BASKETBALL VICTORIA
COUNTRY COUNCIL

Under 14
Skills & Drills
From Camp Programs
Warm-up & stretch –
- Running
- High knees/heels
- Grapevines
- Change of direction
- 2-foot stop & pivots
- Stride stop & pivots
- Spin outs and square up
- Stretch

Partner passing drills -
- Ball toughness/partner pivoting
- V-cut partner passing (no dribble, 1 dribble)
- Dribble/pivot/pass (from base-line or side-line)
- Partner passing - Chest Pass, Bounce Pass, Push pass RH / LH
  One Ball
  Two Balls

Correct passing technique on the run

Partner pass V cut

Dribble/pivot/pass

Individual offensive stations – 4 stations x 6 minutes
(1min rotation & instruction - 5 min drill)
- Station 1: Dribbling - Retreat & Crossover drill
  Retreat dribble - ball away from defender, head looking forward, arm bar
  Crossover In front - Bounce “long & low”
  Between legs - Low athletic stance
  Behind back - Get your body in front of the ball first.
  Execute both sides - ALL Crossovers to be below knee level. Head & eyes up
- Station 2: Lay-up technique - correct hand shooting / footwork
  Remedial groups may need extra instruction
- Station 3: Dribble swing - [Coaches to explain the importance of passing angles]
- Station 4: Shot technique
  Emphasis on stance (Dominant foot forward), form and follow thru
  - ‘Keep it straight”
  - Grip
  - Release – follow thru to be firm but have bounce

Partner Shooting – “10.30-11o’clock” release. Same power every time. Same release every time.
Partner line shooting Using "lines on the court" have the players shoot with the correct release, having the ball land on the line in front of their partner – index finger release – hit the line: keep it straight.
Players should release the ball up at a 10.30-11o’clock height release at the same angle and power every time, using the same follow through, a firm but free ‘flop’ of the wrist.
Individual offence

**Lead footwork/shooting footwork – “Catch & Face”**
- Head Coach to clinic forward lead and squaring up on inside foot
- Cover on-side and crossover moves off forward lead
- V-cuts movement for catch and shoot
- Clinic 5 min - Drill 10 min
- Lead from baseline
- Show a Target
- **Shoulders square to the ball to catch**
- **Inside foot pivot foot. Non-pivot foot forward**
- Catch in to a low stance – Be a threat
- Shot technique
  - 1- Catch & shoot
  - 2- Catch, one bounce lay-up
  - 3- Catch, shot fake, onside 1 bounce, shot
  - 4- Catch, shot fake, xover 1 bounce, shot

**1 v 1 defence**
- Lead coaches to demonstrate defensive stance & footwork
- Drill 1 v 1 corridor defence.
- Emphasis on not “stealing” the ball but being in correct position
- Low stance and big-to-bigger footwork.
- Moving the correct foot first is vital

**Offensive movement – Cutting & defending**

**Forward lead, inside cut (give & go) 2 v 0**
- Use of dribble swing to enter into drill
- Pass to wing after forward lead completed
- Passer steps away, executes inside cut (give & go), receiving pass for lay-up/shot
- Emphasis on lead footwork, firm passes, “**Catch & face**” and cutting with purpose (intention to score)
Defending the Forward lead & inside cut, - 2 v 2
- Head Coach to demonstrate principles of denial 1 pass away and jumping to the ball to defend cut.
- Offensive emphasis – Catch & Face, Inside Cut
- Technique of v-cuts, Catch & face, passing, catching & shooting must be maintained.
- Pass the ball to the advantage of the receiver.

Back cut - 2 v 0 / Defending the Back cut 2 v 2
- Use of dribble swing to enter into drill
- Wing to lead beyond 3 pt line
- Cutter to react to defensive pressure
- Catch fake - back cut
- Emphasis on lead footwork, firm passes and cutting with purpose (intention to score)
- Drill 2 v 0, build to 2 v 2 (defence must get into the lane)
- Coach to demonstrate defensive technique - show both “Head snap” & “Open up” techniques
- Pass the ball to the advantage of the receiver.

