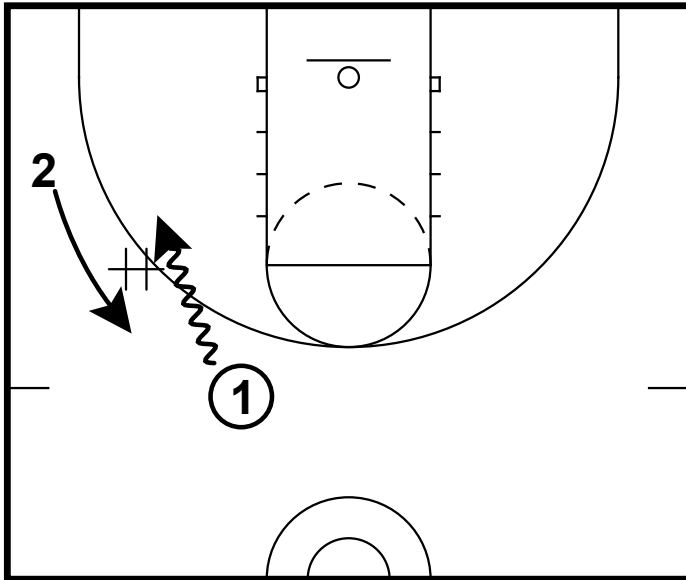
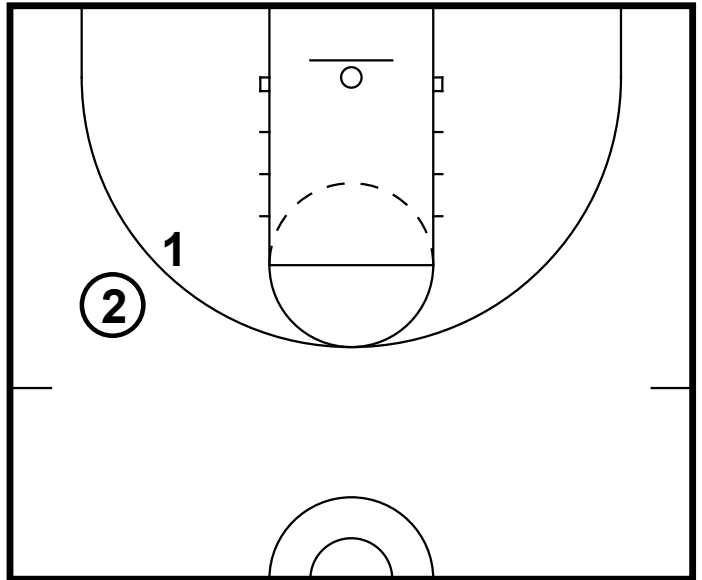


