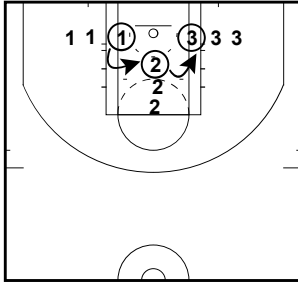


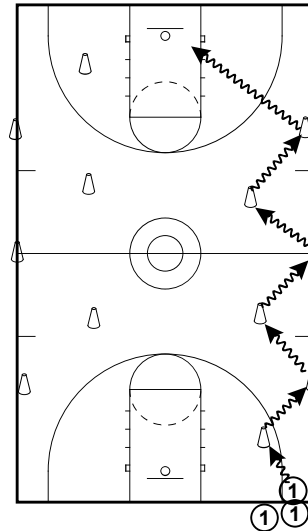
Practice #2

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.

Dribbling Warm-Up
Ball Handling Drills



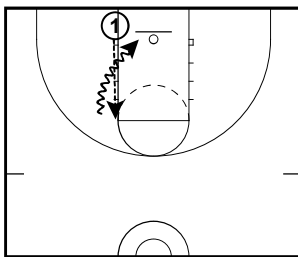
Warm Up Drill: Players change direction at each cone. Once at the other end free throw extended, hard change of direction with a finish at the rim. Come back on the other side.

Progression:

- Cross-over
- Between the legs
- Behind the back
- Spin move/retreat dribble

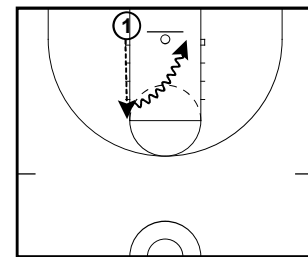
Coaching Tip: Ensure players have eyes up. Give them something to focus on at the other end on the wall. Focus on ensuring they are using their weak hand also.

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.

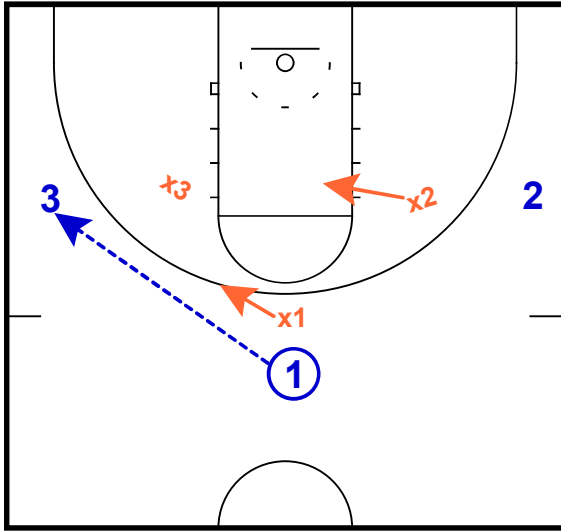
Olympic Series
Shooting Drills



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 #2

Screen Away 3v3
Defensive Drills

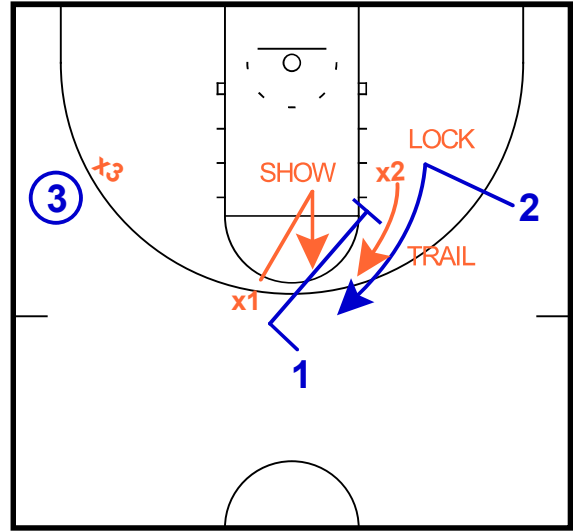


Setup: 3v3 with point wing and wing. Defense in the gaps when one pass away. Defense moves on airtime of the pass.

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

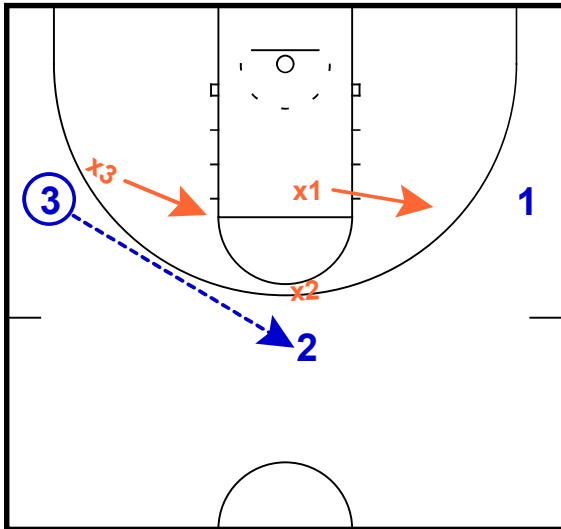
X2 - Force a "one way go" by locking into 2, you cannot let him reject and go backdoor. Get into the body of the cutter. No help responsibilities.

