

DRIBBLE DRIVE MOTION OFFENSE BREAKDOWN

Drills

Learn how to teach dribble drive offense so it's nearly impossible to guard!

COACH PETERMAN



Dribble Drive Motion Offense Breakdown Drills

Table of Contents

1.	1 on 0 Drills	7
1.1	1 on 0 Corner Drives	7
1.2	1 on 0 Drop Zone/Finish	8
2.	1 on 1 Drills	9
2.1	1 on 1 (Half Court)	9
2.2	Sever the Angle	10
2.3	Self Toss 1 on 1 (Post)	11
2.4	Self Toss 1 on 1 (Wing)	12
2.5	Fosters 1 on 1	13
3.	2 on 0 Drills	14
3.1	2 on 0 Blur	14
3.2	2 on 0 Blur (Barkley)	15
3.3	2 on 0 Blur (Nash Dribble)	16
3.4	2 on 0 Boomerang	17
3.5	2 on 0 Brush	18

Dribble Drive Motion Offense Breakdown Drills - Contents (cont.)

3.6	2 on 0 Fan	19
3.7	2 on 0 Flip	20
3.8	2 on 0 Stride Stop	21
4.	2 on 2 Drills	22
4.1	2 on 2 Baseline Attack	22
4.2	2 on 2 Lift	23
4.3	2 on 2 Middle	24
4.4	2 on 2 Midline Attack	25
4.5	2 on 2 Top	26
4.6	2 on 2 Top (Barkley/Nash)	27
4.7	2 on 2 Wing	28
4.8	2 on 1 Skip	29
5.	3 on 0 Drills	30
5.1	3 on 0 Swing	30
5.2	3 on 0/Blur/Snap	31
5.3	3 Man Back Cut	32
5.4	3 Man Back Cut/Lob	33
5.5	3 Man Relocate	34
6.	3 on 3 Drills	35
6.1	3 on 3 Advantage (Baseline Drive)	35
6.2	3 on 3 Advantage (Middle Drive)	36
6.3	3 on 3 Baseline Drive	37

Dribble Drive Motion Offense Breakdown Drills - Contents (cont.)

6.4	3 on 3 Butt Ball (Circle Reads)	38
6.5	3 on 3 Butt Ball (Elbow Attack)	39
6.6	3 on 3 Cut Throat	40
6.7	3 on 3 Full Court (Cut Throat)	41
6.8	3 on 3 Full Court Attack	42
6.9	3 on 3 Middle Drive	43
6.10	3 on 3 Tandem	44
6.11	Half Court 3 on 3	46
6.12	Pass Into 3 on 3	47
7.	4 on 4 Drills	48
7.1	Spanish 3 on 3	48
7.2	4 Corner Passing Drill	49
7.3	4 on 0 Bounce Out	50
7.4	4 on 4 SSG's (Blur Cut)	51
7.5	4 on 4 SSG's (Slot Blur Cut)	52
7.6	4 on 4 SSG's (Slot to Slot Flip)	53
7.7	4 on 4 SSG's (Slot to Wing Flip)	54
7.8	Blind 4 on 4	55
8.	Blood Series	56
8.1	Blood 11	56
8.2	Blood 22	57
8.3	Blood 33	58

Dribble Drive Motion Offense Breakdown Drills - Contents (cont.)

8.4	Blood 44	59
9.	Blur Series	60
9.1	Blur Series (5 on 5)	60
9.2	Blur Series (Circle Read)	61
9.3	Blur Series (Drive/Kick)	62
9.4	Blur Series (Drive/Kick/Drive)	63
9.5	Blur Series (Fan)	64
9.6	Blur Series (Snap Back)	65
9.7	Blur Series (Through)	66
9.8	Blur Series/Rack	67
9.9	Blur Series/Sag	68
10.	Bounce Out Dribble Read	69
10.1	Bounce Out/Flash Top of Key	69
10.2	Bounce Out/Flash/Flip	70
10.3	Bounce Out/Flash/Flip/Lob	71
10.4	Bounce Out/Flash/Iso Drive	72
11.	Drop Zone Breakdown	73
11.1	Drop Zone Breakdown	73
11.2	Drop Zone Breakdown (2nd Cut)	74
11.3	Drop Zone Breakdown (3 on 3)	75
11.4	Drop Zone Breakdown (Euro Cut)	76
11.5	Drop/Attack	77

Dribble Drive Motion Offense Breakdown Drills - Contents (cont.)

11.6	Drop/Give & Go	78
11.7	Drop/Relocate/Attack	79
11.8	Drop/Relocate/Give & Go	80
12.	Elbow Reads	81
12.1	Elbow Attacks	81
12.2	Elbow Attacks (3 on 3)	82
12.3	Elbow Attacks/Closeout	83
12.4	Elbow Flash/Lob	84
13.	Post Breakdown	85
13.1	Post Circle Reads (Baseline/Middle Drive)	85
13.2	Post Circle Reads (Top of Key)	86
13.3	Post Circle Reads (Weak Side)	87
13.4	Post Entry Breakdown	88
13.5	Pitch Ahead Post Entry	89
13.6	Self Toss 1 on 1 (Post)	90
13.7	Pitch Ahead Post Entry	91
13.8	Skip/Seal	92
13.9	Fake DHO	93
14.	Half Court Drills	94
14.1	Half Court 3 on 3	94
14.2	Half Court Transition	95
14.3	Half Court Transition (3 on 2 + 1)	96

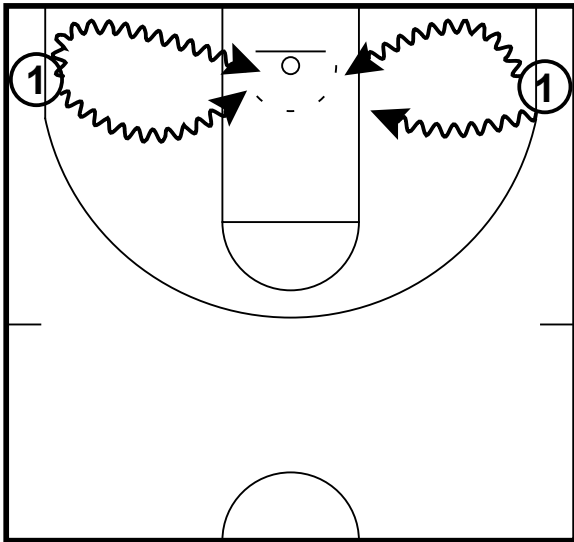
Dribble Drive Motion Offense Breakdown Drills - Contents (cont.)

14.4	Half Court Transition (2 on 1 + 1)	97
14.5	Half Court Transition (3 on 2)	98
15.	Dribble Hand Offs	99
15.1	DHO Series	99
15.2	4 on 0 DHO	100
15.3	DHO 1 on 1 (Close Out)	101
15.4	DHO 1 on 1 (Wing)	102
15.5	DHO 2 on 2 (Close Out)	103
16.	Full Court Transition Drills	104
16.1	Transition (2 on 2 Continuous)	104
16.2	Transition 3 on 2/4 on 3	105
16.3	Transition (5 on 3)	107
16.4	Transition (Find,Use, Create)	108
16.5	Transition (Live Defense)	109
16.6	Transition (Post Entry)	110

Dribble Drive Motion Offense Breakdown Drills

1 on 0 Drills

1 on 0 Corner Drives

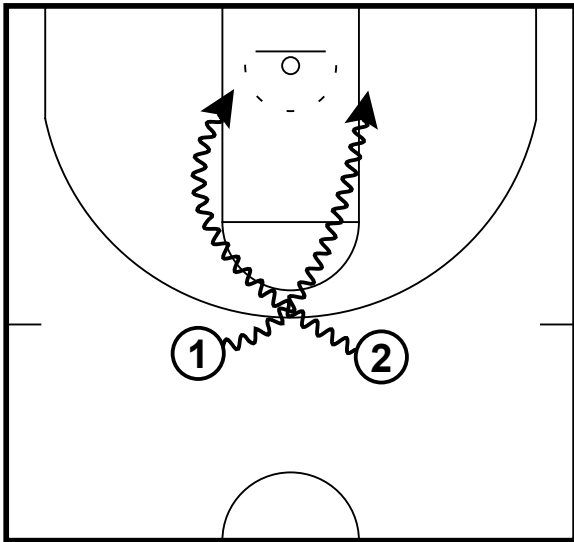


- Work on different finishes
- Jump stop
- Sweep over (hips across)
- Back pivot
- Back pivot counter

Dribble Drive Motion Offense Breakdown Drills

1 on 0 Drills

1 on 0 Drop Zone/Finish

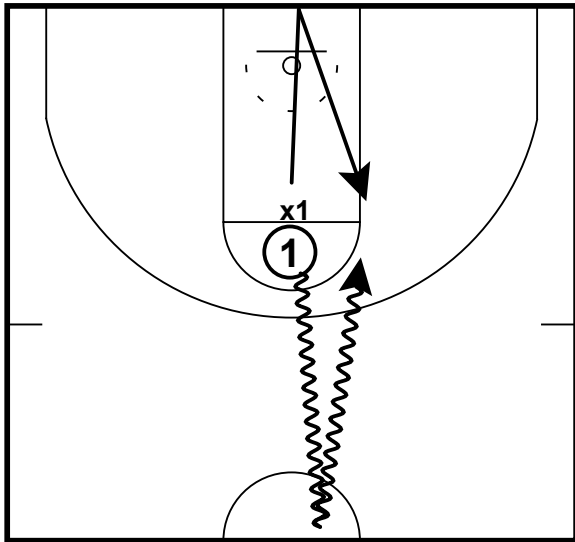


- Outside foot finish
- Power finish
- Back pivot
- Back pivot counter
- Inside hand

Dribble Drive Motion Offense Breakdown Drills

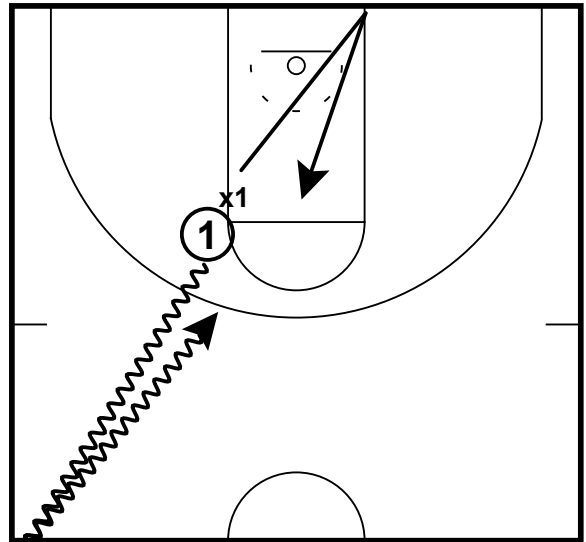
1 on 1 Drills

1 on 1 (Half Court)



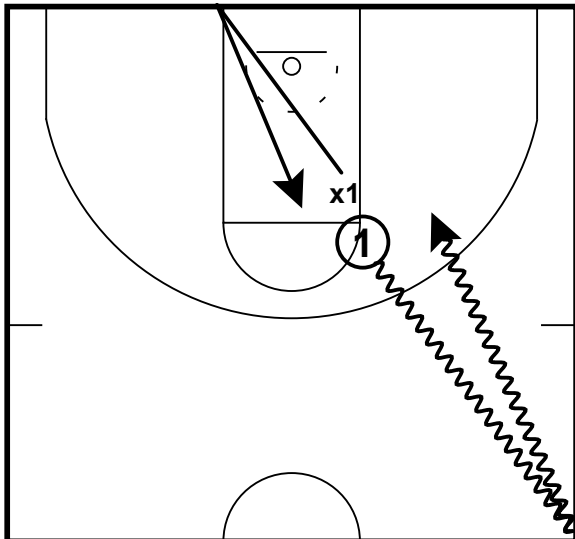
Offense and defense are back to back
 Offensive player dribbles to half court and attacks basket
 X1 touches baseline and closes out on defense
 Offense works on inside out dribble, hesitation, cross overs

1 on 1 (Half Court)



Same drill from a different angle

1 on 1 (Half Court)

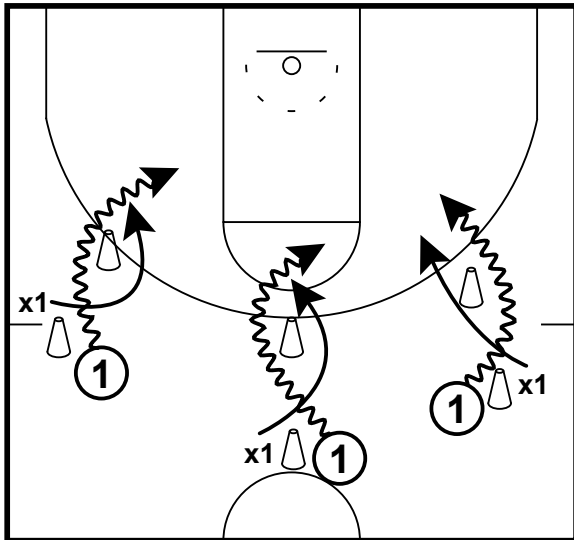


Offense works on attacking from wings and top of key

Dribble Drive Motion Offense Breakdown Drills

1 on 1 Drills

Sever the Angle

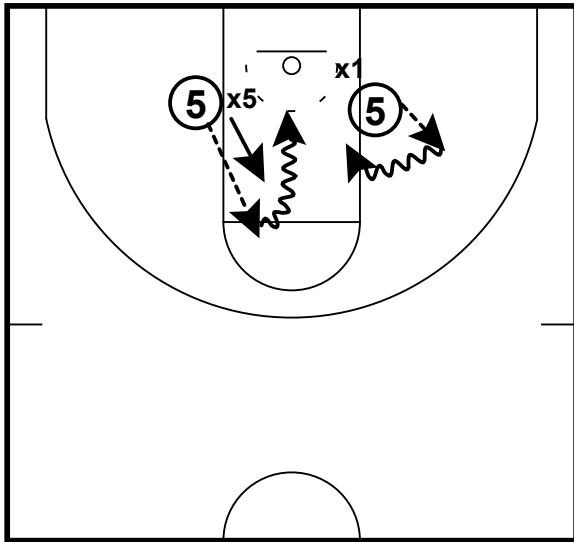


Offense says go
Work on getting defender on back
Put them in jail

Dribble Drive Motion Offense Breakdown Drills

1 on 1 Drills

Self Toss 1 on 1 (Post)

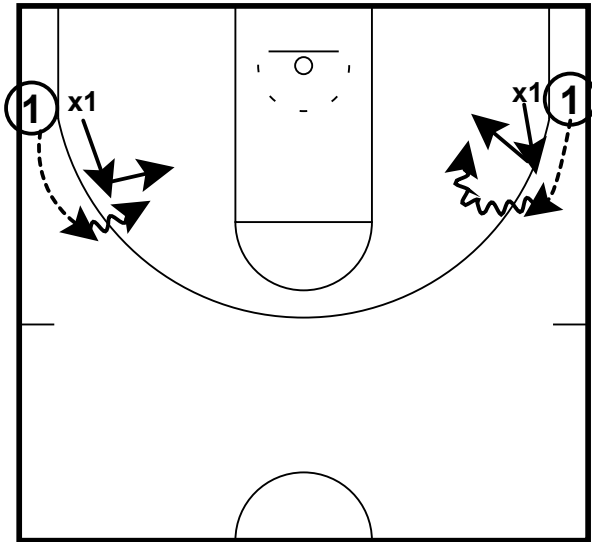


5 self tosses outside key or at elbows
5 reads close out

Dribble Drive Motion Offense Breakdown Drills

1 on 1 Drills

Self Toss 1 on 1 (Wing)

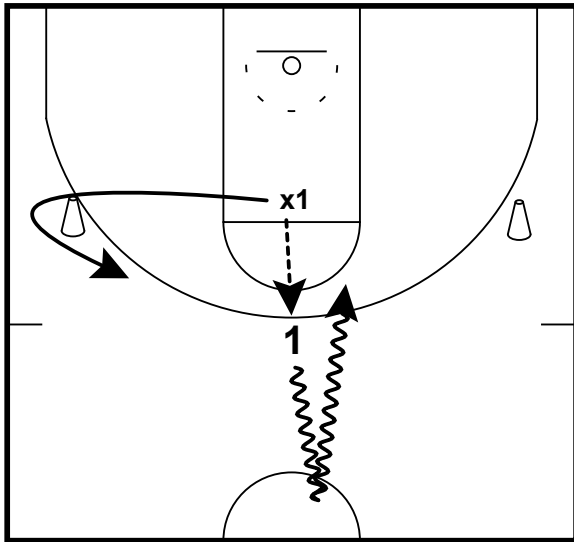


Offense and defense start shoulder to shoulder
Offense self tosses and looks to clip hip of defender

Dribble Drive Motion Offense Breakdown Drills

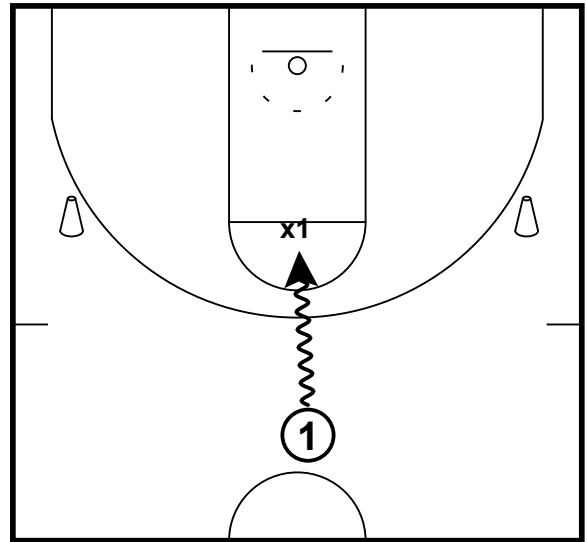
1 on 1 Drills

Fosters 1 on 1



Defender starts at free throw line
 Offensive player starts at the top of the key
 X1 tosses ball to 1 and circles around either cone
 1 dribbles to half court and attacks X1

Fosters 1 on 1

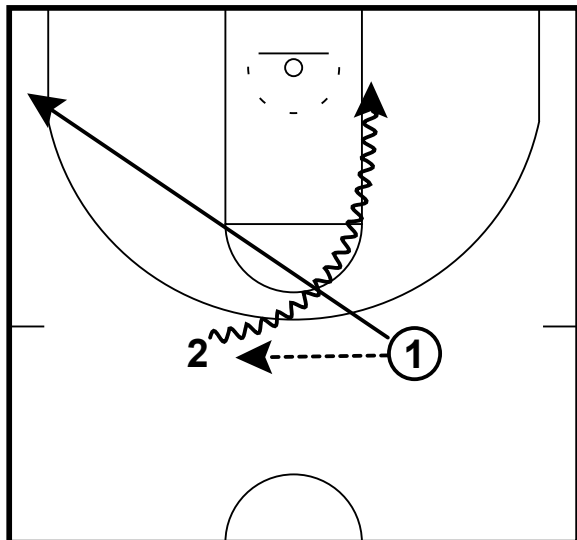


Offense is looking to attack with hesitation, inside out or stutter dribble
 If defender is chest to chest, change direction or speed
 Keep attacking if shoulder is on defender's chest
 Use Barkley if you do not have an advantage

Dribble Drive Motion Offense Breakdown Drills

2 on 0 Drills

2 on 0 Blur



1 passes to 2 and makes blur cut to corner

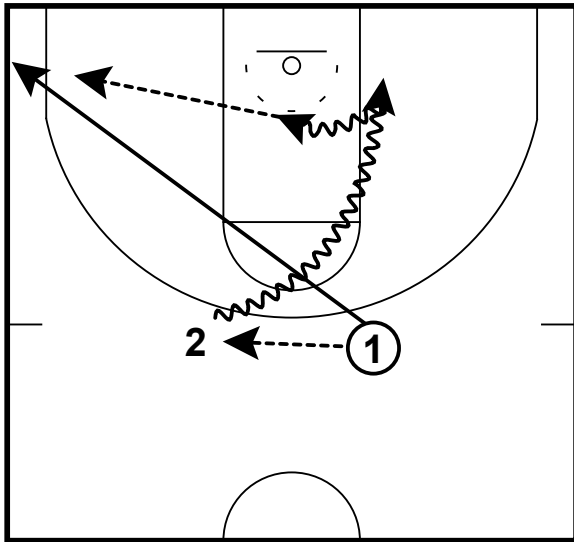
2 dribbles off the butt of 1

Work on back pivot and power finish

Dribble Drive Motion Offense Breakdown Drills

2 on 0 Drills

2 on 0 Blur (Barkley)

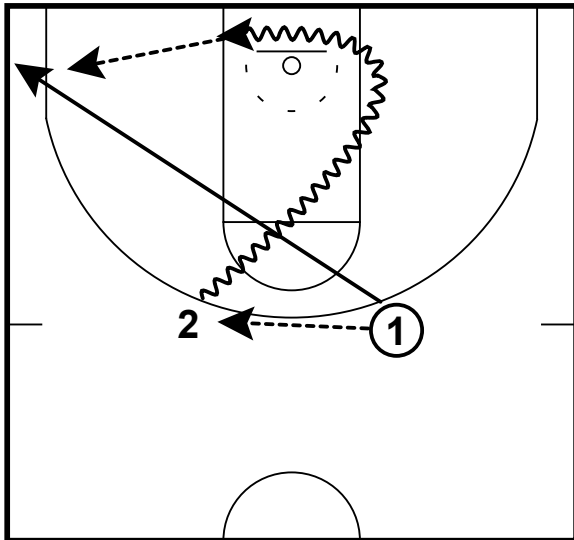


2 does Barkley dribble (post up) and kicks out to weak side to 1 in the corner

Dribble Drive Motion Offense Breakdown Drills

2 on 0 Drills

2 on 0 Blur (Nash Dribble)

