

**McFarland
Spartans
Basketball
Drill Manual**



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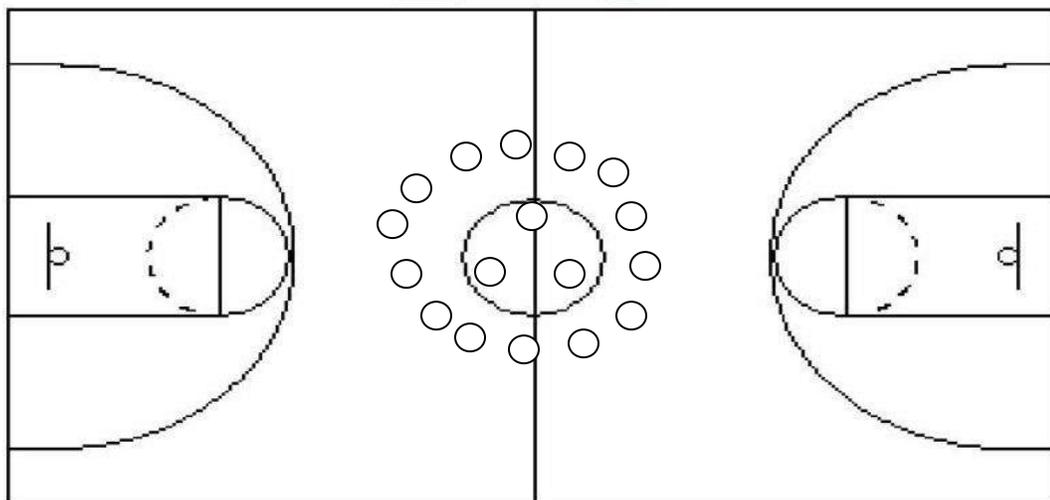
Ball Handling and Passing Drills

Purdue Ball Drill

Suggested Grade Level – 1-12

Equipment – 1 Basketball per player

Diagram – ○ = Player



Coaching Points –

- Dribble with finger pads
- Knees bent, eyes up!
- Go as fast as possible, challenge yourself.

Directions – Players will perform the following ball handling techniques for 20-30 seconds each. Leaders at the center will lead rotation and demonstration (typically your more experienced players/captains or a coach at the start of the season).

- Ball Slaps (hold ball above head and slapping the ball from hand to hand).
- Fingertip squeezes (hold ball in one hand above head squeezing the ball so that it pops out of the hand a short distance. Do both hands).
- Around the waist (wrap ball around the waist. Change directions).
- Around the knees (feet together).
- Around the world (rotate ball around your head once, waist once, knees once, then back up towards the head again. Continue to go top to bottom and bottom to top in both directions).
- 1 leg dribble (stand in a straddle position with one leg out in front. Dribble around that leg. Repeat with both legs dribbling in both directions).
- Figure 8 dribble (stand with feet apart and dribble the ball between your legs and around your legs while keeping your feet stationary).
- Air figure 8 (feet apart and rotate ball in the air between your legs and around each leg making a figure 8). (Continued on next page)

- 2 in front 2 in back (hold ball in front of legs with both hands, toss it between legs and move around to back to catch it again).
- 1 in front 1 in back (hold ball between legs with one hand in front and one in back. Toss ball in air and switch which hand is in front and which is in back).
- Figure 8 around the waist with a double (Rotate ball around your waist once, then perform the figure 8 once, then perform 2 in front 2 in back once. Repeat again starting with around the waist).
- Spider (dribble basketball by alternating each hand and alternating whether you are dribbling it from in front or from in back each time. “Front-front-back-back”).
- Air Spider (same as spider but dribbled in the air from between yours legs).

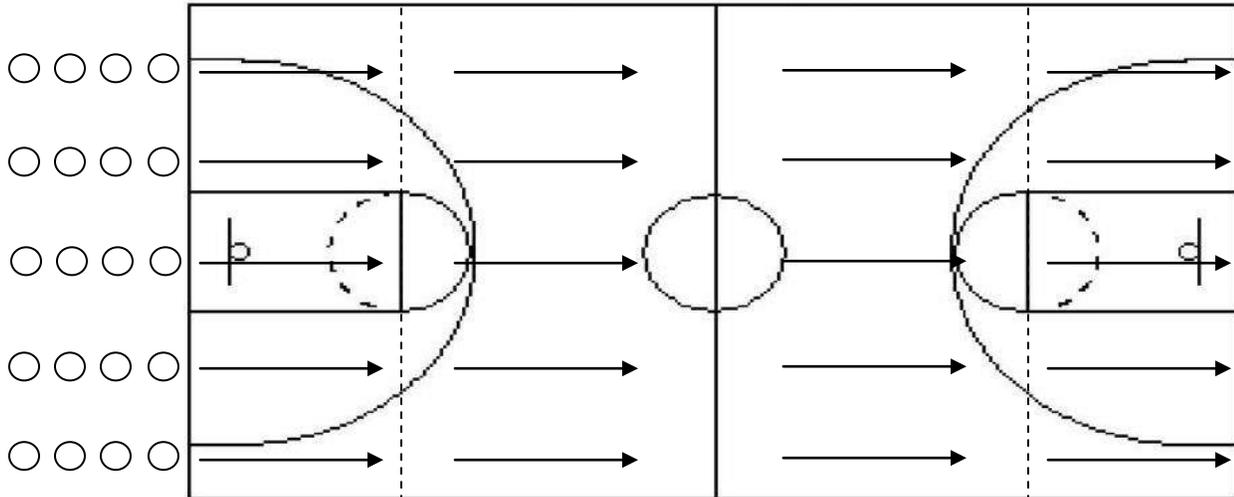
Modifications – The older your team, the quicker you are going to rotate through the drills and the more drills you would do. It is ok to challenge younger players with all of the drills but you just need to have different expectations for how well they can perform some of them.

Pivot Drill

Suggested Grade Level – 1-12

Equipment – 1 Basketball per player

Diagram – ○ = Player



Coaching Points –

- Pivot on same foot as the hand you are dribbling with.
- Knees bent, eyes up!
- Quick pivots.
- Explode out of the pivot.

Directions – Players start on the baseline with a basketball. On “Go”, the first line will dribble hard with their right hand to the free throw line extended and jump stop. On “Back” the players will pivot backwards keeping their right foot planted (CPI - same foot same hand). On “Front” the players will pivot back towards the front using a front pivot (do not let them do another back pivot and have them spinning in a circle). On “Go” they will accelerate towards the next landmark which is the half court line with a right handed dribble while the second line accelerates for the free throw line extended. Repeat these directions until all players are on the far side of the court. Then send them back the way they came with the same directions except now use a left handed dribble and pivot our your left foot.

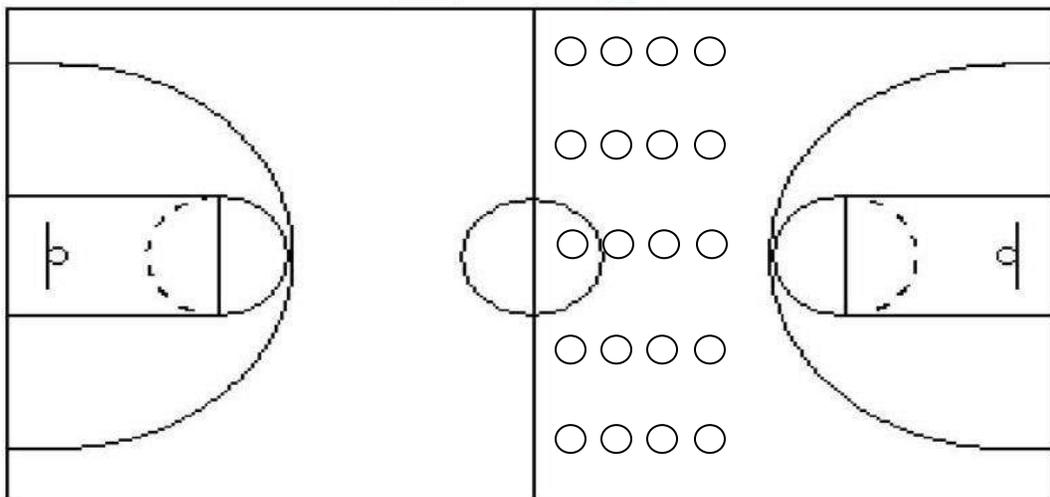
Modifications – Starting this drill out you may just work jump stops at the landmarks and not worry as much about the pivoting. Progress towards pivoting and be sure that they are all going in the same direction.

Pockets

Suggested Grade Level – 1-12

Equipment – 1 Basketball per player

Diagram – ○ = Player



Coaching Points –

- Bend knees
- Do not throw the ball up into the air
- Quick hands

Directions – Players will hold the basketball at a specific location (chest, waist, knees, ankles). On the whistle, players need to drop (not throw up) the basketball touch their “side pockets” and catch the basketball before it hits the ground. Do 3 or 4 rounds of this and then move to the next landmark (chest, waist, knees, ankles).

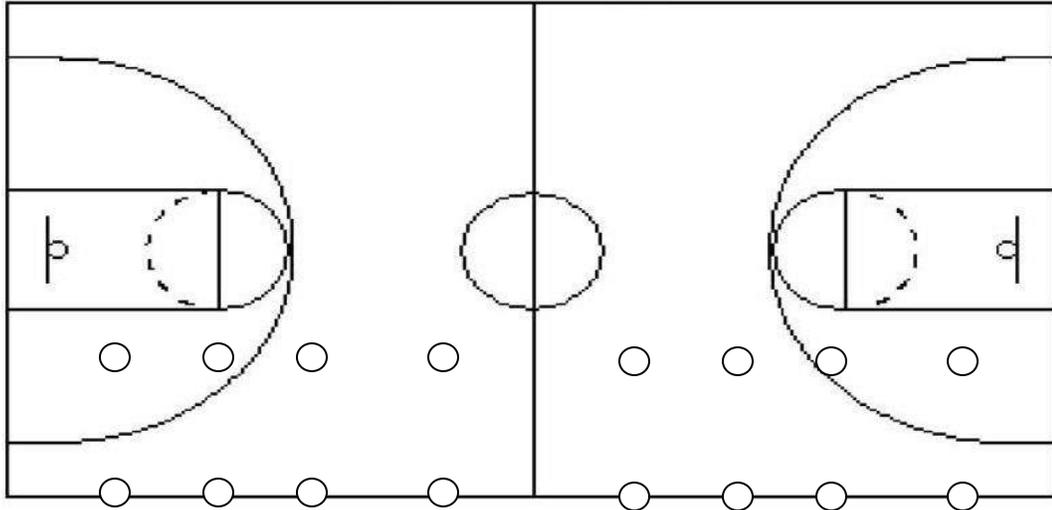
Modifications – Ankle can be very difficult for even the best varsity player, but the challenge of going as quick as you can even if you cannot get it will help their hand speed. You may challenge some players to try and touch their “back pockets” instead of their side as well. If a player is having difficulty avoiding throwing the ball up into the air, simply stand near them with your hand a few inches over the ball when you blow the whistle to prevent it from rising.

Sideline Passing

Suggested Grade Level – 1-12

Equipment – 1 Basketball per pair of players

Diagram – ○ = Player



Coaching Points –

- Step into your pass
- Work a “rip” or “sweep” every time you pivot
- Balance when you jump stop
- Thumbs together on the chest pass, no one handed passes
- Eyes on the ball when receiving a pass with hands ready

Directions – All the basketballs will start with the player on the sideline. On “Go”, the player will make a chest pass to their partner and then jog in a straight line towards them slowly to stop at the spot where their partner was. The partner will catch the pass and dribble with their right hand past their partner until they can jump stop on the sideline where their partner started. Once they jump stop they will pivot either front or back and perform a rip or a sweep and then step and make a chest pass to their partner (watch feet for traveling here as they may try to step with their pivot foot when passing). Repeat this for 20-30 seconds and then have them dribble past their partner with their left hand instead. Once both hands have been used, repeat the whole cycle using a bounce pass instead of a chest pass. Repeat once more using and overhead pass.

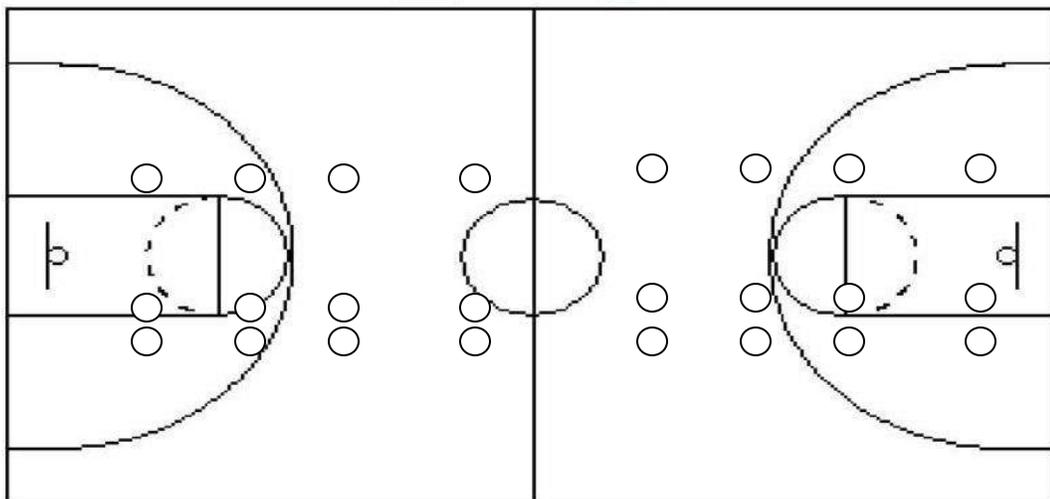
Modifications – Higher level teams may also add a crossover move instead of simply dribbling by their partner. To do so, have the player who catches the pass take two dribbles with one hand prior to crossing over in front of the partner. Once they get past the partner they should attempt to “step on the heels of the defender” in order to cut off any chance of recovery.

Tiger in a Cage

Suggested Grade Level – 1-12

Equipment – 1 Basketball per group of three

Diagram – ○ = Player



Coaching Points –

- Great ball pressure
- Let the defender get to you
- Close out under control (run-run-slide-slide)
- Treat every ball as a dead ball
- Fake a pass to make a pass

Directions – All basketballs should start on one side with a defender (the middle person) on the ball. On “Go”, the person with the ball will fake a pass then make a pass to the person across from them while being defended by the middle person. Once the passer makes the pass, they will follow that pass and become the new defender while the old defender replaces them as the new partner. Continue to rotate like this for about a minute and then give them a brief break before doing it again.

