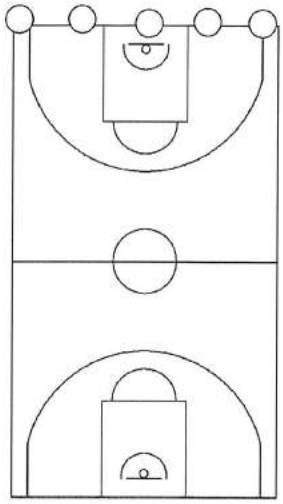
NORTHSIDE WIZARDS COACHING RESOURCES

SKILLS AND DRILLS HANDBOOK

2021

STRENGTH AND COND.

Dynamic Warm-Up

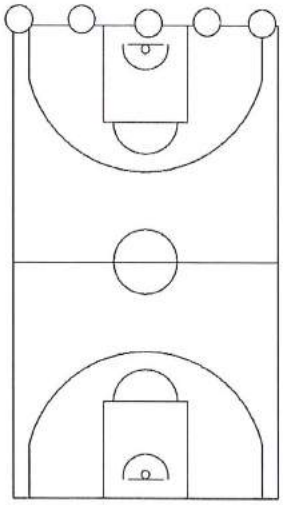


- Coaches to run players through dynamic stretching routine. Mass demo some of the following:

- Straight line jog
- Skipping with arms opening up chest (back-front, side-side)
- Side skips
- Grapevine
- Jump stop and Pivot – Forward/Reverse
- Pull knee to chest / high knees
- Grab ankle and pull to butt (Quad)
- One leg lean and touch ground (hamstring)
- Sumo walking – 2 styles forwards/backwards
- Spider Man Crawl
- Lunges
- Squats
- Leg Swings – 3 styles x 6 each leg
- Arm Swings – Start slow and open up chest, reverse
- Upper body twists – elbows up
- Running 50% - 100%

- Progress the warm-up by doing it with a basketball in hand (dribbling)
- Add bounce off knee, leg over top then squat, wrap between legs on the move...

Running Technique



- Take time and teach running technique:

- Sitting butt bounces
- Small arm – big arm
- High knee walk
- Rip walk
- Straight leg walk
- Turnovers
- Right/Left Leg quick high knee
- Jump and land off 1/2 feet
- Side skips
- Grapevine
- Backwards butt kicks
- Arm and leg swings
- 50% and 75% run (leaning, staggered or race start)

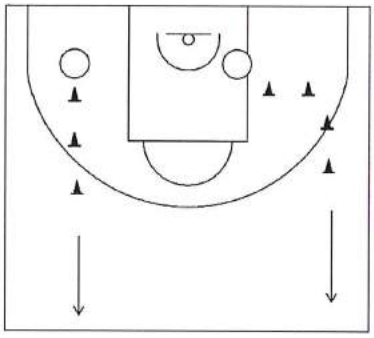
- Main emphasis is;
  - Running on balls of your feet
  - Drive elbows back (not across body)
  - Running angle (not up right)

In/Out Line Jumps



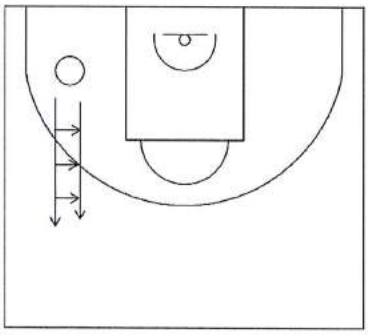
- Players along sideline. Coach roaming middle
- Work on side-side, back-forth and criss-cross jumps. Do 20 jumps each style then make a game of it;
  - On coach call of "IN" players jump in court, "OUT" jump out. Try and trick players.
- Emphasis on small, quick jumps, reaction time

Hurdles Footwork



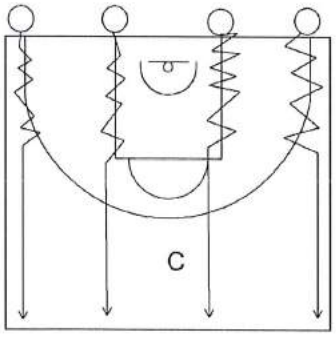
- Can go over hurdles forwards or go sideways
- Work on the following footwork:
  - 2 feet each hurdle
  - 1 foot each hurdle
  - 1/2 foot jump
- Emphasis on knees up and driving out of hurdles

Ladder Footwork



- Go through the ladder using the following footwork:
  - 2 feet each step
  - 1 foot each step
  - 1 foot in ladder, 1 foot out
  - 2 feet in ladder, then 2 feet out (hop-scotch)
  - Iggy shuffle
- Emphasis on quick feet, knees up

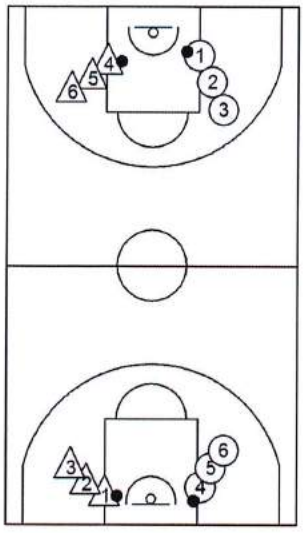
Lane Footwork



- 4 lines on the baseline. Coach in front directing.
- On whistle or go call players to work on footwork using the 3 point line and lane lines as their ladder.
- When players get to elbow then jog out to halfway
- OUT/IN Stepping
- BACKWARDS AND FORWARDS Stepping

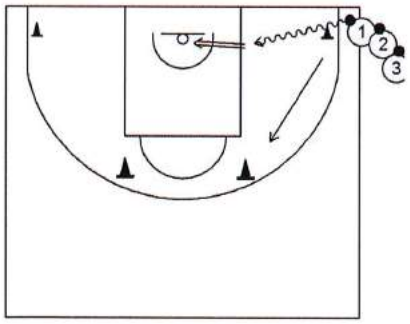
FINISHING

Layup Technique



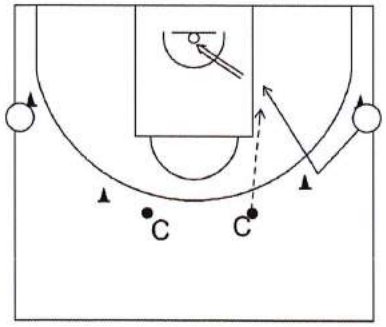
- Start off with mass explanation of correct footwork and hand to use, where to aim, knee drive / shape etc.
- Then split into 4 groups each court
- Start off at the block, no dribble, take 2 steps and shoot layup
- Make competitive, first team to X then rotate clockwise

Around Perimeter



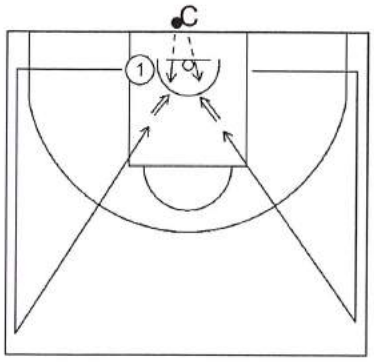
- Start in corner, drive and take designated shot, then get your rebound and move to the next spot (seam).
- Finishes:
  - Layup
  - 1 foot runner
  - 2 foot floater
  - Euro step

Back-Cut and Finish



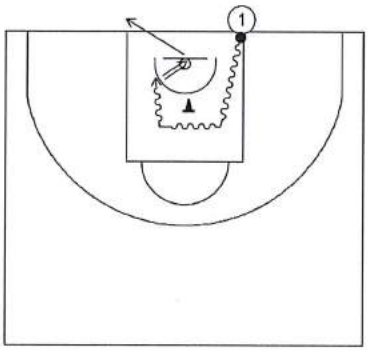
- Start at cone on wing... When passer (C) at the top is ready then straight lead up to cone near seam.
- Once you get to cone then plant foot and sprint back door, passer will hit you in stride. Catch and finish.
- Finishes:
  - Layup
  - 1 foot runner
  - 2 foot floater
  - Euro step

Slide, Back Pedal, Layup



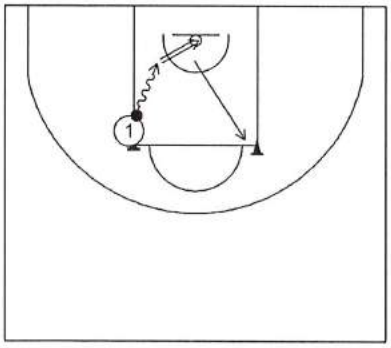
- Player 1 faces the baseline and slide from the edge of the keyway to the sideline. They then back pedal to the ½ way line, stop, and then sprint to the basket to receive a pass off the coach and shoot a layup
- Repeat drill on the other side of the court
- Continue until player has made set number of shots

