



# 1 on 1 Decision Making Drills



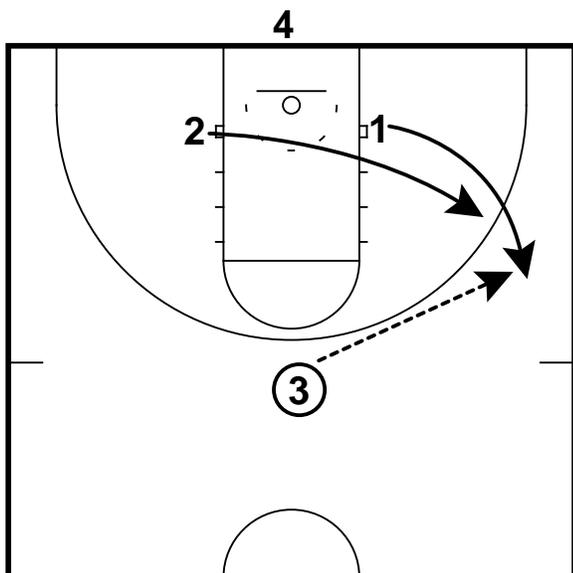
## Table of Contents

<b>1.</b>	<b>1 on 1 Drills</b>	<b>3</b>
1.1	Advantage 1v1	3
1.2	Ball Screen 1v1	4
1.3	Chase Finishes	5
1.4	Dribble Cage	6
1.5	Evade Finishes	7
1.6	Explosion 1v1	8
1.7	Full Court Paint Game	9
1.8	Get Open 1v1	10
1.9	Hand Touch Finishes	11
1.10	Helpside Finishing	12
1.11	Hostage 1v1	13
1.12	Iona 1v1	14
1.13	Longhorn 1 on 1	15
1.14	Louisville 1v1	16
1.15	Michigan Finishing	17

	<b>1 on 1 Decision Making Drills - Contents (cont.)</b>	
1.16	Paint 1v1	18
1.17	RMU 1 v 1 Elbow	19
1.18	Screen 1v1	20
1.19	St. Joes 1 on 1	21

# Advantage 1v1

Frame 1



## Set-Up

Passer (3) at the TOK. Offense (1) is on right block. Defense (2) is on left block. When 3 slaps the ball, both 1 and 2 cut out to the wing and it goes to live 1 on 1. Offense stays if they score. If defense gets a stop they go to offense. Passer goes off and waiting player comes on to be D. Loser goes to pass.

**Time:** 5 minutes a side

**Scoring:** Each shot is 1 point regardless

**Objective:** Score the most points in 5 minutes

**Boundaries:** Opposite lane line is out of bounds

**Constraints:** Offense has 3 dribbles, Offense has a 1 second decision clock (no shot or drive within 1 second = turnover).

## Teaching Points (Offense):

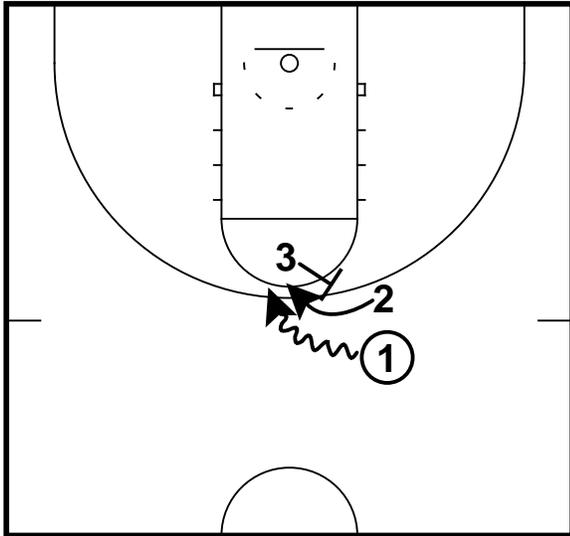
- Shot/drive preparation on the catch
- Shoot/drive decision making
- Use the dribble to go cover ground
- Shoulders lower than D on the drive
- Use body to protect ball as you finish

## Teaching Points (Defense):

- Closeouts with high hands
- Catching the first dribble
- Walling up when offense tries to score in the paint
- Blocking out after a possession

# Ball Screen 1 v 1

Frame 1



## Set-Up

Any spots on the court can be used (wing, TOK, etc). 1 player is offense, the other is defense. Coach or a third player can be the screener. Offense is trying to score off the ball screen. Defense is trying to get a stop

**Time:** Coaches choice.

**Scoring:** 2s and 3s based upon where the shot is taken from

**Objective:** Score the most points in 5 minutes

**Boundaries:** Opposite lane line is out of bounds

**Constraints:** If offense uses the screen they must take a dribble jumper. If offense refuses the screen they can score however they would like.

