



WAA Traveling Basketball  
Coaching Packet  
2021 – 2022

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# WAA TRAVELING BASKETBALL

## Key Dates

Last Updated: October 2, 2021

Thanks for volunteering to coach this season! The success of the program is a direct result of our volunteers! During the season, there are many clinics and fun events for teams to participate in. We will also send out email communication to all families as the dates approach

### **Read & React Coaching Clinic with Jeff Brand, WAA Develop Coordinator**

September 30th @ Valley Crossing Elementary, 7:00pm

- Open to all coaches
- Covers how to run the Read & React Offense and some drills to incorporate into practice

### **Coaching Clinic with Kent Getzloff, WHS Boys Basketball Varsity Head Coach**

October 4<sup>th</sup> @ WHS, 7:30pm

- This clinic is strongly recommended for all coaches
- Covers philosophy, coaching expectations, drills to incorporate into practice
- Equipment will be handed out

### **WHS Season Kickoff**

TBD @ WHS

- This is a fun way to kickoff the WHS Boy's season and show our support for the team. It's also a way for the WAA kids to connect with the older kids.
- We also use this as a fun way to give back to the community by recommending that each family bring a donation for Toys for Tots

### **WAA night at the Timberwolves game**

- TBD

### **WAA night at the WHS game**

- TBD

### **Special Guests of WHS Boys Basketball Team**

The WHS coaching staff allows 1 youth team/home game to be special guests of the team. This includes sitting behind the bench and attending the before game speech in the locker room. This is a great opportunity to see how the high school team prepares for their games.



# WAA TRAVELING BASKETBALL

## Coaching Guidelines

Last Updated: October 2, 2021

Thank you for your interest in coaching for WAA Traveling Basketball. This coaching guide is meant to help new and returning coaches understand their role in our program and provide assistance in finding resources to answer your questions.

Please review the [WAA Traveling Basketball – Boys Program Summary](#), which can be found on the WAA web site on the Boys Traveling Basketball page. This document provides a comprehensive summary of the program for program participants. In particular, as a coach we expect that you are familiar and supportive of the Mission Statement, Program Values, and Program Philosophy.

Should you have any questions or needs please contact John Rodemeyer, Boys Traveling Basketball Director.

### **Mission Statement**

WAA Traveling Basketball is dedicated to growing the player's enjoyment of basketball by developing their skills in practice and applying them at an appropriate level of competition based on their age and ability. Our primary goals are that players improve, have fun, and want to play basketball again next season.

### **Program Values**

Our mission statement is achieved through our program values. These include:

- Fun - traveling basketball is meant to be fun, which is why kids play
- Development - focus on individual and team development, both on offense and defense
- Respect - sportsmanship and how we treat others is a reflection of our priorities
- Positive - encourage and support players & teams in their successes and failures
- Hard Work - effort shows mental toughness and leadership, regardless of outcome
- Teamwork - we would rather lose as a team than win with an individual
- Competition - competitive games make us better, whether we win or lose

\*\* Remember, as a coach you are the face of our program. In addition, you play an important role in helping players and parents/fans maintain the integrity and spirit of youth sports.

### **WAA & WHS COOPERATION**

WAA Traveling Basketball is distinct from WHS basketball. However, we operate with an understanding that supporting each other provides mutual benefit.

WAA leverages offerings from the WHS coaching staff in the following areas:

- Summer oversight and guidance at WHS open gym
- Skills development guidance, recommendations and camps
- Coaching clinics and guidance, including an open invitation to watch practices
- WAA night at a WHS boys basketball game, plus other team nights available



# WAA TRAVELING BASKETBALL

## Coaching Guidelines

Last Updated: October 2, 2021

- WHS Basketball drills included in coaching packet

In return, WAA Traveling Basketball provides opportunities for the WHS teams to work the Woodbury Classic as a fundraiser for their booster program and may support other opportunities and initiatives that broadly benefit both WAA and WHS basketball.

While our mission statement and program values remain consistent across all ages and levels of WAA Traveling Basketball, we believe that there is mutual benefit at the higher grades and levels to have some WHS basketball influence.

\*\* Coaches at 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> grade should be focused on core skill development, and coaches at the 7<sup>th</sup>/8<sup>th</sup> grade should continue to foster skill development, which includes:

- Man-to-man defense (positioning, weak side, help & recover)
- Partial/Full use of motion or flex offense
  - Allows for all players touch ball at all positions on the court
  - Teaches moving without the ball, picks, etc.
- Develop both hands (dribbling and lay-ups)
- Pick & roll fundamentals (on offense and defense)
- Free throws and 10-15 perimeter shooting (all players)
- Basic low post moves (all players)
- Ball fakes and pump fakes
- Shooting form and triple threat on offense

### RECOMMENDATIONS & INSIGHTS

The following are practical ideas that have proven valuable to many of our coaches throughout the years.

#### Communication & Organization

- Send an introductory email within 1-2 days of the teams being announced
- Hold a parent meeting the first week of the season to share your expectations and goals.
  - Cover the practice schedule, tournament schedule, and issue resolution process.
  - Include a short handout that can be emailed to those parents not in attendance.
- Send parents an email with the full practice schedule once it is available. We purchased a subscription to TeamSnap for each of you to use. It's a great resource to communicate schedules to parents.
- Follow-up with weekly emails that include practice reminders & tournament details.

#### Practices

- Try to divide practices into three portions:



# WAA TRAVELING BASKETBALL

## Coaching Guidelines

Last Updated: October 2, 2021

- Warm-up, then age appropriate skills and drills
- Offense (sets, plays, press break) / Defense (man-to-man, zones, presses)
- Scrimmage and games
- Try to use a season-long practice outline:
  - Start with the fundamentals (even at the older ages)
  - Reuse drills for familiarity and for more efficient use of your practice time
  - Gradually layer in plays, defenses, etc. throughout the season
- Limit the number of plays you use (especially for the younger grades) and instead focus on triple threat offense, pick & roll, back cuts, etc.
- Regardless of grade and level, please focus on basketball fundamentals
  - Man-to-man defense and associated skills/drills
  - Dribbling with eyes up and using both hands (control dribble)
  - Shooting with both hands in practice and games (lay-ups)

### Games / Tournaments

- Vary your starting line-up and let kids play with a variety of teammates.
- Tournament schedules usually come out 1-2 weeks prior to a tournament and can be found on that association's web site. MYAS.org has a link to most basketball associations. Tournament schedules are rarely emailed or sent out to coaches.
- Understand how WAA and tournament rules vary by grade and how that impacts play
  - 4th grade – generally man-to-man defense only, with no/limited pressing
  - 5th grade – no pressing allowed (many tournaments allow pressing last 2 minutes of each half)
  - 6th grade plus – no longer equal playing time; much more game management

### **COACHING CLINICS & RESOURCES**

- Coaching Clinic – opportunity to learn from WHS head coach on planning practices as well as learning about the Read and React offense from Jeff Brand, WAA Development Coordinator
- WAA web site – see the “Coaches Corner” page under Boys Traveling Basketball for age appropriate development with skills/drills, links, etc.
- Basketball web sites on the internet
- Coaches – use other WAA coaches as a resource and “steal” plays from opponents
- This packet includes tons of drills and play ideas

### **SEASON OVERVIEW**

- October – practices begin; pick up equipment bag; finalize tournament schedule
- November – tournaments begin
- January – confirm if your team will participate in the state tournament or Rochester
  - Coaches complete registration information and rosters for state
  - End of January – Woodbury hosts tournament; parent volunteer requirements



# WAA TRAVELING BASKETBALL

## Coaching Guidelines

Last Updated: October 2, 2021

- March – season ends
  - Complete Coaches Survey and Player History spreadsheet
  - Return equipment bag

### EXPECTATIONS

The expectations for everyone associated with Woodbury Traveling Basketball are consistent with our mission statement, program values, and program philosophy.

- Coaches
  - Remember that the kids will remember the fun they had more than their record
  - Attitude reflects leadership – be positive and encouraging
  - Observe the playing time rules and embody the program values
  - Communicate practice and game information timely to parents
  - Utilize the WAA Basketball Board, other coaches, and the internet to enhance your coaching abilities and knowledge of the game
  - Complete the coaches survey and player history forms after the season

### ISSUE RESOLUTION

It is our hope that parents have read the Program Summary and understand the expectations we have of them. Please follow the Issue Resolution section of the Program Summary document and support parent's use of the Issue Resolution Form to escalate issues, if needed.

# Skills Progression

Woodbury Athletic Association – Basketball

Questions?

Jeff Brand

[jeff.brand@outlook.com](mailto:jeff.brand@outlook.com)



# Understanding the Skills Matrix



10 Stages players progress through during their time in WAA

Each stage of development builds on the earlier stage



Players are considered proficient in a stage when they can perform all of the skills defined for that stage

Players must be able to perform the skills in all earlier stages to be considered proficient in a given stage



Each skill (dribbling, scoring, passing) is evaluated separately. For example, A player can be a Stage 5 scorer and a Stage 4 dribbler.

# Skills Matrix and Grade Level / Ratings

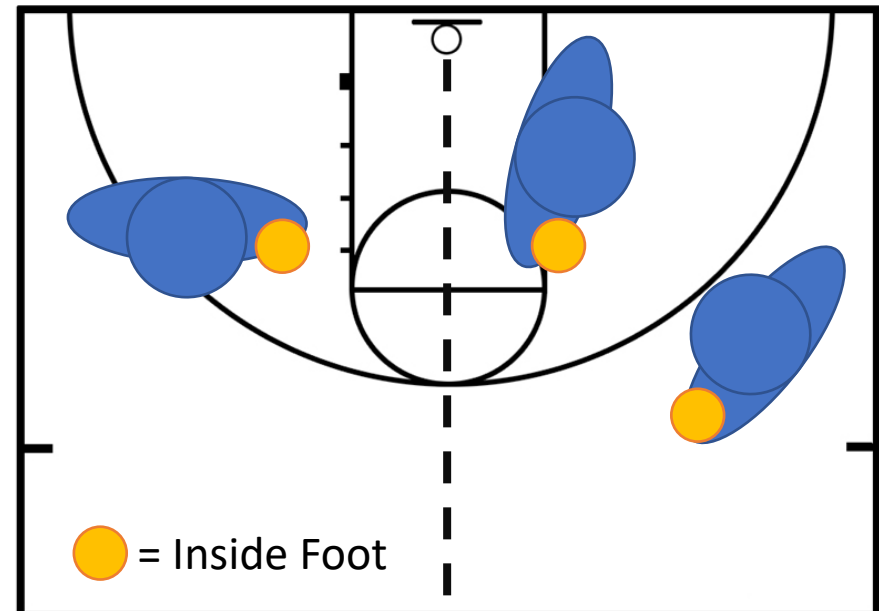
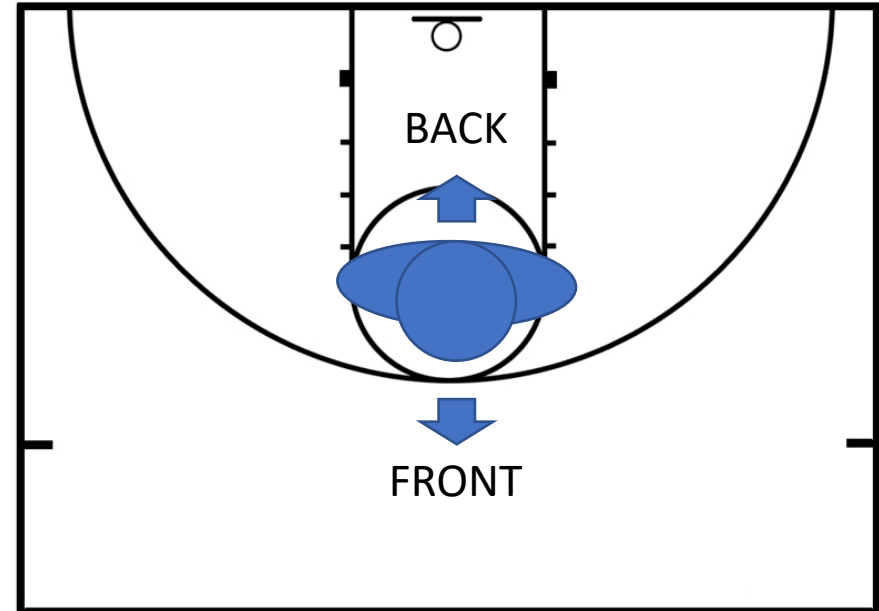
- Each grade level encompasses two skill levels
- The Lower stage is considered B Level skills. The Higher stage is consider A level skills.
- C level players are proficient at skills one grade level lower
  - For example, a 6<sup>th</sup> grader that can is only able to demonstrate Stage 4 skills is a C level player for that skill

# Dribbling Skills Matrix Definitions

- Stationary = Dribbling skill performed while standing in place
- Dynamic = Dribbling skill performed while moving forward
- Cross = Dribble that changes hands after the bounce – different than a Cross Over Dribble
- Cross – Recross = Dribble that goes from one hand to the other then back again. Left hand to right hand to right hand, for example.
- Cross Over = Dynamic dribble that involves a change of direction and the ball going from one hand to the other on the dribble
- Step Through = Stepping with non-pivot foot across the body / defender
- BTL = Between the Legs
- BTB = Behind the Back
- Wrap – Similar to BTB, but the ball is wrapped behind the body to the other side with the ball going more forward than change of direction like the BTB. Predominately used in the open court.
- Combination = Three different dribble types performed back-to-back without any additional dribbles added. Static combination use a cross dribble. Dynamic or attack combinations use a cross over. The order of the dribbles is not important.

