



## South Muskoka Breakers Basketball Key Drill Formations

### ***Preamble:***

The following document describes key drill formations that facilitate building practice plans. The drills are designed to be used at all age levels, progressing from U10 up to U19. Coaches can use their imagination to modify, expand etc. each drill to suit their players' needs. Coaches are encouraged to design their own drills using the formats outlined below as starting points.

The main benefits of these drill formations are as follows:

- a. maximizes individual time on ball.
- b. maximizes the use of the court and available baskets
- c. can be adapted to suit all age levels.
- d. are progressive and can be used throughout the season.
- e. promotes cognitive development
- f. encourages decision-making skills.
- g. easily incorporates competition and fun.

### ***How to Use This Guide:***

The drills are grouped according to the three phases of practice planning: *Individual Skill Development*, *Advantage Situations*, and *Game-Like Simulations*. Each stage utilizes 1/3 of the practice, though more time might be spent on Stage 1: *Individual Skill Development* with the younger age groups.

Each drill is broken down into the following common categories: Drill Name, Required, Set Up and Execution, Outcomes, and Variations. The variations presented provide opportunities for coaches to properly **load** each drill according to level of understanding and skill of the group, time of season etc.

## ***Three Stages of Practice:***

These drill formations will be divided into the three stages of practice. Each stage is approximately 1/3 of the practice time. Earlier in the season, more emphasis might be placed on Stage 1 and Stage 2.

Stage 1: Individual Skill Development

Stage 2: Advantage Situations

Stage 3: Game-like Simulations i.e. 1 on 1, 2 on 2, 3 on 3 etc.

### ***A quick note about team systems:***

Players should learn early in their basketball training that there are three systems that apply to team play – offensive systems, defensive systems and communication systems. Players should understand that the communication system is the most important system. Teaching points for players include emphasizing the importance of:

- speaking to each other on the court, at the bench and during stoppages in play
- learning the “language” of basketball, both in terms of definitions of concepts and communication skills
- asking questions in practice and during games for better understanding
- contributing suggestions and solutions to solving problems and improving play

Coaches can help players develop their communication skills by incorporating communication exercises into each of the drills. Here are just a few examples of what coaches can do.

- players call out the name of the person they are passing to
- receiving players call “open” before they are allowed to receive a pass or shoot
- players yell “I have ball” on closeouts
- weakside players or player one pass away call “I have help” or “swordfight”
- everyone yells “shot” when a shot is taken
- players call “one more” if they see an opportunity for a better shot than the person with the ball
- when using a competition in practice the winner(s) yell “game” when they have reached the goal

## ***Stage 1 Drill Formations (Individual Skills)***

### **Area of Focus: Team Building**

**Drill Name: Four Cone**

Required: 4 cones, 5 players

Setup and Execution:

- Create a square space using 4 pilons. Station a player at each cone and one player in the middle. Players try to steal a “base” by interchanging with another player before the person in the middle can get to an open cone. Players score a point each time they move to a different cone. There are only 4 cones for 5 people.

Outcomes:

- Players learn to work together, anticipate, use body language/body fakes, think ahead, use their vision, fitness
- Communication
- Decision Making

Variations:

- Always need one more player than cone. Players running must hold a ball/two ball or dribble ball(s).

**Drill Name: Group Tag**

Required: One ball, pinnies for players that are” it”, no player limitation

Setup and Execution:

- Players spread out in a designated area. The smaller the area the easier the drill. Two players with pinnies on work as team to try and tag another person with a basketball. The player trying to tag cannot be moving when they tag the player. If a player gets touched then they put on a pinnie and join the pair. Play continues until only one person is left. Use the area inside the three point line to begin. Use pilons to make the area larger while eventually moved outward to the use of half a court.

Outcomes:

Fitness, spacing, teamwork, anticipation, passing skills, faking, communication. This drill is more difficult than it appears.

Variations:

- Make area larger to make it more difficult for 'it' players. Add more basketballs for larger group.

**Drill Name: Keep Away**

Required:

- 1 ball, pinnies for players who are 'it', no player limit

Setup and Execution:

- The one player left in Group Tag Drill becomes the person who starts this drill. They have a basketball and must tag another player while dribbling. Persons who get tagged get a basketball and join in on the dribble. This drill works well with British Bulldog where players must run from baseline to baseline without getting tagged.

Outcomes:

- Fitness
- Dribbling
- Spacing
- Aggression

Variations:

- Make area larger to make it more difficult for 'it' players. Add more basketballs for larger group.

**Drill Name: Chuck the Chicken**

Required:

- Two rubber chickens or similar objects.

