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PRACTICE PHILOSOPHY & DRILL CATALOGUE

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1 Introduction

You don't ever rise to the occasion; you sink to your level of training.

The purpose of this document is to outline my practice philosophy so that I can communicate it to and iterate on it with players, coaches, administrators, colleagues, and friends. This document will also serve as a home-base for me to catalogue practice drills.

1.1 Basic philosophy: skills & games

Basically, I believe that practice should be about learning skills, not learning drills. Learning new skills is one of the best things a player can do, whereas learning a drill will rarely translate into a live game setting. I think too many basketball coaches are more comfortable teaching drills than skills, which is a shame. Skills are extremely useful, whereas drills are usually useless.

At the same time, it's critical that you practice like you play. Basketball is a competitive improvised game, not a friendly scripted game. A great practice will incorporate lots of competition and lots of opportunity for players to improvise. This is sometimes referred to as a "games approach" to coaching, and study after study has found the games approach to be more effective than other approaches because it maximizes (1) fun, (2) retention and transfer, (3) active learning time, and (4) conditioning. Therefore, a games approach is the best strategy for preparing your players to compete in games. The coach creates the environment where the players' solutions emerge.

If you purify the pond, the water lilies die.

Practice chaos creates game calmness. – Fran Fraschilla

If it doesn't challenge you, it doesn't change you. – Fred DeVito

For progress to take place, failure must be expected as a part of the journey. If I expected to push my players to the point of failure, I had to create an environment that allowed them to do so without fear. – Coach David Thorpe

1.2 Offensive emphasis

I consider myself to be an offensive-minded coach, and most of my practices are focused on that side of the ball. A big part of being a great defender is your height, which cannot be taught, and your athleticism, which can be improved but is in many ways genetically determined. Offensive skills, on the other hand, can more easily be taught and developed through practice.

When college coaches are recruiting players, top of mind are players who are excellent offensive players. By emphasizing the offensive side of the ball in practices, we are helping our players become as valuable as possible to coaches at the next level.

It's not that defense isn't important, and it's not that we don't coach defense. But if given the choice between teaching some complicated defensive scheme that isn't necessarily replicable at the next level versus developing offensive skills that are valuable every time you step on the basketball court, to me it makes sense to choose the latter. Sorry, defensive-minded coaches!

Shooters rule the basketball world. -Doc Scheppeler

1.3 Periodization

It's important to vary your practices depending on the time of year and your team's goals. During or before the playoffs, it's better to take your foot off the gas pedal as practice time becomes less valuable and avoiding injury becomes paramount.

2 Core Practice Drills

Over time, this drill catalogue has become so large that I thought it would make sense for me to bubble-up some of my "core practice drills". A "core practice" starts with a fun warm-up, then builds from 1v1 → 2v2 → ... → 5v5+. My favorite drills in these categories are:

2.1 Core Fun Warm-Up

2.1.1 Pass Tag

This is THE marquee warm-up game:

<https://twitter.com/thomaswhartley/status/1401530966036914179?s=20&t=GAmZHSq0FY7NQjJv3Y1KBQ>

Here's another version (note: for a smaller team, you'd use a smaller court):

https://twitter.com/TheGr8_Hambino/status/1153318865201455106

Rules: no travelling or dribbling the ball, only pivots & passes. Can't tag the same player twice. Use a time limit. Two teams. Most tags win.

England National - Warm Up Game 

Great game for:

- Movement
- Intelligence
- Communication
- SAQ
- Coordination
- Building Team Spirit
- Fun & Enjoyment

2.1.2 First to 3 Cones Wins

https://twitter.com/Juegos_EF/status/1509787655277449217?s=20&t=657cuQP8aOY7BhBn5cXkw

<https://twitter.com/tombrush1982/status/1387511012493074439?s=20&t=3eMzvWcE6hZuFotzAqqxvg>

Need hoola hoops and cones

Alternative:

https://twitter.com/pe_toolkit/status/1449218281185824770?s=20&t=657cuQPB8aOY7BhBn5cXkw

2.1.3 Tennis Ball Races

https://twitter.com/Juegos_EF/status/1511599586980335616?s=20&t=657cuQPB8aOY7BhBn5cXkw

Need mini cones and tennis balls

2.1.4 “Get a Spot”

<https://twitter.com/tombrush1982/status/1359196416288120839?s=20&t=3eMzvWcE6hZuFotzAqqxvg>

2.1.5 Cage Drill

A circle of cones. That is the ball-handler’s “cage”. This is one of my favorite drills to teach kids to be strong & poised w/ the 🏀!

First step: Dribble under pressure

Defense is only trying to steal

Offense in the cage

- Protect the ball

- Control the body

Second Step:

- Offense is facing the basket
- Same defense

<https://twitter.com/frcoachrossi/status/1489283768850567173?s=20&t=hI1VHDlp0xYPR104tytXJg>

Extension: 12-second-drill (note: teach closely-guarded rule):

- 4 Seconds on a pivot
- Several seconds Live Dribble.
- 4 Seconds on a pivot.

Extension: add a vision component. A coach that the offense had to see (raising a 🏀 or 🤝). This avoids player having their eyes down under pressure and pivoting, which is very common.

Teaching point: when pivoting, avoid spinning in circles. I prefer them to move as little as possible. Ball security is crucial.

2.1.6 Touch & Chase (two alternatives)

<https://twitter.com/hirokiPROUD/status/1650675616105259011?s=20>

w/ cone: https://twitter.com/Juegos_EF/status/1637725670855024640?s=20

2.1.7 Head, Shoulders, Knees, Cones

<https://twitter.com/WannaTeachPE/status/1545124225073160195?s=20>

https://twitter.com/dr_roucka/status/1694469298238984452?s=20

Alternative in plank position: <https://twitter.com/WannaTeachPE/status/1567377947941605377?s=20>

Alternative – head, shoulders, jump, sprint:

<https://twitter.com/WannaTeachPE/status/1610515261068824576?s=20>

2.1.8 Cone Chaos (Jeremy Frisch)

<https://twitter.com/Brianthemasta/status/1687458083654569984?s=20>

Alternative: Bucket Ball

2.1.9 Open Cone (Brian McCormick)

<https://twitter.com/brianmccormick/status/1596184118131363842?s=20>

Simple lateral agility drill.

Player in middle has to touch open cone to get out. 3 defenders attempt to defend 4 cones.

Alternative – cone touch & tag: <https://twitter.com/hirokiPROUD/status/1665351642907017217?s=20>

2.1.10 Dragonfly Game (Paul Kelleher)

https://youtu.be/5qjeiAqFhEU?si=CB7Ovr9U82AHl9_j

Offense in 4 corners trying to hit the dragonfly's tail with a pass



2.2 Core “6 players or fewer” drills

2.2.1 1v1 Defensive Advantage (Weak-Hand)

Offense dribbles with their strong hand around the cone.

Defense sprints to cut off the dribbler's strong hand.

(To develop a player's weak hand quicker, you must teach the defense to always stop their strong hand. Players develop their left-hand faster vs live defense vs drilling left hand layups on air.)

<https://youtu.be/T-LsPtXp9s8>

2.2.2 1v1 Cones, Wallburg, Side-to-side, Face-off, Circle, Sideline

<https://youtu.be/cuzKgfqs8FQ>

Cones:

Cones can be placed at any location on the court. In this game, the offense can start whenever they want (no faking). On first movement, the defender(s) begins running and the game is live.

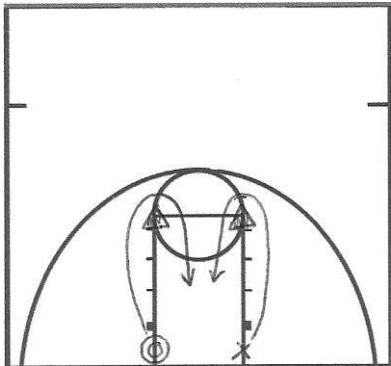


Figure 1



Graph 2



Figure 1



Graph 2



Graph 3

Sideline Cones (Xavier MBB): https://twitter.com/riberaru_basket/status/1621061169934131200?s=20

Stampede (work to 4v4):

<https://twitter.com/CoachTBrady/status/1677100371863392258?s=20>

Kickout (progress to 2v2): https://twitter.com/John_Leonzo/status/1667490535081226241?s=20

Hip Start: <https://twitter.com/JoerikMichiels/status/1680573290639683584?s=20>

Hip Start_2: <https://youtu.be/v4d-VdBCfqY>

Backup start:

<https://twitter.com/CSimonbertram/status/1453690977030479873?s=20&t=3eMzvWcE6hZuFotZAqqxvg>

Face-Off & Barkleys: <https://youtu.be/r-SOVDPgCqY>

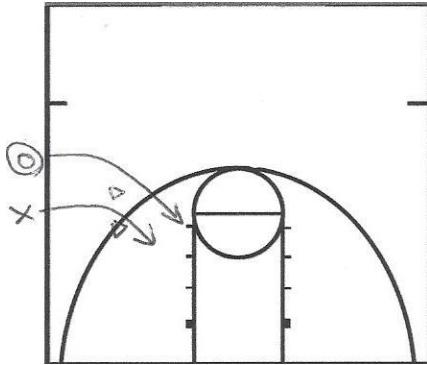
Wallberg: <https://youtu.be/RjvL2U7KJ0E>

Great one to get your guys comfortable attacking/finishing at speed. D can't move until O gets to the cones. O should be approaching full speed by the time they hit the cones

Circle: <https://youtu.be/0PIVIIfShbw>

Butt-ball: <https://www.youtube.com/watch?v=1ci9uVgjuhQ>

Sideline:



2.2.3 Fosters 1v1 (Cederville WBB)

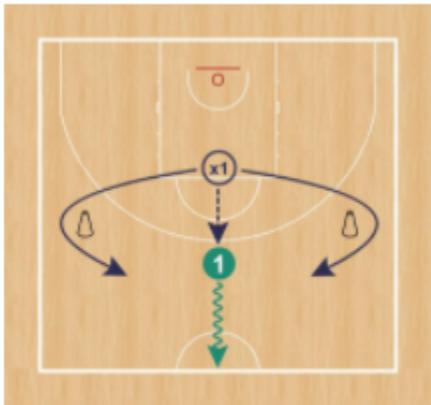
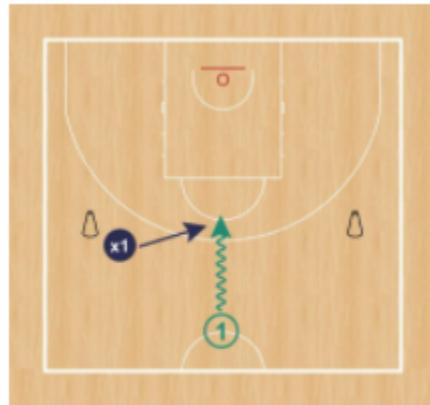


Figure 1



Graph 2

2.2.4 Back to Shooter 1v1 (@CoachJoAoH)

<https://twitter.com/CoachJoAoH/status/1479509823515471875?s=20&t=657cuQPB8aOY7BhBn5cXkw>

Shooter gets 1 dribble max, must be 3pt shot

2.2.5 Back to Passer 1v1 (Jonas De Bruyne)

- O1 starts with the ball and chooses between:

a) Pass it to the coach + get out of space.

b) Dribble it out.

- X1 can move from moment they see O1.

- X1 gets an extra shot.

https://twitter.com/jonasdebruyne_/status/1635276776699236354?s=20

Contested Shooting Alternative:

<https://twitter.com/tonywmiller/status/1326284554081021952?s=20&t=bhOBjbVJedHIIhEXZG7ixA>

2.2.6 Good Ideas 1v1 thru 3v3 (John Leonzo)

https://twitter.com/John_Leonzo/status/1667490518064852992?s=20

2.2.7 Box Shooting 1v1

Game rules

1. Play starts when offense fakes.
2. Defense touches opposite cone then contests
3. Offense can't hold the ball.
Catch and shoot or catch and drive
4. On drives, offense can go into pullups or side step 3s
5. If offense makes the shot, they stay on offense

(Change box location depending of where your team gets the majority of their shots.)

2.2.8 Touch Closeout 1v1

Player favorite. Great way to work on reads off the catch, shooting while defended, finishing, closing out, and guarding the ball.

Offence can never hold the ball or jab & shoot.

Offense gets 2 dribbles unless they go into a Barkley

Two versions of the game:

- 3's and layups (incl. Barkleys)
- 3s and pullups in the paint (or up & under)

Defense touches ball, sprints to lane line, & then closes out on offense

Game set up – 1 offensive line, defenders on each side of the main line.

If score, get the ball and go to the middle line

If scored on, remain on D

Passer – go to the opposite side to play O

<https://youtu.be/wekQg4OaYPg>

Optional if you don't have enough players:

Offense: self-pass → shot

Defense: tag a cone on the self-pass & contest

Can move locations / cones all around the floor

John Leonzo, same but w/ a lift: https://twitter.com/John_Leonzo/status/1688983903762305024?s=20

John Leonzo, same but w/ a fade:

https://twitter.com/John_Leonzo/status/1667490527334260736?s=20

Alternative w/ cone touch: <https://twitter.com/tonywmler/status/1692869991266127876?s=20>

Good alternative (Simon Bertram): Great cone alternative:

<https://twitter.com/CSimonbertram/status/1429473400481800193?s=20&t=3eMzvWcE6hZuFotzAqqvg>

Offense starts on the wing, facing the coach. Defender starts in the slot, facing the offense. On the coach's "go," the offense sprints up the 3P line, while the defender touches the cone on the wing then runs back to contest the shot or drive. The offense reads the close by the defender to decide whether to shoot or drive.

2.2.9 Skip Pass 1v1 (Coach Z Hoops)

<https://youtu.be/BngbzMaUgOs>

Game Rules

- 1. Off can never hold the ball**
 - 2. 2 dribble max**
 - 3. Def (starting in middle of paint) can't move until ball leaves passer's hands**
 - 4. Def rotates to off, passer rotates to def**
- After a few minutes, off stays on a make**

2.2.10 2-Pass 1v1 (Coach Z)

<https://twitter.com/coachzhoops/status/1662649822015283202?s=20>

2.2.11 Corner Closeout 1v1 (Joerik Michiels)

<https://twitter.com/JoerikMichiels/status/1681997746083962880?s=20>

Offense chooses a side

Defense needs to react, one foot outside the paint and close out.

Offense should read short/long closeout vs shot/drive decision making

2.2.12 Dribble Penetration Rxn 1v1 (Coach Z Hoops)

1-ball & 2-ball: <https://youtu.be/l6T0CrpAU7o>

2.2.13 Multi-ball 1v1 (Coach Z Hoops)

<https://youtu.be/kGbtGrm5YW8>

2.2.14 2-Pass 1v1 (John Leonzo)

https://twitter.com/John_Leonzo/status/1670076021498953728?s=20

D passes to the coach, then closes out to the offense.

The coach can pass the ball to O as early or late as she likes.

Play is live on the catch.

Coach Z Alternative: <https://twitter.com/coachzhoops/status/1662649822015283202?s=20>

We only allow catch & shoot 3s, side step 3s, or midrange pullup.

2.2.15 3-Line 2v1 or Continuous 2v1 (Coach Z Hoops)

<https://youtu.be/JNwtYFh6PCc>

3 line - 2v1 (big adv)

- 1. Only I pass and I shot allowed**
- 2. Dribbler think layup**
- 3. Non-dribbler stay 1 step behind ball**
- 4. Designate dribbler outside or inside hand**
- 5. Score - I pt, assist I pt, def stop I pt**

Continuous 2v1 (2 teams)

- 1. Only I pass and I shot allowed.**
- 2. Whoever shoots or turns it over is the next defender.**
- 3. After the play ends, the one defender throws the outlet to a teammate on the side.**
- 4. The remaining offensive player and the I defender fill the 2 spots on the sideline.**
- 5. The player catching the overhead pass at 1/2 to begin the play must stay at half. No cheating up**

We must be able to score in 2v1 situations to have a good dribble-drive-based offense.

Similar (Tony Miller):

<https://twitter.com/tonywmiller/status/1478188218562625536?s=20&t=bhOBjbVJedHlhEXZG7ixA>

Read the defender, make the right pass, use the right finish = the three things we focus on.

Alternative (player touches half): Cardinal 2v1 (John Leonzo):

https://www.youtube.com/watch?v=4Tr_IcL90gQ

2v1 Progressions: <https://twitter.com/LukaBassin/status/1614684930021236741?s=20>

Alternative from elbows: https://twitter.com/MyDrillLab_ES/status/1653289856057982976?s=20

➡ Player with the ball attacks to score or maximum one pass.

2.2.16 3v2 → 2v2, Also 2v1 Shooting (@JoerikMichiels)

One of the favourites at academy

✓ first touch decisions

✓ shooting against late contest

✓ creating advantage

Point System:

✗ -1 for defense if straight line drive

✓ 2 for a score, 1 for an assist (thank the passer!)

🏀 Score you stay

<https://twitter.com/JoerikMichiels/status/1450459217865883654?s=20>

Alternative: <https://twitter.com/JoeyBurton/status/1392492731683983363?s=20>

Alternative w/ DHO progression (Dr. Dish): https://youtu.be/N3pcLRBBw_E

Alternative no dribbling w/ progression (2 v 1 & 3 v 2, starts w/ skip):

<https://youtu.be/6pGfayzPfSU>

The rules for these drills are simple. No dribbling or moving. In the 2v1, offense gets one pass max. In the 3v2, offense gets 2 passes max. While doing the drills I added a rule that if defense doesn't close out to contest the shot, the offense gets to go again. I wanted to emphasize no matter how far away you are, don't just give up and let him shoot. It's better a late contest than no contest at all!

John Leonzo Alternative:

https://twitter.com/John_Leonzo/status/1535618470502621185?s=20&t=3eMzvWcE6hZuFotzAqqxvg

- Create groups of 3
- shooters, 1 passer/defender
- Passer tosses to shooter and can guard either player.
- Shoot if open, share it if guarded

Fill/Fade dribble penetration rxn w/ Coach Closeouts:

https://twitter.com/John_Leonzo/status/1535618591290273793?s=20&t=3eMzvWcE6hZuFotzAqqxvg

- 3 offensive players. 2 coaches as guided defenders.

- Drive to score with spacers filling behind.
- Respace as the drive goes baseline.
- Hit the open man.

Alternative quick dribble start:

<https://twitter.com/gaboloaizaperez/status/1660925029675139075?s=20>

Alternative w/ extra shot: https://twitter.com/jonasdebruyne_/status/1660623543292542976?s=20

- O1 and O2 start behind the 3PT-line.
- X1 starts with a ball around the bucket.
- X1 gives the pass.
- O1 and O2 have 1 pass to get a shot.
- O that didn't shot the 1st ball gets an extra shot.
- If you miss 2 in a row, you become X.

Alternative progress to 2v2: <https://twitter.com/hirokiPROUD/status/1683234981081133056?s=20>

2.2.17 1v2 into 2v1

<https://youtu.be/LbkhyiUdJVM>

Game rules

1. During 1v2, dribbler gets 1 point for reaching halfcourt between the cones.
2. If 2 defenders steal the ball, immediately convert the 2 on 1 to score.
3. During the 2v1, only 1 pass & 1 shot allowed. Player who scores gets 1 pt & player who gets assist gets 1 pt. We prefer players bring the ball up w/ inside hand & for player w/out ball to stay 1 step behind the ball.
4. Additional game options:
 - 1 - Defense gets 1 point if they contain ball for 10 sec
 - 2 - Add a coach at halfcourt and dribbler has to yell "Ball!" when coach holds up a ball.

2.2.18 2v2 “Around Cones” Variations

Big advantage game used to teach decision making off the dribble - when to shoot it or pass it.

Top/Bottom Cones (big advantage): <https://youtu.be/-SoN9RqSG80>

Top/Bottom Cones_2: <https://youtu.be/BfpWeM51htQ>

Tight cones (small advantage): <https://youtu.be/RCc0Q1O3O2k>

Tight cones_2: <https://twitter.com/tonywmiller/status/1550815573382250497?s=20>

Cone touch (small advantage): <https://youtu.be/lfhfvnsBbU0>

Hand Touch 2v2: https://twitter.com/John_Leonzo/status/1667490530765291521?s=20

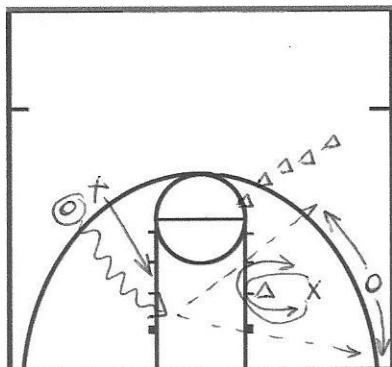
Interesting Alternative: https://twitter.com/Nick_Sciria/status/1131701918793908226

Rules: The ball handler begins with a shoulder to chest advantage. The help defender can begin running around the cone when the ball handler begins to drive (needs both feet around the cone). The ball handler needs to get a paint touch before passing and the player guarding him/her tries to get a deflection (worth one point). The shooter starts in line with the help defender but can move and catch the ball anywhere behind the three-point line and below the cones. If the shooter decides to drive, it is 1v1.

Modification Possibilities: Length of closeout (how close to the rim line the cone is), angle of closeout (how close to the baseline/arc the cone is), starting location of the shooter (and where he/she is allowed to catch it) and angle/location of the initial drive.

Teaching points:

- Hook pass off of the dribble and jump pass if necessary
- Shooter's relocation (lift/drift depending on the defender in order to give the driver a passing angle. "don't be 3 in a row")
- Closeout technique (sprint to stop, high hand)
- Shot/drive decision (think shot, best chance to shoot is on the catch and best chance to drive is on the catch, no hold/jabs, the only bad decision is no decision)



Off dribble (no advantage): <https://youtu.be/3b5lZFdgBf8>

2v2 off dribble (no adv)

Emphasis:

1. Must get into paint before passing.
2. 2nd cuts (backdoor or snapback) if dribbler doesn't create an advantage
(def doesn't help & dribbler doesn't have a layup)
3. Clean layups and in rhythm 3s
Add pullups in paint later after passing is great.

1v1 cone finishing with a seam drive with a corner shooter. Ballhandler reads his defender plus the corner defender. See chest, "spray it."

2.3 Core “full team” drills

2.3.1 3v3 & 4v4 “Around Cones” Variations

Retreat dribble:

<https://twitter.com/coachtbrady/status/1607436416384131072?s=10&t=tOlxzJ5lwSMGdDMRtu6pg>

“One More”: <https://youtu.be/jvze9Z3CNpU>

Even Cones: <https://www.youtube.com/watch?v=ovOKKPzpsFA>

Around same cone: <https://youtu.be/FXQai3H0S5k>

Cone touch: <https://youtu.be/HbOcOTUegrc>

Top/Bottom Cones: https://youtu.be/svt_F8Mekw

Top/Bottom Cones_2 (15min mixture): <https://youtu.be/Po7pjXAEY30>

Here's 1 of our favorite games we use at almost every workout- 3v3 "1 more". Gr8 for developing quick passing, thinking ahead vision, unselfishness, shooting, & def decision making. (Hit pause 2 see game rules) Notice how the passer gives confidence to the shooter - Big Emphasis!

Game Rules

1. Offense fills opposite corner and 45.
2. Offense can never hold the ball
3. Offense must get into the paint before passing unless they hear "I More" (excluding the 1st drive if def helps outside of paint)
4. Only clean layups and threes (no pullups/floater) which creates more passing.
5. Scorer must point to the player that passed them the ball. If not, team is out.
6. We usually play it "Cutthroat" meaning the scoring team stays in.

Hip to hip: <https://youtu.be/BxpPKkSZSg4>

Off the back: <https://youtu.be/HkhKXk4TnCw>

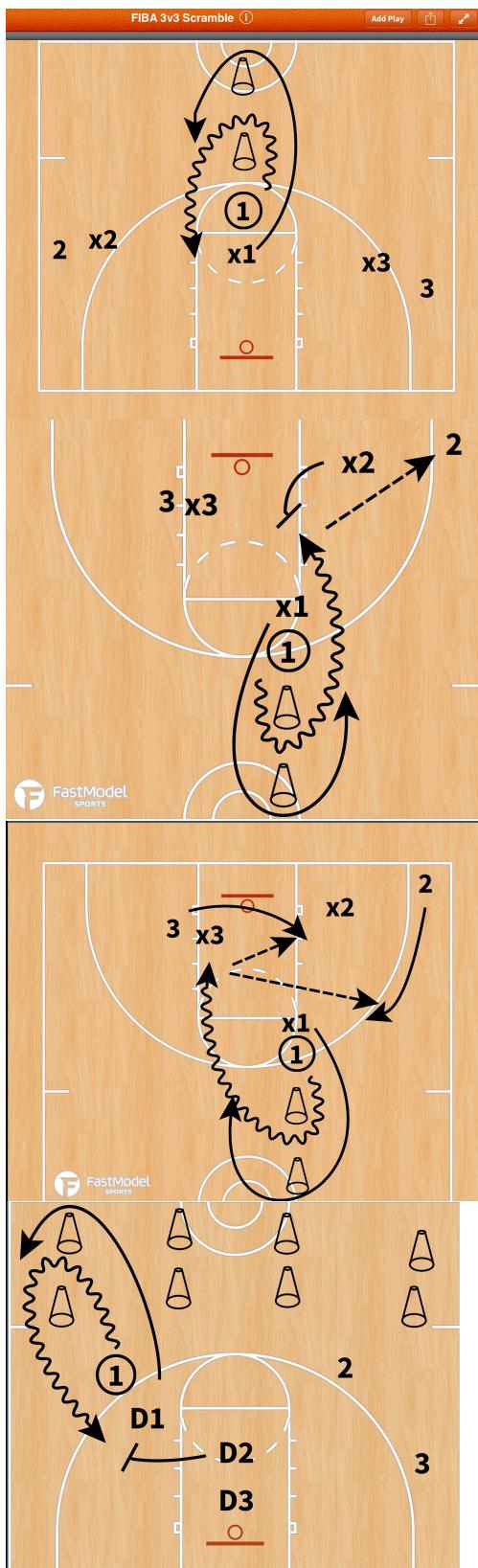
Lane slides: <https://youtu.be/o0m4NVF7qDk>

Triangle slides: <https://youtu.be/HMq-RYual-E>

No Advantage: <https://youtu.be/7Clp7Y5zQvQ>

3v3 Get in the paint (no adv)

1. Must get into paint before passing (unless trapped or I more pass available)
2. 2nd cuts (backdoor or snapback) if dribbler doesn't create an advantage (dribbler doesn't have a layup & def doesn't help)
3. Clean layups and in rhythm 3s
Add pullups in paint later after passing is great.



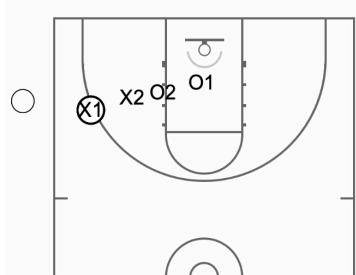
Girls LOVED this today-1 of our fav SSGs. 3v3 Chaos. O1 rounds cone w/ ball. D1 rounds far cone. D2&3 talk & stop O. O1 reads/passes. O2 & O3 shoot, drive, or pass. Look for great ball

mvmnt. All poss change = round any cone & D must round far cone. Score=new team comes in on D.

2.3.2 2v2 or 3v3 Sideways (*Trevor Ragan, @train_ugly*)

SSG 2v2 Sideways

SSG 2v2 Sideways



- Regular 2v2 between the main goal and the side goal beginning with a jump-ball
- Team that wins the tip can score on any goal first and that establishes the goals for that 60-second segment.
- 2 points for layups / 1 point for jump shots
- Foul = point value for shot and change of possession quickly
- Play for 60 seconds and switch teams
- Can play as a running score or each game separately.

Alternative @train_ugly:

1's and 2's to 5

This is a “full court” make it, take it game played on a main hoop and a side hoop instead. On a made basket, the offense stays on offense and goes the other way (baskets switch). The defense is not allowed to touch the ball after a make (they are still on defense). Players may pass or dribble the ball out of the net after a make (no inbounds). There is no out of bounds.

<https://www.youtube.com/watch?v=b-d5deTnqtA>

2.3.3 Pinewood 2v2 thru 4v4

Rules:

- 1 - Offense can never hold the ball
- 2 - Only layups and catch and shoot jumpers (advanced players pull up 3s in transition)
- 3 - If def gets a deflection to interrupt the play, change possession
- 4 - Dribbler must get in the paint before passing

Only exceptions are if dribbler has a kick ahead pass, a one more pass, or gets double teamed.

4v4: https://youtu.be/H7_AoMN6YUc

3v3: <https://youtu.be/XuyW9HDV3fk?si=S0InM1FjOp0OxgGi>

2s & 3s like a normal game. O must yell score or no pts

4 - if O gets a breakaway layup - D doesn't get all the way back

4 - for any backdoor

3 - for any euro step layup or whatever finish u have been emphasizing

Play to 7 so every play matters. Usually we play best of 7.

2.3.4 Hurricane 4v3 (Zak Boisvert)

O is in shell spacing. D starts in triangle. Teams sub themselves. Coach stands at TOK and makes first pass to offense. Black on O for 2 min straight, then White on O for 2 min. Teams huddle up for halftime (1min). Repeat.

Scoring: 3 pts for layup or 3pt. 1 pt for any other shot. "Coach's Choice" = coach can call out for a 1-point bonus on any GREAT possession that results in a paint-touch 3 pointer (4 points on made shot – only get the bonus on a make). Offense cannot drift into the paint, but they CAN cut on dribble penetration. Offensive Rebounds = +1. Turnovers = -1. Most points after two "halves" wins.

2.3.5 Blender 4v3 (Zak Boisvert)

Three teams. One starts on O, the other on D, the other on the baseline. Offense starts in basic 4-out spacing. Defense starts in triangle with at least 1 foot in the paint. Coach throws the ball to one of the offensive players. 10 second shot clock (can build to 8 second shot clock). Offense can cut on dribble penetration but can't just drift to the hoop. Offense scores, they stay on offense. New team comes in on defense. Play for 6 mins. Most total points wins. ORB: O tosses it to Coach and stays on O (new D comes on).



John Leonzo alternative:

https://twitter.com/John_Leonzo/status/1535618519223746562?s=20&t=3eMzvWcE6hZuFotzAqqxvg

- 4 on offense

- 3 on defense
- Coach pass to any offensive player who drives the first pass.
- Play live from here. Switch after 3 possessions.

2.3.6 Touch Closeouts 4v4 (John Leonzo)

Work on playing .5 basketball

https://twitter.com/John_Leonzo/status/1688983907310710784?s=20

Alternative: Back-Tap 4v4: https://twitter.com/John_Leonzo/status/1688983910355701761?s=20

Defender starts by the coach, and the offensive player dribbles around them both.

Offense drives to score, and the defender is live when the coach taps her on the back.

Drive to score, share it if stopped. Play .5 off the catch.

Alternative - Hand Touch 4v4: https://twitter.com/John_Leonzo/status/1688983915057565696?s=20

Offense & defense start together on the block and follow the pass up to the coach.

If the ball is in the coaches outside hand, grab it and rip away. D touches other hand from coach and recovers.

If the ball is in the inside hand, wrap and trail.

2.3.7 Circle Transition (John Leonzo)

Run in a circle, coach deliver the ball, and transition the other way. Fun drill where you can work both sides of the ball. Offensively you want no pause if you can't score on the break, seamless flow into HC offense/actions. A lot better than line transition.

<https://twitter.com/coachzhoops/status/1159157492888363010>

2.3.8 Girl's Game (Lynn Hersey)

SSG Girl's Game

SSG Girl's Game



- Begins with jump-ball
- Team that gains control is playing 4v3

- On a miss or make, change possessions.
- The players can only stay on the side of the court they start on (always +1 offense)
- Hunting 3's and layups
- Timed quarters-mini game.

2.3.9 Philly 5v5 (Brett Brown)

Game is to 2

To get a point, you need to score on 3 out of 5 possessions. If you do, you get 1 point and you go to defense.

A turnover automatically triggers a change of possession.

2.3.10 Walsh 5v5 (@CoachBobWalsh)

Regular basketball scoring

Start with a live game tied at 70 with 2:30 left on the clock. Once a team reaches 76, the clock starts.

2.3.11 Kill Drill (Texas Tech MBB)

3 Stops = 1 kill. 3 teams of 5. Offense rotates in. If you get a stop you stay on. Coach offense (leave defense alone) and call ticky tacky fouls.

- 5 players on defense; they have to play, without substitutions, 90 seconds or three defensive possessions without giving up a basket
- If opposing team scores the clock starts over

Side note: Coaches have their own standards of defensive stops

2.4 Core Team Defense Drills

2.4.1 Xavier Identity 3v3

 | Each team gets 8 possessions in this competitive drill.

A possession will re-start if there is a:

Box Touch.

Rhythm 8 Attempt.

Foul.

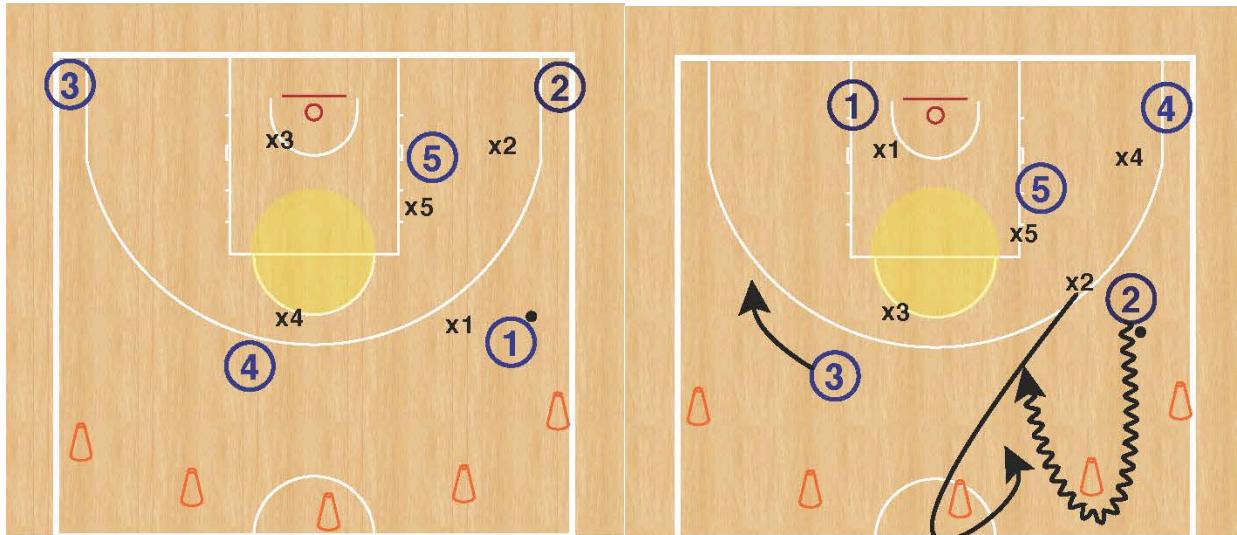
 | No post-ups, DHO's, or ball screens allowed.

| Emphasis here is on guarding the  and gaps.

<https://twitter.com/XUNewsletter/status/1333818298564308992?s=20&t=bhOBjbVJedHlhEXZG7ixA>

2.4.2 5-Cone Drill (Tim Brady)

The drill starts in a shell (can start 3 v 3, 4 v 4, 5 v 5). As the ball is passed around the perimeter defense adjusts accordingly. On the whistle, the player with the ball dribbles around a cone, and the defender must sprint around a different cone.



