

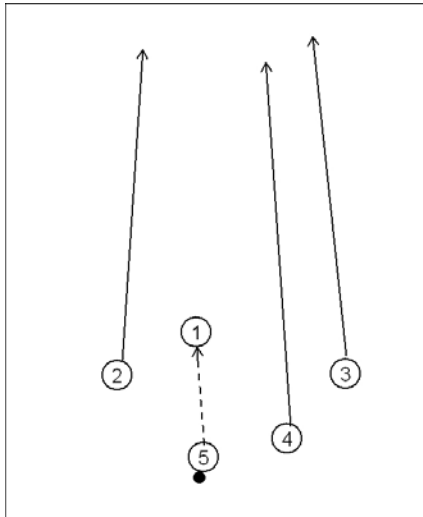


Contents

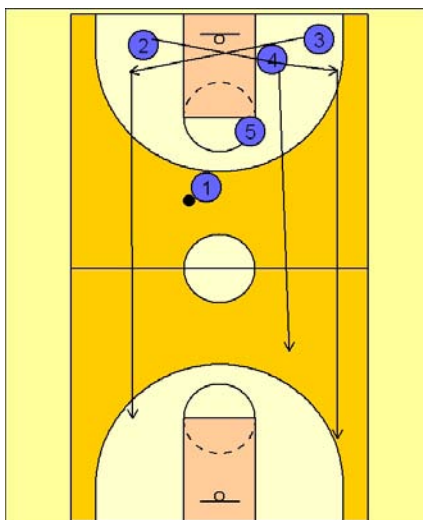
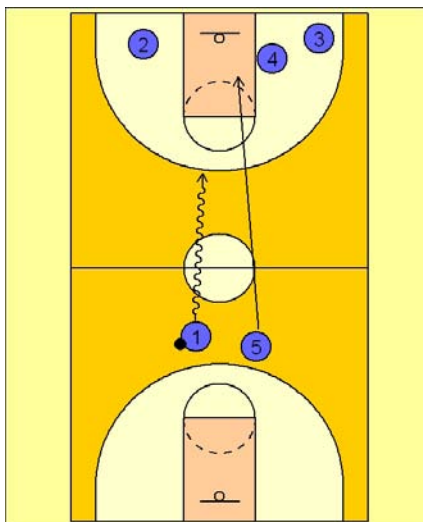
Conditioning

2 1-2 cycle	2
2 min 30 sec	4
2-man coast-to-coast	6
3-33	6
7 minute drill	10
Baseline 4 sprint help defense	11
Boomer drill	12
Corner shooting	15
Downlow drill (front)	15
Dribble slide layup	17
Igors circuit	17
Sheridan drill	19
Slide, back pedal, layup	22

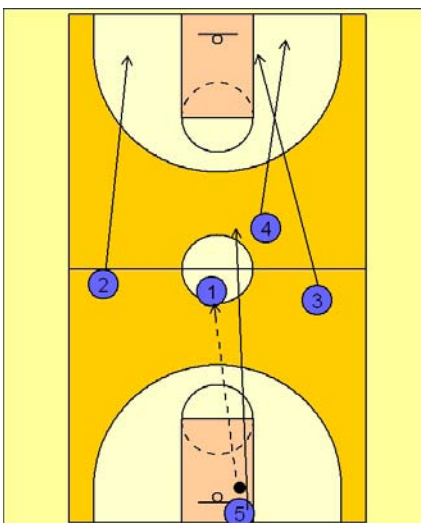
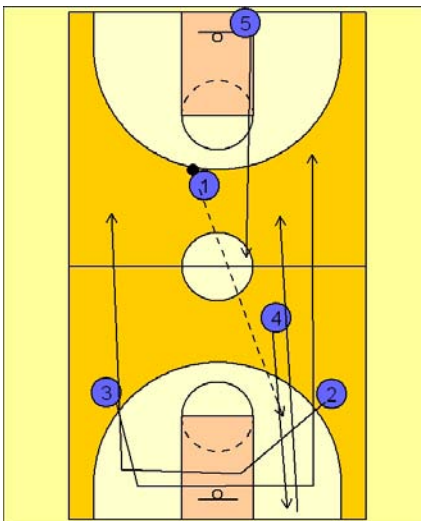
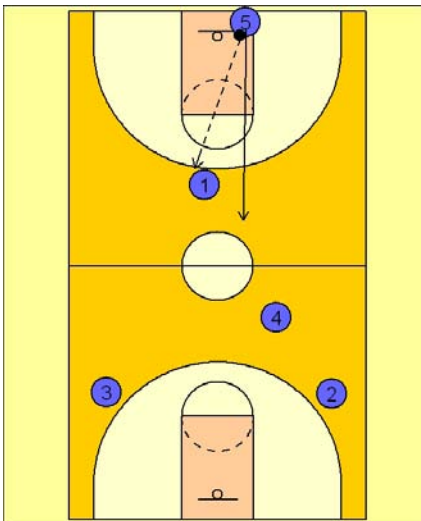
2 1-2 cycle



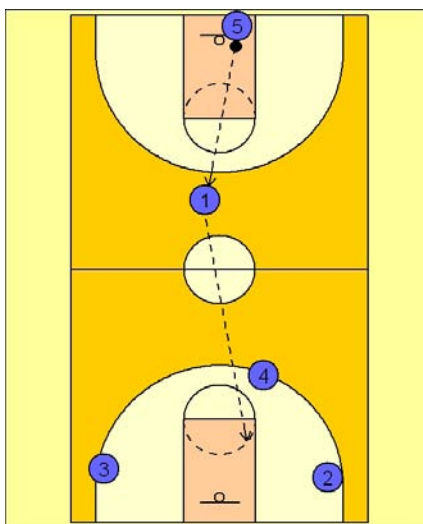
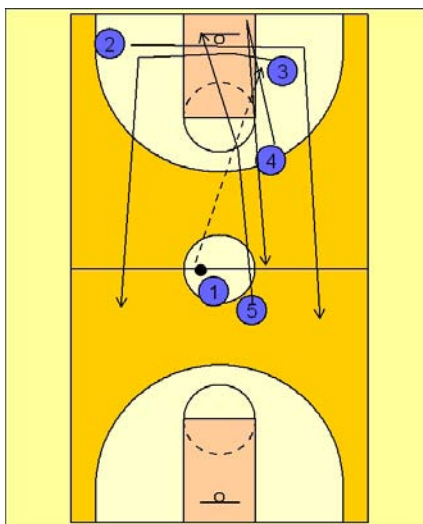
This is a full court conditioning drill. It is run for 10 minutes, with the goal being 195 points (once the season practice has been on for awhile). Each set, one player must take a three point shot. All other players in the set must take a layup. If all five players make their baskets, a bonus of three points is given. To start (5) bounces the ball off the backboard and passes to (1). (2), (3) and (4) run down the floor on a fast break. (1) dribbles down the court and takes a 3 point shot. (5) follows for the rebound. If (1) makes the shot, (5) takes the ball out of bounds.



