



# Jaguars Youth Basketball



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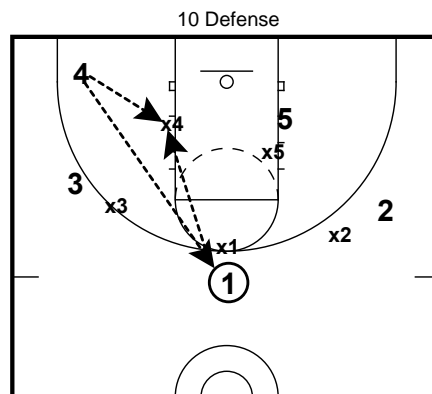
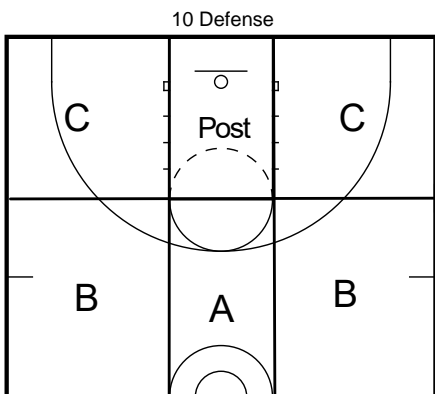


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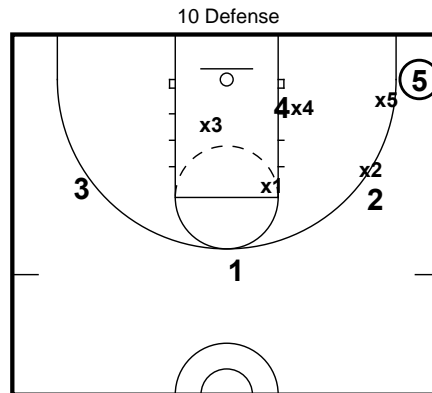
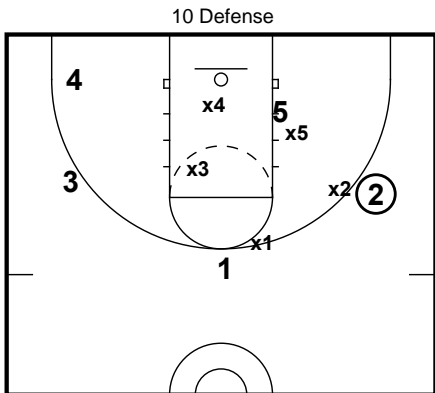


# Man-To-Man Defense



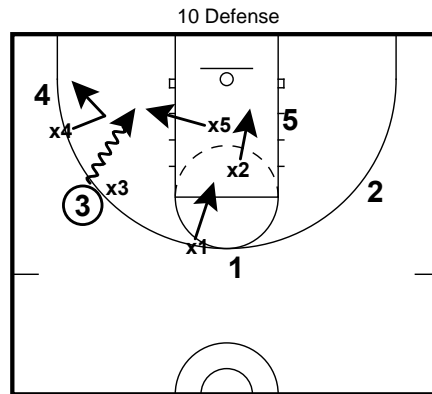
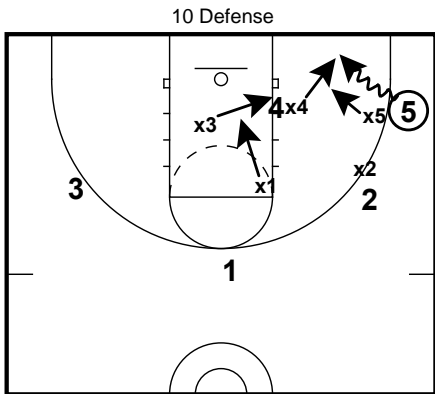
**GUARDING THE BALL: SECTION A:** Arm's length away. Defender's shoulders are parallel with person with the ball. **SECTION B:** Bent arm's length away of ballhandler. Defender aligns their nose on the top shoulder of the ballhandler. Keep shoulders parallel - do not open up. **Section C:** Nose on ballhandler's high shoulder. Must give total ball pressure. Keep shoulders parallel to ballhandler - do not open up. **Post:** Front post players who are volleyball court line and lower.

x1 is a bent arm's length away on the ball when guarding the ball in section A. x1 and x2 are one pass away so they are "on the line up the line" denying the pass. They will be in a closed stance with their top arm in the passing lane and seeing both their person and the ball. x4 is two passes away so they form a flat triangle. They must be in help position. See diagram for flat triangle. x5 fronts the post and up the line a bit when the ball is on top.



x2 is guarding the ball in a B area. x2's nose will be on 2's high shoulder (shoulder nearest half court), with shoulders parallel, and a bent arm's length away. Force baseline, do not give up baseline. Do NOT open up in your stance.  
 x1: one pass away. On the line up the line in a denial.  
 x3 and x4: two passes away. In a flat triangle position at the midline and ready to help  
 x5: defending the post in a full front position

x5 is guarding the ball in C area. Nose is on the 5's high shoulder, shoulders parallel, bent arm's length away.  
 x2 is one pass away. On the line up the line denying the passing lane.  
 x4 is guarding the post. Full front.  
 x1 and x3 are two passes away. In flat triangle and helping at the midline.

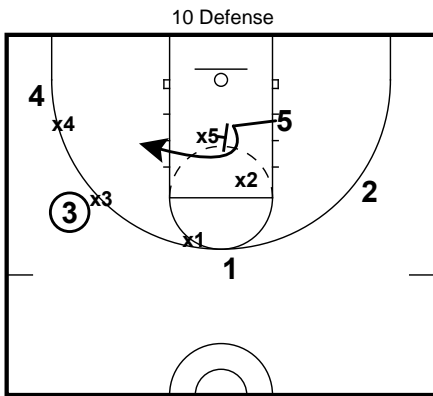


This diagram shows the help rotations in our 10 defense. 5 dribbles to baseline area. x5 stays with and x4 comes out to help if needed. If x4 comes out then x3 rotates to x4's person and x1 sinks to take x3's position - getting as low as the ball. x1 is "helping the helper" and is a very important part of the rotation.

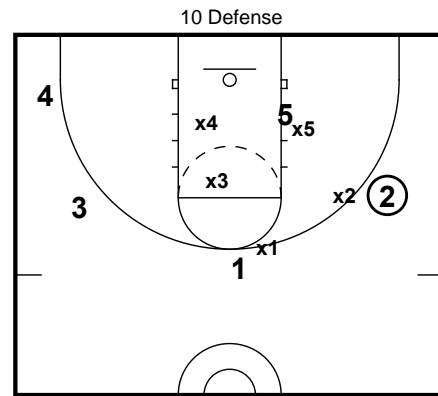
This is another example of rotations. x5 steps in to help x3 on the drive (if needed). x2 must then sink to the level of the ball and help the helper by picking up x5's person. x4 is in a help and recover. Focus on stopping the ball first.



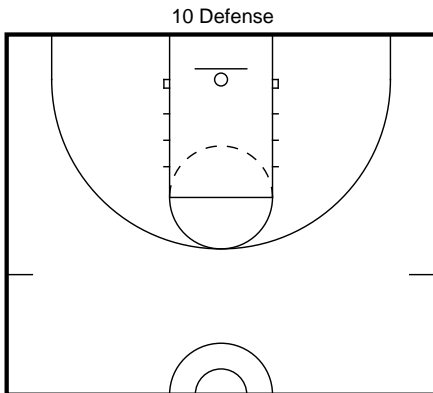
# Man-To-Man Defense



**DEFENDING LANE CUTTERS:** We never...**NEVER** allow an offensive player to cut free through the lane area. The lane area is valuable territory and we must protect it. If the offensive player you are guarding tries to make a cut through the lane we will "bump the cutter". The word "bump" is not a soft word - we must make contact with the player on their cut and force them to a different spot other than where they want to go (preferably higher). In this diagram you can see x5 bumping 5 and forcing them higher on their cut.



**BALL PRESSURE = BEST POST DEFENSE.** We front all post players. The only pass we will allow the offense into the post is the lob over the top. These passes are tough to make because of our ball pressure, front in the post, and our helpside defender(s). We cannot allow the offensive player with the ball to stand comfortably and make a pass. Making them uncomfortable limits their ability to make a lob pass.



