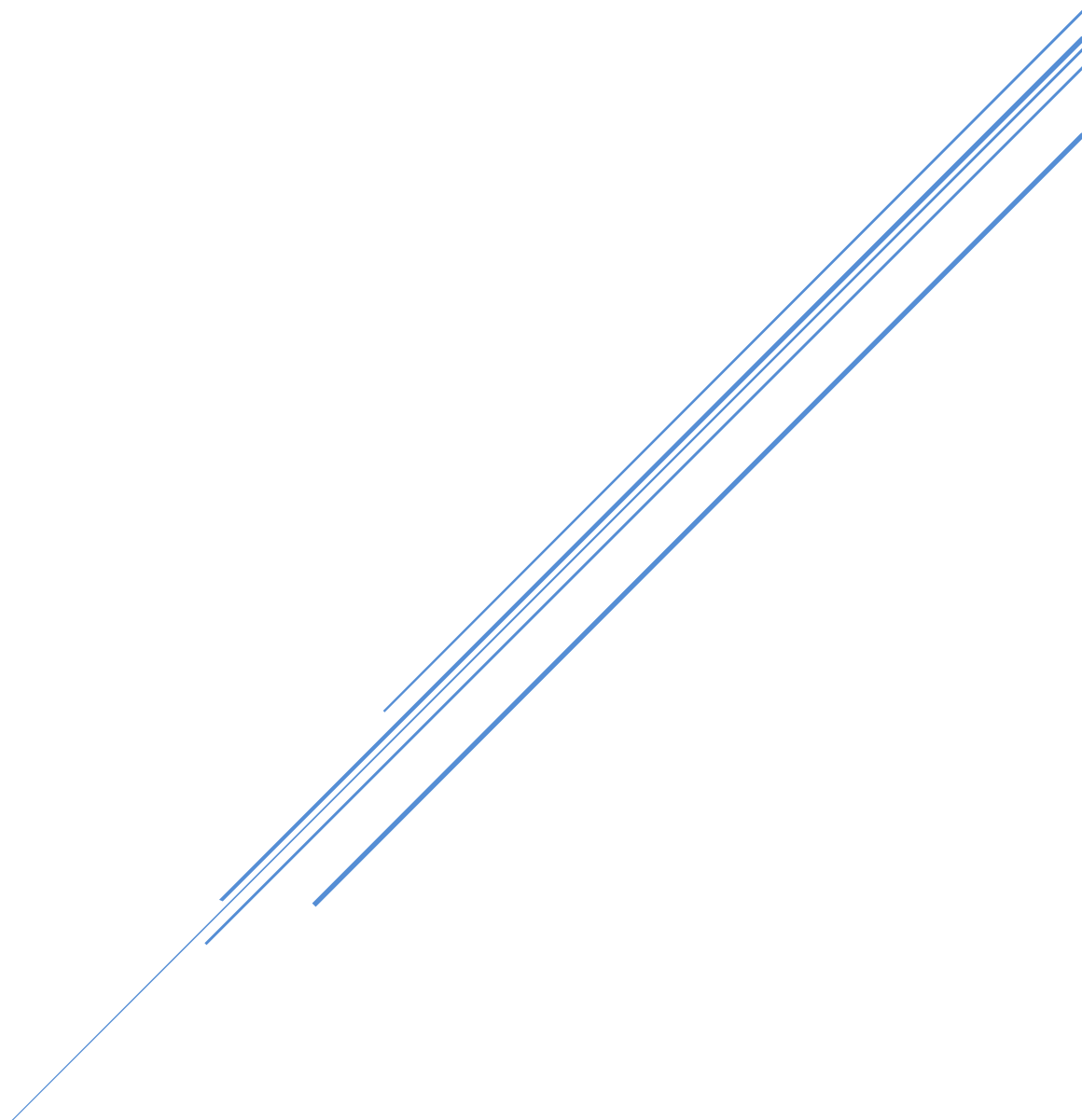


# THE COMPLETE GUIDE TO THE DRIBBLE DRIVE OFFENSE

The complete guide to installing the offense from high school to elementary programs.



By Nate Hill

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## Introduction

My name is Nate Hill, and I have been a basketball coach for over 20 years that began as a middle school coach and has lead to becoming a high school varsity head coach. I have coached boys and girls high school basketball, my father was a college men's basketball coach for 31 years. I am currently the varsity assistant boys coach at Colonel Crawford High School, in North Robinson, Ohio. Our school is a small school with high school enrollment of 300 students. I also am a health and physical education teacher at Bucyrus High School, in Bucyrus Ohio for grades 6 – 12. During the summers, my friends and I also run the Next Level Basketball 419 Camp and website. I publish newsletters and blog posts and share them here:

<https://www.nextlevelbasketball419.com/>

I wrote this book to help other coaches understand the dribble drive offense. As a head coach I ran the dribble drive motion offense for three years. We implemented this offense because our personnel best fit this offensive system. Our staff attended clinics, read clinic notes, and watched multiple video breakdowns of the dribble drive offense. I used videos and notes from the following coaches: Vance Walberg (Fresno University, NBA assistant coach), John Calipari (University of Kentucky), Greg Kampe (Oakland University), Bob Hurley, Herb Welling and Jerry Petigue (high school coaches). I took parts from each version of the dribble drive and made our own version that fit our personnel and our system.

In this book, I have broken down our system we used as completely as possible. I have discussed our teaching progression, terminology, our offensive philosophy, and the basic continuity of the dribble drive offense. I have also shared guard quick hitters, post quick hitters, isolation plays, ball screen plays, backdoor plays, and flare screens plays that have been successful. I have also included individual and team break down drills, along with example practice plans.

Thank you for purchasing the book and if you have any questions feel free to contact me at [njhill1976@gmail.com](mailto:njhill1976@gmail.com)

Thank you

Nate Hill

### **Dribble Drive Offense Overview – positives:**

1. This offense is best when you have 4 guards and 1 post player.
2. All players ideally should be able to drive to the rim.
3. The basic continuity is a drive and kick offense, weave offense.
4. Excellent offense to highlight a post player
5. Any screen or cut can be incorporated into the offense.
6. Excellent offense vs physical and tight defenses.
7. Besides breaking your defender down off the dribble to create shots for teammates, you can pass and cut to create driving lanes.
8. Great breakdown drills that work on very basic skills, which stresses reading teammates, and ball movement. All drills work on ball handling, shooting, and spacing.
9. This offense is easy to learn, repeatable, and can be incorporated at all levels of a program with boys or girls teams.
10. All breakdown drills can used with defense and becomes a game based approach to teaching skills. Working offense and defensive skills at the same time.
11. Have a good zone offense. Teams will play zone more if your dribble drive offense is well executed.

### **Dribble drive offense overview – negatives**

1. Difficult offense to incorporate 2 post players or players that are not strong ball handlers, shooters, and passers. Good coaches won't guard the shooter and will have their defender stay in the lane.
2. Not much screening involved unless specific plays are called. Mostly a drive and kick, dribble handoff, and pass and cut offense. This is a beat your defender first to create shots for teammates offense vs. a pass and screen for traditional motion offense.
3. Poorly ran dribble drive offenses will have tendencies standing and watching, poor ball reversal, quick shots, poor spacing with no penetration, and only 1 or 2 rebounders.
4. Coaches will need to understand what to do and how to counter switching handoffs, sagging defenses, and how to hide players that are not ball handlers and shooters.
5. Post players can be ignored in poor offenses. Players tend to become passive and disinterested, if everyone is not touching the ball, or is involved somehow.
6. A player that can't use both hands leads to the offense attacking just one side of the floor and having poor ball reversals. The offense tends to driving right with their head down and the ball never leaves the right side of the floor.

### Common problems of the dribble drive:

1. **Players switching handoffs or loops.** Coaches can counter this with the following:
  - a. Waving a player through to the weak side.
  - b. Jump stops, passing and cutting to open up gaps.
  - c. Skipping the ball to the backside of the defense.
  - d. Making multiple loops and passes breaking down defenses. Being patient.
  - e. Making post entries, creating inside out actions.
  - f. If there is a favorable matchup coaches can send the player into the post, isolate the driver, or call for ball screen.
2. **Quick shots, bad shots, and poor ball movement.** Coaches can counter this by demanding that a certain number of passes are made before a shot, and certain actions be made. If this does not happen, players need to be held accountable. One example would be a shot inside 5 feet or making 5 passes before a 3.
3. **Lack of post touches.** Coaches need to call a quick hitter or post entry to keep the defense honest and post players happy. If the player does not score, but the post touch triggers some kind of action (scissor cut, screen away, etc..). Coaches can call for a post touch every 3 times down the floor for example.

4. **Hiding poor offensive players on perimeter.** If a player is not a strong ball handler or shooter, that player can be positioned in the backside corner. If the player touches it in the flow, limit the dribbles, make them pass and cut, and create an opening for teammates. These players can also be strong offensive rebounders and can be used to set ball screens.
5. **Sagging defenses vs a poor shooting team.** This is similar to a zone defense if you have poor shooting. Set plays, ball screens, and post entries can alter this. *If you have poor shooting, any offense will be difficult to run.*
6. **1 handed team, only drive with strong hand.** Coaches can start on the weak side, and work on skip passes, trying to attack the weak side of the defense. This is a tough solution, but coaches need to work on live ball handling drills daily. Use a variety of drills, and be creative. 2 ball dribbling, cones, dribbling glasses, heavy balls, gloves are all examples.

## Dribble Drive Offense – Teaching guide for Players and Coaches

- This offense is predicated on great gap spacing, attacking the defense, and making proper reads.
- If you have the ball, you must look to attack the defense. Standing still, holding the ball, and dribbling in place do not work
- Maintain great spacing. We want to open up gaps to attack in the offense. Players need to maintain great spacing, and be able to read teammates.

**Players need to be Patient to maintain great spacing.** Ideal spacing is 4 players behind the 3 point arc, with 2 gaps between each player.

- Players need to attack the defense. They can attack the defense with a drive, a cut, or a pass and cut. These open up scoring opportunities for teammates. Players cannot stand and watch, or stand and dribble.
- We want to pass the ball ahead in transition whenever possible. Our dribble drive rules apply in transition.
- Always try and keep the ball side block open in a half court setting. Post players needs to relocate to the weak side.
- We never want negative steps, or negative passes



## Player Positions

- 2, 3, 4 all same player, 5 is center, 1 is PG. Secondary ball handler is even with the PG. PG starts inside elbow to middle of court, doesn't want to go midpoint (halfway between sideline and elbow). Stay towards middle so we can drive it either way.
- 1) Pt guard: Attacks off the dribble well, good playmaking ability, and able to get to the rim out of transition.
- 2) Shooting guard: Decent shooter, but real good about getting to the rim off of penetration. Almost a slasher type of player, but can hit an occasional 3 on a kick out.
- 3) Off guard: Terminology is probably backwards but this needs to be your best shooter, as they get a lot of skips on penetration over the top.
- 4) Trail: Usually a decent post player who can handle the ball. Bigger person, but one you feel confident can take a defender off of the dribble.
- 5) Post: Doesn't have to be a great back to the basket player, just someone who is big, physical, and has a soft touch around the basket. Needs to be your best rebounder

## Terminology

- Loop: Drive and jump stop at the elbow, then pass to wing. Passer fills ball side corner
- Pitch: Drive and jump stop at the nail, pass back to trail man. Passer curls and fills spot behind.
- Kick: Return pass to the passer, automatic post entry. From the wing or the top.
- Wave: Ball handler send someone through to opposite corner to open up gap (trail man or corner man)
- Through: Pass and cut through in front of the ball to open up gap
- Drag: Drive and jump stop at the block, pass back to the player “dragging” behind
- Skip: Any skip pass equals automatic post entry
- Negative pass / Steps: A pass caught inside the 3 point line by a guard, or step back behind the 3 point line.
- Fist: any ball screen with post player and guard

## Penetration

- If you have the ball, your main goal is to get to the rim. If you cannot get past your defender, jump stop at the elbow (drop zone), pass, cut, and open up a gap for a teammate.
- If you don't have the ball, you are watching the attacker and reading the move. Perimeter players are finding the open window, or dragging. Post players are reading the drive and relocating, cleaning up, or clean up.
- *We don't want to drive baseline on the 3 side. Always try to drive middle from the 3 side.*

## Shots we want

- Our favorite shots: 1. Layups, 2. Free throws, 3. Open 3's
- We want drives to the rim after 2 – 3 attacks
- We want inside out 3 point shots
- We want layups in the paint (not over 2 defenders)
- Outside shots after 2 – 3 drives to the paint, or if the ball is reversed/skipped

### Shots we don't want:

- The mid-range jump shot. We want a 3 or key. We have shot 25% on shots 15' – 18' the last 2 years. These shots are usually contested, off the dribble, and we hardly ever get fouled. **We want a drive to the rim, a foul shot, or an open 3.**
- **Layups over 2 people.** If you are shooting over 2 defenders means you have an open teammate. Jump stop, kick out, and find a better shot for your teammate.
- A 3 point shot after 1 pass, or pull up 3 pointers off the dribble. We need to make the defense work by being patient, and attacking the defense. **If we have 2 to 3 attacks, you will get a wide open shot in this offense.**

### Rebounding

- We need to crash the boards with 4 defenders with the 1 having floor balance (back responsibility).
- Our back guard stays at the top of the key looking for a shot, until the other team has possession
- If the 1 is under the basket, the 2 becomes floor balance.
- The 3, 4, and 5 ALWAYS go to the glass.

- On an outside shot the 5 moves to the front of the rim, the 2/3 man attacks the baseline / backside, and the 4 (trailer) attacks the gap created by the 2 rebounders.
- The shooter should always rebound through the elbow and follow their shot.

### Play calling

- *Let the players play. Our offense has been most effective when the players ran the offense, read the defense, and attacked. When players had to think, we slowed down, and were not as effective.*
- **Post Touches:** We need to make sure that post players get involved. Post players in the dribble drive tend to get ignored. A good rule of thumb is to get a post touch every **3 trips down the floor.**
- If we are being pressured, a players' main goal is to get to the rim. If we are picked up in the full court, we should be very happy. We want to be running at full speed to start the offense. **This offense is very effective versus pressure in the full court and half court.**
- We want to attack the defense out of a 1 guard front a majority of the time. This means our 1 and 4 can start the offense by any of the following entries: pass and cut, wave thru, make a shallow cut, or jump stop at the nail and

pitch. All of these entries open a triple gap for teammates, creating easier attacks.

- On dead balls, players and coaches can call any of our quick hitters. A quick hitter is 1 option, and then we are into our dribble drive. These plays are pick and rolls, isolations, or backdoors.
- After Time Out sets (ATO's): We want to be able to run a set (2 – 3 options) after EVERY time out / start of quarter. We only want to run about 3 – 5 set plays, and we only want to run them from 1 side. I believe in keeping it simple for the players. I will also try to show the play on a play sheet. We can place our players in any spot.
- ***Our best scoring percentage offense was our “55” call. This means we want a shot within 5 feet or a shot after 5 passes. This makes the defense work, and opens up driving opportunities. After 5 passes, we can run a quick hitter (pick and roll or get a post touch). Our field goal percentage was 50% when we ran 55.***

### Zone Offense

- We faced much more zone offense than we ever faced before. Defenses also sagged off forcing us to shoot outside. Stay patient, move the ball, and don't settle for first open shot.

## **Teaching Progression of the Dribble Drive Offense**

When installing the dribble drive offense, topics should be taught in this order

1. Overview of system
2. Plays or actions of the dribble drive
3. Shot selection and rules
4. Rebounding

### **Dribble Drive Overview**

- Player positions and rack mentality
- terminology
- Player spacing and gaps (single, double, triple)
- Timing and patience with the 2, 3, 4 spots on drives
- 3 or key
- No negative steps or passes

## **Dribble Drive Offense Teaching ladder – elementary through high school**

I believe this system should be ran at the high school, and all terminology and plays should be ran at all levels starting in the elementary grades. All programs need to run this system to be successful, all teams should use the same sets, and special situation plays, and zone offense. Programs that teach same principles throughout the program have much greater success than others.

### **Elementary - grades 5 and 6**

- High school coaches should run clinics for elementary coaches, and may run practices at times. Summer camps are excellent times to install the offensive system.
- Practice time from 60 – 75 minutes. Anything longer than 75 minutes is hard for 10 – 12 year olds to hold attention.
- Players need to be skilled to run this offense and play this style. Skill work and fundamentals are more important than learning plays and the system. 30 – 45 minutes of skill work including dribbling, passing, pivoting, form shooting, shooting, and rim finishes are the most important part of practice.
- Players need to be able to play and compete. Skill work / fundamentals need to be done with partners, or against defense.



- Players will grow tired of drills, small sided games 2 v 2, and 3v3 are great ways to breakdown the offense and work on defense. Find time in practice to compete in half court and full court situations.
- Teams should be able to understand spacing, gaps, alignment, and reads
- Be able to run lanes in transition, emphasizing rim runs, pass ahead, and running to corners.
- Teams should understand: rack, loop, pitch, kick, wave, through and ball screen actions.
- Introduce 1 – 2 basic after time out plays (1 grade 5, 2 grade 6).
- My team ran the same out of bounds play for sideline and baseline situations. We didn't spend much time practicing this in grades 5 – 6.

### **Junior High – grades 7 and 8**

- Build upon everything learned in grades 5 and 6.
- Have high school coaches help install system, run practices at times, and give clinics to junior high coaches.
- Increase practice time to 75 – 90 minutes. 120 minutes is difficult for players ages 12 – 14 in my opinion. If going for 120 minutes, lots of game play should be emphasized.
- Introduce: zone offense, backdoor series, and secondary offense quick hitters.

- Teams can run 3 – 4 after time out plays, and maybe 2-3 special situation plays (depending on ability).

### **High School – Grades 9 - 12**

Start building the system in the summer practice time with camps, practices, and scrimmages.

Review the system, and gradually build upon your players skills.

This system can be tailored in many different ways. Be creative and play to your player's strengths and weakness.

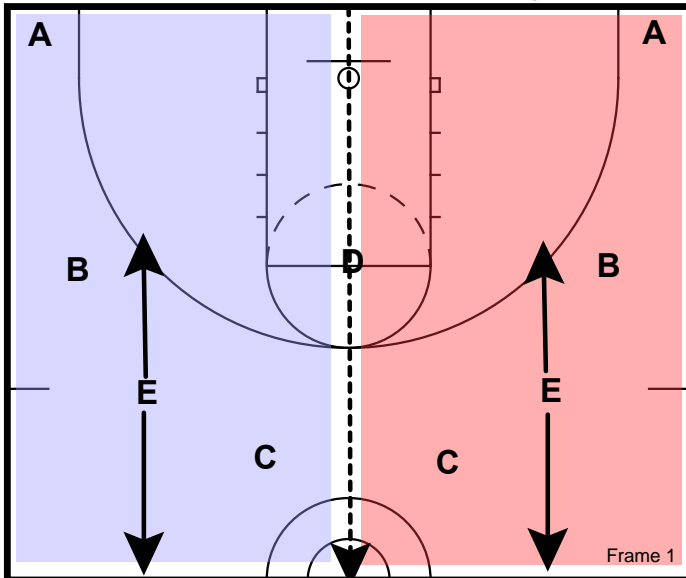
# Chapter 1: Terminology and Reads

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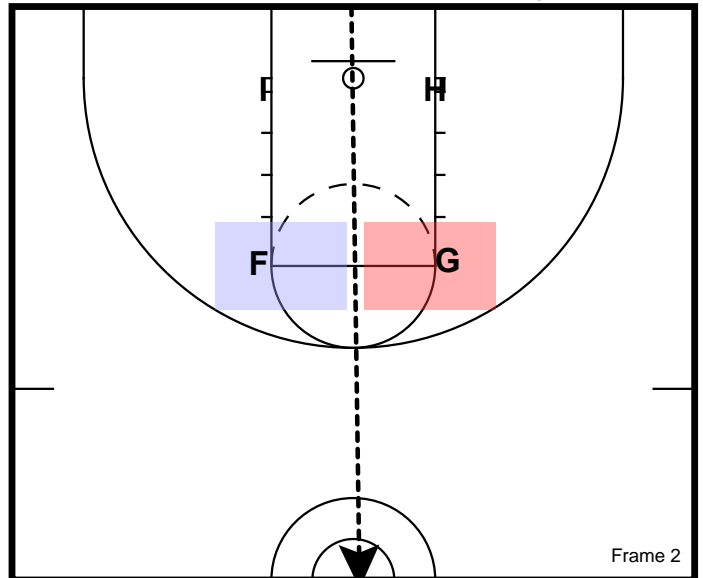
# Chapter 1: Terminology and Reads

**Court Descriptions**  
Dribble Drive Terminology



A = "Dead Corner" B = "Seam" C = "Slot" D = "Nail" E = "Midpoint" (halfway between elbow and OB) Right Side = "2 side" Left Side = "3 side"

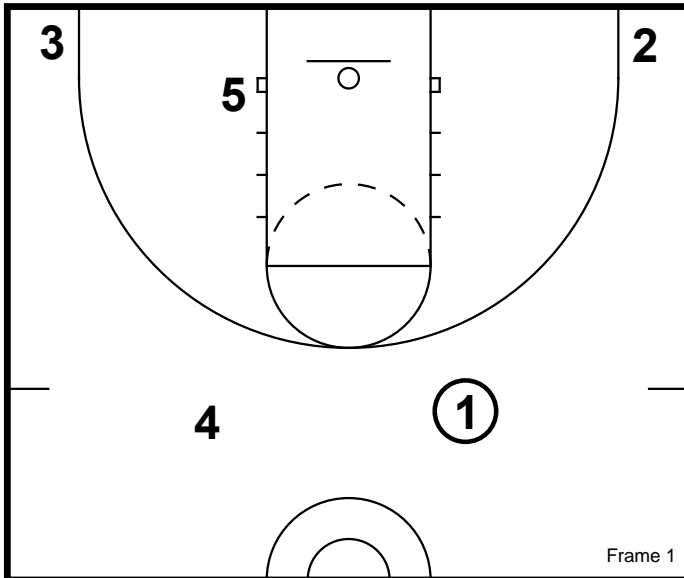
**Court Descriptions**  
Dribble Drive Terminology



G = "Drop 2" F = "Drop 3" H = "Rack 2" I = "Rack 3"

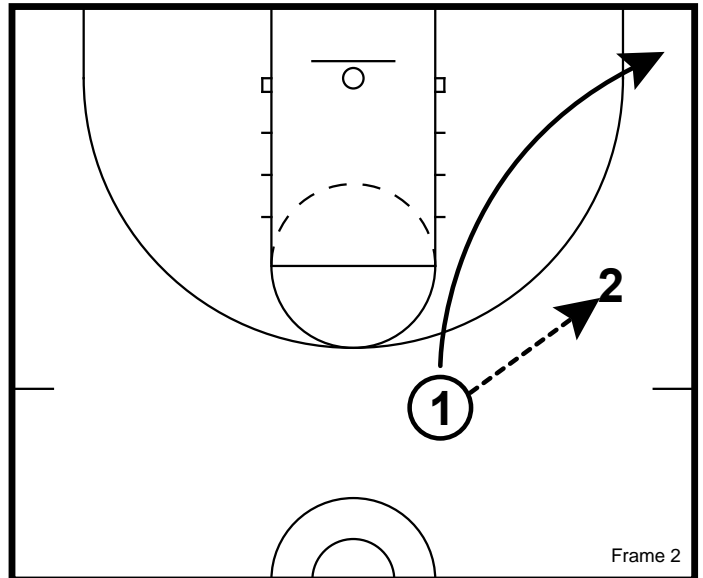
# Chapter 1: Terminology and Reads

## Dribble Drive Vocabulary common terms



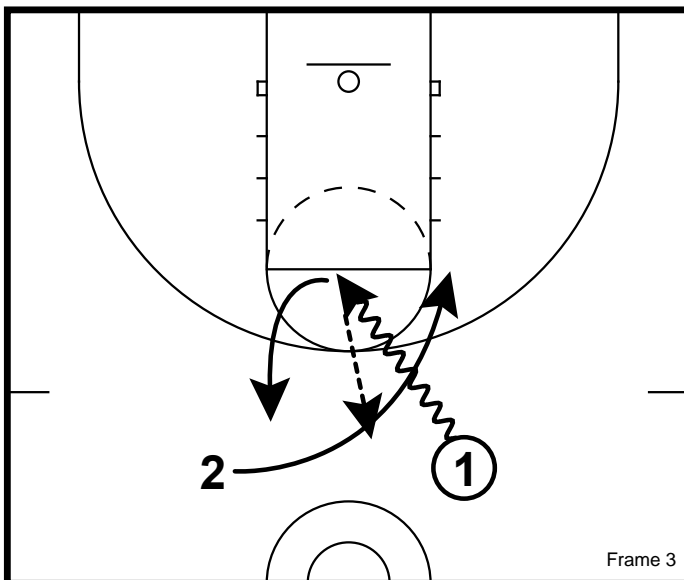
**Dribble Drive set:** 5 is on backside block, 2 and 3 are in corners, 4 is trail spot. The ballside post is always open in the dribble drive offense

## Dribble Drive Vocabulary common terms



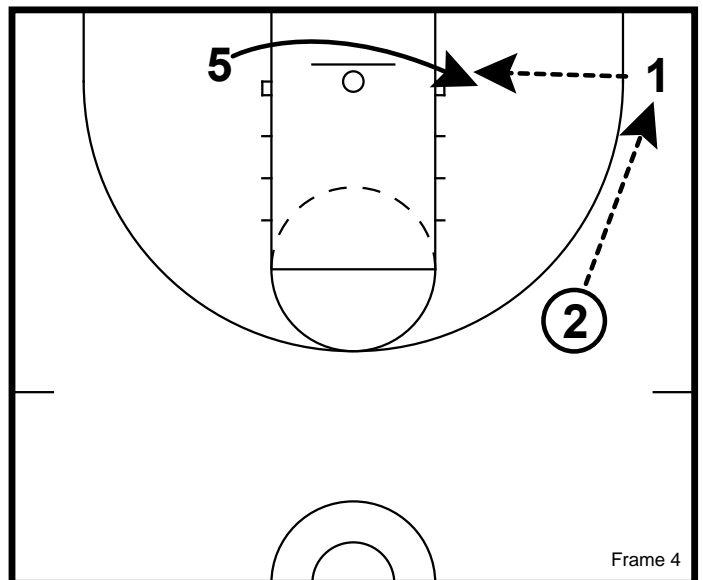
**Loop cut:** 1 enters to wing and fills in ballside corner. This is popular dribble drive terminology

## Dribble Drive Vocabulary common terms



**Pitch:** 1 attacks the nail, jumpstops, and passes ball to 2. Common dribble drive action

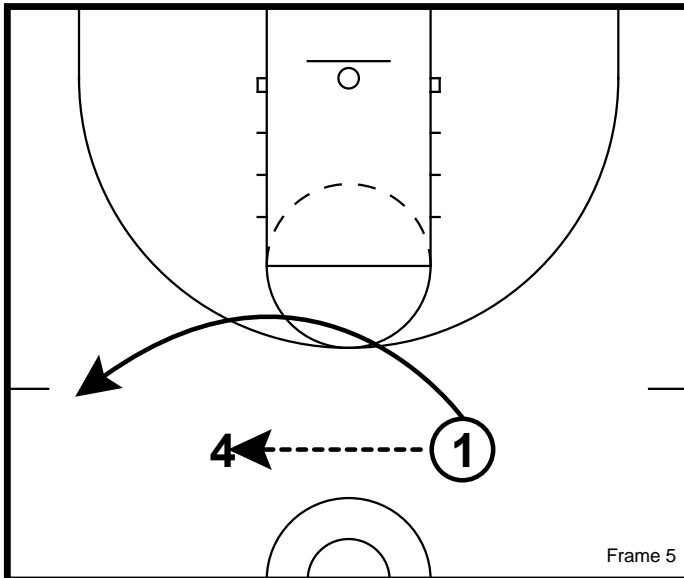
## Dribble Drive Vocabulary common terms



**Kick:** dribble drive play, where ball is passed to corner, and the post flashes ballside

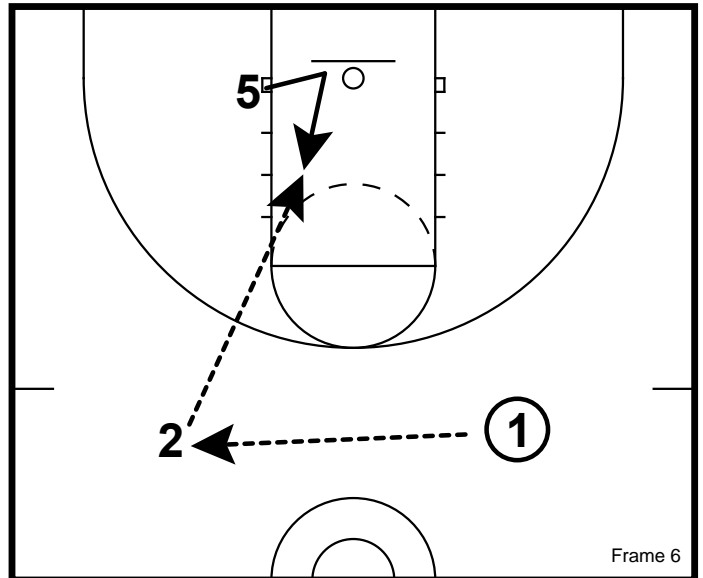
# Chapter 1: Terminology and Reads

## Dribble Drive Vocabulary common terms



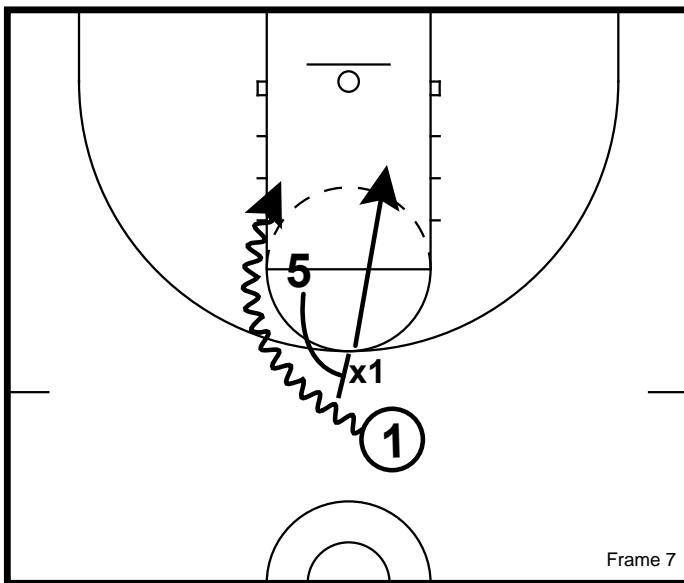
**Shallow cut:** 1 passes to 4, and makes shallow cut near sideline

## Dribble Drive Vocabulary common terms



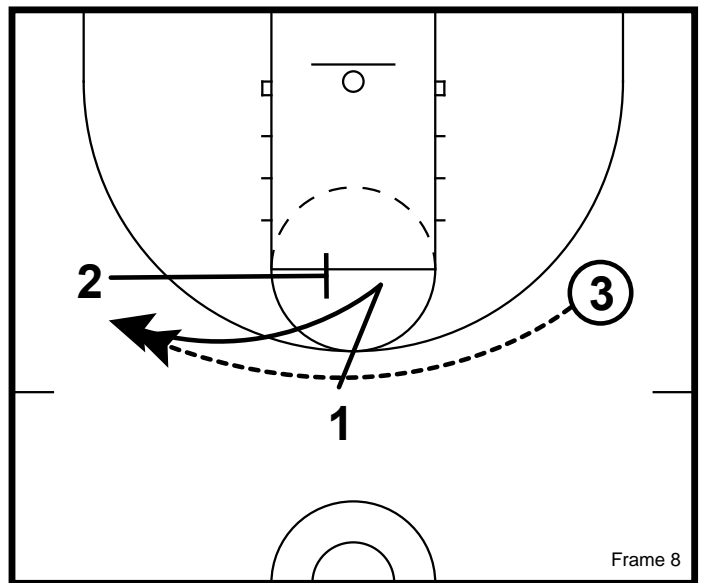
**Duck in:** 5 seals and "ducks" in front of the rim

## Dribble Drive Vocabulary common terms



**Fist = ball screen:** 5 sets screen on 1, then rolls to rim

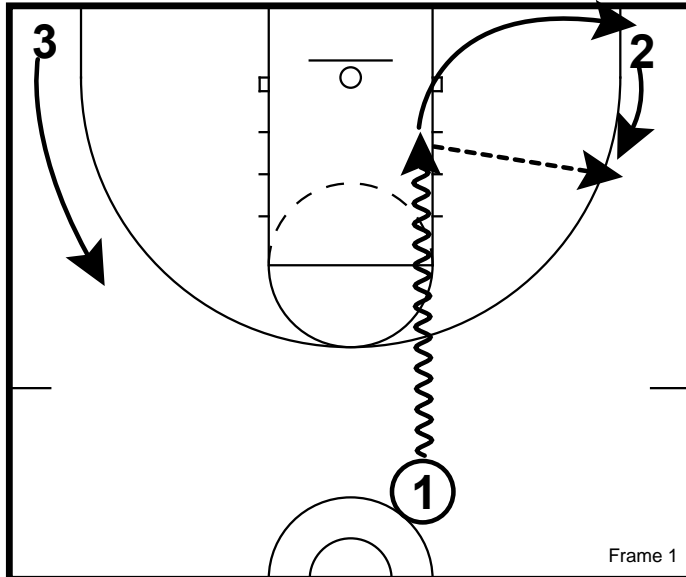
## Dribble Drive Vocabulary common terms



**FLAT = Flare screen:** 2 sets screen and 1 cuts to nail then backs out for the catch.

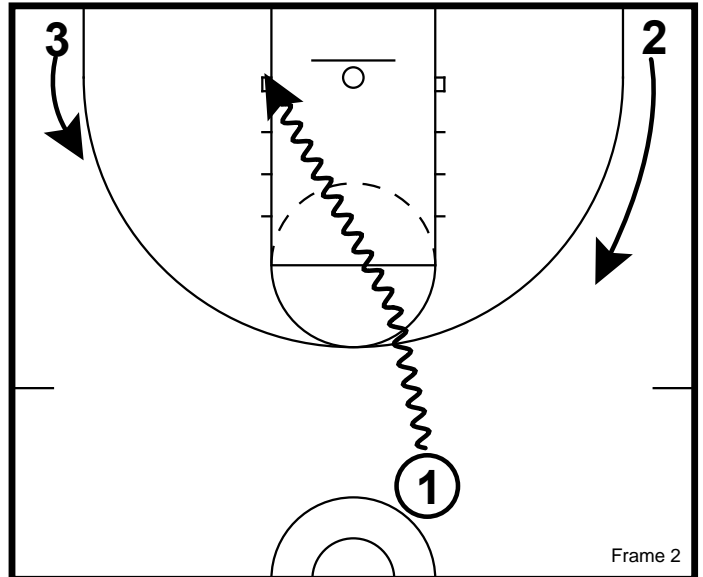
# Chapter 1: Terminology and Reads

Wing / Guard Reads



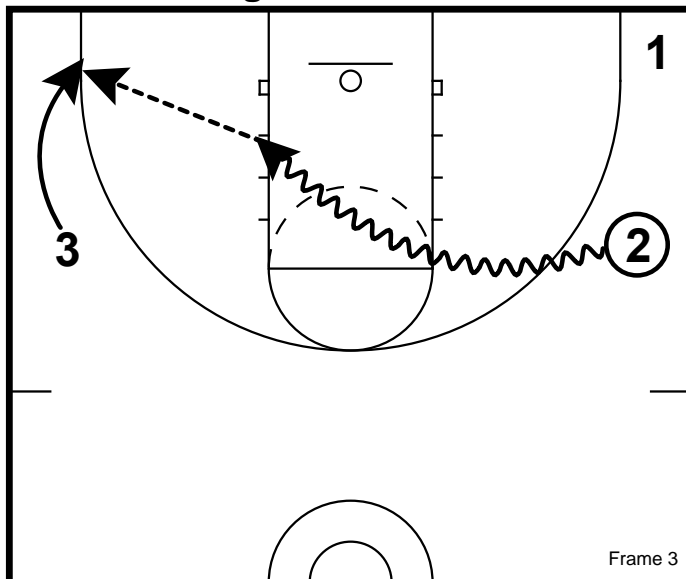
**Drive right:** 2 and 3 always start in dead corner and play opposite each other. Ballside wing takes 1 step out of the corner, weakside wing lifts to the foul line extended.

Wing / Guard Reads



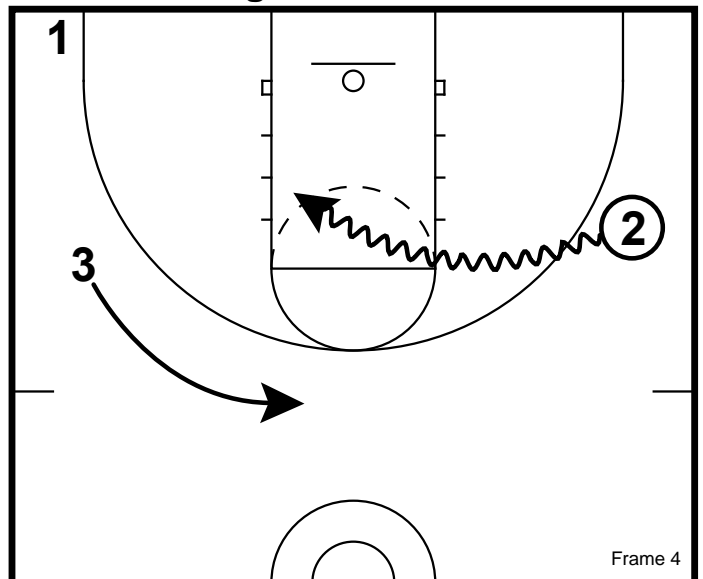
**Drive left:** PG drives at 3. 3 takes 1 step out of corner, and 2 lifts to the foul line extended

Wing / Guard Reads



**Middle drive:** 2 drives middle, 3 drifts to corner on middle drive

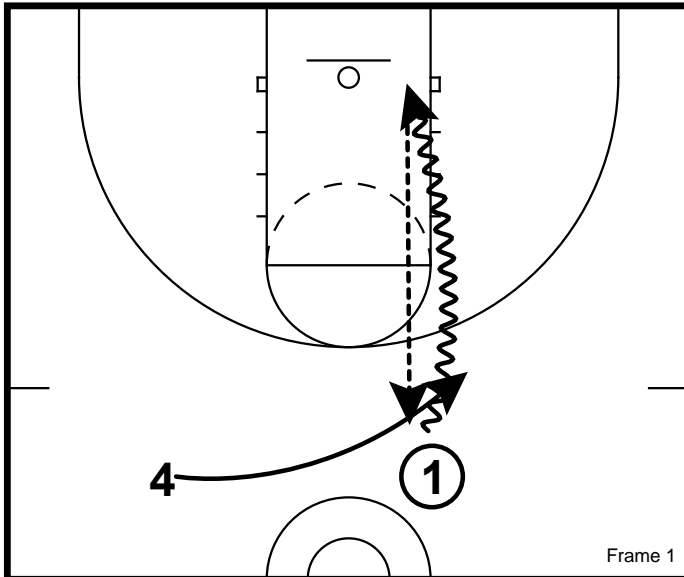
Wing / Guard Reads



**Weak side corner filled:** 1 cut weak side, and 2 drives middle. 3 fills over the top

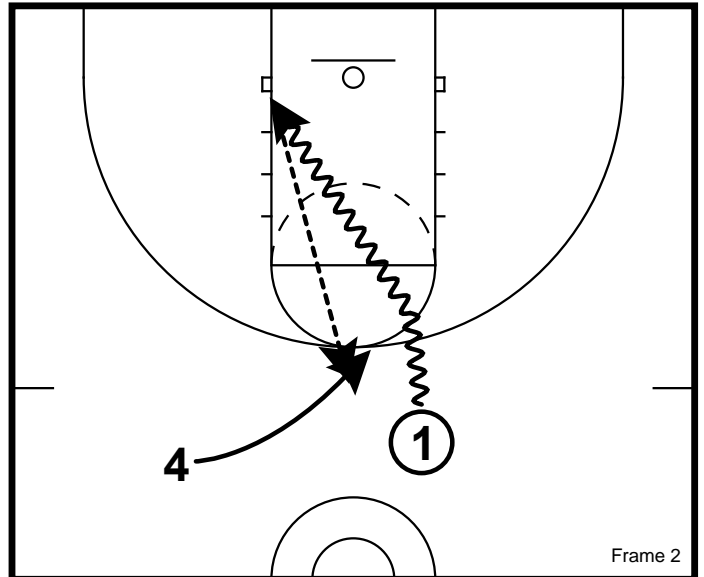
# Chapter 1: Terminology and Reads

**Trail Reads**



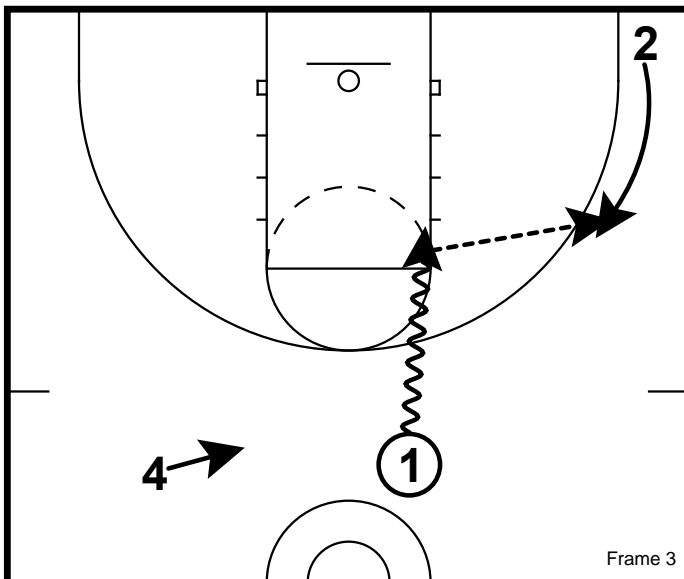
**DRAG:** 1 wants to start on the slot, near the middle of the court. 1 needs to choose a side and stay out of middle. 4 trails and starts on the midpoint (halfway between elbow and OB). 4 follows behind the drive

**Trail Reads**



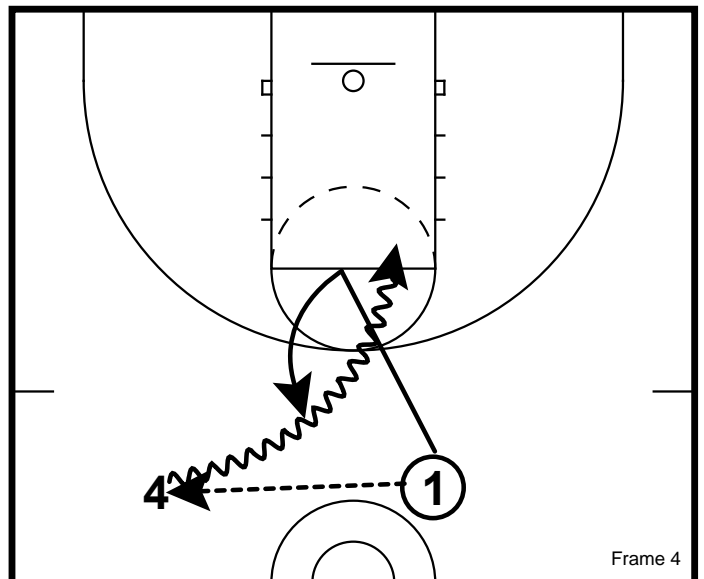
1 drives left, 4 follows behind

**Trail Reads**



**loop:** 1 jump stops at elbow and kicks to 2. 4 reads this and stays away for good spacing. 4 looks to maintain a double gap with 2

**Trail Reads**



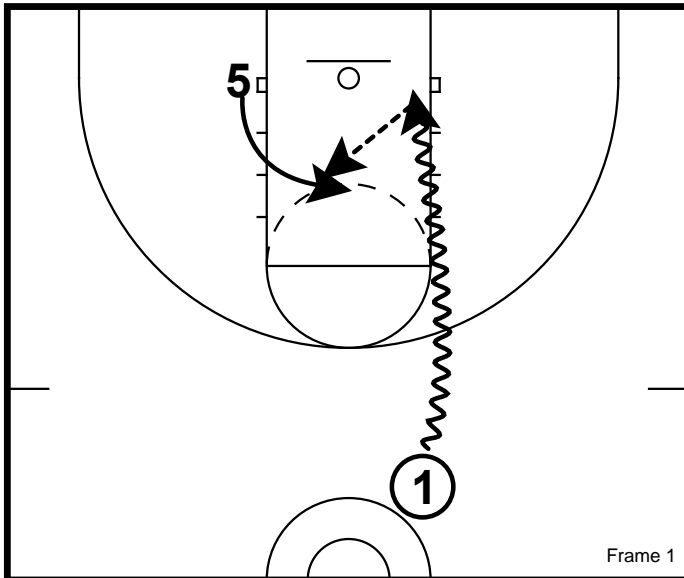
**Reversal:** 1 passes and sets blur screen for 4. 4 drives off his cut



# Chapter 1: Terminology and Reads

## Post Player Reads

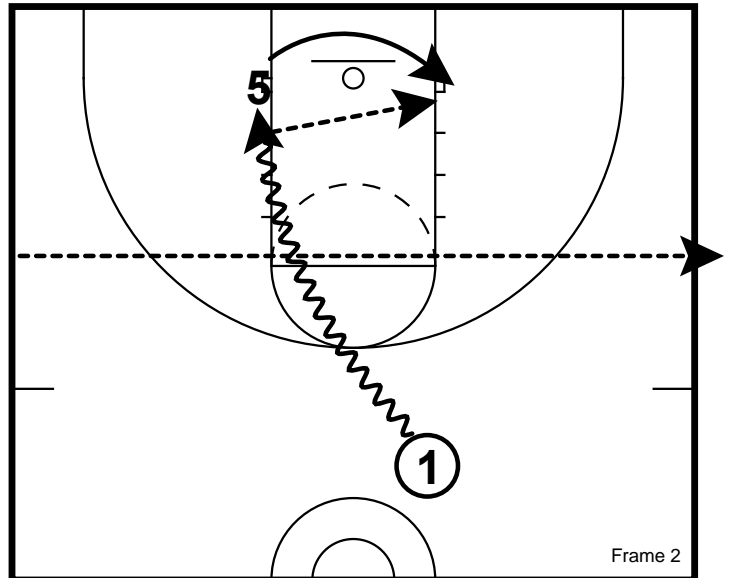
post opposite the ball at all times



**"Clean Up"** The post player (5) always starts opposite block AWAY from the ball. 1 drives away from post, 4 circles to the dots with hands up.

