

SHOOTING

WARM-UP

INSIDE SCORING

GETTING OPEN

1

DRIBBLE FORM SHOTS

FORM SHOTS WHILE DRIBBLING WITH THE OTHER HAND.

2

MIKANS

CLOSE, ALTERNATING LAYUPS WITH THE BALL KEPT HIGH

3

REVERSE MIKANS

BALL HIGH, BACK TO THE BASKET, QUICK LAYUPS

4

FILMED SHOT BREAKDOWN

A SLOW-MO LOOK AT PERFECTING ONE'S SHOT

5

WEAK HAND FORM SHOTS

CLOSE WARM-UP ONE-HANDED SHOTS WITH WEAK-HAND

6

FORM SHOTS

CLOSE ONE-HANDED WARM-UP SHOTS

7

FORM BANK SWISHES

FROM CLOSE, OFF BACKBOARD, NO RIM

8

FORM SHOTS WITH INTERVALS

MAKE A CERTAIN NUMBER FROM CLOSE, THEN BACK UP A STEP

SHOOTING

WARM-UP

INSIDE SCORING

GETTING OPEN

HURDLE PRO HOPS

1

FOUR JUMPS TO A BIG PRO HOP TO MIDDLE HOOK

FAKE / REVERSE LAYUP

2

WITH SAME EXACT FOOTWORK, SHOOT FROM EITHER SIDE

BALL-TAP/READJUST LAYUP

3

DRIVE, TWO-LEG JUMP, RELOCATION LAYUP

SWOOP LAYUP

4

STRETCH LAYUP OFF DRIBBLE AND HIGH BALL GATHER

PRO HOP

5

DRIVE TO AN ATHLETIC & EVASIVE JUMP STOP

OVER BACKBOARD SHOTS

6

TO PRACTICE ARC AND TO UNDERSTAND FLOATERS

EPIC DRILL

7

FROM CLOSE. DRIBBLE, BETWEEN LEGS, SCOOP, REPEAT.

EXTENDED LAYUPS

8

FROM STANCE AT ELBOW, BALL HIGH TO LAYUP WITH NO DRIBBLE

SHOOTING

WARM-UP

INSIDE SCORING

GETTING OPEN

WHEN THE DEFENSE GOES UNDER THE
SCREEN

P&R: OVER TO SHOT

1

LAYUP, SPIN, FAKE SPIN, SHOT, J,
SNAPBACK, BACKDOOR

POLLY SERIES

2

BETWEEN THE LEGS TO CROSS OR TO IN N
OUT PUSH

TATUM IN N OUT SERIES

3

FAKE SPIN TO FAKE SHOT TO LAYUP

ROCKER STEP

4

WEAK SHOW WITH HELP

P&R: PASS TO POP

5

LAYUP, STEP-BACK, STEP-BACK TO
HESITATION

BETWEEN LEG SERIES

6

6 DIFFERENT SHOOTING SCENARIOS TO
PERFECT

6 SPOT SHOTS

7

PASSER RAISES LEFT, RIGHT, OR BOTH
HANDS ON CLOSE-OUT FOR JUMPER

CLOSE-OUT DECISION SHOTS

8

SHOOTING

OFF THE DRIBBLE

GROUP SHOTS

1 **TRIPLE CROSS PUSH SHOTS** | CROSS, CROSS, BETWEEN THE LEGS TO DRIBBLE J

2 **HARDEN STEP-BACK** | REPEAT BETWEEN THE LEGS TO QUICK STEP-BACK

3 **PUMP FAKE, JAB, STEP-BACK** | EFFICIENT, QUICK, AND EXPLOSIVE

4 **FLOATERS** | DRIBBLE IN TO HIGH ARCING SHOTS WITH EITHER HAND

5 **STEP-BACK** | SELLING THE PENETRATION FOR THE JUMP-SHOT

6 **LEGEND SERIES** | MANU, RONDO, AND OLAJUWON LAYUPS AND FAKES

7 **PUMP FAKE TO JAB TO JUMPER** | STICK THE JAB TO SHOOT WITH EFFICIENT AND MINIMAL MOTION

8 **BETWEEN LEG, FAKE SPIN J** | AS QUICKLY AS YOU CAN, WHILE SELLING THE SPIN



SHOOTING

OFF THE DRIBBLE

GROUP SHOTS

BACKDOOR, ON-BALL, THEN BACKDOOR

SIDE LATERAL SIDE FOR SHOTS

1

READ DEFENDER'S HEAD TURN ON POST
ENTRY TO REACT

POST FEED WING CUTS

2

PRACTICE YOUR RANGE. BE SURE TO USE
YOUR LEGS & EXTENSION

DEEP THREES

3

CONTROLLED FAKE TO AN ATHLETIC &
QUICK DRIBBLE J

PUMP-FAKE TO DRIBBLE J

4

FROM THE WING WITH LOW, ATHLETIC
DRIBBLE DRIVE

PUMP TO DRIBBLE BANKS

5

QUICKLY BETWEEN LEGS THREE TIMES,
THEN SHOOT

SCISSOR SHOTS

6

GROUP SHOTS, RACING ANOTHER TEAM
OR AN ALLOTTED TIME

TO 100, SPRINT EVERY 10

7

EFFICIENTLY DRIVE TO CREATE FOR
OTHERS WITH EITHER HAND

L CUT, DRIVE, PRO HOP, PASS

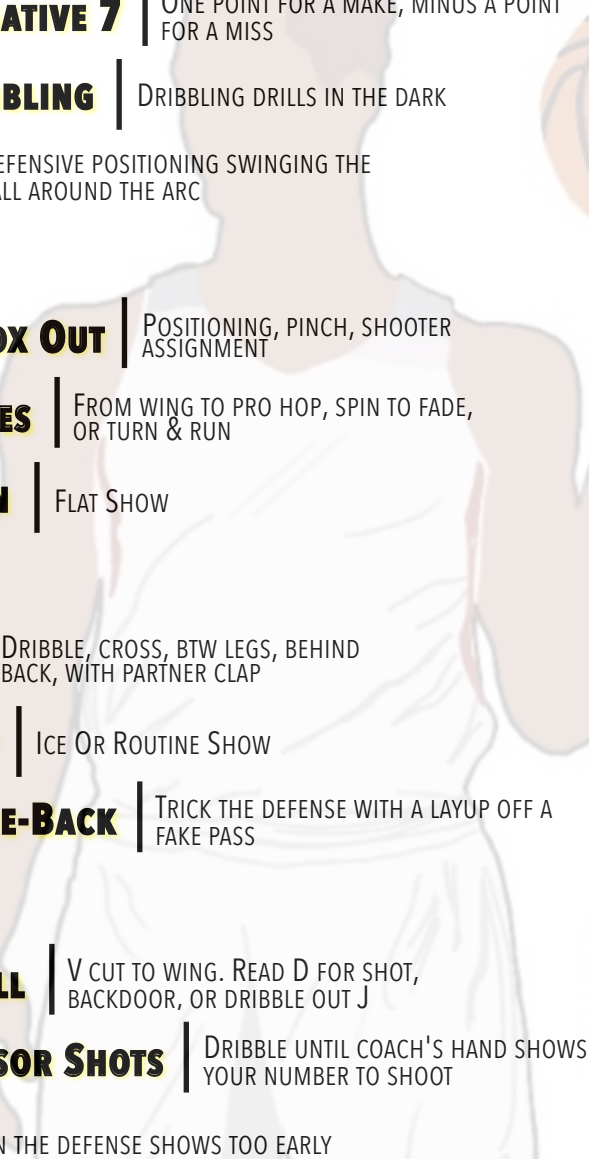
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WORKOUTS