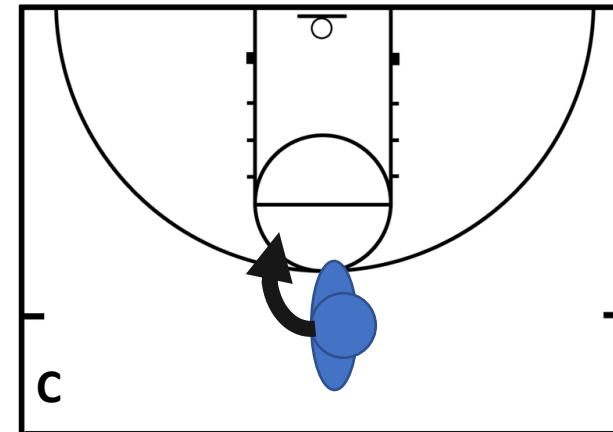
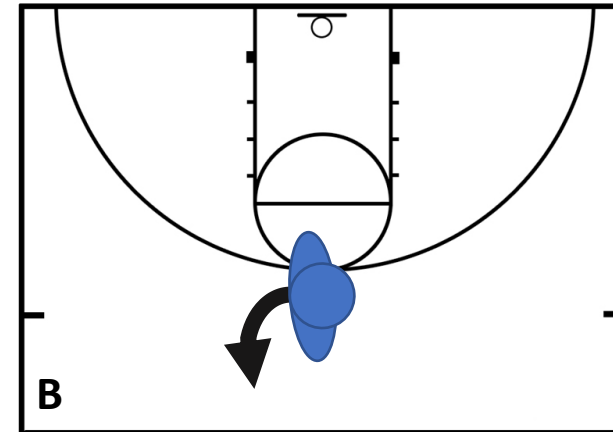
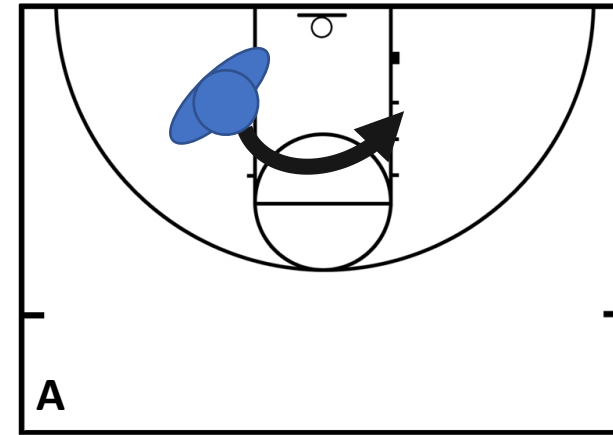
# Pivot Terminology

- For consistency, pivots are defined as follows
  - Front = Direction the player is facing / the player's chest
  - Back = Opposite of front / the player's back
  - Inside Foot – The player's foot that is closest to the court midline (or the baseline if both feet are same distance from the midline)
  - Outside Foot – not the inside foot



# Pivot Terminology

- Combine inside/outside with front/back to describe a pivot (foot followed by direction)
- Example A: Inside Front Pivot
  - Post player needs to make a pivot towards the center of the lane
- Example B: Outside Back Pivot
  - Player has caught the ball at the top of key and needs to reverse open for a counterattack
- Example C: Inside Back pivot
  - Player has caught the ball at the top of key and needs to drop step to the basket



# Dribble Skills

- Cross/Recross Dribble
- Cross Over Dribble
- In-Out Dribble
- BTL Dribble
- BTB Dribble
- Wrap Dribble

# Scoring Skills

## **Shooting**

- Layup
- Set Shot
- Jump Shot
- Lift Shot (Two Footed Floater)

## **Footwork**

- Jump Stop
- One-Two Stop
- Jab Step
- Rip
- Step Back
- Sidestep
- EuroStep
- Pro Hop

# Passing Skills

- Chest Pass – Traditional two handed chest pass
- Bounce Pass – Traditional two-handed bounce pass
- Twist Pass – One-handed core body twist pass
- Pitch Pass – Air pass with one hand immediately off the dribble
- Skip Pass – Two-handed overhead pass from outside third of court to opposite outside third

[Complete YouTube Passing Playlist](#)



# Skills Matrix by Grade

	4th		5th		6th		7th		8th	
	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Stage 7	Stage 8	Stage 9	Stage 10
<b>Dribbling</b>	Stationary: - Dominate Hand Pound Dribble - Off Hand Pound Dribble - Two Ball Sync Dribble - Two Ball Popcorn Dribble - Cross Dribble  Dynamic: - Dominate Hand Pound Dribble - Off Hand Pound Dribble	Stationary: - BTL Dribble Both Directions  Dynamic: - Two Ball Sync Dribble - Two Ball Popcorn Dribble - Cross Dribble Both Directions	Stationary: - BTB Dribble Dominate Hand - In-Out Dribble Dominate Hand  Dynamic: - Cross Re Cross Dribble Both Directions - In-Out Dribble Dominate Hand	Stationary: - BTB Dribble Both Hands - In-Out Dribble Both Hands - Cross to BTL Combination Dribble: Both Directions  Dynamic: - In-Out Dribble Both Directions - Cross Over Dribble Dominate to Off Hand - BTL Dominate Hand	Stationary: -Cross to BTB Combination Dribble: Both Directions  Dynamic: - Cross Over Dribble Both Directions - In-Out Dribble Dominate Hand - BTL Dribble Both Directions - BTB Dominate Hand - Wrap Dribble Dominate Hand	Stationary: - Full Combination Dribble - Both Directions (Cross - BTL - BTB)  Dynamic: - In-Out Dribble Both Hands - BTB Both Directions - Wrap Dribble Both Directions - Cross Over to BTL Both Directions - Bounce Back Cross Over Dribble Both Directions	Dynamic: - Cross Over to BTB Both Directions	Dynamic: Full Combination Dribble - Both Directions (Cross - BTL - BTB)		
<b>Scoring</b>	Basics - Triple Threat Position  Layup - From Foul Line Dominate Hand Layup - Two Step No Dribble Off Hand  Set Shot - Stationary Stationary Catch and Shoot Set Shot	Layup - Full Court Speed Dribble Dominate Hand Layup - From Foul Line Both Hands  Catch Inside Front Pivot Drive Dominate Hand Layup  Set Shot - Dominate Hand One Stationary Dribble Set Shot - Off Hand One Stationary Dribble	Layup - Full Court Speed Dribble Both Hands Layup - Two Foot Jump Stop Shot Fake Dominate Hand Layup - Jab Step Drive Dominate Hand Layup - Jab Step Rip Step Drive Dominate Hand  Jump Shot - Stationary Jump Shot - Stationary Catch and Shoot Jump Shot - Dominate Hand One Stationary Dribble Jump Shot - Off Hand One Stationary Dribble	Layup - Two Foot Jump Stop Shot Fake Both Hands Layup - Jab Step Drive Both Hands Layup - Jab Step Cross Step Drive Both Hands Layup - Catch Inside Front Pivot Rip Step Drive Off Hand  Jump Shot - One-Two Stop Catch Jump Shot - Hop Stop Catch  Jump Shot - Two Dribbles Towards Basket with Both Hands Jump Shot - Shot Fake Two Dribbles Towards Basket with Both Hands	Layup - Post Inside Front Pivot Step Through Both Sides (Up and Under) Layup - Two Foot Jump Stop Full Court Speed Dribble Both Hands  Jump Shot - Two Dribble Step Back Dominate Hand Jump Shot - Shot Fake Side Dribble Dominate Hand	Jump Shot - Fake Layup Outside Front Pivot Both Sides Jump Shot - Two Dribble Step Back Both Hands Jump Shot - Shot Fake Side Dribble Both Hands	Lift Shot - Drive Middle Dominate Hand EuroStep - Dominate Hand Dribble	Layup - Fake Layup Outside Front Pivot to Step Through Both Sides Lift Shot - Drive Middle Dribble Both Hands	Pro Hop - Dominate Hand Dribble	EuroStep - Either Hand Dribble Pro Hop - Either Hand Dribble
<b>Passing</b>	Two Handed Chest Pass Two Handed Bounce Pass	Dribble Jump Stop Pass - Dominate Hand	Twist Pass - Dominate Hand Dribble Pitch Pass - Dominate Hand	Dribble Jump Stop Pass - Both Hands Twist Pass - Both Hands	Dribble Bounce Pass - Dominate Hand Dribble Pitch Pass - Dominate Hand Fake High - Bounce Pass Low Dominate Hand	Dribble Bounce Pass - Both Hands Dribble Pitch Pass - Both Hands Fake High - Bounce Pass Low Both Hands			Overhead Skip Pass	

Woodbury Boys Basketball  
Grade Level Learning Targets

**9th Grade**

**Man to Man ½ Court Defense:**

1. Perimeter:

- a. On ball hands: inside hand shadow ball & outside hand out, away from body
- b. On ball feet: **slight** shade to the baseline/sideline
- c. Off ball: 1 pass away alignment-closest foot high, weak foot lower
- d. Off ball: 2 pass away alignment-minimum 1 foot in paint, feet on ball/man line
- e. Switch: Correct alignment first, bottom defender makes verbal call

Post:

- a. On Ball hands: inside hand shadow ball & outside hand out, away from body
- b. On ball feet: feet even, 6-12 inch space between man
- c. Off ball: 1 pass away alignment-closest foot high, weak foot lower
- d. Off ball: 2 pass away alignment-minimum 1 foot in paint, feet on ball/man line

2. Ball Screen

- a. **“Hedge” Post-** makes verbal call of screen, covers dribbler with feet perpendicular to half court line, until guard makes verbal call he’s back.  
Guard- Goes over the screen to regain guarding position of original man, makes verbal call to teammate when he’s back in position.

**“Blitz” Post-**Makes verbal call of screen, covers dribbler with feet perpendicular to half court line and continues to cover/trap with teammate until the ball is passed. After ball is passed, post player immediately sprints back to original man.

Guard- Goes over screen to regain guarding position and traps the ball handler with post player until the ball is passed.

3 remaining players- Help position in the paint until the two “Blitzers” are back in correct position.

3. Close-Outs

- a. 2 sprint steps, chop feet, hands high, attack defender top foot

4. Rebounding

- a. All players should know how to properly attack a rebounder, box out, 2 hand rebound and outlet the ball and/or 2 dribble push ball up the floor

**Full Court Defense**

**Full Court Man to Man:**

1. On Ball: Slight force to nearest sideline, no blow by, turn dribbler before half court  
Off Ball: Same help position as ½ court: 1 and 2 pass away help position

Closest Weakside Defender: Sprint to Trap as dribbler has back turned

Closest Strong Side Defender: Help on blow by, eliminate pass up the sideline

**Full Court 1-2-1-1 Zone Trap**

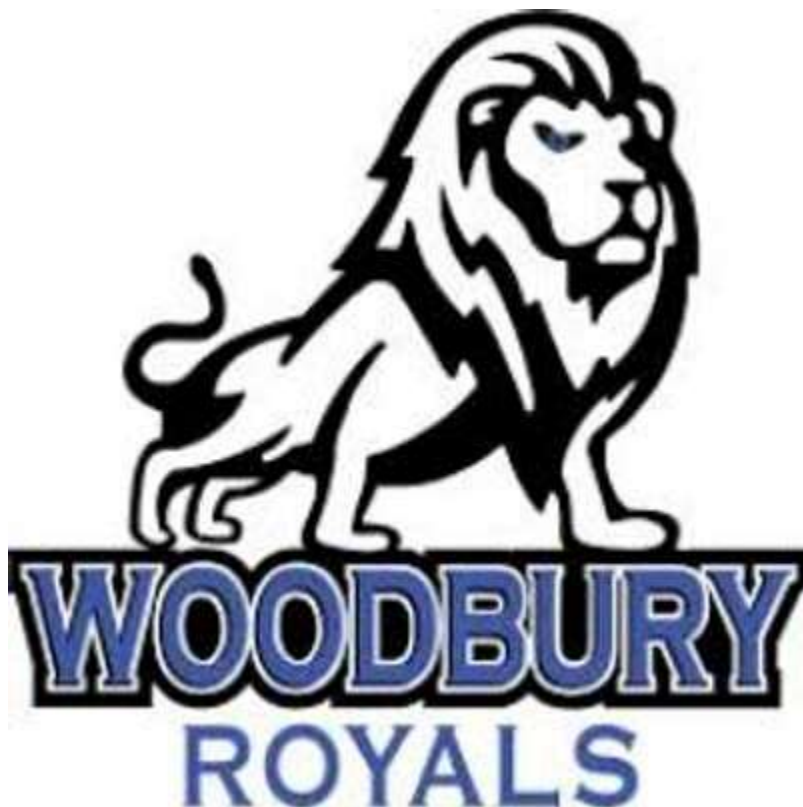
1. Perimeter players must know all spots 1-4, post players must know Basket and Ball spots
2. On Ball: Force pass to nearest sideline and immediately trap  
Strong side elbow: force catch in front, trap with on ball defender, no sideline dribble  
Weak side elbow: Take away the pass to middle, **occasionally** try to steal pass back on inbounder, be ready to trap on weak side  
Middle Man: Eliminate initial pass to middle, take away sideline pass during trap  
 Goaltender: ABSOLUTELY NO LAY-UPS  
 ALL PLAYERS SPRINT TO HELP POSITION AFTER THE PASS IS THROWN OUT OF TRAP

### **Offensive Skills**

1. Ballhandling: All players MUST be able to make the 5 core moves with both hands (low cross, between legs, low cross behind back, spin, and hesitation/change of pace) and they need to be able to make the moves vs. defense  
  
Individual Dribbling: Players should be able to perform “**two ball**” drills-Stationary 2 Pound, Stationary 2 alternate, crossover, behind back.  
**“Tennis Ball”**-players should be able to perform drills with basketball and tennis ball-Crossover, V-dribble, between legs and behind the back.
2. Shooting: All players MUST know proper footwork for each shot. Strong foot slightly in front of weak foot, shoulder width apart.
3. Finish Moves: Both hand lay-ups, reverse lay-ups, 1 dribble pull up
4. Reading Screens:
  - a. Down Screen: Curl vs. trailing defender  
     Fade to corner or top vs. defender shooting gap
  - b. Ball Screen: Attack high foot vs. hedge defender  
     Stop and Shoot vs. defense going under screen

