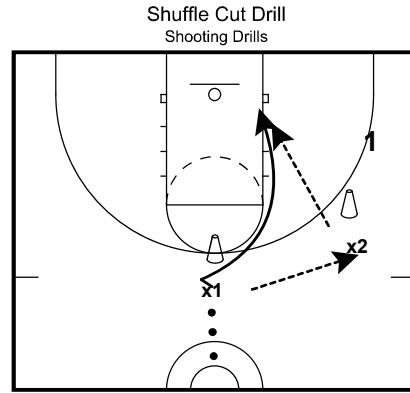
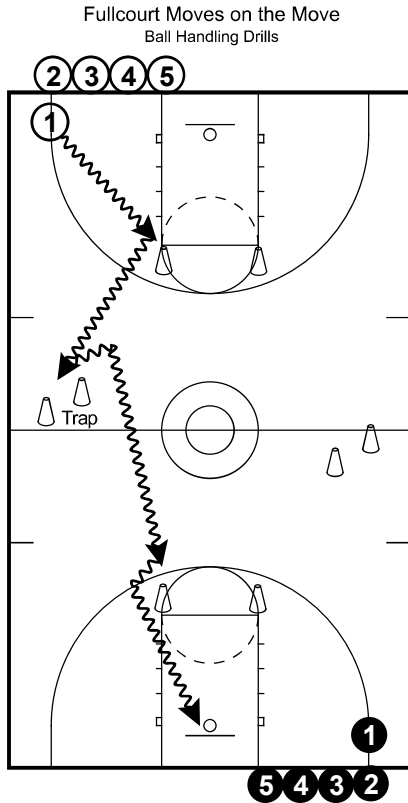


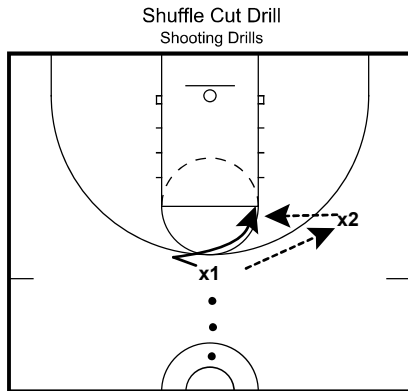
# Practice #3



Run this drill on both sides of the floor. Run for lay ups, elbow jump shots. Drill helps players with read and react principles.

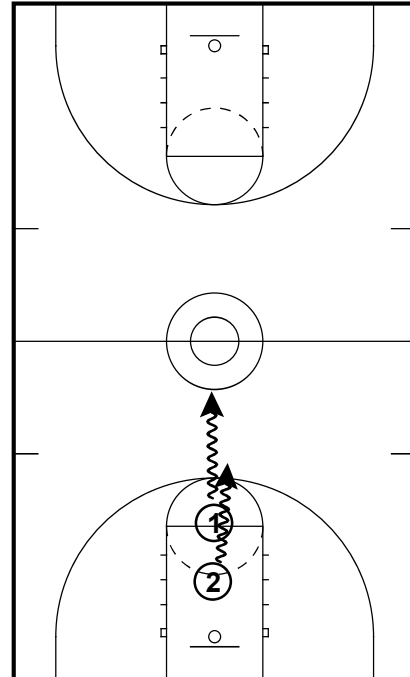
Coaching Tip: Make sure the passing line makes passes as if there is a defender in front of them.

Player 1 attacks the first cone with a left-handed dribble, crosses over to his right-hand and ...



Line with ball passes to wing  
Player makes a jab step away from ball, then cuts to elbow on ball side, receives pass, jump shot from elbow

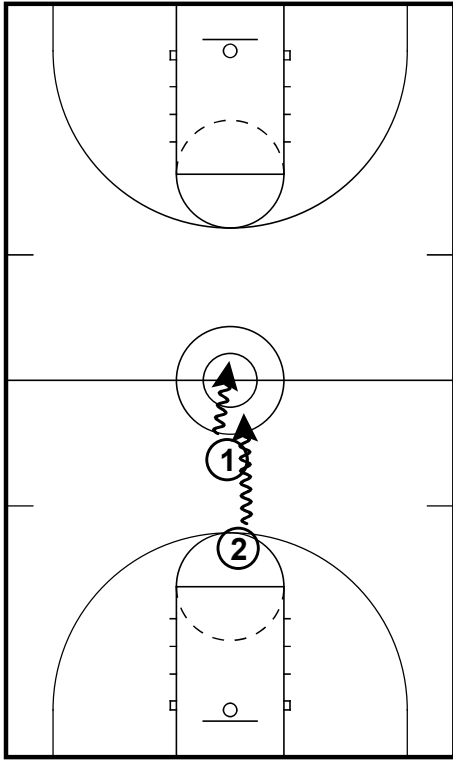
**Ball Handling Drill - Change of Pace Shadow**  
Ball Handling Drills



