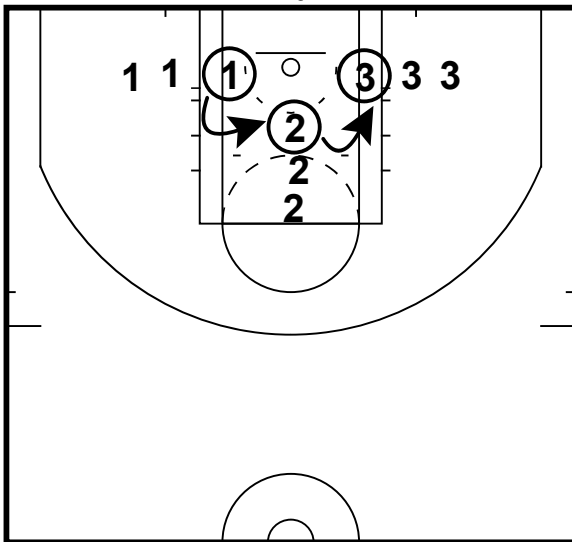


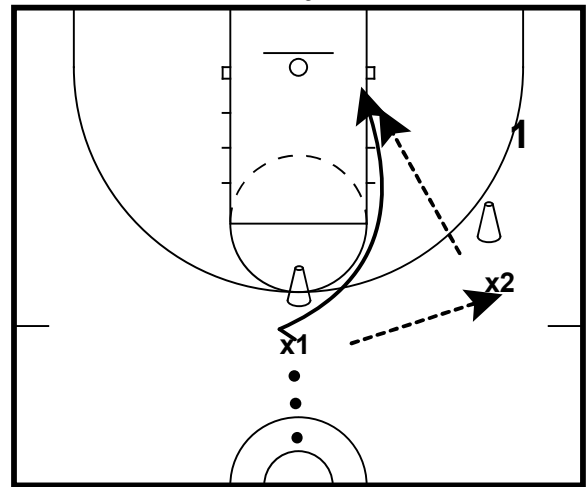
Practice #5

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.

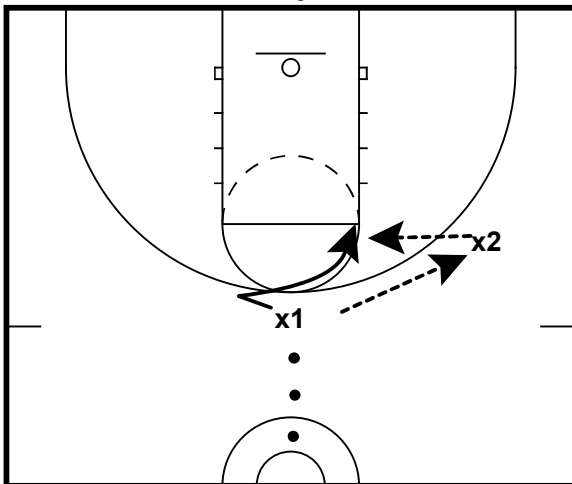
Shuffle Cut Drill
Shooting Drills



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

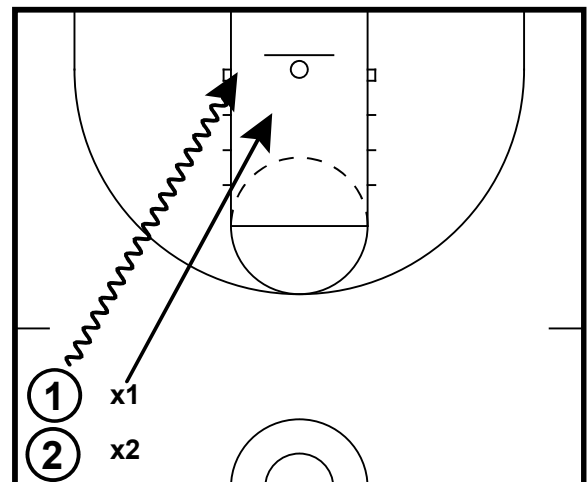
Coaching Tip: Make sure the passing line makes passes as if there is a defender in front of them.

