

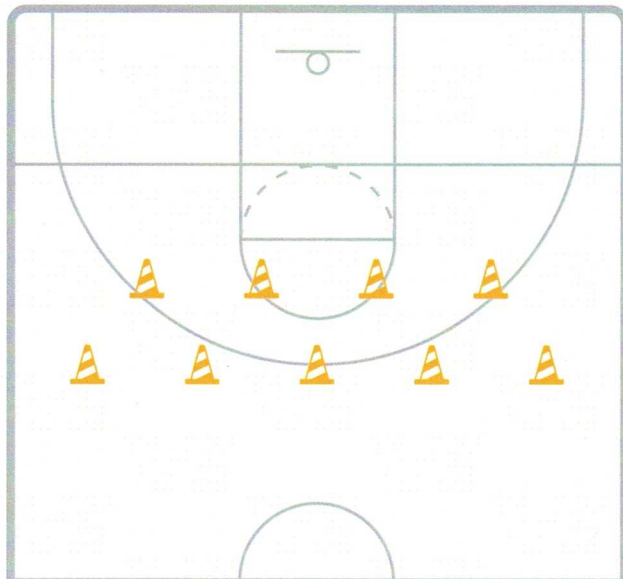
Skills + Drills

WIN FROM WITHIN

01

Perimeter Drills

BALL HANDLING



THROUGH MIDDLE OF CONES

1. Cross over at each cone
2. Behind back at each cone
3. Through legs at each cone

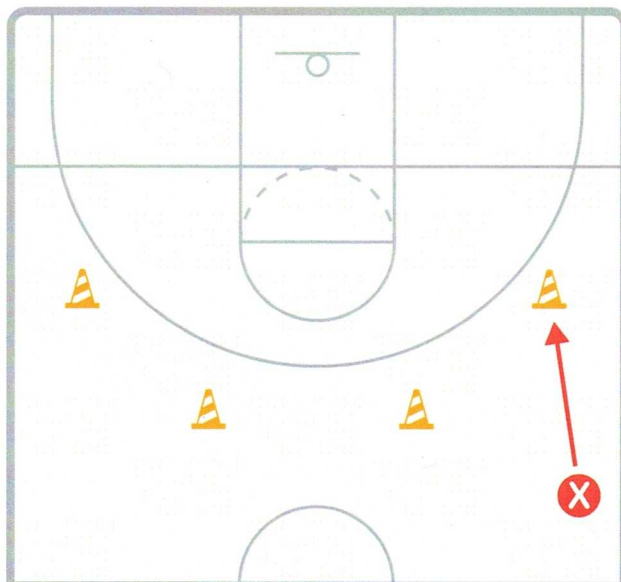
ON OUTSID OF CONES

4. Inside out dribble left hand
5. Inside out dribble right hand
6. Around each cone left handed
7. Around each cone right handed
8. Pick each cone up & set it down – right handed
9. Pick each cone up & set it down – left handed

02

Perimeter Drills

CROSS TO FINISH



Premise is to explode while going forward and strong dribble back with butt to the sideline on the retreat.

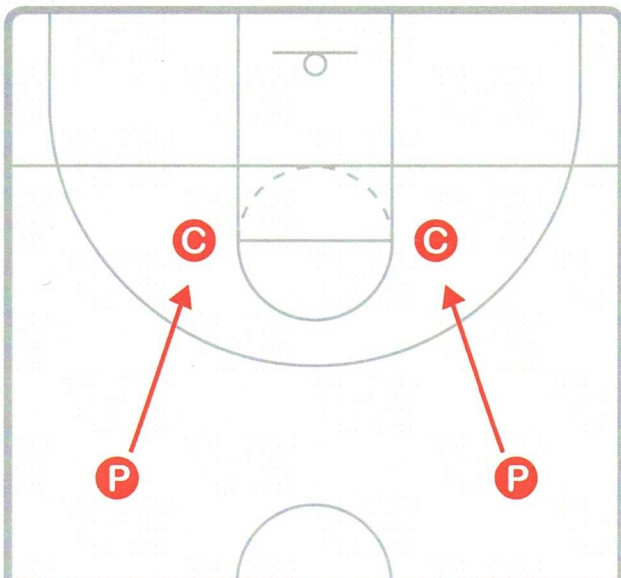
Push to first cone, crossover, retreat to baseline. Push to second cone, crossover. Retreat to baseline. Repeat process to all five cones.

Add a second ball to increase the difficulty of the drill.

03

Perimeter Drills

BALL HANDLING / SHOTS



PLAYER PUSHES BALL AT COACH AT THE ELBOW

CHANGE MOVE EACH TIME:

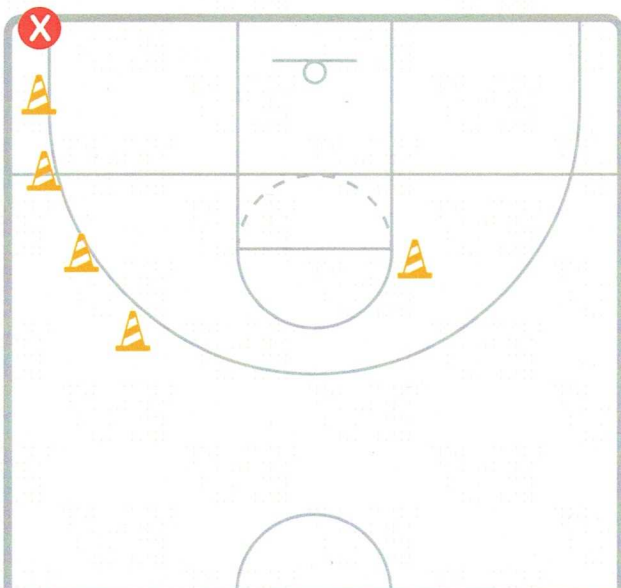
- Hesitation
- Cross over
- Through legs
- Around the back
- In/out
- Pull back cross over

**Add a cone between player & coach to simulate an extra defender

04

Perimeter Drills

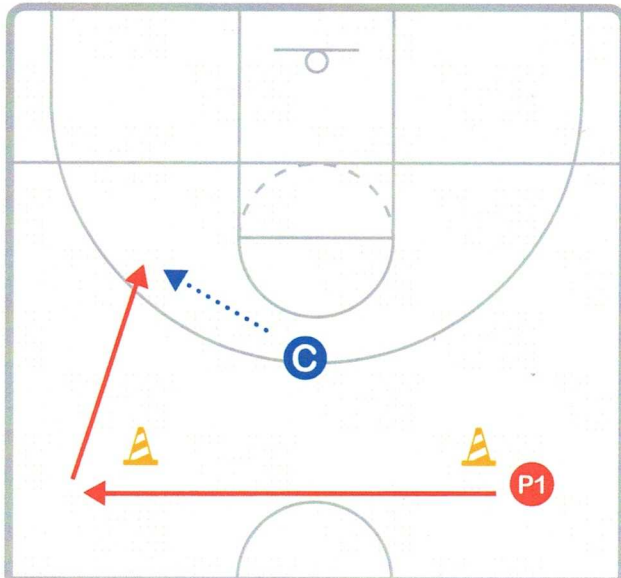
BALL HANDLING: PICK UP - PULL UP



- Player picks up and puts down all of the cones at three point line. After the last cone dribble hard at elbow cone for crossover pull up
- Vary the drill by doing different things at elbow cone