COMMUNICATION

CONTROL

CUTTING

- 
- POSITIVE 7, NEGATIVE 7** | ONE POINT FOR A MAKE, MINUS A POINT FOR A MISS
 - BLINDFOLD DRIBBLING** | DRIBBLING DRILLS IN THE DARK
 - SHELL DRILL** | DEFENSIVE POSITIONING SWINGING THE BALL AROUND THE ARC
 - DEFENSIVE FT BOX OUT** | POSITIONING, PINCH, SHOOTER ASSIGNMENT
 - BACKDOWN SERIES** | FROM WING TO PRO HOP, SPIN TO FADE, OR TURN & RUN
 - P&R: RE-SCREEN** | FLAT SHOW
 - CLAP DRIBBLE** | DRIBBLE, CROSS, BTW LEGS, BEHIND BACK, WITH PARTNER CLAP
 - P&R: FLIP-FLOP** | ICE OR ROUTINE SHOW
 - FAKE BEHIND-THE-BACK** | TRICK THE DEFENSE WITH A LAYUP OFF A FAKE PASS
 - 3-DECISION DRILL** | V CUT TO WING. READ D FOR SHOT, BACKDOOR, OR DRIBBLE OUT J
 - NUMBERED SCISSOR SHOTS** | DRIBBLE UNTIL COACH'S HAND SHOWS YOUR NUMBER TO SHOOT
 - P&R: SLIP** | WHEN THE DEFENSE SHOWS TOO EARLY

