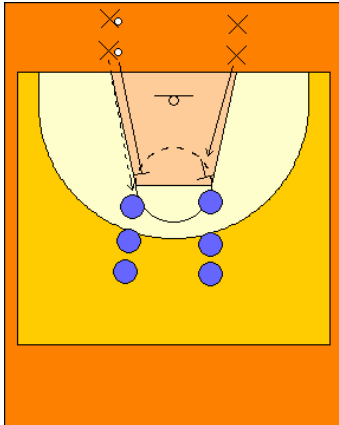


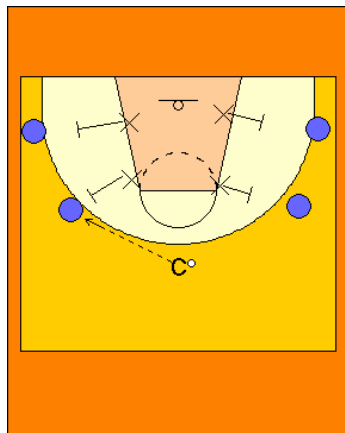
Paul Goriss – AIS Men's Basketball Assistant Coach
 Coaching Clinic Drills – Northern Territory July 23rd & 24th 2007

2 v 2 Rebounding



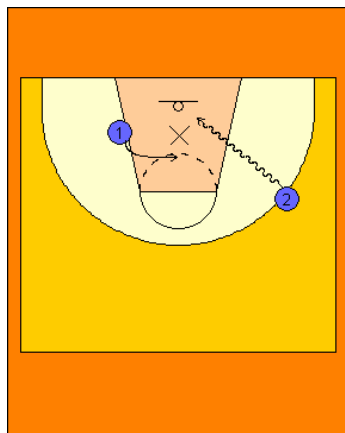
- Pass
- Close Out
- Shoot
- Block Out
- Play 2 v 2

4 v 4 Rebounding



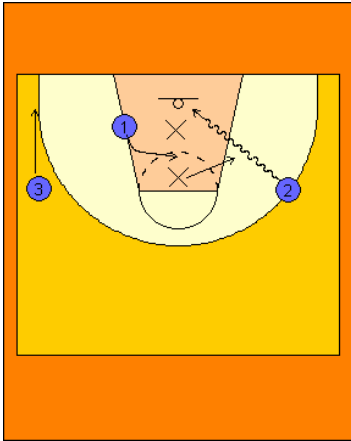
- Coach Passes to any offensive player
- Player Shoot - other 3 block out
- 4 v 4
- If offense gets rebound, continue play
- If defence gets rebound, break to other end.

2 on 1 ½ Court



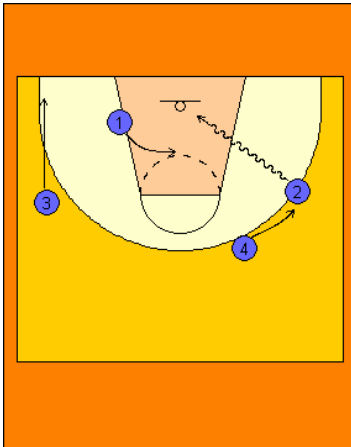
- Wing Penetrates
- Opposite player starts on block & gets to dotted circle
- Wing plays of 1 or 2 feet for lay-up or pass

3 on 2 ½ court



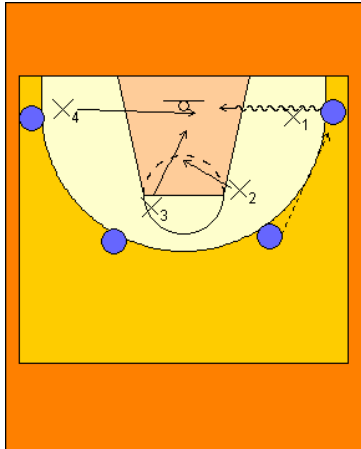
- Wing Penetrates
- Opposite player starts on block & gets to dotted circle
- Wing plays of 1 or 2 feet for lay-up or pass
- Opposite wing get to short corner deep opposite the ball

4 on 3

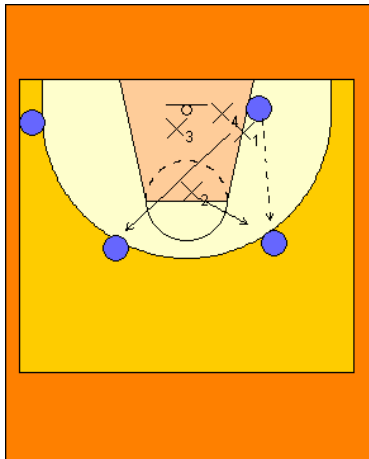


- O2 Penetrates
- Opposite player O1 starts on block & gets to dotted circle
- Wing O2 plays of 1 or 2 feet for lay-up or pass
- Opposite wing O3 get to short corner deep opposite the ball
- O4 clocks in behind O2

4 on 4 Shell – Defending dribble penetration



- X4 is in low split & steps to help out side paint
- X3 is on high split and drops down to protect basket when X4 steps out to help
- X2 adjusts to split to get pistols on ball and player



- Person Beaten (X1) sprints to open man (usually 2nd pass)