

DRILLS SUMMER 2015

"Plan, prepare, practice and play like you just lost your last game."

Make each drill multi-purpose

Competitions: Clock/ Opponent/ Self

Coaches responsibilities during drill work:

1. Teach
2. Motivate
3. Discipline

Floaters for small guards

Shots for PG off pick and roll w/ :05

Guards develop post game

Transition Defense

- Pick-up points for PG and bigs
- Gett back and get set in transition

Shot fake after you dribble

- Shot fake/ 2 dribbles/ shot fake/ shot

Defensive killers

- Blow by's
- Help defender should never get beat
- Not helping the helper

Before you adjust, do it harder, do it better, than sub; if none of that works, then adjust

Shooting

- There should be 6 boards between your feet when you shoot
- Stagger your feet and jump to square up
- When you attack off the dribble, get your shoulders below the defenses' hips

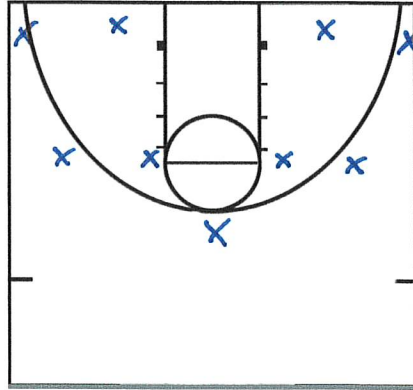
OFFENSE

Balance Shooting

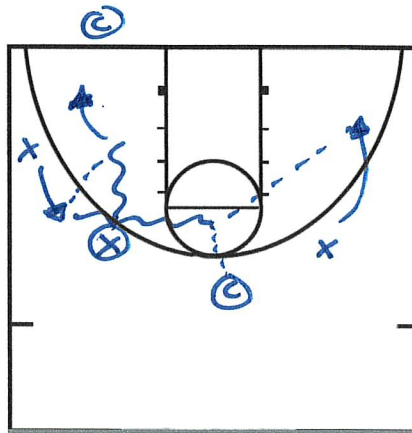
- Lunge forward/ Back/ Shot
- Lunge back/ Forward/ Shot
- 360 pivot/ Shot (Right and left pivot)
- Lateral Lunge/ Shot
- Hop right/ Back/ Shot
- Hop left/ Back/ Shot
- 360 reverse pivot/ Shot (Right and left pivot)

Sue Bird Shooting

- Make 6/10; move to next spot
- Make 5/10; try again from same spot
- Make 4/10; move back one spot
- Finish w/ 3 FT's in a row

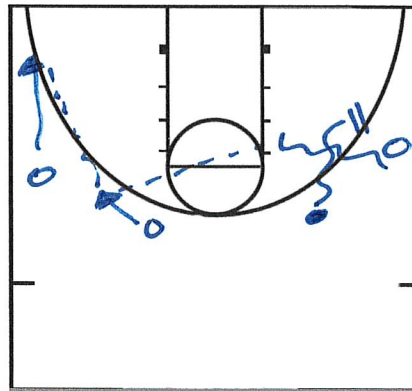


3 on 0 Drive and Kick

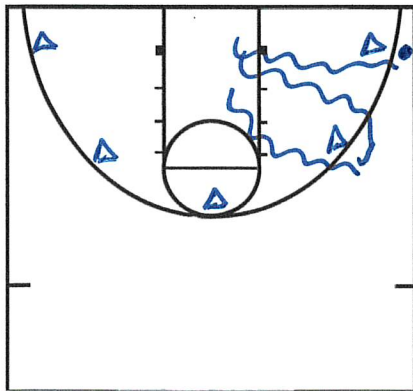


Dribble Hand Off Drill

- 3 on 0 / 4 on 0



One hand behind the back weak hand passing



Strong hand behind the back, with the strong hand never touches the ball

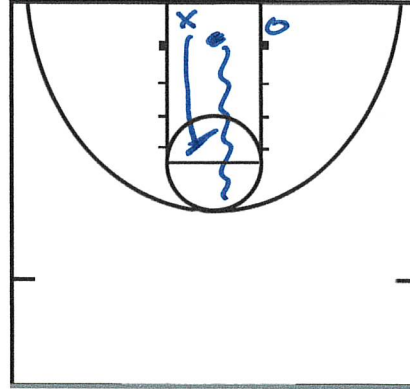
Quick Roll Out Drill

- Bring ball back, then partner rolls the other ball out

Lob Drill

- Same as Quick Roll Out, except partner takes the ball back and finishes with a lay-up