## Teaching Points (Offense):

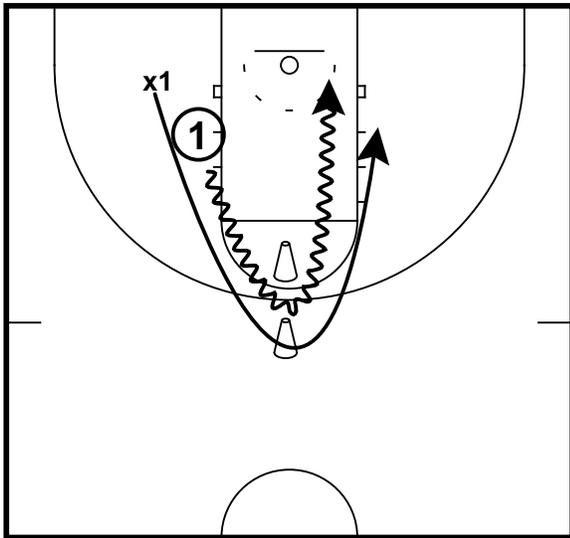
- Ball screen set-up
- On ball offensive reads
- Feel your man
- Pace and deception

## Teaching Points (Defense):

- On-ball defense with ball screen
- Getting skinny over a screen
- On-ball stance and position

# Chase Finishes

Frame 1



**Set-Up:** 1 with the ball at the block. x1 is directly beside 1. Two cones are put at the TOK and one slightly above that. On "go" the offensive player dribbles around the first cones to score, the defense will run around the second cone. Live 1 on 1 to rim

**Objective:** Score the most lay-ups in the time allowed. Every lay-up is 1 point.

**Time:** 4 Minutes on each side

**Constraints:** Have to shoot a lay-up, 3 dribbles max after cone pass

**Teaching Points (Offense):**

- Push ball out in front as you attack
- Ball protected in power pocket
- Eyes on rim through the finish
- Explode into the rim

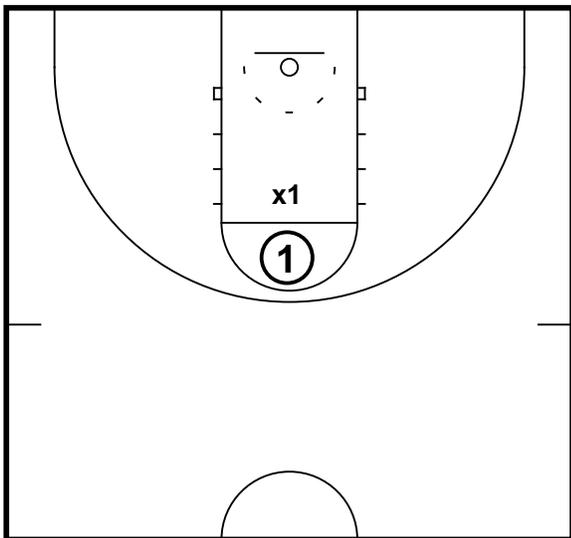
Read the defense: D is behind you = extend out finish. D is beside you = 2 foot finish. D is in front of you = pull up or evasion finish

**Teaching Points (Defense):**

- Sprint to recover
- Wall-up and use body to bother finish

# Dribble Cage

Frame 1



x1 hands ball to 1 and drill begins:

**Objective:** 1 dribble from the foul line to the baseline as many times as possible. Each time they reach either the baseline or the foul line they receive a point

Defense is working to keep 1 from getting touches. Switch x1 and 1, then repeat.

**Time:** 1 minute

**Boundaries:** You cannot leave the paint

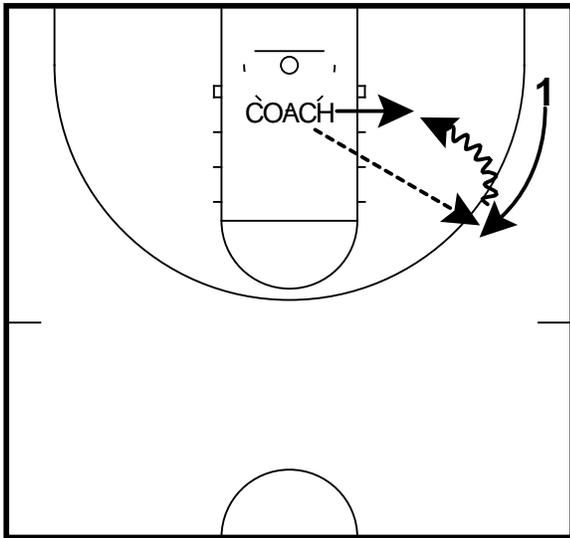
**Constraints:** Dribble cannot turn their back. Defense cannot hand check, palms must be up.