Dribble entry - shallow cut - 2 v 0 - 2 v 2
- Use of dribble swing to enter into drill
- Communication on entry
- Hard back cut to basket, turn & seal facing the ball.
- Lead back out just below the elbow to maximise passing angles for ball reversal.
- Emphasis on lead footwork, firm passes, Catch & face and cutting with purpose (intention to score)
- Ball handler is not to “creep” into the elbow area – maintain space
Pass, Cut, Replace
- Use of dribble swing to enter into drill
- Pass to wing after forward lead completed
- Passer steps away, executes inside cut.
- Replace from weak side
- Emphasis on passing angles
- Drill 3 v 0, build to 3 v 3
- Emphasis on lead footwork, firm passes, **Catch & face** and cutting with purpose (intention to score)

**Flash cut / Defending the flash cut**
- Use of dribble swing to enter into drill
- Pass to wing after forward lead completed
- Flash cut from weak side, hard steps to basket to set up flash to the ball
- Emphasis on lead footwork, firm passes, **Catch & face** and cutting with purpose (intention to score)
- Build to 3 v 3 - Coaches to teach the defence by drilling and explanation of the split line in regards to open stance / denial stance (ie 3v3 “Shell drill” against the movement)
- 3 v 3 live play - emphasis on flash cuts (Off & Def)

**Warm-up & stretch**
**Ball Handling / Dribbling**
1 ball & 2 ball variations on stationary dribbling and ball handling.
(2 ball - In partners – one player dribbling with two balls while partner is stretching)

**Build Alford series into 3 v 0**
Start drill at centre line, and run lanes into slash and seal – Point guard to protect the ball before determining a “side”
- Catch & face
- Pass, cut, replace (using V cuts)
- **Understanding of Ball reversal**
- Dribble entries
- Flash cut / Back cut
- Receiver principles
- Give athletes instructions on entries to help with recognition of cuts/ball reversal etc.
Build Alford series into 3 v 3

Start drill at centre line, and run lanes into slash and seal – Point to protect the ball before determining a “side”
- Drill as above with defence
- **Pre- determine first entry ie Pass & Cut**
- Ball reversal
- Communicate
- Create a lead
- Catch & face
- Cut with purpose
- Use dribble swing (1 or 2 Bounces)
- Timing

3 v 3 defence – reinforce split-line concepts
- As above, introduce defender 2 passes away
- Concept of positioning in relation to the basketball
- Offensive emphasis – introduction to pass, cut & replace
- Drill 3 v 3 static

3 v 3 games (3v3 ½ court or 3v3v3 F/C)
- Offensive emphasis – spacing & movement
- Defensive emphasis – positioning & jumping to the ball
- Offence, don’t rush.
- Cut with purpose, Look at the cutters
- V-cuts, CSU
Warm-up & stretch
- High knees/ High heels / Grapevines etc
- Dribble, Stop, Stance, Pivot
  Stop in a low balanced stance (use both stride & 2 foot stops) and pivoting (use both forward and reverse pivots) – maintain stance
- Stretch

Ball handling. All drills to be done at pace
- Body wraps Waist/Ankles, Figure of 8 dribbling, Blur etc,

Catch & square up - Spin outs cross court
- From sideline to sideline
- Spin, bounce and sprint to get (Go when the ball hits the floor)
- Catch & square up toward closest basket
- Inside foot pivot foot. **Non-pivot foot forward**
- Catch in to a low stance – Be a threat

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**Individual offence - Lead footwork  [Clinic then Drill]**
- “V” cut to get open
- Show a hand behind the defence’s head
- Slash arm technique
- In below the block, out above the block
- Shoulders square to the ball to catch
- Target hands
- Meet the ball with the last step toward the pass
- Catch in a low stance - “Be a threat”
- Inside foot pivot. Non pivot foot forward
- Eyes on the rim
  To help with the footwork - Pass is to the inside of the chest.
  *Drill with No shot for maximum reps*

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**Perimeter moves 1 on 0**
( **using the above slash arm technique to get open**)
- Catch, 1 bounce - Lay up
- Catch, Onside move (1 bounce) into shot.
- Catch, Crossover move (1 bounce) into shot
- Catch, shot fake, drive
  Maintain stance thru fake
  Bring ball above the eyes
On all above dribble moves, the athlete must lift the non-pivot foot (which is forward) and place it further forward. The ball and the foot make contact with the floor at the same time.

