



# BREAKTHROUGH BASKETBALL 72 DRILLS



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## Practice Drills - Drill #1 - 2v1 Shooting

### Source - How To Run Championship Practices With Nate Steege

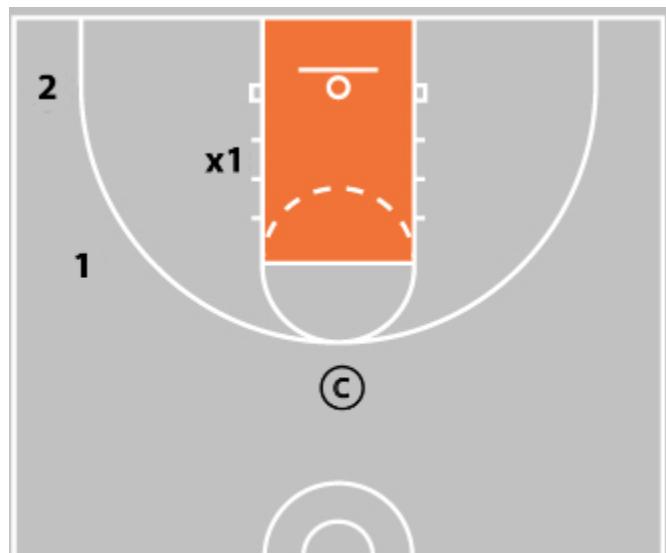
2v1 Shooting is a great drill to work on the shot or pass decision. It is a way for players to get game shots in a fun and competitive manner. It's also a great defensive drill. It simulates a situation when the defense is at a disadvantage and one player has to guard two until their teammates arrive.

#### Setup

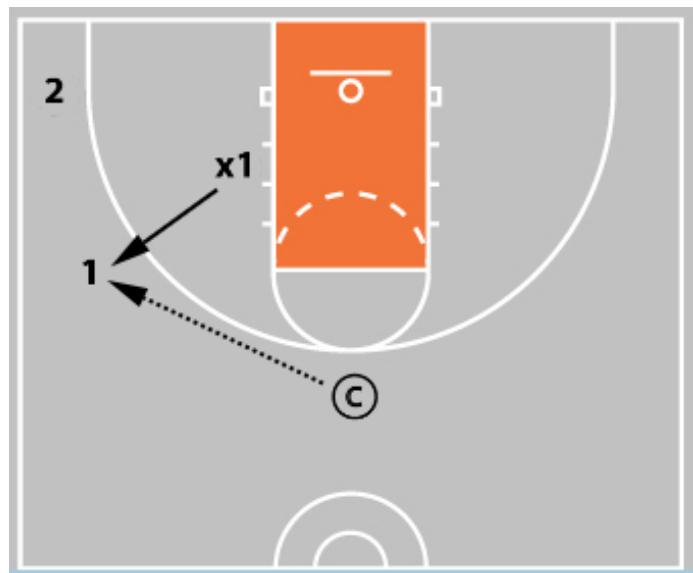
- Place 2 offensive players anywhere on the court, one pass away from each other.
- 1 defensive player starts close to the basket.
- The coach has a ball

#### Instructions

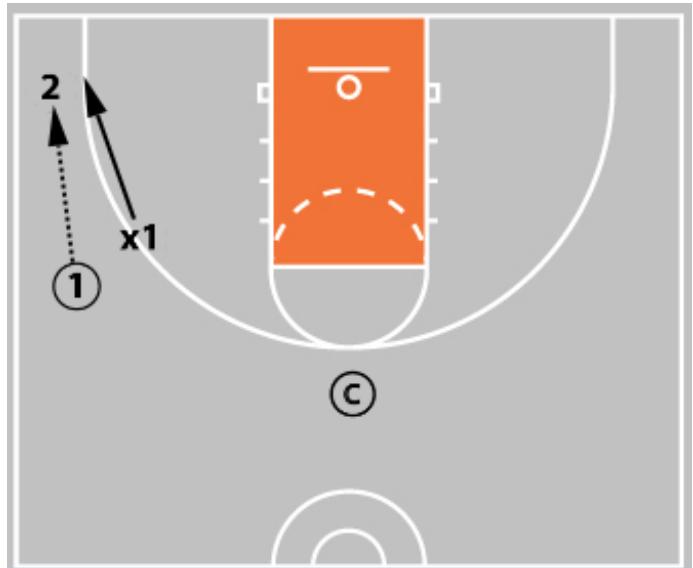
- 1 and 2 are on offense
- x1 is on defense
- Coach passes to either 1 or 2



- Coach passes to 1 in this case
- x1 closes out on the ball
- 1 can shoot or pass. The offense may not dribble or move.



- 1 passes to 2. The offense has a 1 pass limit so 2 has to shoot.
- 2 takes the shot
- x1 contests the shot



## Coaching Tips

- You can predetermine what the D must do or have them do random actions.
- Be sure to emphasize passes being on time and on target.
- Offensive players should look at the rim before making the 'one more' pass. Players should think shot first. If the defender is more than an arm's length away, the offense should shoot. If the defense is closer, that cues a pass.
- You can progress the drill and have the offensive player who receives the pass from the coach drive the ball. This allows you to work on your penetration reaction.
- If you like the side step 3, you can allow players to take one side dribble before shooting as shown in the video.
- Use different spots on the floor. If you have more coaches than groups, have the defense start with the ball and pass to an offensive player to begin the drill.
- Make the drill competitive. If the defense forces a miss or gets a deflection, they replace the player who shot (or threw the bad pass). If the offense makes the shot, the defender remains on defense.
- The defender's goal is twofold. First, they want to make the offensive indecisive. Players should stunt at the player who receives the pass and also try to get a hand in the passing lane to deter straight line passes.
- The second defensive goal is to make the worst shooter take the shot. Defenders should know the offensive players and try to make the weaker shooter end up shooting a contested jump shot.



## Practice Drills - Drill 2 - Creighton Rebounding

### Source - 3v3 Drills For Offense & Defense With Coach Nick LoGalbo

Rebounding drills are often underutilized and help create player toughness.

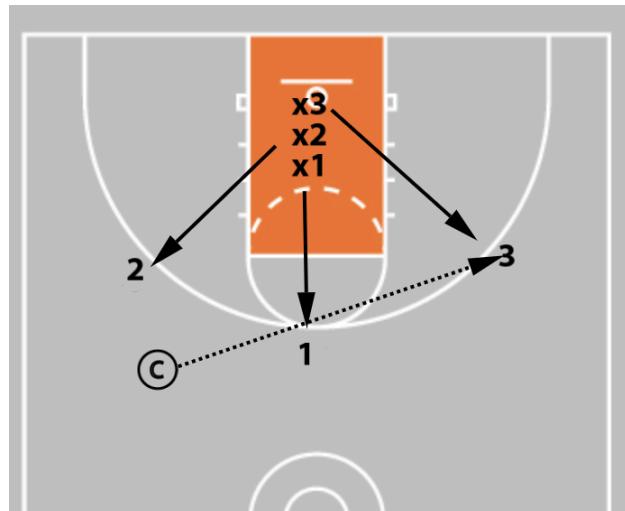
Rebounding is a major factor in winning and losing games. This small-sided game can easily be made more challenging with versions 2 & 3.

#### Setup

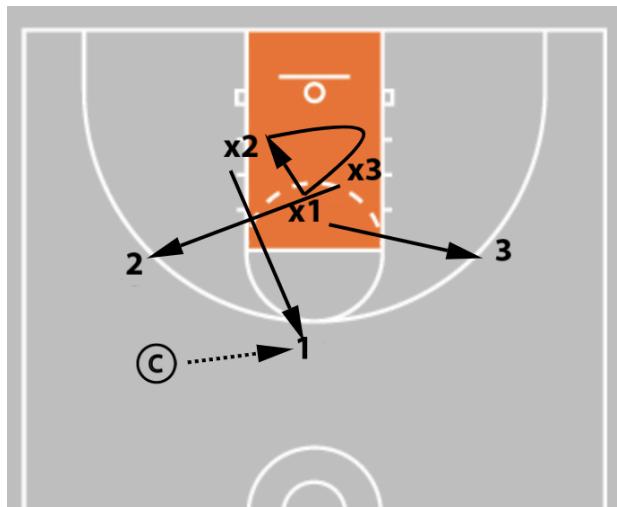
- Begin with 3 offensive players positioned around the perimeter and 3 defenders in the paint.
- The coach has a ball to begin

#### Instructions

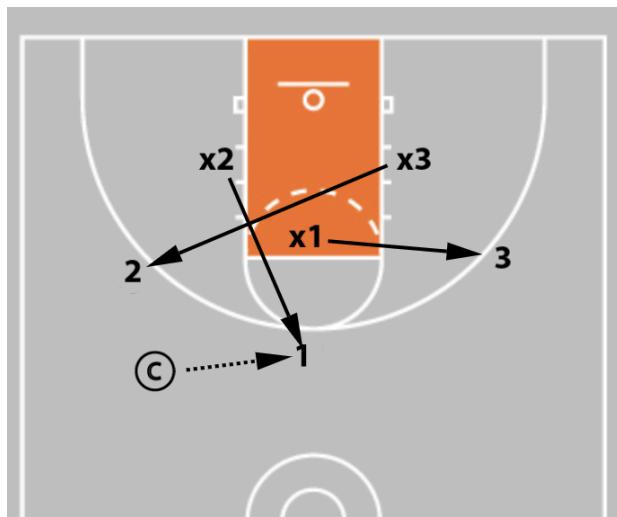
- Coach begins by passing the ball to an offensive player.
- All of the defenders close out.
- The player who receives the pass shoots immediately.
- The defenders must box out and grab the rebound.



- To level up the defense, the three players must circle the wagon in the paint before the coach makes the initial pass. This forces a scramble situation which causes them to communicate more.



- To mimic a zone defense, start with the defenders in a triangle.
- When the coach passes the ball in, the players must identify a player to box out.
- They cannot, however, choose the player right in front of them.



## Coaching Tips

- When boxing out you should hit, locate, and get the rebound.
- If the offensive player gets past you, sumo out. (Sumo out means getting your backside on their thigh and drive them out of the paint.)
- The team that scores gets to stay on the court.



- This forces the offense to crash the boards rather than watching their shot.
- If the defenders get the rebound, they look to score immediately. They may have to finish during contact.
- If the defenders score, they go on offense.
- The defense must communicate in the more advanced versions of the drill.
- First contact must happen outside the key ("escape that paint").
- Scream praise, whisper criticism.



## Practice Drills - Drill 3 - Around The Cones Transition

### Source - The Game Based Training System With Nate Sanderson

Being able to convert in transition is a must for good teams. This drill allows you to create various game-like situations to work on converting (and defending) in transition.

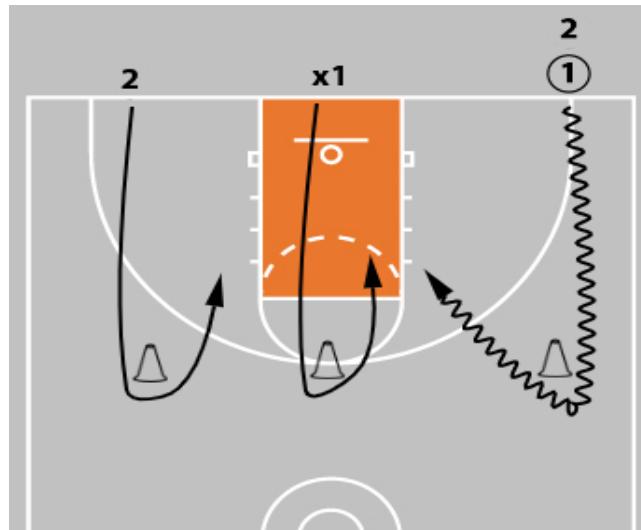
#### Setup

- Place 3 cones even with the top of the key. 1 cone is at the top of the key. The others are even with the wing spot.
- Have 3 even lines on the baseline. A player in an outside line starts with the ball.

#### Instructions

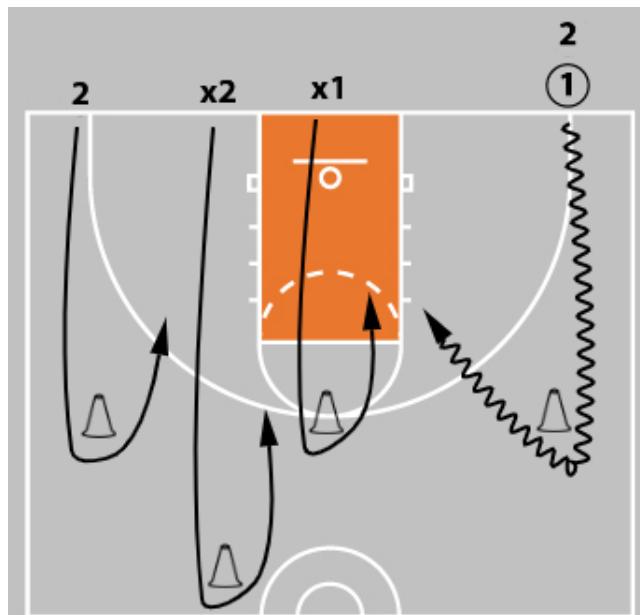
##### Progression 1: 2v1

- Play is live when 1 starts dribbling.
- All 3 players sprint around the cone in front of them (1 dribbles).
- After circling the cones, it's live 2v1 against x1.



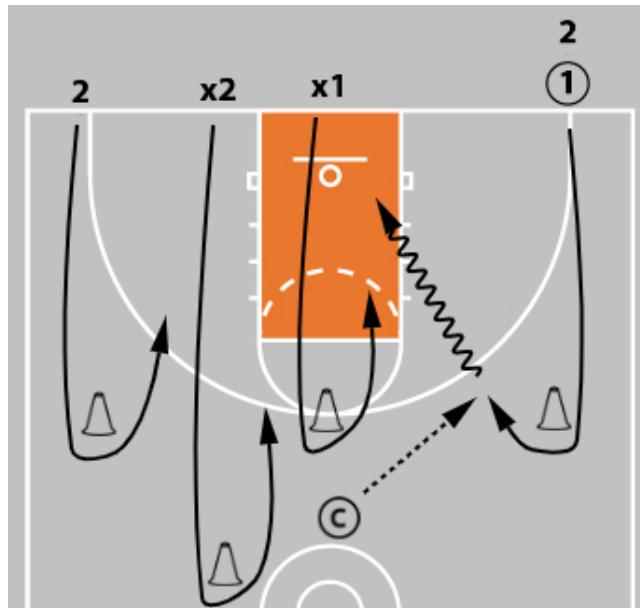
### Progression 2: 2 v 1 + Trail D

- Add a second defensive line (x2).
- The cone that the 2nd defensive player sprints around is positioned closer to  $\frac{1}{2}$  court.



### Progression 3: 2 v 1 + Trail D Pass

- This variation involves a coach who passes to one of the offensive players after the circle the cone.
- This simulates attack after catching a pass in transition



## Coaching Tips

- The dribbler must dribble with their inside hand. This makes the pass less likely to get deflected.
- The offense gets 1 shot and 1 pass. This simulates the fact that the transition opportunities evaporate quickly in 5v5 action.
- The defender should get back to the front of the rim. Their job is to not give up a layup.
- Encourage the defender to stunt at the dribbler to try and create indecision.
- The dribbler should attack until the defender gets between them and the rim. That's their cue to pass.



## Practice Drills - Drill 4 - Butler Disadvantage Drill

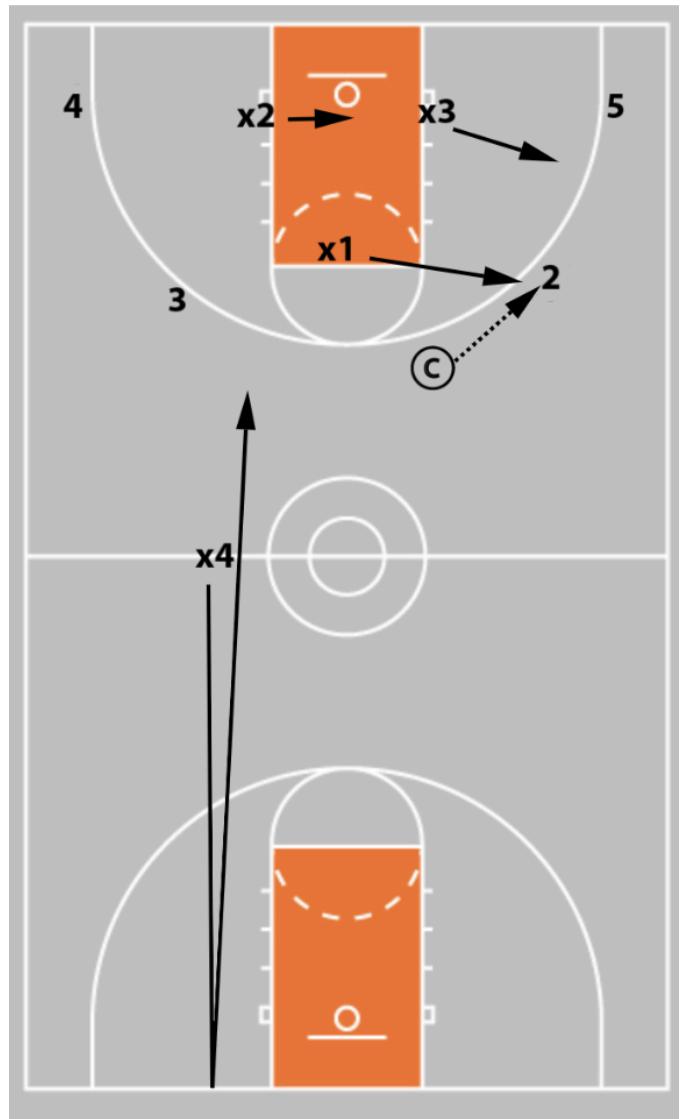
[Source - How To Run Championship Practices With Ryan Schultz](#)

### Setup

- The offensive team has 4 players on the court. They are positioned on the wings and in the corners.
- The defensive team has 3 players who start in a triangle around the lane. The 4th defensive player is at half court.
- The coach starts with the ball.

### Instructions

- The coach passes to any of the offensive players. The 3 defenders in the key practice their shell defense rotations.
- The 4th defensive player sprints to the opposite baseline and then back into the play.
- The offense moves the ball but cannot move or shoot until the 4th defender recovers. Then it's live.



## Coaching Tips

- During the 4v3 shell, the defense must communicate. The ball side should be covered and 1 player should split 2 on the weak side. Players should not cover 2 passes in a row.
- Defensive communication must be loud, early and continuous throughout the drill.
- If the defense is rotating properly, the 4th defender should be filling in to the weak side when they come back into the play.
- The offense should use pass fakes to move the ball quickly during the shell portion of the drill.
- You can progress the drill by allowing the offense to shoot during the time they have the 4v3 advantage.



## Practice Drills - Drill 5 - 4 Corners Passing

### Source - The Relentless Pressure System With Mike Hilmer

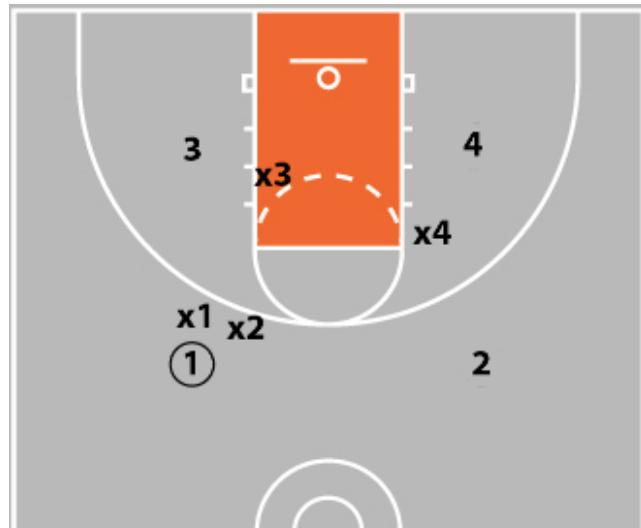
Trapping is a huge part of defensive pressure and must be worked on daily. Teams with bad spacing are easier to trap. Bury the player you are trapping by getting your bodies all over them and getting your hands in the face to block vision. Likewise, good players accept traps without panicking and are able to pass effectively out of traps. This drill works on both sides of that equation.

### Setup

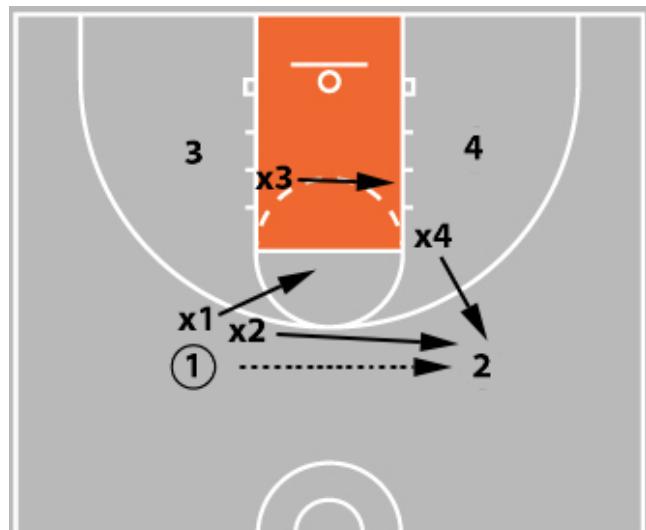
- Position 4 offensive players in a square shape.
- 4 defensive player line up in between the offensive players

### Instructions

- Pass the ball to any offensive player to start. The closest 2 defenders trap. The offensive player must hold the ball, allowing the trap
- Defenders should lock or overlap feet to avoid being split.
- Do not jump unless the offense has jumped first
- The other two defenders (x3 and x4) space between the three offensive players



- 1 passes to 2
- 2 waits until defense comes over to trap before passing ball again
- x2 and x4 trap the ball now
- x1 and x3 slide to the middle to anticipate any passes
- Go for :30 and switch, tracking deflections and steals



## Coaching Tips

- Make the drill harder for the defense by not requiring the offensive players to wait and be trapped. The defense must move on the pass to get the trap set.
- Make the square larger to make it harder for the defense (and vice versa).
- Penalize reaching fouls by the defense. Encourage them to get body to body with the offensive player and then mirror the ball with their hands (not reaching in).
- The two interceptors should read the shoulders of the passer and cheat that way.
- Passers should use fakes and look to pivot into the defense to create space to find a passing window.



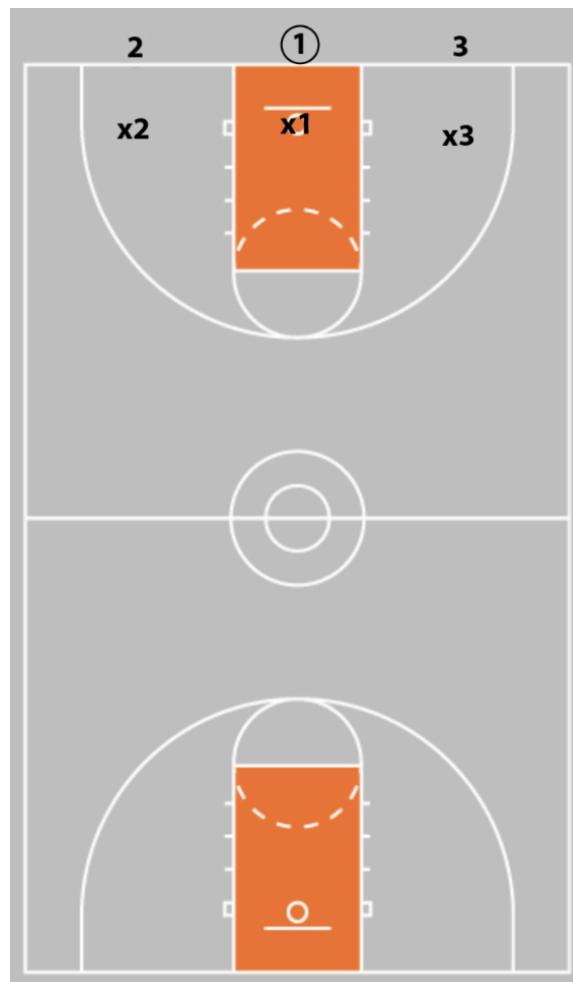
## Practice Drills - Drill 6 - Marquette 3v3 Full Court

### Source - The Outer $\frac{1}{3}$ Defense With Nick LoGalbo

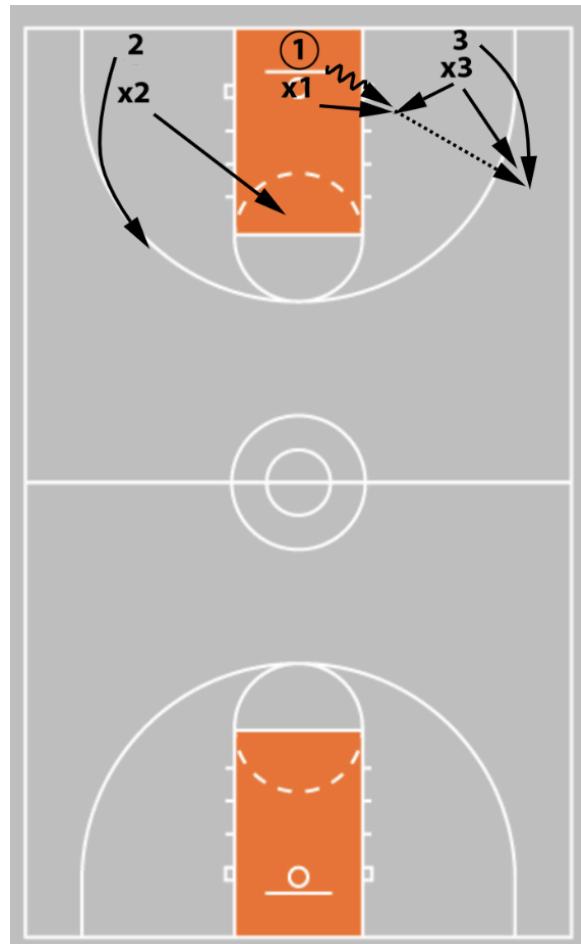
This drill is a great drill to emphasize no middle principles, angles, outer third mentality, and positioning. It focuses on on-ball defense, as well as one and two pass away positioning. When it becomes live 3-on-3, it reinforces low man/X man positioning, ball-you-man, and hitting and getting.

### Setup

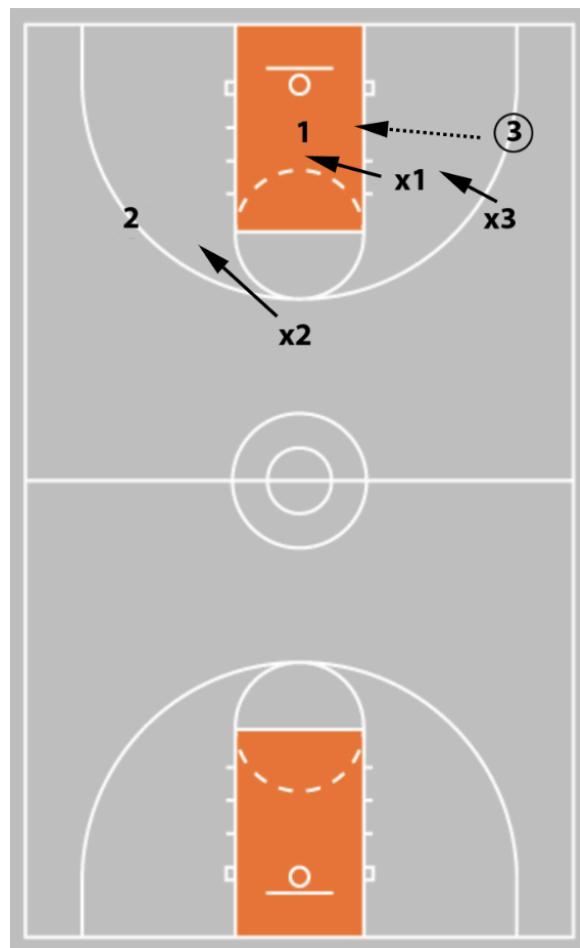
- 3 offensive players line up across the baseline.
- 3 defenders match up.
- The middle offensive player (1) starts with the ball.



- If the ball starts in the middle thirds, the defenders goal is to force the ball handler to the out thirds, preferably forcing them to dribble with their weaker hand.
- Player one has two dribbles to punch the gap between two defenders.
- Defender three must provide help defense and then quickly recover to defend.
- Because Defender 2 is two passes away, they must drop back so he can always be in a ball-you-man position.



- When Player 3 passes the ball back to Player 1, the defenders must rotate back to the correct position.
- This occurs throughout the drill.
- Once the ball crosses half court, it's live 3v3.



### Coaching Tips

- When a defender is two passes away, the defender must be ahead of the ball and be able to see the ball and man.
- Ball pressure is a must.
- Playing with only three defenders full court makes this a challenging drill for the defense.
- We want our defense to move as the ball moves.



## Practice Drills - Drill 7 - Charge To Scramble

### Source - How To Run Championship Practices With Ryan Schultz

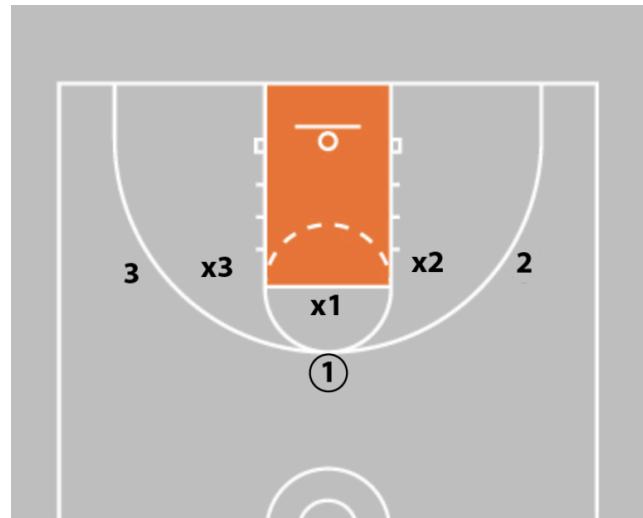
Getting players to take charges can be difficult. Many players fear getting hurt. This drill helps teach players how to properly take a charge. It combines that with forcing defensive rotation, making your defense scramble to get a shot. At the same time, your offense works on maintaining their advantage.

#### Setup

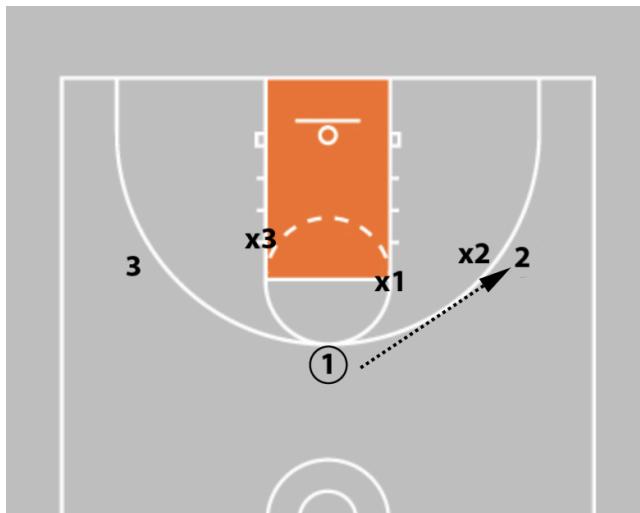
- Position 3 offensive players on the wings and at the top of the key.
- A defender matches up with each offensive player.

#### Instructions

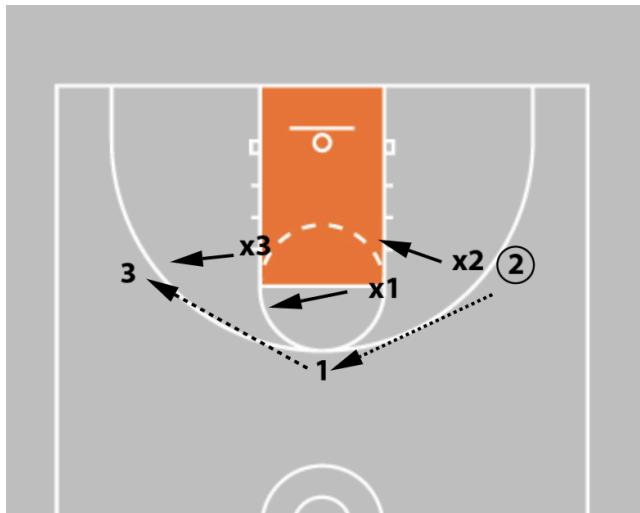
- The defenders start in man to man with defenders being 1 pass away and in the gap to take away the drive.
- Defenders should have a no middle stance.



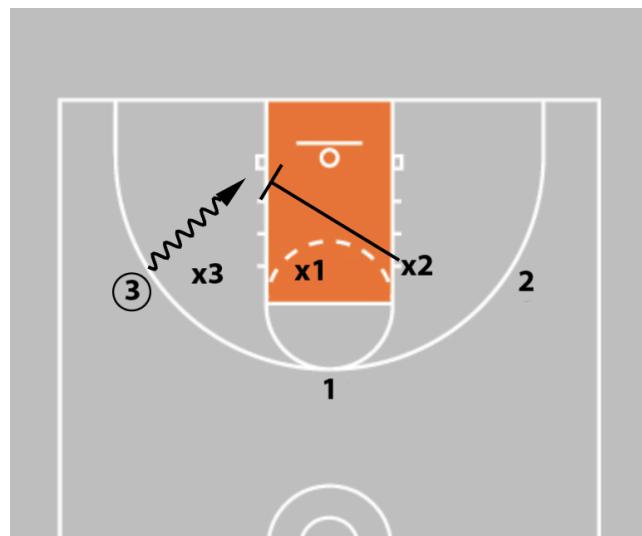
- Players start playing 3 on 3.
- Player 1 can throw it to either Player 2 or 3.
- The defense works on rotating to the correct position and staying low.



