



www.coachprincetonbasketball.com

Princeton Offensive Philosophy

We believe that one basic formation in the half court followed by different options will be the most successful style of play for us. The first thing we want to do after a defensive rebound is to push the ball to see if we have an advantage. Anytime we have a good shot in transition, we want to take advantage of our numbers. A good shot for us means a lay-up or an open shot for a very good shooter. We want to get to the foul line through hard drives and cuts because that is where games are won and lost.

Our half court offense is designed to take advantage of the most difficult defense to play against – *half court pressure man to man*. This type of defense forces most offenses out of what they want to do and breaks down most offenses into one on one play. Our offense is superior for the following reasons:

- We are able to use our quickness to get to the basket and the foul line
- From our 2-3 high set we are able to attack any kind of half court trap without adjusting our alignment
- We are difficult to scout because we don't call out plays
- We move without the ball and force teams to match our physical conditioning
- We have an open attack where anyone can score rather than specific plays for only a few players
- We only have to learn one position and focus on execution instead of remembering set plays
- We will improve as our shooting, passing, and execution improves
- It relies on mental quickness, fundamentals, and shooting – 3 things we can control
- We don't have a primary PG because anyone of our players can bring the ball up to start the offense

We believe our offensive attack incorporates the following principles of offensive play:

1. **Drive to the basket (Fouls)**
2. **Inside out game (three point shot)**
3. **Pass/Cut opportunities**
4. **Penetrate and pitch**
5. **Single screens**
6. **Screens on the ball**
7. **Screens on the screener**
8. **Slipping screens**
9. **Backdoor cuts**
10. **Curl cuts**
11. **Feeding the post**
12. **Movement with the ball in the post**
13. **Offensive rebounding position**
14. **Taking weakside help away**
15. **Defensive balance**
16. **Organized team play**

Princeton System of Play

Our core three beliefs in priority are:

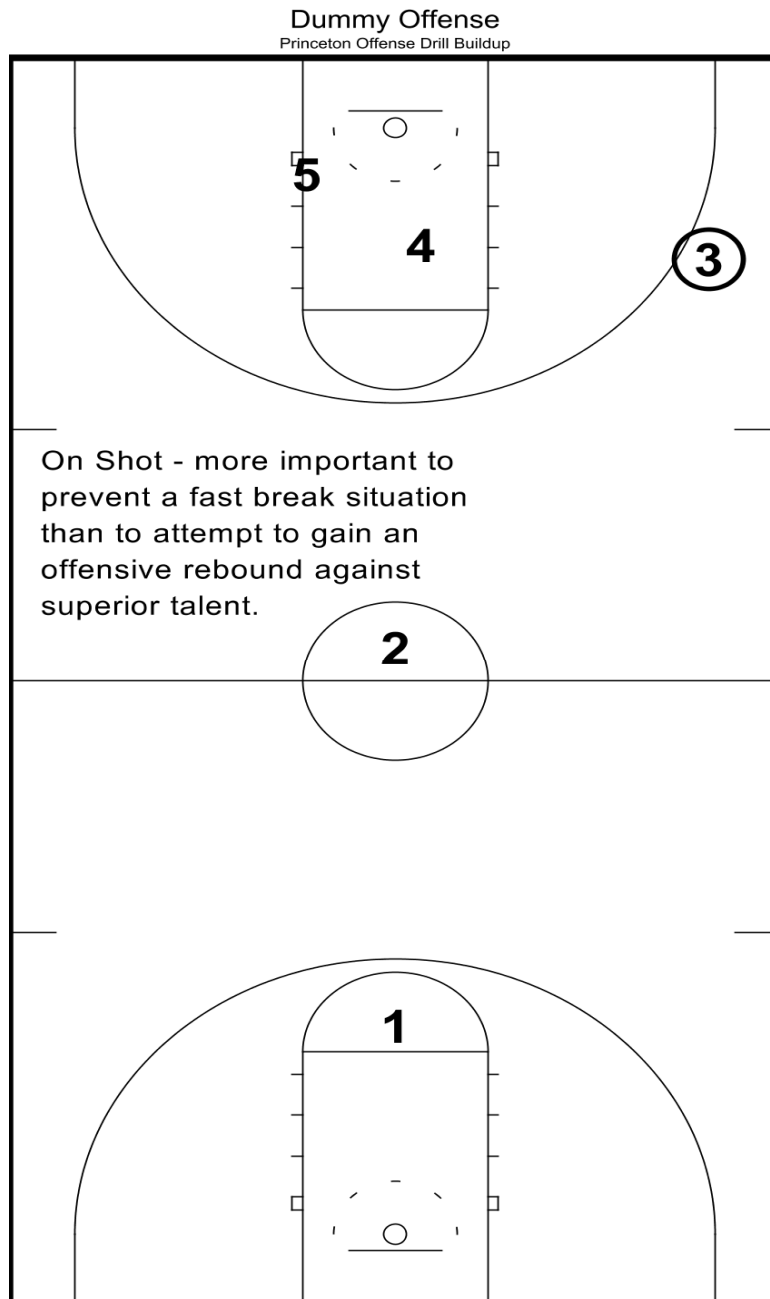
1. NO TURNOVERS
2. Great Shot Selection
3. Contain the Basketball

Basic Philosophy of Play

1. If you can pass, dribble, and shoot well, you will always dictate to the defense what they do. If you can't and are not fundamentally sound, they will dictate what you do.
2. You must be able to dribble, pass and shoot, screen and cut - ON THE MOVE UNDER PRESSURE. The quality of your passing determines the quality of your shots! You must dribble with a purpose and the other four players must read the dribbler.
3. Think change of direction--think five players high. Five players must work together.
4. There is a counter for everything the defense does. Do the opposite of what the defense is doing. Must read the defense--are they playing hard or soft--any denial cut backdoor.
5. Think layups and three point shots in that order.
6. Don't run to the ball!
7. Hit the cutter with a bounce pass (it is OK to use one hand passes). The offense is about hypnotic cuts, passes and handoffs. Timing and cutting are essential to establishing flow and success for the offense.
8. This offense is more about cutting than screening. Move to open spaces. When you screen don't just screen-screen- and read each situation.
9. CUT CREDIBLY -look for the ball where you are coming open--then get back outside to perimeter as quickly as possible.
10. STAND JUDICIOUSLY - Float to open spot and occupy your man. Have fingers up and butt down, think ball in air feet in air.
11. Five players must work together. UNSELFISHNESS is more important than brains--must couple this with discipline.

Transition Drills

Dummy offense –we send both guards back to the half court line and the opposite free throw line. They only have one job when the ball is shot. Get to those two spots. The PG leaves when the ball is on its way to the basket.



5 lines – we do this drill as a warm-up/conditioner and it is a full court passing drill. The posts are under the rim and the guards are in the corner lanes. The forwards are in the lines between those two. We call names, chest passes, and sprint the lanes. The ball does not touch the floor except for the bounce pass to the lay-up.

4 Man Transition – offensive players line up 4 on the baseline and defensive players 4 on the free throw line facing each other. Coach passes to one player on the baseline and the defense has to touch the baseline while the offense tries to score on the other end.

Variation: Move the defensive player's farther back – 3 pt line. Defense must form a triangle back while communicating and one man must guard two on the weak side.

11 Man Break – Line up like the diagram shown. This is a continuous 3 on 2 break. The outlets are on the wings and ANY of the players involved can get the ball out of the net or rebound it and outlet the ball to go to the next end. Players then set back up while the offense is trying to score on the other end.

Kentucky Shooting – Set up similar to 11 man break and shoot the 3 when they reach the other end of the floor. This is the traditional shooting drill where the weave is done on the way down with a layup and the other two players shoot 3 point baskets. We will do the drill for 3-5 minutes and have a score we want to achieve.

444 – Constant 4 on 3 transition drill. 3 teams of 4 players. Timed drill. Keep score with 3 points for a charge, 2 points for offensive board, 1 point for score, and -2 points for a turnover. Update scores about half way through. Losers run the difference.

Mental Toughness Drills

We want to teach aggression and have no fear of making hustle plays

Ball Crawls – players line up near a bleacher or wall. They will kick off the wall and dive on a ball their partner is holding. The partner will count until they get to ten and the player diving yells for the ball.

2 Man Loose Ball – 10 in one minute – the players will use one ball and one player is the passer. The other player is down in a stance and will dive on the loose ball then pass the ball from the ground calling out the receiver's name.

2 Man Take Charge – can go for 1-2 mins – switch the man taking the charge at 30 secs. One player has a ball about lane line apart and dribbles at his partner who takes the charge by landing on his butt and yelling. He gets up immediately and takes another charge.

2 Man Bump Cutter – go for one minute and switch at 30 secs. Players are lane line apart and no ball is used. Player sprints across the lane and gets bumped by the defender who is in a stance – make contact. Constant cutting and making contact then switch at 30 secs.

2 Man Back to Passer – Lane wide and it goes for one minute. One player has a ball and the other player has his back to the ball while chopping his feet. The passer calls out his partner's name and the player jump pivots in the air to catch the pass. The passer throws the pass before he says the player's name.

Shooting Drills

Individual Drills – Part of warm-up

Finishing Inside

20/20/20 – 20 Mikans/20 Rev. Mikans/20 1-Dribble Extended Layups
We do these everyday when the players first step onto the court and then follow with shooting progression. First week – make 20 in a row each set without a time limit, second week – make 20 in a row with a time limit, third week – make all 3 sets in a row with time limit
Penalties – 30 second drill – call makes out loud

Shooting Progression

- a. Balance hand pickups
- b. Lay on back – shoot to partner – quick release
- c. Backboard shooting – focus on release/feet
- d. Set-Lift – one hand shooting – say 'set' then 'lift' on the shot – we want all net – one point for each shot that swishes no rim and zero for when it hits rim and minus one for miss. Track points each day – make 5 from 3 feet from corner, front, corner, then free throws.
- e. Flamingo Shooting – stand on the leg you shoot with like Iowa to teach keeping that leg down when you jump to shoot – no drift.

Free Throw Ladder

Shoot free throws and chart them using a manager or assistant coach. Then we post them on the locker room door so that players know who is doing well. When they make two in a row they yell out the name of the coach/manager and we track them.

Variation – Free Throw Ladder

Team Shooting Drills

3 Man Shooting (Hubies) – one person is the shooter, one person is the rebounder, one person is the passer. The shooter shows a target and fights to get his feet under him – landing on two or stepping into the shot. The rebounder will snatch the ball with two hands, pivot aggressively, and pass (overhead, weak hand, one hand off dribble) to the passer. The passer will land on two, rip or clear the ball, and pass (overhead, weak hand, one hand off dribble) to the shooter. Call names on passes. Try to make 7 shots in 30 seconds – 5 in a row in 30 secs.

3 Man/2 Ball Shooting – shooter rebounds own shot and passes to open man. Can add multiple passes, weakhand passing, and shot fakes, etc. Time limit and players compete for high score.

3 Man Shooting Skip Pass Shooting - 1 player on each wing and one under hoop. Man under basket outlets to a wing. The receiver skip passes to the other wing (shooter). Man under hoop closes out to shooter. Shooter follows shot and rebounds. Shooter outlets the ball to the man who closed out on them. Skip pass and process repeats. Outlet to man who closes out on you. Follow/closeout on skip and replace.

2 on 1 Pass/Power Up – 2 teams of 3. Offense is on FT line and both blocks. Defense is doubling the player at FT line and one player is under hoop. Offense passes to either block for power-up and score. Passer rotates to shooter spot. Defense rotates each shot or rebound. Give each team 3 tries. Keep score – 1 pt for score/foul.

3 on 3 Free Throw Shooting Drill – 2 teams at a basket. Offense shoots a one and one and if make both team gets 2 points, rotate shooter. If miss and defense boards, they get to shoot free throws. If offense boards, they get 2 points and continue to rotate. Play to 10 points.

2 Lines Under – we have two lines under the basket to start with a ball in each line. They cut to the free throw line and back to the opposite line looking for the lob pass. They catch the ball high, score high, then pass back to the line they received from. The passer cuts around the shooter, touches the free throw line and receives from the other line. This is continuous and we shoot from the block, the first hash, the elbow, and from 3. Add claps, names, and cuts from higher on the court. We can also add a rip thru and pullup/layup. Ball in air, feet in air.

Championship Shooting –We tell them which basket is the championship basket. Each day we shoot to a time limit three times. We also have a variety of shots we can take from 3 point shots, to rips, to just making shots, but not layups. Each basket has a winner who will rotate baskets each day. Each person will keep their score. At the championship basket, the person with the lowest score will rotate.

Passing Drills

EKU Passing – must catch and land on two. Call names and sprint ahead, stay 15' apart, jump stop, pivot, and pass. Variations – everyone has 2 balls and we alternate bounce pass/chest pass. We work on 'waiting for the ball to see you' and not cutting until the man with the ball looks at us. We catch on two, pivot (reverse/front), (sweep or rip) and then find the receiver.

Lane Passing – we have a man in the middle and two passers. The man in the middle closes out, stays in a stance, and tries to deflect the pass. We let each person go for 30 seconds and they get one point for each deflection. At the end we have a winner and a loser. Losers run. And on the pass, the defense immediately turns and gets their hands up to close out to the next person.

Perfection – we end practice with this drill and try to start by putting 10 minutes on the clock the first week. We start with one line under the basket facing the opposite end. We use 3 basketballs. If you make your shot, you proceed to the next shot, if you miss, you get back in the shooting line. The team doesn't move on until everyone has made the required shot. We shoot the following:

- Right hand layups
- Left hand layups
- 2 man passing – all way down with jumpstops and into layup
- 3 man weave – bounce pass for layup at the end
- Weave for 3 – weave down and shoot a 3 – if you get the rebound before it hits the ground, keep high, score high then you can advance or if you make the 3

After the team has completed all of these drills successfully, the team is eligible to "win it" with a made 3. The groups will weave down and we try to make the '3' – only a made '3' will win it and end the drill. For example, if we finish all the drills and have 30 seconds left, then someone has to weave down and make the '3' to end the drill.

3 lines at half court – this is a pre-game warmup drill that focuses on execution and passing. We have three lines and do a weave from half court down and pass to the cutter who makes a layup. The passer must touch the 3 pt line as the rebounder flips it to him and the shooter sprints to the opposite 3 point line and touches. This weave is continuous until everyone has made a layup.

3 – 0 Backdoor (Top, Wing) – Laker Drill

Ball Toughness Drills

1 on 1 Drills

Stationary – Hit coach in lane when he calls your name. Put players in pairs with each group having a basketball around the 3 point line. Rips/Sweeps either above the head or below the knee. Work on winning the battles and being ball strong. Time limit. PPF.

12 Second Drill – Hold for 4 seconds with rip/sweeps then dribble with right hand or left hand only for 4 seconds and finally pick the ball up and rip/sweep for 4 seconds. Teach how long 12 seconds is with the basketball. Pick up, dribble, then pickup again is called by coach.

Dribble Weave – crossover (move alignment of defenders), hesitation dribble (lane line all defenders), between the legs (move alignment with two in the lane and one near volleyball line), vs. trap (use 4 guys with two at FT line and two near HC). All different dribbles with coaches set up as cones who will be fouling the hands of the dribbler as they make moves. Head up. Then in trap, the offense works on two moves – hesitation or pull back crossover – attack outside leg. This drill is like Human Cones from Hurley. Can use 3 people and go to half court or use more and go full court with finish vs. football pad.

Group Drills

3 on 3 Ball Toughness – Square up – with/without a ball Complete passes for points. No point without a rip or sweep on the catch. No dribble or dribble variations. 10 complete passes then switch. 3 possessions each team. Split them into two groups on either sideline. Black on right and white on left to sub in after each change. Turnover or 10 complete passes. Variation – No score first then give 10 points on a layup. Run the difference in the score. A down/back for each point. One shot to score.

3 on 4 – either to a score or complete 10 passes catch/rip. Dribble or no dribble. Start drill in the middle and a closeout trap while the other two offensive players move to get open. Completed passes are one point get to ten and switch or on turnover the number of passes is the score. Loser runs the difference.

4 on 2 – offense is on each elbow and block. Defense is inside the lane trying to deflect or steal the ball. Complete 10 passes, no bounce passes, catch and rip/land on two.

4 on 4 – offense is stationary and cannot move to get open or screen or dribble, but can move to the ball to receive. Use the corners of the volleyball court for spacing. Move two defenders to ballside and then move the other two to the midline. 10 passes. The 4 defenders are double teaming the ball and trying to get a steal. White vs. black and the losers run the difference. The two players on the midline – the high I goes to trap the ball at half court to start the drill. Teaches to pass before the trap is set and to be tough enough to fake then pass. See what is happening and don't panic. Keep the ball moving.

5 on 5 Full Court Toughness – defense get into them – offense cannot dribble and must go FC to score. 1 point for a basket. Play to 2 or 3 baskets. Start with ball out of bounds on baseline. 3 points for charge, 2 points for offensive rebound, 1 point for scoring foul or basket. If ball is slapped away out of bounds, either it is a turnover or check the ball where it is out of bounds. Offense must screen and cut to get open. Defense is in RED defense – pressure ball/foul hands.

Players that don't want to be out there or aren't tough will stand out in a negative way in these drills. They will be exposed.

Post/Guard Toughness Drills

Posts – 90% of scoring is done before you catch the ball – 3 C's

Vs. 2 blocking dummies – no shot – 4 catches close enough to drop step and score. Different for everyone. Must pass out to where the pass did not come from. 1 ball/rip and sweep. Does not count unless it is chinned and caught with 2 hands.

Vs. 1 dummy then 1 dummy to finish – one bag on post and finish 3. offense must catch close, chin the ball, then score. The blocking dummy pressures on post then pressures after the scoring move. Finish with contact. Score 3 baskets to get out.

Vs. hands on foul/face up and finish – again it is make 3 and here the first defender doesn't have a bag. The post catches again and this time faces up/rips on catch. The defender is fouling his hands and on one dribble finish, the man with the blocking dummy makes contact with the post after the move. 1 dribble to finish.

Guards

G to F pass, Post Entry, Relocate, Shot – a post is (coach) unguarded and the guard has a defender on him. The guard is under pressure all over him and passes into the post. After the pass, the guard relocates to the corner immediately. The defense lightens up and allows the post to pass out to the corner for the shot. Drill starts with guard in the guard spot and forward in forward spot. Defense on forward. After the pass to the forward, the guard cuts through and replaces while the forward enters the ball to the post and relocates to the corner for the shot. Shooter rebounds his own shot goes top, the cutter goes to the baseline, and the defender is the new offense.

Variation: G to F pass, 1 Dribble Post Entry, Relocate, Shot
Add a post defender to teach how to enter the ball

Rebounding Drills

The main thing we have to do to teach rebounding is to teach a habit. This is the most important factor in winning basketball games. We vocalize 'shot' and then turn to find a person to hit. We make contact with the offense using our forearms on the weakside and our hips on the strongside. After we make contact, we go for the rebound.

Rebounding Progression – like Indiana, we shoot a shot close to the basket and rebound from the free throw line, 3 pt line, and finally half court. This shows how easy it is to get in and offensive board if we really want the ball.

2 on 2 Rebounding – Offensive rebounding drill, timed drill, 1 point per basket. Split into two teams with 1 on baseline and other at FT line. 3 – 4 minutes. Coach shoots ball at FT line. Coach shoots the ball and we must rebound the ball then put it in the basket while under pressure. The players can "build the wall" but they are not allowed to just foul the offensive player. The offense is allowed 1 dribble. Keep a ball rack handy. Losers run the difference. Keep the lines balanced. After score, the scoring group goes up top/scored on goes under.

2 on 2 Rebounding From FT Lane – Line up a group on blocks and hash mark. White/Black – team that scores goes to high position. 4 new players each time run the drill.

1 on 1 in FT Lane – players are directly across from one another and the coach will shoot the ball from the FT line. Play the rim.

High/Low Rebounding – coach in middle with basketball. Two teams on either side of the sideline. 2 white players line up on right elbow and right free throw line extended. Two black players line up on the other free throw line extended and left elbow. Coach passes to either wing. For example to the right wing and the white team's wing will shoot the 3 point shot. His teammate on the elbow screens while the black player at the elbow tries to get around the screen at the elbow and challenge the 3 point shot. If 3 point shot goes in, 3 points for white team. If defense boards, one point for black team. If offense gets the offensive rebound, two points for offensive board and chance to score. If score, another point is added. This is the high part then we move to the blocks and corners. The weakside defender tries to get position for the rebound on both instances. 2 ½ minutes and each set of two goes twice. Move on the pass from the coach is key.

NBA – no babies allowed. We play in groups of 3 and the coach shoots then the players rebound while forming a wall around the rebounder. The rebounder goes up strong under pressure to score and is out of the drill. We have about 5-6 players involved in the drill at any one time. Once you score then you rotate out and a new player rotates in the drill.

Transition Rebounding – Timed Drill (4-5 mins) place 5 defenders in a line inside the lane with the offense outside the 3 point line moving around. Scoring is -3 points for turnover, 1 point for score, and 2 points for offensive board. Loser runs the difference. Stop and line up each time after a score or turnover.

Variation: the offense will go with a guard at HC and another at opposite FT line. However, the defense will work on rebounding 5 on 5 with a manager or coach or player in either corner. On the shot, these players will run to the glass to try and rebound. If they get the offensive board, their team gets the 2 points and the ball again.

Individual Improvement Drills

Imagination Dribble – 4 lines on the baseline with 2 basketballs in each line. The first person steps out and dribbles full court making game like moves, keeping their head up. Four 1 minute segments.

Figure eights – we partner up and get down in a stance. Each person has a ball and we pass the ball at the same time to the receiver. The variations are: figure 8, left leg, right leg, crossover, shoulder pass. It is a continuous passing/catching drill while in a stance.

Down, Low, Go Shooting – we will partner our players up and make a good hard pass to the shooter. The shooter will land on two and we verbal the catch by saying 'down' for our triple threat position, then he says 'low' for a long, low step with the chest over the knee, then we say 'go' and push the ball out over our extended foot. We break this first step down and build to quick execution. Show, Low, Go is the same thing, but we add the ball fake or 'show' the ball then drive.

Celtic Shooting

5 spots and you must make 2 in a row to move to the next spot. 2 minutes on the clock and see who can achieve the highest total or finish with the most amount of time on the clock. Can go with 4 minutes and go around twice. One passer, one rebounder, one shooter. Teach rebounding – two hand. Teach catching – land on two w/ rip. Teach passing – weak hand. Add name calling.

X Layups

Start in the paint facing half court with a basketball. Dribble hard around a cone at the elbow and when you turn the corner, take one hard dribble and finish the layup. Get the ball out of the net and attack the next elbow always dribbling with your outside hand then turning the corner and one dribble into a layup.

Variations – reverse layups, different finishes, dribble to elbow and spin dribble into a layup.

Shots on the Gun

Play 7 up or 15 up games/Celtic Drill/3 man shooting with one man passing in middle/skip pass shooting

2 on 2 from Wing/Slot

Coach on wing – work on flare screen from Chest or from top drive and kick

Defensive Drills

Man to Man Defensive Build-up
Drills listed in order of importance

Stance and Footwork

1. Bow Ties – ½ speed exaggerate stance and footwork
2. Kings Drill
 - a. Point up/down/left/right – slide up, back, left, and right – loose ball
 - b. Add drop step to this drill call it out
3. Cincy Shuffle
4 lines again at the baseline with the coach at the free throw line and the first 4 have the same rules as Kings Drill. To start, the first 4 sprint to other baseline with hands up and run backwards into stance in front of coach. When Coach says 'GO' the first four sprint to the other end while the next 4 try to catch them from behind and swat them on the behind. When the first group reaches the opposite baseline, they do 5 pushups on fingertips. Then they run back to start the drill again.
4. Lane Slides – low long steps, exaggerate the "big step" – stay low – move

Defense on the Ball

This is the most important part of our defense. We must make it tough for the defender with the ball. We cannot allow non-players to create help situations. We must take pride in our defense and ability to play one on one.

Zig-zag/charge/close out – defend ball to half court on zig-zag with no dribble – work on jumping back vs. spin dribble and active hands – once at HC take the charge – defense is off and now the offense takes two hard dribbles to the FT line and pass to next person in line. After pass, they closeout the receiver and its their turn to defend. Stay in stance on ball until coach tells you to go. Trace ball hard. Use 'big step'

1 on 1 Ladder – After time limit, report total points to coach and remember which basket you are at. The main basket is the championship basket where the person with LEAST amount of points rotates, other baskets – the person with most amount rotates at all other baskets. Change baskets each day based upon score – if tie, shoot free throws make it take to break tie.

Pat Riley Drill

To teach closeouts and stopping the ball. Defender will complete 4 successful closeouts before coming out. Defender starts in rim and rolls ball to the wing closing out hard and high. Offense catches and drives baseline. Defense must give up no layups. Stay in stance, we do not jump to block any shots. After rebound or steal, roll back to next person in line and drill continues. VARIATION – let offense drive middle/shoot jumper

1. Run – Slide – Run Drill instead of one on one zig/zag
2. 3 lane zig/zags
3. 1 on 1 full court – reach HC and play 1 on 1

Helpside Defense

Stress Jump to Ball, protect Elbows, Blocks, Deny inside the 3 pt line, bump cutters, closeouts with high hand on ball side, hand above the ball, effort and stance

MSU Build Up

Jump to Ball Drill

Two on two from the top. Players in each slot and the coach is in the middle. Key teaching point – move on the pass, not the catch. Look between and see the coach in the middle. 1 big step off the line of the ball. Move then look. Hand above the ball. Also, from the wing slot and wing with coach in the middle working on movement. Chop feet and move on the pass! After they get the jump to ball, let the offense take a dribble middle. One quick lateral step over and back to man. Do not step with back leg.

