on ball and man principles

6vs.4 Cover Down Drill
2016 Practice Drills

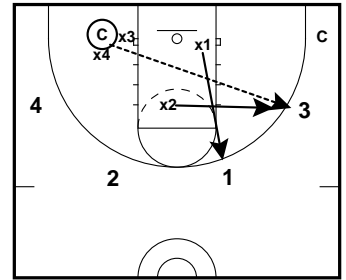


As soon as the ball reaches a corner, that corner coach/manager/player must drive it to the basket.

Defense must react by stopping the ball before it gets into the paint and trapping the baseline driver shown by x3 and x4

Another big teaching point we have is the idea that "if ball drops we drop, meaning x1 must get to the weakside block to get x3's back. x1 is trying to steal any baseline drift pass or weak side lob or block pass. This is one of the best part of what the drill teaches defensively.

6vs.4 Cover Down Drill
2016 Practice Drills



When coach is stopped outside of the key he/she must throw the diagonal pass to the player on the wing.

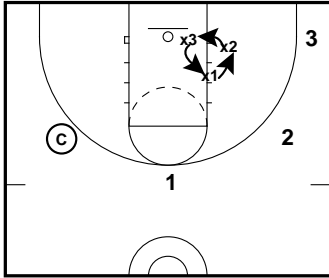
Defense at this point must scramble to recover, priority being the ball. (This is another great thing that this drill teaches)

Continue playing live after this, anyone can now take it to the basket or shoot and the coaches are still in play but they must always stay in the corner and they can only baseline drive when they receive the ball.



Defensive Drills

MoVal Scramble 3vs.3
2016 Practice Drills

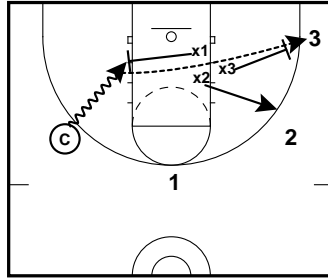


x1, 2 and 3 run in a circle around the weak side block...

a coach has the ball on the left wing...

when the coach is ready the coach will drive the ball and one of the defenders must come and stop the ball OUTSIDE of the key

MoVal Scramble 3vs.3
2016 Practice Drills



When the coach is stopped the coach will skip the ball to any of the three offensive players outside of the three point line...

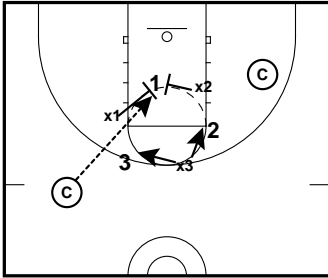
the remaining two defenders must communicate and closeout in a scramble situation to the two biggest threats and the defender that stopped the coach must get back into the play

play 3vs.3 live from this point.



Defensive Drills

Circle Trap
2016 Practice Drills



In this drill each coach needs at least one basketball to keep the flow going...

6 players... 3 on offense and 3 on defense get into a circle ..

Coach throws ball to one of the offensive players (they must hold it for at least 2 seconds before making another pass to a teammate)...

The two closest defender to the ball must trap, the other defender is to read the offensive player in the trap's shoulders and eyes and try to get a steal or deflect the ball out. Trappers are trying to get a tip, but cannot foul.

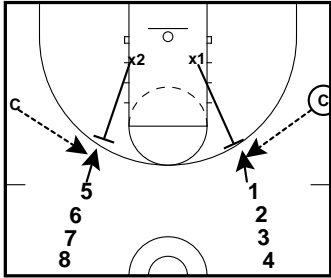
The defense continues to scramble and trap until they get three tips, deflections or steals.

We teach our trappers the following: 1) Do not break the glass (do not foul), 2) Force an obvious pass, 3) Foul with your lower body



Defensive Drills

Continuous Closeouts
2016 Practice Drills



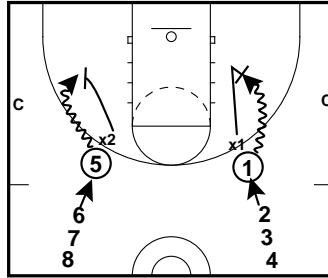
Coaches start with basketballs on the sidelines.

x1 and x2 are on defense and start near the blocks.

There's two lines above the "volleyball" line

1 runs towards the three point line and Coach throws ball to 1... x1 closes out as 1 catches (same thing goes on on the other side with 5 and x2).

Continuous Closeouts
2016 Practice Drills

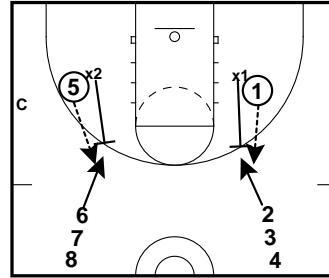


We discourage middle drives, we want to send the offense to our checkpoints which are towards the sideline/baseline, so we stress closing out to the high foot and high shoulder of the offense.