Shuffle Cut Drill
Shooting Drills



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

Pressure Dribbling
Ball Handling Drills



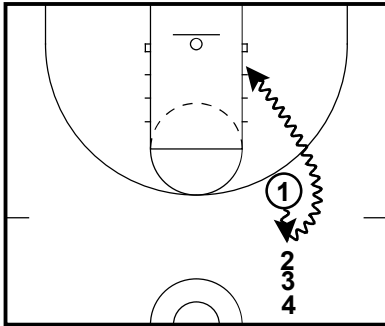
You can do this drill on both sides of the court, however would recommend spending more time on their weak hand.

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.

Practice #5

Back Jump Cut Crossover/Between Legs Dribble Ball Handling Drills

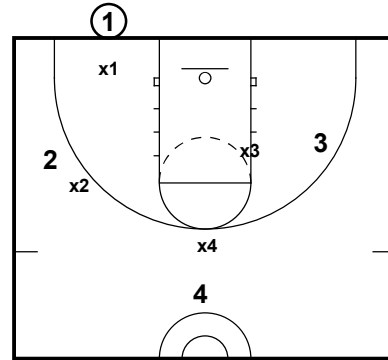


Player 1 is using right hand to dribble, left hand to protect. They do a jump cut backwards and square up to the defender.

As soon as they hit the ground, they cross over, and then immediately cross over again or go between their legs and blow by the defender looking to score.

For this drill - you can go on both sides at the same time and have players alternate lines

4 on 4 No Dribble Competitive Drills

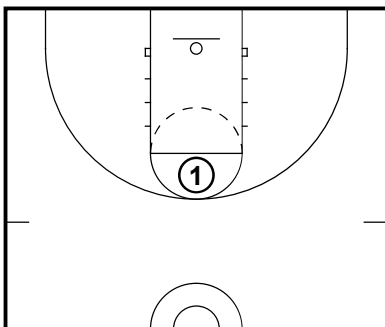


Drill will enhance seeing the entire floor, passing, and cutting to get open.

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.

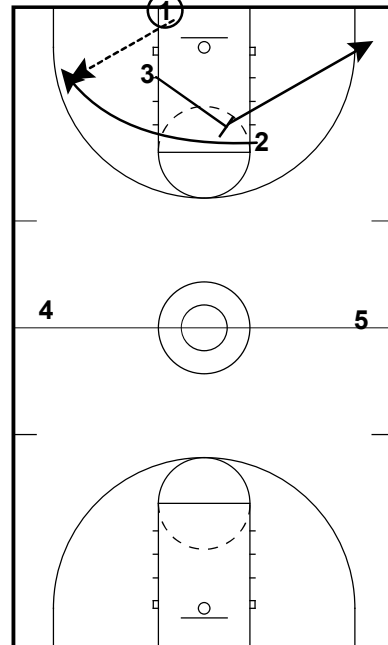
Play for 8-10m. Great for conditioning too.

Free Throws Shooting Drills



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

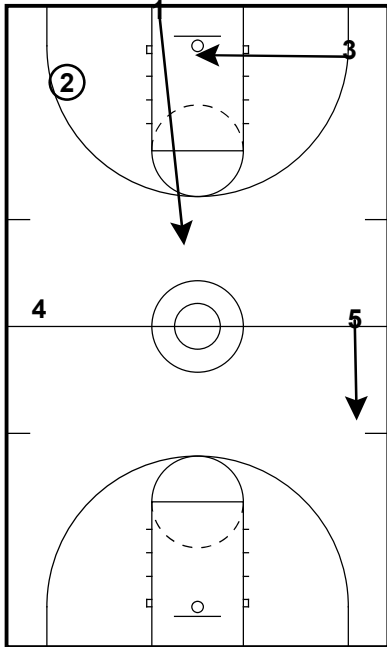
Buddy Press Break



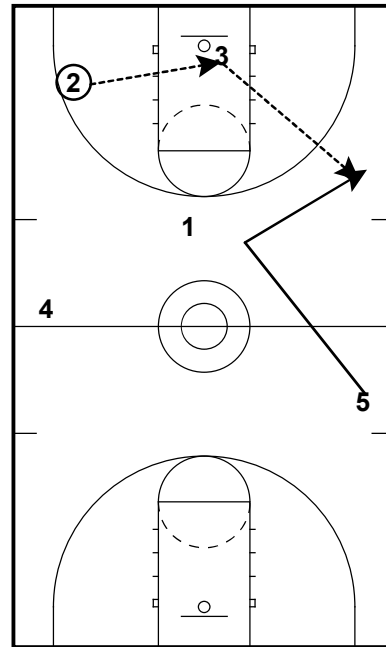
Regular Press Break Set-up except point guard takes the ball out of bounds: 3 will diagonal screen for 2 man and 2 man has the option of going high or low off the screen. The 3 will always break opposite the 2 man.