**Teaching Points:**

- Offense change hands and direction
- Offense attack a shoulder and go until cut off, then change direction. Do not dance with the ball
- Defense palms are up and feet are active
- Defense stay chest to chest and move laterally
- Defense catch drives with the hips and chest - show the hands

# Evade Finishes

Frame 1



## **Set-Up**

Player can start wherever the coach decides. Can also start with a live dribble. Player attacks the basket and the coaches comes out to be a helpside or second level defender. Defense must react and evade the coach to score.

**Time:** Coaches choice

**Scoring:** Each shot is 1 point regardless

**Objective:** 20 makes for time

**Boundaries:** Normal basketball court

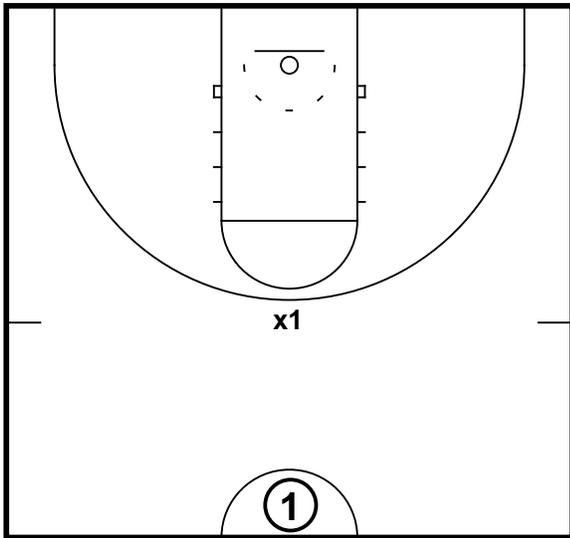
**Constraints:** Floaters and layups only

## **Teaching Points (Offense):**

- Eyes up on attack
- Get close to help and then get away
- Ball protected in power pocket
- Finishing up into the rim on balance
- Moves to use: spin, pro-hop, euro-step, live dribble moves, floater

# Explosion 1 v 1

Frame 1



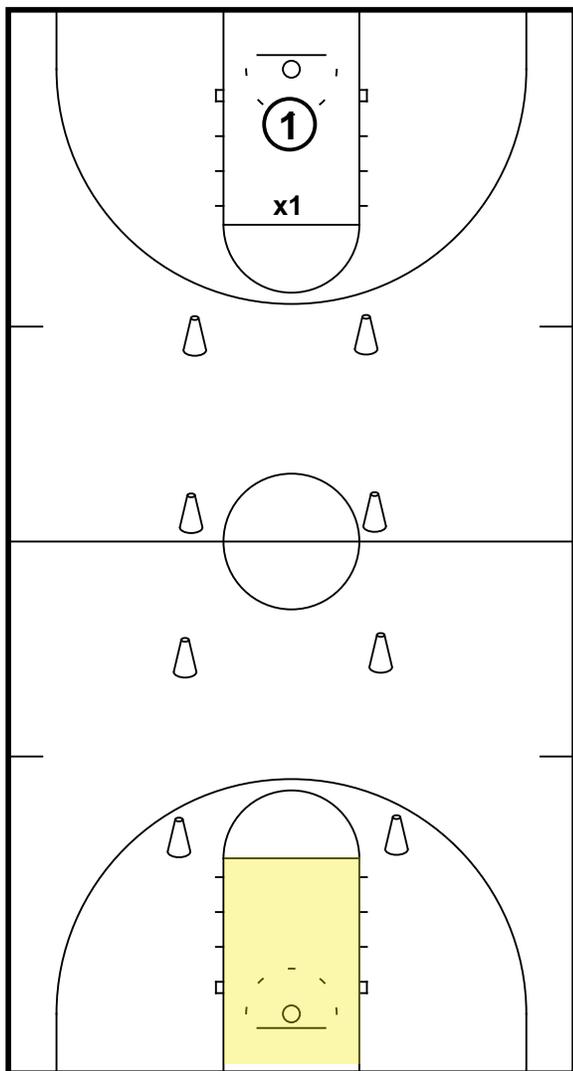
6 second shot clock. Live 1 on 1. Must score in the paint. If you score you stay on. If you get a stop you go to offense.