As 1 catches 1 is to take 2 dribbles in attack towards the basket. 1 is not to shoot it, but try to get by x1.

After 1 dribbles twice they pivot and pass to the next person in line and x1 must closeout on that person. (ANY PAINT TOUCH COSTS x1 and a coach keeps track of this)

Continuous Closeouts
2016 Practice Drills



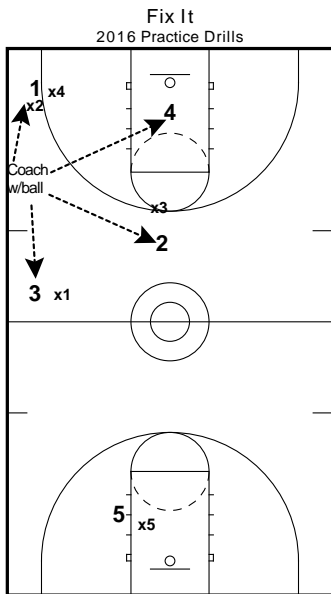
When 1 passes the ball back out to 2, x1 must closeout on 2 and 2 attempts to get to the middle or get a paint touch in 2 dribbles again...

After the 2 dribbles 2 would pivot and pass out to 3 (once it gets to 3 you as a coach make the decision, the third closeout you can go live and give player 3 4 dribbles to score, or you can have 3 only have 2 dribbles again and let player 4 go live with x1 with 4 dribbles.)

Before the drill starts make sure to designate how many players will have two dribbles before it is live... normally I go 3. That gets x1 two closeouts and a third closeout that is live



Defensive Drills



In this drill we set up as if we were in our 1-2-1-1 diamond press and already trapping a side...

the coach as the ball on the sideline... and players are already lined up in the spots where they should be if a trap were taking place

the coach can throw the ball to ANY offensive player on the floor and the defense has to allow it to go through.

Once the ball is in we are working on getting out of the initial trap and recovering in order to FIX the outnumbered situation...

This drill teaches players how to scramble out of the trap and gives them an idea that hustle can prevent easy layups even when we are extended ourselves...

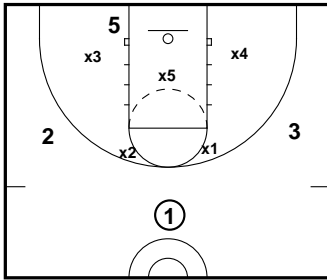
We stress the following: 1) Protect the basket, 2) Stop/Slow the Ball, 3) Force a quick jumper, 4) Keep ball on the sideline, 5) Leave furthest threat open until full recovery.. Our Vocabulary for these teaching points is simply "FIX IT" the players understand that to mean those 5 points.

You can do this drill in any defense where you trap (full or half court)



Offensive Drills

5 vs. 4 Zone Concept Drill 2016 Practice Drills



In this drill we are working on a disadvantage situation (5 defenders in a zone (whatever zone you wish to work on or have your offense work against)...

Early in the year we only teach concepts and our philosophy with this drill so that the players learn to play with concept instead of sets...

Concepts:

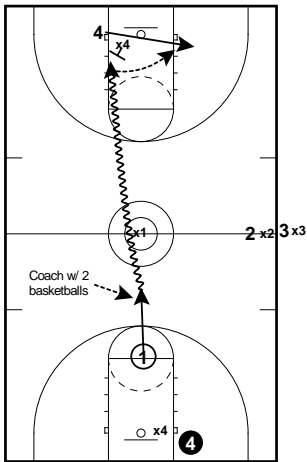
1. Use the dribble to "take 2" or attract two defenders through dribble penetration
2. Play inside out (again penetration or the pass can do this)
3. Flash and hunt for scoring opportunities in the gaps
4. Use the skip pass
5. Screen the zone
6. Make x 4 and x 3 have to cover the wing areas as much as possible.

We will play 7 possessions each team. Offense can get points for paint touches if you really want to stress offense getting into the painted area.



