



## Drills and Skills



Below is a practice plan template that should allow you to use your one-hour practice time to the most potential. Whenever possible, use two (or more) coaches to create stations incorporating multiple activities at once and less wait time for the athletes.

Activity (Time)	Examples of Activities	
<b>Warm-up</b> <b>(0-5 min)</b>	Stretches/Plyometrics Kentucky Shooting Lay-Ups Pre-Game Warm-Up	
<b>Individual Fundamentals</b> <b>(5-15 min)</b>	1 Player Pass and Shoot 2-Ball Dribble 3-Man, 2-Ball Shooting Ball Handling Ball Rush Blindfold Drill Chair Drill Dribble Relays Dribble Tag	Explode Form Shooting Full-Court "Cut and Pressure" Gauntlet Knock Out Mikan Drill Sonic Crossover Zig-Zags
<b>Offensive Concepts</b> <b>(15-25min)</b> <ul style="list-style-type: none"> <li>• Passing</li> <li>• Shooting</li> <li>• Setting/Using Screens</li> <li>• Cuts</li> <li>• One-on-One Moves</li> <li>• Post/Perimeter Breakdown</li> </ul>	2-on-0 Passing 2-Player Pass and Shoot Back-Cut Drill Dribble, Pivot, Pass Full-Court Outlet Give-and-Go Shooting	Kentucky Layup Drill Machine Gun Passing Pass and Screen Pick and Roll Six-Man Passing Team Around the World
<b>Defensive Concepts</b> <b>(25-35 min)</b> <ul style="list-style-type: none"> <li>• Footwork</li> <li>• Positioning/Helpside</li> <li>• Defending Dribble Penetration, Cuts, and Screens</li> <li>• Rebounding</li> </ul>	2-Man Rebounding 3-on-1 Defensive Rotations Circle Box-Out Defending the Pick and Roll Fast-Break Defense One-on-One Rebounding Rebound Game Rebound/Outlet/Re-Post Twelve Game Defense	
<b>Water break (35-40 min)</b>	Incorporate free throws during water breaks	
<b>Game-Like Situations or Controlled Scrimmage</b> <b>(40-55 min)</b>	11-Man 2 vs. 2, 3 vs. 3, and 4 vs. 4 3-on-2, 2-on-1 3-on-2 Fast Break 3-on-3-on-3 5-Man Weave to 3-on-2 End of Game Drill	
<b>Closure</b> <b>(55-60 min)</b>	<ul style="list-style-type: none"> <li>• Pick up equipment</li> <li>• Recap of things learned at practice</li> <li>• What can players do at home before next practice to improve?</li> <li>• State when the next practice/game is and any other announcements</li> </ul>	

## SHOOTING DRILLS

### **2-Player Pass and Shoot**

Two players alternate shots in this pass and shoot drill. One of your players passes the ball to another player positioned to shoot at a specified spot. Once that player shoots the ball, he runs to rebound his shot and passes to the other player running to his selected spot. That player shoots, rebounds and passes to the other player. The process continues in an alternating fashion for about 2 to 4 minutes.

### **3-Man, 2-Ball Shooting Drill**

You need 3 players: a rebounder (Player 3), passer (Player 2), and shooter (Player 1).

Player 2 and the Player 3 start out with the basketballs. Player 1 makes a cut to another spot on the floor and Player 2 throws a pass leading Player 1 to the spot. Player 1 shoots the ball on the catch. After Player 2 passed the ball to Player 1, Player 3 passes the ball to Player 2. Player 3 rebounds the shot. Player 1 cuts to back to a new spot and Player 2 passes him the ball. Player 1 shoots the ball. Player 3 passes the ball to Player 2 and goes to rebound the shot. This pattern continues for a set amount of time or until a certain number of shots have been taken or made.

### **Form Shooting**

Each player needs to grab a basketball and find a basket. It works best to have three players (or less) at each basket. Two players on each side of the basket and one in front. Each player should stand about 2-5 feet from the basket. Player should concentrate on good form focusing on BEEF (Balance, Elbow, Eyes, and Follow-through). Shoot with one hand, leaving your off hand to the side. The player should use his legs on every shot. At the end of the shot, the player should be up on his toes. This is very important, because players generate most of their strength from their legs to shoot the ball to the basket. Hold your follow through. Grab the ball and repeat the process. Get the ball quickly but don't hurry your shot! **Take your time.** Each player should get a minimum of 20 repetitions, but 50 or 100 would be better.

Progression – As players master this skill, you can progress to other variations:

(1) Use two hands instead of one. Just make sure the off hand is one the side of the ball and not used to propel the ball. (2) Do a jump shot. You should still stay two feet from the basket. (3) Flip the ball to yourself, pivot, and shoot a jump shot. Again, stay close to the basket and make sure you proper form, even though you are going slightly faster.