(2) and (3) will cross under the basket and run to the other end. (4) will run back to the other end, while (5) rebounds the ball and passes to (1)

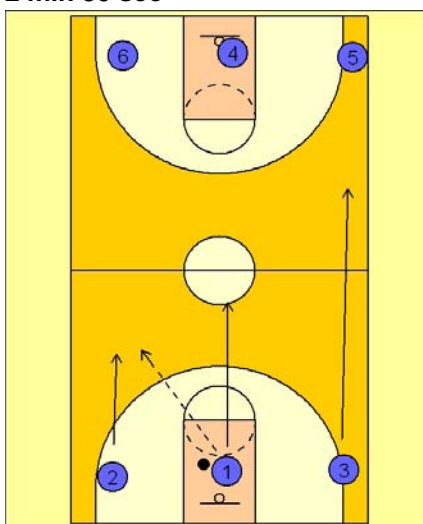


(1) will pass to (2) for a layup. (3) will cross under the basket and run down the opposite sideline. (4) will run to the end line, reverse and run to the other end.(5) will run, rebound the ball and pass to (1).

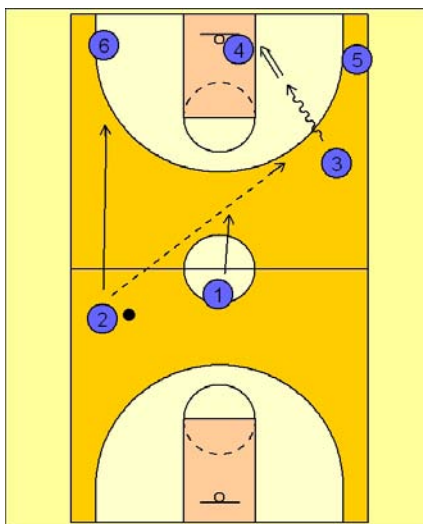


(5) will rebound the ball and pass to (1), (2), (3), and (4) will run down the court.(1) will pass to (4) for a layup.(5) will run down the court, rebound the ball, and pass to (1).

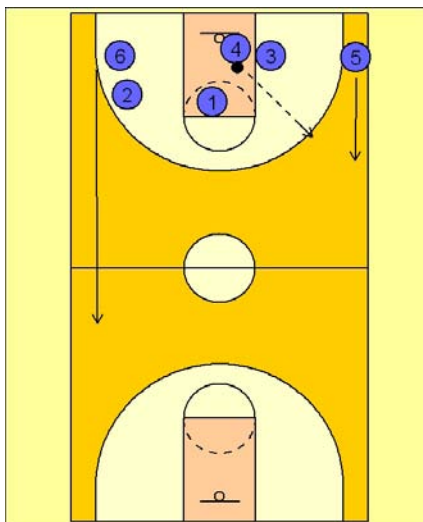
2 min 30 sec



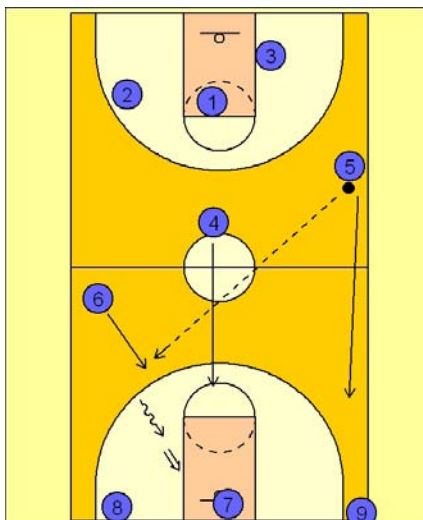
9 players 1 ball.1 passes to his left to 2(1st pass before half court)



2 passes to 33 makes lay up1 & 2 stay in lanes & get inside the 3 pt line before shot is taken

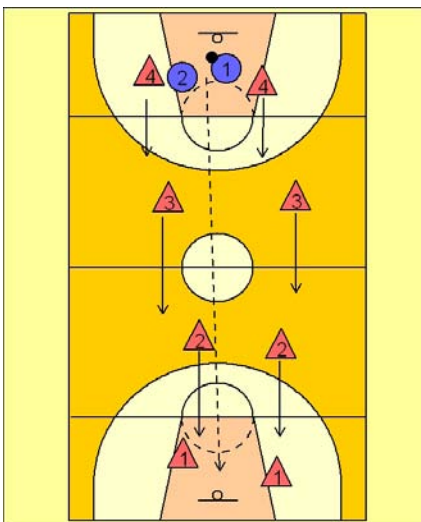
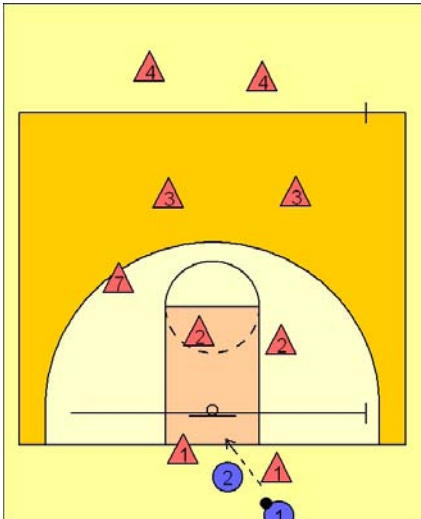


4 rebounds and passes to 5 before 1/2 c 6 sprints to shot lay up4 & 5 stay in lanes



Goal: make 20-32 buckets in 2 min 30 sec1 dribble per player and only 2 passes

2-man coast-to-coast



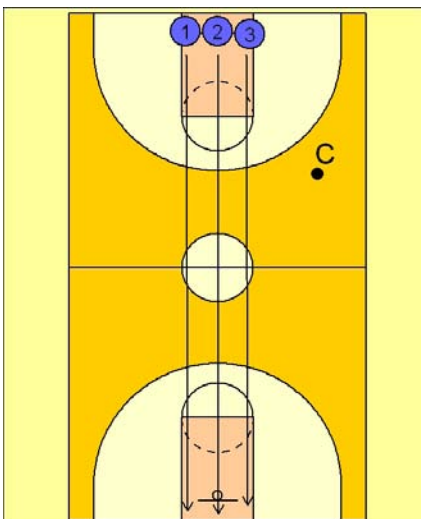
When the two offensive players have scored, the ball is rolled back to opposite base line.
Defenders 1 plays offense.

Defenders 2 takes defenders 1's zone, as well as defenders 3 take the next area and so on.
P1 and P2 defends zone 4.

