

**NEXT PLAY HOOPS**

**55 FREE**

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**PRACTICE DRILLS**

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Hi Coach,

Thank you for downloading the 55 FREE practice drills PDF. I know how hard it is to find useful practice drills. Trust me, I have been searching for new drills for the last 30 years & I wanted to share a few of my favorites in a few different categories. I am always looking for new drills that can help me teach my players & team while also breaking the monotony of practices. Players get tired of doing the same old boring drills every day.

In this PDF, I give you 10 different categories that I broke all of the drills down into. Some of these drills could fit into multiple categories, meaning you could work on various things within one drill. But, to keep things simplified in this PDF, I just narrowed them down to 1 category.

Suppose you like these drills & are looking for more. In that case, you might be interested in the **BIG DRILL BOOK** with over 800 drills that are broken down into 192 different & specific sub-categories so that you can easily find the exact drill you want precisely when you need it. This, in turn, helps coaches save so much time! In preparing their practices!

You can find this book & other practice drill books here at:

<https://www.nextplayhoops.com/collections/practice-drill-books-section>

If you aren't looking for drills, but you are instead in need of offensive plays, such as continuity offenses, series, secondary breaks, press breakers, zone offenses, baseline & sideline out of bounds plays, etcetera. In that case, we also have you covered.

You can find those here:

<https://www.nextplayhoops.com/collections/offensive-playbooks>

Lastly, if you need a full comprehensive Defensive Playbook, look no further. I share my whole Defensive Playbook (over 520 Pages) along with my complete terminology & vocabulary. Man-to-man, Zones, Presses, Traps, Ball Screen Coverages, as well as how to defend against 29 of the most popular basketball actions in the game today. You can find everything defense here:

<https://www.nextplayhoops.com/collections/defense>



I love talking & meeting new coaches & talking hoops. Whether it's talking about a strategy, building practice plans, putting together playbooks, dissecting your team's strengths & weaknesses or our opponents, new concept defensive strategy sessions, etcetera, I am always willing to connect. If you have any questions, want to connect, or just want to talk hoops, feel free to email me anytime at [coachvann@nextplayhoops.com](mailto:coachvann@nextplayhoops.com)

I hope you find some value with this free resource & I look forward to hearing from you soon! Good Luck, Coach!

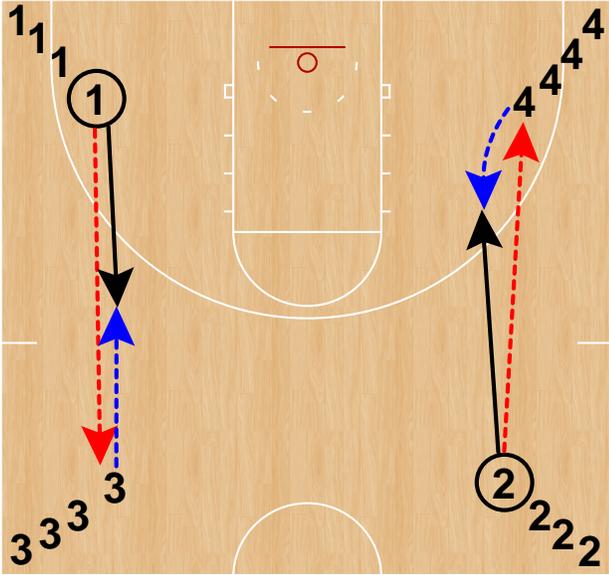
Thank You,

Coach Vann

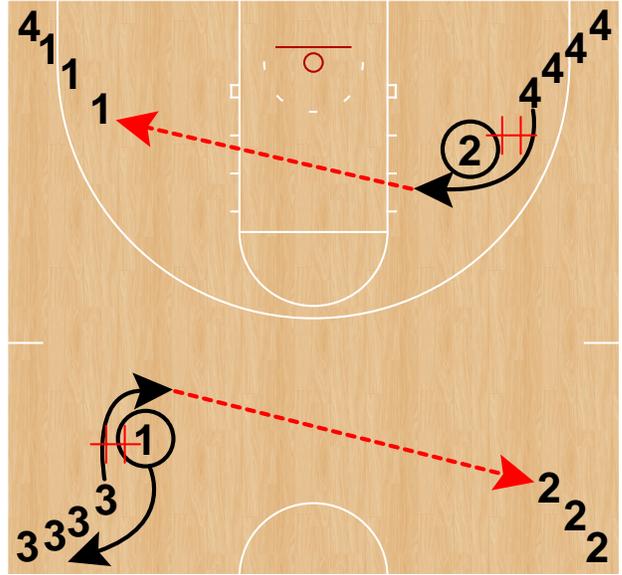
# Thinking Drills

# Bob Knight - 4 Corner Spread Passing Drill

Frame 1

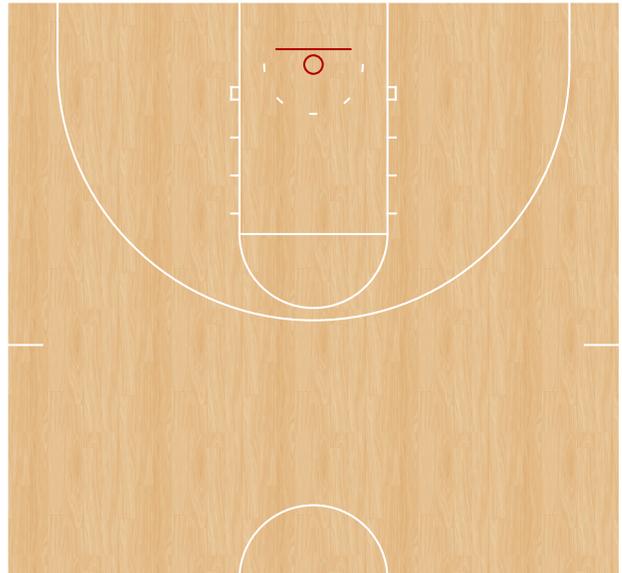
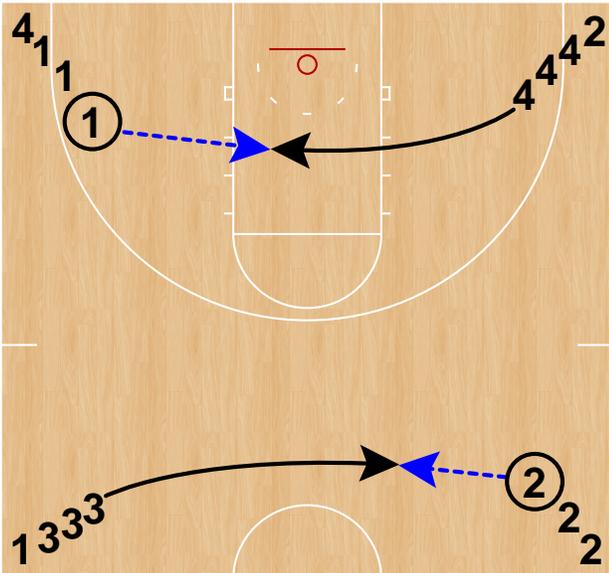


Frame 2



- Each line does the following & you can start the drill with 2 balls & work your way up to 3-4 balls
- You can also blow the whistle at anytime to get the players to think & go in the opposite direction
- #1 passes to #3 and then follows his/her pass
- #1 then receives the ball back from #3
- #1 then performs a DHO with #3 & continues running to the inside of the line
- #1 DHO's with #3 & continues running to the inside of the line

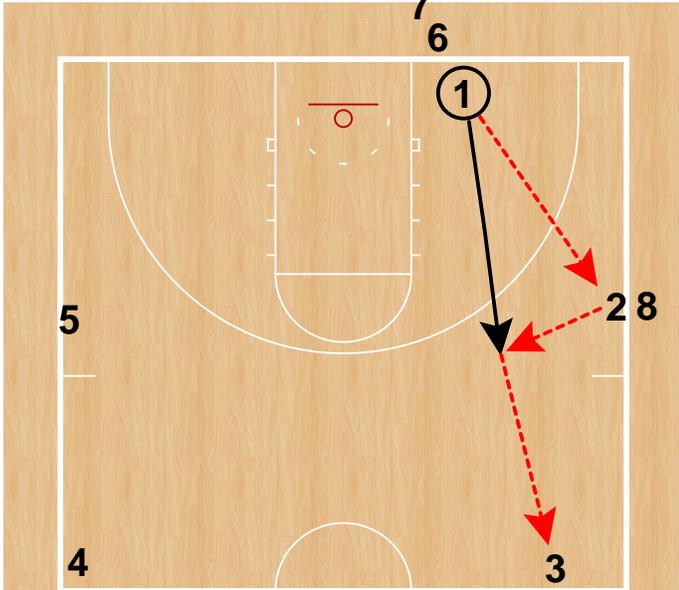
Frame 3



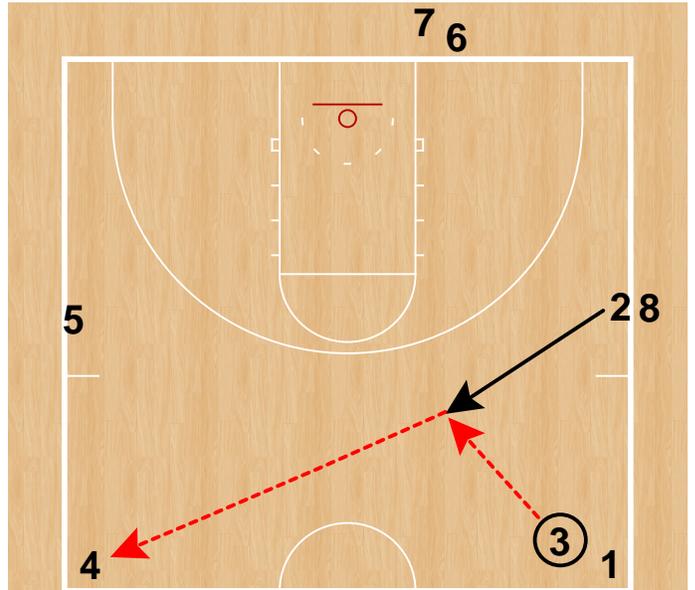
Continuity Continues...

# Show Time Passing Drill

Frame 1



Frame 2

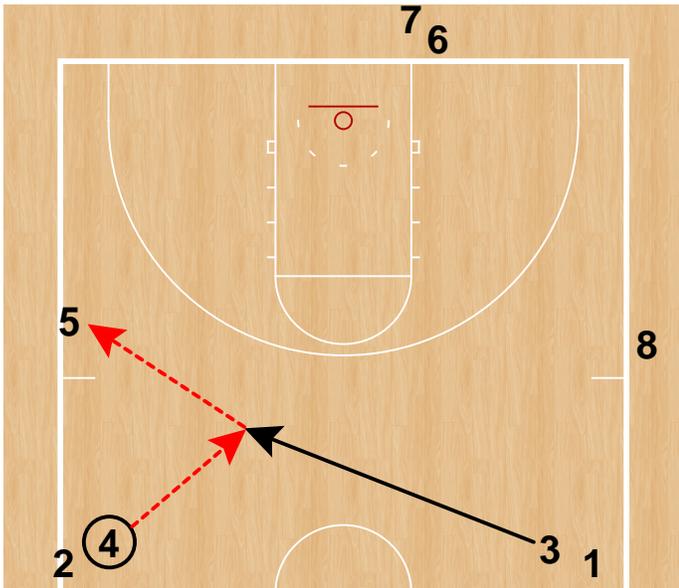


**The drill starts with 5 lines & either 1 or 2 balls**

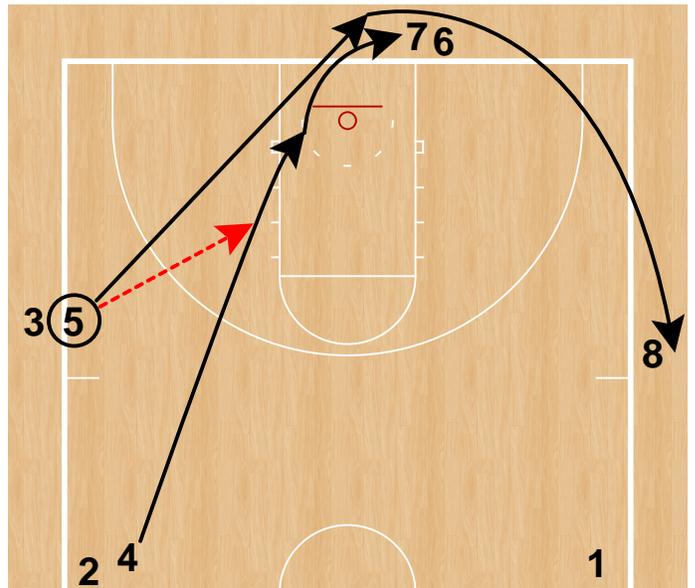
- #1 passes ahead to #2 and then runs towards #3 which is diagonal to him/her
- #2 immediately passes the ball back to #1
- #1 then immediately passes to #3 and follows his/her pass and goes behind #3 in that line

- After #2 passed to #3 he/she then immediately cuts in front of the #3 line and #3 then passes to #2
- #2 then passes to #4 and then follows their pass behind to the back of the line

Frame 3



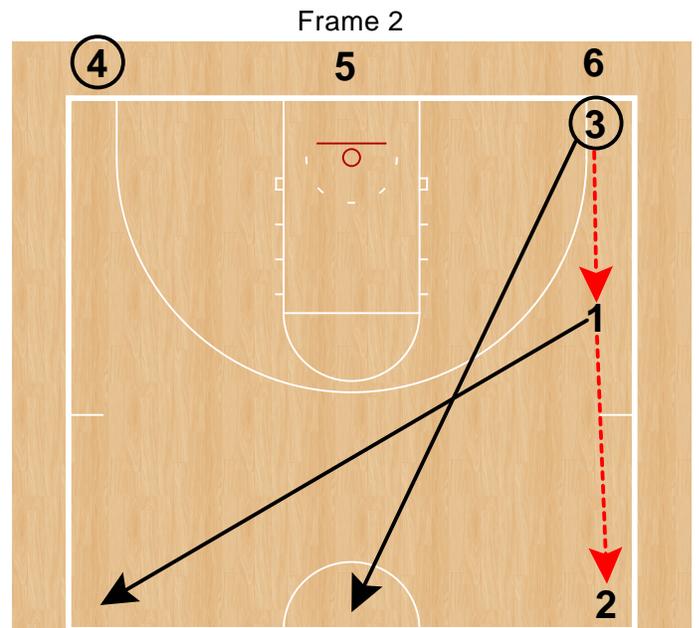
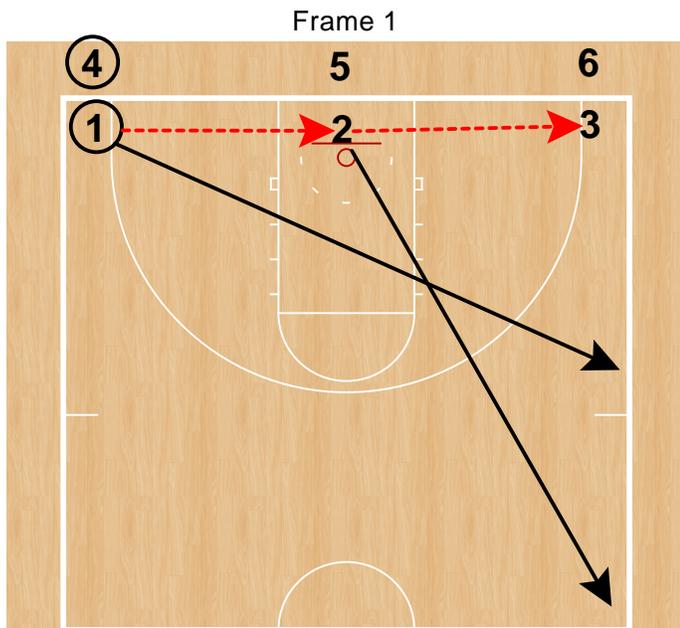
Frame 4



- #3 then cuts in front of #4 & gets the pass back
- #3 immediately passes the ball back to #5
- #3 then follows their pass & goes behind #5's line

- #4 now cuts in front of #5
- #5 then passes to #4 for the lay-up
- #5 follows his/her pass and gets the rebound & gives it to the next person in the baseline line

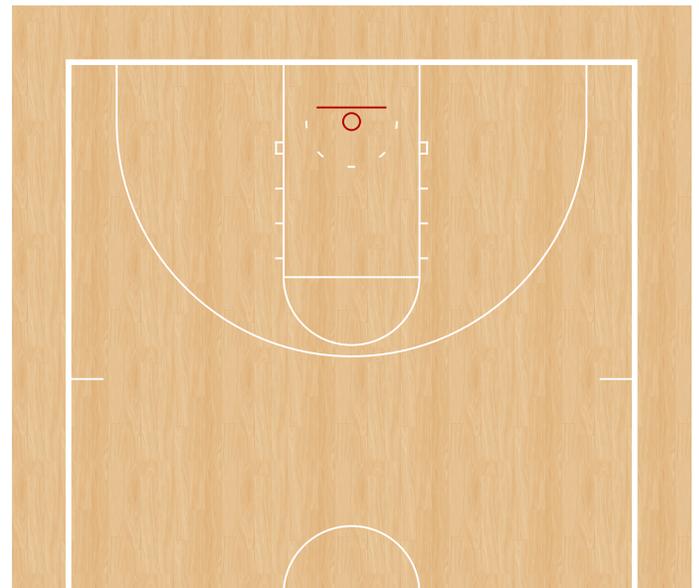
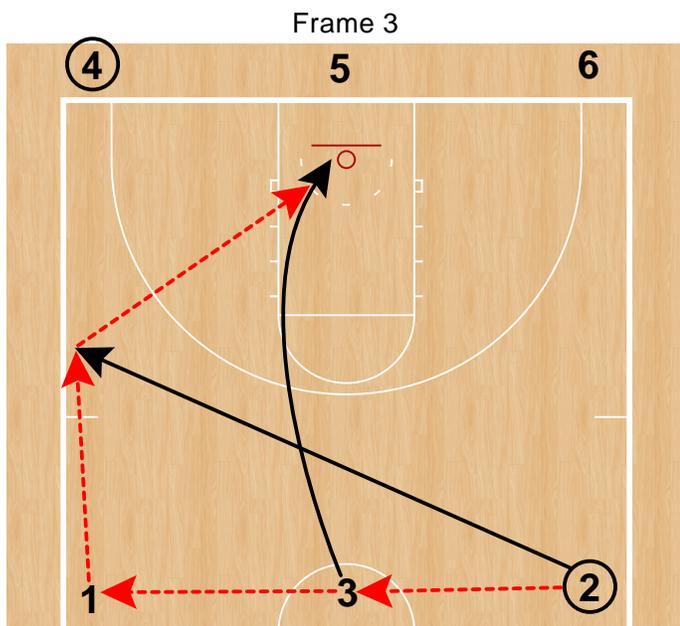
# Celtic Passing Drill



## Celtic Passing Drill

- We start the drill with 3 lines on the baseline & the players on the far left have basketballs
- # 1 passes to #2 then sprints to the sideline
- # 2 passes to #3 then sprints to the corner

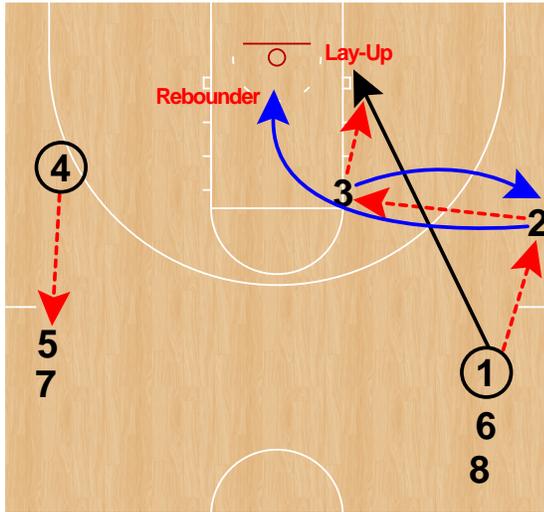
- #3 passes to #1 then sprints to mid court
- # 1 passes to #2 then sprints to corner



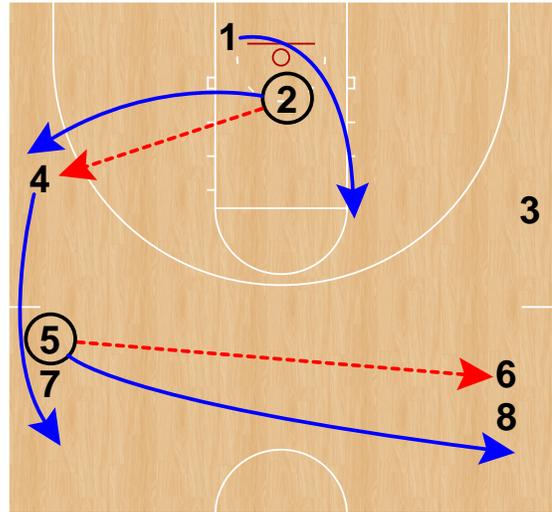
- # 2 passes to #3 then sprints to sideline
- #3 passes to #1 who passes to #2 then passes to #3 for the lay-up
- Then the next group now goes & we are back in continuity

# USA Lay-up's

Frame 1



Frame 2



- We start this drill with 2 basketballs to start & 5 spots occupied. We need at least 7 - 8 players to perform this drill & it's a great pre-game warm-up drill

**Blue Lines = Drill rotation**

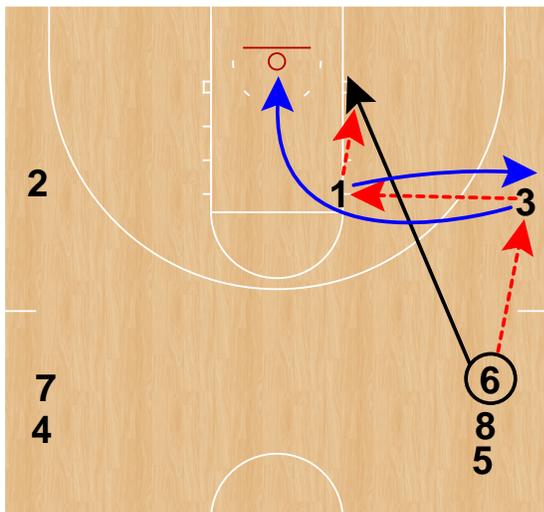
- #1 passes to #2 & then sprints to make a basket cut
- #2 then passes to #3 & immediately cuts over the top of #3 to rebound
- #3 bounce passes to #2 for the lay-up
- On the opposite wing, #4 passes to #5 to initiate the drill

**Note: #4 stays as the outlet twice to begin drill**

**Blue Lines = Drill rotation**

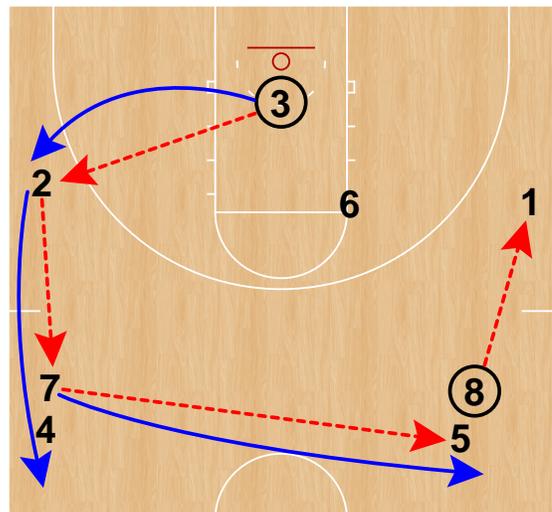
- #3 replaces #2 on the wing
- #2 gets the rebound & outlet passes to #4 & then becomes the next outlet as he/she replaces #4 as the outlet
- #4 sprints to the end of the line above the hash
- #1 sprints up to the elbow
- #5 passes the ball across court then follows his/her pass & gets in the opposite line

Frame 3



Continuity Continues...

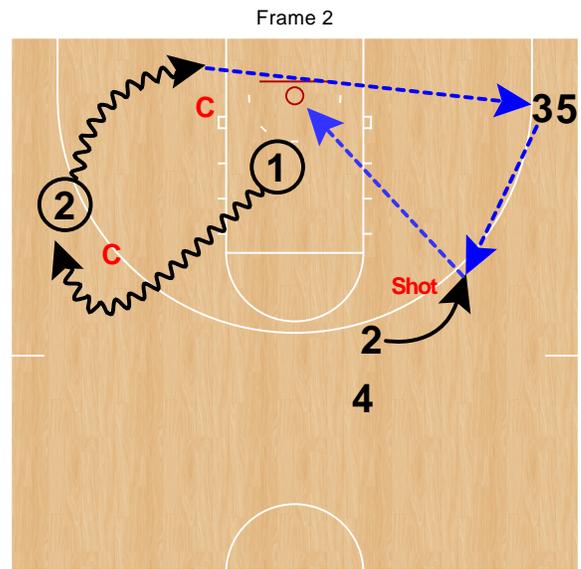
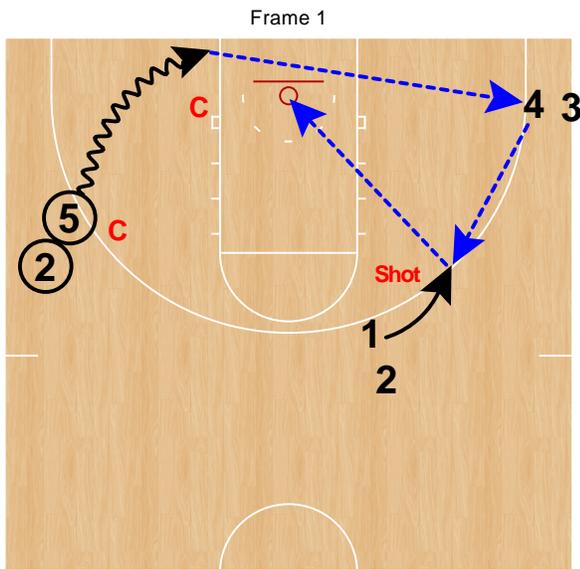
Frame 4



Continuity Continues...

# Shooting Drills

# "One More Pass" - Drift Shooting Drill



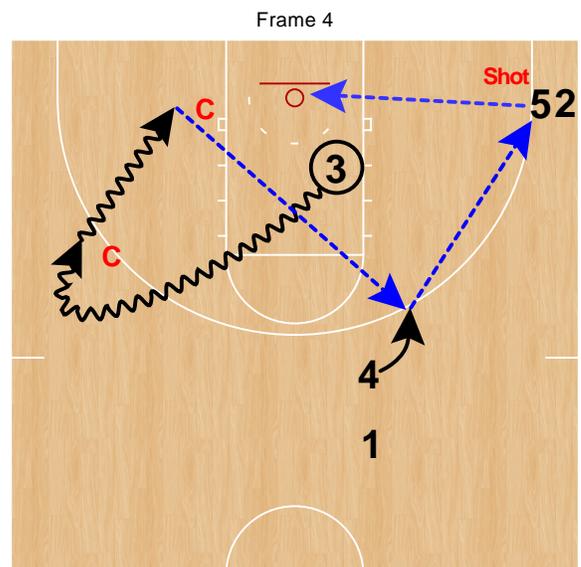
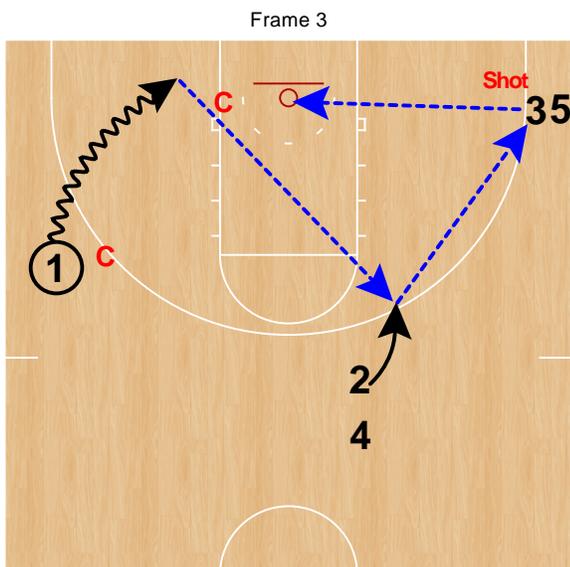
## Drift Pass - Do the drill to both sides

- #5 will attack the coach standing near the block and throw the baseline drift pass as the coach uses his hand to make each player pass from different angles
- #4 will quickly make the one more pass to #1 who catches, shoots, & follows his/her shot to rebound

- After each player shoots they sprint to rebound the ball and then dribble around the 2nd coach. The 2nd coach will make them protect the ball and make a move to get by them

## Different Left Handed Passes

- In the air pass
- Bounce pass
- Jumping out of bounds



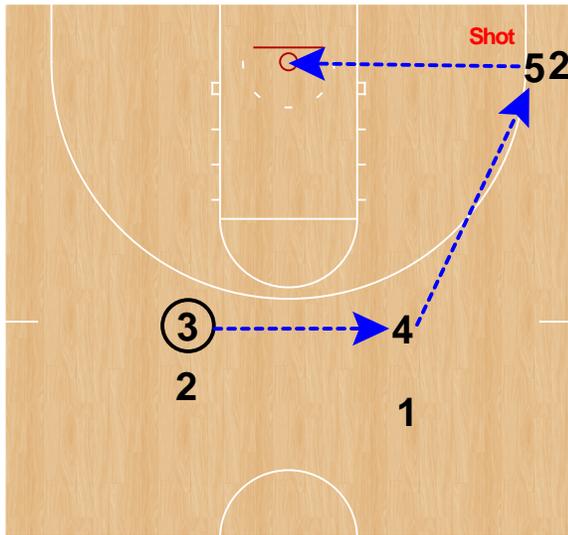
## 45 Pass

- #1 will attack the the coach standing near the block and throw the 45 angled skip pass to #2 as the coach uses his/her hand to make each player pass from different angles
- #2 will quickly make the one more pass to #3 who catches, shoots, & follows his/her shot to rebound

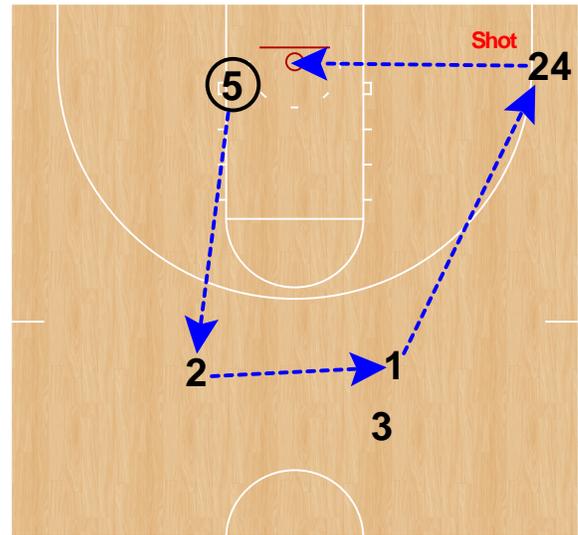
- After each player shoots they sprint to rebound the ball and then dribble around the 2nd coach. The 2nd coach will make them protect the ball and make a move to get by them

# "One More Pass" - Drift Shooting Drill

Frame 5



Frame 6

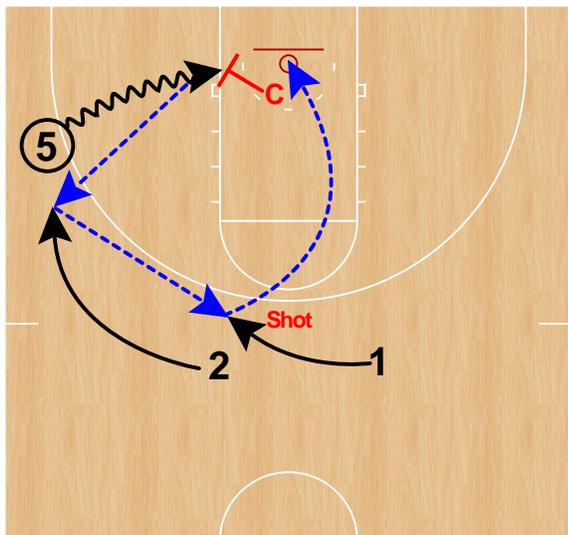


### Slot To Slot To Corner

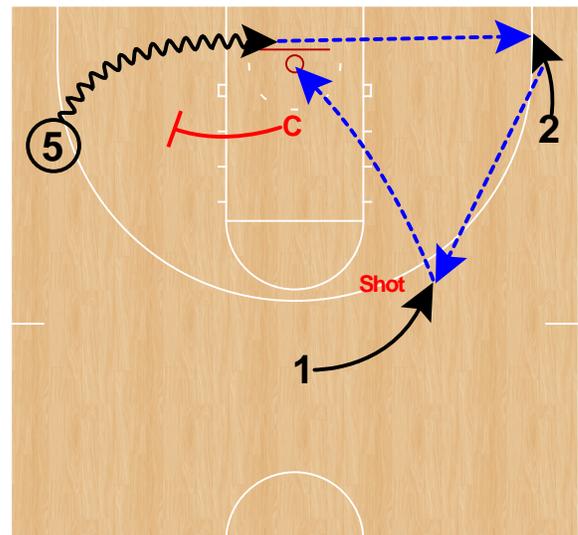
- #3 will start with the ball, pass to the slot (#4) and quickly follow the pass
- #4 will quickly swing to the corner (#5) and follow the pass
- #5 will step into the pass, shoot, & rebound

- #5 will rebound his/her shot as quickly as possible and throw the ball to the near slot (#2)
- Continuity Continues

Frame 7



Frame 8



### Read Progressions Of This Drill

#### Throwback Read

- The coach stands in the paint while the Wing player (#5) will drive the ball as though he/she is trying to score
- The coach will slide over influencing the player to hit either the follow, the drift or the 45 pass
- The first player to receive the pass must then make the extra pass to the player moving into his/her shot

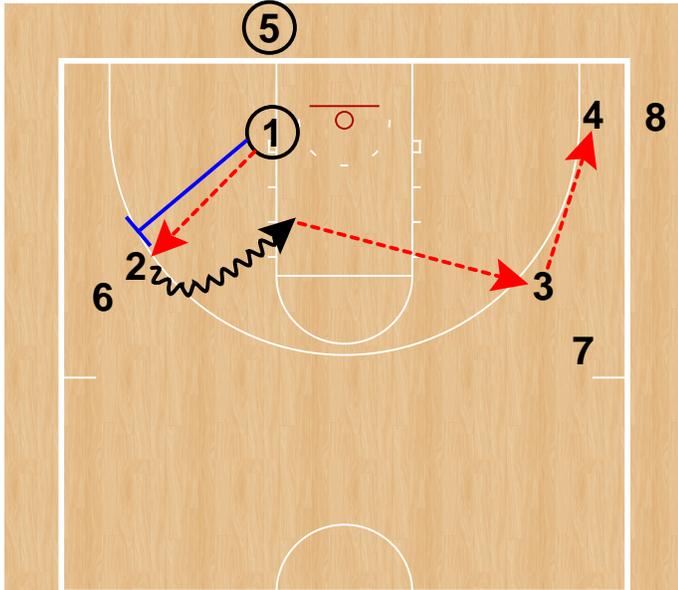
### Read Progressions Of This Drill

#### Drift Read

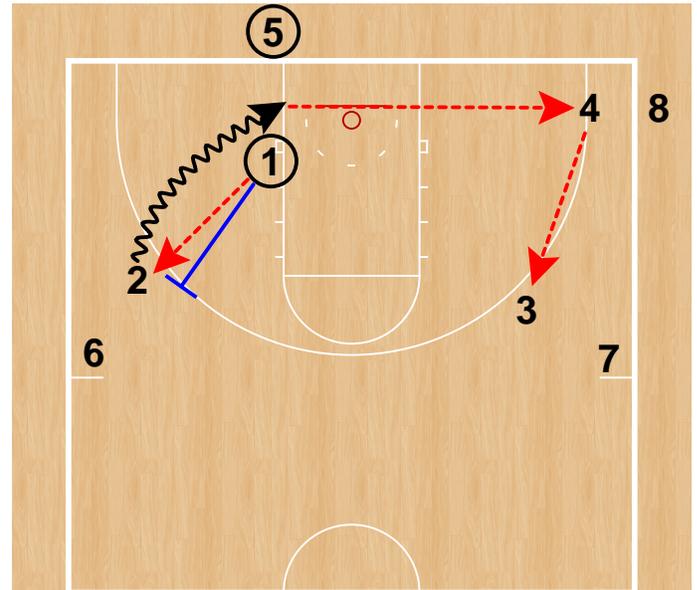
- The coach stands in the paint while the Wing player (#5) will drive the ball as though he/she is trying to score
- The coach will slide over influencing the player to hit either the follow, the drift or the 45 pass
- The first player to receive the pass must then make the extra pass to the player moving into his/her shot

# "One More Pass" – Drive & Kick Shooting Drill

Frame 1



Frame 2



## Middle Drive

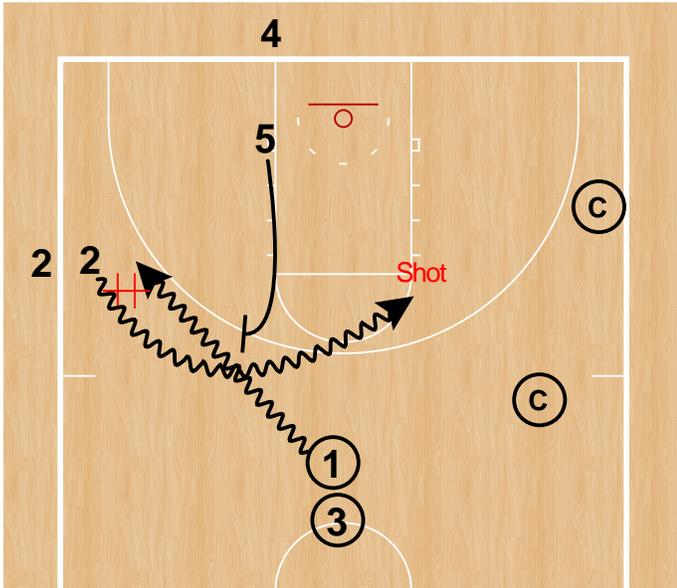
- We have 4 lanes with 2 players under the basket with a basketball
- #1 passes to #2 and follows the pass to close out on the ball
- #2 drives middle and passes to #3
- As the ball is in the air #4 is saying "one more"
- #3 immediately passes to #4 who takes a shot
- #4 follows the shot to get the rebound & passes to the wing to continue the drill
- All players follow their passes to the end of the line where they passed the ball too

## Baseline Drive

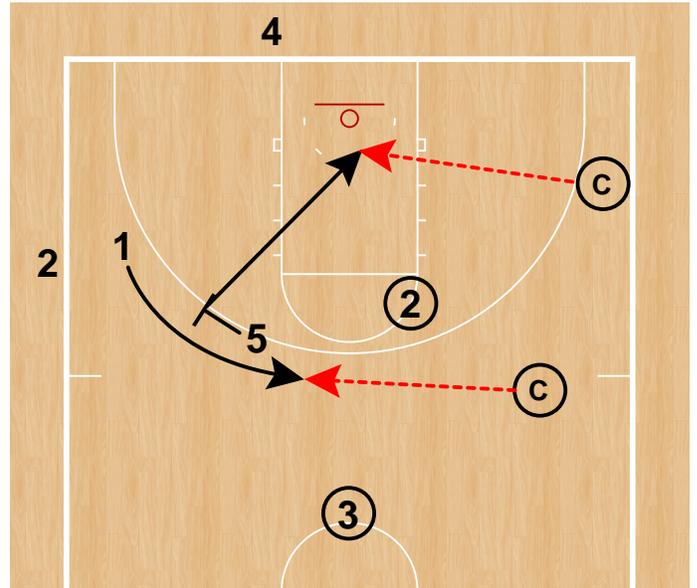
- #1 passes to #2 & follows the pass to close out on the ball
- #2 drives baseline & passes to #4
- As the ball is in the air #3 is saying "one more"
- #4 immediately passes to #3 who takes a shot
- #3 follows the shot to get the rebound and passes to the wing to continue the drill

# Pistol Shooting Drill #2

Frame 1



Frame 2



- We start the drill with 3 lines with the top line having basketballs along with 2 coaches with balls as passers

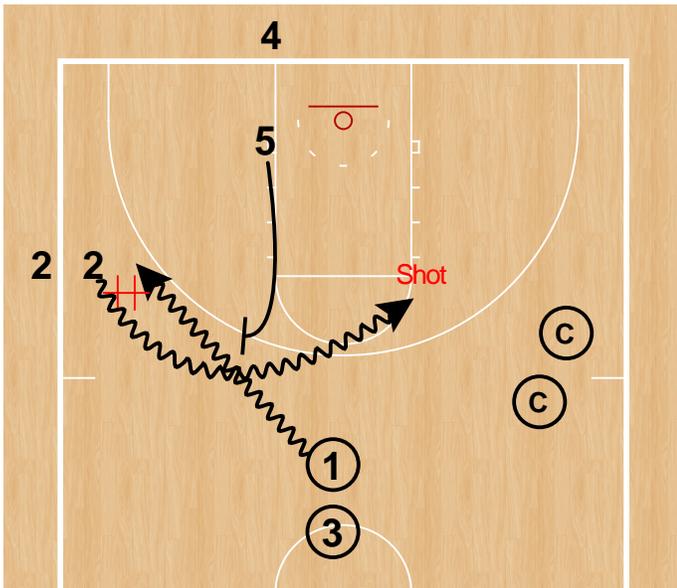
### Option A

- #1 dribbles at #2 and performs a DHO
- #2 gets the DHO & immediately comes off #5's ball screen & he/she pulls up for a jumper at the free throw line

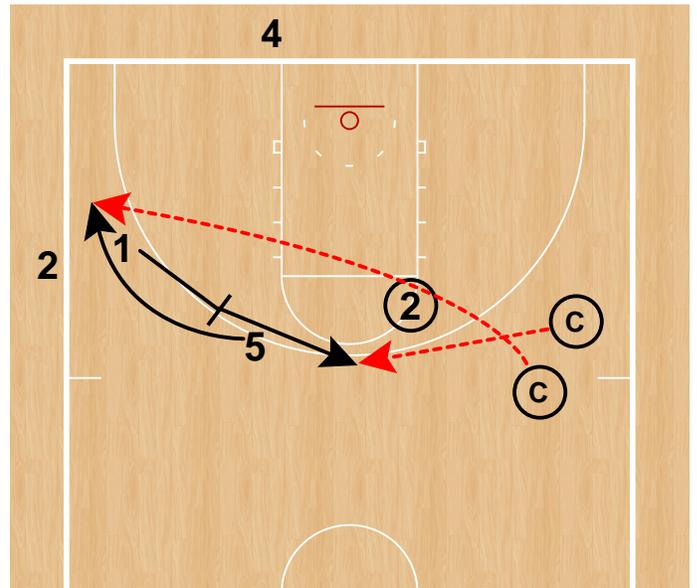
### Option A Continued

- #5 then sets a Ricky or 2 Action screen for a comeback for #1 & then slips to receive a pass from the coach for a lay-up
- #1 comes off the screen by #5 and receives a pass from the coach for a shot

Frame 3



Frame 4



### Option B

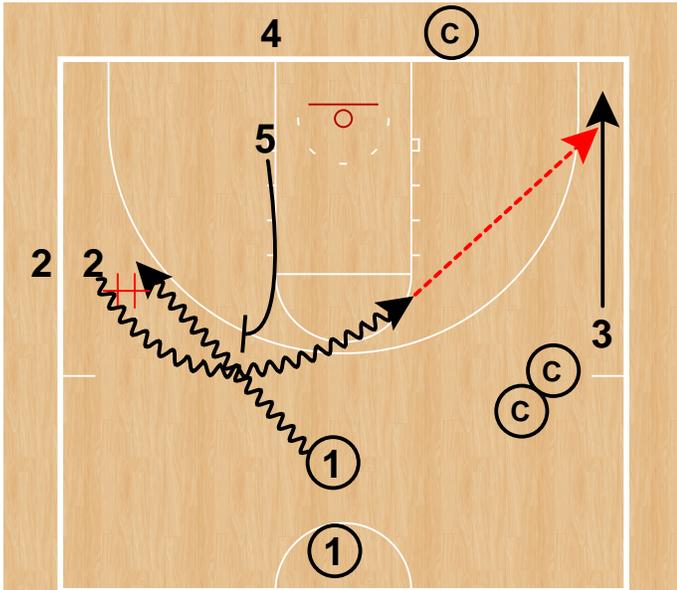
- #1 dribbles at #2 and performs a DHO
- #2 gets the DHO & immediately comes off #5's ball screen & he/she pulls up for a jumper at the free throw line

### Option B Continued

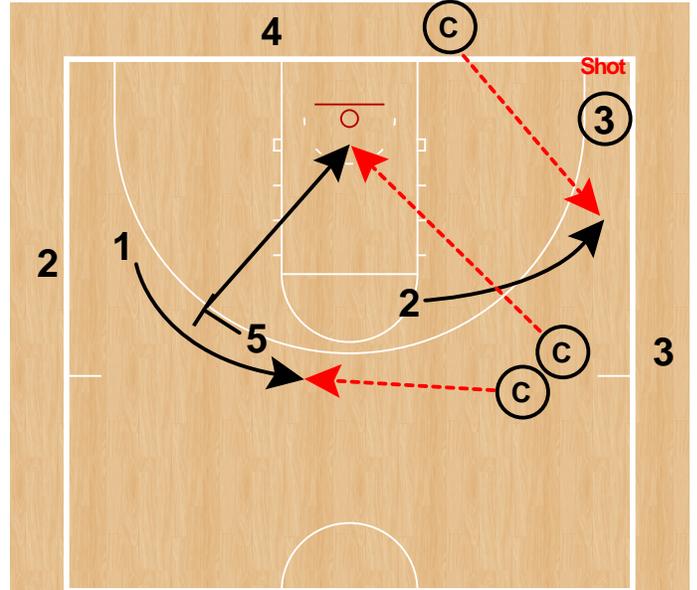
- #5 then flares off the back screen by #1 & receives a pass from the coach for a shot
- #1 pops after #5 clears him/her & receives a pass from the coach for a shot

# Pistol Shooting Drill #2

Frame 5



Frame 6



- We start option C & this part of the drill with 4 lines with the top line having basketballs along with 3 coaches with balls as passers

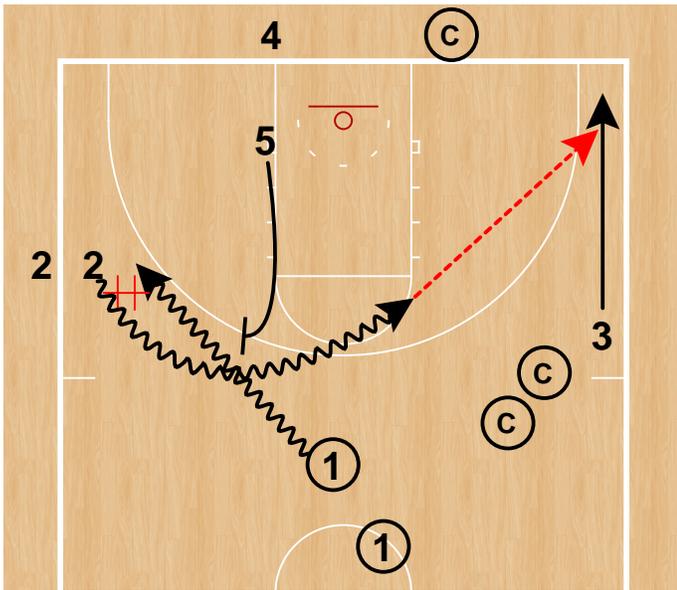
### Option C

- #1 dribbles at #2 and performs a DHO
- #2 gets the DHO & immediately comes off #5's ball screen & drives & kicks to #3 on the drift to the corner

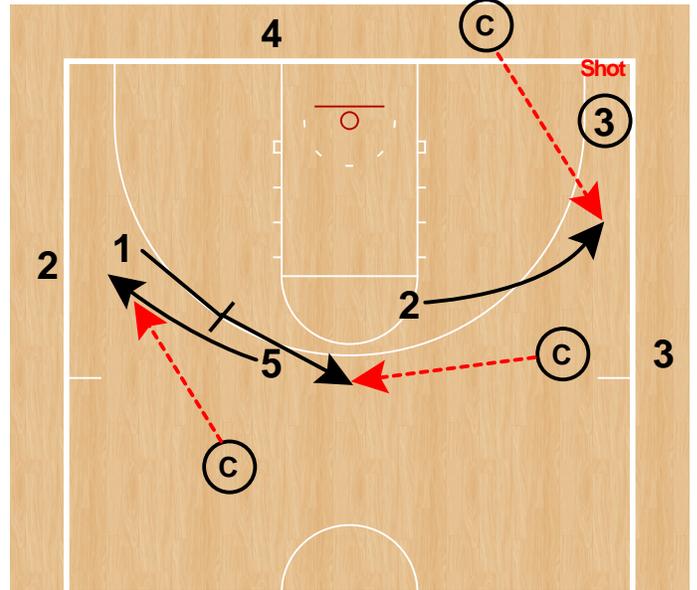
### Option C Continued

- #5 then sets a Ricky or 2 Action screen for a comeback for #1 & then slips to receive a pass from the coach for a lay-up
- #1 comes off the screen by #5 and receives a pass from the coach for a shot
- #2 continues out & receives a pass from the coach for the shot

Frame 7



Frame 8



- We start option C & this part of the drill with 4 lines with the top line having basketballs along with 3 coaches with balls as passers

### Option D

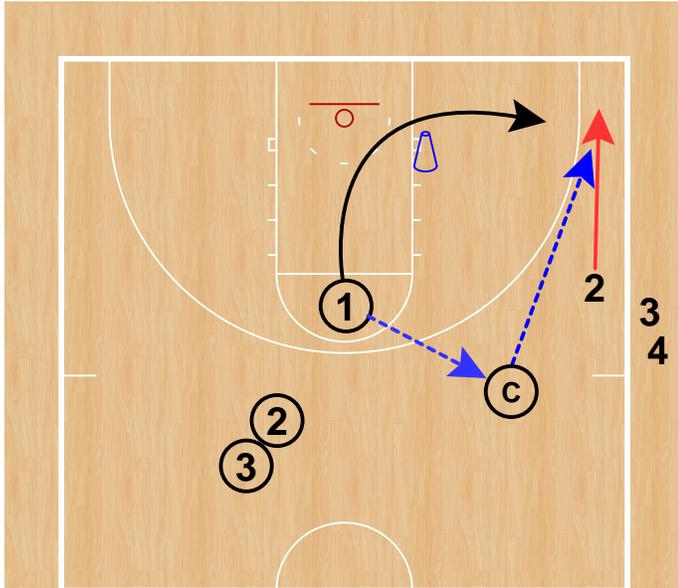
- #1 dribbles at #2 and performs a DHO
- #2 gets the DHO & immediately comes off #5's ball screen & drives & kicks to #3 on the drift to the corner

### Option D Continued

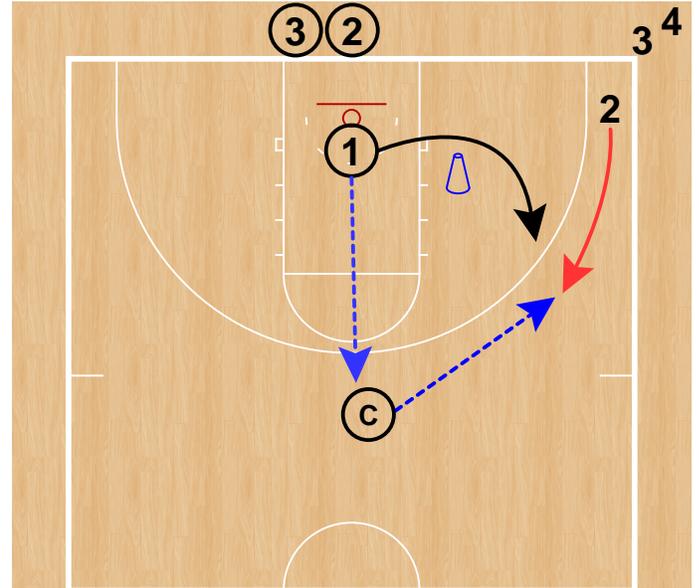
- #5 then flares off the back screen by #1 & receives a pass from the coach for a shot
- #1 pops after #5 clears him/her & receives a pass from the coach for a shot
- #2 continues out & receives a pass from the coach for the shot

# Run Out & Fly By Shooting Drill

Frame 1



Frame 2



## This Is Both A Offensive & Defensive Drill

We want to teach both contesting jump shots as well as shooting against contested jumpers

