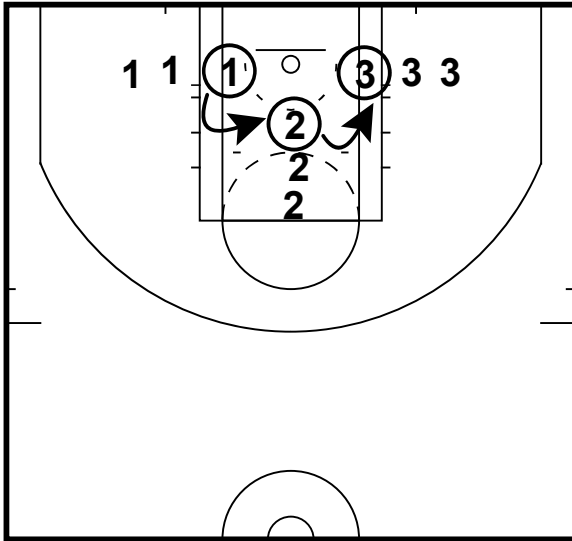


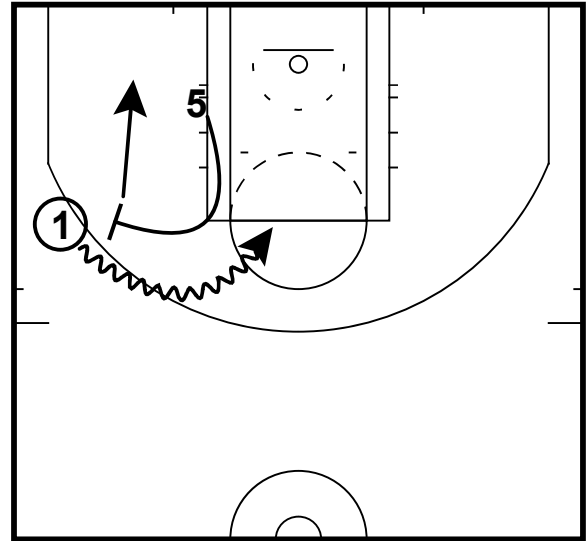
Practice #4

Form Shooting B2
Shooting Drills



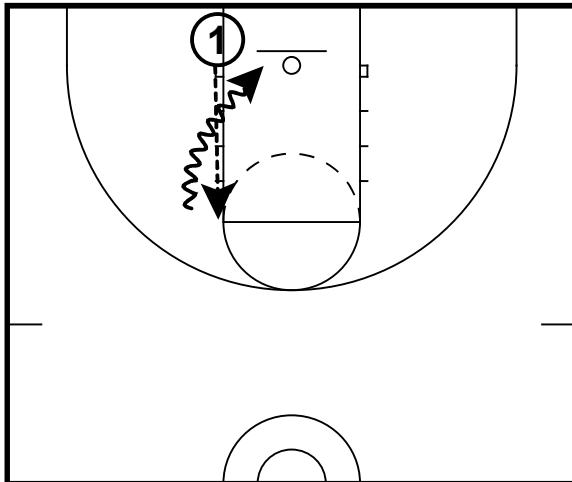
Form lines in 3 spots around the basket. (Front of the rim, Right side of the rim, Left side of the rim) Each player should take a turn focusing on the shooting emphasis. The player will grab their own rebound and pass it to the next person in line. After shooting, the players will rotate counter clockwise.

Guard/Post Partner Shooting A1
Shooting Drills



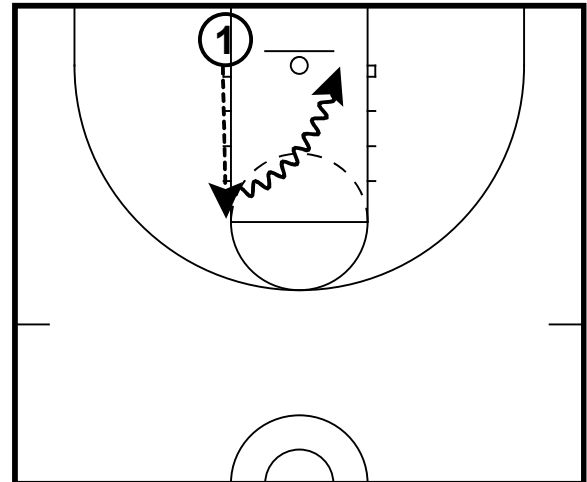
2 dribble pull-up, screen n' roll, pick n' pop, combination move. 1 will attack the screen using about 2 dribbles into a shot. After 5 sets the screen he/she will pop to the short corner for a jump shot.

Olympic Series
Shooting Drills



Player tosses/spins ball out to elbow, reverse pivot and finish on the same side. Two to three different finishes. Can do lay ups, jump shots, etc.