### **Free Throws**

Split team up into groups of four or five and disperse them around at the different goals. Have each player shoot two shots, just like they would in a game, giving each player a chance to shoot.

### **Give-and-Go Shooting**

Start with a post player on the block and a point guard at the top of the key with the ball. The point guard should make an entry pass to the player on the block, cut into the lane and then fade out to the three-point line. The post player should hit the point guard on the fade and the point guard should then take the shot. Cut into the lane at different angles and then pop out to different spots on the court. You can then add defenders, to ensure that the point guard makes a quality entry pass into the post and convincing cuts in and out of the lane.

### **Jump Hooks**

The drill consists of a player standing to the side of the basket, 4 to 6 feet away. Facing away from the basket, the player receives an initial pass to begin the drill. They immediately shoot a jump hook with their right hand. They go to approximately the same spot on the opposite side of the basket, and shoots a jump hook with the left hand. This process continues for one to two minutes, and players strive to make as many jump hook baskets as possible.

### **Kentucky Layup Drill**

Divide the team into two groups, positioning one group under each basket. Each group also needs to have one coach standing around the foul line. On the whistle, the first player in each group passes the ball to the coach and then streaks up court, taking a return pass from the coach at about the three-point line and then continuing on toward the opposite basket for a layup. Ideally, the two players will cross each other at mid-court. If the player makes the layup, his teammates shout out the number of the made shot. The next player in each group rebounds the successful or missed layup and repeats the entire process. The drill, which typically lasts three minutes, teaches dribbling and layup skills, while also improving endurance and mental focus.

**Layup Drill**

Divide the team in half and have one group stand outside the three-point line on one side of the basket, and one team on the other side of the basket. Give two balls to the first two players in the line on the right. At the whistle, have the first player from each line run toward the basket. The player with the ball should dribble toward the basket and perform a layup. The player from the other line retrieves the ball and passes it to the next player in the shooting line without a ball. Repeat this process until all players have rotated through both lines, then switch to the other side.

**Power Shot Drill**

Have two players stand near one of the low blocks near the basket. Set a ball directly in front of them, and have an offensive player stand at the top of the free throw lane. On the whistle, the offensive player sprints to the ball, bends down to pick it up, then immediately jumps toward the basket to make a power shot off the backboard or directly into the hoop. The defensive players may not jump or attempt to block the shot, but may "body up" to the player and put their hands in the air to obstruct the player's shot. Rotate players through the various positions of the drill until everyone has been through several times.

**Speed Lay-Ups**

Divide the players into groups of three, and provide each team with one basketball. One team member starts on the right side of the basket and alternates shooting lay-ups using the backboard and passing the ball to his teammate after each shot. Every time a player shoots, they go to the opposite side.

**Team Around World**

Divide the players into two teams, with one team at each basket, and a designated spot close to the basket for each player to shoot from. The players alternate taking shots from their spot, gathering their own rebound when they are done. To add a little competitive nature, you can see how many each team can make in a minute or have the teams race to 10 baskets made.

## DRIBBLING DRILLS

### **2-Ball Dribble**

Practice jogging up and down the court, dribbling a ball with each hand. Work on crossing the balls over, switching the hand you dribble with. Then move to dribbling both balls in between your legs and around each leg. While this may be challenging at first, getting both hands comfortable with dribbling the ball will be beneficial during live play.

### **Ball Handling**

Stationary Skills: No Dribble: Waist, Head, Knees, Corkscrew, Single Leg, Figure 8; Dribble: Kills, Push & Pull, Single Leg, Figure 8

Movement Skills: Crossover, Spin, Hesitation, Behind the Back, Between the Legs, Duck Walk

### **Blindfold Drill**

Grab a blindfold and place it over your eyes. With a basketball in your dominant hand, start dribbling down the court. After five dribbles, attempt a behind-the-back dribble to your weak hand. If you successfully perform this move, continue dribbling for five dribbles with your weak hand. From here, repeat the entire drill while dribbling backward. Although this drill is performed in a straight line, you can increase the difficulty of the drill by dribbling laterally for five dribbles in between each hand change.

### **Clothespin Chase**

Divided the players into teams of three and attach two clothespins on the back of each players' jersey. While continuously dribbling basketballs, the players attempt to get the other team's clothespins. The team that gathers the other team's clothespins first is the winner.

