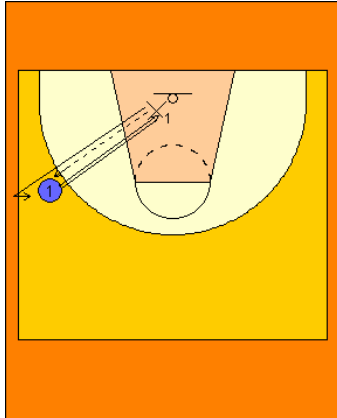


Patrick Hunt - Head Coach National ITC Program
Coaching Clinics - Northern Territory July 23rd & 24th 2007

2 Man 1 ball shooting



Pass to player on wing and run towards player, throwing hand in air to pressure shot. **Passer is not attempting to block the shot.**

Shooter to rebound own shot.

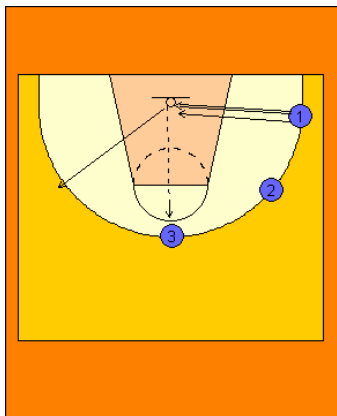
Passer then becomes shooter after touching sideline.

Shooters to catch ball in air and take a catch and shoot jump shot.

Variations:

- Shot fake then take a jump shot
- Drive fake then take a jump shot
- Shot fake and drive making a power lay up from a jump stop
- Drive fake take a one bounce jump shot, crossover.
- Shot fake take a one bounce jump shot, onside.

3 Man 2 Ball Shooting



Player 1 shoots, rebound & outlet to Player 3

Player 2 shoots, rebound & outlet to Player 1

Player 3 shoots, rebound & outlet to Player 2

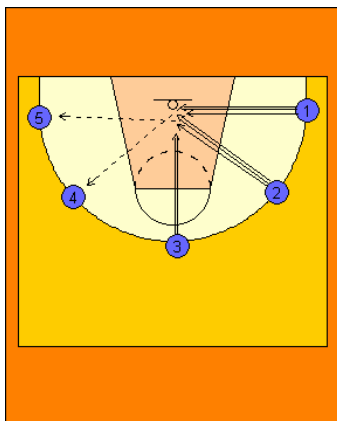
Drill continues.

Use 5 spots around arc - Corner, Wing, Top, Elbow. **Shooters call loudly their position on the floor ie: Corner, Wing, Top, Elbow**

Variations:

- One dribble moves
- Catch and shoot jump shots using a shot fake and drive fake.

5 Man 3 Ball Shooting



As above with additional ball.

Player 1 shoot, rebound & outlet to Player 3

Player 2 shoot, rebound & outlet to Player 4

Player 3 shoot, rebound & outlet to Player 5

Player 4 shoot, rebound & outlet to Player 1

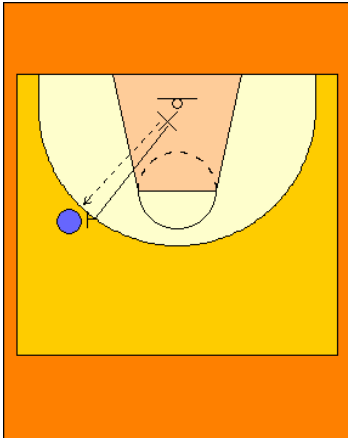
Player 5 shoot, rebound & outlet to Player 2

Use 5 spots around arc - Corner, Wing, Top, Elbow. **Shooters call loudly their position on the floor ie: Corner, Wing, Top, Elbow**

Variations:

- One dribble moves
- Catch and shoot jump shots using a shot fake and drive fake.

Closing Out & Containment



Pass ball to player on wing and close out.

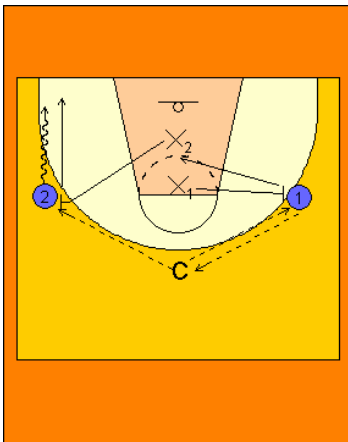
To close out - run towards offensive player with hips low, while raising arms above head.