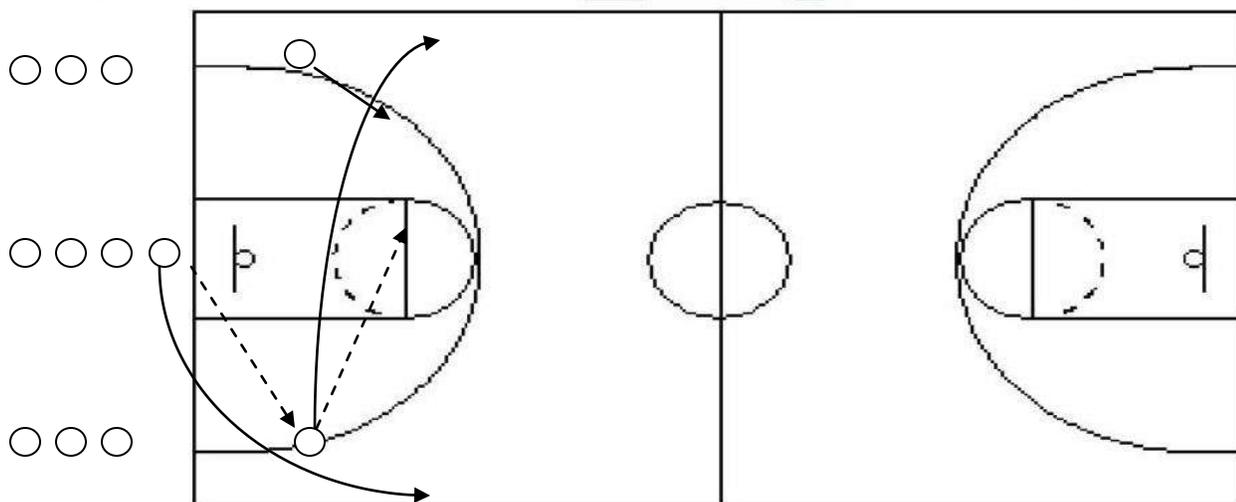
Modifications – At younger levels, you may allow for the passer to take one or two dribbles in order to get away from the pressure of the defender before they make the pass. Remind taller players not to simply throw over the top of smaller ones all the time because they may not always have the size advantage.

3 Person Weave

Suggested Grade Level – 1-12

Equipment – 1 Basketball per group of three

Diagram – ○ = Player - - - - -> = Path of pass ———> = Player route



Coaching Points –

- Pass towards the middle
- Lead your partner
- Follow your pass and go around

Directions – The group in the middle line will start with the basketball with the other two people stepping out onto the court about six feet away from the baseline. On “Go”, the middle person will pass to either partner and then immediately follow the direction of that pass and go around the person they passed to. The person who just received the pass will pass to the remaining partner who should be jogging down the court and they will follow their pass as well and go around that partner. This should continue all the way down the court with players always passing towards the middle of the court and always following their pass and going around the person they passed to. When the group gets to the other end of the court the person with the ball will make the last pass a bounce pass and the partner receiving the pass should make a layup.

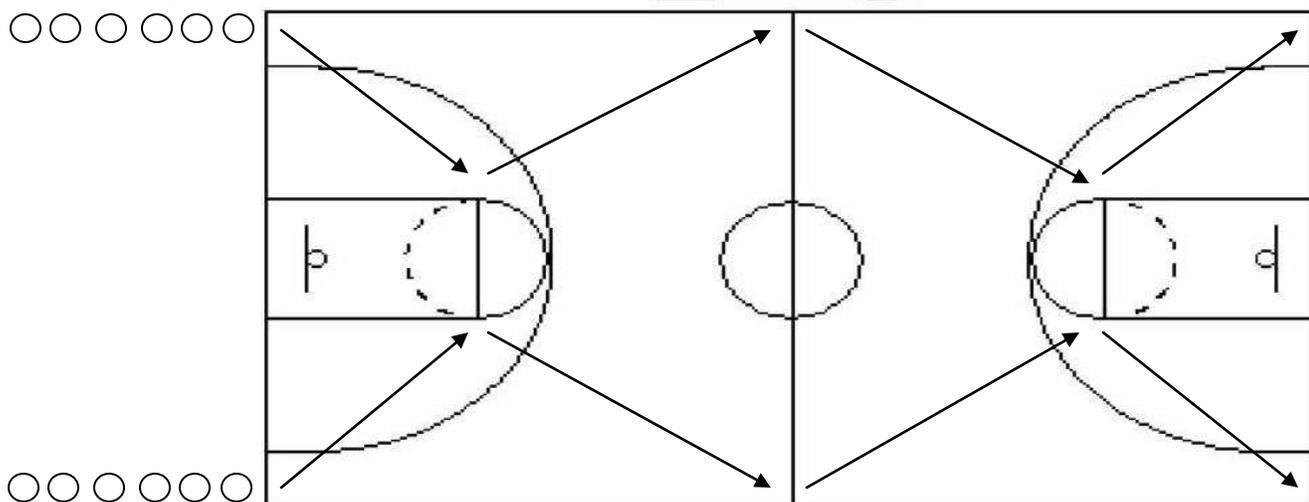
Modifications – You can start this drill by putting the players only a few feet apart and making them keep their weave tight and then progress out to the three point lines as well. Other modifications with this drill would be to add jump shots on the other end of the court for those who do not get a layup or to add a transition component and have the group come back and go 2 on 1 (See: Transition Drills - 3 Person Weave to 2 on 1).

Zig Zag Dribble

Suggested Grade Level – 3-12

Equipment – 1 Basketball per player

Diagram – ○ = Player



Coaching Points –

- Stay low while dribbling
- Make sharp cuts, accelerate out of your break
- Eyes up!

Directions – Players will start in two lines on the baseline. The ball should be in their inside hand (hand nearest the basket). On “Go” the first person in line will dribble towards the near elbow with their eyes up (as a coach, I typically stand on the free throw line and hold up a number of fingers that they need to say as they are dribbling so that I know their eyes are up). When they get to the elbow they will perform a move (Cross-over, between the legs, behind the back, spin) to their outside hand and accelerate to the next landmark, the half court-sideline intersection. The next person in line can go when the person in front of them reaches the first landmark. Players should wait on the far end of the court until everyone is through, then they will return doing the same technique so that they get to work dribbling and making a move with each hand equally. Once they are back to the start point, progress to the next move.

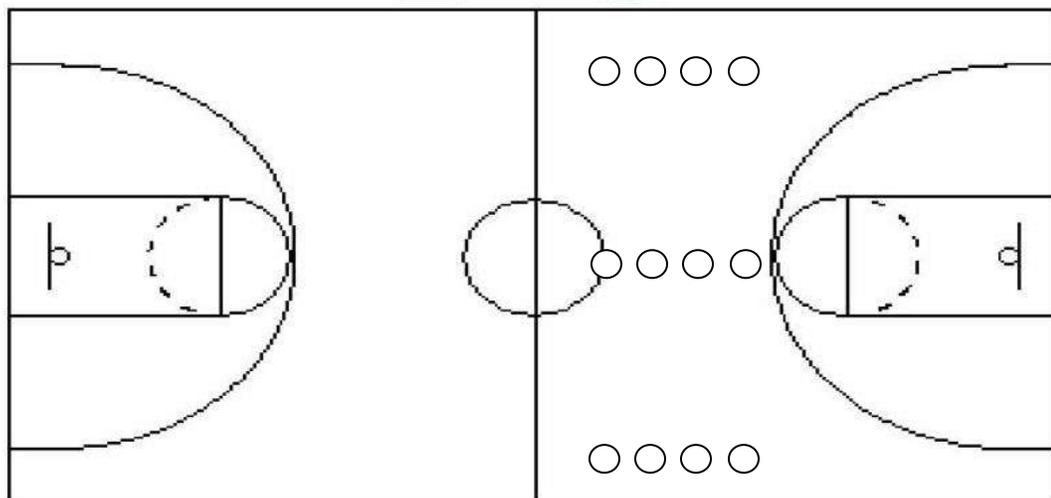
Modifications – To go through the entire drill using all four moves will result in going down and back four separate times. Utilize moves that your players are likely to use in a game (for instance, Grades 3-5 may only work on doing the cross-over and between the legs but may do each of them two to three times).

2 Ball Dribbling

Suggested Grade Level – 3-12

Equipment – 2 Basketballs per player (or group of 2 or 3 if limited)

Diagram – ○ = Player



Coaching Points –

- Bend your knees
- Eyes up!

Directions – Players will start with a basketball in each hand. When indicated, players will begin to simultaneously dribble both basketballs at waist height with their eyes up for 20-25 seconds. Coach will then indicate “Knees” and the players will dribble at their knees for same amount of time. Next will be “Ankles” where the players will get even low and dribble at the height of their ankles. Coach will then progress back up to the knees and waist once again. Then the coach will indicate “Alternate dribble at the waist” at which time the players will dribble at waist height while alternately dribbling the ball. Go through same cycle (knees, ankles, knees, waist) for approximately 20-25 seconds at each level. If players are in small groups have them switch basketballs with their partner before you go from simultaneous to alternating.

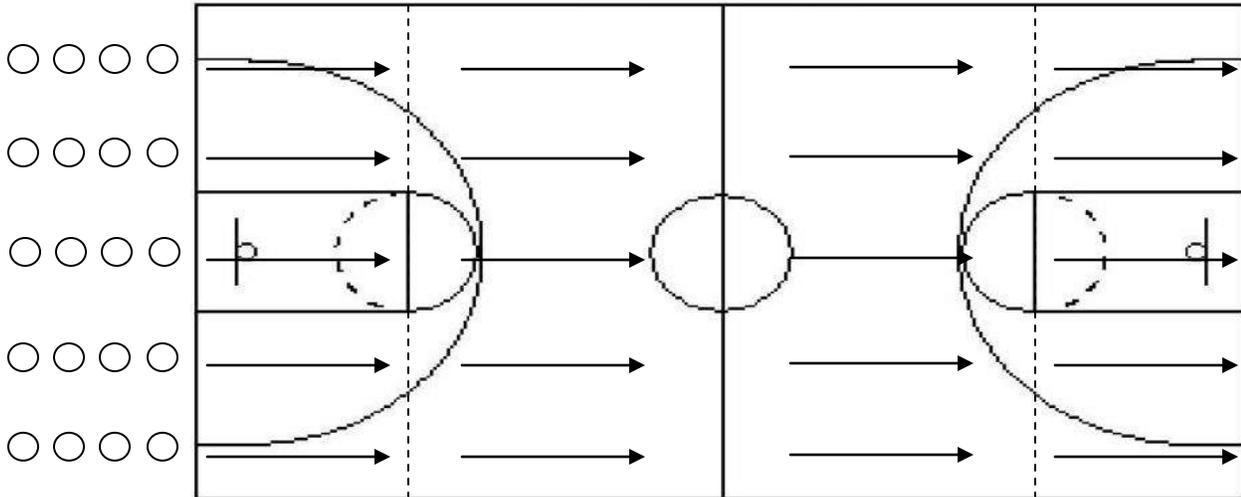
Modifications – One challenge you may want to use for your players is to have them take three hard dribbles at shoulder height and then go right down to ankles. Another modification would be to line players up at the baseline and have them dribble full court and back with a simultaneous dribble as well as with an alternate dribble.

Trouble Dribble

Suggested Grade Level – 6-12

Equipment – 1 Basketball per player

Diagram – ○ = Player



Coaching Points –

- Keep your dribble
- Turn body and use your guard arm
- Crossover and accelerate
- Eyes up!

Directions – On “Go” the first line of players will dribble hard to the free throw line extended with their right hand. When they approach the free throw line they will turn the left side of their body and lift their left arm to protect the ball and take two to three dribbles backwards before crossing over and accelerating towards half court. As soon as the player in front of you in line goes towards half court, the next player will begin. Players should be switching the hand they are dribbling with each time they begin their trouble dribble (FT line, half court, FT line).

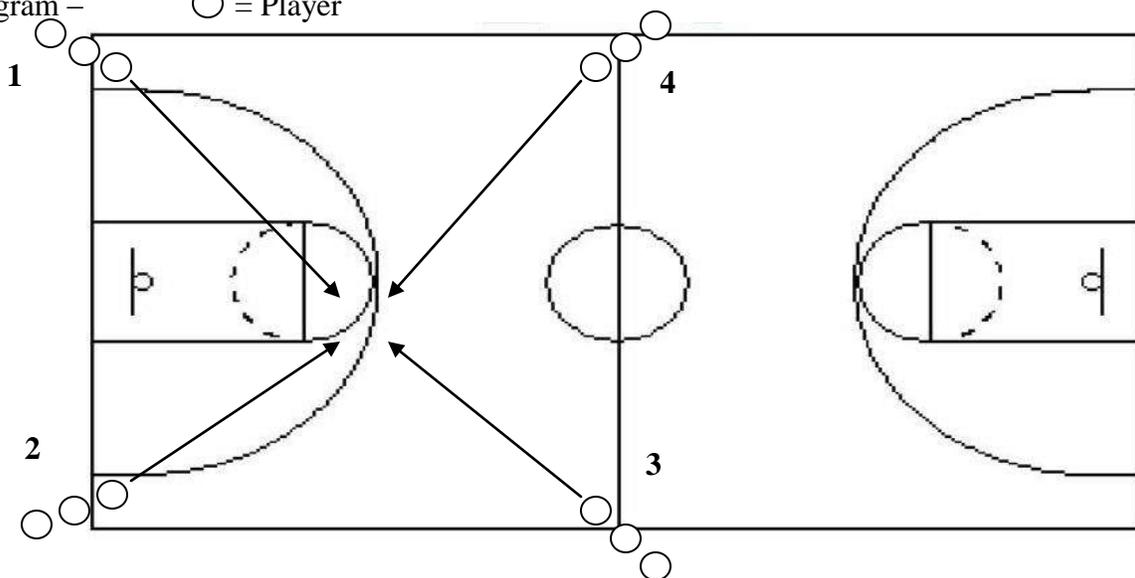
Modifications – As the age of your team increase, the more focus there is on attacking quickly after the crossover.

4 Corner Passing

Suggested Grade Level – 6-12

Equipment – 4 Basketballs

Diagram – ○ = Player



Coaching Points –

- Pivot on the same foot as the hand you are dribbling with
- Jump stop all together, wait for teammates
- Always back pivot
- Chin the ball

Directions – Players in the front of each line will start off with the basketball. On “Go”, they will dribble with their right hand to the middle and come to a jump stop (a coach could stand here so that they have a landmark and the coach could provide direction if needed). Once all four players are in the middle, they will back pivot on their right foot (same hand same foot) and make a chest pass to the new line they are facing (i.e. Line 1 would pass to line 2, 2 to 3, 3 to 4, and 4 to 1). The passer will follow their pass and go to the end of the line they just passed to while the player with the ball now will dribble to the middle. Once players make it back to their original corners (or whenever you want to switch if your players are not a multiple of four) they will do the same drill but this time they will be dribbling with their left hand and back pivoting on their left foot.