07

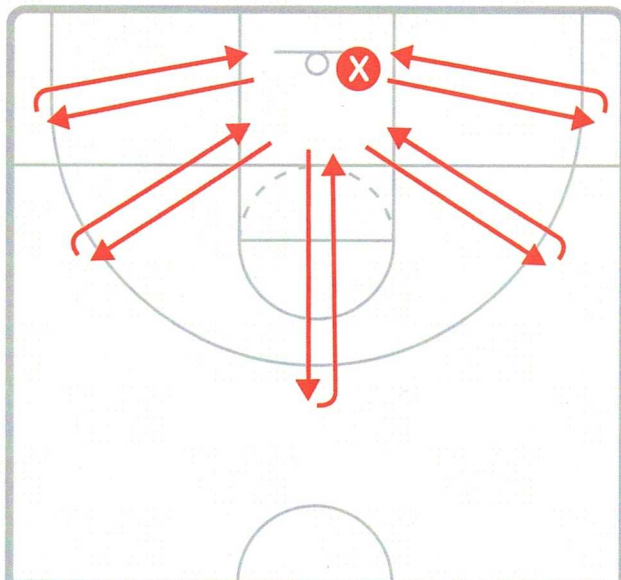
Perimeter Drills CONE TO CONE



- PLAYER JOGS FROM CONE TO CONE
- WHEN PLAYER HITS SECOND CONE THEY IMMEDIATELY SPRINT TO WING FOR CATCH
- CHANGE SHOT EACH TIME
 - Sweep baseline pull up
 - Sweep baseline step back
 - Sweep middle pull up
 - Sweep middle lift fake

08

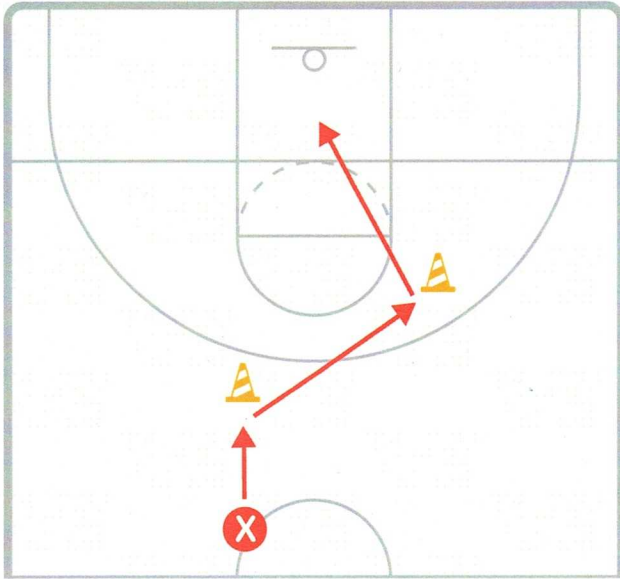
Perimeter Drills DRIBBLE / DRIBBLE / PUSH



- Player pushes ball to 3pt line with 2 dribbles, then pivots and pushes to basket with 1 dribble.
- Make sure player uses only one hand at a time. In other words, when you are dribbling with the right hand, the left hand never touches the ball even on the pivot.

09

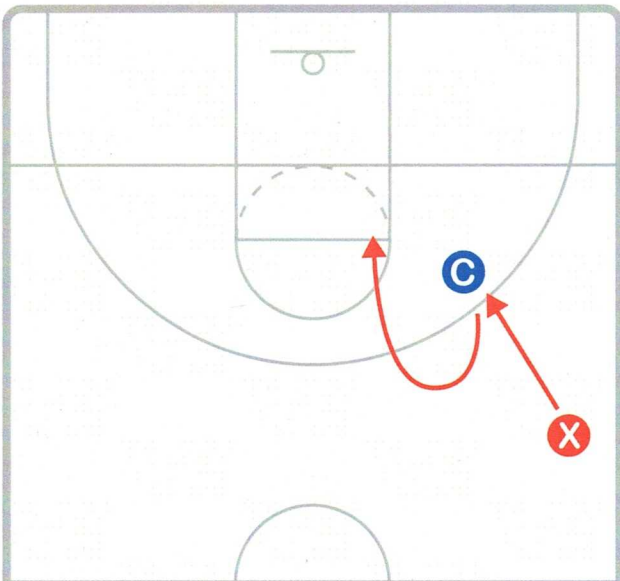
Perimeter Drills **EXPLOSION**



- Player 1 speed dribble at first cone – crosses over ... Then spin dribble at second for floater in the lane.
- To change drill change the type of dribble you want at each cone.

10

Perimeter Drills **NASH DRILL**

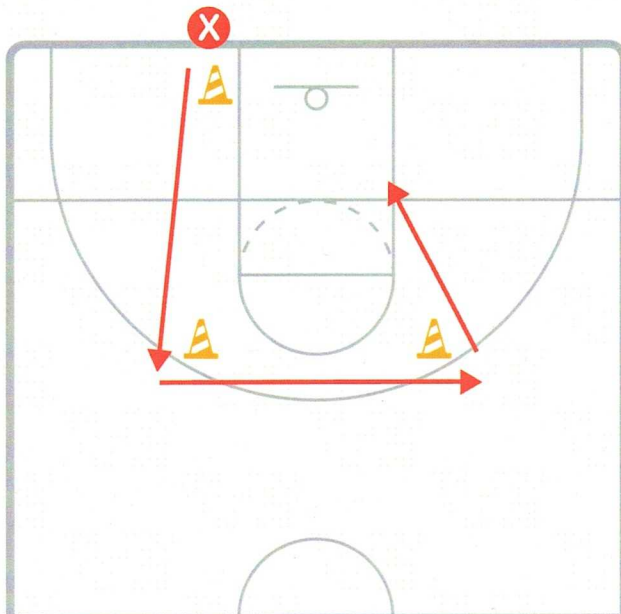


- Player dribbles at coach hard with right hand.
- Coach steps out and shows hard on player.
- Player then dribbles through legs three times Backwards (simulates pulling the switch defender away from basket)
- Player then pushes ball with left hand to elbow for pull up jumper.
- Change drill by starting from different spots on the floor.

11

Perimeter Drills

LOW GRAVITY CONES



Premise of drill is to sprint with ball around each cone.

Low inside shoulder and low inside hip.

First time do drill without ball [develop motor learning]

Make sure player is shoulder to shoulder with each cone

Add a different move off of last cone each time

12

Perimeter Drills

ONE ON ONE TO CURL



Player v cuts to get open on wing vs. Defense

Players play one on one until they score a basket

Immediately after scoring the basket they must curl off the cone for shot

One on one basket does not count unless shot off of curl goes in as well

13

Perimeter Drills

PROGRESSION



SHOT 1:
Player sprints for wing jump shot

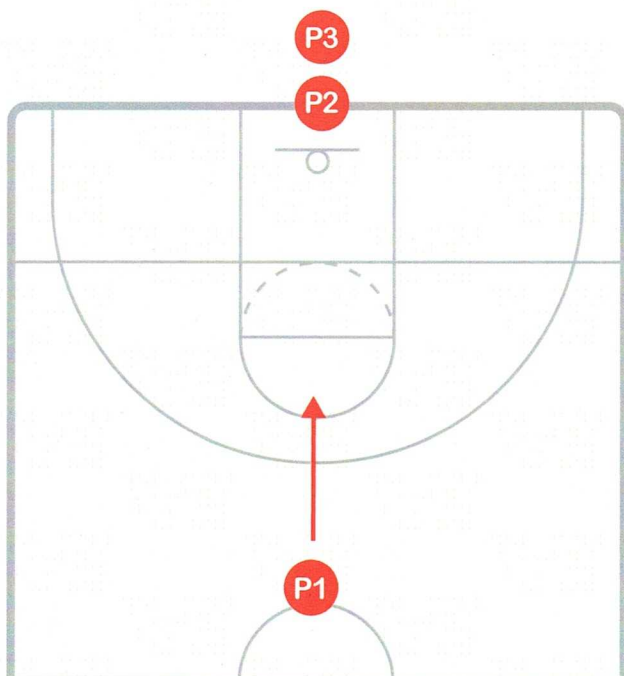
SHOT 2:
Player zippers up for jump shot

SHOT 3:
Player sprints to basket for dunk

14

Perimeter Drills

PULL UP TO DEFENSE



Premise of drill is to go from offense to defense while making shots.

P1, drives ball to ft line for jumpshot.

Make or miss player must immediately play defense on next P2, under basket.

P1, must turn P2, three times before half court.

