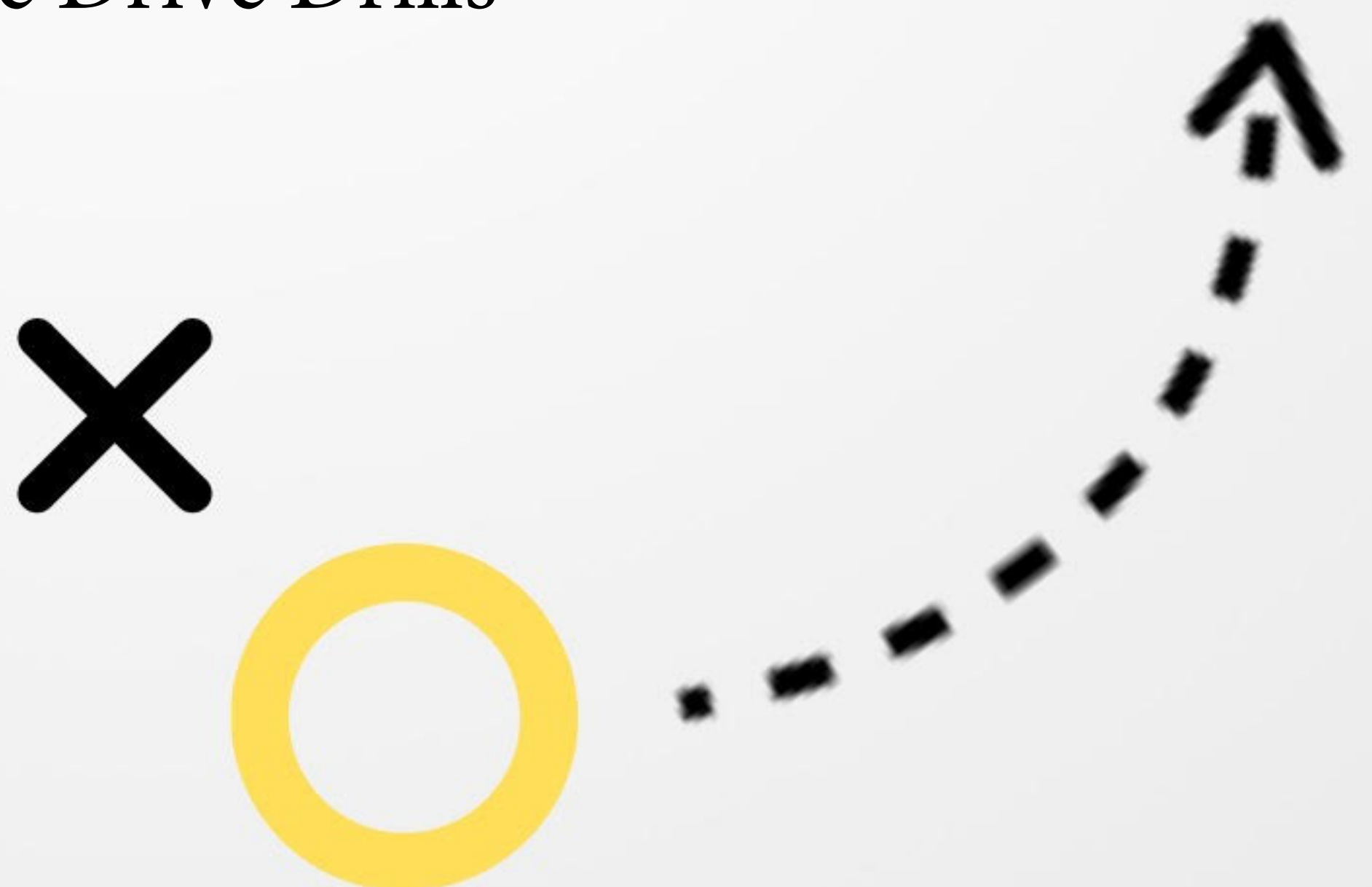


THE ULTIMATE GUIDE TO:

# DRIBBLE DRIVE OFFENSE

LEARN, UNDERSTAND AND IMPLEMENT A DRIBBLE  
DRIVE STYLE OF OFFENSE WITH YOUR TEAM

Dribble Drive Drills



BY JOHN LEONZO

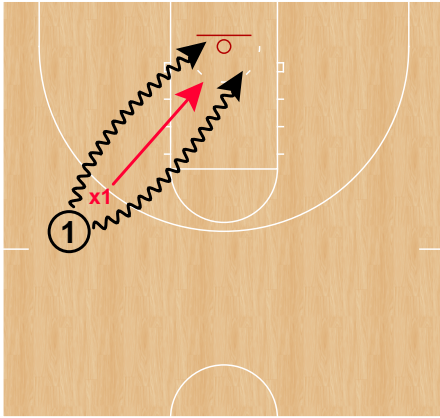
# Dribble Drive Drills

## Table of Contents

1.	Dribble Drive Offense	
2.	1v1 Drills	2
3.	2v2 Drills (Inside Load)	6
4.	2v2 Drills (Perimeter Load)	9
5.	3v3 Combo Drills	13
6.	5v5 Drills	17

# Dribble Drive Drills

Blind 1v1  
Frame 1



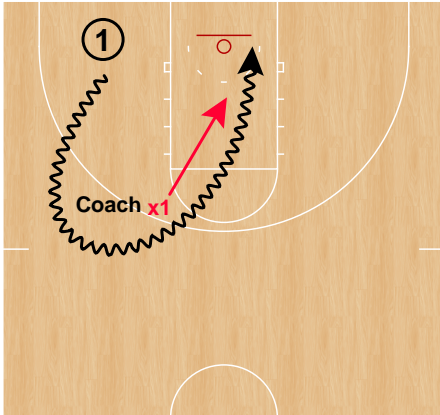
The offense starts at whatever spot on the 3pt line you decide. The defense stands in front of the offense with their heels on the 3pt line and chest facing the rim.