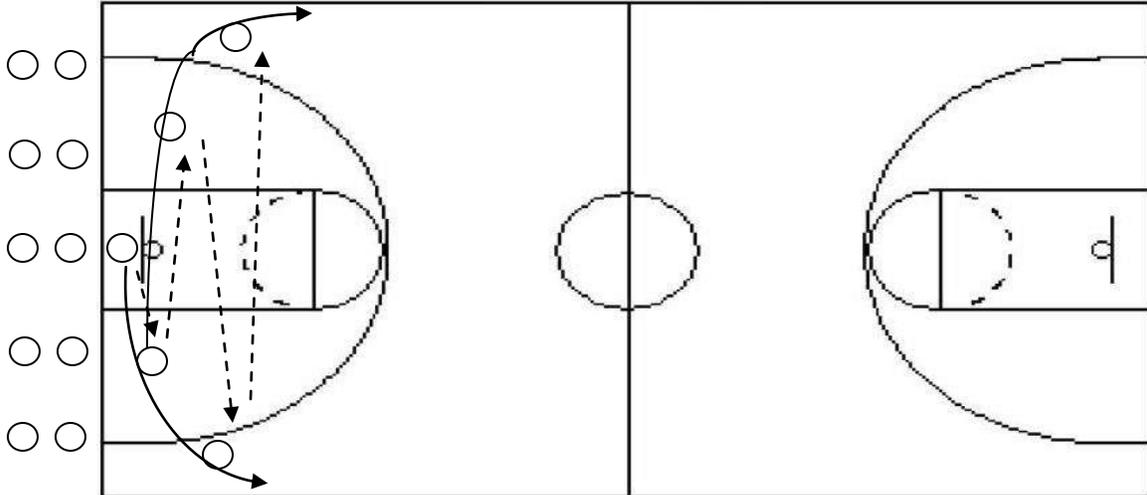
Modifications – This drill can take a lot of repetitions to accomplish and may require some reminders and slowing down especially for younger levels. At the varsity level, players should indicate when to change directions on their own and should switch seamlessly as a team.

5 Person Weave

Suggested Grade Level – 6-12

Equipment – 1 Basketball per group of five

Diagram – ○ = Player - - - - -> = Path of pass ———> = Player Route



Coaching Points –

- Pass towards the middle
- Follow your pass and go two around (around the next two people)

Directions – The middle player will start with the ball same as 3 person weave. The only difference between the 3 person weave and the 5 person weave is that now after you make your pass towards the middle you have to follow the pass and go around the next two people. Drill goes the same way with players progressing towards the end of the court as they pass and go two around. Drill also ends with a bounce pass for a layup as well.

Modifications – Much like 3 person weave, this drill can also be run as a transition drill where after the layup the players will come back down the court in a 3 on 2. That 3 on 2 can also transition into a 2 on 1 and a 1 on 1 (See: Transition Drills - Pirate).

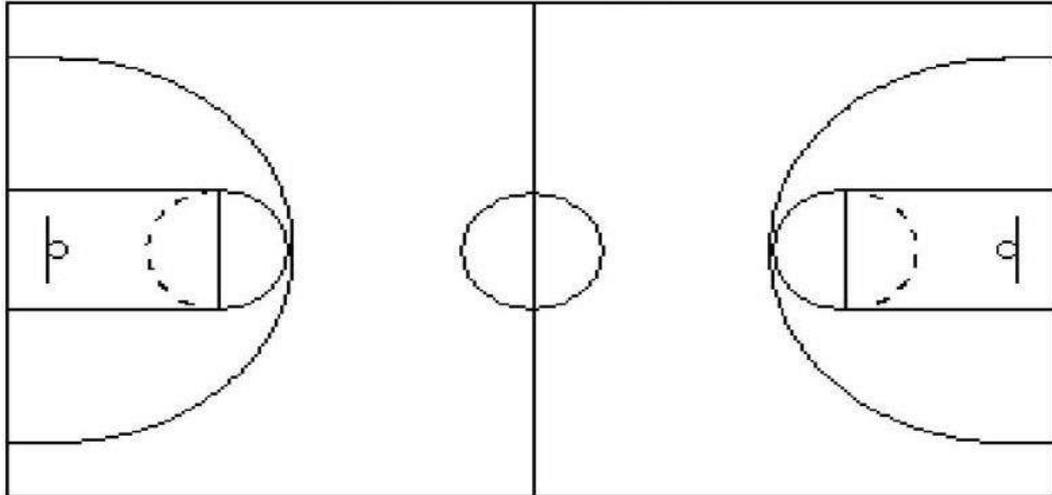
Shooting Drills

4 Minute Shoot

Suggested Grade Level – 1-12

Equipment – 1 Basketball per group of 2

Diagram – N/A



Coaching Points –

- 10 toes towards the basket when shooting
- Rebound hard for your partner
- Take shots you will take during a game

Directions – The number of players and the number of hoops you have will determine your set up for this drill. This is a partner shooting drill where one partner is the shooter and the other is the rebounder. The shooter will move to various locations where they shoot during a game while the partner rebounds and makes a great pass to the shooter. This will go on for four minutes and then the rebounder and the shooter will switch roles.

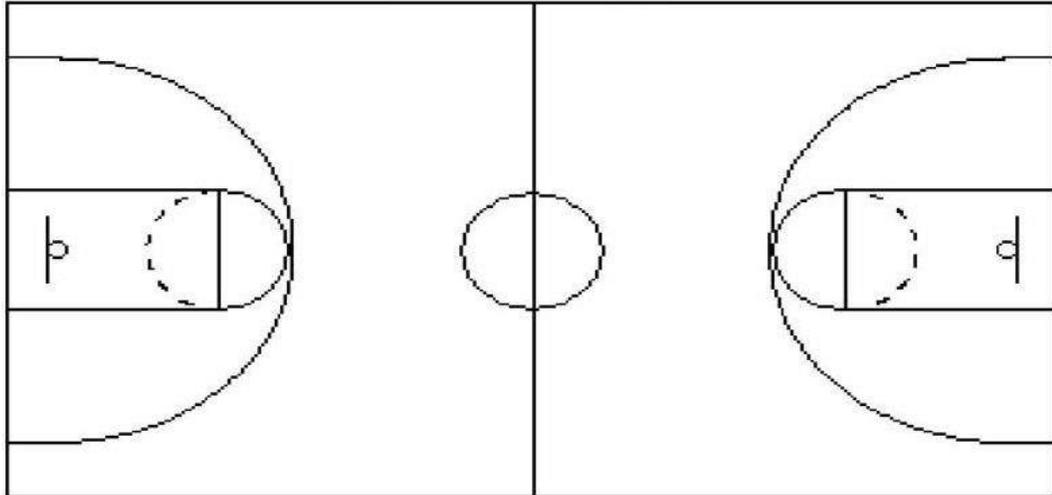
Modifications – Length of time could be varied if four minutes might be too long for your age group.

ABC Line Shooting

Suggested Grade Level – 1-12

Equipment – 1 Basketball per player

Diagram – N/A



Coaching Points –

- A – Align (Make a T with your thumbs, shooting finger on the shooting hand should be near the “shooting valve” and should go through the shooting eye brow on the shot. Ball should be held in the shooting pocket which varies depending on the shooter but should not be lower than the shoulders)
- B – Bend (Bend at the knees and use your lower body when shooting)
- C – Connect (Uncoil from your bend as you are driving your shooting hand into the air and release at the top of the shot with a great follow through)

Directions – Players will find a straight line anywhere on the court and hold the basketball. The coach will explain and demonstrate the definition of each of the ABCs. Players will then stand with their shooting foot (dominant hand side) on the straight line and begin to take a series of shots attempting to land the ball right on the line in front of them. Shots should be taken with guidance of the coach as they go through the ABCs a section at a time.

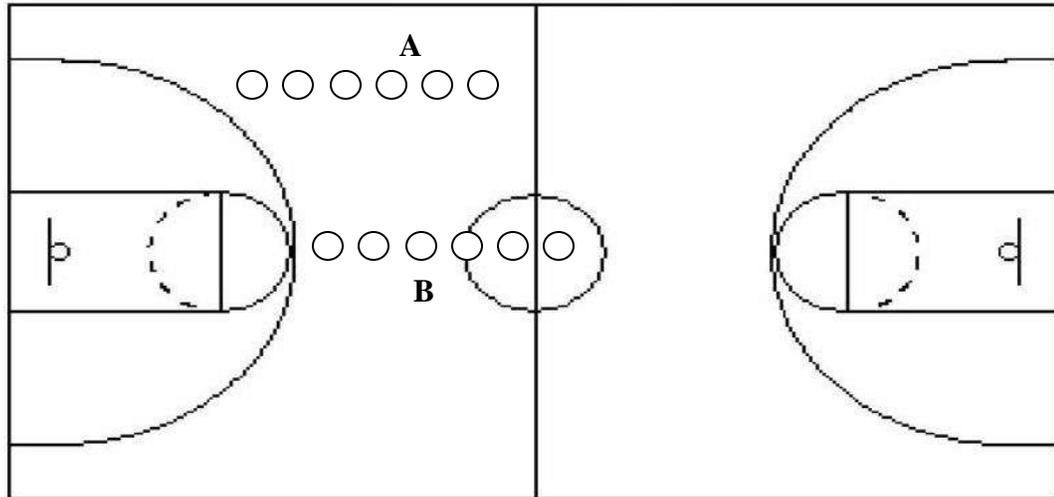
Modifications – Players can spin the ball out in front of them and catch the ball while stepping into a good shooting position to get a more game like feel. Players can also partner up and practice catching a pass and shooting it back to their partner on the line.

Green Bay

Suggested Grade Level – 1-12

Equipment – 1 Basketball for each group of two.

Diagram – ○ = Player



Coaching Points –

- Bounce pass for layups, chest pass for jump shots
- Passer gets the rebound
- Switch lines after every shot

Directions – Players in group A will start with the basketball. When the drill begins the first person in line will pass to their group B partner at the top of the key and cut towards the basket. Player B will make a bounce pass back to player A for a layup at which time player B will get the rebound and go around to line up at the end of line A. Player A will go to the end of the line of line B after they make their shot. After the first person from group B gets back to their original spot they will repeat the drill with a chest pass and a jump shot outside the lane instead of a bounce pass and layup. After they return to the original spots again, line A moves to the opposite wing to repeat both cycles from the left side.

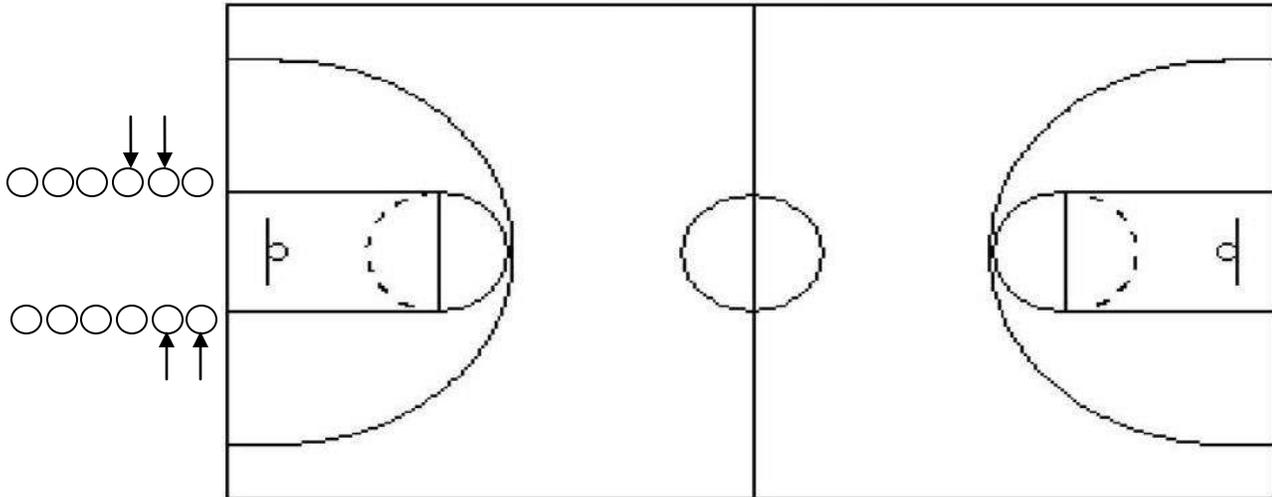
Modifications – Older more experienced groups should transition from the right wing to the left wing within the drill without stopping to move the entire group.

Circle Shoot

Suggested Grade Level – 6-12

Equipment – 4 Basketballs

Diagram – ○ = Player → = Player with a ball at start



Coaching Points –

- After passing, go around player to opposite side for your shot
- After shot, give ball to next person in line from where you got the pass from
- Go to end of the line from the group you got the pass from

Directions – The four basketballs will start with the first two people in one line and the second and third person in the opposite as indicated in the diagram. On “Go”, the first person in line who does not have the basketball will come across the lane and receive a pass from the opposite line near the block and take a layup. They will get their own rebound and give it to the next person in line without a ball from the line they received the pass from and then go to the end of that line. The person who passed the ball will go behind the person they passed to and receive a pass from the opposite line near the block and take a layup as well. The passing and shooting should continue like this for two minutes at which time the coach will call out the next shooting location which is “outside the lane”. The drill will continue the same except now instead of running to the opposite side for a layup you will run to just outside the block for a jump shot. Continue for one minute and then move to next spot which is “mid-lane” or half way between the block and the elbow. Continue for one minute and then go to the “elbow”. At this time the players may run underneath the person they pass to as opposed to going around them. After one minute here you may have them continue the drill but shooting from the next location which is the “perimeter” (Note – Players who are not likely to take these shots during a game should continue to shoot from the elbow). All players should be counting aloud each time a shot is made. (Continued on next page)

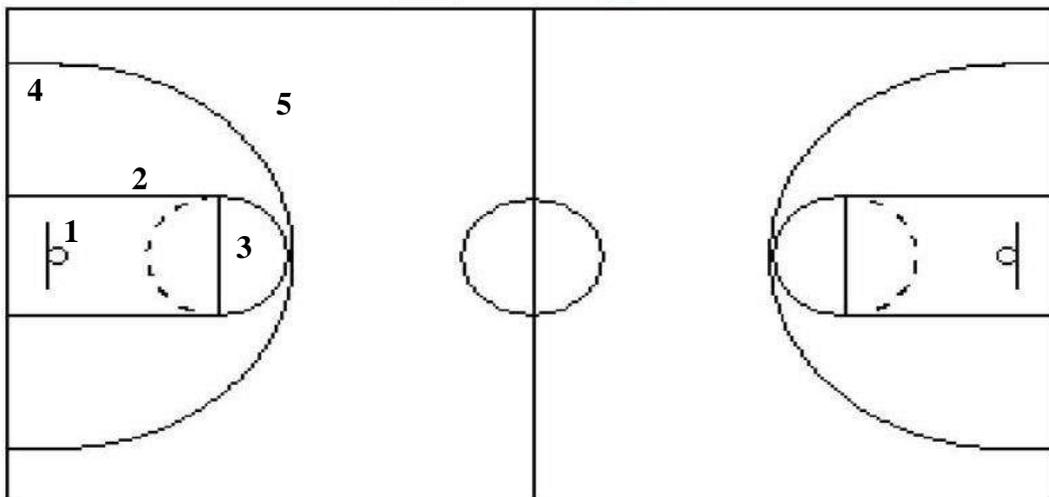
Modifications – Go as long at each location as you feel is appropriate and only shoot from the landmarks appropriate for your age level. Coaches may set a goal of a certain number of shots made total or from each landmark. If there are enough players, coaches may also split the group up into two teams at their own baskets with an emphasis on scoring more than the other group. You may also add bonuses such as perimeter shots being worth 2 points each. As a lead-up, each landmark could be done as a separate drill as opposed to transitioning from one spot to the next during the activity.