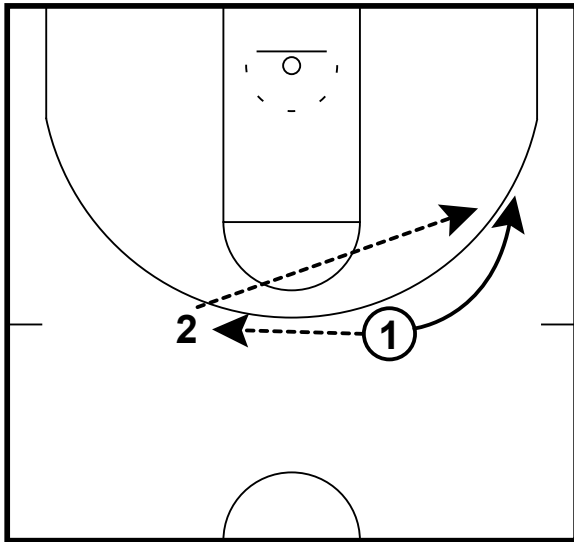


2 makes Nash dribble and kicks out to 1 spacing in the corner

Dribble Drive Motion Offense Breakdown Drills

2 on 0 Drills

2 on 0 Boomerang

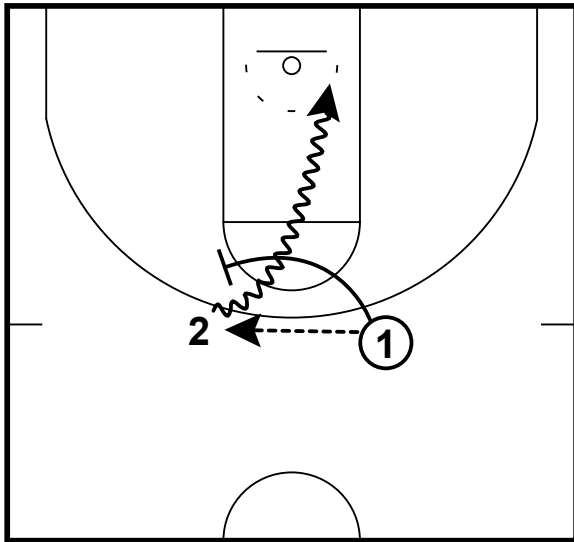


1 looks to drive or shoot on the catch

Dribble Drive Motion Offense Breakdown Drills

2 on 0 Drills

2 on 0 Brush

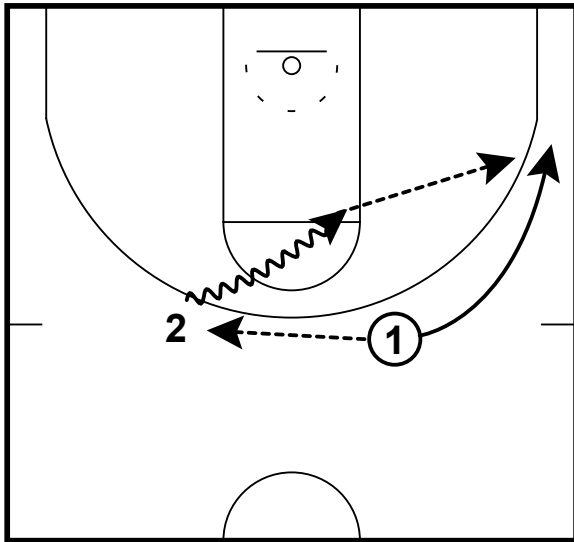


- 1 passes to 2 and stops in front of 2
- 2 dribbles off screen set by 1

Dribble Drive Motion Offense Breakdown Drills

2 on 0 Drills

2 on 0 Fan

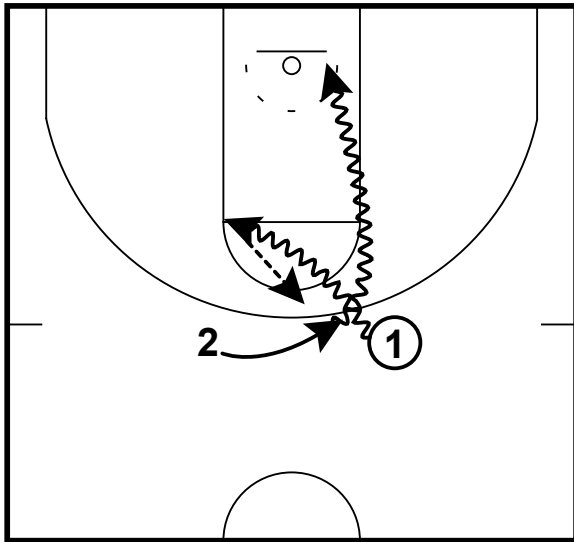


- 1 pass to 2 and spaces out to wing
- 2 attacks elbow and kicks out to 1

Dribble Drive Motion Offense Breakdown Drills

2 on 0 Drills

2 on 0 Flip



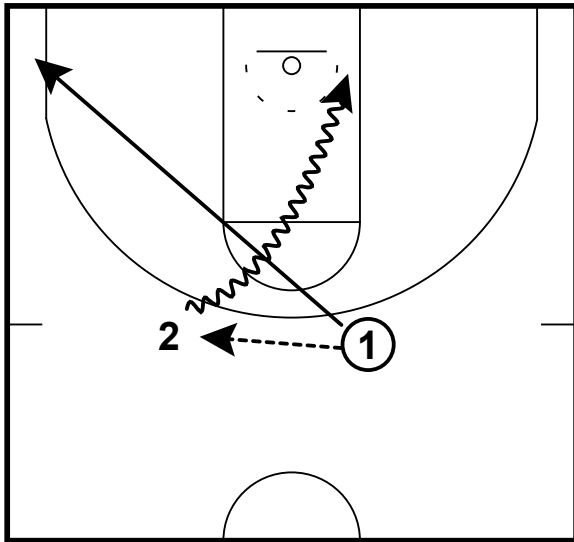
1 attacks elbow

2 circles behind and receives pass from 1

Dribble Drive Motion Offense Breakdown Drills

2 on 0 Drills

2 on 0 Stride Stop

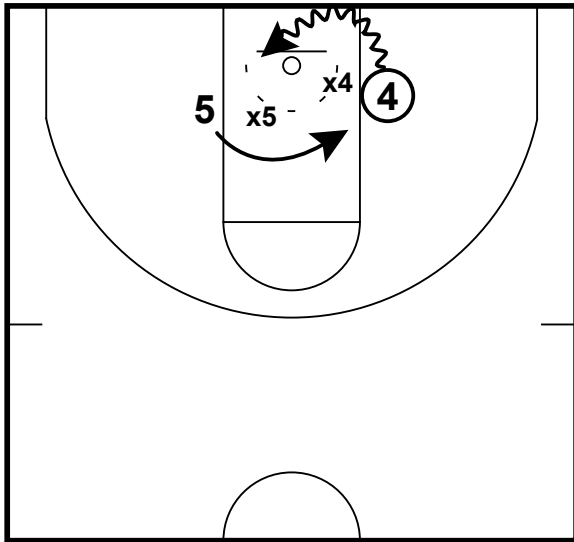


- 1 passes to 2 and makes blur cut
- 2 finishes with stride stop

Dribble Drive Motion Offense Breakdown Drills

2 on 2 Drills

2 on 2 Baseline Attack

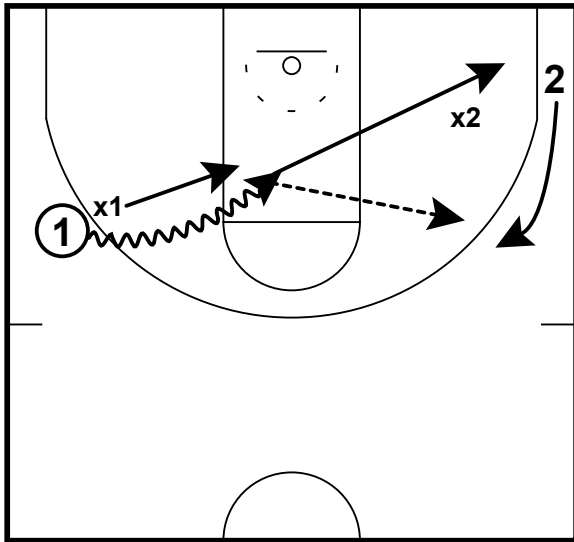


4 drives baseline
5 T's up in front of rim

Dribble Drive Motion Offense Breakdown Drills

2 on 2 Drills

2 on 2 Lift

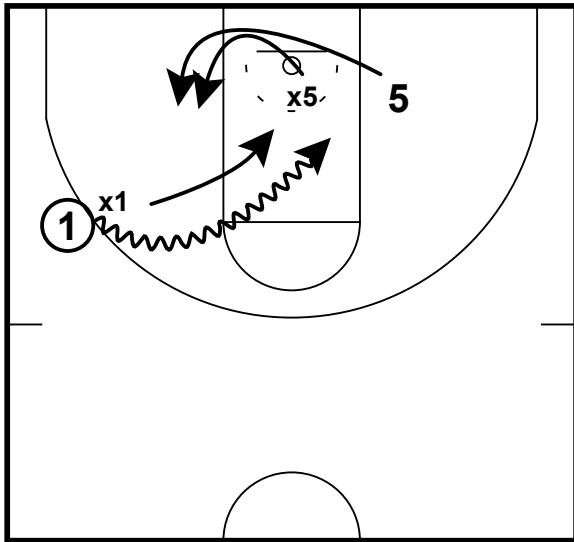


- 1 attacks middle
- 2 lifts and attacks elbow
- 1 sprints to corner

Dribble Drive Motion Offense Breakdown Drills

2 on 2 Drills

2 on 2 Middle

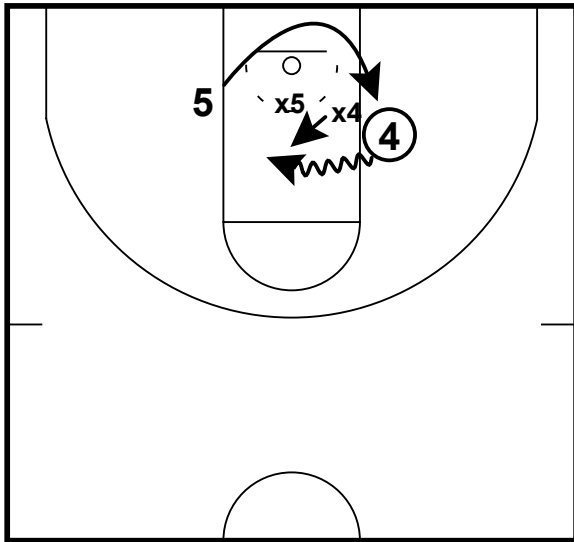


1 attacks middle and reads help defender
5 circles under

Dribble Drive Motion Offense Breakdown Drills

2 on 2 Drills

2 on 2 Midline Attack

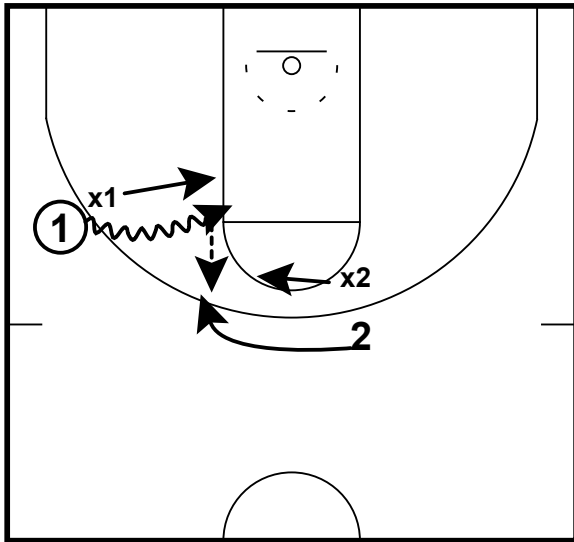


4 attacks midline
5 circles under

Dribble Drive Motion Offense Breakdown Drills

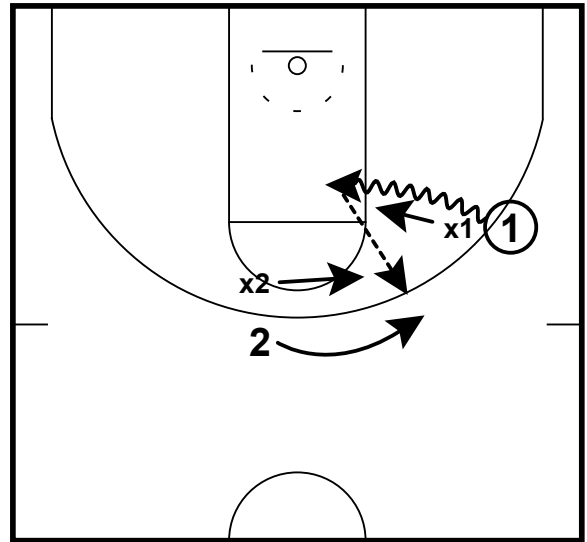
2 on 2 Drills

2 on 2 Top



Middle drive 2 euro cuts behind 1

2 on 2 Top

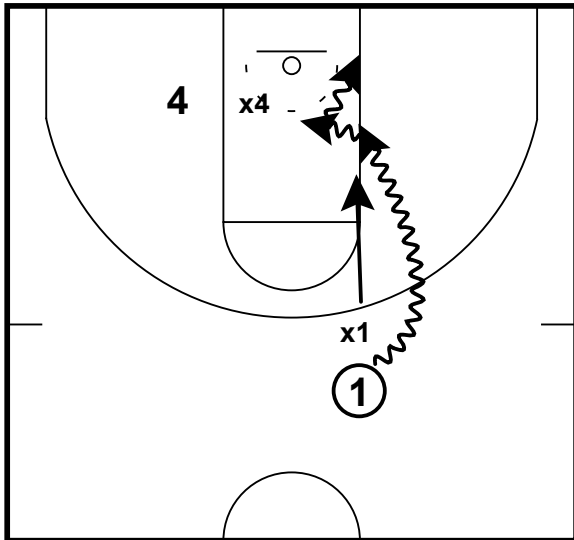


Work on both sides

Dribble Drive Motion Offense Breakdown Drills

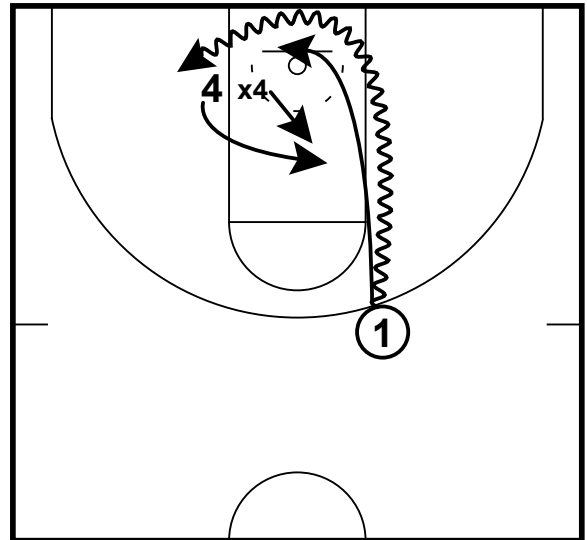
2 on 2 Drills

2 on 2 Top (Barkley/Nash)



1 attacks and posts up (Barkley) since X4 stayed with his man

2 on 2 Top (Barkley/Nash)

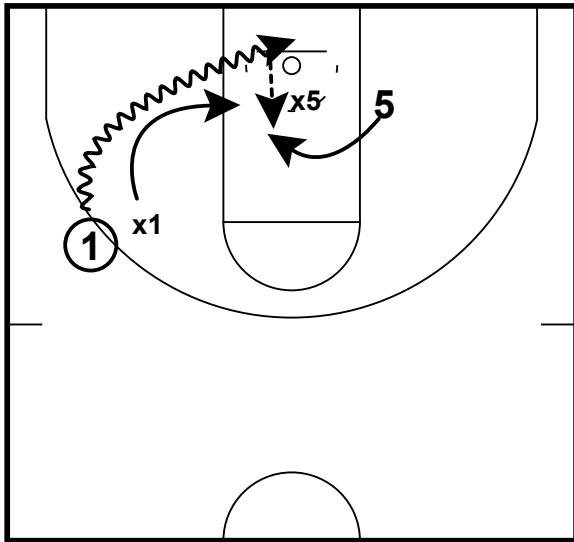


1 Nash dribbles under basket
X4 stays attached to 4

Dribble Drive Motion Offense Breakdown Drills

2 on 2 Drills

2 on 2 Wing

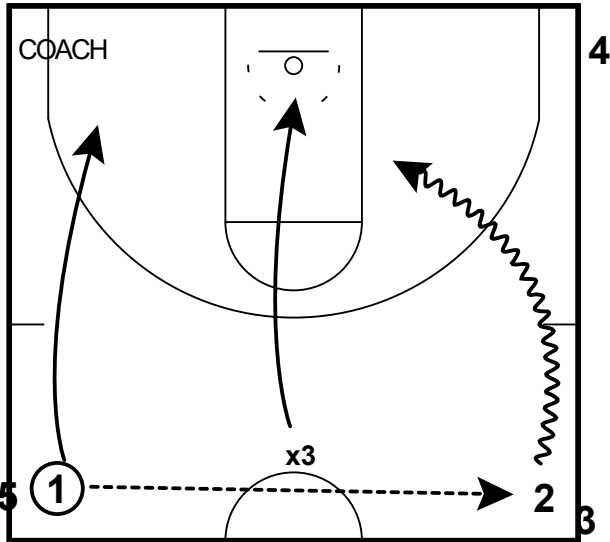


1 drives baseline
5 T's up in front of rim

Dribble Drive Motion Offense Breakdown Drills

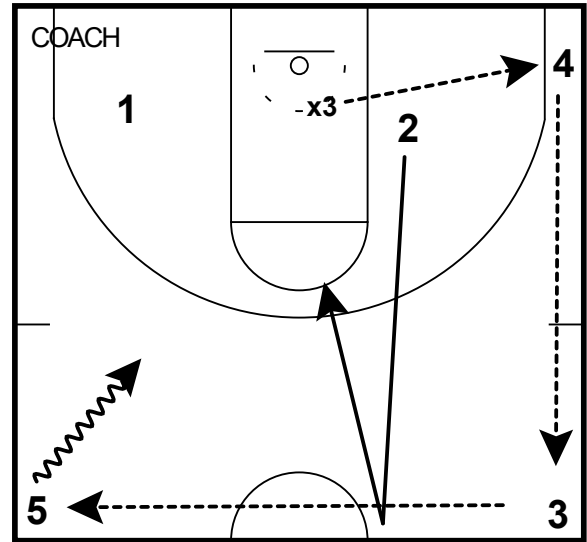
2 on 2 Drills

2 on 1 Skip



1 and 2 start at half court on the skip
 1 and 2 attack the defender

2 on 1 Skip

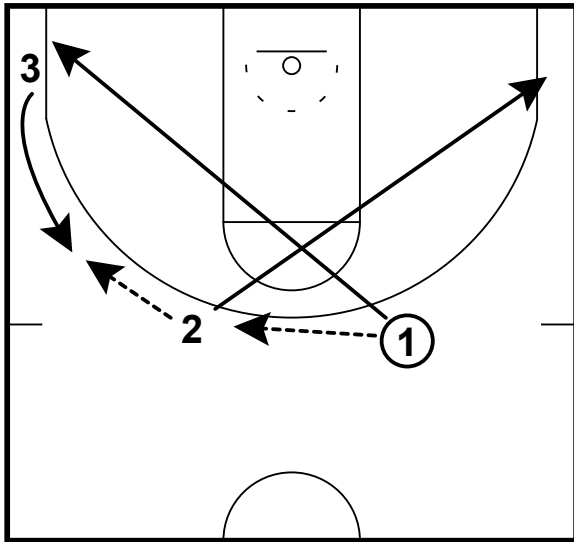


Shooter goes to defense and must touch half court
 4 passes to ball to 3 after getting pass from X3
 3 skips to 5 and attacks 2

Dribble Drive Motion Offense Breakdown Drills

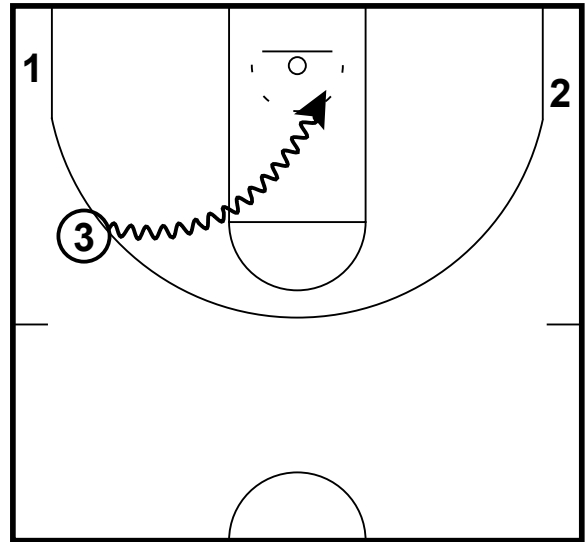
3 on 0 Drills

3 on 0 Swing



- 1 passes to 2 and makes blur cut
- 3 lifts to wing and receives pass from 2
- 2 sprints to opposite corner

3 on 0 Swing

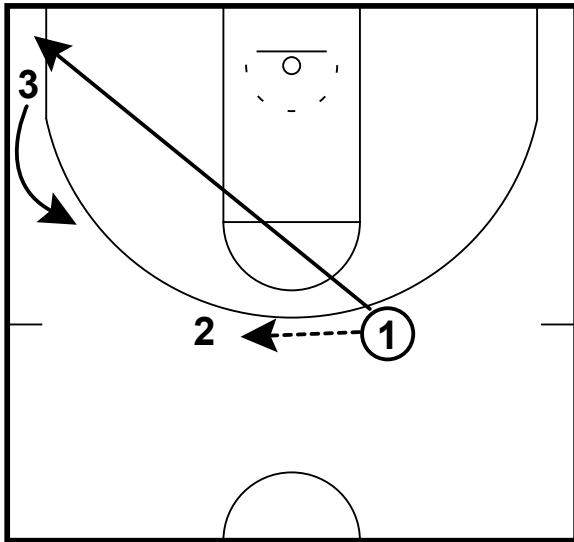


- 3 attacks double gap

Dribble Drive Motion Offense Breakdown Drills

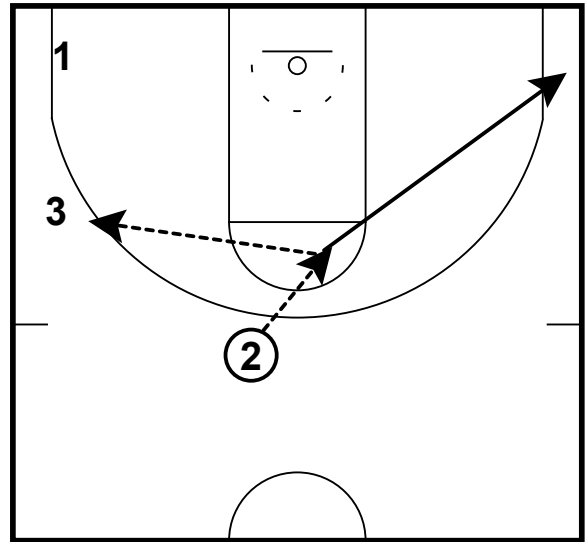
3 on 0 Drills

3 on 0/Blur/Snap



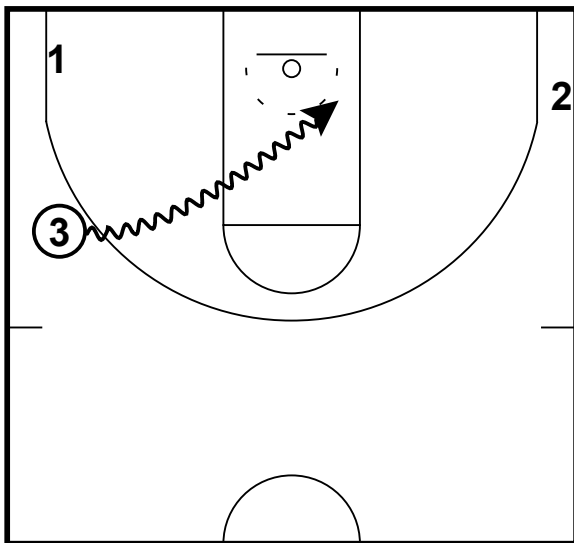
1 passes to and makes blur cut
3 lifts to wing

3 on 0/Blur/Snap



2 attacks elbow and makes snap back pass to 3

3 on 0/Blur/Snap

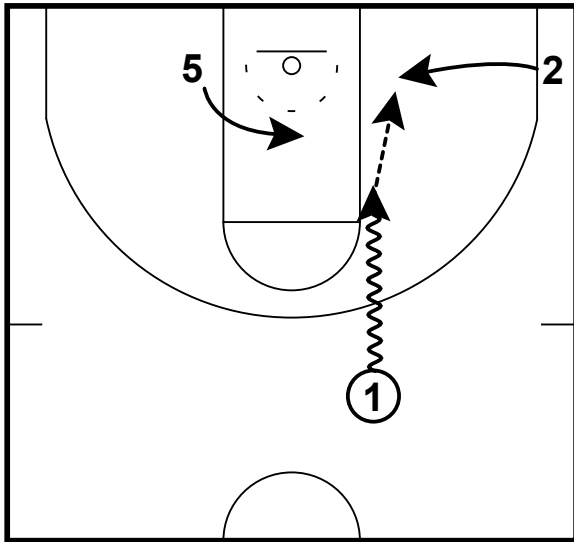


3 attacks double gap

Dribble Drive Motion Offense Breakdown Drills

3 on 0 Drills

3 Man Back Cut

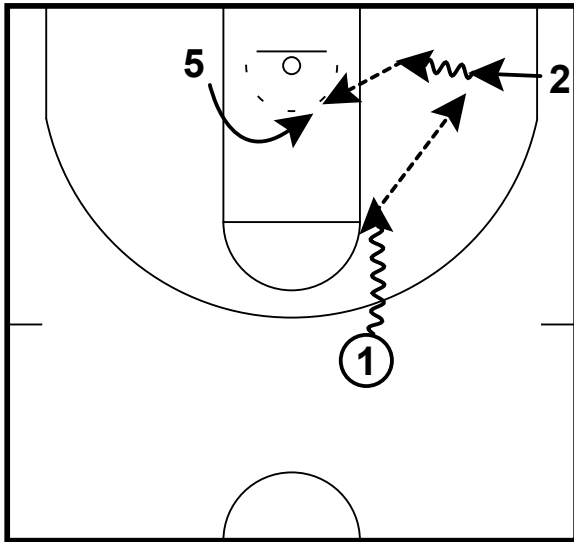


- 1 attacks drop zone
- 2 makes back cut
- 5 T's up in front of basket

Dribble Drive Motion Offense Breakdown Drills

3 on 0 Drills

3 Man Back Cut/Lob

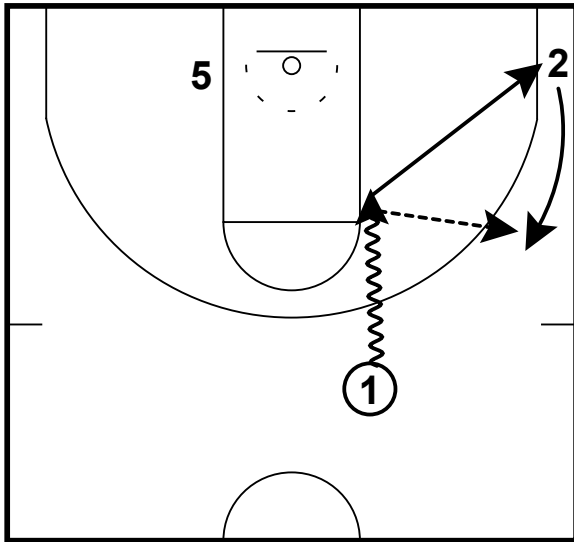


- 1 hits 2 on back cut
- 2 throws lob to 5

Dribble Drive Motion Offense Breakdown Drills

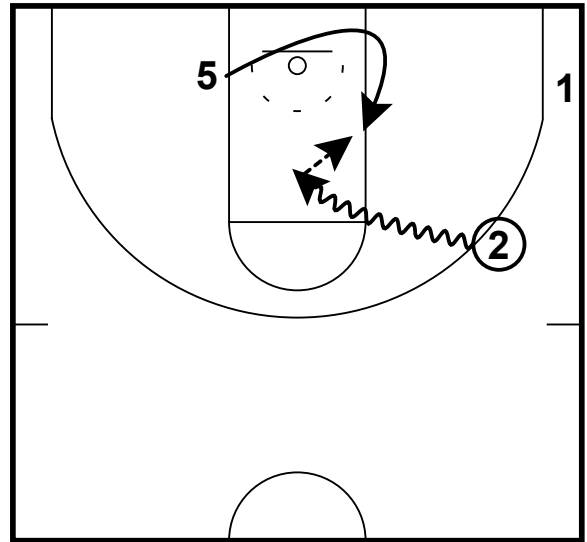
3 on 0 Drills

3 Man Relocate



- 1 attacks drop zone
- 2 lifts for kick back
- 1 fills corner after making pass

3 Man Relocate

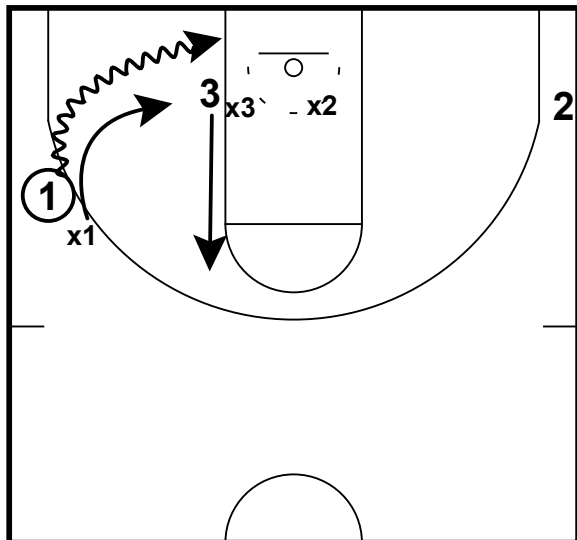


- 2 attacks elbow
- 5 relocates and circles under for pass from 2

Dribble Drive Motion Offense Breakdown Drills

3 on 3 Drills

3 on 3 Advantage (Baseline Drive)

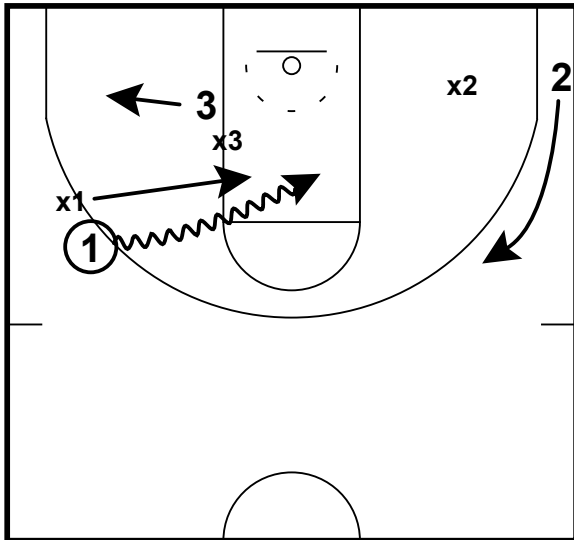


- 1 drives below 3
- 3 spaces up to elbow
- 2 stays in corner for baseline drift

Dribble Drive Motion Offense Breakdown Drills

3 on 3 Drills

3 on 3 Advantage (Middle Drive)

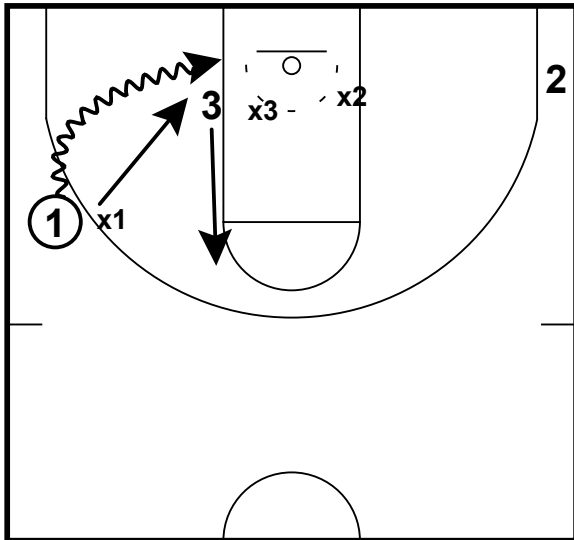


- X1 and 1 start shoulder to shoulder
- 3 and 2 read drive of 1
- 2 lifts looking for pitch
- 3 spaces to short corner

