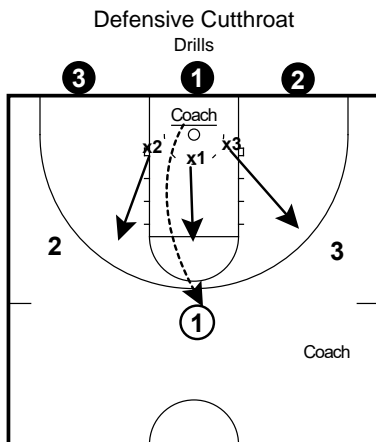


Core Practice Drills



Defensive Cutthroat.

Start with the offense on the perimeter and the defense in the paint. Coach underneath basket throws ball out to an offensive player. Defense closes out to proper positions. On catch, the ball is live.

If the offense scores, defense goes off, offensive player immediately gets ball and outlets to coach on perimeter. The offense then becomes the defense and new offense comes on. Coach passes ball in and play is live. Keep pace and energy high.

Defense Rules:

1. Must be communicating.
2. Must have ball pressure.
3. Must be in proper positioning.
4. Must contest shot.
5. Must "attempt" to blockout.

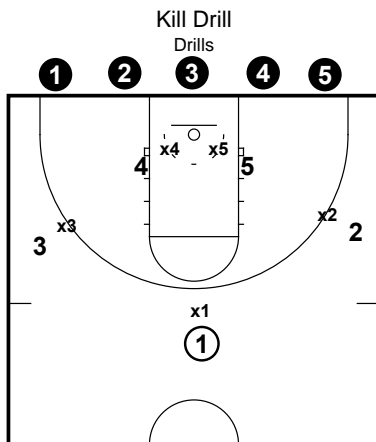
If they fail to do these, blow the play dead and they are off).

Game Rules:

1. Get a stop, stay. Get scored on- off.
2. Limit offensive dribbles. 2-3 max.
3. No ball screens.
4. Charge wins the drill.
5. Each stop is worth 1.
6. Foul- off.

*Can add players- 4 v 4, 5 v 5.

Core Practice Drills



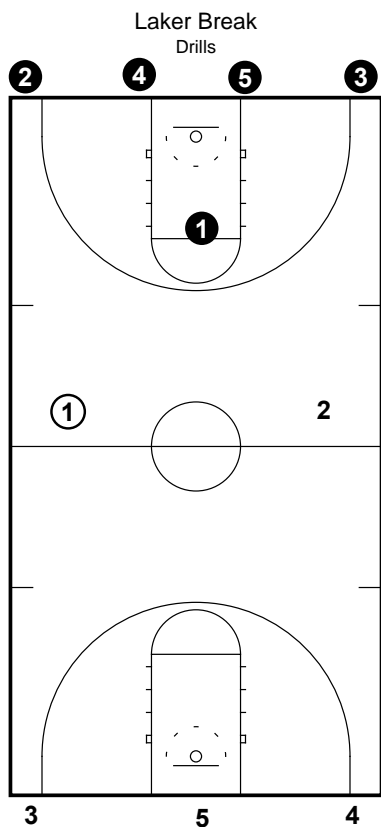
3 teams of 5.

Defense stays until they get a "kill." A "kill" is 3 stops in a row.

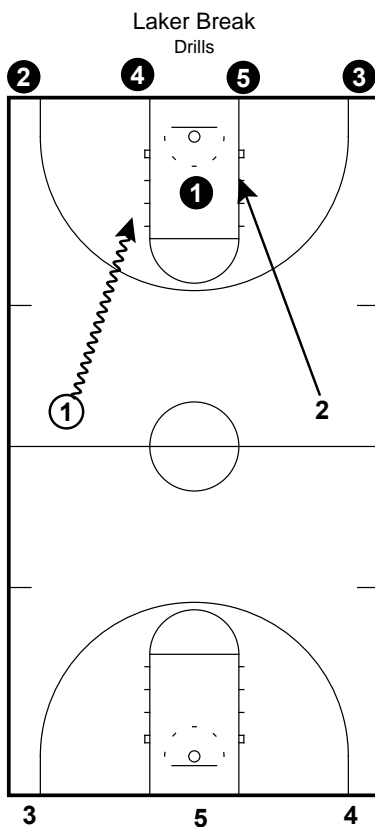
The coaches will coach the offense and leave the defense alone, allowing the players and internal leadership crop up.