- #1 starts with the ball at the free throw line
- #2 starts parallel with #1 spaced out at the free throw line extended
- The drill is initiated with #1 passing the ball to the coach. Once the ball is passed to the coach, #1 sprints below the cone to try and run #2 off the 3 point line preventing them from a rhythm 3
- As the ball is passed to the coach, #2 is drifting to the corner being shot ready & immediately receives the pass from the coach
- The ONLY shot the player can shoot is a catch & shoot 3

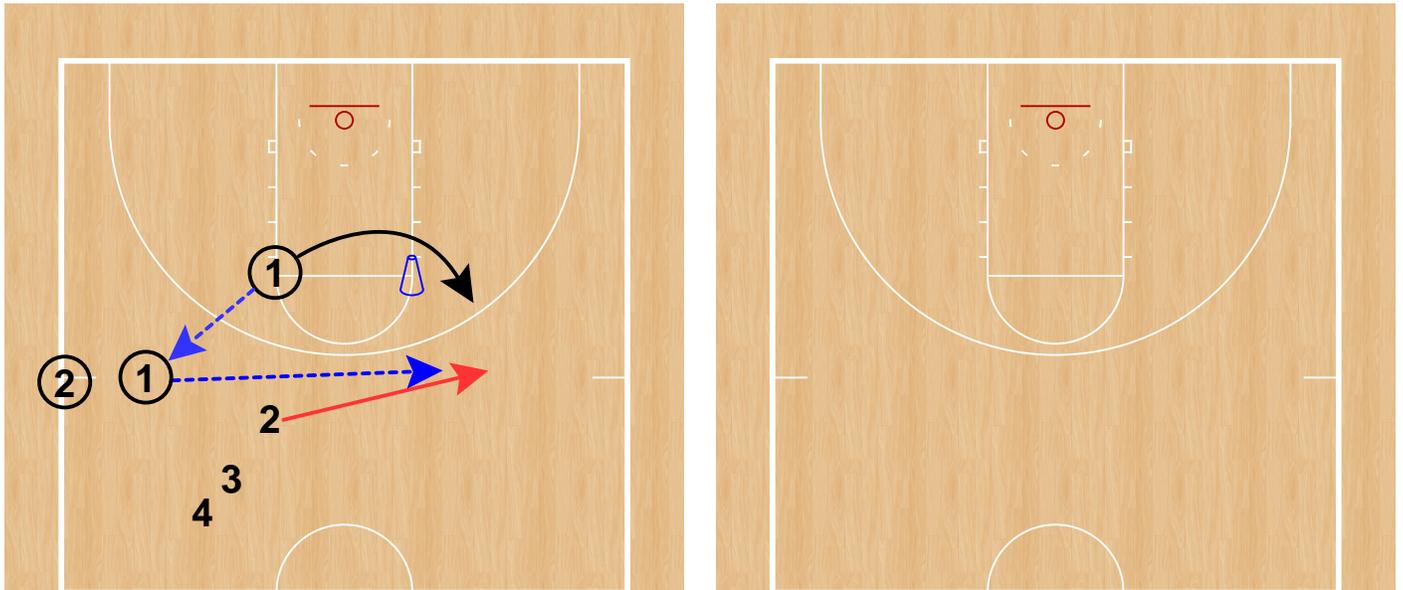
- The same rules apply putting the players in a different position and situation

## Added rules

- Play with no shot fake and just has to be a rhythm catch & shoot 3
- Play with shot fake w/no dribble
- Play with shot fake w/ a side step using only 1 dribble
- Play with 1 dribble to score vs the defender running the shooter off the line

# Run Out & Fly By Shooting Drill

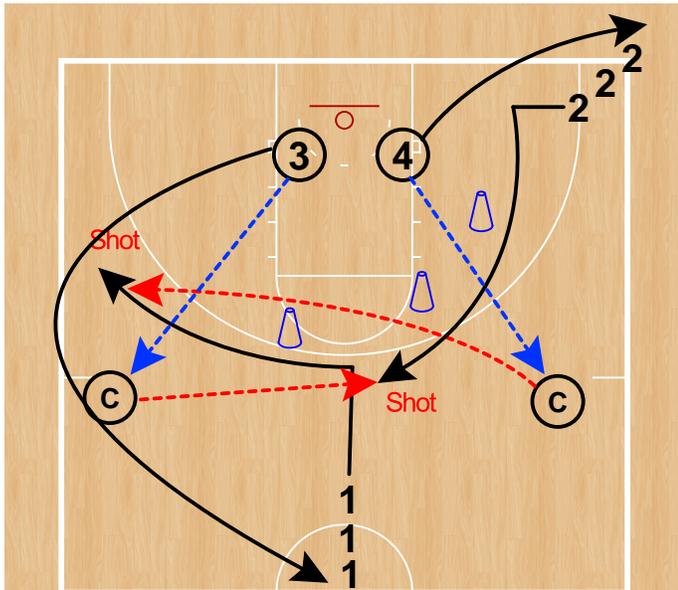
Frame 3



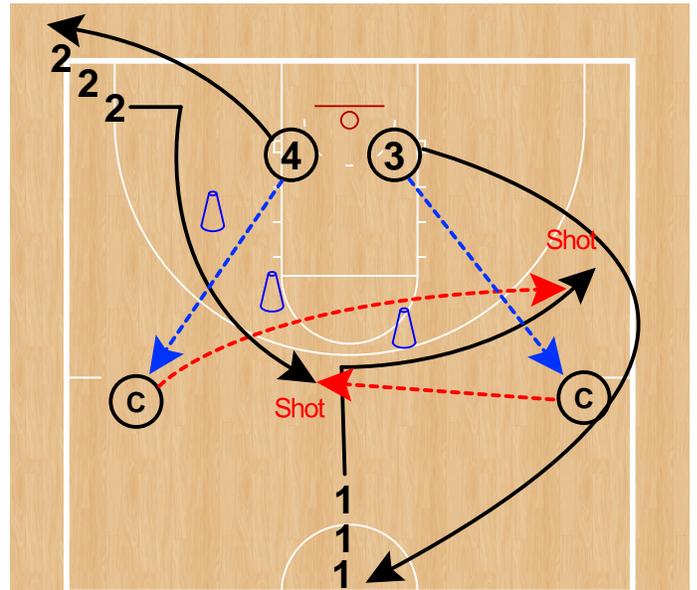
- The same rules apply putting the players in a different position and situation

# Stagger/Fade Screen Shooting Drill

Frame 1



Frame 2



**Switch Sides**

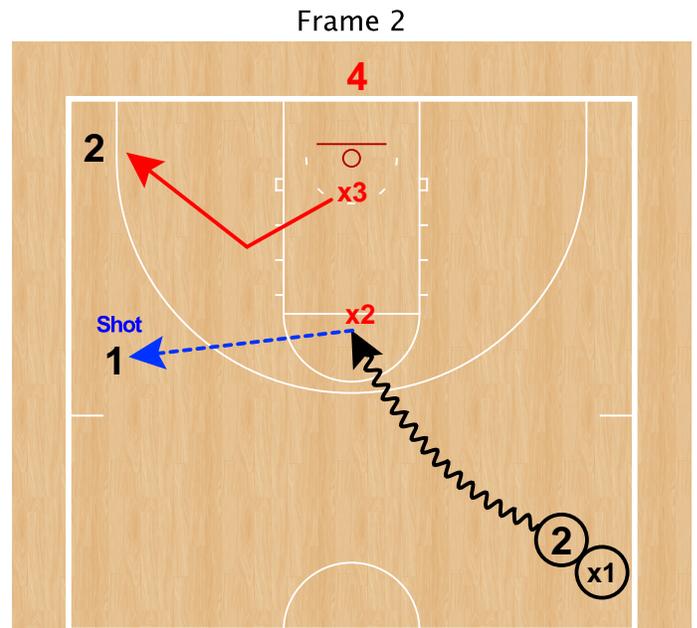
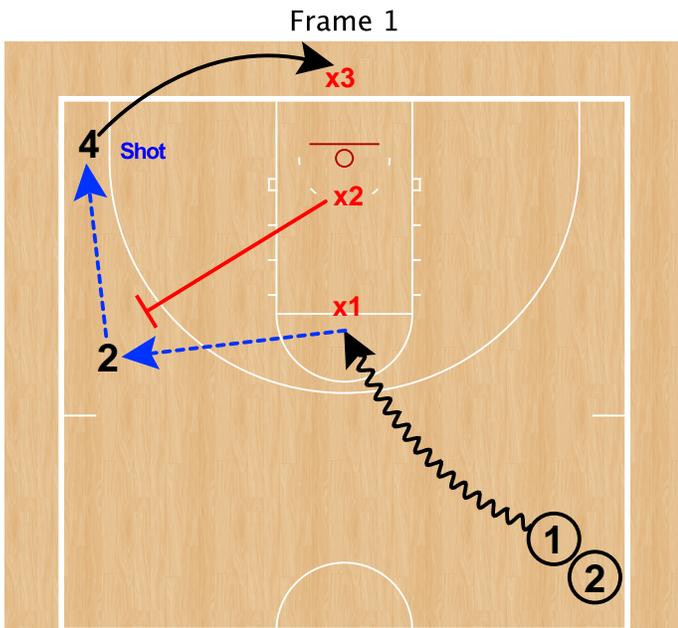
- We start the drill with 2 Lines, 4 Balls, & 2 coaches passing to shooters

- 2 players start under the hoop to rebound and outlet to the coach. The players who shoot will follow their shots, rebound, & outlet back to the coaches

- Coach #1 passes to the guards coming off of the double staggered screen while Coach #2 throws the skip pass to the #1's coming off of the flare screen

- We alternate as the flare pass is first followed by the double stagger

# Rocket Shooting Drill



- This is a great drill as we are working on a multitude of different things

### Offensively

- 1- Our 2 side Rocket Break
- 2- Our "one more pass" concept
- 3- Our offense vs 3 on 2 advantages

### Defensively

- 1- Defense in a 3 on 2 disadvantage

**We start the drill with 2 lines. 1 line under the hoop (defense) & 1 line at half court with 2 offensive players on the weak side of the floor (1 on the wing and 1 in the corner)**

- #1 drives making x1 stop them. If x1 does not stop them they can drive for a lay-up. Keep them honest

- #1 kicks to either #2 or #4 as X2 stops them

- The player who catches the ball reads the bottom defender (X2) & can either shoot or make the "one more pass"

- #1 pass fakes & takes the shot as x3 never closes out on him/her

### Rotations

- The defensive line rotates up one while the top defender (x2) now goes to the back of the ball handler line

- The dribbler takes the wing spot

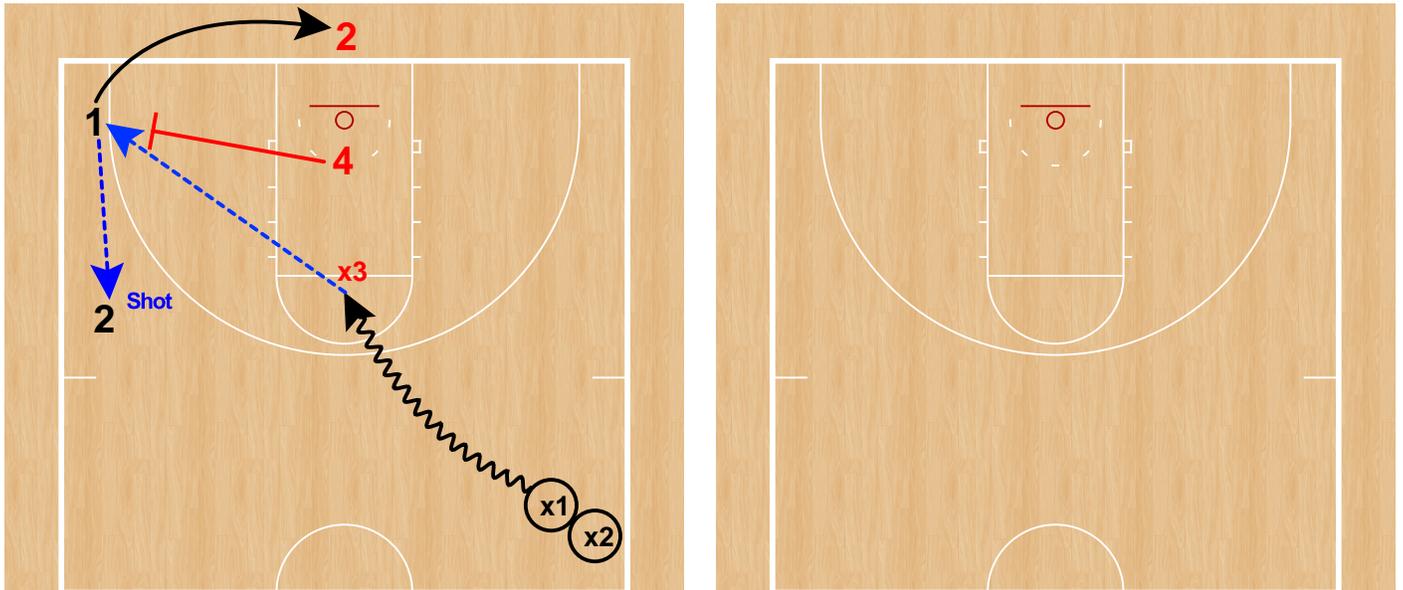
- The wing spot goes to the corner

- The corner goes to the back of the defense line on the baseline

- You can do this drill with as few as 5-6 players

# Rocket Shooting Drill

Frame 3

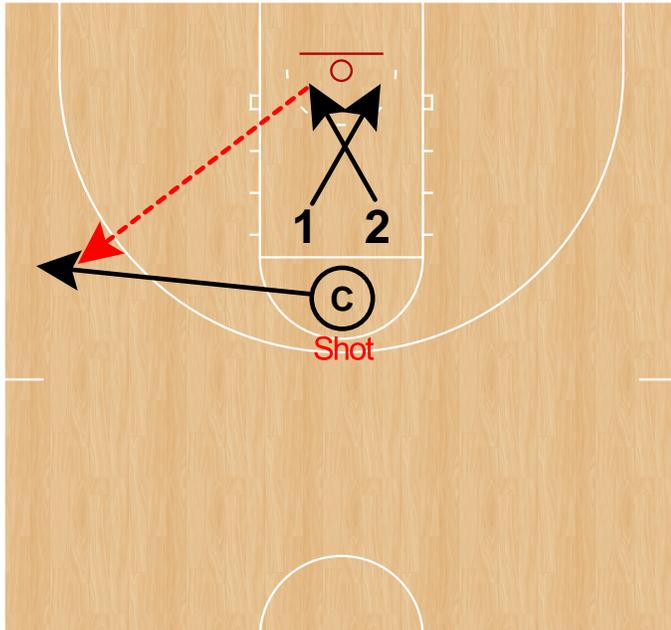


- X1 drives making x3 stop them. X1 kicks to X1
- The player who catches the ball reads the bottom defender (X2) & can either shoot or make the "one more pass"
- #4 does a good job of closing out on #1 so we make the "one more pass" to #2 for the shot
- Continuity continues

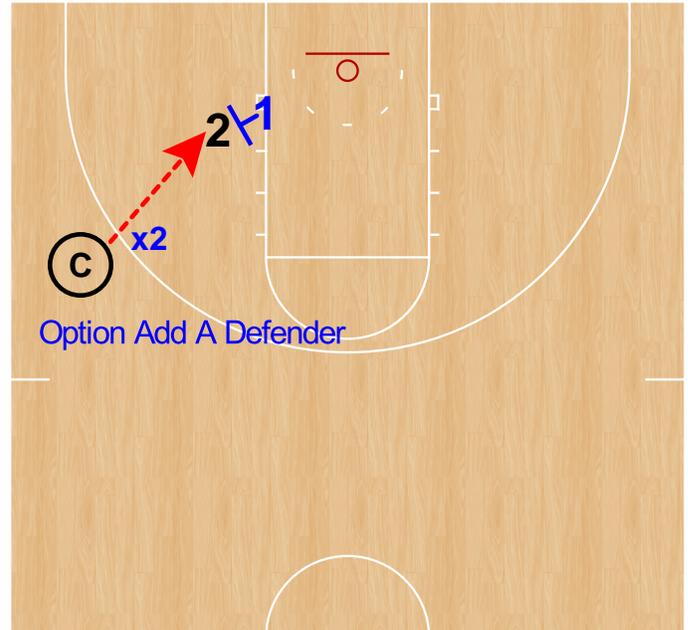
# Rebounding Drills

# 1 on 1 – Rebound/Outlet/Post

Frame 1



Frame 2



- You can either have a coach or a player who shoots the ball to start the drill then will immediately move to an outlet position on the wing. If you have a player as the shooter then you can also put a defender into the drill to work on post passing after the outlet pass

- Either #1 or #2 can rebound the ball and outlet to the coach on the wing

- The rebounder then becomes the offensive player and looks to post up

- On a miss, the rebounder outlets and reposts

- On a make, the coach restarts the drill with a shot

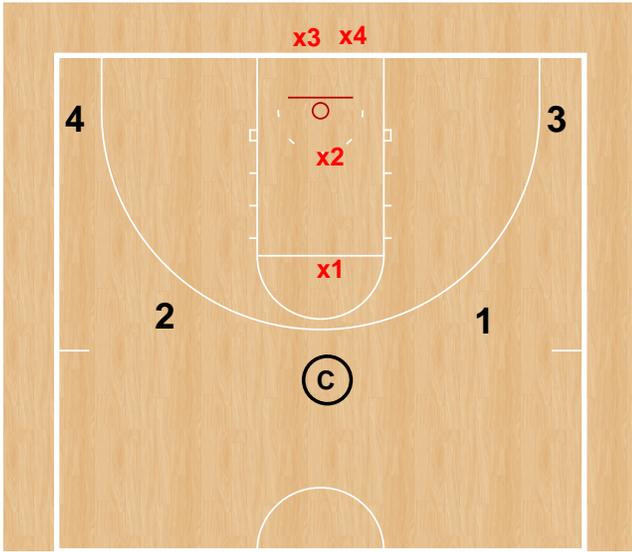
- The first to 3 & make 3 shots from the post wins

## Option

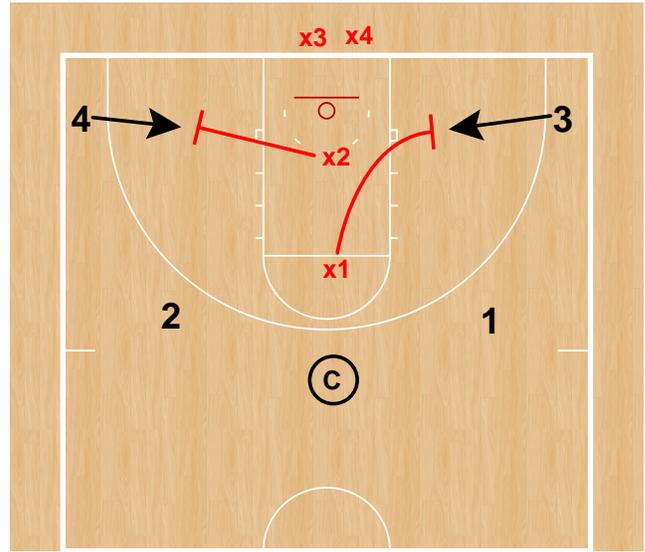
- You can also make this a team drill and go 1 shot, 1 post-up and rotate

# 4 on 2 - Rebounding

Frame 1



Frame 2

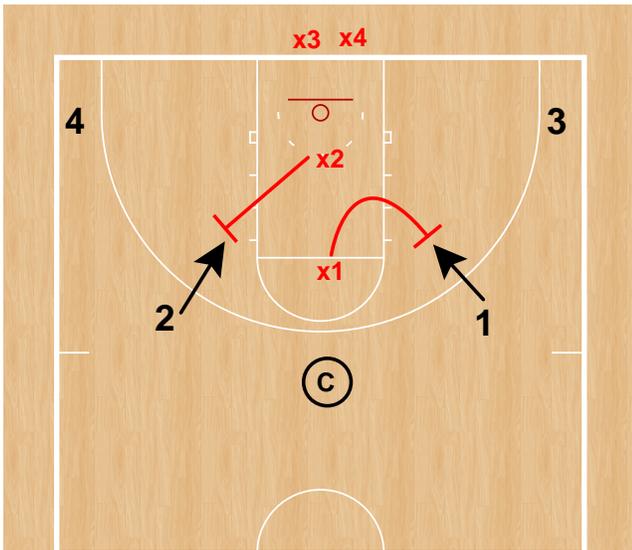


- Split teams up into groups of 4. This is a 4 minute drill and each team will be on ...

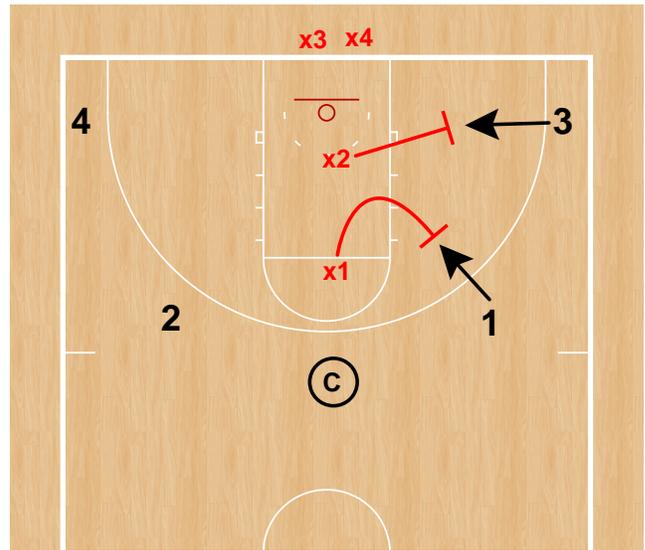
**Bottom**

- The 2 defensive players will box out the 2 players that the coach called. Players need to communicate who they got
- If the offense gets the offensive rebound then they can try and score and the other 2 players can come in. No passing though try and put it back up and score immediately
- If the defense rebounds then they outlet back to the coach as the next 2 players come on the floor
- We play until the 2 defensive players get the ball

Frame 3



Frame 4



**Top**

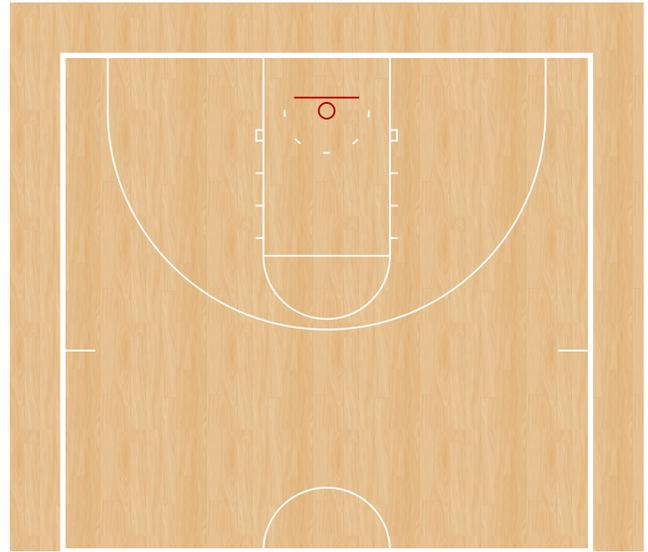
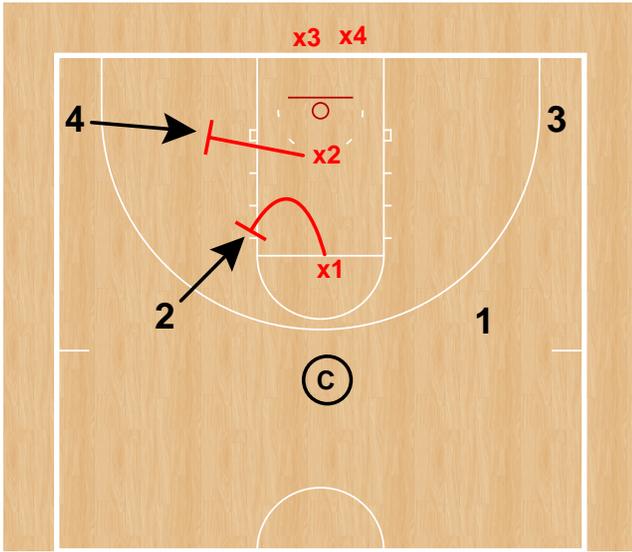
- The 2 defensive players will box out the 2 players that the coach called. Players need to communicate who they got
- If the offense gets the offensive rebound then they can try and score and the other 2 players can come in. No passing though try and put it back up and score immediately
- If the defense rebounds then they outlet back to the coach as the next 2 players come on the floor
- We play until the 2 defensive players get the ball

**Right**

- The 2 defensive players will box out the 2 players that the coach called. Players need to communicate who they got
- If the offense gets the offensive rebound then they can try and score and the other 2 players can come in. No passing though try and put it back up and score immediately
- If the defense rebounds then they outlet back to the coach as the next 2 players come on the floor
- We play until the 2 defensive players get the ball

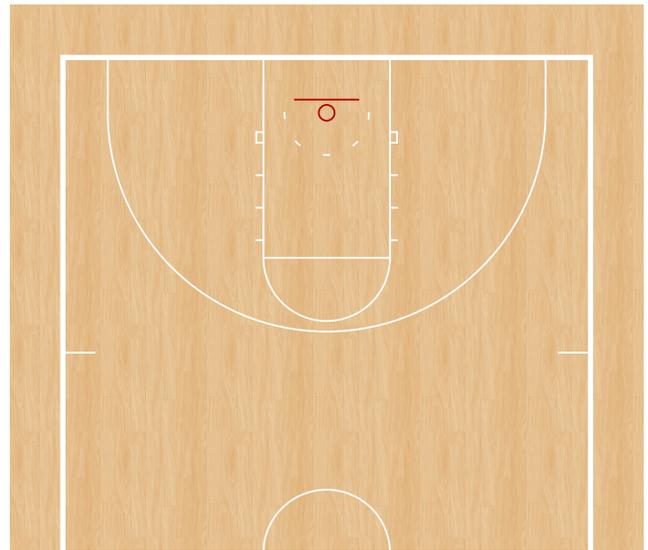
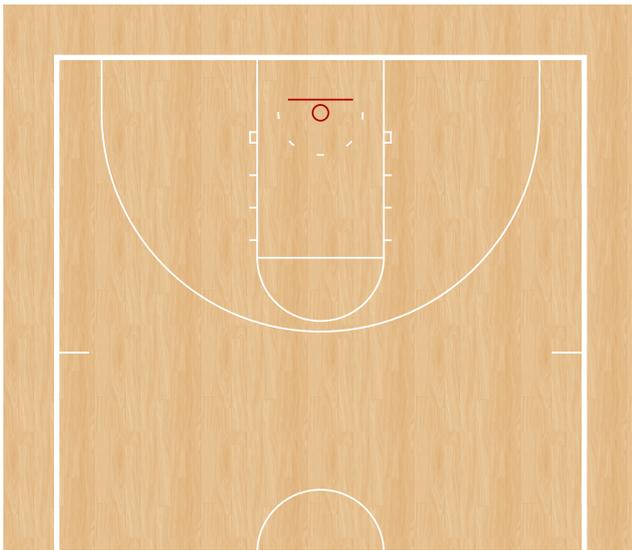
# 4 on 2 - Rebounding

Frame 5



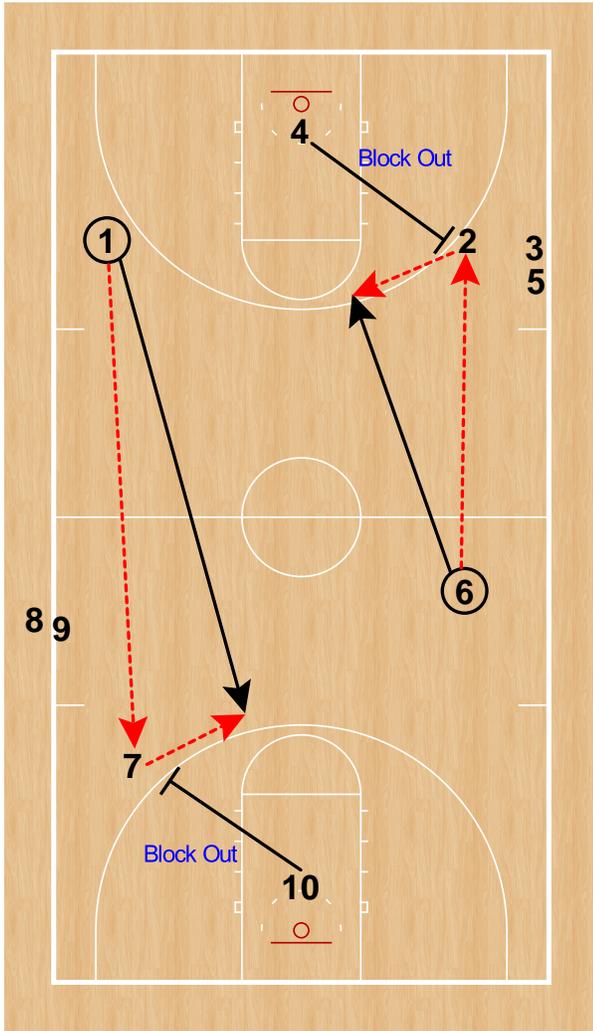
**Left**

- The 2 defensive players will box out the 2 players that the coach called. Players need to communicate who they got
- If the offense gets the offensive rebound then they can try and score and the other 2 players can come in. No passing though try and put it back up and score immediately
- If the defense rebounds then they outlet back to the coach as the next 2 players come on the floor
- We play until the 2 defensive players get the ball

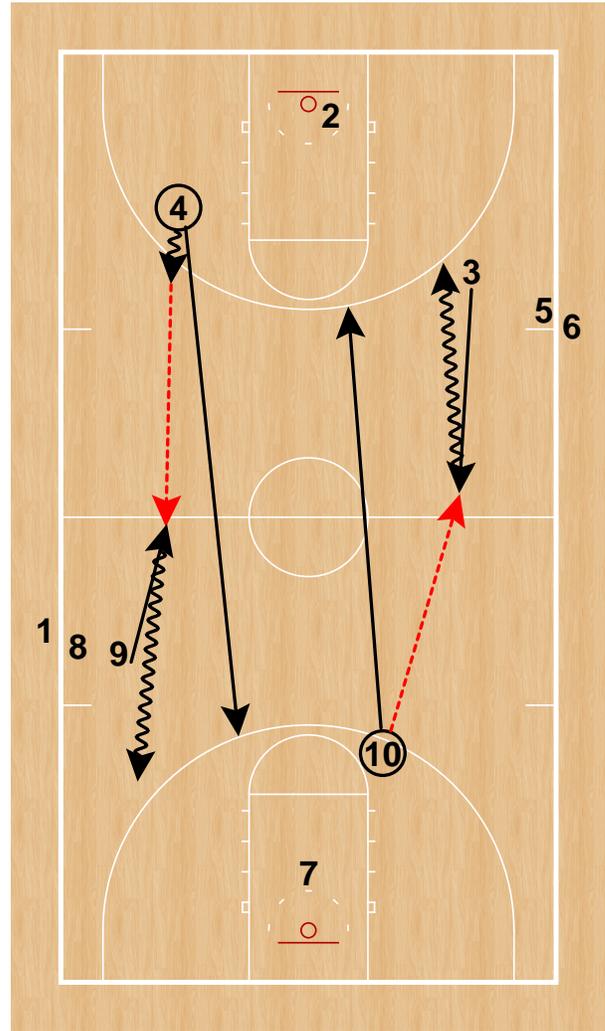


# Full Court Rebounding Drill (Help vs Press)

Frame 1



Frame 2



## The Drill Goes On Both Ends Of The Floor

- We start the drill with 2 players on each end of the floor in the paint along with 2 players with basketballs on opposite sides & ends of the floor, as well as 2 lines on each side of the court

- #1 passes ahead to #7
- #7 will pass it back to #1 who takes a shot
- On the pass back to #1, #10 will go & block out #7

## On the opposite side of the floor

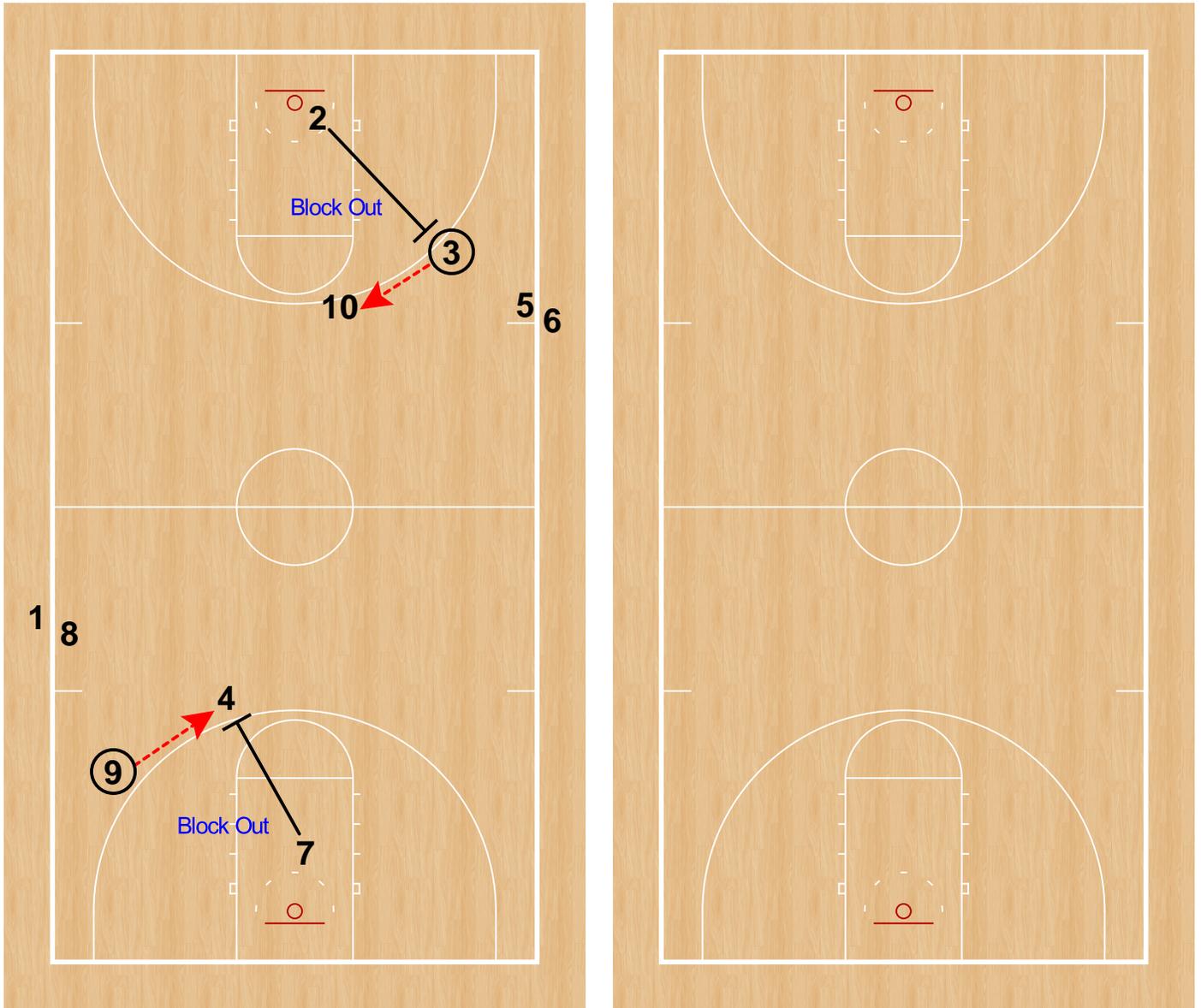
- #6 passes ahead to #2
- #2 will pass it back to #6 who takes a shot
- On the pass back to #6, #4 will go & block out #2
- The player who does not get the rebound becomes the block out guy for the next shooter

## Rotation (From The Previous Frame)

- #1 & #6 go to the back of the lines on their side of the court
- #7 or #10 / #2 or #4 (whoever rebounds) will outlet pass to the other end, #3 & #9 (who is flashing back simulating like we are being pressed & coming back to the basketball)
- The player who does not get the rebound will stay to rebound again

# Full Court Rebounding Drill (Help vs Press)

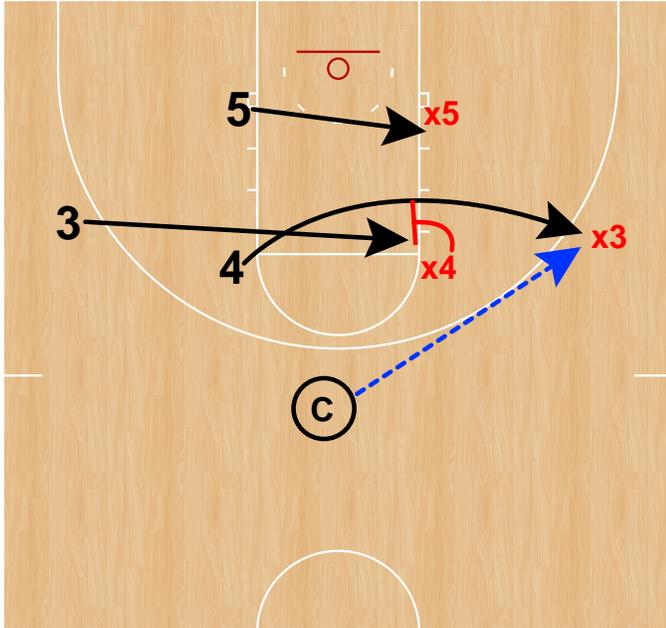
Frame 3



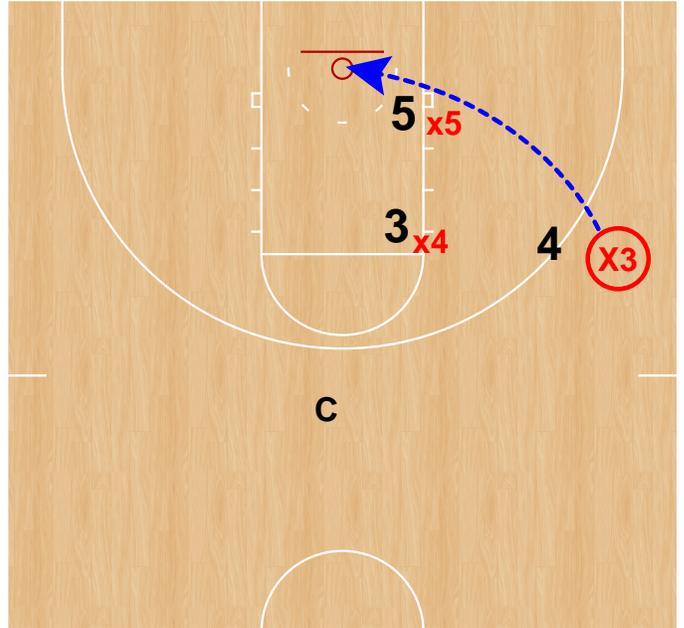
Continuity Continues

# High/Low Rebounding Drill

Frame 1



Frame 2



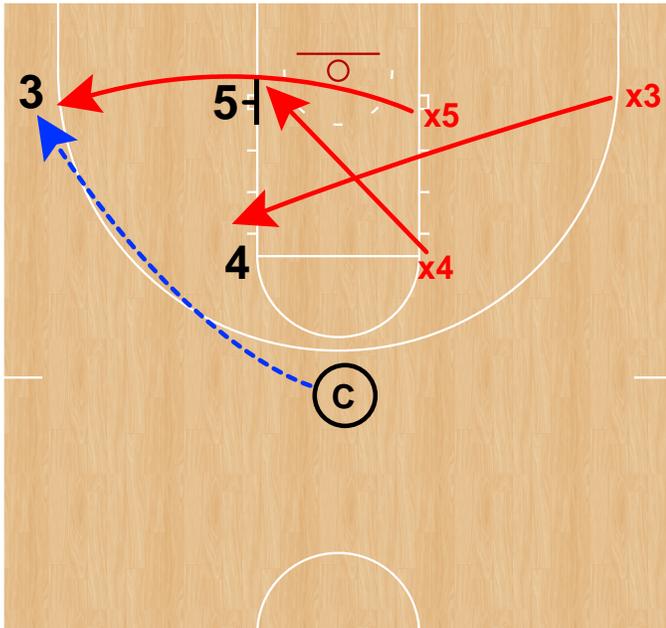
- To start the drill we divide the team into 2 teams of 3 players each. Each team will ...

- X3 shoots immediately on the catch & the Black team boxes out to rebound the ball

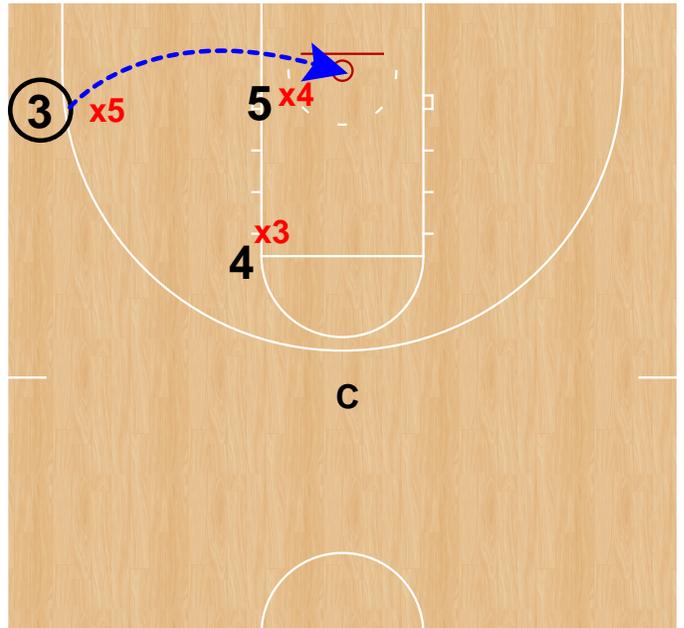
- If the shot is made the red team gets either 2 or 3 points. If the shot is missed, then on the rebound we play live

- The team that secures the rebound earns a point. If the offense rebounds they receive a point plus have the opportunity to score a basket worth 2 or 3 more points

Frame 3



Frame 4



- We will play to a certain score or a certain amount of time, then move the shooters ...

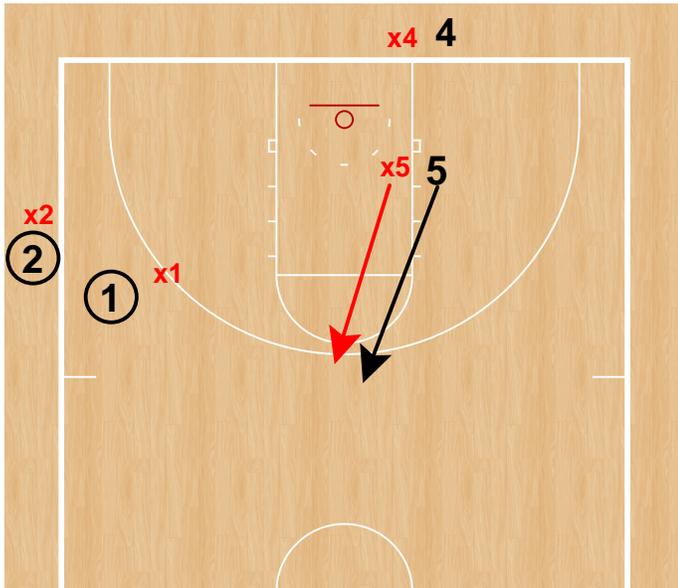
- #3 shoots immediately on the catch & the Red team boxes out to rebound the ball

- If the shot is made the black team gets either 2 or 3 points. If the shot is missed, then on the rebound we play live

- The team that secures the rebound earns a point. If the offense rebounds they receive a point plus have the opportunity to score a basket worth 2 or 3 more points

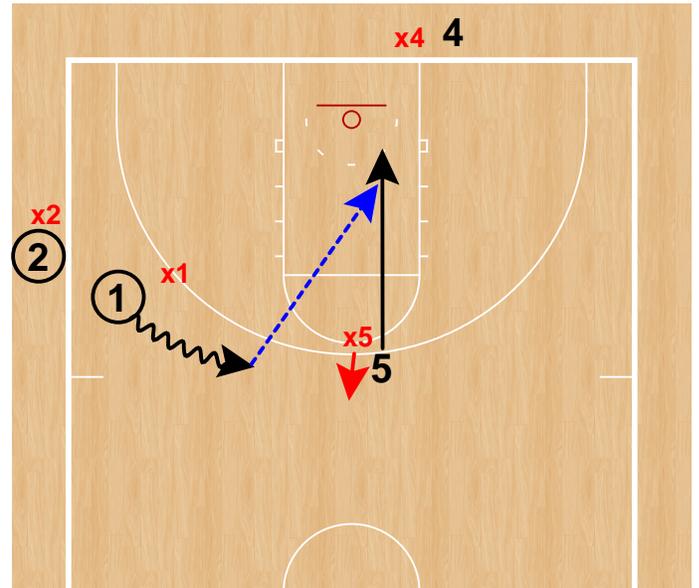
# 2 on 2 - Dribble At Backdoor Drill (Kansas)

Frame 1



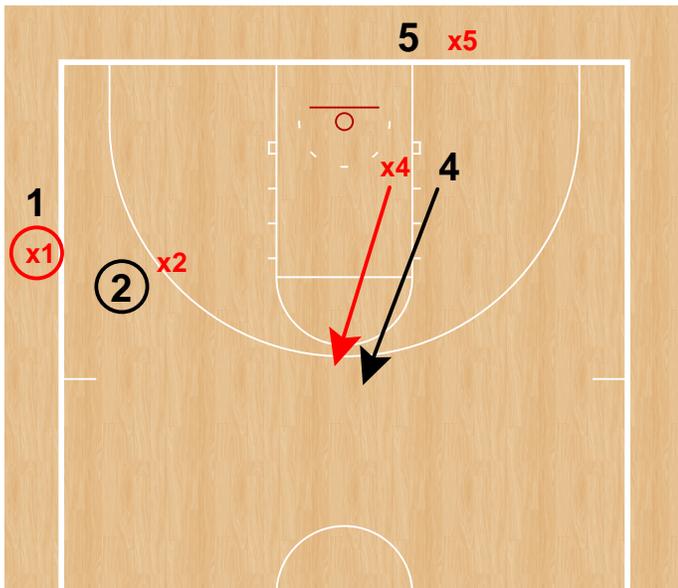
- We start the drill with 2 lines. You can have players or coaches on defense but we are in dummy defense here
- We simultaneously have #5 flash to the high post

Frame 2



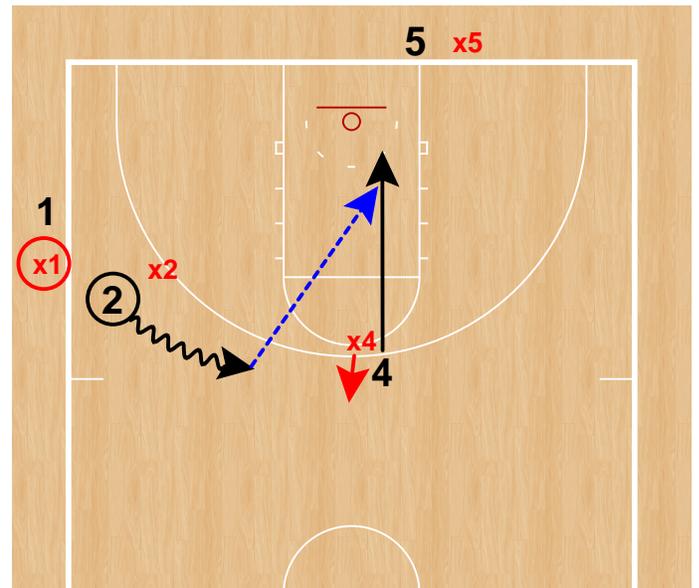
- #1 times the dribble and dribbles towards #5 (Dribble at)
- #5 is denied so he/she makes an automatic hard backdoor cut. We do not cut until dribbled at
- #1 passes to #5 (Bounce passes only) and #5 finishes with a lay-up

Frame 3



- We then rotate and continuity continues

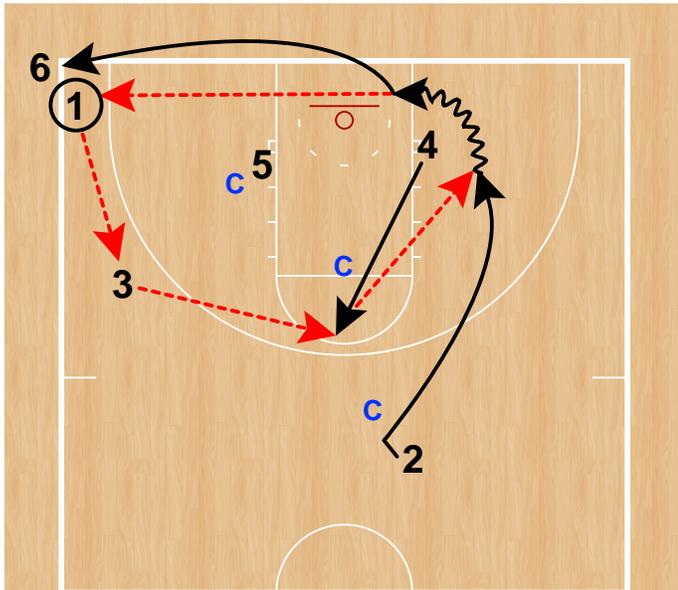
Frame 4



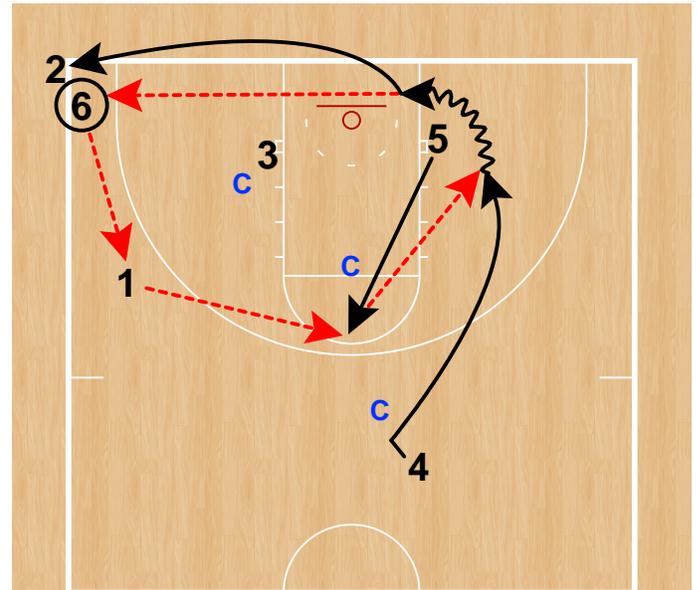
- #2 times the dribble and dribbles towards #4 (Dribble at)
- #4 is denied so he/she makes an automatic hard backdoor cut. We do not cut until dribbled at
- #2 passes to #4 (Bounce passes only) and #4 finishes with a lay-up

# Blind PIG Backdoor Team Drill

Frame 1



Frame 2



- This is a great team motion & backdoor drill that emphasizes ball movement & backdoor reads

- You need at least 6 players to do this drill & if you have 12 players then you could run this drill on both ends of the court

- We have 5 players in our Corner/Triangle setup & 1 line with a basketball in the corner along with 3 coaches playing dummy defense

- We start the drill with #1 passing to #3

- #3 looks at #5 in the post and fakes a pass but then immediately passes to #4 who flashes to the high post

- #4 makes a backdoor pass to #2 who makes a hard backdoor cut on the catch of #4 (coach dummy denies)

- #2 makes a drift pass along the baseline to the next player in line & continuity continues

Rotations look like this...

