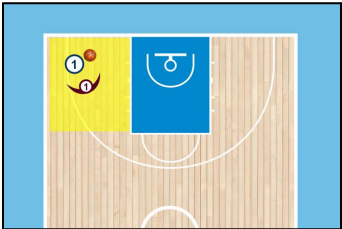
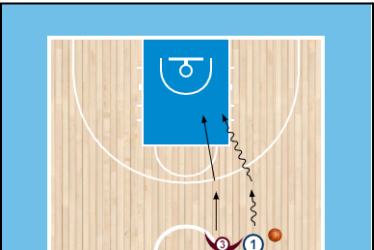
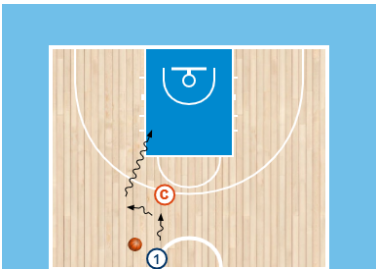
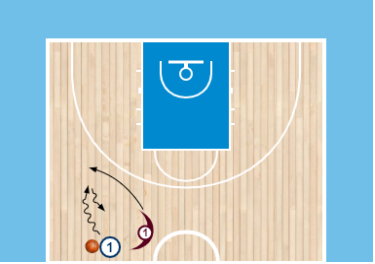
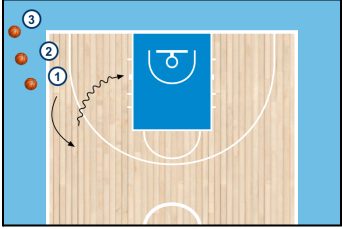
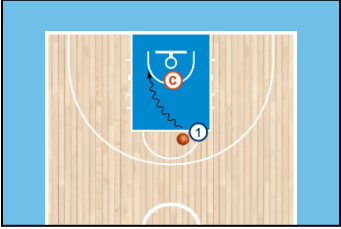
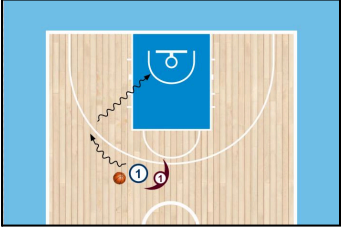
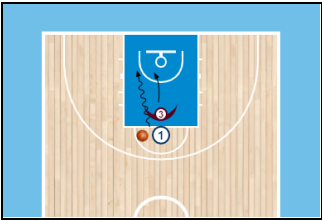
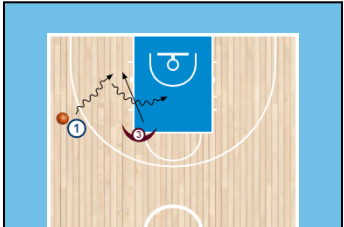
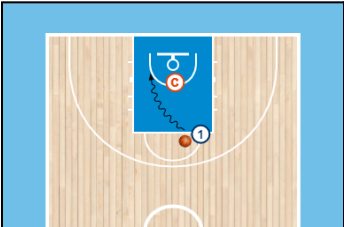
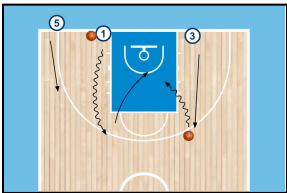


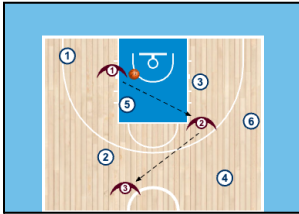
Drill	Possible Loads
Ball Handling	
 <u>Mirror game progression</u> - O and D facing each other, each with basketballs - Designate one player as leader, other as follower - Leader moves in the small space using float/skater dribble, negative dribble, change of direction, etc. and follower must mirror every movement	• Constrain movement to side-to-side only or forward and backward only • Script type of change of direction player can use • Add goal of escaping other player using the dribble (create one arm's length from other player for a point)
 <u>Change of Pace 1v1</u> • two players start shoulder to shoulder at half, either player can have the ball • O starts to dribble towards the rim, D has to stay shoulder to shoulder • O uses change of pace to initiate drill, live 1v1 on change of pace dribble	
 <u>Float Dribble</u> - Players form lines above the 3 pt line - coach will be guided D - player attack at coach, will use a skate dribble either direction - Coach will guide decision to either go move or change direction - use a second level finish	