Horse Shoe Shooting



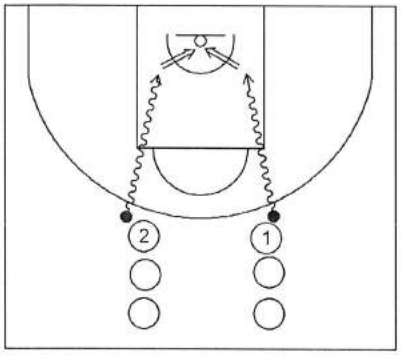
- Cone setup in middle, start on 1 of the seams with ball
- Dribble around cone and go for shot
- Work on basic finishes – layups & power layups
- Then advance to work on Rondo, Up & Under
- Make 6 shots, record how long it takes

Finishes Off Elbow



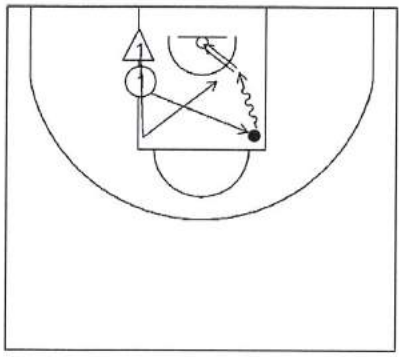
- Start on elbow with ball
- Take 1-2 dribbles and finish then go to other side
- Work basic finishes – power layups, 1/2 foot floaters
- Advance to work on reverse layup, euro-step floater
- Continue to work on previously outlined coaching points
- Make 6 shots, record how long it takes

Finishes Down Seam



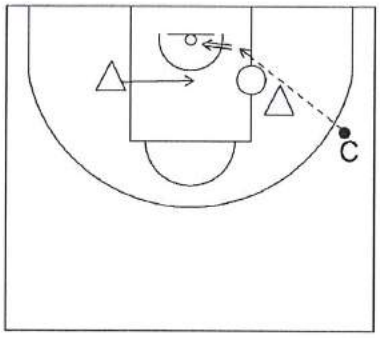
- Start at seam with ball, dribble in and finish on hoop
- Teach basic layup at first
- Alternate sides, make competitive... First to X 4
- Focus on correct footwork & hand, driving knee to chest

X Finishes



- Offence starts on the block with the ball and rolls ball out to the opposite elbow. Defence is at low hash.
- When the offence wants they are to sprint and recover ball, then go in and finish on the hoop.
- As soon as the offence moves the defence is to run and touch the other elbow and pursue to contest shot.

Weak side Contested Finishes



- Coach on the wing with ball. Offensive player in the post. Defender on the post player will be in a full front with a weak side defender starting both feet out of the lane.
- Coach will lob to over the post front to the offensive player. As soon as offence catches the ball the weak side defender will come across and contest shot. Offence has to finish.

SHOOTING

Floor Shooting



- Lie on floor
- Have feet together and toes pointed
- Ball in shooting hand, snap and catch with no guide hand
- The better you get at it, aim to throw the ball higher in air
- Emphasise compact-projection-finish

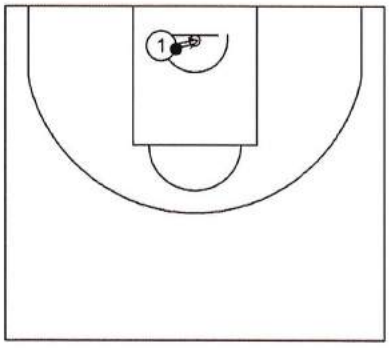
Sit and Shoot





- Legs crossed
- Have good posture, shoulders back and sit-up
- Ball in shooting hand, advance to add in guide hand
- Ball should land just in front of you
- Emphasise compact-projection-finish

In-Close Shooting



- Start with toes on the charge circle. No guide hand to start off then add it on
- Continue to work on compact, projection, finish
- Move around, don't shoot from the same spot
- 2 points for a swish, 1 point for a make, -1 for a miss
- First player to X

Technique Shooting

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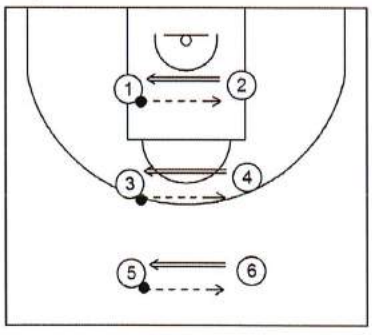
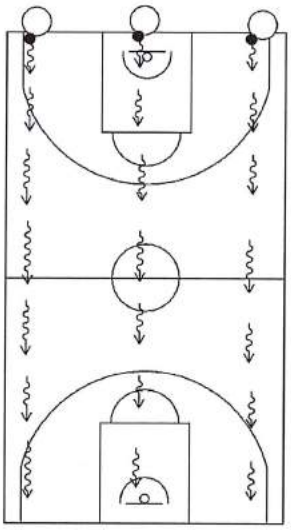


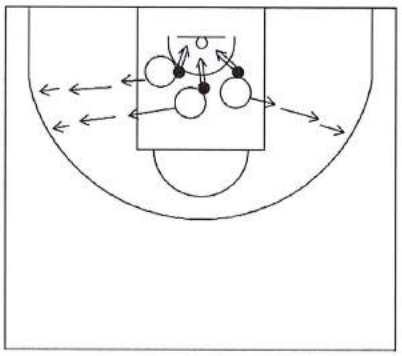
- Partner up, 1 ball in pair
- Player who starts with ball is passer, other person is shooter.
- Take 3-5 shots and then switch roles
- Emphasise compact-projection-finish:
  Compact – feet facing hoop, guide hand guides, elbow not sticking out
  Projection – get elbow up above eye height, shoot it up not out, have an explosive jump off ground
  Finish – Snap your wrist, stick landing and stay in shot

1-2 Shooting Footwork



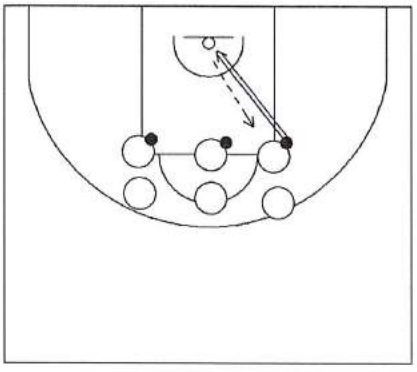
- Lines on the baseline, each player with a ball
- On coach call work way down court
- Take 1 dribble, bring ball up as if you were going to shoot and work on 1-2 step
- Right hander's plant left foot first and then right, left hander's do the opposite
- Once players have basic footwork down-pat you can progress and opposite footwork, 2-foot stop etc

Quick Shooting Progression/Reps



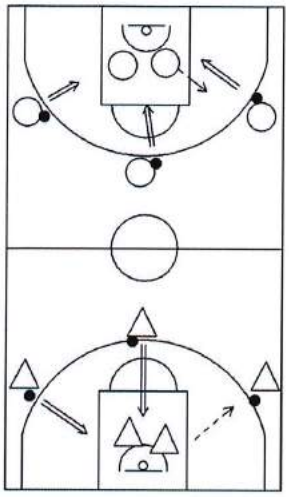
- Everyone has their own ball
- Start in keyway;
  First to 6 right hand finishes. First to 6 left hand finishes
  First to 4 turn over shoulder jumper
  First to 4 Rondo. First to 4 Rondo up/under
- Edge of keyway;
  First to 4 running hooks . First to 4 floaters/runners.
  First to 4 jumpers.
- Continue to extend out to mid range and then long range... Add in dribble moves, shot/drive/pass fakes...
- Players are encouraged to give each other a bit of contact and slightly contest each other's shots.