Call "ticky-tack" fouls to make it even more difficult for the defense.

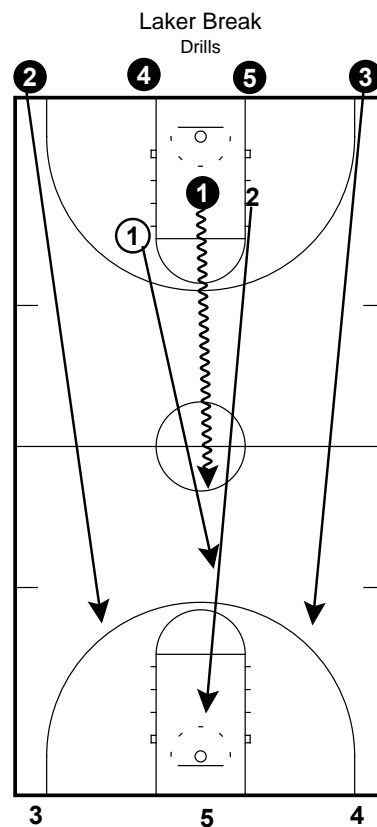
Core Practice Drills



Starts with a 2 v 1 situation. Other players wait on the baseline.

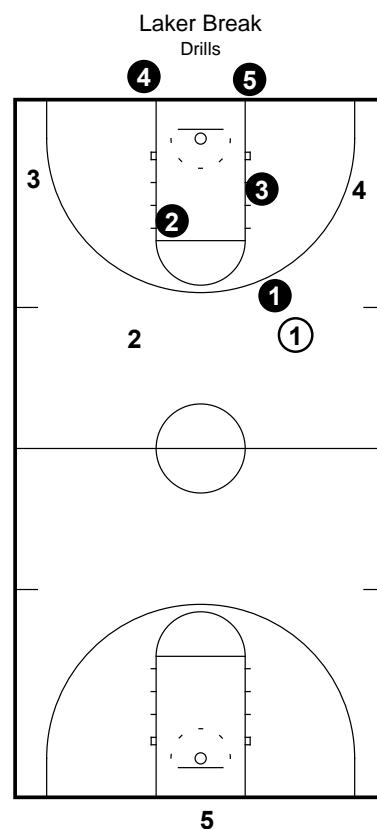
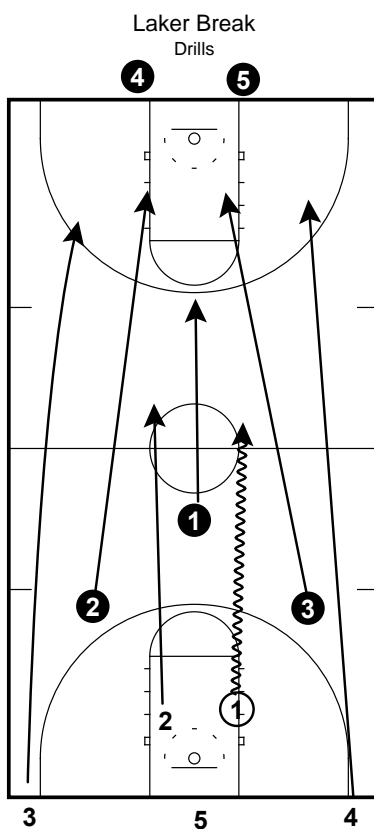
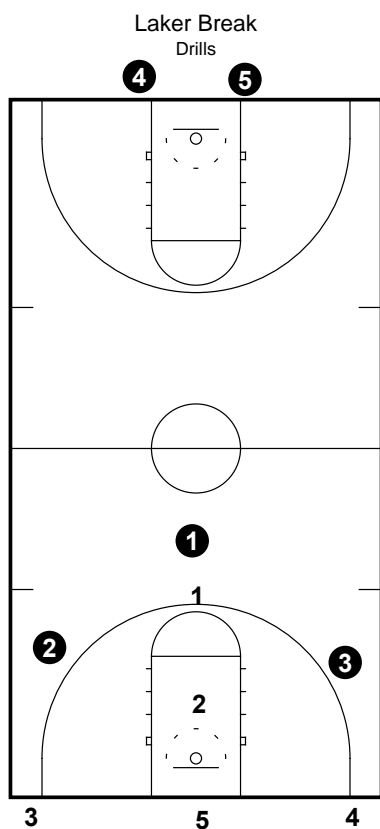


2 v 1 attack.