# **2020 Woodbury Basketball**

## **Practice Plan & Practice Drills**



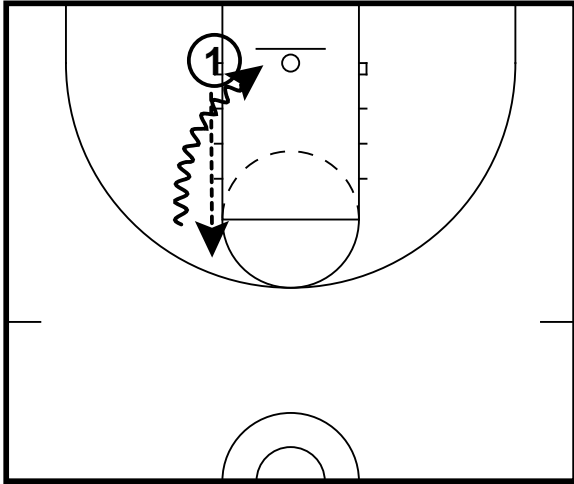
## Example Daily Practice Plan

		Drill Notes	Player Notes
	<b>Monday</b>		
5	Dynamic Stretch		
10	G/F Shooting		
10	Ball Security		
10	5 on 0 Transition	UP/Down to Memphis	
10	Close-outs 1 on 1 to 4 on 4		
5	5 on 5 Game #1 (V/JV)		
10	Spartan drill		
10	5 on 0-BLOB/SLOB/Sets		
10	4 on 4 X Box Outs to Live		
10	5 on 5 1/2 Zone Work		
10	5 on 5 Full Court-Install 5		
10	5 on 5 1/2 Court Small Line-up	Spartan Score	5 on 5 V v JV Score
10	1st 4 minutes		
120			
1	Focus	5 on 5 Score Good v Good	
2	Ball Security		
3	Rebounding		
	5 on 5 Teams		
	Blue: Mike, Dave, DJ, Ray, RC, Sha, Rodney, Adam, Drew		
	White: Mick, Cam, Joe, Ryan, Will, Derek, Evan, Parker		



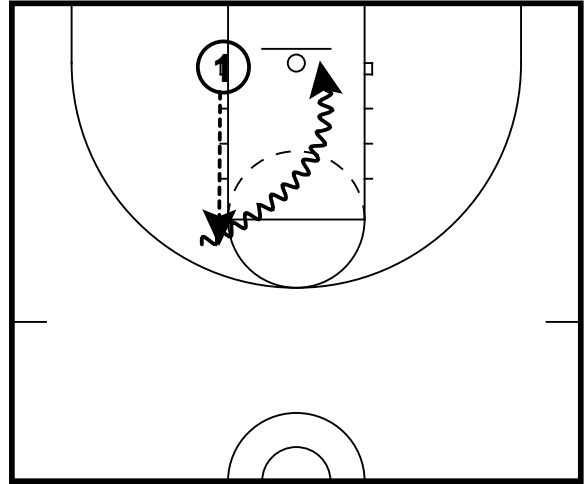
# Woodbury Basketball

## Olympic Series Practice Drills



Player tosses/spins ball out to elbow, reverse pivot and finish on same side. Two to three different finishes. We go wrong foot lay-up, wrong hand lay up and 2 foot power.

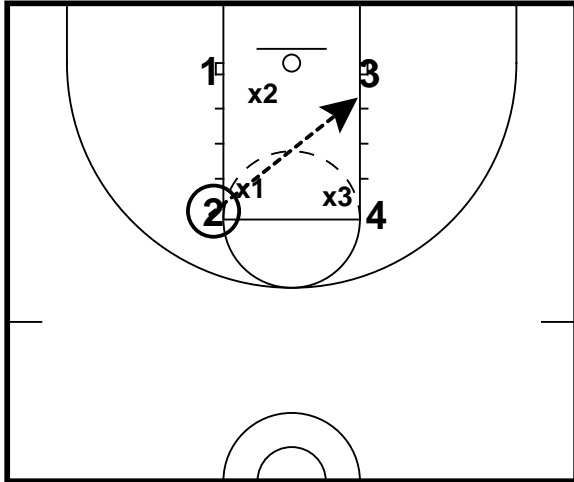
## Olympic Series Practice Drills



Toss/spin ball out to elbow, reverse pivot and finish on opposite side of basket. We go wrong foot, 2 foot power and pull-back (show the ball on fake).

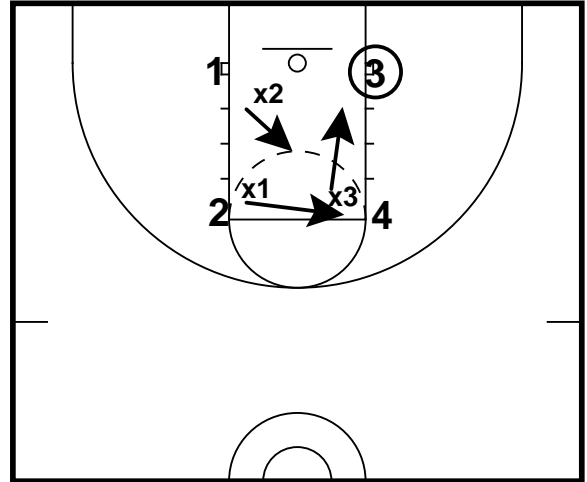
# Woodbury Basketball

4 on 3 Passing  
Practice Drills



2 starts with ball. Game Rules: No dribbles, must guard ball, other two defenders try to make it tough to complete pass, get a tip and you switch offense/defense with passer, same defender can't guard ball twice in a row.

4 on 3 Passing  
Practice Drills

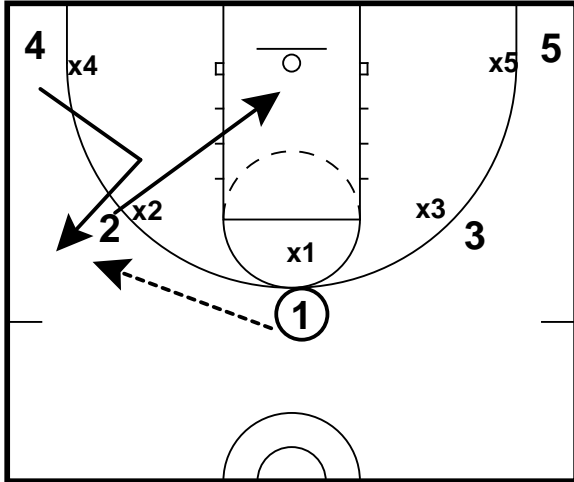


2 completes pass to 3, new defender x3 guards ball and x1 and x2 rotate, stunt and fake with hands out trying to get a tip along with x3.



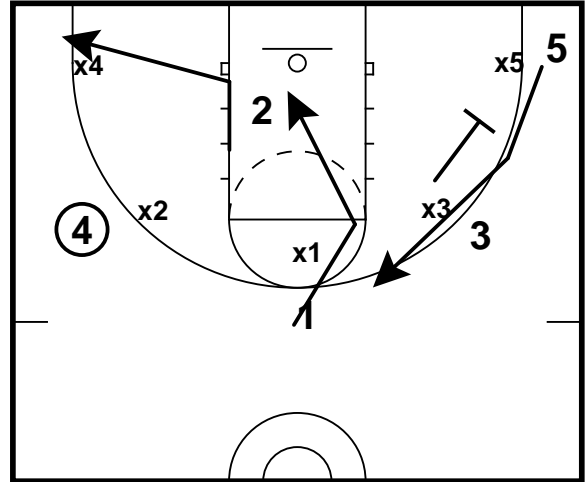
# Woodbury Basketball

Tommy 10 Pass (Varsity does this EVERY day)  
Practice Drills



Game Rules:  
No dribble  
Ends with 10 straight completions or a turnover  
Screen and Cut  
Offense MUST be communicating their actions

Tommy 10 Pass (Varsity does this EVERY day)  
Practice Drills

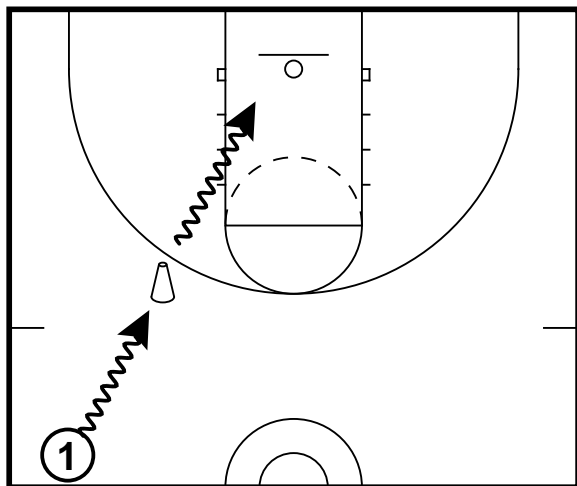


Possible Action:  
2 Fills Corner  
1 Basket Cut  
3 Down Screen

(1 could screen 3, 5 could flare screen 3, etc.)

# Woodbury Basketball

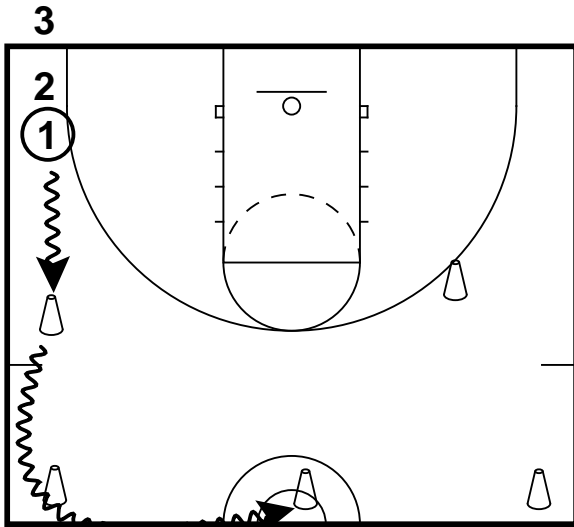
## Memphis 1 on 0 Practice Drills



Start at half court, 1 or 2 dribbles full speed, make a move at the cone. 1 move only (hesitation same hand, below knee cross, in/out) and finish at the rim with one of the 5 moves from Olympic Series. If you have a side hoop, have them immediately take ball out of net and finish at that hoop as well.

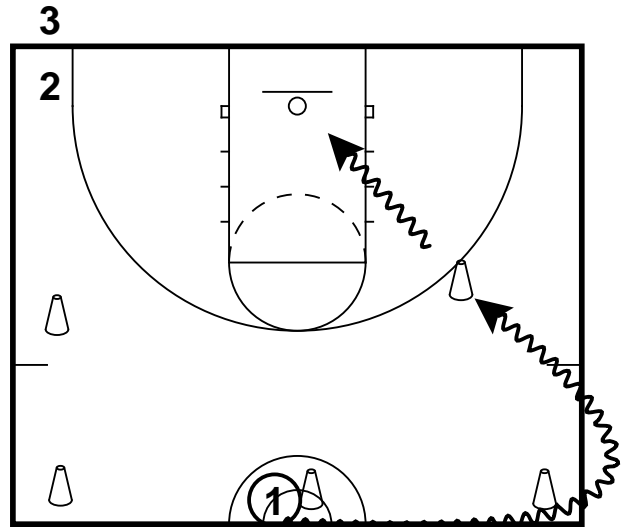
# Woodbury Basketball

Cyclone Handle  
Practice Drills



1st player dribbles at Cone 1 and makes a game move, then turns corner at full speed vs. Cone 2.

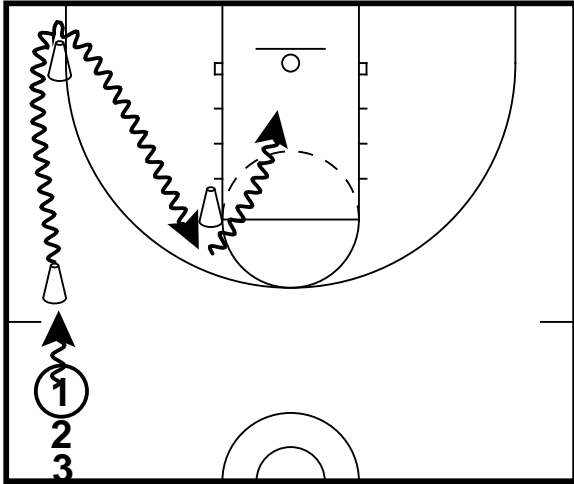
Cyclone Handle  
Practice Drills



Full speed game move vs. Cone 3, turn corner at Cone 4 and then make game move at Cone 5, and end with a variety of game finishes at rim.

# Woodbury Basketball

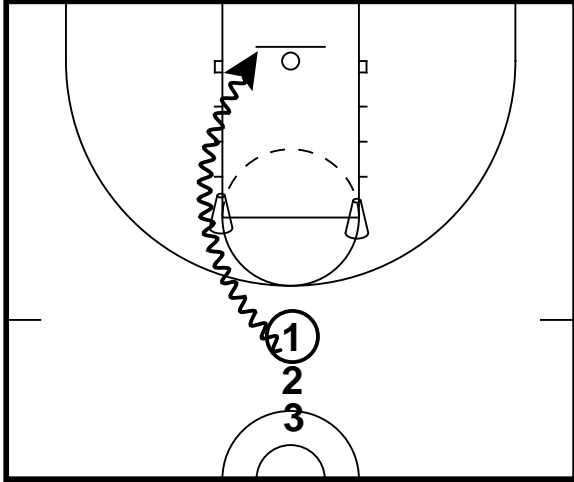
## Hawkeye Finish Practice Drills



Player 1 starts by 1/2 court, with other players behind him. Dribble full speed at the 1st cone and make a game move (in/out same hand, hesitation, low cross, etc. The dribble tight & fast around the next two cones into a variety of game like finishes.

