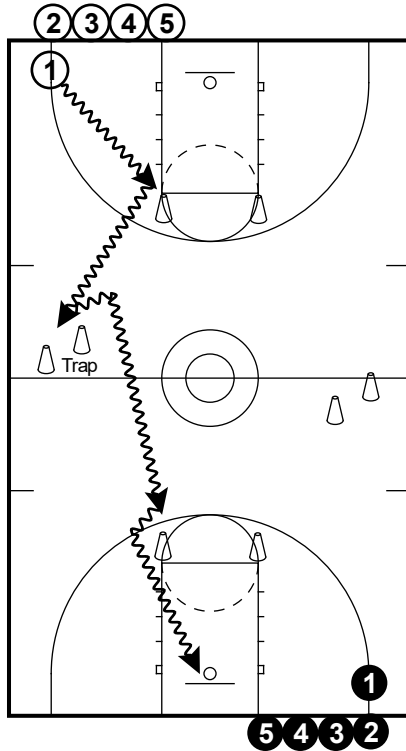
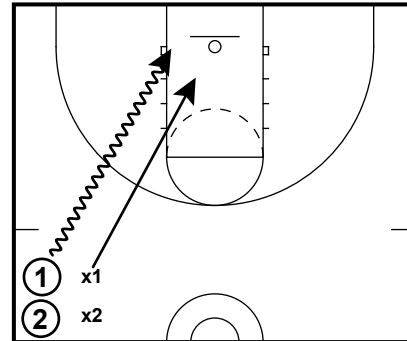


# Practice #1

Fullcourt Moves on the Move  
Ball Handling Drills



Pressure Dribbling  
Ball Handling Drills



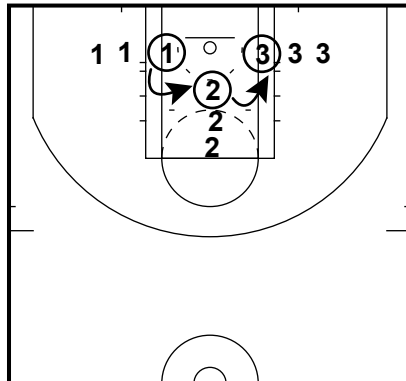
You can do this drill on both sides of the court, however would recommend spending more time on their weak hand.

Player with the ball dribbles in as fast as they can and shoots a lay-up. The defender guards them tightly so there is a feel of pressure, however the defender should not cut them off, should not reach to steal, and can put their arms straight up as the other player is shooting, but not blocking the shot.

Goal is to build confidence using their weak hand against pressure.

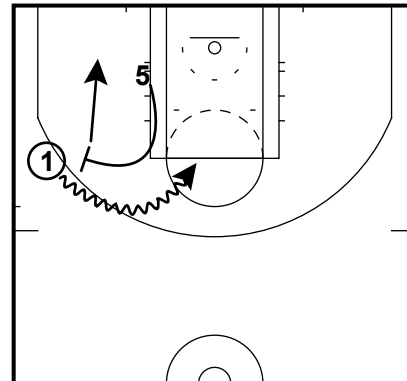
Player 1 attacks the first cone with a left-handed dribble, crosses over to his right-hand and ...

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.

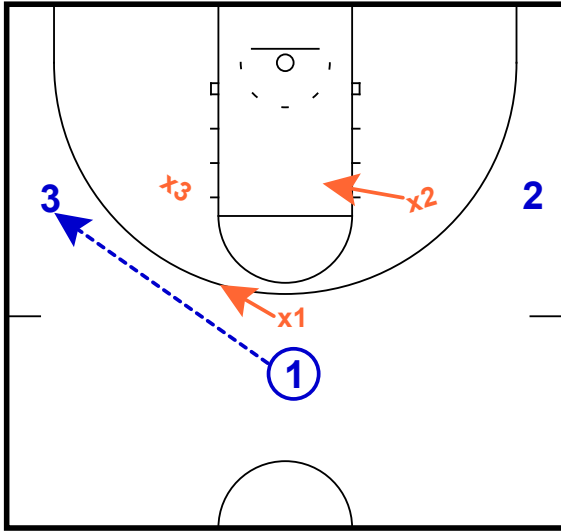
Guard/Post Partner Shooting A1  
Shooting Drills



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.