2.4.3 90-Second Defensive Reminder Drills (BBALL IMMERSION)

<https://youtu.be/aulsCDCi7GM?si=MqXaAoFIHN8jLEEP>

2.4.4 Hunting Turkeys

⌚ 10:00-12:00 minutes on the clock

👉 5v5 teams (half court)

🏆 3 defensive stops in a row = 1 point

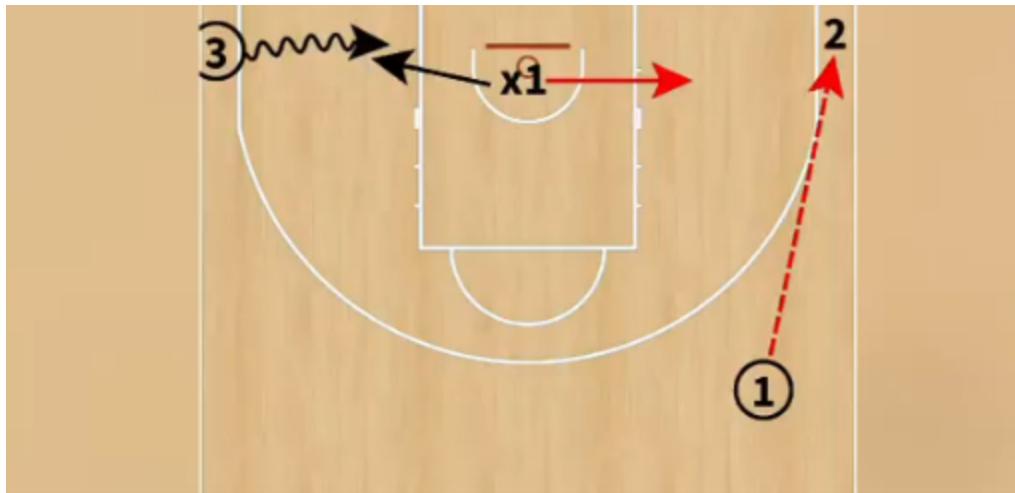
🏀 defense gets scored on OR gives up an offensive rebound = goes to offense

✓ team with the most points at the end of time, wins (score is usually 1-0 or even tied 0-0)

2.4.5 1v1 Peripheral Vision (@lopezsergio77)

Option 1: Defend on the pass. Offense can catch & shoot or catch & drive

Option 2: Hand change & pass, then 1v1 OR 1v1 from the corner. Attacker can shoot or drive.



<https://twitter.com/lopezsergio77/status/1343546336243822593>

2.4.6 *Shell 5v6 (Coach Hoffstein)*

6th player cannot leave the dunker spot. Typical shell drill with ball reversals. Dunker is only live on the whistle.

2.4.7 *Shell Progressions 1v1, 2v2, 4v4 (Jarrod Moore)*

60-min clinic: https://youtu.be/f1LaA47Z_AM?si=UCAiDkzSyHZ0ms52

2.4.8 *4v4 Help & Rotate*

◆ Help rotations

◆ Scrambling in recovery

◆ Block outs

1. Communication

2. Stop

3. Close middle

<https://twitter.com/hardwoodtexas/status/1682382779903004672?s=20>

Alternative: <https://twitter.com/Basketballco2/status/1656265618444656647?s=20>

2.4.9 *Rebounding Practice 1v1 (Gabo Loaiza)*

https://twitter.com/riberaru_basket/status/1596807472056270849?s=20

2.5 Core “no defense” shooting games

2.5.1 3-Line Drive & Kick

Fun drill from @reidouse to get shooting reps, passing off the bounce, & off 🏀 movement habits. We use it as a competition in practice or as a pregame warmup.

https://youtu.be/oFHcF3ifV_8

2.5.2 2-Line Drive & Kick

Otherwise known as “drift shooting”. Here’s a great way to get shot reps in practice as well as working on passing off the bounce & off 🏀 movement. Normally, we do 1 min per spot (5).

<https://youtu.be/5wy4zdB0e2c>

2.5.3 9-Player Shooting

<https://youtu.be/UwG8KYX84DA>

"9 player Shooting" Game rules

1. 3 groups of 3 w/ 15-18' spacing
2. Shooter gets their own rebound.
3. Player receiving 1st pass has 2 options:
 1. One more pass - if clear path to teammate
 2. Drive & kick - if there is someone in the way on drive, receiver must move to create a clear passing window. Never be 3 in a row.
4. Players must take turns shooting.
Players figure out the rotation.
5. First team to make a designated score or highest score after 1-2 minutes.

2.5.4 Beat the Opponent FT Shooting (Mike Neighbors)

Make = 1 for us. Miss = 1 for opponent. Going to 100. Once we get to 85, misses count as 3. Once we get to 95, misses count as 5. Whole team shooting. Shoot 2, walk to other end.

<https://www.youtube.com/watch?v=uVWhAEcQOIQ>

2.5.5 Ketchup Shooting (@coach_al_baker)

- Trail shooter must make at a spot before lead shooter to win
- Lead shooter must hold off trail shooter for 60 seconds OR “lap” trail shooter to win

2.5.6 *Gettin' Hot (@MrGrasta)*

Competitive team shooting drill from designated spots. We do 4 spots. 2-4 teams of 3-5. 1 ball, 1 rebounder. Make first shot, 1 pt and shoot again, add 2 pts for 2nd make in a row, add 3 for 3 in a row etc. Miss makes you rebounder. 1 min per spot. Kids love it.

2.5.7 *Minnesota Shooting (Lindsay Whalen)*

Two teams of 3-4.

- 9 spots, 4 shots at each
 - 4-4 = skip a spot
 - 3-4 = next spot
 - 2-4 = stay
 - 1-4 = back a spot
 - 0-4 = start over

https://twitter.com/Lindsay_13/status/1319643780702752770?s=20&t=Bxg977OrIZ_TjWjsd1gMCA

2.5.8 *Yahtzee Shooting (Mike Neighbors)*

https://youtu.be/b4_t_1_2FbQ

3 Fun Warm-Up Drills

Here are some fun, not-really-basketball drills to warm-up with:

3.1 Rxn Game (Paul Kelleher)

<https://youtu.be/5qjeiAqFhEU>

Variations:

- Standing
- Kneeling
- Sitting
- Lying down



Then build to Rxn w/ finishing (can build to 2v2):



Alternative: <https://twitter.com/WannaTeachPE/status/1685567281189773312?s=20>

3.2 Touch Finishing (@byanymeansbball)

<https://twitter.com/byanymeansbball/status/1594719031667306496?s=20>

3.3 Score the Volleyball (@Brianmccormick)

<https://twitter.com/brianmccormick/status/1595773920870817794?s=20>

3.4 Open Cone (@Brianmccormick)

<https://twitter.com/brianmccormick/status/1596184118131363842?s=20>

Alternative: <https://twitter.com/PaulFisher17/status/1656271627431170050?s=20>

3 defenders cover 4 bases - attacker in middle is aiming to create separation and space to target a free base before accelerating through.

Simple lateral agility drill.

Player in middle has to touch open cone to get out. 3 defenders attempt to defend 4 cones.

3.5 “Pursue with Two” Rebounding

Throw it up to yourself off the backboard, catch & chin w/ two hands & wide base. Extension: add defense on the catch.

3.6 Ball on the wall relay (Kyle Bragg)

<https://twitter.com/ElemPE1/status/1432473880661139457?s=20&t=657cuQPB8aOY7BhBn5cXkw>

3.7 1v1 Dodgeball (@fitsoccerqueen)

Great way to wake up the body & mind and have some fun

<https://twitter.com/fitsoccerqueen/status/1327950122077052931?s=20&t=bhOBjbVJedHlhEXZG7ixA>

3.8 Duck-duck-goose dribbling game (Coach Z Hoops)

<https://youtu.be/hXqCh3-xf6s>

Fun warmup dribbling game we used this weekend. Let the game teach the skills you want - better vision, changing speeds, changing directions, & high speed dribbling while leaning in.

3.9 “Escape from Alcatraz” (Phillip Evergeylen)

<https://twitter.com/tombrush1982/status/1355834285593403399?s=20&t=gWqKOrZFD4ns5-zLQlERrw>

3.10 Hand-Slap Tag (@AustinJochum)

<https://twitter.com/AustinJochum/status/1610023601390112768?s=20>

3.11 Basic agility competition

<https://twitter.com/tombrush1982/status/1408750850294652929?s=20&t=3eMzvWcE6hZuFotzAqqxvg>

3.12 Acceleration/Deceleration Race w/ Tennis ball (@StrengthDebates)

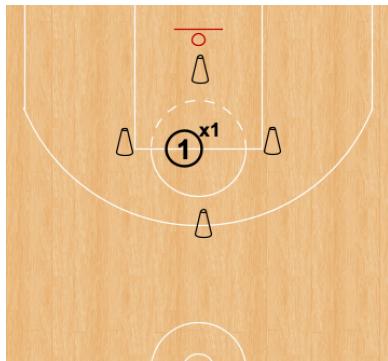
<https://twitter.com/StrengthDebates/status/1660374291186167809?s=20>

3.13 Moving Monkey In The Middle (Coach Z Hoops)

https://twitter.com/coachzhoops_/status/1429535887860371465?s=20

3.14 Four Cones Dribbling (Nicolas Scira)

Here's something I tried the other day (called it "four corners") for working on deceptive ball handling. 30 seconds on the clock. Offensive player tries to touch as many cones as possible (can't touch the same cone twice in a row) while the defender tries to get in the way.



3.15 Don't Get Tapped (WannaTeachPE)

Soccer tago Choose Left or Right

<https://twitter.com/hirokiPROUD/status/1675618388784353280?s=20>

3.16 Cone Touch Tag Game (WannaTeachPE)

Good one!

<https://twitter.com/hirokiPROUD/status/1665351642907017217?s=20>

3.17 Square Shuffle Tag

One catcher has 7 seconds to catch their opponent.

<https://twitter.com/WannaTeachPE/status/1637696785853325312?s=20>

3.18 Touch & Chase

<https://twitter.com/hirokiPROUD/status/1650675616105259011?s=20>

w/ cone: https://twitter.com/Juegos_EF/status/1637725670855024640?s=20

3.19 3-Color Agility Game

<https://twitter.com/tombrush1982/status/1415908894858223616?s=20&t=3eMzvWcE6hZuFotzAqqxvg>

Alternative: <https://twitter.com/WannaTeachPE/status/1649685414796460035?s=20>

3.20 “Grab the Bibs” Dodgeball

<https://twitter.com/tombrush1982/status/1346905774367371264?s=20&t=3eMzvWcE6hZuFotzAqqxvg>

3.21 Line Warmups with Medballs (@HoundSSpeed)

<https://twitter.com/houndssspeed/status/1590399832807837696?s=20>

3.22 Relay Tag

Two teams. One team is outside the box. Team outside the box has to send one player in at a time and tag one of the athletes inside the box, then sprint out to activate the next player. Plenty of different variations from there!

3.23 4v5 Complete Ten Passes (David Richmond)

Highly competitive task designed by David Richmond, head coach at North Dakota State University, through which our players will develop their ability to handle strong defensive pressure that tries to constantly raise traps and / or tightens the line to the maximum pass.

After establishing two teams of five or six players (depending on the number they must rotate internally to rest when appropriate), we will define which team starts attacking (four players) against the five defenders of the rival team. The objective of the four attackers is to complete a minimum of ten successful passes in a row, while the defenders will try to force a loss, steal the ball in a trap or intercept any of the passes.

Therefore, some of the basic concepts on which we will base the dynamics of the exercise are the execution and reception of the pass, the game without the ball, the occupation of spaces and the use of the dribble to generate passing angles. The defense, for its part, must read when to set up a trap, communicate, jump to steal the ball on the passing line, etc.



Figure 1



Graph 2

<https://youtu.be/amc28rqQpjS>

3.24 Cat, Mouse, Shield (Laurie Fleming)

- 1 person tags, other evades, & last shields.
- All handle a ball

Layer ideas💡 : No ball, weak hand only, 2 balls, pass on whistle.

<https://twitter.com/coachmoorej/status/1640917465701163013?s=20>

3.25 Plank Ball Warmup

<https://www.youtube.com/watch?v=tBgnHF5Dq1Y>

3.26 Cage Drill (Francesco Rossi)

A circle of cones. That is the ball-handler's "cage".

First step: Dribble under pressure

Defense is only trying to steal

Offense in the cage

- Protect the ball Basketball

- Control the body

Second Step:

- Offense is facing the basket
- Same Defense

<https://twitter.com/frcoachrossi/status/1489283768850567173?s=20&t=hI1VHDlp0xYPR104tytXJg>

3.27 Vs. Firing Squad

<https://twitter.com/hirokiPROUD/status/1624360841276710912?s=20>



3.28 Figure 8 Chase (WannaTeachPE)

<https://twitter.com/hirokiPROUD/status/1653564492931014656?s=20>

3.29 Pillowcase Catch

Players work together holding a pillow case to throw and catch a basketball – good to do at a hotel!

3.30 5v5 Passing Game (@BenMurphy)

Pass = 1, Backdoor pass = 3, buckets = 5

3.31 Perceptual Passing (@RossMcMains)

I have the ball. Partner gives me a cue (Hand Down = Pocket Pass; Hand Up = Hook). Can add extra cues (hand back = behind the back; call out a coverage and make corresponding "likely pass") or movement. Credit to my guy @RossMcMains <https://youtu.be/WDr6f-cegjk>

3.32 Passing Tennis (Alex Sarama)

Hitter must pass with a bounce before crossing the gate, receiver has to avoid a double bounce. Must be a one hand pass.

Play with tennis scores. Win a game and play someone else. Loads shown in the film

<https://twitter.com/AlexJSarama/status/1383027409260253185?s=20&t=O4IV64rtzly4EplBtdFwJA>

https://twitter.com/AlexJSarama/status/1383027409260253185?s=20&t=Ny5K_pm5cLv-DBTifPFI0g

<https://twitter.com/JamesPurchin/status/1661791067803615232?s=20>

3.33 4v3 (4) Passing Warmup

- Offense in a box
- :45 on the clock
- 4 v 3 for the 1st :20
- 4 v 4 the last :25
- Offense is allowed 1 step any direction off their start spot
- Defense gets 1 point = tips, steals, force O to catch off spot

https://twitter.com/tonywmler/status/1451264642622398477?s=20&t=Bxg977OrIZ_TjWjsd1gMCA

3.34 12-Second Drill (Xavier MBB)

⌚4 Seconds on a Pivot.

⌚4 Seconds Live Dribble.

⌚4 Seconds on a Pivot.

1 of my favorite drills to teach kids to be strong & poised w/ the 🏀! 1 thing we did was to add a vision component. We added a coach that the offense had to see (raising a 🏀 or 🤜). If you notice, #13 has his eyes down under pressure (pivoting & 🤜) which is very common.

- ➔ Tell them to avoid spinning in circles. That's an important coaching point when handling vs pressure. I prefer them to move as little as possible.

3.35 Bears versus Crabs Flag Tag

Fun game to play as a warm-up.

3.36 Knockout variation → Floaters Only

This actually works best as a practice “finisher” → works great and players like it

3.37 1v1 Agility Race (WannaTeachPE)

<https://twitter.com/WannaTeachPE/status/1685213587252367360?s=20>

3.38 Pass Tag

No dribbles. Only pivots / passes.

https://twitter.com/TheGr8_Hambino/status/1153318865201455106

3.39 Lions and Gazelles

Everyone plays “sharks and minnows” where the minnows have to go baseline to baseline w/o getting tagged. Here pairs of players work together (like lions) to hunt the players going end to end and try to trap them. The lions have to knock the Gazelles ball out or just make them pick up their dribble.

3.40 Hot Potato Chase (@WannaTeachPE)

https://twitter.com/riberaru_basket/status/1610433780577370114?s=20

3.41 Pool Noodle Tag (@AustinJochum)

<https://twitter.com/AustinJochum/status/1610348422879449090?s=20>

3.42 Goal Line (@CoachWheel)

This variation allows defense to come forward up to the black line. 5 sec, 2 hand touch. Tried to add extra points for getting through the 2 middle cones but is tough with the set up.

<https://twitter.com/CoachWheel/status/1556024079085277184?s=20>

3.43 Rollerball

Fun warm up game for striking and fielding. Step and roll ball on the floor to a team member, get down low and use hands only to stop. Aim is to score a goal, try to not let the other team intercept the ball. No moving if you have the ball.

<https://twitter.com/maggietrainorPL/status/1372162193349767176?s=20&t=3eMzvWcE6hZuFotzAqqxvg>

3.44 Corridor of Doom

<https://twitter.com/DrSergioLaraUK/status/1164446628192894976>

3.45 Layup Tic-Tac-Toe (@basket_AND)

Funny adaptation of the classic game popularly known as tic-tac-toe in the United States. It is an ideal task to start training through a dynamic and enjoyable warm-up in which, yes, we will condition the players both to work on various individual offensive concepts (at the choice of each coach) and to maintain concentration to try win the game.

After dividing all the available players into two teams, the dynamics is very simple: the first player on each team will have to enter the basket (or take an outside shot) and, once they have scored, make a move within the tic-tac-toe. So on with the rest of the players until one team wins.

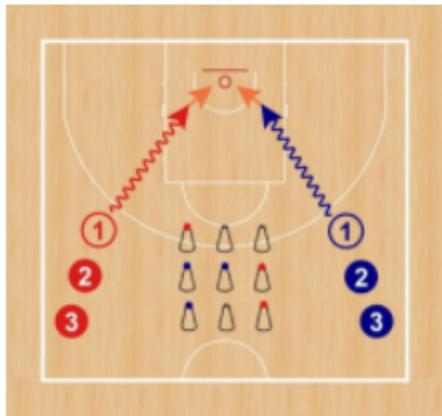


Figure 1



Graph 2

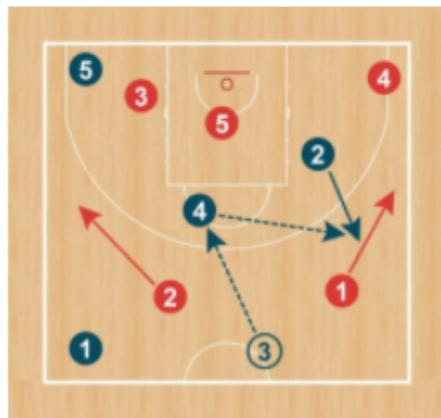
3.46 Half-Court Team Passing Competition (@basket_AND)

The basic rule that we must comply with, easily identifiable in the video, is that the player with the ball cannot move. Therefore, we must try to catch the other players with passes and moving when we do not have the ball. Nor is it worth throwing the ball to an opponent, since we will have to catch the ball in our hands.

For its development, we divide the players into two teams. One team will start catching (with the aforementioned base rule) and the other will avoid being caught for a certain period of time previously established. The group that manages to catch the most players from the rival team wins.



Figure 1



Graph 2

3.47 “Grave” Cones (Comite Tecnic FCBQ)

We divide all available players into two teams, which will initially be located on each baseline. For three minutes, one of the groups (green) will try to knock down all the cones, while the rival team (red) will try to put them up. Whoever manages to have the most cones in their favor wins.

Players can join in a staggered fashion (for example, at the coach's signal every six seconds) or all at once. In the same way, it is a fairly flexible game to which we can incorporate some of the variants that we comment at the end of the publication and that allow us to increase the variability of the exercise.

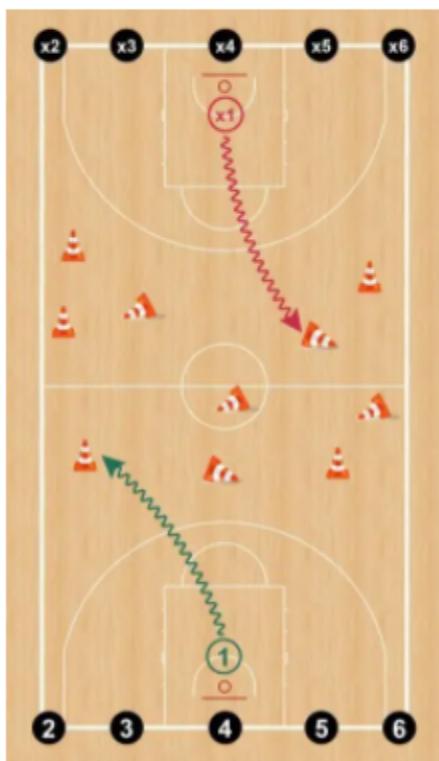
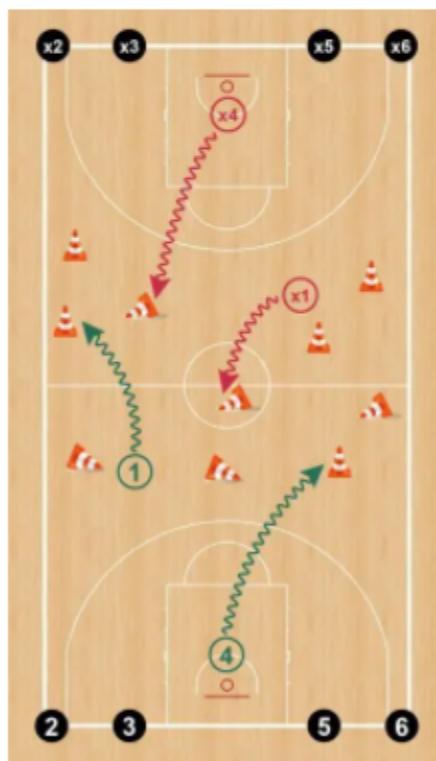


Figure 1



Graph 2

3.48 Chase the Tail (@maggietrainerpl)

Put a bib in back of shorts (tail). Use good movement patterns to protect your tail and steal other tails. Lose your tail, rejoin the game by taking a spare bib from the hoop in the middle. If you steal 2 bibs get 1 point and put bibs in the hoop.

3.49 3v0 Passing into 1v1 (@CSimonBertram)

- Make 3 precise passes (-1 for bad timed pass)
- into 1 v 1 full-court rocket-speed finish (can add constraints on finish)

- we emphasized especially on the timing of the full-court pass

<https://twitter.com/CSimonbertram/status/1392602534028656643?s=20&t=O4IV64rtzly4EplBtdFwJA>

https://twitter.com/CSimonbertram/status/1392602534028656643?s=20&t=Ny5K_pm5cLv-DBTiPFI0g

3.50 Crawling Tennis Ball Race (@Juegos_EF)

https://twitter.com/MyDrillLab_ES/status/1658357897032523776?s=20

3.51 Balloon Dribbling (@xavisastre5)

Dribble while keeping balloon in air, w/ lots of variations

3.52 20 Passes in a Row (Boris Balibrea)

Delving into the dynamics of that 4v4 with two balls proposed by the Technical Committee of the Catalan Basketball Federation, coach Boris Balibrea exposes this competitive situation between three teams (adaptable to 2v2v2, 3v3v3 or 4v4v4 depending on the number of available players).

As the title of the exercise itself indicates, the primary objective of each team is to complete twenty consecutive passes without losing the ball. Despite the fact that Balibrea establishes that neither the chest pass nor the return pass to the same player can be used, each coach can incorporate the rules that best suit their needs.

Space is extremely small (within the three-point line) and since we only introduce a maximum of two balls during the entire exercise, one of the three teams must manage to intercept any of the passes or steal the ball in opponent's hands.

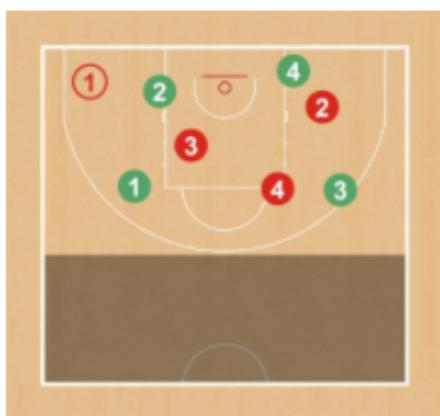
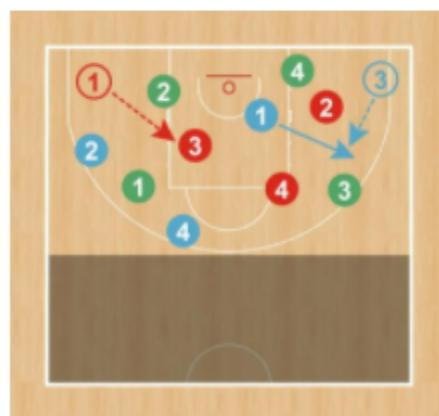


Figure 1



Graph 2

3.53 Full-Court 2v1 Passing (@basket_AND)



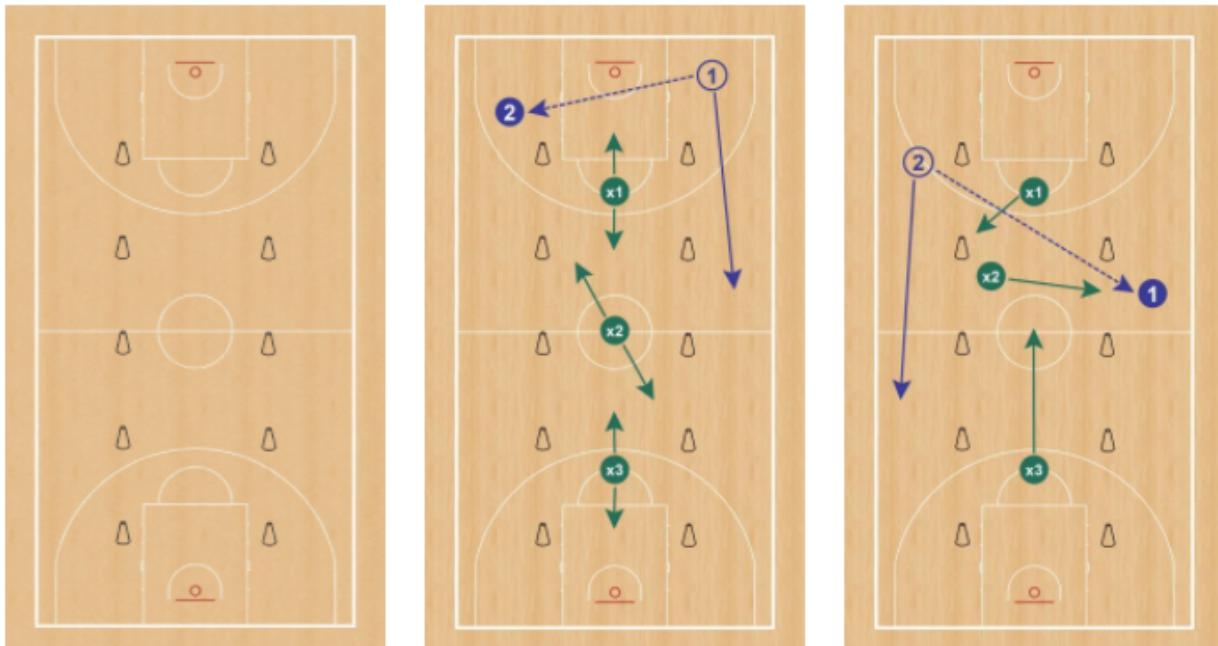
As shown in *graph 1*, the attacking player pairs will initially be located near the baseline. The three defenders, meanwhile, will be distributed occupying the entire field. In the same way, both attackers and defenders will have a unique "action zone" defined.



The main rule established by Balibrea is that all players can move "vertically" as much as they want (*graph 2*), but respecting their "zone of action". Therefore, the attackers must stay in the two outer zones (marked in blue), while the defenders cannot leave the central space (marked in green).



The objective of the attacking pair is to reach the other end line by passing each other (the player who loses the ball exchanges his position with the corresponding defender), using a single dribble in each reception and without being able to use pumped passes.



3.54 Tennis Ball Dribbling 1v1 Competition (Tecnic TV)

<https://www.youtube.com/watch?v=H2aFLTI84e0>

3.55 Perceptual Passing (@RossMcMains)

I have the ball. Partner gives me a cue (Hand Down = Pocket Pass; Hand Up = Hook). Can add extra cues (hand back = behind the back; call out a coverage and make corresponding "likely pass") or movement.

Loads:

-Add Behind-The-Back Option (partner puts his hand behind his back)

-Moving: Spread players throughout the gym. Partner can adjust his positioning within a 3-foot radius
<https://youtu.be/WDr6f-cegjk>

3.56 Dribble Boxing (@byanymeansball)

<https://twitter.com/byanymeansball/status/1597380317710585856?s=20>

3.57 Box Dribble Mirroring Game (Sergio Lopez)

<https://www.youtube.com/watch?v=MTb83HJDYWw>

3.58 1v3 into 3v5 Passing (@basket_AND)

When the defender recovers the ball (*graph 2*), he unlocks his four teammates (located in the corners) to create the second offensive numerical superiority that we mentioned at the beginning.

If we want to outline a somewhat more competitive dynamic, we can establish a maximum time for the development of each series (3v1 + 3v5). At the end of that time, the team that has completed the most passes earns 1 point.

Afterwards, roles are exchanged.



Figure 1



Graph 2

3.59 Monkey in the Middle (Tecnic TV)

https://www.youtube.com/watch?v=F9Aq1Mr8g_0

3.60 Crossing the River (@basket_AND)

As we can see in the graphs below, tourists who try to cross from one baseline to the other must do so by dribbling the ball and, if the situation requires it, changing hands and directions to avoid being caught (application of fundamentals individual basic).

For his part, the keeper can only catch the rest of the players moving across the midfield line. Every time a tourist is hunted, he becomes an assistant to the guardian and will try to catch the rest of his companions as soon as possible.

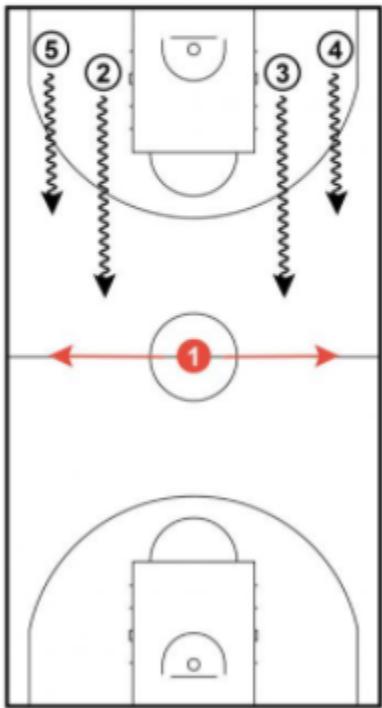
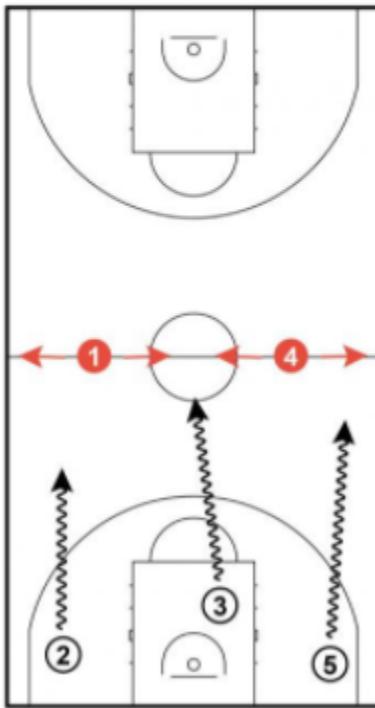


Figure 1

Graph 2



3.61 Layup Lines w/ D (Paul Kelleher)

Alternative to regular layup lines: <https://youtu.be/5qjeiAqFhEU>

Top of key:



Wing:



Alternative off the catch (@CoachTBrady):

Alternative w/ coach pass: <https://twitter.com/CoachTBrady/status/1605227416045379585?s=20>

3.62 Touchdown 2v2 (Jonas De Bruyne)

- Players stay within one half of the half court.
- Rep starts on an in-bounce.
- Touchdown = 1 point.
- After a score the opposing team starts.

https://twitter.com/jonasdebruyne_/status/1653010378358665216?s=20

3.63 “Get a Spot”

<https://twitter.com/tombrush1982/status/1359196416288120839?s=20&t=3eMzvWcE6hZuFotzAqqxvg>

Incl. ballhandling: <https://youtu.be/5qjeiAqFhEU>

3.64 4-Corners Passing Warm-Up (Paul Kelleher)

- 3 O, 2 D. O can only pass & catch in one of the 4 corners.



3.65 Z-Move & Grant Hill Progressions (Joerik Michiels)

Float Dribble 1-1 Progressions

One of the most important off the dribble moves

Loaded up for the offense to be able to make counters and options.

<https://twitter.com/JoerikMichiels/status/1685261734603292672?s=20>

3.66 4-Corners Change Drill (Allison McNeill)

For its development, we divided all the players into groups of five members. As shown in *graph 1*, one of the players in each group will start in the center of the square, while the rest will be in front of a cone.

These players will try to exchange their position with that of another teammate as quickly as possible, thus preventing the center player from anticipating (*figure 2*).

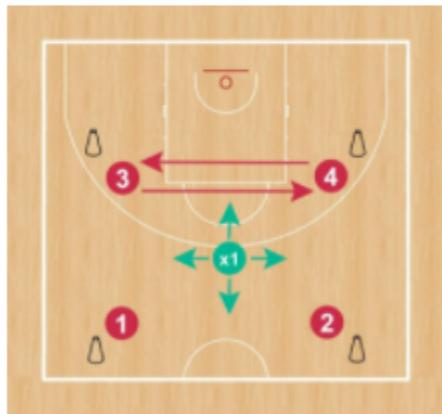


Figure 1



Graph 2

<https://youtu.be/uMnakWTRvOE>

Progression: add dribbling -

<https://www.youtube.com/watch?v=R0J5PL9ZiXA>

4 Transition Offense/Defense Games

Here are some games that specifically work on transition offense and defense:

4.1 Quick Strike (Mike Neighbors)

<https://youtu.be/lGI40sE6afs>



4.2 Five Plus One (Fran Francilla)

When he receives one of his teammates, the 1v2 becomes a 2v1 that the attackers must resolve as vertically as possible. In that sense, Fraschilla leaves us another reflection: "During a 2v1, you should always think about scoring. You hurt your own team if you think about passing. " Immediately afterwards, the American clarifies that it is the defender who must force us to give that pass and not the other way around.



Figure 1



Graph 2

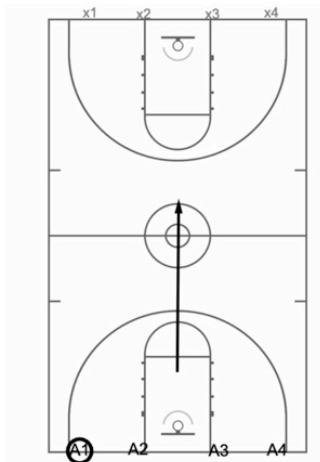
Working on: getting a tip from behind, getting trapped and passing out of the trap, 2-on-1 O, hustle D
3 defenders, 3 offensive players. Starts with 1v2 going 1 way, finishes w/ 2-v-1 into 3v3 the other way

<https://youtu.be/vwNPxpptjRI>

4.3 d4v4 Continuous (Trevor Ragan)

SSG Continuous 4v4

SSG Continuous 4v4



- Basketball rules apply (scoring, OB, fouls, etc.)
- **A** team attacks X team
- If **A** scores, the next X team/subs take the ball out and immediately push in transition
- If X gets a stop, they stay on and push in transition
- In other words: If you get scored on, your team is off or your subs come in
- Playing by quarters can allow teams to strategize, communicate, and set their sub patterns
- *Shot clock, cut-throat style, steals/deflections, call the score, celebration.

4.4 Girl's Game (Lynn Hersey)

SSG Girl's Game

SSG Girl's Game



- Begins with jump-ball

- Team that gains control is playing 4v3
- On a miss or make, change possessions.
- The players can only stay on the side of the court they start on (always +1 offense)
- Hunting 3's and layups
- Timed quarters-mini game.