WORKOUTS

COMMUNICATION

CONTROL

CUTTING

RHYTHM DRILL

1

A FUN BETWEEN THE LEG BALL HANDLING DRILL

SCISSOR LADDERS TO SHOTS

2

SCISSOR DRIBBLE THROUGH LADDER TO DRIBBLE J

LOTSA CONES

3

5 CONES, 3 DIFFERENT QUICK DRIBBLE MOVES BETWEEN EACH

ON-COUNT QUICK DRIBBLES

4

SCISSORS OR BEHIND-BACK DRIBBLES QUICKLY WHEN A NUMBER IS CALLED

STATUE OF LIBERTY

5

ONE-HANDED TO FINGER-ROLL LAYUP

2-BALL CATCH LAYUPS

6

ONE-TIME HANDED LAYUPS WHILE CATCHING A BALL

FLY DRILL

7

LADDER 1, 2 SIDE STEPS WHILE DRIBBLING BEHIND BACK

TRICK DRIBBLES

8

ATTEMPT TO MASTER THE FUN STUFF

REDICK CHASE DRILL

9

SPRINT TO HAND-OFF JUMPERS AGAINST CHASING D

ANKLE BREAKER CROSSOVER

10

USING CHANGE OF SPEED AND DIRECTION TO ELUDE THE D

2-BALL DRIBBLES

11

ALL DRIBBLING DRILLS AND TRICKS, AS HARD AS YOU CAN GO

UNDER CHAIR DRIBBLES

12

LOW DRIBBLING FOR STRENGTH AND CONTROL

WORKOUTS

COMMUNICATION

CONTROL

CUTTING

REPEATING FLARE CUTS, WITH
OCCASIONAL PASSES

FLARE REPEAT TO SHOTS

1

ON POST ENTRY, OPPOSITE POST CUTS TO
SCORE

INTERIOR CUTS & PASSES

2

QUICK & LOW, LEADING WITH THE
CORRECT FOOT. SET, REST, REPEAT

LANE SLIDES

3

BALL ON TOP, POST WIDE-STEPS IN
FRONT OF DEFENDER

POST BIG - SEAL TO SCORE

4

2 SEPARATED STICKS ON THE FLOOR.
JUMPS: SIDE, FRONT, OR SWITCH.

DOWEL JUMPS

5

SCREEN DOWN OPTIONS: WING, CURL,
FLARE READS

PEEK-A-BOO SHOTS

6

SPRINT TO RETREAT, THEN PASS AHEAD

PRESS BREAK, GIVE N Go

7

PASS TO WING, THEN FACE, MIDDLE, OR
BACKDOOR CUT TO SCORE

TRIANGLE CUTS FOR SHOTS

8

DRIVE TO JUMP-STOP, PIVOT TO PASS TO
ROTATING TEAMMATE

PENETRATE & FILL DRILL

9

TRIANGLE CONES: EXPLODE, RETREAT,
TRIPLE CROSS, REPEAT

SPRINT-DRIBBLE CONE-TOUCH

10

CURL, PUMP FAKE TO ONE DRIBBLE,
STEP-BACK

CURL JUMPER SERIES

11

PLAY OFF CUT AND CATCH. 2 DRIBBLES
MAX

1ON1, HIGH POST FLASH

12

WORKOUTS

MENTALITY

MOBILITY

MOTION

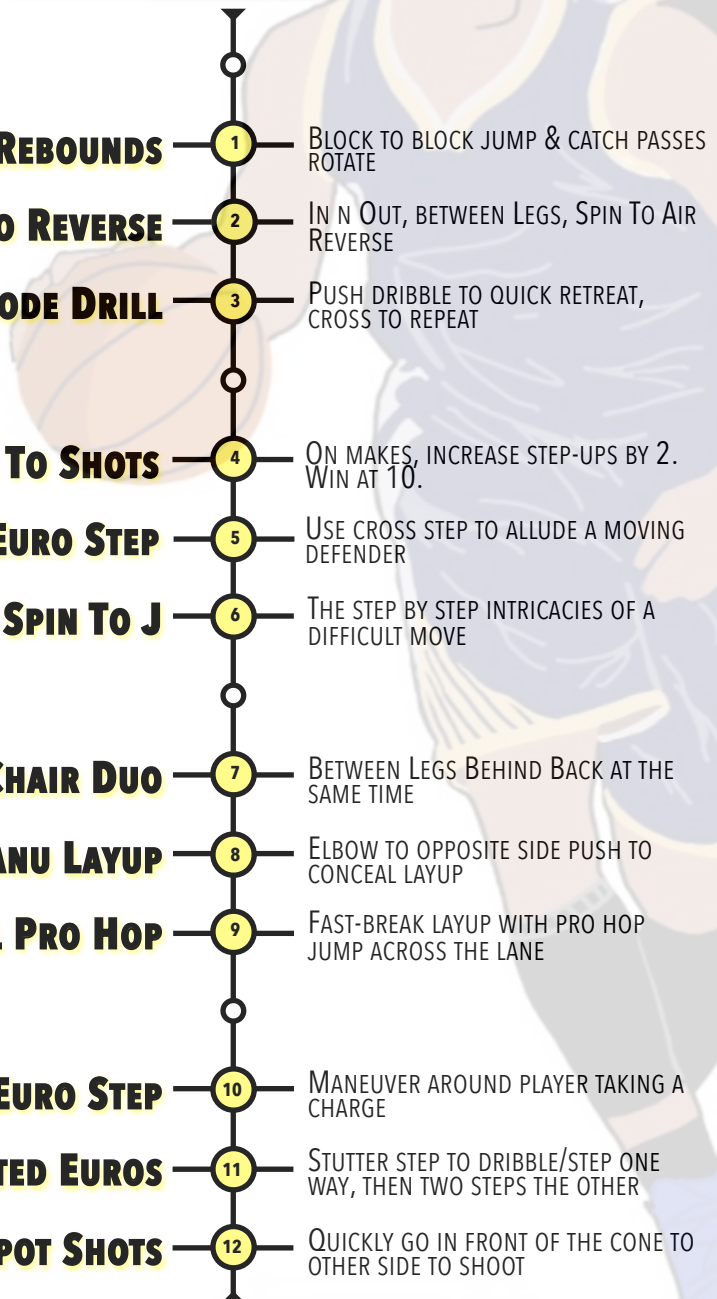
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- 1 FAVORITE / UNDERDOG 1ON1** | BETTER PLAYER SPRINTS, LESSER SHOTS TO GET A LEAD.
 - 2 LAST-SECOND SHOTS** | OFF THE DRIBBLE, OFF THE CATCH, OFF BASELINE CUT
 - 3 AUTONOMOUS WORKOUT** | PLAYERS RANKED AFTER DOING A WORKOUT ON THEIR OWN
 - 4 JUDGED/RANKED DRIBBLING** | BALL HANDLING DRILLS, RE-RANKING BEST TO WORST BETWEEN EACH DRILL
 - 5 DEVINE DRILL** | PLANKS/PUSH-UPS, 15SEC/5, 14SEC/5, 13SEC/5, ETC
 - 6 1ON1, W/ PERSONAL RULES** | SECRET RULE GIVEN THAT DEFENDERS TRY TO DECIPHER
 - 7 1ON1, HURDLES FOR LOSER** | 5 HURDLES WHEN YOU DON'T SCORE, 15 WHEN YOU'RE SCORED ON
 - 8 KING'S DRILL** | FOOT-FIRE, SLIDES, LOOSE BALLS, AND CHARGES
 - 9 HOLD FOLLOW-THRU OR PUSH-UPS** | HOLD UNTIL BALL HITS RIM. SPRINT FOR UNNOTICED.
 - 10 1MIN SHOTS - 8/14 OR RUN** | 1 RUN PER EVERY MAKE LESS; 2 RUNS FOR EVERY SHOT LESS
 - 11 SCARE SHOTS** | CONTESTED GROUP SHOTS; NO STEALS OR BLOCKS.
 - 12 TIERED FREE THROWS** | 2 CHANCES TO MAKE 3 IN A ROW. GO UP/DOWN LEVEL WITH MAKE/MISS

WORKOUTS

MENTALITY

MOBILITY

MOTION

- 
- WEAVE REBOUNDS** — 1 — BLOCK TO BLOCK JUMP & CATCH PASSES ROTATE
 - ATHLETIC SPIN TO REVERSE** — 2 — IN N OUT, BETWEEN LEGS, SPIN TO AIR REVERSE
 - RETREAT / EXPLODE DRILL** — 3 — PUSH DRIBBLE TO QUICK RETREAT, CROSS TO REPEAT
 - STEP-UPS TO SHOTS** — 4 — ON MAKES, INCREASE STEP-UPS BY 2. WIN AT 10.
 - INDIRECT EURO STEP** — 5 — USE CROSS STEP TO ALLUDE A MOVING DEFENDER
 - KYRIE SPIN TO J** — 6 — THE STEP BY STEP INTRICACIES OF A DIFFICULT MOVE
 - CHAIR DUO** — 7 — BETWEEN LEGS BEHIND BACK AT THE SAME TIME
 - EXTENDED MANU LAYUP** — 8 — ELBOW TO OPPOSITE SIDE PUSH TO CONCEAL LAYUP
 - DIAGONAL PRO HOP** — 9 — FAST-BREAK LAYUP WITH PRO HOP JUMP ACROSS THE LANE
 - DIRECT EURO STEP** — 10 — MANEUVER AROUND PLAYER TAKING A CHARGE
 - INVERTED EUROS** — 11 — STUTTER STEP TO DRIBBLE/STEP ONE WAY, THEN TWO STEPS THE OTHER
 - AROUND CONE SPOT SHOTS** — 12 — QUICKLY GO IN FRONT OF THE CONE TO OTHER SIDE TO SHOOT