# Practice #1

Screen Away 3v3  
Defensive Drills

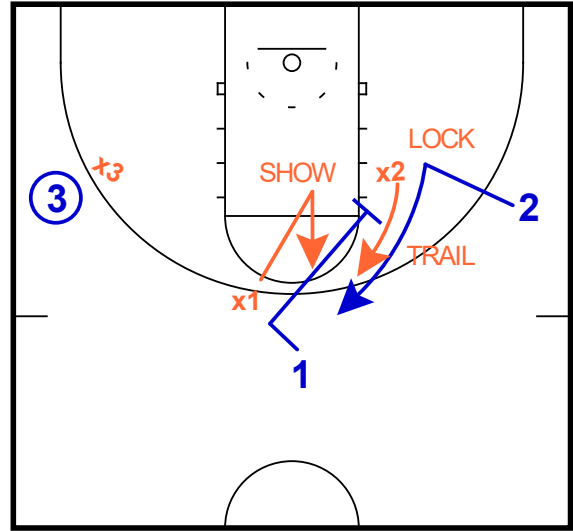


Setup: 3v3 with point wing and wing. Defense in the gaps when one pass away. Defense moves on airtime of the pass.

Offensive Rule: when you pass off the top, down screen away

1 may pass to either wing to being the drill. 1 passes to 3

Screen Away 3v3  
Defensive Drills



1 down screens for 2

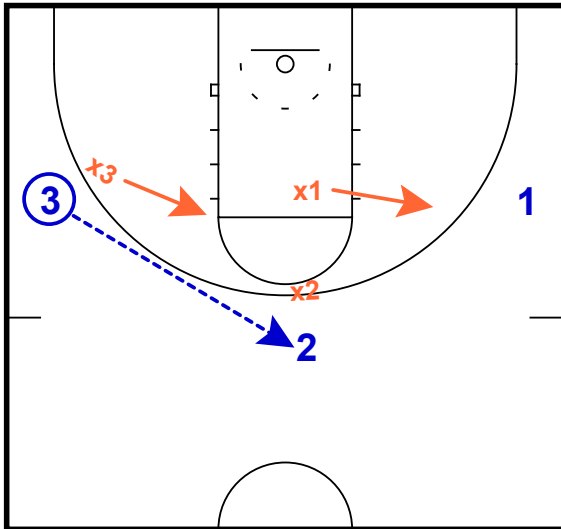
X2 - Force a "one way go" by locking into 2, you cannot let him reject and go backdoor. Get into the body of the cutter. No help responsibilities.

You cannot melt on the screen or dance at the point of the screen. Trail the screen and get back into the play to contest.

X1 - Alert X2 of the down screen. Contact show to stop the curl or catch-and-shoot if X2 is taken out by the screen.

