

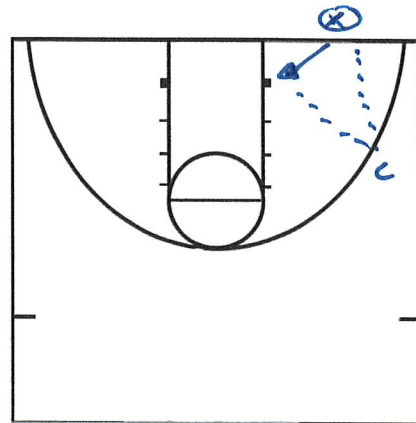
# FRED HOIBERG NOTES-2015

## VOLUME I-OFFENSIVE DEVELOPMENT

### POST SERIES

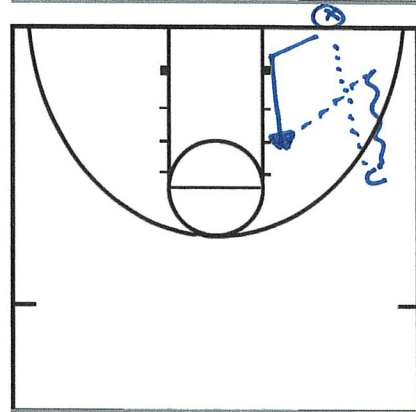
Short Corner --> slide to seal on block (both sides)

- Post-up
- Short Corner
- Face-up



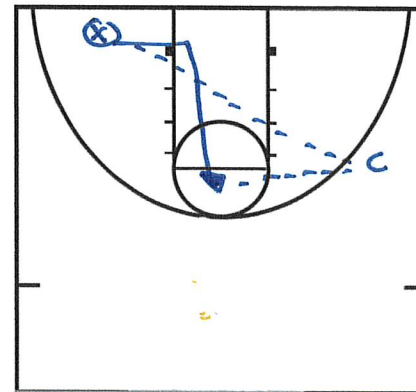
Post Relocation

- Baseline Drive
- Middle Drive

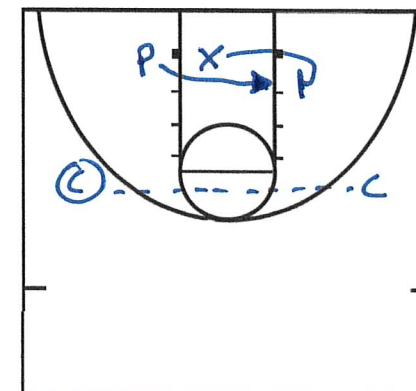


Elbow Flash

- Catch and Shoot
- Shot Fake Inside
- Shot Fake Outside



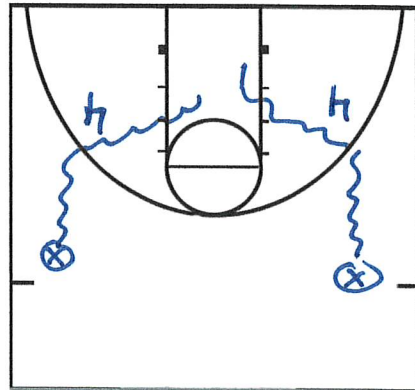
1 on 1 in the Post



## GUARD SERIES

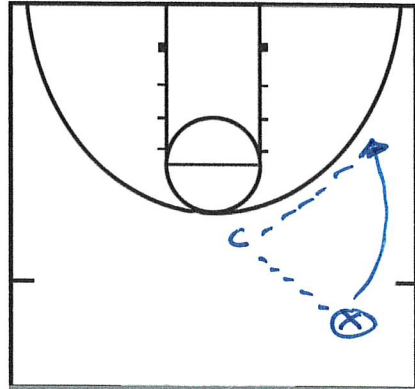
Chair Series on wings --> both sides

- Cross Over
- Hesitation
- Chins
- Pull-up J's
- Floaters



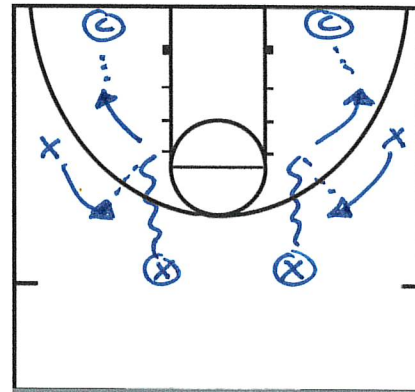
Catch and Shoot on the wing (both sides)