 create separation PLay live 1v1 from the negative dribble	<u>3) Negative Dribble 1v1</u> - O and D are shoulder to shoulder at half, O on outside - O will start to dribble, D will cut them off (this is scripted) - once cut off O will use a negative dribble to	
Dribble Attack/Finishing Drills		
	<u>Self Toss to finish</u> - lines in corners with basketball - self toss to the wing - catch on outside foot attack, stampede the catch)	• Script finish (outside inside, floater, layup, etc.) • Change direction of attack (e.g., middle attack vs baseline attack) • Add guide defender
 score	<u>Back Pivot - guided Reads</u> • O starts at elbow and attack middle • Coach at rim will give a guide • stay on hip - finish off 2 • cut off drive - use back pivot footwork to	• Script the read on each attack • Add live defender on the shoulder • Add second O and D pair in strong side corner (2v2)
 breaks the 3pt line its live 1v1	<u>Trace the Arc</u> • O and D pair start on 3pt line with D standing behind O • O will start to dribble along the arc of 3pt line and D follows • As soon as O	• Flip direction of dribble and where D starts (dribbling to outside or dribbling to middle) • Constraints on finishes • Add guided defender at rim • Change starting position of D • Add O/D pairs for drive and kick decisions

<u>Two Lines - Post up</u> • Lines on each wing with ball at everyone except first person in one of the lines • Player without the ball will cut to the opposite block for a post catch and will make a scoring move • Passer will cut to opposite block for the same thing to make it continuous	• Change the move in which the players are using • Add a guided defender on the catch (could be coach or player)
<u>Cut to Post Up</u> score on the catch • Two lines, one in the swing and one on the wing with basketball • First player from the swing cuts to the block for a catch • Make a interior move to	• Mix up finish (wedge or face up, etc...) • Add guided defender on post catch • Change location of the cut to the post • Add live defender • Add Offense and defense pairs to make it (2v2, 3v3)
<u>1v1 off the Dribble</u> • Offense dribbles to 3pt line while D touches baseline into live 1v1	• Change the location and angle of both the attack and the recovery of the defender • Dribble limit • Scripted finish(off two feet, weak hand only, etc...)
<u>Shoulder 1v1</u> • Lines at half • Player on outside with a ball is on offense and player on inside on defense • Players start shoulder to shoulder • Live 1v1 on dribble	• add constraint of how to finish • Dribble maximum • Add guided help defender to cue drive and kick • Add O and D pairs to make it 2v2, 3v3, etc... • Change where offense is attacking from

 outside-inside power layup	<u>Ball on back</u> - start on Ft line with ball on D back - O attack either way to finish (2 dribble max) - D tries to wall up and challenge - O finish with	• Add constrain of how to finish • Change the location and angle of the attack
 - Play live 1v1 from the Barkley	<u>3) 1v1 from Barkley</u> - O starts on wing, D starts on elbow - Scripted O attacks, D will cut them off - O will keep dribble alive and turn into a post up(Barkley)	• Script finish (hook shot, step-through, extend to finish, etc..) • Add second O and D pair to make 2v2 • Restrict number of dribbles
 euro around to finish	<u>4) Euro or extend Finish</u> - O starts at elbow and attack middle - Coach will give a guide - coach late - extend and finish away from D - Coach cuts off -	
 • D line will initiate by dribbling ball out and setting ball down on 3pt line, Offense will run out to receive ball and 3rd player spaces to the wing Live when offense attacks, defender is sprinting to stop ball and 3rd offense player spaces to make it 2v1	<u>Read the Help 2v1</u> • 3 lines on baseline, same setup from session 2 except adding 3rd line in the corner • Player with ball will be D, lines without are on Offense	• Change location of the drive or the teammate • Load to 2v2, 3v2, etc..

Passing Drills



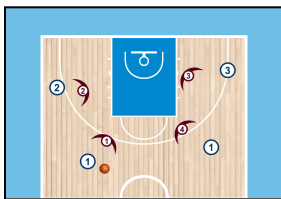
Ball Tag

- Designate 2-3 to be "it" and have them start with a ball
- Players who are "it" work together to pass the ball and tag other players on the court
- Players with the ball cannot take steps or dribble the ball
- When a player gets tagged, they join the "it" team. Add more basketballs as the "it" team grows

- De-load the drill by adding 1-2 dribbles
- Restrict or enlarge the playing space

5 Pass Game

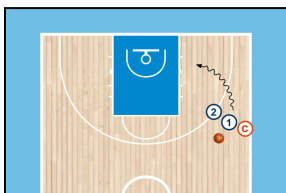
Great time to reinforce principles of basketball Agility: stance, pivoting, start/stop, change of direction, etc..