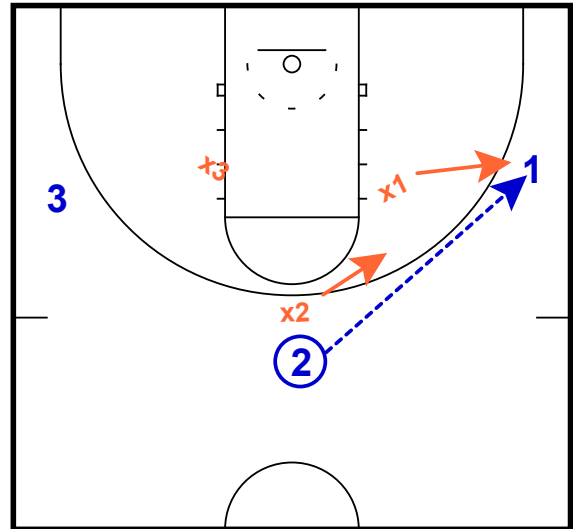
X3 - ball pressure, no baseline

Screen Away 3v3  
Defensive Drills



3 passes to 2, defense moves to position on airtime of the pass

Screen Away 3v3  
Defensive Drills

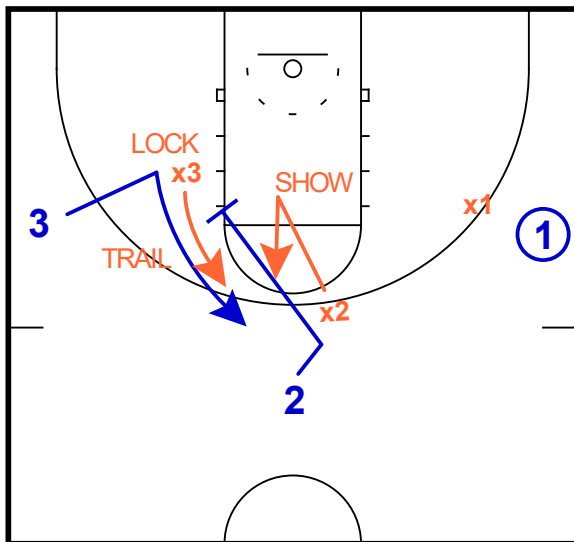


2 reverses to 1

Move on airtime! X2 to gap, X1 to ball, X3 to help

# Practice #1

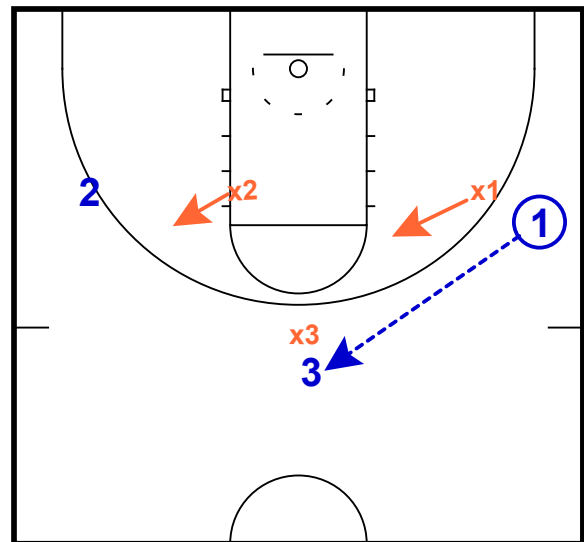
Screen Away 3v3  
Defensive Drills



2 screens away for 3

Lock and trail, show and recover again.

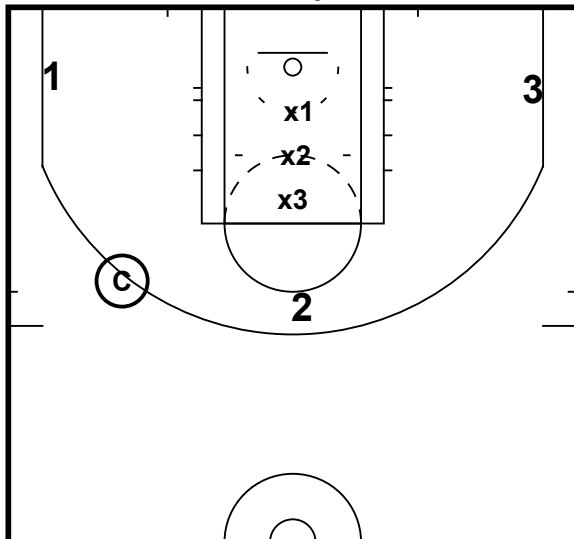
Screen Away 3v3  
Defensive Drills



1 passes to 3, defense moves to position on airtime of the pass.

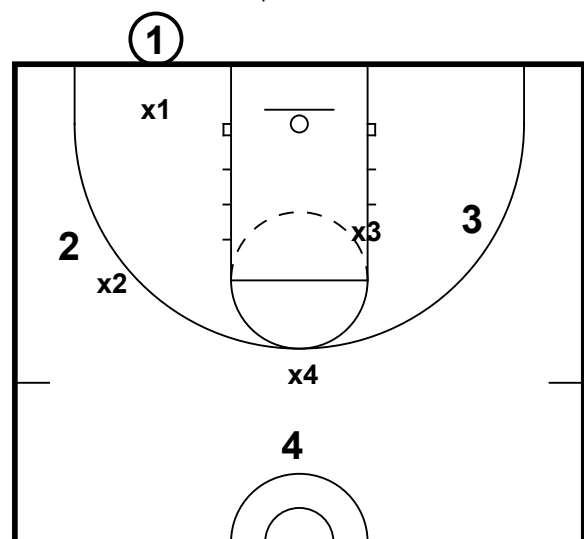
Follow the pass and screen away cycle until all three offensive players have been screened for them go "live" maintaining the pass and screen away offensive restriction.

