PRACTICE DRILLS

V-Cut Drill
1. Two lines at wings
2. Two defenders (offense will become defense)
3. Defenders are on the line, up the line denying the pass and back door
4. Offense looks for backdoor or V-cuts to get open

Turtle Drill
1. Players practice creating space when covered without a dribble by...
2. Stepping into opponent (across their body)
3. Rainbowing the ball over their head quickly
4. Stepping back while rainbowing quickly

Turn the defender to half court 1-on-1
1. Players pair up
2. Offense zig zags at half speed protecting the ball and using various change of direction moves.
3. Defense shuffles feet properly and tries to beat the offense to the spot to force them to turn in a different direction.
4. At half court everything becomes live and offense tries to score while defense tries to stop them.

Dribble Tag
1. Everyone has a ball
2. Boundaries are set (half court, etc)
3. You must dribble with your head up the entire time
4. 1-2 players are “It”
5. Everyone tries to avoid the person who is “It”
6. You become “It” if you:
   a. Leave the area
   b. Double dribble
   c. Stop dribbling/lose the ball
   d. Are tagged
7. Variation 2: “Everyone is IT”
   a. Call out “1,2,3 Everyone’s It”
   b. Everyone tries to knock the other peoples’ balls away
   c. You are eliminated if you:
      i. Leave the area
      ii. Double dribble
      iii. Stop dribbling/lose the ball
   d. Loser stand around area and stop the balls (keep dribbling)
   e. Make the playing area smaller as needed
**Drive and Dish Passing**

1. 3 Guards & 3 Posts

2. O1 is at the point. Place two defenders just above the elbows (like against a 2-3 zone). Put a defensive post in the middle of the lane, and two offensive post players half way up the lane on each side.

3. Your point guard (O1), will dribble penetrate and split the two defenders and pass to either post player.

4. The X3 defender will try to deny this pass.

5. The receiving post player can either shoot, make a power move to the hoop, or dish off to the opposite post, who finishes the lay-up.

**Close-Out Drill (Roll Ball)**

1. Depending on the number of players on your team, make three or four lines along the baseline, and a same number of lines just above the free-throw line extended.

2. Each player along the baseline has a ball and makes a good sharp pass out to the perimeter player.

3. He then closes-out on the ball handler, yelling "Ball! Ball! Ball!". Use correct technique for breaking down:
   a. Rush at the ball-handler in a low stance.
   b. The last several steps should be quick, choppy steps to stop your momentum (so the defender doesn't dribble around you).
   c. In order to force the offensive player toward the baseline, split the defender's inside shoulder with your chest and position your baseline foot back, and have that hand low.
   d. The opposite hand should be up to challenge the outside shot
   e. As you approach the ball-handler, snap your shoulders and head back to help slow yourself down.

4. Then the receivers will similarly pass back to the next group stepping inbounds and make a close-out.

5. Switch types of pass after everyone has gone through

6. Receivers must catch the ball in a jump-stop with a triple threat

**Variation**: On wings. Roll ball. Close out (properly, over, under) and offense decides whether to drive, shoot, or create space by driving and backing up.
**Point Guard Shooting**

**Shooting Drill 5: "Rayder Shooting"**

Split up into groups of three. Each group must make twelve baskets at each of five shot categories. The first group that finishes wins, and all other do push-ups. Each group must make twelve lay-ups, then twelve shots from the block-elbow areas, then twelve medium range jump shots, then twelve 3-pointers and finally twelve shot-fake, one dribble jump shots.

**Wing Shooting**

**Shooting Drill 7: "Close-out Shooting Drill"**

This drill gets your players to practice shooting contested shots, which is more game-like. Use three players at each basket, with one ball. Use all the baskets in the gym if you need to. Have the players shoot from areas on the floor where they will usually be in a game.

Start with two players on the right wing (O1 and O2) and one on the left wing O3 (see Diagram A). O1 shoots, follows the shot, gets the rebound and then passes to O3, and defensively "closes-out" on O3 with hand up so as to contest or distract the shooter (Diagram B). Do not actually attempt to block the shot. The shooter can make a shot fake and take one quick dribble sideways to get open. Then O3 shoots, follows the shot, rebounds and passes to O2, and closes-out. Now O2 shoots and follows the same procedure.