3 Lines Shooting



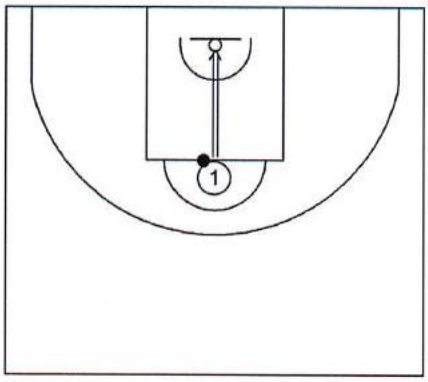
- 3 lines at FT line. 1 ball each line.
- On coach call drill will start
- Shoot, get your own rebound, pass back to the line you shot from, sprint to halfway and then join new line
- Players are to avoid shooting at the same time.
- Go for 2mins, record your score. Try to beat each time

Group Shooting



- Split into two groups, one group each end
- 3 shooters and 2 rebounders each group
- Have 8 mins on the clock
- 3 shooters will go for 1min and at the end of that minute the shooters will become rebounders, rebounders will become shooters.
- Go for another 1min and at the end of the minute flip shooters again and work on different type of shot...
  Work on;
  Catch and Shoot Mid Range
  Pass/Shot/Drive Fake then Shoot
  1 Dribble Jumpers
  Catch and Shoot Long Range
- At the end of 8 minutes whatever team has the most amount of makes wins.

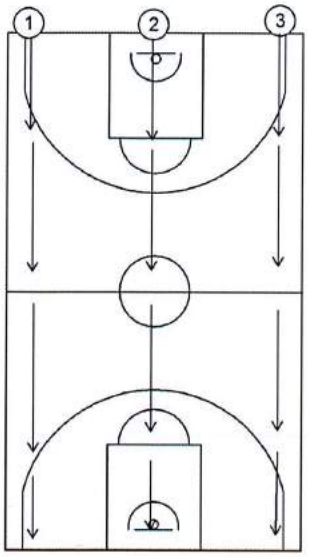
+1 -1 Free Throws



- One team each end
- Set up at FT line
- Shoot 2 free throws then the next person will shoot 2 free throws, continue until team makes 10
- +1 for a make, if you miss then it's -1
- Can add other rules in such as; 7 and 9 are the "Money Balls" if you miss on those numbers then you team score will reset to 0.... If you miss 2 in a row then score is reset to 0....

PIVOTING

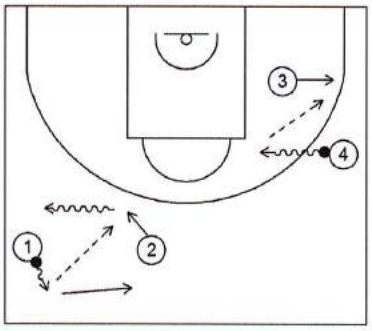
Full Court Pivoting



- 3 lines on the baseline
- On go call run to the free throw line and come to a jump stop. On coach call pivot all the way around.
- On next go call run halfway, group waiting on the baseline go to the free line.
- Repeat

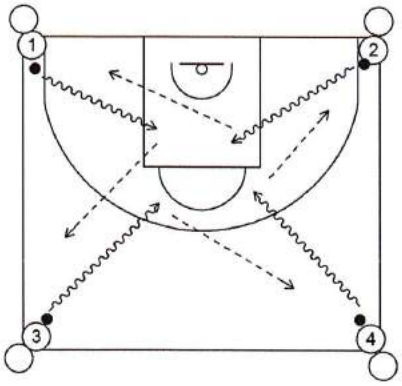
- Work on jump and stride stops, forward and reverse pivoting

Circle Pivot



- Partner up, 1 or 2 balls in your pair.
- Player with ball is to take 2/3 dribbles either right or left and player without the ball is to copy... If player with ball goes to their right then other player goes to their right. Keep the same distance between partner whole time.
- After taking dribbles player with the ball is to jump stop, pivot and pass to their partner.
- Repeat

Four Corners Pivoting

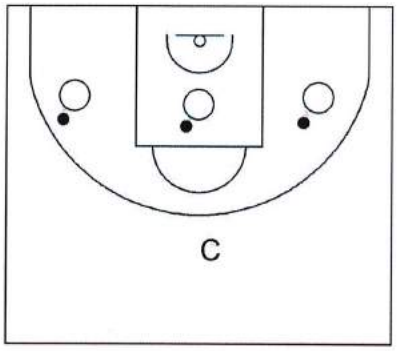


- Four groups (one each corner). Player at the front of the line has a ball.
- On coach call players are to dribble in to middle, jump stop, pivot and then pass to line that is on their right.
- Follow pass and join end of the line.

- Coaches are to emphasise correct footwork and pivoting. Hold players accountable and no travels!
- Vary drill by changing type of pass, footwork and by going the other way

BALL HANDLING

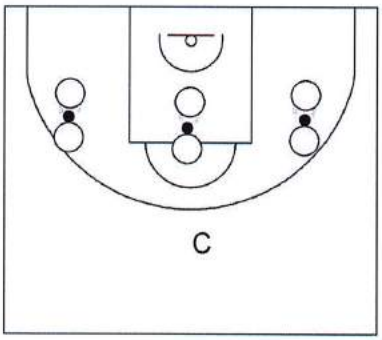
Triple Threat



- Coach to mass teach Triple Threat position with ball in strong hand, then in weak hand.
- Practice ripping inside box (ear-ear, hip-hip)

- Key coaching points;
  - Head up
  - Hips down in stance
  - Thumbs make T
  - Dominate hand always on-top
  - Think can I Shoot-Dribble-Pass from here?

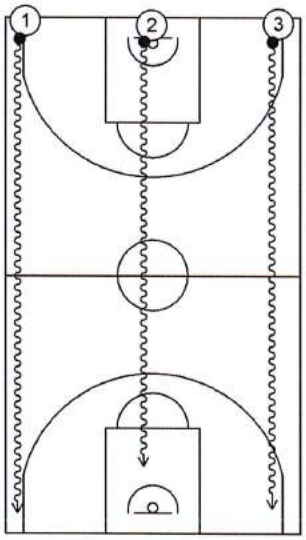
Ripping Exercise



- Partner up. 1 ball each pair
- Both players start with both hands on the basketball. On go call players are to rip the ball and try to gain possession

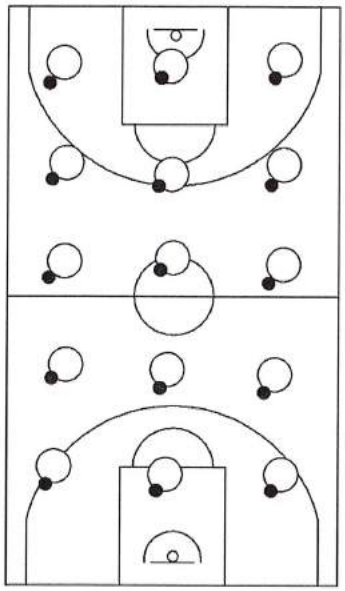
- Emphasis on driving elbow towards rib-cage

Speed Dribble



- 3 lines on the baseline
- Every player has a ball
- Start off going 50% down the court and progress speed to 75% and then 100%
- Can advance the drill by adding in different footwork such as skipping, taking 1 bounce every step etc
- Can also advance the drill by adding in retreat dribbles and moves at free throw lines and halfway
- Work on weak hand twice as much as your strong hand

Maravich and On-Spot Ball Handle

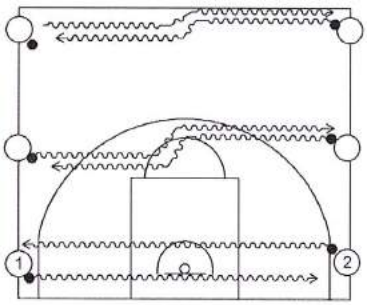


Spread players, find own space anywhere on court. Coach in front demonstrating each drill. Make competitive.

- Pound dribble
- Wrist breakers – side -side and back-forth
- Tap ball and let it drop
- Spider
- Body weave
- Between legs drop and catch

- Rt and Lt hand pound dribble – Shoulder, waist, knee
- Onside dribble
- Cross over
- Between the legs
- Behind the back
- Combo 1 dribble cross, 1 dribble between, 1 dribble behind
- Combo X, between, behind

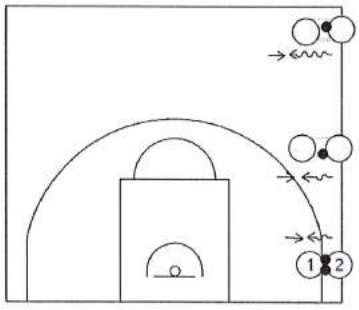
Partner Ball Handling



- Partner up. 1 ball each. Start on sideline, facing partner on other sideline.
- Dribble at your partner and change hands when you get really close to each other near the split line.
- Make sure you start with ball in same hand as partner

- Work on regular dribble, retreat dribble, cross, between, behind and combinations

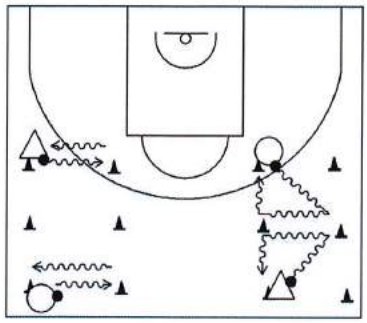
Resistance Ball Handling



- Partner up. 1 ball in pair each. Start on sideline, facing each other.
- On coach call offence is to dribble across to the other sideline, defence is to put both hands on the offensive players shoulders and give them some resistance as they dribble across the court.
- Emphasis on offence keeping their chest and head up and dominating the ball.