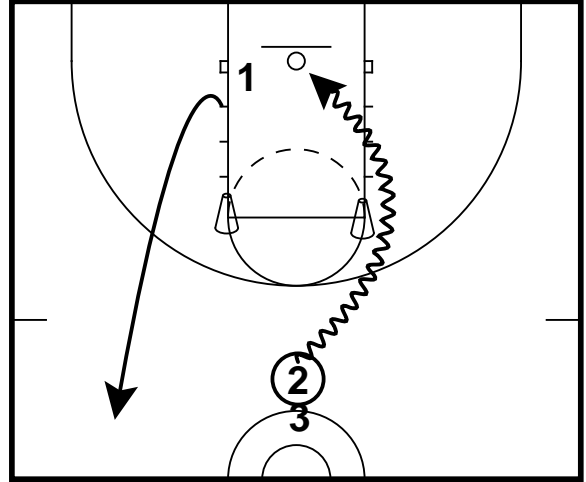
# Woodbury Basketball

Ball Screen Drive  
Practice Drills



Player 1 Dribbles tight around the cone (If it's a cone/disc, put a tennis ball on top so they have to get low enough to grab it) Or a "Sweep Stick" and the driver can swipe at the stick on the way to basket.

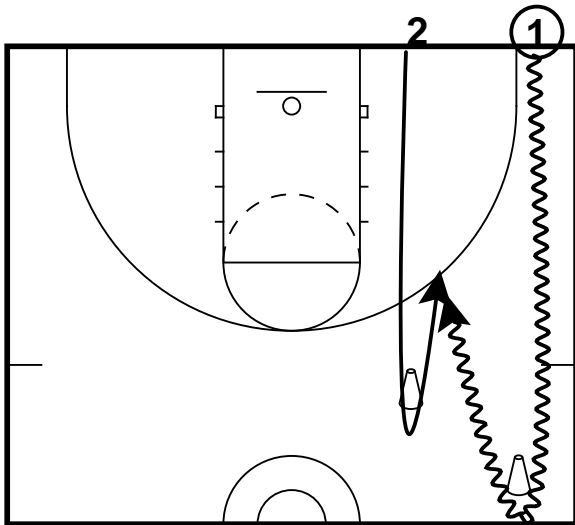
Ball Screen Drive  
Practice Drills



Next guy in line goes around opposite cone (simulating ball screen) as soon as player 1 shoots. Player 1 returns to line and player 3 will then go opposite way player 2 did.

# Woodbury Basketball

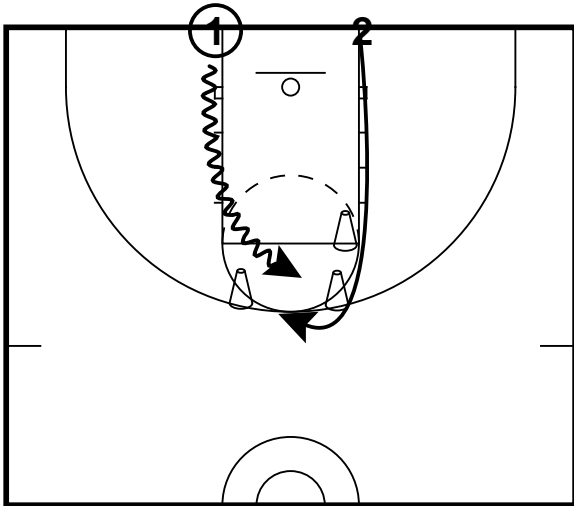
## 1 on 1 Race Practice Drills



Defense always starts with "Go". 1 dribbles around the cone ahead of him and tries to score. 2 has to go around his cone and get in defensive position. Goal is to get a shot from the lane...and keep them out of the lane.

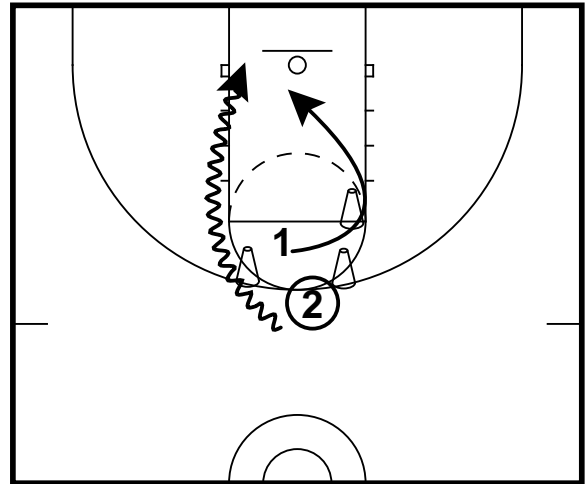
# Woodbury Basketball

1 on 1 Toss  
Practice Drills



1 dribble under the set of 2 cones and flips ball to 2 who goes over the set of 2 cones. After 1 flips it he must go around the cone on the elbow.

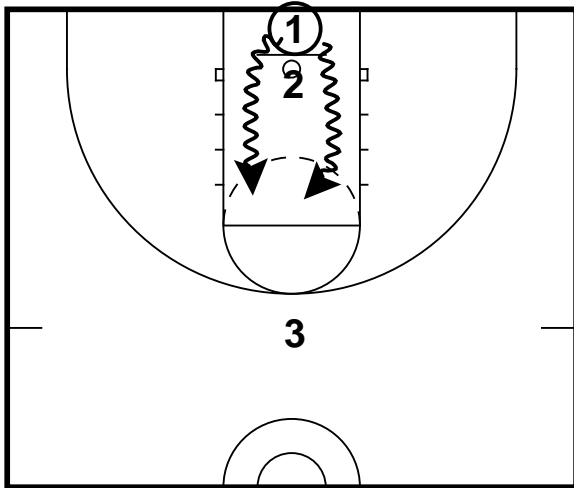
1 on 1 Toss  
Practice Drills



2 attacks in straight line drive to rim, and 1 tries to catch up to challenge shot. We don't try to block, if they want to jump they can but it must be straight up and with 2 hands in the air. No fouls, force tough make. Many of the lay-ups will be similar to the Olympic Series.

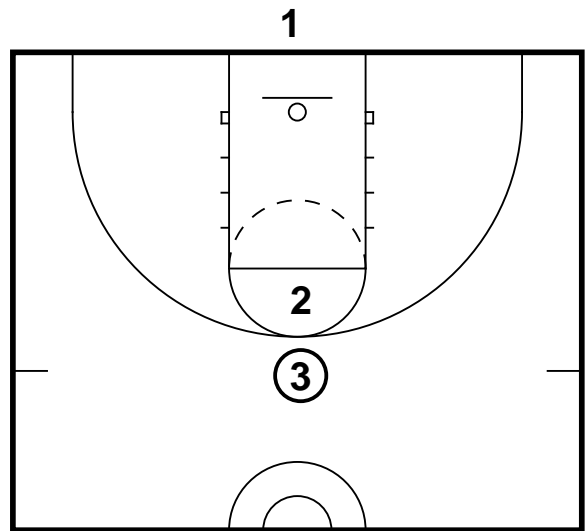
# Woodbury Basketball

1 on 1 Offense/Defense (Army)  
Practice Drills



1 is trying to beat defender to the free throw line. The lane lines are the out of bounds. 1 wins if he gets past free throw line without turning it over or going out of bounds. 2 wins if he creates turnover and doesn't foul.

1 on 1 Offense/Defense (Army)  
Practice Drills

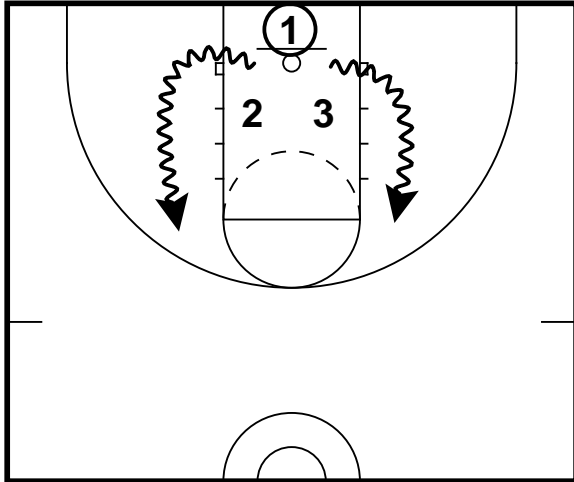


Assuming 1 wins, 2 remains on defense vs. 3. 2 stays in until he wins. \*\*You can give defender a towel to wrap around the back of their neck to force moving feet and not fouling\*\*



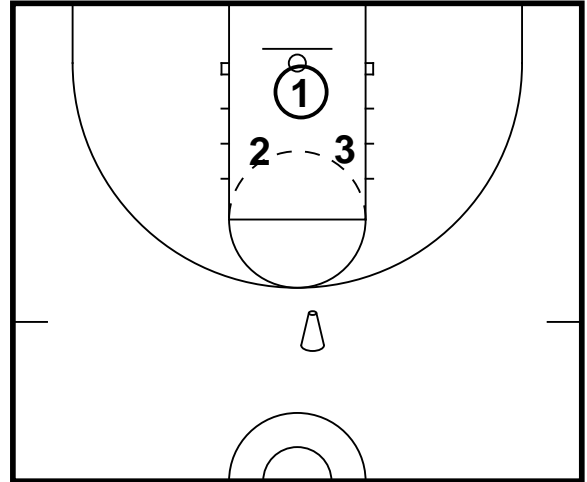
# Woodbury Basketball

1 v 2 Trap  
Practice Drills



2 & 3 are working on trap defense. Rules: No split, don't let them turn the corner, no fouls. 1 is trying to get out of trap without losing ball.

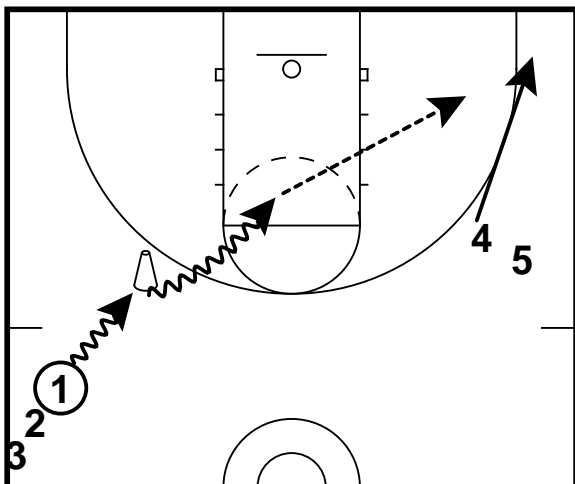
1 v 2 Trap  
Practice Drills



Add a coach to the 3 point line area (cone) and after the dribbler has tried to get out of the trap for a few seconds put your hands up and that signals he should throw it to you. Forces him to look up and also pass out of trap

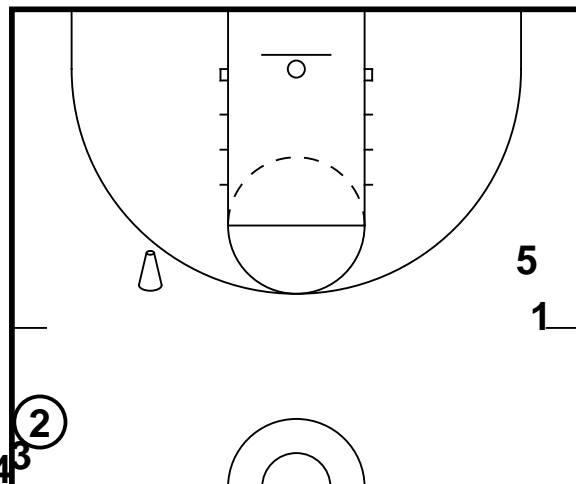
# Woodbury Basketball

Drive and Fill  
Practice Drills



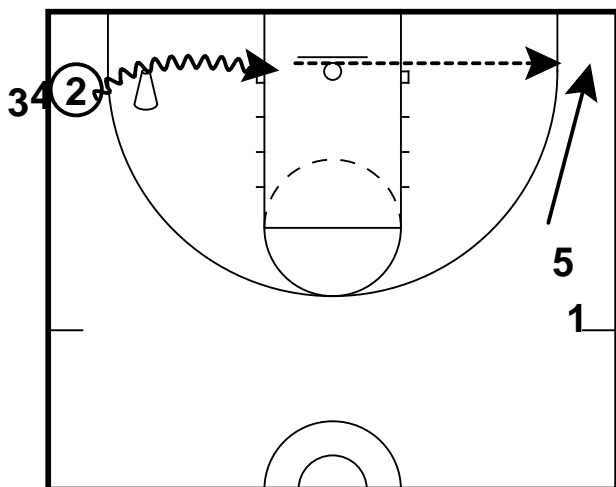
Player 1 attacks cone with game move, on the drive player 4 drifts to corner, communicating to player 1 "Corner, Corner" Player 1 passes to 4. 4 gets rebound and goes to passing line. 1 goes to back of shooting line.

Drive and Fill  
Practice Drills



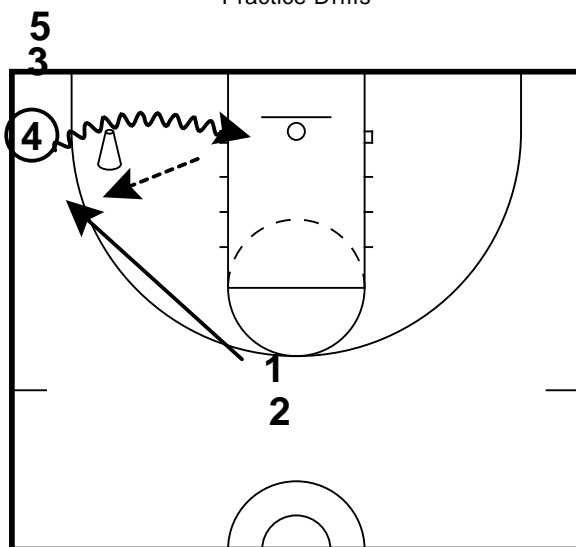
Player 2 attacks cone with game move, on the drive player 5 drifts to top, communicating to player 2 "Top, Top" Player 2 passes to 5. 5 gets rebound and goes to passing line. 2 goes to back of shooting line.