The offense puts the ball on the defenders back. As soon as the offense rips that ball and drives (either way), the defender is live.

The offense is working on finishing fast at the rim, while also working to cut off the recovery angle of x1.

# Dribble Drive Drills

Back Tap 1v1  
Frame 1



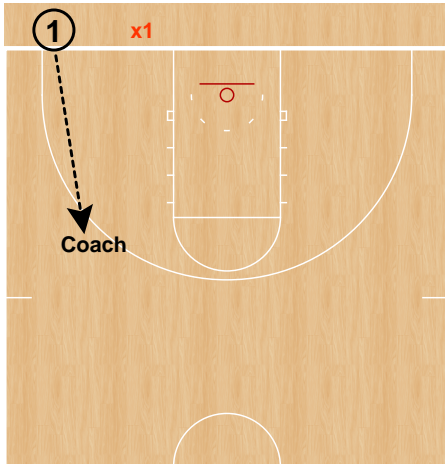
The offense starts on the baseline facing the coach. The coach and defender are standing side by side at the 3pt line.

The offense speed dribbles around the coach and the defender. When the coach taps the back of the defender, they are live and able to defend the offense.

If the coach taps the defenders back early, the offensive advantage will be smaller. If the coach taps the defender late, the offensive advantage will be larger.

# Dribble Drive Drills

Hand Touch 1v1  
Frame 1

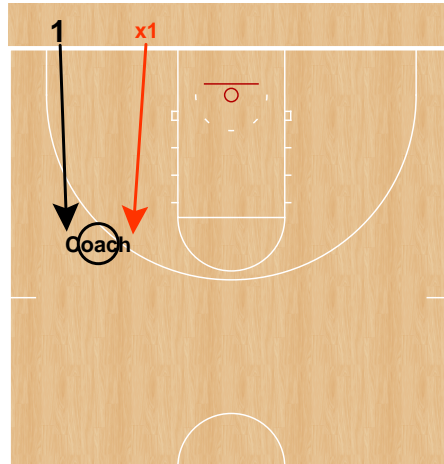


1 is on offense with the ball on the baseline, lined up with the 3pt line.

x1 is the defender, and is positioned to the right of 1.

Both players cannot move until 1 passes the ball to the coach.

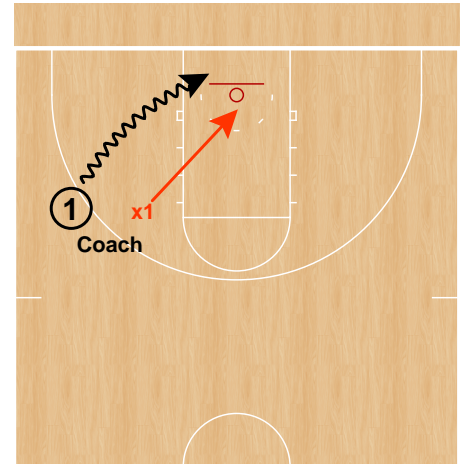
Hand Touch 1v1  
Frame 2



Once the ball is passed, both player sprint out to the coach.

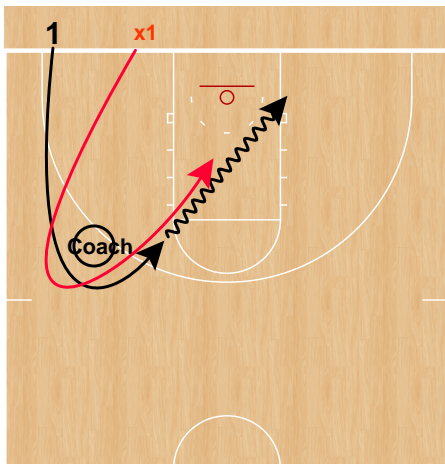
1 will take the ball from coach and drive to score, and x1 must smack the inside hand of the coach before playing defense on 1.

Hand Touch 1v1  
Frame 3



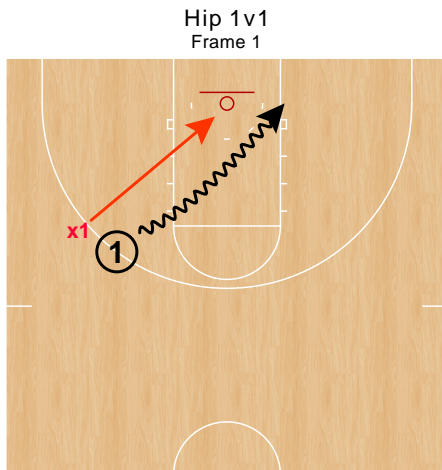
The coach can dictate how much of an advantage 1 has by placing their hand close to x1 (smaller advantage) or further away from x1 (bigger advantage).

