

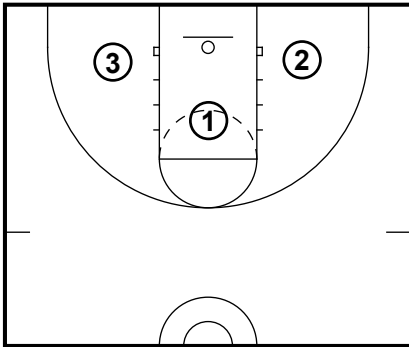
Practice Drills

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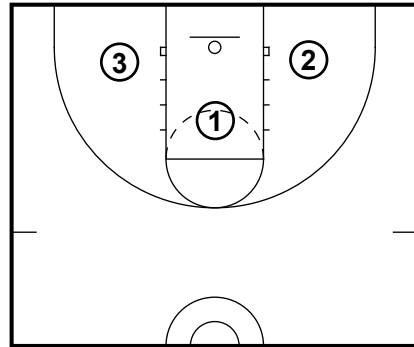
Shooting

Form Shooting Drills



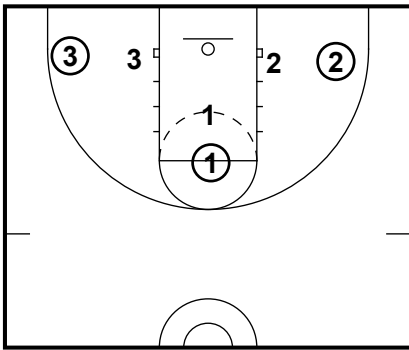
FORM SHOOT
 8-10 Ft
 Start Ball on thigh
 Feet at 10 and 12
 Index Finger Follow Through
CAN DO SAME THING BUT FACE SIDELINE AND TURN IN AIR FOR SHOT

Form Shooting Drills



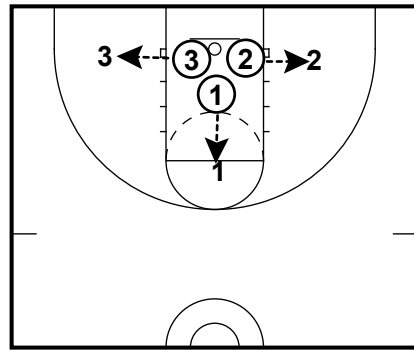
BOUNCE DRILL
 8-10 Ft
 Bounce Ball
 Catch
 Hit Thigh
 Feet Turned Follow through

Form Shooting Drills



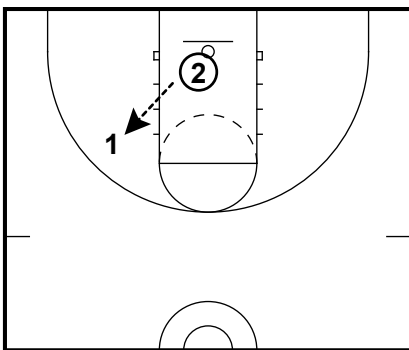
Partner Hand
 8-10 Ft
 Partner has ball behind shooter
 Hand Ball from behind to shooter
 Shooter brings hands straight back off hip for shot

Form Shooting Drills



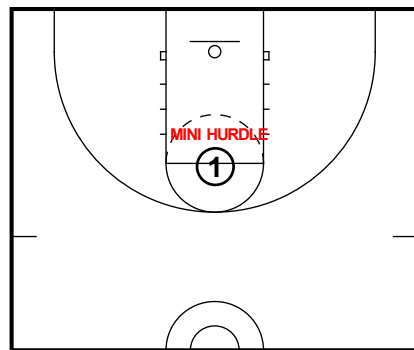
Partner Pass
 Pass out
 Catch (No Hop)
 Hit thigh
 shot
REPEAT SAME DRILL BUT WITH HOP

Form Shooting Drills



BAD PASS
 Partner throw a bad pass to either side
 Catch and bring to thigh
 Shot

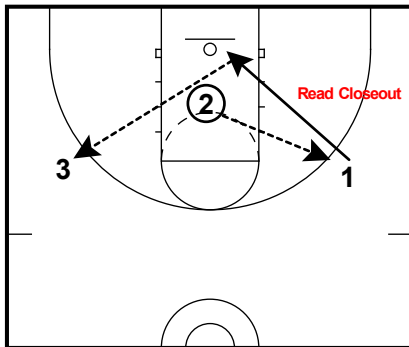
Form Shooting Drills



MINI HURDLE
 Bounce Ball Over Mini Hurdle
 Into Shot
DO FACING HOOP TO START AND FACING TOWARD SIDELINE

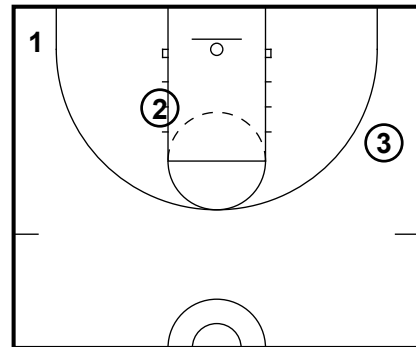
Shooting

Mass Shooting Drills



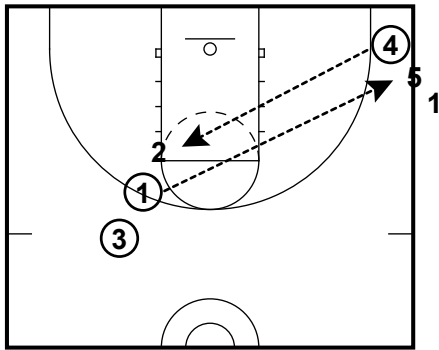
Closeout Shooting
 Read Closeout
 1 Count Shot or 2 Count Drive
 Get on Rebound Pass Out to other side
 Repeat

Mass Shooting Drills



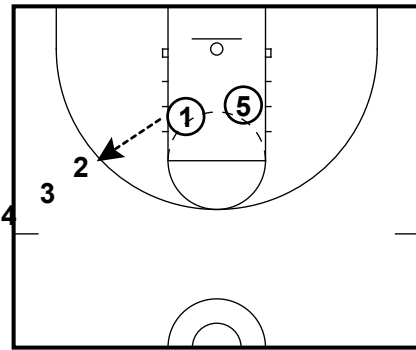
32 Shoot
 3 People, 2 ball
 2 people shoot a game shot
 Get our own rebound, pass to open teammate
 relocate for a shot
 ALL 1 Count Shots, Coach can have time for 2 count shots

Mass Shooting Drills



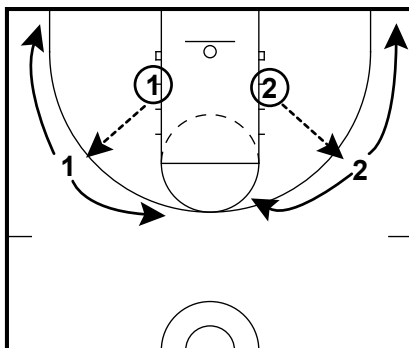
LSU Shoot
 Everyone has a ball except 1 person
 Pick any two spots on the floor
 Pass back and fourth for 1 count shots
 Get own rebound and switch lines

Mass Shooting Drills



Pass out and Shoot Over Defense
 Get own rebound and switch lines
 Passer goes to shooting line
 Shoot anywhere on the floor