# Competitive Drills

1 v 1 Handoff  
Competitive Drills

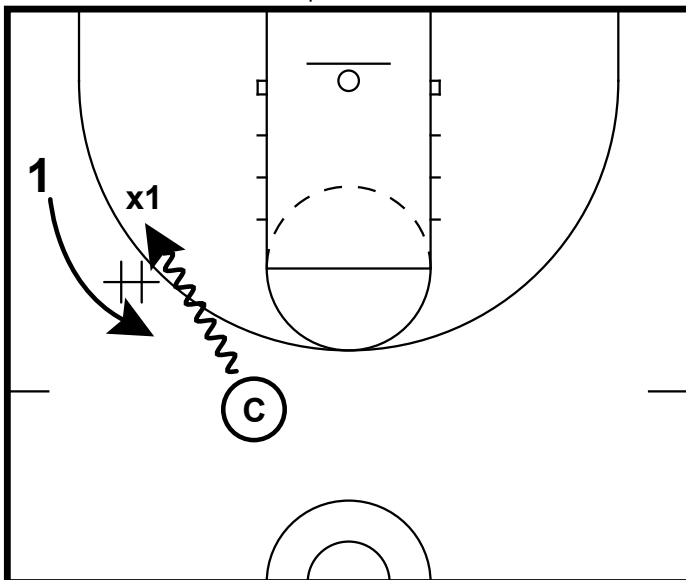


1 v 1 Handoff  
Competitive Drills

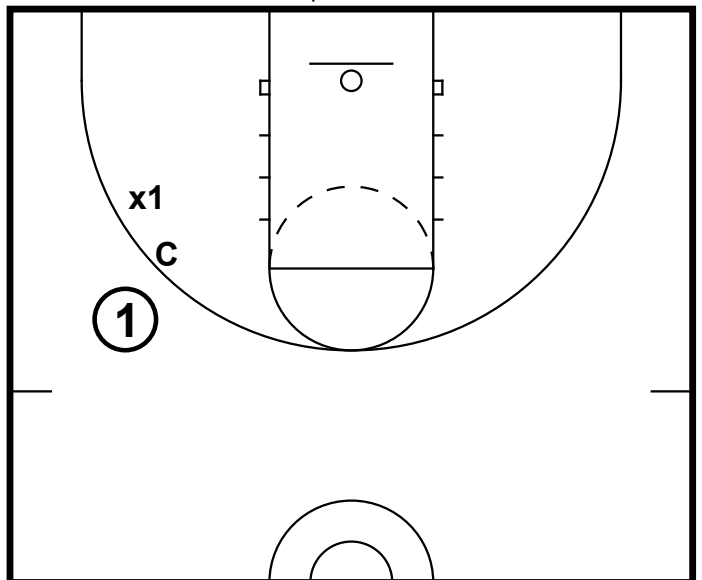


Player 1 performs a dribble handoff with Player 2. After the handoff, Player 1 is now on defense against Player 2.

1 v 1 Handoff  
Competitive Drills



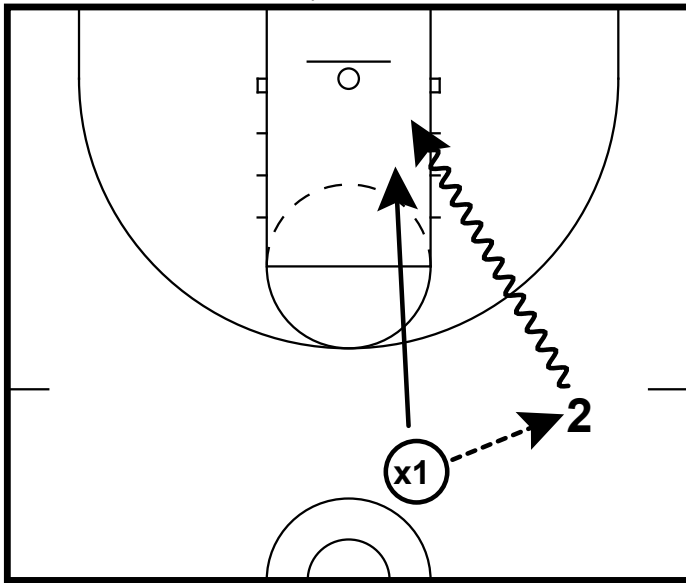
1 v 1 Handoff  
Competitive Drills



Coach/Passer starts with the basketball and performs a dribble handoff with Player 1. After the handoff Player 1 and x1 play 1 on 1. The coach/passer is allowed to flip and set a ball screen for Player 1.

# Competitive Drills

1v1 Pass  
Competitive Drills



-x1 starts slightly behind player 2

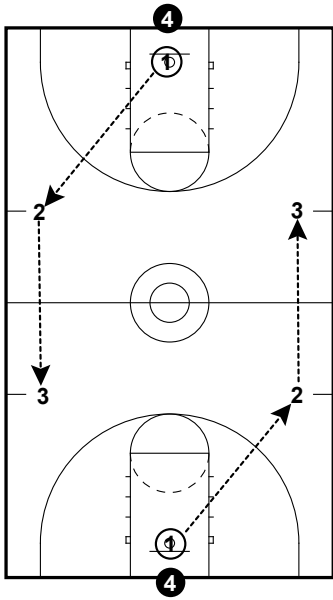
-x1 Starts with the basketball.

