

Texas Attack Drill

Purpose

- Offensive attacking drill
- It must be face paced, with a chaser behind
- After a score it becomes a defensive pressure drill

Instructions

- Set-up will be the following: (3 players on the court at all times)
 - Defensive player with a ball at half-court
 - Offensive player waiting to receive the ball at the free throw line
 - Defensive Chaser coming from the baseline
- Lines with players will come from
 - 1 Line at half-court (starts with the ball)
 - 2 Lines at the baseline with one team on one side and the other team on the other side (roughly lane line apart)
- Defensive player at half-court throws the ball to the offensive player at the free throw line
 - The defensive player must stay in the jump ball circle until the offensive player reaches that circle (this simulates a retreating defense)
- Once the pass is made to the offensive player he is in the attack mode
- The defensive player at the baseline becomes the chaser
- Now it becomes a 1-on-1 drill with a chaser
 - Play it until the defense rebounds or the basket is scored
- It then becomes a 2-on-1 on the way back
 - The person that was on offense becomes the defender
 - Play until shot is made, goes out-of-bounds or defense rebounds

Scoring

- Assign equal teams for the day at the beginning of practice
- All games are played to 10
- On any steals in the backcourt you can score again
- Players must stay inbounds and any time the ball goes out it is considered dead

Players

- 3 on the court at all times (This is a 2 ball drill to keep it face paced)
- On the way back it becomes 2 offensive players and 1 defensive player
- You need a minimum of 9 players

Tips

- Make sure your players know that this is an attack drill – Get layups
- Alternate the players coming in at half-court and the free throw line – Make it competitive
- Work on ballhandling and attacking – work defensively as well