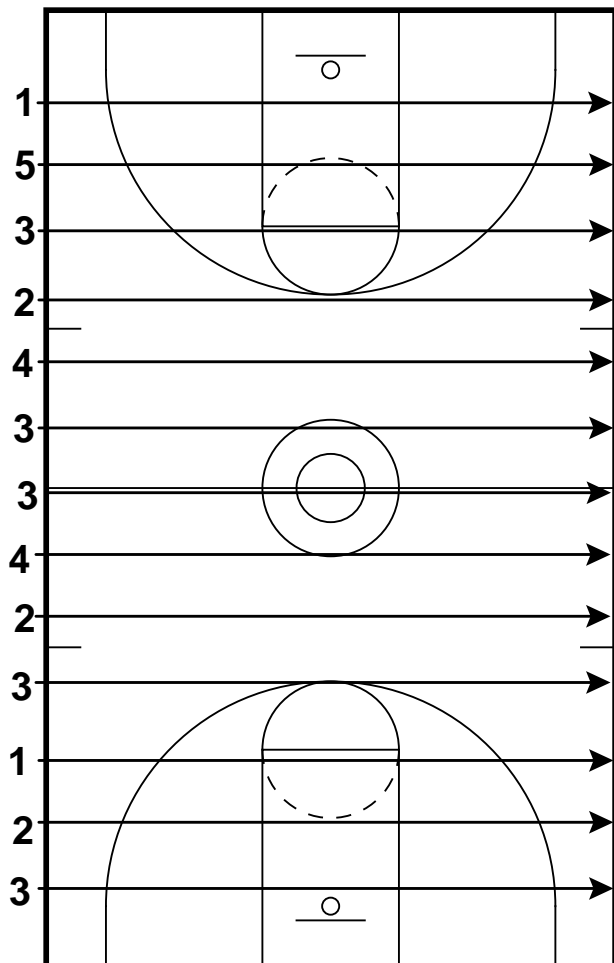


Drills/Games

Dynamic Warmup Fundamentals/Warmup



Organization: All players spread out along the sideline

Description: In a single file line, players go up and down the court at the same pace as they go through dynamic stretches. A senior will lead.

- Lunges with Trunk Rotation
- Reverse Lunges with Trunk Rotation
- Hip Stretch with Trunk Twist
- Knee to Chest on Toes (High Knee)
- Hamstring Stretch on Toes
- Quad Stretch on Toes (Butt to Knee)
- High Kicks
- Broad Jump
- Supermans
- Squat Pivot
- Sprint/Back Pedal
- Defensive Slides
- Pogos

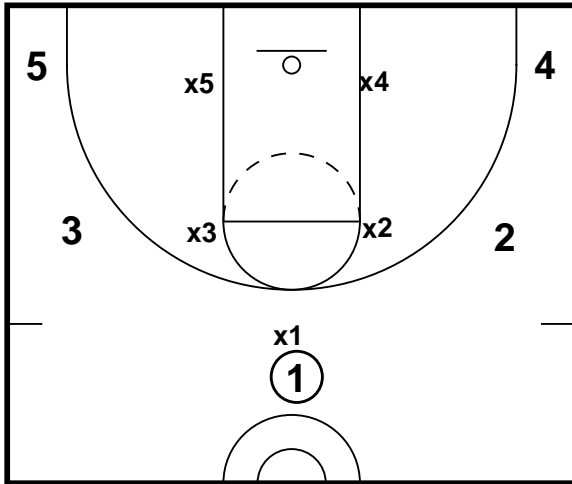
POPs:

- Players stay in line moving at same speed
- All movements done with precision

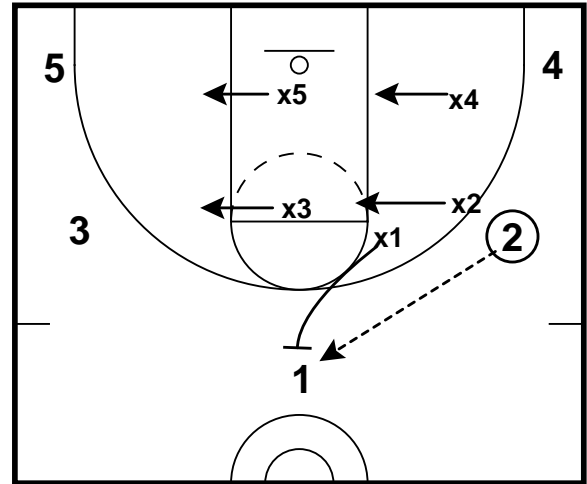


Drills/Games

Shell Drill
Youth



Shell Drill
Youth



Shell Defense Progressions:

Offensive Alignments (Change daily):

- 5 Out, 4 Around 1, 3-2, 1-3-1, 2-3, 2-1-2, 1-4 High

Phases:

1. Pass on Command
2. Drive & Kick
3. Cut & Return
4. Live - 3 Stops

Actions to cover:

-Pin Down Screen, Back Screen, X Screen, Flare Screen

Shell Defense Progressions:

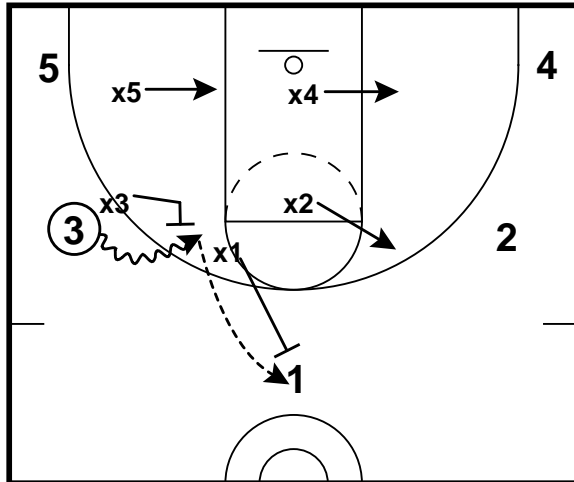
Phase 1 - Pass on Command Cont.

The ball is moved on the coaches command and should be held for a few seconds, enough for the defense to rotate and ball pressure to be applied. We are focusing on our ball pressure, positioning and communication. There should be 4-5 passes and then a shot by the offense on the coaches command. At that point it's a rebounding drill to finish the possession.

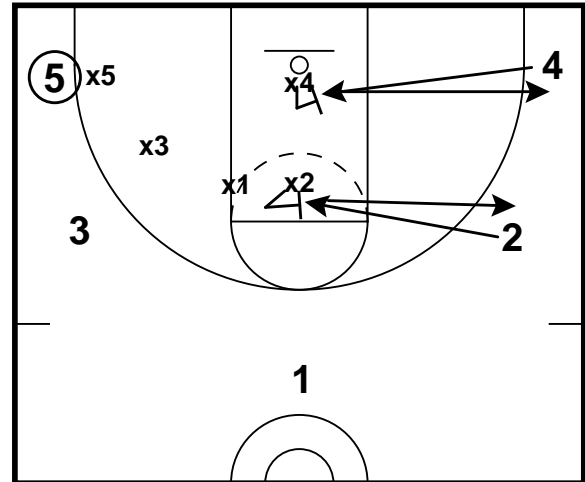


Drills/Games

Shell Drill
Youth



Shell Drill
Youth



Shell Defense Progressions:
Phase 2 - Drive & Kick Cont.

The offense can drive the ball to the basket and will then return to their spot they started (No cutting and filling). The defense needs to gap the penetration with positioning and recover out. A straight line drive in this phase of the drill is definitely a double suicide for the defense. The ball is live on a shot attempt and needs to be rebounded.

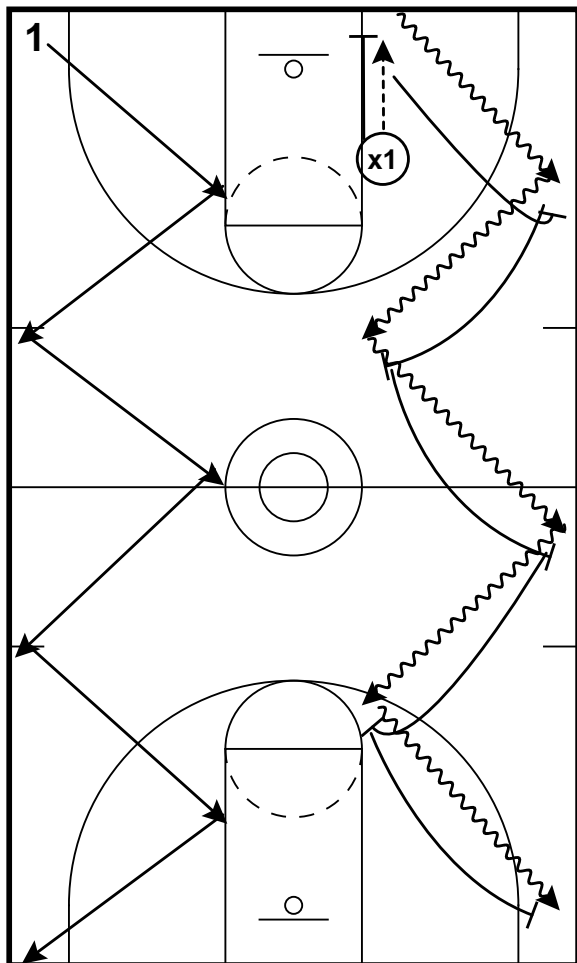
Shell Defense Progressions:
Phase 3 - Cut & Return Cont.