- The offense swings the ball around the perimeter to the other side.



- Player 3 drives to the baseline and the opposite defender tries to draw the charge. That player falls down selling the charge.
- At this point, the offensive player kicks the ball out and live play begins.



## Coaching Tips

- Use both ends when possible to double the amount of reps.
- If you want players to take charges in games, you need to practice this skill.
- The defender should take the charge outside of the lane.
- The defenders need to guard the ball and the basket at all time
- Points of Emphasis
  - Stay low and in stance
  - Communicate
  - Iron out the next threat
- The offense should look to keep the ball moving and not let the defense recover.



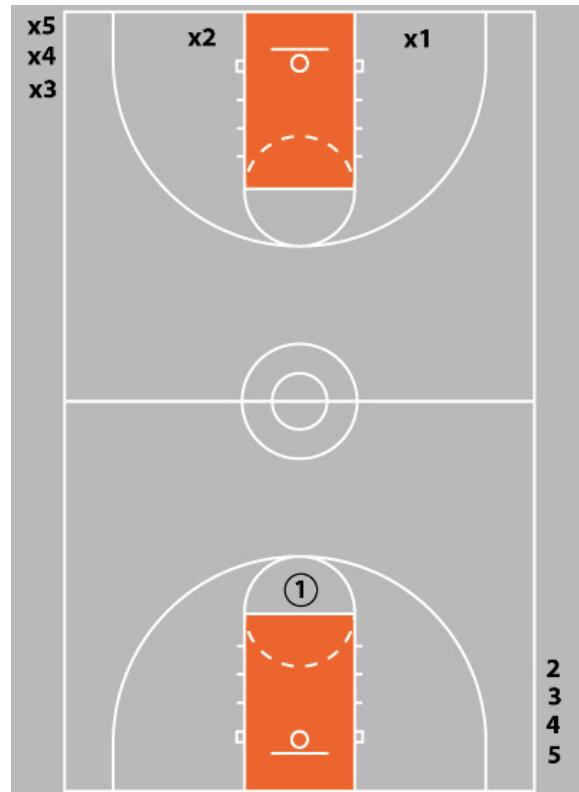
## Practice Drills - Drill 8 - Disadvantage Drill

### Source - The Screening Game Offense With Bob Martin

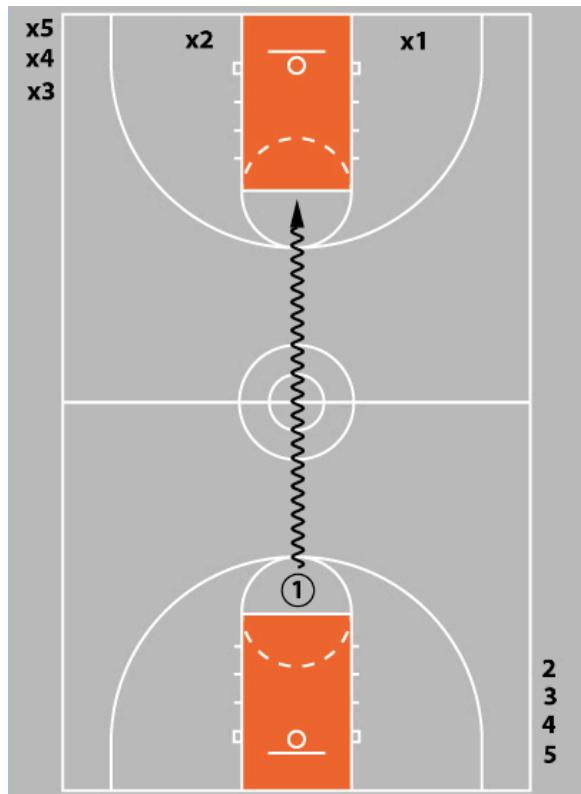
Transition offense and defense are best worked on in a variety of ways. Throughout a game, your team will see various situations - 2v1, 3v2, all the way to 5v4. This drill incorporates all of those situations and more, allowing you to work on general transition principles while also coaching the specifics of each situation.

#### Setup

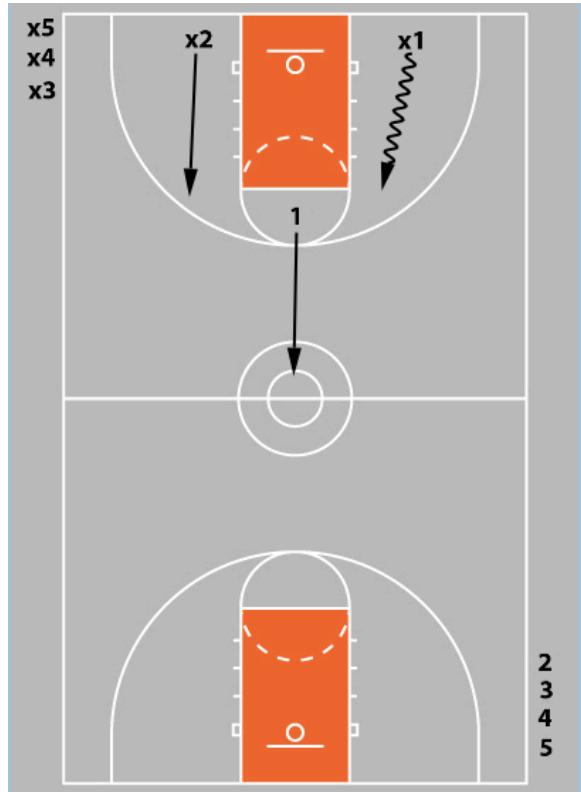
- Split your team in 2.
- 1 team starts with one player out (1) who has a ball.
- The other team has 2 defenders waiting at the opposite end.
- Other players wait on the sideline/baseline at their end.



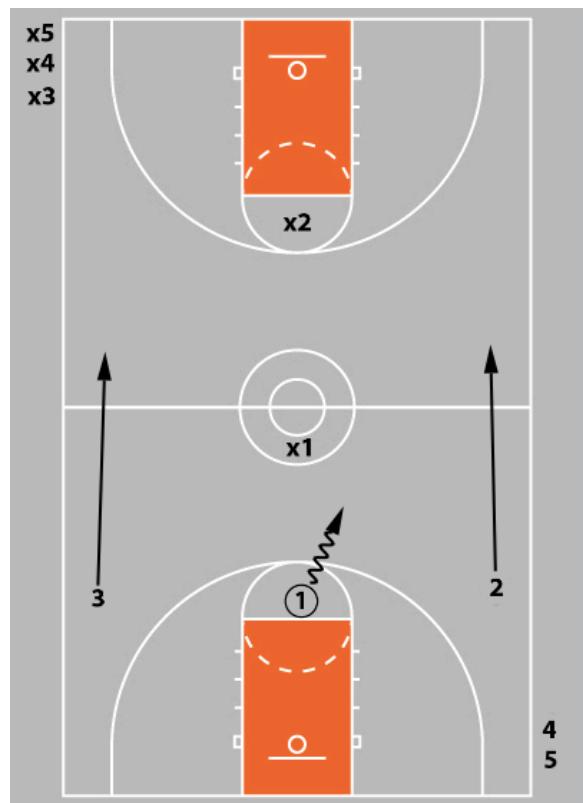
- Player 1 speed dribbles down the court and shoots a free throw line jumpshot.



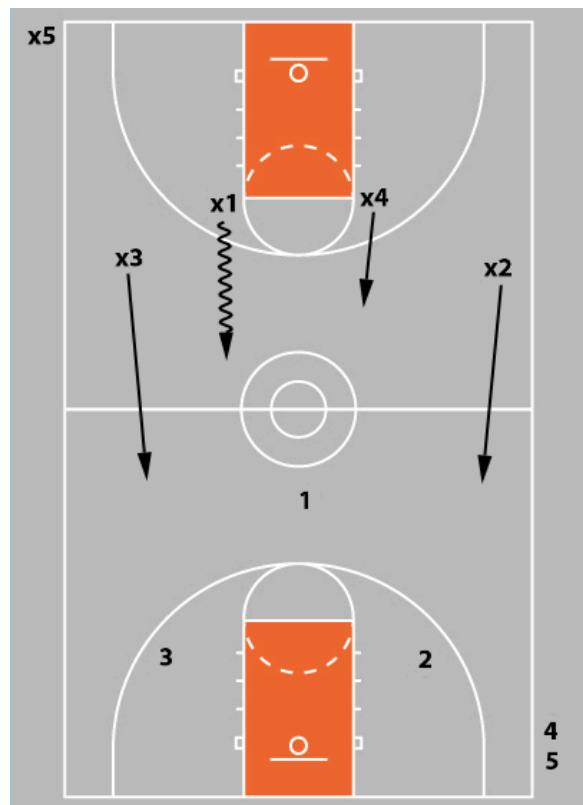
- After that possession ends, x1 and x2 are on offense going back
- 1 is on defense



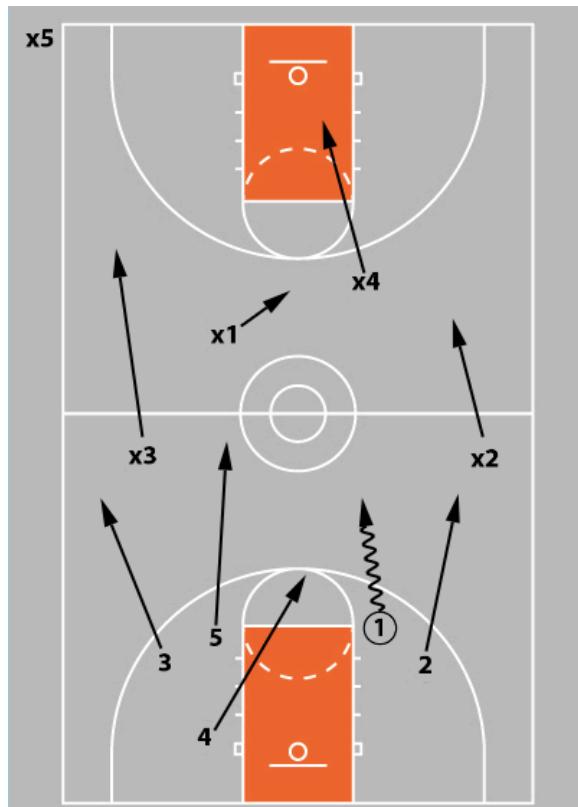
- After that possession ends, x1 and x2 go back on defense
- 1, 2, and 3 are on offense



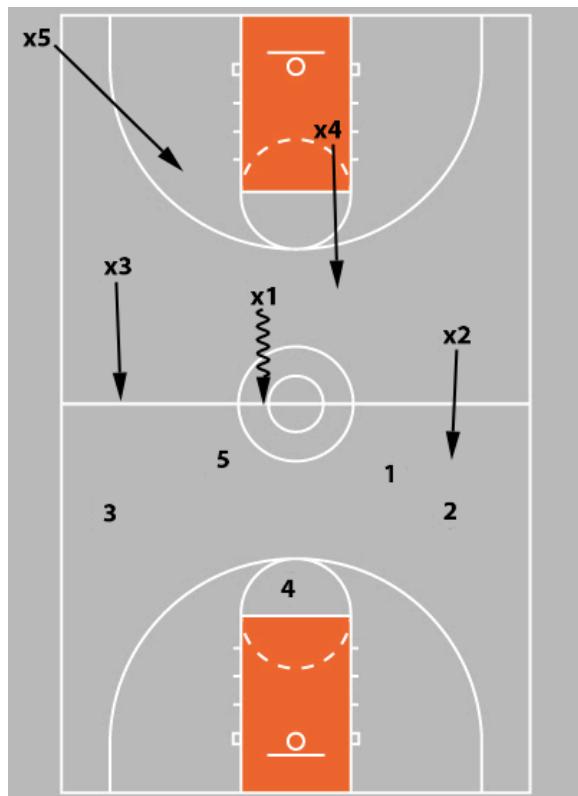
- After that possession ends, 1, 2, and 3 go back on defense
- x1-x4 are on offense



- After that possession ends, 1-5 are on offense
- x1-x4 get back on defense



- After that possession ends, x1-x5 go on offense
- 1-5 are on defense
- It is 5 on 5 from this point on



## Coaching Tips

- Defensive goal is to force the offense into a jump shot
- PG should take one dribble toward the side they are passing to in order to create a better passing angle.
- Bounce passes should be encouraged as they are less likely to be stolen
- Only inbound the ball on this drill when they are at 5v5.
- Once the ball crosses half court, the offense is only allowed as many passes as there are defenders. In other words, 1 pass in 2v1, 2 passes in 3v2, etc. This simulates the fact that advantages disappear quickly in 5v5.
- The offense is allowed as many shot attempts as there are offensive players. This prevents the disadvantaged defense from being on defense for a long time because they can't get a rebound. For example, in 2v1 the offense gets 2 shots, 4v3 they get 4 shots, etc. If the offense misses the last shot, they must transition back on defense.
- The defense should transition to appropriate formations when disadvantaged
  - 2 defenders - line
  - 3 defenders - triangle
  - 4 defenders - box
- When it gets to 5v5, the defense must talk and match up.



## Practice Drills - Drill 9 - 2v2 Zoom

### Source - The Zoom Conceptual Offense With Nate Steege

Players need reps to get better at your primary offensive actions. This drill teaches your players how to utilize the zoom action no matter defensive coverage your opponent employs. Every player gets a lot of repetitions, building confidence in their ability to attack every defense.

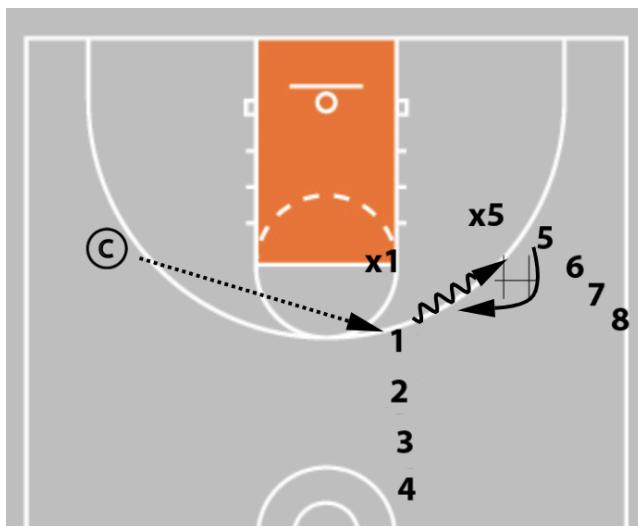
### Setup

### Setup

- Position an offensive player in the slot and on the wing.
- Defenders match up.
- The coach starts with the ball on the opposite wing.

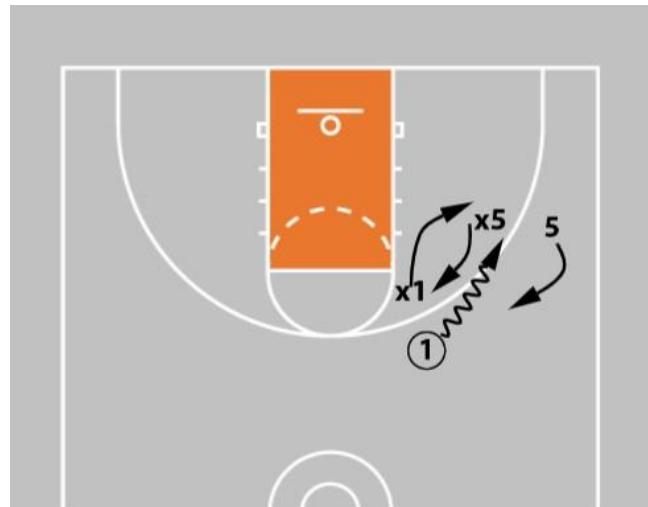
### Instructions

- The coach enters the ball to the player in the slot.
- The offense then flows into a zoom action.



## Variation 1: No Switch

- Defense can fight over or under.
  - If the defense goes over, 1 should make the handoff and 5 should attack the paint
  - If the defender goes under, the Trigger should forward pivot and rescreen.



- The Trigger must maintain good spacing on the roll.

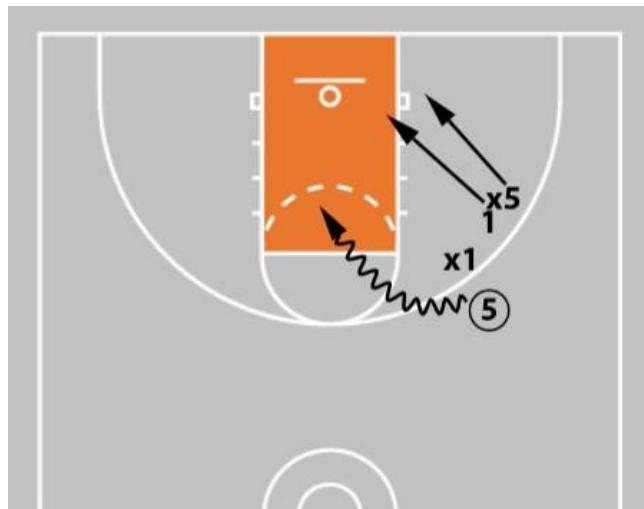


## Variation 2: Switching Defense

- The defense has to switch the zoom.
- Could use a pitch behind for a three point shot.



- Trigger could keep the dribble alive and attack the basket v a mismatch.
- One of the most common mistakes is picking the ball up early after a switch.
- The roller (1) should seal the switching defender (5x) on their back.

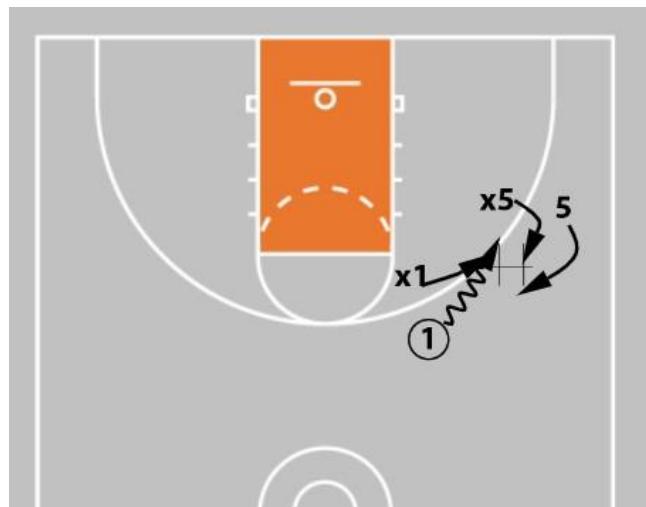


### Variation 3: Blitzing Defense

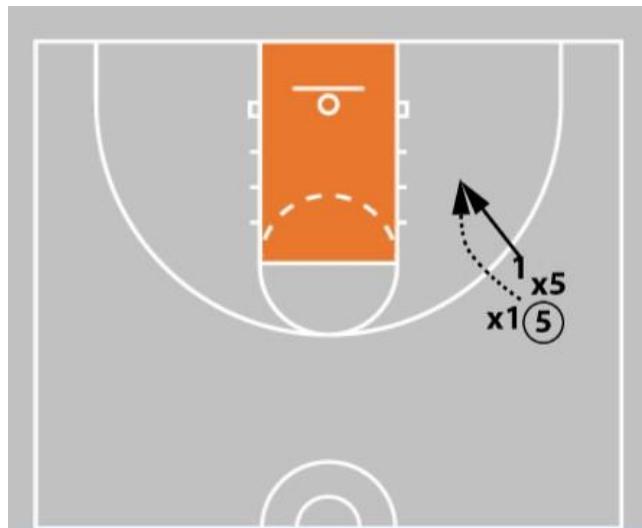
- Now the defense will trap (or blitz) every zoom.
- The player that would normally make the handoff should look to fake the handoff and attack the rim.  
This is called a keep.



- If the Trigger does pick it up and hands it off, the Trigger should do a short roll looking for a window to receive the pass.



- 5 should look to hit 1 with a jump pass or pocket pass.
- 1 would then look to attack 4v3.



## Coaching Tips

- Both players in the zoom should scan to the defense as they approach the handoff to try and anticipate what the defense is doing.
- You can tell the defense what they have to do or allow them to choose.
- The deeper the Trigger can get, the farther his man has to go to switch
- A good setup is important. Player 5 should look to go backdoor if x5 overplays.
- Stress that the pitch should be a soft toss to the torso.
- You can do the same drill with other on-ball actions, such as ball screens.

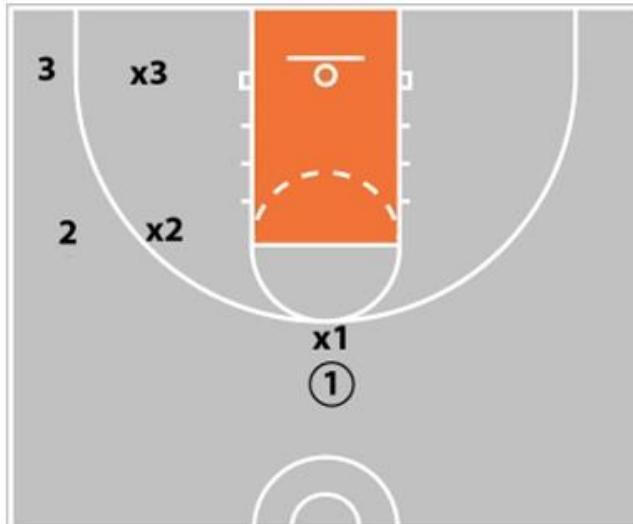
## Practice Drills - Drill 10 - 3 v 3 One Side Of The Court

### Source - Jim Huber Beginner Basketball Ages 5-9

Teaching spacing is very challenging. This is true for players of all ages, but especially young players. One limitation of 3v3 drills is that players have way more space than they do in 5v5. This can cause struggles when players go back to playing 5v5. This drill teaches players to operate within a condensed space, making it more game-like.

#### Setup

- Position 3 offensive players on 1 side of the court.
- They are guarded by 3 defenders.



#### Instructions

- 1 starts by passing to 2.
- The defense cannot steal this pass



- 1 cuts to the basket.
- 2 looks to pass to 1 for a layup.



- If 1 isn't open, 2 can dribble to the top.
- This allows 3 to lift and 1 to replace to the corner.
- Play continues from there



## Coaching Tips

- You can make the playing space bigger to help the defense or smaller to make it more challenging.
- You can have players do other actions besides cutting (such as screening).
- Players quickly learn they can't stand.
- Consider also implementing a dribble limit (2 dribbles per touch).



## Practice Drills - Drill 11 - Full Court 1v1 W/Close Out

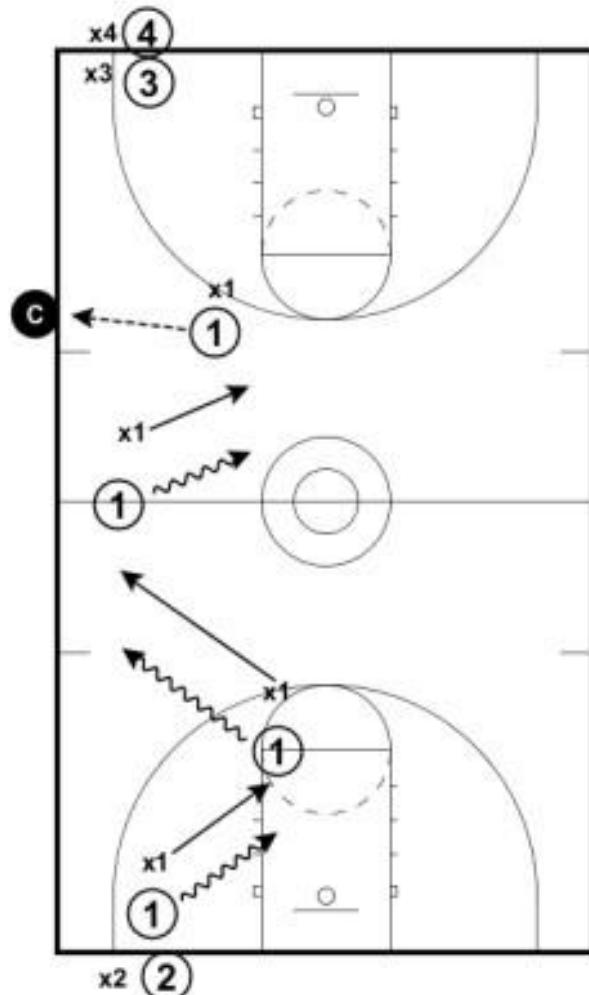
This is an alternate way to work on guarding the ball 1v1. Instead of guarding a live dribbler from half court, the defender has to closeout on the offensive player and then prevent them from scoring.

### Setup

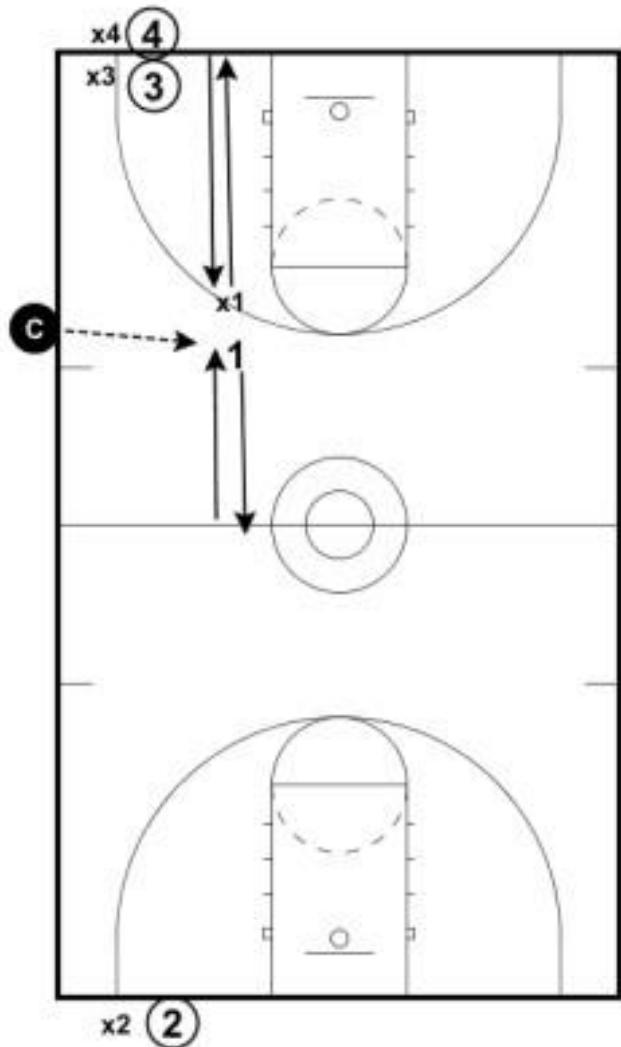
- Offense and defense start on the baseline. The offensive player has a ball.

### Instructions

- The offensive player tries to beat the defender down the floor.
- The defender tries to turn the ball as many times as possible.
- Once the ball crosses half court, the offensive player passes to a coach who's on the sideline.



- After passing to the coach, the offensive player sprints and touches half court. The defender sprints and touches the baseline.
- The coach passes to the offensive player. The defender closes out.
- 1 & x1 play 1v1



### Coaching Tips:

- The defender should close out with an understanding of who they are guarding. Good shooters require a closer closeout while drivers should be played with space.
- Make sure players close out with the stance angle you teach in your zone.
- Encourage the offensive player to attack on the catch - make holding the ball a turnover.

## Practice Drills - Drill 12 - Navy Transition

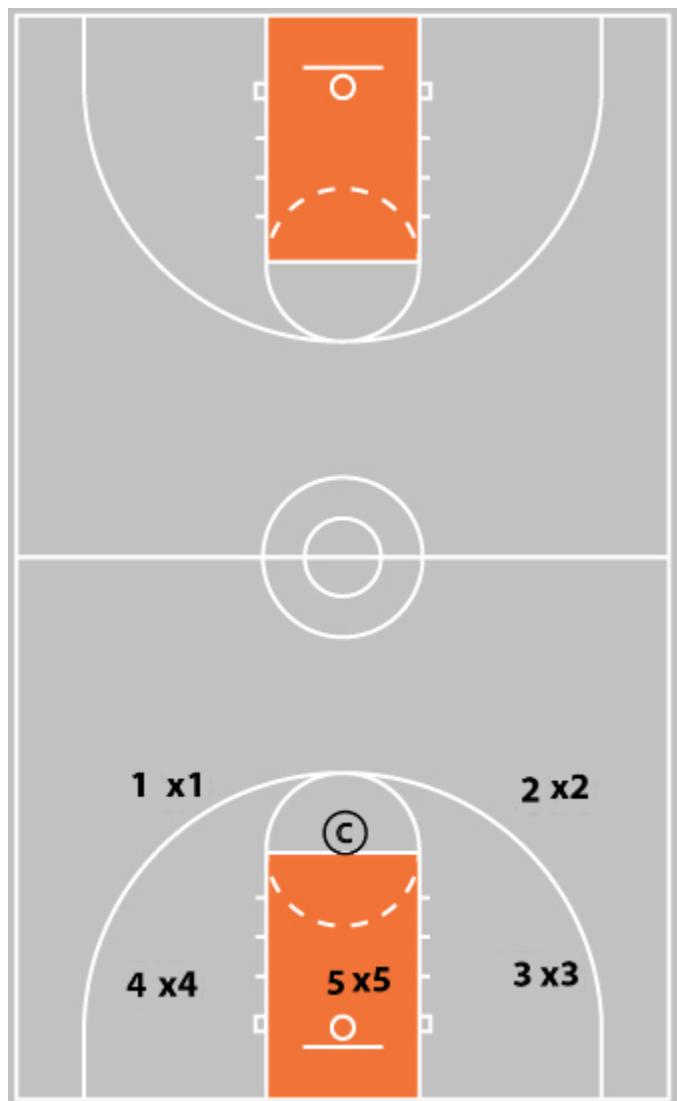
### Source - How To Run Championship Practices With Nate Steege

Many teams only scrimmage from a perfect start. Possessions begin with perfect spacing and the ball checked up top. That is not the game.

Navy Transition simulates game randomness and trains players to recognize situations quickly. This is also a great drill to build IQ as well as competitiveness.

#### Setup

- Each team has 5 players on the floor. The coach has a ball to start.



#### Instructions

- 1-5 are on one team; x1-x5 are on the other team
- Coach rolls out the ball to anywhere on the court
- Whichever team gets the ball is on offense going to the far side of the court
- Play goes from there



## Coaching Tips:

- Stress that players need to communicate as soon as the ball is put in play. In particular, the team that ends up on defense must be sprinting, pointing and talking as they get back on defense.
- The player who gains possession of the ball should immediately get their head up and scan. This allows them to see if there is an advantage somewhere on the floor.
- The player who gathers the ball should do so in a power position. This gives them strength and balance as they survey the floor.
- The other 4 offensive players must immediately get to their spacing spots. Consider giving the offense :05 to get to the correct spots on the floor once they gain possession. If they don't, it's a turnover.
- To add challenge to the drill, allow the team that gathers the ball to go either direction. This challenges them to scan both ends of the floor and decide where their best scoring opportunity is. If you do this, tell players that as soon as they start in a certain direction they cannot change.



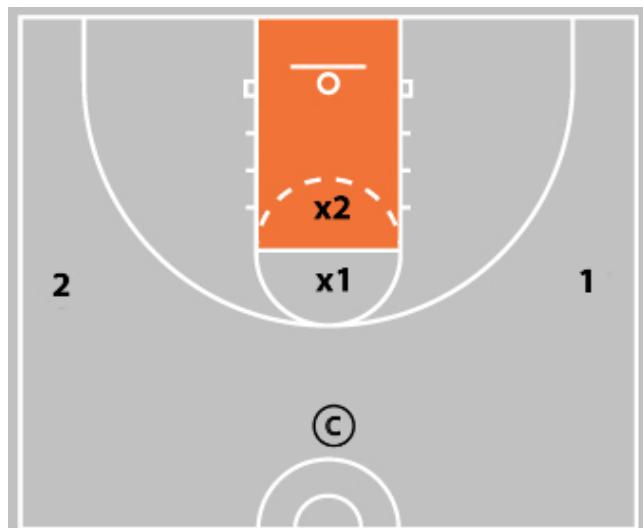
## Practice Drills - Drill 13 - 2 Minute Closeouts

### Source - How To Run Championship Practices With Nate Steege

Two minute closeouts is a great daily drill to build good defensive habits. Players get multiple reps of closeouts, as well as jumping to the ball. It's a good warmup drill to ingrain proper defensive techniques.