Dribble Drive Motion Offense Breakdown Drills

3 on 3 Drills

3 on 3 Baseline Drive

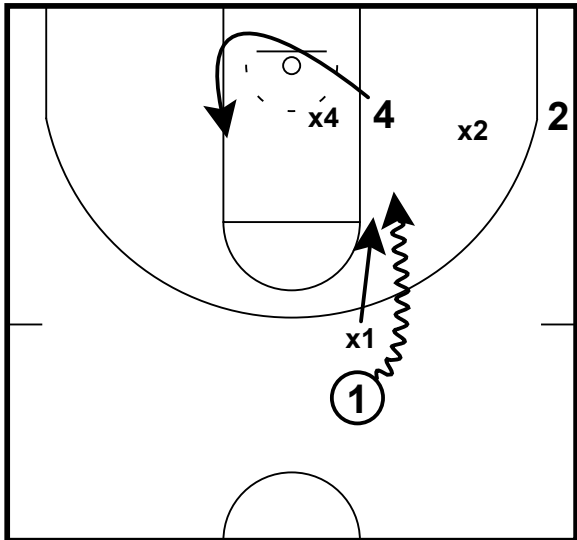


- 2 drives baseline
- 3 lifts to elbow
- 2 spots up in corner

Dribble Drive Motion Offense Breakdown Drills

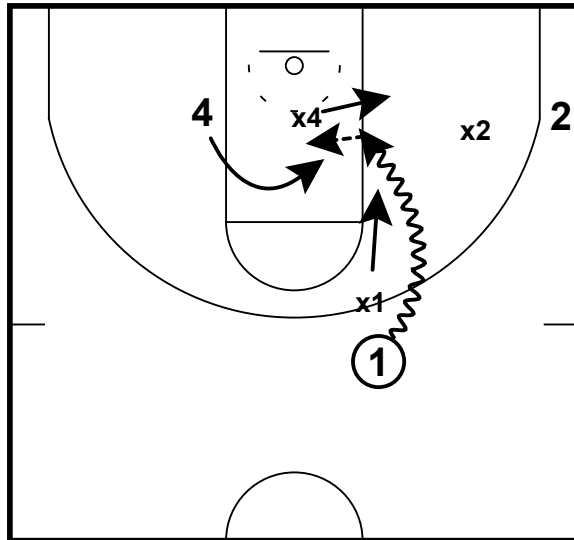
3 on 3 Drills

3 on 3 Butt Ball (Circle Reads)



X1 is facing basket
 1 places ball on X1's back
 It is live when 1 takes ball off defenders back
 4 circles under since 1 is driving right at him

3 on 3 Butt Ball (Circle Reads)

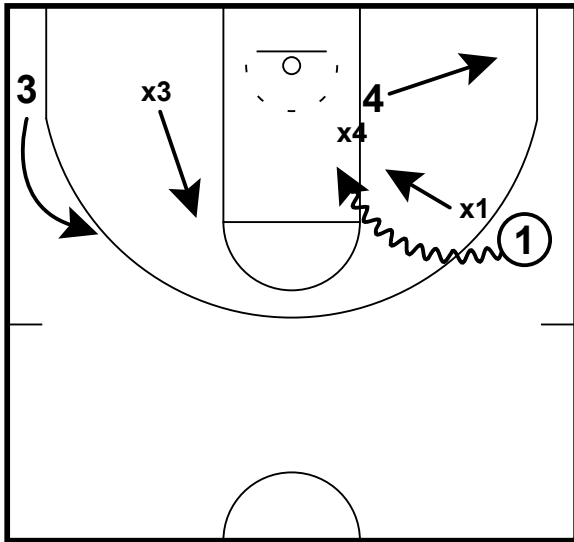


4 starts on weak side and T's up in front of rim looking for pass from 1

Dribble Drive Motion Offense Breakdown Drills

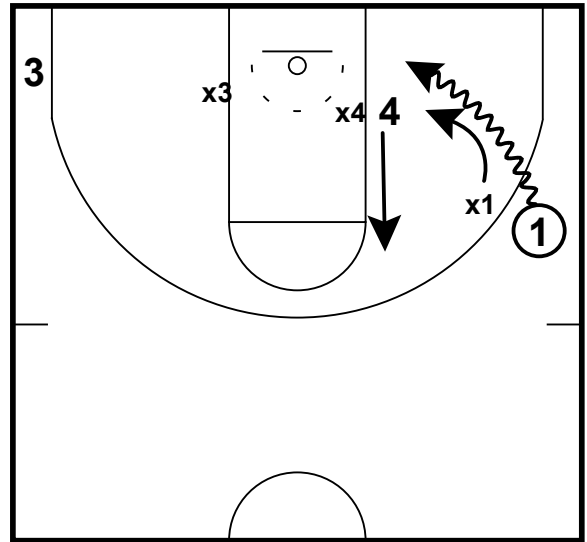
3 on 3 Drills

3 on 3 Butt Ball (Elbow Attack)



- 1 attacks elbow
- 4 flashes to short corner since drive was above him

3 on 3 Butt Ball (Elbow Attack)

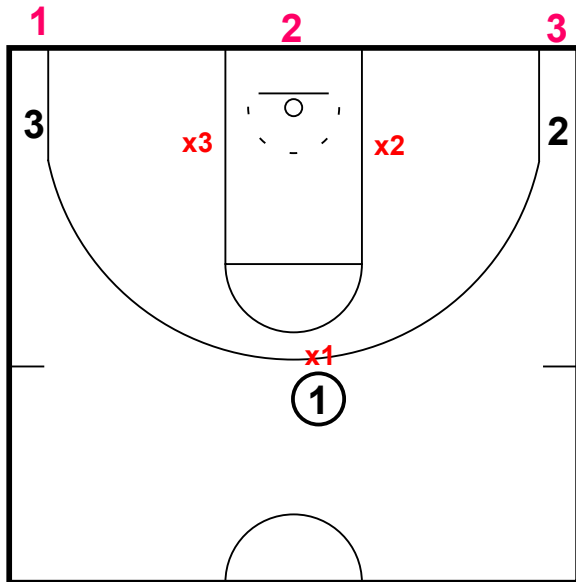


- 1 drives below (baseline) 4
- 4 slides up to the elbow
- 3 stays in corner to be available for baseline drift pass

Dribble Drive Motion Offense Breakdown Drills

3 on 3 Drills

3 on 3 Cut Throat

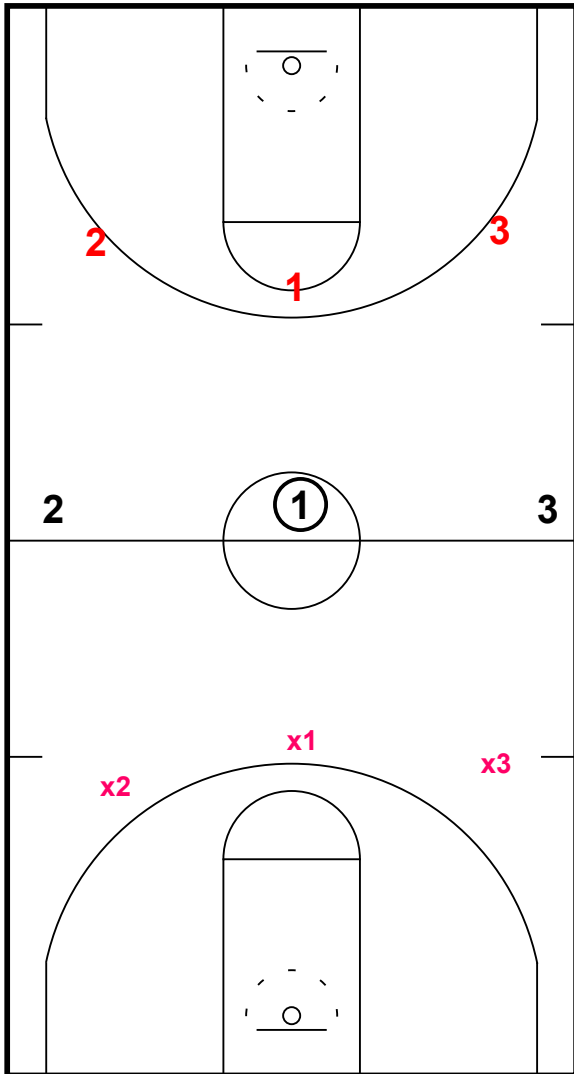


Offense stays on if they score
Team on baseline enters and becomes new defense if offense misses

Dribble Drive Motion Offense Breakdown Drills

3 on 3 Drills

3 on 3 Full Court (Cut Throat)

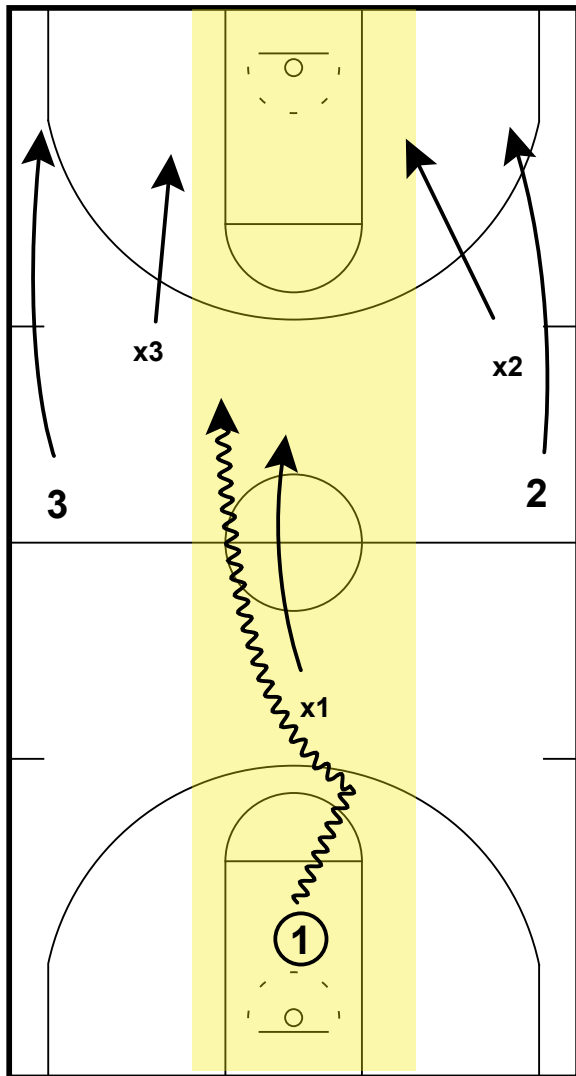


Offense inbounds ball if they score
 Purple team can play defense until ball crosses half court
 If offense misses shot they can also play defense until ball crosses half court

Dribble Drive Motion Offense Breakdown Drills

3 on 3 Drills

3 on 3 Full Court Attack

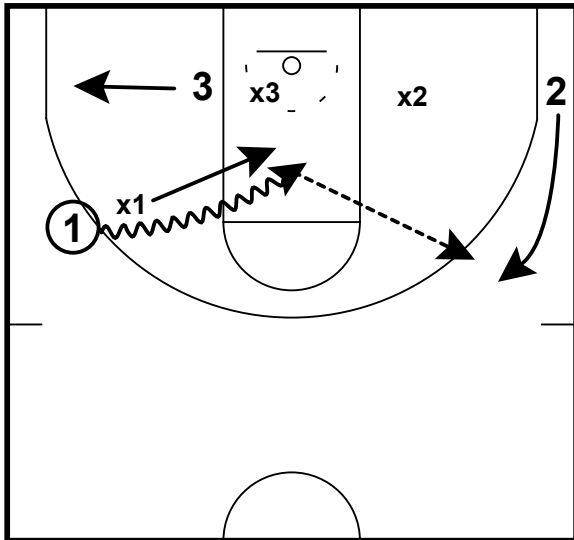


- 1 starts in the middle of the key
- X1 picks 1 up at top of the key
- 1 must stay inside middle 3rd
- Set up cones

Dribble Drive Motion Offense Breakdown Drills

3 on 3 Drills

3 on 3 Middle Drive

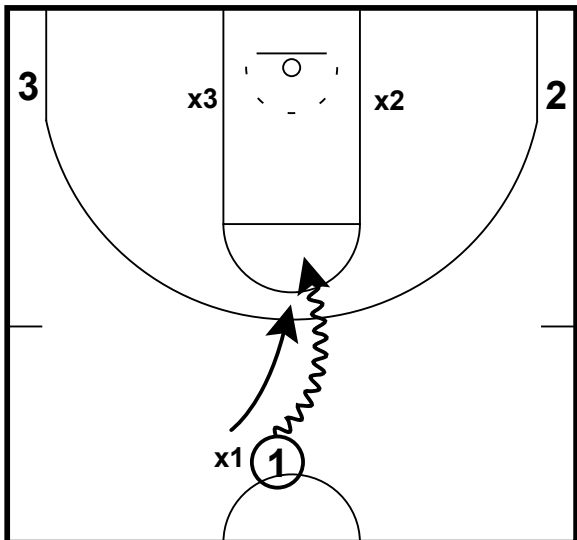


- 1 attacks elbow
- 2 lifts
- 3 spaces to short corner

Dribble Drive Motion Offense Breakdown Drills

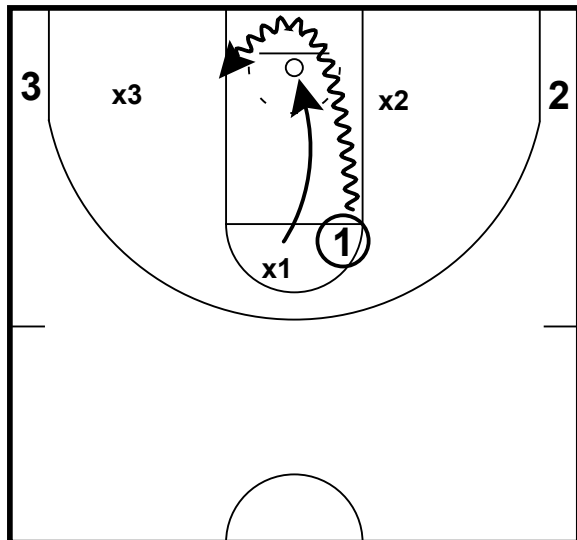
3 on 3 Drills

3 on 3 Tandem



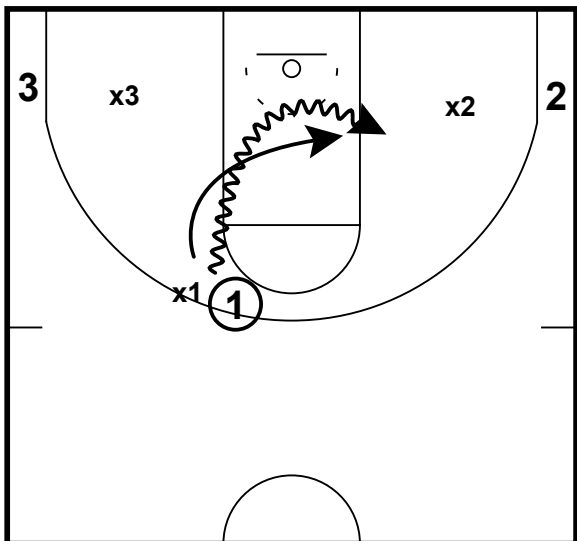
X1 and 1 start shoulder
1 attacks downhill

3 on 3 Tandem



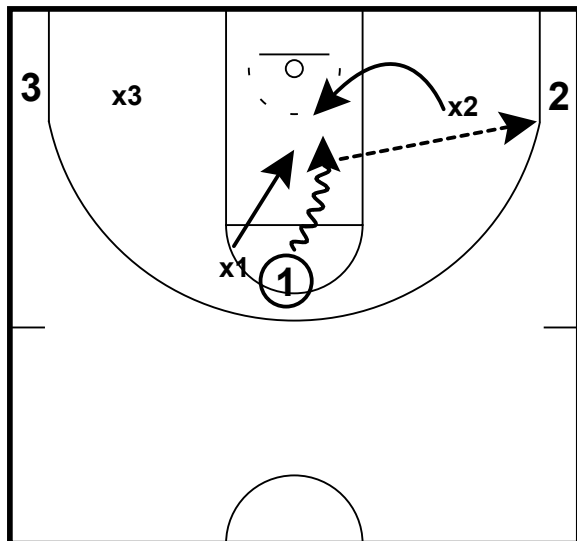
If defense stays attached utilize Nash dribble

3 on 3 Tandem



1 uses Barkley move (post up)

3 on 3 Tandem

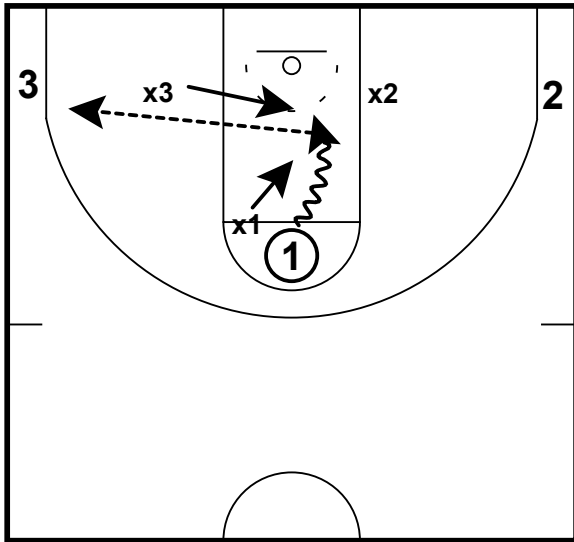


1 reads help and kicks out to 2 for wide open 3

Dribble Drive Motion Offense Breakdown Drills

3 on 3 Drills

3 on 3 Tandem

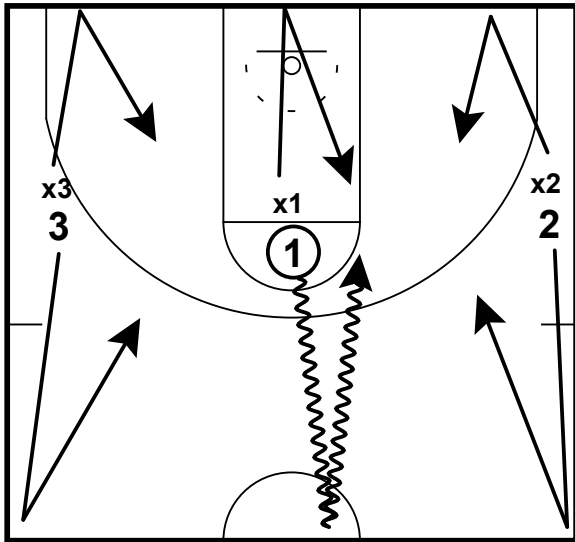


1 makes hook pass to 3 in the corner

Dribble Drive Motion Offense Breakdown Drills

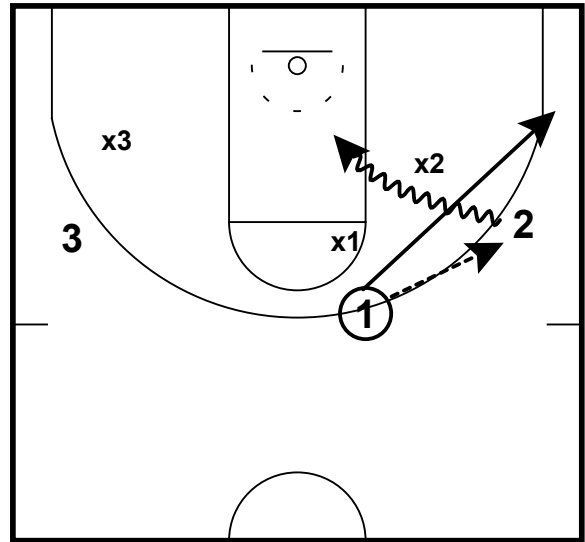
3 on 3 Drills

Half Court 3 on 3



Offense and defense line up back to back
 Offense touches half court
 Defense touches baseline

Half Court 3 on 3

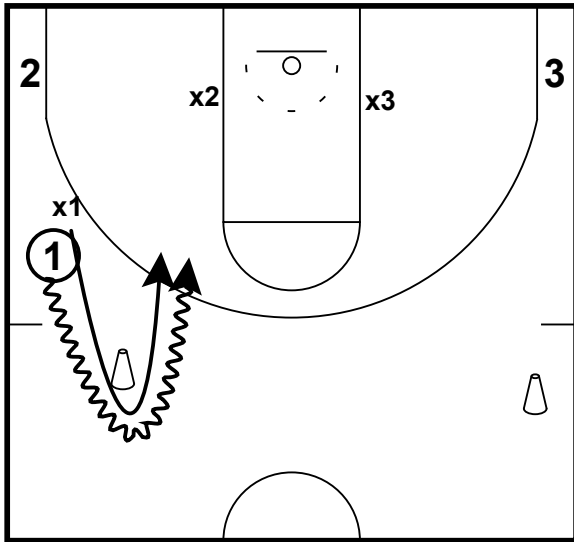


1 passes to 2 and runs blur cut
 Coach can call out different actions
 Euro
 Kick Back
 DHO

Dribble Drive Motion Offense Breakdown Drills

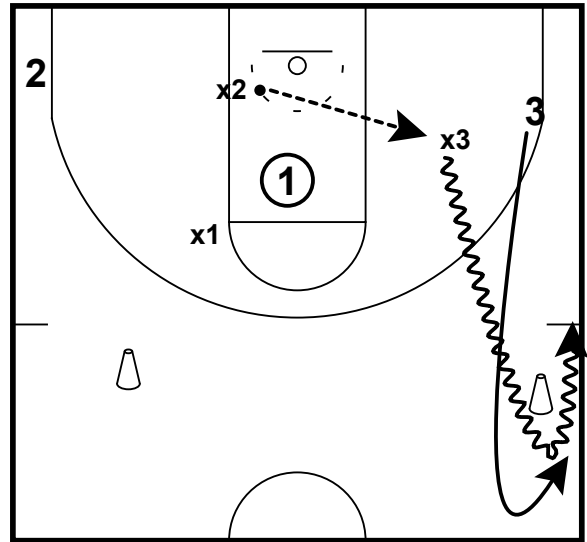
3 on 3 Drills

Pass Into 3 on 3



X1 chases 1 around the cone

Pass Into 3 on 3

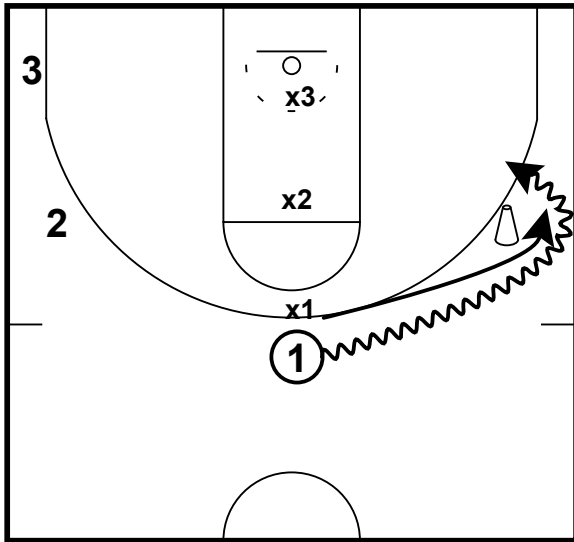


X2 rebounds and outlets to X3
3 must now chase X3 around the cone

Dribble Drive Motion Offense Breakdown Drills

4 on 4 Drills

Spanish 3 on 3

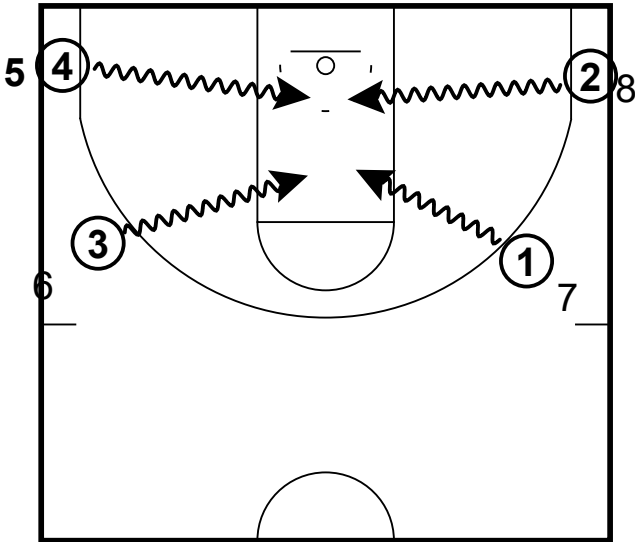


Same alignment as Spanish 2 on 2

Dribble Drive Motion Offense Breakdown Drills

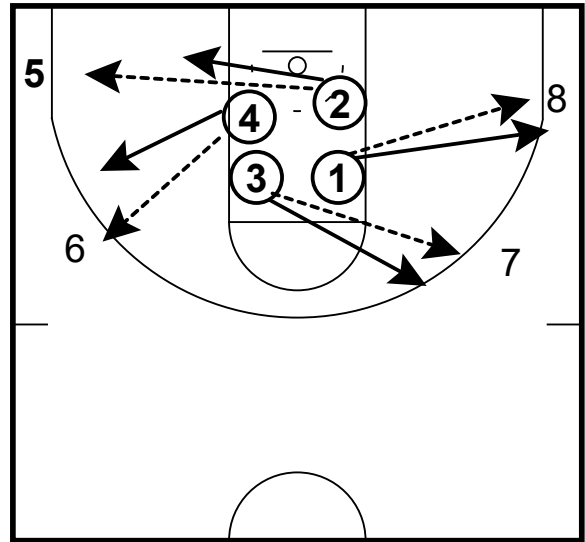
4 on 4 Drills

4 Corner Passing Drill



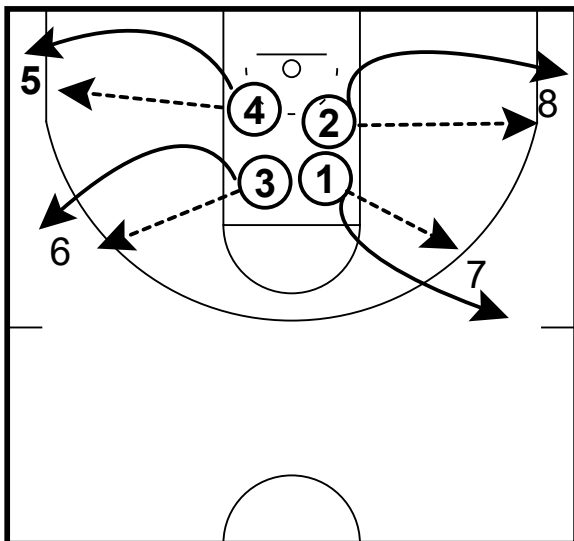
All 4 ball handlers attack the paint (Dribbling with right hand)
 Emphasize landing under control
 Work on stride (1,2) and jump stops

4 Corner Passing Drill



Passes are made with right hand
 2 passes to 5 and follows pass
 3 passes to 7 and follows pass
 4 passes to 6 and follows pass
 1 passes to 8 and follows pass

4 Corner Passing Drill

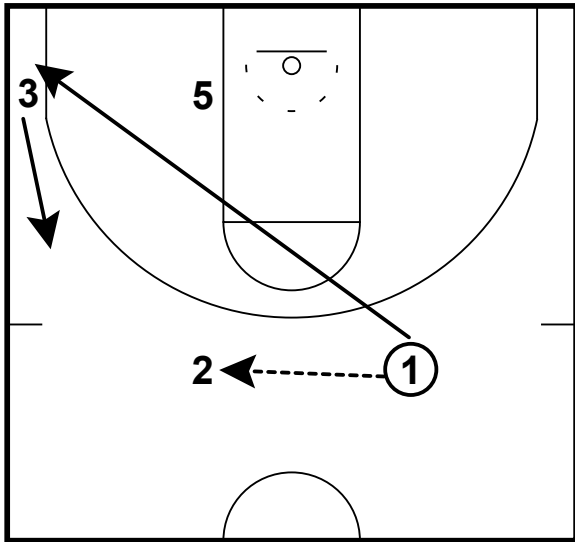


Switch to left hand
 Dribble and pass with left hand
 Final progression is reverse pivot
 Pivot out of pressure
 Follow your pass