Now we move the ball around the perimeter and players may cut from the weak side and return to their original spot. At this point we need to bust a cutter and ride them until they go behind. We must maintain ball and man vision through defending the cut. We also need to work on defending the basket cut after passing by jumping to the ball.

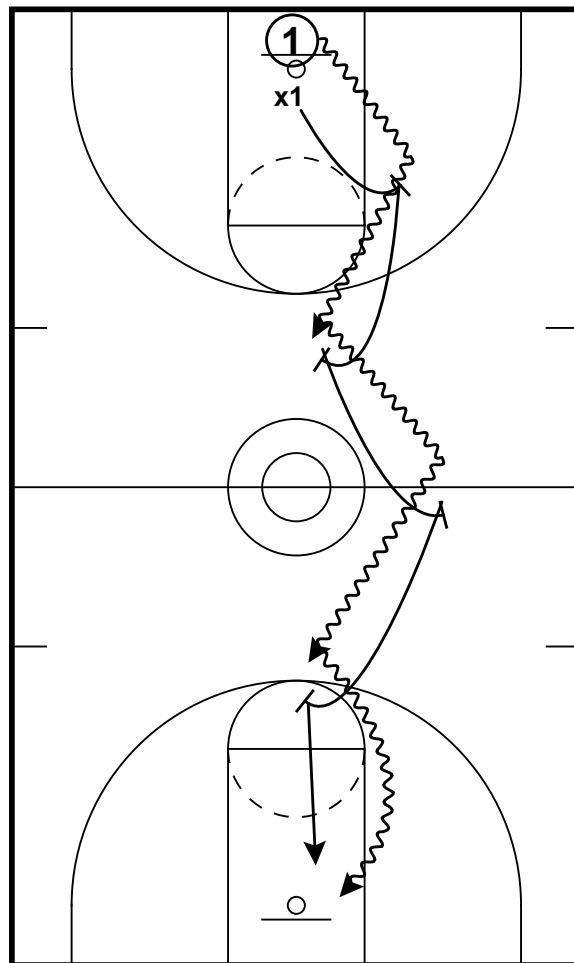


Drills/Games

Zig Zag Progression
Youth



Zig Zag Progression
Youth



Players partner up on the baseline using the outside thirds of the court. Each group of partners should have a ball.

Phase 1 - Dry Form Slides: Each player goes through simply working on defensive stance form, and quick changes of direction. The first time through the defender will step slide, working on the pivot and reverse pivot when changing directions. The second time through, the defender will slide and then change directions into a sprint, then back into a slide.