-To start the game x1 passes to player to

-Player 2 immediately tries to score and if they are cut off can change directions

# Competitive Drills

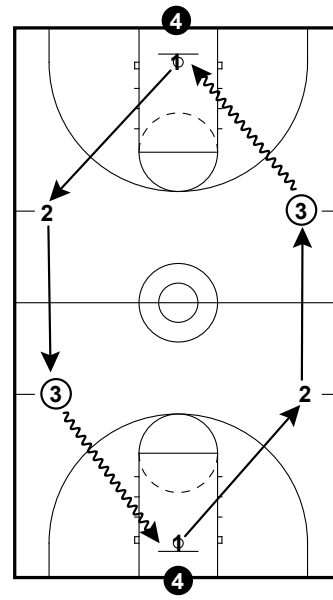
2 Minute Lay-Up Drill  
Competitive Drills



Set your timer to 2 minutes. Goal is to make 100 lay ups in the end. Most teams will struggle to make that many.

When coach yells start, both player 1's pass the ball to player 2. Player 2 pivots and passes to player 3.

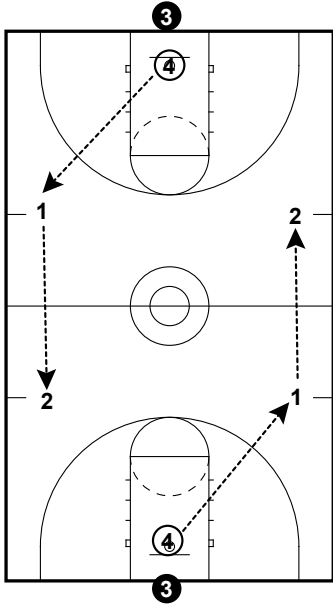
2 Minute Lay-Up Drill  
Competitive Drills



Both player 3's dribble in for a lay up.

All other players are sprinting to their next spot. 1 replaces 2, 2 replaces 3, etc.

2 Minute Lay-Up Drill  
Competitive Drills



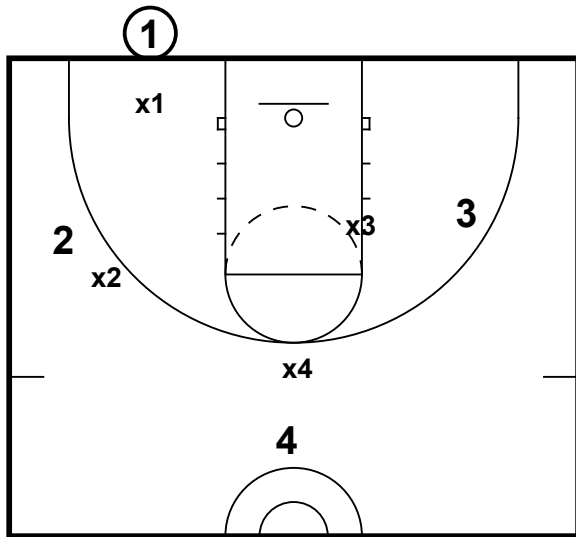
Player 4 should grab the ball out of the net. Pass immediately to player 1 who passes to player 2.

Drill continues for 2m and coaches count how many made lay ups.

**Coaching Tip:** Discuss with players how their bodies react when tired. Important for players to maintain focus when they are tired and still execute. Helps win close games when you can outperform your opponent.

# Competitive Drills

## 4 on 4 No Dribble Competitive Drills

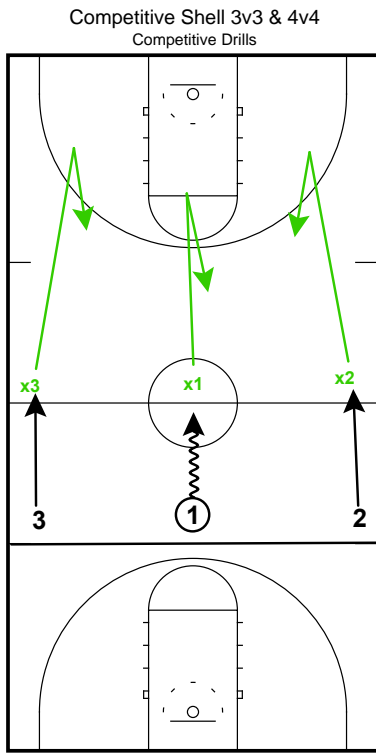


Drill will enhance seeing the entire floor, passing, and cutting to get open.