Offensive Drills

Blood 22
2016 Practice Drills



Essential Drill to Building the Dribble Drive:

There is a line of guards on the sideline divide by jersey color (dark, light, dark, light, dark, light etc)

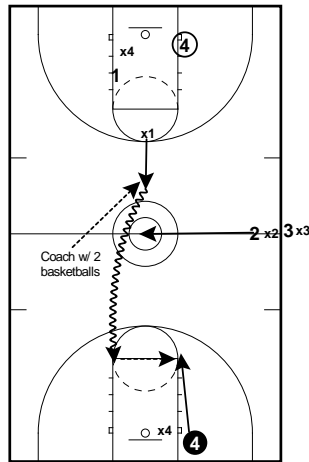
1X represents the light team and he is on defense at half court to start the drill off. He cannot leave the half court line until 1 has gotten the pass from the coach and has touched the perimeter of the half court circle

4 is the post player. 4X is his defender (they stay this way for the duration of the drill)

1 attacks 1X and coach (who has two basketball in his hands) passes to 1. 1's job is to blow by 1X and attack the basket and make 4X have to make a decision

4 Reads and Reacts based on how 1 penetrates (follows offensive rules)

Blood 22
2016 Practice Drills



offense gets 1 shot and a possible tip if they score they get a point, if not no point.

1X now becomes the next offensive player and he proceeds to attack 2 who was waiting on the sideline for his turn to come in. He is at half court BEFORE 1X is done defending 1.

1X attacks 2 and the coach passes him the ball

In this example 1X could not beat 2 to the basket so he stops in the DROP ZONE... the rule is if 1X stops in the DROP BOX 4 must lift to the elbow

1X passes 4 the ball and cuts to the corner

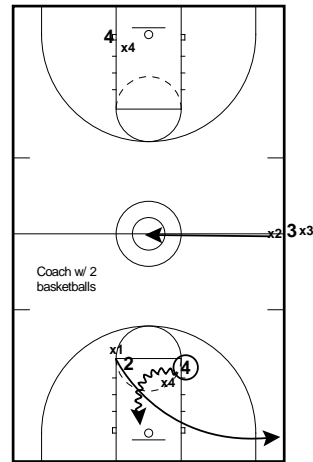
4 attacks and tries to score...

2 is the next guard to go onto offense

this pattern continues until you reach a certain score (usually 5 or 6 points)

Person who scored winning basket shoots a freethrow to validate the win and losers run.

Blood 22
2016 Practice Drills

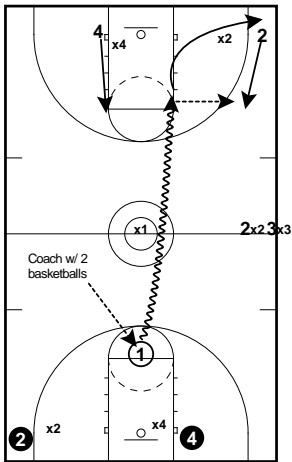


1X cuts out to corner
4 drives right

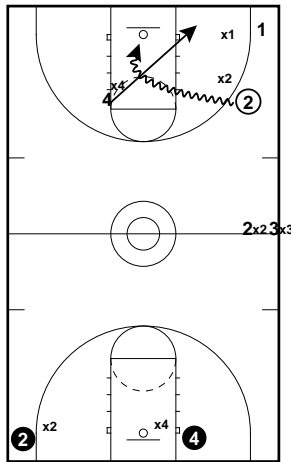


Offensive Drills

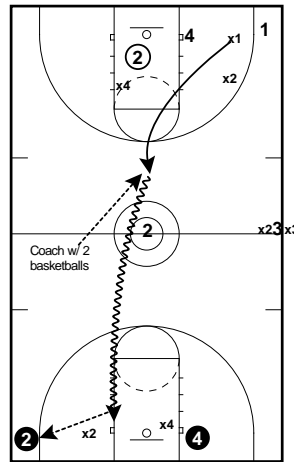
Blood 33
2016 Practice Drills



Blood 33
2016 Practice Drills



Blood 33
2016 Practice Drills

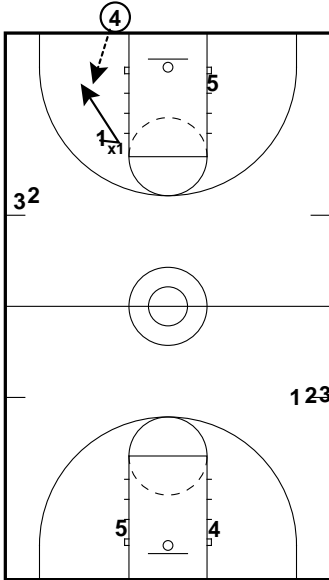


Exactly like Blood 22 except add your 2 man in the corner. This drill will teach the three offensive players to react to penetration correctly by reading the ball handlers actions...



Offensive Drills

Full Court Finishes
2016 Practice Drills



This drill works on full court defense, finishing in the post area, and full court dribbling and post entry passing.