Kentucky Rebounding  
Rebounding Drills



Coach shoots, defense must box out.

4 on 4 No Dribble  
Competitive Drills



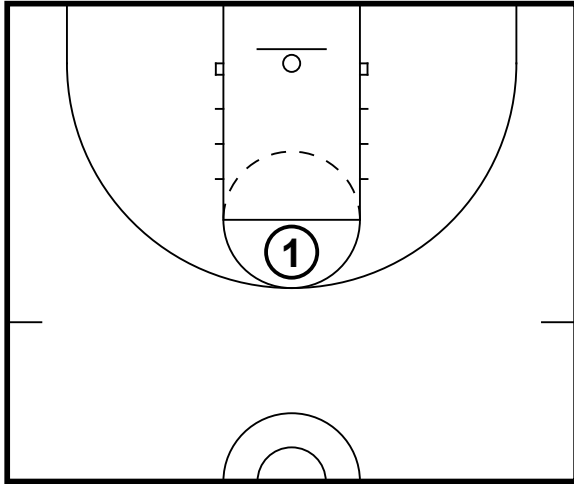
Drill will enhance seeing the entire floor, passing, and cutting to get open.

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.

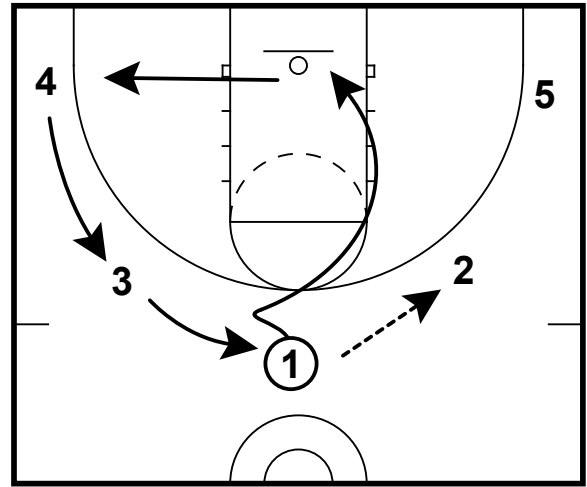
# Practice #1

Free Throws  
Shooting Drills

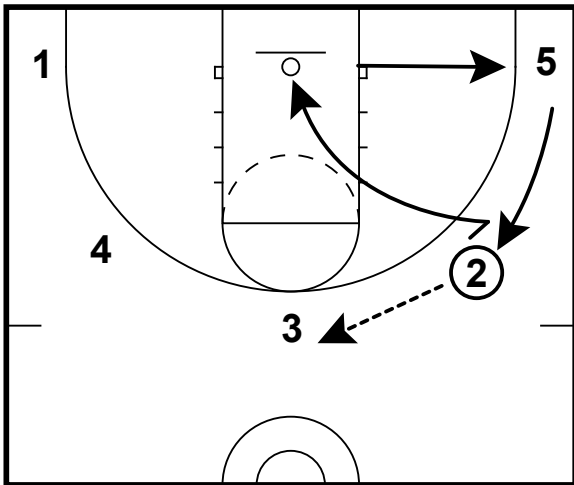


- Free Throws -
- Do after a drill that causes tired legs. Game situations
  - Keep track of how many each player makes