## Post Player Reads

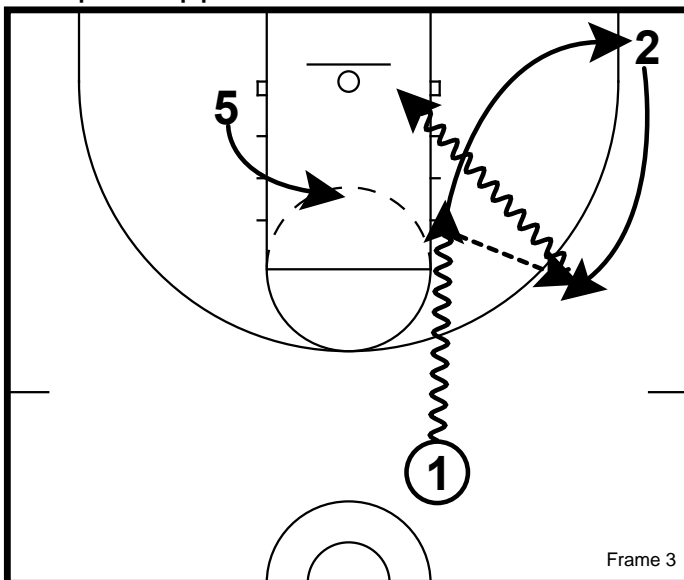
post opposite the ball at all times



**Relocate:** PG drives at 5, 5 takes 2 big steps across the lane. 1 can use 3 passes: lob, wrap around, and bounce. When 1 gets to free throw line, 5 must read 1 and look to cross

## Post Player Reads

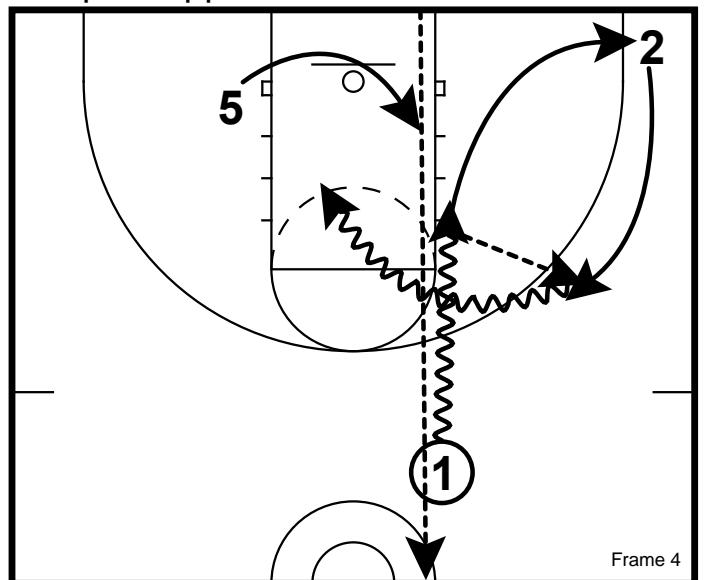
post opposite the ball at all times



**LOOP and clean up:** Post reads driver and stays opposite block for driver. Post will T up looking for dump off pass.

## Post Player Reads

post opposite the ball at all times

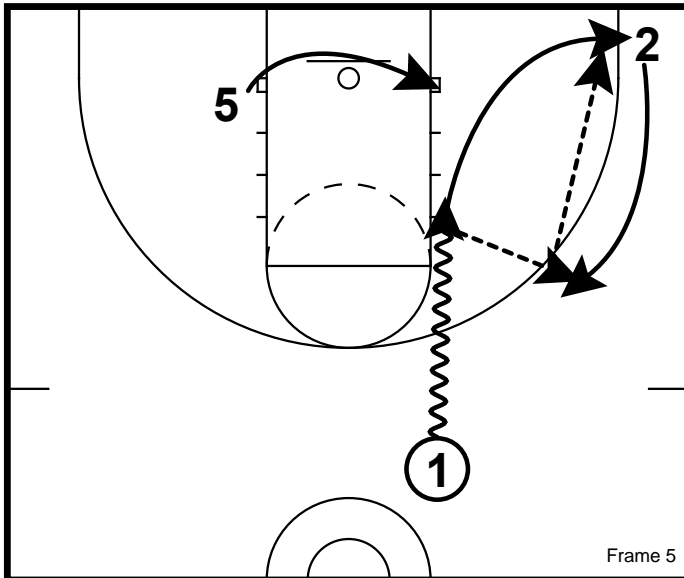


**LOOP and relocate:** Post reads driver and stays opposite block for driver. Post will relocate under looking for dump off pass. 5 Relocates when guard gets to the elbow area

# Chapter 1: Terminology and Reads

## Post Player Reads

post opposite the ball at all times

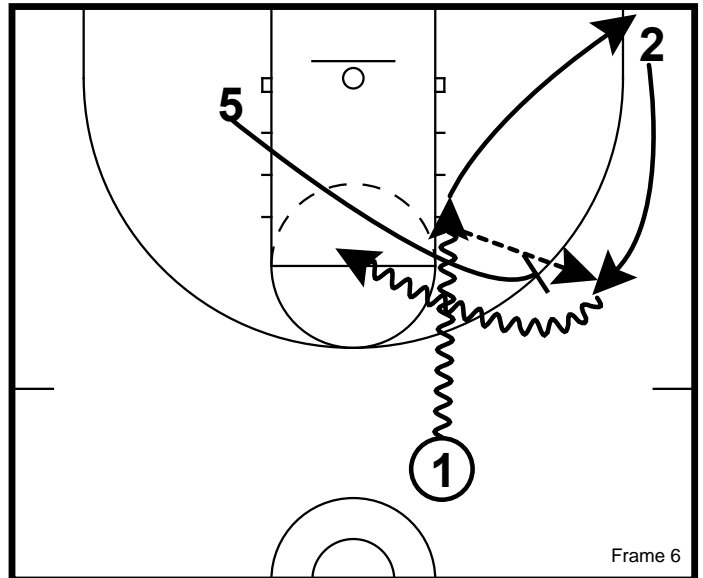


Frame 5

**Kick:** 1 and 2 execute a loop. 2 passes back to 1 in corner. 5 cuts across lane and posts up. This is would be a quick hitter

## Post Player Reads

post opposite the ball at all times

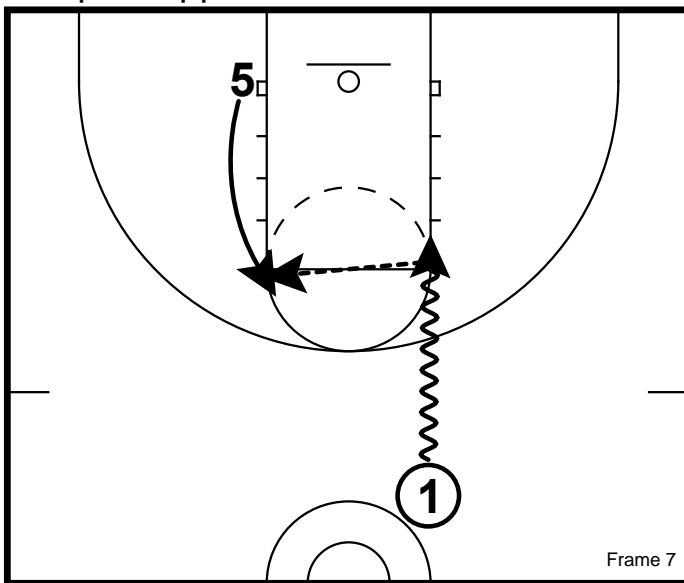


Frame 6

**Loop Fist:** 1 and 2 execute a loop. 5 sets a side ball screen with 2

## Post Player Reads

post opposite the ball at all times



Frame 7

**DROP 5:** 1 drives and jump stops at the elbow. 5 reads this and flashes to elbow to look for pass. *This should be a set play / quick hitter.*

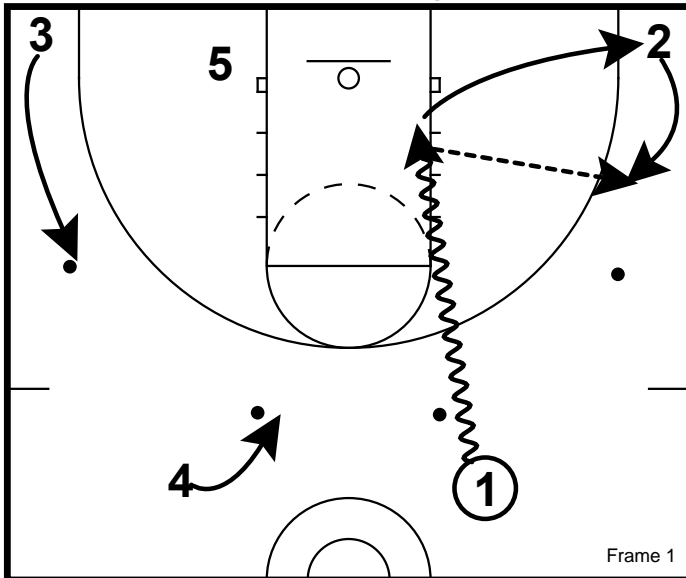
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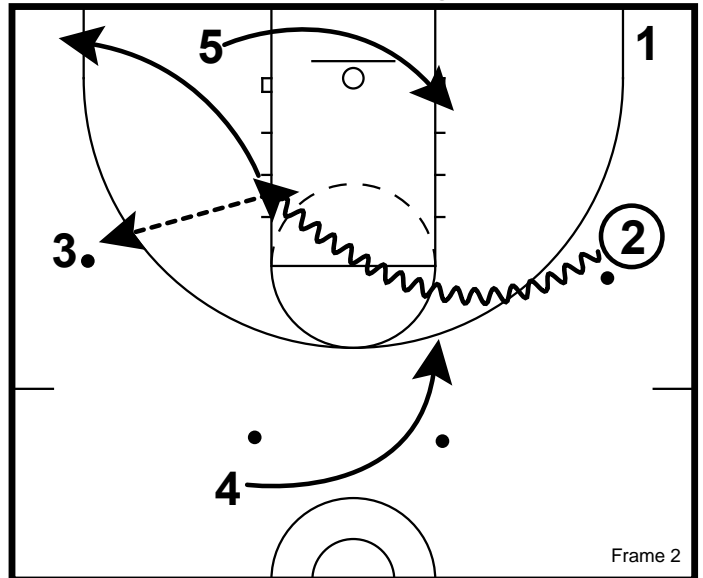
# Chapter 2: Dribble Drive Overview

**"Black" / Dribble Drive**  
Continuity with strong side cuts



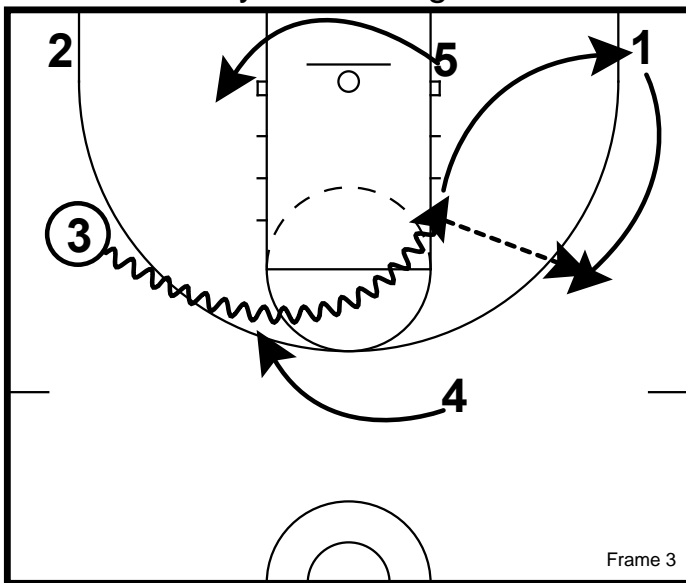
Point guard looks to get all the way to the rack area looking to score or an easy dump to the post down low. 1 should make a jump stop in this area if the easy lay-in is not there. 2 "lifts" to the "seam. 5 reads how deep 1 gets. If 1 gets to rack he follows behind, 1 gets to drop, 1 stays on his slot

**"Black" / Dribble Drive**  
Continuity with strong side cuts



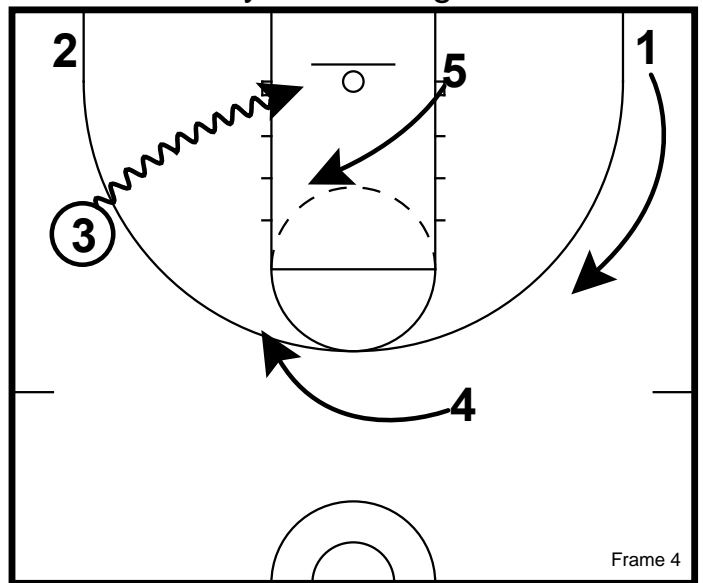
2 drives middle. 4 cuts to the "slot", 3 "lifts" to the "seam". 5 takes "2 big steps" and relocates across the key. Scoring options: 2 driving to "rack", dump down to 5, "kick out" to 3, or "pitch" to 4 or 1. 2 kicks out to 3 and loop cuts to corner

**"Black" / Dribble Drive**  
Continuity with strong side cuts



3 drives middle and jumpstops in drop or drag zone. 1 "lifts" to the seam, 4 "loops" or fills the "slot", 5 takes to big steps and relocates across the lane. 3 kicks out 1 and loops to corner.

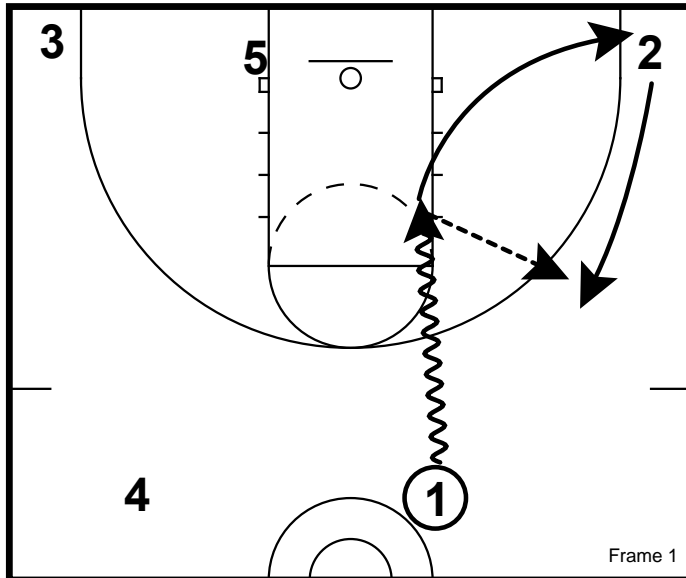
**"Black" / Dribble Drive**  
Continuity with strong side cuts



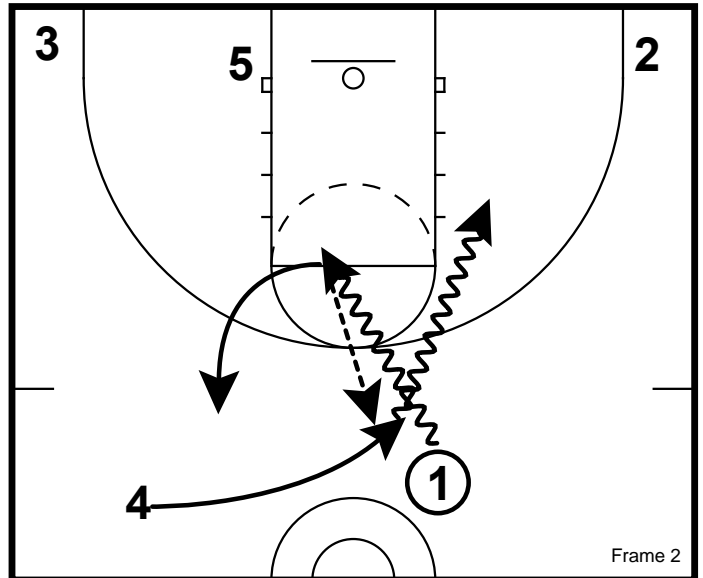
If 3 drives baseline to the block. 2 stays in corner looking for kickout, 5 circles, 1 and 4 fill.

# Chapter 2: Dribble Drive Overview

"55"  
5 feet or 5 passes



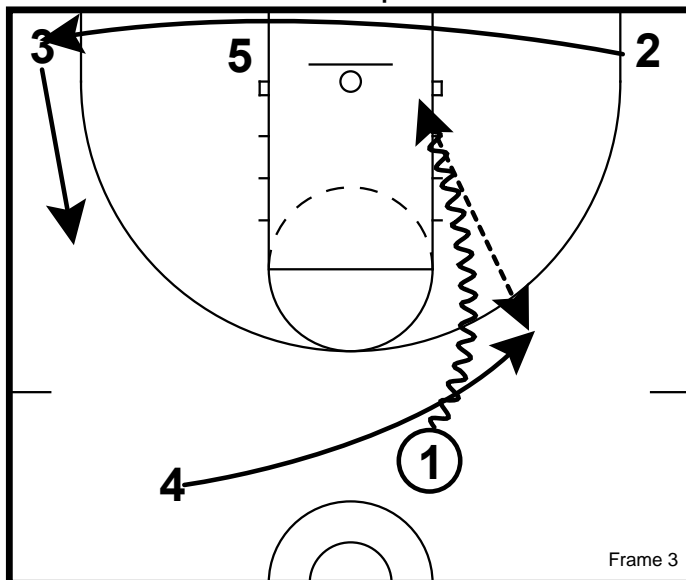
"55"  
5 feet or 5 passes



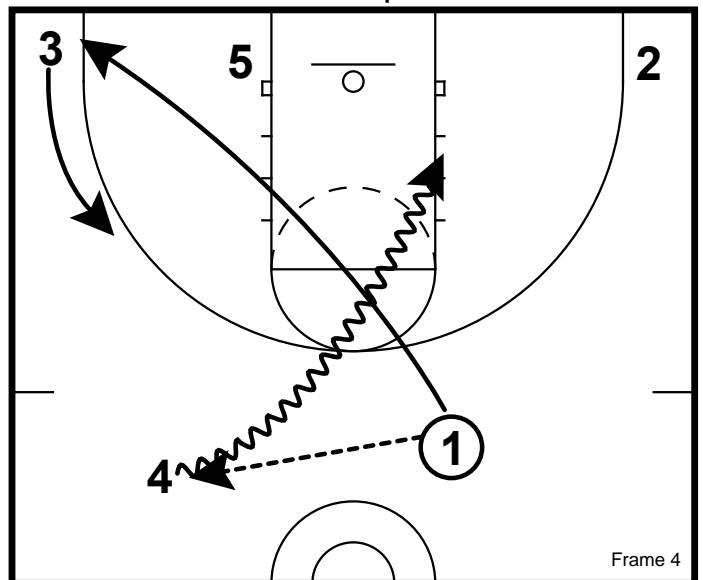
**"55"** : A shot within 5 feet of the rim, or a shot after 5 passes.  
We call this if we are struggling to score, or playing with a lead.  
Started with a loop

Start with pitch

"55"  
5 feet or 5 passes



"55"  
5 feet or 5 passes



Start with Wave Drag

Start with Thru

# Chapter 3: Guard quick hitters

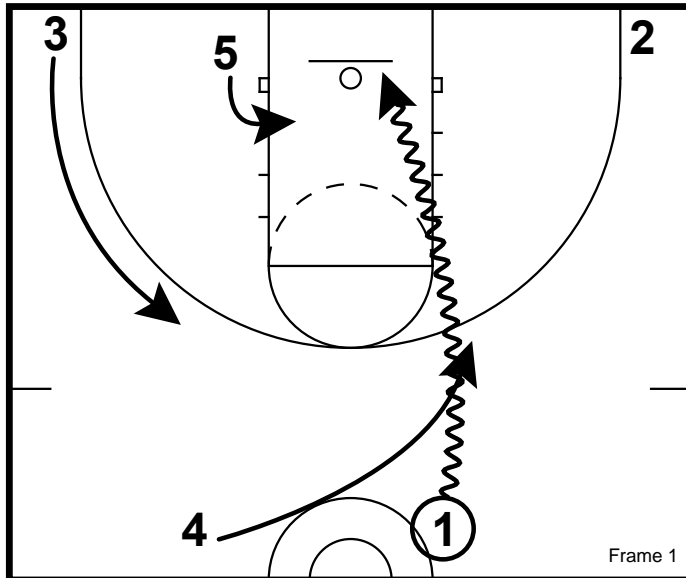
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1.4	"Through"	5
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# Chapter 3: Guard quick hitters

## "Rack"

Players read defense and move

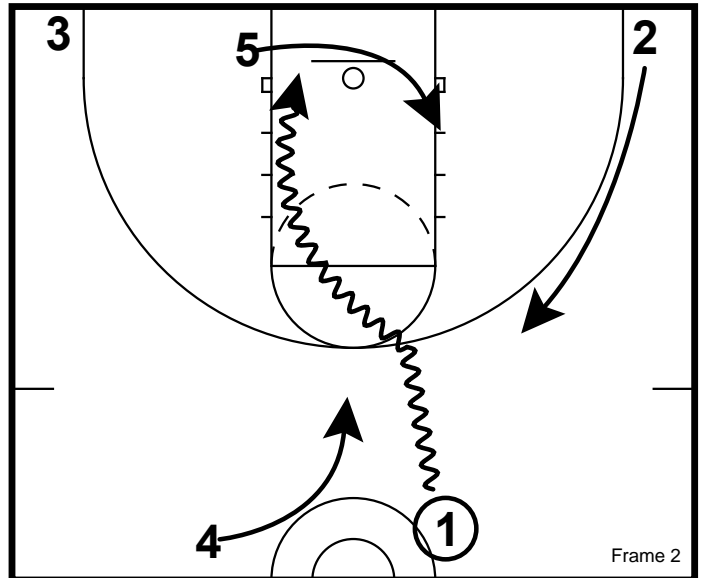


Frame 1

**RACK:** On drive to rim 2 stays and looks for shot, 3 goes to open window, 5 cleans up, 4 looks for the drag. 1 reads: finish, dump off to 5, kick to 2, skip 3, drag 4

## "Rack"

Players read defense and move

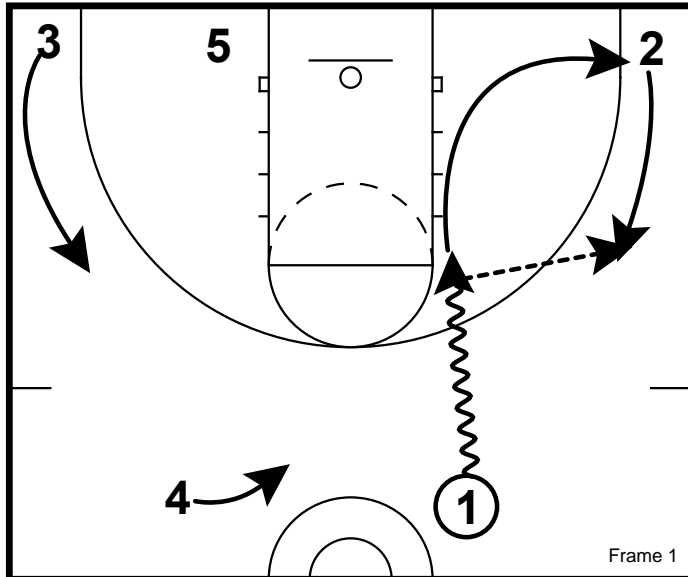


Frame 2

**RACK left:** 5 relocates, 3 buries himself in corner, 2 finds open window, 4 looks for the drag

# Chapter 3: Guard quick hitters

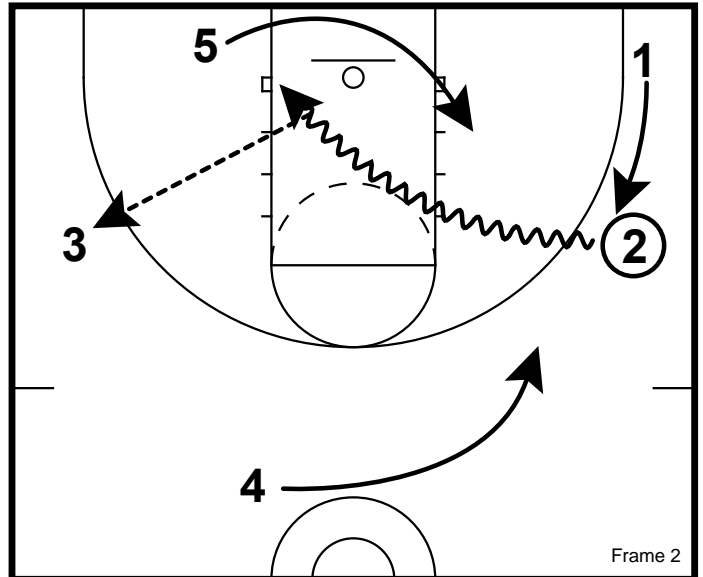
"Loop"



Frame 1

**Loop:** Drive to elbow jumpstop with shoulders to sideline. On jumpstop, 2 cuts up hard. pass to 2. 1 will basket cut to the corner

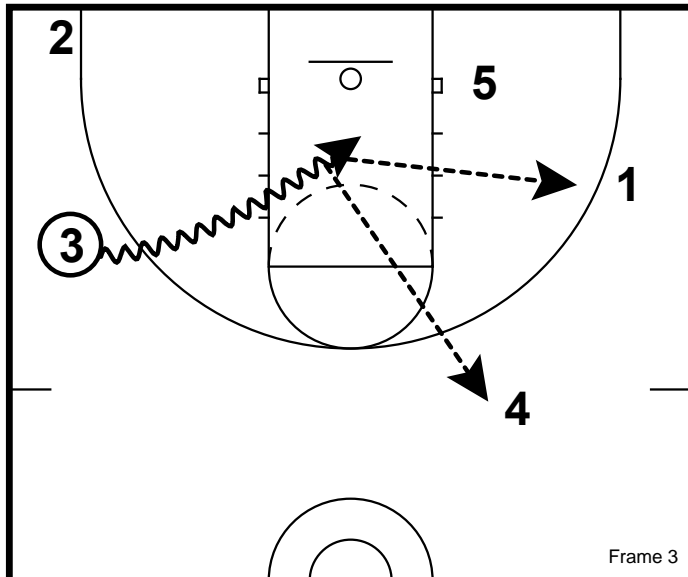
"Loop"



Frame 2

**Loop continued:** 2 looks to attack the gap. 2 drives middle, 5 relocates, 4 relocates at top, and 1 looks to fill behind, 3 spots up.

"Loop"



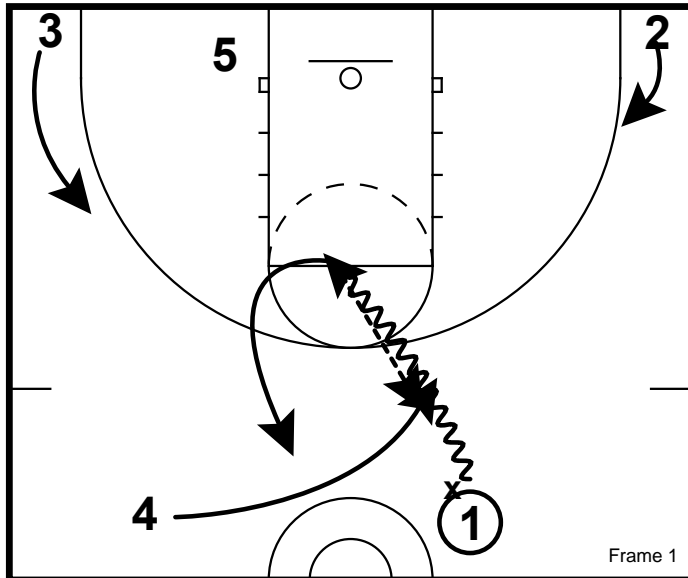
Frame 3

**3 attacks:** 3 wants to get to rack, If 3 cannot, 3 pass to 1 in open window, 4 drag spot, 2 in corner, or 5 of dump off.



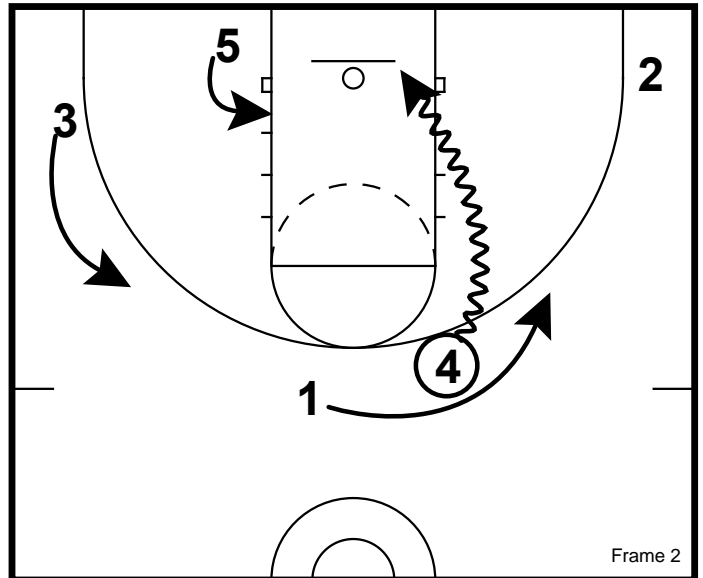
# Chapter 3: Guard quick hitters

**"Pitch"**  
Pitch for trailer



1 drives to nail, jumpstops, and pitches to 4 running downhill. Make good jumpstop, and make sure 4 is past the passer

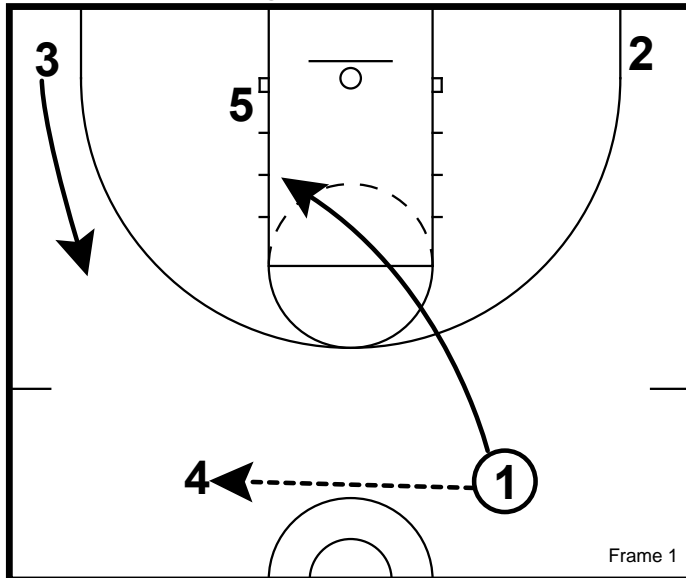
**"Pitch"**  
Pitch for trailer



4 looks to attack, all players read the drive. 1 becomes trail and drags behind driver

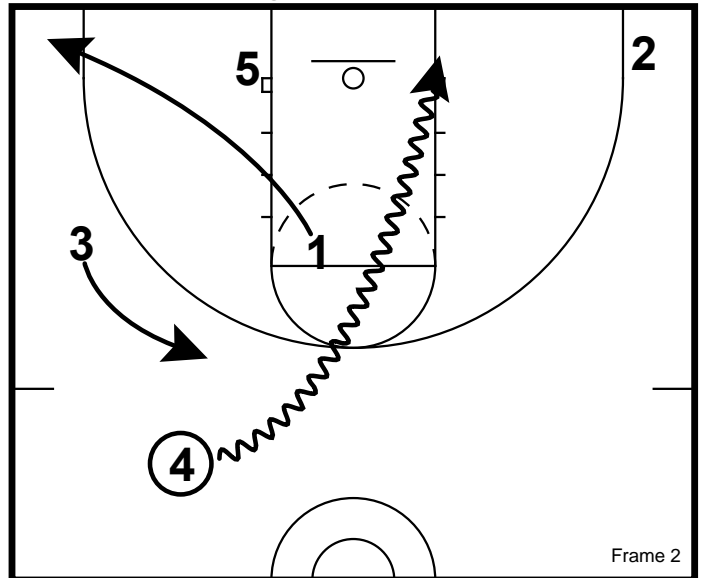
# Chapter 3: Guard quick hitters

"Through"  
triple gap for trail man



1 passes to 4 and cuts "thru" the nail. This will open a triple gap on the right

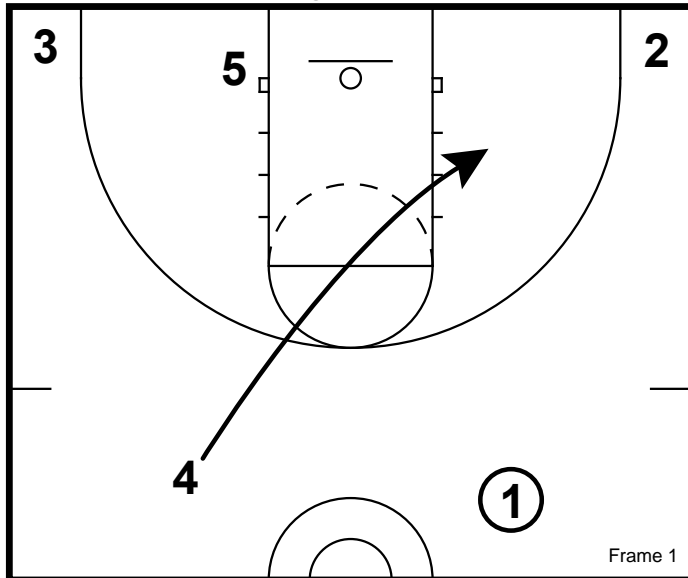
"Through"  
triple gap for trail man



4 looks to drive off of 1's nail cut to the corner. 2 stays patient and 3 looks to drag 4's drive

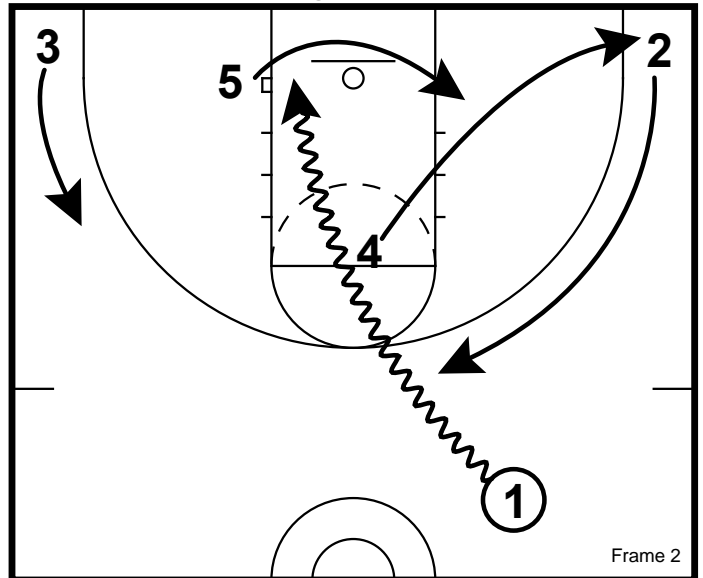
# Chapter 3: Guard quick hitters

"wave"  
triple gap for PG



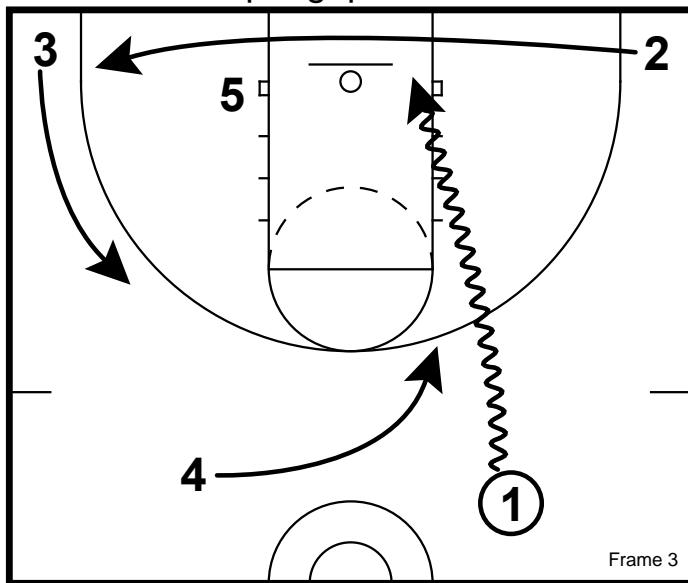
**Wave 4:** 5 starts the action by making a nail cut, and opening a triple gap for the 1 man

"wave"  
triple gap for PG



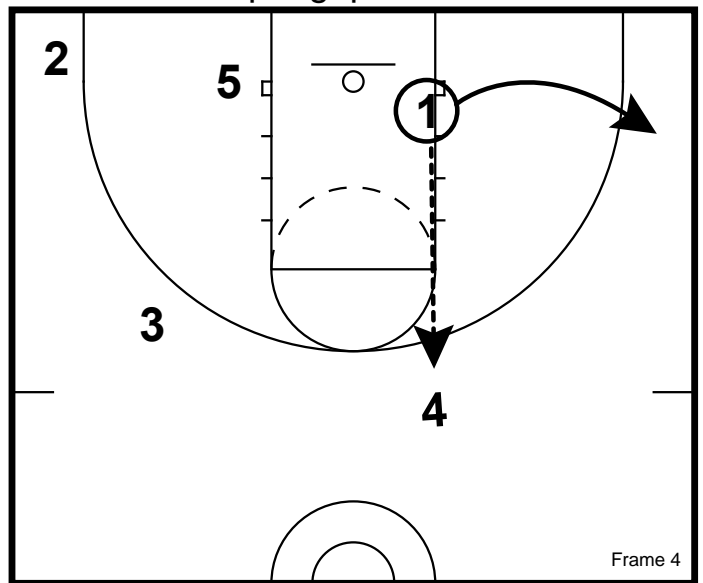
1 looks to drive off 5's nail cut. 2 must rotate over and fill behind the driver. 4 reads drive and goes under, 3 lifts to the corner

"wave"  
triple gap for PG



**Wave 2 / 3:** 1 waves 2 thru creating a triple gap. 3 finds open window, 5 drags

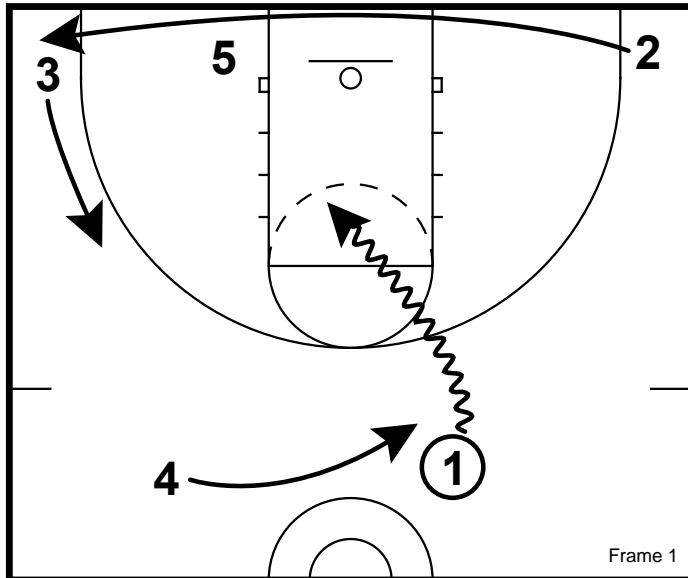
"wave"  
triple gap for PG



If no shot, 1 jumpstop, we **DRAG** and 1 fills corner.

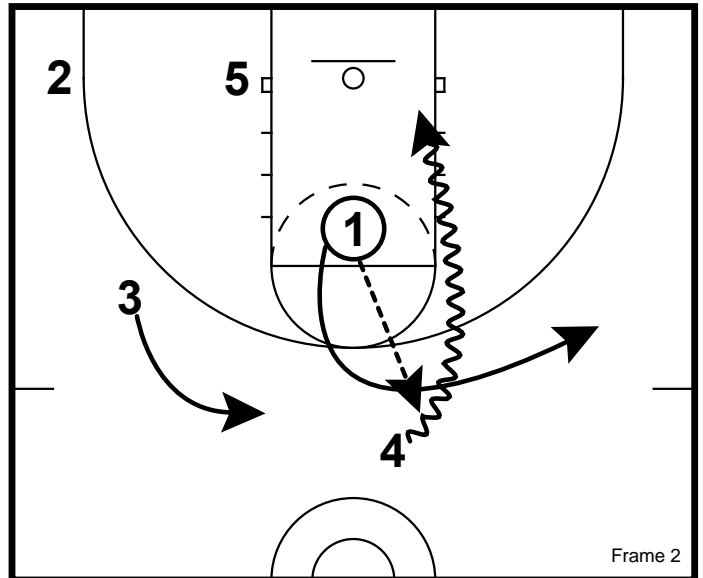
# Chapter 3: Guard quick hitters

**"Wave - Pitch"**  
Isolation for trailer



Frame 1

**"Wave - Pitch"**  
Isolation for trailer

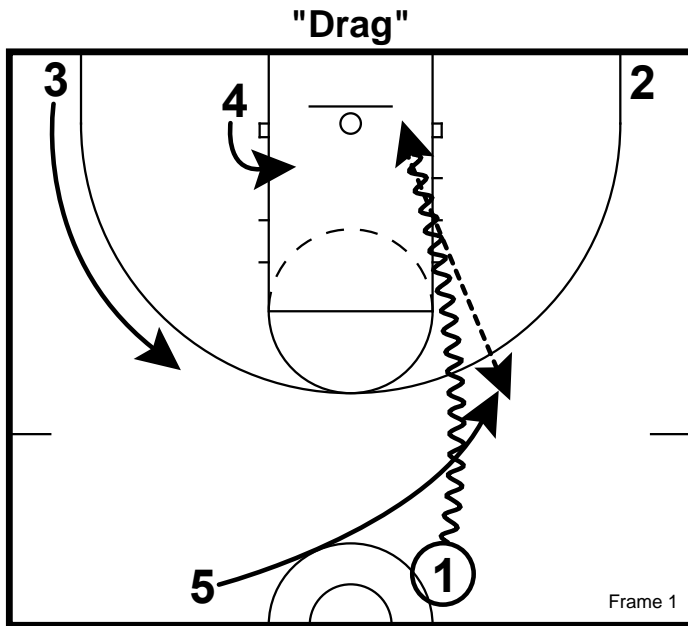


Frame 2

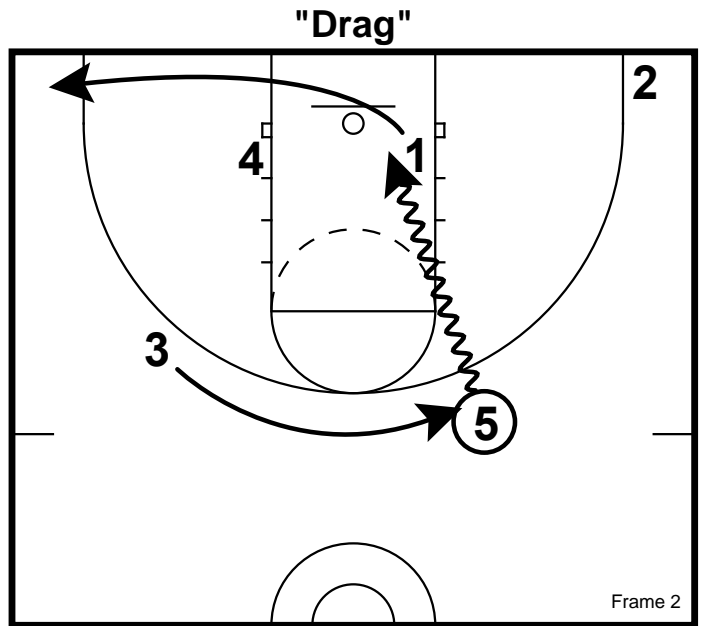
Wave 2 man thru to open up triple gap, 5 must be patient, he must sprint on the drag

4 looks to attack the triple gap. 1 sprints for the drag

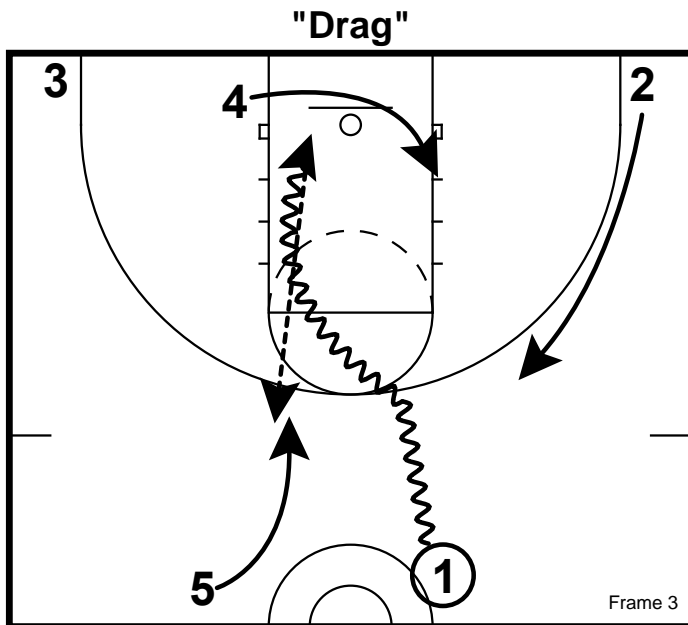
# Chapter 3: Guard quick hitters



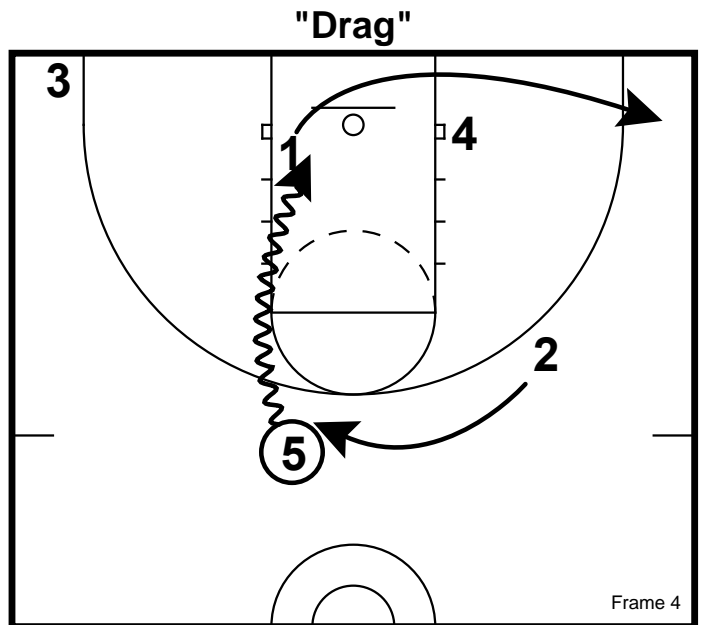
On Drag, 1 jumpstops and headfakes, then passes to the drag man 5. 2 stays and looks for shot, 3 goes to open window, and 4 cleans up



1 clears the corner, and 5 looks to attack, 3 must sprint to be drag man



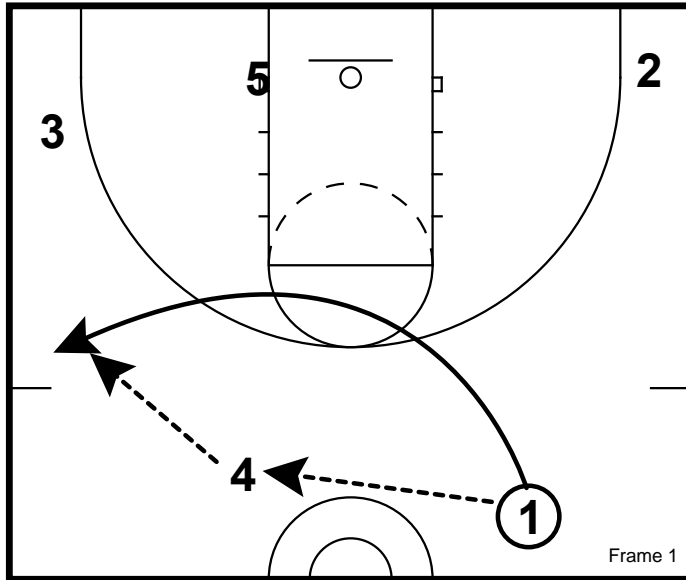
Drag left: 1 jumpstops in rack, and throws back to 5 "dragging". 4 relocates, 3 buries himself in corner, 2 finds open window



1 clears out, 5 looks to attack rim, 2 is now the drag man

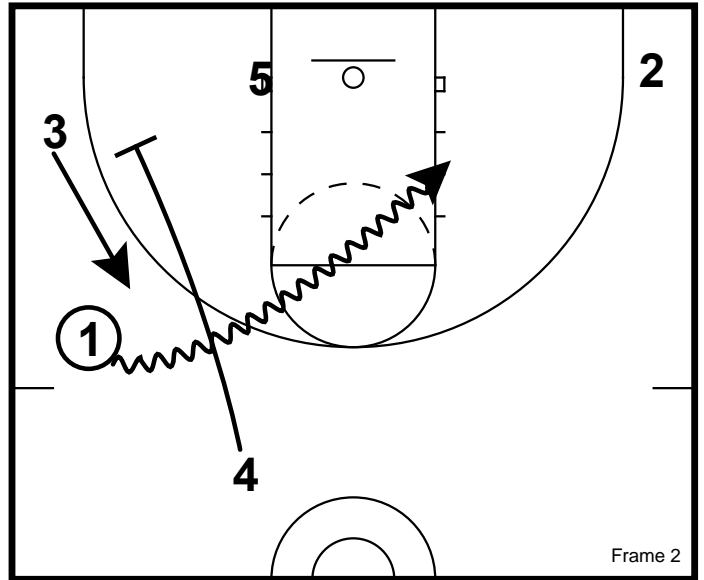
# Chapter 3: Guard quick hitters

"Shallow"



1 reverses through 4 and makes a "shallow" cut.

