

"Be great at things that require no talent."

BALL HANDLING

Simple 10: 10 reps each hand or 2-ball workout

- 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
- Crab 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
- Closeouts / D zig-zags
- SPEED (25)
- 3-man weave (18)
- 22 layups in 2 minutes
- 3-man, 5-man weave back to 2v1 and 3v2

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
- Cone ball handling race

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
 - * Wizard
 - * Hi / Lo

REBOUNDING / PASSING

- NBA rebounding drill
- Half-court rebound, finish
- 3-man, 8-ball WAR
- The art of rebounding
- Michigan passing drill
- Villanova passing drill
- Partner passing series
- Izzo extra pass drill

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, ISO

DEFENSE

- D-Time / first step series
- Ranger 3v3 drill (coach on baseline)
- 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

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
- 1-min plank, 10 FTs (x3)
- Balance shooting

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