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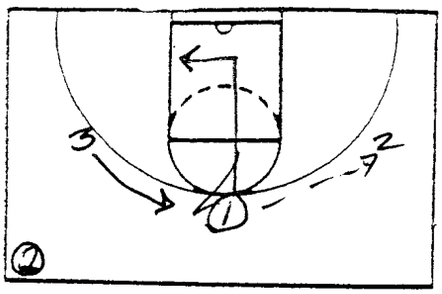
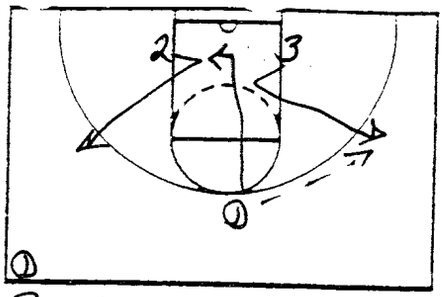
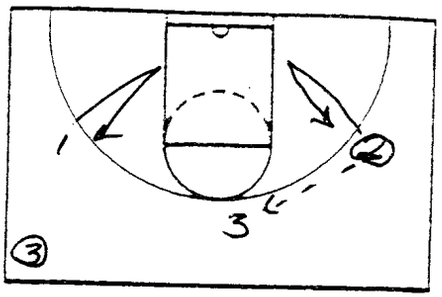
Drills & Motion off.

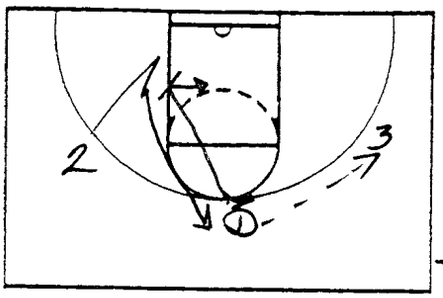


NOTES
Set up defender opposite of Pass

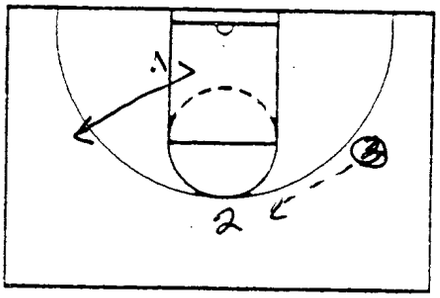


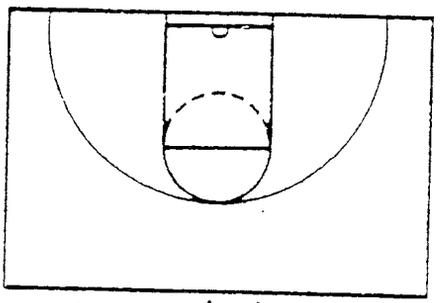
Pass & Cut



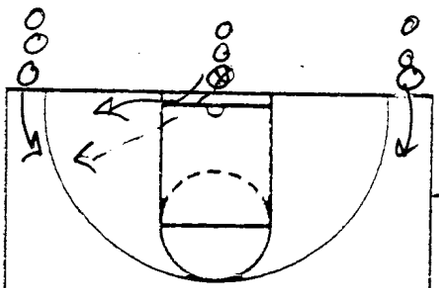


NOTES
Pass & screen away





Player choice → Cut or screen away



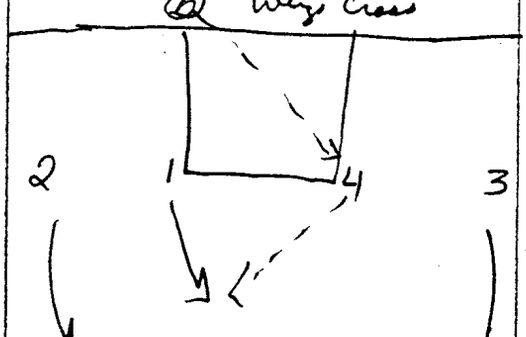
NOTES
Don't be fast - Be perfect

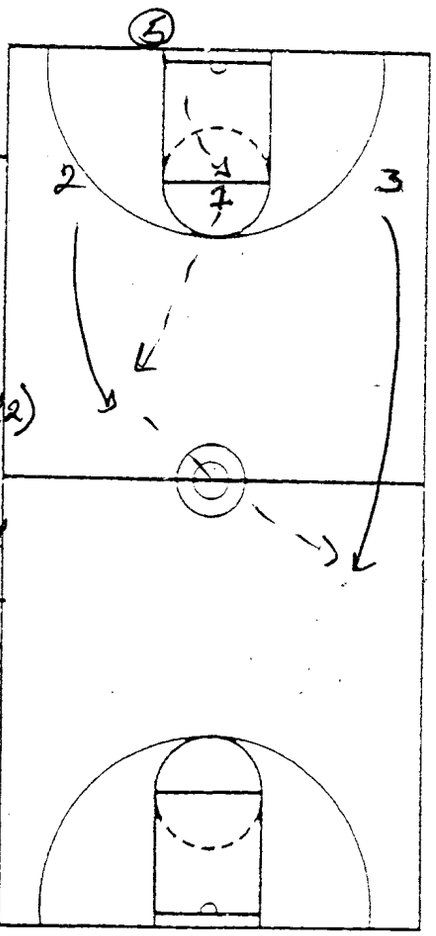
Weave drills work on communication

3 man weave

5 man weave (pass & go behind)