Hand Touch 1v1  
Frame 4



If the coach puts the ball in their inside hand, the offense and defense trail around the coach for a middle drive. This will always give the offense a big advantage.

# Dribble Drive Drills



## Hip Advantage 1v1

The offensive player (1) starts with the ball in triple threat.

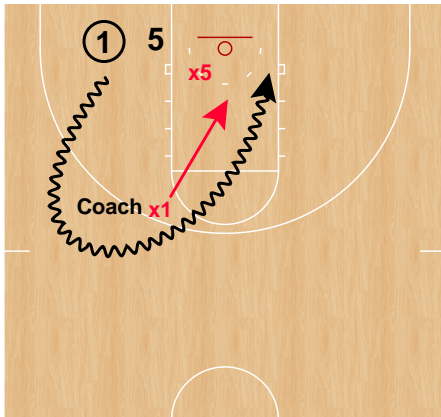
The defensive player (x1) starts with their chest facing the shoulder of the offense, even with the offense.

Live 1v1 play occurs when 1 decides to drive to the rim.

You can switch which side of the offense the defensive player starts on.

# Dribble Drive Drills

Back Tap 2v2 (Inside Load)  
Frame 1



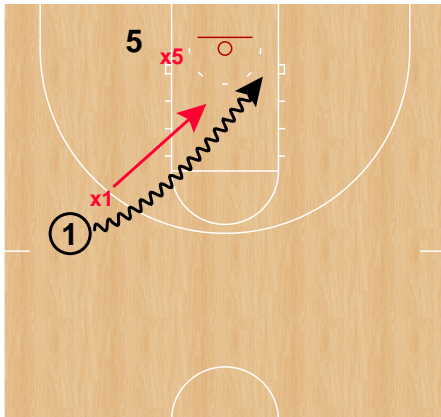
The offense starts on the baseline facing the coach. The coach and defender are standing side by side at the 3pt line.

The offense speed dribbles around the coach and the defender. When the coach taps the back of the defender, they are live and able to defend the offense.

As the offense drives, x5 can stay on 5 or help. The driver has to make the read of either finishing or passing to where the help came from.

# Dribble Drive Drills

Blind 2v2 (Inside Load)  
Frame 1



The offense starts at whatever spot on the 3pt line you decide. The defense stands in front of the offense with their heels on the 3pt line and chest facing the rim.

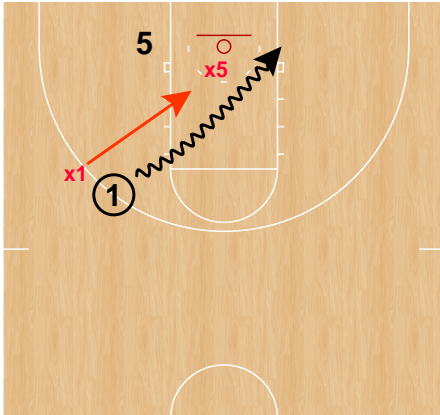
The offense puts the ball on the defenders back. As soon as the offense rips that ball and drives (either way), the defender is live.

As the offense drives, x5 can stay on 5 or help. The driver has to make the read of either finishing or passing to where the help came from.



# Dribble Drive Drills

Hip 2v2 (Inside Load)  
Frame 1



The offensive player (1) starts with the ball in triple threat.

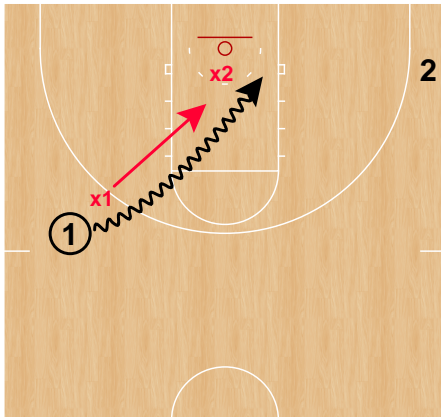
The defensive player (x1) starts with their chest facing the shoulder of the offense, even with the offense.

Live play occurs when 1 decides to drive to the rim.

1 is making the decision to hit 5 if x5 helps, or score if no help comes.

# Dribble Drive Drills

Blind 2v2 (PerimeterLoad)  
Frame 1



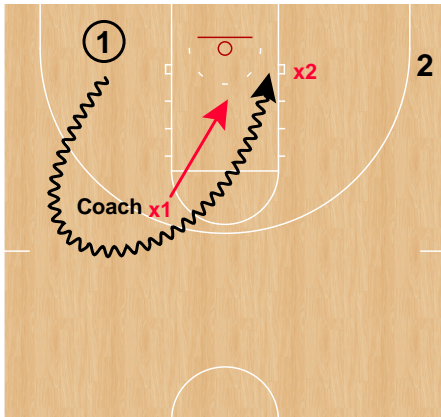
The offense starts at whatever spot on the 3pt line you decide. The defense stands in front of the offense with their heels on the 3pt line and chest facing the rim.

The offense puts the ball on the defenders back. As soon as the offense rips that ball and drives (either way), the defender is live.

As the offense drives, x2 can stay on 2 or help. The driver has to make the read of either finishing or passing to where the help came from.