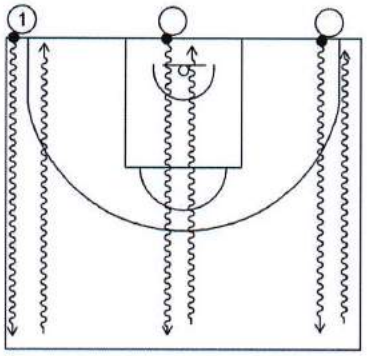
- Progress the drill by the defence putting more pressure/resistance on the offence... Get the offensive player to work on crossovers, between the legs etc and also look to add in a second ball

Stick Ball Handling



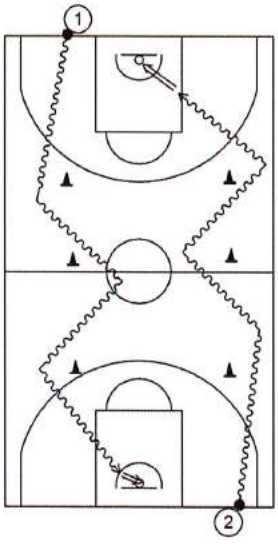
- Partner up, one ball each
- Stand opposite partner and keep eye contact throughout ball handling exercise (head up), chest should always be facing forward.
- Work on the following;
  - Dribble sideways and back
  - Dribble forwards and back
  - Dribble diagonal, sideways and back

Tennis Ball Handle



- Everyone with a basketball and tennis ball. Line up in 3 lines on the baseline.
- Dribble up and down the court. Work on the following;
  - Pound dribble, throw and catch tennis ball
  - Pound dribble, drop and catch tennis ball
  - Crossovers, throw and catch tennis ball
  - Between legs, throw and catch tennis ball
  - Behind back, throw and catch tennis ball
  - Combinations, throw and catch tennis ball

3 Cone Ball Handle

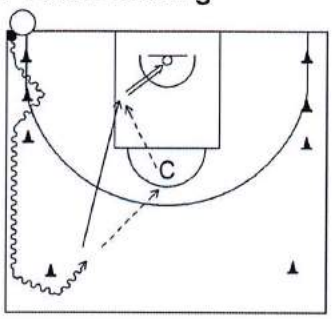


Have 3 cones spread out on both sides of court. Players to dribble between/around cones. Can add more cones if required.

Layup
Runner
Floater
Euro Step Floater
One handed layup

- Onside dribble
- X over
- Between the legs
- Behind the back
- Different move at each cone – Onside, X-Over, Between, Behind
- Combo X, between, behind at each cone

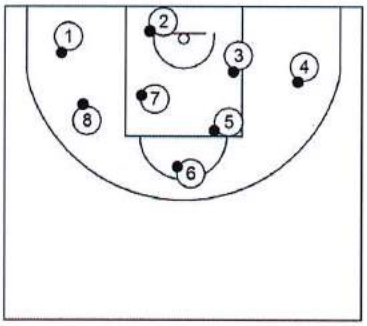
MT Ball Handling



- Everyone with a ball. Start on the baseline behind line of cones. Half team on one side, half the team on other
- Work handle through the cones and then dribble out to one cone near halfway.
- After you dribble around cone near halfway pass to the coach and run towards hoop, coach will pass to you in stride, catch and finish.

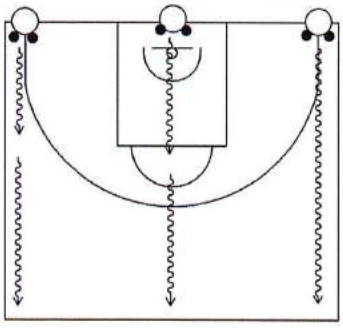
  Work on various moves, passes and finishes.

Dribble Knockout



- Everyone with a ball, inside 3 point area
- Must stay inside area and keep dribble alive
- Use off hand to knock other players ball out of bounds
- Advance the drill by shrinking the playing area and look at adding in a second ball per person

2 Ball Handle (Straight Line)



- Lines on the baseline. 2 balls each player. Work on;
  - 2 balls same time, up and down court
  - 2 balls alternate, up and down court
  - Retreat dribble, crossovers, between legs, behind back etc. at FT line

  - 1 ball high 1 ball low, on the spot
  - Shotgun (1 over top, 1 under), on the spot
  - Octopus (wrap ball around legs), on the spot

2v1 Ball Handling

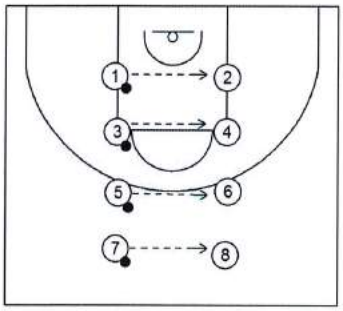


- 1 offensive player with a ball, 2 defensive players on them. Start at the seam.
- Offence is to do their best getting the ball down the court. They are looking to blow by defence and score. Try to bring the ball up between the two seams.
- Defence is to work the ball and try to force into tough situations (trapping areas). If they get a steal in the backcourt then they are to hand straight back to the offensive player and continue. If they get a steal in the front court then the play is done.

- Advance the drill by making it a 2 possession game – 1v2 up the court and at end of possession (rebound or

PASSING

Partner Passing



Chest/Bounce/Overhead/One Hand Push/Baseball

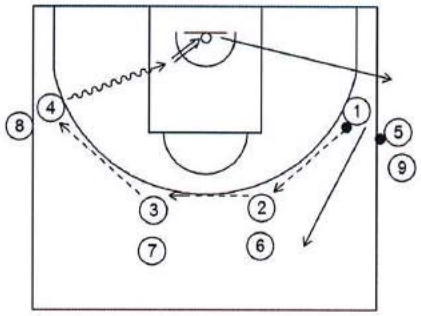
Add 2 Basketballs

- 1 person chest, 1 person bounce pass
- Right leg forward both players. Through front of the leg and flick to partner who is completing same action
- Figure 8 then pass
- Shoulder pass

Key Teaching Points

- Target hands
- Snap wrists on pass
- Step with pass
- Pop feet on catch

Around Horn Passing

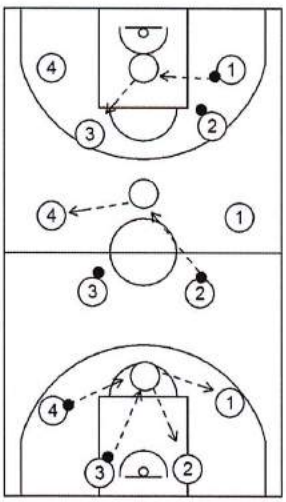


- Ball starts on wing; pass to next spot and follow your pass to join the back of the line.
- When ball gets to other wing, player is to rip baseline and finish on the hoop.

- Passes:
  - Chest
  - Bounce pass
  - Outside hand push pass

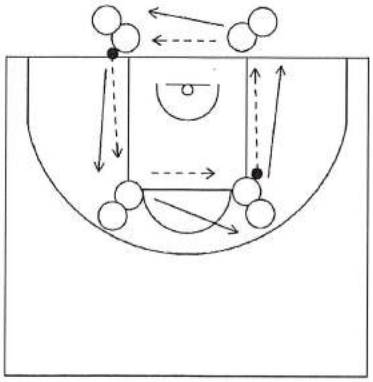
- Coaches can get in on this drill and make passing more difficult by forcing players to make contact and lead to get open... Use of bump bag encouraged

Rapid Passing



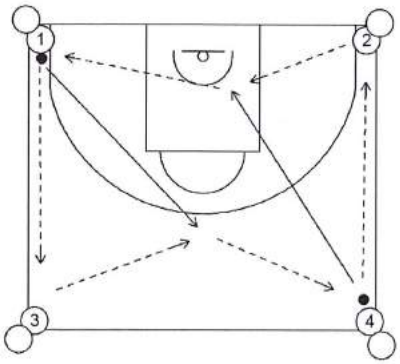
- Setup groups in each circle.
- There are 2 balls per group. Balls start on the outside.
- 1 and 3 always receive the same ball and 2 and 4 always receive the same ball.
- On coaches call the 1st ball is passes to the middle and onto the 3rd player.
- Immediately after this pass player 2 passes to the middle and onto the 4th player.
- From here player 3 passes to the middle and then it is kicked back to number 1. Then number 4 passes it to the middle and it is kicked back to number 2.
- Start the sequence again.
- Work 1-2 mins and rotate. Passes must be sharp and accurate.

