

Coach Mike Shaughnessy

Best of the Fall 2019

Player Development Drill Book



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Coaches,

Below are a plethora of various drills that I used in workouts during my pre-season training the past couple months. After 10+ weeks in the gym with hundreds of players, the biggest emphasis this fall was decision-making. I find it extremely important that players must be able to make a decision before the catch knowing the next play (Shot, Drive, Pass).

Skill breakdowns must take place to have an emphasis on footwork and the skill itself, but progression is crucial where defense is implemented to see the skill work translated to live situations. Enough for now, here are my favorite drills that I used this fall.

Thanks!

Mike Shaughnessy

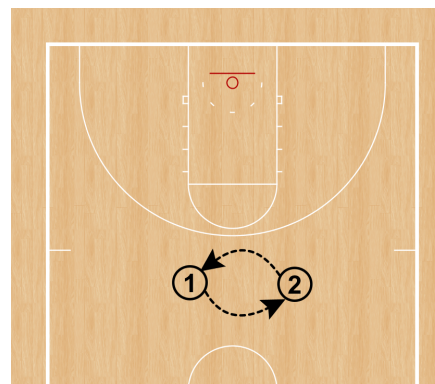
Passing

Focus: Developing the ability to accurately make sharp passes with both hands to another player in a variety of ways.

Rapid Passing

Drill Description

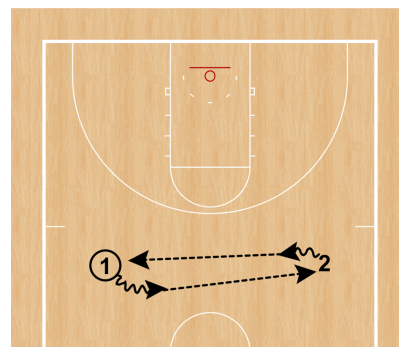
- Player's 1 & 2 are in an athletic stance
- Players will rapidly snap passes off the catch with their right and left hand.
- Complete 25 simultaneous passes (Both passes is 1) before switching hands.
- Complete 50 total.



Nash Passing

Drill Description

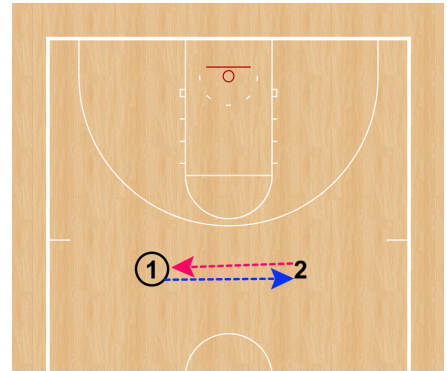
- Player's 1 starts with the ball in triple threat.
- Player 1 will rip through to the right side on an angle getting the ball in front of the body to space taking one dribble before passing.
- Player will step towards their partner with the right foot passing with only the right hand off the dribble.
- After passing, player must re-space to where they started.
- Once player 2 receives the catch, they will immediately rip through and repeat.
- Emphasizing showing hands and having feet set on the catch.
- Complete 20 passes with the right hand (10 each partner), and 20 passes with the left.
- 40 total completed passes.



Combo Passing

Drill Description

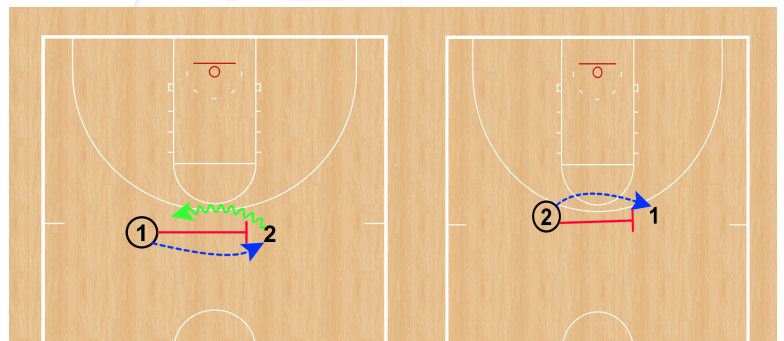
- Player 1 starts with the ball.
- Player 1 will start with a pass.
- As player 1 passes, they must call out a number as the ball is in the air.
- Whatever number player 1 calls, player 2 must process that number and on the catch, perform that # of dribble moves in space.
- After player 2 makes the # of dribble moves called out, the player passes back to player 1 after their last move and repeats the sequence; calling out a number as the ball is in the air.



Reverse Pivot Passing

Drill Description

- Player 1 starts with the ball.
- Player 1 will pass to player 2 and then sprint and closeout on player 2 (hard, short, high hands).
- As player 2 catches the ball, they will rip through to the right side (right hand) attack player 1's outside hip/foot.
- Player 2 will drive the ball taking 2 dribbles to space and then get into a reverse pivot (right foot/left foot stride stop).
- Once they pivot and step back towards their partner to pass, player 2 repeats the same sequence.
- Go for time or # of completed passes before switching sides (driving to the left side/left hand).
- Left side footwork for a reverse pivot (left foot/right foot stride stop).



Finishing

Focus: Developing the ability to finish at a high percentage around the basket in various ways controlling feet, body, and ball.

Elbow Finishing Breakdowns

Focus: One dribble finishing breakdowns with a focus on footwork finishing at the rim. Players will start at the elbow in a staggered position with their feet.

Slot Drive Finishing Breakdown

Drill Description

- **Right Side:** Ball in right hand with right foot leading, left foot back.
- **Left Side:** Ball in left hand with left foot leading, right foot back.

Extension Lay Up (Hand out in front to rim)

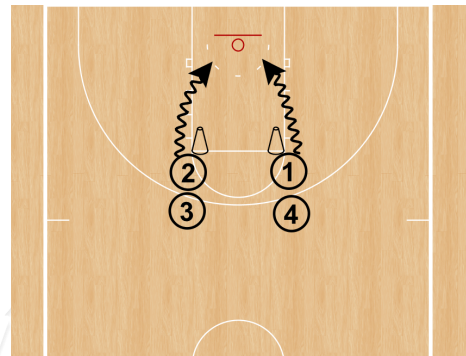
- **Right Side:** The dribble will be taken simultaneously with the left foot coming forward. This takes you into your right/left (outside/inside) footwork to finish.
- **Left Side:** The dribble will be taken simultaneously with the right foot coming forward. This takes you into your left/right (outside/inside) footwork to finish.

Jump Stop (Finish over inside shoulder)

- **Right Side:** The dribble will be taken simultaneously with the left foot coming forward. The player will leave the ground with movement towards the basket before landing directly on two feet.
- **Left Side:** The dribble will be taken simultaneously with the right foot coming forward. The player will leave the ground with movement towards the basket before landing directly on two feet.

Stride Stops: 1-2 Footwork (Finish hand extended to the rim)

- **Right Side:** The dribble will be taken simultaneously with the left foot coming forward. The player will leave the ground with movement towards the basket before landing right/left (outside/inside foot) taking off both feet to finish.
- **Left Side:** The dribble will be taken simultaneously with the right foot coming forward. The player will leave the ground with movement towards the basket before landing left/right (outside/inside foot) taking off both feet to finish.



Reverse Pivots: 1-2 Footwork (Pivoting away for shot)

- **Right Side:** The dribble will be taken simultaneously with the left foot coming forward. The player will leave the ground with movement towards the basket before landing right/left with the player's back facing the rim (left foot towards baseline/right foot above). Player will pivot with the right foot going away from the basket to shoot.
- **Left Side:** The dribble will be taken simultaneously with the right foot coming forward. The player will leave the ground with movement towards the basket before landing left/right with the player's back facing the rim (right foot towards the baseline/left foot above). Player will pivot with the left foot going away from the basket to shoot.

Nash Finish (Same foot/Same hand finish)

- **Right Side:** The dribble will be taken simultaneously with the left foot coming forward. The player will take off with their right foot being the next foot forward finishing with the right hand.
- **Left Side:** The dribble will be taken simultaneously with the right foot coming forward. The player will take off with their left foot being the next foot forward finishing with the left hand.

Rondo Finish (Inside Hand finish)

- **Right Side:** The dribble will be taken simultaneously with the left foot coming forward. The player will take off with their right foot being the next foot forward finishing with the left hand.
- **Left Side:** The dribble will be taken simultaneously with the right foot coming forward. The player will take off with their left foot being the next foot forward finishing with the right hand.