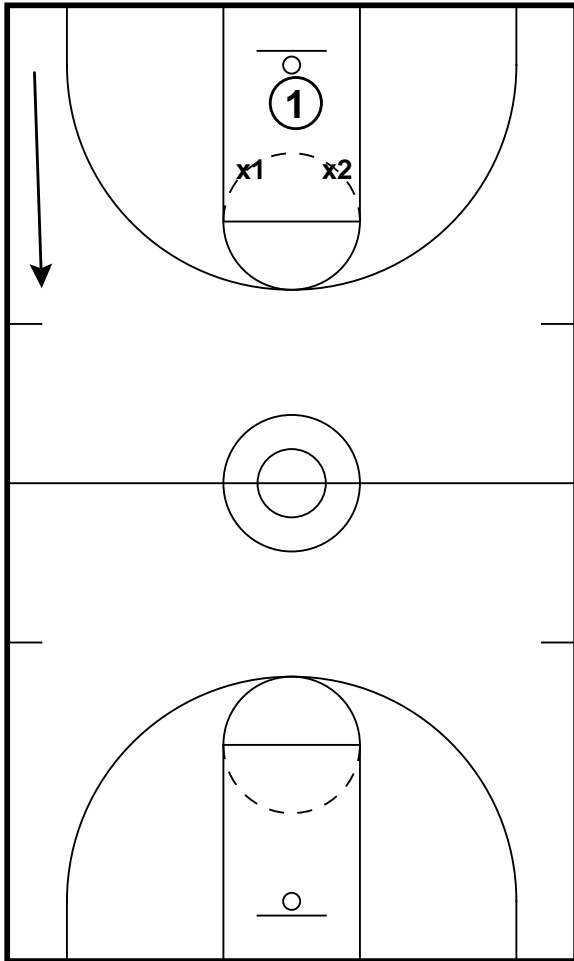
Phase 2 - No Hands: Players now partner up. The drill starts with a pass and a closeout. 1 Trip of form slides and glides then move into semi-live defense. Defense cannot use their hands and must turn the offensive player with their chest. The defense is working on getting nose on numbers and turning the offense with their body. Offense should be working on changing pace and changing directions sharply. Offense is not completely live but focused on ball handling improvement.

Phase 3 - Live 1v1 Full Court - Players play live 1v1 in the full court. The defense is trying to make the offense turn 3 times. The offense is trying to score. The defense is working on the technique from the previous phases, and adding an inside arm bar to turn the offensive player.



Drills/Games

Zig Zag Progression Youth

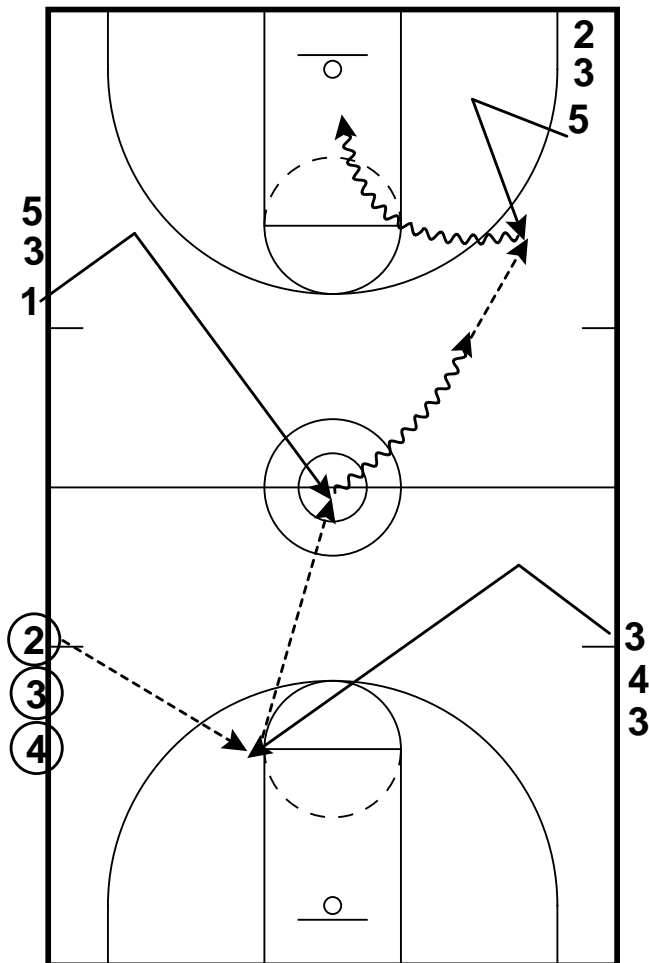


Phase 4: 2v1 ESCAPE - Players now form groups of three. Two defenders pressure one offensive player, trying to steal the ball. Offensive players are discouraged from trying to split the defenders because of its low success rate. Instead, they are to test an edge hard using a dribble move and then back dribble if the edge is shut down. If the defense gets scored on their is a 10 pushup penalty. A coach can stand in the back court holding up fingers to ensure the offensive player has his head up. the offense needs to work on shot creation, not just throwing something up once they get down the court.