Closeout Drill

3 on 3 with people on top and both wings. 3 players on the baseline. Ball is rolled out hard and all 3 closeout. Middle man closes to ball, other two close to elbow areas – **closeout to help** – 2 steps to the ball, one step off the line. Active hands. Put a coach at each position to coach on ball defense. On pass to wing top goes elbow, bottom goes to opposite block. More facing man than facing ball. On skip, wing up top sprints from elbow to elbow. Helpside closes out on ball, squaring up. New ballside gets to block. More focus on ball than man. One step off line of ball. When ball is on the wing, helpside man has both feet inside lane. Stop, slow mo. Step with outside foot. Next – 1 point for score, 2 pts for offensive board, and 3 points for charge. Start drill with taking a charge – use 2 balls.

Spartan Drill

Same as above drill except we are passing to a wing, jumping to the ball, from all positions. The passer cuts straight to the rim. The offensive player on the opposite side cuts to lane (gets bumped) and then up to the top of the key. We fill the 3 positions and pass/cut again. Key is staying away from guy on blocks and recovering to help when the ball is passed from wing to top. Later add down screens or flash screens with a pad or even UCLA screens to simulate game conditions. Guarding the gaps and closing out forces the ball to the baseline without compromising stance. Don't follow the guy to the corner, stay with feet parallel to the line of the ball. **Step with foot towards ball**

Shell Drill

4 on 4 jump to ball. When ball is in the slot, we have gap protection on strongside and lane line protection with players from helpside. Add coach middle to drive or baseline men to drive and help. Trap the ball and the closest guard gets to lane line strongside while helpside guy gets around the block area seeing the ball-taking away drift pass

3 on 4

Ball side is covered, one pass away covered and one man guards two – I got two and I got ball I got help
You are working not talking – hold up we got to talk

4 on 5 Drill

Put extra man middle and rotate again with one guarding two on the weakside – great communication drill and easier than 3 on 4 drill. Add dribble then change to must get 3 stops to get out with the middle man not offensive rebounding.

Ball Screens

Put a coach right out above the NBA '3' where the post steps to hedge hard. Step right at me. Facing the screen roll.

3 ways to guard the pick and roll – learn to guard this every day.

Jam – guarding screener, tell them the screen is coming and yell 'JAM'
Guard goes under

Up and Over – step straight up and then right back to help, step up, back, help – CALL OVER – going up and over

Up and Under – comes, hedge hard and the defender on the guard goes under the ball screen – good vs. penetration

Trap – make the perimeter pass the ball – hedge hard up and guard traps

Black – completely turn the guard and not let them use the screen. Non shooting screener, force the handler baseline into the trap.

Switch – switch positions – screener calls it

10 seconds of defense – work hard and don't even let them get a shot off!! 8 offense vs. 5 defense

Must get a stop/rebound to get out of drill

MAN YOUR BATTLE STATIONS – JUMPING TO BLOCK SHOTS!!!

We stay down in our stance and challenge shots with our hands – we don't ever leave the floor

Practice

20/20/20 in a row vs. time 3 mins each person

Time limit each person gets to finish – if not sprints or pushups

Must make these in a row or start over

Count makes out loud – first week or two just make 20

Other two players are doing 2 Ball Dribble Zig/Zag

then 2 Ball Dribble Stationary (same/alt/cross)

Also FC Imagination Dribble – one person does 2 ball

Shot Warm-up 1 min 30 secs

1. 1 Hand Set-Lift Shots
2. Chair Shooting
3. Backboard Shooting
4. 1-2 Step – Fire into shot from 3 feet w/ squeaks

Imagination Dribble/Full Court Moves – (4) 1 minute segments

4 on baseline – 2 balls each line

head up/make authentic moves

GOAL: First 20 minutes – 60 makes/dribbling/shot warm-up/passing

Team Huddle

Team Passing Warm-up

(2 balls) Star Pass: 25 consecutive passes w/ names & sprints

(8 balls) Partners: 2 man/2 ball pass – down/back w/ no drops-say names

(5 balls) Laker Drill: 3 man group down/stay – 3 passes score

15 a row to 30 in a row

(2 balls) 5 Lines – count makes/say names – make 10 in row

Free Throw Ladder – 3 minutes

5 mins - 11 Man Break/KY Drill

Bow Ties/Kings Drill/Cincy Shuffle – Footwork

Elbow theory from top of key-Block/Elbow theory from wing

Show on ball first then 1 on 1 ladder-how to play 1 on 1

WINNER rotates to water/other guys on line

Jump to ball theory – line of ball/2 steps to ball/one step off line/feet

parallel to line/jab step with outside foot/first step on every pass is

with outside foot – GO 50% or slow motion to learn – teach jump to

ball drill with ball in slots and coach in the middle – MSU – use guys

behind coach and put them in a line – everyone mimics it slow until

time to go live

Closeout Drill – builds up to 3 on 3 cutthroat and competitive w/ screens, but first we only teach positioning because most important

4 on 4 shell

4 on 5/3 on 4 Overload – not everyday

4 Man Transition/444

Free Throws – timed – no ladder/only timed and tracked by managers

Shoot two and rotate-short/left/right = pushups

5 ON 5 BUILDUP

4 on 5 on 5 – 3 trips – chart stats

Do this drill after the buildup – teaches transition –

fullback/halfback and emphasize defensive principles

5 on 5 Change – Duke Drill – call change to change ends and possession of ball

3 man shooting drill

3-0 Backdoor split ends Top/Wing

Individual Improvement Guard/Post Split

Dummy Offense

Breakdown half court man to man offense

Teach full court press break – vs. man to man pressure

No dribble in the backcourt

Play 5 on 5

3-0 Shooting Drill

Perfection Drill

Defensive Buildup

Offensive Buildup get into 5 on 5 after the buildups then back to shooting then rebounding and finish with fullcourt 5 on 5 vs pressure

Or do more 5 on 5 pressure work early in practice....do the 5 on 5 each team gets thirty seconds pass and cut one point for each pass loser

will run...white vs. black...shooting near end/perfection drill to finish or

Kentucky shooting drill or 2 minute games best of 5...give talks on

each aspect of the game the first 5 days of practice...defend ball

screens each day...learn to guard 3 on 3 FC...no dribbles...rebounding

Change up offensive/defensive buildup days, but leave

shooting/pressure work/rebounding for each day/shell every day

Form Run/Stretch Routine

15 MINUTES

FORM RUNNING 5 MINUTES

Jog 4 laps

10 pushups

Backpedal – hands up d/b

High knees down/Butt kicks Back

10 pushups

Defensive Slides – turn at HC – down/back

Quick feet down and low, long, explosion steps back

Lunge down/reverse lunge back

10 pushups

SUPPLEMENTAL CONDITIONING – CHOOSE ONE

Ab bridge – 1 minute

1 leg squats – 15 each leg

Wall sit – 1 minute or Side wall sit – 1 minute

STRETCHING ROUTINE 5 MINUTES

Stretch – change partners weekly

Each stretch – 12 seconds/do all 5 with partner then switch

Standing Stretch

- Two legs together – touch toes
- Legs apart – right foot/left foot/middle
- Lean right/lean left

Floor Stretch/Partners

- Legs together
- Legs apart – right leg/left leg/middle
- Butterfly – middle – twice

On Back

- Leg up – hamstring stretch
- Knee bent to chest

JUMP ROPE ROUTINE 3 MINUTES

- Both feet – 1 minute
- Left foot – 30 seconds/Right foot – 30 seconds
- Alternate feet – 30 seconds
- Ali jumps – 30 seconds

Defensive Buildup Steps

1. Stance, conditioning, and footwork first
2. Teach on ball defense – high hands, hands above the ball, trace the ball, stay in stance
3. Jump to ball drills – position wins every time! MSU build up then make it competitive
4. Add screens to everything – pads and teach to draw first blood and make contact first with the screener – get foot over
5. Ball screens
6. Penetration and recovery
7. Make everything competitive after they have learned the drills
8. Finish the play – box out! HARD!

MSU Buildup – Video record the first week

Inside out first - Post Defense

Contain the basketball

Pick/Roll defense

Defending screens off the ball

Hand up on shooters

Box out

Transition Drills

Defense Drills

Rebounding

Offense

Shooting

Perfection

3 Man Weave

3 on 3 Free Throw Box Out

Backdoor passing drills:

3-0 from the top

3-0 from the wing

Corner to corner

Wave Breakdown Drills:

3-0 Read

Free Throws

We all use the same routine. Sacrifice individual for team.
Breathe out, relax, 3 dribbles, eyes on rim, say 'net' in our minds –
look at scoreboard and add '2' points.

Miss left, right, or short = 2 pushups for each at the end

While waiting, two other players are in lane, and stepping up the lane.
The shooter shoots 3 free throws then rotates.

Each time we rotate a new shooter, the two or one not shooting will do
5 backboard touches

Free Throw Ladder – we rotate the winner to the next basket except at
the championship basket where the person with the least amount of
points will rotate.

5 on 5 Restrictions

Change up the way the defense guards our offense – switch, extreme pressure, sag, half court traps, fouling and pushing, trapping the wings, run and jump, etc. Triangle/Box defense

Goal is to make sure our offense has faced every situation in practice that we will face in a game. Start the ball in a trap.

Full court man pressure, run and jump, full court zone pressure, $\frac{3}{4}$ court zone pressure, etc.

3 on 3 full court FREEZE – use this drill to teach positioning in relation to the basketball.

Performance Rating System – How to Stat Scrimmages

Shooting

Made 2 pt +2

Made 3 pt +3

Made FT +1

Miss 2 pt -2

Miss 3 pt -3

Miss FT -2

Rebounding

Offensive Rebound +2

Defensive Rebound +1

Ballhandling

Assist leading to score +3

Steal +1

Taking a Charge +3

Turnover (Violation/Passing) -2

Fouls -2

Diving on Loose Ball +2

BASKETBALL PRACTICE PLAN

DATE: _____
PLAN# _____
OPPONENT _____

PRE-PRACTICE

FORM RUN/COND. (MIN.)

Flexibility – 1 Leg Squats/Jump Rope
Hey Drill

WARM-UP – 3 People Per Basket

20/20/20 – Mikan/R. Mikan/1 Dribble Lane Lay-up
Other 2 players - Colonel Passing

BALLHANDLING/FOOTWORK (MIN)

_____ Follow the Leader - Stationary Dribbling
*Add Gloves to Any Drill
_____ Imagination Dribble

_____ Indiana 4 Corners

1 Leg Hops w/ Ball – Teach Triple Threat
Full Court Dribble – Eyes Up Watch Hands
X hands – crossover, ball fake, jab step

TRANSITION

_____ 5 Lines – 2 mins
3 Lines @ Halfcourt Passing – 2 mins
3 Man Weave – Progressive 5,4,3 Passes
_____ St. Joes Drill – 120 in 5 mins (Form Shoot 1ST)
4 Man Break – Hubie Brown
Outlet and Go – Bryant
_____ BU Transition – 5 lines, 3/2, 2/1, 1/1, 1/0
0/5 Defensive Transition – 1 Ball w/ Coach
4/5 to Offensive Board Only – 1/2/3 Back
2/1 Transition w/ Coach as Outlet Man
3/2 Transition
4 Minute Lay-up Drill – Oklahoma
Make 70 in 4 mins
Pinball – 2 minutes – make 120
Pass and Follow to next position

MTXE DRILLS (10 min)

Ball Crawls – 10 in 1 minute
2 man loose ball – 10 in 1 min
2 man take charge – switch at min
2 man bump cutter – switch at min
2 man back to passer – switch at min

OFFENSIVE ORGANIZATION

OFFENSIVE EXECUTION

SHOOTING (MIN)

_____ Finishing Inside
Mikan Drill – 30 in 1 min
Reverse Mikan Drill – 25 in 1 min
Rebound/Putback Drill – 10 in 1 min

_____ Form Shooting – 2 mins

T-Reach
_____ Free Throws – 2 mins

Make 2 Call Out Name
_____ Down, Low, Go – Partner Shooting – 3 mins

_____ Quarters – Pitino Shooting – 5 mins
T-Reach, Low, Line, 1-2 step

Transy Drill (2 lines underneath) – 2 mins
3 Man Shooting – Inside, T, Reach – 30 secs
Rebounder, Passer, Shooter

Partner Shooting
Count, 8 in 1 minute, Call Out Name

Fast Break Shooting
Rip go, Pull ups, 3 ptrs

_____ Motion Shooting – 3 mins
Post move, cut layup, baseline 3

_____ 2/3 Side Shooting – 3 mins
Layup, Roll, Baseline, Flair

_____ 5/4 Up Shooting – 3 mins Add Dribble at Guard
Cutter, 2 Side, Faceup
Full Court Layups – MAX 4 Dribbles

DEFENSIVE ORGANIZATION

1 ON 1 DEFENSIVE WORK

_____ Stance – EVERYDAY – 2 mins
Kings Drill – 2 mins

Stance Drill - Bounce, Chop, Stationary
_____ Zig/Zag Drill – Begin w/ Retreat Step

Bow Ties – 2 mins

_____ Cross Face Drill
Deny 3X after ball pickup

_____ EKV Slide/Sprints – 3 times Fullcourt
Recovery Drill

Chop feet, slap floor, rotate
Run/Slide/Run – Sprint to Slide Recovery

_____ 1 Man Challenge Shot Drill
Call ‘Shot’, Box Out, Rebound

_____ 1 on 1 Closeout
Roll ball, closeout, verbals, box out

1 on 1 in Lane Fullcourt

_____ 1/1 Guard A Yard
Keep Offense Outside Elbows

Linebacker Drill
3 guys, roll ball, dive on ball

_____ 1/1 vs. 2 Screeners – Chase Cutter – Get Low

Full Court Slides – stand up/go again

Zig-Zag Drill

Slide, head in front, 1 on 1 at half

1 on 1 Stunt the Dribbler

_____ Wing Denial Drill

5 Second Count at Top of Key

2 ON 2 DEFENSIVE WORK

_____ 2/2 Post Traps w/ 3 Perimeters – Say ‘GO’

2/2 Weakside Closeout Coach Passes/Middle

2/2 Full Court No Dribble

3 ON 3 DEFENSIVE WORK

SCREENS

Down, Back, Ball, Cross, Flex, Flash, UCLA

_____ 3/3 Closeout Drill

3/3 Full Court Play w/ work on options

*Screen Away, Handoff, Ball Screens

3/3 Perimeters w/ Post Traps on Managers

_____ 4 Offense vs. 3 Defense

_____ 3/3 – 2 Screeners/1 Cutter

3/3 Knockout is 1 pt for stop – 1 pt for off. reb.

4 ON 4 DEFENSIVE WORK

_____ Shell Drill w/ Driver in Middle/Work on Screens

4/4 Transition Drill – Pass to Man/Defense Back

_____ 5 Offense vs. 4 Defense

4/4 Keep Away – 45 secs Highest Passes Wins

5 ON 5 DEFENSIVE WORK

_____ 5/0 Dummy into 5/5 on other end

Say ‘Change’ – Offense Ball Down/Get Back on
Defense in Transition – Duke

_____ 5 on 4 Transition w/ Cherry Picker

4 have one man back – score pushups

5 keep scoring stay

REBOUNDING – 10 Suicides @ End

_____ 1/1 vs. Blocking Dummy Box Out

*Teach Swim, Teach Crotch Step

_____ 2 on 2 Box Out – Scored on under, Scorers top

_____ 3 on 3 Cut Throat – Reb. +1, Off. Reb. +2

War – Everyone in Paint or Groups of 5

Rebounding Progression – FT, 3PT, HC

PASSING

_____ 2 Man Passing – Triple Threat

_____ Lane Passing – Closeout, Trace Ball

Fast Break – 2/0 Transition

_____ 3 Lines at Halfcourt

Bounce/Chest, Crossover/Pass, Between Legs

Partner – Fig. 8, 1 Drib. Xover, Shoulder Pass

Full Court V Cut Passing – 3 mins

_____ Post Entry Passing – Guard on Wing/Hit Post

Using Screens
 Grab Shirt – Cut Under Elbow of Screener
 Post Moves – Drop Step, Up/Under, Face up
 Guard Moves – Stutter, Inside out, Crossover
 Slow In – Quick Out/Explosion

DO THESE IN ALL DRILLS

1/0 PERIMETER W/ BALL
 Catch/Face, Triple Threat, 1 Pivot Foot
 Without ball – hands ready, 1-2 step ready

1/0 POST W/ BALL
 Catch/Chin/Check, Face-up
 Without ball – Physical, wide base, move feet

2/0 PERIMETERS
 Wing – Middle Drive Space, Baseline Drift
 Corner – Baseline Drift, Middle Drift
 European – Fill Behind Drive

2/0 POSTS
 Hi/Low – Duck-in + Reverse Pivot Seal
 Wing – 1 step out/1 step up, face up
 Post Catch – Dump Down Pass

2/0 1 POST/1 GUARD
 I Cut on Baseline Drive
 Rim Cut on Opp. Block

3/0 2 GUARDS/1 POST
 Wing – Guard Corner/Cut Through/Screen

3/0 2 POSTS/1 GUARD
 Ball screen/Drive/Duck in

4/0 2 POSTS/2 GUARDS
 Ball screen/Drive/Duck in

PERIMETER PLAYERS
 1/1 on the 3pt Line – Attack shoulder, lay – up
 1/2 on the 3pt Line – Drive by, help shows

POST PLAYERS
 1 Move – Drop Step, 2 – Up/Under, 3 – Face-up
 Fast Break – Reverse Pivot

FAST BREAK ORGANIZATION
 2/0 – Outlet Drill
 3/0 – Outlet Drill *Add Variations
 4/0 – Outlet + Trailer
 5/0 – Outlet + 2 Trailers Run Carolina

SECONDARY BREAK
 Carolina w/ dribble or pass

PRESS BREAK FULL COURT
 Sideline vs. 1-2-1-1 or Man/Man
 4 Corners vs. Zone Press
 Clear vs. Change-up Pressure

PRESS BREAK HALF COURT
 2 Guard vs. Half Court Trap 2.2.1 Alignment
 Pass Across Halfcourt – NO Dribble
 1 Guard vs. Half Court Trap 1.3.1 Alignment

ZONE OFFENSIVE ORGANIZATION
 3/2 Offensive Work Perimeters – Make 2 Guard
 2/3 Offensive Work Post – Screen/Short Corner

ZONE OFFENSE
 Zone – 1/4 High Entry Set
 Call 1 – Dribble Entry/Call 2/3/4/5 Pass Entry
 Motion – Posts to Short Corners and Elbows

OFFENSE
 Motion Twirl Hand for Turn it Over
 Call Triangle – Ball Inside
 Entry Set
 2/3 Side – From Motion First
 4/5 Up – Read + Call
 2/3 Down – Post Entry for 2/3
 Reverse – Call ‘R’
 Power – Cross Screen Entry
 Baseline – Flex Entry
 *Baseline Entry When Reversal is Denied
 Twirl Entry (1-4 High Entry)
 Point Set Entry
 Kansas – Cutter/Screener – 4 Out/1 In Motion
 Wide – Open Post (Dribbled at you = backdoor)

BREAKDOWN SETS
 Fist – High Ball Screen
 Down – 4 Flat

BASELINE OUT OF BOUNDS
 Series for 1 – 5
 Triangle – Screen the Screener
 Vs. Zone – Call Name/Box Set (Wayne Co.)
 *Name is man taking it out/Curler

SIDE OUT OF BOUNDS
 Side Out – Set Up Every Time

VERBAL CALLS
SHOOTING
 T/Reach, 1/2 step
 Low/Line, Down/Low/Go

POST PLAY
 Catch/Chin/Check

GUARD PLAY
 Rim/Post/Action

DEFENSE
PACKAGE
 Red Series – Fist Signal
 2.3 Zone/Box + 1/Triangle + 2
 Reset Each Time Red is Called

White – Open Hand Signal
 Man to Man PACK

Black – Two Fist Signal
 1.3.1 Zone

DEFENSIVE SHELL ORGANIZATION
 G-F Pass – Cut – Jump to Ball
 G-G Pass – Jump to Ball/Screen Away
 Teach Screening Situations
 Add Baseline Driver/Middle Driver
 Take The Charge
 3 out 1 in – Defend Ball/Double Post
 Rim/Top/Deny
 4/4 Shell – Get 3 Stops to Get Out/No Off. Rebs

DEFENSIVE TECHNIQUE TEACHING

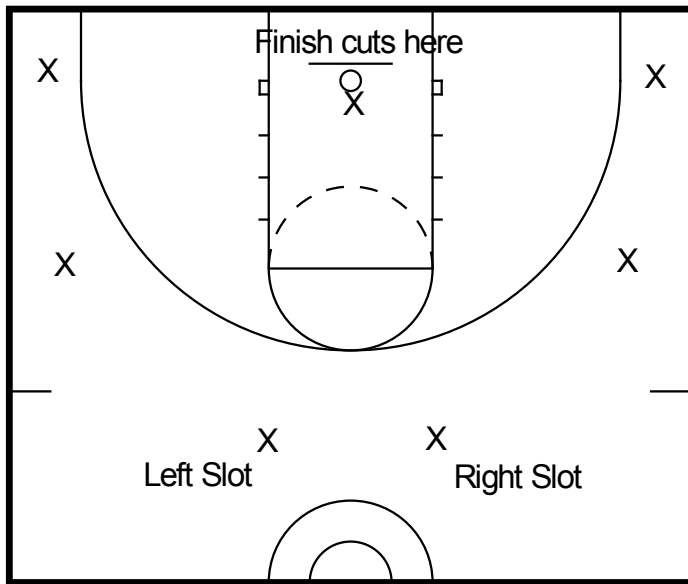
VERBAL CALLS
MAN DEFENSE
 Deny/Ball/Shot/Screen
ZONE DEFENSE
 Cutter/Shot/Ball
TRIANGLE + 2
 I got ##/Ball/Shot
BOX + 1
 I got ##/Ball/Shot

SPECIAL SITUATIONS
 Full Court Finish Drill
 Huddle on FT
 FT Game
 Teach X, FX, and Head Tap Break
 Perfect Possession
 No Score for 35 Seconds or Go Again
 Full Court Pivots

GAME PREPARATION
 2 Minutes – Tie Game
 Warm-up Drills
 Captains Choose After First Two Drills

NEW IDEAS FOR PRACTICE
 Different Post Moves to Score in Dummy
 Different Dribble Moves/Posts-Guards Meet
 Different Passes Each Day
 Different Rules – No Dribble, Fake Pass/Make 1
 Change Up Partners Daily – Posted
 Change Up # of Suicides for Hustle Plays
 Vary Post/Perimeter Rules Each Day
 Add a Conditioner to End of All Drills
 *Stance, Closeout, Slides, Retreat Step
 Add Stations to Practice – Teach Diff. Defense
 Change Up Start of Scrimmage UOOB, SOOB
 2 Minute Games – Up/Down – Plays
 Boxes and Elbows – Terminology

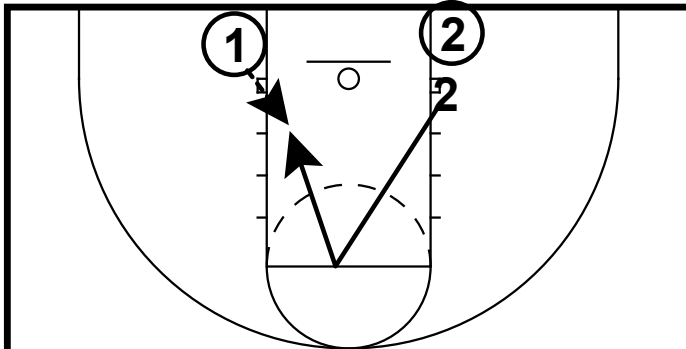
Teaching Lines on the Floor Breakdown Drills



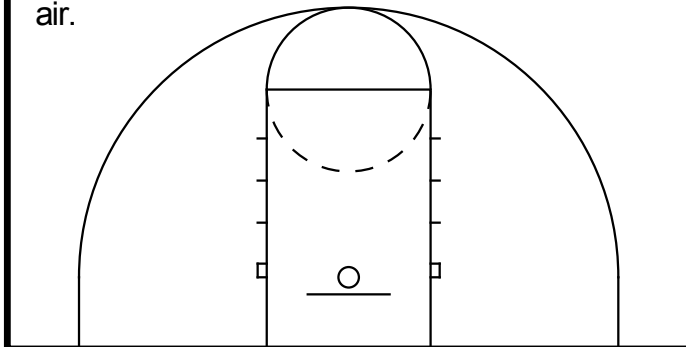
Use tape early in the season to teach the spacing of the offense and to teach players to finish their cuts to the rim

2 Lines Underneath
Team Shooting Drills

1 1 2 Lines Undeneath 2 2



We have two lines under the basket to start with a ball in each line. They cut to the free throw line and back to the opposite line looking for the lob pass. They catch the ball high, score high, then pass back to the line they received from. The passer cuts around the shooter, touches the free throw line and receives from the other line. This is continuous and we shoot from the block, the first hash, the elbow, and from 3. Add claps, names, and cuts from higher on the court. We can also add a rip thru and pullup/layup. Ball in air, feet in air.