WORKOUTS

MENTALITY

MOBILITY

MOTION

WHEN DOUBLED WITH A BIG

P&R: RETREAT, THEN BEAT

1

FOOT-FIRE TO CATCH & SCORE BEFORE
BALL BOUNCES TWICE

BALL DROP LAYUP

2

OFF SPIN-OUT CATCH FROM CORNER

BASELINE SWEEP FINGER-ROLL

3

NO SHOW OR HELP

P&R: LAYUP / CREATE

4

TWO HANDS ON BALL EXTENDED FOR
BOTH STEPS

HURDLE LAYUPS

5

3 OPTIONS TO SCORE; EXTRA PASS/SHOT
FOR THE OTHER

180, SIDE, OR FAKE HANDOFF

6

IN N OUT, BETWEEN LEGS, BEHIND BACK
THRU CHAIRS

ATHLETIC FINISH

7

IKI SHUFFLE FROM HALF, THEN DRIBBLE
OUT TO WING

LADDER TO SIDE STEP SERIES

8

ON A NO-SHOW WHEN THERE'S HELP-
SIDE

P&R: DRIVE TO SHOT

9

TWO HANDS CONTROLLING THE BALL
OVER BOTH HURDLES

HURDLE REVERSE LAYUP

10

WHEN NOT FORCED TOWARDS THE
SCREEN

P&R: AGAINST TO DRIVE

11

DOUBLE SCREEN TO POST SPLITS WITH
SHOTS FOR ALL

180 TANGENT FOR SHOTS

12

WORKOUTS

PASSING

POSITIONING

POST PLAY

1

P&R: RETREAT TO PASS | DOUBLED BY A GUARD

2

JUMP-STOP TO CORNER OPTION | DRIVE TO PASS FOR A SHOT OR LOWER BALL FOR BACKDOOR

3

P&R: PASS TO ROLL | WEAK SHOW, NO HELP

4

WEAK-HAND BALL POUNDS | AS HARD AS YOU CAN, SHOULDER HEIGHT

5

ALLEY OOPS | HIGH PASSES WITH EITHER HAND TO CUTTING TEAMMATE

6

WALL PASSES | ALTERNATING ONE-HANDED PASSES

7

OVERHEAD BOARD PASSES | FROM FREE THROW LINE, THROW TO YOURSELF FOR STRENGTH

8

DRIVE L/R; PASS HI/LO | SHOOTER DIRECTS WHICH PASS TO MAKE LATE

9

TWIST PASSES | PARTNER PASSES, WITH RIP-THRU. EITHER HAND

10

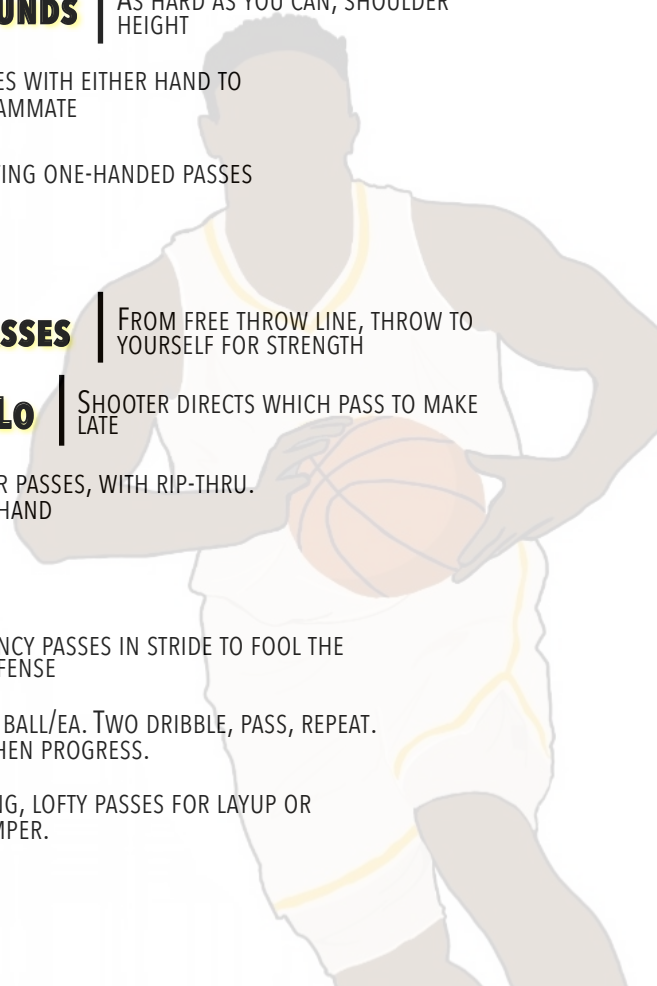
NO-LOOK PASSES | FANCY PASSES IN STRIDE TO FOOL THE DEFENSE

11

PARTNER PASSING | 1 BALL/EA. TWO DRIBBLE, PASS, REPEAT. THEN PROGRESS.

12

FOOTBALL CATCH | LONG, LOFTY PASSES FOR LAYUP OR JUMPER.



WORKOUTS

PASSING

POSITIONING

POST PLAY

JAB TO 3-OPTION JUMPER

1

JAB TO SHOOT, DRIVE RIGHT, OR DRIVE RIGHT BASED ON D

SHOTS TO BOX OUTS

2

PASS TO SHOT, HELP SIDE HITS PASSER TO REBOUND, ROTATE

BLUFF & RECOVER

3

STRONG SIDE PENETRATION, QUICK JAB TO RECOVER

HELP SIDE TO CLOSE OUT

4

STEP WITH OPPOSITE FOOT FIRST, AND FORCE BASELINE

DEFLECT TO LAYUP

5

FROM HELP POSITION, USE STRONG-SIDE HAND TO STEAL & SCORE

ZIG ZAG SPRINT D

6

SLIDE & TAP THE BALL, SPRINT TO CUT-OFF

ON-BALL DEFENSE

7

SLIGHT FORCE, DISTANCE AWAY, TRACE BALL, REACT

BALL JUMP VS FACE CUT

8

1ON1, PASS TO EITHER WING, FACE CUT TO WIN

1ON1, D ONLY (10)

9

HOW MANY STOPS CAN YOU GET?