Constraints:

- dribble limit
- only dribble jump shots
- pass to coach option

# Full Court Paint Game

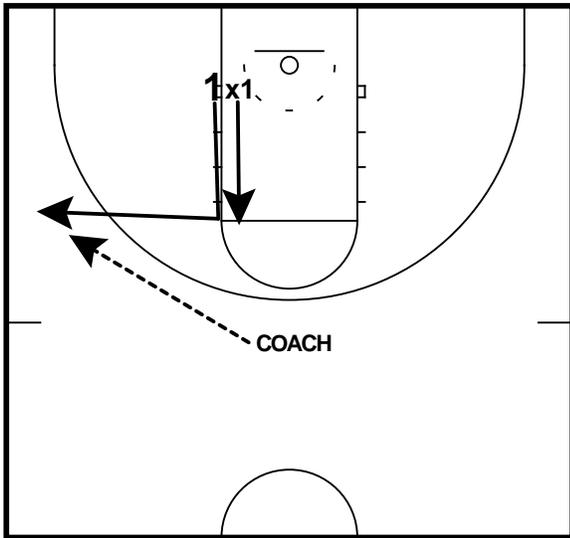
Frame 1



One player on offense, another on defense beginning in the far paint. Cones are set up to make a small area for them to play in. Live the whole way down. Must score in the paint. Point for a score and a point for a stop.

# Get Open 1v1

Frame 1



Can be done with L-Cut (shown) or V-cut from wing.

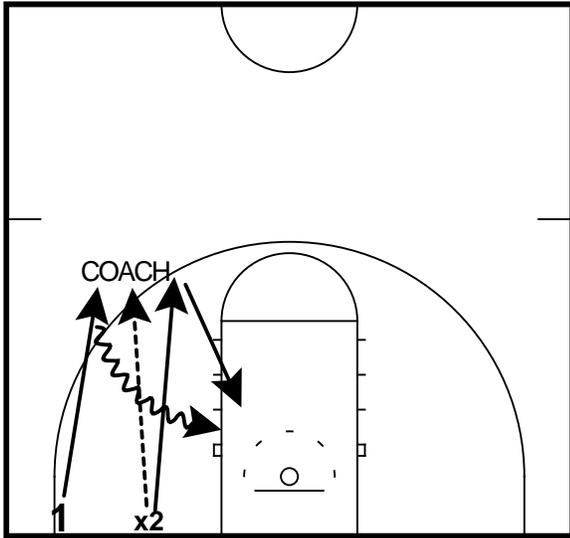
idea is to create separation with your body and get a catch on your spot. Live 1 on 1 after the catch.

Constraints:

- dribble limit
- set up a corridor with cones to decrease the space
- have to score in paint
- pass back to coach option

# Hand Touch Finishes

Frame 1



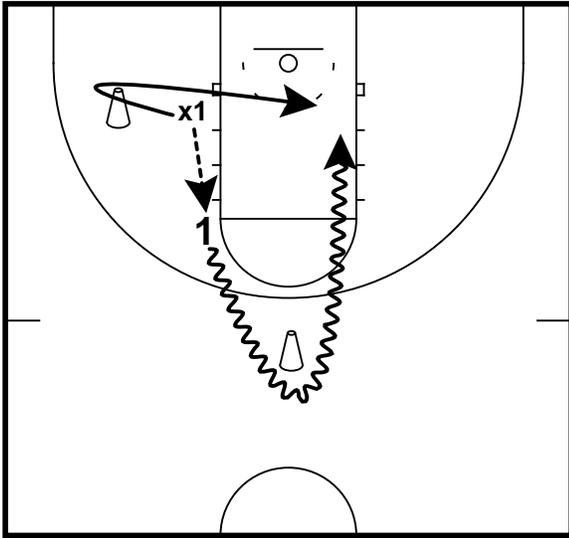
Defense is inside, offense is outside. Defense passes ball to coach. As pass leaves his hands both offense and defense sprint to coach. Coach hands offense the ball with their right hand, defense must touch the left hand. Live 1 on 1 to the rim.

