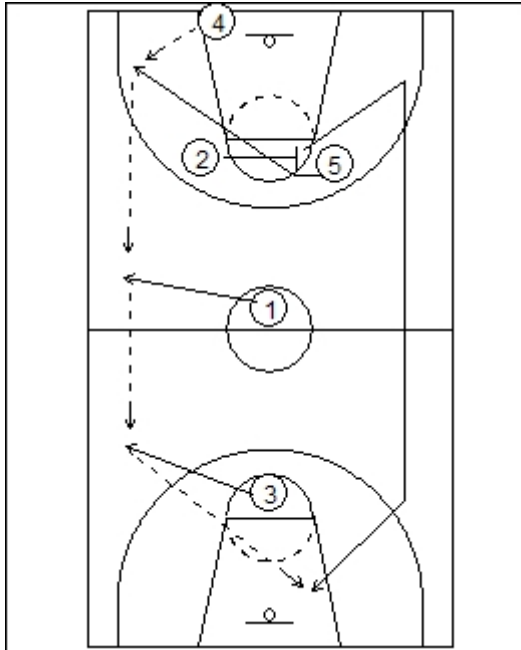
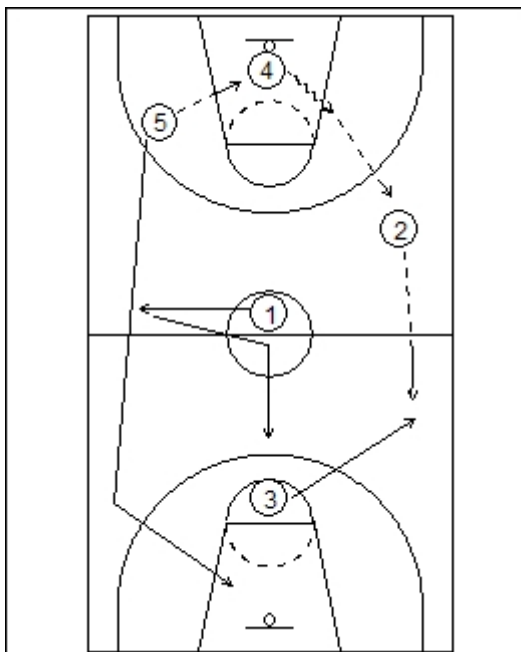


Drill 1 Passing Series:



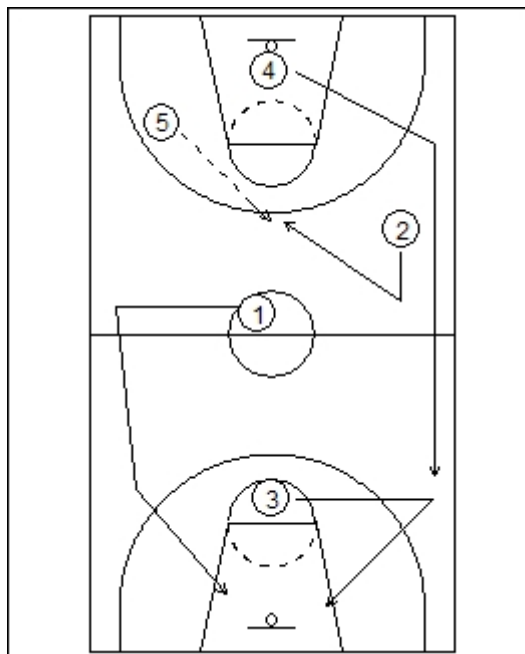
Ball Side

- Receivers must attack the ball - Move to the pass
- All Players sprint to the basket after they have made a pass
- Players must get to the spots
- 1 moves on the first pass
- 3 moves on the second pass