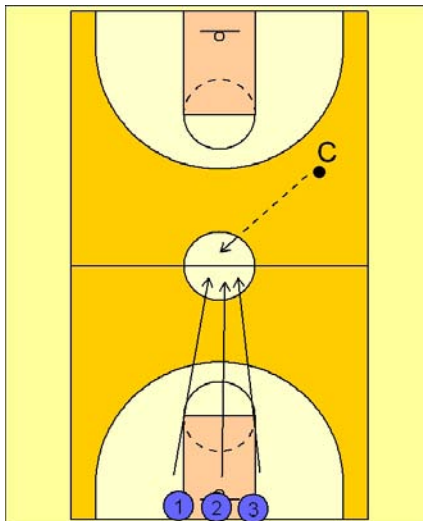
If ball is lost before making it to the basket, its the same procedure as when basket is made:
The ball is rolled back, D1's become offense and the rest of the defenders follow. P1 and P2 still defends zone 4.

Variation:
No dribble.

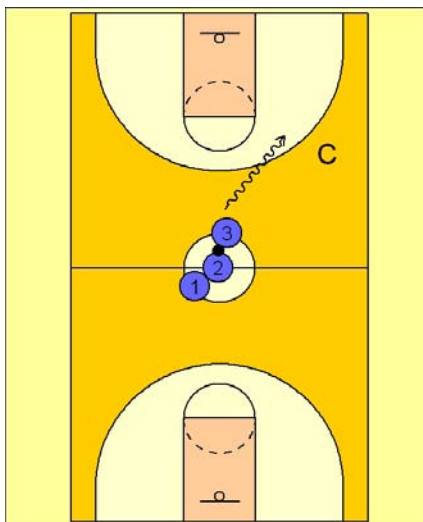
3-33



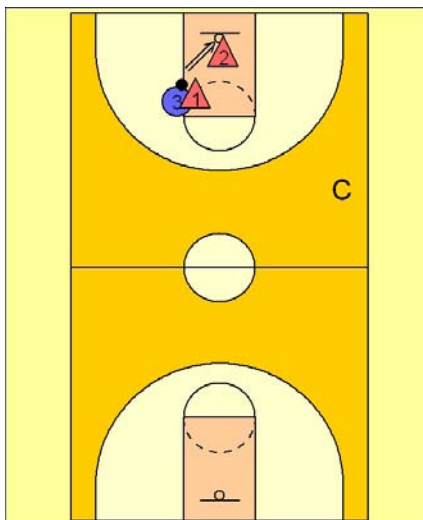
Three players underneath the hoop. Coach with ball on right or left wing.
When the coach gives a signal, the three players run to the other side where they tip the baseline with their hand.



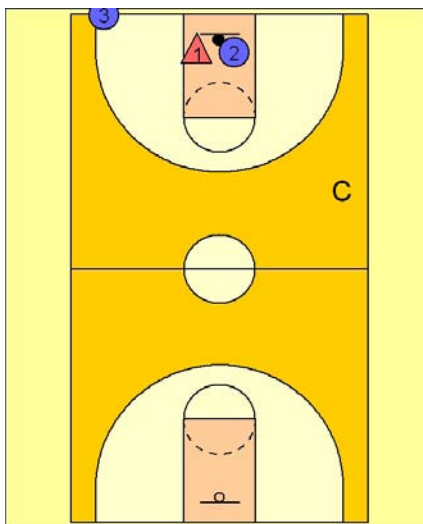
Coach yells 'ball' and passes to mid-court. Players run for the ball.



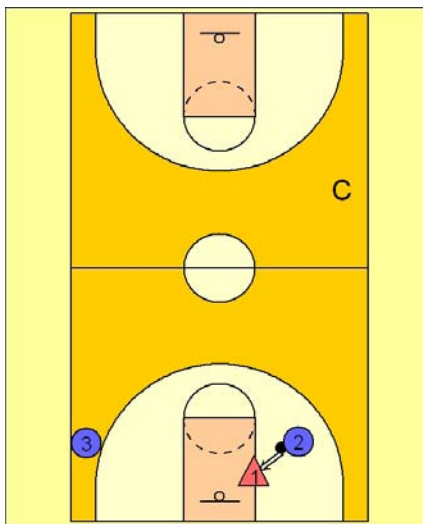
The first player to get in possession of the ball (in this example player 3) plays 1 on 2.



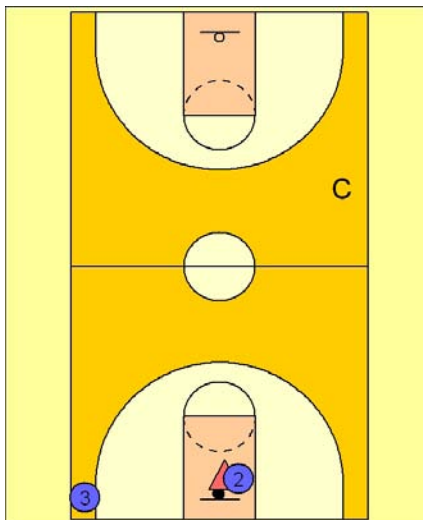
Player 3 tries to score (shot or lay-up). All three players have to contest the rebound.

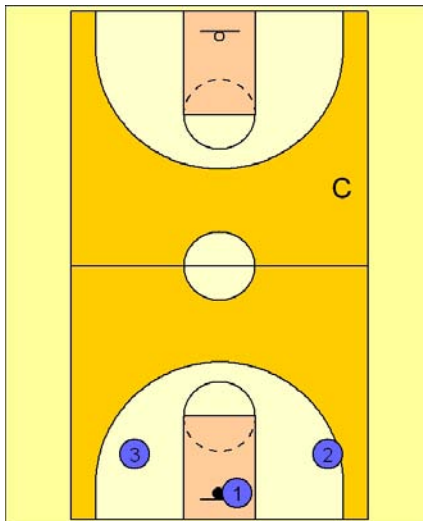


Once the rebound has been caught, player 3 runs to the left or right corner and turns on his outer foot. Player 1 and 2 play full-court 1 on 1. Player 3 runs with them on the sideline. He doesn't take part in offence.

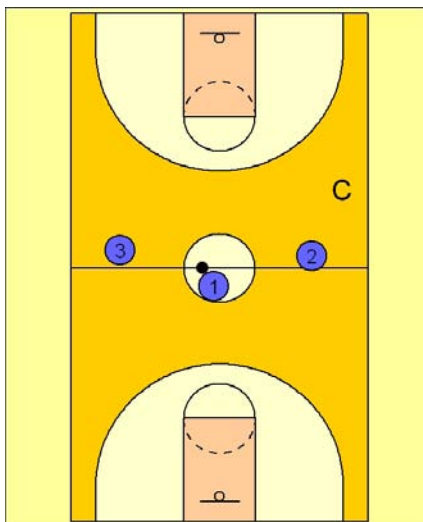


Player 2 tries to score, both players have to contest the rebound. Rebounder takes position in the middle, player who lost the rebound goes to the right wing.