PW Variation:

- offense runs around coach and gets ball from left hand, defense trails offense and gives pressure

# Helpside Finishing

Frame 1



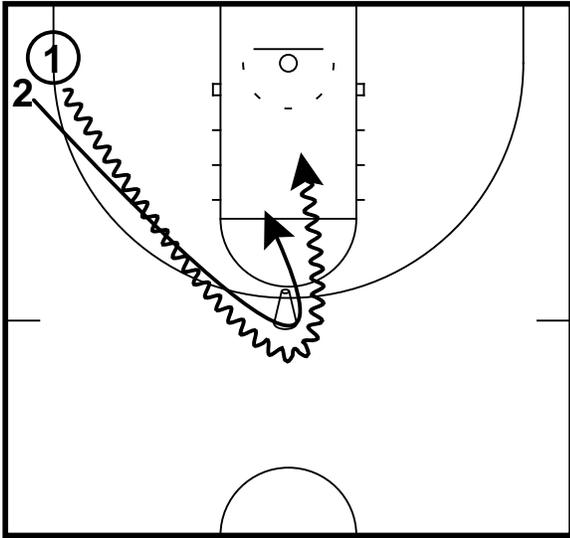
x1 will pass the basketball to 1, 1 will dribble around the cone and attack the basket. Immediately after passing the ball, x1 will sprint around the cone and meet 1 in the paint to challenge the shot.

Some examples of finishes to use could be:

- 2 foot lay-up
- 2 foot up and under
- pound and slide by
- pound and slide by up and under
- euro step
- spin and score

# Hostage 1v1

Frame 1



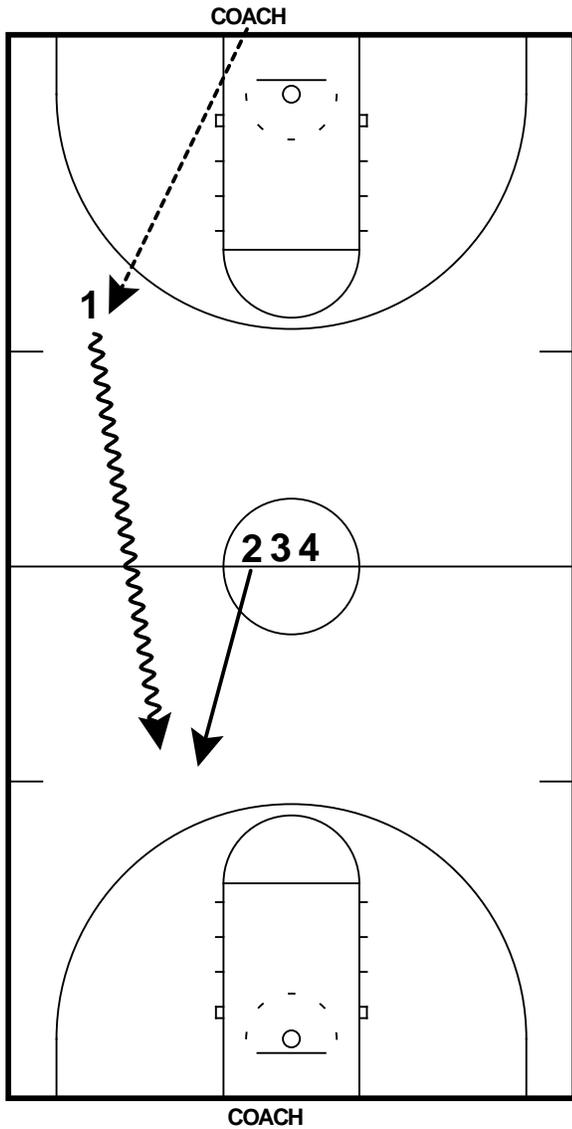
On the coaches whistle, 1 and 2 sprint around the cone  
Once the cone is crossed, it is live 1v1. Whoever scores a point (offense for a basket, defense for a stop) stays on.

Constraints:

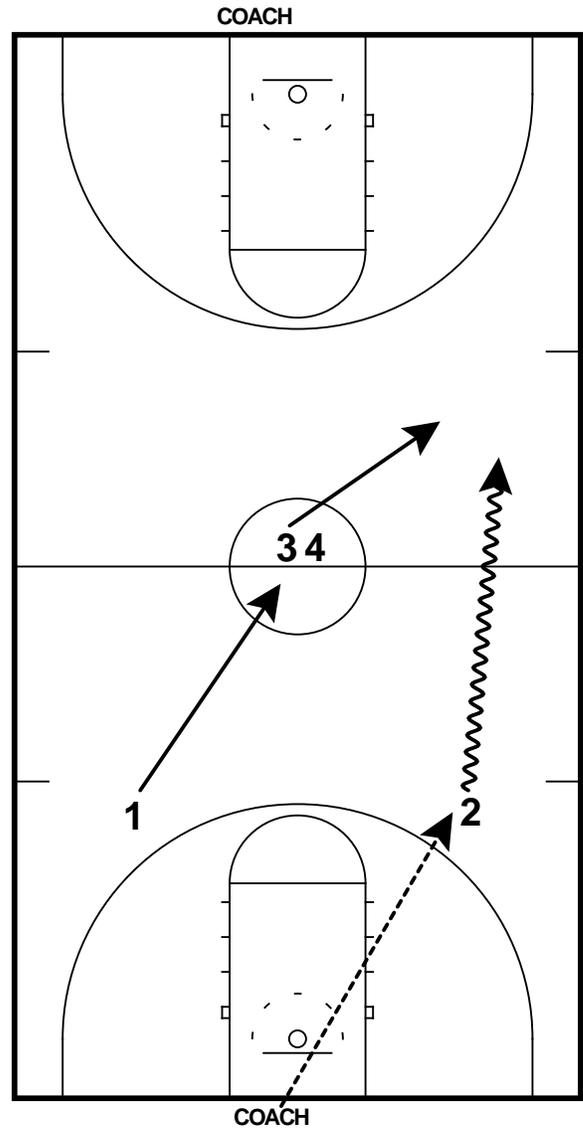
- play with a dribble limit after crossing the cone
- only can score in the paint
- only can score at the rim
- only can finish with a jump shot
- 6 second shot clock

# Iona 1v1

Frame 1



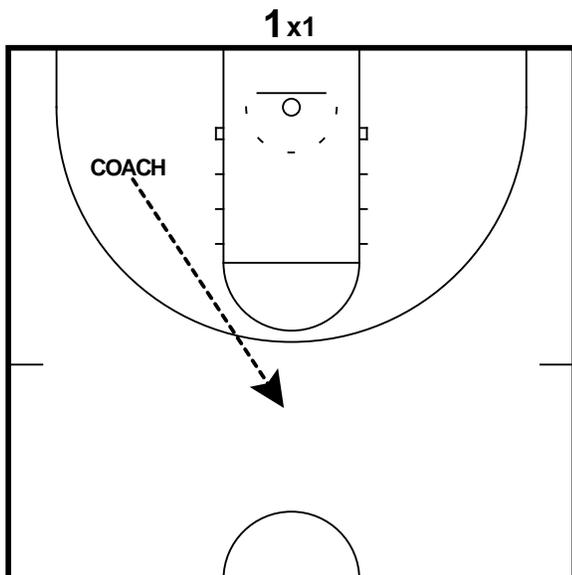
Frame 2



Coach throws ahead to 1. As 1 cross half court, 2 sprints out to defend him. Whoever wins the possession (offense scores, gets fouled, or OREB) keeps going.

# Longhorn 1 on 1

Frame 1



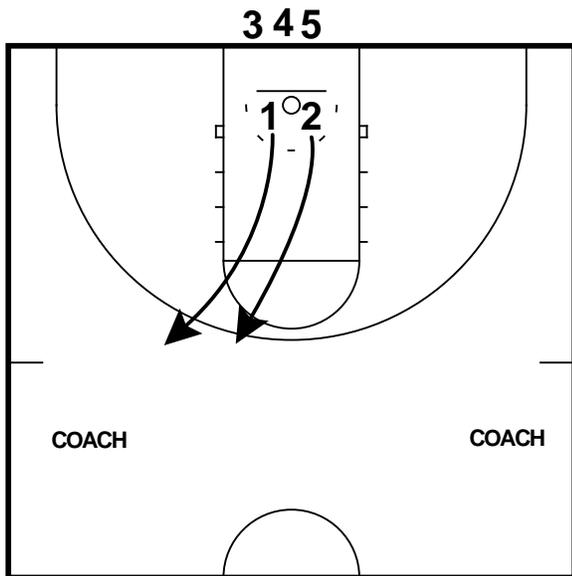
Players are lined up on the baseline. The coach will call the names of 2 players and then toss out the ball. The first player to get the ball becomes the offense. The other player becomes the defense. The drill is played live 1v1 until someone scores. You can play right off a rebound.

