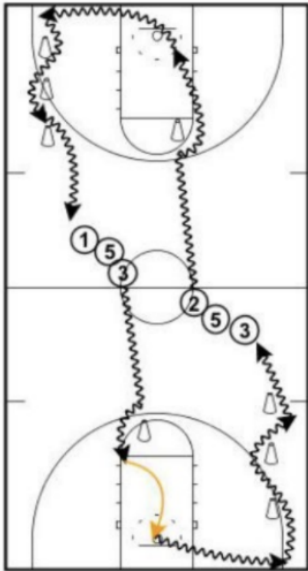
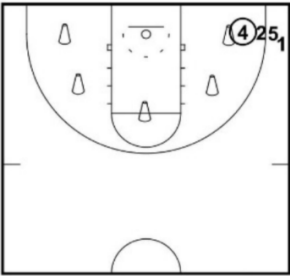
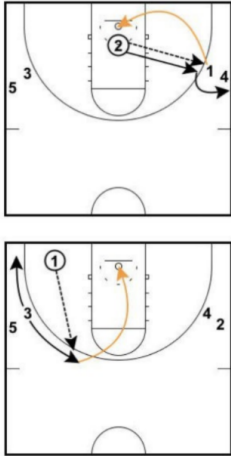


# Shooting

|                                                       |                                                                                                                                                                                                                                                                                                                                                            |
|-------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3 Line Team Shoot<br>(Under Drake Intuitive Shooting) | <ul style="list-style-type: none"> <li>1 basket 3 teams of 3 or 2</li> <li>One line is shooting, one line is passing, one is rebounding</li> <li>2 minutes at each spot- Corner, free throw, corner</li> <li>Move quickly the entire time</li> <li>Keep track of total points</li> </ul>                                                                   |
| Swish Free throws                                     | <ul style="list-style-type: none"> <li>Break your players up into two's on three's at each basket.</li> <li>The player shooting starts on 5 and the goal is to get to 10.</li> <li>For every swish, the player gets 1 point.</li> <li>For every made basket that is not a swish, they get 0 points</li> <li>For every miss, they get -1 points.</li> </ul> |
| 3 person shoot & replace                              | <ul style="list-style-type: none"> <li>One ball, one player starts as rebounder, shooters at corner and wing/elbow</li> <li>Rebounder passes to shooter, fills open shooting spot (corner or elbow/wing)</li> <li>Shooter follows shot/becomes rebounder</li> <li>Goal- Wing 20, Top 13</li> </ul>                                                         |
| X Out Layups                                          | <ul style="list-style-type: none"> <li>Players start under block, dribble diagonally through lane to elbow, turn to basket, one dribble lay up, then repeat on other side</li> <li>Goal: 7 makes in 30 seconds</li> </ul>                                                                                                                                  |
| 35 Second Drill                                       | <ul style="list-style-type: none"> <li>Point guard takes layup</li> <li>Pass up to 2 for the three</li> <li>Cross court pass to the 3</li> <li>Pass to the 4 diving</li> <li>Pass to 5 diving</li> <li>*Anyone can take the ball out, does not have to be the same girl each time</li> <li>Finish every shot</li> </ul>                                    |
| 7 spot 7 Shot                                         | <ul style="list-style-type: none"> <li>Corners, Wings, Elbows, free throw line, layups (LAYUPS IN A ROW)</li> </ul>                                                                                                                                                                                                                                        |
| Mike In's                                             | <ul style="list-style-type: none"> <li>Regular, reverse, two ball, and two ball reverse</li> <li>See how many girls can make in a certain time (60 secs)</li> <li>Partner players up and see who can finish the Mike In's in a row (i.e. each partner has to make 10 regular, 6 reverse, 10 two-ball)</li> </ul>                                           |
| Kentucky Shooting                                     | <ul style="list-style-type: none"> <li>2 lines under basket, pass to player circling around- goal is 10 at each spot, layups have to be in a row (depending on team)               <ul style="list-style-type: none"> <li>Layups</li> <li>Block shots</li> <li>Mid range</li> <li>Elbow</li> <li>thress</li> </ul> </li> </ul>                             |
| Form Shooting- Perfects                               | <ul style="list-style-type: none"> <li>10 perfects goal</li> </ul>                                                                                                                                                                                                                                                                                         |
| UCLA                                                  | <ul style="list-style-type: none"> <li>3 lines on each baseline, each line needs 1 ball besides 1 of the middle lines</li> <li>Continuous 3 man weave with shooting</li> </ul>                                                                                                                                                                             |
| St. Francis                                           | <ul style="list-style-type: none"> <li>Half of team starts on elbow</li> <li>Other half starts on opposite of court on block</li> <li>Each time has to make 10 (10 consecutive layups to make it harder if you want)</li> <li>Once they do they run to the opposite basket and take the other shot</li> </ul>                                              |