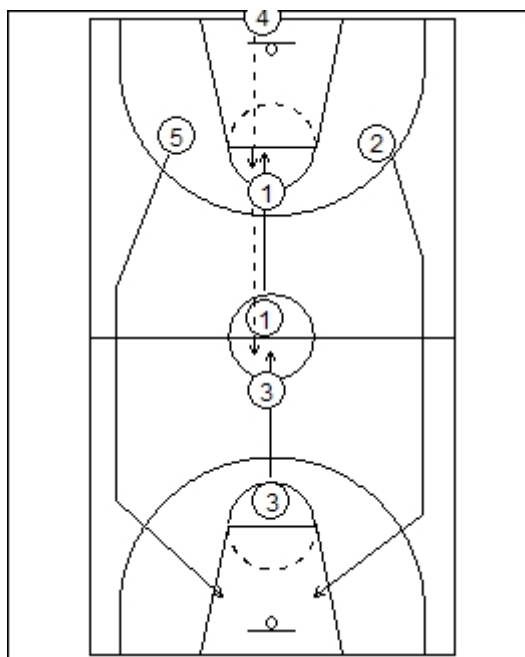
Reverse

- After initial pass is made to 5 the pass to 1 is denied
- 5 passes the ball back to 4 who has stepped on court
- 4 take 1 or 2 power dribbles and passes the ball to 2 (who has led back to the ball)
- 1, who has led to the side on the first pass, now "flies" through the middle
- 2 passes to 3 (who has moved on the second pass)
- 5 fills the lane
- Passer should step towards the receiver whenever attempting or making a pass



Reverse Deny

- As for Reverse the pass is denied to the 1
- The reverse pass is also denied to 4
- 2 cuts back hard to the middle to receive the pass
- 4 should not leave until this pass is made
- 1 and 3 fill the lanes



Front

- On the screen between 2 and 5 the players are face guarded and the pass is denied
- 1 and 3 move together ("on a chain") and bust hard down the middle of the floor
- 3 man need to be aware of the 1/2 court line
- 2 and 5 sprint hard to take the defence away
- Pass from 1 to 3, 3 from pivots looking for the running 2 or 5

This series working on the following skills:

- Cutting
- Passing
- Catching

This series also works on the following aspects of the game:

- Press Break
- Side Line and Base Line Inbounds
- The ability to "Run" on a made shot

Teaching Points:

- Call for the ball

- Attack the pass
- Step to pass
- Finish as strong as you can
- Pass to the outside hand

Use this as a warmup. Set the clock for a certain period of time say 5 minutes and have groups going up and back, changing the setup eg. Up in Ball Side back in Reverse etc.

Drill 2 Offensive and Defensive Moves

Work these 2 skills together through 1 on 1 Activities.

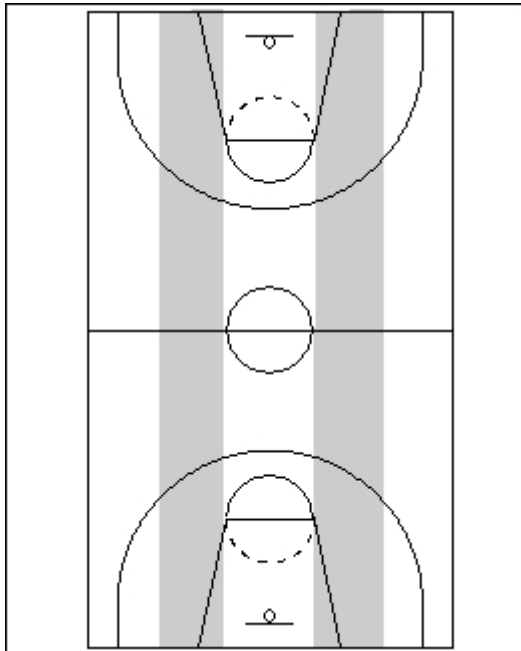
Concentrate on 3 defensive spots:

- Sideline Pin
- Influencing
- Middle

The 2 hardest things to teach defensively are:

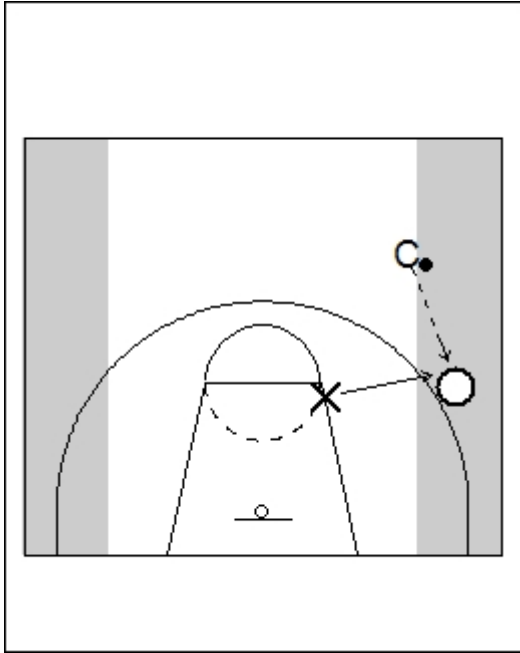
- Pressure on the ball
- Changing Stance

One On One



1 on 1

- Court is divided into 3 sections for defence
- Sideline
- Elbow (Gray Areas)
- Middle



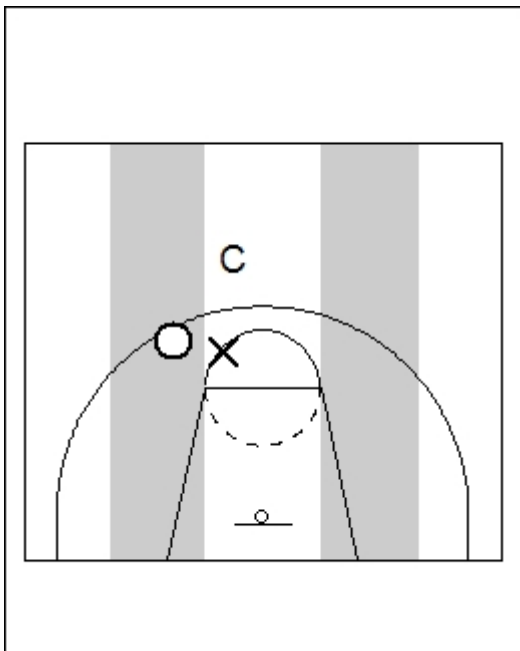
Sideline Pin

- X starts in help stance, playing the low shoulder of the Offence in a low flat triangle (open Stance)
- is allowed 2 dribbles only
- X has butt pointing to the opposite sideline to give good defensive position
- X straddles the "Jab Foot" of Offence
- X has inside hand on the ball and other hand in the passing lane
- X is in ready stance

Defensive Change of Stance

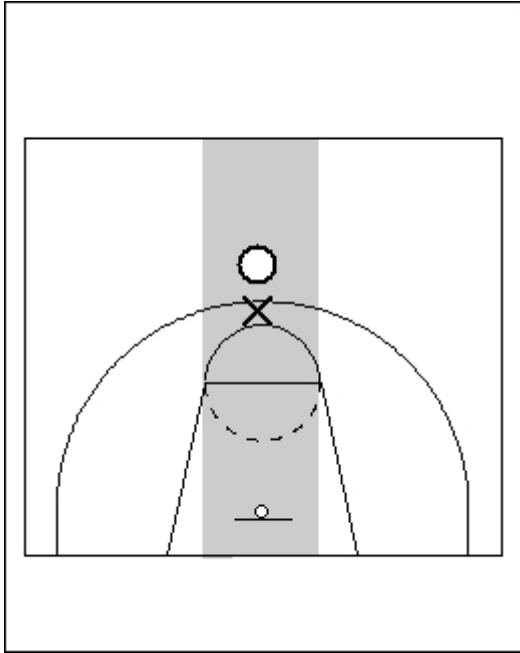
- On Pass - Defense Closes Out
- On Receive - Defence Ready Stance
- On Dribble - "Point" inside hand on the Offence cannot cross over
- On Pick Up (dead) - "Stick"
- On Pass - Help

Defence must get nose over ball in the "Point" Position



Influencing (back to where it came from)

- Defence (X) starts in denial
- Offence again works off the back foot
- On pass defence goes from denial to ready stance
 - Straddle the jab foot
 - Inside hand on the ball stopping crossover
 - Outside hand in the passing lane