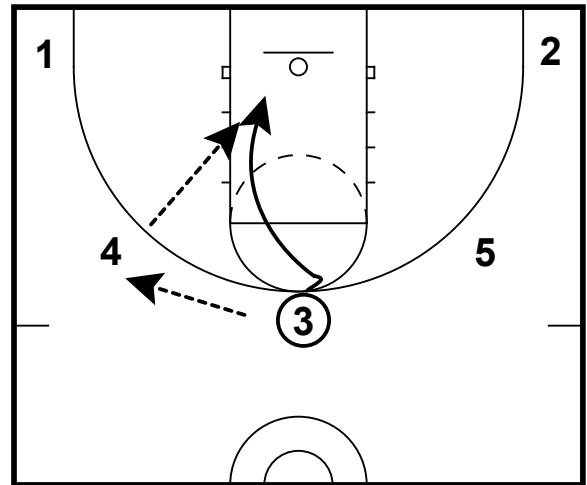
50  
Man Offense



50  
Man Offense

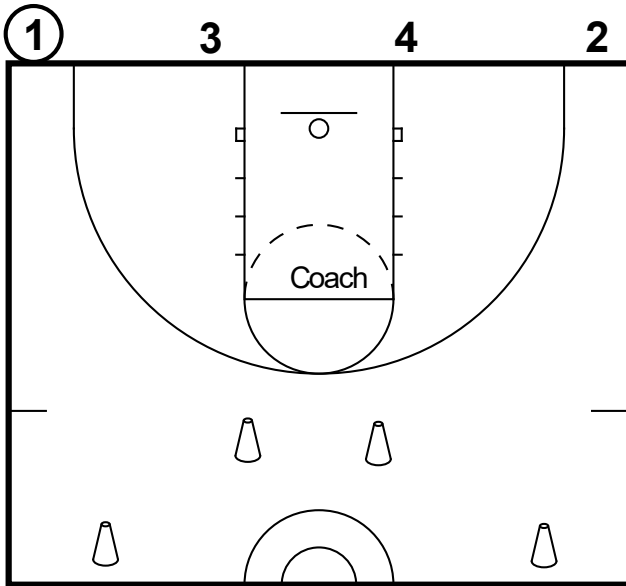


50  
Man Offense



# Practice #1

Trail Blazer 2v2  
Competitive Drills

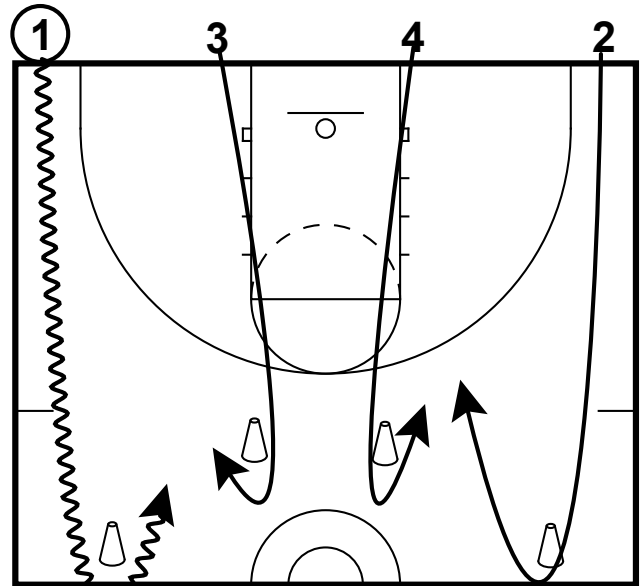


1 & 2 are the offensive players

3 & 4 are the defensive players

The live segment starts when Coach passes the ball to either of the offensive players.

Trail Blazer 2v2  
Competitive Drills

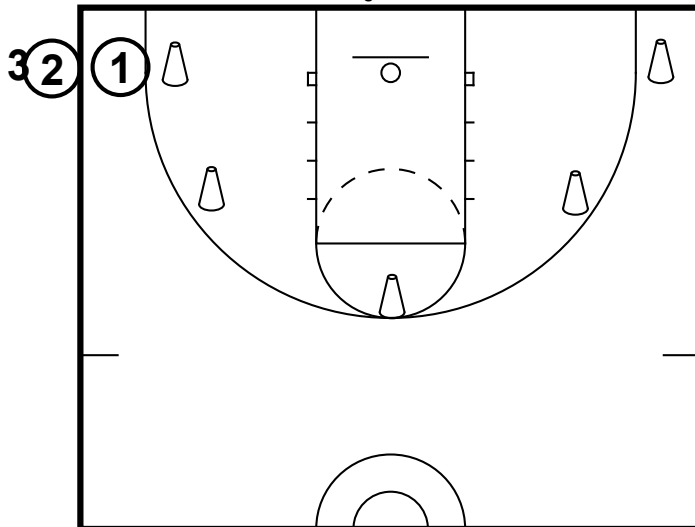


Once one of the offensive players receives the ball, both 1 & 2 will go to the outside of the cones to come back downhill to the rim.