5 out ⇒ Same as 4 out
Pass to 4 → Pass ahead
Wings Cross





4-out

Pass ahead

Wings Cross - 5 man. How to inbound

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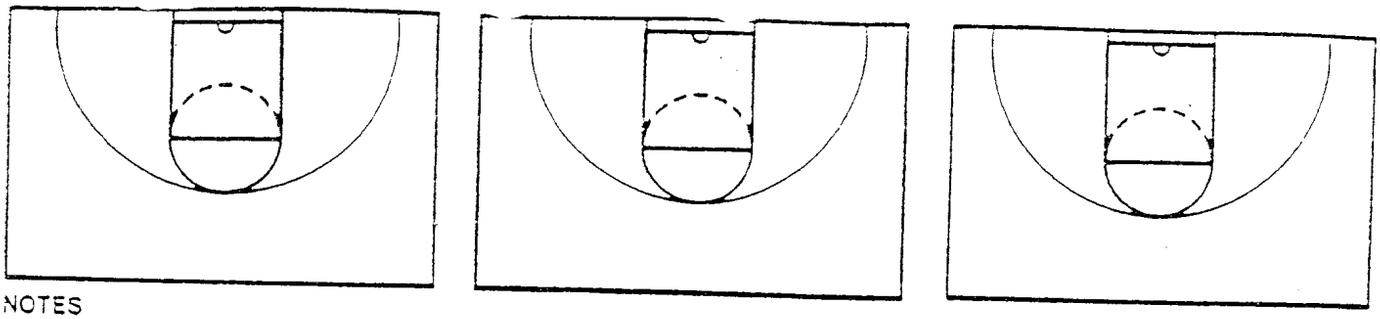
(2)



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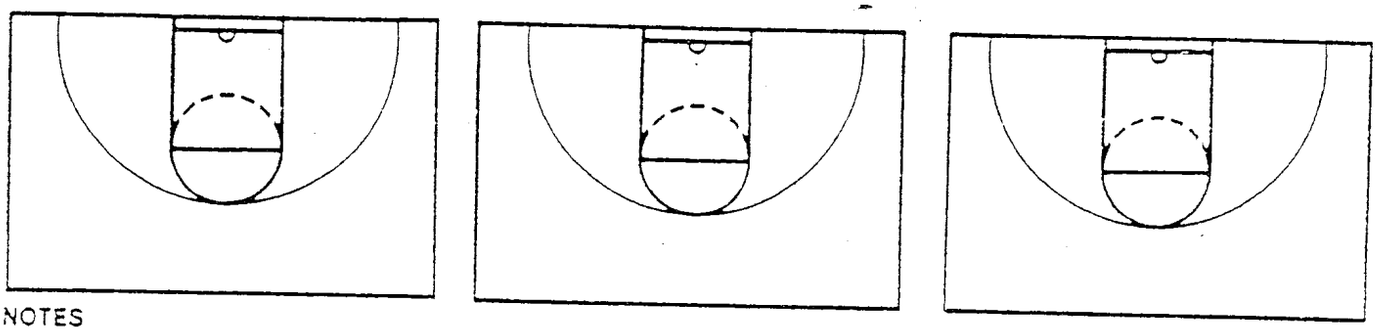
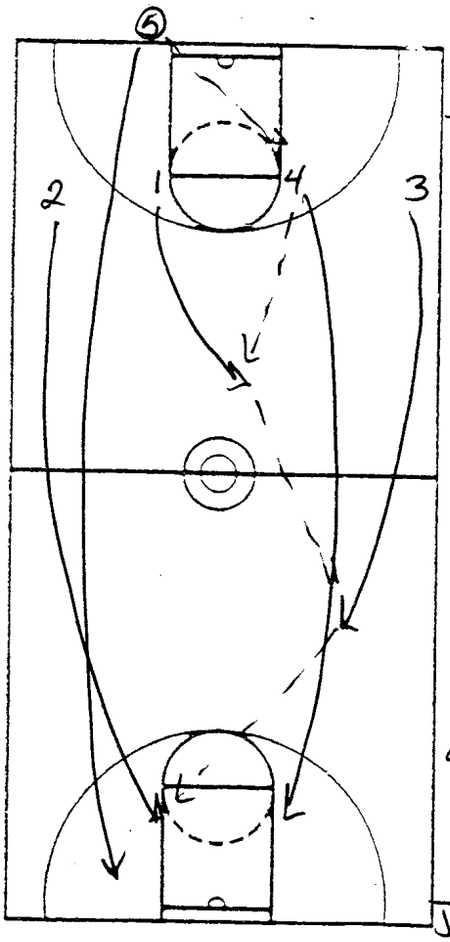


NOTES



NOTES

5 out - 4 man run from elbow to elbow
5 man run baseline to baseline

Coach Choice

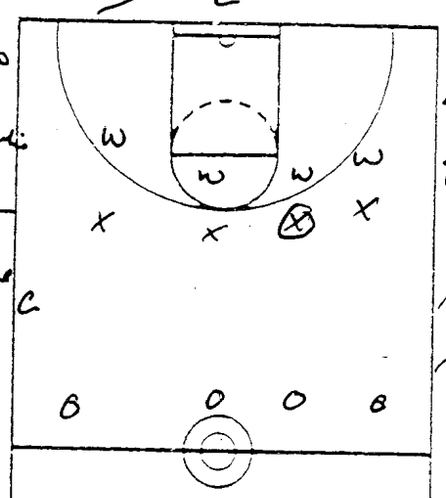
All players on baseline
Coach calls
3 man weave
5 man weave
4 out
5 out

Force players to talk and adjust

Weave drills till you who leaders are

If foul shoot 1 & 1 - first one is live - if make 2 - now on "D"

after score → C pass to C
Players don't touch ball
Pass to new off.