# Dribble Drive Drills

Back Tap 2v2 (Perimeter Load)  
Frame 1



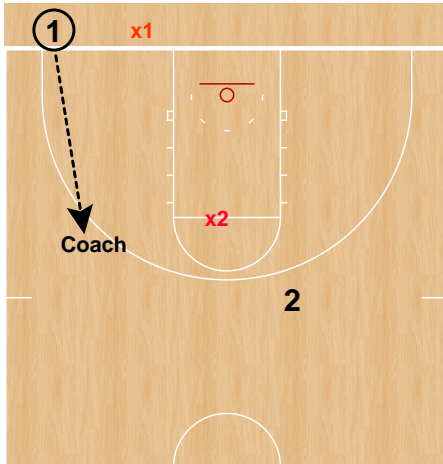
The offense starts on the baseline facing the coach. The coach and defender are standing side by side at the 3pt line.

The offense speed dribbles around the coach and the defender. When the coach taps the back of the defender, they are live and able to defend the offense.

As the offense drives, x2 can stay on 2 or help. The driver has to make the read of either finishing or passing to where the help came from.

# Dribble Drive Drills

Hand Touch 2v2 (Perimeter Load)  
Frame 1

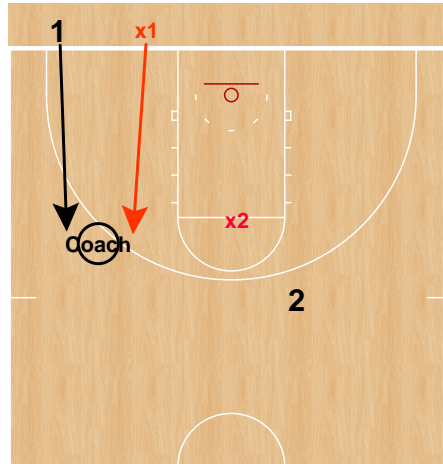


1 is on offense with the ball on the baseline, lined up with the 3pt line.

x1 is the defender, and is positioned to the right of 1.

Both players cannot move until 1 passes the ball to the coach.

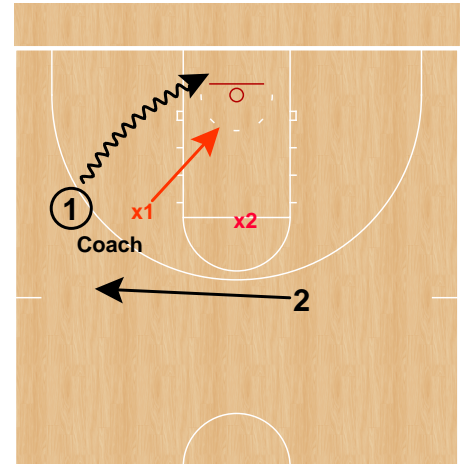
Hand Touch 2v2 (Perimeter Load)  
Frame 2



Once the ball is passed, both player sprint out to the coach.

1 will take the ball from coach and drive to score, and x1 must smack the inside hand of the coach before playing defense on 1.

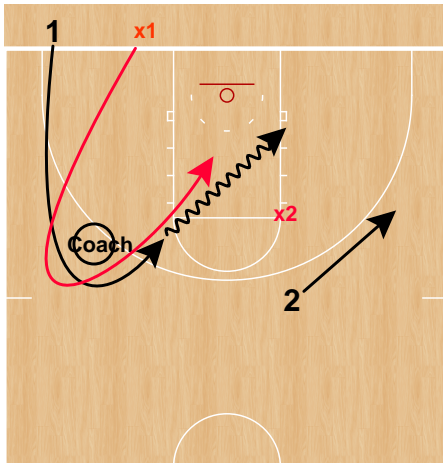
Hand Touch 2v2 (Perimeter Load)  
Frame 3



The coach can dictate how much of an advantage 1 has by placing their hand close to x1 (smaller advantage) or further away from x1 (bigger advantage).

2 has to read the drive of 1 and always space accordingly. 1 has to decide if she should finish or pass to where the help came from.

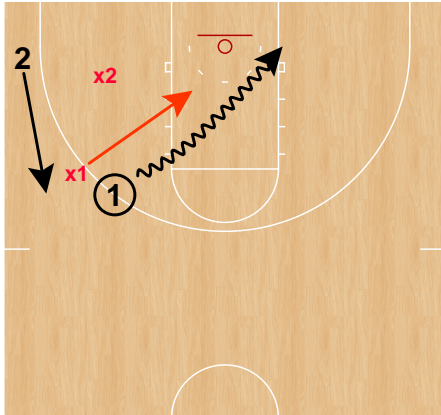
Hand Touch 2v2 (Perimeter Load)  
Frame 4



If the coach puts the ball in their inside hand, the offense and defense trail around the coach for a middle drive. This will always give the offense a big advantage.

# Dribble Drive Drills

Hip 2v2 (Perimeter Load)  
Frame 1



The offensive player (1) starts with the ball in triple threat.

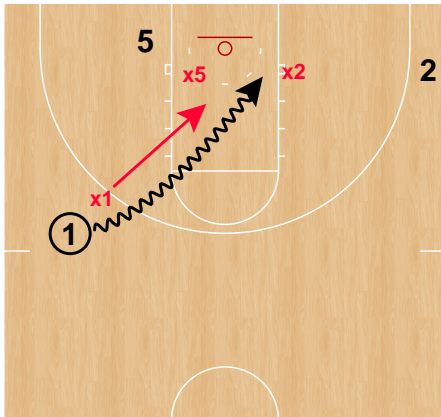
The defensive player (x1) starts with their chest facing the shoulder of the offense, even with the offense.