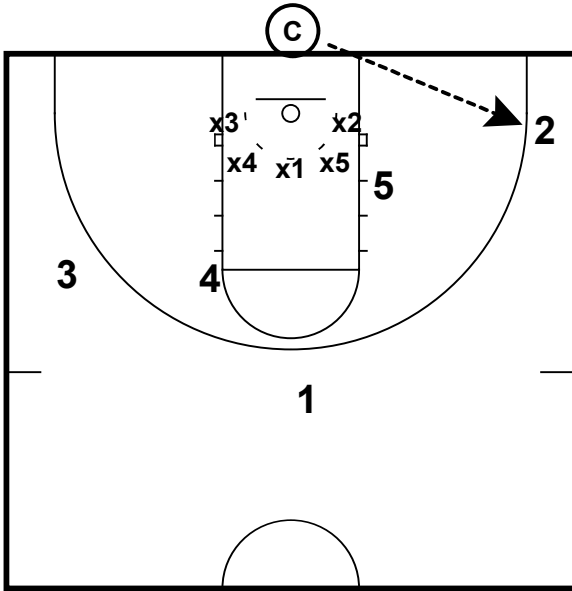
Olympic Series
Shooting Drills



Toss/Spin ball out to elbow, reverse pivot and finish on opposite side of the basket. Teach them to rip, jab step and cross over, rocker step, etc.

Practice #4

Rebounding Drill: Closeout Rebounding
Rebounding Drills

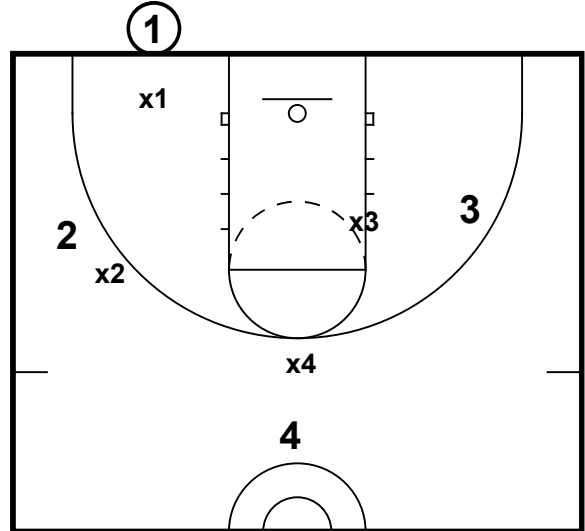


Coach passes to any of 5 offensive players

Player must shoot immediately upon receiving the pass

Defensive players closeout to proper defensive positions (shot closeout, gap, help, etc.)

4 on 4 No Dribble
Competitive Drills

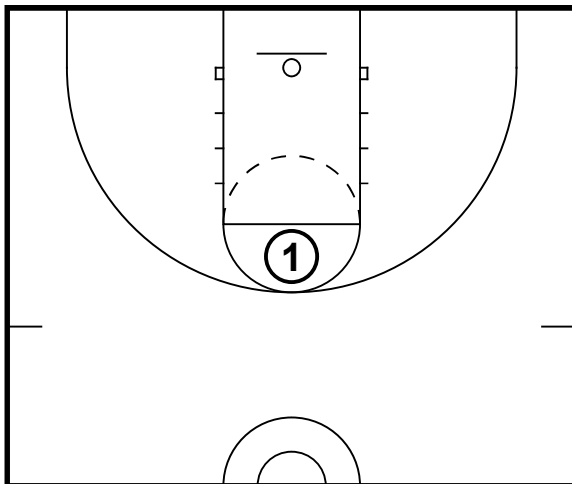


Drill will enhance seeing the entire floor, passing, and cutting to get open.

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.

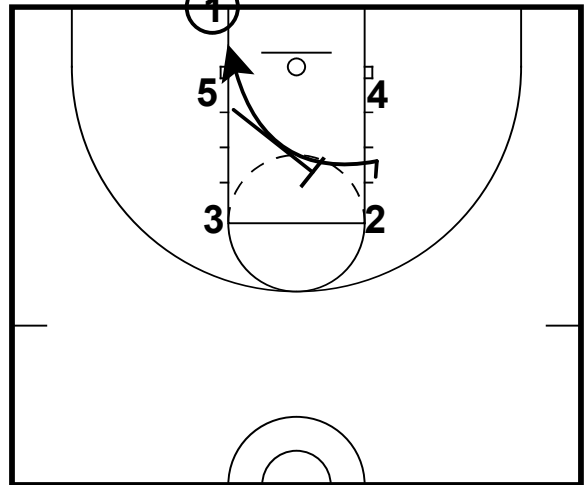
Free Throws
Shooting Drills



Free Throws -

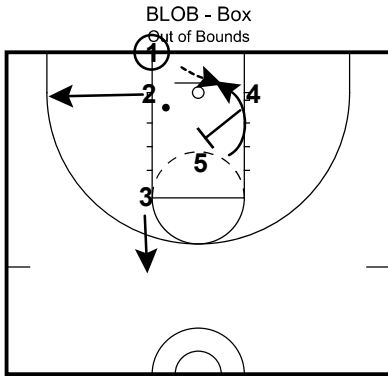
- Do after a drill that causes tired legs. Game situations
- Keep track of how many each player makes

