



TEAM DRILLS
For **DRIBBLE DRIVE**
MOTION OFFENSE

LEARN THE DRILLS THAT MAKE DDM GO AS A TEAM

COACH PETERMAN

Team Shooting Drills for DDM

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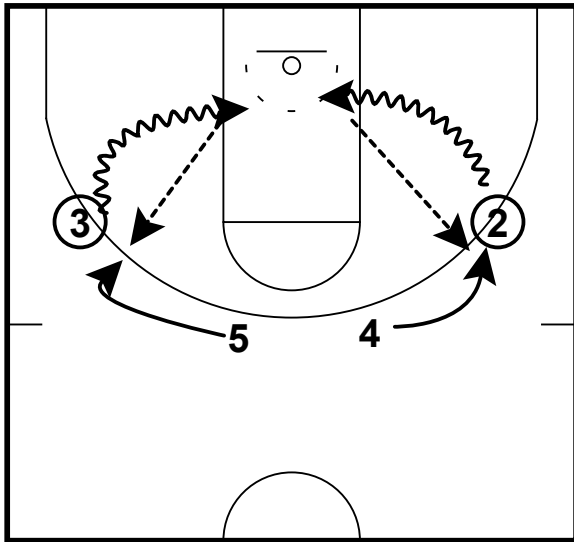
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Team Shooting Drills for DDM

Fill Cut Shooting

Fill Behind Shooting

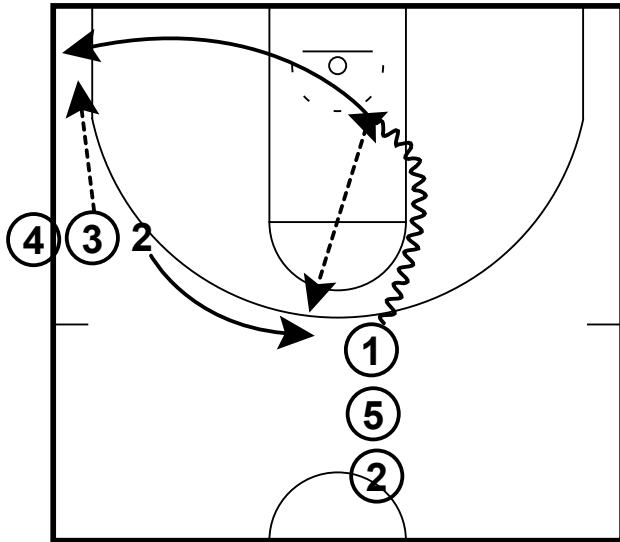


3 and 2 attack rim and reverse pivot
4 and 5 fill behind looking for pass

Team Shooting Drills for DDM

Fill Cut Shooting

Fill Behind/Hook Pass/Corner 3

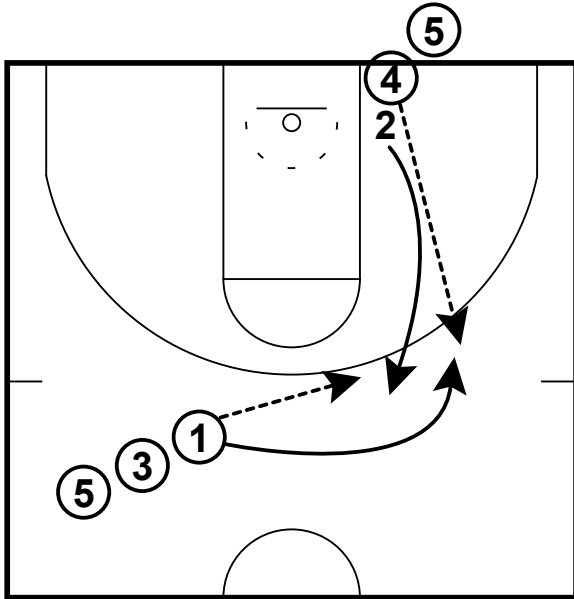


1 attacks rack and makes hook pass to 2 filling behind
3 makes pass to 1 cutting to corner for shot

Team Shooting Drills for DDM

Fill Cut Shooting

Fill Cut (Slot)

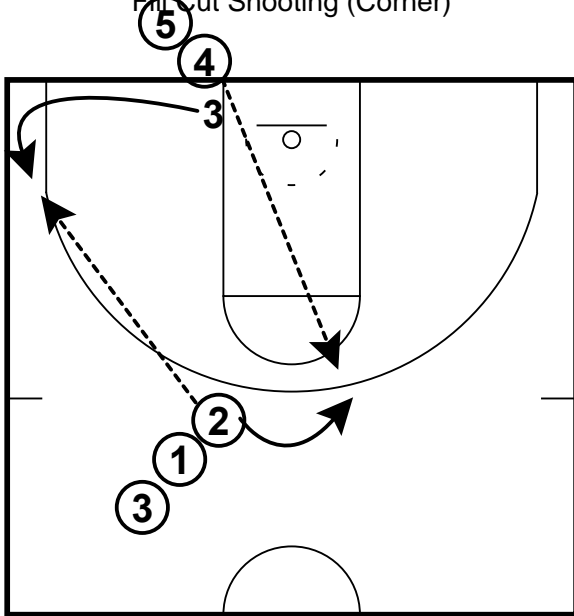


- 2 lifts to slot and receives pass from 1
- 1 cuts to opposite slot and receives pass from 4
- Rebound your own shot and rotate to line you received pass from

Team Shooting Drills for DDM

Fill Cut Shooting

Fill Cut Shooting (Corner)

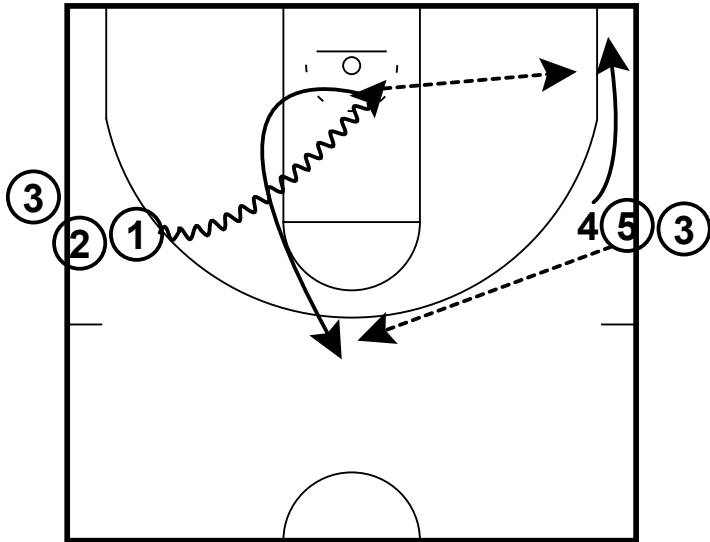


2 passes to 3 cutting to corner
4 makes over head pass to 2 spacing to the top of the key

Team Shooting Drills for DDM

Fill Cut Shooting

Fill Cut Shooting (Middle Drive)

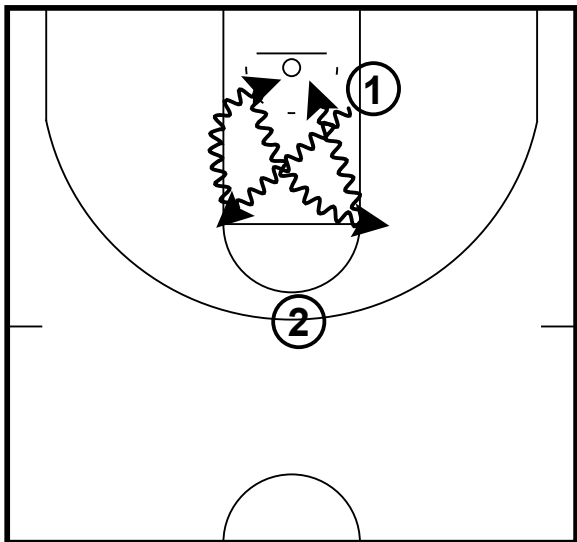


- 1 attacks middle and stride stops at the rack
- 4 fills corner to receive pass from 1
- After making pass, 1 lifts to the top of the key and receives pass from 5
- Rebound your own shot and rotate to the line you received pass from

Team Shooting Drills for DDM

Finishing Drills

X Out Layups

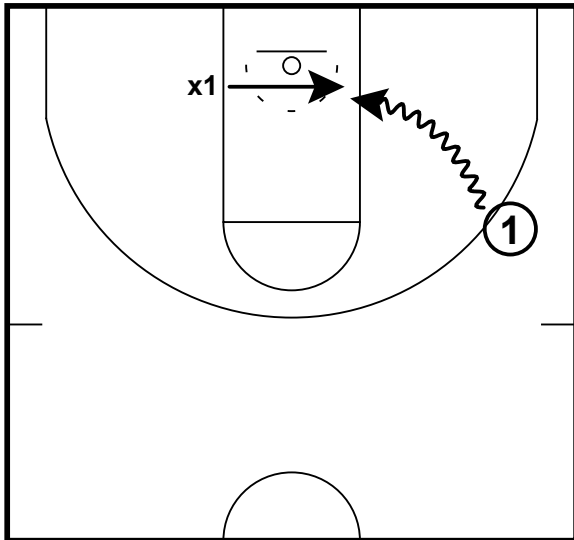


- 1 minute drill
- 1 dribbles from elbow to block
- 2 does a stationary ball handling move and counts out 1's makes

Team Shooting Drills for DDM

Finishing Drills

Wing Finish/Guided Defender

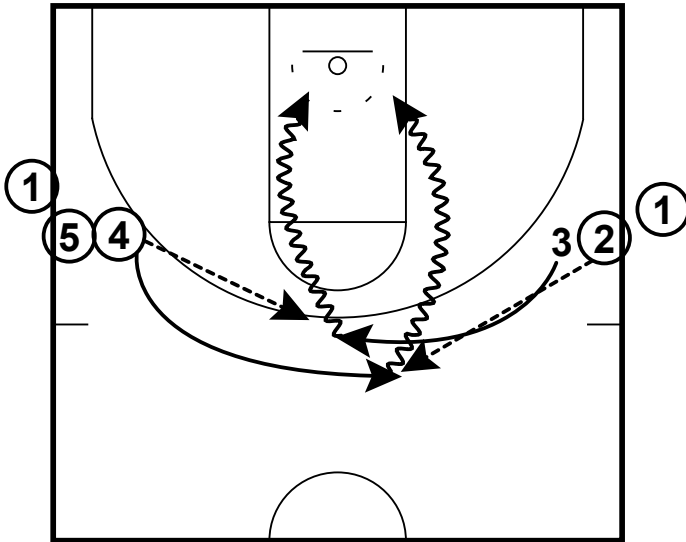


- Work both sides
- Start defender below block
- Defender starts moving on 1st dribble and stands stationary with hands in air
- Offense reads defender - chest or shoulder read

Team Shooting Drills for DDM

Finishing Drills

Attack on Catch

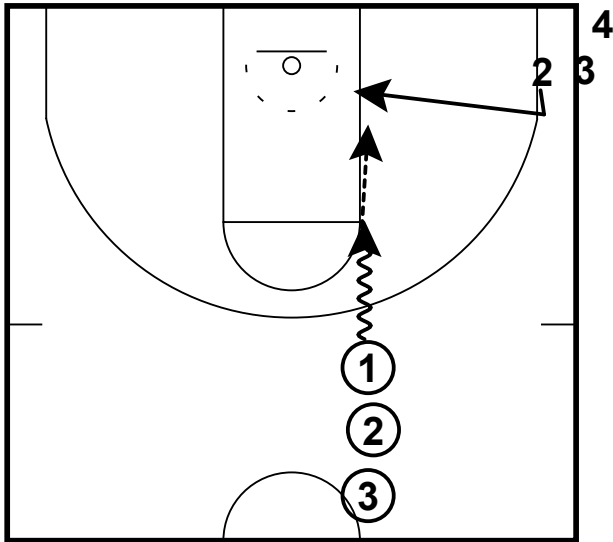


- Work on different finishes
- Inside hand
- Same foot/same hand finish
- Back Pivot
- Back Pivot/Spin

Team Shooting Drills for DDM

Finishing Drills

Drop Layups

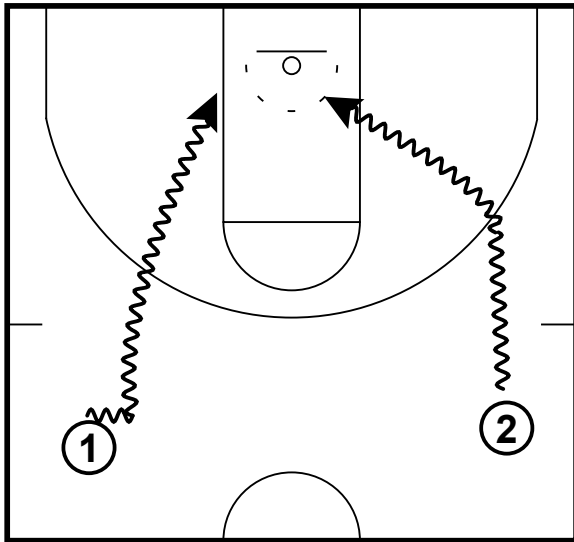


- 1 attacks drop zone and picks up dribble
- 2 makes 2nd cut
- Work on different catches
- Move lines to different angles