### **Dribble Relays**

Form at least 2 lines (If 12 or more players, form 3 lines). Have the first two players in each line get a basketball (or two). On the whistle, each team starts. The first player dribbles up and down the court as quickly as possible performing the ball handling move. When 1st player reaches the 2nd player in line, the 2nd player begins. Continue this until the last person has finished. Ball handling moves: right hand, left hand, two-ball simultaneous, two-ball alternate, duck walk, etc...

### **Dribble Tag**

Players must maintain their dribble throughout the game. If a player is tagged, crosses center court, loses possession, double-dribbles or travels, they become "it."

### **Gauntlet**

Players will be divided up into two teams. One team, the offense, will line up close to the baseline-sideline intersection. The other team, the defense, will line up in 15-20 foot intervals all the way to the opposite baseline. On the whistle, the first player in line will dribble up to the first defender and make a move of their choice (behind the back, between the legs, crossover, spin move) and move on to the next defender. The defender will try to take a swipe at the ball and try to knock it away from the offensive player. The defender is stationary, so this will be the only defense that is allowed of this player. As soon as the first player gets past the first defender, the next player in line will begin. When the player reaches the opposite baseline, they will sprint to the other end and make a layup and go to the back of the line.

### **Knock Out or King/Queen of the Court**

Have the players spread across the half of the court. Players should try to knock the ball away from the other players. If a player loses control of the basketball or another player touches their basketball, the player is then eliminated from the game. When eliminated, the players go to the other half of the court and work on ball-handling drills. As players are eliminated or certain amount of time passes, make the boundaries smaller.

### **Sonic Crossover**

Have one player on your team hold a stopwatch while you stand at center court with a basketball. When your teammate says go, cross the ball over from your right hand to your left hand. Next, cross the ball over from your left hand to your right hand. Repeat this for 30 seconds and count how many crossovers you accomplish. Switch roles and repeat. Have each player crossover for 30 seconds twice while the players try to beat their previous score.

## PASSING DRILLS

### **2-on-0 Passing Drill**

Split the team into two even parallel lines on one side of the basketball court. The first two players run up the court, passing the ball back and forth until they reach the opposite side of the court. The last player who catches the pass takes a layup. The next pair of players does the same. When all players have finished, the starting pair repeats the drill going the opposite way down the court.

### **Dribble, Pivot, Pass**

One player starts out with ball on baseline with partner facing them in a good defensive stance. Player takes two to three explosive dribbles with either hand. Player comes to a jump-stop (Over exaggerate Jump-stop) and pivots 180 degrees. As the player pivots, they should swing the ball into a triple threat position while leading with their elbow (this is referred to as a ball swing). This will keep the defensive players from smothering the offensive player. Next, the player should throw a crisp pass to their partner. The player should sprint and follow their pass and get in a good defensive stance as if they were guarding their partner. The next player repeats the process.

### **Machine Gun Passing**

Form a line of 3 people next to each other. They should be about 4 to 5 feet apart. Have a 4th player stand about 12 to 15 ft away facing the other 3 players. Player 4 starts out with a ball & Player 1 also has a ball. Player 4 passes the ball to Player 3. After Player 4 has released the ball, Player 1 passes the ball to Player 4. Player 4 then passes the ball to Player 2, and simultaneously, Player 3 passes it to Player 4. Then Player 4 passes the ball to Player 1. Simultaneously, Player 2 passes the ball to Player 4. Then return to the position you were in step.

### **Monkey in the Middle**

Have two players about 12 to 15 feet apart facing each other. A defender will be between the two players. Have one of the offensive players start with the ball. The defender harasses the offensive player by mirroring or shielding the ball. Offensive player uses any sort of pass fake to get the ball to the other offensive player. If the ball is tipped, offensive player who threw the ball goes to defense.

### **Six-Man Passing**

Three players will line each of the two outside passing lanes, creating two passing gauntlets. One player should stand on the right sideline at half court. The other two should stand at the right elbows at each end of the court. Another set of three players should line up in similar fashion on the left side of the court. The remaining players will divide into two equal lines and assemble as they did for full court lay-ups. The first player (the "running passer") in each line has a ball. He begins the drill by passing to the player standing at the closest elbow. He then runs to receive the pass back from the elbow player. He should receive the pass between the elbow and mid-court. Immediately, he turns and passes to the player on the sideline, who passes it back between mid-court and the next elbow. Again, immediately, the running passer dishes the ball to the player at the next elbow, who bounce passes it back to set the running passer up for a right-handed lay-up. The running passer takes a lay-up, gets his rebound and passes to the next player in line. The running passers should never use the dribble in this drill.