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.

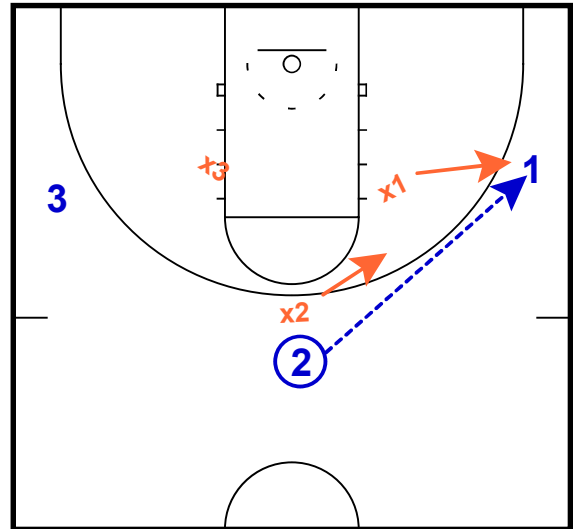
X3 - ball pressure, no baseline

Screen Away 3v3
Defensive Drills



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

Screen Away 3v3
Defensive Drills

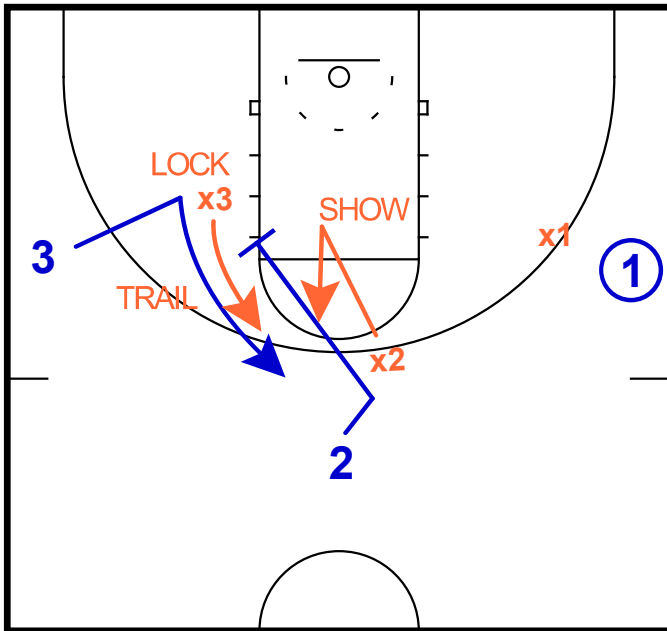


2 reverses to 1

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

Practice #2

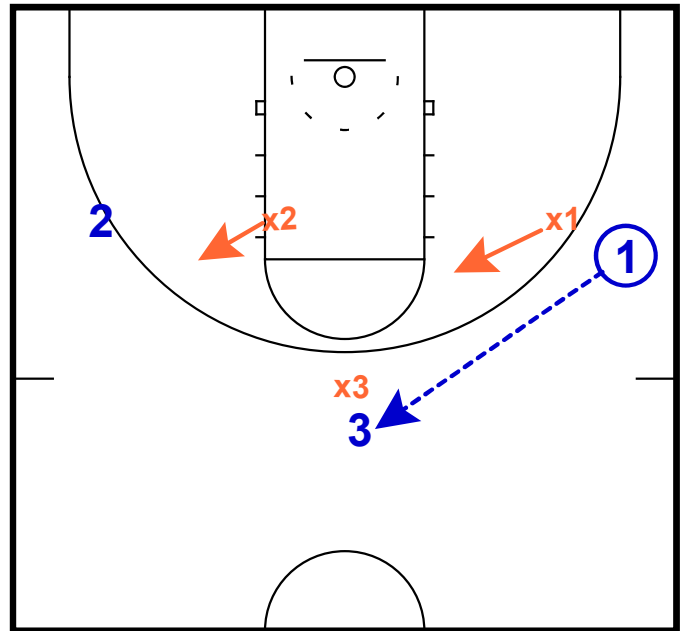
Screen Away 3v3
Defensive Drills



2 screens away for 3

Lock and trail, show and recover again.