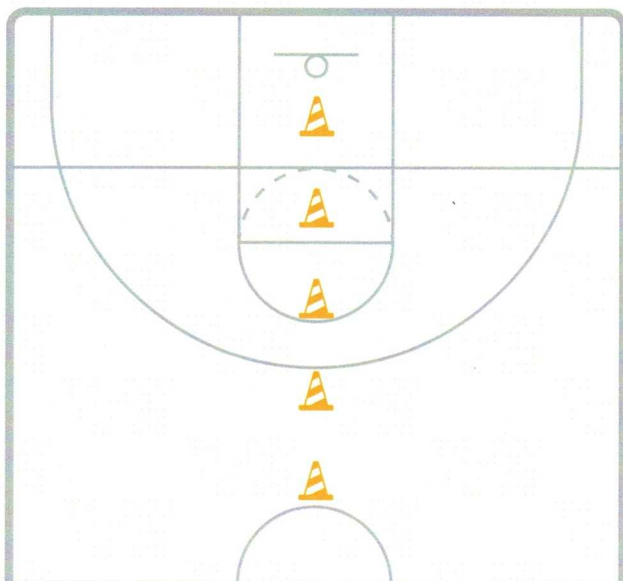
Once players reach half court P2, pushes ball to ft line for shot.

P1 keeps going until he makes 3 shots.

15

Perimeter Drills

PUSH & RETREAT



Premise is to explode while going forward and strong dribble back with butt to the sideline on the retreat.

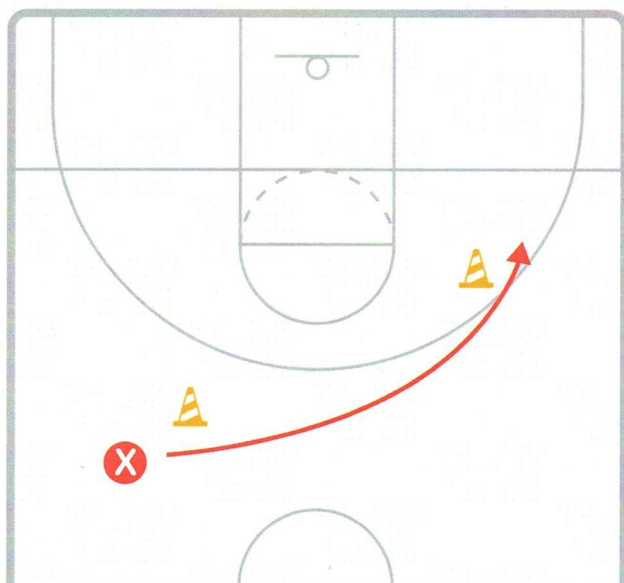
Push to first cone, crossover, retreat to baseline. Push to second cone, crossover, retreat to baseline. Repeat process to all five cones.

Add a second ball to increase the difficulty of the drill

16

Perimeter Drills

STRENGTH DRIBBLE SERIES



OPTION 1: player dribbles across facing the basket.

Player then turns the corner off of second cone and explodes all the way to basket for lay up.

OPTION 2: player turns corner for pull up jump shot.

OPTION 3: player turns corner lift fakes, and takes hard dribble for pull up jump shot.

OPTION 4: player turns corner for a step back jump shot.

OPTION 5: simulating a hard show at second cone player crosses over for ft line jump shot.

OPTION 6: cross over lift fake, one dribble pull up.

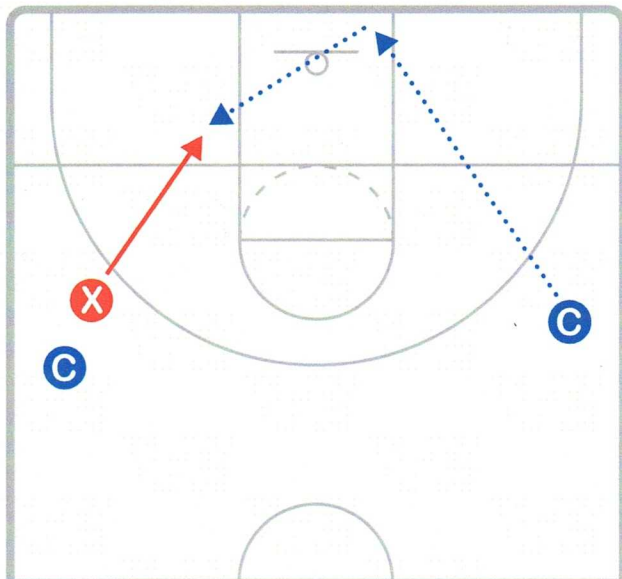
OPTION 7: instead of power dribble across the player spins at first cone and attacks the wing for jumper

OPTION 8: player spins at first cone and crosses back quickly for elbow jumper

17

Post Drill

ANGLE STICK BACK

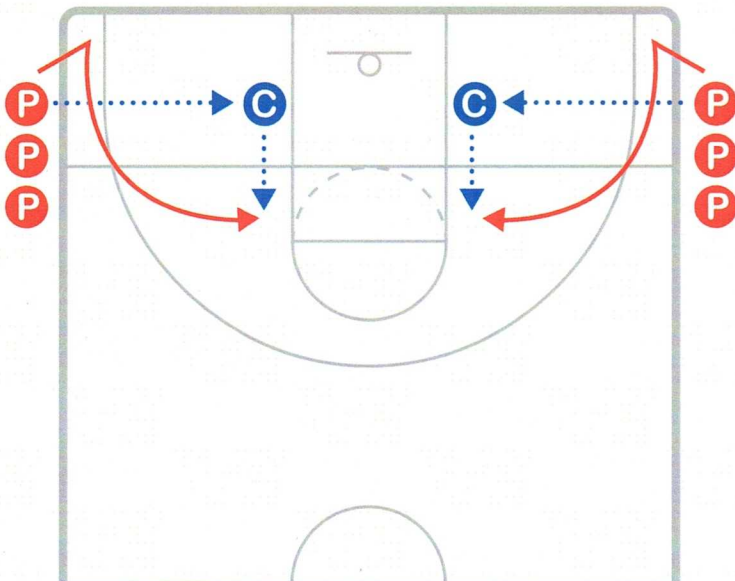


- Player one sprints to basket simulating attacking offensive glass.
- Coach on opposite side throws ball off glass at an angle for player to rebound and dunk.
- Player back pedals to coach that passed ball and sprints to basket and attacks ball thrown from other coach.
- Player does same thing except this time he pivots when he receives ball off of glass.
- Last time through player pivots and steps through for a finish.

18

Post Drill

BASELINE PIVOTS



1ST MOVE:

- Players start in corner
- Player passes to coach on block and then sprints to coach
- Coach returns pass to player
- When player receives pass he makes a jump stop and pivots to middle for jump hook
- Player continues to other corner and repeats process going in the other direction with a left hand jump hook

COUNTER

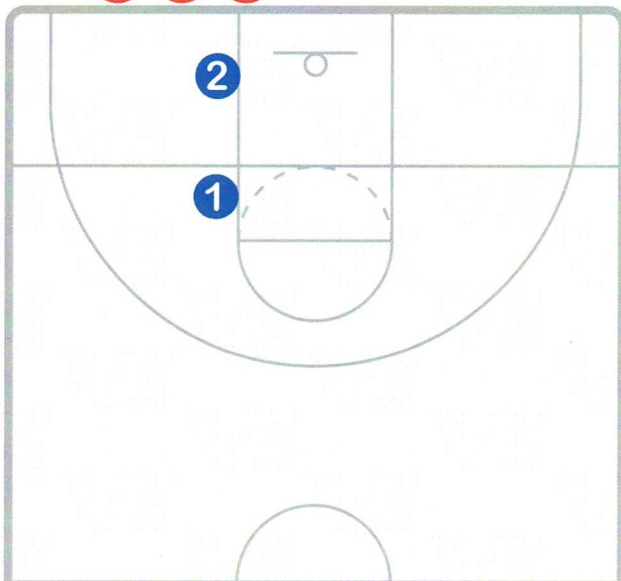
- Player shows jump hook then steps through for layup with opposite hand