Dribble Drive Motion Offense Breakdown Drills

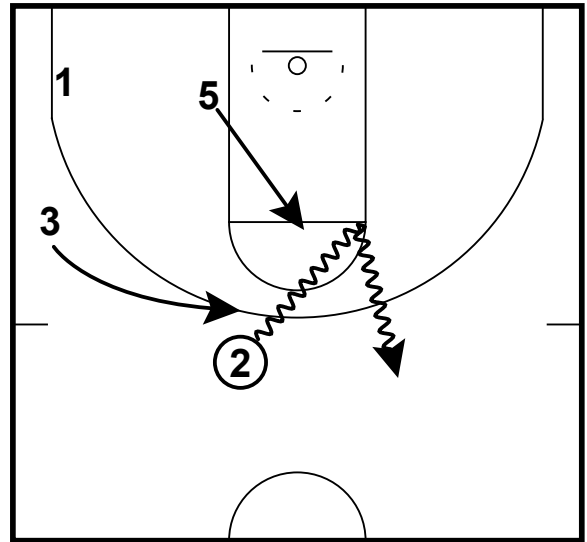
4 on 4 Drills

4 on 0 Bounce Out



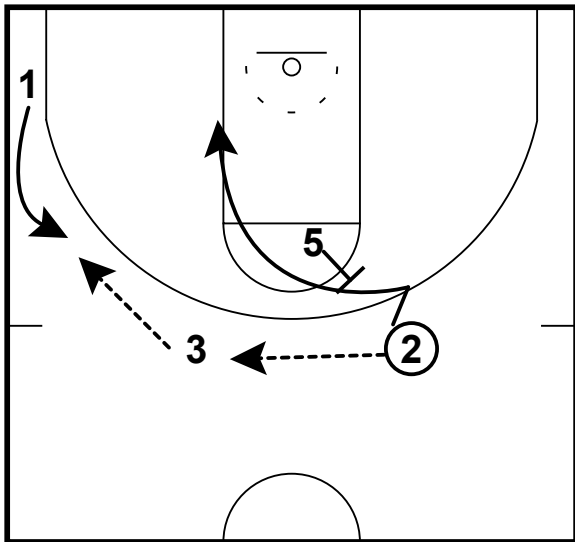
1 passes to 2 and makes blur cut
3 lifts to wing

4 on 0 Bounce Out



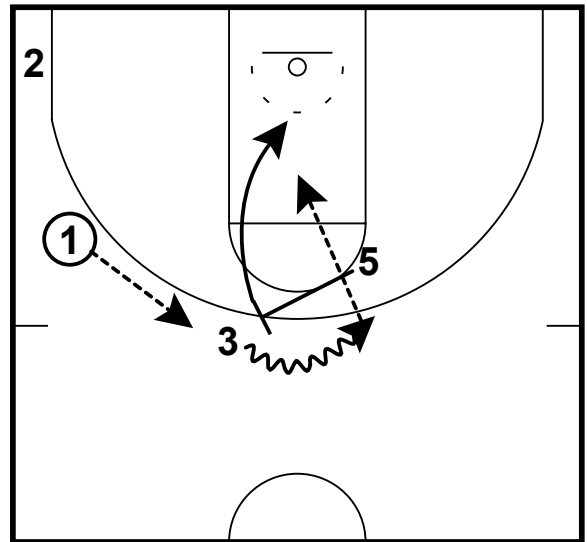
2 bounces out
Automatic read for 5 to flash to free throw line
3 fills slot

4 on 0 Bounce Out



Ball swings to 1 at the wing
1 looks for 2 coming off back screen set by 5

4 on 0 Bounce Out

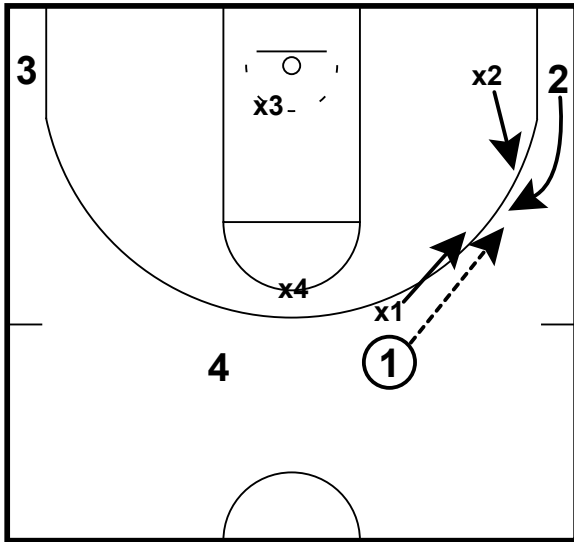


3 dribbles off ball screen set by 5

Dribble Drive Motion Offense Breakdown Drills

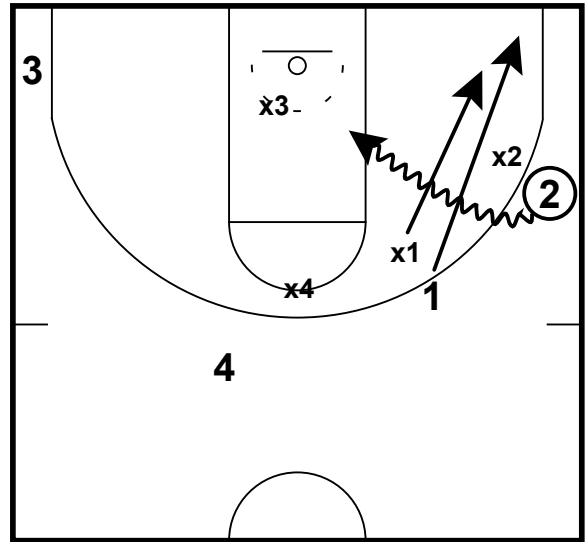
4 on 4 Drills

4 on 4 SSG's (Blur Cut)



Slot to wing pass

4 on 4 SSG's (Blur Cut)

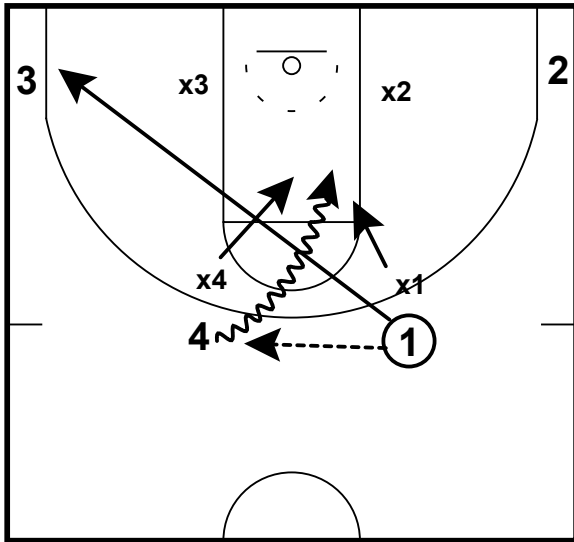


Slot to wing blur cut
2 dribbles off the butt of 1's cut

Dribble Drive Motion Offense Breakdown Drills

4 on 4 Drills

4 on 4 SSG's (Slot Blur Cut)

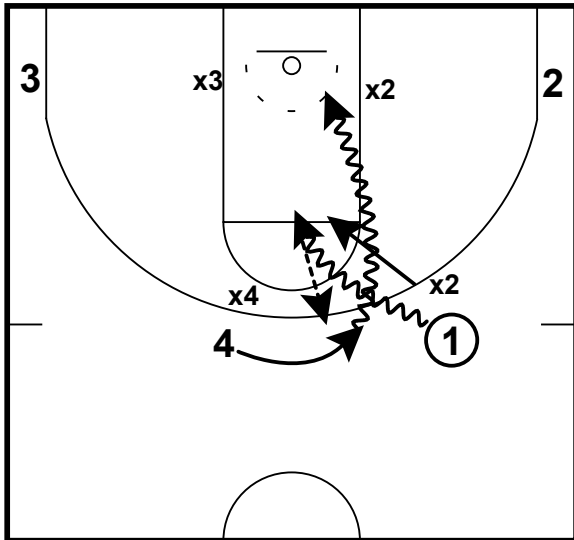


- 4 dribbles off blur cut of 1
- 4 attacks rim and reads help defender

Dribble Drive Motion Offense Breakdown Drills

4 on 4 Drills

4 on 4 SSG's (Slot to Slot Flip)



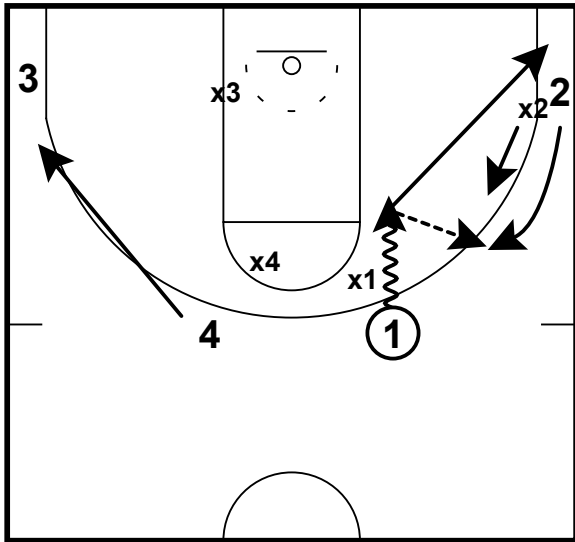
1 attacks nail

4 sprints behind 1 and receives pass on the run

Dribble Drive Motion Offense Breakdown Drills

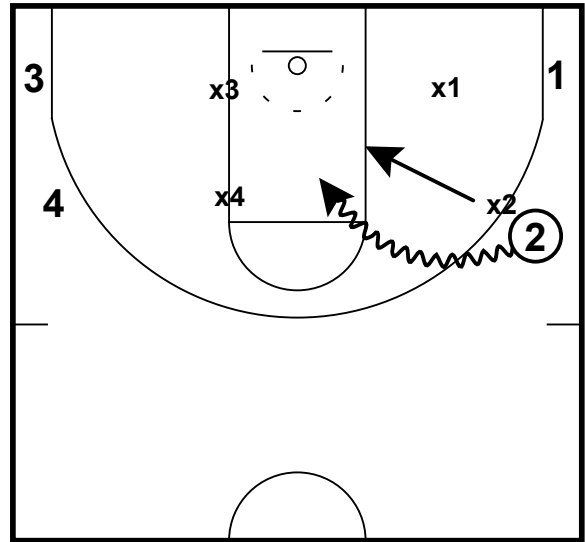
4 on 4 Drills

4 on 4 SSG's (Slot to Wing Flip)



1 is stopped at drop zone
2 receives flip from 1

4 on 4 SSG's (Slot to Wing Flip)

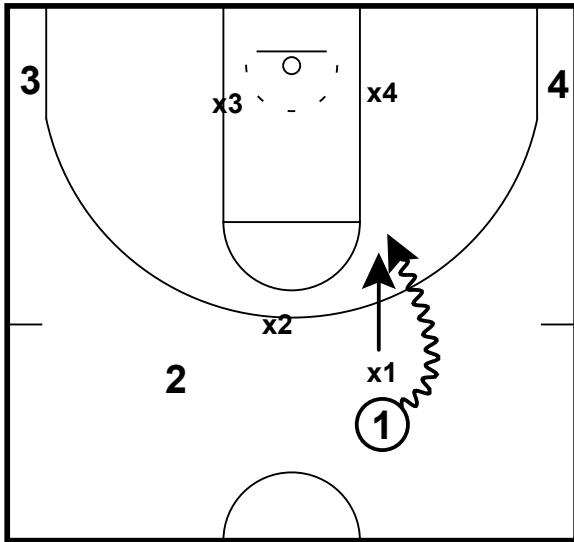


2 attacks nail and reads 2nd defender

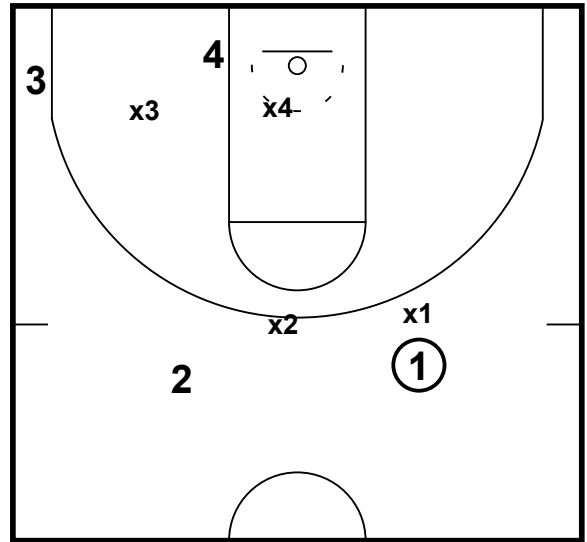
Dribble Drive Motion Offense Breakdown Drills

4 on 4 Drills

Blind 4 on 4



Blind 4 on 4

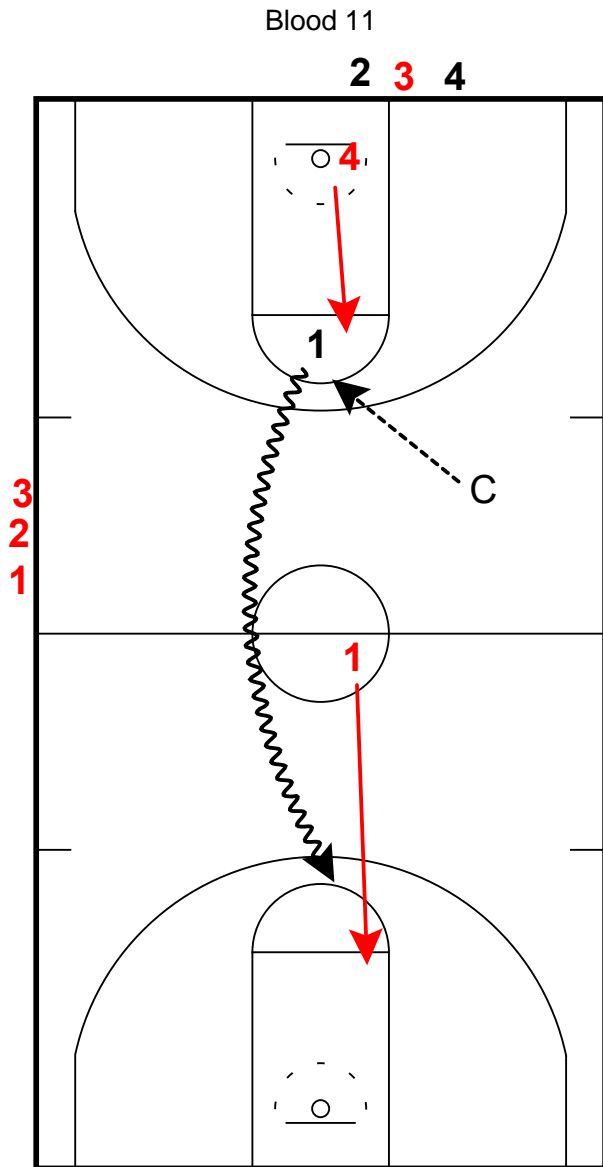


X1 is facing the basket
It is live once 1 takes ball off defender's back

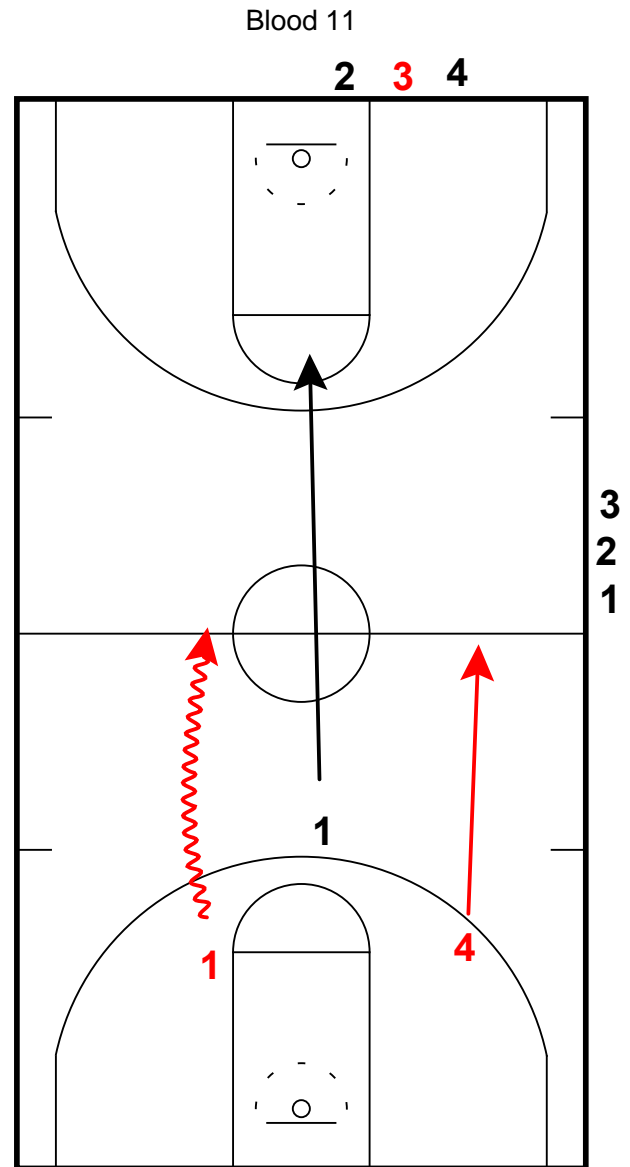
You can also move a player to the block

Dribble Drive Motion Offense Breakdown Drills

Blood Series



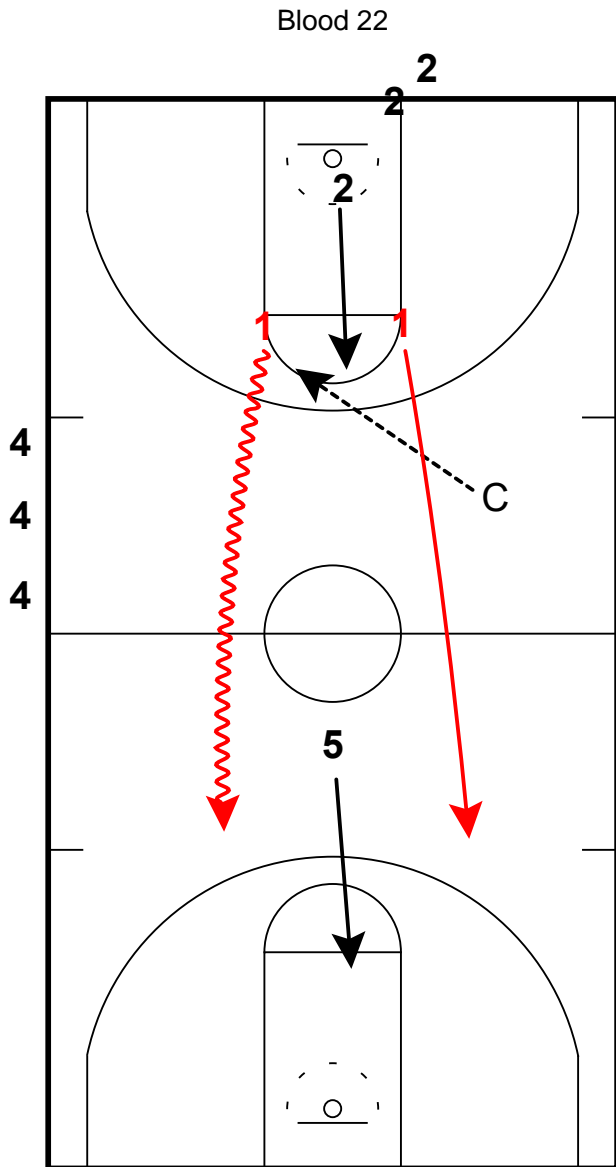
Coach passes to 1 (black) at the free throw line
 Red player (1) at half court picks up black ball handler (1)
 Red player (4) is trying to chase ball handler down



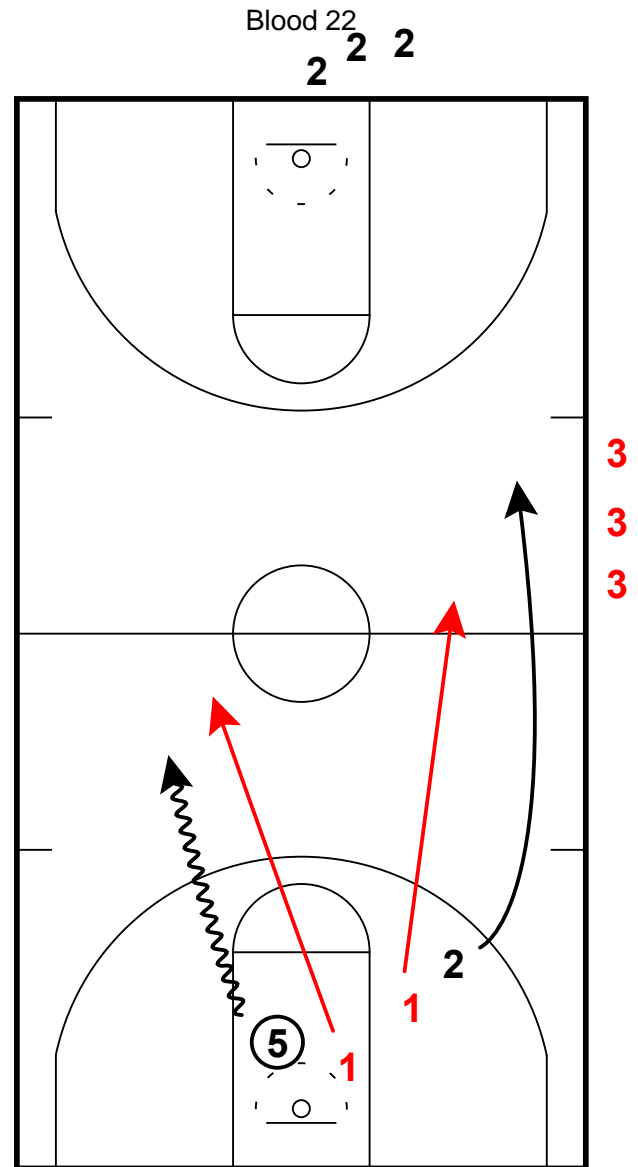
2 on 1 on the way back
 Red team will now be on offense

Dribble Drive Motion Offense Breakdown Drills

Blood Series



Coach passes to red team at elbow
 It is 2 on 1 with black (2) under the basket chasing down the red team

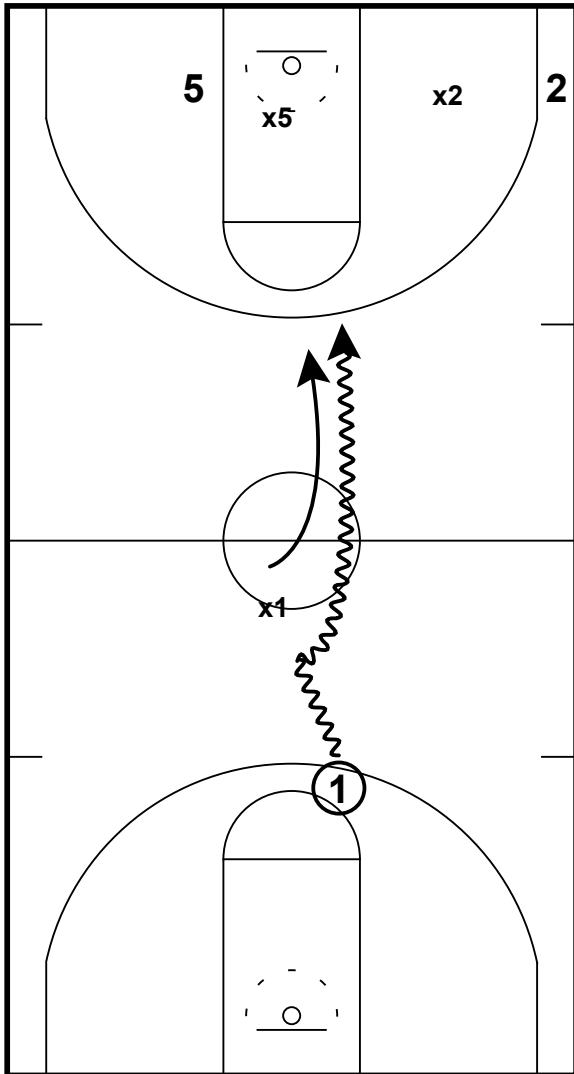


2 on 2 on the way back
 Black will now have 2 players on the elbow receiving pass from coach

Dribble Drive Motion Offense Breakdown Drills

Blood Series

Blood 33

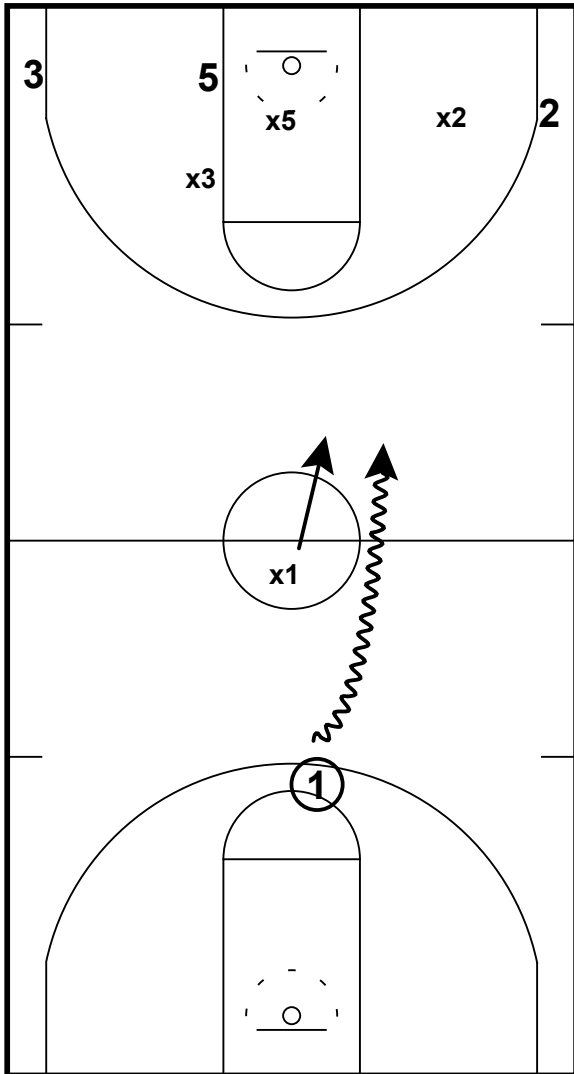


1 is attacking downhill reading X5

Dribble Drive Motion Offense Breakdown Drills

Blood Series

Blood 44

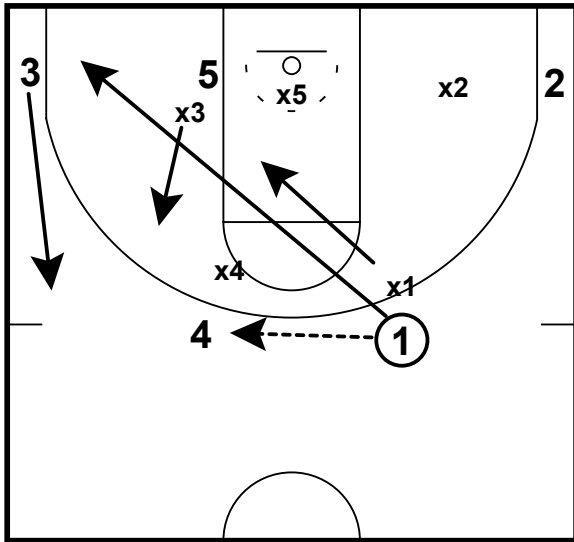


1 is reading who is help defender
Work on skips, post circle read and kick outs

Dribble Drive Motion Offense Breakdown Drills

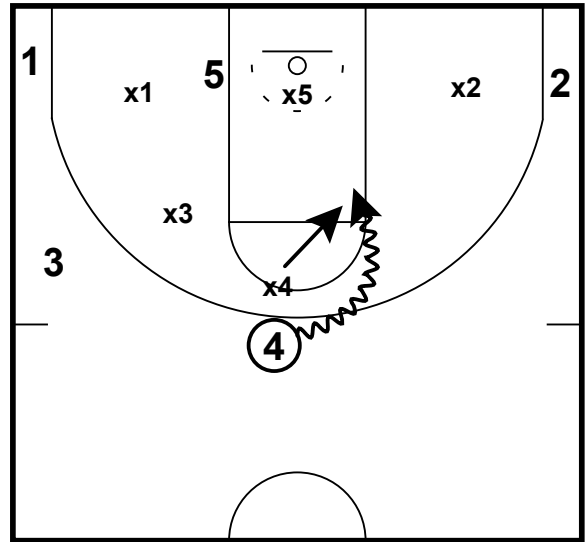
Blur Series

Blur Series (5 on 5)