- #6 follows his/her pass to #1

- #1 replaces #3 in the post

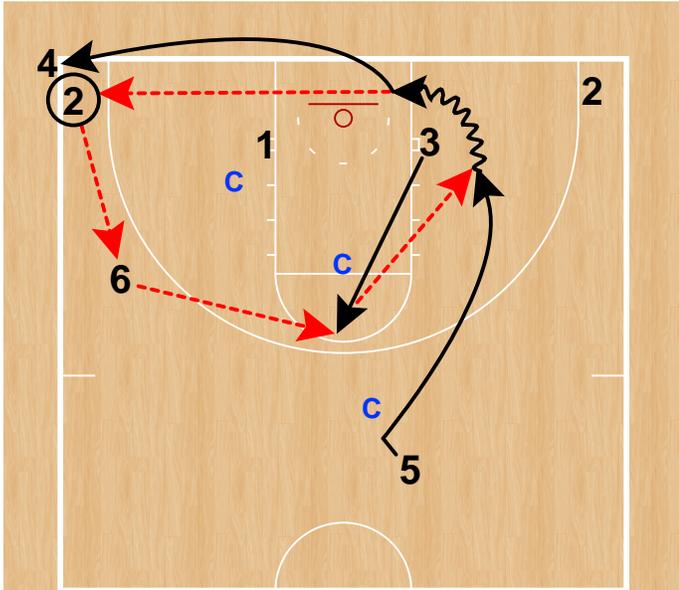
- #3 replaces #5 who flashes to the high post

- #5 replaces #4 to be the next player to make a backdoor cut

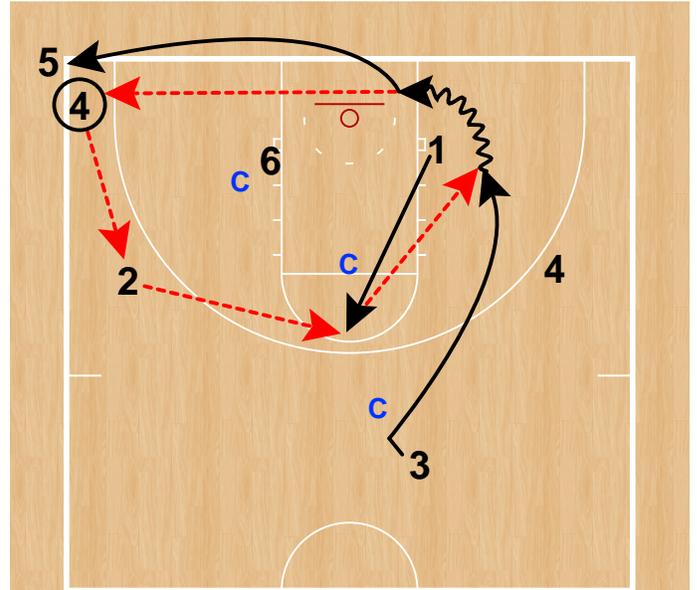
- #4 after making the backdoor cut & drift pass goes to the back of the line in the corner

# Blind PIG Backdoor Team Drill

Frame 3



Frame 4

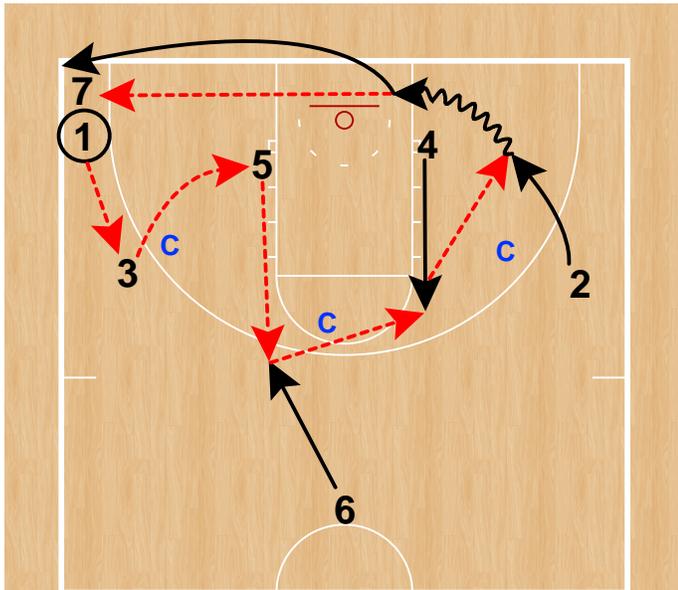


Continuity Continues...

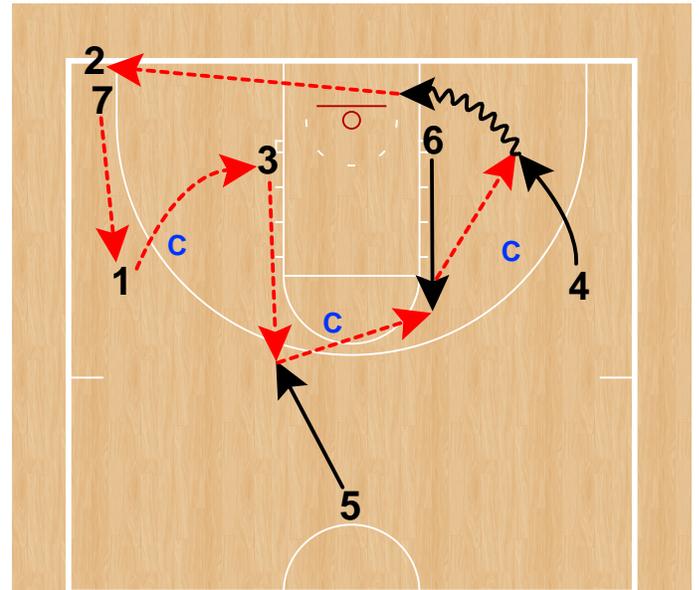
Continuity Continues...

# Pinch Backdoor Team Drill (Feed Post)

Frame 1



Frame 2



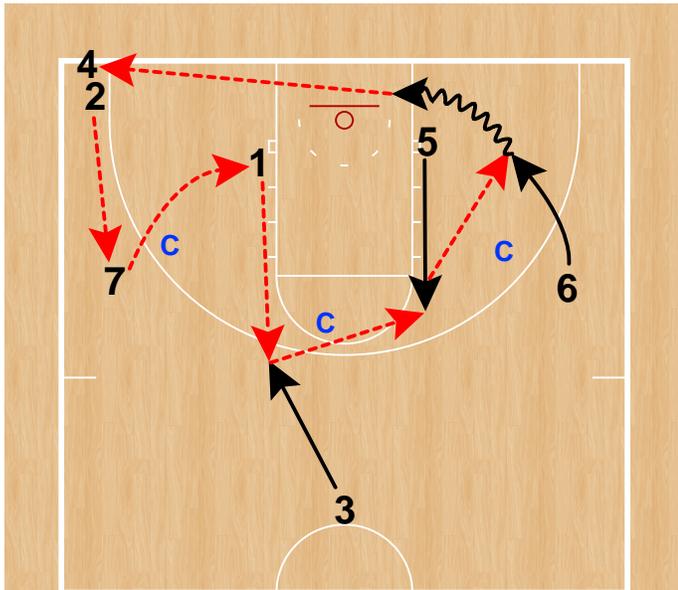
**Great team drill to work on our backdoor passing & cutting**

**Continuity Continues...**

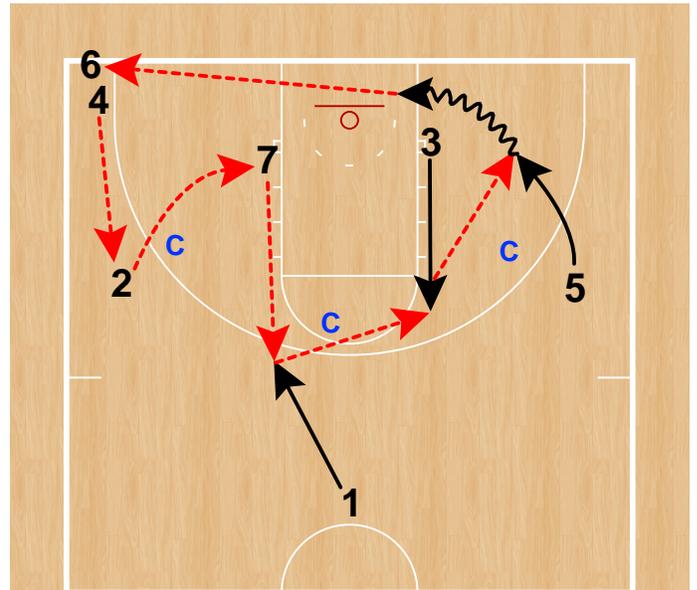
- We have 3 coaches or managers to act as dummy's & use active hands to make passing to the post harder & to simulate setting up backdoor cuts
- We have 1 ball & it starts in the corner & the drill is initiated on the 1st pass being made
- All players follow their pass and replace that player in his/her spot
- #1 passes to #3, who feeds #5 in the post
- #5 then passes out to #6 like they were doubled & #6 then feeds #4 at the elbow as we go into Pinch Post Action
- #4 feeds #2 on the backdoor cut & #2 makes the drift pass to #7 as if the drive was taken away

# Pinch Backdoor Team Drill (Feed Post)

Frame 3



Frame 4

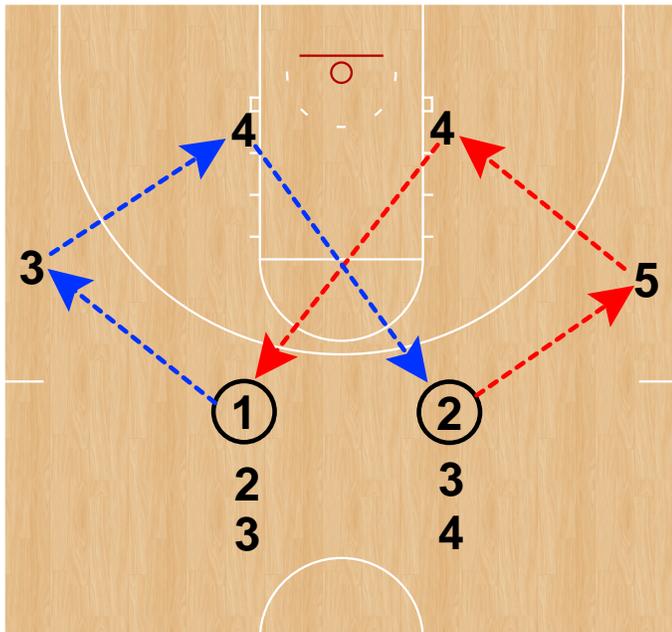


Continuity Continues...

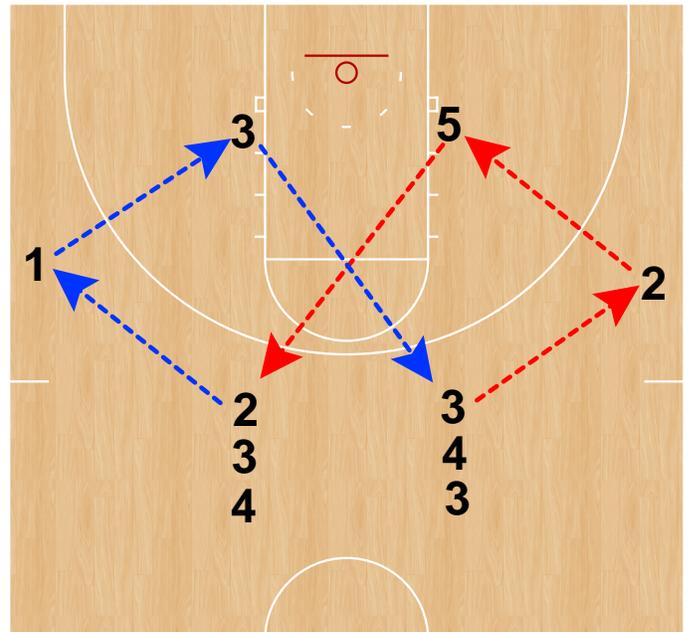
Continuity Continues...

# Oakland Passing Drill\*\*\*

Frame 1



Frame 2



**Works on 3 different types of passes**

- Top to the Wing – Right or Left hand PUSH pass
- Wing to the Post – Step through SPIN pass
- Post to the Top – Square up, beat the double, SKIP pass

**Players Follow their pass to the next spot or the end of the line**

**Blue Passes**

- #1 passes to #3, #3 passes to #4 in the post, & #4 then skip passes to #2 (All players follow to replace who they passed too)

**Red Passes**

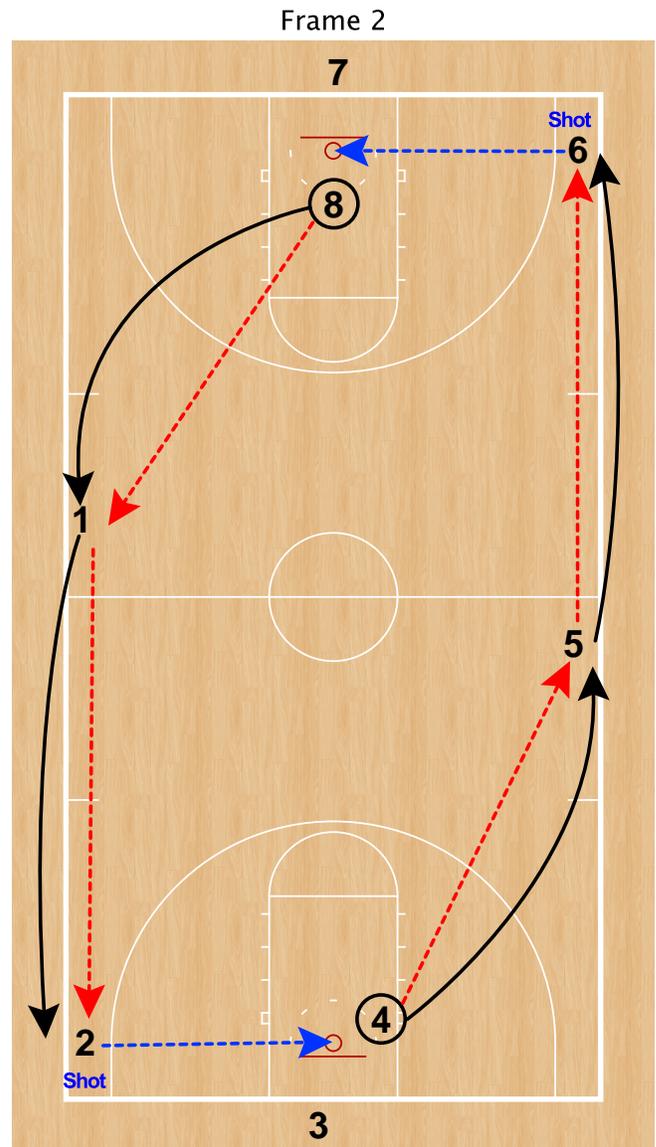
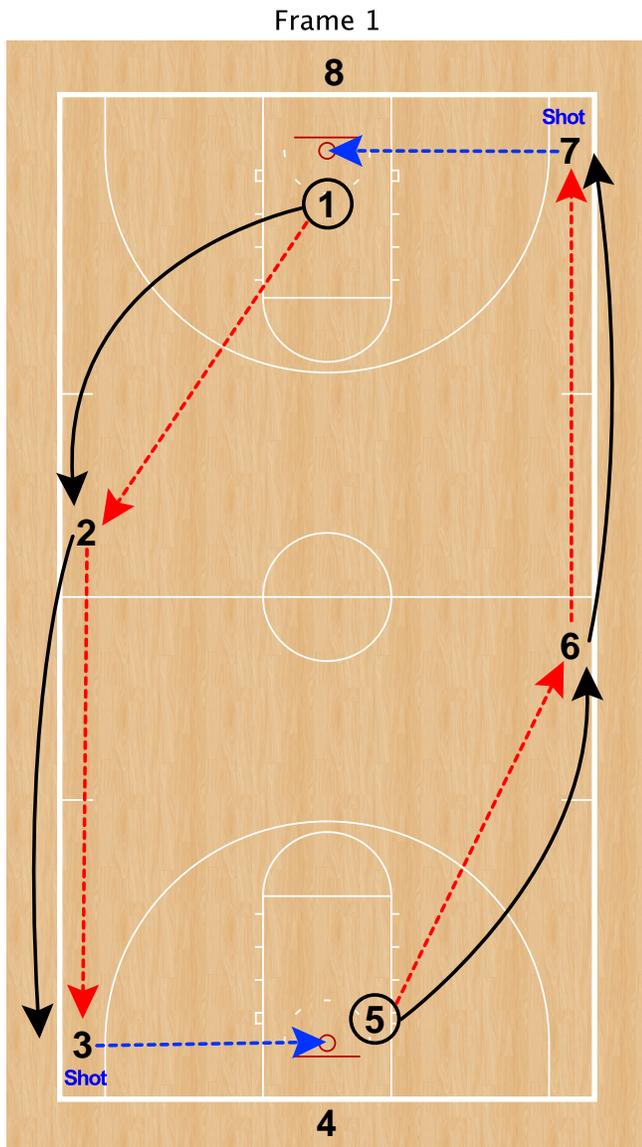
- #2 passes to #5, #5 passes to #4 in the post, & #4 then skip passes to #1 (All players follow to replace who they passed too)

**Works on 3 different types of passes**

- Top to the Wing – Right or Left hand PUSH pass
- Wing to the Post – Step through SPIN pass
- Post to the Top – Square up, beat the double, SKIP pass

**Players Follow their pass to the next spot or the end of the line**

# Sideline Break Shooting Drill\*



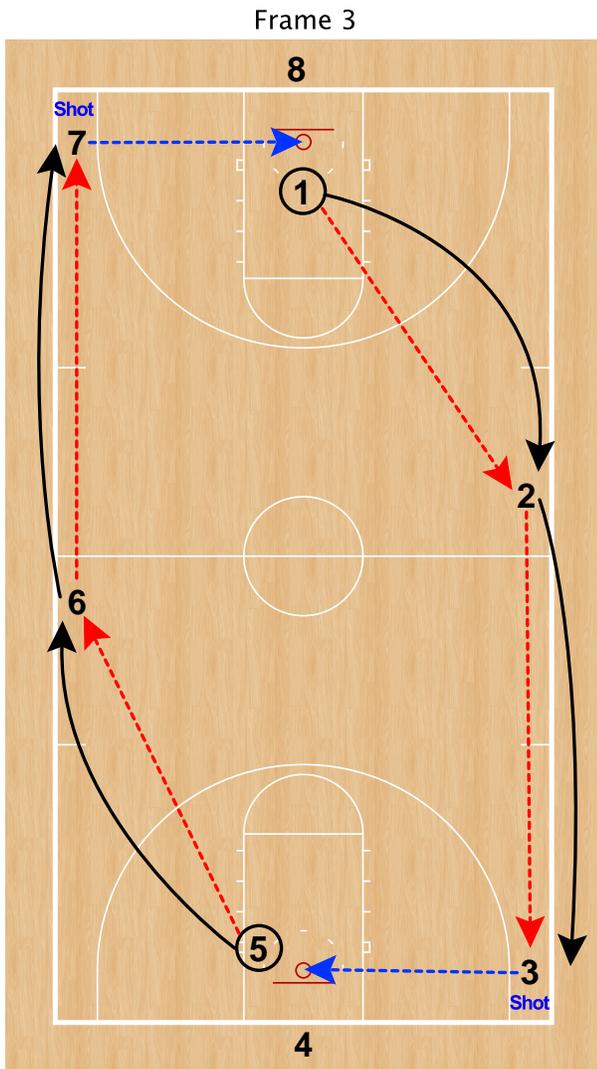
## Continuity Continues

- We start this drill with at least 8 players located in the spots you see above. If you have more players you will put them under the hoop in both lines on each end of the floor
- The players starting with the ball (#1 & #5) will hit the ball off of the backboard, and then they will outlet the ball to the first passing line on their side of the court
- The passers will immediately fire a pass down the court and following their passes
- The players in the corner will shoot a 3 point shot in the corner then go to the back of the line on the baseline
- The players in the lines on the baseline will rebound & then outlet to the sideline & continuity continues

### Rotations

- The rule is, the passers follow their pass

# Sideline Break Shooting Drill\*

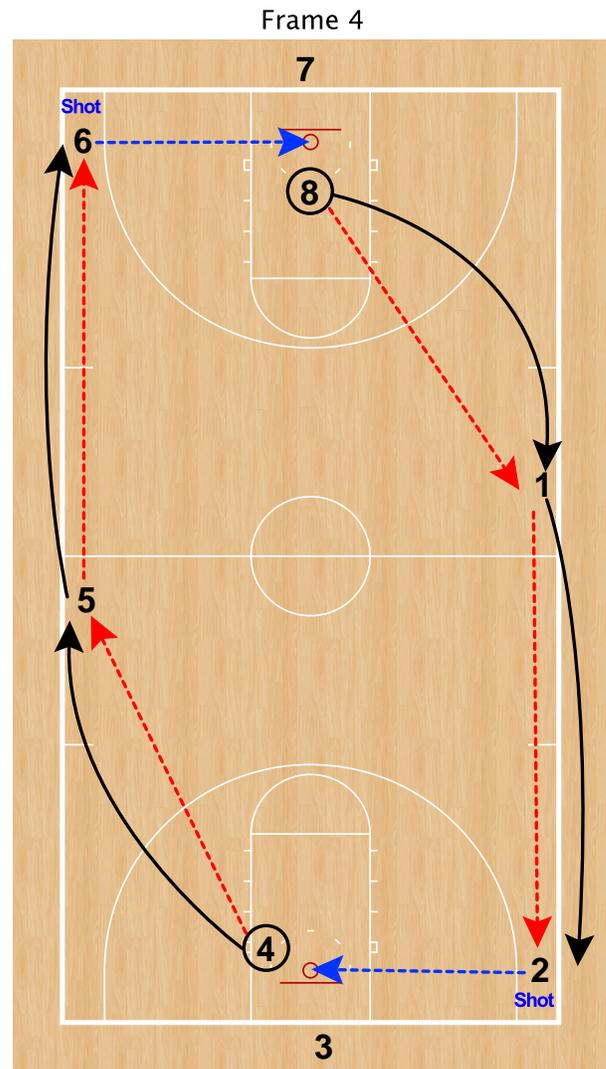


### Switch Sides

- We start this drill with at least 8 players located in the spots you see above. If you have more players you will put them under the hoop in both lines on each end of the floor
- The players starting with the ball (#1 & #5) will hit the ball off of the backboard, and then they will outlet the ball to the first passing line on their side of the court
- The passers will immediately fire a pass down the court and following their passes
- The players in the corner will shoot a 3 point shot in the corner then go to the back of the line on the baseline
- The players in the lines on the baseline will rebound & then outlet to the sideline & continuity continues

### Rotations

- The rule is, the passers follow their pass

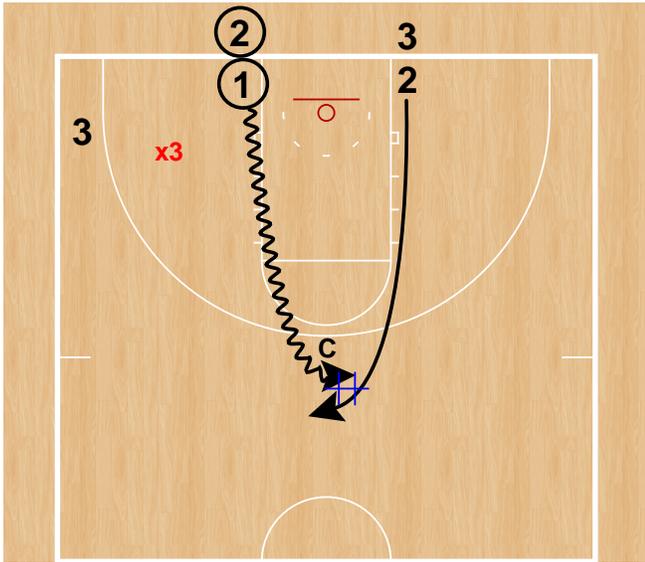


### Continuity Continues

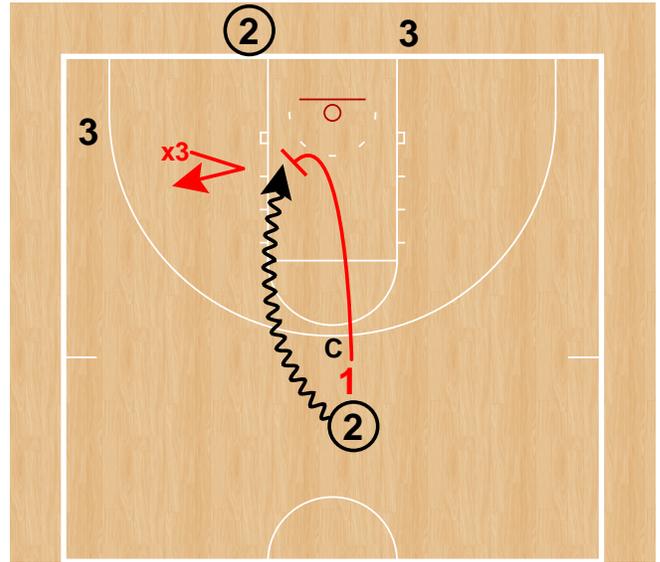
# Passing Drills

# 2 on 2 - 2 Line - DHO & Dig Drill

Frame 1



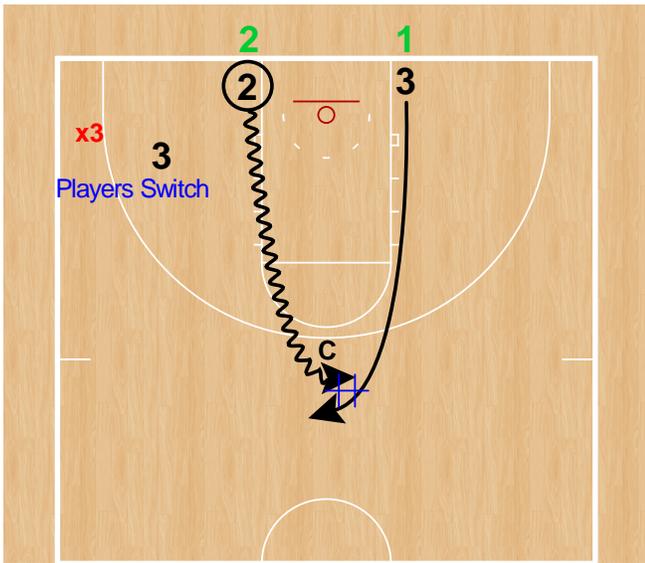
Frame 2



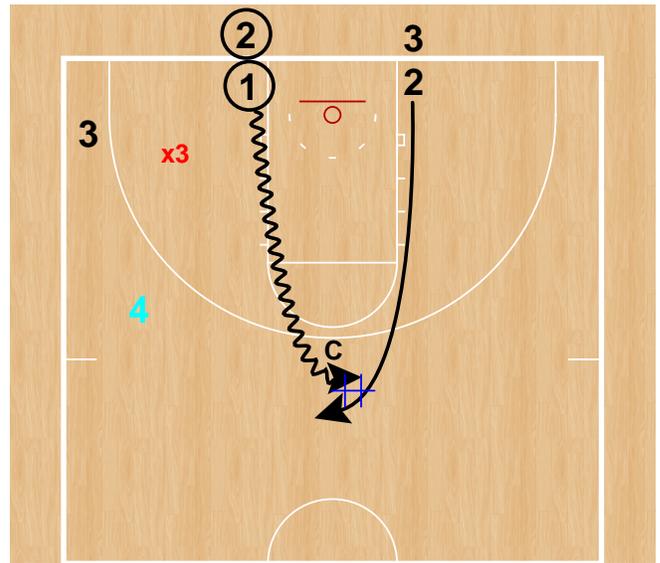
- We start the drill with 2 lines (1 with a basketball), a coach at the top of the key, & 2 players in the corner
- #1 starts the drill by dribbling around the coach & performing a DHO with #2 who also is sprinting around the coach

- #2 is now on offense and attacks downhill trying to score
- #1 hustles around to stop #2 and is now on defense
- X3 digs in on the ball to help #1 contain #2 on the drive, but gets back to play #3 in the corner
- #2 now makes the proper read

Frame 3



Frame 4



### Continuity Continues

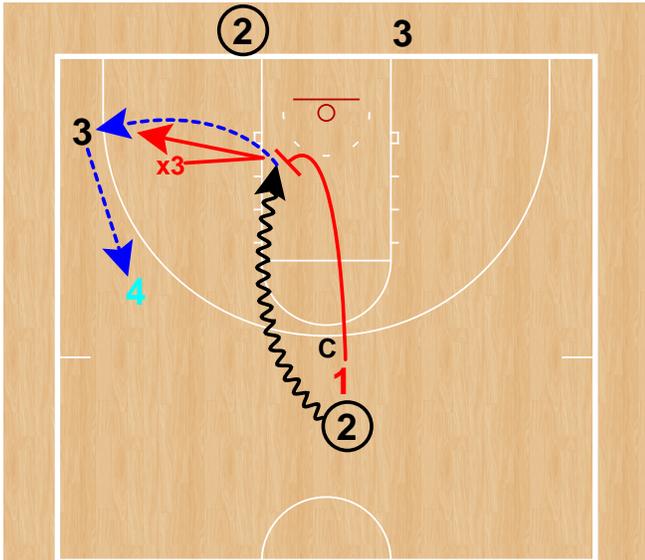
- X3 & #3 switch spots & #3 will now dig & recover
- #1 & #2 will switch lines

### Option B - One More Pass (3 on 2)

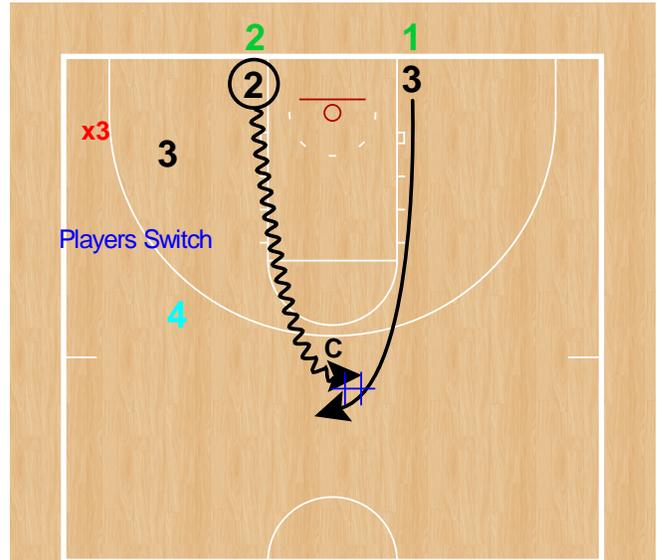
- We start the drill with 2 lines (1 with a basketball), a coach at the top of the key, & 2 players in the corner
- In Option B we have a designated player (#4) as the one more pass option
- #1 starts the drill by dribbling around the coach & performing a DHO with #2 who also is sprinting around the coach

# 2 on 2 - 2 Line - DHO & Dig Drill

Frame 5



Frame 6



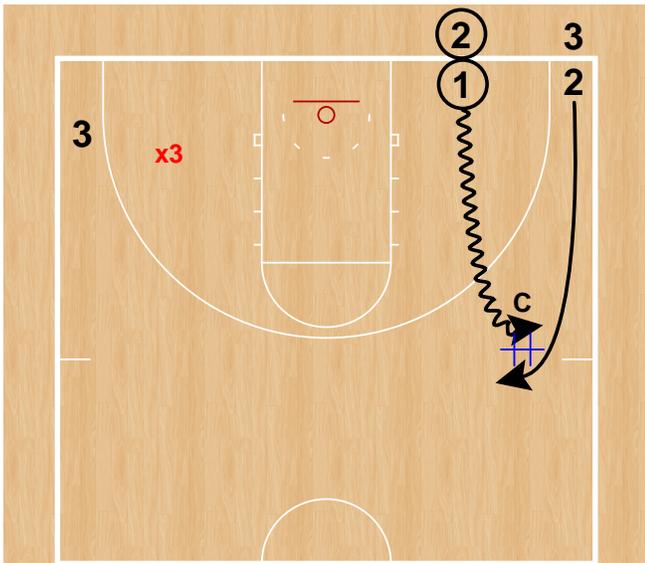
### Option B - One More Pass (3 on 2)

- #2 is now on offense and attacks downhill trying to score
- #1 hustles around to stop #2 and is now on defense
- X3 digs in on the ball to help #1 contain #2 on the drive but gets back to play #3 in the corner
- If #2 kicks to #3 & X3 closes out we are now in the one more pass action & #3 will pass to #4 for a shot or drive & kick & the defense will need to scramble to stop the ball & contest a shot

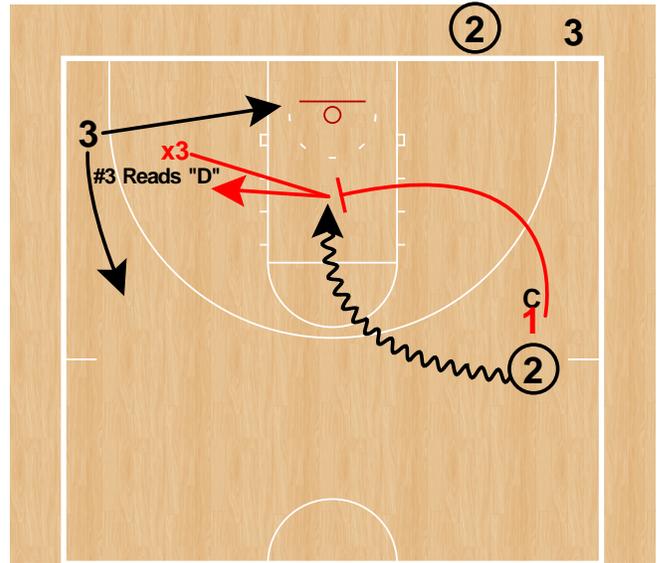
### Option B - One More Pass (3 on 2) - Continuity Continues

- X3, #3, & #4 can all switch spots & #3 will now dig & recover
- #1 & #2 will also switch lines

Frame 7



Frame 8



### Option C - Change Location Of DHO (21/Pistol/One\*)

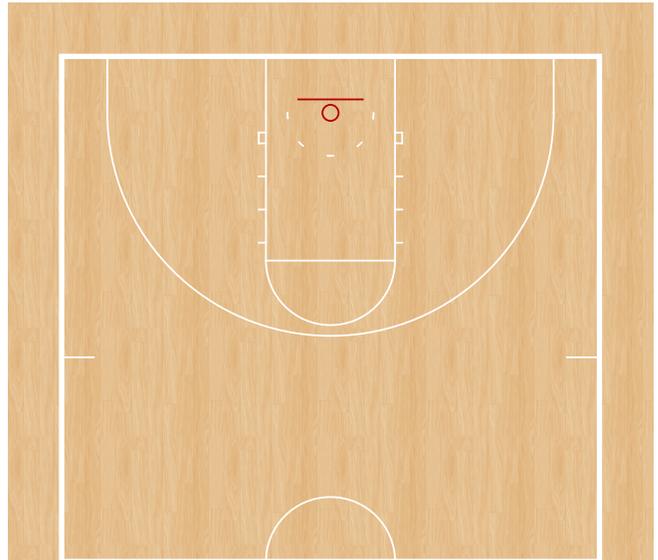
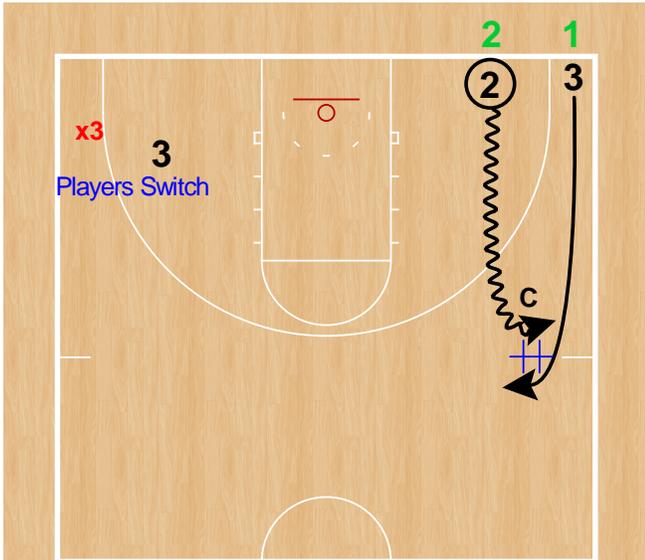
- We start the drill with 2 lines (1 with a basketball), a coach on the wing, & 2 players in the corner
- #1 starts the drill by dribbling around the coach & performing a DHO with #2 who also is sprinting around the coach

### Option C - Change Location Of DHO (21/Pistol/One\*)

- #2 is now on offense and attacks downhill trying to score
- #1 hustles around to stop #2 and is now on defense
- X3 digs in on the ball to help #1 contain #2 on the drive but gets back to play #3 in the corner

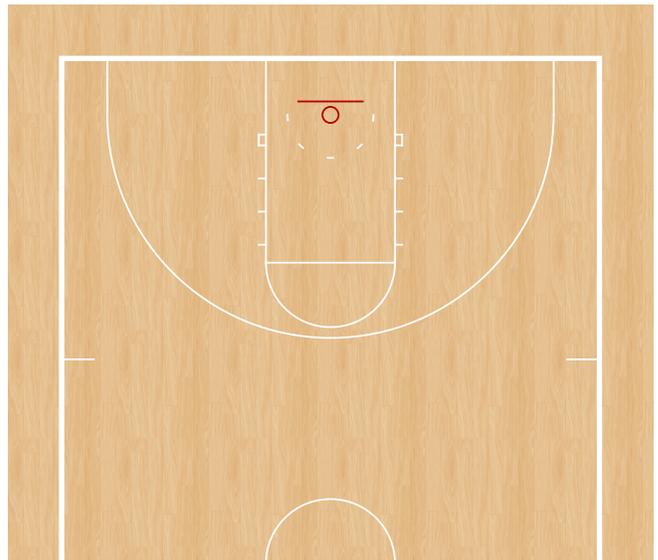
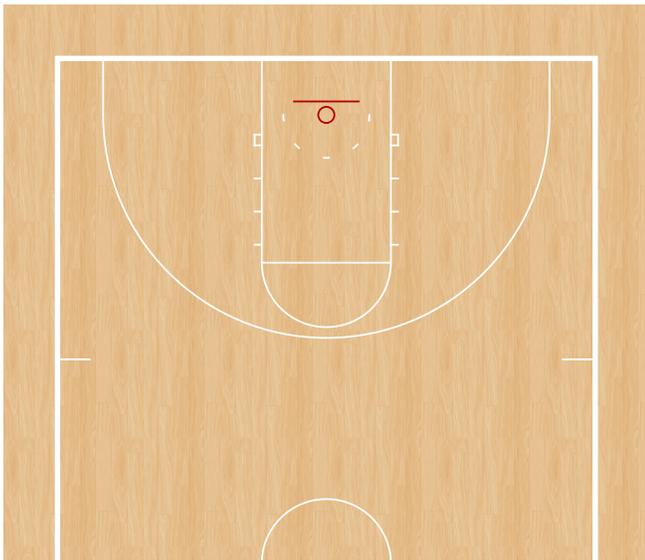
# 2 on 2 - 2 Line - DHO & Dig Drill

Frame 9



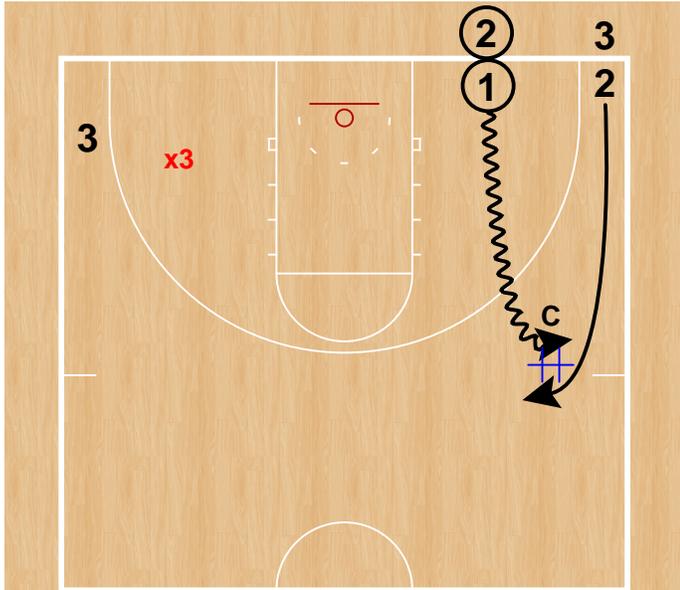
### Option C - Change Location Of DHO (21/Pistol/One\*) - Continuity Continues

- X3 & #3 switch spots & #3 will now dig & recover
- #1 & #2 will switch lines

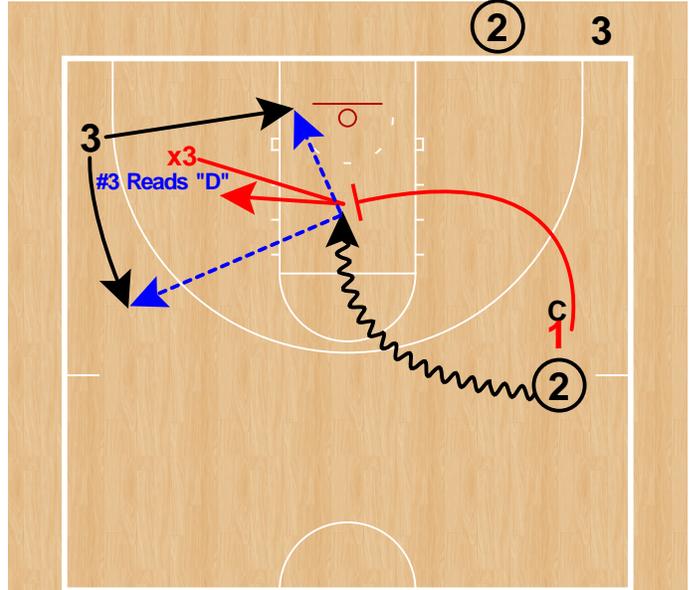


# 2 on 2 - 2 Line - DHO Drill - 21/Pistol/"One"

Frame 1



Frame 2



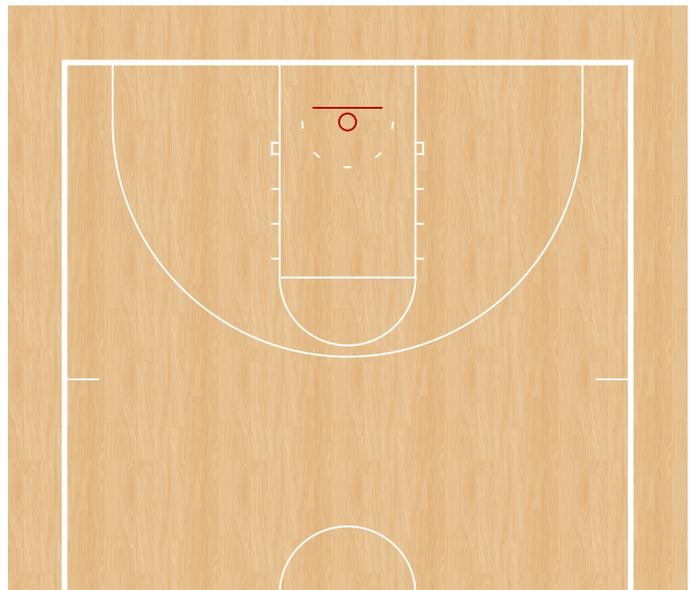
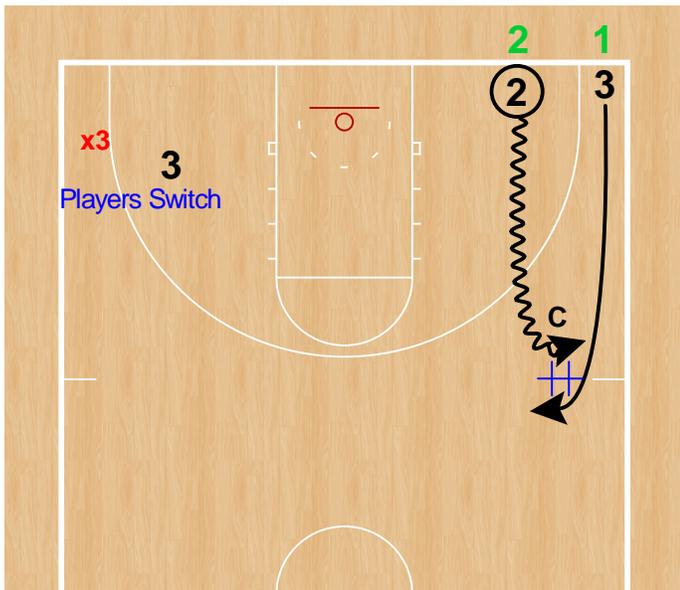
## 21/Pistol/'One' Drill

- We start the drill with 2 lines (1 with a basketball), a coach on the wing, & 2 players in the corner
- #1 starts the drill by dribbling around the coach & performing a DHO with #2 who also is sprinting around the coach

## 21/Pistol/'One' Drill

- #2 is now on offense and attacks downhill trying to score
- #1 hustles around to stop #2 and is now on defense
- X3 digs in on the ball to help #1 contain #2 on the drive, but gets back to play #3 in the corner
- #2 makes the proper read

Frame 3

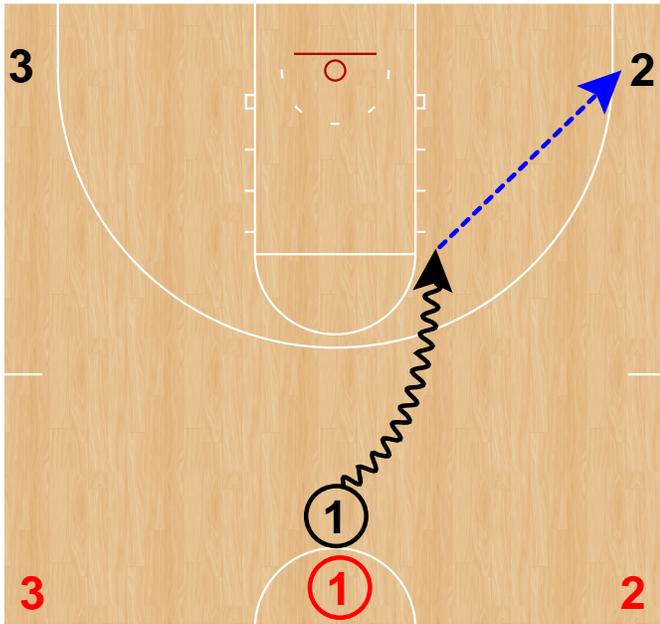


## 21/Pistol/'One' Drill - Continuity Continues

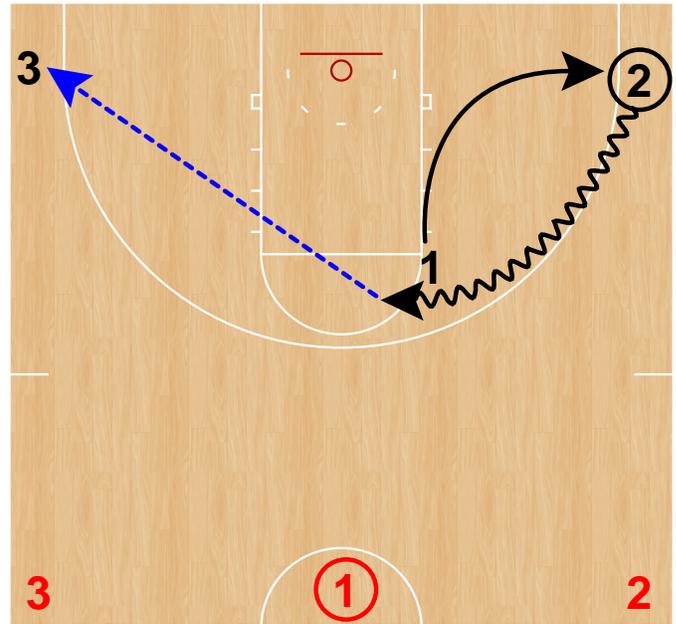
- X3 & #3 switch spots & #3 will now dig & recover
- #1 & #2 will switch lines

# 3 Man - Drive & Kick Relocation Drill

Frame 1



Frame 2



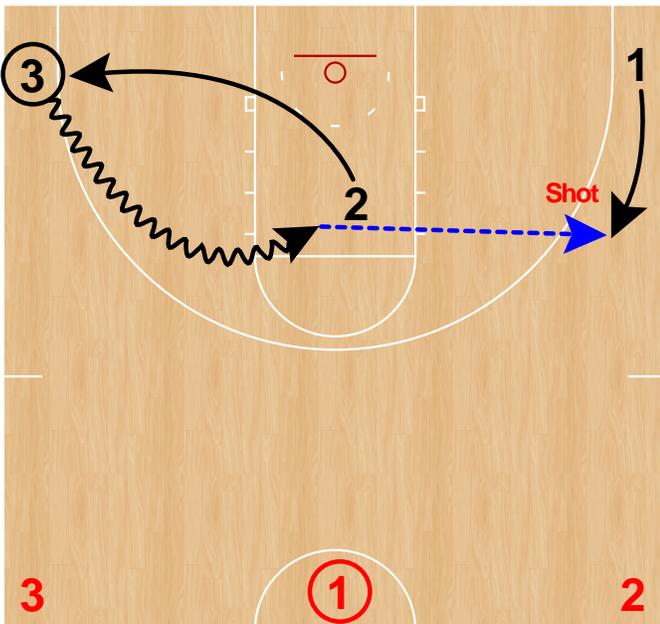
**Option A - Drive & Kick**

- We start in either 3 lines or in groups of 3 players
- #1 will start the drill as he/she attacks & drives to the elbow, jump stops, and then passes to #2 in the corner
- After making a pass all players will replace the player they passed the ball too

**Option A - Drive & Kick**

- #2 then drives & attacks the paint, jump stops, & then passes to #3, & then replaces #3 after the pass

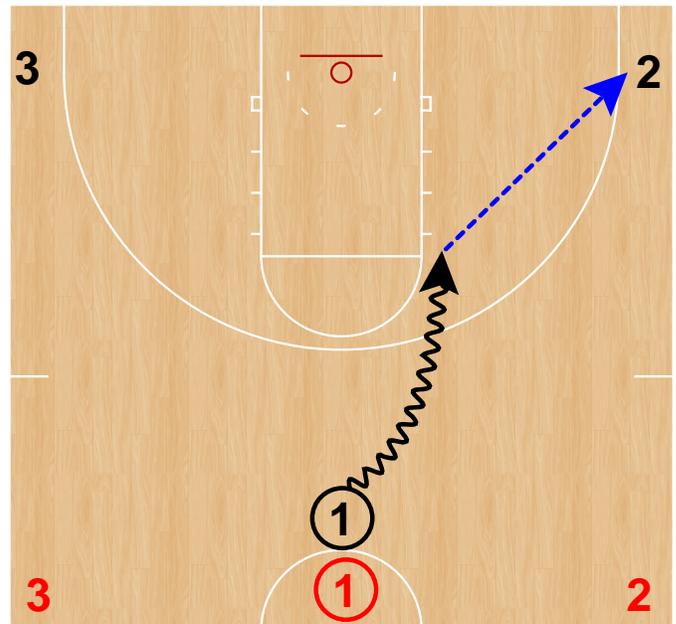
Frame 3



**Option A - Drive & Kick**

- #3 then drives & kicks to #1 (who can lift or not) & takes a shot
- The next group would go up and everyone would switch lines. Then continuity would continue

Frame 4

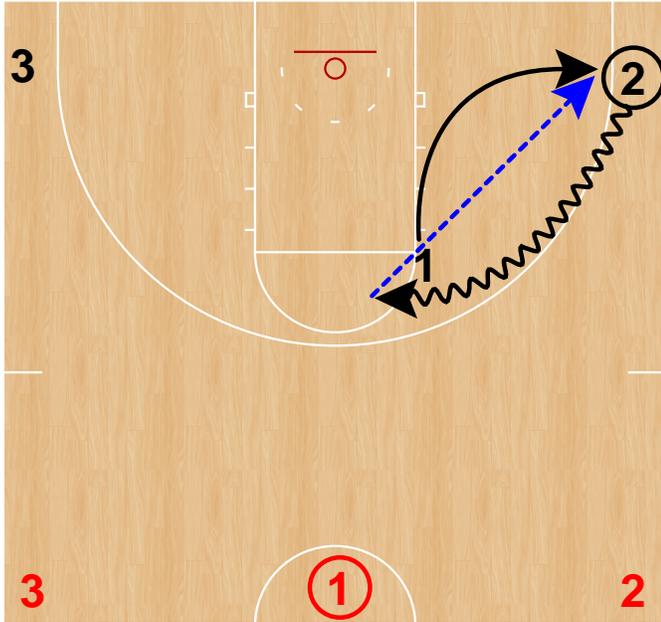


**Option B - Throwback Passes**

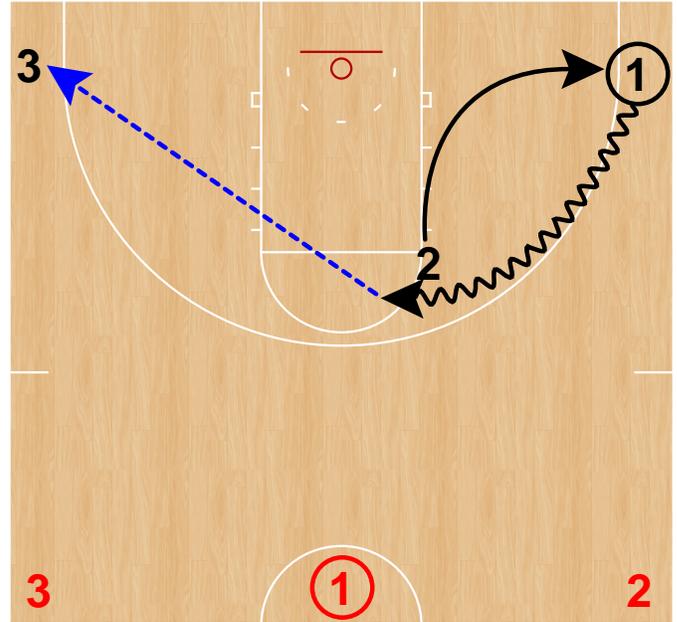
- #1 attacks & drives to the elbow, jump stops, and then passes to #2 in the corner