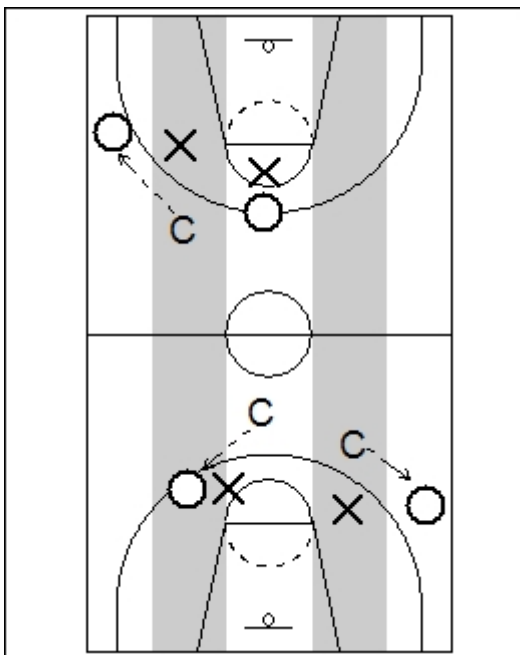


Middle

- Defence (X) should have butt to the basket
- "Sit Down and Guard Him"
- Shoulder to shoulder
- No dribble penetration

If you get beat here it's over with!!
There is rotation but it is difficult

Drill to Work these Floor Positions



- Have players set up in groups of 3
- C is the passer
- There will be no passer for the middle group, X will toss O the ball
- Rotate from Offence to Defence, Defence to Passer, Passer to Offence
- If you do not have enough to run groups of 3, defence will hold the ball, slide with the offence to the designated position twice then hand the ball to the offence and go to ready stance for the designates spot.
- Put a specified time on the Clock eg. 5 minutes and players work through the designated spots

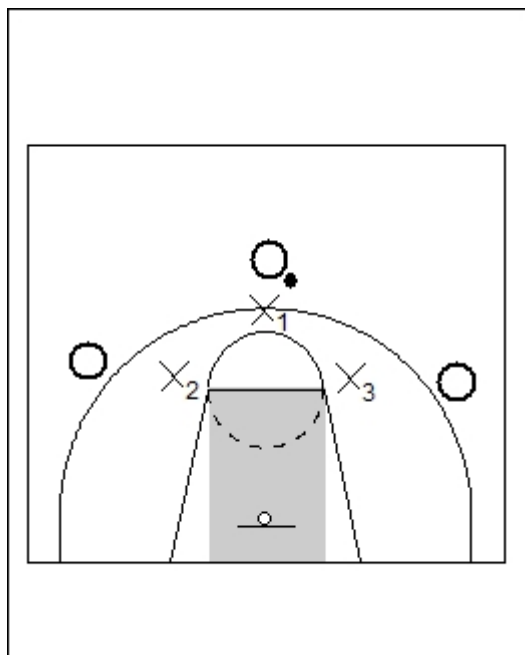
Teaching Points:

- Offensive players need to work both feet on both sides of the court
- If hand move forward, feet will "go into the floor" and you are no longer quick
- If offence takes the ball above their head defence's hand goes high and prevent the skip pass
- If the ball is at waist level or below, the denfence's hand is on the ball working the ball

Three on Three

Before you can move onto 3 on 3 you must make sure players are proficient at:

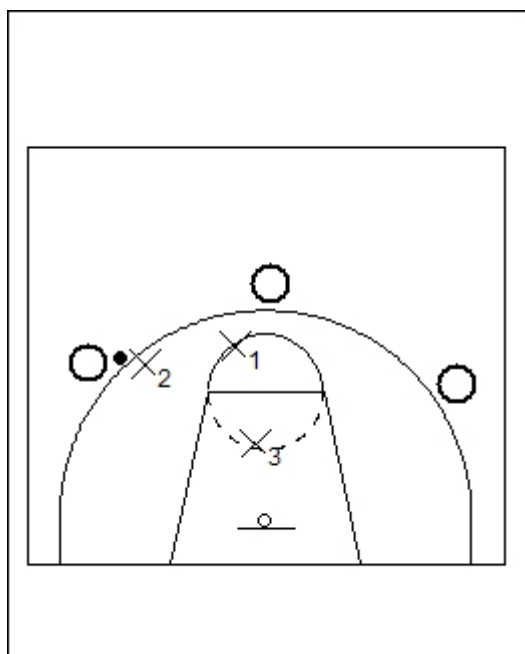
- Using their hands on defence – what they should be doing
- Can change stance from help – ready – point – stick – help
- Know what the rules are for the defensive spots
 - Sideline Pin
 - Influencing
 - Middle