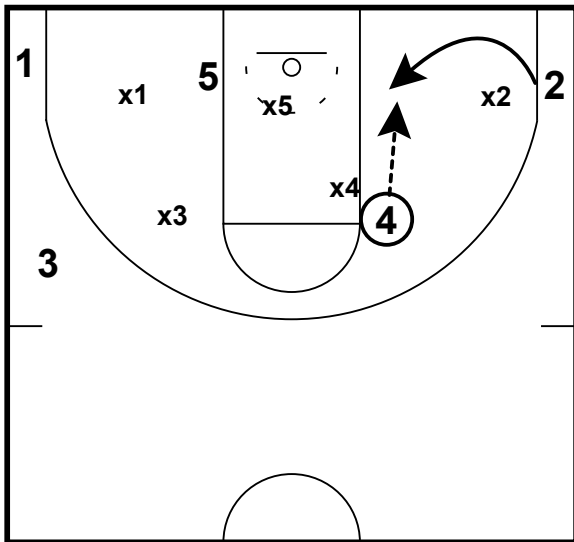
1 makes slot to slot pass to 4

Blur Series (5 on 5)



On the catch the offense is looking to attack double gaps

Blur Series (5 on 5)

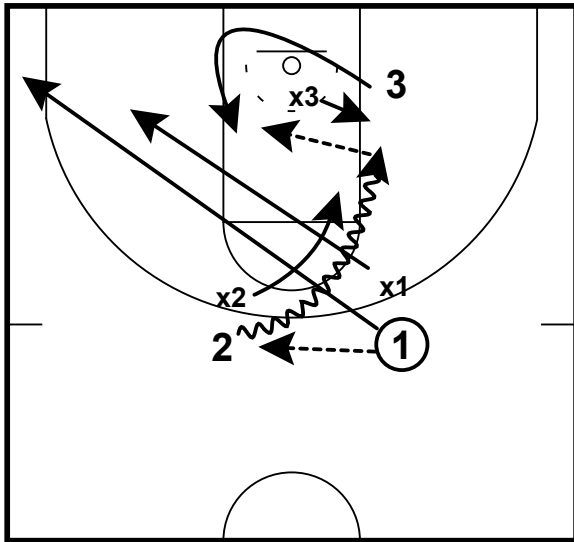


If the dribble is stopped be prepared to make a 2nd cut to take advantage of a lazy defense

Dribble Drive Motion Offense Breakdown Drills

Blur Series

Blur Series (Circle Read)

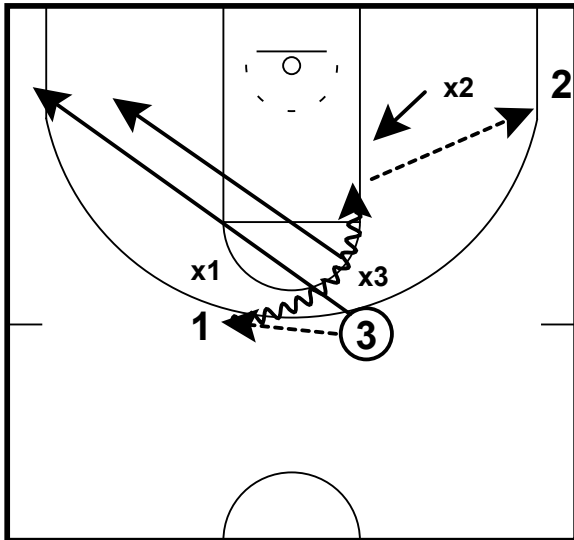


2 attacks downhill off blur cut of 1
2 dumps pass off to 3 circling away from defender

Dribble Drive Motion Offense Breakdown Drills

Blur Series

Blur Series (Drive/Kick)

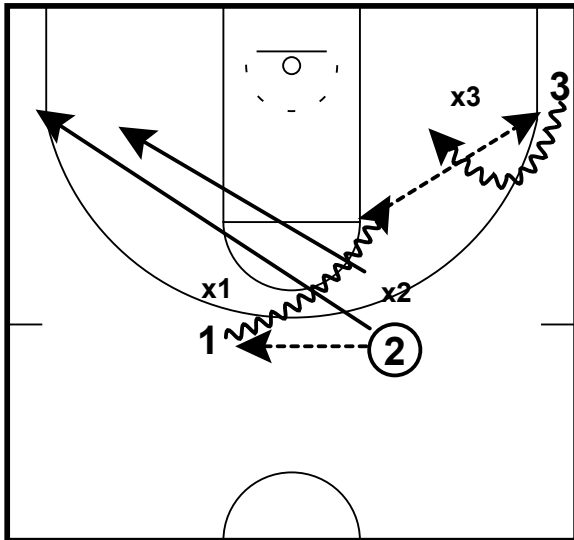


- 1 drives down hill off blur cut
- X2 tries to help on drive
- 1 hits 2 in the corner for shot

Dribble Drive Motion Offense Breakdown Drills

Blur Series

Blur Series (Drive/Kick/Drive)

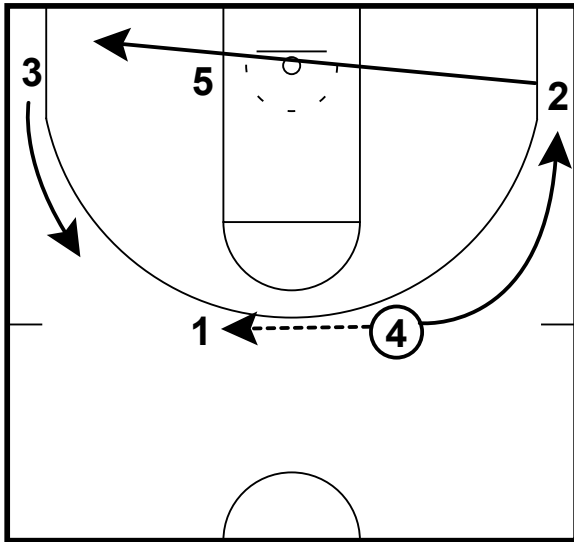


1 hits 3 in the corner
3 attacks bad close out

Dribble Drive Motion Offense Breakdown Drills

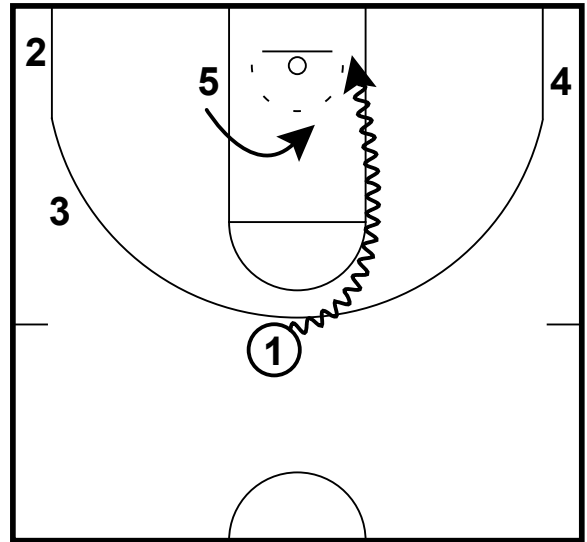
Blur Series

Blur Series (Fan)



- 4 passes to 1
- 2 clears to opposite corner
- 3 lifts to wing
- 4 sprints to corner

Blur Series (Fan)

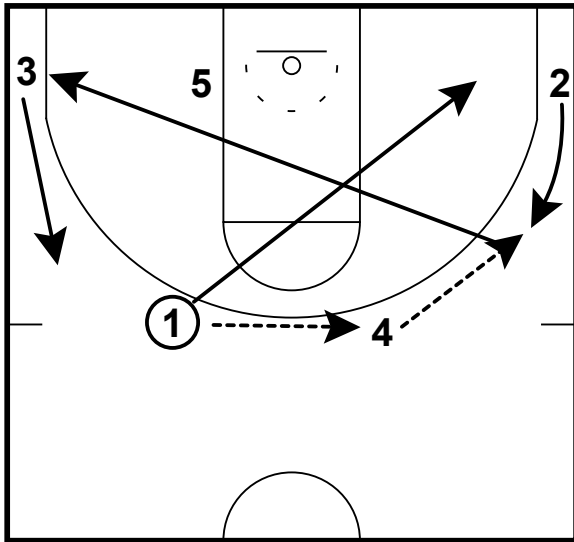


- 1 attacks the rack
- 5 T's up in front of rim

Dribble Drive Motion Offense Breakdown Drills

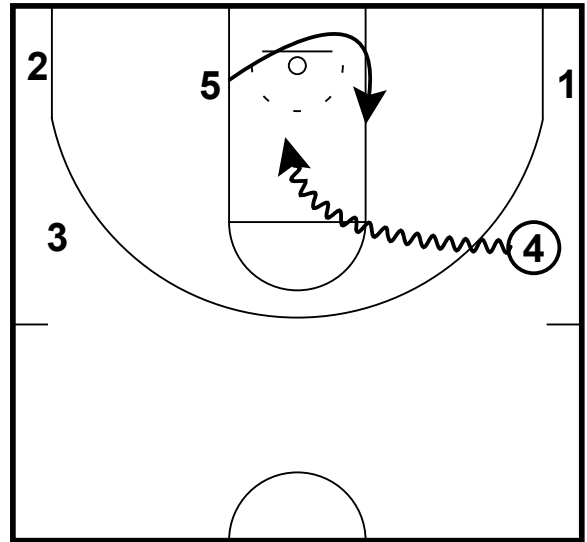
Blur Series

Blur Series (Snap Back)



- 1 passes to 4 and makes blur cut
- 4 passes to 2 and cuts opposite corner
- 3 lifts to wing

Blur Series (Snap Back)

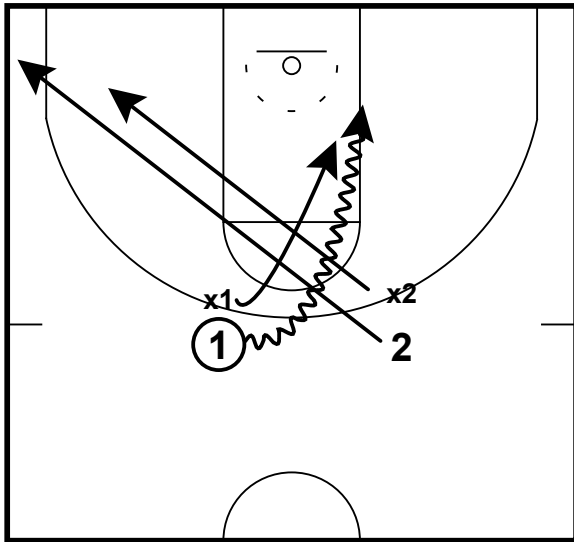


- 4 attacks nail
- 5 circles under to take away help

Dribble Drive Motion Offense Breakdown Drills

Blur Series

Blur Series (Through)

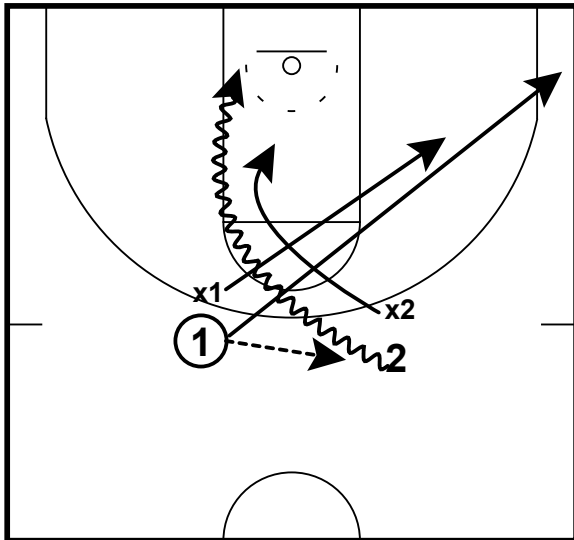


- 1 waves 2 through
- 1 dribbles off blur cut of 2

Dribble Drive Motion Offense Breakdown Drills

Blur Series

Blur Series/Rack

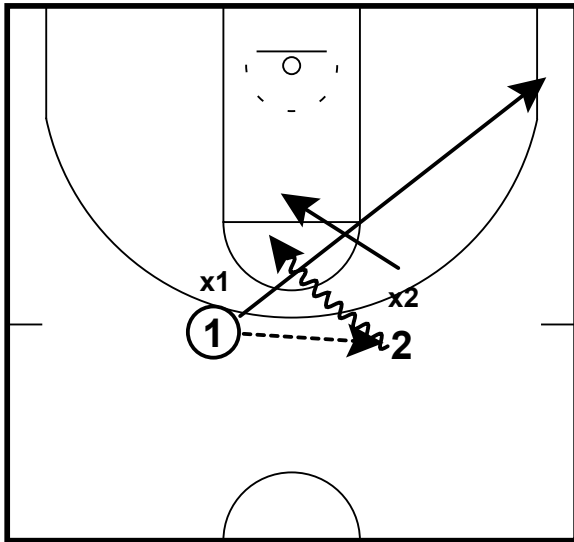


Slot to slot pass
2 dribbles off the butt of 1's blur cut
Work on inside hand finish, back pivot and scoop

Dribble Drive Motion Offense Breakdown Drills

Blur Series

Blur Series/Sag

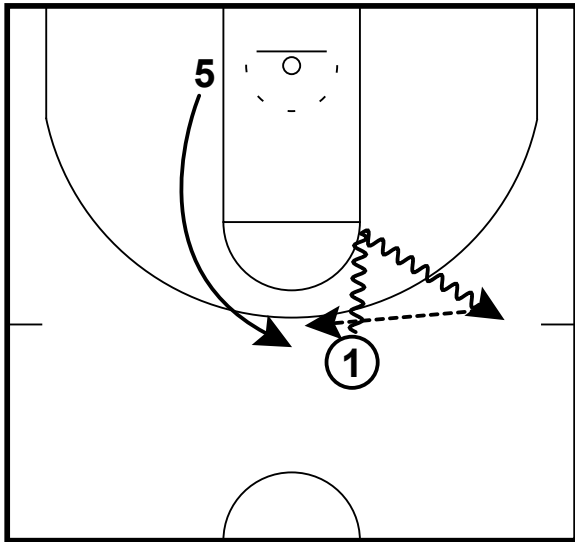


Defense drops to take away drive
2 shoots mid range jumper

Dribble Drive Motion Offense Breakdown Drills

Bounce Out Dribble Read

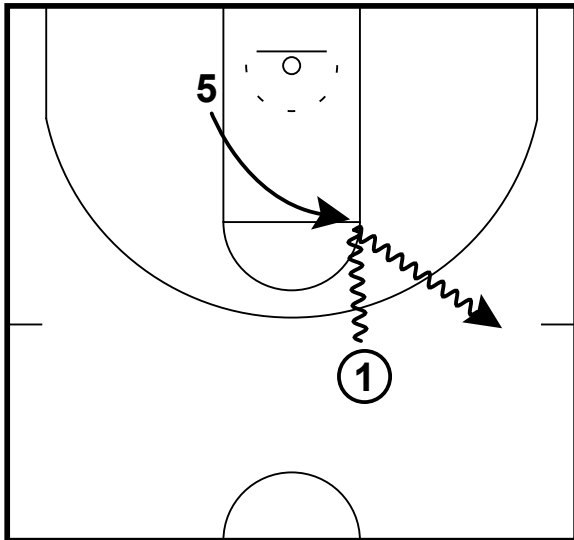
Bounce Out/Flash Top of Key



Dribble Drive Motion Offense Breakdown Drills

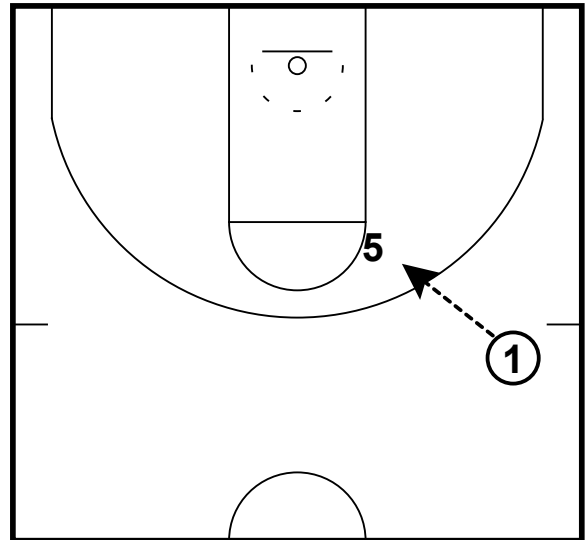
Bounce Out Dribble Read

Bounce Out/Flash/Flip



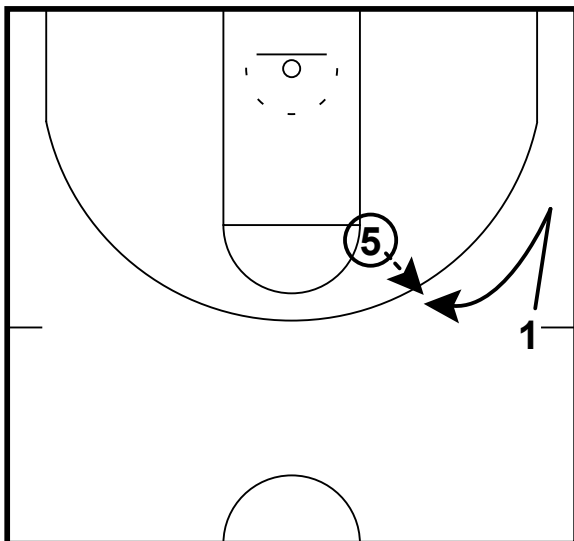
1 attacks elbow and bounces out
5 flashes to elbow

Bounce Out/Flash/Flip



1 hits 5 at the elbow

Bounce Out/Flash/Flip

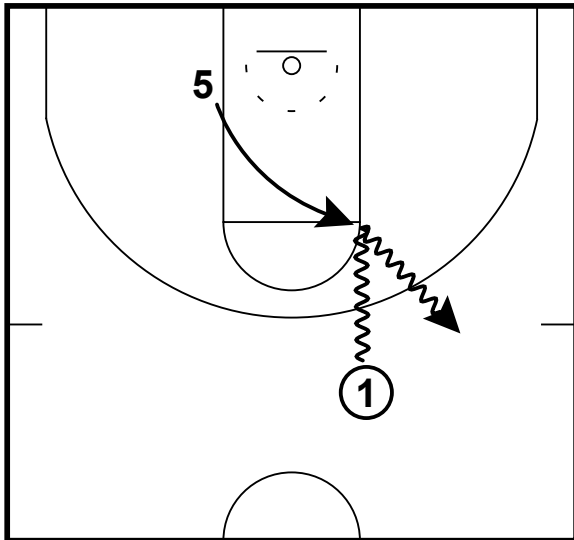


5 flips ball back to 1 for 3 point shot

Dribble Drive Motion Offense Breakdown Drills

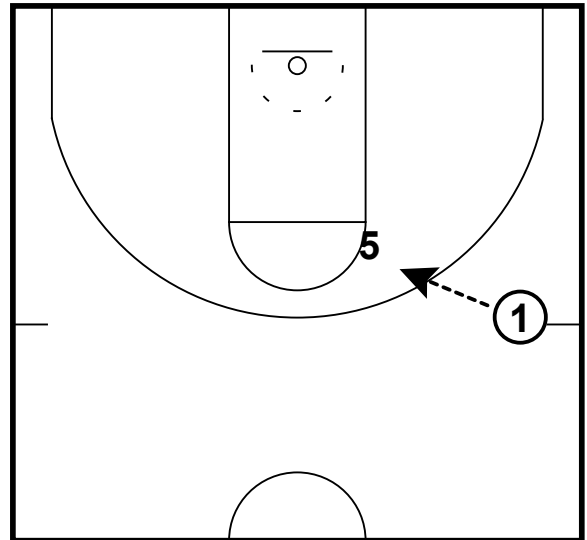
Bounce Out Dribble Read

Bounce Out/Flash/Flip/Lob



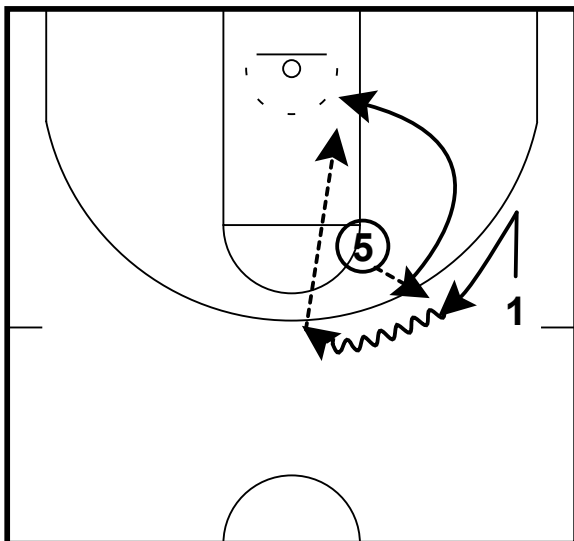
1 bounces out
5 flashes to elbow

Bounce Out/Flash/Flip/Lob



1 hits 5 at the elbow

Bounce Out/Flash/Flip/Lob

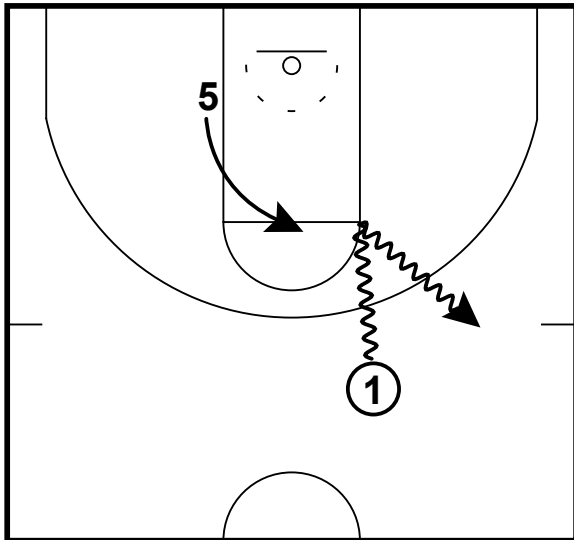


5 flips ball to 1
1 hits 5 on the lob

Dribble Drive Motion Offense Breakdown Drills

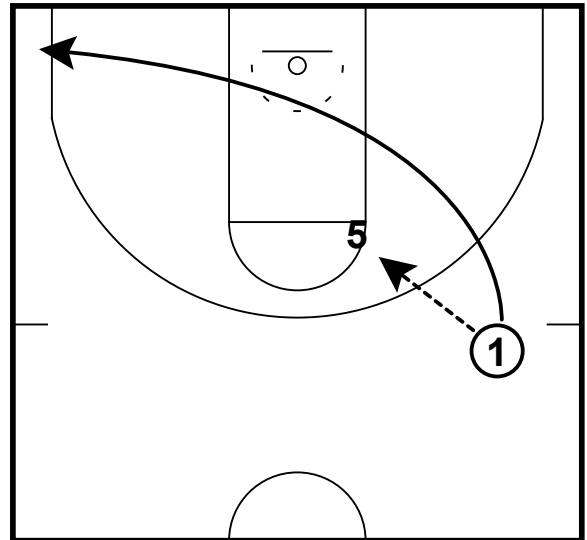
Bounce Out Dribble Read

Bounce Out/Flash/Iso Drive



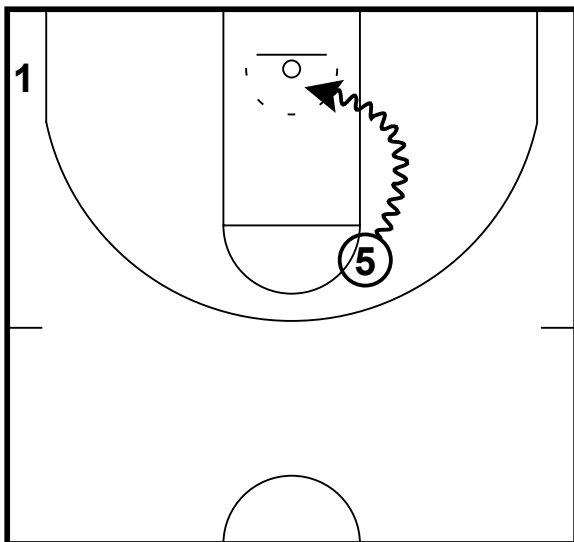
1 attacks elbow and bounces out
5 flashes to free throw line

Bounce Out/Flash/Iso Drive



1 hits 5 flashing to elbow
5 looks to hit 1 on the give and go
1 cuts to corner if he does not receive pass

Bounce Out/Flash/Iso Drive

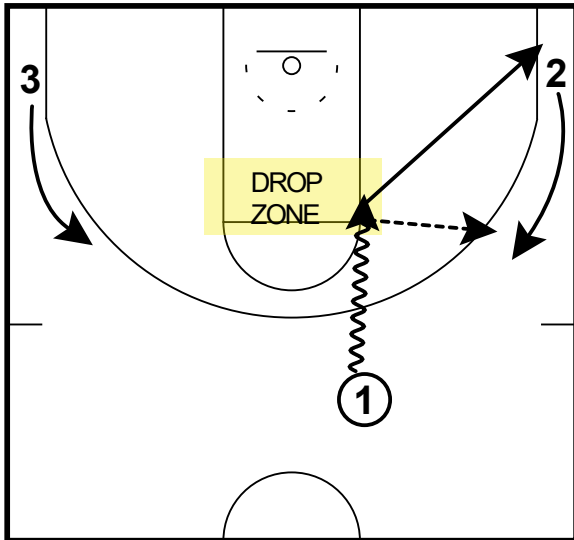


5 attacks rim

Dribble Drive Motion Offense Breakdown Drills

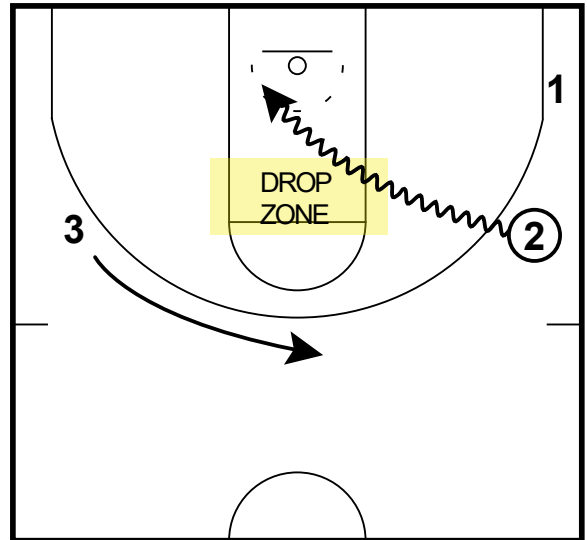
Drop Zone Breakdown

Drop Zone Breakdown



- 1 attacks drop zone
- 2 lifts for kick back
- 3 lifts on backside
- 1 sprints to corner after passing to 2