Championship Shooting

Suggested Grade Level – 6-12

Equipment – 1 Basketball per group of two

Diagram – # = Shooting Zones



Coaching Points –

- Use great shooting technique for every shot
- 10 toes to the rim
- Cannot shoot from same spot consecutive times
- 1 make from each station = bonus 10pts
- Rebound hard for your partner

Directions – Players will be in groups of two at a basket. May have to double up groups or make groups of three if there are not enough hoops for everyone. Players will have one minute to make as many shots as they can from five different spots (layup, lane, free throw line, short corner, perimeter). Each shot is worth the value indicated on the diagram above. 10 bonus points are awarded if a player hits a shot from every spot and shots cannot be taken from consecutive locations. Partner rebounds for shooter and then they switch roles. Drill can be done multiple times during a drill period.

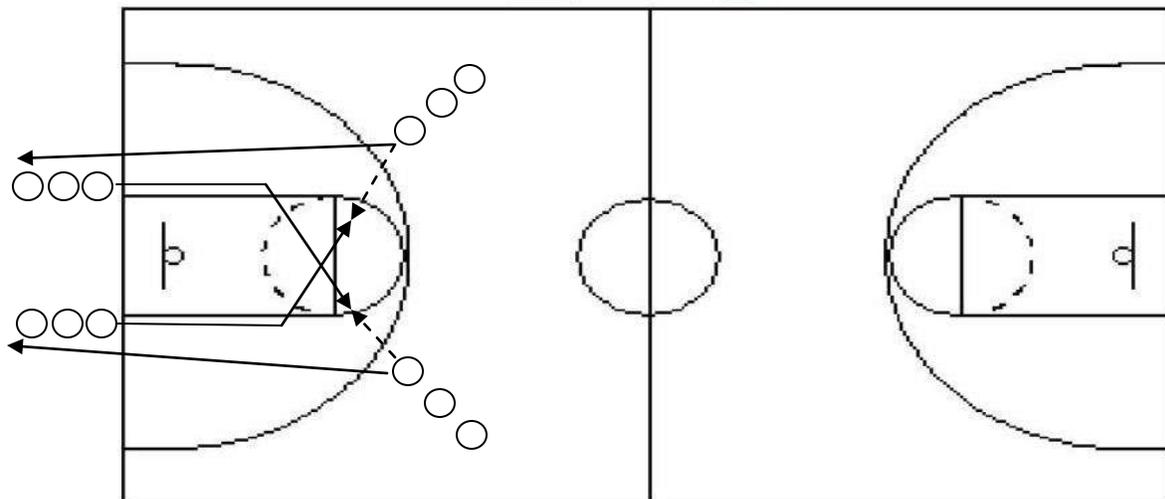
Modifications – Drill can be performed as a way to challenge yourself and your own personal best score or can be done as a way to challenge your partner or another group at the basket with you. Can be done in a king's court format where the losing partner or losing team rotates to a different basket in order to compete with different groups.

6 Ball Shoot

Suggested Grade Level – 9-12

Equipment – 6 Basketballs

Diagram – ○ = Player - - - - -▶ = Path of pass —▶ = Player route



Coaching Points –

- Come to the elbow
- Pass and then fill straight down
- Get your own rebound and then go to the line you received the pass from
- Work on pivoting while you catch
- Do not bring ball down to shoot

Directions – The basketballs will start with the wings around the perimeter. On “Go”, the first person from one of the baseline groups will attack up the lane and run towards the opposite elbow. They will receive a pass from the wing (who will then go to the end of the baseline group on their side of the court) and take a jump shot from that spot. After you shoot the ball, you get your own rebound and go to the end of the line from where the pass came from. After the first person gets to the elbow, the first person in line of the opposite baseline group will head to the opposite elbow. This should continue this way for the entirety of the drill. All players should count aloud as shots are made.

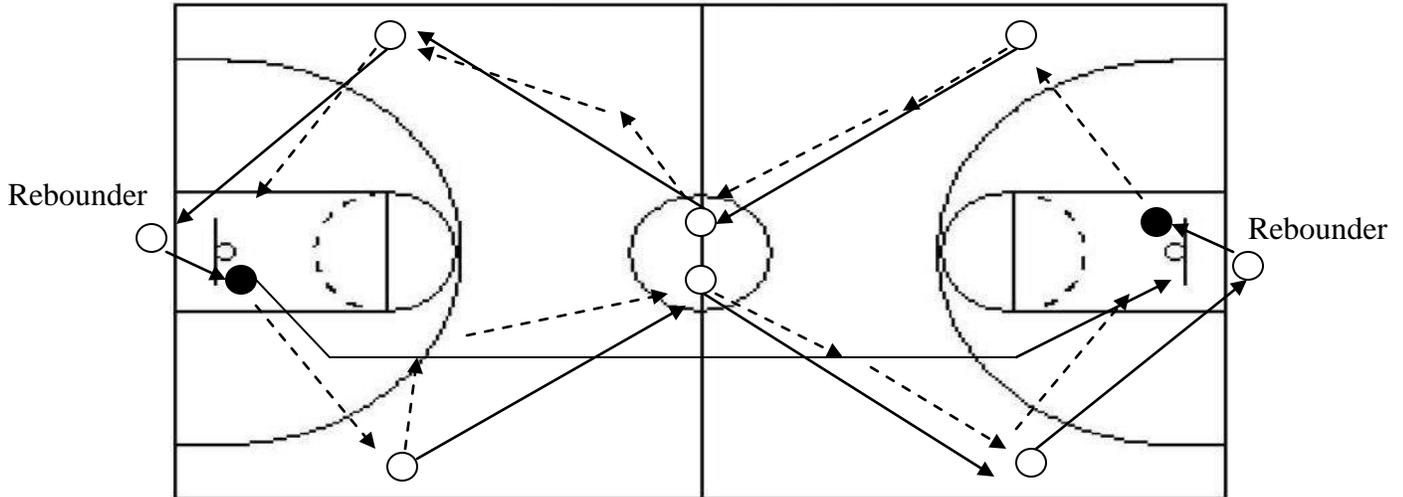
Modifications – Duration of this drill at the Varsity level will be six minutes with a goal of 120 made shots in that time and a bonus point for five consecutive shots made as a team. Vary your goal, duration, or even shot location as deemed appropriate for your grade level.

Spartan Layups

Suggested Grade Level – 9-12

Equipment – 2 Basketballs

Diagram – ○ = Player ● = Player with ball - -> = Pass path —> = Player route



Coaching Points –

- After you pass to the runner, rotate to the next spot
- Rebounder under the rim should take the ball out of the net continue to drill

Directions – The drill begins with both players who have the basketball throwing it against the right side of the backboard and jumping to get a rebound. Once they get the rebound they will pass the ball out to the wing and sprint down the court between the sideline and rim-line. The wing will pass it back to the runner and then fill the next spot at half court. The runner will pass it to the half court player who will return the pass to the runner and follow to the next wing spot on their side. The runner will make the final pass to the next wing who will pass it back to the runner for a layup and will then fill the near wing spot going the opposite direction. The rebounder under the basket where the layup is shot will take the ball out of the net and continue the cycle going the other direction on the other side of the court. All players should count the number of shots made aloud. Repeat going both directions for right and left handed layups.

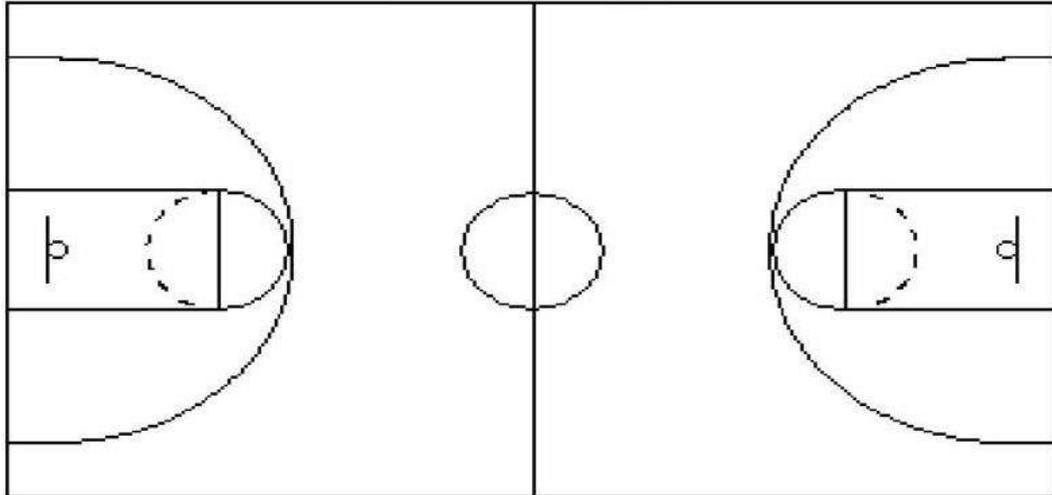
Modifications – This drill can be done with as few as 10 players. Any extra players should form a line behind the ball-side wing spot (recipient of the 1st pass). Drill can be run for not only layups but jump shots or even layups on the opposite side of the rim. Drill can be timed in one minute segments with a goal of 18 shots being made within the minute at the varsity level.

Pitino Drill

Suggested Grade Level – 9-12

Equipment – 1 Basketball per group of two

Diagram – N/A



Coaching Points –

- ABCs of shooting
- Stay active as rebounder and shooter
- Pass to the shooter and then close hard to give a good look
- Shooter always gets their own rebound
- Sell your shot fake
- Defender needs to give appropriate reaction for the shot type being worked on

Directions – This is a partner shooting drill that provides players with a variety of shots. Each segment of the drill can be done in one-two minute segments. The first shot type is a catch and shoot jumper where the passer will make the pass and then close under control to the shooter who will take a jump shot. After one-two minutes the next shot is a shot fake drive-by layup versus a fast closing defender. The next shot is a shot fake two dribble pull up jumper versus a fast closing defender. The next shot is a baseline (stay on one side of the hoop) catch and shoot versus an under control defender. After one-two minutes switch to the other side of the hoop. The next shot is a catch and fast sweep (baseline side, again stay on one side of the hoop) versus a fast closing defender. Switch sides again as you did for the jump shot.

Modifications – Other segments could be added to this drill to develop shots commonly taken within your offense. The length of time for each segment can be adjusted as well based on how much work you want to work on that particular segment. To the best of their ability players should work on these segments consecutively in order to get a feeling for shooting with fatigued legs as well as developing a thought process versus different approaches from the defense.

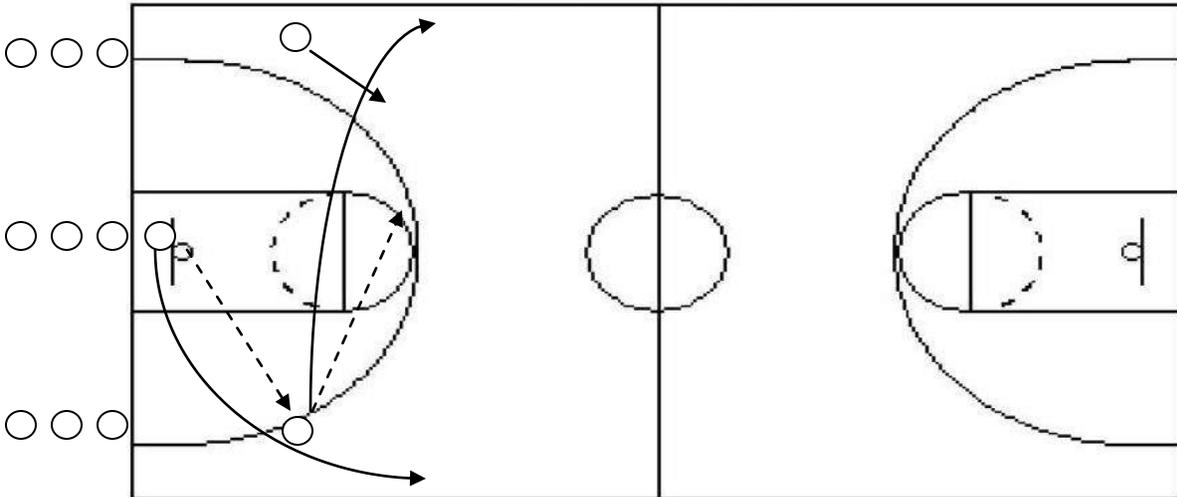
Transition Drills

3 Person Weave to 2 on 1

Suggested Grade Level – 3-12

Equipment – 1 Basketball per group of three

Diagram – ○ = Player - - - - -> = Path of pass ———> = Player route



Coaching Points –

- Spacing when attacking 2 on 1
- Make the pass early, make the defense move
- Defender has to play games with attacking team

Directions – The drill starts out the same as 3 person weave (See pg. 8) until the very end. Once the layup is made, the player that made it has to run back to the other basket and play defense versus a 2 on 1. If the layup is made, the person who gets the rebound must take it out of bounds before going on the 2 on 1. If missed, they may outlet to their partner and attack.