# 3 Man - Drive & Kick Relocation Drill

Frame 5



Frame 6



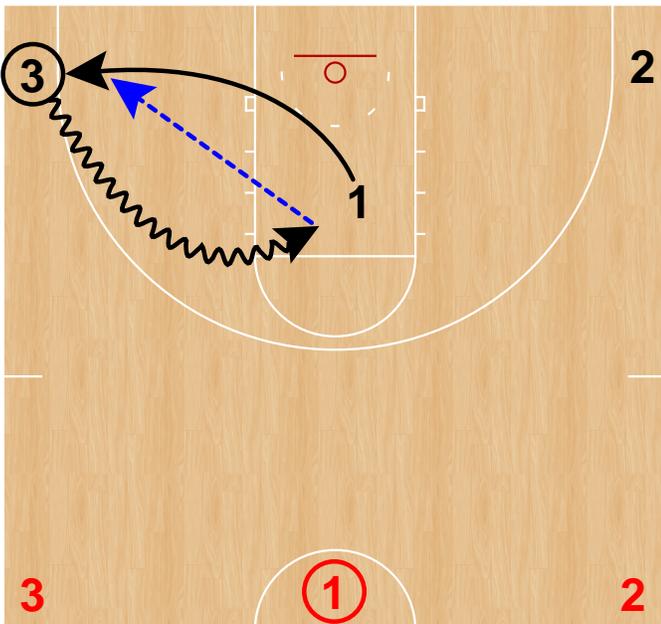
**Option B - Throwback Pass**

- After making a pass all players will replace the player they passed the ball too
- #2 drives & attacks the paint, jump stops, & passes **BACK** to #1 as we are now working on our throwback passes

**Option B - Throwback Into A Drive & Kick**

- #1 will immediately drive & attack the paint, jump stop, & pass to #3, & will then replace #3 in the corner after the pass

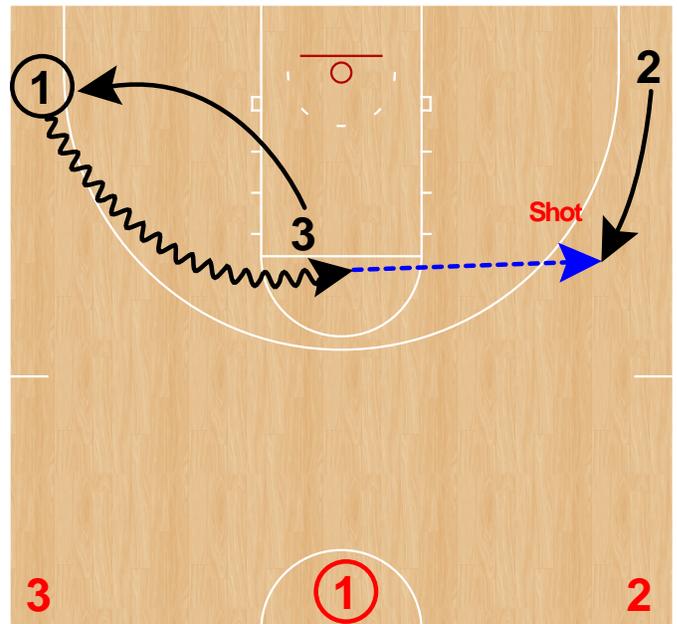
Frame 7



**Option B - Throwback Pass**

- #3 drives & attacks the paint, jump stops, & passes **BACK** to #1 as we are working on our throwback passes

Frame 8

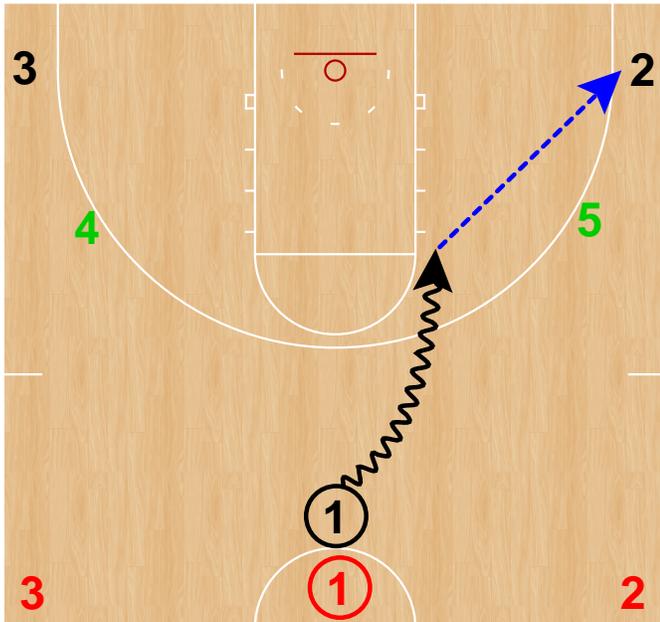


**Option B - Throwback Into A Drive & Kick**

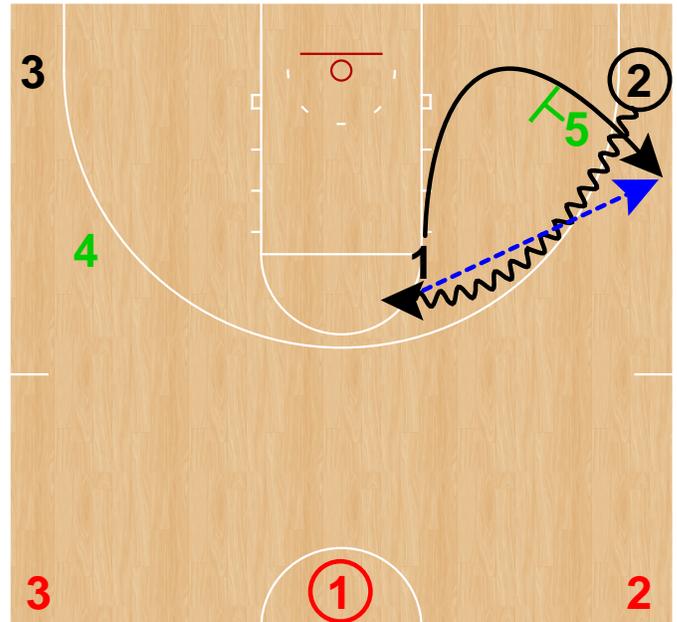
- #1 then drives & kicks to #2 who takes a shot

# 3 Man - Drive & Kick Relocation Drill

Frame 9



Frame 10



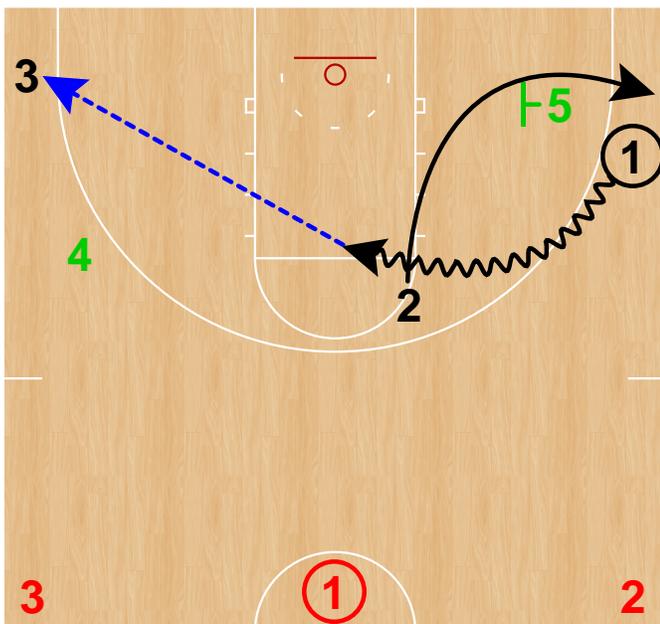
**Option C - Steph Curry Action - Throwback Passes With A Screen**

- After making a pass all players replace the player they passed the ball too
- #1 drives & attacks the paint, jump stops, & passes to #2

**Option C - Steph Curry Action - Throwback Passes With A Screen**

- In our Steph Action #2 drives & passes back to #1 who after the pass continued his/her cut and came off the pin down screen from #5 for the shot

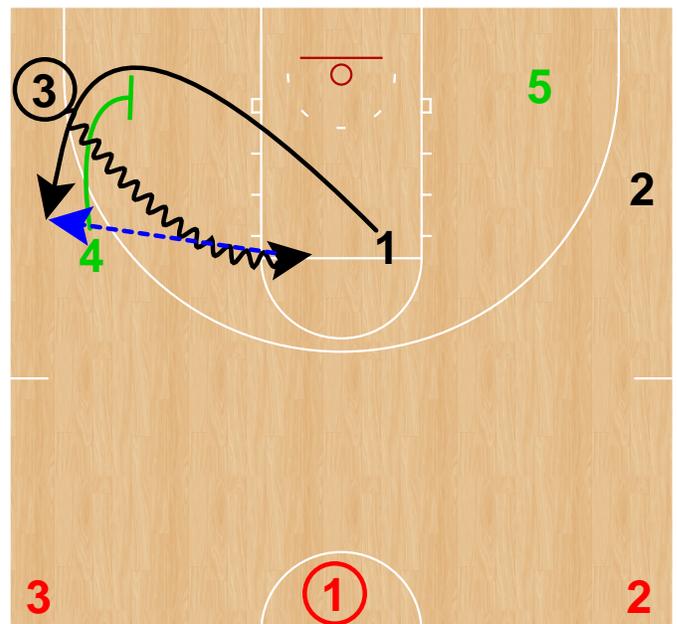
Frame 11



**Option C - Steph Curry Action - Throwback Passes With A Screen**

- #1 now drives and attacks & #2 continues the Steph cut off #5's pin down screen as a decoy
- #1 drives & kicks to #3

Frame 12

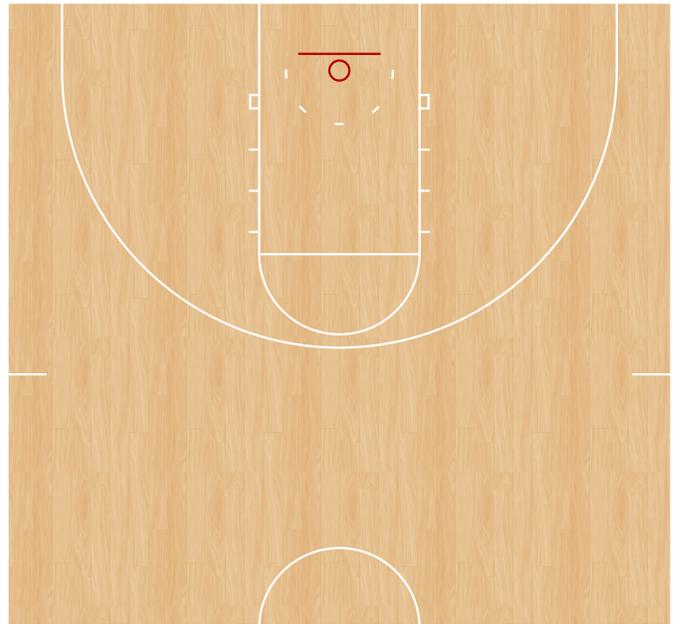
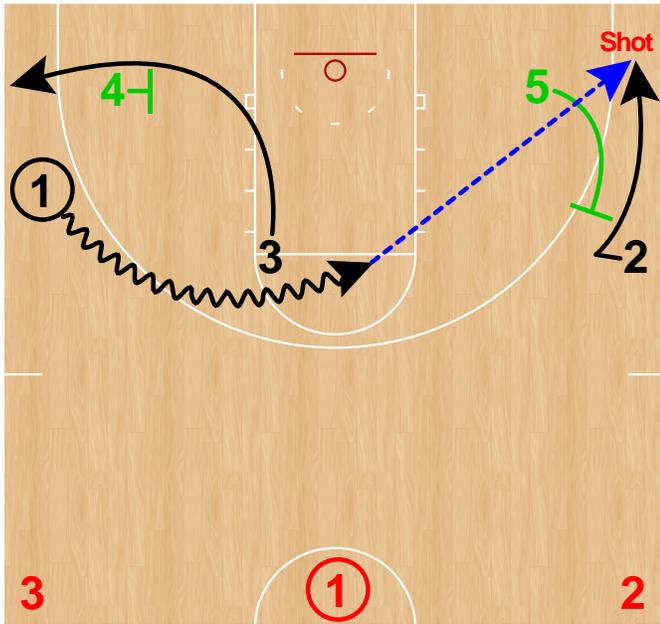


**Option C - Steph Curry Action - Throwback Passes With A Screen**

- In our Steph Action on the opposite side of the floor has #3 now driving & passing it back to #1 who after the pass continued his/her cut and came off the pin down screen from #4 for the shot

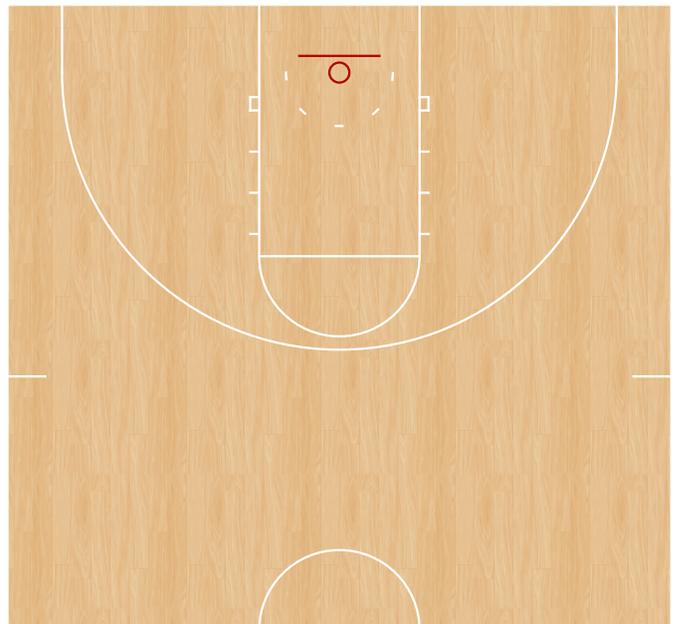
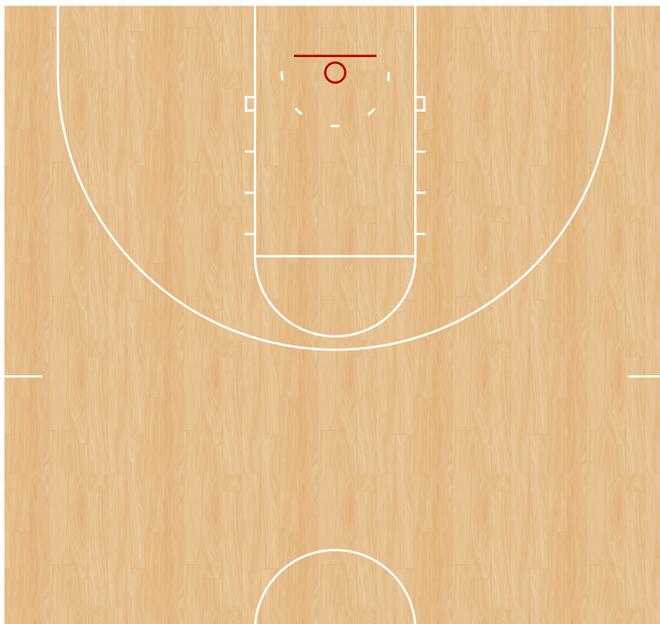
# 3 Man - Drive & Kick Relocation Drill

Frame 13



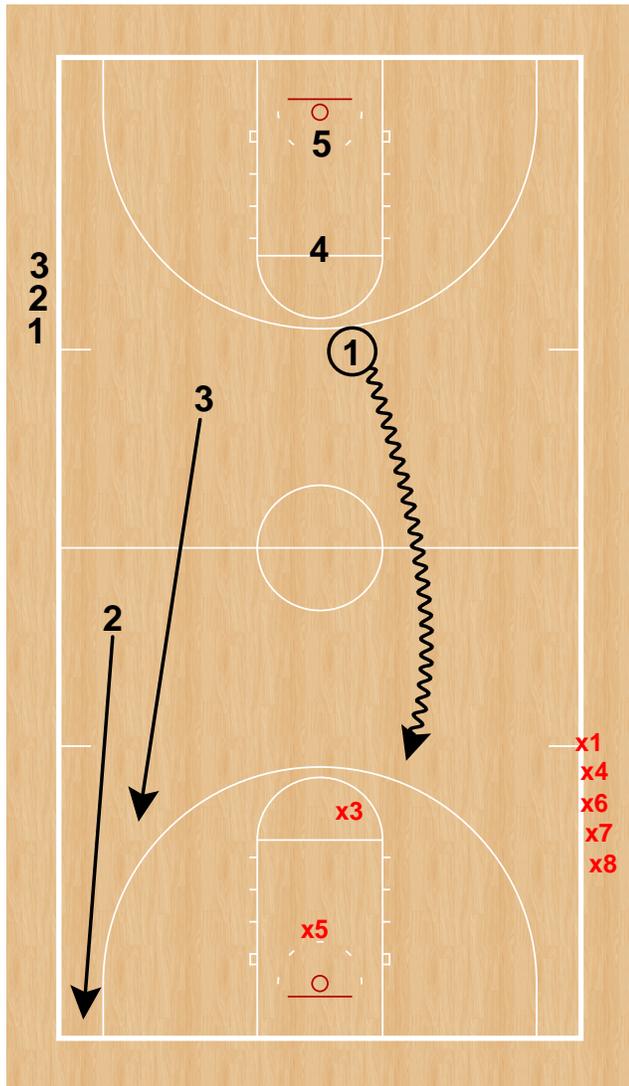
## Option C - Steph Curry Action - Throwback Passes With A Screen

- On the last action #1 drives & passes to #2 who flares off #5's back screen for a shot

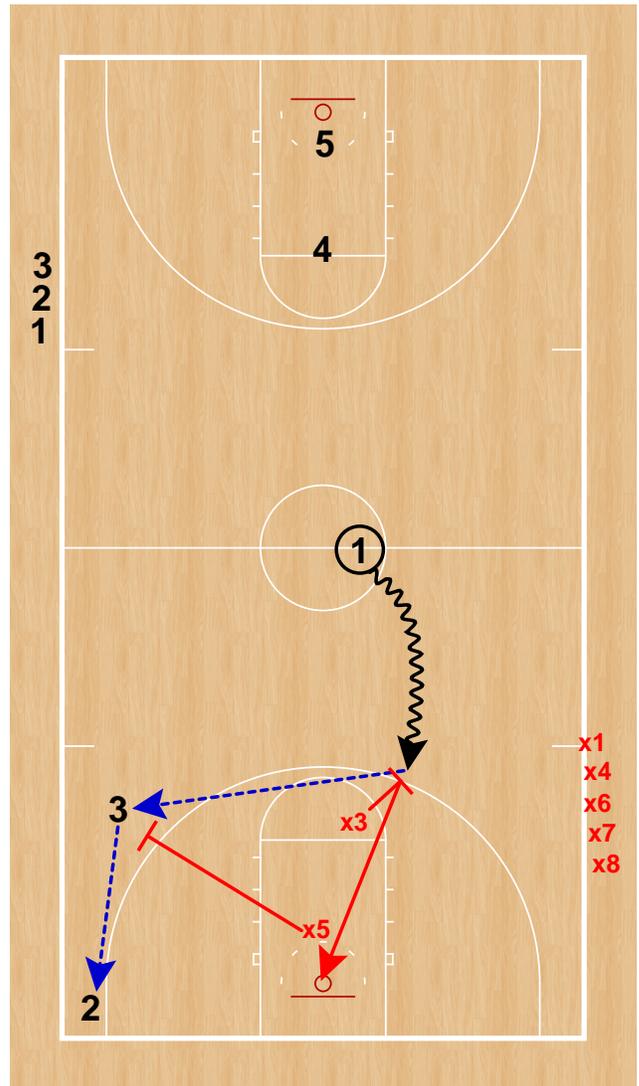


# 3 on 2 – Continuous Rocket Break Drill

Frame 1



Frame 2



**This is the same drill as our 3 on 2 Continuous drill except we use our 2 sided Rocket Break instead**

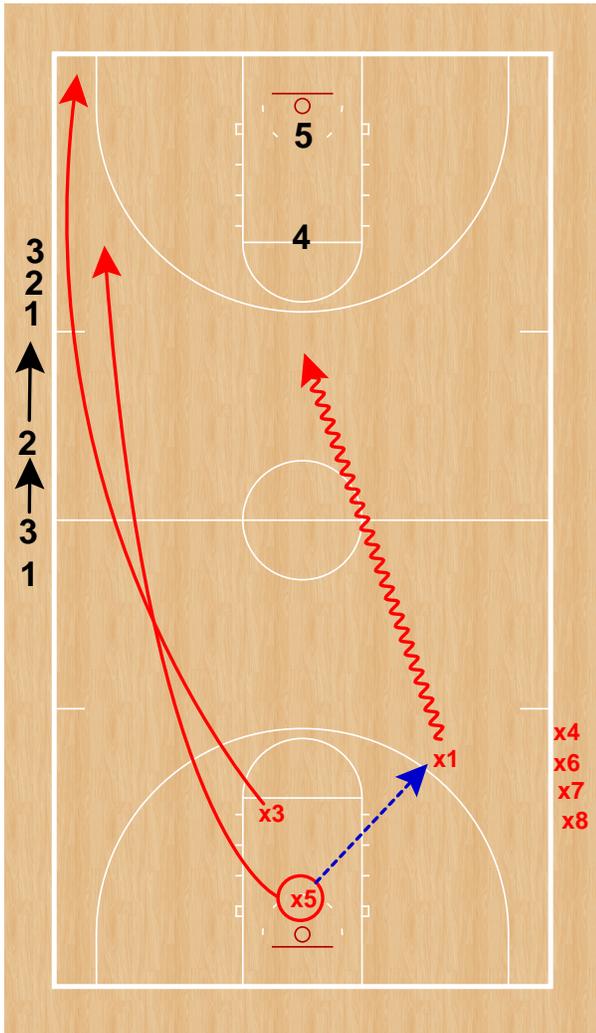
- One team will start with 3 players at half court ready for a 3 on 2 break going towards two defenders
- In our Rocket Break we have 2 players (#2 & #3) on 1 side of the floor properly spaced with 1 player (#2) sprinting to the corner, & the other player (#3) sprinting to the wing
- #1 needs to attack the paint & make the top defender stop him/her. If he/she gets stopped we look for the drive & kick pass to either #2 or #3
- After the pass has been made we have a 2 on 1 advantage where 1 defender needs to guard against 2 players. This is where the "one more pass" concept comes into play as well as pass fakes & shots or drives
- Notice the set-up. 2 teams are ready to play defense on both ends

- X5 & X3 are in scramble & help the helper mode if a pass is made & then the offense is in a "one more pass" offense

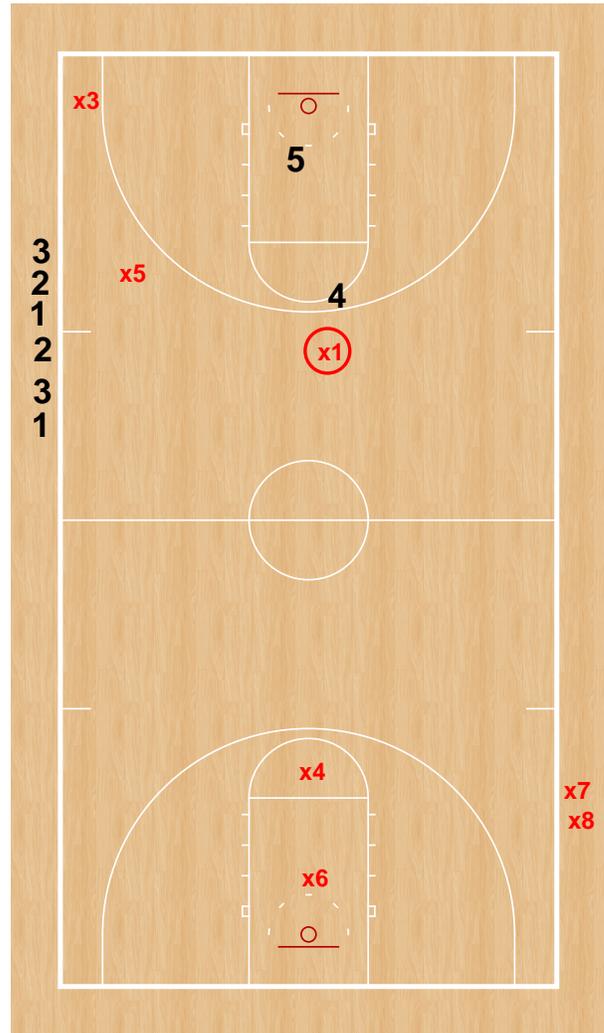
- Once the defense gets a stop, they outlet the ball to their outlet line and go the other direction on a 3 on 2
- The defense is already set up on the other end, so the offensive players that are done can go now join their outlet lines
- The next 2 players in the line after the outlet person will now be the 2 defensive players for the next 3 on 2
- You can play for a certain amount of time or to 11-15-21

# 3 on 2 – Continuous Rocket Break Drill

Frame 3



Frame 4



- Once the defense gets a stop, they outlet the ball to their outlet line and go the other direction on a 3 on 2

- The 2 wings (X3 & X5) sprint to the same side in our 2 sided Rocket Break Action. The 1st player down the floor (X3) sprints to the corner & the trailer (X5) sprints to the same side wing with proper spacing to make 1 player having to take 2 on 1 side of the floor but not having the ability to guard 2 because of our spacing

- The defense is already set up on the other end, so the offensive players that are done can now join their outlet lines

- The next 2 players in the line after the outlet person will now be the 2 defensive players for the next 3 on 2.

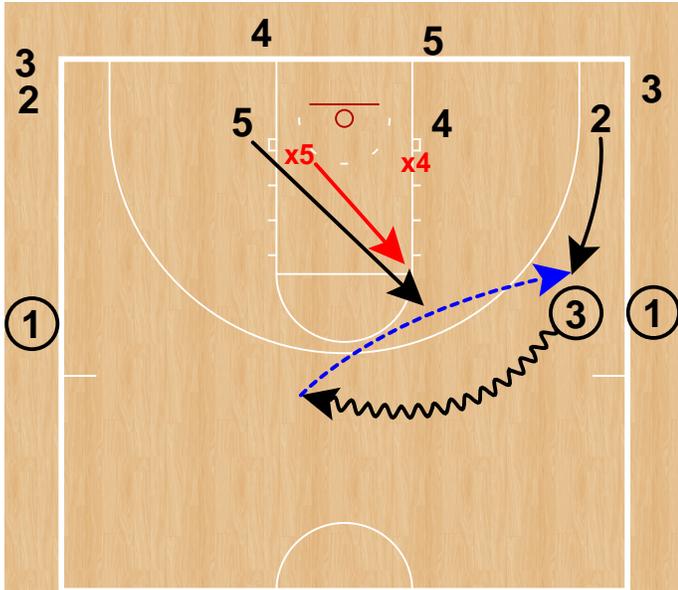
- You can play for a certain amount of time or to 11-15-21

- x4 & x6 come in to be the defense as the offense goes to the other end in a 3 on 2

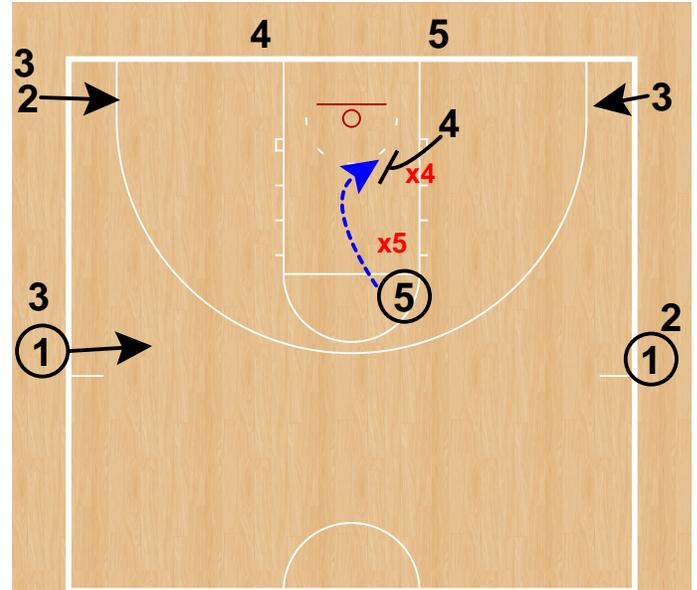
- Continuity continues

# Moose Action – High/Low Passing Drill (Serbian Throwback)

Frame 1



Frame 2



## Teach High/Low Passing from the top of the key

– We start the drill with 6 lines. 2 lines on the baseline free throw line extended (Post Players). Then we have 2 lines on each side, 1 on the wing & the other in the corner. 3 lines per side of the floor

– #3 starts the drill with a ball on the wing in the Serbian Side Setup (A Player Below The Ball)

– You can run this drill on just 1 side of the floor if you have limited players or you can run it to both sides of the floor if you have 12 or more

– We start with 4 offensive players & 2 defensive players guarding the post players only

– #3 attacks & throws back to #2 (auto read when there is a player below us)

– #5 then flashes to the high post to receive the pass from #2 (Moose Action)

– #4 immediately seals & walks his/her man up the lane to make space for a High/Low entry pass from #5

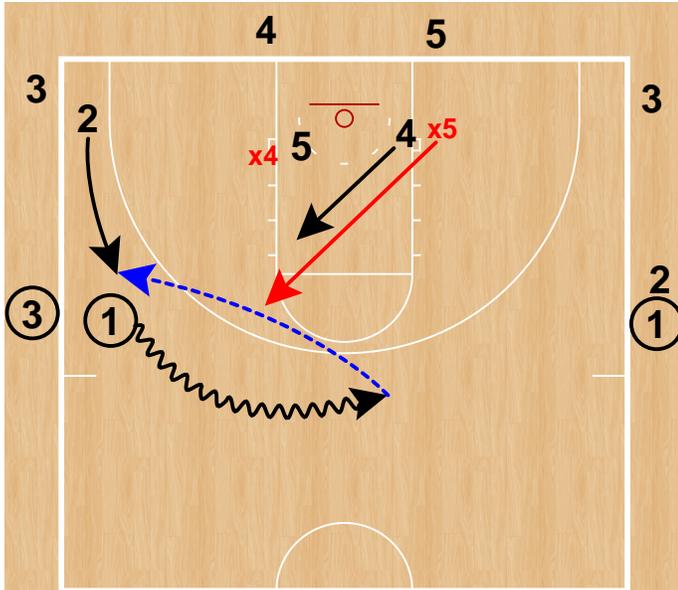
– #5 looks to hit #4 on the seal & in the High/Low pass and #4 tries to score

– #4 immediately seals & walks his/her man up the lane to make space for a High/Low entry pass from #5

– After the offense is done the 2 defenders become the offense, while the 2 players in the post who were on offense will go to the back of the post line

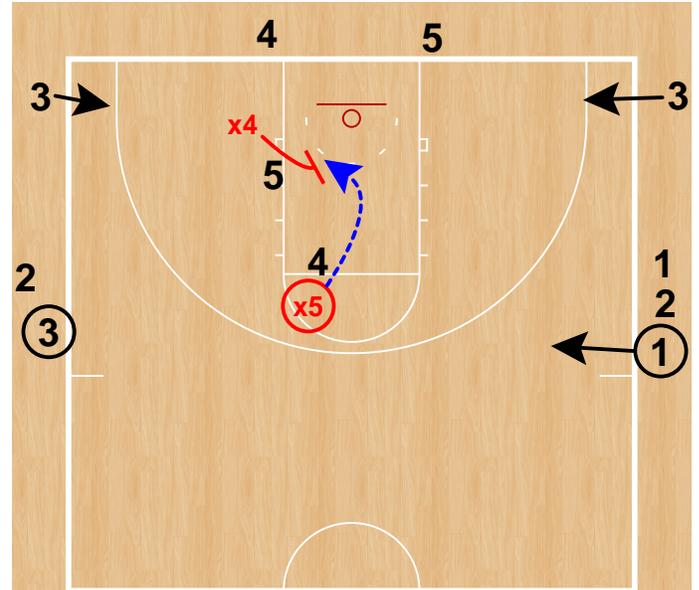
# Moose Action – High/Low Passing Drill (Serbian Throwback)

Frame 3



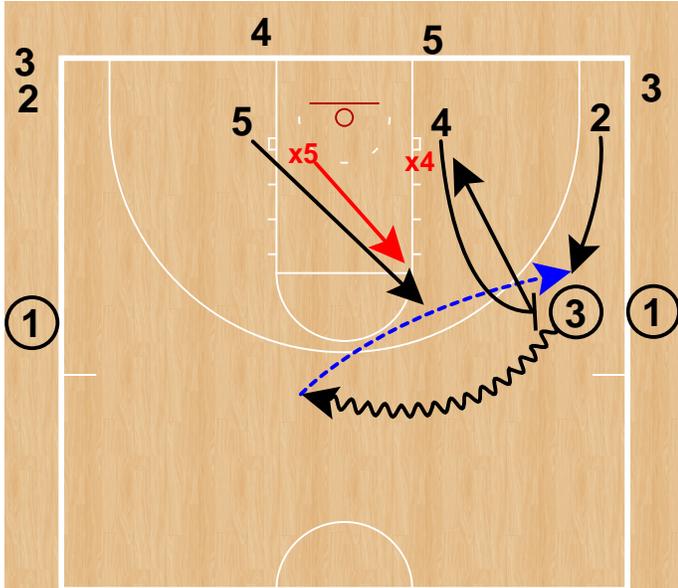
- Continuity Continues on the opposite side of the floor

Frame 4



Continuity Continues

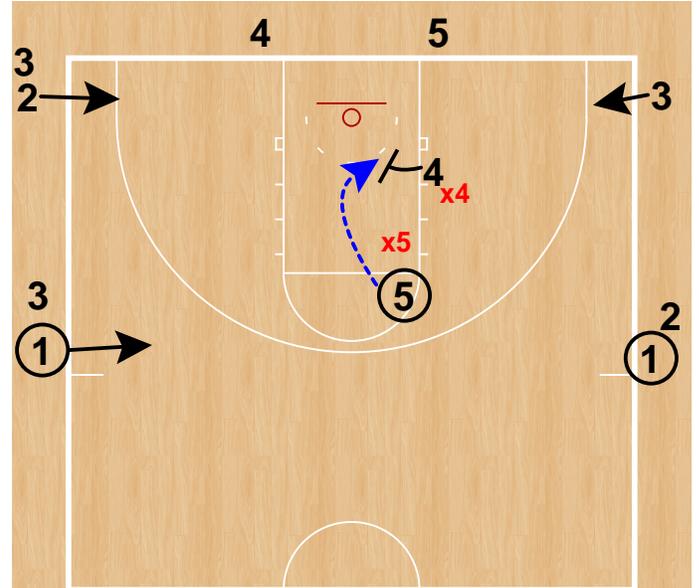
Frame 5



Option

- You can start this drill with a side/wing PNR as well

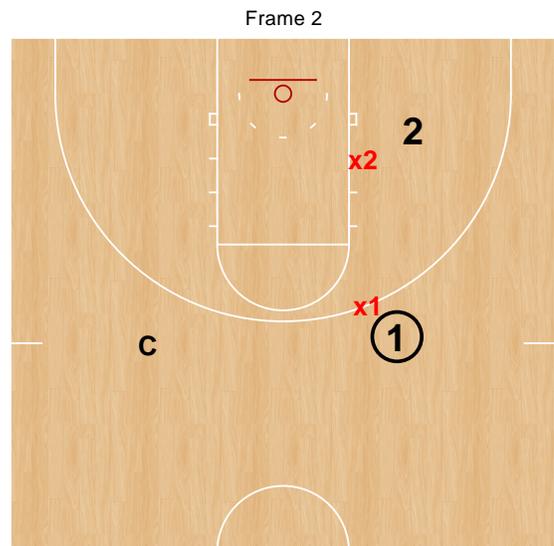
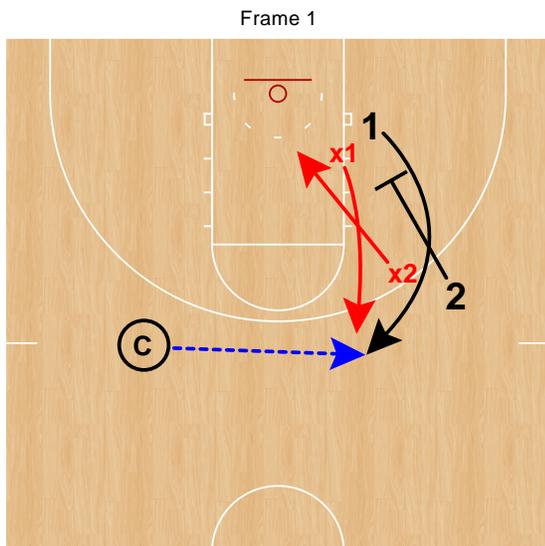
Frame 6



Option Continued

# Defensive Drills

# 2 on 2 - Combo Drill (Down Screens & DHO Defense)\*\*\*

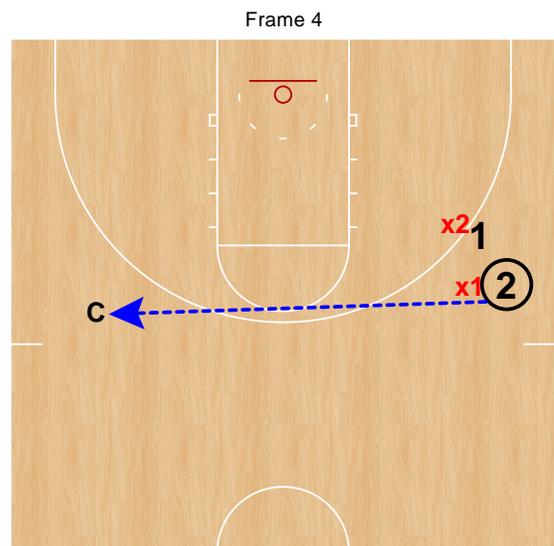
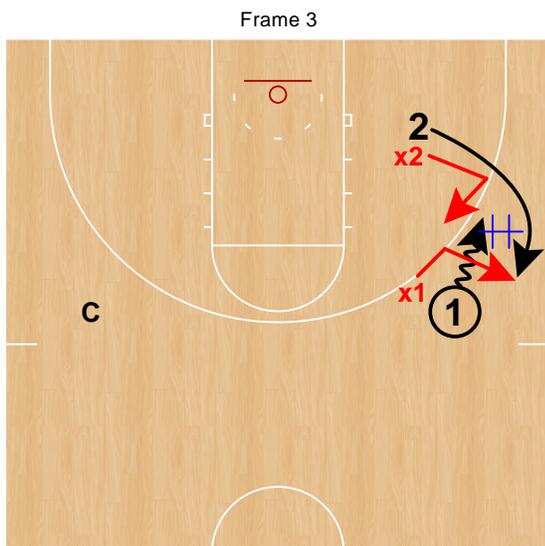


### Defending Against Down Screen Action

- This is a live 2 on 2 drill that works like this... We start with basic down screen action
- On the catch by the offense we then go immediately into DHO (21) Action on the wing
- The coach will get the ball back then drive baseline
- On the pass out we are live and the offense will try & score & they can pass back to the coach 1 - 2x max

### Defending Against Down Screen Action Continued

- You can have the defense switch the down screen, give space to get through, or chase around the screen



### Defending Against DHO Action

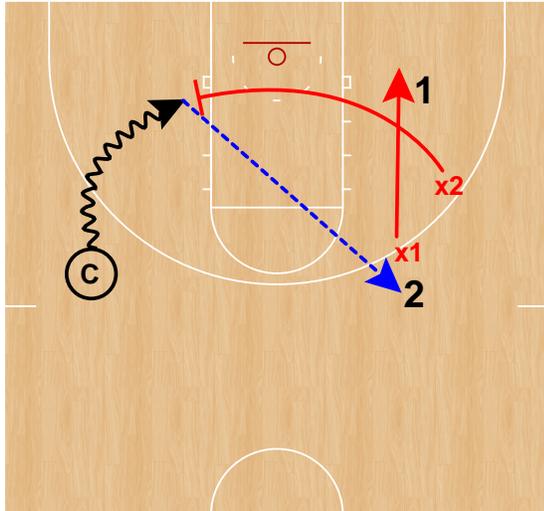
- If they get into a DHO we are hard switching in our Green Action

### Defending Against DHO Action Continued

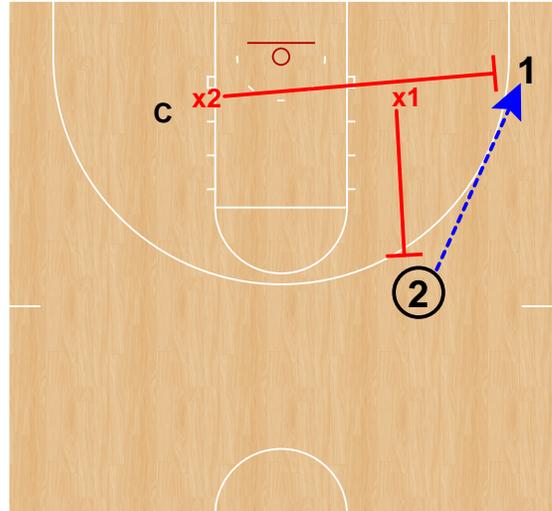
- After the jump switch and DHO #2 will pass back to the coach

# 2 on 2 - Combo Drill (Down Screens & DHO Defense)\*\*\*

Frame 5

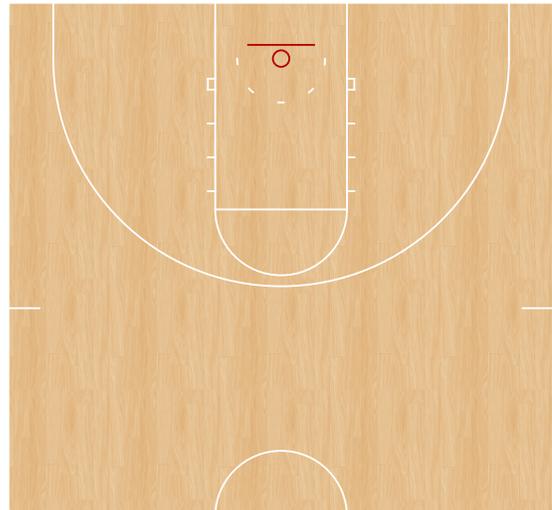
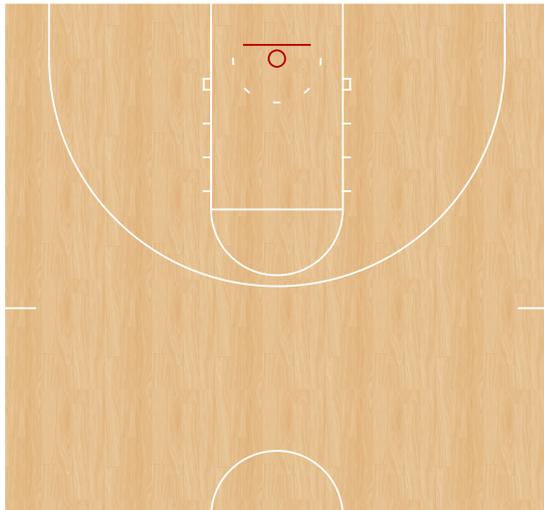


Frame 6



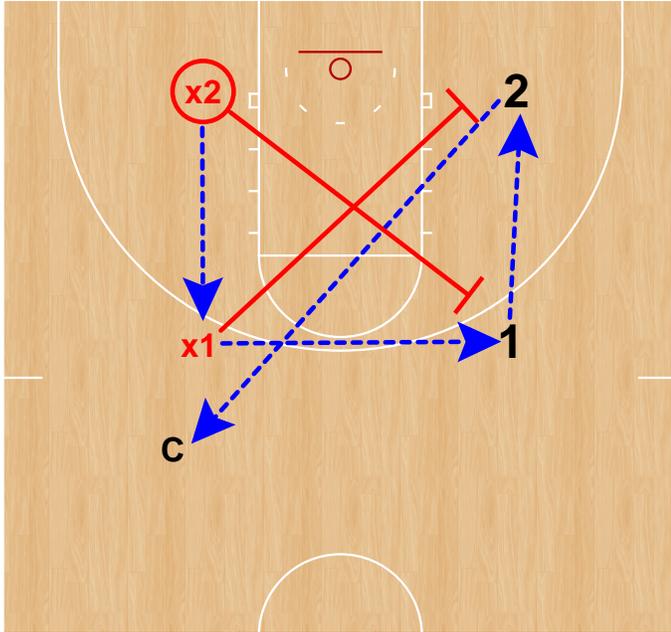
- The coach will immediately drive on the catch
- X2 sprints over to stop the drive as X1 covers down
- On the pass out by the coach we are now live in a scramble drill

- X1 & X2 X-Out in scramble mode as the offense can shoot or use the "One more pass" concept for an open shot or drive on a long close-out
- We are now live with the offense trying to score
- It is up to you to allow any passes back to the coach or not (who will go back to the wing)

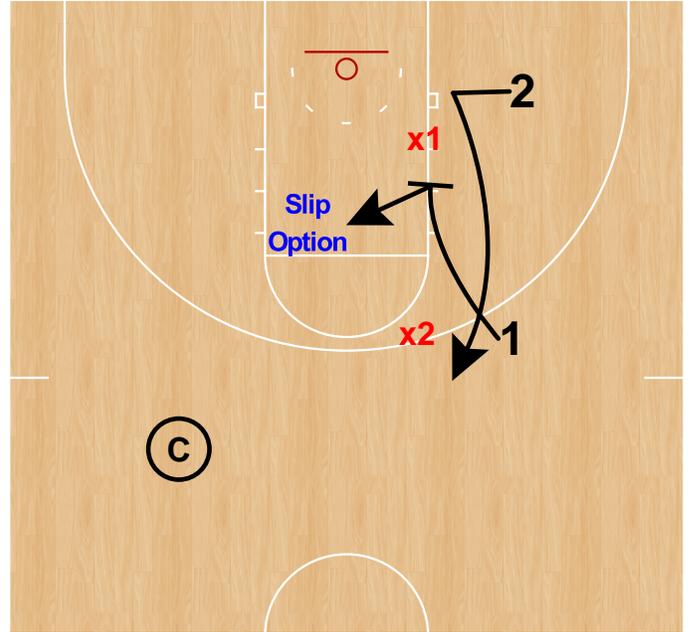


# 2 on 2 – Closeout & Downscreen Defense Drill

Frame 1



Frame 2

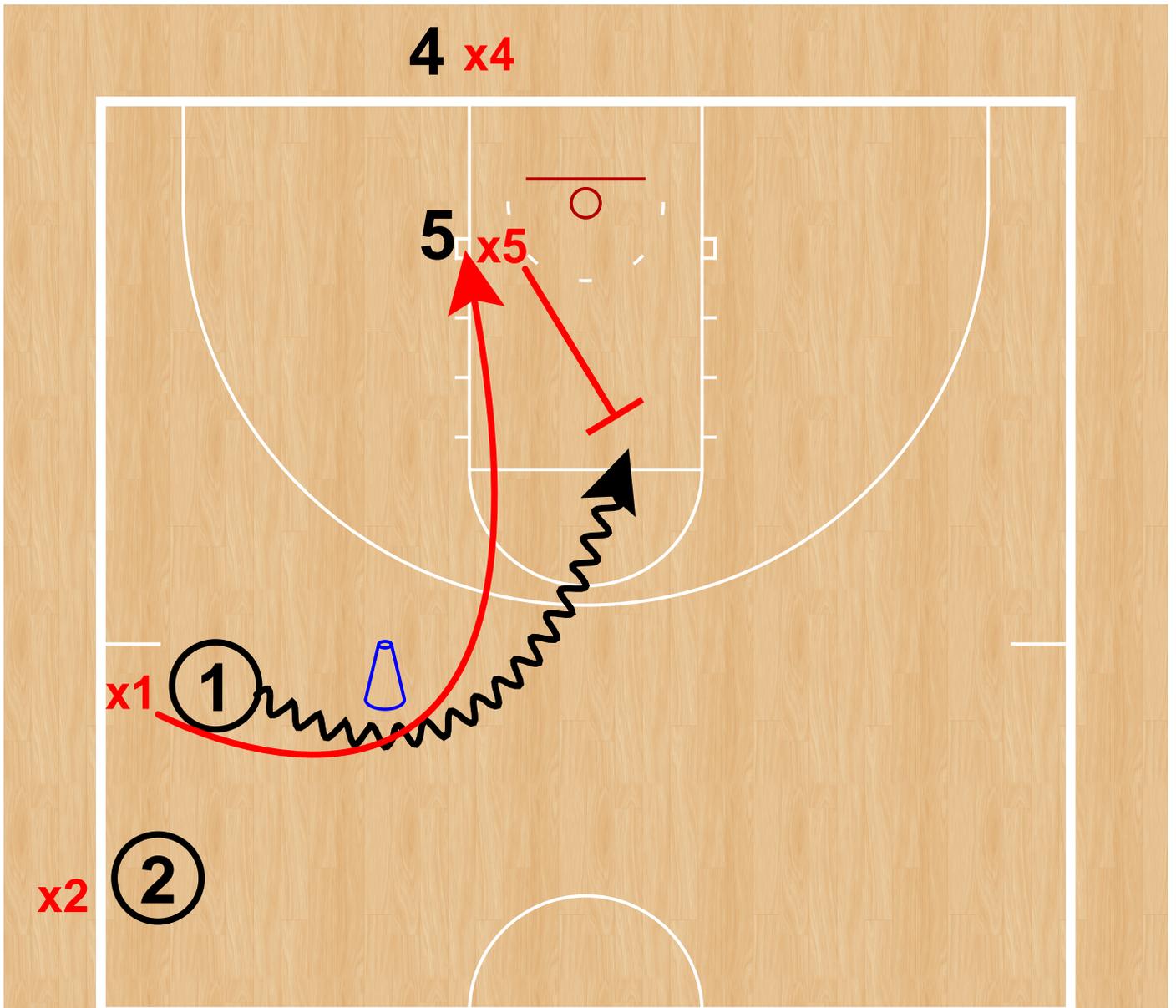


- We have 4 players started in a box like setup with 1 coach
- X2 has the ball and starts the drill by passing to X1 who quickly swings the ball to #1
- Both X2 & X1 closeout diagonally on #1 & #2. Focus on good closeout's
- #1 passes to #2 who skips the ball to the coach & we are now in the down screen portion of our drill

- #1 now sets a down screen
- Defend this however you wish and to your defensive philosophy with one of the following...
- Switching
- Chase
- Through
- Show

# 2 on 2 – Help The Helper Drill

Frame 1

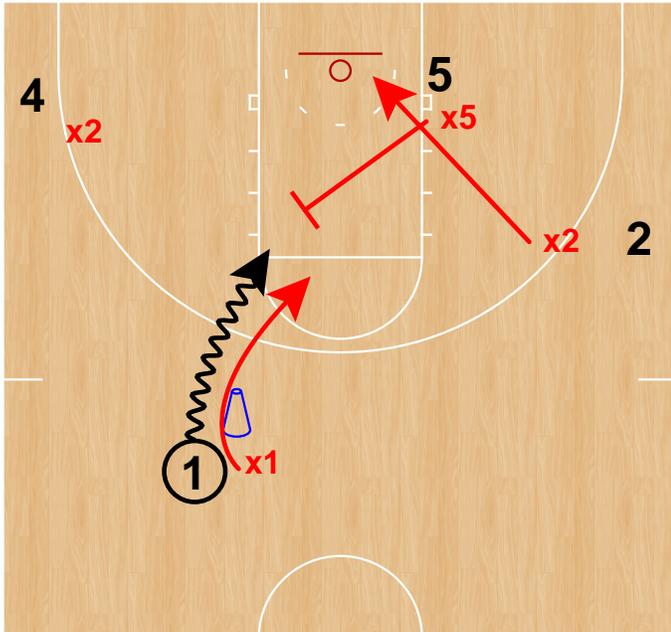


## 2 on 2 Disadvantage Help The Helper Drill

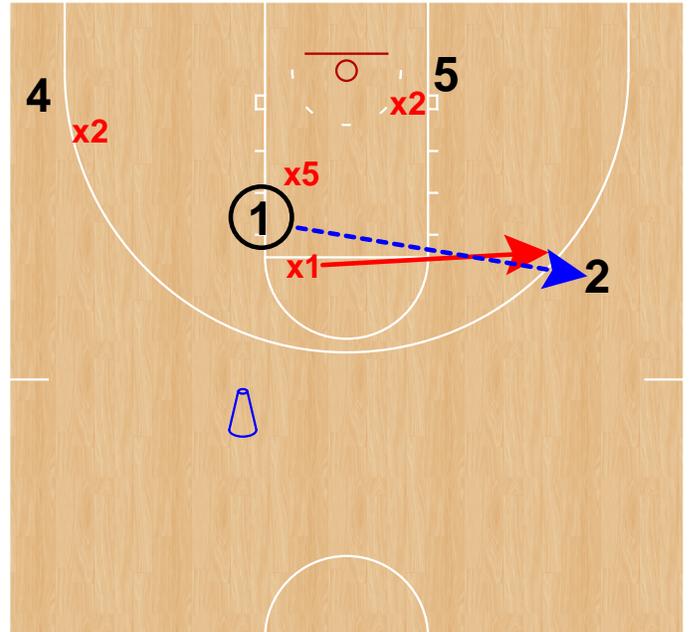
- X1 starts behind #1 and has to trail him/her to catch up & step in front of #5 (Help The Helper)
- The point of the drill is to help the helper when we get beat by a offensive player. Instead of X5 stepping up and X1 also playing #1, X1 will instead step in front of #5 to prevent the dump off pass as X5 also makes it hard on #1 to dump the ball to #5 with active hands
- Great drill to review before playing a team who runs the Dribble Drive Offense