3 Man Shooting
Team Shooting Drills

3 Man Shooting - Hubies

One person is the shooter, one person is the rebounder, one person is the passer. The shooter shows a target and fights to get his feet under him – landing on two or stepping into the shot. The rebounder will snatch the ball with two hands, pivot aggressively, and pass (overhead, weak hand, one hand off dribble) to the passer. The passer will land on two, rip or clear the ball, and pass (overhead, weak hand, one hand off dribble) to the shooter. Call names on passes. Try to make 7 shots in 30 seconds – 5 in a row in 30 secs

3 Man Shooting
Team Shooting Drills

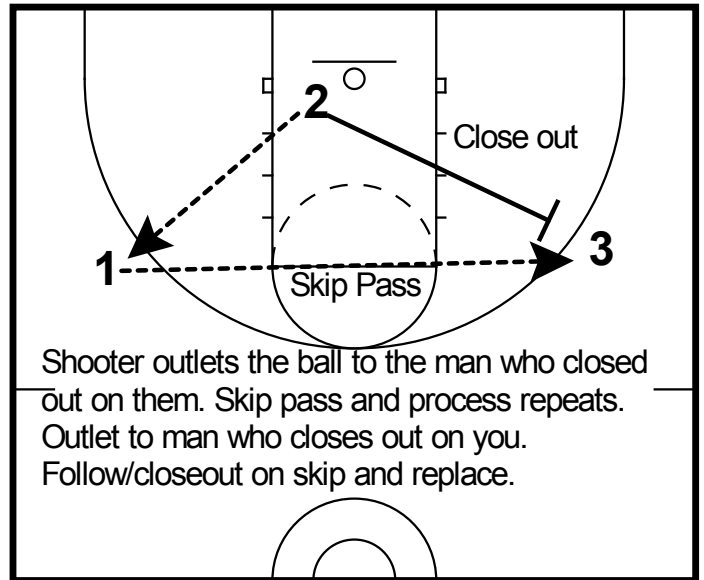
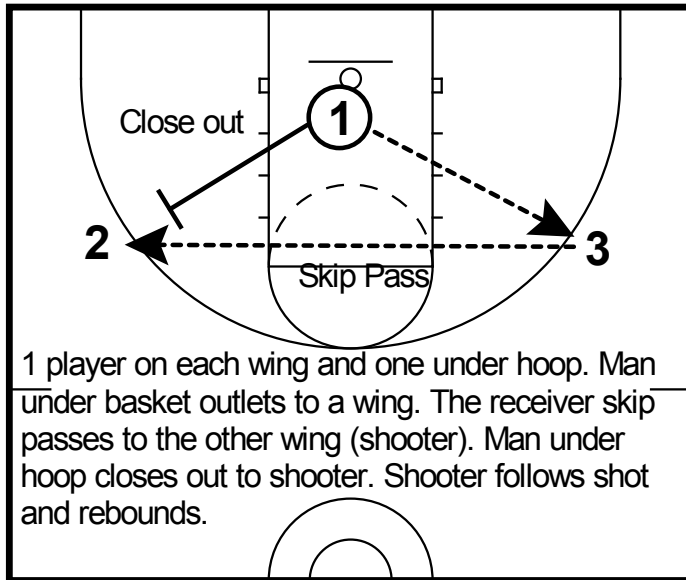
3 Man/2 Ball Shooting

Shooter rebounds own shot and passes to open man. Can add multiple passes, weakhand passing, and shot fakes, etc. Time limit and players compete for high score.

3 Man Shooting
Team Shooting Drills

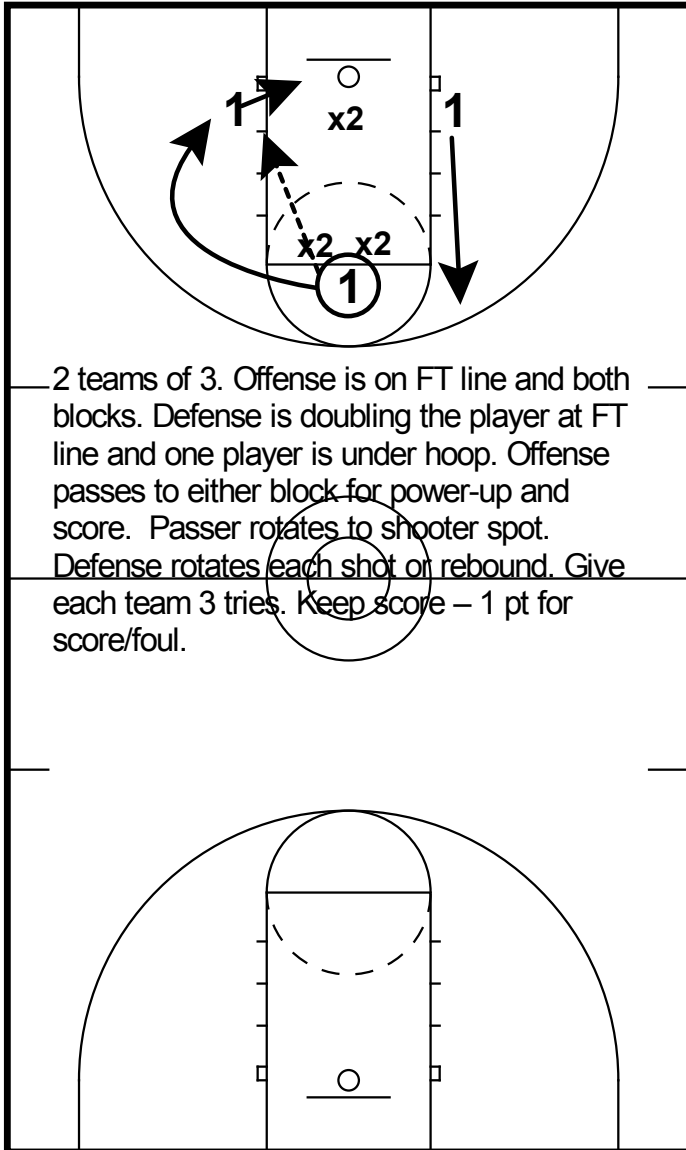
3 Man Shooting
Team Shooting Drills

3 Man Skip Pass Shooting



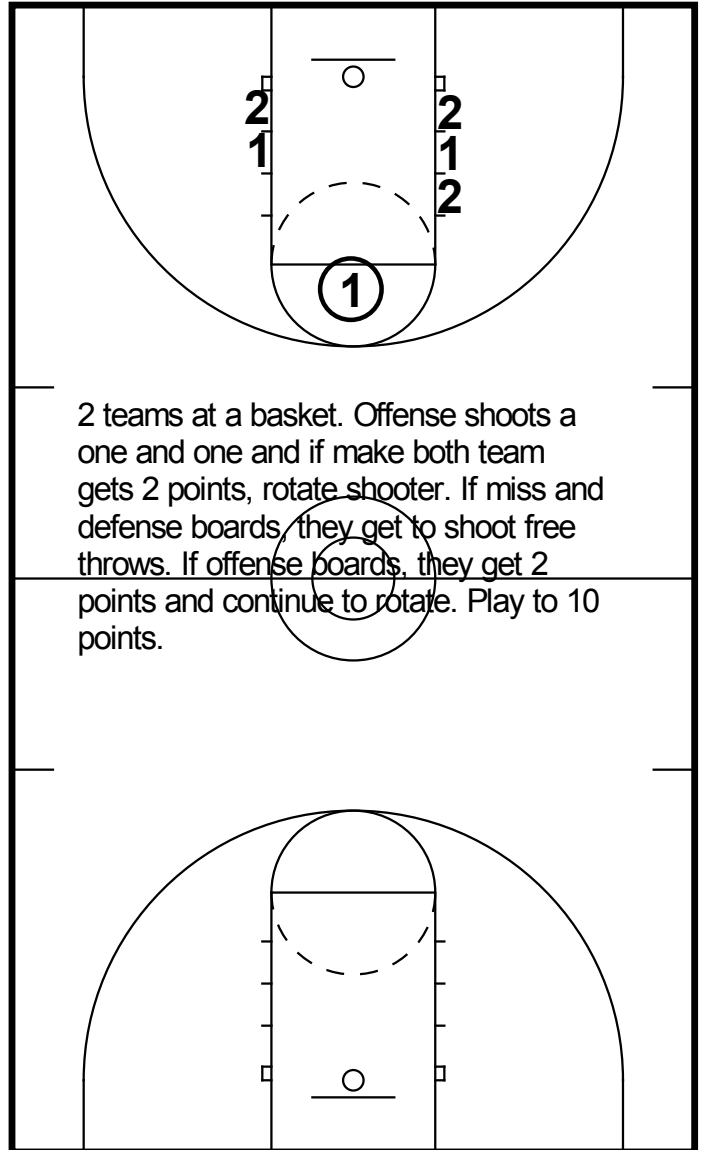
3 Man Shooting
Team Shooting Drills

2 on 1 Pass/Power Ups



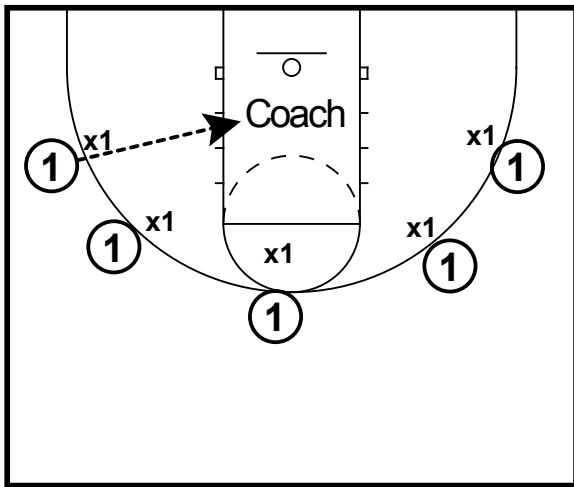
3 Man Shooting
Team Shooting Drills

3 on 3 Free Throw Shooting Drill



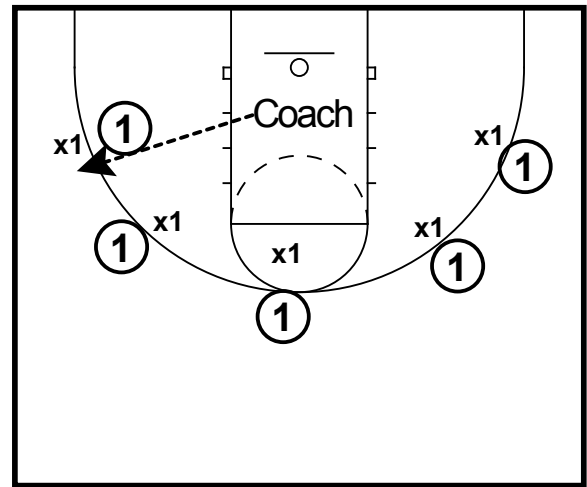
Stationary Ball Toughness
Ball Toughness Drills

1 on 1 Ball Toughness



Partner up. Offensive player will rip or sweep the basketball with the defender fouling and reaching in until the coach calls the players name. The player must be able to pass to the coach quickly and on target under pressure.

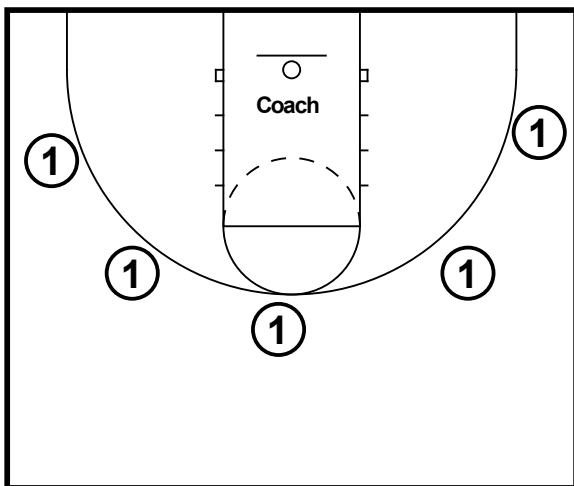
Stationary Ball Toughness
Ball Toughness Drills



After a successful pass to Coach, offense and defense will switch positions. Can run at both ends. Quick drill.

Stationary Ball Toughness
Ball Toughness Drills

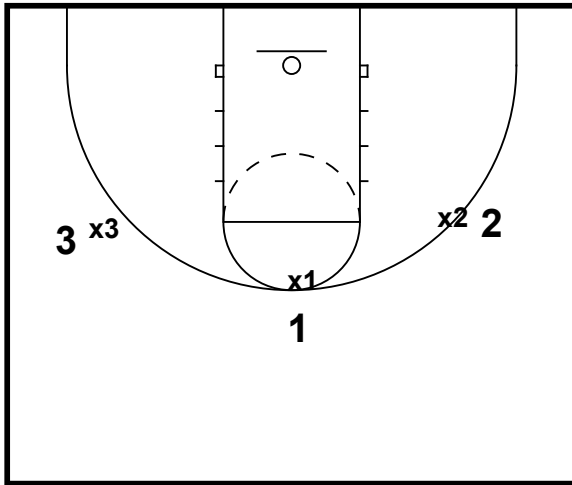
12 Second Drill



Teaches how long players can have possession without a 5 second count if they are calm under pressure. Coach counts to 4 then players dribble as coach counts to 4 then players jump stop as coach counts to 4.

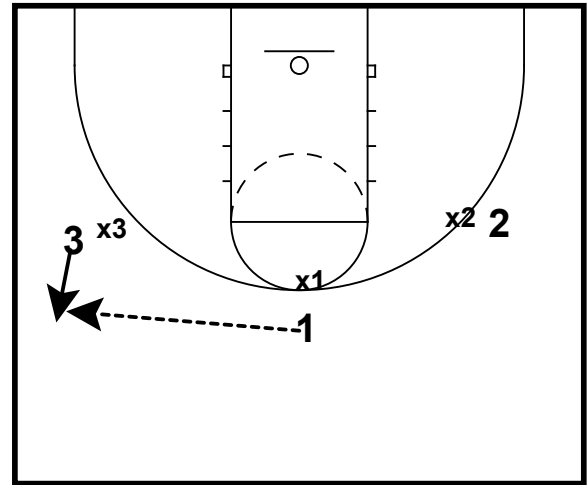
3 on 3 Ball Toughness
Ball Toughness Drills

3 on 3 Ball Toughness



Complete passes for points. No point without a rip or sweep on the catch. No dribble or dribble variations. 10 complete passes then switch. 3 possessions each team. Split them into two groups on either sideline. Black on right and white on left to sub in after each change. Turnover or 10 complete passes. Variation – No score first then give 10 points on a layup. Run the difference in the score. A down/back for each point. One shot to score.

3 on 3 Ball Toughness
Ball Toughness Drills

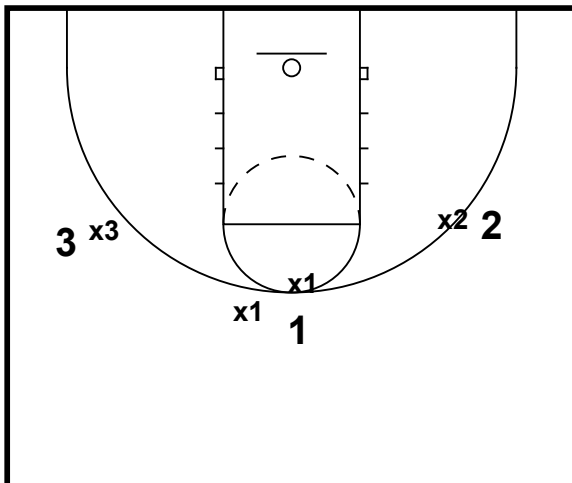


COACHES: Teach your players AFTER the drill to wait until the man with the ball sees them to cut. Most players will avoid pressure and run around without learning how to get open.

Rip/Sweep v. pressure on the ball and no dribbling forces players to fight to get open then remain calm.

3 on 3 Ball Toughness
Ball Toughness Drills

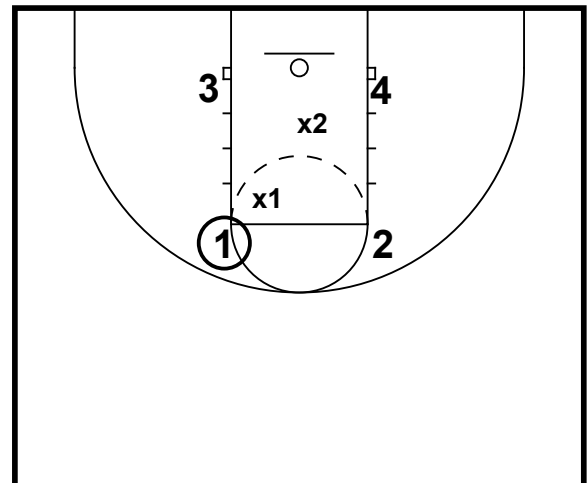
4 on 3 Ball Toughness - Variation



Same drill and just add a permanent trapper that does not have to run when either team wins or loses. Trap the ball and force passes against pressure.

3 on 3 Ball Toughness
Ball Toughness Drills

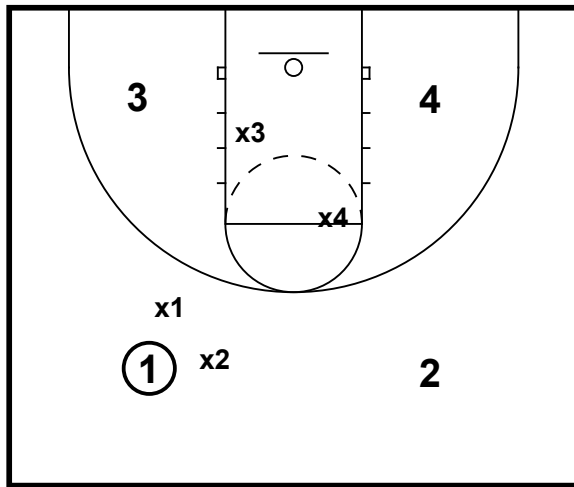
4 on 2



Offense is on each elbow and block. Defense is inside the lane trying to deflect or steal the ball. Complete 10 passes, no bounce passes, catch and rip/land on two. Offense cannot move.

3 on 3 Ball Toughness Ball Toughness Drills

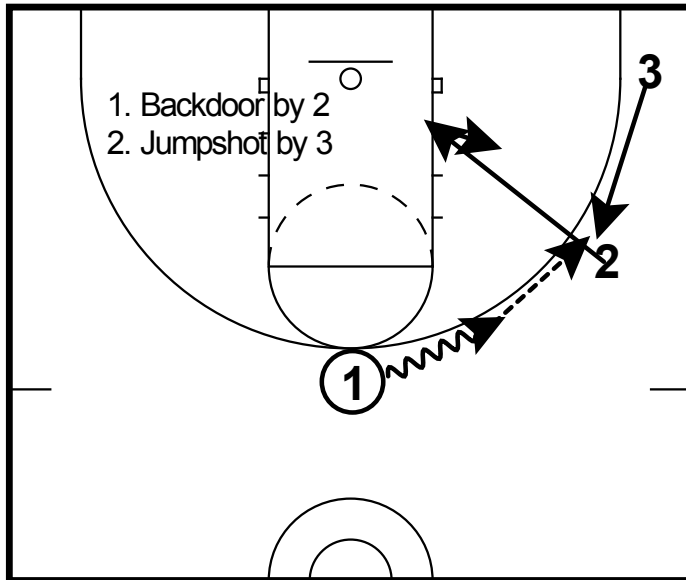
4 on 4



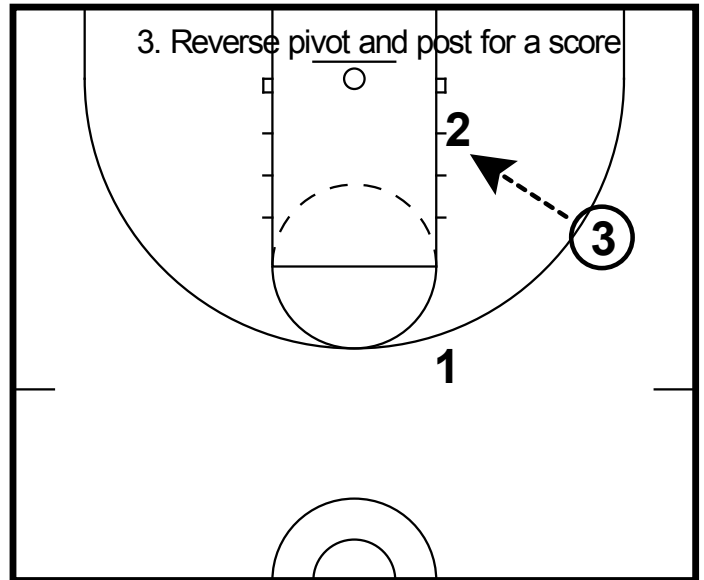
Offense is stationary and cannot move to get open or screen or dribble, but can move to the ball to receive. Use the corners of the volleyball court for spacing. Move two defenders to ballside and then move the other two to the midline. 10 passes. The 4 defenders are double teaming the ball and trying to get a steal. White vs. black and the losers run the difference. The two players on the midline – the high I goes to trap the ball at half court to start the drill. Teaches to pass before the trap is set and to be tough enough to fake then pass. See what is happening and don't panic. Keep the ball moving.

3-0 5 Out Backscreen
Breakdown Drills

3-0 5 Out Backscreen



3-0 5 Out Backscreen
Breakdown Drills



The drill starts with wing and corner spot filled like in 5 Out play. 2 cuts backdoor and reverse pivot post up. 3 fills empty spot by 2.

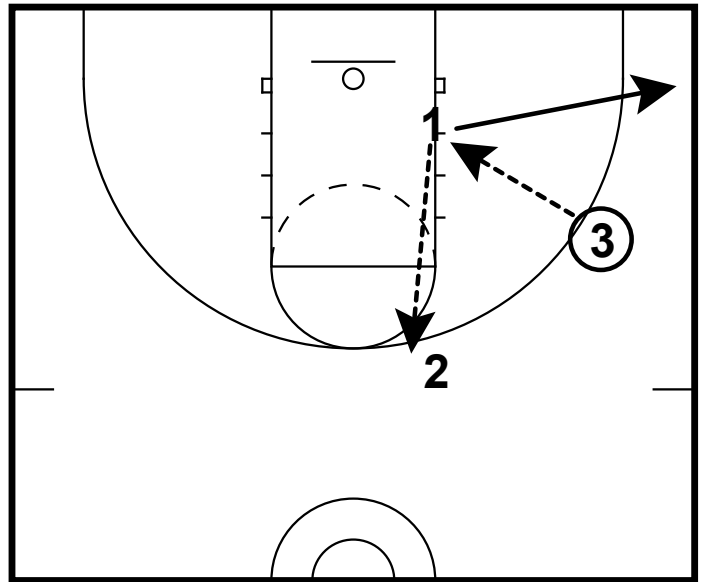
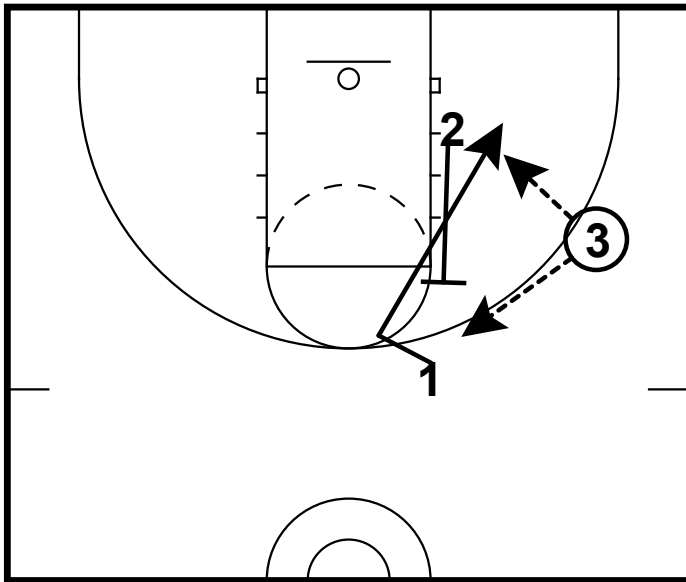
There are 4 options to practice from this point:

1. Backdoor layup by 2
2. Jump shot by 3 filling behind 2
3. Reverse pivot post up by 2 for score
4. Backscreen by 2 for 1 to get post back inside
 - a. Jumpshot by screener
 - b. Reverse post by post player

Reverse pivot and seal then score with all players from the block.

3-0 5 Out Backscreen
Breakdown Drills

3-0 5 Out Backscreen
Breakdown Drills

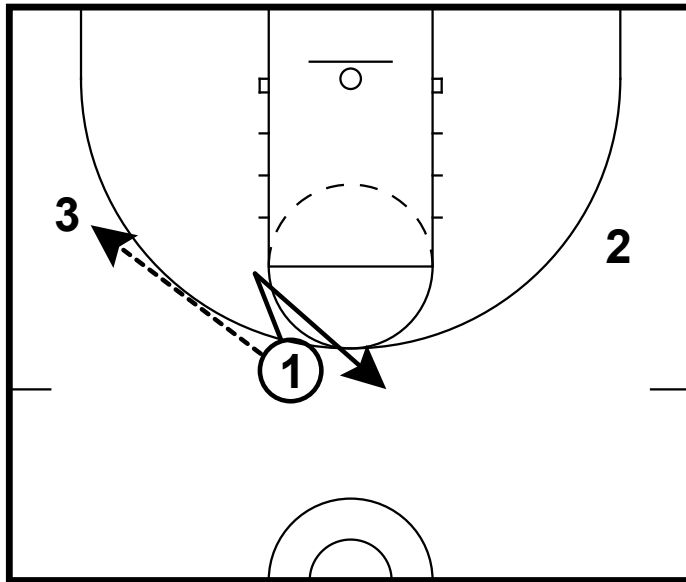


After backscreen, passer has (a) jumpshot by screener or (b) post up by cutter.