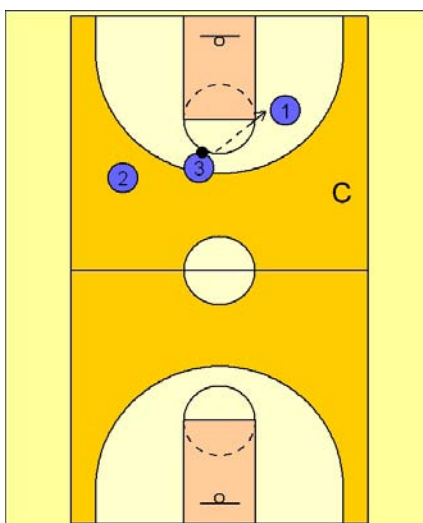


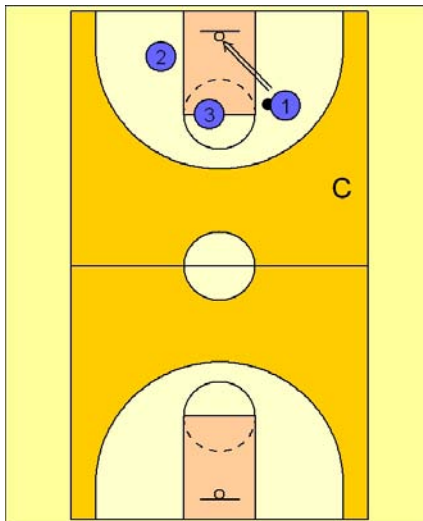


Every player runs his own line until they arrive at mid-court.

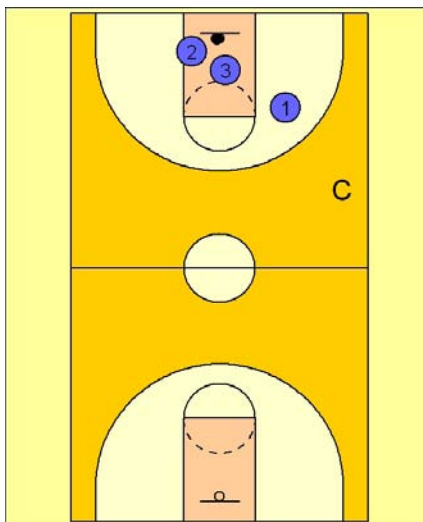


>From now on it's a three-man weave.



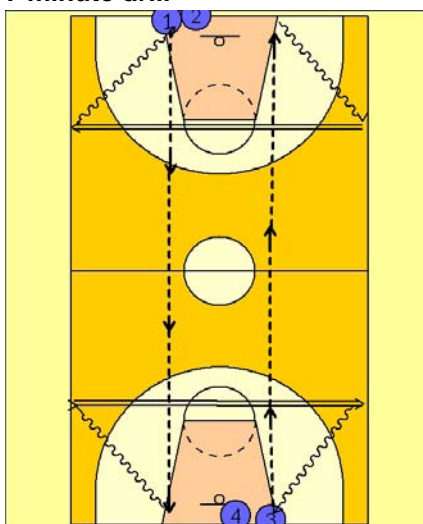


Player 1 stops with a jump-stop and finishes with a jump-shot.



Player 2 and 3 contest the rebound. Rebounder passes ball to coach and the drill continues with another team. Make them run hard. Strong offence. Tough defence (no fouls!). Aggressive rebounding. Use a time-limit (depending on the ability of your team).

7 minute drill



7-minute drill (Conditioning Drill)

Put seven minutes on the clock.

Dotted line:

Start at base line jog full length of court.

Wavy line:

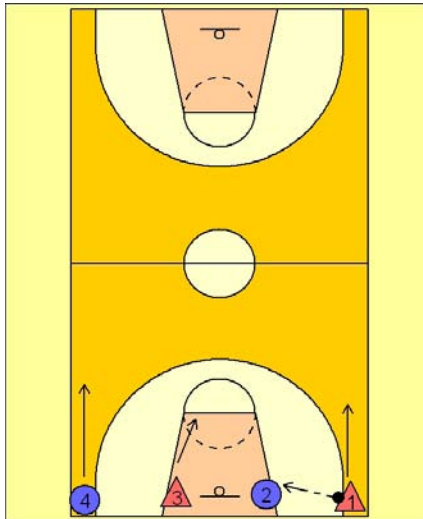
Drop step and defensive slide.

Change the direction they drop step at 3.5 min. mark.

Double line:

Sprint sideline to sideline.

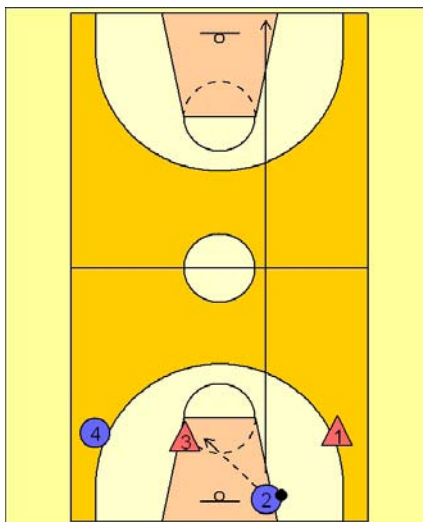
Baseline 4 sprint help defense



This is a conditioning and defensive help drill.

Players 1 & 3 are defense, 2 & 4 are offense.

Player 1 has the ball to start and passes to 2.



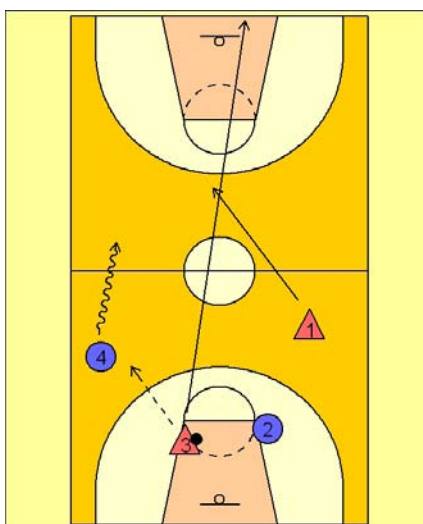
On the pass from 1 to 2, 1, 3 & 4 start breaking down the court.

Player 1 will ultimately run to the free throw line at the other end and set up for defense.

Player 2 passes to #3 at about the free throw line elbow.

Player 2 breaks after his pass and sprints to the baseline then flares out to the wing.

