

INTRODUCTION

COACH

THANK YOU FOR CHECKING OUT THIS DRILL BOOK.

THE PURPOSE OF THIS BOOK IS TO SHARE A LOT OF DRILLS AND SMALL-SIDED GAMES. IT'S DIVIDED INTO 6 SECTIONS.

1. INDIVIDUAL OFFENSE (BLUE HEADER)
2. INDIVIDUAL OFFENSE AND DEFENSE (YELLOW HEADER)
3. INDIVIDUAL DEFENSE (BLACK HEADER)
4. TEAM OFFENSE (GREEN HEADER)
5. TEAM DEFENSE (ORANGE HEADER)
6. SMALL-SIDED GAMES (RED HEADER)

IN EACH DRILL, I TRY TO FEATURE A PURPOSE, SETUP, INSTRUCTIONS, TEACHING POINTS, VARIATIONS, AND THE NUMBER OF BASKETBALLS NEEDED.

EACH OF THESE DRILLS ARE LOCATED IN A 165 PAGE DRILL BOOK I PUT TOGETHER WHICH YOU CAN FIND BELOW FOR \$14.99 USD.



FULL DRILL BOOK



IF YOU HAVE ANY QUESTIONS OR WOULD SIMPLY LIKE TO CONTACT ME, YOU CAN DO SO AT COACHMASONWATERS@GMAIL.COM OR YOU CAN DM @MASONWATERS_ ON INSTAGRAM OR TWITTER.

FILM STUDIES TO IMPROVE PLAYERS IQ.

My YouTube channel exists to teach players realistic, fundamental, team-focused, skill-building, winning basketball.

No James Harden step backs, no "punch drag hesi's", no "unlocking" your shooting range, no "best shooting drill ever", and no goofy footed float stretch snap back will be mentioned on my channel. I don't know what these are.

Just realistic (sometimes advanced) concepts like spacing, screening angles, timing on cuts, as well as replicable fundamentals, skills, actions, and reads. I'm a high school and former NCAA Coach who just enjoys teaching the game.

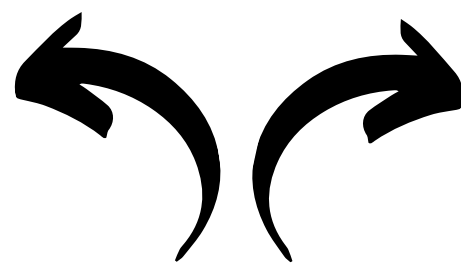
My goal is to break down the game to increase players basketball IQ and to teach skills that will actually help them and their team. I do my best to say, "Check with your coach to see if this is what they teach", "play within your role", and similar phrases as much as possible, so that I don't contradict what coaches are teaching.

If you lack a video coordinator, or if you lack time and resources to study film with your team at a detailed level, or if you want to provide your players with a film study resource, I think you'll find my channel helpful.

MOVING WITHOUT THE BALL



1. IT TAKES **WORK** TO GET OPEN
2. AGAINST THE BEST TEAMS, YOU ARE NOT GOING TO HAVE EASY SHOTS
3. MOVING WITHOUT THE BALL IS AS IMPORTANT AS YOUR ABILITY TO CREATE OFF THE DRIBBLE, MAYBE MORE



SCREENING



A GOOD SCREEN...

1. CREATES OFFENSIVE ADVANTAGE BECAUSE THE CUTTER **AND** SCREENER WORK TOGETHER
2. GETS YOUR **TEAMMATE** OPEN
3. GETS **YOU** OPEN **BECAUSE YOUR DEFENDER WILL HAVE TO HELP**

CLICK OR TAP TO SEE
ANY VIDEO

DRIVING & FINISHING KEYS



1. CHANGE SPEED / CONFUSE THE DEFENSE
2. SHOULDER TO DEF HIP
3. BE A THREAT TO SHOOT THE 3



PREPARING FOR THE SHOT



HANDS UP / KNEES BENT / HIPS BACK
DIP THE BALL
PIVOT FOOT READY TO MEET THE PASS
STAY SQUARE THROUGH THE SHOT

If you get a chance to subscribe I would greatly appreciate it!

SUBSCRIBE HERE



***TEACHING REALISTIC,
FUNDAMENTAL,
TEAM-FOCUSED,
SKILL-BUILDING,
WINNING BASKETBALL***

Coach Mason Waters is a current assistant coach at West Forsyth high school and former NCAA D2 assistant coach.

CoachMasonWaters.com



MORE WORKOUTS AND DRILLS

If this is your first time seeing my work, I've also shared these workouts before on social media. The final link includes all of these workouts and drills in one document. Please feel free to send these workouts and these links to your players.

500 Shot Workout

370 Shot Workout

300 OFF Ball Workout

Ball Screen Reads

Guard Workouts

Post Workouts

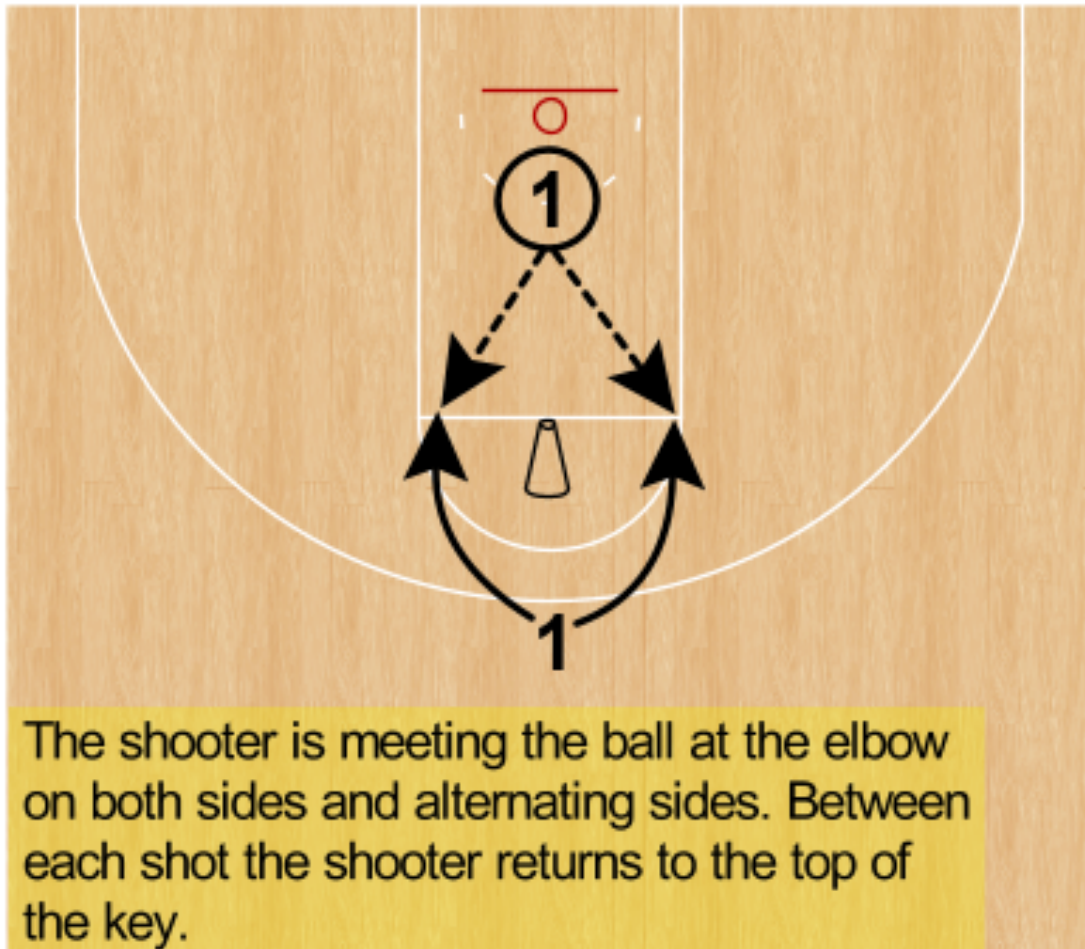
ALL THESE WORKOUTS IN ONE
[62 PAGES OF WORKOUTS AND DRILLS].

INDIVIDUAL OFFENSE

MOVING WITHOUT THE BALL, SHOOTING, VARIOUS FOOTWORK

"STEP IN SHOOTING"

Frame 1: Basic setup of the drill. There are a series of moves.



INDIVIDUAL OFFENSE

"STEP IN SHOOTING"

PURPOSE:

This drill practices a variety of footwork into a catch and shoot.

SETUP/INSTRUCTIONS:

The shooter in this drill is performing a variety of different foot work. For the first number of shots, the shooter is performing **(1) Inside foot - outside foot footwork**. From there, the shooter will practice **(2) Outside foot - inside footwork, (3) hop footwork, (4) backpedal footwork** where the shooter goes 2 extra steps in then backpedals to receive the pass. The shooter will perform each amount of footwork for a certain number of attempts or time.

TEACHING POINTS:

1) Shooting fundamentals: Load your hips early, remain balanced through the shot, etc.

VARIATIONS TO THIS DRILL:

- 1)** Add a defender for pressure / contesting.
- 2)** Change spots on the floor.

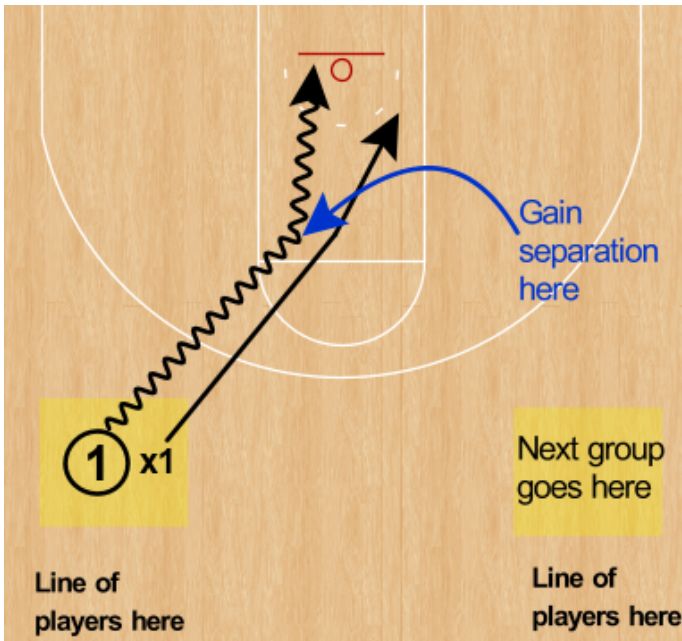
OF BASKETBALLS: 4-6+

INDIVIDUAL OFFENSE

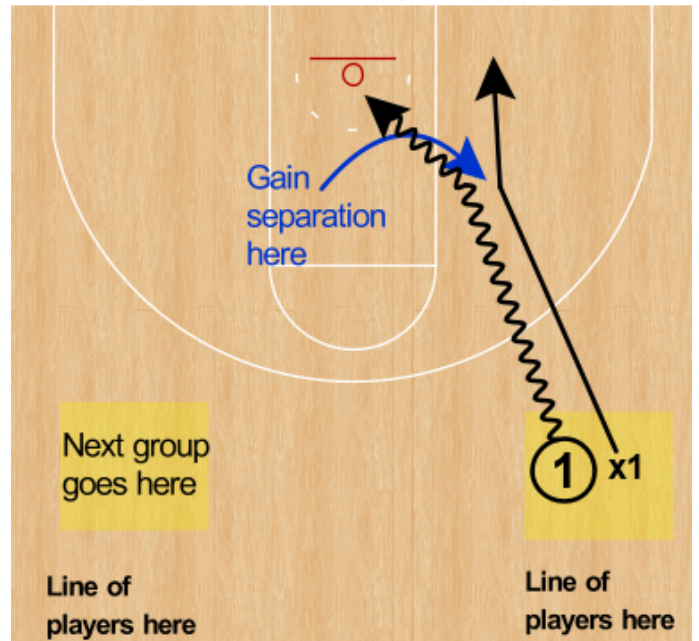
FINISHING, CREATING ANGLES

"OWN THE ANGLE"

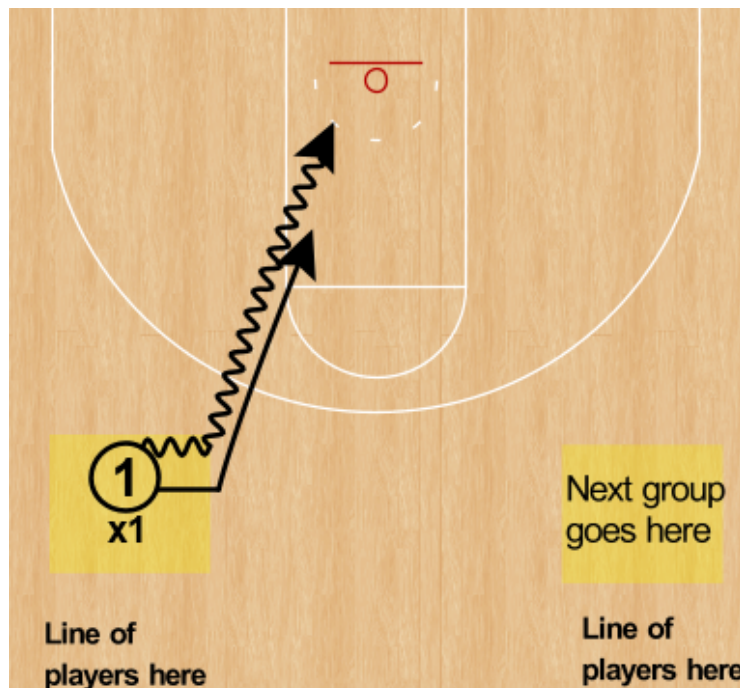
Frame 1: X1 starts on *inside* shoulder of 1



Frame 2: X1 starts on *inside* shoulder of 1



Frame 3: X1 starts on back of 1



INDIVIDUAL OFFENSE

"OWN THE ANGLE "

PURPOSE:

This drill practices creating advantages when attacking the rim and finishing. Often times offensive players create a driving angle but neglect to maintain that advantage by initiating contact with the defender. This allows the defense to get back in front of the basketball.

SETUP/INSTRUCTIONS:

This drill is being performed on both sides of the floor. Only two players will go at once and then the other side of the floor will go.

One offensive player will start with the basketball in the yellow area. They will compete against one defender. The defender has the choice to start in 1 of 3 arrangements: (1) on the left side of the ballhandler (2) on the right side of the ballhandler, or (3) completely behind the ballhandler.

The ballhandler will attack the rim when the defender says, "Go!". The offensive player aims to maintain a good driving angle by initiating contact with the defender. Once the ballhandler gets in a scoring area, they will nudge off the defender to create space for their finish.

TEACHING POINTS:

- 1)** Good finishing involves two-steps: (1) Initial getting past defender (2) Maintaining that advantage through creating contact.
- 2)** Do not push off the defense with your arm. Instead, bump off them with your body and protect the basketball.
- 3)** It is better to drive in a straight line then a curved line.

VARIATIONS TO THIS DRILL:

- 1)** Finish the last set of reps by having the defender play straight in front of the offense and have them play 1v1 with the same emphases.