4.5 4v3 Snowbird (Marc Cascio)

4v3 into 4v4 Full-court

1 Advantage Basketball

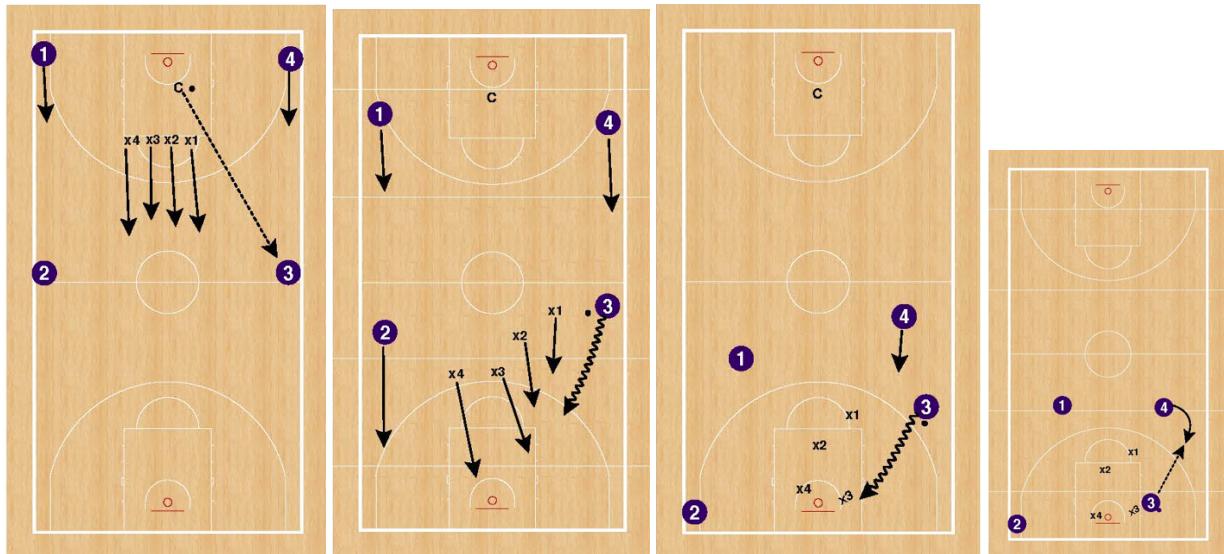
2 Defensive Rotation

3 Emphasize Transition Defense/Offense

<https://twitter.com/coachcascio/status/1674893555339337729?s=20>

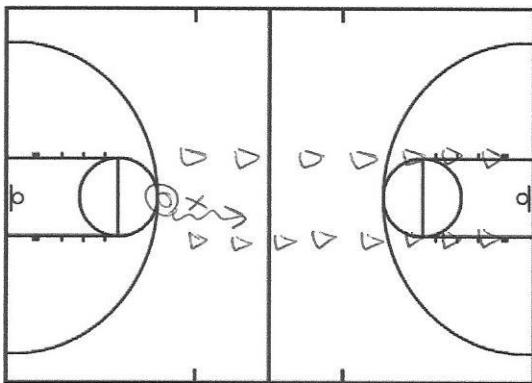
4.6 4v4 Advantage Start 3/4 Court (@CoachTBrady)

4 on 4 to 4 (Advantage Start at 3/4 court). The D emphasis is conversion. The O emphasis is a BA shot at the rim or an open 3. O players at center court are locked until the ball is passed and caught. D needs to protect the rim and stop the drive in that order.



4.7 Alley 1v1 with Advantage Start (@Nick_Sciria)

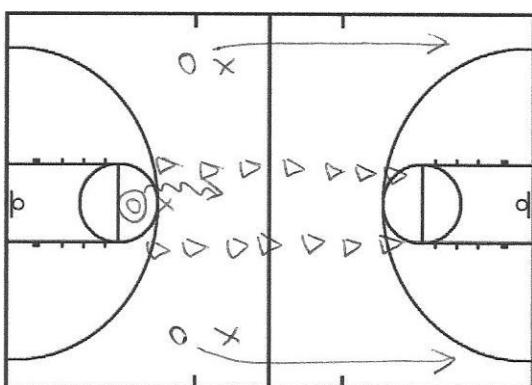
1's and 2's to 5



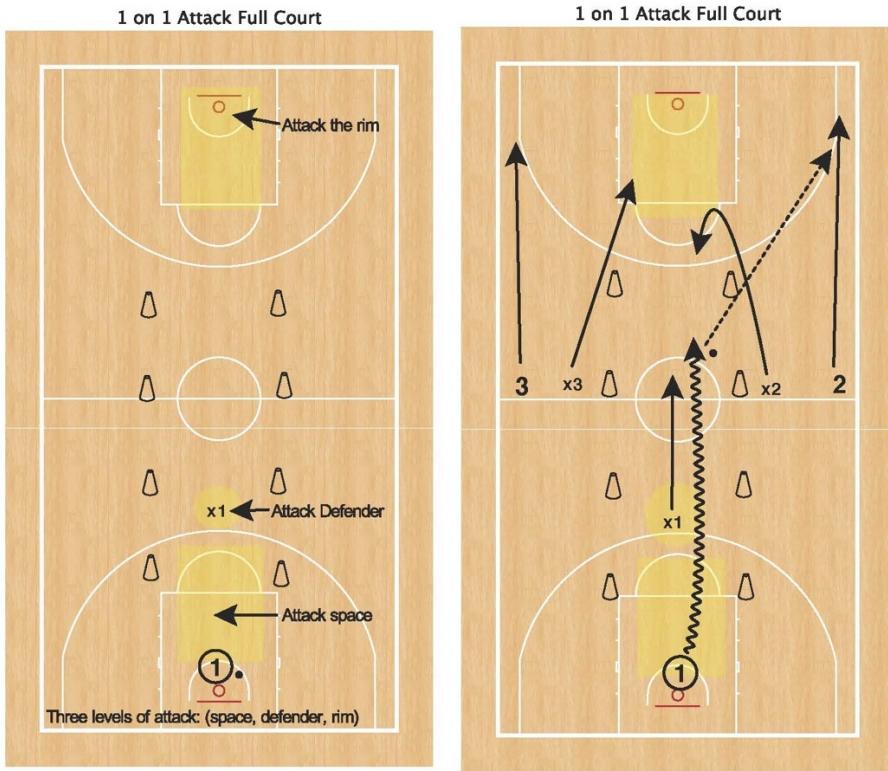
https://twitter.com/Nick_Sciria/status/1132061485616836609

4.8 Alley 2v2/3v3 with Advantage Start (@Nick_Sciria)

1's, 2's and 3's to 10



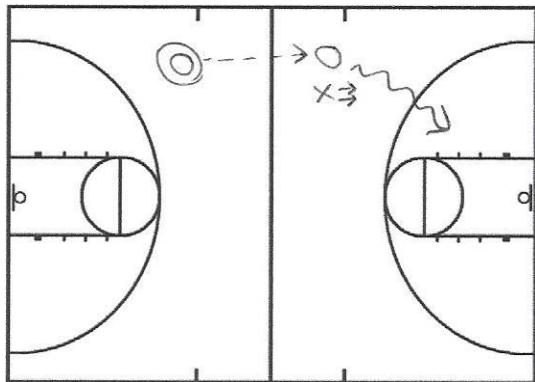
- Ballhandler must get a paint touch before passing



3 v 3 Advantage 3/4 court. X1 is locked until the offensive player is at his shoulder. We use a speed advantage and hunt the BA shot.

4.9 Pass Ahead 1v1 (@Nick_Sciria)

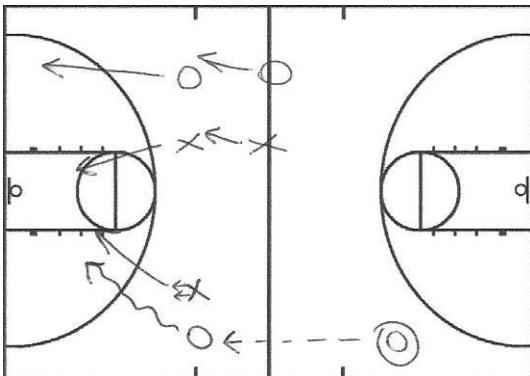
1's and 2's to 5



- The ballhandler passes ahead to the off-ball wing (who is looking over his shoulder for the ball and is allowed to start running on the release of the pass). The on-ball defender (facing the hoop, not the ball) is not allowed to start running until they see the ball.

4.10 Pass Ahead 2v2/3v3 (@Nick_Sciria)

1's, 2's and 3's to 10



The ballhandler passes ahead to the off-ball wing (who is looking over his shoulder for the ball and is allowed to start running on the release of the pass). The on-ball defender (facing the hoop, not the ball) is not allowed to start running until they see the ball. The weak-side defenders are allowed to begin running when the pass is released.

4.11 “Across the Street” 1v1 & 1v2 (@coachzhoops_)

<https://youtu.be/2x14q22Qb6w>

1v1 Game rules

1. Off & Def sprint out as the ball goes thru hoop
2. Defense must touch the paint then defend
3. Rotation on OFF - inbounder to passer to wing
3. Off & Def switch after 3 min

A big emphasis for our team is passing the ahead opposite (across the street) on our fast break. Gr8 game for 2 sided transition teams.

4.12 “Wallberg” 1v1 thru 4v4 (@coachzhoops_)

“Wallberg” 1v1 thru 4v4: https://youtu.be/ni_11dS29Mo

Alternative: “Blind”

https://twitter.com/m_shaughnessy11/status/1506331242874105858?s=20&t=Ny5K_pm5cLv-DBTifPFI0g

Blind 3v3: https://twitter.com/John_Leonzo/status/1667490542781857794?s=20

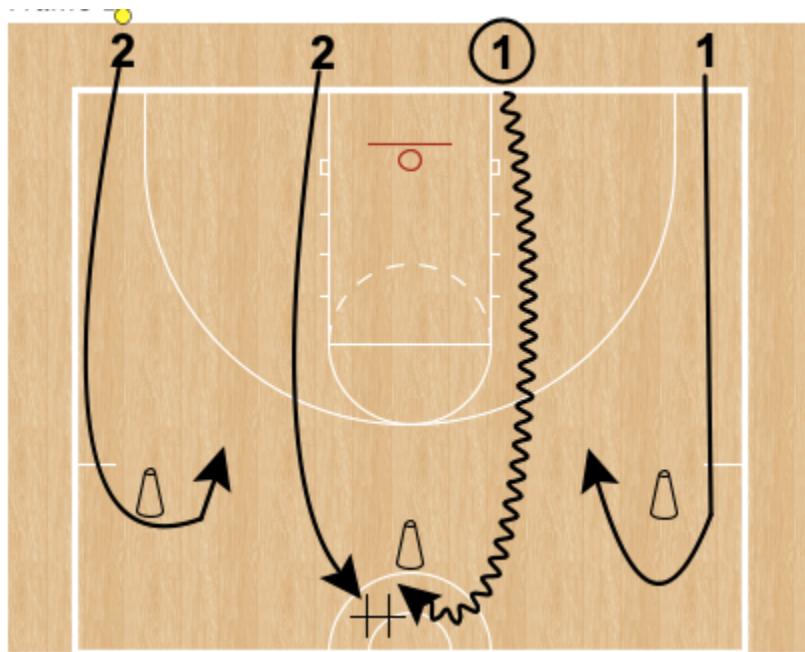
Hip 3v3: https://twitter.com/John_Leonzo/status/1667490546066108416?s=20

- Live once ball-handler gets past their defender
- Play with pace

- Quick decisions (finish or kick out)
- Ball movement creates energy

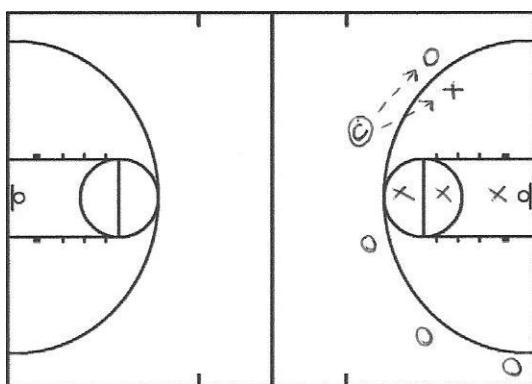
4.13 2v2 Cone Transition (Garrett Hickey)

In this drill, the #1 and #2 are on the same team. They sprint up and around the cones at the same time. #1 dribbles up with the ball and hands it off to player #2. The game is then played with the #2s being on offense and the #1s being on transition defense. The points of emphasis here are to stop the ball first and then react and recover. This drill forces the defenders to communicate and think as they go from offense to defense.



4.14 4v4 Mirror Drill Advantage, Two Possessions (@AlexJSarama)

1's, 2's and 3's to 10

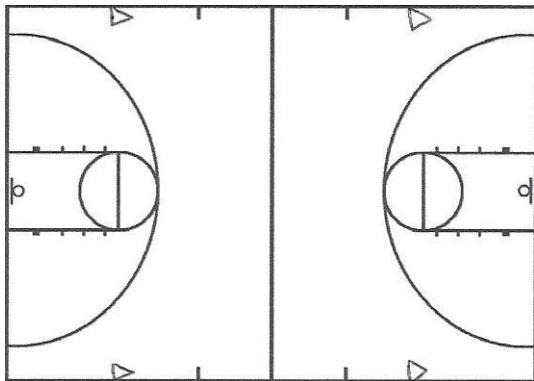


Players on the strong side circle the three-point line doing mirror drill (the offensive player tries to get separation from the defensive player). The coach can pass to either player. If the coach passes to the

offensive player, play at that hoop and then down. If the coach passes to the defensive player (simulating a turnover situation), play down and back.

4.15 5v5 Full Court Cone Transition (@r_b_j_c)

1's, 2's and 3's to 10



The last player to touch the ball on every offensive possession (shot/turnover) must run around one of the cones on that side of the court before running back on defense.

4.16 5v5 One/Two Runners (@JohnCarrier42)

1's, 2's and 3's to 10

Each team has one/two designated runners. On a change of possession from offense to defense, the designated runner(s) must touch the baseline before getting back on defense.

4.17 5v5 Full Court Make It, Take It (@Nick_Sciria)

1's, 2's and 3's to 10

On a made basket, the offense stays on offense, inbounds the ball and goes the other way (baskets switch). The defense is not allowed to touch the ball after a make (they are still on defense).

4.18 4v3 into 4v4 Press (Coach Z Hoops)

Game rules

1. 2 teams - 4v4 needs 16 players - can also play 3v3
2. Game starts 4v3. 4th defender runs in on shot
3. In 4v3, offense can never hold the ball
4. Offense press break fundamentals (violate & lose ball)
 - 1- Turn middle on 1st catch (in deep backcourt)
exception - if defense misses a steal
 - 2- Don't put ball above head unless passing
(or faking)
 - 3 - No passing across your body if def is on your hip.
PIVOT!
 - 4 - Fill middle
 - 5 - Keep 1 player behind the ball
- 5 - Only 3s and Layups to promote more passing.

https://www.youtube.com/watch?v=GPG_a5-xTNQ

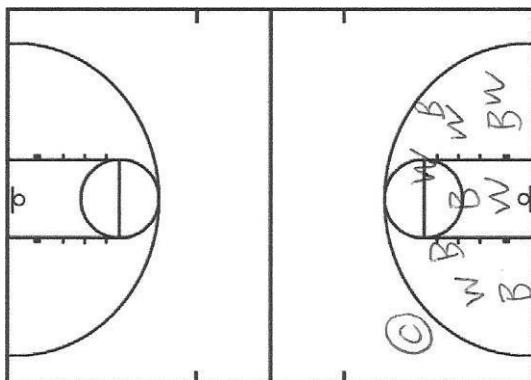
4.19 Full Court 5v5 + 8 Seconds or Less Double Bonus (@Nick_Sciria)

1's, 2's and 3's to 15

If a team scores in the first eight seconds of a possession, they receive double the points.

4.20 5v5 Transition Recovery, Four Trips (@Nick_Sciria)

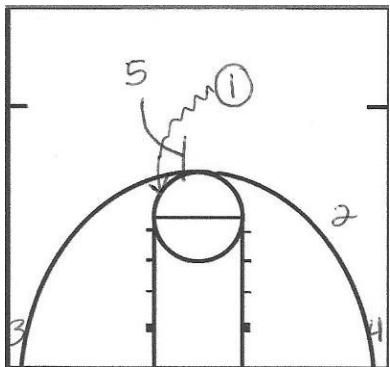
1's, 2's and 3's to 10



The players randomly jog around inside the three-point line. The coach passes the ball to any player and transition play begins going towards the other hoop. One (or two defenders) must touch the baseline before running back on defense.

Examples: Any defender, whoever the coach names, whoever is farthest away from the ball, whoever is closest to the ball (working on communication) etc.

4.21 Half court 5v5 with each possession beginning in a drag screen (@ Nick_Sciria)



4.22 Circle Transition (John Leonzo)

Run in a circle, coach deliver the ball, and transition the other way. Fun drill where you can work both sides of the ball. Offensively you want no pause if you can't score on the break, seamless flow into HC offense/actions. A lot better than line transition.

<https://twitter.com/coachzhoops/status/1159157492888363010>

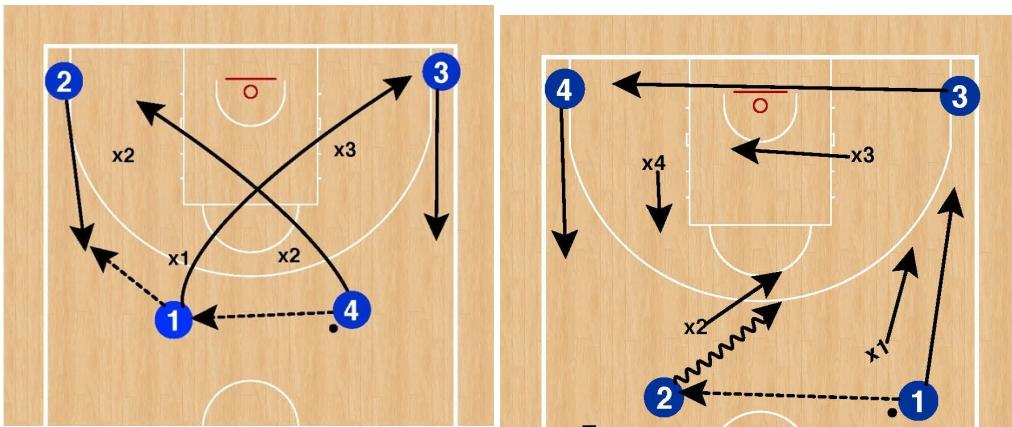
4.23 Full court 5v8 (Dave Smart)

Three offensive players are at half-court on the sidelines, rotate in automatically with three other pre-designated offensive players. Five defenders have to sprint back in transition D to cover these pre-designated leakers.

5 Screening/Cutting/Spacing Games

Here are some games that emphasize screening, cutting, and court spacing:

5.1 4v4 Player Movement (Tim Brady)



Emphasis: don't pass and stand

5.2 3v3 Screen to Score (Joerik Michiels)

Playing with the screen.

Really simple, must set a screen to score.

Don't have to use it, but it needs to be involved in offense.

<https://twitter.com/JoerikMichiels/status/168417578555369985?s=20>

5.3 2v2 Split Cut Practice (Coach Joe Lombard)

Two passers, one hits the lowest cutter and one hits the highest cutter

◆ Curl

◆ Back Cut

◆ Slip

Progress to 2v2

<https://twitter.com/hardwoodtexas/status/1683832288893874177?s=20>

5.4 Wildcat 3v3/4v4 (@brianmccormick)

1's, 2's and 3's to 10

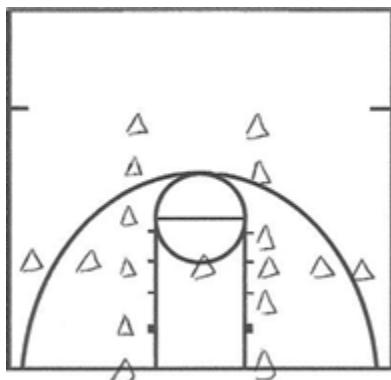
Play a half-court game of 3v3 or 4v4 with one constraint (all offensive players must catch the ball outside of the three-point line or on a direct basket cut to the rim).

<https://www.youtube.com/watch?v=juU8hHraJ2Y>

5.5 4v4 Canada Rules (@MackaymjMichael)

1's, 2's and 3's to 10

Half court 4v4 with the constraint being that there can't be two guys in the same box at any point in a possession (or it's a turnover).



<https://youtu.be/9ndhYdT2RVO>

5.6 1v1 → 2v2 Cutting Game (@HillierGerard)

<https://twitter.com/HillierGerard/status/1593205300261433345?s=20>

X1 will trigger the cut from O2 when they step outside the 3pt line. O1 makes the one hand pass to O2 who finishes however they wish. We then layer it to 2v2 which adds decision making to the drill

Alternative (2v1): <https://twitter.com/hirokiPROUD/status/1652664450036670464?s=20>

Alternative: <https://twitter.com/hirokiPROUD/status/1677114528713310211?s=20>

5.7 Cutting 1v1 (Coach Z Hoops)

<https://youtu.be/2VLOZJHDIqc?si=DsIV-OEV2f1ytYme>

Game Rules

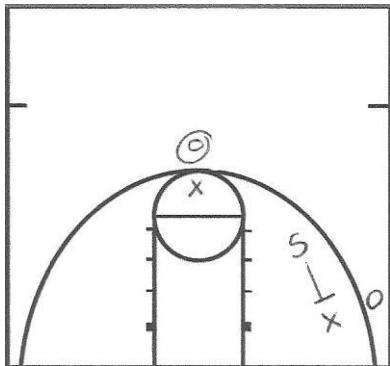
- I. Never hold ball**
- 2. 2 dribble max**
- 3. When play ends, change lines. After a few minutes if offense scores, they stay in offense line.**

One of our favorite games to teach shooting, shot/drive decision making, off the catch 1v1 moves, and hard cutting.

5.8 3v2 Off-Ball Screening (@John Carrier42)

1's, 2's and 3's to 10

The offense has a passer, a screener and a first cutter. The first cutter has five seconds to use screens and get open to score. Once they catch the ball, he/she plays the defender 1v1 (three dribble limit). If the on-ball defender gets a deflection, it is one point.



5.9 3v3 Baseball (@Nick_Sciria)

1's, 2's and 3's

Play a half-court game of 3v3. Every inning lasts two minutes and denotes a different action the offense must use to create an advantage/score (examples: ball screens, back screens, down screens, dribble handoffs etc)

5.10 3v3/2v2/1v1 with Screening Start (@Topp33)

1's, 2's and 3's to 10

The offense has a designated passer (or coach) for the possession. The offense begins with a screening action and the passer puts the first ball into play by passing to an open player. The 3v3 game continues until a player. On the first shot (or turnover), that offensive player is out (along with the player who was defending him/her). The passer then throws another ball in and play continues in a 2v2 format. The next player who shoots is off along with the player who was defending him/her. The passer throws the last ball in and play continues in a 1v1 format. Then switch offense/defense.

https://twitter.com/Nick_Sciria/status/1153478165320388608

5.11 3v3 Wing Ballscreen (Coach Z Hoops)

<https://youtu.be/CoYAk1KYBfo>

3v3 - wing ballscreen (create adv)

- 1. Start possession with wing ballscreen**
(We also start with hand offs, downscreens, etc)
- 2. Screener must call name, sprint to screen**
Slip screen if you dont see your defenders feet.
- 3. Dribbler must fake away from screen, wait for screen,**
& go forearm to hip of screener
(if dribbler doesnt refuse screen)

5.12 Kirby 3v3 (@Kirby_Scheppe)

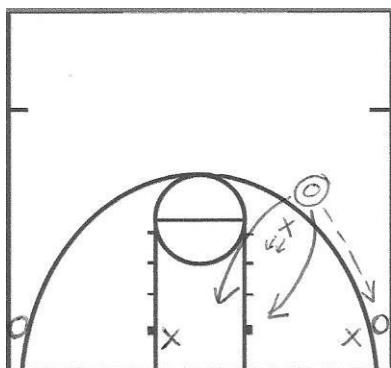
1's, 2's and 3's to 15

Play a half-court game of 3v3. One player from each team is not allowed to dribble and his/her points are worth double (players should actively try to get this player open). Made shots for the other two players on the team are worth only one. The designated player changes every time he/she scores (rotate through each member on the team).

5.13 3v3/4v4 Cutting Advantage (@AlexJSarama)

1's, 2's and 3's to 10

The offensive player passes to his teammate in the corner and cuts to the basket (either way). The defender guarding the cutter starts facing the hoop and isn't allowed to move until they see the ball in flight. The offensive player then decides whether to pass it back to the cutter or skip it to the weak side based on the help defender. You can also have the help defender run around a cone on the weak side so they aren't stationary.



5.14 3v3/4v4/5v5 Half Court Continuous with Attack the Basket Dribbles Only (@JohnCarrier42)

1's, 2's and 3's to 10

Play a half-court game of 3v3/4v4/5v5. Players are only allowed to dribble if they are attacking the basket (that means they can't dribble to take the ball back behind the three-point line).

<https://www.youtube.com/watch?v=3NpinhDmpoU>

6 Skill Development / Advantage Offense

Here are some general “advantage offense” and skill development games:

Notes:

- Advantage games can be three trips (here, down and back), one score and switch (take it back on change of possessions), one score and switch (don’t need to take it back on change of possessions) or one offensive possession and switch.
- Advantage games can be played with offensive players and defensive players anywhere on the court to start (depending on your offense and what you want to focus on).
- You can also play advantage games with more players on offense than on defense (just add a passing maximum). For example—in advantage 3v2, the offense may be limited to two passes (a kickout pass and a one more pass).

6.1 Drive 1v1 (Coach Z Hoops)

<https://youtu.be/yQLttgKI0s>

Game Rules

- 1. Off can never hold the ball**
- 2. 2 dribble max**
- 3. If off the ball receiver moves incorrectly in relation to the dribbler, play end & minus a point.**
- 4. Dribbler rotates to offense after playing defense. After a few minutes, Off stays on a make.**

Progression – 2-drive 1v1: https://youtu.be/HeyPn8M_aSI

Game Rules

- 1. Off can never hold the ball**
- 2. 2 dribble max**
- 3. On 2nd pass, defend player you pass to**
- 4. Shooter rotates out. After a few minutes, scorer stays on a make and def rotates out.**

6.2 1v1 Finishing (@coachzhoops_)

<https://youtu.be/cuzKgfqs8FQ>

Different ways to start offensive advantage games:

- 1. Cones**
 - 2. Dribble at - def has to wait to retreat**
 - 3. Off the back**
 - 4. Side to side - lean in**
 - 5. Face off**
 - 6. Skip pass from player or coach**
 - 7. Swing pass**
 - 8. Ballscreens, downscreens, etc**
- Games 1-7 are also great as 1v1 games for finishing through contact.**

6.3 1v1 Rim Finishing (Gerard Hillier)

O1 begins by moving to touch either side of the key-way, X1 must go the opposite way and get both feet outside the NCA before contesting.

<https://twitter.com/HillierGerard/status/1633784956102262784?s=20>

6.4 1v1 & 2v2 “In Jail” (Shane Hennen)

- Use the body to create and maintain an advantage
- Make the correct read
- Off-ball avoid being “three in a row”

<https://www.basketadn.com/ejercicios/juego-colectivo/2c2-iowa/>

https://twitter.com/riberaru_basket/status/1596628286062620672?s=20

Primer on putting defenders “in jail”: <https://youtu.be/tPVHblzNDVM>

6.5 1v1 Around Chair Pnr (@lopezsergio77)

Very simple 1v1 situation simulating a direct screen.

<https://twitter.com/lopezsergio77/status/1654439283158134785?s=20>

6.6 1v2 Around Cones Pnr (@gaboloaizaperez)

<https://twitter.com/gaboloaizaperez/status/1654407081326428161?s=20>

Alternative w/ downhill start:

<https://twitter.com/mshaughnessy11/status/1678529859058905090?s=20>

Alternative w/ handoff start: <https://twitter.com/tonywmiller/status/1675139384532774913?s=20>

6.7 Pro-Stop & Balance 1v1 & 2v2 (Paul Kelleher)



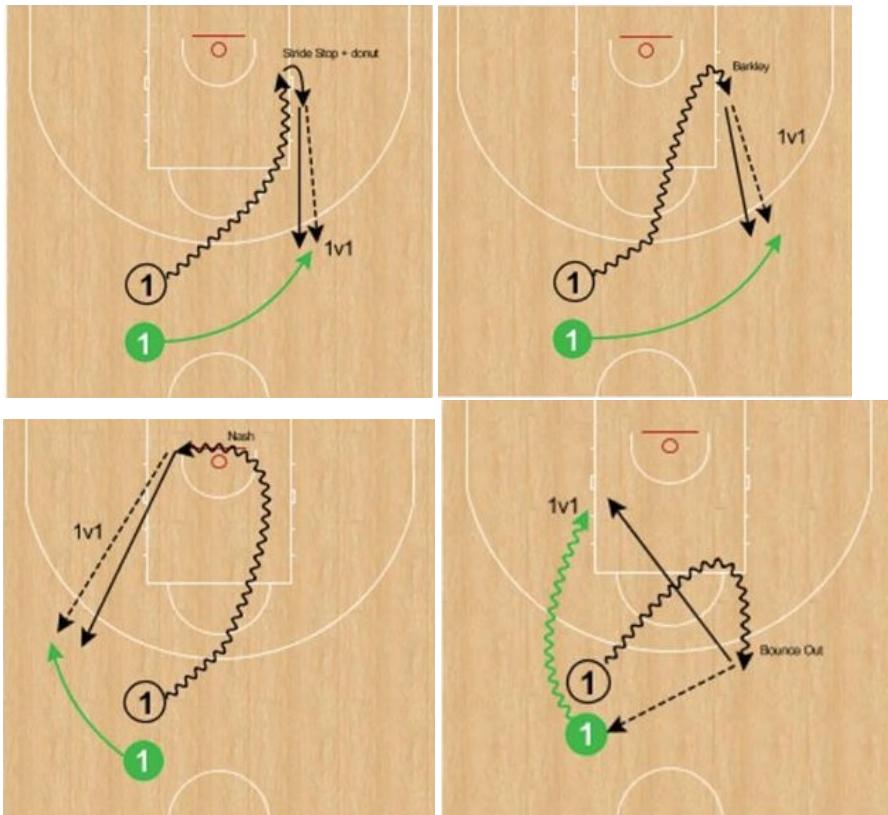
Use a guided defender, pivot & closeout

Build to 2v2:



Alternative (@CoachTBrady):

Players need to be taught & learn the visual cues and decision options on drives, work on the requisite skills to execute the correct decision and have opportunities to practice/rep/reflect those same decisions in game-like conditions in drills. Here is 1 v 1 Protection Plan.



6.8 Split Catch 1v1 (@ReidOuse)

Defensive player has to keep 2 hands on the ball. Offensive player bounces the ball and waits until it gets to its peak. Then attack off of a split catch.

Play 2-3 dribble max.

<https://twitter.com/reidouse/status/1608493565310648322?s=20>

6.9 Dribble-at 2v2 & 3v3 (Paul Kelleher)

.50

DRIBBLE-AT'S

i.e Hand-off's

2v2-To-3v3

1. CAN USE FOR DEFENSIVE PRINCIPLES ALSO
2. EMPHASISE TURN THE CORNER
HARD/AGGRESSIVELY TO ENGAGE THE FIRST
DEFENDER.

Remember to use the half-court
spacing Guidelines



6.10 Shoulder to Chest Advantage 2v2/3v3/4v4/5v5 (@bballimmersion)

1's, 2's and 3's to 10

The defensive player starts with his/her chest in line with offensive player's shoulder. The offensive player takes one, two, three, four or five dribbles to begin the play. Both players are stationary until the offensive player begins driving.

6.11 1v2 Floaters (Paul Kelleher)

50min vid: <https://youtu.be/5qjeiAqFhEU>

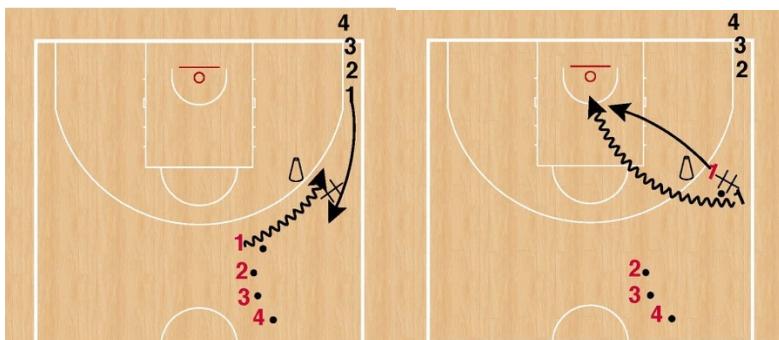
On-ball D touches outstretched hand of next in line. Under hoop D touches chair.

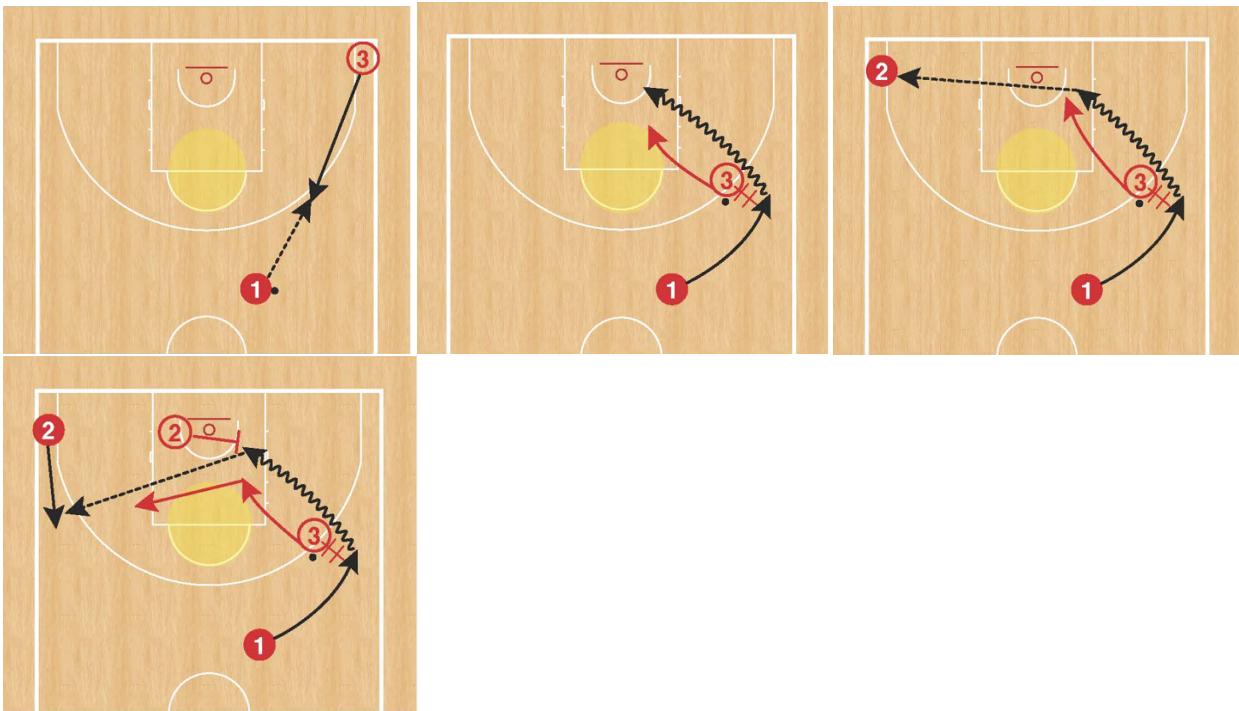


Alternative (Into Space): <https://twitter.com/CoachHackGO/status/1638533694494486530?s=20>

6.12 1v1 Wing DHO

Using a common two-player action to start a game or drill is a great drill start IMO. We are working on 2 player DHO technique and 1 v 1 SA finish. Good utility. Also build to 2v2.