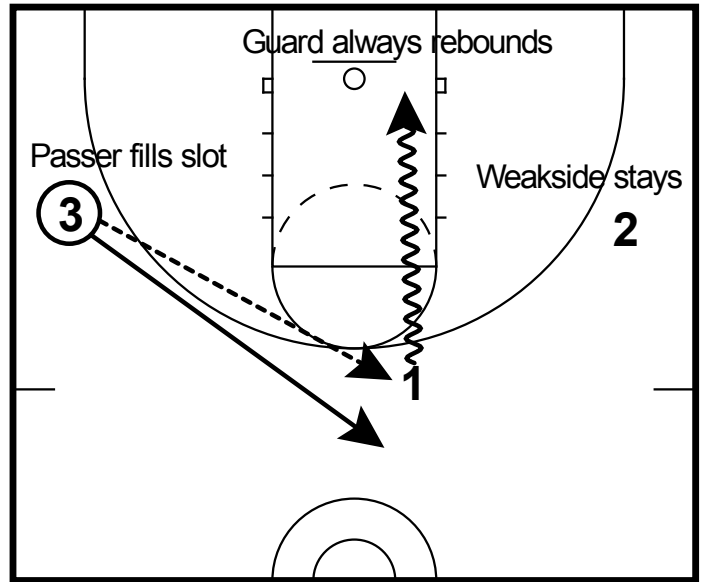
1 scores inside and then fills empty corner spot.
1 rebounds and passes to top.
2 is now the ball handler and dribbles to wing to reset drill

3-0 Chin Cuts
Breakdown Drills

3-0 Chin Cuts



3-0 Chin Cuts
Breakdown Drills



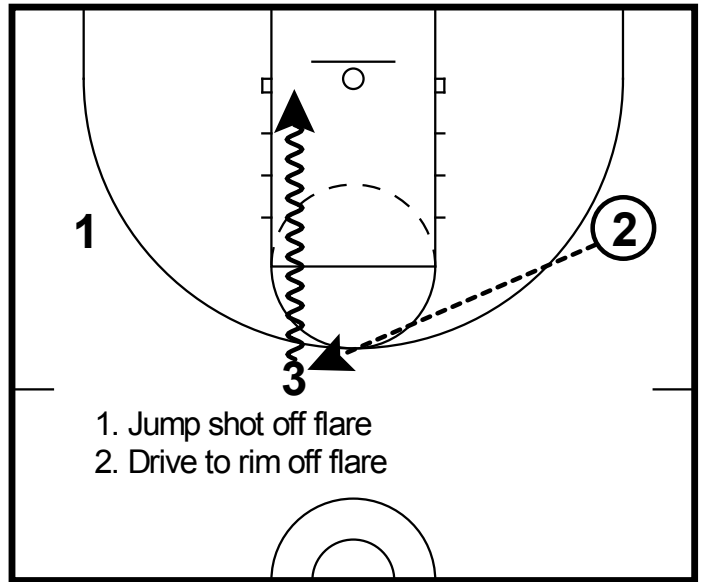
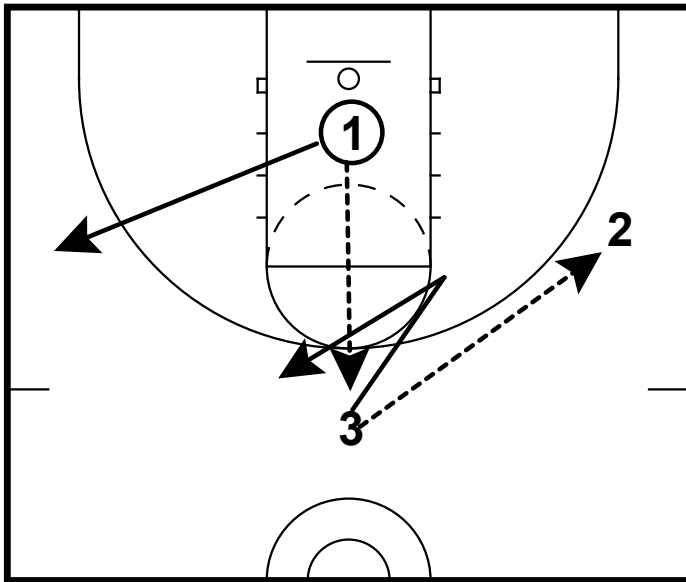
Continuous 3 player drill where players should switch sides of the court and positions on the floor.

1. Guard always rebounds the basketball and kicks back to the top of the key, guard will become weakside wing.
2. The strongside wing always rotates up to the top of the key after throwing pass.
3. Weak side wing stays put, becomes strongside wing.

The drill starts with two wing players and a guard. The guard passes to wing and flares off the post screen. The guard will execute one of the 5 options on the catch. For example: the dribble drive...

3-0 Chin Cuts
Breakdown Drills

3-0 Chin Cuts
Breakdown Drills

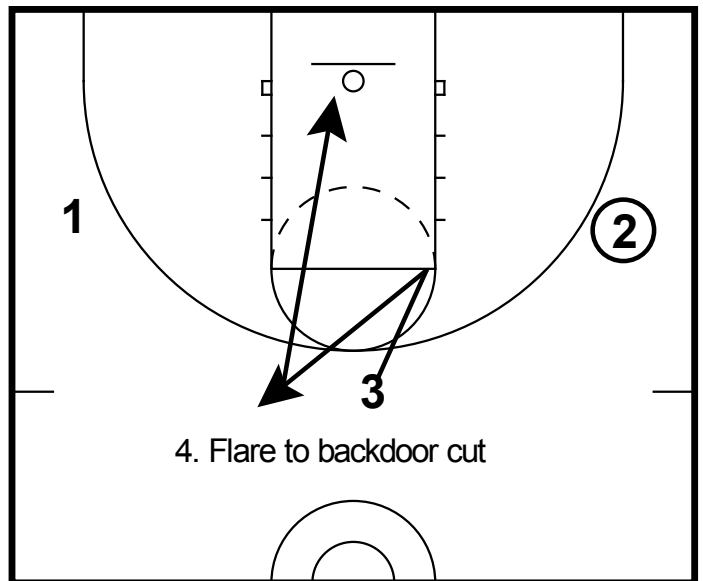
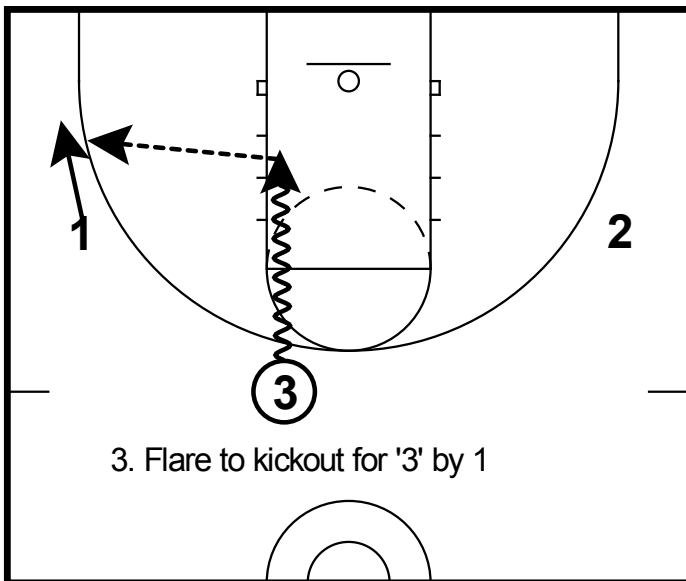


New guard in slot will pass to wing and flare off the post then on the pass from 2 to 3 will execute one of 5 options.

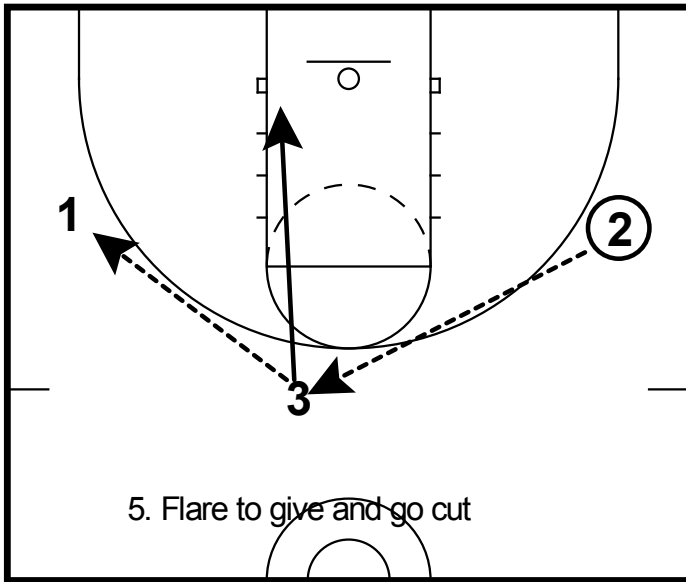
1. Flare jump shot
2. Flare to drive
3. Flare to kickout
4. Flare to backdoor
5. Flare to give and go cut

3-0 Chin Cuts
Breakdown Drills

3-0 Chin Cuts
Breakdown Drills

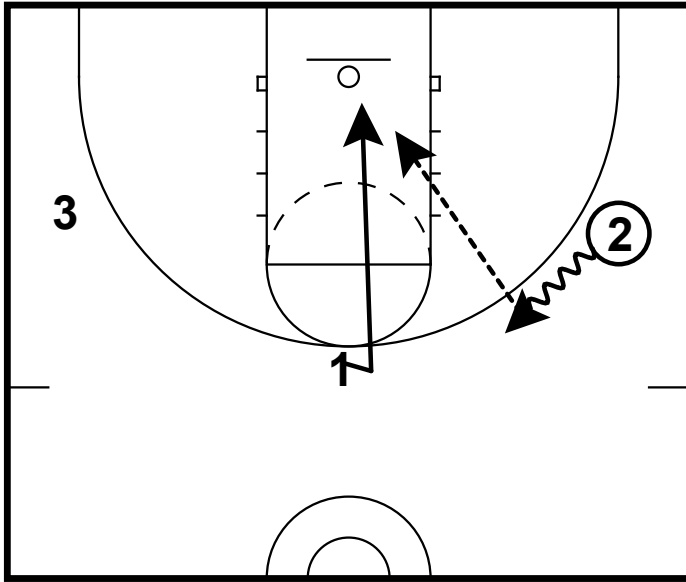


3-0 Chin Cuts Breakdown Drills



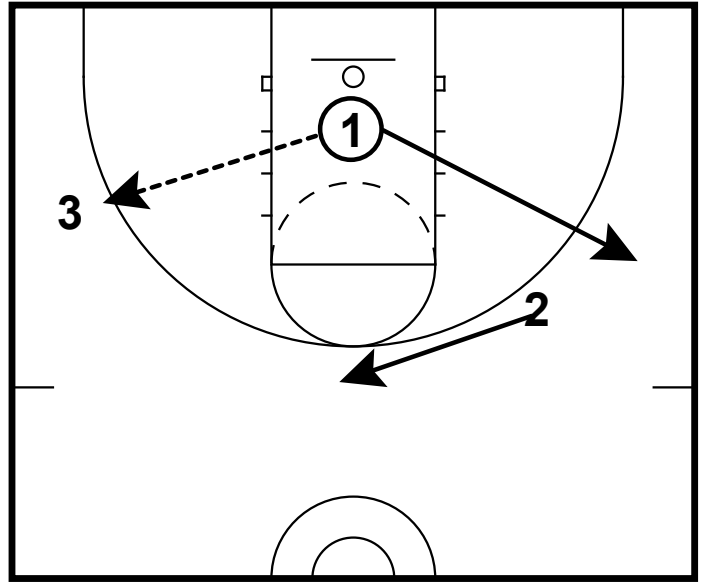
3-0 Top Backdoor
Breakdown Drills

3-0 Top Backdoor



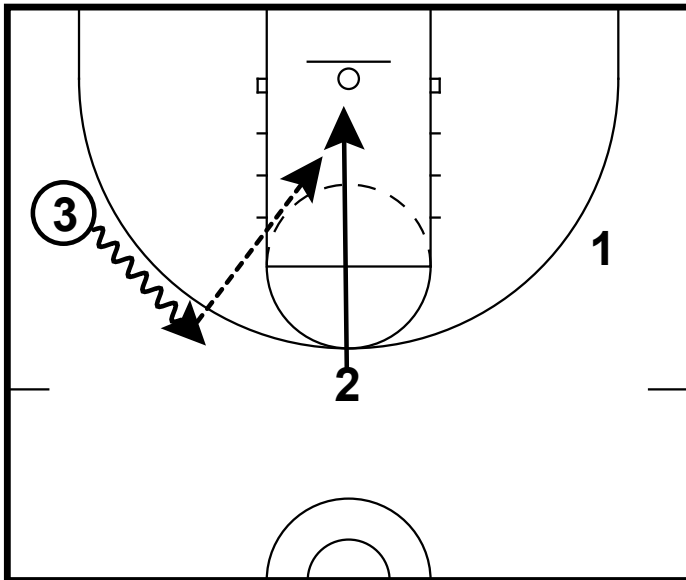
The drill starts with two wings and a player at the top of the key. The wing dribbles at the top of the key. Top cuts backdoor for a layup.

3-0 Top Backdoor
Breakdown Drills



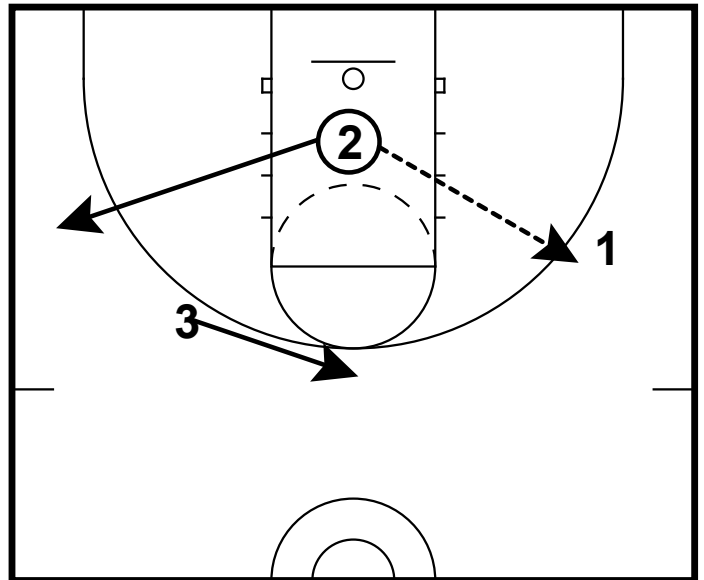
Shooter rebounds and passes to stationary wing. Passer fills the top. Shooter fills empty spot.

3-0 Top Backdoor
Breakdown Drills



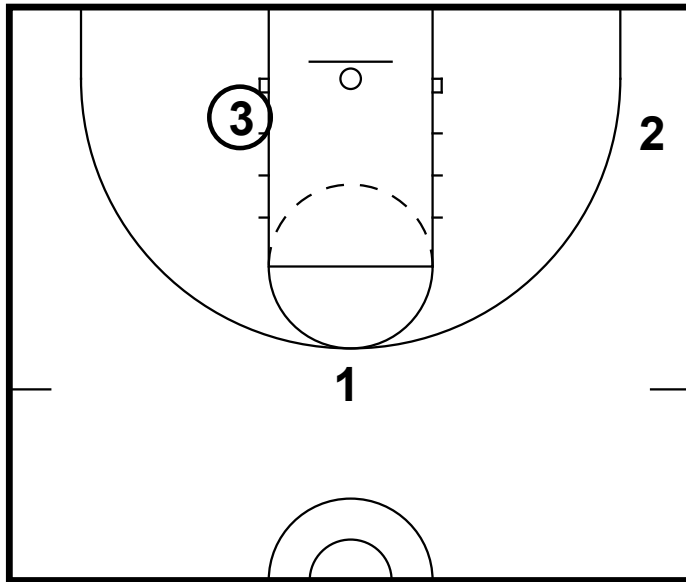
Drill continues as wing dribbles at top player who cuts backdoor for the layup. Same continuity.

3-0 Top Backdoor
Breakdown Drills

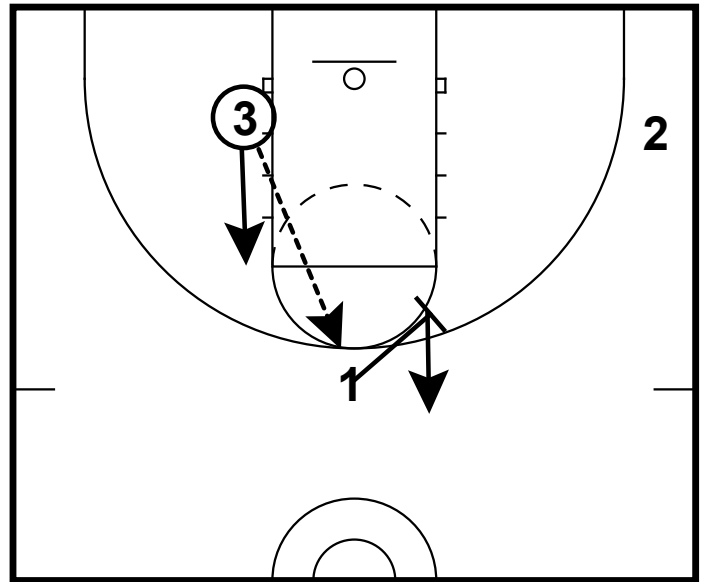


Drill repeats. Shooter passes to stationary wing. Passer fills top. Shooter fills empty spot.

3-0 Wave Cuts Breakdown Drills



3-0 Wave Cuts Breakdown Drills



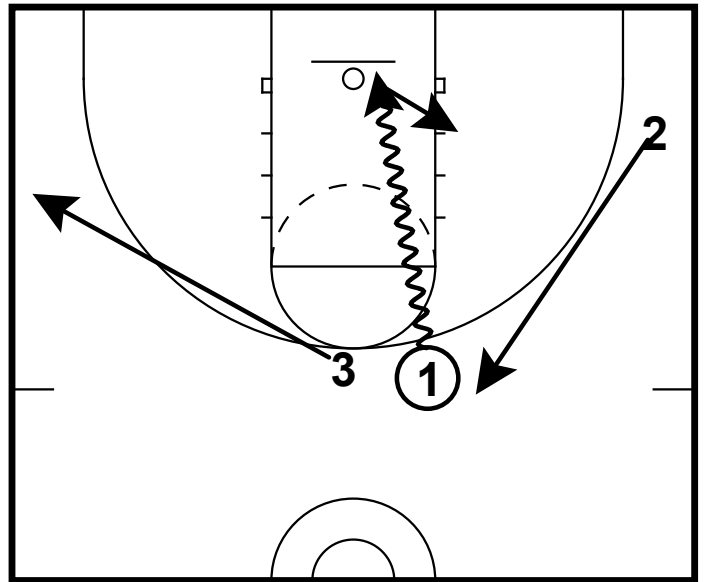
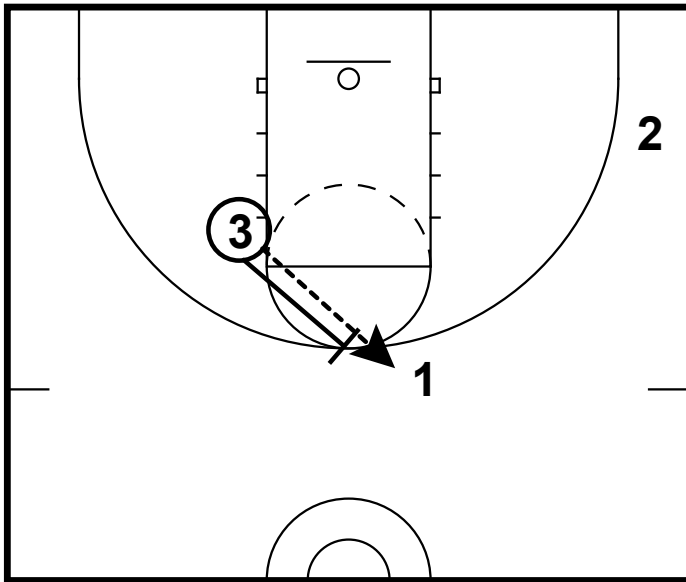
Continuous 3 player drill where players should switch sides of the court and positions on the floor.

1. Guard will always rebound
2. The weak side wing will always rotate up to the top of key.
3. The high post will always step up for ball screen then faded to same side wing.
4. The rebounder will then step to the box and flip himself the ball and kickout to the new guard to reset the drill.

Guard enters back to high post and begin weak side cut by screening at the opposite high post for imaginary cutter, guard fills slot.

3-0 Wave Cuts
Breakdown Drills

3-0 Wave Cuts
Breakdown Drills

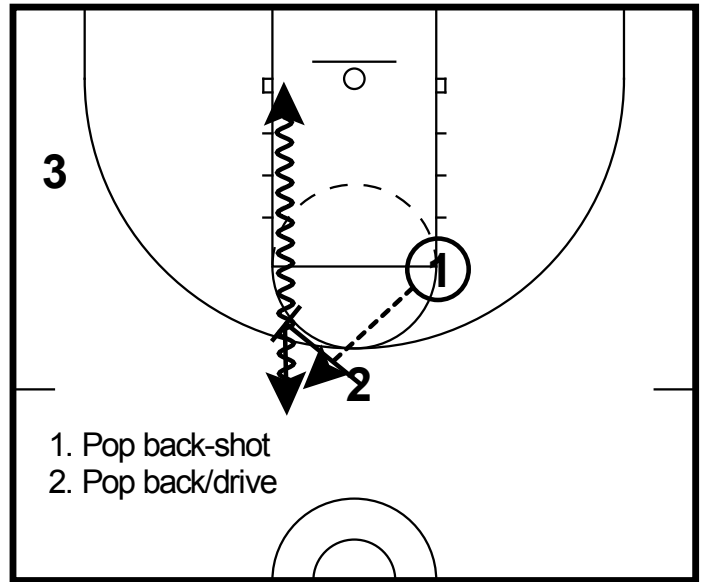
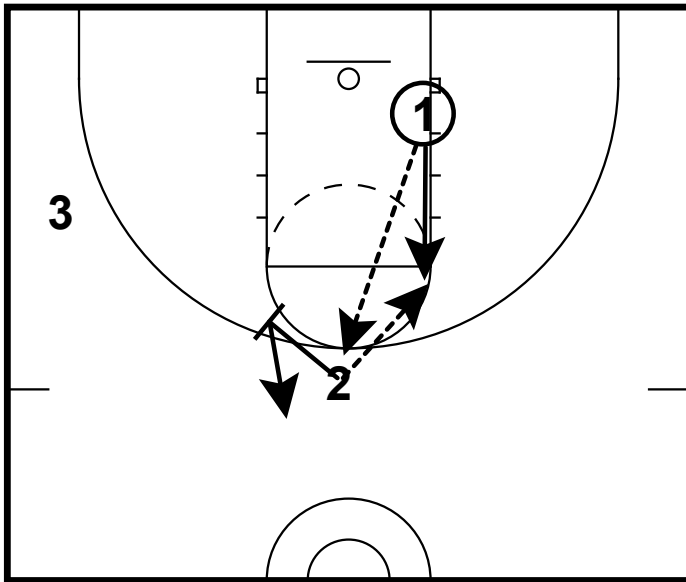


There are 6 options from this position. Remember, the guard will always rebound the ball and replace the post/pivot position.

For example, the 1 refuses the screen by 3 and attacks the lane line for a layup. The guard will rebound his own shot and become the new post. The former post now becomes the weakside player. The wing rotates to the high guard spot in the slot. The action changes sides.