Perimeter moves 1 on 1 from the wing
Drill as above with defence on the receiver
- V cuts (Cut hard in to make the defence play)
- Ball to be received free throw line extended or below
- Catch & square up (Correct footwork)
- The above moves are what we must try to establish in the athletes
- Attention to detail

Coaches may wish to limit the choices of moves early in the drill, and introduce more as the drill progresses. Coaches may also start the drill by limiting the intensity of the defence.

Stations x 4 “Cutting”
(6 minutes = 1 min for rotation and instruction + 5 min Drill)

Station 1: Inside Cut, Catch and shoot from inside cut
  - Include dribble swing to start
  - Pass, pause, step away & cut
  - a) Take the lay up
  - b) Shoot at the elbow
  - Wings must create a lead

Station 2: Back Cut, Forward lead, Catch fake & back cut.
  - Include dribble swing to start (Alt sides)
  - Get both feet over the 3 pt line
  - Catch fake with 2 hands - show a target
  - Pass fake.

Station 3: Flash Cut, Step toward basket before cutting
  - Continuous drill
  - a) Catch and shoot
  - b) Shot fake, 1 bounce and shoot
  - c) Back cut down the lane
Station 4: **Dribble entry - Shallow cut**,
- Dribble the ball hard to the wing
- Cutter to get to the basket
- Exit over the elbow
- Catch, 1 bounce moves
  a) Crossover
  b) Onside
  c) Lay up

**Phoenix full court drill** *(RH then LH)*
- Catch and pass on the run
- Multiple balls
- Firm, flat passes
- Catch the ball with two hands
- Pass the ball into the paint to the shooter
- Try to eliminate the dribble
- No Travels
- *Pass to the shooter and rebound it!*

**2 v 0 on the perimeter**
- Pass entry - Forward lead, CSU
- Pass entry - Forward lead, Back cut
- Dribble entry - Shallow cut
- Pass & inside cut (Give & Go)
- Passing lane / Driving Lane
- Penetrate and pitch principles

**2 v 2 defence – jump to the ball**
- Head Coach to demonstrate principles of denial 1 pass away and jumping to the ball
- Drill 2 v 2, Begin static, then live
- Offensive emphasis – CSU, pass and cut as in morning 2 v 2 session
- Details of v-cuts, CSU, passing & catching must be maintained.

**2 v 2 on the perimeter**
- Pass entry - Forward lead, CSU
- Pass entry - Forward lead, Back cut
- Dribble entry - Shallow cut
- Pass & inside cut (Give & Go)
- Passing lane / Driving Lane
- Penetrate and pitch principles
- “Beat one – draw one”
- Defensive principles

*Where ever possible have two coaches at the drill, one coaching offence and one coaching defence*
Alford series 3 v 0. **Head coach to clinic** (5 min clinic – 10 min drill, 3v0)
- Players start at the half court
- CSU
- Pass, cut, replace (using V cuts)
- Dribble entries
- Flash cut / Back cut
- Ball reversal
- Receiver principles
- Have players run through a sequence predetermined by coach

*In the drill sequence below the shot is off the inside cut after a ball reversal (pass, cut, replace, ball reversal, pass, cut for a shot of the inside cut)*
Alford series 3 v 3
- Give offence specific instructions to enter...
- eg. “Start with a pass and inside cut”, “Start with a dribble entry” Or “Must have one ball reversal before a shot”

Defence – Partner Footwork Drill  (quick 5 min drill)
- Player in pairs (facing). One with the ball in stance (Triple threat), the other in defensive stance.
- Player with the ball to take one bounce to the right. Defensive player to slide in relation to the offence. It is important that the players move the correct foot first (in this instance the left foot)
- Repeat a number of times before changing roles
- Offensive player to take one bounce to the left
- Coaches to give instruction as the drill progresses.
- Build drill to 2 bounces
- Nose on the ball
- Ball side hand out (to deflect pass)
- Other hand down to discourage crossover

Sideline close out drill
- Players in pairs. One at the sideline with a ball (in stance), one on split line. in defensive stance
- On coaches command, defensive player to close out to partner with the ball
- Sprint 2/3 of distance then short choppy steps to close out
- “Throw” both hands in the air, this also aids stopping by keeping head and shoulders back and weight down. Call “Ball”
- Build drill to include a dribble left and/or right by the offence once defence has contained shot (offence not to go to soon) to incorporate earlier footwork
- Change Offence to defence are a number of repetitions