Make sure head is back for balance (Head over Hips over Heels).

When offensive player brings ball down below chin, defence player to quickly lower hands to defensive position (Left hand low to stop cross over "Stab Hand", Right hand up to block pass "Block Hand").

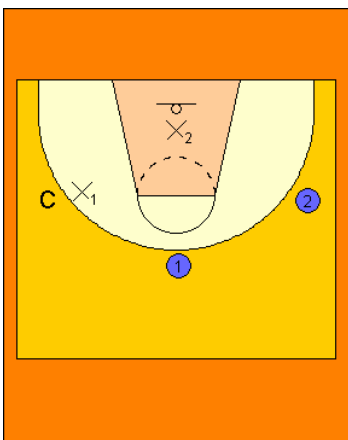
Feet need to be wider than offences feet. Player positioning should be on a straight line from offence to the basket (Ball, Defence, Basket)

Closing Out & Channel Baseline



- Coach passes either side & x1 closes out with toes to sideline to stop middle penetration.
- Ball is reversed (or skipped) to the other side
- x2 closes out & contains pushing (guiding) base with toes to sideline
- x1 sprints back to split, if x2 is beaten on baseline, x2 shouts HELP & x1 continues past split to help outside paint with toes to side line to stop dribble penetration

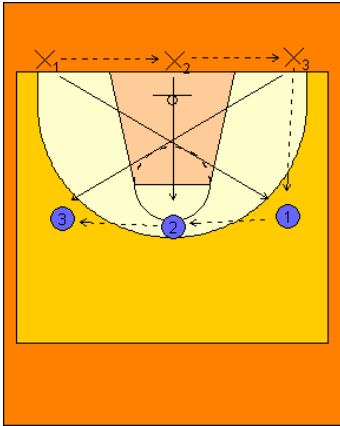
Short / Long Close Out



- Coach on wing with ball
- Offensive players at point and opposite wing loaded ready to catch
- Defence on ball & Split
- Coach passes out to either o1 or o2. x1 sprints to close out either short (o1) or long (o2)
- x2 jumps to help/deny on offensive player one pass away

Defence must communicate **LOUDLY**

3 on 3 Close Out & Contain



- Players position themselves as shown
- Defensive players pass ball along base line and sprint to close out
Offensive player with corresponding number:

X1 closes out O1
X2 closes out O2
X3 closes out O3

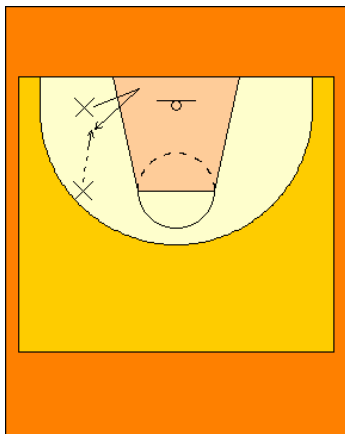
X3 passes ball up to offence O1 who pass ball along (1-3).

After players close out and ball is passed on, defensive players to adjust (ball - help - split)

Key Points:

- Defence needs to be in position as offence catches ball
- SPRINT to close out.
- Hands high on close out

Cutting To Get Open



Players stand 3 metres apart in offensive stance

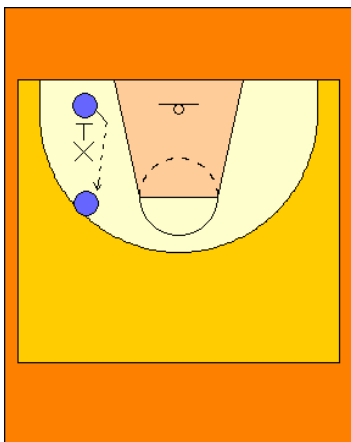
Players cut away hard, at least 3 steps, from ball and then lead back to ball with target hands and calling passers name.

Once pass is made, passer repeats cut as above.

Key Points:

- Target Hands
- Loud voices calling for ball
- Jump to catch ball in air
- Make a sharp change of direction when leading back for the ball.

“Pig in the middle”



- Offence Players stand 3 metres apart & offer target hand.
Person with ball uses opposite (mirrored) hand to pass to target
- Add defensive player to pressure pass. If pass gets through, defence turns and defends again.
- Continue for 24 seconds for each player & count number of touches defence gets on the ball.

Variation:

If defence gets a touch, swap places with player who passed ball.