Drive and Fill  
Practice Drills



Player 2 makes game move around cone to baseline, 5 drifts to corner yelling "corner, corner" and 2 passes to 5 for shot

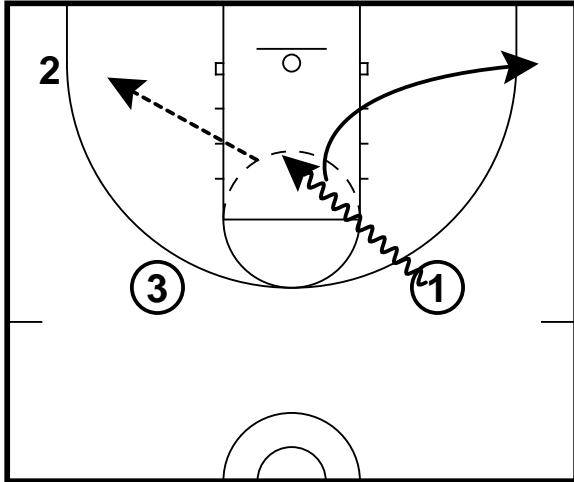
Drive and Fill  
Practice Drills



4 starts with ball (move the next guys in line down to baseline this time) 1 will fill the vacant corner yelling "back or fill" to tell player 4 where he is. Player 4 will "stride stop/pivot" and throw it back to 1 for a shot. (we are assuming 1s Defender will drop to paint on the drive, leaving him open to drift.)

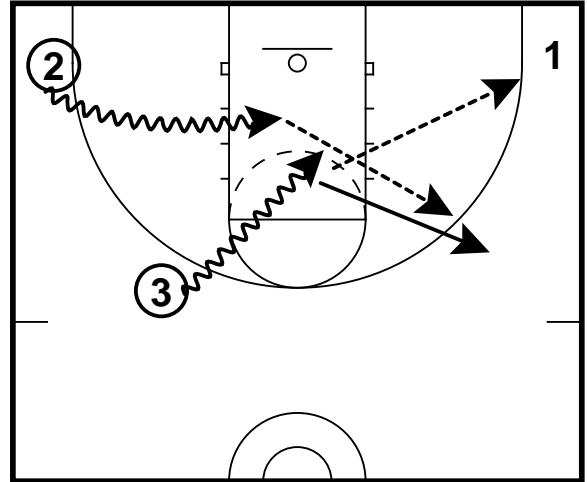
# Woodbury Basketball

2 ball 3 man Memphis Shoot  
Practice Drills



1 and 3 start with ball. 1 drives (2-3 dribble max) and finds 2 with pocket pass for shot. 1 has to IMMEDIATELY relocate outside the arc to a shooting spot. After 2 catches ball, 3 drives for pocket pass to 1.

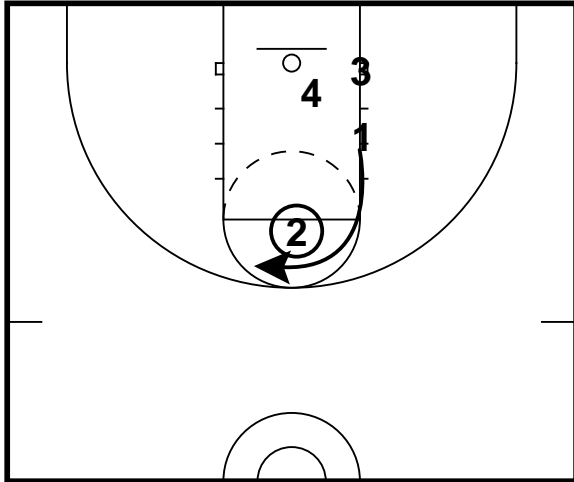
2 ball 3 man Memphis Shoot  
Practice Drills



2 caught it for shot in previous frame. 3 needs to drive and pass to 1. 2 gets his own rebound, relocates outside of 3 point line and then drives in for pocket pass to 3.

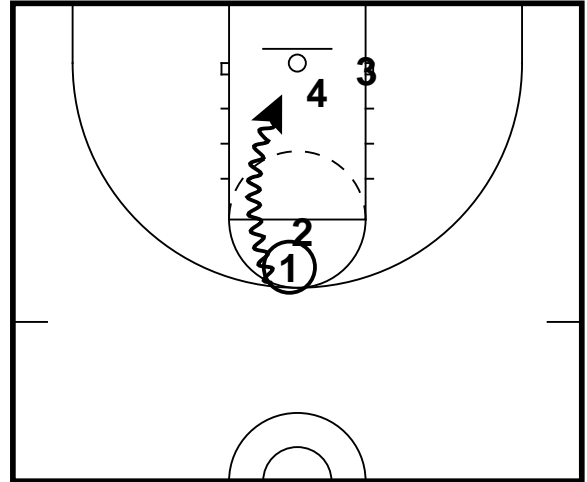
# Woodbury Basketball

2 on 2 Chase  
Practice Drills



Odd players on offense, even on defense. 2 needs to be stationary and is holding the ball straight out with 2 hands. 1 is going to curl around him and when he gets ball, it's 2 on 2 live.

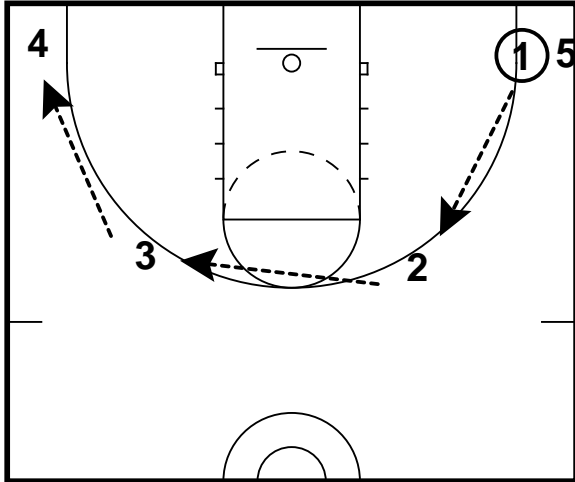
2 on 2 Chase  
Practice Drills



Now 1 has it and should be a step ahead of the defense. He attacks rim forcing a help decision from 4. He can help all in, jab and recover, or stay home. 1 man decision is to finish or decide what's best pass to 3 man for shot.

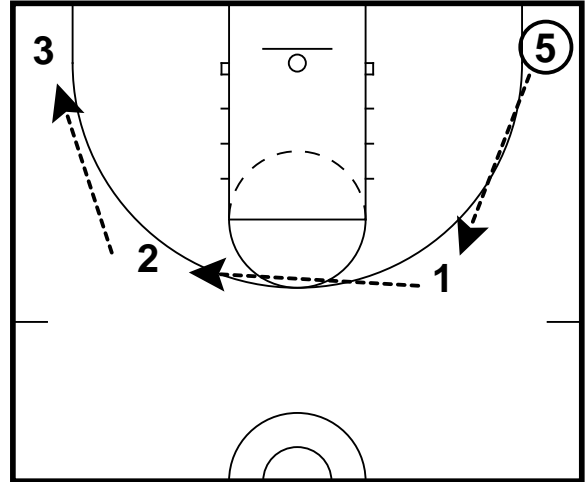
# Woodbury Basketball

Bethel Shooting  
Practice Drills



1 starts with ball. 5 is next guy in. 1 shot fake (ball above nose, and makes pocket pass to 2. (2 should have feet & hands ready yelling up, up, up). 3 will repeat 2, shot fake above nose and pocket pass to 3. (3 should have feet & hands ready yelling over, over, over) 3 repeats 2...pocket pass to 4 with 4 yelling down, down, down or 1 more. 4 man Shoots it

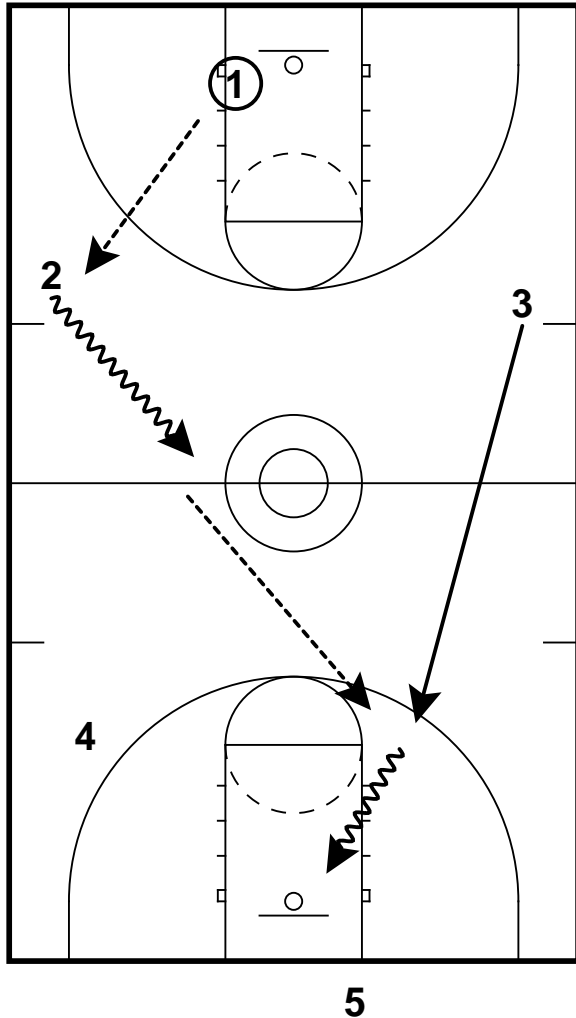
Bethel Shooting  
Practice Drills



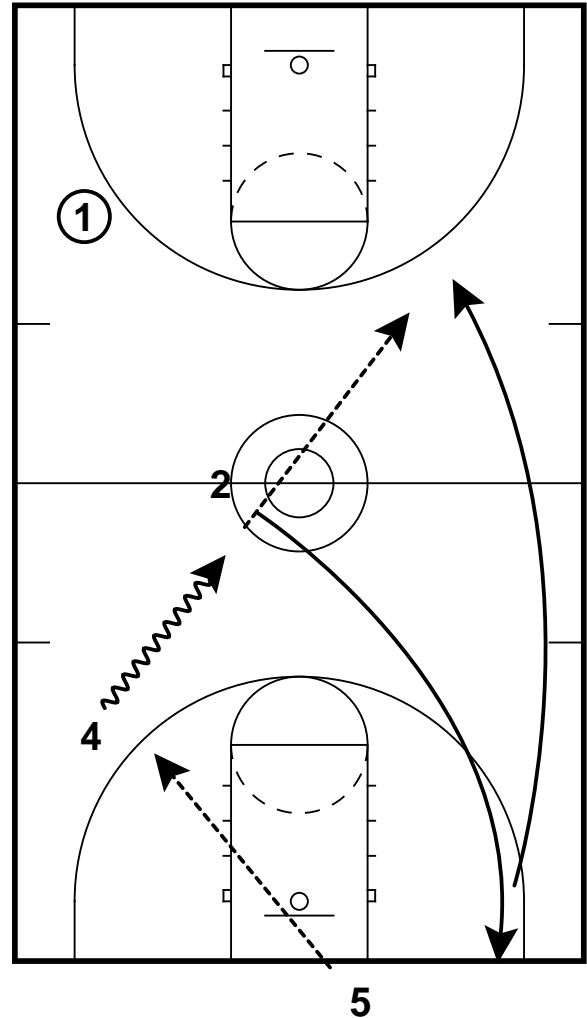
As soon as each guy passes it, starting with 1, they should IMMEDIATELY sprint to the next spot. So, 5 starts with pass to 1, 1 to 2, 2 to 3 and 3 shoots. Drill continues. Set a time limit, number of makes, etc.

# Woodbury Basketball

Royal Rush  
Practice Drills



Royal Rush  
Practice Drills

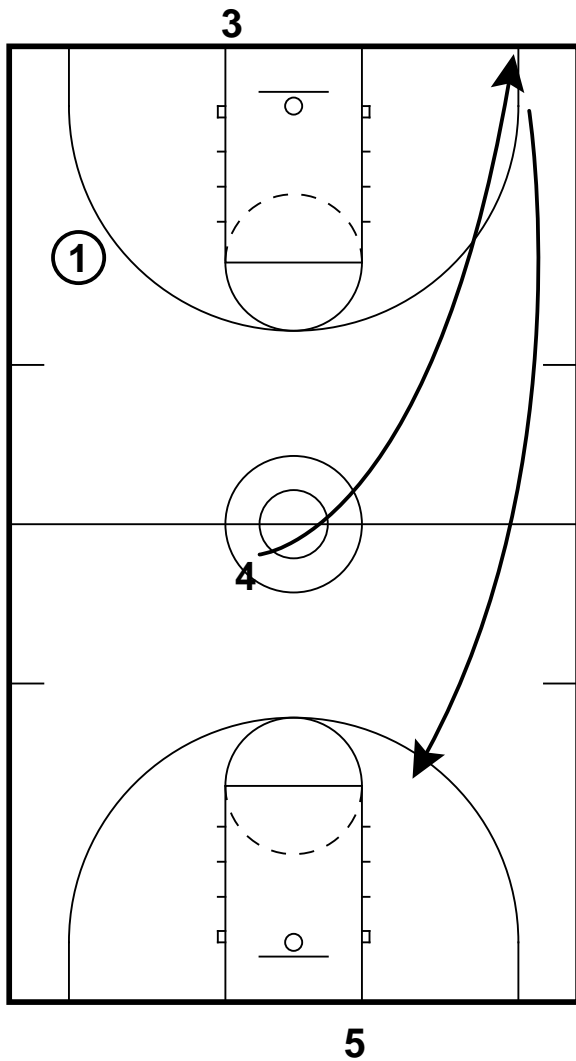


Extra guys on baseline. 1 starts with pass to 2. 3 sprints for lay-up as soon as 1 throws to 2. 2 takes 1 or 2 dribbles and makes long pass to 3.