Live play occurs when 1 decides to drive to the rim.

2 reacts to the drive. 1 works to on the decision to score or pass to where the help came from.

# Dribble Drive Drills

Blind 3v3  
Frame 1



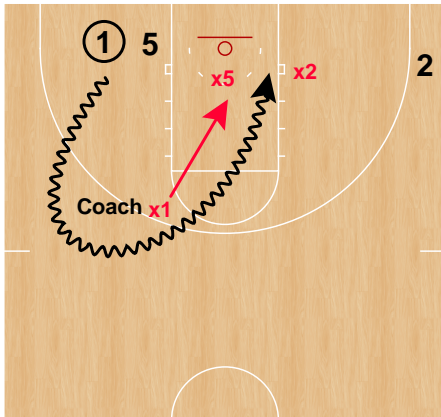
The offense starts at whatever spot on the 3pt line you decide. The defense stands in front of the offense with their heels on the 3pt line and chest facing the rim.

The offense puts the ball on the defenders back. As soon as the offense rips that ball and drives (either way), the defender is live.

As the offense drives, x2 can stay on 2 or help. The driver has to make the read of either finishing or passing to where the help came from.

# Dribble Drive Drills

Back Tap 3v3  
Frame 1

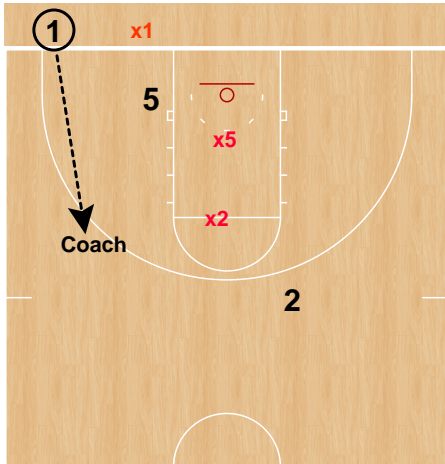


The offense starts on the baseline facing the coach. The coach and defender are standing side by side at the 3pt line.

The offense speed dribbles around the coach and the defender. When the coach taps the back of the defender, they are live and able to defend the offense.

# Dribble Drive Drills

Hand Touch 3v3  
Frame 1

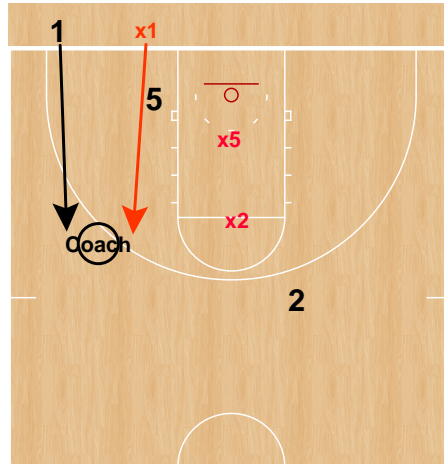


1 is on offense with the ball on the baseline, lined up with the 3pt line.

x1 is the defender, and is positioned to the right of 1.

Both players cannot move until 1 passes the ball to the coach.

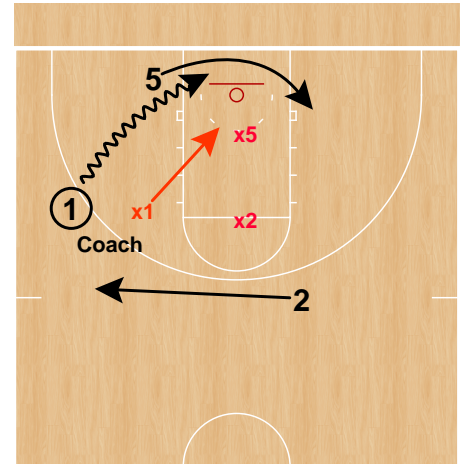
Hand Touch 3v3  
Frame 2



Once the ball is passed, both player sprint out to the coach.

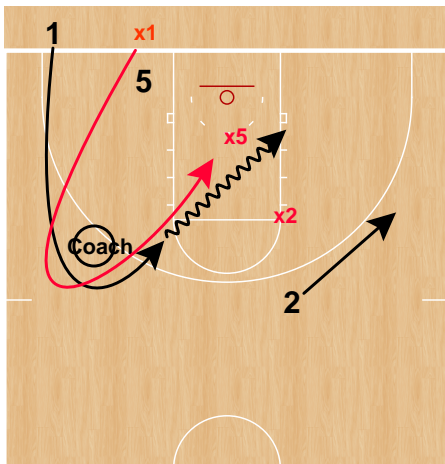
1 will take the ball from coach and drive to score, and x1 must smack the inside hand of the coach before playing defense on 1.

Hand Touch 3v3  
Frame 3



The coach can dictate how much of an advantage 1 has by placing their hand close to x1 (smaller advantage) or further away from x1 (bigger advantage).