Constraint Ideas:

- only score in paint
- dribble limit
- dribble limit with pass back to coach
- only shoot jump shots
- 6 second shot clock

# Louisville 1v1

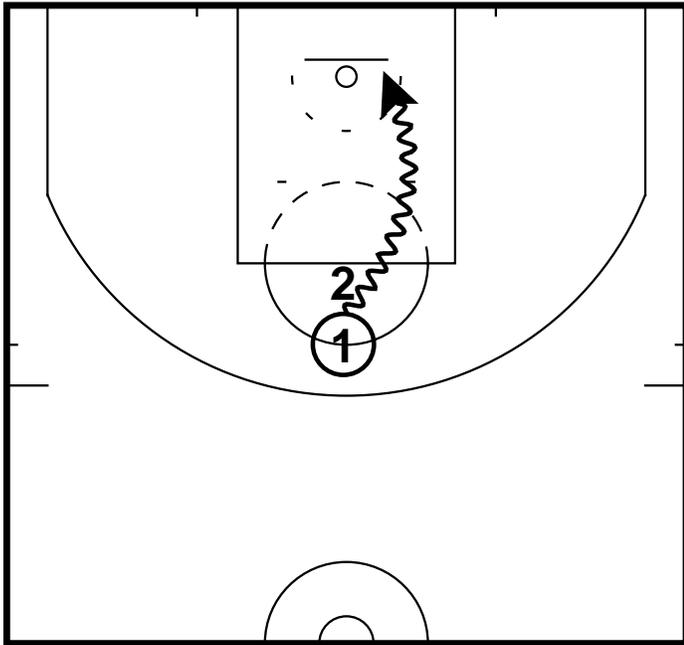
Frame 1



1 is on offense. 2 is on defense. 1 can loop out to either slot for a catch. 2 trails him out and defends him for live 1v1. 1 has a 3 dribble limit, but is allowed to pass back to a coach and get it back for a new set of 3. The winner of the possession (offense scores or OREB, defense gets a stop) cuts to one of the slots for a catch as the next defender sprints out to guard him.

# Michigan Finishing

Frame 1



1 and 2 both face the basket

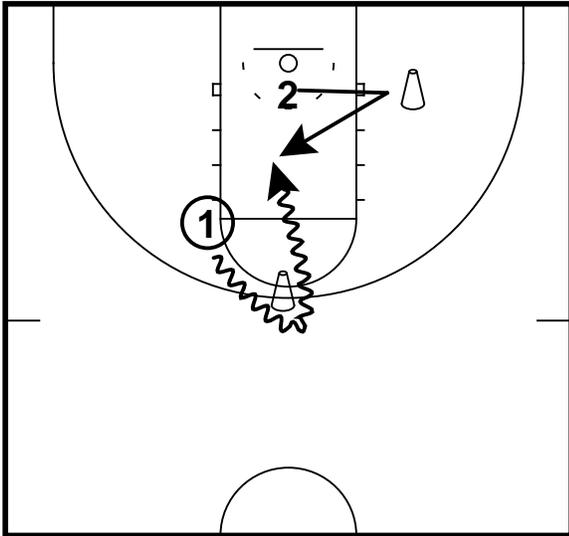
1 places ball on 2's back

1 rips ball of 2's back and attacks basket

2 tries to defend basket as 1 tries to finish

# Paint 1v1

Frame 1



On the coaches whistle, 1 dribbles around the cone and 2 sprints to touch the cone in the short corner. After that it is live 1v1.

Constraints:

3 dribbles or less after the cone

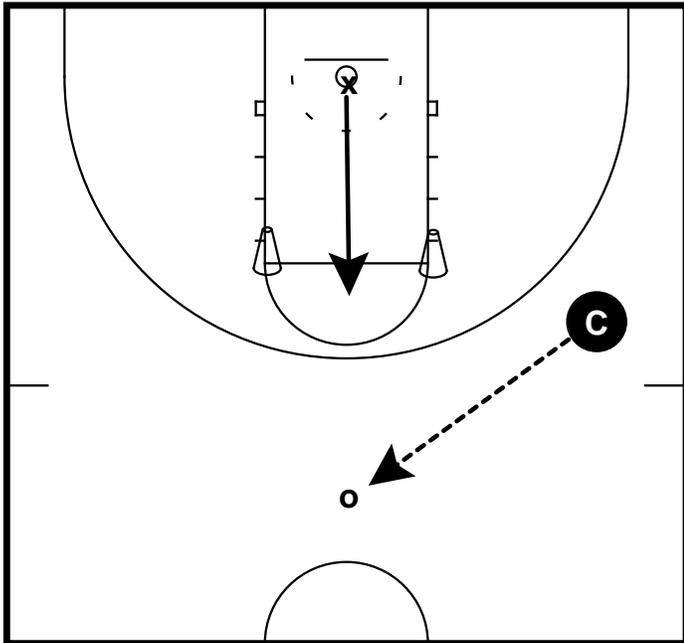
Only rim finishes

Only one change of direction move allowed

Only score in paint

# RMU 1 v 1 Elbow

Drill Set Up



The defensive player starts under the rim and tries to meet the offensive player above the cone level