## DEFENSIVE DRILLS

### **3-on-1 Defensive Rotations**

The drill starts with three offensive players all standing on the three-point line, one in the center of the arc and the other two equidistant from the center player, about halfway around the line. The player on the far right skips a bounce pass to the player on the far left and the defender must run from his starting position on the baseline and cut off the ball handler's attempt to drive to the baseline. The offensive player will then pass the ball backward to the player at the middle of the court and the defender must sprint to that player and get in position to prevent a dribble drive up the middle of the key. The ball gets passed to the player on the right wing and the defender must sprint to stop the ball handler's drive to the basket, utilizing the correct angle.

### **Defending the Pick and Roll**

There will be 3 offensive and 3 defensive players, one group at the top of the key, another on the wing, and the final group in the corner. For the first half of the drill, the point guard on the wing will dribble towards the corner, and the offensive player that is currently in the corner will come up and screen the defensive player. The defensive player has a few options when attempting to avoid this screen: (s)he can either call for a switch with the defender that is guarding the screener, (s)he can slide in between the screener and the ball handler, or (s)he can go around the screen and take the long route back to the ball handler. For the second half of the drill, the point guard on the wing will dribble towards the top of the key and the post player will set a screen. The two defenders will converge on the point guard and double team him/her. At this time, the post player will roll to the basket, and the defender in the corner will come over and prevent the pass to the post. If the pass goes to the corner, everyone on defense should recover to his/her initial responsibility.

### **Fast-Break Defense**

Three offensive players take off down the court, and try to score against two defensive players. Because of the numbers advantage, the offensive team is favored to win this match-up, but the defensive team can force tough passes and shots with proper timing. The key to good defense in this drill is to remain between the offensive player holding the ball and the basket to prevent an easy layup. The defender should also wait until late in the player's drive to commit to stopping the player – by backing up but remaining in the way, the defender can remain a threat to both the layup, and the easy pass to a teammate. The other defender should try to guard the passing lanes between the player with the ball and his teammates, making it hard to pass easily, and increasing the chances of a turnover. The drill ends when the offensive team scores, or the rebound is grabbed by a defender.

### **Full Court "Cut and Pressure"**

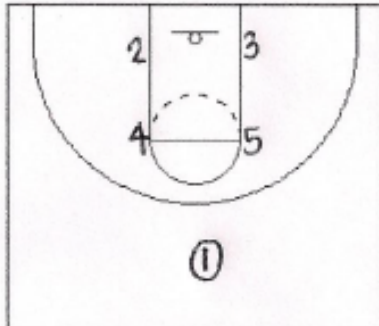
Have your team get in a line at the far corner of the baseline. Have the first player in line defend the second player in line. On your whistle, have the second player in line dribble down the court as fast as they can. Using proper footwork, it is the goal of the defender to try and force the dribbler to "cross-over" their dribble as many times as possible before reaching the baseline at the other side of the court. When they reach the other baseline, have them switch roles and perform the drill going in the other direction.

### **Twelve Game Defense**

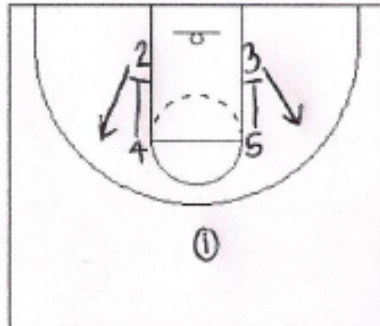
This is played just like a regular five on five game, but the scoring and possession rules are a little bit different. Two points are awarded for a two point basket, three points are awarded for a three point basket, and one point is awarded for being fouled by the defense. On defense, one point is awarded for deflection of a pass, rebound, steal, and forcing a turnover. Two points are awarded for taking a charge. If the offense scores a basket, they retain possession of the ball. However, if the defense forces a turnover or gets a rebound, offense and defense will switch.

## Basic Motion Offense

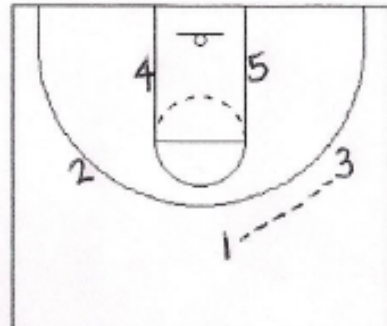
Start in a 1-2-2 set up. The 2 and 3 are low at the "block" and the 4 and 5 are up high at the elbows.



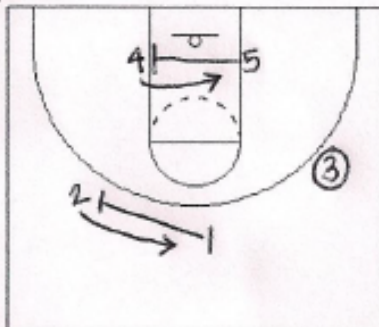
The 4 and 5 set "down screens" for the 2 and 3. The 2 and 3 flash to the high wing.