### Setup/Execution:

- The team is split up into two groups. Each group stays on one half of the floor. Each group has a rubber chicken. The drill begins when each team throws the ball to the other group while trying to throw it as far away from the other team as possible. They must throw the chicken into the others team's designated half of the gym. When the other team gets to the chicken, they line up in a straight line and pass the chicken through their legs to the back of the line until the last person has it. The person at the back of the line then throws the chicken to the other team (also trying to get it as far away as possible) and runs around their line of teammates as many times as possible until the chicken is thrown back to them by the opposing team. Teams keep a running score of successful trips running around their teammates.

### Outcomes:

- Teamwork
- Fitness
- Communication
- Decision Making

### Variations:

- Vary number of teams, size of teams, restrict areas, timelines

### **Drill Name: Sideline Competition**

### Required:

- One basketball, full court, two evenly skilled teams with multiple players, pinnies

### Set Up and Execution:

- Each team forms a line side court at the time line. Players must be in a straight line facing the time line. The coach throws out a ball to one side of the court or the other using the rim line or split line as the dividing line. Whichever side the ball bounces to, then that team must retrieve the ball and they become the offensive team. All offensive plays are executed towards the same basket. The coach calls out a number from 1 -5 each time they throw out the ball. The number tells the teams how many players are playing that possession. A point is scored on each possession. If the offensive team

scores a basket then they earn a point. If the defensive team successfully defend the possession, then the defensive team earns the point. The game is played to 11.

Outcomes:

- Decision-making
- Teamwork
- Creativity
- Fitness

Variations:

- Limit to the offense to certain sets
- Limit the defense to certain sets
- Add a press

Coaches Notes:

## Area of Focus: Footwork

### Drill Name: Floor Line(s) Formation

Required:

- Any two lines on the floor that intersect and form a plus sign

Setup/Execution:

- Players find a “plus sign” on the floor. Using 4 quadrants hopping on both feet, single leg, both directions for 15 second bouts. Add shuffle step and shuffle step with turns (quarter, 180, 360) and emphasize players always returning to the exact same spot on the floor.

Outcomes:

- Balance, core strength, cognitive development

Variations:

- Stationary balancing with ball in hand. Standing on one foot on a line. Aim for 2 minutes/foot. Add eyes closed. Supermans on one foot, Airplanes on one foot. Encourage players to progress by moving the ball around as they balance on a line (overhead, around back, touches to the floor etc.)
- Jumping over and between lines – basketball in hand.
- Moving along a painted line side court to side court using all jumps above. Add two foot standing long jump with ball in hand.
- Running the floor sideline to sideline – using the painted lines teach one count and two count stops. Emphasize landing on heels and then balls of feet. Don't jump up but rather jump out/forward and stay as close to the floor as possible.
- Run-glide-run drills – players run sideline, baseline, opposite sideline, opposite baseline. Alternate run with glide on the side line. Add force me left – force me right on the end line, add deny on the opposite sideline, rest on the opposite returning end line. Emphasize shoulders square running, teach hip turns to get to the glide or slide. On the glide teach pushing off with the back leg and reaching with the lead leg. Lead hand high and trail hand low. Same hand position with the force me left – force me right. With deny slide teach back to centre court, looking over shoulder into mid court with lead arm out and thumb down and palm out.

- Close out drill in pairs – standing sideways approximately 5 meters from partner on opposing floor lines. Hip turn and sprint to partner. Reduce speed 2/3 of distance to partner, finish with stutter or chop step. Stay low, hands above level of ball.
- “Challenge Your Balance” shooting drills. Start at the foul line with a ball. Shooting off one foot and then the other. Add airplanes, supermans, floor touches. Add hopping, ¼ turns, 180 and 360 turns off both feet and then one foot. Add jumps of one foot to the elbows. Add three two count jump stops from the 3 point line culminating in a set shot. Reduce to two jumps and then one jump.

Coaches Notes:

## Shooting

### Drill Name: Single Line Formation

Required:

- Groups of 4-6 players, each player has a ball, use all six baskets

Set up and Execution:

- Short lines of 4-6 players lined up at the top of the arc. Coach at the foul line. Each player has a ball. Players self-tosses to the foul line coming to a jump stop when picking the ball. From that position players execute various shots.



- Teaching points: eyes in defender's eyes, lock it in the pocket, crossover with single dribble and two steps, eyes to target, elbow to target, finish high.

Outcomes:

- Footwork, balance, taking care of the ball – lock it in the pocket, sweeping etc., long and low first step, eyes in defender's eyes, eyes at target after blow by, cognitive

Variations:

Shots sequence (both ways):

- Layups, spins (reverse pivot), half spins to a crossover, 360 spins, crossover to a double jump stop, crossover to a single jump stop, crossover to a jump stop to a step through, crossover to step back, crossover to a runner, crossover to a floater, scoops, finger rolls, boombox, awkward, arm grab, (use of backboard and not using backboard).