Russian sideline lay-up drill
- Emphasis on Passing and Catching on the run
- Pass the ball into the paint for the lay-up
- Pass the ball down the lane to the runner (over the third line)
- Catch the ball with TWO HANDS
- Firm flat passes
1 on 1 containment to half court
- Defence to turn the dribbler
- Beat the offence to a spot
- Force the dribbler to change
- Work in corridors
- Drill from baseline TOWARD half court

1 on 1 containment in the front court
- Contain the dribbler
- Channel the dribble to the side line
- NO middle!
- No risk taking, control the direction of the ball
- Work in corridors
- Drill from half court TOWARD baseline

1 on 1 Turn & Channel full court
- Turn the dribbler to the back court
- Channel the dribbler ion the front court - No middle
- Understand when to stop turning your man and to start channeling toward the side. This may vary due to proximity to centerline or difference in quickness between the offensive and defensive players
- Play live once over the centre line
- NO MIDDLE!
This drill is a combination of the above two breakdowns

Defend the forward lead
- Show both “head snap” and “open up” techniques
- Defend/deny the forward lead, defend the back cut, defend the lead again – Live (limit offence to 4 bounces)
3 v 3 defence – introduce split-line concepts
- As above, introduce defender 2 passes away
- Concept of positioning in relation to the basketball
- Offensive emphasis – introduction to pass, cut & replace
- Drill 3 v 3 static
- Jump to the ball
- Moves as the ball moves

3 v 3 defensive positioning

Defend the inside cut.
- 1 on 1 plus 1,
- Jump to the ball/defend the cut
- Don’t let the cutter get between you and the ball
- Move as the ball moves!

3 v 3 Half court play
- Live in the half court
- Simulate game conditions - play from the centre line
- Offensive - Alford movement.
- Defensive principles learnt to be put into practice

Collision dribbling drill

“4 out” motion 4 v 0  Importance of Spacing (Recognising and creating space)
- Importance of Ball reversal
- Ball movement / player movement
- Dribble to improve a pass
- Work in “V” cuts
- CSU
- Dribble penetration / Receiver principles
4 v 4 "Quick D" Defensive positioning drill
- Head coach to clinic shell principles
- Jump to the ball. Move as the ball moves
- Verbal communication
- 4 offensive players on the perimeter
- 4 defensive players in a line under the basket, each with a designated offensive player
- Coach passes the ball to any of the offence
- Each defensive player must sprint to their correct position
- Move as the ball moves
- Coach may fake the pass
- Verbal calls must be used

4 v 4 Scrimmage
- These can be half court “4 v 4” or “4 v 4 v 4”
- 4 out motion offence
Each team to be allocated a coach, other coaches to be actively coaching from around the court. Correct and give instruction on the run. Coach both offence and defence

Flash to Elbow shooting series
- Groups with 2 balls each side of the foul line
- Shooter V-cuts, hits elbow ....
  1. Catch down the lane for lay up
  2. Catch, bounce, power lay up (off 2 feet)
  2. Catch and shoot down the lane, Jump shot
  3. Catch at elbow, CSU, Jump shot
  4. Catch at elbow, CSU, Shot fake, Cross over (1 bounce), Jump shot
  5. Catch at elbow, CSU, Shot fake, Onside (1 bounce), Jump shot
Post presentation & offence technique

Head Coach to Clinic - 5 min / Drill 1 v 0 - 15 min
- Present “L’s”, sit down in the post (mid post – low foot on the high side of the block)
- Use of fakes
- Drop step Low. Shoot with shoulders square to the backboard
- Drop step High (to middle) shoulder under basket
- Forward pivot high “Rip through” and step low. No bounce

Post Play – Offence & Defence

- 1 v 1 in the post, + 1 feeder
- 1 v 1 in the post, + 2 feeders
- 2 v 2 post & perimeter in the ¼ court (use of fakes/dribble to improve the pass)

“Motion Offence” (No screens) - “5 out” Head Coach to clinic
(5 min clinic – 10 min drill, 5v0)
- Importance of Spacing (Recognising and creating space)
- Importance of Ball reversal
- Ball movement / player movement
- Dribble to improve a pass
- Work in “V” cuts
- CSU
- Dribble penetration / Receiver principles

5 v 5 - Half court play

“5 out” or “4 out 1 in” scrimmage in ½ court
- All offensive and defensive principles to be reinforced
- Coaches to be allocated to be coaching defence or offence at same drill.