- Can play 3v3 or 4v4 depending on numbers
- Object of the game to complete 5 passes in a row without committing a violation(travel) or defense stealing the ball
- No dribbling - only passing, cutting and pivoting
Players are free to move without the ball

- After passing need to touch sideline/boundary before receiving another pass
- After passing need to cut to the smile(basket) before receiving another pass
- Change how you score (get a catch in the paint, score a basket, etc...)
- Change size of playing area
- Change number of players (could be even or advantage for O or D)
- Change number of passes required

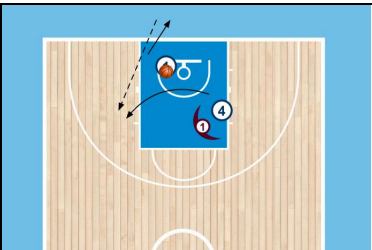
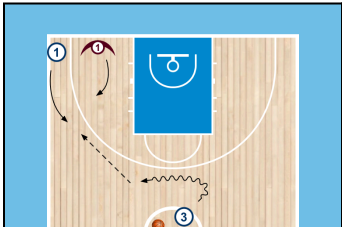
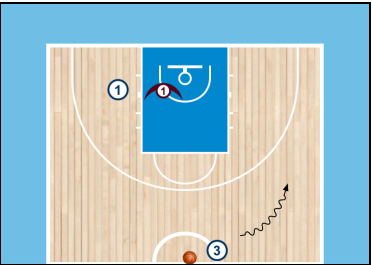
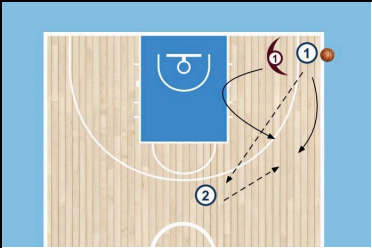
Dynamic 1v1



Coach Tag 1v1

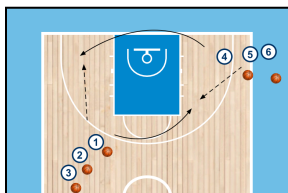
- drill starts with offense/defense with a ball in the attack spot
- coach stands behind the offense
- coach will show a hand on one side or the other, d has to tag before they can defend, offense should attack the advantage
- live 1on1 once coach shows a hand

- Change location of the attack spot
- Constraint placed on how offense can finish
- Add offense and defense pairs to create a dominoes situation (2v1, 2v2, 3v2, etc...)

 <u>1v1 from inbound</u> - two offensive players and 1 defender start in the key - O with ball sprints to take it out of bounds while other two players matchup - Play live 1v1 to half on the inbounds pass(passer can run the baseline) - Offence trying to cross half in the middle third of court (set boundaries)	- Add a target zone at half that O must cross through to get a point - Add defender on inbounder - Add second O and D pair
 <u>Blast Cut 1v1 to wing</u> - O and D pair in corner, passer at the top - on change of direction Offense will cut - Live 1v1 on pass to the wing D will give 1 of 3 reads A) Overplay B) give space C) trail or curl - Play live on pass	- Put guided defender on the wing to start - Load or deload the options for how the D can guard to simplify at first for the offense or add complexity - Change the location on the court of the Blast Cut - Add pressure on the passer - Add other O and D pairs to make it 2v2, 3v3, 4v4, etc...
 <u>Blast Cut guided 1v1 (Lift Catch)</u> - same Rules except O and D pair in waiting area - passer will dribble to the 45 and O will cut to the top	
 <u>1v1 Closeouts</u> - Offence and defence pair in the corner with the ball - Passer in the swing - Ball gets thrown to the swing which triggers a blast cut to the wing wing - Defence has to touch block before closing out - Play live 1v1 on the catch	- Make O advantage longer or shorter by adjusting touch-point of the defender - Add D on passer and load to 2v2 with penetration principle - Restrict number of dribbles

<u>Circle 1v1</u> - Two players start in the Paint, Passer at the top - passer will self toss either to the top or to the 45 and call the name of who is going to be on offense - If your name is called you are on offense - Toss to the top will signal a cut to the wing, toss to the 45 will signal a cut to the lift(top) - Play live 1v1 on the catch - Passer stays involved and can be a relay point if neutralized <u>Load to 2v2</u> - Same setup except add a defender on the passer - this time colour up so O and D are pre-determined - Play live 2v2 on cut to the wing or lift	- Change location of where the offense can fill out too - Add O and D pairs to make it 3v3, etc...
<u>3v3 Blast Cut</u> - offense and defense pair in the corners and weakside 45 - extra player has ball at the top (signified by a coach) - player will blast out of the corner for a catch - Play live 3v3 on the entry pass, D is live on the blast cut	- Change number of players on the floor (2v2, 4v4, etc...) - Change location of the blast cut - Put guided defender on the blast cut who guides the decision to start - Have pass be a live player whos in the drill after the pass
<u>Transition Catch Dynamic 1v1</u> - passing line in swings, scoring line on wings - passer starts with breakout dribble which cues wing to spring lane - pass off dribble with 1 hand to scorer who catches and shoots	- Script finish (shot, layup, pull-up, etc.) - Add guide or live defender on corner catch - Add second D on ball handler to incorporate penetration principles - Incorporate time constraint