"Shallow"



**Downscreen and super gap.** 4 goes to set a down screen for 3, and 1 drives it hard off his cut. 1 looks to turn corner and hit shooter in corner or 5 off dump off

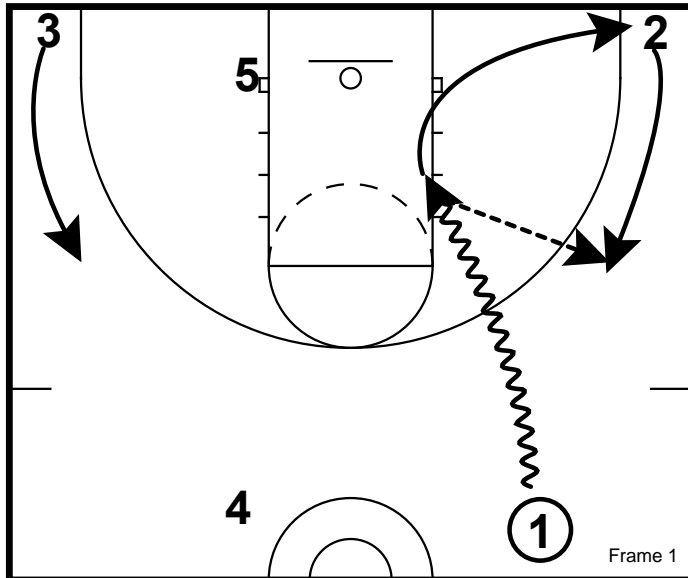
# Chapter 4: Post quick hitters

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1.4	"Thumbs up"	5
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1.6	"50" / "Iso"	7
1.7	"NBA Team Name"	8

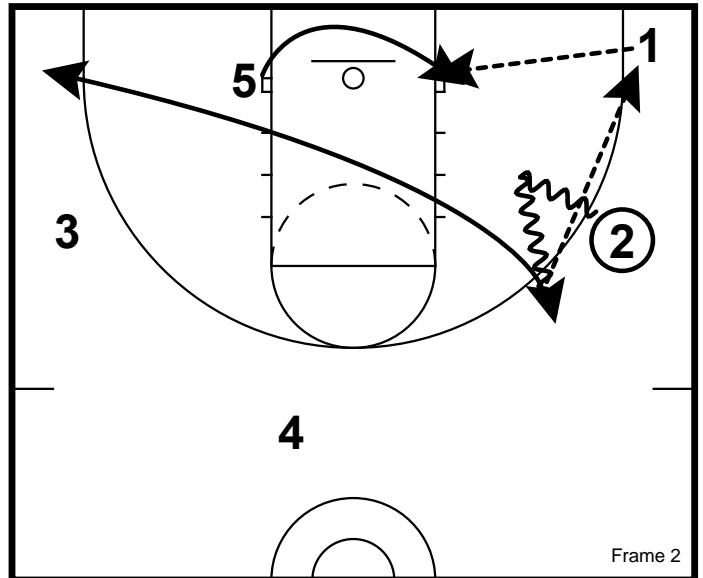
# Chapter 4: Post quick hitters

"Kick"  
Post Entry



start with loop

"Kick"  
Post Entry



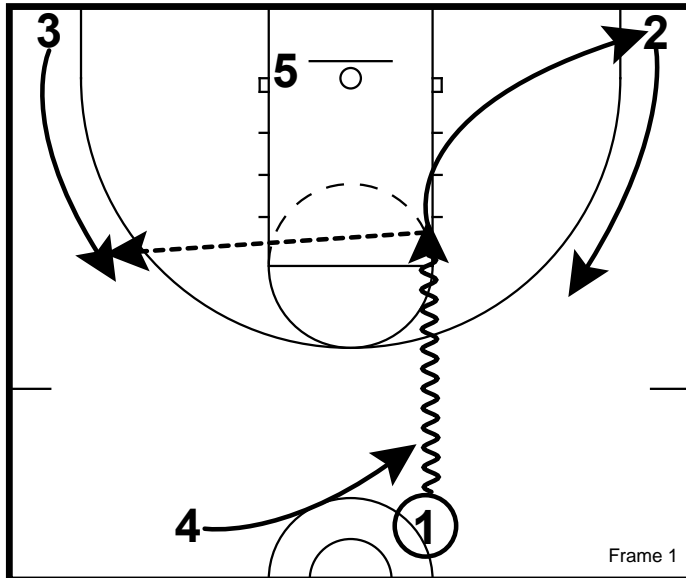
2 dribbles hard away, and "kicks" back to 1. On pass 4 cuts under and seals man. 1 enters to 4 looking for score



# Chapter 4: Post quick hitters

## "Skip"

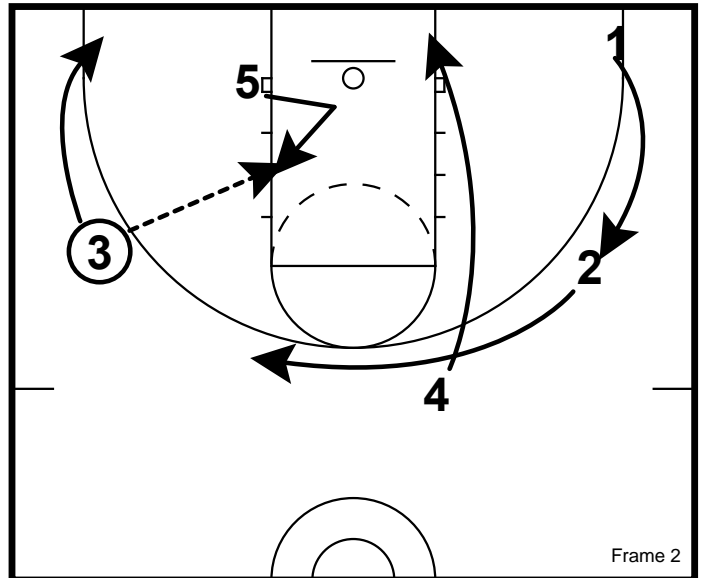
Post Entry for 5 and dive action



1 drives to the paint. 3 stays in the corner until 1 hits the paint, then "lifts" to the x. 1 skips to 3 and clears to weak side corner

## "Skip"

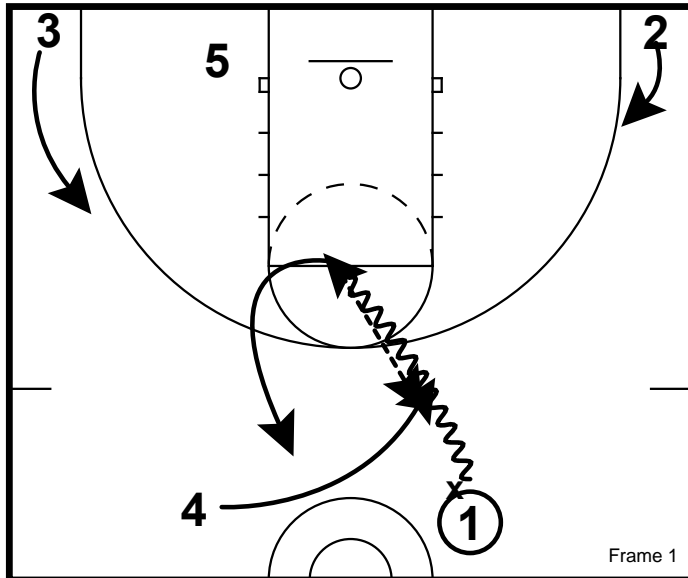
Post Entry for 5 and dive action



3 enters post and cuts to "dead corner", on post entry to 5, 4 dives to back side block, 1 and 2 rotate and fill

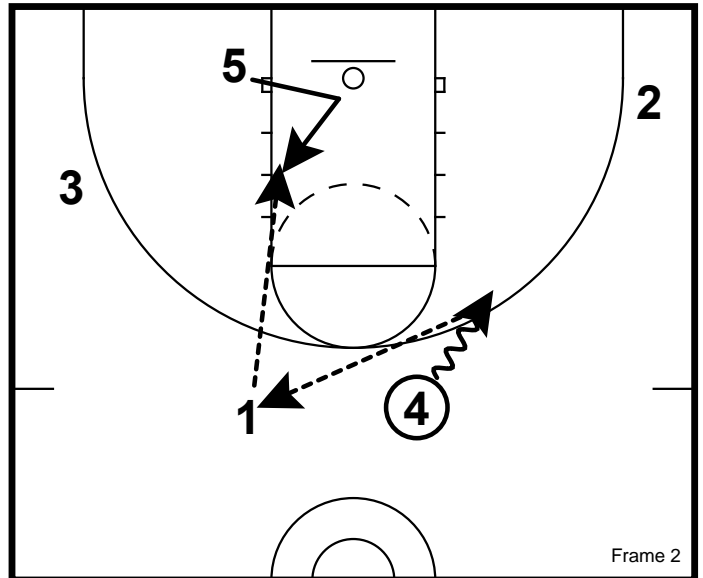
# Chapter 4: Post quick hitters

**"Duck"**  
Post duck in



1 man drives to nail, jumpstops, and pitches to 5 running downhill. all players read drive and react. Make sure to make a "positive" pitch

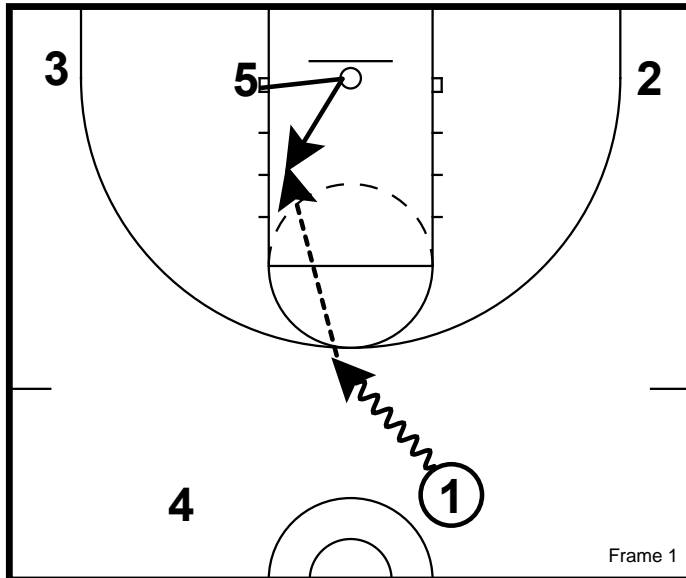
**"Duck"**  
Post duck in



4 attacks down hill, and passes to 1. On kick back, 4 seals man and 1 looks to enter to 4 for post isolation

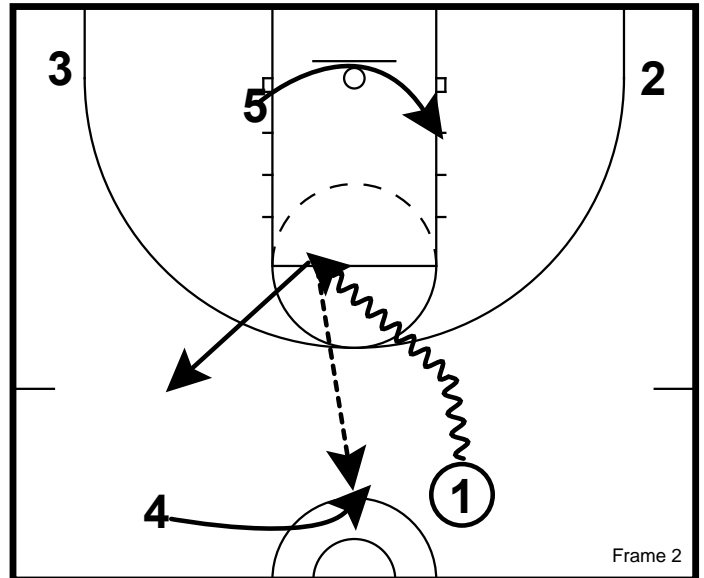
# Chapter 4: Post quick hitters

**"Thumbs up"**  
Post up for 5



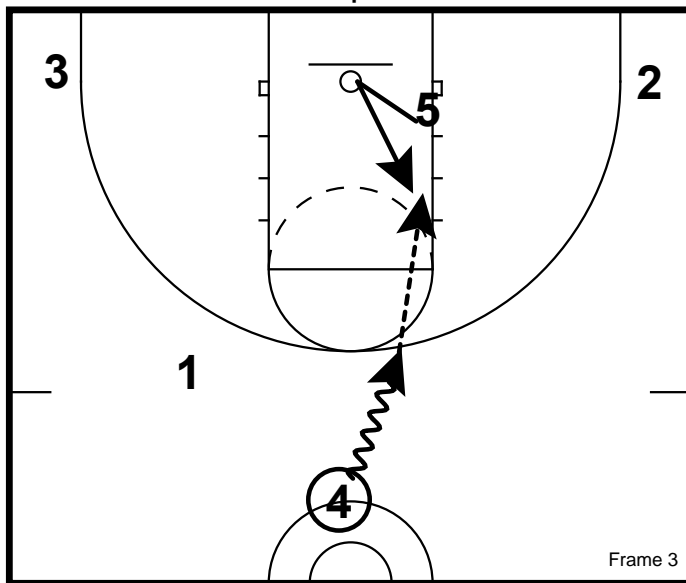
1 looks to enter the post from the top of the key. Post ducks in and looks to seal with outside hand

**"Thumbs up"**  
Post up for 5



we show a kick back / nail cut and post entry in thumbs up

**"Thumbs up"**  
Post up for 5



The post seals and look to throw the ball to the outside hand away from the help defense

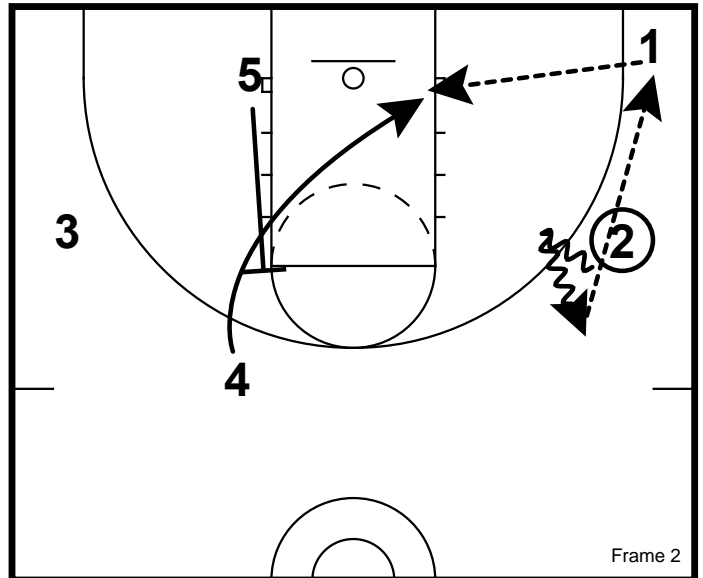
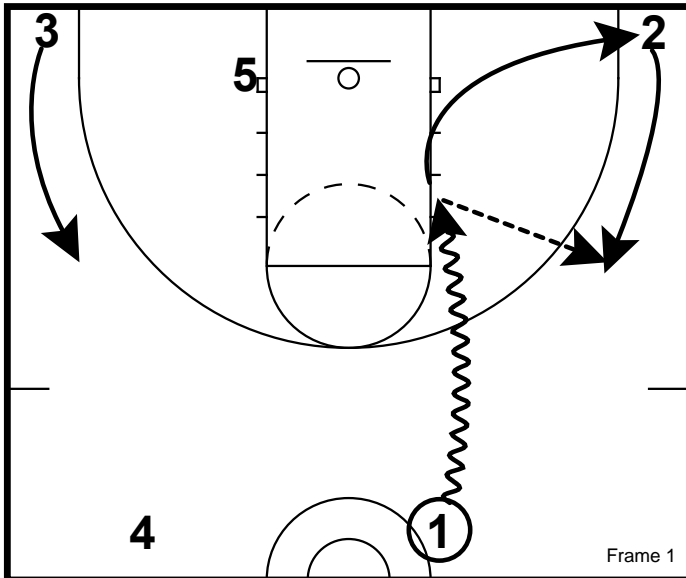
# Chapter 4: Post quick hitters

**"Dive"**

counter to kick / entry to trail

**"Dive"**

counter to kick / entry to trail

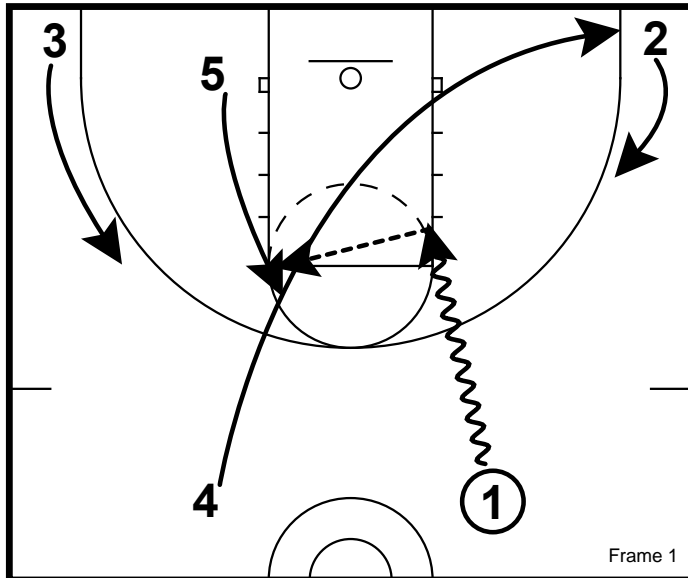


start with loop

2 attacks middle and kicks to 1 in corner. 5 sets back screen for 4 enters the post

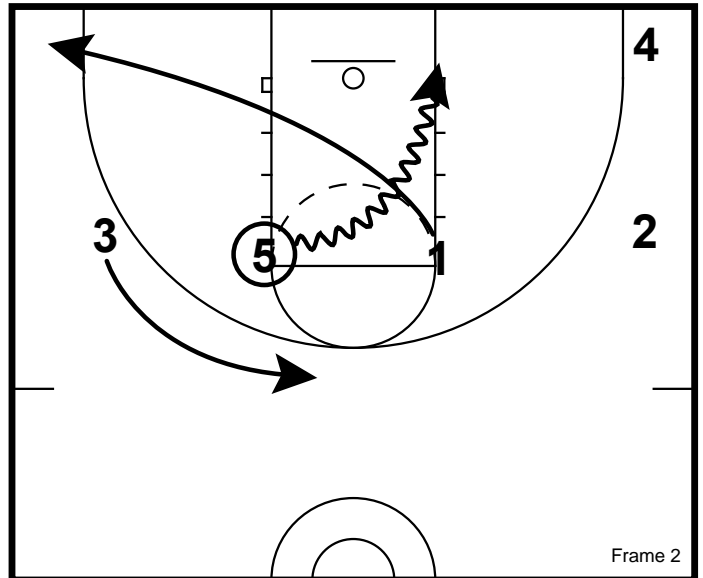
# Chapter 4: Post quick hitters

"50" / "Iso"  
Post Iso for 5



4 cuts thru, and 1 drives to drop 2 area and jump stops. 5 reads jump stop and flashes to elbow. 2 is not overplayed and lifts the seam. 3 lifts to seam,

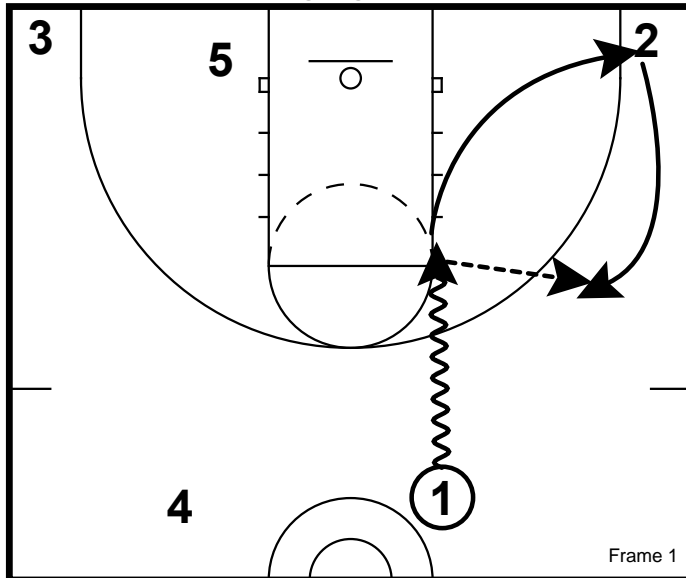
"50" / "Iso"  
Post Iso for 5



5 looks to drive right off of 1's corner cut. 3 fills over the top, 2 and 4 look for the kickout

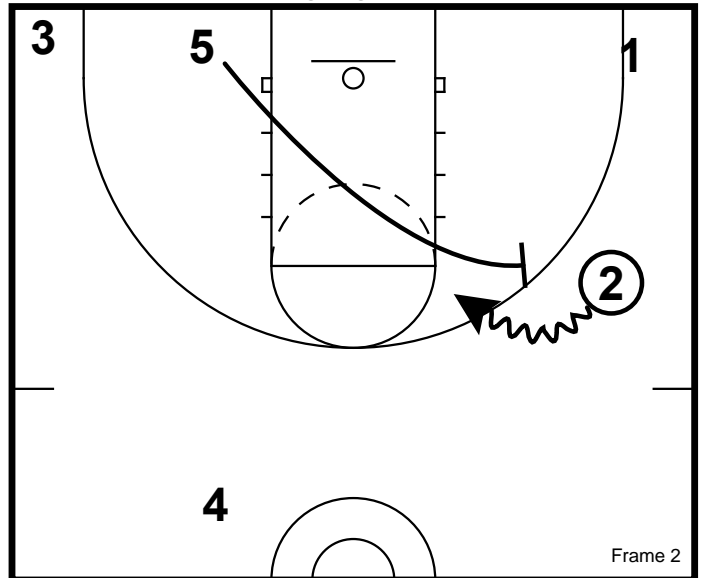
# Chapter 4: Post quick hitters

"NBA Team Name"  
vs hedging defense



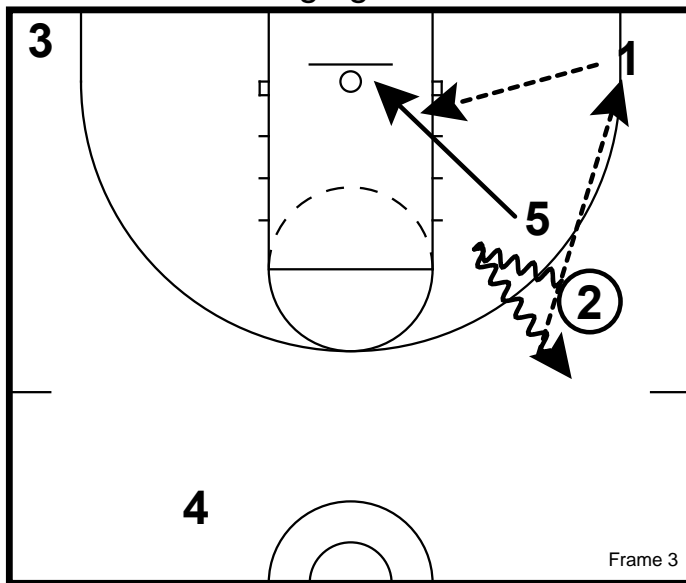
**loop:** drive to the elbow, jumpstop. 2 waits until the stop, then cuts.

"NBA Team Name"  
vs hedging defense



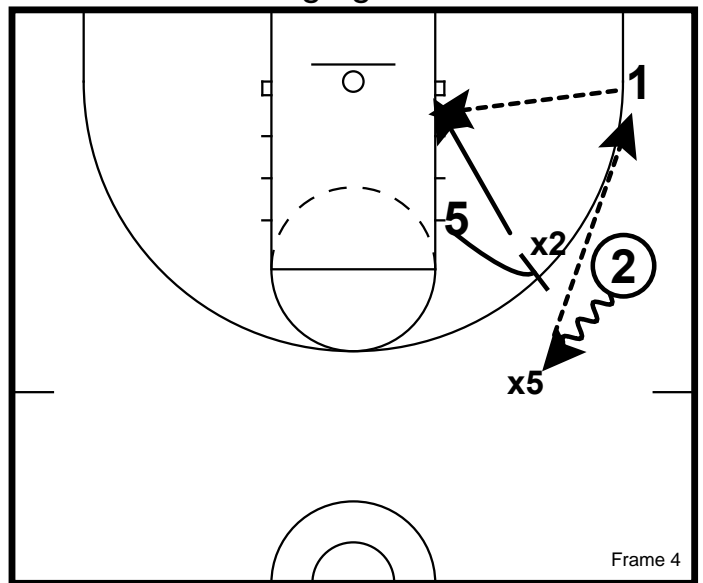
**fist - 5** sets ballscreen

"NBA Team Name"  
vs hedging defense



2 kicks to 1 in corner. we are looking for the slip to 5 rolling off the pick and roll

"NBA Team Name"  
vs hedging defense



**Hedge or Switch:** Read the ball screen defender. If the defender hedges big or shows hard the post will get a layup on the slip.

# Chapter 5: Isolation Series

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1.3	"30"	4
1.4	"40"	5
1.5	"50" / "Iso"	6
1.6	"EAR + Name" = Guard post up	7

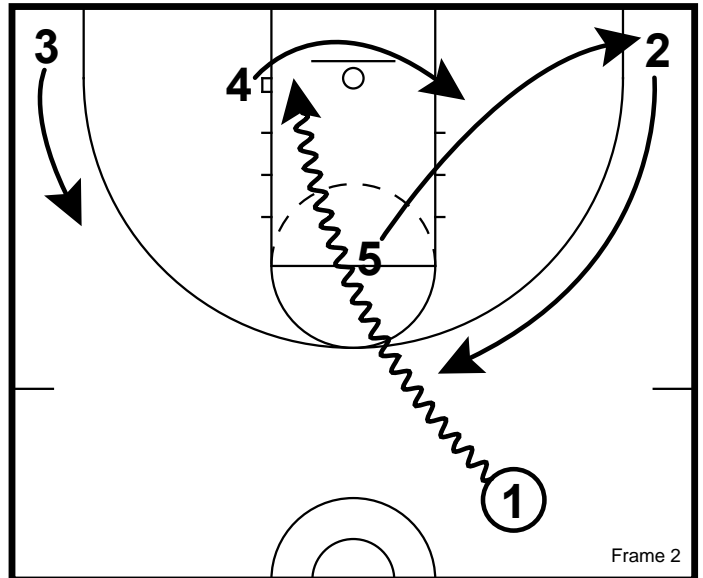
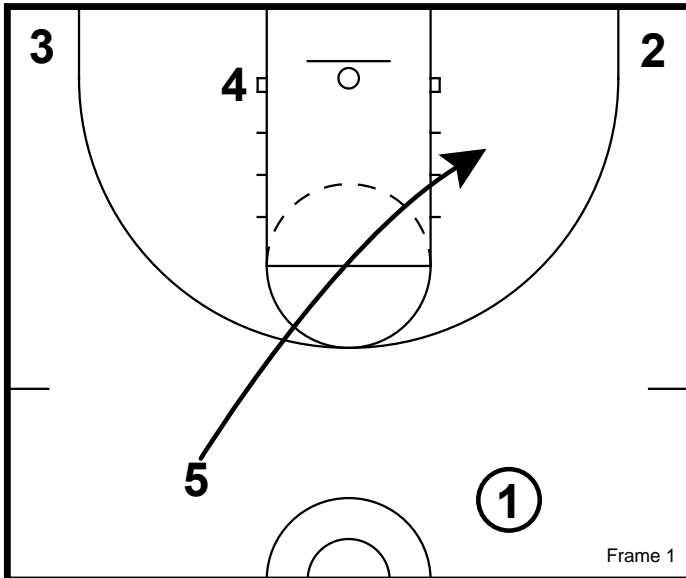
# Chapter 5: Isolation Series

"10"

Nail cut / blur screen for 1

"10"

Nail cut / blur screen for 1



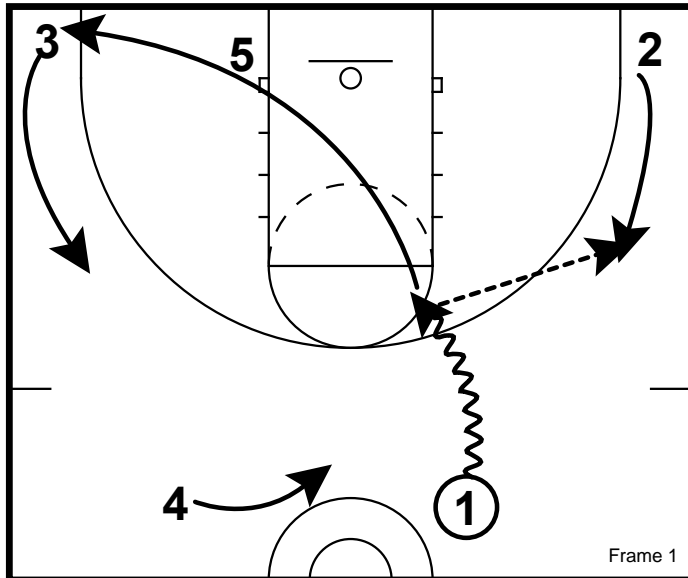
5 starts the action by making a nail cut

1 looks to drive off 5's nail cut. 2 must rotate over and fill behind the driver. 4 reads drive and goes under, 3 lifts to the corner



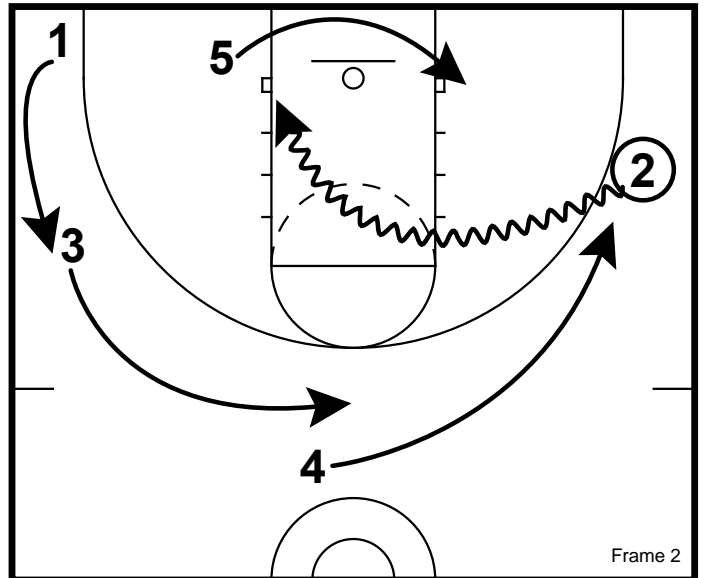
# Chapter 5: Isolation Series

"20 "  
Iso for 2



Drive to drop zone and pass to 2. 1 will basket cut to the weak side

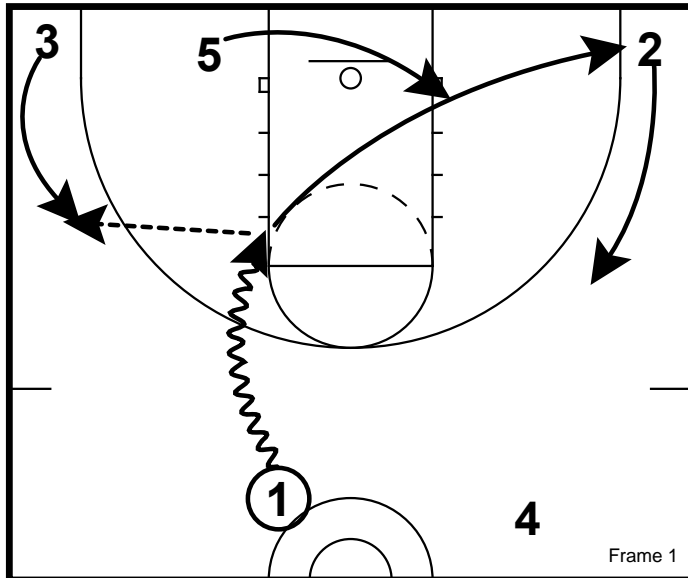
"20 "  
Iso for 2



Iso for 2. Wing can go baseline or middle drive. 5 must fill behind on the drive. If wing passes, and cuts strong side.

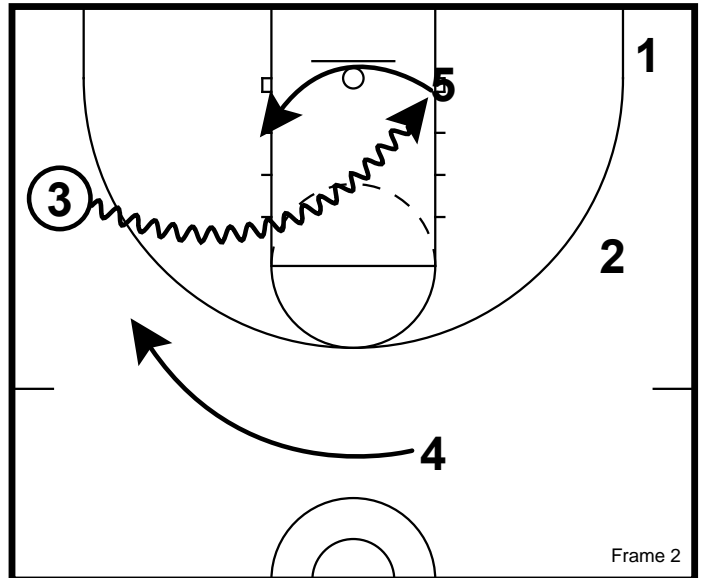
# Chapter 5: Isolation Series

"30"  
Isolation for 3



1 can start on the left side and drive to drop zone and pass to 3. 1 will basket cut to the weak side

"30"  
Isolation for 3



3 looks to drive middle. 4 must fill in behind on the drive.

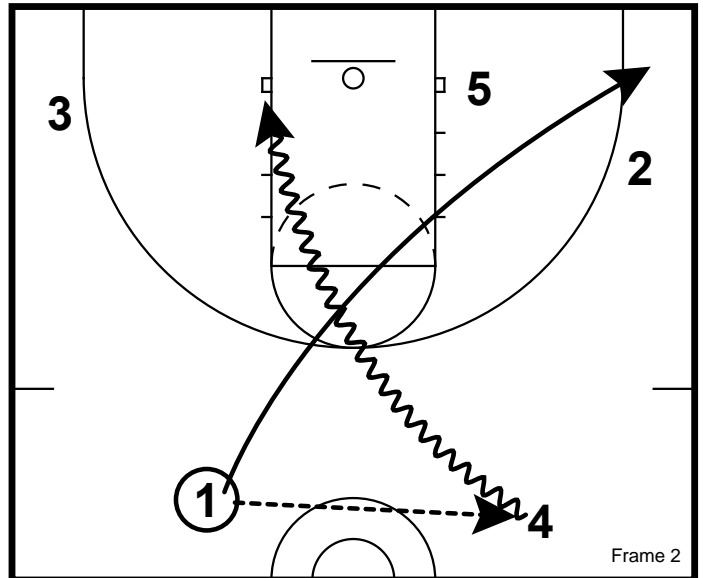
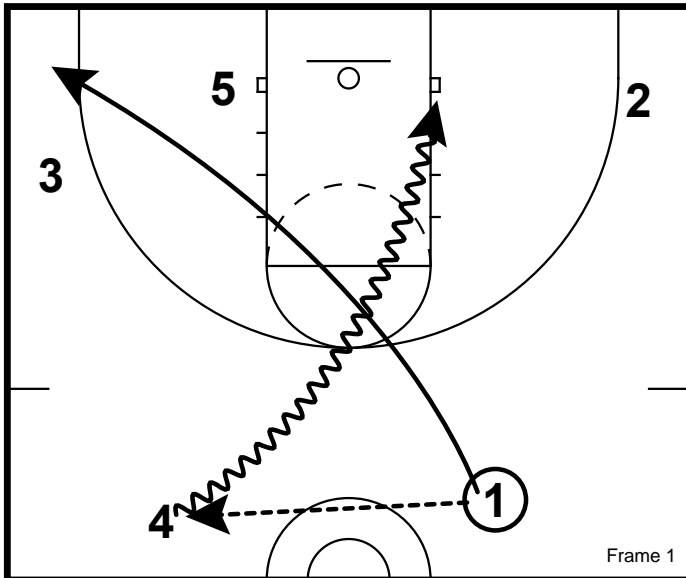
# Chapter 5: Isolation Series

"40"

Isolation for trail spot

"40"

Isolation for trail spot

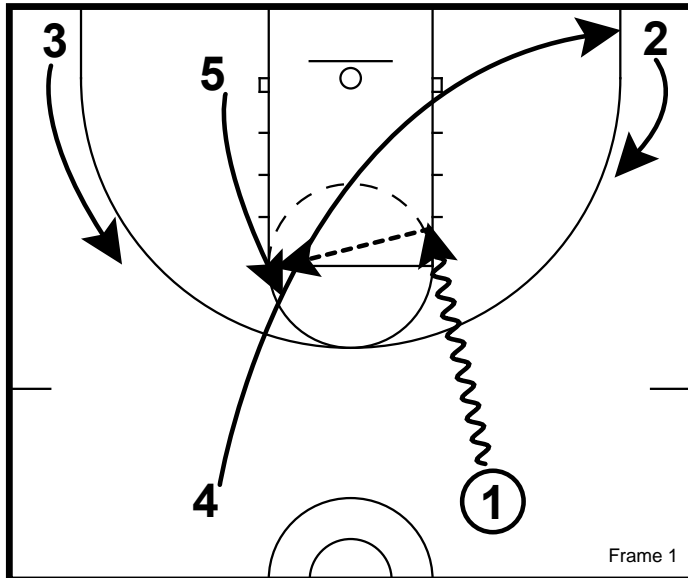


**reversal and clear out** - 1 reverses to 5 who clears to backside corner. 4 looks to drive hard off the cut and get to the rack

**reversal and clear out** - 1 reverses to 5 who clears to backside corner. 4 looks to drive hard off the cut and get to the rack

# Chapter 5: Isolation Series

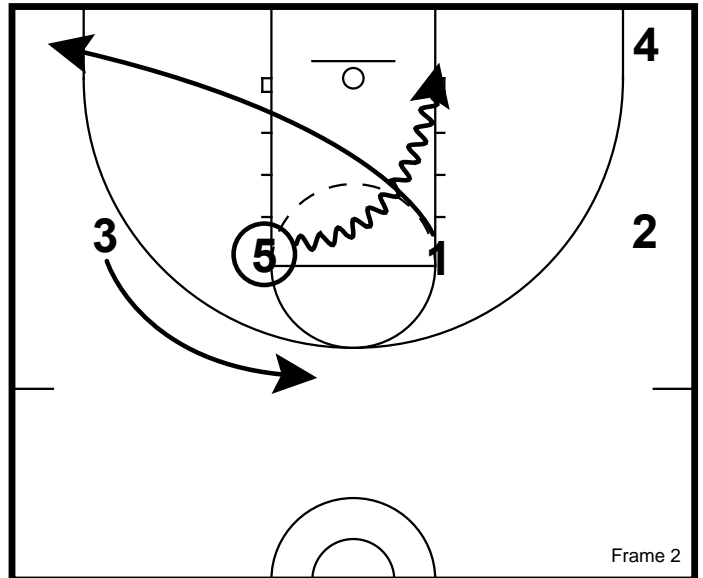
"50" / "Iso"  
Post Iso for 5



Frame 1

4 cuts thru, and 1 drives to drop 2 area and jump stops. 5 reads jump stop and flashes to elbow. 2 is not overplayed and lifts the seam. 3 lifts to seam,

"50" / "Iso"  
Post Iso for 5

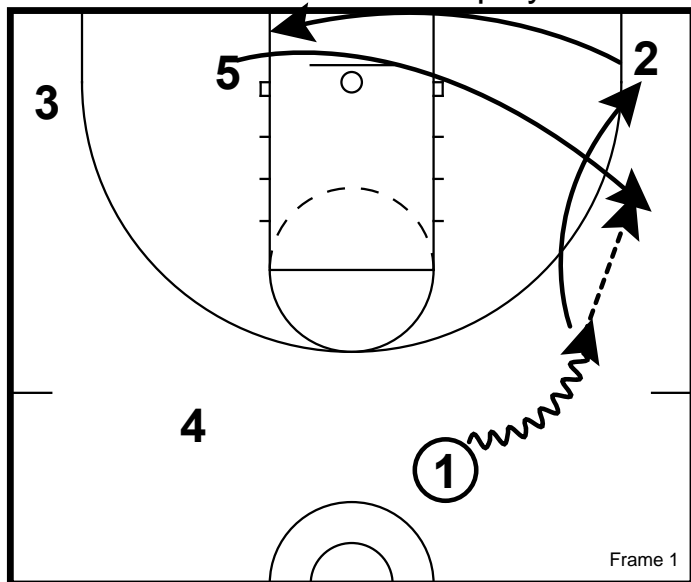


Frame 2

5 looks to drive right off of 1's corner cut. 3 fills over the top, 2 and 4 look for the kickout

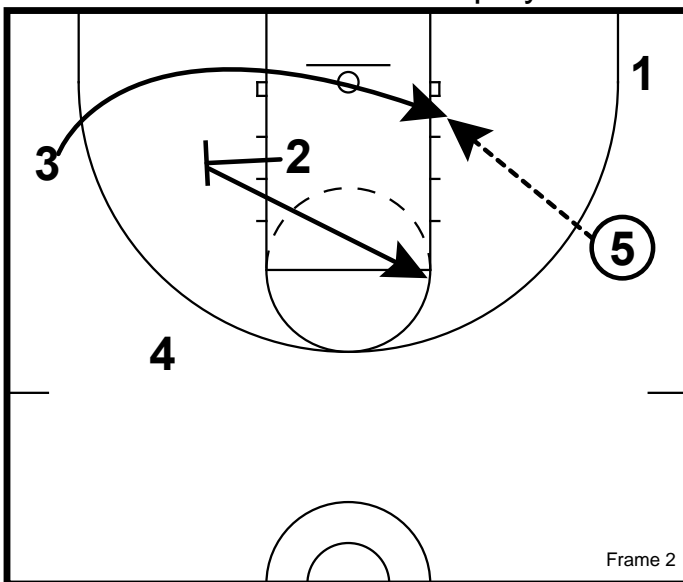
# Chapter 5: Isolation Series

**"EAR + Name" = Guard post up**  
Mismatch Isolation play



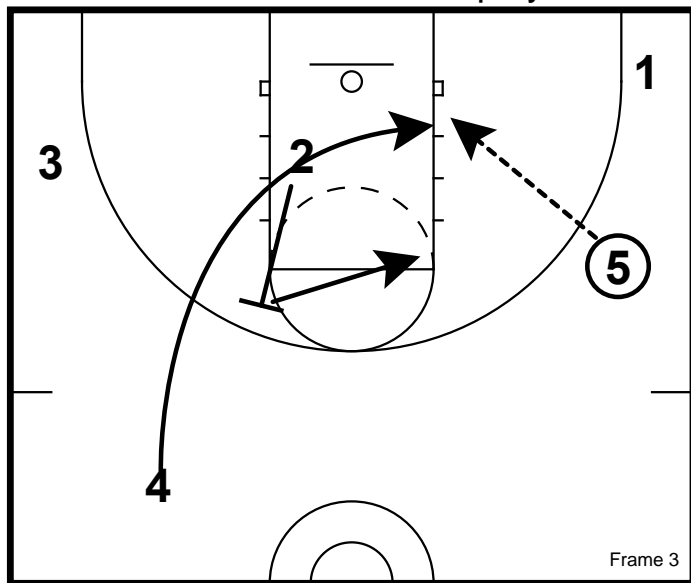
**Post up 3 (guard mismatch)** - Start with wave of 2 guard, and 5 flashes to wing. 1 makes wing entry and fills corner.

**"EAR + Name" = Guard post up**  
Mismatch Isolation play



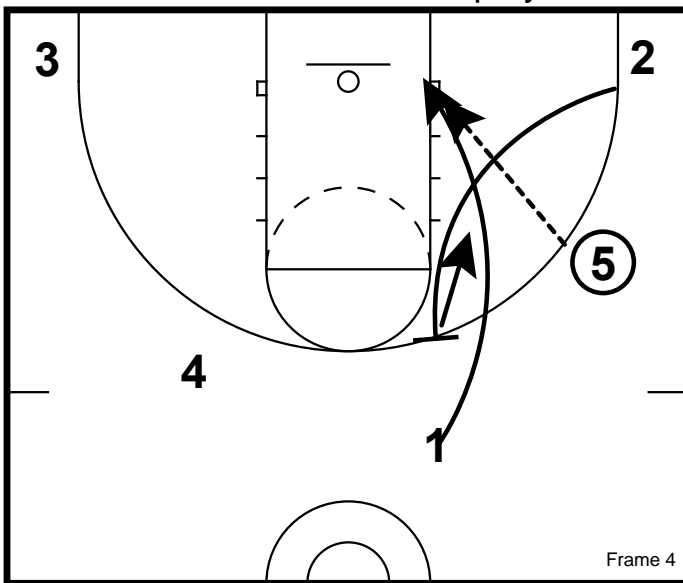
**Post up 3 (guard mismatch)**. 2 sets screen for 3 for post Isolation. 2 then rolls back to high post. Look hi lo

**"EAR + Name" = Guard post up**  
Mismatch Isolation play



**Post up for trailer.** 2 sets back screen for 4 and gets post Isolation. 2 then rolls back to high post. 3 spots up

**"EAR + Name" = Guard post up**  
Mismatch Isolation play



**Ear for PG** - enter to 5 flashing to wing. UCLA cut with 2 backscreen for 1. Backside spot up

# Chapter 6: Ball Screen Series

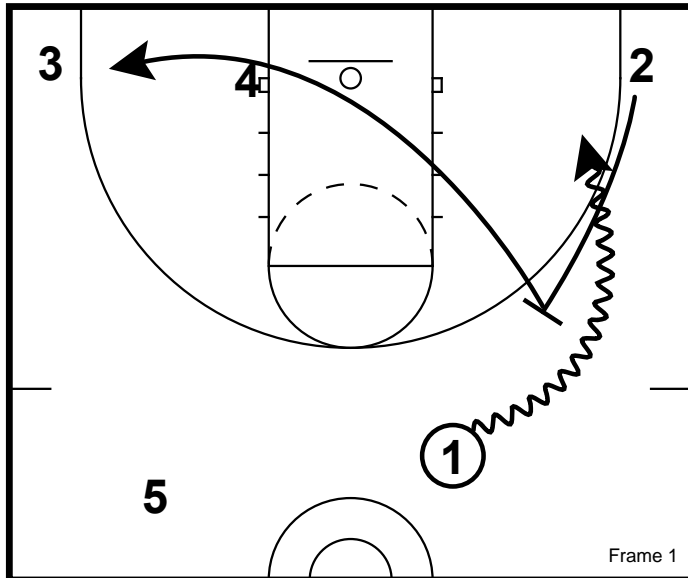
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1.5	"54"	6
1.6	"Chip"	7
1.7	"Loop Fist"	8
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# Chapter 6: Ball Screen Series

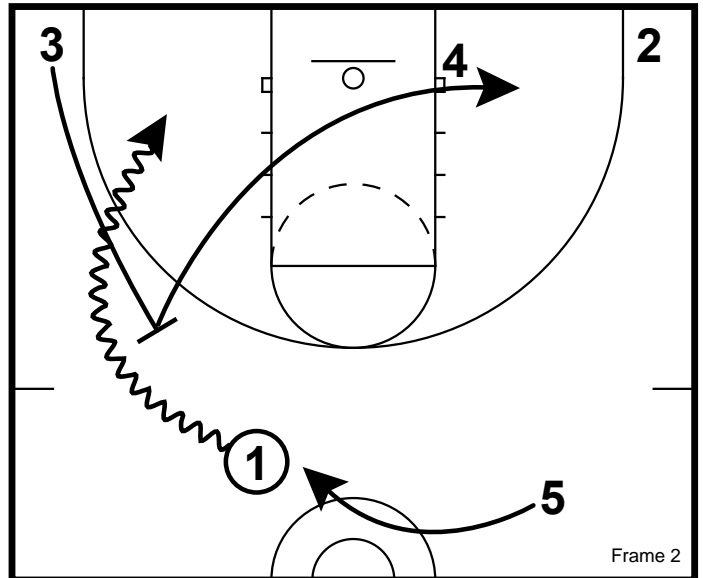
"21" / "31"

Pick and roll with 2 and 1



"21" / "31"

Pick and roll with 2 and 1



We start offense with a screen on the wing. We use this if we cannot get by our player

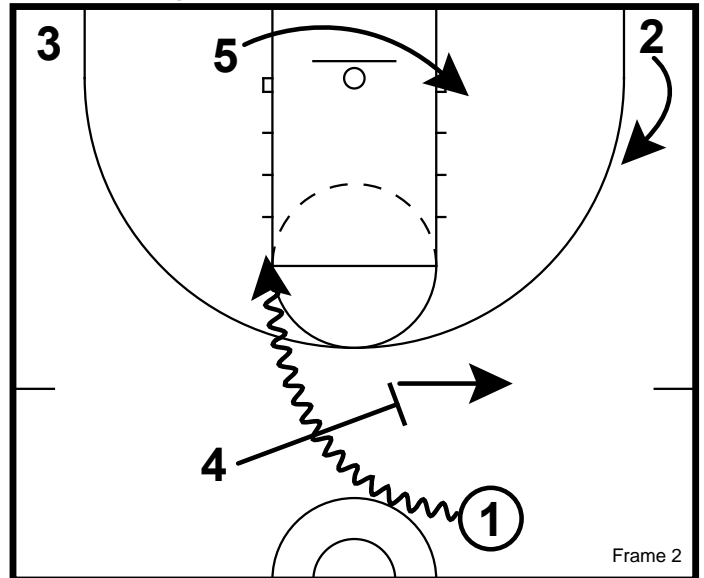
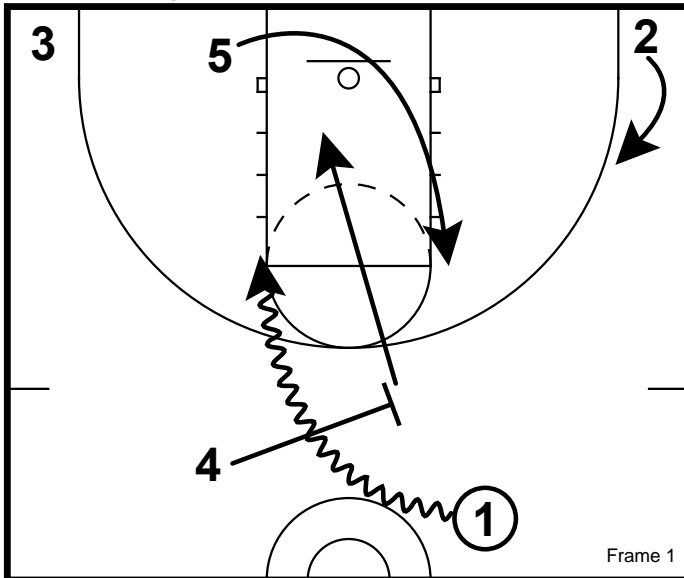
# Chapter 6: Ball Screen Series

"41"

drag ball screen 4 with and 1

"41"

drag ball screen 4 with and 1



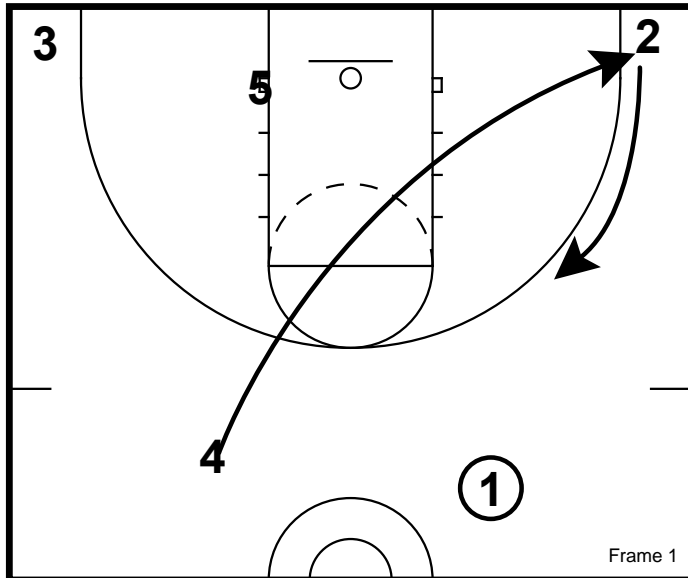
**Drag ball screen, roll and replace:** 4 sets ball screen for 1. Decide personnel what works. Roll and Replace with 4 and 5, or Pick and pop. 5 replaces 4 on the roll here

**Drag ball screen / pick and pop:** 4 sets ball screen for 1. Decide personnel what works. Roll and Replace with 4 and 5, or Pick and pop.