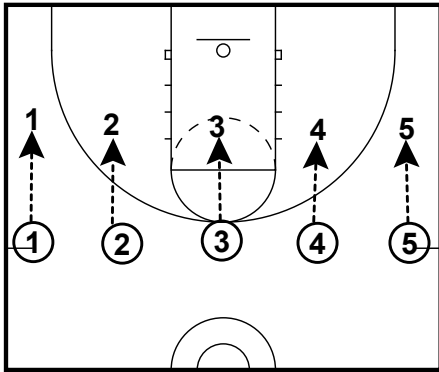
**DEFENDING BALL SCREENS:** By rule we will switch ball screens. This is the base of our 10 defense. We will game plan for certain teams and players by also doing the following with ball screens:

- \*hedge and release
- \*trap the ballhandler
- \*keep your person and go under the ball screen
- \*keep your person and go over the top of the screen

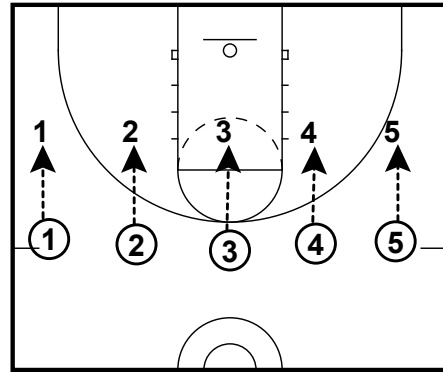


# Guarding The Ball: Closeout Drills

Partner Closeout



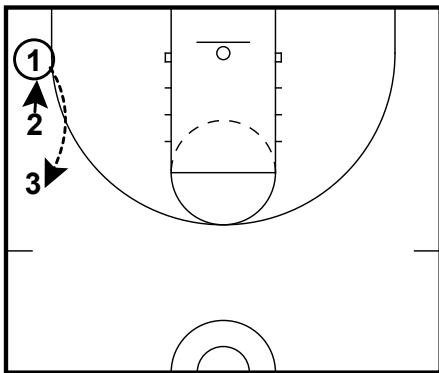
Partner Closeout



Players line up about 10-15 feet apart facing each other. On coach's command, players with the ball will roll the ball to their partner. Partner picks up the ball and gets in a triple threat position. Player who rolled the ball sprints to the player with the ball and executes a proper closeout. Offense will pivot a few times and sweep the ball through. Defense stays in a good stance and mirrors the ball. On whistle, the rep ends. Repeat the drill with the offensive and defensive player switching.

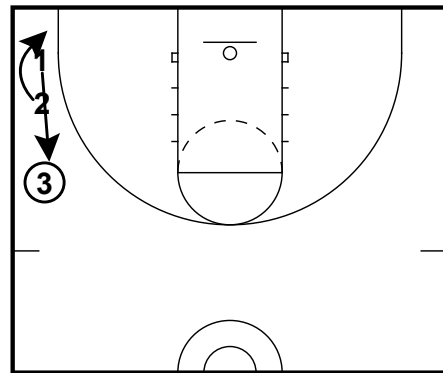
The next step in partner closeout is after the closeout the offensive player will pivot a couple of times and then take one dribble to the right or left (designated ahead of time by the coach). The defender will have to make an explosive defensive step to stay in front of the offensive player. Offensive player pivots again and moves the ball as the defender mirrors the ball. Rep ends on coach's whistle.

3 Person Closeout Drill



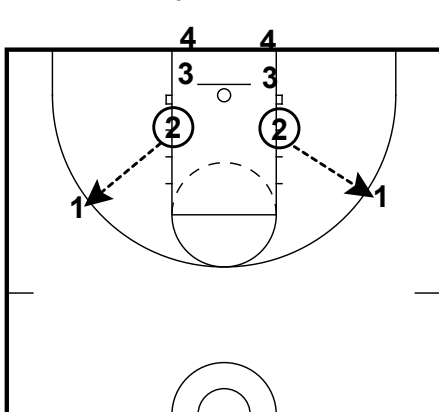
This drill works on both closeouts and passing under pressure. 1 starts with the ball. 3 is 12-15 feet from 1. 2 starts on defense in the middle of 1 and 3. 3 will execute a closeout on 1. 1 pivots, steps through and makes a pass to 3.

3 Person Closeout Drill



After making the pass 1 will now become defense, sprint to 3 and execute a closeout. After the pass had been made by 1 2 (who was on defense) takes 1's spot. The drill is continuous and will go for 30 seconds. High intensity.

Vegas Closeouts

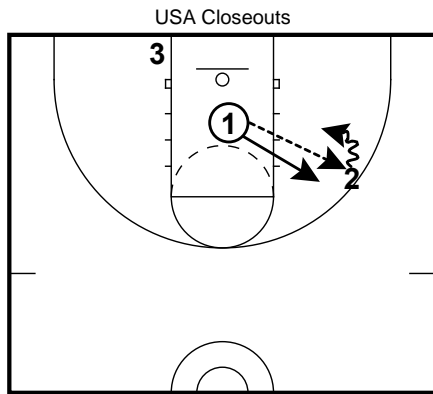


2 passes to 1. 2 closes out. 1 will take two dribbles right or left and 2 must keep 1 in front of them. 1 picks up their dribble and pivots while 2 mirrors the ball. Rotate defense to offense to out.

Work on closeouts for shooters and slashers.



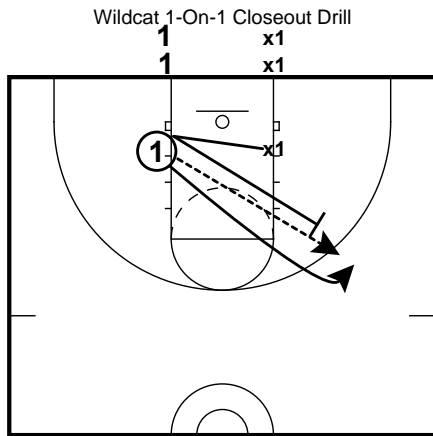
# Guarding The Ball: Closeout Drills



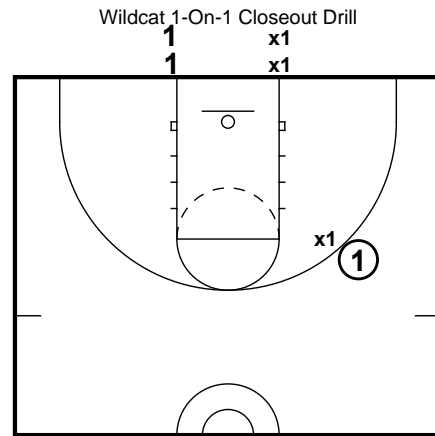
1 starts on defense and has a ball. 2 starts on offense. 3 is out.

1 passes to 2. 1 closes out on 2. 2 attempts to score.

Rotate offense to defense to out.



Defender starts on the right block. Offense starts with a ball on the left block. Offense rolls the ball out toward the three point line and sprint after it. When offense picks up the ball they will execute a designated pivot. As soon as the offense rolled the ball, the defender will sprint to the left block, touch it with their hand, and then sprint to the offensive player and execute a closeout. Rotate lines.

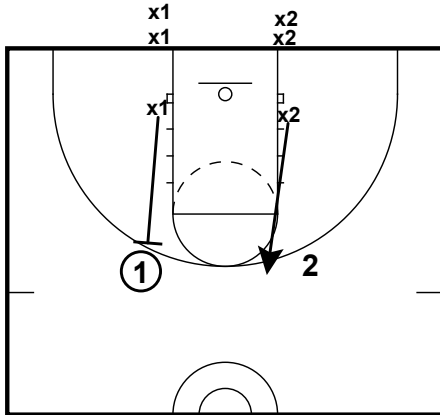


After each player gets a few reps of a basic closeout then add:  
 \*A few reps where offense takes two hard dribbles to the right or left. Defense must closeout and shuffle to stay in front. Then a few reps where they play live one-on-one.



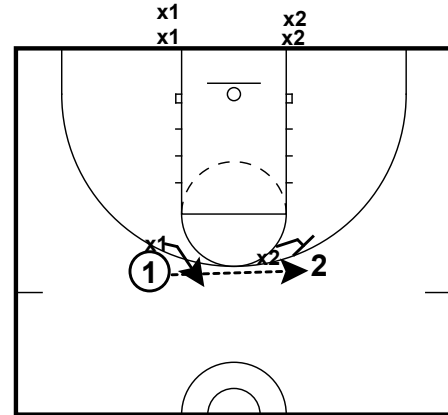
# Guarding The Ball: Closeout Drills

2-On-2 Continuous Help & Closeout Drill



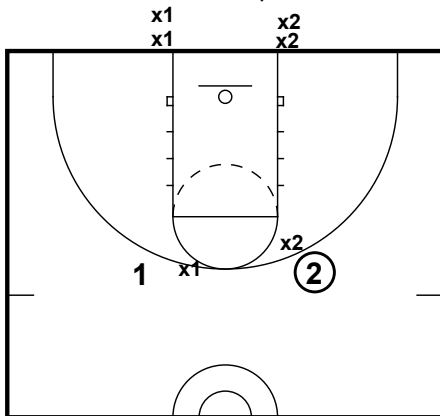
Two coaches (1 and 2) start a step wider than the lane line and beyond the three point line. One coach starts with the ball. On the slap of the ball x1 will closeout on the ball and x2 will sprint to a denial position.

2-On-2 Continuous Help & Closeout Drill



1 passes to 2. x1 then gets in a denial position while x2 aligns correctly on the ball. 1 and 2 will make a total of three passes per rep. Each time x1 and x2 will get to either on the ball or denial positions. Defenders must yell "ball" or "deny" with each pass.