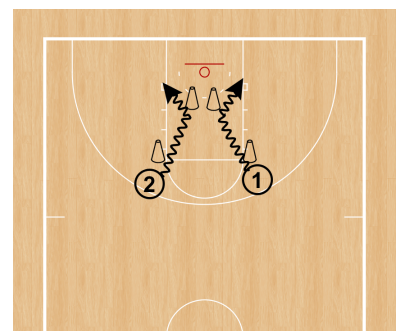
Midline Drive Finishing Breakdown

Drill Description

- **Right Side:** Ball in left hand with left foot leading, right foot back.
- **Left Side:** Ball in right hand with right foot leading, left foot back.

Euro Step: 1-2 Footwork (Extended out in front to the rim)

- **Right Side:** The dribble will be taken simultaneously with the right foot. The next step the player plants the left foot pushing laterally to the right foot taking off finishing either right or left hand.



- **Left Side:** The dribble will be taken simultaneously with the left foot. The next step the player plants the right foot pushing laterally to the left foot taking off finishing either left or right hand.

Pro Hop (Lateral movement landing directly on 2 feet)

- **Right Side:** The dribble will be taken simultaneous with right foot leaving the ground moving laterally before landing directly on two feet to finish at an angle to use the glass to finish.

- **Left Side:** The dribble will be taken simultaneously with the left foot leaving the ground moving laterally before landing directly on two feet to finish at an angle to use the glass to finish.

Up and Under (Pivots)

- **Right Side:** The dribble will be taken simultaneously with the right foot coming forward. The player will leave the ground with movement towards the basket before landing directly on two feet. The player shot fakes showing ball above shoulders before pivoting with their right foot, stepping towards the rim with their left foot.

- **Left Side:** The dribble will be taken simultaneously with the left foot coming forward. The player will leave the ground with movement towards the basket before landing directly on two feet. The player shot fakes showing ball above shoulders before pivoting with their left foot, stepping towards the rim with their right foot.

Reverse Finish (Opposite side finish)

Right Side: The dribble will be taken simultaneously with the right foot coming forward. This takes you into your left/right footwork finish at the opposite side of the basket. Emphasize protecting the ball after taking the dribble.

Left Side: The dribble will be taken simultaneously with the left foot coming forward. This takes you into your right/left footwork finishing at the opposite side of the basket. Emphasize protecting the ball after taking the dribble.

Reverse Nash Finish (Same foot/same hand)

Right Side: The dribble will be taken simultaneously with the right foot coming forward. The player will leave off the left foot extending their left hand out to the rim to finish.

Left Side: The dribble will be taken simultaneously with the left foot coming forward. The player will leave off the right foot extending their right hand out to the rim to finish.

Reverse Pivot (1-2 Footwork)

Right Side: The dribble will be taken simultaneously with the right foot coming forward. The player will leave the ground with movement towards the basket before landing left/right with the player's back facing the rim (right foot towards

the baseline/left foot above). Player will pivot with the left foot going away from the basket to shoot.

Left Side: The dribble will be taken simultaneously with the left foot coming forward. The player will leave the ground with movement towards the basket before landing right/left with the player's back facing the rim (left foot towards baseline/right foot above). Player will pivot with the right foot going away from the basket to shoot.

Reverse Stride Stop Finish (1-2 Footwork)

Right Side: The dribble will be taken simultaneously with the right foot coming forward. The player will leave the ground with movement towards the basket before landing left/right (outside/inside foot) taking off both feet to finish on the opposite side.

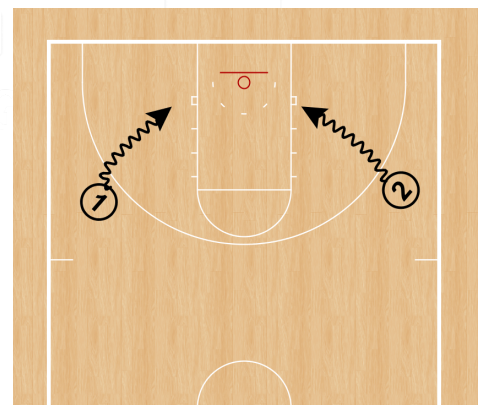
Left Side: The dribble will be taken simultaneously with the left foot coming forward. The player will leave the ground with movement towards the basket before landing right/left (outside/inside foot) taking off both feet to finish on the opposite side.

Baseline Floater Series

Focus: Quick finishes outside the paint being crafty before help side defense can rotate and contest.

Drill Description

- Players 1 and 2 attack off the dribble or catch baseline side.
- Players will be working on these types of floaters:
 - Jump stop floater (off 2 feet) with the outside hand
 - Inside foot/outside hand floater
 - Outside foot/inside hand floater
 - Outside foot/outside hand floater
- Make 3 of each finish on both sides. Alternate sides after each rep.



- **Floater:** Landing directly on 2 feet in space going straight up into their finish (finish with outside hand). Keep shoulders on an angle until elevating into the finish.
- **Up & Under:** Landing directly on 2 feet in space keeping hips low, shot faking with ball above shoulders, eyes to the rim, pivoting with a crossover step using the player's back as a shield to finish at the rim.
- Footwork:** Finishing back to the right hand side (Pivot - right foot/crossover step - left foot). Finishing back to the left hand side (Pivot - left foot/crossover step - right foot).
- **Reverse Pivot:** Stride stop planting ball side foot first and then turning to plant the other foot having the player's back to the basket, pivoting back to space to shoot/finish.
- Footwork:** Ball in the left hand - left foot/right foot stride stop, pivot with left foot. Ball in right hand - right foot/left foot stride stop, pivot with the right foot.
- **1 Dribble Pull Up:** Attacking towards the midline coming to a 1-2 stop (inside/outside foot)
- **2 Dribble Pull Up:** Attacking towards the midline coming to a 1-2 stop (inside/outside foot or a hop).

Shooting

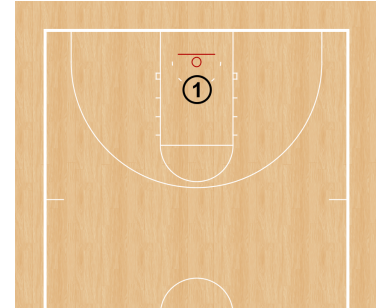
Focus: Developing consistency with finishing a shot (Balance, Eyes, Elbow, Finish) and being shot ready with active hands & feet.

Form Shooting

Focus: Balance, eyes, elbow to eye on release, fingers down.

Drill Description

- Start ball with hand under the ball having the shooting arm extended out to space in an athletic stance.
- Player will take extended arm and bring it in to have the elbow under the ball having the arm and hand under the ball in shooting position.
- Player will then lift into shot incorporating both lower and upper body (As the player lifts with the lower portion of the body, lift and extend with upper portion of the body.
- Make 10-15 shots.

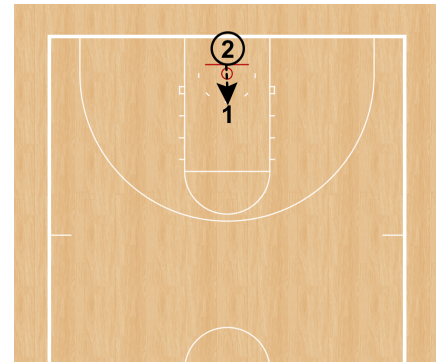


FLOW Shooting

Focus: Balance, eyes, hands shot ready, elbow to eye on release, fingers down.

Drill Description

- A partner, teammate, or coach starts with the ball under the basket.
- The player starts in an athletic stance showing their hands to the ball in a shot ready position.
- The partner, teammate, or coach will pass the ball to the player. The player will receive the pass in their shooting pocket and immediately lift all in one motion into the shot.
- Repeat until the player makes 10-15 shots.

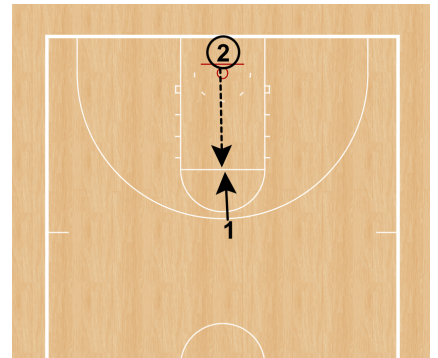


Rhythm Shooting

Focus: Progressing to adding active feet. Right-handed shooters step into the catch left foot/right foot and left handed shooters step into the catch right foot/left foot.