# 4 on 4 – Cover Down (Advantage Drill)

Frame 1



Frame 2



- This is a 4 on 4 drill but we start by giving the offense an advantage

- X1 will start behind #1 & the cone and on the coaches whistle #1 will drive & attack while X1 must go around the cone and recover as fast as possible

- We are live on the drive

- X5 must step up to help stop #1 and X2 covers down on #5 to prevent the drop off pass from #1 to #5

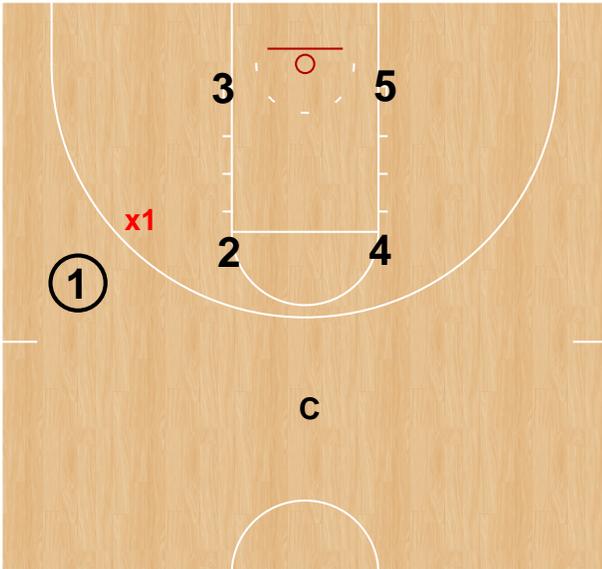
- On a kick out pass to #2, X1 should sprint to close-out

- We are live min a 4 on 4

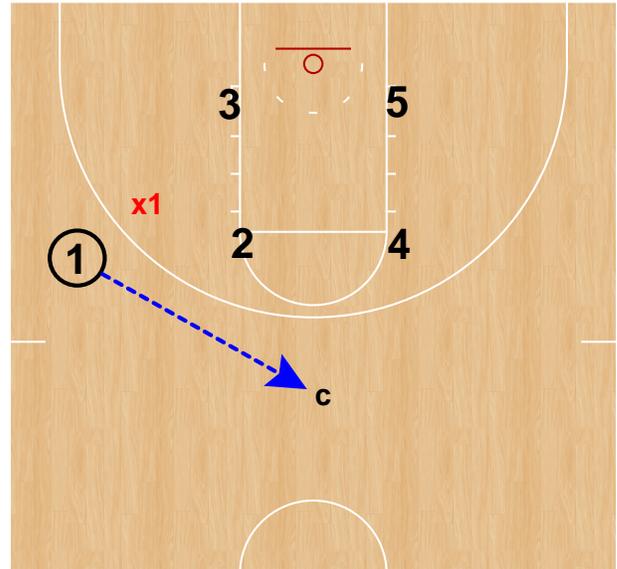
- Defense goes to offense if they get a stop only

# Screen Gauntlet

Frame 1



Frame 2



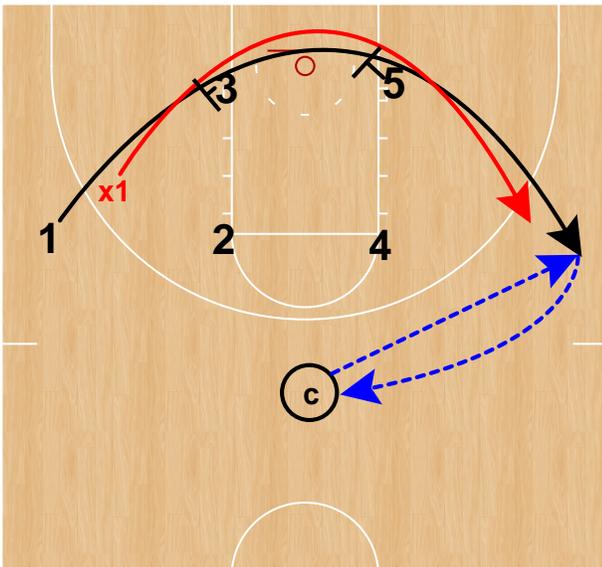
**The goal is to get as many catches as you can in 30 seconds - 1 minute & to build toughness & teach moving & reading screens**

- You can have 4 - 6 screener's in the drill
- The Screener's can set a variety of screens
- The defense needs to read the screens and be physical
- The offensive player (#1) will run defenders off the screens, offense (screener's) hit the defender with the screen

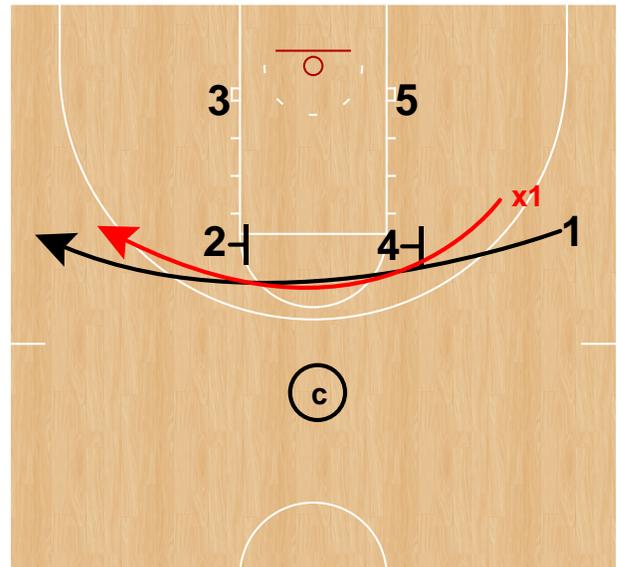
- # 1 starts with the ball on the wing & starts the drill by a pass to the coach at the top of the key

- After the pass # 1 goes to use any screen of his/her choice
- The key is stop & go as well as change of speed's and direction

Frame 3



Frame 4



## Ways to Score

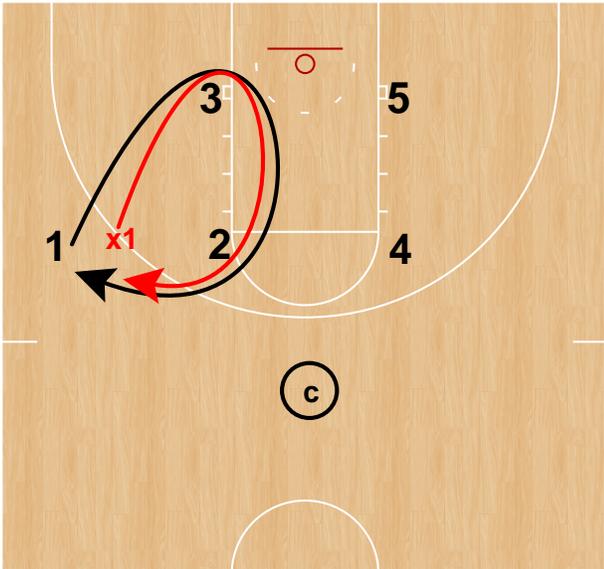
- The defender gets hit with a screen
- The offensive player catches in a scoring position
- The defender gets a deflection
- The defender gets there on the catch

## Continuity Continues...

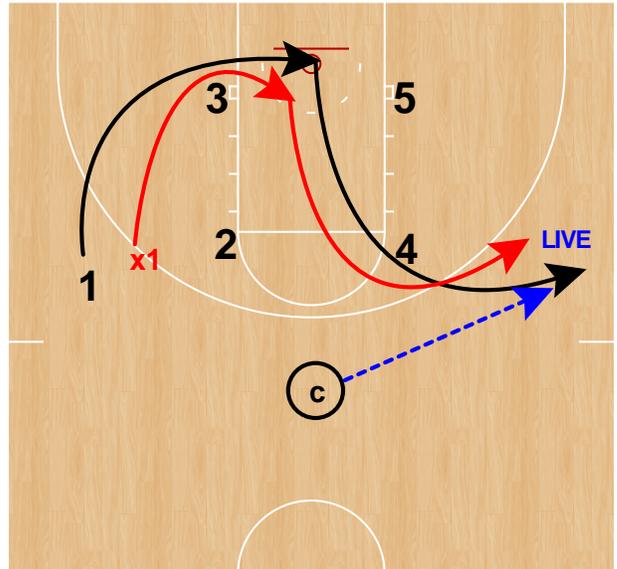
- When The 30 seconds or 1 minute is up then we are in a live 1 on 1 and the offense gets 2 dribbles after the catch

# Screen Gauntlet

Frame 5



Frame 6

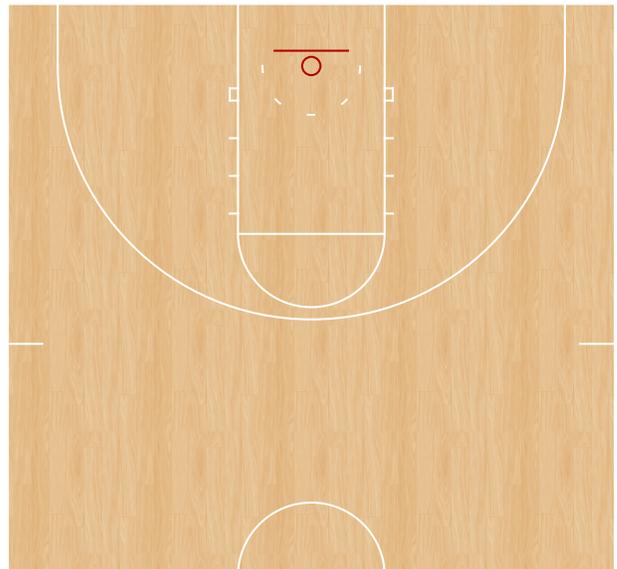
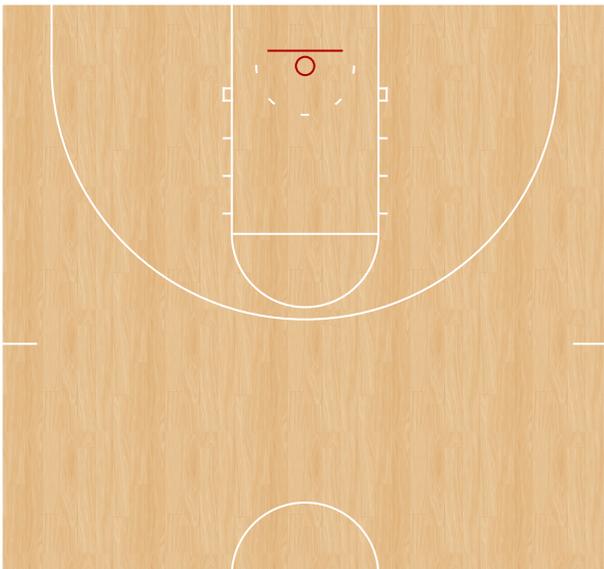


**Continuity Continues...**

- When The 30 seconds or 1 minute is up we are now in a live 1 on 1 and the offense gets 2 dribbles after a catch

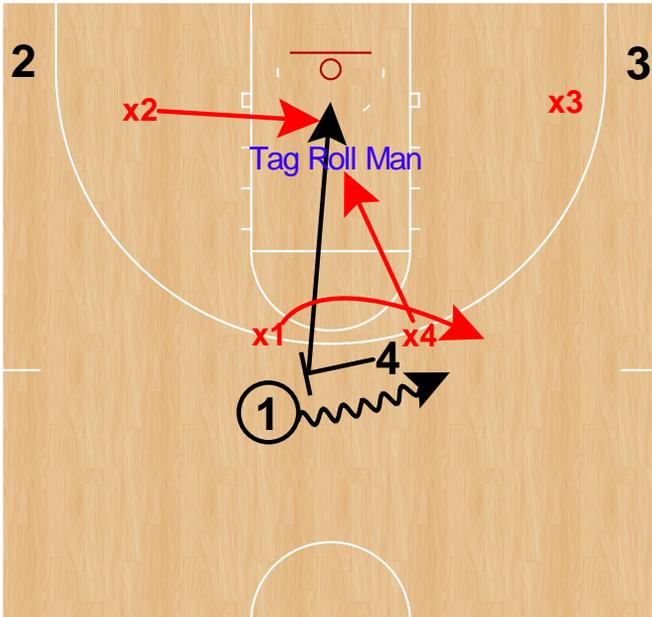
**Continuity Continues...**

- When The 30 seconds or 1 minute is up we are now in a live 1 on 1 and the offense gets 2 dribbles after a catch

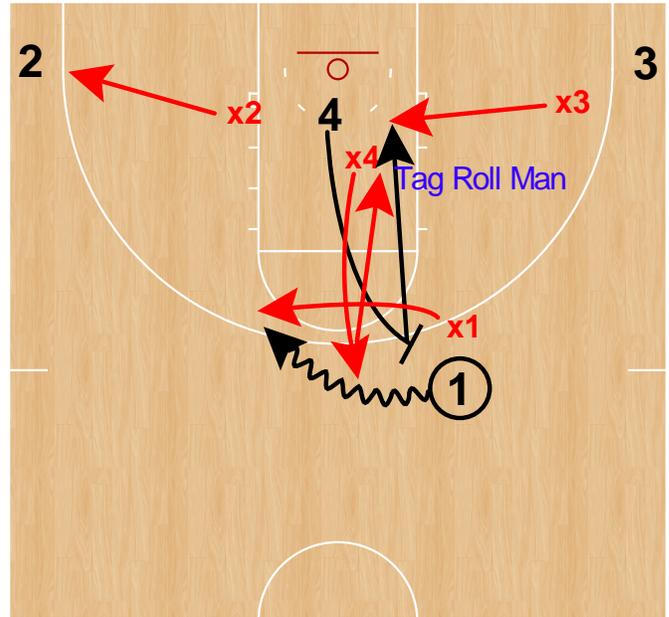


# 4 on 4 - Tag Drill (Defense - Fratello)

Frame 1



Frame 2



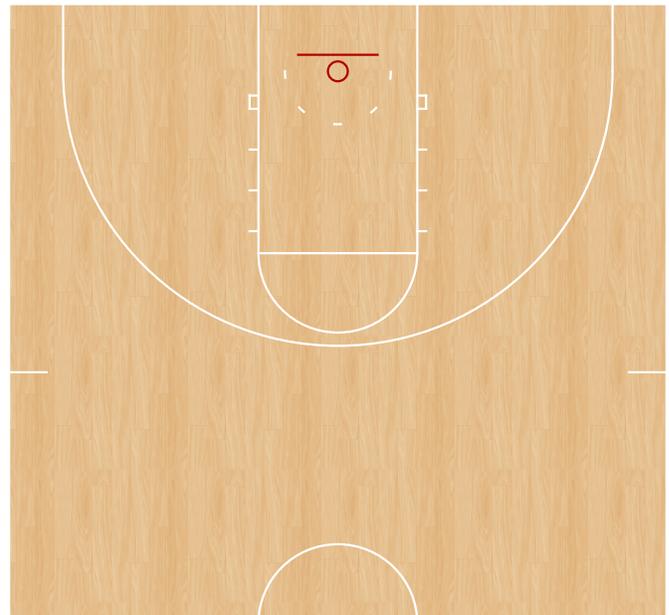
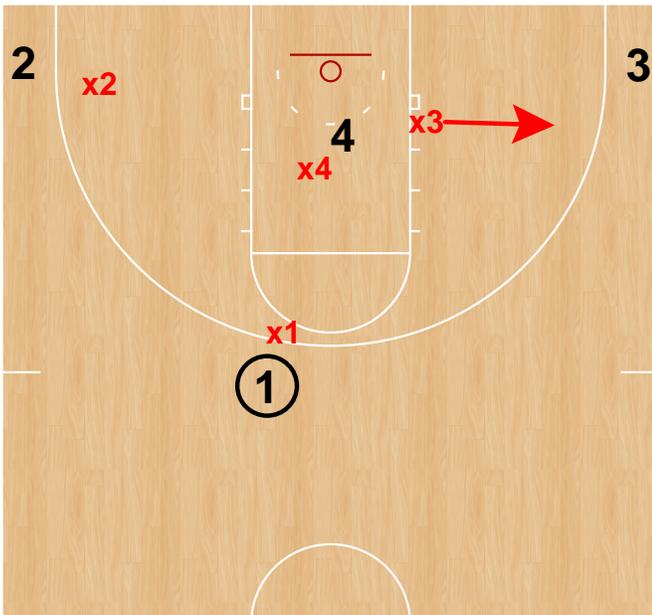
### Tag PNR Man Drill

- The offense dummies down to let the defense run their tag man coverage to start
- Weak side #X2 tags the roll man
- #X4 soft hedges then recovers
- #X1 goes under the screen

### Tag PNR Man Drill

- #4 sprints back up to run the same action to the opposite side
- Weak side #X3 tags the roll man
- #X4 soft hedges then recovers
- #X1 goes under the screen

Frame 3



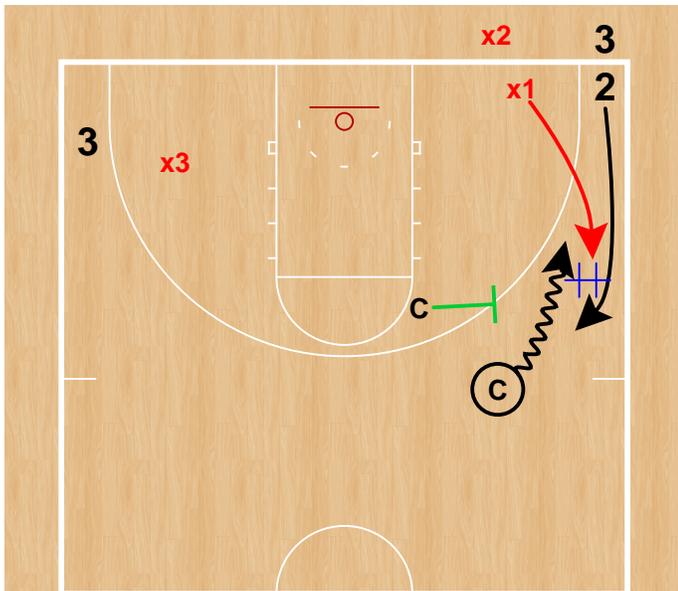
- We now go live on #4's 3rd screen & the offense tries to score within our top of the key PNR

# **PNR/DHO Drills**

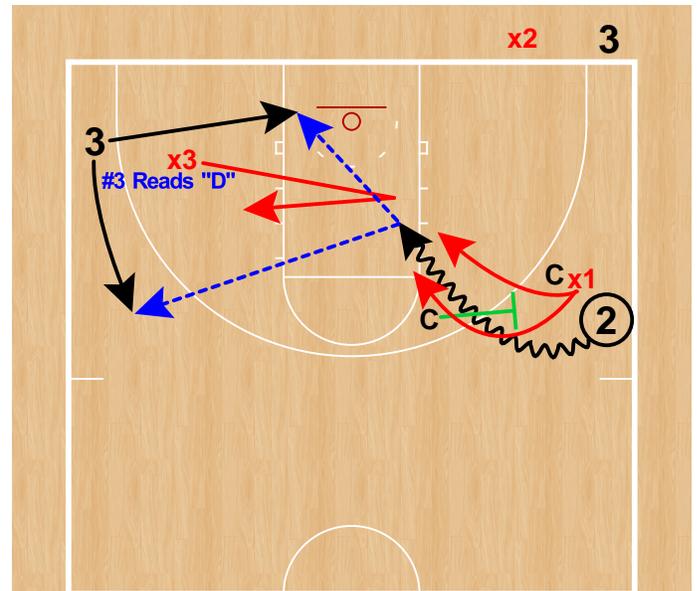
## **(Advantage/Read Drills)**

# 3 on 2 – 2 Line – 21/Pistol Drill (Advantage Drill)

Frame 1



Frame 2



## 21/Pistol Drill

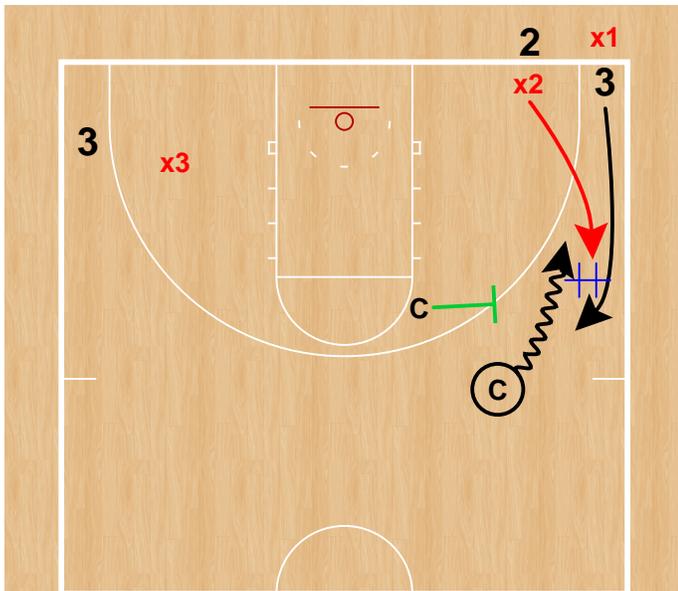
- We start the drill with 2 lines (1 with a basketball), 2 coaches, & 2 players in the corner
- The coach starts the drill by dribbling & performing a DHO with #2
- Both #2 & x1 sprint and both players must go around the 1st coach who is performing the DHO
- The 2nd coach gets ready to set the Pistol Action & ball screen for #2. The coach will head hunt to make sure X1 has no space to go over the 1st coach & under the 2nd coach
- #2 needs to come off shoulder to shoulder in both the DHO as well as the ball screen

## 21/Pistol Drill

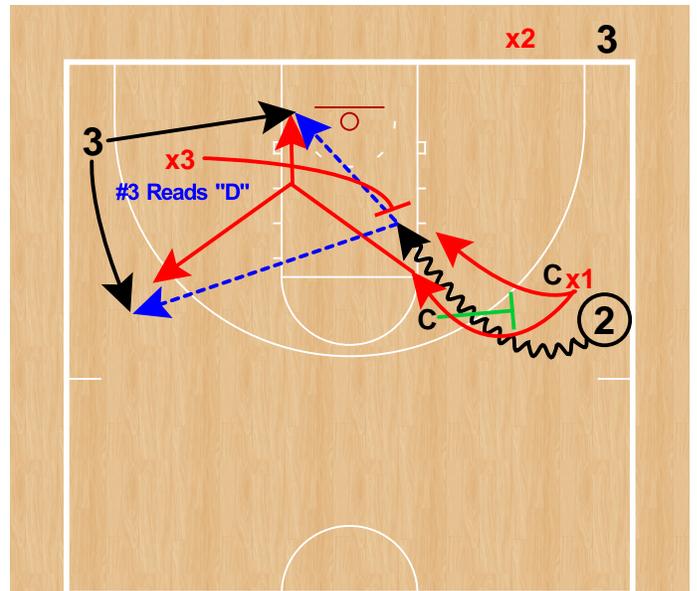
- #2 is now on offense and comes off the 2nd coaches ball screen & attacks downhill trying to score
- X1 hustles to get around the screen to stop #2
- X3 digs in on the ball to help x1 contain #2 on the drive, but gets back to play #3 in the corner
- #2 makes the proper read

# 3 on 2 – 2 Line – 21/Pistol Drill (Advantage Drill)

Frame 3



Frame 4



## 21/Pistol Drill – Continuity Continues

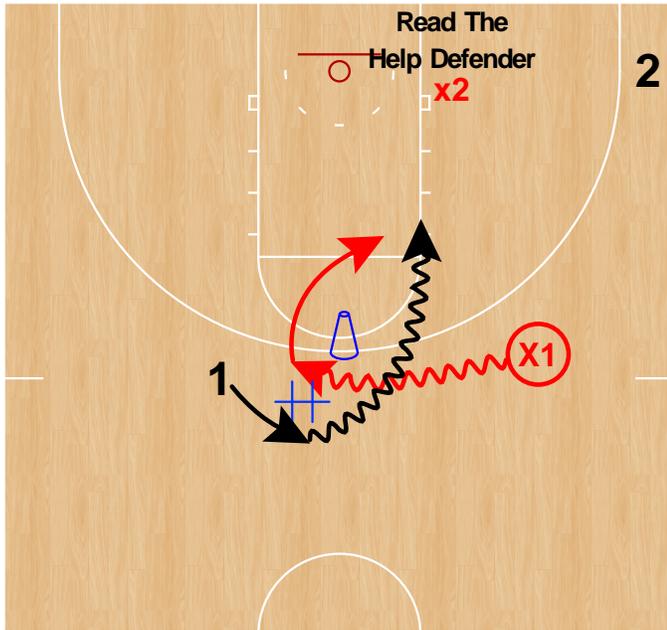
- X3 & #3 switch spots & #3 will now dig & recover
- #1 & #2 will also switch lines

## Defense Help The Helper Option

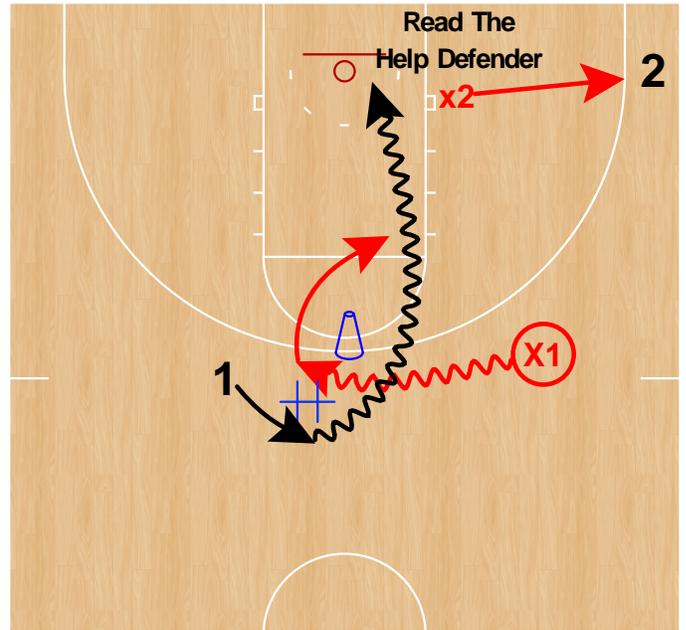
- If X3 steps up to take the ball to help x1 contain #2 on the drive
- Then X1 will help the helper & drop to scam switch & cover down on #3

# 2 on 2 - DHO Disadvantage Drill

Frame 1



Frame 2

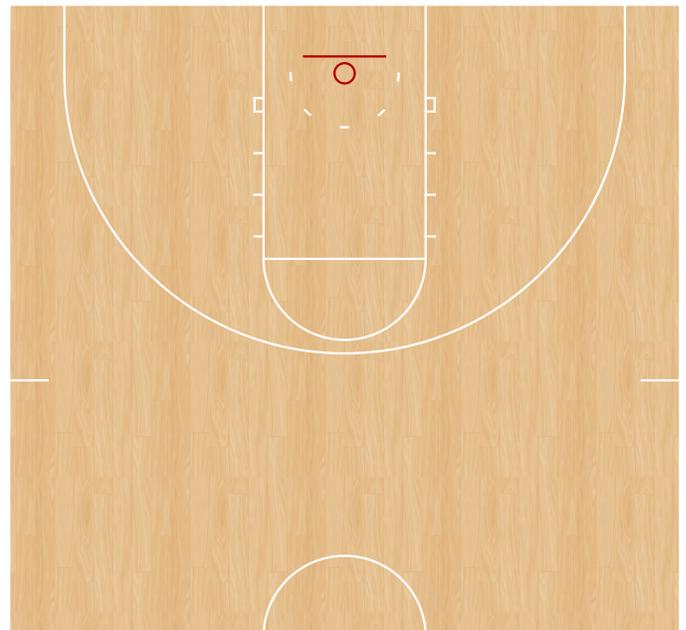
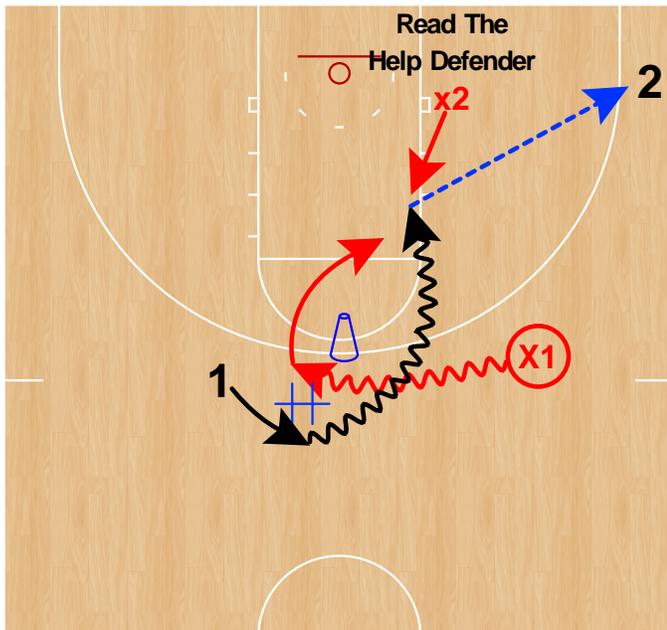


- The defense starts with the ball and performs a DHO with the other team and both players have to go around the opposite side of the cone

- If X2 stays home on #2 then we drive all the way to the basket for a lay-in

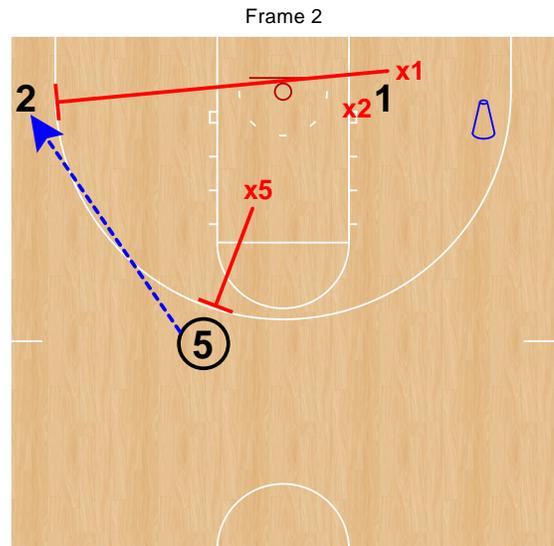
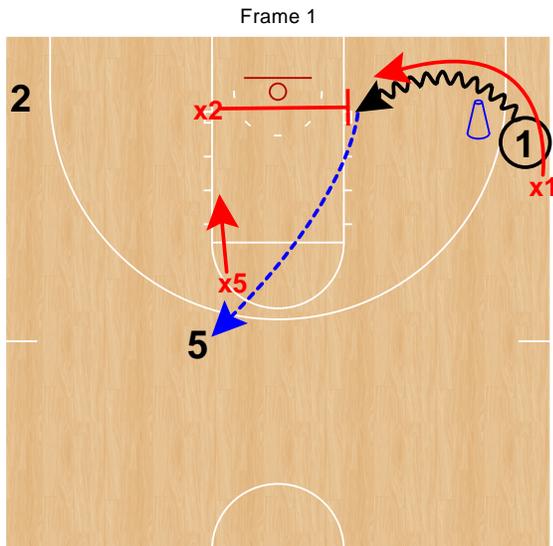
- #1 needs to read the X2 defender and make a decision as this drill gives the offense a slight advantage until X1 can recover

Frame 3



- If X2 helps on the drive #1 passes to #2 in the corner

# 3 on 3 - Corner Disadvantage Drill (Help The Helper)

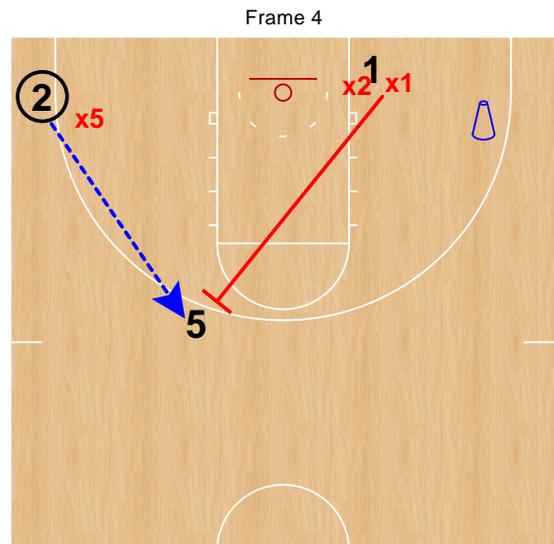
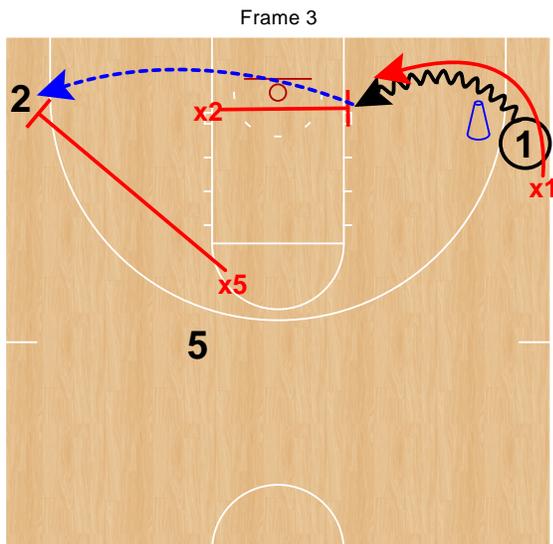


This is a great drill to create a brief 3 on 2 situation where the defense needs to rotate & help the helper as well as offensively make quick reads on the fly

- We are now in a live 3 on 3 as the defense is in full scramble mode & needs to communicate as the offense is trying to score

## Corner Drive

- #1 starts with the ball in the corner. x1 starts on the outside shoulder & behind him/her. Both players must go around the cone to start the drill
- #5 is at the top of the key & #2 is on the opposite corner with x2 guarding him/her
- We are live on #1's drive



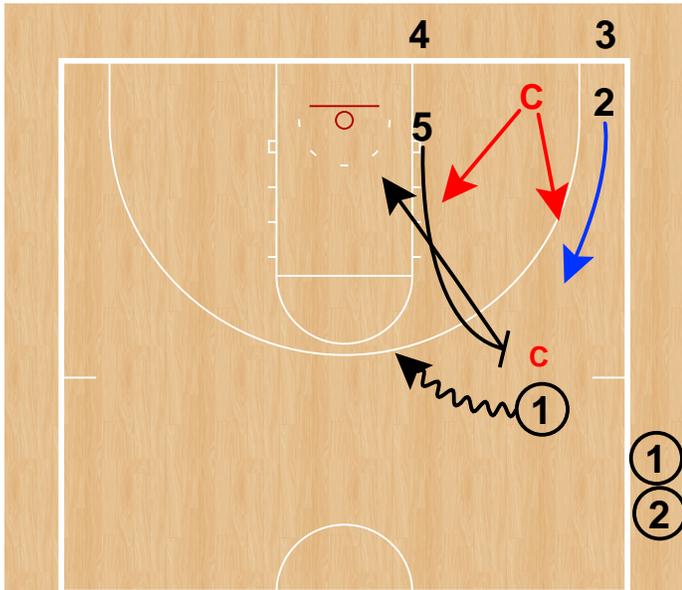
## Corner Drive

- In this frame we show the drift pass to #2 being made instead
- In this scenario X5 closes out & X1 will X out to take #5 as his/her momentum is taking them that way on the one more pass to #5 (See next frame)

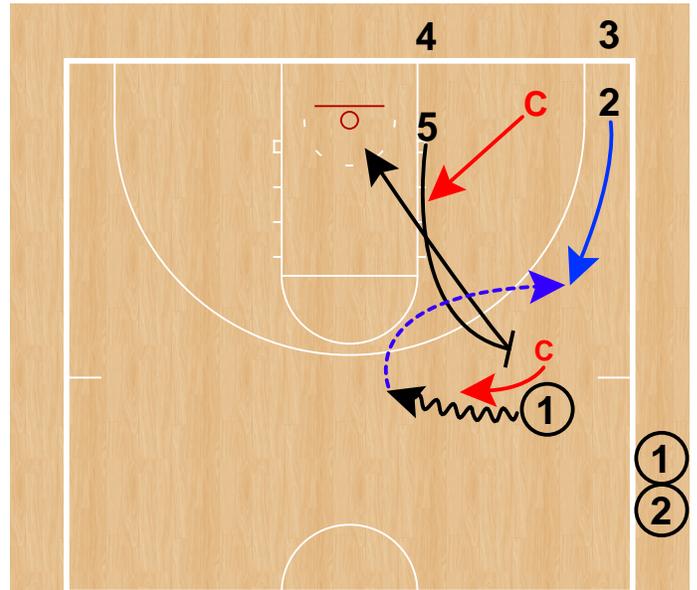
- We are now in a live 3 on 3 as the defense is in full scramble mode & needs to communicate as the offense is trying to score

# PNR - Roll & Lift PNR Read Drill

Frame 1



Frame 2

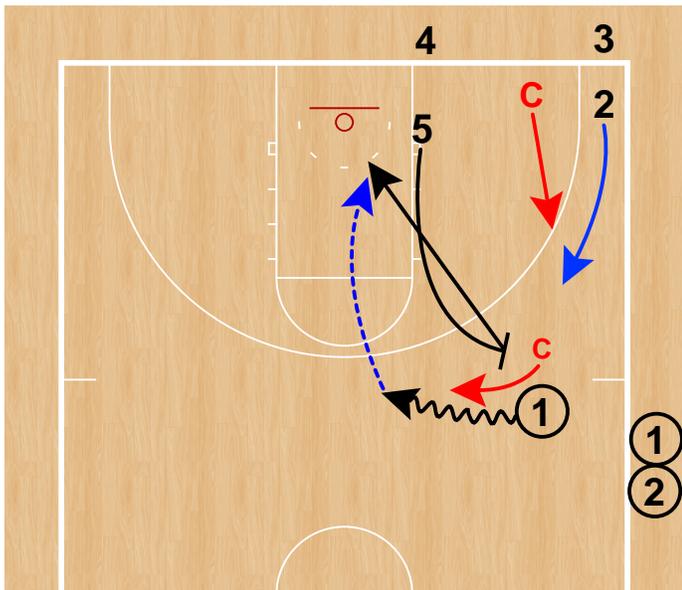


**This is a 3 on 2 read and react drill working out of a side ball screen action**

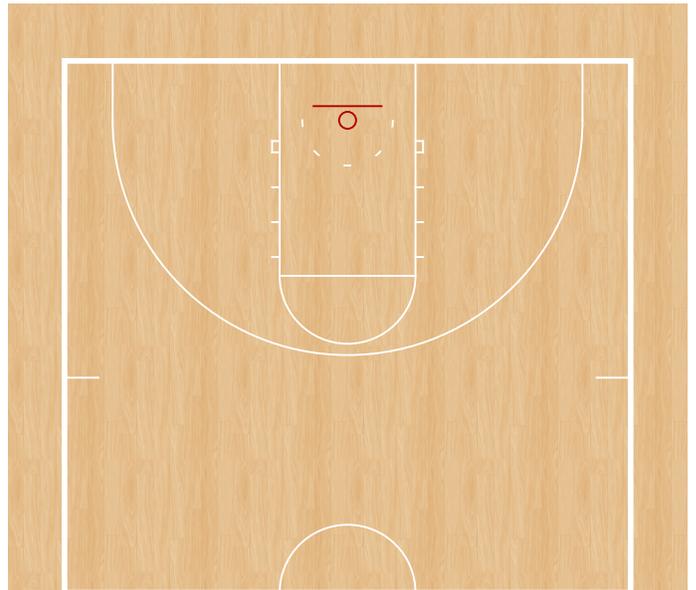
- We are forcing the point guard (#1) to have their head up & read the defender (Coach) guarding #2 in the corner
- As #5 sprints up to set the side ball screen, #1 uses the ball screen coming off with pace as another coach will be fighting over the top of the screen
- #1 is reading the coach in the corner to see if they tag #5 rolling to the rim or if he/she is staying attached to #2 lifting up to the wing

- If the coach tags #5 rolling to the basket, then #1 will make the throwback pass back to #2 lifting from the corner for a catch & shoot 3

Frame 3



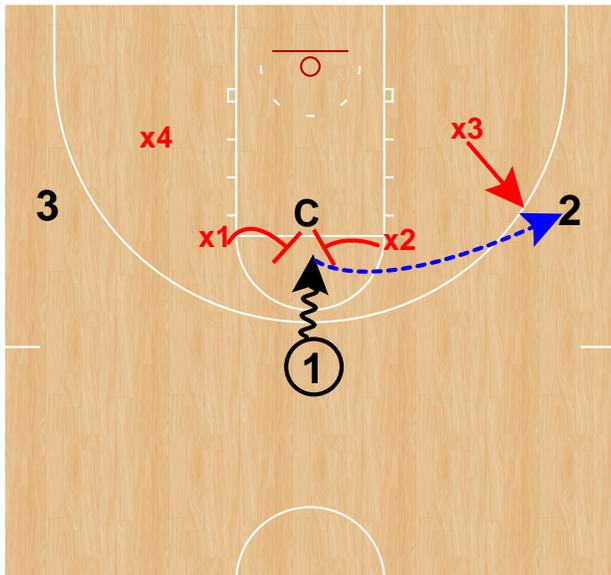
- If the coach stays attached with #2 lifting up, then #1 will make the pocket pass or over the top pass to #5 rolling to the basket



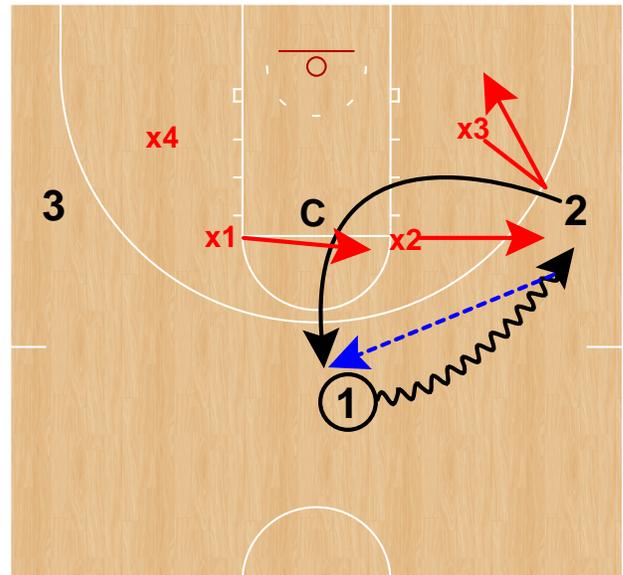
# Zone Drills

# 3 on 4 - Temple Zone Perimeter Drill

Frame 1



Frame 2



## Zone Offense

- Make 2 play 1 by drive and kick
- Can use Dribble entry and loops
- You can flash high post from the weak side

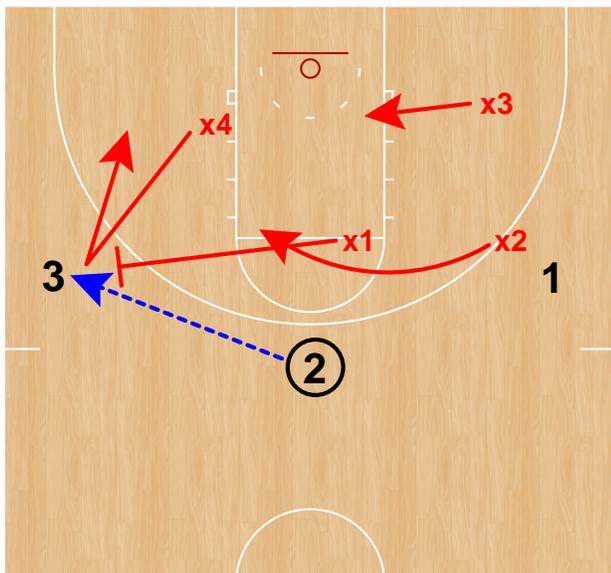
## Zone Defense

- Top 2 guards stop penetration
- X3 steps up to guard #2 then bumps down as X2 recovers to guard #2

- Offensively we can also work on our dribble At & Loop Action as #1 dribbles to the wing to distort the zone & #2 loops up (DC Action)

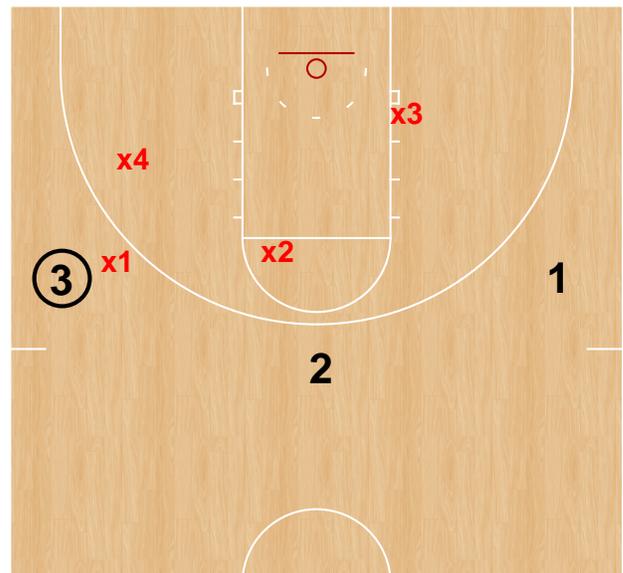
- Defensively X1 takes away the high post as X4 drops for weak side rebounding responsibilities

Frame 3



- #2 swings the ball to #3
- X4 steps up to guard #3 then bumps down as X1 recovers to guard #3
- X1 sprints to take away the high post as X3 drops for weak side rebounding responsibilities

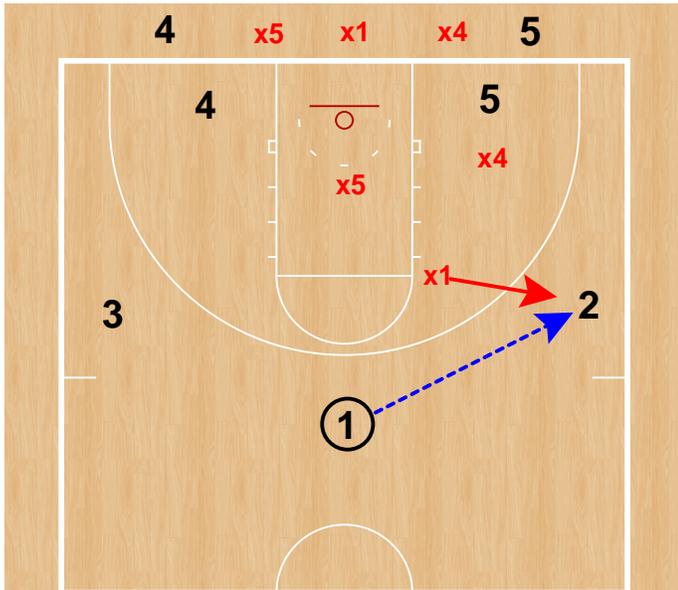
Frame 4



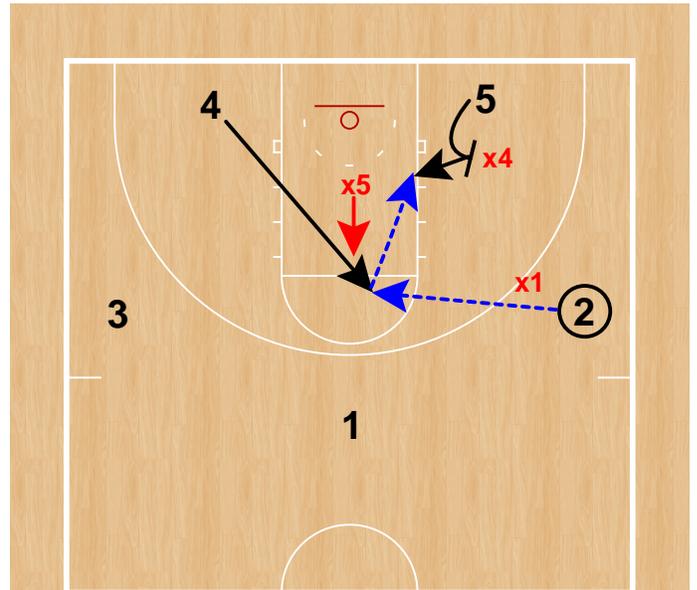
- Continuity continues a set number of times & we can then go live trying to score in a 3 on 4 situation

# Zone Post Flashing Drill

Frame 1



Frame 2



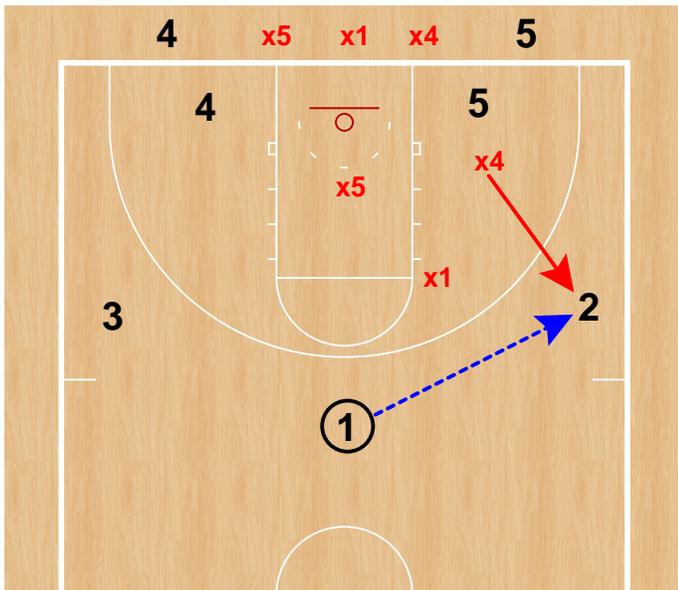
**Option A**

- To start the drill we have 5 lines along the baseline & 3 players or coaches on the perimeter
- The 3 guards up front move the ball around the perimeter, but do not move
- The drill is 3 defenders vs 2 offensive post players
- #1 passes to #2 & X1 covers #2

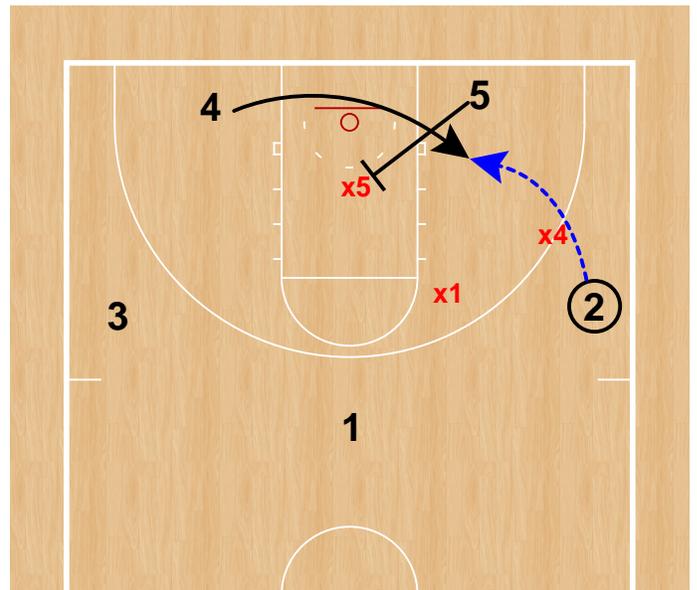
**Option A Continued**

- After the pass is made to #2; #4 immediately flashes to the high post
- #2 looks to pass to #4 and X5 plays man to man on #4
- #5 also immediately seals vs X4 and looks for the High/Low pass from #5