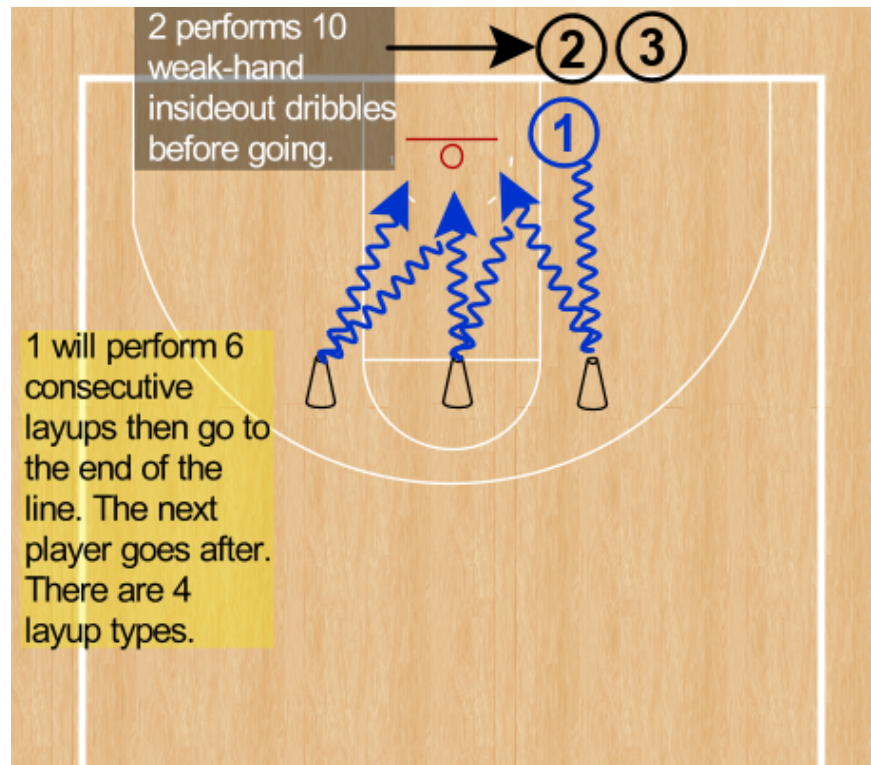
OF BASKETBALLS: 4+

INDIVIDUAL OFFENSE

WEAK HAND BALLHANDLING AND FINISHING,
FINISHING OFF VARIOUS FOOTWORK

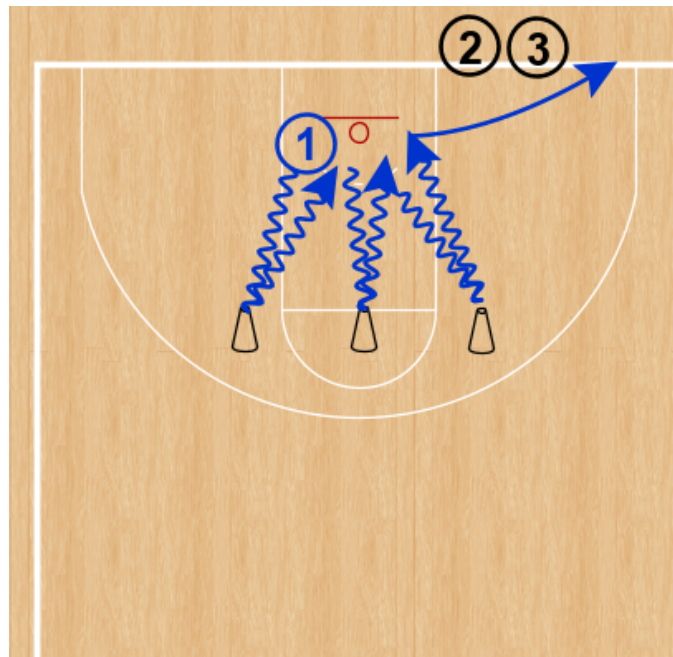
"24 WEAK HAND FINISHES"

Frame 1: 1 dribbles to each cone then finishes



Frame 2: 1 completes 3 more drives and finishes. 2 now goes.

There are 4 types of finishes in this drill so each player goes 4 times.



INDIVIDUAL OFFENSE

"24 WEAK HAND FINISHES"

PURPOSE:

This drill practices weak hand ballhandling and finishing, with a variety of different footwork.

SETUP/INSTRUCTIONS:

Players line up along the baseline. One player performs the drill at a time. Each player will make 3 layups going in one direction and then make 3 layups coming back in the other direction.

Each round consists of 6 made layups where the player dribbles to the cone. 1 will go through and make 6 layups. After 1 finishes the drill, 2 goes next, then 3, etc.

All layups should be made with the weak hand. For each of the four rounds there will be a different type of finish. In round **(1)** Weak hand/*right* foot finishes **(2)** weak hand/*left* foot finishes **(3)** weak hand/*2-foot* finishes **(4)** weak hand/must have a *shot fake* of some sort then finish.

The next person in line must perform 10 weak hand insideout dribbles before going.

TEACHING POINTS:

1) Make layups with your eyes.

VARIATIONS TO THIS DRILL:

Incorporate whatever finishing or footwork move you prefer.

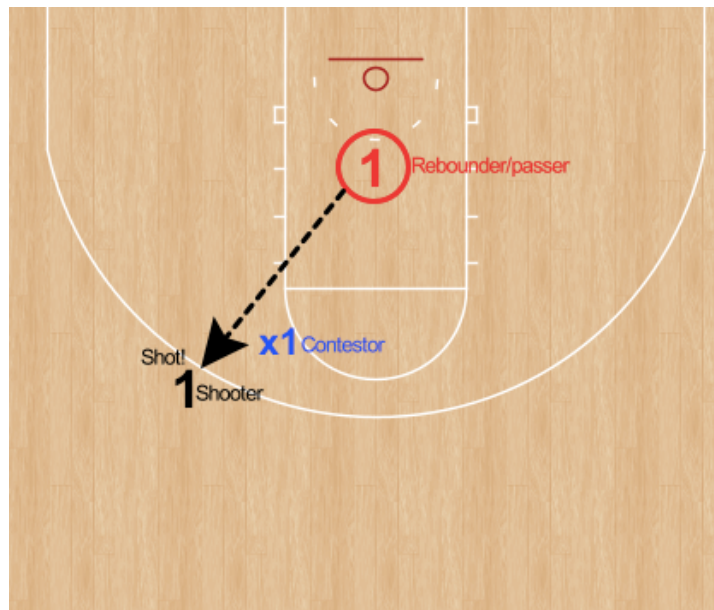
OF BASKETBALLS: 1 PER PLAYER

INDIVIDUAL OFFENSE

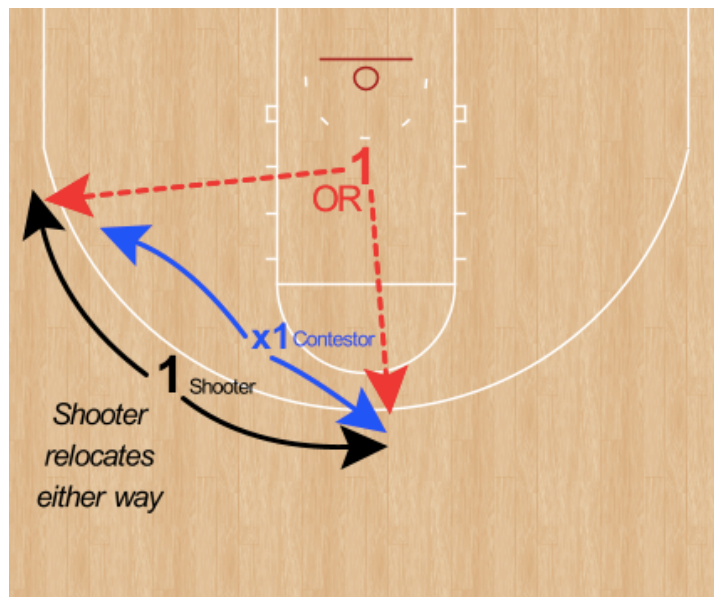
SHOOTING AGAINST PRESSURE, SHOOTING

"PARTNER PRESSURE SHOOTING"

Frame 1



Frame 2



INDIVIDUAL OFFENSE

"PARTNER PRESSURE SHOOTING"

PURPOSE:

To practice shooting against pressure / contesting defenders.

SETUP/INSTRUCTIONS:

This drill will have 3 players. A rebounder/passer, a shooter, and a contestor. The contestor is simply adding pressure against the shooter. The contestor will be close to the shooters body while they shoot or simply provide a high hand to contest the shot. After the shooter attempts the shot, they will stick their landing and land on balance. The shooter will then relocate to any spot on the floor and repeat this process. The shooter cannot relocate until the rebounder gets the basketball.

TEACHING POINTS:

- 1) The shooter must sprint when they relocate.
- 2) The defender is not fouling or blocking shots. Instead they are providing pressure against the shooter by being in very close proximity / contesting shots.

VARIATIONS TO THIS DRILL:

The receiver can perform a catch-and-shoot jumpshot or other scoring moves.

OF BASKETBALLS: ONE PER 3 PLAYERS

INDIVIDUAL OFFENSE

MOVING WITHOUT THE BALL, SHOOTING/SCORING

"CONTINUOUS CURLS"

Diagram 1

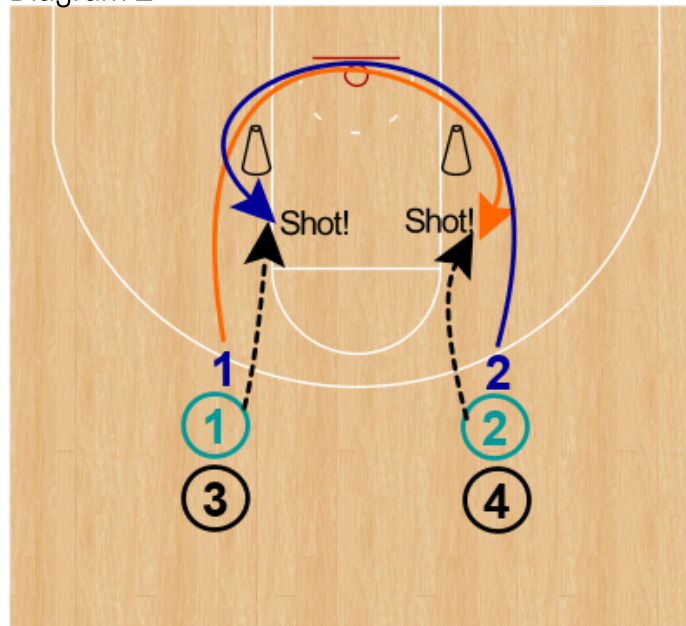
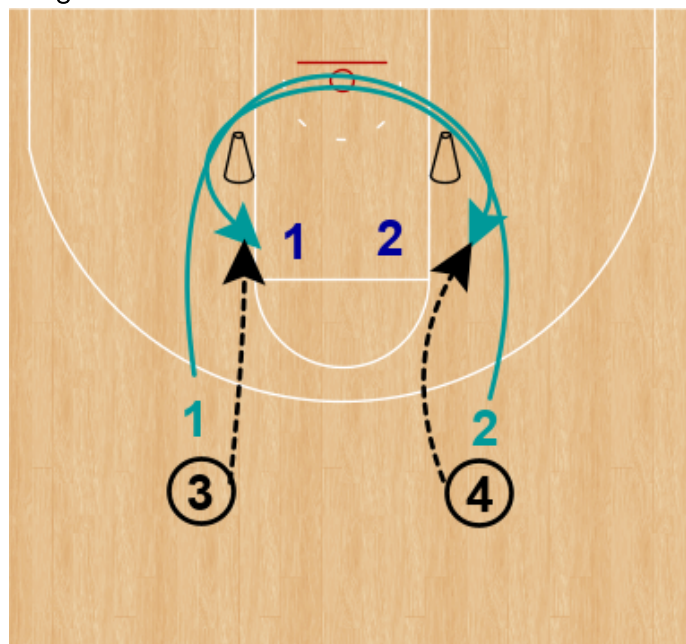


Diagram 2



INDIVIDUAL OFFENSE

"CONTINUOUS CURLS"

SETUP/INSTRUCTIONS:

Place two cones/chairs on both blocks. Have two lines of players in the slots.

The first two players are going to cut/consecutive curl around the cones at the same time. One player will go high and the other low so they don't run into each other. They will receive a pass from the passers and perform a jumpshot. After the passers make their pass, they begin their cut around the cones. The next person in line will pass to them. The rotation is this: Passer to shooter to back of line. The shooter gets their own rebounds.

TEACHING POINTS:

1) Cut HARD.

2) As soon as the cutter/shooter catches the ball, their feet and hips should be as squared up as possible to the rim. "Do your work early".

VARIATIONS TO THIS DRILL:

Alternate spots on the court.

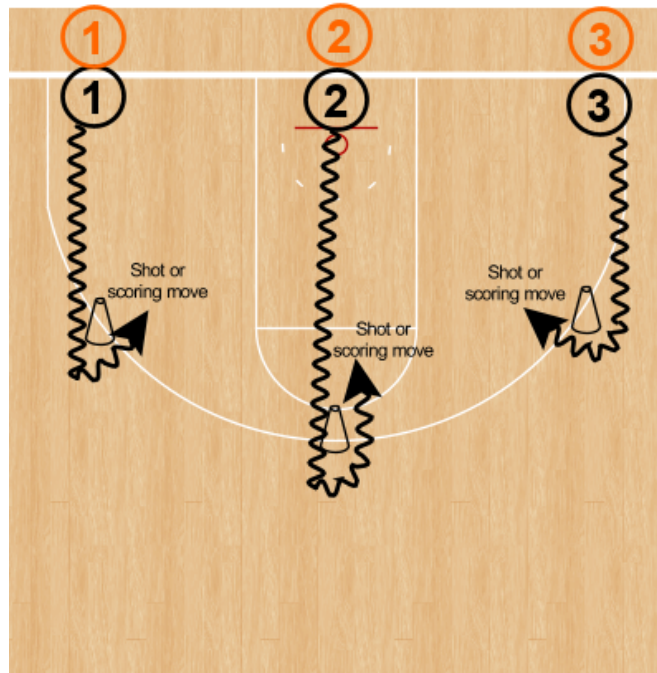
OF BASKETBALLS: 4+

INDIVIDUAL OFFENSE

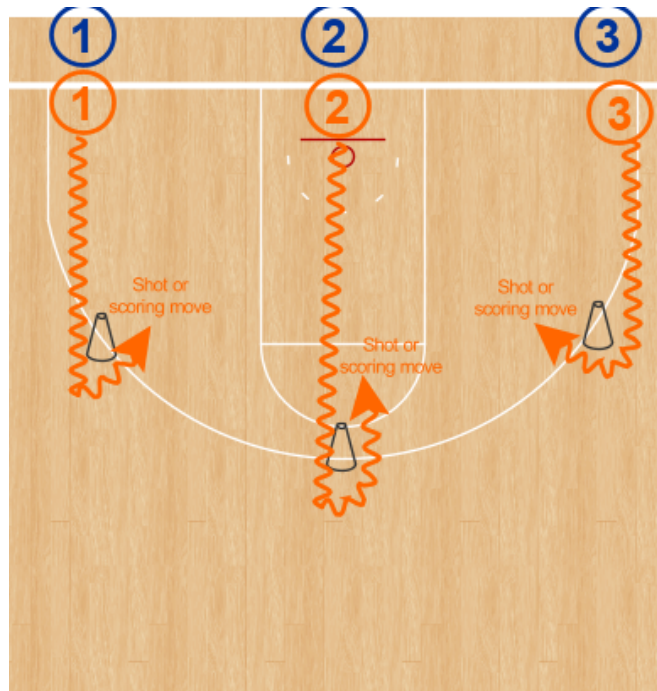
BALLHANDLING, SCORING, SHOOTING

"EAGLE DRILL"

Frame 1



Frame 2



INDIVIDUAL OFFENSE

"EAGLE DRILL"

PURPOSE:

The purpose of this drill is to practice ballhandling moves and scoring.