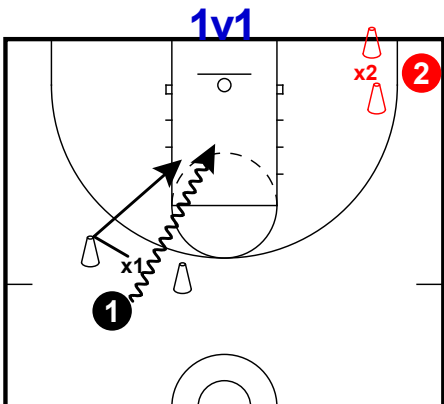
Mass Shooting Drills



2 Offense on perimeter ...

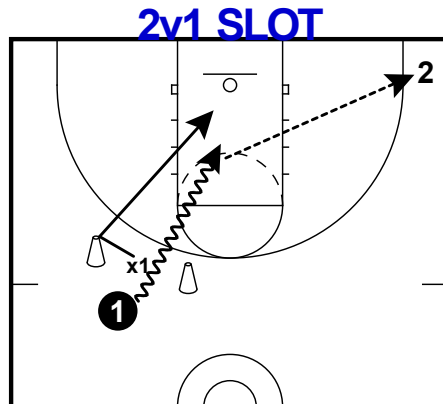
Find, Use, Create

Touch The Cone



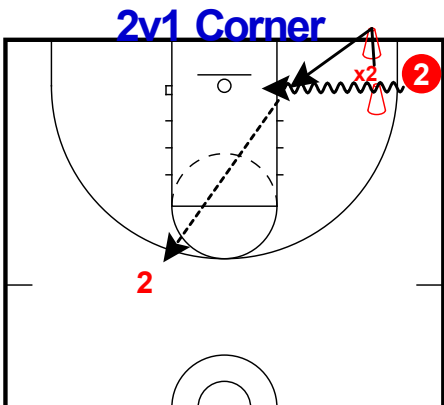
Defense touches the cone (either cone)
 Offense Drives to hoop
 Alternate black and red group who goes.

Touch The Cone



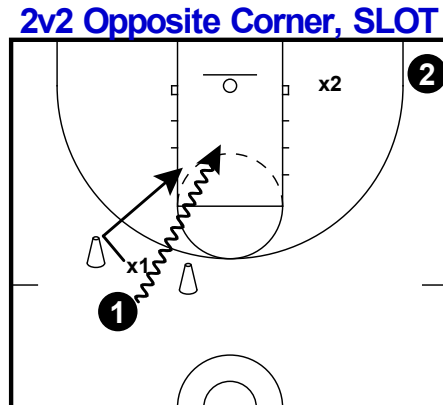
Defense touches the cone (either cone)
 Offense Drives to hoop
 IF D cuts off path to hoop pass out for shot

Touch The Cone



Defense touches the cone (either cone)
 Offense Drives to hoop
 IF D cuts off path to hoop pass out for shot

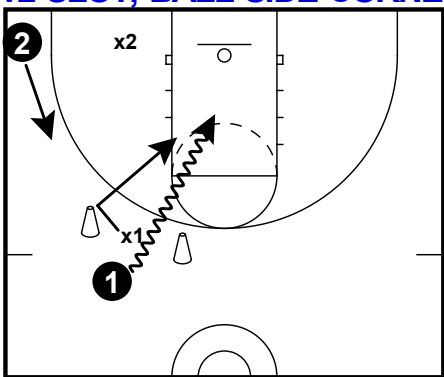
Touch The Cone



Same Drill 2v2
 Read x2 Shoulders
 Could Start ball in corner

Touch The Cone

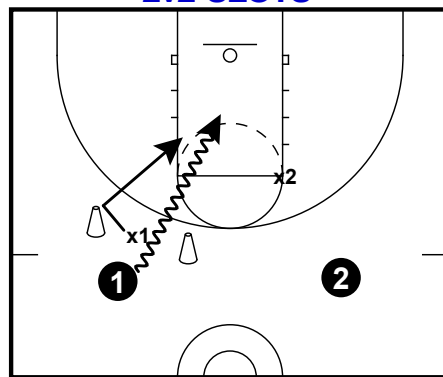
2v2 SLOT, BALL SIDE CORNER



Same Drill 2v2
 Read x2 Shoulders
 Could start ball in corner

Touch The Cone

2v2 SLOTS

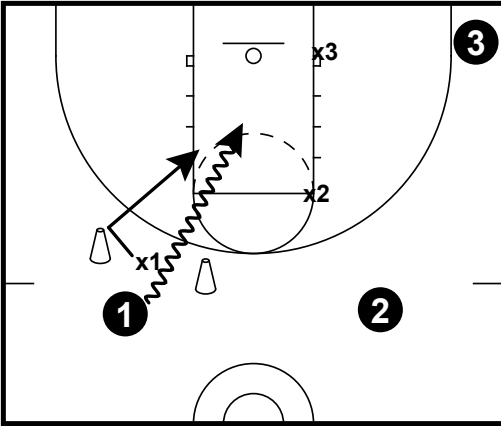


Same Drill 2v2
 Read x2 Shoulders

Find, Use, Create

Touch The Cone Cont.

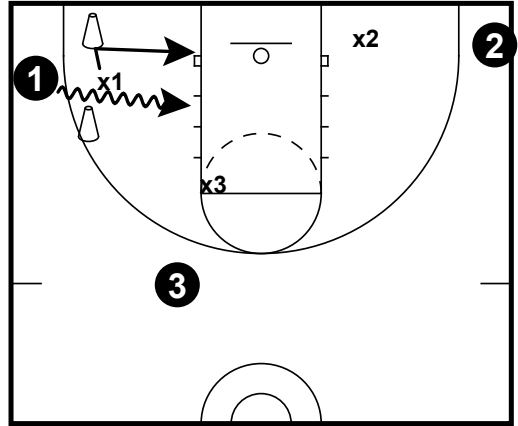
3v3 SLOTS and CORNER



Could do either corner

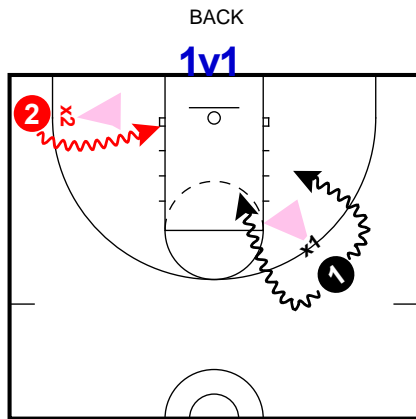
Touch The Cone Cont.

3v3 CORNERS and SLOTS



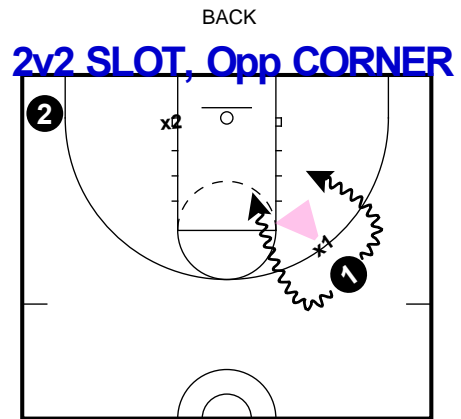
Could put 3 in either slot

Find, Use, Create

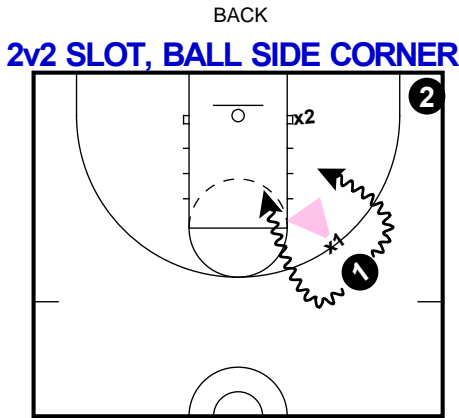


Alternate what group goes

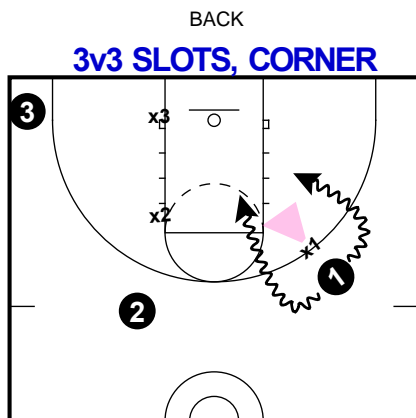
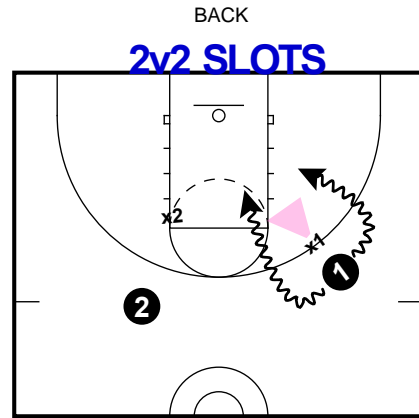
Defense has back to offense.
Touch the ball to the defenders butt
Once contact has been made, play 1v1
Get somewhere on first step