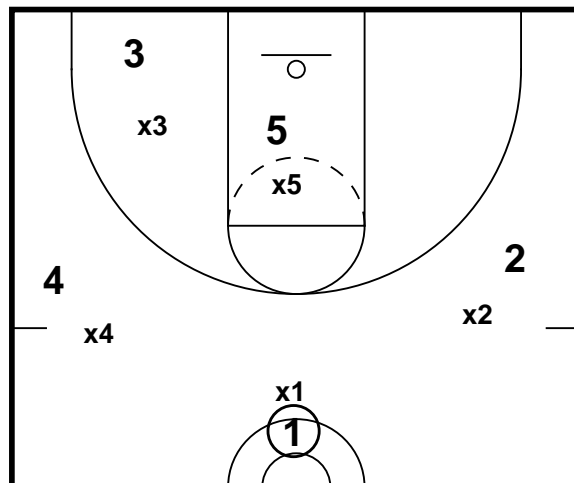


Drills/Games

Coach K Drill
Youth



5 Pass Deny
Youth



Five on five drill with the ball starting in the half court circle. The offense has 1 dribble per pass completion and needs to complete 5 passes or score a lay-up. Screening and cutting are permitted.

The defense is in complete denial with their job being to not let the offense complete five passes. There is no fouls or team defensive principles, and they are encouraged to hold and grab to promote toughness.

Scoring - Completing 5 passes or scoring gets a point. Teams can only score on offense. A turnover or missed shot gives the ball to the other team. Pivoting on the wrong foot is a turnover. No offensive rebounds - one shot and out. 3 points wins and losers run.

We want players to get down hill with their one dribble to the middle of the court, pivot through the pressure, pass away from the defense, use hard change of pace and change of direction cuts, and catch with two hands on two feet.

Four lines of equal numbers at the hash marks on the sidelines. Balls are in the passing line is closest to gym entry doors. Players rotate clockwise.

Bottom right line: Uses a change of pace and direction to make a hard cut, showing a target, coming through the pass, catching on two feet, pivoting quickly on the catch and making a fake pass before passing to the player coming from the top left line

Bottom left line: Fakes a pass to make a pass and concentrates on accuracy of his pass and hitting the target. A chest pass should be between the waist and shoulders and bounce pass between the waist and knees

Top left line: Same as bottom right line except they will pivot, rip, dribble, jump stop and deliver a pass

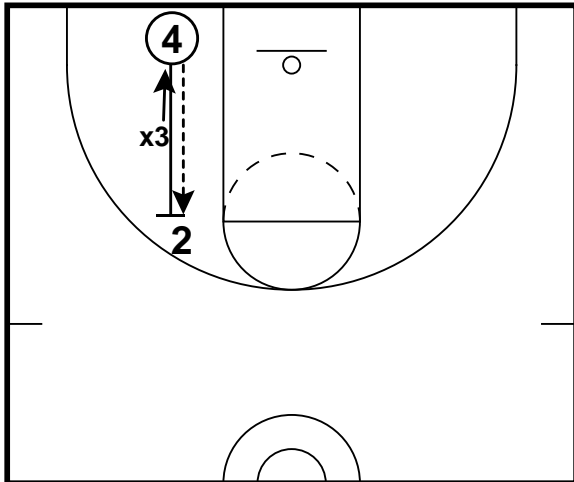
Top right line: They use a v-cut or pin and seal to catch the pass on two feet and use a front or reverse pivot to square to the basket. Then they execute a specific stationary series of moves and a specific finish.

The drill is continuous with one player starting after another has cleared enough space to not run into each other. Players need reminding how to rotate.



Drills/Games

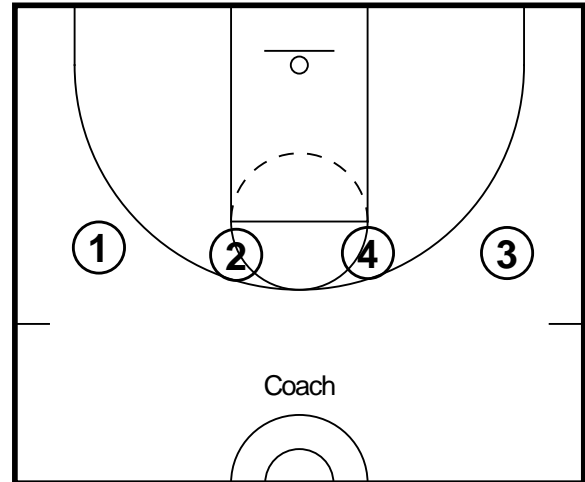
Bull in the Ring
Youth



Monkey in the middle. The offense must wait for D to arrive ON A CLOSEOUT and pivots through once before passing. Change places on a deflection

We want players to keep their body between ball and defender, pivot through the defense, fake a pass to make a pass, have active hands on defense to get deflections, and throw passes on target.