Drill Description

- A partner, teammate, or coach starts with the ball under the basket.
- The player starts in an athletic stance showing their hands to the ball in a shot ready position.
- The partner, teammate, or coach will pass the ball to the player.
- As the player 1 is about to receive the pass, step into the ball with active feet (1-2 footwork) then lifting into their shot on the catch.
- Player will re-space before receiving the next pass repeating the same footwork.
- Make 10 shots before switching spots (if player 2 is a player).

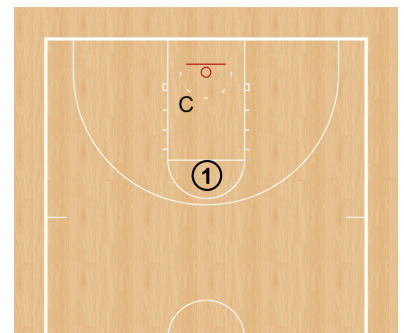


Pick Up Shooting

Focus: Developing a comfort to get the ball from the ground to the shooting pocket off the dribble.

Description:

- Player 1 starts with a pound dribble around the free throw line.
- Coach is under the basket. The coach calls out a # to the player.
- The player must process the call and perform the # of dribble moves in space before getting into the jump shot.
- The player can add hesitation and being shifty to their dribble moves.
- Player will always start with pound dribbles before the coach calls out the #.
- Make 10 shots.

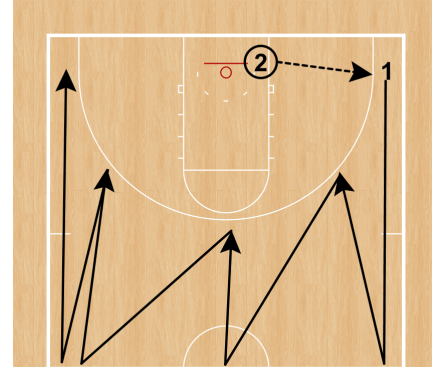


10 Makes in 90 Seconds

Focus: Being able to make consecutive shots and be consistent shooting the ball under pressure.

Drill Description

- Player starts in corner.
- Teammate(s) are passing/rebounding.
- A coach or teammate has a timer.
- Player has to make 2 shots before moving to the next spot.
- Once a player makes 2, player has to sprint and touch half court before moving to the next spot.
- Player has 90 seconds to complete 10 makes.
- If they complete 10 makes with time left, they can start to go back around the horn (to the next spot).



If they do complete 10 makes under 90 seconds, then the next goal is 2 makes at each spot have to be consecutive (2 in a row)

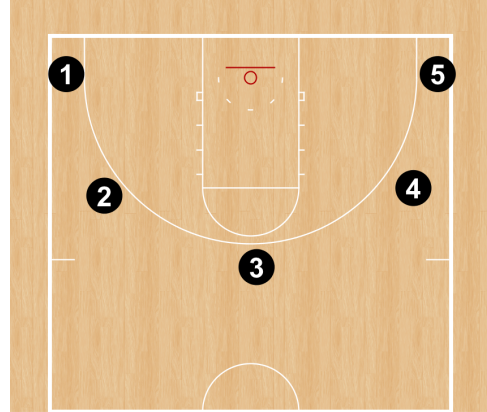
DRILLING
TRAINING

+1/-2

Focus: Making consecutive shots developing consistency from 3-point range.

Drill Description

- Player starts in the corner (spot 1).
- The player gets +1 point for every made shot and -2 points for every miss.
- The player must get +5 points to move to the next spot.
- If the player ever gets in the negative, they go back a spot.
- Ex. If a player gets +5 in the corner and moves to the wing, misses the first shot, you go back to the start.
- Ex. If a player gets +5 in the first 3 spots and gets to negative at spot 4 (wing), they go back to the top of the key.
- This can be done by an individual or as a team shooting drill.



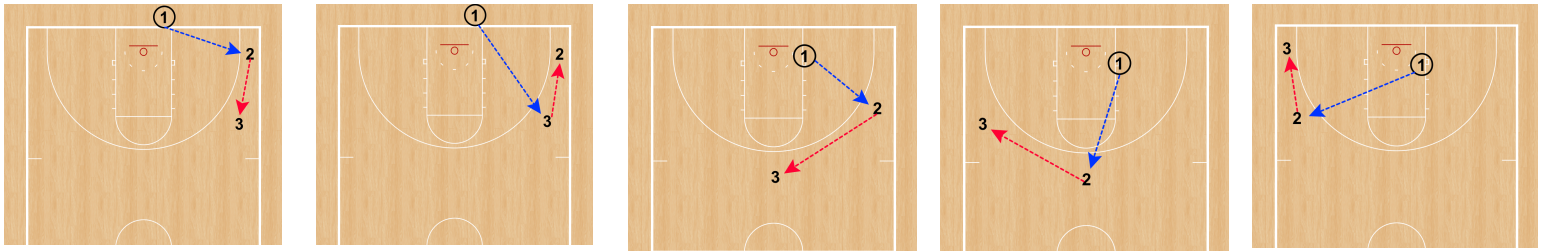
One More Shooting

Focus: Being sharp and accurate with passes. Forcing players to have hands and feet active sharing the ball as a group.

Drill Description

- Line with basketballs starts on the baseline under the basket.
- First Spot: Corner to Wing.
- Player 1 passes to 2 who immediately reverse the ball to player 3 for the catch and shoot.
- Players follow the pass when rotating spots.
- Second Spot: Wing to Corner
- Player 1 passes to player 3 who immediately passes to player 2 for the catch and shoot.
- 3rd Spot: Wing to Top of the Key
- Player 1 passes to player 2 who immediately passes to player 3.
- 4th Spot: Top of the Key to Wing
- Player 1 passes to player 2 who immediately passes to player 3 for the catch and shoot.
- 5th Spot: Wing to Corner

- Player 1 passes to player 2 who immediately passes to player 3 in the corner.
- Go 60-90 seconds per spot and count the total makes as a group/team.

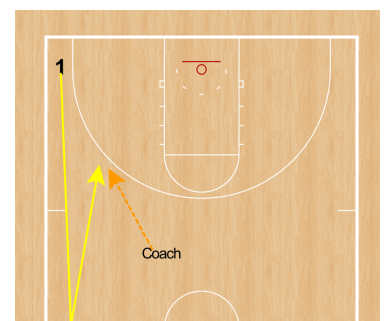
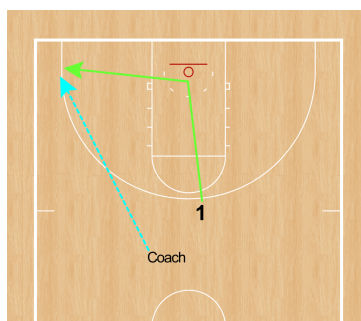
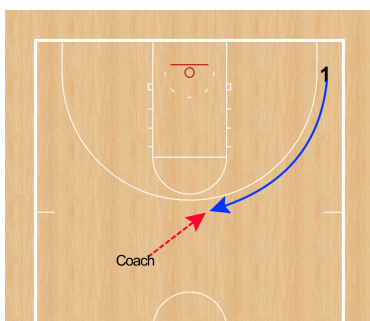


3 In a Row Shooting

Focus: Being able to make consecutive shot in a row relocating to different spots on the floor.

Drill Description

- Shot ready - hands and feet prepared before the catch
- Staying in rhythm from the different spots shooting
- Finish shots!
- Coach is the passer and a teammate/partner is rebounding.
- Player 1 starts by filling up from the corner for a catch and shoot 3 at the top of the key. (Blue)
- Once player 1 shoots from the top of the key, player 1 will jog to under the basket and then sprint cut out to the corner for a catch & shoot 3.
- After player 1 shoots from the corner they will sprint up to half court and then come back for a transition 3 from the wing.
- Repeat the same sequence until the player makes 3 in a row TWICE. Switch sides after.

