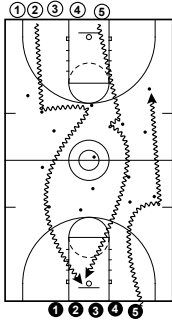


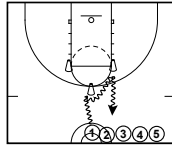
Slalom Course

dots are objects, everyone goes at once, chaos, dribble move at dot(s), attack as many as you can



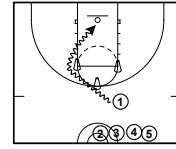
Triangle BH and finishing

crossover, pull back crossover then attack



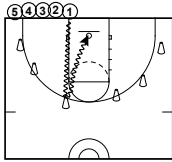
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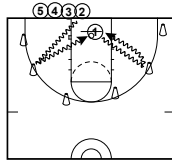
Reverse Pivots to Layups

speed dribble jump stop, pivot, layup - you should have 4 or 5 going at all times



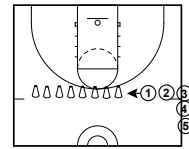
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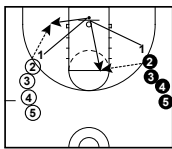
Short cones

6 or 8 cones about 1 foot apart - feet outside the cones - pound, pound, cross or pound pound between the legs, etc... be creative



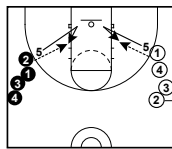
Oiler shooting

lots of shots!!! pass and go touch under the rim, sprint out for a pass and shot, get your own rebound and go to end of line, once you pass sprint to rim, and pop out



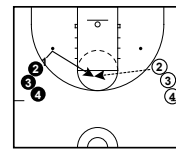
Oiler Post Shots

same set up as Oiler shooting drill, just making post moves now...



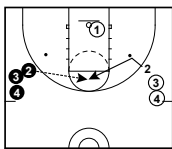
Sam Shooting

pass, make a V cut, catch and shoot, repeat, get your own rebound and switch lines.



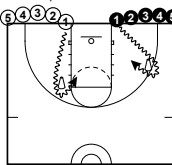
Sam Shooting

pass, make a V cut, catch and shoot, repeat, get your own rebound and switch lines.



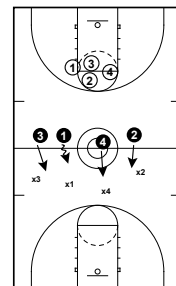
Around the Chair Shots

follow the one in front of you, fun team competition drill, first team to #, concentrate on footwork



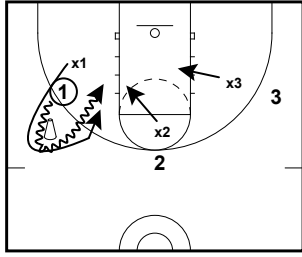
4v4v4

fast flowing game! black attacks X's and then if black scores they attack "white", if X's get stop they attack "white"



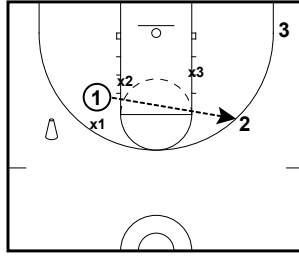
3v3 Chase

x1 chases 1, make quick decision, if miss shot or turnover, other team gets ball and goes around cone, make sure team is set up, then go!



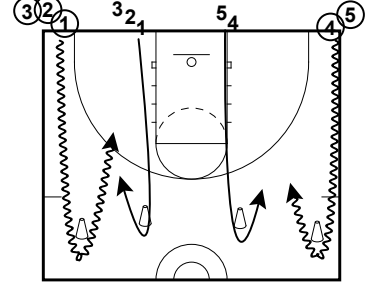
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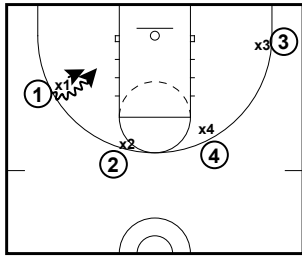
make reads, make extra pass, take what defense gives you, etc...teaching them HOW to play!

1v1 around chairs



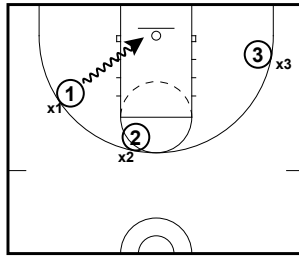
1v1 Ball on Back

make sure they are changing where they are attacking from



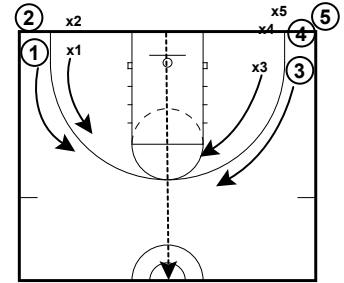
1v1 Rip

randomly space around arc, rip ball away and go attack, defense try to block shot, go to different areas, turn to different shoulders



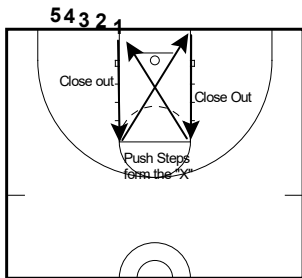
1v1 tossback

3 tosses back and forth underhanded w x3, when 3 wants to they go attack, you can have 2 groups at a time, stay on your side!



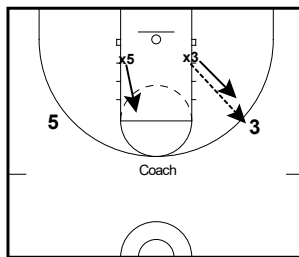
X Drill

Sprint to closeout, push step to opposite lane line, sprint to closeout, Push step to starting point.



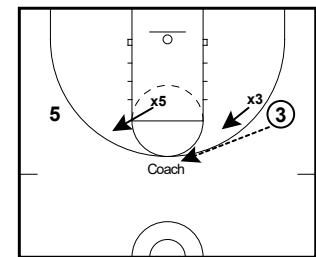
2 Person Tandem

3 throws ball out to offense, closes out and 5 closes to help. ball goes to coach then to opposite wing the "PLAY"



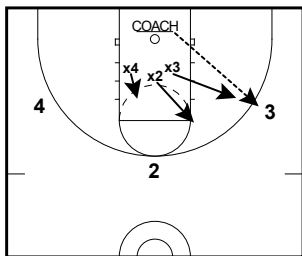
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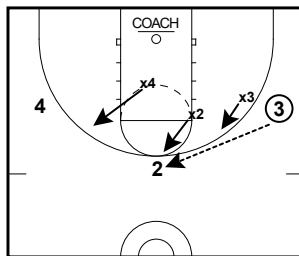
3 Person Shell

whether man to man or zone, you must move while the ball is in the air, jumping to the ball



3 Person Shell

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Try to get them to be loud and communicate "Ball" and "Help" at all times