19

Post Drill

BOXES & ELBOWS

P3 P2 P1

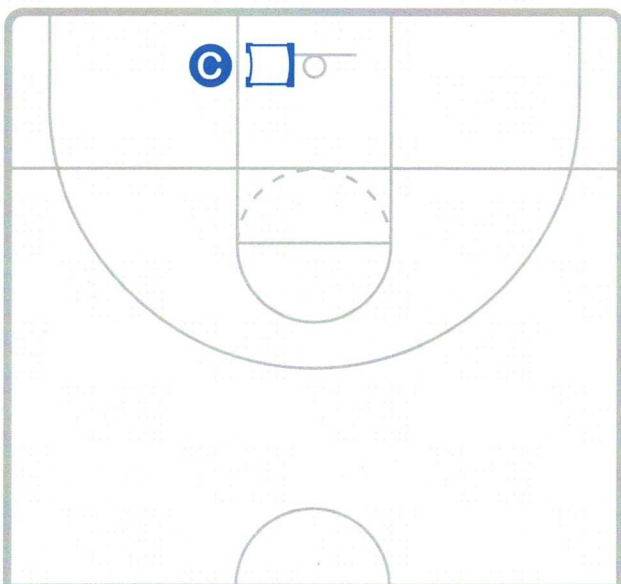


- Play one on one from each of the spots.
- Score the ball and you move to the next spot and repeat process.
- Play to 5
- Shoot free throws

20

Post Drill

CHAIR DUNKS

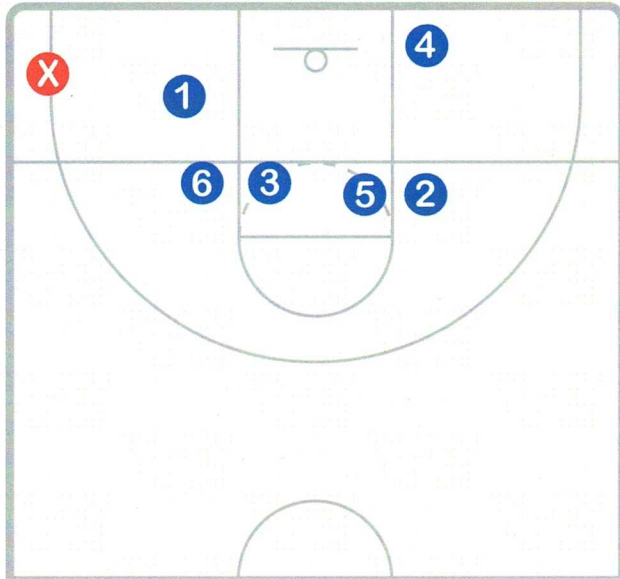


- Place a chair just above and outside of box.
- Have a player take ball off of chair and drop step for dunk.
- Alternate medicine ball and regular ball on each dunk
- Dunk each ball five times for a total of 10.

21

Post Drill

CONTINUOUS DROP STEP

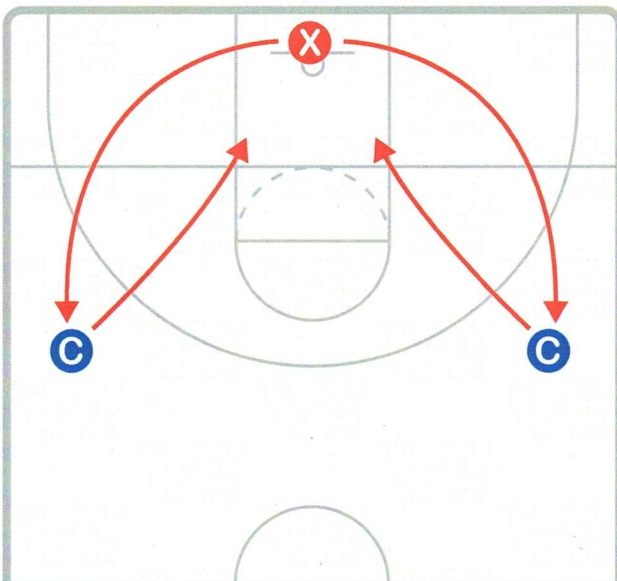


- Player must pick up ball off the floor, and then immediately make a drop step to the basket from six spots from within the lane.
- Note: coach or manager places the ball on the different numbers while the player moves around the lane area. Extra players on the baseline act as rebounders for coach.

22

Post Drill

DROP & GO

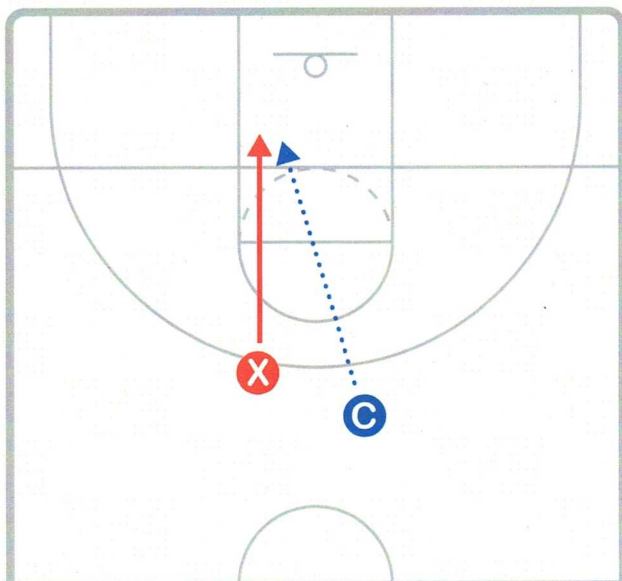


- Coach holds ball as player sprints to coach
- Player reverse pivot & drives ball to basket
- 3 Times each side (6 total)
- Free throws in between sets
- Make sure player switches his drop step from right to left

23

Post Drill

FAST BREAK PIVOTS



1ST MOVE:

- Player sprints to basket
- Coach passes ball to player over left shoulder
- When player catches ball he makes a jump stop and pivots to basket for right handed jump hook
- Repeat process with player receiving ball over right shoulder

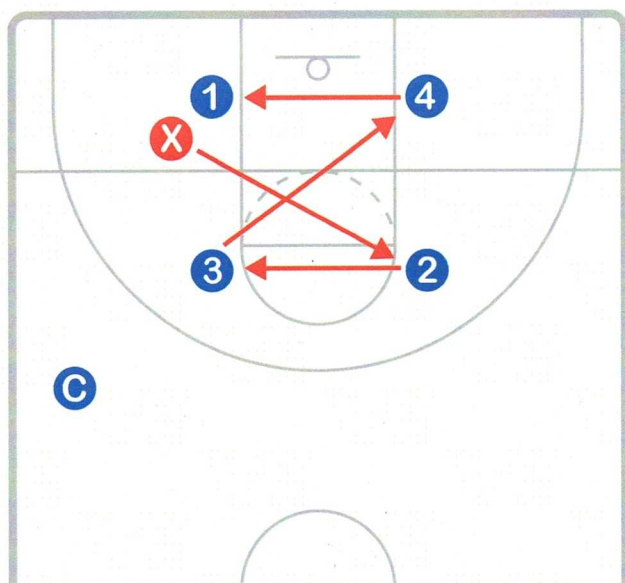
COUNTER:

- Player shows jump hook, and steps through for layup with opposite hand

24

Post Drill

FOUR CORNERS



SHOT 1:

Post move

SHOT 2:

Elbow jump shot

SHOT 3:

Flash elbow jump shot

SHOT 4:

Dive to block for post move

Repeat process 5 times - try to make 15 of 20

25

Post Drill
TAP DRILL



- Player taps ball against the glass five times
- After fifth tap he sprints to half court
- Player touches half court and sprints
- Player touches half court and sprints to the basket and receives an alley oop pass from the coach.
- Repeat this process five times
- To make the drill tougher have the player use a medicine ball on glass taps