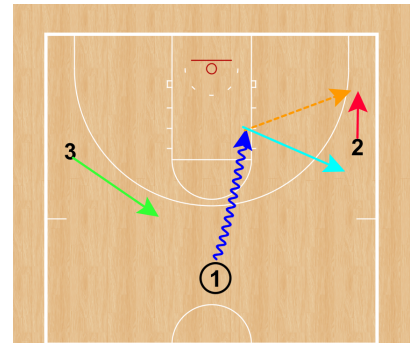


Drive & Kick

3v0 Continuous Drive, Move, Pass

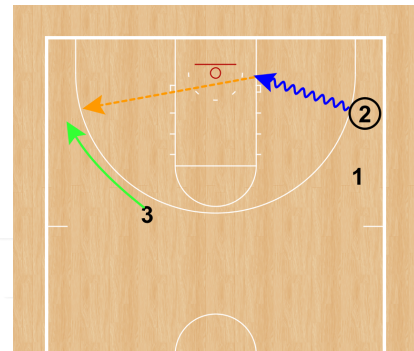
Focus

- Spacing without the ball.
- Re-spacing after driving and kicking out to a teammate.
- Constant drive & kick without the ball sticking.
- Being a threat on every catch.
- Being in great condition to play faster than the defense is willing to guard.



Drill Description

- Player 1 starts with the ball at the top of the key.
- Player 1 will attack downhill. Player's 2 and 3 must relocate on player 1's drive.
- Player's will constantly relocate on drives or re-space after kick-outs.
- Groups of 3 will go for 3 total minutes breaking it up into 4 segments of 45 seconds each.



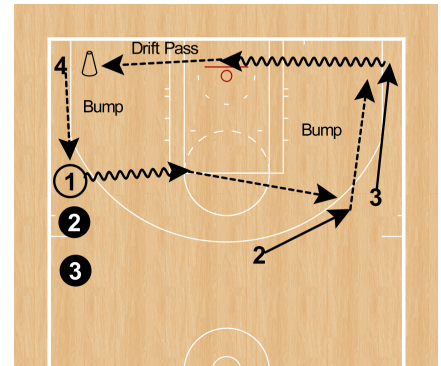
Stockton 4-Out Drive and Kick

Focus: Developing drive and kick habits incorporating the "one more" pass addressing giving up a good shot for a great shot.

Drill Description

- **Player 1:** Attacks the double gap and kicks to player 2.
- **Player's 2 & 3:** Shift away from the ball. Once player 2 receives the ball, they make the one more (bump) pass to player 3.
- **Player 3:** Attacks baseline making the baseline drift pass to player 4.
- **Player 4:** Makes the one more (bump) pass to the next player in line where the drill repeats.

*Rotations: Players pass and go the spot/line they pass to.



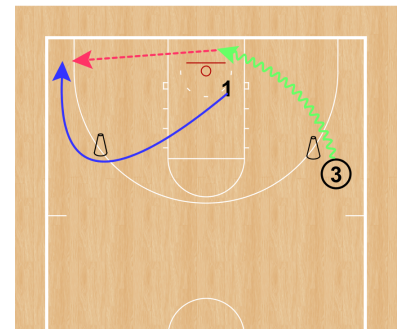
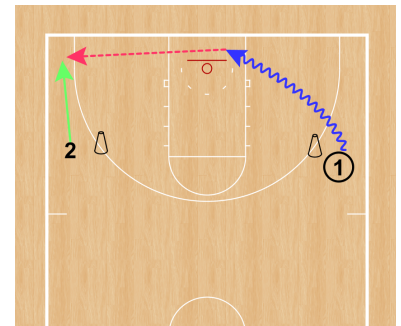
2v0 Breakdowns

Focus: Developing an understanding for relocating without the ball when a teammate drives. Being able to accurately pass the ball off the dribble to a teammate shot ready.

Baseline Drive & Drift

Drill Description

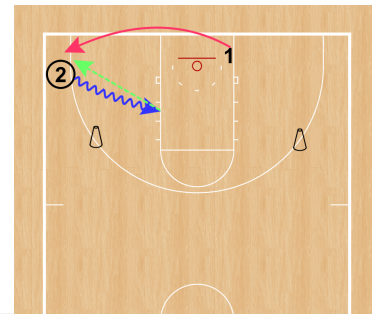
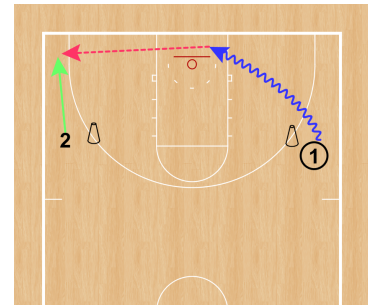
- Player 1 will drive the ball off the dribble or off the catch baseline side.
- Player 2 will relocate from the wing to the corner as player 1 drives the ball.
- Player 1 will drive the ball deep to the baseline before making a pass (Nash pass) to player 2 in the corner for a catch and shoot.
- Player 2 will rebound their shot and go to the other line.
- Player 1 will immediately re-space out to the opposite wing and start to relocate corner as player 3 starts to drive.
- Repeat the same sequence for # of makes or # of makes timed.



Curry Re-Space

Drill Description

- Player 1 will drive the ball off the dribble or off the catch baseline side.
- Player 2 will relocate from the wing to the corner as player 1 drives the ball.
- Player 1 will drive the ball deep to the baseline before making a pass (nash pass) to player 2 in the corner.
- As player 2 receives the ball, they will step in thinking shot first, then drive the ball to the middle of the floor.
- Player 1 gets below the baseline, reading player 2, before re-spacing to the same corner.
- Player 2 will throwback to player 1 for the catch and shoot (Reverse pivot pass or skip pass).
- Player 2 will rebound the shot. Player 1 starts at the wing before repeating the same action.



DR1VAEL
TRAINING

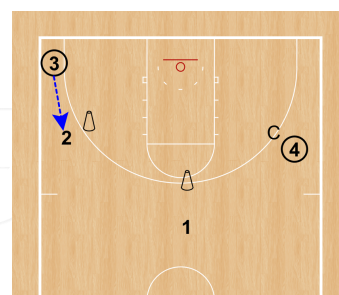
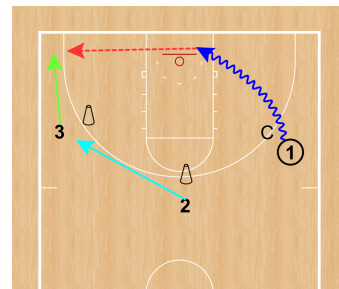
3v0 Breakdowns

Focus: Developing an understanding for relocating without the ball when a teammate drives. Being able to accurately pass the ball off the dribble to a teammate shot ready.

Baseline Drive & Drift One More

Drill Description

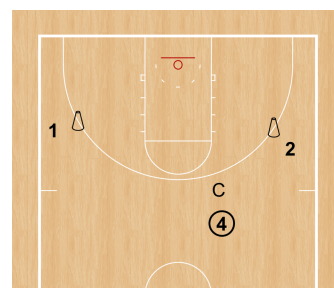
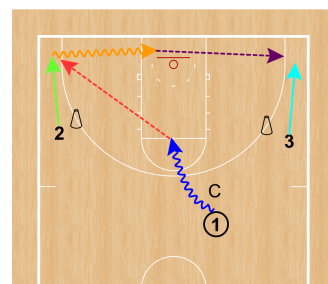
- Player 1 drives downhill baseline side past the coach playing token defense (giving contact & forcing off-hand activation).
- Player 3 will relocate to the corner for the drift pass by player 1. As player 1 starts to make the drift pass to player 3, player 2 will relocate to the wing being shot ready.
- On player 3's catch, player 3 will quickly reverse the ball to player 2 (one more pass) for a catch and shoot.
- Player 1 fills to the top of the key after the drift pass. Player 3 rebounds the shot. Player 2 stays at the wing after the shot to repeat the same action.
- Go for a # of makes or # of makes timed. Switch sides.



