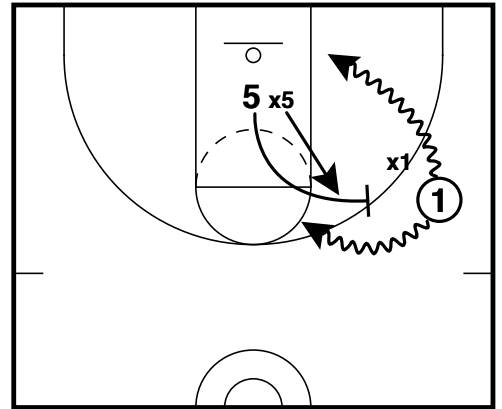
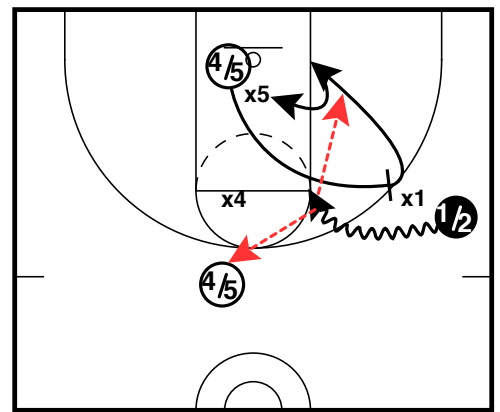


14. HOW TO DRILL

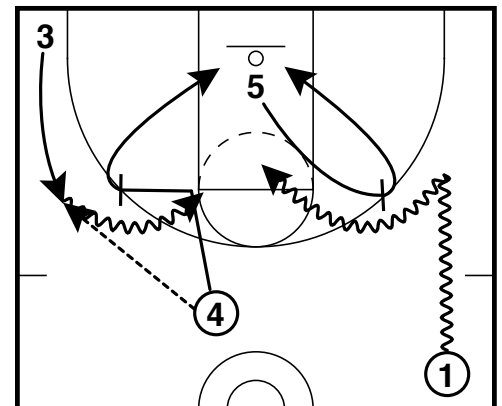
2 on 2 Wave This drill helps breakdown the side ball screen to its most basic form with just one ball handler and screener. It is a pure read of the reject, ball screen and scoring options. We try to keep the drill confined to one half of the court to make sure the spacing stays somewhat relative to the gaps you may see when running the offense with 5 players. If a program hasn't worked with ball screens much, I'd suggest starting here to get the players more comfortable.



3 on 3 Wave We now use two forwards and one guard to practice learning the side ball screen reads. If the guard cannot make a play, he should reverse it to the forward and the ball screening forward should roll to the paint and seal, looking for a high/low. This is great to start teaching high/low passing and sealing. If a program hasn't worked with ball screens much, I'd suggest running this drill a lot. The improvement of players getting more and more comfortable using a side ball screen will be very clear.



Ball Screen Combo We run this drill as a warmup (it's non-contact aside from contesting finishes) or in our positional breakdown practice segment. We simulate different actions that occur in the offense on each side of the court, staggering the start times, and having the players rotate lines. To setup the drill, we usually start with a dribble entry and the forward sprinting to the ball screen from the rim on one side, and on the other side we simulate guards lifting from the corner and forwards passing and following the ball. From there we get into our 2-man action simulations. Coaches will pass so that each player gets a shot on each action and coaches can contest shots at the rim. There is a lot going on a one time so drill efficiency is key. The sequence of drills commonly include the following actions but can include any options in your playbook.