CLOSE OUTS TO SLIDES

10

FROM BASELINE, CLOSEOUT TO ARC TO SLIDE EITHER WAY

SOOB INBOUNDS SEAL

11

SPACE FROM HALF, FOOT & ARM POSITION, LEAD PASS

TAKING A CHARGE

12

STANCE, TIMING, ANGLE, AND ACTING ABILITY PRACTICE

WORKOUTS

PASSING

POSITIONING

POST PLAY

SLOW READ POST MOVE SERIES

LANA'S MOVES

1

BACK TO THE BASKET; ONE DRIBBLE MAX

1ON1 POST

2

WITH REBOUNDER & PASSER. BALL
HIGH, LEFT/RIGHT HAND HOOKS

QUICK SHOTS

3

WHEN YOU'VE BEAT YOUR DEFENDER,
POST SEAL AT ELBOW

FAST-BREAK POST SEAL

4

QUICK ALTERNATING POST SCORES, WITH
2 BALLS ON EITHER POST

ANCHOR LAYUPS

5

QUICKLY MAKE STANDSTILL LAYUPS IN
THE ALLOTTED TIME

POINT BLANK LAYUPS

6

FAKE TURN N RUN, TO SPINNING JUMP-
STOP, SHIMMY, TO FADEAWAY

KOBE POST

7

TWO DRIBBLES, BETWEEN LEGS, BEHIND
BACK, SPIN TO MOVES

DOUBLE BOUNCE SERIES

8

LONG & SLOW JAB TO SHOT, DRIVE, SPIN,
FAKE SPIN

MID-POST SERIES

9

STEP MIDDLE, SPIN, UP N UNDER, DREAM
SHAKE

POST PROGRESSION

10

SHOT OVER BOTH SHOULDERS WITH
MIDDLE DRIVE FROM CORNER

RUNNING HOOK SHOTS

11

OFF BACKBOARD WITH D; HOOK,
REGAIN, AND STEP-THRU

HOOK SERIES WITH D

12

WORKOUTS

SHOOTING

SPEED

STRENGTH

- 1 **HALFCOURT GAME** | VICTORY LAP, 3'S, SCISSORS, OR J'S FOR MAKE, AIRBALL, BOARD, OR RIM
- 2 **MAKE 20 SCISSOR J'S IN 3MINS** | THREE SCISSOR DRIBBLES TO ELBOW SHOT.
- 3 **1ON1, NO STEALS/BLOCKS** | ONE DRIBBLE MAX. SHOT PREP AND DEFENSIVE REACTION
- 4 **MAKE 15 3'S IN 3MINS** | A GREAT SHOOTER SHOULD EASILY REACH THIS NUMBER
- 5 **3,4,5,4,3,2,1,RUN!** | ONE CHANCE TO MAKE 3 IN A ROW. THEN 4, THEN 5, THEN 4, ETC
- 6 **COUNTDOWN GAME** | COUNTDOWN ON MADE SHOTS. WINNERS RAISE NUMBER TO REPEAT
- 7 **JUDGMENT SHOTS** | CORRECT ASPECT OF PARTNER'S SHOT, THEN SWITCH
- 8 **7-MINUTE SHOOTING** | 20 LAYUPS, 5 STRAIGHT ELBOW MAKES, THEN 3'S
- 9 **FREE THROWS** | PLACEMENT, ROUTINE, MECHANICS, AND MENTALITY
- 10 **10 IN A ROW IN UNDER 5MIN** | SHOOT QUICKLY AND ACCURATELY
- 11 **BANK SHOTS** | MID-RANGE FROM AN ANGLE WITH ENOUGH ARC
- 12 **0,1,2,4 TOUCH MIDDLE** | MAKES OR MISSES: ELBOW +2 OR +1, FROM 3 IS +4 OR 0

WORKOUTS

SHOOTING

SPEED

STRENGTH

BALL PICK-UP LAYUP

1

SPRINT TO SCOOP BALL IN STRIDE FOR A LAYUP

JUKE STRAPS

2

PARTNER ESCAPE DRILL WITH SLIDES AND LATERAL SPRINTS

LINE JUMPS TO SHOTS

3

FRONT, SIDE, OR CROSS JUMPS TO SHOOTING RACE

TAP-TAP SERIES

4

DRIBBLE TO BETWEEN THE LEG TAP TO READ-OPTION JUMPERS

1ON1 SPRINT

5

5 SECONDS TO SCORE FROM BEYOND HALF

SUCCESSIVE DRIBBLE SHOTS

6

5 STEP MOVE, WITH EITHER HAND. SHOOT ON EACH STEP.

COPS & ROBBERS

7

SPRINTING LAYUP WITH MASS CHASE-DOWN D

PUMP FAKE TO ESCAPE DRIBBLE

8

EFFICIENTLY ELUDING

15-SECOND SPRINTS X4

9

REST FOR 30SECS BETWEEN EACH. THEN FOR 15SECS, THEN 0SECS

POUNDS, DRIVES, PULL-UPS

10

STEP LONGER, DRIBBLE LONGER. R/L HAND & R/L STEP

P&R: SPLIT TO DRIVE

11

GUARD OVER FORCES

HEADS / TAILS

12

COIN DICTATES WHETHER YOU CHASE OR EVADE YOUR PARTNER

WORKOUTS

SHOOTING

SPEED

STRENGTH

TEN QUICK JUMPS, REST FOR 10SECS,
REPEAT FOR ALLOTTED TIME

HURDLES

1

JUMP TO TOUCH THE BELLS JUST OUT OF
REACH

JINGLE BELLS

2

SPRINT FROM ARC TO JUMP OFF LEFT
LEG, OFF RIGHT, OFF BOTH. REPEAT.

21X3 JUMPS

3

JUMP TO TOUCH RAISED BALL 21 TIMES
WITH LEFT, RIGHT, BOTH

QUICK BALL TOUCHES

4

FOUR HURDLE JUMPS TO POWER LAYUP

DIAGONAL HURDLE LAYUPS

5

SLIDES TO PUSH PRESS, REPEAT WITH
WEIGHTS IN HAND

SAND BAG SLIDES

6

MOVE THE ROPES FOR DYNAMIC
STRENGTH.

BATTLE ROPES

7

PASS TO YOUR TRAILING TEAMMATE OFF
THE BOARD TO SCORE

BACKBOARD ALLEY

8

EXPLOSIVE TWO FOOT JUMPS FROM A
STANDSTILL POSITION

BOX JUMPS

9

4 JUMPS WITH BALL HIGH, THEN
EXPLODE TO DRIBBLE J

SPLIT JUMPS TO SHOTS

10

LIFTS WITH CHAIRS ON EITHER SIDE WITH
LEGS STRAIGHT

CHAIR DIPS

11

FROM YOUR KNEES, USE YOUR ARMS TO
SPRING TO YOUR FEET

KNEE JUMPS

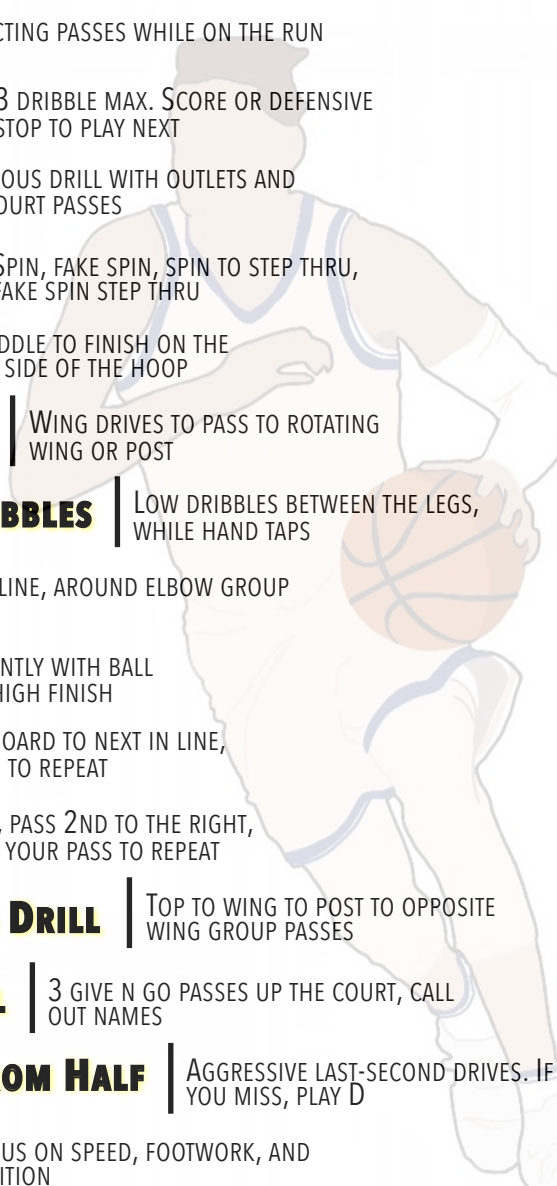
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PRACTICE