SETUP/INSTRUCTIONS:

Divide your team into 3 lines. Each line will have multiple players. The first player in each line will dribble out towards the first cone and dribble around it. The style of dribble is up to you. It can be a sprint dribble, repeating combo moves, jab/shot fake/go, etc.

Once your player wraps around the cone they are then performing a jumpshot or a scoring move. The next player in line will then go. This process repeats.

TEACHING POINTS:

1) No particular teaching points to this drill other than normal emphases.

VARIATIONS TO THIS DRILL:

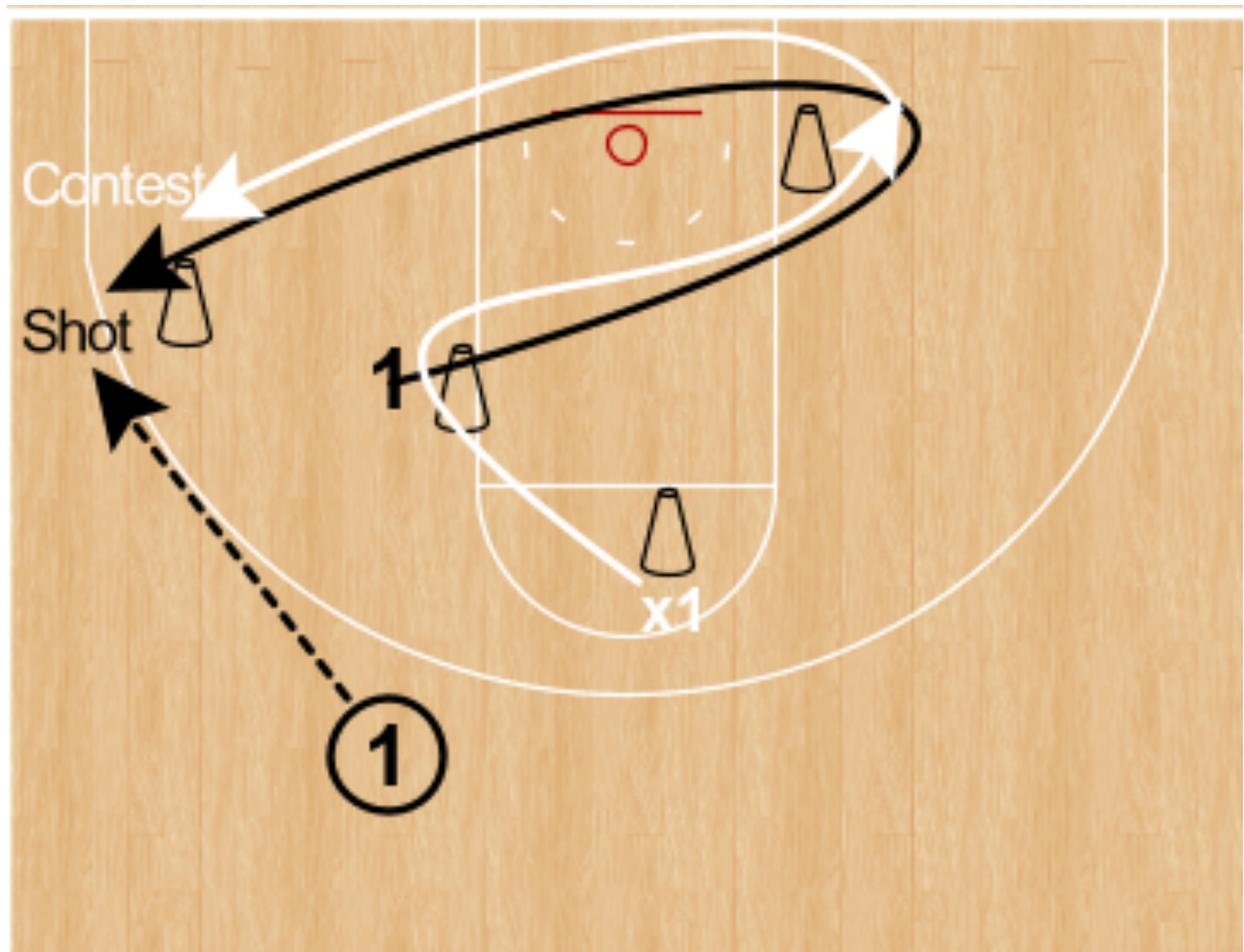
1) A coach or player can stay in front of the ballhandler throughout the entire drill. As the player progresses through the drill, their partner has the freedom to "show their palms". Anytime the partner shows their palms to the ballhandler, the ballhandler will pass that player the ball. The receiver will immediately return the pass and continue the drill.

OF BASKETBALLS: 1 PER PLAYER

INDIVIDUAL OFFENSE & DEFENSE

SHOOTING/MOVING WITHOUT BALL/AGILITY

"AGILITY PRESSURE SHOOTING"



"AGILITY PRESSURE SHOOTING"

PURPOSE:

The purpose of this drill is to emphasize cutting off the ball at full speed, getting a shot attempt at a high speed, and to make a proper read of a closing defender. Defensively, this drill is practicing on trailing the ball around screens and closing out.

SETUP/INSTRUCTIONS:

Setup 4 cones as diagrammed on the court from the previous page. There will be 1 offensive player and 1 defensive player. The action will begin when 1 starts cutting. X1 reacts immediately and trails 1 around each cone. As 1 approaches the final cone, they will receive the basketball. They will catch to shoot. If the defender is very close, the drill turns into 1v1 live.

TEACHING POINTS:

- 1)** Offense: Cut fast AND when you catch, you are definitely shooting. Only stop your shot if the defender is right there.
- 2)** Do not allow cutting at full speed to create poor shooting form / keep good shooting form.

VARIATIONS TO THIS DRILL:

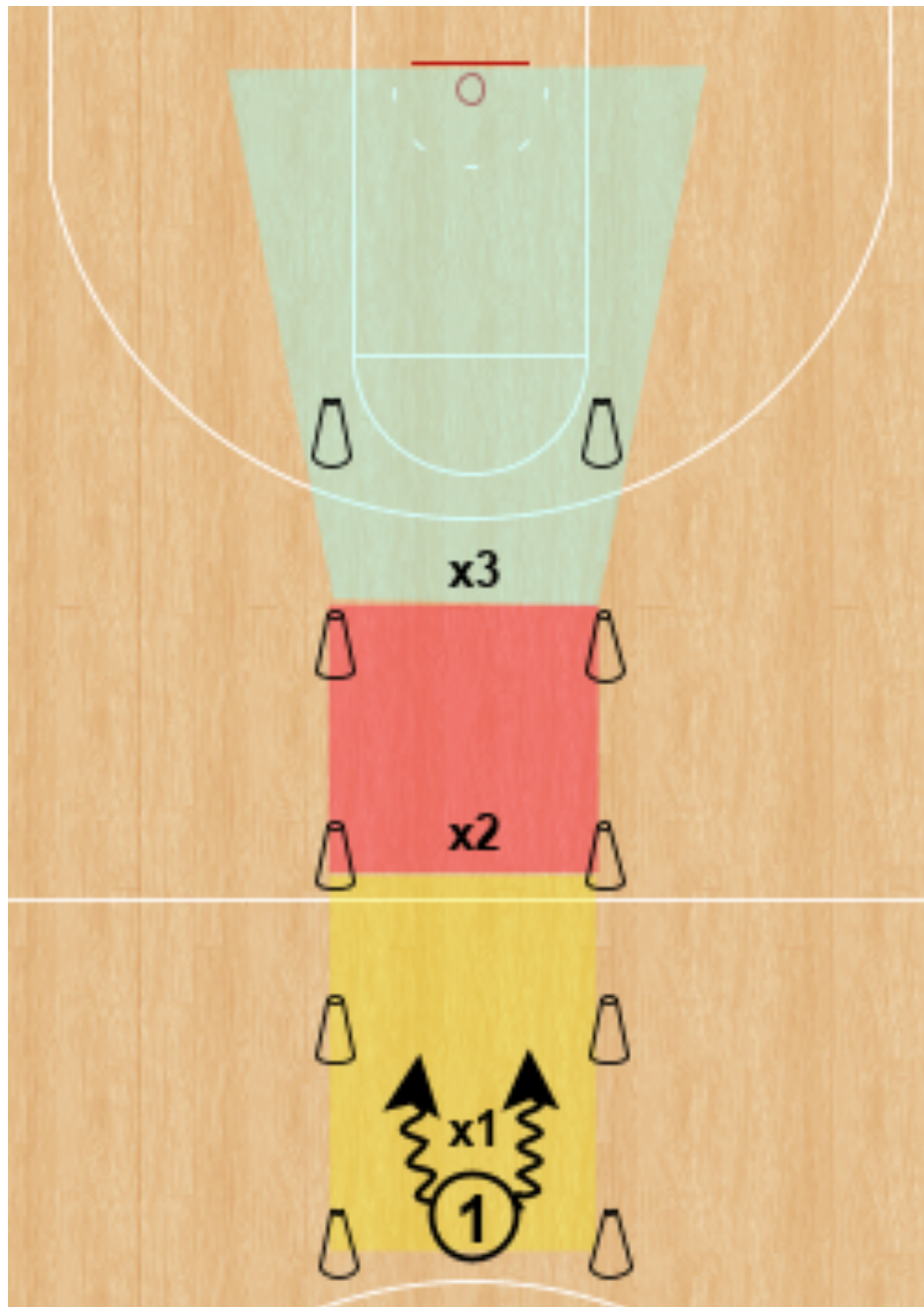
The primary principle behind this drill is to reward sprinting throughout a cut and to also reward a fast shot release. Therefore, change the cones and cutting patterns to however you like.

OF BASKETBALLS: 1

INDIVIDUAL OFFENSE & DEFENSE

BALLHANDLING/DRIBBLING/SCORING

"POINT GUARD ALLEY"



"POINT GUARD ALLEY"

PURPOSE:

The purpose of this drill is to train point guards to gain composure against pressure, to beat defenders in limited space, and to protect the basketball against pressure.

SETUP/INSTRUCTIONS:

Setup cones along the length of the court along the lane lines. There will be 3 lines of defense. Each of these defenders are point guards or any of your defenders who pick up the ball in the back court. The goal for the offensive player is to pass the defender while staying inside the cones. Passing the defender means that the ballhandler's feet get past the feet of the defender. Once the ballhandler gets past a defender, the next defender steps up and the same challenge is presented. Once the final defender is reached, the players finish the drill by playing a 1-on-1 possession.

The goal of the defense in this drill is to contain the ball and practice pressuring the ball.

TEACHING POINTS:

1) Teach point guards specific moves that will help them get by defenders. These include **hand swipes, dribble moves, changing speed, retreat dribbles, and more.**

VARIATIONS TO THIS DRILL:

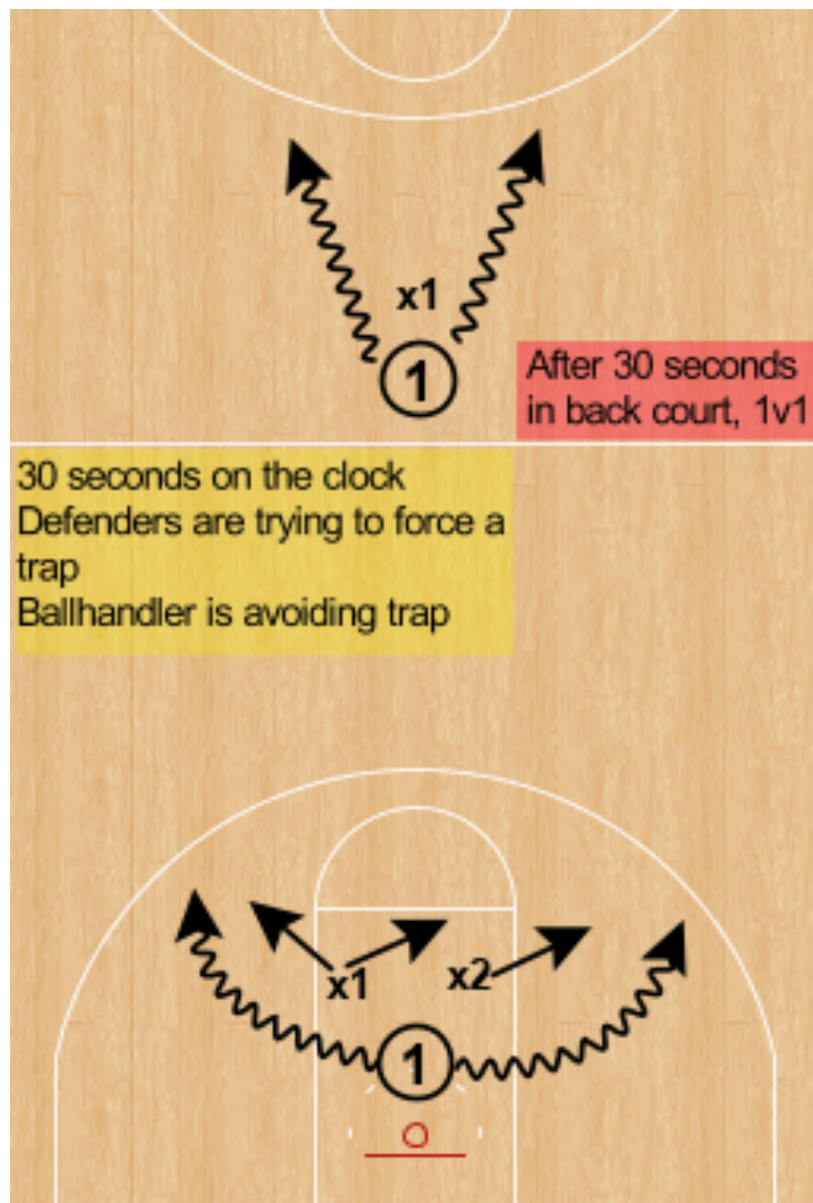
1) In order to ensure that the point guard is continuously scanning the floor, a coach can stand outside the cones. Anytime the coach flashes their hands to the ballhandler, the ballhandler will pass the ball to the coach. Then, the coach will pass the ball back to the guard and the pressure will continue.

OF BASKETBALLS: 1

INDIVIDUAL OFFENSE & DEFENSE

TRAPPING/AVOIDING TRAP/BALLHANDLING/DRIBBLING/1V1

"BACKCOURT 2V1"



"BACKCOURT 2V1"

PURPOSE:

The purpose of this drill is to train point guards to gain composure against full-court pressure, to avoid traps, and to develop conditioning.

SETUP/INSTRUCTIONS:

One offensive player will begin in the backcourt with a basketball. 2 defenders will be 2 or more strides away from the ballhandler. There will be 30-60 seconds on the clock. During the allotted time, the ballhandler is dribbling all over the backcourt trying to avoid getting trapped while maintaining their dribble (guards are aiming to not pick up their dribble). The two defenders have the goal of trapping the ballhandler. If the ballhandler gets trapped and picks up the dribble, the clock will stop and the players will start again from their current spot. If the ball gets kicked out of bounds, the same rule applies.

TEACHING POINTS:

- 1)** The job of the guard is to avoid corners of the court because that is where traps are most dangerous.
- 2)** The defenders should apply heavy pressure without fouling.

VARIATIONS TO THIS DRILL:

- 1)** In order to ensure that the point guard is continuously scanning the floor, a coach can stand anywhere on the floor. Anytime the coach flashes their hands to the ballhandler, the ballhandler will pass the ball to the coach. Then, the coach will pass the ball back to the guard and the traps will continue.

POINT SYSTEM

Each player has their own point totals. Like golf, each player wants the lowest score in this drill. If a defensive player fouls, they get 2 points. If the offensive player gets trapped and is forced to pick up the ball, they get 1 point. If the ballhandler loses the ball out of bounds, they get 1 point. The player with the most points loses and will run. Again, getting points for this drill is not good. The goal is to have zero points. Be sure each player goes through multiple times.