26

Post Drill
WARRIOR DRILL

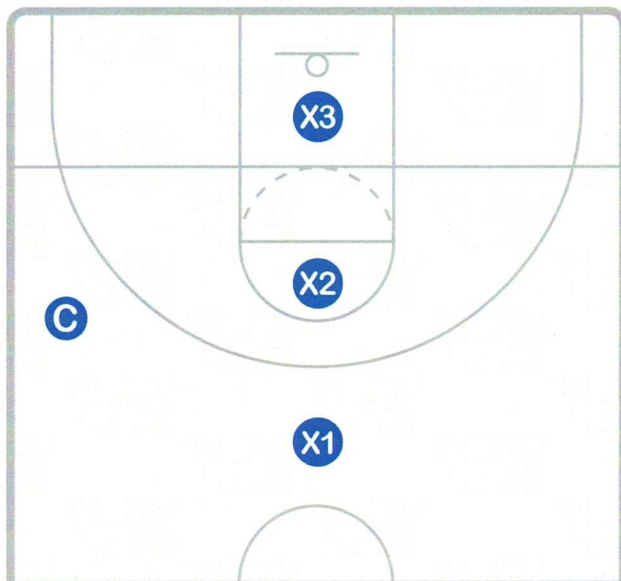


- Player starts on baseline and back pedals to hash mark then immediately sprints to basket for dunk or lay up
- Player then curls cone for free throw line jumper
- Player then back pedals to top of key and sprints to basket for another dunk

27

Post / Perimeter Drills

1 - 2 - 3 SHOOTING



Player takes 3 shots in consecutive order

X1 = 3pt shot (touch half court)

X2 = player catches ball at 3pt line (touch half court) and drives ball to ft line for shot

X3 = sprints to basket for dunk

Player then shoots free throws & repeats the drill

28

Post / Perimeter Drills

2 IN A ROW SPRINTS



Premise of drill is to make consecutive shots while working on conditioning at the same time

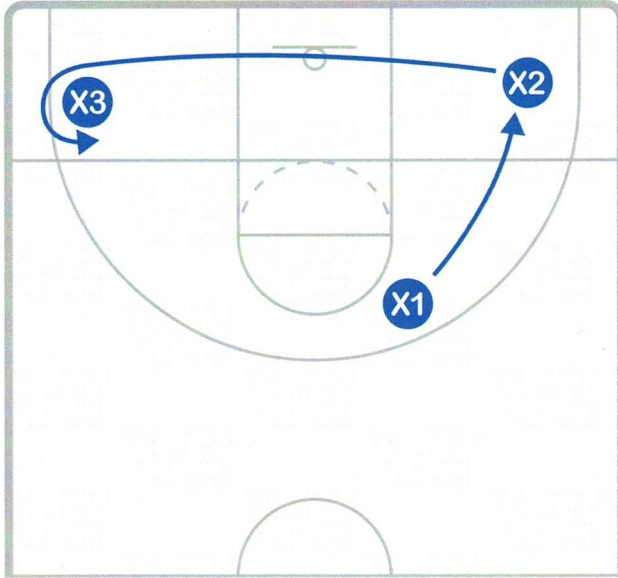
Player must make 2 in a row from each spot. Player sprint to half court after each shot

Once player makes 2 in a row, player must make 3 ft's in a row in order to move to next spot

*Time drill

29

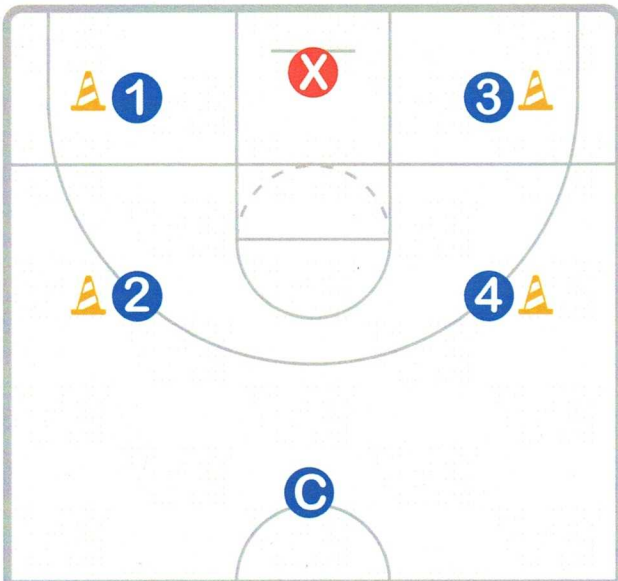
Post / Perimeter Drills
3X SHOOTING



- Player shoots at x1
- Player flares to x2
- Player immediately sprints across court and curls off of x3
- Player must make all 3 shots in order for it to count.
- Player must make 5 sets of 3. Switch sides of floor and repeat process

30

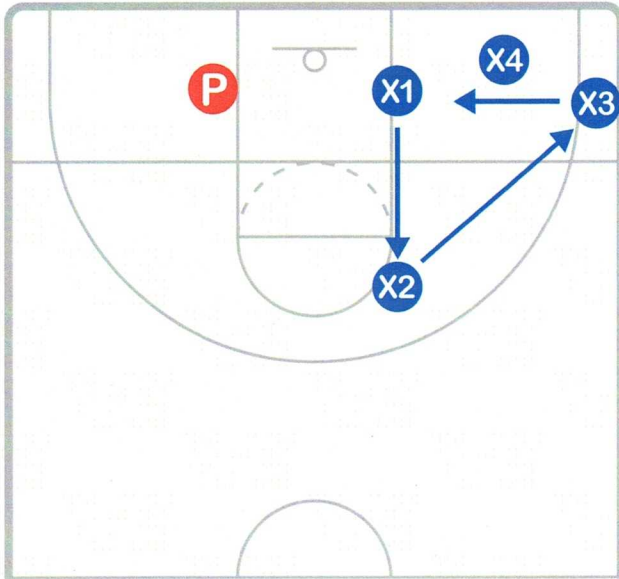
Post / Perimeter Drills
4 CURLS / 4 SHOTS



- Player curls each cone one at a time shooting a series of shots
- 1st time: curl for shot
- 2nd time: one dribble pull up
- 3rd time: player makes move
- 4th time: one dribble floater
- *Player shoots four shots each time
- **For more difficulty have player shoot eight shots and then progress to 12 shots.

31

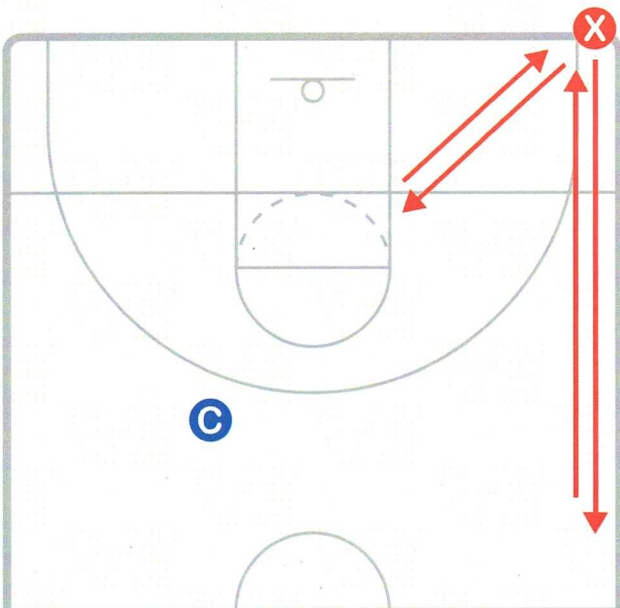
Post / Perimeter Drills 4 SPOTS LIVE



- Player starts by tapping ball 5 times on glass
- Player flashes to x1 plays 1 on 1
- Player zippers to x2 plays 1 on 1
- Player sprints to corner plays 1 on 1
- Player drives to basket plays 1 on 1