BLOB - Box
Out of Bounds



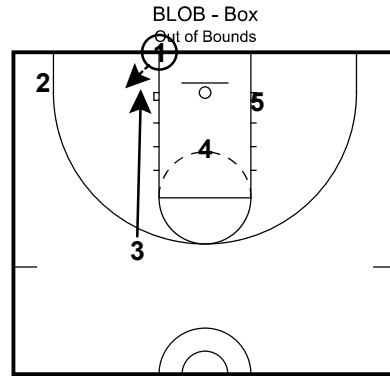
When ball is handed to player 1, 5 sets a diagonal screen for player 2. If 2 is open for the lay up, that is scoring option 1.

Practice #4

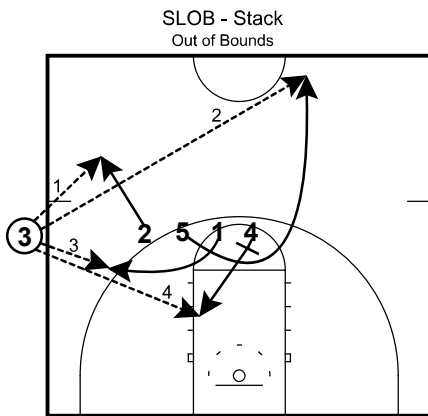


Once player 2 makes their cut and if they are not open they continue to the corner to create spacing, player 4 sets a screen for player 5 (Screen the Screener). Player 5 then uses the screen to go to the block opposite the ball being inbounded. This is usually wide open until teams figure it out.

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.

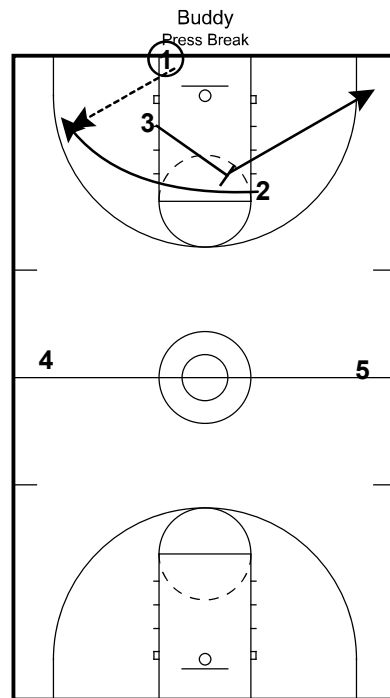


Action of the Play:

- #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:

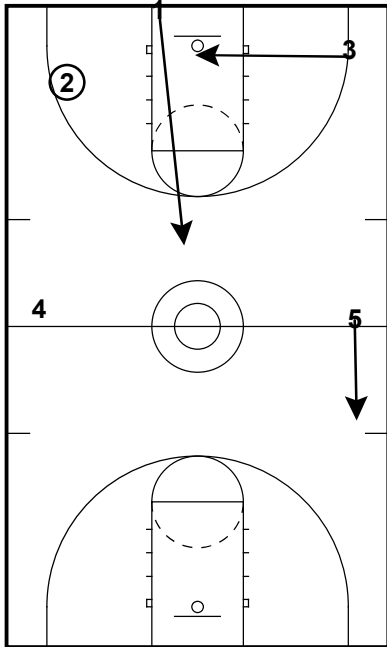
- 1) Hit #2 flashing up the floor.
- 2) Pass to #5 streaking down the floor.
- 3) Pass to #1 to start the offense.
- 4) Pass to #4 when all else fails.



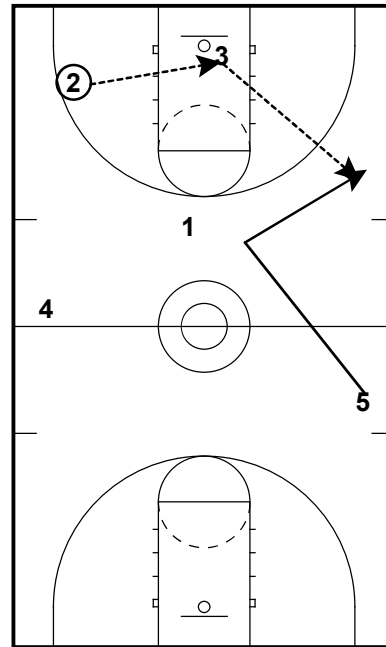
Regular Press Break Set-up except point guard takes the ball out of bounds: 3 will diagonal screen for 2 man and 2 man has the option of going high or low off the screen. The 3 will always break opposite the 2 man.