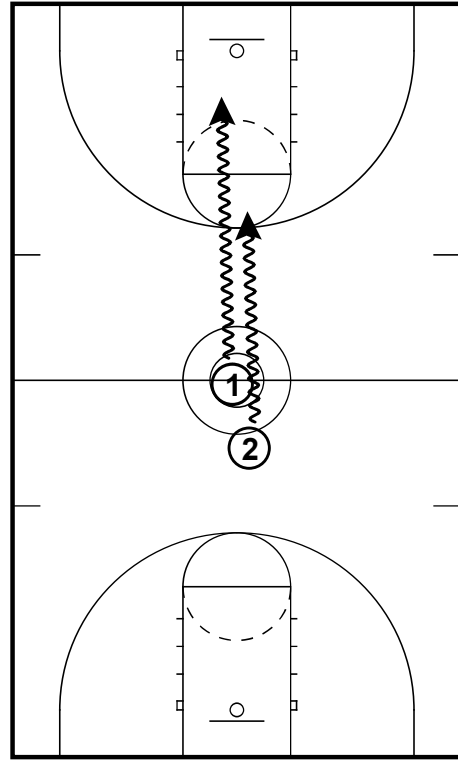
Can use any lines or cones for the starting and ending lines for players. ...

# Practice #3

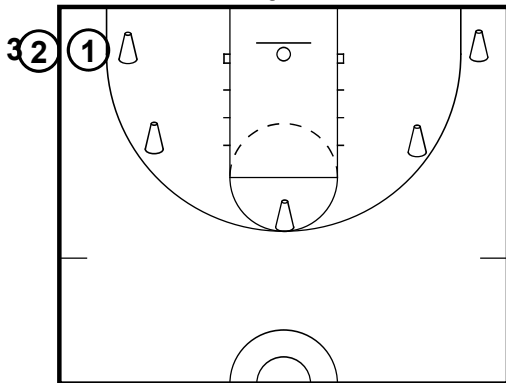
Ball Handling Drill - Change of Pace Shadow  
Ball Handling Drills



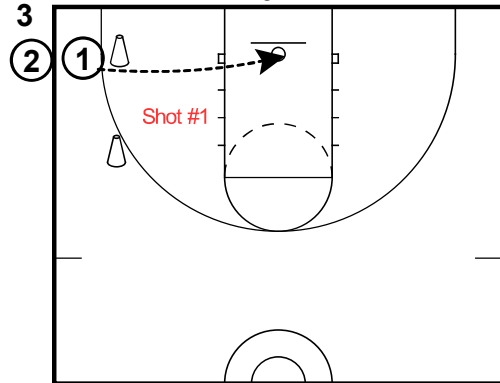
Ball Handling Drill - Change of Pace Shadow  
Ball Handling Drills



Olympic Shooting  
Shooting Drills



Olympic Shooting  
Shooting Drills



Olympic Shooting Drill Set-up: 3 players with one or two basketballs starting in either corner. Goal of the drill is to make 5 shots at all 5 perimeter spots designated by the cones in four minutes.

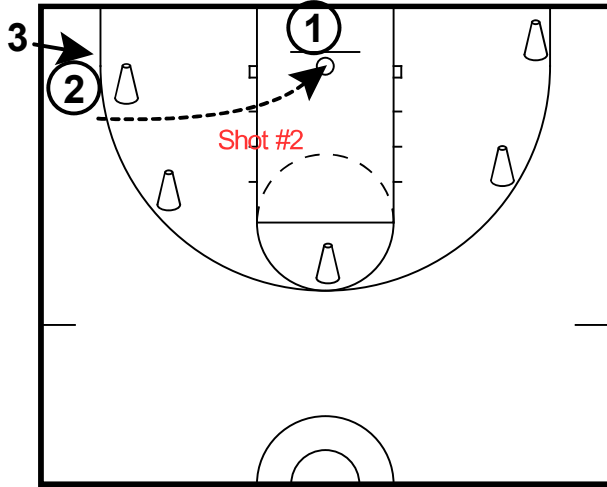
Player 1 shoots first shot and gets their own rebound.