Shooting Drills



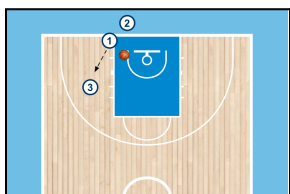
Canada Shooting

- Lines in corner and opposite swing
- Everyone had a ball except for 1st person in one of the two lines
- Person without the ball will cut first to opposite

baseline shirt corner for a shot, always get your own rebound and go to end of opposite line

- After passing you become the next cutter filling across to the elbow
- Action becomes continuous

- coach guide on catch (too close or too far)
- Play from different spots or different range on the floor



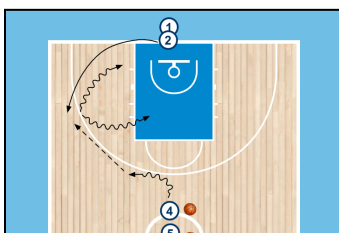
Decision Shooting

- groups of 3 with 1 ball (could adjust group size or put multiple groups at a basket)
- 2 players in line, 1 player spaces to shooting range.
- Pass out to shooter who

catches shot ready

- Passer will give a Read/decision:
 - Too close - Shooter will drive the closeout and finish at the rim
 - Too Far - Shooter will shoot
- Each time Shooter receives a pass they are reading
- Passer becomes the next Shooter, Shooter goes to end of the line, and a new passer comes in

- Change what decisions are available to the athletes to simplify or add complexity
- Incorporate penetration principles with an extra teammate
- Add triggers such as Gets/DHO(U13+) or Ballscreen(U14+)

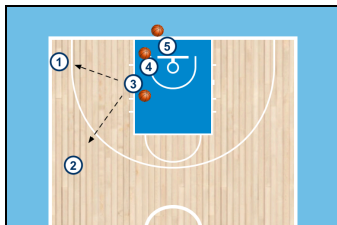
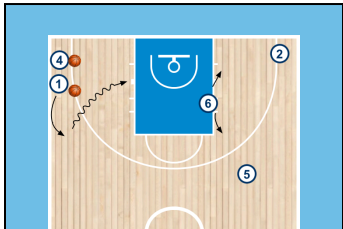
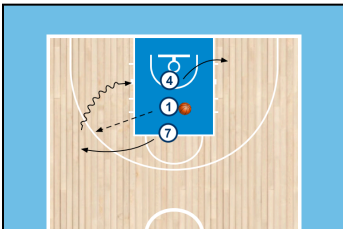


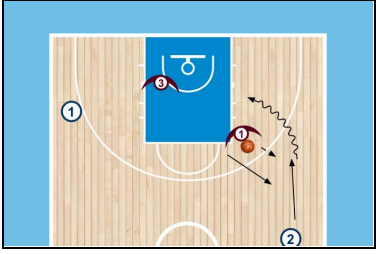
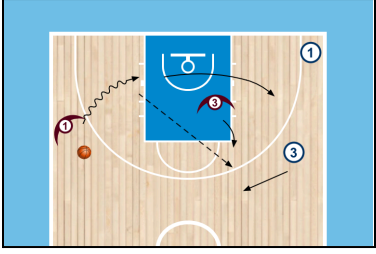
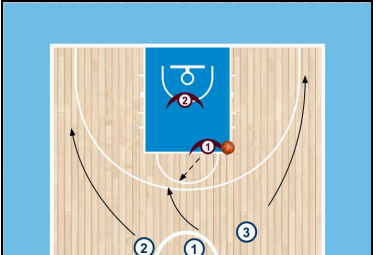
Drift or Fill Shooting

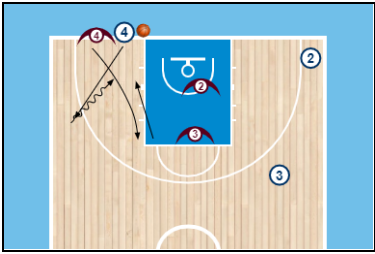
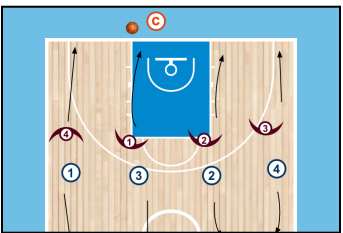
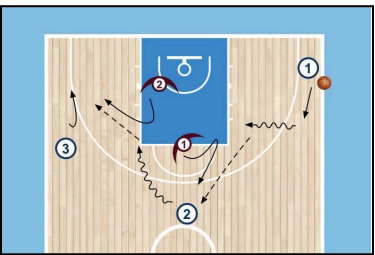
- lines at top and on baseline, basketball at top line
- live dribble at the top with baseline player filling either wing
- pass is made to the wing
- attack either direction