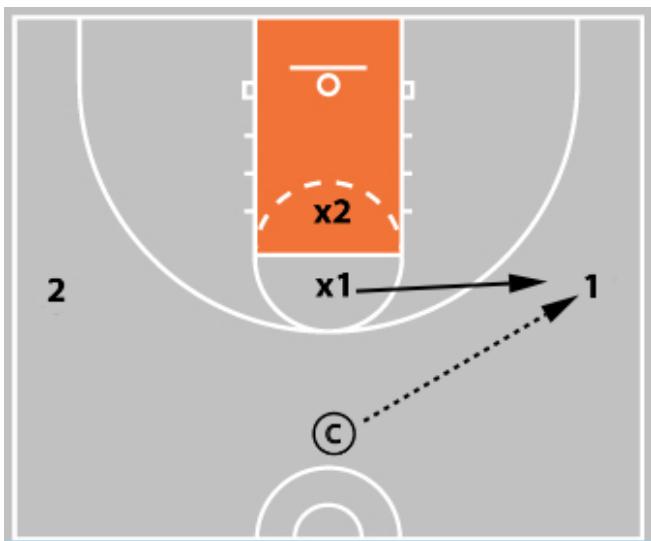
#### Setup

- Coach starts out with the ball at the top of the key
- 2 players (or other coaches) are on each wing
- A line of defensive players is under the rim. The first 2 players are on the midline

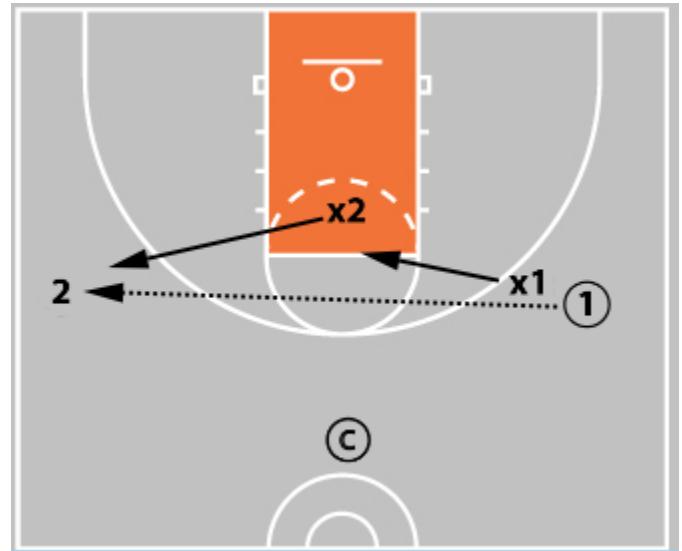


#### Instructions

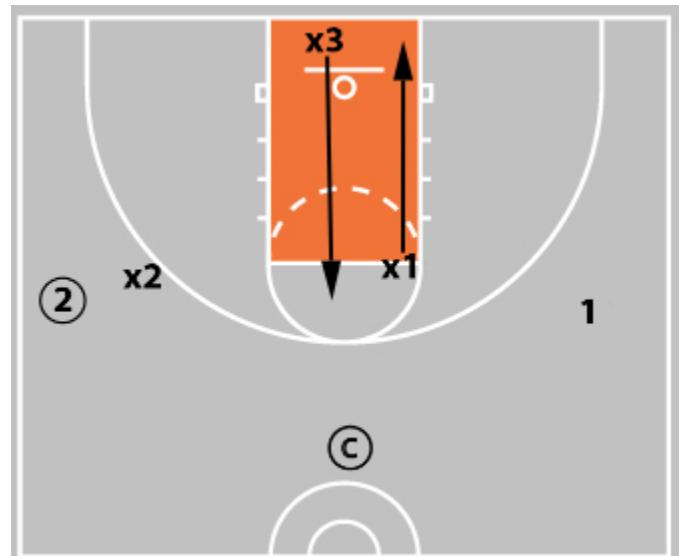
- Coach passes to 1
- x1 closes out to 1



- 1 passes to 2
- x2 closes out to the ball
- x1 sprints middle

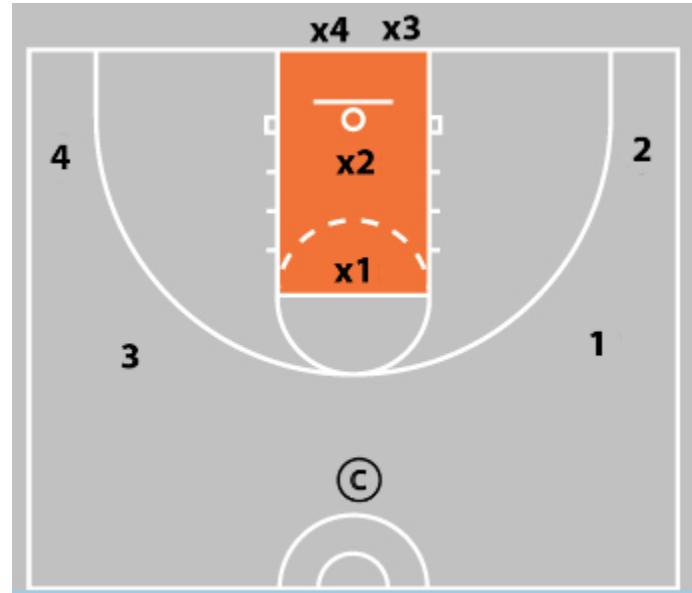


- x1 steps off
- x3 takes x1's spot in the middle. X3 should run into the correct help position spot

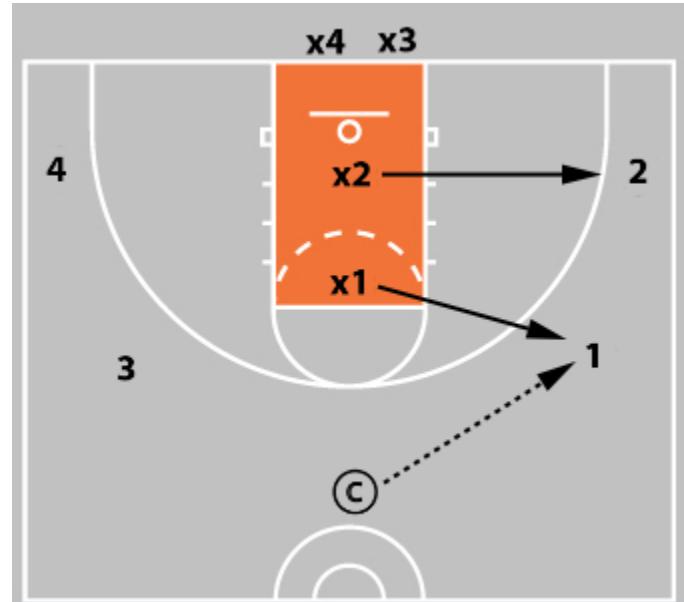


One progression of the drill is to make it 4v4. This allows you to include more players and guard different spots on the floor.

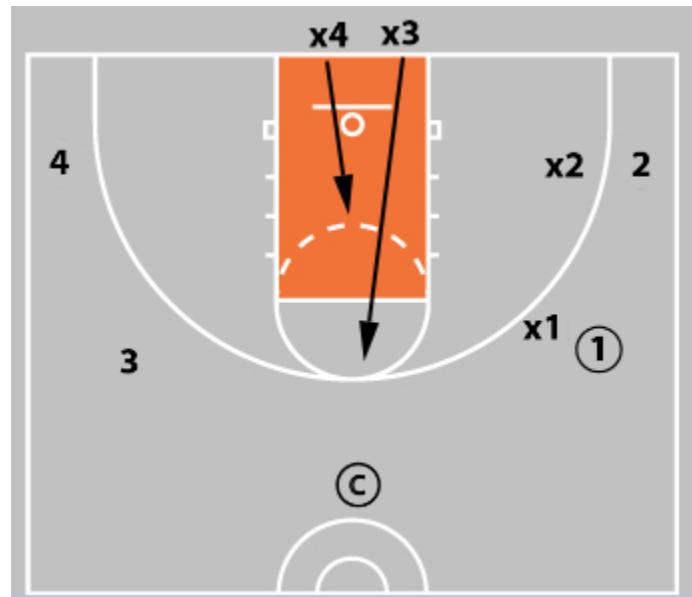
- Now the drill is 4 on 4
- Coach starts with the ball
- Players 1-4 are on offense
- Players x1-x4 are on defense



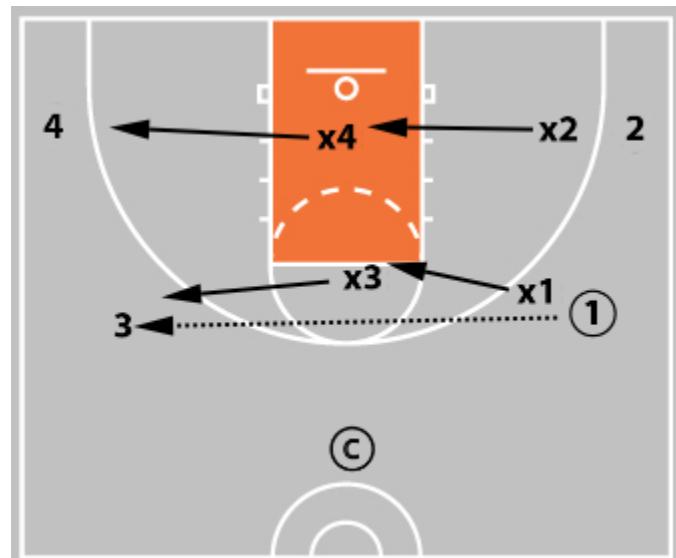
- Coach passes to 1
- x1 closes out on the ball
- x2 fills the gap



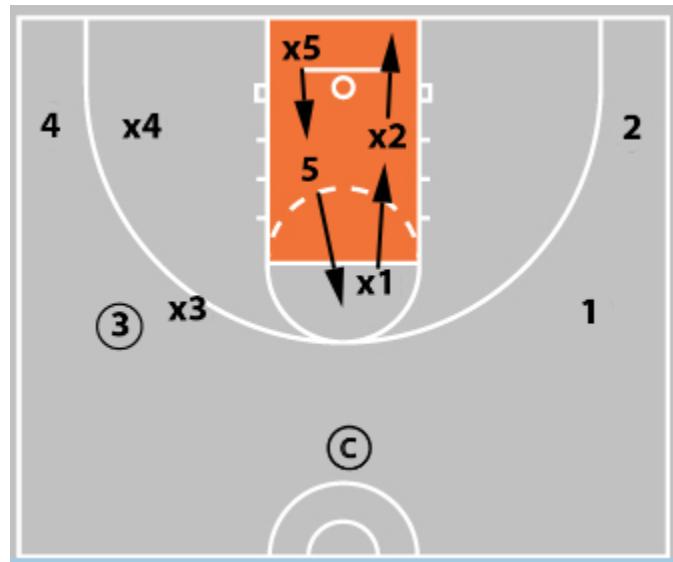
- x3 and x4 jump into the midline. They should communicate their positioning to the x1 & x2.



- 1 passes to 3
- x3 and x4 shift to the left side. The defender must move on the flight of the pass.
- x1 and x2 shift middle. x1 & x2 need to sprint to their help spots. If they slide, they will be too slow.



- x1 and x2 step off
- 5 and x5 step on
- The drill is continuous



### Coaching Tips:

- Place an emphasis on proper footwork and closing out hard. Individual coaches have varying preferences on technique. Whatever yours is, enforce it.
- The drill also works on defensive positioning one pass away from the ball. Player must jump to the ball on every pass.
- On the catch the offense should fake and/or jab at the defender. They should be in an athletic position. Offensive players shouldn't go through the motions.
- Take away shot first with a high hand and then bring hands down to the side when taking away the drive
- When the ball is brought low by the offensive player, the defense needs to give a little space in case there is a drive
- Depending on your numbers, use both ends of the court to get more reps

## Practice Drills - Drill 14 - Full Court 1v1 With Turns

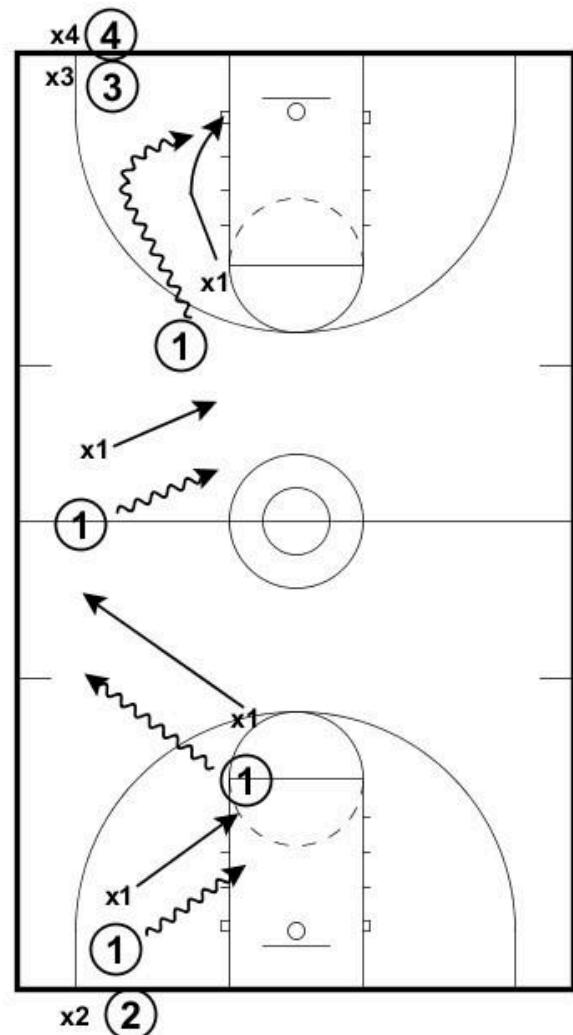
Good zone teams can guard the ball 1v1. Even though they don't play man to man, they take pride in being able to guard the basketball.

# Setup

- Offensive and defensive players start on the baseline. The offense has a ball

## Instructions

- The offensive player tries to beat the defender down the floor.
  - The defender tries to turn the ball as many times as possible.
  - Once the ball crosses half court, it's live 1v1.



## Coaching Tips:

- Stress proper defensive footwork. Players will need to use a combination of sliding and sprinting to contain the dribbler.
- Limit the space the offensive player can use. You can give them half the floor. To make it harder on the defense, make the space wider.
- Play through the rebound to develop good rebounding habits.
- You can switch offense and defense every time or have a player stay on defense until they get a stop.



## Practice Drills - Drill 15 - Ball Screen Defense Drill

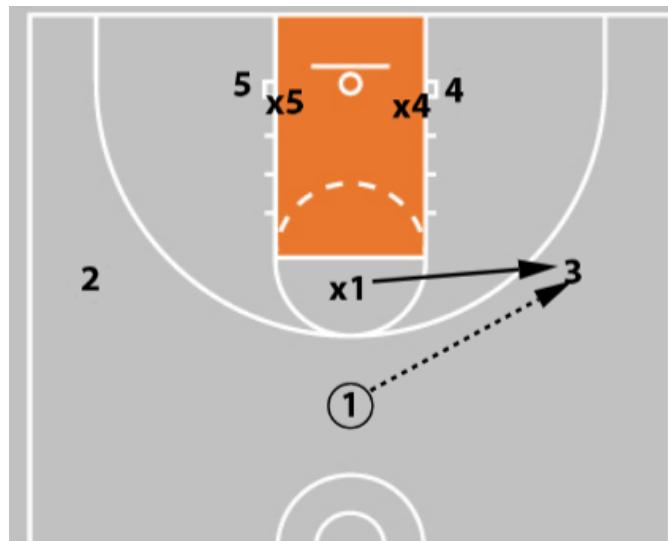
[Source - How To Run Championship Practices With Ryan Schultz](#)

### Setup

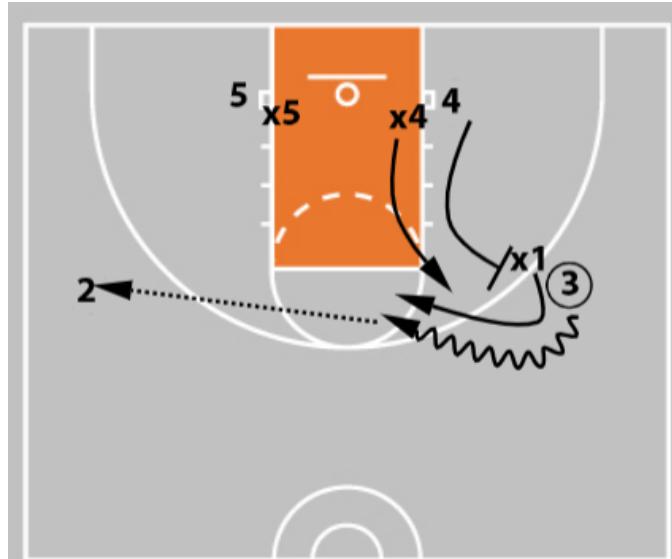
- The drill starts with 5 offensive players and 3 defensive players. The offensive players are positioned on the blocks and wings.
- The defensive players are positioned on the blocks and at the top of the key. Be sure to rotate players through multiple spots.

### Instructions

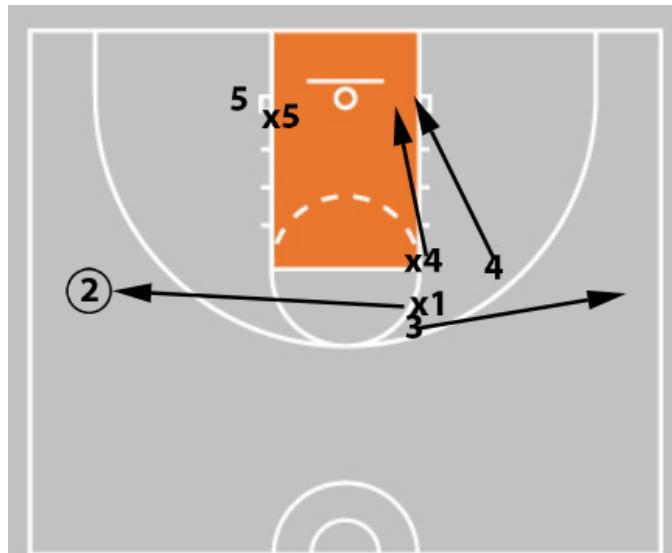
- The drill starts with the 1 passing the ball to the wing. X1 sprints to cover the wing. 1 is then out of the drill.
- On all 3 reps, the offensive wings should allow X1 to get to them before dribbling. If they go before then, the drill won't simulate a realistic ball screen situation.



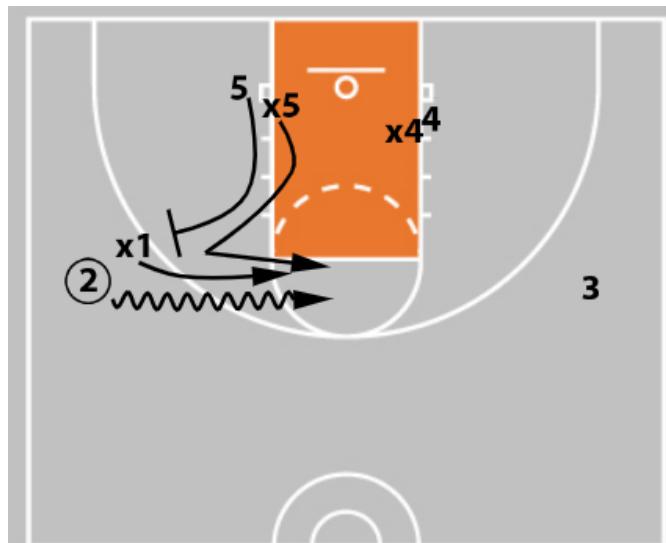
- On the first rep, the big is in a drop coverage. X1 forces 3 to use the screen (does not allow them to reject the screen). X1 then chases over the top of the screen. X4 stays back to protect against the roll.
- This coverage protects the paint. It is designed to allow contested mid range pullup jumpers, a low percentage shot.
- After coming off the screen, 3 passes to 2 on the opposite wing.



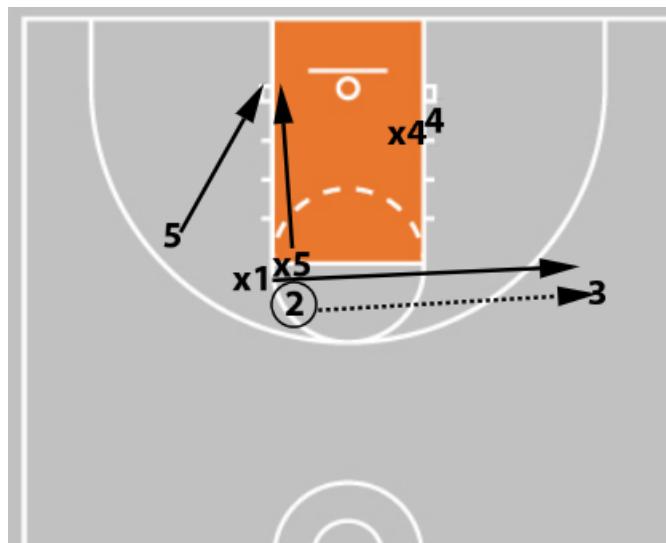
- X4, as well as 3 and 4, return to their original positions.
- X1 sprints through to cover 2, who holds the ball until X1 arrives.



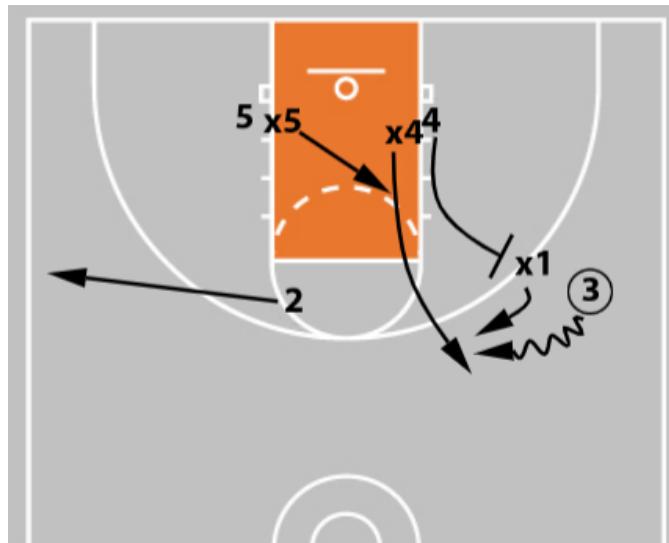
- On the second rep, the defense executes a flat hedge ball screen coverage. In this coverage, x5 moves laterally with the dribbler.
- As with the first rep, X1 goes over the screen. X5 continues laterally until X1 gets back in front. X1 should communicate to X5 when he can recover to their player.
- It's important that X5 have high hands to deter a pass to 5 rolling.



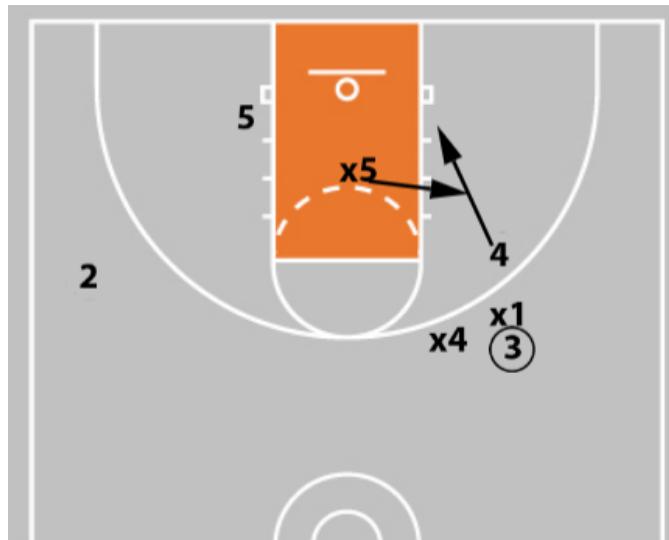
- X5 recovers to 5 with high hands. 2 passes the ball to 3. X1 sprints to cover 3.



- For the final rep, the defense traps the ball screen. As 3 comes off the screen, X4 and X1 trap.
- X1 must get over the screen.
- X4 must get perpendicular to half court to cut off 3.
- X5 must move to the ball side as the trap is being set to anticipate the next pass.



- X1 and X4 trap 3. X5 fully rotates to deny the pass to 4.



## Coaching Tips:

- Make sure the defense dictates where the ball goes. The players guarding the dribbler MUST make them use the screen. They cannot allow the screen to be rejected by the ball handler.
- Stress proper defensive footwork. For all 3 reps, the on ball defender goes over the screen. Players must “get skinny” to present a smaller target for the screener. They must also get their foot over the screen and then sprint to get back in front.
- For the bigs, their footwork is equally important. On the flat hedge, they must be able to move laterally with the dribbler and then backpedal or sprint back to the roll man. On the trap, they must get perpendicular to half court.
- In the trap, players feet should be touching so they don’t get split.
- Communication from the big is essential. The defender guarding the screener must tell the guard what coverage they are in. Coach Schultz uses colors. Whatever terminology you use for ballscreen coverage, your big must communicate this.
- Feel free to mix whatever ball screen coverages you use into the drill.
- Have the offensive guards work on their ball screen setups in this drill to develop that habit.
- Consider going live at any point of the drill. You could say the 3rd rep is live or call out ‘live’ at any point. Play would then be 3v3 with the opposite wing out of the play.



## Practice Drills - Drill 16 - Offensive Cutthroat

[Source - How To Run Championship Practices With Ryan Schultz](#)

### Setup

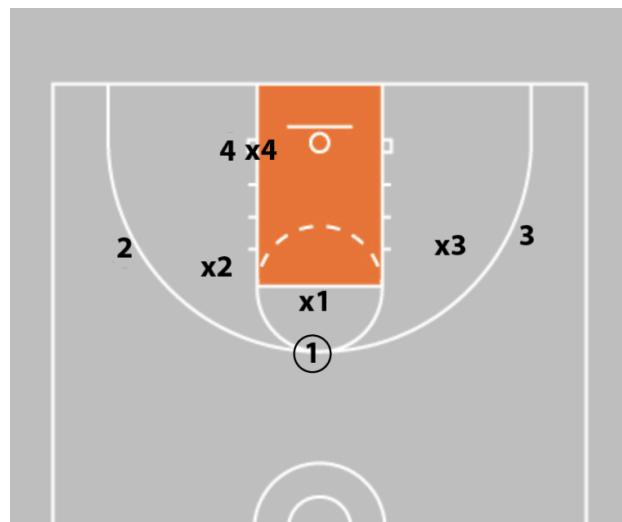
- Can be played 3 on 3, 4 on 4, or 5 on 5.
- Three teams that rotate through.

### Instructions

- Coaches create rules that must be followed, if a rule isn't followed coaches rotate that team out.

Examples are:

- a. No wasted dribbles- square up to the hoop first.
  - b. Purposeful hard cuts and drives.
  - c. Play off 2 feet in the lane.
  - d. Don't let the ball die in your hands.
  - e. Thank the passer on a made basket.
  - f. Must have a post touch.
- If the offense makes it, they stay.
  - If the defense stops them, they go to offense and the next team comes on to play defense.



## Coaching Tips:

- Tailor the offensive rules to your team's system. For example, if you pass & cut, make a failure to cut a turnover. Don't include rules that don't fit your style of play.
- Include a couple cultural 'musts' as well. These could be things like pointing to the passer or sprinting to help up a fallen teammate.
- Keep the drill moving fast. The 3rd team knows they are coming in on defense, they just don't know who they'll be guarding. Not breaking in between possessions forces the defense to come on with a sense of urgency and communicate.
- Try the same drill with defensive rules.



## Practice Drills - Drill 17 - 1v2 Zone Press Drill

### Source - The Game Based Training System With Nate Sanderson

Handling pressure is a must have skill at all levels. This drill is a great way to teach players how to value the ball when they are being trapped. It also allows your defenders to work on proper trapping angles and technique.

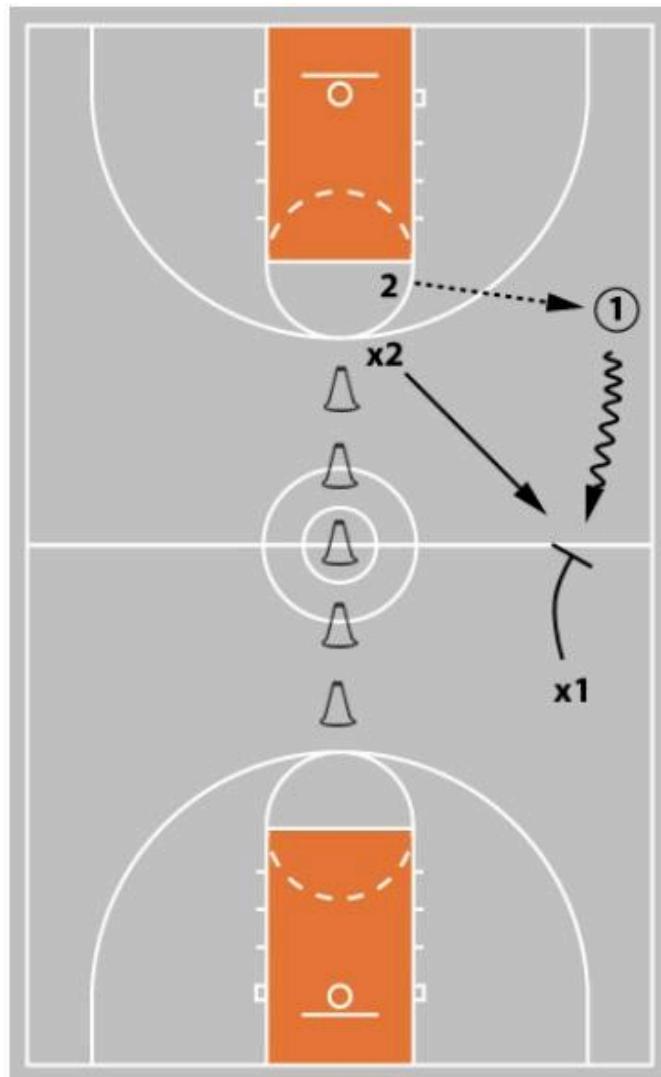
#### **Setup**

- Player 2 has a basketball and is in the free throw line area. Player 1 is on the sideline, level with player 2
- X2 guards 2. X1 waits back at the opposite volleyball line.
- Cones are placed down the center of the court to limit the area 1 has to use.



## Instructions

- 2 passes to 1. 2 is then out of the play.
- 1 catches and attacks with speed.
- X2 sprints towards half court to attempt to trap play 1 with x1.
- Play continues until the offensive player gets to the opposite volleyball line or the defense forces a turnover.



## Coaching Tips:

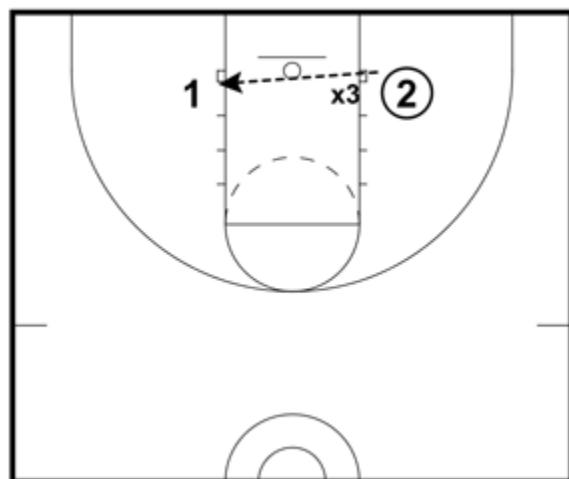
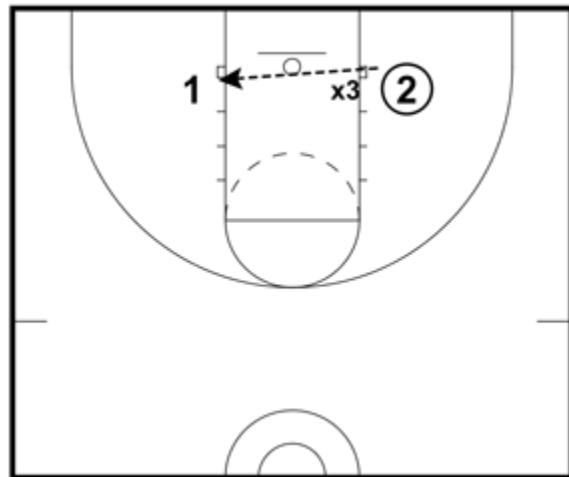
- Stress to the defenders the importance of good trapping technique. They should look to take good angles and then lock feet when they trap 1.
- 1 should look to attack with speed. The slower 1 goes, the more time for the defense to set a trap. 1 should attack and look to split or beat the trap making one hard move.

- Make the drill easier for the offense by moving the dribble ahead of the passer by a couple steps. Make it harder by moving them behind the passer.
- You can adjust the difficulty of the drill by where you place the cones. The more space you give the offense, the more it gives them an advantage.
- Instead of having play stop if the offense gets to the volleyball line, consider having the offense try to score.
- Remind your players that in a game, they should look to pass when the other team attempts to trap. This drill is meant to challenge their ball handling more so than replicate what they would do in a game.
- Sometimes the defense won't be able to trap. In those situations, encourage them to look to back tap up on the ball from behind.



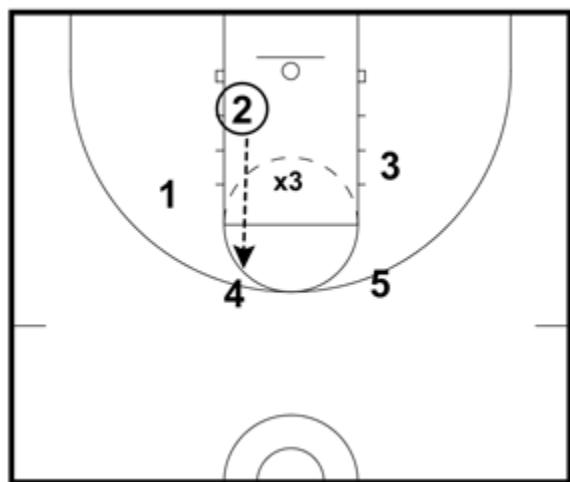
## Youth Drills - Drill 18 - Monkey in the Middle

- Two players are on offense. One player in the middle is the monkey and is on defense.
- Offensive players pass the ball back and forth. They use fakes to get the ball past the defender. No lob passes are allowed. Wait for the defender to recover to the offense before throwing the next pass.
- When the defender tips a pass, the passer goes to be the monkey in the middle.