2-On-2 Continuous Help & Closeout Drill



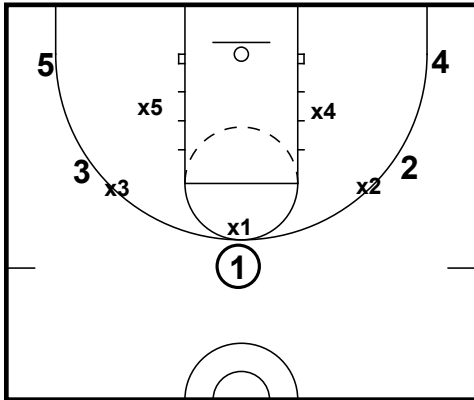
After the third pass the next two defenders will sprint in to the drill while the two defenders already involved sprint off. New defenders must yell the defenders name who they are coming in for. 1 and 2 do not wait or pause for the new defenders, the drill keeps going.





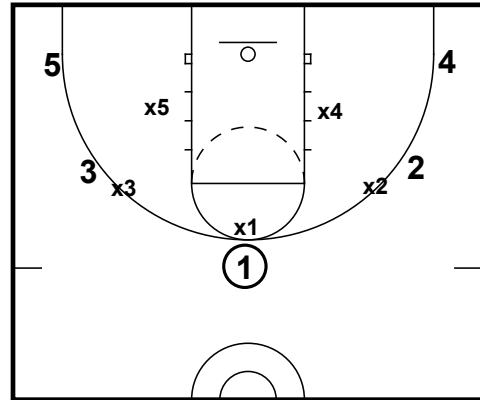
# Defensive Shell Drills

Stationary Shell Drill



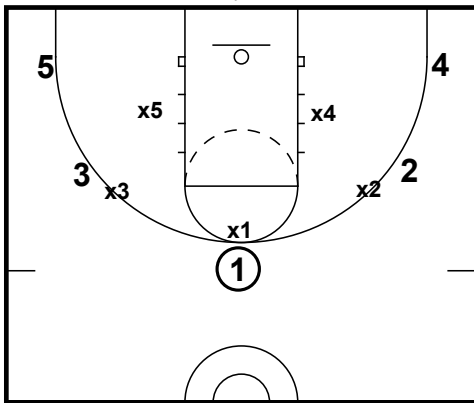
The purpose of this drill is to work on  
 1. Positioning of our defenders on and off the ball  
 2. Defensive stance & footwork  
 3. Communication

Stationary Shell Drill



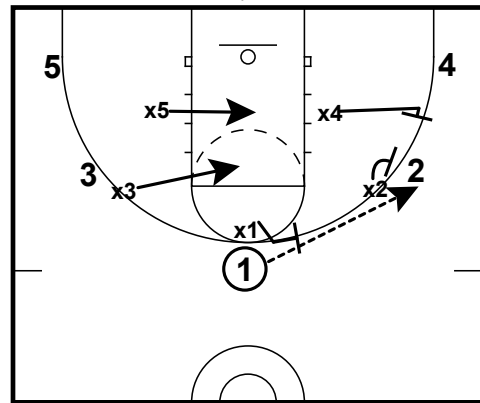
Offensive players do not move in this drill. The drill starts with 1 having the ball. All defensive players must get to their proper defensive position when 1 has the ball. To help encourage communication on the floor each defensive player will yell out which position they are in. They will yell "BALL" when guarding the ball. Yell "HELP" when they are in help position. Yell "DENY" when in one pass away denial position.

Stationary Shell Drill



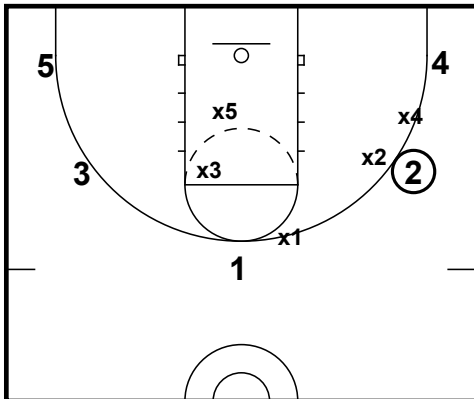
Offense will pass the ball around the perimeter. Defense allows passes to be thrown and caught by offense. With each pass that is made the defenders will all move to the proper Ball, Help, or Deny position. Coach can dictate how quickly passes are made. Start by having the offense pass only on the coach's command. Then have the offensive players hold the ball for a count of two before passing. Finally, have the players pass at their own speed.

Stationary Shell Drill



1 passes to any player (this diagram shows passing to 2). Defense moves accordingly: x2 gets nose on high shoulder, shoulders parallel. x1 and x4 gets to one pass away deny. x3 and x5 get to midline in flat triangle.

Stationary Shell Drill

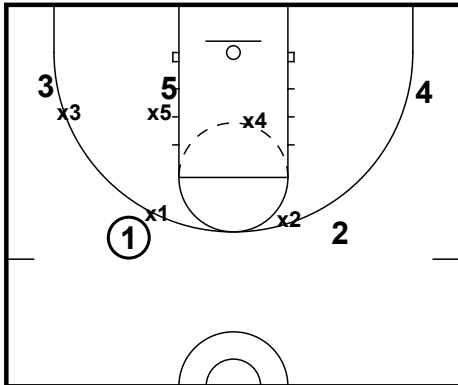


Drill continues with 2 passing to any player they like. Continue. Keep reps short for each team. Go no longer than 30 seconds and switch offense and defense. Keep it intense.



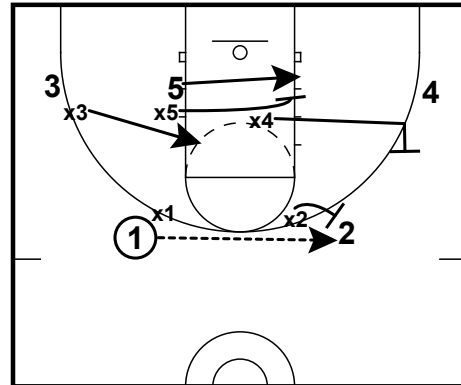
# Defensive Shell Drills

Stationary Shell Drill With Post Drill



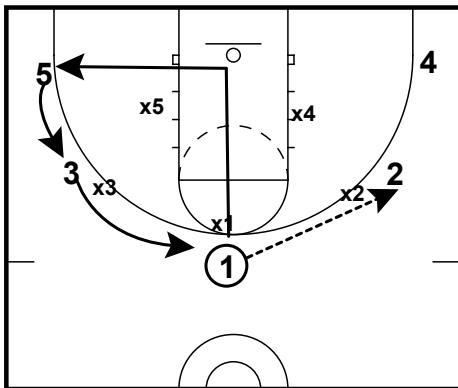
Offense will pass the ball around the perimeter. Defense will allow all passes to be caught. With each pass made the defense must move accordingly and get to their proper ball, help, deny positions. Offensive post player will move from block to block and mid posts area and force x5 to stay to the front.

Stationary Shell Drill With Post Drill



If 1 passes to 2, x2 gets in proper on ball position. x4 must sprint to one pass away deny. x1 gets to one pass away deny. x3 gets to help (flat triangle) at the midline. 5 follows the ball to the ballside block and x5 bumps the cutter and stays to the front between their player and the ball. Continue with each pass. Keep reps at 20-30 seconds in length.

Shell Drill With Movement Drill

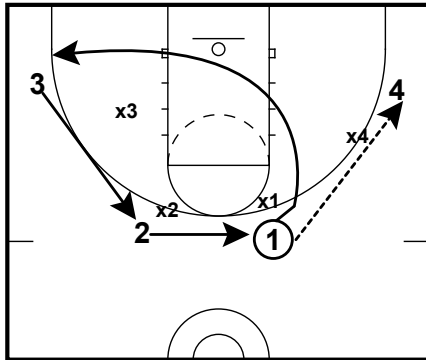


This drill continues to work on stance, communication, and defensive positioning on the floor depending on where the ball is located. Defense will execute our man-to-man defense principles: pressure the ball/align correctly, deny one pass away, flat triangle/help position when two passes away. Defense allows passes to be made. Talk "ball - help - deny". Deny cutters through the lane. Offense is not looking to score. They will pass & cut. Reps should be 20-30 seconds of intense defense.