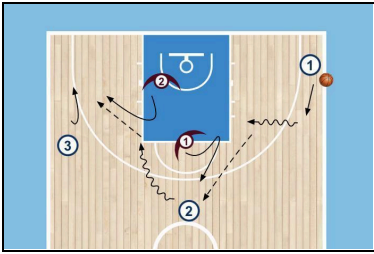
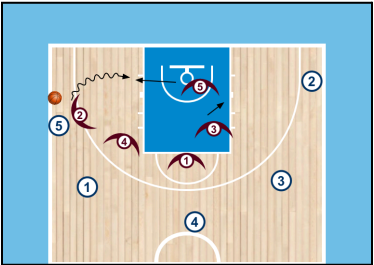
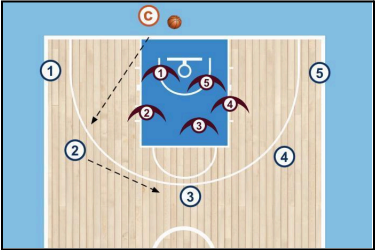
cueing a penetration reaction to drift away or fill in behind

- Kick to shooter for shot

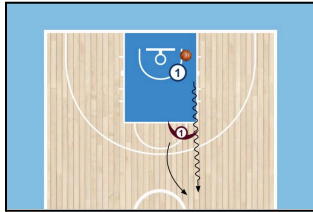
	<u>Extra Pass Shooting</u> - 2 offensive players in corner and 45 spacing - guide passes to either player and can choose to guard either person - this will create either an open shot or an extra		
Penetration Principles / Dominoes Drills			
	<u>Drive and Kick Shooting</u> • line in corner, and opposite wing and 45, with a drop defender • self toss to the wing, attacker must drive baseline • drop defender will guide pass decision to either player, also guide decision of shoot or extra pass on first pass out	• Change location of the offensive players for a different drive and kick scenario • Add second defender to make it live 2v2	
<u>Guided 2v0 attack</u> - O starts high and sprints to 45, coach starts just inside 3pt line - O on weakside - O sprints to 45, as they are running, coach tosses the ball to O and guides decision to drive middle/baseline - Attacker will drive and kick to weakside player for a jumpshot			
	<u>2v1 with waiting area</u> • 3 players line up, 1st and 3rd are on O, middle person is defender who starts with ball • 1 st person fills any perimeter spot, 3rd person fills either waiting area • defender throws to perimeter player and play live 2v1 on the drive	• Start offensive players in offensive positions to script the situation to start	

 tosses the ball and play live 2v2 (D has to run to 1 shoulder or the other to cue drive)	<u>2v2 D Toss</u> - O starts high and sprints to 45, D starts just inside 3pt line - O and D pair on weakside - O sprints to 45, as they are running, D	• D1 as live defender • Change location of second O and D • Script solution on a cut-off baseline drive • Time constraint
 guide decision • Play live 2v2 on the pass out. Take 2 will get first pass, passer will take second pass	<u>Weakside 2v2</u> • Start with two offensive players on weak side wing and 45 • D starts with ball and in take 2 position • Player will drive and kick (take 2 will	• Change position of the players to create a different drive and kick scenario
 player • offence has to drive before they can score, does not have to be on first catch • Subs are at half, always come in on offence, 2 offensive players become next defender	<u>3v2 Drive and Kick - all perimeter</u> • Offence starts at half, with 2 defenders in the paint • Offence runs in filling any of 6 spots (45, corner, swing, • D will throw ball out to any offensive	• Script every catch to be outside the 3-point line • Add 3rd defender, 4th O and D pair, etc..

 the attack	<u>Toss out 3v3</u> - offence and defence on baseline and weak side 45 and corner - O with toss ball to the wing to retrieve, D has to touch elbow before defending - Play live 3v3 on	• Adjust O advantage on initial attack • Script first defender • Add or remove O and D pairs • Change location of catch
Defensive Drills		
 any offensive player • player must make an extra pass then ball is shot • players will play the rebound live and transition down once offense gains possession	<u>4v4 Transition Blockout</u> • offense and defense pairs line up with each other, coach has the ball on the baseline • O will run and touch half while D touches the baseline • Coach will throw to	• Change number of players on the floor • Have offensive athletes fill different positions on the floor when running in (perimeter or interior)
 happens with a kick to the 3rd player • Play live 1v1 on the last catch	<u>Stunt 1v1</u> • Start with O in corner with ball and O and D pair at top and on wing • Self toss to the wing and drive middle • Ball is kicked to the top, second drive	• Change location on the floor where ball is live