32

Post / Perimeter Drills 90 SECOND SUICIDES



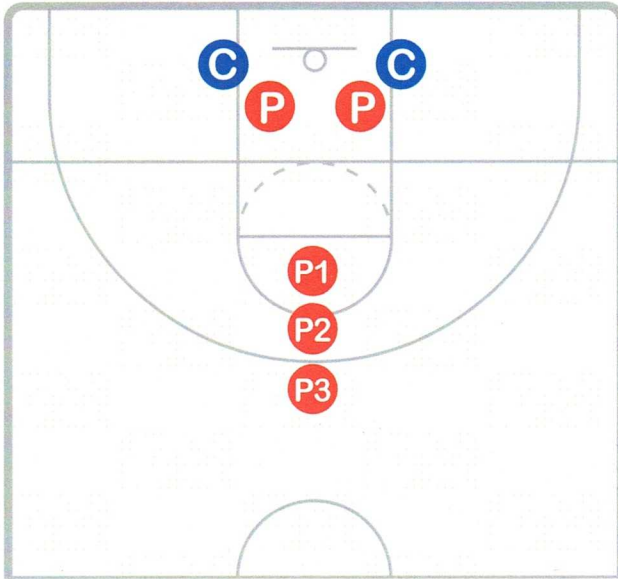
- P1 starts on baseline and sprints to half court & back.
- When player hits baseline, he sprints to elbow, then to corner for shot.
- Repeat these steps to see how many shots and makes the player can complete in 90 secs.

*For more difficulty extend the drill full ct.

33

Post / Perimeter Drills

AND ONE

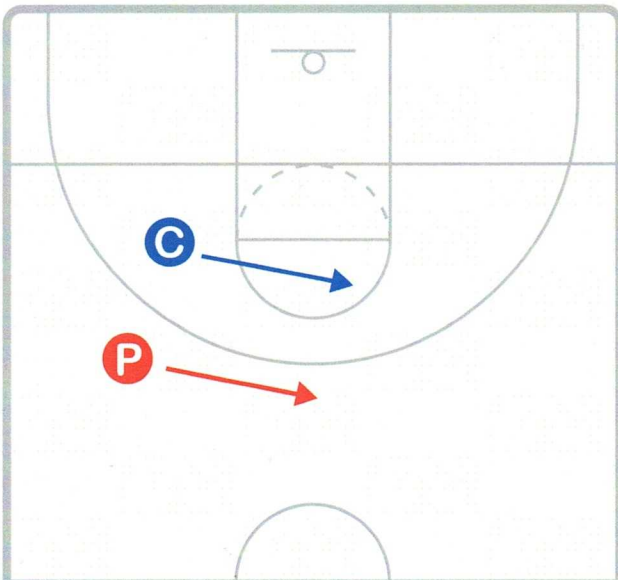


- P1 attacks basket and receives a pass from coach.
 - Both coaches have pads in their hands.
 - P1 must try to finish play with contact trying to make basket and draw a foul at the same time.
- **For difficulty throw ball to player in different spots each time, at face, at feet, high off glass, etc..

34

Post / Perimeter Drills

FOLLOW ME



- Player follows a moving coach all around the court
- Player must make a designated amount of shots - 7, 8, 9
- Coach needs to be on the move and make the player work for every shot
- Shoot free throws in between each set

35

Post / Perimeter Drills

INSIDE PIVOTS

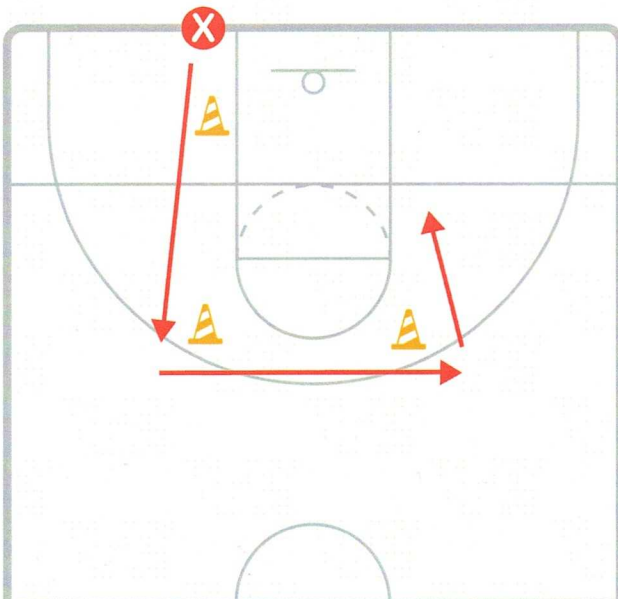


- Player starts on block and sprints to each x
- Player makes inside pivot and drives ball hard one dribble for shot.
- In between each x, player goes back to block & sprints to the next x simulating getting open,
- Repeat process going in opposite direction to work on pivots, and ball handling with both hands,
- For perimeter players: move x's to 3 point line,

36

Post / Perimeter Drills

LOW GRAVITY CONES



Premise of drill is to sprint with ball around each cone. Low inside shoulder and low inside hip.

First time do drill without ball (develop motor learning).

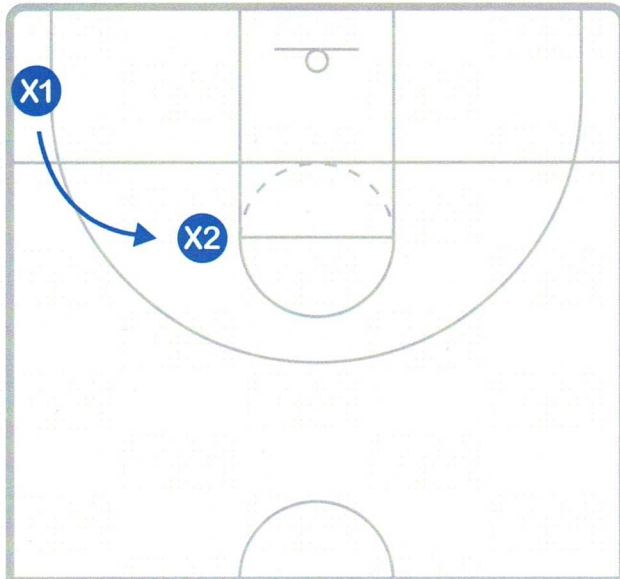
Make sure player is shoulder to shoulder with each cone.

Add a different move off of last cone each time.

37

Post / Perimeter Drills

LUCKY SEVEN

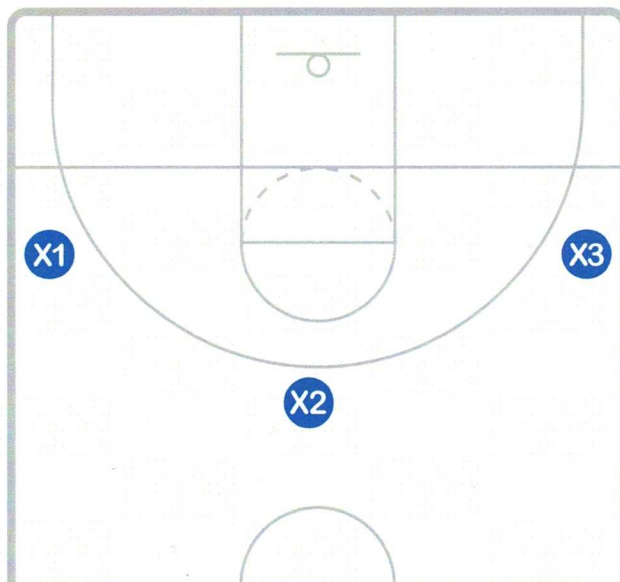


- Player starts drill shooting 2 three's from x1
- He then curls to x2 for jumper
- Back pedal, then step in to x2 for second jumper
- Back pedals, then step in to x2 for third jumper
- Back pedal and fade to x1 for 2 three point shots.
- Use all five spots on floor to start drill to make sure he gets shots from all around court
- Goal is to make all 7 shots from 5 spots.

