

Fundamental Drills Playbook

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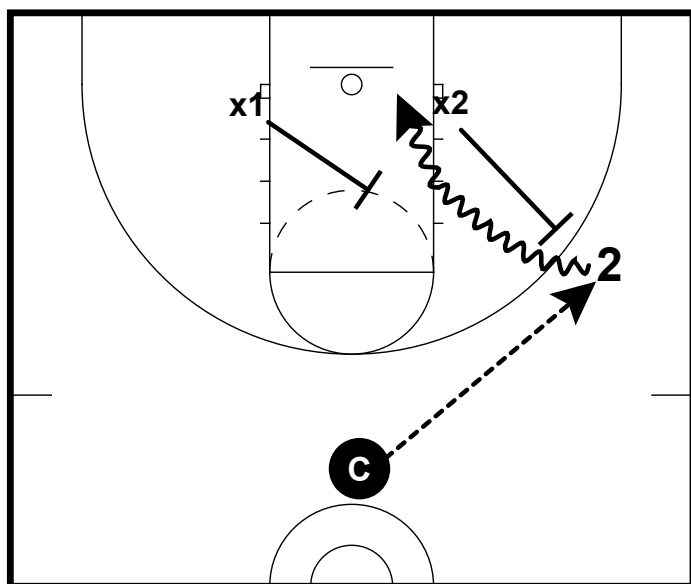
Ball Handling Drills

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Ball Handling Drills

1v2



Ballhandling

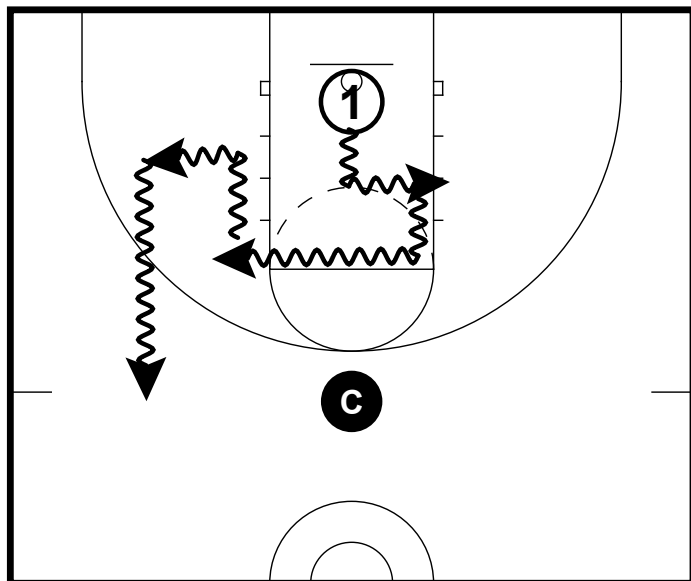
Baylor University

Coach inbounds the ball to offense with defense starting on the blocks. During closeout, offense needs to beat the defender and get past the help.

Emphasize the attack by limiting dribbles, focusing on first step, step through, finish move.

Ball Handling Drills

2 Ball Coaching



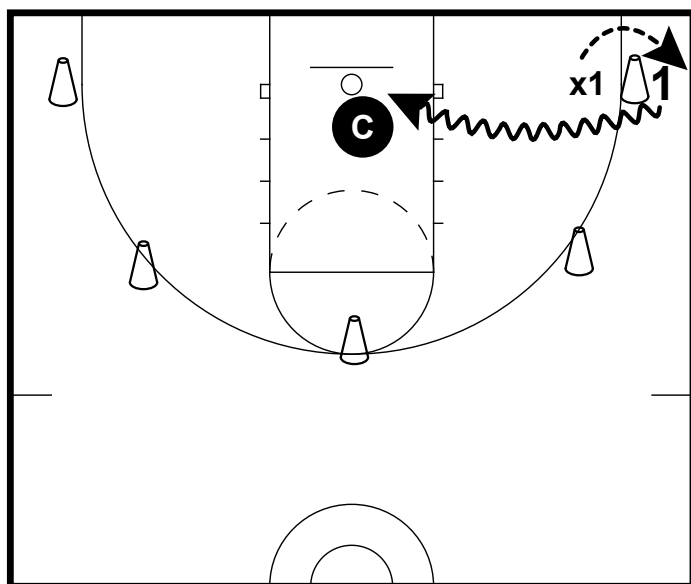
Ballhandling

Xavier University

Run drill for set amount of time (15-25 sec). 1 starts under rim dribbling 2 balls. Coach tells 1 to move left, right, back, and forward while keeping the dribble in unison. Next rep, 1 alternates dribble. Emphasize pounding the ball into the ground.

Ball Handling Drills

Knock Off Driving



Ballhandling

Xavier University

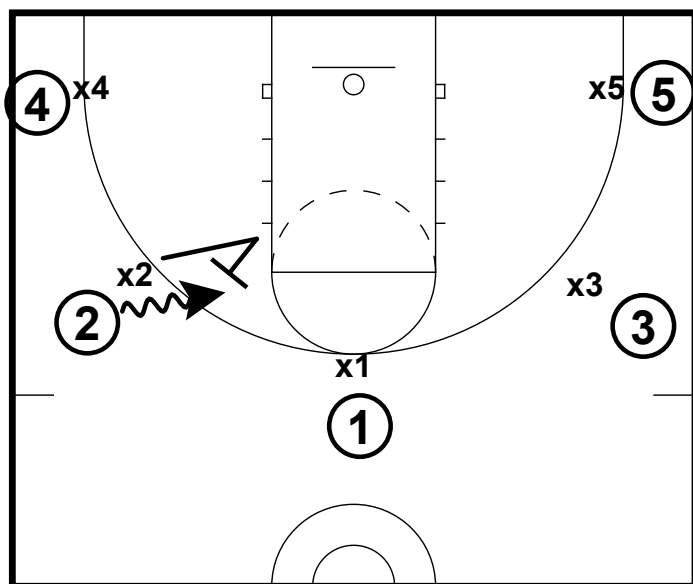
X1 and 1 both have backs to the basket. X1 will toss the ball over 1's shoulder. 1 catches and pivots to turn and face the defense. 1 will drive left trying to maintain a straight line drive to the rim while X1 tries to bump the player off that line. 1 should utilize a power finish against coach holding a pad. Important to stress staying low on drives and taking contact without sacrificing position.

1 will drive left from all 5 spots then rest.

1 will then repeat all 5 spots going to the right.

Ball Handling Drills

Pressure Dribbling

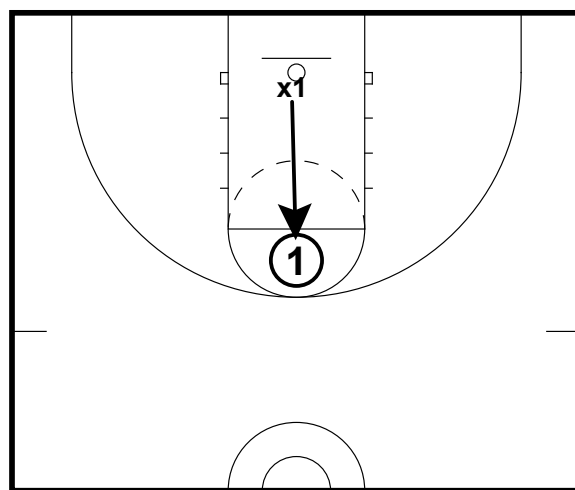
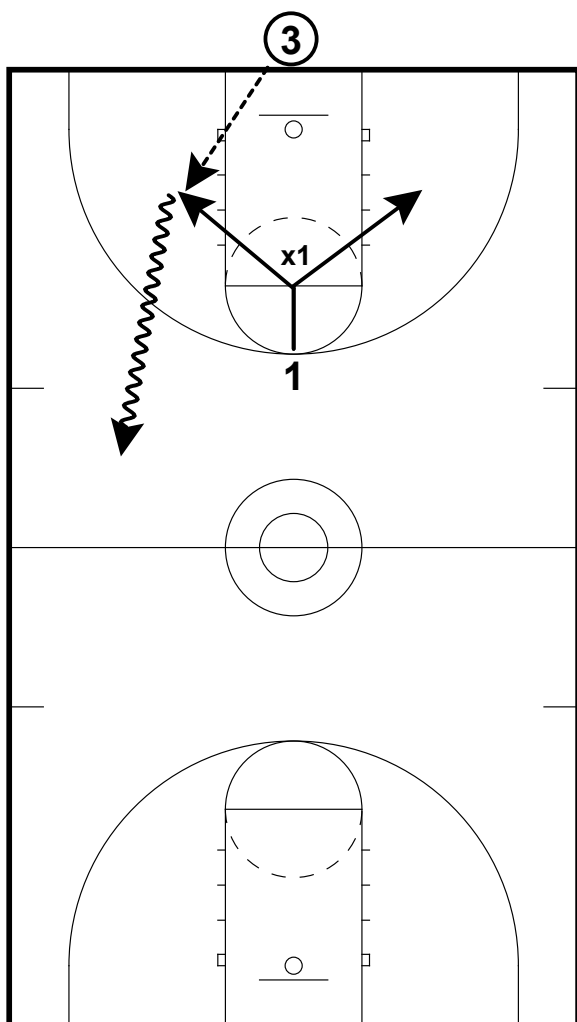


Ballhandling

Offensive players dribble for 12 seconds, trying to avoid a 5 second count, using the pull-back dribble. The defenders are trying to keep the offensive players out of the paint.

Ball Handling Drills

Pressure Drills



Ballhandling

Michael Meek - George Fox

Focus on triple threat and maintaining control against pressure. Coach could flash numbers which player needs to call out while being pressured.

Player receives the ball at the top of the key and a defender closes out and applies as much pressure as they can without intentionally fouling.

Offensive player needs to stay forward keeping court vision. Offensive player needs to rip over the top and underneath. Pivot steps should always be forward instead of back.

Ballhandling

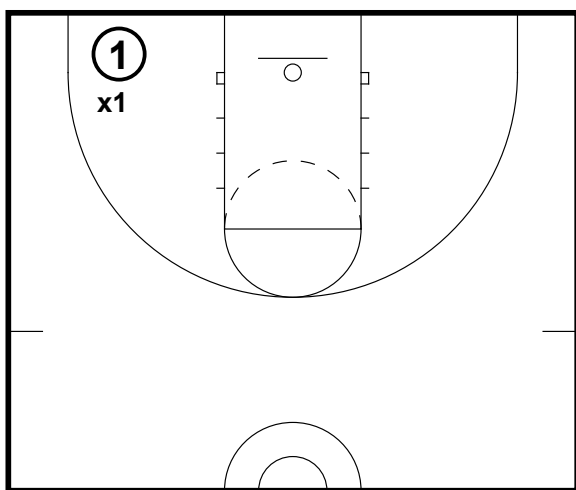
Sean Miller - Arizona

O1 faces goal, X1 faceguards player. O1 should close the space (connect bodies) by changing speeds on X1. Walk straight into X1, throw them out of the way and cut at 45 degrees. As O1 moves, then inbounder can move with to improve passing angle.

On catch, forward pivot, or if X1 is too close to you, reverse pivot past them. When X1 sags you can turn and face. Use as a jab step or just go. X1 has to recover by creating a gap, then they'll reattack with pressure. Attack to strong side and get body to body while driving. Never just head directly to the sideline.

Ball Handling Drills

Pressure Drills



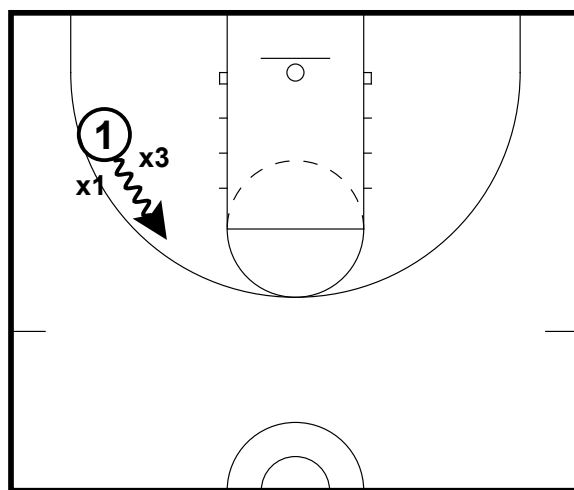
Ballhandling

Michael Meek - George Fox

Offense is going to advance the ball up the court making between the leg crossovers. Defense is going to apply some pressure and cut them off and certain points on the court.

When defensive pressure increases the crossovers and pacing can be made at offensive players choice. It should become more frequent.

Offensive player can back away from the pressure to create space and open up her options as to what dribble move can be used. Also allows optimal attack positions by making defense come at you when you make your move.



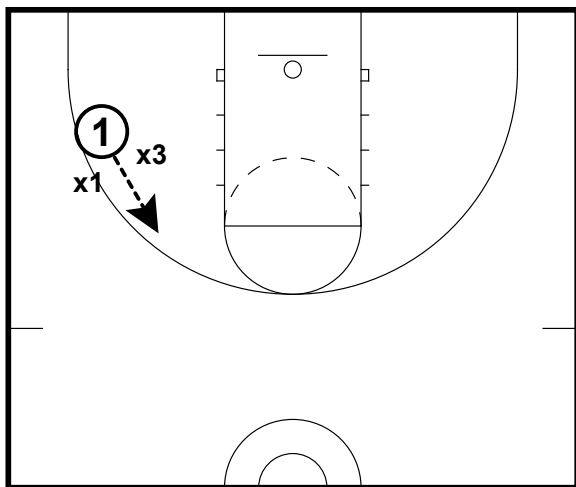
Ballhandling

Michael Meek - George Fox

If you are going to try and split the middle between a trap. Dribble the ball over the top and explode through like a running back. Fire the ball over the defender hands and fight through. After getting through, you got to be on a sprint to avoid being backtipped by the trappers.

Ball Handling Drills

Pressure Drills



Ballhandling

Michael Meek - George Fox

When meeting pressure on the catch:

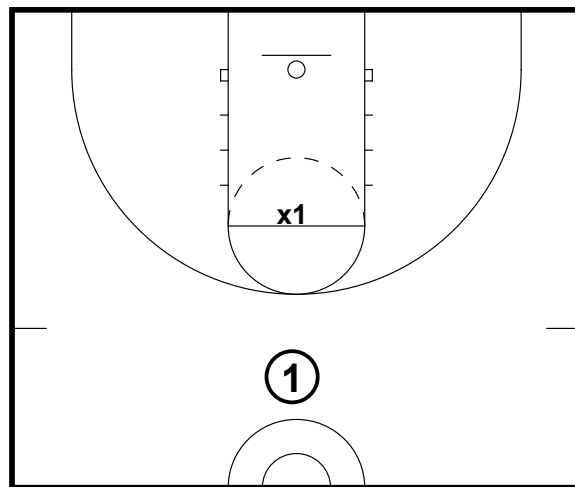
Reverse pivot to face downcourt.

When pinned by a trap:

Pivot foot becomes the forward foot and rip through the middle with the back foot.

Throw the ball off their feet out of bounds. Has to be quick and low so the defense doesn't intercept.

Call a time out.



Ballhandling

Michael Meek - George Fox

1) Get to the middle of the court to increase options.

2) Attack towards the weakside of the basket

3) ideally use a hesitation-go move

4) if cut off on the go move use a spin dribble to counter and finish on strong side of the hoop

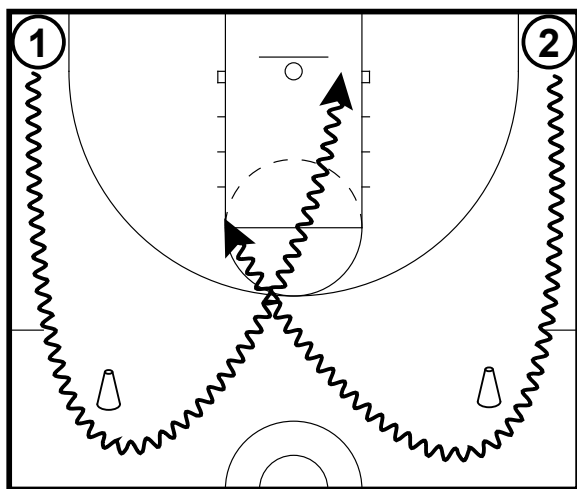
From the wing:

1) use the inside out move towards the elbow and attack to the outside

Attack the back or front foot of the defender. Typically a defender will angle themselves in a certain position to try and force towards a direction.

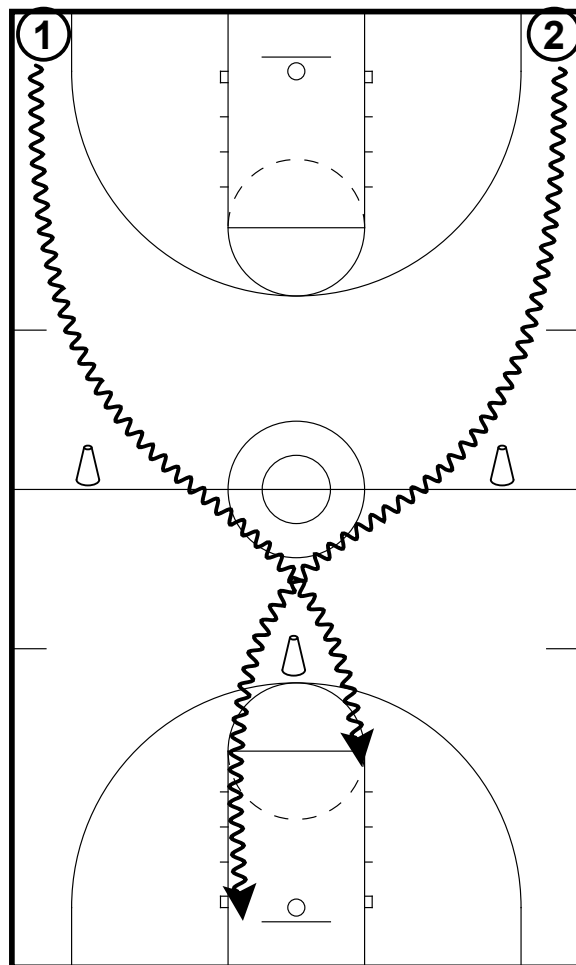
Ball Handling Drills

Sutton Drills



Ballhandling

Two lines each with a ball. Both lines dribble around cone and then into shot. One side is doing layups while the other is doing elbow jumpshots. Rebound your own shot, outlet and go to back of other line. Reverse directions.

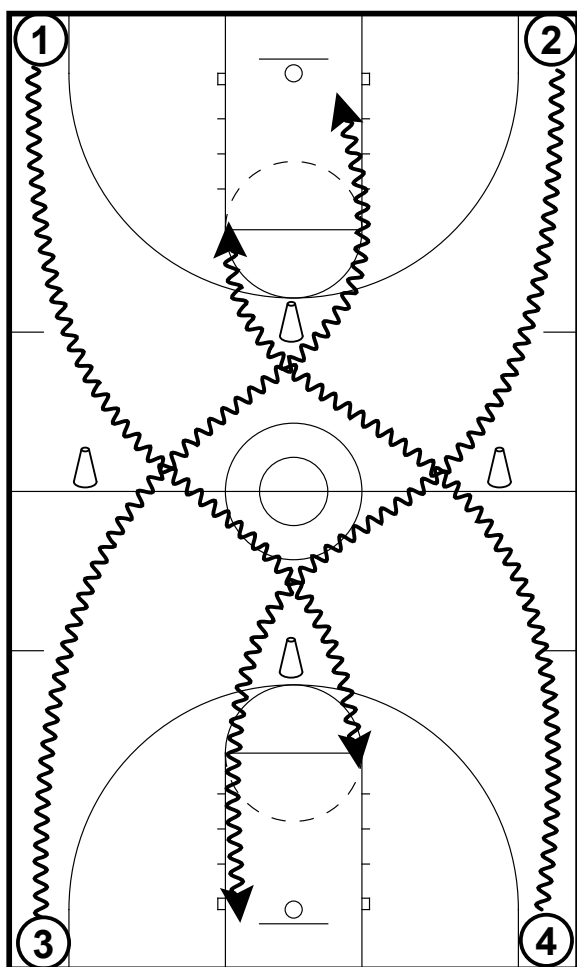


Ballhandling

Fullcourt version of drill where players make a crossover move at half court line and then drive to the middle for their shot on other side of the court.

Ball Handling Drills

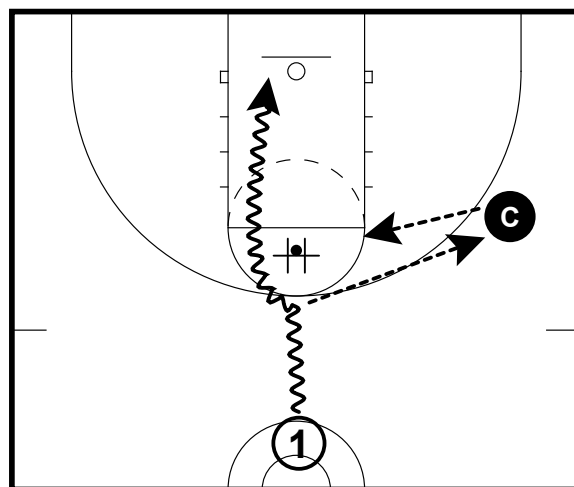
Sutton Drills



Ballhandling

Fullcourt version of drill where players make a crossover move at half court line and then drive to the middle for their shot on other side of the court.

Forces players to communicate with each other and to keep head up while dribbling.

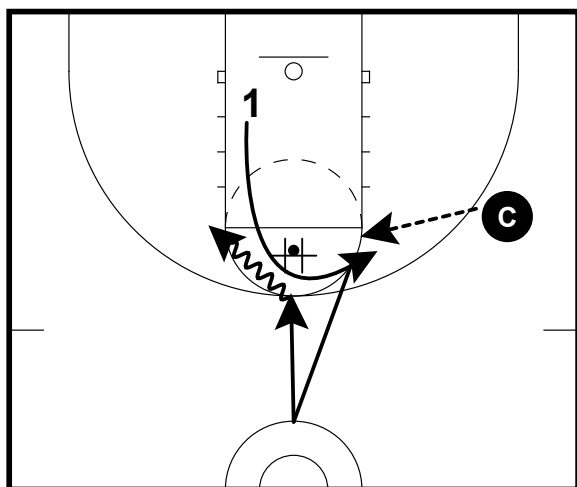


Ballhandling

2 balls. 1 hard dribble at the cone and push pass to coach. Stay low with your body and the ball. Layup with other ball.

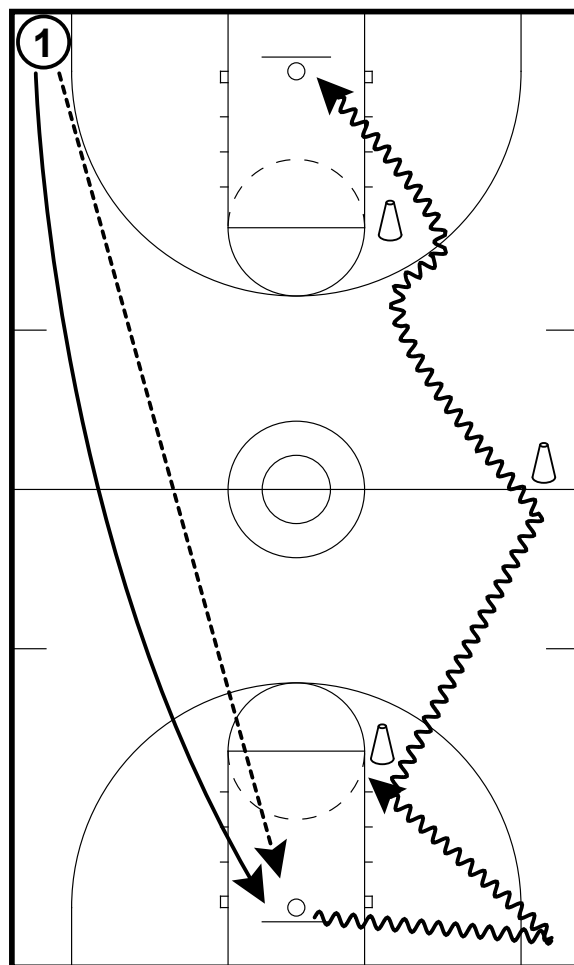
Ball Handling Drills

Sutton Drills



Ballhandling

Come back around the chair and curl to elbow for jumpshot from coach's pass. Then touch the top of the circle and grab ball from chair for shot fake and 1 dribble elbow jump shot on other side.