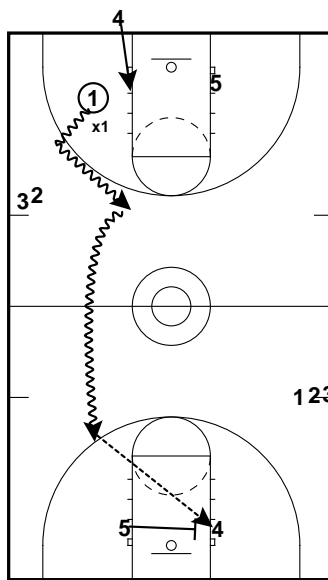
on both sides of the court two players who you want to see finishing better and put them with their inside foot on the blocks as shown by 4 and 5 in this diagram.

On one side of the floor the 4 takes the ball out and throws it in as 1 attempts to get open from x1...

As soon as 1 catches x1 is to pressure and try to force a turnover...

1 tries to get to the other end of the floor and must reach the three point line before throwing it into either 4 or 5, his/her choice

Full Court Finishes
2016 Practice Drills

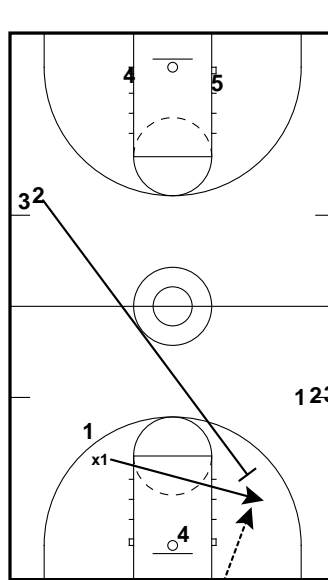


in this diagram 1 chooses to throw to 4

4 must finish and 5 tries to play defense to make the finish difficult. This is live until either 4 or 5 make a shot (a coach may ask the post player to throw it out and have them post up if it is getting sloppy)

Once one of them scores, the one who did not score takes the ball out of bounds.

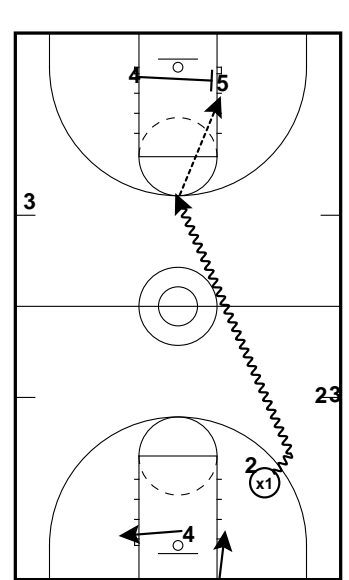
Full Court Finishes
2016 Practice Drills



x1 (who was playing defense) is now the outlet person...

The new full court defender is 2 who will come from the other end of the floor ... X1 must get open

Full Court Finishes
2016 Practice Drills

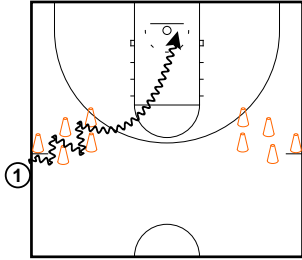


x1 attacks 2 and the drill continues to the other end of the floor...



Offensive Drills

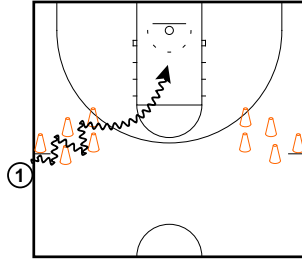
Strong/Reverse Lay-Up
Ball Handling Drills



Players starts with 1 ball and dribbles at each cone. The player will take 1 hard dribble with the outside hand and quickly crossover, take one hard dribble at the next cone and crossover (keeping the ball below the knees). After the last cone the player takes no more than two dribbles and attacks the rim. Finish on the other side of the rim with strong hand, make 3 per side.

Next set is similar but the player will do an inside-out crossover at each cone. The finish is with the off hand (left hand reverse on right side).

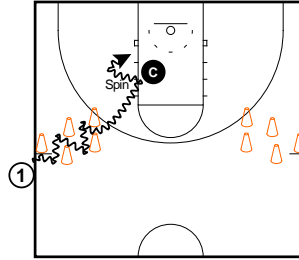
Floater
Ball Handling Drills



Players starts with 1 ball and dribbles at each cone. The player will take 1 hard dribble with the outside hand and quickly dribble between the legs, take one hard dribble at the next cone and crossover (keeping the ball below the knees). After the last cone the player takes no more than two dribbles and attacks the rim and shoots a floater (1 and/or 2 feet) make 3 per side.