Nail Drive & Drift | Baseline Drive & Drift

Drill Description

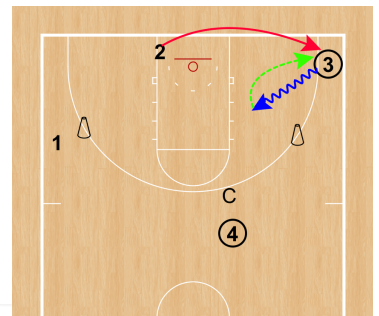
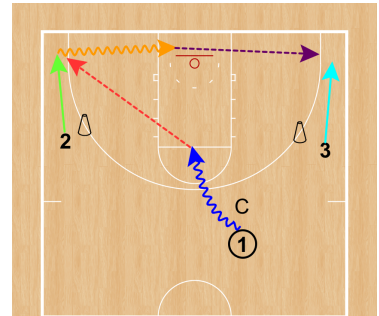
- Player 1 drives downhill past the coach playing token defense (giving contact & forcing off-hand activation).
- Player 2 will relocate to the corner for the kick out by player 1.
- Player 2 will sell the shot on the catch and then drive baseline.
- On player 2's drive baseline, player 3 will relocate to the corner to receive the drift pass by player 2. Player 3 will catch and shoot on the catch (shot ready).
- Player 3 will rebound the shot. Player 1 fills out to the wing after they pass. Player 2 fills to the wing after they make the drift pass to repeat the same action.
- Go for a # of makes or # of makes timed. Switch sides.



Curry Re-Space Concept | Baseline Drive & Drift Progression

Drill Description

- Player 1 drives downhill past the coach playing token defense (giving contact & forcing off-hand activation).
- Player 2 will relocate to the corner for the kick out by player 1.
- Player 2 will sell the shot on the catch and then drive baseline.
- On player 2's drive baseline, player 3 will relocate to the corner to receive the drift pass by player 2.
- On the catch player 3 will drive to the middle of the floor (up the line). Player 2 will be patient and re-space to the same corner. Player 3 will throwback (reverse pivot, overhead skip, or hook pass) to player 2 for the catch and shoot.
- Player 3 will rebound the shot. Player 2 will start at the cone on the wing. Player 1 is on the opposite wing ready to repeat the same action.
- Go for a # of makes or # of makes timed. Switch sides.



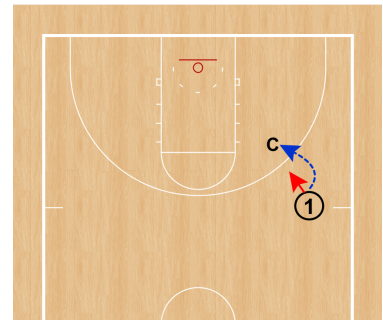
Decision Making

Focus: Developing a player's ability to process and make decision quickly to be more effective & efficient on the floor. Player's must be able to make reads and react at a high level in order to make plays for themselves and their teammates.

Go Gets

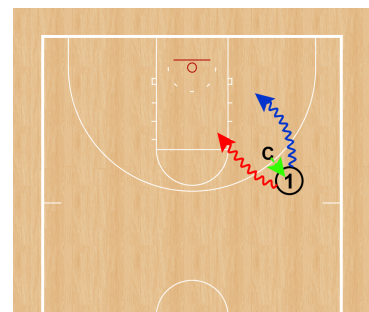
Drill Description

- Player 1 starts with the basketball stationary having a live dribble.
- The coach will call out "pass" when player 1 has to make a between the legs move before passing the ball to the coach (C).
- Once player 1 passes to coach, player 1 will start moving towards the coach being shot ready.
- Coach will pass the ball back to player 1 (green).
- As the ball is in flight back to player 1, the coach will call out commands forcing player 1 to make a quick decision on the catch.
- Complete a certain amount of makes before switching sides.



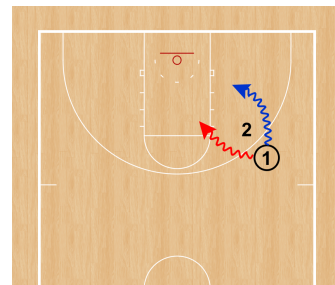
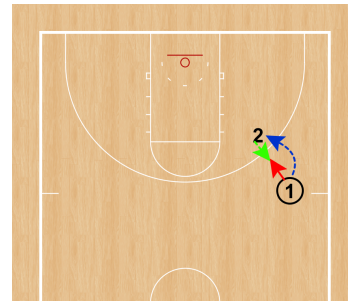
Commands

- The coach will call out "left", "right", or "shot".
- "Left" means attack to the left (red) for a pull up jump shot or finish.
- "Right" means attack to the right (blue) for a pull up jump shot or finish.
- "Shot" means player 1 will catch & shoot from 3.
- The coach can challenge the player by calling out several commands with the last word being the decision the player has to make. (For example: "Left, left, shot, RIGHT" means the player will attack to the right side).



Drill Description

- Player 1 starts with the basketball stationary having a live dribble.
- The coach will call out "pass" when player 1 has to make a between the legs move before passing the ball to the coach (C).
- Once player 1 passes to coach, player 1 will start moving towards the coach being shot ready.
- Coach will pass the ball back to player 1 (green).
- As the ball is in flight back to player 1, the coach will call out commands (verbal or non verbal) forcing player 1 to make a quick decision on the catch.
- Complete a certain amount of makes before switching sides.



Commands (Verbal)

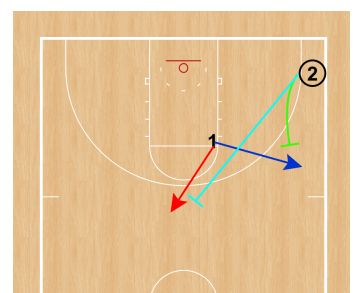
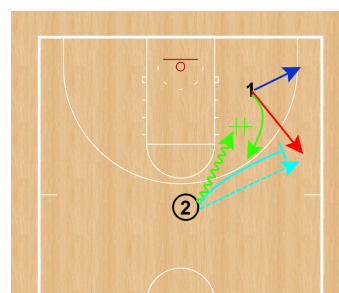
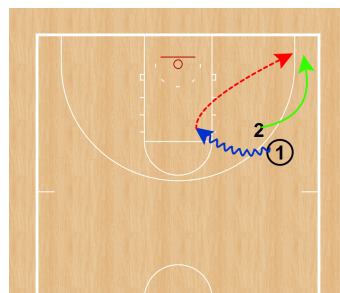
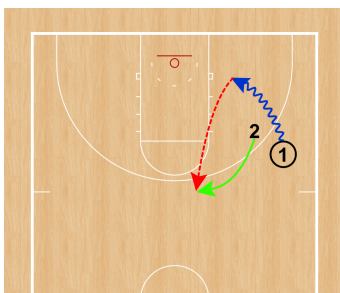
- If the coach calls out "shot", the player will shoot a catch and shoot 3.
- If the coach calls out "go", the player will drive either to the right or left side of the floor.

Commands (Non Verbal)

- If the coach passes and keeps "hands down", the player will shoot a catch & shoot 3.
- If the coach passes and brings "hands up", the player will drive either to the right or left side of the floor.

Description (Continued)

- On a drive, if the coach call's out pass, the player will make a hook pass or reverse pivot pass back out to the coach.
- Once the player makes the pass back out, the player will re-space outside the 3-point line.
- The player will react to the coach who will call out the action, whether it is a catch & shoot 3, dribble hand off, or pass and follow into a ball screen.



Run Out Shooting

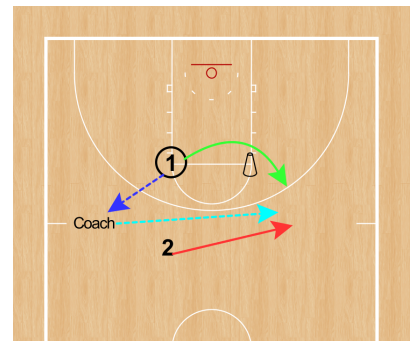
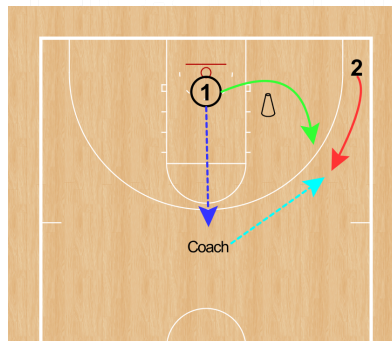
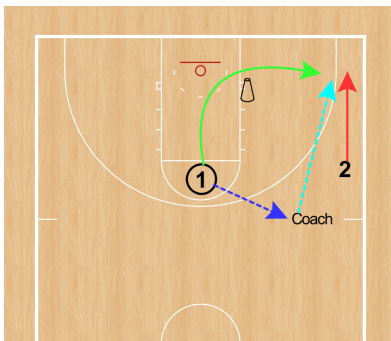
Drill Description

- Player 1 starts with the ball at the free throw line.
- Player 2 starts parallel with player 1 spaced out free throw line extended.
- The drill is initiated with player 1 passing the ball to coach.
- Once the ball is pass to coach, player 1 is sprinting below the cone to try and run player 2 off the 3-point line preventing them from a rhythm 3.
- As the ball is passed, player 2 is drifting to the corner being shot ready.
- The ONLY shot the player can shoot is a catch & shoot 3.
- If the player makes the shot, they stay on offense.
- First player to make 4 3's.