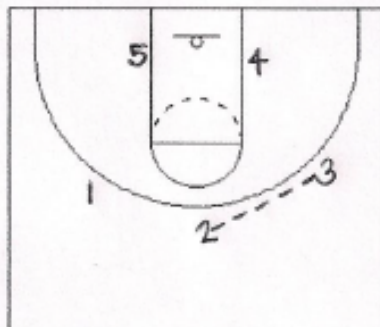
The 1 will pass to either side that is open. (This example will pass to the 3.)



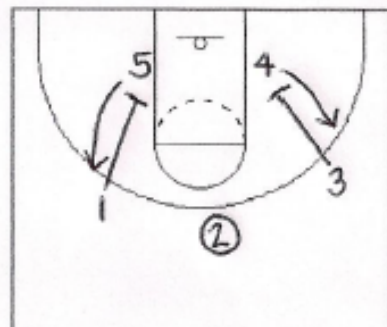
On the pass from the 1 to the 3, the 5 will post up for a quick look. If 5 is not open, 5 and 1 "screen away" from the ball. The 2 and 4 flash across towards the ball looking for the pass.



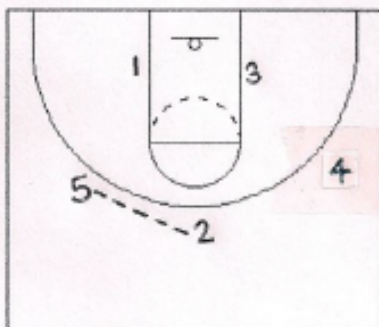
The 3 will look to pass to 4, if 4 is not open, the 3 should pass to the 2. The wing players should look to pass low (quickly), then pass up high if they player is not open.



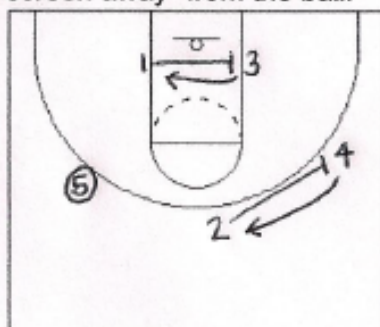
On the pass from the 3 to the 2, the 3 and 1 "down screen" for the 4 and 5 (away from the ball). The 4 and 5 will flash to the high wing.



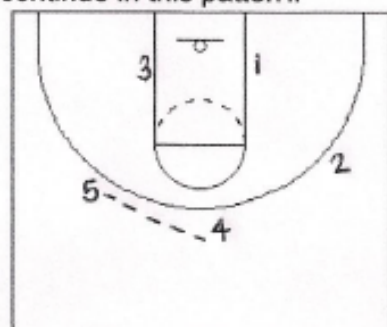
The 2 should pass to the opposite side, to the 5.



On the pass from the 2 to the 5, the 5 takes a quick look at the 1, if not open, the 2 and 1 "screen away" from the ball.



The 5 will look to pass to 3, if 3 is not open, the 5 should pass to the 4. Play will continue in this pattern.





## REBOUNDING DRILLS

### **2-Man Rebounding**

Two offensive players stand at either corner of the free-throw line, with two defensive players lined up across from them on the baseline. One of the defensive players passes the ball to one of the offensive players, then moves to box that player out. The other defensive player runs to the second offensive player, and also boxes her out. The offensive player who receives the ball shoots it immediately, and all four players attempt to rebound the ball. If an offensive player grabs the rebound, she must shoot it again immediately. If a defensive player gets the rebound, she dribbles the ball quickly to the top of the key and passes the ball to her partner, who sprints up the sideline to receive the pass, then stops at the foul line. Players then switch sides and repeat the drill.

### **Circle Box-Out**

Form two circles, one inside the other. Place a ball in the middle, and blow a whistle to start. The outside circle is on offense and tries to get to the basketball in the middle. The defensive players turn and box out for as long as they can.

### **One-on-One Rebounding**

Start by having Player 1 facing Player 2 - About 2 to 3 feet of separation is appropriate. A Ball is placed about 5 to 10 feet behind player 1. On either the whistle or when you say go. Player 1 will try to keep player 2 from getting the ball for 3 seconds.

### **Rebound Game**

Divide your squad into groups of three and have two of those groups come to the paint area. One group is the defense, the other, offense. Two coaches or players not in the drill will stand at either elbow. One of the coaches/players will have a ball. On the whistle, the defensive players will block the offensive players out. The coaches/players will pass the ball between each other until eventually one takes a shot. If the defense secures the rebound, they earn a point. Then the defense rotates out, the offense rotates to defense, and new group comes in on offense. If the offense gets the rebound, the teams will not rotate, the defense needs to secure a rebound before they can sit out.