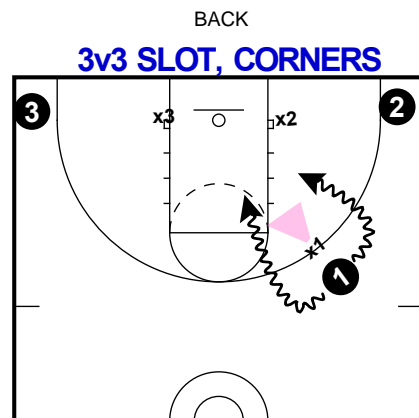
Can change where ball starts



Can change where ball starts



Corner can be either one
Change where ball starts.

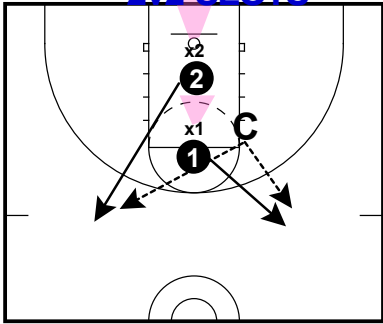


SLOT can be either one
Change where ball starts.

Find, Use, Create

STACK/BOX

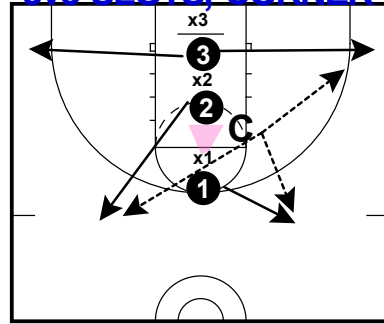
2v2 SLOTS



Coach has ball
 Offense facing coach
 Defense facing away
 On Whistle Offense break to SLOTS
 Defense will Closeout, coach passes and play 2v2
 If no 1 and 2 count then 3 count action
 EURO, DRAG

STACK/BOX

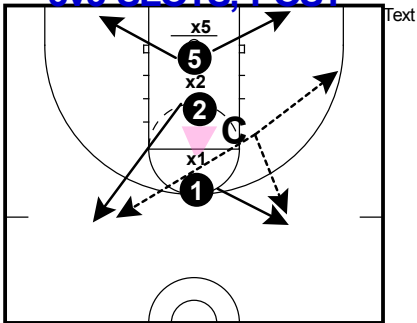
3v3 SLOTS, CORNER



Bottom can pick either corner.
 1 and 2 count first
 3 count actions second
 DHO, EURO, Pass and Down Screen, Flare, ETC.

STACK/BOX

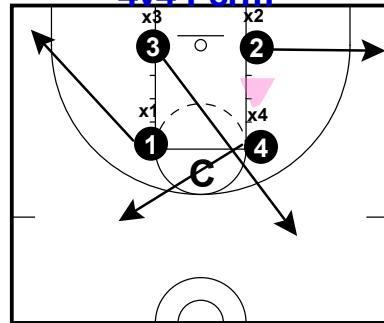
3v3 SLOTS, POST



Bottom can pick either Porch
 1 and 2 count first
 3 count actions second
 Want to get a ball screen first or DHO into ball screen as our action

STACK/BOX

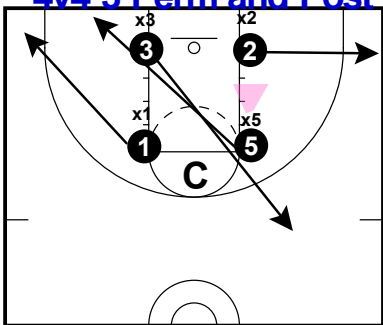
4v4 Perm



Offense can fill to any of the 4 perimeter spots.
 Play on catch.

STACK/BOX

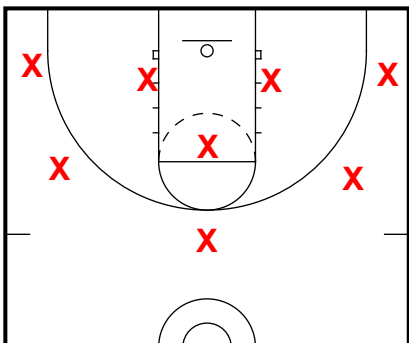
4v4 3 Perm and Post



Offense can fill to any of the 4 perimeter spots with the 3 players
 Post can go to either post
 Play on catch.

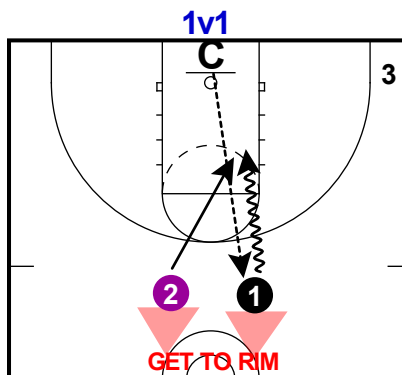
Find, Use, Create

TURN



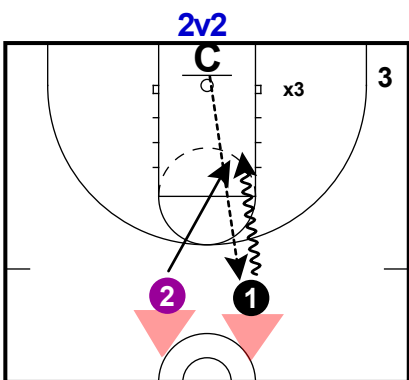
These marks tell you where you could start this drill
Two players you are throwing ball toward always start with back to coach.
Coach slap ball or whistle and they turn around.
Coach throw to one and play from there.
Man who does not get ball is on defense.