Drop Zone Breakdown

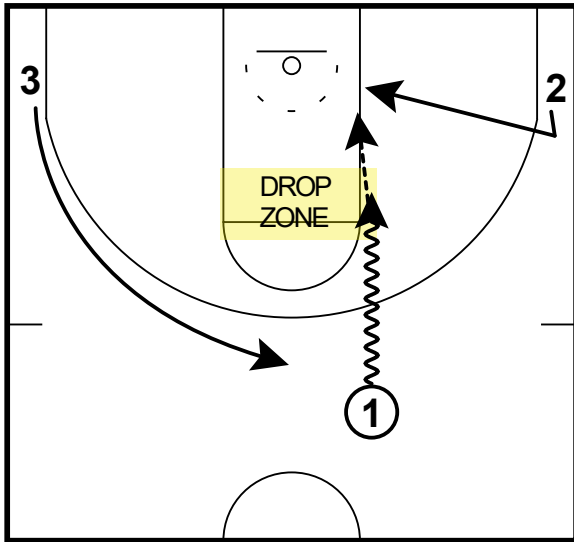


- 2 attacks the rack
- 3 lifts to the top of the key

Dribble Drive Motion Offense Breakdown Drills

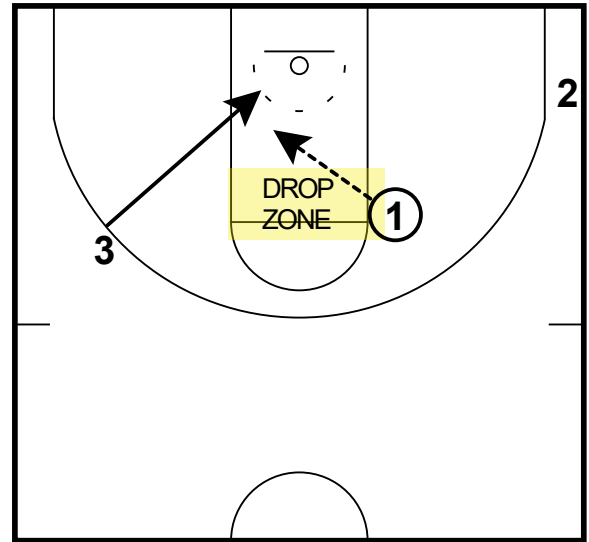
Drop Zone Breakdown

Drop Zone Breakdown (2nd Cut)



Ball is stopped
2 back cuts

Drop Zone Breakdown (2nd Cut)

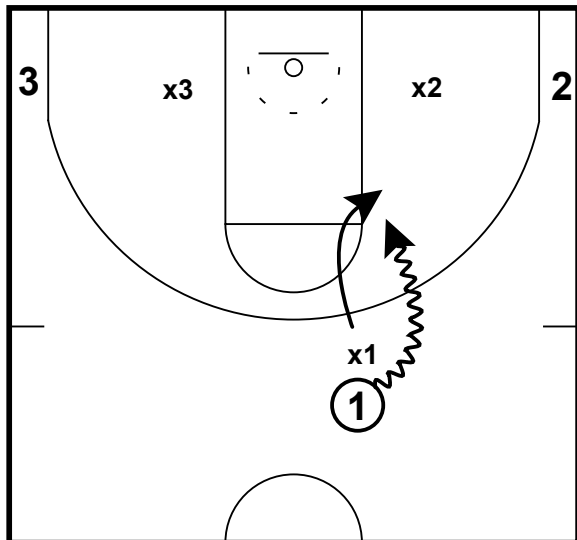


Ball is stopped
3 makes 2nd cut and receives pass from 1

Dribble Drive Motion Offense Breakdown Drills

Drop Zone Breakdown

Drop Zone Breakdown (3 on 3)

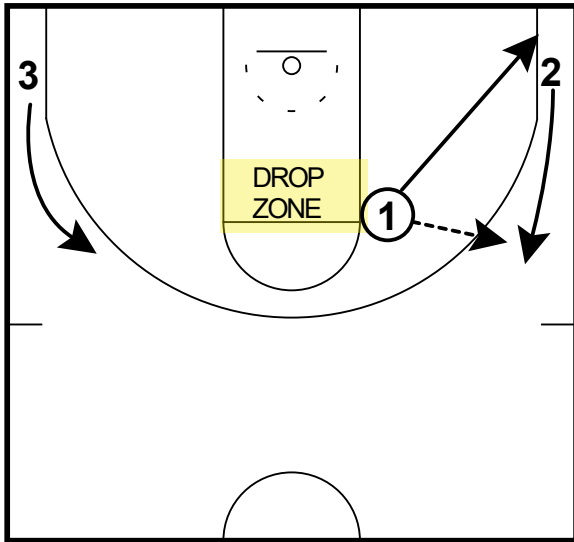


Offense looks to attack and land on 2 or stride stop if dribble is stopped
Offense is looking to 2nd cut

Dribble Drive Motion Offense Breakdown Drills

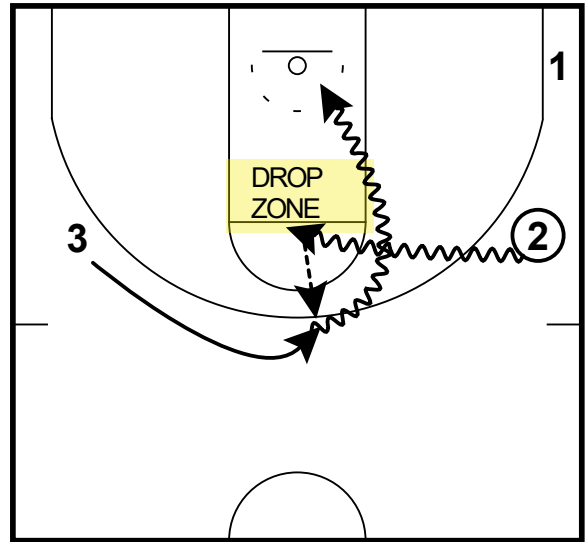
Drop Zone Breakdown

Drop Zone Breakdown (Euro Cut)



1 hits 2 on the kickback
3 lifts on back side

Drop Zone Breakdown (Euro Cut)

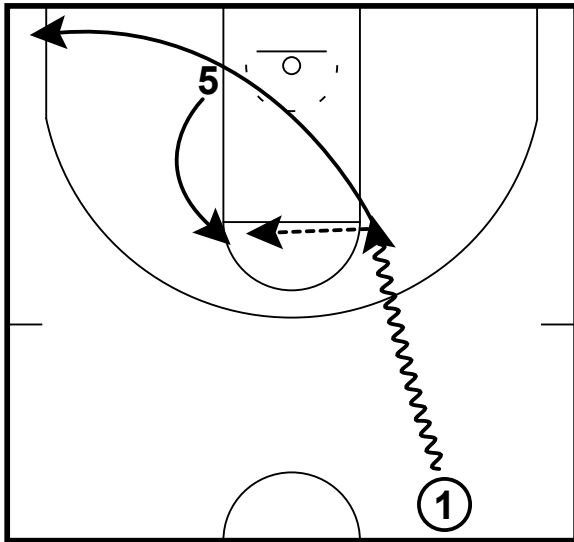


2 attacks the nail and hits 3 on the euro cut
Work on different finishes at the rim

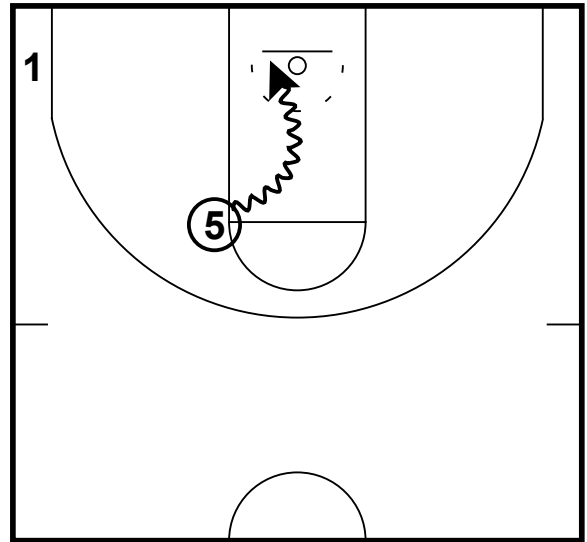
Dribble Drive Motion Offense Breakdown Drills

Drop Zone Breakdown

Drop/Attack



Drop/Attack



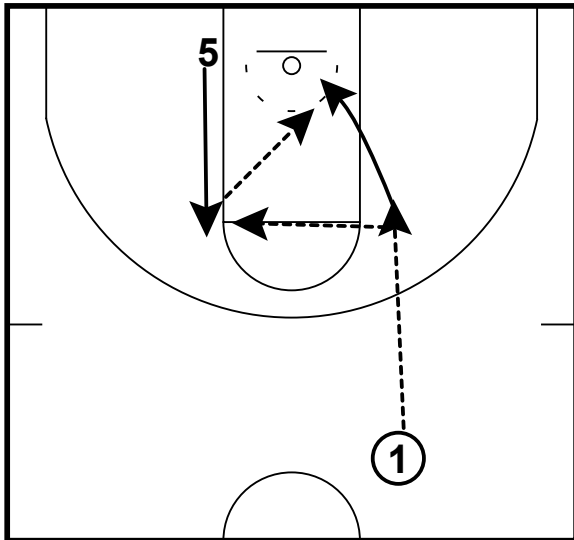
1 sprints to corner after hitting 5 flashing to the elbow

5 attacks rim on the catch with a go or rip move

Dribble Drive Motion Offense Breakdown Drills

Drop Zone Breakdown

Drop/Give & Go

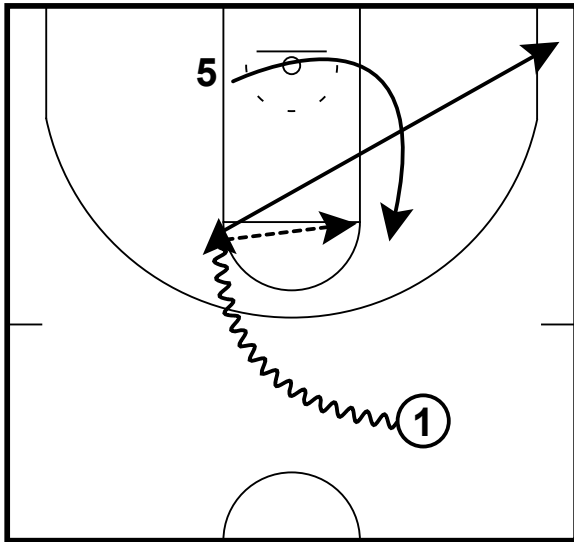


1 hits 5 lifting to elbow
5 passes back to 1 on the give and go

Dribble Drive Motion Offense Breakdown Drills

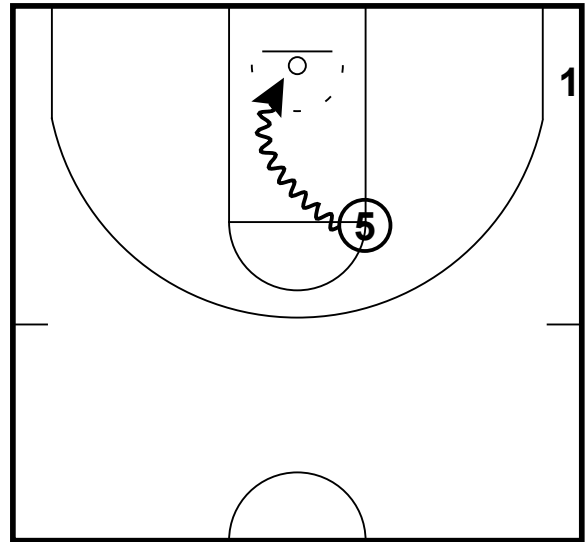
Drop Zone Breakdown

Drop/Relocate/Attack



1 is not open on the give and go and fills to the corner

Drop/Relocate/Attack

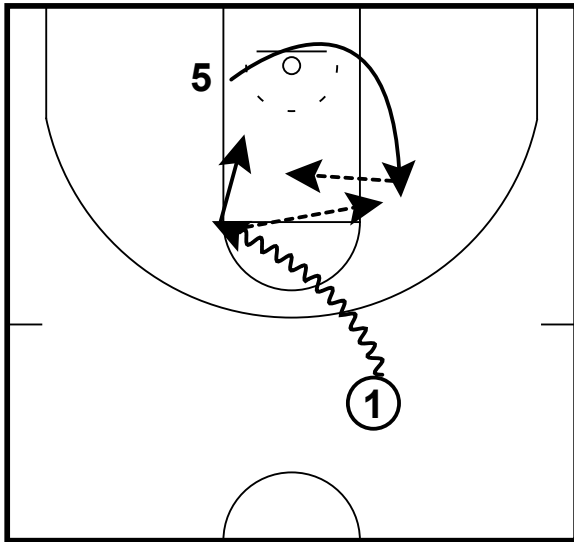


5 attacks the left side

Dribble Drive Motion Offense Breakdown Drills

Drop Zone Breakdown

Drop/Relocate/Give & Go

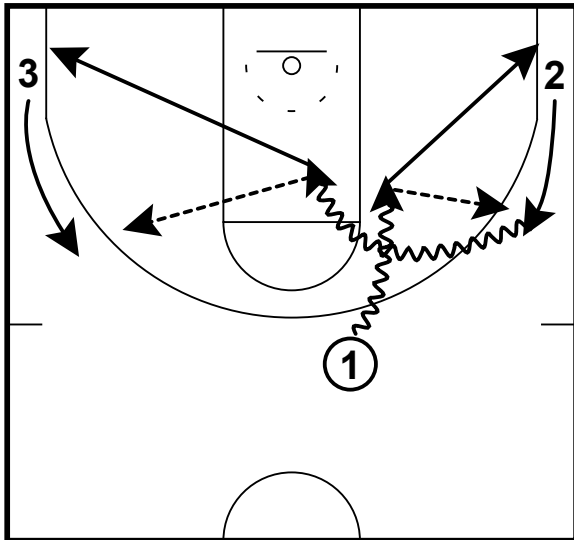


- 1 attacks drop zone
- 5 circle reads to other side of key
- 1 hits 5
- 5 hits 1 back on the give and go

Dribble Drive Motion Offense Breakdown Drills

Elbow Reads

Elbow Attacks

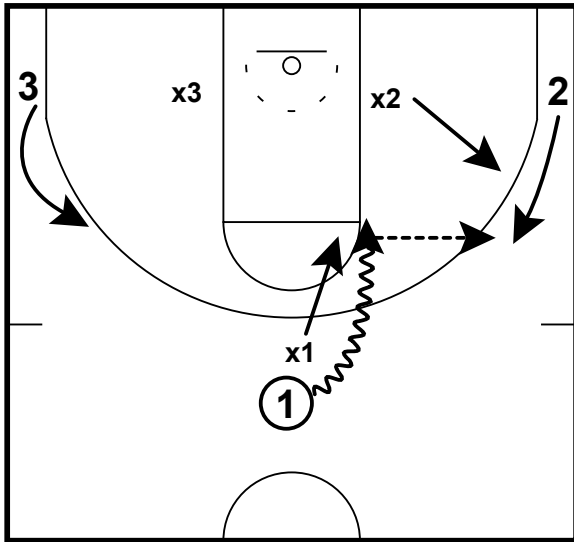


- 1 attacks drop
- 2 receives pass on kick back
- 2 attacks elbow and hits 3 on the lift
- Passer follows pass

Dribble Drive Motion Offense Breakdown Drills

Elbow Reads

Elbow Attacks (3 on 3)

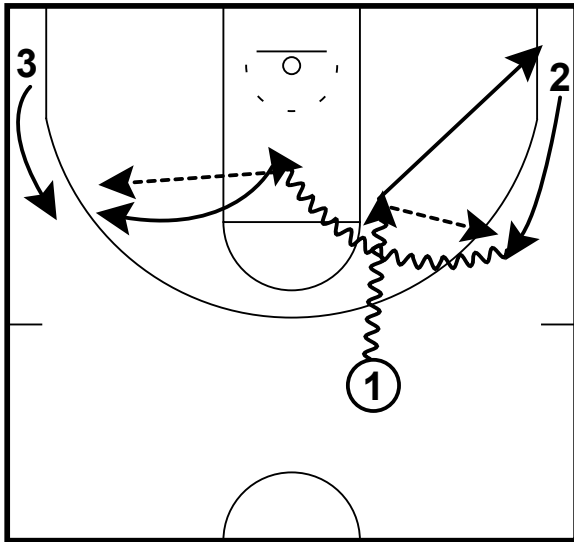


Offense looks to attack elbows on the catch

Dribble Drive Motion Offense Breakdown Drills

Elbow Reads

Elbow Attacks/Closeout

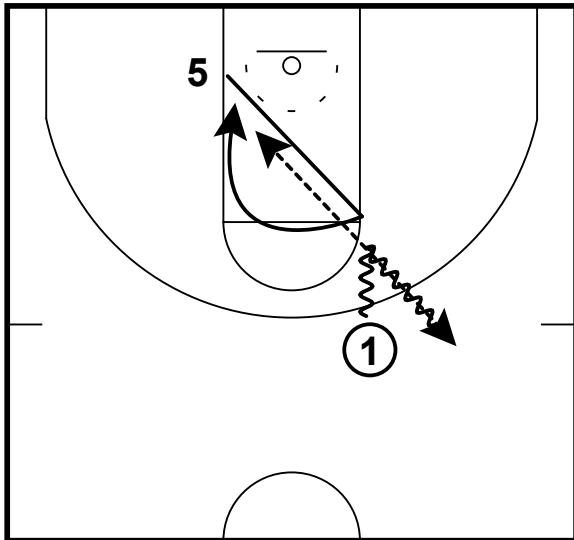


2 closes out on 3 after making pass

Dribble Drive Motion Offense Breakdown Drills

Elbow Reads

Elbow Flash/Lob

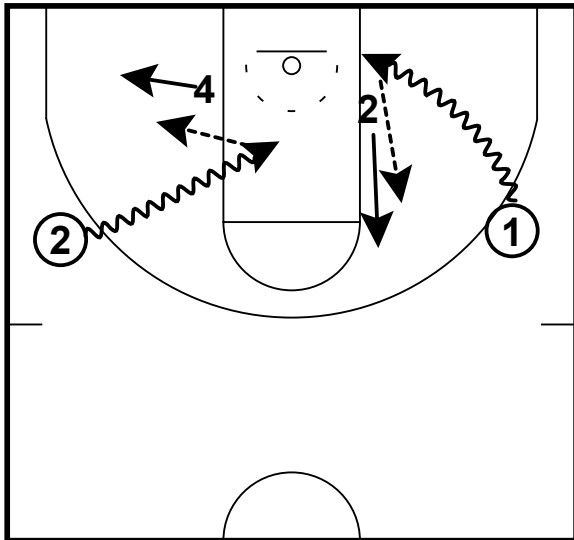


- 1 bounces out
- 5's defender denies elbow flash
- 5 spins and receives lob from 1

Dribble Drive Motion Offense Breakdown Drills

Post Breakdown

Post Circle Reads (Baseline/Middle Drive)

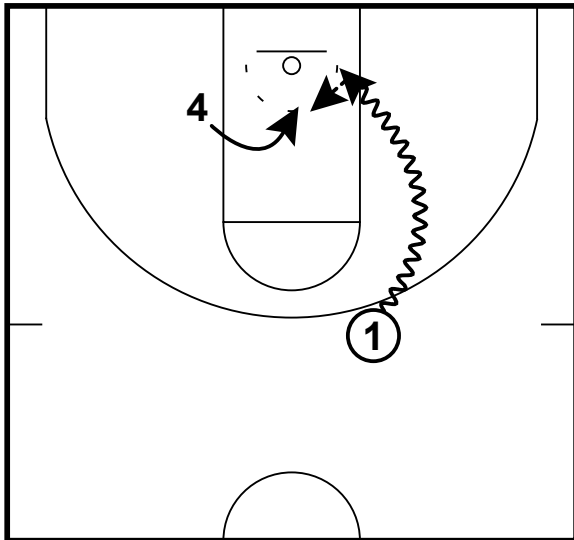


- Passer works on different types of passes
- Hook pass
- Behind back
- Shovel pass
- Post player on the catch can shoot or drive
- Passer rotates to post position

Dribble Drive Motion Offense Breakdown Drills

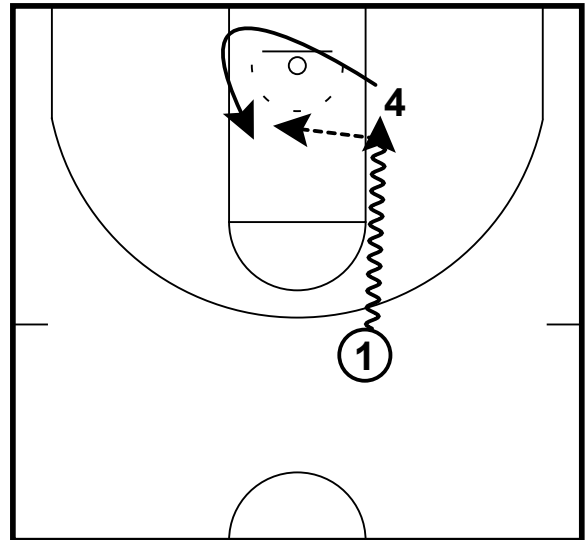
Post Breakdown

Post Circle Reads (Top of Key)



4 will T up when drive goes away from him
Passer rotates to post spot

Post Circle Reads (Top of Key)

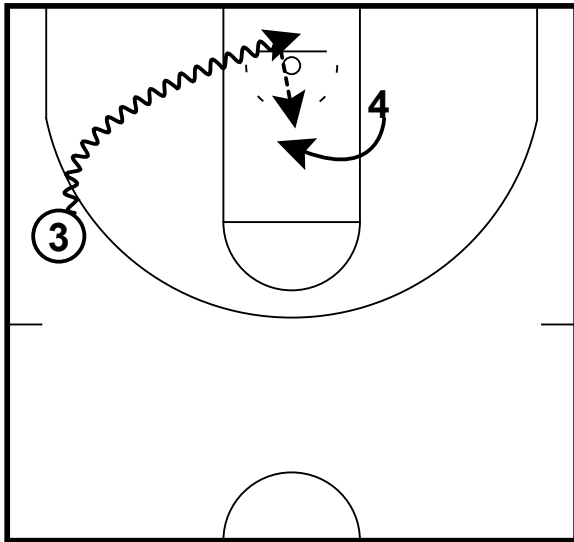


4 circles under when driver is coming at them

Dribble Drive Motion Offense Breakdown Drills

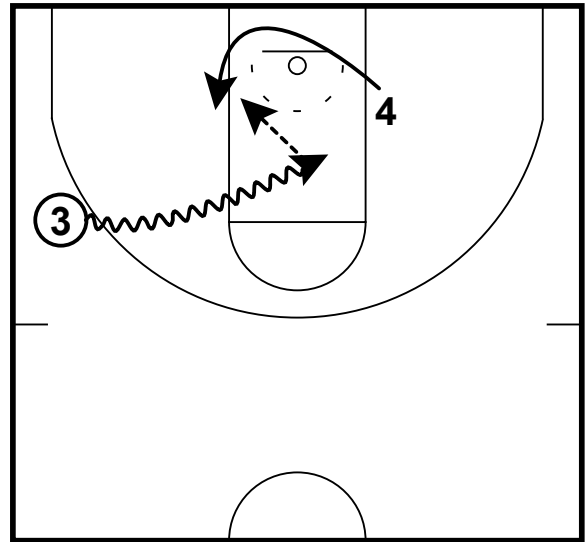
Post Breakdown

Post Circle Reads (Weak Side)



4 will T up in front of rim on baseline drive

Post Circle Reads (Weak Side)

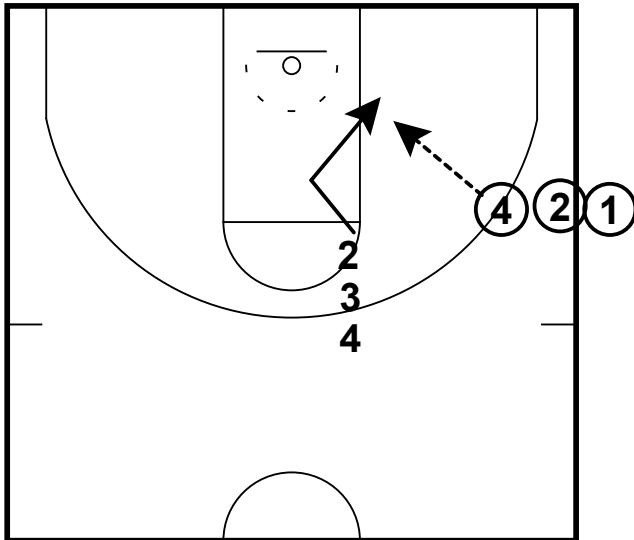


4 circles under on middle drive

Dribble Drive Motion Offense Breakdown Drills

Post Breakdown

Post Entry Breakdown



Work on different finishes

Power finish

Midline jump hook

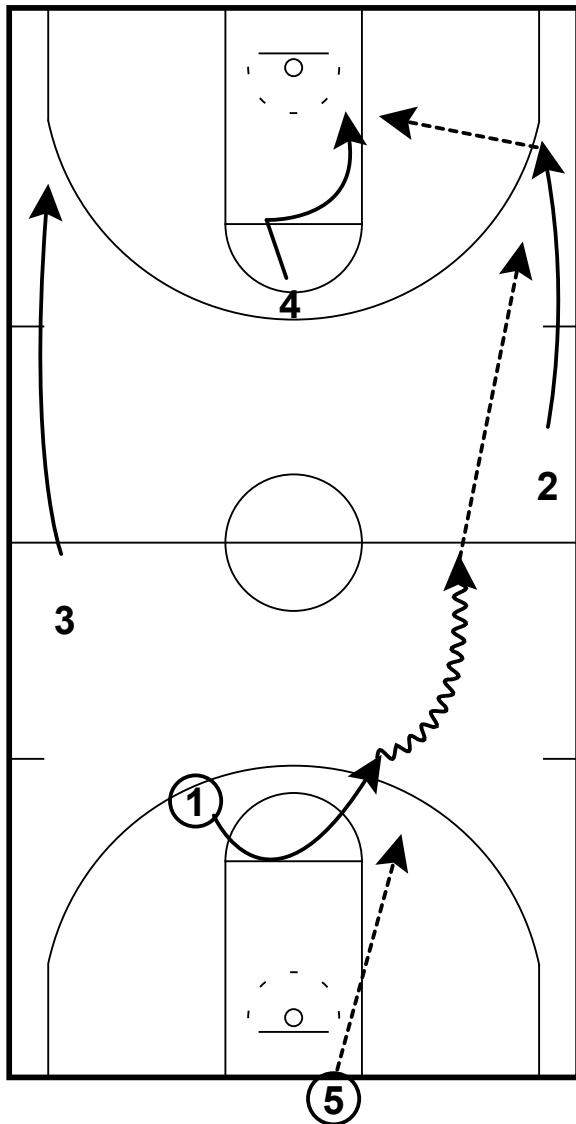
Midline dribble and drop

Midline up and under

Dribble Drive Motion Offense Breakdown Drills

Post Breakdown

Pitch Ahead Post Entry

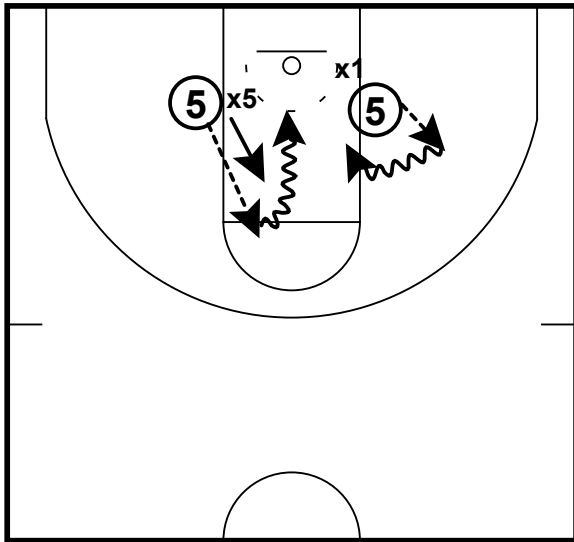


- 5 outlets to 1
- 1 pitches ahead to 2
- 2 hits 4 on post entry
- Repeat for 2 trips