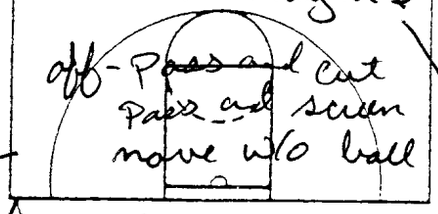
4 on 4 on 4

Defense is Core

no screen roll
no post up

Score on stops
first team to 7 wins
Get stop - stay on "D"

If team scores they are new def.



off - ~~Pass and~~ cut
Pass and screen
move w/o ball

stop
||
D board
steal
T.O.

O Board = -1

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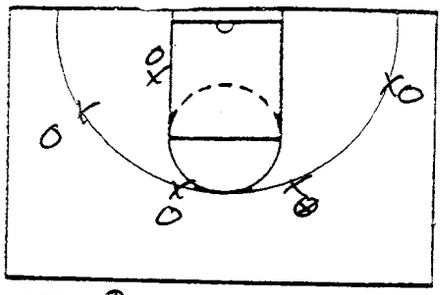
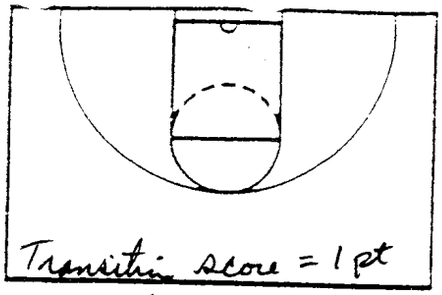
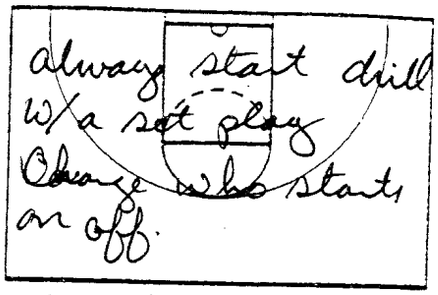
1

(3)



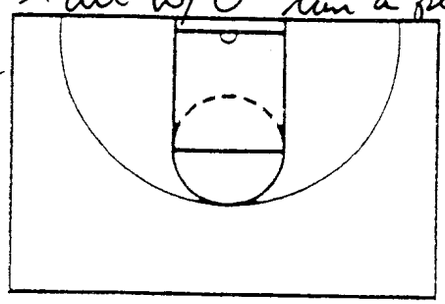


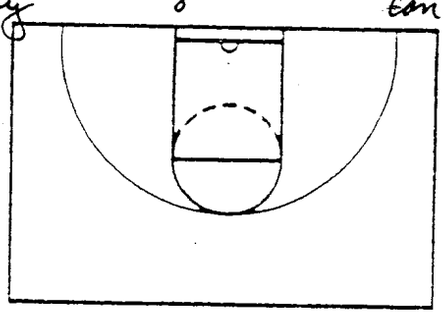

always start drill w/ a set play
Change who starts on off.

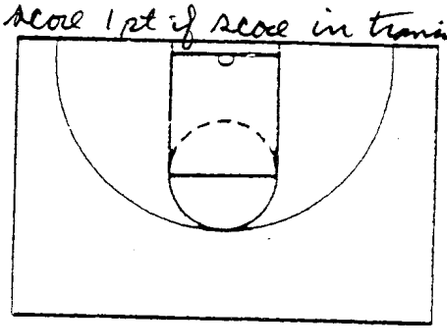
NOTES One way - 5 on 5 Stop = 1 pt O Board = -1

First team to 10 is winner → X's get ball ⇒ FB to other end ⇒ run early off or mo
O's get ball ⇒ " " " " " "
Start w/ O's run a play can score 1 pt if score in transition

Down & Back

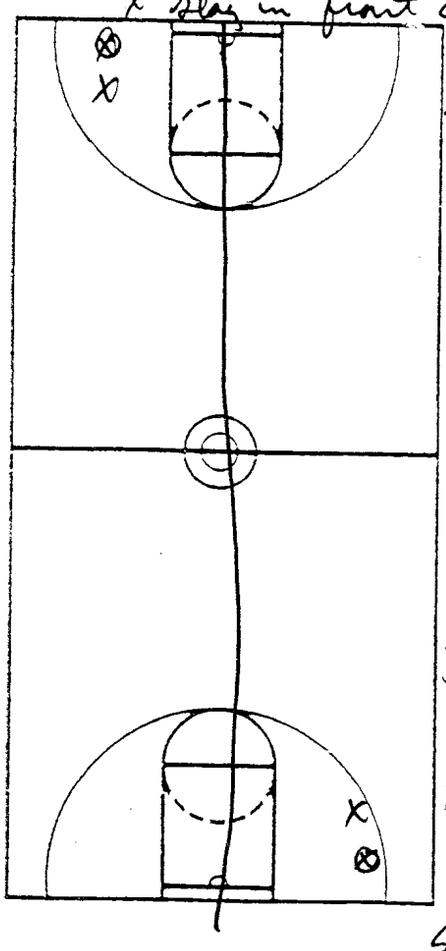






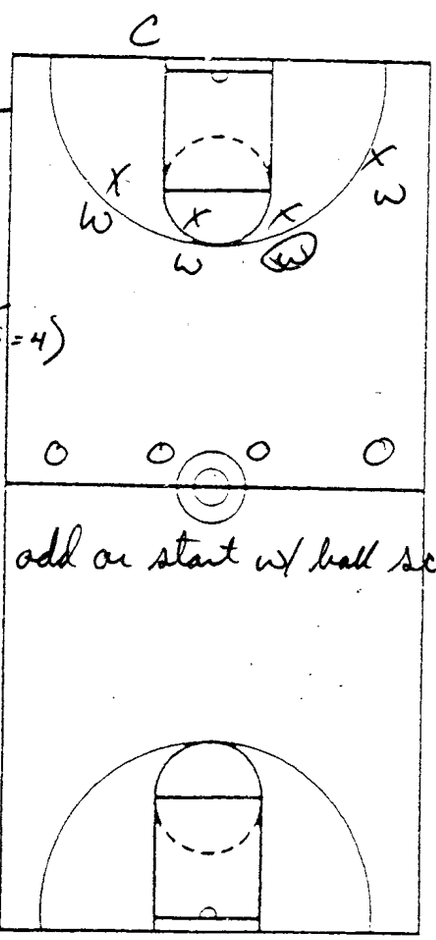
NOTES

Defense ⇒ O scrol as easy & Quick as possible } Beat to a spot
X stay in front of O