Coach can move laterally to the elbows and then north/south towards the block.

- Remove coach from foul line. Lines of 5 or 7 players. Each player has a ball except the first player in the line. First player cuts under the rim and flares to the three point line/foul line extended. Second player passes the ball to the cutter and then cuts to the basket and flares the opposite way. Sequence continues.
- Add various shots (both sides): lane drives, middle drives, perimeter shooting from foul line extended, corners, shot fake and drive, spins, step backs.
- Advance to first two players without ball cutting under basket opposite sides and passers feeding alternatively.
- Add first two cutters at foul line extended pass into corners to second set of cutters and then receive a pass from players 5 and 6 in the line.
- Add variations in shots from different locations and give and goes, various cuts such as v-cut, L-cuts, backdoor cuts, slides.

### **Drill Name: Cascade Shooting**

Required:

- Groups of two, two basketballs, one basket per group

Set Up and Execution:

- One player positions themselves at the baseline under the basket with a ball. The other player is the shooter, standing two feet from the rim. They have a ball in proper shooting position in the shooting pocket. The drill begins when the shooter attempts their first shot. As soon as the ball is released the passer passes the second ball to the shooter. The goal is to make each shot with nothing but net. The shooter must maintain fingers to the ceiling in the shooting pocket. Each player shoots for two minutes continuous.

Outcomes:

- Maintaining good shooting form
- Not reaching for ball
- Quick release
- Cognitive/Eyes

Variations:

- Shooter can move back a step on consecutive makes, working their way back to the foul line
- Shooter can move towards 3 point line
- Shooter can move to various locations on 3 point line

**Drill Name: Pairs Shooting**

Required:

- Two players, one ball, one basket per pair, 3 point line preferred for older players

Set Up and Execution:

- Shooter prepares to receive a pass at various points outside 3 point line.
- Passer initiates pass to receiver from inside the key
- Shooter receives pass and takes an outside shot as the passer closes out on the shooter
- Shooter takes five consecutive shots and then partners rotate

Outcomes:

- Proper passes
- Receiving with feet set and hands close to body
- Time and space when shooting
- Eyes on target
- Decision Making

Variations:

- Passer must change initial location from which the pass is made on each of the 5 shots. They can pass from anywhere inside the key.
- Shooter must use a different shot for each of the five passes i.e. perimeter shot, shot fake to a lane drive, fake lane drive to a step back, lane drive to floater, lane drive to a stop to a step through.

**Drill Name: Tubby Smith Drill**

Required:

- Any number of players, each player has a ball

Set Up and Execution:

- Divide the players into two groups. One group begins at the time line, side court. The other team begins at the opposite side of the court. Everyone is going right. The first player in line makes a high speed dribble to toward the basket. As they approach the 3 point line they gather, pick up the ball and do a layup. Following the make they layup on a side basket before joining the line on the opposite side of the court.

Outcomes:

- High speed dribble
- Finishing

Variations:

- Change the finish at the block i.e. jump stop to power up, jump stop to jump hook
- Change the approach at the pick up line (3 point line) i.e. add a hesitation dribble, inside out dribble, x-over etc.
- Pair up the players and make one a defender. Defender puts a hand on the dribblers hip and shoulder. Defender pressures up the dribbler to the three point line and then releases.
- Defender releases at the block.

### **Drill Name: Finishing Drill**

Required:

- Two players at each basket, each player has a ball

Set Up and Execution:

- Players start at left elbow with ball. Player self feeds by tossing ball against the backboard and jumping forward to catch the ball while landing on both feet. Player takes a hard dribble while crossing over to the right side of the rim. Player finishes with a right side Mikan.

Outcomes:

- Body awareness
- Explosivity
- Touch around the rim

Variations:

- Same drill can be executed on both sides
- Finish with various shots i.e. jump hook from the side rim, jump hook from the front rim, pivot high to a step through low
- Use the partner as a defender.

Coaches Notes:

## **Area of Focus: Dribbling and Ballhandling (Individual)**

### **Drill Name: Stationary “Plus Sign” Formation**

Required:

- Full gym, each player has a ball

Set Up and Execution:

- Players find a “plus sign” on the floor – a spot where two court lines intersect to form a plus sign.
- Use each quadrant created by the plus sign to dribble. Legs loaded, eyes up, chest behind knees. Coach can show numbers or ask players to answer math questions. Coaches circulate and touch players shoulders and hips building to small pushes.
- Single ball dribbling in 15 second bouts.