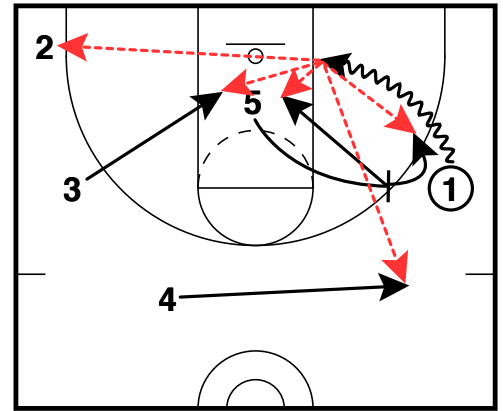
Guards - Reject, Split, Hook/Pocket/Slip Passes, Shuffle Retreat, Gap Shot, Turn the Corner

Forwards - Reject Dive/Curl Behind, Screen and Roll/Dive, Screen and Pop, Look back, Slip

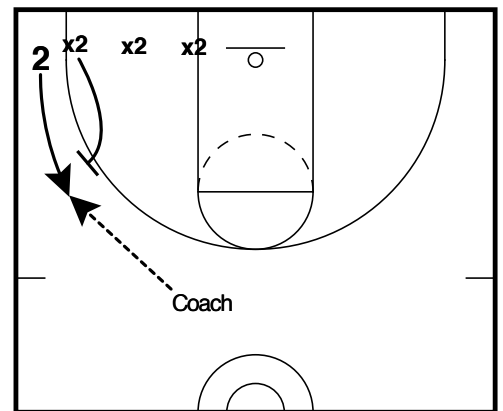
Drift Passing This drill replicates all the passes that can occur from a rejected side ball screen. You need to use multiple courts at once or run different actions on each side of one court while staggering the start of each drive. The emphasis here is on accuracy and fundamentals of all passes and cuts.

The 5 passes we drill are:

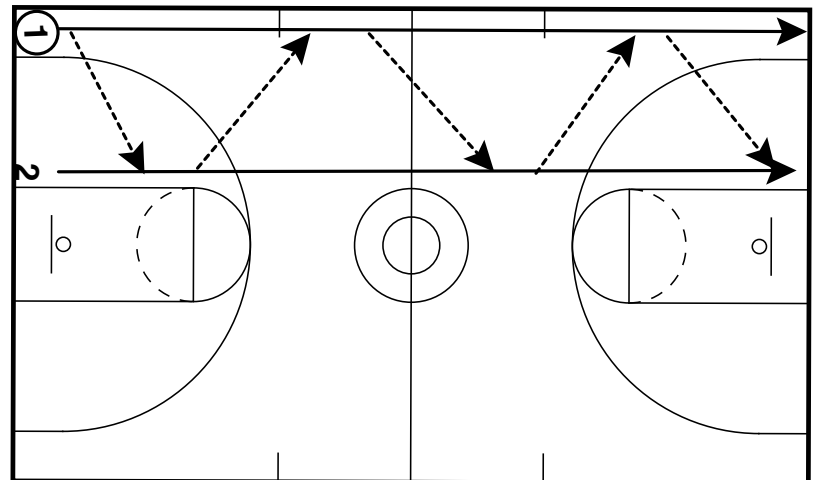
Corner Drift (1 to 2 pass), Top Paired Cutter (1 to 3), Ball Screen Dive (1 to 5A), Ball Screen Curl Behind (1 to 5B), and Reset (1 to 4)



1 on 1 Lift With this drill we teach players how to read the defense and attack off of a lift. The corner to wing lift is so valuable in terms of creating shots and advantage situations when the concepts are truly grasped. A great coach once told me that there is only three ways a defense can play you - tight, loose or overplay. With this drill we put the defense in these three positions and get the offense comfortable in how to attack the defense on the catch.



Partner Pocket Passing Used as a warmup drill, partners go the length of the court making pocket passes. A pocket pass is the easiest and most effective pass to make to the roll man in a ball screen situation. We are looking for 1-2 dribbles and then an accurate pass on the move. This drill will be extremely sloppy at first so focus on accuracy before the speed picks up.



Outside Hand Passing In a fundamentals block of practice we have our 4s and 5s get comfortable passing with their weak hand in kind of a hackey-sack situation. It only takes a few minutes and then they can start to try to translate that skill into the reversals in the offense.