1 steps in and replaces 2. AS SOON as 2 passes to 3, he sprints to opposite baseline and then back down court to receive pass from 4 for lay-up. 5 takes ball out of net and passes to 4 who takes 1-2 dribbles and passes to 3 for lay up.

# Woodbury Basketball

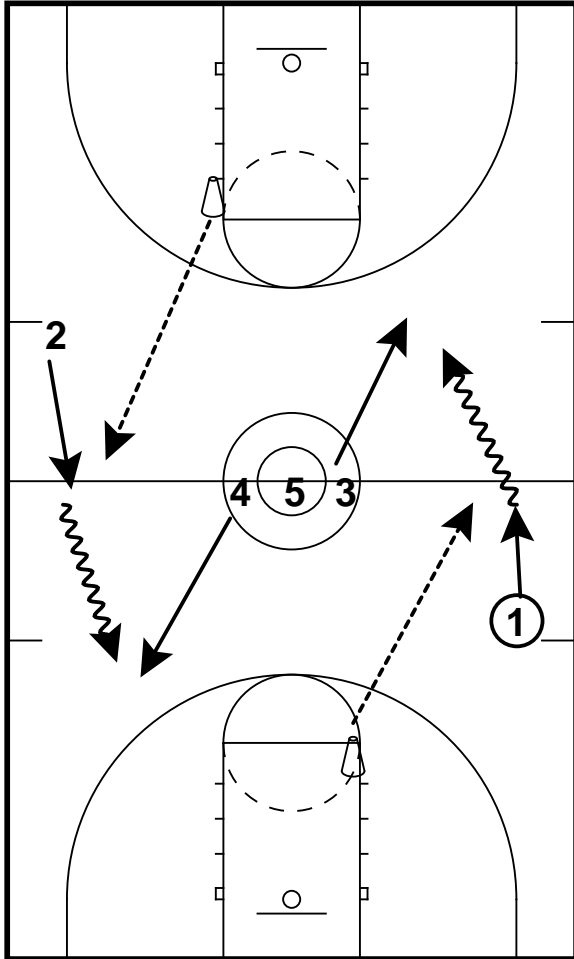
## Royal Rush Practice Drills



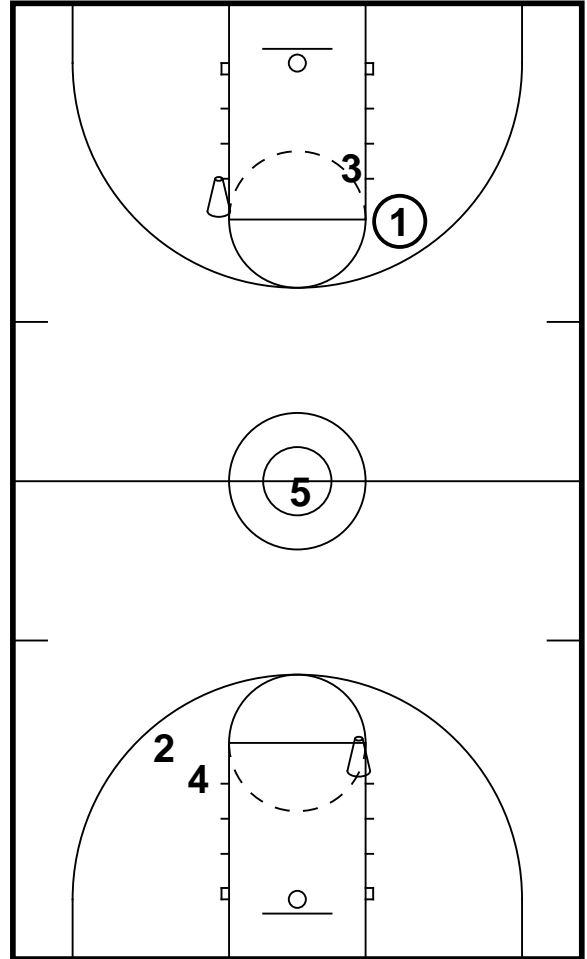
2 just shot and 3 man in diagram is new guy in on baseline.  
3 passes to 1, 1 takes 1-2 dribbles and passes to 4 for  
lay-up. Continue the cycle. Set a goal for number of makes  
in 2 minutes. Conditioning, passing, lay-ups,  
communication.

# Woodbury Basketball

Louisville  
Practice Drills



Louisville  
Practice Drills



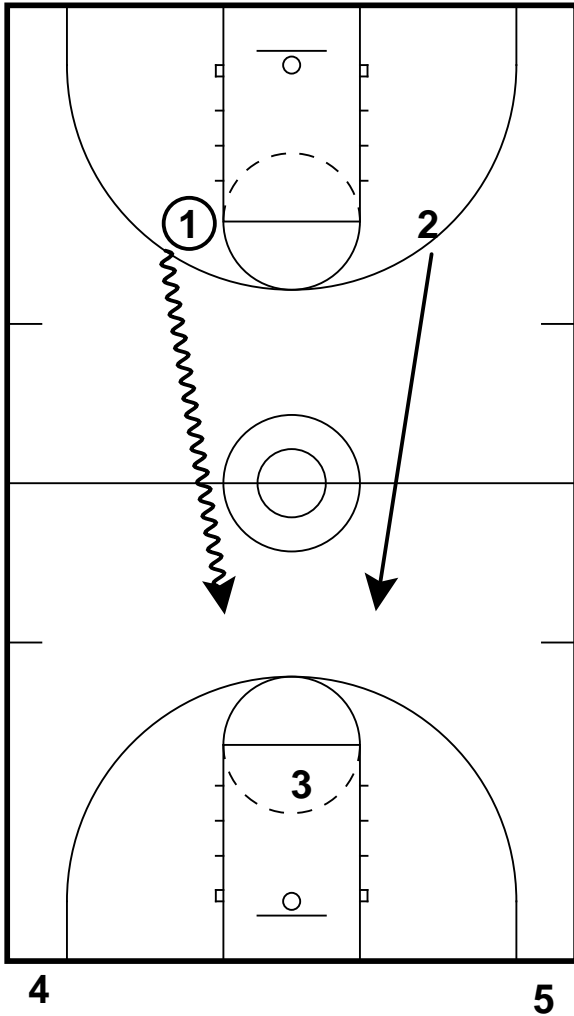
Cones are coaches in this drill. 1 and 2 are offensive players receiving pass from the coach. Player at mid court will run in on defense (once 1 and 2 catch the ball) then they play 1 on 1 to basket.

whoever wins between 1 & 3 is IMMEDIATELY on offense on other side, sprinting outside to 1/2 court getting pass from coach. whoever wins between 2 & 4 is IMMEDIATELY on offense on other side, sprinting outside to 1/2 court getting pass from coach. 5 is the sub (you will need the rest of your guys starting in the middle too). Whoever loses the 1 on 1 battle goes back into the middle.



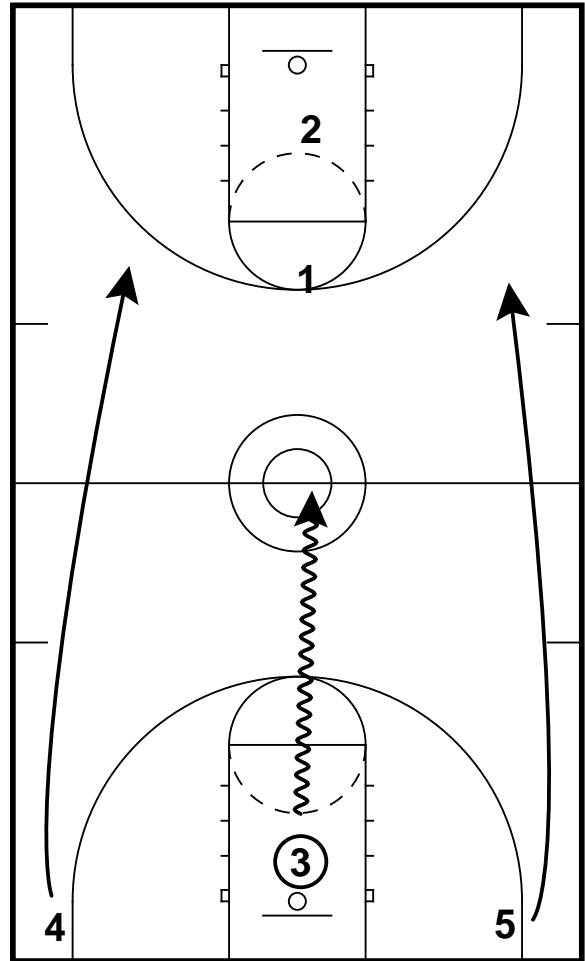
# Woodbury Basketball

Spartan Transition  
Practice Drills



1 and 2 are going full court against 3 (2 on 1)

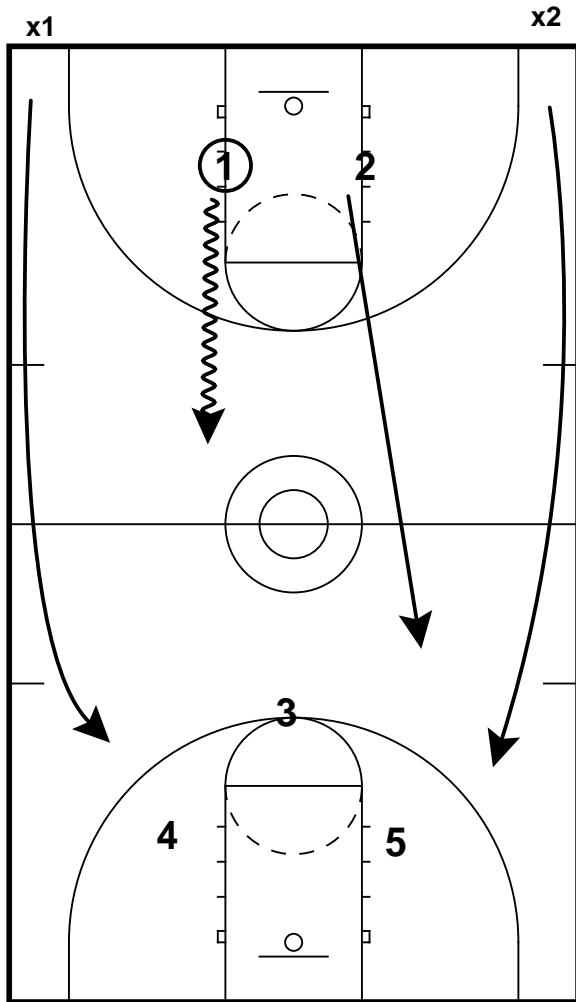
Spartan Transition  
Practice Drills



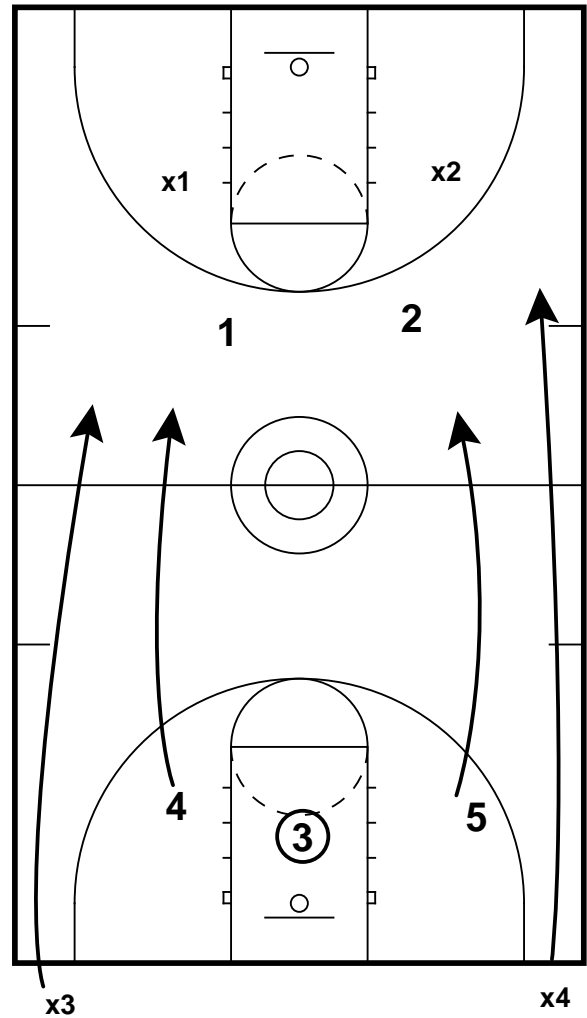
1 and 2 sprint back on defense (make or miss). 3, 4 and 5 (who just sprinted on after possession) go back down 3 on 2 vs. #1 and #2. (This is hard...they are going to have to sprint)

# Woodbury Basketball

Spartan Transition  
Practice Drills



Spartan Transition  
Practice Drills

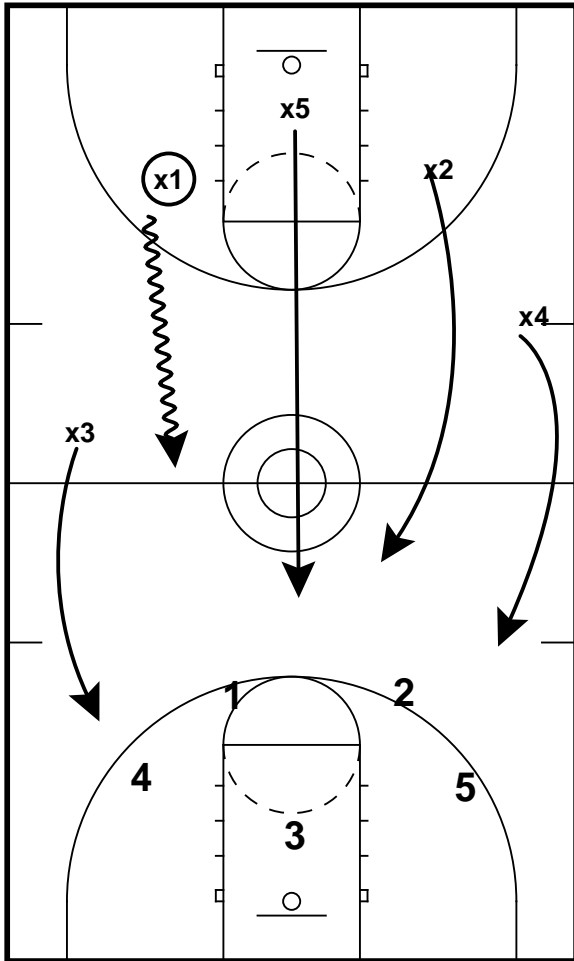


x1 and x2 (subs) will now sprint in to join 1 & 2 and go 4 on 3 against (3, 4, &5)

x3 and x4 join 3, 4, & 5 to go 5 on 4 vs. 1, 2, x1 & x2.