Frame 3



Frame 4



**Option B**

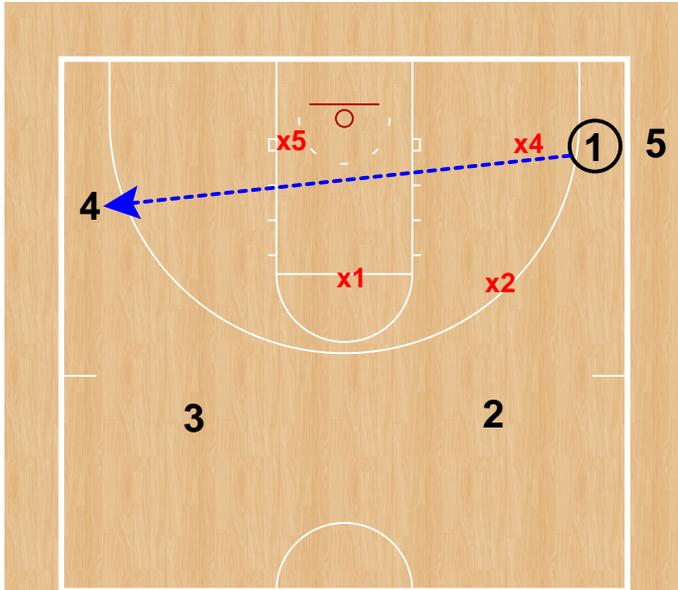
- The 3 guards up front move the ball around but do not move
- The drill is 3 defenders vs 2 offensive post players
- #1 passes to #2 & this time X4 covers #2

**Option B Continued**

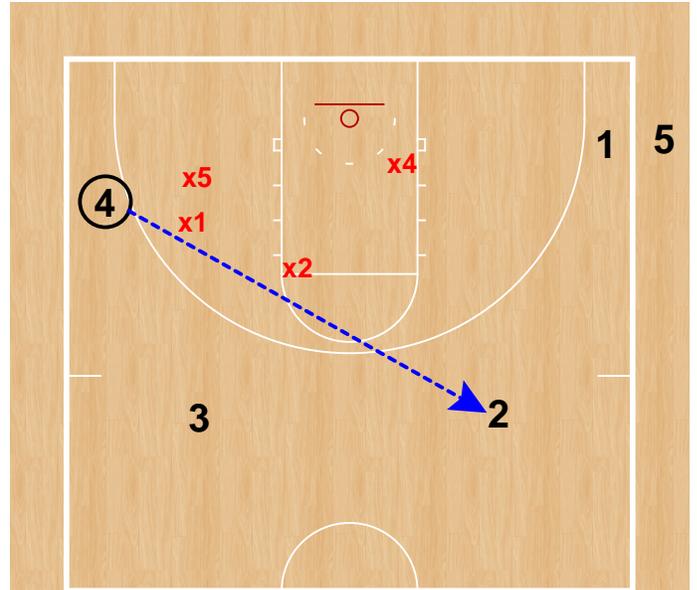
- After the pass is made to #2; #5 immediately seals & screens X5
- #2 looks to pass to #4 as he/she cuts to the block or short corner looking for a shot

# 4 on 4 Shell - Zone Drill - Skip Pass & Drive & Kick Zone Drill

Frame 1



Frame 2

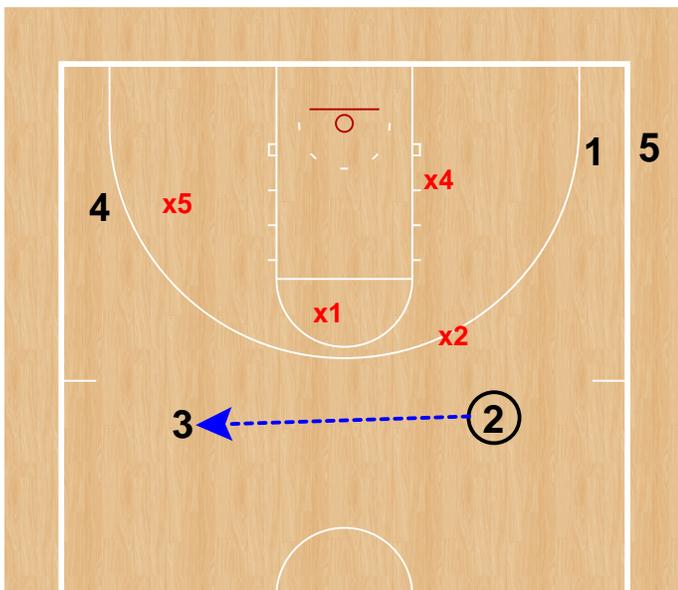


- This is a 4 on 4 Zone Shell drill with 4 players on offense around the perimeter with any extra players behind the #1 man in the corner if needed

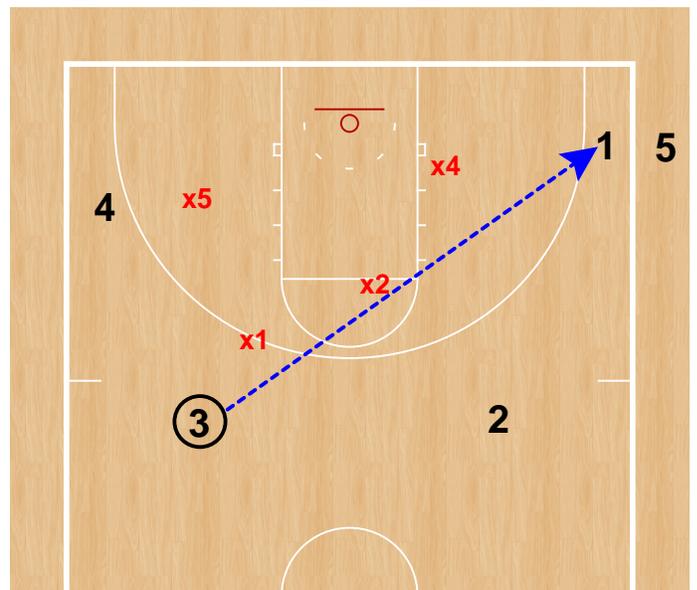
- Wing skips to opposite slot area (#4 to #2)

- We start the drill with #1 making a skip pass all the way to the opposite wing (#4)

Frame 3



Frame 4

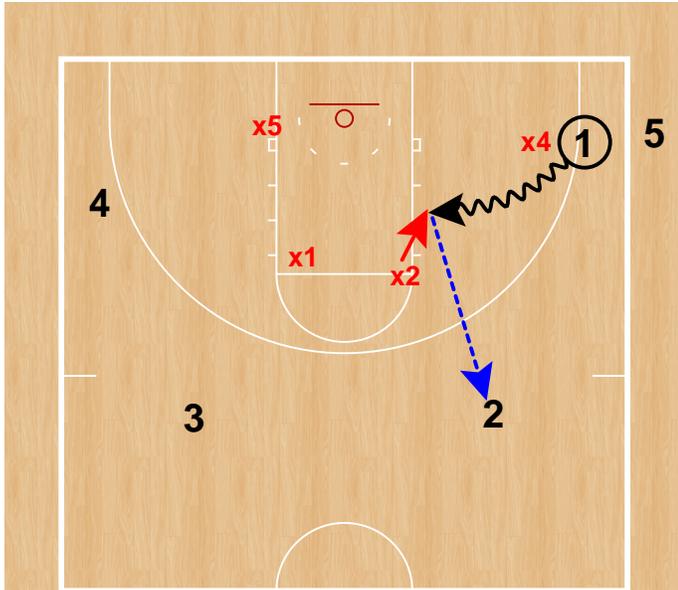


- Slot to Slot Pass (#2 to #3)

- Slot to corner skip back to original passer (#3 to #1)

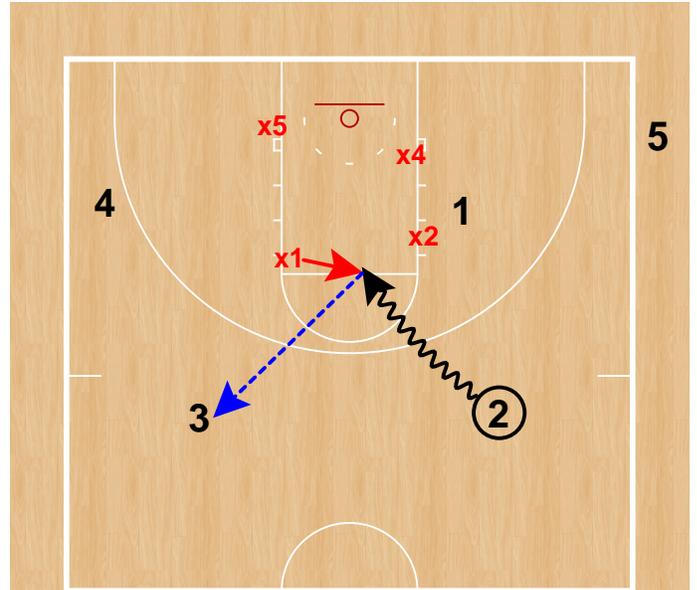
# 4 on 4 Shell - Zone Drill - Skip Pass & Drive & Kick Zone Drill

Frame 5



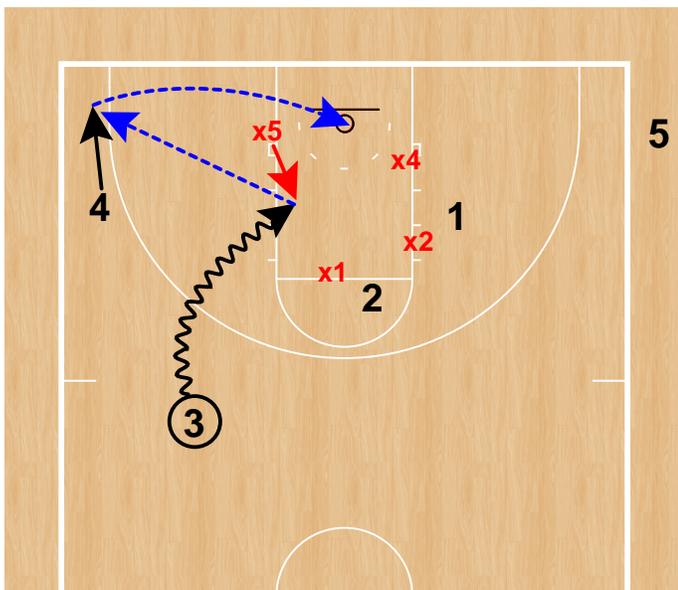
- From here we start our drive & kick action teaching attacking gaps

Frame 6



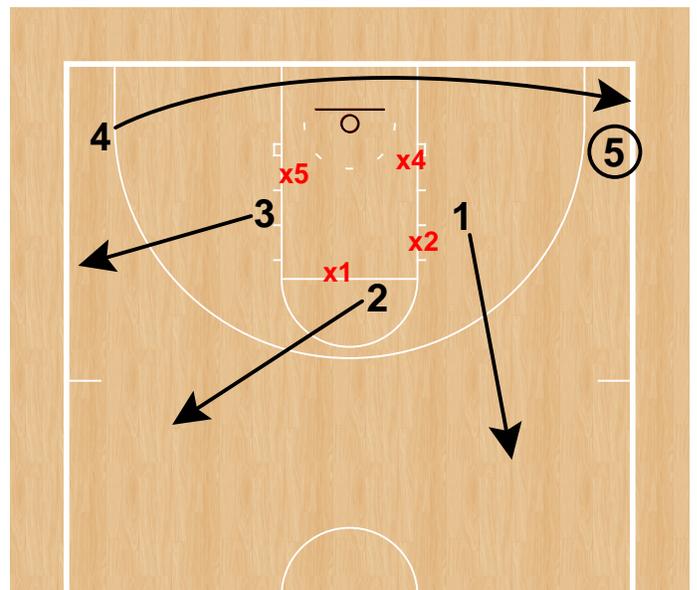
- #2 immediately rips and drives inside shoulder again and pitches to #3

Frame 7



- #3 rips and attacks to get into paint and passes to #4 sliding to corner for an open 3pt shot

Frame 8

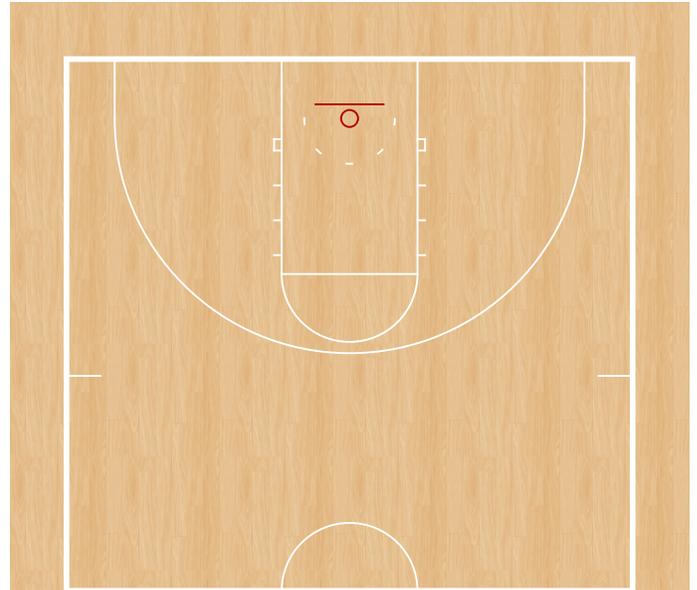
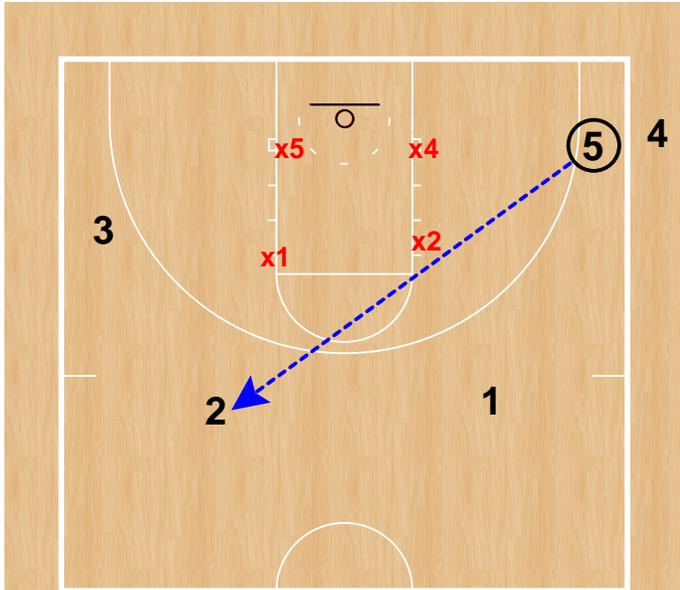


- The shooter gets his/her own rebound and every player follows their pass

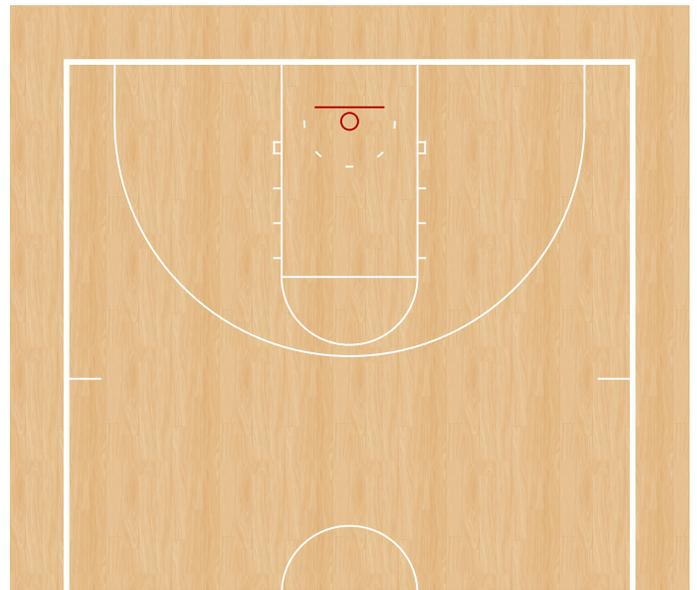
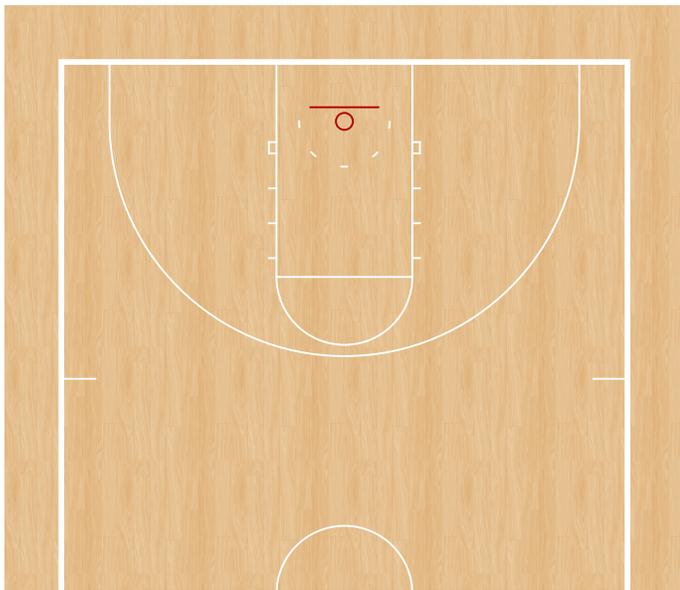
- #5 makes a skip pass & we are in continuity

# 4 on 4 Shell - Zone Drill - Skip Pass & Drive & Kick Zone Drill

Frame 9

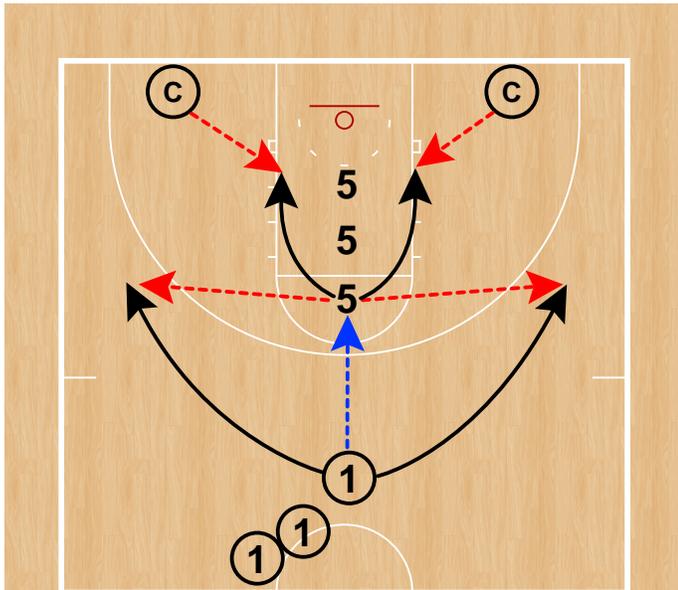


- The drill repeats for a specific time or until a certain number of shots & passes are made
- Then the offense will go to defense & defense to offense

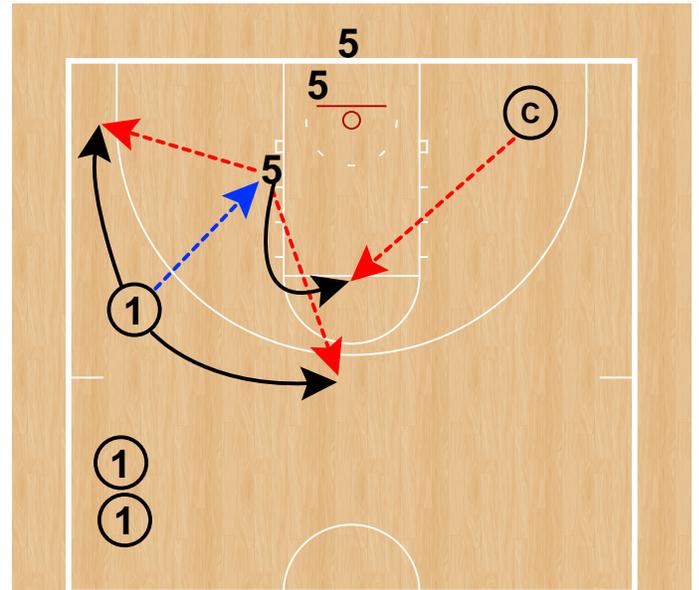


# Relocate Shooting Drill #2

Frame 1



Frame 2

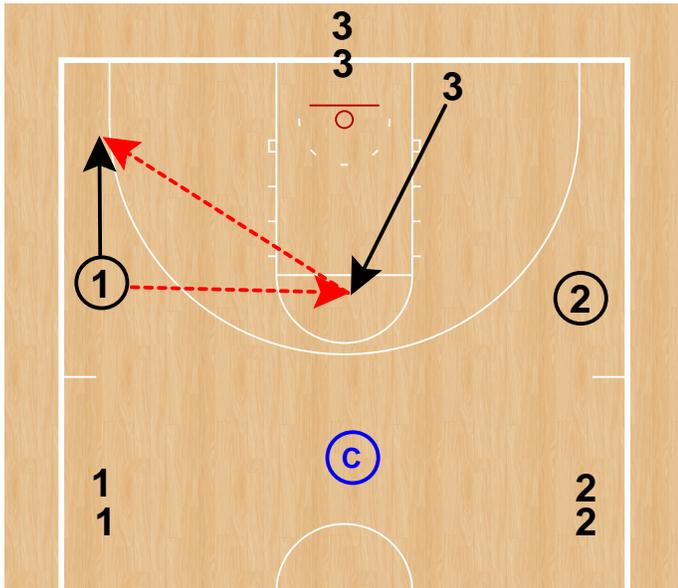


- The purpose of this drill is to pass & relocate/cut as typically your defender will turn his head on a pass
- Each player will always relocate
- The coach will pass to the cutting #5 after he/she makes the pass for a lay-up

- Here we now work on our post pass relocating
- #1 feeds the post and relocates
- #5 then passes to #1 for a shot & then pops to the high post and receives the pass from the coach for a shot

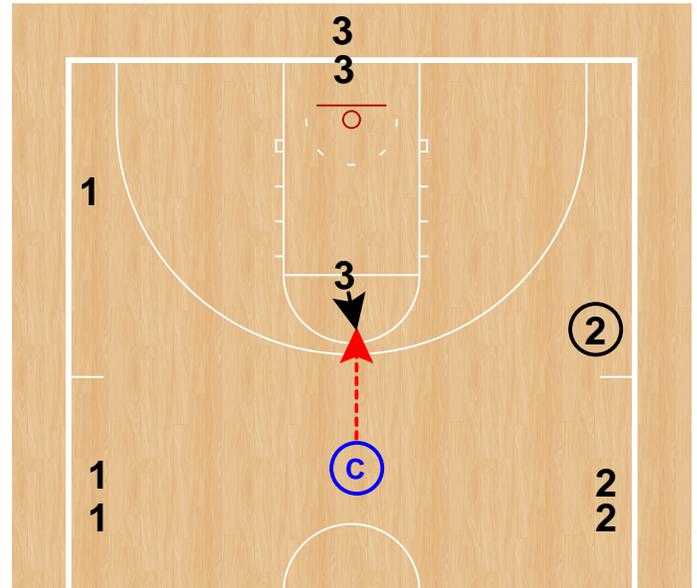
# Zone Flash & Relocate Shooting

Frame 1



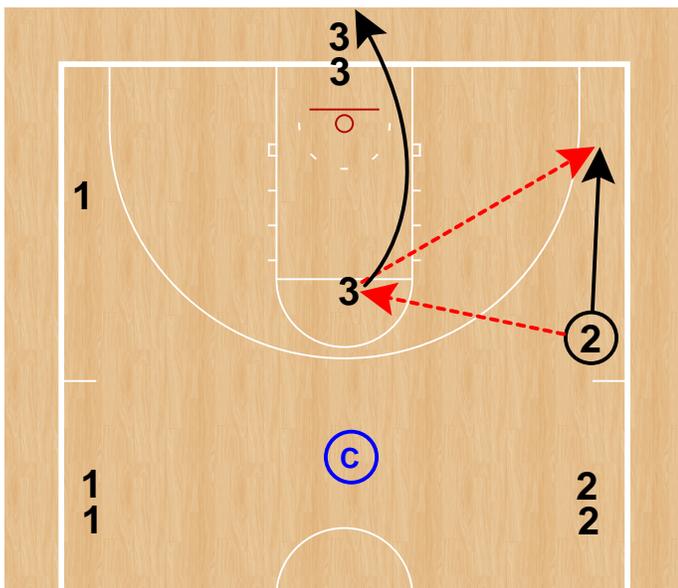
- #1 passes to #3 who flashes to FT line area
- #1 then relocates towards the baseline
- #3 passes to #1 for a 3pt shot

Frame 2

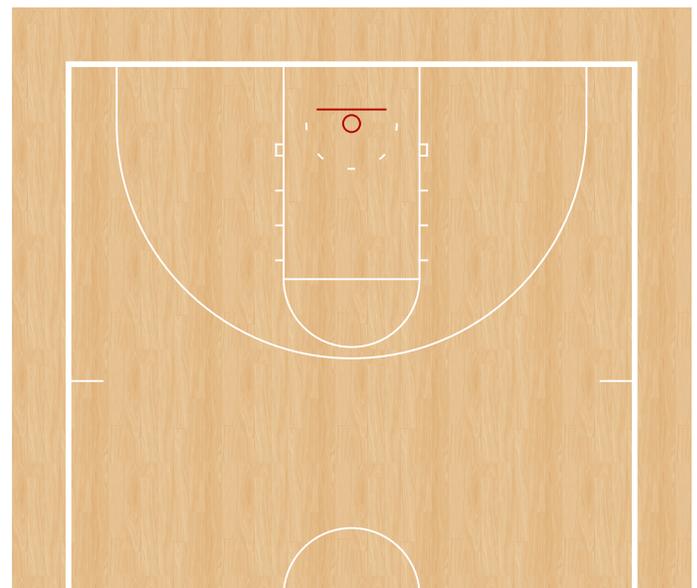


- #3 then turns and locates the coach who will immediately pass to #3
- #3 catches, turns & shoots a free throw area jump shot

Frame 3



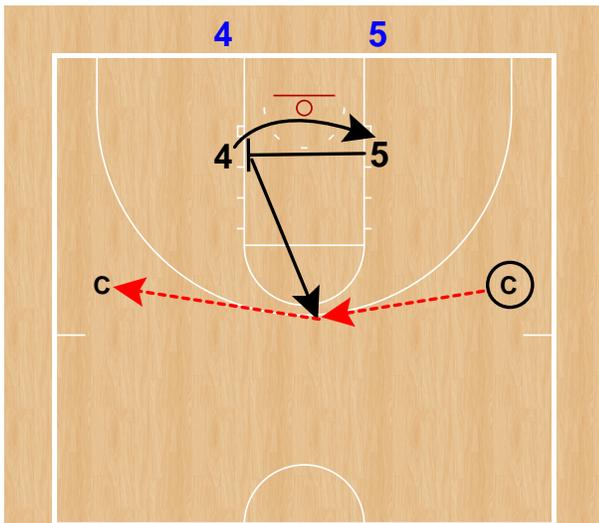
- #3 then turns towards #2 and then receives a 3rd pass from #2
- #2 then relocates towards the baseline
- #3 passes to #2 for a 3pt shot
- #3 will rebound and we are now back in continuity as the next player will come in from the baseline line



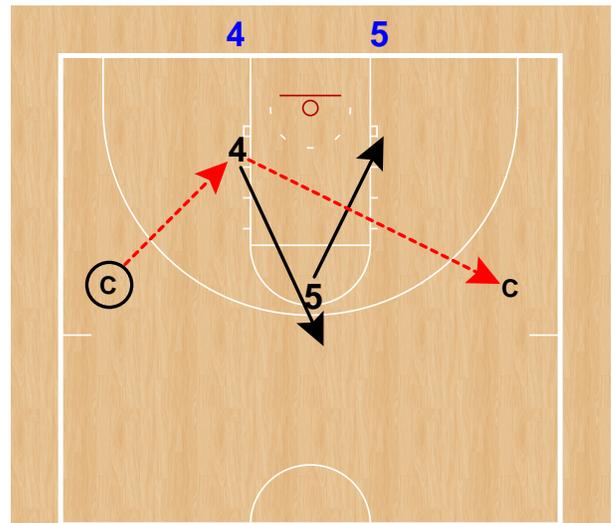
# Everyday Drills

# 2 on 0 - Kansas Post Drill \* \* \* (Everyday Drill)

Frame 1



Frame 2



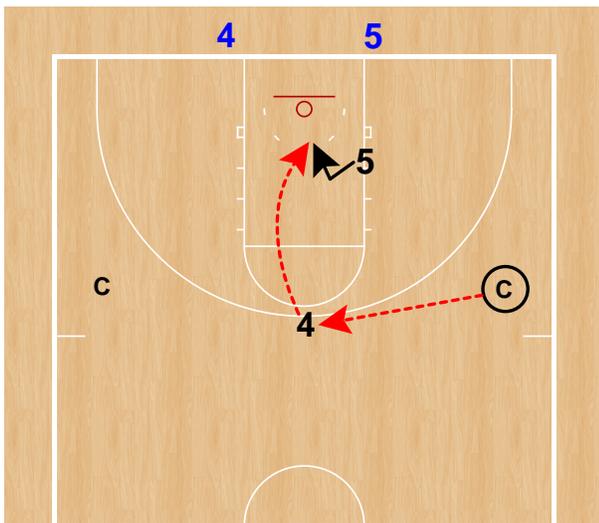
- We start the drill with 2 post players on each block and 2 coaches on each wing (1 with a basketball)
- The ball side block will set a cross screen for #4 then flash to the high post receiving a pass from the coach
- #5 will look shot 1st, dump 2nd, & then reverse to the coach on the other wing

- #4 will follow the ball across the lane & receive a pass from the coach
- #4 will catch & chin the ball and immediately look over his/her shoulder (to see the floor or a trap coming)
- #5 dives on the catch
- #4 then passes across court to the coach and then flashes to the high post

**We are Working On**

- 1 - Shot, Dump, Reverse
- 2 - Sealing
- 3 - High/Low Passing
- 4 - Dive

Frame 3

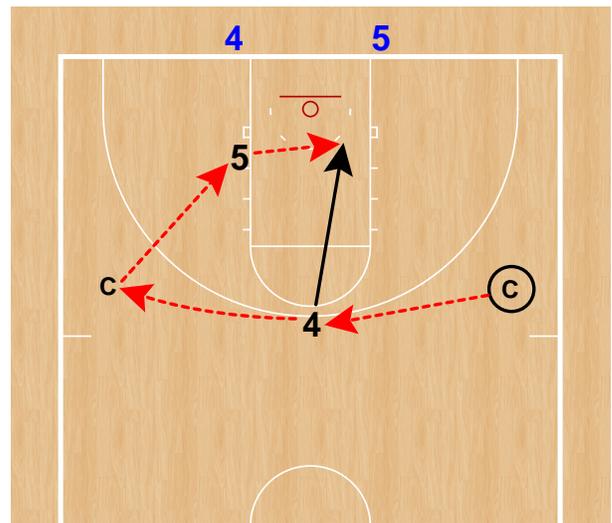


- #4 will then receive a pass from the coach on his/her flash to the high post then immediately look to pass to #5 in the post on the High/Low pass
- #5 spins & seals on the pass to the coach

**Option**

- You can put a coach with a pad under the hoop to put contact on the sealer

Frame 4

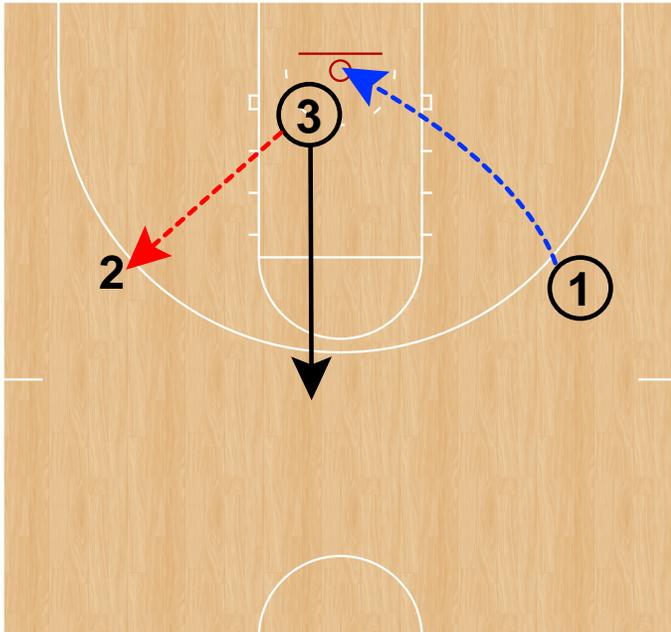


**Option B Finishing Option - Hit The Dive Player**

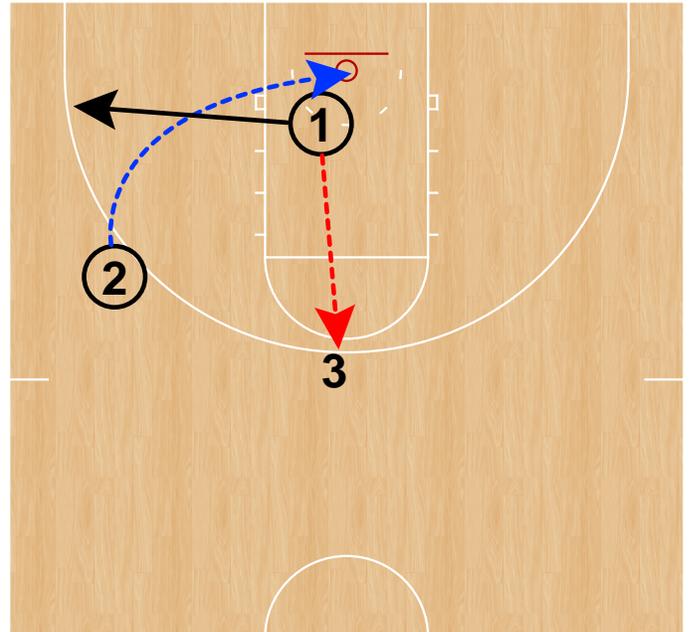
- In option B of this drill on the 2nd post pass in this drill (to #5) we would then immediately hit #4 on the dive instead as a 2nd finishing option

# Olympic Shooting

Frame 1



Frame 2



## Olympic Shooting Drill

– We start the drill by splitting up the team into groups of either 3 or 4 players

– Here we have 3 players with 2 balls. If you had players in groups of 4 players then you would have 4 players & 3 basketballs

– The shooter will always follow their own shot, rebound, and then make a pass to the open man

– After the rebounder passes, he/she will then relocate to be ready to receive a pass followed by a immediate shot

## Teaching Points

– Players must be shot ready & call for the pass

– Players must relocate to different spots to shoot each time

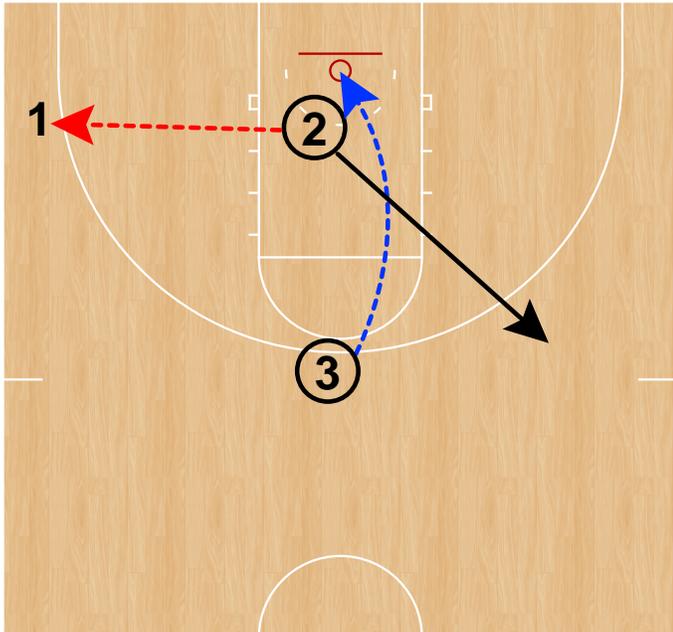
– #2 shoots and follows his/her shot

– #1 passes to #3 and relocates waiting for the next pass from #2

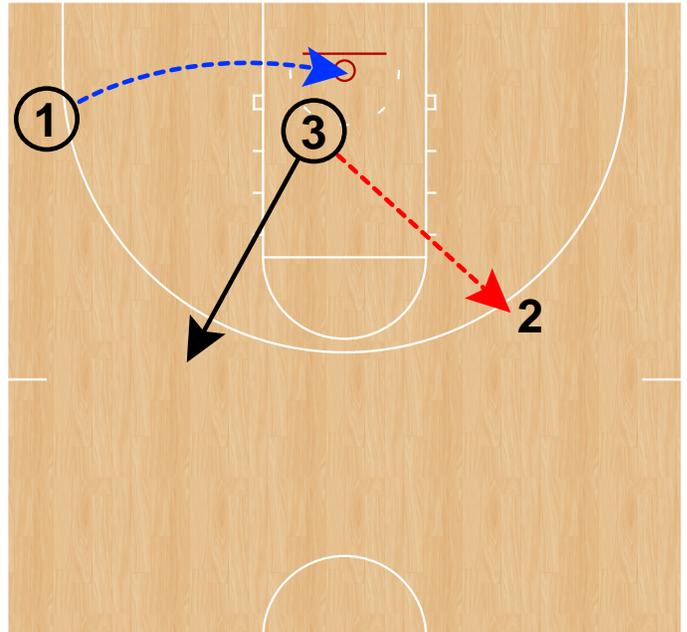
– #3 gets a pass from #1 and shoots, then sprints to follow to grab the rebound

# Olympic Shooting

Frame 3



Frame 4

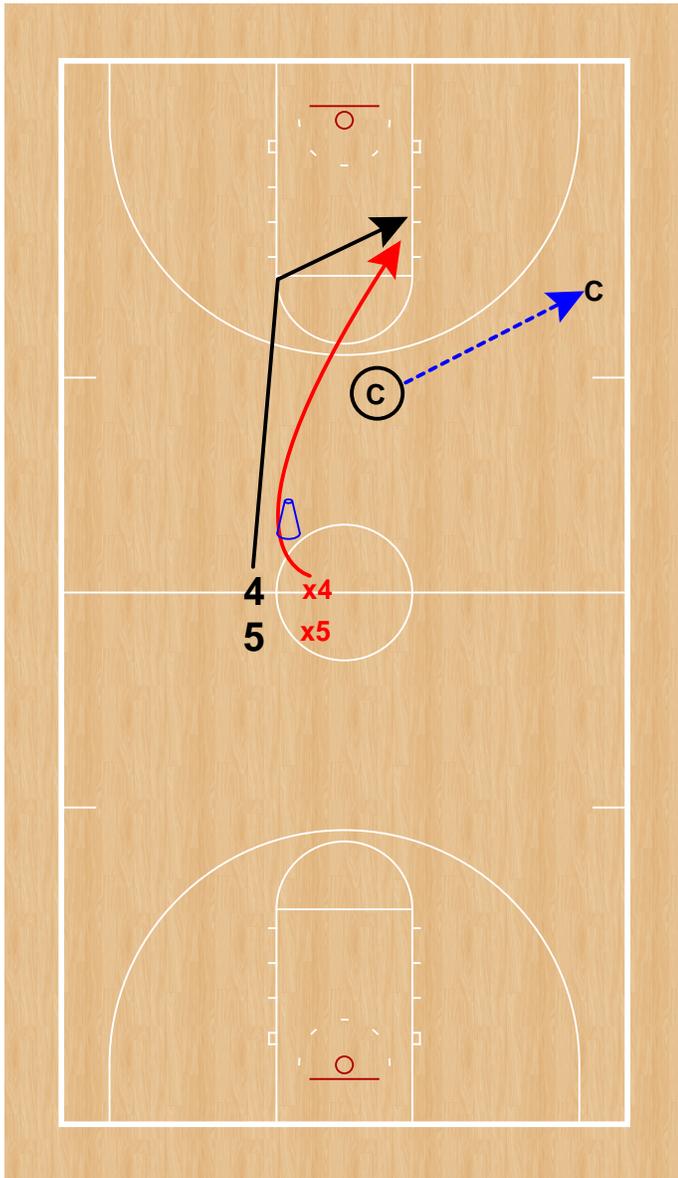


Continuity Continues...

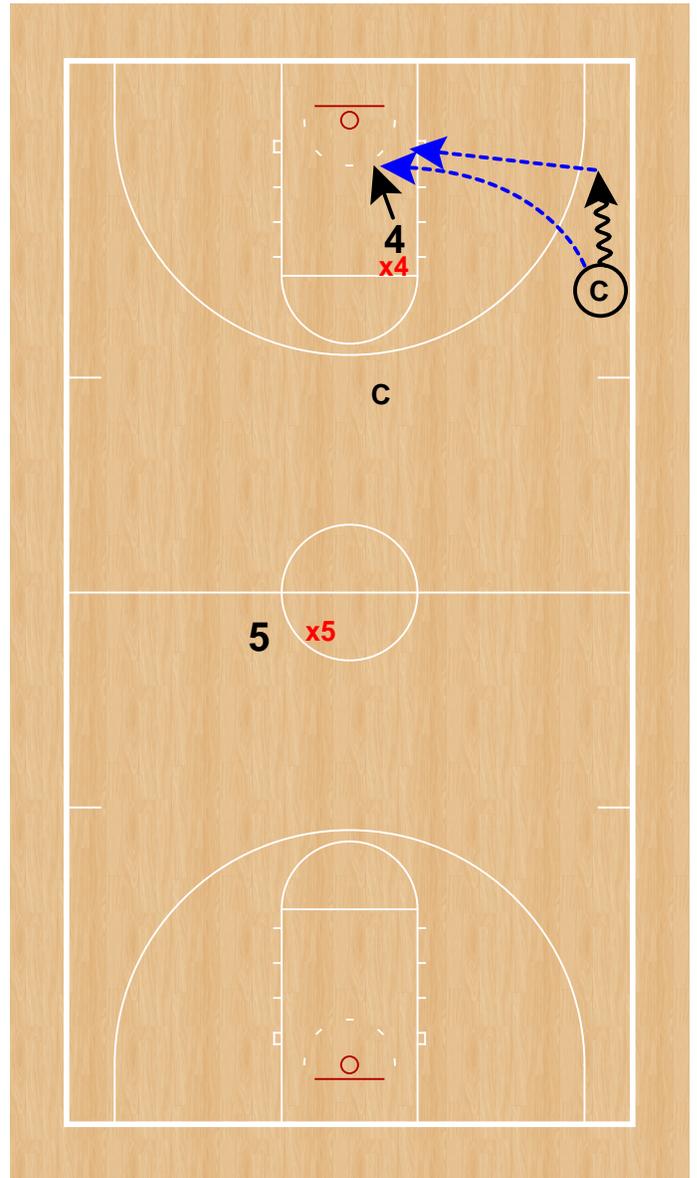
Continuity Continues...

# Transition Seal & Bury Drill

Frame 1



Frame 2



- We start the drill with 2 lines of post players at half court & 2 coaches

- The inside lane (X4) must chase the outside line (#4) and try and get inside post position on #4

### If The Defender Is Behind You

- #4 sprints to the elbow then 45 cuts & looks to seal X4 early

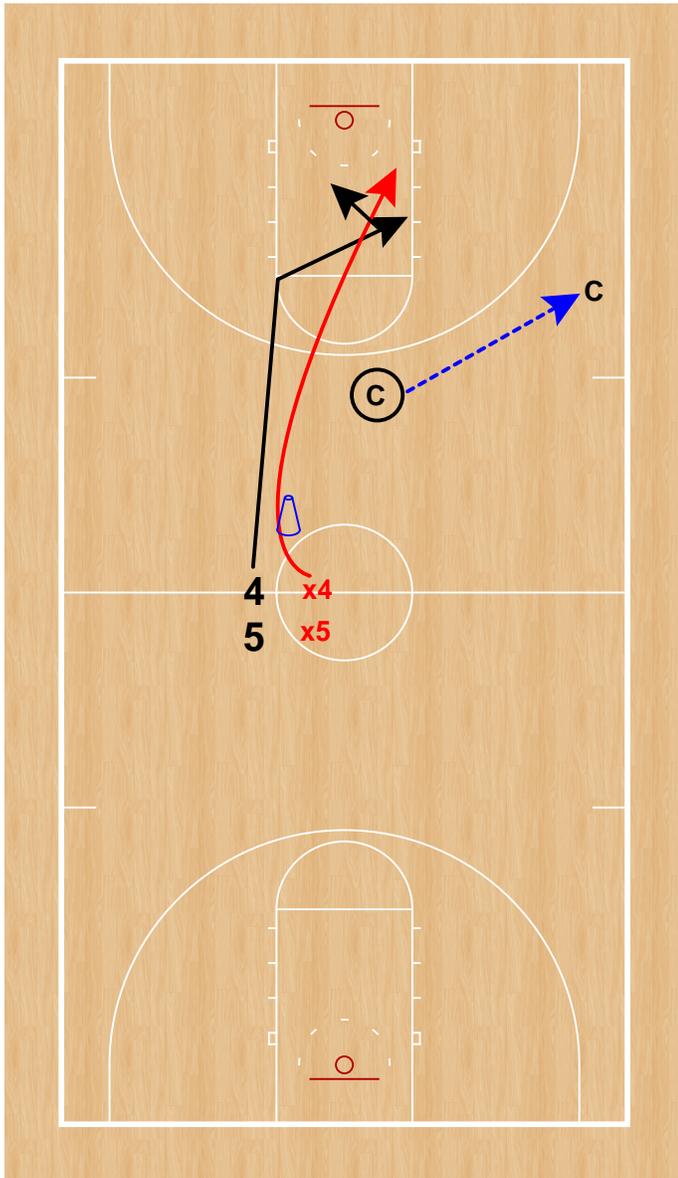
- The coach can pass to the other coach or make the High/Low look

### Option

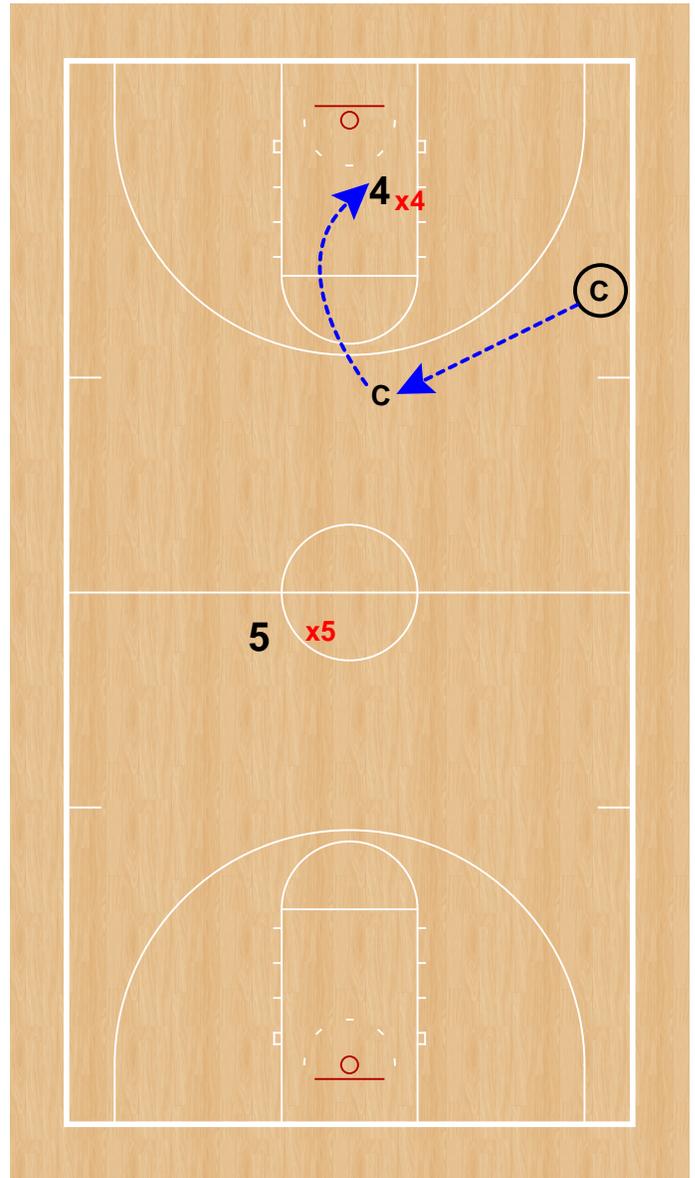
- The coach on the wing can take 1 hard dribble and then enter the ball to #4 as #4 holds off X4

# Transition Seal & Bury Drill

Frame 3



Frame 4



## If The Defender Is In Front Of You – Plant, Seal, & Bury

– We start the drill with 2 lines of post players at half court & 2 coaches

– The inside lane (X4) must chase the outside line (#4) and try and get inside post position on #4

## If The Defender Is In Front Of You – Plant, Seal, & Bury

– #4 sprints to the elbow then 45 cuts & looks to seal X4 early

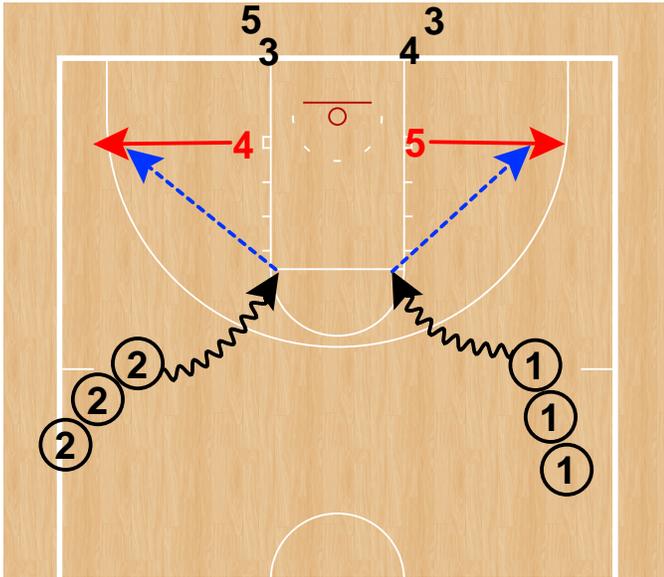
– If the defender gets in front of us we look to plant, seal, & bury as the coach passes back to the high post for a High/Low post entry

## If The Defender Is In Front Of You – Plant, Seal, & Bury

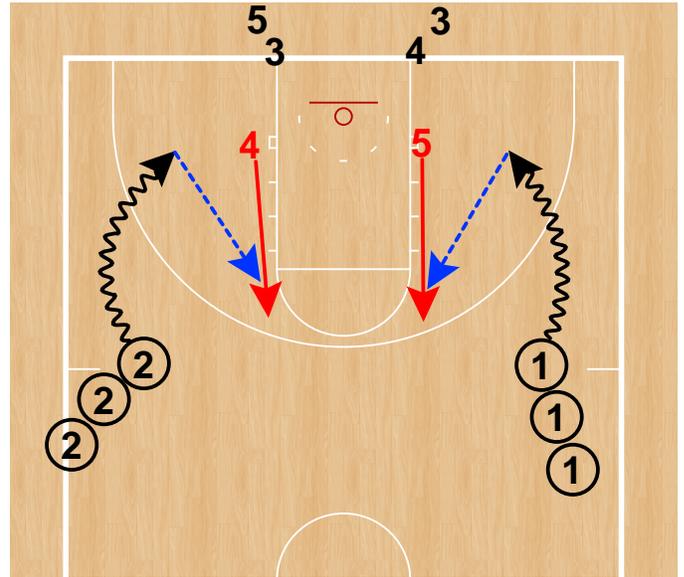
– If the defender gets in front of us we look to plant, seal, & bury as the coach passes back to the high post for a High/Low post entry

# Post Slides Drill\*\*\*

Frame 1



Frame 2



- This is a read & react drill for our post players and we do this drill EVERYDAY in practice

- We have 4 lines to start. Both the #1 & #2 lines will drive while #4 & #5 will read and pop out to clear room for the driver
- The #1 & #2 will jump stop and pass to the #4 & #5 on the pop
- We rotate lines each time

