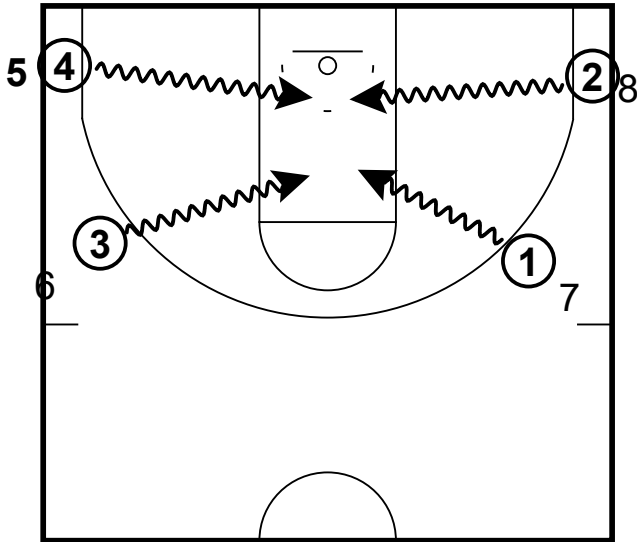


Dribble Drive Motion Offense Breakdown Drills

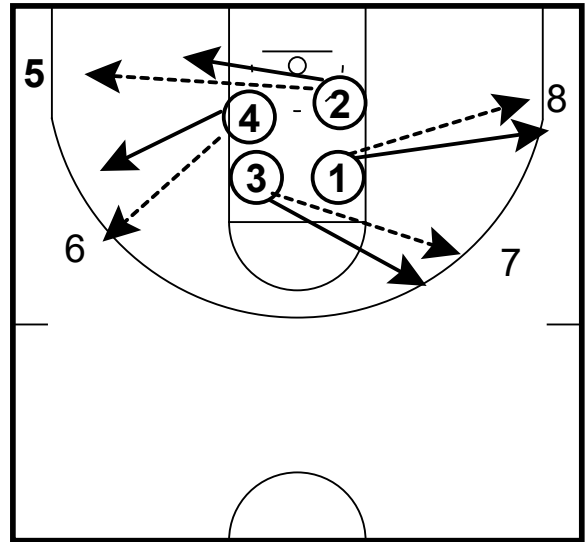
4 on 4 Drills

4 Corner Passing Drill



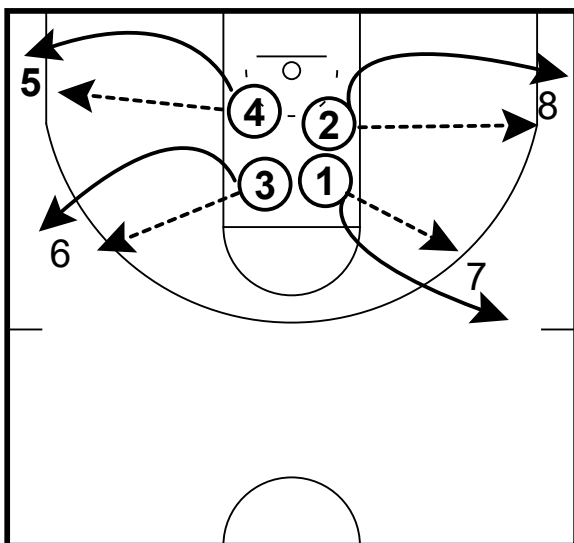
All 4 ball handlers attack the paint (Dribbling with right hand)
 Emphasize landing under control
 Work on stride (1,2) and jump stops