Square Passing Drill



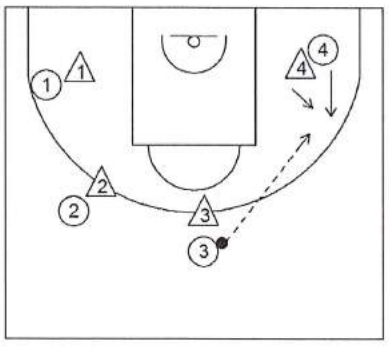
- Load the corners of the keyway with even number of players.
- Start with 2 balls diagonally opposite each other.
- Pass the ball to your right, follow your pass and join the end of the line.
- Coach is to yell out #1 (chest pass), #2 (bounce pass) or reverse and players are to react quickly.
- Emphasise the basics, make sure players work hard.

Four Corners Passing



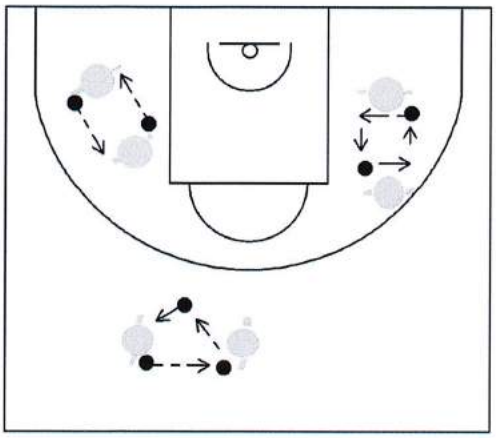
- Pass to the corner, run through the middle, receive pass back and then pass to opposite corner in which you started. Follow your pass and join end of the line.
- Other side will do the same at the same time.
- Should always end up in the corner opposite of where you started. If not then you have stuffed up!

Max Passes



- Split players into 2 teams and matchup.
- Stay inside area and pass ball amongst your team, no dribbling; have to make good leads and cut hard to get open
- Defence is to stay tight on their player and pressure the ball and make catches tough.
- Go for 3 mins, at end of that time whatever team has made the most amount of passes in a row wins.
- On change of possession you reset your score to 0 and start as soon as you get the ball.

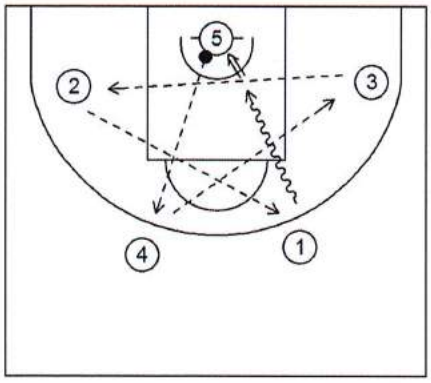
2-3 Ball Partner Passing



a) Two balls quick hands. Stand as close as possible to partner, one player toss over top and other toss under.
b) Two balls, one ball chest and other ball bounce
c) Two balls, catch do a fig. 8 and then pass
d) Two balls back and forth. Hand to hand passing, keep the ball on the same side.
e) Two balls circle around. Catch, cross ball over to other hand and then pass.
f) Three balls, 1 player chest pass and other lob.

- Alternate hands and direction with each category.
- First pair to X amount of passes

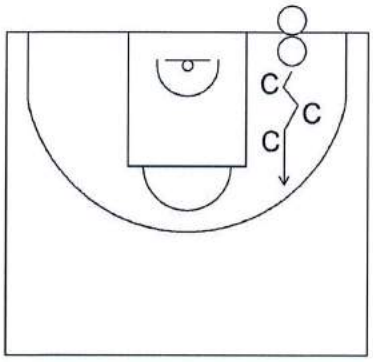
Star Passing



- 5 starts with the ball and passes to 4
- 4 passes to 3
- 3 passes to 2
- 2 passes to 1
- 1 then shoots a layup
- Follow pass and go to spot you passed

REBOUNDING

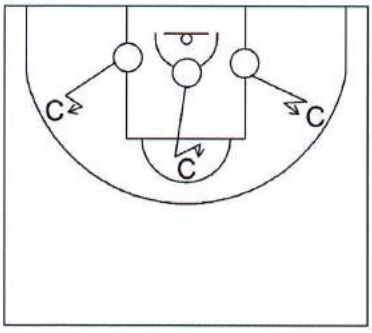
Make a Hit Zigzag (Bump Bag)



- Coaches with bump bags, setup as per diagram
- Players in one line on the baseline
- On coach call 1st player is to zigzag their way through, making a hit on each bump bag

- Emphasis on having head centred, hitting with arm bar and shoulder

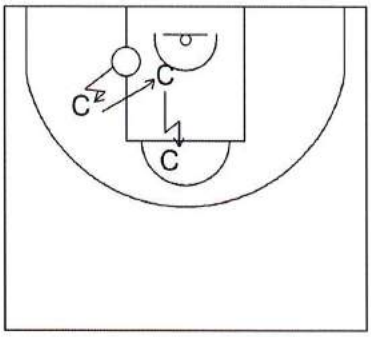
Hit, Block out, Drive out (Bump Bag)



- Coaches with bump bags; one at top and one on each wing
- Players to line up in 3 lines, starting at the charge circle
- On coach call 1st player in each line will run out, making a hit on the coach, turn block out and then try to drive coach outside the 3 point line

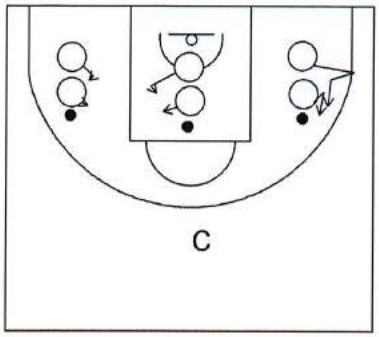
- Emphasis on making a hit, blocking out and driving out

Hit, Block out, Drive under (Bump Bag)



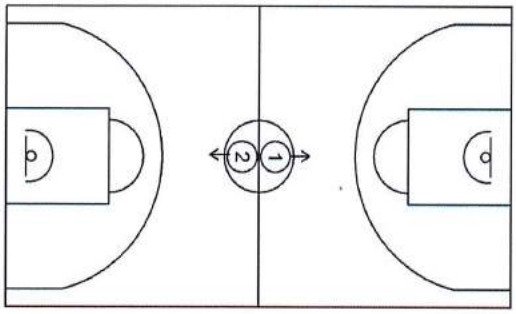
- Coaches with bump bags; one on wing, one on charge circle and one on FT line
- Players line up on the baseline, when it's their turn they will start at the block
- On coach call player will make a hit and block out coach on the wing, they will then run and drive coach on the charge circle under the hoop, and then they will hit, block out and drive out coach on the FT line

Keep Away Block Out



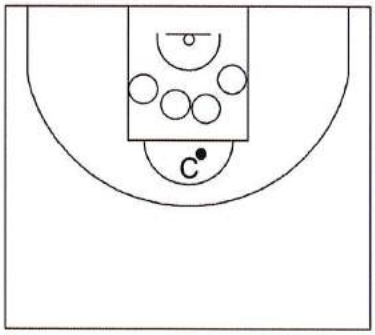
- Partner up. 1 ball each pair. Ball on ground
- 1 player is designated as the defender and other player is offensive player
- On go call offensive player is to try and gain possession of the basketball, while defensive player uses their body and positioning to keep the offence away from the ball for 3 seconds
- Both players have to stay on their feet, no diving or throwing yourself at the basketball. If this rule is not followed then there is a high risk of injury

Sumo Positioning



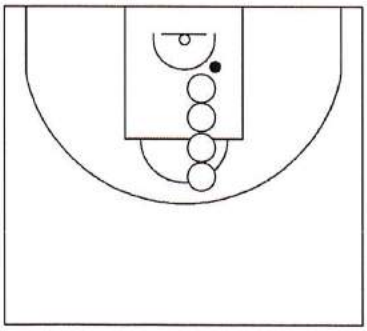
- Partner up. Start in the centre circle back to back with your partner in a low stance.
- On the "Go" call both players are to try and drive the other person out of the centre circle.
- Once there is only one (1) person left in the centre circle they win. Reset the drill and go again!
- Emphasis on getting low and using legs for power. The lower you are, the more power you have!