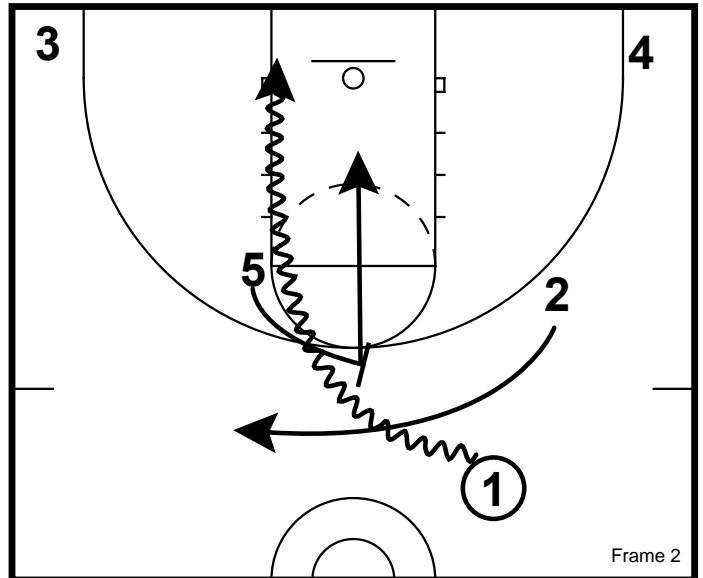
# Chapter 6: Ball Screen Series

**"51" / "Head tap"**  
Pick and roll for PG with Post



**wave:** 4 cuts thru to corner.

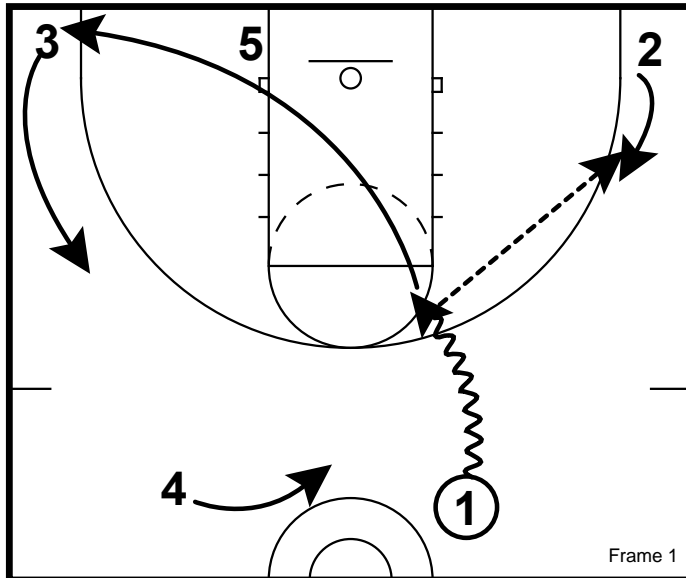
**"51" / "Head tap"**  
Pick and roll for PG with Post



**Middle ball screen:** 2 replaces after ball screen

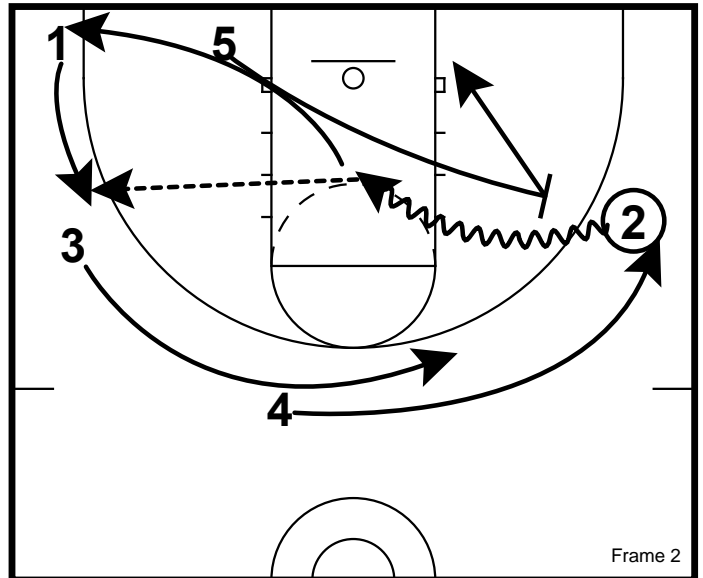
# Chapter 6: Ball Screen Series

"52" / "53"  
empty side ball screen



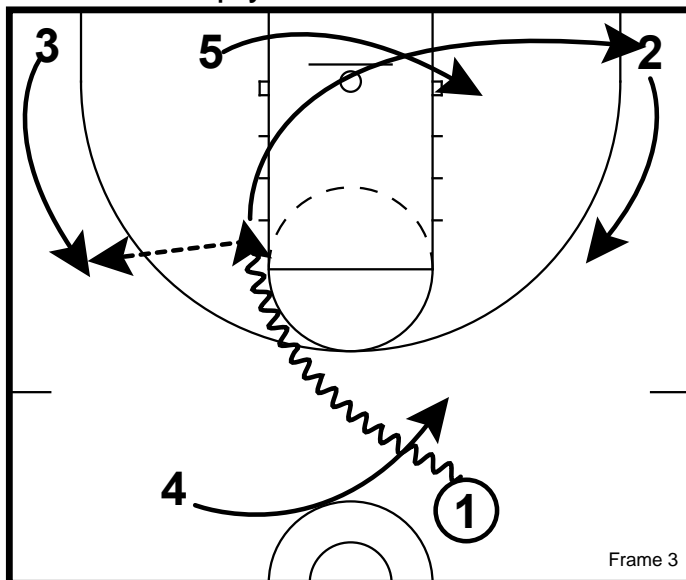
"52" Drive to drop zone and pass to 2. 1 will cut to the weak side

"52" / "53"  
empty side ball screen



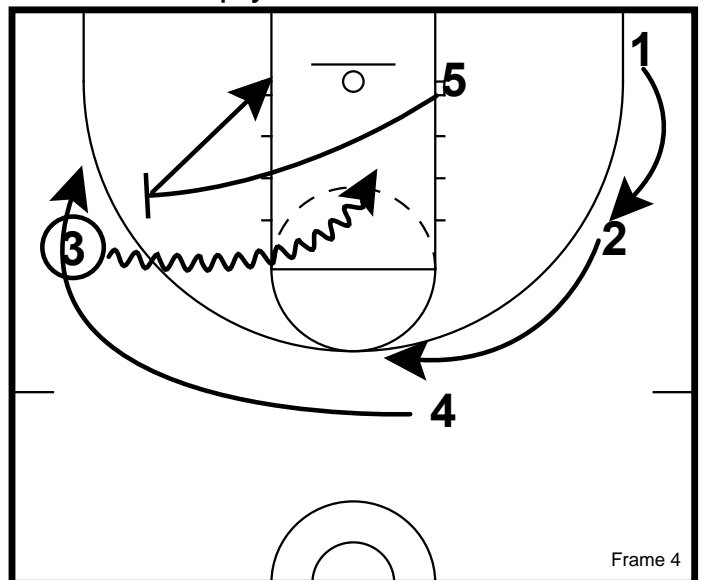
"52" 5 sets ball screen on 2. 4 fills seam, 3 fills slot, 1 lifts to seam. If 2 kicks out, he fills strong corner

"52" / "53"  
empty side ball screen



Drive to drop zone and pass to 2. 1 will cut to the weak side

"52" / "53"  
empty side ball screen



Pick and roll with 5 and 3, 4 is drag man

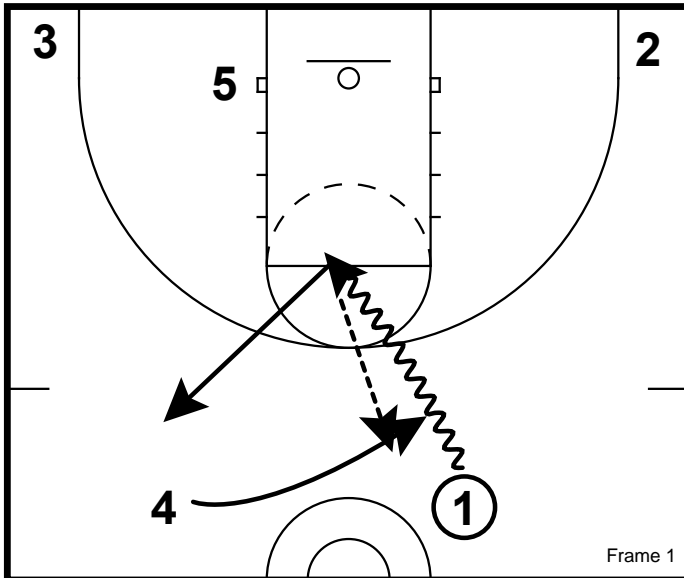
# Chapter 6: Ball Screen Series

"54"

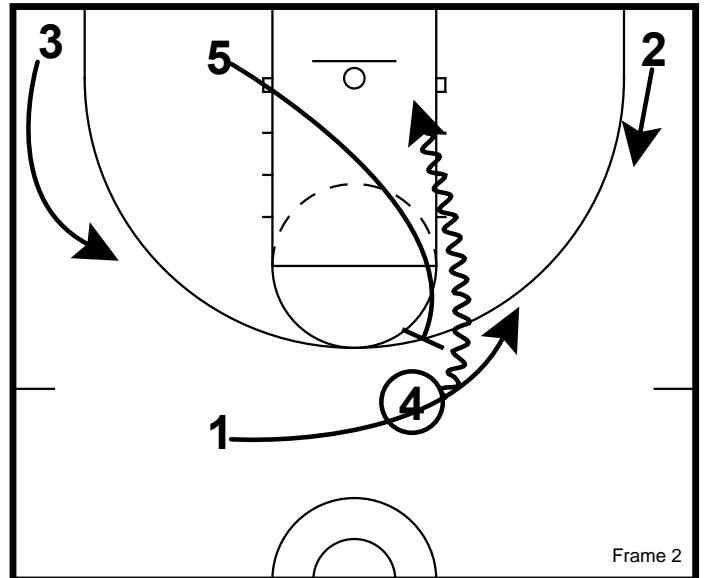
Pick and roll with 5 and 4

"54"

Pick and roll with 5 and 4



Frame 1



Frame 2

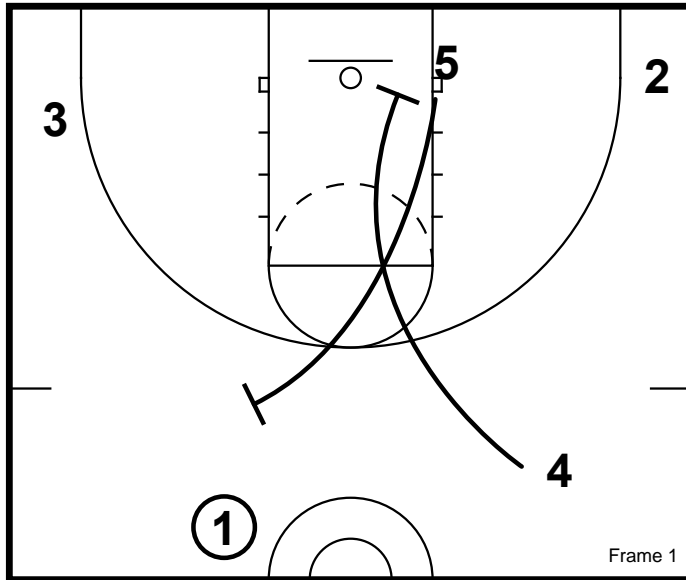
**Pitch.** 1 drives to nail and hits 4 and pitches to 5, 1 then clears to the slot

middle ball screen with 4 and 5. 5 rolls, 1 drags, 2 and 3 spot up.

# Chapter 6: Ball Screen Series

## "Chip"

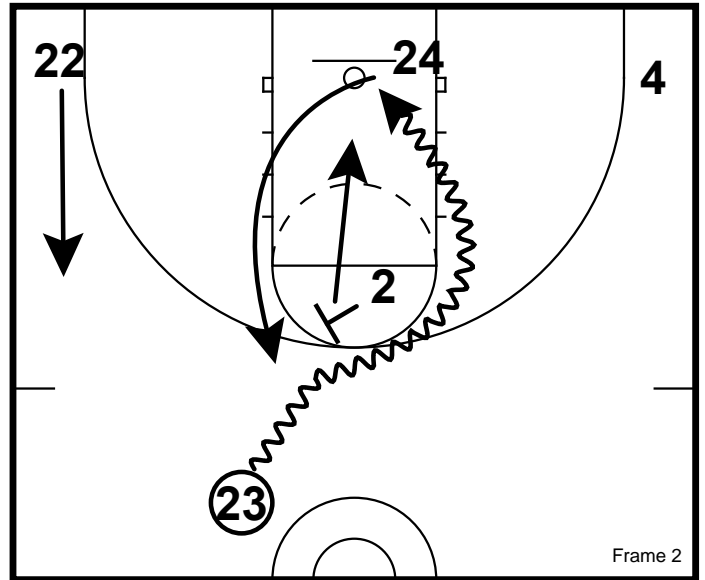
High ball screen, screen the screener action



4 trail spot / shooter runs and "chips" 5. 5 then then sprints and sets a high ball screen for 1

## "Chip"

High ball screen, screen the screener action

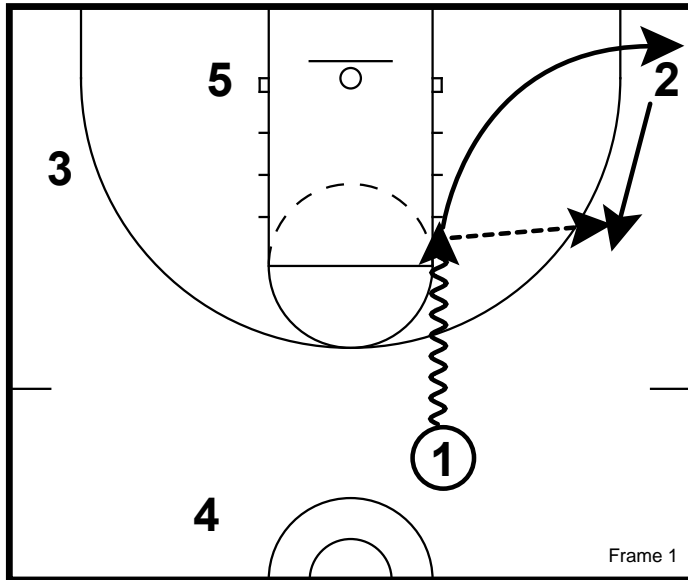


1 / 5 ball screen with shooters in corners and 4 releasing to top of key

# Chapter 6: Ball Screen Series

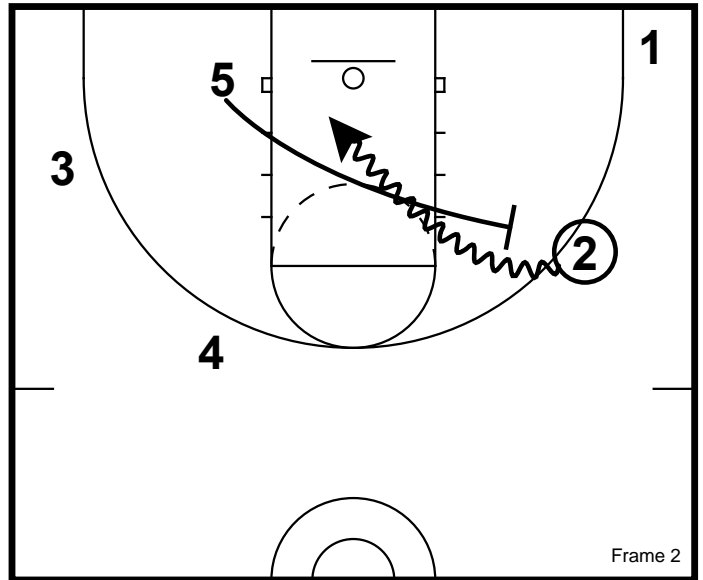
## "Loop Fist"

Side ball screen, corner filled



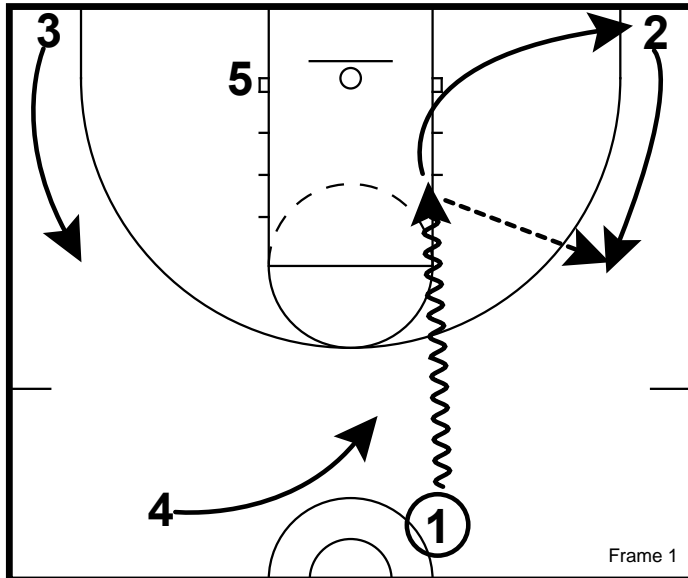
## "Loop Fist"

Side ball screen, corner filled



# Chapter 6: Ball Screen Series

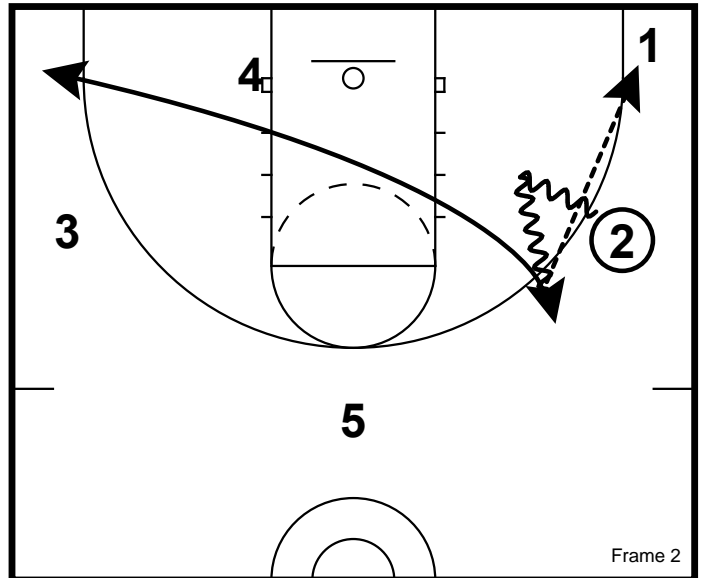
**"NBA City name"**  
side ball screen with 1 and 5



Frame 1

**Loop:** Drive right and pitch back to wing. Guard clears to corner

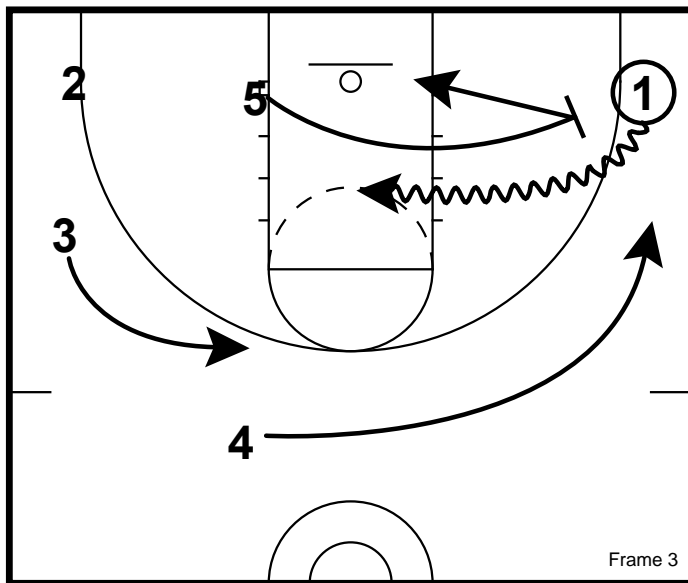
**"NBA City name"**  
side ball screen with 1 and 5



Frame 2

**Kick :** 2 attacks and kicks to 1 in corner then clears backside.

**"NBA City name"**  
side ball screen with 1 and 5



Frame 3

**Fist:** Side ball screen with 1 + 5

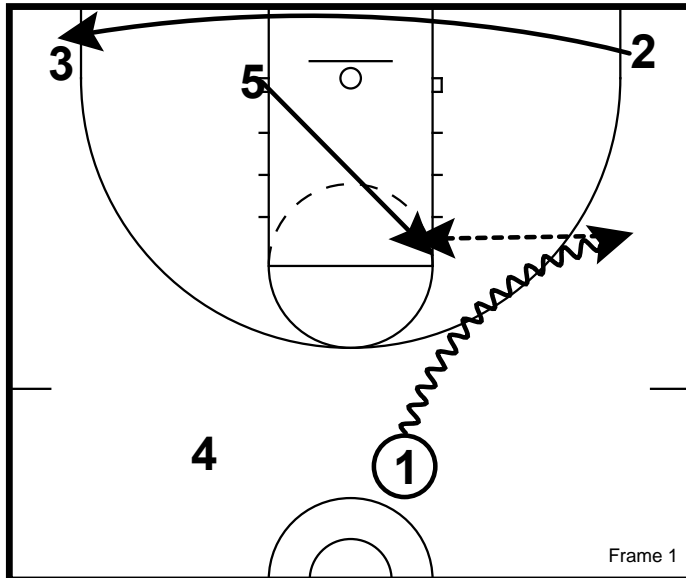
# Chapter 7: Backdoor Series

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1.1	"Drop 1"	2
1.2	"Drop 2"	3
1.3	"Drop 3"	4
1.4	"Drop 4"	5
1.5	"Drop 5"	6

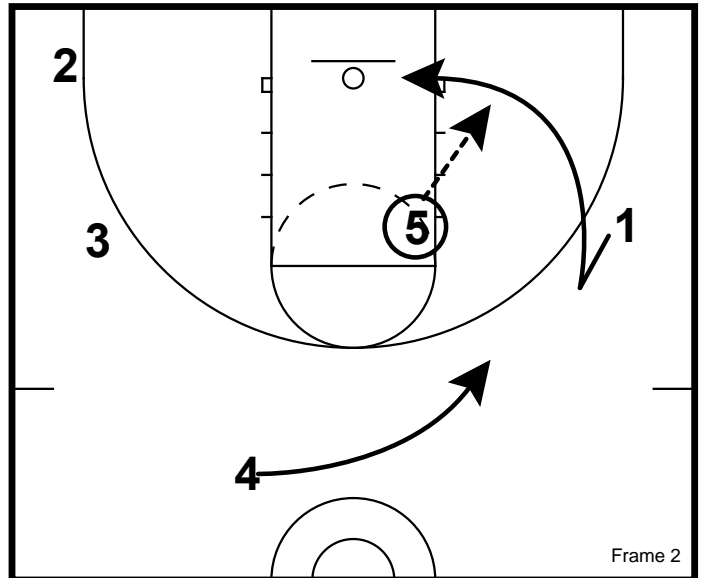
# Chapter 7: Backdoor Series

"Drop 1"  
backdoor for 1



1 waves 2 thru, and hits 5 flashing to elbow

"Drop 1"  
backdoor for 1



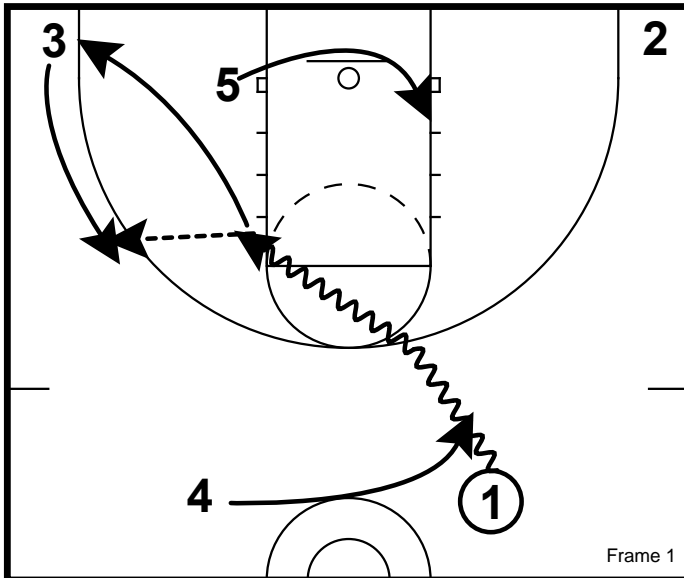
1 looks backdoor. If not there 1 continues cut thru.



# Chapter 7: Backdoor Series

## "Drop 2"

Backdoor play vs pressure for 2

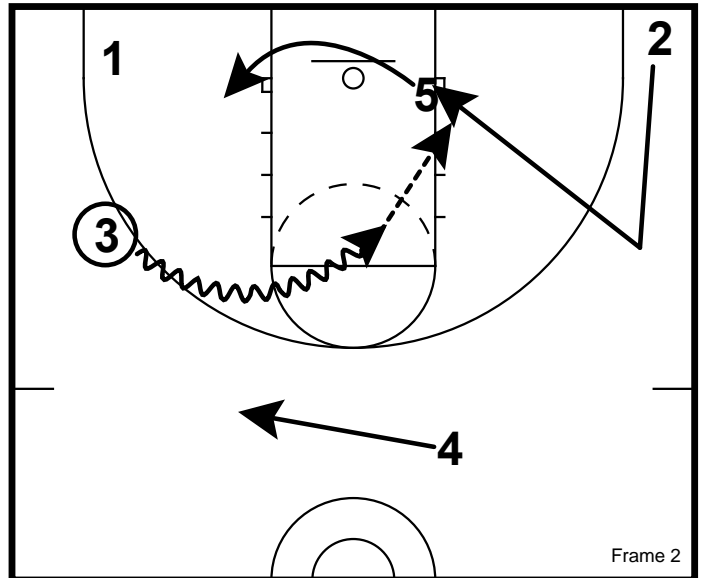


1 loops to left side

Frame 1

## "Drop 2"

Backdoor play vs pressure for 2



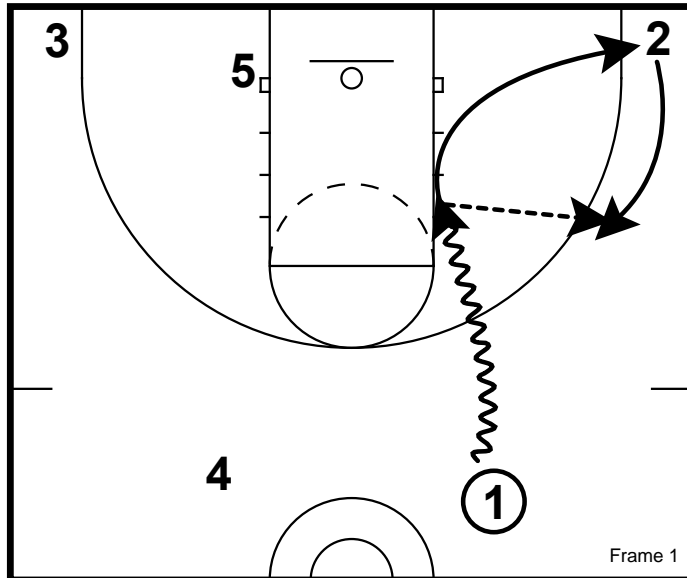
2 walks his defender up and must **WAIT UNTIL THE 3 JUMPSTOPS**, then goes back door. 4 and 5 relocate when 3 gets to the elbow area

Frame 2

# Chapter 7: Backdoor Series

## "Drop 3"

Backdoor play vs pressure for 3

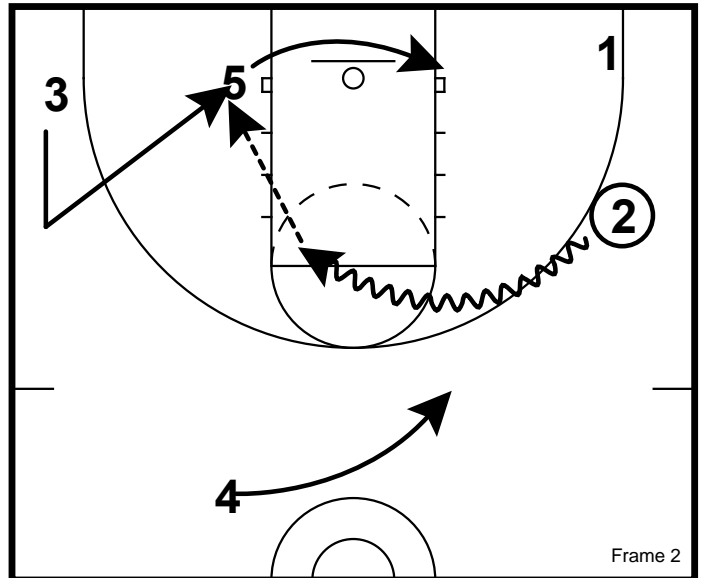


1 loops to the 2 side

Frame 1

## "Drop 3"

Backdoor play vs pressure for 3

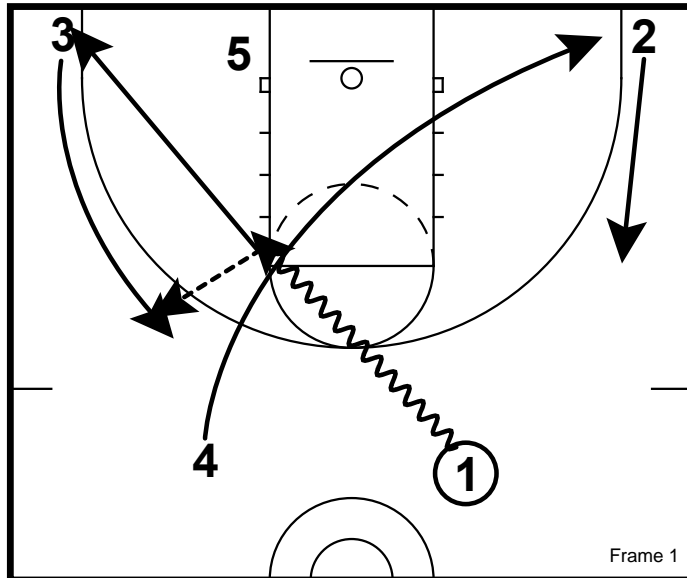


2 attacks middle, jumpstops and hits 3 backdoor. 3 must be patient, and cut hard. 4 and 5 relocate

Frame 2

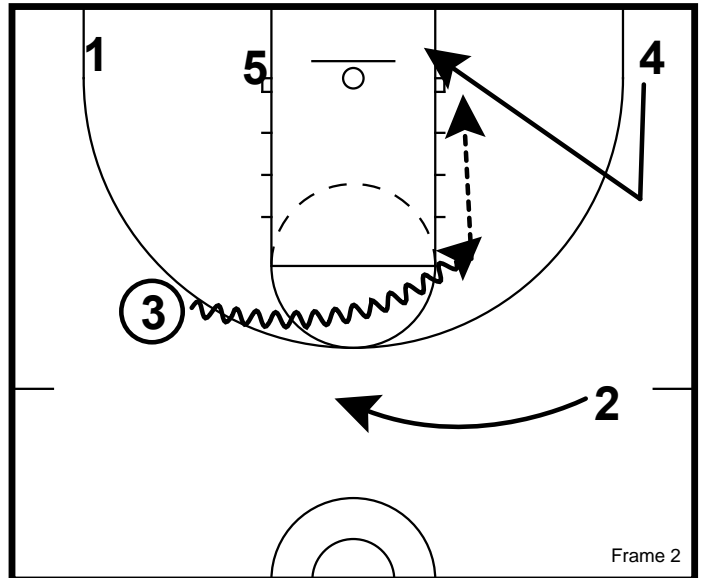
# Chapter 7: Backdoor Series

"Drop 4"  
backdoor for trail spot



Wave thru: 1 waves trail through and loop with 3

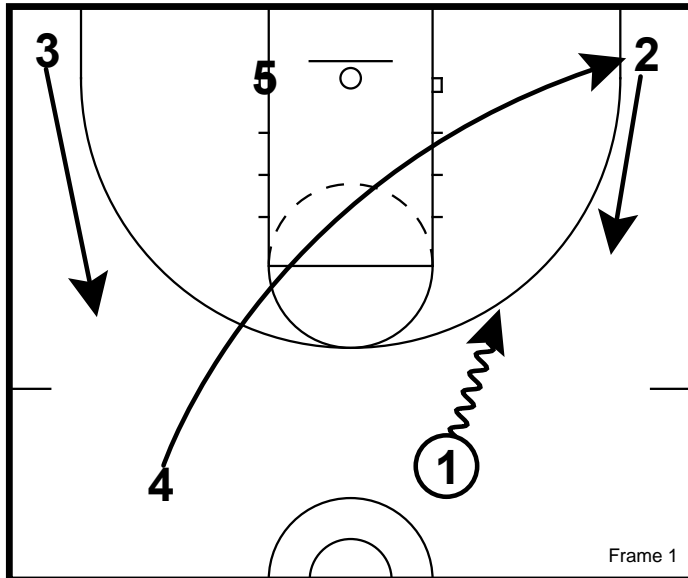
"Drop 4"  
backdoor for trail spot



**backdoor for 4:** 4 is overplayed / faceguarded. 3 looks to drive middle and hit 4.

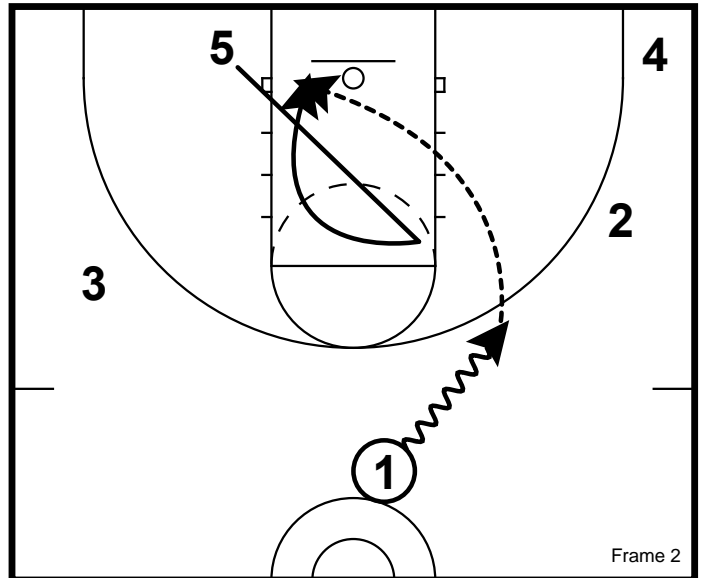
# Chapter 7: Backdoor Series

**"Drop 5"**  
backdoor lob for 5



Wave 4 thru, and 3 lifts up.

**"Drop 5"**  
backdoor lob for 5



1 drives looking for 5 flashing, 5 cuts to elbow, seals, and gets lob pass on backside

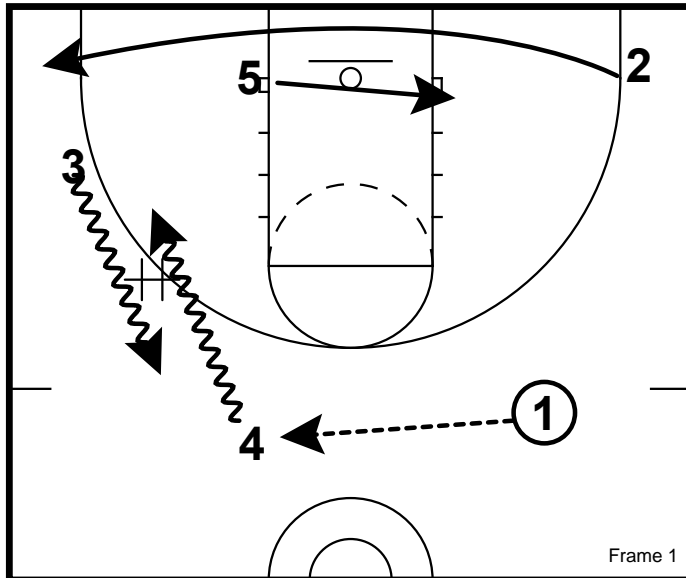
# Chapter 8: Flare Screen Series

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1.	Flare Screen Sets	2
1.1	"Flat 1"	2
1.2	"Flat 2" / "Flat 3"	3
1.3	"Flat 4"	4

# Chapter 8: Flare Screen Series

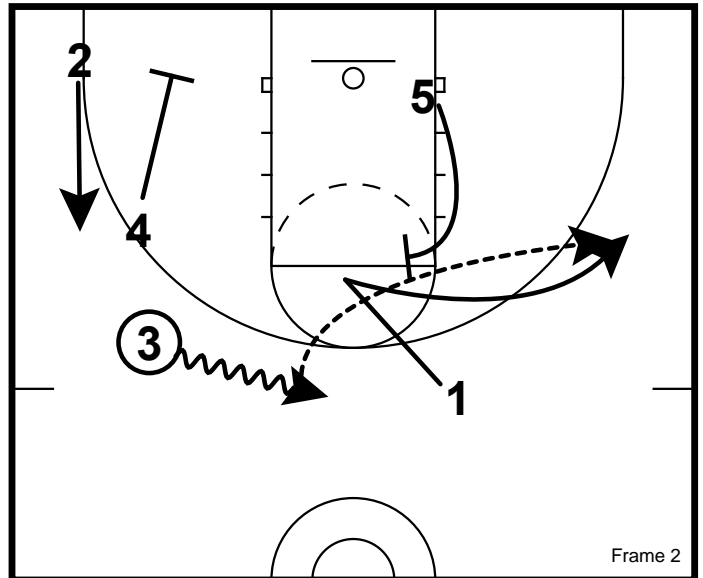
"Flat 1"  
flare for PG



Frame 1

Reversal to 4, 2 clears out. 4 and 3 execute a dribble handoff, 5 relocates

"Flat 1"  
flare for PG

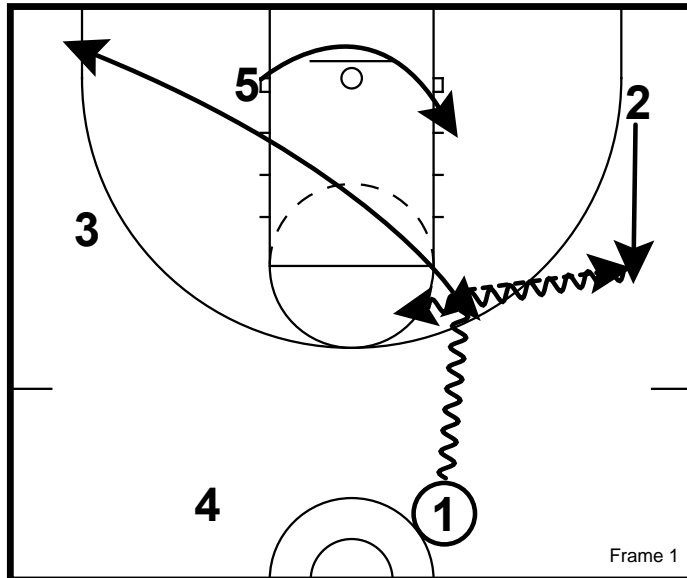


Frame 2

**1/5 Flare:** 1 comes off flare from 5. Shot for 1, slip for 5, 4 sets down screen for 2 on backside. 1 must get to the nail to set up the flare

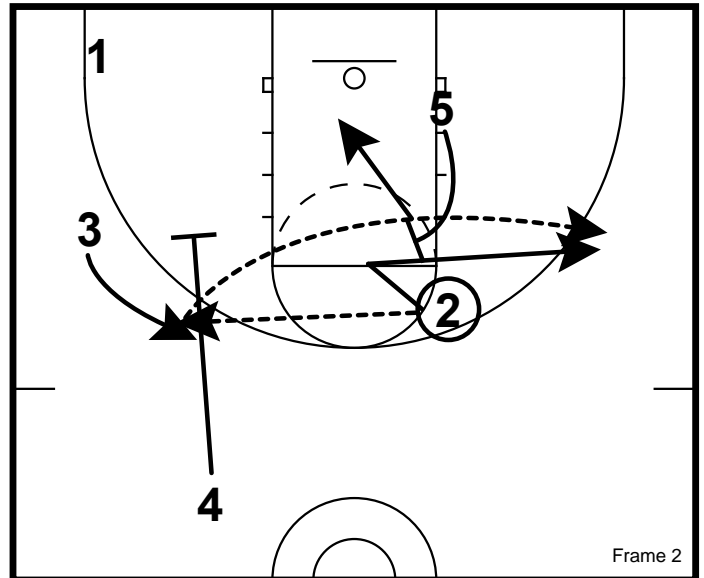
# Chapter 8: Flare Screen Series

"Flat 2" / "Flat 3"  
flare screen for 2 or 3



1 enters to wing and clears backside. 2 drives hard to the elbow

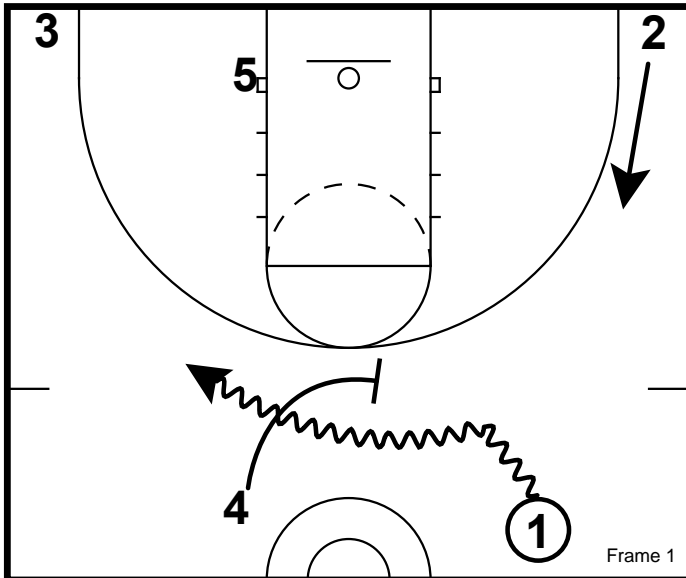
"Flat 2" / "Flat 3"  
flare screen for 2 or 3



4 sets down screen for 3, and 5 sets flare for 2. Look for open 3 or 5 slipping

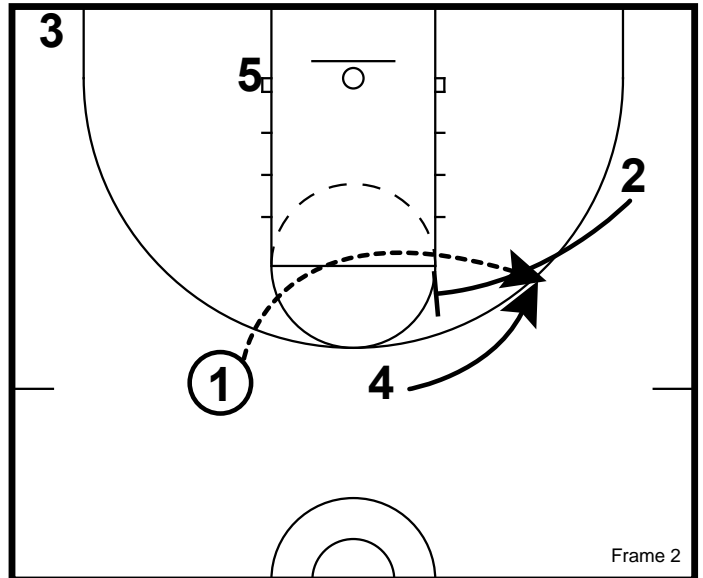
# Chapter 8: Flare Screen Series

**"Flat 4"**  
ball screen, flare screen



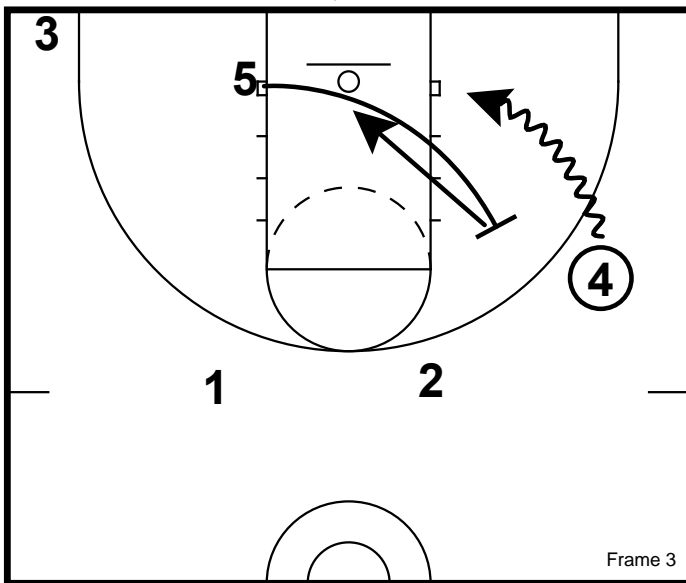
trail man sets ballscreen

**"Flat 4"**  
ball screen, flare screen



2 man sets flare screen for trail, screen the screener action

**"Flat 4"**  
ball screen, flare screen



5 and 4 have ball screen action with guards spotting up



# Chapter 9: Guard Breakdown Drills

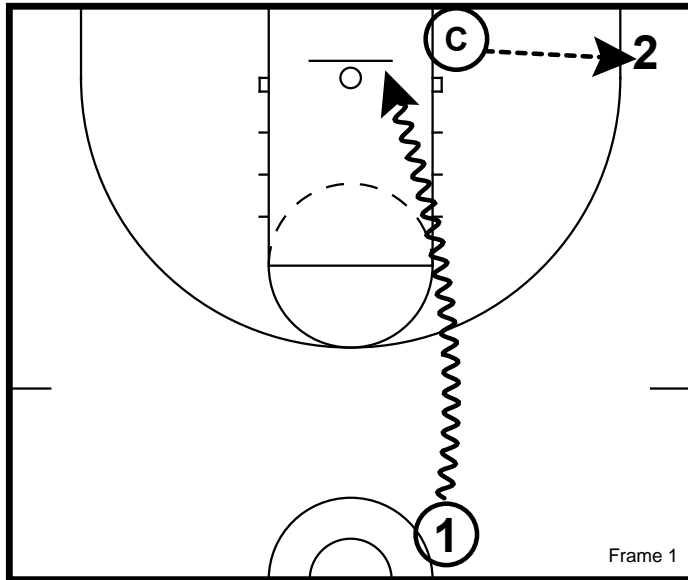
## Table of Contents

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1.2	Black Shooting 1+3	4
1.3	Black Shooting 1+4	6
1.4	Black Shooting 1+5	8
1.5	ballhandling - read the drive	10