6.13 Time Pressure 2v2 (DHO & Pistol)

We are playing 2on2 either with a DHO or Throw & Go (Pistol). There is a 5 second countdown, countdown starts on either the first dribble or airtime of pass. Play 1 shot, must stay on side of court. ADDING third option-Pass to coach pindown/flare.

<https://twitter.com/PlayFreeBball/status/1004396634078367745?s=20&t=bhOBjbVJedHlhEXZG7ixA>

6.14 Time Pressure 3,2,1

3-2-1: 3v3 game, shooter goes off, then 2v2, shooter goes off, then 1v1, countdown from 5...4...3...2...1

6.15 Blind Advantage 2v2/3v3/4v4/5v5 (@CoachHackGO)

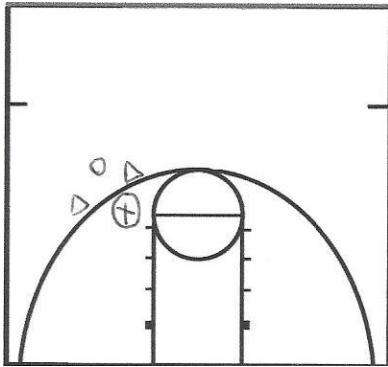
1's, 2's and 3's to 10

The offensive player starts with the ball on the defender's back for at least one second. When he takes the ball off the defender's back and begins driving, play is live. The offensive player is not allowed to fake which way he is going.

6.16 Cone Touch Advantage 2v2/3v3/4v4/5v5 (@CoachHackGO)

1's, 2's and 3's to 10

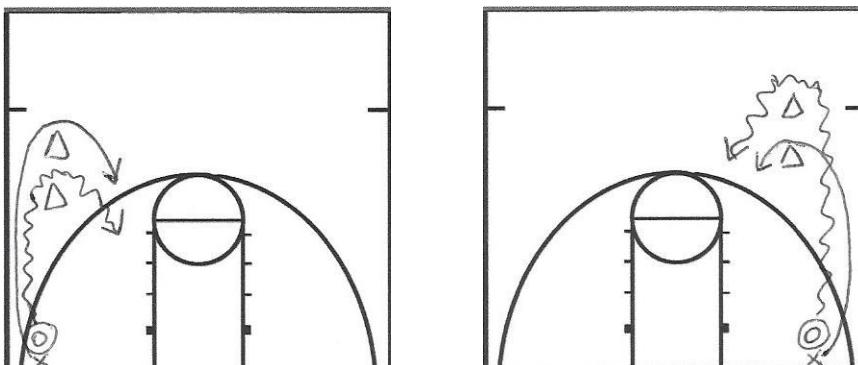
The defensive player flips the ball to the offensive player and must touch one of the cones before recovering.



6.17 Two Cones Advantage 2v2/3v3/4v4/5v5 (@CoachHackGO)

1's, 2's and 3's to 10

Offensive player starts behind the baseline with the defender a few feet behind him. When the offensive player begins dribbling, the defensive player can begin running. For a big advantage, have the offensive player dribble around the first cone while the defense runs around the second cone. For a smaller advantage, have the offensive player dribble around the second cone while the defense runs around the first cone.



6.18 Three-Point Line Touch Advantage 2v2/3v3/4v4/5v5 (@bencfalk)

1's, 2's and 3's to 10

The ball is swung to the offensive player. The defensive player starts a few feet away from the three-point line and must touch the line (with one or both feet, depending on how big of an advantage you want) before defending the drive.

6.19 Circle 1v1 (Zak Boisvert)

<https://youtu.be/0PIVIIIfShbw>

6.20 Pinewood 2v2 thru 4v4

https://youtu.be/H7_AoMN6YUc

2s & 3s like a normal game. O must yell score or no pts

4 - if O gets a breakaway layup - D doesn't get all the way back

4 - for any backdoor

3 - for any euro step layup or whatever finish you have been emphasizing

Play to 7 so every play matters. Usually we play best of 7.

6.21 3v3 "One More" (Coach Z Hoops)

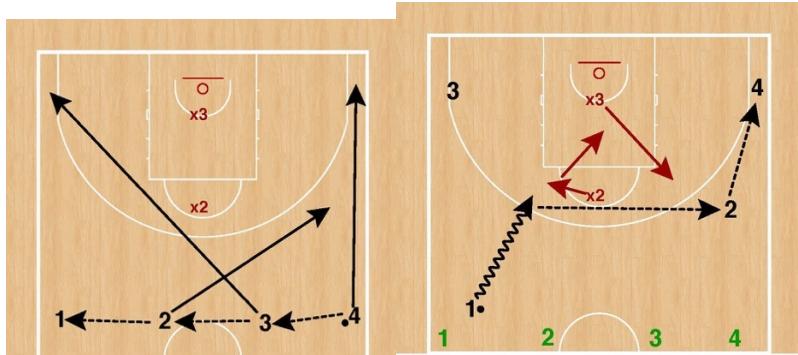
<https://youtu.be/jvze9Z3CNpU>

Game Rules

- 1. Offense fills opposite corner and 45.**
- 2. Offense can never hold the ball**
- 3. Offense must get into the paint before passing unless they hear "I More" (excluding the 1st drive if def helps outside of paint)**
- 4. Only clean layups and threes (no pullups/floater) which creates more passing.**
- 5. Scorer must point to the player that passed them the ball. If not, team is out.**
- 6. We usually play it "Cutthroat" meaning the scoring team stays in.**

6.22 4v2 Flow Advantage (@CoachTBrady)

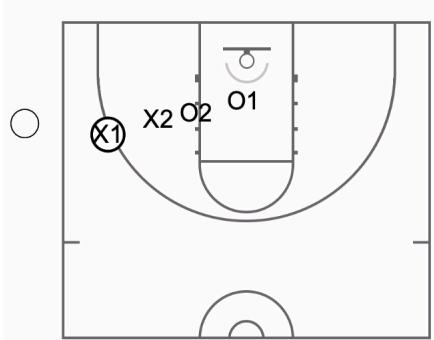
Swing the ball across the top with O players moving into our formation. We only allow one shot per rep, and it needs to be a BA shot at the rim or behind the arc. Use a time constraint to get the BA shot. Two O players go to D and the next group attacks.



6.23 2v2 or 3v3 Sideways (Trevor Ragan, @train_ugly)

SSG 2v2 Sideways

SSG 2v2 Sideways



- Regular 2v2 between the main goal and the side goal beginning with a jump-ball
- Team that wins the tip can score on any goal first and that establishes the goals for that 60-second segment.
- 2 points for layups / 1 point for jump shots
- Foul = point value for shot and change of possession quickly
- Play for 60 seconds and switch teams
- Can play as a running score or each game separately.

Alternative @train_ugly:

1's and 2's to 5

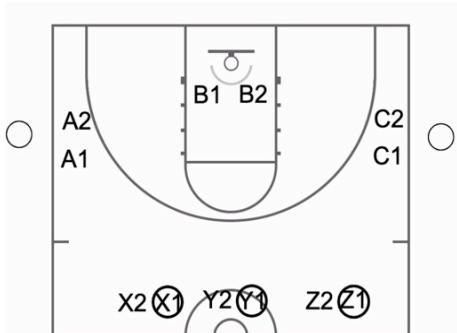
This is a “full court” make it, take it game played on a main hoop and a side hoop instead. On a made basket, the offense stays on offense and goes the other way (baskets switch). The defense is not allowed to touch the ball after a make (they are still on defense). Players may pass or dribble the ball out of the net after a make (no inbounds). There is no out of bounds.

<https://www.youtube.com/watch?v=b-d5deTnqtA>

6.24 2v2 Hornets (Trevor Ragan)

2v2 Hornets

2v2 Hornets

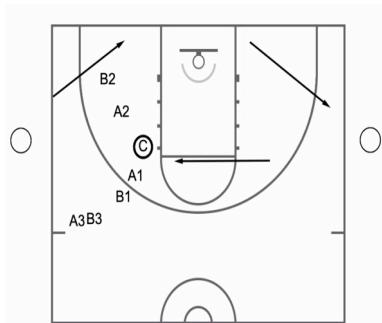


- Six separate teams of two; Three teams start on offense and three on defense
- Offensive teams can score on any basket and must call their score on each make
- Defensive teams can only defend at their basket
- Defense can become offense if they secure a ball in their area (missed shot rebound, steal, etc.)
- If an offensive team loses their ball to a defensive team, they replace them at that goal as the new defensive team
- Offense can switch attacking goals at any time and two or more teams can attack the same goal at any time

6.25 3v3 Triangle (Trevor Ragan)

SSG 3v3 Triangle

SSG 3v3 Triangle



- 3v3; Coach shoot the ball to begin the drill
- Team that rebounds it gets to start on offense at the goal that was just shot on
- Make = Keep possession
- Defensive rebound = moving to the next goal
- Offensive rebound =. Keep playing at that goal

Variation:

- Switch direction
- Play all seven goals
- Make = whoever gets the ball gets to keep it

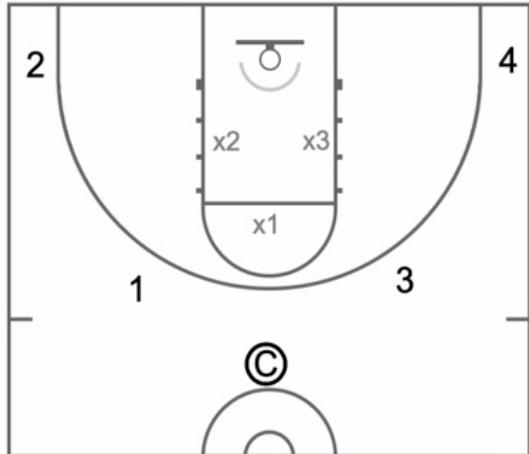
6.26 1v2 → 2v2 Stampede Advantage Start (Simon Bertram)

<https://twitter.com/CSimonbertram/status/1446036954395693058?s=20&t=3eMzvWcE6hZuFotzAqqxvg>

6.27 4v3 Drive Kick Kick (Trevor Ragan)

SSG Drive Kick Kick

SSG Drive Kick Kick



- Coach starts by throwing the ball to any of the four perimeter offensive players
- Offensive is searching for “drive-kick-kick” three point shots or layups
- Defense gets a point for a stop
- Offensive gets their point value for the shot they make
- *Turnovers = +2 for defense

6.28 1v1 + 1 Hostage Dribble (@LukaBassin)

<https://twitter.com/LukaBassin/status/1596455355801903106?s=20>

6.29 3v2+1 Contested Shooting (Gerard Hillier)

Offense has 2 passes max to get their shot off, offense also has 1 dribble per possession. No cutting or screening, catch & shoot or score off the dribble.

Defense must disrupt as best as possible. X1, the initial passer, can only play D within the key way.

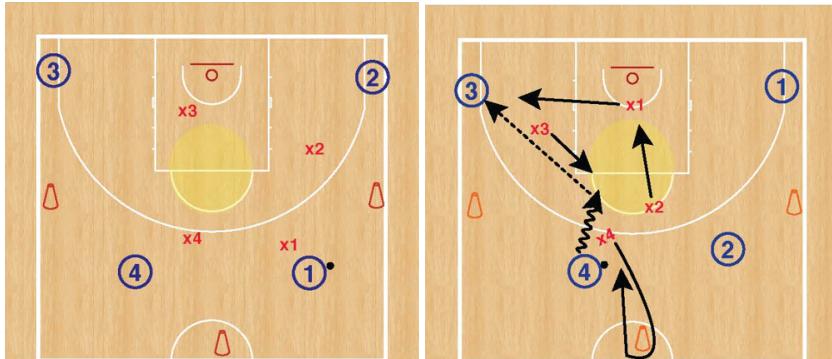
Catch & Shoot 3pt = 3pts

Mid Range Shot = 1pt

Paint Score/Finish = 2pts

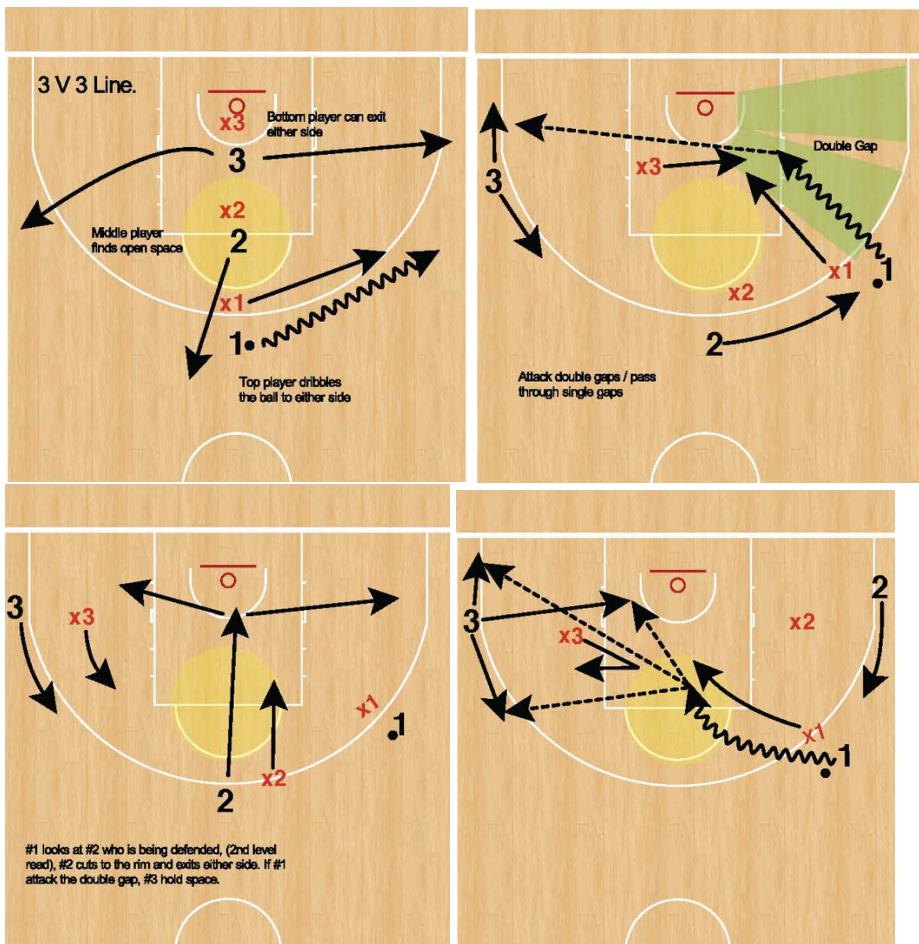
<https://twitter.com/HillierGerard/status/1678376630950199299?s=20>

6.30 4v4 Navy (Tim Brady)



3 cones 15 feet apart and 15 feet behind the 3 pt line. The drill starts with a shell drill. O players are passing the ball around, defense adjusts accordingly. On the whistle, the player covering the ball must run around a cone while the defense adjusts.

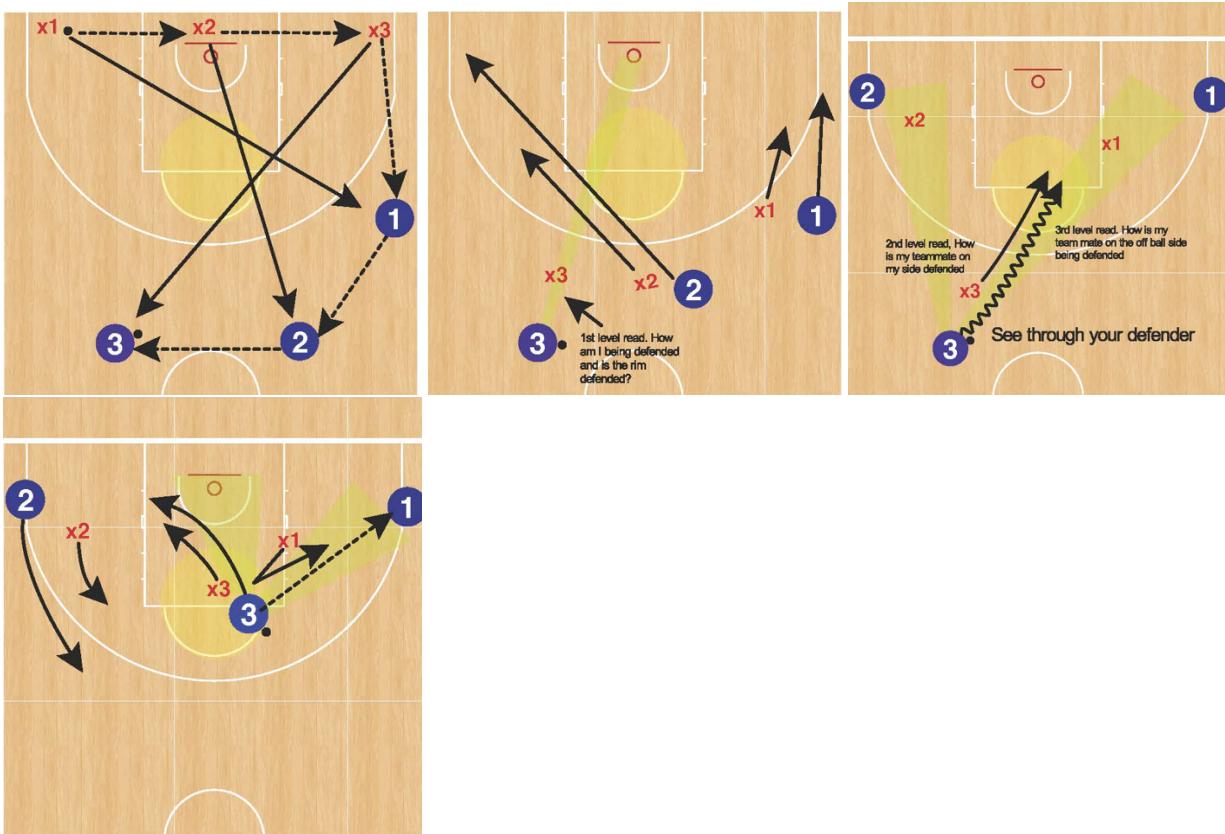
6.31 3v3 Line (Tim Brady)



Law of Space: when you restrict space in one area, you expand it in another. We want to use our concepts and principles: Attack double gaps with the dribble, pass through single gaps, and create support options for the attacker on every drive.

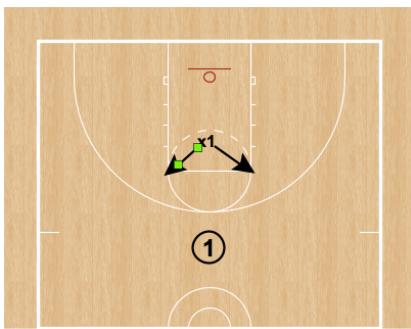
6.32 3v3 Serbia (Tim Brady)

Any 2 or 3-player actions or movements in your attack can be repped in this drill. We can work on reading, (seeing) defenders on and off the ball, making quick catch-read decisions, attacking gap space, and creating and using an advantage.



6.33 1v1 Elbow (Garrett Hickey)

In this drill we are focusing on quick recovery by the defender while also allowing the offensive player to react to the defender. The drill starts when the defensive player shuffles to one of the elbows. The offensive player can then attack the hoop while the defender tries to recover. What I emphasize to all defenders is to not try and “defensive slide” their way back into position. If you need to sprint to try and regain position then do so. The last part is to emphasize the defender jumping straight up and avoiding fouling the offensive player.

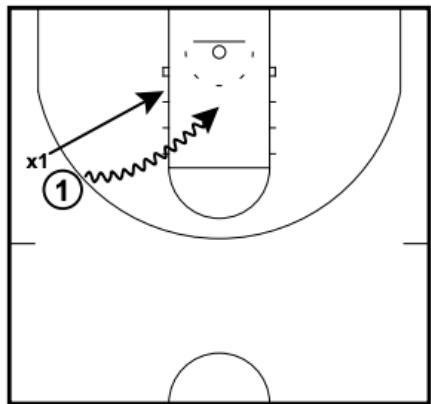


6.34 Advantage 1v1

1's and 2's to 10

- Drive the Catch: <https://twitter.com/CoachTBrady/status/1605227416045379585?s=20>

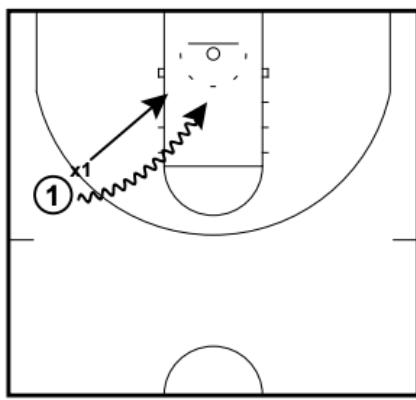
- Slot 1v1: <https://youtu.be/NFNQ1sbozoU>
- Shoulder to Chest (https://twitter.com/Nick_Sciria/status/1151268725351419904, <https://youtu.be/ntsZ9PgbGcE>)
 - Because the offense can only go one direction, the advantage shrinks.
 - This is a great way to work on playing through contact and keeping vision on the rim.



Hip Start

D starts with their chest facing the shoulder of the offensive player. When the offense starts their attack, play is live.

- Blind (<https://youtu.be/LE7cmo8bRko?t=9>)
 - By giving the offensive player the option to drive either way, at any time, a big advantage arises.
 - After playing 1v1, place the additional players in whatever spacing alignments you prefer.



Blind Start

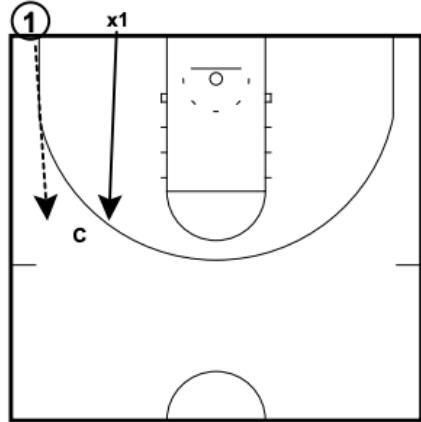
Defender puts heels on the 3pt line and faces the basket

Offense puts the ball on her back, so she is blind to it

When the offense rips the ball and goes, play is live

- Butt Ball (<https://youtu.be/1ci9uVgjuhQ>)
- Hand Touch (https://twitter.com/John_Leonzo/status/1667490521881751553?s=20)

- Because the defender has to touch the coach's hand before recovering, the coach can decide how large the offensive advantage is
- This is a great way to create appropriate challenge for players of all levels.
- Learn to finish at the rim in multiple ways/scenarios
- The offense tosses the ball to the coach, and both players follow the pass
- Ball in outside hand = grab it and go (D touch opposite hand)
- Ball in inside hand = wrap around 1v1



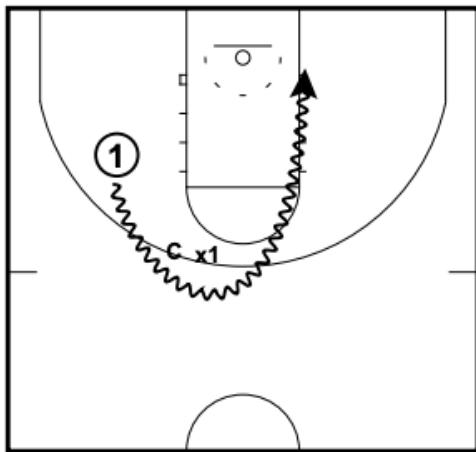
Hand Touch Start

When the offense passes the ball to the coach, both the D and O follow the pass.

If the coach puts the ball in her outside hand, the offense rips baseline to score. The defense must touch the inside hand of the coach before recovering.

If the coach puts the ball in her inside hand, both players wrap around the coach, offense going first, and the attack goes middle.

- Cone Touch (<https://youtu.be/LE7cmo8bRko?t=79>)
- Back Tap
 - Want to work on dribble attacks? Look no further.
 - This drill is a great way to teach drivers when to use an advantage and when to create an advantage.

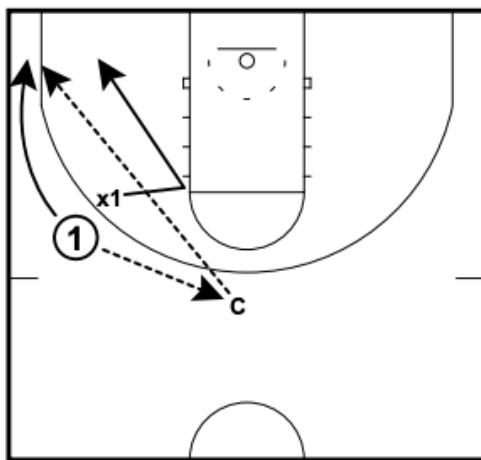


Back Tap Start

The defender starts beside the coach. The offense has the ball below the coach and dribbles around them both.

When the coach taps the back of the defender, she can go stop the ball.

- Two Cones (https://twitter.com/Nick_Sciria/status/1151268725351419904)
- Shifty Start: <https://twitter.com/hoopstudy/status/1652450325960294400?s=20>
- Three-Point Line Touch
- Walk to Run (<https://youtu.be/LE7cmo8bRko?t=25>)
- Pass and Close (<https://youtu.be/LE7cmo8bRko?t=43>)
- Cutter
 - Attacking directly off the catch is a staple of modern basketball.
 - In this start, players begin all of their attacks with a closeout decision to make.



Cutter Start

The defense and offense start facing one another. On the pass from the offense to the coach, the offensive player fans to the corner. The defender must touch the elbow and then recover. Play is live off the catch.

You can play from whatever spots you choose.

- Pass attack (<https://youtu.be/DUD454fM1cs>)
- Sideline (<https://twitter.com/coachzhoops/status/1006361087380480000>)
- Mirror Drill (https://twitter.com/Nick_Sciria/status/1153417512392044549)
- 1v1 Finishing Variations (<https://youtu.be/cuzKgfqs8FQ>)
- “Slow” or “Pullback”:
https://twitter.com/Gabe_MaciasGTET/status/1363309527978840068?s=20&t=gWqKOrZFD4ns5-zLQIERrw
- D Handoff & around cones: <https://twitter.com/reidouse/status/1660442653463379968?s=20>
 - Shooting variation: <https://twitter.com/reidouse/status/1653184293940649990?s=20>
- Neutral Handoff: https://twitter.com/MyDrillLab_ES/status/1654015311392174082?s=20
 - Keep the defender in the back and away from the basket.
 - Contact with the body.
 - Prevent the defender from getting in your path to the basket.
 - Finishing with contact.
- “Drive & Drift”:
https://twitter.com/Gabe_MaciasGTET/status/1163153899320070144?s=20&t=DRaSELT0sJMQQdAJ7zlRbQ
 - Offense starts on wing and defense starts with 1 foot in the paint. On the drive offense starts to drift. Once the pass is made the defense can sprint to closeout.
 - Offense must make a quick decision on the catch shoot or attack. No holding the ball.

Different ways to start offensive advantage games:

1. Cones
2. Dribble at - def has to wait to retreat
3. Off the back
4. Side to side - lean in
5. Face off
6. Skip pass from player or coach
7. Swing pass
8. Ballscreens, downscreens, etc

Games 1-7 are also great as 1v1 games for finishing through contact.



6.35 1v1 Pindowns & Handoffs (Shane Hennen)

<https://youtu.be/E7GY8vf4tkg>

6.36 2v1 Shooting (@JoerikMichiels)

One of the favourites at academy

- first touch decisions
- shooting against late contest
- creating advantage

Point System:

 -1 for defense if straight line drive

2 for a score, 1 for an assist (thank the passer!)

 Score you stay

<https://twitter.com/JoerikMichiels/status/1450459217865883654?s=20>

Alternative: <https://twitter.com/brianmccormick/status/1599398290826711040?s=20>

6.37 Touch Closeout 1v1 (Coach Z Hoops)

Player favorite. Great way to work on reads off the catch, shooting while defended, finishing, closing out, and guarding the ball.

Offence can never hold the ball or jab & shoot.

Offense gets 2 dribbles unless they go into a Barkley

Two versions of the game:

- 3's and layups (incl. Barkleys)
- 3s and pullups in the paint (or up & under)

Defense touches ball, sprints to lane line, & then closes out on offense

Game set up – 1 offensive line, defenders on each side of the main line.

If score, get the ball and go to the middle line

If scored on, remain on D

Passer – go to the opposite side to play O

<https://youtu.be/wekQg4OaYPg>

Alternative: https://twitter.com/ribesaru_basket/status/1599669418044567552?s=20

Alternative: <https://twitter.com/tonywmiller/status/1599027270236409856?s=20>

6.38 Hurricane 4v3 (Zak Boisvert)

O is in shell spacing. D starts in triangle. Teams sub themselves. Coach stands at TOK and makes first pass to offense. Black on O for 2 min straight, then White on O for 2 min. Teams huddle up for halftime (1min). Repeat.

Scoring: 3 pts for layup or 3pt. 1 pt for any other shot. "Coach's Choice" = coach can call out for a 1-point bonus on any GREAT possession that results in a paint-touch 3 pointer (4 points on made shot – only get the bonus on a make). Offense cannot drift into the paint, but they CAN cut on dribble penetration. Offensive Rebounds = +1. Turnovers = -1. Most points after two "halves" wins.

Alternative Rules:

- 2:00 for each team on offense
- Outlet to coach on every score/stop
- Defense has to sub on every possession (they actually have to talk)
- Offense works on catch & shoot/one-mores

https://twitter.com/Coach_JoeBurger/status/1674609029690040320?s=20

6.39 Blender 4v3 (Zak Boisvert)

3 teams. One starts on O, the other on D, the other on the baseline. Offense starts in basic 4-out spacing. Defense starts in triangle with at least 1 foot in the paint. Coach throws the ball to one of the offensive players. 10 second shot clock (can build to 8 second shot clock). Offense can cut on dribble penetration, but can't just drift to the hoop. Offense scores, they stay on offense. New team comes in on defense. Play for 6 mins. Most total points wins. ORB: O tosses it to Coach and stays on O (new D comes on).

Blender 4v3

Obey the Laws of the Blender

1. Point 5
 - Blender Initiated: Spurs
2. Torture Chamber
 - 1 can't play 2
 - Cut Him/Space Him/Screen Him
3. Don't Drive a Drive
 - Drive-Kick-Swing
 - Plus 1

"Dominoes!"
-Ross McMains

- 3 teams. One starts on O, one on D, one on baseline.
- Offense starts in basic 4-out spacing. Defense starts in triangle with at least one foot in the paint.
- Coach throws the ball to one of the offensive players. **10-SECOND SHOT CLOCK** (can build to an 8-second clock). Offense can cut on dribble penetration, but can't just drift to the hoop.
- Offense scores, they stay on offense. New team comes in on defense.
- Play for 6 minutes. Most total points wins.
- Offensive Rebound: O tosses it to Coach and stays on O (new D comes on).

6.40 Walk to Run Advantage 2v2/3v3/4v4/5v5 (@CoachHackGO)

1's, 2's and 3's to 10

Offensive and defensive player start walking next to each other (shoulder to shoulder) with the offensive player dribbling the ball. When the offensive player begins driving, play is live.

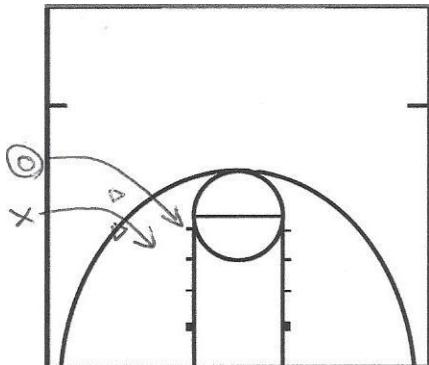
6.41 Pass and Close Advantage 2v2/3v3/4v4/5v5 (@CoachHackGO)

1's, 2's and 3's to 10

The defensive player starts inside the lane, passes the ball out to the offensive player and closes out.

6.42 Sideline Advantage 2v2/3v3/4v4/5v5 (@coachzhoops)

See set up diagrammed below. When the offensive player begins dribbling, the defensive player can begin running.

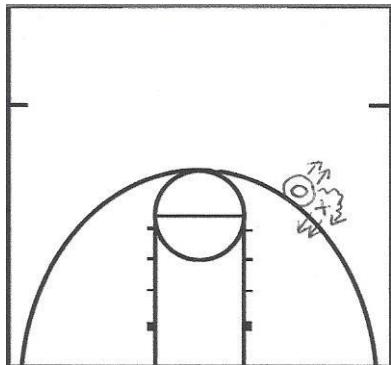


<https://youtu.be/W8NtSlvpAUM>

6.43 Dribble Around Advantage 2v2/3v3/4v4/5v5 (@Nick_Sciria)

1's, 2's and 3's to 10

See set up diagrammed below. Offensive player must take two dribbles behind the three-point line. The defender can begin moving after the offensive player's second dribble.



6.44 Mirror Drill Advantage 2v2/3v3/4v4/5v5 (@Nick_Sciria)

1's, 2's and 3's to 10

Players on the strong side circle the three-point line doing mirror drill (the offensive player tries to get separation from the defensive player). When the coach throws the ball to the offensive player, he/she drives and play is live.

6.45 2v2 Closeouts (@Nick_Sciria)

The ball handler begins with a shoulder to chest advantage. The help defender can begin running around the cone when the ball handler begins to drive (needs both feet around the cone). The ball handler needs to get a paint touch before passing and the player guarding him/her tries to get a deflection (worth one point). The shooter starts in line with the help defender but can move and catch the ball anywhere behind the three-point line and below the cones. If the shooter decides to drive, it is 1v1.

Modification Possibilities: Length of closeout (how close to the rim line the cone is), angle of closeout (how close to the baseline/arc the cone is), starting location of the shooter (and where he/she is allowed to catch it) and angle/location of the initial drive.

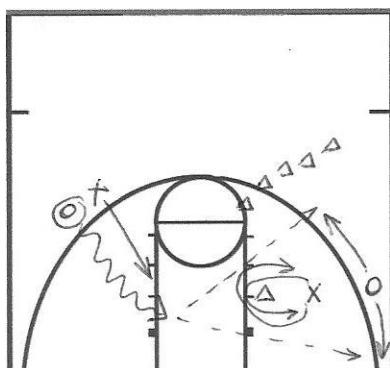
Teaching points:

-Hook pass off of the dribble and jump pass if necessary (don't leave your feet to make a decision, but you may leave your feet to make a pass)

-Shooter's relocation (lift/drift depending on the defender in order to give the driver a passing angle)

-Closeout technique (sprint to stop, high hand)

-Shot/drive decision (think shot, best chance to shoot is on the catch and best chance to drive is on the catch, no hold/jabs, the only bad decision is no decision)



https://twitter.com/Nick_Sciria/status/1131701918793908226

6.46 1v2 Finishing Setup (@basketadn)

Two alternative setups for 1v2 finishing:



6.47 3v2 Shooting (@brianmccormick)

1's, 2's and 3's to 10

Play one half-court possession (one shot). The team on offense gets a one player advantage and can pass a maximum of three times before shooting. Players can only catch the ball behind the three-point line (but are allowed to drive).

If you want to add offensive rebounding, you can make a rule that the player to get the offensive rebound must kick it out behind the three-point line and play continues with the offensive rebounder stepping off (2v2). You can also make a rule that the shooter isn't allowed to rebound a miss (so they step off and the others play 2v2 with unlimited passes until there is a stop/score).

6.48 3v2 Closeout SSG (@JoeyBurton)

Player with ball drives to basket with a hip-to-hip advantage.

Low defender stunts to try and force a pick up. If ball gets kicked out low man closes out. Defender guarding the ball rotates to 3rd player.

<https://twitter.com/JoeyBurton/status/1392492731683983363?s=20&t=O4IV64rtzly4EpIBtdFwJA>

6.49 4v3 Shooting (@brianmccormick)

1's, 2's and 3's to 10

Play one half-court possession (one shot). The team on offense gets a one player advantage and can pass a maximum of three times before shooting. Players can catch the ball inside the three-point line (cut) or drive.