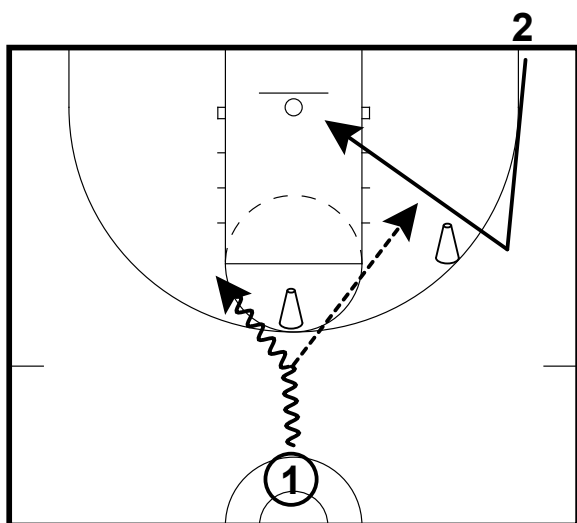


Ballhandling

Toss ball ahead for 1 bounce and a layup. Dribble crossovers at each cone on the way back.

Ball Handling Drills

Sutton Drills



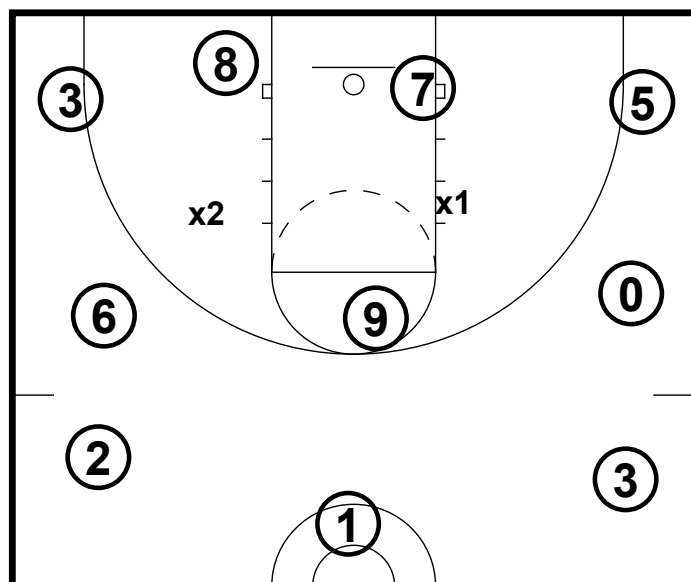
Ballhandling

2 ball dribble to cone and pass to O2 on backdoor. Then 1 dribble elbow jumper.

Variation: O2 can do curl move around cone for jump shot. Set up two lines so O1 is passing both sides.

Ball Handling Drills

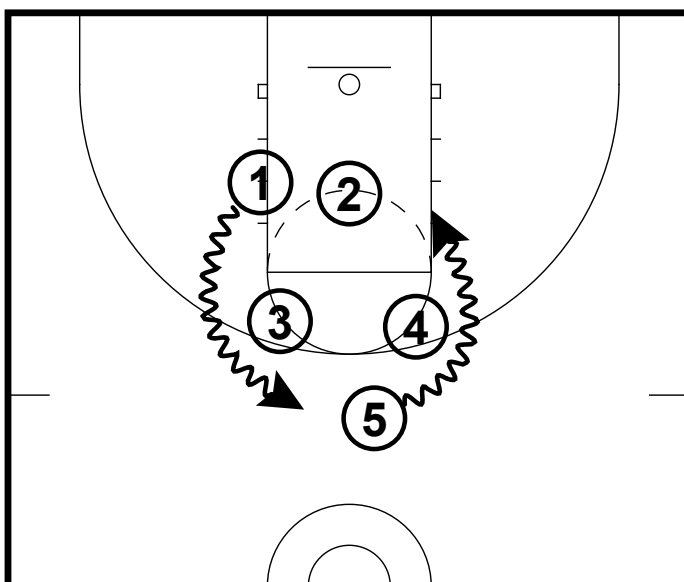
Tag Games



Ballhandling

Everyone has a ball except two players. These two players must attempt to trap one player and tag him/her at the same time. This player now becomes the trapper along with his/her partner.

To have more activity, have more than one pair of trappers. A more advanced version is to have the players make the player pick up the ball. This is an excellent game to teach trapping skills and head up dribbling.



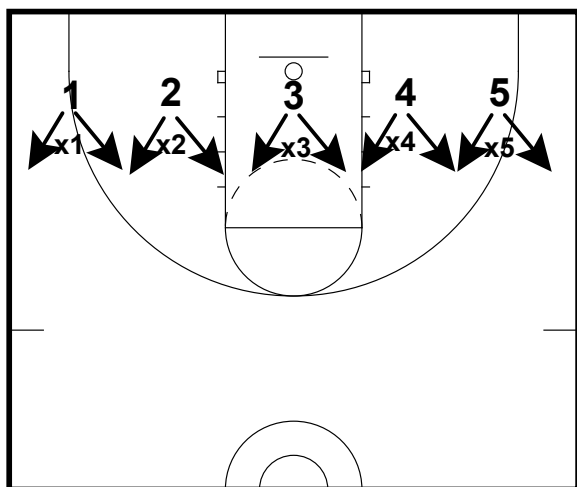
Ballhandling

Three players form a circle (you could have more or less). These players have a ball and perform Maravich drills or stationary dribbling.

1 is attempting to tag 5. 1 is allowed to go through the circle while 5 must stay on the perimeter. 5 can use the stationary players as picks.

Ball Handling Drills

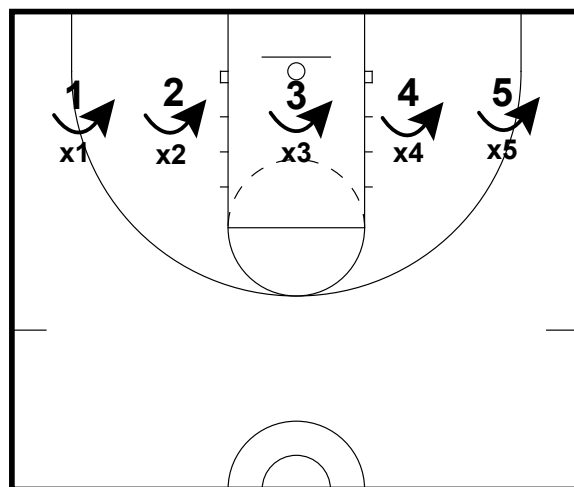
Toughness Drills



Ballhandling

Offense will get past stationary defender.

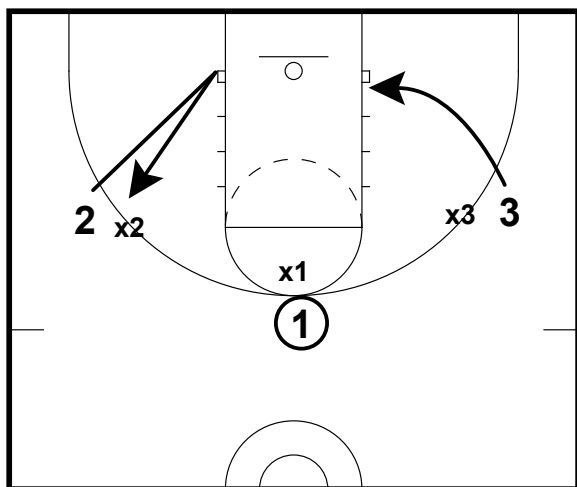
- 1) Rip: take near arm and punch through with leg drive past the defender.
- 2) Swim: far arm pushes on shoulder and near arm is swum over with near leg driving past.



Ballhandling

Tough on the Catch: Defender gets very close on offensive player and protects their face with forearms. The offensive player works on pivoting and protecting the ball while seeing through the defense.

Prevent the Pivot: The offensive player starts with her back to basket. Defender plays close physically preventing them from facing the basket.



Ballhandling

Offense works on cutting to get open against an aggressive defense. Uses rips and swim moves as well as strong triple threats.

Defense works on getting body in front of offense to turn or stop their cuts. Plays on a hip to channel players in direction they want.

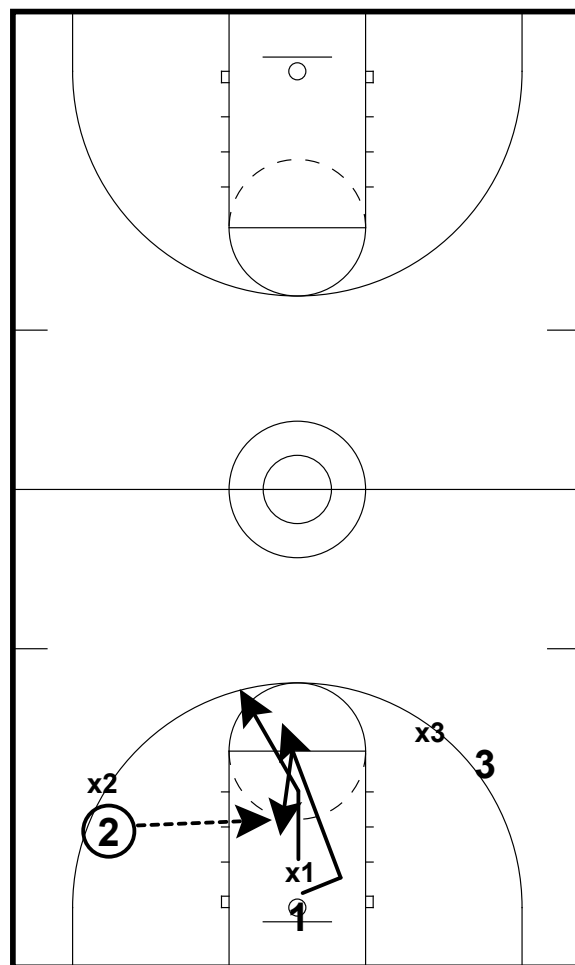
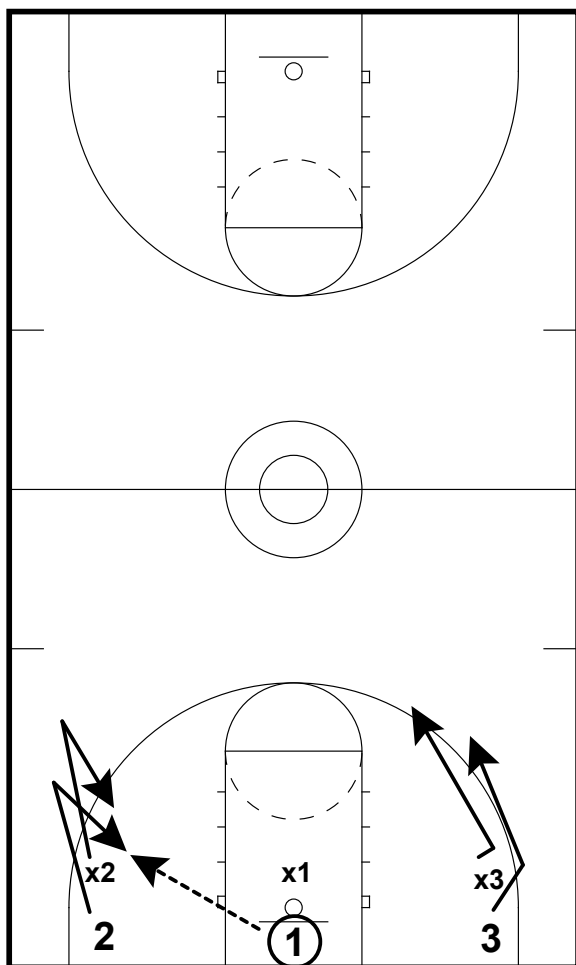
Passing Drills

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Passing Drills

3 Straight Lines Pass Receive (New)



Drills

3 Straight Lines Drill

- Offense gets 1 dribble
- Have to advance the ball up the floor
- Defense needs to stop the ball from being advanced
- Offense has to stay in their designated lane
- Offense has to make game cuts --- look to beat the defense deep
- Use North and South dribbles

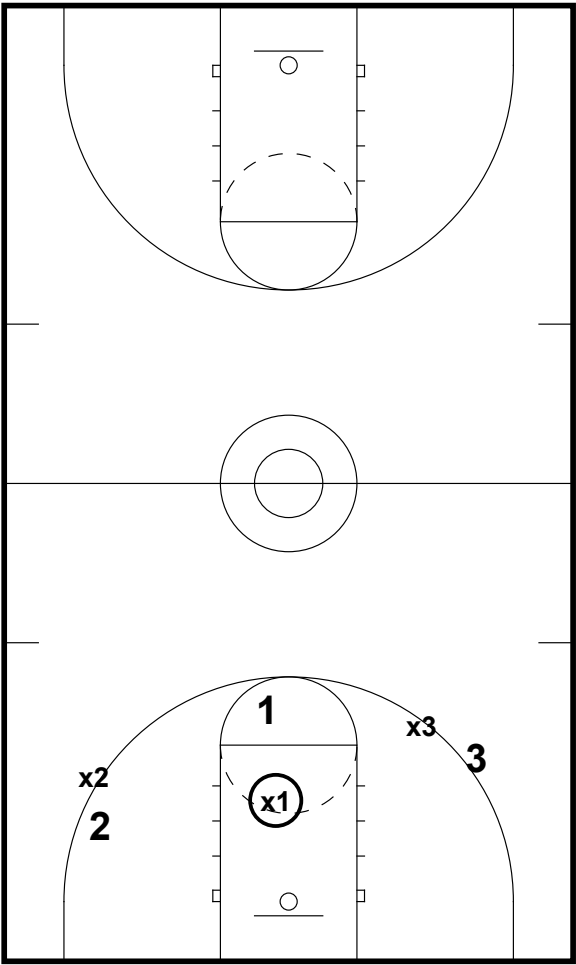
Option

- You can make a rule that the ball always has to go back to the middle man

Drills

Passing Drills

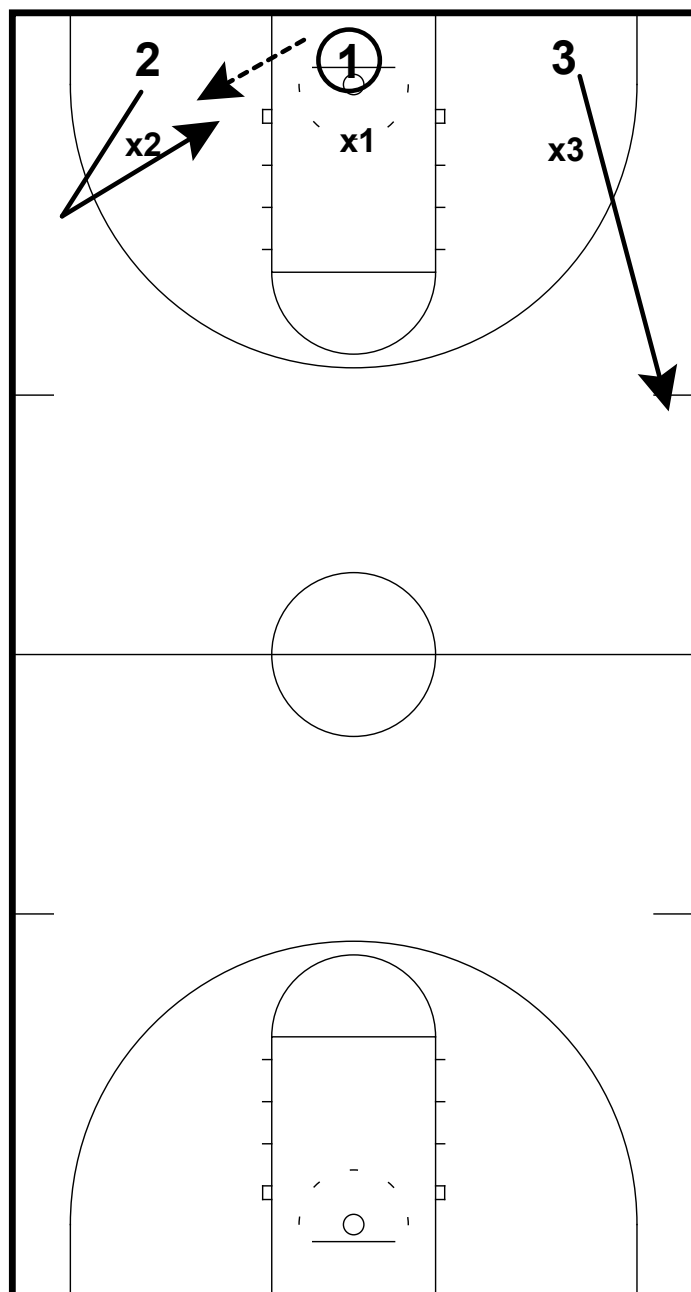
3 Straight Lines Pass Receive (New)



Drills

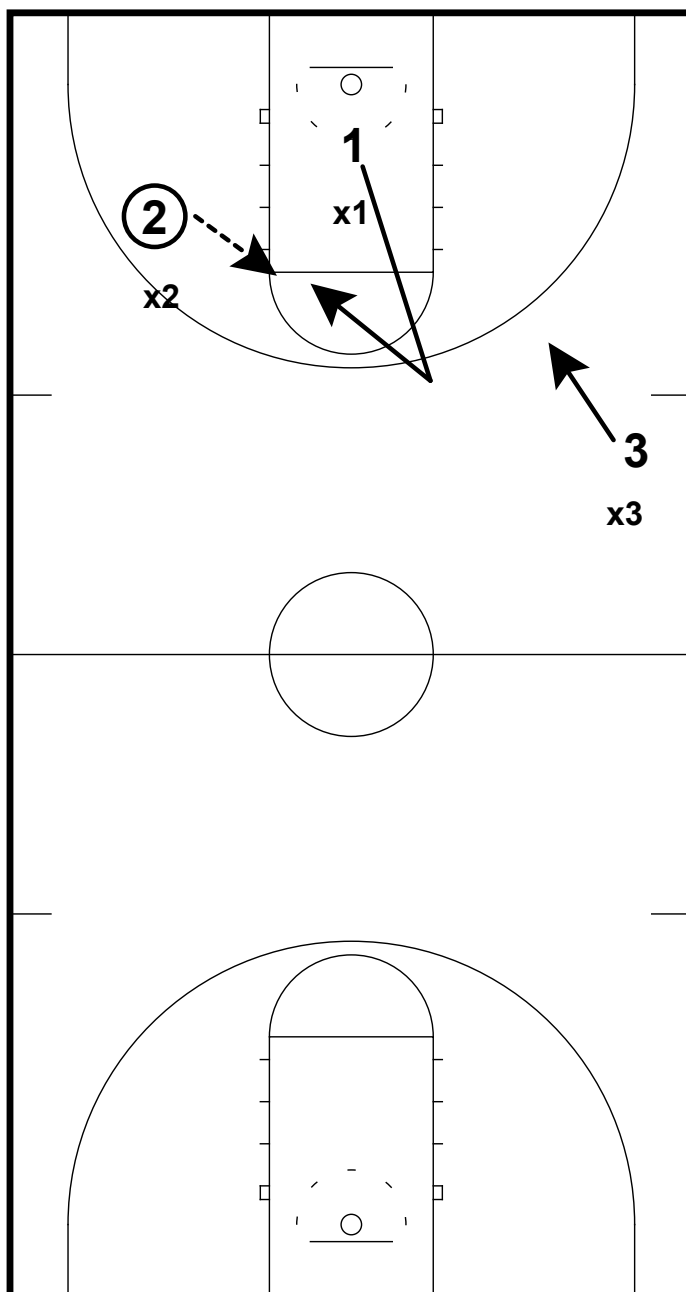
Passing Drills

3 on 3 Passing (New)



Drills

Ball starts in the middle. Defense tries to deny the pass coming from the passer. The 2 player has to make cuts to get open. 1 passes to 2. Goal is to go full court with only passing. Each player must stay in their lane. Work on getting open and passing.

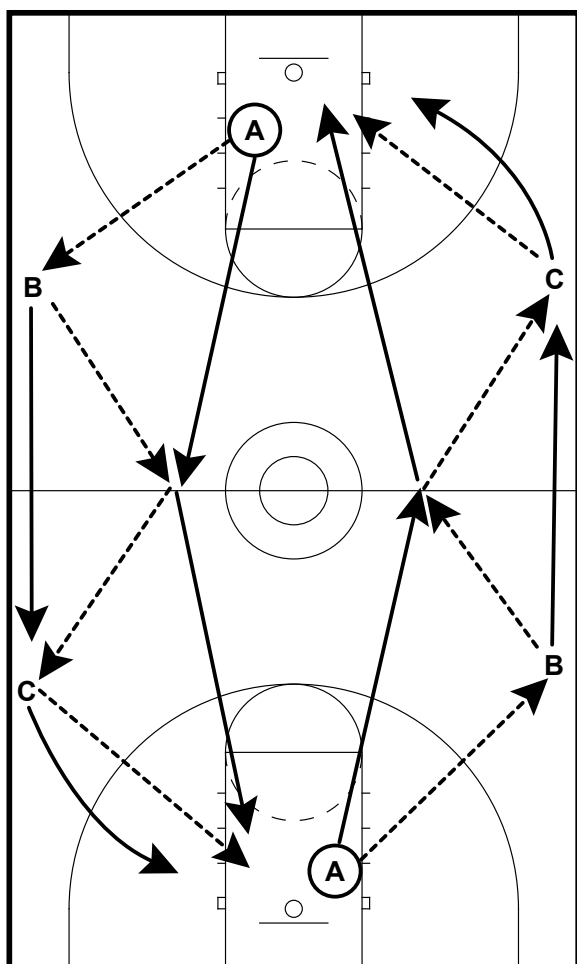


Drills

1 must walk away and then cut to get open. 2 passes to 1. 1 then reverses the ball and passes to 3 who is timing their cut to get open.