OF BASKETBALLS: > 1

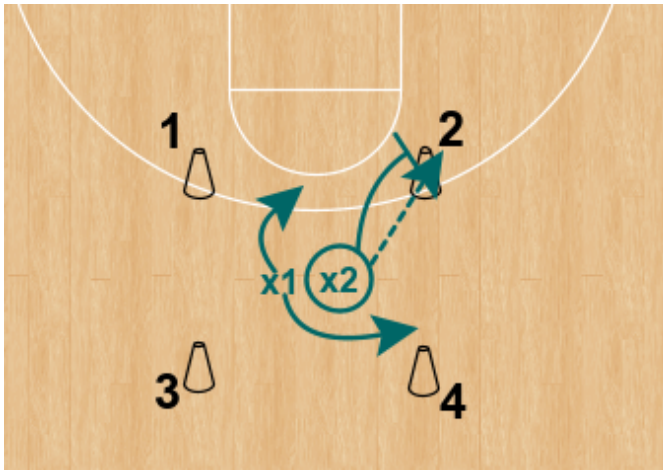
When the ball is lost out of bounds, the coach or a manager will immediately throw a basketball back into the drill.

OFFENSE & DEFENSE

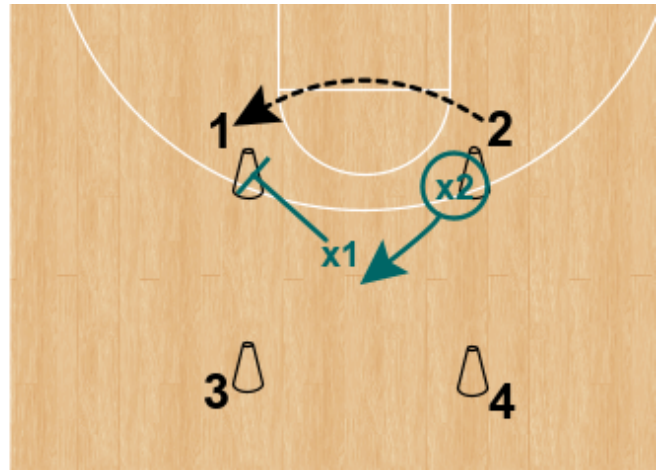
TRAPPING/AVOIDING TRAP/BALLHANDLING/FACING PRESSURE

"2 MAN FOXHOLE"

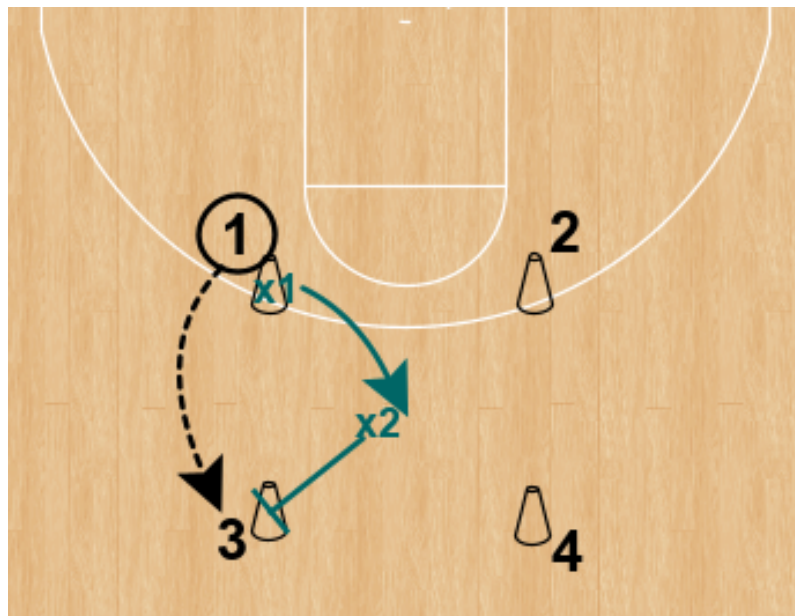
Frame 1:



Frame 2:



Frame 3:



"2 MAN FOXHOLE"

PURPOSE:

The purpose of this drill is to **(1)** Develop strength, composure, and passing abilities against pressure from the offensive perspective and **(2)** to develop the skill of applying ball pressure without fouling and while staying on balance.

SETUP/INSTRUCTIONS:

Four offensive players will begin in a squared arrangement. Use cones or not, it is up to you and tape may be better. The two defenders will begin in the middle of the floor. One of them will have a basketball. The defender will pass the basketball to any offensive player. The offensive player cannot immediately pass but instead has to make at least one pivot step and one ball fake. At the same time, the defender is applying as much pressure as possible. The other defender is playing the passing lane aiming for a steal or deflection. The offensive players without the basketball cannot cut or relocate. The offensive player will pass to a teammate in which case the defender off the ball will pickup the new ballhandler. The other defender will move into the passing lane now looking for a deflection.

This drill can be restricted by time (i.e. defense gets as many steals/deflections as possible in 1 minute. Then the next defense will be up to try and defeat the score).

TEACHING POINTS:

- 1)** When pressuring the basketball, do not "break the glass" which means don't reach/foul. Be very aggressive with the lower body and chest but not with the arms. The arms are for deflections, not fouls.
- 2)** Offensive players: be strong with the basketball. Pivot with strength, step into the defense. Use ball fakes.

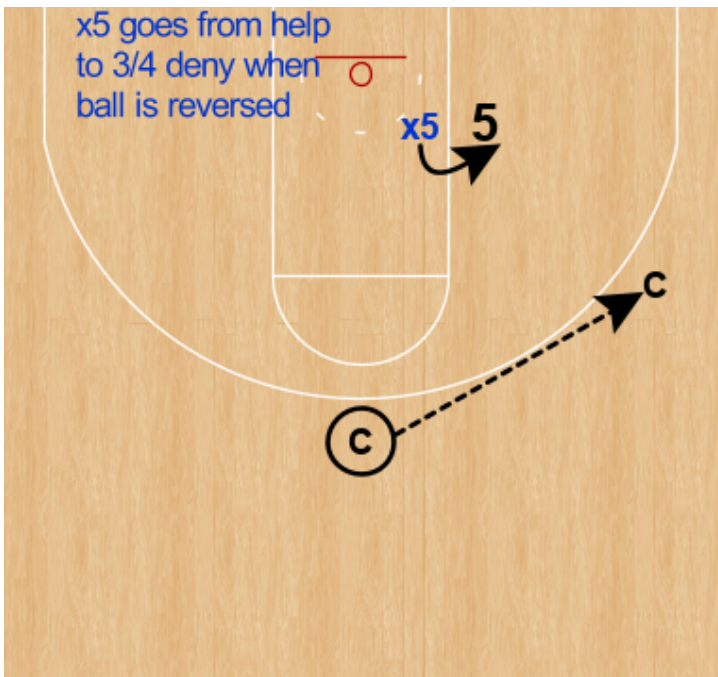
OF BASKETBALLS: 1

INDIVIDUAL DEFENSE

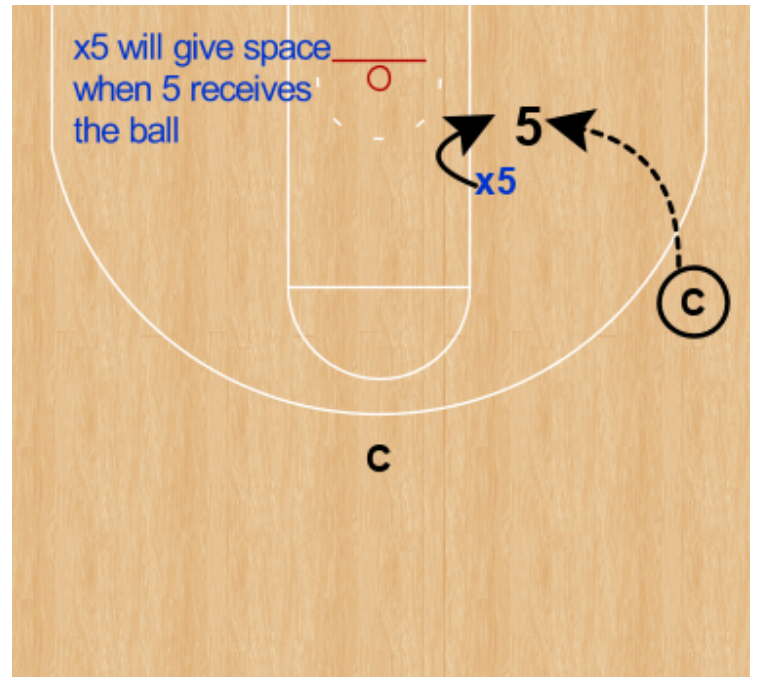
POST DEFENSE: WALLING UP

"FRONT, POP BACK, WALL UP"

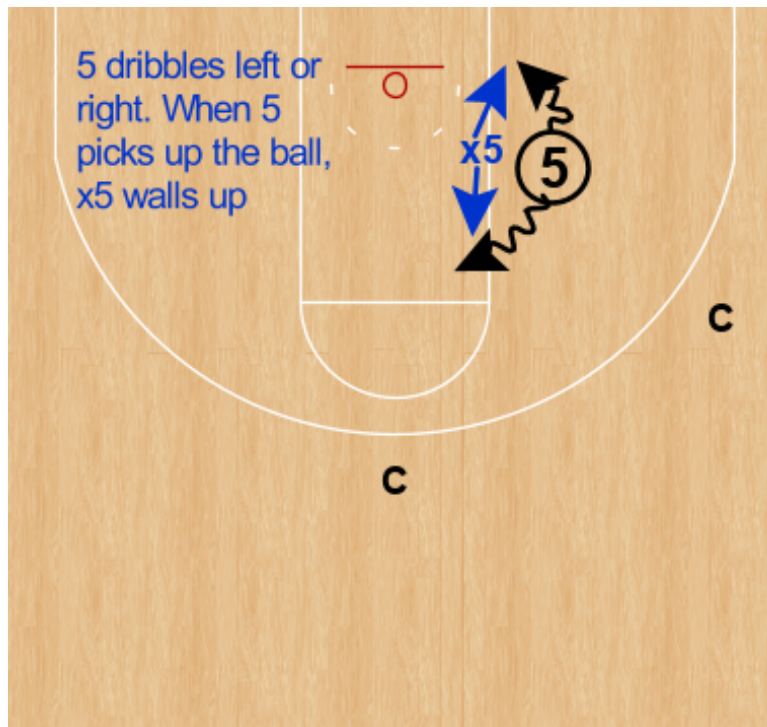
Frame 1



Frame 2



Frame 3



INDIVIDUAL DEFENSE

"FRONT, POP BACK, WALL UP"

PURPOSE:

This drill works on the fundamentals of post defense: Positioning, denying, giving space, and walling up.

SETUP/INSTRUCTIONS:

A coach will begin with the basketball at the top of the key. The next coach will be on the wing. The ball will go from the top of the key to the wing. The defensive post player will go from being in help position to 3/4 deny. The wing coach will then feed the post player. This will trigger the post player to "give space". (Give space means the post defender will back away from the ball at the distance of an arm's length). From there the offensive player can take two dribbles left or right. The offensive player will then pick up their basketball. Once the ball is picked up, the defender will wall up on the defense and walk through. The offense is not shooting the basketball.

TEACHING POINTS:

- 1)** Defenders must be very aggressive with their *lower body* once offense picks up dribble.
- 2)** Hands go *straight* to the ceiling and don't come down.
- 3)** Play defense from low to high.
- 4)** Finish the defensive possession with a rebound!

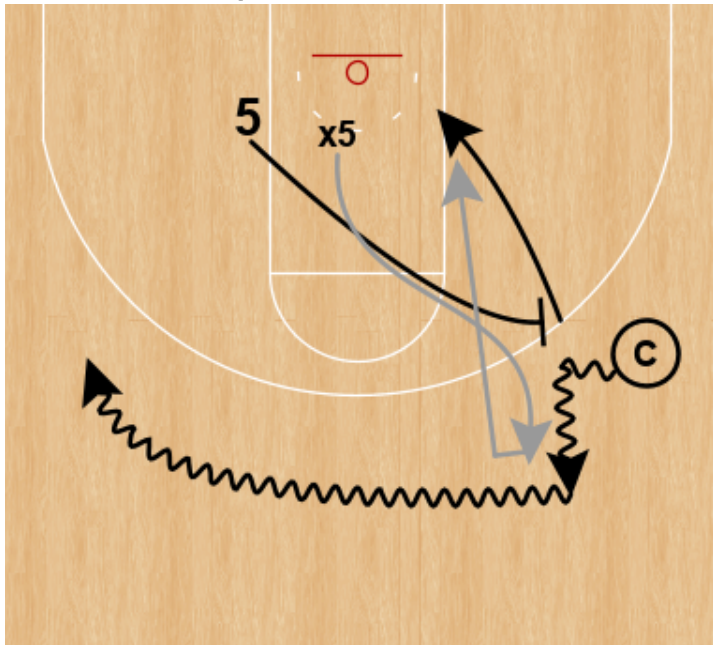
OF BASKETBALLS: ONE PER PAIR OF PLAYERS

INDIVIDUAL DEFENSE

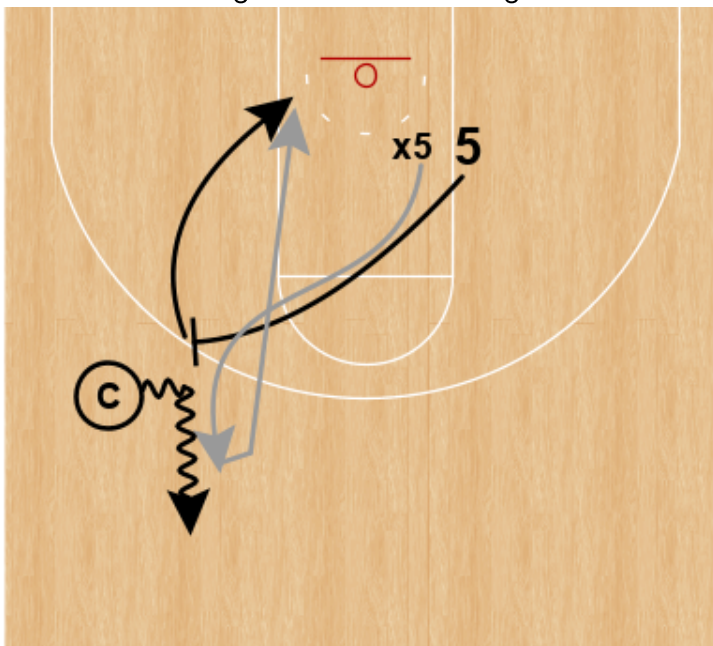
HEDGING BALL SCREENS

"CONTINUOUS HEDGES"

Frame 1: x5 hedges and recovers



Frame 2: x5 hedges and recovers again



INDIVIDUAL DEFENSE

"CONTINUOUS HEDGES"

PURPOSE:

This drill works on hedging and recovering.

SETUP/INSTRUCTIONS:

A coach will begin with the basketball at the wing. 5 and x5 will begin on the opposite block. 5 will sprint to the coach and set a ball screen. x5 will hard hedge and recover. The coach will maintain their dribble and dribble to the other wing. The drill now repeats itself; a hard hedge and recover from the other side of the floor will now occur.

TEACHING POINTS FOR THE HEDGER:

- 1)** Arrive with the screen .
- 2)** Place your inside hand on the screener's back.
- 3)** Extend your arms while hedging and redirect the dribbler towards half court.
- 4)** When recovering, sprint back to your matchup as they roll with your hands up in order to cause a deflection.