Team Shooting Drills for DDM

Finishing Drills

Push Out/Hesitation Dribble/Finish

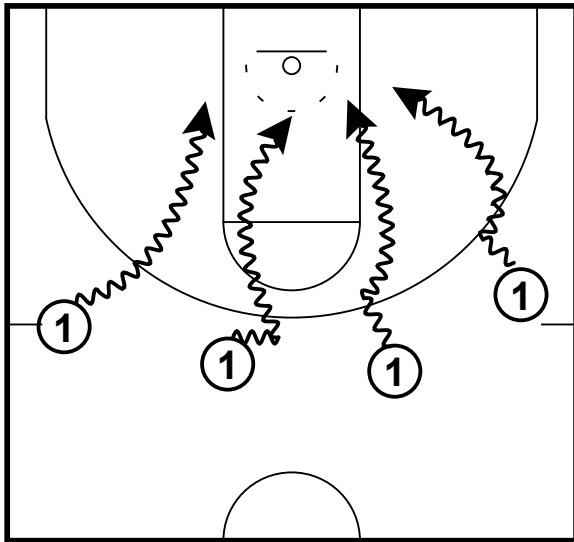


Work on reverse euro
Hop Stop
Around back finish

Team Shooting Drills for DDM

Finishing Drills

Finishing Drills



Work on different attack dribbles

Inside Out

Double Inside Out

Hesitation

Work on different finishes

Same hand/same foot finish

Scoop

Hop Stop

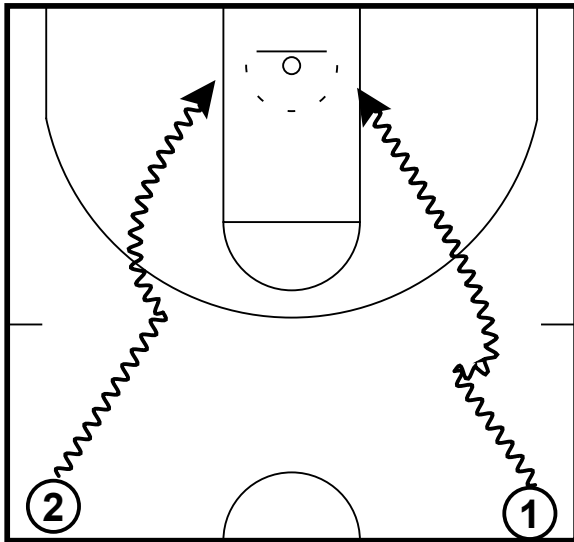
Stride Stop

Reverse

Team Shooting Drills for DDM

Finishing Drills

Break Out Dribble Layups

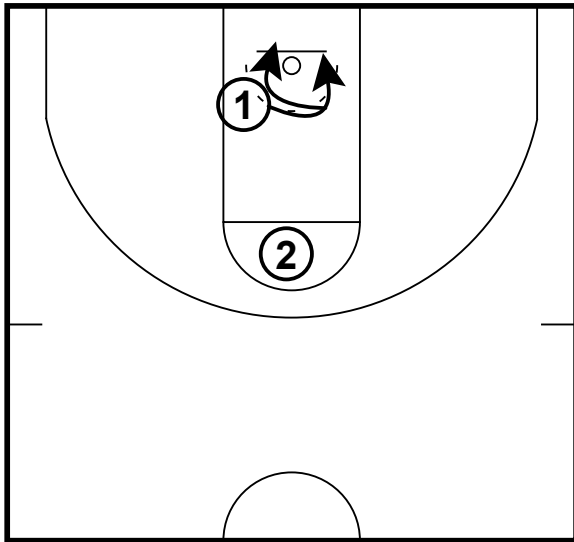


Work on different dribble moves and finishes
Rotate lines

Team Shooting Drills for DDM

Warm Up Shooting

Mikan/Ball Handling

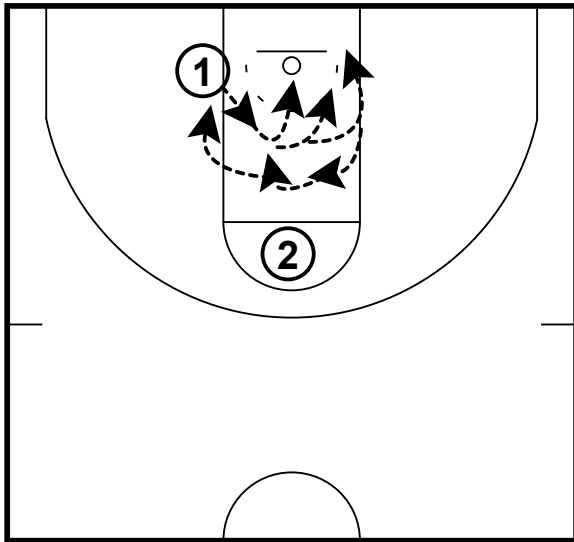


1 makes 20 Mikans
2 does pound/cross and counts 1's makes
Rotate spots after 20 makes

Team Shooting Drills for DDM

Warm Up Shooting

Self Toss/Around the World

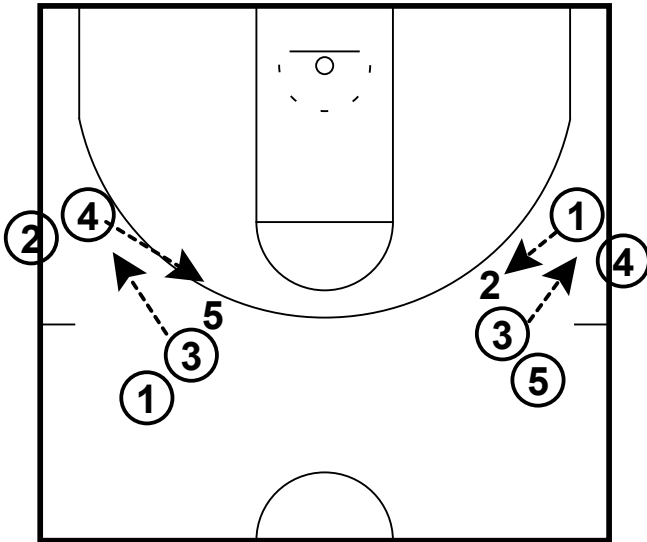


- 1 self tosses around key
- 2 does a different ball handling move
- Rotate spots after 10 makes

Team Shooting Drills for DDM

Warm Up Shooting

Step In Shooting

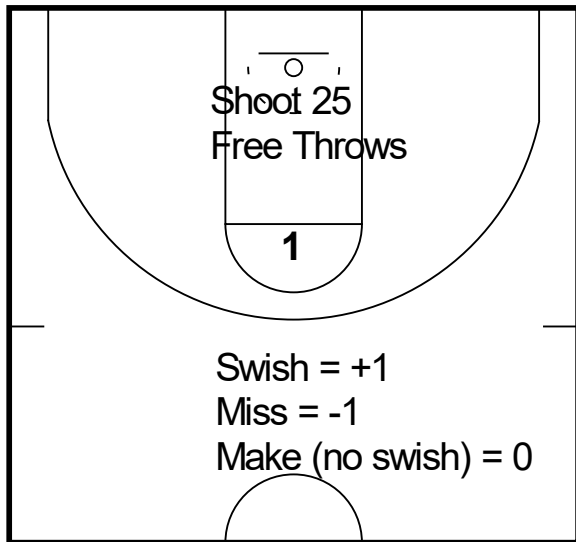


Prepare feet, hands and eyes before catch
Shoot for a certain length of time or makes