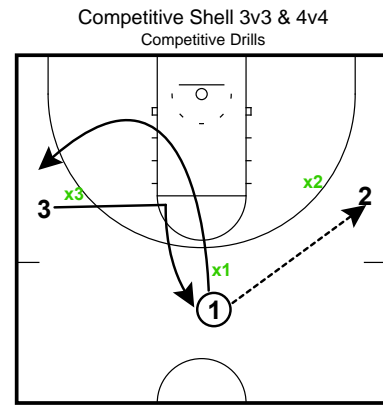
Drill is full court. There is no dribbling. Players should not be allowed to hold the ball for more than 2 seconds. If the player holds the ball for 2 seconds, makes a lob type pass, dribbles, travels, etc., Coach should blow the whistle immediately and change of possession occurs.

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

# Competitive Drills



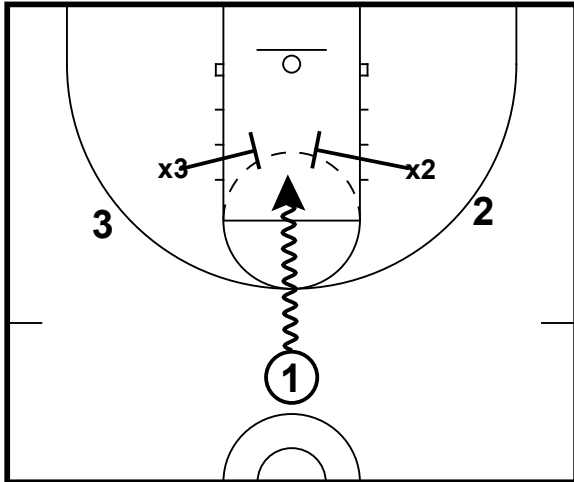
Setup: drill begins with three offensive players competing against three defensive players at the three quarter court level.



Once the ball is crossed over half court the offense runs the guided shell action of the day. ...

# Competitive Drills

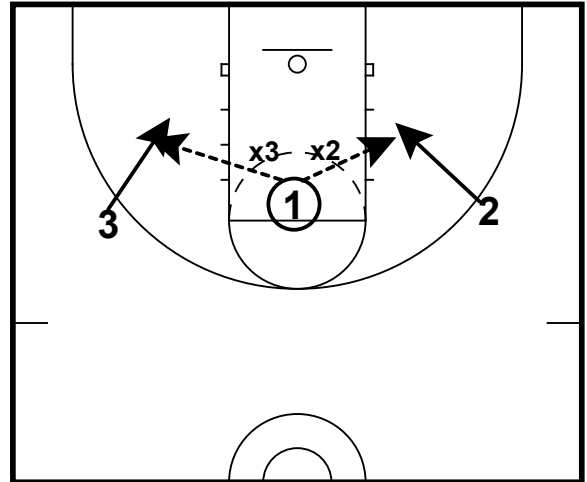
Drive and React  
Competitive Drills



Drill is designed to help ball handlers react to help defense.

For this drill, player 1 starts with ball and penetrates. Defender 2 and 3 help to stop ball.