Animal Rebounding Drill



- Coach at FT line with the ball
- 3/4 players in the keyway
- Coach will throw ball up on the rim / against the backboard
- The players will battle for position and try to secure the rebound. Once they have the ball they are to go up for a shot (off 2 feet).
- Other players are to contest shot and give some contact, shooter needs to absorb and finish
- Keep track of scores, first to X wins

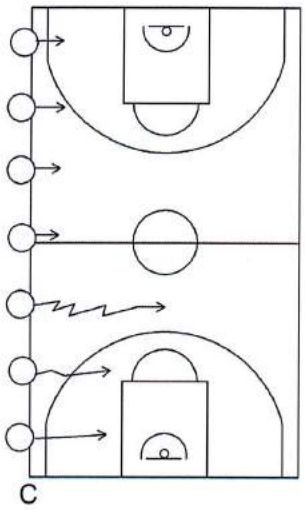
Keep it up Rebounding Drill



- Players in one line, ball at the front of the line
- Drill will start by 1st player throwing the ball up against the backboard and then running to 1/2 way or 3/4 court
- 2nd player in line will jump up, collect the ball in the air and then put it up against the backboard before returning to the ground. Then run to 1/2 way or 3/4 court.
- 3rd player will do the same, so on and so forth...
- Go for 2/3 minutes. Keep track of team score and try to beat each time.

DEFENCE

Intro to Defensive Footwork

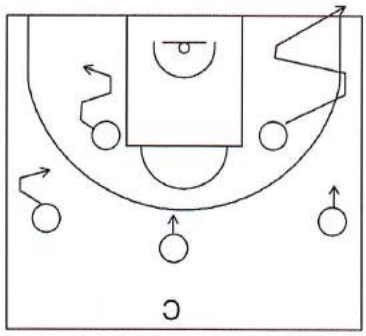


Go back to 2 groups from before. Work on the following footwork:

- Slide jump
- Grapevine ½ grapevine
- Texas two step

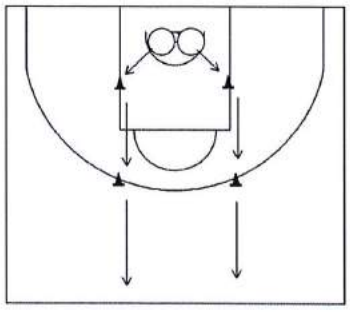
Coach in front directing which way players are to go.
Use whistle where required.

Heal-Toe Stance



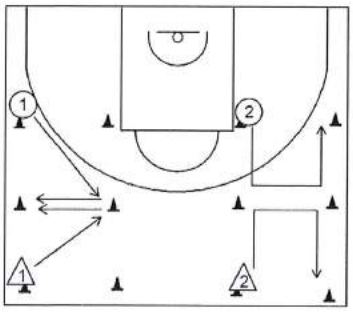
- Players spread out on court, coach in front
- Players in heal-toe stance; right foot forward and left toes in line with right heal
- On coach whistle/call players to drop right foot back so right toes are in line with left heal
- Progress to add 1 slide and when ready do 2 slides. Players have to slide, change feet, slide...
- Emphasise not opening feet up too much to give offence lane to hoop and not bring feet together

Slide-Backwards-Run



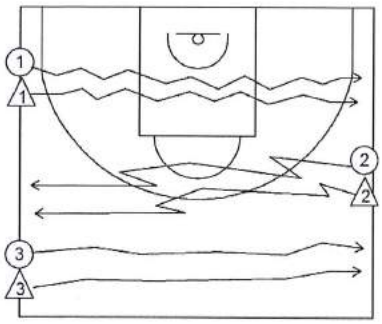
- 2 lines on the baseline
- On coach call first 2 players up will slide to 1st cone, then run backwards to 2nd cone before turning and sprinting to halfway line
- Emphasis on change of footwork, speed and agility

Six Cone Footwork



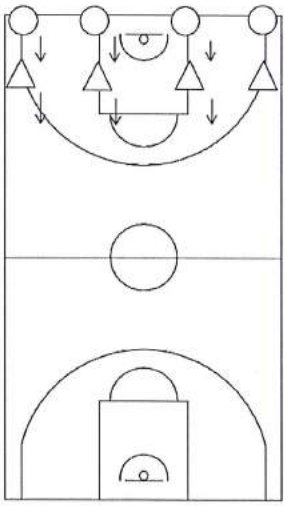
- Place 6 cones anywhere on the floor.
- 2 players stand opposite each other with one player nominated the leader.
- When the coach calls go the lead player can choose to run, slide or back pedal in any direction to any cone.
- The athlete opposite must mirror the lead player and keep up with them.
- Players always face each other
- Coach sets time and encourages footwork and quick change of direction.

Mirror Defence



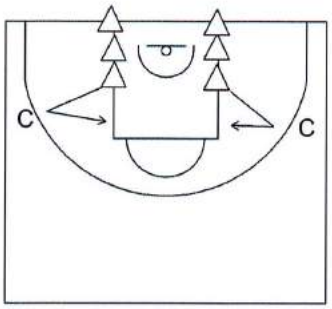
- Line players up on the sideline. Designate lead player
- On coach call lead player must take 3 slides across the court and then take 1 or 2 slides back. Repeat until they get over the other sideline.
- Other player has to mirror what the lead player does
- Start off nice and slow and advance to incorporate different footwork (i.e. run then slide).

Keep the Gap Containment



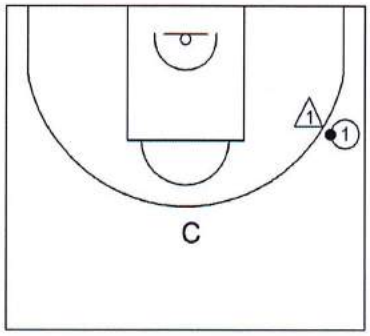
- Player in pairs, spread out on baseline. No ball.
- One player is "offence" and other player is "defence"
- On coach call the offensive player will run forward to other baseline. Start off running 50%
- The defensive player is to keep the same amount of distance (gap) between themselves and the offence the whole way down the court. They are allowed to use all types of footwork as long as they contain the ball and don't turn their back on the offence.
- To progress the drill the offensive player is to run faster, use change of speed, change direction.... You can also add in a ball so the offensive player works their handle

Closeout, 2 Hard Slides



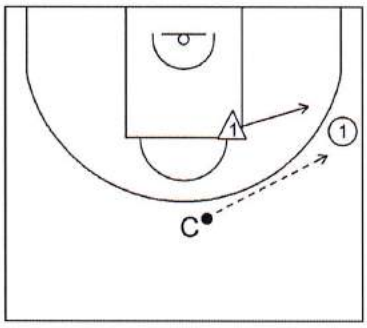
- Start on baseline. Cheat step, drive hands up, keep hips down and closeout the wing. Make sure feet are shading the offence to the middle.
- Then take 2 hard slides to the elbow.
- Back peddle and join end of other line.