If you want to add offensive rebounding, you can make a rule that the player to get the offensive rebound must kick it out behind the three-point line and play continues with the offensive rebounder stepping off (3v3). You can also make a rule that the shooter isn't allowed to rebound a miss (so they step off and the others play 3v3 with unlimited passes until there is a stop/score).

<https://www.youtube.com/watch?v=CNOYzsxEJL8>

6.50 3v3/4v4/5v5 Continuous Half Court Transition (@Nick_Sciria)

1's, 2's and 3's to 15

Play a 3v3/4v4 half-court game. On any change of possession, the new offense passes the ball to the coach and he/she immediately puts the ball back into play (by passing to any offensive player outside the three-point line). Meanwhile, all the players on the new defense must get two feet inside the paint (does not need to be simultaneous) before playing defense.

6.51 Cone Touch Reaction (1v1/2v2/3v3)

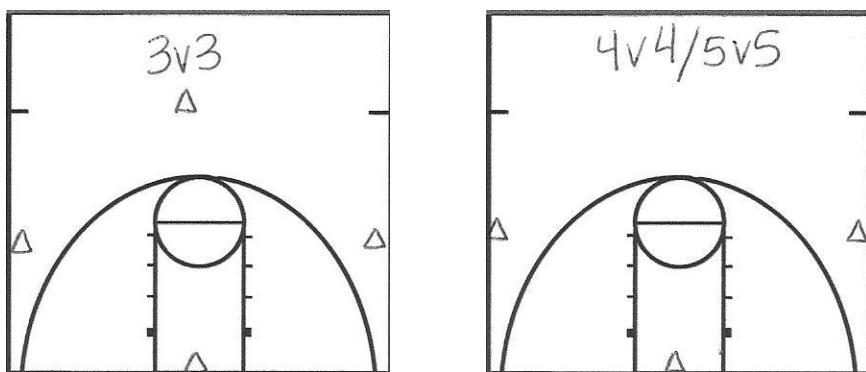
- X1 starts the drill by touching outside either cone, O1 reacts & attacks the open space, X1 then turns & contests.

- 2v2 Reaction Pen & Kick/Finish (clip 1): X1 starts by stepping across & touching outside the cone, O1 drives and must read the help D, drive or kick
- 3v3 Reaction Pen & Kick/Finish (clip 2): Same as above however X1 can now send O1 left or right.

6.52 3v3/4v4/5v5 Half Court Continuous Cone (@Nick_Sciria)

1's, 2's and 3's to 15

The last player to touch the ball on every offensive possession (shot/turnover) must run around one of the cones before playing defense. The new offense must take the ball back behind the three-point line every time (while the other defenders are live). The cones in the diagrams below are actually behind the baseline.



https://twitter.com/Nick_Sciria/status/1095120167770689537

6.53 3v3/4v4 Half Court Continuous with 12-Second Shot Clock (@Nick_Sciria)

1's, 2's and 3's to 10

No checks (take everything back behind the three-point line). Shot clock resets every time the ball hits the rim.

<https://www.youtube.com/watch?v=5UPv2qtezf8>

6.54 4v4/5v5 Half Court Chaos (@r_b_j_c)

1's, 2's and 3's

Offense stays on offense for one minute and tries to score as many points as possible. On a shot/turnover, the defense throws the ball to a coach (who puts a new ball into play by passing to any offensive player behind the three-point line).

6.55 Multitasking Concept (Alex Sarema)

Experimenting with Different multitasking games 🧠 today during the ball handling warmup:
mathematics 📊, quick personal info questions ?, vision “can you see what I see” 💬 and the last load physical: pushing and pulling.

6.56 1v1 Closeouts into Full Court (Claudio Cesar Prieto)



Prieto establishes the main objective to score in three of the five positions, although each coach will be able to adjust the requirement depending on the level and development of their players. The rotation occurs to the right after both players make their throw (role change) from the same position.

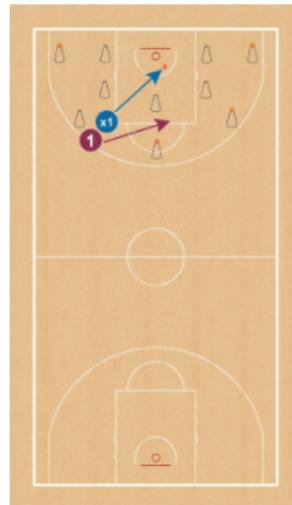
To make it a more dynamic exercise, we can integrate a 1v1 situation towards the opposite basket as shown in *graph 3* (the player who catches the rebound becomes an attacker).



Figure 1



Graph 2



6.57 Toss 1v1 (@mshaughnessy11)

Offense & defense pass back & forth as they slowly travel around the 3pt line together

- Quick decision - Shoot or attack closeout
- Make shots versus late contest
- Finish driving through contact

Defense is reacting to when offensive player makes a decision.

6.58 “Go Get” 1v1

Pass to coach, coach holds ball out in one hand or the other, offense grabs ball, defense slaps the coach’s empty hand, play 1v1.

6.59 1v1 Pullback Shooting (Joerik Michiels)

Shooting Under Pressure 1-1 Game

Keep shooting until you miss 2 in a row.

As offense goes to pick up the ball, defense comes out to challenge.

Take one dribble to create your shot and separation

If you score, can't use the same option 2 times in a row.

Warm-Up: <https://twitter.com/JoerikMichiels/status/1675479753468391424?s=20>

Begin: <https://twitter.com/JoerikMichiels/status/1682361308182609920?s=20>

Begin: <https://twitter.com/JoerikMichiels/status/1682728770820513793?s=20>

Progress: <https://twitter.com/trainwithmychal/status/1675944650459463681?s=20>

Progress: <https://twitter.com/JoerikMichiels/status/1683817144193110018?s=20>

6.60 Perimeter 1v1

Two players on the perimeter, coach passes to 1 of them, other player needs to closeout.

🏀 Proper pull-up FOOTWORK 🏀

🏀 Pickups off the dribble

🏀 Contesting jumpshooters without fouling

🏀 Competing (we play make it take it) Gotta get a ⚪ STOP!

<https://twitter.com/coachmattpugh/status/1341760751065853954?s=27>

6.61 1v1 Self-Pass Contested Shooting (@tonywmlle)

Offense: self-pass → shot

Defense: tag a cone on the self-pass → contest

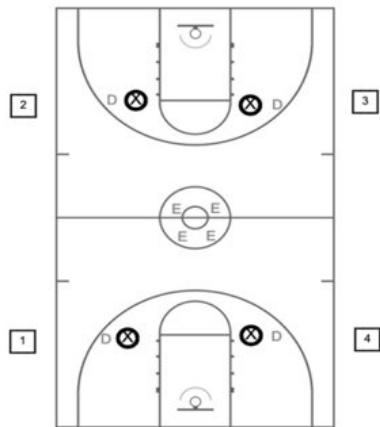
Can move locations / cones all around the floor

https://twitter.com/MyDrillLab_ES/status/1650466608949743617?s=20

6.62 1v1 Doghouse (Trevor Ragan)

SSG 1v1 Doghouse

SSG 1v1 Doghouse

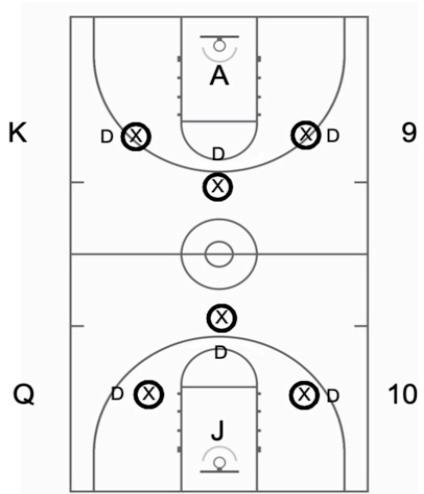


- Any defender who gets scored on goes to the dog house. A player from the dog house replaces them as a new defender.
- If a defender gets a stop, they become the offensive player and the offensive player becomes the defender.

6.63 Ace of the Court

Ace of the Court

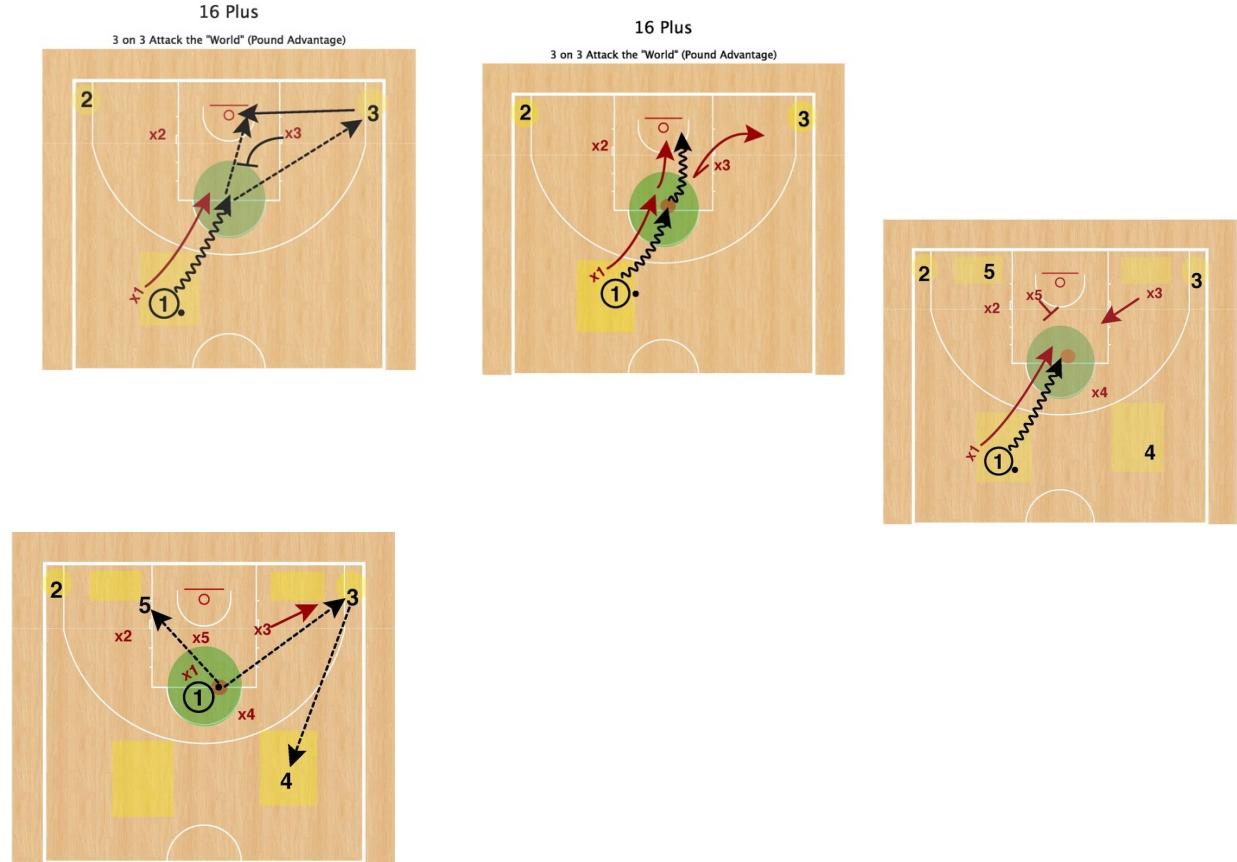
Ace of the Court



- Each player draws a card at the beginning of practice to determine where they start
- King of the Court rules

- If the offensive player scores, the defense gets a chance to match. No match = move down a court
- Goal is to be the ace court

6.64 3v3 & 5v5 Pound Advantage (@CoachTBrady)

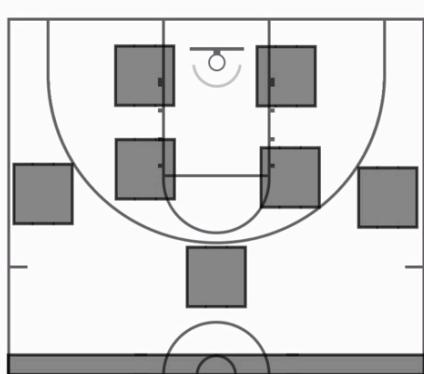


Offensively controlling the central portion of the court opens up multiple options.

6.65 Ultimate 1v1 (Trevor Ragan)

Ultimate 1v1

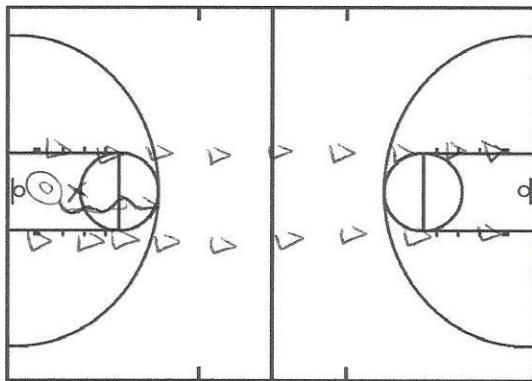
Ultimate 1v1



- Offense self-tosses to begin each possession
- Each player gets 3-5 offensive possessions each (each made basket is worth 1)
- At the end of their possessions, they shoot two free throws (or a 1 and 1) for a chance to add on to their score
- Most points at the end is the winner

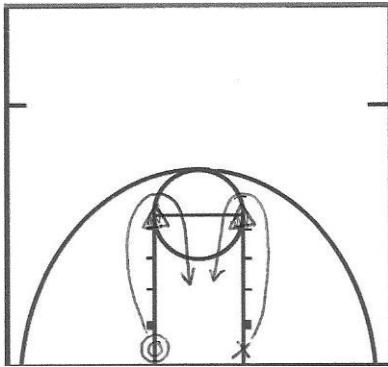
6.66 Alley 1v1 (@Nick_Sciria)

1's and 2's to 5



6.67 Elbow 1v1 (@PositionlessBb)

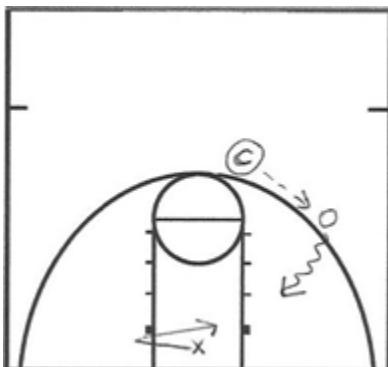
Cones can be placed at any location on the court. In this game, the offense can start whenever they want (no faking). On first movement, the defender(s) begins running and the game is live.



6.68 Help 1v1 (@PositionlessBb)

1's and 2's to 5

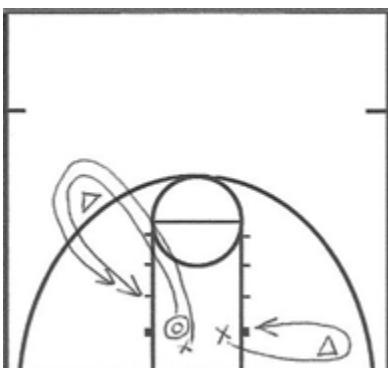
The coach passes to the offensive player (or player spins it to him/herself). The offensive player catches and uses a momentum rip through to drive (can also use other moves). When the ball is caught, the defender must get two feet outside the lane before contesting the shot.



6.69 Help 1v2 (@PositionlessBb)

1's and 2's to 5

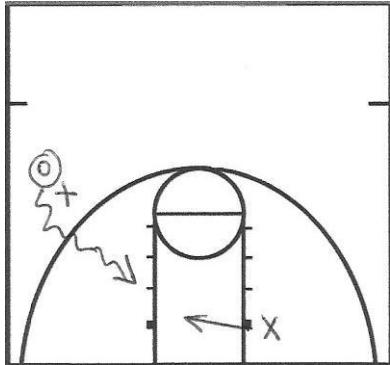
Play begins on the first movement of the offensive player.



6.70 1v2 versus Pressure and Help (@BrandonHeyen_)

1's and 2's to 5

The on-ball defender and ball handler start a few feet behind the three-point line. The on-ball defender pressures the ball (trying to steal it) until the ball handler gets inside the three-point line. Once inside the three-point line, the help defender (who starts outside the lane) is live as the ball handler drives to the basket.

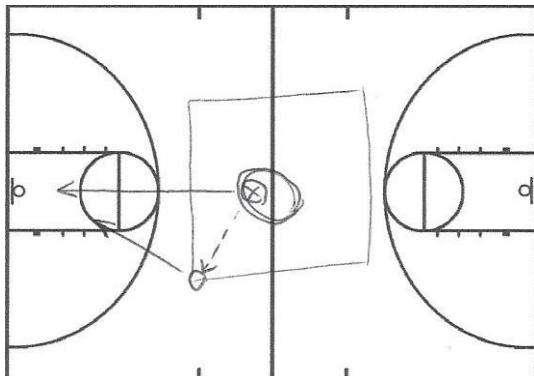


https://twitter.com/brandonheyen_/status/1143955841797840897?s=21

6.71 Transition 1v1 (@PositionlessBb)

1's and 2's to 5

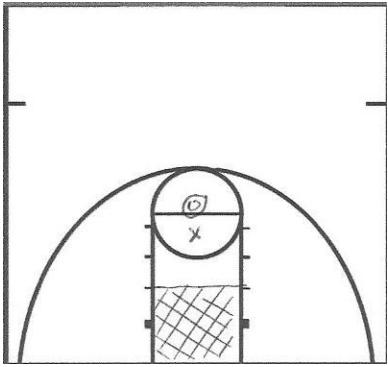
The defender passes ahead to the offensive player and runs to the rim as the offensive player drives.



6.72 Lane 1v1 (@JohnCarrier42)

1's and 2's to 5

The offensive player can only score in the shaded area. The lane lines are out of bounds. Reset after every shot.



6.73 Lane 1v1v1 (@Nicolas_Scira)

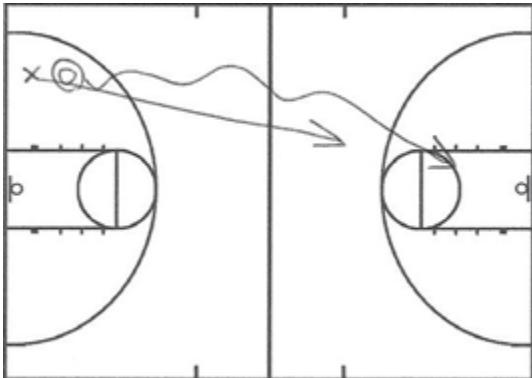
1's and 2's to 5

The ball is always live (even on makes—anyone can rebound it) and there is no out of bounds. Players must score inside the lane.

6.74 Chase Down 1v1 (@Nicolas_Scira)

1's and 2's to 5

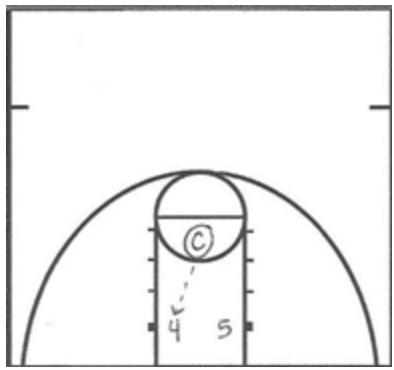
Play begins on the first movement of the offensive player.



6.75 Block Finishing 1v1 (@PositionlessBb)

1's and 2's to 15

The coach can throw the ball to either player and play is live (can be one shot or until a score/defense rebounds). A stop is worth one point.



6.76 1v1 Dribble to Half Then Attack (@basket_ADN)

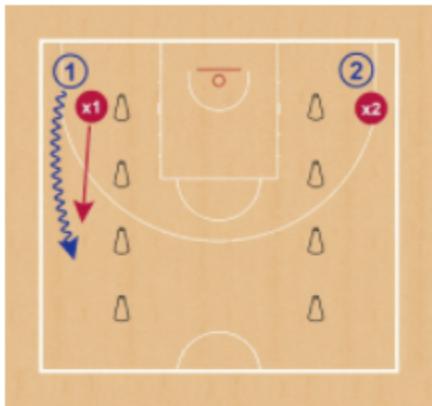
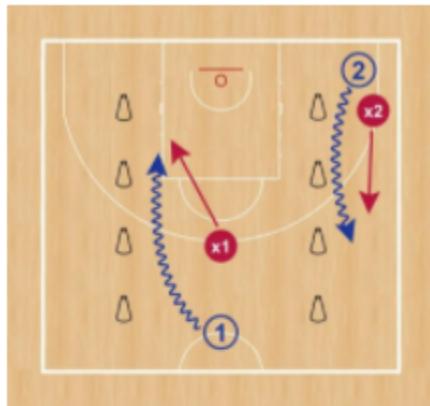


Figure 1

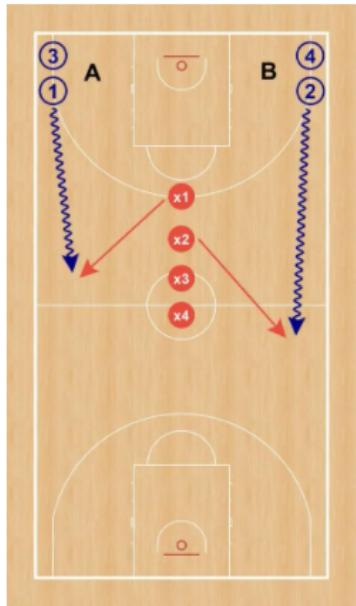
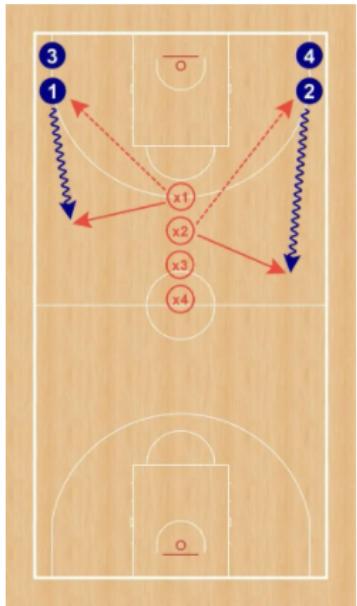


Graph 2



Graph 3

6.77 Full Court 1v1 (@basket_ADN)



6.78 4v4 Line Advantage (@basket_ADN)

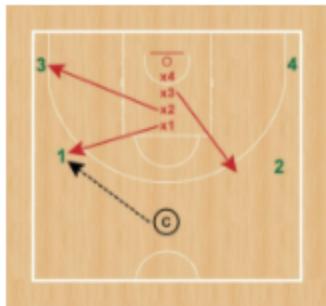
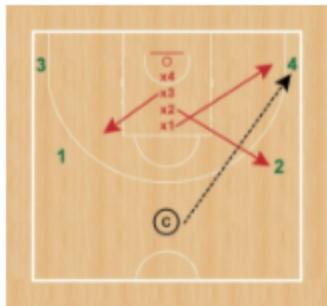
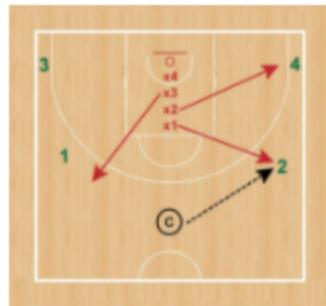


Figure 1



Graph 2

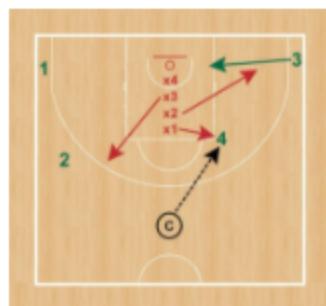
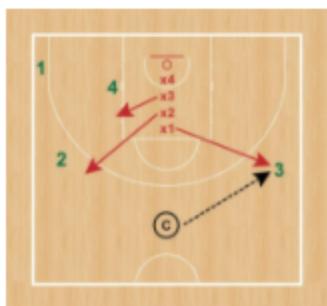
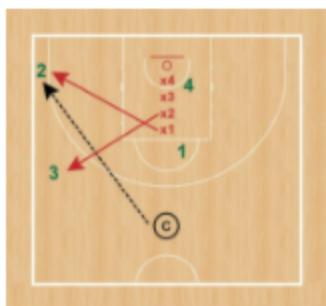


Graph 3

Once we have established the initial disposition of the exercise, we will activate the four against four from a pass from the coach to any of the attacking players (uncertainty). At that time, the defenders will have to establish markings (communication) and recover in closeout as follows:

- o The first player in line must **ALWAYS** get to defend the attacker who receives the ball.
- o The second, in the same way, will defend the attacker closest to the ball to try to work a strong passing line.
- o The last two defenders, therefore, will take care of the players furthest from the ball (weak side).

As the exercise progresses and the players improve by putting into practice the different concepts that each coach wants to emphasize, we can allow the attackers to move freely prior to receiving and activating the 4×4 . Thus we increase the level of uncertainty of the task and allow the attacking team to create different structures for pair play (pick 'n' roll), clearing (*graph 5*) or high post receptions to attack with a back door (*graph 6*). Many possibilities and variants.



6.79 3v3 Track Race (@basket_AND)

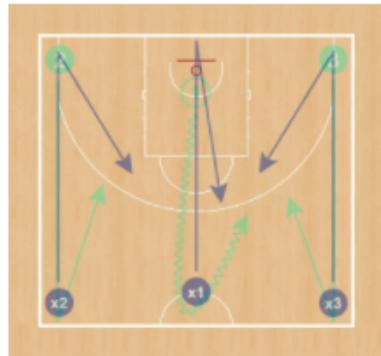


By giving a small twist to the initial approach of the classic three against three of all life we can achieve a much more dynamic development and, incidentally, resemble it to a possible match situation (attacking team that arrives playing in transition).

Initial layout as shown in *graph 1*: attackers on the baseline (one of them with the ball) and defenders in midfield. When the exercise is activated, the two teams must cross to step on the opposite line (*graph 2*) and play the 3×3 according to the rules and guidelines that each coach wants to establish.



Figure 1



Graph 2



<https://youtu.be/QUpLdGmGkts>

6.80 1v1 Full-Court Russell Westbrook Triangle (Gerald Hiller)

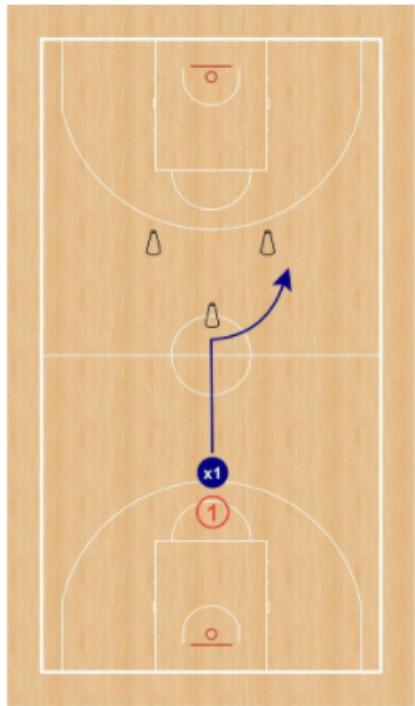


Figure 1



Graph 2

6.81 1v1 “Off the Hip” (Game Time Elite Training)

Both players start close together, shoulder to shoulder, in the position from which we want to work 1v1 and looking towards the rim. The ball, in the attacker's hands, will initially be located on the defender's hip (essential detail).

The 1v1 is activated when the attacker moves the ball to generate, through the bounce, that angle that we mentioned at the beginning.



Figure 1



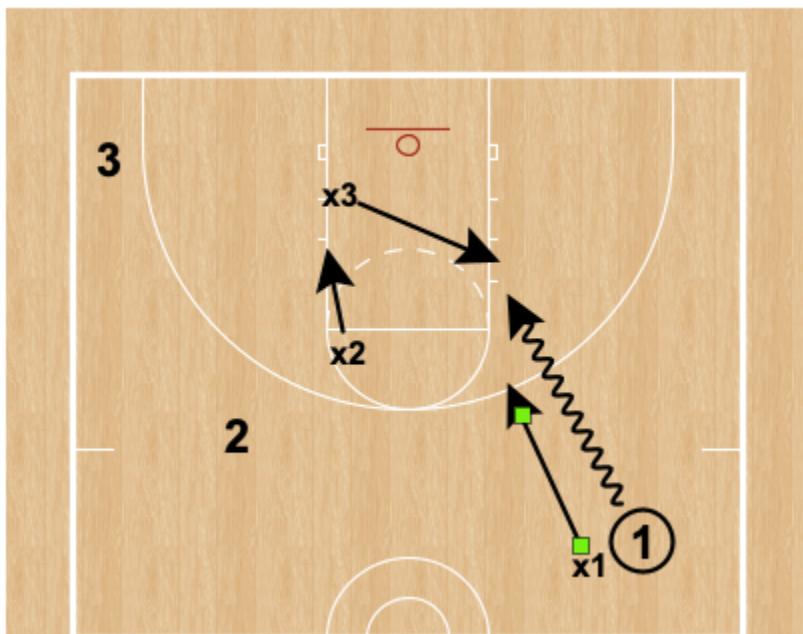
Graph 2



Graph 3

6.82 3v3 Hip Disadvantage

In this drill, we set up the defense at a disadvantage right from the start. Player #1 has the ball and defender #1 stands alongside them hip to hip. The drill starts when offensive player number 1 starts driving toward the paint. We emphasize two things on defense here: 1) if defender #1 tries to get back in front of offensive player #1 and cut the drive attempt off. 2) If the first option cannot be done then defender #3 must slide over in help, we preach to get outside the paint in help to be very aggressive. Depending on what actions occur we tell the defense to react. My biggest belief is not telling players what to do but let them figure out what the best solution is, either by making a mistake or talking with teammates.



6.83 4v3 Continuous (Tim Cluess)

<https://youtu.be/nrfFZWmKBJw>

Great for decision-making, spacing, scramble D.

6.84 1v1 Downhill (@Hennen_Workouts)

https://twitter.com/Hennen_Workouts/status/1401671262653538305?s=20

other 2 players must play 1 v 1 in triple threat until the first 2 players get a shot attempt up

Once the shot is up - the triple threat offensive player can attack between the chairs

6.85 Multi-ball 1v1 (Coach Z Hoops)

<https://youtu.be/kGbtGrm5YW8>

6.86 Two-Pass 1v1 (John Leonzo)

https://twitter.com/John_Leonzo/status/1670076021498953728?s=20

D passes to the coach, then closes out to the offense.

The coach can pass the ball to O as early or late as she likes.

Play is live on the catch.

6.87 Faceoff 1v1 (Coach Z Hoops)

<https://youtu.be/r-S0vDpgCqY>

6.88 Fresno Attack 1v1 (Zak Boisvert)

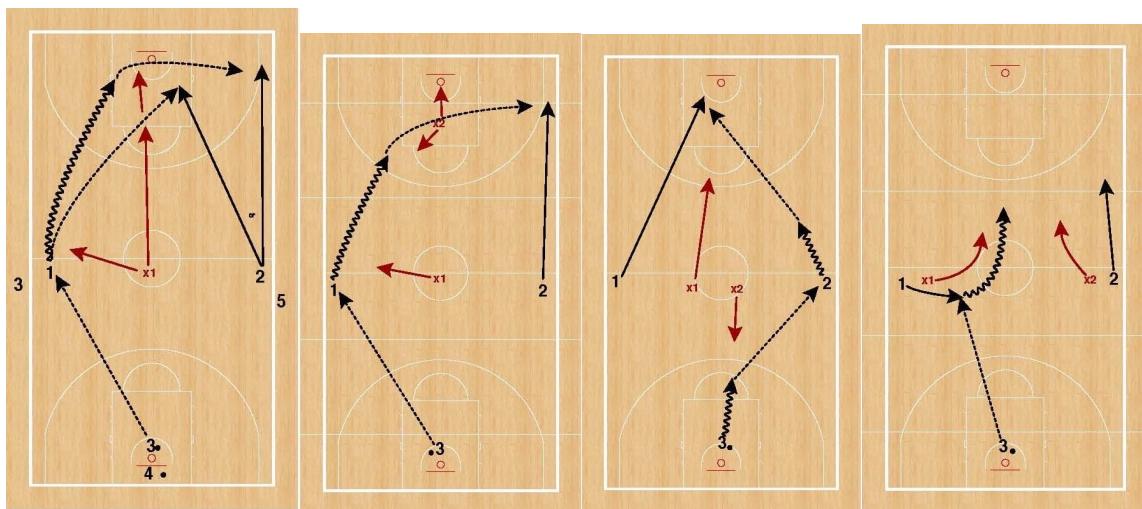
Great one to get your guys comfortable attacking/finishing at speed. D can't move until O gets to the cones. O should be approaching full speed by the time they hit the cones

One of our favorites to teach an attacking mentality off the dribble. 1v1, 2v2, 3v3, 4v4 games

<https://youtu.be/RjvL2U7KJ0E>

6.89 2v1 $\frac{3}{4}$ Court

The middle defender is locked until the receiver at half court starts their attack. We are working for an open shot at the rim or an open shot behind the arc. We add add a defender and play. 2 v 2.



https://twitter.com/riberaru_basket/status/1590317909142032390?s=20

6.90 1v1 Sprinter's Stance (@basket_AN)

<https://www.youtube.com/watch?v=GDSk5dViSuQ>

6.91 1v1 Handout (@basket_AN)

<https://www.youtube.com/watch?v=mo5RlMe95y8>

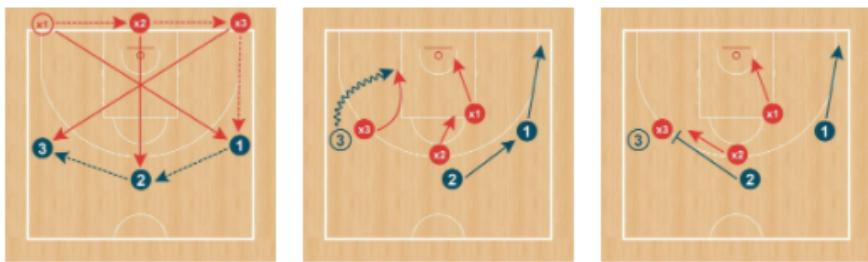
6.92 3 Passes + Closeout (@basket_AND)



Constant situation of three against three in the middle of the court and based on two fundamental concepts: succession of passes to reverse the ball in attack and recovery in closeout of the three defending players to establish pairings.

As we can see in *graph 1* and in the video that we attach below, the ball will start in the hands of the defenders, who must deliver it to the attacking team through three passes. These, in turn, will work a reversal of the ball so that it reaches the attacker on the opposite side.

Once the three defenders carry out their respective closeouts and the ball reaches the third attacker, the 3v3 begins applying the rules and concepts that each coach wants to establish: pick 'n' roll game, indirect blocking to the opposite side, 1v1 with clarification , etc.



https://youtu.be/EUtko7u_Puc

https://youtu.be/5Pc_ggb17Og

6.93 3v3 w/ Advantage (@mshaughnessy11)

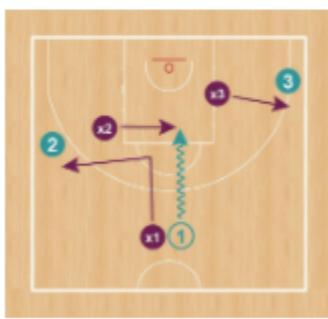
Starting from a situation of three against three in static or constant in the middle of the court (without defined teams or as a trios competition), we create an initial advantage for the attacking team as we can see in the video and as indicated in *graph 1*.

Through the aforementioned initial superiority, the attackers should read how the defense reacts to take advantage of their advantage and try to score as comfortably as possible (break and bend, attack the defender's back, look for outside shot from the corner, extra pass, etc.). Defenders, for their part, should work mainly on the first aid and its consequent rotation (*graph 2*).

From this basic situation we can work on different readings and movements depending on the disposition of the attackers: overloads, an inside player, breaking from the wing position or from the corner instead of from the header, etc. Many possibilities.