WARM-UP

OFFENSE

DEFENSE

- 
- 1 SWOOP LAYUP CHASE** | QUICK DRIVE SCORING FROM THE WING WITH DEFENSE
 - 2 3-MAN WEAVE** | PERFECTING PASSES WHILE ON THE RUN
 - 3 1ON1 CUT-THROAT** | 3 DRIBBLE MAX. SCORE OR DEFENSIVE STOP TO PLAY NEXT
 - 4 2ON1 BREAK** | CONTINUOUS DRILL WITH OUTLETS AND CROSS-COURT PASSES
 - 5 SPIN MOVE SERIES** | SPIN, FAKE SPIN, SPIN TO STEP THRU, FAKE SPIN STEP THRU
 - 6 MANU LAYUP** | DRIVE MIDDLE TO FINISH ON THE OPPOSITE SIDE OF THE HOOP
 - 7 DRIVES N ROTATIONS** | WING DRIVES TO PASS TO ROTATING WING OR POST
 - 8 WALL/FLOOR TAP DRIBBLES** | LOW DRIBBLES BETWEEN THE LEGS, WHILE HAND TAPS
 - 9 HORSESHOE** | FROM BASELINE, AROUND ELBOW GROUP SHOTS
 - 10 LAYUPS** | DRIBBLE IN EFFICIENTLY WITH BALL PROTECTED FOR A HIGH FINISH
 - 11 TIP DRILL** | OFF THE BACKBOARD TO NEXT IN LINE, SPRINT TO HALF TO REPEAT
 - 12 STAR PASSING** | 5 LINES, PASS 2ND TO THE RIGHT, FOLLOW YOUR PASS TO REPEAT
 - 13 CLOCKWORK PASSING DRILL** | TOP TO WING TO POST TO OPPOSITE WING GROUP PASSES
 - 14 BUFFALO LAYUP DRILL** | 3 GIVE N GO PASSES UP THE COURT, CALL OUT NAMES
 - 15 1ON1, 5 SECONDS FROM HALF** | AGGRESSIVE LAST-SECOND DRIVES. IF YOU MISS, PLAY D
 - 16 REVERSE LAYUPS** | FOCUS ON SPEED, FOOTWORK, AND POSITION

PRACTICE

WARM-UP

OFFENSE

DEFENSE

ATHLETIC REBOUND TO PUTBACK

1

OFF BOARD, ONE-HAND TO POUND CATCH REBOUND TO SCORE

1ON1, ALLEY

2

ZIG ZAG DRIBBLING TO HALF, THEN 1ON1. 3 STEALS LOSES TURN

END OF PLAY SCENARIO

3

180 TO TANGENT

FLARES

4

WING AND CORNER FLARE FOOTWORK & SITUATIONS

2ON2ON2 TRIANGLE

5

THREE 1ON1 GAMES IN ONE FUN & CHALLENGING DRILL

HANDOFF TO TWO SHOTS

6

HANDOFF FOR JUMPER, EXTRA PASS FOR OTHER PLAYER'S SHOT

180 TANGENT FOR SHOTS

7

HANDOFF TO HIGH DOUBLE SCREEN PICK TO POST SPLIT

DOUBLE TEAM, STEP-THRU

8

NO DRIBBLE TO PASS THROUGH DOUBLE TEAM. REPEAT

180 POLLY FOR SHOTS

9

HANDOFF TO IVERSON CUT. PASS TO OTHERS TO SHOOT AS WELL.

SIDELINE OOB FOR SHOTS

10

SCREEN FROM BOX SET; MULTIPLE SHOTS

1ON1 WING & 1ON1 REBOUND

11

TWO GAMES OF 1ON1 IN ONE. 1 DRIBBLE MAX FOR BOTH.

POST CATCH QUICK FINISH

12

FT LINE PASSES TO EITHER BOX. HIGH FINISH, REPEAT.

ZONE CUTTING

13

MOVING WITHOUT THE BALL, AND PENETRATING GAPS

POINTS IN THE POT

14

MADE FT ADDS +1 TO THE POT TOTAL USED TO DEDUCT ON MISSED FT'S

3ON3, NO DRIBBLES

15

HALFCOURT. LOOK FOR QUICK CUTS AND SCREENING AWAY

BASELINE OOB FOR SHOTS

16

SCREENS FROM BOX SET; MULTIPLE SHOTS

PRACTICE

WARM-UP

OFFENSE

DEFENSE

PREVENT DEEP CATCH WITH EARLY STOP

MEET POST ON BREAK

1

3 DEFEND 4, OF WHICH ONLY 1 CAN
PASS THE ARC AT A TIME

4ON3 SCRAMBLE

2

FORCE MIDDLE, PATIENCE, WALLING UP

DOUBLE THE POST ON DRIBBLE

3

PROTECT THE BASKET AND POSITION TO
SEE SCREENS

BOB DEFENSE

4

PRIMARY D WALLS-UP WHILE HELP DIGS
CORRECTLY

FORCE POST MIDDLE

5

HAND & FOOT QUICKNESS, SPIN, OR
CROSS SCREEN

OFF. FT REBOUNDS

6

COMMUNICATION, POSITION, AND EYES
ON THE BALL

DOWN SCREEN, SCREEN AWAY

7

OFFENSE GETS A POINT ON MIDDLE
DRIVES INTO THE KEY

PLAY: KEY POINTS

8

TIMING, JUMPING THE DRIBBLER, AND
HELP ROTATION

PICK N ROLL DEFENSE

9

STRADDLING & POSITIONING TO DEFEND
BACKDOORS AND THREES

ZONE/FLEX SCREENS

10

IMPORTANCE OF HELP D. LOSERS RUN

NOT IN HELP = POINTS

11

BALL SWING AND CUT REACTIONS AND
POSITIONING

3ON3 DEF POSITIONING

12

EITHER BASELINE TOUCH TO SPRINT
BACK, POINT, BALL, OR HOLE

BALL & HOLE DRILL

13

FLAT SHOW UNTIL TEAMMATE GOES OVER
AND RETURNS TO POSITION

DEFENSE ON DRIBBLE HANDOFFS

14

PROPER DEFENSE AROUND KEY ON THE
SWING OF THE BALL.