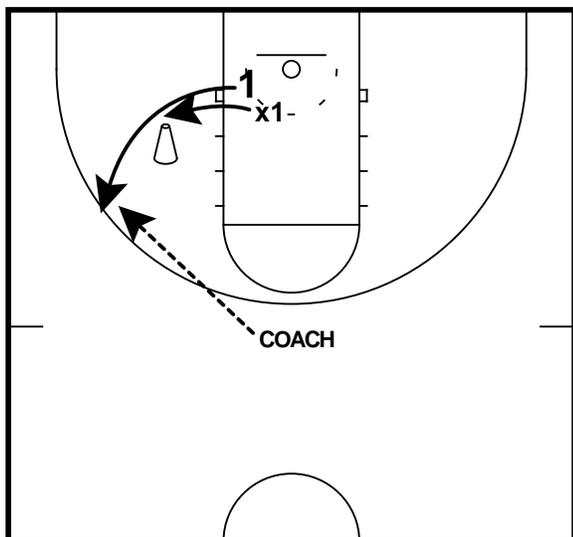
The offensive player starts between the top of the circle and half court.

Coach passes ball to the offensive player. When the ball is in the air, the defensive player can begin to closeout and meet the offensive player.

The offensive player CANNOT spin to the rim. Must always be in attack mode and face the rim. Must attack between the cones.

# Screen 1 v 1

Frame 1



Can use any types of screen that you choose:

- wide pin down
- narrow pin down (shown)
- flare screen
- baseline out screen

Defense can guard any way that they like. Offense only has 2 dribble off the screen to score. Emphasis is on reading the defender and making a 1 second decision.

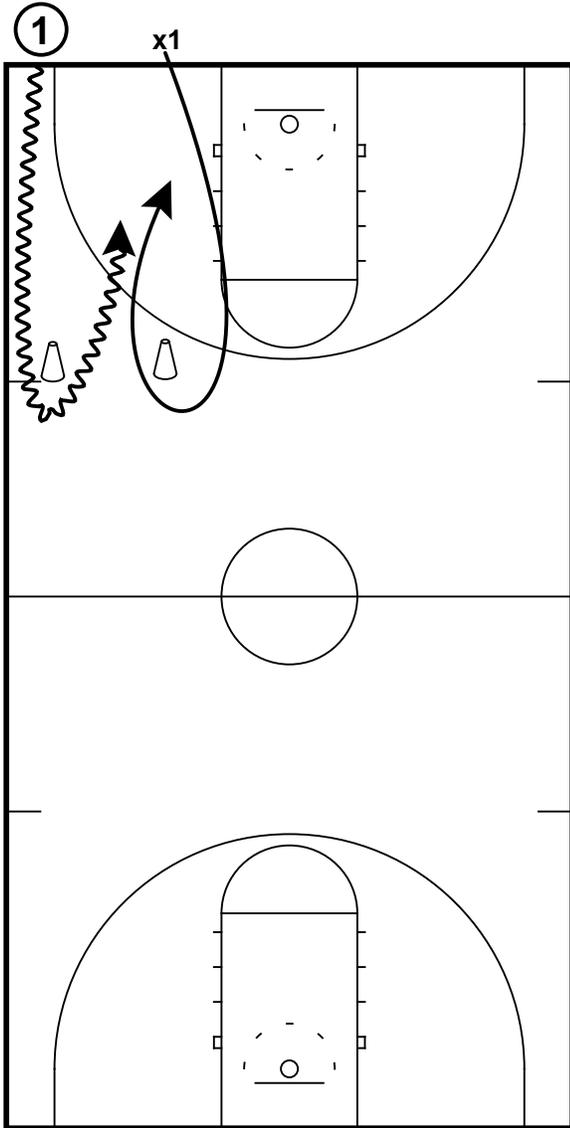
Teach separation and reads off the screen

Constraints:

- 1 dribble
- No dribble
- Pass back to coach option and rescreen

# St. Joes 1 on 1

Frame 1



Two cones are set up around the hash mark. The offense is closest to the sideline, and the defense is inside. On "go" the offense