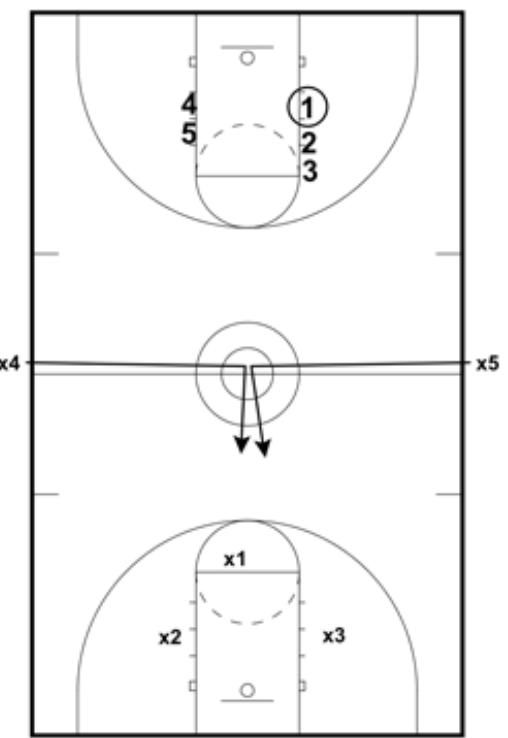
## Youth Drills - Drill 19 - Bull In The Ring

- Four to five players form a circle around a defender which is the bull in the ring.
- Offensive players cannot pass the ball to the person next to them.
- When the ball is tipped, the passer turns into the bull in the ring.



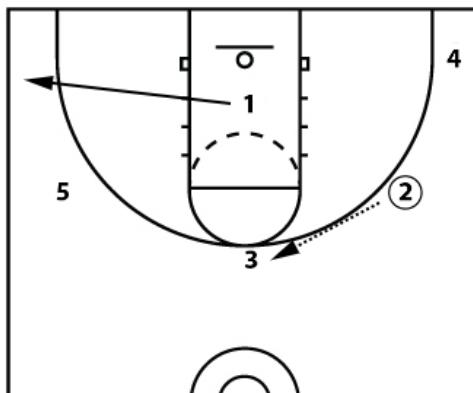
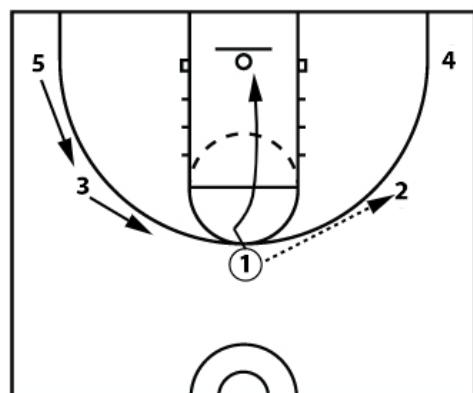
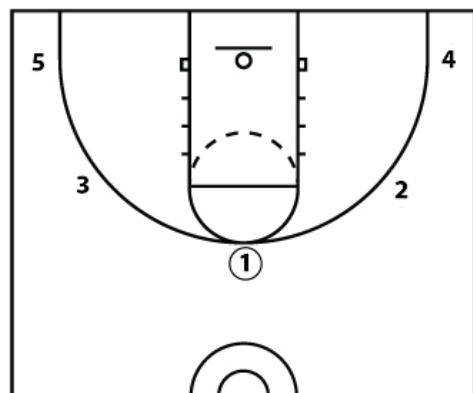
## Youth Drills - Drill 20 - 5v3 + 2 Fast Break Drill

- Drill begins with "Annie Over", Coach says "Go", we rebound, pitch out and we run our break.
- The two defenders at midcourt have to wait for the ball to cross half court, then sprint to the middle, touch hands and hustle down to join the defense.
- You can reset after every possession or run the drill continuously back and forth, with players running on and touching half court every time.



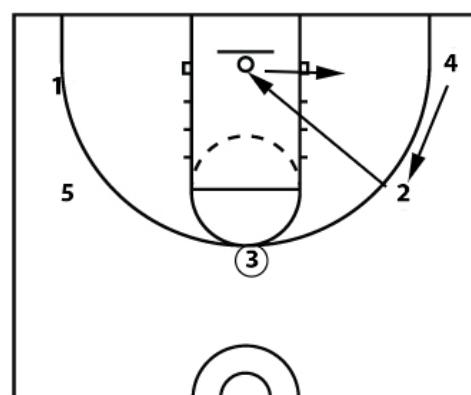
## Youth Drills - Drill 21 - 5v0 Pass & Cut

- The first variation of this drill starts with basic passing and cutting.
- Players start in their 5 out spots. Or instead of using "spots" we just tell players to fill and space on the the 3pt line.
- Then players simply run their offense without taking shots.
- You want players making good passes, catching in triple threat position, and executing the fine details of your offense.
- Players can pass to the left or right. In this example, 1 passes to 2. 1 cuts to the basket.
- 3 and 5 then replace the open areas.

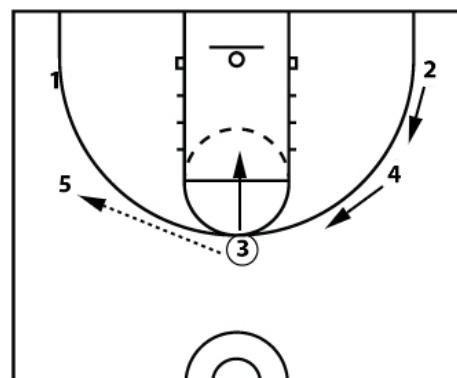


- 1 doesn't get the ball so he fills the open spot in the corner. 2 passes to 3.

- 2 cuts to the basket and 4 fills the open area. 2 then clears to the open corner.



- 3 passes to 5 and cuts to the basket. The continuity continues.



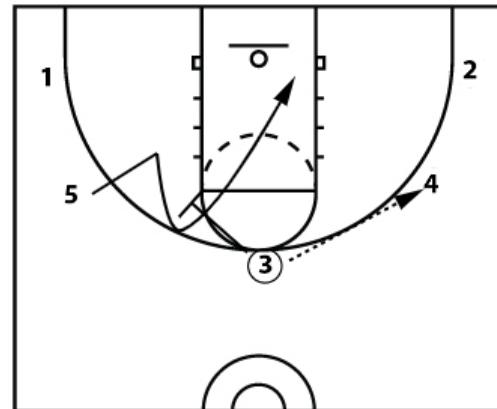
### Coaching Tips:

- Cut hard all the way to the basket.
- Look for the ball as you cut.
- Player with the ball should watch the cutter.
- No banana (rounded) cuts -- crisp cuts only.
- Use hand signals when filling so passer knows if you're popping out or back cutting.

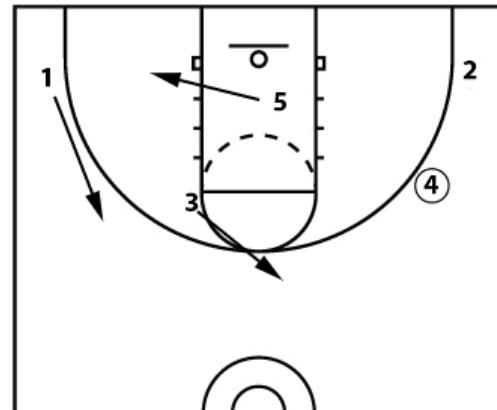


## Youth Drills - Drill 22 - 5v0 Pass & Pick Away

- In this example, players will screen away and curl every time they pass the ball.
- 3 passes to 4. 3 screens away for 5. 5 sets up the screen and then curls to the basket.



- After screening 3 opens up to the ball. 1 fills the open spot. And 5 clears to the corner.
- The screening process can continue as the ball is passed around.



### Coaching Tips:

- Call out your screen verbally and visually (with fist).
- Set up your screen.
- Cutter comes off shoulder to hip.
- Cutter curls all the way to the backboard and then finds an open spot.
- For good timing and quick passing, the screener must pop as the screener brushes their shoulder and cuts to the ball aggressively (sprint back to the same spot you came from).

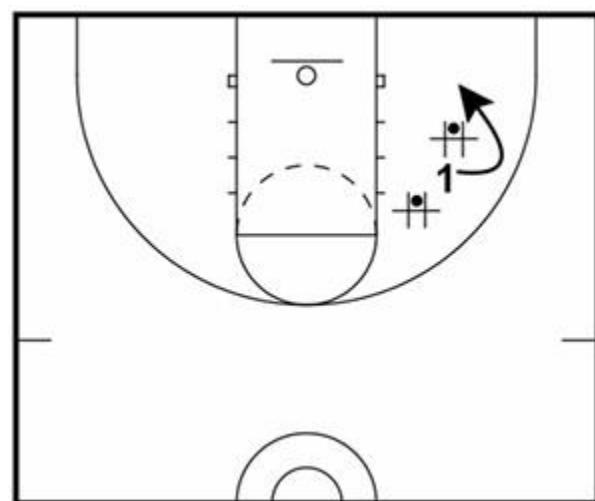
## Skill Development Drills - Drill 23 - Figure 8 Shooting

### Philosophy

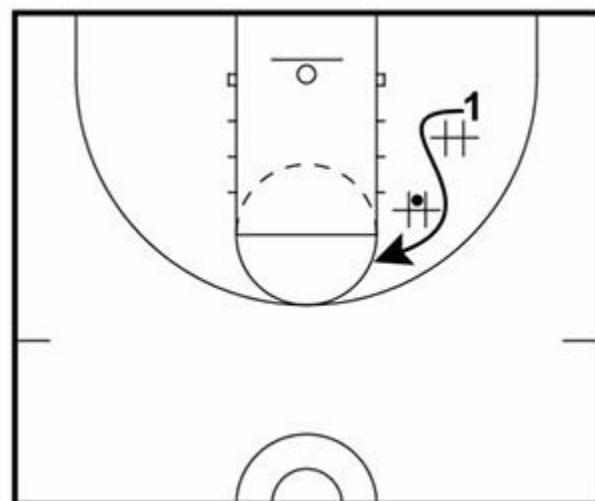
This is a great drill to work on footwork and shooting. It combines front pivots and shooting in a game-like way. It requires 2 chairs & 2 basketballs.

### Instructions

- Put 2 chairs on the wing. Place a ball in each chair.
- Player 1 starts in between the chairs. They will run around the right chair, pick up the ball, and front pivot into a jump shot.



- 1 then between the chair and around the left chair. Again, they grab the ball, front pivot, & shoot.
- The player continues the pattern for 10 shots, then repeats on the other side.



### **Coaching Tips:**

1. The shooter should stay low and make a hard front pivot into their shot.
2. The drill is best done with a partner rebounding and replacing the basketballs.
3. Adjust the shooting distance to the player's experience and ability.



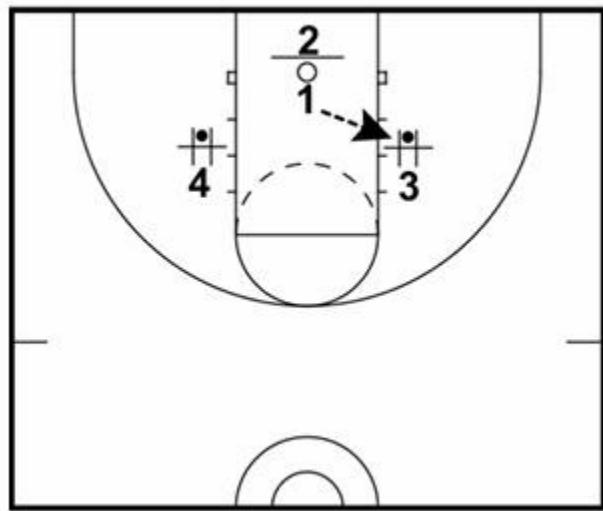
## Skill Development Drills - Drill 24 - Chair Pivots

### Philosophy

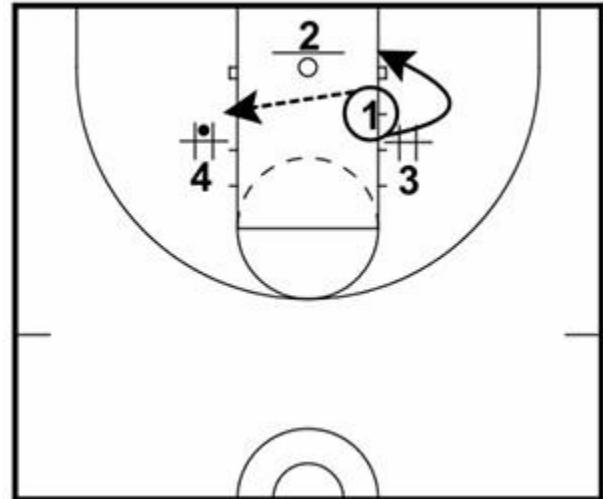
This is a great drill to develop comfort with all the pivots that make up the attack & counter system. Players can get reps at every pivot and every counter. You can also vary the finishes to work on what your player needs. Doing this drill close to the hoop allows players to get more reps in a short period of time, even though the footwork is exactly the same on the perimeter. You need 2 chairs & 2 basketballs.

### Instructions

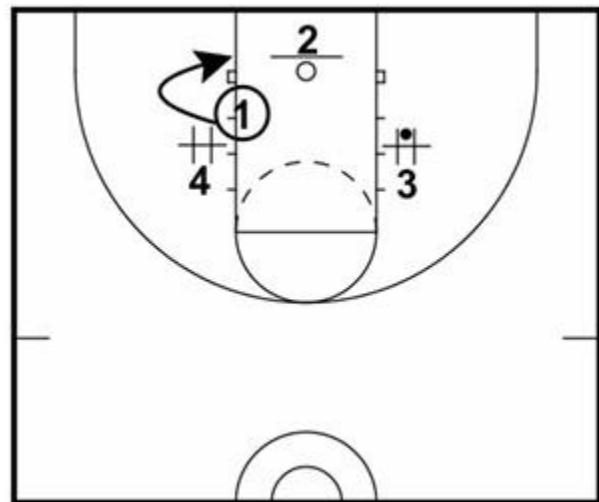
- Place a chair on each side, just above the block. Place a ball in each chair.
- 1 is the shooter. 2 rebounds. 3 & 4 replace the balls.
- 1 starts under the hoop. They sprint to the chair and jump stop, grabbing the ball and getting in triple threat.



- 1 will then make a specific pivot from the list below & score.
- After scoring, 1 sprints to the opposite chair and repeats the process.
- The other players rebound and replace the balls.



- 1 will continue the pattern for a set number of shots (10) or time (1:00), performing the same pivot. Players then switch roles.



### Coaching Tips

1. Players should perform reps of the following pivots during this drill:
  - a. Front pivot - baseline foot
  - b. Front pivot - top foot
  - c. Inside pivot - baseline foot
  - d. Inside pivot - top foot
  - e. Drop step - baseline foot
  - f. Drop step - top foot
  - g. Front pivot, step thru - baseline foot
  - h. Front pivot, step thru - top foot
  - i. Drop step, inside pivot - baseline foot
  - j. Drop step, inside pivot - top foot
  - k. Inside pivot, sweep - baseline foot
  - l. Inside pivot, sweep - top foot
  - m. Combo pivots
2. The top foot is the foot closest to the key & baseline foot closest to the baseline.
3. You can make the drill 1v1 after players have practices without defense.



## Skill Development Drills - Drill 25 - Ball Screen Reads

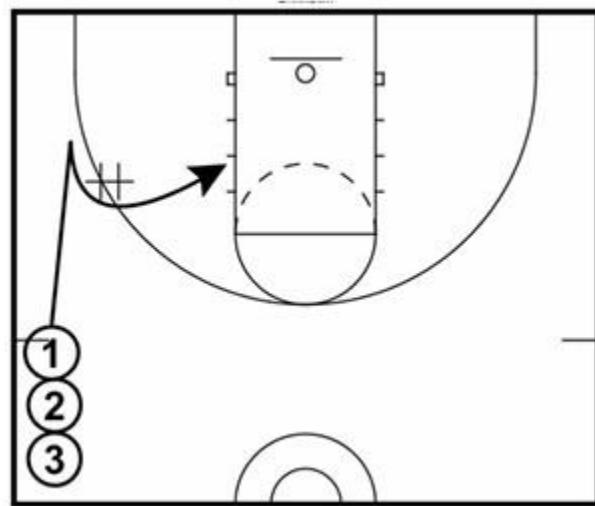
### Philosophy

This drill is a great drill to work on different ball screen reads. Players get reps attacking common ball screen coverages. They learn the ball handling and footwork combinations that work against each coverage, giving them comfort and confidence in games. You need 2 chairs (1 to be a defender, and 1 to be screen)

### Instructions

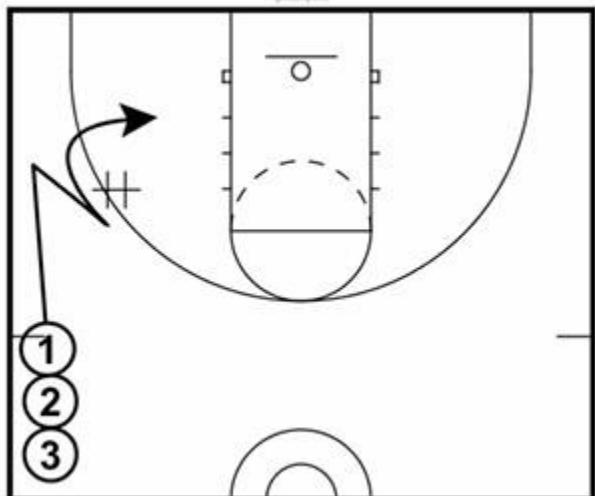
#### "Over The Top" v Drop

- Line players up at half court on the sideline. Each player has a ball.
- 1 dribbles below the screen to set their player up.
- 1 attacks off the screen and shoots a jumper or layup.
- 2 goes when 1 clears the screen.



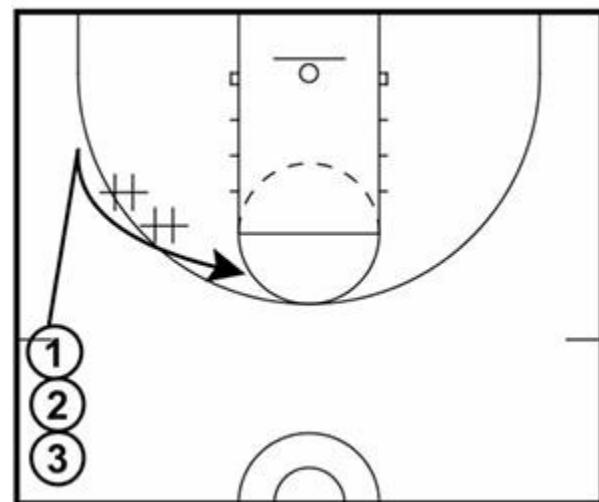
#### Reject The Screen

- Once again 1 will dribble below the screen to set up the ball screen.
- We now pretend the on ball defender cheats towards the screen.
- 1 fakes like they are using the screen but then attacks back towards the baseline.



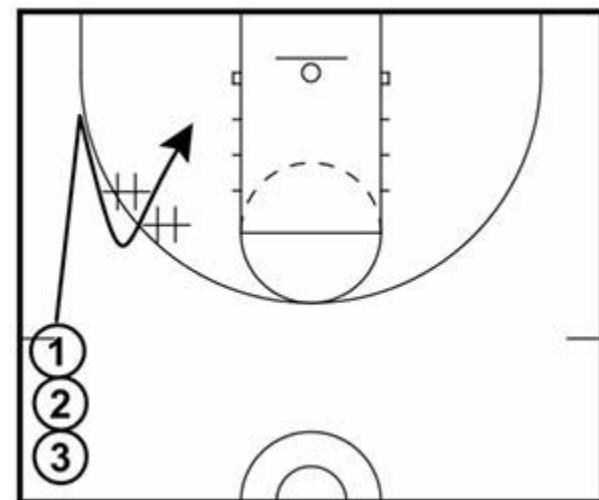
### Drag V Hedge

- In this scenario you will simulate a hedge (hence the 2nd chair).
- 1 dribbles below the screen to set up the defender.
- 1 then uses the screen and drags the hedger wide towards the center of the court. 1 should use a change of pace to get by the hedger (generally a big).
- 1 shoot a jumper or a layup.



### Split V Hedge

- This is a 2nd hedge scenario.
- After setting up their defender, 1 comes off the screen.
- We assume there is a gap between the screen and the hedger.
- 1 fakes over the top before splitting the chairs.
- 1 should push the ball out to create space for a layup.



### Coaching Tips

- Perform each scenario 4-6x on each side.
- Add in guided defense to force 1 to make a read based on how the screen is defended.
- Vary the types of shots & finishes players take in the drill.



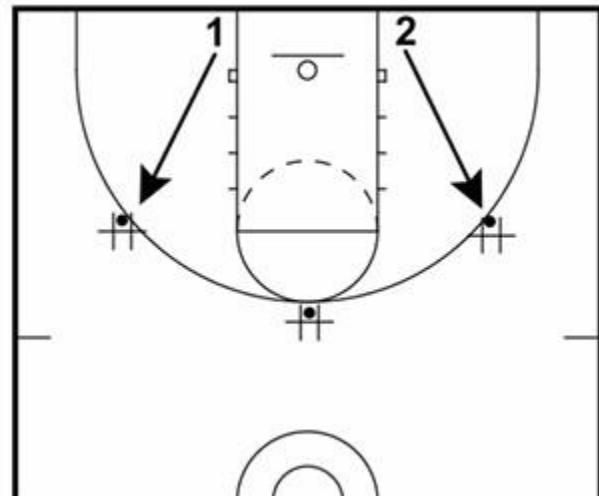
## Skill Development Drills - Drill 26 - Chair 1v1

### Philosophy

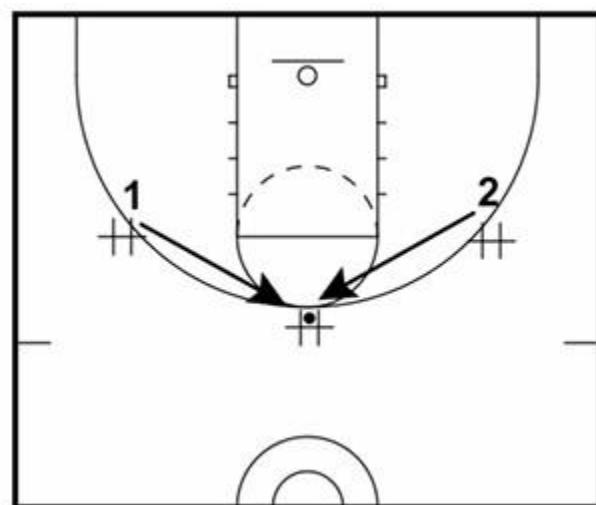
This is a fun shooting game that combines attack & counter shooting footwork with the same footwork in a 1v1 context. It forces players to go game speed on their shooting, and then read the defense as they transition to 1v1. It requires 3 chair & 3 basketball.

### Instructions

- 1 & 2 start on the baseline.
- 3 chairs are set up on the wings and the top of the key. Each chair has a ball.
- On "go," both players run to the chair on their side, pivot and shoot.
- If they make the shot, they are awarded 2 points.



- After shooting, players race to the chair at the top of the key.
- Whoever gets the ball 1st is on offense.
- The offense has 2 dribbles to score.
- Baskets are worth 1 point.



## Coaching Tips:

1. Games are up to 5.
2. Every time players reset, they should switch which side they start on.
3. On the initial shot, you can prescribe a certain pivot or allow players to choose.
4. As players get to the ball for 1v1, they should scan to see where the defender is.

That allows them to quickly utilize the proper footwork and attack.



## Skill Development Drills - Drill 27 - Partner Shooting

### Source - How To Run Championship Practices With Nate Steege

Partner Shooting is a great drill to warm up. The first minute is critical as it allows you to hone your form inside the arc before you move back to the 3 point line.

#### Setup

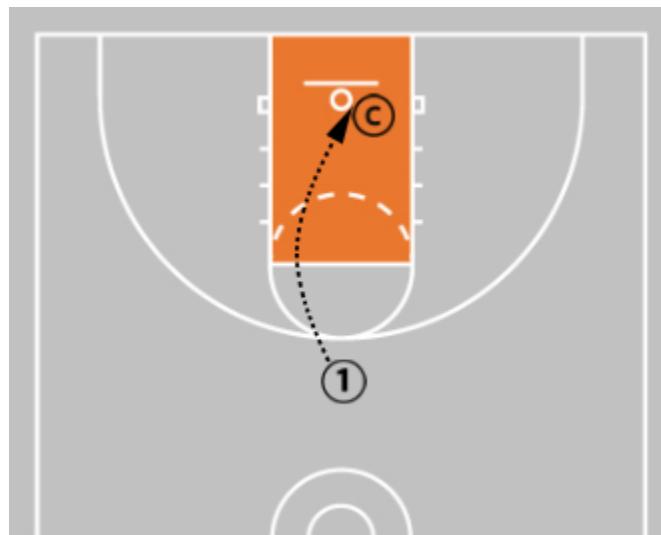
- 1 shooter, 1 rebounder, 1 ball

#### Instructions

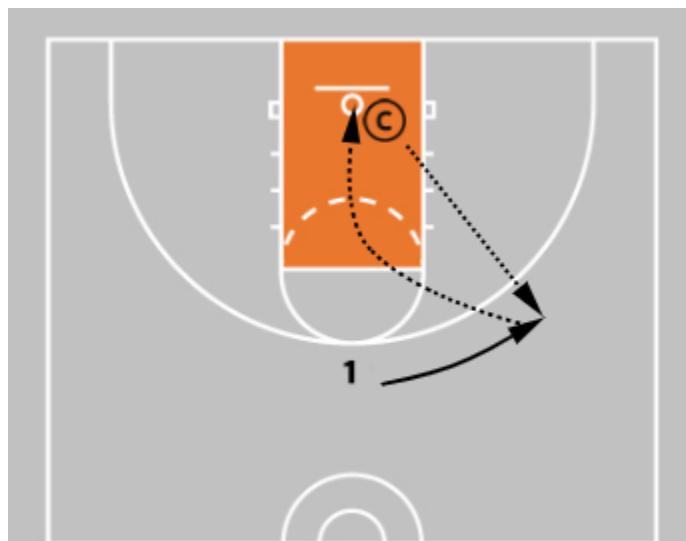
- For the first minute, shoot catch and shoot shots from the free throw line.



- For the second minute, move back to the top of the key and shoot 3's.



- For the last minute, shoot 3's, moving between each shot.



## Coaching Tips

- Work on your shot prep. Make sure you show your hands to the passer. Be down and ready to shoot.
- Vary your footwork as you perform this and all the other drills. One time hop on every catch. One time step into the pass. Develop comfort with all types of footwork.
- Mix up running and sliding as you move in the 3rd minute. Whichever you do, don't hug the 3 point line. Move with a slight arc so that you have a good angle to turn and step into your shot.

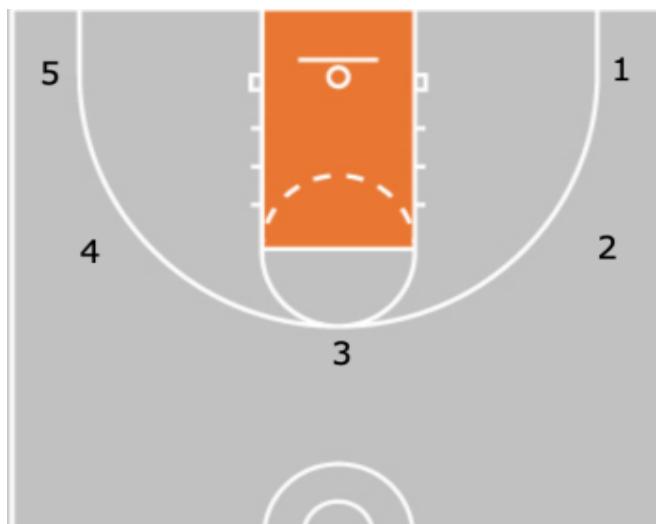
## Skill Development Drills - Drill 28 - 20 Shooting

### Source - The Relentless Pressure System With Mike Hilmer

20 shooting is a really tough shooting drill. Track your score over time and see how you improve.

#### Setup

- You will use 5 shooting spots.  
Corners, wings & top of the key.



#### Instructions

- You must make 3 in a row from each of the 5 spots.
- When you reach the opposite corner, the goal is to make 5 in a row coming back (1 from each spot).
- You have 2 minutes to complete the drills.
- You get 3 points for each spot you get through in round 1 plus how far you get back on round 2. If you made it through all 5 spots for round 1 and 2 spots in round 2, your score would be 17.

## Coaching Tips:

- Hold your follow through. It's easy to rush because of the time element. Be quick but don't hurry.
- Stay positive. This is a mental drill, too. It's easy to get frustrated if you miss some shots, but work on a 'next shot' mentality.



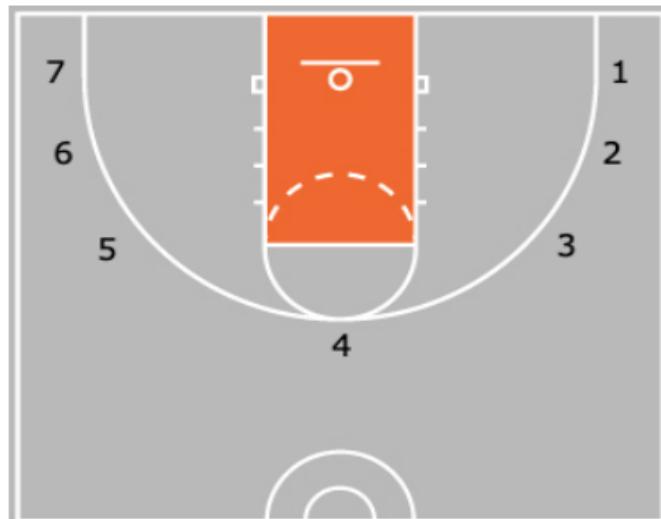
## Skill Development Drills - Drill 29 - 14 in :90

### Source - The Relentless Pressure System With Mike Hilmer

This is another drill that puts some time pressure on you. Track your score.

#### Setup

- This drill uses 7 spots - corners, low wings, high wings, & top of the key.



#### Instructions

- You must make 2 in a row to move to the next spot.
- Your goal is to make it from spot 1 through spot 7.
- If you make it through all 7 spots, shoot at the top of the key and add to your total score.
- Each of the 7 spots is worth 2 points. Individual makes don't count, you only get points for completing a spot.
- Each 3 you make after making it through the 7 spots is an additional point.
- You have :90 to complete the drill.



## Coaching Tips:

- Hold your follow through. It's easy to rush because of the time element. Be quick but don't hurry.
- Stay positive. This is a mental drill, too. It's easy to get frustrated if you miss some shots, but work on a 'next shot' mentality.
- Sprint spot to spot. You must maximize the time allotted.
- Be shot ready to get off as many shots as possible.



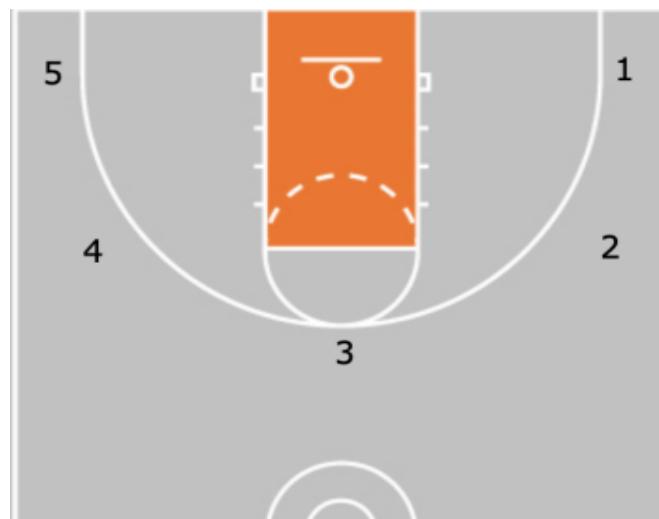
## Skill Development Drills - Drill 30 - Big Shot

### Source - The Breakthrough Basketball Shooting & Scoring System

Big Shot changes up the pressure mechanism. Instead of the pressure being applied by time, it's applied by misses. Theoretically, you could shoot forever in this drill. Make that your goal!

#### Setup

- This drill uses 5 spots - the corners, the wings, & the top of the key.
- 1 ball, 1 rebounder



#### Instructions

- Shoot from player 1 until you miss 2 shots in a row.
- Once you miss 2 in a row, move to spot 2. Continue with that pattern through all 5 spots.
- Every make is worth 1 point. Your score is your total number of makes accumulated over all 5 spots.

## Coaching Tips:

- Focus only on the shot at hand. It's easy to get nervous after the first miss. Don't let the last shot affect the next shot.
- Remember a rough start can be overcome by a great spot. Many players get discouraged by a bad start. Instead, view it as a challenge to overcome as you progress through the later spots.
- Maintain good form. Players tend to lose their form when they get tired. Stay disciplined as fatigue sets in.