Post Defence introduction

Show denial from high
- Front the post when ball lower than free throw line extended
- Technique for getting over the post – show “Toes Out” and “Toes In”
- Clinic 5 mins / Drill - 10 mins
**5 v 5 motion offence – 1 ½ trips** [Half court - Full court]
- Team A (offence) Vs team B (defence) play in the half court. Once team B has possession from score, rebound or turn over they will become offence in the full court. Drill ends after the full court trip is completed. Teams change starting in offence and defence at beginning of each drill.
- [Coaches may build to 2 ½ trips - Half / Full / Full]

**Warm-up - dynamic stretching**
- Running
- High knees/ High heels
- Bounding
- Full court lay-up drill

**Ball handling.** All drills to be done at pace
- Body wraps Waist/ Ankles/Step Backs.
- Figure of 8 dribbling. Low bounce/ 4 bounces/ 2 bounce
- Maravich drills / Gannon Baker drills
- One hand V dribble in front / on the side (L & R)
- Spin out – Catch & Square Up.

**Offence – General principles - Stations x 5**
(7 minutes = 1 min for rotation and instruction + 6 min Drill)

Number off players 1-5 for basket/station split (Take drink bottles)

**Station 1: Post Moves**
- Drop step low - power bounce (Toes to the baseline)
- Drop step to middle - power bounce – jump hook (Toes to sideline, shoulder under basket)
- Turn high & shoot (Forward & reverse pivots) – high foot pivot foot
- Turn high, rip thru and step low

**Station 2: Create a lead - Catch and square up & Inside Cut**
- “Slash arm” technique
- Step at the defence to seal
- Movement toward the block not elbow
- Move on two planes
- Use hard back cut and “catch fake” to help get seal
- Change of pace/change of direction
- Shoulders square to the ball to catch. Show a Target
- Inside foot pivot foot. **Non-pivot foot forward**
- Catch in a low stance – Be a threat
- Pass, pause, step away, cut hard
- Pass to cutter for lay in
- Early pass – catch step & reach (no bounce)
- Late pass – power lay-up
- Build drill to include defender on the lead (no steal)

**Station 3: Dribbling – Continuous crossover drill**
- Cross the ball over - In front
- Through legs
- Behind back
- Reverse spin

Players to change sides on rotation so as to use both hands.
Head up, low stance, cross the ball over low.
Correct lay up technique on the run. (correct hand)
Station 4: Shot technique
- Coaches to demonstrate correct shooting technique at each basket.
- Repeat action without ball
- Repeat action with ball - Line shooting with partner
- Move to basket if time permits
Grip – Hand placement on the ball
  - Firm spread of the fingers
  - Finger straight
  - Follow thru – firm flop
  - 11 o’clock arc
Stance – Triple threat. Eyes up
  - Ball & Toe on the shot line
  - Wrist ‘broken’
  - Forearm parallel to the floor
  - Lift to upper arm parallel to the floor
  - One action at 90% effort
  - Start the shot looking over the ball – Finish the shot looking under the ball
A major error in young players is starting the shot with the ball in front of their eyes. This makes the shooter “peek” around the ball. This has an adverse effect on the flight of the ball as the shooter pulls the head back to see the hoop, this forces the trajectory of the ball to be flat and ‘at’ the basket rather than ‘up & in’

Station 5: Dribble swing
- Pass to outside hand, from outside hand
- V cut to get open,
- Catch & square up on the side
- Catch and rip thru (Dribbler)
- Groups of 3 or 4
Note – Drill does not require basket, use as many groups of three players as space permits
USE 1 FULL COURT