Once the ball changes possession, 2 more players come on for Team 2 (black circles) and attack the other way making it a 3 v 2 situation.

Core Practice Drills



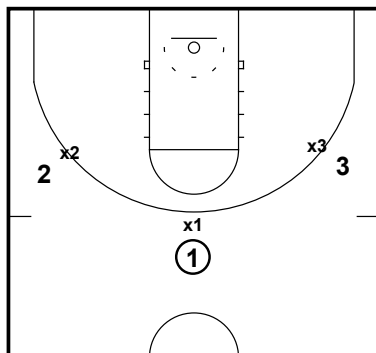
Once ball changes possession, team 1 adds 2 more players and attack the other end making it a 4 v 3 situation.

The drill continues until it is 5 v 5. You can decide on how many possessions of 5 v 5 to play or just reset the drill. Play to a certain score or time.

*BYU rules- play with a 7-10 sec shot clock in advantage situation.

Core Practice Drills

FIBA 3 v 3 Drills

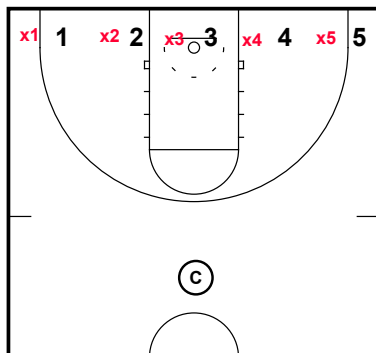


FIBA 3 v 3 Rules:

- Play to a set score and/or time limit
- Check ball up on dead ball
- 12 second shot clock
- On made basket, the defense takes ball out of net and immediately clears the ball beyond the arc- no check-up or taking ball out of bounds. They can either dribble or pass to clear the ball.
- After the score, the "new" defensive team may pressure the clearing of the ball
- After a steal or defensive rebound, the new offense must clear the ball behind the arc

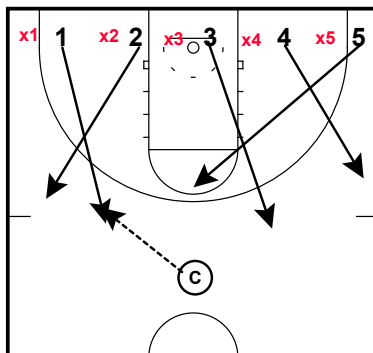
Core Practice Drills

10 Seconds "Fix It" Drill
Drills



All players start along the baseline. Does not matter what order they stand.

10 Seconds "Fix It" Drill
Drills

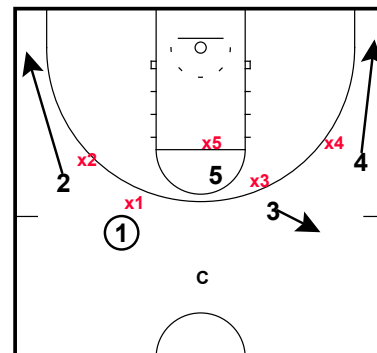


The coach has the ball at the top. On his "GO"...the offensive players will sprint up above the FT line extended.

The coach will throw a player the ball. It can be a primary ball handler or anyone else depending on what the coach wants to achieve.

The defense will come out and cover the offense.

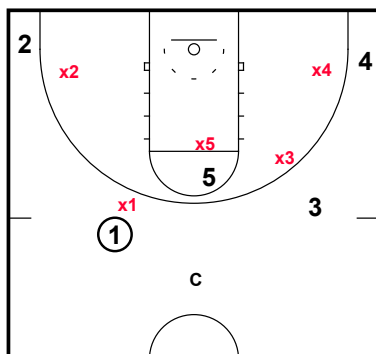
10 Seconds "Fix It" Drill
Drills



Once the ball is in, the offense will have 10 seconds* to get spaced properly and attack the defense.