Practice #5

Buddy Press Break



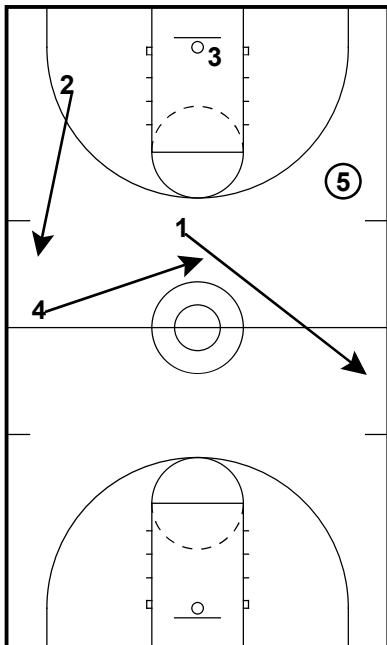
Buddy Press Break



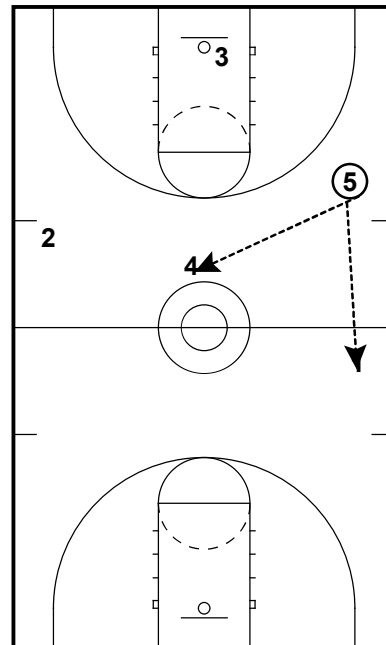
After passing to either the 2 or 3, the point guard immediately cuts hard down the middle of the floor for a quick return pass. This is effective against teams that trap the first pass in either man or zone.

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



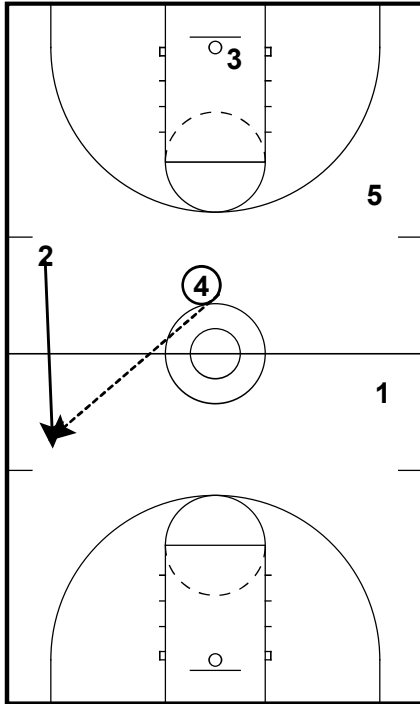
Buddy Press Break



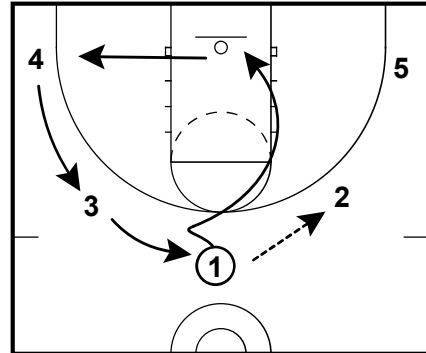
When the 5 man catches his reads are sideline, middle, or reverse it again. The 4 flashes middle, the point guard flashes sideline and the 2 player sprints wide and becomes throw over option.