This rotation continues for several minutes. Then you can change baskets, or change the location of the shots and use the corners and the point. Make sure the passes are crisp and accurate, the players sprint, the defense makes good close-outs (with baseline foot back), and the shooters are squared up, using good shooting technique.

**Post Shooting**

1. O1 Posts up - 02 defense
2. Go through each move one by one (all players execute & then switch sides)
3. Passer becomes shooter becomes defender becomes waiting in-line
   - Drop step to the baseline
   - Drop step to the lane
   - turn and shoot move.
   - up and under move
   - cut to short corner, receive pass from wing and shoot.
   - cut to short corner, receive pass from wing, shot-fake, dribble-baseline for lay-up.
   - from opposite block, cut to elbow, receive pass from wing, turn and shoot.
   - from opposite block, cut to elbow, receive pass from wing, shot-fake, dribble for lay-up.

Eventually, go "live" with the offensive player permitted to do any of the moves, and the defender playing all out defense.

*OR JUST HAVE ALL DO THE SHOOTING DRILL ACCORDING TO POSITION*
Toughen Up Basketball Drills

“Man-Up:”
1. Players start at 1/2 court circle or free throw circle.
2. Players lay down on stomach with eyes closed.
3. Toss ball into air and blow whistle.
4. Players scramble for ball.

“Balls for One:”
1. On command, everyone drops ball and runs to bleachers, etc. and returns.
2. While the players are running, coach removes one ball.
3. Player without ball is out.
4. With fewer players, start to reduce area.

“The Gauntlet”:
1. Fast Break down the middle
2. Team lines up on either side of dribbler forming a gauntlet
3. Gauntlet people swipe at arms & push dribbler (not actually stealing or hurting)
4. Person Closest to basket gets rebound & runs to beginning of gauntlet

“Russian roulette”:
1. 2 defenders & 1 offensive player with ball
2. Offensive player starts at top of key (wing)
3. Defensive players decide to either:
   a. Play “straight up”
   b. Foul on shot
   c. Try to Steal the ball
   d. Take a charge
4. Offensive player goes hard to the basket and reacts

REBOUND WAR!
1. Say: “This drill is all about BOXING OUT, REBOUNDING, & RUNNING THE FAST BREAK.”
2. Offense on perimeter, Defense in paint (2 on blocks, 2 on elbows, 1 on free throw line)
3. The Coach shoots the ball (12-17 feet away).
4. The defender must “find” his/her man and go make contact (“hit”) before going for the ball.
5. The offensive players (except the point guard) all crash the boards for the rebound and immediately look to score if they get the rebound.
6. Coach starts over when necessary.
7. If the defense gets the rebound, they immediately look for the outlet pass and run fast break.
8. Once they get the ball up the floor, they too can go for any offensive rebound off a missed shot.
9. Once the defense gets the rebound, the drill is over. Reset (as in the diagram) and the coach takes another shot to re-start the drill.
10. Rebound everything, including made shots. Go after every loose ball, even if it is out-of-bounds (there is no out-of-bounds in this drill).

1. Award 1 point for a made basket, defensive rebound, steal, turnover, foul.
2. Award 2 points for offensive rebounds.
Fast Break Passing Drill

2-on-0 Passing Drill

I. RUN (don’t shuffle up the floor)
II. The Last pass results in a lay-up
III. Stay at the other side until all groups have finished (then come back)

1. 2-Handed Chest Pass
2. 2-Handed Bounce Pass
3. Overhead Pass
4. Behind the Back Pass

Pointers:
(1) Make sure your players are talking and the passer is yelling the receiver’s name, while the receiver is yelling "ball".
(2) The last pass that sets up the lay-up is always a bounce pass.
(3) No dribbling is allowed, except if needed to finish the lay-up.
(4) Make sure everyone is running hard, not jogging.