TURN



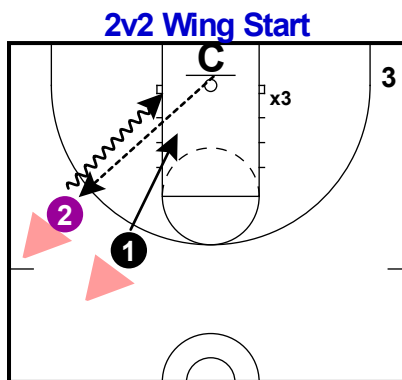
Players face away from coach
On whistle they turn around
Coach throws to one player
1v1 on catch. Try and get to rim
If player has no shot at all, player in corner ready for 1 count shot.
Could do from anywhere in red

TURN



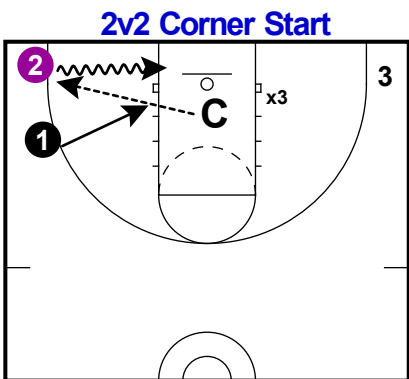
3 and x3 could be in corners
porch

TURN



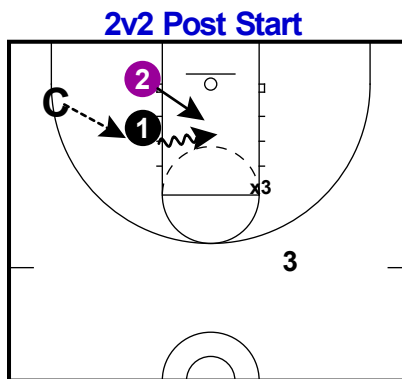
3 and x3 can be in the following places
either corner, other slot area

TURN



3 and x3 can be in
Either Slot
Corner

TURN

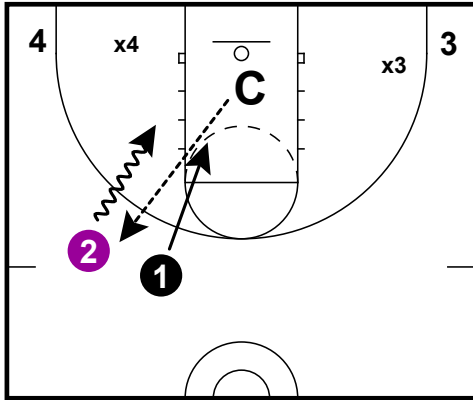


3 and x3 can be in
Either Slot
Either Corner

Find, Use, Create

TURN Cont

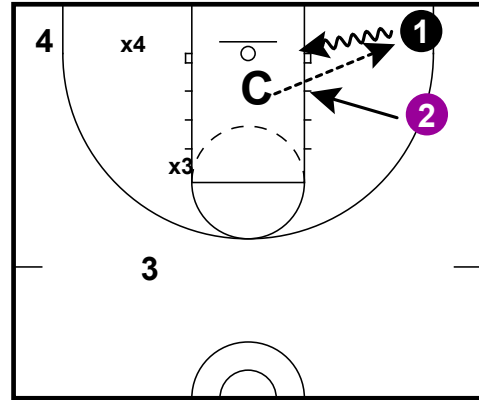
3v3



Start at either Slot

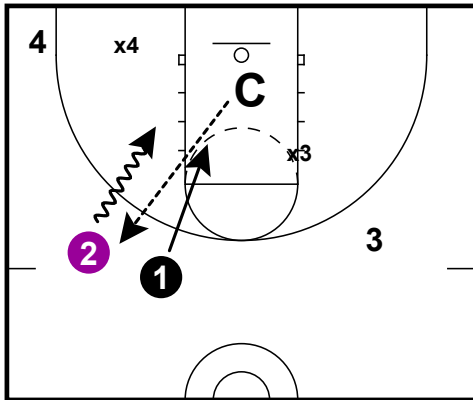
TURN Cont

3v3



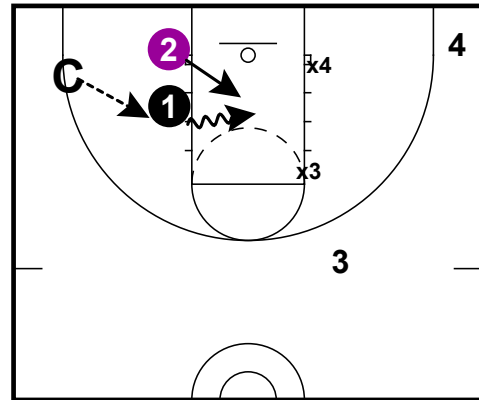
TURN Cont

3v3



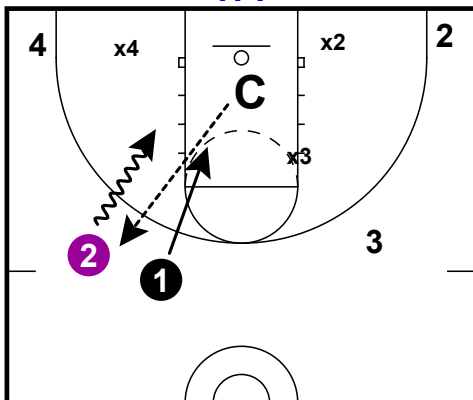
TURN Cont

3v3 Post Start



TURN Cont

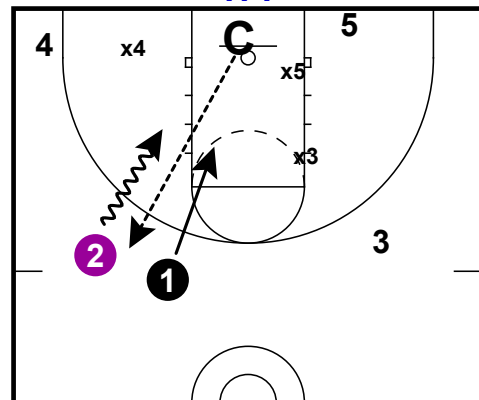
4v4



Start the ball wherever

TURN Cont

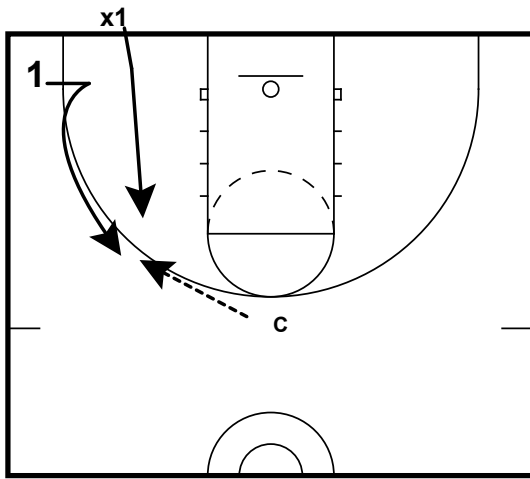
4v4



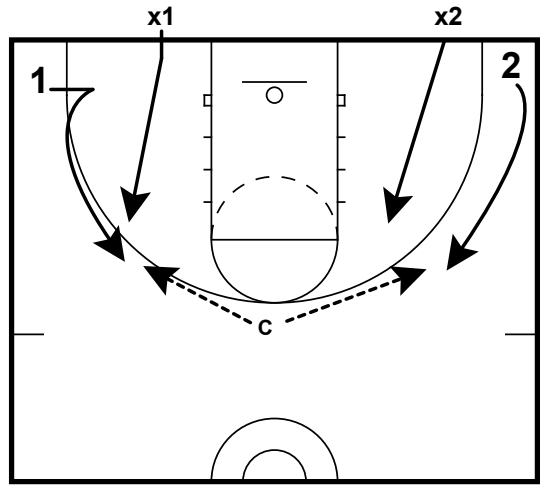
Start the ball wherever
Could also flip sides of court for 4 and 5