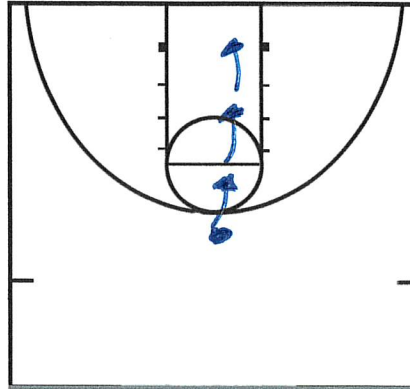
CHIN AND RIP WHEN CATCHING THE BALL



Euro Drill

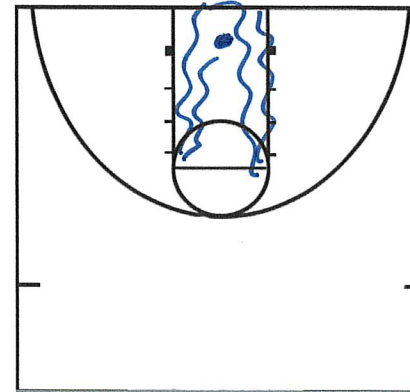
- 1,2 step, with the weak foot forward
- Start w/ three steps (get to the front of the rim)
- 2 steps (lane)
- 1 step (free throw)