Figure 1



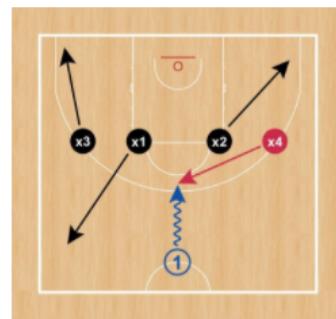
Graph 2

6.94 Random 1v1 (Sergio Lopez Sanchez)

The attacker, positioned with the ball near the central circle (*graph 1*), faces a certain number of defenders placed in front of him and who, previously, will have been assigned different numbers without the attacker knowing. As the action begins, the attacker calls out a number. The defender to whom this number corresponds will defend one against one, while the rest of the players are deactivated (*graph 2*).



Figure 1



Graph 2

6.95 2v2 Variations (Sergio Lopez)



graphic, coach Sergio López Sánchez proposes three variants with different combinations of attackers to alter the 2v2 that is created:

1. Forward who receives the pass + player located in the opposite corner (*graph 1*):
 - Closeout at 45°.
 - Basic position of last defender.
2. Forward receiving + player located in the corner on the same side (*graph 2*):
 - Closeout at 45°.
 - Pass line over the corner player (strong side).
 - The defender in the corner will also work to "feint and return" if the forward's penetration occurs toward the baseline.
3. Corners through possible extra pass (*graph 3*):
 - Corner closeout.
 - Basic position of last defender (after rotation).
 - Aggressive first aid (and rotation) if the attacker breaks through the baseline.



6.96 1v1 Curl or Flare Shooting (Gerard Hillier)

O1 begins with kick out to O2, O1 then must go via middle gate/cones, X1 then goes either low or high/outside cones before contesting, O1 must react and go the opposite direction to get their shot away.

<https://twitter.com/HillierGerard/status/1666354545981788160?s=20>

Alternative: https://twitter.com/MyDrillLab_ES/status/1656597368437985281?s=20

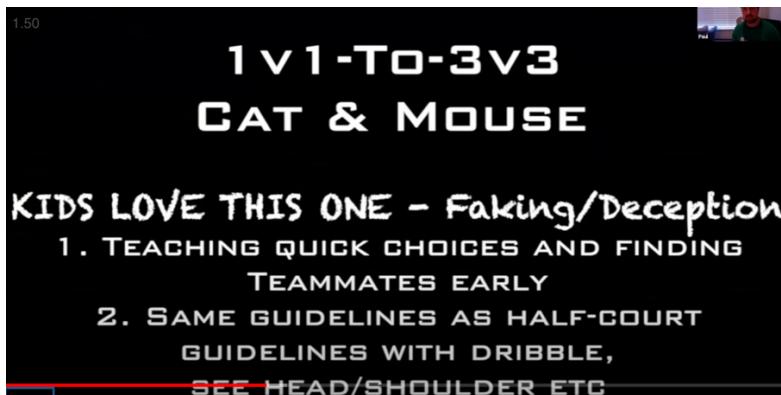
Alternative (Shane Hennan): <https://twitter.com/hirokiPROUD/status/1666069685878800387?s=20>

6.97 1v2 Drift & Attack (Gerard Hillier)

O1 begins by drifting L or R, must clear outside cones, X1 must then go opposite direction & loop inside cones, X2 must also react & touch opposite block before contesting.

<https://twitter.com/HillierGerard/status/1661303426985385984?s=20>

6.98 1v1, 2v2, 3v3 “Cat & Mouse” (Gerard Hillier, Paul Kelleher)



As we can see in the attached video and also in the graphs below, the attacker will move by bouncing through the three-point line and feinting as many times as he wants.

The defender, meanwhile, must go right behind, chasing him and adapting to his speed. When the attacker decides, change the pace and attack the hoop with a maximum of two pots to finish.

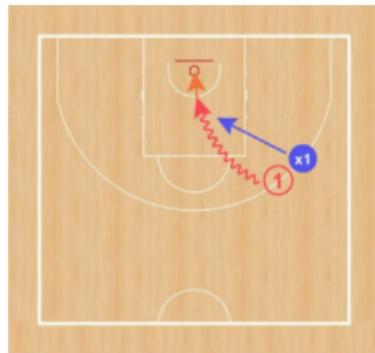
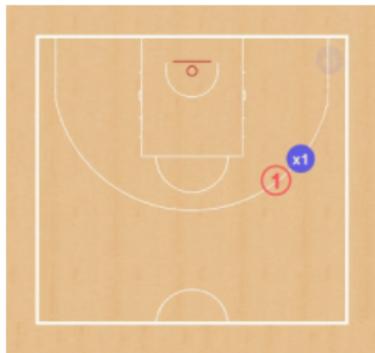
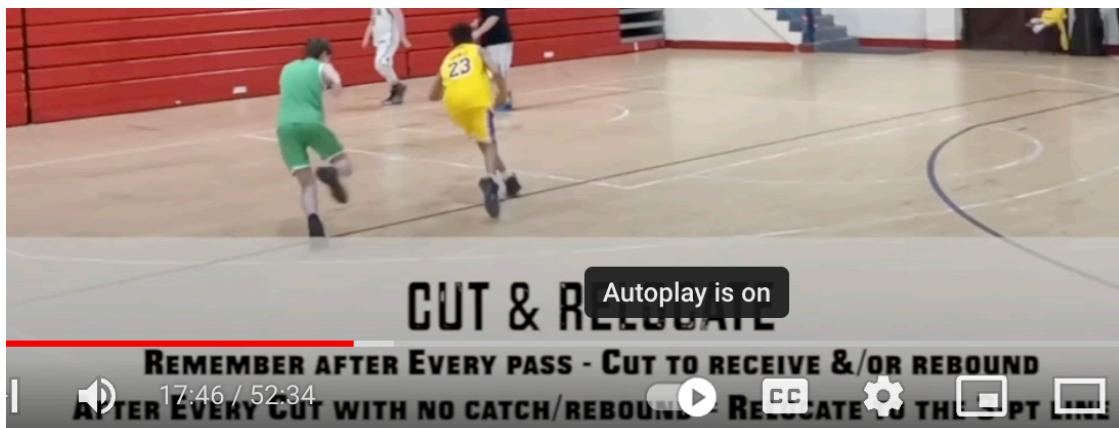


Figure 1

Graph 2



6.99 1v1 Perimeter Attack (Comite Tecnic FCBQ)

We place various cones along the three-point line, establishing a "door" for each space created between two of these cones. As indicated in *graph 1*, the attacker with the ball will move by working side dribble following the three-point line, while his defender will carry out the same route with his body placed between the attacker / ball and the basket he protects.

When the defender sees fit, he will step on the three-point line. At that precise moment, our one-on-one will be activated and the attacker must pass through the corresponding "door" to attack the ring (*graph 2*).



Figure 1



Graph 2

6.100 1v1 Touch Cone Attack (Gerard Hillier)

The attacker starts facing the basket and his defender, logically, between the ball and the basket he defends.

The one on one is activated when the defender moves to step on one of the two cones, at which point our player with the ball must "attack the space" to finish with the greatest possible advantage.

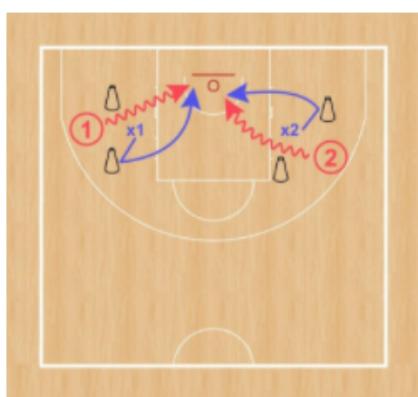
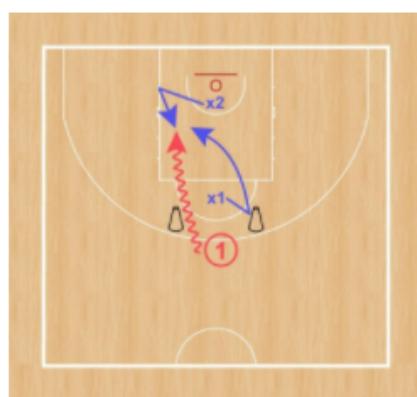


Figure 1



Graph 2

6.101 3v2+2 Patrollers (@alexsarama)

“Patrollers” 1st constrained to having at least one foot in smile. Finishers must get deep finishes, no floaters.

Many affordances. +2 always move, Hi-5 after finish

@Markus Klusemann inspired this from 1v2 set-up.

Race to first player who scores 4 OR the first defender who gets 4 stops without fouling. Foul is -1 for defender.

6.102 3v2 From a Closeout (Joventut de Badalona)



The first defender, with the ball, passes to the attacking player who occupies the central position (at the header) and runs as fast as possible to defend either of the two attackers without the ball (*graph 1*). The second defender, for his part, chooses which of the other two attackers he wants to cover (*graph 2*).

In this way, the player who receives the ball must decide which attacker (himself or one of his team-mates) is left free to execute a shot to the basket. In short: do I give an extra pass or do I finish?

While the first situation reproduces a clear example of an extra pass, in *graph 3* we see how the two defenders decide to cover both attackers without the ball, so the player in the header must take the outside shot.



Figure 1



Graph 2



Graph 3

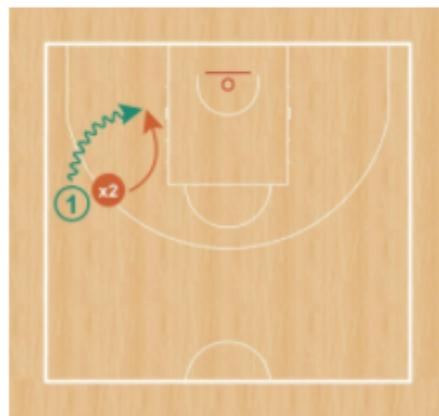
6.103 1v1 From a Closeout (@mshaughnessy11)

The player with the ball (located more or less below the basket) will pass the attacker, who will have moved around the perimeter (on the three-point line) to receive freely in the position he wishes.

The defender, for his part, must perform the defensive closeout at the moment he sees the ball. From there, the one-on-one situation begins for the attacker to read and find the best option to attack that closeout.



Figure 1



Graph 2

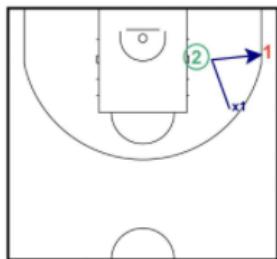
6.104 1v1 Inside/Out (Game Time Elite Training)

As shown in *graph 1*, we only need three players to establish the dynamics of the exercise: an attacker with the ball, his defender and, finally, a player located in the low post position who will serve as support. If we have twelve players, we can place two trios in each basket. Similarly, each group will be limited by the line of rings (left-right).

The attacker begins the drill by sending a pass to the inside player and immediately occupying the corner position. The defender, for his part, will try to prevent his rival from getting the inside ball. If the attacker achieves his goal, the defender has to go touch the ball and recover in closeout to defend one on one from the corner (*graph 2*).



Figure 1



Graph 2

6.105 1v2 Basket Attack (Angel Tripiana)

For this and thanks to the original idea of Ángel Tripiana, we will use the following conditioned situation of 1v1, adding an extra defender in recovery (defensive aid). The attacking player, with the ball, will start dribbling at speed to pass through the space delimited by the cones, while his defender will chase him (*graph 1*).

Simultaneously, the second defender must touch one of the two cones located in the lower corners (his choice) to simulate that first defensive aid that jumps when an attacker overflows his pair (*graph 2*).

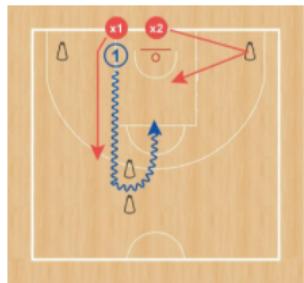


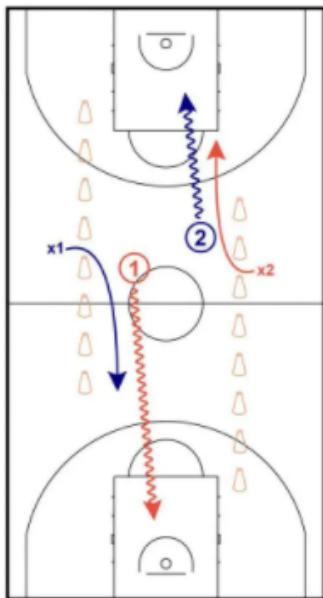
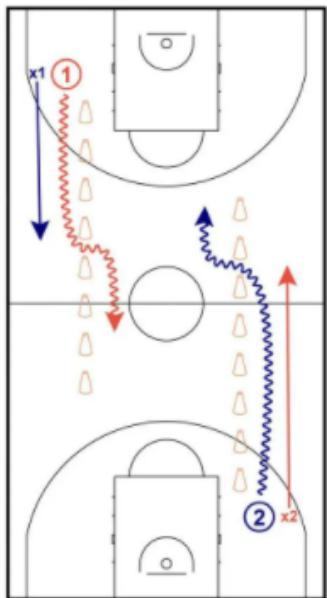
Figure 1



Graph 2

6.106 1v1 Full Court Attack (@basket_AND)

The attacker will advance by dribbling towards the other basket, while the defender must remain at his side without being able to steal the ball. When the attacker decides, he goes through the cones to break in speed and try to finish with a tackle to the basket. The defender will have to react as quickly as possible (*graph 2*) and try to recover by placing his body between the attacker and the basket.



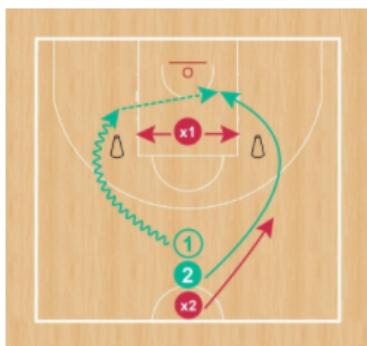
6.107 2v2 Basket Attack (Ziya Hepbir)

The two against two begins when the player with the ball bounces towards the hoop on the outside of one of the two cones. Your partner will then do the same to the opposite side. The defender who protects the rim will try to delay the opponent's attack as much as possible, giving his partner time that he has to recover from a disadvantageous position with respect to the second attacker.

The goal of the attacking pair is to score the basket from a pass-over-the-pot situation. To do this, both players must take into account several instructions that we point out below.



Figure 1



Graph 2

6.108 1v1 Reaction Shooting (Tony Miller)

On "go" players turn around. Whoever receives pass takes one dribble pull-up. Other player contests the jumper.

<https://twitter.com/tonywmiller/status/1652312504511475712?s=20>

6.109 2v1 Game Spots (Coach Z Hoops)

<https://youtu.be/WwScAtZmXOk>

6.110 2v2 Split Cuts, Passer in the Post (@CoachJDGonzalo)

2-on-2 with passer in the post. This task is good for practicing the distribution with bigs.

🔑 The passer has to constraint the space with his positioning

🔑 We make it easy to read the pass in key spots

🔑 Passer can make double team randomly for creating good movement w/o ball

6.111 "Across the Street" 1v1 / 1v2

<https://youtu.be/2x14q22Qb6w>

1v1 Game rules

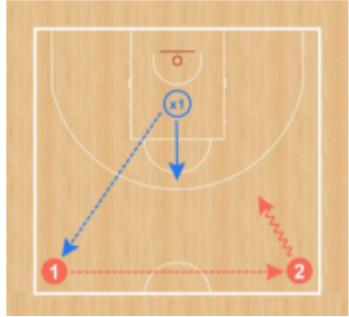
1. Off & Def sprint out as the ball goes thru hoop
2. Defense must touch the paint then defend
3. Rotation on OFF - inbounder to passer to wing
3. Off & Def switch after 3 min

A big emphasis for our team is passing the  ahead opposite (across the street) on our fast break. Gr8 game for 2-sided transition teams.

Alternative (Mark Cascio): https://youtu.be/_eF-dex72dE

6.112 1v2 into 2v1 (@basket_ADN)

Immediately afterwards, when the attackers score or when the defender regains possession (steal or rebound), we will proceed to develop the 1v2 to the entire court as indicated in *figure 2*: the defender becomes an attacker and, therefore, both attackers into defenders.



https://youtu.be/CxTDtfZVv_I

Game rules

1. During 1v2, dribbler gets 1 point for reaching halfcourt between the cones.
2. If 2 defenders steal the ball, immediately convert the 2 on 1 to score.
3. During the 2v1, only 1 pass & 1 shot allowed. Player who scores gets 1 pt & player who gets assist gets 1 pt. We prefer players bring the ball up w/ inside hand & for player w/out ball to stay 1 step behind the ball.
4. Additional game options:
 - 1 - Defense gets 1 point if they contain ball for 10 sec
 - 2 - Add a coach at halfcourt and dribbler has to yell "Ball!" when coach holds up a ball.

6.113 Coach Z Ballhandling

<https://youtu.be/J6oMeFohTUc>

Drill/Game Objectives

- #1 - Keeping your dribble in the 1/2 court under pressure
- #2 - Creating space to relieve pressure
- #3 - Being able take the ball wherever you want
- #4 - "Eyes middle" - we never say eyes up or eyes on goal

6.114 1v1 “In the Alley” / “Create Space” (Coach Z Hoops)

<https://youtu.be/a7L6hnip6B1>

Game Rules

1. **Offensive goal - to score w/in cones using as few change of directions as possible (preferably w/out turning their back).**
2. **Dribbler loses the ball if they fail to yell "Ball" when its raised randomly on the baseline.**
3. **Dribbler loses the ball if they step out of bounds or lose the ball out of bounds.**
4. **For younger players instead of taking the ball away on rules violations, they get to keep the ball & defense gets a point.**
5. **To make it a more defensive game, the defense gets points if they turn the dribbler or make them turn their back, steal the ball, etc.**

Alternative: <https://youtu.be/iolkNZxVRjs>

6.115 Best Ballhandling Drill (@PGBasketball)

Station a coach underneath the rim with a ball. Every time he raises the ball above his head, O needs to call out "Ball" (trains maintaining vision of the entire court)

<https://youtu.be/iolkNZxVRjs>

6.116 1v2 Advantage Finishing (@basket_ADN)

The attacker with the ball starts located just behind his defender (*figure 1*), using a speed bounce to go overflowing and, just afterwards, closing the space to his defender (putting his whole body in front of the opponent). At that moment, as indicated in *graph 2*, he must finish in front of the second defender (who would work the first defensive aid in a match situation) and preventing his pair from recovering.

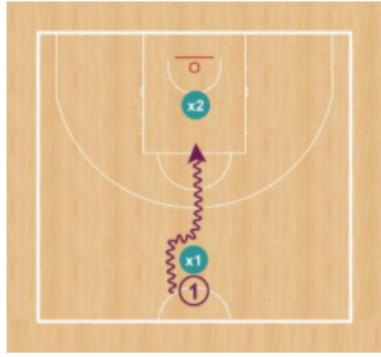
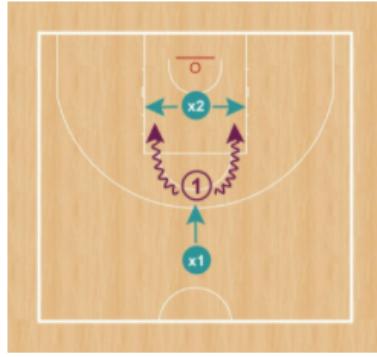


Figure 1



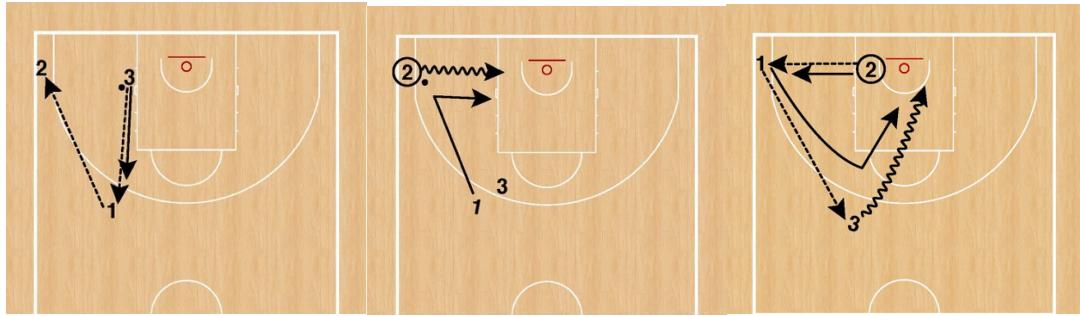
Graph 2

6.117 1v1 Pindown & Handoff Variations (Hennen)

<https://youtu.be/E7GY8vf4tkg>

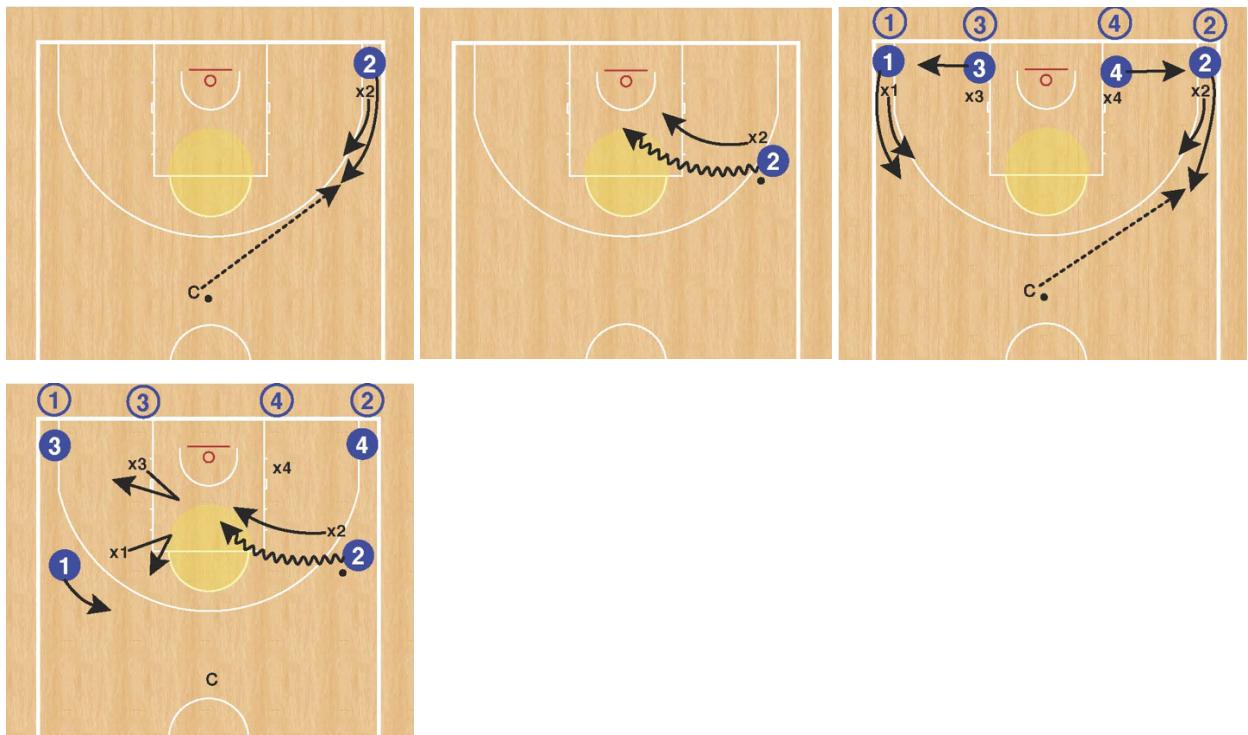
6.118 1v1 Stampede (@CoachTBrady)

Keep the defender on the side.



Target: Anticipate the advantage when cutting/filling, and use the advantage immediately. Drive the catch.

Alternative, progress to 4v4:



6.119 1v1 & 2v2 “Hot Potato” (@basket_ADN)

Both players will pass the ball in static until the attacker decides to break towards the basket. At that moment, the one-on-one situation is activated, creating the advantage we mentioned at the beginning since the defender must react as quickly as possible to try to recover.

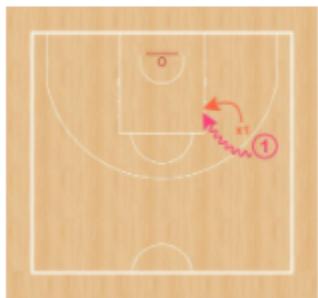
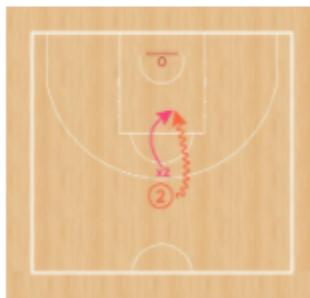
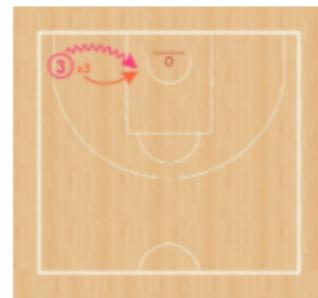


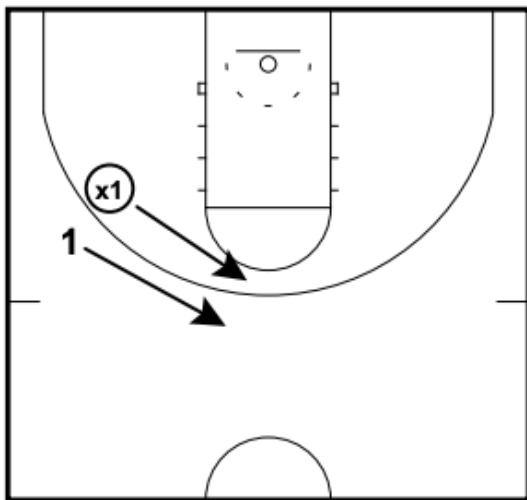
Figure 1



Graph 2



Graph 3



Mirror Start

The defense and offense shuffle along the 3pt line facing one another. As they shuffle, they quickly toss the ball back and forth. On any catch the offense chooses, she can rip it and go or catch and shoot. Play is live when the offense starts the attack.

Here is another great way to teach attacking off the catch:

- Catch to shoot
- React to attack
- The offense "says go"

2v2:

https://twitter.com/m_shaughnessy11/status/1455929398020886537?s=20&t=Ny5K_pm5cLv-DBTifPFI0g

1. Hands & feet ready to attack downhill.

2. Making a read at the second level (finish or kick-out).
3. Off-ball movement: Back cut, relocate, shot ready for kick-out.
4. Building get in, get out concept in drive & kick (Re-space after)

Progress back to half-court for more of a transition look. Build all the way to 4v4.

Alternative in paint: <https://twitter.com/JoeyBurton/status/1659243110717587465?s=20>

Coach Z from perimeter: <https://twitter.com/coachzhoops/status/1659261266345508866?s=20>

6.120 “Hot Potato” 2v1 (Adrian Murciano)



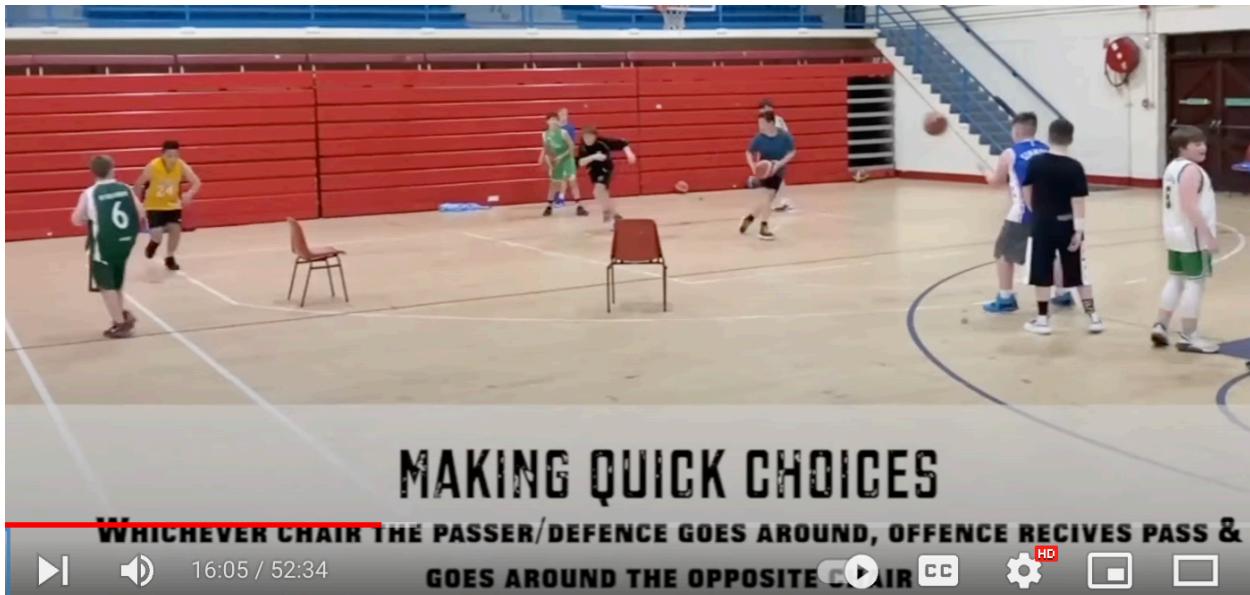
Starting from a beginning quite similar to that of that 1v1 “hot potato” situation, this task of coach Adrián Murciano incorporates a considerable plus of uncertainty (the defender does not know which player will attack or when exactly) to develop various offensive concepts and fundamentals which we will list below.

As shown in *graph 1*, the two attacking players start passing each other in static from the starting position previously established by the coach. Either of them can activate the 1v1 when they receive the ball, using a single bounce to finish.

The defender, meanwhile, will try to react as quickly as possible to prevent the attacker from scoring easily despite the mismatch. Therefore, the third player is deactivated and maintains his position.



6.121 Around Chair D Choice 1v1 & 2v2 (Paul Kelleher)



6.122 2v1 Shooting (BBALL IMMERSION)

Get into groups of 3: 2 shooters, 1 passer/defender

Passer hits whoever she wants, and guards whoever she wants.

Shoot if open, move it if guarded.

Shooter becomes the next passer/defender.

https://twitter.com/John_Leonzo/status/1688983893104529408?s=20

6.123 Hot Potato Full Ct 2v2



We have already collected some house brand exercises in [this article](#), but today we present another new situation of 2v2 based on the initial layout indicated in *graph 1*. The two attacking players start giving each other passes until one of them begins to dribble towards any basket, thus initiating an offensive numerical superiority (2v1) that will end up becoming a 2v2 if the second defender arrives in time.

That uncertainty that we mentioned at the beginning will be present both in the attacking partner (the player without the ball) and in the two defenders, since they do not know towards which basket they will attack. The last two charts illustrate basic examples of what we've explained, although, as we say, both attackers can decide which basket to play towards.



Figure 1



Graph 2



Graph 3



Figure 1



Graph 2



Graph 3

1. Hands & feet ready to attack downhill.
2. Making a read at the second level (finish or kick-out).
3. Off-ball movement: Back cut, relocate, shot ready for kick-out.
4. Building get in, get out concept in drive & kick (Re-space after)

Halfct:

https://twitter.com/m_shaughnessy11/status/1455929398020886537?s=20&t=O4IV64rtzly4EplBtdFwJA

6.124 1v1 Who Receives Defends (@basket_AND)



Linking the mechanisms of perception, decision and execution with the speed of reaction and uncertainty (initially it is not defined which player defends), this task designed by the Technical Committee of the Catalan Basketball Federation allows us to improve verticality and the different offensive readings in penetration that are presented as a function of defensive recovery.

First of all, we divide all the available players into groups of four people to achieve optimal performance of the task. The attacker (with the ball) will stand between the two defenders (without the ball) in the initial position previously established by the coach (*graph 1*).

The fourth player (with the ball) activates the task by sending a pass to either of the two possible defenders, at which point, finding the free space and with the greatest possible verticality, the attacker will try to score in front of the defensive opposition. Whoever does not receive the pass is therefore deactivated.



6.125 Shooting Decision Progression (John Leonzo)

Decision Shooting 1v1: https://twitter.com/John_Leonzo/status/1688983882715238402?s=20

Decision Shooting 2v2, Guided D w/ Coaches:

https://twitter.com/John_Leonzo/status/1688983888071364611?s=20

6.126 1v1 Interpret the Advantage (@basket_AND)

The coach activates the task by saying a number (1, 2 or 3). The defender, as we can see in the graphics and the attached video, must pass through the space that corresponds to the indicated number while the attacker with the ball plays on what he interprets.

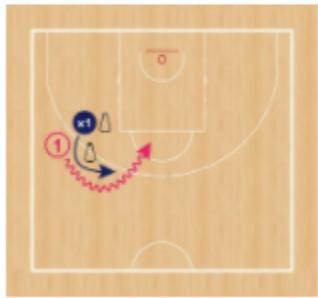
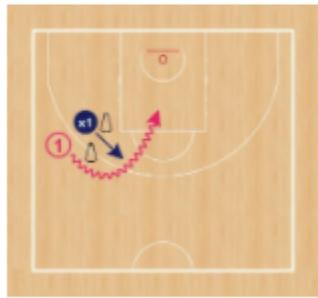
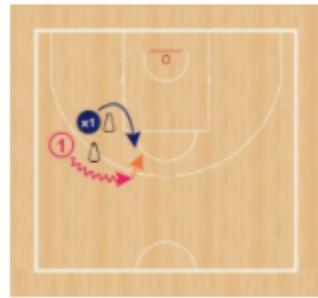


Figure 1



Graph 2



Graph 3

6.127 1v1 Triangle Attack (Game Time Elite Training)

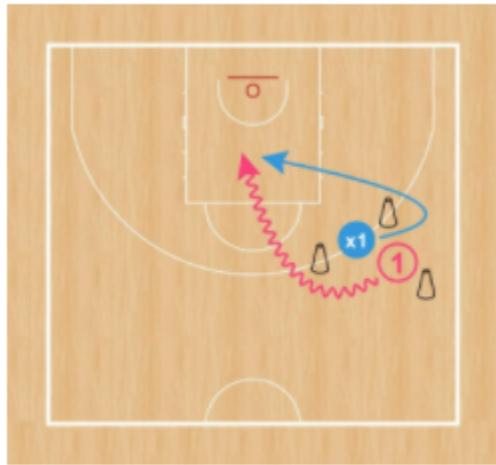
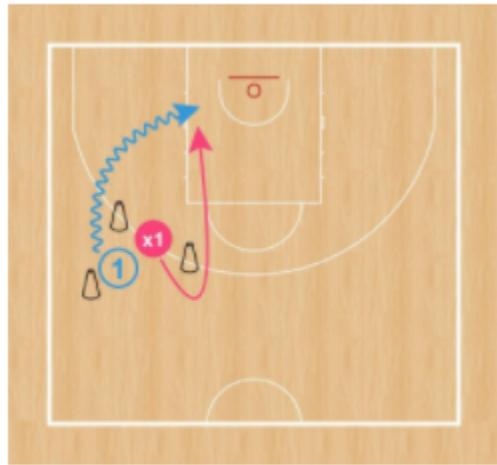


Figure 1



Graph 2

6.128 1v1 “Back-to-Back” (Comite Tecnic FCBQ)

We can work in pairs or trios. Two players, back to back, stand on the free throw line. When the passer (positioned with the ball near the center circle) decides, he opts for one side to establish the roles of attack and defense. From there and after receiving the pass, it is played one on one.