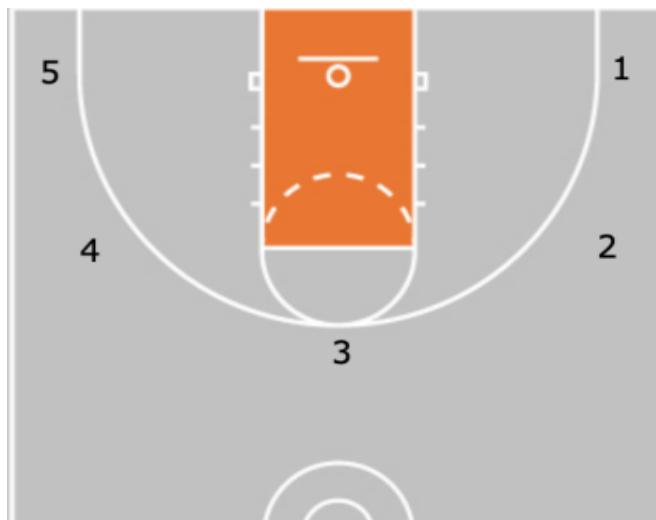
## Skill Development Drills - Drill 31 - Nuggets Drill

### Source - The Breakthrough Basketball Shooting & Scoring System

Nuggets Drill is a great drill to work on our focus while integrating shooting on the move. It also adds a conditioning element to your workout.

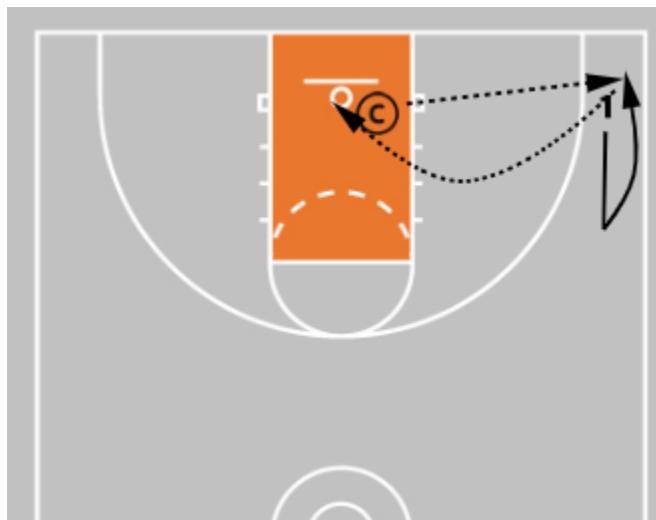
#### Setup

- This drill uses 5 spots - the corners, the wings, & the top of the key.

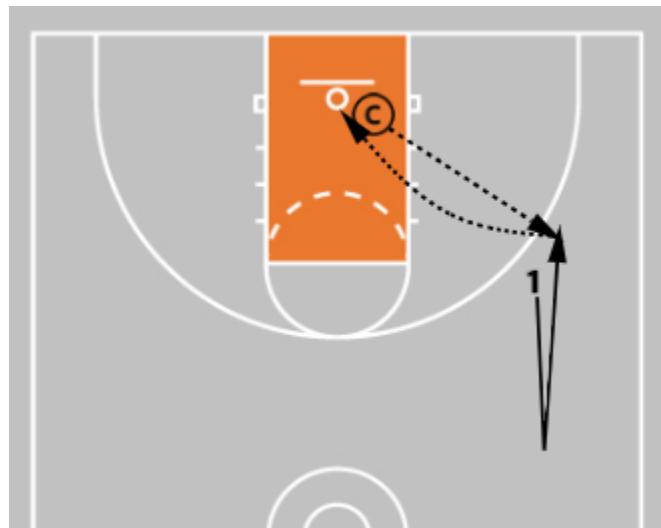


#### Instructions

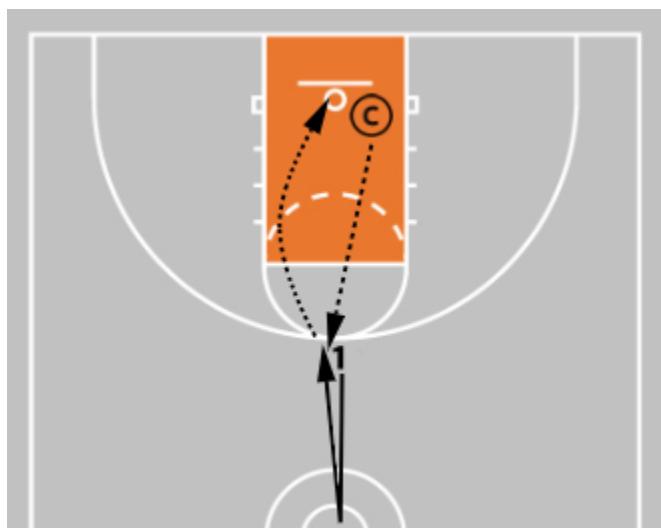
- Start at spot 1. You must make 3 shots in a row at every spot. At spots 1 & 5, you will slide up towards the wing, then drift back to the corner. You'll catch a pass and shoot a 3.
- At every spot, if you miss 2 shots in a row, you must sprint to the opposite baseline & back before the next shot.



- After making 3 in a row in the corner, move to the wing. At each wing spot, you'll shoot transition 3's.
- Sprint from the arc to the volleyball line. Sprint back to the wing for a catch & shoot 3.



- After making 3 in a row on the wing, go to the top of the key. Once again, you'll shoot transition 3's.
- Sprint from the top of the key to half court & back. Catch and shoot a 3.



### Coaching Tips:

- Aim for BRAD (back rim & down shots). As you get tired, this helps prevent you from coming up short.
- Focus on your footwork as your catch on the move.
- SPRINT your transition 3's. The more game-like you make the shots, the more carryover you'll see to your games!
- Your score is the time it takes you to make it through all 5 spots.

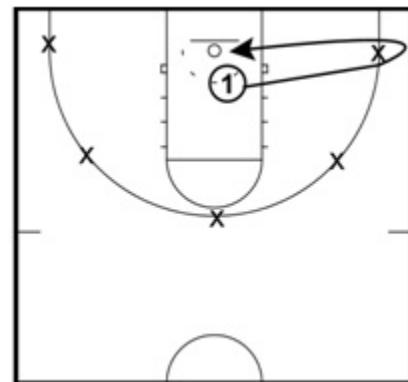


## Skill Development Drills - Drill 32 - Arc Finishing

The following drill is a better way to simulate game situations where you will be coming from all different angles to shoot a lay-up.

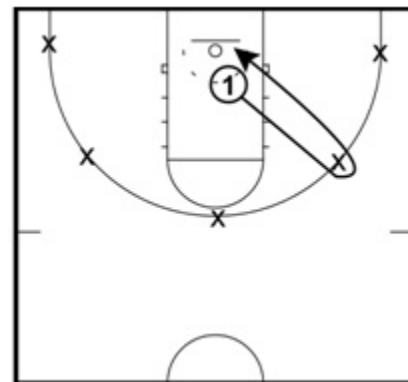
### Step 1:

- Before you start the drill, you must set up 5 cones around the three point line (marked as X's on the diagram to the right).
- Start by dribbling with your right hand around the first cone and then come back to the basket to shoot a right handed lay-up.



### Step 2:

- As soon as you complete a lay-up around cone #1, you will progress to each one of the cones.
- Once you make a lay-up from each spot with your right hand, you will go back through each spot, this time shooting and dribbling with your left hand.
- By the end of the drill, you should have completed 10 lay-ups (5 right handed & 5 left handed).



### Coaching Tips:

- **Extend the Ball:** As soon as you get around the cone, extend the ball as you dribble to accelerate your pace to beat the defense to the basket.
- **Chin Up / Eyes Up:** When completing the lay-up, remember to get your chin up and your eyes on the basket. This will help you finish in traffic.
- **Drive Your Knee To Your Nose:** During your lay-up, drive your knee to your nose. This will help you get the maximum height out of your vertical leap & keep your body under control.



- **Push Yourself:** Make sure that you perform this drill full speed. You want to best simulate game situations, so dribble and move as you would during a game. By doing that, this also becomes a great conditioning drill.

**Variations:** Use different finishing moves at the basket such as the Rondo, Euro, Runner, etc.



## Skill Development Drills - Drill 33 - 1v1 on Cone Touch

You will need a passer to practice this drill, unless you want to do it yourself then you can buy setting a ball on a chair. If you have more players to work out with, you can also practice competitive situations.

- In this drill, you set up a pair of cones near the perimeter.
- When the offensive player moves forward, both players sprint to touch the cones.
- The passer throws the ball to the offensive player near the basket. Then it's live 1 on 1.

I typically like to start the offensive player's cone a little closer to the hoop. You can also tweak the cone distance, so the defender will arrive at different times.

If working with a partner, I don't like the defender to steal the pass in this situation.



## Skill Development Drills - Drill 34 - Euro Step Drill

Some players can learn this move just by reading it and others need to watch it to properly learn it. A complete video description of this finishing move can be found here: [Euro Step/Side Step Drill](#)

### Progression 1: Two Steps - No Dribble

- You simply take the jab step and the side step. As you get the footwork down, then you want to focus on long, explosive steps. In a way, this is a progression within a progression.
- Note, this is a travel. However, it's used just as a progression to help you learn the footwork.

### Progression 2: Euro Step - Add Dribble

- Now, you practice adding the dribble to the Euro Step move. You start a step or two inside the 3-point line depending on the age of the player.

### Progression 3: Euro Step from 3 Point Line

- Now, you have the players back up and use the move from the 3-point line.

### Some Additional Tips:

- Add this little progression - After progression 1 and before progression 2, you can also squeeze in a progression where the players only take two steps like in a progression 1. However, you add the dribble.
- Practice from all angles and distances - Once you can execute the footwork, practice this move from different angles and distances all over the half court. Since the amount of dribbles and distance that you jump from can change each time during the game, it's very important to do this.
- If the defender recovers or the help defense steps up further, you can use a change of direction move. This will use the defender's momentum against them and give you a lane to attack the basket.

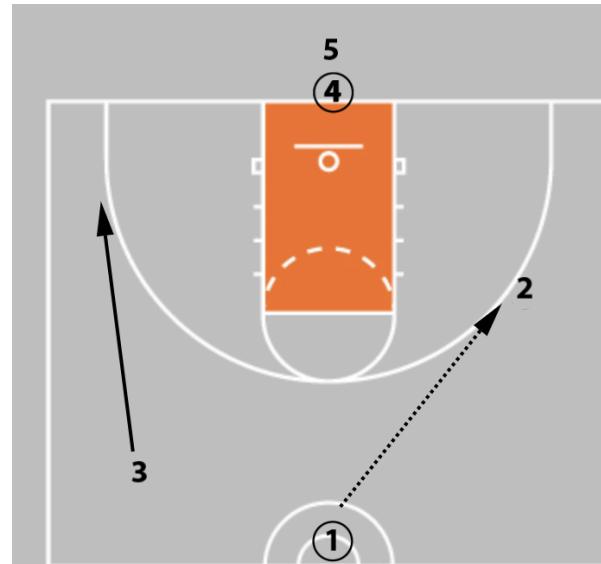


## Skill Development Drills - Drill 35 - Baseline Drive

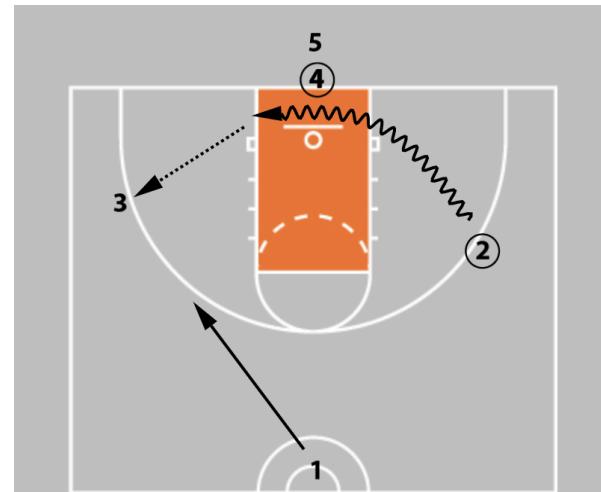
### Team Shooting

- During this first variation, we are trying to get a baseline drive and drift. Then we want to get that drift to one more.
- We want a clean reversal from one side of the floor to the other, and then we hit the one more pass for the trailing shot.
- The goal is to shoot for doubles (each drill you can shoot for singles, doubles, or triples). A double is when two shots and two makes occur on a rep of the drill.

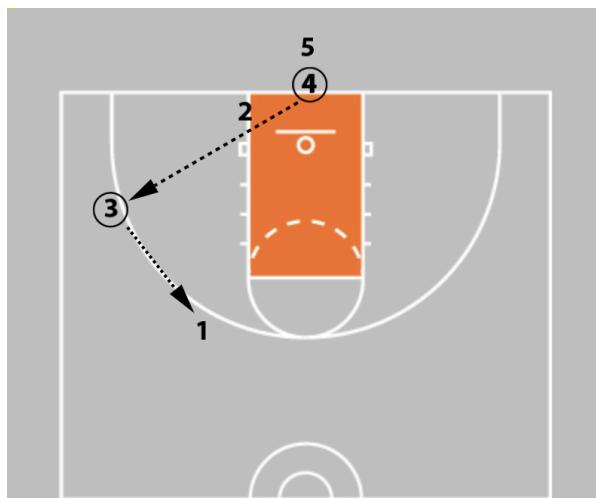
1. The drill starts with three lines of players.
2. The middle line starts with the ball.
3. The middle line should be behind  $\frac{1}{2}$  court.
4. Player 1 pitches ahead to Player 2.
5. Player 3 drifts to the coffin corner.



6. Player 2 drives the baseline and passes to Player 3.
7. Player 1 runs to the wing for the one more pass.



8. Player 3 executes the one more pass to Player 1 who shoots a 3-point shot.
9. Player 4 passes to Player 3 for another 3-point shot attempt.



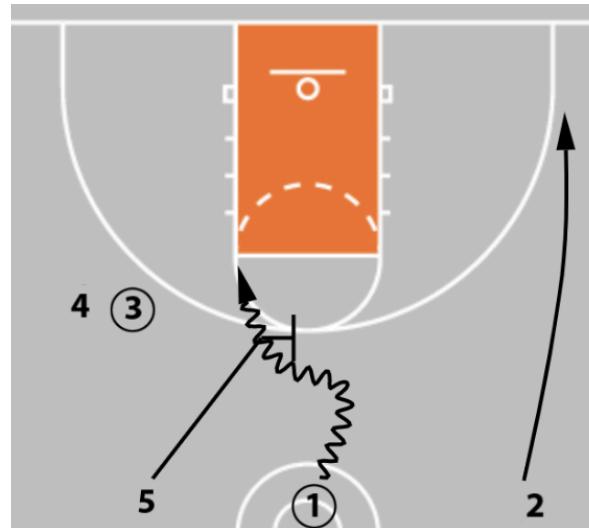
### Coaching Tips:

1. Player 3 can make a shot fake before passing to Player 1.
2. The goal for Player 2 is to puncture the lane, getting into the lane, before passing to player 3.
3. Getting into the lane allows the opposite side to drift out for the three.
4. Have players rotate after every possession.
5. Wing line goes to the passer line.
6. Passer then sprints up to the guard line.
7. Guard goes to the wing line.
8. The goal of the primary break out situation is to force long closeouts. That is why the one more pass is so effective.

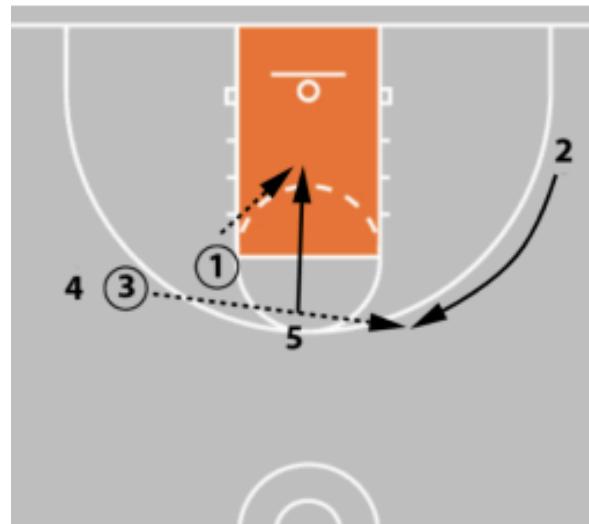
## Skill Development Drills - Drill 36 - Drag Screen Team Shooting

- We start with a point guard, strong side wing, and big in the four spot. The passing line stands out on the weak side wing spot.
- We will simulate using four out one in spacing.
- These drills are samples of what can be done and how to build the drill for your offense.

1. Player 2 sprints to the corner.
2. Player 5 sets a drag screen for Player 1.
3. A drag screen is set by the player trailing the action in transition.
4. Player 1 dribbles off the screen toward the basket.



5. Player 5 rim runs.
6. Player 1 passes to Player 5 for a layup.
7. Player 2 drifts up and receives a pass from Player 3 for the lift.



## Coaching Tips:

1. The point guard has to make a decision based on the defense.
2. If Player 5's defender switches, then Player 5 should be available on the rim run.
3. If the wing's defender helps on the post rolling, the point guard can use a hook pass to the wing lifting.
4. The 2nd passer, Player 3, is simulating a point guard making the hook pass.
5. Place every player in every position, so all players learn all the positions for development.
6. All of the shots should be done on the move. No shot is stationary. Everything is live and game-like.



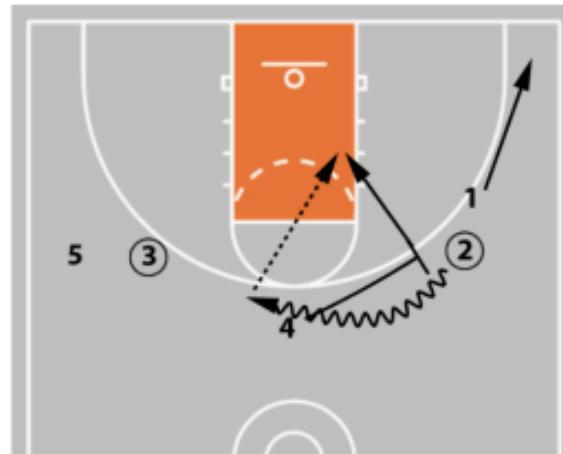
## Skill Development Drills - Drill 37 - Pistol Action Team Shooting

- Pistol action is used at the college and NBA levels. It is used overseas.
- It is very hard to defend.
- This is almost identical to the drag and the lift from the first sequence, but we added the dribble handoff and pistol action.
  - It forces the point guard to create space if the dribble handoff gets blown up. The point guard also has to be ready to lift.
- By having the point guard lift, it is more game speed like.
  - ◦ 3-pt. % will go up by practicing shooting from game situations with pressure.

1. Player 2 sprints to the corner.
2. Player 1 dribbles and executes a dribble handoff to Player 2.

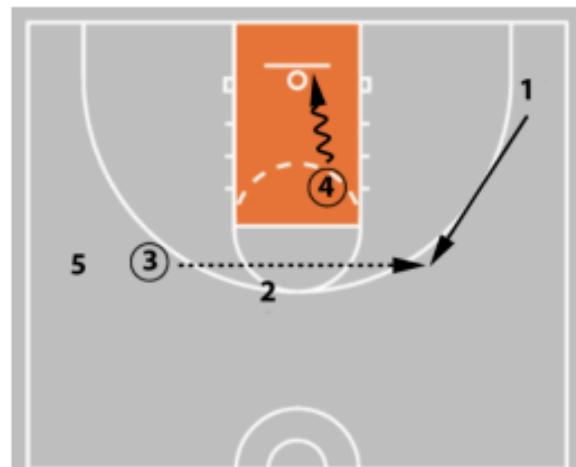


3. Player 1 drifts to the corner.
4. Player 4 sprints to set a screen for Player 2.
5. Player 4 rolls to the basket immediately, and Player 2 passes it to Player 4 going to the basket.



6. While Player 4 is attacking the basket, Player 1 drifts towards the top of the key.

7. Player 3 passes to Player 1 for a 3-point shot attempt.

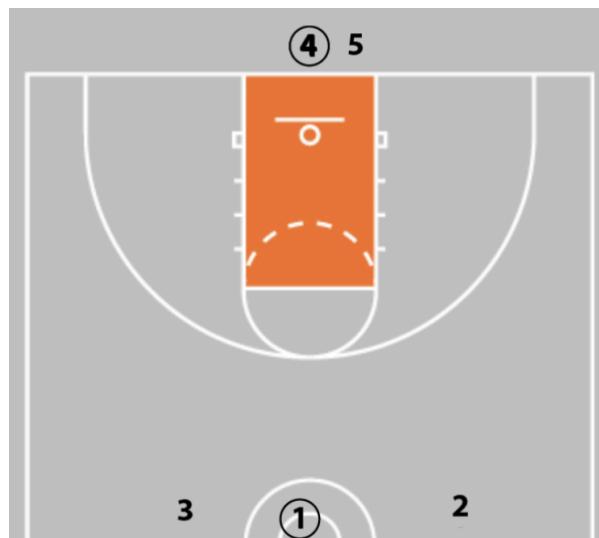




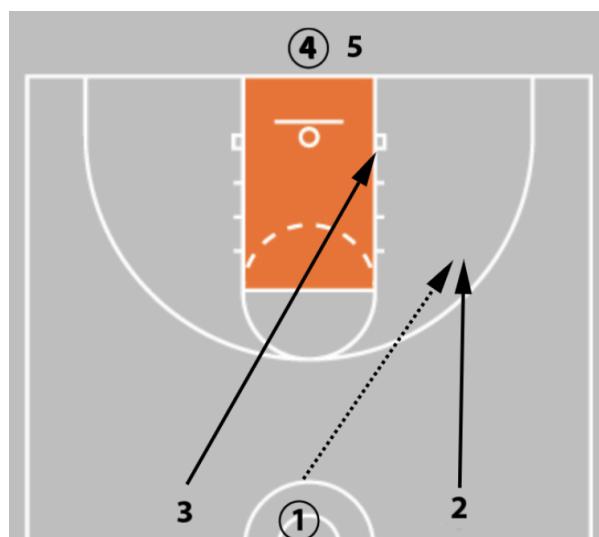
## Skill Development Drills - Drill 38 - Post Entry Team Shooting

- In this third variation of Primary Break, we will execute a Laker cut to the basket.
- The initial ball handler will drift to the corner as the safety valve.

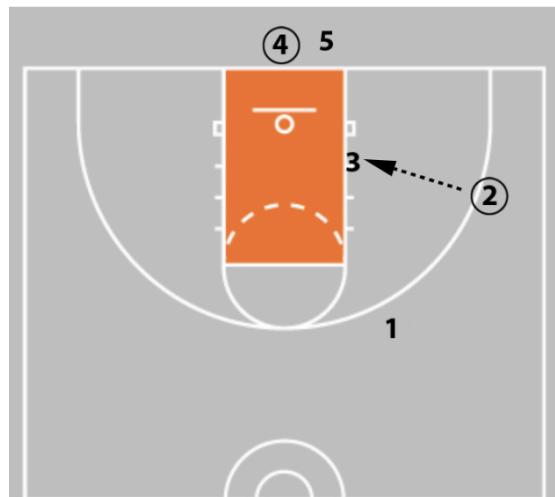
1. The drill begins the same as the previous variations.



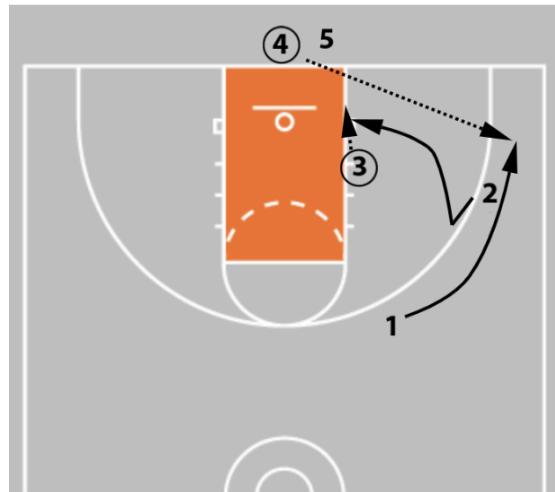
2. Player 1 passes ahead to Player 2.  
3. Player 3 runs and stops a little higher on the block.



1. Player 2 enters the ball to the post who is set up above the block.



2. Player 2, instead of setting a screen, will execute a Laker cut and receive a pass from Player 3.
3. Player 1 will drift to the corner and receive a pass from Player 4 for a 3-point shot attempt.



### Coaching Tips:

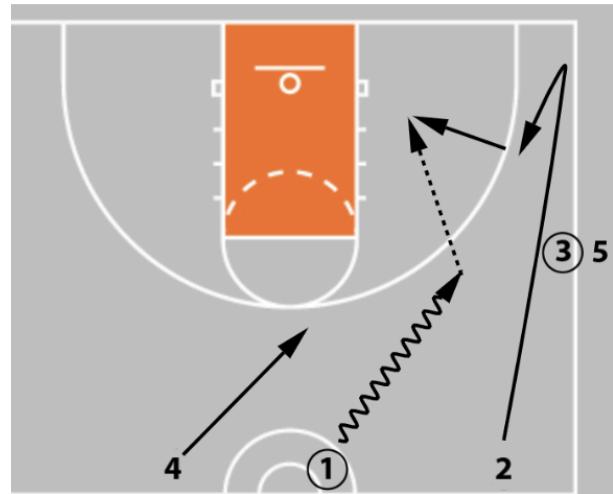
1. This is another option for our players. Once the defense stops one action, we have alternatives for each set.
2. The offense can backdoor or go over the top of the screen depending on the defender's position.
3. In these drills, the players are getting a lot of reps in a pressure situation which simulates game-like pressure.
4. The players are getting game shots at game speed.
5. They are building their IQ by understanding spacing and concepts
6. These actions will become **reads** by players during the game.



## Skill Development Drills - Drill 39 - DHO Reject Team Shooting

We want our players to understand they can reject a dribble handoff at any time. Just like you can reject a ball screen, you can reject a dribble handoff.

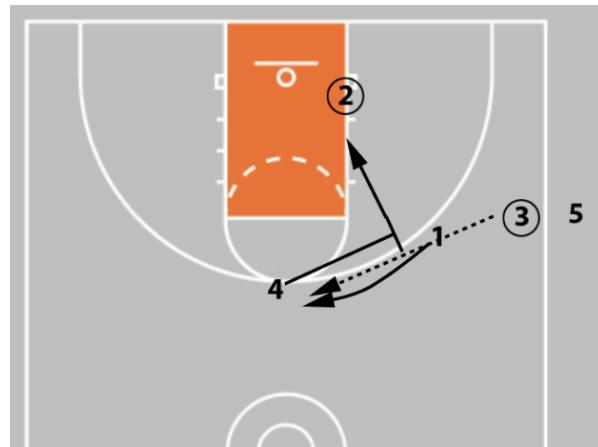
1. Sometimes the defender knows the dribble handoff is coming.
2. If the defender is overplaying the dribble handoff, Player 1 or Player 2 signals a backdoor cut.
3. Before receiving the dribble handoff, Player two performs a backdoor cut and receives the pass from Player one for a potential layup.



### Coaching Tips:

1. The wing, Player 2, does not have to even run up for the dribble handoff. A backdoor cut can immediately be used with a jab step.
2. Don't make the dribbler guess what you're going to do- develop a signal for accepting or rejecting the DHO (dribble handoff).
3. It can be as simple as putting up an open hand. It just needs to be visible to the ball handler.
4. The signal for rejecting it could be a closed fist.

4. While Player 2 is attacking the basket, Player 4 sets a screen for Player 1.
5. Player 1 flares off the screen and receives a pass from Player 3. Player 1 shoots a 3-point shot.



### Coaching Tips:

1. The point guard should flare off the screen ready to catch and shoot.
2. Make sure everyone is on the same page with terminology to avoid confusion.
3. Do you use flare or fade? Whatever you use, use the same terms consistently. Don't interchange to avoid confusion.
4. For us, a screen with the shooter going to the corner is a fade.
5. For us, a screen with the shooter going to the top is a flare.
6. Timing is critical for this action to work. If the point guard gets too far, the angle of the pass becomes harder. The back door pass should come from the point guard at the perimeter of the 3-point line.



## Defense Drills - Drill 40 - 1 on 1 Closeout

If you don't have great defensive closeouts, it doesn't matter how great your help defense is when you are at a constant disadvantage, the offense is going to score a lot.

And think about this, you can have anywhere between 100 to 250 close outs per game. Multiply that over the course of a season, you might have 2,000 to 10,000 close outs per season!!

Poor closeouts can destroy your defense which will lead to the offense scoring more points against you. In order to have a great defense night in and night out, you must be able to defend the basketball in a one on one setting.

### Purpose:

This is a fast-paced drill to practice in order to get better at closing out, contest shots, and prevent dribble penetration. It forces defenders to learn how to defend in a game-like environment. There is nothing better than improving on ball defense by putting the defensive player out on an island and forcing the defender to stop the player one on one.

### Setup:

- Defense, X1 and X2 start under the basket. Each player has a basketball.
- The two offensive players are positioned on the wings.



## Instructions:

X2 starts the drill with a pass to 2 on the wing. Defender X2 follows the pass with a hard close out.

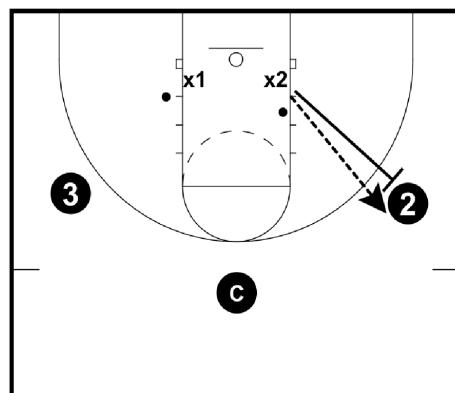
The Defender's job is keep the ball out of the house (paint area) and force a contested jump shot, then block out and hunt the rebound.

Progression 1: The offense is not allowed to go "live" until the defender closes out and gives them a "touch" of the hand.

After one repetition, you can go to the next progression.

Progression 2: The offense goes "live" immediately on the catch.

1 on 1 Close Out  
Mo-Kan Youth Basketball



## Coaching Tips

- **Sprint To Eliminate Offensive Advantage** – Defensive players should sprint on the close outs. The quicker you can contest a shot and immediately get into a balanced position to eliminate dribble penetration, the less of an advantage the offense will have.
- **Hands Up** – Depending on your preference, either have one hand or two hands up to contest the shot and immediate entry passes from the offensive player.
- **Position Appropriately** – Whether you believe in getting the defender's butt to the basket or forcing the offensive player in a particular direction, be sure to position yourself appropriately. Bad positioning will create easy driving opportunities for the offense.
- **Practice Good Offensive Habits** – Make sure we emphasize the little things in every drill. Is the offense coming forward to catch the pass? Or are we being lazy, standing still waiting on the pass? Just because the focus of a drill is defensive, don't let little things slide with the offensive players. If you let little things slide in practice, you'll end up getting beat by little things in games.

## Variations:



**Loser Stays On Defense** – If the offense scores, the defender must stay on defense until they get a stop. You can rotate the offensive player each repetition.

**Add Passer** – So the defender doesn't know when the pass is going to occur, you can have the coach, manager, or other players pass. This will improve anticipatory skills and reaction speed for the defender as it emulates what will happen during a game.

**Vary The Passing Position** – You can also pass from different positions on the floor to close out from different angles and positions like you would during a game. You can also have coaches, managers, or other players act as passers.

**Time Clock / Limited Dribbling** – You can also have dribble limits and time clocks, so the offense also has to practice good offensive habits.

## Coaching Tips:

- **Alternate Sides** – Go side to side for efficiency. When one pair is running live, another pair should be ready to go on the other side.
- **Make Drills Competitive** – Make the drills competitive by having players keep score. Create accountability.



## Defense Drills - Drill 41 - Man In The Hole

### Purpose:

Even if you play half court or quarter court defense, this should be a staple for every coach. This is a great 1 on 1 transition drill that works on your ability to stay in front of a ball handler in the open court. You work on the shuffle, the quick turn, running, and the turn and sprint to recover.

Additionally, it's great for conditioning and building mental toughness.

It not only improves your 1v1 full court defense, it improves overall athleticism and conditioning. When you have to shuffle, sprint, change directions over and over, you're going to improve athleticism and reaction time.

Even zone defense coaches use drills like these because of the tremendous benefits that they produce.



## Setup:

The ball handler (2) has the ball on the baseline.

The defender (X1) is standing in front of the offensive player ready to play defense.

## Instructions:

The offensive player (2) tries to beat the defender (X1) down the floor.

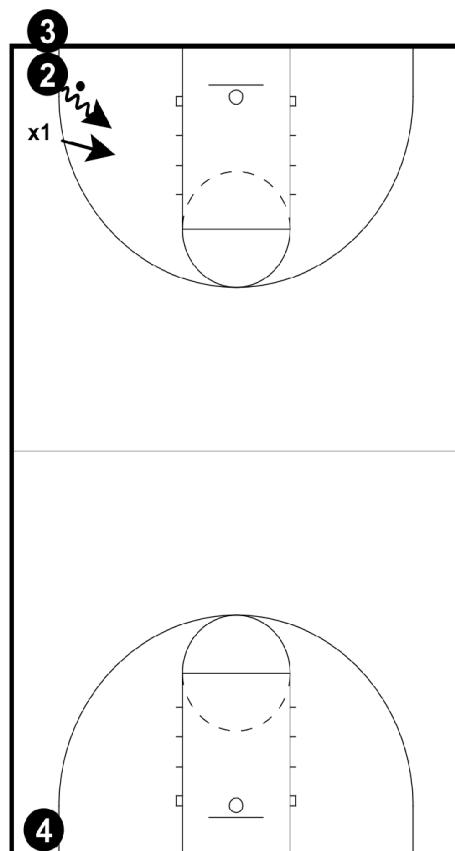
The defensive player tries to stop the ball handler from advancing the ball.