When driving right shoot right floater and left floater driving left

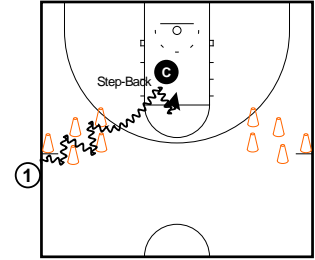
Spin Fadeaway
Ball Handling Drills



Players starts with 1 ball and dribbles at each cone. The player will take 1 hard inside-out dribble with the outside hand and quickly dribbles between the legs, take one hard dribble inside-out at the next cone and between the legs (keeping the ball below the knees). After the last cone the player takes one hard dribble and spins off the coach/pad for a fade away jumper. Make sure the player is not drifting, but slightly leaning/fading back to get the shot over a big.

Contest the shot without getting under the shooter (prevent ankle injuries).

Step-Back
Ball Handling Drills

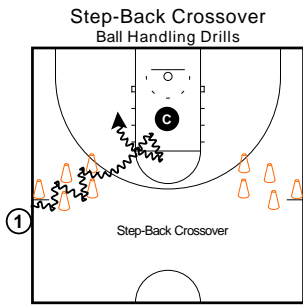


Players starts with 1 ball and dribbles at each cone. The player will take 1 hard inside-out dribble with the outside hand and quickly dribbles behind the back, take one hard dribble inside-out at the next cone and behind the back (keeping the ball low). After the last cone the player takes one hard dribble at the lane and steps one hard step back into a jumper.

Contest the shot without getting under the shooter (prevent ankle injuries).



Offensive Drills

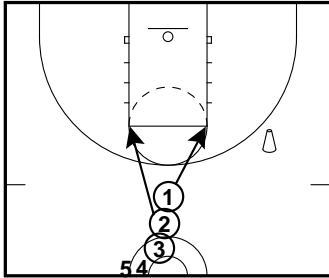


Players starts with 1 ball and dribbles at each cone. The player will take 1 hard dribble with the outside hand and quickly dribbles between the legs-> behind the back-> crossver, take one hard dribble at the next cone and dribbles between the legs-> behind the back-> crossver (keeping the ball low). After the last cone the player takes one hard dribble at the lane and steps one hard step back dribble and then quickly crosses over, creates space with 1 dribble for a jumper.



Shooting

Marquette Shooting
2016 Practice Drills



Team Task:
Timed - 3min

How it Works:

First three players in line have basketballs.

1 dribbles to the right elbow and shoots

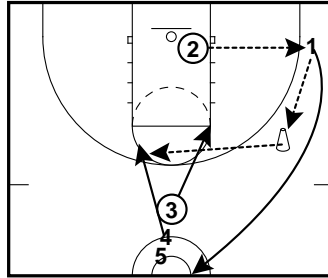
2 dribbles to the left elbow and shoots

Both players get their own rebounds

as they are doing this 3 would be dribbling at the right elbow and shooting his/her shot.

(Players always go to the opposite elbow as the player in front of them)

Marquette Shooting
2016 Practice Drills



The Cone represents a coach or manager.

As the players rebound their own shots they form an outlet line in the corner.

A rebounder (2 in this case) passes to the outlet person (1). Who then will pass to the coach. And hustle back into line...

Once the ball gets to the coach the next person in line (4) runs full speed towards an elbow and receives the pass from the coach and catches and shoots and get his/her own rebound and hits the outlet. (The pattern continues as such for the remainder of the drill) **(Ball should never again hit the floor after the first three people shoot to start the drill off, everything after that is CATCH, HIPS DOWN, SQUARE UP, GET YOUR FEET UNDER YOU and SHOOT).**

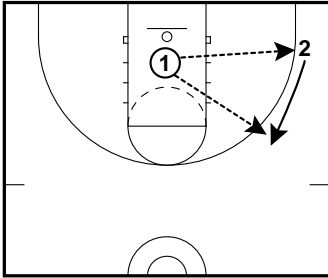
Remember this is done with **three basketballs** so communication is important. And hustling is important in order to get as many shots up as you can.

For my team, the players have 3 minutes to make 30 shots. (Adjust according to your teams shooting ability)



Shooting

Beat the Pro
2016 Practice Drills



This is a two person 1 basketball shooting drill...