3-0 Wave Cuts
Breakdown Drills

3-0 Wave Cuts
Breakdown Drills

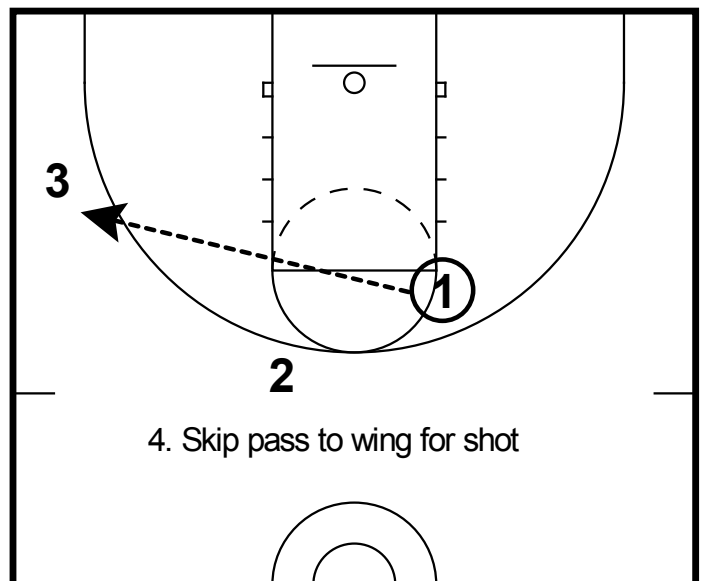
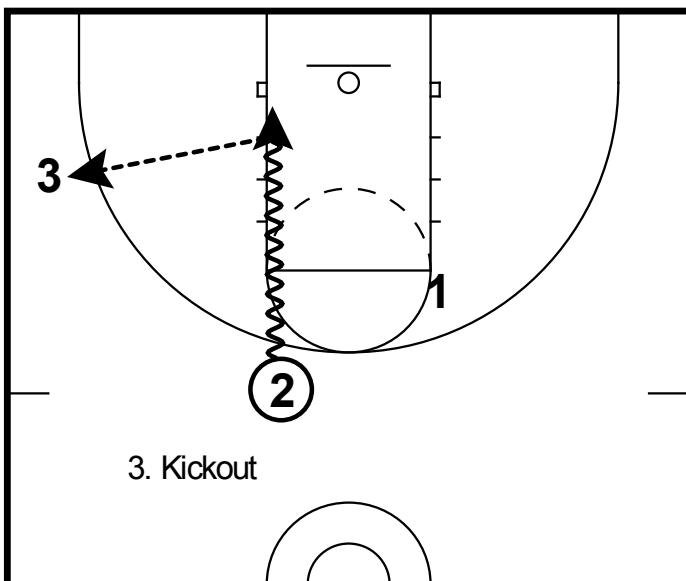


The guard kicksout and fills the high post. The new player will screen away and we then practice one of the 6 options from this position.

1. Pop back/shot
2. Pop back/drive
3. Kickout
4. Skip to wing
5. Double Cut
6. Post screen/shot

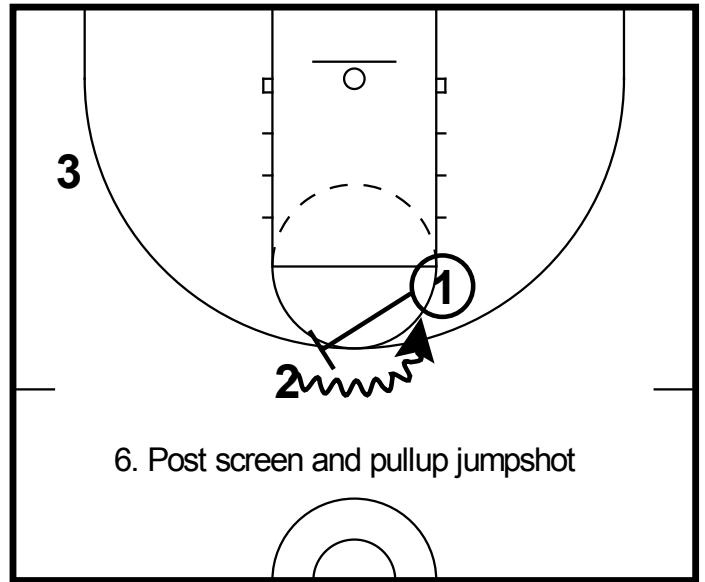
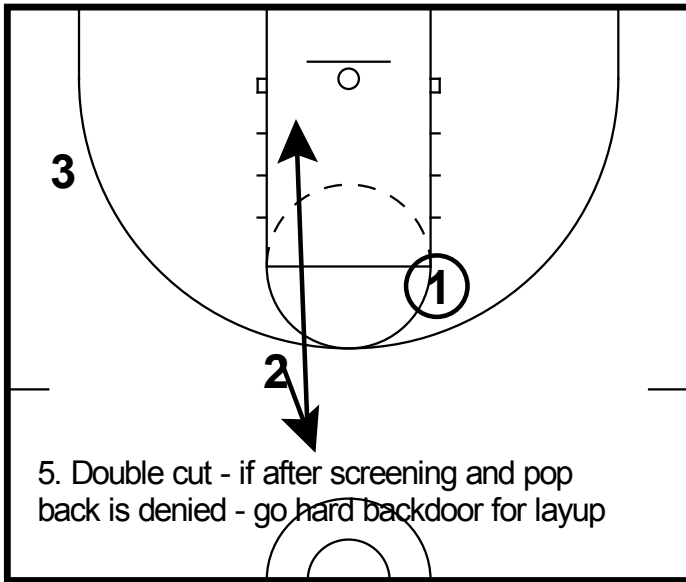
3-0 Wave Cuts
Breakdown Drills

3-0 Wave Cuts
Breakdown Drills



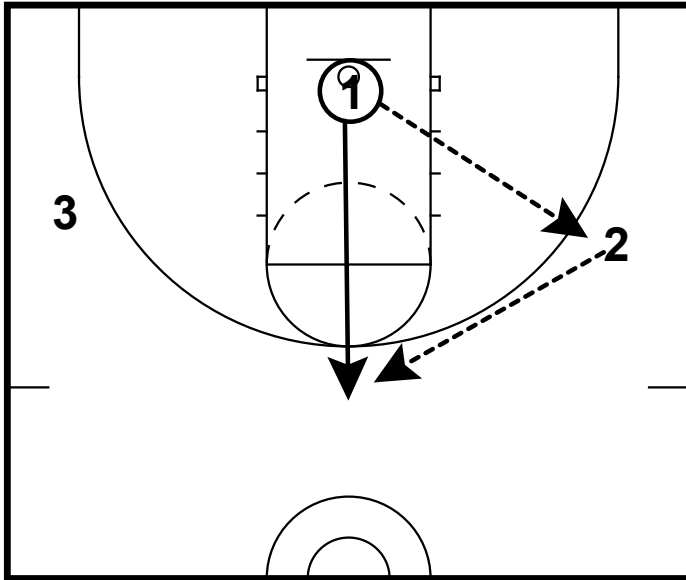
3-0 Wave Cuts Breakdown Drills

3-0 Wave Cuts Breakdown Drills



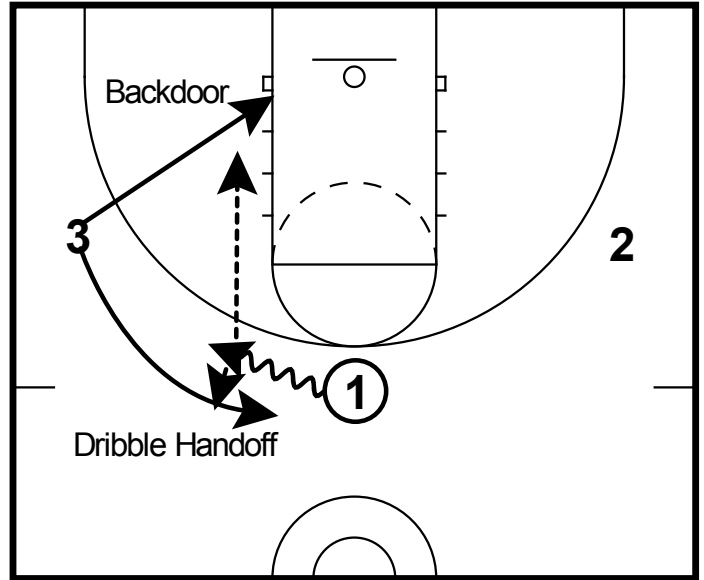
3-0 Wing Handoff or Backdoor
Breakdown Drills

3-0 Wing Handoff or Backdoor



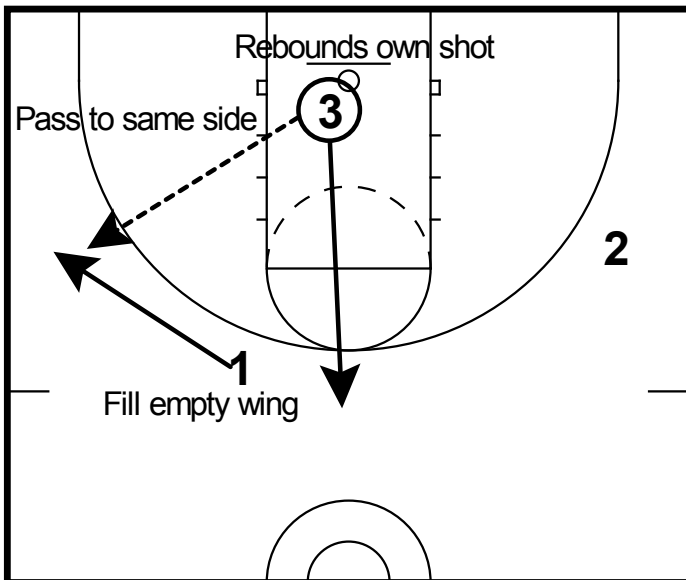
Drill starts with two wings and a player under the basket. The player will make a pass to the wing and cut to the top of the key for the pass.

3-0 Wing Handoff or Backdoor
Breakdown Drills



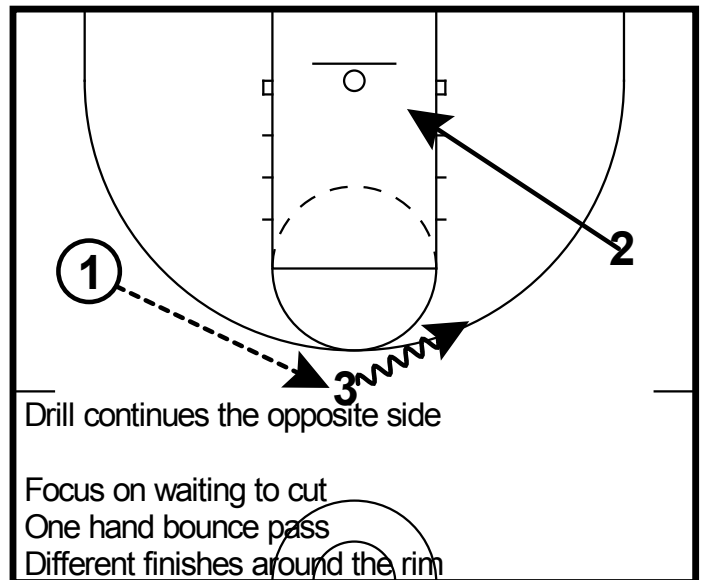
The player will dribble opposite and the wing will most of the time cut backdoor for the layup or cut off for the dribble handoff and jump shot.

3-0 Wing Handoff or Backdoor
Breakdown Drills



Either option, the shooter rebounds own shot. Passer goes to empty wing. After rebounding, the shooter passes to the same side he got the pass from. Repeat.

3-0 Wing Handoff or Backdoor
Breakdown Drills

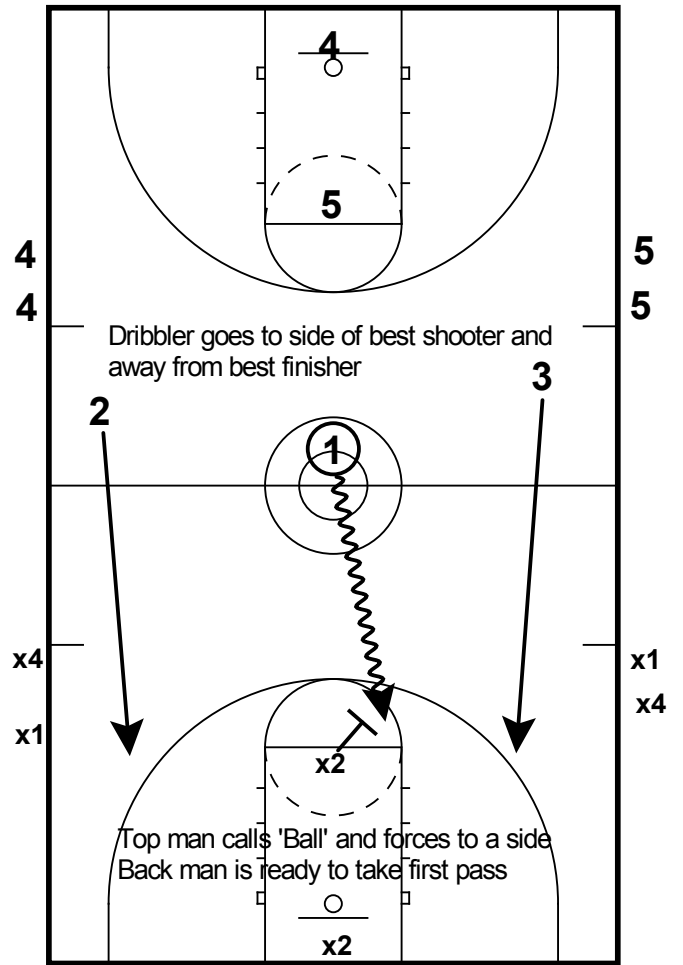
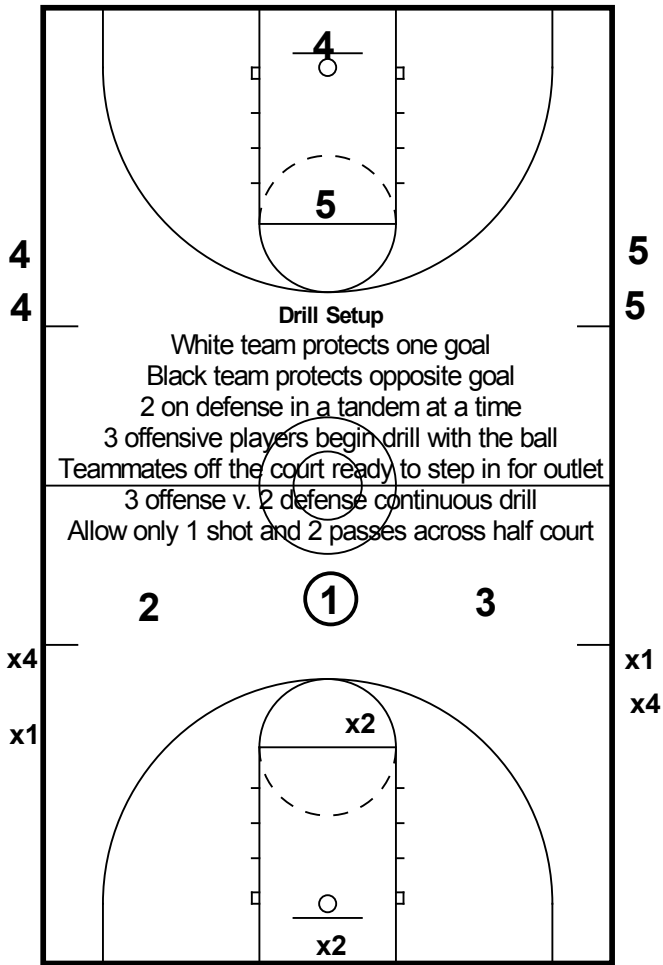


Drill continues the opposite side
Focus on waiting to cut
One hand bounce pass
Different finishes around the rim

11 Man Break
Transition Drills

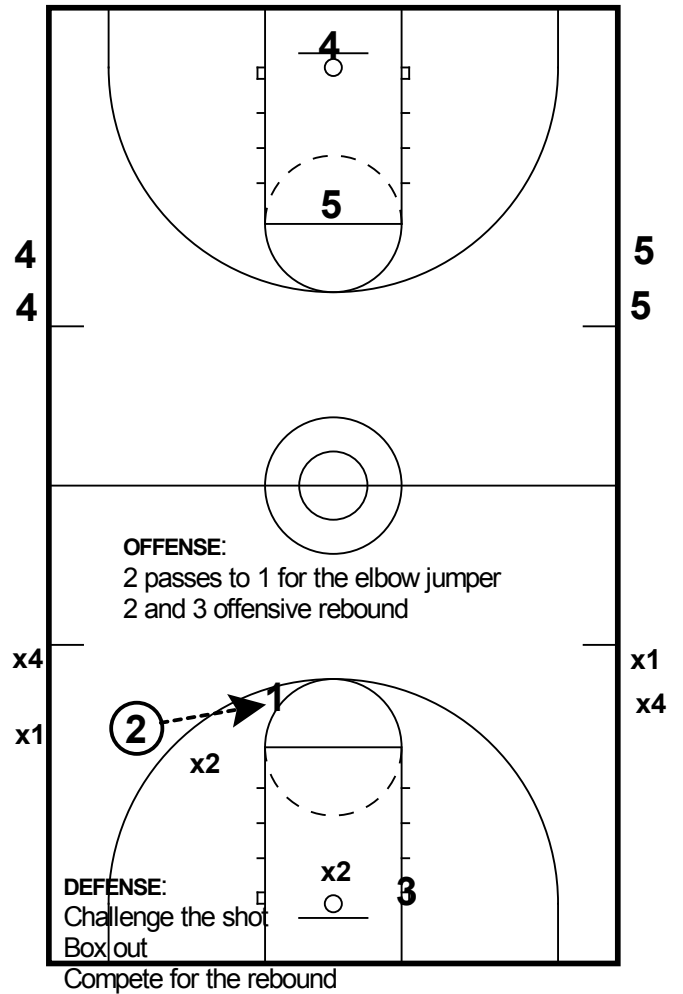
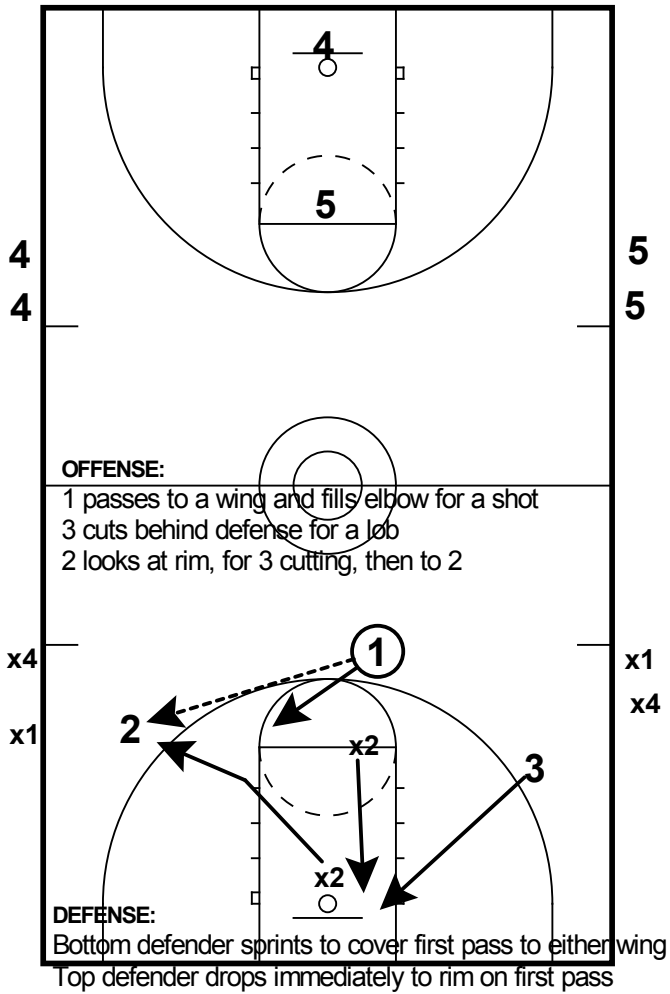
11 Man Break
Transition Drills