After the ball handler (2) makes it to the other end, they will hand off to 4, who will be facing the same defender X1, back up the court towards player 3.

3 is the last ball handler. X1 defends for the third and final time.

X1 is now "out of the hole" and you rotate to the next defender. X1 is now the next ball handler.

man in the hole  
Mo-Kan Youth Basketball



## Points of Emphasis:

- **Stop The Ball** – The number one goal is to stop the ball from advancing.
- **Push Step & Sprint** – The defensive player should push step (shuffle) and sprint to contain the ball handler. If the defender gets beat, they need to turn and sprint to a spot to cut off the ball handler.
- **Offense Practices Good Habits** – The offense also needs to focus on good habits of protecting the ball and using effective change of pace and change of direction moves.
- **Go Back To Where Defender Was Beat** – If the offense gets by the defender, don't let them just turn and jog to the other baseline. Have the defender and offensive player go back to where they got beat. This will ensure focus and effort to stop the ball.

## Coaching Tips:

- **Encourage Players** – Encouragement and energy from the Coach can help keep a player going in a drill like this. Get involved and work with them!
- **Split The Court** – Be sure to split the court into alleys. You can set up three to four alleys on each court. This allows you to work the entire team with this drill. You can use cones or other lines on the court.



## Defense Drills - Drill 42 - 1v1 to 3v3 Full Court

### Purpose:

Being able to defend the ball in a one on one situation is vital. However, you need to have the capability to transition into help defense in a team setting!

This drill is about building great 1on1 full court defense habits and transitioning into a half court setting. Then you work on all other aspects of your defense. Defending cuts, screens, getting into help position, stopping dribble penetration, etc. 3v3 defensive drills are also great because it's tougher to defend the entire court with three players than with five players like during a game.

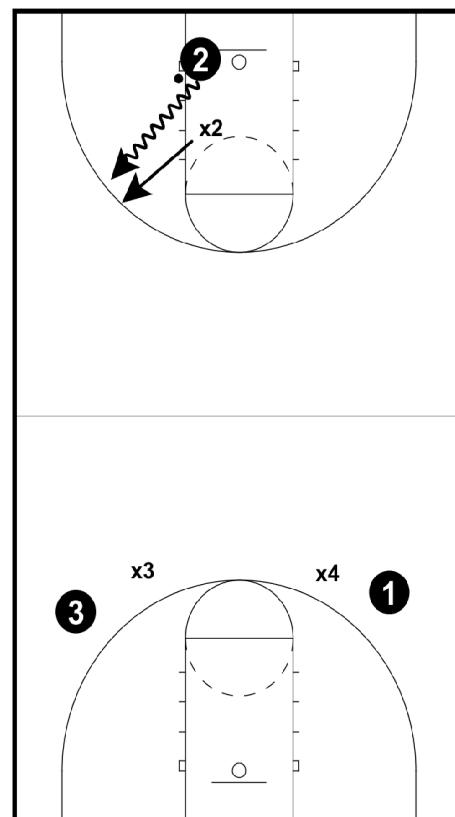
Additionally, the offense learns how to handle the ball under pressure and improve passing.

### Setup:

You have the ball handler start on the baseline. You have the defender guarding them.

Two offensive players and two defensive players are set up on the opposite end of the floor.

man in the hole  
Mo-Kan Youth Basketball



### Instructions:

The defense's goal is to get a stop. Their goal is to only allow one shot each possession. The offense's goal is to score.

The ball handler (2) advances the ball and tries to beat the defender (X2).

Once the ball is dribbled past half court, it is a "live" 3 on 3 situation.

After each possession, the defense turns to offense. Then they check the ball on the baseline and start over.



## Points of Emphasis:

- **Contain Ball** – Your goal as a defender now is contain the ball. You do not allow straight line drives. You want to stay between your player and the basket!
- **Wing Defenders Deny Pass** – Defenders X3 and X4 are going to deny the pass on the wing and make it difficult to catch.
- **Help And Recover** – The defenders have to be ready to help and recover should the ball handler get past the initial defender.
- **Help Across Not Up** – If the ball handler beats the initial defender, the other defender, X3, is going to have to find a way to help slow the ball to give the recovering teammate time to get back. They should help “across” from their own player and keep the ball and their player in their line of sight. Try to stop the ball on the same level as your own player if possible. Helping “up” the court from your player in this situation will lead to the easy bucket on the lob ahead.
- **Force Contested Jump Shots / No Lay Ups** – Your Goal? Do not let the other team score! You do that by keeping the ball as far away from the basket as possible. Lay ups are NOT allowed! You want a contested jump shot as far from the basket as possible, with as much pressure and difficulty as possible.

## Variations:

**Force Turns Prior To Half Court** – If you want to make the drill really challenging for the full court defender, you can reward them for the number of times that they force the ball handler to stop and change directions. Each change of direction is worth one point. Once they reach half court, it goes back to playing defense straight up.

Also, this can be a similar strategy to use against teams that lack effective ball handlers or if you have some superb 1 on 1 full court defenders.

**Defense Stops** – One effective tactic to get players to focus on the defensive end is to only allow them to transition to offense by getting a defensive stop. If they don't get a stop, a new group of defenders comes in to stop the ball. If you score on offense, you stay on the court.

**Winner Stays** – You can set up teams of three and play to a determined amount of points. The winners stay on the court.



## Defense Drills - Drill 43 - 4v4 Shell Drill

### Purpose:

The shell drill is a great tool for teaching your defense. From a big picture perspective, you can quickly teach your players exactly what your team defense should look like.

You can practice all of your defensive concepts in a team situation. You work on ball defense, being in a great stance, closing out, jumping to the ball, sprinting areas, and other key defensive concepts.

You can practice defending any situation. You can practice defending all types of cuts, screens, and offensive actions. You can practice defending basket cuts, backdoor cuts, flare cuts, down screens, ball screens, back screen, staggered screens, horns sets, Princeton sets, etc.

It's also great because it allows you to be efficient with your team. You can have four or five defenders practicing defense all at once.

You can also use the shell drill to work on specific defensive techniques. That way, if you're struggling with a particular offensive action, you can break it down and make sure your players understand how to defend in that situation. Also, you can get a bunch of reps in a short amount of time to solidify their learning.

The following is a beginner progression for teaching the shell drill. You can also see progressions for teaching how to defend down screens and back screens.

### Setup:

You position four or five offense players on the court.

You position a defender guarding each offensive player.

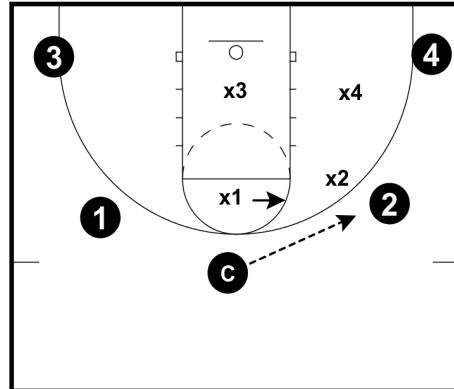


4 on 4 Shell Drill  
Man to Man Defense - Huber

## Instructions:

### Progression 1 – Positioning

When you instruct, "Pass." Offense passes the ball. You look for correct help positioning, proper close outs, appropriate on-ball defense, and necessary effort.

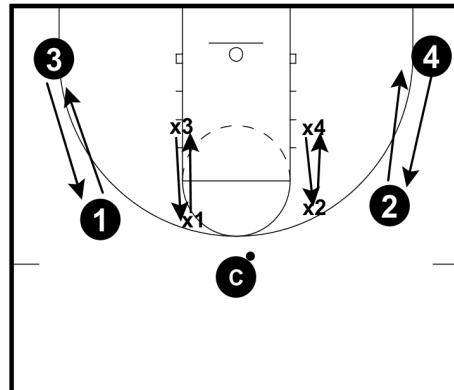


4 on 4 Shell Drill  
Man to Man Defense - Huber

### Progression 2 – Interchange

This is the same as progression 1, except now you have the players interchange positions from corner to wing when you instruct, "Interchange."

This is a great way to get players defending more positions and situations.



4 on 4 Shell Drill  
Man to Man Defense - Huber

### Progression 3 – Baseline Drive

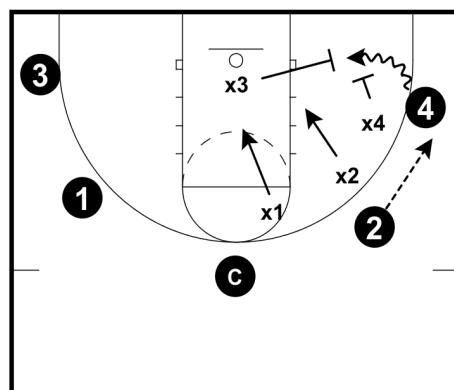
Now you instruct, "Pass. Skip. Beat Them. Pass Out."

"Pass" indicates that you pass to the person next to you.

"Skip" indicates you pass to the player two people away from you.

"Beat Them" means that you drive baseline to force help. At first, the on-ball defender will let the ball handler go to practice rotations.

"Pass Out or Kick Out" means that after the baseline drive, the ball handler turns and passes the ball back out to a perimeter player.



### Progression 4 – Live

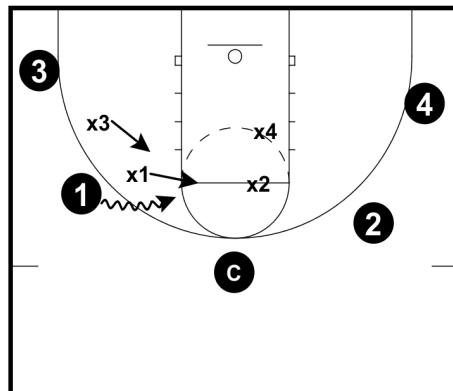
You take the defense through the same baseline drive routine as progression 3.

You now instruct, "Live!" This means that the offense and defense play basketball.

Rotate defense to offense after a predetermined number of "stops" by the defense.

The drill can also progress to allowing the offense to rotate and have basket cutters.

4 on 4 Shell Drill  
Man to Man Defense - Huber



### Progression 5 – Down Screens

The drill is set up with 4 offensive (black) and 4 defensive players (numbers), with a coach up top with the ball.

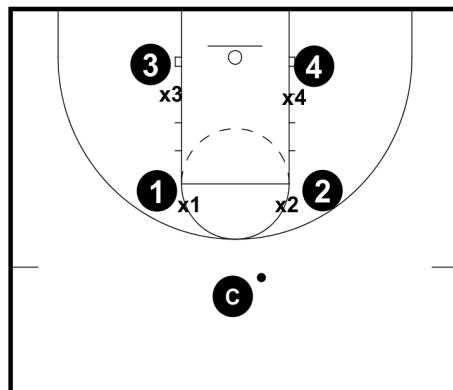
The coach will start the drill by passing to one of the players at the elbow.

The help side offensive players will set a predetermined screen.

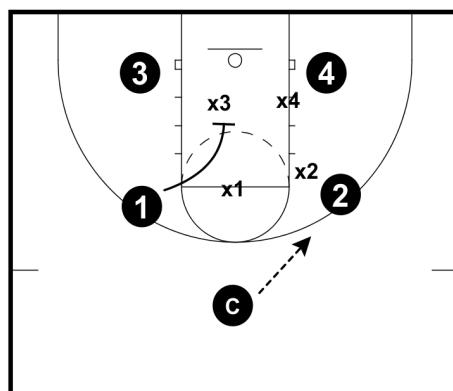
The defense will jump to the ball and work to defend the screen correctly.

Once screens are consistently being defended correctly, the drill can be moved to a "live" scenario.

In Close 4 on 4 Shell Drill  
Man to Man Defense - Huber



In Close 4 on 4 Shell Drill  
Man to Man Defense - Huber



### Progression 6 – Back Screens

The drill is set up with 4 offensive players on the outside and 4 defenders on the inside. Coach is up top with the ball.

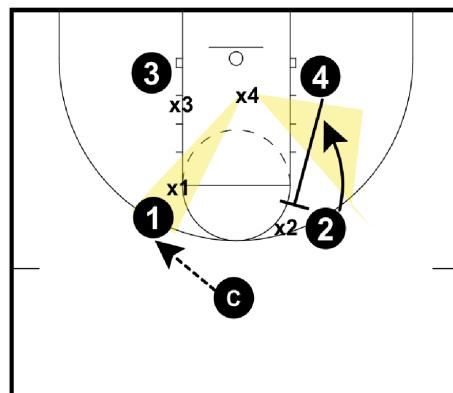
Coach starts the drill with a pass to the elbow.

The offensive player on the weak side block will set a back screen for their teammate on the weak side elbow.

Defender X4 will hang back and become “goalie” and defend the lob, seeing cutter and the ball (yellow areas).

Once the player who was back screened gets through and recovers, the “goalie” can close out on their player.

Defending Back Screens  
Mo-Kan Youth Basketball



### Points of Emphasis:

- **Jump To The Ball** – Make sure we are anticipating the pass and jumping with ball, not reacting to the pass being caught. Move with the ball like you have a magnet in your chest.
- **No Layups** – Seal the seams and force the ball outside the scoring area, the area that we consider our “house”.
- **Don’t Hug Your Player** – Don’t hug your player when they are going to set a screen. If you hug the player, play too closely, the screener might be able to set a “double” screen and screen you and a teammate at the same time. Stay up the line, on the line from the ball and give the player being screened enough room to get through.
- **Ball Side Of Down Screen** – Jim teaches the defenders to go “ball side” of the screen, so we are coming up the middle in a help position. In the bottom diagram, X3 would fight to get around the screen on the ball side where the offense, 1 in black, has received the ball.
- **No Lobs** – Non Negotiable on Defense – We do not allow LOBS on back screens.



- **Get Skinny On Screens** – When your player calls out the screen, get “skinny”. Turn at an angle that makes you more difficult to screen and be ready to move. If you get caught “fat and flat” by that back screen, you are going to have a difficult time recovering and getting round the screen.

## Coaching Tips:

- **Demand Great Effort** – Be sure they sprint to areas and give maximum effort. Often players think they are giving maximum effort, but they are not. Immediately correct and rep out until the player does this correctly. Playing with great effort can help you overcome a lot of mistakes.
- **Master The Basics / Don’t Rush** – When it comes to youth and high school basketball, don’t worry about progressing until you master the basics of positioning, help defense, communication, and effort. If you do these things, it can counter many things that the offense throws at you.



## Defense Drills - Drill 44 - 4 on 3 Overload Drill

### Purpose:

In the game of basketball, there are many situations where you have to scramble and match up with players; like rotating out of help defense and in transition. This is one of the best drills to improve your ability to scramble and match up.

Your defense is at a constant disadvantage and it forces them to hustle, communicate, and rotate.

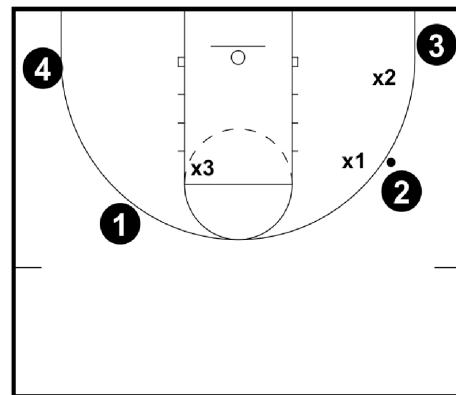
In this 4 on 3 situation, someone will always be open, but with good positioning and effort you can keep things under control. This drill can also be done as a 5 on 4 type of drill.

4 on 3 Drill  
Mo-Kan Youth Basketball

### Setup:

You start with three defenders and four offensive players.

The ball starts on the wing.



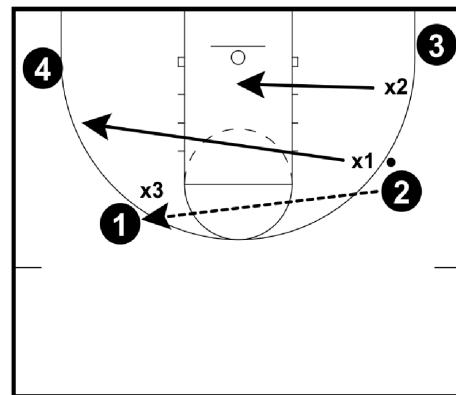
4 on 3 Drill  
Mo-Kan Youth Basketball

### Instructions:

As the ball is passed, defenders have to leave their player, scramble to cover the ball or be in a good help position.

The ball can be skipped and players are allowed to dribble penetrate in their areas (but are mostly stationary early on as you learn rotation).

After you get the hang of rotating and scrambling, you go "live" and the offense looks to score.



## Points of Emphasis:

- **Effective Close Outs** – If you are not going all out on our close outs in this drill, you will be exposed pretty quickly. You are already down in numbers, if someone isn't closing all out and under control, you are beaten before you even start.
- **Sprint To Areas / Effort** – Hold people accountable on effort. Make sure they are sprinting to areas.

## Coaching Tips:

- **Progress To More Situations and Increase Difficulty** – After you are satisfied with the concepts sinking in, you can allow the offense free movement, interchanges, screens etc.



## Defense Drills - Drill 45 - No Paint Drill

### Purpose:

This is one of the best drills at eliminating penetration into the paint! It really develops a mentality of protecting the paint and not letting anybody get in there.

If you believe that penetrating via the pass or the dribble is one of the best offensive weapons, this drill is a must!

It's also a great all around defensive drill for practicing proper defensive habits.

### Set Up:

You have four offensive players.

You have four defensive players matched up with the defensive players.

A coach or manager is positioned at the top.

### Instructions:

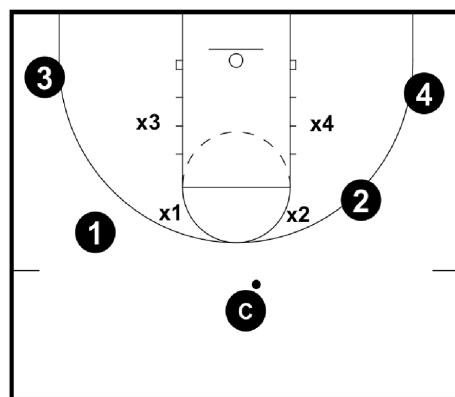
Coach starts the drill with a pass from the top. The object of the game is to keep the ball from penetrating the paint (lane).

Offense gets a point for penetrating the paint on the dribble drive or pass.

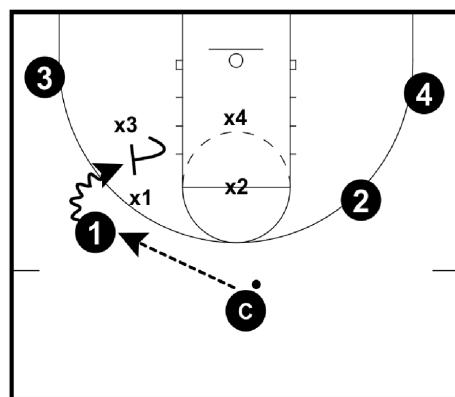
You can change possession on points scored (in the paint), turnovers, and defensive rebounds. It's just like a regular half court game, except the only way to a point is to get the ball in the lane.

The first team to 3 wins. Playing to a low number (like 3) makes it really competitive and keeps the intensity at the level you want.

No Paint  
Mo-Kan Youth Basketball



No Paint  
Mo-Kan Youth Basketball



## Variations:

**3-Point Shot Hits Rim** – A progression would be to add that the offense can score another point by taking a three point shot that hits the rim. This forces defenders to maintain intense ball pressure.

**Excessive Fouling** – You want our players playing hard on defense, but playing smart. Fouling and putting people on the free throw line is unacceptable. It's not playing smart. The next progression in the drill is to begin awarding points if you are seeing excessive fouling and hand checking to stop the penetration. Make them stop the ball with their feet moving, not their hands reaching.



## Defense Drills - Drill 46 - 5v4 Whistle Change

### Purpose:

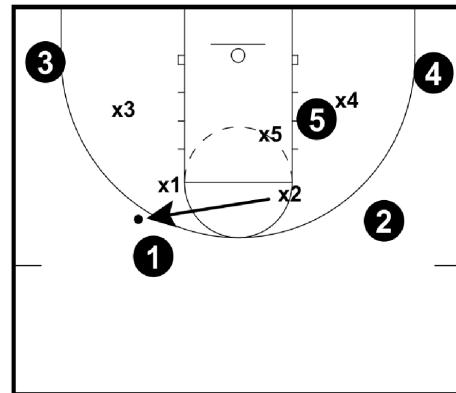
This drill works on your defenders' ability to scramble and pick up a different player when a game situation forces them to do so. This often happens in transition and rotating out of help defense. Communication is a must in this drill and your players will be forced to improve.

5 on 5 Whistle Change  
Mo-Kan Youth Basketball

### Setup:

You start with five offensive players and five defensive players.

They are matched up five on five.



### Instructions:

You start playing five on five live.

On the whistle, the offense will set the ball down on the ground.

Someone on defense (anyone but the player who was guarding the ball), has to pick the ball up. X2 is picking it up in the diagram.

When the X2 picks the ball up X2's team is on offense.

The team that sets the ball down (in black) must scramble to guard someone. They cannot pick up the player that was guarding them. Example, 1 in black could not pick up X1.



## Points of Emphasis:

- **Communicate!** – Players must communicate in this drill. If they don't, they will fail. Forcing players to talk and think on their feet as they scramble is making practice harder than what they will likely face in a game situation. Anytime you can do that in a drill, your team stands to benefit in the game.
- **Stop the Ball** – Even though players are matching up in the drill, they must be aware of the ball handler. The ultimate goal is to stop the offense from scoring, so help defense must be alert and stop the ball when necessary.

## Variations:

**Full Court** – You can also play the game full court as a variation. You don't even have to start in a half court setting. Make sure to keep the team's baskets the same, though.

## Coaching Tips:

- **Variety** – Make sure to vary who has possession of the ball and the location of the ball when blowing the whistle.
- **Keep Coaching Defense** – Keep coaching proper defensive fundamentals throughout the drill. Make sure that they close out properly, maintaining good position, rotate on help, defend screens properly, etc.



## Defense Drills - Drill 47 - 4v4 With Baseline Drivers

### Purpose:

This drill is great for improving your team defense. Specifically, it improves your communication and your team's ability to help and recover on dribble penetration. Your players have to give 100% effort and focus in order to succeed in the drill.

This is a classic example of making practice more difficult than the games. If you can stop the opponent when you're playing 6 on 4, you know that you can stop them playing 5 on 5. Since you succeed this during practice, you will have the confidence to lock down the opponents during games.

### Setup:

There are four offensive players and four defensive players.

Additionally, there are two designated baseline drivers (BD) who are positioned in the corners. They are not actively guarded.

Baseline drivers can be coaches or players.

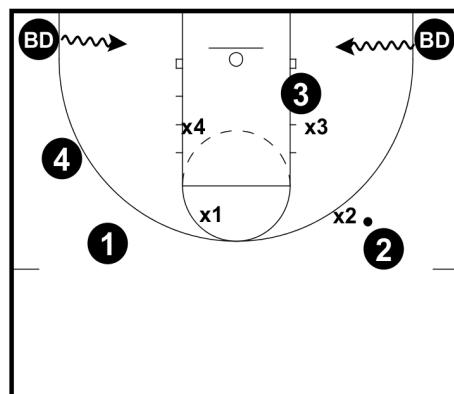
### Instructions:

You start the drill. The four offensive players try to score and the four defensive players try to stop them.

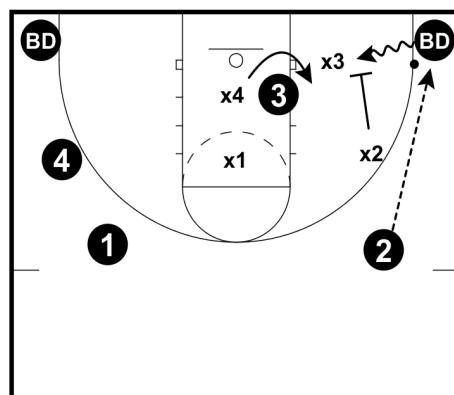
The baseline driver can choose to drive or pass the ball immediately. If the baseline driver catches and holds the ball, no help is needed. If the baseline driver dribbles to the basket, the defense must stop the ball, communicate, and rotate.

As your players begin to understand the rotations and are scrambling well, you can allow the offense to dribble penetrate, do interchanges, etc. This will make the drill much more challenging.

4 on 4 with Baseline Drivers  
Man to Man Defense - Huber



4 on 4 with Baseline Drivers  
Man to Man Defense - Huber



## Points of Emphasis:

- **See Your Player and the Ball** – You must see your player and the ball at all times. If you take your eye off either one, it can result in an easy scoring opportunity for the offense.
- **Help Early & Quick** – You must sprint to spots and immediately move once you see the players dribble drive to the basket. If you wait for a split second, it's too late.

## Coaching Tips:

- **Teach When NOT To Help** – If one of the guarded players attack the basket, teach your players when they should and should not help. Some coaches teach to help the player when they have a straight line advantage to the goal. If the defensive player is positioned between the player and the basket, don't help. If the offensive player is not driving directly to the basket, don't help.
- **Mix Up Drive & Pass** – Encourage the baseline driver to mix up between shooting and passing. This will make it more game-like and keep the defense alert and challenge them more.



## Defense Drills - Drill 48 - 5v2 Weak Side Help

### Purpose:

This defensive drill improves your defensive positioning, your ability to defend flash cutters, and communication on interchanges. It's a great way to isolate two defensive players and take them through a variety of situations.

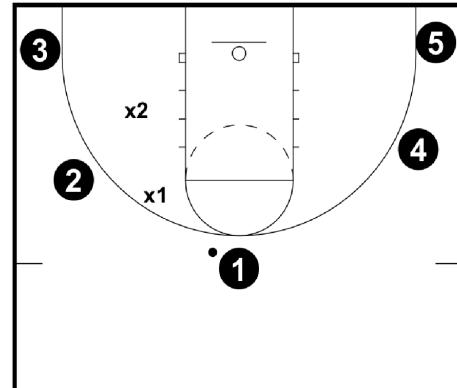
Also, sometimes it can be difficult to see everything when you have four or five players on the floor. This is especially true for new coaches and even seasoned vets can't see everything. This is a great way to isolate your players, so you can see precisely what they're doing and enforce good defensive habits.

5 vs 2 Weakside Help  
Mo-Kan Youth Basketball

### Setup:

There are five offensive players on the perimeter.

There are two defenders that are matched up man to man. X1 is guarding 2 and X2 is guarding 3.



### Instructions:

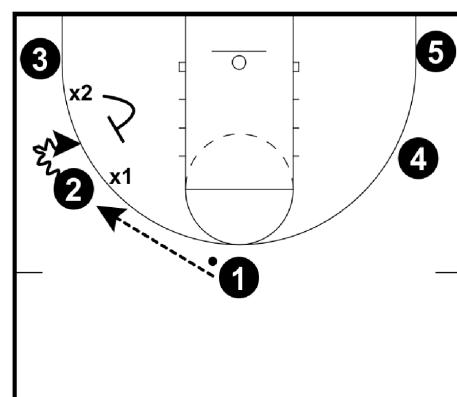
When the ball is passed to the wing, you are jumping to the ball. X1 is applying ball pressure and X2 is ready to help seal the seam on the dribble drive (bottom diagram).

The ball can be skipped across, in which case the defenders would be jumping with the ball into a help position on the midline, head on swivel, looking for flash cutters.

After the skip, the offensive players may flash cut the lane and look for the ball.

The offensive players (2 and 3 in black) are allowed to interchange as well.

5 vs 2 Weakside Help  
Mo-Kan Youth Basketball



## Points of Emphasis:

- **Constant Communication** – The two defenders should be in constant communication. That way, they know how to help, recover, and rotate properly. You don't want two players guarding the ball.
- **Sprint to Areas!** Anything less than 100 percent is unacceptable. Get in the habit of going all out in sprinting to where you need to be.
- **Move with the Pass, Not on the Catch** – Be anticipatory in movement. Move with the ball as though a magnet was in your chest.



## Defense Drills - Drill 49 - Complete Man To Man Drill

### Purpose:

This defensive drill is superb for transitioning between the different positions on the floor to defend many situations. You transition from 1 pass off the ball, 2 passes off the ball positioning, defending the post, defending flash cutters, closing out, and helping on dribble penetration.

Also, as a defender, you can't hide in this drill. You are out on an island and you must fully understand where you should be positioned at all times.

### Setup:

A coach, manager, or player is positioned at the top of the key.

A defender (X1) is guarding a player on the wing (2).

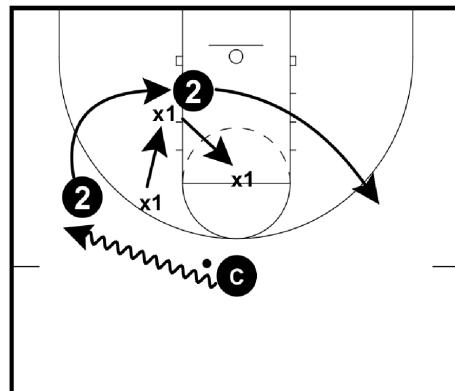
### Instructions:

Coach starts up top with the ball. Defense X1 is in 1 pass away position on the line, up the line.

Coach will dribble to the wing and the offensive player 2 will rotate into the post. X1 will take them on in a  $\frac{3}{4}$  front in the post.

Offense 2 will vacate the post and move the weak side wing. X1 should be in a 2 pass away help position with the ball on the opposite wing with Coach.

Complete Man to Man Drill  
Mo-Kan Youth Basketball

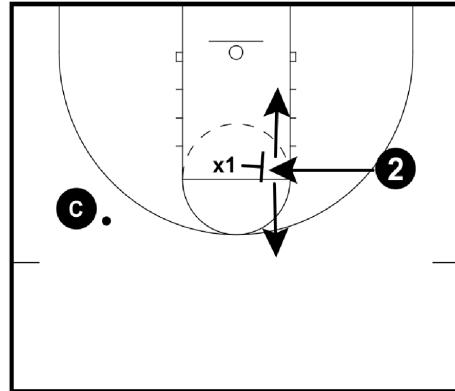


Complete Man to Man Drill  
Mo-Kan Youth Basketball

Offense will flash cut, defense will pick them up and try to force them up the lane to catch away from the paint.

If the offense goes back door on the cut, we swivel and pick them up, hand in the passing lane.

Once the offense catches the ball, you are live one on one.



### Points of Emphasis:

- **Up the Line, On the Line** – Up the line, on the line means forming a flat triangle, halving it between the ball and the player they are guarding. Have a hand on the imaginary string between the ball and your player. Not past the string, ON it. Past it will get you beat back door, as your body will be too high and out of position.
- **See Player & Ball** – When positioned, you should always have your eye on the player with the ball and the player you are guarding. You have to be aware of the ball, so you can position yourself properly to help on defense. You also need to be in the right position, so you can defend your player if a pass is received. If you just watch the ball, it's easy for your defender to cut to an open spot on the floor for a scoring opportunity.
- **Step In Front Of Cutter** – Don't let the flash cutter receive the pass. Be sure to cut them off. You don't want any penetrating passes within the 3-point arc.

### Variations:

**Mix Up Cuts & Positions** – You can also tell the offensive player to randomly give the defensive player different looks. This is a good progression because it is more game-like as the defender has to react similarly to a game rather than just learn the sequence. You might tell the offensive player to choose three or four different cuts and positions at random.



## Coaching Tips:

- **Fake Dribble Penetration** – Make sure that the person with the ball fakes dribble penetration periodically throughout the drill. This ensures that the defender is watching the ball and the player they are guarding at the same time.
- **Don't Depend On Drill** – You shouldn't depend on this drill as a way to defend. The real test is when you are defending with other players on the court. However, it is a good variation to use in practice to initially learn defensive habits. You can also use it as a variation to quickly review defensive principles.



## Defense Drills - Drill 50 - 2 on 2 Ball Screens

### Purpose:

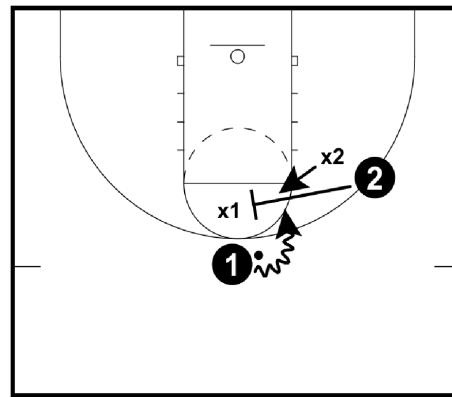
When it comes to the on ball defender and the defender guarding the screener, this is one of the best ball screen drills that you can use. Why? The defenders don't have any help defense! This makes it way more challenging than during the game. If they can adapt and have success in this situation, your team defense will be that much stronger.

### Setup:

There are two offensive players and two defensive players. You are playing 2 on 2. If desired, you can also play 3 on 3.

In this diagram, the player with the ball starts at the top of the key. However, you can start from the wing as well.

2 on 2 Defend the Ball Screen  
Mo-Kan Youth Basketball



### Instructions:

The first action at the start of every possession is a ball screen. In this scenario, 2 sets a ball screen.

Defender X2 is calling out the screen and jumping to the high side to "hedge" the ball handler east-west.

Defender X1 is trying to fight over the top of the screen, and only going underneath if they are caught up in the screen.

Next progression is "dribble handoff". You "switch" on all dribble handoffs as they are normally a guard to guard play. 1 in black would simply dribble to 2 in black and handoff while using the body to shield the ball. Defenders switch on all handoffs.