POST POSITIONING ON SWING

15

THE METHOD TO DIVING SAFELY AND
EFFICIENTLY

LOOSE BALLS (IN-PLAY, OOB)

16

PRACTICE

COMPREHENSION

SITUATION

SCRIMMAGE

- 1 **ALL-OUT DENY GREAT PLAYERS** | IGNORE EVERYTHING BUT DENYING, THEN DOUBLE ON CATCH
- 2 **PATIENCE: 0, 50, 100 PERCENT** | HOW OFTEN TO TAKE CHANCES, AND WHEN YOU SHOULD BREAK THOSE RULES
- 3 **OUTLET PASS; BACK TO SIDELINE** | SPRINT, BE LOUD, OVERHEAD PASS, STRIDE DRIBBLE
- 4 **5-SECOND COUNT EXTENSION** | HOW YOU ACTUALLY HAVE 12 SECONDS INSTEAD OF 5 WITH THE BALL.
- 5 **POLLY / PYRAMID** | IVERSON CUT OR SCREEN-ACROSS, DOWN-SCREEN
- 6 **SIDE / RIGHT** | WING BACKDOOR FROM GUARD OR HIGH POST ENTRY
- 7 **THREE FOR LAYUP & SHOT** | DOUBLE SCREEN AWAY FOR CURL OPTIONS.
- 8 **SCALE / HYPE** | FLARE OR WING BACKDOOR TO POST
- 9 **ADVANCE BALL AHEAD** | A PASSED BALL MOVES FASTER THAN ANY HUMAN
- 10 **DON'T CROSS HALF ON TRAP** | READING & REACTING ON THE FLY TO EITHER RETREAT OR GO
- 11 **ZONE - 1 OR 2 GUARD FRONT** | ODD AGAINST THEIR EVEN NUMBERED FRONT, AND VISA VERSA
- 12 **PRESS BREAK REVERSE, REPEAT** | TWO SIDES OF 3. DRIBBLE, RETREAT, PASS, ROTATE
- 13 **JUMP-BALL POSITIONING** | HAVE THE BEST CHANCE TO WIN THE TIP; STOP THEM FROM SCORING
- 14 **CONTEST SHOTS** | CLOSE-OUTS, WALLING UP, AND NOT FOULING ON FAST-BREAK LAYUPS
- 15 **UN/INTENTIONAL FOUL** | FOULING SAFELY AT CERTAIN TIMES
- 16 **PRESS BREAK WALK-THOUGH** | SETUP, POSITIONING, FLASHES, AND OPTIONS

PRACTICE

COMPREHENSION

SITUATION

SCRIMMAGE

MISS FT ON PURPOSE

1

LATE GAME SITUATION WITH THE LEAD.

0-3 SECS, DOWN 3

2

BASLINE OOB, SCREENING & CUTTING FOR THE BIG 3PT SHOT

MISS FT ON PURPOSE

3

NEEDING TO SCORE

4-9 SECS, DOWN 3

4

BASLINE OOB

0-3 SECS, UP 3

5

SOOB DEFENSE

0-3 SECS, DOWN 3 W FTs

6

FULL-COURT (LIVE-BALL)

10 SECS, TIE GAME

7

OFFENSIVE & DEFENSIVE GAME PLANS

4-9 SECS, DOWN 3 W FTs

8

FULL-COURT (LIVE-BALL)

UNDER 15 SECS, UP BY 4+

9

MAINTAIN THE LEAD BY NOT GIVING UP EASY BUCKETS

0-3 SECS, DOWN 3 W FTs

10

FULL-COURT (DEAD-BALL)

16+SECS, UP BY 4+

11

BREAK PRESS WITH NO TURNOVERS TO SECURE THE WIN

4-9 SECS, DOWN 3 W FTs

12

FULL-COURT (DEAD-BALL)