Team Shooting Drills for DDM

Warm Up Shooting

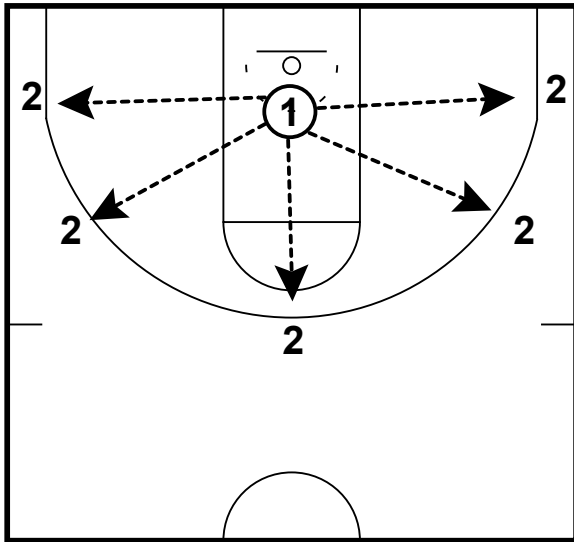
Swish Free Throw Game



Team Shooting Drills for DDM

Warm Up Shooting

20 Second Shooting

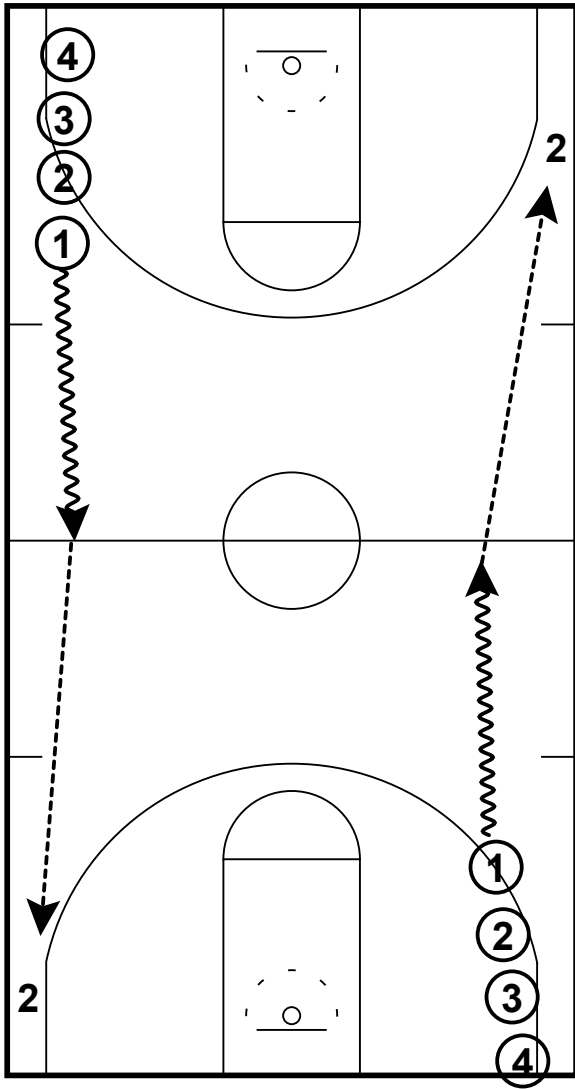


Shoot for 20 seconds from each spot

Team Shooting Drills for DDM

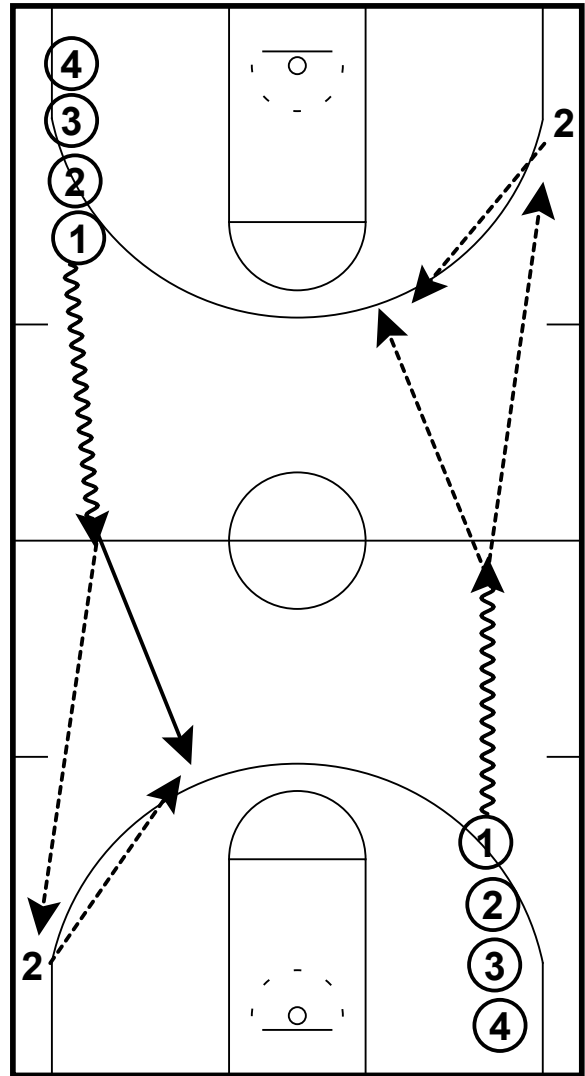
Transition Shooting

Transition Shooting



2 can either shoot or attack rim

Transition Shooting

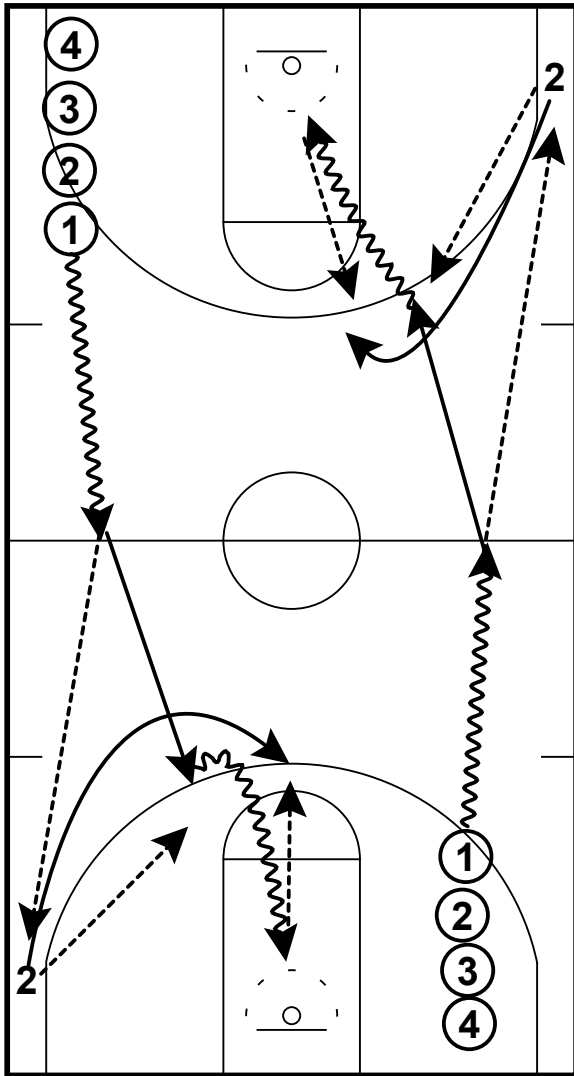


2nd phase - 2 hits 1 filling slot for trail 3

Team Shooting Drills for DDM

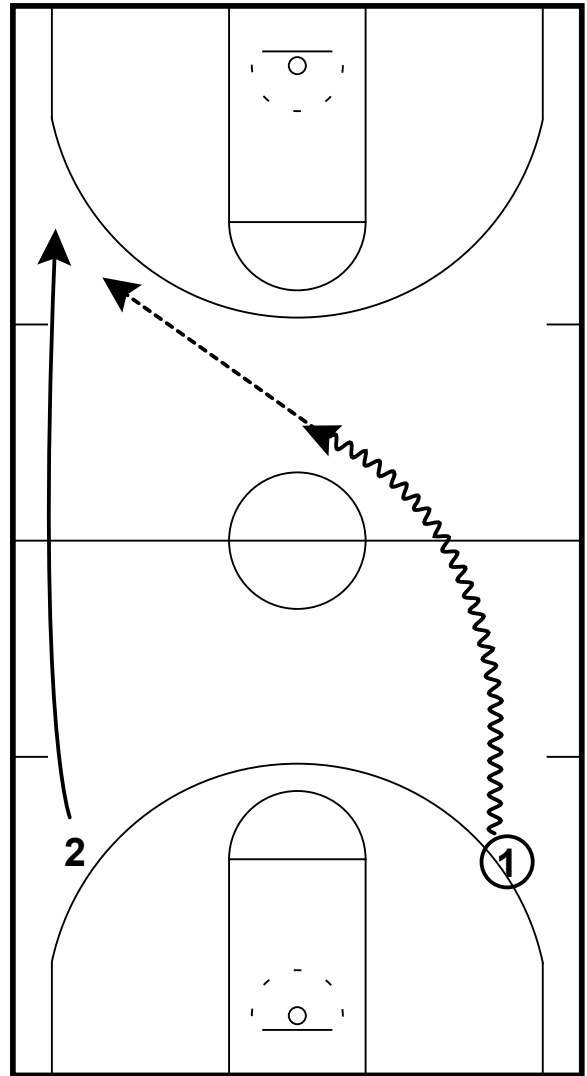
Transition Shooting

Transition Shooting



1 attacks rack and finds 2 filling behind for shot
Pivot out of pressure

Transition Shooting

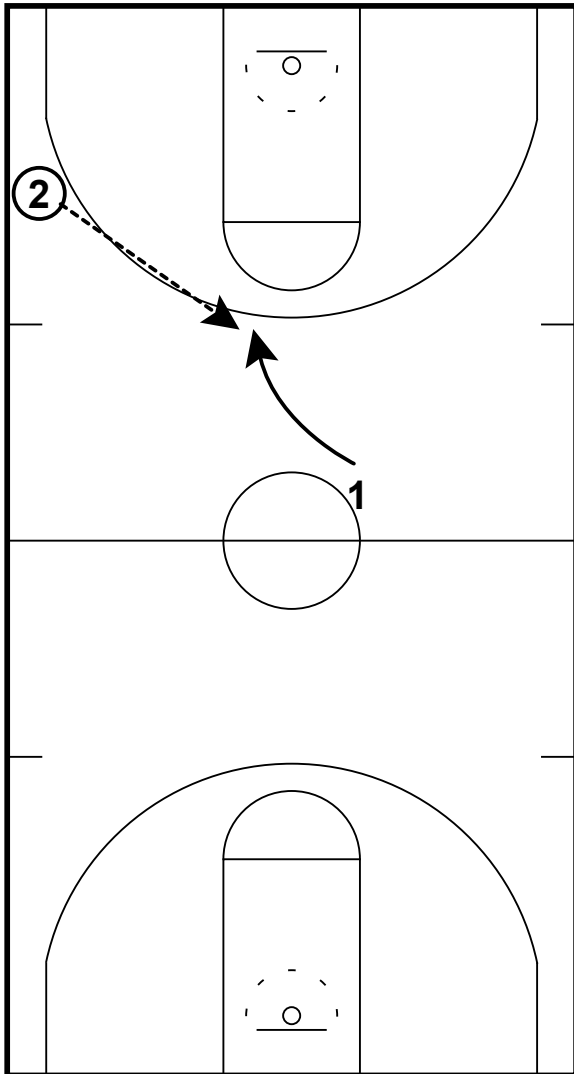


1 break out dribbles and kicks ahead to 2 at the wing

Team Shooting Drills for DDM

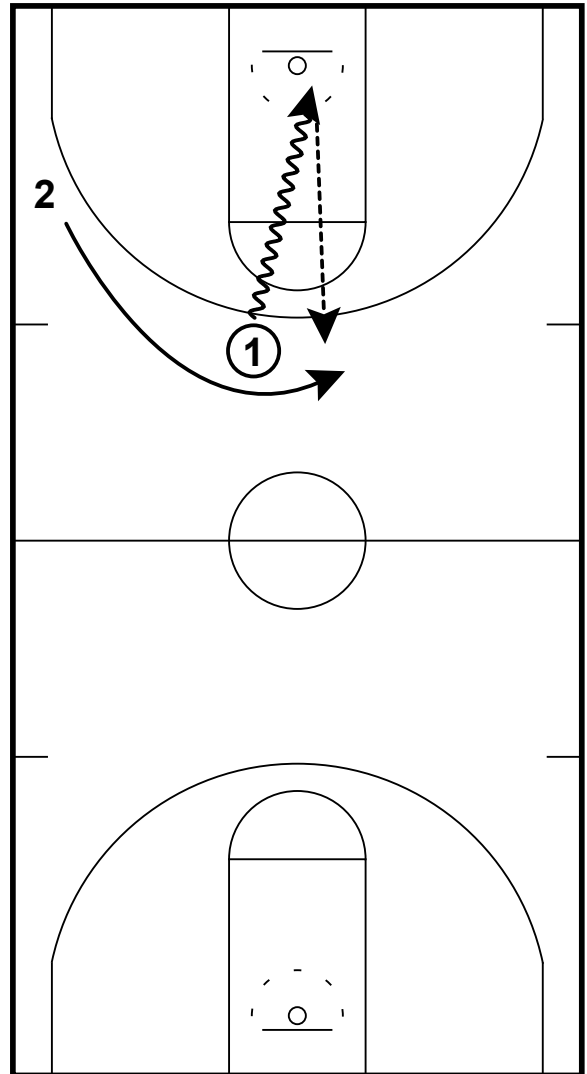
Transition Shooting

Transition Shooting



2 hits 1 filling slot for shot

Transition Shooting

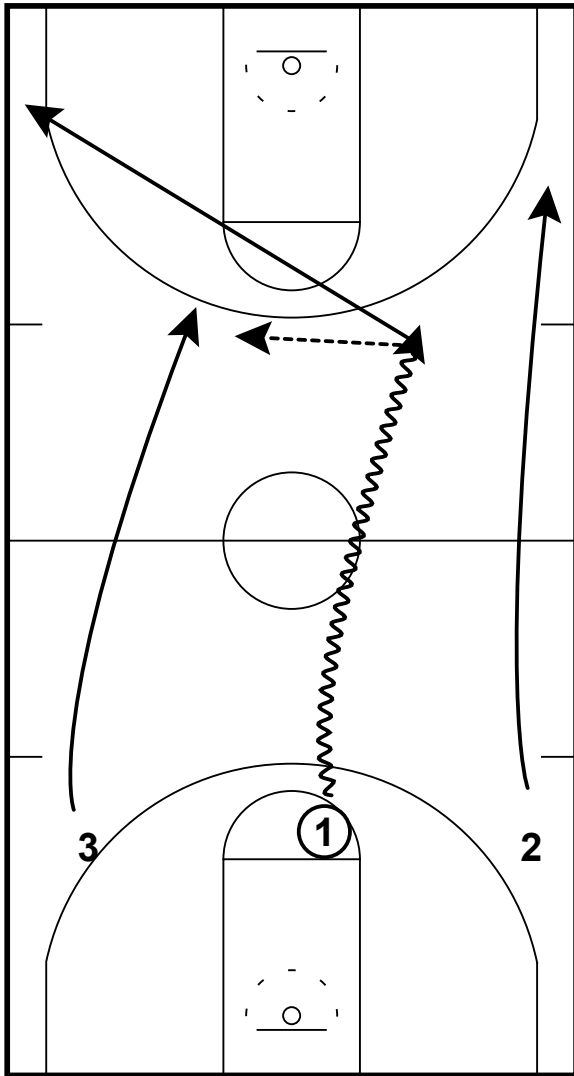


1 attacks rack and passes to 2 filling behind

Team Shooting Drills for DDM

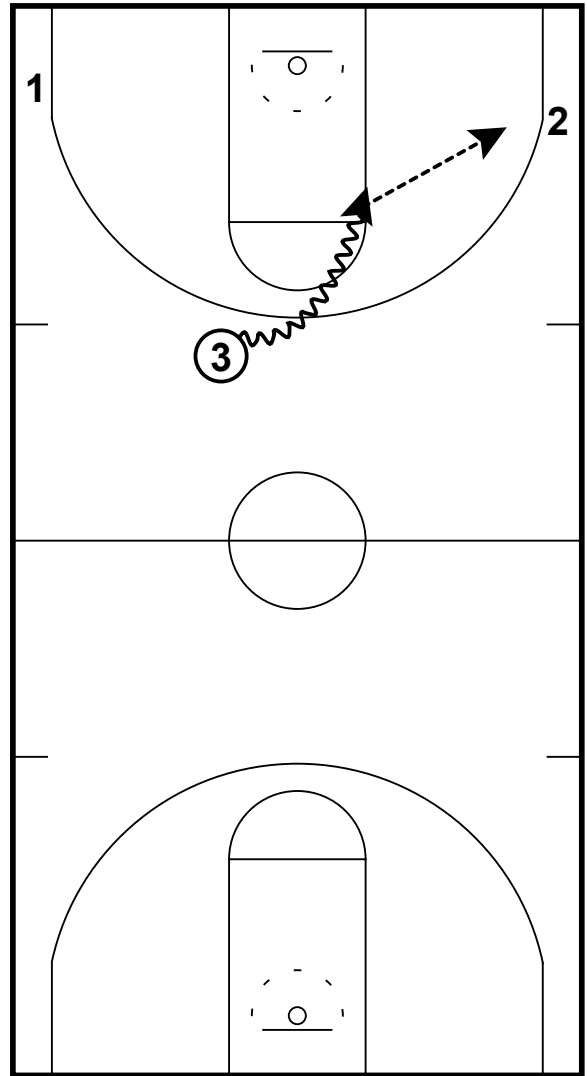
Transition Shooting

Transition Shooting (3 Man Blur)



3 receives slot pass from 1
1 makes blur cut and fills corner

Transition Shooting (3 Man Blur)