Drive and React  
Competitive Drills

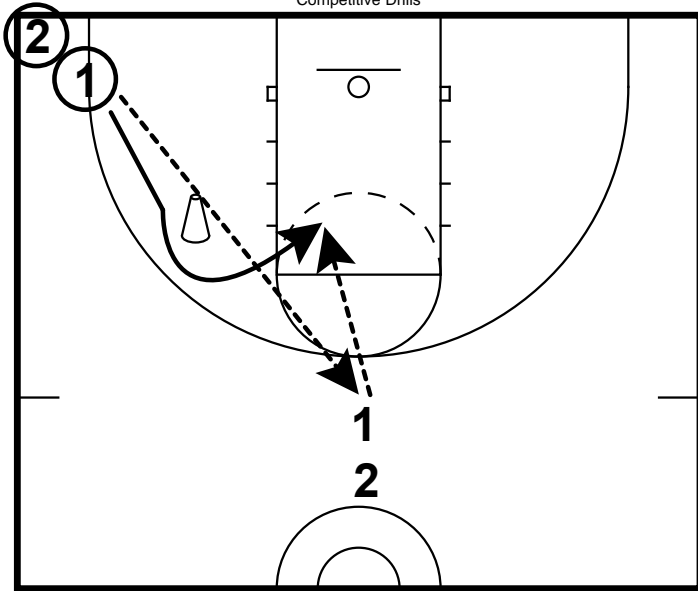


Player 1 must decide if they can score, or need to pass to player 2 and 3. Player 2 and 3 should only cut to basket if their defender helps on player 1. Otherwise they are bringing their defender into player 1's drive to the basket.

You can add a defender to player one also to add complexity or challenge

# Competitive Drills

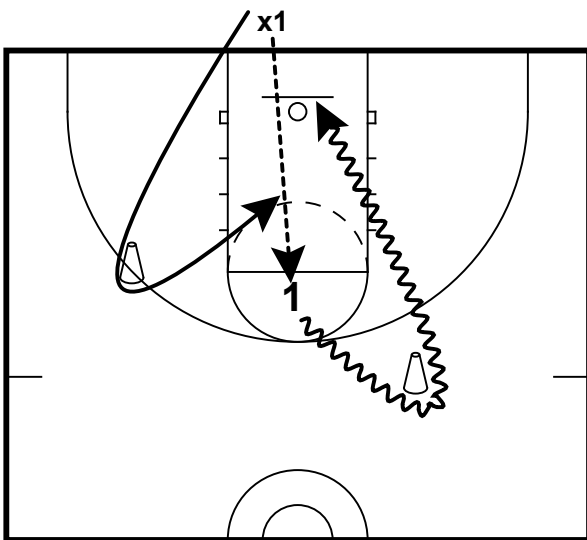
Ray Allen Series  
Competitive Drills



One line is a passing line and one line is a cutting line ...

# Competitive Drills

Spanish 1 on 1 Drill  
Competitive Drills



X1 starts with a ball on the baseline

1 starts at free throw line

X1 passes ball to 1.

1 must dribble around cone and attack the basket

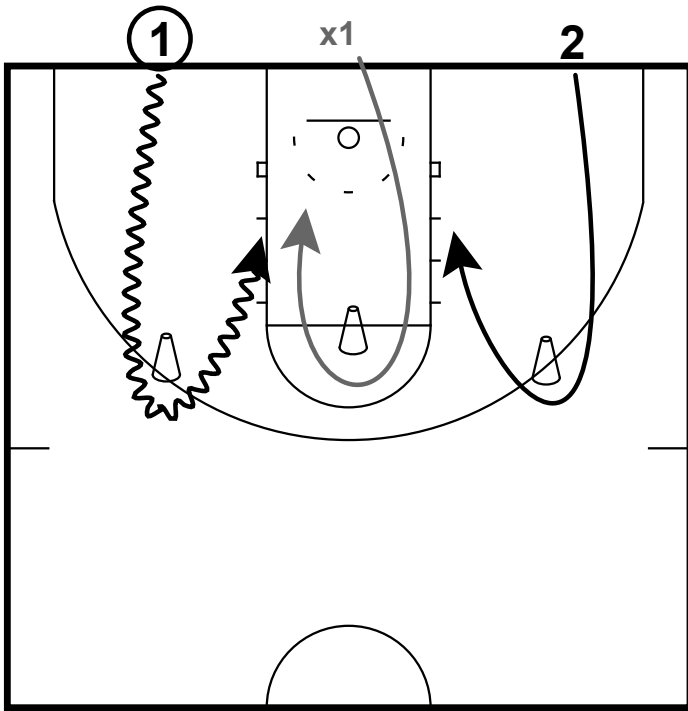
X1 must sprint around their cone and attempt to stop 1