## OFFENSIVE DRILLS

### **2-Man Game**

Start with a point guard at the top of the key, with another offensive player positioned on one of the wings. Two defensive players start under the hoop, with one player passing the ball to the point guard. Both players then run out to play defense. The point guard can take a shot if he is open, dribble the ball to the hoop or pass to his teammate. The objective of this drill is to force the point guard to make a decision, as well as practice the three main offensive duties of the point guard position.

### **Back-Cut Drill**

Have the players on your team split up into two lines. One line stands at the top of the key while the other line stands on the right wing. If you are playing shooting guard, move from the baseline to the top of the right wing. As soon as the point guard starts dribbling toward you, rotate your body and back-cut toward the basket. Halfway toward the rim, the point guard should hit you with a strong pass in the chest. Finish the drill with a layup.

### **Chair Drill**

Set up a folding chair on the block on both sides of the lane, and place a basketball on the seat of each chair. Start at the free throw line and run toward the chair on the right side. Pick up the ball, and pivot on your inside or left foot. Spin toward the inside of the lane, jump off your right foot and lay the ball over the front of the rim with your left hand. Hustle back to the free-throw line and do the same thing on the left side of the lane. This time, you will pivot on your right foot, jump off your left and finish the ball with your right foot. Having a rebounder to replace the ball on the chair helps in this drill, so that the offensive player can stay in rhythm.

### **Drop Step**

The post player will not begin on the block, but the first marker above the block. The wing player should be positioned with a ball outside the 3-point arc, free throw line extended. (S)he will get into a wide stance with elbows out and then call for the ball. When the ball is received from the wing, the post will then execute a drop step and power dribble to the opposite side the defender is playing. This move should give the offensive player enough room to go up strong for a short jumper or lay-up.

### **Explode**

The player starts at the elbow of the free throw line using a crossover dribble or other dribbling move. The coach or partner yells "explode!" and the player drives to the basket for a lay-up. Repeat this from each side five times and switch to jumper shots next.

### **Front Screen**

This drill requires two offensive players and two defenders. The point guard dribbles the ball at the top of the three-point arc. The other forward slides over to set a pick on the point guard's defender. The point guard then cuts behind the screen and drives the hoop. First, practice the drill with the second defender not switching. This means the guard takes the uncontested layup. Next, run the drill with the second defender switching to cover the guard. Now the player who set the pick must roll to the basket and look for a bounce pass from the guard.

### **Full-Court Outlet**

Divide players into two groups. Have one group stand on the baseline near the basket, while the other gathers on the sideline near the top of the 3-point line. The first player in the baseline group takes a ball and bounces it off the backboard, then passes to the first player at the 3-point line, who dribbles the ball full speed down the court toward the other basket. The baseline player, after passing the ball, runs the full length of the court and receives a bounce pass from the other player and completes a layup. The other player then rebounds the ball and passes it to her drill partner at the 3-point line to repeat the drill, this time going the other way down the court. Have each set of drill partners complete two trips down the floor for the drill.

### **Mikan Drill**

Start directly under the basket. Jump off the left foot, holding the ball in your right hand for a layup on the right side of the rim. Catch the ball as it comes through the net and then jump off your right foot for a left-handed layup on the other side. Continue alternating for a set number of reps, focusing on becoming more comfortable making a layup with both hands.

### **Pass and Screen**

In this drill, three lines of players take positions outside the three-point line, one line at the top of the arc and one line on each wing. A defender, either a coach or manager, mans the player on the left wing. The point guard, stationed at the top of the arc, passes the ball to the player on right wing and then runs to set a screen on the left wing's defender. The left wing player cuts behind the screen, taking a pass from the right wing player and driving the basket. The point guard who set the screen should roll off the pick and follow the shooter to the hoop. Players setting the pick should be reminded to get contact on the screen and to reverse pivot to the basket, while the player cutting behind the screen must remember to first let the screen develop and then to cut as close to the screen as possible.

### **Pass and Screen-Away**

Have your team get into three lines, spread out along the 3-point line. Have an assistant coach or additional player stand in front of the left wing line as a defender. On your whistle, have the center line player pass the ball to the right wing. After the pass, have this player run to the left line and set a screen for the first player in that line. Have this player roll off the screen and catch a pass from the right wing player with the ball. After catching the pass, have the player take a jump shot or drive in for a layup.