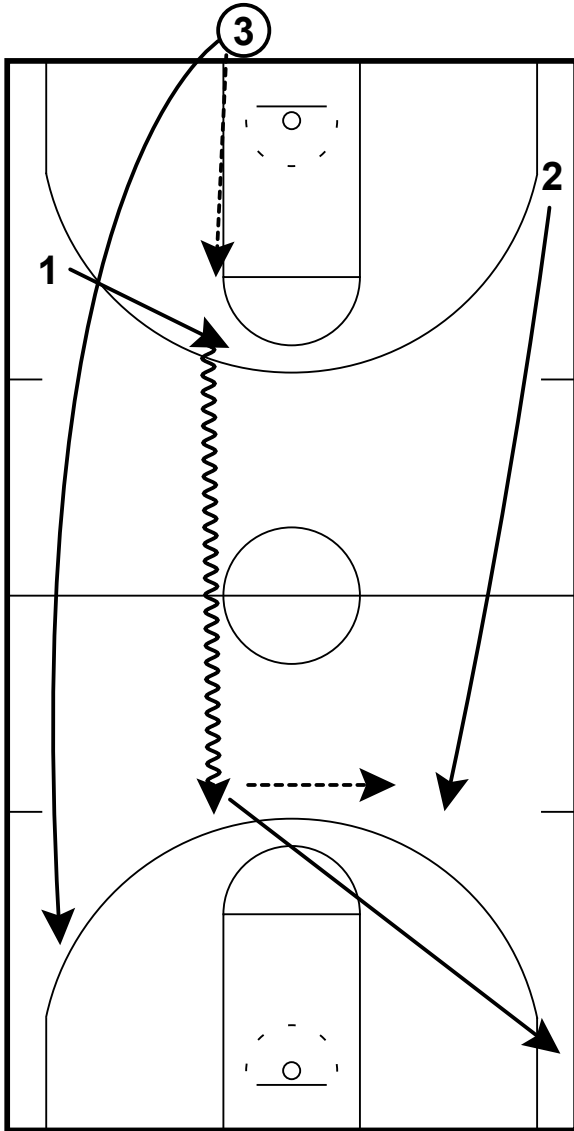


3 attacks elbow and makes natural pitch to 2 in the corner

Team Shooting Drills for DDM

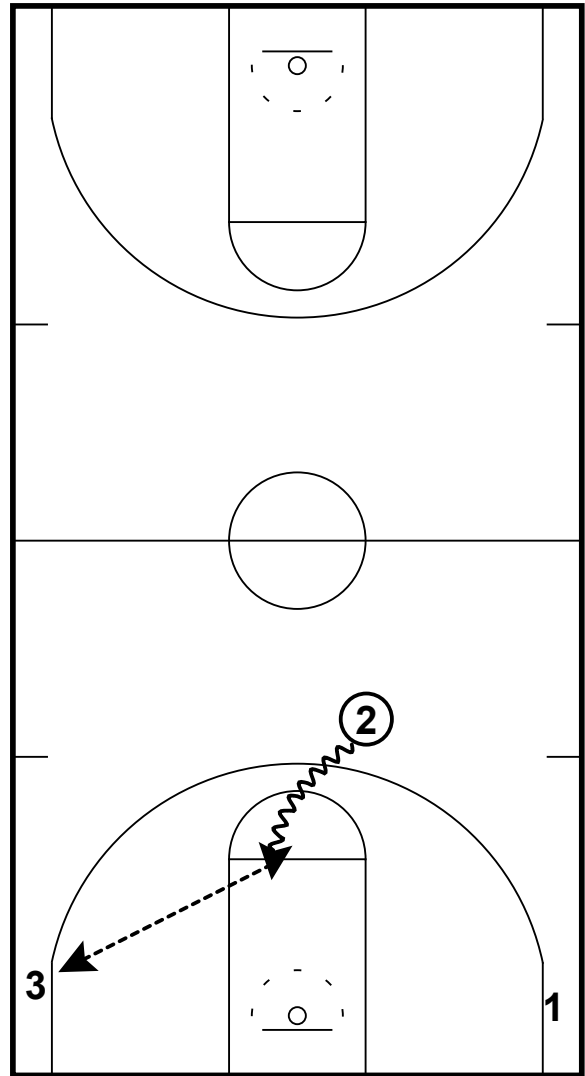
Transition Shooting

Transition Shooting (3 Man Blur)



- 3 outlets to 1
- 2 receives slot pass from 1
- 1 makes blur cut to corner

Transition Shooting (3 Man Blur)

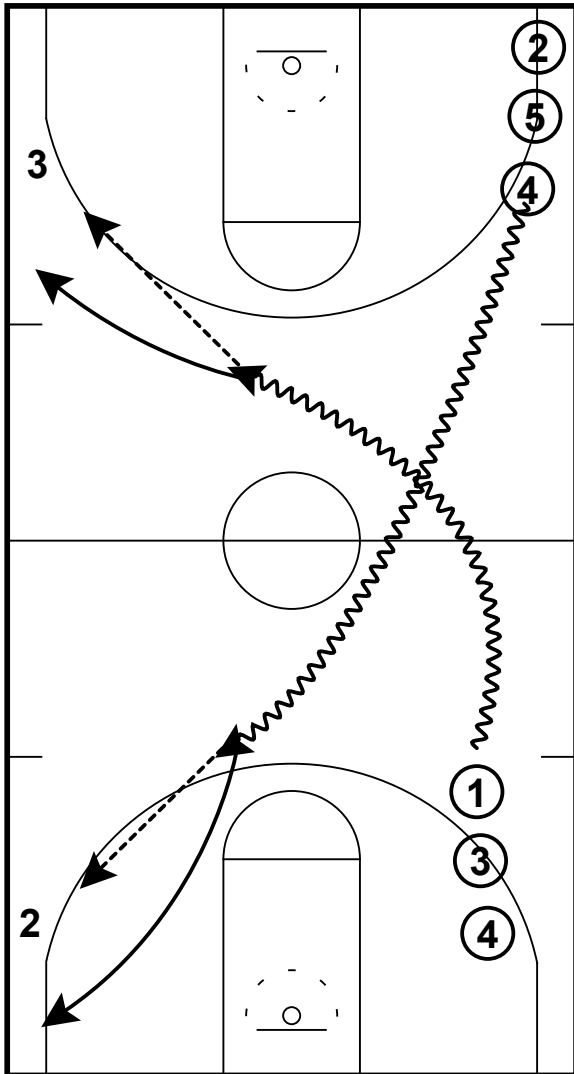


- 2 makes elbow attack and finds 3 on the natural pitch

Team Shooting Drills for DDM

Transition Shooting

Pitch Ahead Shooting

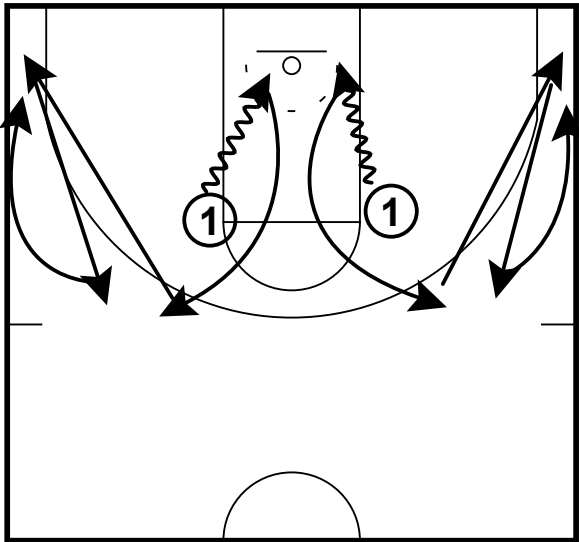


1 and 4 break out dribble then cross the split line and pitch ahead to shooters in the corner
 Passer follows pass and becomes new shooter
 Shooter rebounds their own shot and becomes break out dribbler

Team Shooting Drills for DDM

Individual Shooting Drills

Zipper

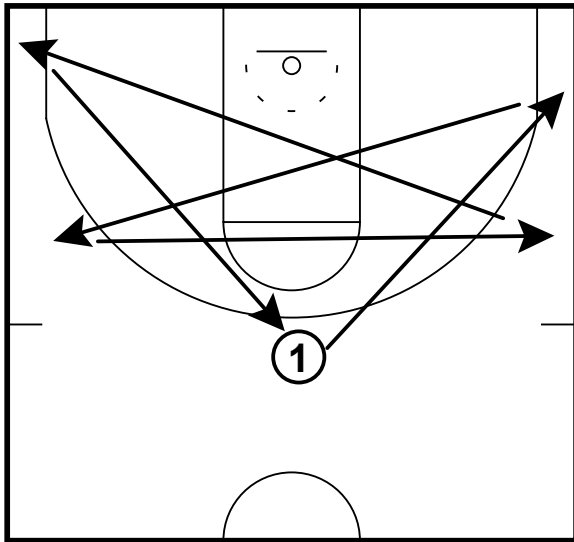


5 shots on each side
1st shot is a layup
Goal is to make 8 out of 10

Team Shooting Drills for DDM

Individual Shooting Drills

Star Drill

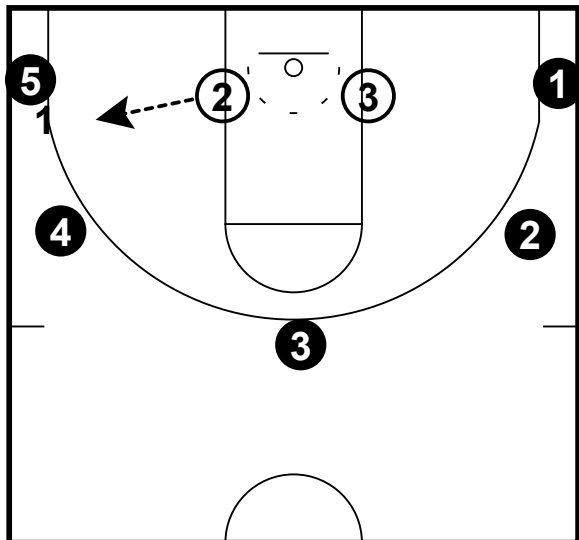


- 3 players in each group
- Make 1 from each spot as a team
- Finish with a free throw equals 1 star
- If you have 5 makes in a row it equals 2 stars
- All 3 players must get a star to win drill