“Fake – Take – Make” – (Shooting / Fakes)
Reinforce shot technique & correct footwork” on the run”
Catch and square up into –
  a) Shot,
  b) Shot fake, shot
  c) Shot fake - 1 bounce & lay up (L & R)
  d) Shot fake - 1 bounce drive to the middle
  e) Shot fake - 1 bounce & change, shot
  f) Drive fake(jab), shot
  g) Drive fake, shot fake, drive
  h) 3 Fakes – make a play!
Teaching points on fake, – catch in shooting footwork, low, wide stance, bring ball above eyes. (A shot fake is a shot not taken)
Inside foot pivot foot on the catch

All stations will have similar set up and rotations as per diagram
Shooting off the dribble - Series
Reinforce correct shooting technique on the run
Use stride stops - Players rotate thru both sides

Lane line shooting series (Lane line drive from centre line)
- 2 long bounce > pull up (Long-long)
- 2 long bounce + 1 hard (long-long-pound)
- Pull up on the crossover
- Crossover + punch - step back for shot
- Crossover – pull-onside
- Crossover-pull-cross
- Cross-pull-onside, spit & sprint to elbow
- Cross-pull-onside, spit & pull, drive to reverse spin l/up

Execute from a “Basketball Stance” (Triple threat) with an explosive first step
- Explosive take off from stance to drive – beat your man
- Get shoulders past the defenders hip
- Long bounce is better than a hard bounce
- Knee to chest, heel above toe
- Quick first step.
- Ball and foot on the floor at the same time
- Ball from the hand to the floor - quick
- Long dribble – go somewhere!
- Long dribble – Pound dribble
- Use both sides of the body.
- Defender in from baseline if time permits

1 on 1 Perimeter drills

1 on 1 from the wing - Attack the defender
OFFENCE
- Drilling offence and defence
- Forward lead to get open
- Catch and square up - challenge the defence
- Onside and Crossover moves
- Ball and foot on the floor at same time on take off.
- Correct footwork - No travels
- Shoulders past hips
- Use of fakes
- Attack!
- Drill alternates sides.

DEFENCE
- Jam & Jump back
- Mirror on the 3 pt line
- Feet defend feet
- Correct stance – not too wide on the close out/jump back
- Correct foot first

1 on 1 from the point – Defend the gate
- Drilling offence and defence
- Offence must stay between the elbows
- Restrict the number of change of directions
- Focus of defence – stance, footwork, change of direction
- Focus of offence – maximum 2 changes of direction
- Head up on dribble, look to get two feet in the key
- Attack!
- have coaches assigned specific roles for feedback
Warm-up – dynamic stretching
- Change of direction. Push off outside foot
- Change of pace. Jog/Sprint/Jog
- Leg swings
- Dribble up & backs
- Collision Dribbling drill

Full court, 3 lane, 5 ball shooting drill.
- Hard dribble out, 2 pass to lay up
- Passers change side, catch & shoot
- Player executing lay up MUST rebound the ball to initiate next run.

Cutting - teaching through Alford movement. 3 v 0.
Head coach to clinic
- Inside Cut
- Back Cut
- Flash Cut
- Dribble entry - Shallow Cut
- CSU
- Pass, cut, replace (using V cuts)
- Receiver Principles

**Inside Cut** - Catch and shoot from inside cut
- Run players in from Half way
- Protection dribble at point and dribble across to pass
- V cut to receive
- Change of pace – change of direction
- CSU
- Pass, step away and cut to basket
- Cut with purpose
- Space
- Timing
- Good passing
- Pass, Cut, replace
  - Pass to 1st cutter
  - Then pass to 2nd cutter off one ball reversal
  - Players to work hard off the ball
**Back Cut** – Receive ball for shot from the back cut
- Run players in from Half way
- Protection dribble at point and dribble across to pass
- V cut to get open
- Forward lead, Catch fake & Back cut.
- Get both feet over the 3 pt line
- Pass fake
- Good passing
- Cut with purpose
- Space
- Timing
- **Pass to 1st backcutter**
- Then pass to 2nd backcutter off one ball reversal
- Players to work hard off the ball

**Flash Cut** – Receive ball for shot from the flash cut
Run players in from Half way
- Protection dribble at point and dribble across to pass
- V cut to receive
- CSU
- Pass, replace yourself
- Flash hard from weak side
- Cut with purpose
- Space
- Timing
- Good passing
- **Pass to flash cut off 1st pass**
- Then pass to flash cut off one ball reversal
- Players to work hard off the ball