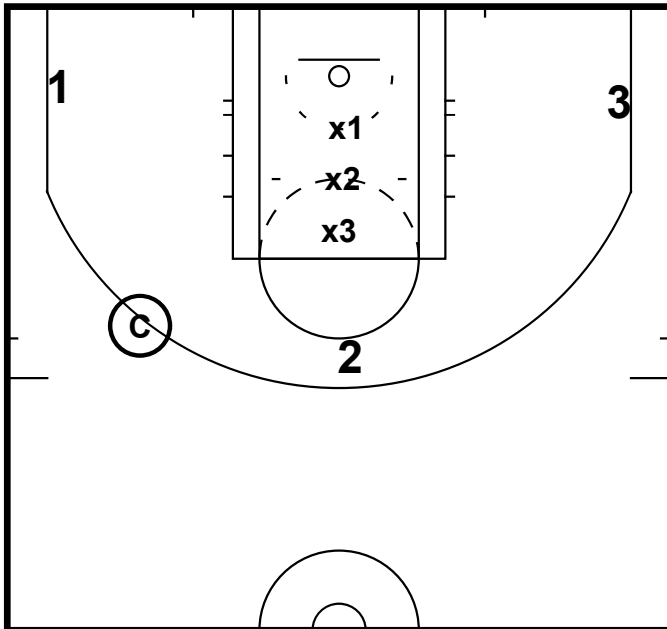
Screen Away 3v3
Defensive Drills



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

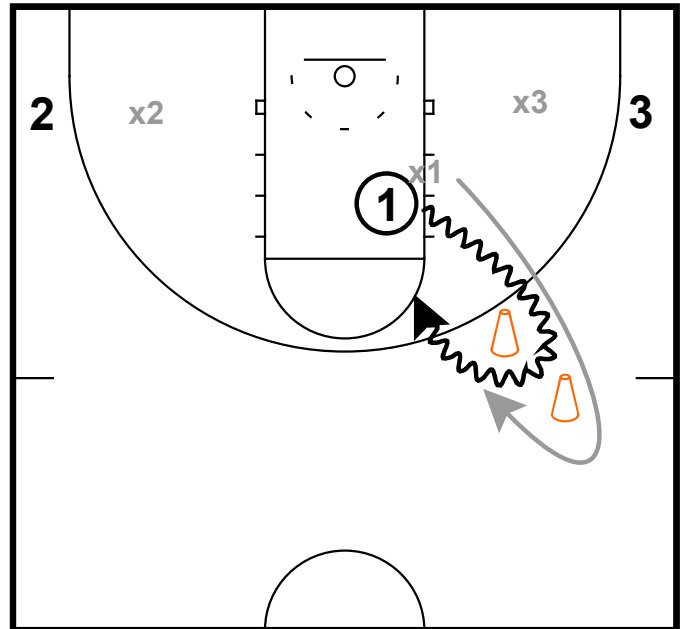
Follow the pass and screen away cycle until all three offensive players have been screened for them go "live" maintaining the pass and screen away offensive restriction.

Kentucky Rebounding
Rebounding Drills



Coach shoots, defense must box out.

SSG: Cone Finishing (3v3)
Competitive Drills

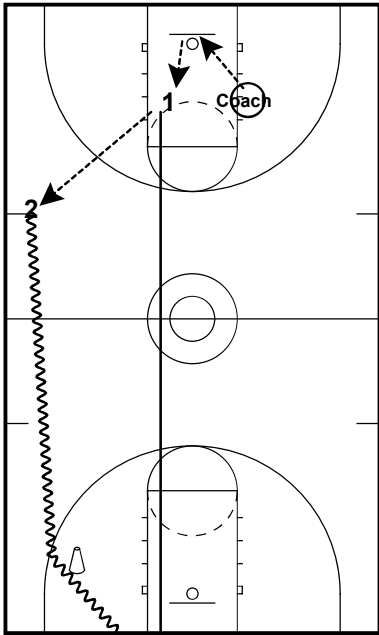


As one turns the corner to the basket, the defense has to help to stop the ball and eventually recover.

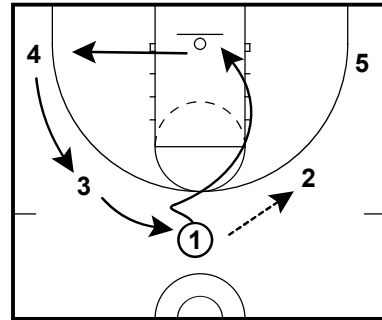
- Drill focuses:
- Making the right decision with the ball
 - Defense talking
 - Defense helping and recovering