Team Shooting Drills for DDM

Individual Shooting Drills

Larry Bird Drill



2 minute drill

2 rebounders

2 balls

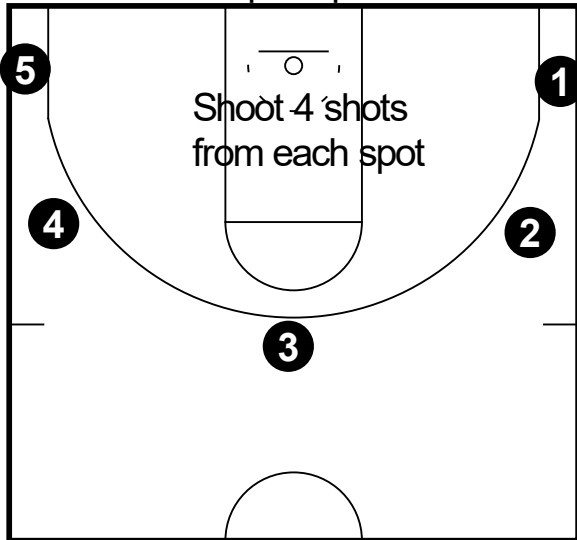
Make 2 in a row from all 5 spots

Then move to the top and make 10 3's

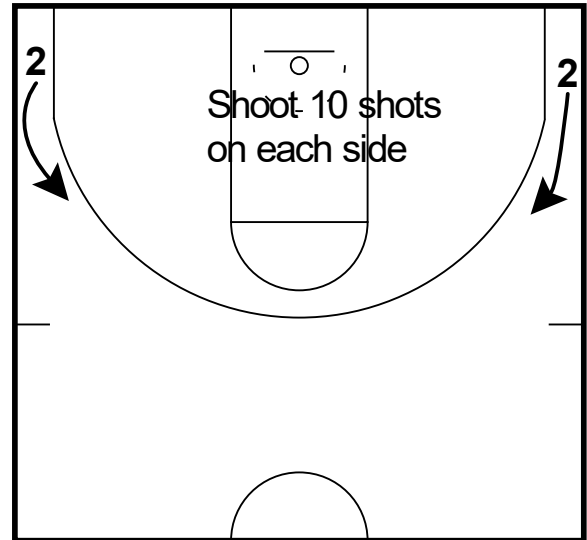
Team Shooting Drills for DDM

Individual Shooting Drills

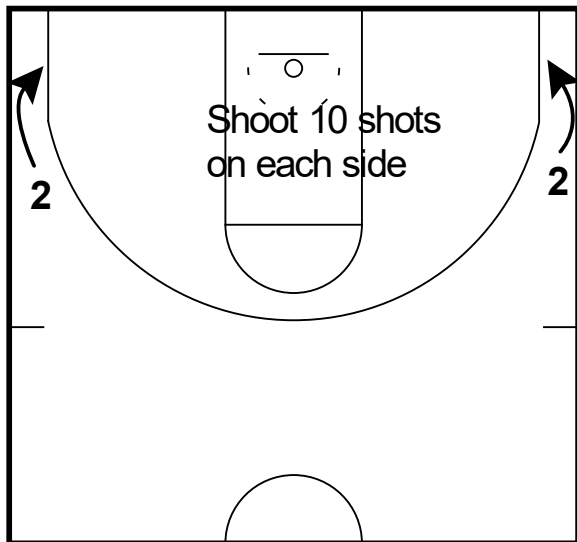
NBA 100
Spot Ups



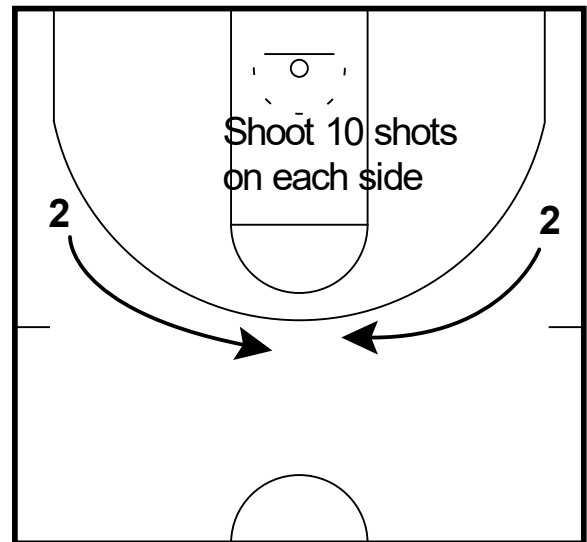
NBA 100
Lift



NBA 100
Drifts



NBA 100

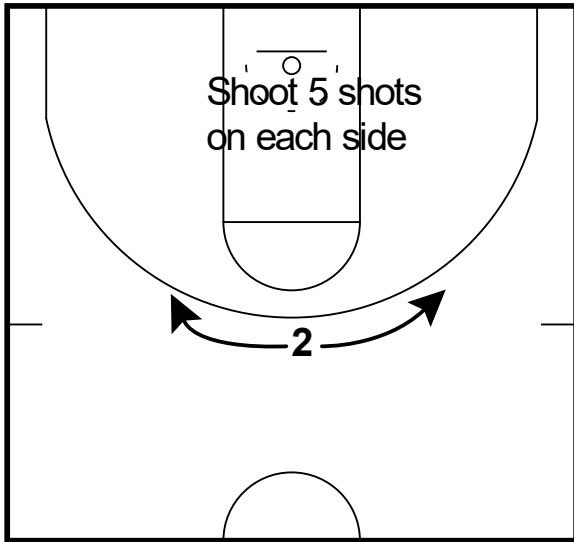


Team Shooting Drills for DDM

Individual Shooting Drills

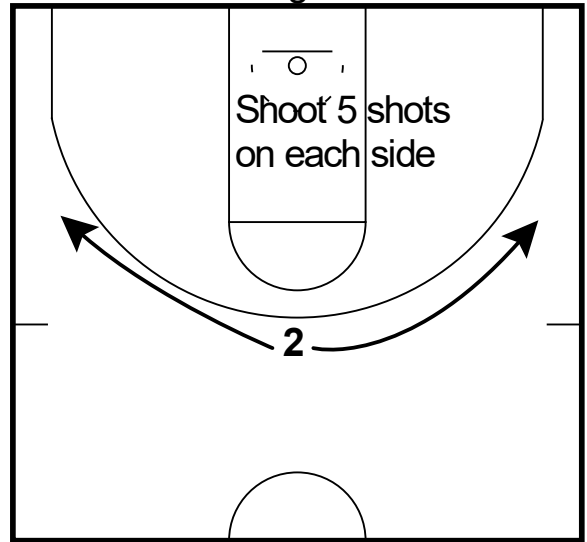
NBA 100

Short Pull



NBA 100

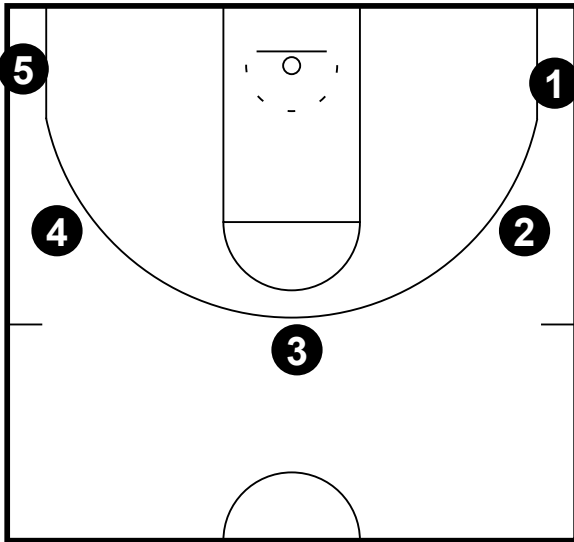
Long Pull



Team Shooting Drills for DDM

Individual Shooting Drills

2 Minute 3's



2 minute drill

The goal is to make it around and back to original spot before time expires

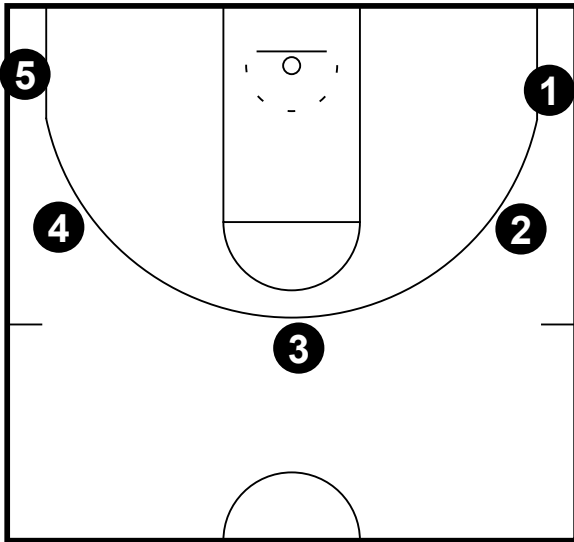
2 shots must be made in a row from each spot before you can advance

When you make it to opposite corner you need to make 2 sets of 2 shots in a row

Team Shooting Drills for DDM

Individual Shooting Drills

90 Second 3's

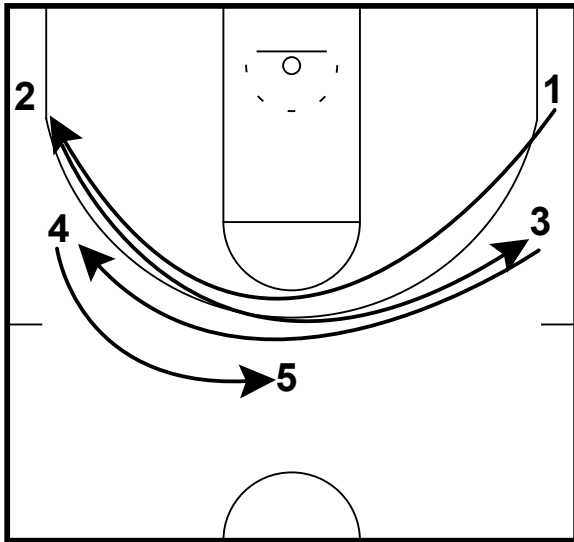


You must make 3 shots in a row before you can move to the next spot
The goal is to find all 5 spots before time expires

Team Shooting Drills for DDM

Individual Shooting Drills

Run the Arc Shooting

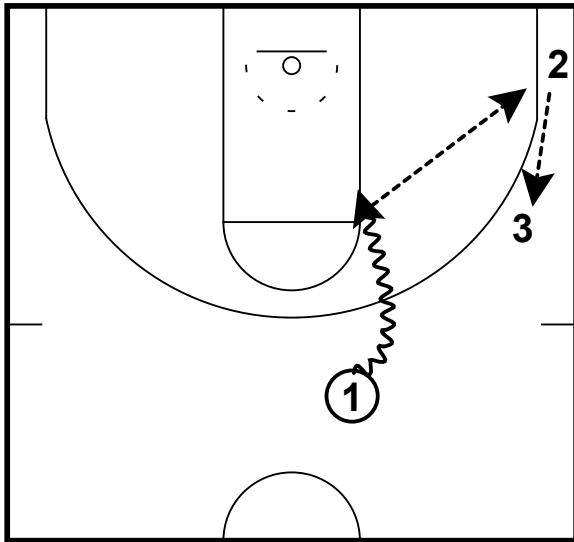


5 spot drill
Do 2 sets of 5 or for a length of time

Team Shooting Drills for DDM

Team Shooting Drills

1 More Shooting

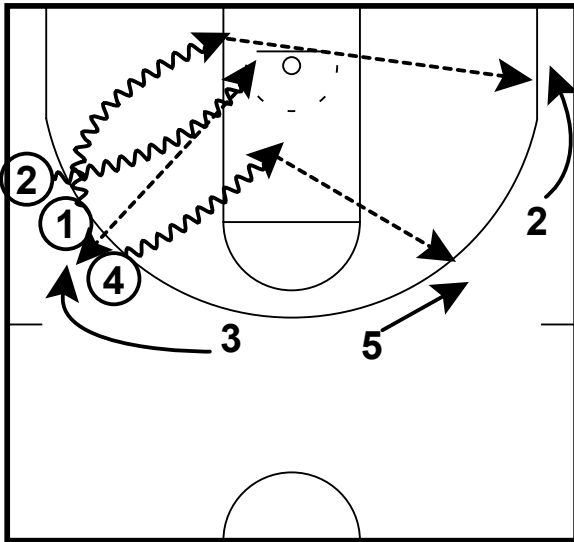


Emphasize making extra pass and being ready on the catch

Team Shooting Drills for DDM

Team Shooting Drills

3 Drives/3 Shots



1st shot - Baseline Drive/Drift to 2

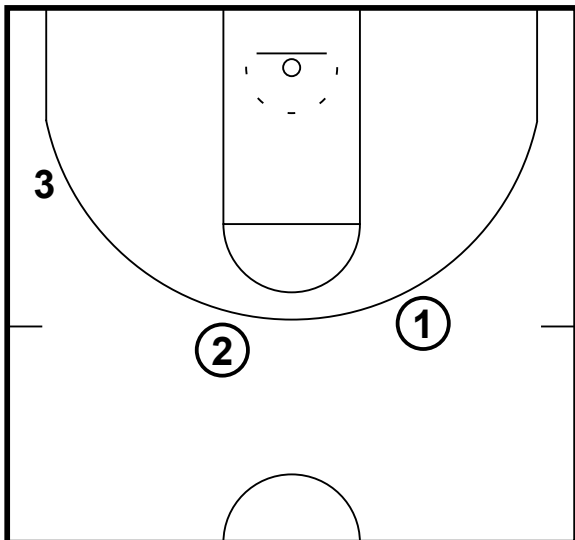
2nd shot - Middle drive/kick to 5

3rd shot - Baseline Drive/Fill behind to 3

Team Shooting Drills for DDM

Team Shooting Drills

3 Man/2 Ball Shooting



2-3 minute drill

1 shoots and rebounds their own shot

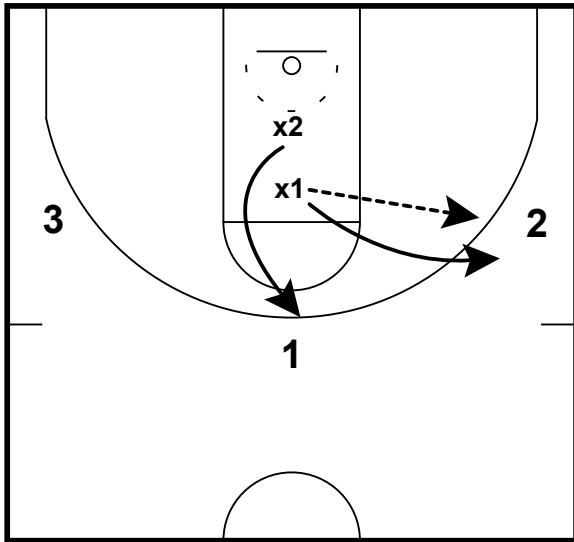
1 passes to 2 calling for ball

2 shoots and rebounds shot and passes to 1 who has spaced behind 3 point line

Team Shooting Drills for DDM

Team Shooting Drills

3 on 2 Shooting

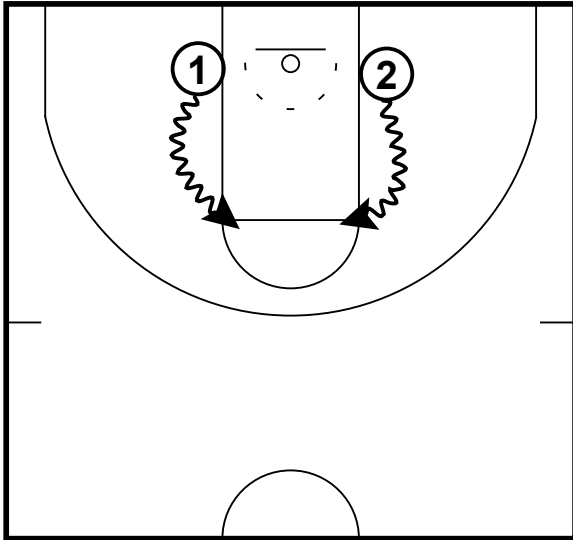


- Offense cannot move or dribble
- Work on shot and pass fakes
- Offense can move once shot is released
- Work on offensive rebounding and quick kick out for a 3

Team Shooting Drills for DDM

Team Shooting Drills

5 in a Row

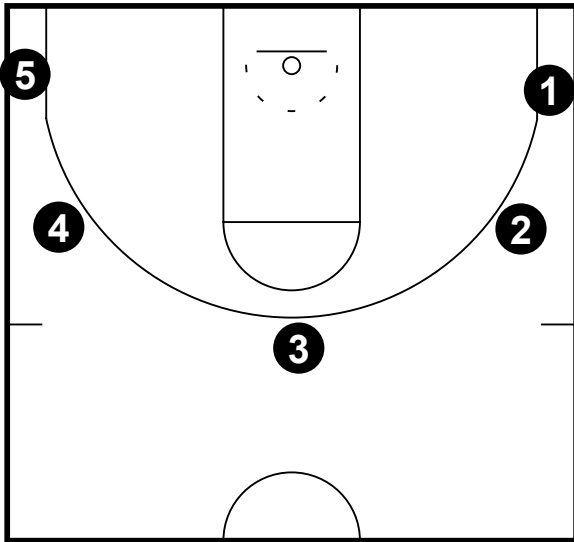


Make 5 in a row from elbow
Rotate to other side after 5 makes
1 minute drill

Team Shooting Drills for DDM

Team Shooting Drills

90 Second 3's

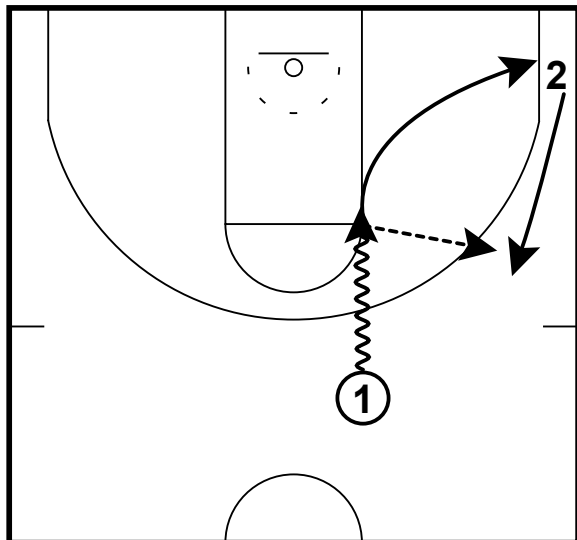


You must make 3 shots in a row before you can move to the next spot
The goal is to find all 5 spots before time expires