Stationary Ball Handling (2 Ball)
Youth



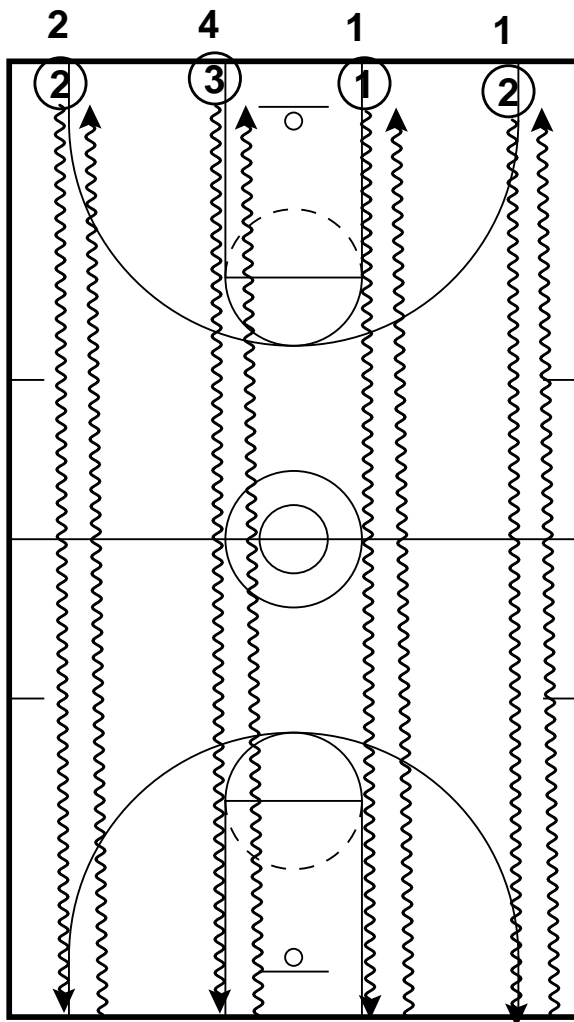
Two ball stationary:

1. (45) Low-Med-High
2. (60) Windshield Wipers, Walk the Dog, Combo
3. (30) 1 High, 1 Low
4. (30) Around Ankle R/L
5. (60) Crossover, Between the Legs, Behind Back
6. (30) Hand Switch
7. Juggling

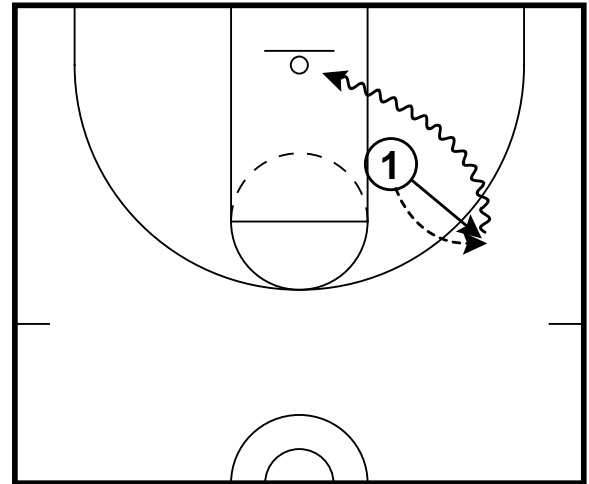


Drills/Games

Full Court Dribbling (2 Ball)
Youth



Self Toss and Pivot
Youth



Players toss the ball out and then go grab it on two feet with two hands, simulating receiving a pass. They then need to pivot to square to the basket using a front or reverse pivot. After squaring the basket, players use moves from the jab series to attack the basket, and work on specific finishing moves. The coach should instruct the players on which pivot to use, which attack move to use and which finish. For example the coach might say, "reverse pivot, into a jab and go, with a floater finish."