Passing Drills

Full Court Passing and Layups (New)

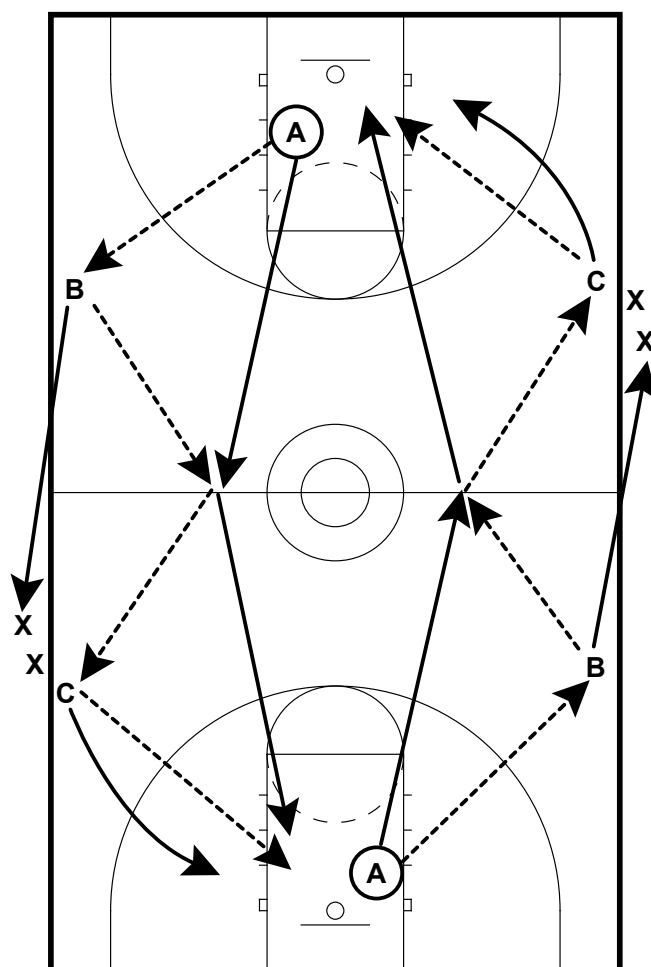


Drills
Continuous Passing and Layup Drill
6+ Players

A makes 2 give-and-go passes, ending in layup
B moves to position C
C follows pass and gets rebound, becomes next passer

Start both ends simultaneously

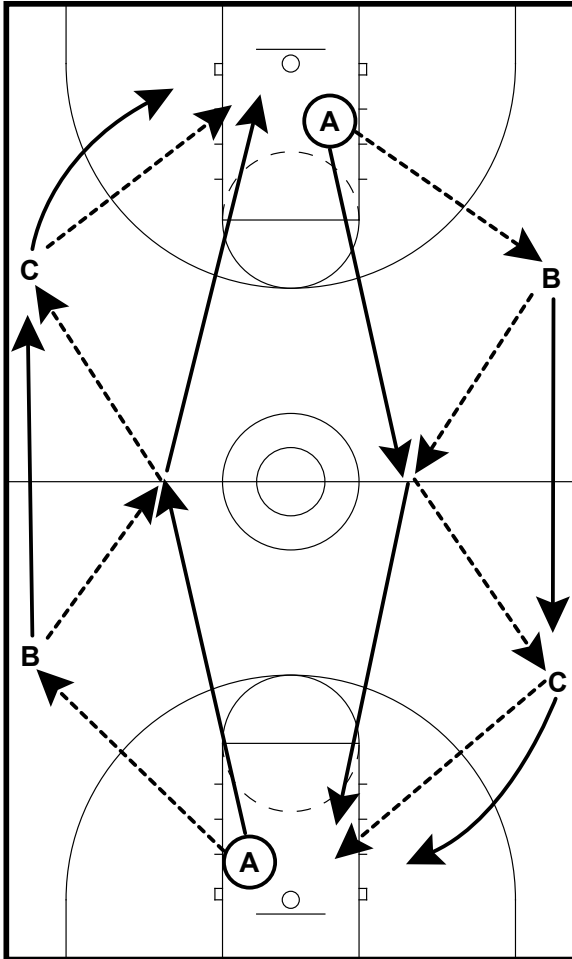
Goals: 100% clean layups, ball never touches the floor



Drills
With more than 6 players, create line behind position C

Passing Drills

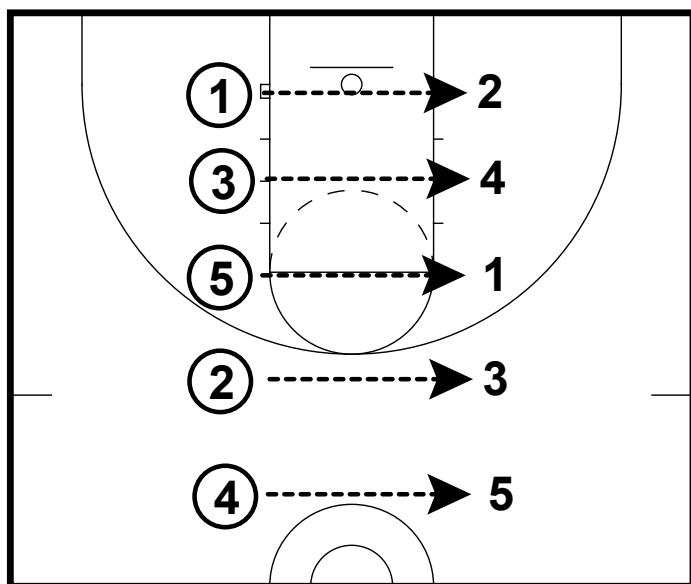
Full Court Passing and Layups (New)



Drills
Work layups from the left as well...

Passing Drills

Twist Passing



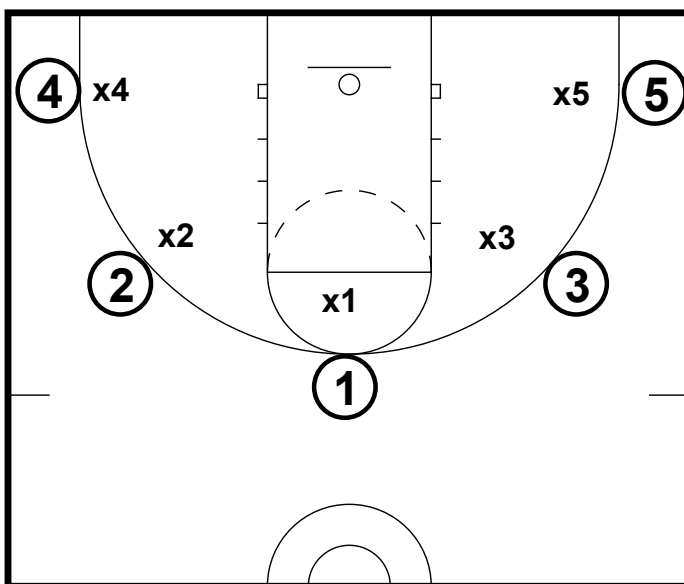
Passing

Feet stationary and parallel to each other and partner. Catch ball in power position and twist trunk to pass ball over to partner from side. Twist 10x right then 10x left. Follow through with the passing hand.

12-15ft apart
strong sweeps and rips
fake a pass to make a pass

variations:

2 balls - both going right/left
2 balls - one twist/one bounce

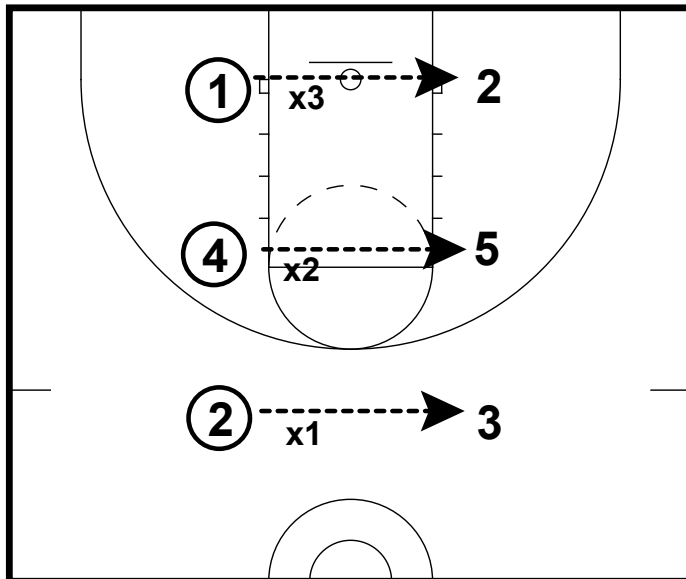


Passing

partners begin one arm away from each other with defense holding the ball above their head. offense rips it out into power position without any foot movement. defense pushes on offense's elbows holding for 1-2 seconds then ripping through to the other side.

Passing Drills

Twist Passing

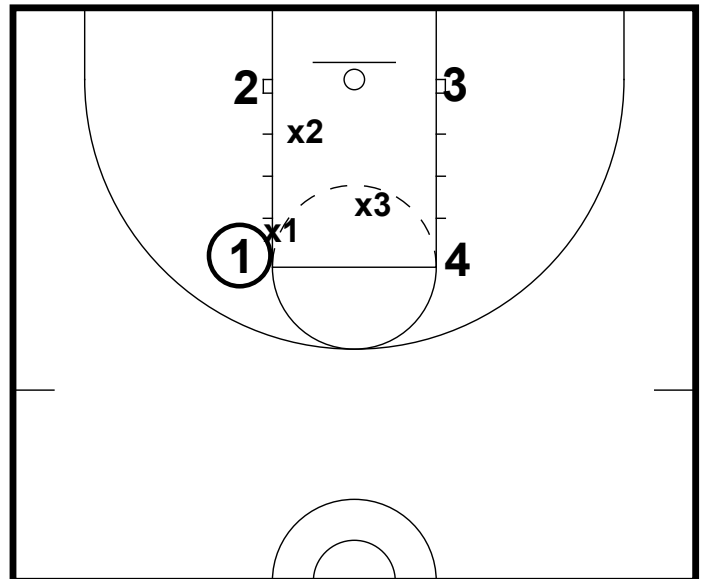


Passing

Break the plane of the defender.

Defense makes dead calls and plays up on ball.

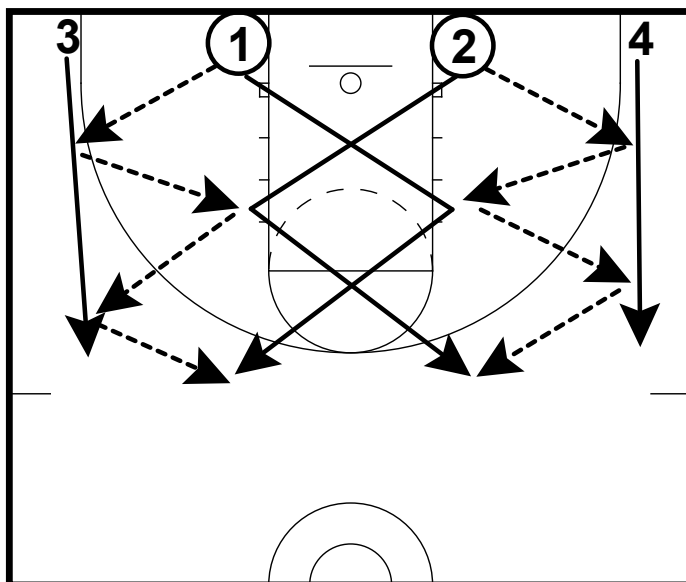
Pass and follow your pass (offense to defense).



Passing

offense must keep at least one foot in the paint. Defense has to guard the ball. The other two defenders are working to get a deflection. New group in once the ball is deflected.

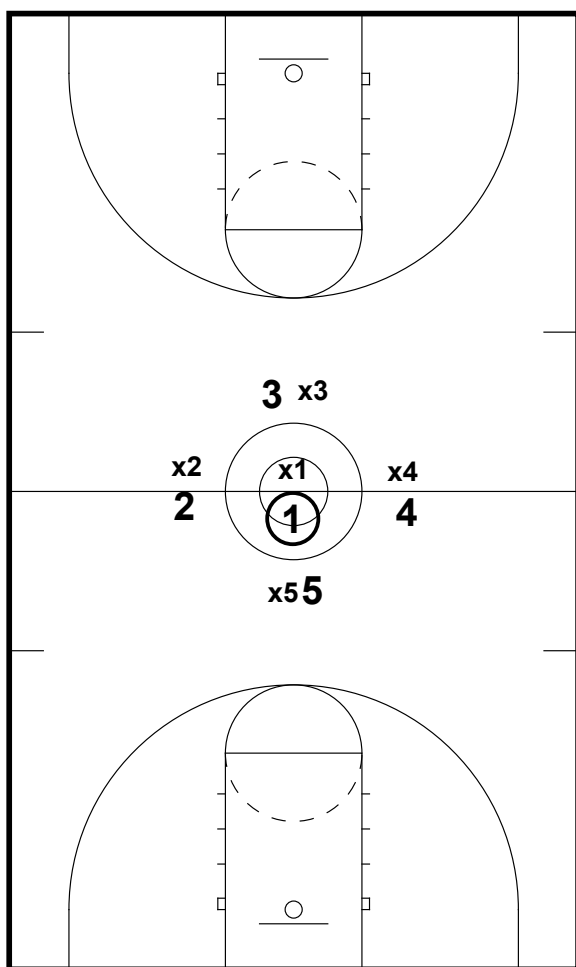
to make it competitive: offense gets a point for each pass. Can also be done 3 on 2.



Passing

Passing Drills

50 Passes



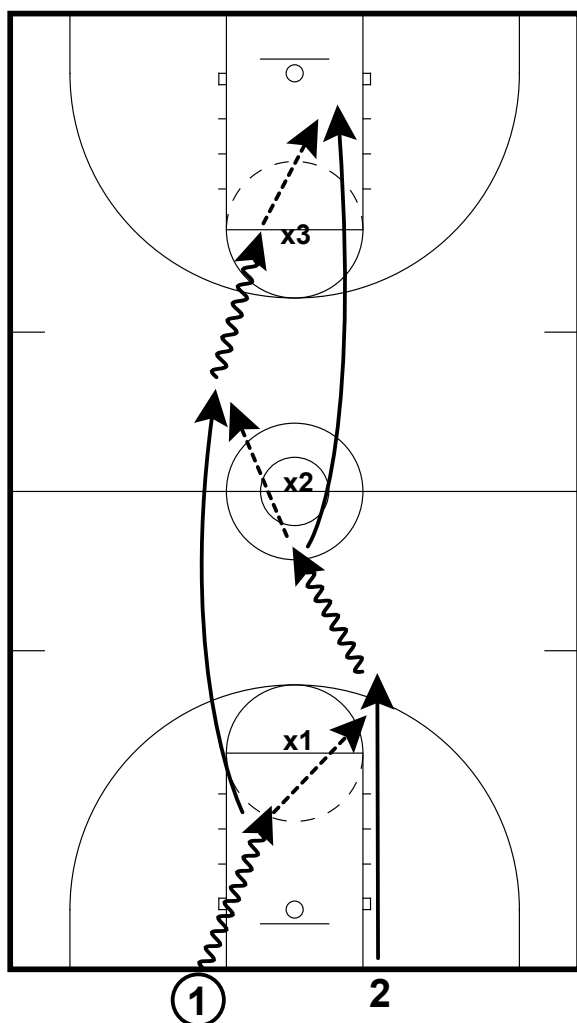
Passing

Begin drill from Jump Ball situation. From this point on dribbling the ball is a violation. The ball may only be advanced with a pass. 1st team to complete 50 passes is the winner.

- Allow a single dribble
- Vary the number of passes
- Play for a certain amount of time on clock

Passing Drills

Gauntlet Passing



Passing

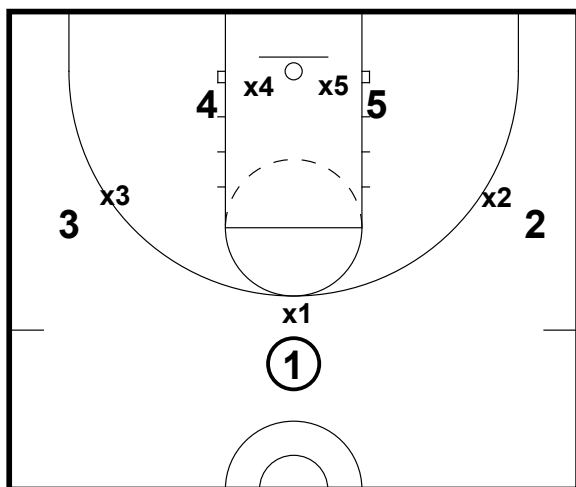
1 and 2 start on the baseline on each side of the lane. One defensive player is positioned in the middle of the near free-throw line, one at the half-court line, and one at the far free-throw line. Player 1 dribbles toward the first defender, while player 2 begins running down the court. When the defensive player moves to guard player 1, player 1 passes to player 2 using a chest or bounce pass. One player 2 receives the ball, he dribbles toward the defensive player at half court. When the defensive player jumps to guard him, player 2 passes back to player 1 who is running up the court. Once player 1 receives the pass, he attacks the defensive player at the far free-throw line. When the defender jumps out to stop player 1, player 1 makes a pass to player 2, leading player 2 to the basket for a lay-up.

Coaching Points:

- Make sure offensive players use either a bounce pass or a chest pass reading how the defender plays.
- Make sure players use strong jumps tops when applicable.

Passing Drills

USC Man Drill



Passing

5v5. It is executed for :45-:60 seconds in the NBA and :90 seconds in college.

Rules: No dribbling, no screening, no shooting. Emphasize passing! As one player has the ball the other four offensive players make 10-15 ft. cuts - no 3 ft. cuts are allowed. The drill is initiated by a coach or manager who is out of bounds. This initial pass does not count. From this pass forward every time a pass is completed the receiver yells the # on the catch. Anytime that you make a pass as a player you then cut. On any deflected pass or turnover pass a manager or coach who is out of bounds quickly passes the ball to an offensive player to keep the pace of the drill moving. This pass is not counted. As a defender, your responsibility is to NOT allow your man to receive a pass. Deny everywhere. At the end of the allotted time you count the number of catches by the offense as a unit, or the number of catches by individual players. The drill flip flops with the offense going to defense and the defense going to offense. Use two rotations.

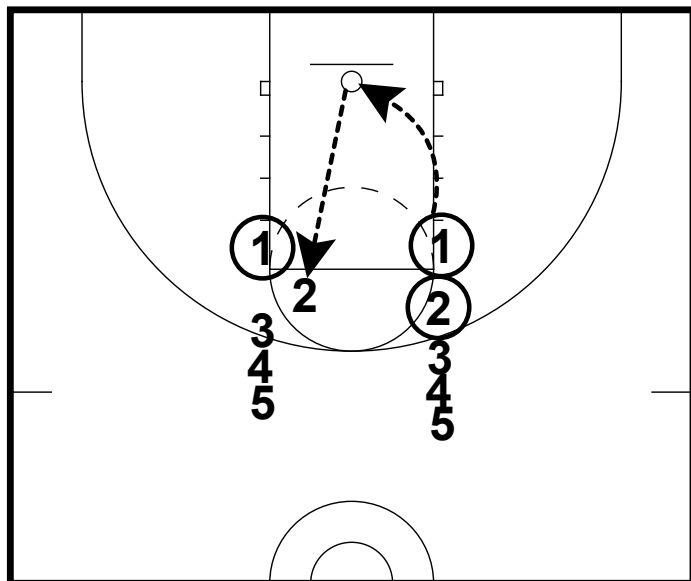
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Shooting Drills

2 Minute Shooting



Drills

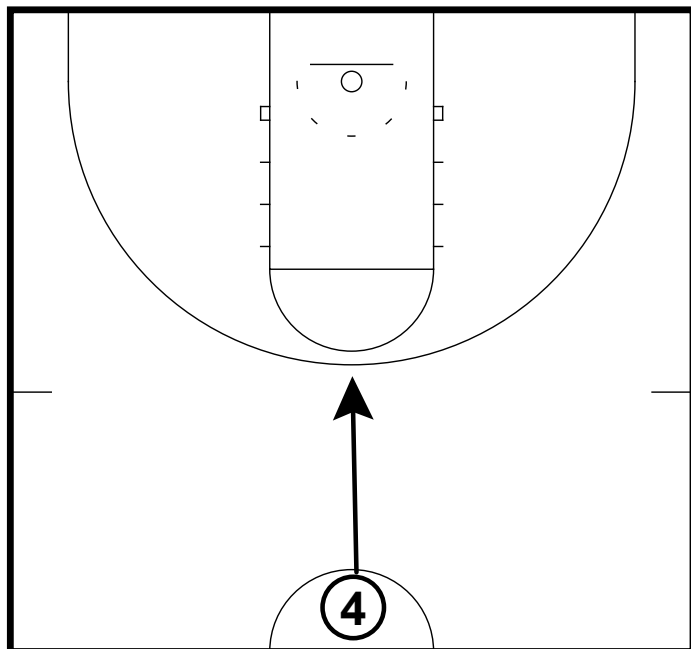
To be timed 2 minutes

Two lines of even players, one side with 2 balls, 1 ball on other side. Side with two balls shoots first, rebounds and passes to opposite side. Players count out loud until 2 minutes is up.