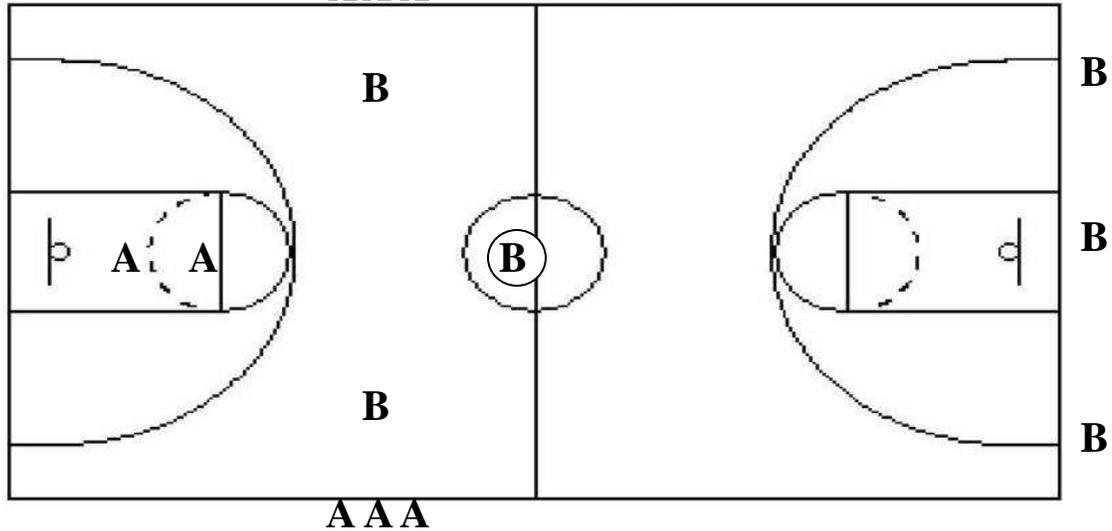
Modifications – To get an even more fast paced drill and to make it more difficult on the defender you can eliminate taking the ball out of bounds at all.

Viking Drill

Suggested Grade Level – 6-12

Equipment – 1 Basketball

Diagram – **A** = Team A **A A A** **B** = Team B



Coaching Points –

- Top defender stop ball, then sink
- Bottom defender take first pass
- Get a high quality shot when numbers are in your favor
- Transition quickly off a missed shot offensively

Directions – In general this drill starts as 3 on 2 and then becomes 4 on 3 and then resets again. Team A starts with two defenders in the lane and the extra players along both sidelines. Team B starts with the ball at half court and will go 3 on 2 versus team A. If team B scores or team A gets a rebound on a missed shot, it turns into 4 on 3 with the three team B players currently on the court going back to play defense and one team A player from each sideline stepping onto the court to make up a team of four for team A. Once the 4 on 3 begins, two players from team A should fill the defensive stops once again for the next round. Once the 4 on 3 is complete (with either a score by team A or a defensive rebound by team B) the next three players from team B will take the ball and set up for the start of the next round. Team B should let team A get their two defenders set in this drill for the start of the 3 on 2. After a set time or a set number of baskets scored, switch roles for team A and team B.

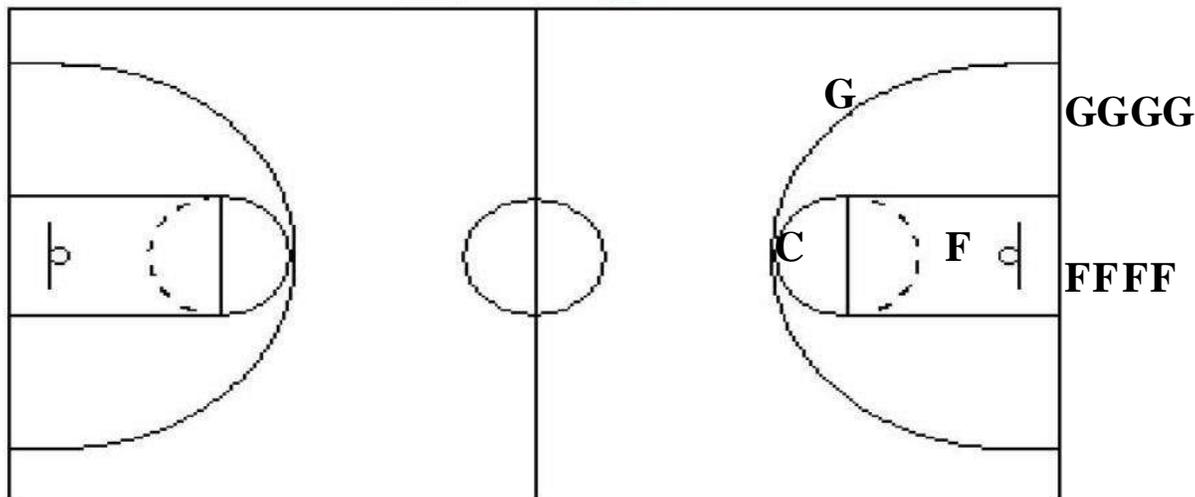
Modifications – To make this drill competitive you can have teams switch roles after a set of time and keep track of how many baskets they score or you can have them switch after a set number of points which would be the halfway point of your desired total (i.e. first to 20, switch roles when one team gets to 10). At younger levels initially you could eliminate the transition from 3 on 2 to 4 on 3 and focus on each segment separately to work on those fundamentals.

Individual Outlet Drill

Suggested Grade Level – 6-12

Equipment – 1 Basketball per group of two

Diagram – **C** = Coach **G** = Guard type player **F** = Forward type player



Coaching Points –

- Rebounder/inbounder needs to be as fast as possible!
- Look down the court
- If missed shot, guard should look to run
- If made shot, guard should come to the pass from inbounder
- All players should call out shot
- Guard should assume it is a miss and react to a make (look to run first)
- Forward should make the pass then sprint to get on offense

Directions – The drill starts with a forward type player near the basket and a guard type player near the wing area. Coach will shoot the ball from near the free throw line area. If the shot is made, the forward must grab the ball out from the net as quick as possible, get out of bounds and get the ball into the guard as fast as possible while the guard comes to the pass. If the shot is missed the forward should get the rebound while turning to face down court and look to make a pass to the running guard while the guard attacks the far basket aggressively. As soon as the pass is made the next forward and next guard should step onto the court ready for the next round. Players stay at the far end of the court until everyone has gone, then coach rotates to the next basket and repeats drill again. Do drill both directions then switch guard to the other wing and repeat.

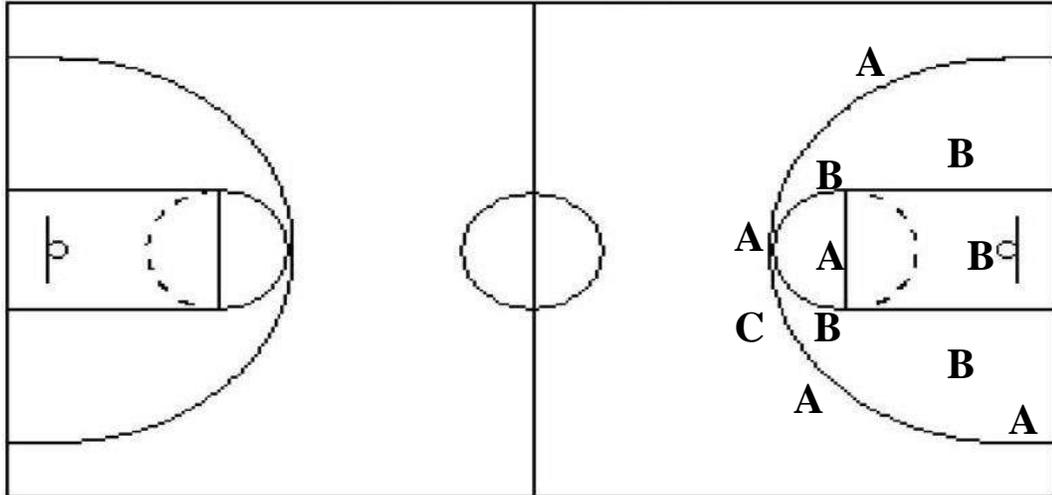
Modifications – At younger levels you may want to have every player play both positions unless they have established themselves as a true guard or true forward already based on size, potential growth, and skill set.

Team Outlet Drill

Suggested Grade Level – 9-12

Equipment – 1 Basketball

Diagram – **C** = Coach **A** = Team A player **B** = Team B Player



Coaching Points –

- Top guard defender should look to run
- Secure the board, look down court
- Do not be in a hurry to put the ball on the ground
- If made shot, take the ball out and inbound quickly

Directions – The drill starts with team B lining up in the desired defense (man or zone) and team A filling spots offensively where they would be (depending on the defense). The diagram above shows team B in a 2-3 zone alignment and team A aligned in their 2-3 zone breaking offense. The coach will start with the ball and pass it to a team A player who will catch and shoot while the defense adjusts to the pass, calls out shot, and boxes out. The top defender (most likely a guard) should assume the shot is missed and look to run and react if it is made. If team A gets the offensive rebound they will set up and try and score. If team B gets a rebound or the shot is made, react as done in the Individual Outlet Drill. After the transition, teams switch roles on the other end of the court. Coach should determine what offensive and defensive look players are in so that they know how to react accordingly for all possible looks.

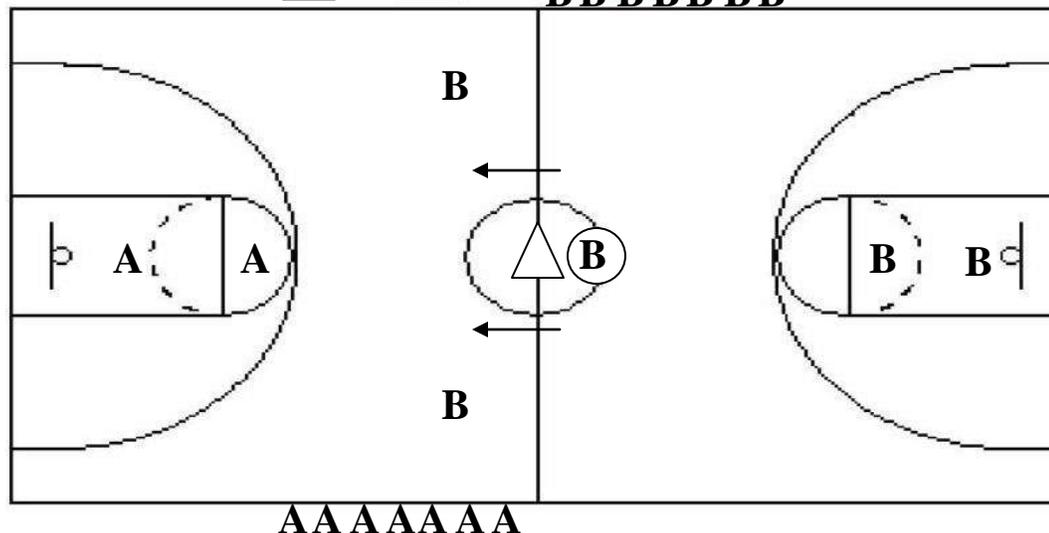
Modifications – This drill can be combined with a Syracuse or Duke Shell (See Syracuse Shell or Badger Shell in Defensive Drill Section) to allow for defensive movement along with a transition component.

3 on 2 with a Helper

Suggested Grade Level – 9-12

Equipment – 1 Basketball, 1 Small Cone

Diagram – **A B** = Player \triangle = Small Cone **B B B B B B B**



Coaching Points –

- Go around cone once ball crosses half court
- Top defender stop ball then sink
- Bottom defender take first past
- Offense should try and score before defense can get help defender back

Directions – This is a continuous 3 on 2 drill where the defense has a chance to get to full strength if the offense takes too long to score in transition. The drill begins with team B starting with the ball on their own side of half court. Once the ball crosses half court (either by dribble or pass) a team A player from the sideline runs around the cone at center court and sprints to get onto defense. If team B scores or team A gets a defensive rebound, the players from team B go to the end of their line on the sideline while the three team A players (the 2 who were on defense and the 1 helper who came from the sideline) transition towards team B's basket. Two players from team A should fill the vacated spots on defense under their basket while this goes on. As team A crosses half court with the ball, the sideline player from team B goes around the cone at half court to become the helper on defense. The drill continues this way until a team scores a certain number of points or until time runs out. (Note: Make sure there are always two players underneath their own basket to allow for most transition time possible).

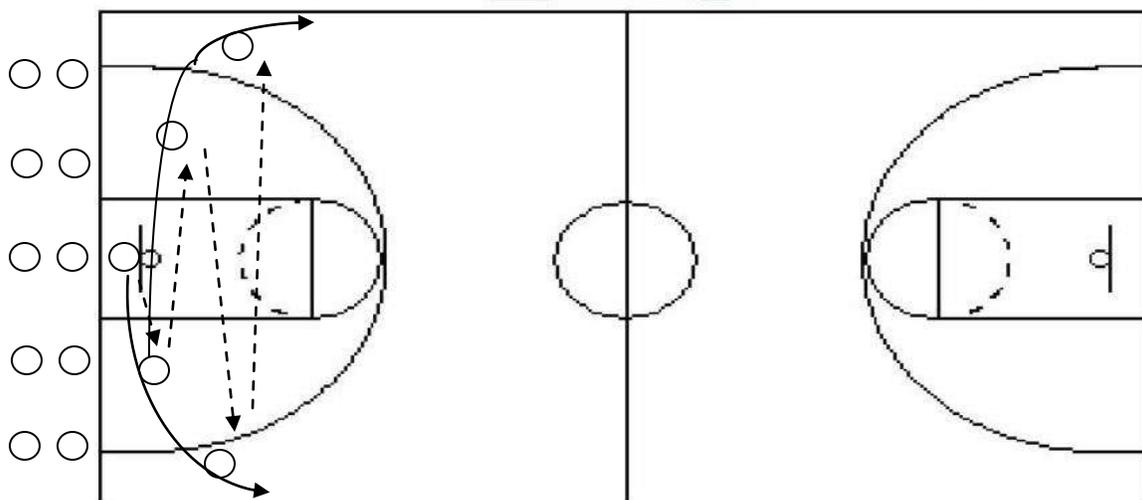
Modifications – This drill can be done for any sort of fast break you want to work on (2 on 1, 4 on 3 or 5 on 4) and simply depends on the number of players you have.