Hop Step: Same as Euro, only hop instead of stepping in

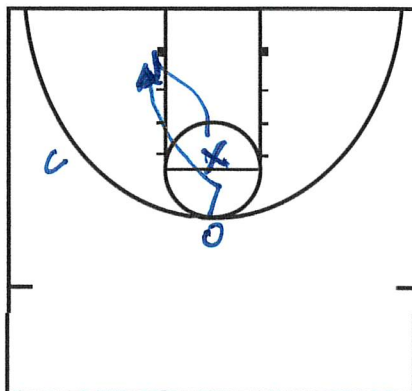


Stockton Dribbling

- When player goes back to baseline, they go backwards



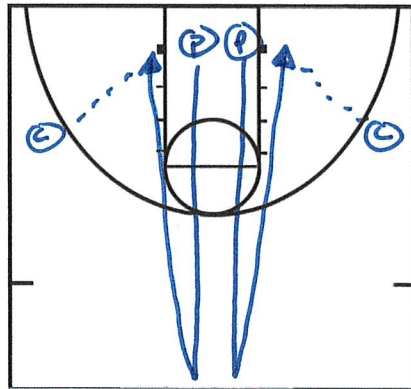
1 on 1 Post Dives



Post Mikans into 1/2 Court Sprints

-Shoot 3 lay-ups, then sprint to 1/2 court

-Finish w/ drop step, short corner and trailer 3



Okafor Series

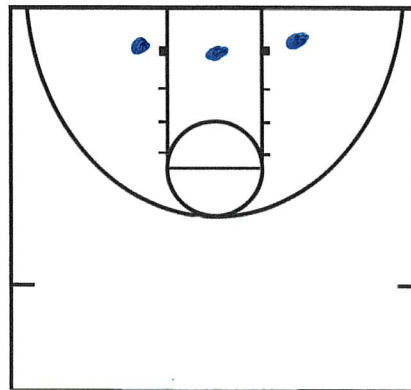
-Mikan

-Drop Step

-Jump Hook Middle

-Up and Under

-High/ Low Seal

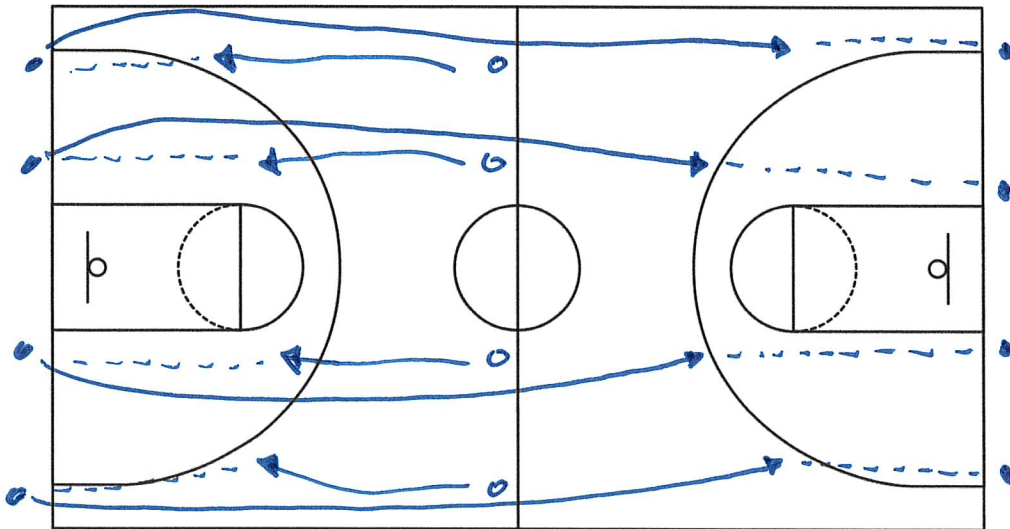


4 Line Shooting

-Chins

-Shot Fake/ Pull Up J's

-3's



DEFENSE

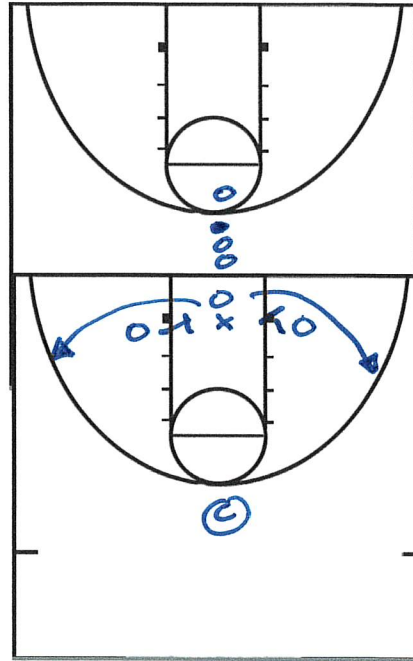
Duke Slides: every other corner sprint/ slide/ sprint

1 on 1 Three stops in a row

- Defense hands the ball to offense
- Go in groups of 4, losers have punishments

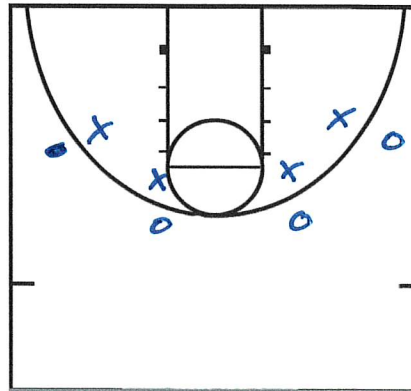
3 on 1 Screening

- If you are being screened, you can't worry about helping on the ball
- Closeout hard after getting through screens



4 on 4 Stationery

- No scores, one dribble
- Coach yells "change", go defense to offense and find someone other than who was guarding you