|                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                  | <ul style="list-style-type: none"> <li>until 10</li> <li>Once they complete both ends, the first to make a half court shot or three wins</li> </ul>                                                                                                                                                                                                                                                                                                 |
| Partner Layups   | <ul style="list-style-type: none"> <li>1 player throws ball off basket and outlets to partner on wing</li> <li>Wing player dribbles to opposite elbow, jumpstops</li> <li>Rebounder runs WIDE for the pass for the layup, continuous</li> </ul>                                                                                                                                                                                                     |
| Chair Shooting   | <ul style="list-style-type: none"> <li>Position chair on top of key or wherever you want player to make move</li> <li>Have players attack chair and practice change of speed</li> <li>Crossover, behind the bank, between, reverse, etc.</li> <li>Can change shot the players make afterwards</li> </ul> <p>Can add extra cones for ball handling like below</p>  |
| Fatigue Shooting | <ul style="list-style-type: none"> <li>3 players out on court, 3 players on baseline on each end with balls</li> <li>Players run to one end, get a pass and shoot the ball. Passers run to the other end and do the same. Shooters get rebound. Continuous for 1-2 minutes.</li> </ul>                                                                                                                                                              |
| Traveling Layups | <ul style="list-style-type: none"> <li>One line starts under each basket, every girls needs a ball, they go to the right to start and shoot at side basket, and then cross to diagonal basket and finishes at main, and continues</li> <li>When crossing through middle of court have head up so you do not run into other players</li> </ul>                                                                                                       |
| 21 Cones         | <ul style="list-style-type: none"> <li>21 cones on opposite baseline</li> <li>Players on elbows, if you make you run and grab a cone for your team</li> <li>Count up cones at end for winner</li> </ul>                                                                                                                                                                                                                                             |

|                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|---------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>50 Shots</p>           | <p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. On the coaches call the first player in line shoots from the first spot.</li> <li>2. They rebound their own shot and pass it back to the same line before joining the end of it.</li> <li>3. This continues until the team has made 10 shots from one spot. They then move onto the next cone.</li> <li>4. This continues until a team has made 50 shots all up and they are the winner.</li> </ol>                                                                                                                                                                                                                                                   |
| <p>Attack the ring</p>    | <p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. On the coach's call, players at the front of each line sprint up and around the cone looking to receive the basketball from the coach.</li> <li>2. As the players come around the cone, the coach makes a quick pass to either one of the players.</li> <li>3. The player that receives the basketball is now the offensive player, and the other player is on defense.</li> <li>4. The offensive player must immediately attack and try to finish at the ring while the defense attempts to prevent the score without fouling.</li> </ol>                                                                                                            |
| <p>Contested Shooting</p> | <p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. (2) starts the drill with a basketball under the ring. (2) passes out to either wing and then sprints out to contest the shot.</li> <li>2. After contesting the shot, (2) joins the end of the line that they closed out to.</li> <li>3. (1) shoots the basketball and then rebounds their own shot.</li> <li>4. Depending on where the rebound falls to, the next wing player to shoot, (3) in the diagram, can move up and down the wing to extend the distance and give themselves more time to shoot.</li> <li>5. The rebounder now passes to (3) and closes out.</li> <li>6. This continues for the coach's desired amount of time.</li> </ol>  |

## Double Shot

### Instructions:

1. The drill starts with the first shooter taking their first shot from behind the three-point arc.
2. The player under the basket rebounds the basketball and passes back to the shooter on the perimeter who takes a one-dribble pull-up shot.
3. The same rebounder rebounds this shot too and passes to the next shooter in line.
4. The first shooter now becomes the rebounder and the previous rebounder joins the end of the line.
5. This continues until every player has shot from all five spots.