Practice #2

Transition Track Down:
Transition Drills

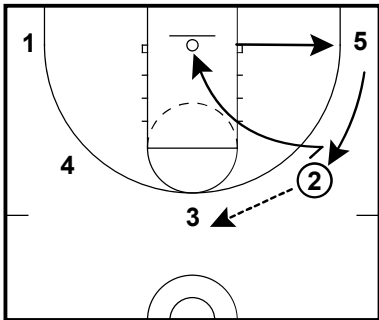


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Man Offense

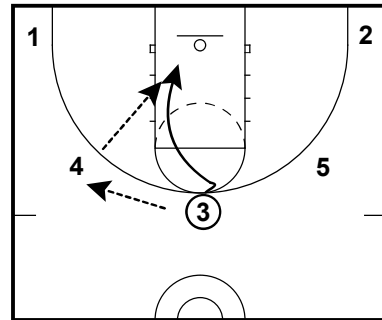


The Coach tosses the ball off the backboard and Player 1 grabs the rebound. Player 1 outlets the ball to Player 2. Player 2 attacks the far basket as hard as they can and Player 1 sprints to catch up. Player 2 must wait until they reach the cone on the far end before cutting in towards the basket.

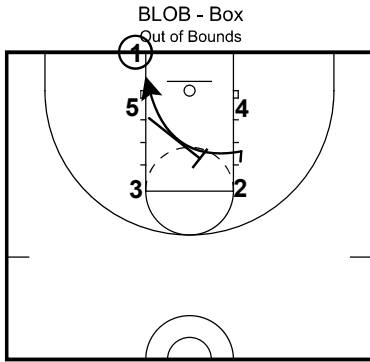
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Man Offense



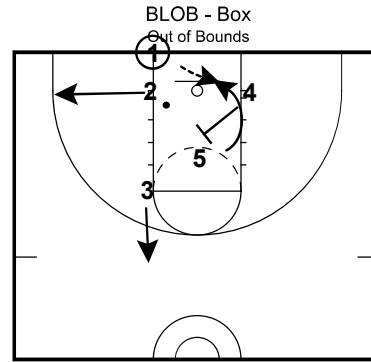
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Man Offense



Practice #2

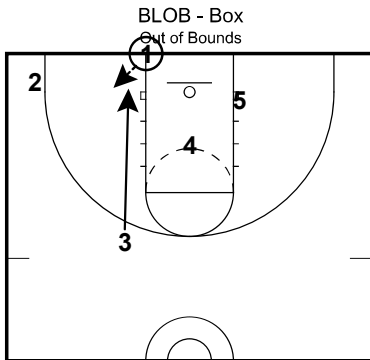


When ball is handed to player 1, 5 sets a diagonal screen for player 2. If 2 is open for the lay up, that is scoring option 1.

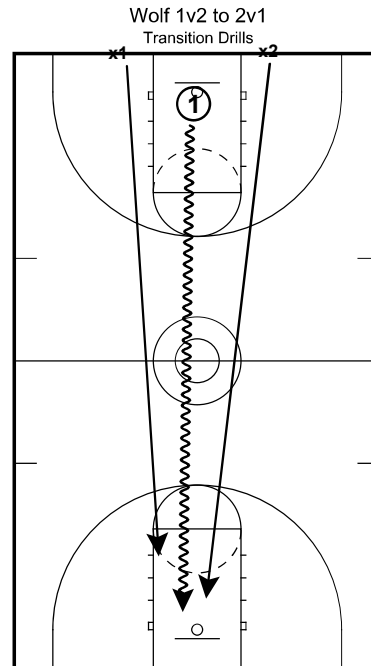


Once player 2 makes their cut and if they are not open they continue to the corner to create spacing, player 4 sets a screen for player 5 (Screen the Screener). Player 5 then uses the screen to go to the block opposite the ball being inbounded. This is usually wide open until teams figure it out.

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.



One player on offense, two players on defense

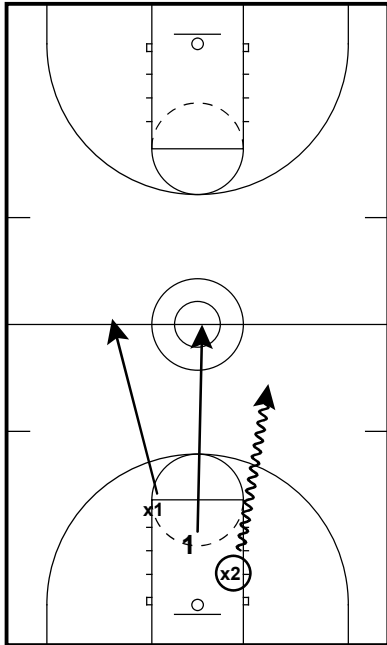
Can give offense greater advantage by starting them further from defense or make it more difficult by making them even with defense.

Drill starts on offenses movement.

Offense tries to get a layup on the opposite end

Practice #2

Wolf 1v2 to 2v1 Transition Drills



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

2v1 going the opposite direction