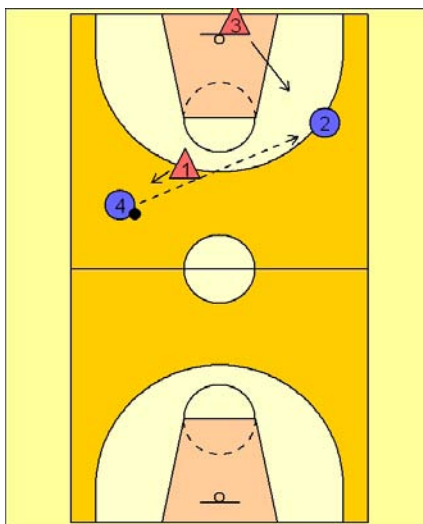
Player 4 keeps breaking towards the mid-court line (in his lane).



Player 3 passes to #4 at about mid-court.

Player 3 sprints for the baseline under the basket.

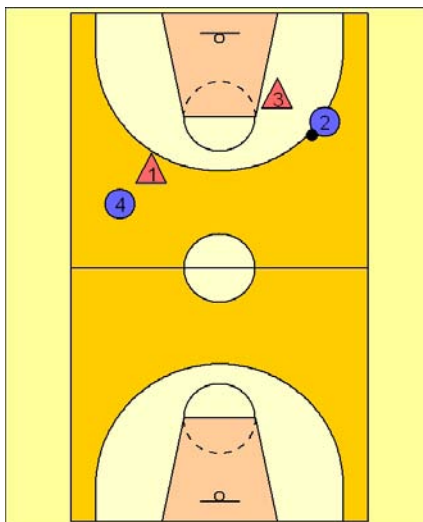
Player 4 starts dribbling up...as if in a live game.



Player 2 has flared out to the wing.

Player 3 will hit the baseline and recover to guard #2.

Player 1 will begin to pressure #4.



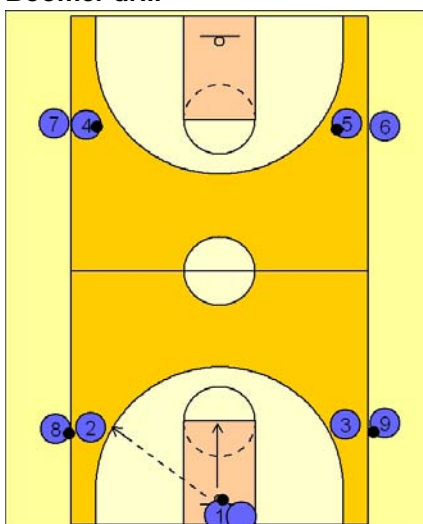
This becomes a 2-on-2 drill IF the defense (# 3) has hustled down and #2 has contained the ball properly. If not, it becomes a 2-on-1 until #3 can recover.

Drill ends when offense scores or defense gains control of the ball.

Bonus:

If defense gains control, then the last offensive player must sprint back to play defense in a 2-on-1 break back the other way.

Boomer drill

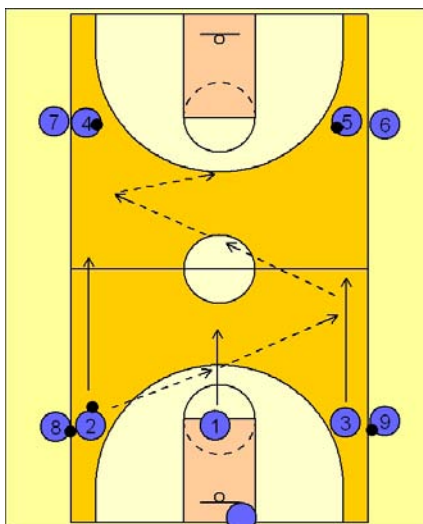


Boomer drill

Align the players around court in these positions to start.

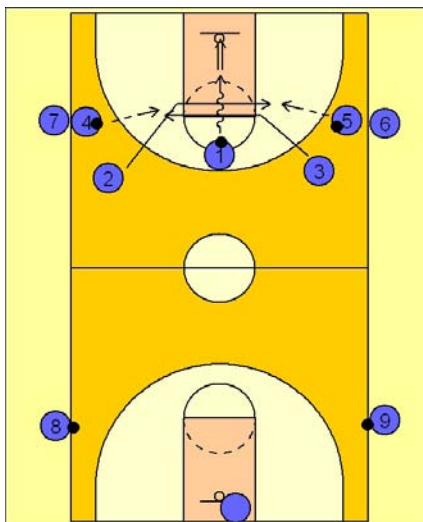
You can use 12 or more players and need at least 5 balls.

1 starts Boomer with a pass to either 2 or 3.



1, 2 & 3 run the lanes passing back & forth between them.

Players 4 & 5 are on the sideline ready to pass to 2 & 3 after they swing the wings under the basket.

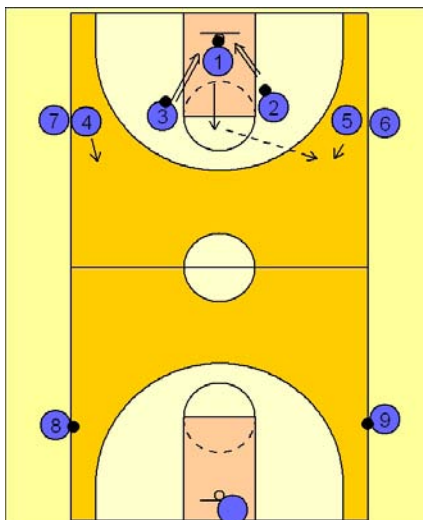


When 1 gets the pass back at the 3pt line he goes onto make a lay-up.

2 & 3 now swing the wings.

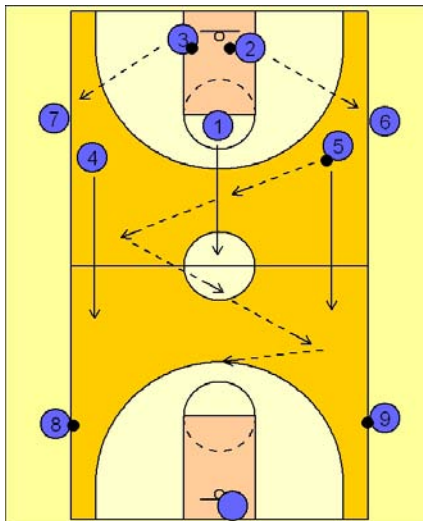
2 receives a pass from 5.

3 receives a pass from 4.