### **Pick and Roll**

The guard calls the play, signaling his teammate, in this instance a center, to set the pick. The guard then runs his defender into the pick and dribbles out the other side. With the guard's defender effectively picked, the defender originally covering the center switches to the guard. Once the switch occurs, the center rolls off the pick toward the basket and accepts a pass from the guard for an easy bucket. To drill the pick and roll, position a chair to the left of the free throw line. On the whistle, a forward comes off the base line to set a pick on the chair, while the point guard cuts behind the screen. The chair helps remind the picking player to roll, or reverse pivot, off the pick instead of stepping forward and turning into the chair.

### **Pump Fake and Finish**

Begin with two lines of players standing on each side of the head of the key, facing the basket. The coach rolls the basketball down the center of the key toward the basket. A player from one line runs and picks up the ball, while a player from the other line runs simultaneously toward the offensive player to play defense. The offensive player pump fakes, and makes a strong move toward the basket. The next two players in each line complete the same sequence. The drill ends when all players have played both offense and defense.

### **Rebound/Outlet/Re-Post**

In this drill, two players are stationed on one side of the post, with a passer stationed on the wing. The passer takes a shot and tries to intentionally miss off the rim, so that the two post players can battle for a rebound. The player who grabs the rebound passes it to the wing player and then establishes them self in the post as the offensive player. The other player plays defense, trying to defend both the entry pass from the wing and the low post move by the offensive player. The offensive player can either make a move and shoot or outlet the ball and reposition them self. If the offensive player misses and the defender grabs the rebound, the two players change sides and the defender goes on offense.

### **Round the Block**

The post player will have a basketball, and (s)he will start out on the low block of their his/her choice. The post will shoot a turnaround jump shot, get the rebound, and move to the other block. Another turnaround jump shot ensues. Make sure the post player is executing the turnaround jump shot pivoting towards the middle of the court and pivoting towards the baseline. Make sure the post is squaring up before taking the shot, not just throwing the ball over his/her shoulder.

### **Up and Under**

The post player will begin on the first marker above the block. (S)he will get into a wide stance with elbows out and then call for the ball. When the ball is received from the wing, the post will plan to take a turnaround jump shot in the paint. In this drill, the defender will beat the post to the paint. Since the jump shot will no longer be an option, the post will fake the shot, and then take a crossover step under the defender. If the player pivots on their right foot, the crossover step will occur with their left foot. The post will jump straight up using the glass on the shot. The player can also take one power dribble and lay the ball off the glass jumping off two feet.

## TRANSITION DRILLS

### **11-Man**

You need a minimum of 11 players to perform the 11-man drill, although more players make this drill even easier to run. Position three players at half-court, all facing one basket. Line up two players in the paint on both sides of the court, waiting to play defense. Position four lines of players, two lines on either side of the court, out of bounds in line with the top of the key. These lines are outlet lines. Give one ball to a player at center court. The three players at half-court drive toward the basket they're facing, in a 3-on-2 situation. They get to take one shot. Whether the shot goes in or misses, all players crash the boards. The player who makes the rebound passes the ball to the nearest player waiting at the outlet, and the rebounder and the two waiting outlets head in a fast break to the opposite side of the court to the two defenders waiting, continuing the drill. Of the remaining players on the starting court, two stay to play defense, and the other two fill in at the outlet lines. The drill can play continuously.

### **3-on-2 Fast Break**

Begin with two players on defense in the backcourt. One player should be positioned at the top of the key, while the other defender should be positioned in the paint. Three offensive players should set up at the other end of the court, one in each passing lane. The player in the center lane should have the basketball. The fast break begins when an outside wing yells, "Outlet!" The center player then passes the ball to the player who called for the ball. The three offensive players run a fast break on the two defenders, attempting to score. When the shot goes up, the shooter sprints to the opposite end of the court to play defense. The two former defenders now run a 2-on-1 fast break. The other two offensive players remain at the opposite end of the court to play defense against the next group of three. To maximize effectiveness, this drill should be run continuously. This requires at least nine players so that individuals can rotate in and out of positions seamlessly.

### **3-on-2, 2-on-1**

Put two of your players at one end of the court, and the other three at the opposite end. The group of three should have a basketball. On the whistle, the player with the ball will start dribbling towards the defense, and the other two offensive players will sprint ahead of the dribbler, spreading out on each side. The player with the ball will dribble until one of the defenders commit to them. They will then pass the ball to one of the open offensive players on either side, and, ideally, a layup will ensue. If an extra pass is needed, tell your players to make that pass. The player who either takes the shot (make or miss), or turns the ball over will sprint back to the other end of the court and play defense. The two original defenders will become offensive players and execute a two on one break. Continue this drill with groups of five players until lay ups are being made with regularity.