38

Post / Perimeter Drills

ONE ON ONE

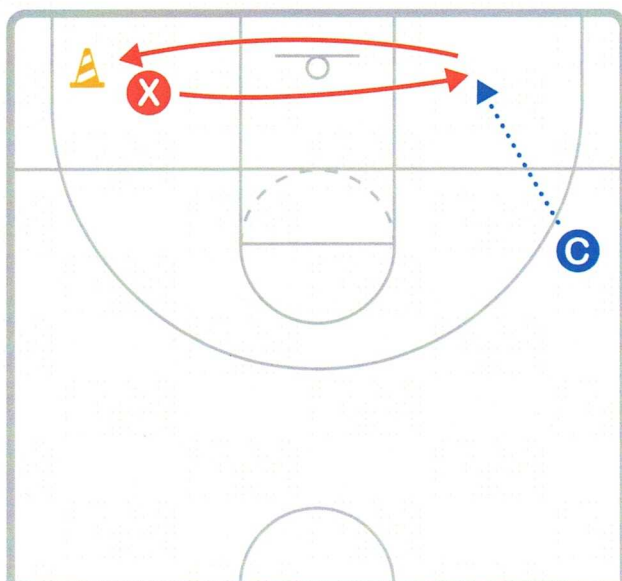


- Games to 5 from each spot
- 3 Dribble limit
- 5 Second shot clock

39

Post / Perimeter Drills

SHORT CORNER FLASH



Player starts at baseline cone and sprints to block:

Shot 1: jump hook baseline

Shot 2: jump hook middle

Shot 3: fade away baseline

Shot 4: fade away middle

Shot 5: touch baseline cone, sprint to cone at top of key and sprint for dunk.

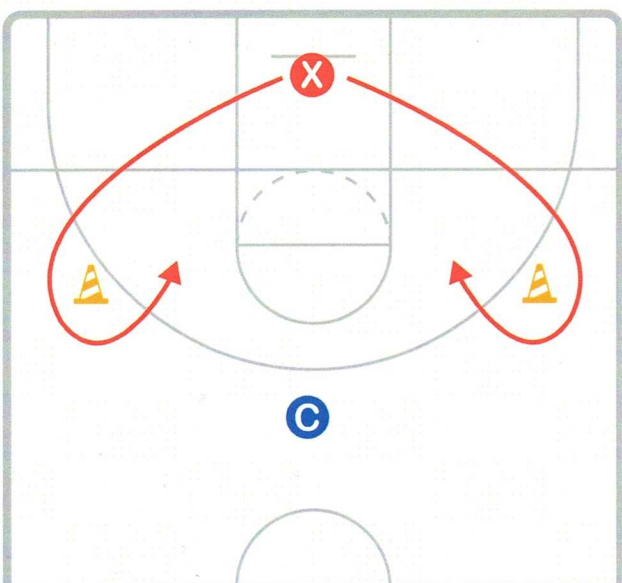
Shoot free throw's and repeat drill 3 to 5 times.

Add variety to drill by changing post moves each day

40

Post / Perimeter Drills

SIDE TO SIDE SHOOTING



Player curls each cone in succession for shot:

- Curls
- Curl one dribble
- Curl one dribble floater
- Curl for 3pt shot

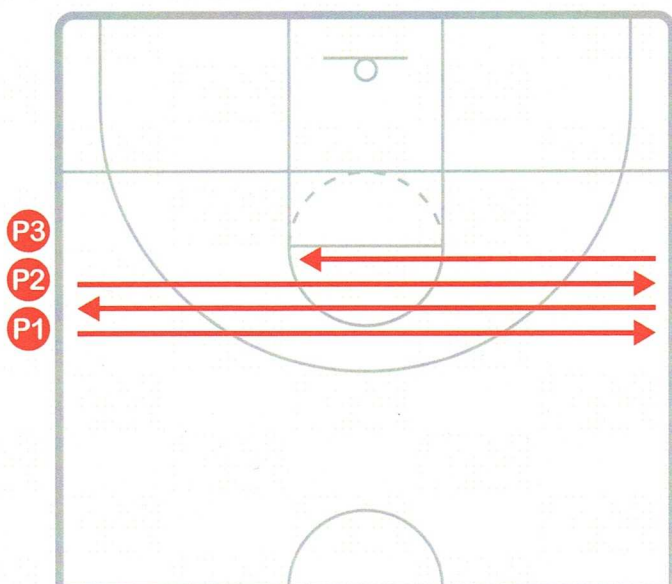
Total of eight shots in a row.

**For more difficulty shoot two of each shot for a total of sixteen shots

41

Post / Perimeter Drills

SIDELINE LADDER

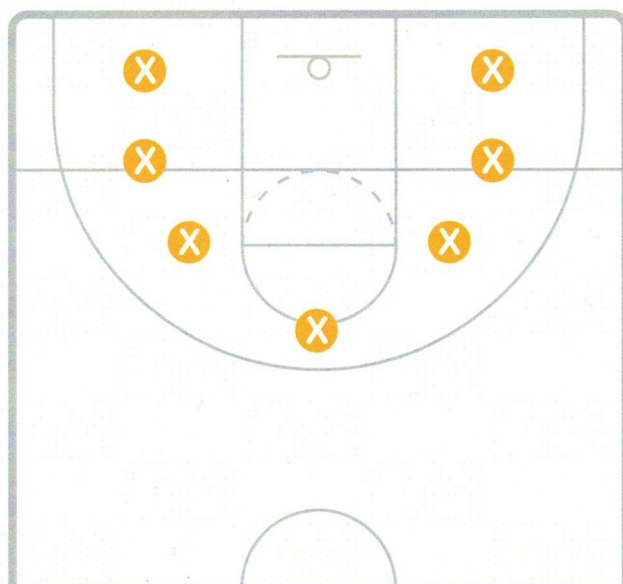


- P1 sprints from sideline to sideline three times. After third touch player sprints to opposite elbow for shot. Player then alternates elbows until he shoots three shots.
- P2 starts his sprints when p1 shoots his first shot
- Increase sprints & shots each time. 3/5/7/9 The amount of sprints equals the same amount of shots.

42

Post / Perimeter Drills

SPOT SHOOTING

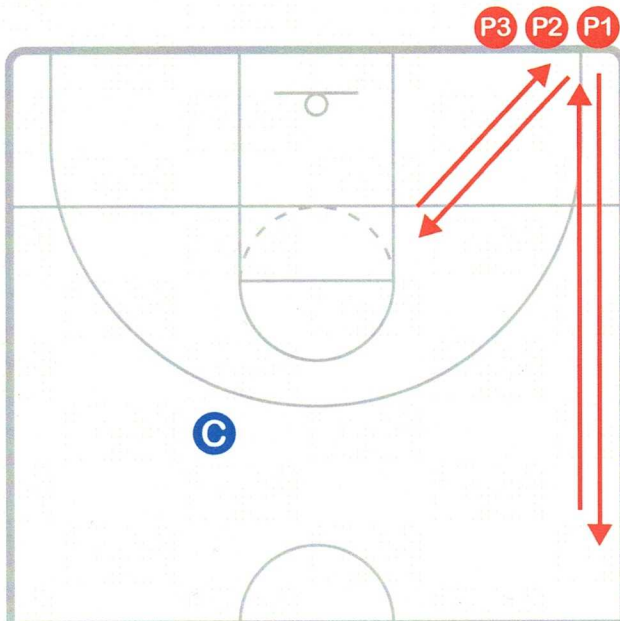


- Warm up drill
- Make 20 at 7 spots
- Shot fake one dribble right and left - 20 makes all seven spots
- Make 5 in a row all 7 spots
- Make 3 in a row each spot. Go back one spot if you miss
- Note: 3 in a row each spot. Go back one spot if you miss