We will vary the locations of the cones for each player to increase the level of difficulty



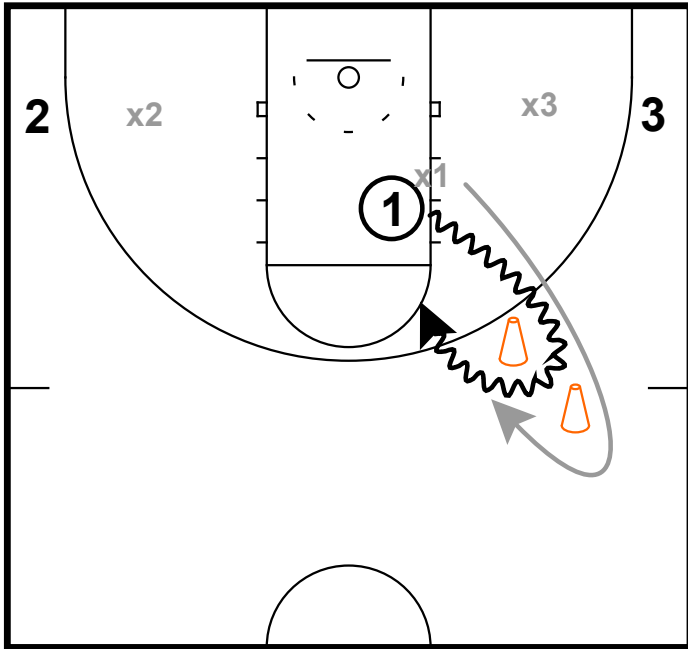
# Competitive Drills

SSG: 2v1 Transition  
Competitive Drills



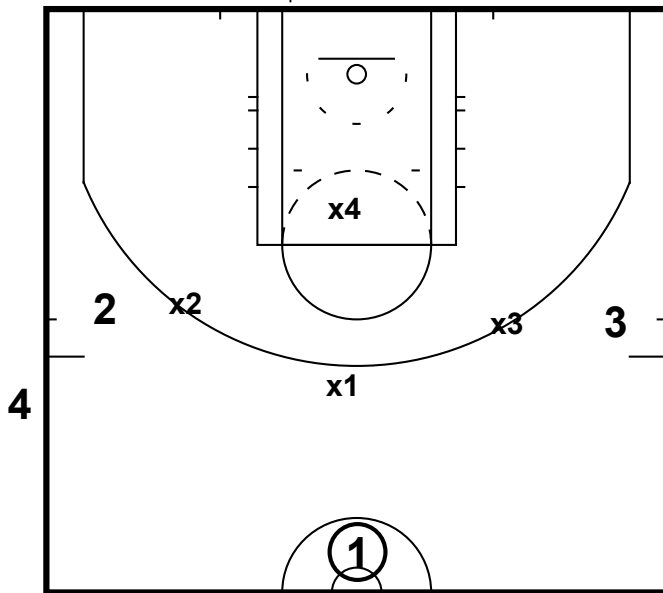
# Competitive Drills

SSG: Cone Finishing (3v3)  
Competitive Drills



# Competitive Drills

Tennessee 3v4  
Competitive Drills



3v4

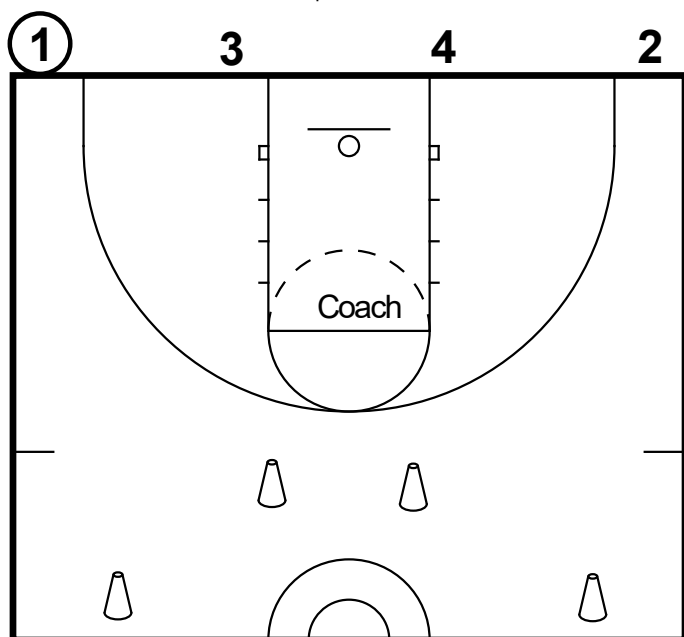
3 on offense, 4 on defense. If defense gets a stop, they must get ball back to jump circle before playing offense. 1 player would step off when on offense and a player would step on for defense.