## Points of Emphasis:

- **Hedge the Screen** – As the player guarding the screener comes up to “hedge the ball screen” (attempt to stop the ball handler from getting north – south), they want to make sure they don’t jump too high over the screen, as this will lead to them being “split” by the ball handler and beaten to the hoop. Stay tight on the screener, step through with your bottom foot over the screener’s top foot and try to force the ball handler up high, away from the hoop.
- **No Straight Lines For Screener** – The defender does not allow the screener to easily go where they want. If you can knock the screener off their path, they may not be able to go set the screen. Put a forearm up and stay balanced. Be ready for the screener to initiate contact if they try to continue in a straight line.
- **Beat the Screen** – The player guarding the ball needs to stay low. If you are quicker than the ball handler and can avoid the screen, you should try to push the ball handler out without help. If you get caught by the screen and have to go behind, you need to communicate with your helping teammate, let the player know you’re recovered and push your way through to get back on your player.
- **Quickly Reposition On Handoffs** – If you’re not aware of your position on the switches for dribble handoffs, you can provide an easy dribble drive opportunity for the ball handler. Make sure to quickly reposition yourself, so your butt is to the basket and you are directly between the ball handler and the basket.

## Variations:

**3 on 3 and 4 on 4** – Like mentioned previously, you can play 3 on 3 or even 4 on 4 and start every possession with a ball screen. This is a great way to practice your help defense when it comes to ball screens as well.

**Offensive Advantage** – You could even allow the offense to have an initial advantage on the ball screen to practice scrambling out of help in ball screen situations.

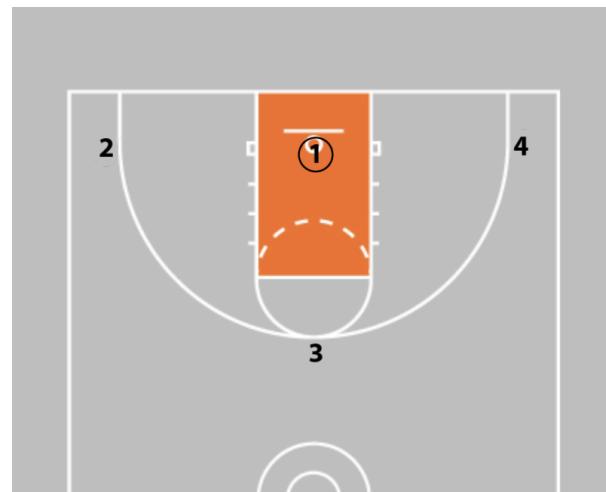


## Defense Drills - Drill 51 - B. U. Closeout

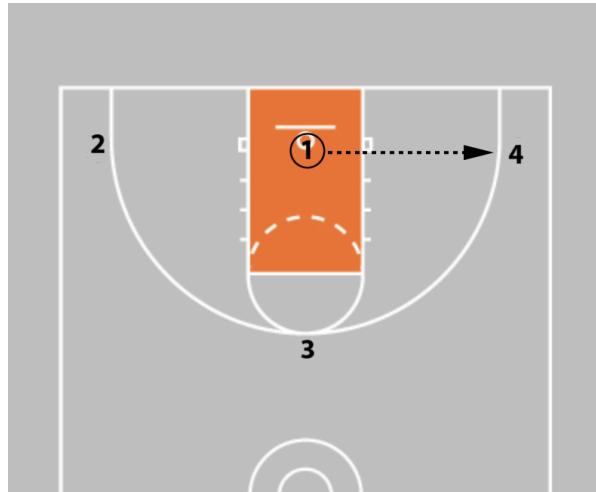
### Philosophy

This whole goal of this drill is to put players on an island against three different offensive players. We make it competitive by having a scoring system. Players who lose have some type of jumping or running drill afterwards. At the end of the day, the drill is about reinforcing our defensive philosophy:

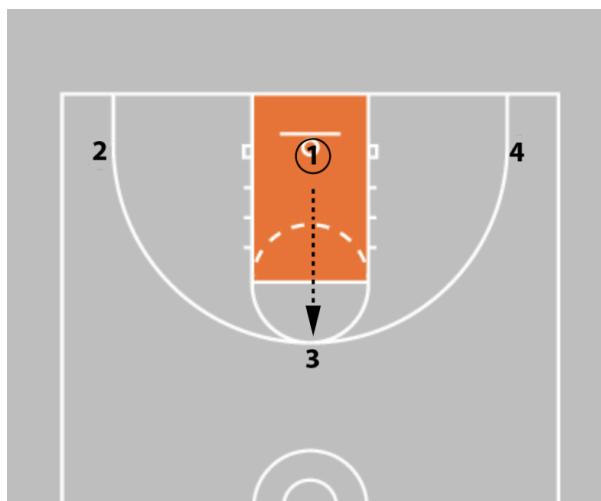
- forcing outer thirds
  - correct angles on closeouts
  - hit and get
  - low and X man rotations
- 
- The drill begins with the defender holding the ball underneath the basket.
  - There are three offensive players on the court, and he has to defend against them all one at a time.



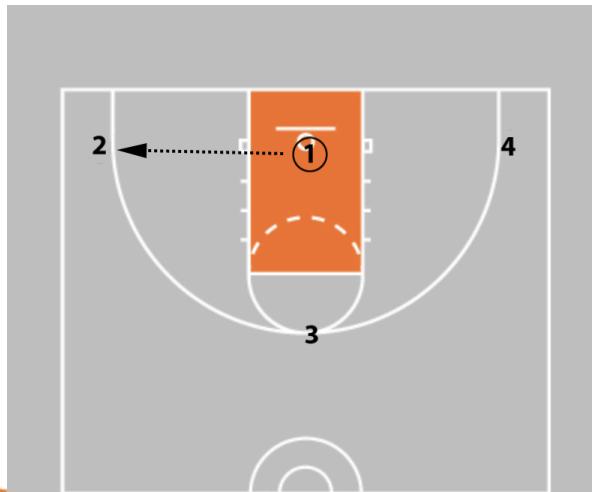
- Player 1 now plays defense against Player 4.
- Player 4 is only allowed two dribbles in order to score.
- When Player 4 shoots, Player 1 must hit and get the ball. If the offensive player gets the rebound, they reset and play again.



- Now Player 1 passes the ball to Player 3 and plays defense against him.
- The same dribble limits and rebounding rules apply



- Now Player 1 passes the ball to Player 2 and plays defense against him.
- Player 2 is only allowed two dribbles in order to score.
- When Player 2 shoots, Player 1 must hit and get the ball.



- If the defensive player stops two of the three offensive players from scoring, he leaves his defensive position in the hole and the offensive player on the left baseline becomes the defender in the hole.
- A player in lines comes in to play offensive on the right baseline, and the other two offensive players rotate around the perimeter.
- If the defensive player does not get two stops, he remains playing defense in the hole.

### Scoring:

- 1 point for offensive score
- 2 points if you get to leave the hole on defense
- 2 points for any charges taken

### Coaching Tips:

1. It is important for players to understand that sometimes they do things perfectly and opponents hit tough shots.
2. Coaches need to continually emphasize the correct angles and closeouts.
3. If there is a catch and shoot, we want to be the second jumper. We remain down with our hand up on our closeouts. This prevents fouling and possible pump fakes and blow bys.
4. Defense is about multiple efforts. A player's first effort is the close out. The second effort is using an angle to stop the drive. The second effort is the most important one.
5. Players must be careful not to over closeout. This allows for quick penetration. Defenders need to allow for some space on their closeout.



6. Defenders must KYP (know your personnel). If an offensive player is quicker, then allow for more space. If you have a size advantage, you can close out a step back.
7. Our goal is to only allow contested 2-point shot attempts.
  - o We are not giving clean threes off of drive and kicks.
  - o We are running guys off of the line.
  - o We are becoming second jumpers on contested two's.





## Defense Drills - Drill 52 - 2 v 2 Shell

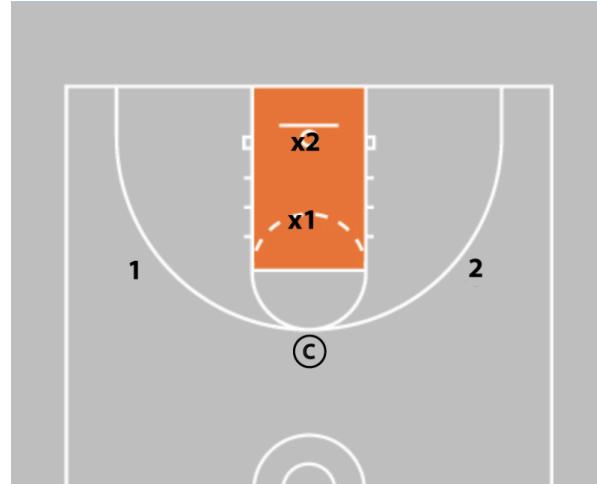
### Philosophy

We break this down to get reps with live movement. We are focusing on our long closeouts.

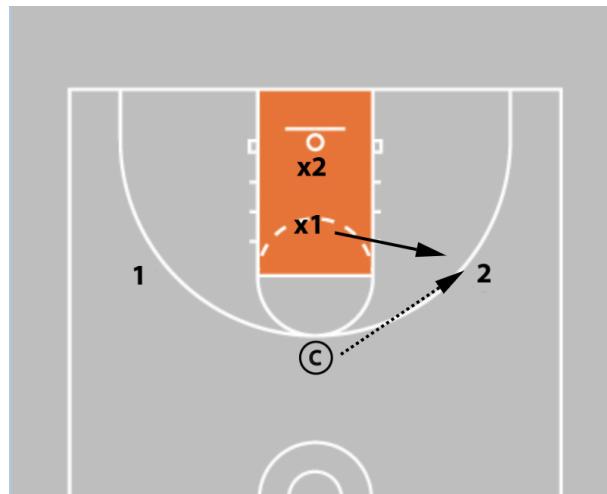
We want them to think about their angles and their approach. We want our players "doing the work before the work". This drill is a build up from 2-on-2 to 3-on-3. We do this drill with less bodies because it makes the closeouts longer and more challenging. It is more challenging to defend with fewer players which makes it easier when actually playing 5-on-5. This is a progression to our 5-on-5 live drill with a scoring system.

### 2-on-2

- Our focus is for our players to be in a ball-you-man position.
- The ball and the angles of the closeouts are constantly changing.
- The players are always in a long closeout situation.
  
- Offensive players start elbow extended.
- Defensive players start on the help line.
- The coach initiates the drill by tell the defenders to chop it up.
- The coach yells, "Stance", and he defenders closeout on their man.
- The coach begins passing along the perimeter.



- The defenders position themselves to be on the ball and help defenders.
  - They rush to close out.
  - Off ball defenders must see ball and man at all times.
  - It is imperative that players rotate from X man to low man depending on the location of the ball.
- 
- The drill lasts for twenty seconds. The defense becomes the offense, and the offensive players leave the court. A new set of defenders enters the drill.



### Coaching Tips:

1. Players being able to self-correct is a huge part of a learning process.
2. If a younger player is unaware of a mistake, you also hope your leaders will help and hold those younger players accountable
3. Playing 2-on-2 lets coaches easily evaluate strengths and weaknesses of players.

## Defense Drills - Drill 53 - Deflection Drill

### Philosophy

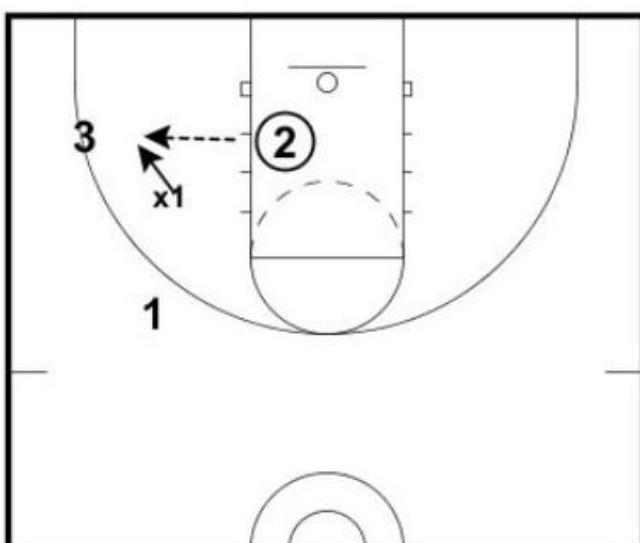
Active hands are a must in the zone. Defenders should try to read the eyes and shoulders of whoever has the ball. By doing so, they put themselves in position to deflect passes and create turnovers. This drill builds those habits

### Setup

- 3 offensive players form a triangle.
- 1 defensive player starts in the middle of the triangle
- Player 1 has a ball

### Instructions

- Offensive players pass among themselves.
- The offensive players are not allowed to move or dribble
- X1 attempts to deflect as many passes as possible.



## Coaching Tips

- You can run the drill for a predetermined period of time (:45) or you can have the defender switch out when they get a deflection. In that case, the player who threw the deflected pass would become the new defender.
- The defender should read the eyes and shoulders of the passer to predict where the pass will go.
- Make this a passing drill too. Encourage your offensive players to use pass fakes and take pride in not getting passes deflected.
- You can build this drill up and make it 4v2, 4v3, 5v3 or 5v4.

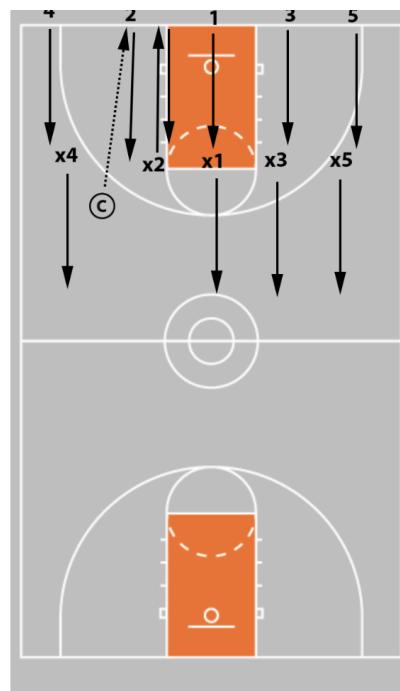


## Defense Drills - Drill 54 - Get Back Drill

### Philosophy

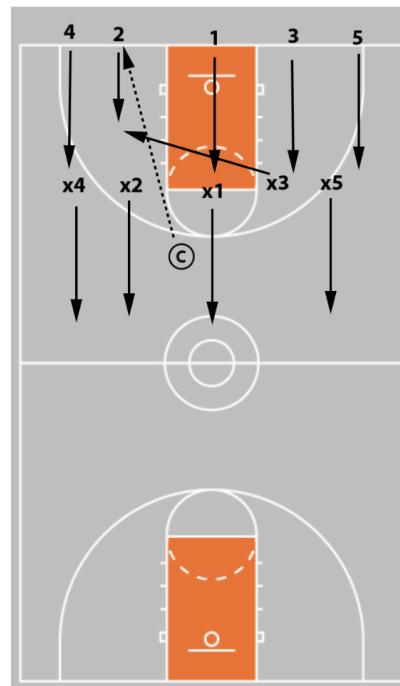
This is a very popular drill that many coaches use across the country. We use this drill to make sure we keep the ball in the outer thirds. We used this primarily in our "Rambo" situation. That is when we pick up the ball full court. The first way to do this is by filling the hole defensively on a pitch ahead. We then build up our wall and load up defensively which builds our help side.

- Offensive players are along the baseline.
- The defense is lined up against them.
- Coach initiates the drill by passing to any offensive player.
- The defender who is guarding the player that receives the pass must sprint and touch the baseline before playing defense.



In this situation, the coach calls out, "Rambo".

- Offensive players are along the baseline.
- The defense is lined up against them.
- Coach initiates by passing to any offensive player.
- The coach calls out a player who will be the "Rambo".
- In this case, the coach calls out Defender 3. Immediately, Defender 3 responds and runs to defend Player 2 who received the pass from the coach.
- Defender 3 works to keep Player 2 to the outer thirds.
- The defender who was guarding the player that receives the pass still must sprint and touch the baseline before playing defense.



### Coaching Tips:

1. A defender must clearly declare the hole in this drill.
2. Players must communicate through ball screen coverages. They cannot assume. They must communicate.
3. It is so important to keep emphasizing the non-negotiables throughout this drill and every every drill. Do not be afraid to stop the drill for teachable moments.
4. Coaches must stay consistent in their language, terminology, and expectations



during breakdown drills.

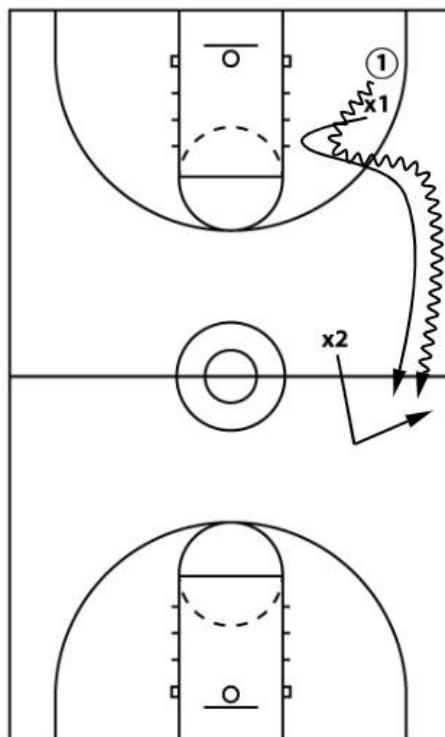
5. The focus for the drill is on defense and the non-negotiables, so the offense should be challenging the defense in those areas.
6. The more ball reversals there are, the more challenging it is for the defense.
7. After going down and back on the drill, switch up the defense and offense.
8. We usually run this drill twice a week. We challenge our players defensively by having two defenders touch the baseline before sprinting back on defense.



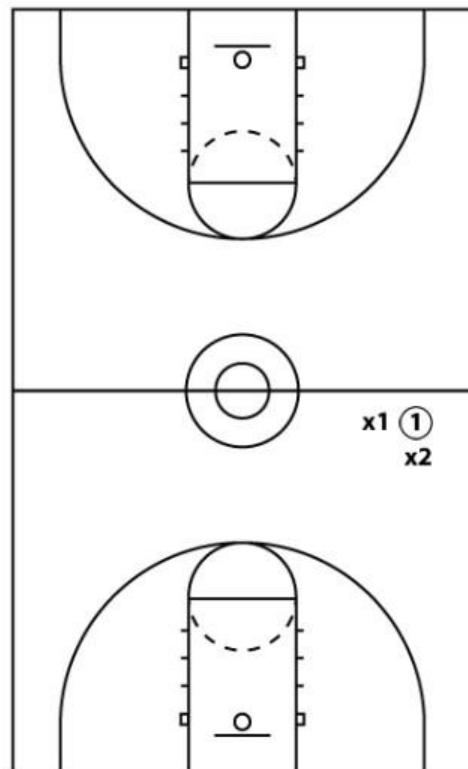
## Defense Drills - Drill 55 - 1 v 2 Trapping

This is a must drill for teams that use a 2-2-1 press. Part of the 2-2-1 is luring players into the desired trapping area at half court. This drill teaches your guards to funnel the ball up the sideline while your second line defenders work on "dancing" to set the trap.

- 1 starts with the ball on one side of the floor.
- X1 assumes a stance that funnels 1 up the sideline.
- X2 is positioned near half court on the same side.
- 1 looks to beat the defense by splitting the defenders or by beating them down.



- X1 & x2 look to trap 1 just across half court. This prevents 1 from being able to dribble or pass backwards.

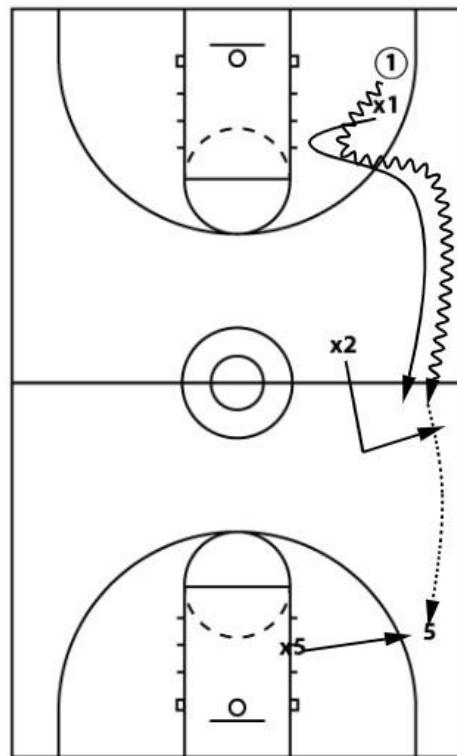


**Tip:** Dancing means that x2 fakes up and back. This is done to make the ball handler indecisive. They are unsure whether to pass or dribble up the floor. You can also have the ball inbounded to 1 to work on x1 forcing the ball back to the corner.

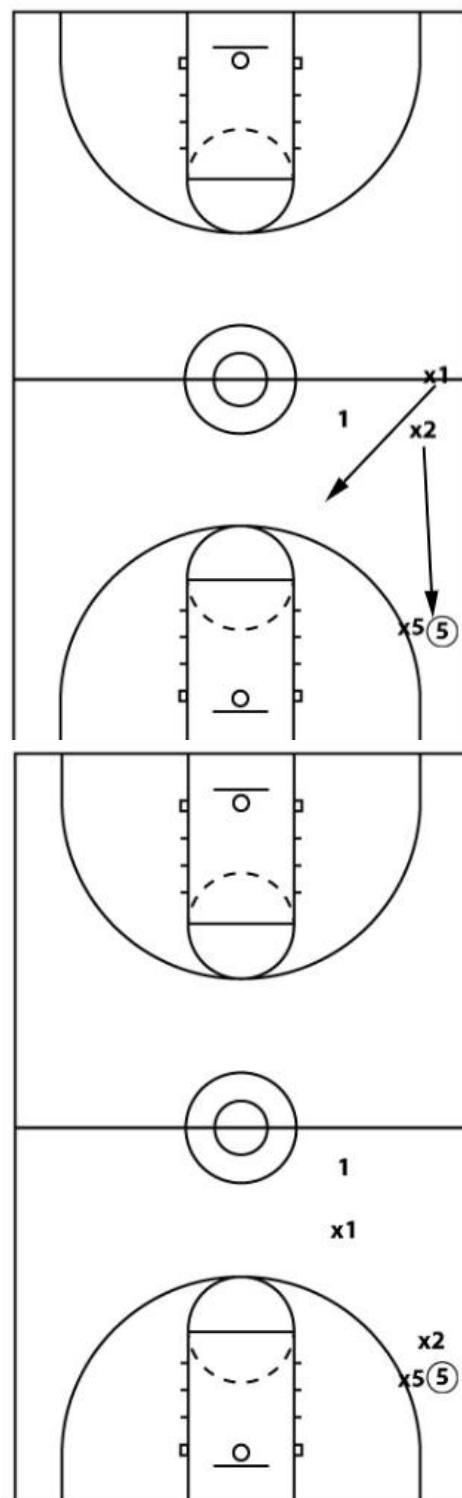
## Defense Drills - Drill 56 - 3v2 Sideline Trap

3v2 sideline trap is a great progression from 1v2 trapping. This incorporates all 3 levels of the press. It also lets players see how to trap in multiple areas of the floor and the rotations that ensue.

- As in the previous drill, x1 attempts to funnel 1 up the sideline.
- X2 “dances” at half court.
- x5 shades to the ball side and positions themselves on the ballside lane line.
- 5 is on the ballside wing in the forecourt.
- As the ball comes towards halfcourt, x1 & x2 will look to trap.
- Here, 1 passes ahead to 5. X5 can attempt to steal the pass.



- If 5 catches the pass, x5 will stay and apply pressure.
  - X2 will turn and sprint into a “2nd trap” with x5.
  - X1 will drop towards the wing area to be ready to intercept a reversal pass.
- 
- X5 & x2 trap
  - X1 denies a reversal

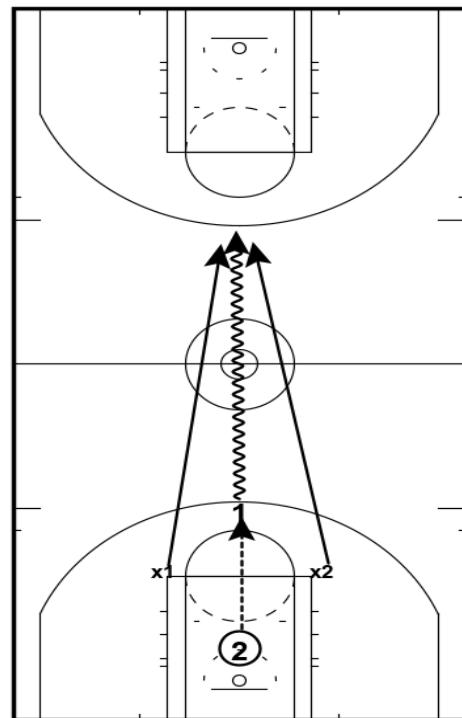


**Tip:** If x5 is going to try to steal the pass from 1 to 5, they must be sure they'll get it. Otherwise, they pressure and trap with x2, while not allowing 5 to drive the baseline.

## Defense Drills - Drill 57 - 2v1 Tip From Behind

This is a great drill to practice getting back in the play after getting beat. It also builds the offensive skills of speed dribbling and finishing under control while going full speed.

- 2 defenders start on the elbow.
- One offensive player is under the rim with a ball and the other is at the top of the key.
- The drill begins when 2 passes to 1 (2 is then out of the drill). 1 receives the pass and speed dribbles toward the other basket to score.
- X1 & X2 sprint on the pass and chase 1. Their goal is to tip the ball away from behind before 1 can score a layup.
- To minimize fouls, only the defender on the ball side should be attempting to tip.

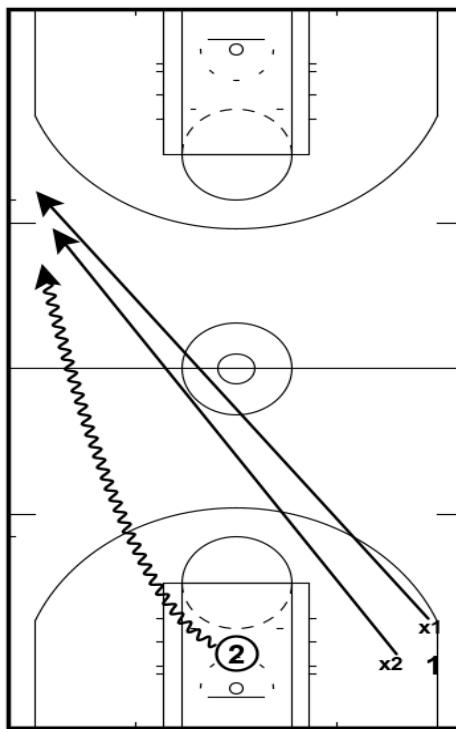
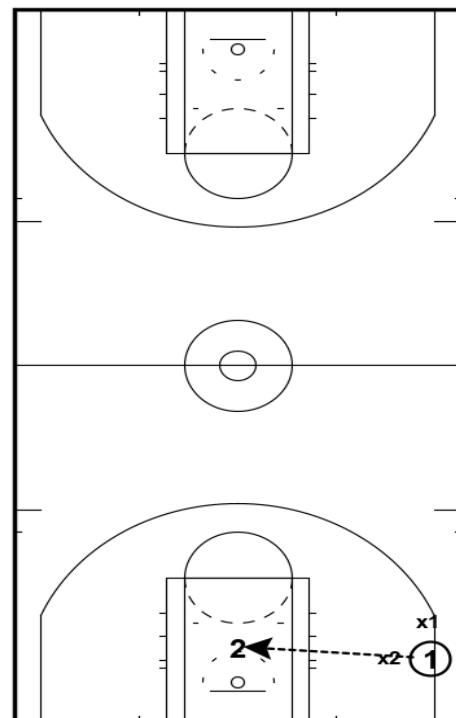


**Tip:** Only the player on the ball side should attempt to tip the ball. The player on the other side should sprint alongside the ball handler and be ready to tip if the ball comes back to that side.

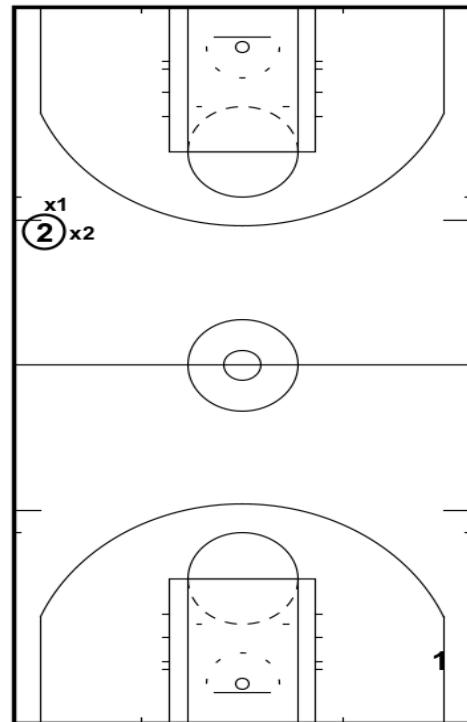
## Defense Drills - Drill 58 - Trap To A Tip

A great drill to work on multiple traps and a sprint mentality.

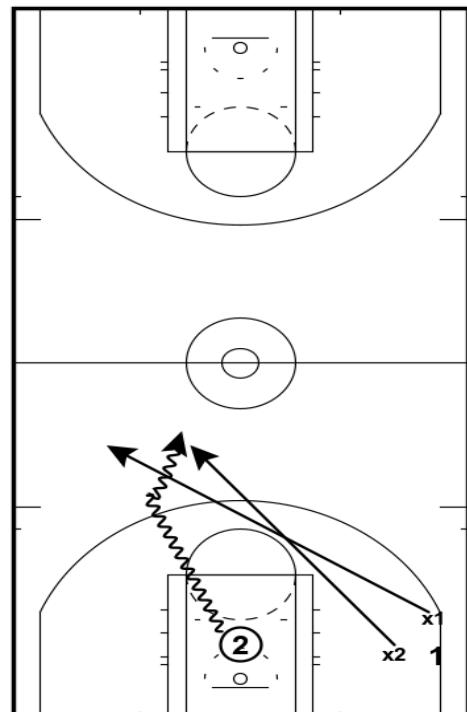
- Player 1 starts with the ball. Player 2 is under the rim.
- Defenders X1 & X2 are trapping player 1. The drill begins when 1 passes the ball to 2. (X1 & X2 are not allowed to touch that pass.)
- 1 is out of the drill after making the pass.
- As soon as 2 receives the pass, they dribble hard up the opposite side, trying to score.
- X1 & X2 sprint out of the trap at good angles to cut off 2 down the floor.



- If X1 and X2 are able to catch 2, they will look to trap along the sideline.



- If player 2 attempts to cross over and split the defenders, they will then chase from behind just as in the 2v1 tip from behind drill.
- X1 & X2 will look to tip the ball away before 2 can score.

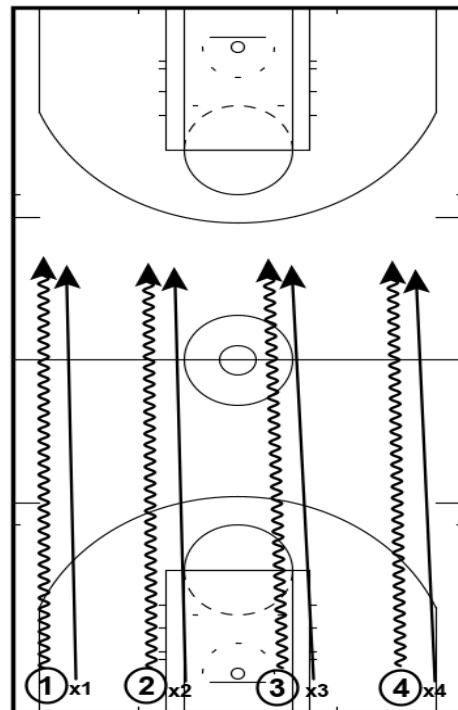


**Tip:** This drill is great for helping players learn to take good angles when getting the ball cut off. If not, they'll end up behind the dribbler.

## Defense Drills - Drill 59 - Tip From Behind

This drill is a great drill to use no matter what defense you run. Whether you press or not, players will find themselves trailing the ball and many times have the opportunity to tip from behind and create something positive from a negative situation.....if you practice this.

- Players partner up on the baseline
- The offensive player has a basketball. The defensive player lines up next to them on the dribbling hand side (in this diagram, all players would be dribbling with the right hand).
- The offensive player speed dribbles to the other end.
- The defensive player is trying to tap the ball away. If the offensive player changes hands, they must wait until the ball comes back or run behind to the other side. Never tip across the offensive player's body.
- Defenders should tip the ball up softly with their inside hand.

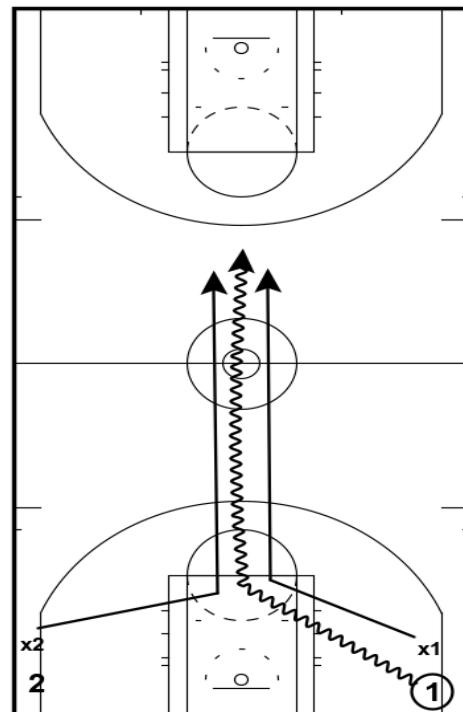


**Tip:** The defensive player MUST tip the ball with the hand that is next to the ball handler. So in the diagram above, each player would tip the ball with their left hand when the ball handler is dribbling with their right hand. This doesn't always feel natural to players and takes practice.