Outcomes:

- Cognitive, balance, eyes, proper dribbling technique

Variations:

- Control dribble below knees, high dribble shoulder height
- Crab dribble, inside out, walking the dog
- Progress to two ball dribbling – use the quadrants to space the dribbling.
- Use simultaneous and alternating formats.
- Two ball crab dribble, walking the dog, one ball high and one ball low, one ball stationary and one ball weave - walk the dog etc.
- Using the plus sign formation – open step lunges, crossovers, drop step, front, back and side lunges while dribbling with one ball then two balls. These lunge exercises can eventually be used in a short line formation in front of a basket and players finish with an attack (layup or shot).

### **Drill Name: 3-Point Line Formation**

Required:

- Both ends using major baskets of full court, each player has a ball, groups of 6

Set Up and Execution:

- Players start at the baseline and dribble around the 3 point line, one meter out from the line. Players use various dribbles right hand one way and left hand coming back. Use control, crossover, three forward and one back, spins, half spins etc.

Outcomes:

- Spacing around the horn, proper moving dribbling technique

Variations:

- Players attack basket off dribble at various points around 3 point line.

### **Drill Name: Side Line to Side Line Formation**

Required:

- Each player has a ball, full gym

Set Up and Execution:

- Using the sideline to sideline have players practice moving with the dribble. Start simply with pounding the ball left hand and then right hand coming back.

Outcomes:

- Proper ball handling technique
- Footwork
- Spacing
- Cognitive

Variations:

- Proceed to x-overs, various hesitation dribbles (knee up, scissors etc.), body fakes, half spins, through the legs, two forward one back etc.
- Coaches show numbers, call out math problems etc.

## **Area of Focus: Dribbling and Ballhandling (Pairs)**

### **Drill Name: Shadow Formation (Pairs)**

Required:

- Full gym, each player has a ball

Set Up and Execution: Note: Most of the individual drills above can be run in pairs.

- Players face each other one meter apart. One player touches the shoulders or hips of their partner while performing the drill. They could also gently slap their partners arms, show numbers etc. From early progression teach players to look into their partners eyes.

Outcomes:

- Dribbling skills
- Cognitive

Variations:

- Players shadow each other by having them copy each other's movements. This activity can lead to a game of knee tag.
- Incorporate passing across a line progressing to passing from one line to another 3 meters apart. Start with one ball and one pass. Progress to two balls. Incorporate various movements such as around the back or through the legs before returning the pass. Bean bags and tennis balls can be used to pass back and forth while dribbling.

### **Side Line to Side Line Formation:**

Required:

- Full gym. side court to side court, groups of two, one ball

Set Up and Execution:

- As per the individual formation, use the sideline to sideline court formation to have players practice moving with the dribble. Start with pounding the ball left hand and then right hand coming back. Partners create a load by placing hands on the dribblers' shoulders and hips.

Outcomes:

- Proper ball handling technique
- Dribbling with contact
- Balance and core strength
- Eyes and cognitive development

Variations:

- Proceed to x-overs, various hesitation dribbles (knee up, scissors etc.), body fakes, half spins, through the legs, two forward one back. Add to these the partner holding numbers and pushing on a shoulder or hip.
- Partner is pulling on ropes around the dribbler's waist from behind or the side.



- Players face each other moving from sideline to sideline. One player dribbles while passing the ball to their partner (various passes – push pass, bounce pass, scoop, overhead).

Coaches Notes:

## **Area of Focus: Passing**

### **Drill Name: Four Corner Passing Formation**

Required:

- Eight players required – two in each corner. Two balls. This formation can be used anywhere on the court and the size of the square can be modified to accommodate the age and skill level of the players.

Set Up and Execution:

- Two balls are required to start the drill, each in opposite corners. Players without the ball cut simultaneously through the middle to looking to receive a pass. Teach players to run with their fingertips facing the ceiling and rotating their shoulders to show numbers to the passer. Cutters yell “open” and passers call out the receivers’ name. Passers lead the cutter with the ball. Receivers use a “block and trap” method to catch the ball. Upon receiving the ball, cutters pass to the opposing line that they are running towards and will end up filling. Basically, players are running back and forth between two lines across the square. The original passer should not start the second set of cuts until the first cutter has fished the pass to the corner.

Outcomes:

- Ball handling skills
- Spacing
- Communication

Variations:

- Start with a bounce pass and then move to a chest pass. The drill can be expanded to a push pass and two hand overhead pass. A baseball pass may require a bigger square. When using a baseball pass, players can pass back and forth between corners and rather than running through the middle they rotate clockwise (or counter clockwise) to the next line.

### **Drill Names: Four Corner Passing Formation with Shot**

Required:

- Eight players required – two in each corner. Two balls. This formation can be used anywhere on the court and the size of the square can be modified to accommodate the age and skill level of the players. If the drill includes a shot, then the square would form in the half court.