One variation is to set up competition and first team to complete their shots at all 5 cones wins.

Coaching tip: Move the cones in for younger grade levels.

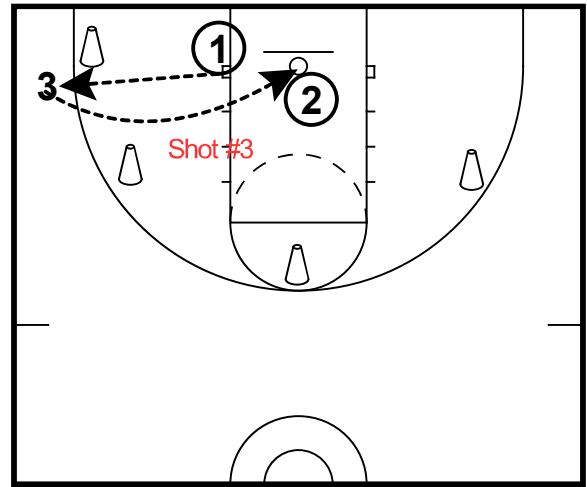
# Practice #3

Olympic Shooting  
Shooting Drills



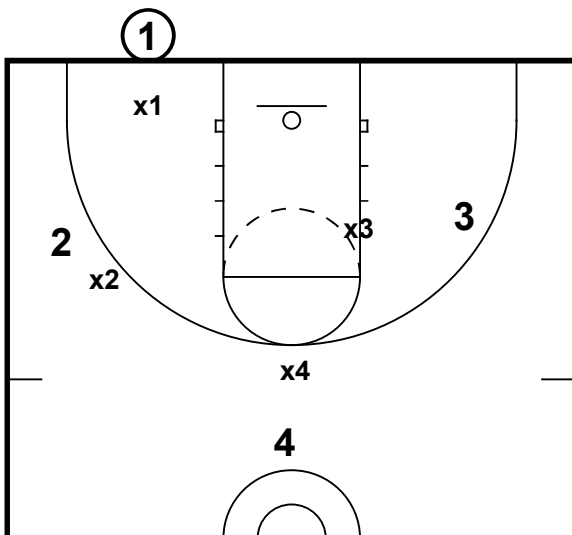
Player 2 shoots 2nd shot and gets their own rebound.

Olympic Shooting  
Shooting Drills



1 passes to 3 and she shoots and gets their own rebound. 1 then shoots again and receives pass from the 2 and the drill repeats until the goal is made at each spot.

4 on 4 No Dribble  
Competitive Drills

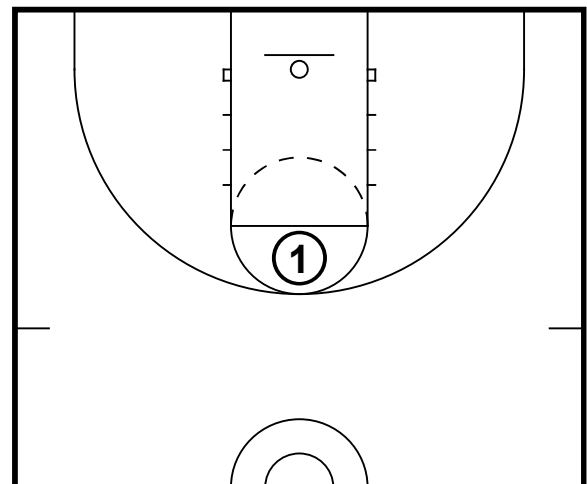


Drill will enhance seeing the entire floor, passing, and cutting to get open.

Drill is full court. There is no dribbling. Players should not be allowed to hold the ball for more than 2 seconds. If the player holds the ball for 2 seconds, makes a lob type pass, dribbles, travels, etc., Coach should blow the whistle immediately and change of possession occurs.

Play for 8-10m. Great for conditioning too.