Figure 1



Graph 2



Graph 3



Figure 1



Graph 2



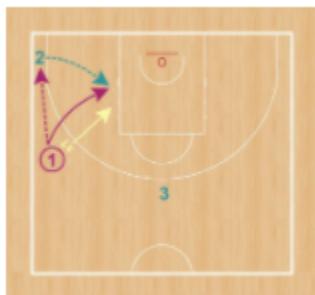
Graph 3

<https://youtu.be/bEU0HHXnwK8>

6.129 “Blind Cut” 1v1 (Alex Sarama)



Figure 1



Graph 2

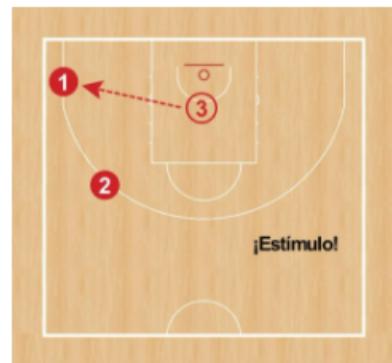
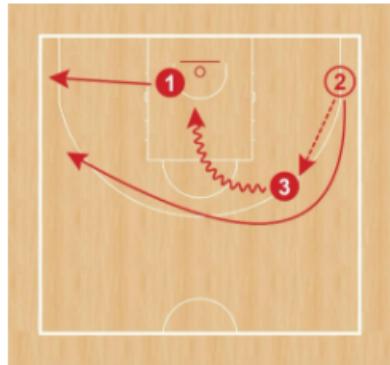
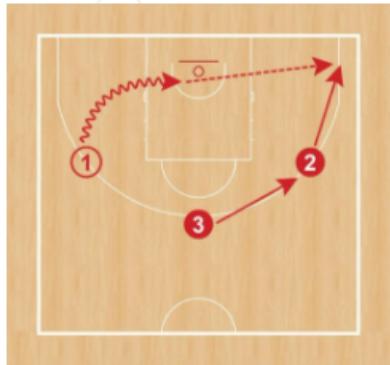


Graph 3

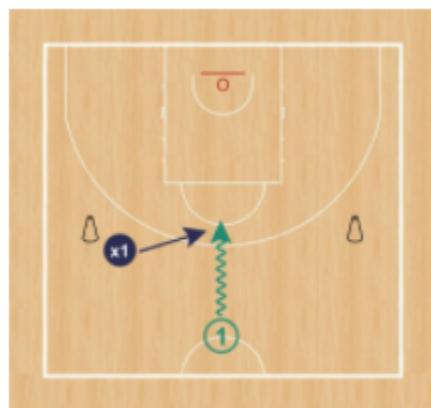
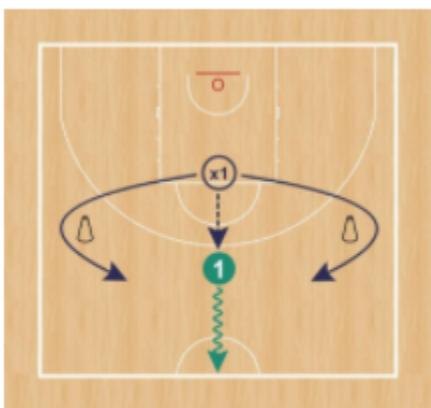
Defense starts with their back to the offense

6.130 3v0 into 1v1 “One More” (Adrian Murciano)

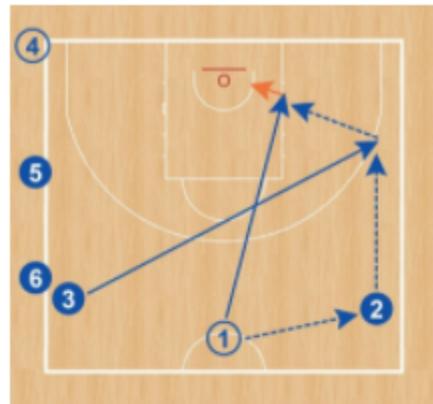
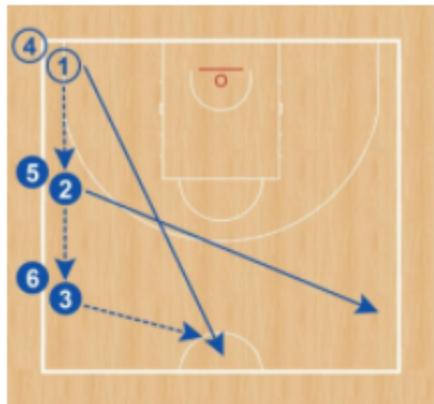
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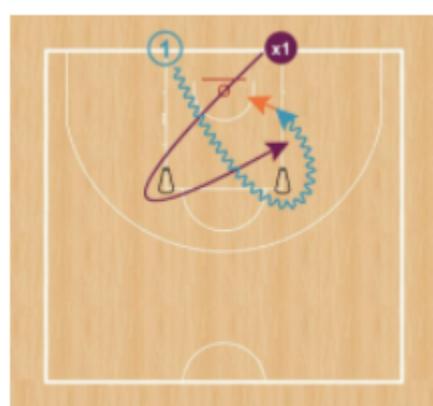
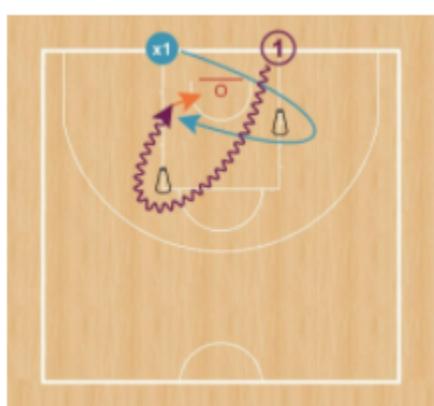
6.131 1v1 “Fosters” (Cedarville WBB)

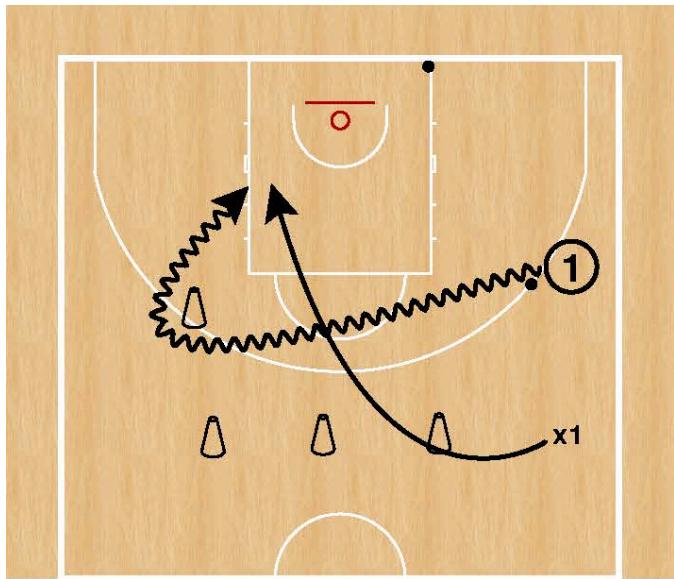


6.132 1v1 Cycle Pass (Eduardo Burgos)



6.133 1v1 Read & React Around Cones (@basket_AND)





Weak hand from elbow: <https://twitter.com/hirokiPROUD/status/1674409742620585985?s=20>



Floaters:



Quick dribble-move from nail, D touches a block:



6.134 Contested Pindowns (Paul Kelleher)

Come off pindown, D goes around cone (block)



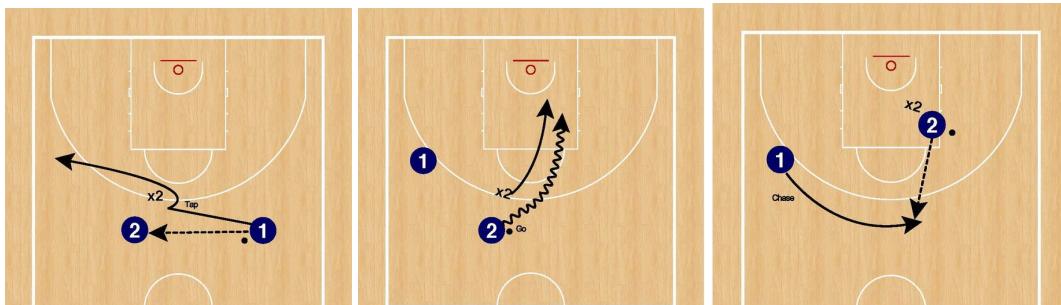
Alternative – 2-pass 1v1 Triangle Closeouts:

https://twitter.com/riberaru_basket/status/1627078008472494081?s=20

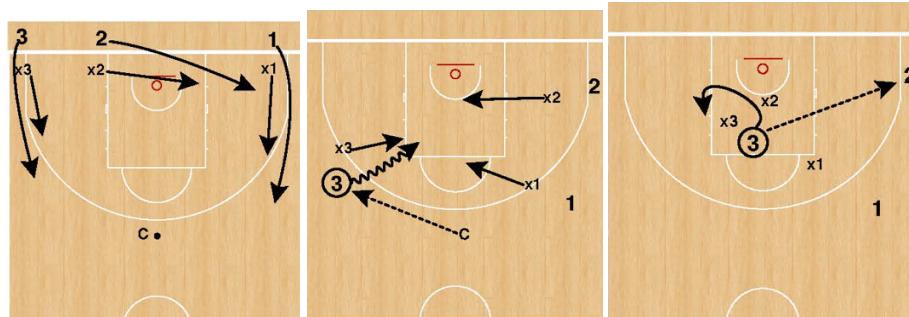
Alternative - 2v1 Shot vs. Pass:

<https://twitter.com/CSimonbertram/status/1626535333604085760?s=20>

6.135 2v1 Ghost Screen Shooting (@CoachTBrady)

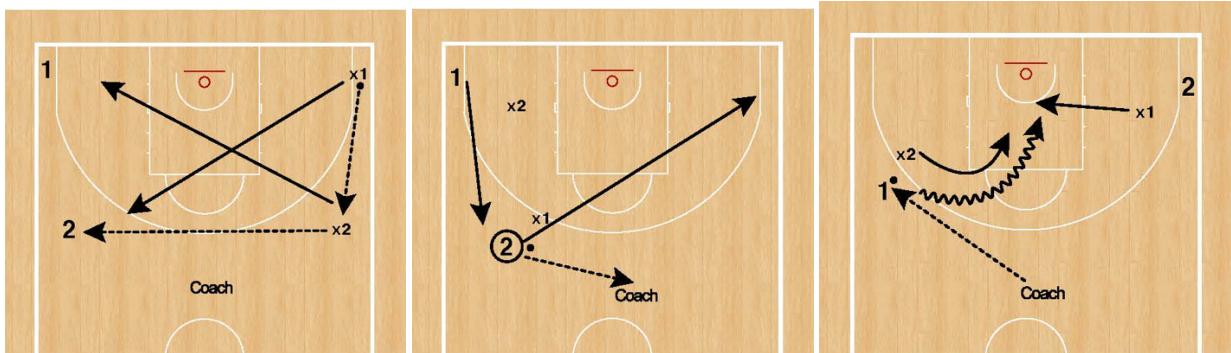


6.136 3v3 Baseline Blind Advantage (@CoachTBrady)



Defenders are positioned with their backs to the players they are guarding. Ball starts on top with the coach. On the ball slap, offensive players blast cut out. Player receiving the ball wants to use the advantage on the catch.

6.137 2v2 Dynamic Start (@CoachTBrady)



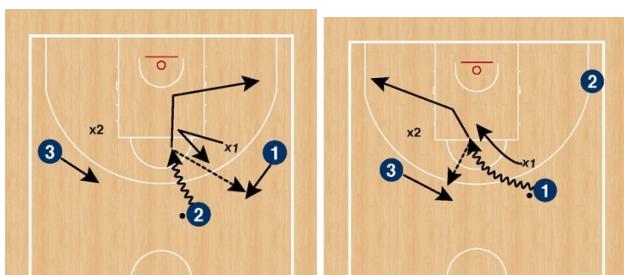
Playing off a speed catch. Corner players blasts cuts up and uses their advantage on the catch.

6.138 3v2 w/ Constraints (@CSimonbertram)

- 2 passes max (for all players combined)
- 3 Dribblings max (for all players combined)
- Def first has to touch smile and/or middle of the paint
- cuts are allowed

<https://twitter.com/CSimonbertram/status/1626182836469334016?s=20>

Alternative (@CoachTBrady):



The player without a defender starts the drill by attacking the paint. We are working on drawing a defender (to create a 2 v 1 situation) and making quick reads and decisions off the catch (shoot it, pass it, or drive it).

Alternative (@LukaBassin):



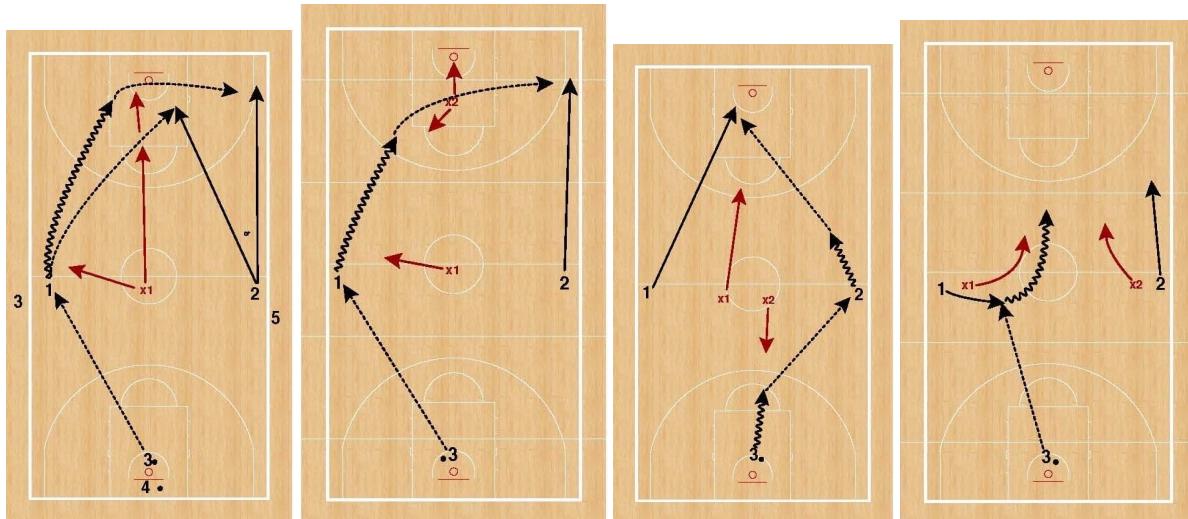
Alternative 3v3 (@CoachTBrady):

<https://twitter.com/CoachTBrady/status/1607436416384131072?s=20>

3 v 3 cone advantage from the middle. We can change the distance between the cones to increase or decrease the advantage and move the drill start to different locations on the court.

6.139 2v1 ¾ Court Drill (@CoachTBrady)

2 v 1 ¾ court drill. The middle defender is locked until the receiver at half court starts their attack. We are working for an open shot at the rim or an open shot behind the arc. We add add a defender an play. 2 v 2.



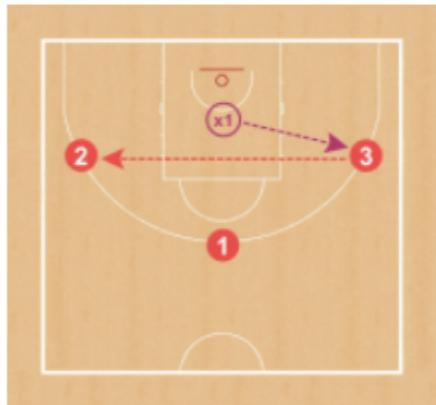
6.140 3v1 Double Pass (@basket_AND)



Figure 1



Graph 2



Graph 3

6.141 2v1 Progressions (@LukaBassin)

<https://twitter.com/LukaBassin/status/1614684930021236741?s=20>

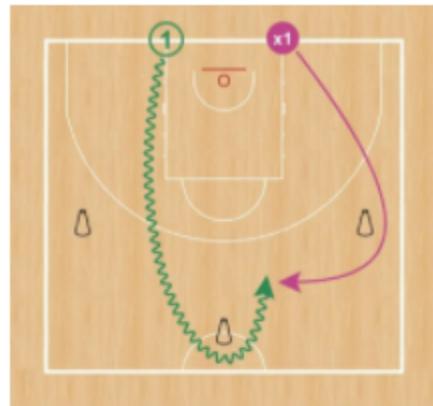
Alternative: https://twitter.com/MyDrillLab_ES/status/1653289856057982976?s=20

➡ Player with the ball attacks to score or maximum one pass.

6.142 1v1 Around Cones (@basket_ADN)



Figure 1



Graph 2



Graph 3

Transition Cones (Xavier MBB):

https://twitter.com/riberaru_basket/status/1621061169934131200?s=20

6.143 1v1 Chair Attack (@basket_ADN)



Figure 1



Graph 2



Graph 3

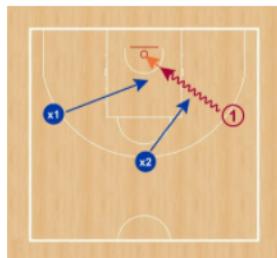
Note: in the picture above, the cones are chairs with balls on them

Rules: prior to the offense picking up ball, the defense must mirror the side-to-side movements of the offense. The offense activates the drive by picking up a ball.

6.144 1v2 Receive & Attack (@basket_AND)



Figure 1



Graph 2



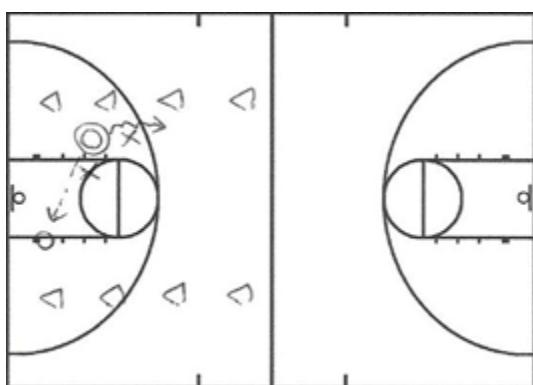
Graph 3

Variation: Uncertainty → Three players pass to each other uninterrupted passes until the coach's signal (auditory or visual); whoever has the ball attacks and the other two players defend

6.145 2v2 Rugby (@brianmccormick)

1's, 2's and 3's to 10

Full court 2v2 (shrink the width) and the defense must trap. The offensive player with the ball can dribble (forward/backward) but can only pass backwards. Once the ball gets over the half court line, play 2v2.



<https://www.youtube.com/watch?v=E5dqoXeWUk8>

6.146 Dribble Knockout (@Nick_Sciria)

Create a playing space with cones. Players try to dribble their own ball while forcing the other players to lose possession of their ball. Shrink the space as players are eliminated. Can be played with only weak-hand dribbling allowed or both hands.

6.147 Coach Z Dribbling Progressions

(A) Defensive advantage (force weak hand) <https://youtu.be/T-LsPtXp9s8>

(B) Eyes middle game <https://youtu.be/J6oMeFohTUC>

Drill/Game Objective

#1 - Keeping your dribble in the 1/2 court under pressure

#2 - Creating space to relieve pressure

#3 - Being able take the ball wherever you want

#4 - "Eyes middle" - we never say eyes up or eyes on glass

(C) 1v2 into 2v1 <https://youtu.be/LbkhyiUdJVM>

Game rules

1. During 1v2, dribbler gets 1 point for reaching halfcourt between the cones.
2. If 2 defenders steal the ball, immediately convert the 2 on 1 to score.
3. During the 2v1, only 1 pass & 1 shot allowed. Player who scores gets 1 pt & player who gets assist gets 1 pt. We prefer players bring the ball up w/ inside hand & for player w/out ball to stay 1 step behind the ball.
4. Additional game options:
 - 1 - Defense gets 1 point if they contain ball for 10 sec
 - 2 - Add a coach at halfcourt and dribbler has to yell "Ball!" when coach holds up a ball.

(D) 1v1 “Create Space” <https://youtu.be/UEHUCnZ5B6s>

Game Rules

1. Dribbler must create space at least 1x in the backcourt & 1x in the frontcourt before scoring.
(trying to keep ball in middle 1/3 of court).
We teach players to create space 3 ways -
Stop and go, float sideways, & pullbacks
2. Dribbler loses the ball if they fail to yell "Ball" when its raised randomly on the baseline.
3. Dribbler loses the ball if they lose their handle or defense pokes the ball or steals it.
4. For younger players instead of taking the ball away on rules violations, they get to keep the ball & defense gets a point.

6.148 Lane 1v1 for Ball Handling (@Nick_Sciria)

The offensive player tries to control their dribble as long as possible against their defender while staying inside the lane. Play best of five rounds, timed.

6.149 2-Pass Shooting (Coach Z Hoops)

We only allow catch & shoot 3s, side step 3s, or midrange pullup.

<https://twitter.com/coachzhoops/status/1662649822015283202?s=20>

Alternative: <https://twitter.com/tonywmiller/status/1644675707769954304?s=20>

6.150 Lane Ballhandling 1v1 (@MorganCTreloar)

- 1st to the end of the cones is O
- 2nd drops ball and becomes D

Encourages athletes to get their eyes up and scan the floor (to know when they're O/D) and to push their skills at pace.

Vary skills through the cones as you go.

<https://twitter.com/morganctreloar/status/1461451706290425858?s=20&t=O4IV64rtzly4EplBtdFwJA>

6.151 1v1 Cone Toss (Matt Hackenberg)

<https://youtu.be/x6w4x2FnLpM>

6.152 1v2 / 2v2 Retreat Dribble Finishing (@CSimonbertram)

- Coaches can control finishes by adjusting their position
- as soon as WS off player raises hands ball handler has to pass the ball into live 2 v 2

<https://twitter.com/CSimonbertram/status/1392534373426241536?s=20&t=O4IV64rtzly4EplBtdFwJA>

6.153 1v2/2v3 for Ball Handling/Passing against Traps (@Nick_Sciria)

Create a playing space with cones. The player (or team) on offense tries to maintain possession for as long as possible. For 1v2, you can have a set rotation or the player who gets possession of the ball can continue right away every time. The player (or team) to accumulate the most time after so many possessions wins.

6.154 1v2/2v3 Ball Handling/Passing against Traps (@Nick_Sciria)

Shrink the width. The player/team starts on the baseline with the ball and then tries to advance the ball past half court in ten seconds of less. 1's (possessing the ball through half court) and 2's (possessing the ball through half court in the middle third) to 5.

6.155 Gael 2v2/3v3/4v4/4v5/5v5 (@brianmccormick)

No dribbling or shooting (player with the ball is only allowed to pivot and pass). Offense tries to complete seven consecutive passes for a point (play to four points). On-ball defenders are only allowed to trace the ball to get deflections (they aren't allowed to take the ball from the offensive player). On turnovers, new offense can begin passing right away. The playing space depends on the amount of players.

<https://www.youtube.com/watch?v=6jULA7LAIC4>

6.156 3v2 & 4v3 Full-Court Big Advantage (Coach Z Hoops)

3v2 (3) Fullcourt - 2 teams

- 1. Only clean layups and in rhythm 3s**
- 2. Whoever crosses 1/2 court with the ball must get into paint before passing**
- 3. 3rd defender runs in on shot (or when ball enters paint).**
- 4. You can add a defensive press after scoring (up to halfcourt)**

<https://youtu.be/COFRMzEE1Zw>

4v3 (4) Fullcourt - 2 teams

- 1. Only clean layups and in rhythm 3s**
- 2. Whoever crosses 1/2 court with the ball must get into paint before passing (unless trapped)**
- 3. 4th defender runs in on shot (or when ball enters paint).**
- 4. You can add a defensive press after scoring (up to halfcourt)**

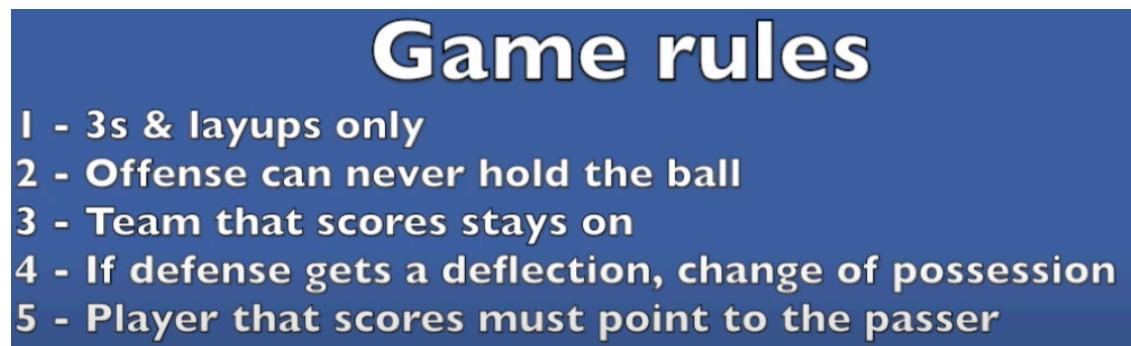
https://youtu.be/xQGpteQ3_OM

6.157 Exit Screen Practice (Joerik Michiels)

<https://twitter.com/JoerikMichiels/status/1685664234401579008?s=20>

6.158 3v3v3 Full-Court Advantage (Coach Z Hoops)

<https://youtu.be/B9JNc6HykGY>



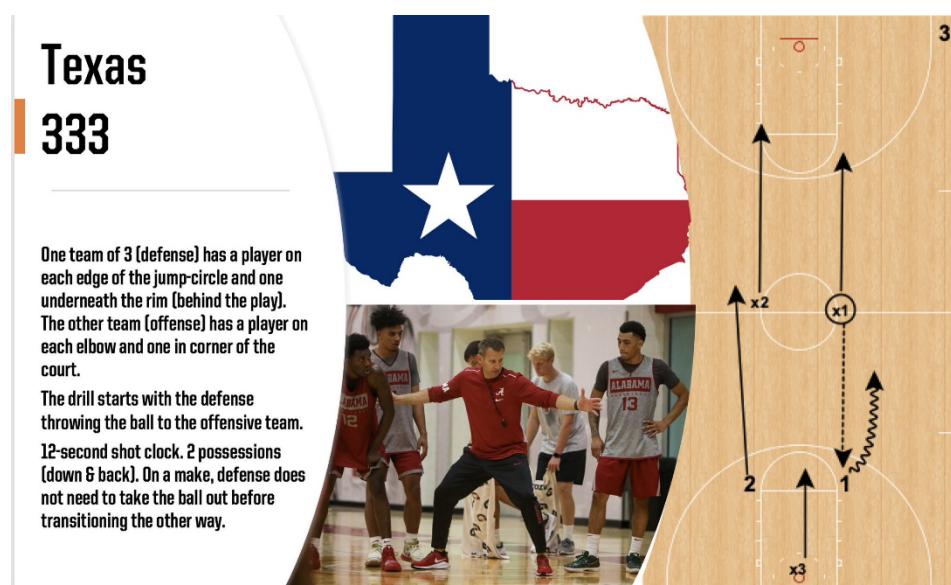
6.159 Texas 333 (Nate Oats)

One team of 3 (defense) has a player on each edge of the jump-circle and one underneath the rim (behind the play). The other team (offense) has a player on each elbow and one in corner of the court.

The drill starts with the defense throwing the ball to the offensive team.

12-second shotclock. 2 possessions (down & back). On a make, defense does not need to take the ball out before transitioning the other way.

Great transition/advantage drill. Originally a Vance Walberg drill, that we got from Nate Oats (Alabama). 12-second shot clock. Down & back then switch O/D. Best with 3 teams, but can be done with 2 or 4.



6.160 Kentucky 3v3/4v4 (Coach Z Hoops)

<https://youtu.be/h9ZE5ZTP8nA>

Fullcourt small adv game to help teach decision making, attacking and vision off the dribble, passing, spacing, off the ball movement, and finishing. The players shown are 6, 7, 8th graders doing the game for the first time.

Game rules

- 1. Only clean layups and catch & shoot jumpers allowed**
- 2. Must enter the paint before passing**
- 3. Defense @ 1/2 cant back up until ball enters 1/2court circle.
After defending @ 1/2, that player is the next driver**
- 4. Dribbler approaching the defender at halfcourt cannot slow down. No stutter steps. ATTACK!**
- 5. Weakside corner fills into slot, ballside corner reads when to stay, rise up (snapback), or go backdoor. Post fills opposite side of ball.**
- 6. Players w/out the ball can NEVER be 3 in a row. They must create an open lane to pass for the driver.**
- 7. Offense can NEVER hold the ball. They must read the defense right before they catch the ball.**

6.161 4v4/5v5 Ultimate Basketball (@Kirby_Schepp)

No dribbling or shooting (player with the ball is only allowed to pivot). Offense tries to maintain possession until getting the ball into the endzone. Play to five scores. On-ball defenders are only allowed to trace the ball to get deflections (they aren't allowed to take the ball from the offensive player). On turnovers, new offense can begin passing right away. The space depends on the amount of players.

<https://youtu.be/RygNF4Lakhl?t=1785>

7 Shooting Games (No Defense)

“Be on balance, be in-rhythm, be uncontested, be in range.”

7.1 Make 6 Challenge (Coach Z)

6 players, 6 makes: <https://twitter.com/coachzhoops/status/1682393936797507584?s=20>

7.2 You Pick 4 Spots (@PureSweat)

- 4 spots (You pick the spots)
- 8 catch & shoot 3's (Make= 3pts each)
- 8 one-dribble J's (Make= 2pts each)
- 4 one-dribble finishes at the rim (Make= 1pt each)

GOAL: Score > 31

https://twitter.com/PureSweat/status/1512154241338523654?s=20&t=Bxg977OrIz_TjWjsd1gMCA

7.3 Dry 3-Player Shooting (Brian McCormick)

<https://youtu.be/P5DS6EeB18A>

7.4 Yahtzee Shooting (Mike Neighbors)

https://youtu.be/b4_t_1_2FbQ

7.5 Kick-Ahead 21 Game (Coach Z Hoops)

<https://youtu.be/89nowEuYbNw>

7.6 Oregon Red Light Green Light

<https://coachesinsider.com/womens-basketball/red-light-green-light-shooting-drill-with-kelly-graves-univ-of-oregon/>

5 mins / 2 balls / 1 shooter / 1 rebounder / 1 passer / 7 spots on the arc

Have to make 2 shots in a row to move onto the next spot / count # of spots made

Record: 43 spots

Yellow Light: 18-24 spots average

Green Light: 25+ average

7.7 Chaos Shooting

- 3 Lines (2 shooting lines)
- Corner 3s, Slot 3s

- 1:00 on the clock
- 3PM = 1pt

7.8 Campfire Shooting (Zak Boisvert)

Nothing special, but fun one. Have to have equal numbers @ all baskets. First # is 1 so everyone @ the basket shoots from the corner until they make 1. As soon as u make 1, u move 2 next spot (but can't begin shooting until everyone in your group makes their 1) Team that "wins" the round is the one to finish Spot 5 (everyone making their "1" at Spot 5). They get a point. The number now starts at 2. Everyone starts at the same time and now everyone at the basket needs to make 2 at that spot before moving to next spot.

Note: as soon as you individually hit the #, you walk to the next spot (thus removed from the current spot rotation).

Why Campfire? When you're camping in Maine and a bear comes, you don't want to be last guy

Video is here: youtu.be/iHE31Obo6wU

7.9 Switch Shooting (Zak Boisvert)

<https://youtu.be/HfnCQaSbd4Q>

One of my fav ways to get shots up with the whole team in the gym. Best with 2 players + manager/coach at each hoop. Players racing to make 7 three-pointers. Whoever makes 7 first screams "Switch" trigger the shooter/passer to switch at each hoop. Now that group of shooters is trying to make 7. First basket to get 5 "Switches" wins the drill

Shooter shoots rapid-fire. He is trying to make 7. Whichever shooter in the gym makes his 7th fastest, calls out "SWITCH" and that triggers a rotation at each basket. Winner of the drill is the first basket to 10 "Wins."

7.10 3-Line Drive & Kick

https://youtu.be/oFHcF3ifV_8

7.11 4-Line Drive & Kick

<https://youtu.be/ZLhx6DfGWQI>

7.12 9-Player shooting game

<https://youtu.be/UwG8KYX84DA>

"9 player Shooting" Game rules

1. 3 groups of 3 w/ 15-18' spacing
2. Shooter gets their own rebound.
3. Player receiving 1st pass has 2 options:
 1. One more pass - if clear path to teammate
 2. Drive & kick - if there is someone in the way on drive, receiver must move to create a clear passing window. Never be 3 in a row.
4. Players must take turns shooting.
Players figure out the rotation.
5. First team to make a designated score or highest score after 1-2 minutes.

7.13 De'Aaron Fox FTs

Individual FT shooting drill. Make 10 in a row. After you make 10 in a row, you need to make 2 swishes in a row. Any miss triggers a restart. Good "Exit Ticket".

7.14 Shooting Challenge (Jay Blossom)

Make 3 from 5 spots → make 2-in-a-row from 5 spots → make 1 shot then move on

See how many spots you can complete in 4 mins

7.15 90-Second Shooting

90 seconds. 2 balls. Shooter, rebounder, passer. 1st 30 seconds corner-wing. 2nd 30 seconds top. 3rd 30 seconds corner-wing other side. Keep track of total makes.

7.16 UCONN Shooting

5 mins. Min 6 people. 5 spots. 2 balls. Change to next spot every minute. Shooting line, passing line, & rebounder. 2 teams compete for most makes.

7.17 33 Shooting

3.5 mins on the clock. 2 balls / shooter, rebounder, passer. 1 point for makes, -1 if miss 2 in a row (& every miss thereafter til they make another). Shoot & take a step over working your way around and back til time runs out. Goal is 33.

7.18 Sue Bird

3 mins / 2 balls / shooter rebounder passer / 5 spots. Have to make 4 out of 5 to move to the next spot. If you don't get 4/5, then start over at that spot. See how many spots you can complete → if you finish all 5 spots start making your way back around.

7.19 Larry Bird

2.5 mins on the clock / 2 balls / shooter, rebounder, passer. 5 spots → 2 in a row to move to next spot. Once complete, go to the top & see how many you can make til time runs out.

7.20 Tokyo Shooting

4 mins / best in groups of 4 / 2 balls / 4 spots + top. Shooting line & 1 rebounder → competing in groups. Shooter becomes rebounder, rebounder goes to shooting line. The 4 spots are corner, wing, corner. You have to make 10 to move to the next spot. Once complete, go to the top and see how many you can make til time runs out.

7.21 Trans 25

5 spots. 5 shots at each spot (25 shots total). Start from half court and sprint to spot. Order is corner, wing, corner, wing, top.

7.22 Stanford Shooting

3 or 4 minutes, 5 spots. 1st trip around shooter must make 3 shots at spot 1 in order to move to spot 2. Etc. Next trip back around shooter must make 2 in a row at each spot before moving onto the next. Finally shooter moves around the 5 makes make or miss until they make 5 in a row. Must move to the next spot make or miss.

7.23 VCU Shooting (Zak Boisvert)

1 shooter / 1 passer / 1 rebounder. 2 balls. 3 mins on the clock. player goes from left wing to left corner shooting midrange jumpers. Horn sounds after 30 seconds. Player goes from left wing to left corner shooting 3pters. Horn sounds after 30 seconds. Player goes elbow to elbow shooting midrange jumpers. Horn sounds after 30 seconds... all the way around the perimeter for a total of 3 mins. midrange = 2pts, 3pters = 3pts, play for total score.

7.24 Hot Shot (Ryan Mee)

First team to make a $\frac{1}{2}$ court shot wins. Place ball rack at $\frac{1}{2}$ court. 2 teams of 2, 2 balls. One team member starts with a ball at the block. Pass & shoot, then rotate on a make. Game ends w/ $\frac{1}{2}$ court shots.