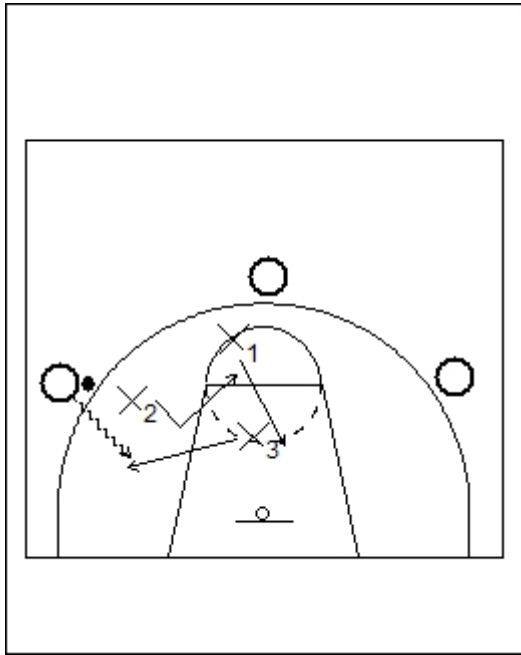
The Shaded area is referred to as the **RED ZONE**. The ball is not allowed in this area though either pass or dribble penetration.

X2 and X3 are in a low flat triangle, open stance, playing the offences low shoulder.

X1 has Butt to the basket, sitting down and guarding the man



- X2 is in sideline pin position
- X1 is in the **High I position**, stance is open, influencing the offence to step away to receive the pass
- X3 moves to the **Low I position**



- If the offence's shoulder gets through (beats X2), on the 1st dribble X3 (Low I) comes as hard as he can at the dribbler
- X3 goes with his inside hand on the ball
- X3 has his inside shoulder on the low shoulder of the dribbler (look to steal the ball)
- X1 goes from High I to Low I
- X2 once beaten rotates to the High I

Teaching Points:

- Move from offence to defence, defence out, new offence in
- Defensive players must talk
 - Low I
 - High I
 - Ball
- As the ball moves, the defensive should be in the next floor spot and talking as offence catches
- Every time the offence catches the ball they must take 1 dribble. This make the defence work on their change of stance

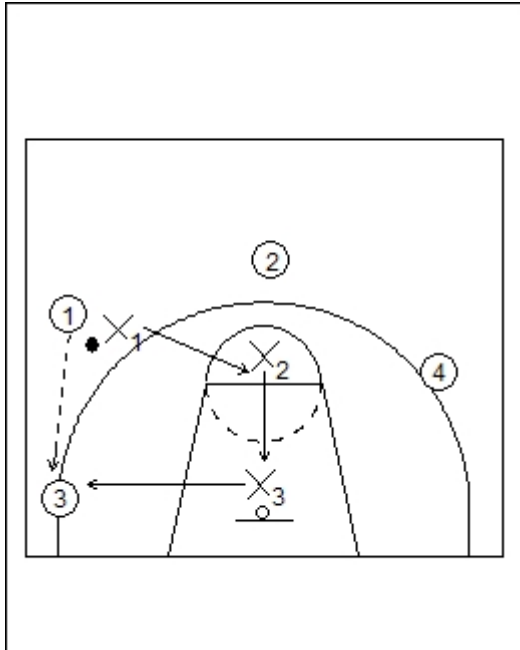
Drills:

- Play 3 on 3
- If the offence can make a skip pass (1Point)
- No Screens
- No Cuts
- Offence tried to beat the defence on the dribble every time