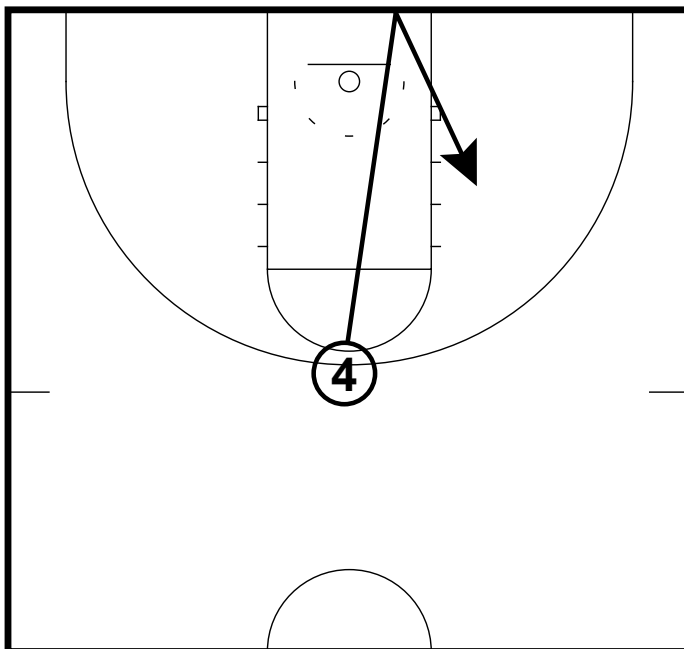
Credit: Stan Daugherty, Delta High School

Shooting Drills

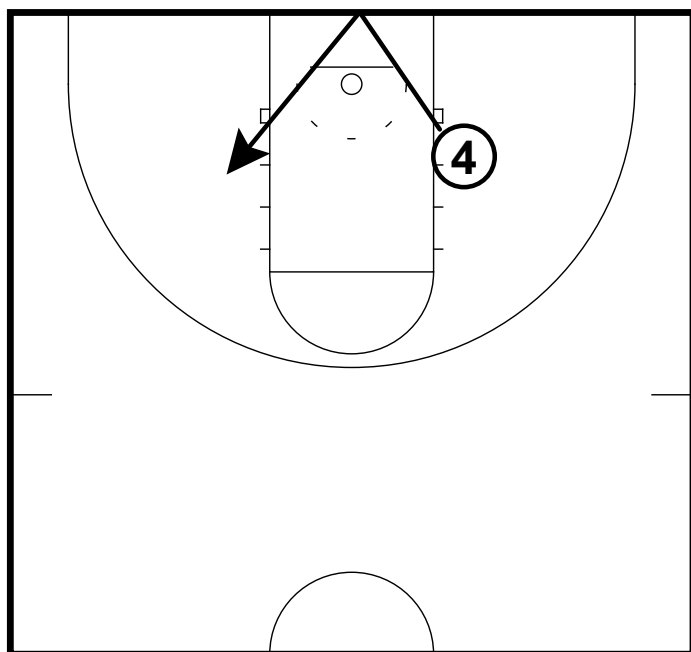
4 Shot Drill



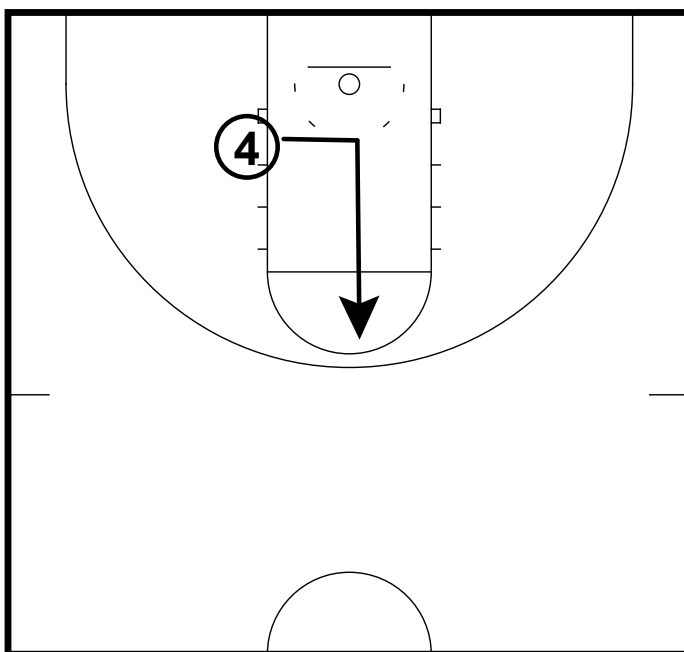
Drills
- Trail jumper



Drills
- Come straight off the right block for a post move (drop step, hook, dribble drop step, sikma)



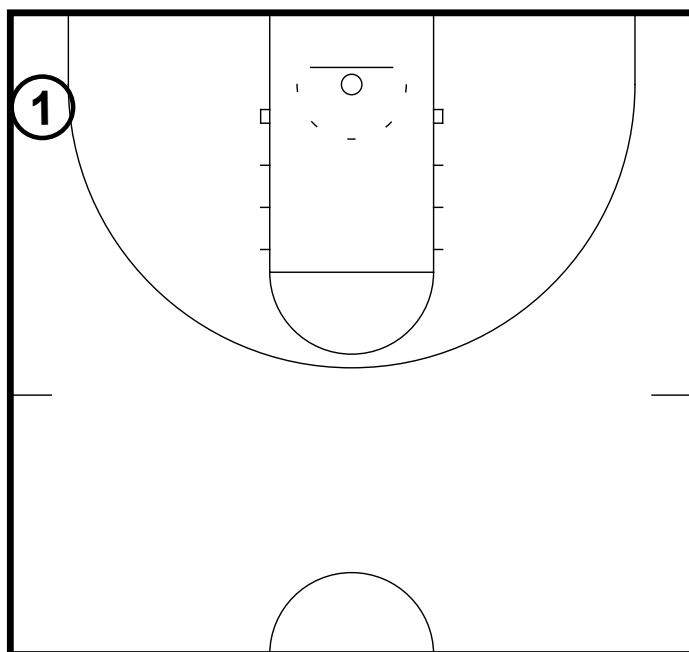
Drills
- Touch baseline - go to opposite block - different post move



Drills
- Flash to high post for jumper

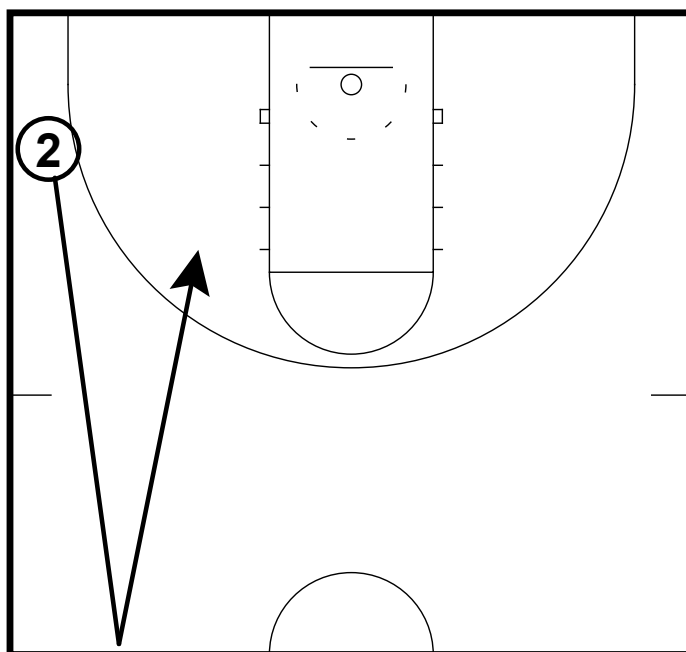
Shooting Drills

5 Shot Drill



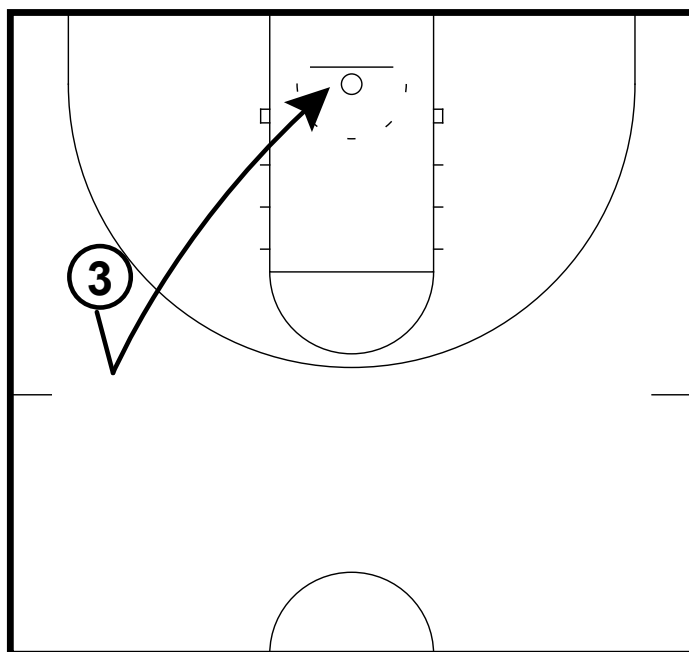
Drills

1. Catch and shoot corner (must be a make before you can move on)



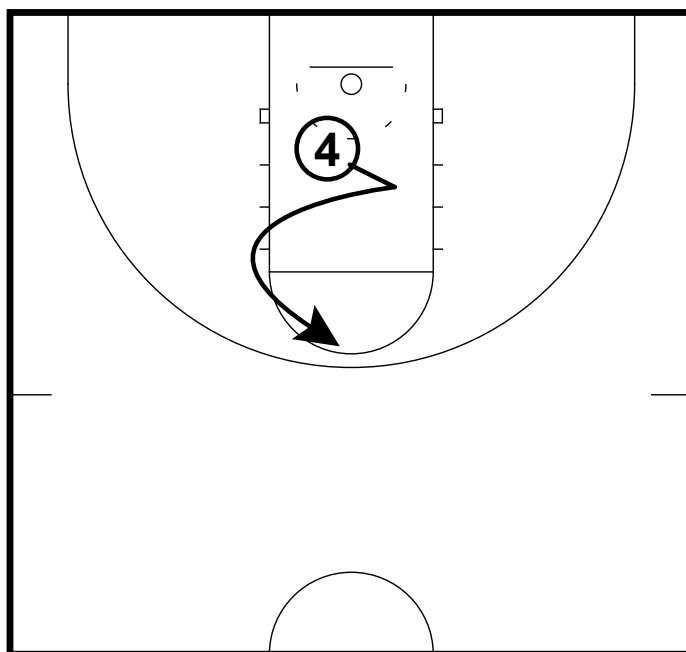
Drills

- Half court run, pick up jumper midrange



Drills

- Set up for backdoor cut with lay-up

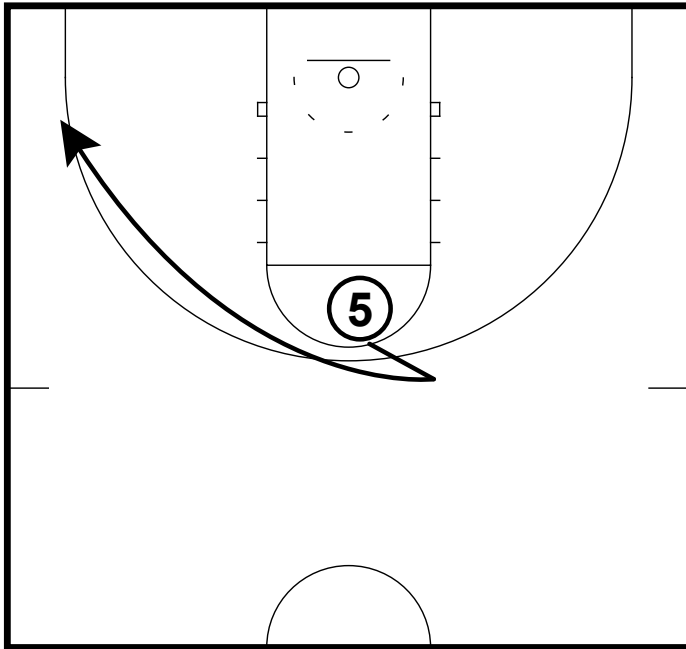


Drills

- Set up for curl jumper (around elbow area)

Shooting Drills

5 Shot Drill

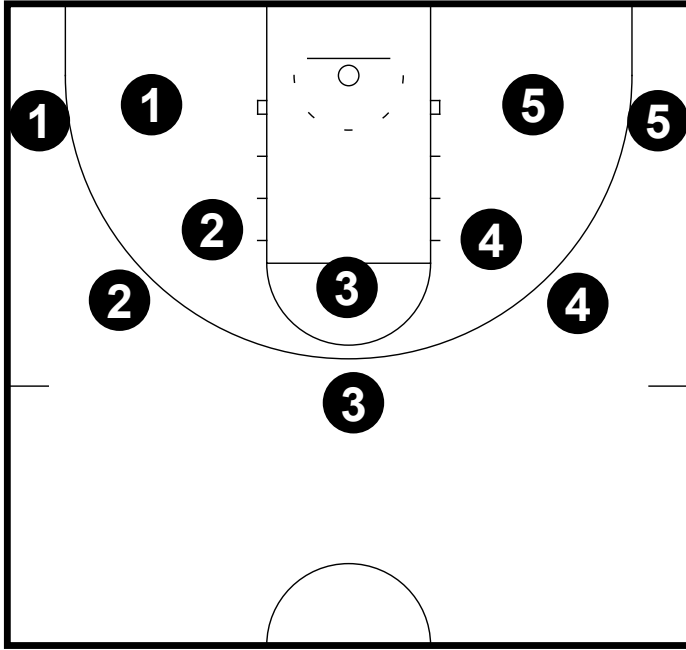


Drills

- Flare to corner for a jumper
(repeat same shots on other side of floor)

Shooting Drills

Catch and Shoots

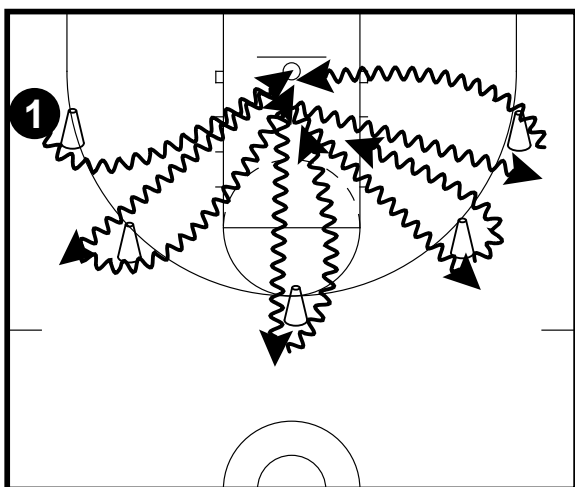


Drills

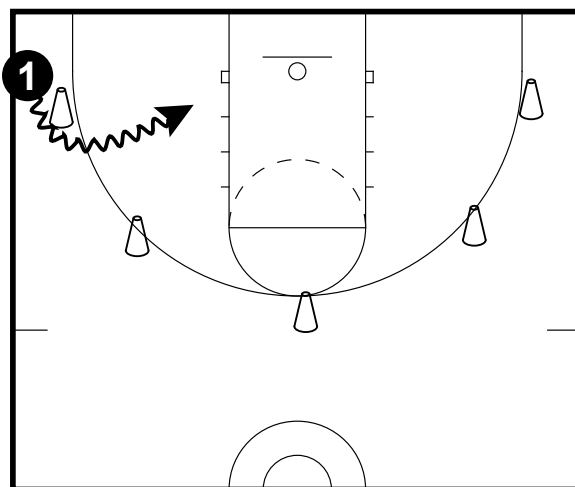
- 5 midrange makes at each spot
 - 5 3 point makes at each spot
- (keep track of total shots)

Shooting Drills

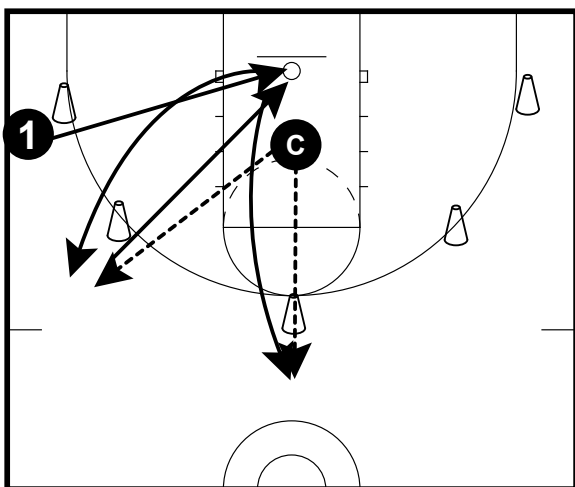
Cone Shooting



Drills
First Series: Layups from both side of the floor. Can be regular layups or power layups



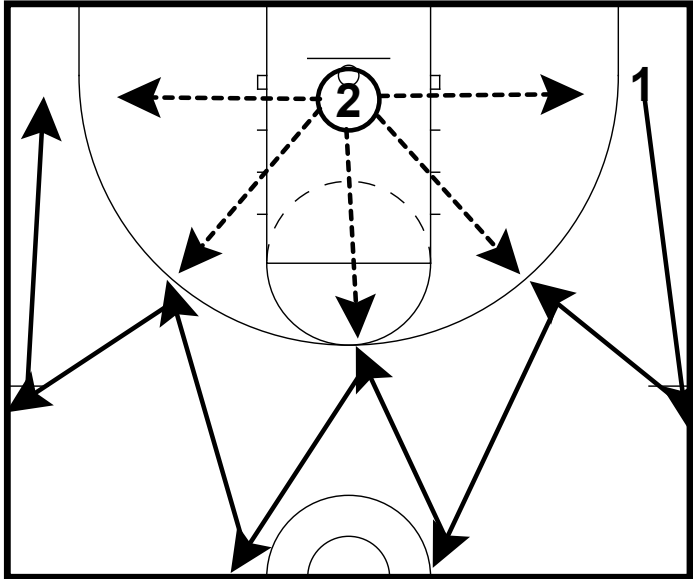
Drills
Second Series: 2 dribble pulls ups from both sides of floor



Drills
Third Series: Shoot jump shot, sprint to rim, then cut back to cone. Work from both side of floor.

Shooting Drills

Continuous 3Pt Shooting



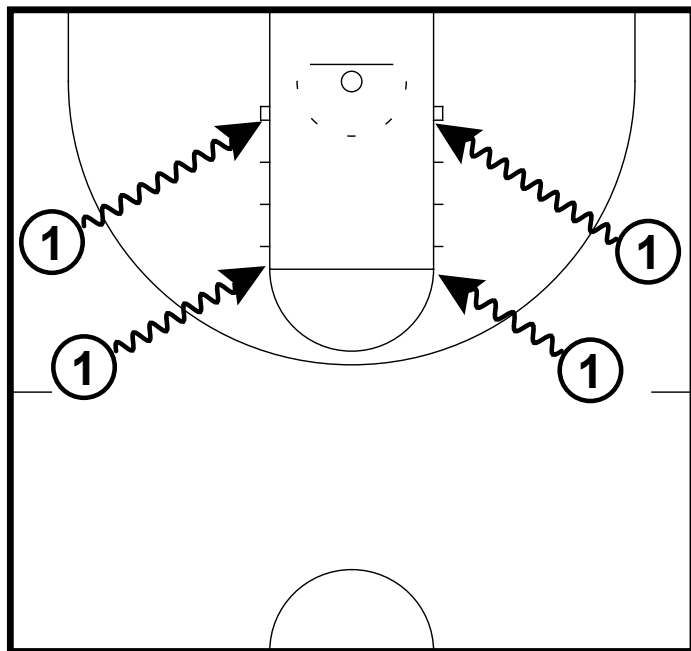
Drills

Player starts in corner, receives pass from under the basket, he then sprints to sideline, then to wing, half court to top of key, half court to wing, wing to sideline back to corner.

Credit: Jim Buller, Bethany Christian

Shooting Drills

Elbow and Block Shooting



Drills

- Use Tim Duncan or Sprewell on initial sweep move
- Add step back

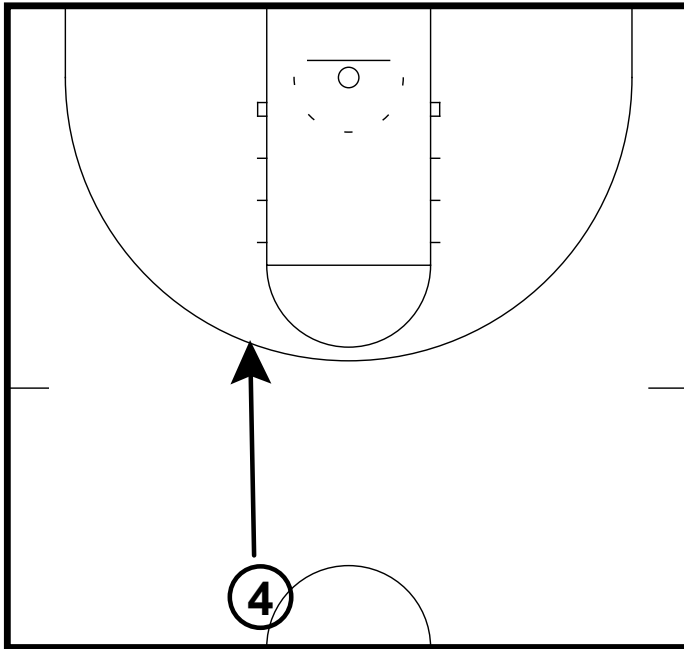
Add fly by at elbows and blocks

Add step - through off the blocks

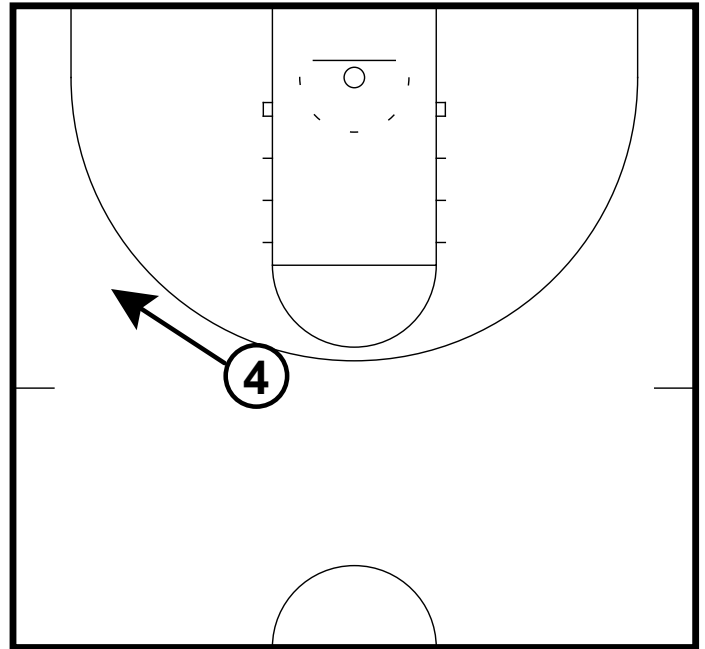
(make 5 at each spot)

Shooting Drills

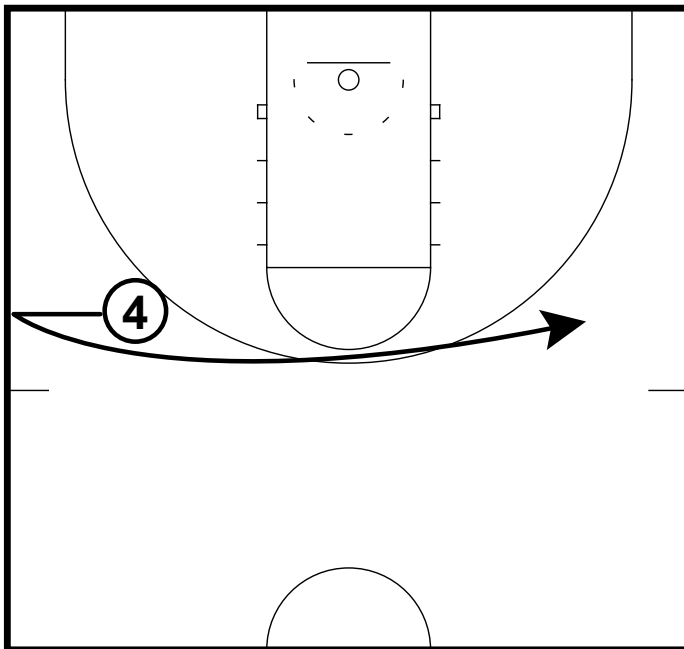
G Drill



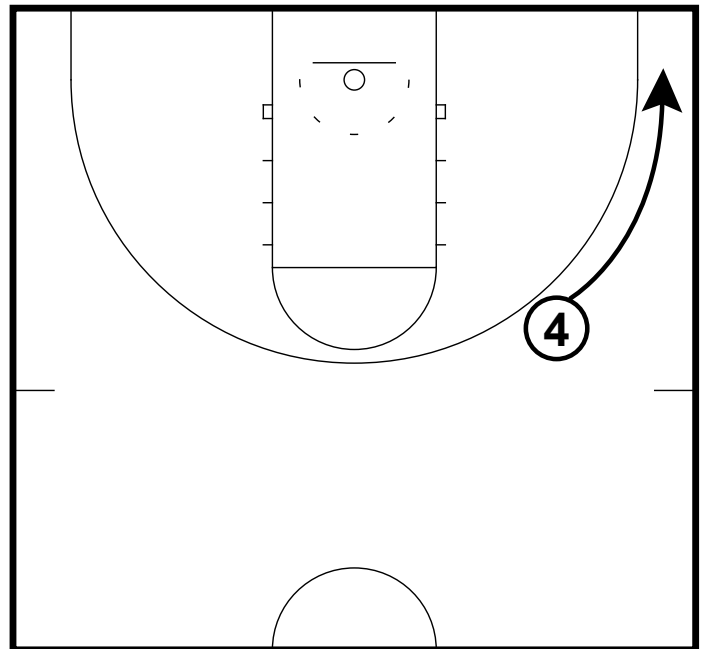
Drills
- Trailer jumper



Drills
- 3 push steps over to left to a catch and shoot



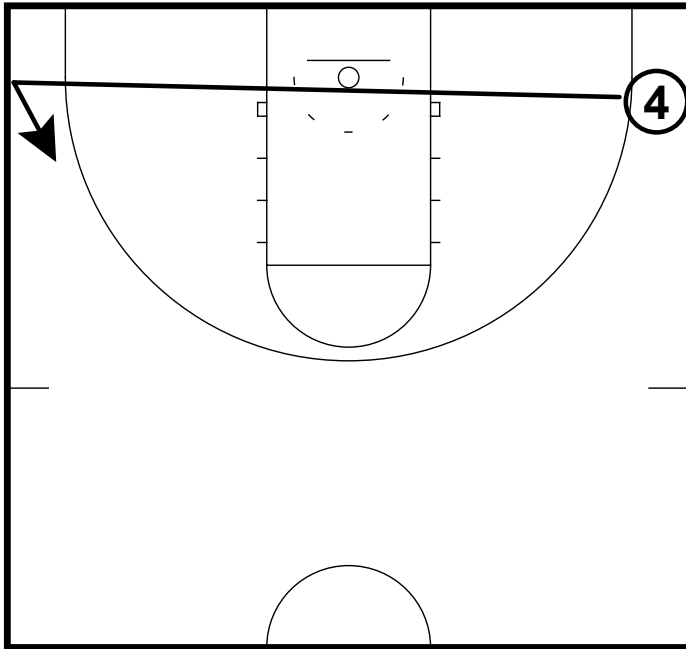
Drills
- Sideline touch opposite wing to a catch and shoot