7.25 Hornets Shooting

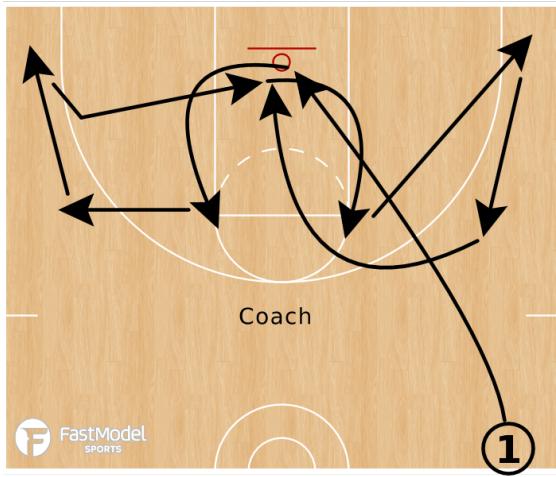
Partner shooting drill. 2 shooters, 1 ball. 2 minutes on the clock. Players start in the midrange. Player shoots, gets own rebound, then passes to partner. If the pair make 2 in a row they move to shooting 3pters. If the pair misses 2 3pters in a row they move back to midrange. Midrange = 1pt, 3pters = 2pts. Goal is 30.

7.26 5 Players, 4 balls (Matt Hackenberg)

<https://youtu.be/3qqIxBo2oCE>

7.27 KCU Shooting (Matt Hackenberg)

<https://youtu.be/jNokzteoXz0>



Organization: One passer with the ball around the free throw line and one rebounder under the basket, each with a ball. Line starts at half court.

Description: 9 Consecutive shots at game speed

1. Sprint in from half court for a lay-up
2. Curl to the elbow for a jump shot
3. Fade to the wing for a three
4. Slide to corner for a three
5. Hard plant for a backdoor lay-up
6. Curl to the elbow for a jump shot
7. Sprint to corner for the three
8. Lift to wing for a three
9. Curl around passer for a lay-up

Make them all and coach will buy a Gatorade for the player.

POPs:

- SPRINT in from half court
- Footwork to square to the basket
- Hands and feet ready
- Game speed shots
- Touch the back board on their lay-ups to measure explosiveness

7.28 Hill Relay (Matt Hackenberg)

Teams of 2, everyone at 1 hoop.

<https://youtu.be/3qqlxBo2oCE>

Can also do with floaters: https://twitter.com/BasketNews_com/status/1663486508307734532?s=20

7.29 Chaos Shooting (Tony Miller)

- 3 Lines (1 line @ slot, 1 @ corner, 1 under hoop)
- Corner 3s, Slot 3s. Slot person passes to corner, then drifts to TOK. Rebounding line passes only to Slot line
- 1:00 on the clock
- 3PM = 1pt (count team makes)

7.30 Around the World

Can play with 1 or 2 shooters. Can play with 5 or 7 spots around the perimeter. Need to go 2/3 at a spot to go to next one. If you go 1/3, you move back one spot. If at any point you miss 2 shots in a row, you go all the way back to 1st spot. Play for time.

7.31 Two Makes In A Row Shooting (@Nick_Sciria)

Shooter shoots for two straight minutes. Shooting spots are the two corners, the two wings and the two slots. The shooter must make two shots in a row in order to rotate to the next spot. Count the total number of shooting spots completed for score.

7.32 Two Misses In A Row Shooting (@Nick_Sciria)

Shooter shoots for two straight minutes. Shooting spots are the two corners, the two wings and the two slots. Shoot at a spot until two shots are missed in a row, then rotate (can only be at a spot one time in the two minutes). Count the number of made shots for score.

7.33 Corner, Opposite Corner, Lift, Drift Shooting (@Gabe_MaciasGTET)

Shooter shoots for two straight minutes. Shoot from the corner, opposite corner, lift to wing, drift to corner continuously until time is up. Count the number of made shots for score.

7.34 Wisconsin Shooting (Zak Boisvert)

5 spots. 1 shooter/1 rebounder/1 passer. 2 balls. Buildup – hit your goal, go to the next challenge. Miss the time-goal, you're done. Go until you miss a time-goal.

1:00 – Make 2 at each spot

1:30 – Make 3 at each spot

1:45 – Make 4 at each spot

2:00 – Make 5 at each spot

.

.

3:45 – Make 10 at each spot

Go until you miss a time-goal

7.35 2-Minute FTs (Zak Boisvert)

2:00 on clock. At least 2 players at every hoop (1 ball). Best with 4-6 hoops going. Everyone is shooting 1-and-1s (so if you miss the first, your teammate is up). Team collectively is trying to make it through the 2-minute clock without missing 2 consecutive free throws at a hoop. Whenever 2 free throws are missed consecutively at a hoop, a “RESET” is called and 2 minutes is put back on the clock. Team gets 3 resets to try to complete the drill.

7.36 Beat the Opponent FT Shooting (Mike Neighbors)

Make = 1 for us. Miss = 1 for opponent. Going to 100. Once we get to 85, misses count as 3. Once we get to 95, misses count as 5. Whole team shooting. Shoot 2, walk to other end.

<https://www.youtube.com/watch?v=uVWhAEcQOIQ>

7.37 Ketchup Shooting (@coach_al_baker)

- Trail shooter must make at a spot before lead shooter to win
- Lead shooter must hold off trail shooter for 60 seconds OR “lap” trail shooter to win

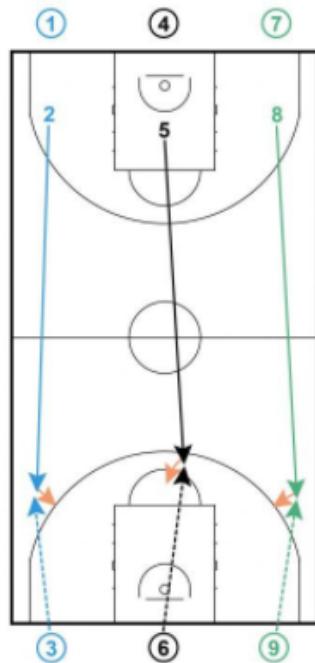
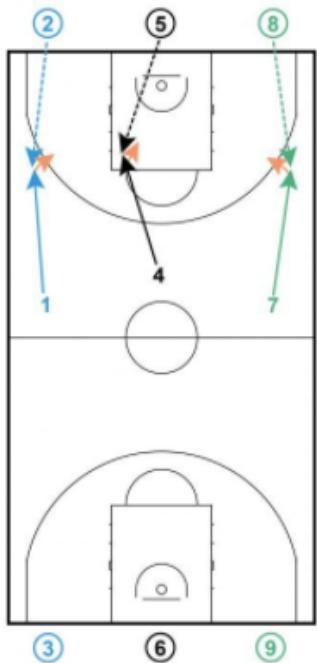
7.38 Gettin’ Hot (@MrGrasta)

Competitive team shooting drill from designated spots. We do 4 spots. 2-4 teams of 3-5. 1 ball, 1 rebounder. Make first shot, 1 pt and shoot again, add 2 pts for 2nd make in a row, add 3 for 3 in a row etc. Miss makes you rebounder. 1 min per spot. Kids love it.

7.39 3v3 Full-Court-Trios (@basket_AND)

So, the first thing we will do is divide all the available players into trios and assign a space to each group (as we can see in *graph 1*). Two of the components of each trio, with the ball, will be located on each end line, while the third (without the ball) will start approximately on the midfield line.

That player moves to one of the two sides to receive the pass from the corresponding partner and execute his outside throw. Whoever gives the pass, moves to the other side of the court to receive the third component of the trio and shoot for the basket (*graph 2*). Each player takes their own rebound and waits on the baseline for the teammate on the other side to arrive. So on.



7.40 Full Court Diagonal (2 teams) (@basket_AND)

Those first two players without the ball will be the ones who, precisely, start working the diagonals to receive the pass from the opposite side and shoot for the basket. Each player catches his own rebound and stands in the row from which he received the pass. Next, the two players who have passed the ball go to the other half court to receive and shoot (*graph 2*). So on.

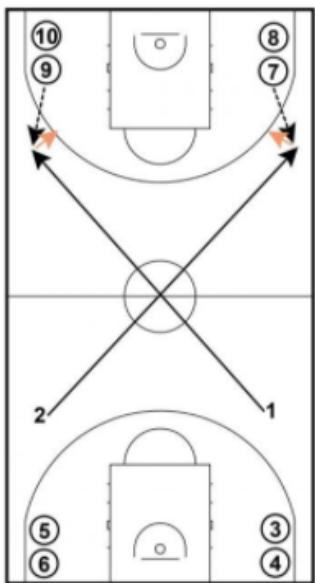
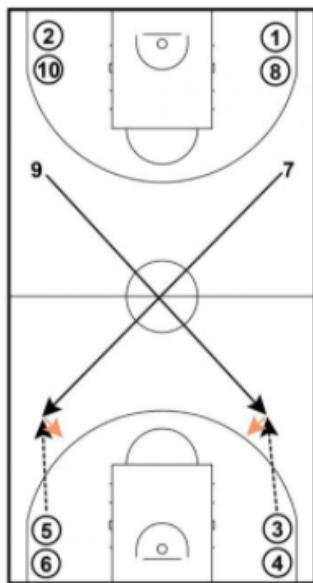


Figure 1



Graph 2

7.41 Golf Shooting (Jen MacAulay)

You take shots in order and if someone makes one then a point goes on the board they next person goes if they miss they get that point if they make it the points go to 2 and so on: once someone misses and takes what points are on the board you reset to zero. If you get to 21 you are out.

7.42 Kill Shooting (Zak Boisvert)

Individual shooting drill (could be done w/ 2-3 players presumably)

7 spots.

Player moves when they make 3 shots in a row or miss 1 shot. If they make 3 in a row they get a "kill"

How many "kills" can you get in 3 mins?

Good # is 3-4 per min (12 total)

7.43 Zach LaVine (Drew Hanlen)

Just finished working out Zach LaVine. Here's a shooting drill we did to warm up. Every third shot is a "money ball." If you miss the money ball, you move on to the next spot. 5 spots. Goal is 50+. Zach just got 84 which means he made 28/33 money balls

7.44 Minnesota Shooting (Lindsay Whalen)

Two teams of 3-4.

- 9 spots, 4 shots at each
 - 4-4 = skip a spot
 - 3-4 = next spot
 - 2-4 = stay
 - 1-4 = back a spot
 - 0-4 = start over

https://twitter.com/Lindsay_13/status/1319643780702752770?s=20&t=Bxg977OrIZ_TjWjsd1gMCA

7.45 5 Spots Drive & Kick

<https://youtu.be/vIDHsTovDrM>

Here's a great way to get shot reps in practice as well as working on passing off the bounce & off movement. Normally, we do 1 min per spot (5).

7.46 Bradley Beal Shooting (Drew Hanlen)

Individual shooting drill. Ideally 1 shooter / 1 passer / 1 rebounder and 2 balls. 3 minutes on clock. 5 spots.

Player must make 3 shots in a row to move to the next spot. As soon as player has made 3 in a row at the 5th spot (weakside corner), player begins to work way "around the horn" making 1 shot at each of the 5 spots. On a miss, player needs to return to spot 5 and start "Around the Horn" movement again. In short: make 3 in a row at 5 spots and then make 5 in a row (1 at each spot). Record is 1:22 (D.J. Augustin).

7.47 3-Player Closeout Shooting Drill (Brian McCormick)

<https://youtu.be/P5DS6EeB18A>

7.48 Pressure FTs (@ShannonmMathis)

Everyone at 1 basket. First to score 4 FTs wins. If they miss the 4th, they return to 2. Other players can do anything to distract the shooter.

7.49 Moneyball Shooting (Drew Hanlen)

Players partner up, each partner shoots 4 shots, then switch.

Shot 1: Catch + Shoot 3 "Moneyball" = +3 if made

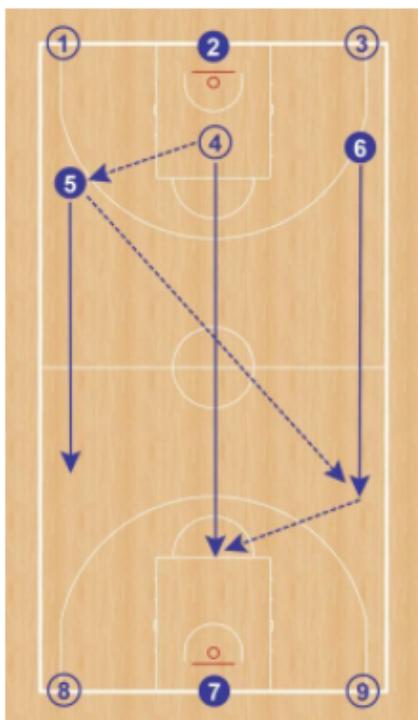
Shot 2: Catch/Shoot 3 = +1 if made

Shot 3: Dribble Jumper = +1 if made

Shot 4: Catch/Shoot 3 = +1 if made

1st team to 25 pts & at half court wins

7.50 Louisville Shooting Challenge (@basket_ADN)



Graph 3



Graph 4

7.51 3-2-1 Perfect Drill (Chris Payne)

"3-2-1 Perfect" drill, which Payne purposefully picked as one of the last drills to simulate end-of-game fatigue. Make three shots in a row from five different spots around the halfcourt. Then, come back and make two in a row at the same five spots in reverse order. Then, finish with a perfect five-for-five at one spot. The drill doesn't end until the player makes the five straight.

7.52 “One More” shooting drill (Porter Moser)

2 teams, compete for makes

<https://youtu.be/UF4D1iSPHms>

Alternative: https://www.youtube.com/watch?v=eyBmXIy_gDA

7.53 Olympic Shooting (Alex Sarama)

One of the most efficient and effective team shooting drills you can do!

- 3 shooters, 2 basketballs per group.
 - Pass to the same teammate each time.
 - Relocate to a new spot after each pass.
- ✓ Random
- ✓ Game-like

<https://twitter.com/coachwalkerGHS/status/1315794275594985472?s=20&t=bhOBjbVJedHIIhEXZG7ixA>

7.54 Various FT Games (Hoops Companion)

Free Throw Games

1. **Bubba FTs**
 - a. Put 75-75 on the scoreboard. Everyone shoots 1 free throw.
 - b. Make +1 for us, Miss = +2 for other team. Play to 100 (can break down as low as partners if needed)
2. **Basket Game**
 - a. Use this if you have 6 rims.
 - b. Players shoot one free throw and then rotate clockwise if they make the shot.
 - c. They keep rotating until they miss. If they miss, they go back to original basket.
 - d. Whoever makes the whole circuit (6 in a row) first, wins.
3. **Streaks FTs**
 - a. Put 3 minutes on the clock.
 - b. Shooter shoots rhythm free throws (no dribble) for 3 minutes straight.
 - c. Whatever their highest STREAK was...that's their score.
4. **FT Golf**
 - a. Shoot 18 free throws.
 - b. Make = par, Swish = birdie, Miss = bogey
 - c. Lowest score wins
5. **16-in-6**
 - a. Shoot a 1+1.
 - b. If you miss the front end, it's a weak hand 4 touch.
 - c. If you miss second, it's a weak hand dribble for 2 up and backs
 - d. If you make both, it's a weak hand dribble up and back.
 - e. The goal is to make 16 free throws in 6 minutes.

8 Overall Offense Games

Here are some games that just work on overall offense:

8.1 PPP Game (Zak Boisvert)

10 possessions each team – 5 offensive / 5 defensive / repeat

Punishments:

- Losers of drill run
- Is it a Defensive PPP day or an Offensive PPP day?
 - o Defensive Emphasis: If team game up >1 PPP, they run an add'l sprint
 - o Offensive Emphasis: If team doesn't score >1 PPP, they run an add'l sprint
 - o Even winners run a spring if they don't hit the emphasis of the day goal

8.2 3-2-1 Drill (Cody Toppert)

Start in a 3v3 action, then shooter & shooters defender are off, 2v2 action, then shooter & shooter's defender are off, then 1v1 action. Great way for players to work on 3v3 & 2v2 actions.

8.3 3v1 & 4v2 Reaction Drills (BBALL IMMERSION)

<https://youtu.be/9zkkqllysEI>

Great way to program players' dribble drive reactions, making reads

8.4 50-Pass Game

5v5 no dribbles, each pass counts as a point. Possession changes on a deflection or turnover. +10 for a backdoor layup. First to 50 wins.

8.5 Charger 5 on 5 on 5 (Lennie Acuff)

Three teams of 5 (could even do 4 teams of 5). Could also play this with teams of 3 & 4. Note: 1 of the 3 teams could be a scout team replicating the playing style of the upcoming opponent.

Two teams play 5-on-5 full court. On a score, the team that got scored on is off. The team that was off runs on to touch the jump circle and comes in on defense. The team that scored stays on offense (a coach is stationed under each hoop to outlet the ball to the PG). First team to score 11 pts wins.

8.6 Philly 5v5 (Brett Brown)

Game is to 2

To get a point, you need to score on 3 out of 5 possessions. If you do, you get 1 point and you go to defense.

A turnover automatically triggers a change of possession.

8.7 5v0 to 5v4

great way to rep sets and work on transition D/O

- shooter on white team stays, other teammates transition back
- blue team enters on the shot and attacks in transition with an advantage
- O goal = find and use the advantage
- D goal = extend the play

8.8 “The Kinder Surprise” (Alex Sarama)

🏀 Offensive player stands blind. They do not know what surprise is waiting for them!

🧠 Live on the turn around. Must immediately scan and look for a solution.

💡 Use as a start before transition trips. Can do in any format (2v2 up to 5v5).

There is also a version where the dribbler has their eyes closed and opens them on the coach's command. Must find their defender and read the help.

https://twitter.com/AlexJSarama/status/1317047479695740929?s=20&t=Bxg977OrIz_TjWjsd1gMCA

8.9 Battleship

Game format concept to work on different concepts, you need to score using different concepts e.g. need 1 slip, 1 shoot behind, 1 screen n roll to win continuous 2v2

8.10 “Change” Drill (@fra_reds)

💡 Fun and simple SSG for early in practice.

🗣 Coach randomly calls “Change”. This cues the teams to change baskets, leading to numerous situations emerging.

8.11 “Dagger” ORB 3v2 (@CoachZHoops)

A "dagger" is an O reb & kick out for 3. 3's from an ORB are one of the biggest momentum plays in the game. 💡 came from an Elon MB practice a few years ago- pause for rules.

Teams of three – 3 offense, 2 defense

5 possessions on offense then switch

Track # of successful possessions (e.g. 2/5 or 3/5)

Allow offensive rebound then defend

➔ 2 options – quick put back or kick out for 3

Offense can NEVER hold the ball – quick reads

→ Yell “1 more” if the quick swing is open

Offense must yell “Dagger” on 3 for it to count

Rotation:

- Offense: rebounder to wing to top
- Defense” post to perimeter to out

Optional: 3-pass limit

<https://youtu.be/GLSLcvsmPIA>

8.12 6v6 No Dribble Zone O (Andrea Trinchieri)

"It's a stupid little game, but they have to pass the ball, they have to play in space and pass in holes - it will help your zone offence."

8.13 Flat Ball (Andrea Trinchieri)

3v3 full court, no dribbling

8.14 5v5 Half Court/Full Court Perfect Offense (@Nick_Sciria)

1's, 2's and 3's to 10

Teams can only score on offense. If the defense gets a stop, they go to offense. If the offense messes up (choose specific teaching points to look for), they go to defense.

If playing in the full court, the coach can whistle a turnover for the offense if they mess us. The offense would then drop the ball and get back on defense.

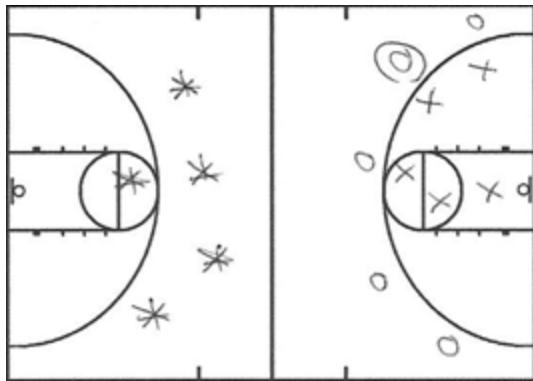
8.15 5v5 Passing Game (@benjaminmurph55)

(Pass = 1, Backdoor pass = 3, buckets=5)

8.16 3v3v3/4v4v4/5v5v5 Continuous Full Court (@Nick_Sciria)

1's, 2's and 3's to 10

The offense plays a half-court possession against the defense. If the offense scores, they take it out of the net and go the other way while the defense presses. Once the ball crosses the half-court line, the third team defends and play continues. If the offense failed to score on the initial possession, the other team would bring the ball up the court against the team waiting on the other side.



8.17 Walsh 5v5 (@CoachBobWalsh)

Regular basketball scoring

Start with a live game tied at 70 with 2:30 left on the clock. Once a team reaches 76, the clock starts.

8.18 5v5 with Any Start, Three/Four Trips (@r_b_j_c)

1's, 2's and 3's to 10

This can be combined with any start to provide stoppages in play for teaching moments. Three trips means here, down and back. Four trips means down, back, down and back.

9 Overall Defense Games

Here are some games that particularly work on defense:

9.1 3v3 Identity (Xavier MBB)

 | Each team gets 8 possessions in this competitive drill.

A possession will re-start if there is a:

 Box Touch.

 Rhythm  Attempt.

 Foul.

 No post-ups, DHO's, or ball screens allowed.

 Emphasis here is on guarding the  and gaps.

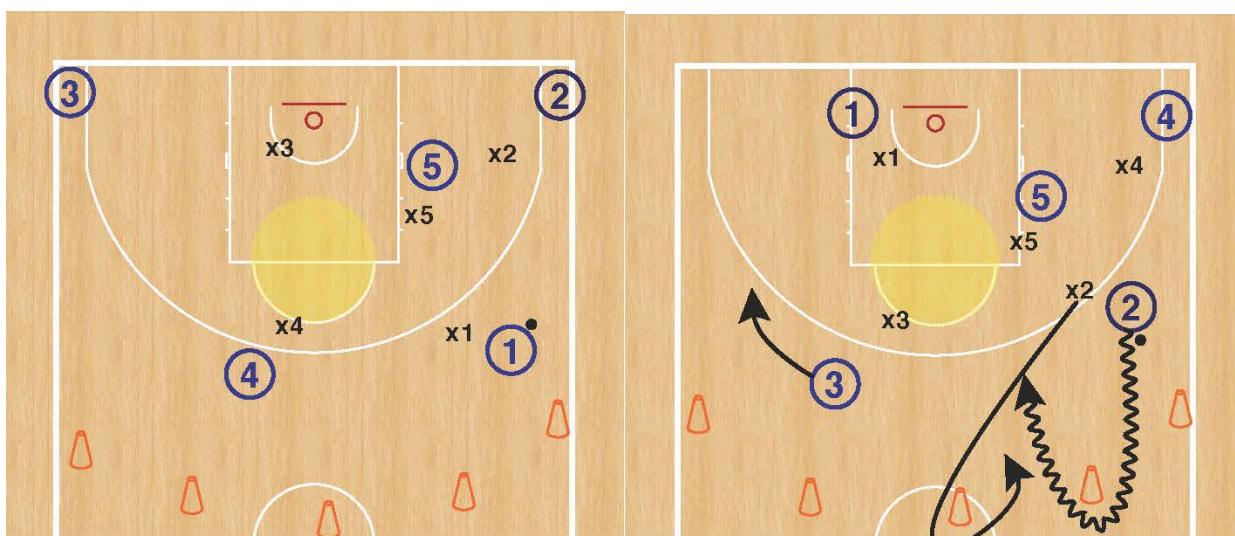
<https://twitter.com/XUNewsletter/status/1333818298564308992?s=20&t=bhOBjbVJedHIIhEXZG7ixA>

9.2 Rebounding Practice 1v1 (Gabo Loaiza)

https://twitter.com/riberaru_basket/status/1596807472056270849?s=20

9.3 5-Cone Drill (Tim Brady)

The drill starts in a shell (can start 3 v 3, 4 v 4, 5 v 5). As the ball is passed around the perimeter defense adjusts accordingly. On the whistle, the player with the ball dribbles around a cone, and the defender must sprint around a different cone.



9.4 90-Second Defensive Reminder Drills (BBALL IMMERSION)

<https://youtu.be/aulsCDCi7GM?si=MqXaAoFIHN8jLEEP>

9.5 Hunting Turkeys

⌚ 10:00-12:00 minutes on the clock

👉 5v5 teams (half court)

🦃 3 defensive stops in a row = 1 point

🏀 defense gets scored on OR gives up an offensive rebound = goes to offense

✓ team with the most points at the end of time, wins (score is usually 1-0 or even tied 0-0)

9.6 Dragonfly Drill (Paul Kelleher)

Offense in 4 corners trying to hit the dragonfly's tail with a pass



9.7 Closeout & Recover (Paul Kelleher)

Line in middle. Mirror the ball.



9.8 “Gauntlet” Zig Zag Drill (Paul Kelleher)

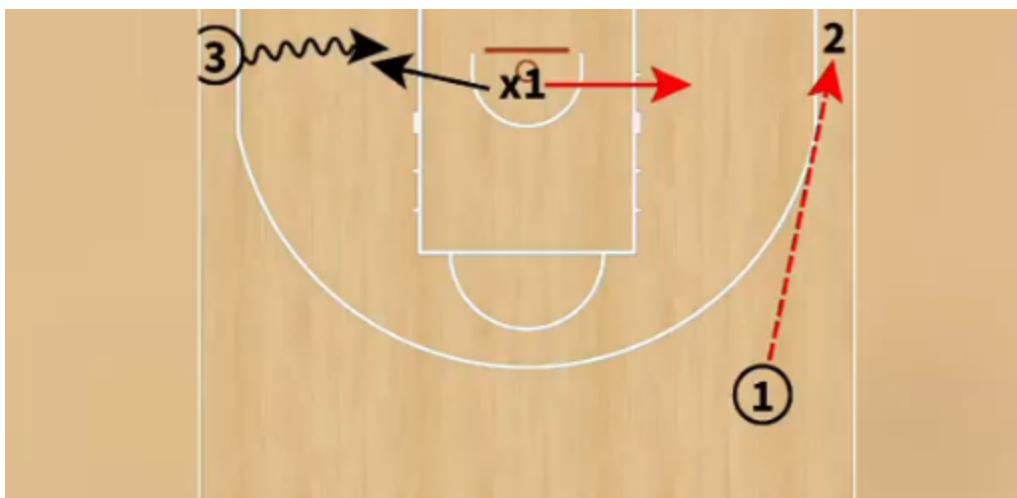
“Keep the gate closed”. “Be a wall, not a pole”. Go live with this drill. O is working on ballhandling.



9.9 1v1 Peripheral Vision (@lopezsergio77)

Option 1: Defend on the pass. Offense can catch & shoot or catch & drive

Option 2: Hand change & pass, then 1v1 OR 1v1 from the corner. Attacker can shoot or drive.



<https://twitter.com/lopezsergio77/status/1343546336243822593>

9.10 Accountability Basketball 5v5

5v5, the first thing you have to do is execute our offense and get a great shot. If you do that, you go to the next phase of the game and play in transition. Execute transition D properly, communicate, find shooters, everything has to be perfect. Now you defend half court. If you guard correctly and you jump

to the ball and you do it perfectly. If you do all that and you box out and you secure the ball, you get one point.

9.11 3v3v3/4v4v4/5v5v5 Full Court Football (@RadiusAthletics)

The defense must get four stops in a row. If the offense scores, the next possession becomes “first down” again. The offensive teams switch after two trips (down and back). The team that gets four stops in a row in the fewest number of possessions wins. You can also make a rule that an offensive rebound automatically resets the downs.

9.12 Huskies Shell Progressions (Coach Neighbors)

https://youtu.be/Ja7Ap_-tMFM?si=x5I25553203NL3dT

9.13 Shell 5v6 (Coach Hoffstein)

6th player cannot leave the dunker spot. Typical shell drill with ball reversals. Dunker is only live on the whistle.

9.14 Shell Progressions 1v1, 2v2, 4v4 (Jarrod Moore)

https://youtu.be/f1LaA47Z_AM?si=UCAiDkzSyHZ0ms52

60 min clinic

9.15 4v6 → 4v4 Help and Rotate

◆ Help rotations

◆ Scrambling in recovery

◆ Block outs

1. Communication

2. Stop 

3. Close middle

<https://twitter.com/hardwoodtexas/status/1682382779903004672?s=20>

Alternative: <https://twitter.com/Basketballco2/status/1656265618444656647?s=20>

9.16 Kill Drill

3 Stops = 1 kill. 3 teams of 5. Offense rotates in. If you get a stop you stay on. Coach offense (leave defense alone) and call ticky tacky fouls.

Texas Tech MBB “Kill Drill”

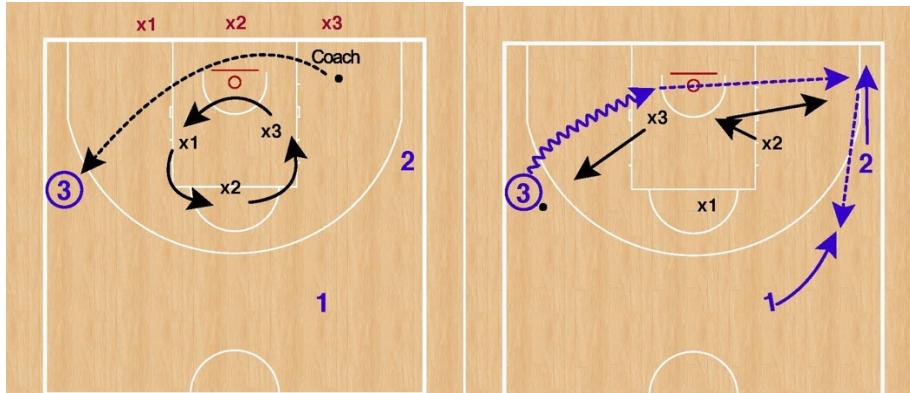
- 5 players on defense; they have to play, without substitutions, 90 seconds or three defensive possessions without giving up a basket

- If opposing team scores the clock starts over

Side note: Coaches have their own standards of defensive stops

9.17 3v3 Dominos (@CoachTBrady)

O players can be positioned in any formation that aligns with your positioning. The defense circles in the paint and closes out on the coach's pass. We are live 3 v 3 from here. We want to shoot, drive or pass (in that order). We want a high-value shot.



9.18 3v3 Closeouts (Tony Bennett)

the three-on-three closeout drill. Three offensive players scatter around the perimeter, one in each corner and another at the top of the key. Three defenders cluster together underneath the basket. A coach throws the ball to an offensive player chosen at random, and from there, they play three-on-three. Maybe it doesn't sound like much. But when a player is sprinting from underneath the basket to where a dead-eye shooter is standing, or trying to cover the gap on a floor that can feel like acres of space, it's easy to get beat. "You have to be in a dead sprint closing out if you want any chance," says Nolte. "It exaggerates the amount of space you have to cover." And when the offense scores, the defense stays on. Sometimes for possession after possession, until they're begging for a lucky miss, a sloppy pass, any kind of break. "When I first got there, I would just pray — pray — that the offense would miss," says Anderson, now with the Philadelphia 76ers. "By the time I left, though, it was one of my favorite drills."

2v2 alternative: <https://twitter.com/hoopstudy/status/1690137949562650624?s=20>

9.19 Decibel Level Game (Coach Yelich)

Decibel level app: have coach stand at top of key or under basket. Shell drill. Team with lower decibel number loses.

9.20 Defensive Bingo (Coach Yelich)

Coach Yaklich Texas Talk Defensive Language - Defensive Bingo

10 Situation-specific Games

10.1 Between-Drill ATOs (@CoachSutton)

Between drills have each team play 1 possession – SLOBs, BLOBS, in-court ATOs, 2-for-1 situations.

10.2 Pick your poison

20 situations folded up and placed in a hat. 5v5 players draw one situation out of a hat. Then you play it out!

<https://basketballimmersion.com/wp-content/uploads/2021/01/SpecialSituations.pdf>

Alternative: Have a set of dice. Roll out all the variables (score, fouls, time) and play.

10.3 Simulated shortened game

Simulated game, four quarters, minutes between 1 and 3, players coach and substitute themselves. See who can manage the clock best.

10.4 Timeout notecard tests

Bob Knight loved to do this. Simulated timeout, draw up a play, then test players on what the drawn-up play was by having them write it out on notecards. Give them grades on their retention of the play. This will help you understand who can execute late in games and who cannot.

10.5 “Mind Bomb” Games

Introduce a “mind bomb” set/scenario at the beginning of practice, then sprinkle it into practice like a special teams field goal unit.

11 Dribbling Routines (No Defense)

11.1 Two-Ball Solo (Jack Stevens)

<https://twitter.com/jstevetraining/status/1689365072315916288?s=20>

11.2 Steph Curry (Xavier Newsletter)

<https://twitter.com/TheHoopHerald/status/1684363957304168448?s=20>

11.3 Spanish Two-Ball (Sergio Lopez Sanchez)

<https://twitter.com/hirokiPROUD/status/1682685133823037440?s=20>

11.4 Peyton Pritchard

<https://youtu.be/lQvDAsBZLUY>

11.5 Phil Handy Mix

https://youtu.be/PtFg_oPKI08?si=qdWCegqksvsm_WmU

11.6 Cody Topper

https://youtu.be/8_4NFOSxTDE

12 Addendum A: Advice for Assistant Coaches in Practice

Starting out as an assistant coach, I wish I had a little guidance as to how to maximize my value-add in practice. In this section, I will document tidbits of advice I have picked up for assistant coaches in practice (credit @coachliamflynn for many of these).

12.1 Don't be on your cell phone.

Before the first player walks in the gym, your phone should be away. Go and engage with players instead of being on social media.

12.2 Work the room.

Physically walk around the gym instead of standing in one spot. Look for opportunities for personal coaching with the players. Look for opportunities to reinforce some of your head coach's favorite cues.

12.3 Don't be on the same sideline as another coach.

Coaches should be standing in different physical locations in the gym. This will help maximize the teaching output of the entire coaching staff.

12.4 Avoid small talk with other coaches.

The focus should always be on the players and the practice mission. Socializing and small talk can wait until after practice.

12.5 Don't talk while other coaches are talking.

Set a good example for the players and pay attention to other coaches as if you have something to learn (because you probably do).

12.6 Bring the “juice”.

No one is going to tell you to bring the “juice”, it's up to you to bring it every day. Be energetic, passionate, and enthusiastic. You're in a basketball gym, for goodness sakes.

12.7 Don't be “unemployed”.

Always look for work in practice. Re-rack basketballs, re-set the clock, pick-up towels. Make yourself useful.

12.8 Carry an extra basketball.

Be ready to throw a basketball back into a drill if one flies away. This will help keep practice more efficient.

12.9 Be one drill ahead of your head coach.

This will help minimize the transition time between drills.

13 Addendum B: Shooting Form

Patty Mills 1-dribble reload: <https://twitter.com/hoopstudy/status/1659412755940622338?s=20>

14 Addendum C: Practice Best Practices

Here are some “best practices” to consider for your practices:

14.1 “Animal Ball” rules

Animal ball means you don’t have to take the ball out of bounds after a made basket or a dead ball. This will help keep practices high-paced and eliminate dead time.

14.2 If you need to talk a lot, do it at the start of practice

You don’t want to have to stop practice to talk a lot or walk through something. Rather than players getting cold like that, do your talking session at the start of practice.

14.3 Attack Dribbles Only

We used to play 5v5 with no dribbles a lot, but @BBallImmersion helped me realize that there was a smarter approach out there.

I now prefer "attack dribbles only," a better way to simulate the closeout decisions and advantage scenarios that occur within our style of offense

14.4 Pressure Free Throws

It’s tempting to skip FT shooting when players draw shooting fouls in drills, but that is actually the best time to practice FT shooting with the pressure on. Shooting 1 free throw for all the marbles is a good way to split the difference.

14.5 ATO Execution

Very cool idea from @CoachSutton re improving execution of ATOs. Between drills have each team play 1 possession - SOOBs, EOOBs, in court - practicing your ATOs (or 2 for 1s). Better than having 10-20mins of one possession games where it’s too stop/start and players get cold.

14.6 “A Quiet Gym is a Losing Gym”

Give your teammates confidence to make the shot when you pass them the ball (e.g. “Knockdown”, “Hit it”, etc.). Point to the passer after a make. Nobody gets themselves up off the floor.