# Chapter 9: Guard Breakdown Drills

## Black Shooting 1+2

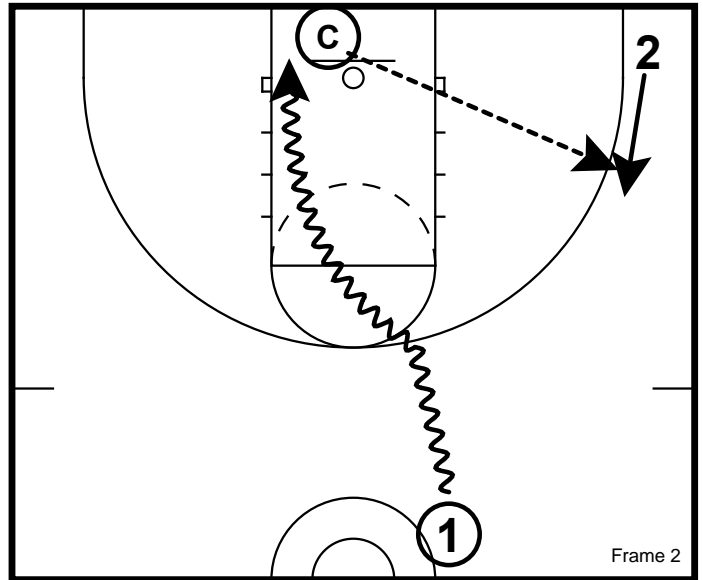
10 minutes, quick hitter practice / spacing



**drive:** 1 drives for layup, 2 spots up and gets pass from coach

## Black Shooting 1+2

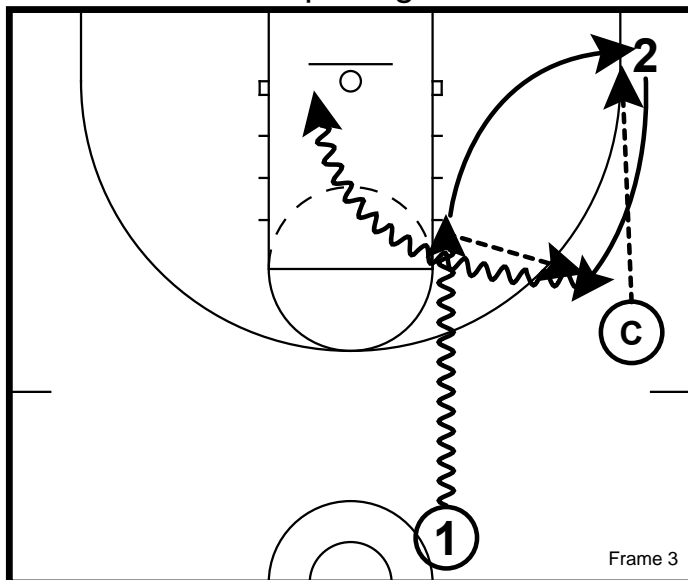
10 minutes, quick hitter practice / spacing



**Drive:** 1 drives left, 2 finds open window and gets pass from coach

## Black Shooting 1+2

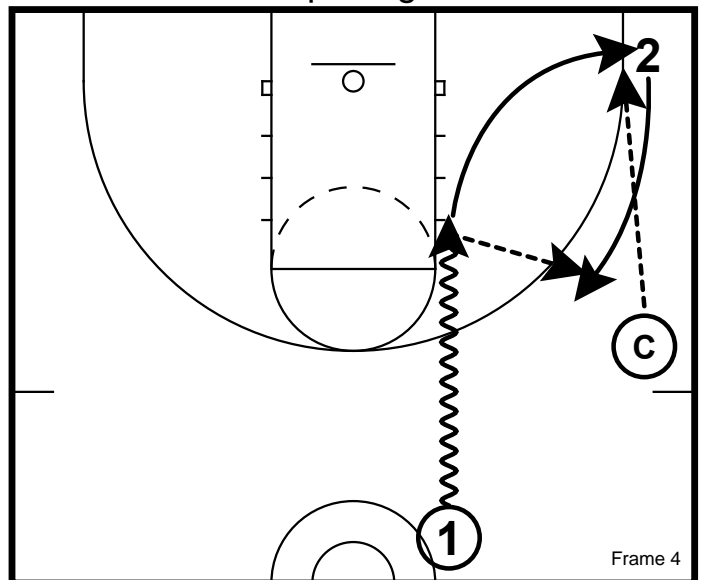
10 minutes, quick hitter practice / spacing



**Loop:** 1 drives to elbow and jumpstops with shoulders to sideline. 2 sprints on the jumpstop, catches, and attacks down hill. 1 loops to corner for 3 from coach

## Black Shooting 1+2

10 minutes, quick hitter practice / spacing

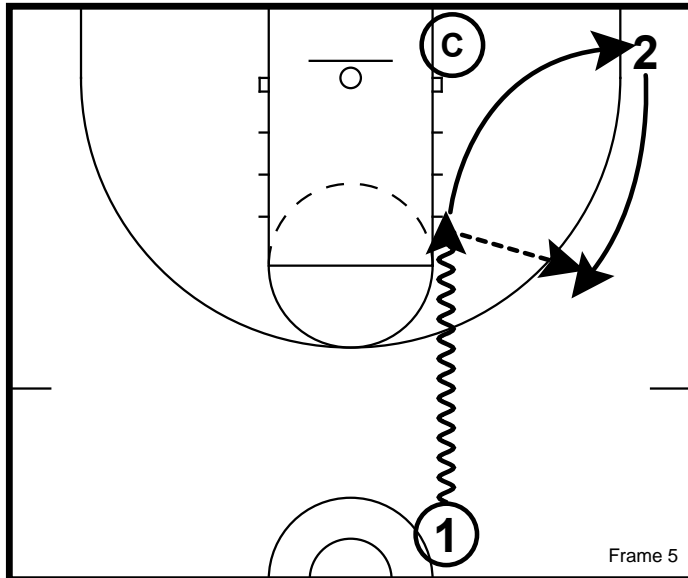


**Loop for 3:** 1 drives to elbow and jumpstops with shoulders to sideline. 2 sprints on the jumpstop, catches and shoots 3. 1 loops to corner for 3 from coach

# Chapter 9: Guard Breakdown Drills

## Black Shooting 1+2

10 minutes, quick hitter practice / spacing

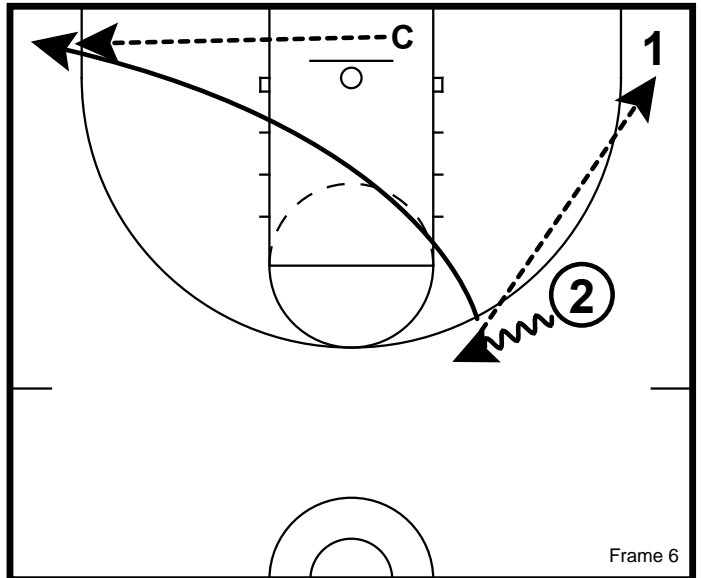


Frame 5

**Kick:** 1 drives to elbow and jumpstops with shoulders to sideline. 2 sprints on the jumpstop, catches, and attacks down hill. 1 loops to corner

## Black Shooting 1+2

10 minutes, quick hitter practice / spacing

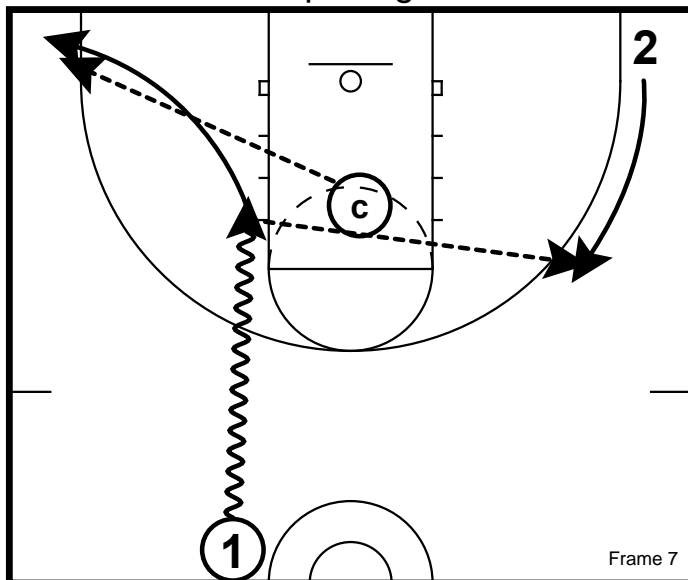


Frame 6

**Kick:** 2 attacks away then passes to 1 in corner for 3. 2 cuts through to weak side and gets pass for 3 from coach

## Black Shooting 1+2

10 minutes, quick hitter practice / spacing

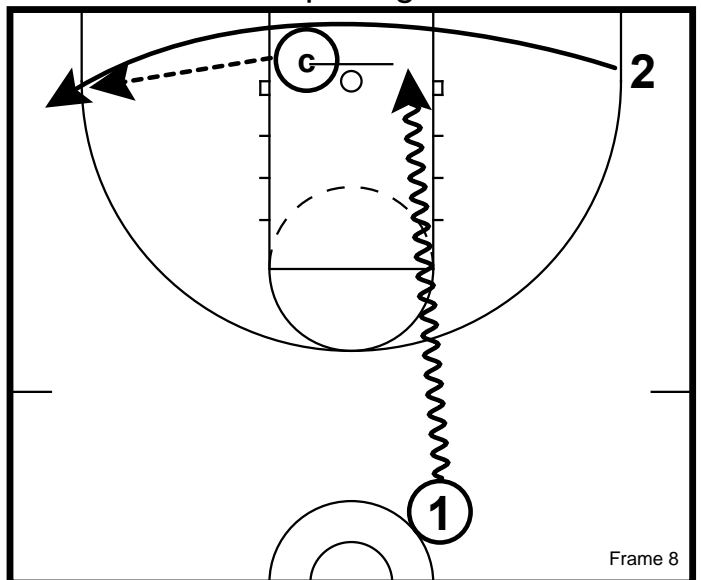


Frame 7

**SKIP:** 1 drives left and throws overhead skip pass to 2 man for 3. 1 then cuts corner for 3 from coach

## Black Shooting 1+2

10 minutes, quick hitter practice / spacing



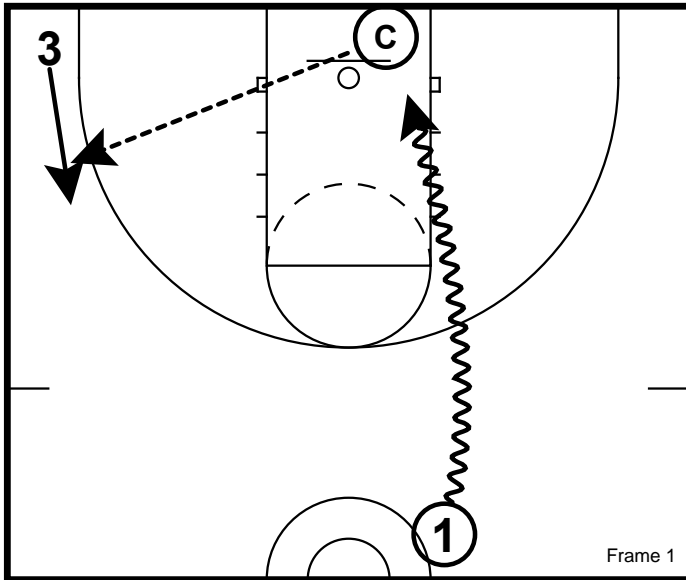
Frame 8

**Wave:** 1 waves 2 thru and drives to rim, coach passes to 2 man for 3 point shot

# Chapter 9: Guard Breakdown Drills

## Black Shooting 1+3

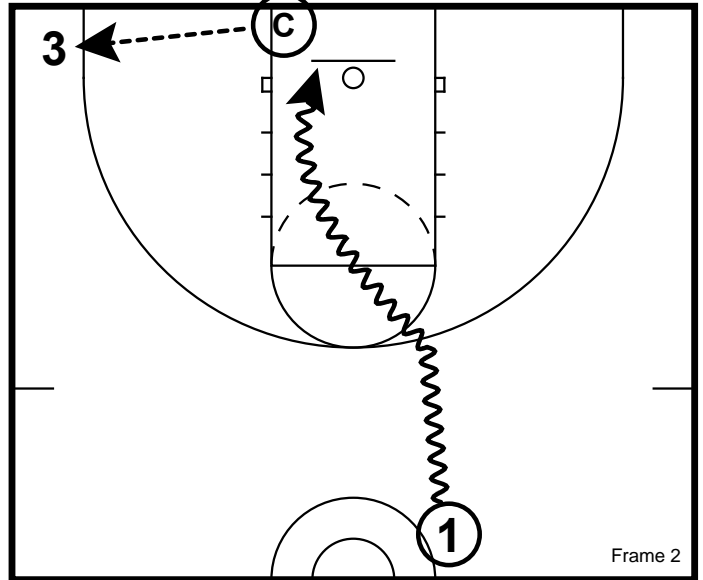
10 minutes, quick hitter practice / spacing



**Drive:** 1 drives right, 3 finds open window and gets pass from coach

## Black Shooting 1+3

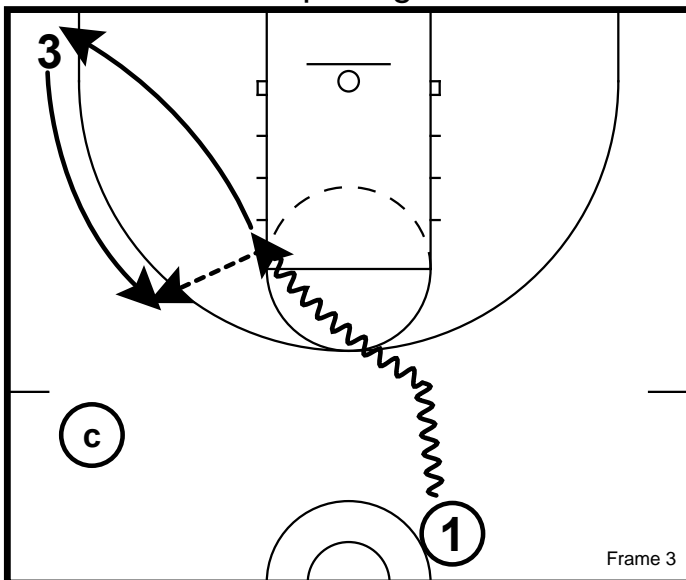
10 minutes, quick hitter practice / spacing



**drive:** 1 drives and crosses over for layup, 3 spots up and gets pass from coach

## Black Shooting 1+3

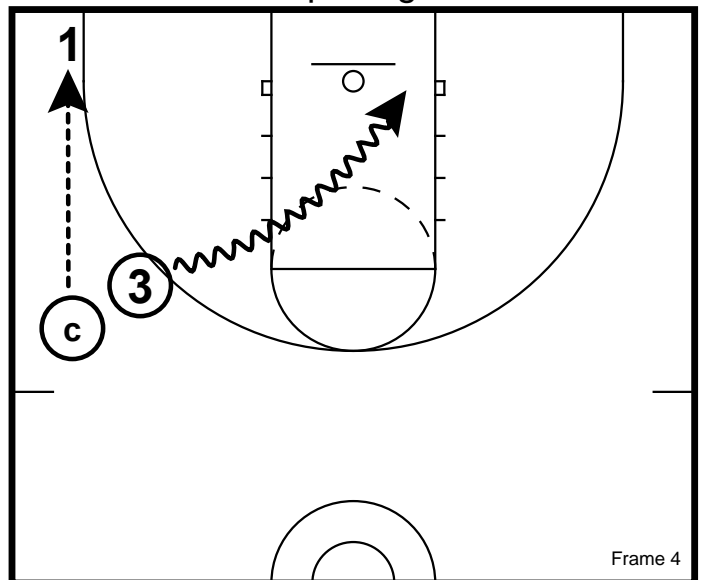
10 minutes, quick hitter practice / spacing



**Loop:** 1 crosses over, and jumpstops at elbow with shoulders to sideline. 2 sprints on the jumpstop and gets pass. 1 fills corner

## Black Shooting 1+3

10 minutes, quick hitter practice / spacing

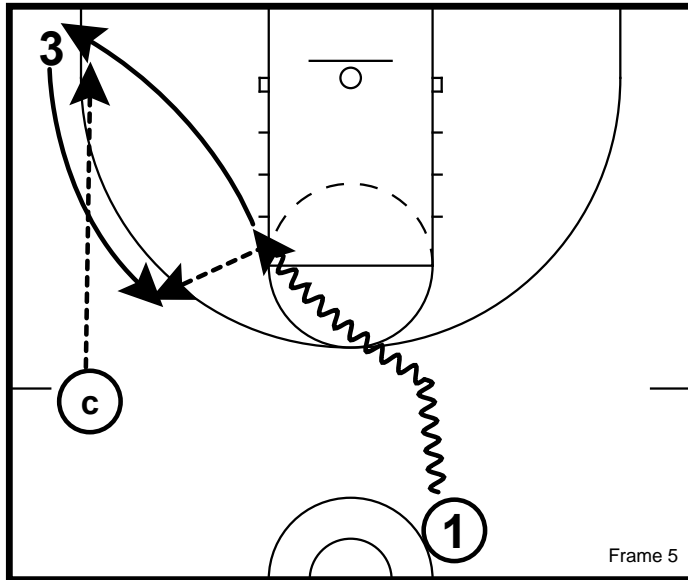


**Loop (cont):** 3 attacks rim downhill, and 1 gets pass from coach for 3

# Chapter 9: Guard Breakdown Drills

## Black Shooting 1+3

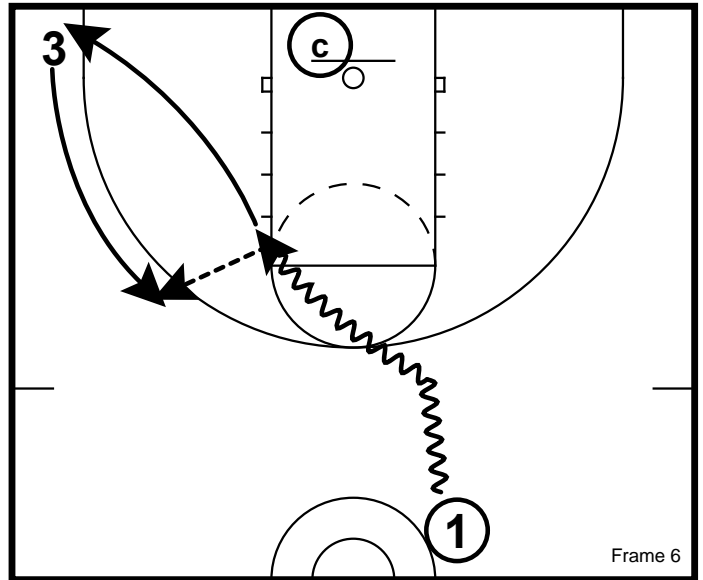
10 minutes, quick hitter practice / spacing



**Loop for 3:** 1 crosses over, and jumpstops at elbow with shoulders to sideline. 2 sprints on the jumpstop and gets pass for 3. 1 fills corner and gets pass from coach for 3

## Black Shooting 1+3

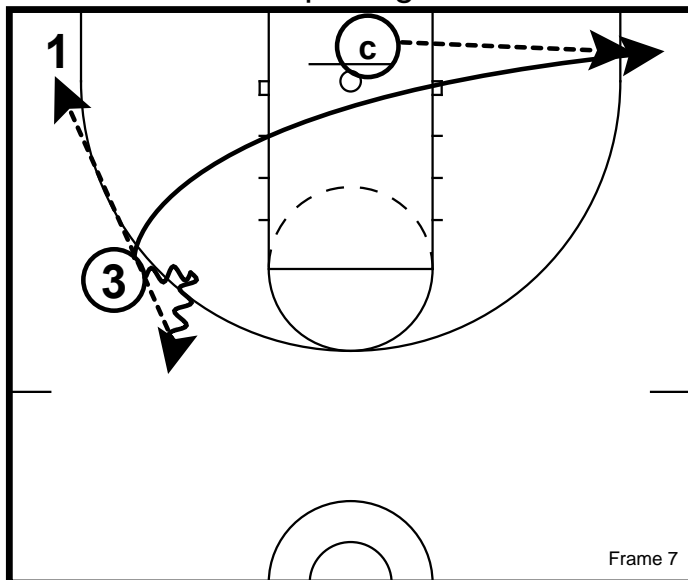
10 minutes, quick hitter practice / spacing



**Kick:** 1 crosses over, and jumpstops at elbow with shoulders to sideline. 2 sprints on the jumpstop and gets pass. 1 fills corner

## Black Shooting 1+3

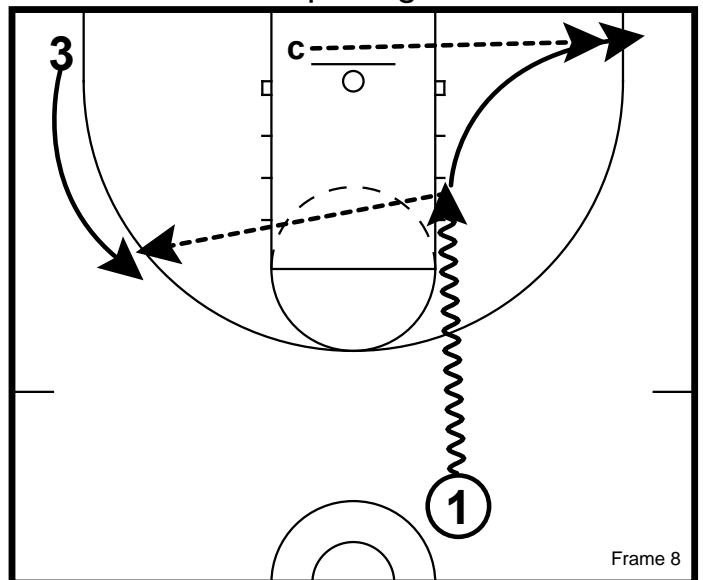
10 minutes, quick hitter practice / spacing



**Kick (cont):** 3 attacks then passes to corner to 1 for 3. 3 cuts to opposite corner for 3 from coach

## Black Shooting 1+3

10 minutes, quick hitter practice / spacing

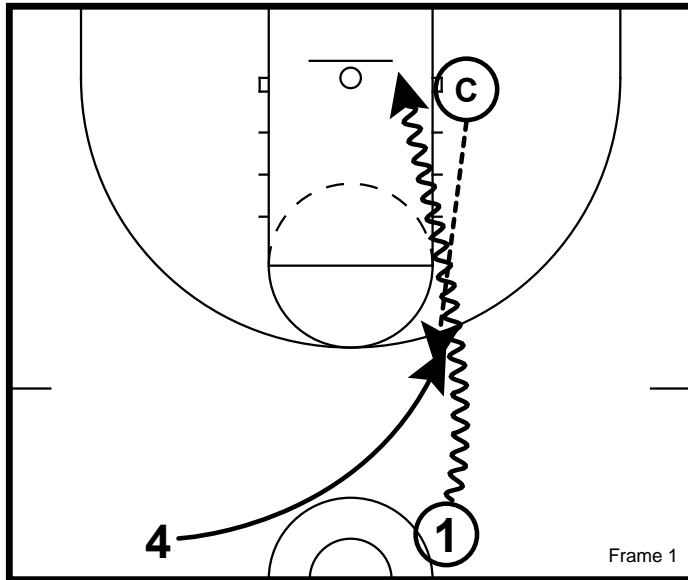


**SKIP:** 1 drives and skips ball to 3 sprinting for 3. 1 cuts corner for 3.

# Chapter 9: Guard Breakdown Drills

## Black Shooting 1+4

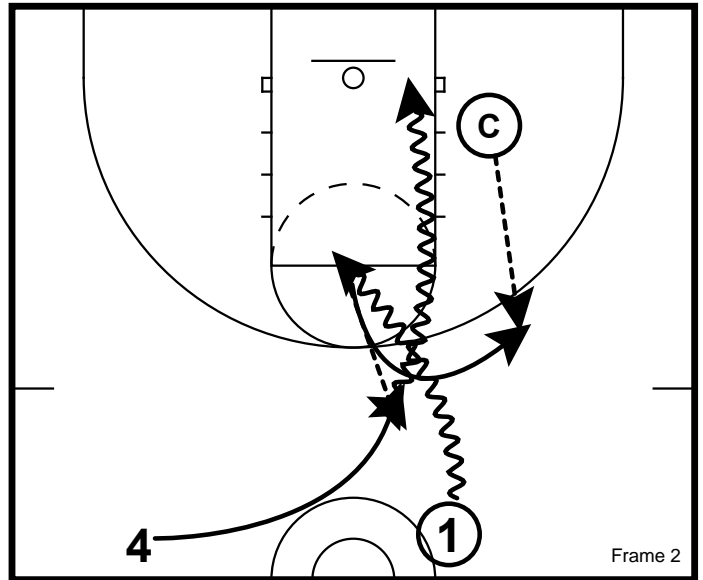
10 minutes, quick hitter practice / spacing



**Drive:** 1 drives for Layup, 4 drags for 3. \*\*have each player shoot layups depending on age level

## Black Shooting 1+4

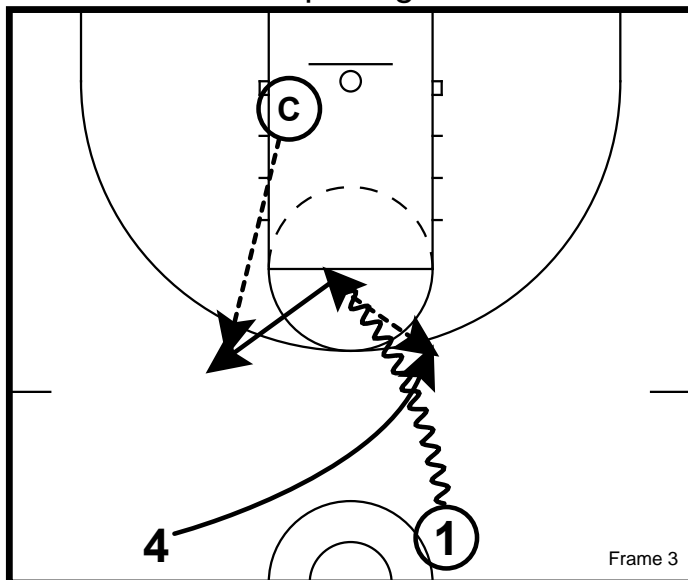
10 minutes, quick hitter practice / spacing



**Pitch:** 1 drives to nail, jumpstops and hits 4 running downhill. 1 drags behind for 3

## Black Shooting 1+4

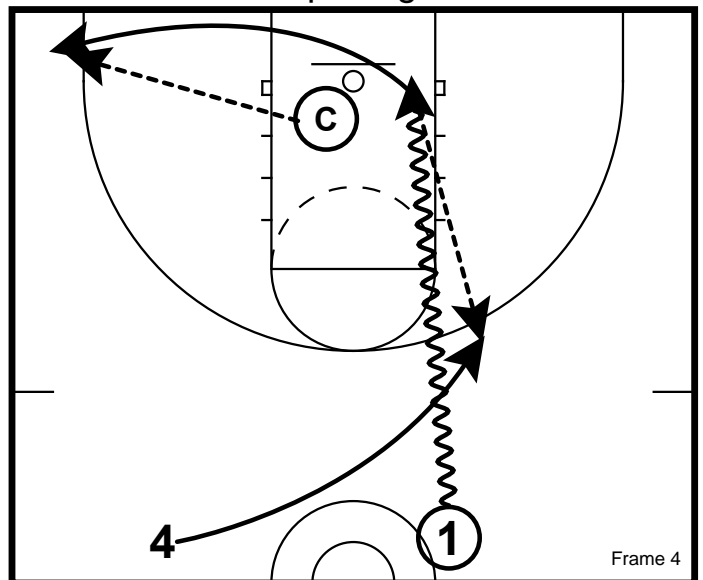
10 minutes, quick hitter practice / spacing



**Pitch for 3:** 1 jumpstops at nail, hits 4 running down hill for 3. 1 pops for 3

## Black Shooting 1+4

10 minutes, quick hitter practice / spacing

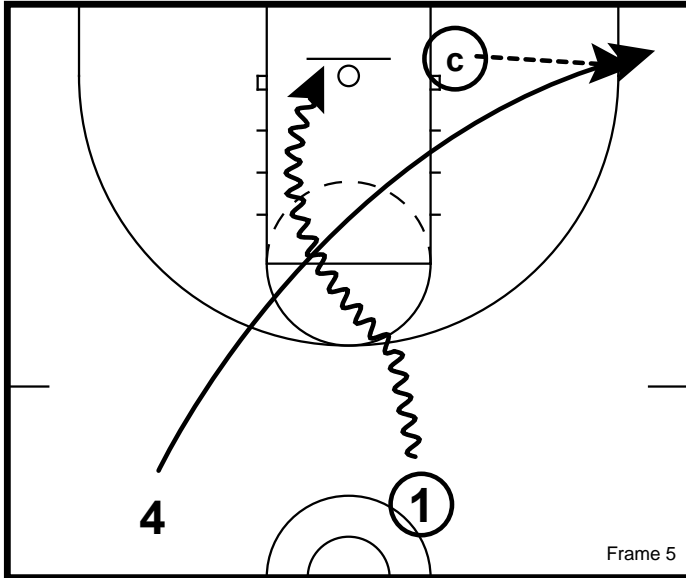


**Drag:** 1 drives to block, jumpstops, and passes to 4 dragging for 3. 1 clears to corner for 3

# Chapter 9: Guard Breakdown Drills

## Black Shooting 1+4

10 minutes, quick hitter practice / spacing

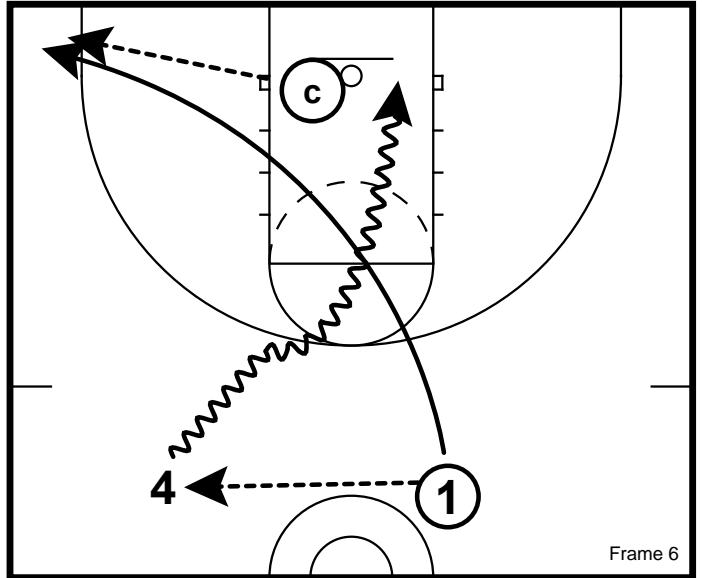


Frame 5

**Wave:** 1 waves 5 through. 4 gets pass from coach for 3. 1 finishes at rim

## Black Shooting 1+4

10 minutes, quick hitter practice / spacing

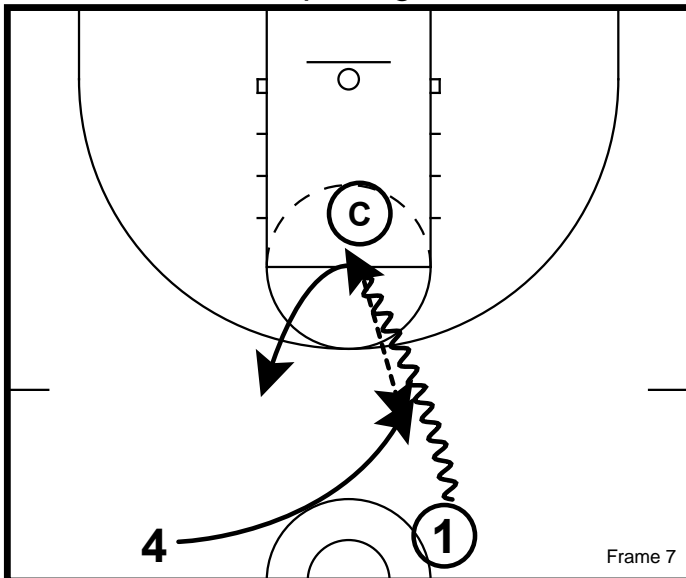


Frame 6

**Thru:** 1 passes to 4 and cuts thru the nail. 4 drives off 1's butt to rim. coach passes to 1 for '3'

## Black Shooting 1+4

10 minutes, quick hitter practice / spacing

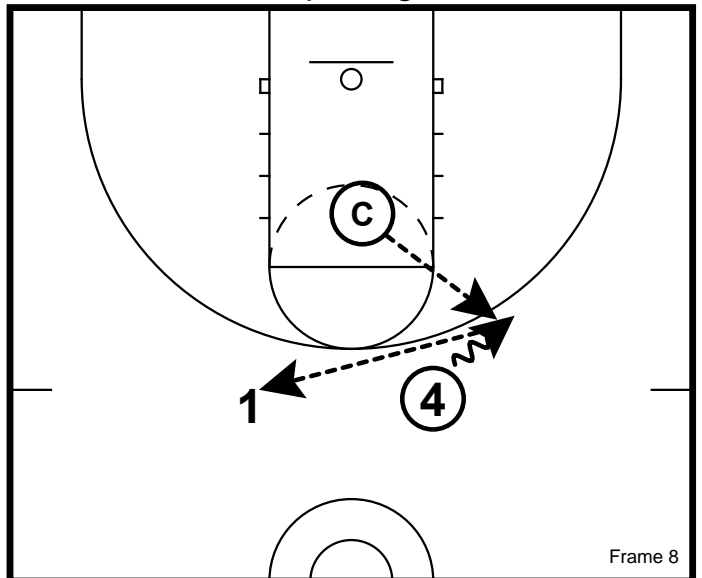


Frame 7

**DUCK:** 1 drives to nail, jumpstops, and hits 4 running downhill.

## Black Shooting 1+4

10 minutes, quick hitter practice / spacing



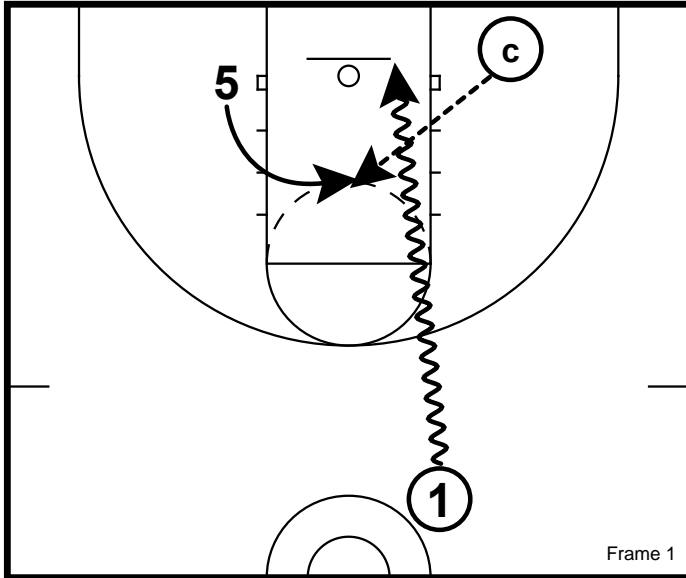
Frame 8

**Duck:** 4 dribbles hard, reverses and kicks back to 1 for 3. Coach passes to 4 for 3

# Chapter 9: Guard Breakdown Drills

## Black Shooting 1+5

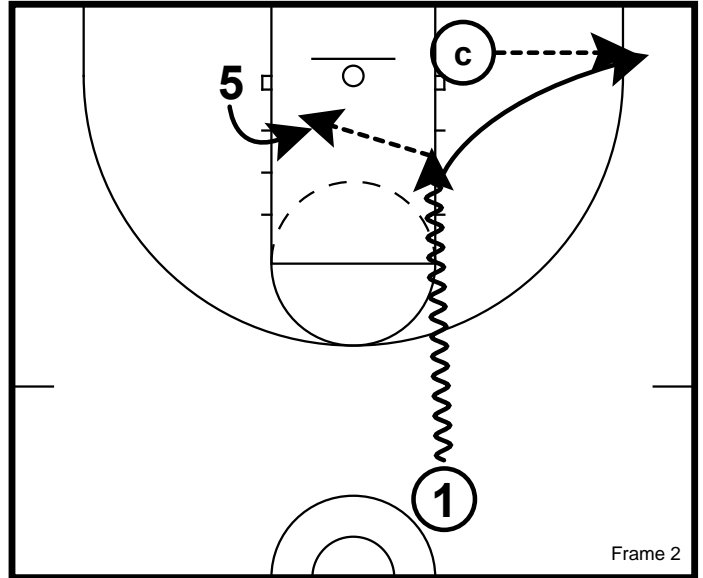
guards and post together, quick hitter practice



**Rack:** 1 finishes at rack, coach hits 5 on T up

## Black Shooting 1+5

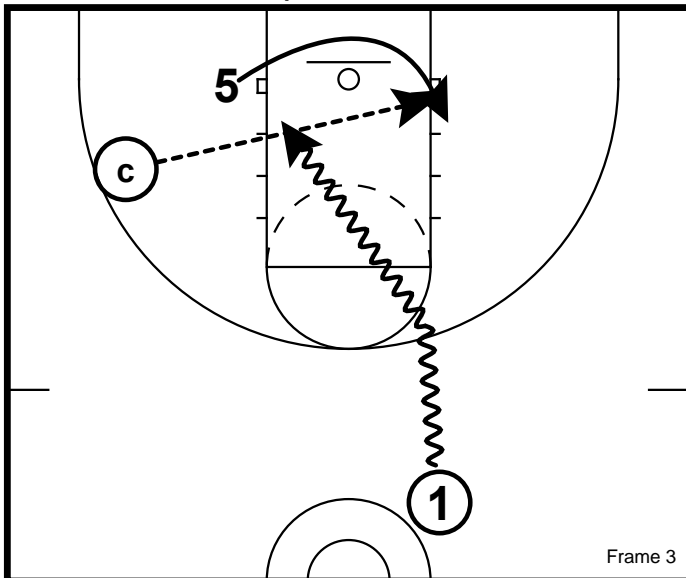
guards and post together, quick hitter practice



**Rack and dump off:** 1 hits 5 on dump off pass, then gets pass from coach in corner.

## Black Shooting 1+5

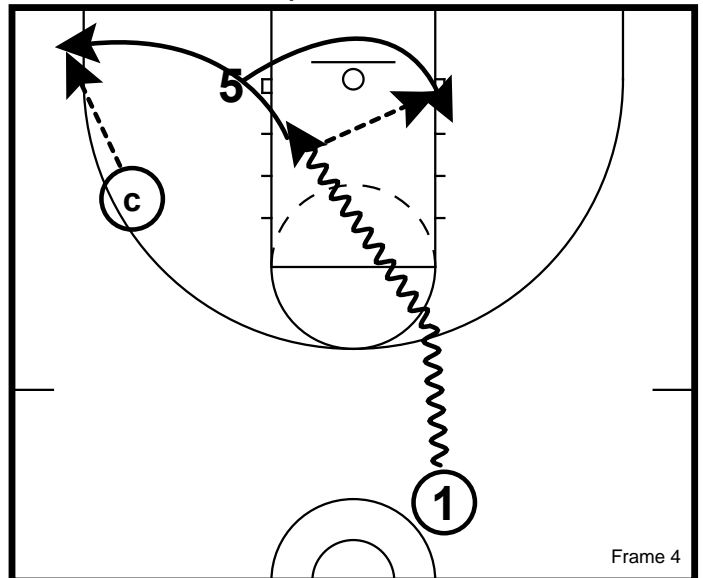
guards and post together, quick hitter practice



**Rack and relocate:** 1 finishes at rack on weak side 5 reads and relocates, coach hits 5 on relocation

## Black Shooting 1+5

guards and post together, quick hitter practice



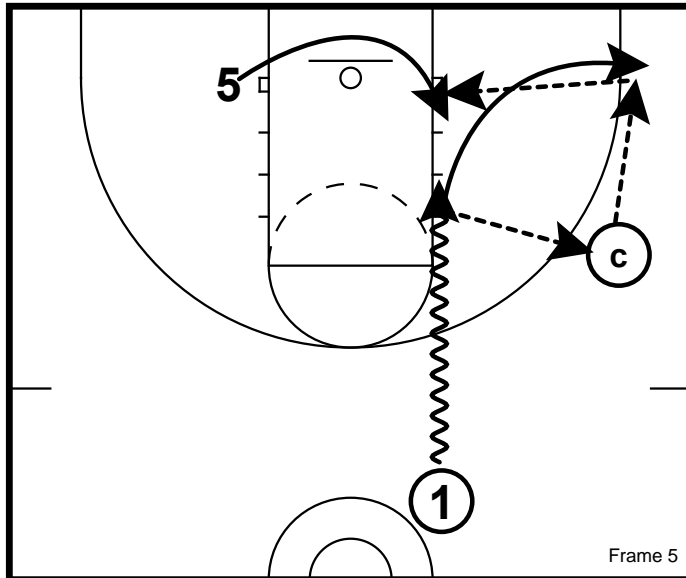
**Rack and relocate:** 1 attacks and 5 reads and relocates, 1 hits 5 on relocation, then coach hits 1 in corner for a shot.



# Chapter 9: Guard Breakdown Drills

## Black Shooting 1+5

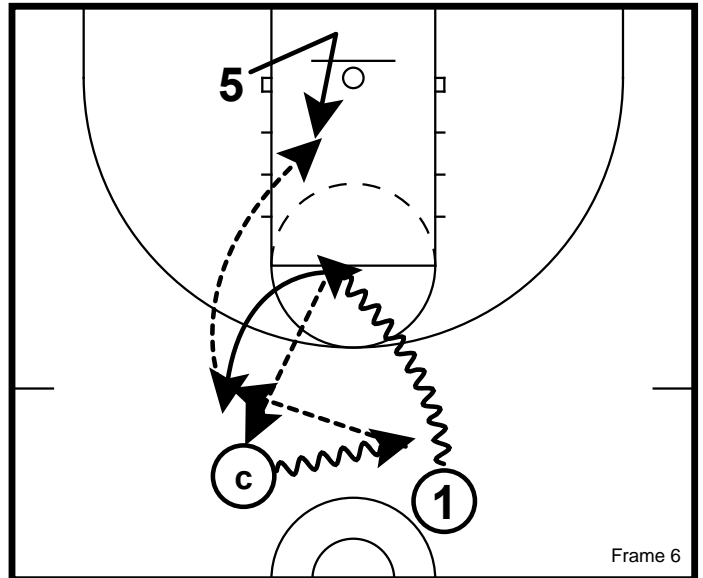
guards and post together, quick hitter practice



**Kick:** 1 loops and passes to coach, coach passes back to 1. 1 feeds 5 on the kick. On entry pass coaches can have guards scissor cut on pass or relocate. Pass to 1 for shot

## Black Shooting 1+5

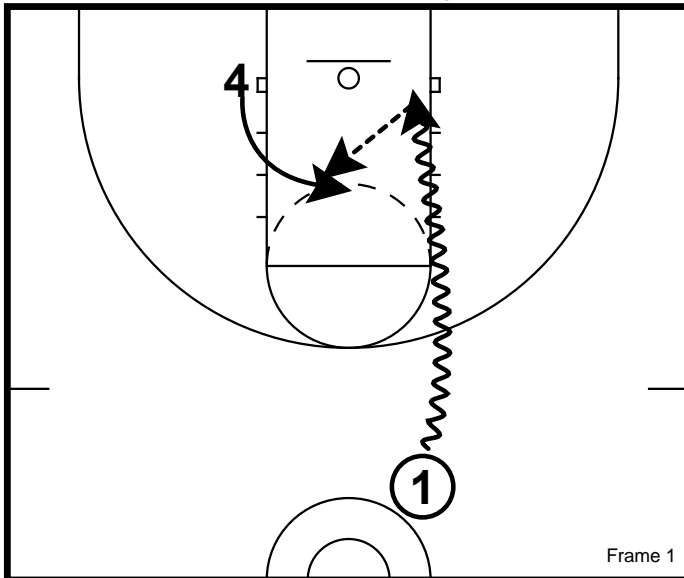
guards and post together, quick hitter practice



**Duck:** 1 attacks nail and pitches to coach. coach dribble away and passes back to coach. On pass back, 5 ducks in and 1 feeds post. Coach hits 1 for 3 after pass

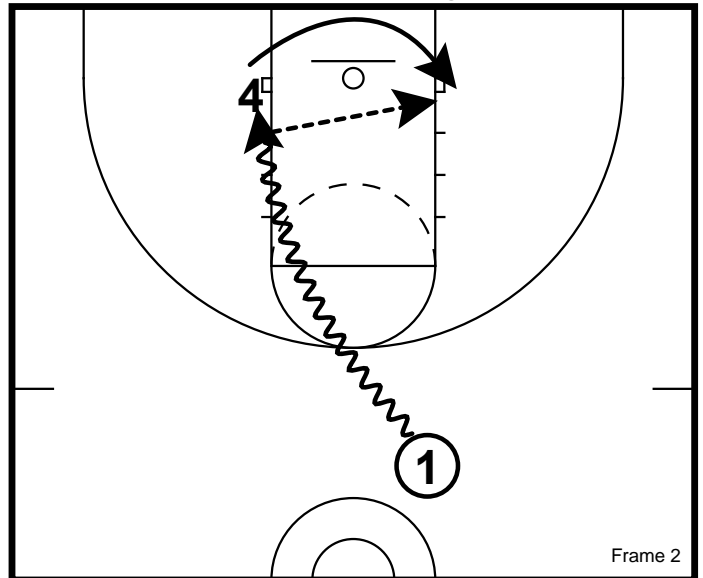
# Chapter 9: Guard Breakdown Drills

**ballhandling - read the drive**  
2 on 0, read the guard



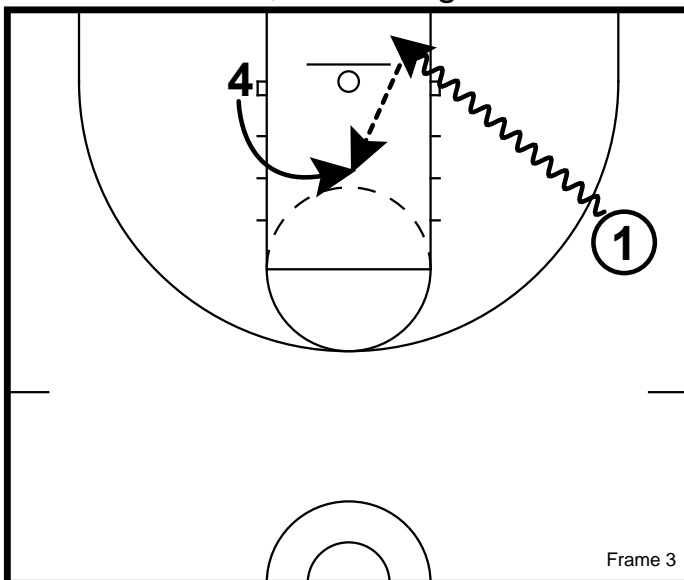
**Rim Attack:** The post player (4 man) always starts opposite block AWAY from the ball. 1 drives away from post, 4 circles to the dots with hands up.