Here is the rules:

1. Player 2 can shoot from any two spots on the court 15 feet or deeper.
2. He/She must go to the same two spots for the duration of the drill (corner to wing, back to the corner....)
3. For every make player 2 has he gets a point
4. For every miss player 2 has the PRO gets TWO points...
5. The game is first to ten

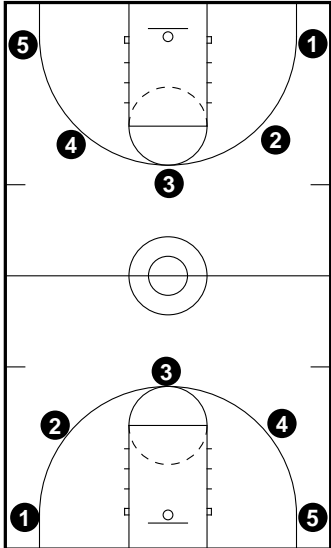
If the PRO gets 10 before the player the partners switch. If the Player beats the PRO the next round that that player goes the PRO will get 3 points for every missed shot while every made shot still only counts for 1 point for the player...

Obviously you could have a player get to a point where the PRO is getting 6 points for every miss meaning that the player can only miss 1 out of 10 shots to beat the pro...



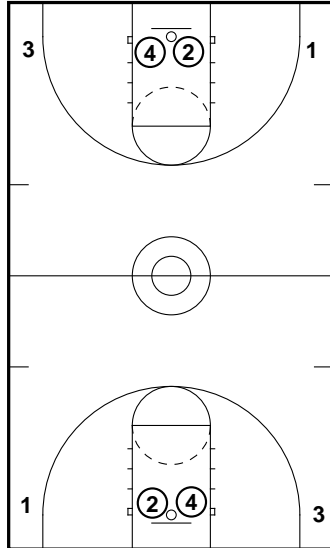
Shooting

Eagle Shooting
2016 Practice Drills



Shooting Spots:
There are 5 spots to shoot from in this competitive shooting drill.

Eagle Shooting
2016 Practice Drills

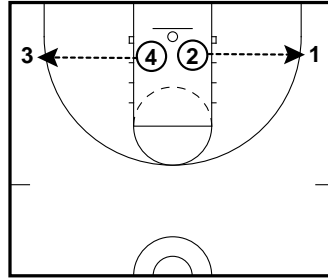


Player Set-Up:
Players are in pairs. Usually two paired groups to one basket. (if you have enough baskets and court space you can go one paired group per basket)...

One teammate starts with ball under the basket, the other is the shooter. (Shown by 2 and 4 having the ball and 1 and 3 in their respective starting positions).

Rotations:
Player completes task and rotates one spot up.

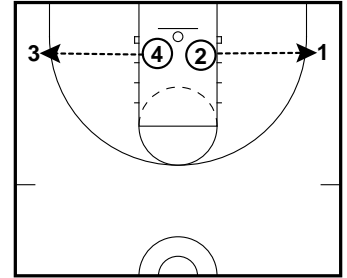
Eagle Shooting
2016 Practice Drills



Round 1 Competition:
Timed - 3min

Round 1 Rules: (Make 5)
1. All groups are going against each other to get the highest score. (This rule is all-encompassing)
2. Shooters shoot the entire 3 minutes as their teammate rebound for them.
3. Shooters must make 5 shots from each spot before moving onto the next spot. (total of 5 spots as mentioned in frame 1)
4. For every shot made the paired group gets a point.
5. Players continue to shoot around the spots until 3 minutes of time has expired.
6. Players report total points to the coach and switch with their partner who does the same shooting routine.

Eagle Shooting
2016 Practice Drills



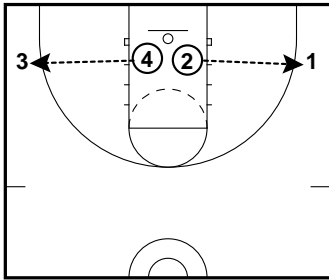
Round 2 Competition:
Times - 2min

Round 2 Rules: (Two-in-a-Row)
1. All groups are going against each other to get the highest score.
2. Shooters shoot the entire 2 minutes as their teammate rebounds for them.
3. Shooters must make **TWO SHOTS IN A ROW** from each spot before moving on to the next.
4. Each successful completion of a spot counts as 2 points. If a player fails to complete a spot, for example a player has completed 4 spots (8 points), but as time expired they still needed one more basket to complete their 5th spot, then they finish with 8 points for that round, not 9. (No odd numbers to end the round).
5. Players continue to shoot until the time has expired.
6. Players report total points to the coach and switch with their partner who completes the same tasks.



Shooting

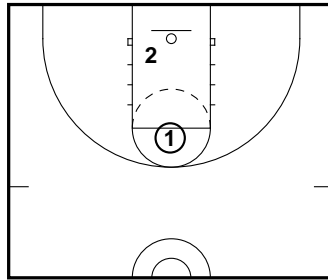
Eagle Shooting
2016 Practice Drills



Round 3 Competition:
Timed - 5min

- Round 3 Rules: (5 as a Group)
1. All groups are going against each other to get the highest score.
 2. Shooters take a shot, follow their shot, get their own rebound and pass to their partner.
 3. Shooters exchange every shot and have to make 5 shots as a pair before moving onto another spot. (Johnny makes 3 and Joe makes 2 from the same spot, they can now move onto next spot).
 4. Shooters continue to shoot until the 5 minutes time has expired.
 5. Pairs report their total score for the round to the coach.