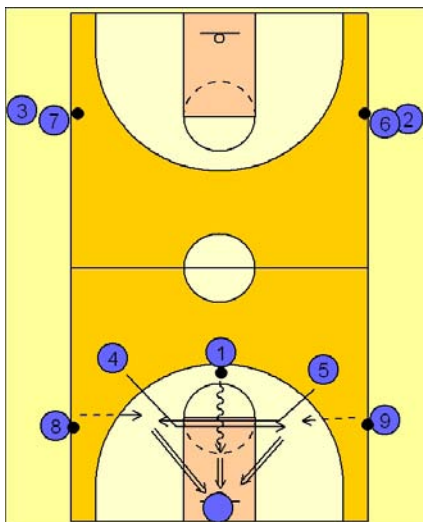


2 & 3 Catch and square up to basket and make a jump shot.

1 rebounds his layup and starts back down the floor with players 4 & 5 in the same passing action as before to the other basket.

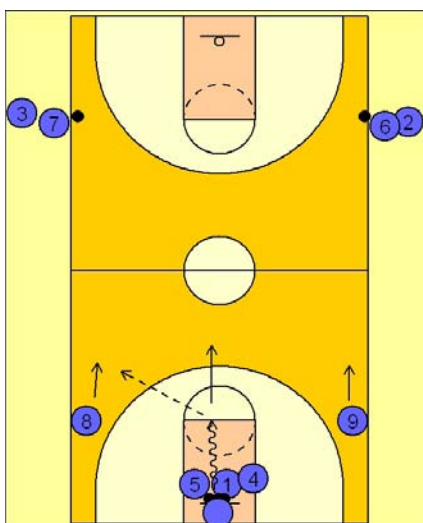


2 & 3 rebound (and run to the 3pt line make a 3pt shot, rebound) and pass to players 6 & 7 on the sideline.



4 & 5 now swing to the wings and receive passes from 8 & 9. Square up and shoot.

1 makes the lay-up.

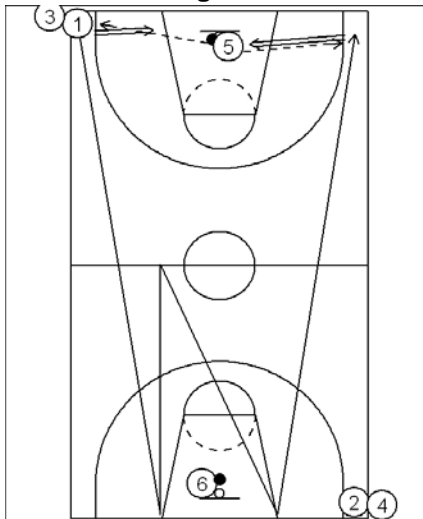


Next player under the basket gets the rebound from the lay-up by and continues up and down the court with players 8 and 9.

Players 1,4 and 5 change lines after their shots.

Good for passing and receiving on the run.
Shooting under pressure.
Catch and Square Up (CSU) for perimeter shooting.
General allround conditioning

Corner shooting



Setup

5 has the ball
use of two groups/boards

Drill

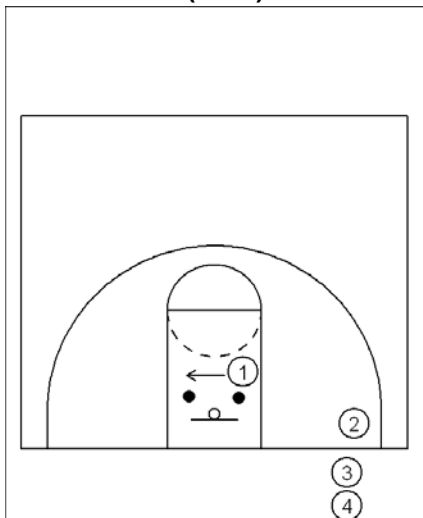
5 passes the ball to 1.
1 starts at the corner with a shot, sprint to the baseline/midline/baseline and to the other corner.
5 passes the ball to 1 who takes a second shot.
5 rebounds the ball and passes to the next in line (3) to start again.

Rotation

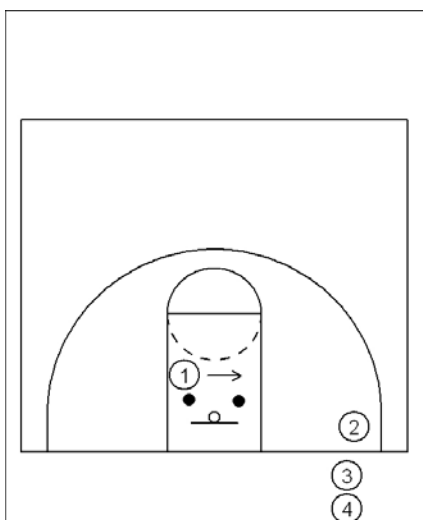
1 goes to the rebound position.
5 joins the group.

Same drill at the opposite board.

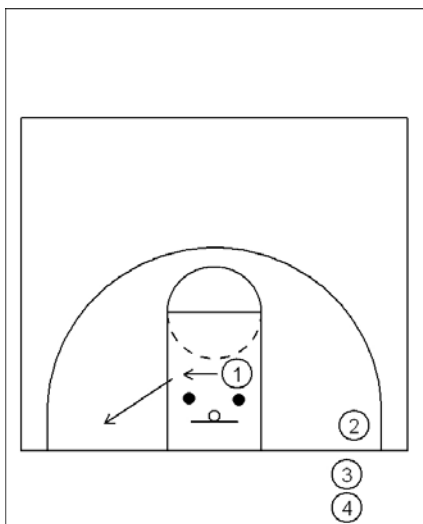
Downlow drill (front)



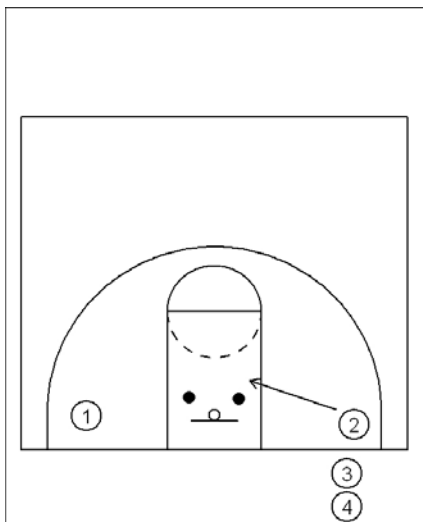
Downlow Drill (Front) & (Back)*This drill helps conditioning, exploding and pivoting around the goal. Also this helps in using alternate footwork, agility, and speed.*This is drill for your post players (but can be used for everyone)Tools needed:1. Two Basketballs2. Two Jumps RopesSteps:1. Two basketballs are placed left and right of the hoop.2. Player 1 is to stand in front the ball facing the basket. (Note: On the BACK drill the players back is facing the basket. and the ball is place in front of them)3. On the command by the COACH, Player 1 is to use downlow techniques by using the backboard on every shot.