**ballhandling - read the drive**  
2 on 0, read the guard



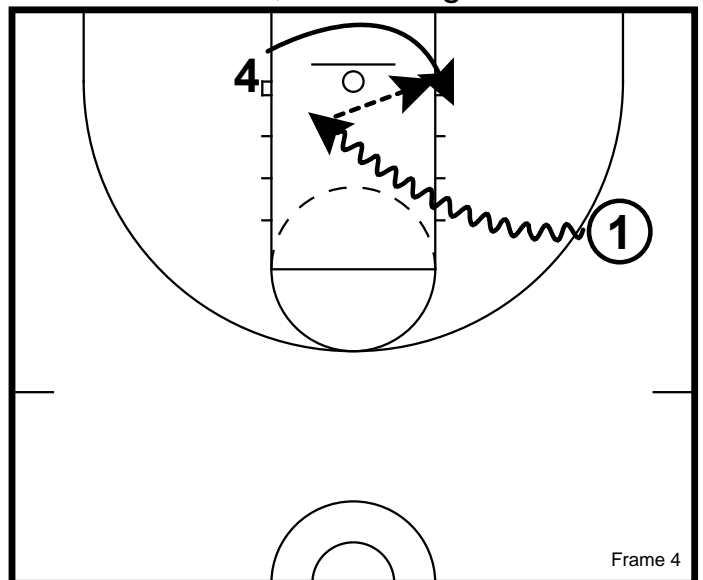
**Crossover:** PG drives at 4 man, he takes 2 big steps across the lane, under the basket. 1 can use 3 passes: lob, wrap around, and bounce

**ballhandling - read the drive**  
2 on 0, read the guard



**Baseline Drive:** 1 drives baseline. 4 reads this and cuts to front of rim

**ballhandling - read the drive**  
2 on 0, read the guard



**Middle Drive:** Guard drives middle, post reads the drive and cuts under the hoop. Read the defense

# Chapter 10: Post Breakdown Drills

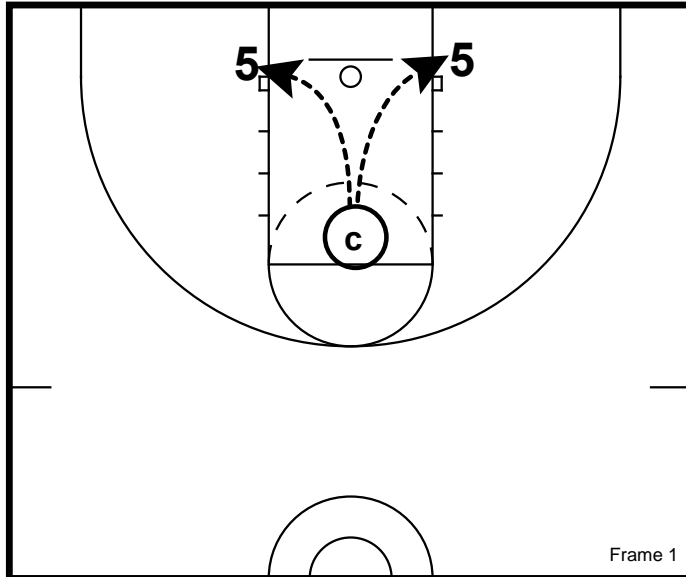
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1.2	Kick, Duck, Skip	4
1.3	ballscreen, elbow flash, handoffs	6

# Chapter 10: Post Breakdown Drills

## Post catches and relocations

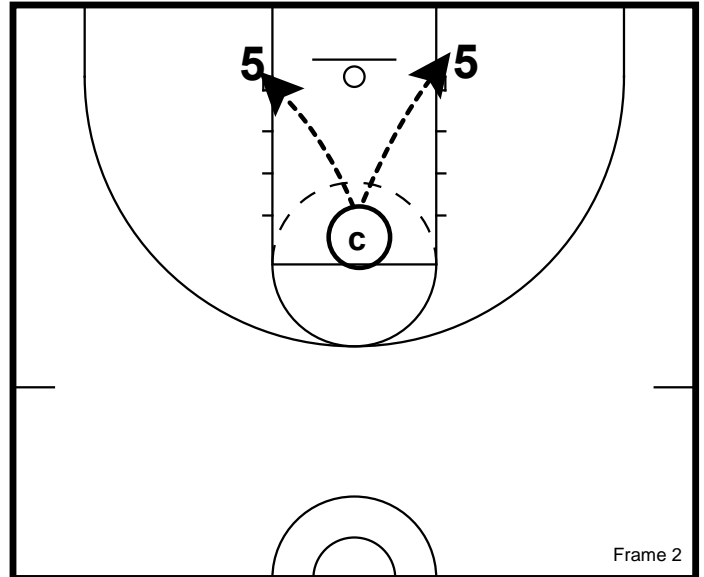
10 minutes - finish all shots, switch lines, use 4 passes, both sides of floor



**Catches - lob pass:** Posts have high hands, coach lob passes to player who drop steps with inside foot, and keeps ball above chin. Use 2 balls (heavy or normal balls)

## Post catches and relocations

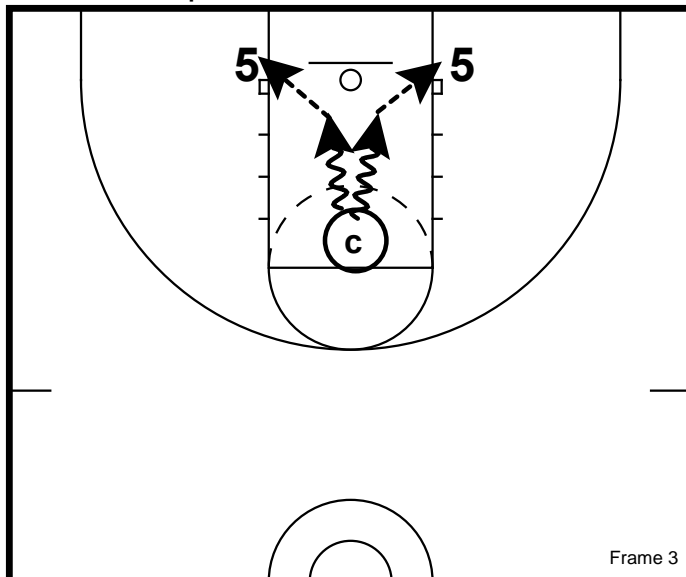
10 minutes - finish all shots, switch lines, use 4 passes, both sides of floor



**Catches - bounce pass:** Posts have high hands, coach throws bounce passes. Post must catch with 2, snatch and chin it, then drop steps with inside foot. Use 2 balls (heavy or normal balls)

## Post catches and relocations

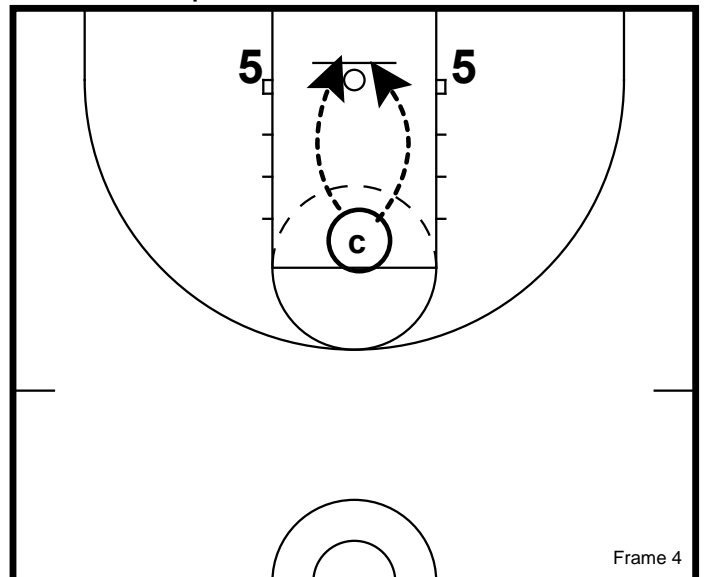
10 minutes - finish all shots, switch lines, use 4 passes, both sides of floor



**Catches - wrap around pass:** Posts have high hands, coach throws wrap around pass. Post must catch with 2, snatch and chin it, then drop steps with inside foot. Use 2 balls (heavy or normal balls)

## Post catches and relocations

10 minutes - finish all shots, switch lines, use 4 passes, both sides of floor

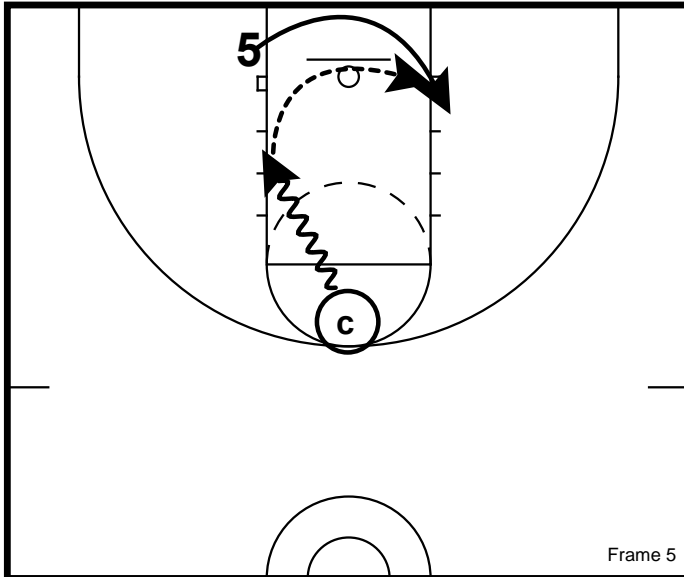


**Catches - O reb:** Posts have high hands, coach throws ball off backboard. Post rebounds, keeps ball above chin, and finishes. Use 2 balls (heavy or normal balls)

# Chapter 10: Post Breakdown Drills

## Post catches and relocations

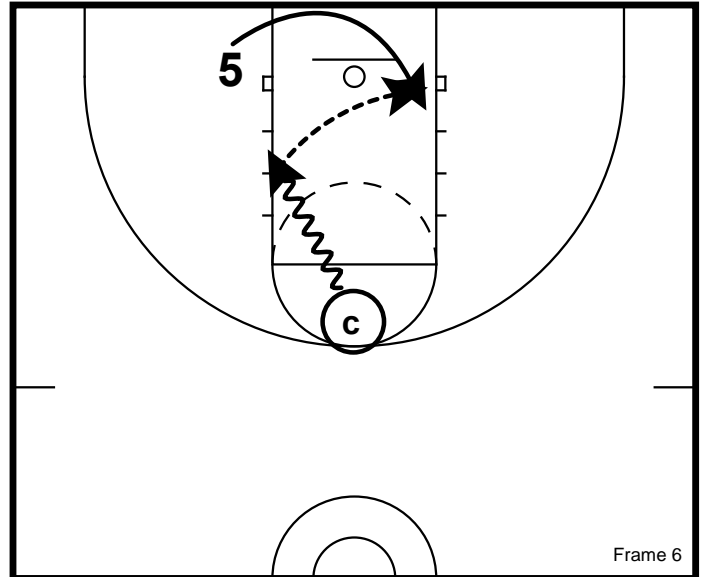
10 minutes - finish all shots, switch lines, use 4 passes, both sides of floor



**Relocations - lob pass:** coach attacks left side, posts take 2 - 3 big steps under the rim. Coach throws lob pass, post keeps ball above chin and finishes

## Post catches and relocations

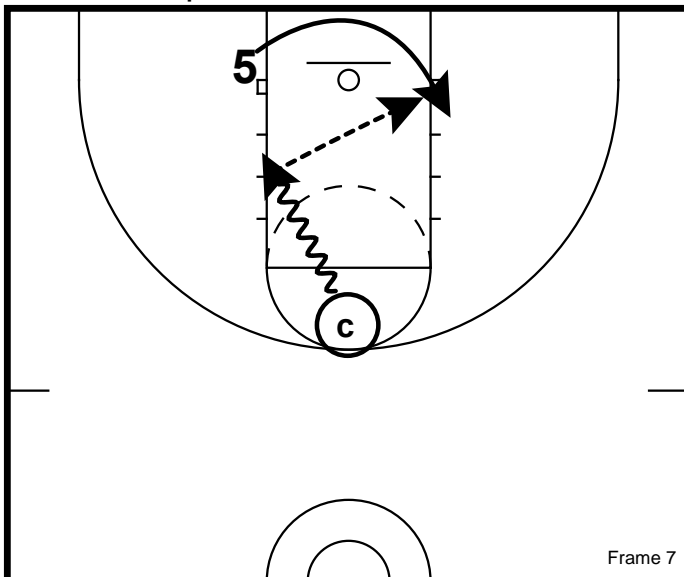
10 minutes - finish all shots, switch lines, use 4 passes, both sides of floor



**Relocations - bounce pass:** coach attacks left side, posts take 2 - 3 big steps under the rim. Coach throws bounce pass, post snatches ball to chin, and finishes.

## Post catches and relocations

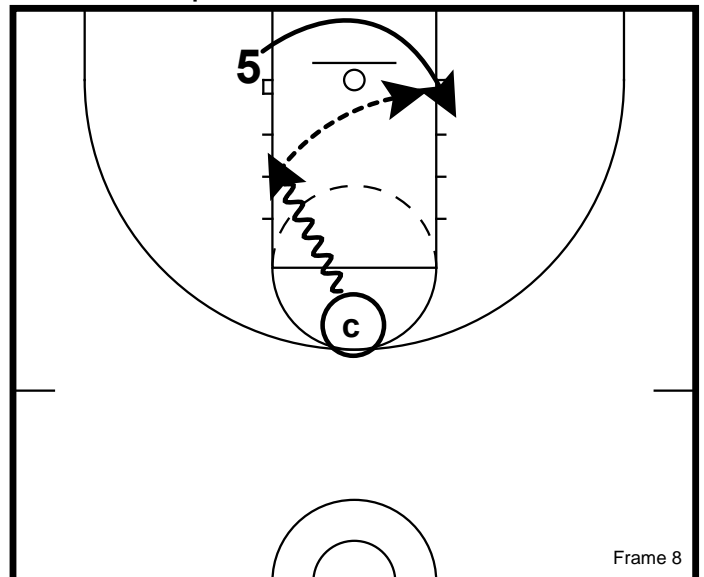
10 minutes - finish all shots, switch lines, use 4 passes, both sides of floor



**Relocations - wrap around pass:** coach attacks left side, posts take 2 - 3 big steps under the rim. Coach throws wrap around pass, post snatches ball to chin, and finishes.

## Post catches and relocations

10 minutes - finish all shots, switch lines, use 4 passes, both sides of floor

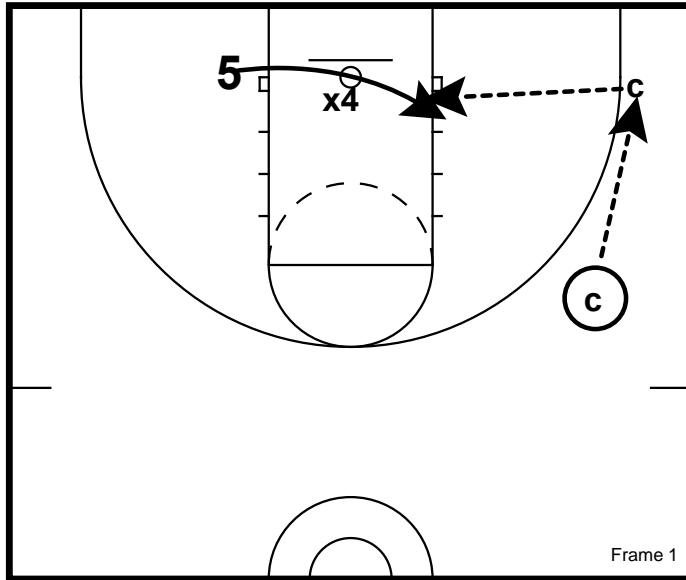


**Relocations - rebounds:** coach attacks left side, posts take 2 - 3 big steps under the rim. Coach shoots and 5 rebounds and finishes

# Chapter 10: Post Breakdown Drills

## Kick, Duck, Skip

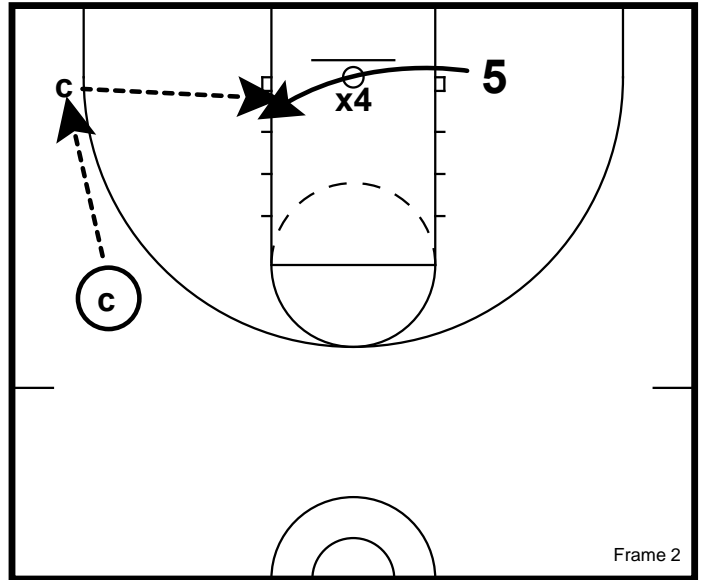
10 Mins - Seal, Call for ball, use both sides



**Kick:** On pass from wing to corner, 5 cuts under rim and looks to seal and post up x5. 5 can either drop step or jump hook. Finish with make

## Kick, Duck, Skip

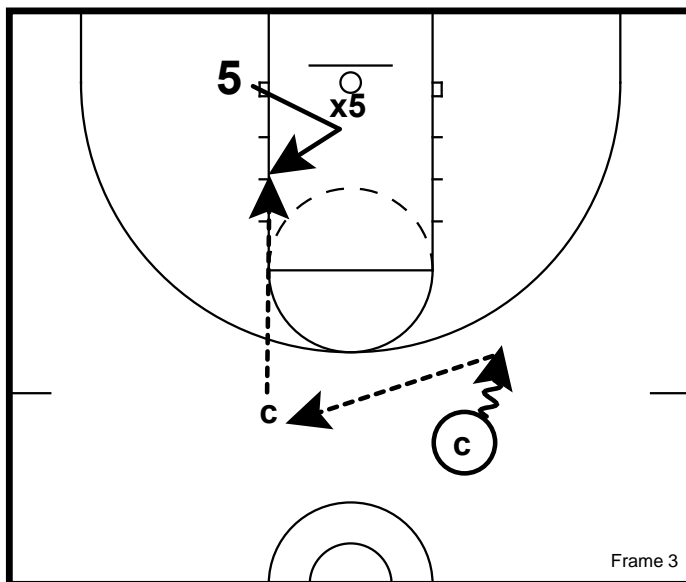
10 Mins - Seal, Call for ball, use both sides



**Kick:** On pass from wing to corner, 5 cuts under rim and looks to seal and post up x5. 5 can either drop step or jump hook. Finish with make

## Kick, Duck, Skip

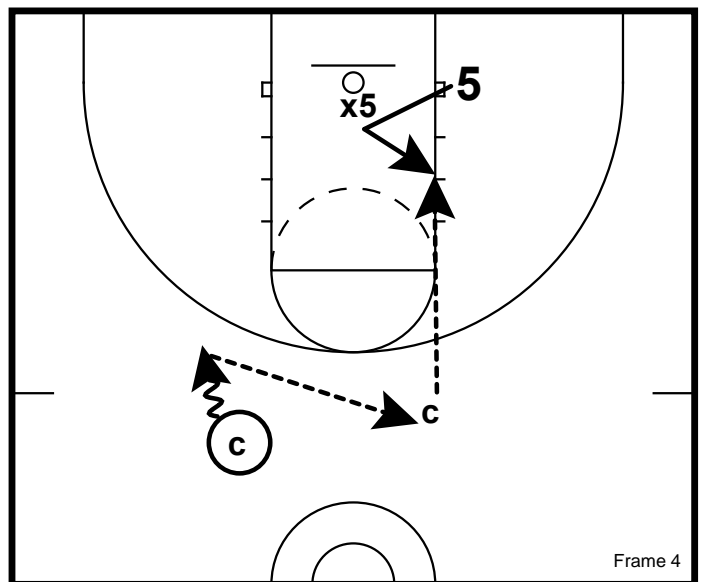
10 Mins - Seal, Call for ball, use both sides



**Duck:** On pass from coach to coach, 5 seals x5 and calls for the ball on the lane. Coach throws pass, and 5 finishes with drop step or jump hook.

## Kick, Duck, Skip

10 Mins - Seal, Call for ball, use both sides

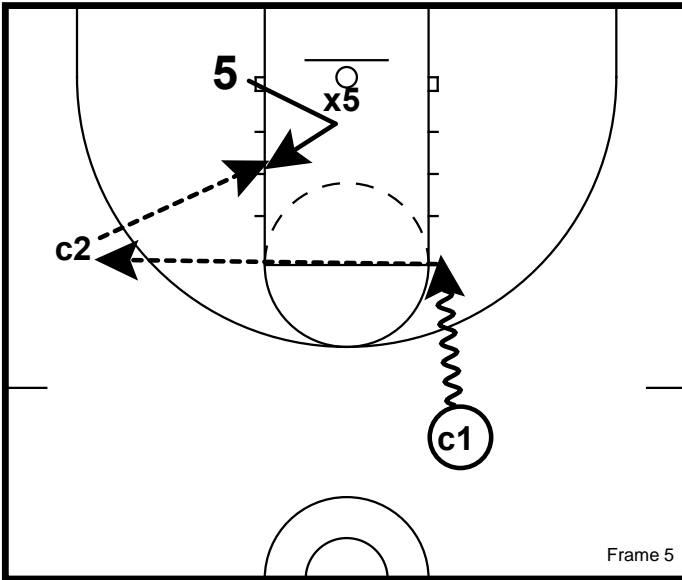


**Duck:** On pass from coach to coach, 5 seals x5 and calls for the ball on the lane. Coach throws pass, and 5 finishes with drop step or jump hook.

# Chapter 10: Post Breakdown Drills

## Kick, Duck, Skip

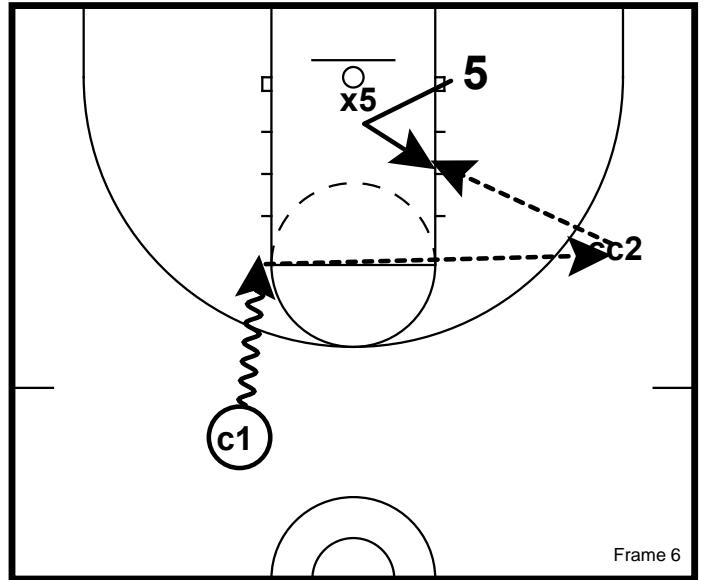
10 Mins - Seal, Call for ball, use both sides



**SKIP:** Coach dribbles, jumpstops and throws skip pass to Coach 2. On skip pass, 5 posts up, and calls for ball. 5 finishes with drop step or jump hook

## Kick, Duck, Skip

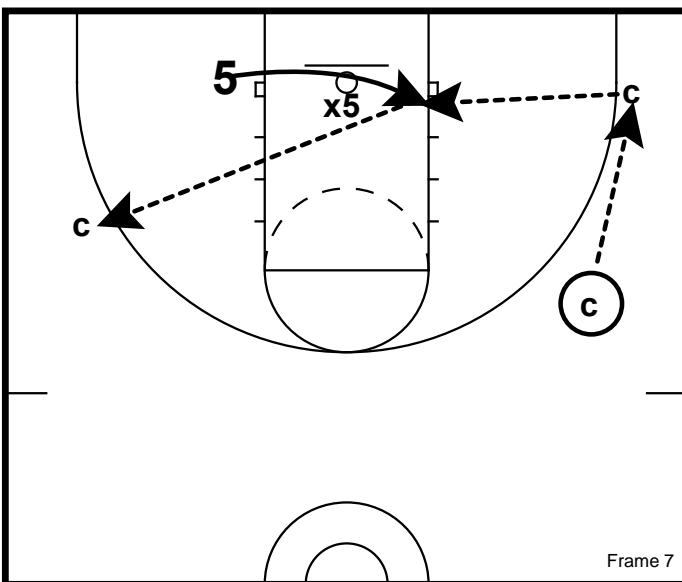
10 Mins - Seal, Call for ball, use both sides



**SKIP:** Coach dribbles, jumpstops and throws skip pass to Coach 2. On skip pass, 5 posts up, and calls for ball. 5 finishes with drop step or jump hook

## Kick, Duck, Skip

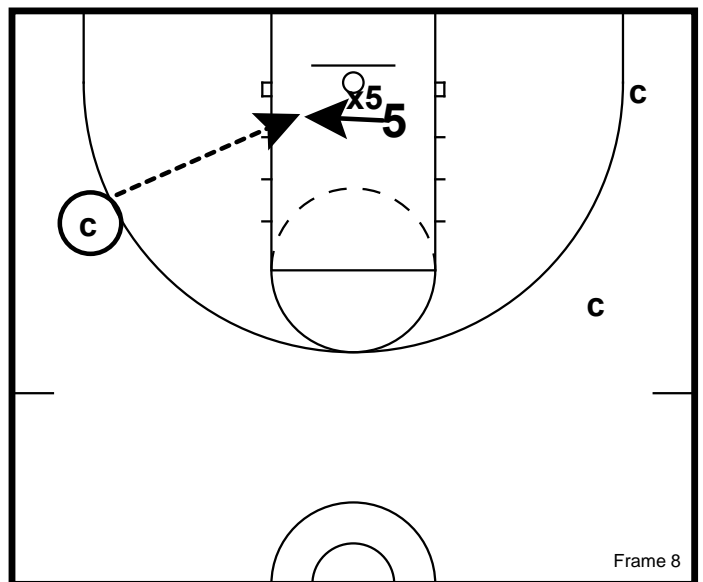
10 Mins - Seal, Call for ball, use both sides



**Kick out:** On pass from wing to corner, 5 cuts under rim and looks to seal and post up x5. 5 reverse pivots and passes out to backside.

## Kick, Duck, Skip

10 Mins - Seal, Call for ball, use both sides

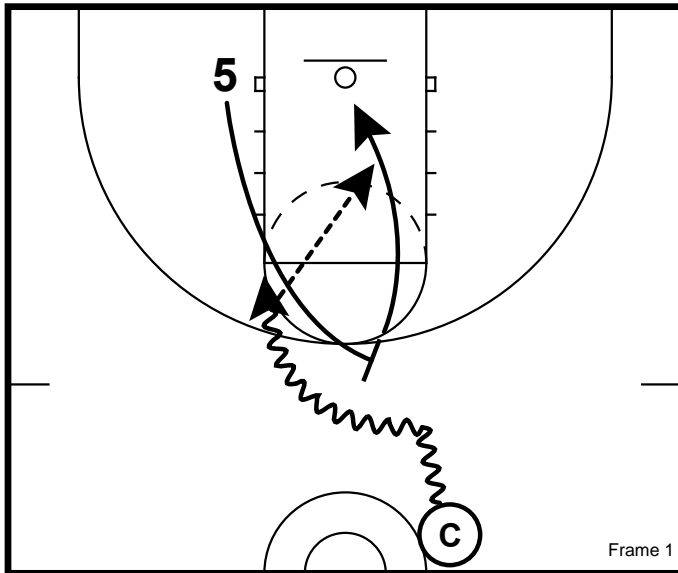


**Kick out (cont):** 5 relocates, posts, and finishes.

# Chapter 10: Post Breakdown Drills

## ballscreen, elbow flash, handoffs

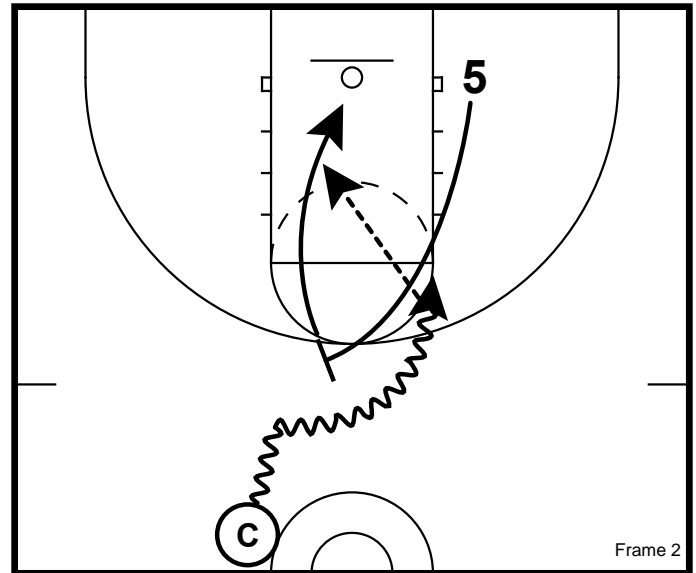
10 mins: Can work with Guards and Posts or just posts



**Fist / 51:** 5 sprints to top of key, coach rubs shoulders, and 1 opens up for bounce pass.

## ballscreen, elbow flash, handoffs

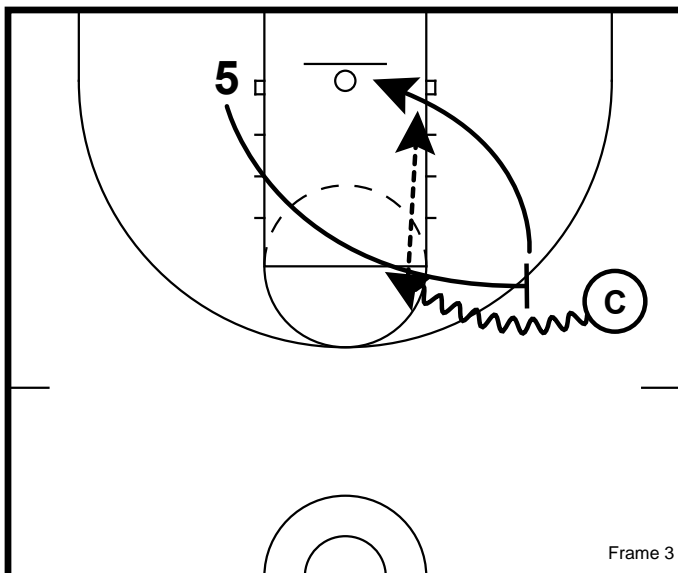
10 mins: Can work with Guards and Posts or just posts



**Fist / 51:** 5 sprints to top of key, coach rubs shoulders, and 5 opens up for bounce pass.

## ballscreen, elbow flash, handoffs

10 mins: Can work with Guards and Posts or just posts

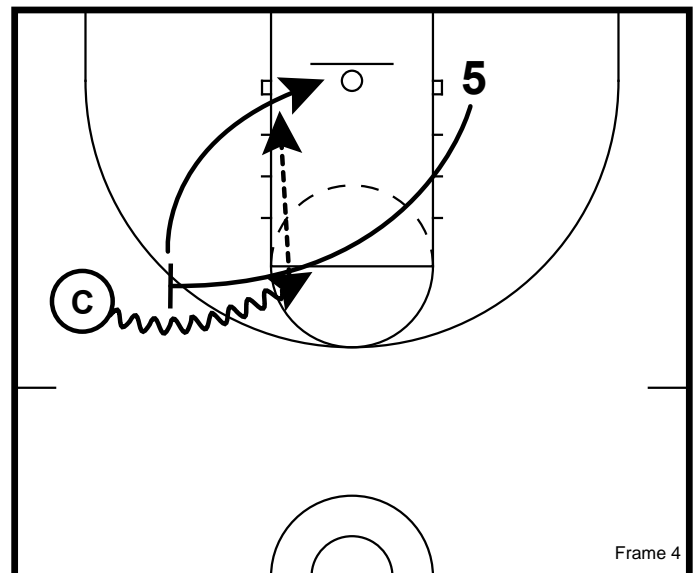


**Fist 2 / "52":** 5 sprints to screen, coach rubs shoulders, and 5 opens up for bounce pass.

All Contents Proprietary

## ballscreen, elbow flash, handoffs

10 mins: Can work with Guards and Posts or just posts



**Fist 3 / "53":** 5 sprints to screen, coach rubs shoulders, and 5 opens up for bounce pass.



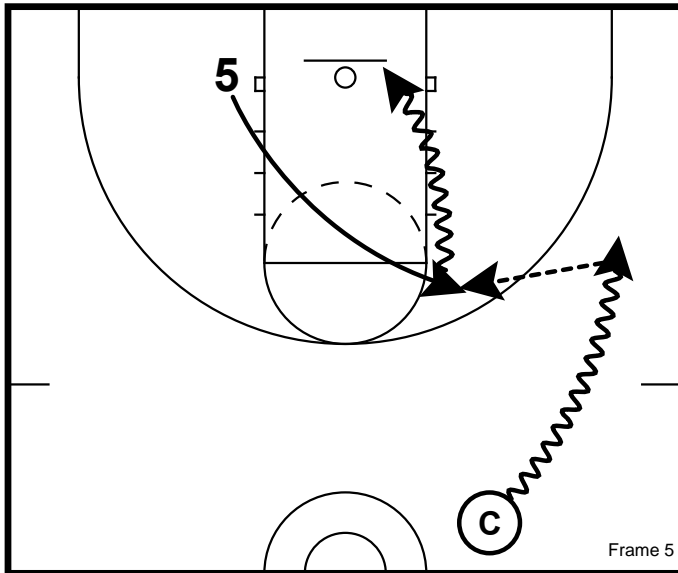
# Chapter 10: Post Breakdown Drills

## ballscreen, elbow flash, handoffs

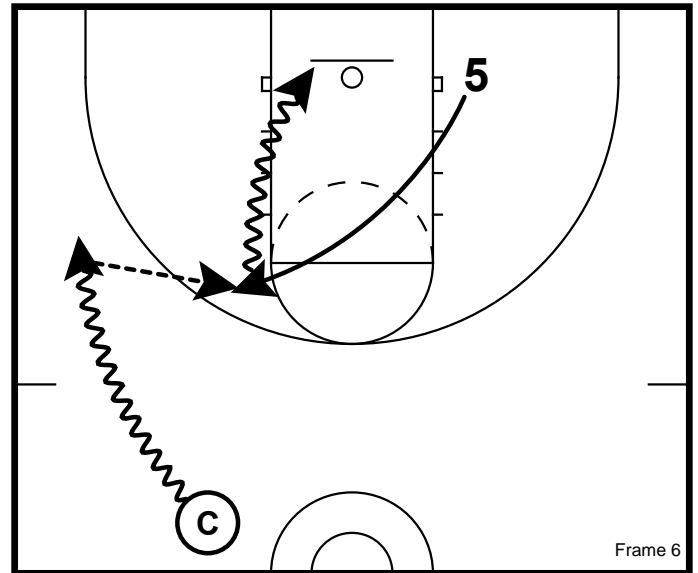
10 mins: Can work with Guards and Posts or just posts

## ballscreen, elbow flash, handoffs

10 mins: Can work with Guards and Posts or just posts



**Flash:** Coach dribbles to wing, 5 flashes to elbow. Post fakes 2 cutters (scissors) keeps it and finishes at rim.



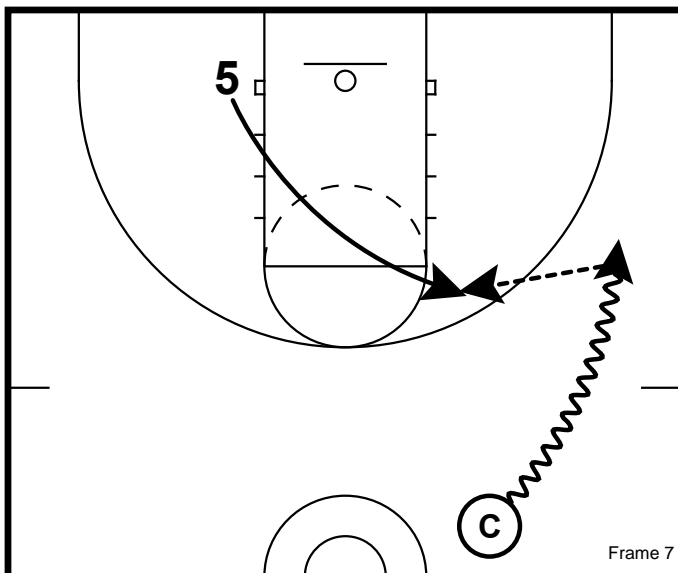
**Flash:** Coach dribbles to wing, 5 flashes to elbow. Post fakes 2 cutters (scissors) keeps it and finishes at rim.

## ballscreen, elbow flash, handoffs

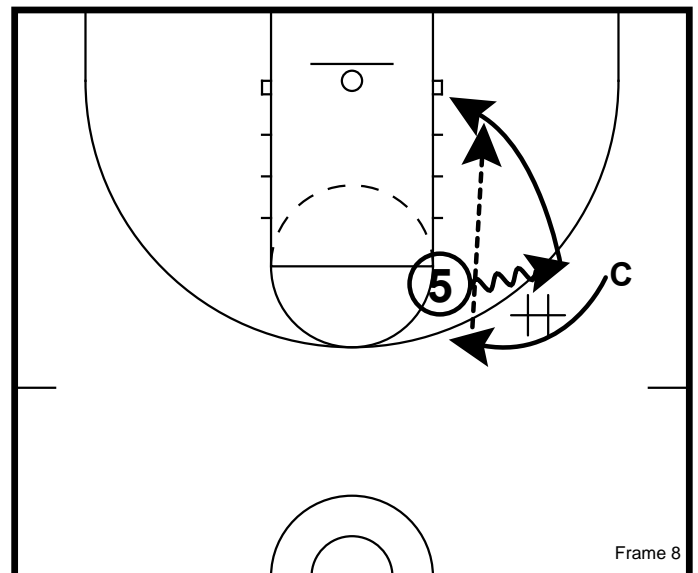
10 mins: Can work with Guards and Posts or just posts

## ballscreen, elbow flash, handoffs

10 mins: Can work with Guards and Posts or just posts



**Flash Handoff:** Coach dribbles to wing and enters to 5 flashing to elbow.



**Flash Handoff (cont):** 5 dribbles at coach, handing off, then rolling to rim

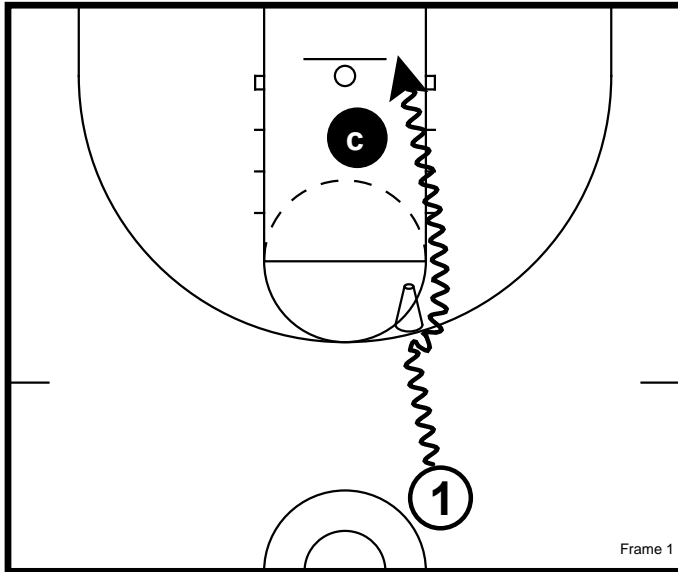
# Chapter 11: Individual Breakdown Drills

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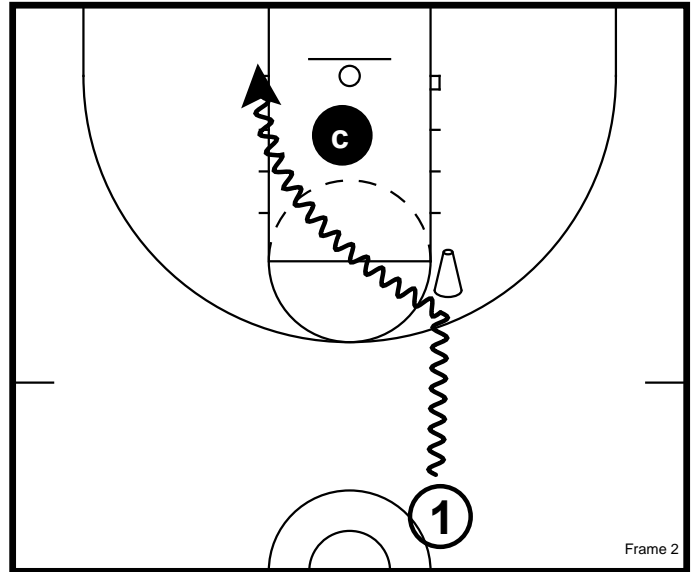
# Chapter 11: Individual Breakdown Drills

**Shooting - Lay up series**  
20 layups total



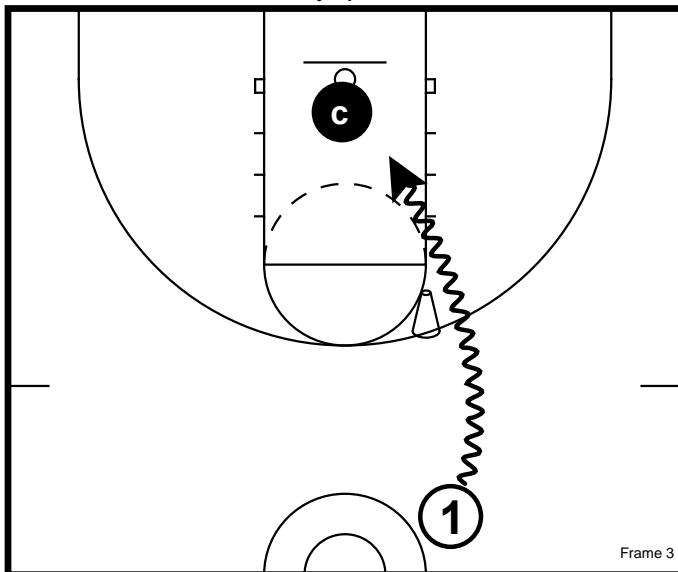
#1 & #2 Hesitation layups: 2-3 dribbles from half court, hesitate at 3 point line. Coach with pad can hit near rim. Each player explosion layup off 1 foot, and 1 power layup off 2 feet

**Shooting - Lay up series**  
20 layups total



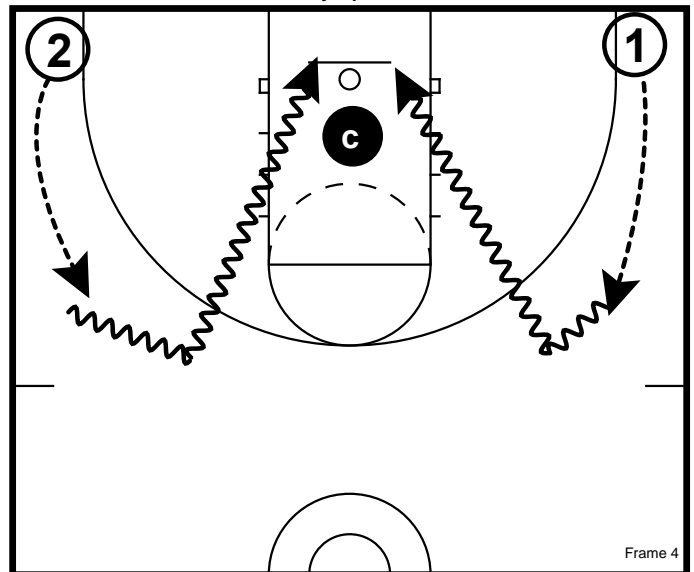
#3 & #4. Crossover layups: 2-3 dribbles, coach with pad. Make explosion layup, make power layup. change direction with cross over, between legs, or behind back

**Shooting - Lay up series**  
20 layups total



#5 Floater or Euro Step: 2-3 dribbles, finish with both hands. Coach with pad under rim  
#6-10 - Repeat the same 5 finishes with left hand

**Shooting - Lay up series**  
20 layups total

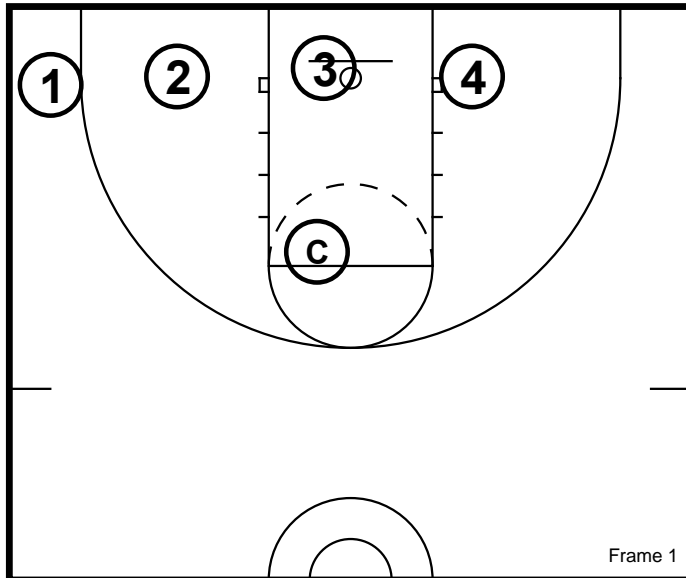


5 Layups from wing, repeat on each wing  
2 dribbles explosion  
2 dribble power layup  
2 dribble crossover explosion  
2 dribble crossover power  
2 dribble floater.

# Chapter 11: Individual Breakdown Drills

## ballhandling - Ballhandling Series

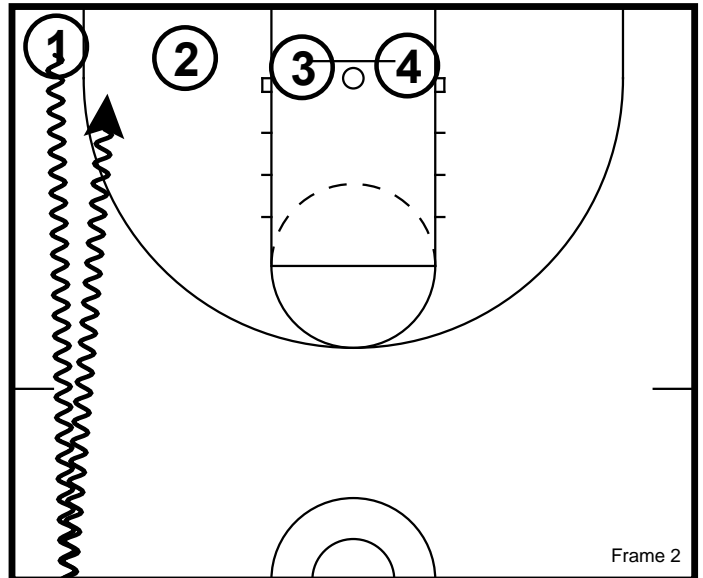
Choose 1 or 2 per workout



**Stationary Ball handling:** 15 ball slaps 15 "Pounds" with each hand 2 ball "pounds" - together, alternate, 2 high / 2 low 4. right leg / right hand only x5 left leg / left hand only x5 Figure 8's x5 Front to back and Side to side with each hand Behind the back

## ballhandling - Ballhandling Series

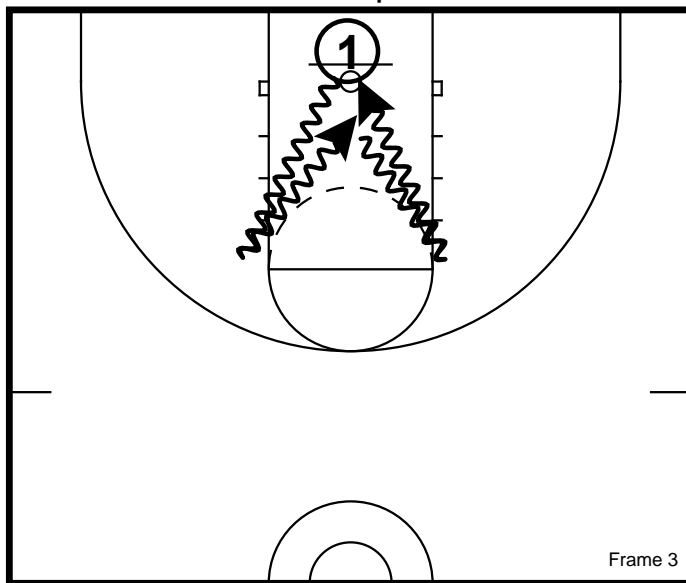
Choose 1 or 2 per workout



**2 Ball dribbling, half court and back:** 1. pound together, 2. alternate, 3. side ways slides, 4. backwards, 5 low and quick

## ballhandling - Ballhandling Series

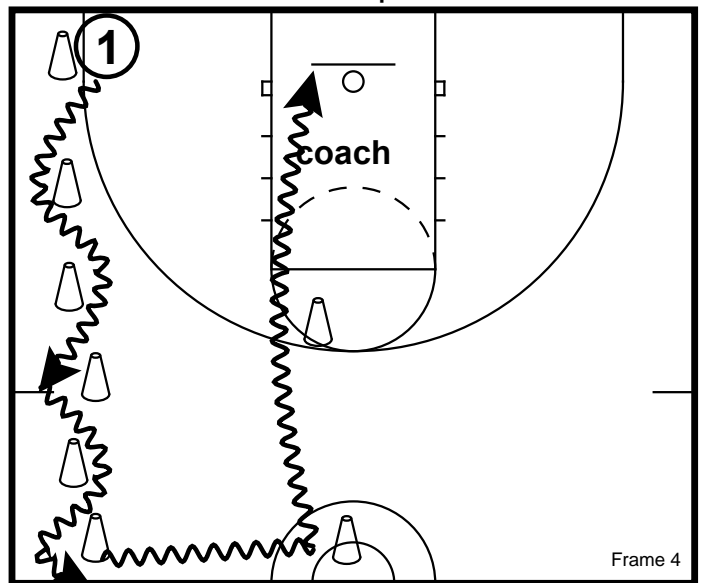
Choose 1 or 2 per workout



**Stockton dribbling:** Players start under basket and attack the elbow. They touch the elbow, then **backdribble** to rim and attack other elbow. Go for 30 seconds. Try and get 10 touches in 30 seconds. Use 1 ball, 2 balls, and heavy balls.