Dribble Drive Motion Offense Breakdown Drills

Post Breakdown

Self Toss 1 on 1 (Post)

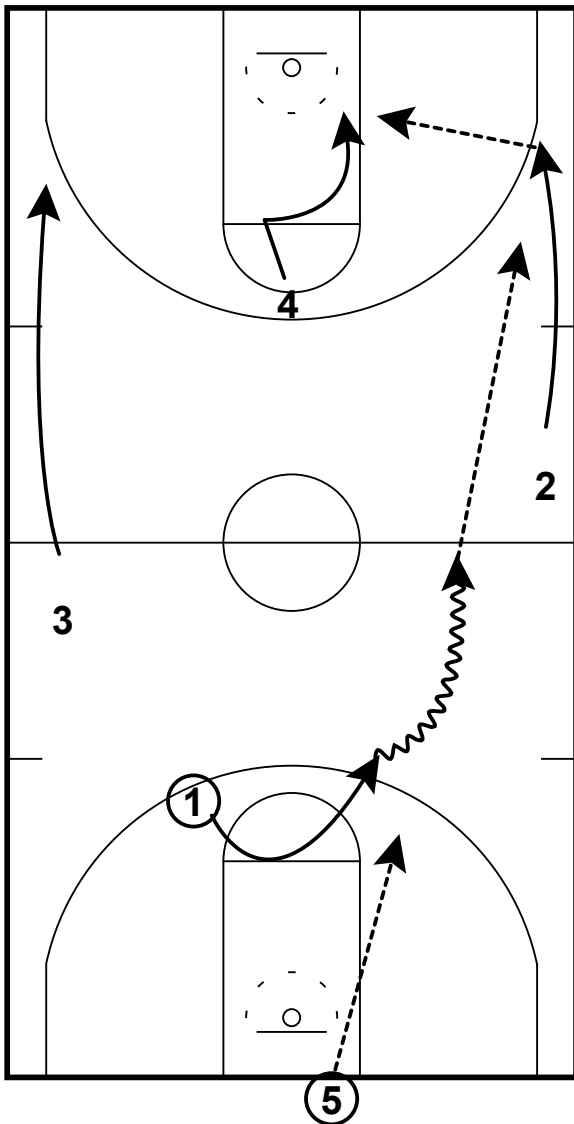


5 self tosses outside key or at elbows
5 reads close out

Dribble Drive Motion Offense Breakdown Drills

Post Breakdown

Pitch Ahead Post Entry

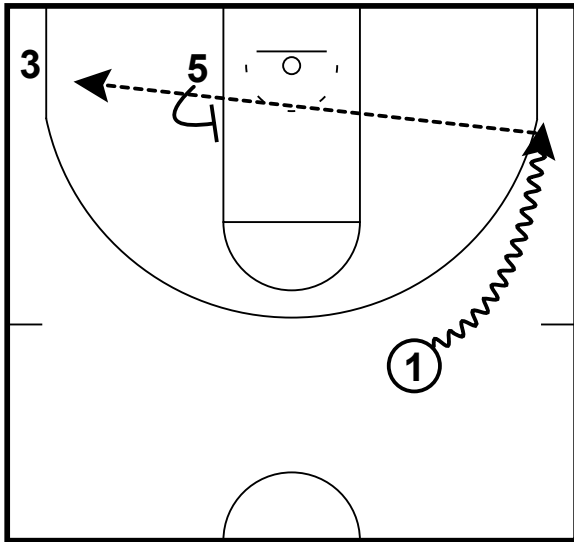


- 5 outlets to 1
- 1 pitches ahead to 2
- 2 hits 4 on post entry
- Repeat for 2 trips

Dribble Drive Motion Offense Breakdown Drills

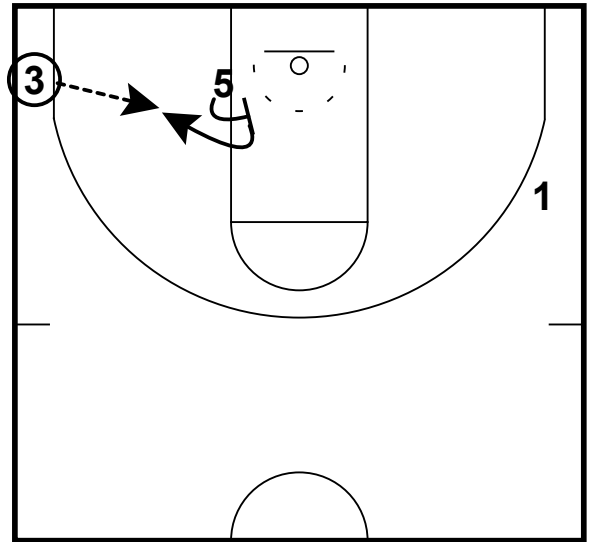
Post Breakdown

Skip/Seal



1 skips to 3
5 does work early
Sets screen when ball is in the air

Skip/Seal

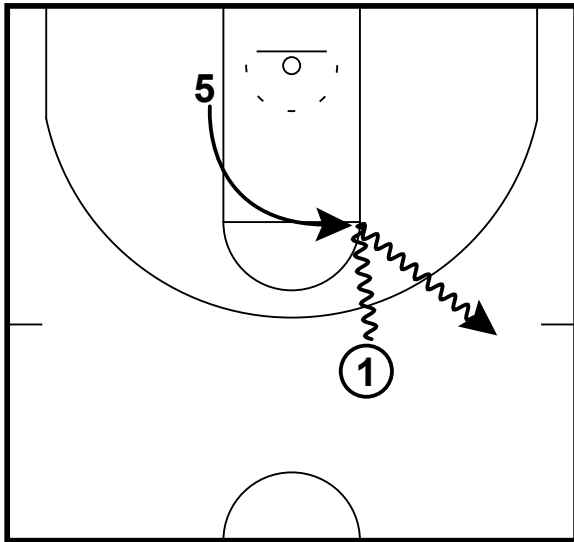


3 dumps down to 5 if shot is not available

Dribble Drive Motion Offense Breakdown Drills

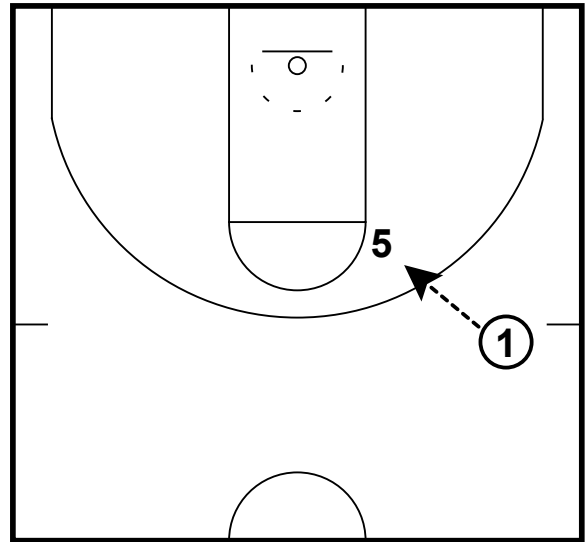
Post Breakdown

Fake DHO



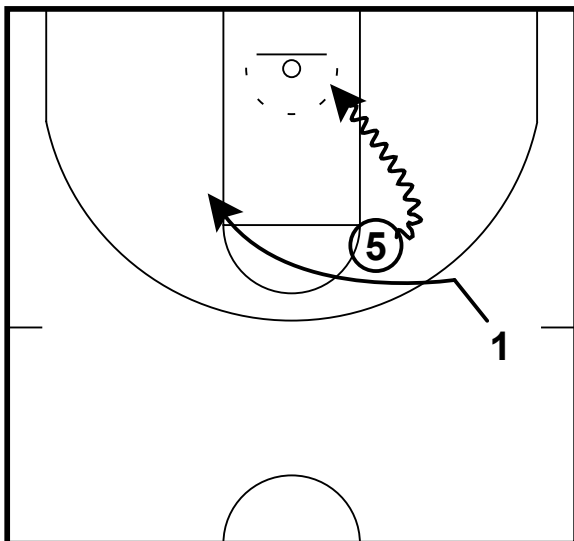
1 attacks elbow and bounces out
5 flashes to elbow

Fake DHO



1 passes to 5 at the elbow

Fake DHO

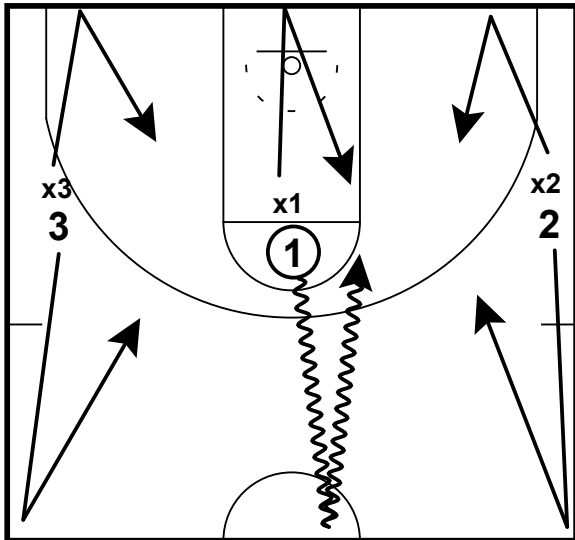


5 runs fake DHO and attacks rim

Dribble Drive Motion Offense Breakdown Drills

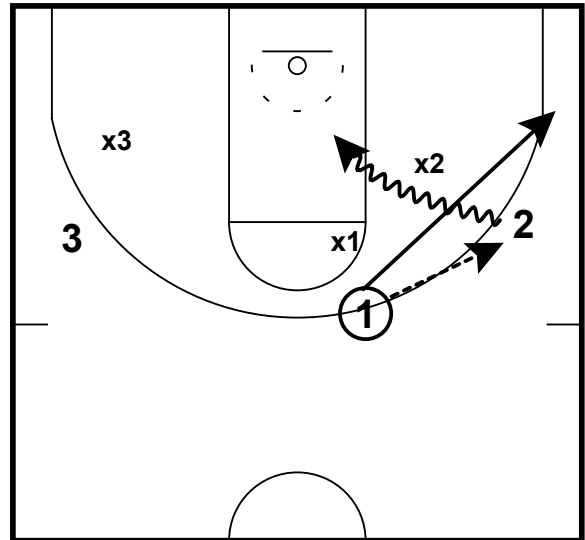
Half Court Drills

Half Court 3 on 3



Offense and defense line up back to back
 Offense touches half court
 Defense touches baseline

Half Court 3 on 3

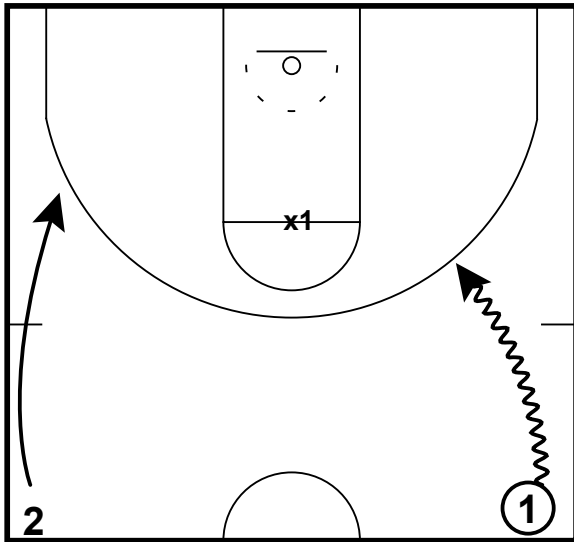


1 passes to 2 and runs blur cut
 Coach can call out different actions
 Euro
 Kick Back
 DHO

Dribble Drive Motion Offense Breakdown Drills

Half Court Drills

Half Court Transition

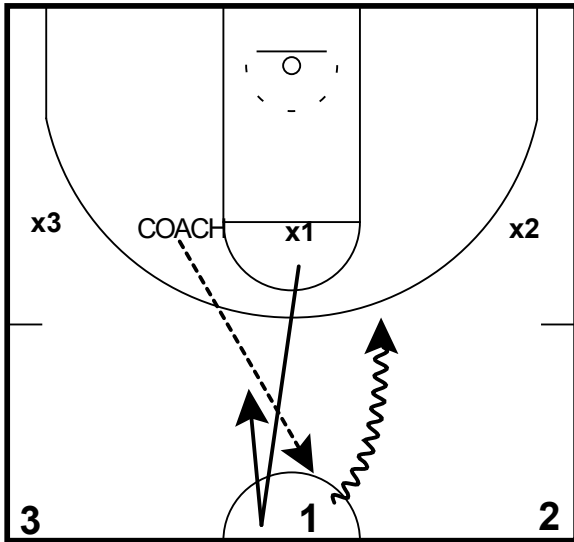


Offense is allowed 1 pass
Read defender's chest

Dribble Drive Motion Offense Breakdown Drills

Half Court Drills

Half Court Transition (3 on 2 + 1)

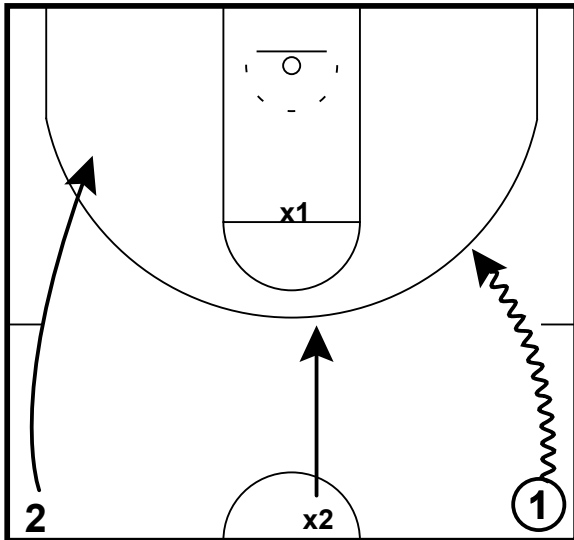


Coach can pass to 1,2 or 3
Defender of offensive player that receives pass must touch half court

Dribble Drive Motion Offense Breakdown Drills

Half Court Drills

Half Court Transition (2 on 1 + 1)

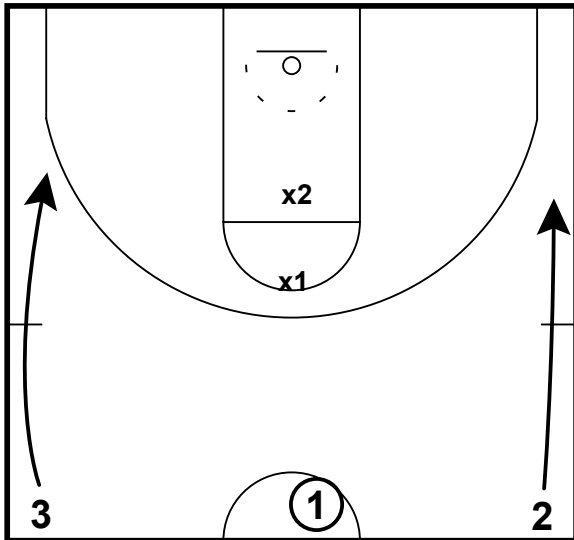


Start 2nd defender at half court
Allow 2 passes

Dribble Drive Motion Offense Breakdown Drills

Half Court Drills

Half Court Transition (3 on 2)

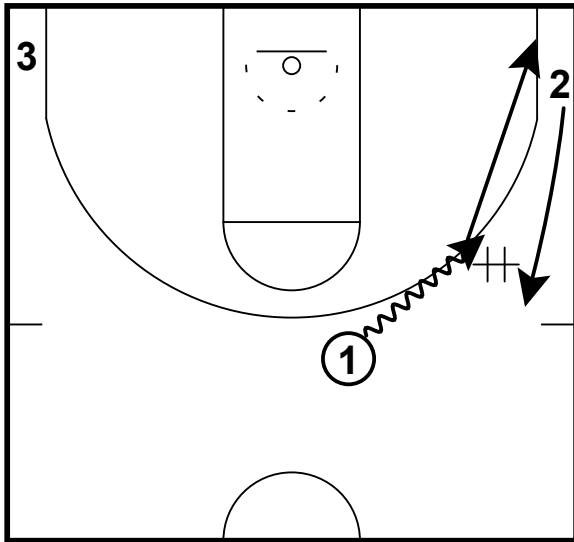


2 passes are allowed

Dribble Drive Motion Offense Breakdown Drills

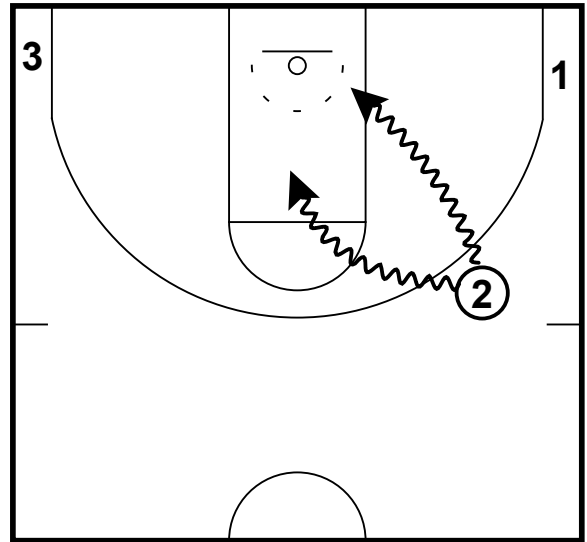
Dribble Hand Offs

DHO Series



1 dribbles from slot and runs DHO with 2

DHO Series

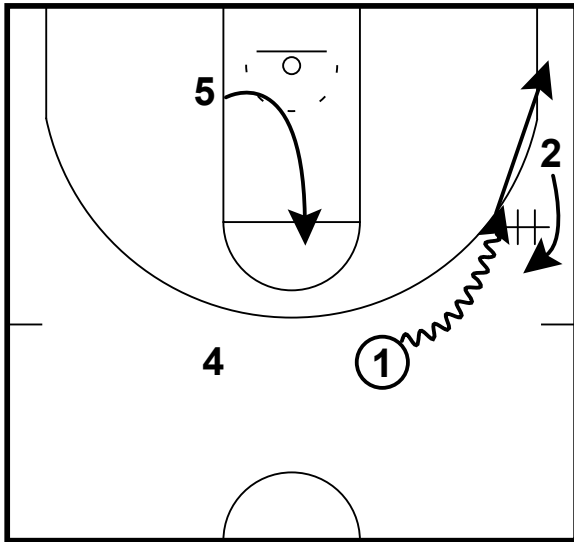


2 has the option of driving right or left

Dribble Drive Motion Offense Breakdown Drills

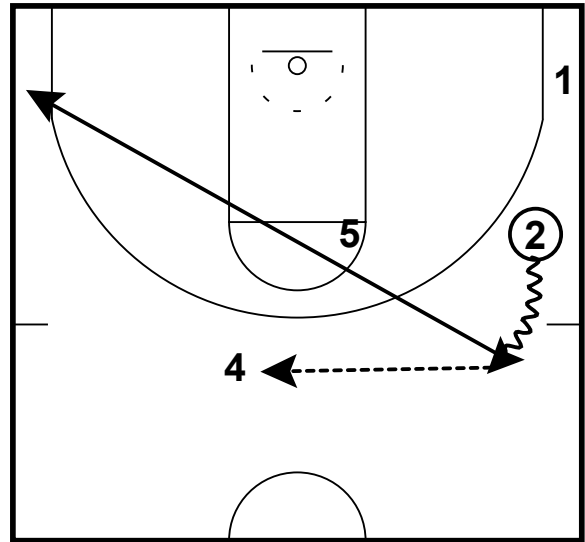
Dribble Hand Offs

4 on 0 DHO



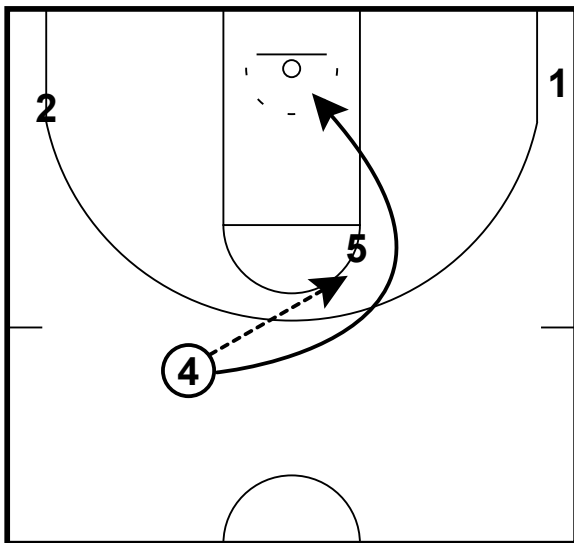
1 and 2 run DHO
5 flashes to free throw line

4 on 0 DHO



2 passes to 4 and makes 45 cut
5 gets position at the elbow

4 on 0 DHO

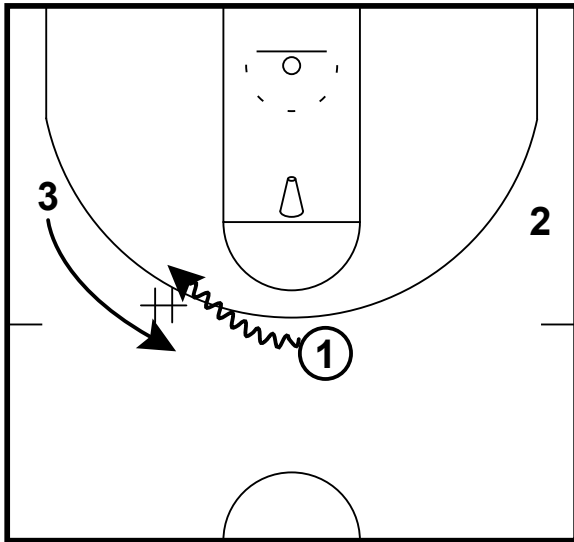


4 makes pass to 5 at the elbow
5 can hand off to 4
4 can also set screen for 1

Dribble Drive Motion Offense Breakdown Drills

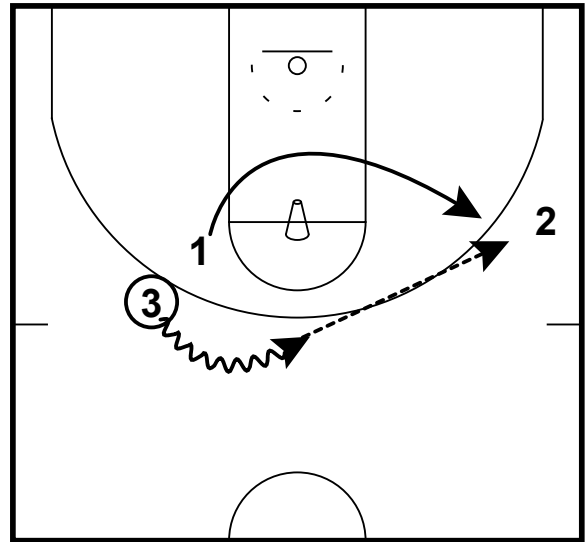
Dribble Hand Offs

DHO 1 on 1 (Close Out)



1 runs DHO with 3

DHO 1 on 1 (Close Out)

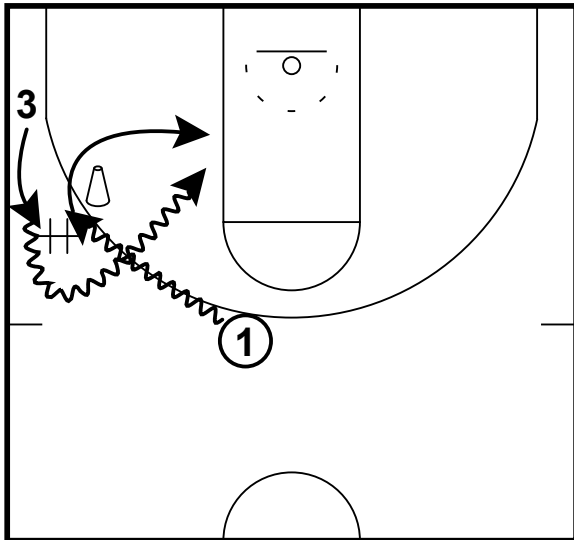


3 dribbles to the top and passes to 2 at the wing
1 sprints around cone and closes out on 2
Repeat on other side
Emphasize being ready on the catch

Dribble Drive Motion Offense Breakdown Drills

Dribble Hand Offs

DHO 1 on 1 (Wing)

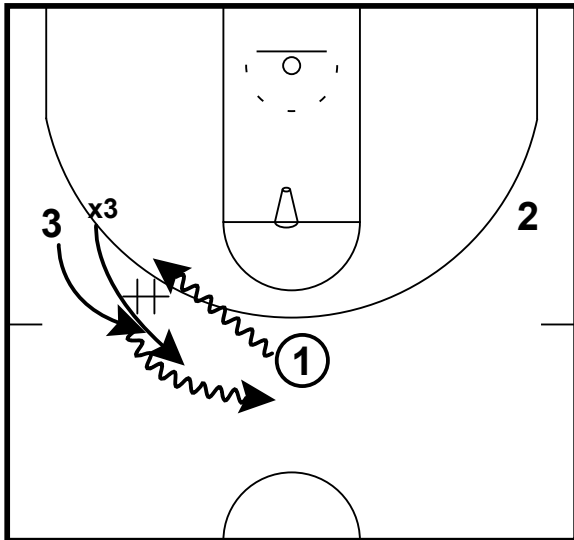


1 runs DHO with 3
1 will then circle around cone and defend 3
3 is working on severing the angle and keeping the defender behind them

