

Practice Drills

Dynamic Starts	Description	Dis/Advantage		
Flow Game	Offense across half court, defense in paint. Offense starts with the ball. Offense is live after their pass, or on the catch by designated player. Defense is live on first pass.	BA (Offense +2), SA (Offense +1), N (Offense = Defense), DA (Defense +1)		
Close Out	Defense across the baseline, offense across the 4 pt line. Defense starts with the ball. Defense is live after their pass, or pass to a designated offensive player. Offense is live on catch by designated player.	SA (If created on the catch), N (if no advantage created on the catch)		
Back Rip	Defender is facing the basket. Offense starts with ball on back of defender. Play is live when offense rips the ball off defenders back.	BA		
Hip Rip	Defender is facing the basket with hands behind their back. Offense starts next to defense with ball on hip of defender. Play is live when offense rips the ball off defenders hip.	SA		
3 Pass	Defense is facing the offense with the ball. Defense and offense pass back and forth. Play starts on the third pass.	N		
Shoulder Game	Defense is facing the offense. Offense has the ball (either static or live dribble). Defense jumps to the left or right shoulder of the offense. Offense is live on the jump.	SA		
Coach Touch	Coach stands at spot, puts ball in one hand. Offense initiates by grabbing the ball and attacking and defense slaps opposite empty hand then defends	BA, SA, or Neutral depending on ball placement by coach		
Transition	Trips - add trips to any half court dynamic start, Flow Game - Start offense on baseline and defense at 4pt line or half court. Start offense and defense on opposing sidelines. Can use half court			

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