Find, Use, Create

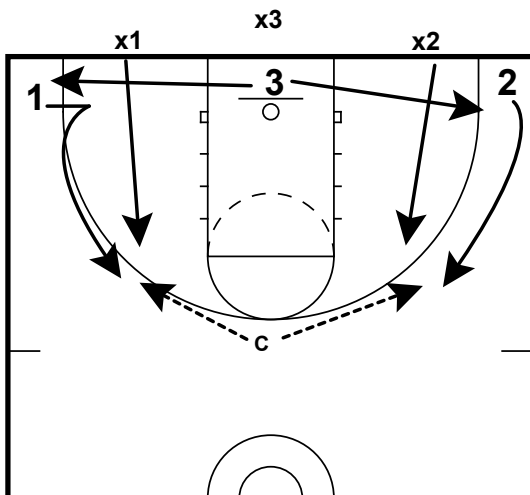
BASELINE



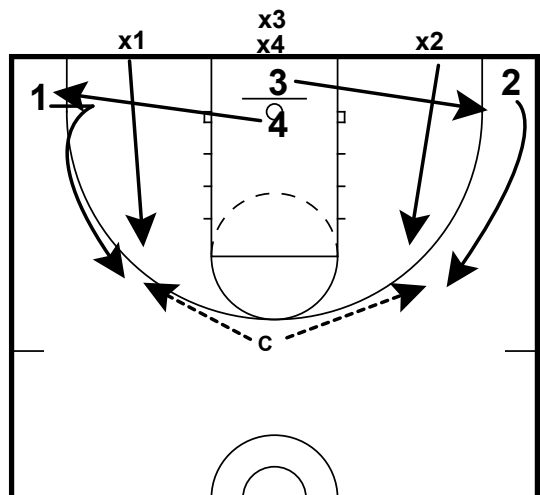
BASELINE



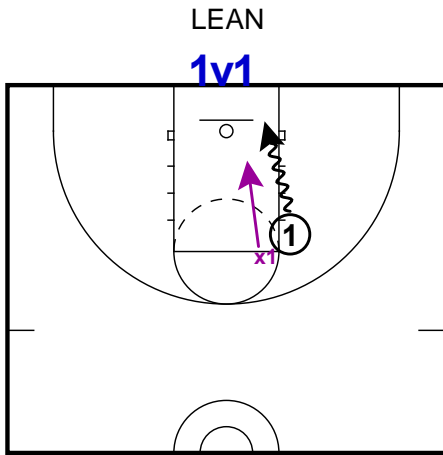
BASELINE



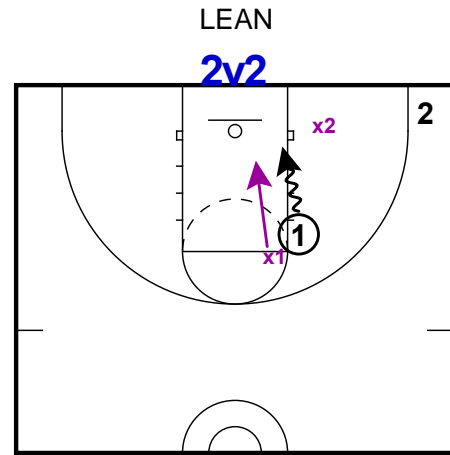
BASELINE



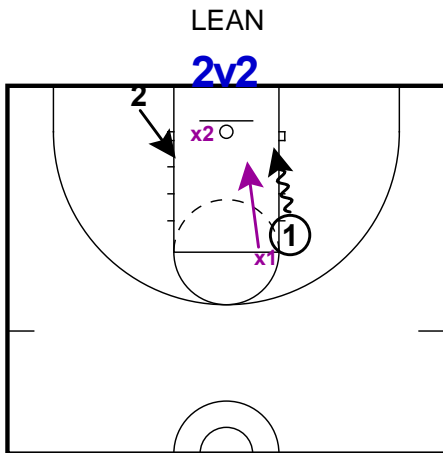
Find, Use, Create



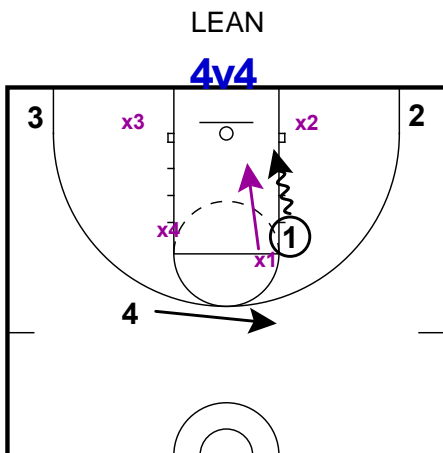
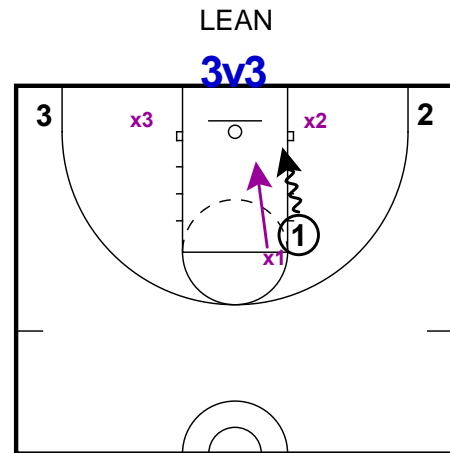
Defense starts a little behind offense leaning on shoulder.
Offense has ball in hand
As soon as offense puts ball on floor to attack rim it is live.



Read x2 shoulders on if to attack or pass out.

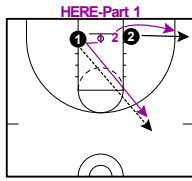


Read x2 shoulders on if to attack or pass out.



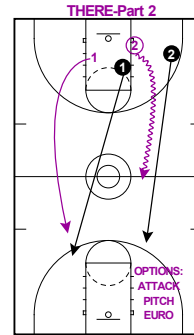
Find, Use, Create

TRIFECTA #2



2v2 Dematha
 1 rolls ball to slot.
 Purple 1 closes out
 Black two if guard will pop to ball side corner
 Black two if post will set an inside ball screen

TRIFECTA #2



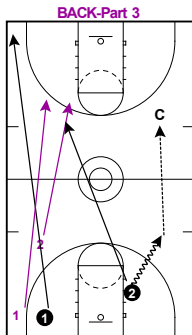
Once purple team secures rebound they take off into transition. Black is trying to stop them.

If there is an advantage right away USE IT.

IF NOT Want to fill both slots.

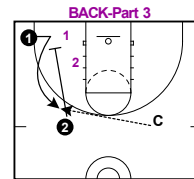
Can dribble attack or euro

TRIFECTA #2



Once black team gets rebound they pitch ahead to the coach.
 Filling opposite corner and slot

TRIFECTA #2



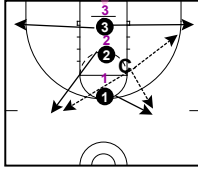
On the back coach will throw to offense once corner and slot are filled.

We will use a 2 person breakdown drill to work on the down screen. 1 count 2 count drive or 3 count action

Find, Use, Create

TRIFECTA #3

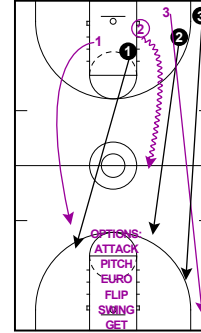
HERE-Part 1



FUC 3v3 Stack is the here
 Bottom can pick either corner.
 1 and 2 count first
 3 count actions second
 DHO, EURO, Pass and Down Screen, Flare, ETC.

TRIFECTA #3

THERE-Part 2



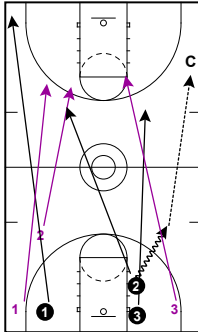
Once purple team secures rebound they take off into transition. Black is trying to stop them.

If there is an advantage right away USE IT.

IF NOT fill 3 of the motion spots.

TRIFECTA #3

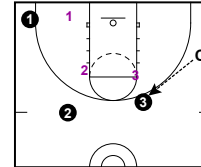
BACK-Part 3



Once black team gets rebound they pitch ahead to the coach.
 Filling opposite corner and slots

TRIFECTA #3

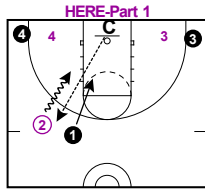
BACK-Part 3



On the back coach will throw to offense once spots are filled ...