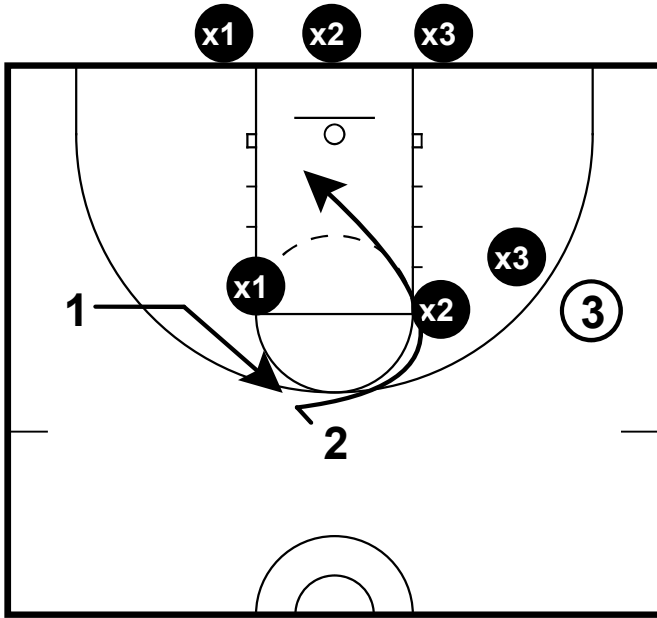
Free Throws  
Shooting Drills



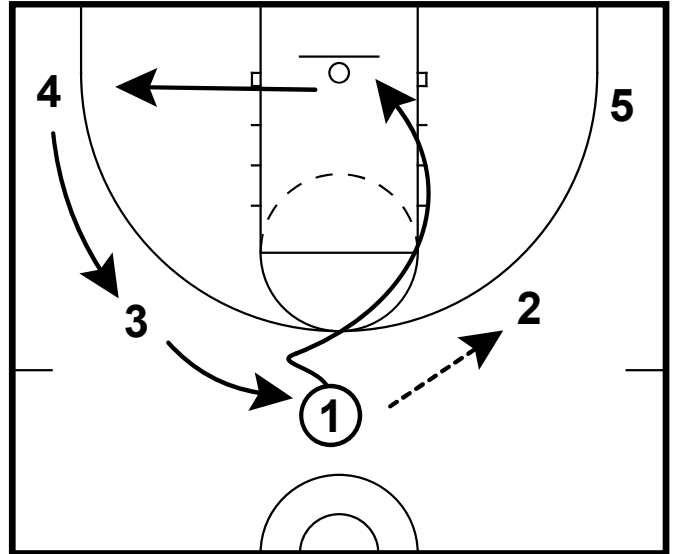
Free Throws -  
- Do after a drill that causes tired legs. Game situations  
- Keep track of how many each player makes

# Practice #3

3-on-3 Shell vs Basket Cut  
Defensive Drills



50  
Man Offense



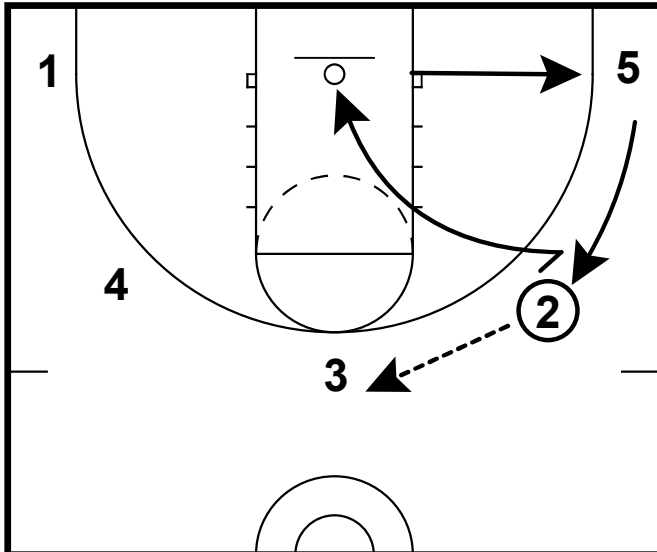
Offense basket cuts each time after passing to the wing. Emphasize:

\*Talking on defense

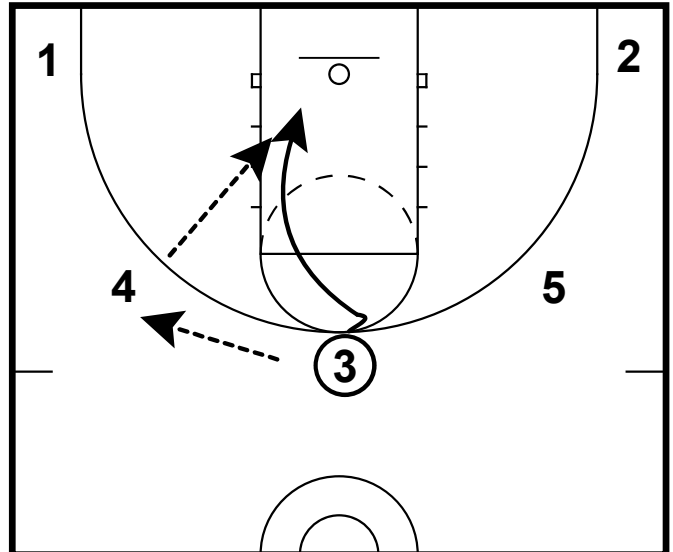
\*Jumping to the ball

\*No face cuts - defense cannot let the offensive play cut between them and the ball. Must go behind them.

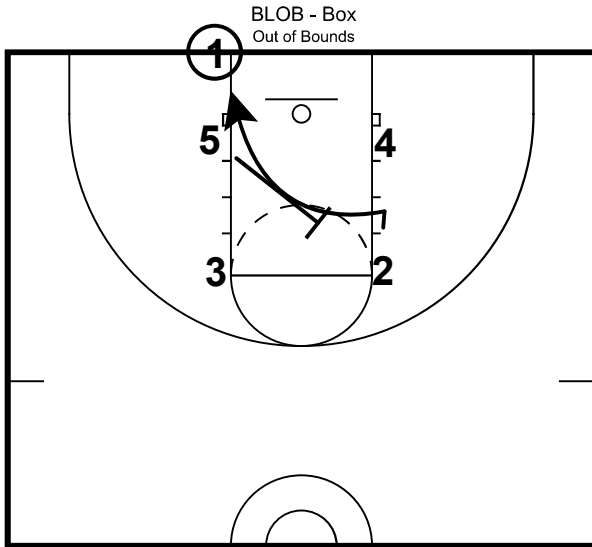
50  
Man Offense



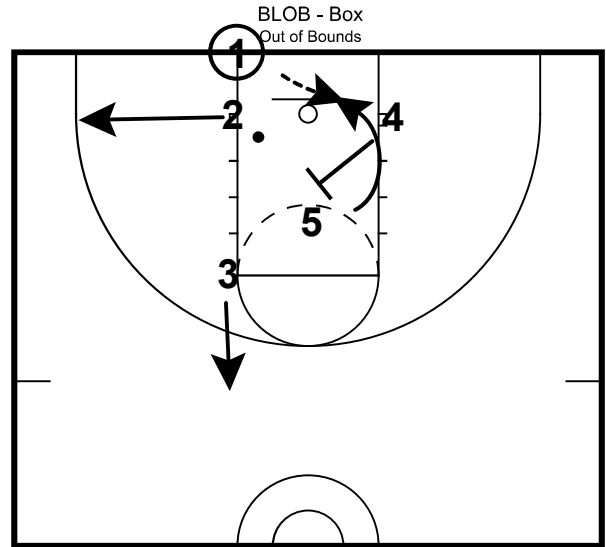
50  
Man Offense



# Practice #3

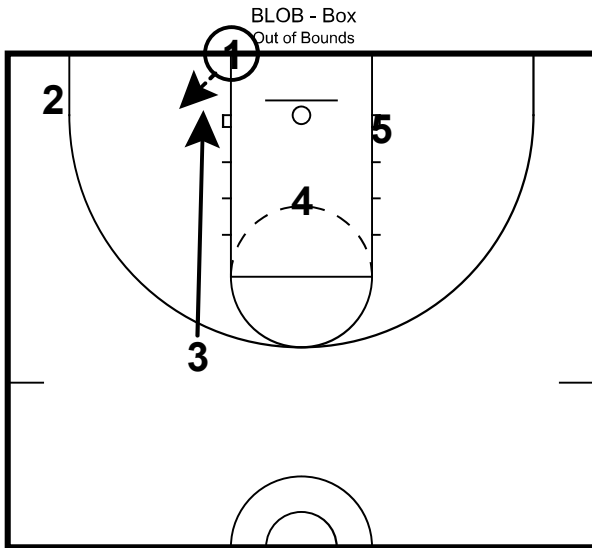


When ball is handed to player 1, 5 sets a diagonal screen for player 2. If 2 is open for the lay up, that is scoring option 1.