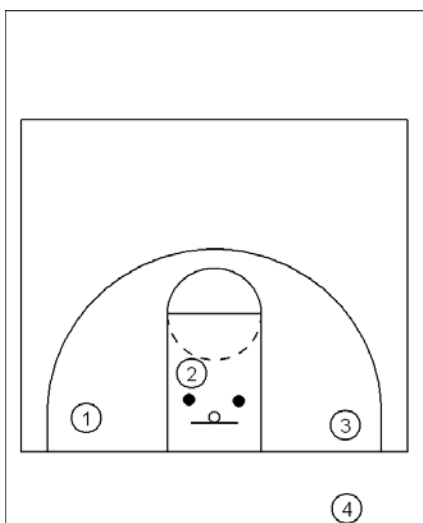
4. After the shot is MADE they are to get there own rebounds place ball back in its original position and continue to the next ball. (This is repeated 10 times or coaches discretion).



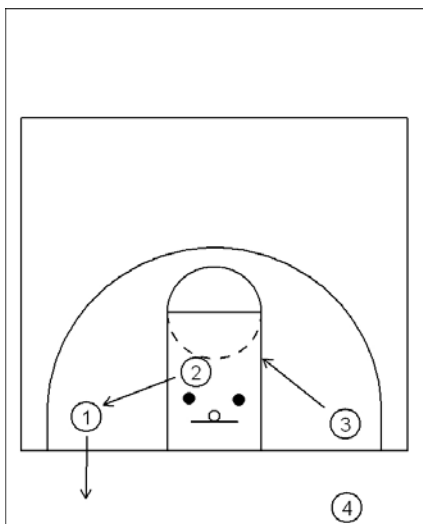
5. After Player 1 is finishing the drill he/she is to continue to the other side of the baseline and jump rope until player 2 complete their drill.



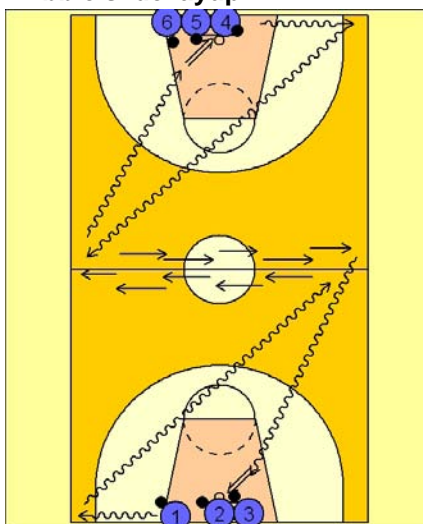
6. Player 2 is to complete the drill as Player 1 has done.



7. This drill is done until everyone has done it at least twice.



Dribble slide layup



A fairly simple but effective conditioning drill.
6 or more players, each player a ball.

First the players dribble to the corner, and make a reverse dribble to keep their body between ball and the (imaginary) defense.

Speed dribble to the mid line.

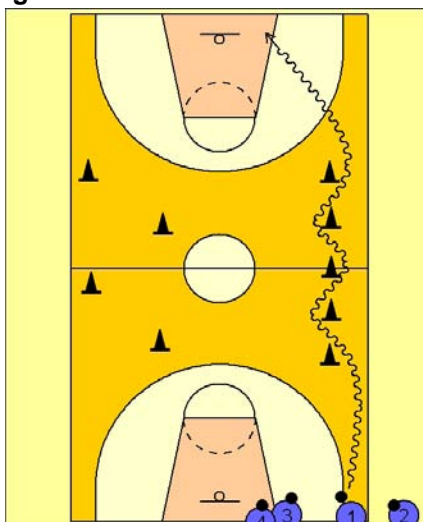
Hold the ball, (or if you have ball racks place the ball in the rack), while doing defensive footwork parallel to the mid line to the other side. Face to the (offense) basket.

Finally speed dribble and left handed lay-up.

After 2 minutes rotate to the other side.

(Based on a drill by Peter Nijdam)

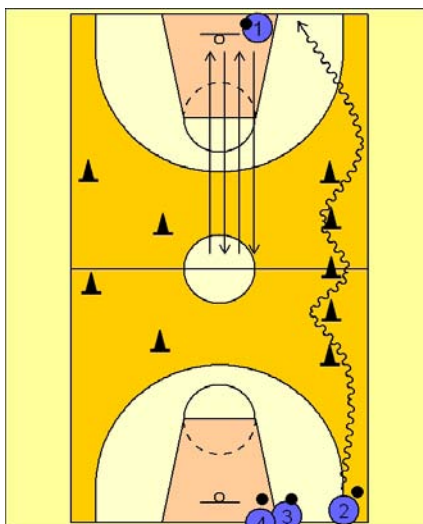
Igors circuit



This is a full court combination drill

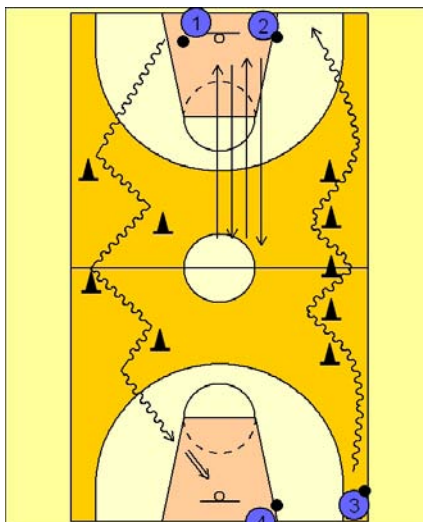
It starts with player 1 dribbling to the other side of the court while making cross overs between the pylons.

When player one reaches the baseline he puts the ball on the floor



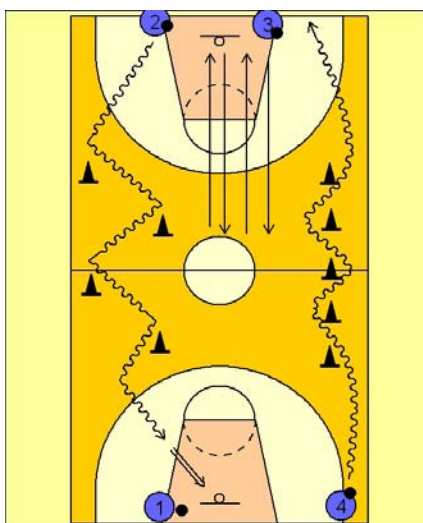
Player 1 will then start with defensive footwork to the middle circle and back and again to the middle circle. The second time player 1 reaches the middle circle he jumps five times as high as he can.

At the same time player 2 starts his drill with the crossover dribble.



Player 1 picks up his ball and starts dribbling again making (spin) reverse dribbles at the pylons he ends with making a lay-up at the basket.