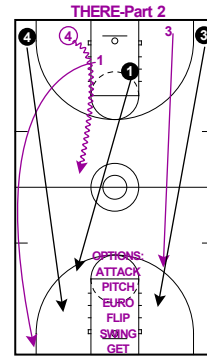
Find, Use, Create

TRIFECTA #4



3v3 TURN is the here

TRIFECTA #4

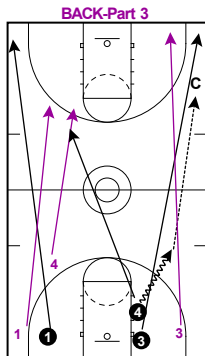


Once purple team secures rebound they take off into transition. Black is trying to stop them.

If there is an advantage right away USE IT.

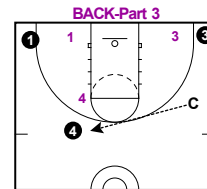
IF NOT fill 3 of the motion spots.

TRIFECTA #4



Once black team gets rebound they pitch ahead to the coach.
Filling opposite corner and slots

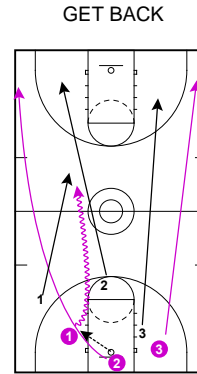
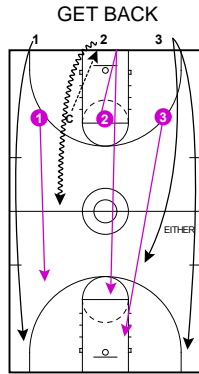
TRIFECTA #4



On the back coach will throw to offense once spots are filled

Three man breakdown.
Use an element to create an advantage.

Find, Use, Create



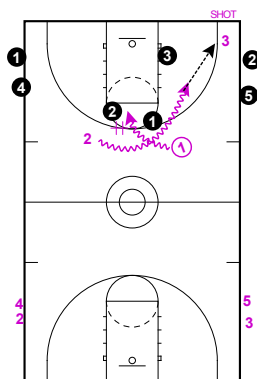
Offense on Baseline
 Defense on FT Line Extended
 Coach passes to offense, defensive player guarding the offensive player who receive the pass touches the baseline.
 Offense fills any of the motion spots, no rim runner.
 USE any initial advantage
 If non CREATE one

After purple gets rebound they go back in transition and black gets back.
 Can go back and forth as many times as coach wants.

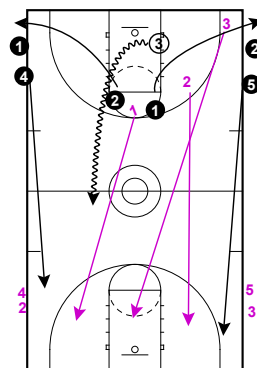


Find, Use, Create

LAKER DRILL



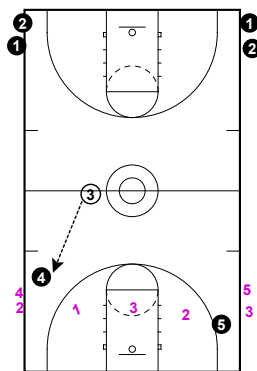
LAKER DRILL



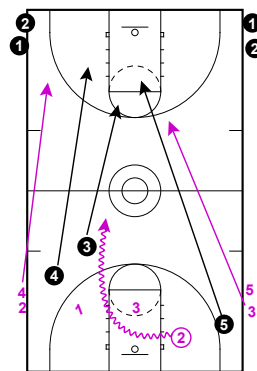
Drill starts with 3v3 1/2 court with no advantage
Coach can tell offense what element he wants first or can tell players to play

As soon as black gets rebound, two new players (one from each side) come in on offense and the rebounder is the 3rd offensive player.
The rebounder will play right away on miss or take it out of bounds.
Purple gets back.

LAKER DRILL



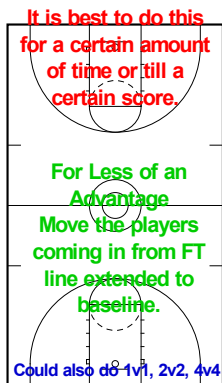
LAKER DRILL



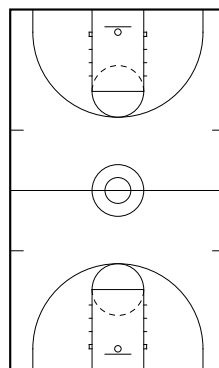
Fill 3 of the motion spots.
USE the initial advantage if there is one
If there is NOT CREATE one.

Once purple gets rebound. same thing going back.

LAKER DRILL

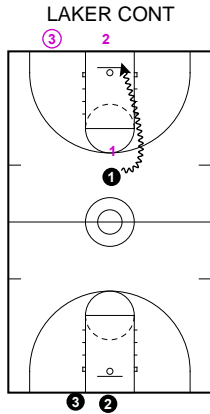


LAKER DRILL

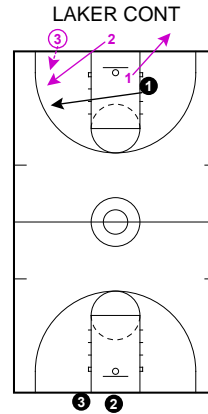


This is an option for doing it 4 on 4.
The 4th person could be a "post" or perimeter player

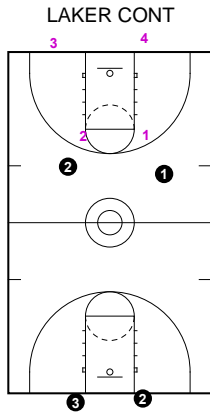
Find, Use, Create



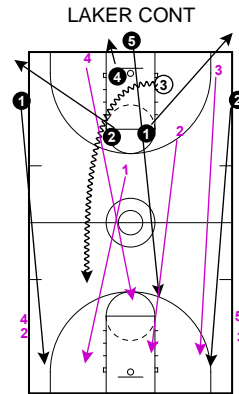
Start drill 1v1 in 1/2 court
Or a 1v1 FUC drill



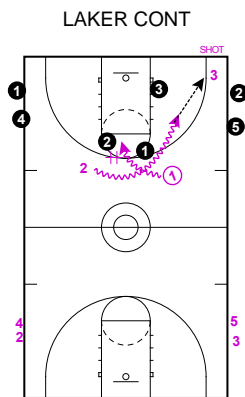
On make, let ball bounce
Purple 2 comes in and 3 throws inbounds to him
1 picks him and it is full court 1 on 1.



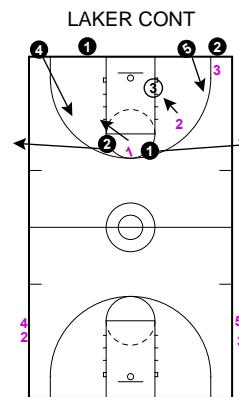
Start drill 2v2 in 1/2 court
Or a 2v2 FUC drill
Same principles as in 3v3 and 1v1 apply



This is an option for doing it 4 on 4.
The 4th person could be a "post" or perimeter player



Drill starts with 3v3 1/2 court with no advantage
Coach can tell offense what element he wants first or can tell players to play



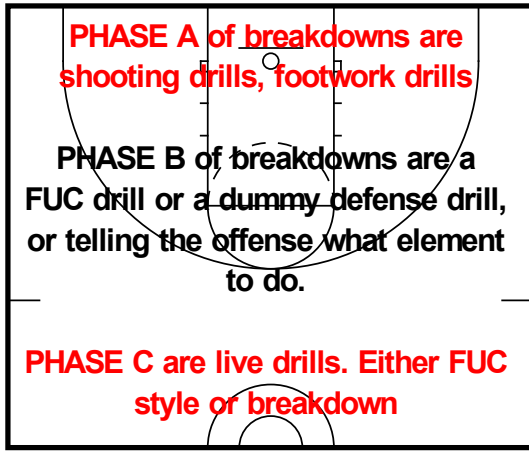
Now we bring offense from baseline
Once black gets rebound, purple picks them up full court like a press

Could do this 2v2, 3v3, 4v4

The rebounder will play right away on miss or take it out of bounds.