NOTES
4 on 4 on 4 ⇒ Defense is core

3 teams
Score on stops - first team to 7 wins (NBA - HS = 4)
Stop ⇒ D board / Steal / T.O.
O Board = -1
NO ball screens / post ups to start ⇒ later can add or start w/ ball screen
If off scores ⇒ they are new def team
If def gets stop - stay on def.
Non shooting foul ⇒ shoot 1 & 1
first is live ⇒ make both now on def.
Shooting foul ⇒ Both are live (Shoot 2) ⇒ If make 2 shooting Team on defense



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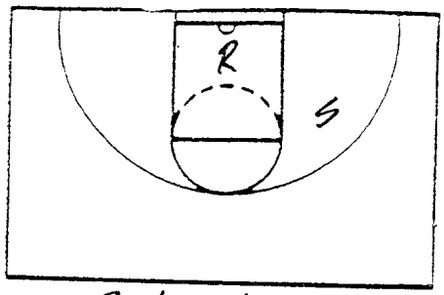
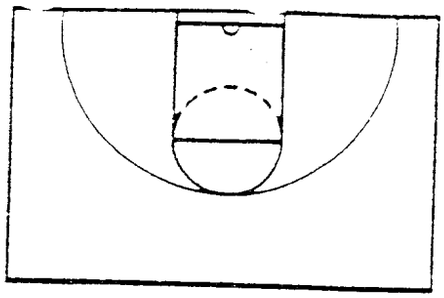
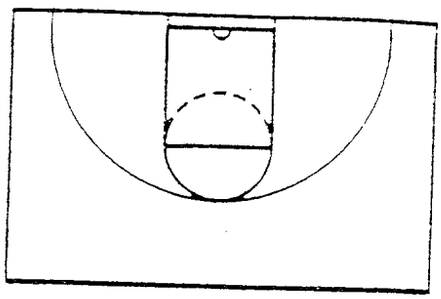






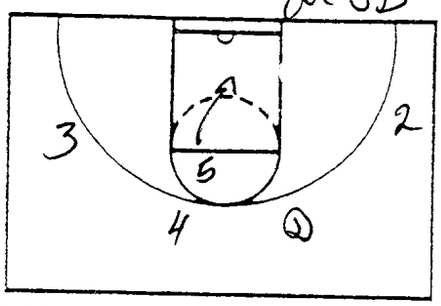
NOTES Beat Johnny Dawkins

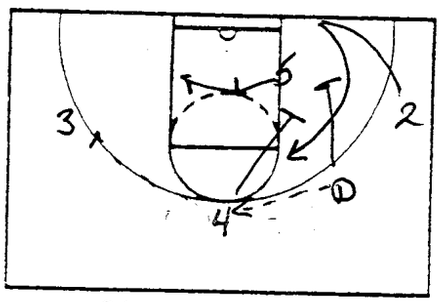
Made basket = 1
Missed basket = 3 for JD