*The coach may change the amount of time on the clock or may dictate if certain actions need to occur (ex. pick and roll vs switch)

10 Seconds "Fix It" Drill
Drills

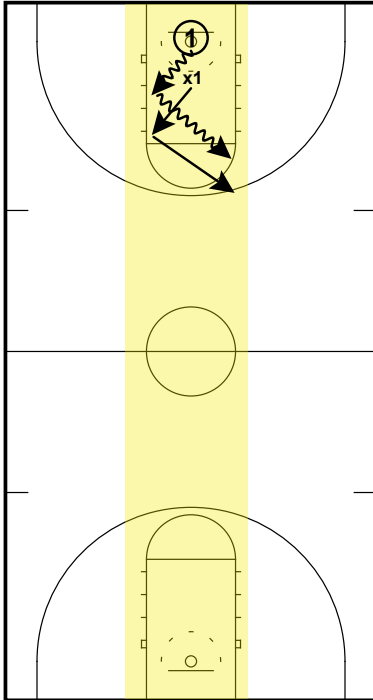


This type of drill forces the offense to think quickly and develops proper decision making.

Core Practice Drills

1 v 1 Full Court

Drills
3 x3
2 x2



Defense (x1) hands offense (1) the ball when ready. Offense must stay in "chute". Defense works offense and tries to turn as many times as possible. If ball goes out of bounds/stolen-defense wins and rep is over. Play through the rebound.

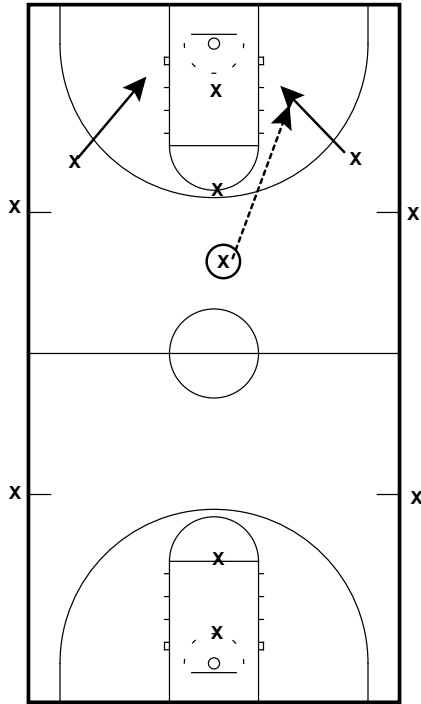
Next pair in line goes when group is finished.

Switch offense and defense and come back other way.

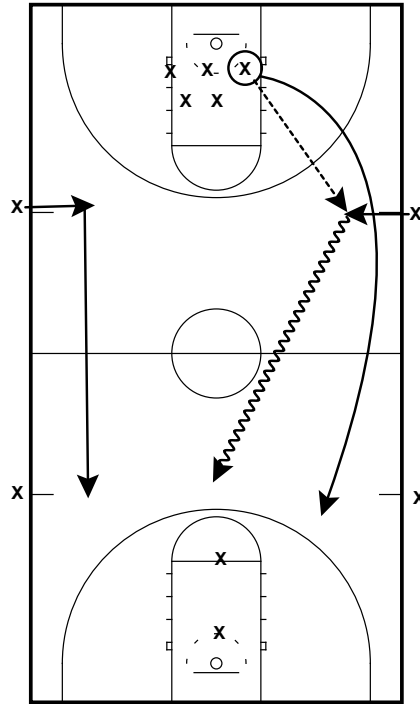
*Texas rules- cannot shoot ball until it touches the paint.

Core Practice Drills

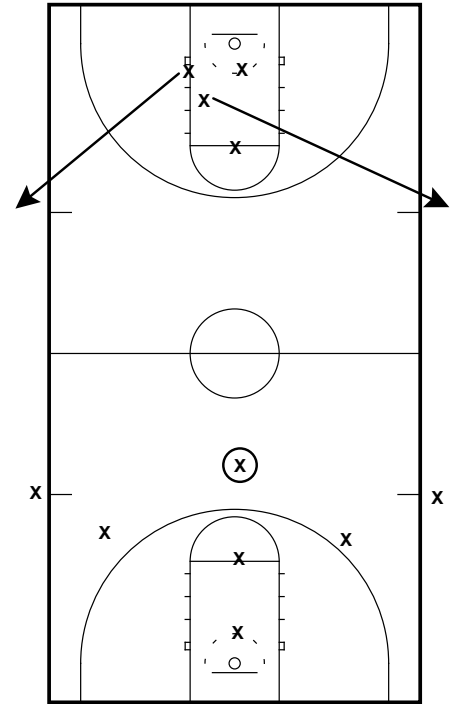
Olympic Drill
Drills



Olympic Drill
Drills



Olympic Drill
Drills



Continuous 3 v 2.