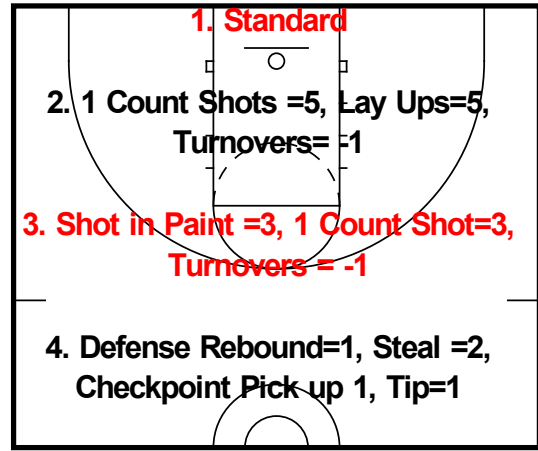
Breakdowns

Breakdown notes

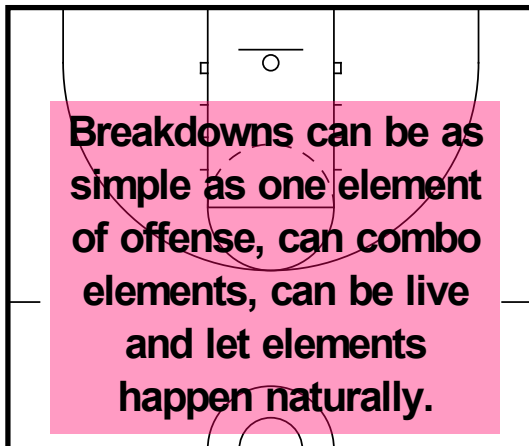


Breakdown notes

Scoring Breakdowns

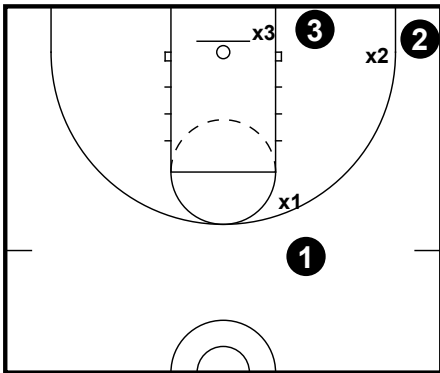


Breakdown notes



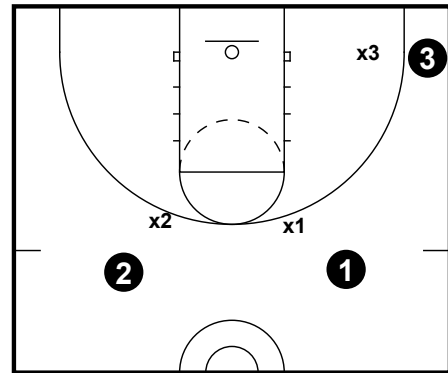
Breakdowns

41 Longhorn Breakdowns



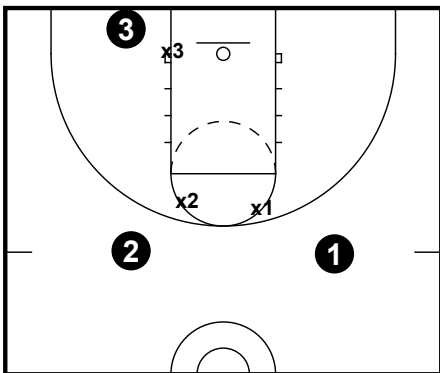
1. START WITH:
FLIP-POST-DEUCE-SHALLOW/LOOP-GET-DOWN
2. COMBO THEM TOGETHER
3. LIVE

41 Longhorn Breakdowns



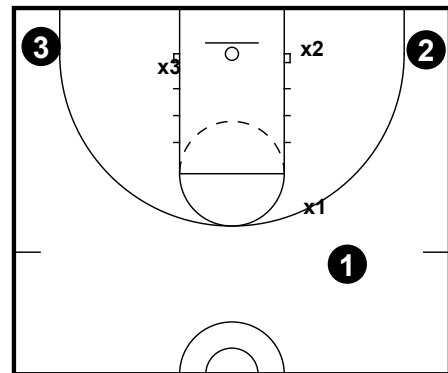
1. START WITH:
EURO-FLIP-SHALLOW/LOOP-GET-DOWN-SKIP
2. COMBO THEM TOGETHER
3. LIVE

41 Longhorn Breakdowns



1. START WITH:
EURO-DEUCE-SWING-POST
2. COMBO THEM TOGETHER
3. LIVE

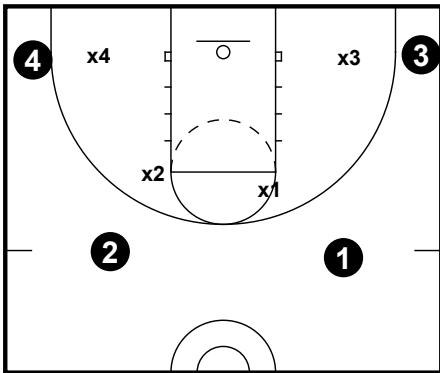
41 Longhorn Breakdowns



1. START WITH:
EURO-SKIP-DOWN-SHALLOW-GET
2. COMBO THEM TOGETHER
3. LIVE

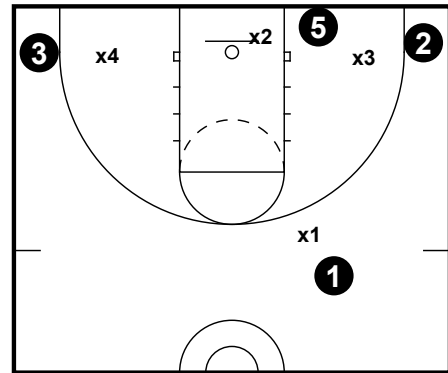
Breakdowns

41 Longhorn Breakdowns



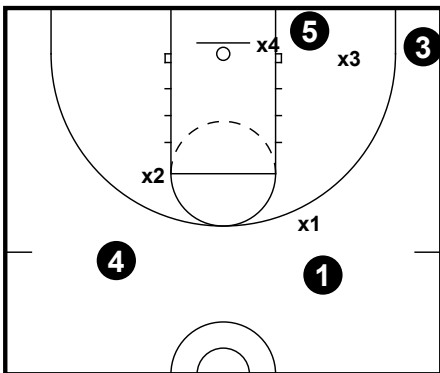
1. START WITH:
FLIP-EURO-GET-SKIP-DOWN-SHALLOW/LOOP
2. COMBO THEM TOGETHER
3. LIVE

41 Longhorn Breakdowns



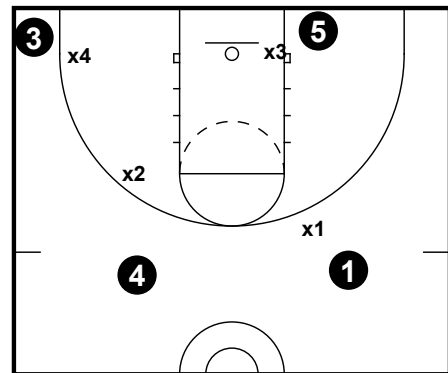
1. START WITH:
FLIP-POST-DEUCE-SHALLOW/LOOP-GET-DOWN-DEUCE
2. COMBO THEM TOGETHER
3. LIVE