Drills
- Flare to saem side corner

Shooting Drills

G Drill



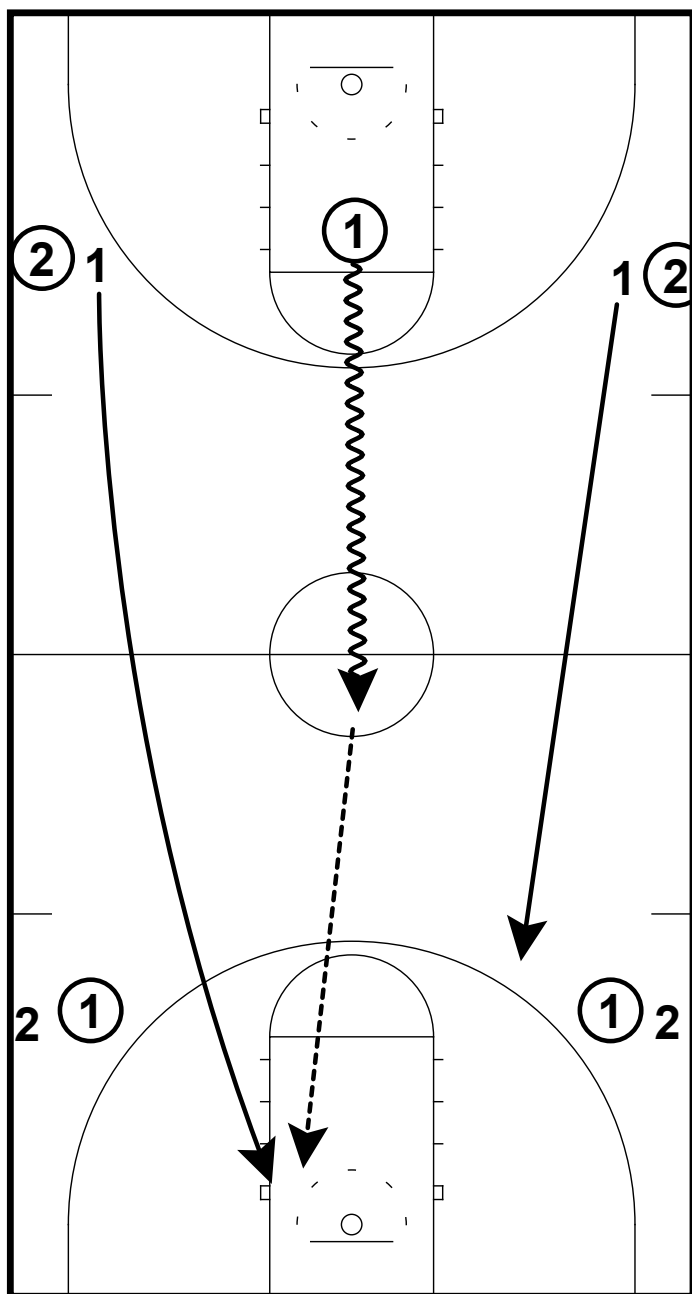
Drills

- Baseline run to pro hop shot in corner (do drill both sides)

Shooting Drills

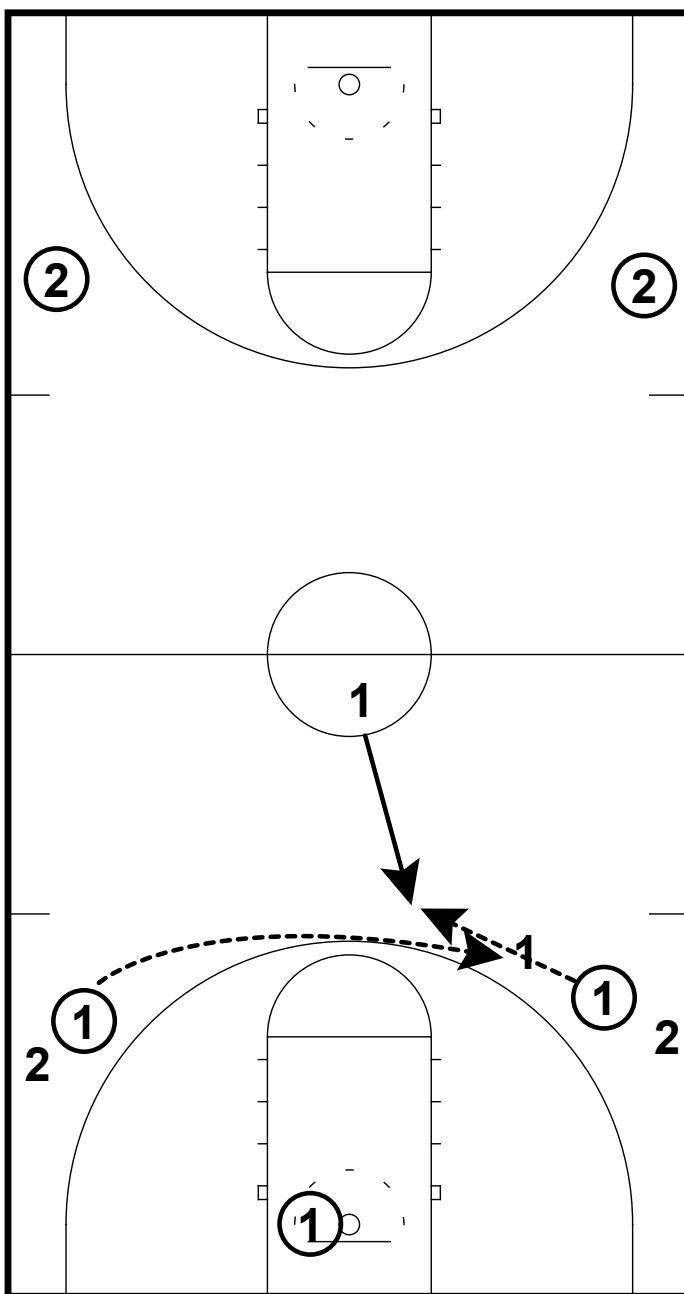
Oklahoma Shooting (New)

Oklahoma Shooting (New)



Drills

- 5 balls and 4 lines at each FT extended to start
- First 3 guys fast break with middle man throwing ball ahead for lay-up to either guy

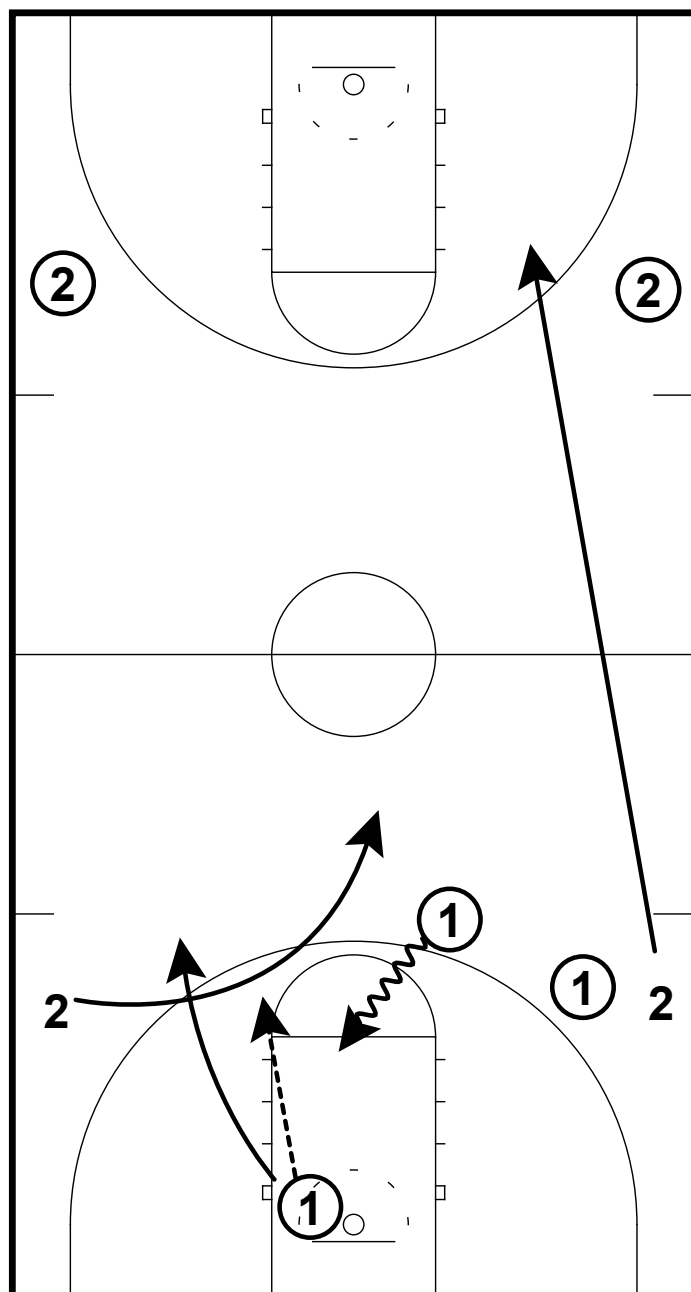


Drills

- Middle man that threw ahead looks opposite to receive pass
- The third guy catches a skip pass from same side the lay-up was taken

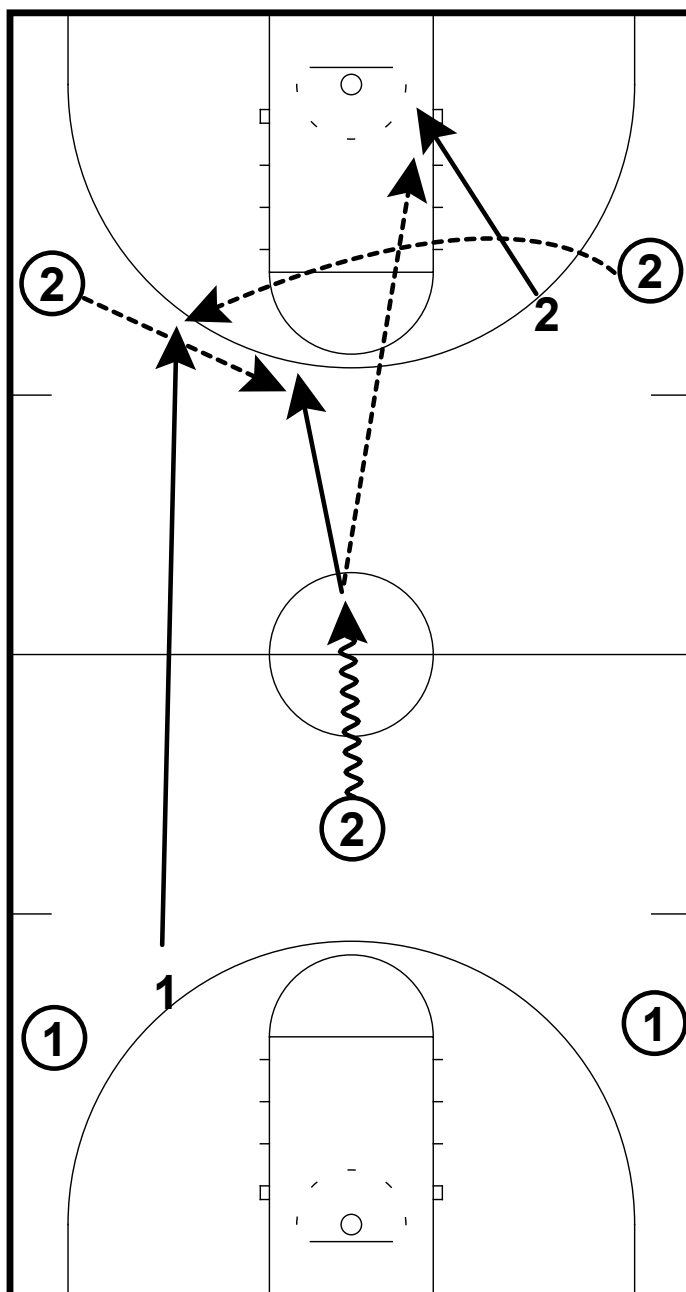
Shooting Drills

Oklahoma Shooting (New)



Drills

- At this point we shot a lay-up, got a one dribble pull-up from middle man, and a skip pass 3 for trail man
- Lay-up man outlets to either passer (they must communicate on who is getting the outlet pass)
- Other passer sprints ahead to get lay-up on the other end



Drills

- The guys that shot the one dribble pull up and skip pass 3 fill in lines to pass
- Lay-up shooter runs as trail man after outlet pass to catch skip pass on the other end
- The drill continues up and down the floor as a transition shooting drill

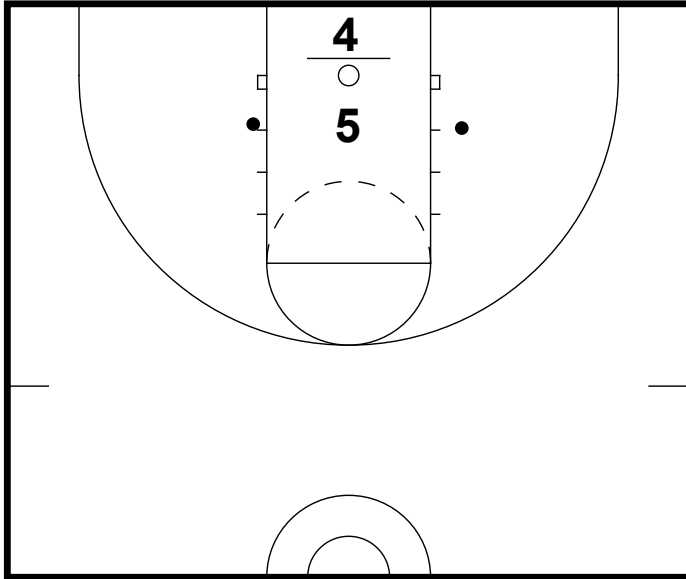
Finishing Drills

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Finishing Drills

2 Balls Down

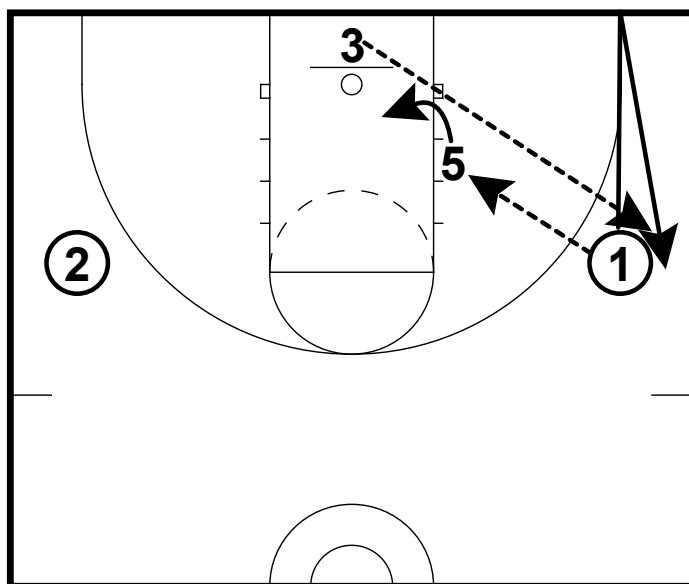


Drills

- Put 2 balls on the ground
- 5 grabs a ball, makes a move to score
- 4 clears the ball after it is made and places the ball in a new location
- 5 sprints to grab the other ball and make another move
- 4 clears the ball and places it in a different spot
- 35 second drill

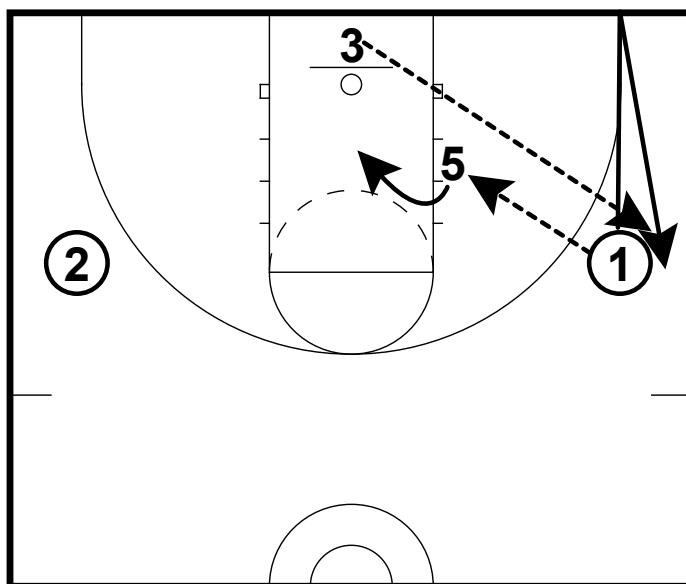
Finishing Drills

5x4



Drills

- Post player does drop steps
- Alternate sides
- 2 on each side
- Use a dribble to the middle and then drop step
- The man under the basket clears the balls so the shooter does land on a rolling ball
- After each pass from the wing, they need to run to the baseline and back to the wing position
- Goal is to complete the drill with 20 shots

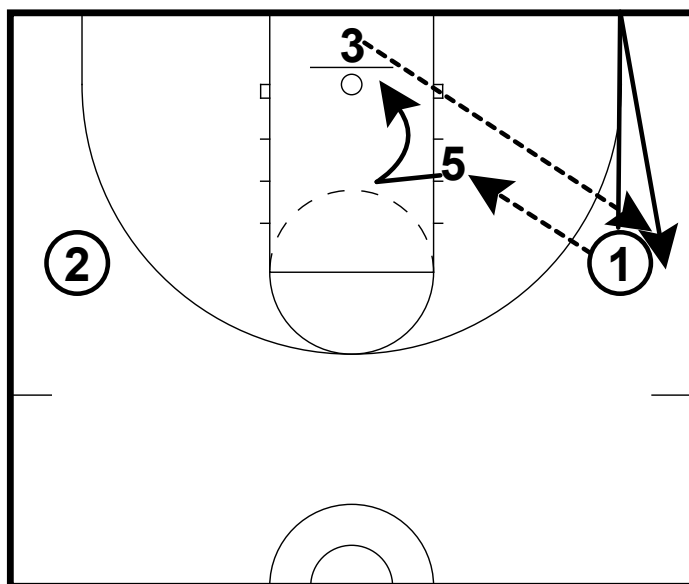


Drills

- Post player does middle jump hooks
- Alternate sides
- 2 on each side

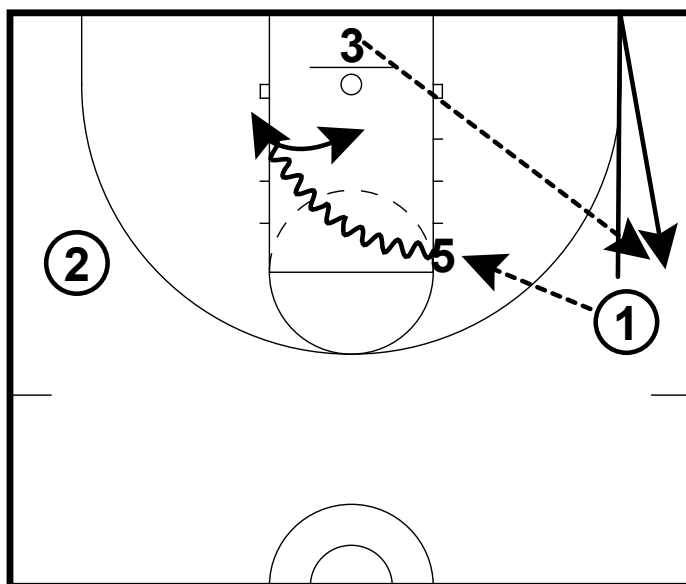
Finishing Drills

5x4



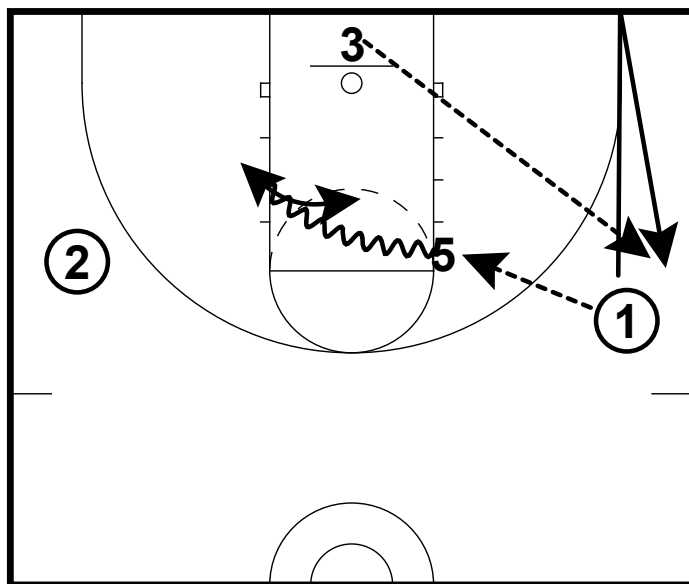
Drills

- Post player does middle up and unders
- Alternate sides
- 2 on each side



Drills

- Post player flashes to the high post
- Catches and front pivots
- Alternate sides
- 2 shots on each side
- Use a dribble shield to protect the ball, reverse pivot and jump hook

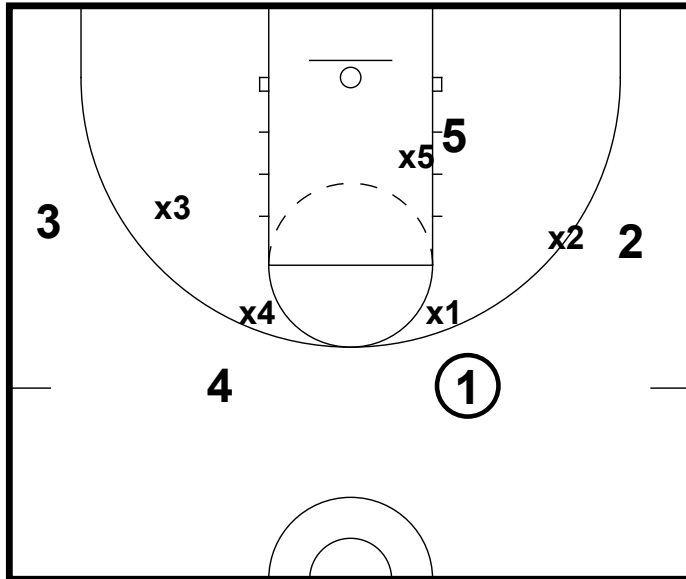


Drills

- Post player flashes to the high post
- Catches and front pivots
- Alternate sides
- 2 shots on each side
- Use a dribble shield to protect the ball, reverse pivot and middle jump shot