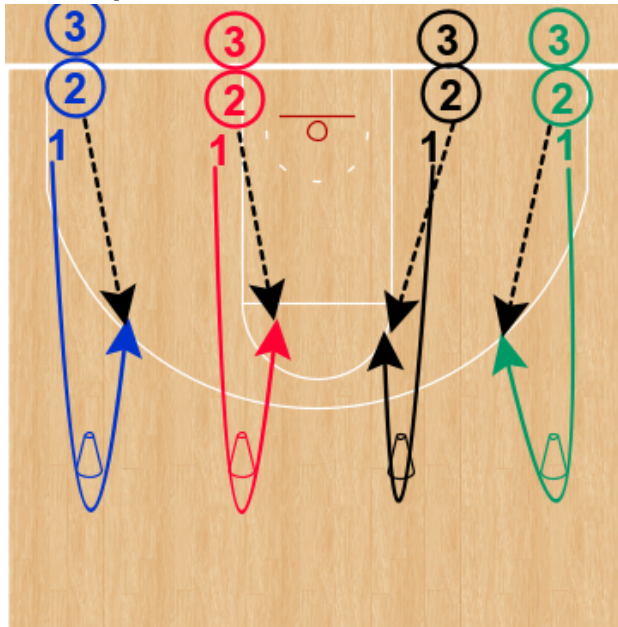
OF BASKETBALLS: 1

TEAM OFFENSE

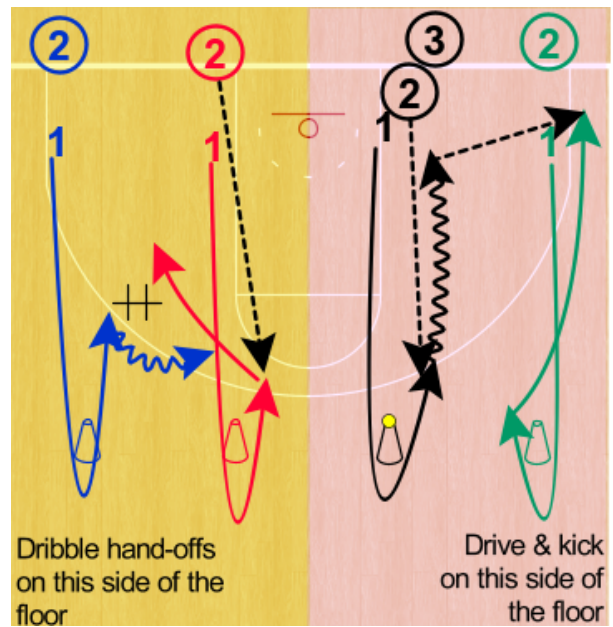
SCORING MOVES, OFFENSIVE ACTIONS

"4 CONE CONTINUOUS"

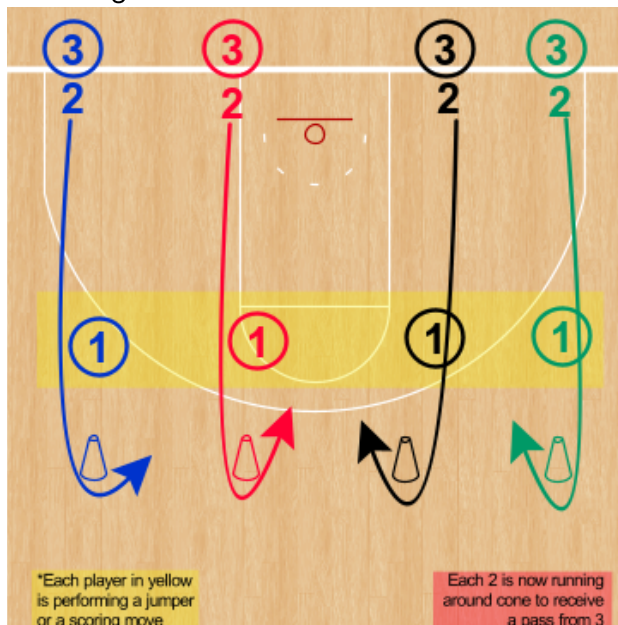
"Scoring moves" frame one



"Team action" frame one



"Scoring moves" frame two



TEAM OFFENSE

"4 CONE CONTINUOUS"

PURPOSE:

The purpose of this drill is to practice a limitless number of scoring moves and offensive actions. This is a great series of drills for team's with limited space. There are two main categories of skill to work on within this drill.

The first category is *scoring moves*. These moves include scoring strategies involving only one player. These can be catch and shoot jumpers, pullup jumpshots, jab series, step backs, shot fakes, etc. See scoring moves frames 1 & 2.

The second category is team actions (see team action frame one). These include 2on0 offensive actions such as DHOs, ball screens, drive and kicks, backdoors, and more.

SETUP/INSTRUCTIONS:

The team will be divided into 4 lines total. Cones will be setup in a straight line before half court. To begin the drill, the first person in line will not have a basketball. This player will sprint around the first cone and receive a pass from the second player in line. As soon as the second player releases their pass, they will then begin to run around cone, then into a catch. It is a continuous cycle.

TEACHING POINTS:

1) Teaching points will depend on the moves or actions you are practicing. However, regardless of what move or action is being practiced, the offensive player should always have their hands ready and body low/balanced when they receive a pass.

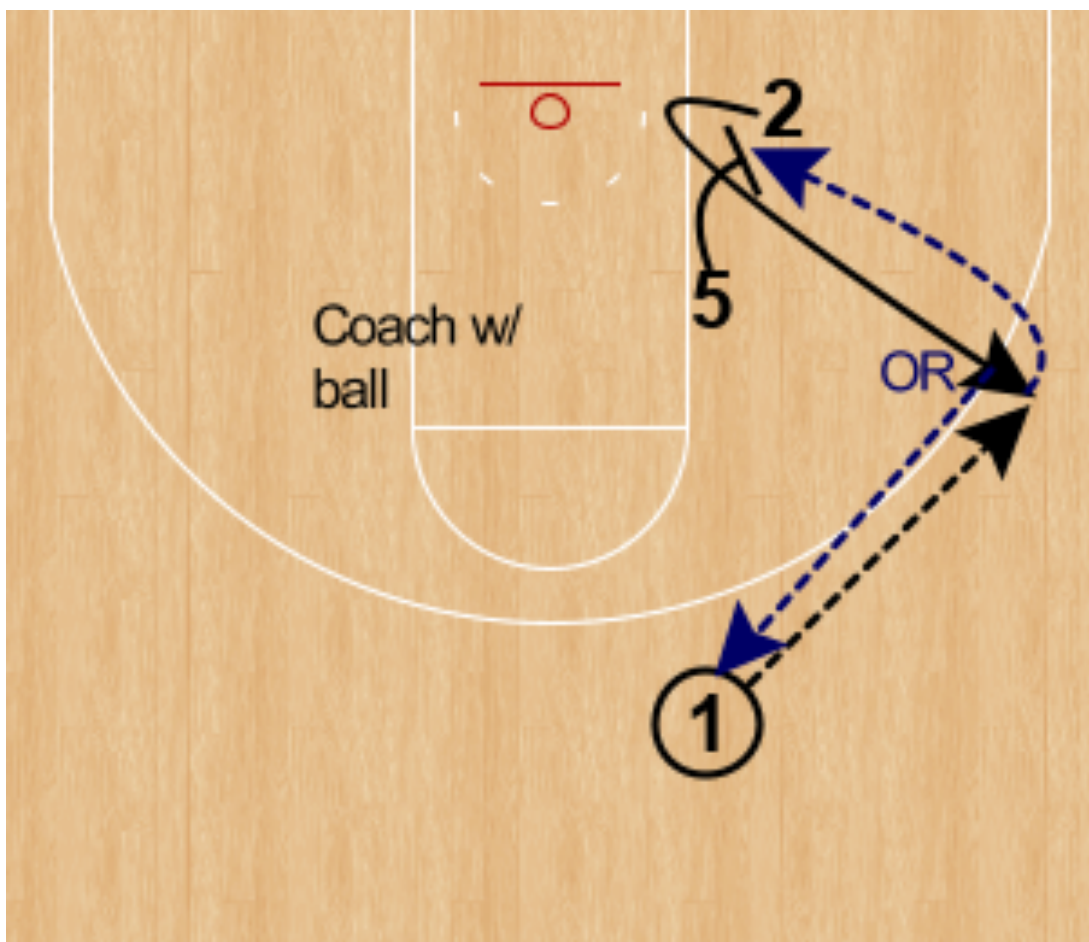
OF BASKETBALLS: 2 PER LINE. 8 TOTAL.

TEAM OFFENSE

TEAM OFFENSIVE PRINCIPLES

"3 ON 0 DOWN SCREEN SERIES"

Frame one: This drill will begin with this sequence everytime:
5 Down screens for 2. 2 catches the ball on the perimeter.
2 can pass to 5 or back to 1.

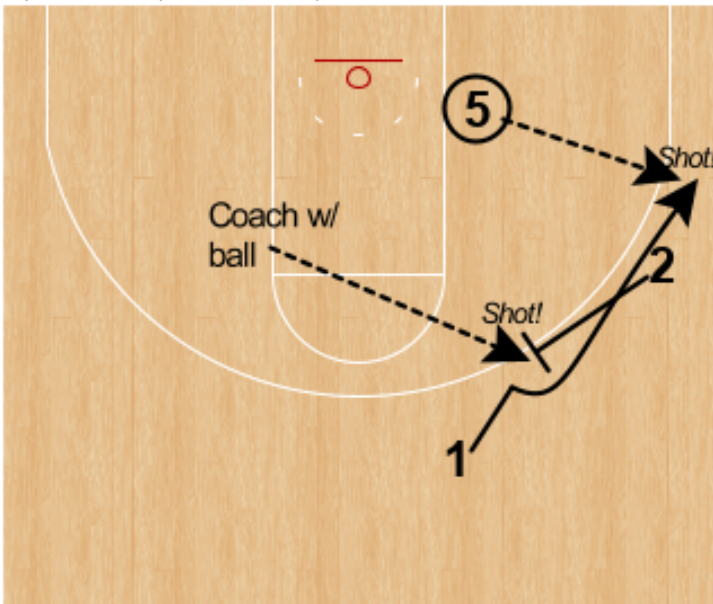


TEAM OFFENSE

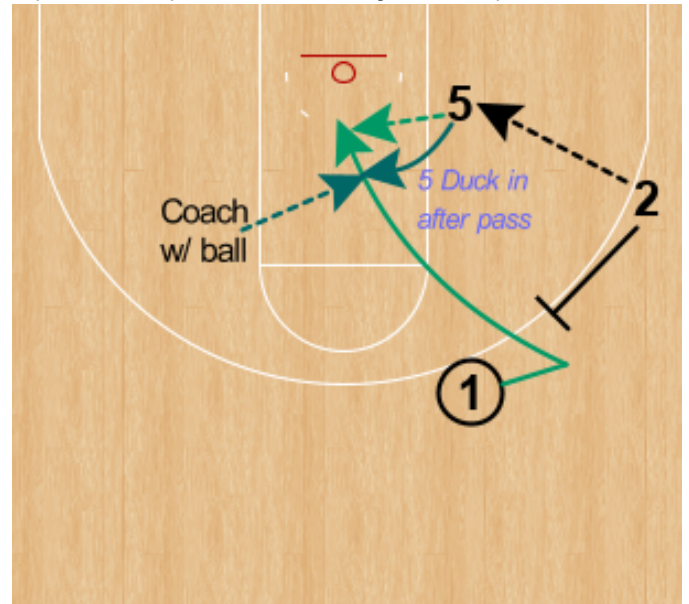
TEAM OFFENSIVE PRINCIPLES

"3 ON 0 DOWN SCREEN SERIES"

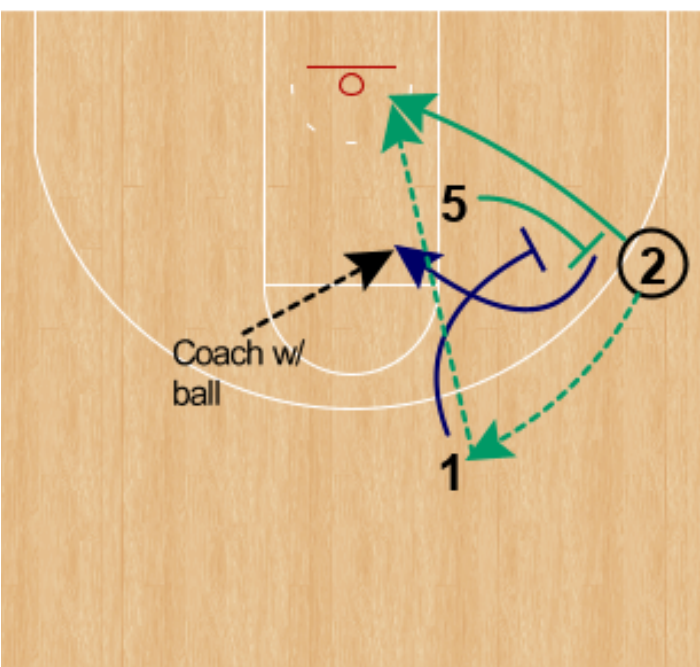
Option 1: Split action: perimeter shots



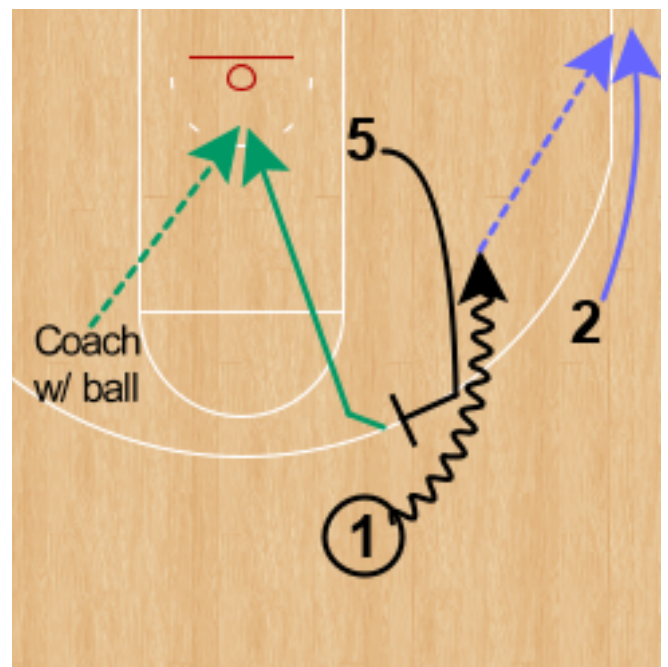
Option 2: Split action: 2 rejects, 5 post move



Option 3: Split action: 5 back screen for 2
1 down screen for 5



Option 4: Split action: 5 back screen for 2
1 down screen for 5

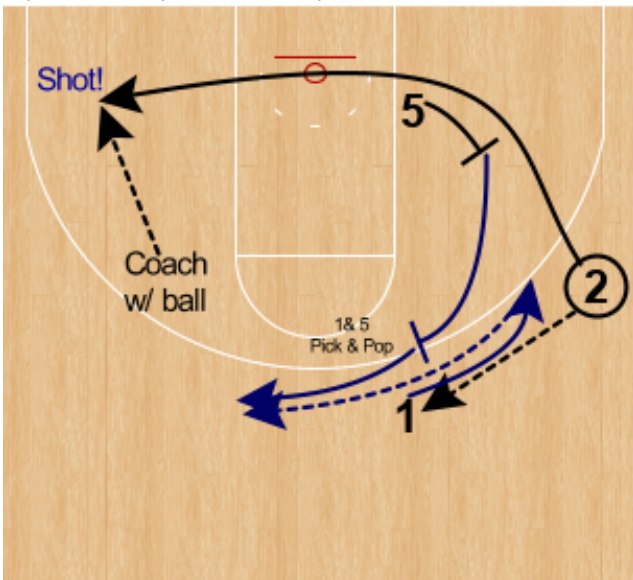


TEAM OFFENSE

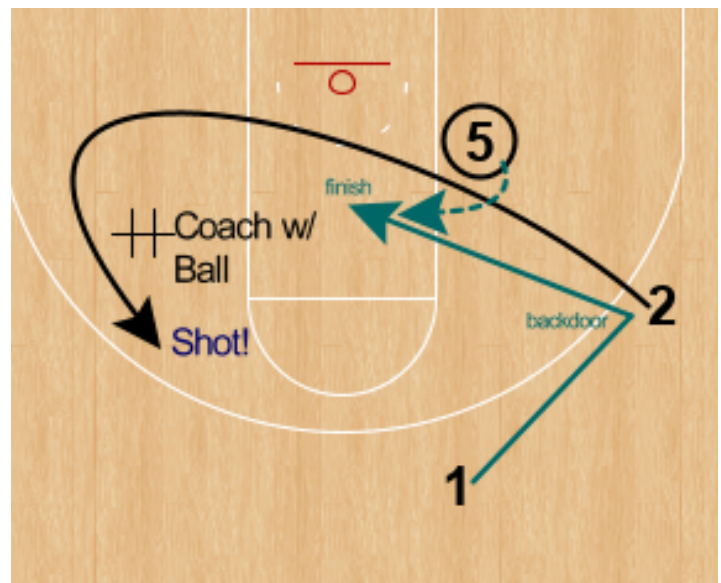
TEAM OFFENSIVE PRINCIPLES

"3 ON 0 DOWN SCREEN SERIES"

Option 5: Split action: perimeter shots



Option 6: 2 backdoors and receives a DH0.
1 backdoor cuts.