Hand Touch 3v3  
Frame 4

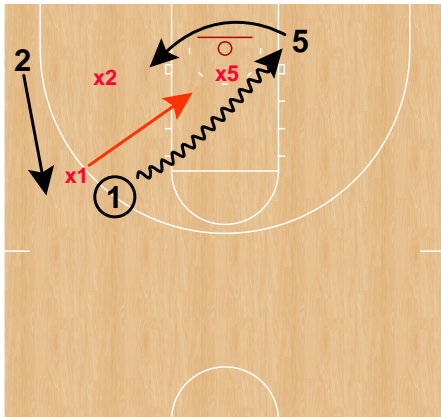


If the coach puts the ball in their inside hand, the offense and defense trail around the coach for a middle drive. This will always give the offense a big advantage.



# Dribble Drive Drills

Hip 3v3  
Frame 1



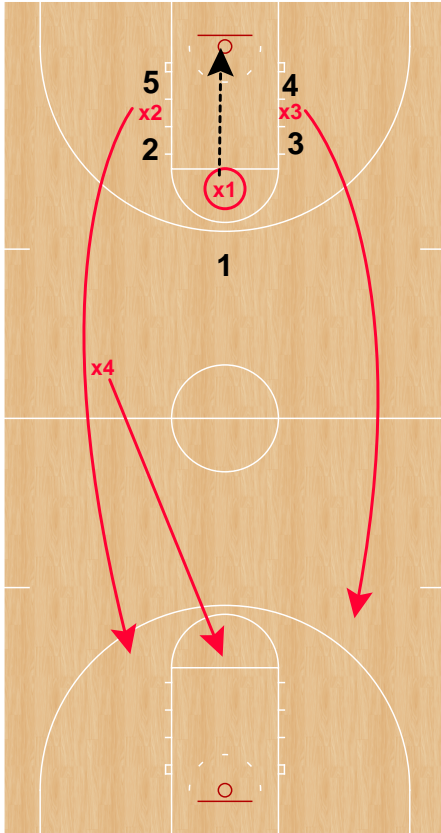
The offensive player (1) starts with the ball in triple threat.

The defensive player (x1) starts with their chest facing the shoulder of the offense, even with the offense.

Live play occurs when 1 decides to drive to the rim.

# 5v5 Drills

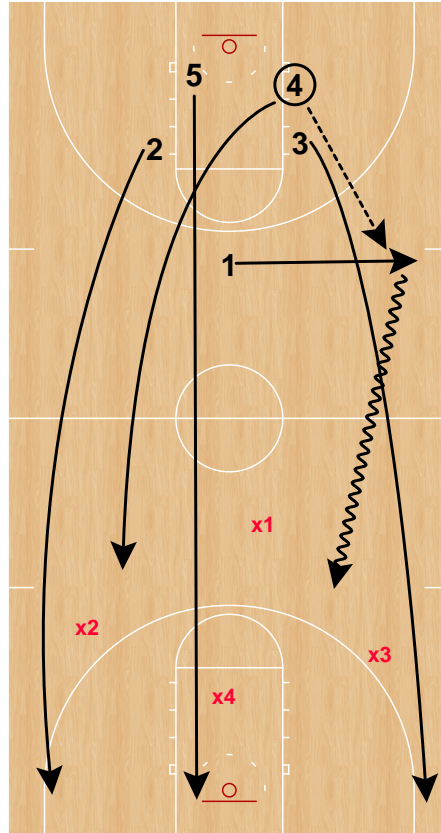
FT Transition  
Frame 1



Red team has 4 players and will shoot a FT worth +1. Once the FT is shot, they get back on defense.

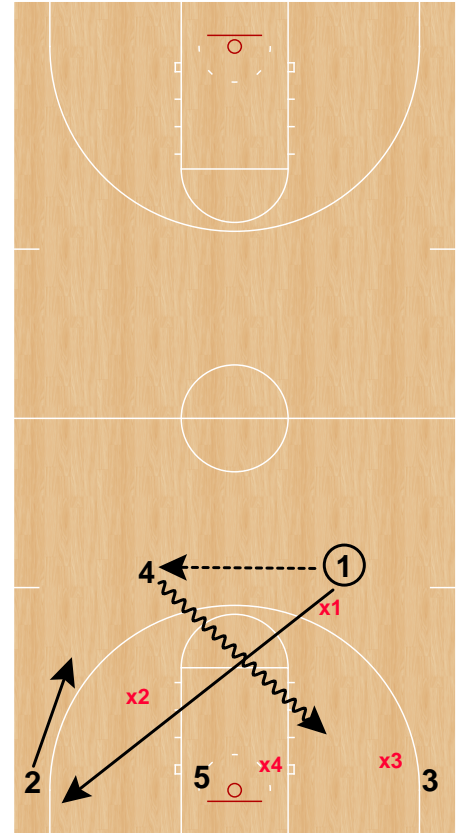
The black team will rebound a make or miss and does not have to take it out from out of bounds.

FT Transition  
Frame 2



Red works transition defense while black runs their break and tries to score quick or find the big advantage.

FT Transition  
Frame 3

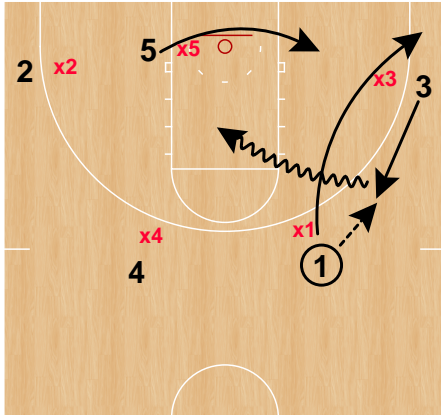


If black does not score, they play 5v4 in dribble drive to keep the advantage until they score. Play till a score or stop. Then black shoots a FT and red transitions down to play 5v4.