If offense were to score, they would have to get ball back to jump circle.

Play to a certain amt of points.

# Competitive Drills

Trail Blazer 2v2  
Competitive Drills

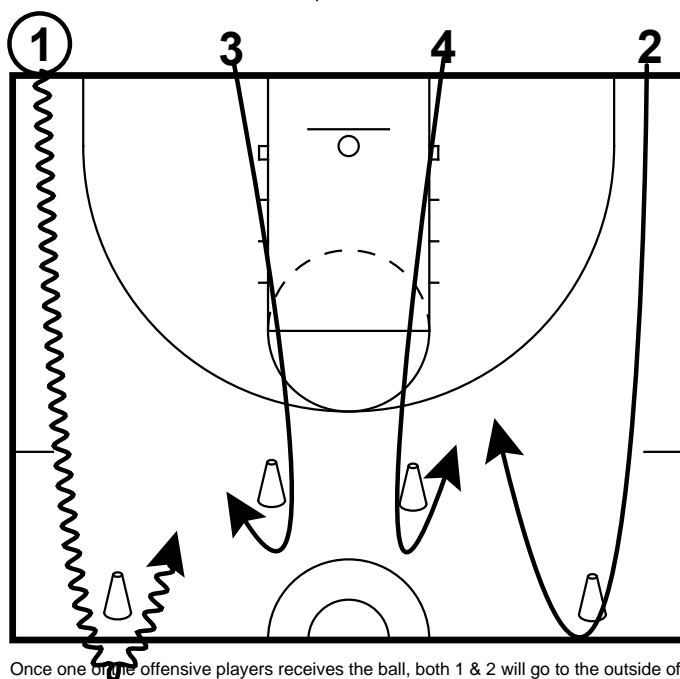


1 & 2 are the offensive players

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



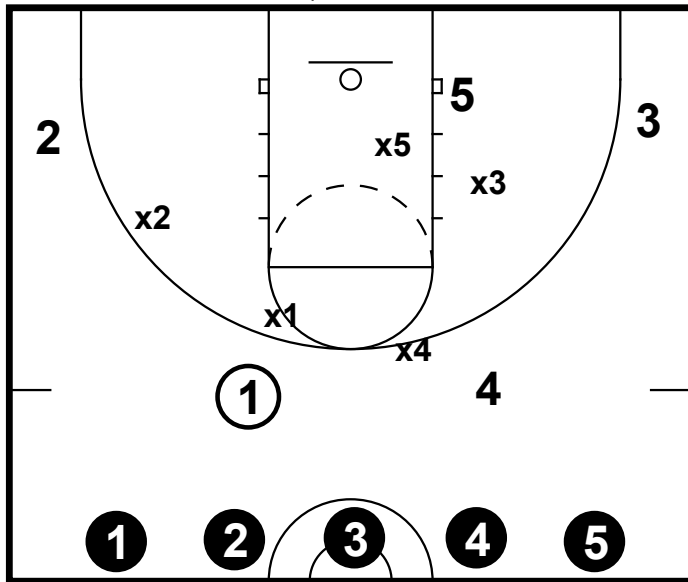
Once one of the offensive players receives the ball, both 1 & 2 will go to the outside of the cones to come back downhill to the rim.

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.

# Competitive Drills

Turkey Defensive Drill  
Competitive Drills



Defense must get three stops in a row to get out.

If you have enough players: After each possession, a new offensive team comes on the floor