 <u>3v2 Stunts</u> • Same as above except play live 3v2 on last catch • One defender takes the ball, the other gets to help	• Change location on the floor where ball is live
 ball starts <u>5v5 Ball on back</u> • Offense and defense start with 5out spacing • defender guarding the ball starts with the ball on their back • Play live on the first bounce • Mix up where the	• Change the alignment of the offense (5out, 4out-1in, etc...) • Change the number of Offense and defensive pairs (3v3, 4v4, etc...) • Mix up where the ball starts from
 to any player, they make 1 more pass with D sprinting to their jobs • on extra pass, player will shoot • Play live on the rebound transitioning once D gets possession <u>D circles - into transition</u> • offense starts 5 out • D starts circling in paint • Coach on baseline with a ball • Coach throws	• play live halfcourt possession on coaches pass as opposed to scripting a shot • Change the number of offense and defense (3v3, 4v4, etc...) • Change alignment of the offense(4out-1in, 5out, etc...) • Mix up where it's live(play live offense on throw out, live on full reversal, etc...)

Transition Drills

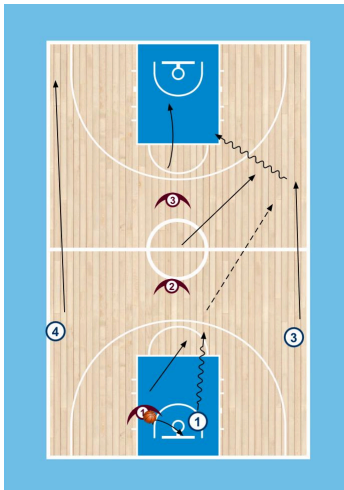


1v1 Breakout Dribble

- offensive player starts at rim, D starts at Ft Line
- O will throw ball off the backboard to themselves and rebound,

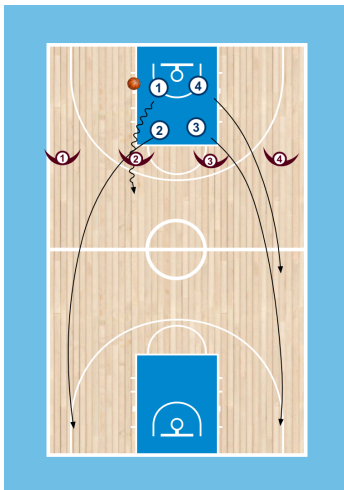
Play live full court 1v1 on the rebound/breakout dribble

- Must stay on one side of court, can't cross the midline



3v3 Pass ahead

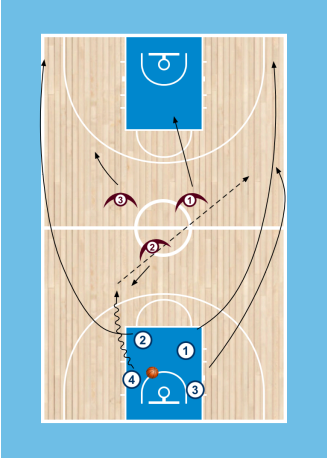
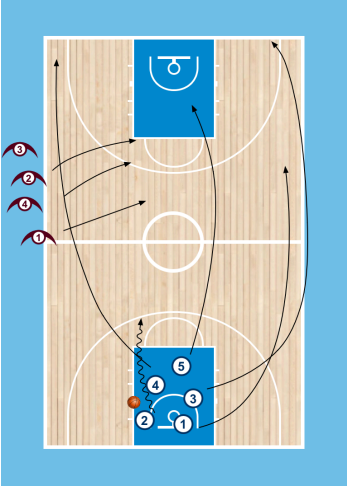
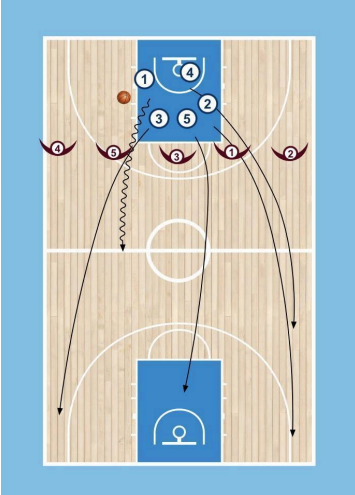
- O and D pair at rim
- Two offensive players out wide, 2 defender near centre circle
- D will throw ball off board to O
- We want to play live 3v3 on pass ahead (defenders can't leave centre circle until pass leaves fingertips)



