

*“Be the teammate you want others to be.”*

### BALL HANDLING

**Simple 10:** 10 reps each hand

- Pound / pound hesitation
- Vs: front-back, side-to-side
- Inside out, inside out cross
- Crossover ground skids
- Between legs front, back
- Behind back
- Spin tight and low
- Fingers and piano
- Inside, middle, outside
- Side-step cross
- 45° lunges between legs
- Pound, jab forward, cross
- Crabs b/t legs up w right leg, back w left

### SPEED / STRENGTH

- Planks and push up to plank
- Jumping jacks to air squats
- Superman, SM swimmers
- Lunges
- Mountain climbers
- Planks to sky
- High knees
- Sideline sprints with ball
- SPEED (25)
- 3-man weave (18)
- Tight weave

### PARTNERS

- **Get 50:** 10 each
- 1-handed shots
- Mikan, Reverse Mikan
- Bradleys
- 1-2 step jumpers
- *One or two of the following:*
- Shot fake, clip the hip on close out, reverse pivot, pass, repeat
- Passing drills
- 20 makes in 2 minutes
- Chaser layups
- Ball tough 1v1 at wing *hold for 5 seconds, then 3 seconds to score*

### SMALL-SIDED GAMES

- 1v1 and 2v2 DHO with cone at the top of the key
- 3v3 olympic shooting *jab-step or shot fake layups, relocate Js, 3s, slide 3s*
- 2-man v-cut full court to backdoor cut and finish
- 3v3 full court no dribble passing drill
- 3v3 half court no dribble game
- 3v3 pick and roll, pick and pop, pick and slip, screen, re-screen, backdoor cut
- 4v4 Junker

### GUARDS

- IT floaters
- Rondos
- Dribble pro hops
- Kyrie partial spins
- Ball first spins
- Tennis ball partners
- Heavy / regular ball combos
- Drive and kick / Iverson cuts
- Malik Allen pivots with pad
- Jab / Swing / Bully layups
- Jab / Swing / Bully jumpers
- Tight cone 1v1

### BIGS

- Drop step & counter
- Hook & counter step through
- Elbow series
- Malik Allen pivots with pad
- Jab / Swing / Bully layups
- Jab / Swing / Bully jumpers
- Pick and roll, pop, slip
- Box out layups
- Post 1v1 (block and elbow)
- Box out 1v1 or 2v2
- Tight cone 1v1

### TRANSITION / BLOB

- 10 trips drill
- Get back drill
- All 5 score in 30 seconds
- 3-man transition drill
- Press breaks
  - \* *Slash (against zone)*
  - \* *Wheel, 100 (against man)*
- BLOBs / SLOBs
  - \* *X*
  - \* *Triangle*
  - \* *???*
  - \* *Hi / Lo*

### REBOUNDING

- NBA rebounding drill
- Half-court rebound, finish
- 3-man, 8-ball WAR
- The art of rebounding

### OFFENSE

- Pick, roll, drive, reverse, hit 5 in lane; coach hits 3 for corner 3 and 1 for 3 after exchange; variations
- 2v2 or 3v3 from various spots in different sets
- 2 3s in a row, 9 spots, 90 sec.
- 100-point shooting: 5 spots *3, jumper, layup, 1-and-1; 4 quarters; grades A, B, C, D*
- Offenses
  - \* *32*
  - \* *Lightning*
  - \* *FOUR*
  - \* *Zipper 3 (even front)*
  - \* *FIVE (odd front)*
- FOUR: Top, Down, Up, Tech, Opposite, X, Special, 251

### DEFENSE

- D-Time / first step series
- No sheep drill
- Gauntlet drill
- Grit or Double Grit
- 1v1 / 2v2 / 3v3 closeouts
- T-shirt 1v1
- Circle trap drill
- Shell / no paint drills
- Defenses
  - \* *Man, Badger*
  - \* *2-3 High / Low*
  - \* *Squid High / Low*
  - \* *House*

### FREE THROWS

- **Between drills**
- 17 in 1 minute
- 50-50
- Make 3 in a row
- 1-and-1, 1, 2, 3 situations
- Golf, alternate shot golf
- **GAMES TO 100**
- 10 points for fast break
- 10 points for off. rebound
- 10 points for a steal
- 1 point for every pass
- 1 point for DHO
- -1 for more than 3 dribbles

### WRAP UP

- 50-50 with conditioning
- 10 toes
- **Rest of week:**  
Wed-Thur, 7:30-9:30, Lake C
- **This weekend:**  
Battle at the Lakes, CDH, 10:40, 1:55 (BLUE)

### PRACTICE NOTES