Team Shooting Drills for DDM

Team Shooting Drills

Attack/Lift

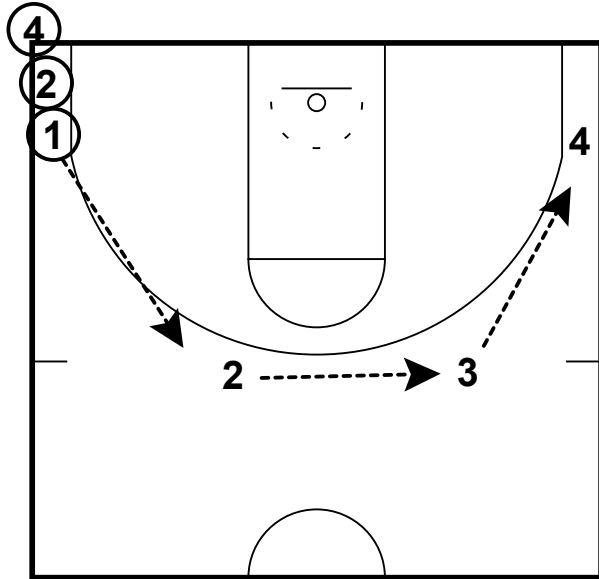


Be patient
Don't make cut until 1 jump stops at drop zone

Team Shooting Drills for DDM

Team Shooting Drills

Ball Reversal Shooting

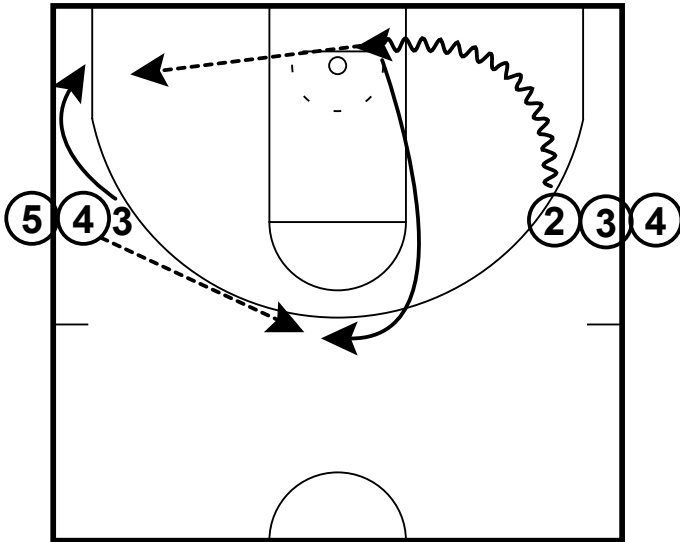


- Follow your pass
- Set for time or a number of makes
- Switch sides
- Mix in finishes at rim
- Emphasize being ready on the catch

Team Shooting Drills for DDM

Team Shooting Drills

Baseline Drive/Baseline Drift

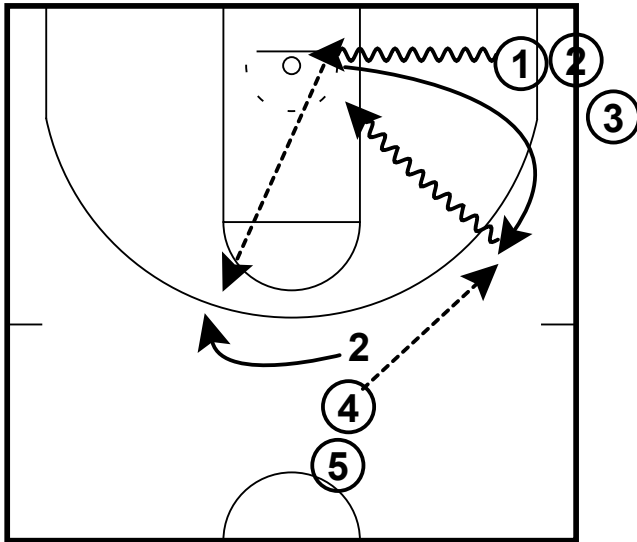


- 3 minute drill on each side
- 2 drives baseline and passes to 3 on corner drift
- After making pass 2 lifts to the top of the key and receives a pass from 4
- Rebound shot and rotate to the line that you received pass from

Team Shooting Drills for DDM

Team Shooting Drills

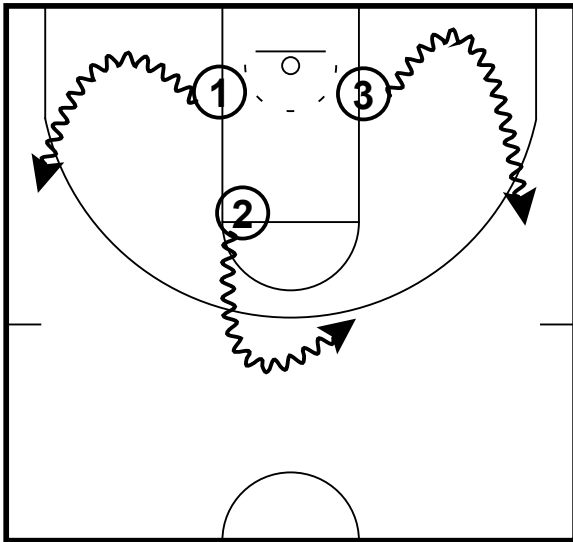
Baseline Drive/Lift/Rip Finish



Team Shooting Drills for DDM

Team Shooting Drills

Continuous 3's



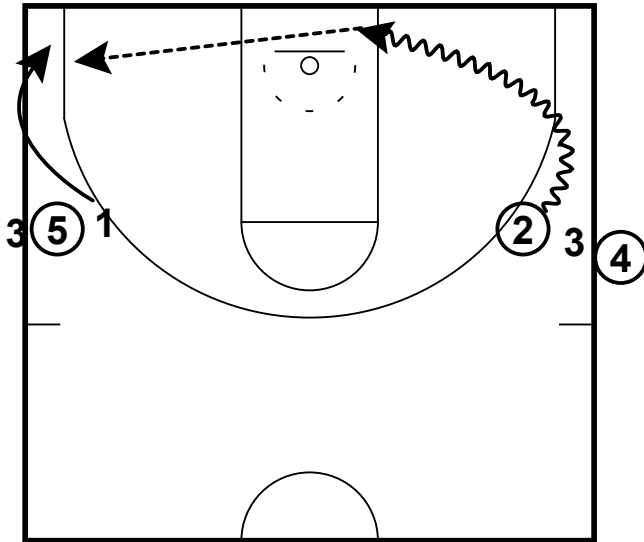
20 minute drill

Rebound your own shot and shoot from different spots
Must make 50 to earn the right to shoot 3's in a game

Team Shooting Drills for DDM

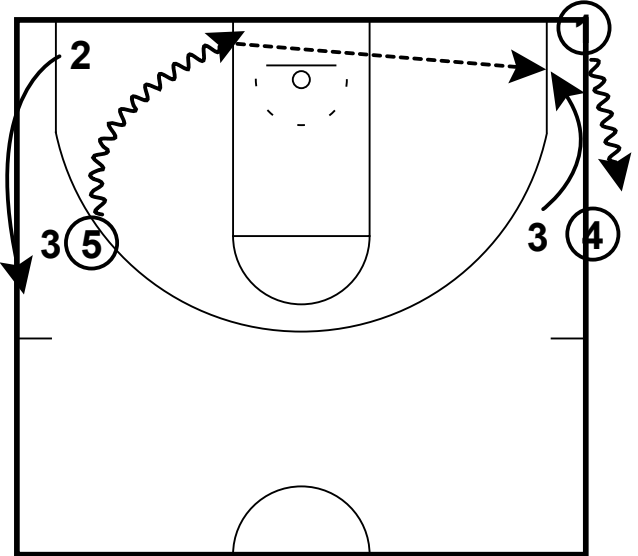
Team Shooting Drills

Continous Drifts



2 drives baseline and hits 1 drifting to the corner
 2 rotates to the other line
 1 rebounds their own shot and rotates to line they received the pass from

Continous Drifts

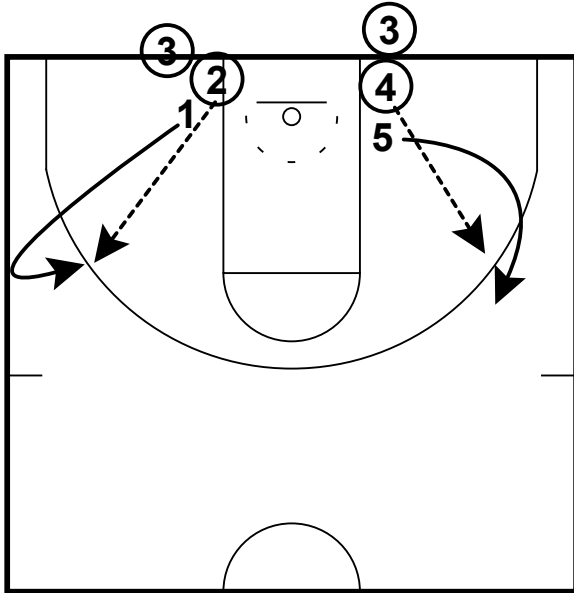


5 attacks baseline and kicks to 3 drifting to the corner

Team Shooting Drills for DDM

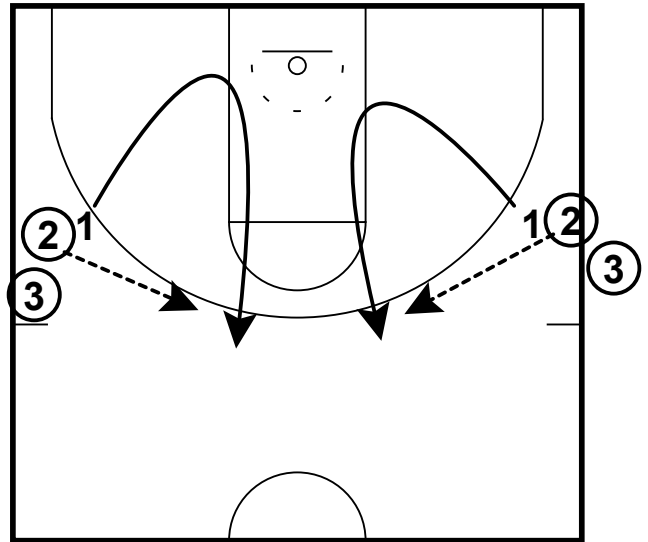
Team Shooting Drills

Curl Shooting (Wing)



You can move lines to different spots on the floor
Have a set time or a number of makes for each line to make

Curl Shooting (Wing)

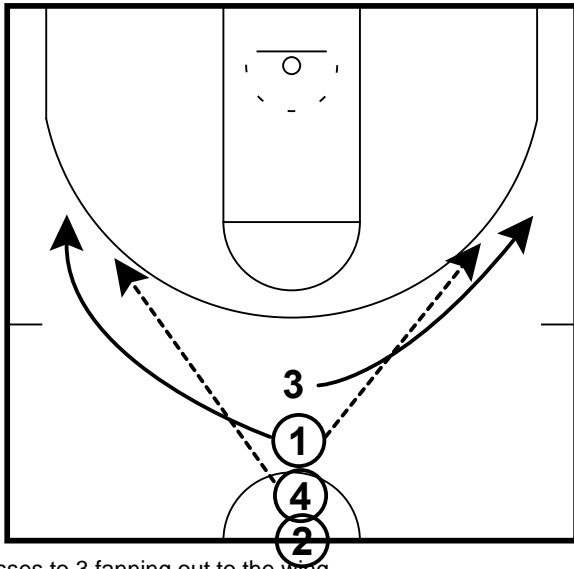


Rotate lines after a couple of minutes or makes

Team Shooting Drills for DDM

Team Shooting Drills

Cut-Cut Shooting

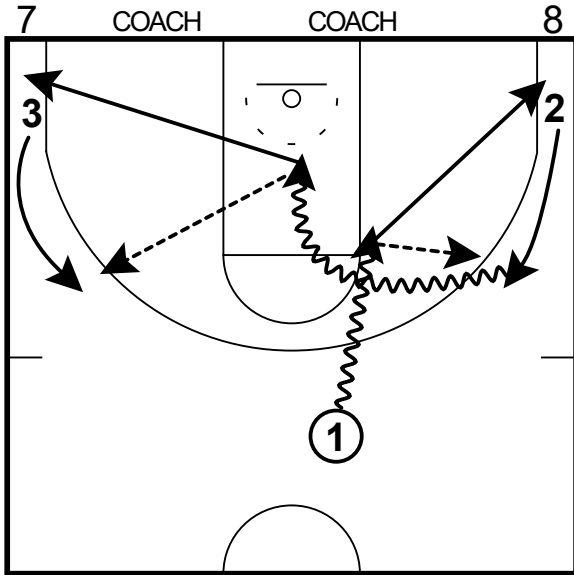


- 1 passes to 3 fanning out to the wing
- 3 has chin on left shoulder looking for pass
- After making pass to 3, 1 makes same cut in opposite direction
- Shoot 3's or work on finishing at the rim