Added rules:

- Play with no shot fake and just has to be a rhythm catch & shoot 3.
- Play with shot fake w/ no dribble.
- Play with shot fake w/ side step using 1 dribble.
- Play with 3 dribbles to score vs. the defender closing out.

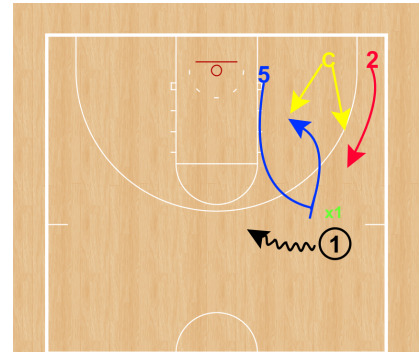
* Same rules apply putting the players in a different position and situation.



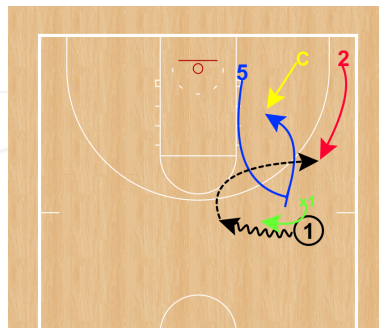
Side Ball Screen | Roll or Lift Reads

Drill Description

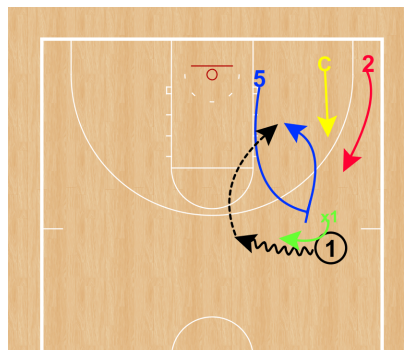
- A 3v2 read and react drill working out of a side ball screen action forcing the point guard (Player 1) to have their head up reading the defender (Coach) guarding Player 2 in the corner.
- As Player 5 sprints up to set the side ball screen, player 1 uses the ball screen coming off with pace as a teammate (x1) will fight over top the screen.
- Player 1 is reading the coach (C) in the corner to see if they tag player 5 rolling to the rim or staying attached to player 2 lifting up to the wing.



Read #1: If the coach (C) tags player 5 rolling to the basket, then player 1 will make hook pass or reverse pivot pass back to player 2 lifting for a catch & shoot 3.



Read #2: If the coach (C) stays attached with player 2 lifting up, player 1 will make the pocket pass or over the top pass to player 5 rolling to the basket.

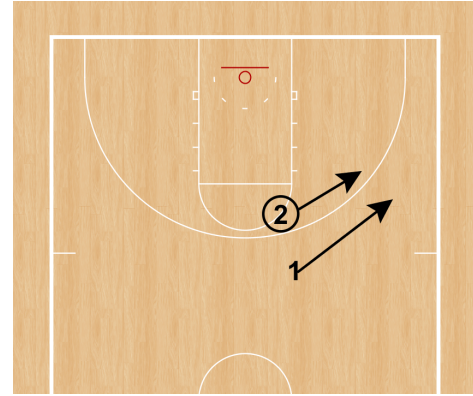


Rotations: Coaches may rotate players in this based off their personnel and spots the players will be playing.

Shot Ready Reads

Drill Description

- Player 1 starts in the slot and the coach (2) starts with the ball facing the player.
- Both of them will start to shift towards the wing. Player 1 is shot ready with the coach able to pass the ball to player 1 at any time.
- When the coach goes to pass the ball, the coach will give player 1 a non-verbal read as the ball is in flight.



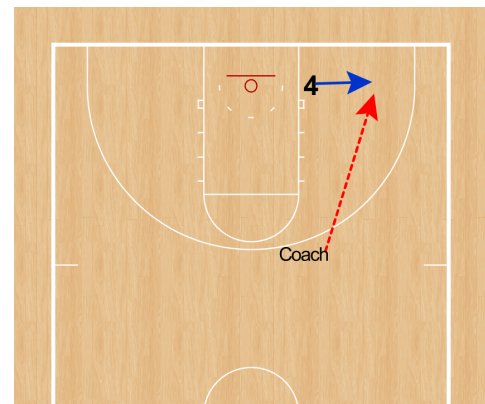
Non-Verbal Reads

- If the coach take a stride step towards the player with either foot, the player will read which foot is the top one, and attack past the coach on that side (right foot – left, left foot – right).
- If the coach stands still, the player will step in rhythm for a catch and shoot 3.
- Go for a certain amount of makes and switch sides.

Short Corner Space Out Reads

Drill Description

- Player 4 starts on the block with the coach starting on the elbow with the ball.
- The player will space out to the short corner being shot ready.
- When the coach goes to pass the ball to the player, the coach will call out a verbal command to the player.



Commands (Color, Even, Odd)

- Color: If the coach calls out a color, the player will shoot.
- Even: If the coach calls out an even number, the player will drive baseline.
- Odd: If the coach calls out an odd number, the player will drive middle.
- Go for a certain amount of makes and then switch sides.

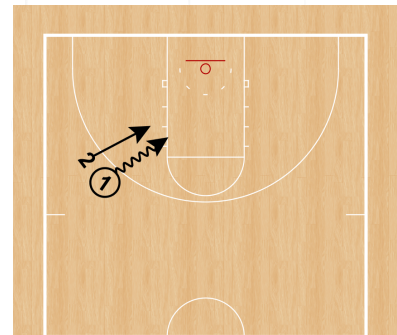
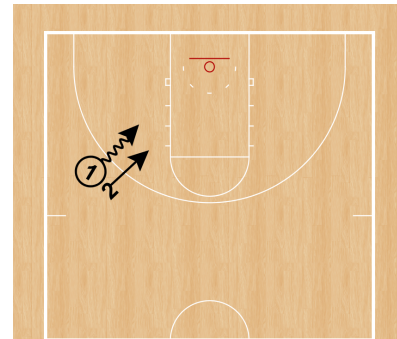
Short Sided Games

Focus: Being able to translate skill breakdowns to live segments where defense is added. Player's are put in various situations through 1v1-3v3 forcing them to use the skills and reads they have worked on and execute with defenders and contact. In my opinion, this is the best progression to add after working on skill breakdowns.

Angle 1v1

Drill Description

- Player 1 starts with the ball facing the basket having a live dribble and player 2 starts on defense with their chest facing 1's inside shoulder.
- It becomes live 1v1 when the offensive player (Player 1) initiates any kind of movement towards the basket.
- Player 2 is trying to get back in front of the ball and cut off player 1's driving line.
- Player 1 is trying to keep a straight line drive initiating contact keeping player 2 on the hip.
- Player 1 is working on keeping a straight line drive, finishing through contact, and being able to quickly counter if player 2 does cut off their initial driving line.
- Player's will perform this game both baseline side and attack the middle of the floor.
- Compete for a certain # of points or most points in a certain amount of time.

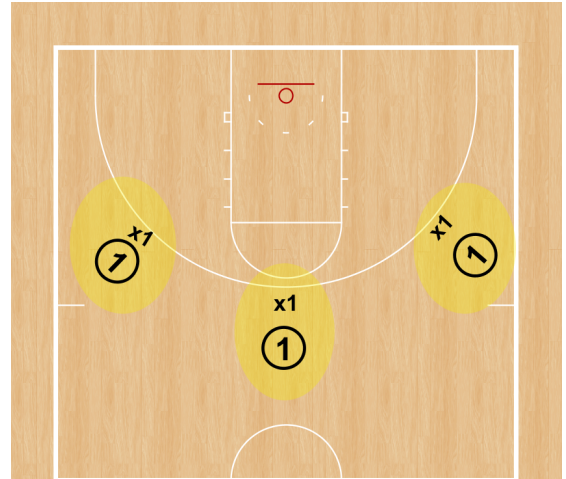


Blind 1v1

Focus: Creating advantage versus defender and learning to be crafty around the rim.