**Dribble Entry / Shallow Cut**
Run in from Half way
- Protection dribble at point and dribble across to pass
- V cut to look to receive
- Dribble ball to wing if no pass
- Back cut to basket then shallow cut out over elbow
- Cut with purpose
- Space
- Timing
- Good passing
- **Pass to shallow cut on exit for shot**
- Then repeat to 2nd ball reversal
- Players to work hard off the ball
Receiver principles
- Pass, cut, replace (using V cuts)
- Dribble penetration
- Ball reversal
- Receiver spots
- Anticipate - Be ready to shoot!

Alford series 3 v 3
Start drill at centre line, and run lanes into slash and seal – Point to protect the ball before determining a “side”
- Drill as above with defence
- Pre- determine first entry ie Pass & Cut
- Communicate
- Create a lead
- CSU
- Cutting / Cut with purpose
- Use dribble swing (1 or 2 Bounces)
- Pass to outside hand
- Receiver principles
- Timing

Emphasise all detail from sessions so far, Offence & Defence

3v0 post offensive principles – Head coach to demonstrate post triangle action
- Concept of post triangle
- Feeding the post
- Principles of cutter/re-locator
- Cut from high / Relocate
- Baseline cut / Relocate
- Post pressure release to high post if wing denied. – Back cut from wing
- Drill 3v0 - 3v3

Principles of cutter/re-locator:
Free Throw Line, Continuous Shooting Series
- two lines, each at free throw line extended
- four balls, (two balls each side)
- Done at pace – 1.5 min in each shot
- 1) Pass down the lane to a lay-up
- 2) Pass down the lane to power lay-up, off two feet
- 3) Catch and shoot down the lane
- 4) Catch and shoot at the elbow
- 5) Catch at the elbow, shot fake, crossover
- 6) Catch at the elbow, shot fake, onside

Reinforce all shot technique and footwork

“Bevo” Close out, point & slide drill
- Sprint out to 2/3 then short choppy steps
- Throw both hands I the air
- Using “Big to Bigger” footwork, point toe and defensive slide x2
- Move in the direction of the coach dribble
- 2 lines at bottom of the lanes,
- On command, players close out to the coach. Coach will have a ball in each hand.
- Coach will bounce either ball, player must react to the direction, moving the correct foot first - for two defensive slides
- Player then to sprint to corner of half court and rejoin line

1 on 1 Turn & Channel full court (Place the prior 2 drills together)
Containment in the full court
Turn the dribbler to the back court & Channel the dribbler in the front court
- Defence to turn the dribbler
- Beat the offence to a spot
- Force the dribbler to change
- Understand when to stop turning your man and to start channeling toward the side
- Contain the dribbler
- Channel the dribble to the side line
- No risk taking, control the direction of the ball
- Channel the dribbler in the front court - No middle
- Play live once over the centre line
5 man weave into 3v2, advantage/disadvantage drill
- 5 lines on base line
- 5 man weave - on command, the team with the ball will be offence
- Drill changes direction in a 3v2 or 2v3 setting
- (nominate teams, ie first two lines / next 3 lines)
- If defence has advantage - double the ball, pressure receiver
- If defence is disadvantaged - ball / basket / stunt

Defend the inside cut. 1 on 1 plus 1 / 2v2
- Start drill with dribble swing / create a lead, CSU
- Passer to inside cut
- Jump to the ball/defend the cut
- Cutter to go thru to weak side
- Close out from split line on skip pass
- Play 1 v1 on catch
- Build drill to 2v2
- Emphasis on jump to the ball

4v4 Defensive positioning - Shell drill
- Head coach to clinic shell principles
- Jump to the ball. Move as the ball moves
- Verbal communication
- Drill static to start
- Have offence cut on guard to forward pass.
- Include base-line drive/penetration with defensive rotations

Screening Technique

**Screener**
- Sprint to set
- Communicate – show signal, call the name of the cutter
- Two foot stop in a low strong stance, Hand over wrist – Find the defender!
- Back to the ball
- Communicate – Wait, wait, wait -GO
- Roll – Belly to the ball!