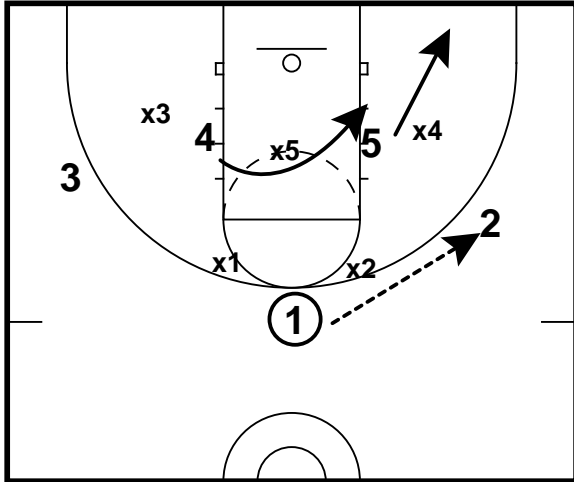
# Woodbury Basketball

## Spartan Transition Practice Drills



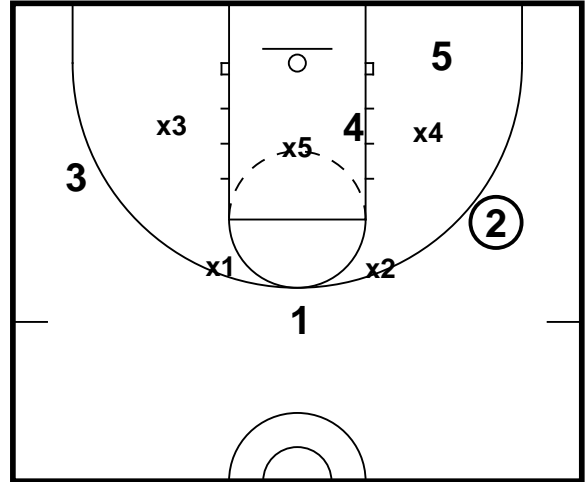
# Woodbury Basketball

Bearcat Zone Offense vs. 2-3  
Practice Drills



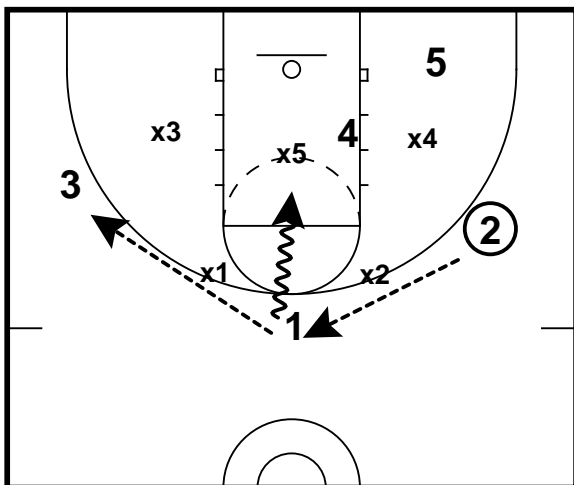
**Keys:** Quick ball movement, **REALLY** try to enter ball to short corner and attack there, allow guys to drive. **Start:** 4 and 5 man have some freedom on where they start...needs to be below 2 and 3, but no exact spot. Enter ball to wing and ball side post goes short corner (butt to baseline so he can see everything.) Opposite post flashes to open spot.

Bearcat Zone Offense vs. 2-3  
Practice Drills



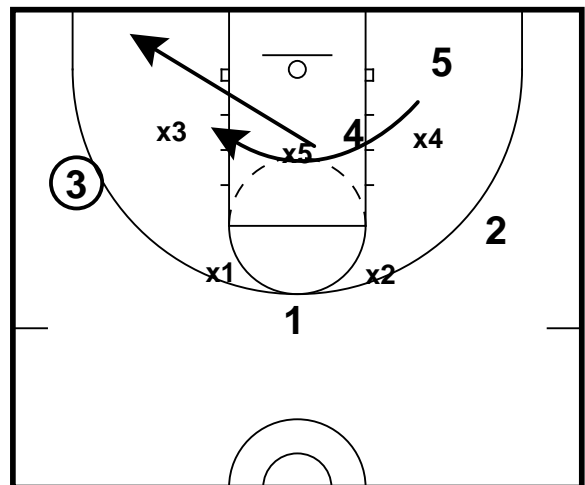
2 can take one or two dribbles towards corner to give 5 time to get there and force x4 to come out and guard him. The wings can be patient with the ball...the top guy CANNOT.

Bearcat Zone Offense vs. 2-3  
Practice Drills



2 reverses ball to 1, 1 must immediately swing ball to 3. The only way he can't is if x1 is in the passing lane. If so, then 1 needs to drive the ball to the free throw line area.

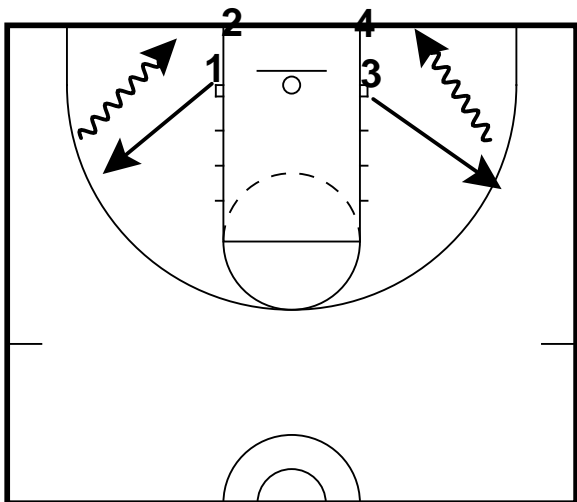
Bearcat Zone Offense vs. 2-3  
Practice Drills



If 1 swings to 3, 4 needs to sprint short corner (butt to baseline so he can see) and 5 sprints to fill open area. Sequence repeats. Force wings to be patient and aggressive.

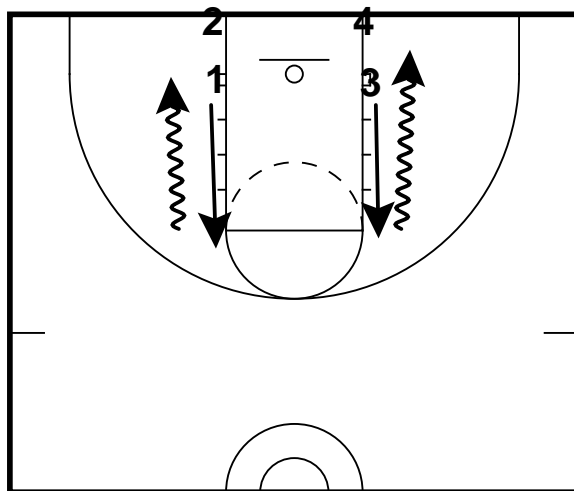
# Woodbury Basketball

Closeout Series  
Practice Drills



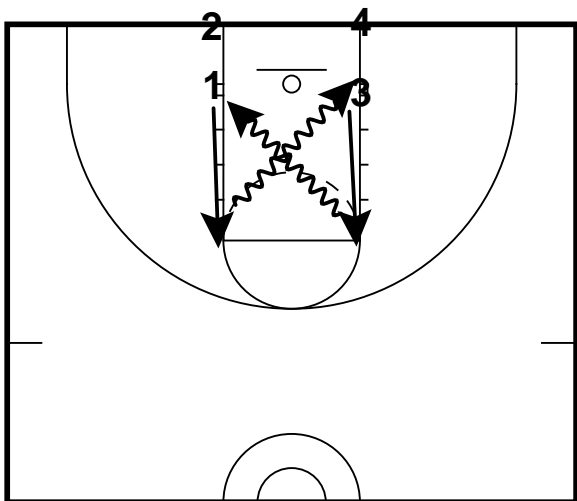
**Part 1:** 1 and 3 close out to wing. Two sprint strides, then chop feet, 2 hands high. Then shuffle to short corner (simulating forcing drive that way)

Closeout Series  
Practice Drills



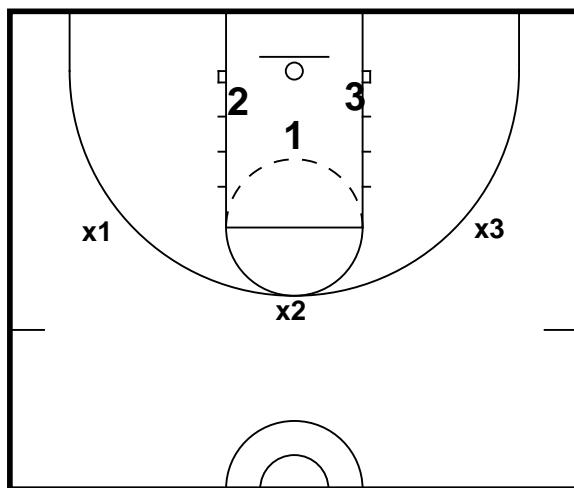
**Part 2:** 1 and 3 Close out to elbow (2 sprint, chop feet, 2 hands high) Then shuffle forcing dribble straight down lane line, keeping ball out of paint.

Closeout Series  
Practice Drills



**Part 3:** 1 and 3 close out up lane line, then force dribble in straight line across paint to opposite block, away from basket. Players can alternate (when 1 gets to elbow, 3 should start)

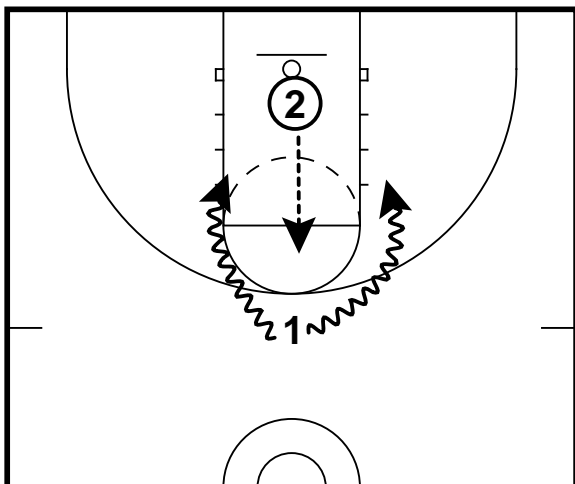
Closeout Series  
Practice Drills



**Part 4:** 1, 2 & 3 start in lane and will close out vs. x1, x2 & x3. They CANNOT close out to the guy in front of them. Ex: 1 vs. x2. **They must communicate before they start...they begin close-outs when 1 moves.**

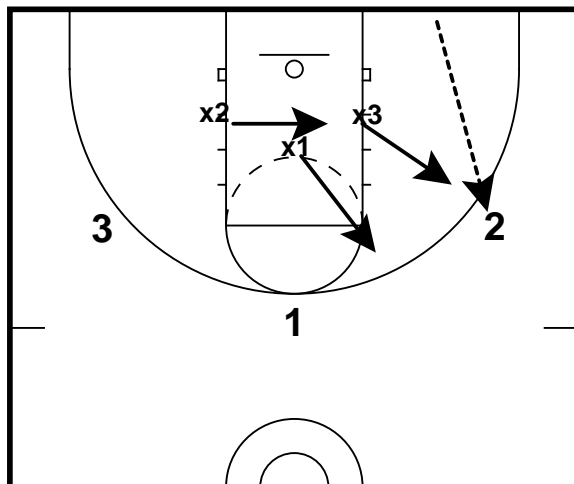
# Woodbury Basketball

1 on 1 Close-out/Shell Drill  
Practice Drills



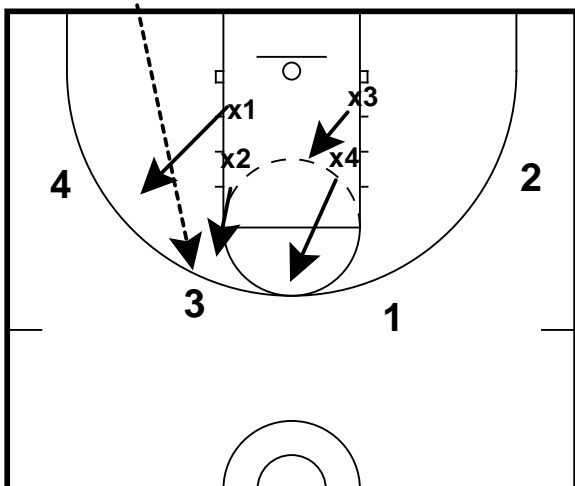
2 passes to 1 and closes out (2 sprint strides, chop feet and 2 high hands) Play 1 on 1 to basket (put a limit on number of dribbles)

1 on 1 Close-out/Shell Drill  
Practice Drills



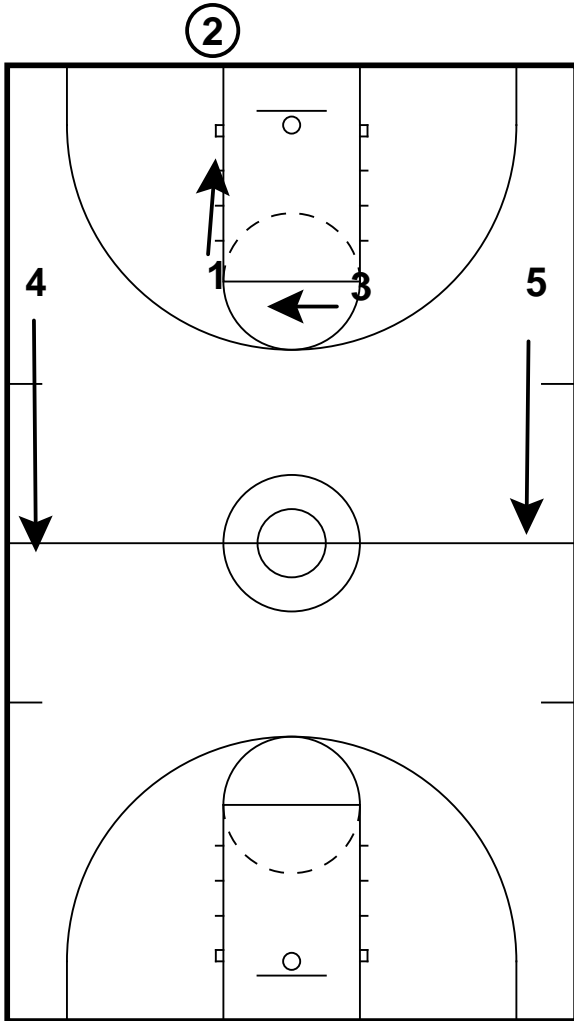
Have a coach under the basket throw the ball out to one of the offensive players and the 3 defenders need to close out to approx spot. Ex. listed above.