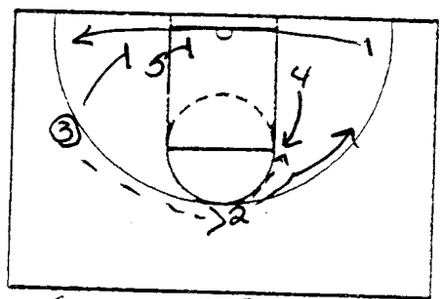
Start w/ ft.
First to 21 pts wins

⇒ Can catch & shoot
Rocker step & shoot

motion off





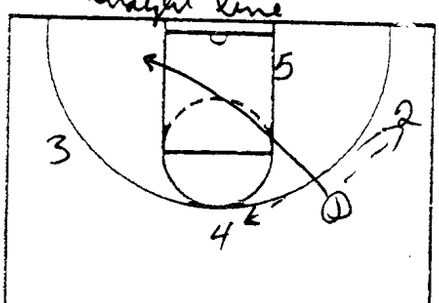


NOTES 1-2-3 interchangable
4-5 " "
5 ⇒ Banana Cut to post - not straight line

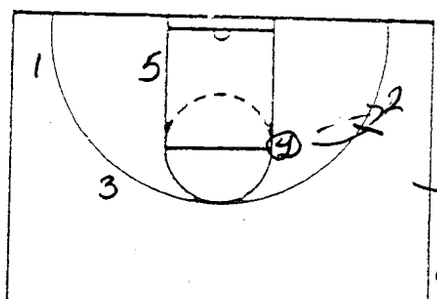
Strong

Goggle w/ 3/5/1 ⇒ do what they want - stay on same side of floor

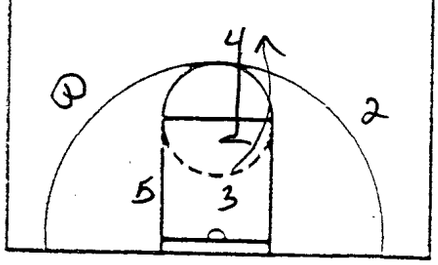
4 ⇒ inside pivot

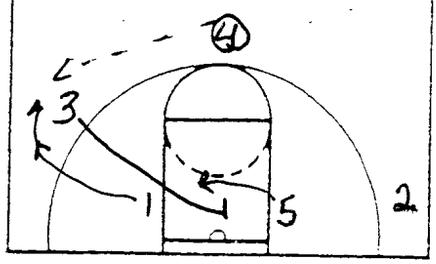


NOTES
Weak



→ screen roll
Dribble hand off





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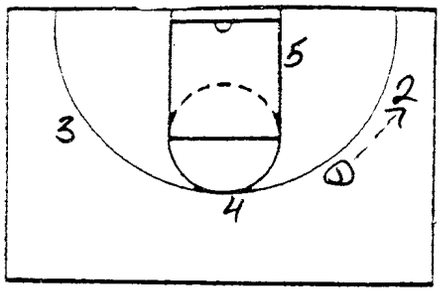
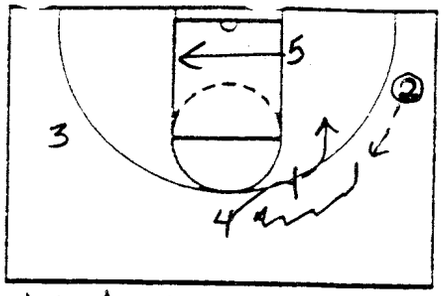
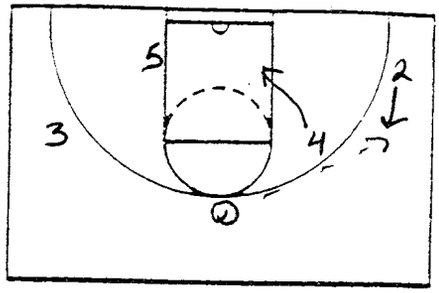
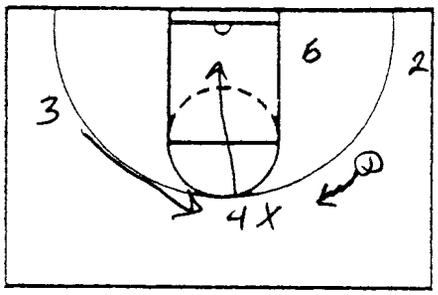


NOTES Automatic

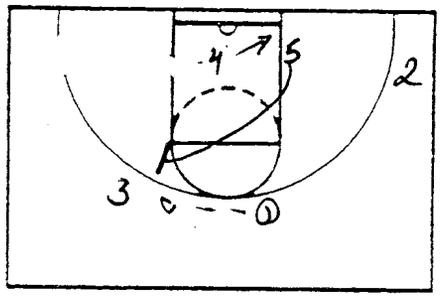


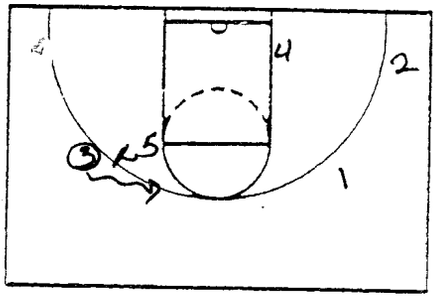
If ball comes across to top = automatic shake

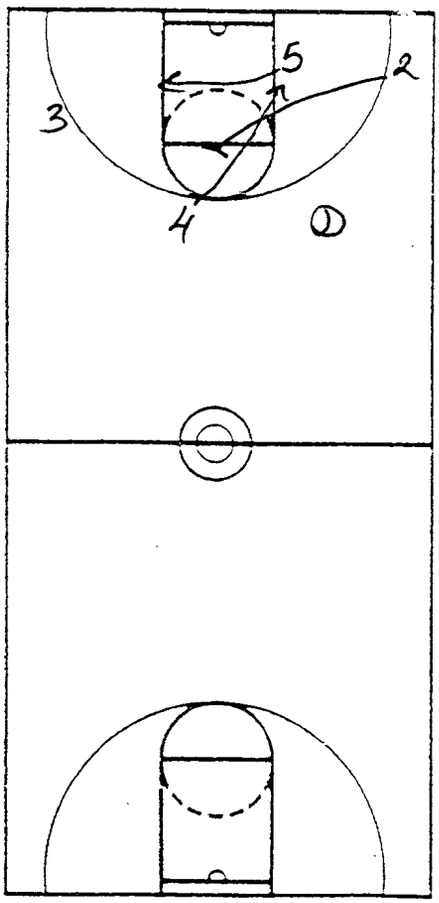




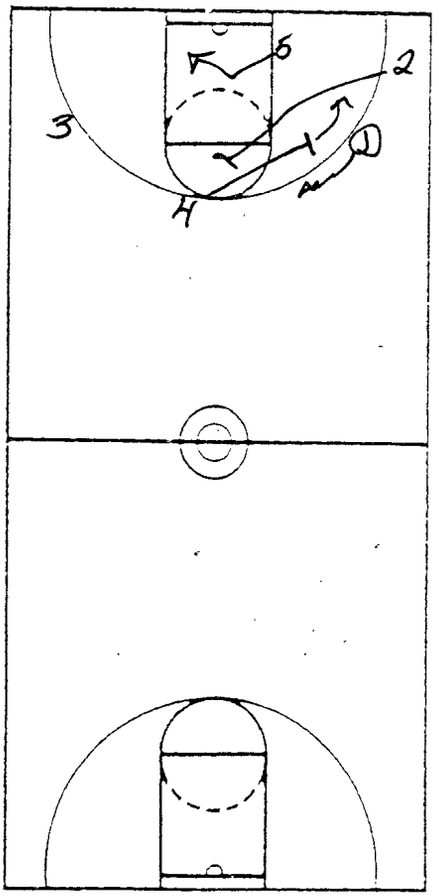
NOTES Top pass denied







NOTES
Post trailer



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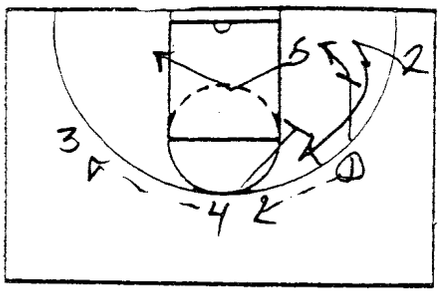