Set Up and Execution:

- The four corner passing formation can be used by adding a shot. This works well as a pregame warm drill. To add a shot, start with an extra line of players under the basket. They will start the drill by making a pass to the deep left corner and cut through to the top left corner while receiving a return pass. They pass to the top left corner and fill that line while the bottom left corner player cuts through to the top right corner. The drill concludes with a layup and a rebounder starting over. Initiate the drill going the other way resulting in a layup from the other side.

Outcomes:

- Ball handling skills
- Spacing
- Communication
- Shooting technique

Variations:

- Add a bounce pass and then move to a chest pass.
- Change the shot used to finish at the basket.

**Drill Name: Four Corner Passing Formation with Dribbling**

Required:

- The four corner formation can be used to add a dribble. Now each player in a corner has a ball. The player behind next in each line does not.

Set Up and Execution:

- Simultaneously, each player at the front dribbles toward the centre, picks up on the outside foot, pivots and makes a pass to the second person in the next corner. Everyone is moving either clockwise or counter clockwise. Players can use a chest pass, bounce pass or push pass. Another version of changing direction would have the dribbler dribbling to the middle (for example with their right hand) and reverse pivoting to pass the opposite way (passing with their left hand).

Outcomes:

- Ball handling skills
- Spacing
- Communication

Variations:

- Change directions
- Change the type of dribble
- Change the type of pass

**Drill Name: Continue Baseball Pass**

Required:

- 6 – 12 players, each player has a ball, full court

#### Set Up and Execution:

- Players line up at baseline. One person starts in an outside quarter behind the baseline without a ball. The rest of the team lines up with a ball at the intersection of the lane marker and baseline. On the coaches command, the player in the outside quarter sprints the floor. The first person in line with a ball throws a baseball pass and replaces the runner at the baseline in an outside quarter. The runner catches the ball with two hands and finishes with a layup at the far end of the court.

#### Outcomes:

- Proper baseball pass technique
- Timing and communication
- Spacing
- Finishing at the basket

#### Variations:

- Start with a line at each end of the court (opposite sides)
- Change directions
- Only use one line at one end of the court. After making the basket, have the shooter return the length of the court on the opposite side using a high speed dribble and finishing with various shots.

#### **Drill Name: Pangos**

#### Required:

- 4 cones, one ball, 9 players minimum

#### Set Up and Execution:

- Two cones on each sideline, one third of the way up from the baseline from each end. Two players at each cone. One player at one basket with a basketball. Player at basket shoots ball into basket and immediately passes using a chest pass right to the first person in line at the first pylon. They run down an inside quarter while receiving a return pass from the first person in line. The first person in line fills the next line at the next pylon on the sideline. The shooter passes to the first person in line at the second pylon

and receives a bounce pass back. Then they take make a layup. The first person in the second line gets the rebound and initiates the same sequence back down the opposite sideline. The first shooter fills the first line on the opposite sideline.

Outcomes:

- Ball handling skills
- Passing
- Shooting
- Spacing
- Communication
- Fitness

Variations:

- Change directions
- Have two players start the drill – one at each basket
- Challenge the team to makes in certain time limit

Coaches Notes:

## ***Stage 2 Drill Formations (Advantage situations)***

### **Drill Name: One on One Three Point Line Formation**

Required:

- Short lines of 3 or 4 players, one ball, three point line or cones

Set Up and Execution:

- Create a short line of 3-4 players at the three point line. The first person in the line stands inside the three point line facing the basket with their back to the offensive player. The offensive player attacks using a dribble drive to the basket. After the shot the offensive player rotates to defence

Outcomes:

- One on one attack skills
- Decision making

Variations:

- Limit the number of dribbles the offense can take depending on the age level. The goal is for players to reach the basket in no more than two dribbles.. As the defenders reacts better to the offense teach the offensive player to make fakes by using a jab or touching the body of the defender with the ball.
- Move the location around to the five perimeter locations of the Read and React system of play (outside three point line at both corners, both foul line extended/three point line and top of the circle).

### **Drill Name: One on One Baseline Formation**

Required:

- One basket, 4 – 6 players in grouped in pairs, two basketballs

Set Up and Execution:

- Starting with one pair, the offensive player stands under the basket at the baseline facing the court. Coach stands with a ball outside three point line on the “rim line”. Defender stands on the foul line between the elbows facing the coach. Player makes a

cut to perimeter. Defender reacts to defend while unable to see the players cut. Play continues until a basket is scored or there is a stop by the defender.