- Wing
- Corner
- Catch and Shoot
- Shot Fake Inside/Outside

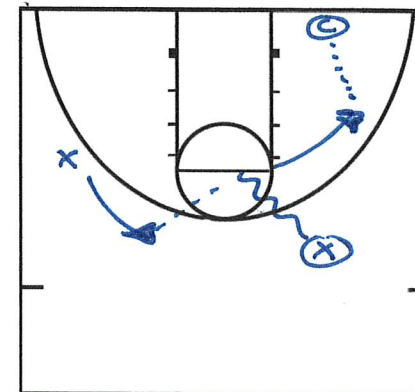


Crackback Shooting

- Catch and Shoot
- Shot Fake Inside
- Shot Fake Outside

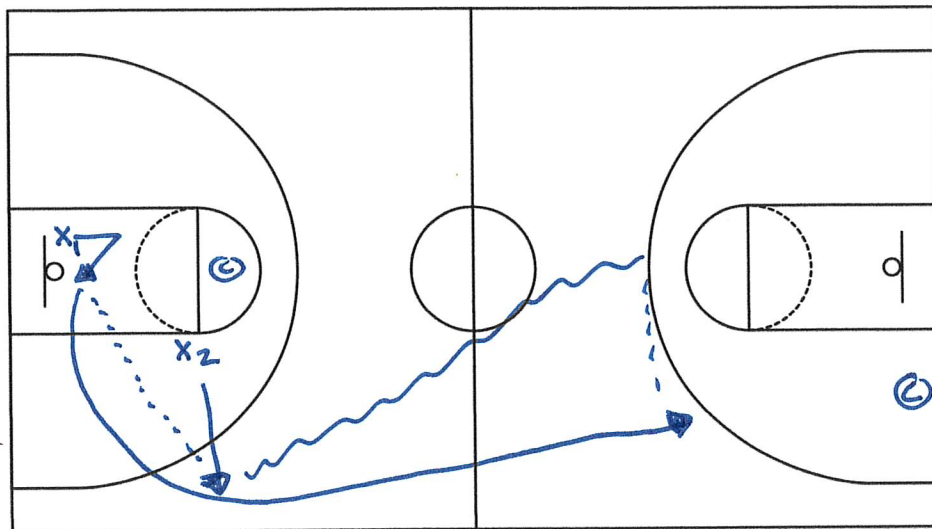


Crackback Shooting



## 2 Guard Full Court Shooting

- Coach shoots to start
- X1 gets rebound and outlets to X2
- Run both sides



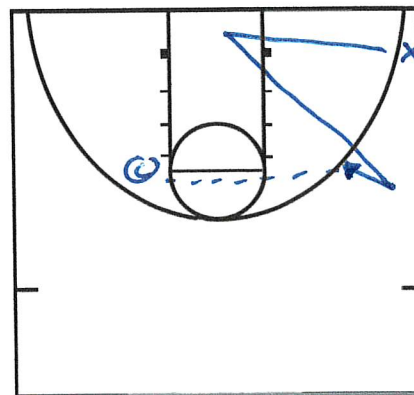
## VOLUME II-SHOOTING WORKOUT

Inside pivot depending on what side of the floor you're on  
Don't drift; shoot on balance  
Open up hips to the ball, especially in the corners

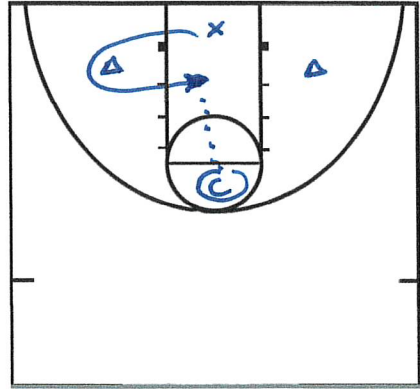
**Round of 3's:** Start on the wing in Tulsa, make 2 3's from each spot in Tulsa, then go back around making one 3 from each spot  
-Done between every drill

### Star Drill

-After "X" amount of makes, player touches right underneath the basket, then sprints 5 feet beyond the 3 point line, then steps back in to receive the pass

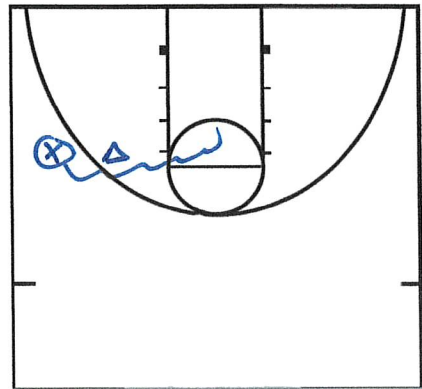


## Floater Drill



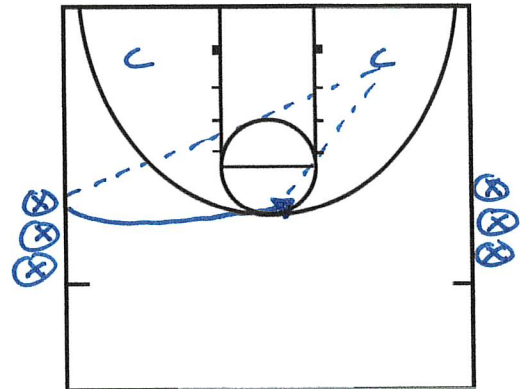
## Pick and Roll Shooting (Both Sides)

- Chin
- Floaters
- Pull up Jumpers
- Defender goes under/ Shoot 3
- "Ice"/ Pull up J



## Sideline Shooting

- Catch and Shoot
- Jab Step/ Catch and Shoot
- Shot Fake Inside
- Shot Fake Outside
- Chins



## 5 Spot 1 on 1

- 1 on 1 defense
- Get one point for a stop, one point for a make
- Whoever wins that possession gets a jump shot for one point
- Hit all five spots one time