Team Shooting Drills for DDM

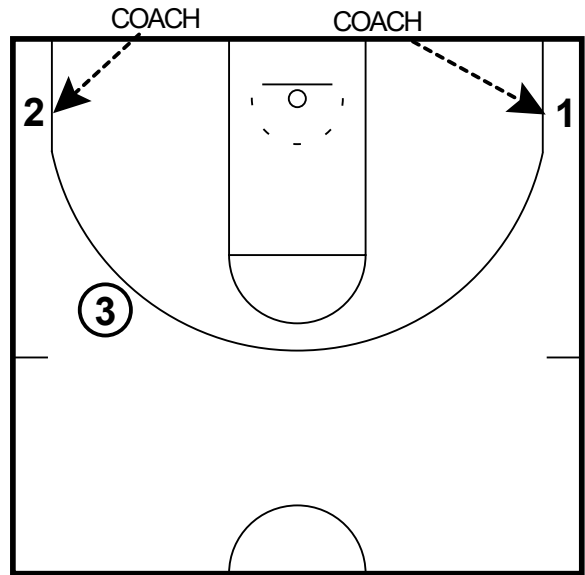
Team Shooting Drills

Dribble Drive/3 Ball



1 attacks drop zone and hits 2 on the lift
2 attacks elbow and kicks out to 3 for shot

Dribble Drive/3 Ball

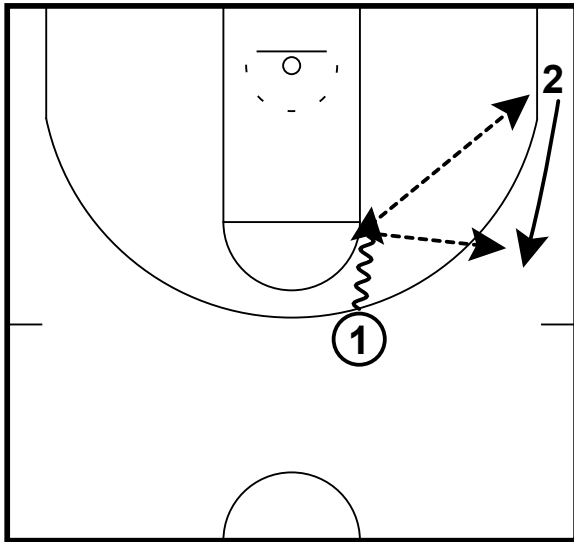


3 shoots on the lift
Coaches pass to 1 and 2 spotting up in corners

Team Shooting Drills for DDM

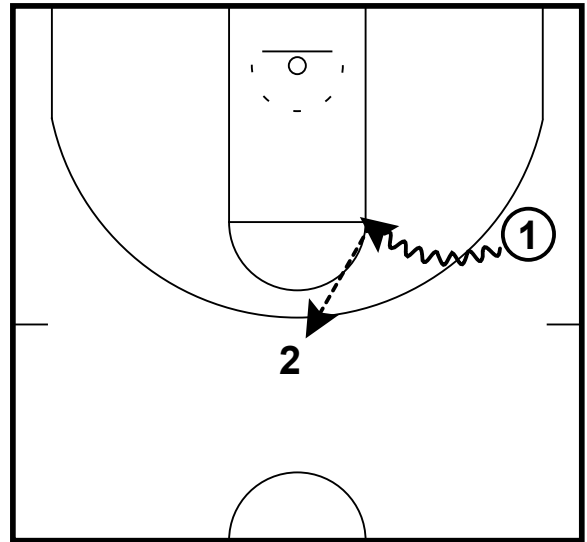
Team Shooting Drills

Drive/Kick Shooting



Work on spot ups and lifts

Drive/Kick Shooting

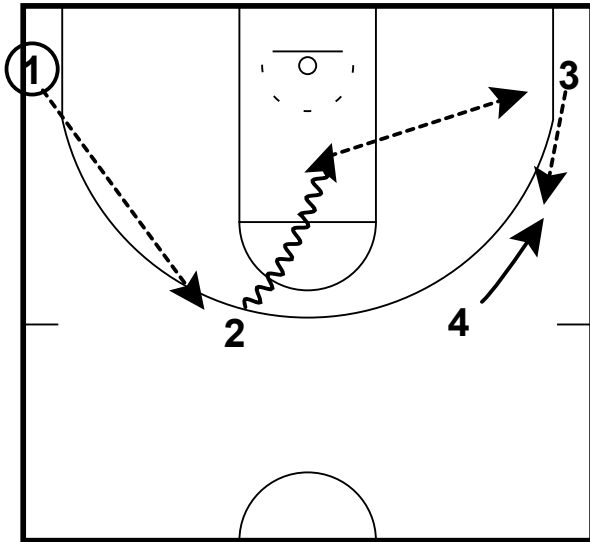


3rd spot to focus on is top of key

Team Shooting Drills for DDM

Team Shooting Drills

Drive/Kick Shooting

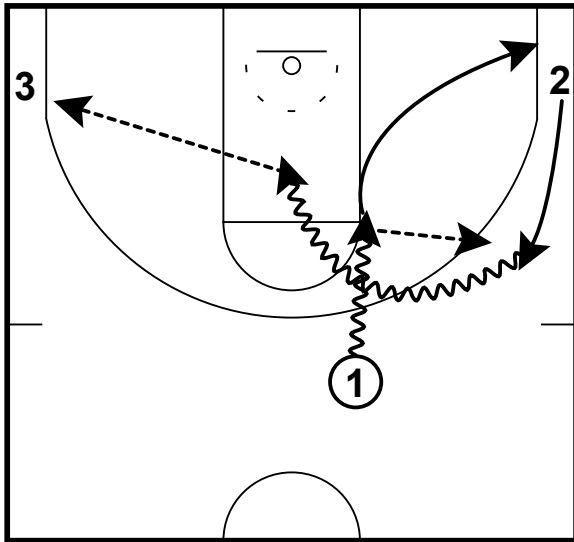


2 attacks paint and kicks out to 3 in the corner
3 passes back up to 4 for shot
Follow your pass

Team Shooting Drills for DDM

Team Shooting Drills

Drive/Kick/Drive/Pass

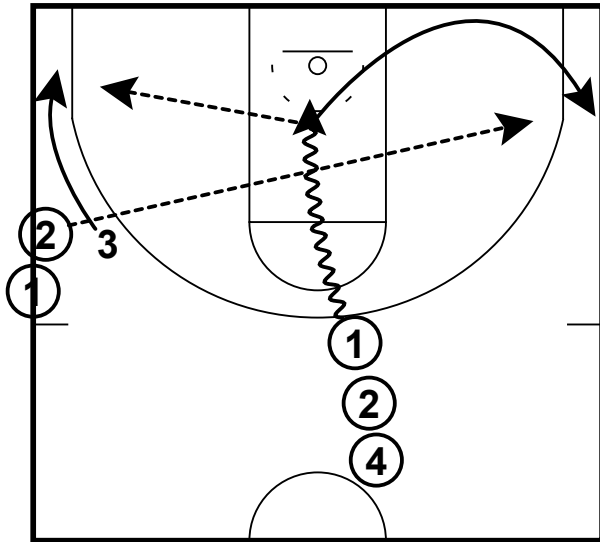


2 attacks elbow after the catch and kicks out to 3 in the corner for shot
Follow your pass

Team Shooting Drills for DDM

Team Shooting Drills

Drive/Kick/Skip Shooting

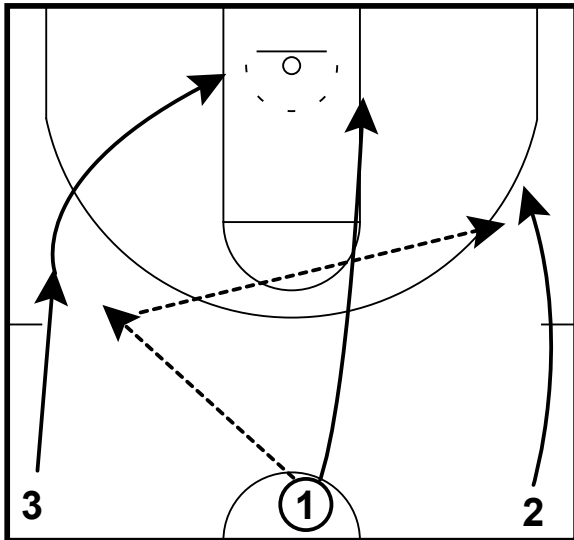


- 1 attacks rack and kicks to 3 in the corner
- 1 spaces to corner
- 2 makes skip pass to 1

Team Shooting Drills for DDM

Team Shooting Drills

Eastern Michigan Shooting

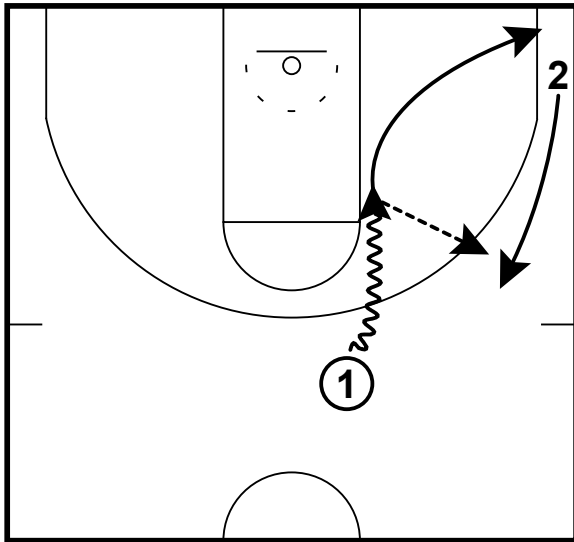


- 2 minute drill
- 3 points for made 3
- 2 points for tip in rebound (in the air)
- 1 point for put back
- Goal is to make 35 points

Team Shooting Drills for DDM

Team Shooting Drills

Lift Shooting

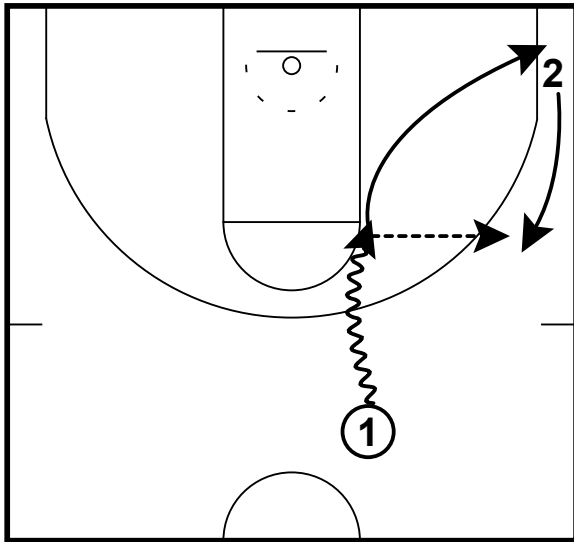


2 lifts for shot
1 rotates to 2's spot

Team Shooting Drills for DDM

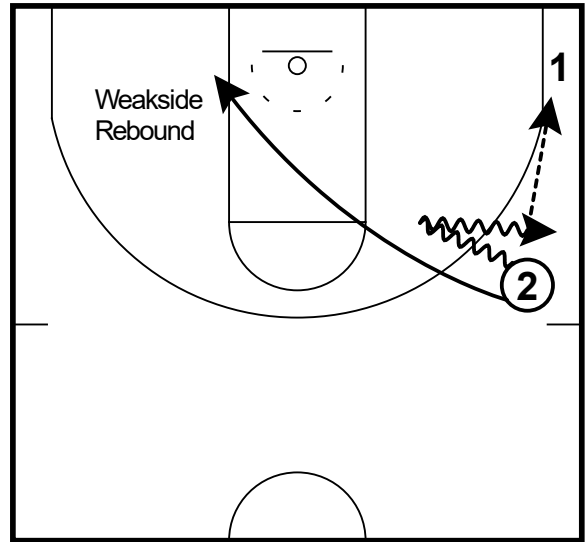
Team Shooting Drills

Lift/Bounce Out/Corner 3



1 attacks rack and passes to 2 on the lift

Lift/Bounce Out/Corner 3

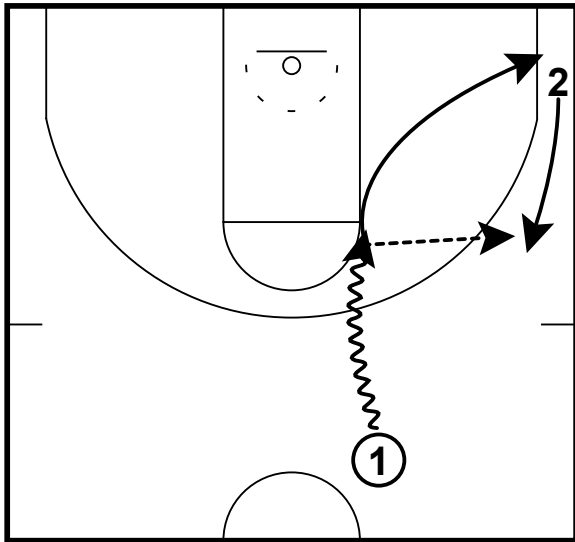


2 attacks elbow then bounces back out to pass to 1 for corner 3
2 sprints in to get weakside rebound