TEAM OFFENSE

"3 ON 0 DOWN SCREEN SERIES"

PURPOSE:

This series of drills features simple offensive actions. These series of drills are good for warm-ups or to sharpen up offensive practices.

SETUP/INSTRUCTIONS:

5 will down screen for 2 to initiate the offense. 2 will receive a pass from 1 then feed 5. From there, the offense is performing a variety of actions which are listed above. There are countless other actions that your team can perform.

A coach will have basketball on the weakside to pass to a 2nd scorer for a shot.

TEACHING POINTS:

1) Because there are so many possible options for 3v0 offense, the emphases are simple fundamentals: Wait for your screen, cut hard and change speeds, square up to the basket on the catch, protect the basketball, time your cuts properly, etc.

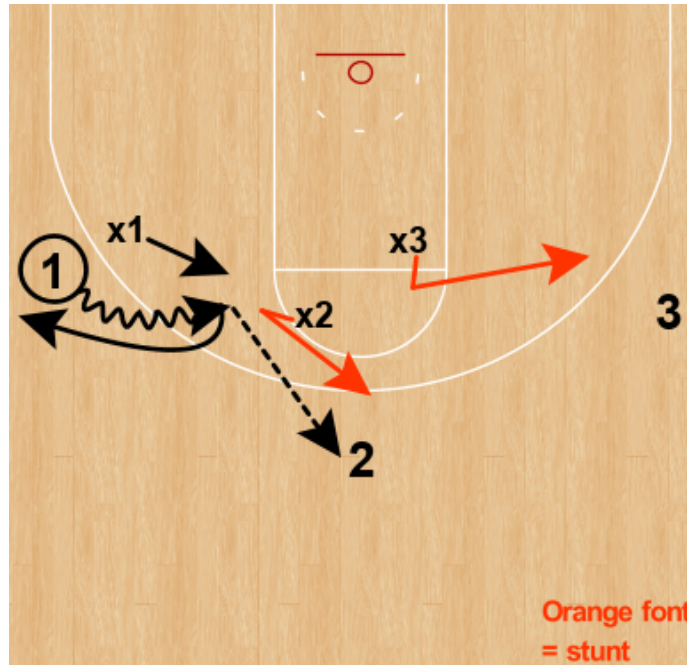
OF BASKETBALLS: 2

TEAM DEFENSE

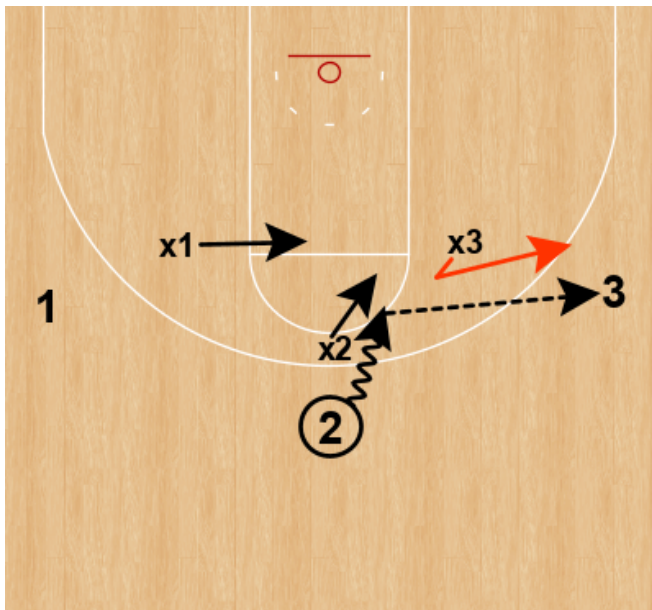
DEFENSIVE POSITIONING, STUNTING

"3V3 SHELL STUNT"

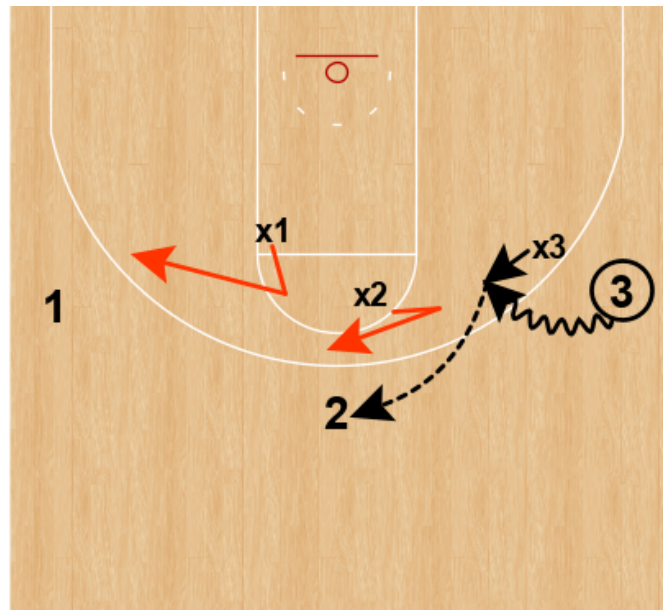
Frame 1



Frame 2



Frame 3



TEAM DEFENSE

"3V3 SHELL STUNT"

PURPOSE:

This drill practices two types of stunts. The first stunt is a (1) Gap stunt and a (2) top of key reversal stunt. These are fancy words but at the end of the day it's just specific situations where defenders can stunt.

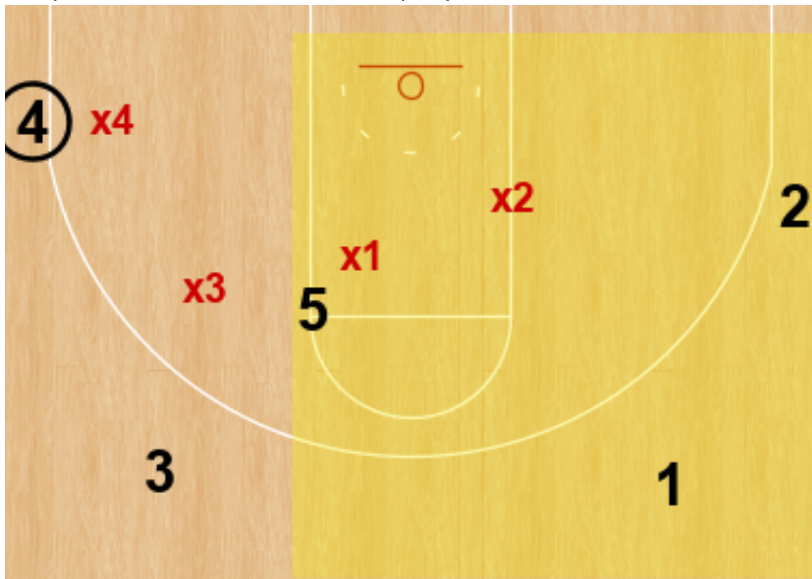
SETUP/INSTRUCTIONS:

Three offensive will players will be spaced along the perimeter. Each defender will match up with an offensive player. When a wing offensive player drives a into a gap, the middle defender is immediately stunting towards the ball and recovering to their man as they receive the pass. As soon as the middle offensive player catches the basketball, the next help defender (who was just the weakside defender) is stunting as well. The defenders repeat this stunting pattern for as long as the coach deems necessary.

TEACHING POINTS:

- 1)** A stunt is a quick, short jab, not a full lunge. If the defender lunges they won't recover.
- 2)** As the stunting defender is recovering towards their man, they must recover with high hands.
- 3)** Active, long hands cause a lot of problems.
- 4)** A bounce pass takes longer than a chest pass. Therefore, we have more time to recover on bounce passes. So force them.
- 5)** If a defender is guarding a lights-out shooter, they may not want to stunt off them ever. Great shooters will take advantage of that.

OF BASKETBALLS: 1



TEAM DEFENSE

"SHELL 45"

PURPOSE:

This drill practices defensive positioning in a disadvantaged situation. The offense has 5 players while the defense has only 4.

SETUP/INSTRUCTIONS:

Four offensive players will space out along the perimeter and one offensive player will setup on the block, the elbow, or the 5th player can position themselves on the perimeter creating a 5-out set.

The ball will be passed amongst the offense. The defense is responsible for communication and proper positioning. On each pass, 2 defenders will be responsible for defending 3 offensive players on the weakside. In other words, the defense is attempting to create a 2v2 situation on the strongside and a 2v3 on the weakside.

TEACHING POINTS:

- 1)** Defense must communicate loudly and early.
- 2)** 2v2 on the strongside, 3v2 on the backside. Backside defenders must communicate on who defends the ball on a skip pass.
- 3)** Pressure the ball to influence bounce passes or deflected passes.

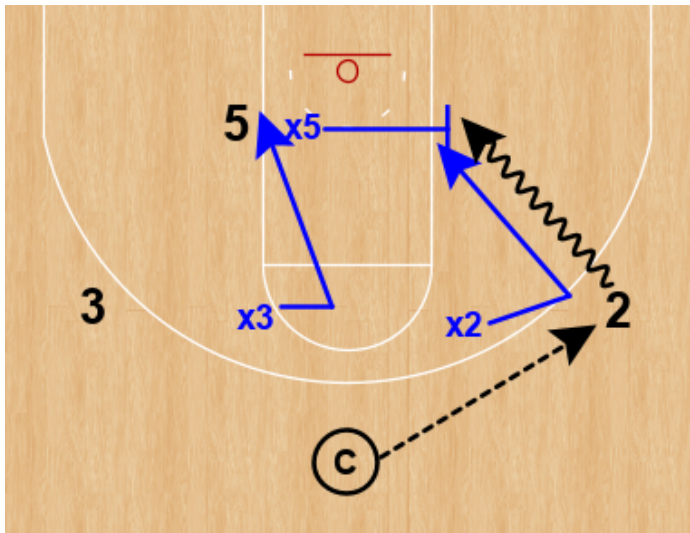
OF BASKETBALLS: 1

TEAM DEFENSE

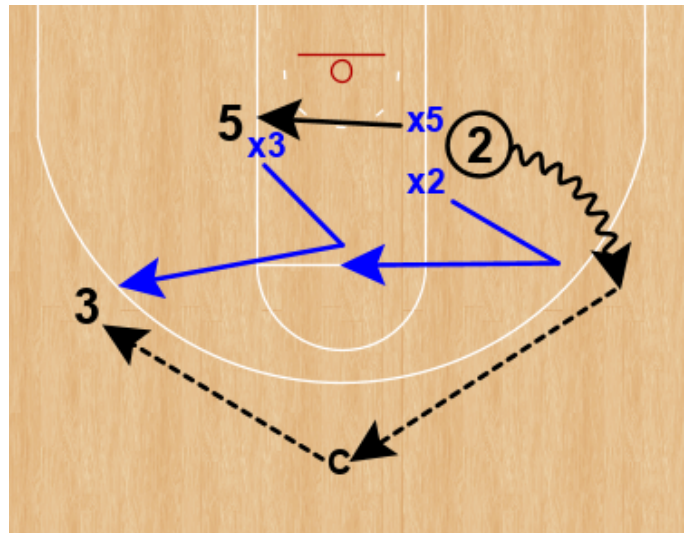
COVERING DOWN, WEAKSIDE DEFENSE, ROTATIONS

"SHELL COVERDOWN"

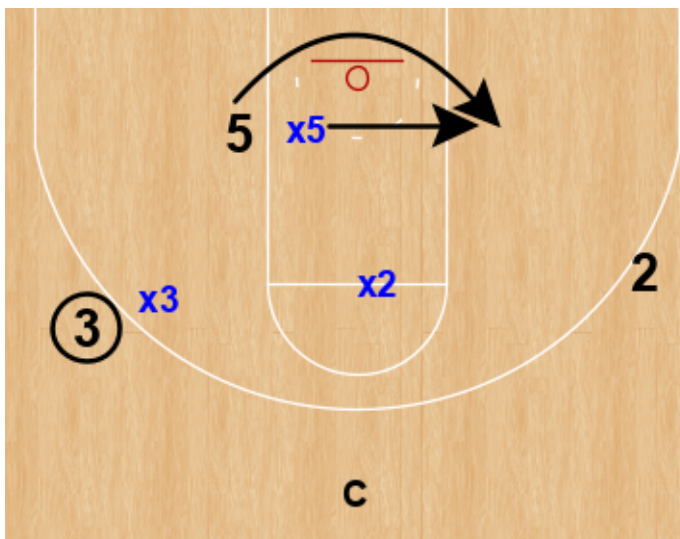
Frame 1



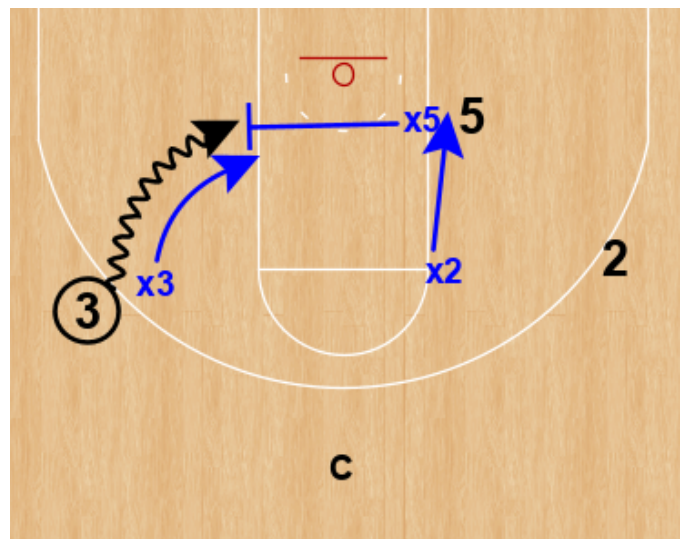
Frame 2



Frame 3



Frame 4



TEAM DEFENSE

"SHELL COVERDOWN"

PURPOSE:

This drill emphasizes covering down on the weakside block against dribble penetration.