## Defense Drills - Drill 60 - Split & Tip

While you don't want to get split in the press, it will happen. This is a great drill to work on the next right action when that happens.

- Offense and defense start in the corners. Player 1 has the ball.
- Player 1 starts the drill by dribbling hard towards the middle, splitting X1 & X2. (This is not what you want to happen, but it will happen.)
- X1 & X2 must sprint and chase down 1 from behind. Their goal is to tip the ball away from behind before 1 can score a layup.



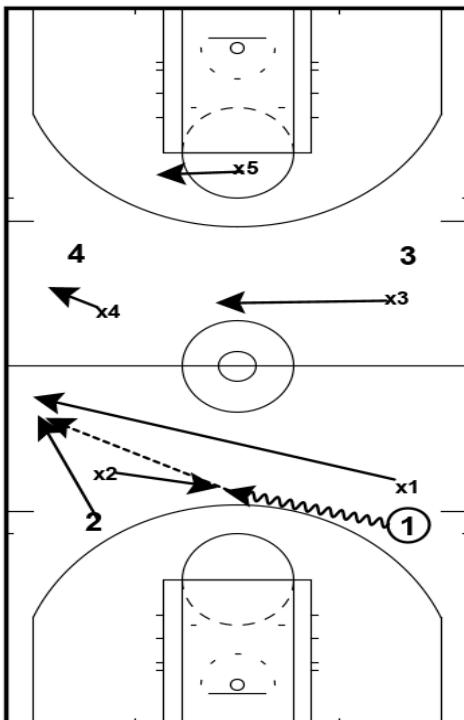
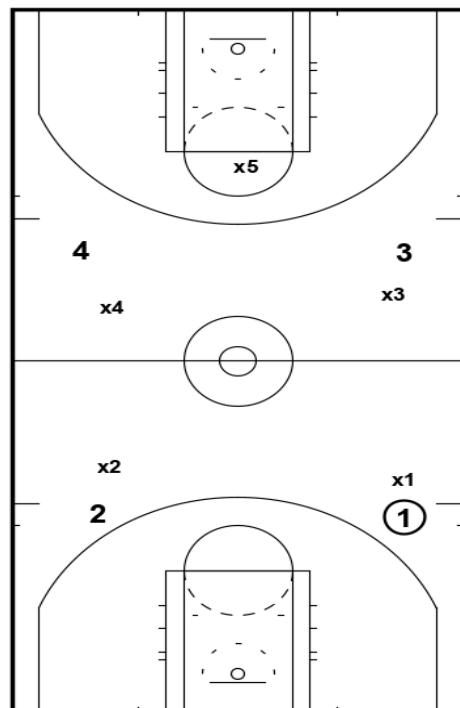
- Only the player on the ball side should tip. Reaching across the ball handler's body generally results in a foul.
- Defender's should attempt to softly tip the ball up with the inside hand.

**Tip:** Always tip up on the ball. Tipping down is generally called a foul. Tipping up almost never is.

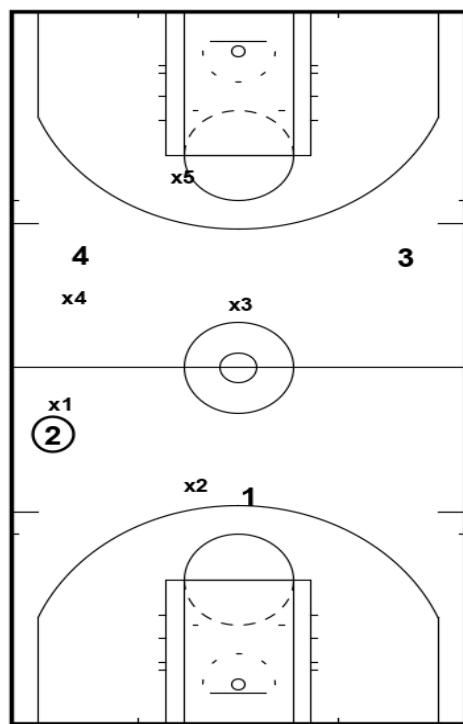
## Defense Drills - Drill 61 - 4v4 Box Middle Drill

A great drill to work on your jumps when the ball is dribbled to the middle. After the jump you get to work on your rotations in the press.

- 4 offensive players line up in a box formation.
- 4 defenders matchup with a 5th defender back at the rim. The 5th defender is there to steal any deep passes.
- The drill begins with player 1 attacking the middle of the floor.
- This cues X2 & X1 to execute a run and jump.
- X3, X4, & X5 all move with the ball.



- After the run and jump, X2 will be matched up with 1 and X1 will be guarding 2.
- Play is then live. The defense should look for other opportunities to jump and trap throughout the possession.

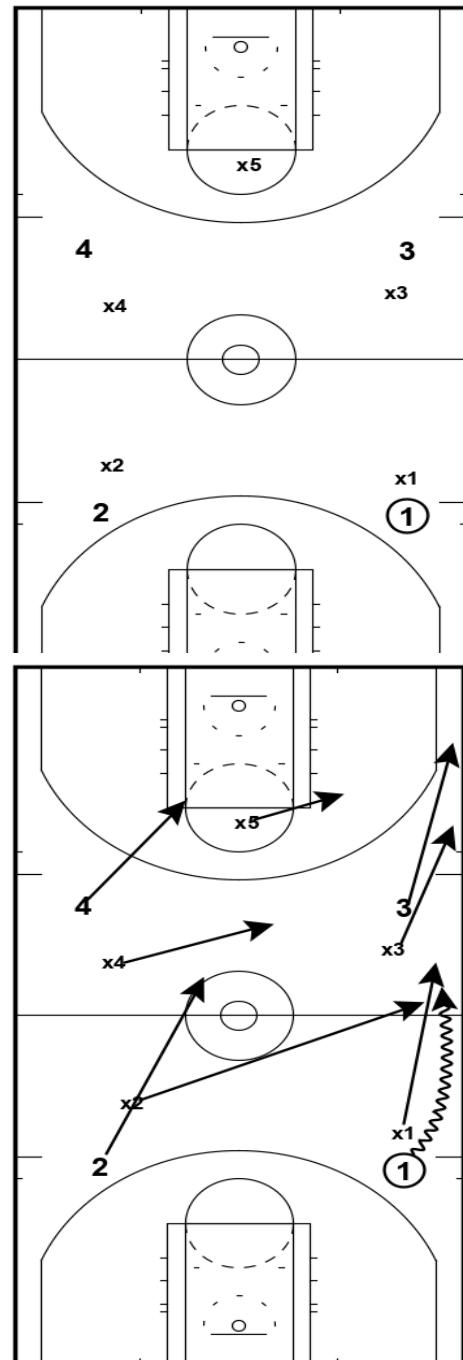


**Tip:** Remind players to jump on the line of the next pass. That makes the ball handler throw the ball over the player who is jumping the ball. This increases the likelihood of a deflection. It also forces a slower pass, allowing your defenders more time to rotate.

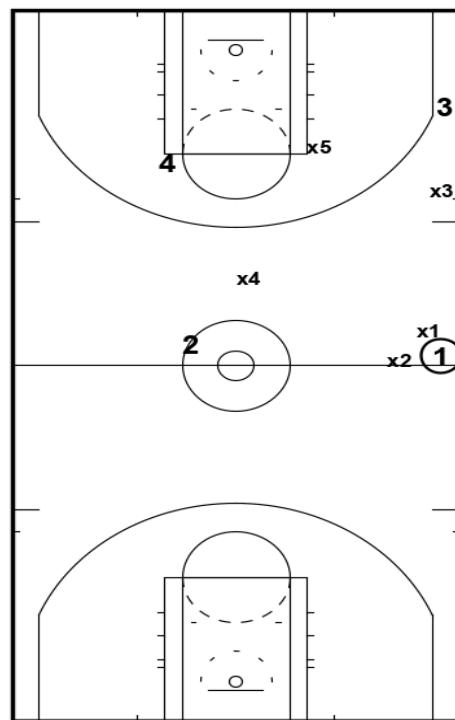
## Defense Drills - Drill 62 - 4v4 Box Sideline Drill

This drill works on the desired outcome of the press - a sideline trap. Players get used to their rotations and read.

- 4 offensive players line up in a box formation.
- 4 defenders matchup with a 5th defender back at the rim. The 5th defender is there to steal any deep passes.
- The drill begins with 1 attacking up the sideline.
- This should cue a trap. X1 will turn and sprint at an angle that allows them to cut off 1. X2 will sprint after 1 in an attempt to close the trap.
- X3, X4, and X5 move with the ball.



- After the initial sideline attack, play is live.
- The defense will look to create a turnover out of the trap.
- If 1 is able to pass out of the trap, the defense should look for other opportunities to jump and trap throughout the possession.



**Tip:** Make sure your defenders guarding players on the weak side of the floor get to the midline. They can always work back to the weak side on a skip. However, you can't give up a pass to the middle of the floor. Don't let your players "hug" their man.

## Defense Drills - Drill 63 - Guard Overload

The guards in a 2-3 must be relentless. They are essentially responsible for guarding 3 or 4 offensive players, with a little help from the backline. Thus, they must be confident in their rotations and move on the flight of the pass. This drill builds those habits.

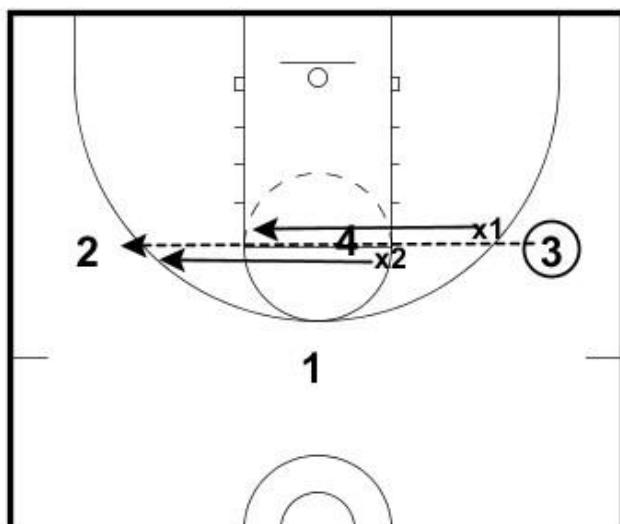
### Setup

- The offensive team has 4 players on the court. They are positioned at the point, on the wings, and at the high post.
- X1 and x2 are positioned at the guard positions in the 2-3 zone.
- Player 1 has a ball.



### Instructions

- The offensive players pass the ball among themselves.
- Offensive players cannot move, dribble or shoot.
- The defender's rotate, being sure to deter the high post pass at all times.



## Coaching Tips:

- Stress moving on the flight of the pass.
- Defenders must be in a stance at all times.
- Defenders should read the eyes and shoulders of the passer.
- Remind defenders to play with their hands up to make passes harder.

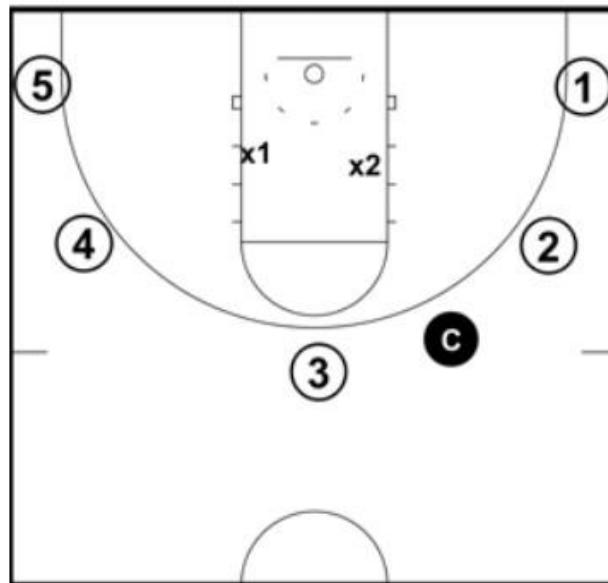


## Defense Drills - Drill 64 - Rebound By Numbers

Rebounding out of the zone is a common concern. To do so effectively, defenders must identify their box out as soon as the shot goes up. This drill helps work on that skill.

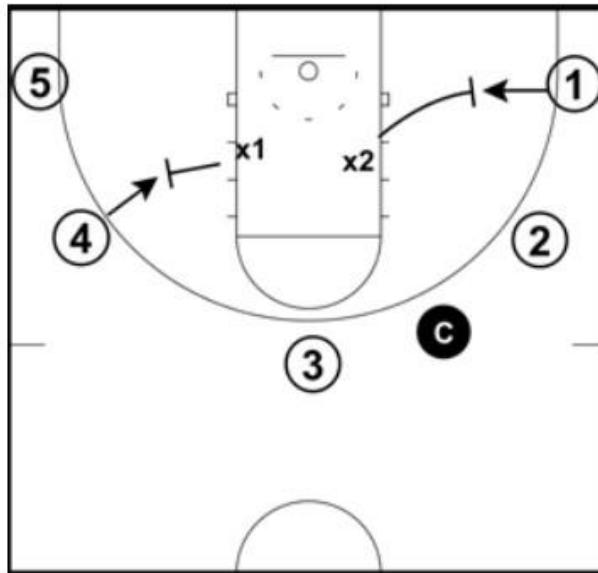
### Setup

- The drill starts with 5 offensive players and 2 defensive players.
- The defensive players are positioned in the paint.
- Offensive players are positioned beyond the 3 point line and are number 1-5. The coach starts with the ball.

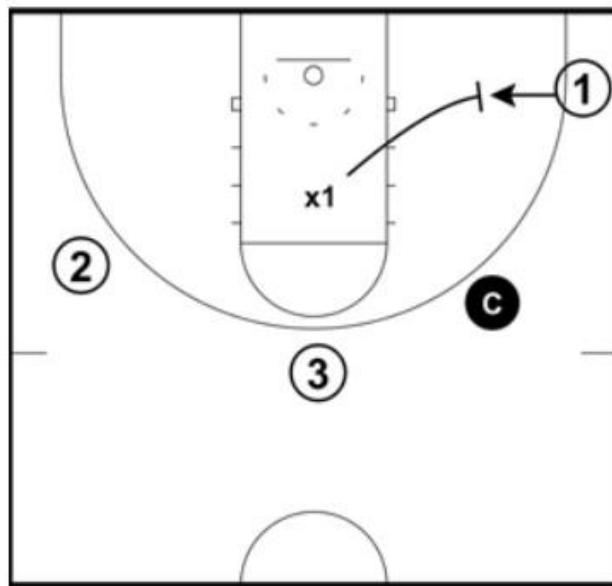


### Instructions

- The drill starts with the coach shooting the ball. As they shoot, the coach will call out two numbers.
- The two players whose numbers are called go to rebound (4 & 1 in this diagram). X1 & x2 must find and box out those players. Play through the rebound.



- If you have fewer players, you can make the adjust the drill. In this diagram, you see it done with 3 offensive players & 1 defender.

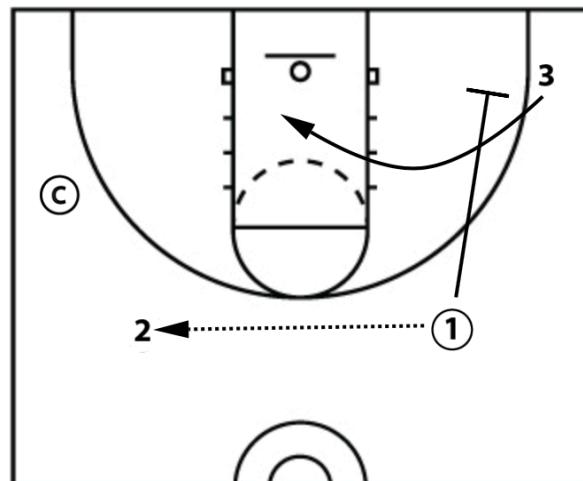


### Coaching Tips:

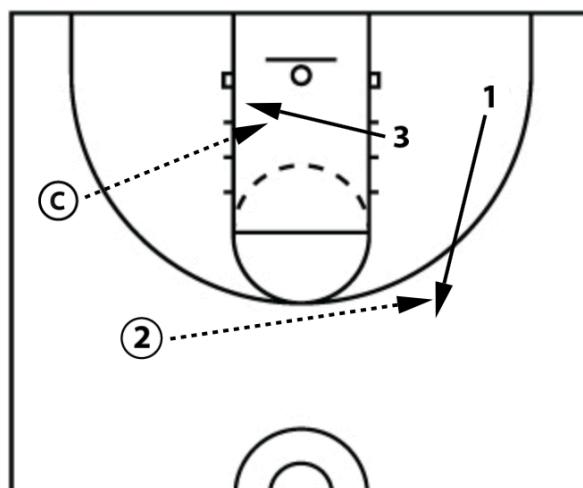
- Stress communication. The defenders must talk to make sure they aren't boxing out the same player.
- You can play the drill through the rebound or play it live until someone scores.
- To make the drill harder, allow the offense to move before the coach shoots.

## Offense Drills - Drill 65 - Curl Cut

- 1 starts the drill by passing to 2
- 3 curls off 1's screen to receive a pass from coach on the left wing
- 3 should curl when the defender is trailing the play



- 1 cuts to the top of the key to receive a pass from 2 for the shot
- 1 moves to the end of 3's line
- 2 moves to the end of 1's line
- 3 moves to the end of 2's line

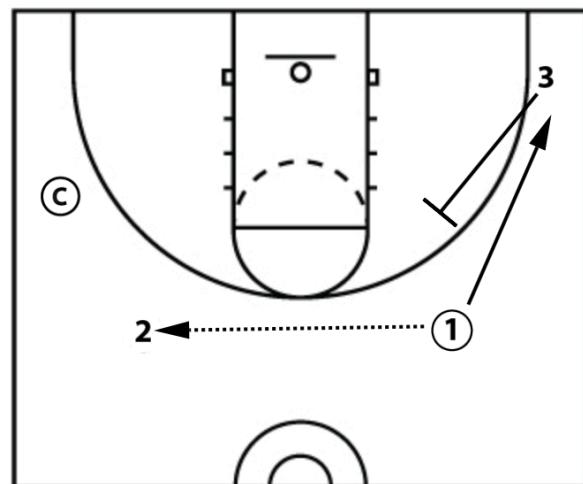


### Coaching Tips:

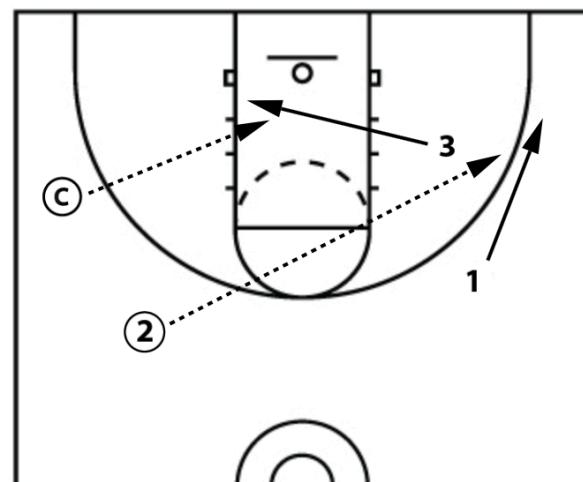
- Follow the pass for a step before setting the screen in order to create a better screening angle
- Take a step towards the baseline to give the offense more depth and a better screening angle

## Offense Drills - Drill 66 - Flare Cuts

- 1 starts the drill by passing to 2 then receiving a flare screen from 3
- 3 slips the flare screen to receive a pass from coach on the left wing



- 1 flares out to the corner to receive a pass from 2 for the shot
- 1 moves to the end of 3's line
- 2 moves to the end of 1's line
- 3 passes to coach then moves to the end of 2's line

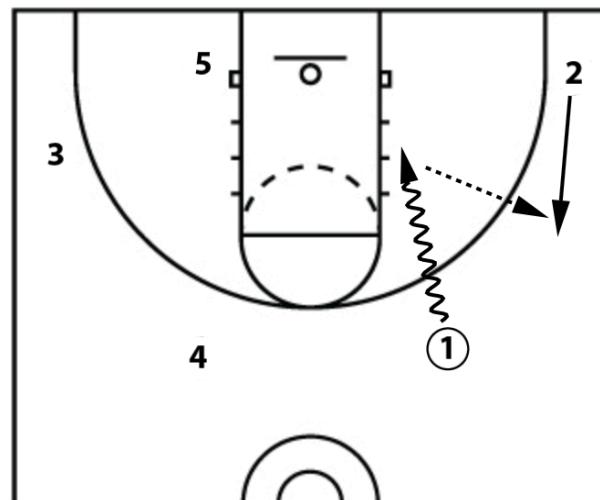


## Offense Drills - Drill 67 - The Kick Up

### Purpose:

- The goal is to get all the way to the basket with intent to score and/or be fouled
- Start with a sprint step - not a slide - to create more space faster, forcing the defense to respond
- Kick-ups should force the defender to go through the passer to closeout

- 1 attacks the basket
- 2 moves from the corner to the free-throw line extended for an open shot
- 1 should make a “positive pass” by waiting to pass the ball until 2 moves behind 1

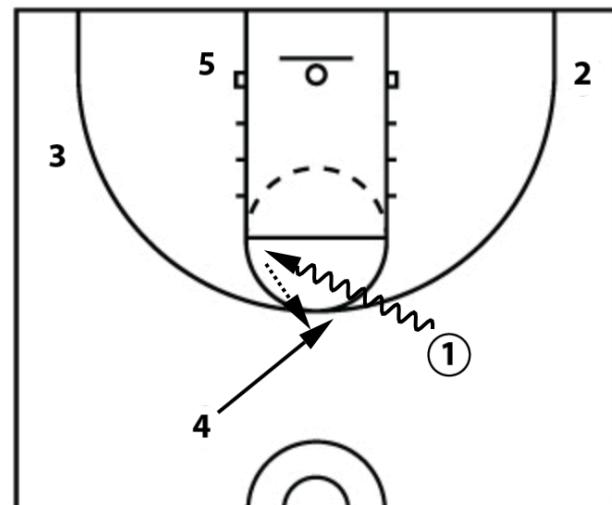


## Offense Drills - Drill 68 - The Kick Back

### Purpose:

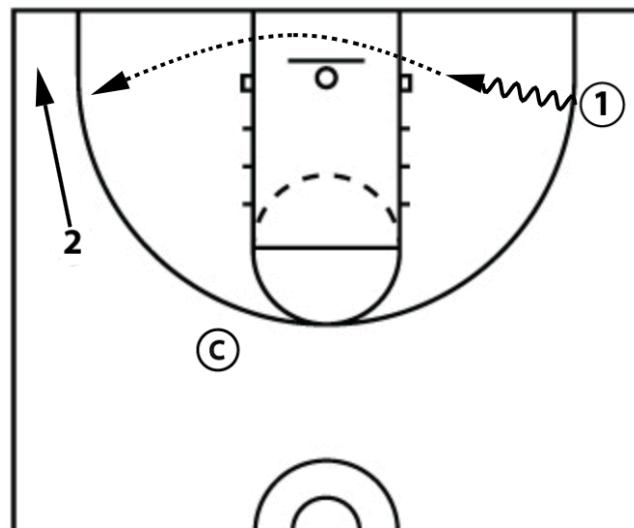
- Kick back differs from the kick-up based on angle of attack
- Ball side wing finds a window for a pass option for the driver
- Off guard fills behind at least 6-8 feet away from the initial attacker
- Do NOT do a negative kick-back, defined as a kick-back on the same side as the help defender, making the closeout shorter
- To be effective, kick-backs should force the defender to go through the passer to closeout on the ball
- Players who cut through the lane should fill an open area (e.g. the left corner)

- 1 attacks the basket
- 4 heads downhill towards the ball and receives a pass from 1
- 1 should make a “positive pass” by waiting to pass the ball until 4 moves behind 1

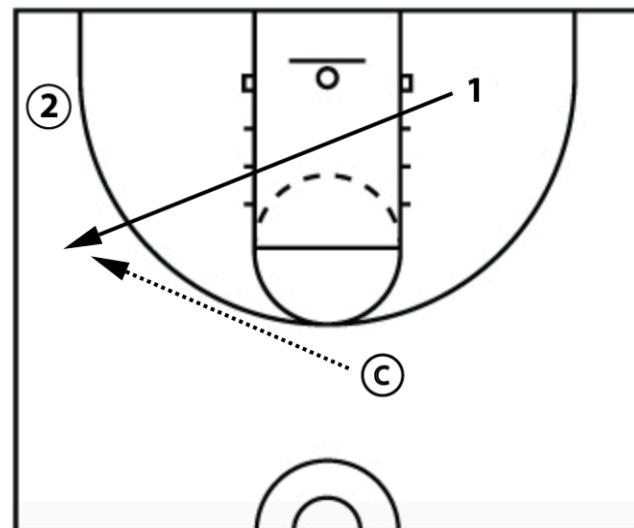


## Offense Drills - Drill 69 - 2 Man Hammer Pass

- The Hammer action was popularized by the San Antonio Spurs and is a common set run in the NBA
- This action is intended to generate an open corner three-pointer
- 1 attacks baseline then passes to 2



- 2 moves to the corner to receive pass from 1
- Goal should be for 2 to line up directly to 1's line of sight for the pass
- 2 takes the shot. 1 relocates to 2's previous spot to receive the pass from coach to take the shot



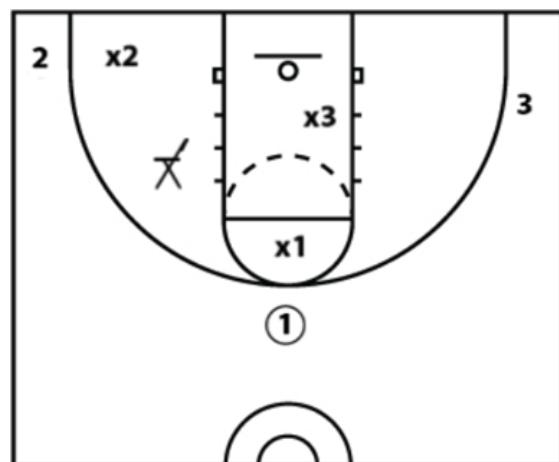
## Offense Drills - Drill 70 - Handoff & Help Drill

### Purpose:

The zoom action occurs on one side of the floor but it is important to work on both sides of the action for players to read. This drill works on players getting downhill and into the paint and the decisions and reads that will occur in games.

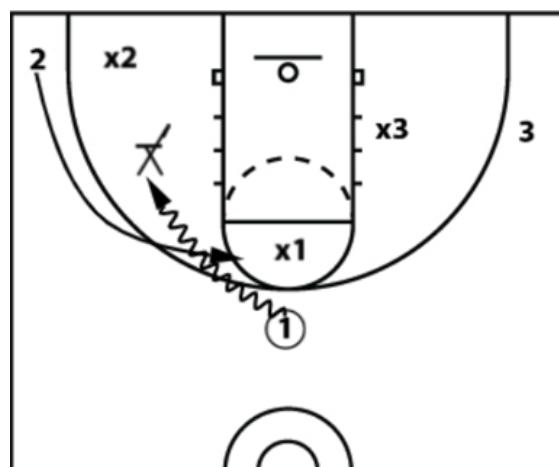
### Setup:

- Player 1 starts at the top of the key with a basketball and a defender
- Player 2 starts in the corner with a defender
- Player 3 starts in the opposite corner with a defender
- A chair is put in between player 1 and player 2 (where the screen in the zoom would occur)



### Instructions:

- The drill begins with player 1 dribble at the chair (screener) and player 2 coming off for a dribble handoff
- Once player 2 gets the basketball then the drill is live 3 on 3. This time the entire floor is in play.



### Points of Emphasis:

- Where the help defender (x3) is at and what is the best play to make
- The opposite spot up player (3) staying low and having hands/feet ready for a kick out opportunity.
- Player 2 reading the action and positioning themselves for a scoring opportunity.



## Variations:

**Start the Drill Going Both Ways:** Player 1 could also choose which direction they want to make the handoff. The other player would then become the spot up player. This makes it more of a live action right off the start without any predetermined actions to begin the drill.

**4 on 4:** This drill can also be done in the 4 on 4 setting. One variation would be to have the full zoom action with three players on one side and a spot up player on the opposite side. It also can be done with two spot up players on one side of the floor and two players and a chair for the zoom action on the other.

## Coaching Tips:

- **Make the Help Defender Make a Decision:** Getting downhill and into the paint is a key to success in any action, especially the zoom action. Remind players that the goal is to have the defender be in a position to have to make a decision. In this drill that will be caused by the player receiving the dribble handoff getting into the paint.
- **Attacking Closeouts:** This is a great drill to talk about how players should attack closeouts. If the help defender is closing out hard to the kickout player then attacking the shoulder of the defender is a great read. If the player is late to close out then the player must be ready to catch and shoot off of the kick out.



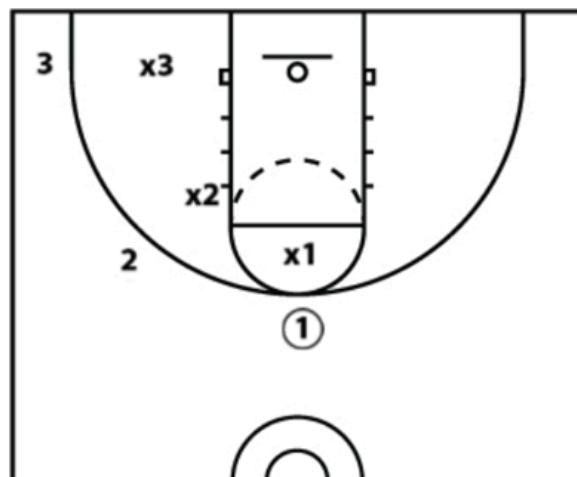
## Offense Drills - Drill 71 - Zoom Reads Drill

### Purpose:

Once players are able to make reads in the 1 on 1 and 2 on 2 drills then it is time to introduce the full zoom action in 3 on 3 small sided games. This drill incorporates all three spots and works on all of the reads that will be happening within this action. This drill can be focused on a specific action, players, or read and should be a staple of any practice plan for teams implementing zoom actions in their offense.

### Setup:

- Player 1 starts at the top of the key with a basketball and a defender
- Player 2 starts on the wing with a defender
- Player 3 starts in the corner with a defender



### Instructions:

- The drill begins with player 2 setting a screener for player 3 while at the same time player 1 dribbles directly at player 2.
- At this point the drill is live 3 on 3 with the opposite lane line serving as an out of bounds.



### Points of Emphasis:

- Reads/reactions to the other players
- Getting downhill into the paint on the dribble handoffs.
- Quick/Hard cuts while reading the zoom action

## Variations:

**Start with the ball on the opposite wing:** Have a coach or manager start with the basketball and the drill begins when the ball is passed to the player at the top of the key. Also, the defenders should be in their help positions while the ball is on the opposite wing. This allows for a more accurate timing of when the ball is swung directly into a zoom action.

**Predetermine Reads:** When beginning to teach the zoom action, it may be beneficial to give the cutter a predetermined action (back cut, take dribble handoff, or don't take dribble handoff) in order to focus on exactly what the read will look like in live 5 on 5 action.

**Specific Player Must Get a Shot:** Challenge your players with giving them a predetermined player who must get the shot. This will help them focus on which read will be needed in the zoom action. This shouldn't be done all of the time but a good changeup to help get more out of the drill.

## Coaching Tips:

- **Mistakes Are Going to Happen:** Remind players that the read they make won't be the best one every time. A bad read that is done quickly and decisively is always better than indecision.
- **Teach by Using the Defense:** Teach the reads within the zoom by using the defensive players. For example, talk about the defensive player who went under the screen and that is why the offensive team got an open look. This will help the players understand the "why" behind the reads of the zoom action.



## Offense Drills - Drill 72 - Press Breaker Drill

### Instructions:

1. You can use different variations.

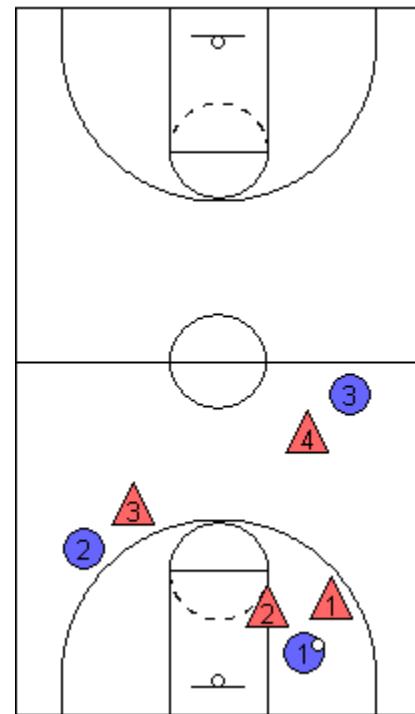
Here are a few examples:

- 3 on 2
- 4 on 3
- 7 on 5

In the diagram to the right, we use 4 defenders and 3 offensive players.

2. Have the offense take the ball out of bounds. From there, the offense tries to break the press and score.

If limited on time, we will have the offense start the drill over as soon as they pass half-court. You can vary the press between full-court denial, full-court, or 3/4 court (or anything else you think of) to adjust to the types of pressure you will face.



This is a very simple, yet extremely effective concept. Sometimes, when you face pressing teams, it can feel like 7 or 8 defenders are out there on the court. Why not practice like that?

If your offense can successfully break pressure against 7 or 8 defenders, they should be able to break most pressure.