2-on-1 Drill

See the middle diagram below. Now we add a defender who runs ahead of the two passers and tries to defend in a 2-on-1 situation. The defender usually just moves up the floor and tries to defend at the end. However, the defender may try to jump between the passers anywhere on the floor to steal the pass. If the ball is stolen or there is a turnover or a missed pass, the three players just move into line at the far end of the floor. When the last three-some has finished, we come back down the court to complete the trip.

Pointers: (also apply to the 2-on-2 drill below)
(1) Make sure the offensive players are talking as above.
(2) Keep dribbling to a minimum... only when necessary to beat the defense.
(3) When finishing the 2-on-1 break, we teach the player who has the ball at about the level of the free-throw line to make a power dribble, or "take", to the hoop, looking for either the lay-up or the foul. If the defender comes up high on him/her, then he/she passes off to the teammate cutting to the hoop.

2-on-2 Drill

Finally, we finish by adding a second defender who must trail the break and may not leave the end-line until the offense has cleared the top of the key or 3-point arc. The first defender sprints up the floor and tries to stop, or delay, the 2-on-1 break, while the second defender is sprinting up the floor to provide defensive help at the end. The offense must move quickly and make quick decisions, otherwise they lose their 2-on-1 advantage. Both offensive and defensive players should be "talking", communicating.
Passing Drills

"Monkey in the Middle"

1. Form groups of three. Each group has a ball.
2. Line up the passers about 15 feet apart (comfortable passing distance).
3. The third man in each group is the "monkey in the middle" and tries to steal or deflect the ball, while the two outside players try to pass to each other.
   a. No dribbling is allowed, except for a one-bounce sideways dribble to open a passing lane.
   b. No easy lob passes over the defender are permitted.
   c. Passers should be in triple-threat position and work on pivoting and ball fakes to clear the passing lane. (For example, the passer can fake an overhead pass to get the defender to raise his hands, then make a bounce pass, or "curl" bounce-pass.)

Rotation: There's a couple ways of doing this. One easy way is to simply change the middle man every minute, when you blow the whistle. Each person takes a turn in the middle. Or, whenever the defender deflects the ball, the passer now becomes the "monkey in the middle". If no deflections in 30 seconds, switch defenders.

Two Variations:
(1) Defender plays up tight on the passer (Diagram A). After the pass is made, the defender sprints to the receiver and again tries to deflect the pass. The new passer may not pass until the defender is in position and the defender says "go".

(2) Defender plays tight on the receiver, trying to deny the pass. The group is confined to a given area on the floor. The receiver must try to get open by V-cutting, back-cutting, making contact with the defender and "bouncing off", etc.

Monkey in the Circle
1. Circle Players (3-6)
2. Place one player in the middle of the circle
3. Rules:
   a. Defensive player stays in the middle until they make a stop
   b. 2 Seconds to Pass
   c. No Lobs
   d. No Passing to people on either side of you
4. Passers Should Focus On:
   a. Solid Passes (bounce, step-around, overhead, chest).
**2-Man Passing, Find the Receiver**

b. Triple Threat  
c. Fake One to Make One  
5. Defense Focus On:  
   a. Good Stance  
   b. Breaking Down

2. Have a line under the basket(s)  
3. The first player in line (player #1) speed dribbles out to the three-point line, makes a jump stop and a reverse pivot.  
4. Meanwhile, the next player in line (player #2) sprints out to either corner and yells "ball, ball, ball" (mix it up so the passer has to look to find the receiver).  
5. The passer makes the crisp chest pass to #2, cuts to the hoop, receives the pass back from #2, and finishes the lay-up.  
6. #2 rebounds, and now becomes player #1 and dribbles out and repeats the drill.

**50 Passes**

1. 2 Teams of 5 (offense and defense)  
2. Offense makes 50 passes they win  
   a. No dribbling  
   b. If offense scores they get 5 passes and that team keeps the ball  
   c. If offense shoots and misses- they loose the ball and become defense  
   d. (Optional: Coach plays with defense)

**Jump Stop and Triple Threat Drill**

1. Have 4 lines: 2 on the right and left under the hoop, 2 coming from wings  
2. Wings run to the ball & receive it with a jump stop  
3. They hold the triple threat position for 3 seconds  
4. They take a shot & rebound  
5. Passer goes to the end of the passing line
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