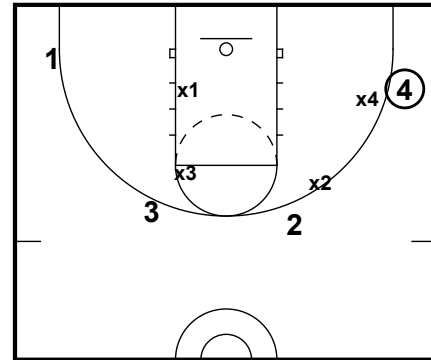


# Defensive Shell Drills

4-On-4 Shell Basket Cuts



4-On-4 Shell Basket Cuts



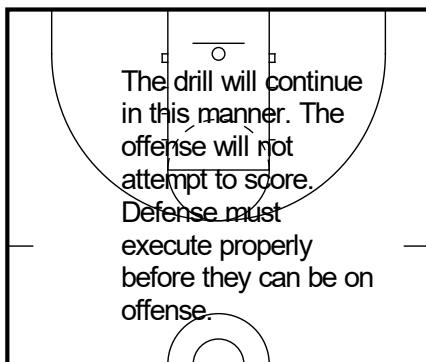
The objective of this drill is to work on the defense defending basket cuts and also getting to the proper defensive position (depending on the location of the ball and the person they are guarding).

Defending the basket cut:

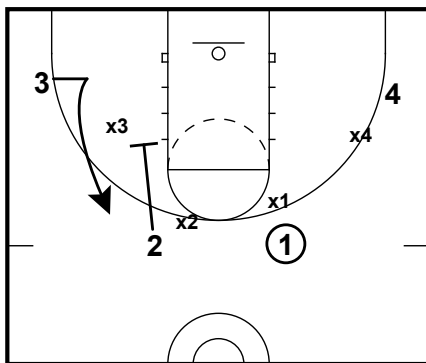
When guarding the ball and a pass is made the defender will jump to the ball. When the offensive player makes a basket cut the defender will cut off their path with a bent forearm to their chest so the offensive player must take a different route on their cut. We do not want to follow the offensive player cutting to the basket.

Offense will look to occupy the four spots as seen in the diagram. Offensive players will pass and basket cut. After the basket cut the cutting player will cut to the opposite side of the floor. The other players will rotate over a spot.

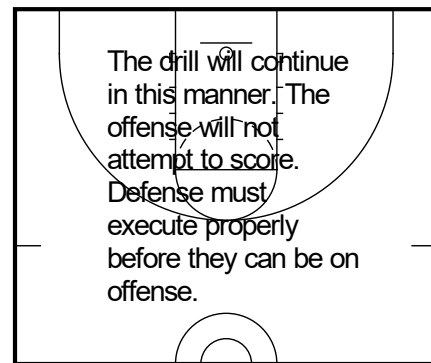
4-On-4 Shell Basket Cuts



4-On-4 Shell Drill: Down Screens



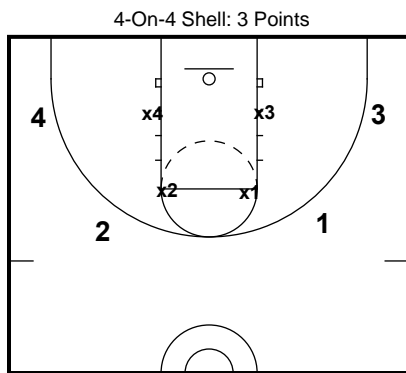
4-On-4 Shell Drill: Down Screens



The objective of this drill is to work on the defense defending down screens and also getting to ...



# Defensive Shell Drills



\*3 teams: maroon, white, gold

\*The defense plays defense for three possessions and attempts to hold the offense under three points.

\*3 point baskets = 3 points

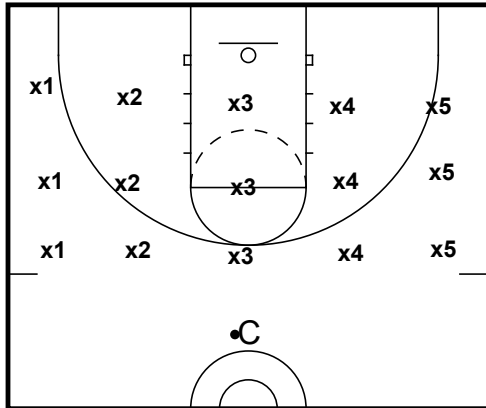
\*2 point baskets = 2 points

\*At any point of during the three possessions the offense gets to 3 points, the defense loses and they are out. Offense then goes to defense. New team in is on offense.

\*Team that has the most wins during the time, wins the drill.

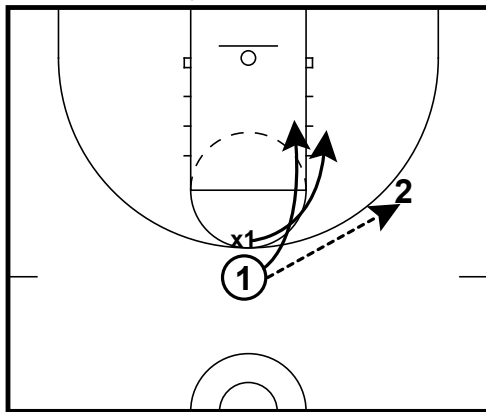
# More Halfcourt Defense Drills

Defensive Stance Drill



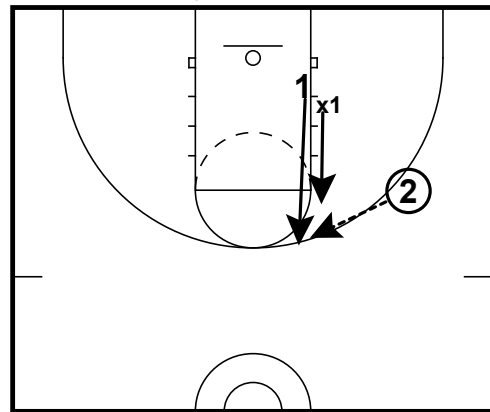
Players spread out in the half court and face the coach. Coach is in front of the players with a ...

Jump To The Ball Drill



1 passes to 2. 1 makes a basket cut. On the pass to the wing X2 jumps to the ball and in front of the cutter to deny the basket cut.

Jump To The Ball Drill

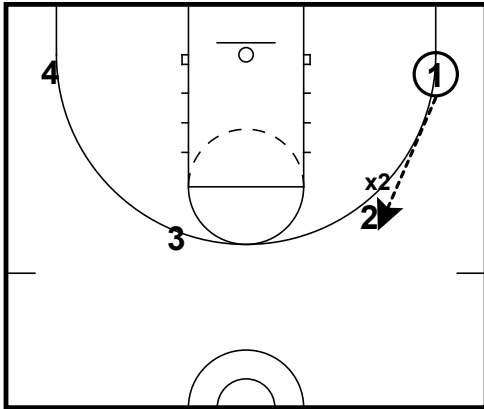


After 1 makes the basket cut they will attempt to get open at the top of the key area. X1 continues to deny and prevent a pas to 1. When 1 receives the pass 1 and X1 play 1-on-1.



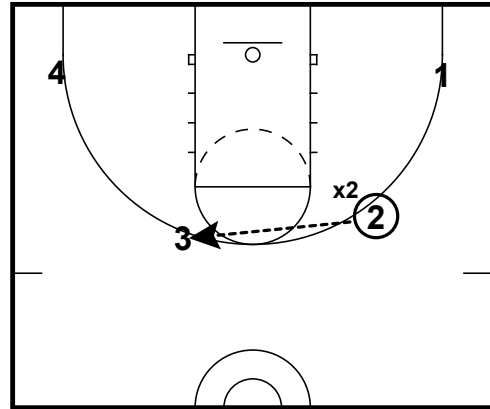
# More Halfcourt Defense Drills

Meet The Cutter Drill



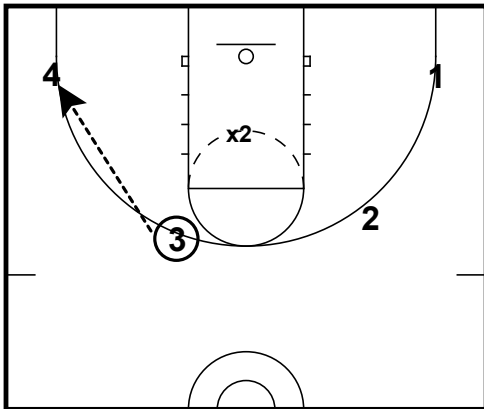
The purpose of the drill is to work on defensive positioning as the ball moves, denying a cutter through the lane, and post defense. 1 starts with the ball in the corner. x2 starts in a denial position. x2 will let all passes go through before the person they are guarding cuts. 1 passes to 2.

Meet The Cutter Drill



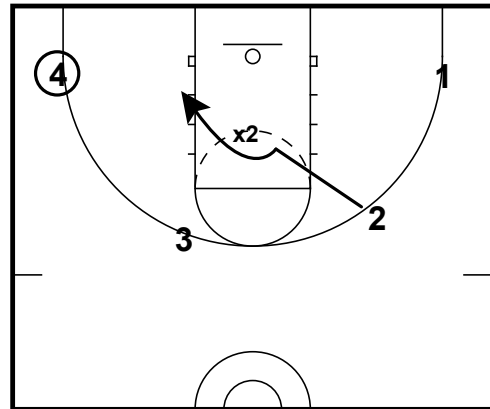
x2 now gets in proper on the ball position, applying ball pressure. 2 passes to 3.