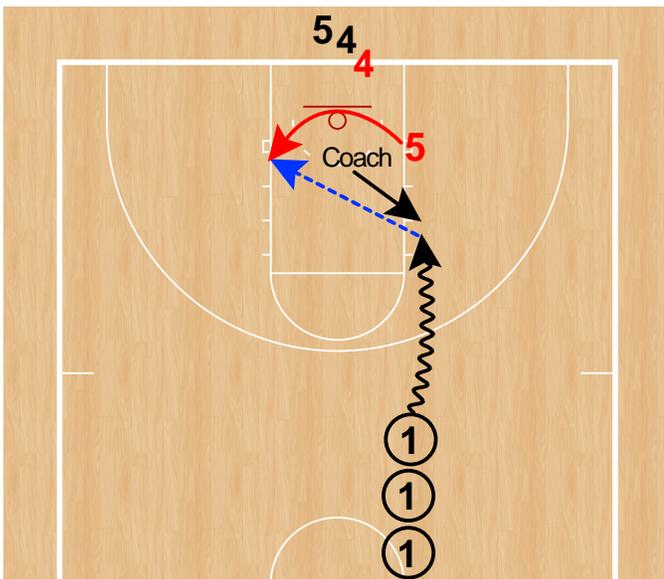
Frame 1 - Drive middle, post slide to corner read

- Both the #1 & #2 lines will drive while #4 & #5 will read and pop out to clear room for the driver

- The #1 & #2 will jump stop and pass to the #4 & #5 on the pop
- We rotate lines each time

Frame 2 - Drive baseline and post slide up to the elbow read

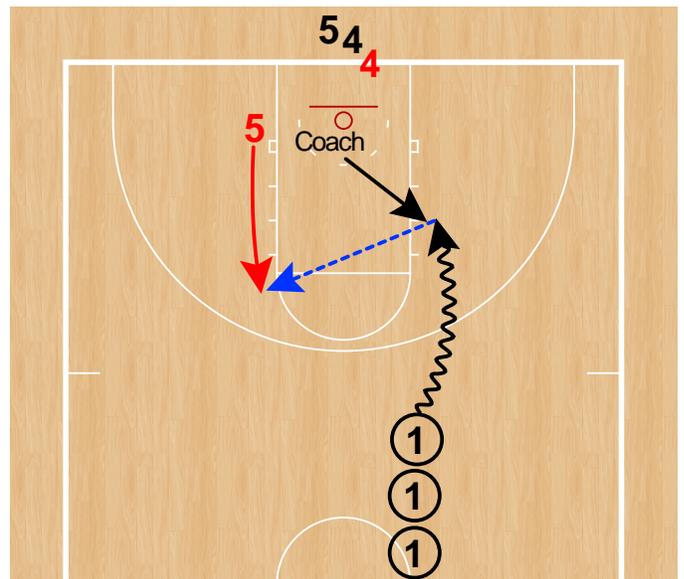
Frame 3



- #1 drives and dumps off to #5 relocating as the coach steps up to stop #1

Frame 3 - Drive middle, post slide to the opposite block for a dump off pass

Frame 4

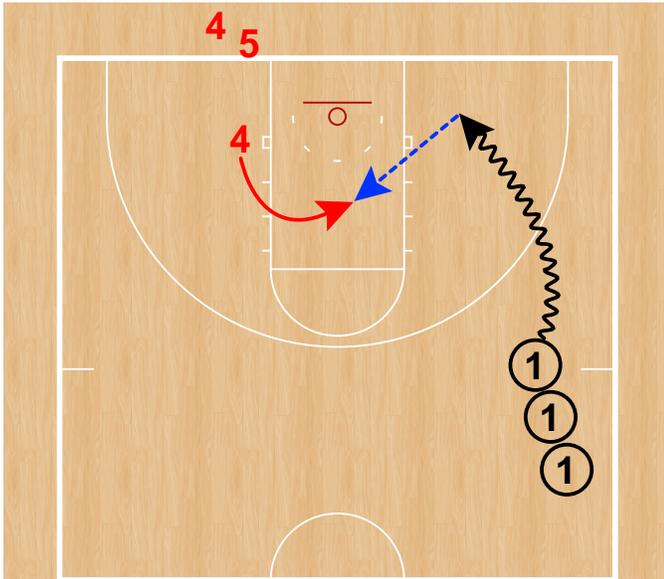


- #1 drives and dumps off to #5 relocating as the coach steps up to stop #1

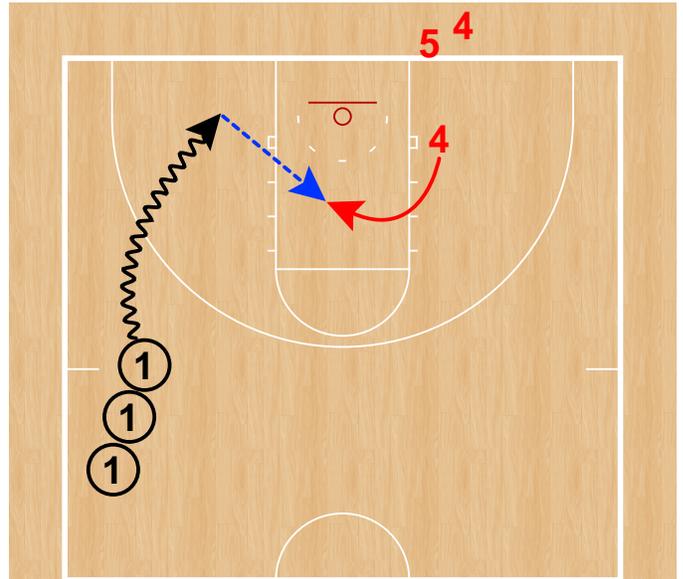
Frame 4 - Drive middle, post slide to the opposite elbow for a dump off pass

# Post Slides Drill\*\*\*

Frame 5



Frame 6

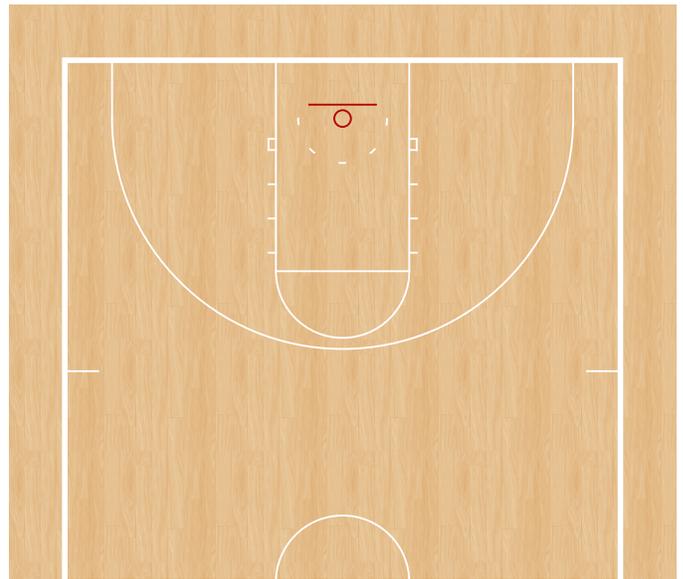
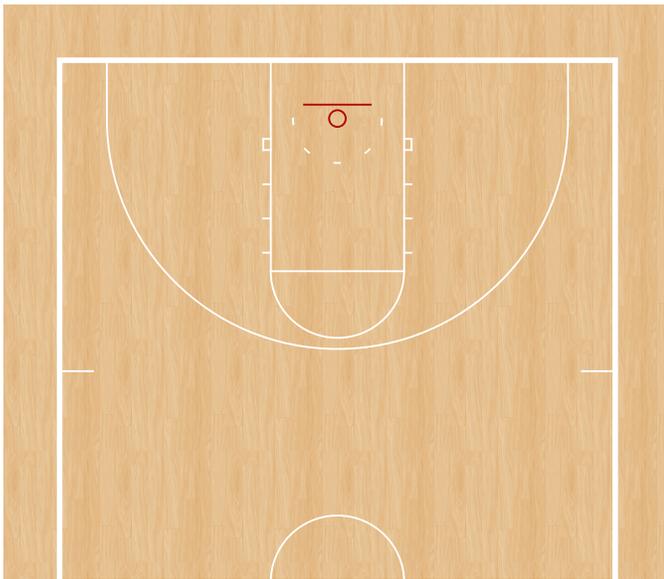


- On a baseline drive we now have the opposite big flash middle for a dump off pass

- On a baseline drive we now have the opposite big flash middle for a dump off pass

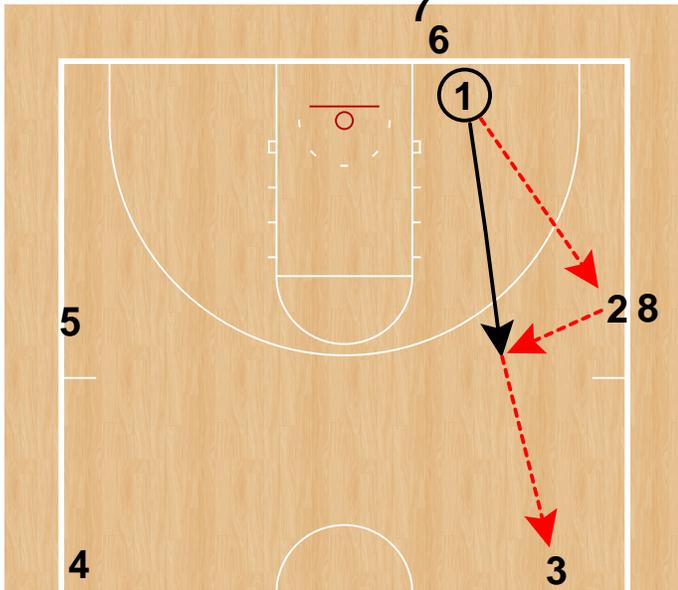
**Frame 5 - Drive baseline, post slide to the middle for a dump off pass**

**Frame 6 - Drive baseline, post slide to the middle for a dump off pass**

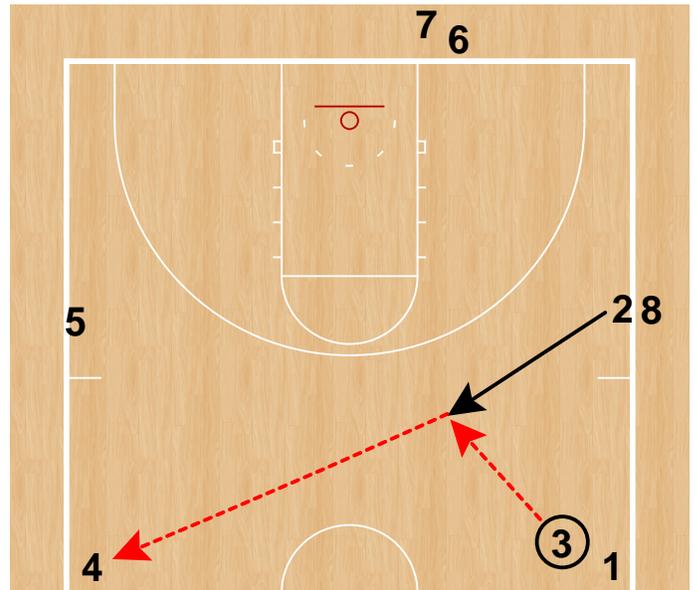


# Show Time Passing Drill

Frame 1



Frame 2

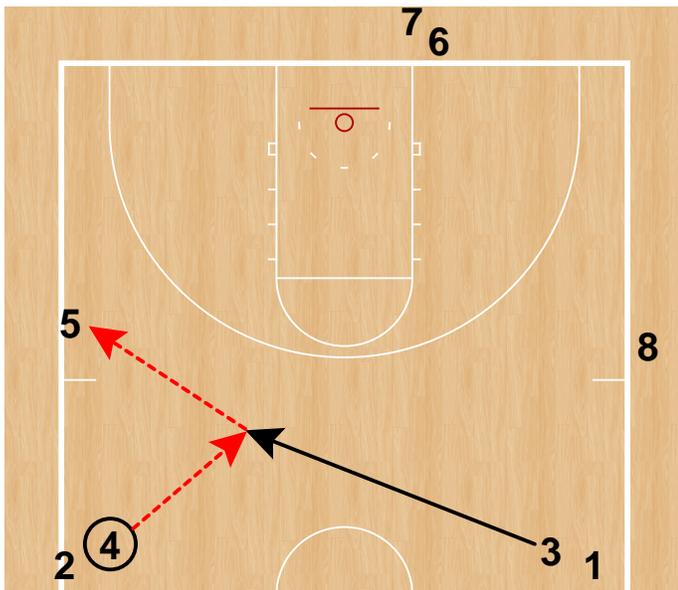


**The drill starts with 5 lines & either 1 or 2 balls**

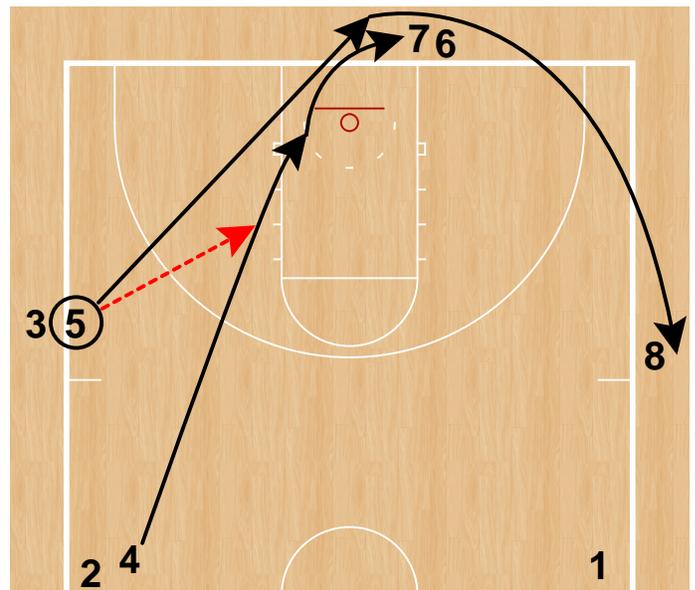
- #1 passes ahead to #2 and then runs towards #3 which is diagonal to him/her
- #2 immediately passes the ball back to #1
- #1 then immediately passes to #3 and follows his/her pass and goes behind #3 in that line

- After #2 passed to #3 he/she then immediately cuts in front of the #3 line and #3 then passes to #2
- #2 then passes to #4 and then follows their pass behind to the back of the line

Frame 3



Frame 4

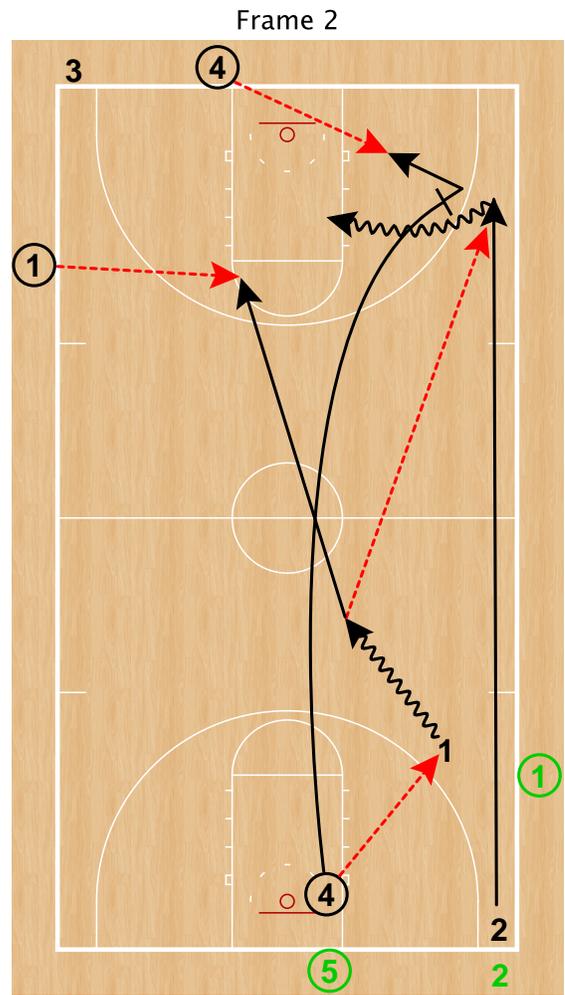
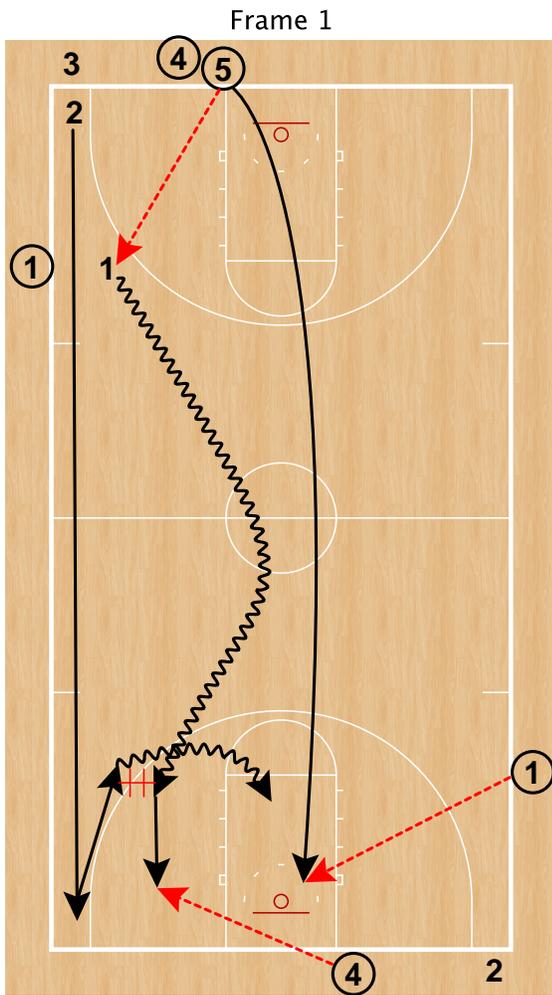


- #3 then cuts in front of #4 & gets the pass back
- #3 immediately passes the ball back to #5
- #3 then follows their pass & goes behind #5's line

- #4 now cuts in front of #5
- #5 then passes to #4 for the lay-up
- #5 follows his/her pass and gets the rebound & gives it to the next person in the baseline line

# Conditioning Drills

# 21 – 3 Man Fastbreak Drill (21 & Transition Drill)



This is a great continuous 3 man break drill

## 21 Dribble At (DHO) Option

- #5 outlets to #1 who advances the ball up the floor for a Dribble At (DHO) option that results in a shot by #2
- #2 sprints the floor, touches the corner then comes up to receive the DHO from #1
- After the DHO both #1 and #5 will then both receive passes from the sideline to take shots

- After group 1 is done group 2 will now go

- The completed players grab the 2 balls and get in the line on the same end of the floor

## Option 2 – Drag Screen

- #4 rebounds after making the pass to #1 in the previous frame & outlets the ball to #1
- #1 then advances the ball & passes ahead to #2 on the wing
- This time #4 sprints into a drag screen for #2 & #2 takes an elbow jumper
- #1 & #4 then both receive passes from teammates for a shot

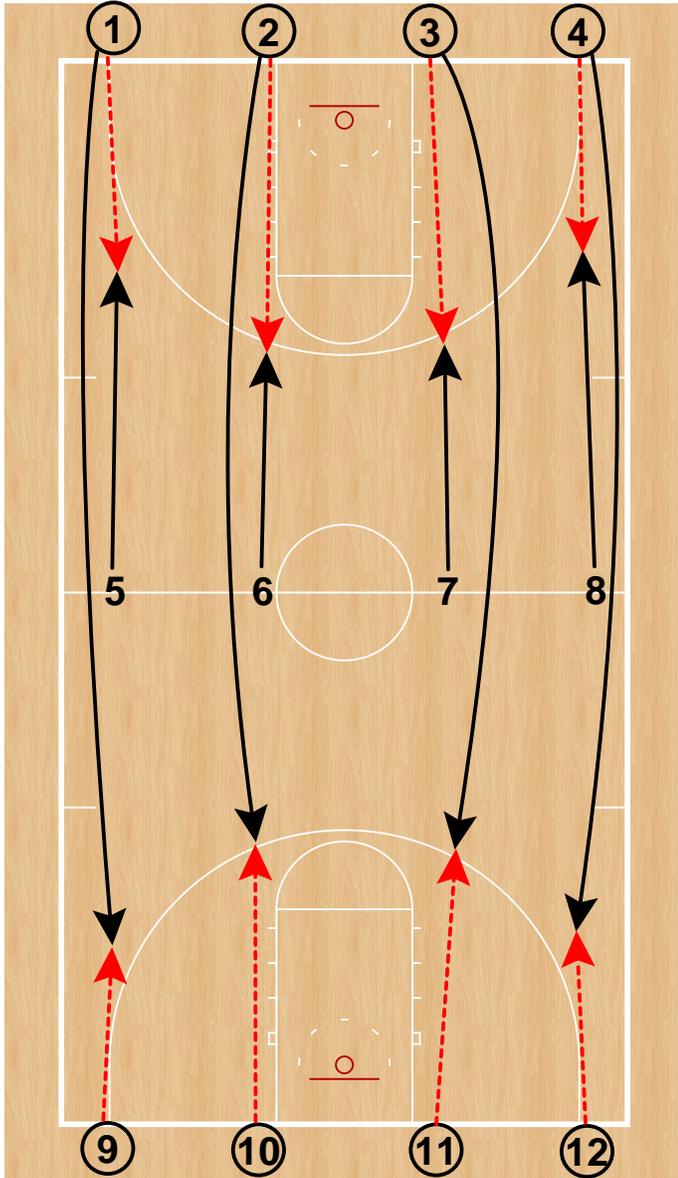
Green = Rotation spots

Option 3 – Coach can add any action they want

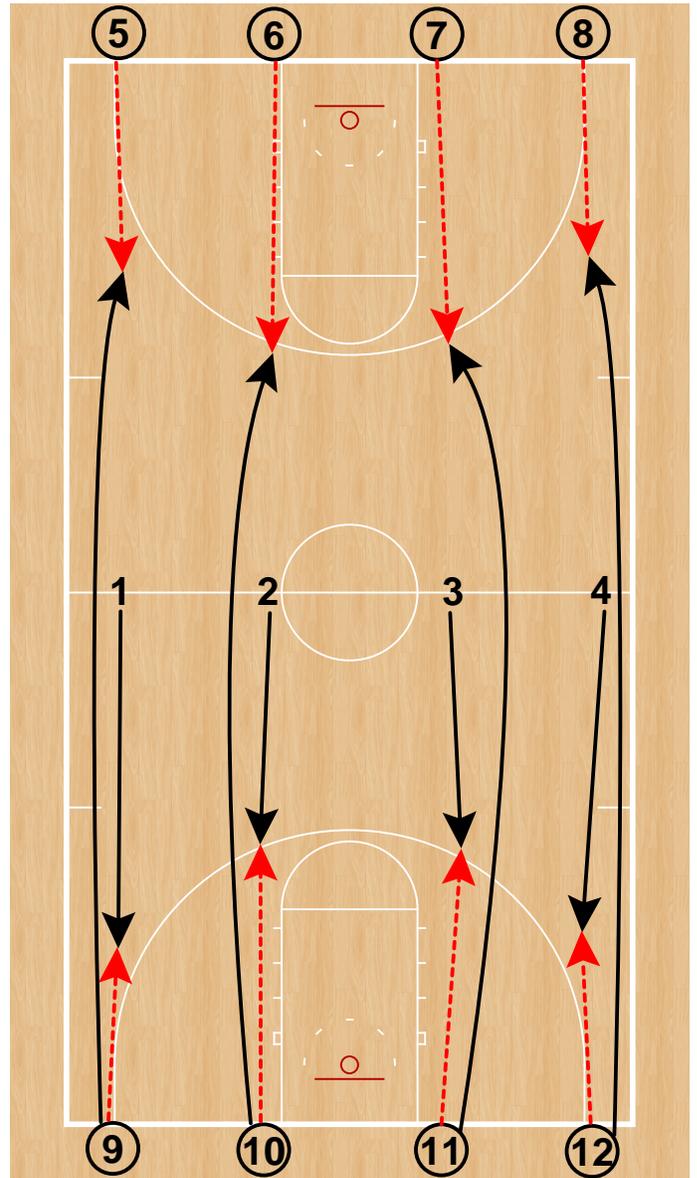


# 4 Line – Shooting Drill\*

Frame 1



Frame 2



- 4 Minute Drill with 8 balls and we need 80 makes

- #5, #6, #7, & #8 all run and receive passes from #1, #2, #3, & #4 and they then shoot the jumper and follow their shots

- #1, #2, #3, & #4 then sprint down to the other end and we are in continuity

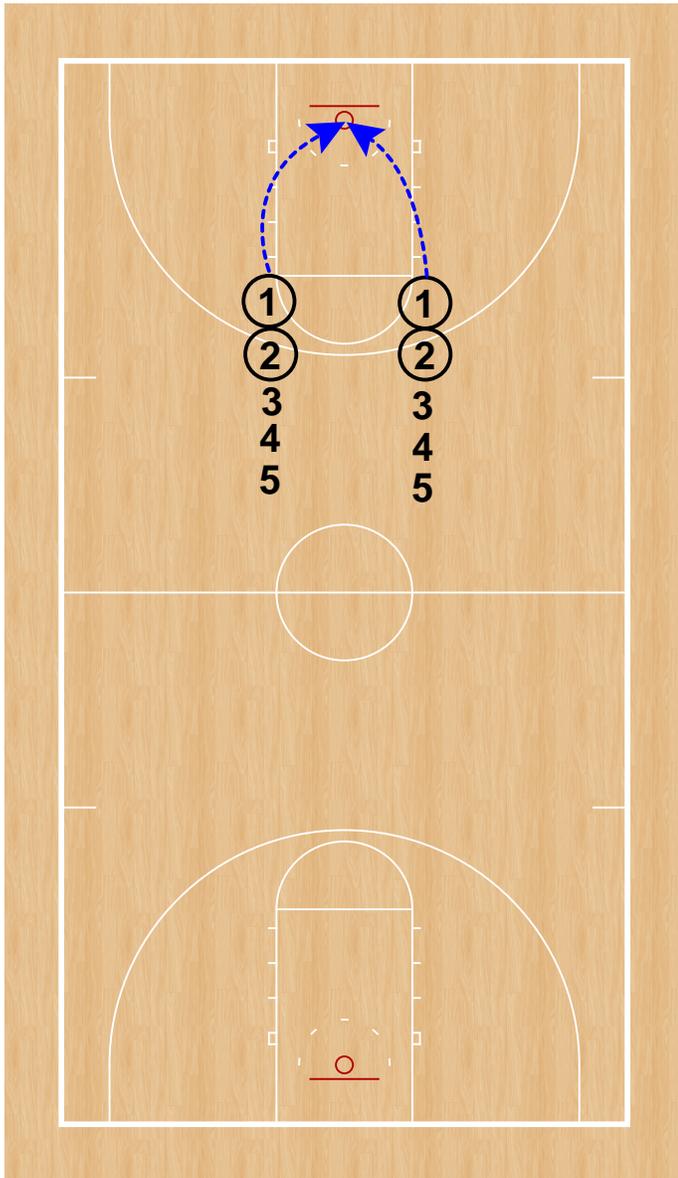
**Continuity Continues**

- #1, #2, #3, & #4 all run and receive passes from #9, 10, #11, & #12 and they then shoot the jumper and follow their shots

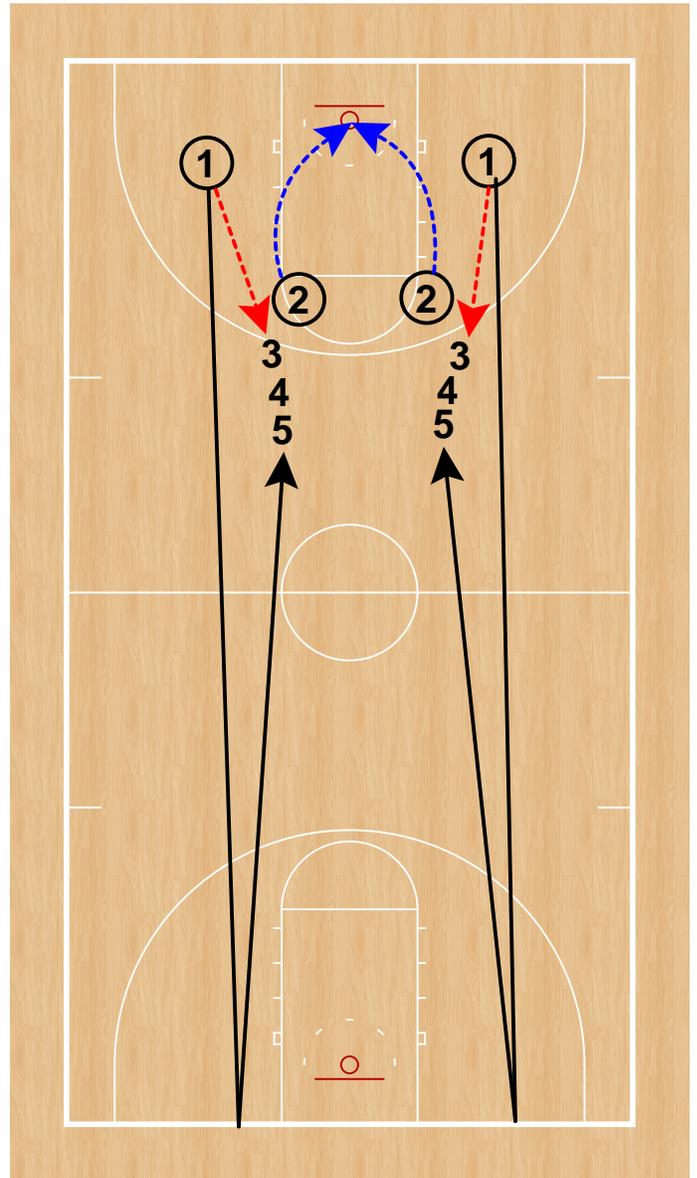
- #9, #10, #11, & #12 then sprint down to the other end and we are back in continuity

# Butler Shooting

Frame 1



Frame 2

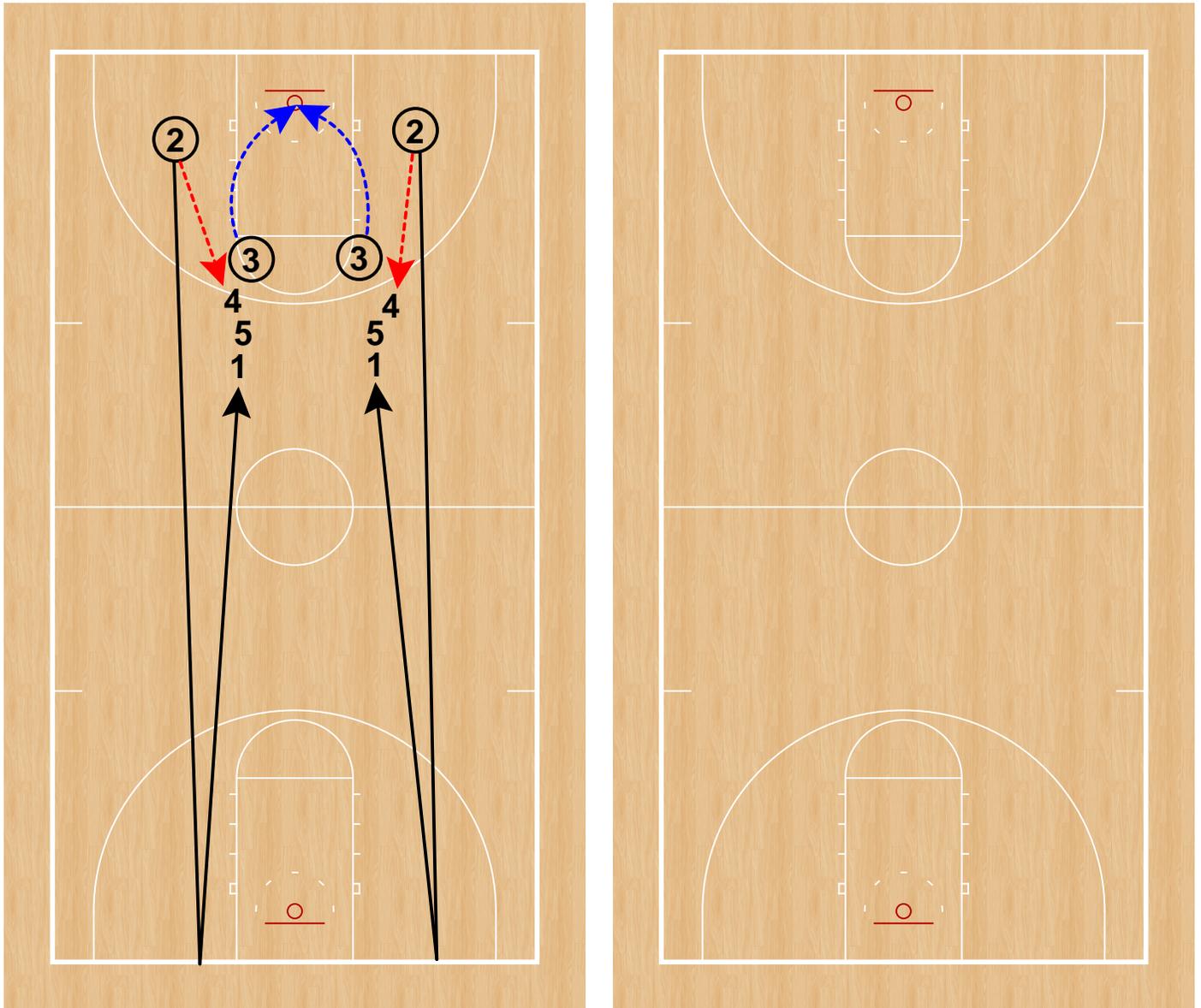


- We start with 2 lines at the free throw line and 2 basketballs in each line
- This is a good conditioning drill
- The drill starts as both players shoot the ball

- Each player will rebound their own shot and pass to the next player in line. They will then run to the other end of the floor, touch the baseline, and run to the back of the line at the other end
- Continuity continues as #2 shoots, follows shot, passes, and runs down & back

# Butler Shooting

Frame 3

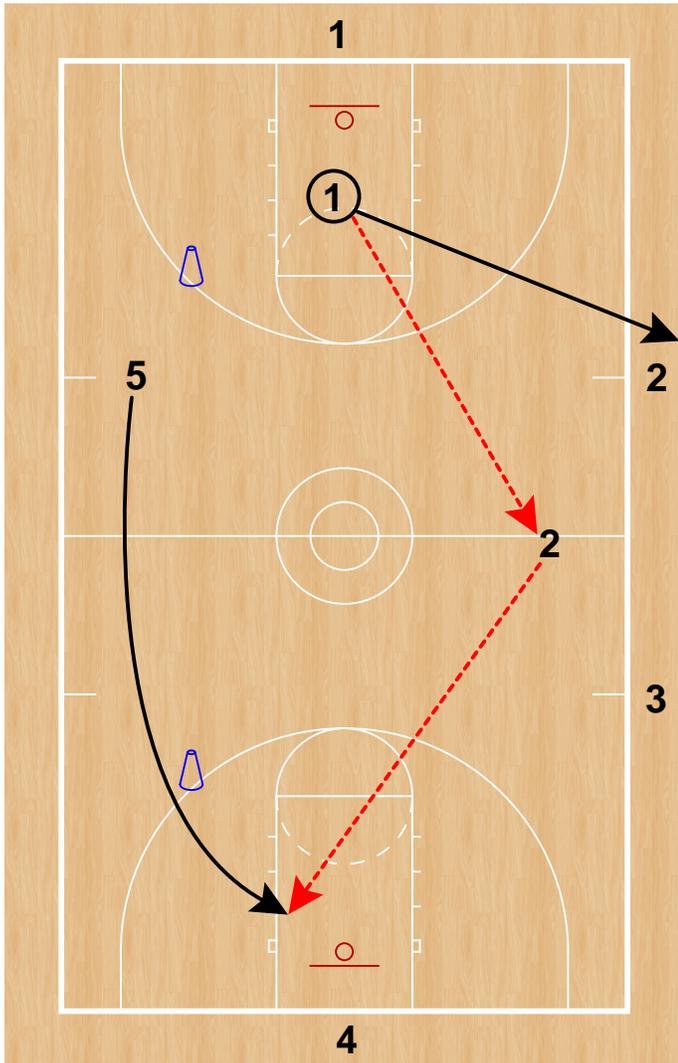


- Each player will rebound their own shot and pass to the next player in line. They will then run to the other end of the floor, touch the baseline, and run to the back of the line at the other end

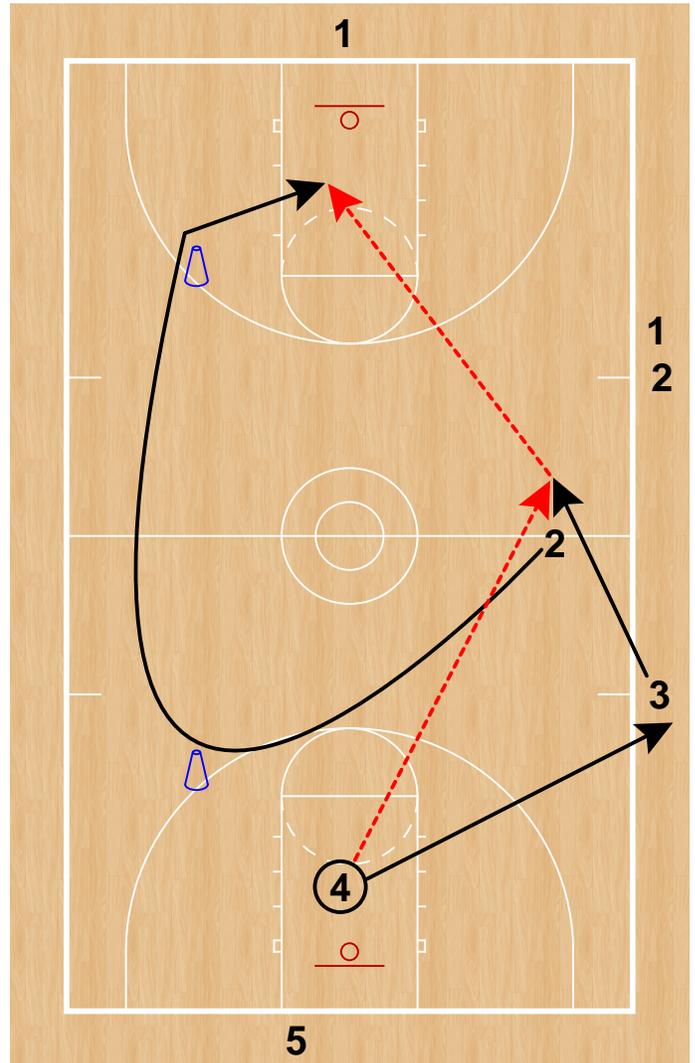
- Continuity continues as #3 shoots, follows shot, passes, and runs down & back

# Cyclone Passing Drill

Frame 1



Frame 2



- #1 starts the drill and follows his/her pass to the line they just passed it to

- #2 receives the ball over half court and pushes it across half court & passes ahead to #5 who is filling the lane outside the cone and receiving the ball in the paint for a lay-up

- The drill continues with #4 rebounding #5's lay-up

- #3 sprints over the half court line to receive the outlet pass from #4

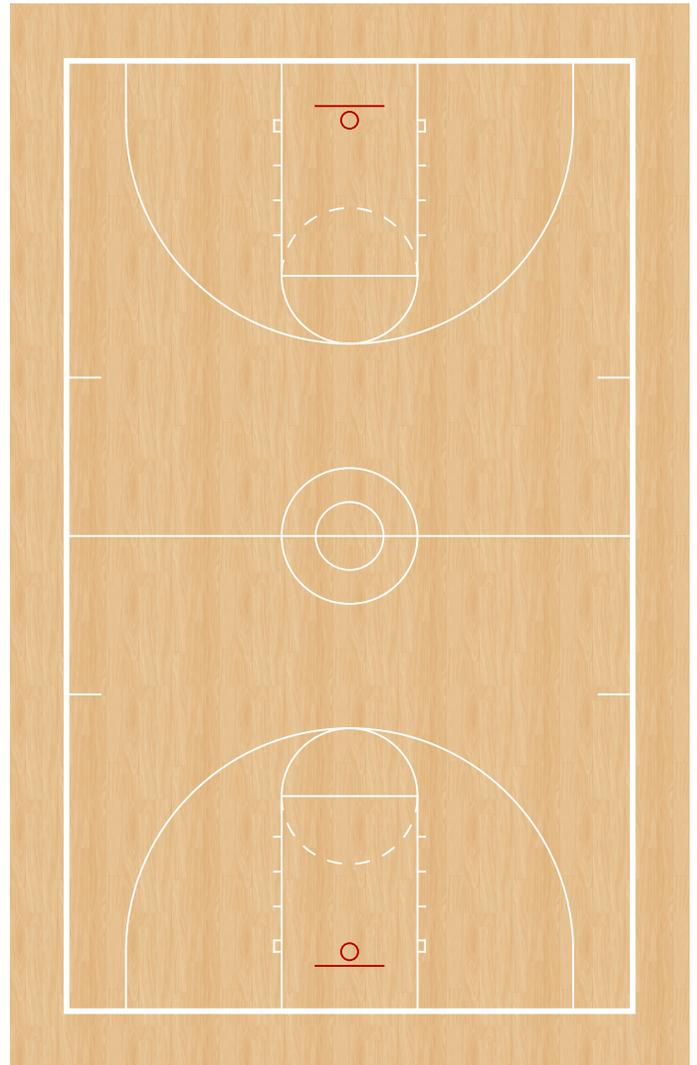
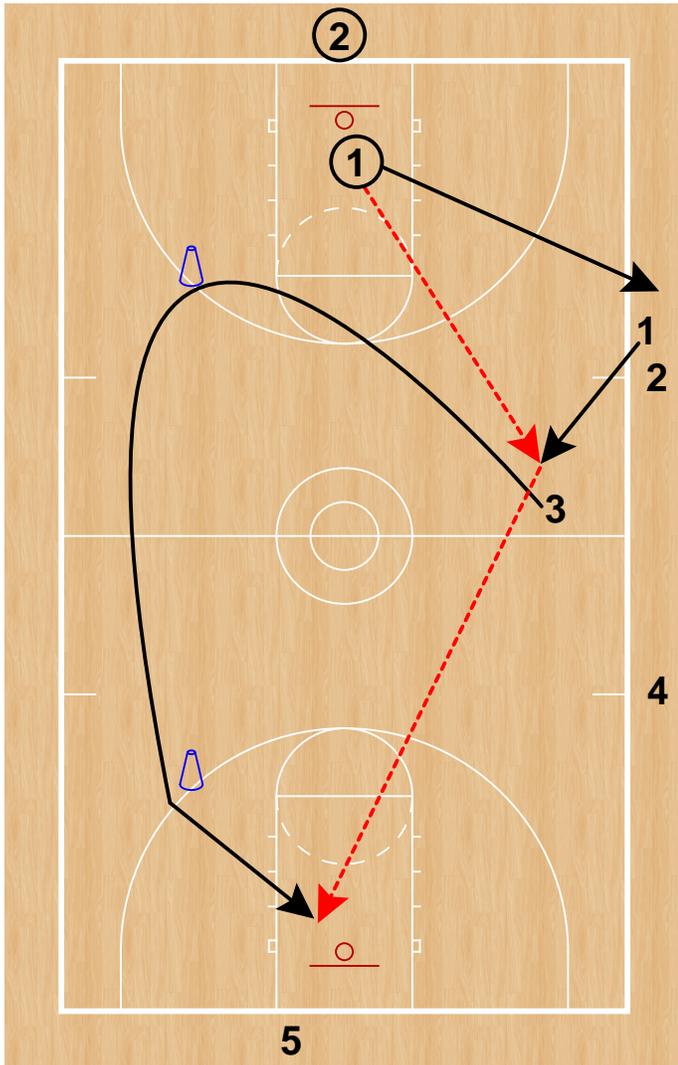
- #2 has now sprinted around the cones opposite of him/her original side and is anticipating the pass from #3 for a lay-up at the other end of the floor

## Goal

- 25-30 baskets within 2 minutes

# Cyclone Passing Drill

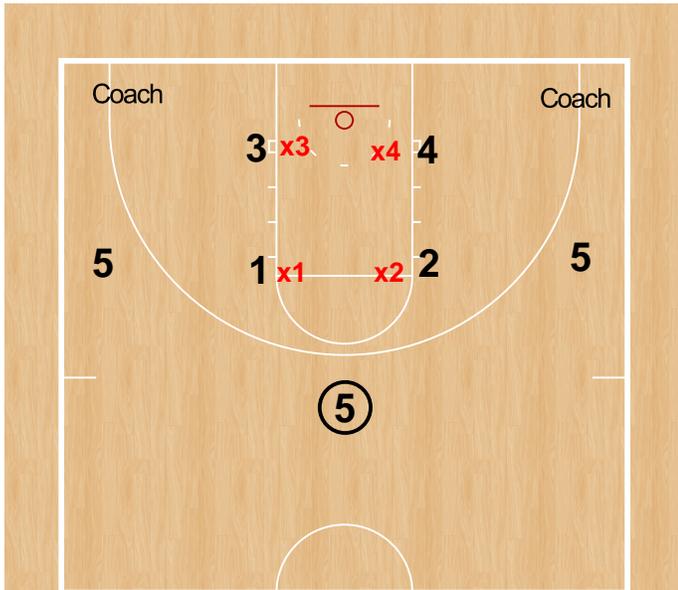
Frame 3



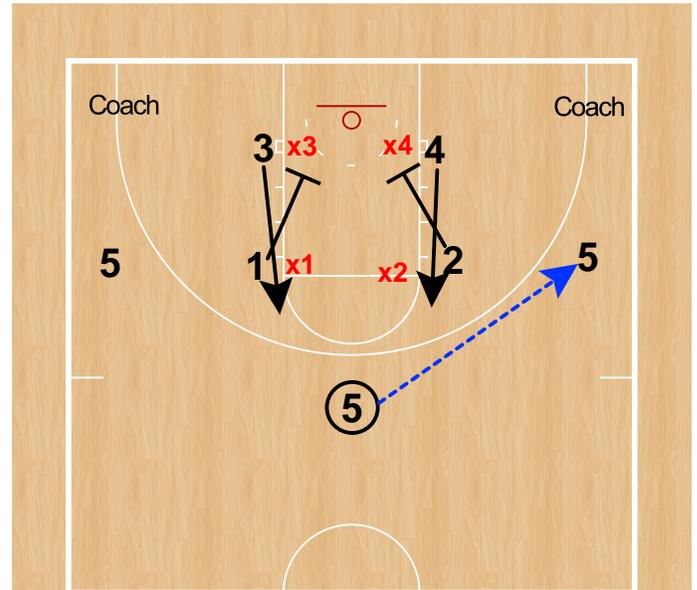
- After passing, #3 then sprints around the cones to the other side of the court
- #1 steps in & rebounds the ball, sends it up to the next person in line (other #1) who will receive it over the half court line
- #1 passes to #3 for a lay-up & #5 rebounds & continuity in the drill continues...