Finishing Drills

8 Second Drill

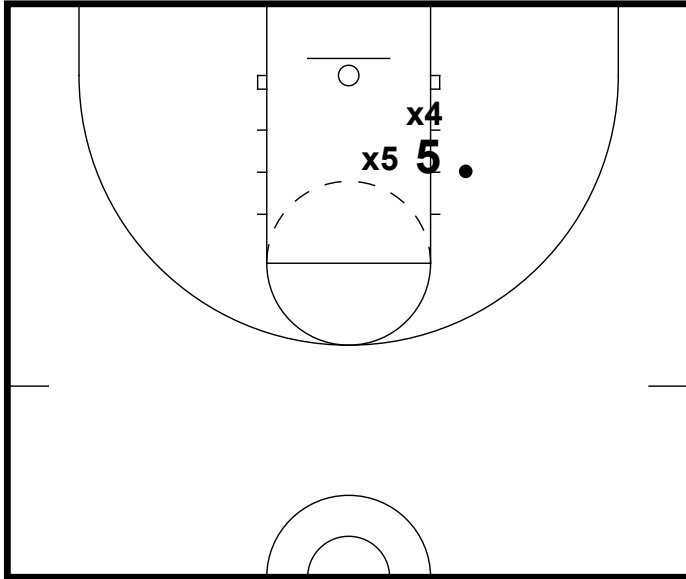


Drills

- Live 5 on 5 drill
- 8 seconds on the clock, but the clock does not start until the low post touches the ball
- Offense then has 8 seconds to score

Finishing Drills

Bridge Drill

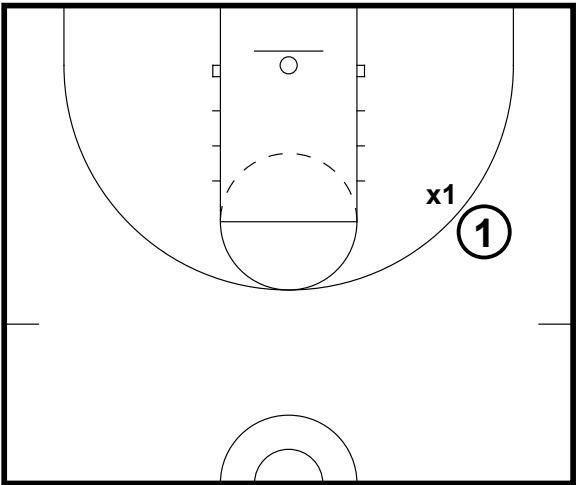


Drills

- X5 and X4 face each other and extend their arms out in front of them
- 5 picks up the ball off of the floor and finishes through the bridge (extended arms)
- Drill emphasizes finishing with contact on the arms of the post player

Finishing Drills

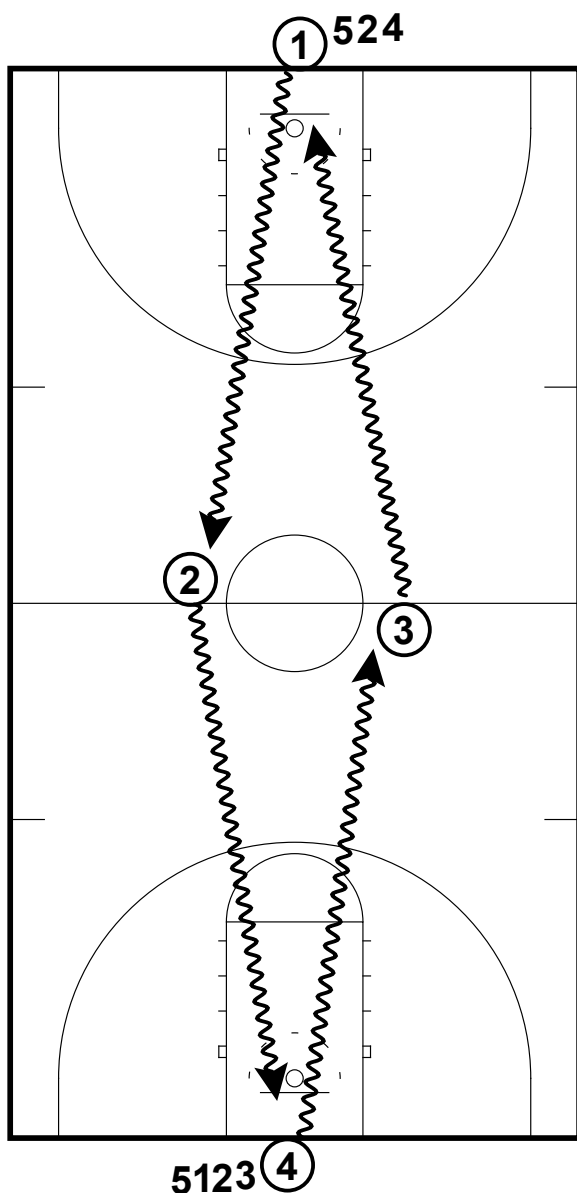
Jab Series (New)



Drills

Finishing Drills

Kentucky Layups (New)

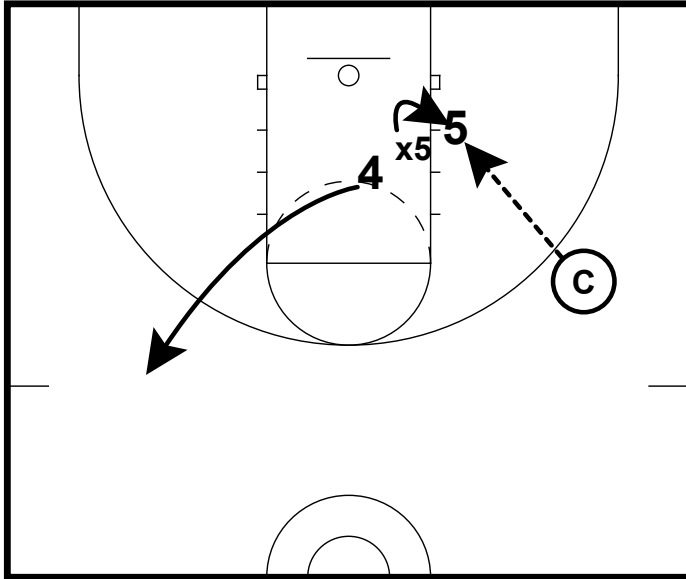


Drills

Full Court Layup Drill - 4 balls. 2 Minutes on the clock. Goal is to make as many layups as possible. We usually get in women's college basketball in the 65-70 range. Drill starts with two balls start at half court facing each way and the other two balls start on the baseline. After a player shoots a layup the next person in line goes. Drill continues for 2 minutes to see how many makes they can get.

Finishing Drills

Rob Jeter: Finishing School

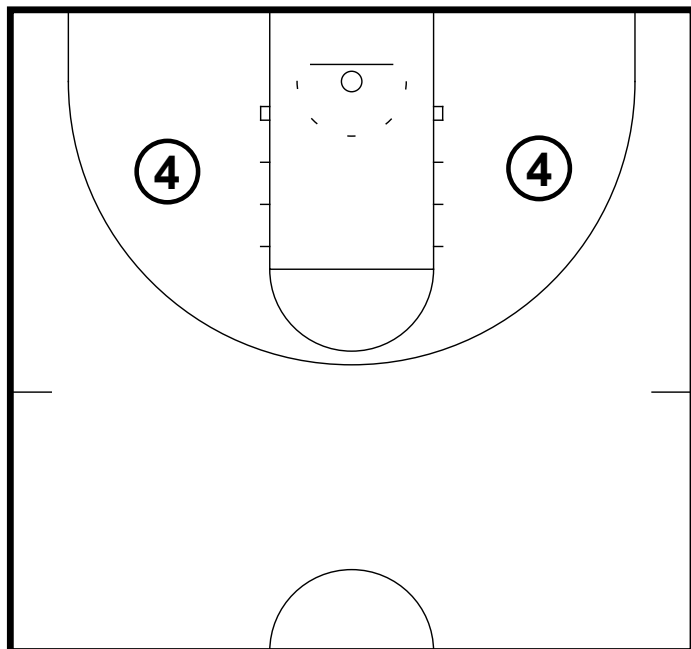


Drills

- Drill starts with 2 post players and a defensive player standing in between them
- Coach throws the ball to one of the offensive players
- The defensive player tries to contest the post move of the offensive player
- The player who does not receive the pass clears out

Finishing Drills

Sikma Reverse Progression



Drills

- Off right and left blocks
- Will back pivot towards middle and baseline with all moves
- Make sure to 1 count jump stop towards ball on catch off block
- * 1st move – jumper (can use T. Duncan)
- * 2nd move – Sweep (should to chin and attack basket w/ strong finish)
- * 3rd move – Long jab (use to create space and pop back for jumper)

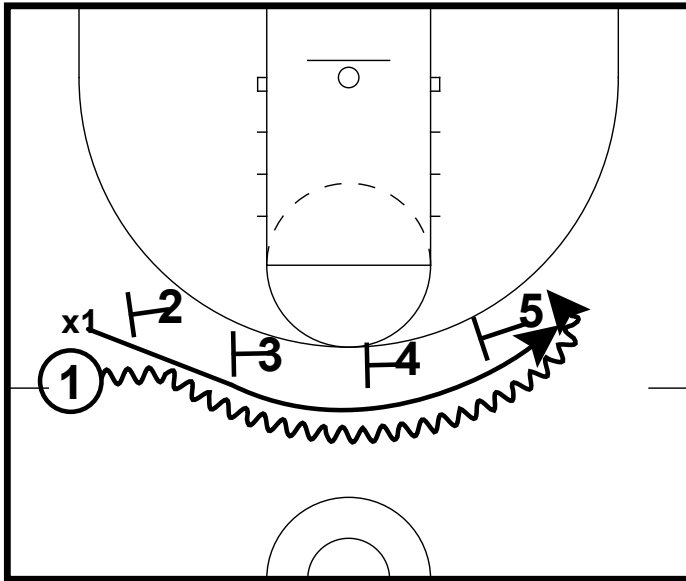
Defensive Drills

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Defensive Drills

1 on 1 Ball Screen Defense



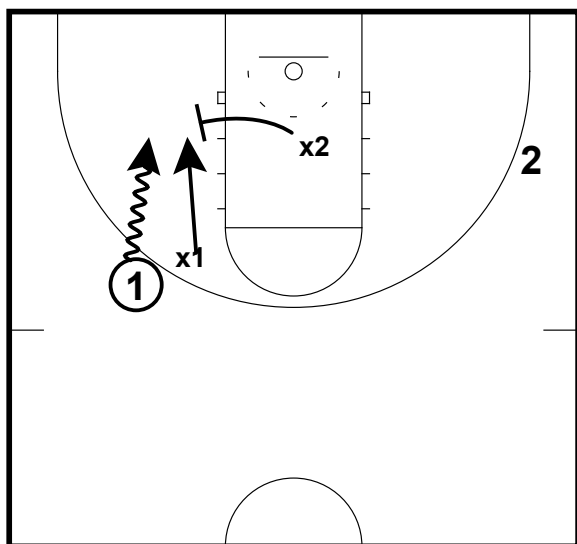
Drills

Defender must navigate through 4 ball screens, once offensive ball handler gets to far side of court, defender and offensive player are playing 1 on 1

Credit: Matt Painter, Purdue University

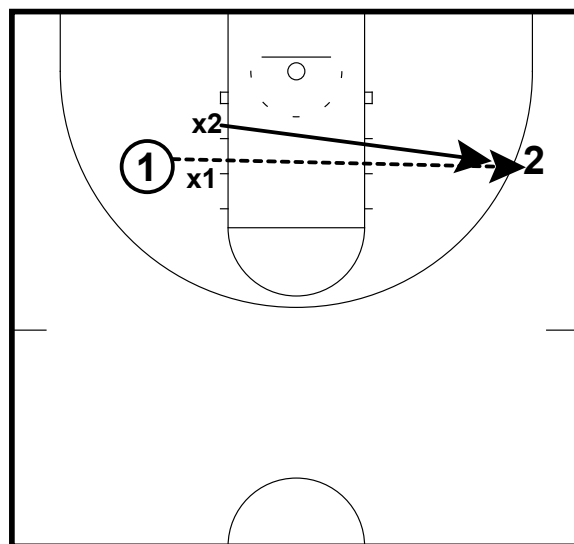
Defensive Drills

1 on 1 Closeout (New)



Drills

2 offensive players and 2 defensive players. The player on the wing with the ball drives baseline and the wing defender plays soft defense. The defender on the help line moves over to stop dribble penetration in to the lane.

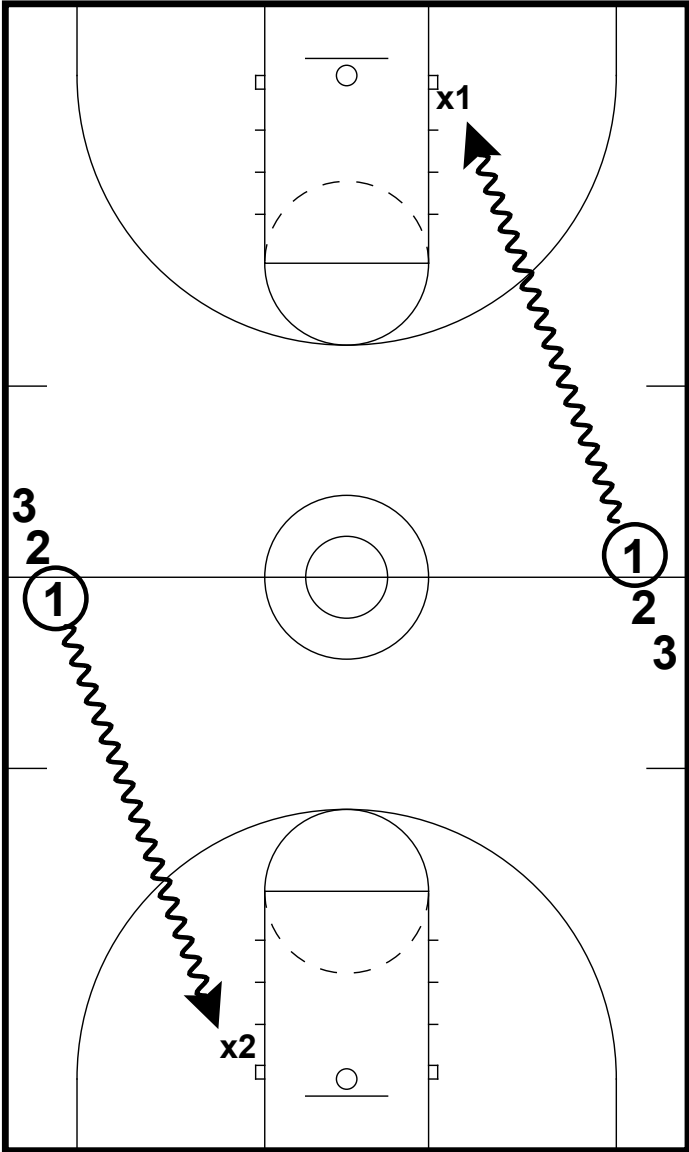


Drills

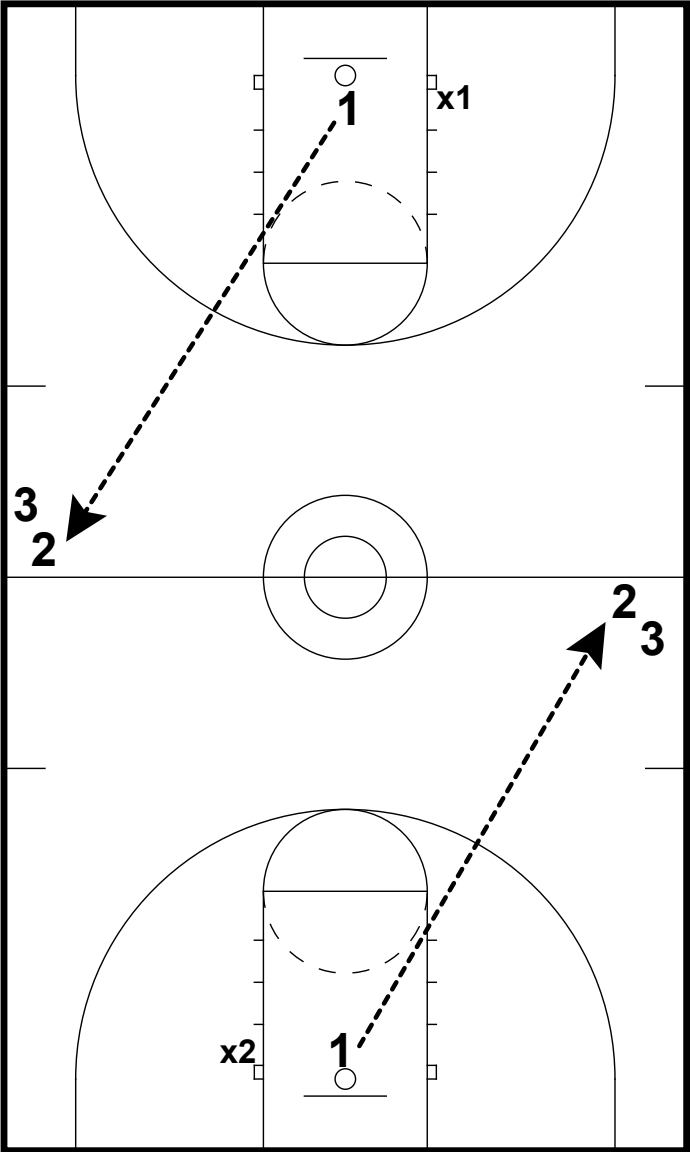
The defender who came over to stop dribble penetration into the lane must closeout to the opposite wing (top or corner) and play 1 on 1.

Defensive Drills

1 on 1 Continuous



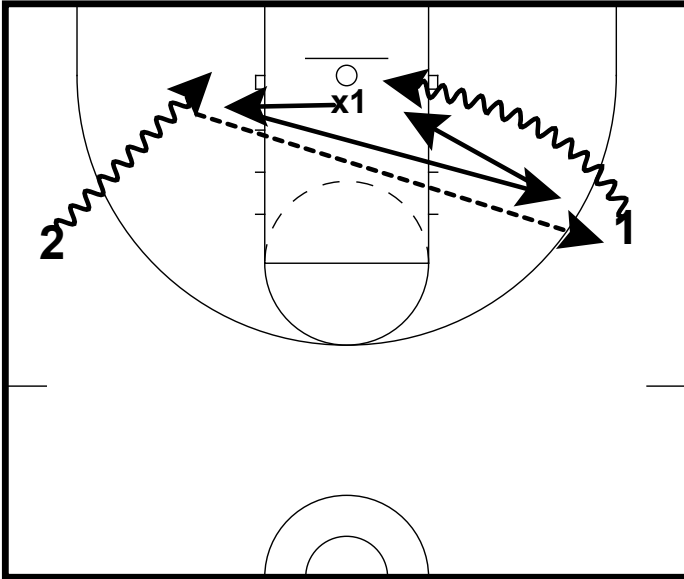
Drills



Drills

Defensive Drills

1 on 1 Helpside/Closeout



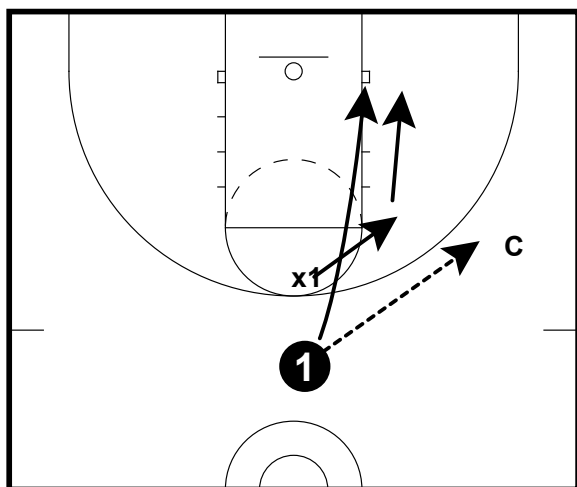
Drills

Defender under the basket must stop 2's dribble, then on skip pass out to 1 recover to defend 1 on 1

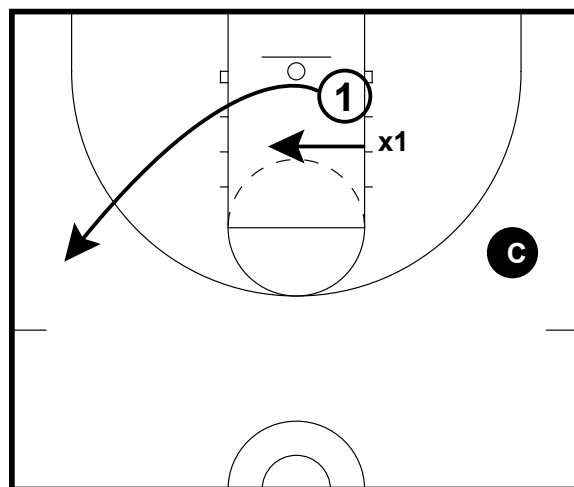
Credit: Cory Furman, Messiah College

Defensive Drills

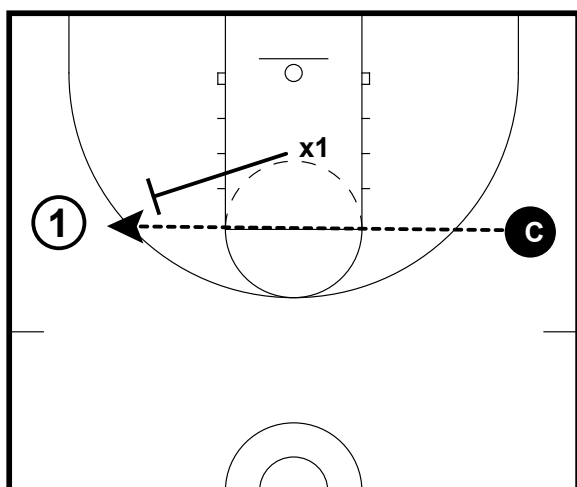
1-1 Jump to Ball (New)



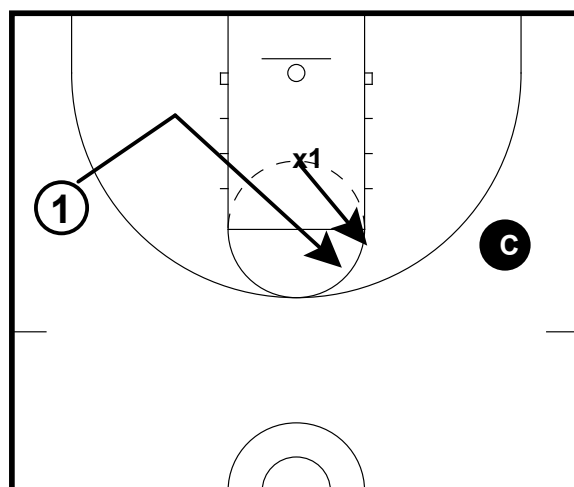
Drills
XX: Coach, x1 must jump to ball and get good position, do not allow cutter to go across your face.



Drills
Offense clears to helpside, X1 jumps to help.



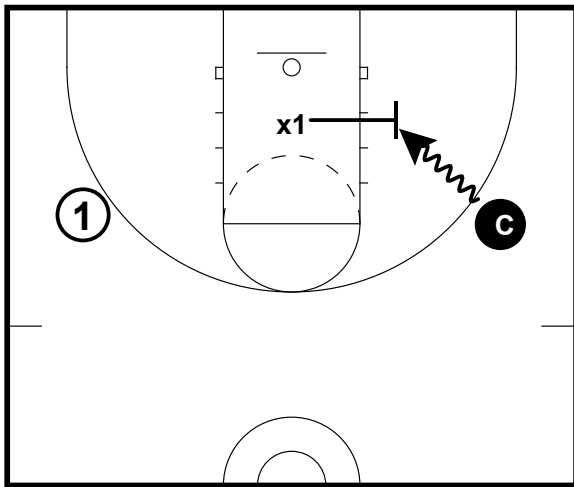
Drills
Skip pass, x1 must closeout under control and keep ball out of the middle.