**Cutter**
- Set up before you go – don’t advertise your cut, “sell something else”
- Use the screen – Hand, Heel, Hip
- Show a target
- Late is better than early

Use 2 balls to pass to targets – one to the cutter, one to the screener
Use a live defender in the drill to demonstrate the movement of the defender towards the pass – but with instructions to be “part of the drill”
Warm-up & stretch

- Partizan passing drill (or similar full court drill)
- Stretch

Motion offence

4 out, 1 in Movement with high post play and down screen play - Head Coach to clinic

4 out 1 in movement, Strong side entry –
- Wing receives ball, weakside action (backscreen). Guard replaces self
- Strong side explores Post triangle (inc High/Low)
- If passed back to guard (hold to explore High/Low action) then post will “flash” high. Explore high post action / Back cut – Reverse pivot on inside foot.
- If ball is reversed (1 --> 3 --> 2) Post player (5) to set down screen for (4)
- (4) to cut hard to the ball side to become new post player - continues
- Weak side entry – Guard to forward pass – pass & cut, replace
- Ball received by mid/low post = Cutter-re-locator post play
- Ball received by high post = Back cut and receiver spots

4 out, 1 in - Receiver principles
Motion offence

“5 out motion” Head Coach to clinic
(5 min clinic – 10 min drill, 5v0 – build to 5v5)
- Importance of Spacing (Recognising and creating space)
- Importance of Ball reversal
- Ball movement / player movement
- Dribble to improve a pass
- Work in “V” cuts
- CSU
- Dribble penetration and receivers

Pass penetration and receivers (Cutter/ Relocator)

[5 out – Cut on any pass towards the baseline and replace yourself on any pass up towards point]

Motion offence
- 5 v 0
- 5 v 5 ½ court play - Controlled

Controlled Scrimmage
(7 min. games full court “5 v 5” or “Up & Backs” or “5v5v5” - Head coaches to choose)

① If full court = Each team to be allocated a coach for offence and a coach for defense, all other coaches to be actively coaching from around the court. DO NOT JUST SIT!

Correct and give instruction on the run. Coach both offence and defence.

Points Of Emphasis for scrimmage...
- Passing & catching
- Leading & squaring up
- Understanding spacing on offence
- Cutting – Cut with purpose
- Moving without the ball
- Defensive stance and positioning
- Communication
- Attention to detail
- Shooting technique

Phoenix full court drill (RH/ LH)
- Catch and pass on the run
- Multiple balls
- Firm, flat passes
- Catch the ball with two hands
- Pass the ball into the paint to the shooter
- Try to eliminate the dribble
- No Travels
- Pass to the shooter and rebound it!
Passing – Driving lane [3 man transition]

Head Coach to clinic
Clinic 3v0, drill live –3v2 continuous, one shot & two outlets
- Ball quickness. From F/T line to F/T line
- Flatten the defence, test the seam
- Attack the ball side elbow. Read the “bounce or cut”
- One shot, all 5 players to BLOCK & BOARD

Oregon Defensive Transition Drill
- Players start on base-line, basketballs(or cones) positioned at other end represent offensive players
- Defensive players sprint first three steps (first arrow indicates this), then look over inside shoulder to find ball until the half-way mark (second arrow)
- Once they are in the front-court, players turn and back pedal to inside the 3 point line, then close-out to man (marker) outside the three-point line.
- Communication is a key element ("ball" called in transition, "close" on close-out to man)
- Verbal cues vital in teaching transition defence
- Build to 5 v 5, starting with rebound situation (2nd & 3rd diagrams)
- Emphasis on getting the ball stopped & basket covered
- Defence needs to have 5 v 5 once the ball is over the half-court
- Play 5 v 5 to a result
Introduction to screen reading

- Defender caught = Straight cut ("Straight")
- Defender follows (lock & trail) = Curl cut ("Curl")
- Defender goes under = Flare cut ("Flare")

Drill with compliant defence on the cutter
Drill with compliant defence on the cutter and screener
Build to live play 2v2

Games/ Scrimmage - 5 on 5 motion offence
Head coach to decide if games should be in a full court or half court situation. ie
- 5-10 minute games
- ½ court games
- 5 v 5 v 5
- 1 ½ trips
- Games should reflect teaching points from camp