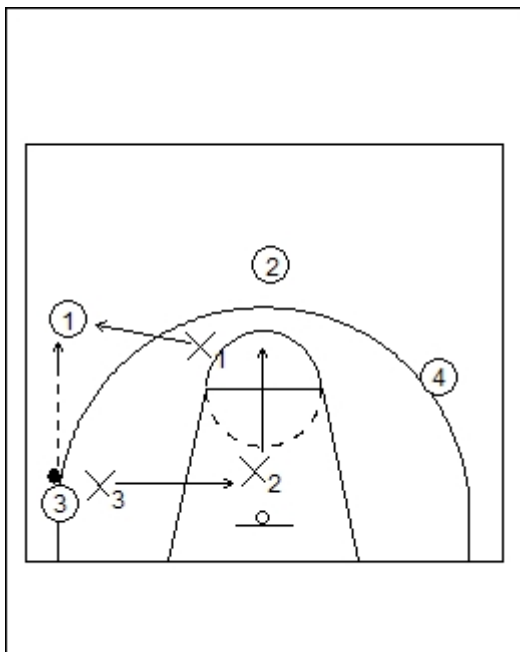
Four on Three

Teaching Points:

- Defensive players must always cover the Ball, High I and Low I
- Offence must take 1 dribble each time to force the defence to change stance

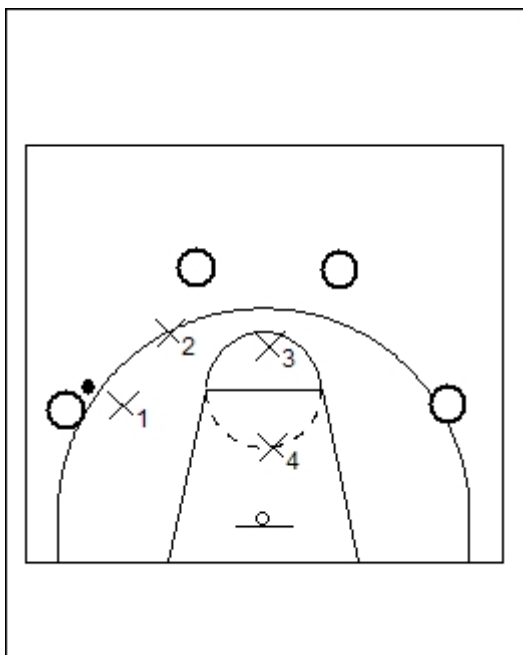


- O1 passes to O3
- X3 Low I closes out on the ball
- X2 High I rotates to Low I
- X1 rotates from on ball to High I

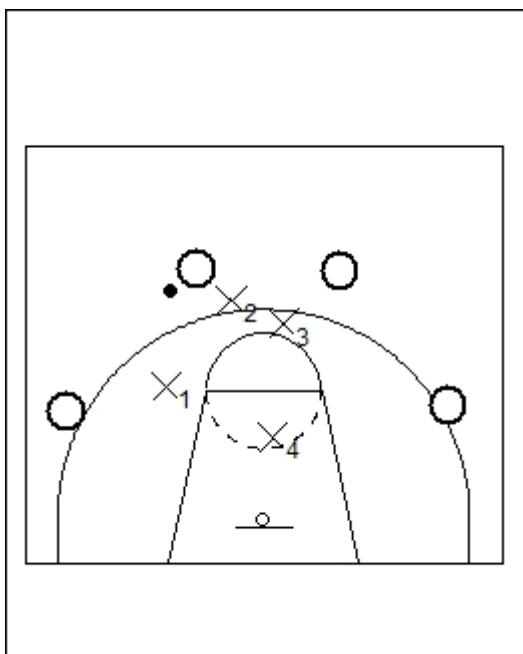


- O3 passes to O1
- X1 Closes out form High I to On Ball
- X3 rotates from on Ball to Low I
- X2 rotates from Low I to High I