### **3-on-3-on-3**

Organize at least three teams of three players each. Each basket will have a team of three ready to play defense while the third team is at center court gearing up to play offense. Having only one shot, the offensive team dribbles down to one side of the court and plays a game of three on three. If an offensive team makes a shot, it is still able to fight for the rebound and dribble to the other side of the court to play for additional points. The team that does not obtain the rebound stays under the basket to play defense.

### **Pepper-Runner Drill**

Divide your players into three lines along the baseline. The player in the middle and the player on the right sprint up the floor, passing the ball back and forth without traveling or dribbling. The player on the left sprints up the floor in tandem with the other two players. When the players get to the middle of the lane, the middle player bounce passes the ball to the player on the left, who shoots a layup. The player on the right then moves to the middle to get the rebound, the player in the middle moves to the left and the player on the left moves to the right, and the players all repeat the drill in the same order down to the other end of the floor.

## OTHER

### Ball Rush

Split your players up into two teams and start each team in single-file lines at the out-of-bounds corners on one side of the court. Have the players start in a seated or laying position. Roll a ball out onto the court, and when the ball passes the 3-point line, the first player from each team can stand up and run to get the loose ball. The player who picks up the loose ball takes on the offensive role, and the other player takes on the defensive role. The two players continue down the court one-on-one. If the offensive player makes a basket, her team gets a point, and if the defensive player makes a steal, her team gets a point. Each group of players has 30 seconds to either make a basket or make a steal. When time runs out, both players rotate off the court and you roll another basketball onto the court for the next group.

### Ball Scramble

In this drill, each player stands on the baseline with a basketball. On the coach's command, the players drop the balls and run to touch half court. While the players are running, the coach removes one ball. After the players have touched the half-court line, they come back and each grab a basketball. One less basketball than the number of players will be available on the court, so the player left without a ball is out. Continue the drill until only one player remains.

### End of Game Drill

Split your players into two teams. Decide what kind of situation to work on, whether it's a close game, last minute scenario, last three minutes, or some other scenario. Next, pick a situation with time and score. Let's say it's a regular game, "6 & 3." The game starts with the score 0-0 and 3 minutes on the clock. You start the game like a normal scrimmage by jump ball, out of bounds, etc. As soon as a team gets to 6, the clock starts. During the scrimmage, you can emphasize zone offense and defense, man-to-man offense and defense, full-court pressure, etc. Referee the game as if it were an actual game. If the score is 6-0, a team is down 6 points with 3 minutes left. If the score is 6-5, a team is down 1 point with 3 minutes left. Do not stop play once the team gets to 6 points; just let them know that "the clock is running." During the clock period, the game is played as if it were a regular game. Each team has 1 time out, and both teams are in the bonus (1-and-1 or Two Shots, that's up to your preference). As soon as the clock starts, the "scrimmage emphasis" changes to a "winning emphasis." For example, during the scrimmage portion you are working on half-court, man-to-man pressure defense; but once the clock starts, you change to a "game winning strategy." If you're up 6 with 3 minutes left, you may want to hold the ball. If you're down 6 with 3 minutes left, you may want to apply pressure. You can alter the situations to suit your needs. Play 2 and 1 for a close end of game situation. Play 10 and 2 for a longer scrimmage time to work on something. Treat this exactly like a game by stopping the clock, calling ALL violations, calling fouls, calling timeouts, etc...

### One-on-One

One offensive player starts at midcourt and attacks toward the basket, where a single defender tries to meet up with him at the 3-point line. The defender's goal is to disrupt the drive, keep the offensive player from penetrating close to the hoop, and force the player to the sideline, where he either puts up a difficult, low-percentage shot, or turns the ball over to the defender. Some coaches may also prefer to let a successful player stay on the court for the next round, allowing other players the opportunity to defeat the champion from the previous round.

### Zig-Zags

Have the players pair up into groups of two – one player on offense with a ball, and the other player on defense. Have the groups line up at one baseline corner of the court. The first offensive player faces down the court, and the first defensive player stands facing the offensive player in a defensive slide position. Tell the players they can move back and forth as much as they want between the sideline and the boundary of the lane. The offensive player wants to make her way all the way down the court, beating the defensive player to the other side. Please note: You can choose to allow the offensive player to beat the defensive player and sprint down the court OR if the offensive player beats the defensive player, have them wait for the defensive player to catch up and resume zig-zagging down the court. The defensive player wants to play solid defense, avoiding being beaten down the court. When they reach the half-court line, start the next team. After each team makes it down the court, they switch positions and head back up the court on the opposite side.