1v1 from Wing



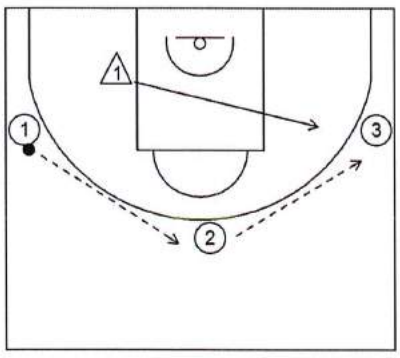
- Offence and defence on wing, defence starts with ball
- On coach call of "check", defence is to check ball and apply hand pressure while offence rips ear-ear, hip-hip
- On coach call of "go", its live... Offence try to score, defence can't give up baseline, has to cheat step, slide and try to stay in front

1v1 Short Closeout



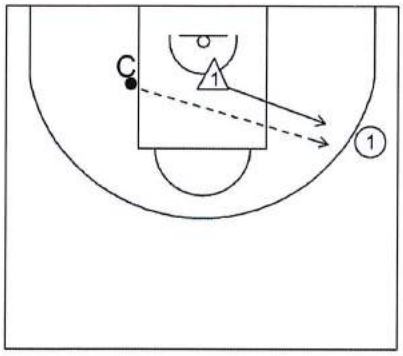
- Coach with ball in middle
- Offence on wing and defence on elbow
- When coach passes to offence, defence is to; cheat step, drive hands and closeout ball
- From here its live

1v1 Off Ball Reversal



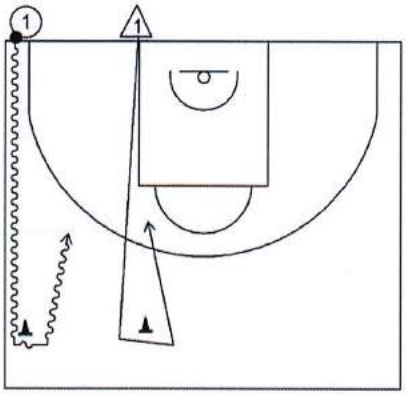
- Defence starts outside of lane
- Ball on wing and is to be reversed around to other wing
- As soon as initial pass is made the defence is to sprint and closeout player on the other wing.
- From here play 1v1

1v1 Opposite Kick-Out



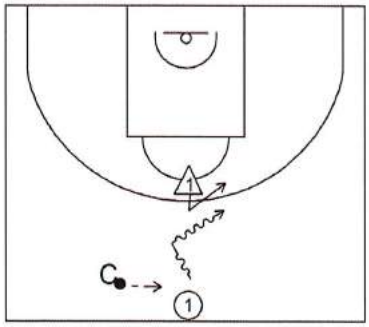
- Coach starts with ball in post. Back to basket
- Offence on opposite wing, defence over playing help on the ball.
- When coach chooses pass ball out to the wing, defence is to close out ball straight away
- Play 1v1 from here

1v1 Sideline Chaser



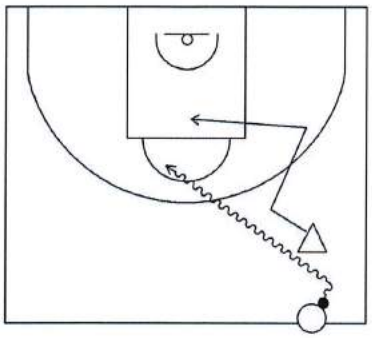
- Two cones near halfway
- Player closest to sideline has ball and is on offence, other player is defence.
- Offence to start when they want, as soon as the go defence is to follow.
- Run around cone in front of you and from here play 1v1. Offence to read defence.
- Vary the drill by moving cones closer or further away to give one of the players an advantage.

1v1 Transition Containment



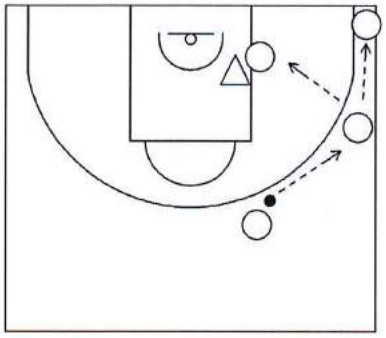
- Coach starts with ball near halfway
- Offence at halfway line
- Defence just inside 3 point line
- When coach passes ball, offensive player is to catch the ball and attack the rim at full steam
- Defence has to get both feet from outside the 3 point line and then try to contain the ball / force outside elbows
- Throw head back, stick chest out and put offensive player on their weak hand

1v1 Turn and Contain



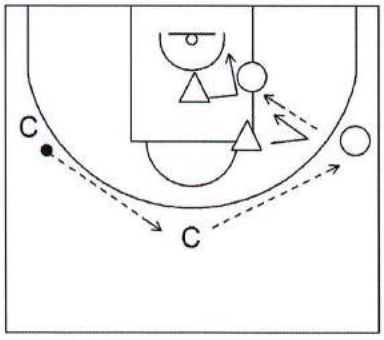
- 1 offence and 1 defence. Offence with the ball at halfway, defence about 2/3 metres away with their back turned to the offensive player.
- When the defence is ready they will step out and turn to face the offensive player. When this happens the offence is allowed to go, they are to attack the hoop at full speed.
- Defence is to get in front and slow the ball as best as they can. Contain the ball, build a wall and contest.

1v1 Post Defence



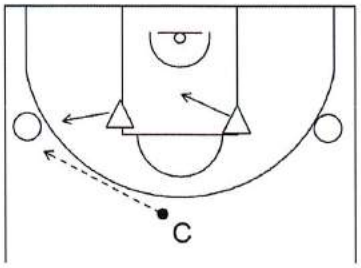
- 1 offence and 1 defence in the post. 3 passers – one on the seam, one on the wing and one in the corner
- Ball starts at the top and will be reversed/passed around between passers (don't pass too quickly)
- As the ball moves the defender has to adjust and apply correct post positioning/defence
  - Up the line when the ball is at the top
  - 3/4 Front or Full Front when the ball is on the wing
  - Get around to bottom side when the ball is in the corner

2v2 Post Defence



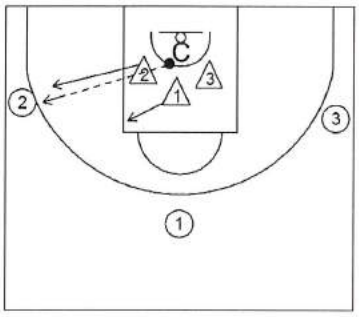
- 1 offence and 1 defence in the post, 1 offence and 1 defence on the wing
- Coach starts the drill with the ball on the weak side wing, they will then reverse the ball to the next coach at the top who will then pass to the wing
- Defence is to adjust as the ball moves. Once ball gets to offensive player on the wing, it needs to be passed into the post and then back out to the wing. From here it's live.
- Defender on the perimeter needs to drop their butt to the baseline and dig the ball out of the post.

2v2, 3 Passes and Play



- Coach starts with ball and passes to either wing
- Defenders start in gap, on pass closest player closes out the ball and the weak side defender gets to help.
- Reverse ball around for 3 passes and then its live
- Emphasise positioning and talk
- Can advance the drill by adding in skip pass and incorporating rules such as; limited dribbles, no screens, no dribbling etc.

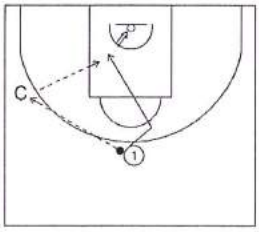
3v3 Closeout Live



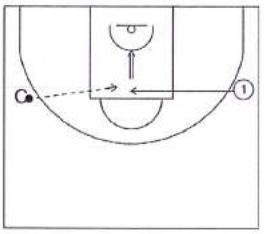
- Coach starts with ball under rim and passes to any of the 3 offensive players
- Defenders start digging at the ball and on pass they either closeout the ball or get to a gap, depending on whether or not the ball was thrown to their player
- On catch play 3v3 live
- Emphasise closeouts, ball pressure, getting to gap, containment and talk.

OFFENCE

1v0 Pass-Cut-Replace Breakdown



Pass-Cut



Replace-Shoot

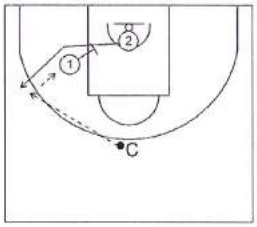
Pass-Cut

- Coach on wing
- Player at the top with ball. Pass to coach, set player up and then cut hard to the hoop. Get ball back and finish.

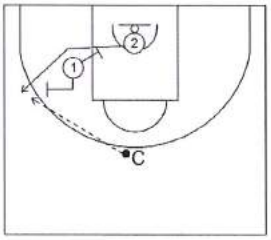
Replace-Shoot

- Coach on wing with ball
- Player on opposite wing. Cut hard to the ball across free throw line, receive pass from coach and then shoot or drive to the hoop.

2v0 Turnout Screens Breakdown



Post Feed



On-Ball

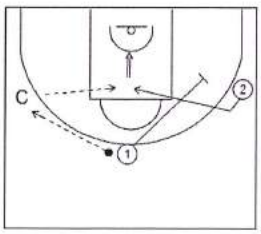
Post Feed

- Coach at top with ball
- Big sets a turnout screen for guard who is under the hoop. Guard cuts off turnout hard and gets to wing, receives ball from coach and feeds the ball inside.
- Once the guard comes off turnout screen, big needs to try and burry themselves as close to hoop as possible

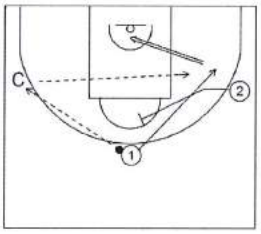
On-Ball

- Coach at top with ball
- Big sets a turnout screen for guard who is under the hoop. Guard cuts off turnout hard and gets to wing, receives ball from coach.
- Once the guard comes off turnout screen, big will wait until they have the ball on the wing and will then sprint up into an on-ball screen.
- You can breakdown the turnout further and talk about making a curl or flare cut off the turnout screen.