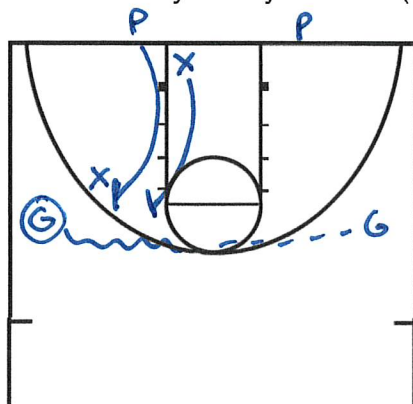


4 on 4 on 4: Defense stays on defense until they get it right

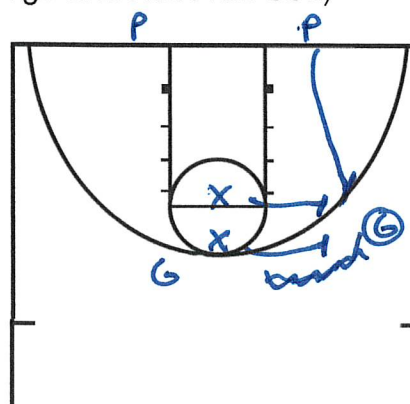
- Black on defense, Green and White on offense

Michigan State Pick and Roll

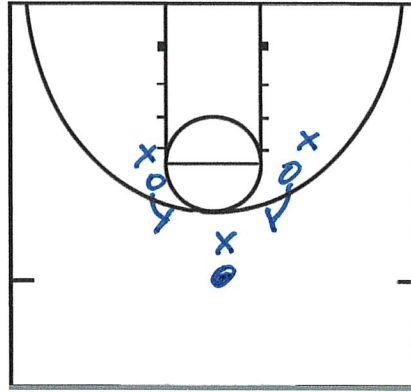
- Play how you want (Ice/ Blitz/ Hedge and Recover/ Soft)



-Ball
2x's
go live



gets reversed
working on
closeouts, then
on 4th time



3 on 3 "Up" Pick and Roll

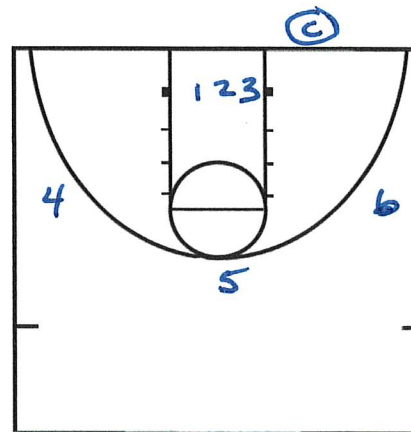
- Read and react
- Chin/ Roller/ Jumper/ Crack-Back
- Crack-Back into High-Low
- Start 3 on 0

3 on 3 Tulsa Pick and Roll

3 on 3 Tap Pick and Roll

Number Rebounding

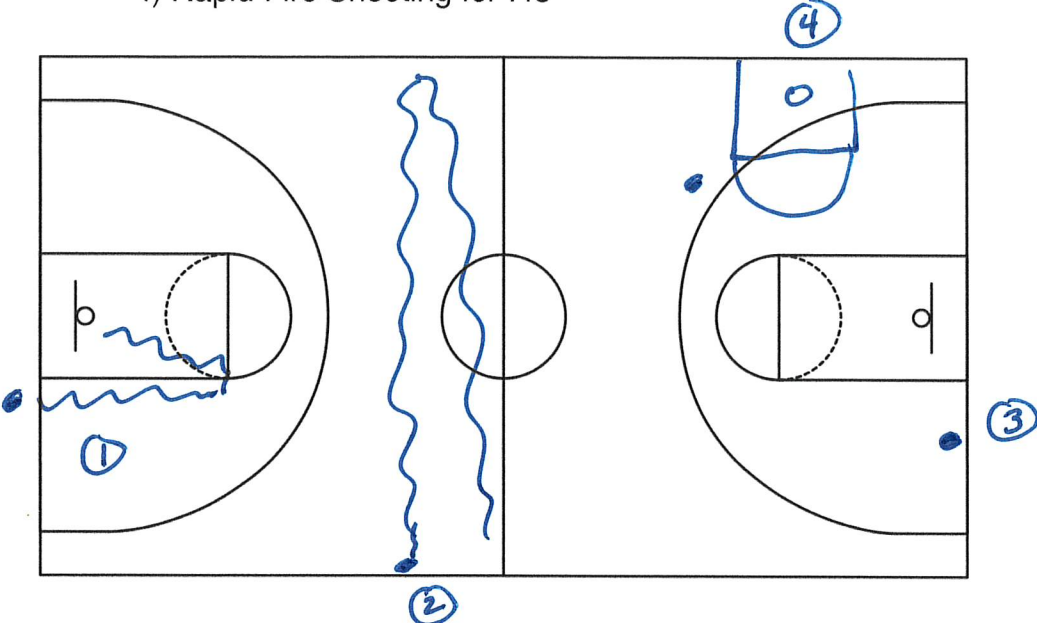
- Coach calls out 4/5/6
- 1 has to take that person, then 2 and 3 take the other two players