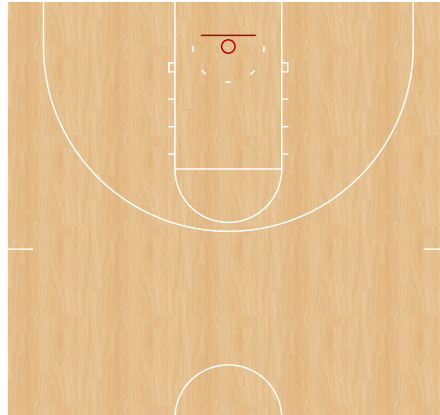
As the drill goes, you can have a 5th defender recover in late if you chose.

# 5v5 Drills

PPP Battle  
Frame 1



PPP Battle  
Frame 2



PPP stands for points per possession. 1 PPP is always the goal on offense.

Each team will get 10 possessions of offense. The goal of the game is to score 10 points or more (1 point per possession).

There are 4 quarters to this game. In quarter 1, black is on offense for 5 possessions. Red is on defense all 5 possessions. In quarter 2, red takes offense and black takes defense.

Scoring is normal - 2s and 3s

After the first two quarters take half time. Each team will have had 5 possessions on offense. Whichever team has the highest half time score can decide if they want the ball in the third or 4th quarter.

The team with the fewest amount of points runs a down and back. If the winning team did not average 1 PPP, they do 5 pushups as well.

## Competitive 5v5 Games:

### PPP Game:

- 10 possessions each team - goal on O is to score 10+ points, goal on D is to hold other team under 10
- Format is 5 possessions of O/D - then flip, then half time, then repeat.
- Losers run - total score regardless of PPP
- If O is focus and O doesn't get PPP goal, they do 5 pushups, same if D is focus

### 5v5 Baseball:

- Rock/Paper/Scissors to see who starts on O
- D needs 3 stops (outs) to move on to offense
- Offense scores by 2s and 3s
- Play for each team to have 3 offensive possessions, go off total score
- Can have the offense run a BLOB or SLOB or set when the D has gotten 2 stops in an inning

### 3 Possessions + Switch:

- Coach will call 3 plays for offense
- Offense runs them, scores by 2s and 3s
- Then flip - make sure O possessions are even

### 5v0 Down, 5v5 Back:

- Transition down on air - can run a play or whatever you want
- Then come back and play versus a set defense
- Make sure possessions are even

### Philly 5v5:

- First to 2 points wins
- Offense is on for 5 possessions, goal is to score  $\frac{2}{3}$  to get 1 point
- A turnover automatically puts you on D

### Here Down Back :

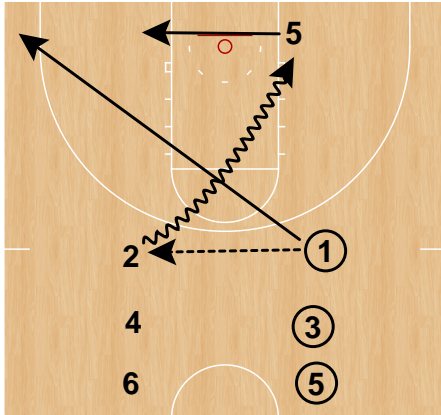
- First to 10 points wins - score by 2s and 3s.
- Offense starts with a half court possession, then transitions down to be on defense, then finally transitions back on offense.
- The team that started on defense now begins on offense and repeats.
- Continue until a team has 10 points.

### 3 Minute Game:

- 3 mins on the clock. Play live full court with FTs, BLOB/SLOB, etc
- After first 3 mins, take a quick half time - keep the same score.
- Play one final 3 minute game.

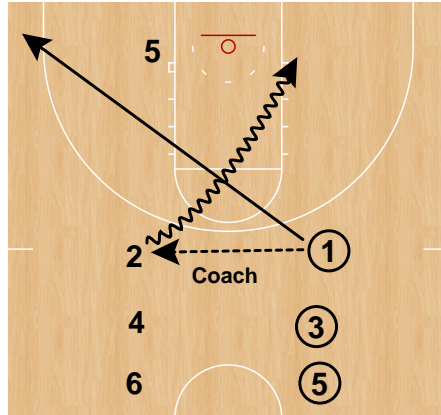
# Dribble Drive Drills

Daily 8 Passing Warmup  
Frame 1



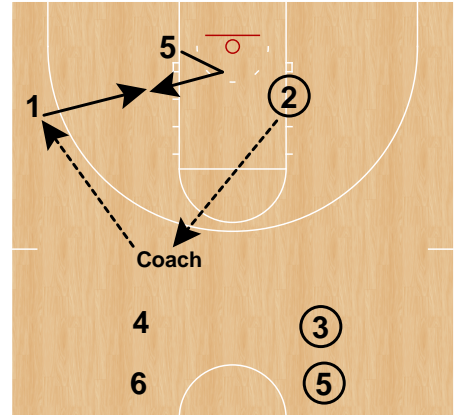
Daily #1: Toss Drives + Finishes

Daily 8 Passing Warmup  
Frame 2



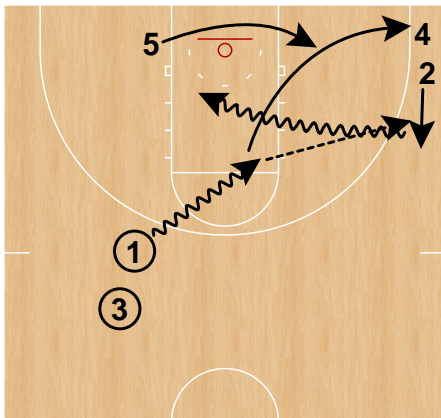
Daily #2: Toss Drives + Fill Passes To Post Feed