Practice #5

Buddy
Press Break

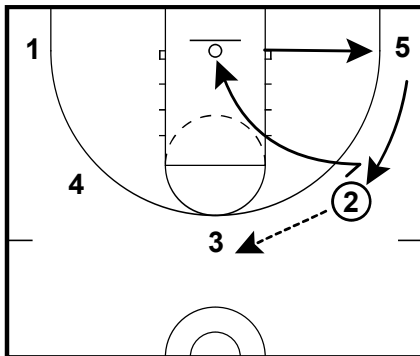


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Man Offense

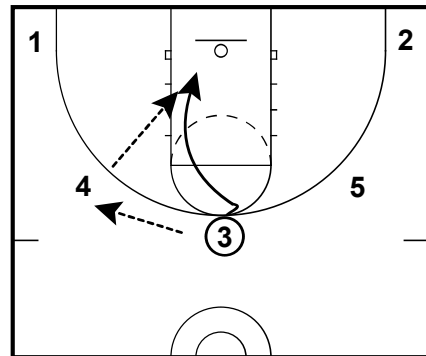


If the ball is passed middle, the receiver immediately looks to pass it opposite for a potential (2 vs. 1) against the defense.

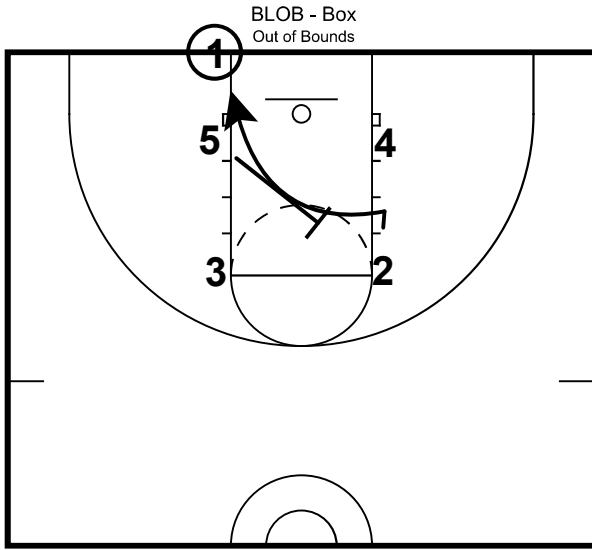
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Man Offense



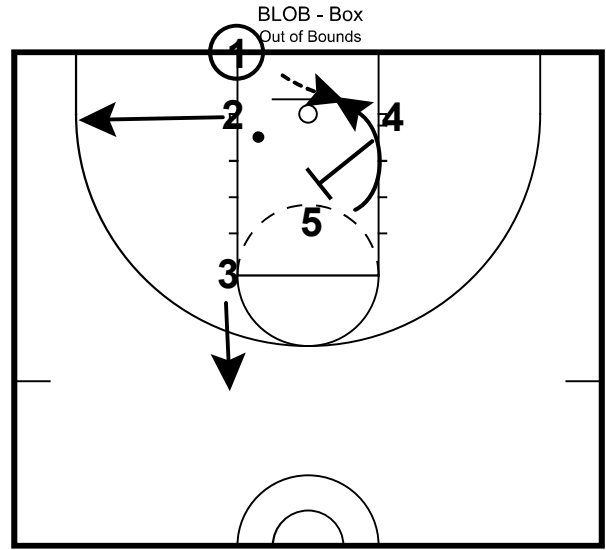
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Man Offense



Practice #5

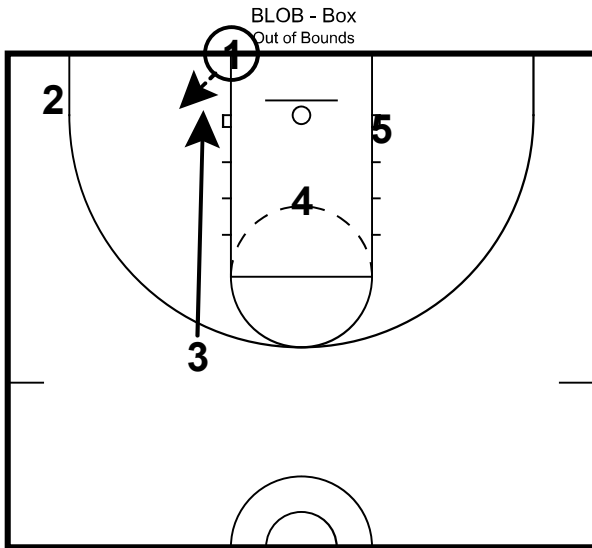


When ball is handed to player 1, 5 sets a diagonal screen for player 2. If 2 is open for the lay up, that is scoring option 1.