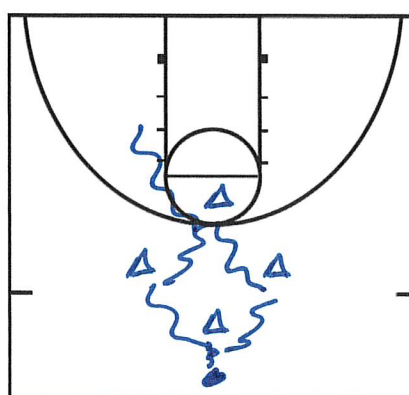
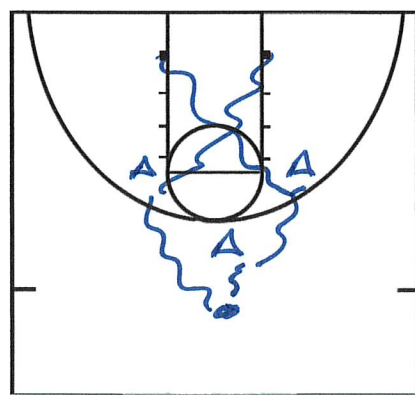
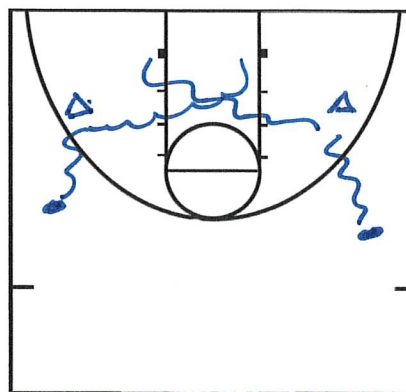
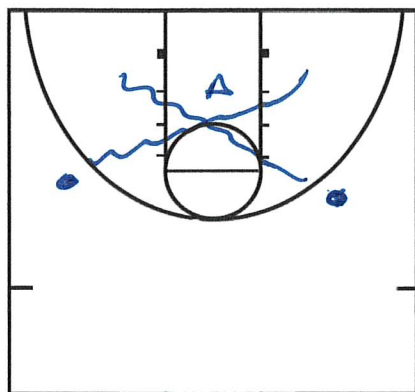
Conditioning Stations

- 1) 17 reps in :45
- 2) 12 reps in :45
- 3) Ball taps for :45

4) Rapid Fire Shooting for :45



GINOBLI SERIES



MEMPHIS LAY-UPS (Both sides for 1:00 or make 10)

1. Regular Lay-up from elbow
2. Reverse Lay-up from baseline
3. Power/ Drop Step Lay-up
4. Baby Hook

10 MINUTE SHOOTING (Goal is 300 points for Varsity)

- 2:00-Husker Shooting/ Lay-ups
- 2:00-Husker Shooting/ Jump Shots
- 3:00-3 Line Shooting/ 10 makes per spot
- 3:00-Speed FT's

2 ON 0 SERIES

1. Ball Slams
2. 2 on 0 Passing
3. Saver/Savee
4. Jail
5. Brickwall

SKYHAWK OFFENSIVE SERIES (Start at 5:30 on clock)

1. Husker Lay-ups to 42 points
2. Northern Power Moves to 15 makes
3. 3 Line Shooting/ 10 makes at each spot other than 3's (5 makes)
4. Everyone has to make 1 Free Throw
5. Everyone has to get to the middle circle

4 CORNER PASSING SERIES

1. 4 Corner Passing w/ 4 Balls (Both directions)
2. Cardinal Passing (Pivot with both feet)
3. 4 Corner Criss-Cross