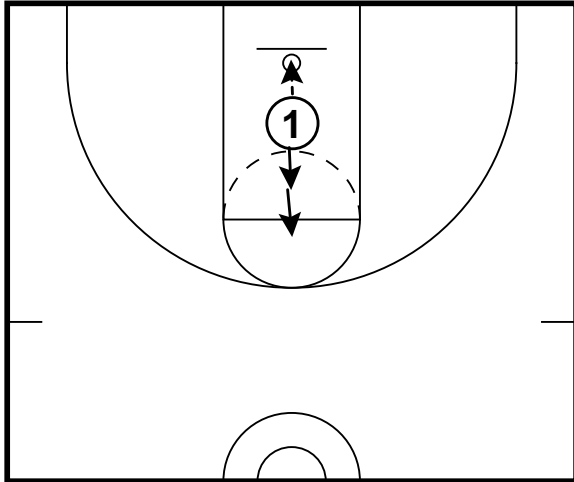
Two ball, up and back, speed dribble with head up

1. Same
2. Alternate
3. Backward
4. Roll - L/R
5. Crossover
6. Behind Back
7. Between Legs
8. Back Dribble



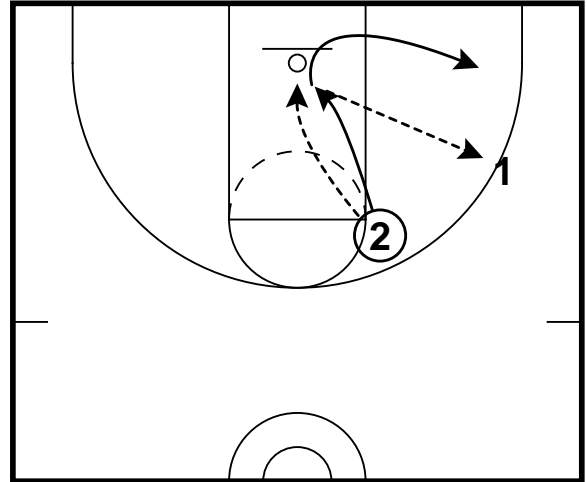
Drills/Games

Form Shooting
Youth



Players start close to the rim concentrating on form. When they make 3 in a row, they take big step back and repeat the process. Each rep should start with the ball down by waist before being raised up to the shooting pocket. Coaches emphasize technique and BEEF

5 Man 4 Ball
Youth



The drill can be ran with any number of players, we need one less ball than the number of players in the drill. We've found 5 players and 4 balls works well.

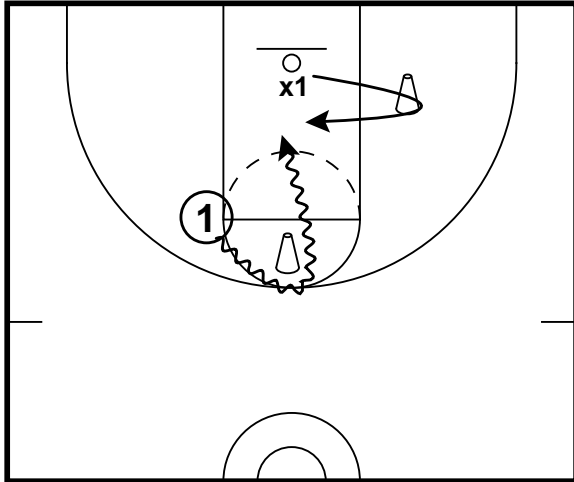
The first player shoots, follows his own shot and passes to the player without a ball. The that passed then spots up and receives a pass from another player after he has shot and rebounded his own shot.

Drill goes for a set amount of time trying for a streak of consecutive makes or competing against another team for most makes in a period of time. Emphasize hands and feet ready to shoot, and quality passed to shooters.



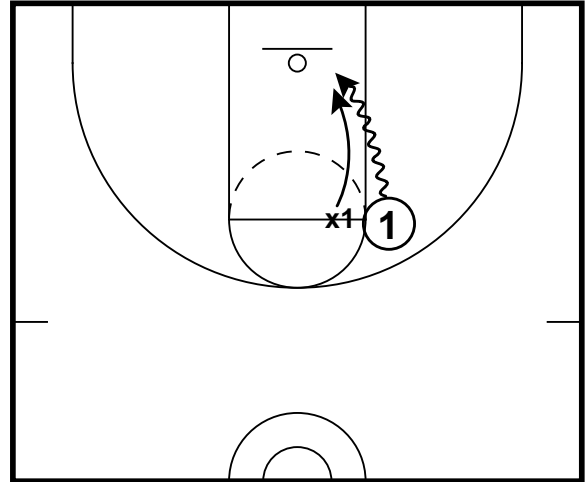
Drills/Games

1v1 Finishing Drills
Youth



Offense starts at the elbow with a ball. defense starts under the basket. When the offense begins to dribble around the cone, the defense becomes live and must circle the cone. The drill works on finishing at awkward angles. If the offense scores, they stay. If defense gets a stop they go to offense.