Dribble Drive Motion Offense Breakdown Drills

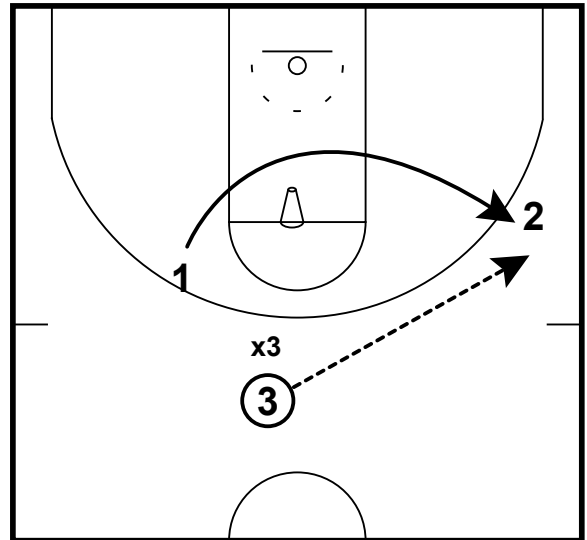
Dribble Hand Offs

DHO 2 on 2 (Close Out)



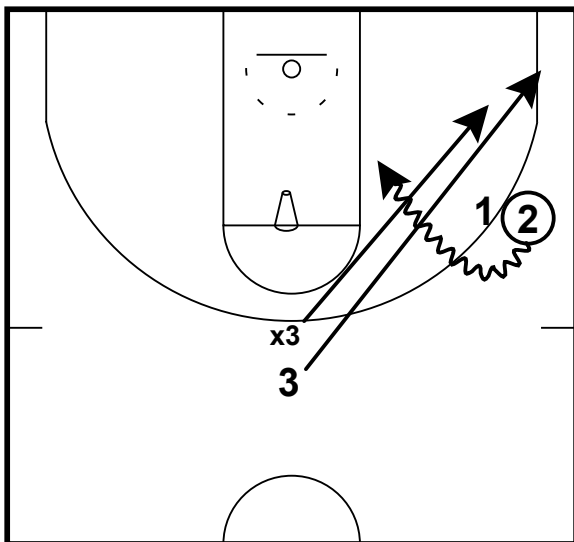
Drill set up the same as DHO 1 on 1
 A defender is now guarding 3
 1 and 3 run DHO

DHO 2 on 2 (Close Out)



3 reverses ball to 2
 1 closes out on 2

DHO 2 on 2 (Close Out)

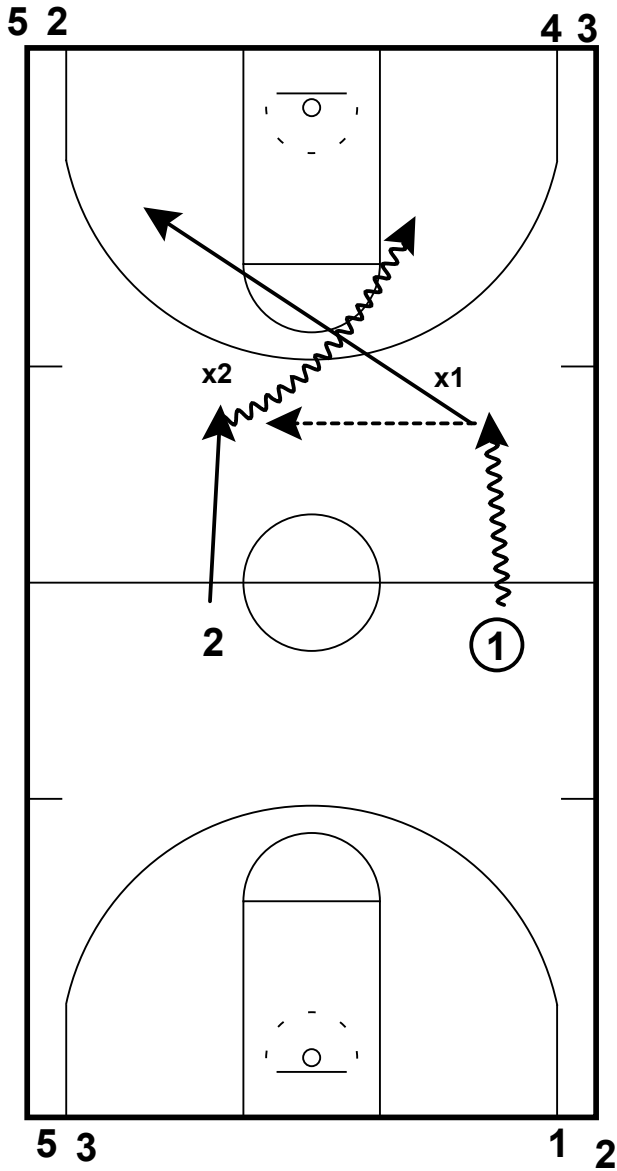


2 attacks off blur cut of 3

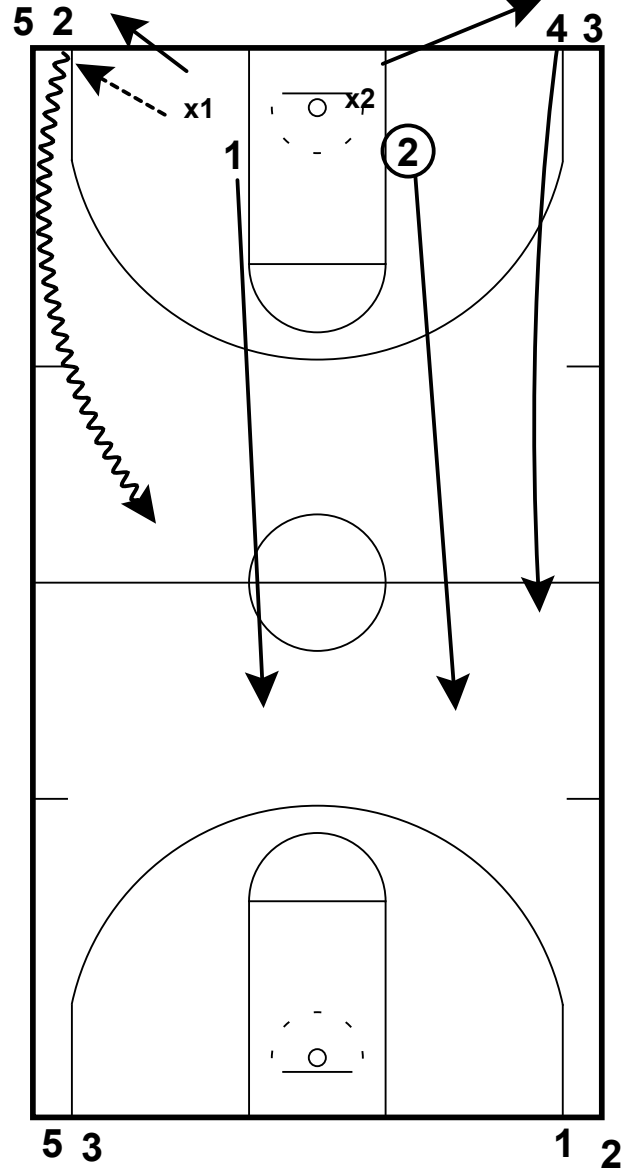
Dribble Drive Motion Offense Breakdown Drills

Full Court Transition Drills

Transition (2 on 2 Continuous)



Transition (2 on 2 Continuous)



Offense can run different actions

- Blur
- DHO
- Brush
- Fan

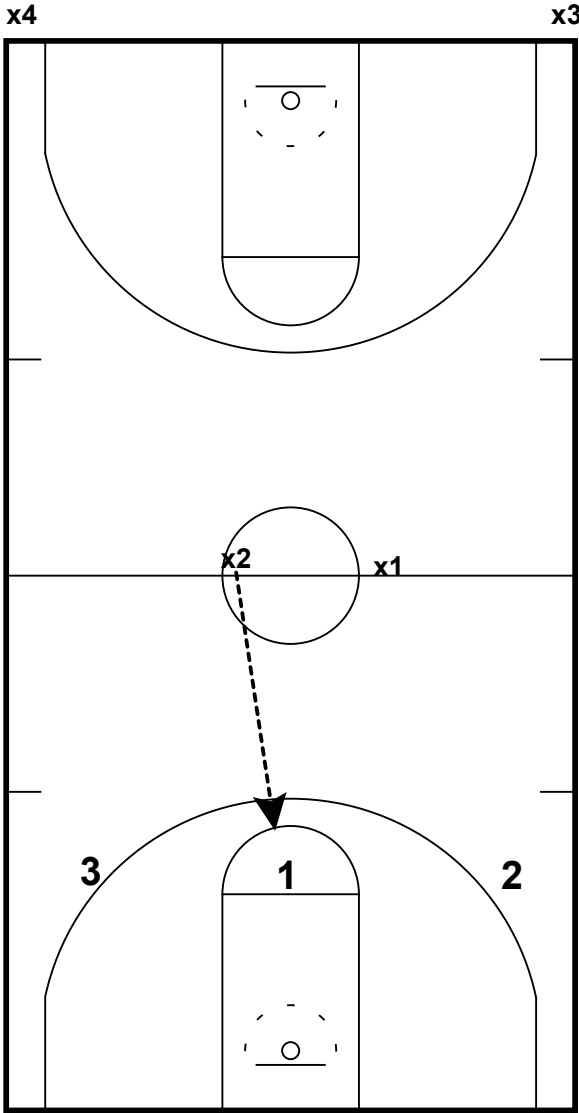
Defense outlets to either corner

- Offense must sprint back on defense
- Defense goes to one of the corners after making outlet
- Play to a certain score or amount of time

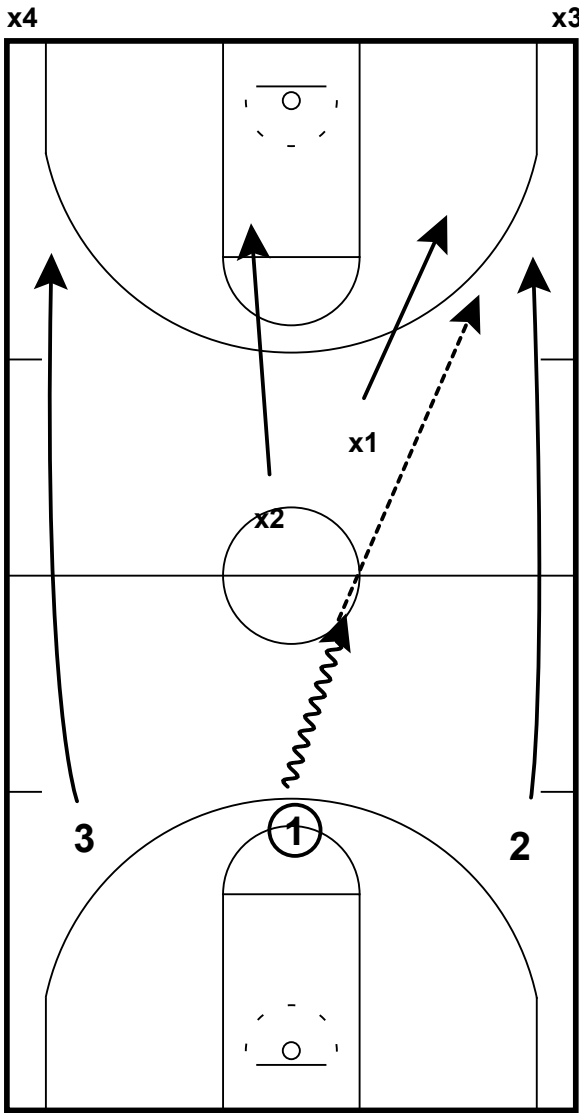
Dribble Drive Motion Offense Breakdown Drills

Full Court Transition Drills

Transition 3 on 2/4 on 3



Transition 3 on 2/4 on 3



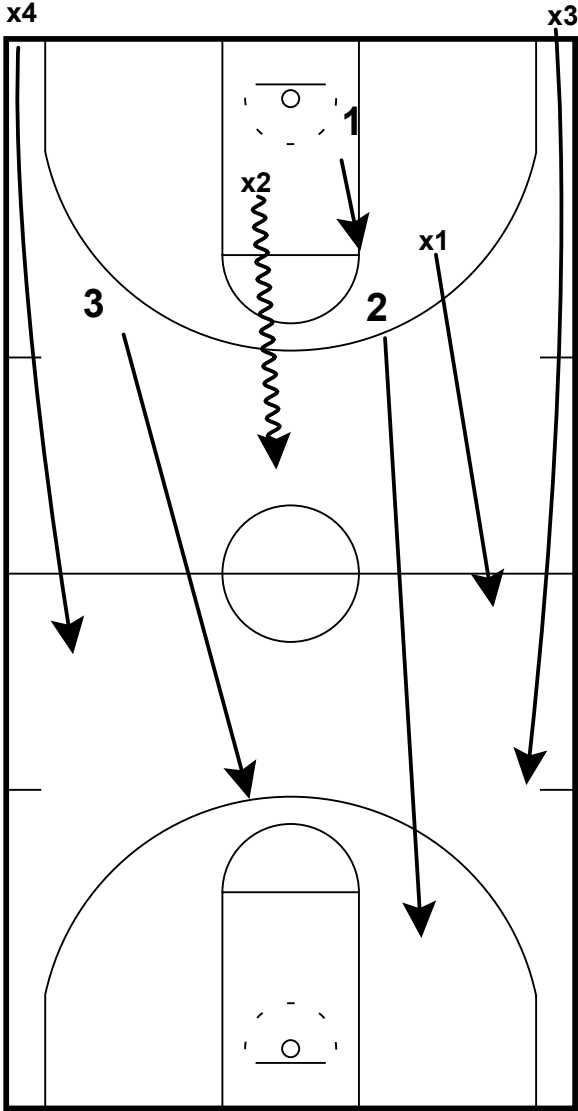
X2 passes to 1 to

Offense attacks defense 3 on 2

Dribble Drive Motion Offense Breakdown Drills

Full Court Transition Drills

Transition 3 on 2/4 on 3

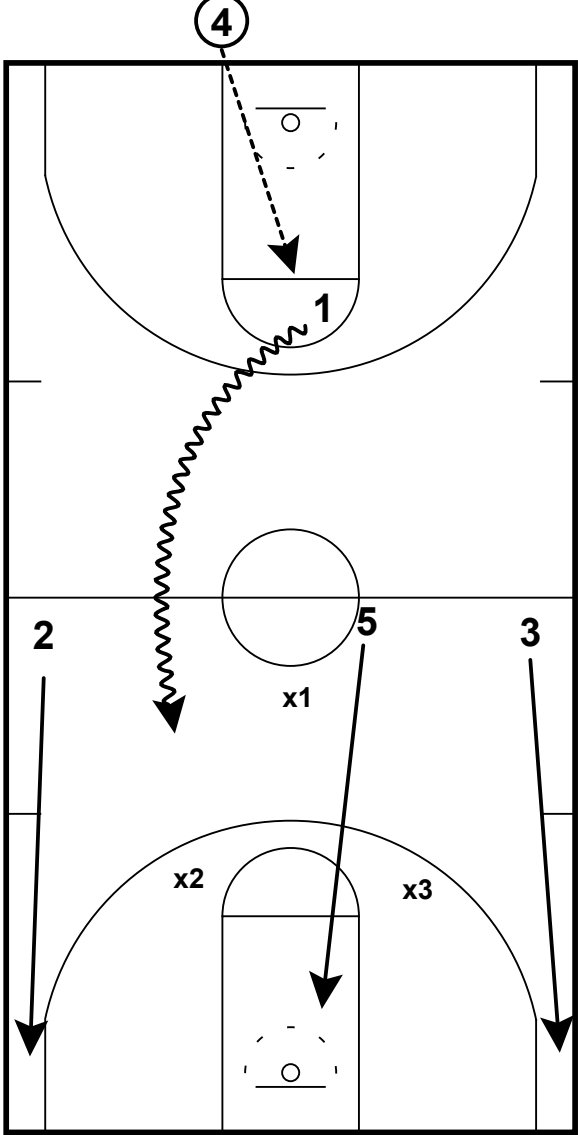


Defense gets rebound and attacks 4 on 3

Dribble Drive Motion Offense Breakdown Drills

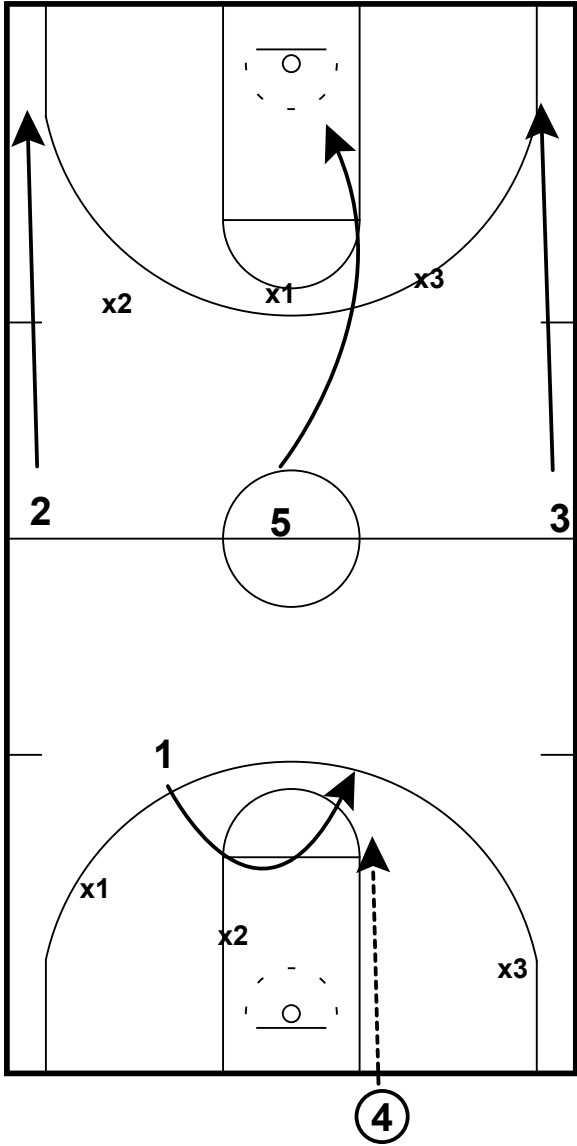
Full Court Transition Drills

Transition (5 on 3)



Offense attacks against 3 defenders

Transition (5 on 3)

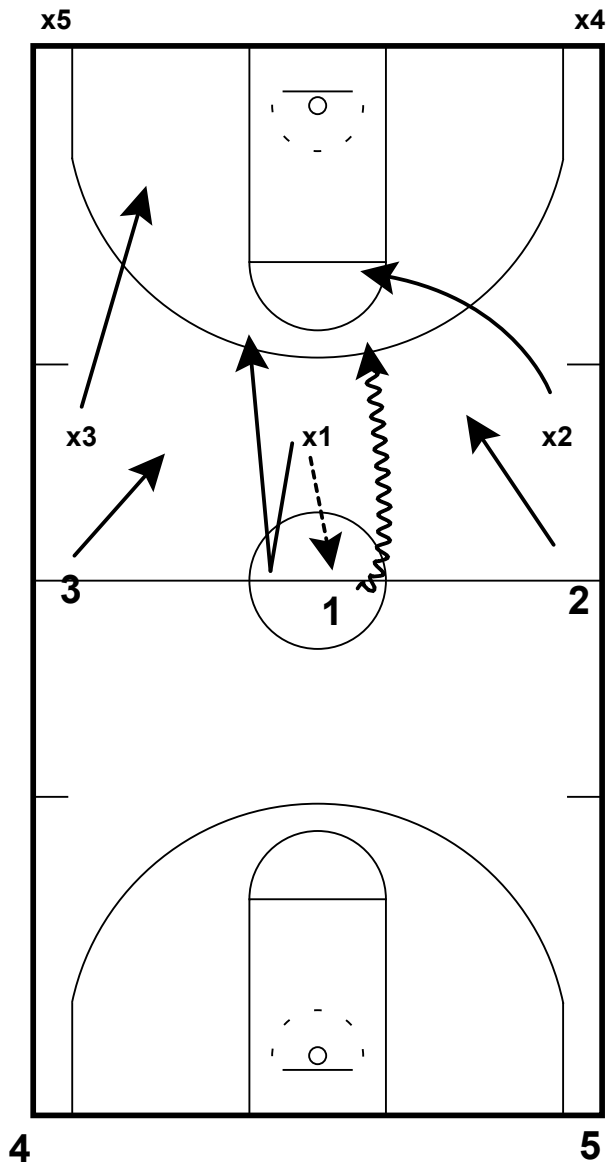


Offense outlets and does 2nd trip the other way against 3 defenders

Dribble Drive Motion Offense Breakdown Drills

Full Court Transition Drills

Transition (Find, Use, Create)

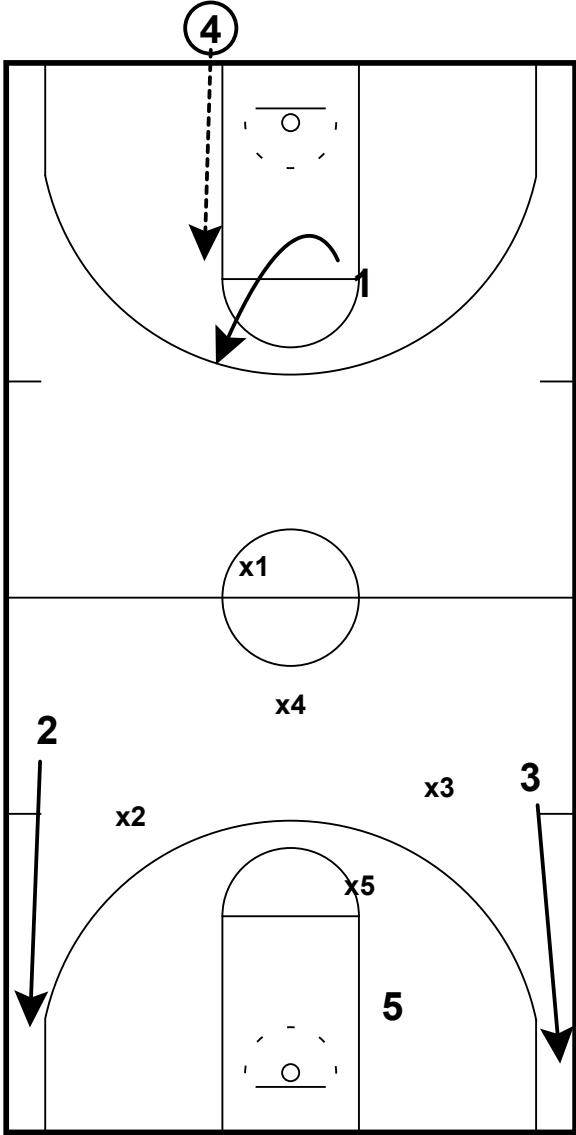


Defender (X1) passes to 1 and touches half court
Rebounder outlets to one of the corner players
Offense gets back on defense

Dribble Drive Motion Offense Breakdown Drills

Full Court Transition Drills

Transition (Live Defense)

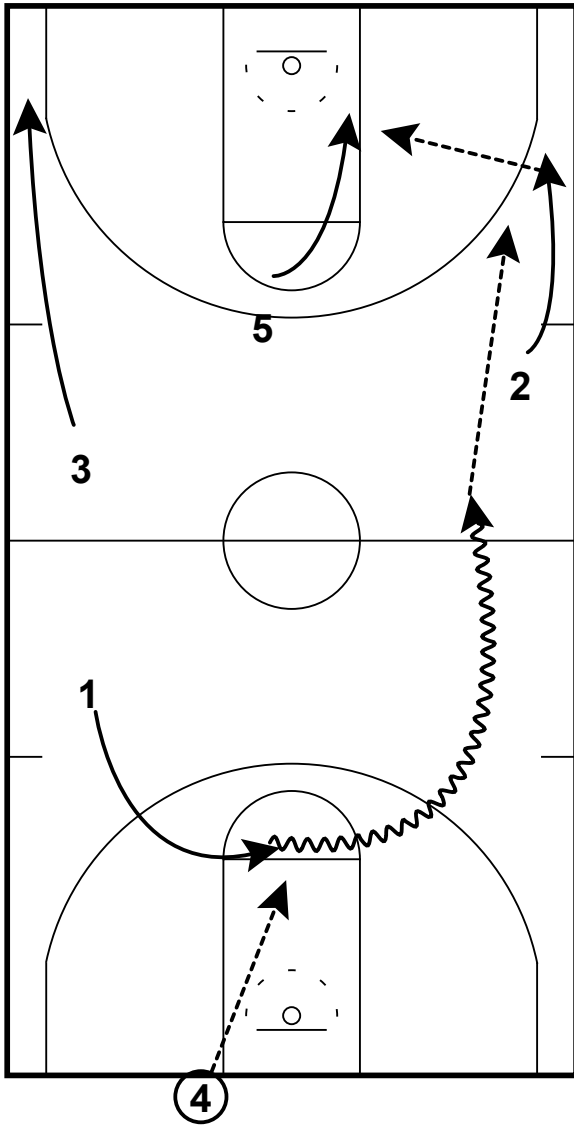


Offense looks to attack against 5 defenders
2 trips

Dribble Drive Motion Offense Breakdown Drills

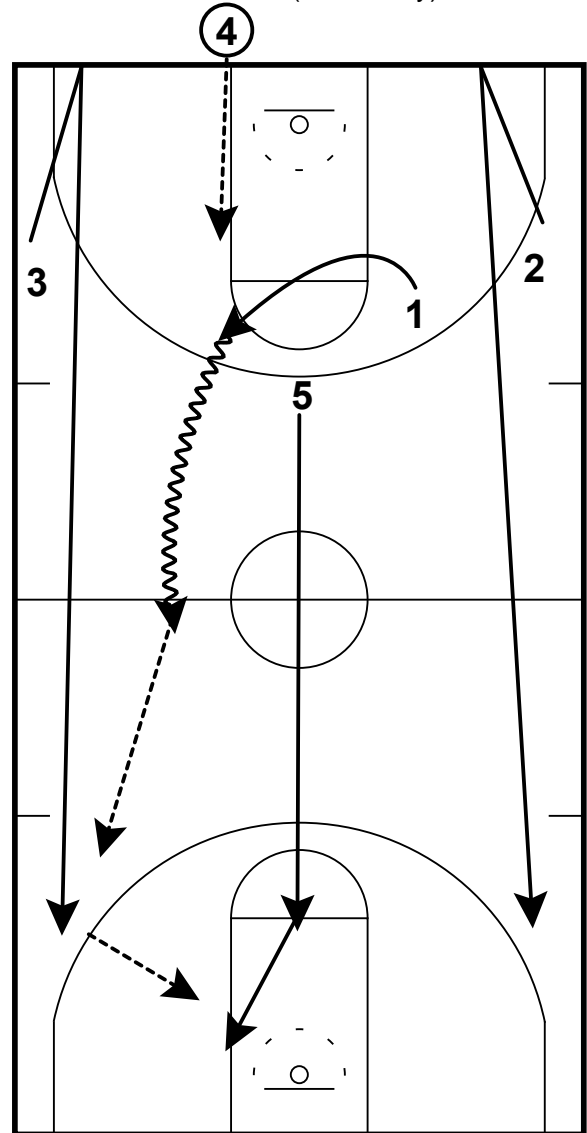
Full Court Transition Drills

Transition (Post Entry)



1 pitches ahead to 2
2 hits 5 in the post

Transition (Post Entry)



2 and 3 touch baseline
4 outlets to 1
1 can pitch ahead to 3 or 5