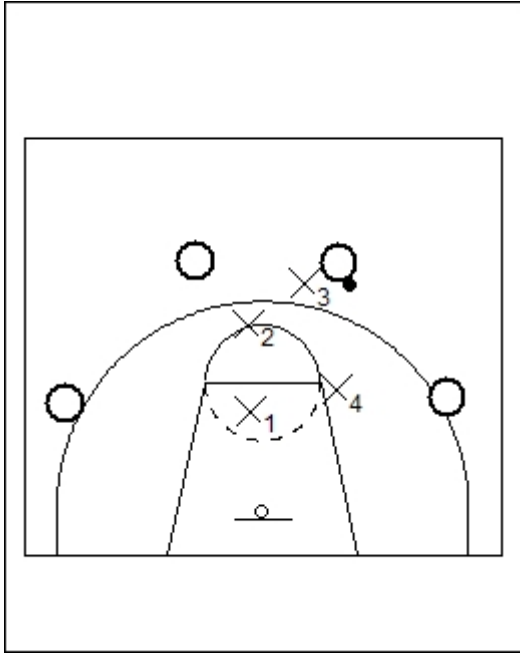
Four on Four



- X1 is guarding the Ball, sideline pin
- X2 is in open stance, slowing the ball reversal
- X3 is on the High I
- X4 is on the Low I



- X2 Butt to corner
- X3 High I, open stance, forcing offence to move away to receive pass
- X4 Low I
- X1 Playing offence's low shoulder, help position, open stance



- X3 butt to the corner
- X2 High I, open stance forcing the Offence to move away to receive
- X1 Low I
- X4 playing offence's low shoulder, help position, open stance

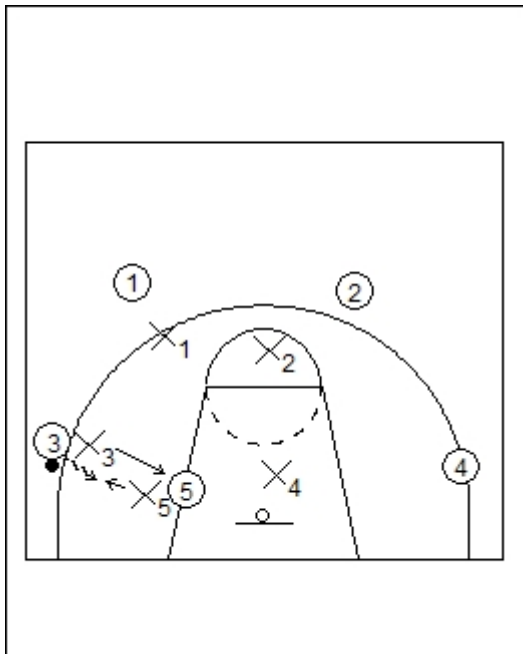
Teaching Points:

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- Defensive players must talk
 - Low I
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Drills:

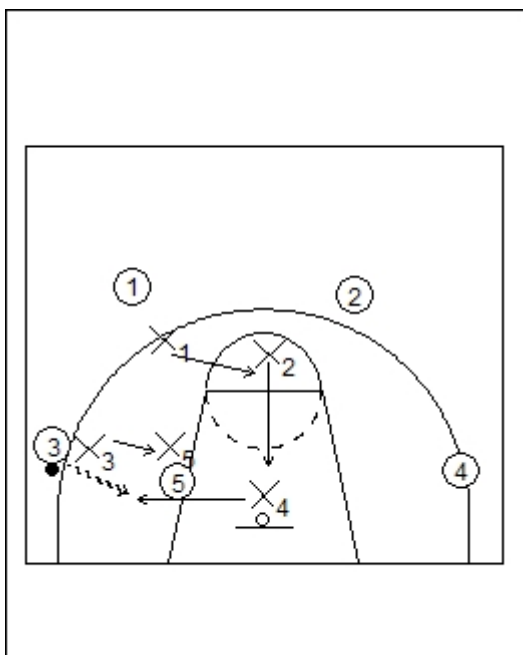
- Play 4 on 4
- If the offence can make a skip pass (1Point)
- No Screens
- No Cuts
- Offence tried to beat the defence on the dribble every time

Post Defensive Rotations



Full Front on Post

- O3 drives
- On the first dribble X5 attacks the ball (re earlier rules)
- X3 rotates back onto the post



Side Front

- X5 stays on the post
- X4 attacks the ball (as previous rules)
- X2 rotates from High I to Low I
- X1 rotates to High I
- X3, the beaten player, "goes through" to fill the hole on the as player rotate on the pass