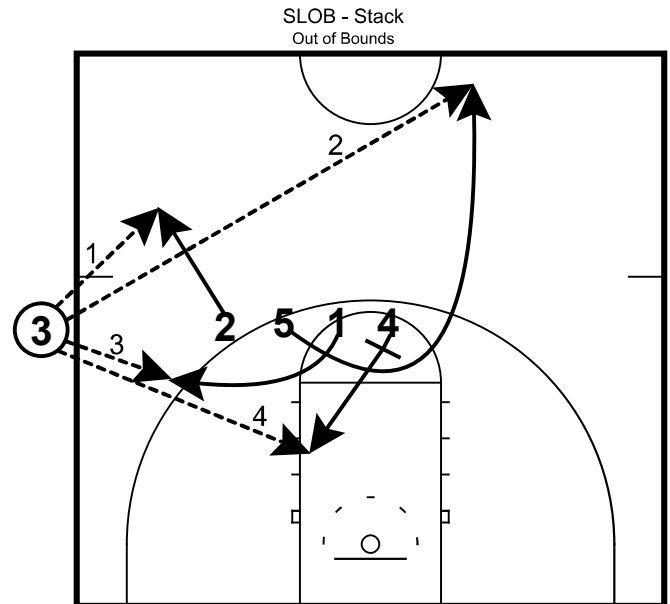


Once player 2 makes their cut and if they are not open they continue to the corner to create spacing, player 4 sets a screen for player 5 (Screen the Screener). Player 5 then uses the screen to go to the block opposite the ball being inbounded. This is usually wide open until teams figure it out.

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.



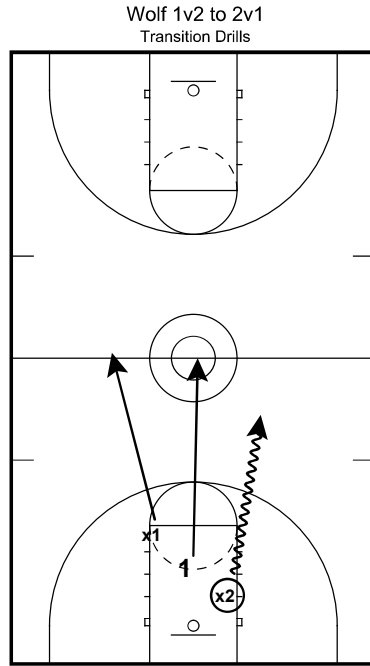
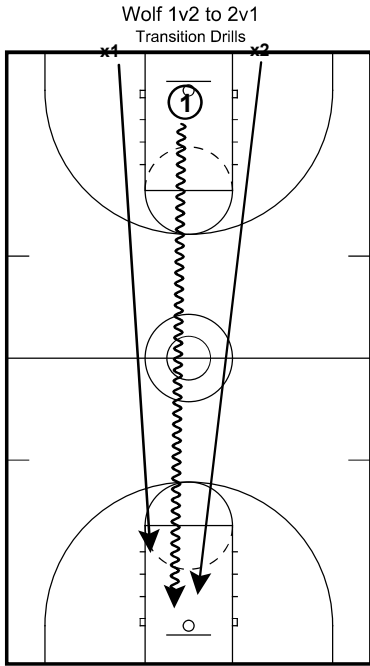
Action of the Play:

- #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 #5



One player on offense, two players on defense

After layup: Offensive player is on defense and defensive players are now on offense

Can give offense greater advantage by starting them further from defense or make it more difficult by making them even with defense.

2v1 going the opposite direction

Drill starts on offenses movement.

Offense tries to get a layup on the opposite end