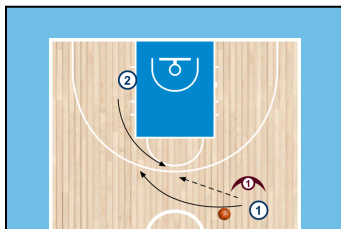
4v4 Across the FT Line

- d starts lined up across the Ft line and each lane has a designated number
- Offense starts by circling in the paint
- Coach will throw the ball to offense and call an number
- Defender whos number is called has to touch the baseline before entering the play
- Play live once offense gains possession

- Change number of players on the floor (3v3, 5v5)
- Mix up how many numbers are called (call 2 for bigger advantage, call none for a neutral possession, etc..)
- Start offense already in established laned spread along the baseline (U11+). Coach throws ball to any of the offensive players to initiate drill

	<u>Scripted 2 side Break</u> 4 Offensive players will start by circling in the paint - defense will setup at half - Coach will enter the ball to offense and they will play live 4v3 - Add or subtract offensive or defensive players for the desired focus(3v1, 3v2, etc...)
	<u>5 Person Breakout</u> - group of athletes on baseline and at half 5 Offensive players circle in paint and then breakout on coaches signal - coach at half sends 3-4 defenders to create advantage situation - Play live once offense gets possession - Change numbers of defenders sent(3,4, 5, etc...) - Extra defenders come in late(after ball cross half) to make it an even number of O and D
 the coverage for D Use Ballscreen as trigger on Neutral	<u>Across the FT Line 5v5</u> - Offense starts circling in the paint - D starts across the Ft Line - Coach will enter the ball to offense and call in or out - Out - two outside lanes touch before defending - In - two alleys touch before defending - Play live down and back - Coaches will choose

Using Triggers Drills



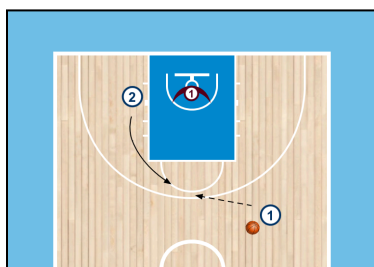
Intro to Gets

2v1 - D on the Passer

- Offense and defense up top with Offense in waiting area
- Offense has to dribble to the 45 and teammate will lift into Get

- pass goes to the Lift to execute a Get(handback)
- D will Guide decision
- D DIRTIES the pass
 - allow catch and chase over
 - Load in D going under
- Play live 2v1 out of the action

- Change location of the Get(elbow, wing, etc...)
- Add offensive and defensive pairs to make it (3v2, 4v3, etc...)
- Limit or add to the options for the Guided D to give the offense
- Use Twist as an option against the Under(U14+)

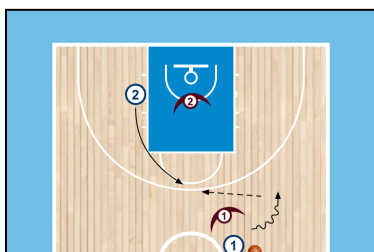


2v1 - D on the receiver

- same setup but put Defender on lift person
- play live 2v1 out of the action

- D will guide decision
- Give advantage on the lift catch
 - handback happens
 - Cheat to the handback

- Change location of the Get(elbow, wing, etc...)
- Add offensive and defensive pairs to make it (3v2, 4v3, etc...)
- Limit or add to the options for the Guided D to give the offense



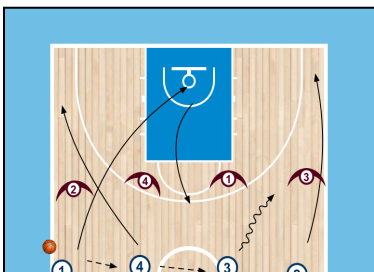
Gets

Live 2v2 out of Get

- same setup with Offense and defense pairs now
- ball is dribbled into the 45 and waiting area lifts
- Play live 2v2

- Change location of the Get(elbow, wing, etc...)
- Add offensive and defensive pairs to make it (3v3, 4v4, etc...)
- Place a constraint on how the defense can guard the action

Using Triggers - Get Action



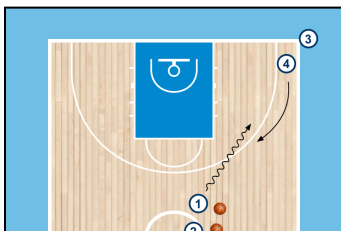
4v4 Flow - Scripted start for Trigger person

- offense starts lined up across half with D matched up but along the 3pt line
- offense pass to each other until it reaches the opposite

alley

- players can run their lane right away
- Coaches will script whether we have a Lift or Trail
- Play is live at opposite alley
- With offense starting from neutral we want to use a Get to trigger an advantage

- Change the number of offensive or defensive players (3v3, 5v5, etc...)
- Change the location of the Get (elbow, wing, etc...)
- Change triggers being used (DHO, Ballscreen(U14+), Away screen(U14+), etc...)