11 Man Break - A Continuous 3 on 2 Fast Break Drill

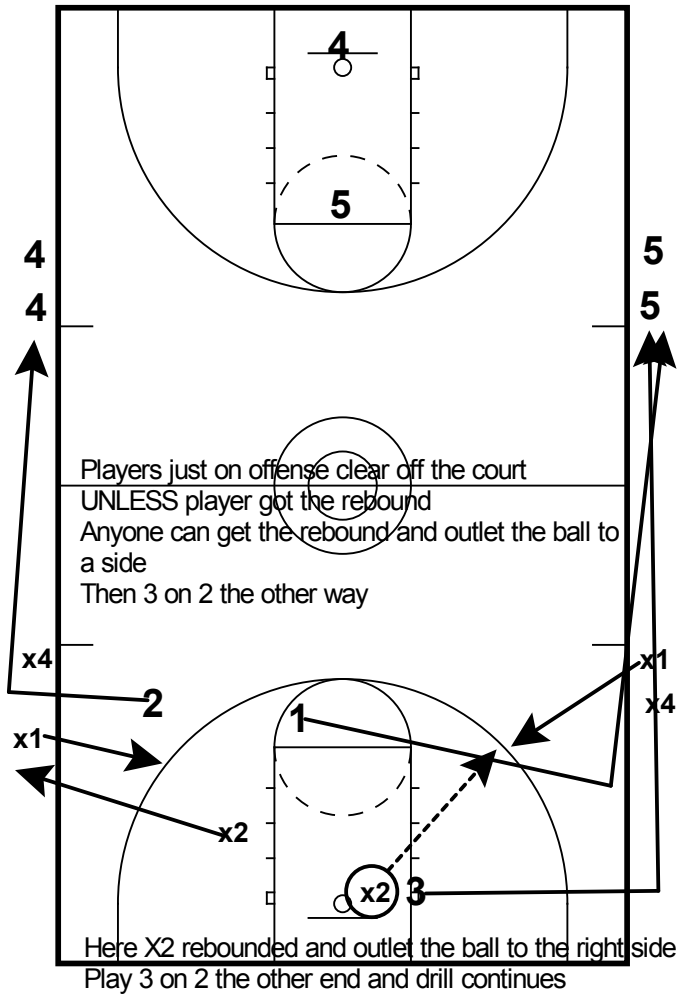


11 Man Break
Transition Drills

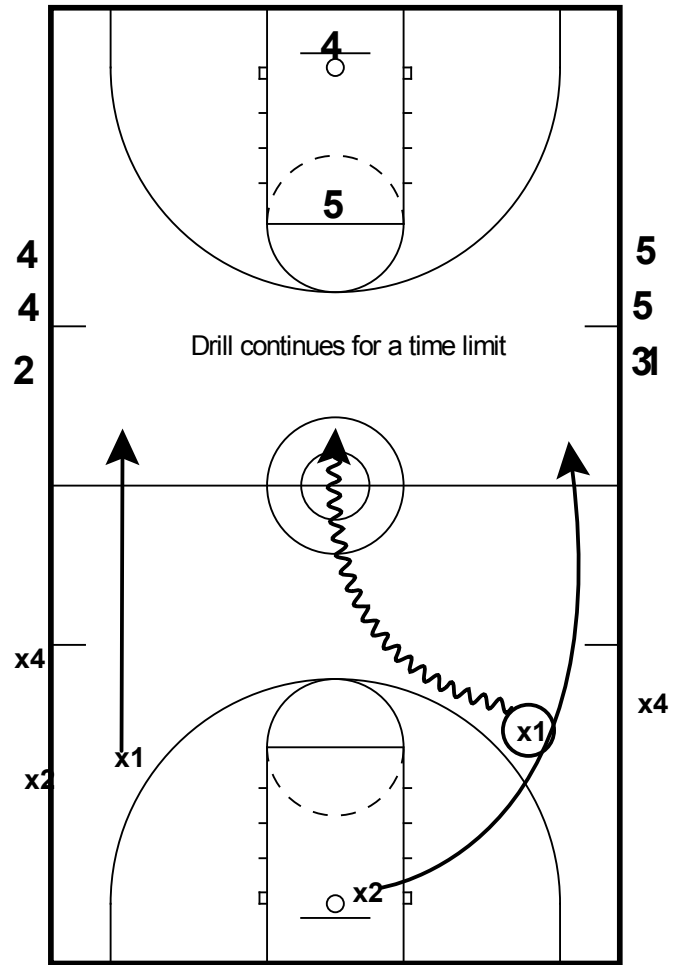
11 Man Break
Transition Drills



11 Man Break
Transition Drills

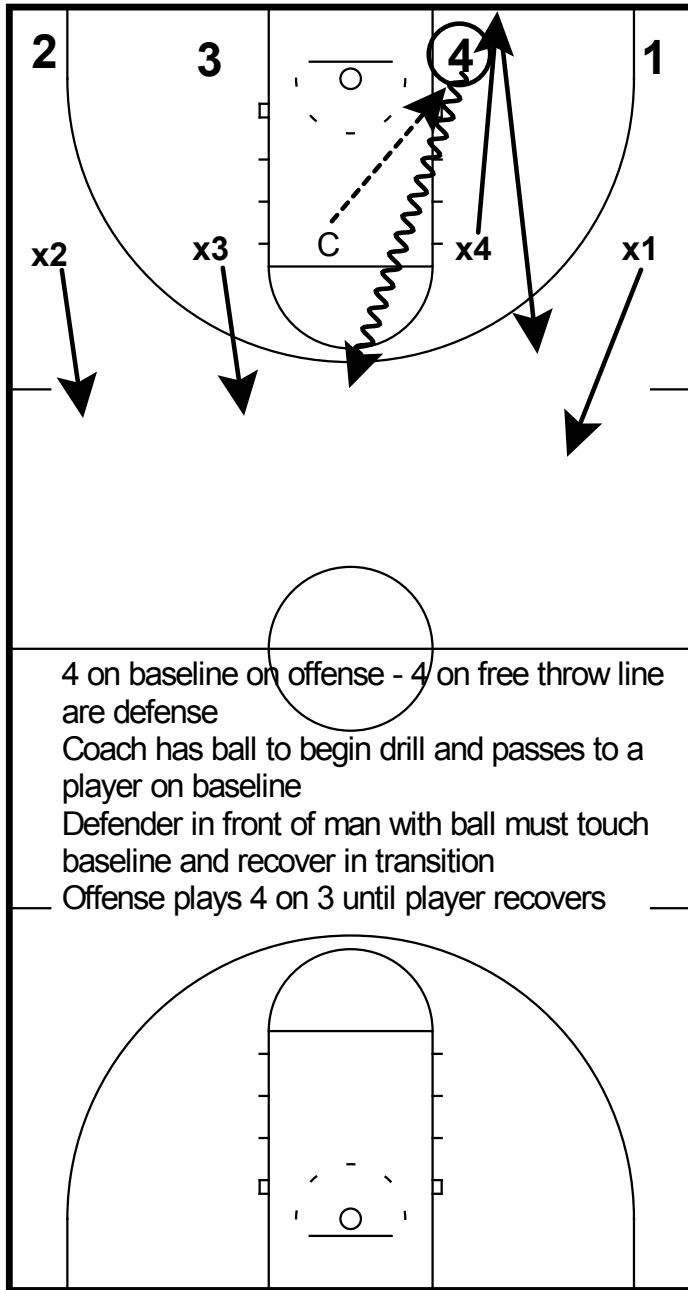


11 Man Break
Transition Drills

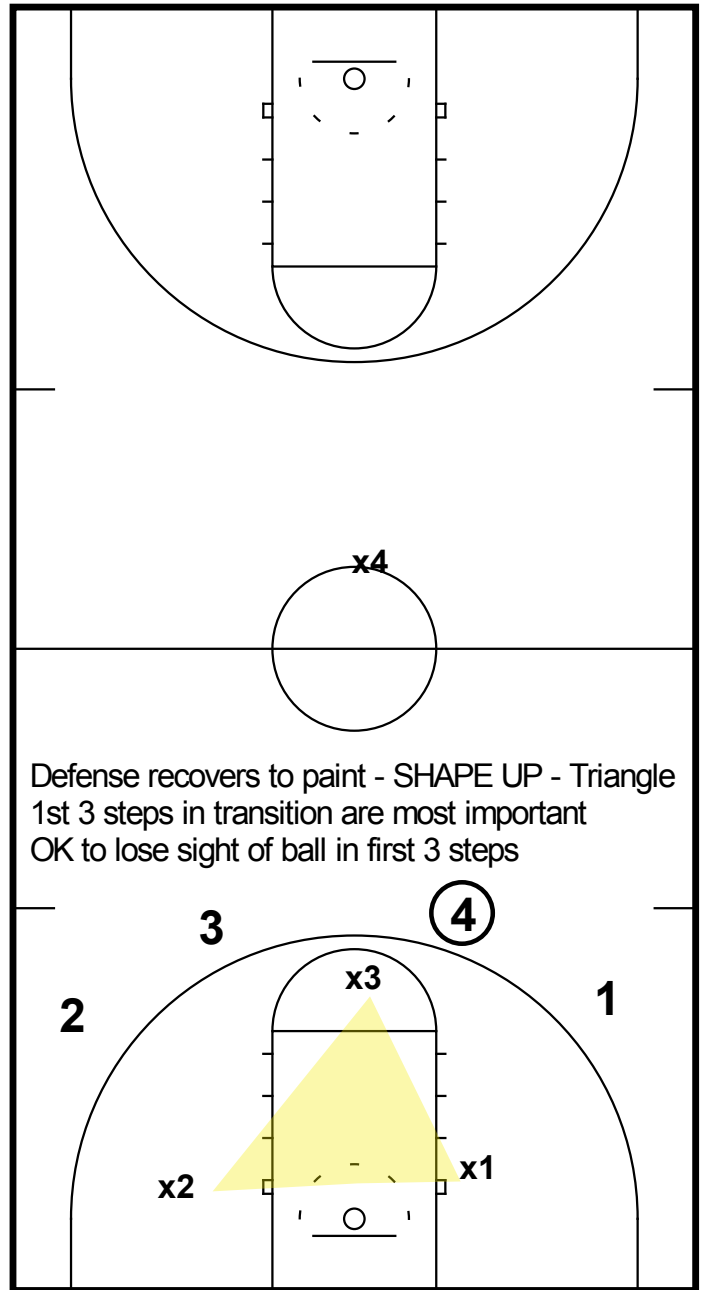


4 Man Transition
Transition Drills

4 MAN TRANSITION

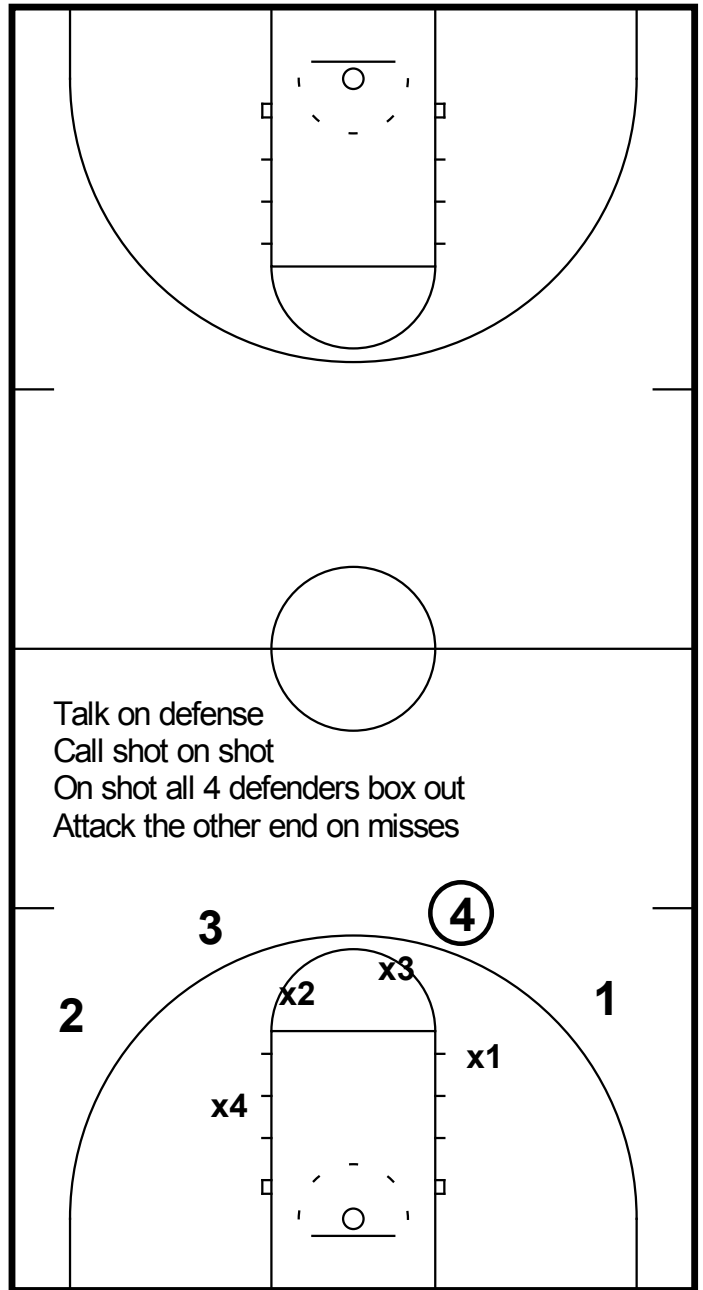
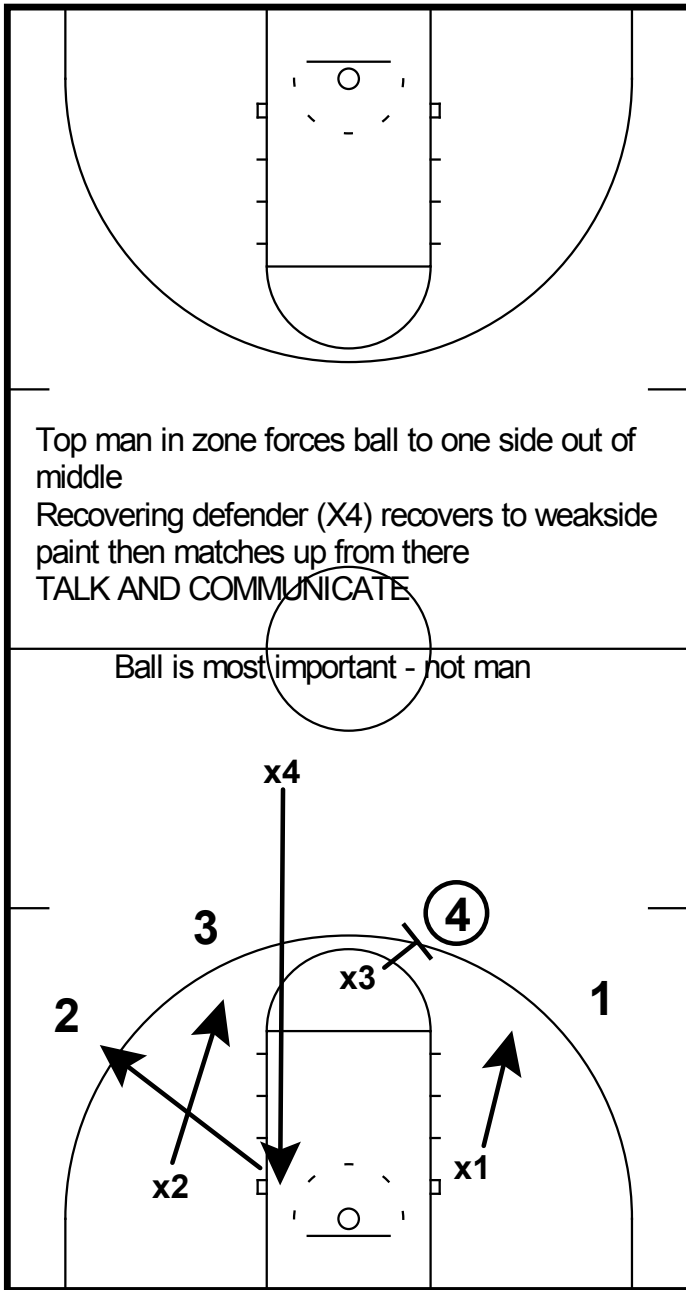