TAKING THE LAST SHOT

13

RECOGNIZING TIME TO ENSURE YOU GET THE LAST SHOT

0-3 SECS, DOWN 3 W FTs

14

TIMEOUT, SOOB

FOULING W/ FOULS TO GIVE

15

WHEN WE NEED TO GET INTO THE BONUS OR SLOW THE GAME

4-9 SECS, DOWN 3 W FTs

16

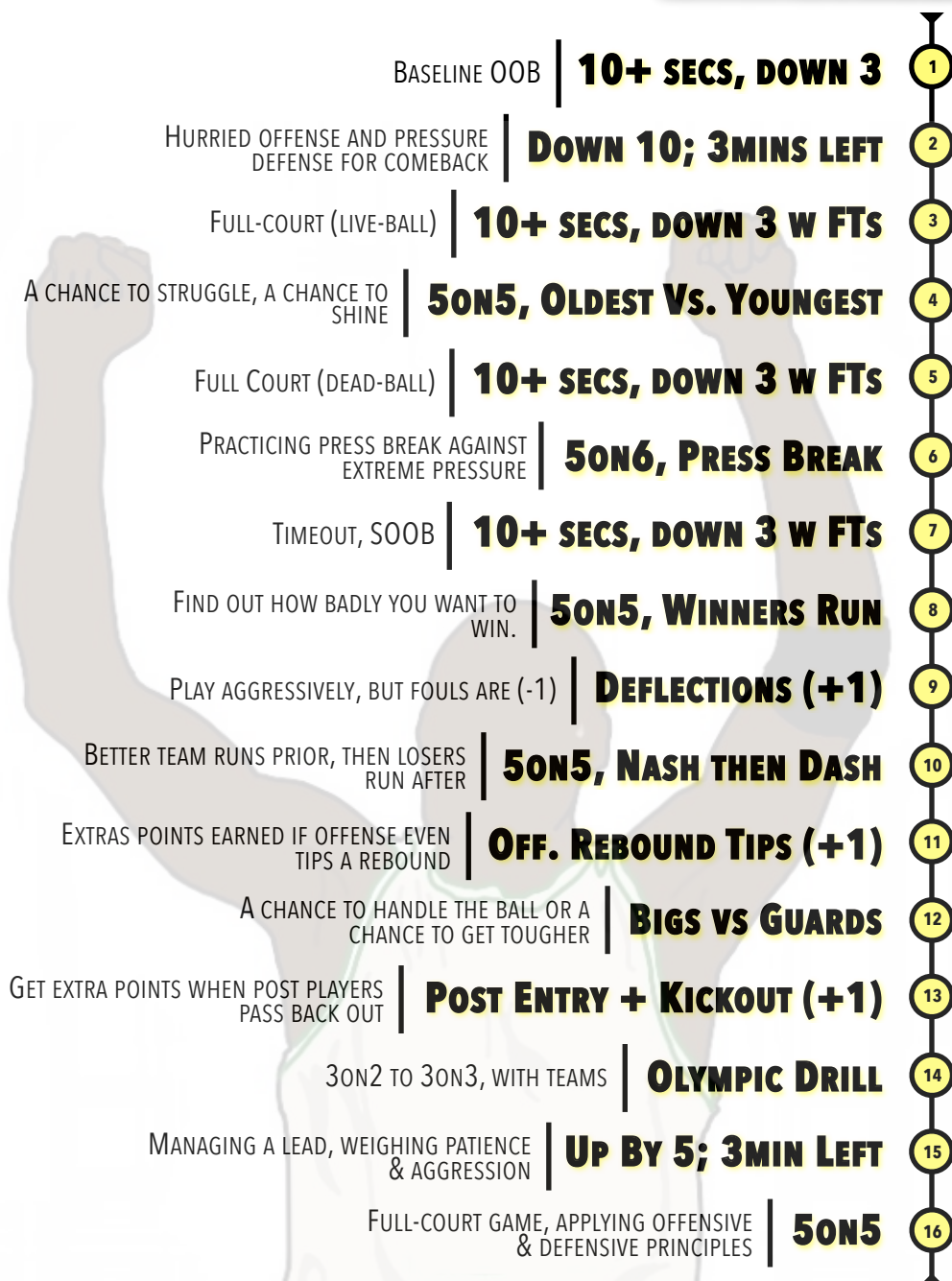
TIMEOUT, SOOB

PRACTICE

COMPREHENSION

SITUATION

SCRIMMAGE



	BASELINE OOB	10+ SECS, DOWN 3	1
	HURRIED OFFENSE AND PRESSURE DEFENSE FOR COMEBACK	DOWN 10; 3MINS LEFT	2
	FULL-COURT (LIVE-BALL)	10+ SECS, DOWN 3 W FTs	3
A CHANCE TO STRUGGLE, A CHANCE TO SHINE		5ON5, OLDEST Vs. YOUNGEST	4
	FULL COURT (DEAD-BALL)	10+ SECS, DOWN 3 W FTs	5
	PRACTICING PRESS BREAK AGAINST EXTREME PRESSURE	5ON6, PRESS BREAK	6
	TIMEOUT, SOOB	10+ SECS, DOWN 3 W FTs	7
	FIND OUT HOW BADLY YOU WANT TO WIN.	5ON5, WINNERS RUN	8
	PLAY AGGRESSIVELY, BUT FOULS ARE (-1)	DEFLECTIONS (+1)	9
	BETTER TEAM RUNS PRIOR, THEN LOSERS RUN AFTER	5ON5, NASH THEN DASH	10
EXTRAS POINTS EARNED IF OFFENSE EVEN TIPS A REBOUND		OFF. REBOUND TIPS (+1)	11
	A CHANCE TO HANDLE THE BALL OR A CHANCE TO GET TOUGHER	BIGS VS GUARDS	12
GET EXTRA POINTS WHEN POST PLAYERS PASS BACK OUT		POST ENTRY + KICKOUT (+1)	13
	3ON2 TO 3ON3, WITH TEAMS	OLYMPIC DRILL	14
	MANAGING A LEAD, WEIGHING PATIENCE & AGGRESSION	UP BY 5; 3MIN LEFT	15
	FULL-COURT GAME, APPLYING OFFENSIVE & DEFENSIVE PRINCIPLES	5ON5	16

OPEN GYMS

PLAYGROUND FUN

STRATEGIC PLAY

1

HALFCOURT SHOTS

SEE WHO CAN MAKE THE MOST IN AN ALLOTTED TIME

2

CLAP GAME

CLAP THEN CATCH THE COACH'S PASS TO STAY ON.

3

KNOCKOUT

MAKE YOUR SHOT BEFORE PLAYER BEHIND YOU MAKES THEIRS.

4

2ON2 DIAMOND

2ON1 WITH 2ND DEFENDER CHASING. THEN 2ON2 BACK. REPEAT

5

3ON3, CUT-THROAT

MAKE IT, TAKE IT. MULTIPLE TEAMS AT ONCE.

6

3ON2, 2ON1

SPREAD THE COURT, SPRINT, MAKE SMART DECISIONS

7

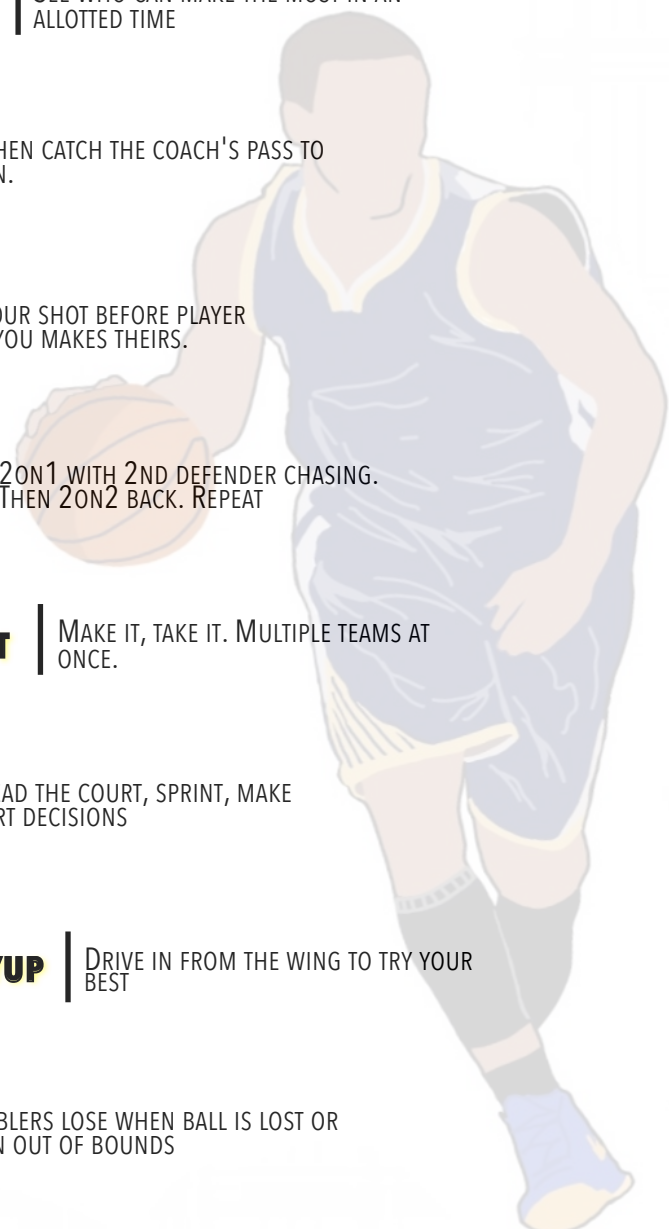
360° REVERSE LAYUP

DRIVE IN FROM THE WING TO TRY YOUR BEST

8

DRIBBLE TAG

DRIBBLERS LOSE WHEN BALL IS LOST OR WHEN OUT OF BOUNDS



OPEN GYMS

PLAYGROUND FUN

STRATEGIC PLAY

EFFICIENT 1ON1 FROM THE CORNERS, WINGS, AND TOP.

0-2 DRIBBLES: 5 ARC SPOTS

1

BACK TO THE BASKET, THEN PIVOT TO PLAY. 1 DRIBBLE MAX

1ON1 MID-POST

2

DOUBLE SCREEN TO POST SPLITS

3ON3 TANGENT

3

PASS TO WING WHO DRIBBLES UP, THEN PLAY OFF DOWNSCREEN

1ON1; WEAK-SIDE PIN-DOWN

4

WING TO WING PASSES, THEN PLAY ONCE ONE DRIVES

2ON2 HELP SIDE

5

PLAY OFF OF INITIAL PICK N ROLL FROM THE WING

2ON2 LATERAL

6

DRIBBLER MUST BEAT TWO DEFENDERS WITHIN CONFINED SPACE

1ON2 ESCAPE

7

2/1/0 DRIBBLES FOR 1/2/3 PTS. FIRST TO 12 WINS.

1ON1: EFFICIENCY WINS

8