Practice #4

Buddy Press Break



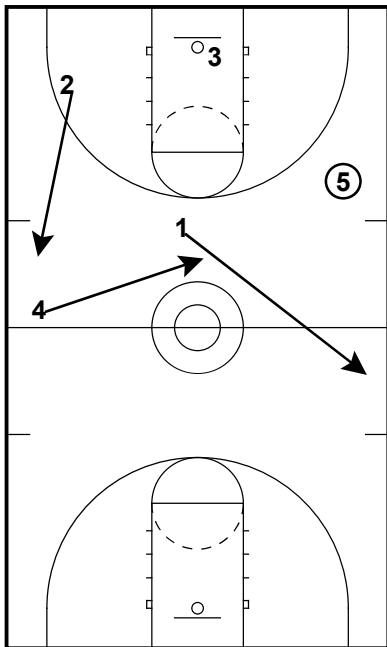
Buddy Press Break



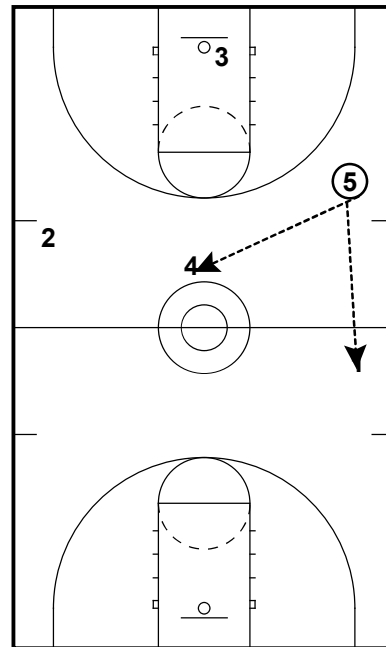
After passing to either the 2 or 3, the point guard immediately cuts hard down the middle of the floor for a quick return pass. This is effective against teams that trap the first pass in either man or zone.

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.

Buddy Press Break



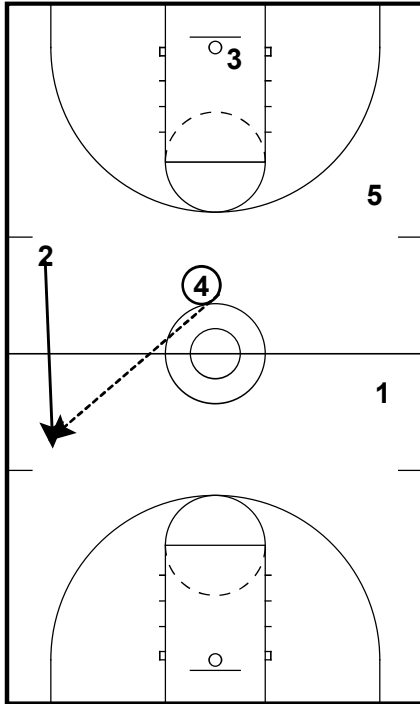
Buddy Press Break



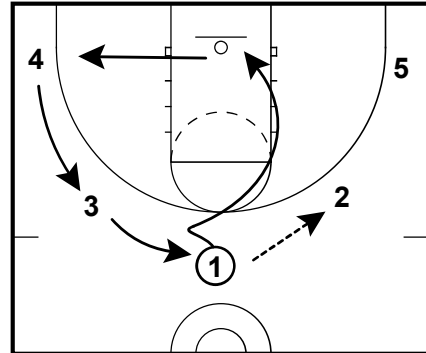
When the 5 man catches his reads are sideline, middle, or reverse it again. The 4 flashes middle, the point guard flashes sideline and the 2 player sprints wide and becomes throw over option.

Practice #4

Buddy
Press Break

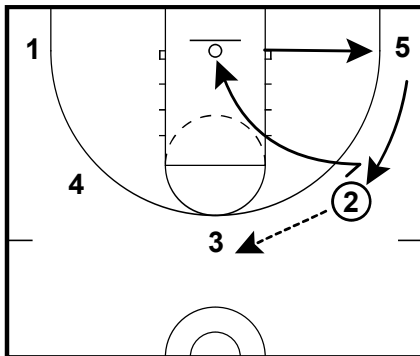


50
Man Offense



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

50
Man Offense



50
Man Offense