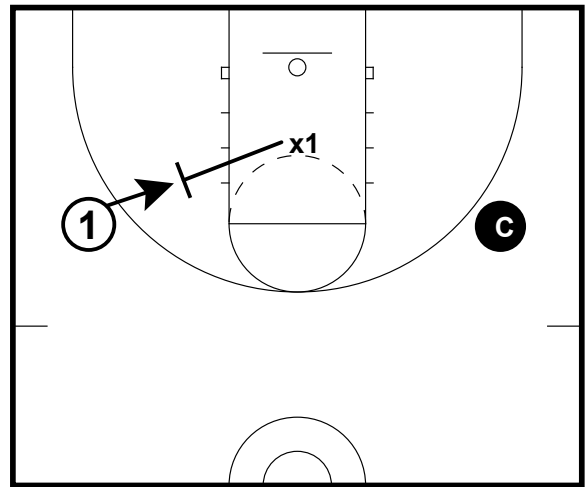
Drills
Coach calls "Flash", offense flashes to ball. X1 must body the cutter and deny.

Defensive Drills

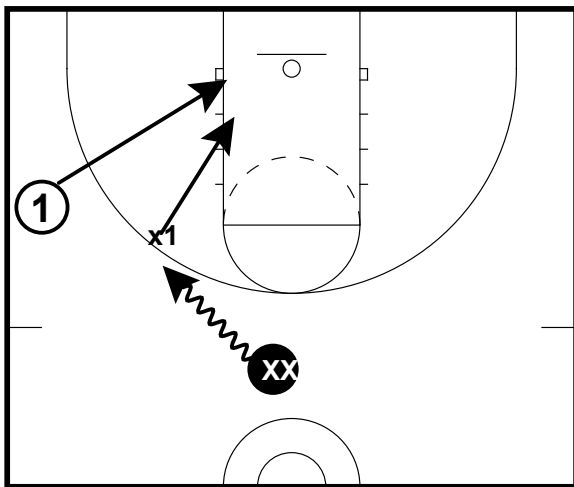
1-1 Jump to Ball (New)



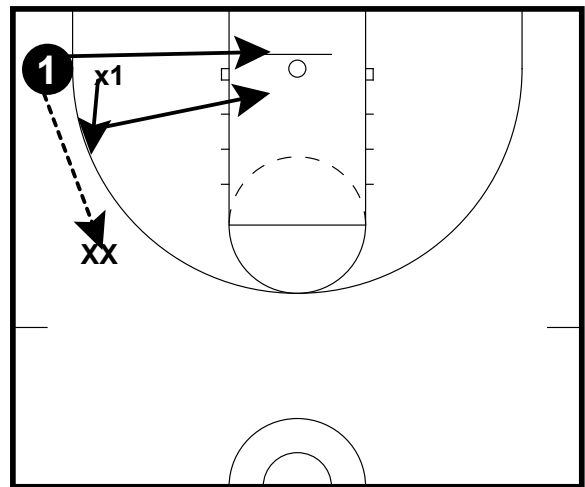
Drills
Coach drives baseline, X1 must take charge outside the lane.



Drills
Coach shoots, X1 must box offense outside the lane



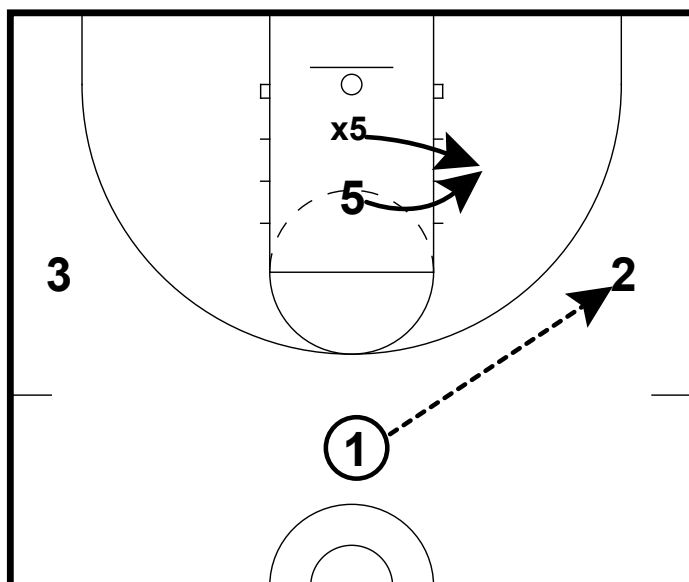
Drills
Same drill, except start with offense on wing.



Drills
Same drill, starting with a pass from the corner.

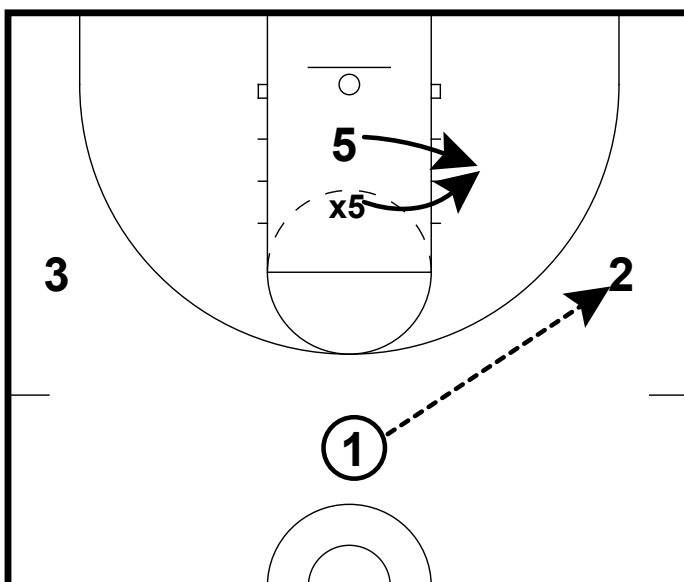
Defensive Drills

1-on-1 Post



Drills

- Defense is on bottom, offense is on top
- On the wing pass, offense tries to establish position
- Perimeter players can pass the ball around the perimeter to get a better passing angle

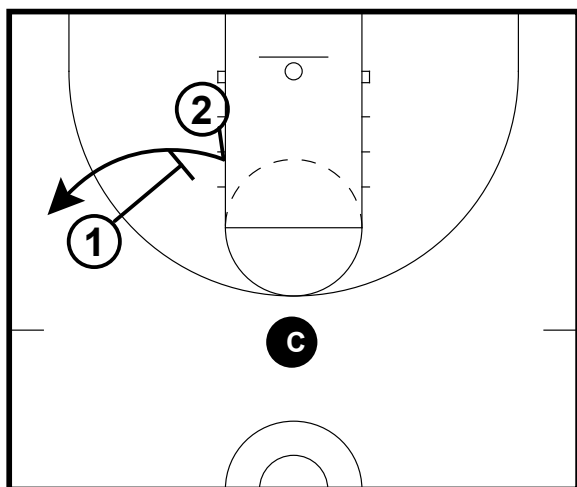


Drills

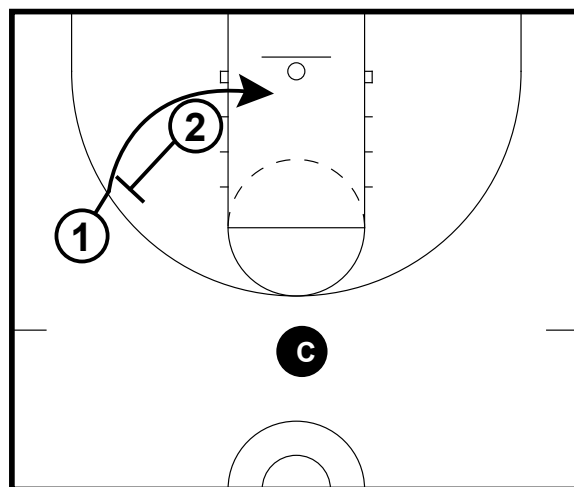
- You can also move the defense to the top

Defensive Drills

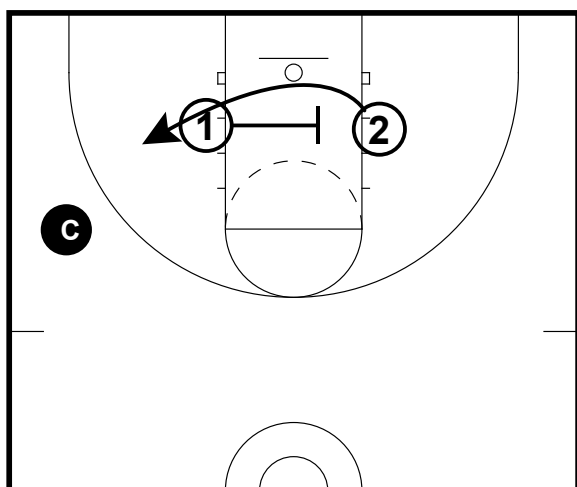
2-2 Screen Series (New)



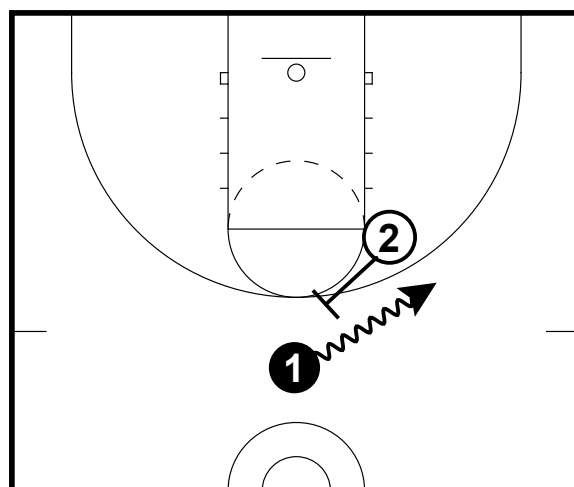
Drills
2-2 Down Screen



Drills
2-2 Back Screen



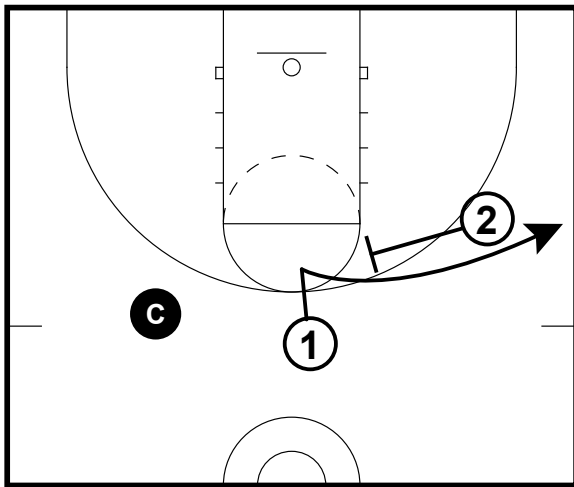
Drills
2-2 Cross Screen



Drills
2-2 Mid Ball Screen. Can also work on ball screens from any angle.

Defensive Drills

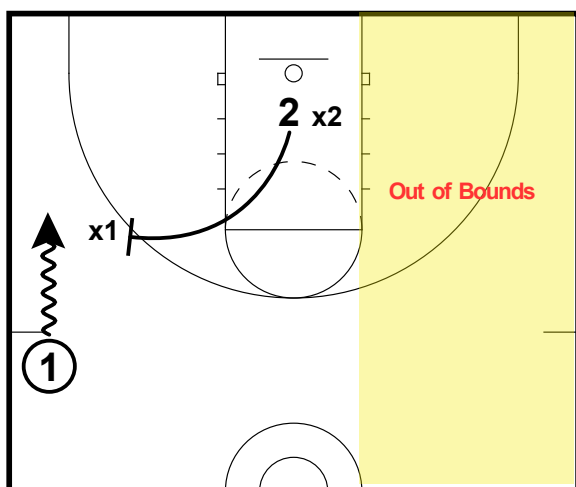
2-2 Screen Series (New)



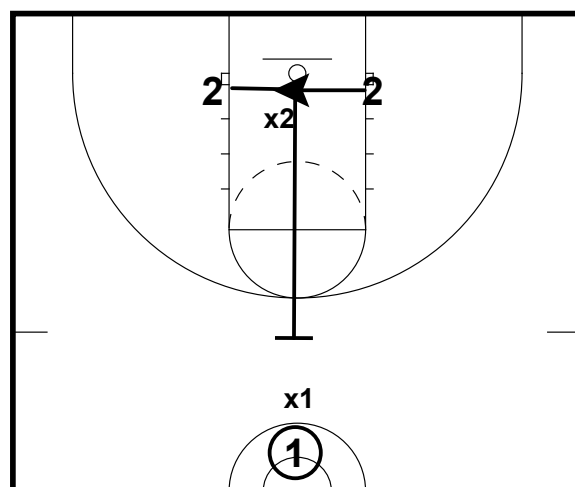
Drills
2-2 Flare screen

Defensive Drills

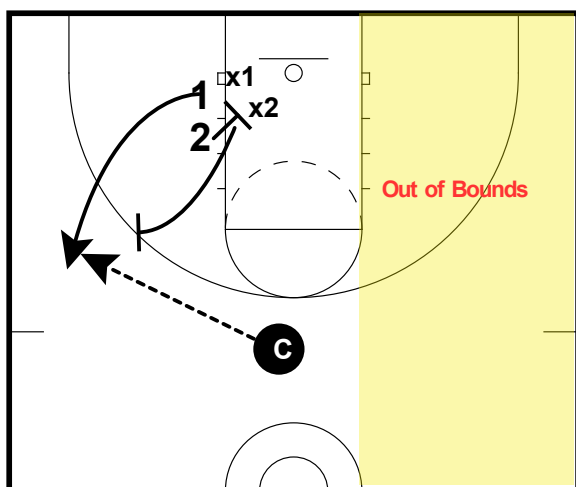
2-2 PNR Game (New)



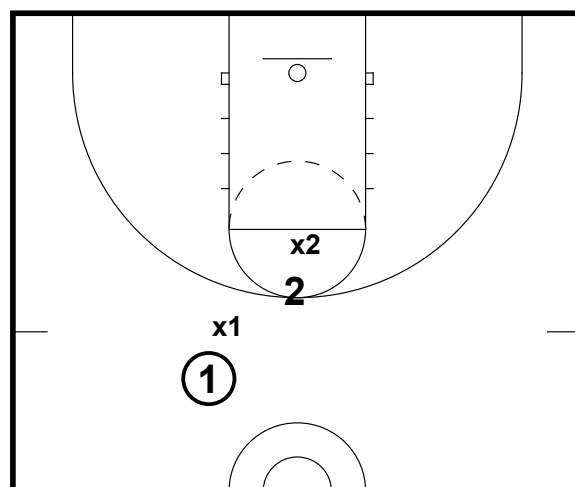
Drills
Start with side PNR, screener must sprint to screen. Can also slip. First team to 4 points wins. Can only stay on one side of the floor.



Drills
Middle PNR: Screener can start on either block. Sprint thru the nail and set the pick.



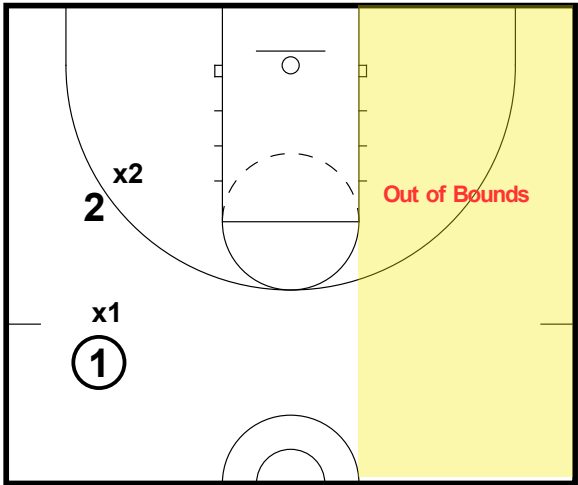
Drills
Start off with floppy action. Can get into side PNR or Step Up



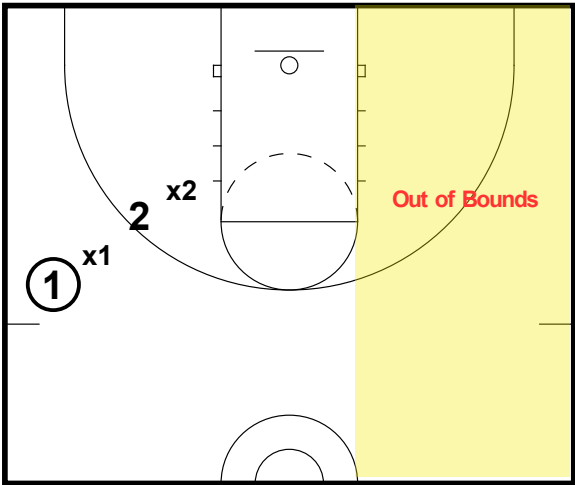
Drills
Work on High PNR

Defensive Drills

2-2 PNR Game (New)



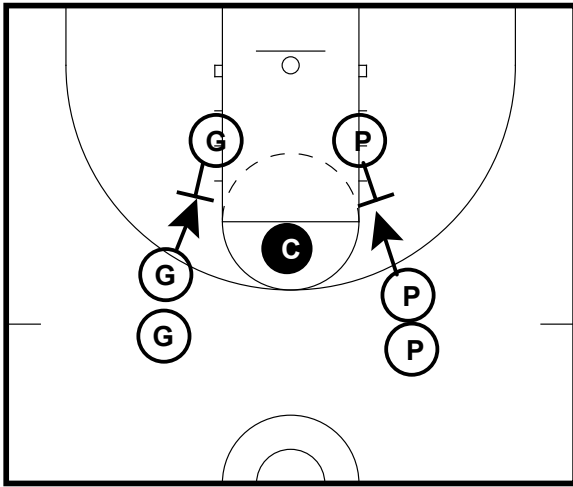
Drills
Step Up PNR



Drills
Wing PNR

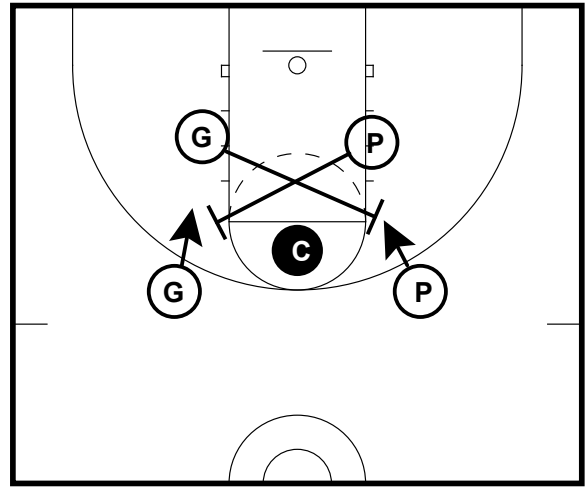
Defensive Drills

2-2 War (New)



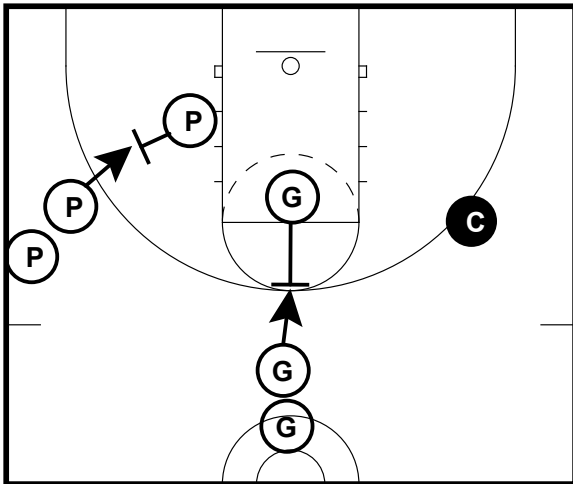
Drills

Coach shoots, defense must get 2 box outs in a row to get out of drill. If ball is rebounded by offense, offense can play 2-2.



Drills

Variation of Drill: Defense must block out opposite player

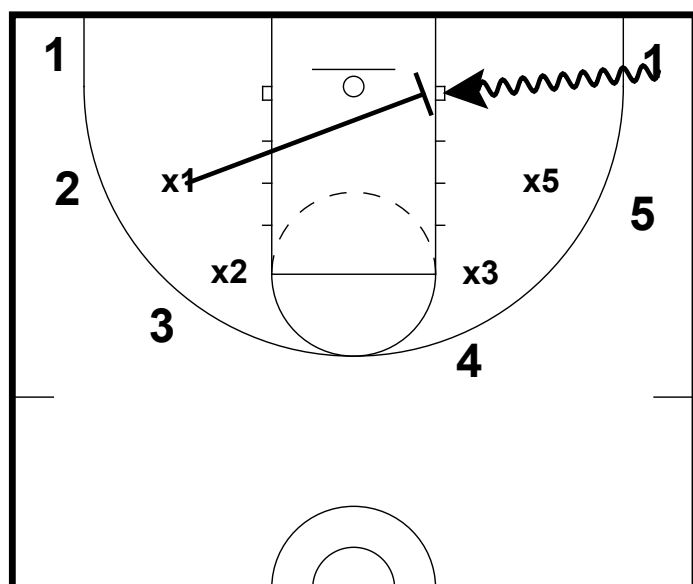


Drills

Work from various spots each day.

Defensive Drills

4 on 6 Shell Drill



Drills

Pass only allowed for top 4 perimeter players. Bottom two can dribble, but only to attack the basket. If bottom players dribble it is the responsibility of opposite low defender to beat them to the basket.

Credit: Jim Buller, Bethany Christian

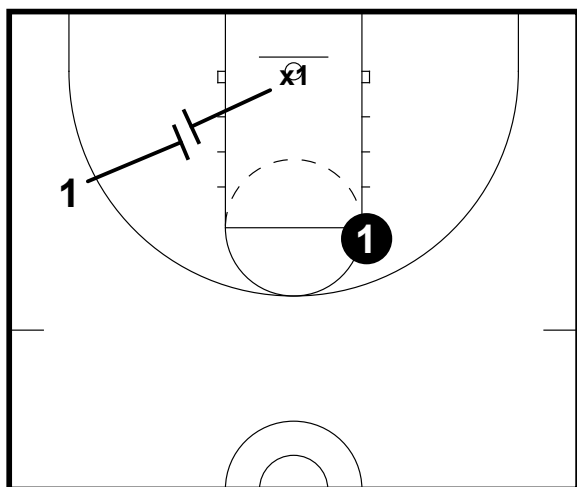
Rebounding Drills

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Rebounding Drills

1v1 Rebound



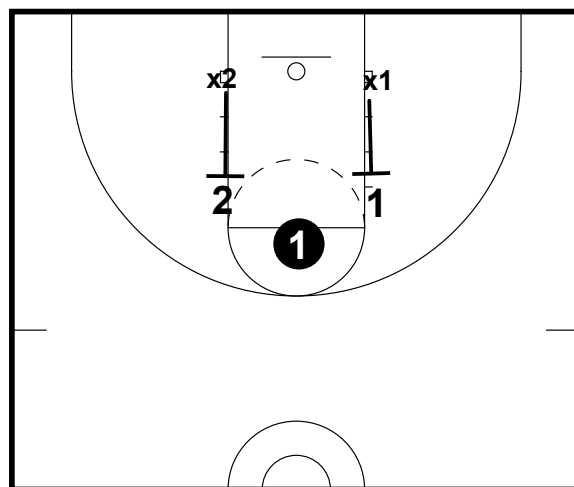
Rebounding

Defense starts under the hoop and on the shot is running out to the offensive player. The players should be coached this philosophy:

- 1) Hit (the player)
- 2) Find (the ball)
- 3) Get (the ball)

Rebounders should be getting the ball before it hits the ground. Rebounders should grab the ball above their head and pull down to chin level with elbows out.