Pirate Drill

Suggested Grade Level – 9-12

Equipment – 1 Basketball

Diagram – ○ = Player - - - - -> = Path of pass ———> = Player route



Coaching Points –

- Passer and shooter go to defense after 5 person weave
- Shooter goes to defense after the 3 on 2 to make a 2 on 1
- Shooter goes to defense after the 2 on 1 to make a 1 on 1

Directions – The drill starts out just like 5 person weave except after the bounce pass and layup it becomes a 3 on 2. The shooter and the last passer during the weave need to sprint back and play defense against the other three players. If the shot is made during the weave, offensive players need to take the ball out of bounds. The shooter (whether made or there is a defensive rebound) from the three person team during 3 on 2 will sprint back and be the solo defender versus the previous two defenders. The shooter (whether made or there is a defensive rebound) from the two person team during the 2 on 1 will sprint back and play defense 1 on 1 versus the previous defender.

Modifications – To create an even more fast paced drill which will pressure the defense you can eliminate the requirement to take the ball out of bounds on made shots and allow the offense to transition as fast as possible.

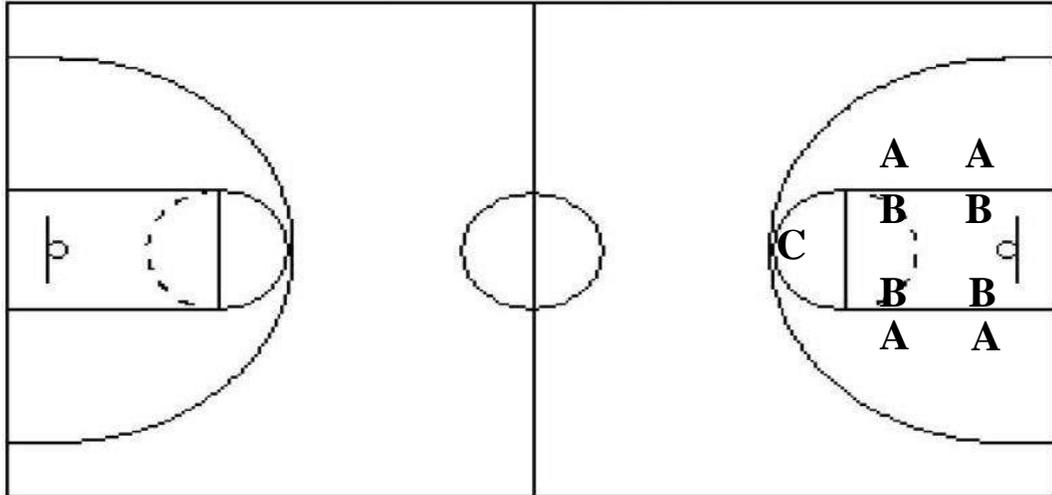
Rebounding Drills

Lane Rebounding

Suggested Grade Level – 1-12

Equipment – 1 Basketball

Diagram – **C** = Coach **A** = Offensive Team **B** = Defensive Team



Coaching Points –

- Stop the player, box them out, find the ball
- Everyone calls out shot

Directions – The drill starts with the ball in the coach's hand near the free throw line. When the shot goes up, team B should stop the nearest team A player, box them out, then find the ball. If you get a defensive rebound, your team gets to go to offense. If there is an offensive rebound, the team should work to try for a put back off the rebound or set up an offensive look. After a few rounds rotate players so that they are boxing out someone new. After a few more rounds have the offensive players take two big steps backwards but keep the defensive players in the lane so that they have to box out an offensive player crashing from a distance.

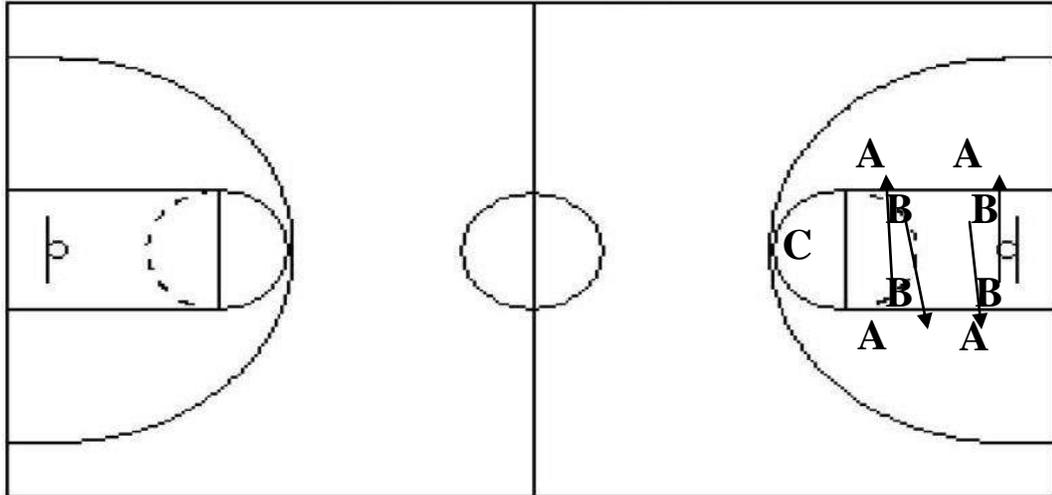
Modifications – One way to score this drill in order to make it more competitive is to award two points for an offensive rebound, two points for a basket, and one point for a defensive rebound. Experienced teams may be able to use this as a sort of warm-up to a series of rebounding drills that could be done competitively (See: Cross Rebounding and Izzo Rebounding).

Cross Rebounding

Suggested Grade Level – 3-12

Equipment – 1 Basketball

Diagram – **C** = Coach **A** = Offensive Team **B** = Defensive Team



Coaching Points –

- Communicate with your partner
- Stop the player, box them out, find the ball
- Everyone calls out shot

Directions – The drill starts with the ball in the coach’s hand near the free throw line. When the coach shoots, everyone on team B calls out shot and then needs to box out the offensive player on the opposite side of the lane that they are lined up on. Team A players should start a little higher (closer to the free throw line) up the lane than they did in the “Lane Rebounding Drill”. Scoring and rotation from offense to defense should stay the same as “Lane Rebounding Drill”.

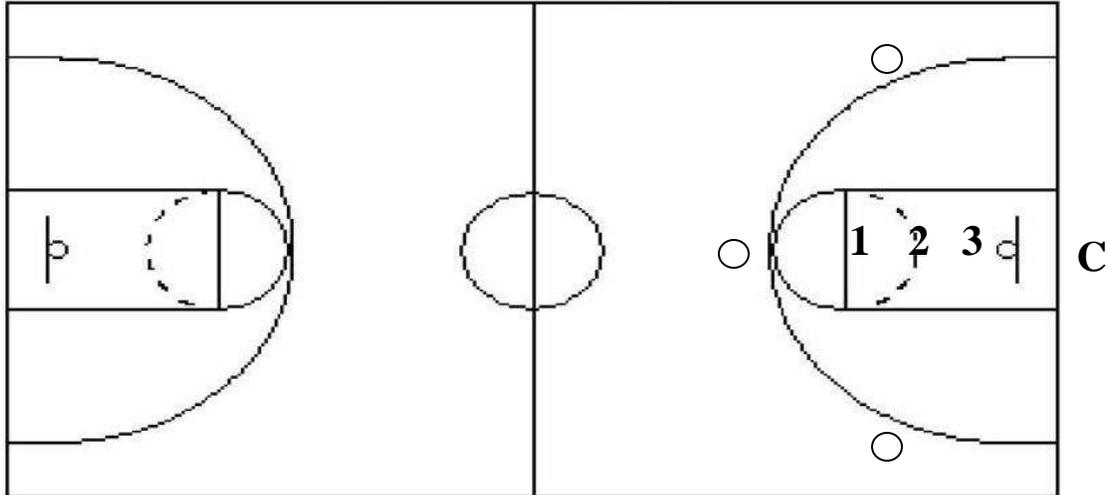
Modifications – If working with just your forwards or a limited number of players, just use the bottom row of players nearest the basket and work them from different locations within the lane.

Line Rebounding

Suggested Grade Level – 9-12

Equipment – 1 Basketball

Diagram – **C** = Coach # = Defensive Player ○ = Offensive Player



Coaching Points –

- Communicate with teammates
- Stop the player, box them out, find the ball
- Everyone calls out shot
- Number called goes to ball, other two find a player

Directions – The drill starts with three defenders in the lane, three offensive players around the perimeter (or wherever their effective shooting range might be depending on ability) and the Coach under the basket with the ball. The coach will call a number (1, 2, or 3) and pass the ball to one of the offensive players. The player whose number is called must find the ball and close out while the other two players find the remaining offensive players and box them out. Offensive players should crash the boards hard and attempt to score on any offensive rebound. Once the defense gets a defensive rebound they go to offense and the offensive players rotate out while another group of three rotates in to become the defenders.

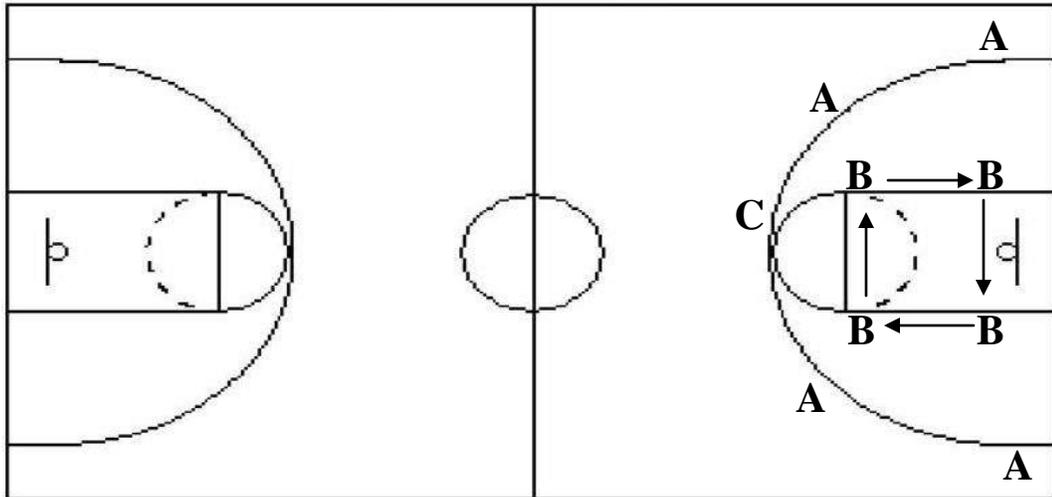
Modifications – Offensive players should come inside the perimeter if perimeter shots are not appropriate for them based on their current ability or position.

Izzo Rebounding

Suggested Grade Level – 9-12

Equipment – 1 Basketball

Diagram – **C** = Coach **A** = Offensive Team **B** = Defensive Team



Coaching Points –

- Communicate with teammates
- Stop the player, box them out, find the ball
- Everyone calls out shot

Directions – The drill starts with the coach holding the ball near the top of the perimeter. After the coach passes it to the nearest defensive player the player will pass it back to the coach and everyone will rotate clockwise as shown on the diagram. They should continue moving the whole time as the coach continues to pass it to the defensive player that is the closest at the time and they pass it back. After a few passes, the coach should shoot at the basket and every defensive player should call out shot and box out the nearest offensive player. Offensive players should crash the boards hard and attempt to score on any offensive rebound. If there is a defensive rebound by team B, they become the offensive team and the offensive team either rotates out or becomes the defensive team depending on how many players you have out at the time.

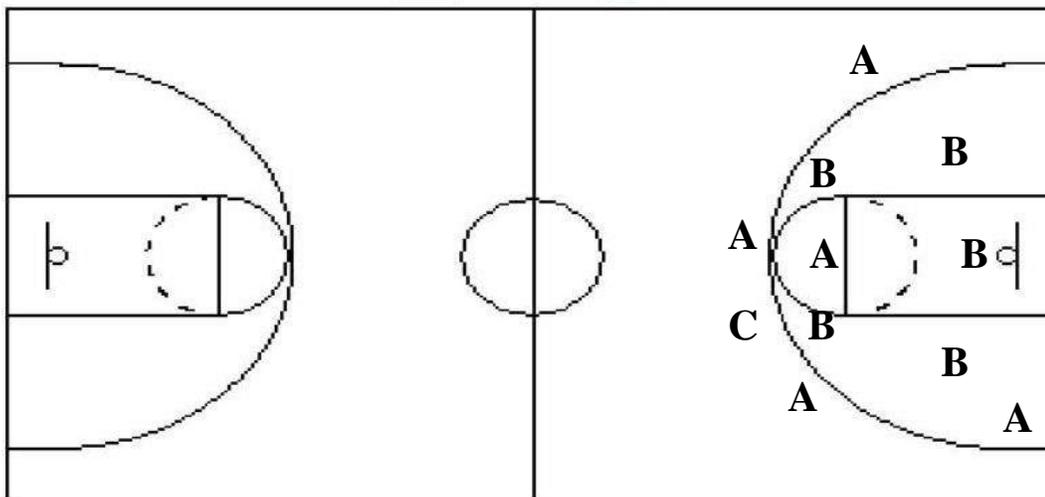
Modifications – This drill can be done as part of the competitive rebounding drills mentioned earlier (See: Lane Rebounding) with two teams competing for a high score. It can also be done in groups of four where teams continually rotate from waiting to defense, defense to offense and from offense to waiting. You can also vary the number of defensive rebounds your team must get before you can rotate.

Syracuse Rebounding

Suggested Grade Level – 9-12

Equipment – 1 Basketball

Diagram – **C** = Coach **A** = Offensive Team **B** = Defensive Team



Coaching Points –

- Find a person nearby to box out
- Stop the offensive player from attacking before looking for the ball

Directions – Offensive players (A) start out in an area where they would typically be versus a 2-3 zone defense. Defensive players (B) need to align where they would if they were off the ball in the zone defending the nearest offensive player. When the Coach is ready, they shoot the ball and everyone on the defensive team (B) needs to call out shot and box out the most dangerous offensive player. An offensive rebound is worth two points, a made shot by the offense is worth two points, and a defensive rebound is worth one point and gets your team the chance to become the offensive team.

Modifications – Advanced teams may have the offensive players cut around to various spots like they would when attacking a zone. You can also have all of the offensive players roam outside the perimeter and attack when the coach shoots.