Drill Description

- Player 1 can start the ball on the defenders back who is facing the rim or have a live dribble with the outside hand (Left on left side, right on right side) and a hand on the back of the defender.
- Once the ball or hands drops off the defenders back, the game is live and the player can attack either direction.
- Offensive player gets a 3-dribble maximum.
- First player to 5 wins or keep score over time.
- The game can be played from 3 spots as shaded.

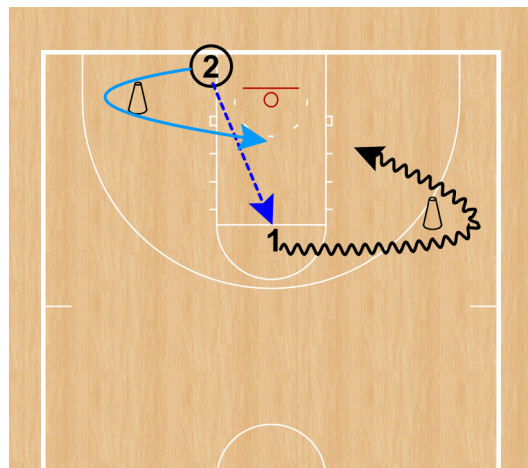


Spanish 1v1

Focus: Finishing versus help side rotation

Drill Description

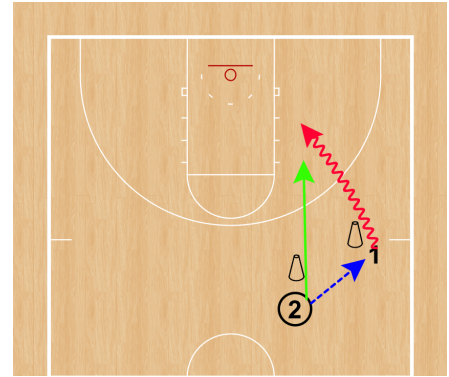
- Player 2 starts with the ball on the baseline and lane line connected.
- Player 2 will pass the ball to player 1 at the free throw line.
- Once player 1 receives the ball, they will dribble out and around the cone at the wing to attack downhill.
- Once player 2 passes the ball out to player 1, they will run out around the cone in the short corner and rotate to the opposite side to contain player 1 attacking downhill.
- Rotate offense/defense. First player to score 5 points wins.



Pass & Attack 1v1

Drill Description

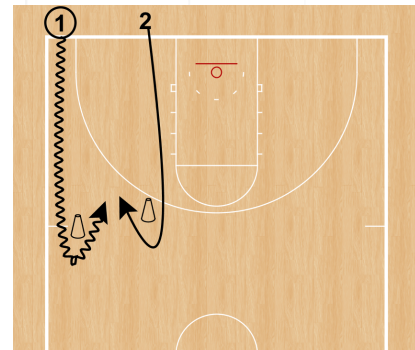
- Player 2 starts with the ball and is the defender to start. Player 1 will start without the ball and start on offense.
- Player 2 will pass to player 1 and the drill is live.
- Player 2 is trying to get back in front of the ball and player 1 is looking to keep their angle to finish. Emphasize the player on 1 embracing contact when going to finish.
- Compete for a certain # of points or most points in a certain amount of time.



Transition 1v1

Drill Description

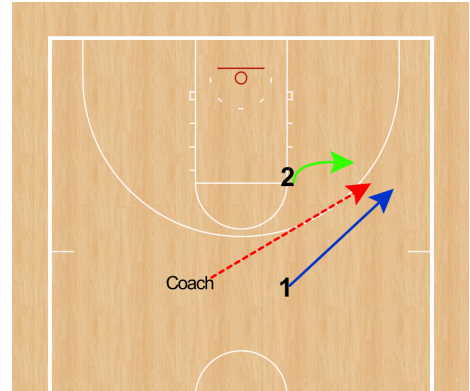
- Player's 1 and 2 start to the outside of each cone facing the opposite end of the court.
- Player 2 starts its sprint on 1's bounce. Player 1 is speed dribbling around the outside of the cone to attack downhill at the rim.
- Player 2 is sprinting outside the cone trying to get back in front of the ball.
- If you score, stay on offense. If you get a stop on defense you go to offense.
- Play to 5 points each side.



Shift & Closeout 1v1

Drill Description

- Coach starts with the ball. Player 1 starts in the slot and player 2 starts on the elbow.
- Player 1 will shift away towards the wing (blue).
- Player 2 must stay on the elbow ready to closeout once the coach passes the ball to player 1 (red).
- Once the coach starts to pass the ball to player 1, player 2 can closeout (green) and play is live.



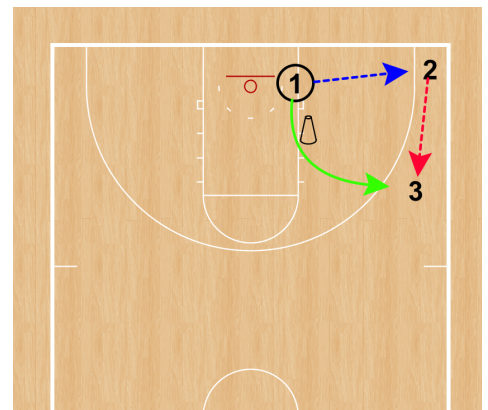
Scoring

- Complete first player to 3pts.
- If you score you stay on offense. Defense goes to offense on a stop.
- Start with a 3-dribble maximum. Every time a player scores, they lose a dribble. Ex. If a player has 1pt, the player has 2 dribbles. 2pts, the player has 1 dribble.

Bump 1v1

Drill Description

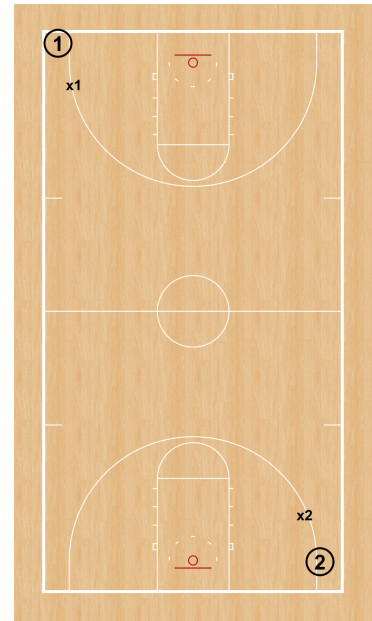
- Player 1 starts with the ball under the block. A player (2) starts in the corner and a player (3) will be on the wing starting on offense.
- Once player 1 passes to player 2 in the corner, the player has to go to the inside of the cone before closing out to the wing.
- Player 2 is quickly reversing the ball to player 3 on the wing.
- Once player 3 receives the ball, it becomes live 1v1 between player 1 and 3.
- The offense is allowed a 3-dribble maximum.
- Rotate clockwise on the right side, counter-clockwise when playing on the left side of the floor.
- Player with the most points after a certain amount of time wins.



Full Court 1v1

Drill Description

- Player's 1 and x1 start in one corner and player's 2 and x2 start in the corner diagonal from them.
- Player's will play it just like a game. The defense is attempting to turn the offensive player as much as possible (force them to change direction).
- The offensive player is attempting to make a quick move and get by the defender to get downhill. Must be able to play with pace if the defender cuts off the offensive player's angle.
- Each pair must stay on one half of the floor (can't cross the midline).
- Have players mix up their match ups. Play on both sides of the floor (right side/left side).

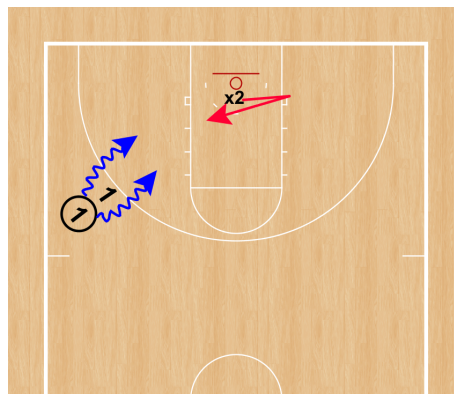


Blind 1v2

Focus: Creating an advantage versus the primary defender and being crafty around the rim finishing versus the secondary defender.