## ballhandling - Ballhandling Series

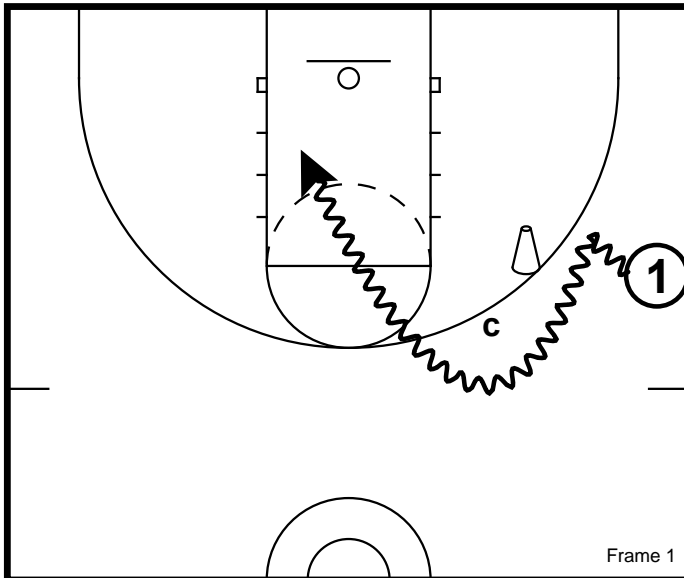
Choose 1 or 2 per workout



**Cone Dribbling:** 1. crossover, 2. between legs, 3. behind back, 4 and 5 in and out dribble. Weave, attack cones at halfcourt, then make dribble move vs coach with pad.

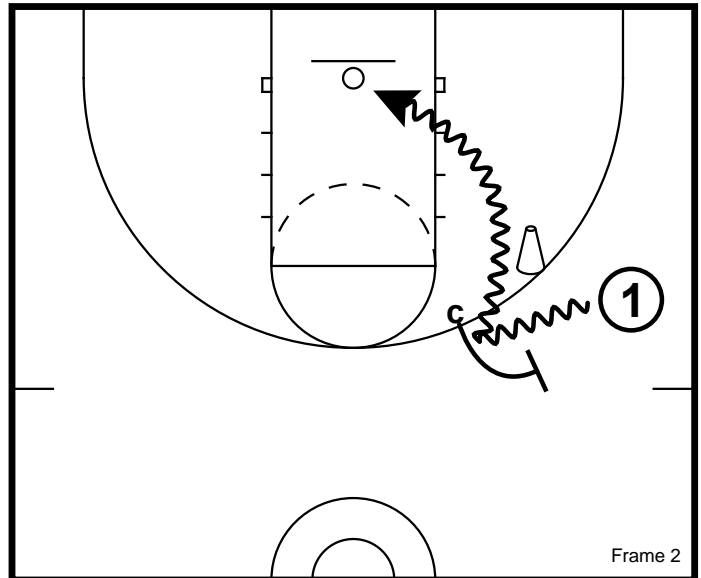
# Chapter 11: Individual Breakdown Drills

## shooting - Ball screen shooting 2 shots per move. switch spots



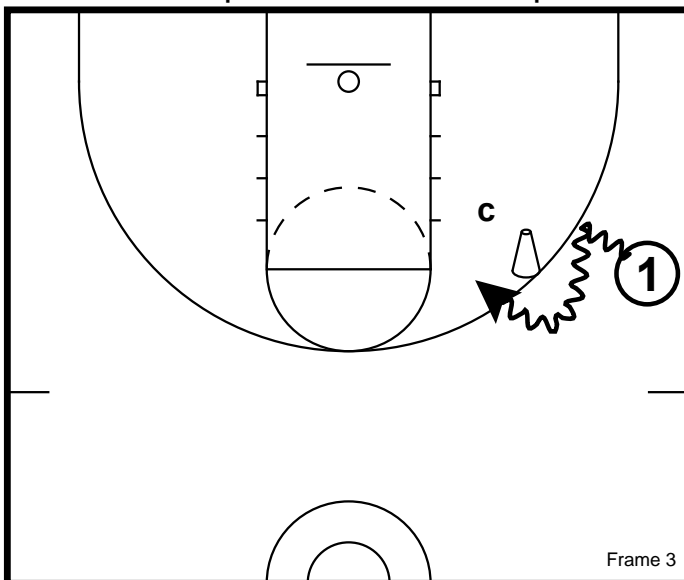
**1. Soft Hedge / swipe:** Coach / Defense shows soft and swipes, ballhandler races to the rim. Each player goes twice. Vary your finishes (jump shots, pullups, different finishing moves at rim). Set up screen with misdirection moves on bounce, or jab steps off the pass

## shooting - Ball screen shooting 2 shots per move. switch spots



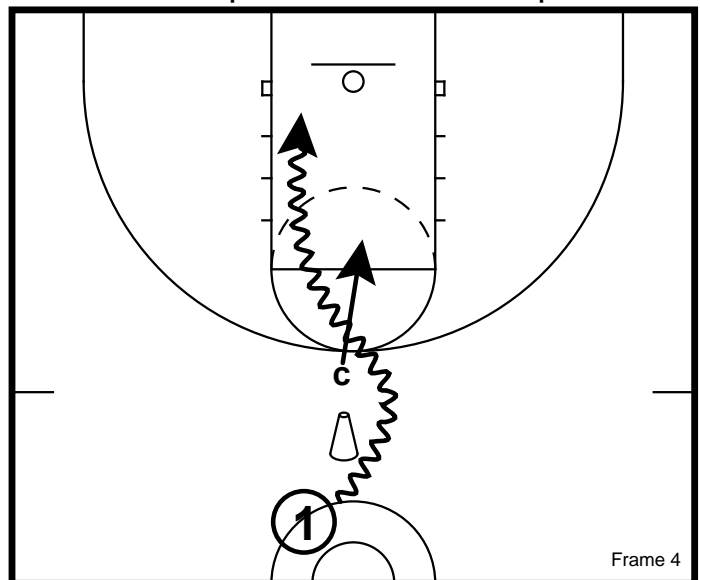
**2. Hard Hedge:** Coach / defender shows hard, ballhandler will split the defenders with a cross over dribble and keep the defender on the back. Vary finishing moves with jumpers and finishes with contact

## shooting - Ball screen shooting 2 shots per move. switch spots



**3. Under Screen:** defender / coach goes under the screen. Ballhandler takes pull up jumper. Vary your finishes, set up screen with jab or dribble move

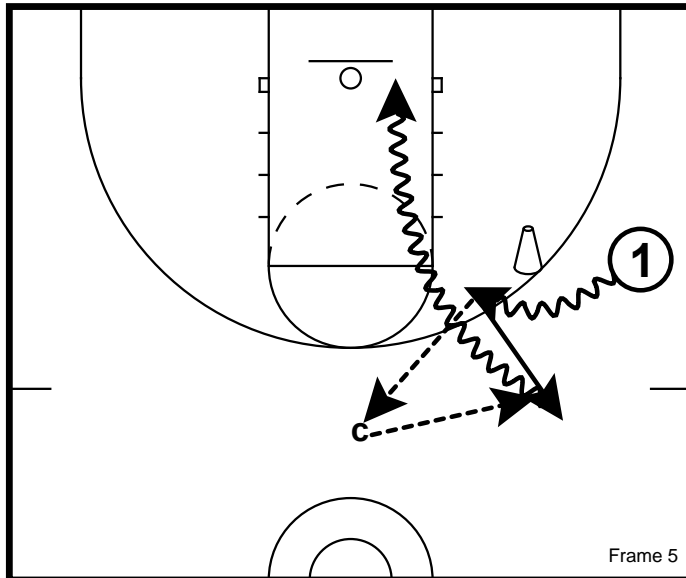
## shooting - Ball screen shooting 2 shots per move. switch spots



**UNDER** the high ball screen = RESCREEN and finish at rim.

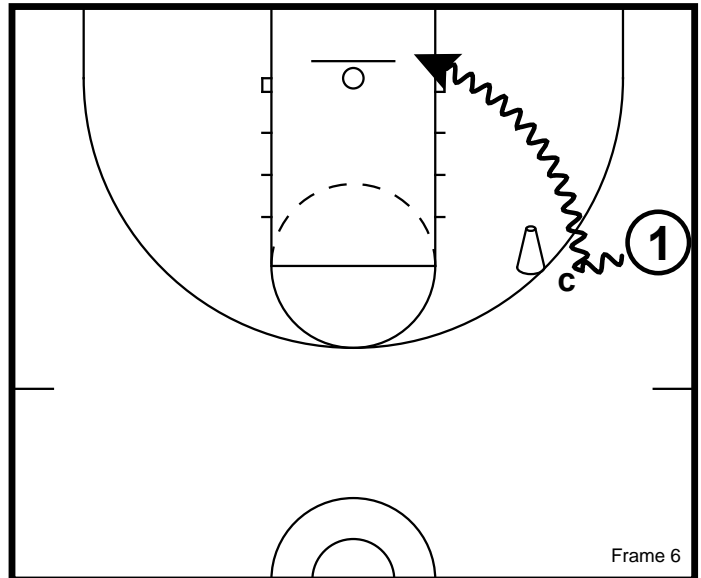
# Chapter 11: Individual Breakdown Drills

## shooting - Ball screen shooting 2 shots per move. switch spots



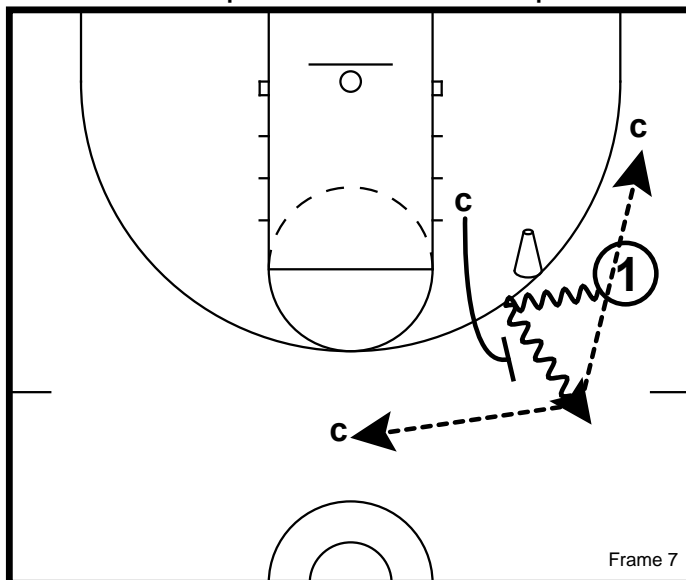
**4. Switch:** Defender / coach switches on screen. **ballhandler passes, steps back to get the pass back, and looks to attack the switch.** vary your finishes, set up the screen.

## shooting - Ball screen shooting 2 shots per move. switch spots



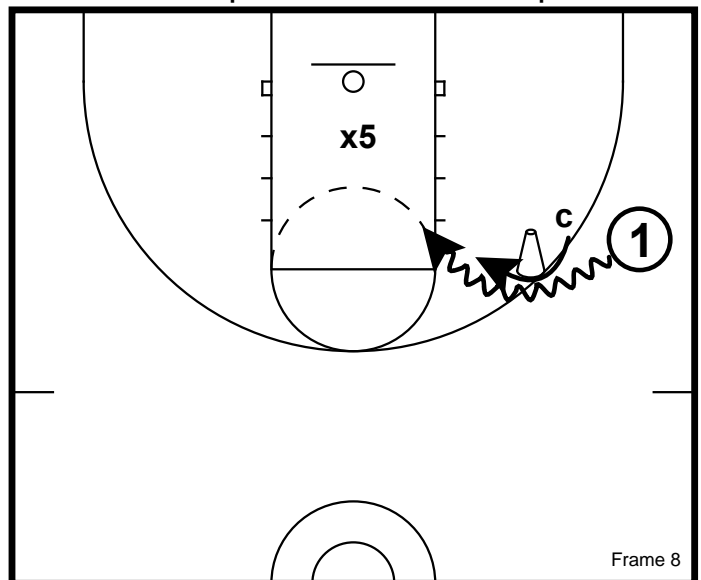
**5. Turn Down:** Coach / defender forces the ballhandler to turn down or refuse the ball screen. **Ballhandler crosses and finishes with jumpers and different finishes at the rim.**

## shooting - Ball screen shooting 2 shots per move. switch spots



**6. Double team / Blitz:** Coach / defender double teams the pick and roll. **ballhandler uses a retreat / pullback dribble and passes to coach.** Coach can also incorporate slips

## shooting - Ball screen shooting 2 shots per move. switch spots

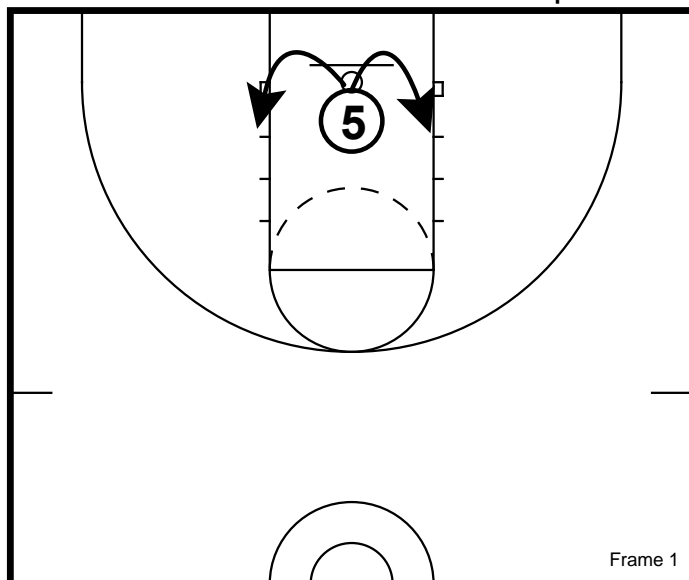


**Defender Drops:** defense fights over screen, and screeners man drops and stays in paint. Ballhandler must keep coach on his back and attack the basket. Use pullups, jumpstop headfakes

# Chapter 11: Individual Breakdown Drills

## Post Player Series

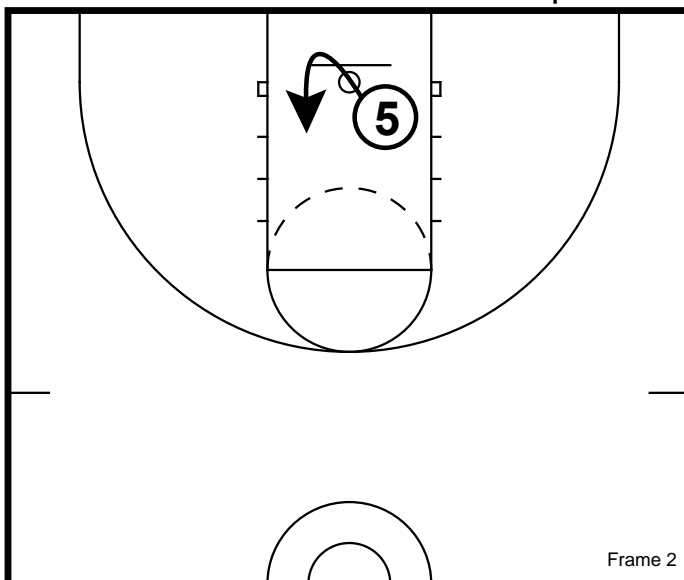
5 makes or 10 shots each spot



**1. MIKAN DRILL:** Post player keeps ball high throughout the drill. The ball does not drop below his shoulders and he wants to keep the ball above his head. Do the drill for 30 seconds, then do reverse mikans

## Post Player Series

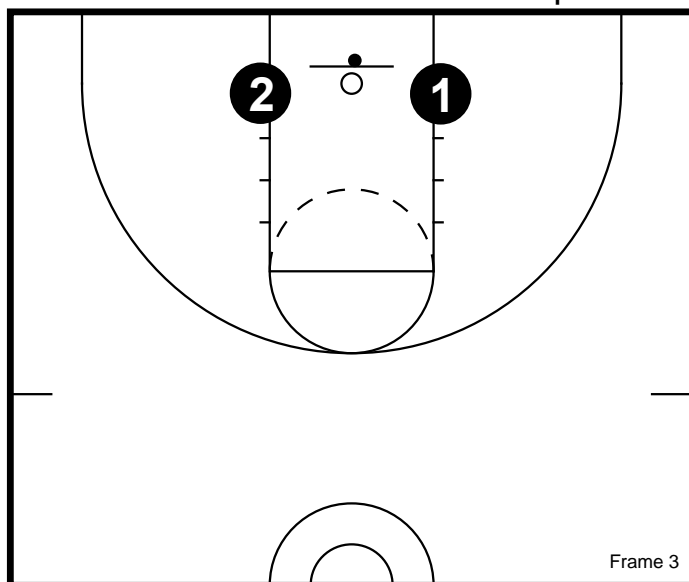
5 makes or 10 shots each spot



**2. Back board TAPS:** Post player taps the ball against the glass 3 times with his right hand then taps the ball across. He then taps ball with his left hand 3 times and across on 4th tap. He does drill for 30 seconds

## Post Player Series

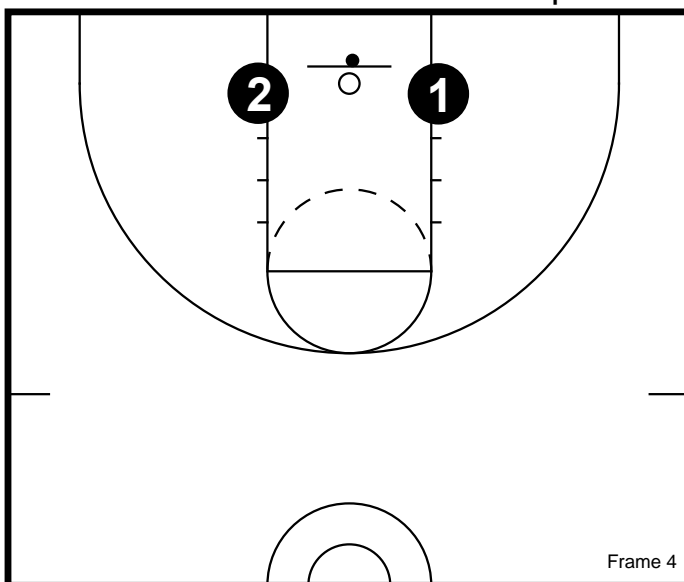
5 makes or 10 shots each spot



**3. Drop Step:** Each player will start under the basket, toss ball and catch it strong on the block. They will make 5 shots / or take 10 shots at each spot.

## Post Player Series

5 makes or 10 shots each spot

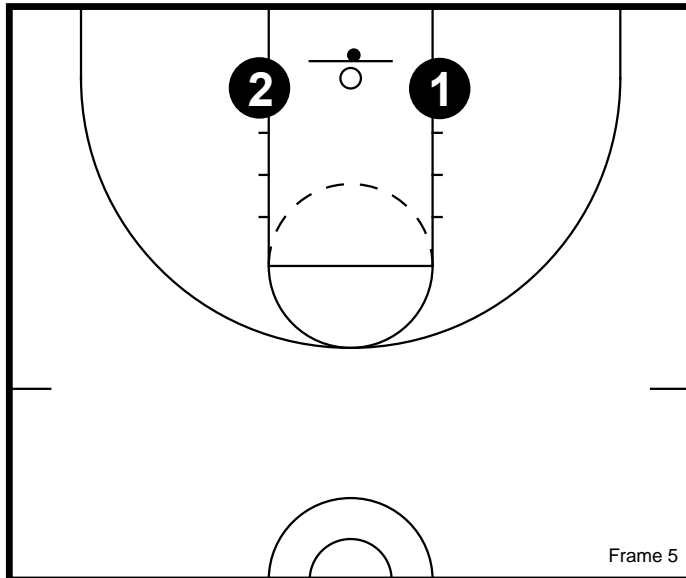


**4. Shot fake and drop step:** Each player will start under the basket, toss ball and catch it strong on the block. They will make 5 shots / or take 10 shots at each spot.

# Chapter 11: Individual Breakdown Drills

## Post Player Series

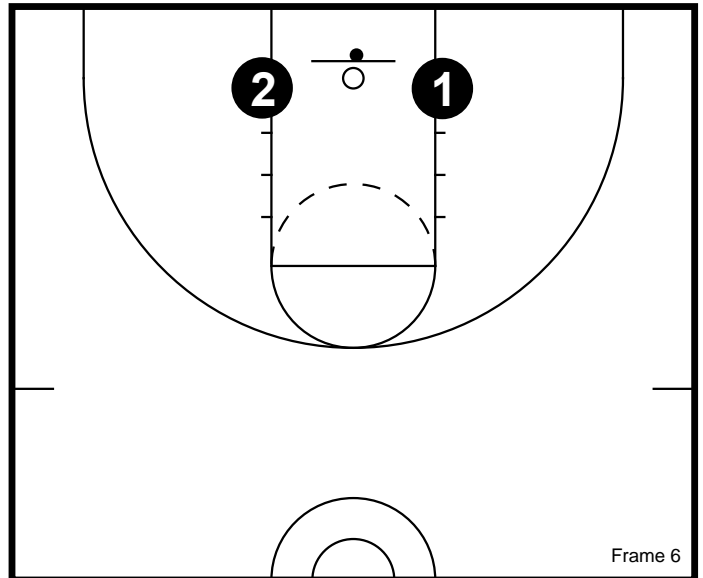
5 makes or 10 shots each spot



**5. Jump Hook Middle:** Each player will start under the basket, toss ball and catch it strong on the block. They will make 5 shots / or take 10 shots at each spot.

## Post Player Series

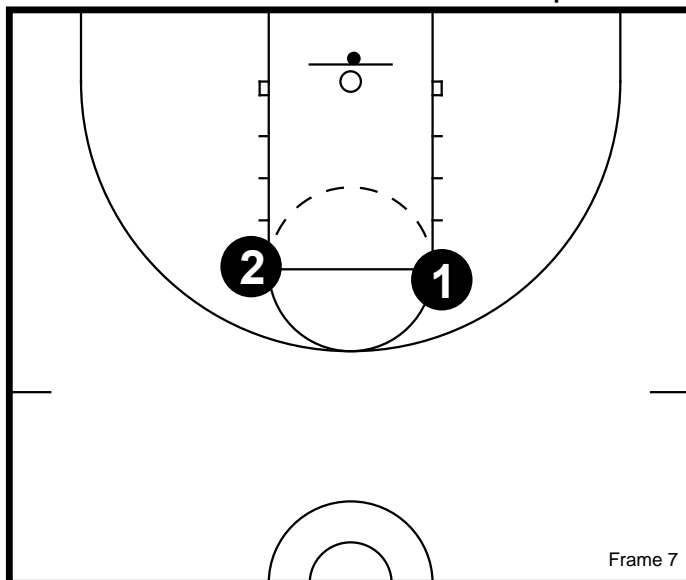
5 makes or 10 shots each spot



**6. reverse pivot, attack rim:** Each player will start under the basket, toss ball and catch it strong on the block. They will make 5 shots / or take 10 shots at each spot.

## Post Player Series

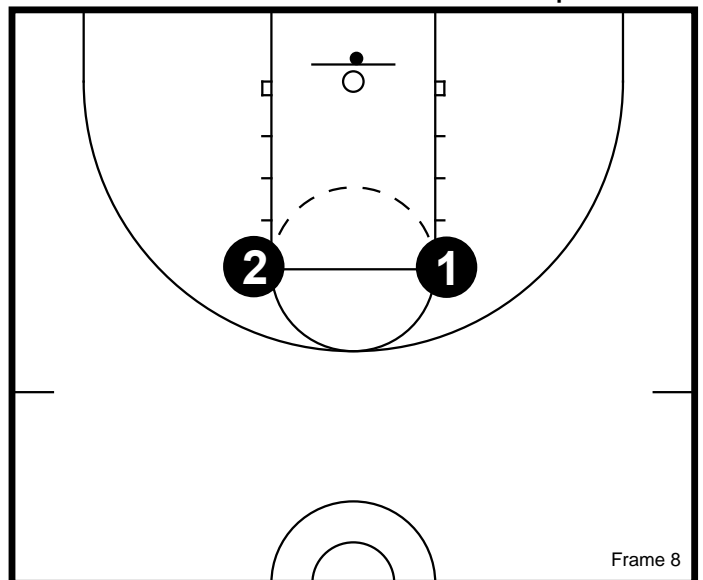
5 makes or 10 shots each spot



**7. Elbow, catch, face and drive:** Each player will start under the basket, toss ball and catch it on the elbow. They will make 5 shots / or take 10 shots at each spot.

## Post Player Series

5 makes or 10 shots each spot



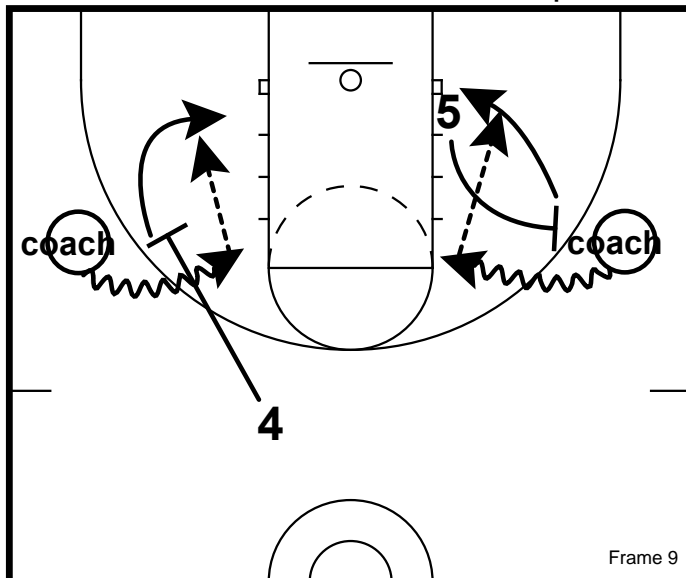
**8. Elbow, catch, face and shoot:** Each player will start under the basket, toss ball and catch it on the elbow. They will make 5 shots / or take 10 shots at each spot.



# Chapter 11: Individual Breakdown Drills

## Post Player Series

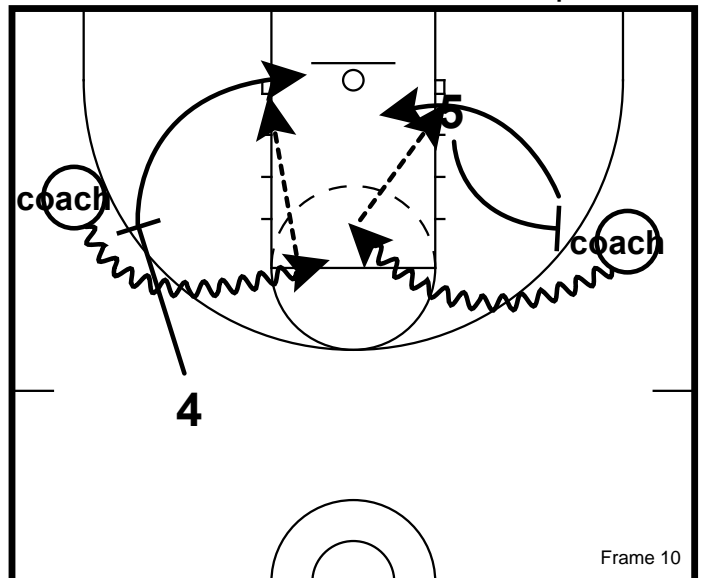
5 makes or 10 shots each spot



**9. Ball screen and Roll** - coach / partner takes 1 -2 dribbles and hits post with variety of passes on the roll - low, high, bounce. Work both sides of court

## Post Player Series

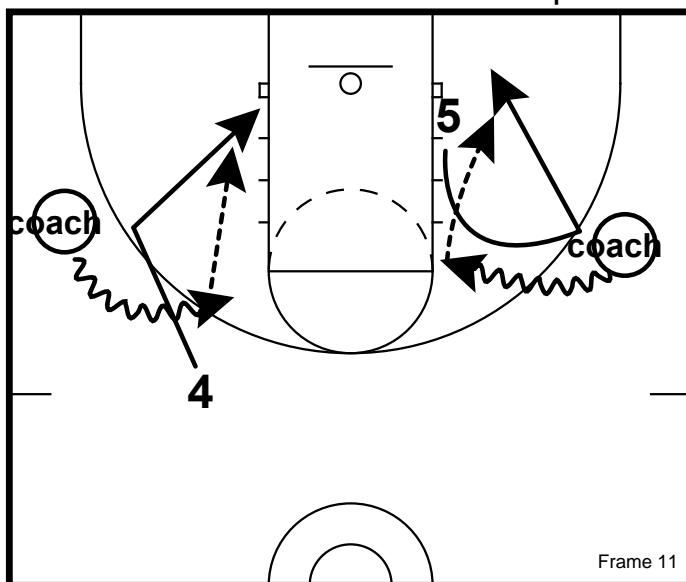
5 makes or 10 shots each spot



**10. ball screen and roll late** - Coach / partner takes 2 - 3 dribbles and hits post on a late roll with variety of passes. Work both sides of court

## Post Player Series

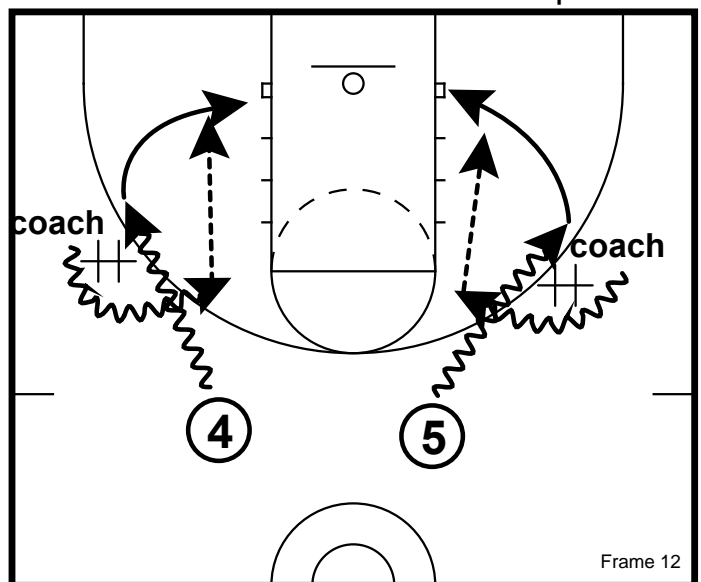
5 makes or 10 shots each spot



**11. Ball screen and slip the screen:** post looks to slip the screen by sprinting to ball, jump stop, then cut hard to rim. Coach hits post with different passes. Switch sides / angles.

## Post Player Series

5 makes or 10 shots each spot



**12. dribble handoff:** post dribbles at guard on the reversal, handoff to coach, then makes contact and rolls. Coach hits post with variety of passes

# Chapter 12: Team Transition and Shooting Drills

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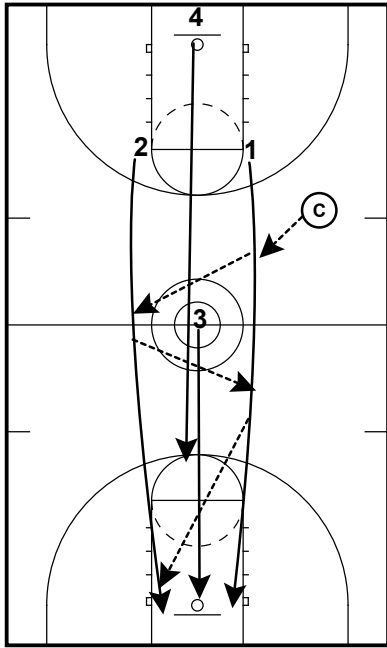
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1.4	"55 Attack"	6
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# Chapter 12: Team Transition and Shooting Drills

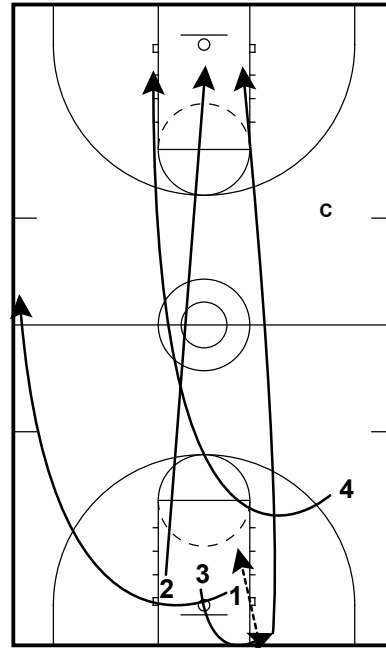
**"22 attack"**  
full court 4 player drill



Frame 1

Full court 2 on 1 with a trailer. 1 and 2 on offense, 3 and 4 are on defense. No outside shots, must be layups

**"22 attack"**  
full court 4 player drill

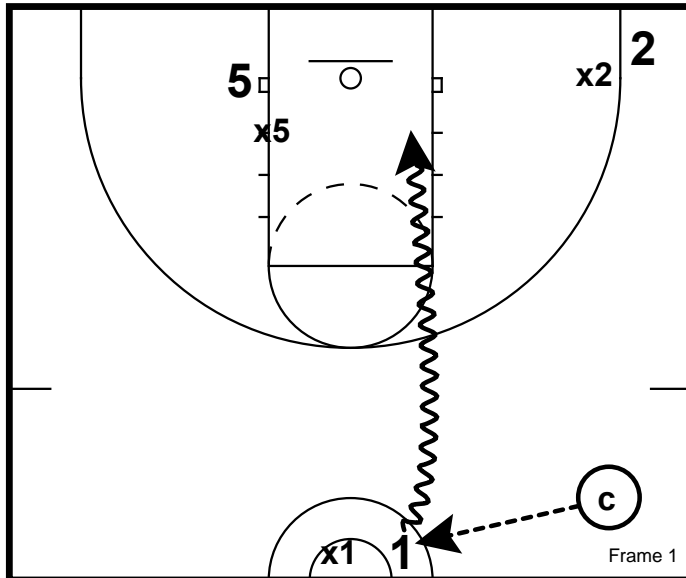


Frame 2

On the make 1 and 2 try to deny 4 the ball. On the inbounds pass, play is live and it is full court 2 on 2. Keep score, validate, and loser runs

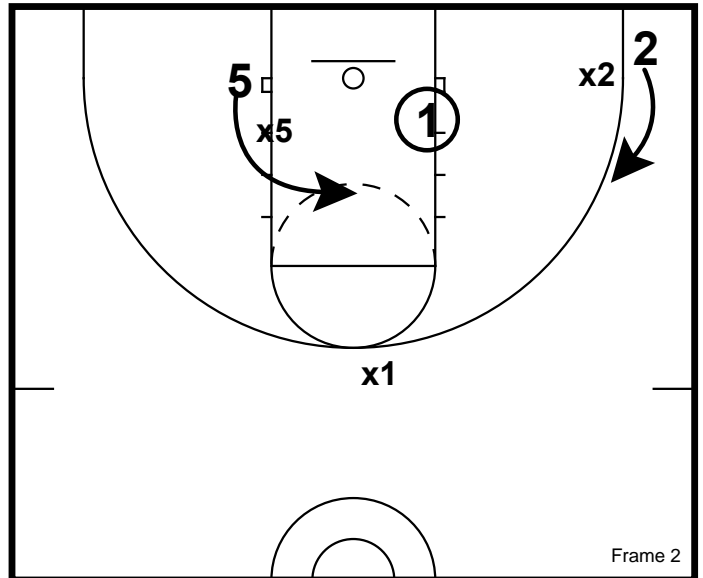
# Chapter 12: Team Transition and Shooting Drills

**"33 Attack"**  
dribble drive reads



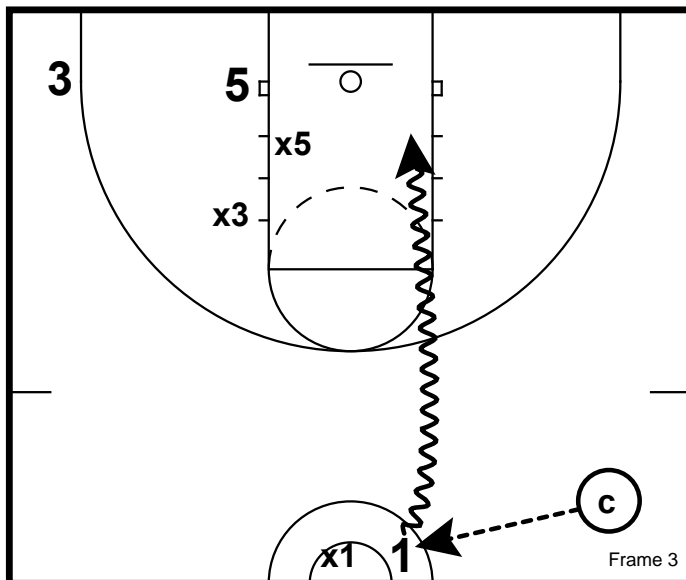
3 on 3 with Dribble Drive reads. Coach starts with ball and passes to 1 who is sprinting. 1 gets ball, runs through the circle and attacks the basket. x1 cannot leave until he touches PG in the circle.

**"33 Attack"**  
dribble drive reads



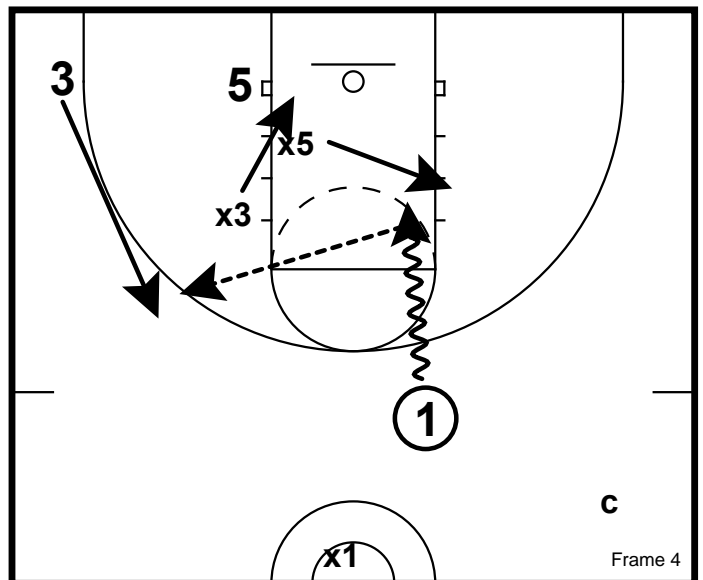
**1 must make the correct read.** no help = layup, x5 stops = dump off, x2 helps = pass and fill corner. x1 stops = jumpstop at elbow and loop

**"33 Attack"**  
dribble drive reads



5, 1, and 3 man. Working on weakside reads.

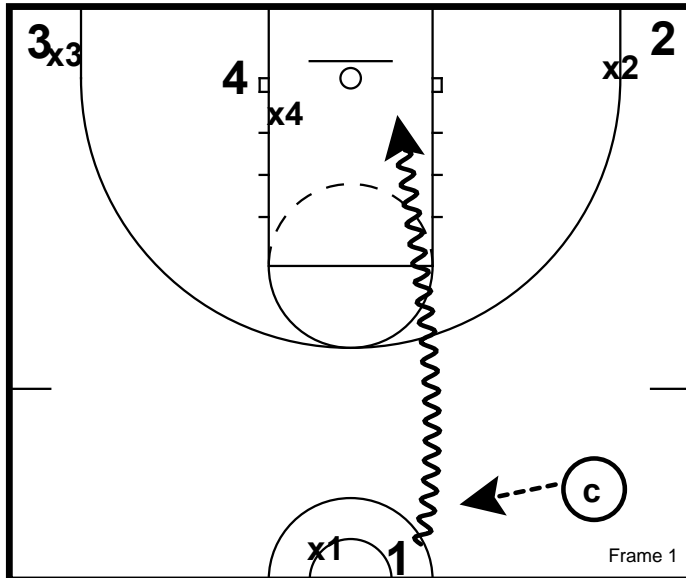
**"33 Attack"**  
dribble drive reads



x5 stops 1, 3 rotates down. 3 must find the "open window" and looks to attack or shoot

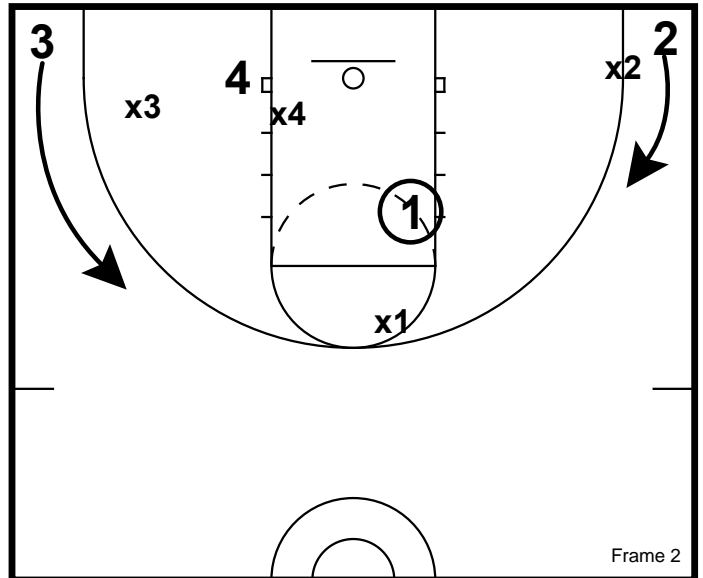
# Chapter 12: Team Transition and Shooting Drills

**"44 Attack"**  
Dribble drive reads



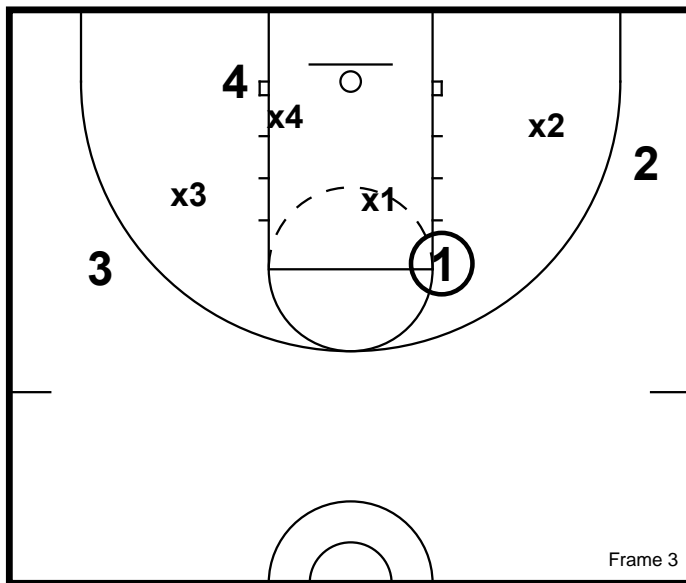
Same concept at "33 attack". 1 sprints and receives pass at full speed from the coach. He looks the defender in the eyes and dribbles through the circle. The defender must touch the ballhandler before he can leave

**"44 Attack"**  
Dribble drive reads



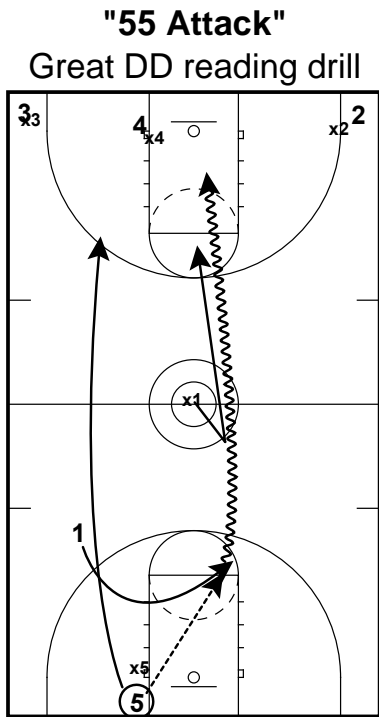
Driver (1) must make the correct read. Pass to post (4), kick out to wing (2), or skip to weakside wing (3). All the dribble drive rules are followed

**"44 Attack"**  
Dribble drive reads



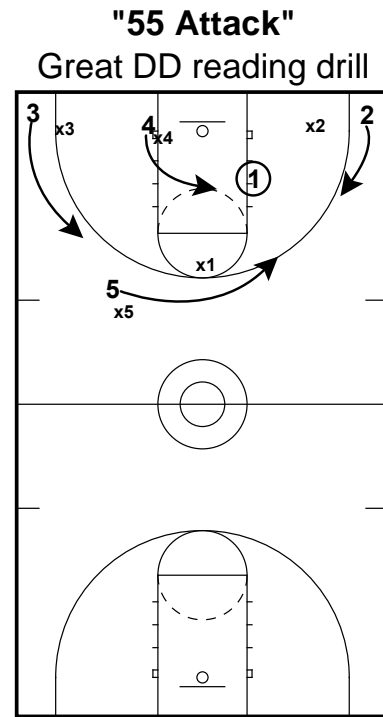
If no layup or drop pass, 1 either skips to 3 or , loops to 2. 1 then passes and fills corner

# Chapter 12: Team Transition and Shooting Drills



Frame 1

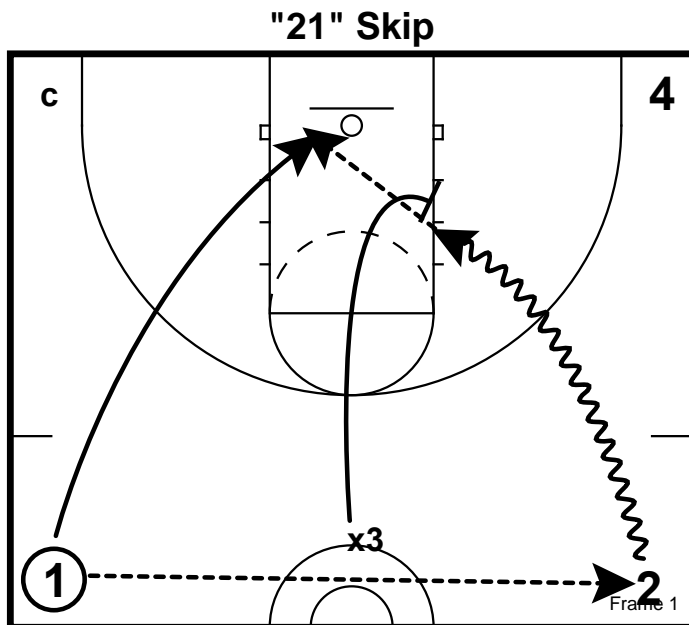
Same principles of "44 attack". 5 inbounds to 1 "looping" to the middle. 1 must run through the circle and get touched by the defender (x1). x5 plays the inbounder (5) then sprints down the court. Trail man (5) runs to the opposite midpoint



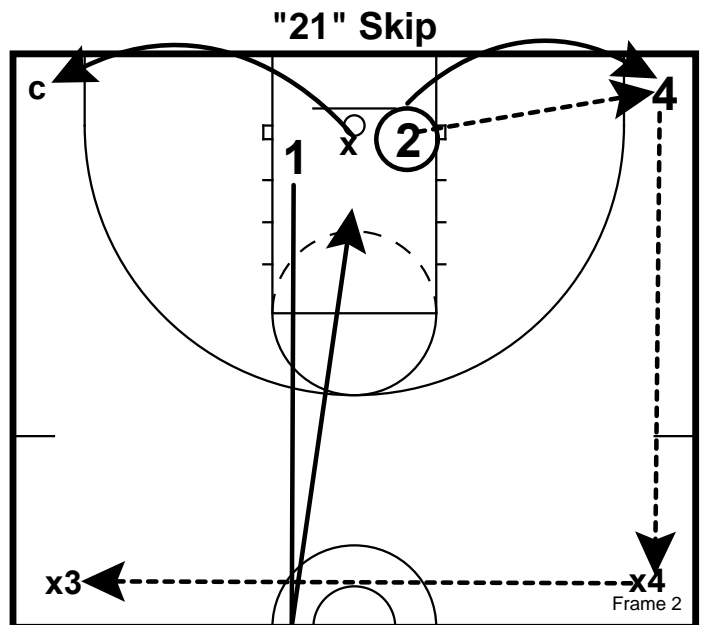
Frame 2

Driver (1) must make the correct read. pass to post (4), kick out to wing (2), skip to weakside wing (3), or kick out to trail making a "euro" (5). All players must read the drive

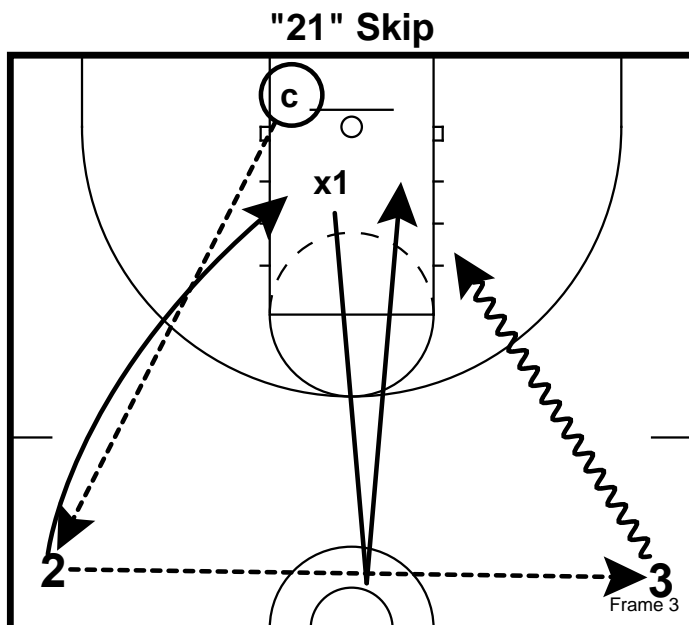
# Chapter 12: Team Transition and Shooting Drills



1 on 2 start at half court and the drill starts with 2 hand overhand skip pass. On the skip 1 and 2 attack the defender. The defender again wants to get outside the lane to stop the drive.



Shooter (1) goes to defense and must touch half court. defender and passer (2) get rebound and outlet to 3 or 4 quick. 3 and 4 skip to next to offensive players in line. x4 and x3 are on offense. Get the outlets passes out quick so the defense works hard.