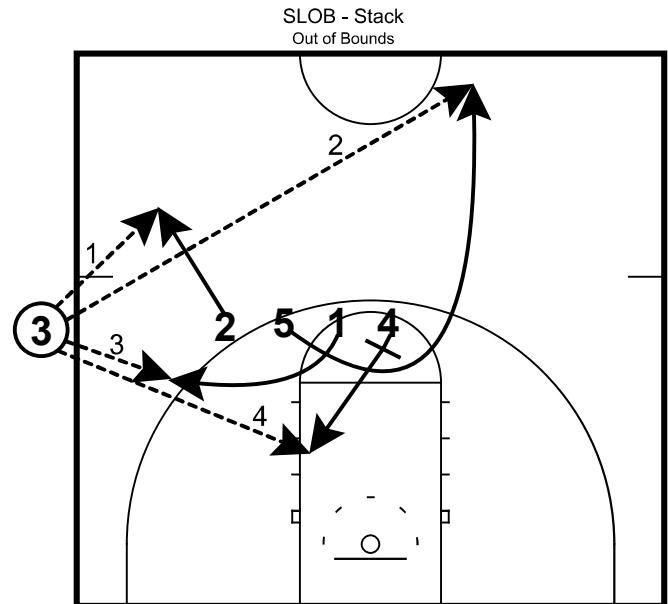


Once player 2 makes their cut and if they are not open they continue to the corner to create spacing, player 4 sets a screen for player 5 (Screen the Screener). Player 5 then uses the screen to go to the block opposite the ball being inbounded. This is usually wide open until teams figure it out.

Player 3 casually walks his guy straight back to create room.



If the first 2 options aren't open, then player 3 sprints straight down the lane after walking their player outside the 3 point arc for 3 seconds.



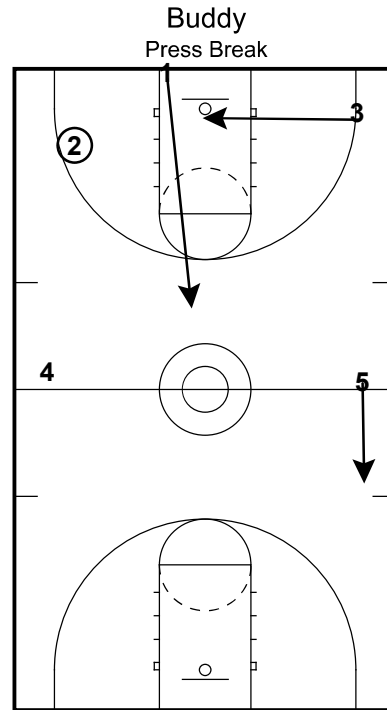
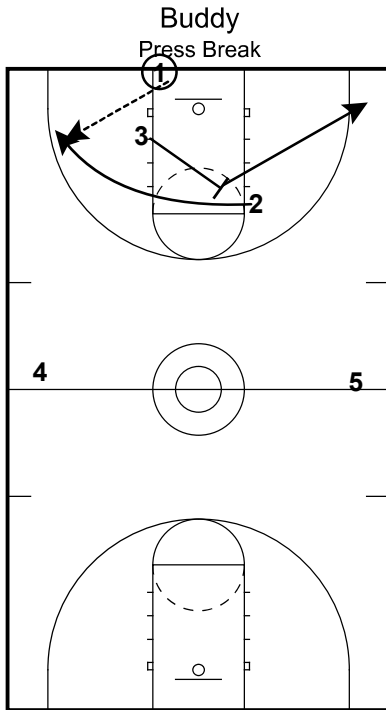
Action of the Play:

- #2 Makes a flash cut up the floor at a 45-degree angle.
- #5 Rubs off of #1 and cuts hard off of the back screen set by #4.
- #1 Will wait for #5 to clear before coming to the ball.
- #4 Cuts back to the basket as a receiver of last resort.