1v1 Finishing Drills
Youth

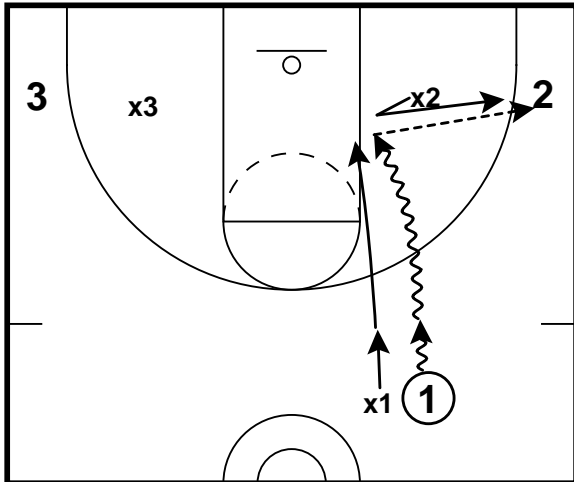


Offense starts on the elbow with the ball and defense starts **DIRECTLY ON THEIR SIDE**. When the offense starts to attack the basket, the defense becomes live. This trains initiating contact and finishing through contact.



Drills/Games

3v3 or 4v4 Wildcat Youth

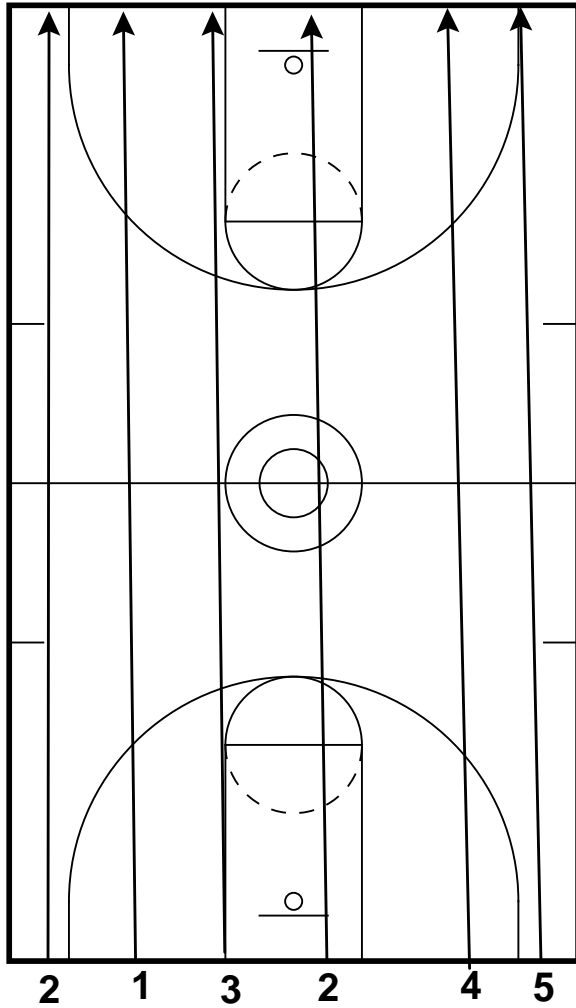


Players can only catch the ball outside the three point arc - no back cuts, post ups, etc. Players CANNOT hold the ball once an advantage has been created - shoot it, drive it, pass it (Make quick decisions). The drill can start against a neutral defense, learning to create an advantage (using the jab series or a live attacking dribble), or with an advantage already created (blind, walk to run, closeout, etc.). The coach is the traffic cop, calling turnover when any of the rules have been violated. Can be extended to 4v4.



Drills/Games

The Ladder Youth



“The Ladder”

Timed court sprints players must complete in the pre-season. The ladder goes up to 11 and back down to 1. Below are the times players must meet. The players should be segmented into 3 groups. After a group runs, they walk back on the outside of the court to get back to run the next set of sprints.

1 sprint - 5 secs

3 sprints - 16 secs

5 sprints - 27 secs

7 sprints - 38 secs

9 - sprints - 51 secs

11 - sprints - 63 secs

Add 2 seconds for each sprint on the way down.