SETUP/INSTRUCTIONS:

The coach will begin with the basketball and pass the ball to either wing. The wing player will drive the basketball to the block. The defender at the weakside block will rotate over and either (A) stop the drive of the ballhandler or (B) take a charge. Meanwhile, the defender at the weakside elbow will cover down on the offensive player on the block. This prevents a "dump off" pass / easy two point basket. The ballhandler will maintain their dribble and pass it back out to the coach. Meanwhile, both the offensive and defensive post players rotate to the weakside block. The coach will then pass the ball to the other wing. The offensive wing player will drive the basketball. Again, the weakside defender at the block will rotate over. The weakside elbow defender will cover down. From there, a team can repeat this sequence as much as desired.

TEACHING POINTS:

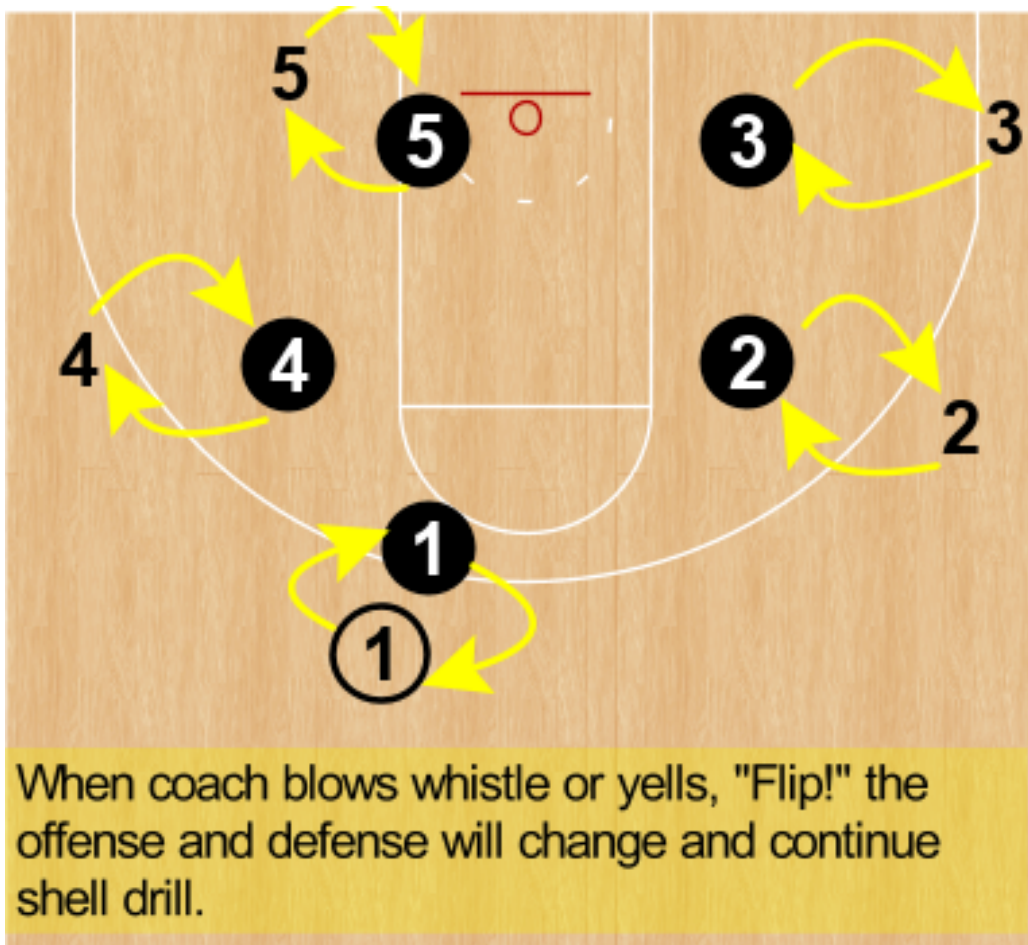
- 1)** The wing defender will "allow" a drive in order to allow rotations.
- 2)** The rotating defender must rotate early, wall up, and/or contest vertically.
- 3)** The weakside elbow defender will drop down on the block. This defender is looking to cause a steal.

OF BASKETBALLS: 1

TEAM DEFENSE

COMMUNICATION, POSITIONING, ROTATIONS

"FLIP SHELL"



TEAM DEFENSE

"FLIP SHELL"

SETUP/INSTRUCTIONS:

This version of shell drill features spontaneous switching of offense to defense. The defense will perform shell drill. When the coach blows a whistle or provides a verbal cue like, "Change!" the defense and offense will switch and immediately continue the drill.

TEACHING POINTS:

1) The normal shell defense teaching points of positioning, communication, etc.

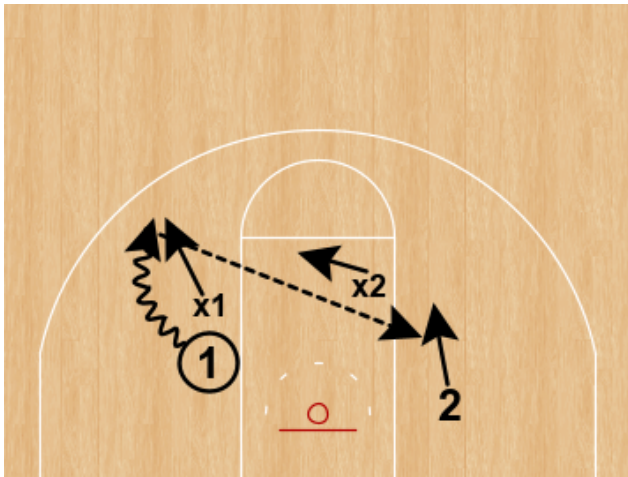
OF BASKETBALLS: 1

TEAM DEFENSE

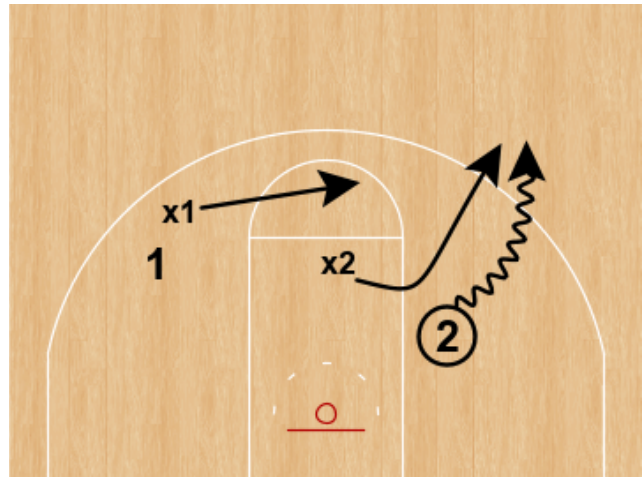
GUARDING THE BALL, JUMPING TO HELP, COMMUNICATION

"FULL COURT 2V2 SHELL"

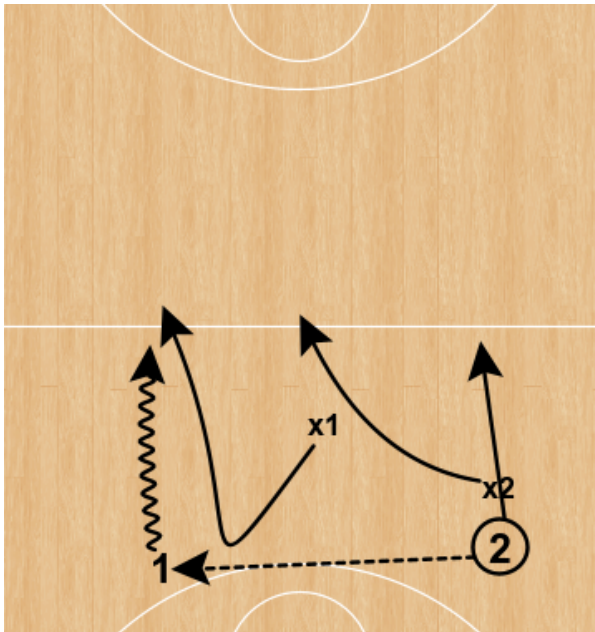
Frame 1 - shell defense



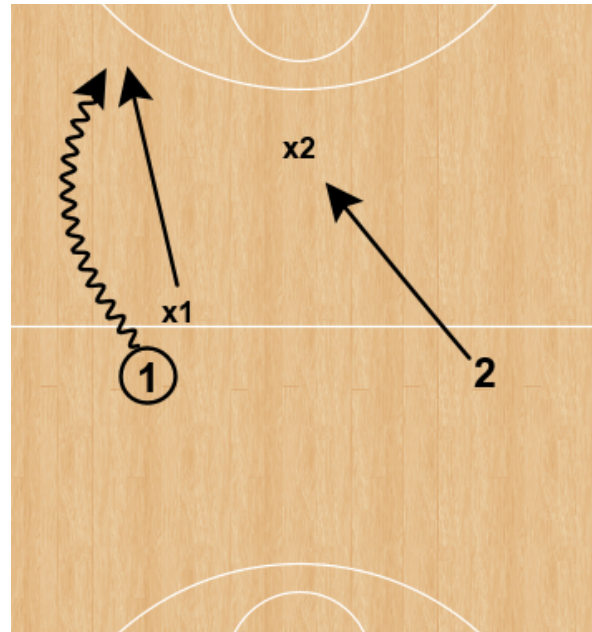
Frame 2 - shell defense



Frame 3 - shell defense



Frame 4 - 2v2 live



TEAM DEFENSE

"FULL COURT 2V2 SHELL"

SETUP/INSTRUCTIONS:

This is a full court 2 on 2 drill. While in the back court (frames 1-3), the two offensive players are advancing up the floor at half speed. Each offensive player will take 3-4 dribbles up the floor at half speed, then they will pass to their teammate who is also slowly progressing their way up the floor. Meanwhile, the defense is working on closeouts, jumping to the ball, stunting when the ballhandler drives to the middle of the floor, having hands in passing lanes on closeouts, communication, seeing both, and overall positioning. Once the ball reaches the front court (frame 4) the drill now becomes 2on2 live play.

TEACHING POINTS:

- 1) Jump to the ball as the ball is in the air
- 2) Stunt when a ballhandler drives to the middle of the floor
- 3) Closeout with hands in a passing lane

VARIATIONS TO THIS DRILL:

You can make this a 3on3 drill as well. If you are a trapping team, you can also add a trap in the backcourt.

OF BASKETBALLS: 1

"2V3 TOP OF KEY SCRAMBLE"

A diagram of a basketball court illustrating a sequence of three passes. The court is shown with a wooden floor and white boundary lines. Three players are represented by numbers: 1, 2, and 3. Player 3 is circled. A solid line with arrows shows the path of the first pass from player 3 to player 2, with intermediate points labeled x_1 and x_2 . A dashed line shows the path of the second pass from player 2 to player 1.

A diagram of a basketball court illustrating player positions and movement vectors. The court is shown with its characteristic wooden floor and white boundary lines. A player, labeled with a circled '1', is positioned near the bottom center of the court. Two arrows originate from this player: a solid arrow labeled 'x1' pointing towards the top center (the key area), and a dashed arrow labeled 'x2' pointing towards the left side (the wing area). The numbers '2' and '3' are placed on the left and right wings, respectively, indicating the destinations of the movement vectors.

TEAM DEFENSE

"2V3 TOP OF KEY SCRAMBLE"

PURPOSE:

The purpose of this drill is to develop the defensive habits of communication, jumping to the ball, closing out, active hands, and pressuring the ball by using a disadvantaged situation.

SETUP/INSTRUCTIONS:

This drill will feature 3 perimeter offensive players and 2 defenders. The 3 perimeter offensive players will make 5 or more passes. Each offensive player will hold onto the basketball for at least two seconds after they catch the ball. While the offensive players are passing the basketball, the two defenders are communicating, moving as fast as possible, jumping to the ball, having active hands, and other defensive habits you teach to your team. After the 5th pass (or you can change this total) the drill turns into a live 2on3 drill. The only caveat is that one offensive player cannot cut or relocate/they have to stay in the same spot and cannot receive a pass until 10 seconds pass. Therefore, there are two offensive players who have complete freedom to cut, move, pass, etc. while the third offensive player can catch and shoot only after 2v2 has been played for at least 10 seconds. The two defenders are guarding all three offensive players and trying to get a stop and a rebound.

TEACHING POINTS:

- 1)** Defense must play extremely hard because they are in a disadvantaged situation.
- 2)** Defenders must jump to the ball as soon as a pass is released.

VARIATIONS TO THIS DRILL:

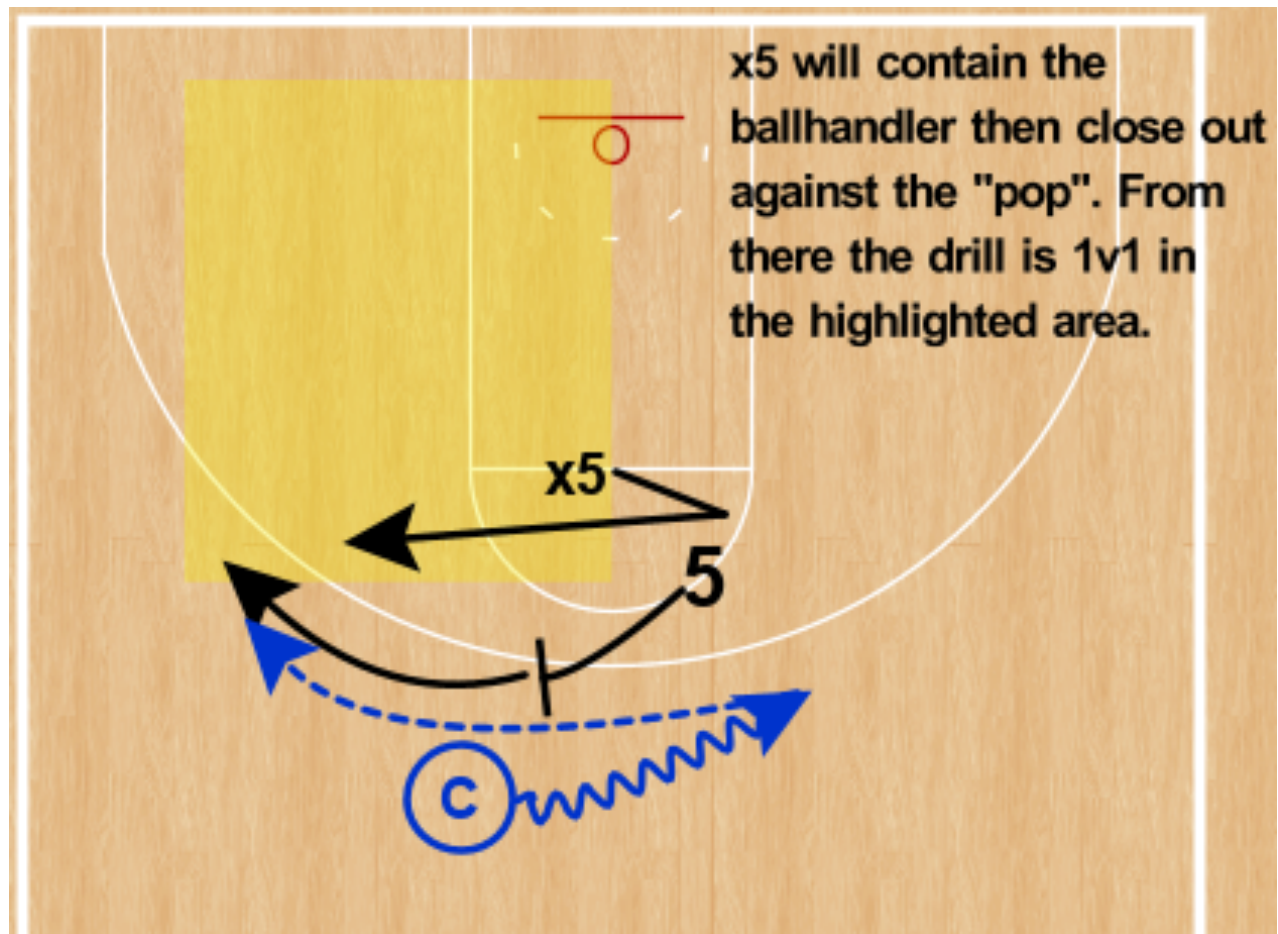
To add the defensive skill of "stunting", offensive players can be allowed to take one driving dribble towards the middle of the floor before live play. The help defender will stunt on those drives.

OF BASKETBALLS: 1

SMALL-SIDED GAMES

BIG MAN DEFENSE/DEFENDING PICK AND POP

"1V1 ON THE POP"



SMALL-SIDED GAMES

"1V1 ON THE POP"

PURPOSE:

This drill practices hedging against the ball screen and recovering against a "pop". (This drill can practice soft hedges or hard hedges)

SETUP/INSTRUCTIONS:

The coach will begin with the basketball in the slot. 5 will begin at the elbow and set a ball screen. x5 will soft hedge or hard hedge. Then, the coach will pass the basketball to the 5 as the 5 pops. x5 will close out on 5. From there, it is 1v1.

The remainder of your bigs will be on the baseline and rotating in.

TEACHING POINTS:

1) As x5 recovers to 5, x5 should have their hands up in the passing lanes to cause a deflection. Also, if the defense can force a bounce pass instead of a chest pass by having their hands in the passing lanes, there will be more time for a closeout.

2) As x5 recovers to 5, x5 will lose sight of the basketball because they will be sprinting with their hands up towards 5.

VARIATIONS TO THIS DRILL:

1) Once 5 receives the pass, they will play 1v1. 5 can have the option to pass back to the coach in order to go to the low post and post up.

OF BASKETBALLS: 1

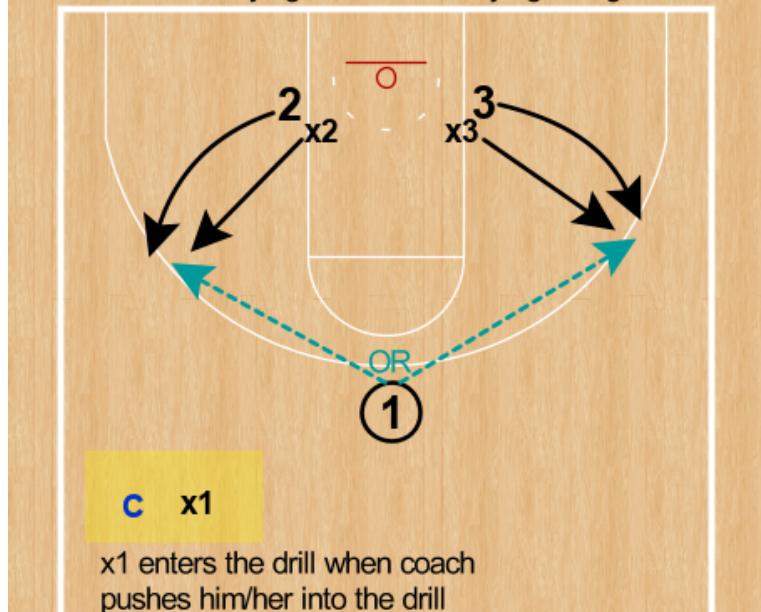
SMALL-SIDED GAMES

TEAM DEFENSE/SCRAMBLE/DISADVANTAGE

"2 ON 3 DISADVANTAGE"

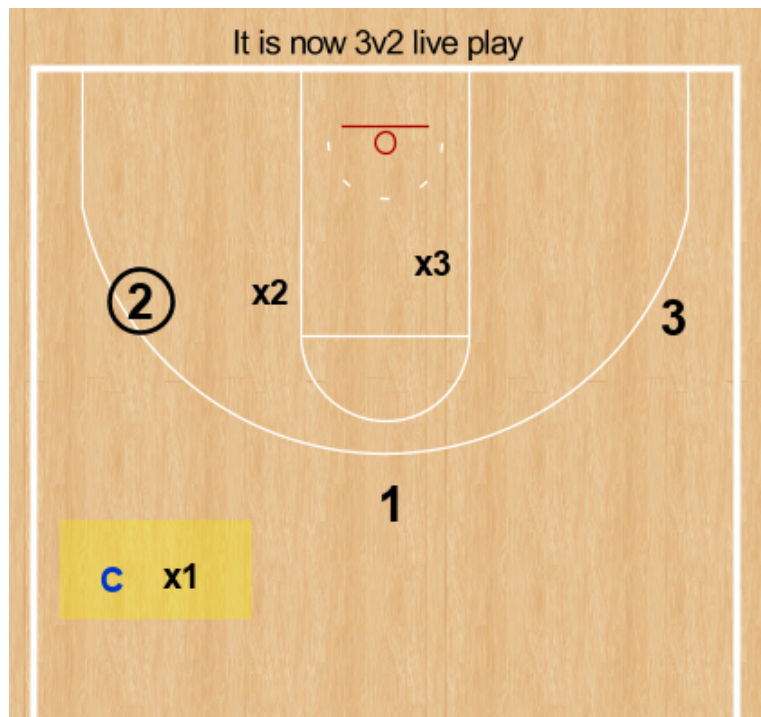
Frame 1

x2 and x3 are denying 2 and 3 as they fight to get the ball.



Frame 2

It is now 3v2 live play



SMALL-SIDED GAMES

"2 ON 3 DISADVANTAGE"

PURPOSE:

This drill practices scramble/disadvantaged defense.

SETUP/INSTRUCTIONS:

1 will begin with the basketball at the top of the key. 2 and 3 attempt to get open. x2 and x3 will deny each of those players the basketball. If they successfully deny for 5 seconds or more, the offense loses.

Once the ball is entered, it is a 2 on 3 scramble for a few seconds. At any given point, the coach can send in the third defender.

TEACHING POINTS:

1) Scrambling keys: **(1)** Force bounce passes by having active hands, **(2)** Communicate, **(3)** Sprint **(4)** Buy time until your final defender can get back in the play **(5)** Use your arms and hands to get in passing lanes

VARIATIONS TO THIS DRILL:

This can begin as a 1v2, 2v3, 3v4, or 4v5. If your defense has trouble defending the full width of the court, restrict certain areas of the floor for the offense.

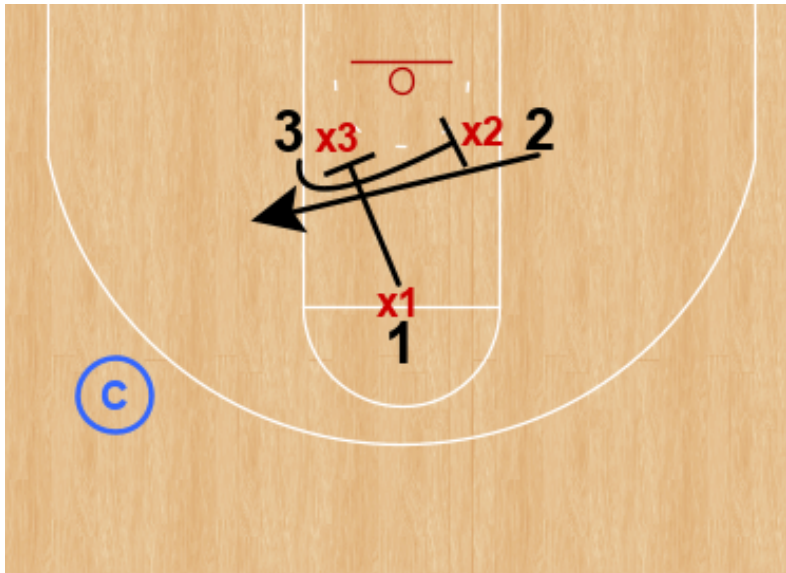
OF BASKETBALLS: 1

SMALL-SIDED GAMES

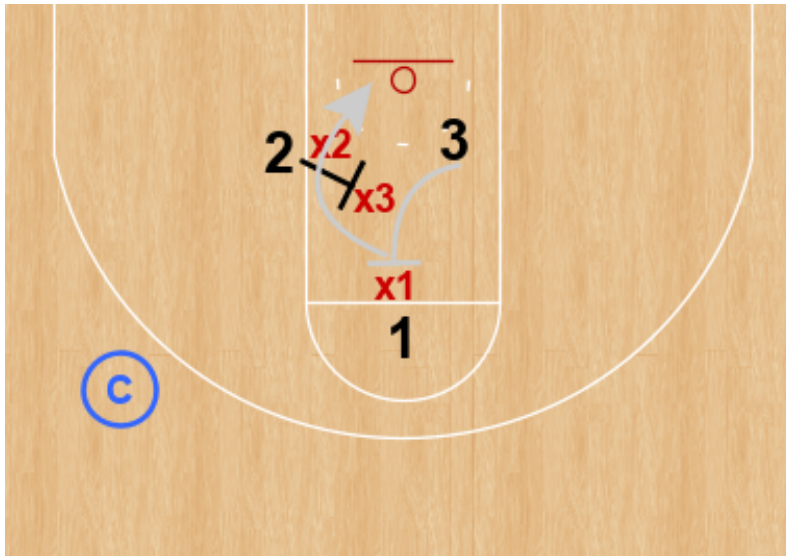
SCREENING, DEFENDING SCREENS, TOUGHNESS/PHYSICALITY

"3V3 PAINT SCREENING"

Frame 1: Players can screen in any arrangement



Frame 2: Players continue to screen. The coach can pass to any player when they are open. Players are trying to score exclusively off of screens.



SMALL-SIDED GAMES

"3V3 PAINT SCREENING"

PURPOSE:

This drill focuses on toughness, physicality, and screen play (both offensive screening and defending screens).

SETUP/INSTRUCTIONS:

6 players will begin in the paint. One offensive player will be at each block and one offensive player will begin at the nail. 3 are on offense and 3 are on defense. The offense is attempting to create a scoring opportunity through any sequence of screens. The defense cannot switch any screens.

TEACHING POINTS:

- 1) This drill emphasizes physicality and toughness. Teach fighting through screens screening hard (but legally).
- 2) Communicate on screens on offense and defense.
- 3) Setup cuts before going into a screen.

VARIATIONS TO THIS DRILL:

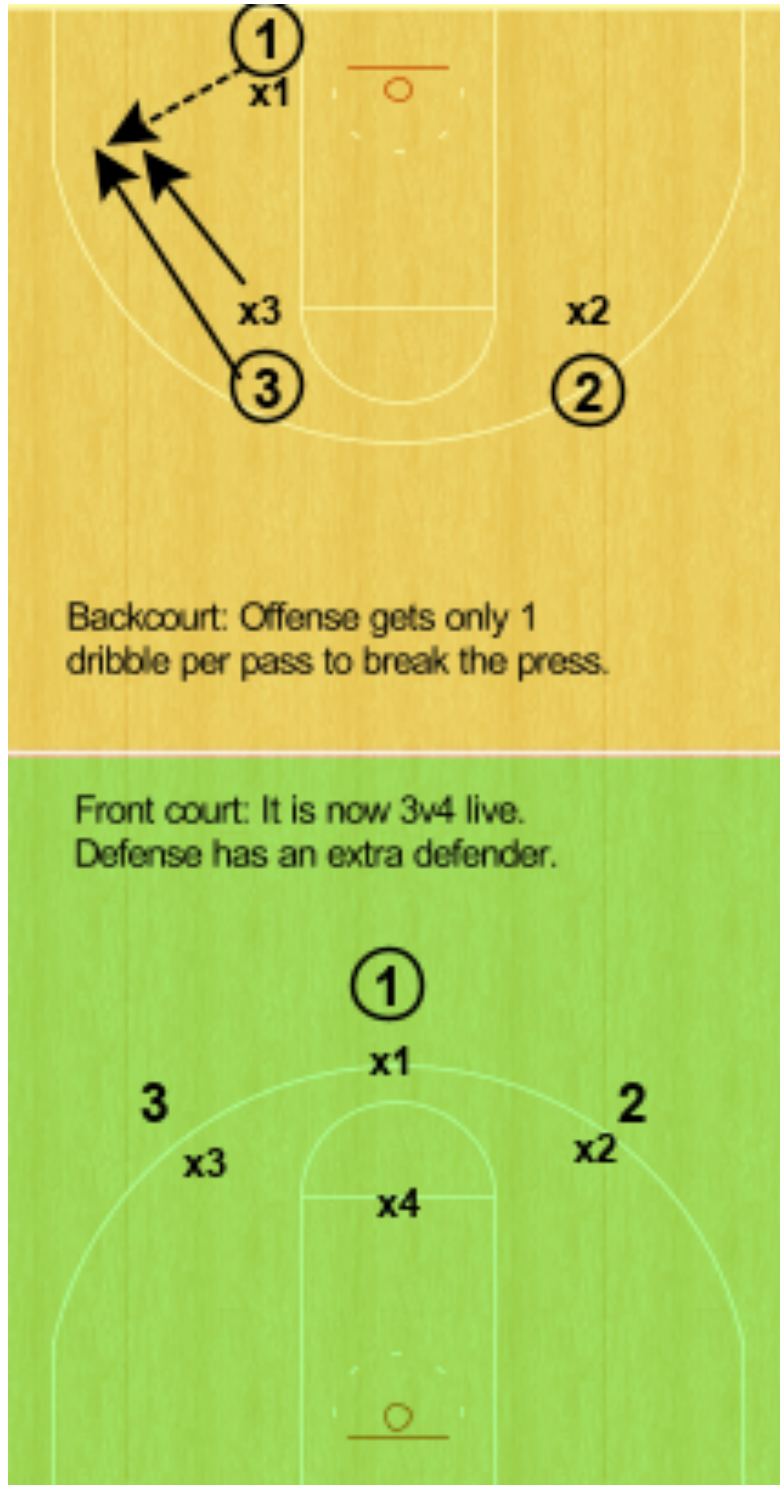
You can change the spacing of the drill as well as the number of players.

OF BASKETBALLS: 1

SMALL-SIDED GAMES

BEATING FULL-COURT PRESSURE, BEATING TRAPS, TRAPPING,
BEING STRONG WITH THE BALL

"VIPER DRILL"



SMALL-SIDED GAMES

"VIPER DRILL"

PURPOSE:

This drill places the offense at a disadvantage by (1) Limiting the amount of dribbles they can take in the backcourt and (2) Adding an extra defender in the front court. The purpose of this drill is to develop the offensive skills of (1) beating a press and (2) passing out of double teams.

SETUP/INSTRUCTIONS:

This is a full court drill. In the back court, 3 offensive players will attempt to break the press of 3 defenders. The offense is not allowed to take more than one dribble per pass. That rule forces the offense to be strong with the basketball against pressure and to use their dribble strategically. The defense should be very aggressive since the offense has a limited number of dribbles.

Once the ball gets to the front court, a fourth defender will be waiting to join the current 3 defenders. Now the drill is 3 offensive players vs 4 defenders. The fourth defender has freedom to do what they want: Trap every pass or deny the ball to the best offensive player.

TEACHING POINTS:

- 1) Offense in the backcourt: Be strong with the basketball, own your space, and take your dribble to create a passing angle.
- 2) Offense without the ball: Get open through cuts!
- 3) Defenders: Trap aggressively with your lower body and extend your arms without fouling.

VARIATIONS TO THIS DRILL:

To really challenge the offense, restrict all dribbling in the backcourt and frontcourt.

OF BASKETBALLS: 1