Meet The Cutter Drill



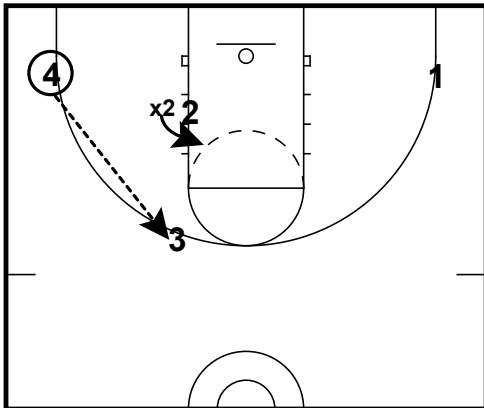
x2 is now in denial position when 2 passed to 3. 3 passes to 4. When this happens x2 must get to a help position at the midline in a flat triangle.

Meet The Cutter Drill



As soon as 4 catches the ball 2 tries to cut to the ballside block for post up position. x2 will make contact with 2 and force them in a different direction (preferably high). Once 2 gets to the block area they continue to try to post up and x2 attempts to stay to the front side.

Meet The Cutter Drill

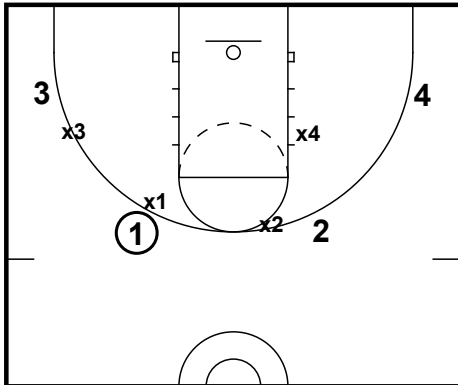


If 2 is not open 4 can pass to 3 or 1 and 2 and x2 continue to battle in the block area. The rep ends when either 2 scores or x2 gets a turnover or defensive rebound.



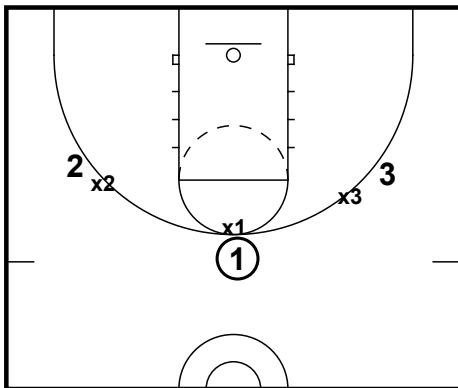
# More Halfcourt Defense Drills

Husker Drill



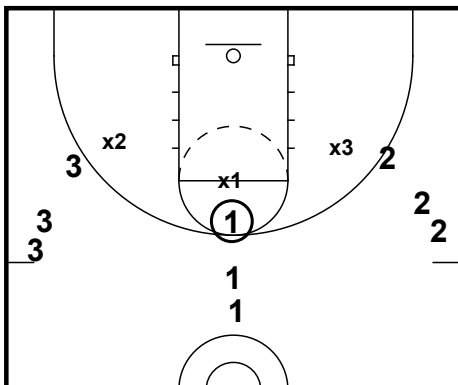
The four offensive players can start wherever they like. Four defensive players must start in proper position based on where their person is and where the ball is located. Play 4-on-4. If defense gets a stop they continue to play defense. One point is awarded for a stop. If offense scores, they become defense. Most points, wins.

3-On-3 Dead Ball Drill



This drill works on denial defense, pressuring the ball, pivots, and passing under pressure. The three offensive players can line up wherever they like, using the entire half court. The three defenders are in an all out deny (no help responsibilities). Do not let your person catch the ball. Offense is not trying to score and they cannot dribble. Offense must play keepaway for 30 seconds. If the offense is successful, the defense runs. If the defense is successful in stopping the offense, the offense runs.

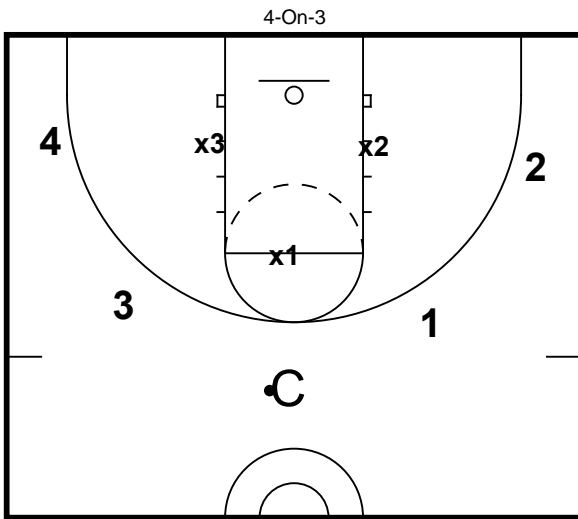
Hilton 3-On-3 Drill



Defense must get three stops in a row to get out. They must be clean stops (no offensive rebounds). New offense comes in after each possession so the defense is always going against a fresh group of offensive players.



# More Halfcourt Defense Drills



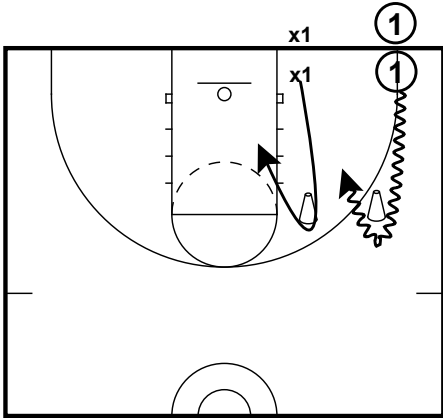
3 teams: Maroon, White, and Gold ...





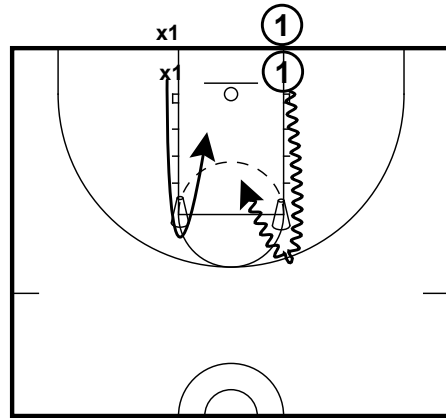
# 1-On-1 Finishing Drills

1-On-1 Marquette Drill



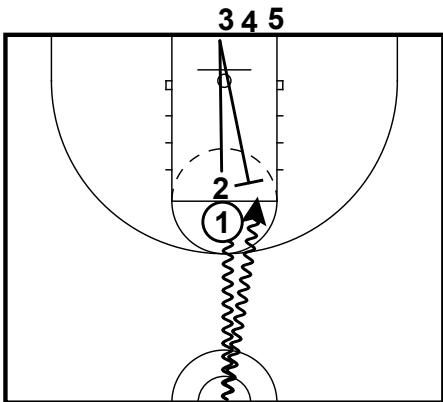
1 dribbles around the cone. X1 sprints around their cone. 1 is attempting to score while X1 attempts to get in front of the offense. When rep is over, switch lines.

1-On-1 Marquette Drill



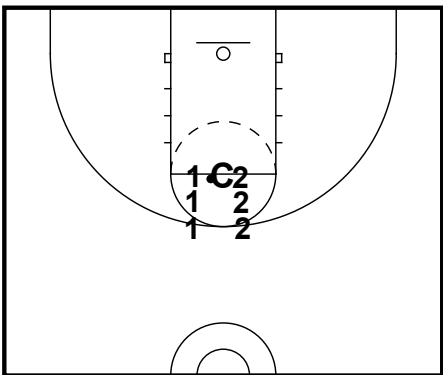
The cones can also be place at the elbows for more of a post like on the ball defensive drill.

Martin 1-On-1



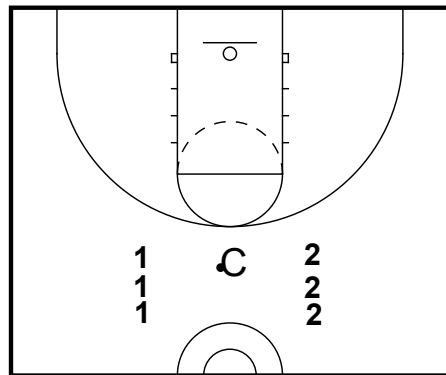
1 starts with the ball. 2 is on defense. 1 and 2 stand shoulder to shoulder facing the same sideline. When coach yells "Go!" 1 dribbles to half court while 2 sprints to the baseline. 1 attacks the basket while 2 attempts to closeout and keep them away from the rim. If you score or draw a foul, you stay on offense and a new defender comes in.

Handoffs 1-On-1



Coach stands between 1 and 2. Coach has a ball. Coach will handoff to either 1 or 2. If Coach hands off to 1, 1 is offense and 2 is defense. 1 attacks the hoop while 2 tries to block their shot.