3 & 4 will sprint to the inside of the cones to get back in front and contain.

Defense goes to offense, offense goes to defense.

Olympic Shooting  
Shooting Drills

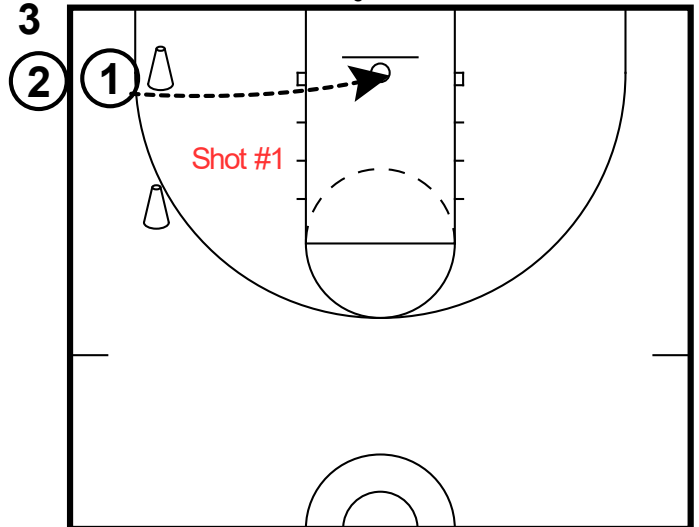


Olympic Shooting Drill Set-up: 3 players with one or two basketballs starting in either corner. Goal of the drill is to make 5 shots at all 5 perimeter spots designated by the cones in four minutes.

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.

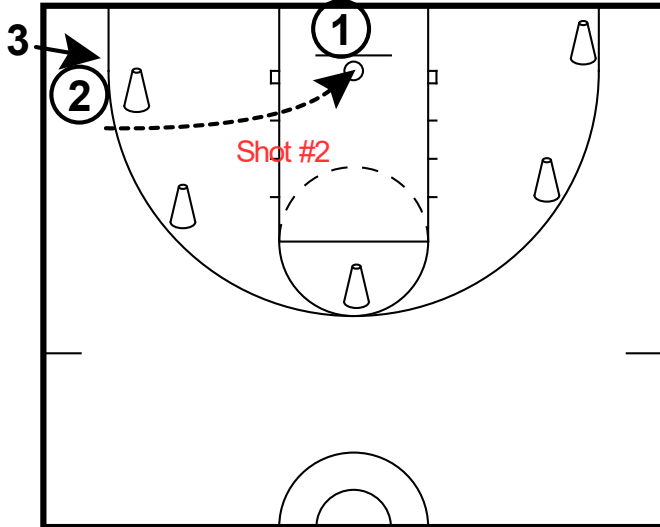
Olympic Shooting  
Shooting Drills



Player 1 shoots first shot and gets their own rebound.

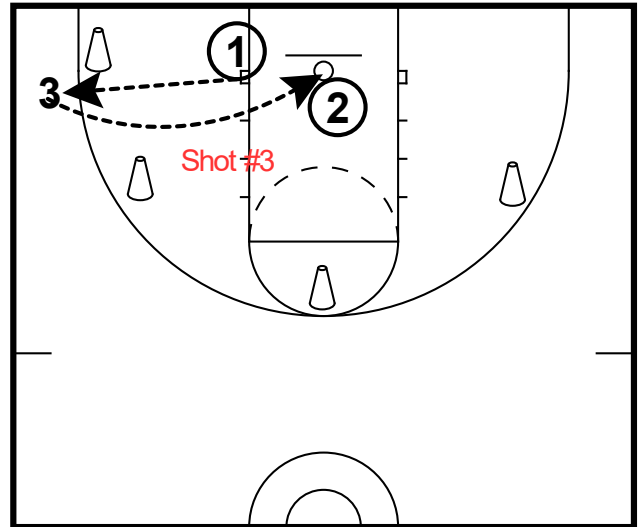
# Practice #1

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.