Player two start with his defensive footwork and jumps and player 3 with his dribble

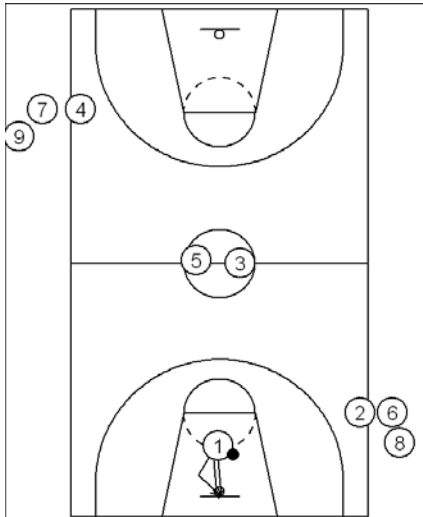


After making his lay-up player puts the ball on the floor and makes 5 (or more) push-ups or sit-ups. After this he picks up his ball and starts again.

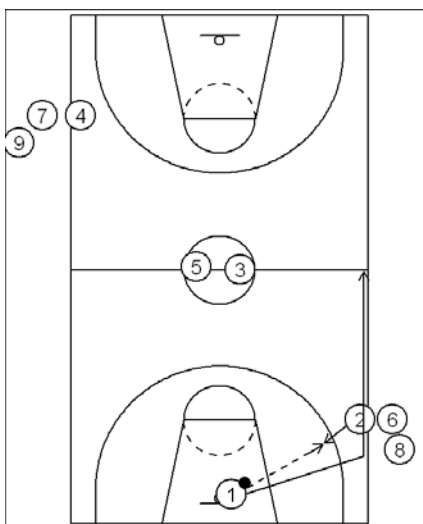
At the same time player 2, 3 and 4 continue with their part of the drill.

4 to 6 complete circles is (for me more than) enough.

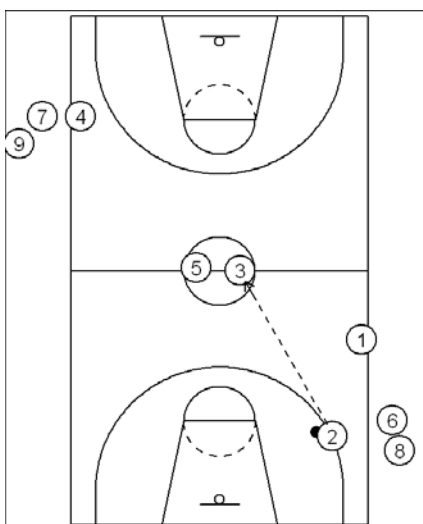
Sheridan drill



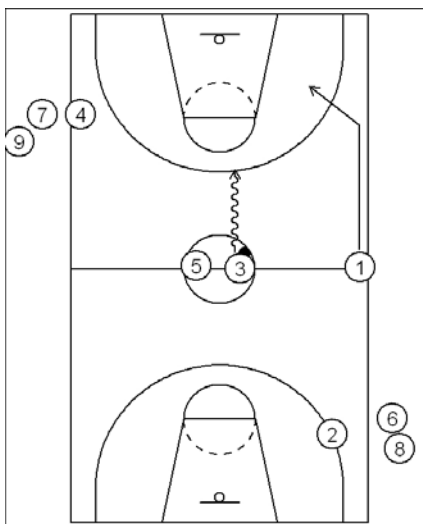
Sheridan drill A warming up or conditioning drill, with Alternating periods of intensity Possible focus points: * outlet pass * spacing (keep the fast break in mind) * One tell stop * chest pass (2 hands,...) 1 shot + rebound



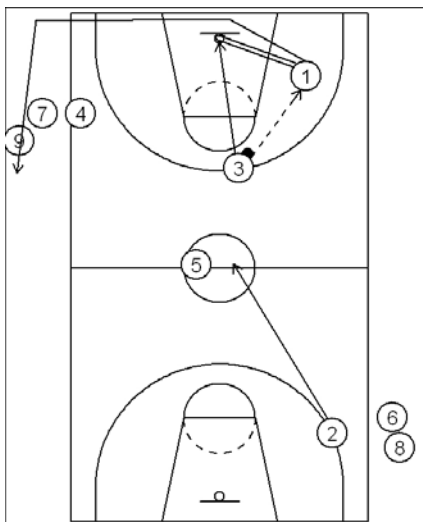
1 gives an outlet pass to 2 1 goes behind 2 over the side line Points of focus: * Catch the ball at its highest point * Don't bring the ball down * Pivot



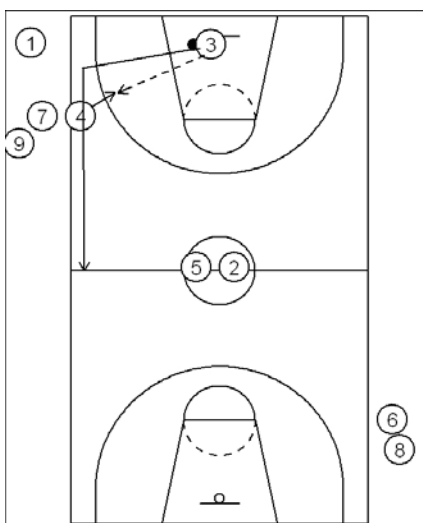
2 passes to 3



3 dribbles to the 3 point line and makes a jump stop. 3 passes to 1 focus points: * 3 makes a one tell stop * 1 stays at the side line until he reaches the extended free throw line, at that moment he goes to the basket under an angle of 45° (spacing principal) * 3 passes in front of 1

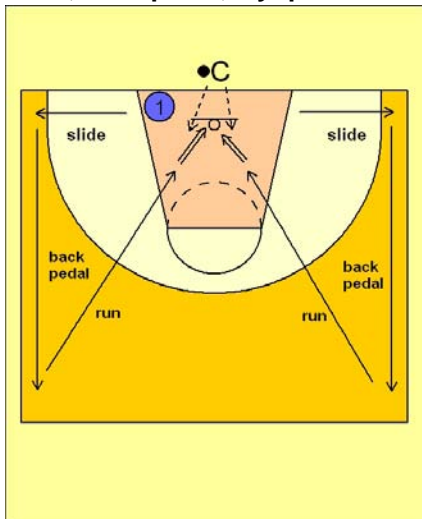


1 takes the lay-up (or a short jumper) 3 rebounds the ball. 2 takes the pace of 3. 1 joins the group at the side line.



3 rebounds and gives the outlet pass to 4 3 goes behind 4 and follows the side line.

Slide, back pedal, layup



Player 1 faces the baseline and slides from the edge of the key to the sideline. They then back pedal to the 1/2 way line, stop, and then sprint to the basket to receive a pass off the coach and shot a lay-up.

Repeat drill on the other side of the court.

Play should continue until they have made a set number of lay-ups (e.g. 6-10).