Made or missed basket- whoever gets the rebound is now on offense going the other way (no matter if they were on offense or defense).

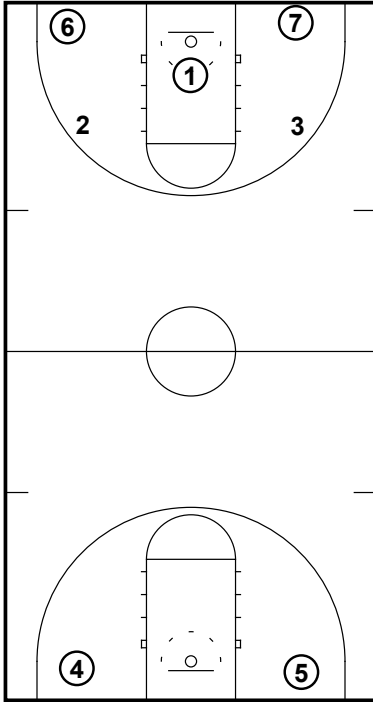
The rebounder will be joined by two players coming from the sideline (one from each sideline).

One will call for outlet (primary guard) and will attack the other end.

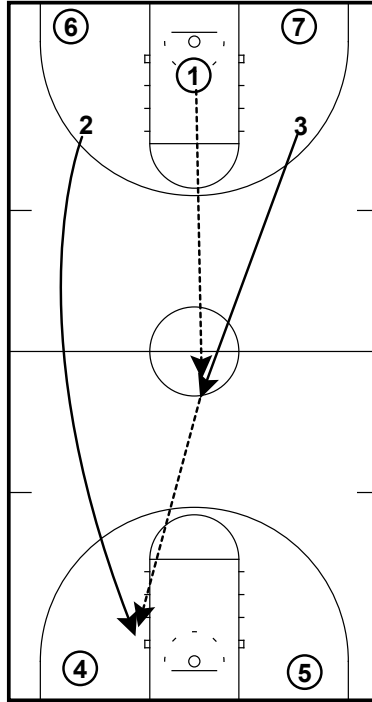
2 of the remaining 4 players will stay on defense and the other 2 will go to the lines on the sidelines.

Core Practice Drills

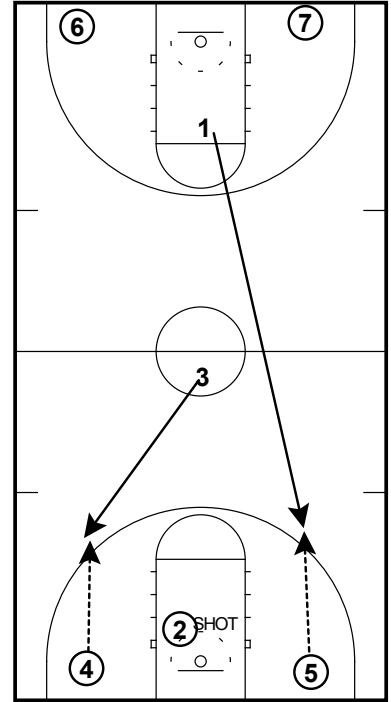
Full Court Shooting Drills



Full Court Shooting Drills



Full Court Shooting Drills



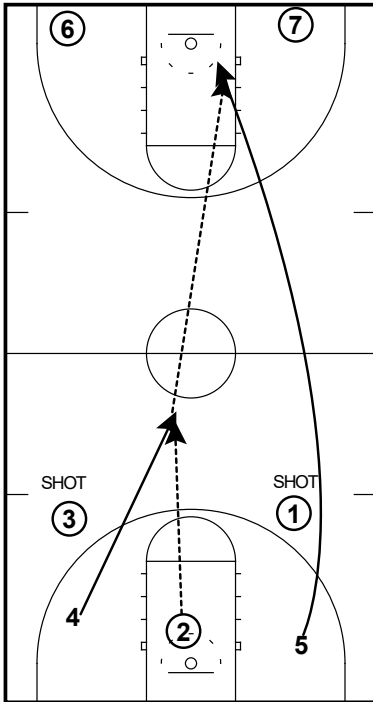
4:15- 100 baskets. Team counts makes out loud.

5:00- 275 points

Communication- call outlet and names when passing.

Core Practice Drills

Full Court Shooting Drills



Full Court Shooting Drills