4 Corner Passing Drill



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

4 Corner Passing Drill

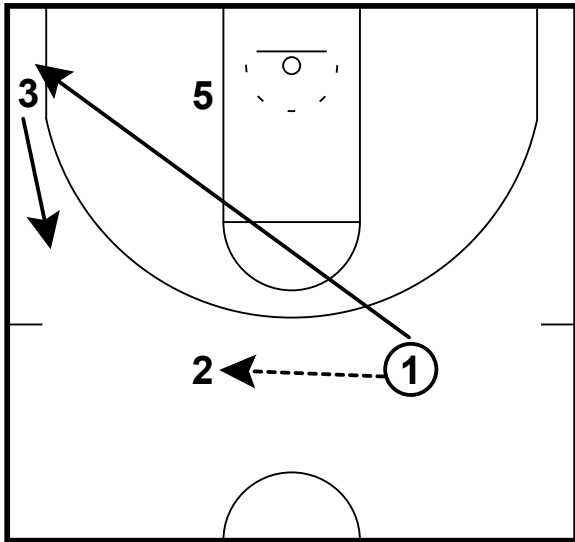


Switch to left hand
 Dribble and pass with left hand
 Final progression is reverse pivot
 Pivot out of pressure
 Follow your pass

Dribble Drive Motion Offense Breakdown Drills

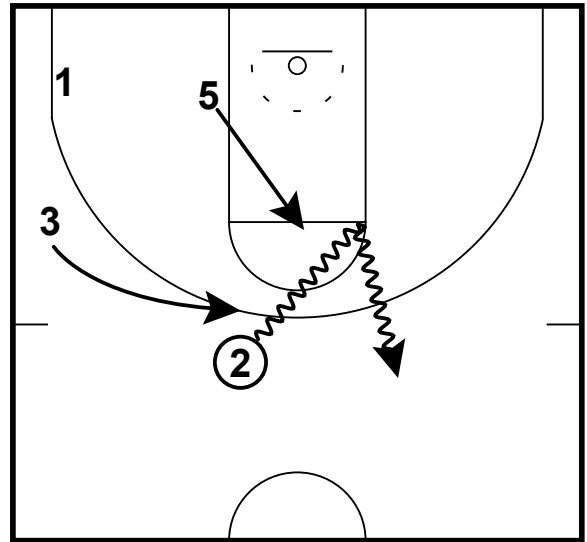
4 on 4 Drills

4 on 0 Bounce Out



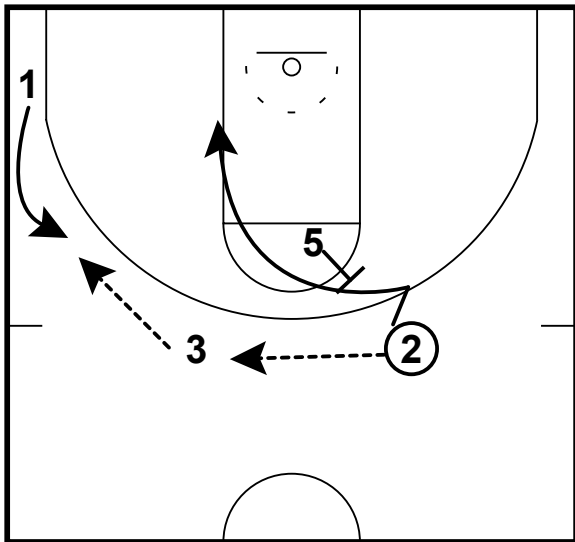
1 passes to 2 and makes blur cut
3 lifts to wing

4 on 0 Bounce Out



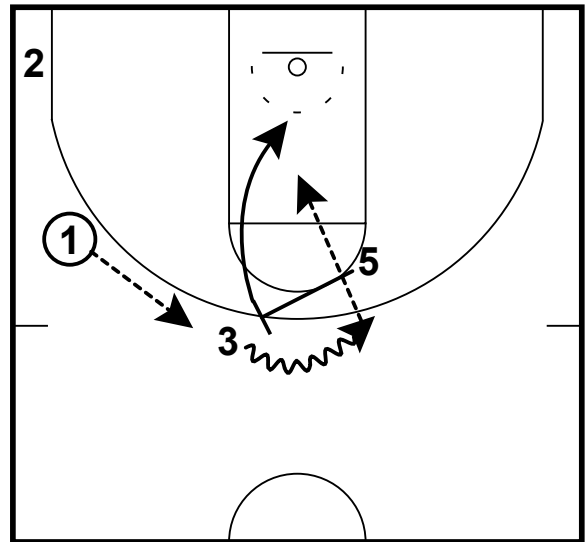
2 bounces out
Automatic read for 5 to flash to free throw line
3 fills slot