Drill Description

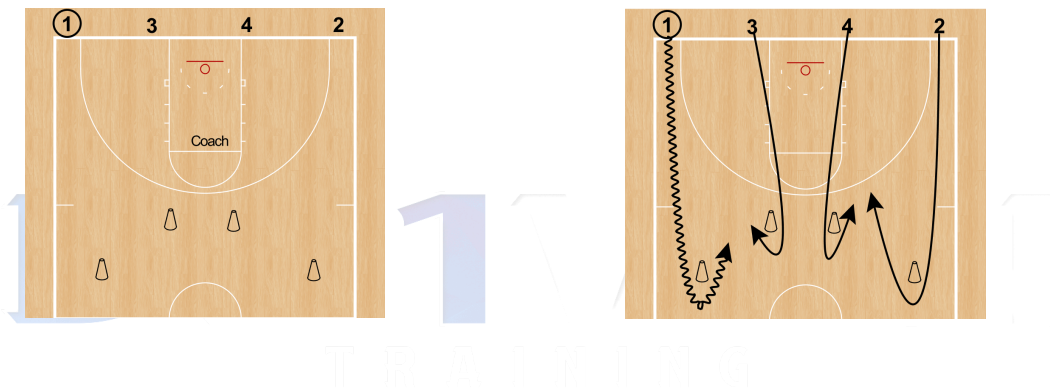
- Player 1 starts with the ball in the same situation as "Blind 1v1" with player x1 facing the basket as the defender.
- Once player drops the ball or hand off the back of player x1, help defender player x2 has to touch outside the lane line opposite the ball before coming back in to the play.
- Player keeps score, 1-point for every made shot. Rotate offensive, defense, help defense, offensive, or out for a possession if the group is more than 3.
- Players will compete within a certain period of time designated by the coach.



Trail Blazer 2v2

Drill Description

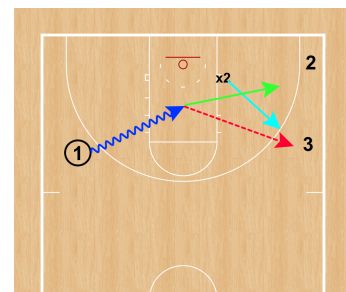
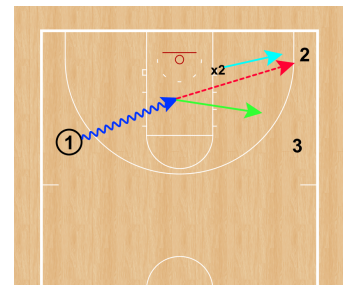
- Player's 1 & 2 are the offensive players.
- Player's 3 & 4 are the defensive players.
- The live segment starts when Coach passes the ball to either of the offensive players.
- Once one of the offensive players receives the ball, both 1 & 2 will go to the outside of the cones to come back downhill to the rim.
- 3 & 4 will sprint to the inside of the cones to get back in front and contain.
- Defense will go to offense and offense goes to defense.



2v2 Kick Out

Drill Description

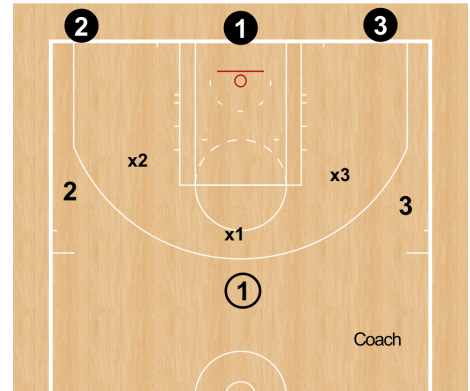
- Player 1 will start on the wing with the ball.
- Player x2 starts on the opposite block. Player's 2 & 3 start in the opposite corner and wing.
- Player 1 will drive the ball to the middle taking two dribbles to get to the middle of the floor.
- Player 1 can kick out to either player 2 or player 3.
- Whoever player 1 passes to, player x2 will closeout with the player that receives the pass. Once player 1 passes, they closeout to the player they did not pass to.
- Play is live on the pass.



3v3 Cutthroat

Drill Description

- 3v3 live until either a score or defensive stop.
- If offense scores, they go on defense and then a new team of 3 comes on offense. Team that started on defense goes off the floor.
- If defense gets a stop, they stay on defense. A new team comes on and becomes offense.
- Whenever there is a switch of teams, the basketball must be passed out to coach before the next possession begins.
- The team that gets 3 stops in a row defensively wins the game.



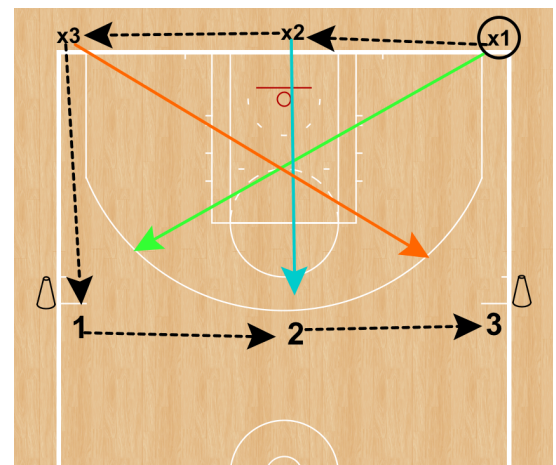
Rules:

- If offense scores, that kills the streak of defensive stops.
- Any offensive rebound kills the streak (If a team had 2 stops in a row, they are back to 0).
- If the ball goes out of bounds on the defense, replay the possession. It DOES not kill the streak.
- A defensive rebound after 1 shot or turnover gives the defense 1 stop.
- Defense stays until they are scored on or give up an offensive rebound.

3v3 Ball Reversal Closeouts

Drill Description

- Player x1 will pass to x2 and closeout to 1 (green).
- Player x2 will pass to x3 and closeout to 2 (blue).
- Player x3 will pass to 1 and closeout to 3 (orange).
- The ball is reversed from player's 1 to 3.
- Play is live on player 3's catch.
- The ball cannot stick and has to be out of the hands of each player under a second



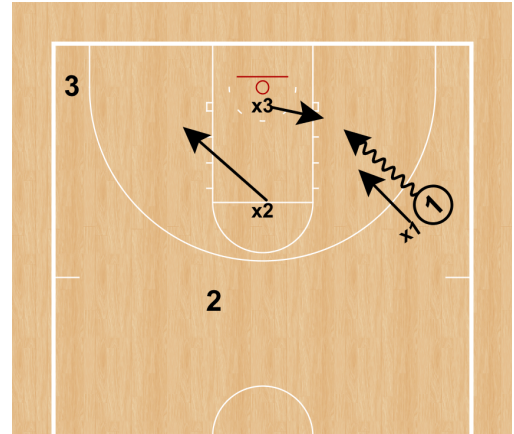
before it's live on 3's catch.

- Coaches can determine other rules as they see fit with the players.
- Rotations: Counter clockwise or offense/defense.

3v3 Rotate & Cover

Drill Description

- Player 1 starts on the wing with the ball.
- Player x1 is starting on the hip.
- Player 2 starts at the top of the key. Player 3 is in the opposite corner.
- Player's x2 and x3 start at the nail and under the rim.
- The game is live when player 1 starts to drive baseline.
- Player's x2 and x3 must communicate their rotations (x3 rotating to stop ball, x2 covering down for x3).
- Player 2 can relocate behind the ball or to the wing if player 3 receives the pass.
- Offense is given 10 seconds to make a play to score.
- Defense must communicate during their scramble to keep the ball in front preventing a rhythm shot or blow by drive.
- If offense scores, they stay. Defense to offense on a stop.



4v4/5v5 Games

Kills

- When I had teams of 4-5 players to play full court, I emphasized KILLS as the way to win the game. **KILLS = 3 stops in a row.**
- Rules
 - o Play 8-10 minute game.
 - o Player's keep count of points scored on offense (2's & 3's). Player's keep track of how many kills they can get during this time.
 - o Only way the streak of 3 stops in row stops is by an OFFENSIVE REBOUND (2nd chance points).
 - o If the ball goes out of bounds on the defense, the streak of stops in a row is still in good standing.
 - o Have players understand the importance of consecutive stops and how that can lead to going on small runs in games.

- The team with the most kills (even if it's only 1) majority if not every time ends up having the most points on offense.
- The team with the most KILLS wins the game.

**If you have any questions, thoughts, feedback, etc.
please email me mikedr1ventraining@gmail.com!**