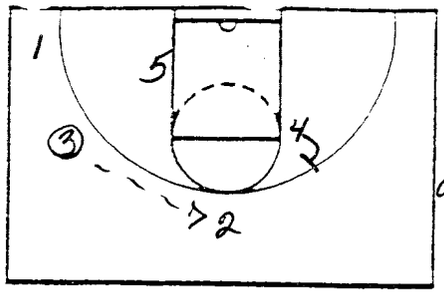

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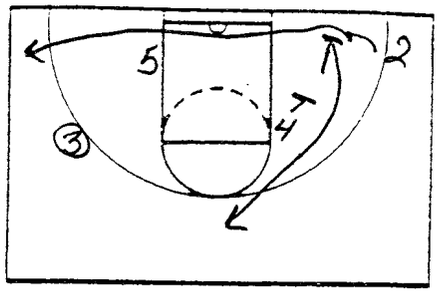
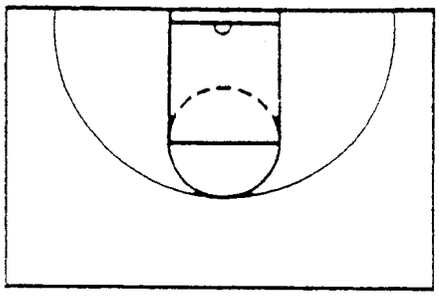
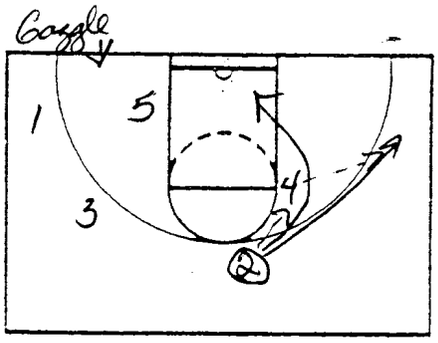