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

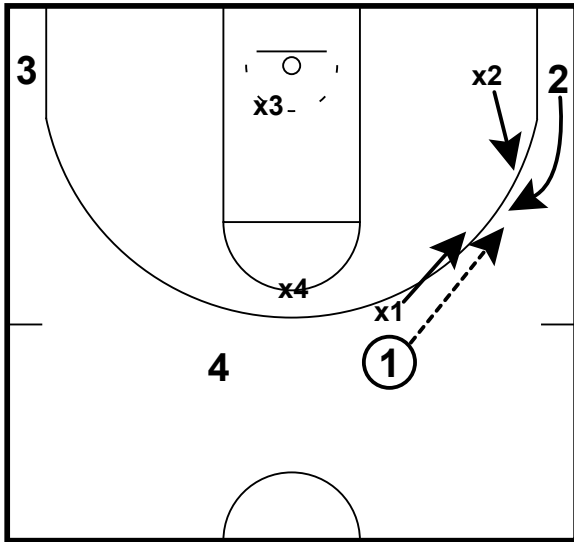


3 dribbles off ball screen set by 5

Dribble Drive Motion Offense Breakdown Drills

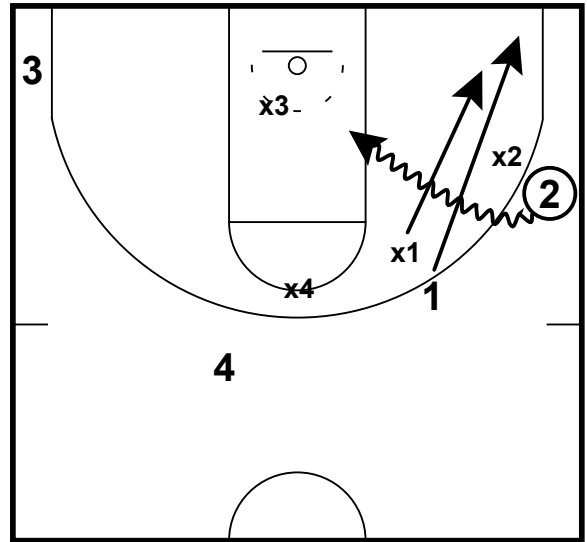
4 on 4 Drills

4 on 4 SSG's (Blur Cut)



Slot to wing pass

4 on 4 SSG's (Blur Cut)

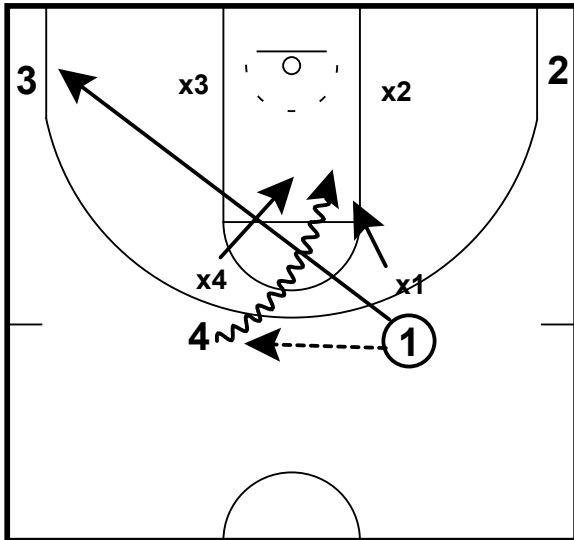


Slot to wing blur cut
2 dribbles off the butt of 1's cut

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