DHO Shooting

- Line with basketballs in an alley, line in the corner without balls
- execute dribble hand off
- Shot#1 - receiver drives middle to a pullup

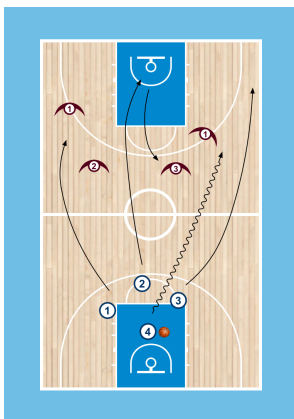
- Shot # 2 - receiver throws it back for a catch and shoot

- Change location of the DHO
- Add guided defender to cue the reads
- Use different finishes

Load to 2v2

- add defenders to each player
- Play live 2v2

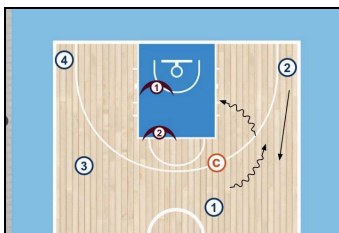
- Add more Offensive and defensive pairs when it's live (3v3, 4v4, etc...)



4v4 Circle - 3/4 court Start

- offensive players start in a circle
- Coach throws ball to the offense to break out into lanes
- Flow into trigger in half court if neutralized

- Change the number of offensive players on the floor (3v3, 5v5, etc...)
- Change triggers being used (DHO, Ballscreen(U14+), Away screen(U14+), etc...)

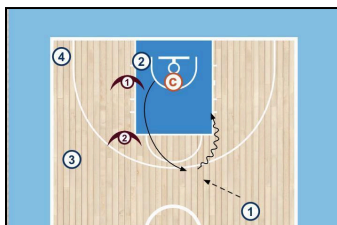


3v2 out of DHO

- start with 45's and corners filled
- ball starts in a 45 with coach guarding and two defenders on weakside
- coach will guide keep or handoff, whoever

attacks plays 3v2 with weakside players

- offense who doesn't attack is out

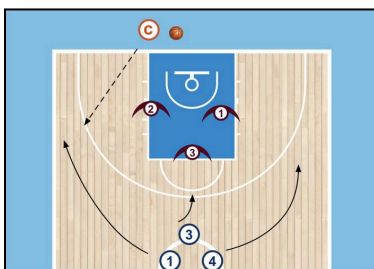


3v2 out of Get

- offense fills alley, weakside corner and 45 and waiting area
- ball starts in alley with coach on waiting area and two weaksided defenders

- offense will lift into a get where coach will guide Keep or handback, whoever attacks plays 3v2 with weakside players
- offense who doesn't attack is out

- Change location of the action
- Change the number of players on the floor (2v1, 4v3, etc...)
- Change the location of the guided defender to cue different reads

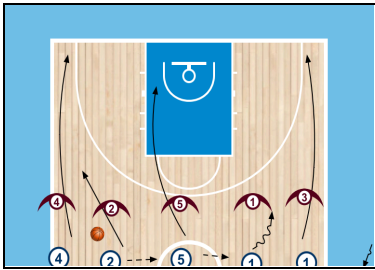


Cutthroat

- Offense players start in center circle, defenders start inside the paint
- Offense will run into position and coach will throw the ball out to any player
- Live on coaches

pass

- Change the spacing being used by offense (could fill interior or perimeter positions, could be scripted or random)
- Change when the ball is live (on a reversal, out of an action, etc...)
- Change the number of players on the floor (3v3, 4v4, etc..)
- Mx up trigger being used when neutral
- Can have offense stay if the score or defense can stay if they score, always rotate having D start in paint and O coming in from half



5v5 FLOW

- 5 across half with D lined up to match
- Ball will be passed until it reaches opposite alley
- Everyone runs lanes after first pass
- Run trigger on

neutral catch (could be DHO or straight to get or ballscreen)

- Live 5v5, transition on change of possession

- Change the number of players on the floor (3v3, 4v4, etc..)
- Mx up trigger being used when neutral