Handoffs 1-On-1

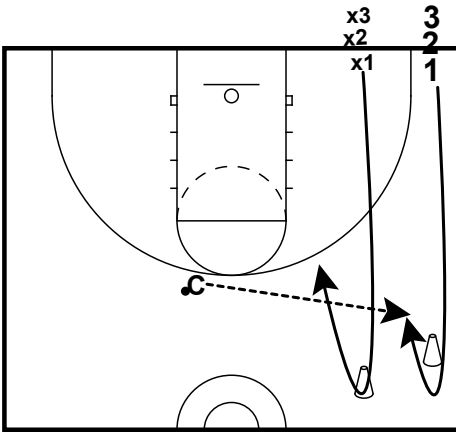


Variation: Same as first drill. Start beyond three point line and players are wider than lane line extended. Coach throws ball to either player.



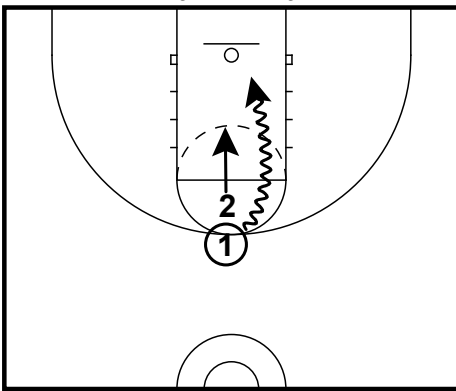
# 1-On-1 Finishing Drills

Catch & Attack 1-On-1



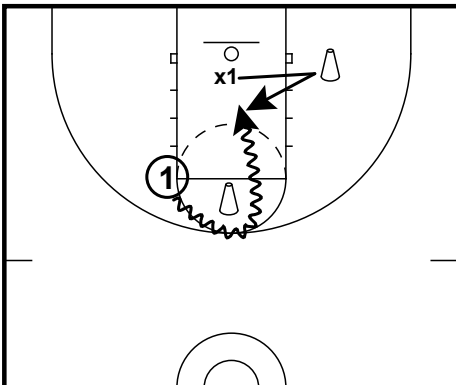
Form two lines along the baseline, one offense, one defense. The offense line is along the ...

Michigan Finishing Drill



1 and 2 both face the basket.  
 1 places the ball on 2's back.  
 1 rips the ball off 2's back and attacks the basket.  
 2 tries to defend the basket as 1 tries to finish.

Louisville 1-On-1



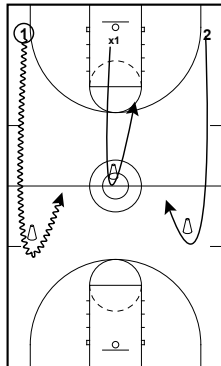
1 starts at the elbow while X1 starts right underneath the basket. On coach's call, 1 dribbles around the cone and attempts to get to the basket while X1 sprints to touch the cone. X1 attempts to stop the score.

If 1 scores, they go back to the offense line. If X1 gets a stop, they go to the offense line and 1 goes to the defense line.



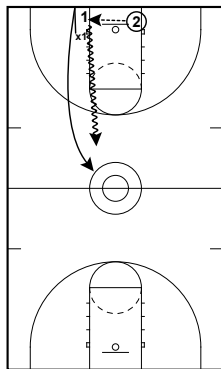
# Transition Drills

Saluki Drill



Two teams: Maroon and White. Each player for each team gets a chance to play defense one time. 1 point awarded for a stop. Team with the most stops, wins. 1 has the ball and is on offense with 2. X1 starts under the basket. On coach's whistle all three sprint (1 speed dribbles) around the cone ahead of them and then come back to play 2-on-1. X1 must backpedal back after rounding the cone.

Full Court Catchup Drill

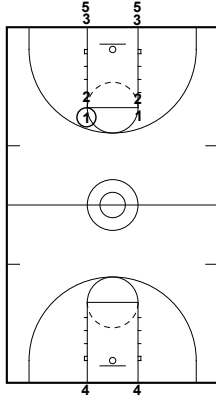


Player 2 starts with the ball (can be a coach). 1 starts on the end line. X1 starts directly in front of 1, facing them. 2 passes the ball to 1. As soon as 1 catches the ball, X1 must touch the endline with their foot, turn and sprint to get ahead of 1 who is speed dribbling down the court. X1's goal is to get ahead and turn the dribbler as many times as they can. 1 attempts to score.

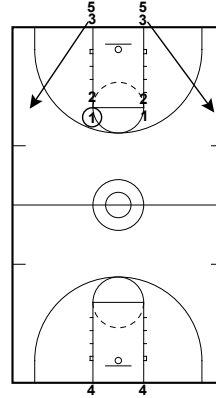


# Transition Drills

2-On-2 Continuous Transition Drill



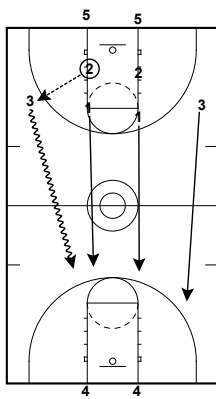
2-On-2 Continuous Transition Drill



Divide the team into pairs. Rule: The team that finishes offense is the team that will be heading back in transition defense. The drill starts with 1's starting at the elbows. 2's start on defense. 3's and 5's start on the baseline of the same side the drill starts. 4's start on the baseline at the opposite end of the starting point of the drill. If you split into more pairs just at the 6's at the same end as the 4's, 7's same end as 3's, etc.

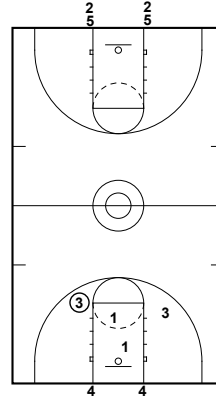
Drill starts with 1's attempting to score against 2's. When 2's gain possession (after made basket, turnover, or defensive rebound) the 3's will sprint to the wing outlet area and receive an outlet from 2.

2-On-2 Continuous Transition Drill



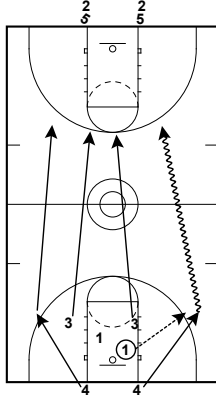
1's were on offense so they now become defense. 3's transition on offense, 1's on defense.

2-On-2 Continuous Transition Drill



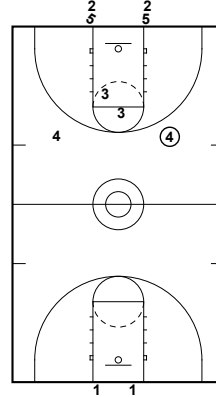
3's play against 1's.

2-On-2 Continuous Transition Drill



When 1's gain possession 4's sprint to the wing outlet area. 1 outlets to 4. 3's were on offense so they transition back on defense against 4's.

2-On-2 Continuous Transition Drill

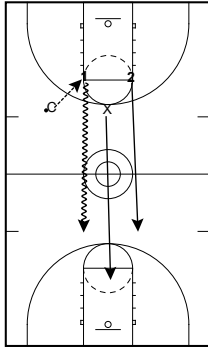


4's play against 3's. When 3's gain possession 5's sprint to the outlet and receive an outlet pass from 3. Drill continues in this fashion.



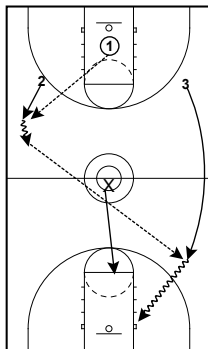
# Transition Drills

## Lutz 2-On-1 Transition Defense Drill



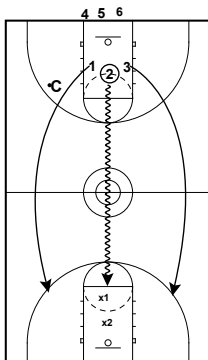
Coach starts with a ball. Two offensive players (1 and 2) start at each elbow. One defender, X, starts at the top of the key and facing the offensive players. Coach throws the ball to either 1 or 2. In this diagram 1 is receiving the pass. On the catch 1 and 2 transition on offense while X retreats on defense. Offense attempts to score. It is important that the defender sprints ahead of the offensive players. Do not run with them. The defender should get back into the lane area, turn, and then defend.

## Quick Strike Wings



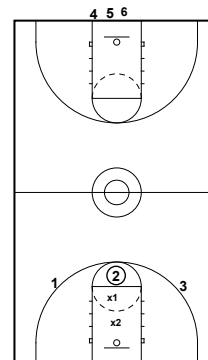
1 throws the ball off the backboard and rebounds. 2 is the outlet. They want to stretch the outlet down the floor. 1 outlets to 2. 3 starts to sprint down the court when 1 gathers the rebound. X gets back on defense once the outlet is made. 2 passes ahead to 3. 3 attacks the hoop to score.