## Give and Go

### Instructions:

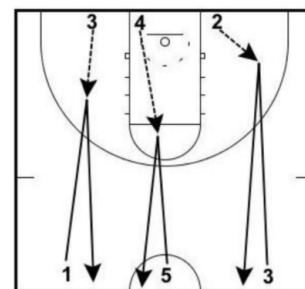
1. Drill shooting options:
  - Catch and shoot
  - Catch, pump fake, shoot.
  - Catch, pump fake, drive.
  - Catch and drive.
  - Catch, one-dribble pull up.
  - and any others you can think of.
2. The coach must first tell the players which shot type they're going to work on first.
3. On the coaches call to start, the first player starts weaving in and out of the cones.
4. At the end of the dribbling the player either makes a two-

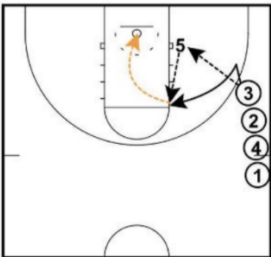
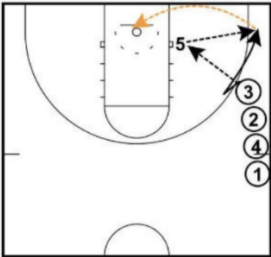
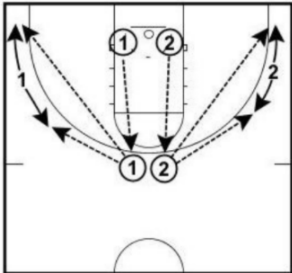


## Back pedal shooting

### Instructions

1. Change up where the shot is taken from between these five shots:
  - Mid-range shots.
  - Three-point shots.
  - 1-dribble pull-up shots.
  - 2-dribble pull-up shots.
  - Floater/layup.
2. On the coaches call, the shooters at half way run in and receive the pass from their partner under the ring.
3. Shooters take the shot and then back-pedal to half court while the passer rebounds the shot.
4. The shooters continue this for the designated amount of shots the coach tells them to take.



|                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|--------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Pass and relocate</p> | <ul style="list-style-type: none"> <li>● One post player.</li> <li>● A line of players on the wing.</li> <li>● All wing players have a basketball.</li> </ul> <p><b>Different Relocation Shots</b></p> <ul style="list-style-type: none"> <li>■ Baseline layup.</li> <li>■ Middle layup.</li> <li>■ Mid-range corner.</li> <li>■ Elbow.</li> <li>■ Corner three-pointer.</li> <li>■ Top of key three-pointer.</li> </ul> <p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. The drill starts with the first wing player passing into the low post player.</li> <li>2. The wing player then immediately relocates to the chosen spot and receives the pass back for the shot.</li> <li>3. The shooter rebounds their own shot and joins the end of the line.</li> </ol>   <p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>● Shooters must be down in stance when they catch the basketball.</li> <li>● Emphasise the importance of stepping away to set the defender up before exploding back to the relocation spot.</li> <li>● You can add a defender and allow the shooter to move anywhere they want to create an open shot.</li> <li>● Players must get the shot off quickly as they won't have much time before a defender closes out in a game situation.</li> </ul> |
| <p>Swing Shooting</p>    | <p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. Drill runs for one minute each per player and they all have two turns at each position. Making the drill a total of 6 minutes.</li> <li>2. On the coaches call, the shooter moves to the first spot and receives the pass from the passer for the shot.</li> <li>3. As soon as the passer has released the ball, the rebounder should pass the ball to the passer at the top of the key.</li> <li>4. It is now the rebounders job to hustle after every rebound and immediately get the ball back to the passer who will then fire a pass off to the shooter in the correct position.</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <p>Wildcat Shooting</p>  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |

## Ball Handling

|                         |                                                                                                                                                                                                                                                                                        |
|-------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>21 Ball Handling</p> | <ul style="list-style-type: none"> <li>● 9 cones total</li> <li>● Full court- baseline to baseline</li> <li>● 3 cones per line, place cones above three point, half, above three point</li> <li>● First player stops at the cone, 21 touches of any ball handling movement,</li> </ul> |
|-------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

|                         |                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|-------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                         | 21 at next cone, 21 at next cone, then makes a move and shoots the ball. <ul style="list-style-type: none"> <li>Grab rebound, jog to the end of court and go down by 2 until you reach 1.</li> </ul>                                                                                                                                                                                                                                |
| 2 Ball Passing          | <ul style="list-style-type: none"> <li>Touches</li> <li>1 high 1 low- switch</li> <li>Feeder- dribble cross pass</li> <li>Feeder-between the legs pass</li> </ul>                                                                                                                                                                                                                                                                   |
| Change Direction Chairs | <ul style="list-style-type: none"> <li>Cross over, behind the back, in/out, between the legs</li> <li>Switch sides</li> </ul>                                                                                                                                                                                                                                                                                                       |
| Iowa Bal Handling       | <ul style="list-style-type: none"> <li>2 head wraps</li> <li>2 waist wraps</li> <li>2 leg wraps</li> <li>10 single leg/double leg wraps</li> <li>10 skips (figure 8s ball skips on floor)</li> <li>10 single bounce/double bounce (bounce ball on side, then through legs from back)</li> <li>10 rhythm on left</li> <li>10 rhythm on right</li> <li>10 figure 8 behind the back wraps</li> <li>Goal: 60 seconds or less</li> </ul> |

## Rebounding

|                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Numbers Rebounding   | <ul style="list-style-type: none"> <li>4 players out on perimeter</li> <li>1 girl inside, coach shoots ball and calls out number</li> <li>Player has to box out girl, let ball bounce once and grab it</li> <li>Girl does not get out of middle until she does so successfully</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Rebounding Technique | <p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>The first player in line with a basketball begins the drill by passing off the backboard to themselves.</li> <li>They will then jump up as high as possible and secure the basketball with two hands.</li> <li>As they're on the descent of their jump, the player must secure the basketball by gripping it tightly under their chin with their elbows out.</li> <li>Upon landing, the player front pivots with their outside (closest to sideline) foot as the pivot foot.</li> <li>The player then passes to the group they were just in before joining the end of the opposite line.</li> </ol> <div data-bbox="1218 1144 1534 1438" data-label="Diagram"> </div> <div data-bbox="1218 1480 1534 1774" data-label="Diagram"> </div> |

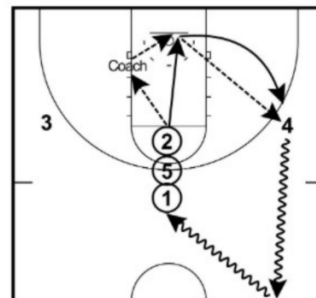
## Road Runner

### Setup:

- One player on each wing as an outlet receiver.
- The coach on one of the low blocks.
- The rest of the players at the free-throw line with a basketball.

### Instructions:

- The drill begins with the first player in line (2) passing the basketball to the coach.
- The coach lays the basketball off the rim and 2 jumps up to rebound the basketball using proper rebounding technique.
- As 2 lands, they quickly pivot and outlet pass to either wing depending on where the rebound falls to. For this example, 2 outlets to 4.
- 4 catches and immediately turns and speed dribbles to the half-way line. Once they pass the half-way line, 4 returns to the end of the line.



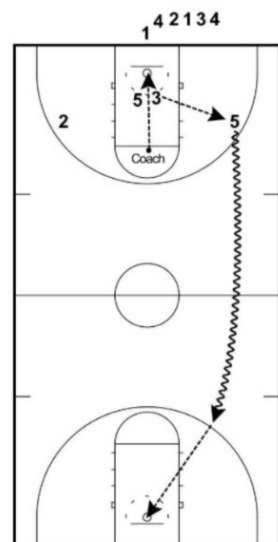
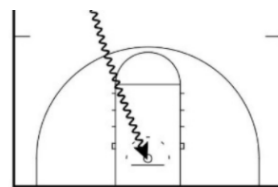
## Road Runner 2.0

### Setup:

- 2 players are positioned under the basket.
- 1 player on each wing as an outlet player.
- The rest of the players behind the baseline.
- Coach has a basketball on the free-throw line.

