



EDUCATE • ELEVATE • EVOLVE

-Corner Finishing / Wing Finishing Drills

-Beat the 2nd Defender Drill

- Start from dribble attack to defender at 3 – execute move or combo
- Start from Live Ball at wing w/defender – pivot to attack

-3-Player/2-Ball Exchange Shooting Drill

How Shots Can Be Varied:

- Change Distance: 15 ft, 3-pt, Paint Only
- Change Locations
- Change Type of Shot: Pull-ups, Floaters, Step-Backs, Layups
- Change Dribbles: Dribble Combos
- Mix: Alternate between a pull-up, 3-pt or paint shot
- Contested: on the pass, the passer can close out or fly by

How Passes Can Be Varied:

- Pass with one hand only
- Pass after a dribble
- Pass after a combo dribble

-Decision Training Shooting – w/partner...defense throws a good pass to shooter at 3-pt area When shooter catches the ball, partner shows DT hand signals and shooter must respond accordingly. Shooter's feet are moving all of the time

Shooting DT signals:

- Hands Out = Pass Back
- Hands Down = Shoot
- Step Towards = Attack w/1-Dribble Pullup
- Step to the Side = Attack toward D and counter to finish
- Step Towards w/Hands Out = Pass Back & Cut for Hand off

1on1 Options

-1on1 Quick Decision Drill (like King of the Court except with a player pass)

Long Close Out Skill Set – Shoot – Show - Rip

- Play off your jump shot.
- The most open you will ever be is when you first catch the ball.
- Start thinking about your shot before you catch the ball.

-Fight the urge to “catch and dribble” or “catch and hold.”

-Player on wing (with 2 basketballs) passes to offensive player at the top of the key (or wing, etc.)

-Defense is just in front of the basket and cannot close out until ball leaves the passer’s hands

-Offensive player MUST do one of three things on the catch or the defender immediately gets the ball: 1-Shoot; 2-Shot Fake; 3-Rip Thru

-If Offense scores on a 2-pt shot, she relocates anywhere at the 3 and passer will pass him another ball (a new defender is in front of the rim and must wait until ball leaves the passer’s hands to close out).

-If Offense scores on a 3-pt shot, the next defender can close out immediately as the shooter will receive another pass from the passer.

-If shooter misses, whoever gets the rebound must dribble out to the 3-pt line and play live from there.

-Play first to 3 baskets...or whatever number. Or...you can just rotate.

Full Court 1 v 2 Drill

-Defender at top of key on both ends (cannot go past the volleyball 10-ft line)

-Offensive player starts at endline and attacks 1st defender who tries to veer him off or make him stall his move; offensive player then attacks 2nd defender and this is live.

-Defenders bump up toward offensive line; offensive player now becomes the defender at the back.

1on1 in tight spaces

Can set requirements:

No 3’s and no Paint Shots

No Paint Shots

Allow Paint Shots but limit dribbles to one or two max

1on1 – Elbow – Off-Hand Only

Spin out to Elbow

Player can only score with their off-hand

Unlimited Dribbles

Pivot Only 1on1 (Post)

Create any defensive movement that needs to be taught and have it finish in a live 1on1.

Create any off-ball screen movement that needs to be reviewed and have it finish in a live 1on1.

Create any tight space ball screen with a kick out option to a live 1on1.

3on3 Game Rule Options:

(Players cannot pass and stand. After passing the player must cut, screen away, or post up. 2. Do not allow on-ball screens—these actions give players an “out” because it’s easy to just set ballscreens.)

-Every player must touch the ball each offensive possession.

-Defensively, if there is no communication, the offensive team automatically gets a score. *For example: If a screen away occurs and the defender guarding screener does not call out “screen right” to the teammate being screened.*

-Any fouls equal an automatic basket.

-Play short games...be creative, mix it up:

First team to 3 baskets

First team to score consecutive baskets

First team to score with an offensive rebound

-3on3 Full Court Cut Throat – 3 players on offense vs 3 players on defense with 3 more defenders waiting at the opposite end. Additional teams can be out of bounds under each basket. Play live O vs D. If the offense scores, they keep the ball and transition to the other end to challenge the 3 waiting defenders. If the defense steals or gets the rebound they transition the ball to the opposite end.

Advanced Variation: If the offense scores they must take it out of bounds on the baseline and defense can apply pressure until the ball crosses halfcourt. If the defense steals or gets the rebound, the offensive team can pressure the ball until it crosses halfcourt. If a turnover occurs during the halfcourt pressure, the team gaining the turnover can attack the basket at the same end. Play continues.

-3on3 Pass & Cut Only – must score on pass/cut/fill only

-3on3 “Horns” – begin the possession with a “Horns” screen on the point guard.

-3on3 Switch – Play live...when coach calls “Switch” the player with the ball must put it on the floor immediately. Offense and defense switch roles...cannot guard the player matched up with before switch.

-3on3 Change – Play live...when coach calls “Change” the player with the ball must put it on the floor immediately. Offense and defense switch roles...into fullcourt transition (“change” ends of the floor). Players cannot guard the players they were matched up with before the change.

-“Spurs” Challenge: Score = go to defense to get a stop to earn the point; if the team attempting to earn the point does not get a stop, they rotate off or stay on defense if there are no extra teams waiting.

-3 on 3 or 2 on 2 on a Side - Players play 3 on 3 or 2 on 2 on one half of the court. The players get from one sideline to a step outside the lane on the opposite side (can put low soccer cones for a visual line). They play 3 on 3 in this confined space. Play to 3 scores. Can also have them run certain actions on the side...but I would really just let them try to figure out how to score.