## 3-On-2/2-On-1



Coach shoots. 1, 2, and 3 all attack the boards to get the rebound. Once the rebound is secured 1, 2, and 3 will fill the lanes and advance the ball to the other end to play 3-on-2 against x1 and x2. The diagram above shows 2 getting the rebound.

## 3-On-2/2-On-1



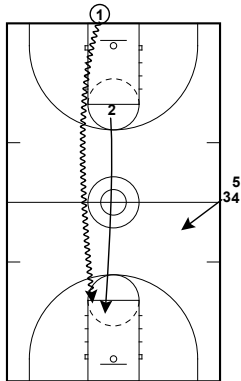
The rule for coming back to the other end is the player on offense that shot the ball or turned ...

\*\*Once they get the ball all of the players and managers count and yell "0, 1, 2!" and all three players want to be at or past half court when they hear "2".

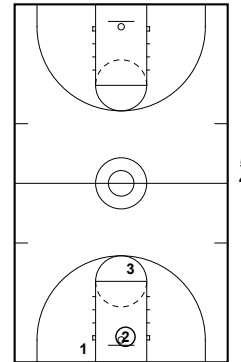


# Transition Drills

1-On-1 Continuous



1-On-1 Continuous



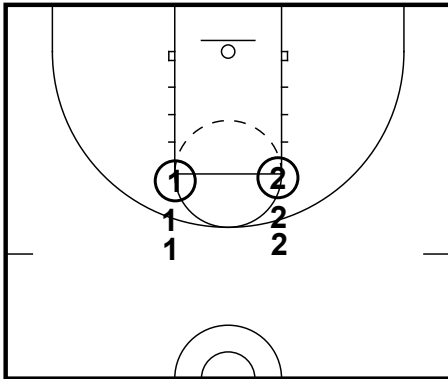
1 is on offense. 2 is on defense.  
 \*1 attempts to score at the other end while 2 attempts to stop them.  
 \*Play it until 2 gains possession of the ball.  
 \*as soon as the ball crosses half court 3 will start walking on the court. They are not involved with this possession, but they will become the next defender.

\*As soon as 2 gains possession, 2 is now offense and will play one-on-one against 3.  
 \*2 tries to score at the other end while 3 attempts to stop them.  
 \*1 goes to the end of the line on the sideline.



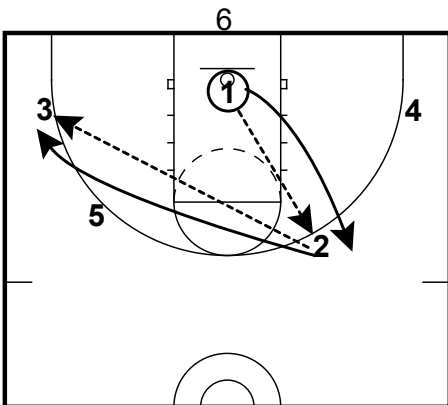
# Team Shooting Drills

Speed Shooting Drill



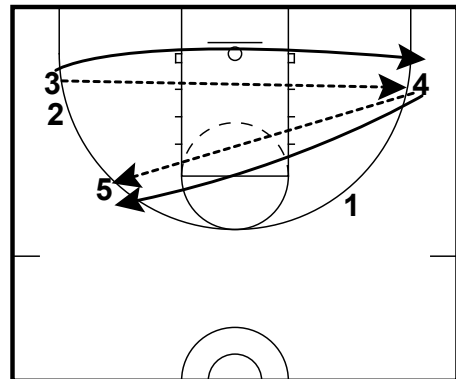
Players are split into teams. Coach designates the spot on the floor where all the teams shoot from. This diagram shows the elbows as that spot. There will be groups shooting at the elbows at the other hoops in the gym as well. Each team needs one basketball. Teams get one minute to shoot. Player shoots and gets their own rebound. Then passes to the next person in line. Teams count the number of makes they get in a minute. After this spot the coach will choose a new spot the teams will shoot from.

Stanford Shooting Drill



Six players per group is ideal for this group to maximize the number of shots each player gets. 1 starts with a ball under the basket. 1 passes to 2 and sprints to take 2's spot. 2 passes to 3 and sprints to take 3's spot.

Stanford Shooting Drill



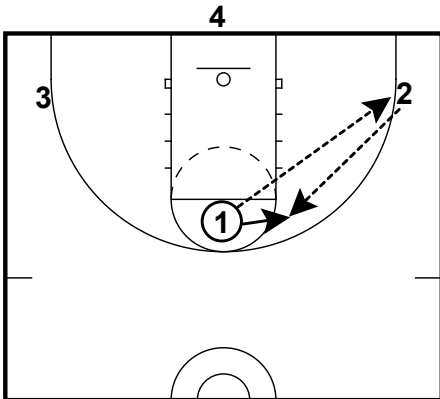
3 passes to 4 and sprints to take 4's spot. 4 passes to 5 and sprints to take 5's spot. 5 shoots.

6 starts their rep after the player in 3's spot catches a pass. With two basketballs going at the same time it speeds up the drill and forces players to work harder.



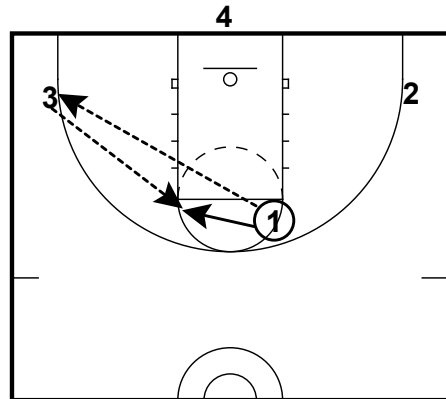
# Team Shooting Drills

Lehman Shooting



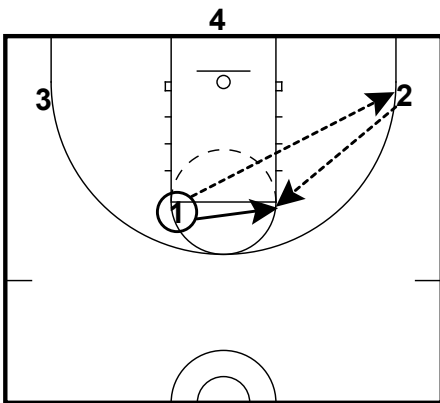
1 starts with the ball in the middle of the free throw lane. 2 and 3 are passers in the corners. 4 is the next player waiting to come in. 1 passes to 2, 1 shuffles over to the elbow and 2 quickly returns a pass to 1.

Lehman Shooting



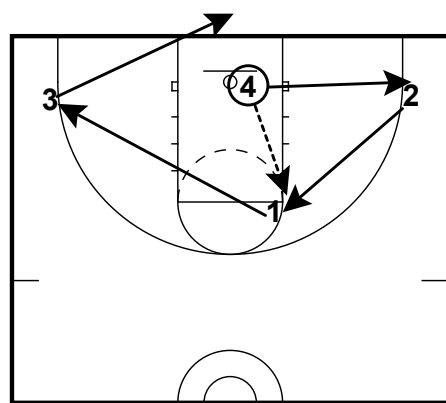
1 then passes the ball to 3. 1 sprints to the ballside elbow and 3 immediately passes back to 1.

Lehman Shooting



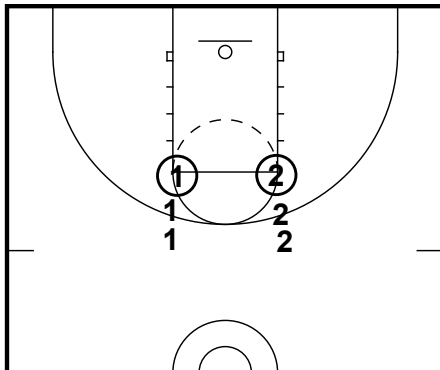
1 immediately passes to 2. 1 sprints to the ballside elbow and receives a pass from 2. 1 shoots.

Lehman Shooting



4 rebounds. 2 now becomes shooter, 4 goes to the corner, 1 goes to other corner, 3 now is out as the rebounder. 2 now repeats the process...3 passes and a shot.

Plus 1 Negative 1 Shooting Drill



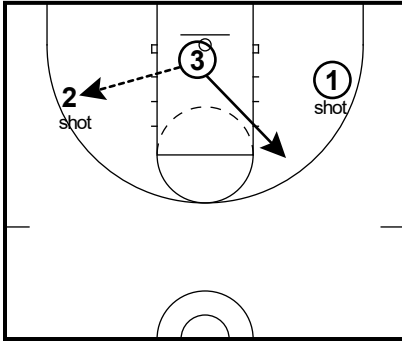
Divide team into groups so there are 3 or 4 players per group. Better to have fewer number of ...





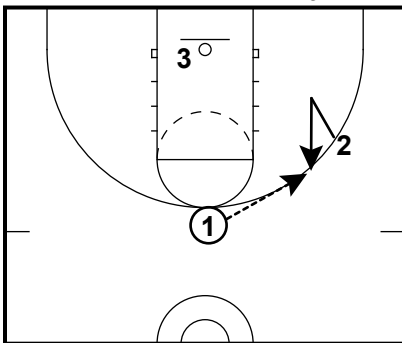
# Team Shooting Drills

Olympic Shooting



1 starts with a ball from a spot on the floor they will shoot from. 2 starts from a spot they will ...