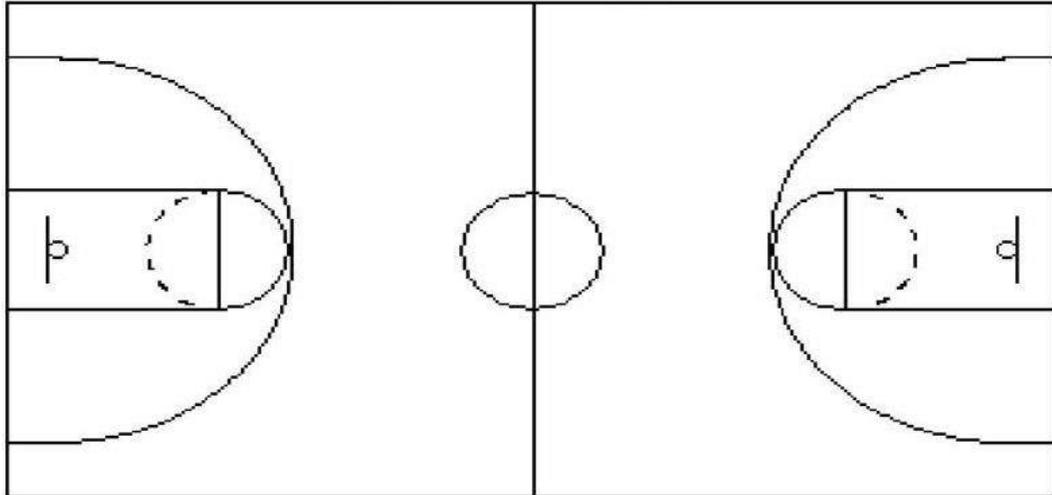
Offensive Team Drills

Inbounds Plays

Suggested Grade Level – 1-12

Equipment – 1 Basketball

Diagram – N/A



Coaching Points –

- Set great screens
- Work both sides of the basket
- Know multiple positions

Directions – No matter what inbounds plays you run, be sure to run them from both sides of the lane and with players in multiple positions. Also make sure you have an answer versus zone defenses as well.

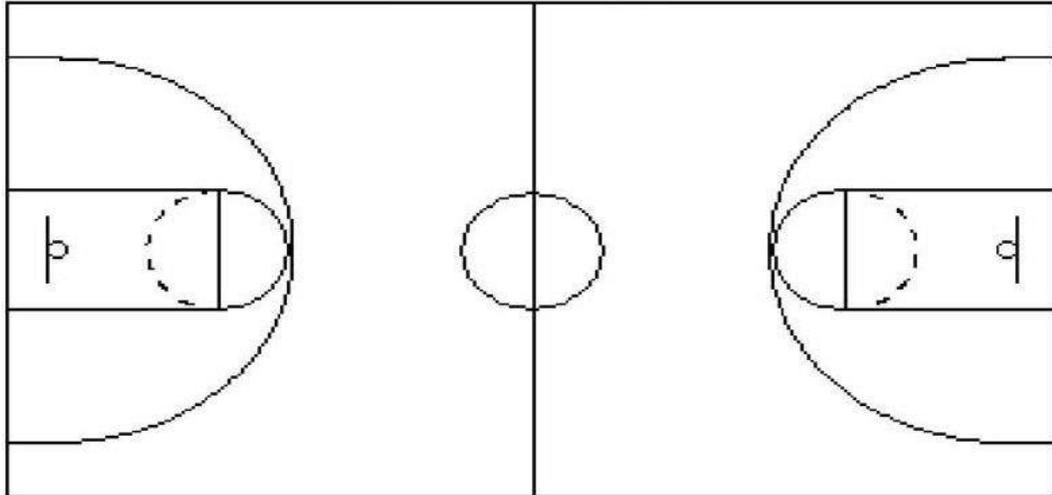
Modifications – The younger the group, the more important it is to focus on the details of the play and work with less plays. Focus on executing two or three plays very well and make sure multiple players can play multiple positions within those plays. Remember, it is not what we know as coaches, but what they can do as players.

Offense vs. Air

Suggested Grade Level – 1-12

Equipment – 1 Basketball

Diagram – N/A



Coaching Points –

- Focus on what your job is when the ball is in certain spots
- Understand the offense as a whole, not just your spot
- We need to walk before we can run

Directions – Whatever it is you are using for your base offense, make sure players can execute the basic movements before worrying about reacting to a defense. Basketball is a very dynamic game where a defender can change a lot of things. Make sure your players can execute the basic movements associated with your offense so that it becomes an automatic response, then focus on which movement goes with which stimulus (i.e. a defender, a pass, etc.).

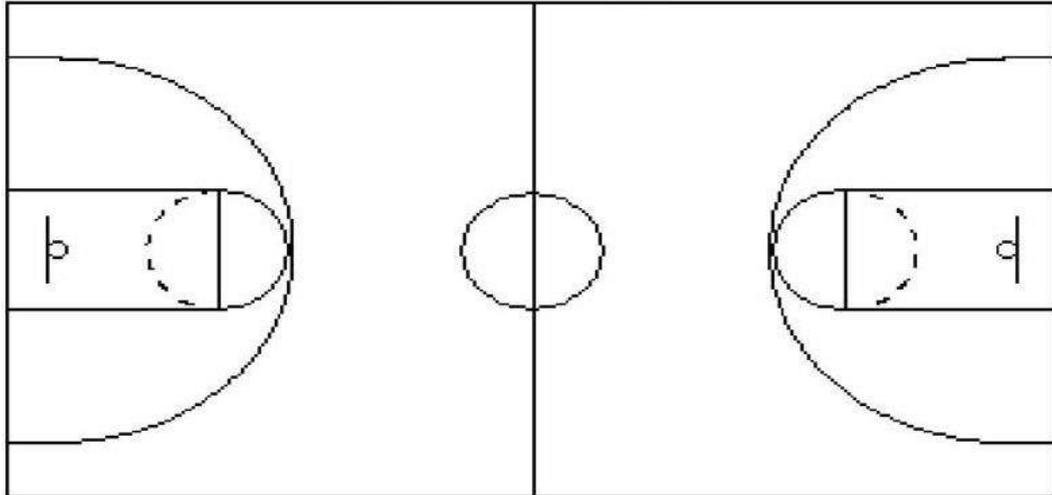
Modifications – Players may get bored with this sort of thing but if they cannot execute the offense without thinking about it when there is no defense out there, how will they perform when it is crucial in a game? At younger levels there may be a lot of walking through something slowly. With more experienced teams it might consist of more than just walking through a base offense, but also imagining adjustments you might make based on defensive variations (i.e. a cheating defender, a defender who “over-helps”, etc.). After plenty of repetitions running it versus air, add a “dummy defense” that allows for more walk through situations to create a quicker stimulus-response for your players.

Set Plays vs. Air

Suggested Grade Level – 6-12

Equipment – 1 Basketball

Diagram – N/A



Coaching Points –

- Muscle memory is key
- Make sure you go to where the defender will be, not where your teammate is
- Timing is everything
- Set-up screens, rub off screens

Directions – This is similar to running your base offense versus air in that in order to do it successfully when it is most important to do so you need muscle memory. Make sure when players go to set screens for each other they are going to where a defender would normally be. For instance, if I am setting a screen away from the ball I need to go where the defender would be in their help position, not where my teammate is.

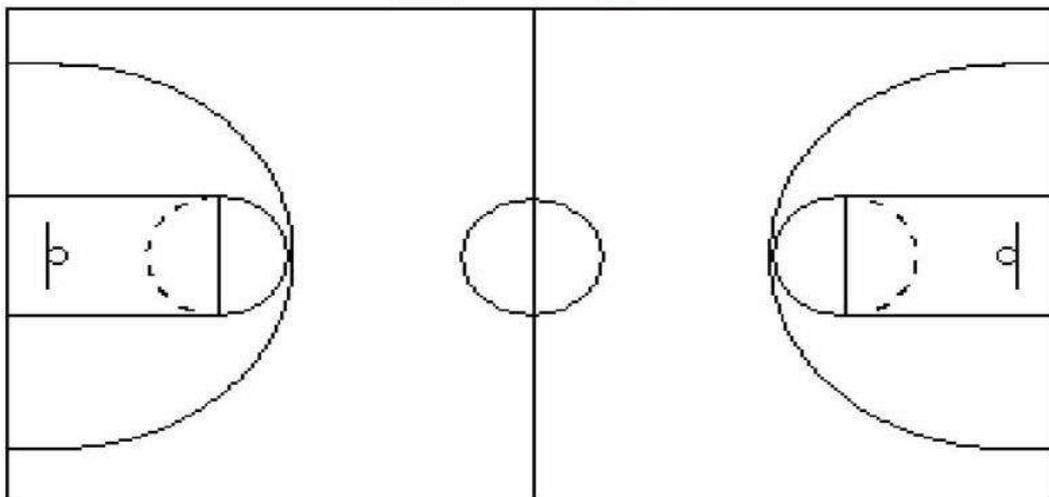
Modifications – As you continue to work multiple players in multiple positions you can begin adding a few defenders at a time. Talk about the nuances and wrinkles that go into a set play in order to have an answer for how defenses will adjust. At younger levels for most teams less will be more.

Pressure Passing

Suggested Grade Level – 6-12

Equipment – 1 Basketball

Diagram – N/A



Coaching Points –

- No dribbling
- Make safe, high percent passes
- Gamble defensively
- Be strong with the ball, don't allow defender to climb on you by turning away

Directions – This drill can start in any offensive set with any number of players. Many times it starts out with five players around the perimeter and five defenders on them. The ball is checked up top and then the drill begins. Offensively you are not allowed to take any dribbles and must be aware of “five second” calls. The objective is either to complete as many consecutive passes without turning the ball over as possible or to maintain possession for a certain amount of time.

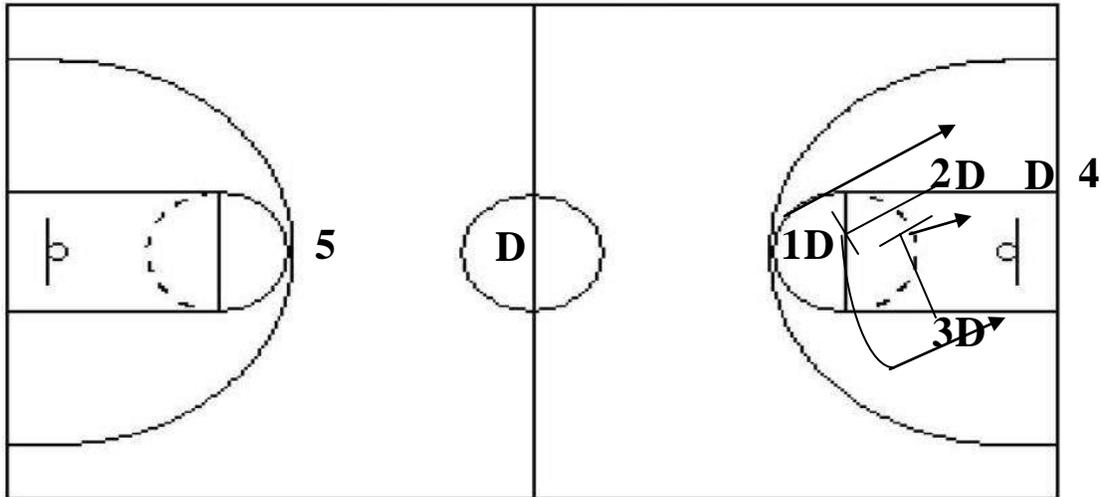
Modifications – This drill can be scored based on the number of passes completed or based on time. One way to do it is to have both teams compete against each other using two stop watches. The clock runs as long as one team can maintain possession of the ball without turning it over (including a dribble or five second call). Once that occurs, the coach should stop the stop watch and the other team should start with possession at the time. Once the ball is checked, start the other stop watch and see which team can get to five minutes of possession time first. You can add bonuses for scoring during this time but the emphasis should not be on getting to the rim but taking what is available while maintaining possession offensively. The emphasis on defense is to take chances and get the ball back without fouling.

Triangle Breaker

Suggested Grade Level – 6-12

Equipment – 1 Basketball

Diagram – **D** = Defender **#** = Offensive Player



Coaching Points –

- Set great screens
- Come to the ball
- Once ball is in, clear out
- Adjust to switching defenders
- Never take the ball out directly behind the hoop

Directions – This is a drill to practice breaking the press versus a man to man full court pressure. Your best ball handler (1) should start near the top of the perimeter with your second (2) best ball handler starting in front of the ball and third (3) best opposite them. The 2 should turn and set a screen for the 1 who will come hard to the ball to catch the inbound while reacting to what the defense does (switching or staying with their person). As soon as the 2 begins to set the screen for the 1, the 3 should come and set a screen for the 2. As the 2 go around that screen towards the baseline, the 3 should flash right to the ball. Once the ball is in and to your better ball handlers, players should clear out and allow them to take the ball up the court.

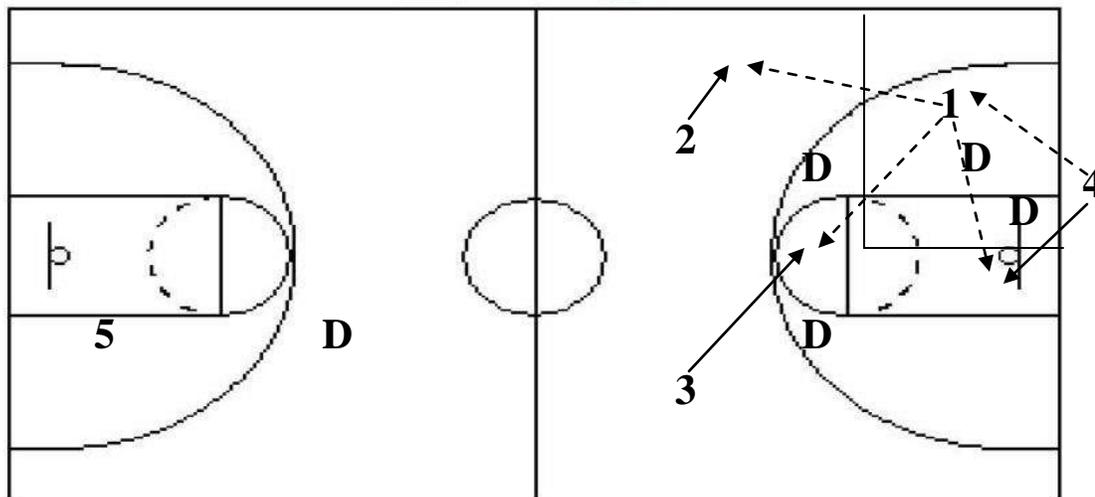
Modifications – If defenses are switching, then players should “screen their own person” because that will ultimately be who ends up responsible for the person we are screening for. Practice this versus a variety of different placements of the defender responsible for your inbounder (4) as well. They may double the near player, the first screen, or pressure the ball. If your age group is not allowed to press based on conference/tournament rules, then this drill would not be applicable.