Options for #3 on the play:

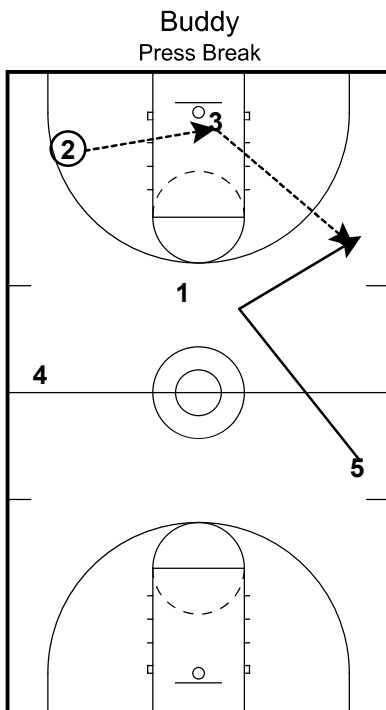
- 1) Hit #2 flashing up the floor.
- 2) Pass to #5 streaking down the floor.
- 3) Pass to #1 to start the offense.
- 4) Pass to #4 when all else fails.

# Practice #3

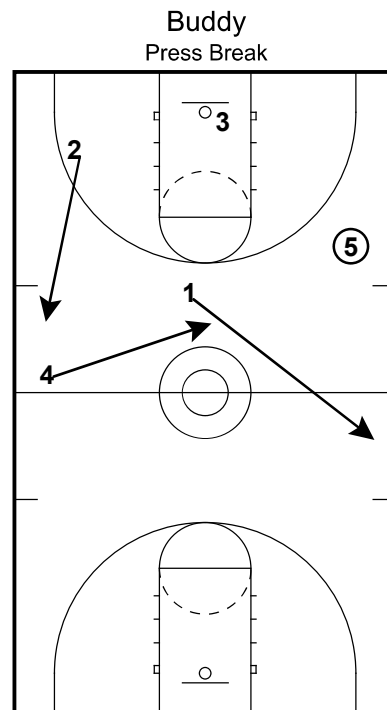


Regular Press Break Set-up except point guard takes the ball out of bounds: 3 will diagonal screen for 2 man and 2 man has the option of going high or low off the screen. The 3 will always break opposite the 2 man.

After passing to either the 2 or 3, the point guard immediately cuts hard down the middle of the floor for a quick return pass. This is effective against teams that trap the first pass in either man or zone.



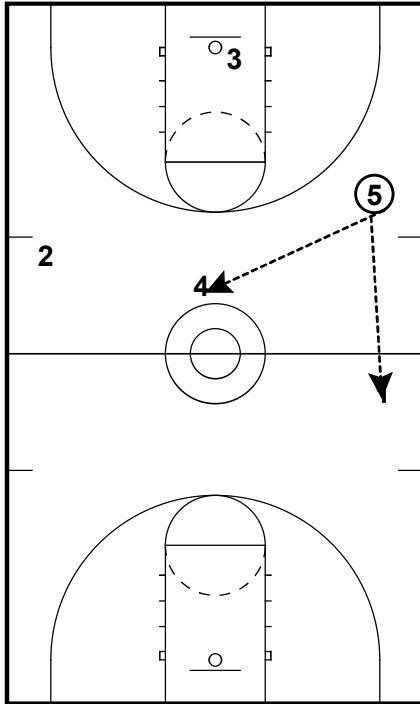
If the point guard is not open on the cut, then the ball is reversed through the 3 man and then to the post player 5 flashing sideline.



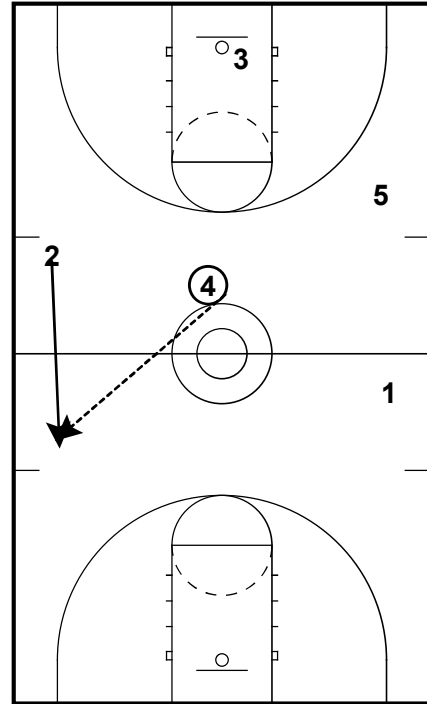
When the 5 man catches his reads are sideline, middle, or reverse it again. The 4 flashes middle, the point guard flashes sideline and the 2 player sprints wide and becomes throw over option.

# Practice #3

Buddy  
Press Break



Buddy  
Press Break



If the ball is passed middle, the receiver immediately looks to pass it opposite for a potential (2 vs. 1) against the defense.