43

Post / Perimeter Drills

SUICIDE SHOTS



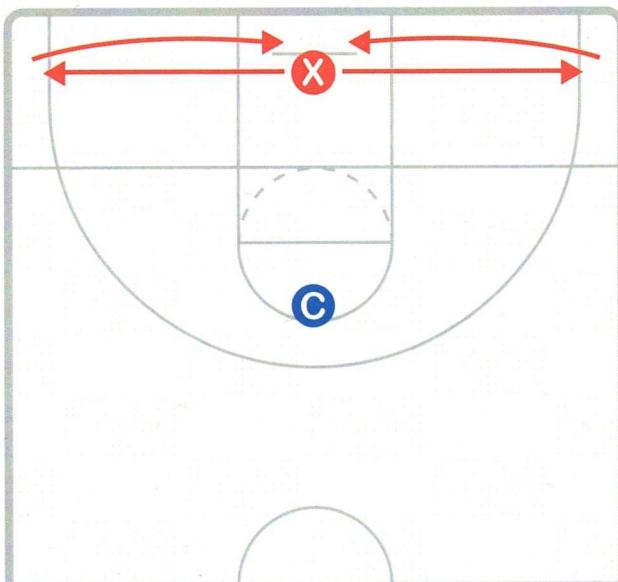
- P1 starts on baseline and sprints to half court & back six times
- On sixth sprint p1 sprints to elbow and shoots six shots. Alternating elbow - corner

** For more difficulty have p1 do length of floor sprints. Length of floor and back two times. Player shoots four elbow - corner jump shots after sprints.

44

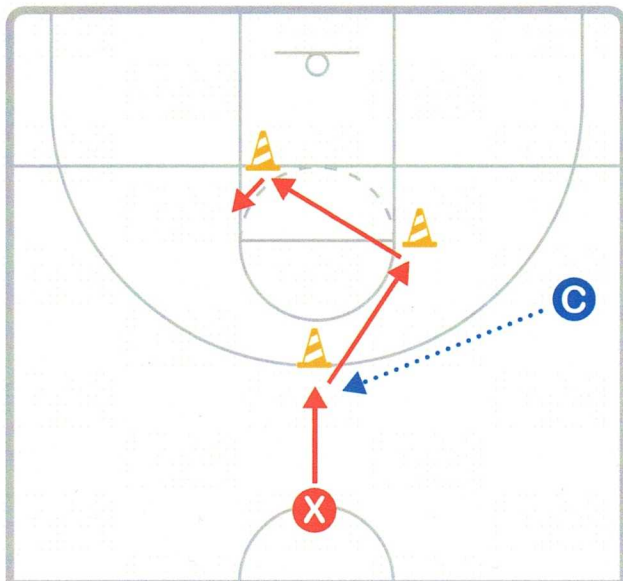
Post / Perimeter Drills

SUPER 8



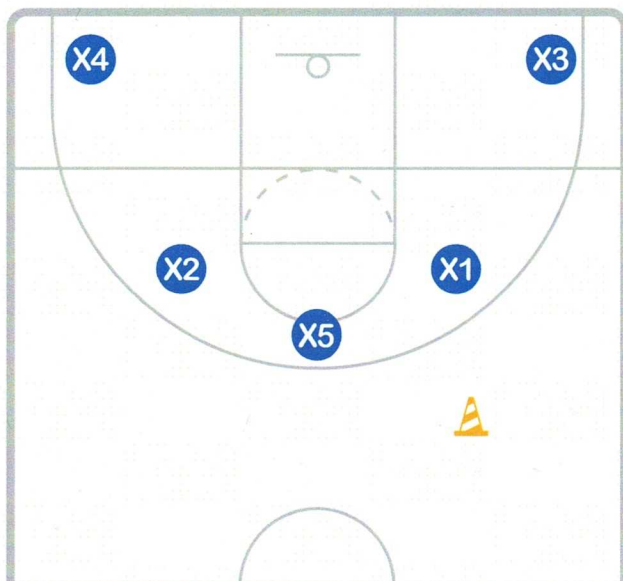
- Player sprints to sideline, touches, and drives to basket hard
- Coach throws 8 lobs for either dunks or controlled lay ups
- 8 Sidelines / 8 lobs

45 *Post / Perimeter Drills* TRIANGLE SHOOTING



- Player catches and shoots at 3pt line
- Second time through... Player shot fakes at 3pt line and drives hard to the elbow for pull up jumper
- Third time through... Player shot fakes, drive to cone, crosses over and steps back for shot at last cone

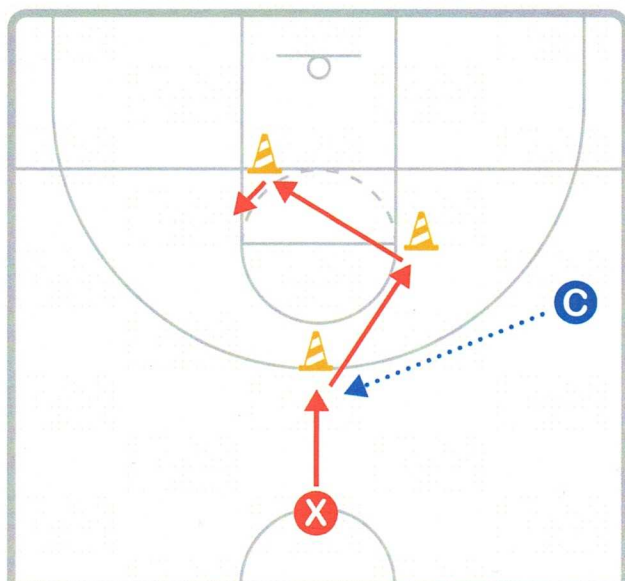
46 *Post / Perimeter Drills* X-DRILL



- Player starts at cone
- Player shoots in progression from each x
- Player must run around perimeter from one x to another
- Give player a number of total shots to be made
- After player shoots from all five spots he sprints to cone & starts process over
- Repeat the process until desired number of shots are made

*Time drill

45 *Post / Perimeter Drills* TRIANGLE SHOOTING



- Player catches and shoots at 3pt line
- Second time through... Player shot fakes at 3pt line and drives hard to the elbow for pull up jumper
- Third time through... Player shot fakes, drive to cone, crosses over and steps back for shot at last cone

46 *Post / Perimeter Drills* X-DRILL



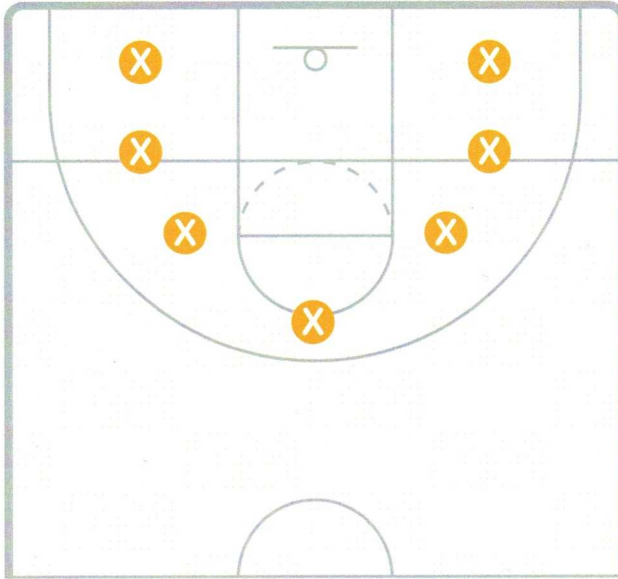
- Player starts at cone
- Player shoots in progression from each x
- Player must run around perimeter from one x to another
- Give player a number of total shots to be made
- After player shoots from all five spots he sprints to cone & starts process over
- Repeat the process until desired number of shots are made

*Time drill

47

Post / Perimeter Drills

TOTAL MAKE SHOOTING



- Premise of drill is to see how many shots you can make before missing 2 in a row at each spot
- Make as many shots as you can from the first spot
- Once you miss two in a row, move to next spot
- Keep track of all your makes at each spot

*50 Is good

*75 Is great

*100 Is exceptional