#### Outcomes:

- Decision Making
- Defensive skills, close outs
- Offensive attack skills

#### Variations:

- This drill can be modified using a two on two or three on three formation by putting two or three players at the baseline and two or three players on defense at the foul line.
- Players line up in pairs at the baseline. The line begins inside the intersection of the three point line and the baseline. One player has a ball, the other is the defender. The offensive player is first in line. The coach stands above the foul line extended at the three point line. The drill begins by the offensive player passing the ball to the coach and then following their pass to retrieve the ball from the coach. The coach holds the ball with arms extended outward in front of their body for the player to come and take the ball away. Offense takes ball from coach, ripping or sweeping the ball away from the defender while pushing off with the top leg to change directions toward the basket. Defender must touch the inside shoulder (the one closest to the basket) before attacking the offence. The offensive player attempts a *lane drive* to the basket. Play until a basket is made or the defense gets a stop.
- Using the same drill structure, the coach, after catching the ball, turns their body away from the players placing their back to the baseline. The coach holds the ball with arms extended outward in front of their body for the player to come and take the ball away. Offense comes around the body of the coach from the outside and takes ball from the coach. The defender must run around the coaches body following behind the offensive player before attacking the offence. The offensive player attempts a *middle drive* to the basket. Play until a basket is made or the defense gets a stop.
- This formation can be expanded to two on two play. The drill would still begin at the same location. Now add a second pair situated at the top of the three point line, one on offense and one on defence. If the offensive player attempts a lane drive then the second offensive player must fill in behind them. If the offensive player attempts a middle drive the second offensive drifts to the weakside three point line.

- This formation can be expanded to three on three play. One pair initiates the drill from the baseline. One team is positioned at the top of the three point line and the 3<sup>rd</sup> pair is located at the foul line extended/three point line. If the offensive player attempts a lane drive the player at the top of the circle fills. The weakside player drops to the weakside baseline for a kick out. If the offensive play drives middle the top player drifts away to weakside and the weakside player drifts to the corner.

### **Drill Name: Toss and Turn**

#### Required:

- Players in groups of two, one ball, one basket

#### Set Up and Execution:

- Players start at the baseline under the basket. An offensive player has the ball. The defensive player is behind them. The drill begins with the offensive player tossing the ball toward the three point line with backspin, which causes the ball to land dead. The offensive player runs out to retrieve the ball by catching with two hands and using a jump stop. The offensive player pivots to face the basket and attacks.

#### Outcomes:

- Footwork/Pivots
- Triple threat skills, sweeping, lock it in the pocket, Jab step, rocker step, long and low first step, attacking the defender's shoulders and hips
- Eyes
- Shooting, finish

#### Variations:

- Limit the number of attack dribbles
- Vary the defensive look
- Vary the finish requirements
- This drill can be executed using lines of 2, 3, 4, 5, or 6 players. Players align in an offense and defense pattern alternating within the line. Using longer lines, the first person in the line (offense) makes the toss to initiate the drill. The second person in line defends



against the first person and so on. After retrieving the toss, the first person has various options. They might attack, be attacked and kick, pass first and cut, execute a scoop entry to a big posting up inside etc.

### **Drill name: Five Against Four Drill (Odd Man Situations – Defense)**

Required:

- Groups of 5 players, one basketball, half court.

Set Up and Execution:

- Five offensive players spread the three point line. Four defensive players stand at the baseline under the basket and lock arms. One defensive player has a ball. The drill starts when the defensive player with the ball rolls the ball out to one of the offensive players at the three point line. The defensive players close out on the offensive. One defender takes ball. They yell “I’ve got ball”. Two players take the next pass and play either deny or in the gap, depending on the coach’s philosophy and desired outcome on defense, foot speed of players etc. They yell “I’ve got help”. The last defender moves to the key area and is responsible for two players. They yell “I’ve got two”. Using a shell drill format, players make one pass and hold the ball until the defense successfully rotates into their new responsibilities.

Outcomes:

- Help defense principles, help the helper
- Communication
- Decision Making
- Cognitive

Variations:

- Run a possession for 20 seconds X4. Coach can add “live” or two hands in the air with 8 seconds to go to allow a made basket.

Variation: Four Against Three Drill

- Once players are versed with the help rotation, run the drill four out against 3. This adjustment is more difficult for the defenders because there is more space on the floor to defend.

### **Drill Name: Five Against Six/Seven (Odd Man Situations – Offense)**

There are numerous ways to run odd man offensive sets. Coaches can begin having players play two against one, three against two etc. or flip it and have one player against two or two offensive players against three. These are all advantage/disadvantage situations that can be used to teach various concepts and skills on “both sides of the ball”.

#### Required:

- Groups of 11 or 12 players, one basketball, half court.

#### Set Up and Execution:

- Run 5-out against man-to-man. Have an additional two defenders playing zone in the key. Run Read and React or various other offensive sets against the defense. The drill can be used to teach numerous concepts and skills using the limited available floor space as a result of there being two extra defenders. These concepts include such ideas as perfecting spacing and timing, how to attack the primary perimeter defense and then the secondary line of defense (the two defenders playing zone), dribble drive and kick, dishing in the key etc.