Offense should be also working during this drill to avoid getting pinned and grab the rebound.



Rebounding

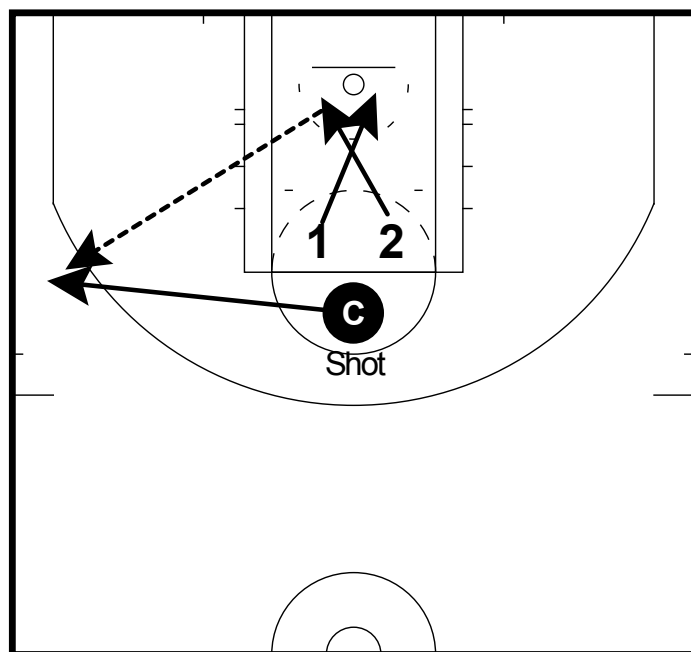
The job of the offensive player is to get even to the hoop with the defensive player. Don't get stuck behind the defender. A two-step juke move or spin move can be used to get even.

Do not rebound at a standstill. Be on the move and jump/run through the ball.

In hitting, don't lunge out at player. Stay low and step towards the guys sternum with a strong step.

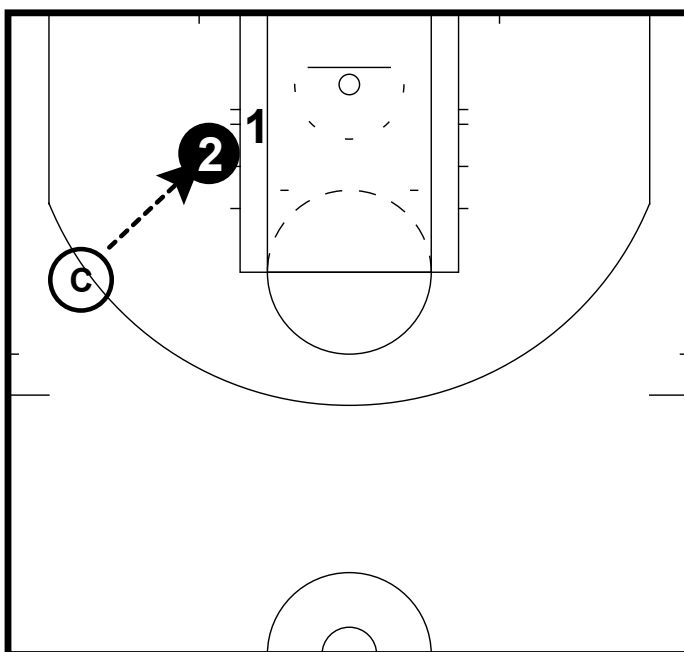
Rebounding Drills

1-on-1 Rebound/Outlet/Score



Rebounding Drills

Coach shoots ball to start drill then moves to an outlet position. Rebound the ball and outlet to coach on the wing.

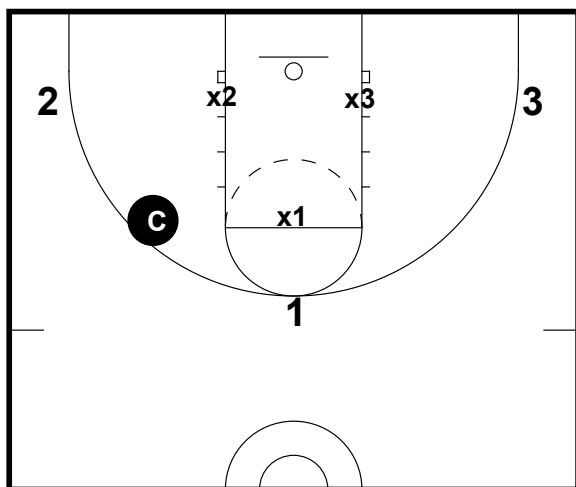


Rebounding Drills

Rebounder becomes offense and looks to post up. On a miss, rebounder outlets and reposts. On a make, the coach restarts with a shot. First to 3 made post moves wins.

Rebounding Drills

4/8 Minute Rebounding Drills



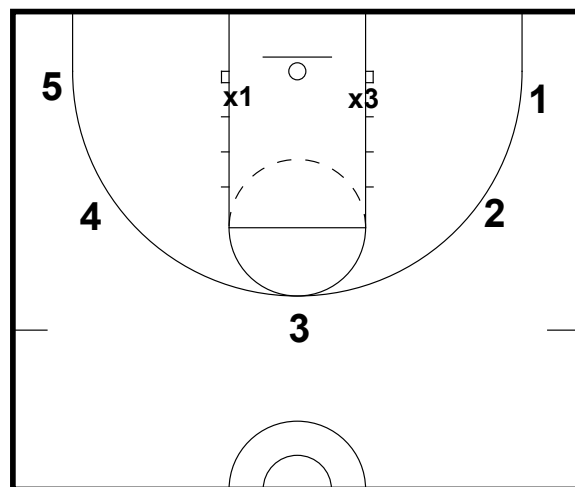
Rebounding

Connecticut:

Three block outs to get out. Have lines on offense at each spot so that the defense needs to hustle back to the key to be in position for the next shot. The offense that was on the floor would replace defense.

Additional Drill Layers:

Make it three straight blockouts before the defense can leave.



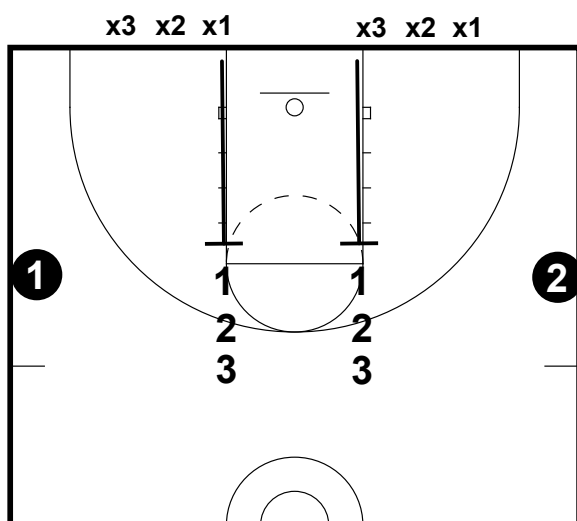
Rebounding

Rebound by Numbers:

Offensive players around the perimeter are numbered 1-5. Two defensive players will be on the blocks. When the coach shoots, he will also call two offensive player numbers who are supposed to sprint directly to the hoop to get the ball. Defensive players need to block out both players.

Rebounding Drills

4/8 Minute Rebounding Drills



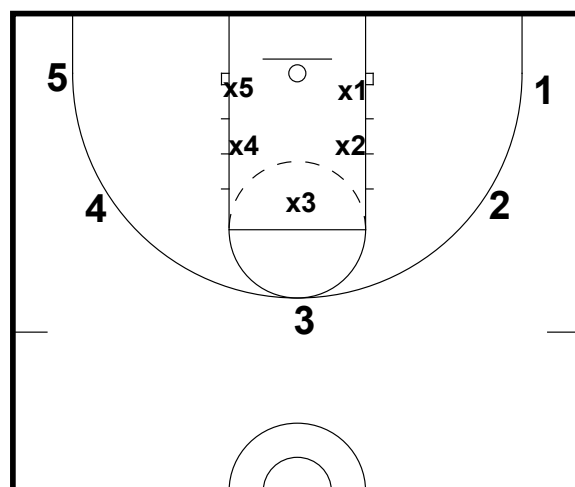
Rebounding

Knick Drill:

Defensive players will block out the offensive players. If defense gets the rebound after it has bounced at least once, they will outlet to the side. If offense gets the rebound they will try to put it back. Offense gets points if they score. Each team has turns at offense. This is a competitive drill where losers have to run.

Additional Drill Layers:

Defense must block out the offensive players from the opposite lines.



Rebounding

War:

5-on-5 competitive drill where points are totalled at the end of 8 minutes. Offense is around the perimeter behind the 3 point line. Defense must start in the key.

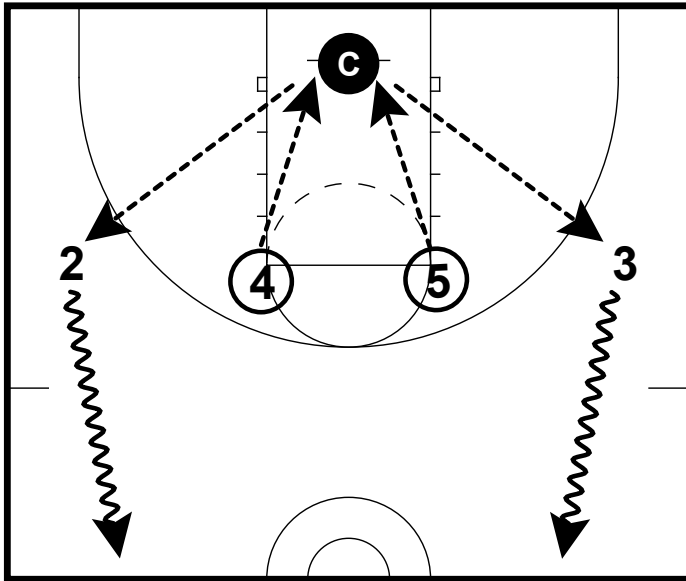
Offense will get 1 point for the rebound. They can also play the rebound and score for more points. After offense gets the ball, the play is over when offense scores or defense recovers.

Defense must rebound and transition down the court. Whatever they score at the other end is their points. If the offense recovers the basket, they do not get to transition back.

Point guard always gets back on defense in this drill. The defender of the point should go to double team whoever is the biggest threat.

Rebounding Drills

Purdue Rebound/Outlet

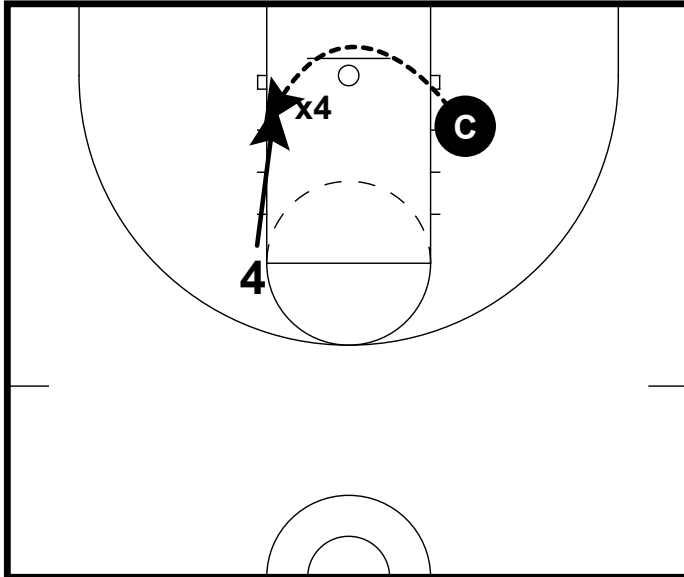


Rebounding

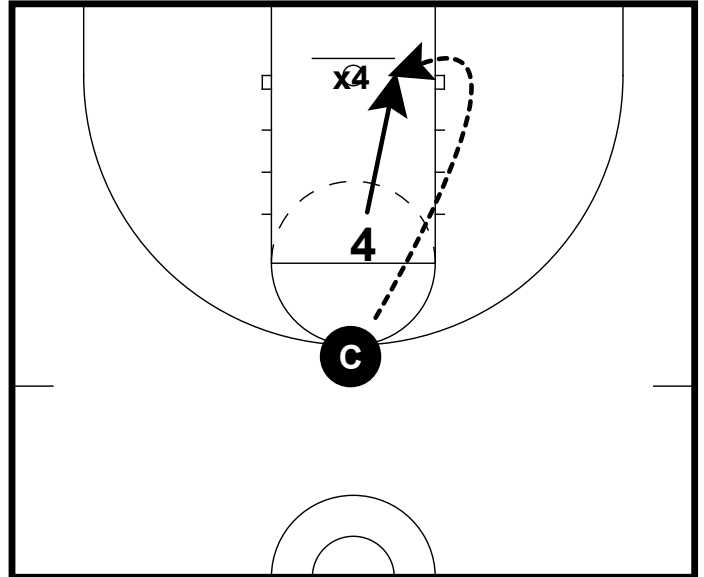
- 1) Toss it off the board, rebound and finish while coach hits you with a pad.
- 2) Toss it off the board, rebound and outlet who dribbles to half-court.
- 3) Outlet is denied, rebounder needs to dribble out for passing angle.

Rebounding Drills

Putback Drills



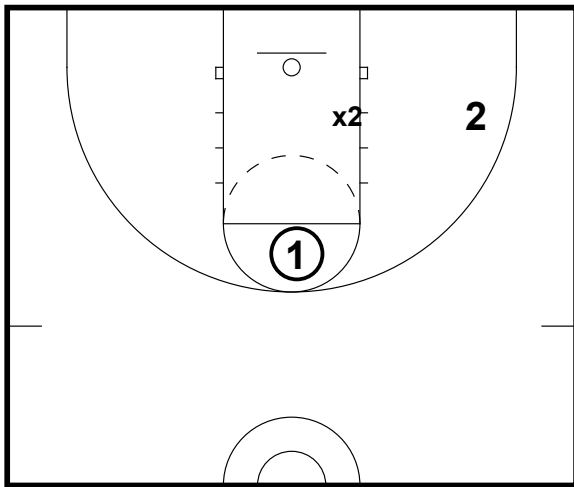
Rebounding
coach will throw ball off backboard. 4 will rebound, gather, and putback with defender.



Rebounding
4 faces coach and will turn to get ball off backboard then score on X4

Rebounding Drills

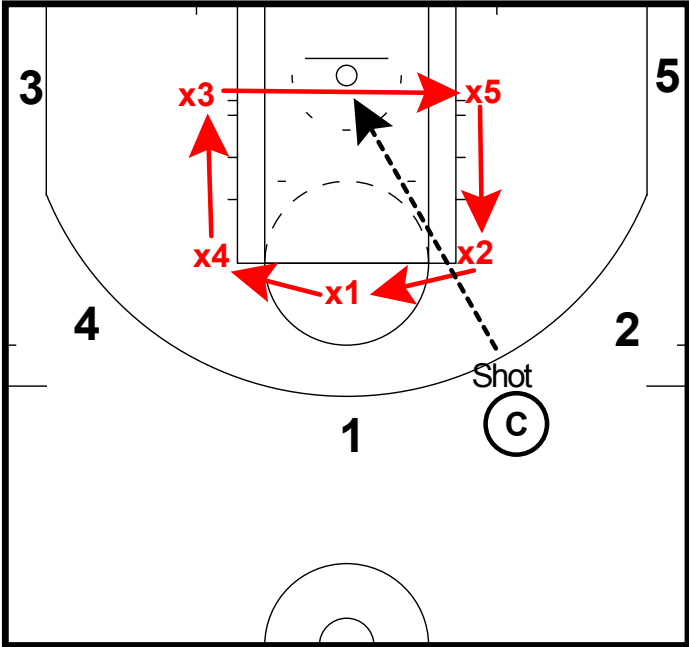
Help Defense Rebounding



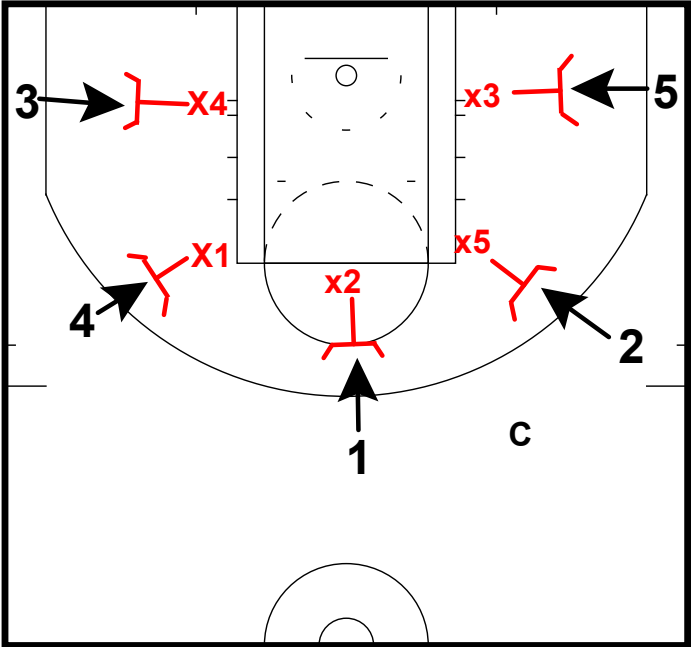
Rebounding
shooting free throws

Rebounding Drills

Circle the Wagons



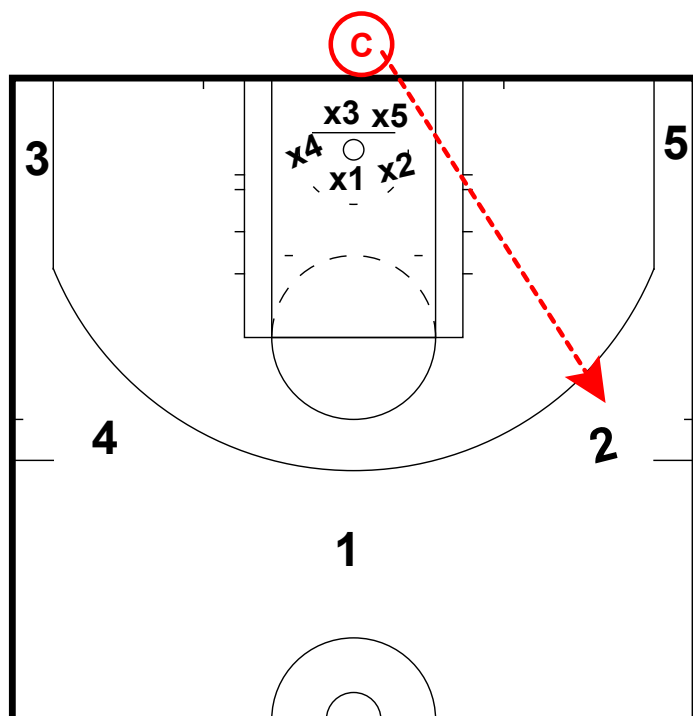
Rebounding Drills



Rebounding Drills

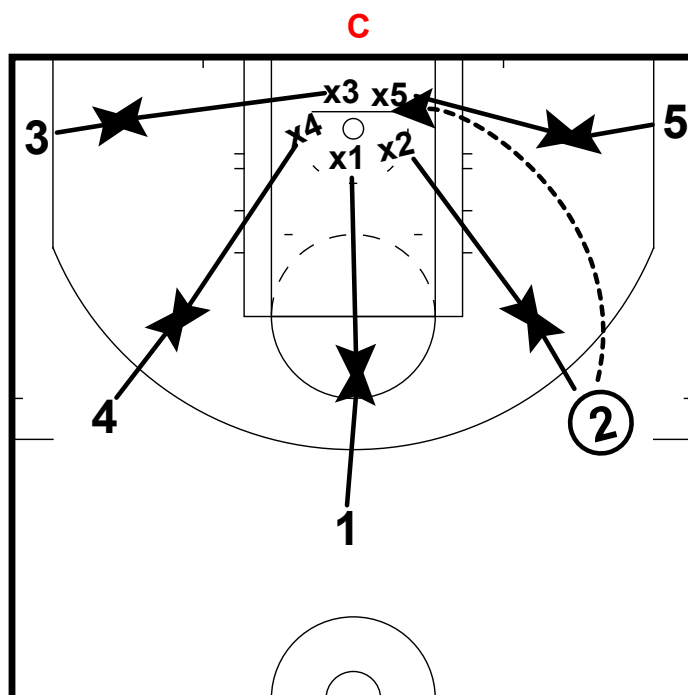
Rebounding Drills

Hit, Find and Fetch Drill



Rebounding Drills

Start with 5 defenders with their head below the basket and 5 players around the perimeter. Use a coach or manager below the basket to pass the ball out to a shooter on the perimeter.

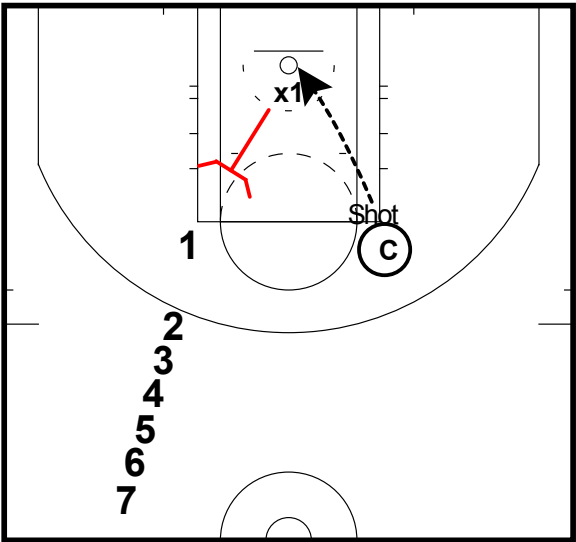


Rebounding Drills

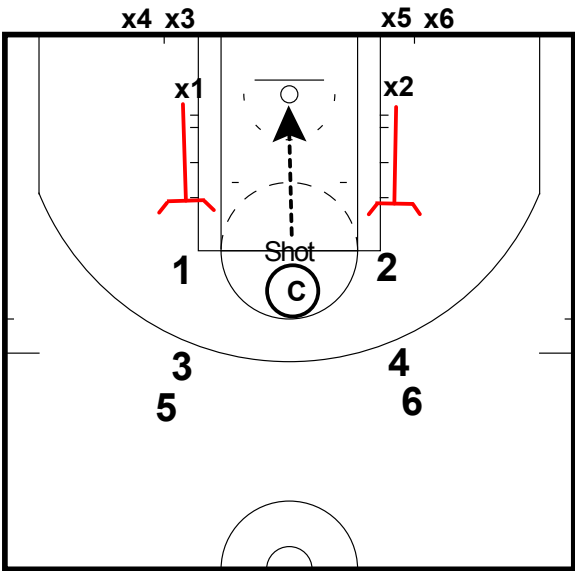
On the shot, defenders must HIT the offensive rebounder, FIND the ball in the air, then FETCH it for the rebound. This drill is meant to be very physical and work on both offensive and defensive rebounding every day.

Rebounding Drills

War



Rebounding Drills



Rebounding Drills