41 Longhorn Breakdowns



1. START WITH:
DUECE-GET-EURO-FLIP-DOWN-SHALLOW/LOOP-SKIP
2. COMBO THEM TOGETHER
3. LIVE

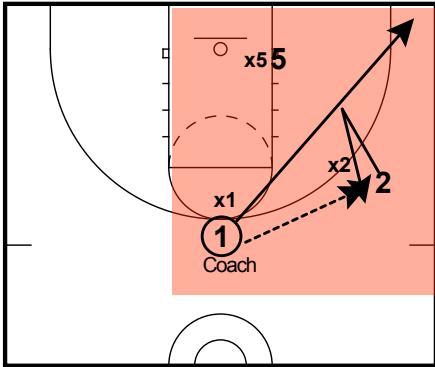
41 Longhorn Breakdowns



1. START WITH:
DUECE-GET-EURO-FLIP-DOWN-SHALLOW/LOOP-SKIP
2. COMBO THEM TOGETHER
3. LIVE

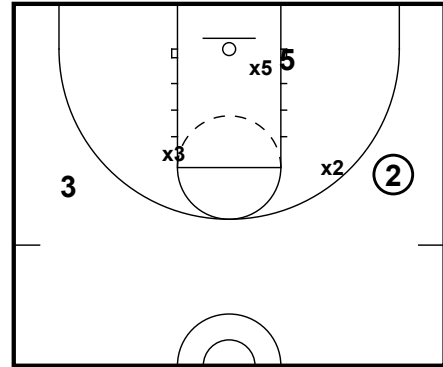
Breakdowns

Longhorn Team Workouts



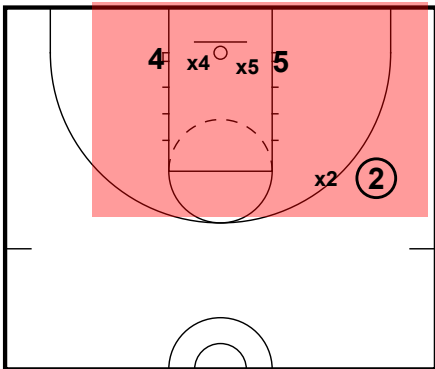
1. Post Entry
2. PNR
3. DHO
4. ATTACK

Longhorn Team Workouts



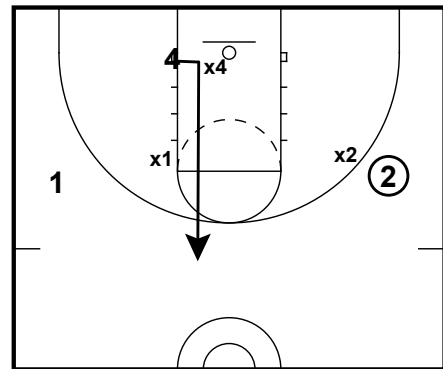
1. Post Entry
2. PNR
3. ATTACK

Longhorn Team Workouts



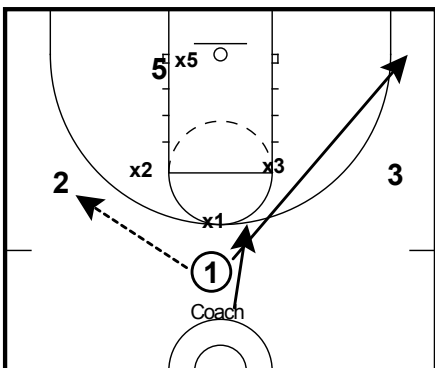
1. High Low
2. PNR

Longhorn Team Workouts



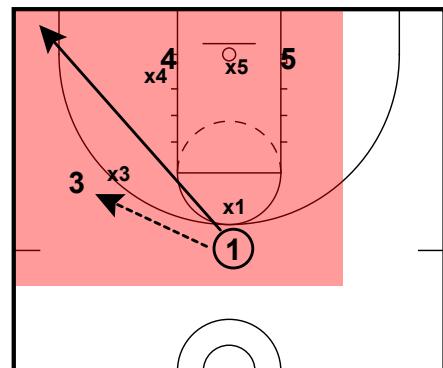
1. Attack from HP or wing
2. Reversal with BS or DHO.

Longhorn Team Workouts



1. PNR with OPP Downscreen
2. Reversal With OPP Downscreen into PNR or DHO

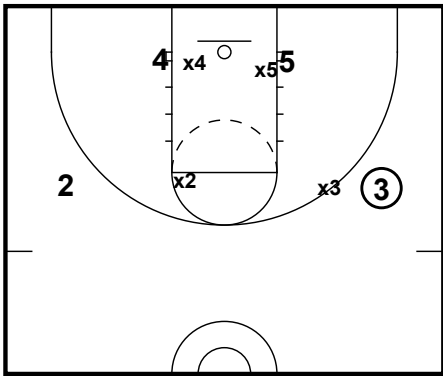
Longhorn Team Workouts



1. PNR
2. DHO
3. High-Low

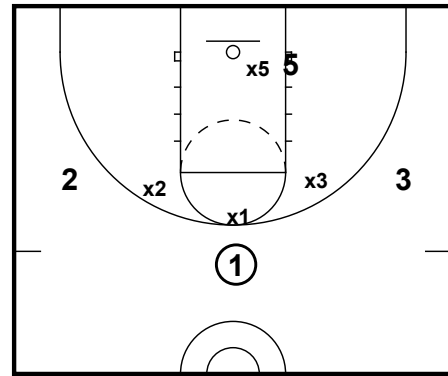
Breakdowns

Longhorn Team Workouts



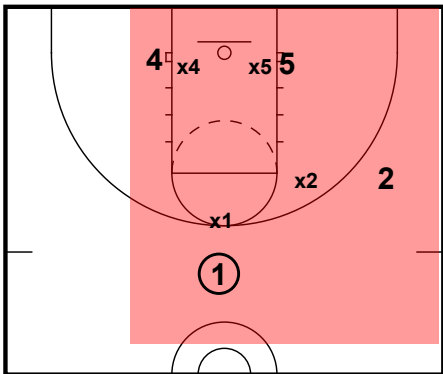
1. PNR
2. High/Low
3. Reversal with PNR or DHO

Longhorn Team Workouts



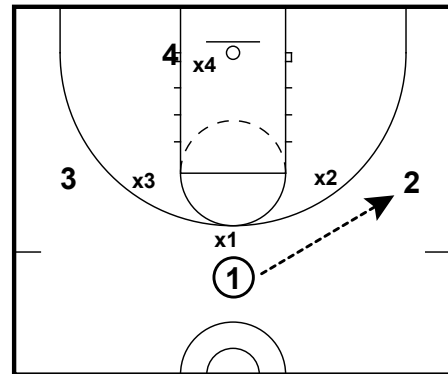
PLAY From here

Longhorn Team Workouts



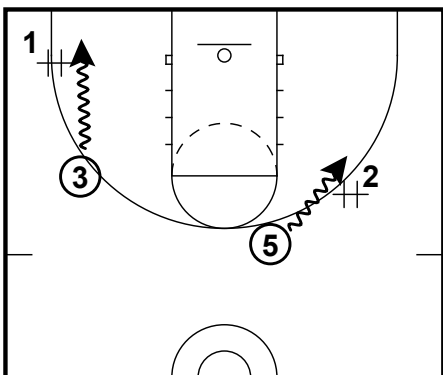
4 v 4 play inside shaded area.

Longhorn Team Workouts



4 v 4 but first pass has to be to 2.

Longhorn Team Workouts



Working on DHO 5 and 2 can also PNR