#### Outcomes:

- Offensive principles, spacing, attack principles
- Communication
- Decision Making
- Cognitive

#### Variations:

- Run a possession for 20 seconds X4. Coach can add “live” or two hands in the air with 8 seconds to go to allow a made basket.
- Run against man to man and various zone defenses.

Coaches Notes:

### ***Stage 3 Drill Formations (Game-like Simulations):***

#### **Drill Name: 3 on 3 Formation (3 Out Offence)**

Note: This formation can be used as 2 on 2, 3 on 3, 4 on 4, and 5 on 5

#### **Required:**

- One basket, preferably a main basket with three point line, one ball, 6 players in groups of three, 5 Read and React X's marked outside the three point line.

#### **Set Up and Execution:**

- Players are introduced to perimeter Read and React principles by placing 5 "X"s on the floor, one meter outside the 3 point line. Offensive team situates themselves at three Read and React spots on the perimeter. The drill begins with one defender "checking the ball" into their offensive player. If a defender steps outside the three point line to defend a ball handler or a non-ball handler the player must cut to the basket. If a player is left undefended they must shoot. Weakside players "fill" to the next open spot on the floor. Emphasize spacing and maintaining spacing after a cut and fill.

#### **Outcomes:**

- Understanding of Read and React principles
- Offensive Spacing
- Proper cuts
- Communication

- Decision Making
- Cognitive

#### Variations:

- Players cutting to the key enter the “decision box” just ahead of the rim and may post up. Cutting players show numbers and a hand. Cutters yell “open”. Initially, the game can be set up as a keep away game. Offense is attempting to prevent the defense from getting touches or stealing the ball. Eventually scoring can be added.
- Introduce the idea of a “lazy cut”. After passing, the passer takes a couple of steps away from the ball to weakside and then explodes toward the ball when cutting down the lane. Teach the idea that this creates more space for the cutter. The defender’s body position and eyes will determine whether this will be a front door or back door cut.
- Begin with virtual basketball. Virtual basketball is a term used to describe any drill whereby dribbling is not allowed. Start with man-to-man defense using the virtual basketball set. Players are forced to make hard cuts to the basket or set a flare (off ball) screen.
- Offensive players can only score after receiving a pass off a front or backdoor cut to the basket, or with an outside shot.
- To create some advantage for the offense, have the defenders play defence while holding a ball with two hands, then with only one, then while dribbling.
- Limit each offensive possession to 20 seconds. When the shot clock reaches 8 seconds coaches call out the remaining countdown on the shot clock. Run 4 consecutive possessions and then flip offense and defence.
- Progress the drill by allowing offensive players to take one dribble, then two. Emphasize that only two dribbles are required to reach the basket front from inside the three point line.
- Introduce the concept of a dribble drive entry to the wing while bumping a player through with a cut to the basket.

#### Variations 2 Out and 1

- All 3 out offensive rules apply, except now one player starts “inside” at the foul line. Coaches teach the five inside the key Read and React positions, along with the two short corner positions.

- Players are introduced to the idea that when a “big” is deep in the decision box calling for the ball, they intend on going to the rim. When a “big” calls for the ball above the foul line then they are expecting the passer and off guard to cut across the them subsequently taking a lane to the basket.
- Breakdown drills can be used teach proper big man maneuvers and guard to big entry passes.

#### Variations: 3 on 3 Formation Dribble Drive

- Run 3 out in the quarter court against man-to-man defence. Defenders can begin with holding a ball in hand. The ball can start anywhere on the three point line using the five Read and React perimeter positions. The offensive player starting the drill can take two penetrating dribbles to the paint. Teach a long and low first step. The driving player then kicks out to a perimeter player, continues through the key and fills to an open spot on the three point line. Offensive players must ensure that the offensive spacing remains balanced. To achieve this, players may need to fill, slide or drift into open spaces that balance the floor.
- Open perimeter players should yell “open”. Each set runs for four 20 seconds rotations. When the coach yells “shot” the offense can shoot. If another perimeter player yells “one more” then the shooter moves the ball one more pass to the next player calling for the ball.