Eagle Shooting
2016 Practice Drills



Round 4 Competition:
Timed - Untimed

- Round 4 Rules: (Shoot 10 Freethrows Each)
1. All groups are going against each other to get the highest score.
 2. All groups to their own baskets. (If possible)
 3. Each player will shoot 10 freethrows.
 4. Once completed the group will give their total score of made freethrows to the coach. (Johnny was 7/10 Joe was 8/10 thats a score of 15).

THIS ENDS THE COMPETITION.
The coach adds up the scores for each round and totals them to see who wins.

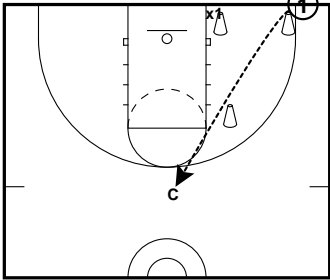
Normal Consequences:

- Progressive Running.
- 1st place does not run at all.
 - 2nd, 3rd, 4th, 5th, 6th place runs one up and back. (Then 2nd place gets to stop running.)
 - 3rd, 4th, 5th and 6th place runs two up and backs. (Then 3rd place gets to stop running.) ETC....



Shooting

Chase Shooting
2016 Practice Drills

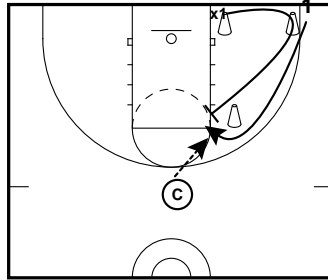


Defense starts by the cone near the lane line/baseline
Offense starts at cone by three point line/baseline

Player 1 Passes to Coach

Once Player 1 passes x1 can chase, but x1 must go AROUND the cone
Player 1 starts at before trying to block player 1's shot

Chase Shooting
2016 Practice Drills



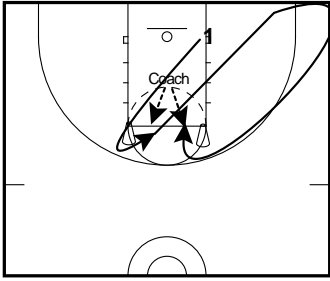
This drill teaches squaring up and getting your footwork and release quicker.

x1 tries to block shot.



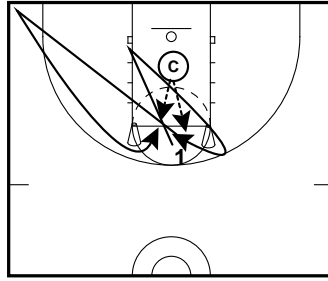
Shooting

Big 8 Shooting
Shooting Drills



- Player starts in the corner
- Sprints around cone and shoots
- Sprints to opposite sideline/baseline
- Sprints around the other elbow cone for the shot

Big 8 Shooting
Shooting Drills



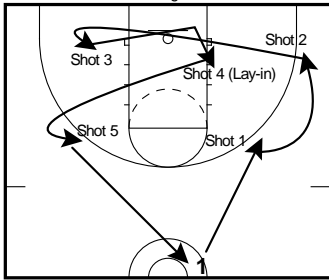
- Player now touches the opposite block and heads back around the right elbow for shot...
- Player then touches the opposite sideline/baseline and wraps around cone for the shot...

Continue for a certain time limit and/or number of makes



Shooting

Reggie Miller Shooting
Shooting Drills

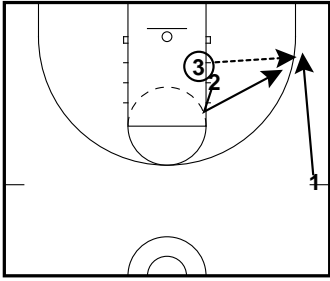


- Drill is done in pairs
- 5 shots in the sequence
- Player shoots as many shots as he/she can in 2min



Shooting

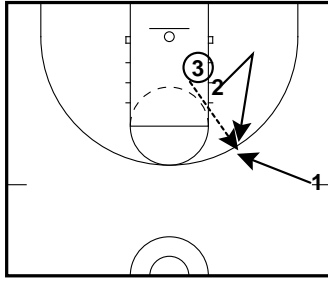
Transition Shooting Competition
Shooting Drills