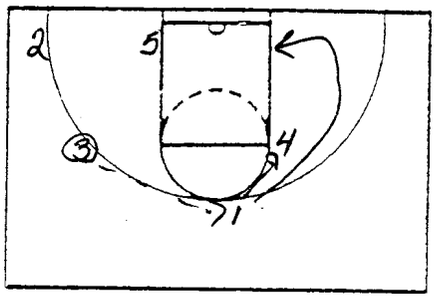
NOTES Strong slip

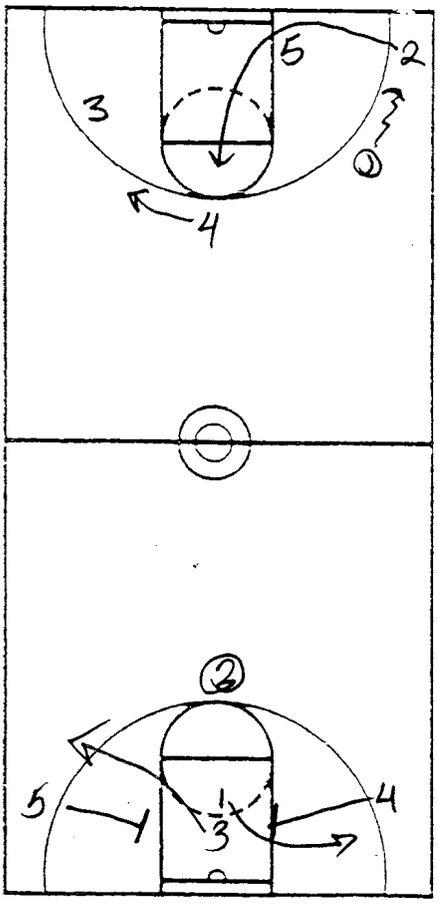


NOTES

Goggle



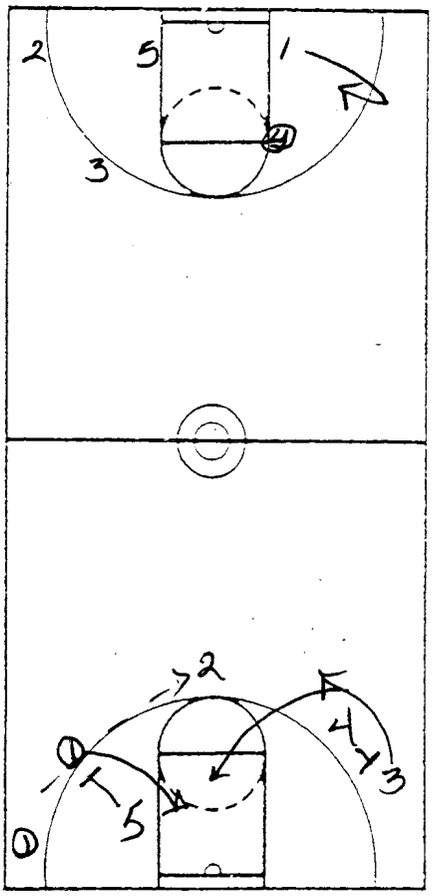




NOTES

Loop

1/3 go either way



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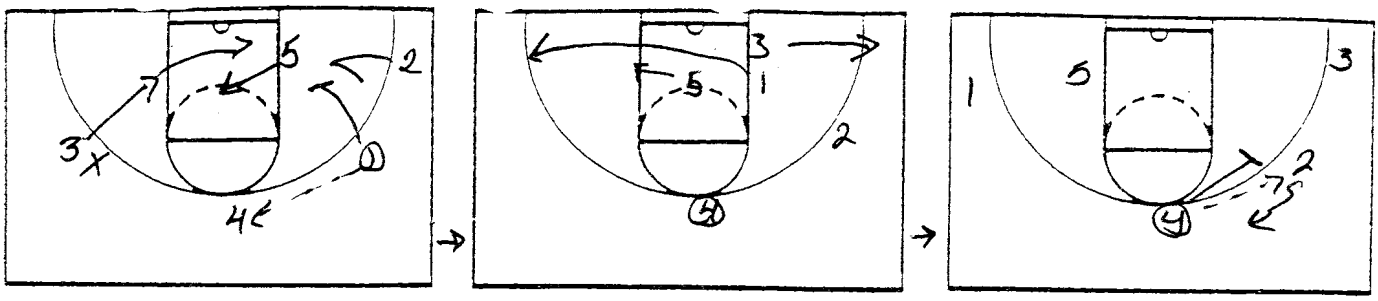
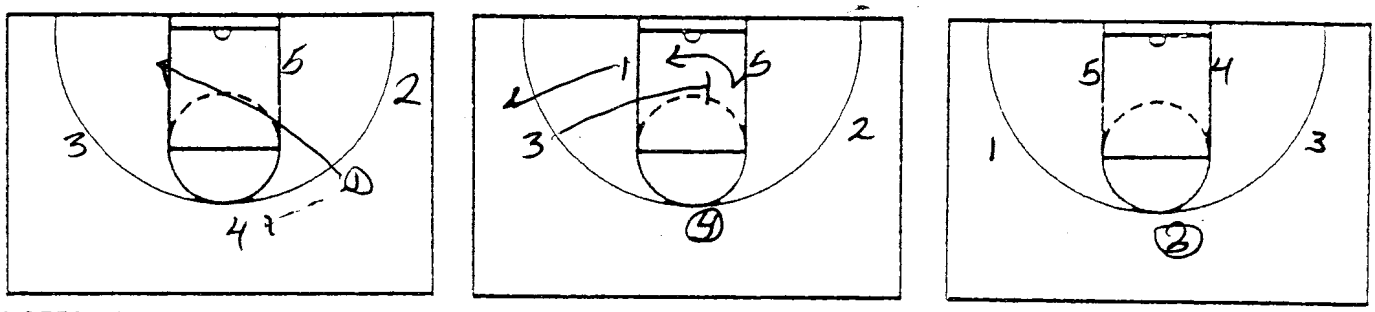
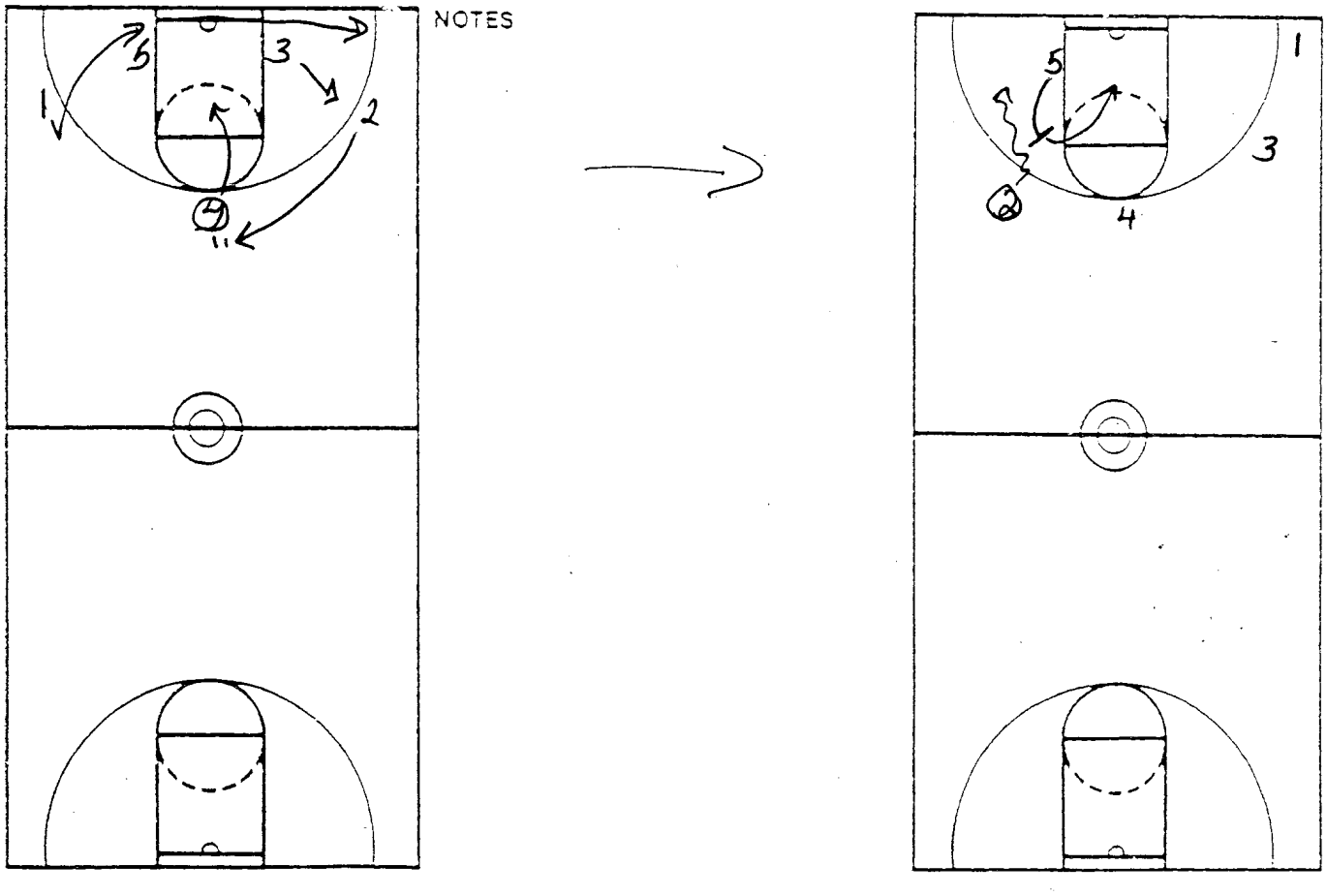