2v0 Off-Ball Screens Breakdown



Screen Away



Flare Screen

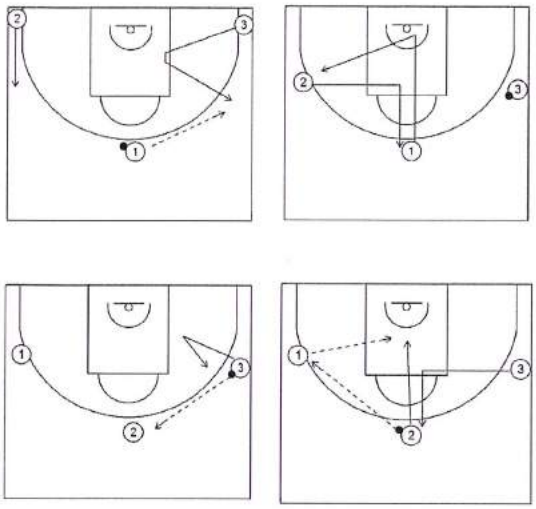
Screen Away

- Coach on wing
- Player at the top with ball. Pass to coach, then turn and set a screen for player on weak side.
- Weak side player comes off screen, receives pass from coach and then shoots or drives

Flare Screen

- Coach on wing
- Player at the top with ball passes to coach, player on weak side then comes in and sets a flare screen
- Player that past ball to coach uses screen, coach skips ball over top for shot or drive.

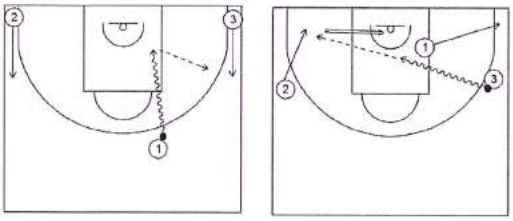
3v0 Movement, Spacing (No Dribble)



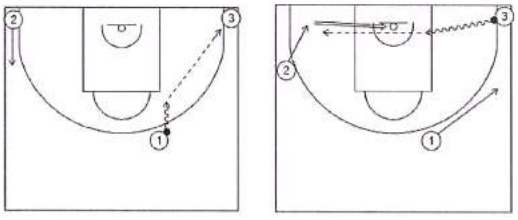
Pass-Cut-Replace

- Start as setup in diagram 1
- Players in corners to make a wing lead
- Player at the top pass either way, basket cut and then fill out weak side
- Other player on wing (without ball), L cut to top
- Reverse the ball, cut and fill floor spots
- After 3rd pass, give it to the cutter and score

3v0 Movement, Spacing (Dribble Penetration)



Seam Penetration, Re-Penetrate



Baseline Penetration

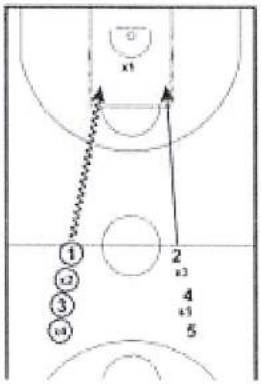
Seam Penetration, Re-Penetrate

- Player at top penetrate either way, get two feet in the paint and then kick out
- On initial drive, players in corners lift up to the wing
- Player that receives ball on kick out is to re-penetrate
- Player on weak side to drift to corner receiver spot
- Player in keyway is to fill to ball-side corner

Baseline Penetration

- Player at top is to sit-down on the ball and then kick to the corner
- On flight of pass, other wing player (not receiving ball) is to lift to the wing.
- Player in corner with the ball is to rip baseline
- Player on weak side wing is to drift to corner
- Player at the top is to fill behind

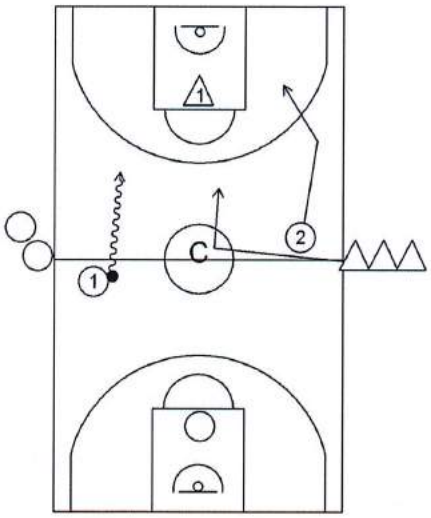
2v1 Half Court



- Play 2 on 1 half court from the seams.
- Play competitive in 2 teams. 2 balls – coach to handle.
- 1 shot or a tip in, 1 pass maximum. Defence stays in on a score, swap on a stop.

- Driving lane, passing lane
- Organise yourself and your team mates. Team loses

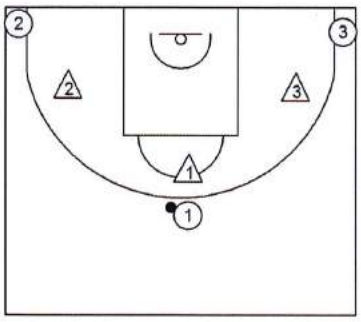
Transition 2v1+1



- Two teams, one team lined up on sideline at halfway.
- Start as setup in diagram. 2 player on offence, 1 on d.
- As soon as ball passes halfway player at the front of line is to run in and give coach in middle a high 5 and then chase down and join play on defence.
- On change of possession the two players who were on defence are now on offence, push the ball down the floor. Two players who were on offence are now out, join the end of their teams line.
- First team to 5
- Advance the drill by adding an extra offensive player and defender (turn into 3v2+1).

- Emphasise running wide lanes on offence and being cagey (disruptive) on defence.

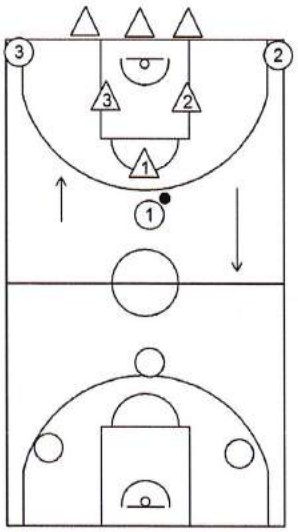
3v3 Motion



- Start the game off with no dribble, really emphasise pass-cut-replace.
- Have great spacing and read the defence; if you are overplayed then back cut.

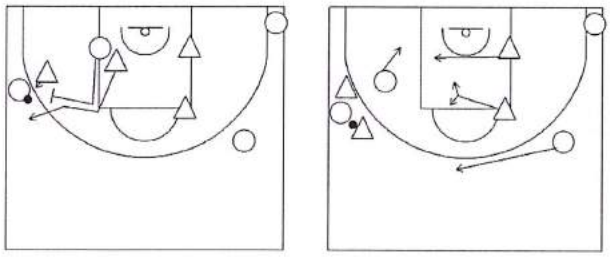
- Advance the drill by adding dribble. Shift focus to moving off penetration and filling floor spots.

3v3 King of Court



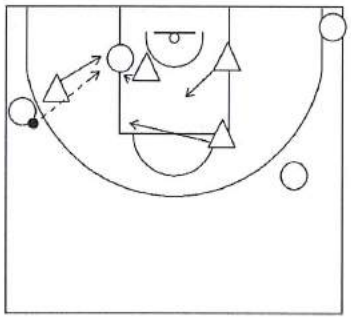
- Play 3v3
- At end of the possession, team that was on defence is now on offence. They are to take the ball down the other end and play 3v3 against team that is waiting

On-Ball Screen 4v4 Advantage Drill



- Player on wing with ball. Post player ball-side will come up and set an on-ball screen.
- Two defenders involved in the on-ball will trap the ball carrier who then has to make the right read depending on what the off-ball defenders do.
- Once ball leaves ball carriers hand and next offensive player receives pass the offence has no dribble.
- Keep the ball moving, make the right read, create and attack 2on1 situations

Post Feed 4v4 Advantage Drill



- Player on wing with ball who will throw ball into the post player.
- Defence will trap the post off the feeder. Post player then has to make the right read depending on what the off-ball defenders do.
- Once ball leaves post players hand and next offensive player receives pass the offence has no dribble.
- Keep the ball moving, make the right read, create and attack 2on1 situations