4 Man Transition
Transition Drills



4 Man Transition
Transition Drills

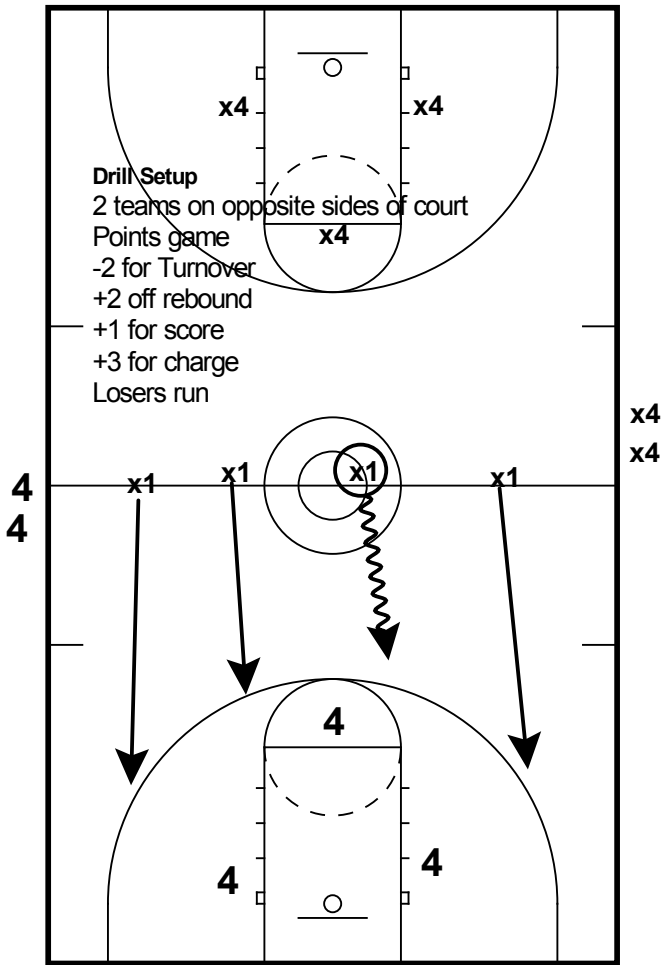
4 Man Transition
Transition Drills



444 Pitino Drill

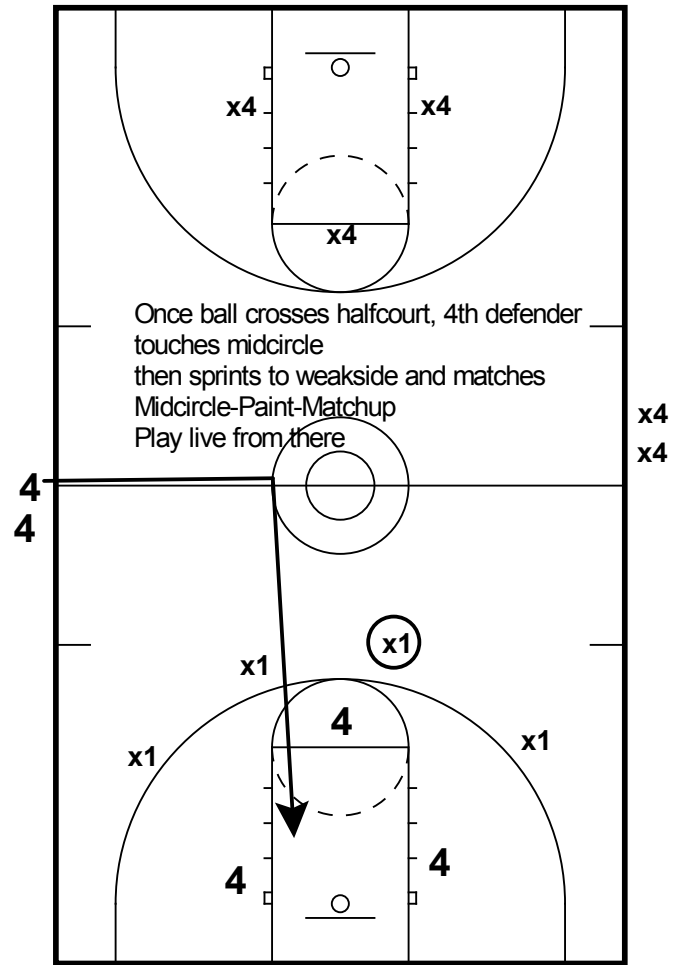
Transition Drills

444 Pitino Drill

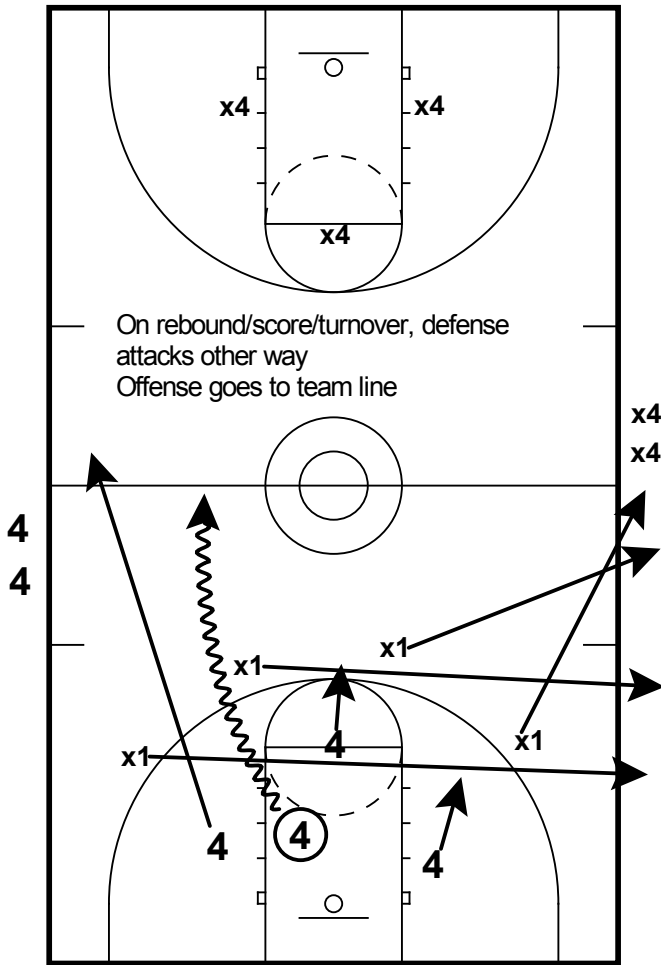


444 Pitino Drill

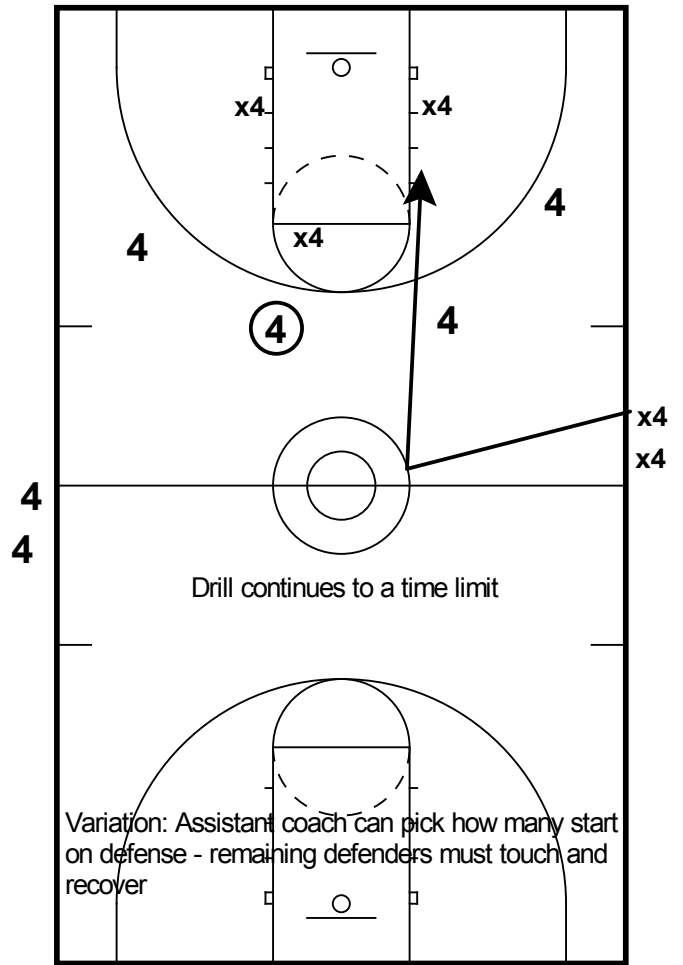
Transition Drills



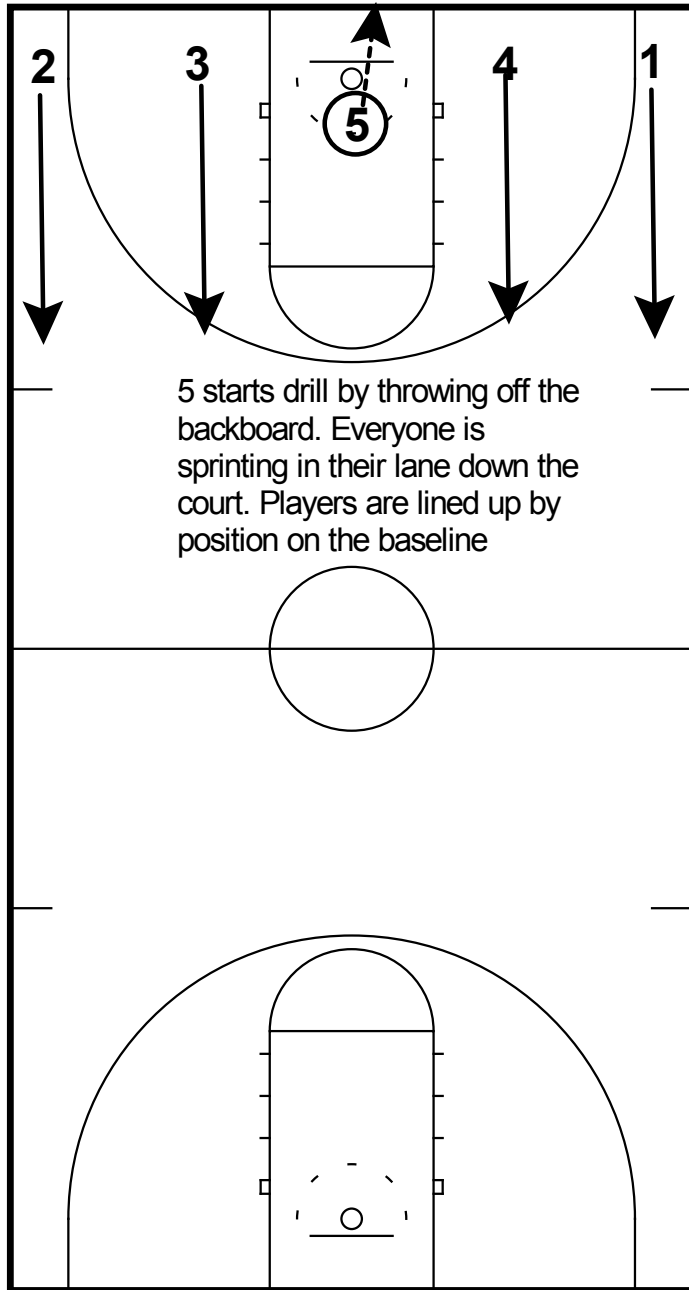
444 Pitino Drill
Transition Drills



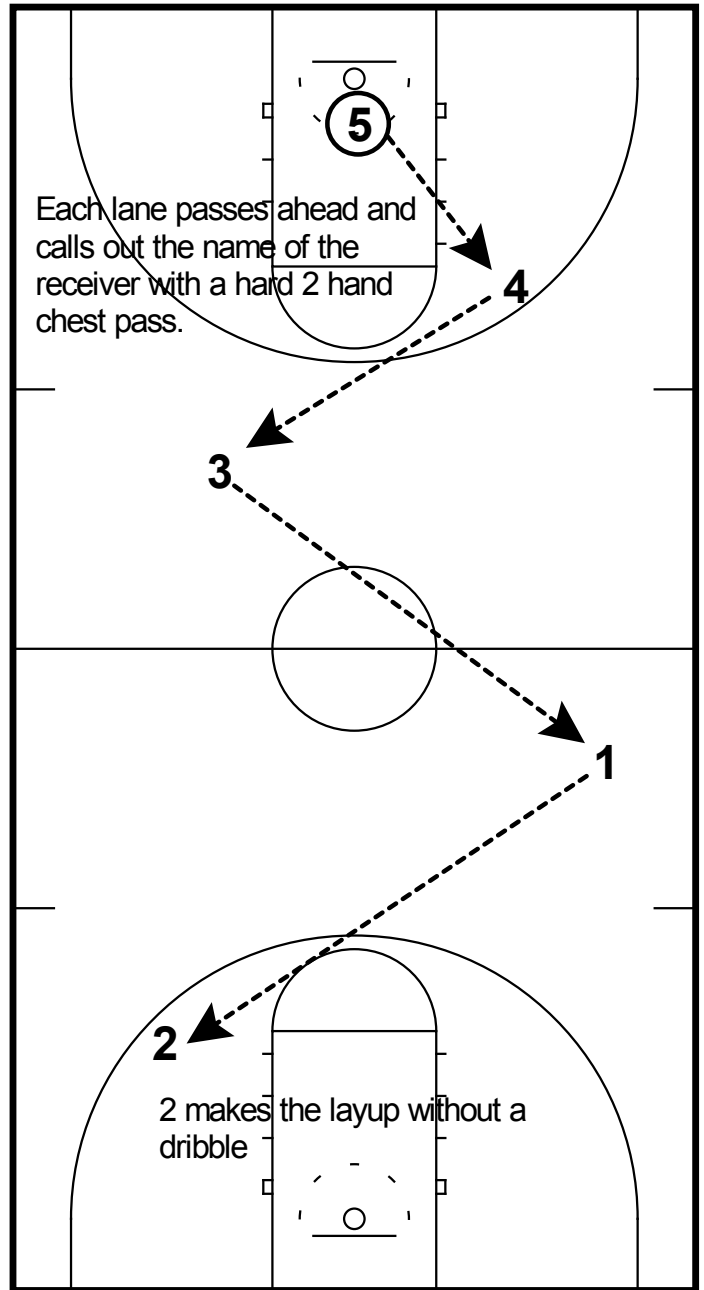
444 Pitino Drill
Transition Drills



5 Lines
Transition Drills
5 LINES

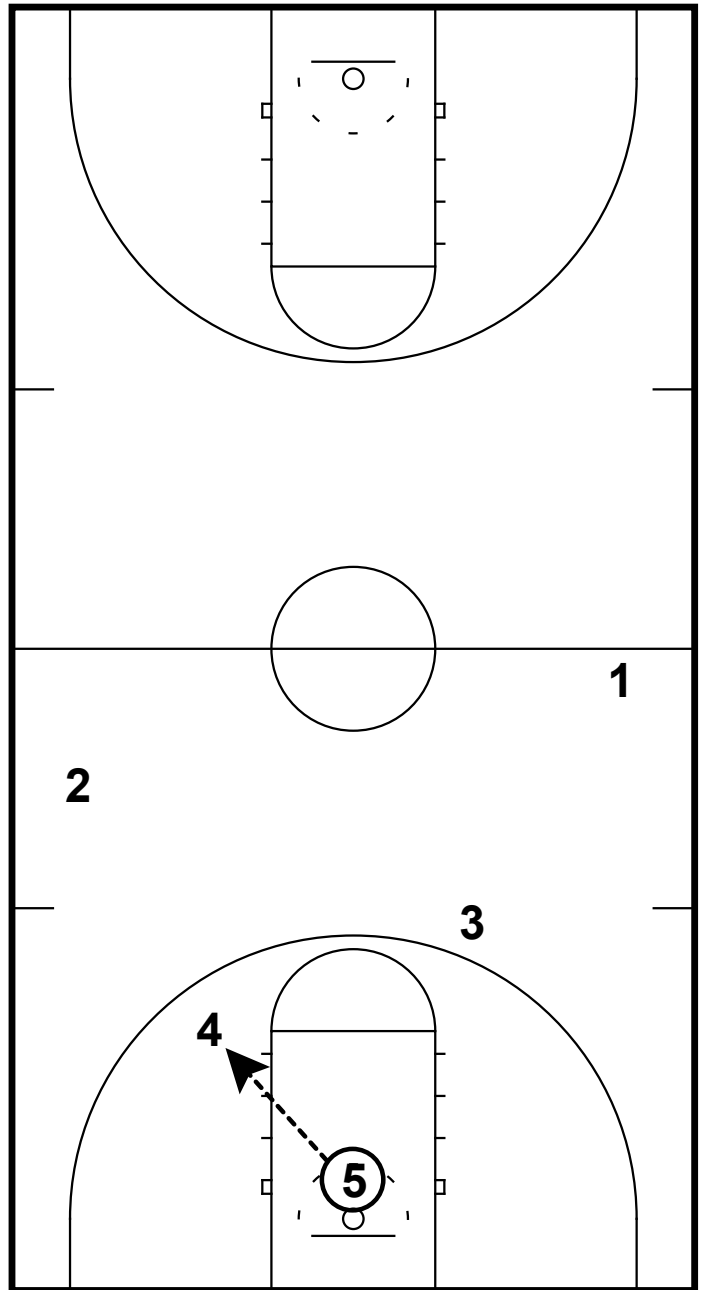
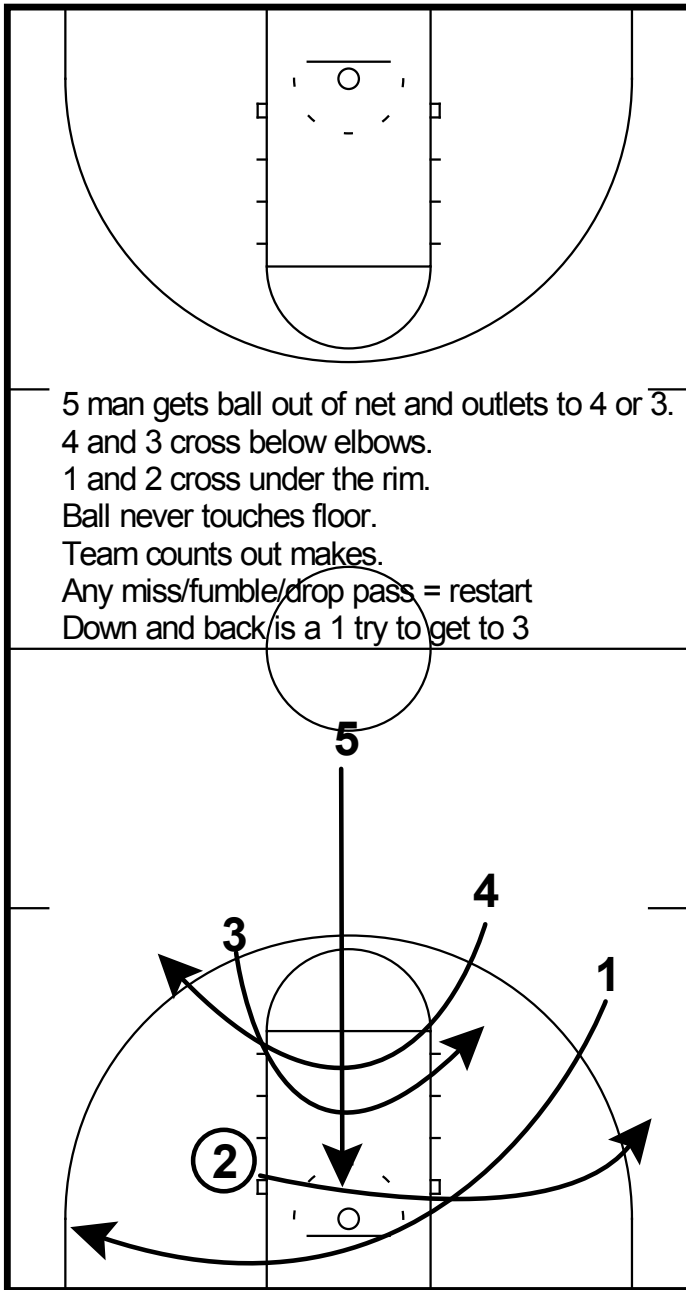


5 Lines
Transition Drills



5 Lines
Transition Drills

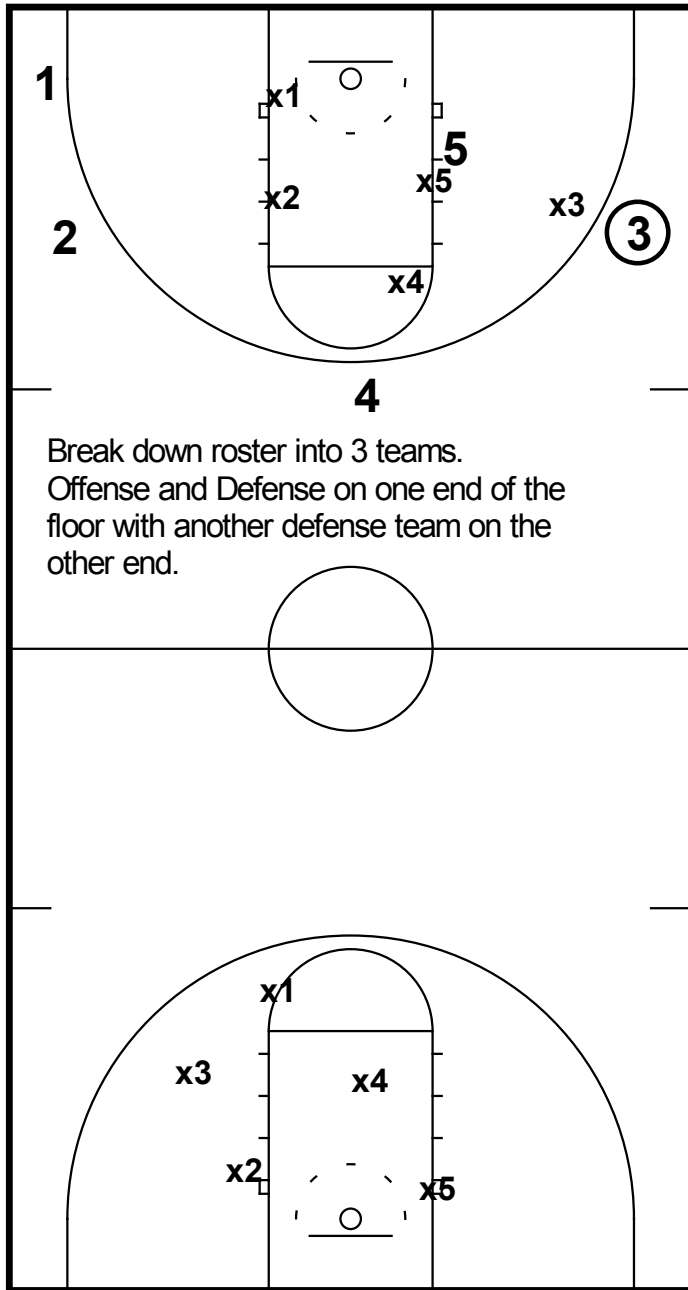
5 Lines
Transition Drills



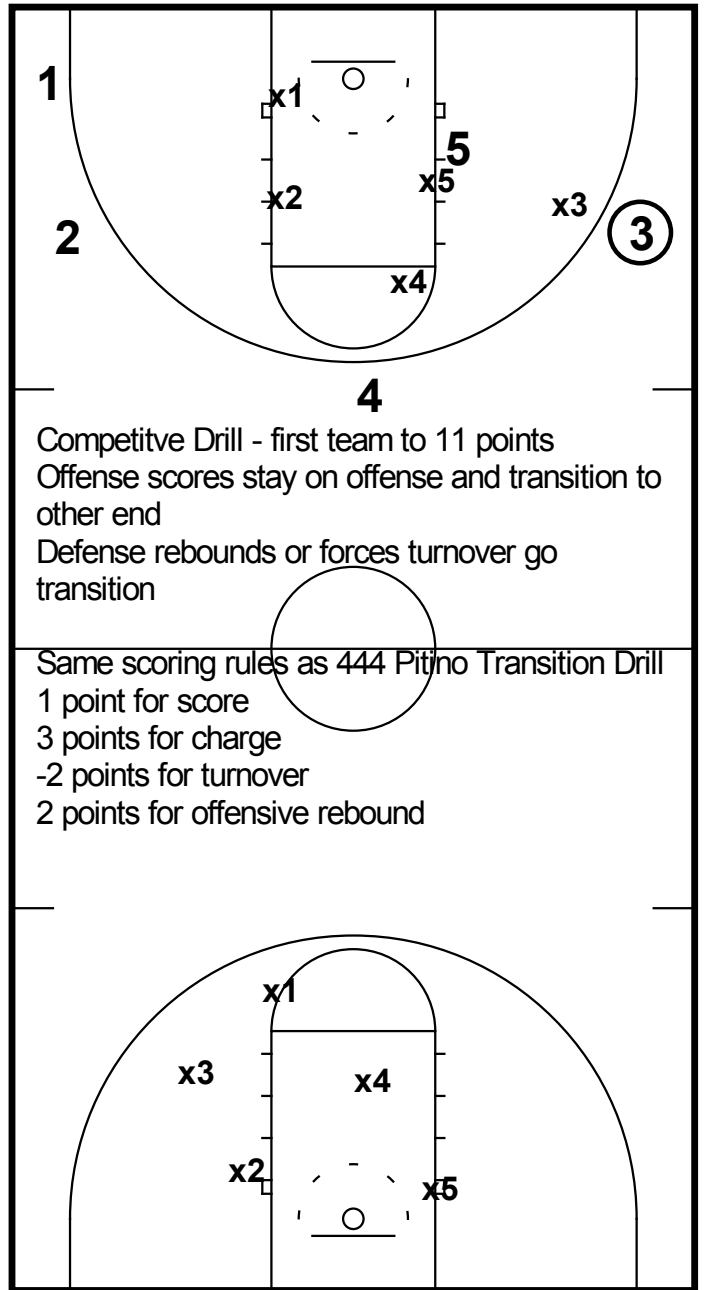
5 on 5 on 5
Transition Drills

5 on 5 on 5
Transition Drills

5 on 5 on 5 Transition



Break down roster into 3 teams.
Offense and Defense on one end of the floor with another defense team on the other end.

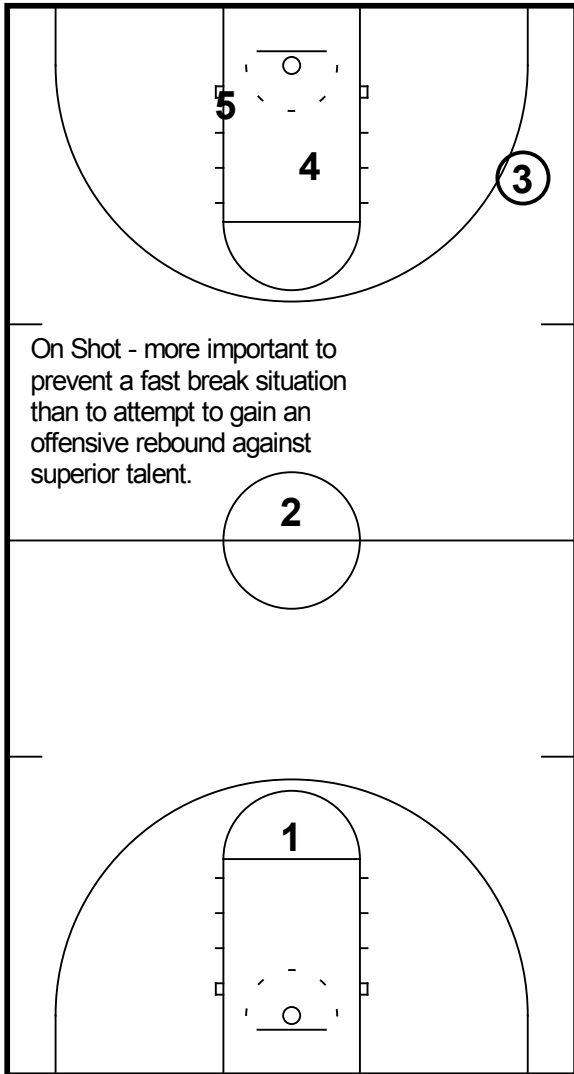


Competitive Drill - first team to 11 points
Offense scores stay on offense and transition to other end
Defense rebounds or forces turnover go transition

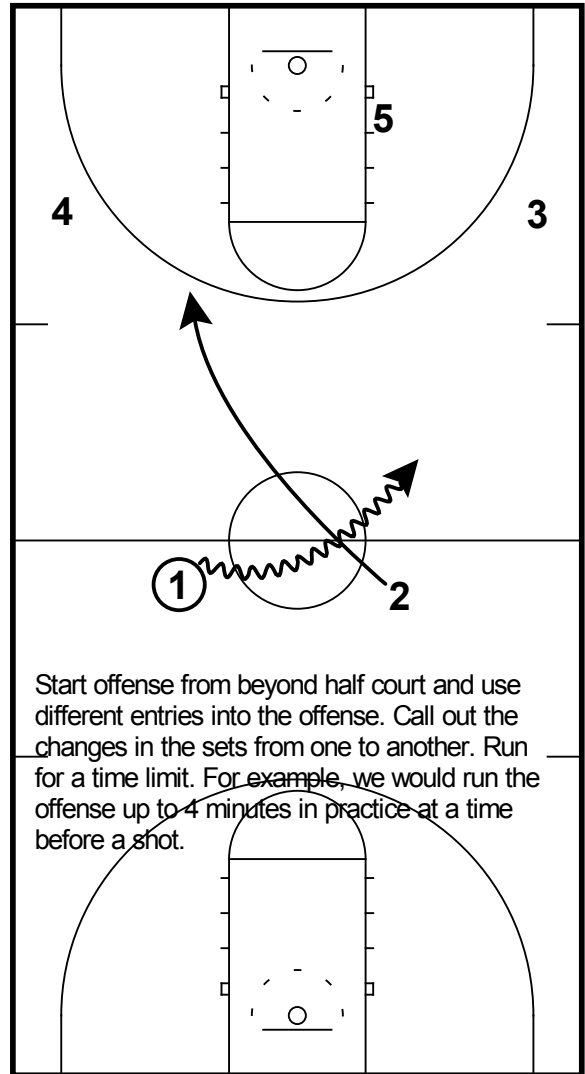
Same scoring rules as 444 Pitino Transition Drill
1 point for score
3 points for charge
-2 points for turnover
2 points for offensive rebound

Dummy Offense
Transition Drills

DUMMY OFFENSE/SCRIPT OFFENSE

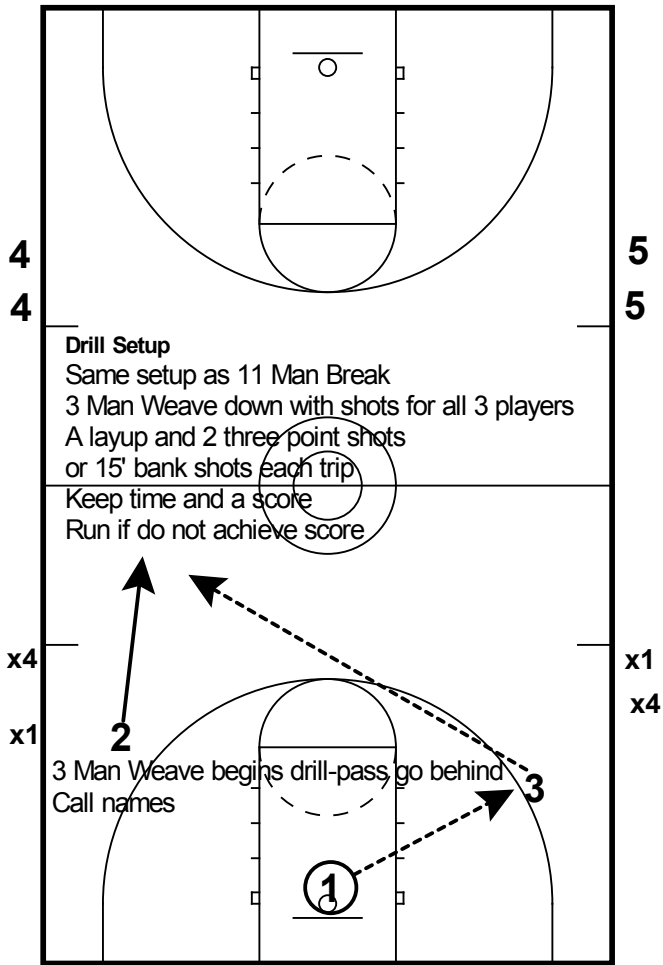


Dummy Offense
Transition Drills

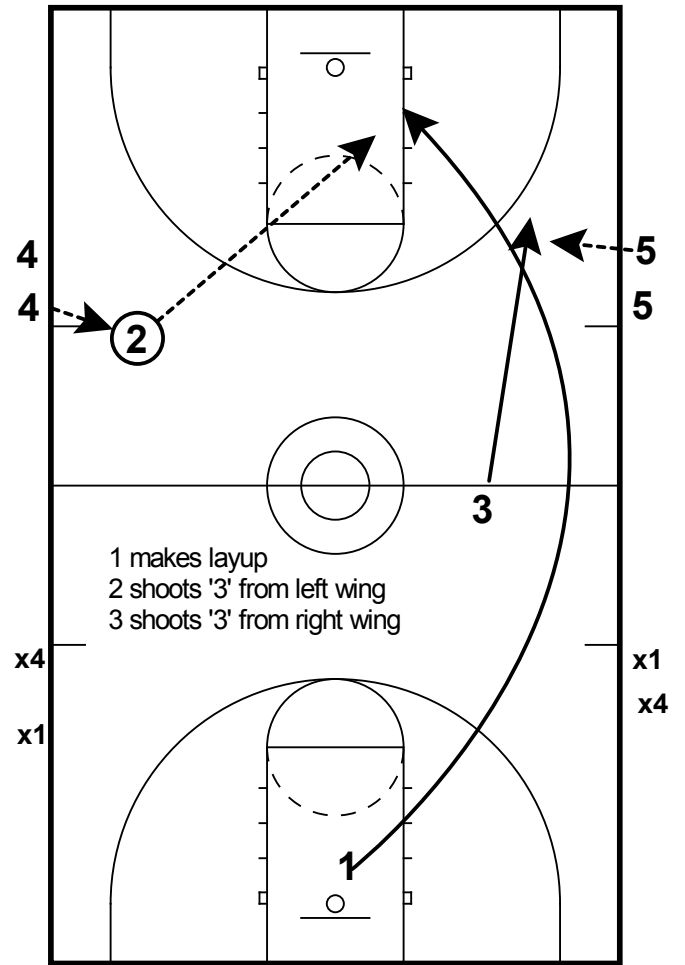


Kentucky Shooting
Transition Drills

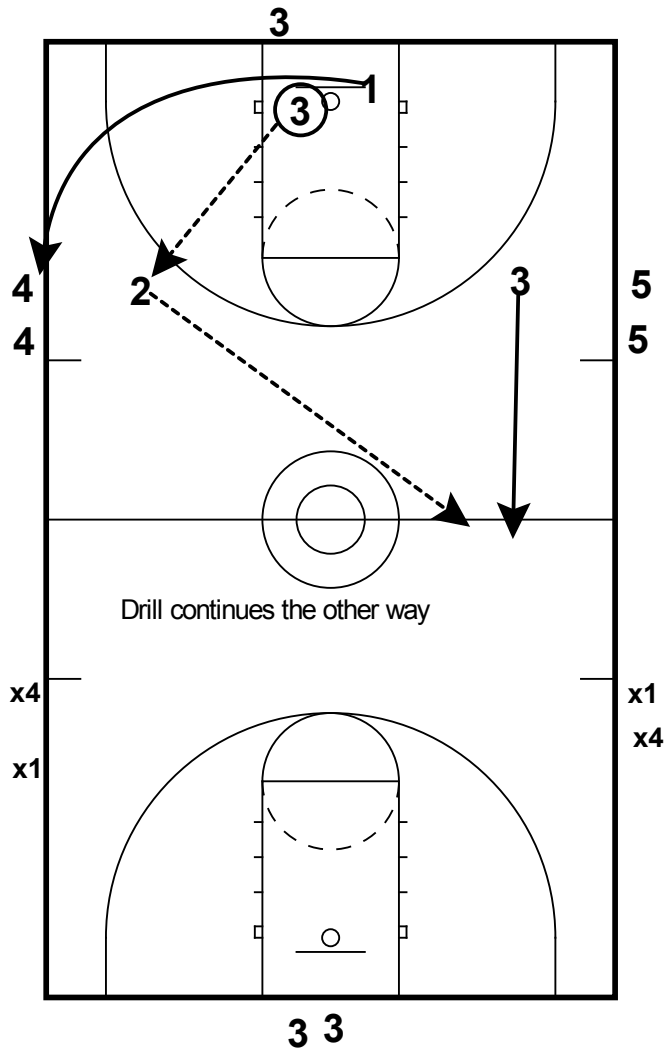
KENTUCKY SHOOTING



Kentucky Shooting
Transition Drills

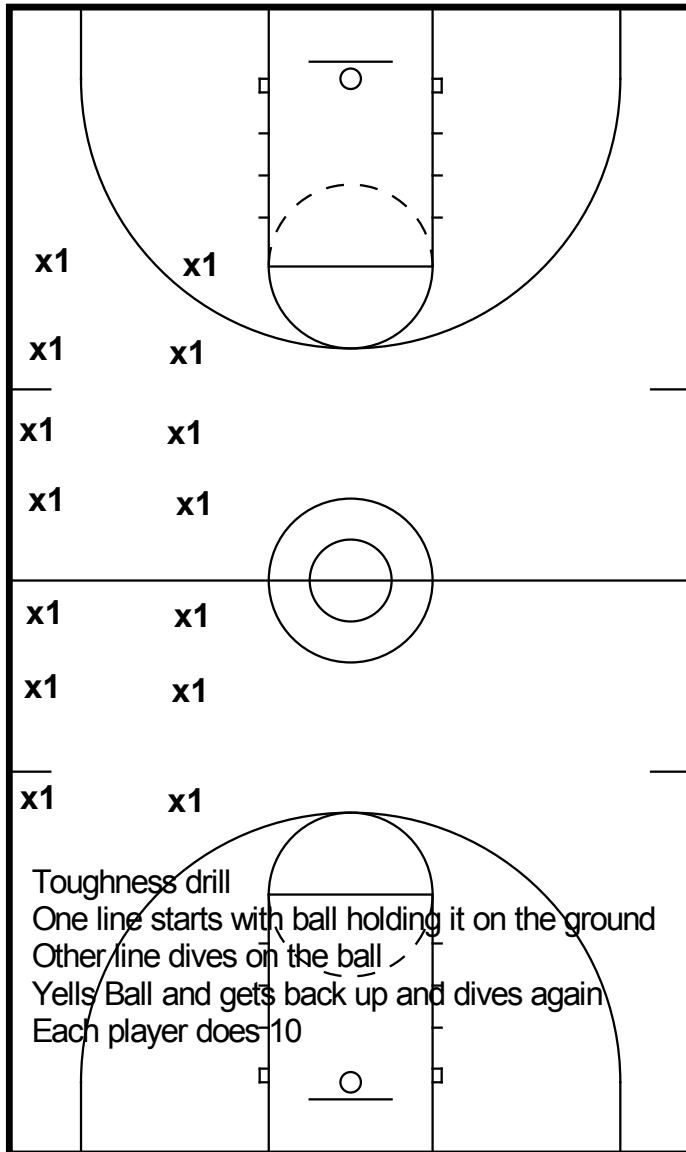


Kentucky Shooting Transition Drills



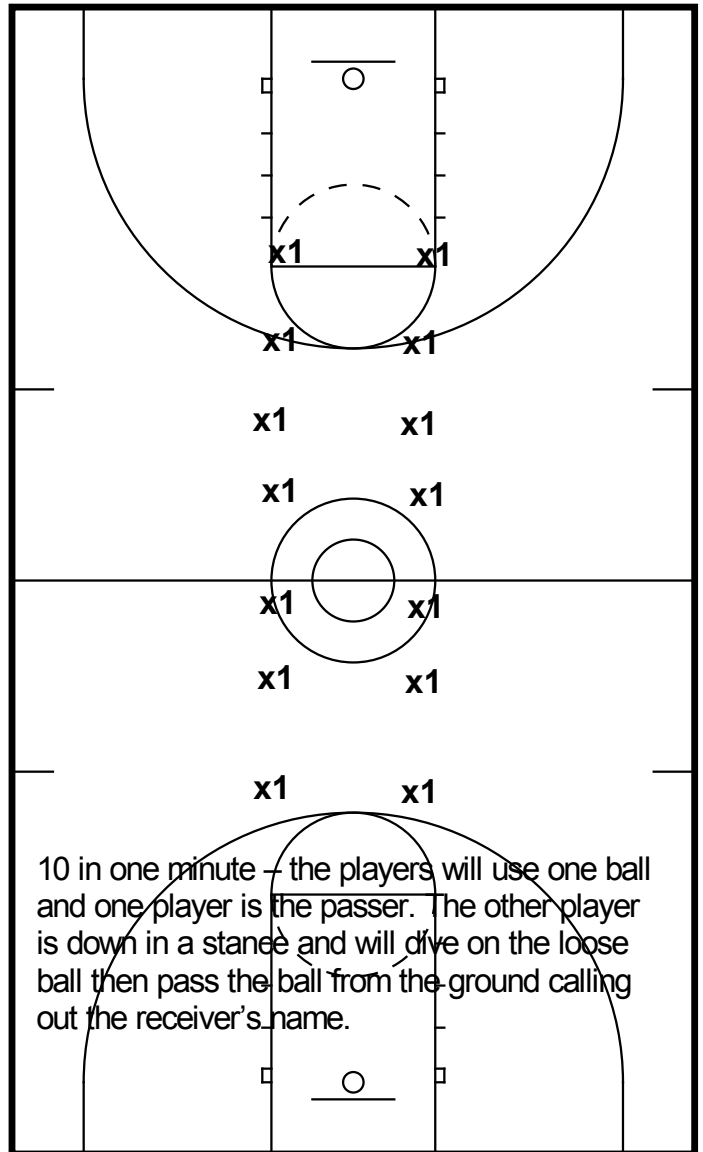
Mental Toughness Drills MTXE
Mental Toughness Drills