### Instructions:

- The drill starts with the coach shooting the basketball and the two players inside battling for position and then rebounding the basketball.
- Instead of immediately passing out, the two players inside must compete until a score is made by one of the players.
- The player that scores the basketball rebounds their own shot and then outlets to one of the players waiting on the wing. Then replace them on the wing.



### Purpose:

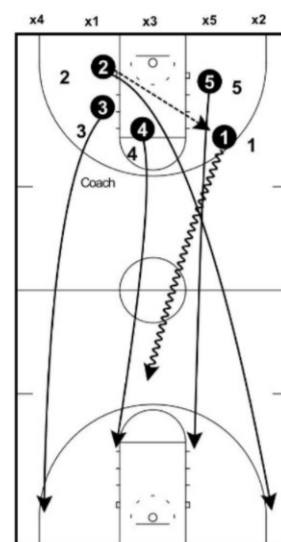
A fun way to incorporate set play practice into an effective rebounding drill. This drill will teach players to box out and rebound as well as transition quickly into an offensive set.

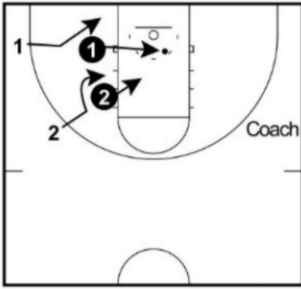
### Setup:

- Split the ground into teams of 5 players.
- 5 defensive players start in the key.
- 5 offensive players start around the three-point line.
- The other team/s are behind the baseline.
- Coach at the top of the key with a basketball.

### Instructions:

1. The coach begins the drill by passing to one of the players around the three-point line. This player immediately shoots the basketball.
2. If the shot is made, the offensive team receives 1 point and the drill is set up again.
3. If the shot is missed and the offensive team rebounds the basketball, they receive 2 points and the drill is set up again.
4. If they miss the shot and the defense rebounds the basketball, the rebounding team transitions quickly down the floor and runs a set offensive play.



|                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
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| Weak Side Rebounding | <p><b>Setup:</b></p> <ul style="list-style-type: none"> <li>Offensive players are positioned on the wing and corner.</li> <li>Defensive players (x1 and x2) are positioned in the correct help positions.</li> <li>The rest of the players form two lines. One behind each offensive player.</li> <li>Coach has a basketball.</li> </ul> <p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>The coach begins the drill by shooting the basketball while the defenders are in correct help positions.</li> <li>The offensive players (1 and 2) both crash the boards looking to secure an offensive rebound.</li> <li>The defensive players (x1 and x2) must leave their help position, find and make contact with the offensive player they're guarding, and then pursue the defensive rebound.</li> <li>If the defense secures the rebound, they are rewarded by staying on defense while the offensive players rotate out and a new two players come in to offense.</li> <li>If the offensive team secures the rebound, they switch to defense for the next repetition and the current defensive</li> </ol>   |
|----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## Offense

|                                                                                                     |                                                                                                                                                                                                                                                                                                 |
|-----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Motion Breakdown Drills <ul style="list-style-type: none"> <li>Front Cut</li> </ul>                 | <ul style="list-style-type: none"> <li>3 players</li> <li>1 player being guarded at top of key</li> <li>Pass to player at wing and front cut hard for layup</li> <li>Rotate</li> </ul>                                                                                                          |
| Motion Breakdown Drills <ul style="list-style-type: none"> <li>Post Feed/Laker Cut</li> </ul>       | <ul style="list-style-type: none"> <li>3 players</li> <li>1 player at wing, 1 in post (first tick mark) and 1 in corner</li> <li>Wing player bounces passes in to post</li> <li>Cuts off post for hand off but not there</li> <li>Corner player follows for lake cut and takes layup</li> </ul> |
| Motion Breakdown Drills <ul style="list-style-type: none"> <li>Circle Move Pitch or Dish</li> </ul> | <ul style="list-style-type: none"> <li>1 player guarded at top of the key</li> <li>1 player on wing</li> <li>1 player in corner</li> <li>Top of the key player circle moves- attacks dribble and either dishes to corner moving in or wing pushing down- Shoot ball</li> <li>Rotate</li> </ul>  |
| 11 Man Break                                                                                        | <ul style="list-style-type: none"> <li>Split team in 2</li> <li>Can add goal of who can stay on in streaks for rebounding purposes</li> </ul>                                                                                                                                                   |
| Entries                                                                                             | <ul style="list-style-type: none"> <li>Practice Entry with 5 on one side</li> <li>Have 5 on opposite end waiting on D</li> <li>After 5 go through entry, shoot, rebound and run the other way to practice the same entry against defense and live</li> </ul>                                    |
|                                                                                                     |                                                                                                                                                                                                                                                                                                 |