#### Variations: 3 on 3 Formation (3 Out Defence):

- The 3 out formation can also be used to teach man-to-man defense principles. This includes both on-ball and off-ball situations. Players defending the ball carrier should be able to touch the ball handler. Players are introduced the concepts of weakside (off ball) versus strong side (on ball) stances. Teach the concepts of “green zone” (the area outside the key lane markers) versus “red zone” (the area between the lane markers or elbows). Introduce the fundamentals of “laning” the defender within various zones. Players are introduced to the concept of playing in the gap. Weakside players learn to place one foot in the key and “get the guns out” and execute a closeout. Teach full front closeouts both to the ball and to the man,  $\frac{3}{4}$  front and side front defensive positions. Breakdown drills can be used to introduce all of these concepts.
- Using the 20 second possession rule, the 3 on 3 formation can be used for a defensive competition referred to as “cutthroat”. The goal in cutthroat is to stop the offense from scoring and stay on defence. Each successful stop scores one point. Games can be played to seven. Unsuccessful offensive groups of 3 must sub out to another group.

Variations: 3 on 3 Formation (2 Out and 1 In Defense):

- All 3 out defensive rules apply, except now one player starts “inside” at the foul line. Coaches teach how to use  $\frac{3}{4}$  front in the high post, and full front with close out to the ball in the low post.
- Perimeter players are introduced to the concepts of “digging” and “blitzing” interior passes.

Coaches Notes:

## Transition

### Drill Name: Line Fast Break Drill (Groups of 3)

Required:

- Groups of three, one basketball, full court (half court for younger groups).

Set Up and Execution:

- Start with three players on the sideline at the top of the semi-circle above the key. The first player in line has a ball. The group is heading toward the far basket. The first player with the ball is executing a high speed dribble followed by the other two players. When they arrive at the basket, the dribbler makes a layup and immediately turns and heads up the floor running in an inside quarter. The second player in line becomes the rebounder. In the early stages of this drill the rebounder does not take the ball outside the end line. They just rebound the ball and pass to the outlet position on ball side, which is filled by the third person in line. The outlet player yells “outlet”. The one man

(shooter) going up the inside quarter yells “open” and receives a pass from the outlet and finishes with a layup. The execution of this first phase of the drill is based on the understanding that the one man going up the inside quarter only receives a pass if they are within the “transition zone”, which is an area approximately 10-15’ on either side of the timeline.

#### Outcomes:

- Fast Break Transition Principles
- Transition Defense
- Communication
- Decision Making
- Cognitive
- Spacing
- Dribbling, shooting

#### Variations:

- The next stage of the drill assumes that the one man is not open in the transition zone and therefore, must cut to the deep sideline at the top of the semi-circle above the key. In this situation the outlet relays a sideline pass to the one man. The one man must now be in an outside quarter with their heels to the sideline. From this position, all players attacking the basket. Coaches can discuss various cutting options that will result in the three players balancing the floor in a 3-out set.

#### Variation: Line Fast Break Drill (Groups of 4)

- Begin the drill in the same formation as the group of three and add a fourth player. Again, the first player is the high speed dribbler and shooter. The second player is the rebounder. The third player is the outlet. The fourth player becomes the first trailer/cutter on the returning transition. Coaching philosophy will dictate how to use the trailer. For example: if the team is learning to finish in a 4-out and 1-in set, then the trailer would come down an inside quarter on the weakside and run an L-cut in the key to a mid-post spot above the block on strong side. If the coach wants to finish with 5-out then the trailer would cut through the key filling to one of the corners.

#### Variation: Line Fast Break Drill (Groups of 5)

- Begin the drill in the same formation as the group of four and add a fifth player. The five man (last person in line) is designated as the keeper. They must keep all other opposing players ahead of them as they transition down the floor. When they reach the front court they have several options including cutting through as the last trailer, setting a drag screen as required for one of the guards, or simply filling into the offensive set and balancing the floor.

#### Variation: Line Fast Break Drill (Adding Pressure)

There are numerous approaches to adding pressure. Here are a few examples:

- Using groups of 4 - have the four man pressure the outlet pass.
- Using groups of 5 - have the four and five man try to trap the ball
- Using groups of 6-9 have the first 5 run line fast break and the trailing 6<sup>th</sup> man (or add other players) run freelance and hawk the ball any way they can, or the coach decides.
- Using a line of 9 or 10 – have the first 5 in the line run fast break and last 4 or 5
- defenders try to shut the break down. Offense tries to get a bucket off transition, secondary transition or finish in an offensive set.

#### **Drill Name: Fast Break Call Name**

Required:

- 8 – 10 players, two equal groups, one basketball, full court

Set Up and Execution:

- Defense lines up across free throw line extended facing baseline. Offense lines up on baseline. Whoever the coach passes to on Offense, the defender opposite goes straight back. The other defenders must touch wall at the baseline before recovering to defend the fast break. If coach also calls a name, then person opposite and the name drop back, others touch wall and recover.

Outcomes:

- Fast Break Transition Principles



- Transition Defense
- Transition Offense
- Communication
- Decision Making
- Cognitive
- Spacing
- Dribbling, shooting

Coaches Notes: