

Basic 'See the Court' Drill

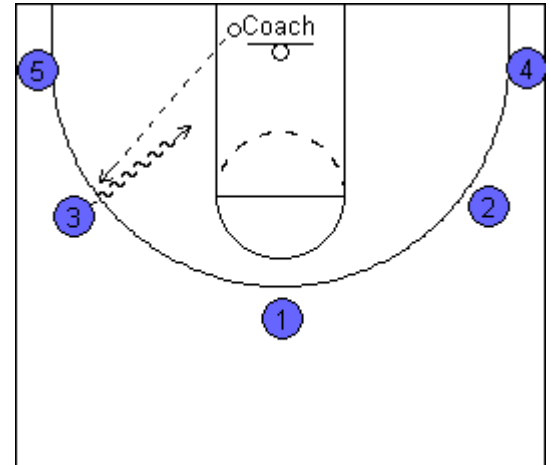
Purpose of the Drill

This drill is multi-dimensional. It has two main purposes. First, it teaches drivers to see passing options and second, it teaches players to spread out for good spacing. It also provides practice in catching ready to shoot. The drill also requires some players to move on every pass, instilling a good basic habit.

Instructions

1. Position five players spaced out evenly around the three-point line. A coach with a ball stands near the baseline on one side of the backboard.

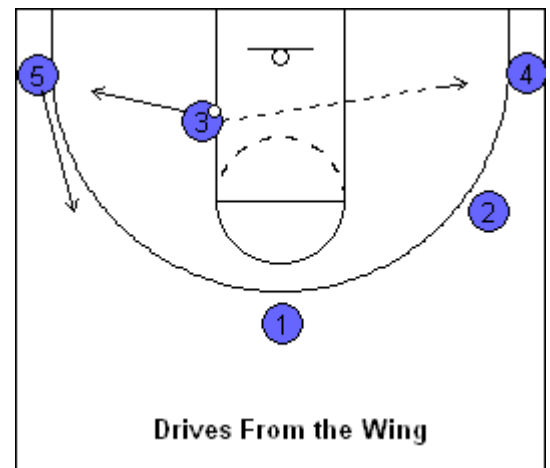
The drill begins with the coach passing to any of the players on the three-point line. Whoever catches it immediately drives toward the hoop as if for a lay-in.



2. The driver then passes to any of the players on the three-point line.

In this example, the baseline player on the same side of the ball (Player 5) fills the vacated spot on the wing. The passer fills the empty spot on the baseline.

Rule: The player who passes the ball needs to fill a vacated spot along the perimeter. He needs to be 10 to 12 feet away from the person closest to them. This helps the players understand the spacing concept.

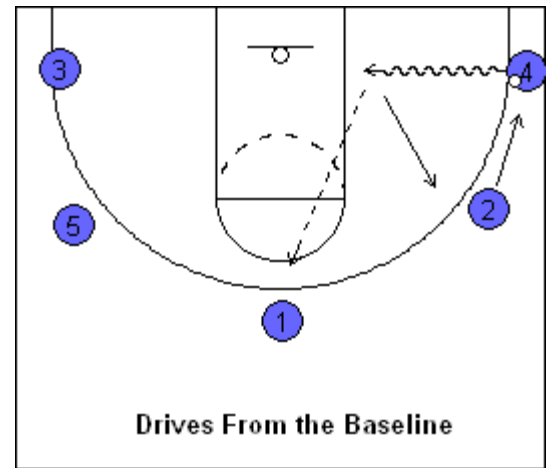


- Next, the player who caught the ball (Player 4) drives to the basket.

The driver then passes the ball to another player on the perimeter.

In this example, the wing player on the same side of the ball (Player 2) fills the vacated spot on the baseline. The passer (Player 4) fills the spot on the wing.

- This action continues until the coach yells "Shot" to signal the driver to continue in for a lay-in instead of passing.



If two players go the same area, you should stop the drill and point out to the players that they are bunching together. Explain to them that they need to communicate to each other who is going to fill the spot. Make sure that they understand when they get close together, it makes it much easier for the defense to guard them. If they're standing right next to each other, it only takes one defender to guard both of them.

On every catch, the players need to jump to the ball and catch in a triple threat position.

By jumping to the ball, it teaches them to beat the defender to the ball. By getting in a triple threat position as quick as possible, it teaches them to be ready to shoot or drive if they see an opportunity to dribble penetrate. As a result, you have less turnovers from fewer stolen passes and more points from being ready to attack.

Progressions:

- Pass until the coach yells, "shot."
- Alternate hands on every other drive. First time, drive to the right with the right hand. Second time, drive left with the left hand or vice-versa.
- Tell the players to pass the ball a certain number of times and take a shot. This progression would be continuous WITHOUT the coach yelling, "shot." For example, pass the ball 3 times, and take a shot. If you want to ensure that everybody takes a shot, you could say that each player needs to take a shot before one player takes a second shot.
- Coach sets a time parameter as well. For example, see how many lay ups they can make in 2 minutes. They can shoot a lay up after 4 passes. Each player has to take a shot before any player can take their second shot. Each player must take their second shot before any player takes their third shot and so on.
- Instead of shooting lay ups, shoot jump shots.

Points of Emphasis:

- Players at the three-point arc need to be at least ten feet away from other players.
- Catch the ball in triple threat.
- Jump to the ball.
- Be ready to move.
- The fast-break prevent spot at the top of the key should never remain vacant.
- Praise players for making passes that show great court vision.
- Encourage players to make crisp, accurate passes.