Team Shooting Drills for DDM

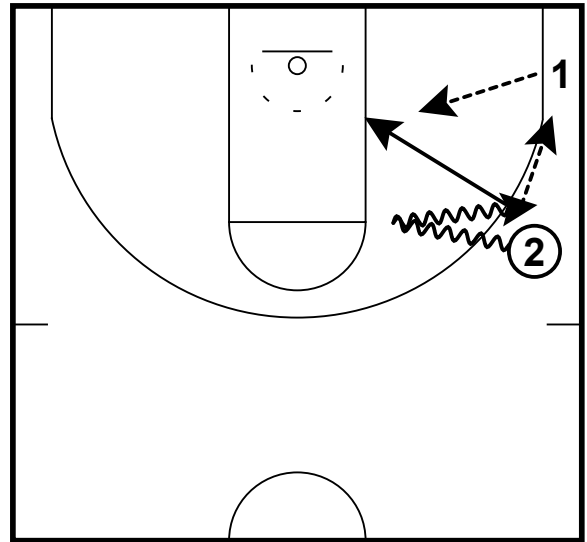
Team Shooting Drills

Lift/Bounce Out/Give & Go



1 attacks drop zone and hits 2 on the lift

Lift/Bounce Out/Give & Go

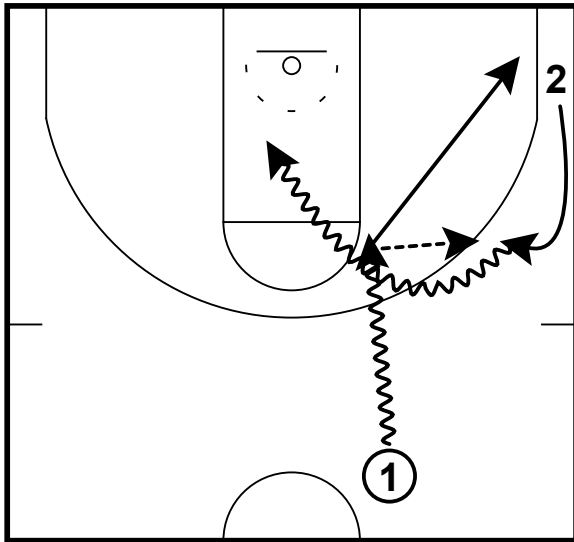


2 bounces out and passes to 1 in the corner
1 passes to 2 on the give and go

Team Shooting Drills for DDM

Team Shooting Drills

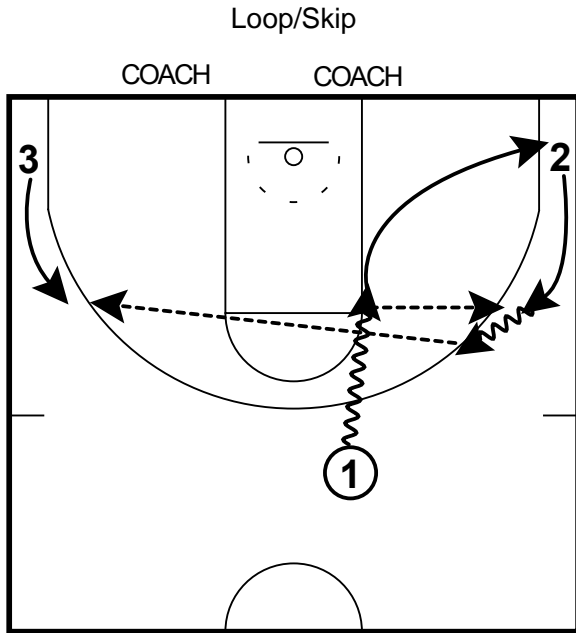
Lift/Layup



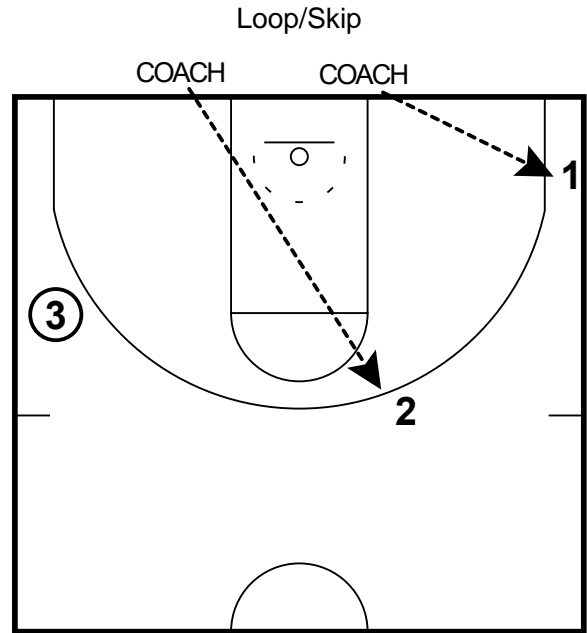
2 attacks rack
1 rotates to corner
Work on different finishes

Team Shooting Drills for DDM

Team Shooting Drills



2 hits 3 on the skip

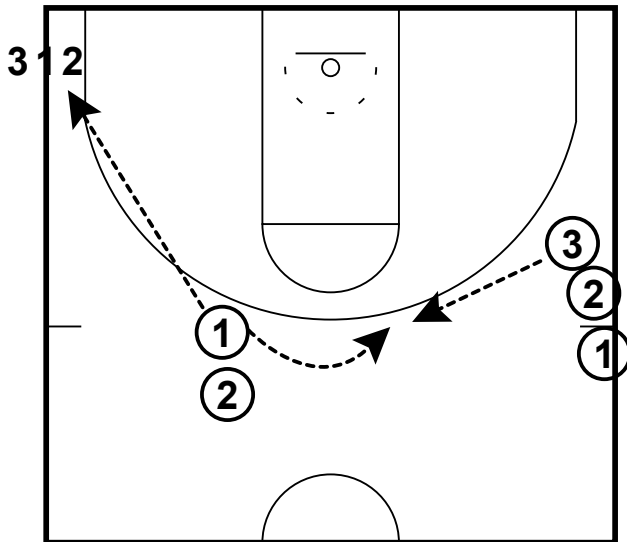


Coaches make pass to 1 and 2

Team Shooting Drills for DDM

Team Shooting Drills

Maryland Shooting

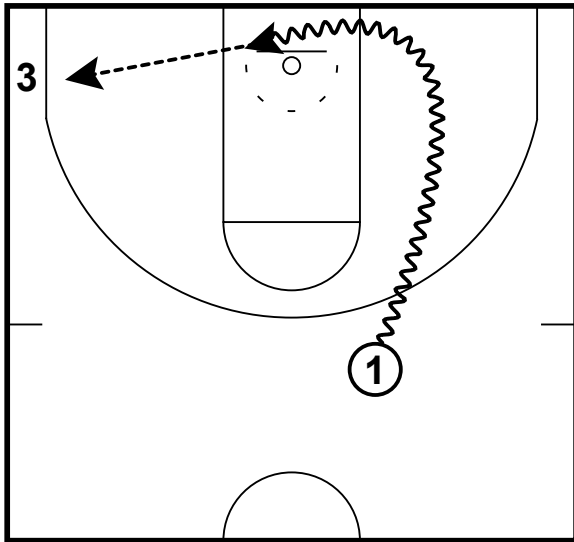


- Move lines to different spots after 2-3 minutes
- Emphasize passing outside body with outside hand
- Drill starts with 1 passing to 2 in the corner
- 1 flashes to top to receive pass from 3
- Rotate counter clockwise

Team Shooting Drills for DDM

Team Shooting Drills

Nash Shooting

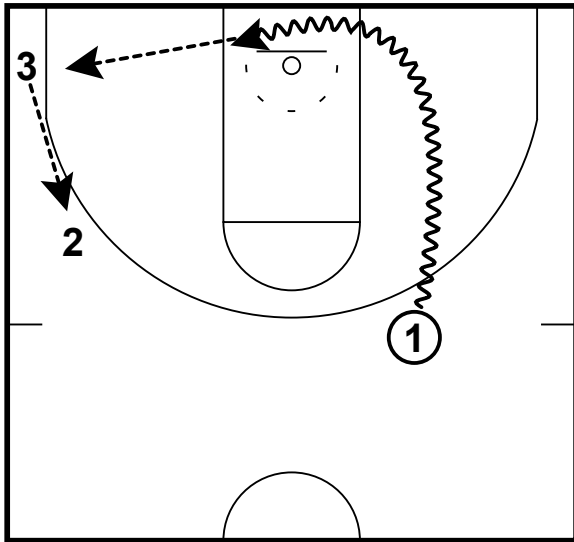


1 Nash dribbles and passes to 3 in corner for shot
Repeat on other side

Team Shooting Drills for DDM

Team Shooting Drills

Nash Shooting/1 More

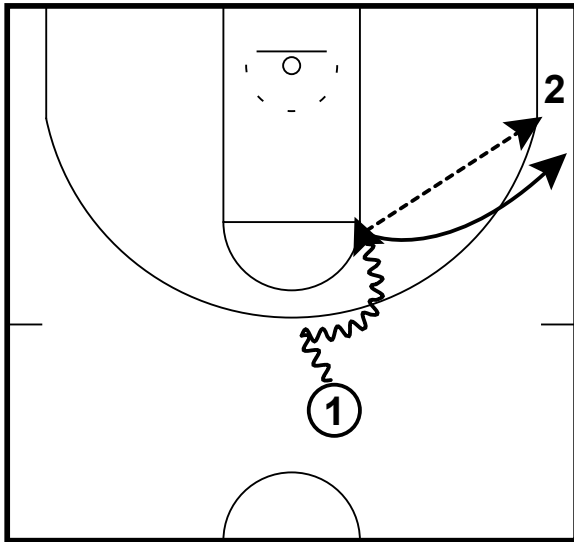


1 Nash dribbles at passes to 3 in corner
3 makes "1 more" pass to 2 at the wing
Work both sides

Team Shooting Drills for DDM

Team Shooting Drills

Natural Pitch

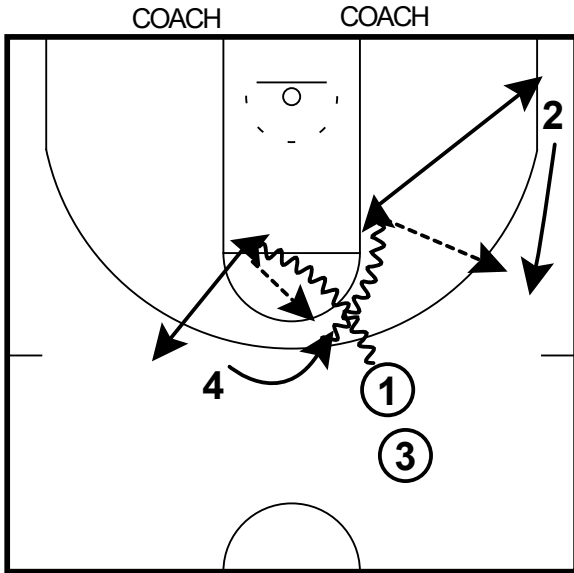


1 attacks drop zone and passes to 2 in corner
1 rotates to 2's spot

Team Shooting Drills for DDM

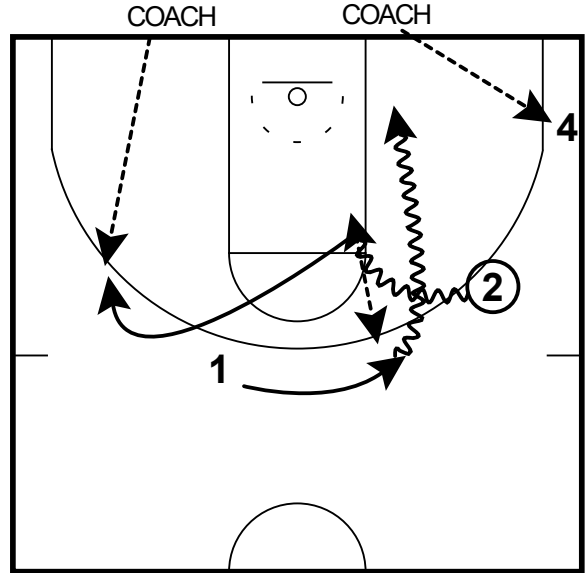
Team Shooting Drills

Pitch/Loop/Pitch



- 1 pitches to 4 on the euro cut
- 4 attacks drop zone and pitches to 2 on the lift
- 2 fills corner

Pitch/Loop/Pitch

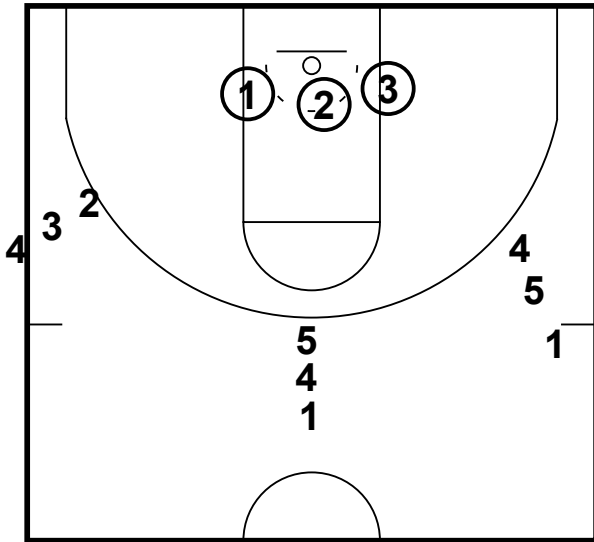


- 2 attacks elbow and flips to 1 on the euro cut
- 1 finishes at rim
- Coaches pass to 2 and 4 spacing behind the 3 point line

Team Shooting Drills for DDM

Team Shooting Drills

Team 3's



Make 50 3's in 4 minutes as a team