NOTES 3 denied on strong

3 out 2 in look



NOTES 1 Denied in weak



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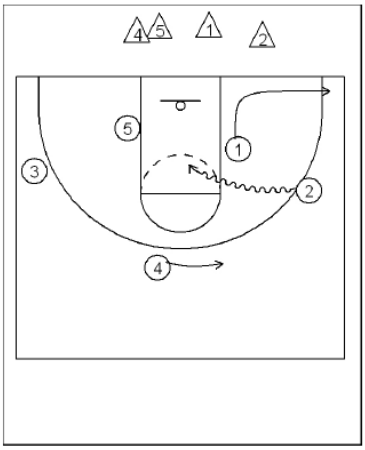

Guard Rules CTD

Penetration:

As soon as the 1 kicks the ball out, their job is to head to one of the corners. They can either head to the playside corner, (as shown here), or the weakside corner shown in the next sequence.

Make sure they are sprinting out to the corner to help clear a lane, and that they are getting width on this. We are seeing a lot that the 2 on penetration has been able to kick back out to the 1. We dont mind this our 1 can shoot pretty well, and gives us another look.

Notice here that the guard rules stay the same on penetration. 2 is attacking the rim, the 4 will rotate over the top of the 2, (a little exxageratted here) to make a longer recovery for the defender. What we are telling our 2 to do here, is mainly keep your head up and your goal is to get to the rim, draw help from 5, and third option is kick back out to the 4.

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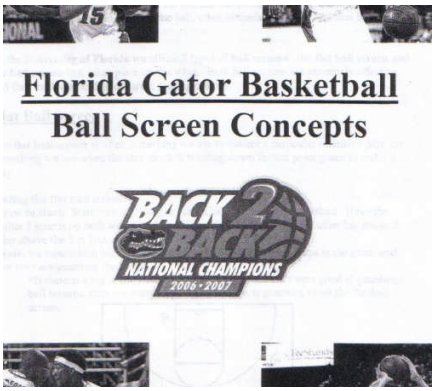

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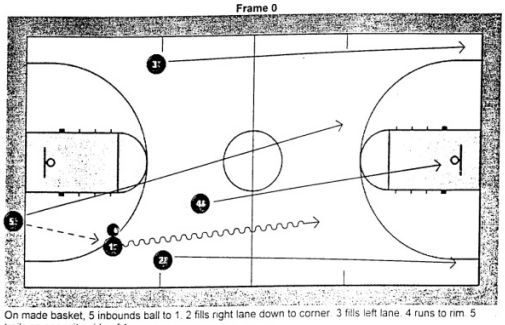
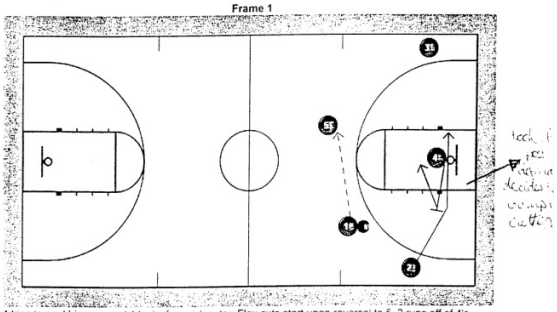


On made basket, 5 inbounds ball to 1. 2 fills right lane down to corner. 3 fills left lane. 4 runs to rim. 5 trails on opposite side of 1.



4 tries to seal his man and 1 looks for quick entry. Flex cuts start upon reversal to 5. 2 runs off of 4's flex screen, then 4 rolls back.

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-start one player on the perimeter and the other under the basket with the ball, you can vary the distance
-the person with the ball passes to the other person who must be in a stance ready to catch the ball and shoot; passer will closeout to defend the against the shooter
-person catching the pass shoots the ball and follows their shot. if they miss, they must rebound the ball and score a lay in before continuing the drill; if they make the shot, the retrieve the ball and pass to their partner who will then become the shooter
-we use eight spots for the drill: junction extended, foul line extended, deep corner and short corner on both sides

2) Circle Drill:
-start with one person near the basket in the key with the ball and the other person in an outlet spot near the foul line extended
-throw the ball off the backboard, rebound the ball and make an outlet pass
-the person in the outlet line curls to receive the pass and then will dribble down court to attack the junction where they will come to a jump stop and make a bounce pass
-the person who makes the outlet pass will follow down court wide toward the sideline before she will cut in near foul-line extended for a pass to a lay in
-passer rebounds the ball and repeat the drill coming back the other direction
-add a defender later to work on the decision-making process of the passer