Box Breaker

Suggested Grade Level – 6-12

Equipment – 1 Basketball

Diagram – **D** = Defender # = Offensive Player - - - - > = Pass/Potential Pass



Coaching Points –

- Look middle, sideline, reversal
- Never turn body and allow pressure to get into your space
- Do not try to dribble through the press
- Never take the ball out directly behind the hoop
- Catch and look down court

Directions – This is a drill to practice breaking full court zone pressure, typically a diamond press. The objective is to catch the ball in the square indicated on the diagram but not too close to the sideline or baseline. If the 1 can catch the ball in this area the 4 should make the pass to them and then fill a spot that is a good reversal position (as indicated by the arrow on the diagram.). If the 1 cannot catch the ball in this spot, they should clear out to where the 3 is aligned, the 2 should come to where the 1 is aligned, and the 3 should go to where the 2 is aligned. Once the ball is in players should always fill spots that allow for a pass to the middle, sideline, or reversal/trail position. If the ball goes middle, guards should look to sprint down the sidelines. If the ball goes sideline, the middle player should make themselves available down court while the trailing players fill middle and reversal spots. If the ball is passed to the reversal player, the passer should immediately cut across the court so that the sideline player can fill the reversal position for the new ball handler and the middle player can become the new sideline player.

Modifications – Run this drill versus air before you try it versus a defense. Make sure players can adjust to where they need to be based upon where the ball is before they need to react to where a defender is as well.

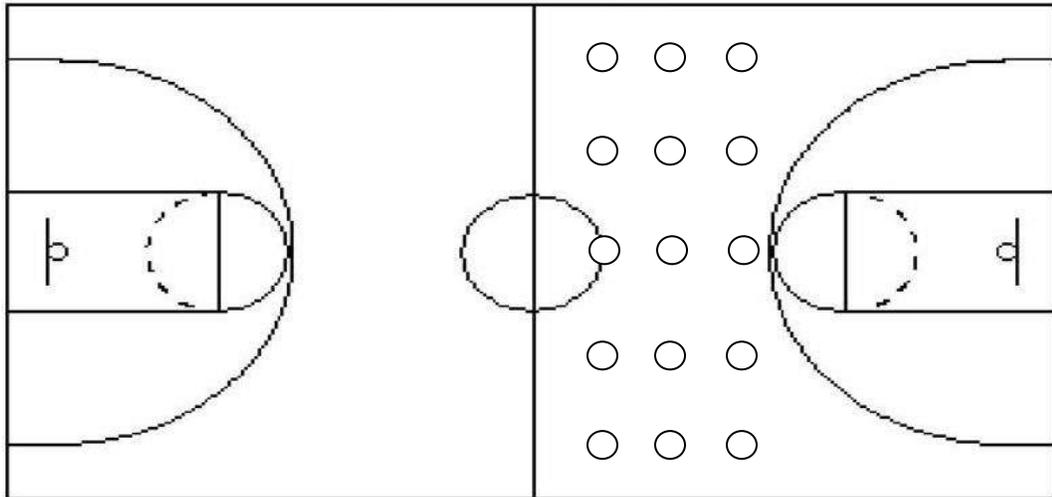
Defensive Team Drills

Mass Drill

Suggested Grade Level – 1-12

Equipment – None

Diagram – ○ = Player



Coaching Points –

- Knees bent eyes up whenever in your stance
- Everyone responds with “Defense!” when coach calls stance

Directions – This is a drill that focuses on the fundamental skills of playing on the ball defense in a high tempo drill. The players are told whether or not they are defending a right handed or left handed dribbler and should then adjust their stance in order to force that player to dribble using their non-dominant hand. The coach yells stance and the team responds “Defense!” and bends their knees with their hands up in a defensive stance. The rest of the commands (which all need to be taught specifically to the players) are:

Back – Players should pop straight back as if the person they are defending is about to dribble

Zig – Players should take three defensive slides towards the foot they have back in their stance

Zag – Players should drop step to open the other direction and take three more slides

Close – Players should “run-run-slide-slide” as if closing out on a shooter, call out shot, and turn and box out

Loose ball – Players should dive on an imaginary for a loose ball nearby and then get up and congratulate teammates on a great hustle

Take a charge – Players should set their feet, protect themselves, and take an imagine charge and then get up and congratulate teammates on a great hustle

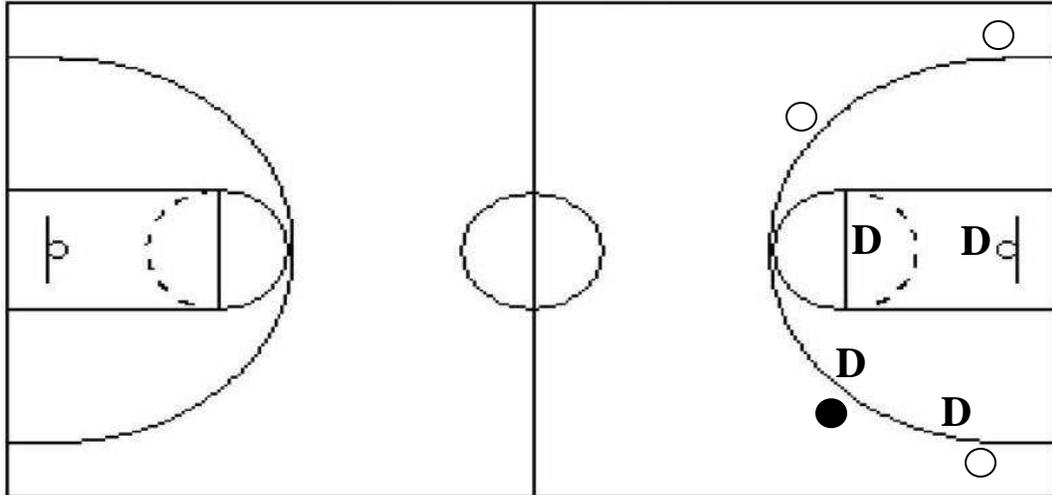
Modifications – Progress in parts teaching how you want each part to look.

Badger Shell

Suggested Grade Level – 3-12

Equipment – 1 Basketball

Diagram – ○ = Offensive Player ● = Player with ball **D** = Defender



Coaching Points –

- Communicate with teammates
- “Ball-Ball-Ball” “Gap-Gap-Gap” “Help-Help-Help”
- Jump to the pass, move on air time
- Cut off baseline, force away from middle

Directions – Start by explaining when a defender is one pass away or two passes away based upon where the ball is and where the person is you are defending. Then explain where players should be in each position, be it on the ball, in the gap (one pass away), or in help (two passes away). On the ball defenders should force players away from the baseline when they are below the free throw line and away from the middle when above it. Gap defenders should have their inside hand (allowing their chest to be facing the person they are defending) in the gap 1/3 of the way between the person they are defending and the ball and far enough back that they can see both. The help defender should have their back to the baseline allowing them to see who they are covering and the ball and should be 1/2 way between the ball and the player they are defending. Have the players pass the ball as indicated by the coach and make sure defenders are aligned correctly.

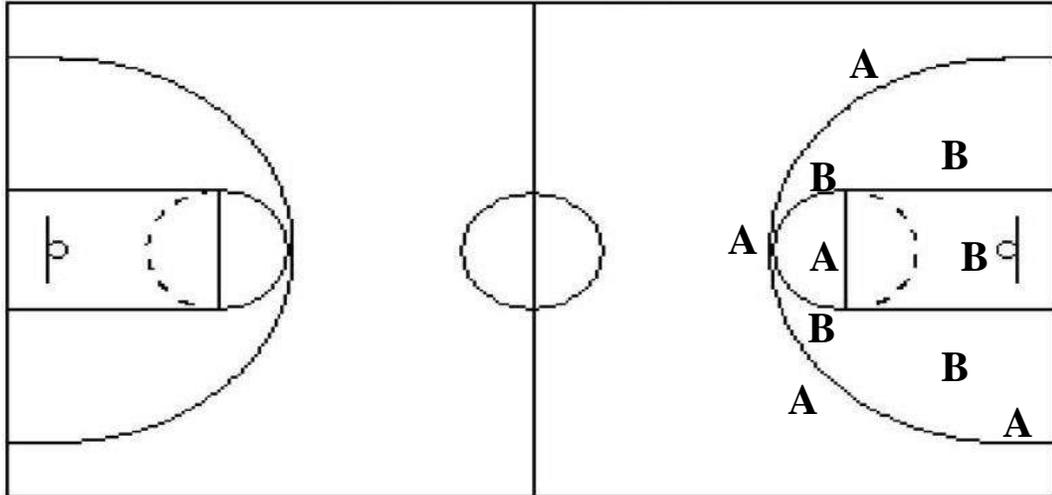
Modifications – You can add more to this drill by allowing offensive players to take two dribbles, by allowing players to pass on their own, by adding cutters, or by making the drill “live” after a few passes which would turn it into a small scrimmage.

Syracuse Shell

Suggested Grade Level – 6-12

Equipment – 1 Basketball

Diagram – **A** = Offensive Player **B** = Defensive Player



Coaching Points –

- See ball and nearest threat
- Jump to the pass, move on air time
- Take away the high post

Directions – This drill is the same as “Badger Shell Drill” with the difference being that the defense is now in a 2-3 zone. Going through the same process of explaining where each player should be based upon where the ball is and where the nearest threat is in their zone.

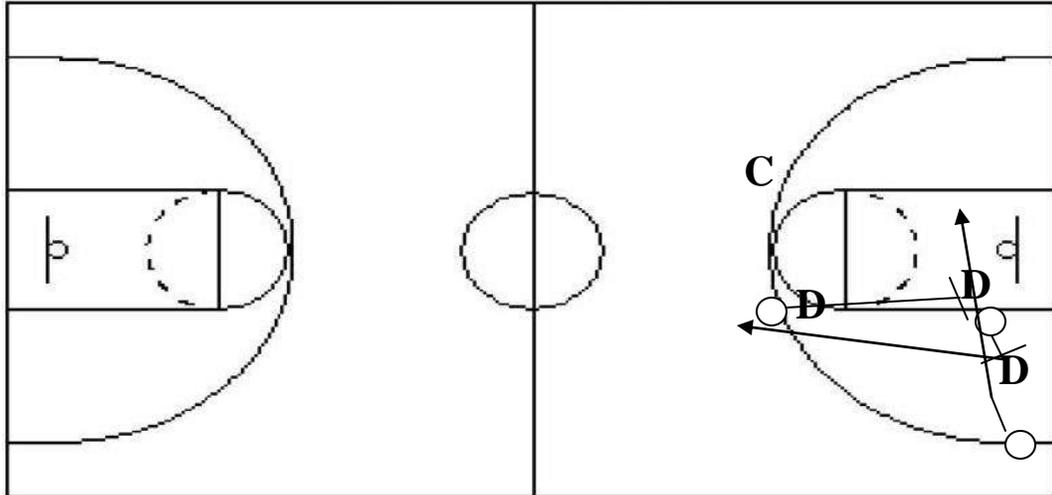
Modifications – Add cutters and a “live” segment as well as players continue to progress (See: Badger Shell Drill). You can also remove the low post player and work just the top two defensive players and work rotations for them as well as work just the bottom three players versus the whole offense. Can also be a lead up for other drills (See: Team Outlet Drill, Syracuse Rebounding)

Screen Drill

Suggested Grade Level – 6-12

Equipment – 1 Basketball

Diagram – **C** = Coach ○ = Offensive Player **D** = Defender



Coaching Points –

- Chip the cutter
- Jump to the pass, move on air time
- Protect the basket
- Call out screens, open up for your teammate to get through
- Give a screen get a screen
- Set great screens

Directions – The drill starts with the coach having the ball and the defenders being in the appropriate defensive position. The coach will pass the ball to the top offensive player who will then pass it back. On the pass back to the coach the baseline offensive player will make a flex cut while the player on the block will set a flex screen. The defender on the block player should “chip” the cutter slowing them down so that their teammate can get through the screen. While the flex cut is occurring, the player who passed the ball to the coach should set a down screen for the player who set the flex screen and then they should flare out to the baseline corner. The defender of the top offensive player should open up so that their teammate can get through the screen. All defenders should call out screens as they occur. The players who end up on the block after the rotation will rotate out while the next two players will fill their spot. When players rotate back in the second time, they should switch offense and defense. Coach passes the ball back to the top offensive player and the drill starts again.

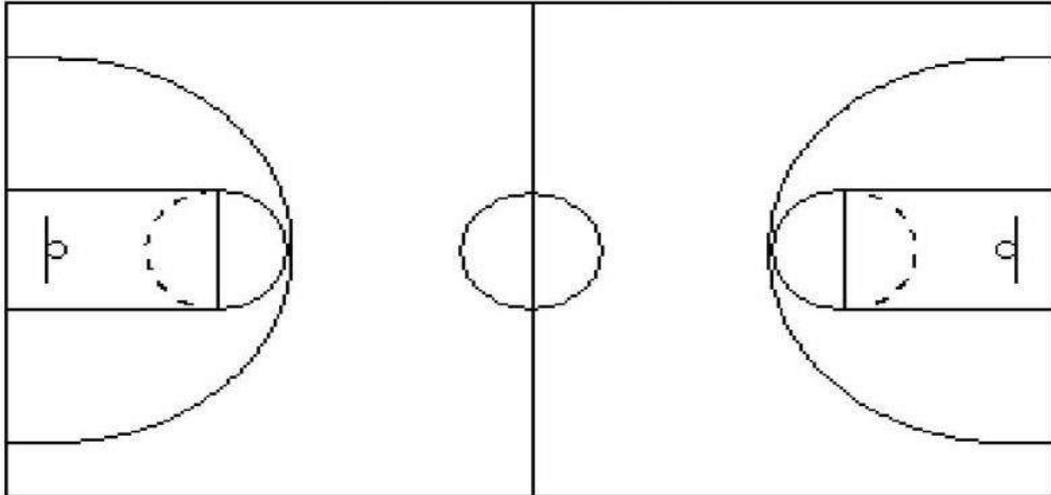
Modifications – Coach can also pass to offensive players who are open to show the effect of not chipping, opening up, or calling out screens.

Zone Spots Drill

Suggested Grade Level – 9-12

Equipment – 1 Basketball

Diagram – N/A



Coaching Points –

- Jump to the pass, move on air time

Directions – This drill depends on which type of zone defense you are working on. This is similar to “Syracuse Shell Drill” except it would be done in a 1-2-2, 1-3-1, or other zone defense. Start by working the drill by walking through where players should be based upon where the ball is and using stationary offensive players. Start to add quicker passes to force faster rotations by the defense. Next you would add offensive movement by the players and a “live” segment where offensive players are attempting to score.

Modifications – You could work specific segments of a defense versus specific parts of an offense as well (See: Syracuse Shell Drill – Modifications). Give examples to players of how they should rotate based upon a cutting player or the ball being dribbled to a specific area. Also make players aware of where the weak spots of the zone are and what their reaction should be if the ball goes there (typically the answer is to collapse to the lane and locate shooters).