- 1 Decides to go to the Corner for a Transition-like shot
- 2 Must touch the elbow (or some designated spot by the coach) and then try to go block 1's shot
- 3 throws a pass on time and on target to 1

(See frame two for the other choice 1 could make)

Transition Shooting Competition
Shooting Drills

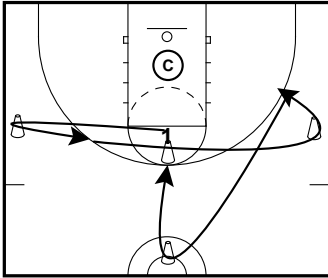


- 1 Decides to run to the wing/slot area
- 2 must touch a designated spot on the court first before trying to block 1's shot
- 3 delivers a pass on time and on target



Shooting

Kobe Bryant Shooting
Shooting Drills



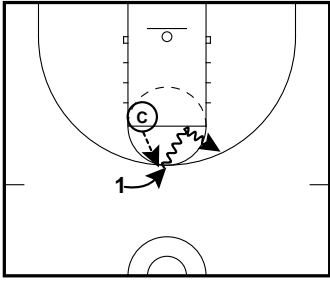
23-25 Seconds to Get off 5 Shots.
OR you can put 2min on the clock
and count total makes...

- Shot 1: Free Throw
- Shot 2: Wrap around cone on
sideline for wing shot
- Shot 3: Wrap around cone on
opposite sideline
- Shot 4: Wrap around cone at half
court TOK Three
- Shot 5: Touch Cone at Half Court
Catch, Peak, and Drive to basket to
finish with a layup



Shooting

Kickback Balance Step Backs Shooting Drills



1. 1 gets flip from coach one hard dribble, step back jumper

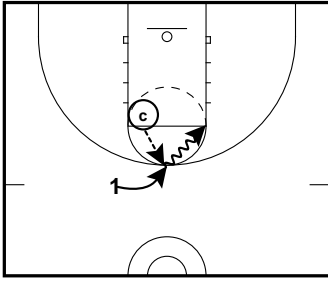
Work going both ways

(Make 10)



Shooting

Kickback Balance Jumpers Shooting Drills



1. Coach flips the ball to 1
2. 1 receives the kick-back flip takes one dribble, pump fake then shoot at elbow

Do this going both ways

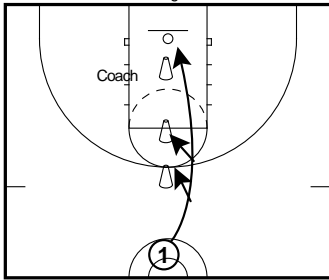
Stress hard dribble, cover ground, feet underneath you, balance on the pump fake, straight up and down on the jumper

(Make 10 total)



Shooting

21 Shooting Drill Shooting Drills



Player Must Get to 21 Points to End the Drill:

Layups: Worth 1 Point
Nail Shot: Worth 2 Points
Three Pointer: Worth 3 Points

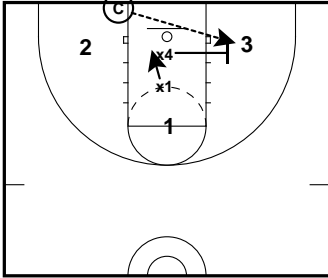
Shooter Does the Shots in Order:
1st- Layup then to touch the Half Court
2nd- Catch and Shoot Nail Jumper then go
3rd- Catch and Shoot Three Pointer

Repeate Process until the Player scores 21 or more points.



Rebounding Drill

Close Quarters
2016 Practice Drills



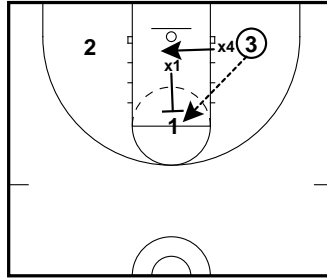
Coach starts with ball under the basket

x1 and x4 chop their feet until the coach passes to any of the 3 offensive players...

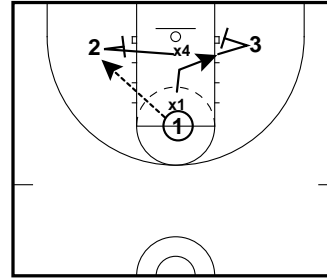
x1 and x4 play scramble defense together as 1, 2 and 3 pass the ball to each other...

Coach yells SHOT and offense shoots and defense MUST go and BLOCK OUT two of the three players

Close Quarters
2016 Practice Drills



Close Quarters
2016 Practice Drills



1 passes to 2

x4 is trying to get out to him/her
x1 is dropping ball level

coach yells SHOT

2 shoots

x4 and x1 box out