Daily 8 Passing Warmup  
Frame 3



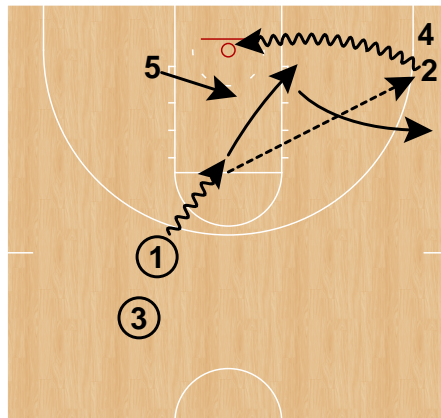
Daily #2: Toss Drives + Fill Passes To Post Feed

Daily 8 Passing Warmup  
Frame 4



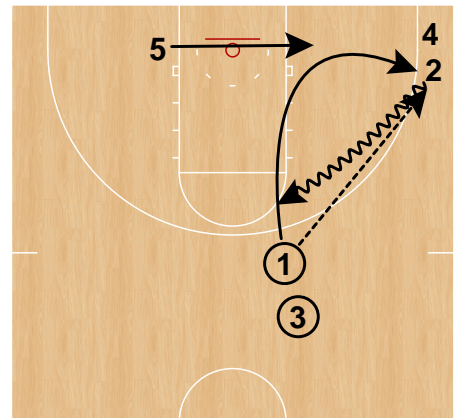
Daily #3: Loop Middle Drives + Finishes

Daily 8 Passing Warmup  
Frame 5



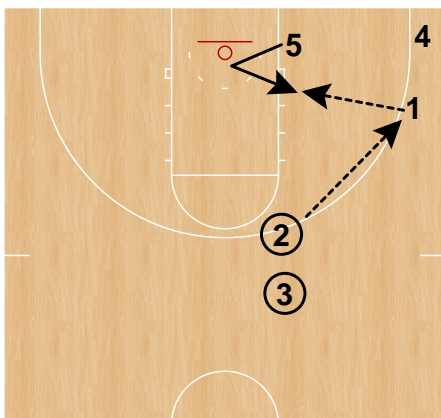
Daily #4: Loop Baseline Drives + Finishes

Daily 8 Passing Warmup  
Frame 6



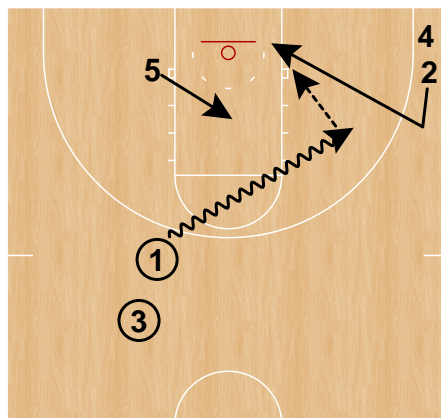
Daily #5: Loop Middle Drives + Snap + Feed

Daily 8 Passing Warmup  
Frame 7



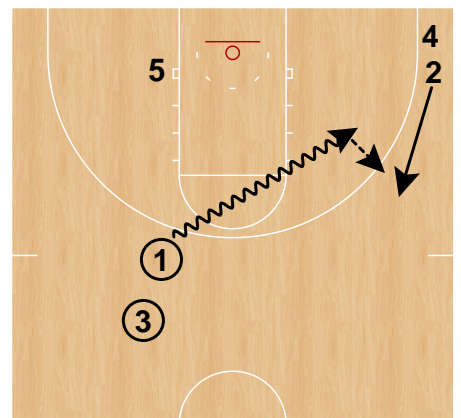
Daily #5: Loop Middle Drives + Snap + Feed

Daily 8 Passing Warmup  
Frame 8



Daily #6: DOT Backdoor

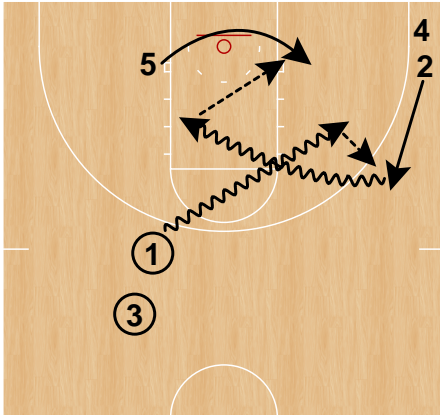
Daily 8 Passing Warmup  
Frame 9



Daily #7: DOT Shot

# Dribble Drive Drills

Daily 8 Passing Warmup  
Frame 10



Daily #8: DOT Turn Corner