# Defense

|                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                          |
|--------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Defensive Breakdown- Denial (vision) 1 v 1                                                       | <ul style="list-style-type: none"> <li>• 2 players on wing</li> <li>• 1 in post</li> <li>• Guard gets open, passes in to post with D on them</li> <li>• Replaces and gets pass back</li> <li>• Post steps off and 2 guards are 1 v1</li> </ul>                                                                                                                                                           |
| Transition Defense                                                                               | SPRINT: 4 second block to block                                                                                                                                                                                                                                                                                                                                                                          |
| Transition Defense <ul style="list-style-type: none"> <li>• 5 on 4 transition Defense</li> </ul> | <ul style="list-style-type: none"> <li>• 4 on baseline</li> <li>• 4 across on free throw</li> <li>• Coach passes to player on baseline, the player guarding her has to touch baseline</li> <li>• Goal is to score in 10 seconds</li> </ul>                                                                                                                                                               |
| Blackhawk D                                                                                      | <ul style="list-style-type: none"> <li>• 2 players on wing</li> <li>• 1 in post</li> <li>• PLayer gets open on wing, passes in to post, and defender splits and stunts post, 1 v1</li> </ul>                                                                                                                                                                                                             |
| Shell Drill                                                                                      | <ul style="list-style-type: none"> <li>• Front Cut Focus</li> <li>• High Side</li> <li>• Closeouts</li> <li>• Triple Threat when catch</li> <li>• TALK TALK TALK TALK</li> <li>• Arm bar- footwork</li> <li>• Sprint to help</li> <li>• Rotation for baseline drive</li> </ul>                                                                                                                           |
| Memphis Closeouts                                                                                | <ul style="list-style-type: none"> <li>• 3 players on baseline</li> <li>• 3 players on perimeter</li> <li>• Farthest player passes to opposite player</li> <li>• Runs out and closes out</li> <li>• Wing player passes to top of key</li> <li>• Middle player closes out ball (other defender out moves on pass)</li> <li>• It continues to all three are on court, then live 3 v3</li> <li>•</li> </ul> |
| Wing Pass/Defensive Deny                                                                         | <ul style="list-style-type: none"> <li>• 1 v 1 on wing (both sides of court)</li> <li>• Wing player works to get open, defense works on denial, and taking away backdoor cut, whoever gets open first coach passes to and live 1 v1 on that side</li> </ul>                                                                                                                                              |
| Big Step                                                                                         | <ul style="list-style-type: none"> <li>• PLayers all scattered on court facing sideline</li> <li>• Coach has ball on sideline</li> <li>• Slam ball- players yell Defense, slam ground and get low</li> <li>• Coach simulates dribbling and players practice sliding, calling ball, angle sliding, dead ball, shot, box, get on floor to get ball, help teammate up</li> </ul>                            |
| 2 on 2 Read Screen & Hedge                                                                       | <ul style="list-style-type: none"> <li>• 2 on top of key, 2 on wing</li> </ul>                                                                                                                                                                                                                                                                                                                           |

|            |                                                                                                                                         |
|------------|-----------------------------------------------------------------------------------------------------------------------------------------|
|            | <ul style="list-style-type: none"> <li>Coach passes to top of the key, wing player sets screen and practice hedging, go live</li> </ul> |
| Lion's Den |                                                                                                                                         |