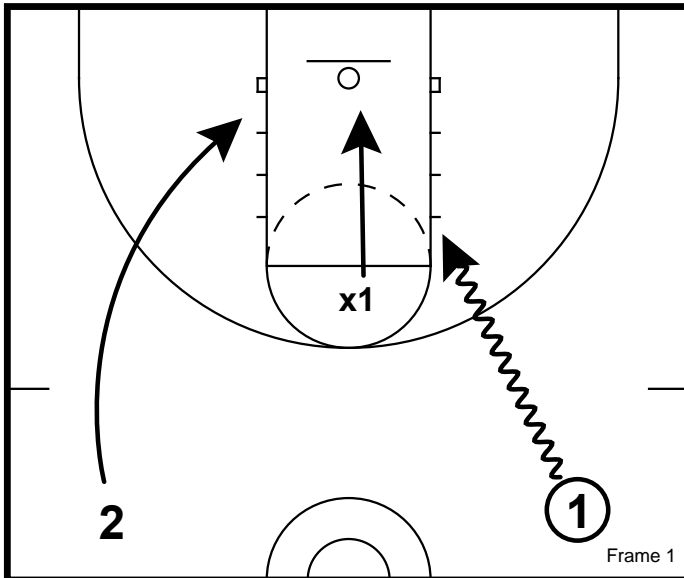
**3 Player version:** Same principles: coach throws pass to 2. 2 throws overhead pass to 3 (who cannot leave early). 1 must touch spot on floor and get back.



# Chapter 12: Team Transition and Shooting Drills

## advantage drills

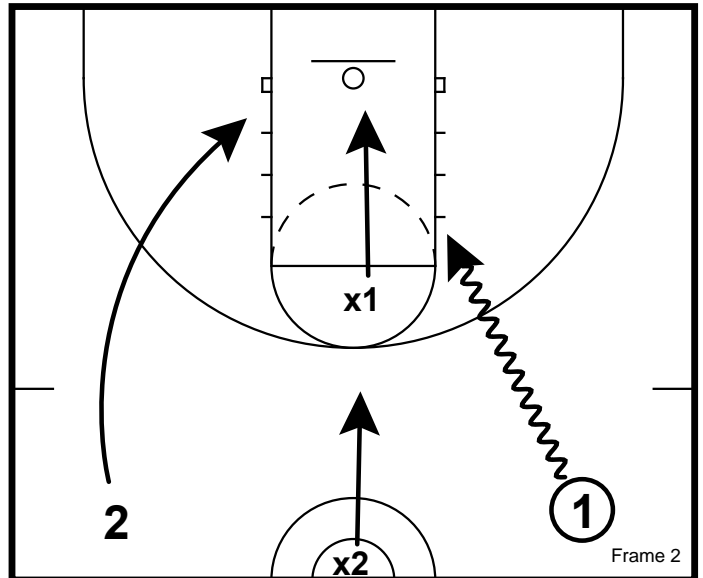
### half court transition fundamentals



**2 on 1:** Offense allowed 1 pass. No defender in way = rim finish. Defense in way = pass. Defense - no layups, force outside shot.

## advantage drills

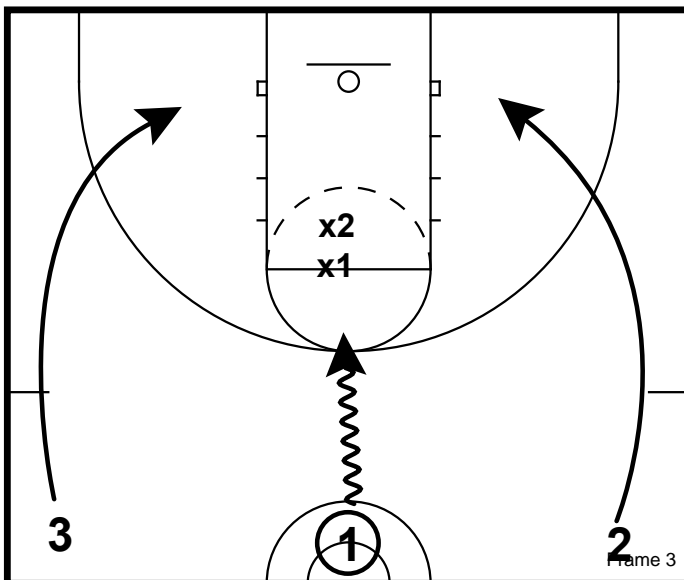
### half court transition fundamentals



**2 on 1 + 1:** Offense allowed 1 pass. No defender in way = rim finish. Defense in way = pass. Defense - no layups, force outside shot.

## advantage drills

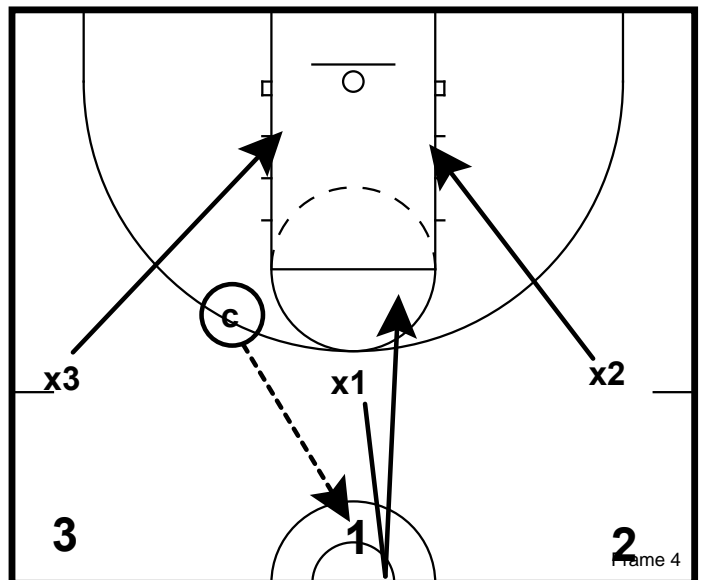
### half court transition fundamentals



**3 on 2:** Only allowed 2 passes on offense. Offense find create a 2 on 1 situation. Defense - no layups, force outside shot. Call ball and first pass

## advantage drills

### half court transition fundamentals

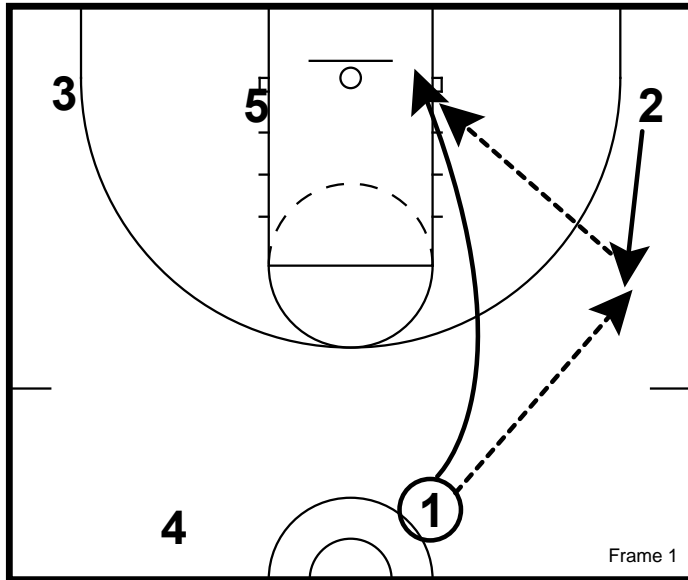


**3 man rush or 3 on 2 + 1:** Coach passes to 1, 2 or 3. Whoever gets passed to, must touch half court. becomes 3 on 2 + 1.

# Chapter 12: Team Transition and Shooting Drills

## Fastbreak Cycle

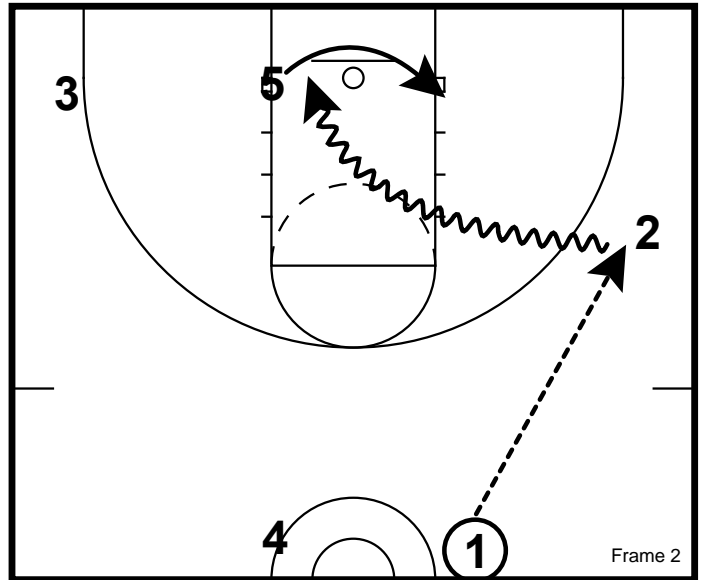
all 5 players get shot, 5 trips, 4 inbouncer, 5 rim runner



1. **Basket cut:** Give and go with 1 and 2

## Fastbreak Cycle

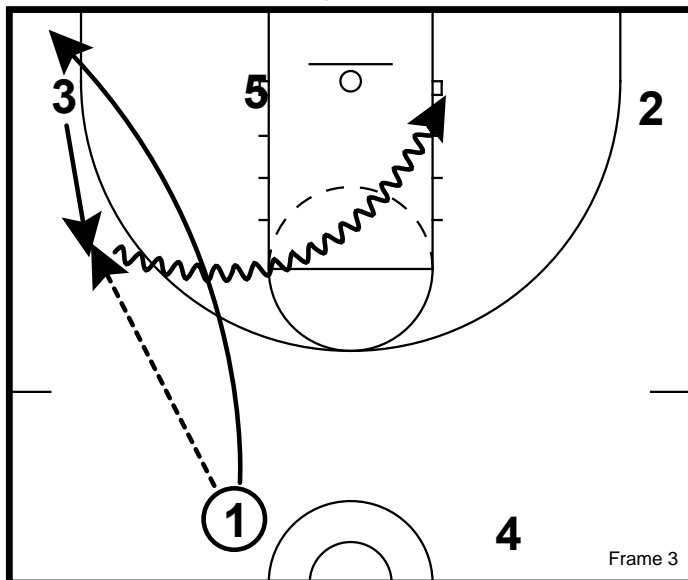
all 5 players get shot, 5 trips, 4 inbouncer, 5 rim runner



2. **Loop 2:** 2 drives middle (s gap), 5 relocates

## Fastbreak Cycle

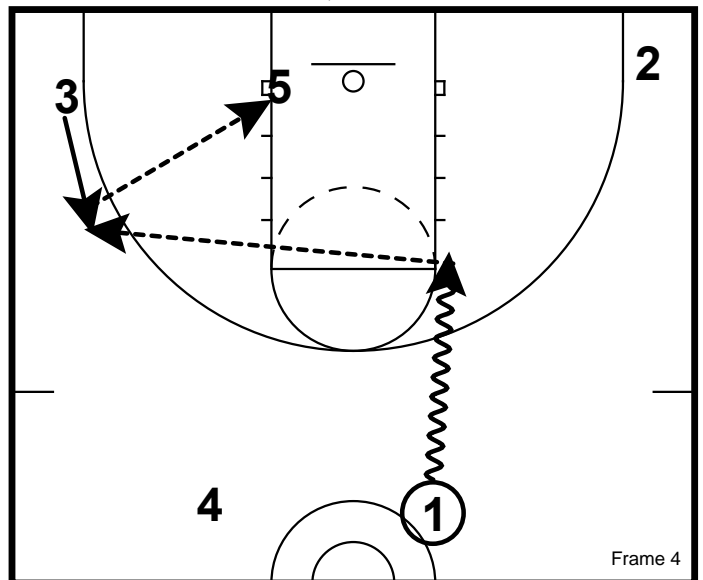
all 5 players get shot, 5 trips, 4 inbouncer, 5 rim runner



3. **Loop 3:** 1 and 3 execute a loop, and 3 drives middle and finishes at rim

## Fastbreak Cycle

all 5 players get shot, 5 trips, 4 inbouncer, 5 rim runner

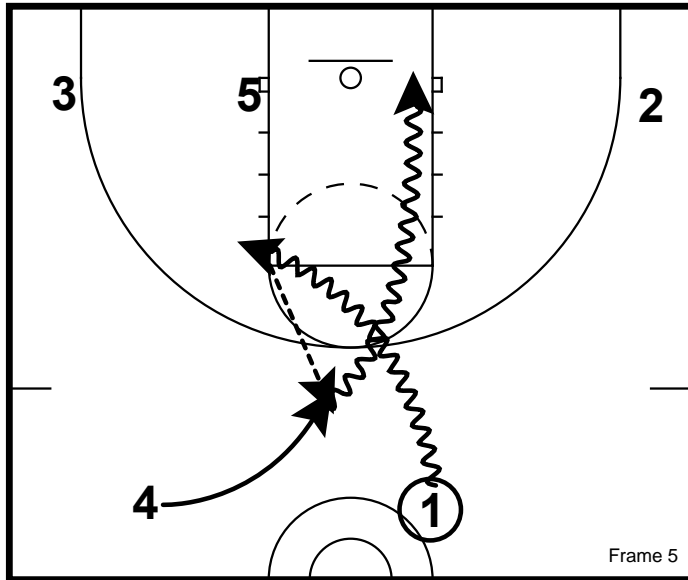


4. **Skip:** 1 attacks and skips to 3, on the skip 5 ducks in and we feed the post

# Chapter 12: Team Transition and Shooting Drills

## Fastbreak Cycle

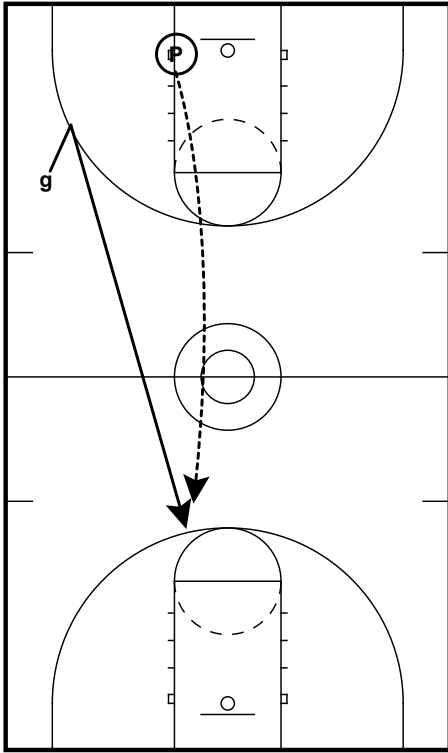
all 5 players get shot, 5 trips, 4 inbouncer, 5 rim runner



5. Pitch: 1 attacks nail and pitches to 4 who finishes at rim.

# Chapter 12: Team Transition and Shooting Drills

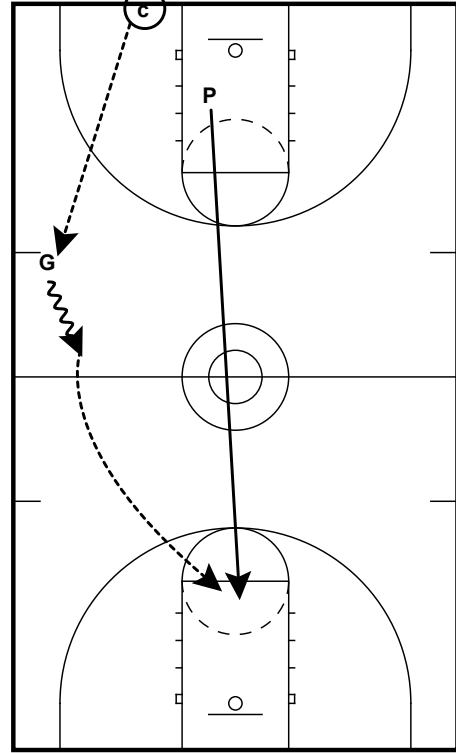
## Fastbreak (Kevin Love) Shooting



Frame 1

**1. Kevin Love Outlet** - throw ahead to guard for lay up

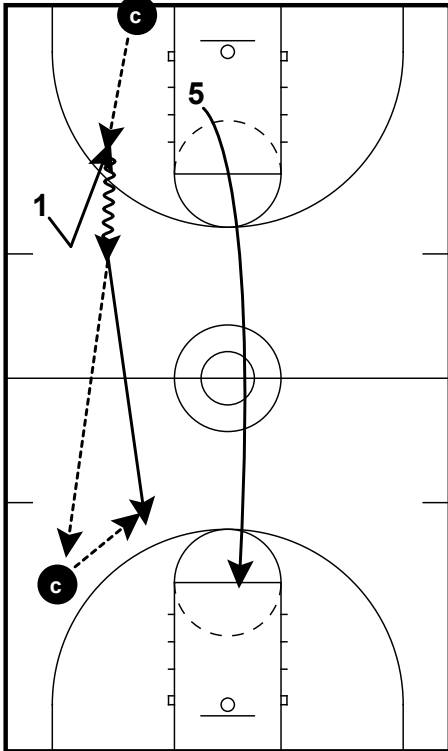
## Fastbreak (Kevin Love) Shooting



Frame 2

**2. Rim run:** Coach inbounds to guard, guard hits post on rim run.

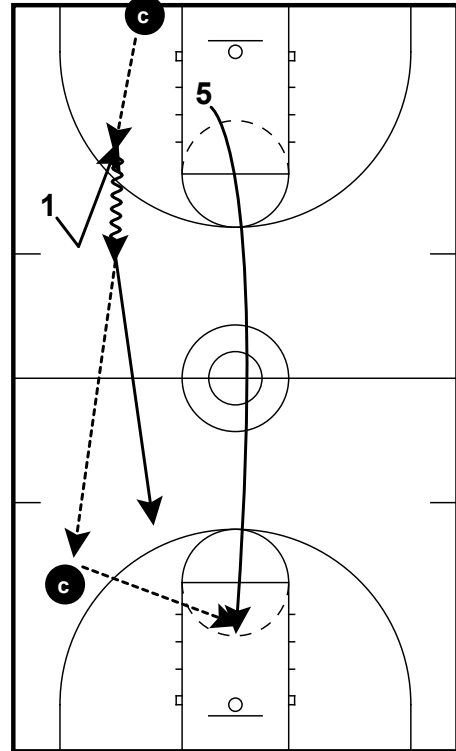
## Fastbreak (Kevin Love) Shooting



Frame 3

**3. Throw ahead to coach, guard shoots**

## Fastbreak (Kevin Love) Shooting

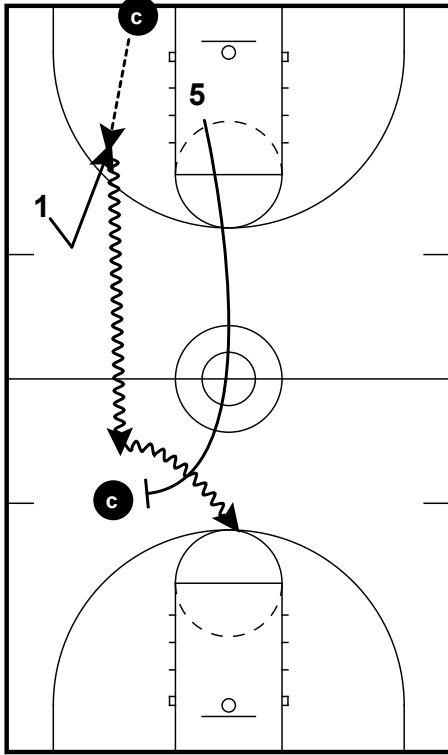


Frame 4

**4. Throw ahead to coach, post scores on rim run**

# Chapter 12: Team Transition and Shooting Drills

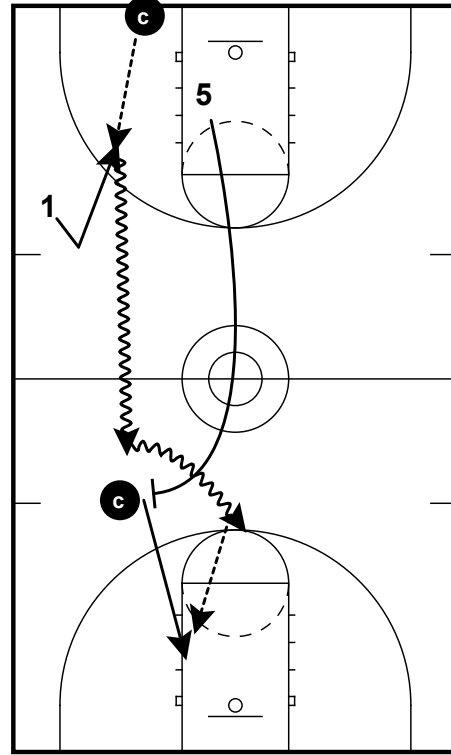
## Fastbreak (Kevin Love) Shooting



Frame 5

**5. Drag screen.** Guard scores

## Fastbreak (Kevin Love) Shooting

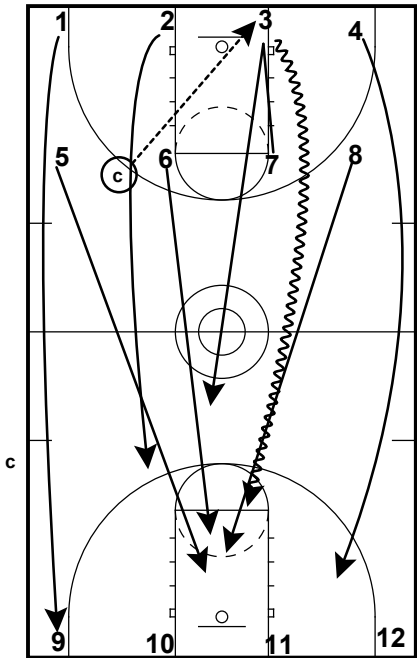


Frame 6

**6. Drag screen.** post scores

# Chapter 12: Team Transition and Shooting Drills

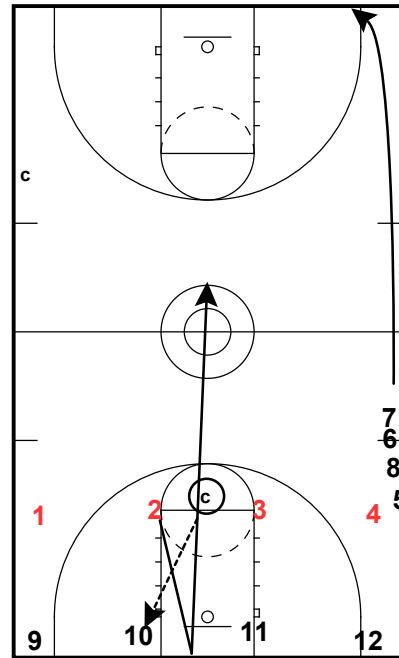
**4 man rush**  
4 on 3 transition with trailer



Frame 1

Same concept as 3 man rush. Make 3 teams. Whoever the coach throws the ball to, their man must touch the baseline and is now the trailer. Defense must sprint to the paint, stop the ball, and not give up layups.

**4 man rush**  
4 on 3 transition with trailer

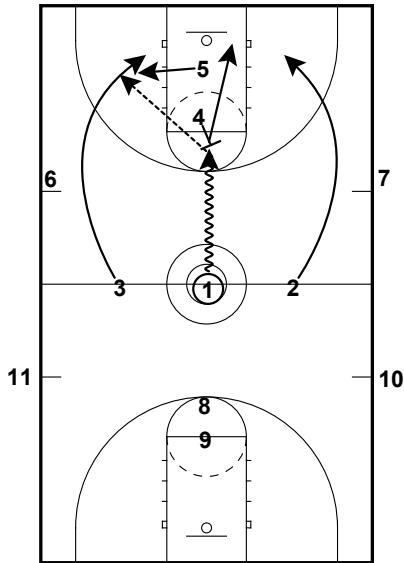


Frame 2

Offense to Defense, Defense jogs to other end. The coach throws the ball in and the defender touches the baseline. Again, great conditioner, gets players talking, emphasizes attacking the rim and stopping the ball.

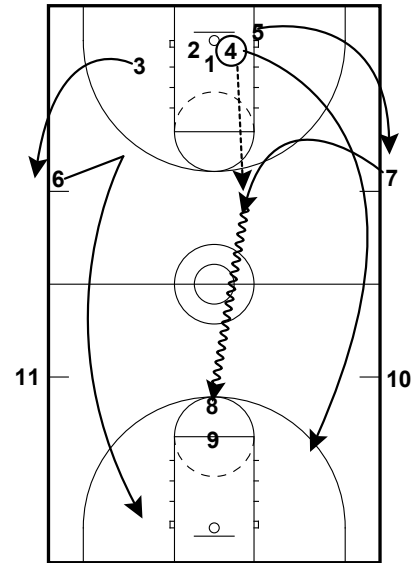
# Chapter 12: Team Transition and Shooting Drills

## 11 man break Continuous 3 on 2



Frame 1

## 11 man break Continuous 3 on 2



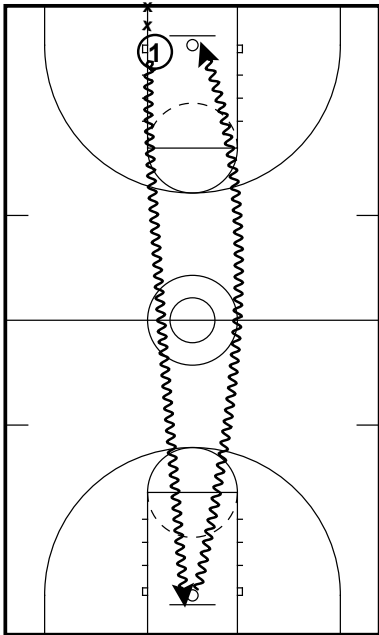
Frame 2

**Continuous 3 on 2 fastbreak.** 1, 2, 3 attack 4 and 5. 4 calls out "ball", 5 calls 1st pass. 4 stops ball then drops to stop the cross court pass.

4 gets the rebound and outlets to 7. 4 then fills the lane. 4, 6, and 7 attack 8 and 9. 1 and 2 are on defense, 3 and 5 fill the outlet positions. **Each player keeps their own score. 1 point for a make, assist, and rebound. -1 for turnovers.**

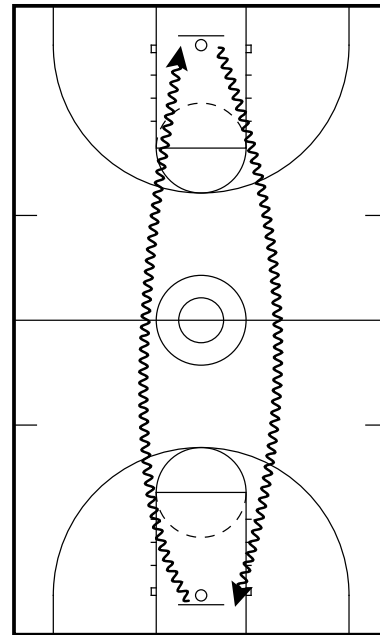
# Chapter 12: Team Transition and Shooting Drills

#1 Perfection



Frame 1

#1 Perfection

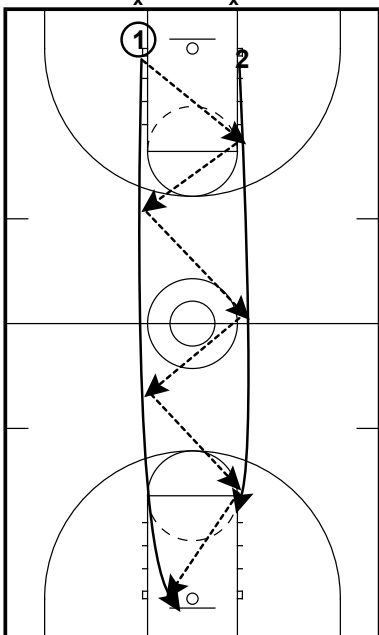


Frame 2

**Peer Pressure drills, running / intense drills.** Teams do Pre practice warmups to running drills. 5 parts to the drill 1. **2 full court layups down and back in 4 - 5 dribbles right handed.** If they miss / fumble the ball, they have to make 2 layups IN A ROW to get out of the drill.

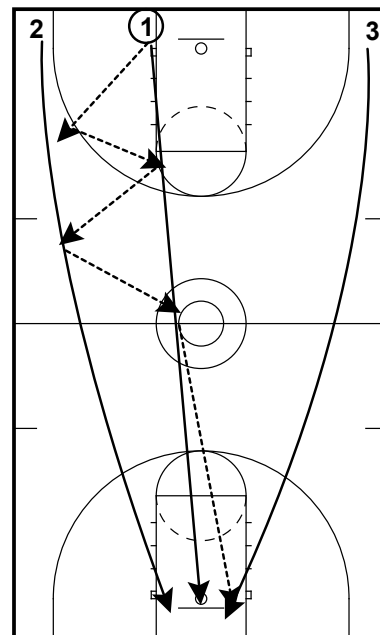
**2. 2 full court layups left handed in 4 - 5 dribbles.** Backboard is stressed, and pushing the ball out in front on the attack dribble. When done with lefty layups, captains get team ready for 2 on 0 break.

#1 Perfection



Frame 3

#1 Perfection



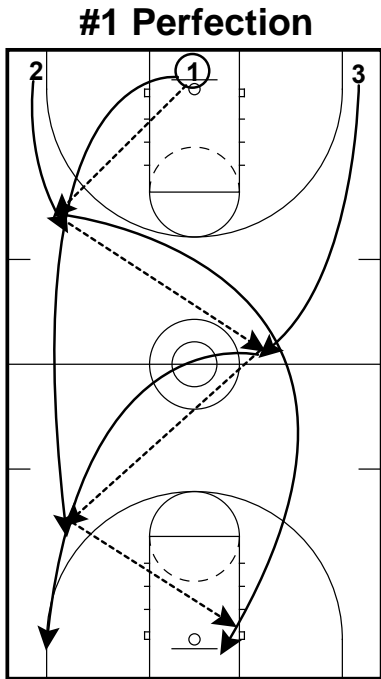
Frame 4

**3. 2 on 0 box to box / elbow to elbow.** No bounce passes. -Teams must make 2 baskets in a row to get out to the drill. If you miss the first one, run back to foul line and start over. -Next team cannot start until 1st team crosses the foul line. -Catching the ball with 2 hands is stressed.

**4. MICHIGAN RUNNING DRILL** 2 passes to wing to point (same side), then PG can jump stop and leads the other wing with a pass so he does not dribble the ball. -5 passes down the court for layup PG's job is to pass for layups and he cannot let any ball hit the floor once a layup is made

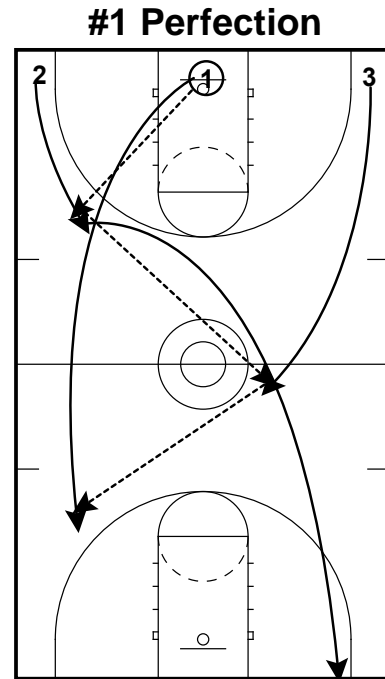


# Chapter 12: Team Transition and Shooting Drills



Frame 5

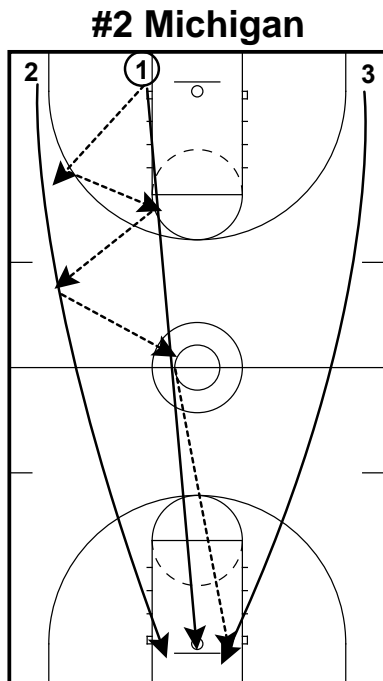
**5. 4 pass, 3 man weave for layup.** Each group must make 2 layups in a row, or they start over. -4th pass should be a lob so player can run under it. -each pass should be caught with 2 hands



Frame 6

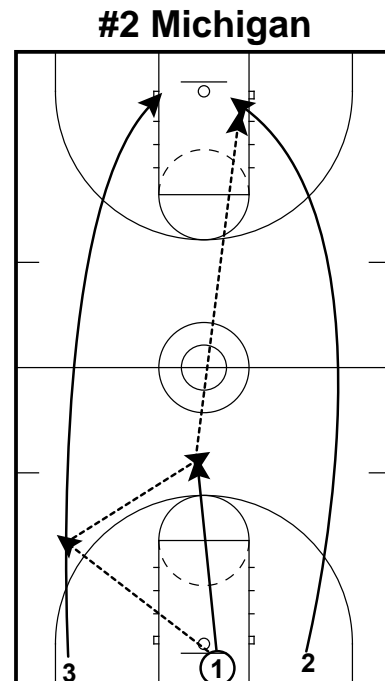
**6. 3 pass, 3 man weave for jump shot and rebound is the last part of perfection drill.** start with 15 minutes on clock at beginning of year. Goal 5-6 minutes by end. Top College teams do it in 4 minutes

# Chapter 12: Team Transition and Shooting Drills



Frame 1

2 passes to wing to point (same side), then PG can jump stop and leads the other wing with a pass so he does not dribble the ball. -5 passes down the court for layups PG's job is to pass for layups and he cannot let any ball hit the floor once a layup is made. -Catch the ball with 2 hands

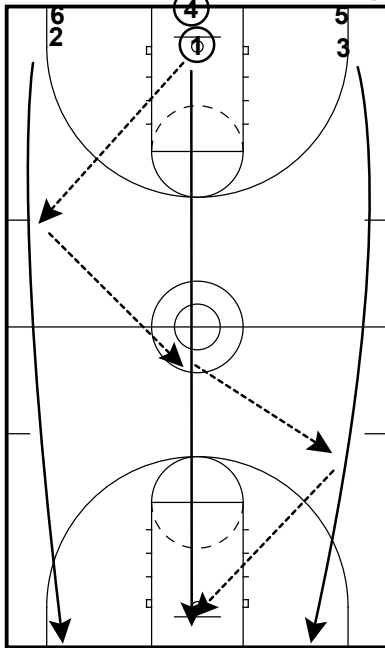


Frame 2

PG must get rebound before the ball hits the ground. - wings cross on a dead sprint and PG finds guard who shot the ball. -return to PG, then PG throws ball deep to 3. On the pass to the 3, the PG should jump stop and throw a chest pass ahead. -3 passes back.

# Chapter 12: Team Transition and Shooting Drills

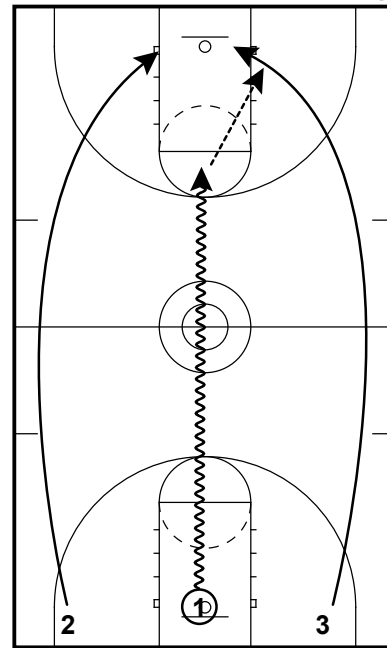
## 3 Player Passing warm up / conditioning



Frame 1

1 passes to 2 and 3. There is no weave. Players are sprinting, calling out names on passes, and 2 man is yelling "right lane", 3 man "Left lane". 1 is looking to pass the ball ahead quickly.

## 3 Player Passing warm up / conditioning

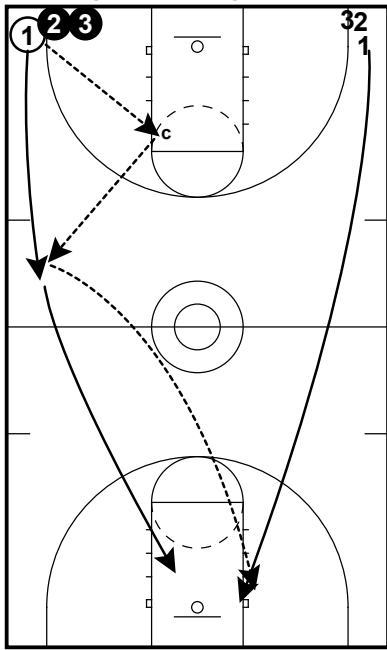


Frame 2

all 3 players touch baseline and 1 speed dribbles and jumpstops at the foul line. 1 passes to either player for layup. Next group goes as soon as ball goes thru hoop. each group goes 3 times

# Chapter 12: Team Transition and Shooting Drills

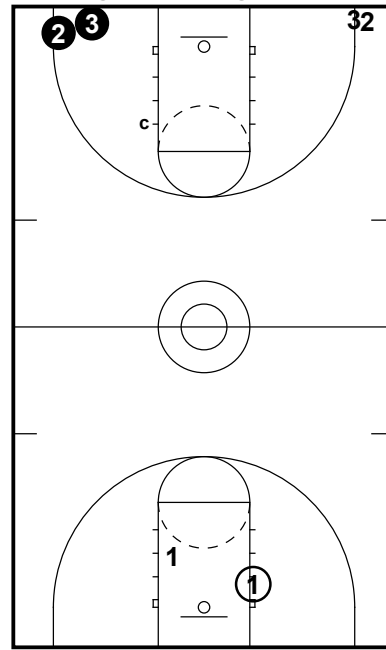
## Throw ahead drill running/passing / finishing



Frame 1

Players line up in corners, 6 with balls, 6 without. The players with balls pass to coach, get a return pass, then pass the ball to his partner streaking to the basket.

## Throw ahead drill running/passing / finishing

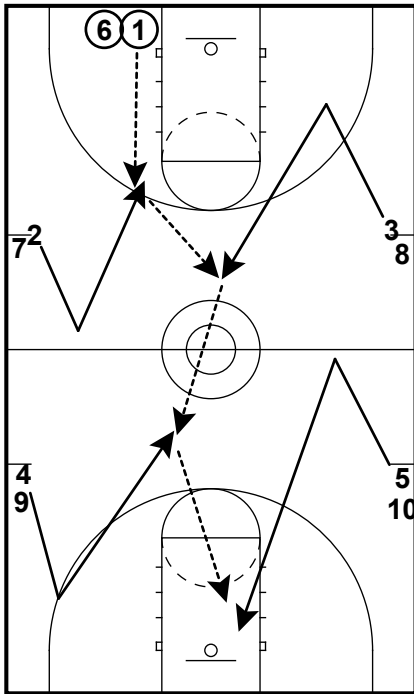


Frame 2

No dribbles should be used, and all layups should be made. The passer should sprint the floor to get a return pass if a bad pass was thrown

# Chapter 12: Team Transition and Shooting Drills

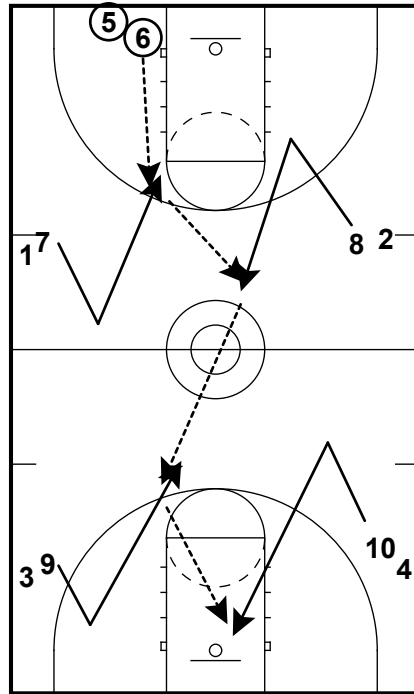
## Xavier Drill / V Cut drill



Frame 1

The ball starts under the rim. Players v-cut to get open, then come back to the pass. This is a timing, passing, communication, and finishing drill.

## Xavier Drill / V Cut drill



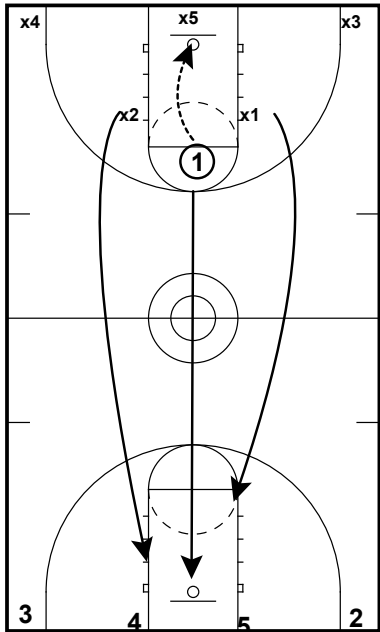
Frame 2

Players rotate and follow their pass. Layups should be shot with bounce pass. USE HEAVY BALLS for extra difficulty.

# Chapter 12: Team Transition and Shooting Drills

## Build Up Drill

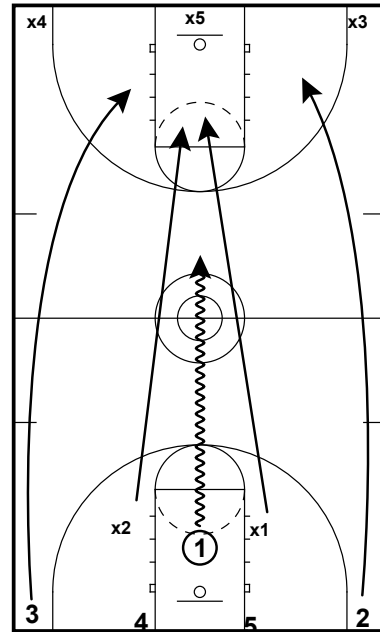
2 on 1, 3 on 2, 4 on 3, 5 on 4, 5 on 5 transition



Frame 1

## Build Up Drill

2 on 1, 3 on 2, 4 on 3, 5 on 4, 5 on 5 transition



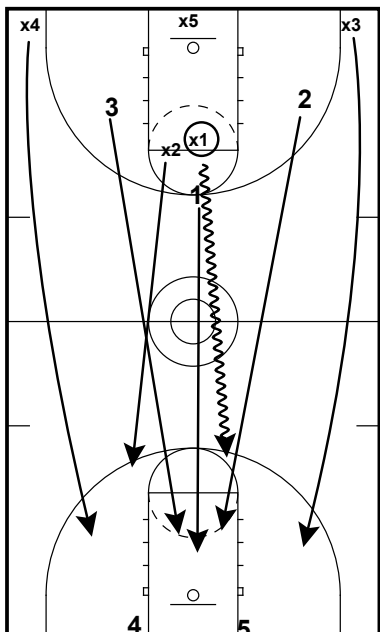
Frame 2

#1: 1 shoots free throw, then goes on defense. x1 and x2 play 2 on 1

#2: On make or miss, 1, 2, and 3 go 3 on 2 vs x1 and x2

## Build Up Drill

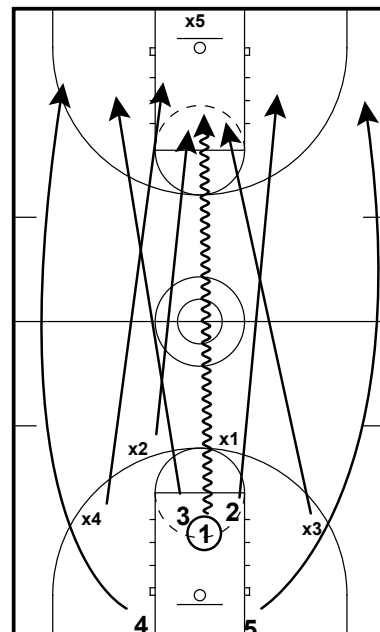
2 on 1, 3 on 2, 4 on 3, 5 on 4, 5 on 5 transition



Frame 3

## Build Up Drill

2 on 1, 3 on 2, 4 on 3, 5 on 4, 5 on 5 transition



Frame 4

#3: after make or miss, return trip down floor 4 on 3 with x's on defense

#4: make or miss, attack 5 on 4, x's on defense. #5 Final trip: 5 on 5. Keep score. Sub and each team gets to shoot free throw first 2 times

# Appendix:

## Practice Plan Examples

1. Pre-season / summer practice plan example – 60 minutes
2. Early season practice plan example – 120 minutes
3. Mid-season practice plan example – 90 minutes
4. End of season practice plan example – 75 minutes
5. Middle School practice plan – 90 minutes
6. Elementary practice plan – 75 minutes
7. Blank practice plan

# *BASKETBALL PRACTICE PLAN*

<b>Season Goals:</b>	Play Hard	Play Smart	Play Together			
<b>Daily Goal:</b>	Install dribble drive offense - preseason / summer practices					
<b>Weekly Goal:</b>	60 minutes					
<b>Players</b>	<b>Time</b>	<b>Date</b>	<b>Day</b>	<b>Practice #</b>		
	<b>Warm up / Ballhandling / Passing</b>					
			Whole - part - whole method			
	60	5	Overview 5 v 0			
	55	5	introduce spacing and spots			
	50	20	introduce terminology: Loop, Pitch, Kick, Wave, Drag, Fist			
	30	10	Guards / Post individual skill work - specific actions			
	20	10	Dribble drive build up drills, 22 attack, 33 attack , 44 attack			
	10	10	<b>5 v 5 full court play</b>			
	<b>Transition Drills</b>					
	<b>Offense / Shooting</b>					
	<b>Defense / Fundamentals</b>					
	<b>Special Situations</b>					
	<b>quick hitters</b>		<b>sets</b>		<b>specials</b>	
<b>Notes:</b>						
<b>Next Practice / Game:</b>						



# BASKETBALL PRACTICE PLAN

<b>Season Goals:</b>	<b>Play Hard</b>	<b>Play Smart</b>	<b>Play Together</b>
<b>Daily Goal:</b>	<b>Early Season Practice Example - 120 minutes</b>		
<b>Weekly Goal:</b>	<b>50 minutes offensive skill work, 65 minutes team drills, 10 minute situations</b>		
<b>Players</b>	<b>Time</b>	<b>Date</b>	<b>Day</b>
			<b>Practice #</b>
	<b>Warm up / Ballhandling / Passing</b>		
	60	5	Stretch
	55	10	Ballhandling Drills
	45	10	Guards / Post individual drills / read drills
	35	10	Team shooting drills / dribble drive specific drills
	<b>Transition Drills</b>		
	25	10	offensive transition drills / combinations
	15	10	transition defense drill
	5	5	free throws
	<b>Offense / Shooting</b>		
	60	10	Dribble Drive Breakdown - 33, 44, 55 attack drills.
	50	5	Free throws
	45	10	dribble drive quick hitters - 5 v 5
	35	10	zone offense segment - 5 v 5
	<b>Defense / Fundamentals</b>		
	25	8	shell drill - defend screen, defend drive / Half court
	17	7	full court defense segment 5 v 5
	<b>Special Situations</b>		
	10	10	team situations - up 2, with 4:00 to play / down 4, with 2:00 to play
	<b>quick hitters</b>		<b>sets</b>
			<b>specials</b>
<b>Notes:</b>			
<b>Next Practice / Game:</b>			

# BASKETBALL PRACTICE PLAN

Season Goals:	Play Hard	Play Smart	Play Together
Daily Goal:	Mid Season Practice example- 90 Minutes		
Weekly Goal:	40 minutes skill work, 35 minutes team fundamentals, 10 minute situations		
Players	Time	Date	Day Practice #
	<b>Warm up / Ballhandling / Passing</b>		
	90	5	Stretch
	85	10	Layups / rim finishes / ball handling / combination drills
	75	10	Shooting drills - team / combination work
	65	10	Guards / Posts - Individual skill work
	55	10	free throws
	<b>Transition Drills</b>		
	45	10	team transition drills / advantage / disadvantage drills
	<b>Offense / Shooting</b>		
	35	5	5 v 5 offense segment - dribble drive
	30	5	quick hitters
	25	5	After time out plays
	<b>Defense / Fundamentals</b>		
	20	10	full court and half court fundamentals - defending screens / actions
	10	10	situation - up 1, 2:00 to play, down 5 2 to play.
	<b>Special Situations</b>		
	<b>quick hitters</b>		<b>sets</b>
			<b>specials</b>
<b>Notes:</b>			
<b>Next Practice / Game:</b>			







# *BASKETBALL PRACTICE PLAN*

<b>Season Goals:</b>	<b>Play Hard</b>	<b>Play Smart</b>	<b>Play Together</b>
<b>Daily Goal:</b>			
<b>Weekly Goal:</b>			
<b>Players</b>	<b>Time</b>	<b>Date</b>	<b>Day</b>
			<b>Practice #</b>
	<b>Warm up / Ballhandling / Passing</b>		
	<b>Transition Drills</b>		
	<b>Offense / Shooting</b>		
	<b>Defense / Fundamentals</b>		
	<b>Special Situations</b>		
	<b>quick hitters</b>		<b>sets</b>
			<b>specials</b>
<b>Notes:</b>			
<b>Next Practice / Game:</b>			