# Inferno Drill

Frame 1



Frame 2



– We start the drill with 5 coaches or players around the perimeter as passers & then a 4 on 4 with 2 players starting on the elbows and on the blocks with 4 players on offense & 4 on defense

**This is an 6–8 minute drill – Switch the offense and the defense at the 3–4 minute mark**

**No Substitutions!**

### Offensive Rules

- Players must catch the ball on the elbow or on the block
- Players must head hunt & make contact on screens & come off shoulder to shoulder
- If the defense switches look to pick & slip & seal defenders

### Defensive Rules

- Don't let the offense catch the ball on the block or on the elbow
- To start the drill we do not allow any switching, but you can allow this as the drill progresses or the more you use this drill throughout the season

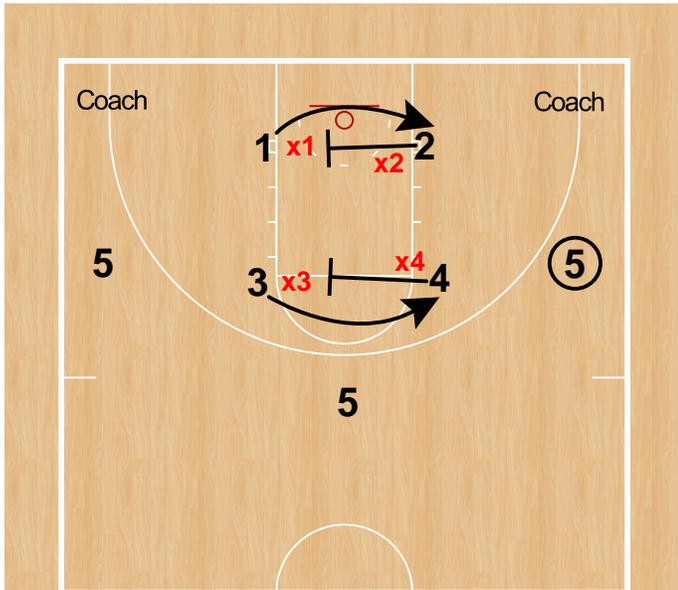
– When the ball is up top, the offensive players down screen for one another

– If the passer can't get a pass to either elbow, then he/she will pass the ball to the next passer on the wing to continue the drill

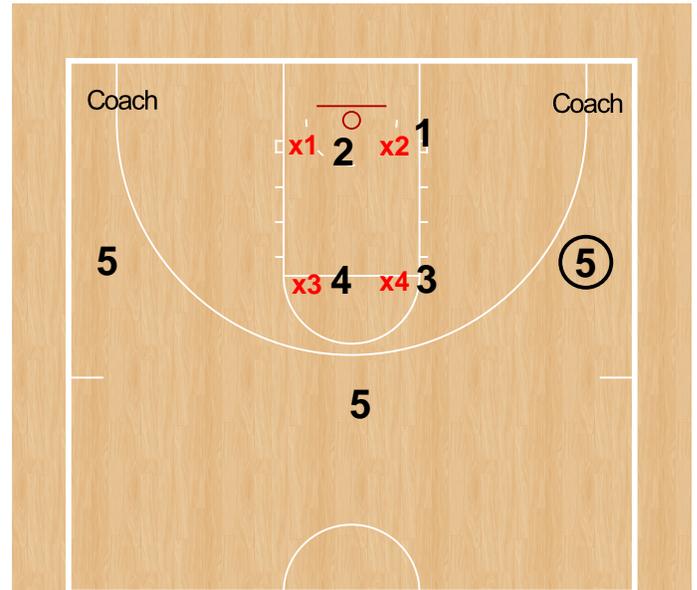
**You can decide how you want to make it competitive. You can go live on the catch, stop on the catch, or keep score for any catches**

# Inferno Drill

Frame 3



Frame 4



- When the ball is on the wing, the offensive players will screen away from the ball

- At the 3 minute mark we switch sides

**Do not sub in for any of the 8 players that were in the inferno. We want to build toughness in our players**

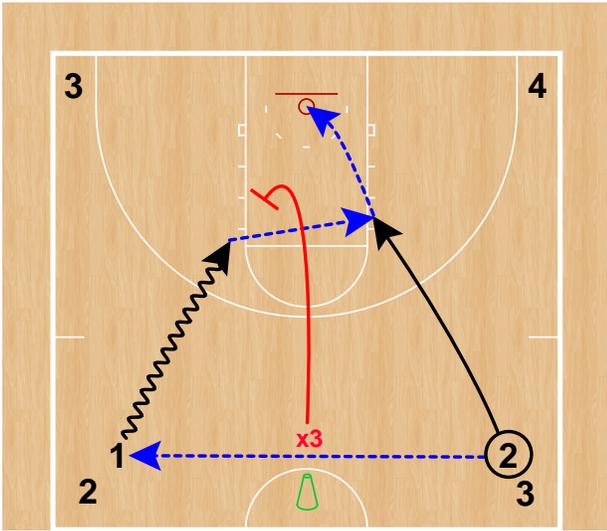
### Option

-The offense could even run some "T" Series action with simultaneous cross screen down screen action (STS)

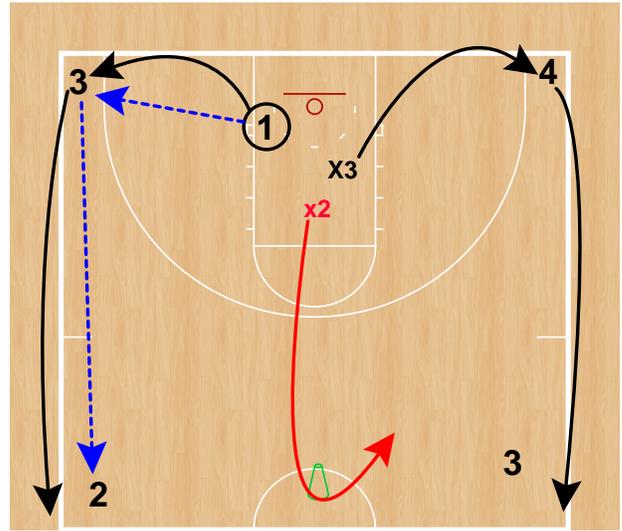
# Transition Drills

# 2 on 1 - Half Court Drill #2

Frame 1



Frame 2



## 2 on 1 - Half Court Drill

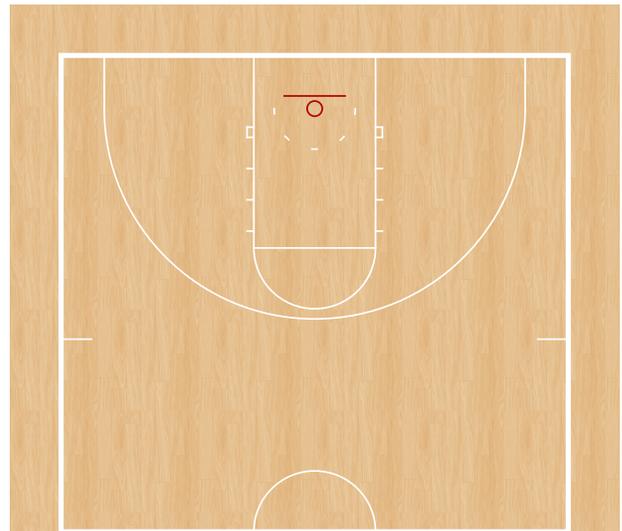
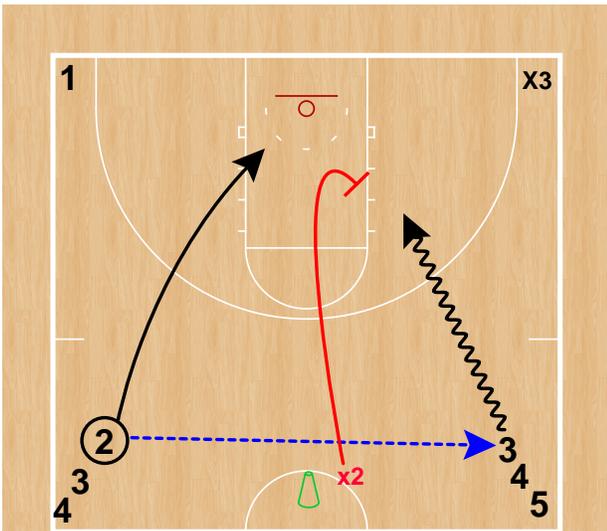
- The drill starts with 1 ball, 2 lines, & a defender at the cone at half court. We also have 2 players in the corner as outlets for the drill (#3 & #4)
- We start the drill as #2 makes the pass. X3 gets back on defense & we are now in a 2 on 1 break
- We only allow 1 shot whether it's a make or miss
- Whoever shoots the ball becomes the next defender
- Whoever rebounds the ball outlets the ball to the corner player (#3 or #4) and to the side of the floor in which he/she rebounded it from

- Both players after making the pass to the corner sprint around the court to get back in lines

- #3 will then pass the ball up to #2 and both corner players will then go up to the lines at half court as the other 2 players (#1 & #3) will fill these spots

- X2 (#2 in the previous frame who shot the ball) now becomes the defense & must sprint around the cone at half court & get back on defense for the next 2 on 1 situation

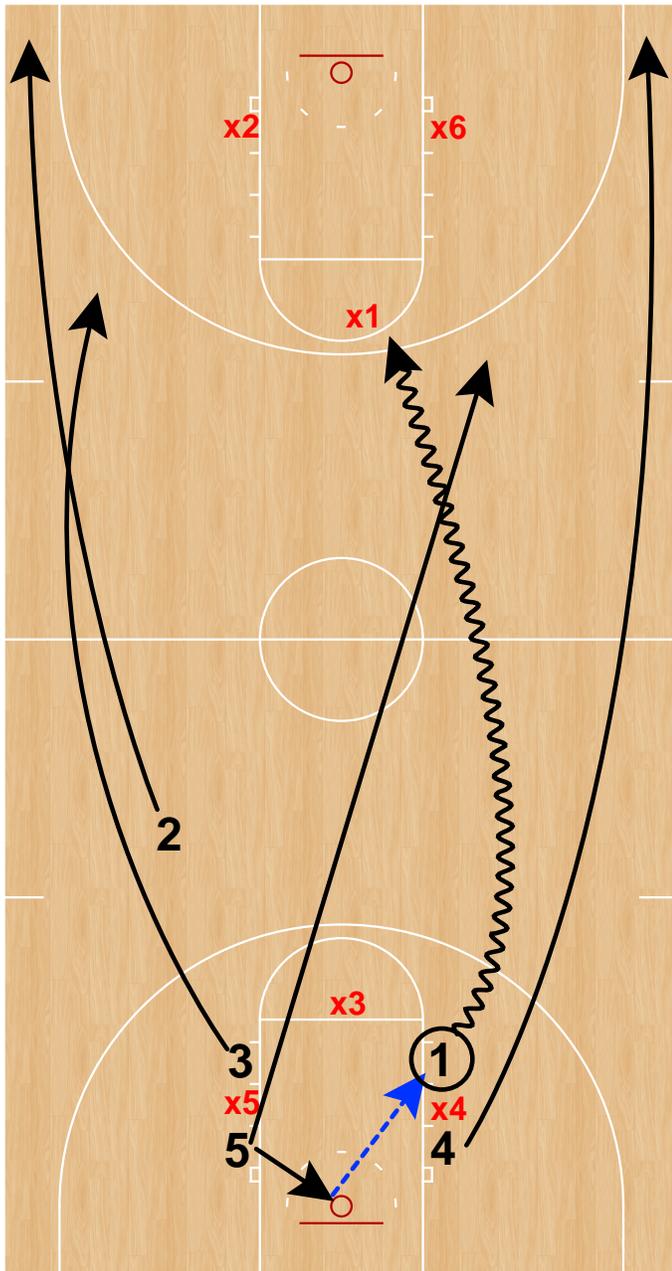
Frame 3



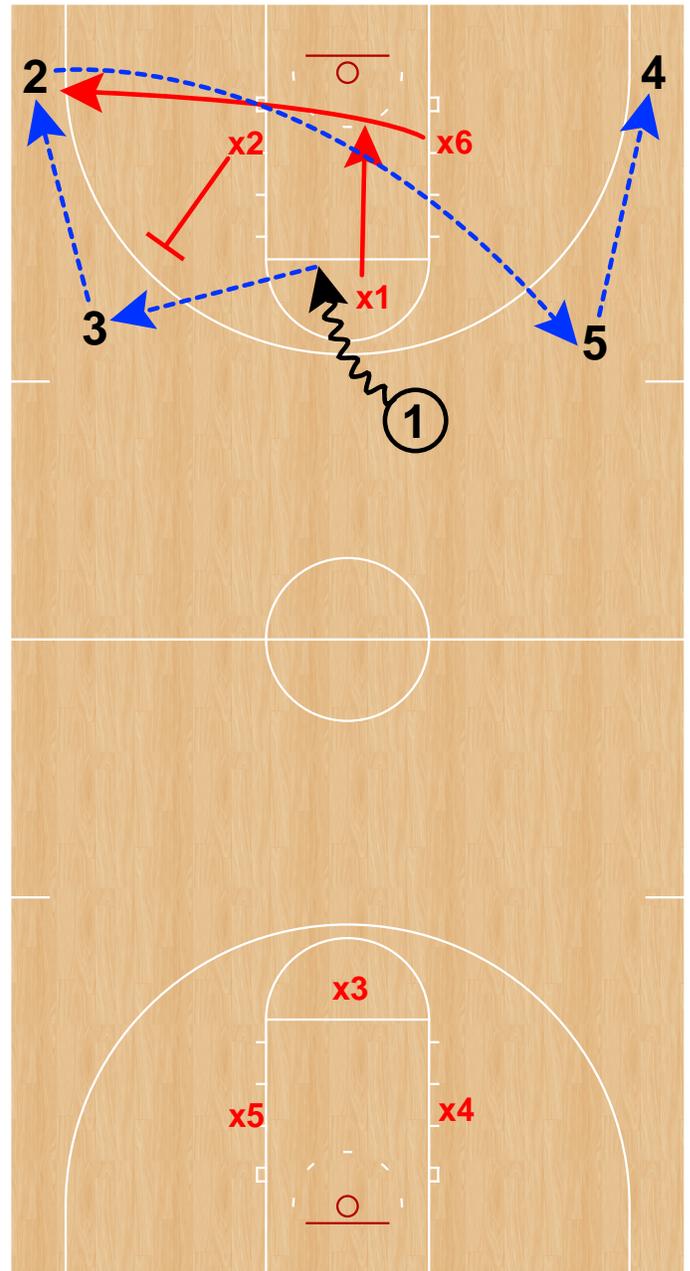
- #2 immediately passes to #3 who will immediately drive & we are now in continuity & back into a 2 on 1 as X2 is sprinting from half court to play defense

# 5 on 3 on 3 Rocket Break – Transition Drill

Frame 1



Frame 2



**Down & Back Drill 5 on 3 Into 5 on 3 – Could do a set number of times before rotating. 5x Max (Down & Backs) = 10 Rocket Breaks 5 on 3**

– We start the drill with a free throw. The defensive team (3 players) will stay at that end of the floor while the other 3 defenders are at the other end ready to defend

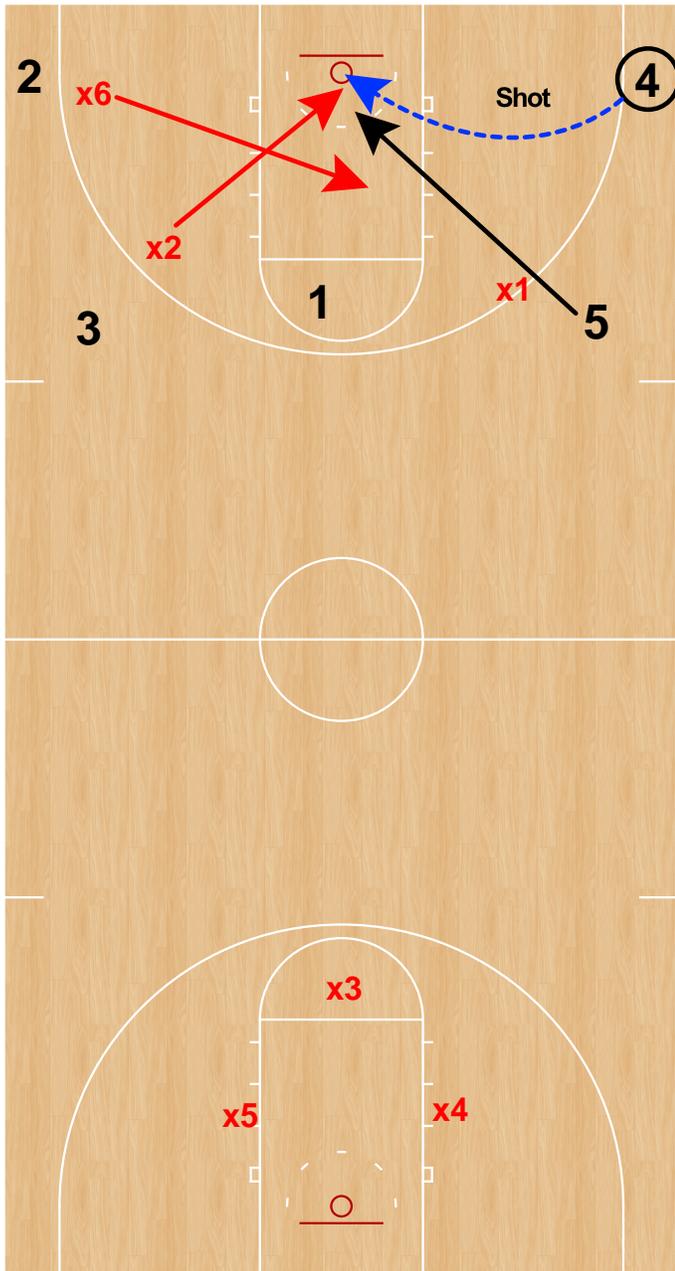
– We are working on our 2 sided fast break (Rocket Break)

– We are looking for the "One More Pass Concept" & shot 1st

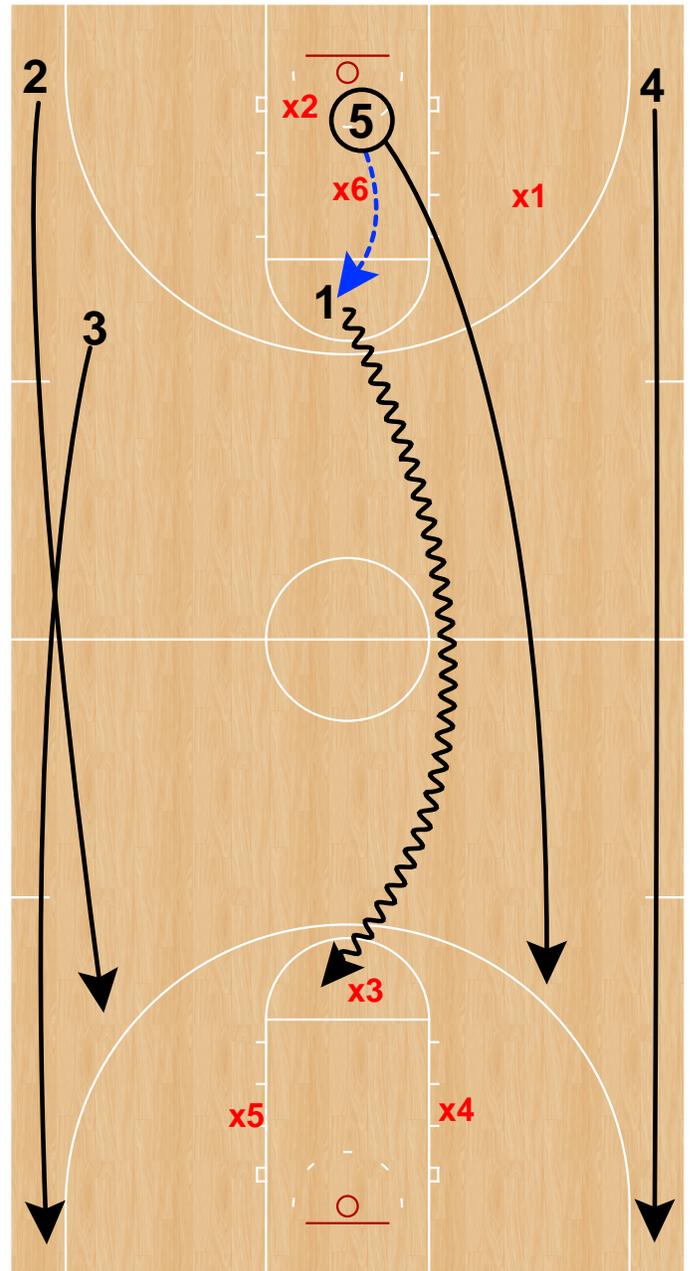
– If the defense rotates properly & takes away a shot we can drive or skip the ball for another "One More Pass" Concept

# 5 on 3 on 3 Rocket Break – Transition Drill

Frame 3



Frame 4



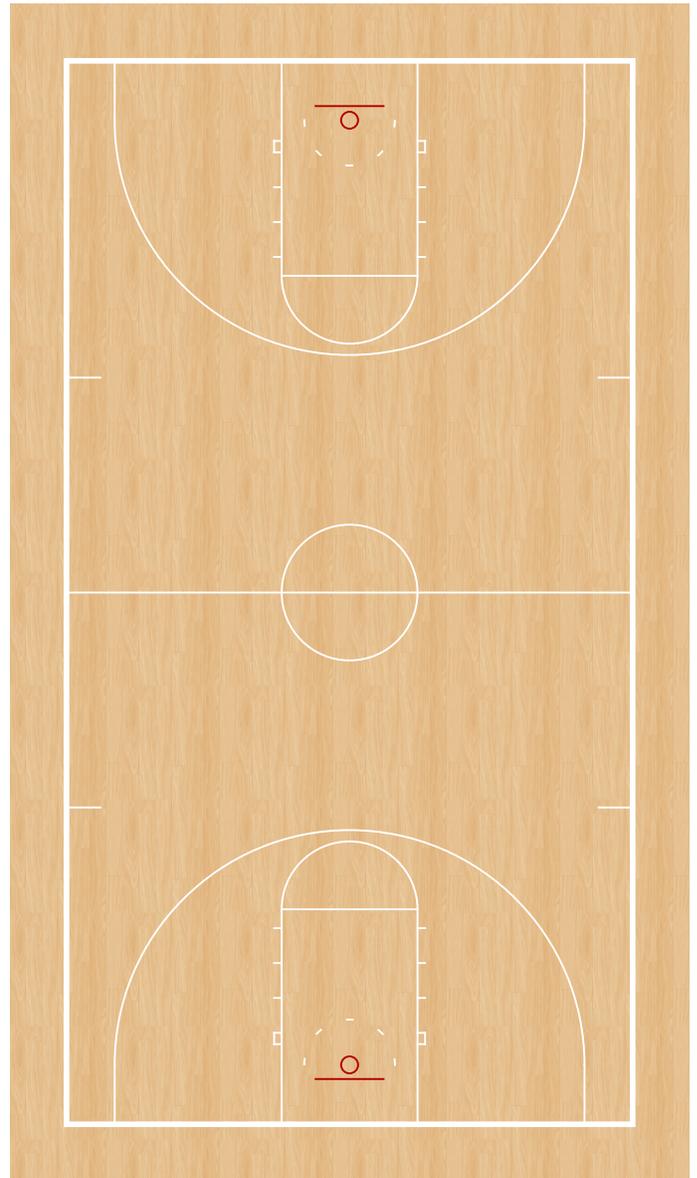
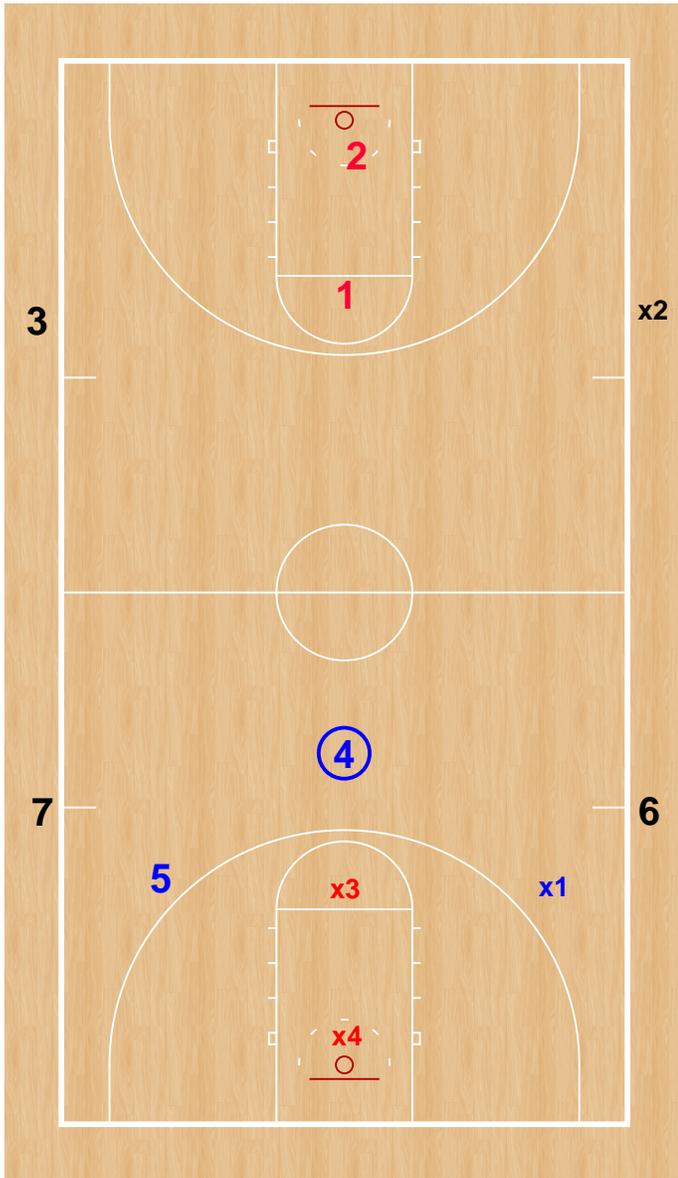
– #4 shoots & #5 rebounds or is given the ball from a red team defender on their rebound & the drill continues and we are back in continuity to the other end...

**Rocket Break Continuity Continues...**



# 11 Man Drill

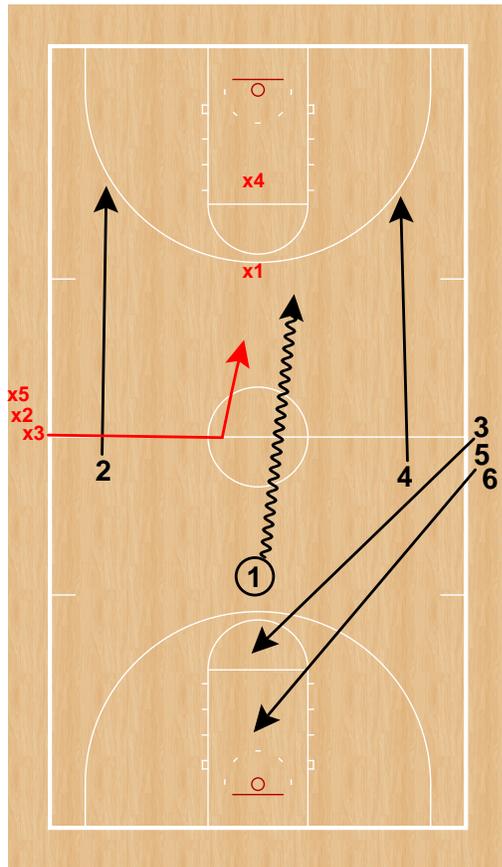
Frame 3



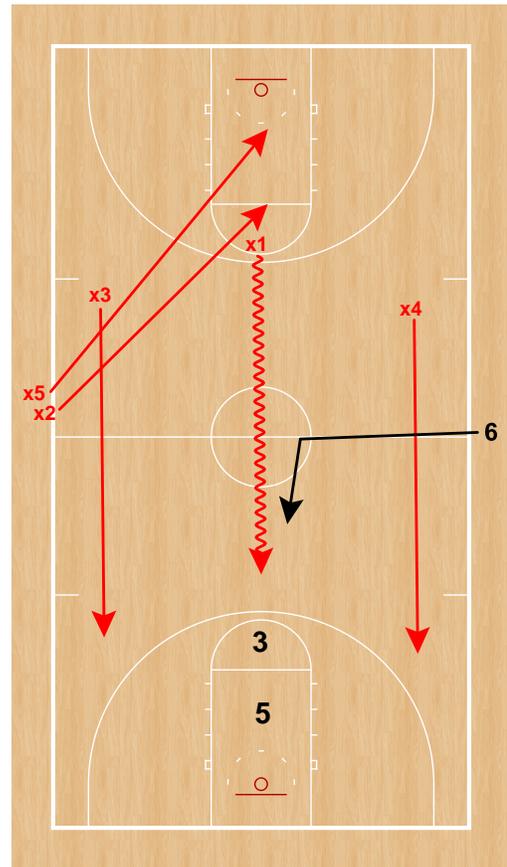
- Continuity continues

# 11 Man Drill – 3 on 2 on 3 Continuous

Frame 1



Frame 2



## Transition Defense – 3 on 2 Continuous

- We have 2 teams split up to start the drill. One team on one side of the floor at half court and the other on the other side at half court
- Both teams put the 1st 2 players on defense at their end of the floor
- **Defense** - x1 and x4 start in a defensive tandem while x3 starts at half court
- **Offense** - #1, #2, and #4 start behind half court and are spaced properly to attack to start the drill on a 3 on 2 fast break
- Once the ball crosses half court (only when the ball crosses half court) then the 3rd defender (X3) can sprint in, but he/she must touch inside the circle 1st

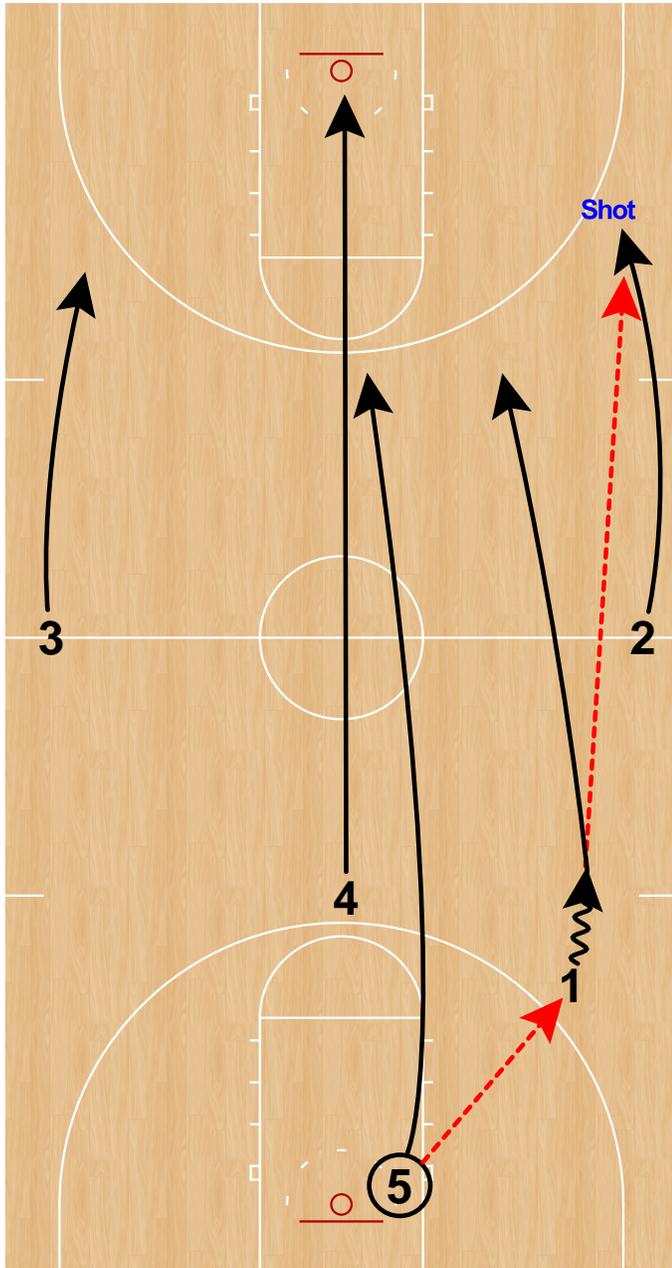
## Drill

- #1, #2, and #4 vs x1, x4
- On the whistle, #1, #2, and #4 go on to the other end in a 3 on 2 vs x1 and x4
- As soon as #1 dribbles over half court, x3 sprints to touch the center circle and is now in the play

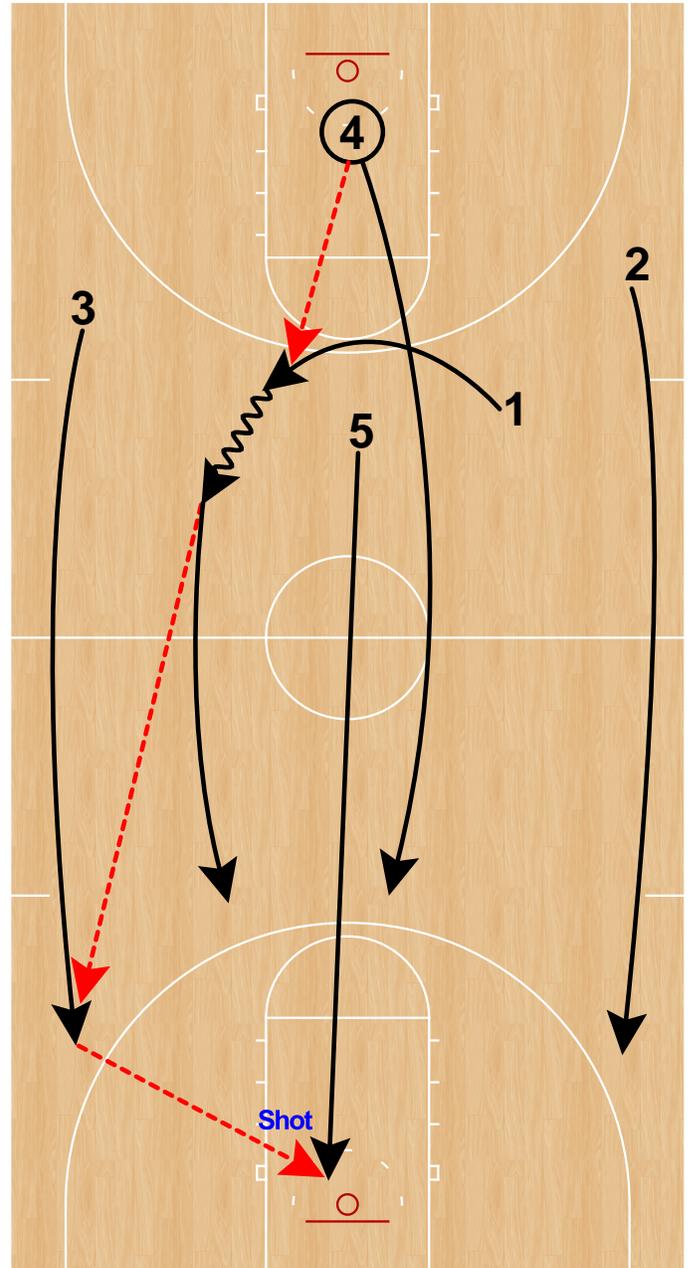
- On the rebound, score or turnover x1, x4, and x3 now push the break to the other end and goes 3 on 2 vs #3 and #5
- #6 is ready to touch the center circle when x1 dribbles over half court
- The drill remains in continuity until a team scores a certain number of points

# Pitch Ahead Progression – Numbered Break Transition Drill

Pitch Ahead



Pitch Ahead – Post Seal



#1 – Pitch Ahead & Shot

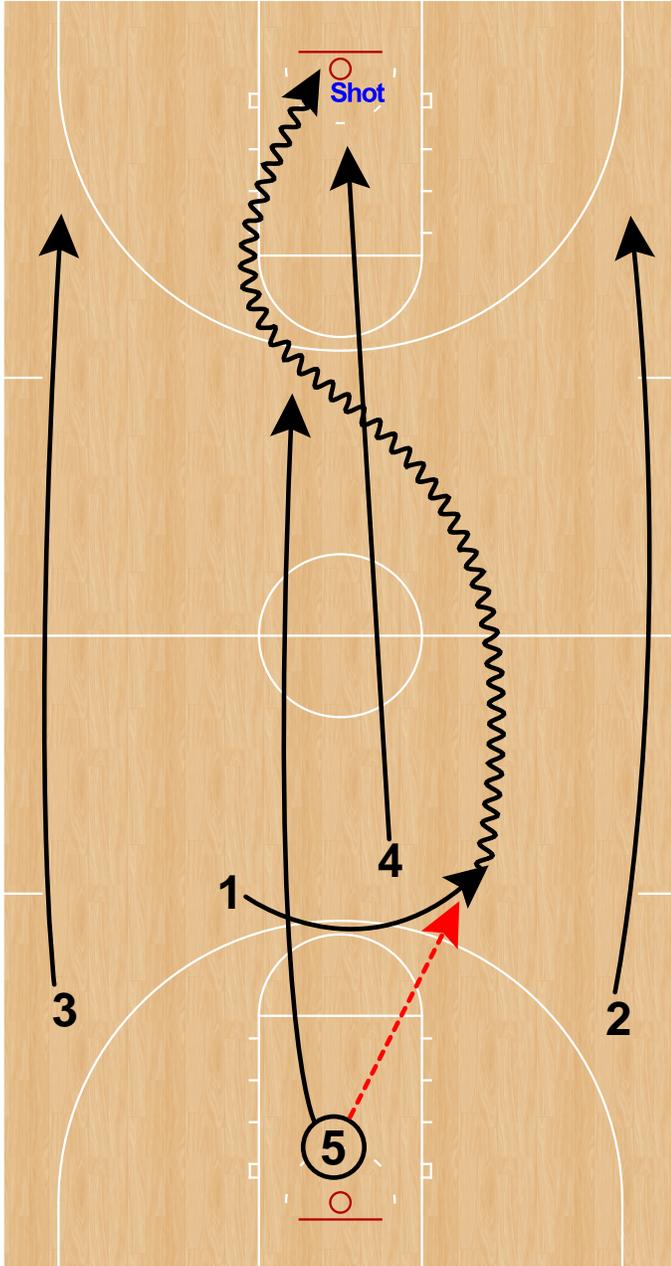
– We are teaching our players to pass the ball ahead rather than dribble. The ball moves faster with a pass than a dribble

#2 – Pitch Ahead – Post Seal

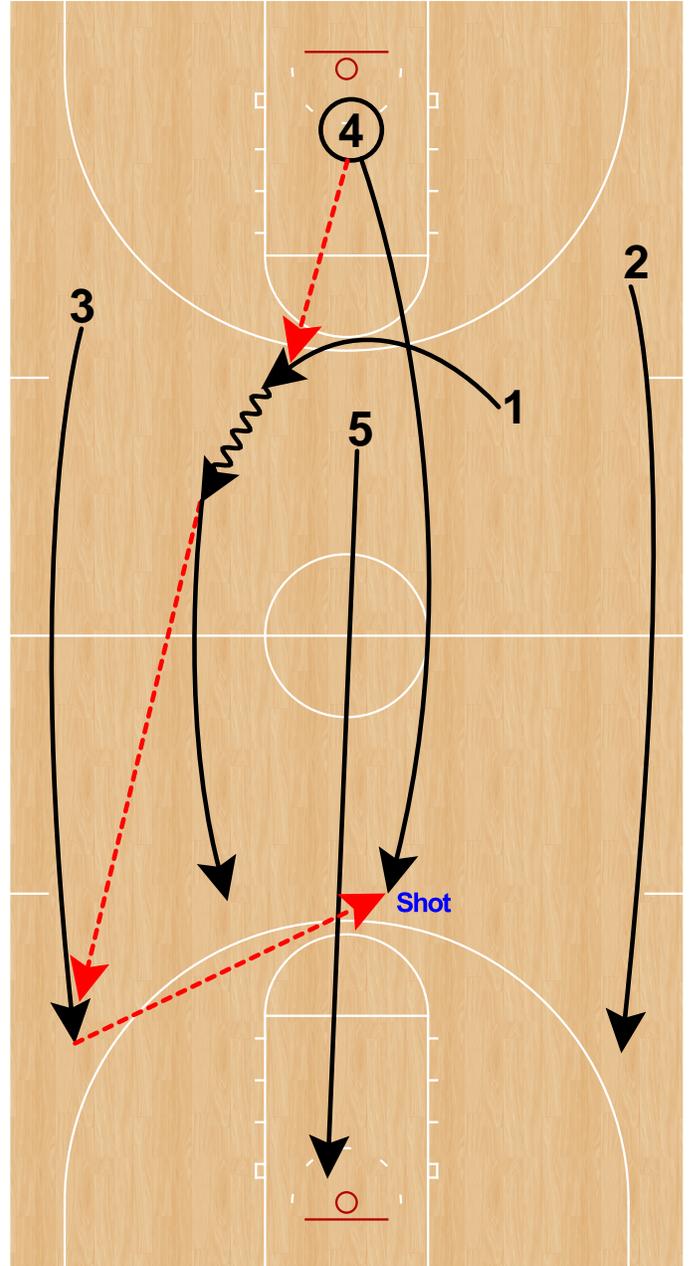
– Pass ahead then feed the post player #5

# Pitch Ahead Progression – Numbered Break Transition Drill

PG Attack



Pitch Ahead – Trail Jumper



#3 – PG Attack

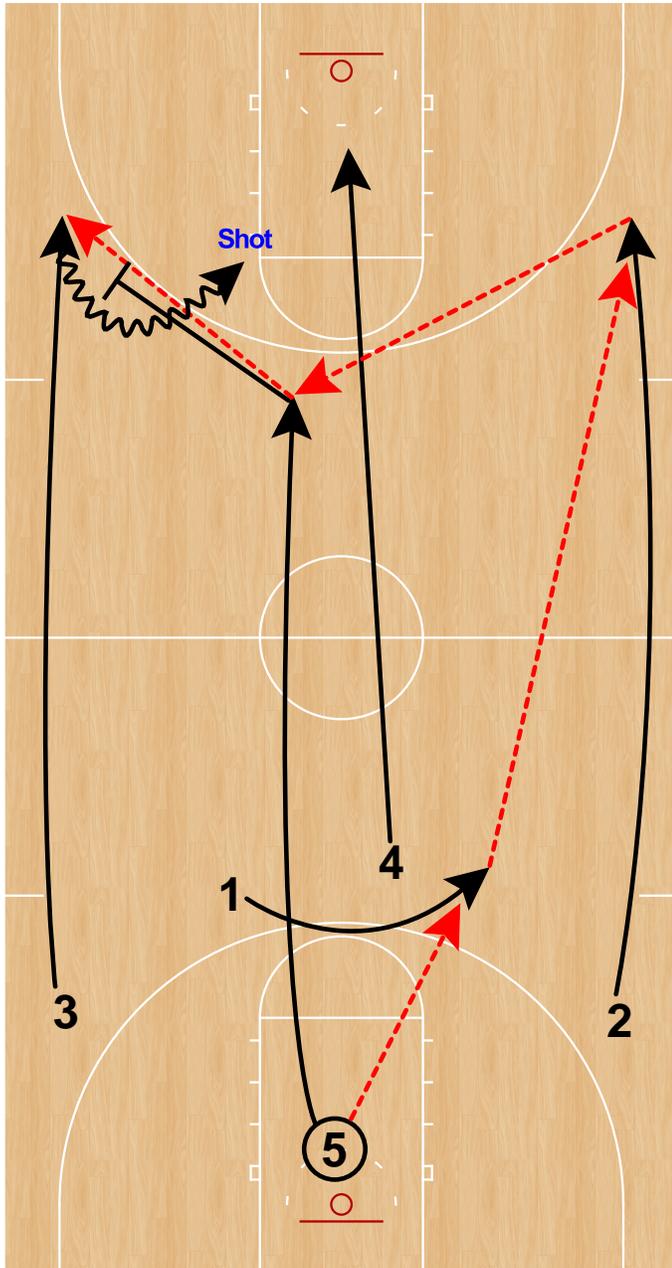
– If the PG #1 can not make a pass ahead they drive it the length of the floor for a lay-in

#4 – Pitch Ahead Trailer Jumper

– Pass ahead then skip pass to #4 on the trail for a jumper

# Pitch Ahead Progression – Numbered Break Transition Drill

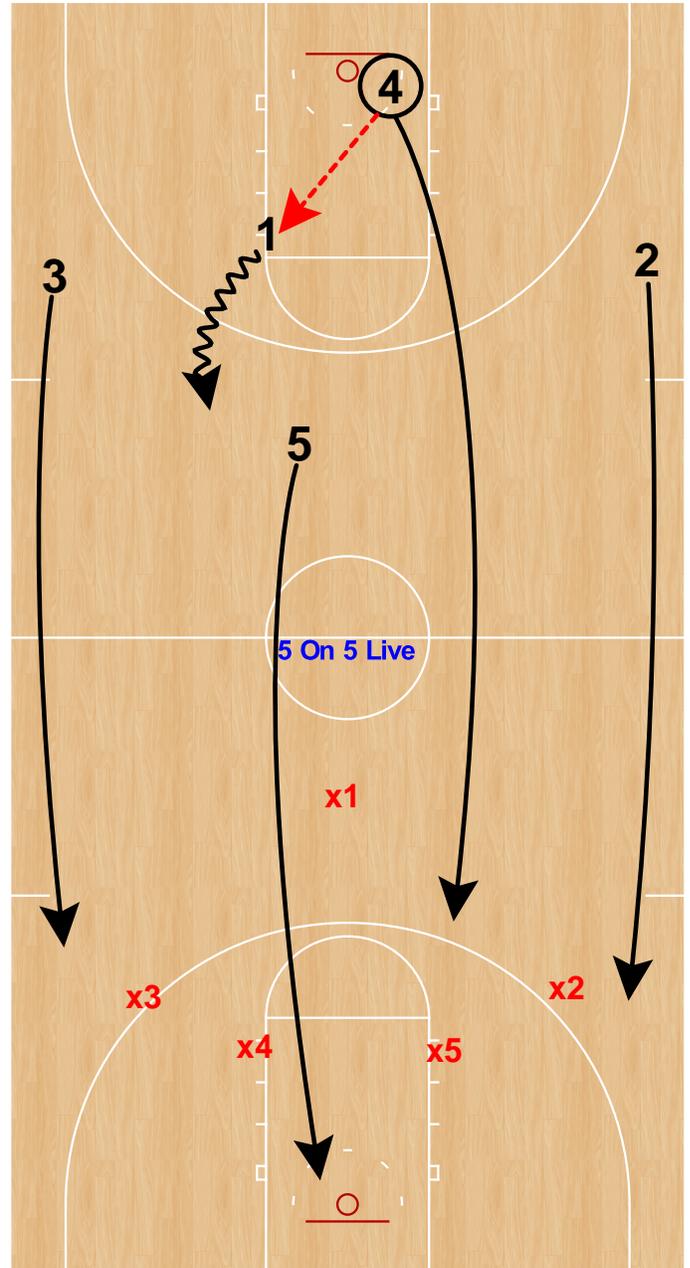
Pitch Ahead – Skip, Swing, Follow PNR



#5 – Pitch Ahead Swing Follow PNR Jumper

- #1 passes and skips the ball to the trailer #5 who immediately swings to #3 who follows into a PNR
- #3 comes off the PNR & takes a elbow jumper

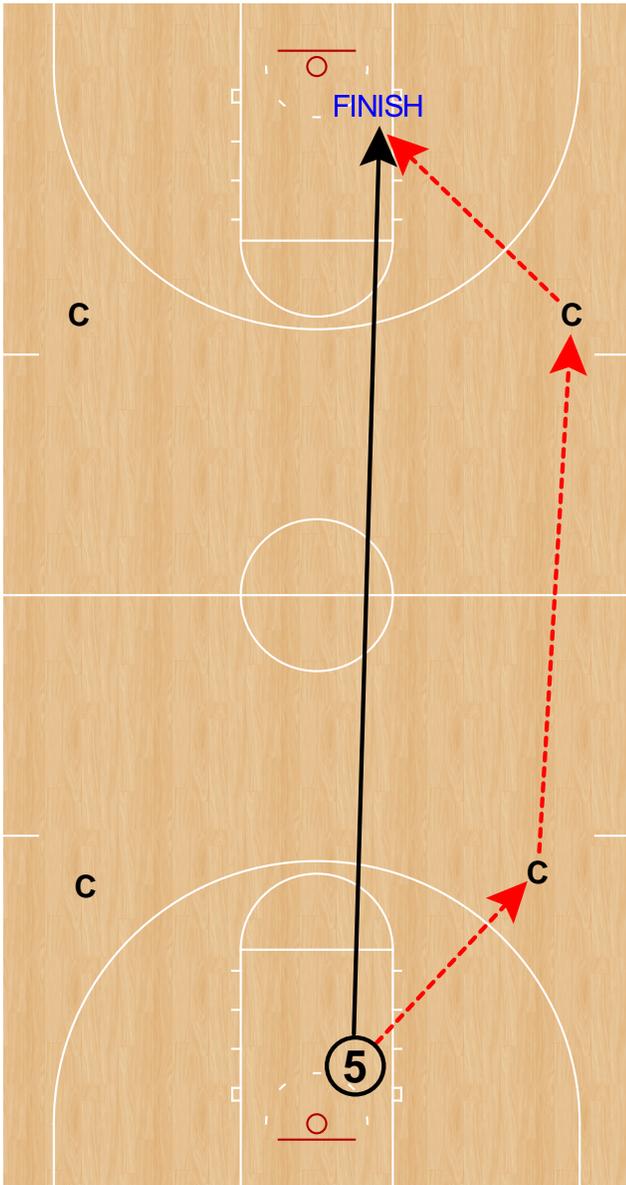
5 on 5 Live @ The Other End



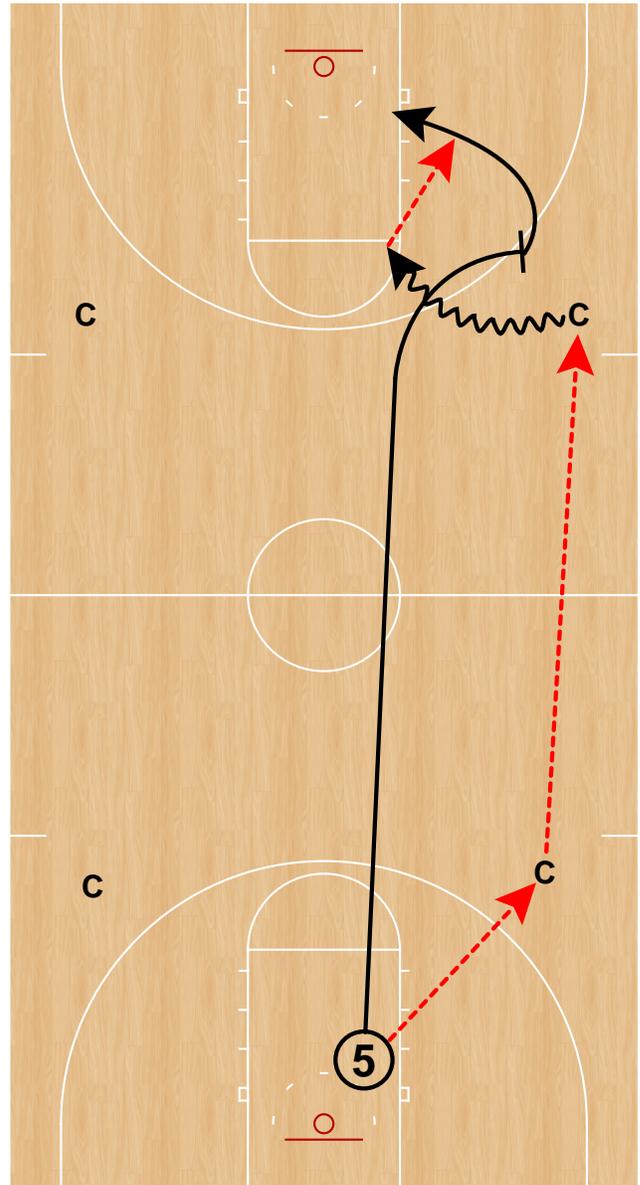
#6 – 5 on 5 Live @ The Other End

# Rim Run Drill (Transition)

Sprint & Finish



Pick & Roll / Pick & Pop



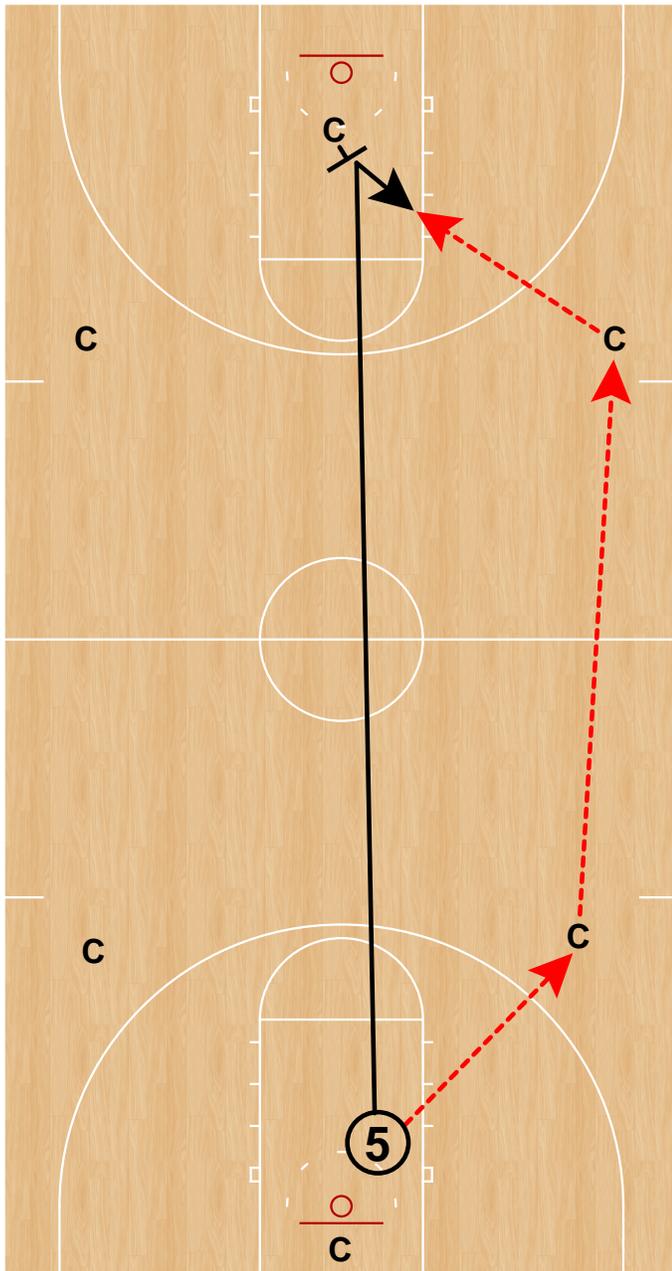
This drill is to get our players used to sprinting the floor & getting early position in our early offense to possibly get some easy baskets

- #5 will pass the ball off the backboard & rebound & outlet to coaches or players on the sideline (your choice)
- #5 then sprints the floor & rim runs and receives a pass back from the coach at the other end
- The drill then repeats itself back in the other direction with the same player running the floor. You can have them do 2 or 4 full court runs (your choice)
- You can have a player or a coach under the basket using a pad to make the player finish stronger if you want to make the drill more difficult

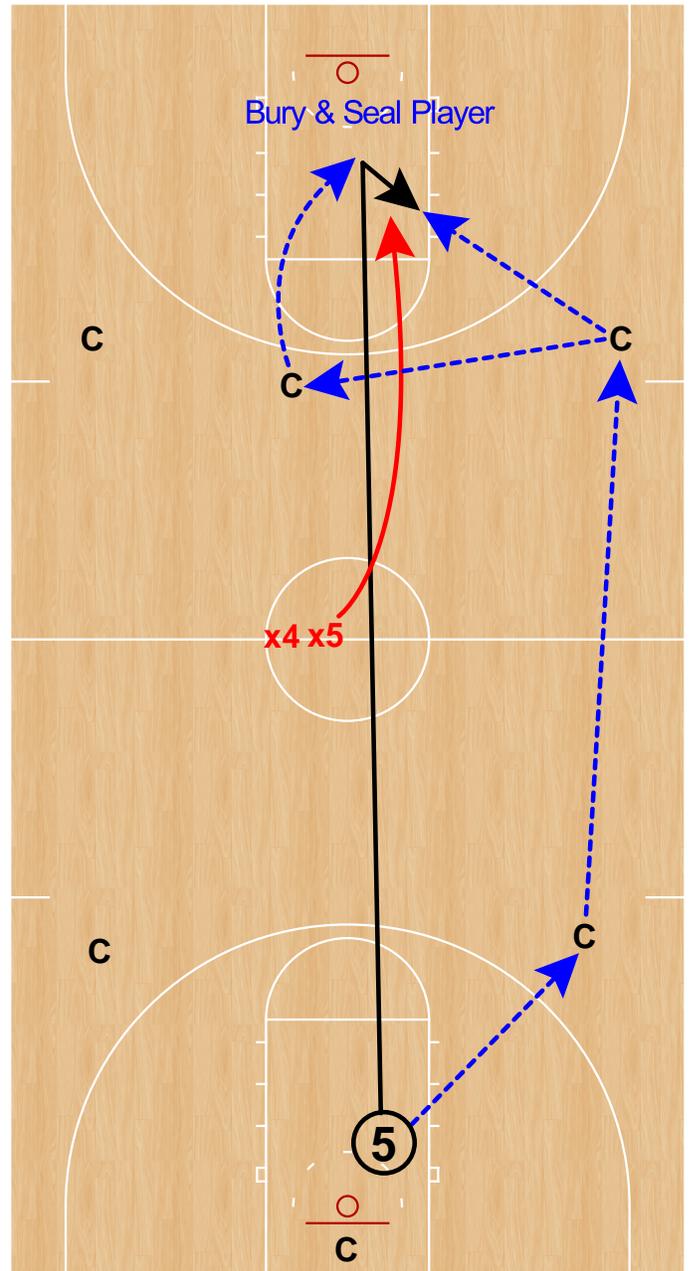
- This time we have the players execute a PNR on the 1st down & back, followed by a PNPop on the 2nd run

# Rim Run Drill (Transition)

Duck-In



Bury & Seal



- In our 3rd leg of this drill we have the player sprint the middle of the floor looking for the ball. This time they are met in the lane by a coach/teammate with a pad and must work on ducking in hard in transition and finishing around the rim

- In our 4th & final leg of the drill we add a defender and are working on burying and sealing a trailing defender

- The defender can leave half court as soon as #5 sprints by them & crosses half court (#5 will have a running head start)

- We want to teach #5 to stop just after the free throw line and post his/her player up early & not just run to the block

- On a reverse pass we spin & seal our defender

# Rim Run Drill (Transition)

Bury & Seal