Ball Crawls



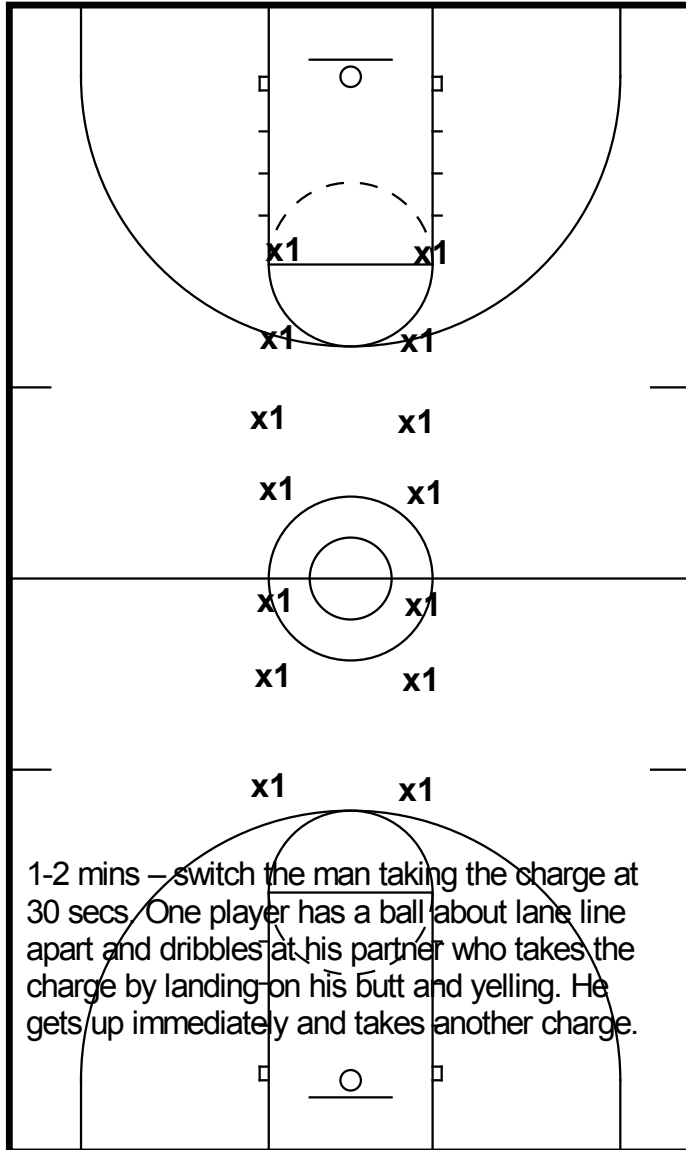
Mental Toughness Drills MTXE
Mental Toughness Drills

2 Man Loose Ball



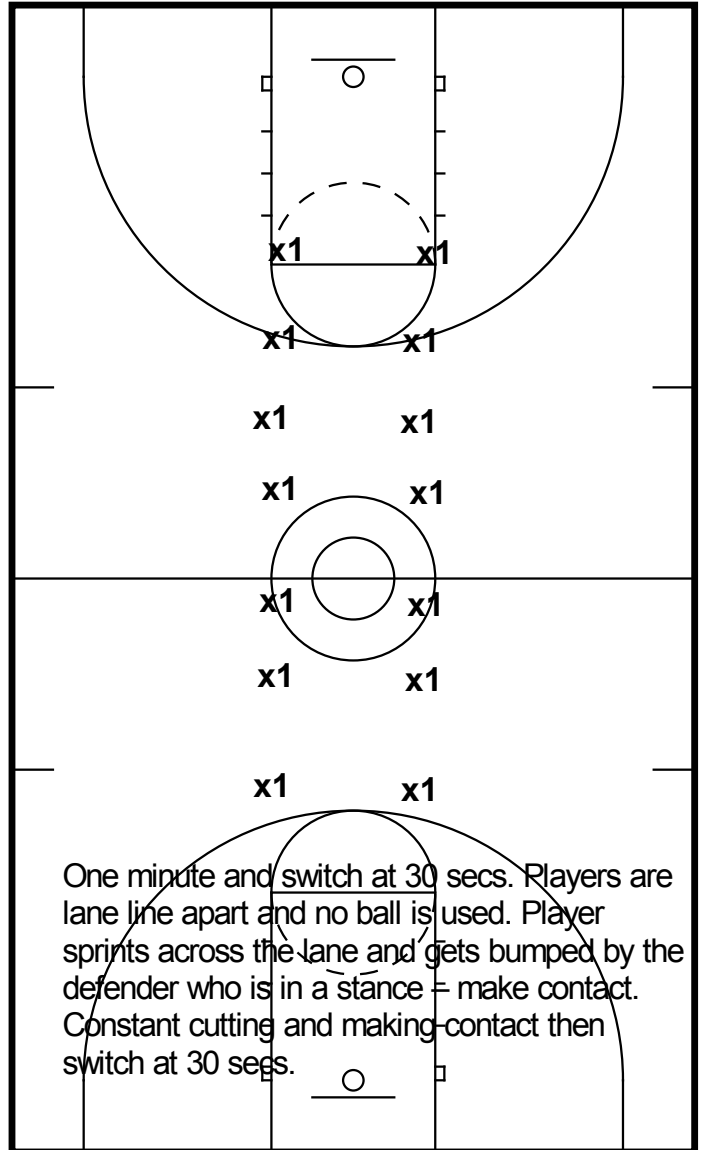
Mental Toughness Drills MTXE
Mental Toughness Drills

2 Man Take the Charge



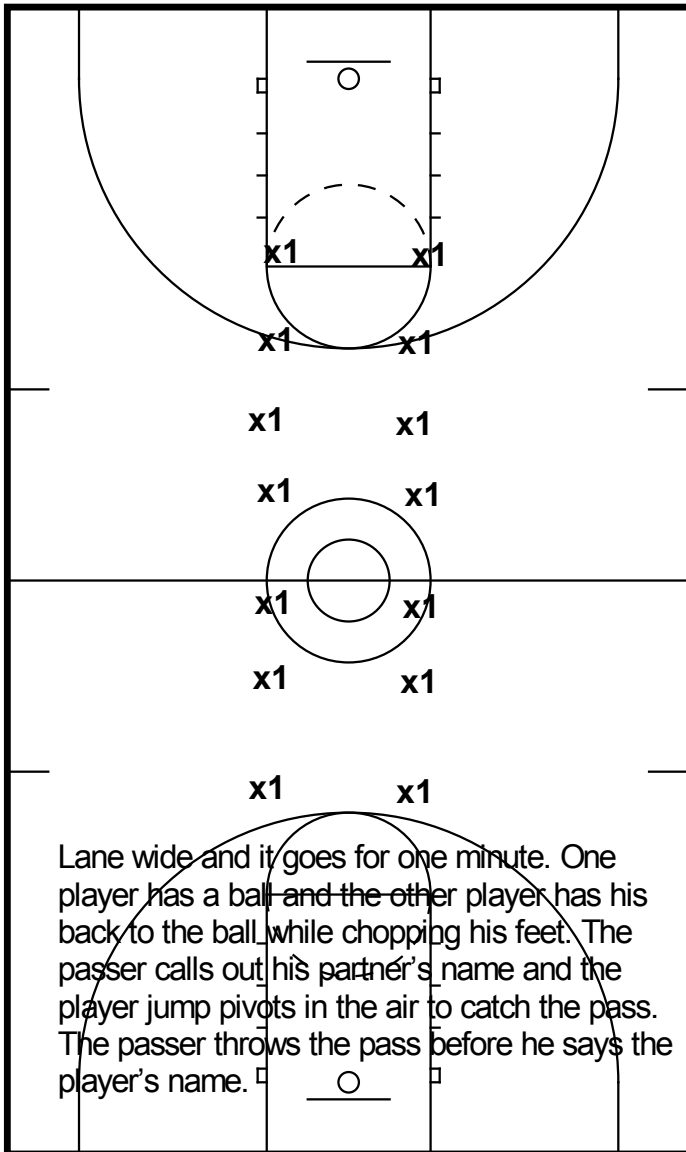
Mental Toughness Drills MTXE
Mental Toughness Drills

2 Man Bump Cutter

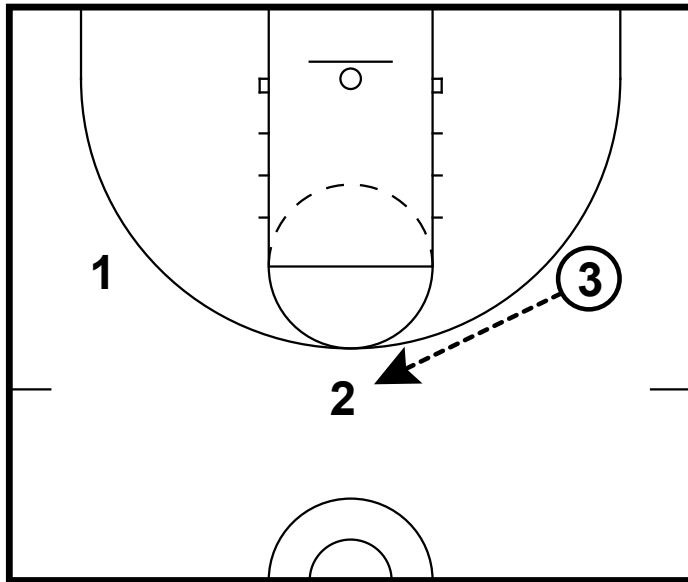


Mental Toughness Drills MTXE
Mental Toughness Drills

2 Man Back to Passer

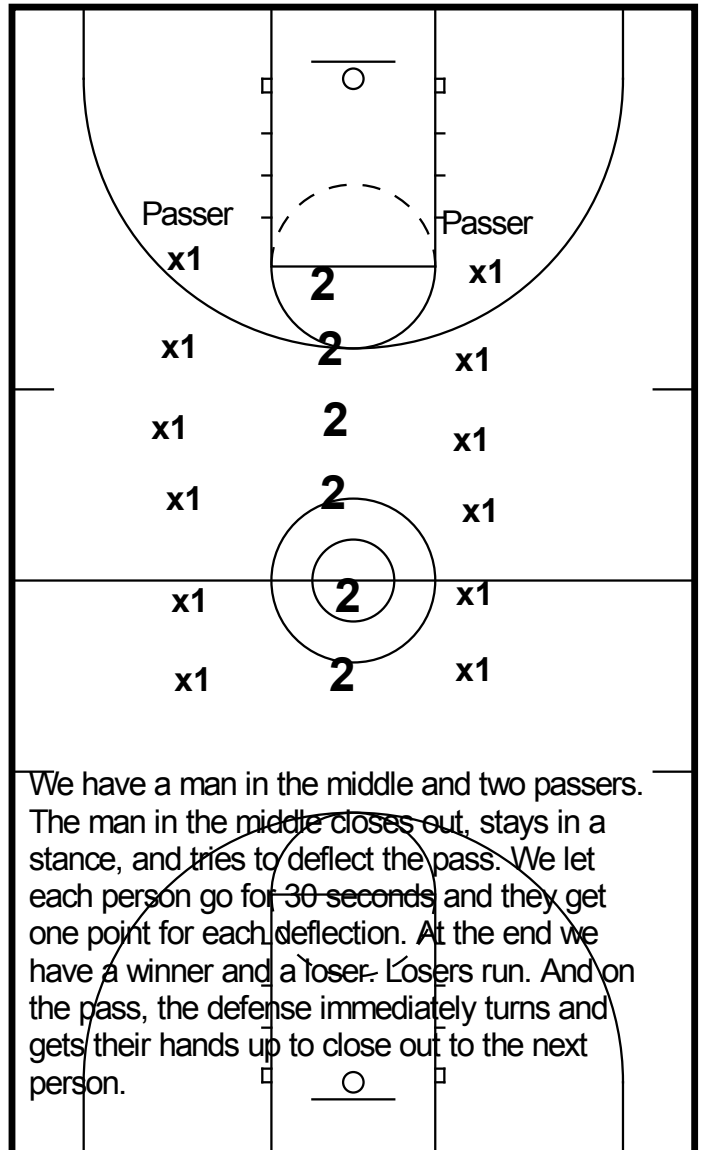


Passing Drills
 Passing Drills
EKU Passing



Must catch and land on two. Call names and sprint ahead, stay 15' apart, jump stop, pivot, and pass. Variations – everyone has 2 balls and we alternate bounce pass/chest pass. We work on 'waiting for the ball to see you' and not cutting until the man with the ball looks at us. We catch on two, pivot (reverse/front), (sweep or rip) and then find the receiver.

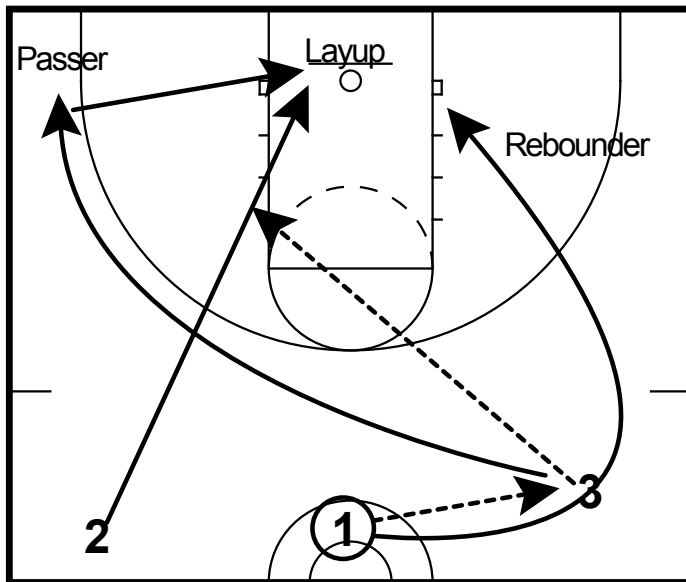
Passing Drills
 Passing Drills
Lane Passing



We have a man in the middle and two passers. The man in the middle closes out, stays in a stance, and tries to deflect the pass. We let each person go for 30 seconds and they get one point for each deflection. At the end we have a winner and a loser. Losers run. And on the pass, the defense immediately turns and gets their hands up to close out to the next person.

Passing Drills
Passing Drills

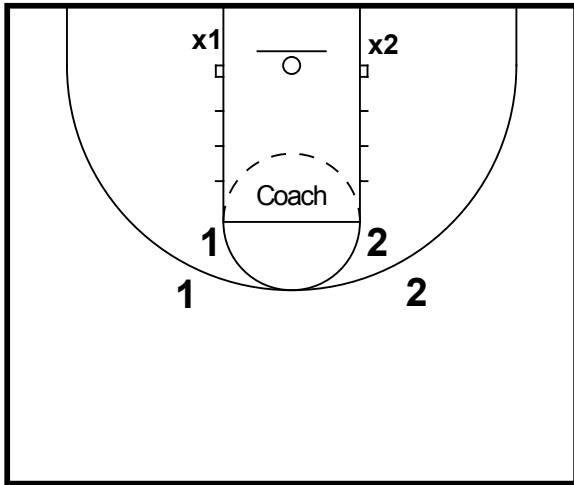
3 Lines at Half Court



A pre-game warmup drill that focuses on execution and passing. We have three lines and do a weave from half court down and pass to the cutter who makes a layup. The passer must touch the 3 pt line as the rebounder flips it to him and the shooter sprints to the opposite 3 point line and touches. This weave is continuous until everyone has made a layup.

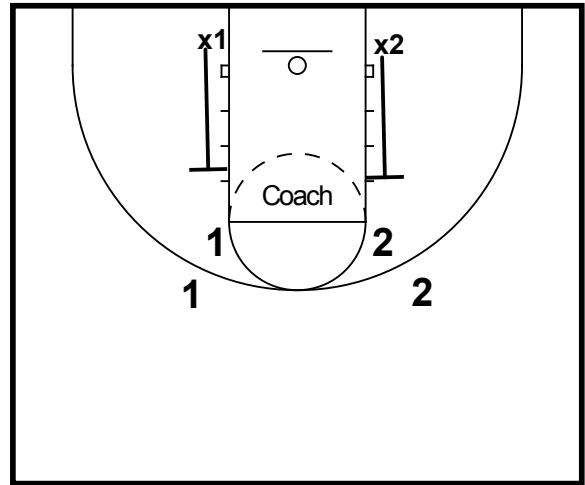
Rebounding Drills
Rebounding Drills

x1 2 on 2 Rebounding x2



Rebounding Drills
Rebounding Drills

x1 2 on 2 Rebounding x2

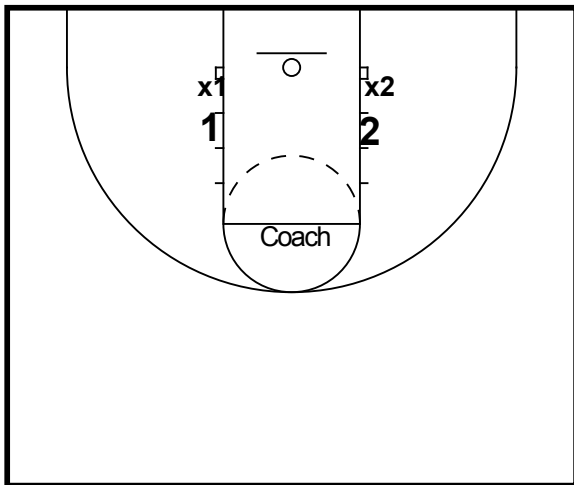


Offensive rebounding drill, timed drill, 1 point per basket. Split into two teams with 1 on baseline and other at FT line. 3 – 4 minutes. Coach shoots ball at FT line. Coach shoots the ball and we must rebound the ball then put it in the basket while under pressure. The players can “build the wall” but they are not allowed to just foul the offensive player. The offense is allowed 1 dribble. Keep a ball rack handy. Losers run the difference. Keep the lines balanced. After score, the scoring group goes up top/scored on goes under.

On shot by the coach the bottom line will step up to block out the top line.

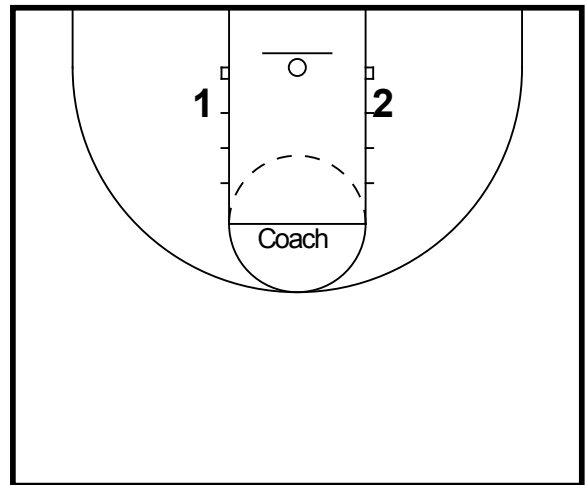
Rebounding Drills
Rebounding Drills

2 on 2 Rebounding From FT Lane



Rebounding Drills
Rebounding Drills

1 on 1 in FT Lane

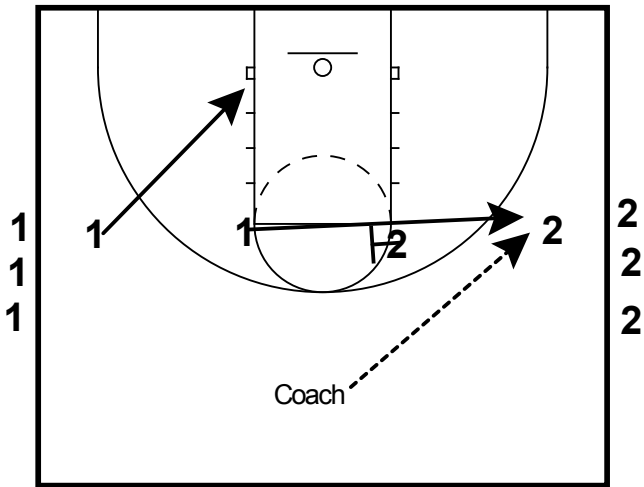


Line up a group on blocks and hash mark. White/Black – team that scores goes to high position. 4 new players each time run the drill. Play to a score or number of rebounds or time.

Players are directly across from one another and the coach will shoot the ball from the FT line. Play the shot. Score the offensive rebound and outlet the defensive. Rotate.

Rebounding Drills
Rebounding Drills

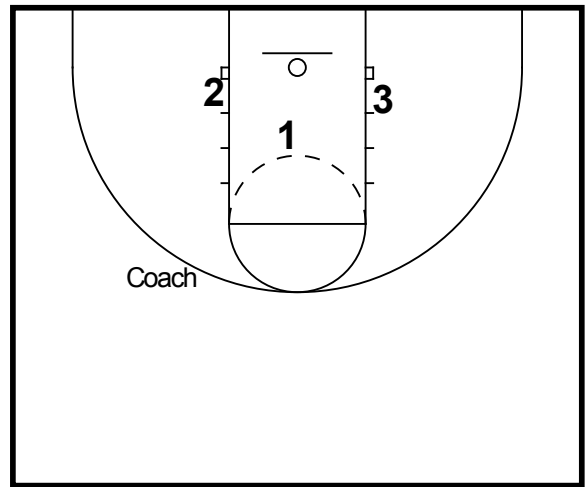
High/Low Rebounding



Two teams on either side of the sideline. 2 white players line up on right elbow and right free throw line extended. Two black players line up on the other free throw line extended and left elbow. Coach passes to either wing. For example to the right wing and the white team's wing will shoot the 3 point shot. His teammate on the elbow screens while the black player at the elbow tries to get around the screen at the elbow and challenge the 3 point shot. If 3 point shot goes in, 3 points for white team. If defense boards, one point for black team. If offense gets the offensive rebound, two points for offensive board and chance to score. If score, another point is added. This is the high part then we move to the blocks and corners. The weakside defender tries to get position for the rebound on both instances. 2 ½ minutes and each set of two goes twice. Move on the pass from the coach is key.

Rebounding Drills
Rebounding Drills

NBA – no babies allowed

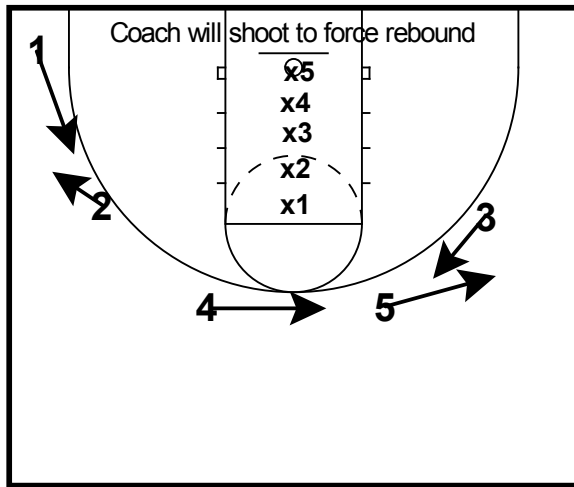


We play in groups of 3 and the coach shoots then the players rebound while forming a wall around the rebounder. The rebounder goes up strong under pressure to score and is out of the drill. We have about 5-6 players involved in the drill at any one time. Once you score then you rotate out and a new player rotates in the drill.

Rebounding Drills

Rebounding Drills

Transition Rebounding



Timed Drill (4-5 mins) place 5 defenders in a line inside the lane with the offense outside the 3 point line moving around. Scoring is -3 points for turnover, 1 point for score, and 2 points for offensive board. Loser runs the difference. Stop and line up each time after a score or turnover.

Variation: the offense will go with a guard at HC and another at opposite FT line. However, the defense will work on rebounding 5 on 5 with a manager or coach or player in either corner. On the shot, these players will run to the glass to try and rebound. If they get the offensive board, their team gets the 2 points and the ball again.