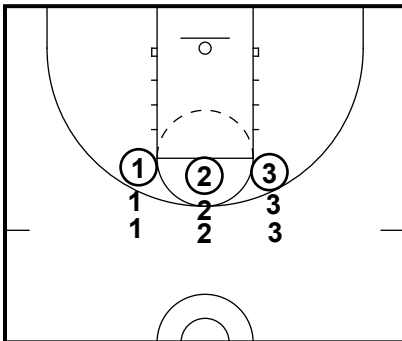
V-Cut In A Row Shooting



Three players per group with one ball. 1 is the passer, 2 the shooter, and 3 the rebounder. 2 chooses where they want to shoot from. They will V-Cut and receive a pass from 1. 2 shoots. 2 will continue shooting as long as they make a shot. They must V-Cut before each shot. When 2 misses the three players will rotate so there is a new shooter. Rotate: 1-2-3.

Most made baskets in a row, wins.

85 In 5 Shooting Drill



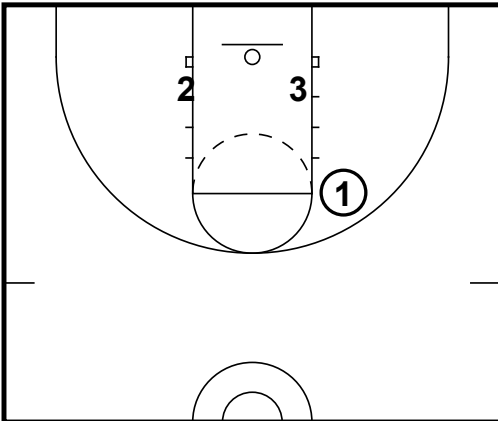
The players listed are all competing together on the same team. Other groups will be set up the same way at different baskets.  
 Three lines. First player in each line has a ball. Players will shoot, get their own rebound, and pass the ball to the next person in line. Shooter will then rotate to the next line (1 goes to 2, 2 goes to 3, 3 goes to 1).  
 The goal is to make 85 shots as a team in 5 minutes.

Variation: Move the shooting spots.



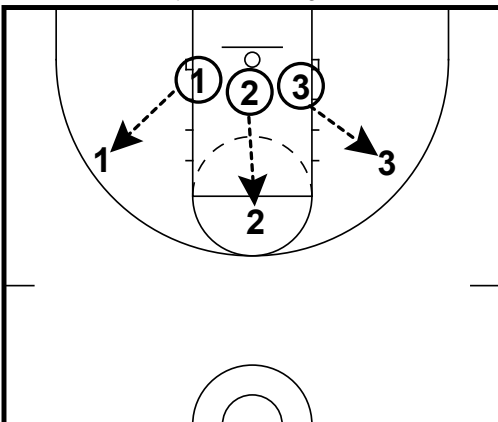
# Team Shooting Drills

Twenty Shooting Drill



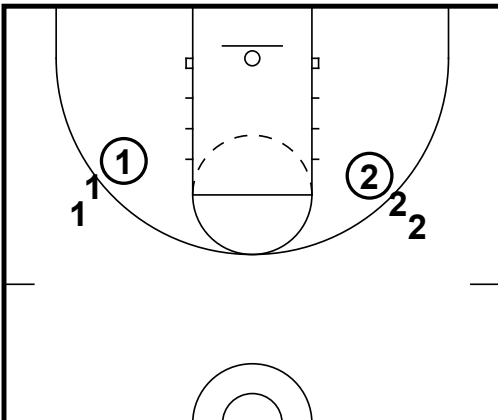
Put three players at each basket. Players are competing against the other players at their ...

Super 60 Shooting Drill



Six players are at each basket. At each basket 1's are partnered up, 2's are partnered up, and 3's are partnered up. These six players are competing together as a group. One player will shoot ten shots while their partner rebounds. Then the partners switch their rebounding and shooter roles for ten shots. Keep repeating this. The first team of six to make 60 baskets, wins.

Up 3 Drill

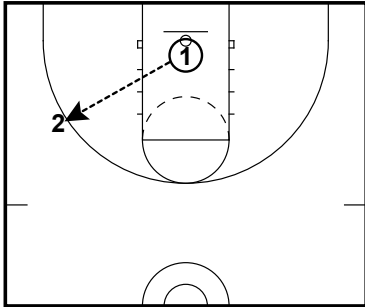


Players will shoot, get their own rebound, and pass to the next person in their line. Teams will yell out the number of shots they make. As soon as one team is ahead of the other team by three shots, they win. Move to a different spot and repeat.



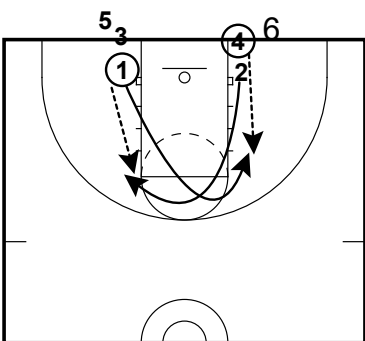
# Team Shooting Drills

7-21 Shooting Drill



The goal is for player 2 to complete the series of a total of 21 shots in 90 seconds. Player 1 is ...

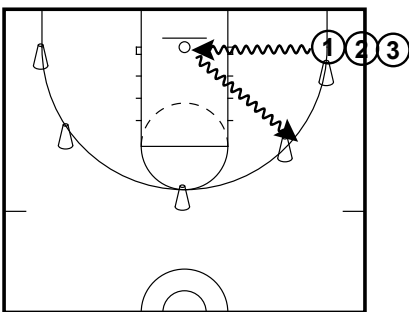
Team Shooting Drill



Split the team into two lines. In one line the first person, 1, starts with a ball. In the other line, the second player in line, 4, starts with a ball.

Shooters get their own rebound and give the ball to the next person in line. Players move the distance of their shots further out as the drill progresses.

5 Spot Layups



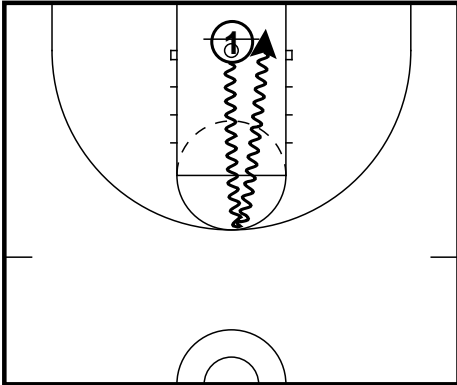
All players have their own basketball. 1 dribbles in for a layup from the baseline. Get your own rebound. Speed dribble out to half court and turn back to the spot of the second cone and continue to shoot a layup coming in from that angle. Repeat from each cone until the fifth layup has been shot. After shooting the last layup, players will return to the beginning spot and repeat.

Next player begins after the the player in front of them has taken their second dribble. This drill is done for 3 minutes.



# Team Shooting Drills

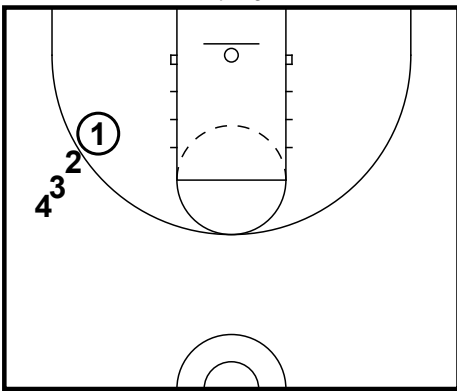
30 Second Layups Drill



1 player shoots continuous layups for a total of 30 seconds. Player will start underneath the basket, speed dribble to the three point line, and dribble in for a layup. Player will get their own rebound and repeat for 30 seconds.

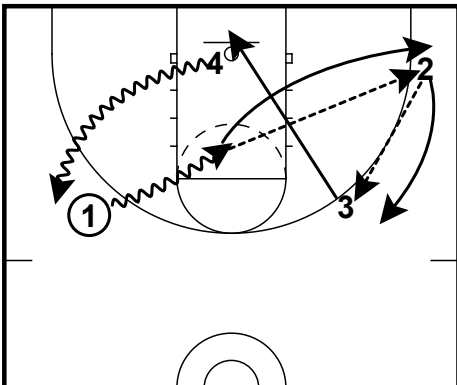
Do equal number of reps for each hand.

Crazy Eights



Split the team into groups of four or more. Each group has one ball and their own basket. ...

4-Man One More Shooting



1 dribble attacks into the lane and passes to 2.  
 2 yells "one more!" and 2 quickly passes to 3.  
 3 shoots.  
 4 rebounds and dribbles out to the 1 line.

Drill Rule: After making the pass, follow to that line. After shooting 3 becomes 4 (rebounder)