## Press

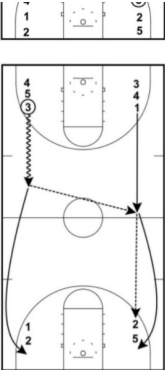
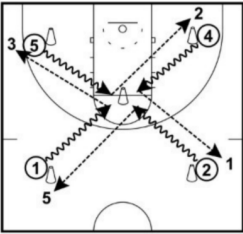
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| Run & Jump Breakdown Drills <ul style="list-style-type: none"> <li>2 v 2</li> </ul> | <ul style="list-style-type: none"> <li>2 v 2</li> <li>1 girl taking ball out with D</li> <li>1 girl going from elbow and crossing to get ball</li> <li>Girl on D guarding ball has to get back quickly in the line of sight of the ball</li> <li>Girl guarding ball, leads her to a spot</li> <li>Once ball handler can't see defender, middle defender traps</li> <li>Try to throw to teammate out of trap, sprint back and recover</li> </ul> |
| Run & Jump Breakdown Drills <ul style="list-style-type: none"> <li>3 v 3</li> </ul> | <ul style="list-style-type: none"> <li>3 v 3</li> <li>Guards get open on block and elbow</li> <li>Practice rotation for trap</li> </ul>                                                                                                                                                                                                                                                                                                         |

## Toughness

|               |                                                                                                                                                                                                                                               |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Animal Drill  | <ul style="list-style-type: none"> <li>5 minutes</li> <li>Players want to end at top of the key</li> <li>No rules or boundaries</li> <li>No fouling</li> <li>Be aggressive</li> </ul>                                                         |
| Golden Egg    |                                                                                                                                                                                                                                               |
| 10 pass drill | <ul style="list-style-type: none"> <li>5 v5 in half court area</li> <li>Players have to work to get ball inbounded from coach</li> <li>Goal is 10 passes (1 tip allowed), no dribbling, they have to pivot and move to make passes</li> </ul> |

## Passing

|                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|--------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Don't Let it Touch | <ul style="list-style-type: none"> <li>Three girls on court, 1 at basket, 2 @ wings</li> <li>1 underbasket starts with layup and then outlets to wing, other wings takes off, gets wide, and outlet makes pass up court to other wing for layup</li> <li>The original rebounder runs directly after outlet pass to other end to grab rebound before it touches the ground</li> <li>Wings switch sides and same thing down</li> <li>The ball is not touching the floor the entire time</li> <li>Start with 1 minute and build up for a goal</li> </ul> |
| 2 Ball Passing     | <ul style="list-style-type: none"> <li>Touches</li> <li>1 high 1 low- switch</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                               |

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|                           | <ul style="list-style-type: none"> <li>•</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Full Court Russian Layups | <ul style="list-style-type: none"> <li>• 6 passers on court, staggered on each side</li> <li>• Rest are passing to player, receive pass back quick, do for all three passers and then take layup, go for 1 -2 minutes and then switch</li> <li>• Good passing, lead her, quick passes, conditioning</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Cross Court Passing       | <p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. The player with the basketball starts the drill by taking two dribbles with their outside hand up the court.</li> <li>2. At the same time, the player opposite them on the same end of the floor runs parallel with the dribbler.</li> <li>3. The player with the basketball will then pass the basketball across the court to their teammate. Making sure that the pass is in front so that they don't have to slow down or speed up to catch the pass.</li> <li>4. The receiver catches and then automatically passes to the line in front of them.</li> </ol>                                                                                                                     |
| Four Corners Passing      | <p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. The first thing the coach must do is tell the players which way they'll be passing (either right or left) and which kind of pivot they should use.</li> <li>2. When the coach calls out 'go', each player with a basketball dribbles in towards the middle cone, performs a jump stop a couple of feet away, pivots, and then passes to the next line before joining the end of it.</li> <li>3. The next player in the that catches the basketball does not start until the coach has called out 'go' again.</li> </ol>                                                                                                                                                             |
| Passing Relay             | <p>— The length of the zig-zag will depend on how many players you have on the team.</p> <p>● A player on the baseline from each team has one basketball.</p> <p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. On the coach's call, the first player with the basketball passes it across to the next player in the opposite line.</li> <li>2. This continues all the way up until the last player of the zig-zag. Everyone should have passed the basketball.</li> <li>3. When the basketball reaches the end of the line, the last player passes back to the same player and the basketball is reversed back.</li> <li>4. The first team to get the basketball passed back to the first player in line is the winner.</li> </ol>  |