1 on 1 Close-out/Shell Drill  
Practice Drills

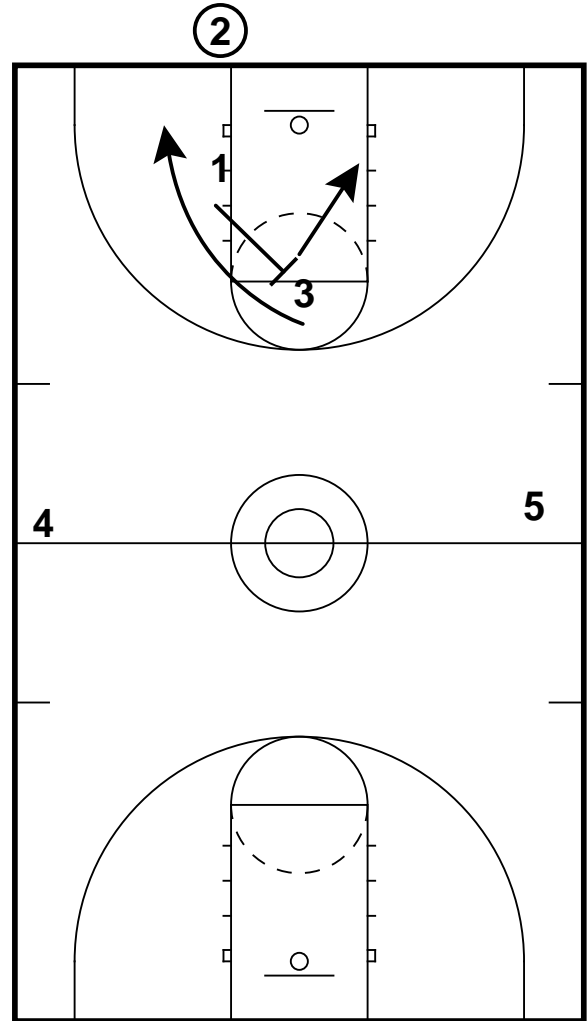


# Woodbury Basketball

Royal Press Break vs. man press  
Practice Drills



Royal Press Break vs. man press  
Practice Drills



**Setup:** Identify man or zone. If man, immediately slide 4 and 5 back to 1/2 court. Slide 1 to block and 3 over to middle of free throw line.

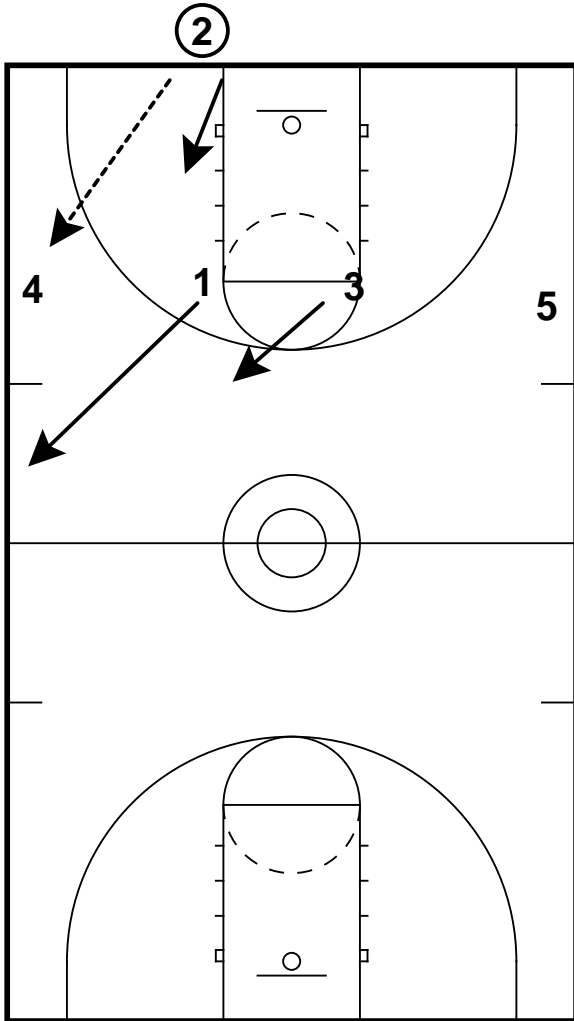
1 screens up for 3 and rolls back to block



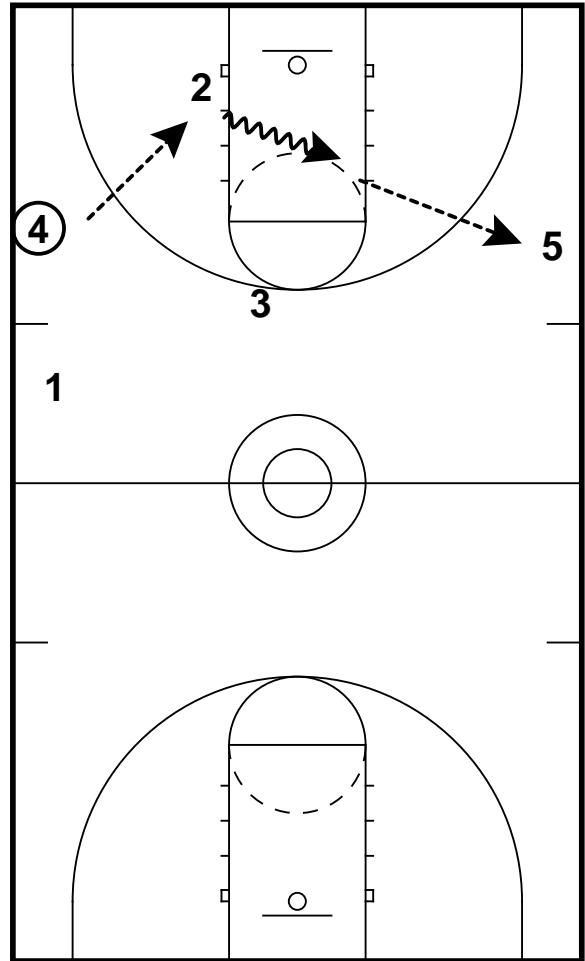


# Woodbury Basketball

Royal Press Break vs. Zone  
Practice Drills



Royal Press Break vs. Zone  
Practice Drills

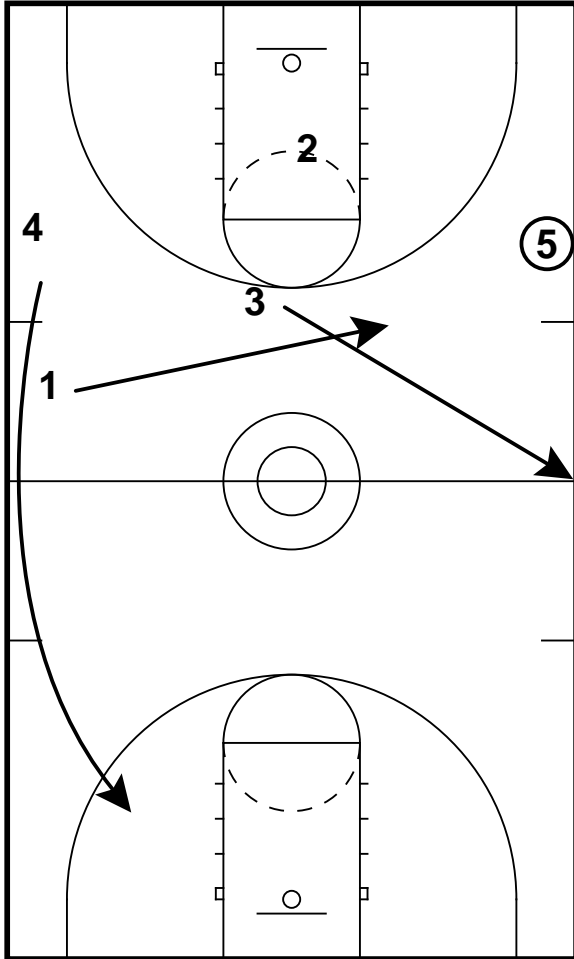


Enter ball to 4, 1 goes sideline (butt to sideline so he can see), 3 fills middle and 2 steps in. You **MUST** have 3 targets to pass to vs. trap.

If ball goes back to 2, 2 takes couple dribbles towards 5 and passes there.

# Woodbury Basketball

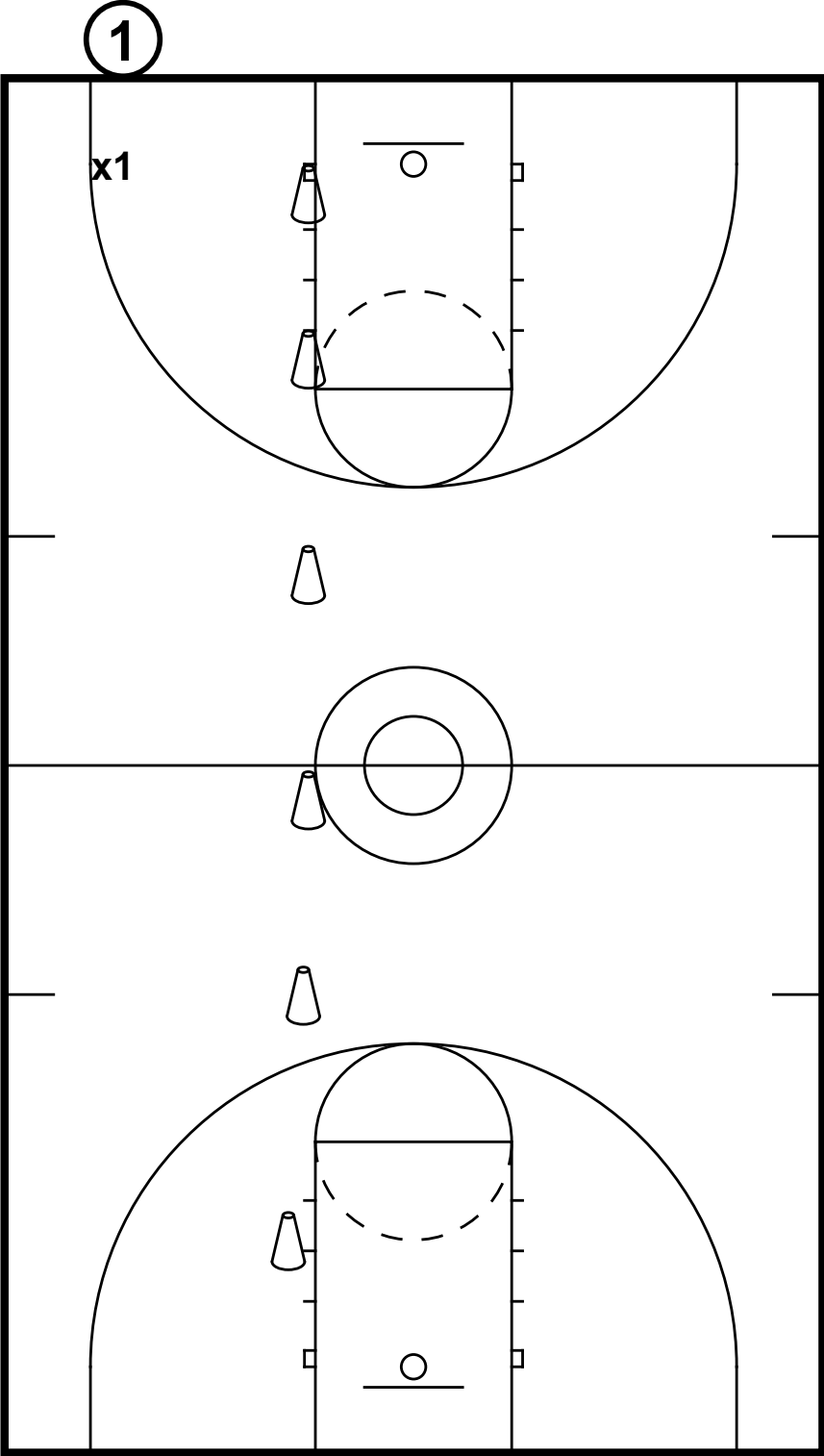
## Royal Press Break vs. Zone Practice Drills



3 sprints to sideline (butt to sideline), 1 sprints to middle and 4 vacates down sideline.

# Defensive Build

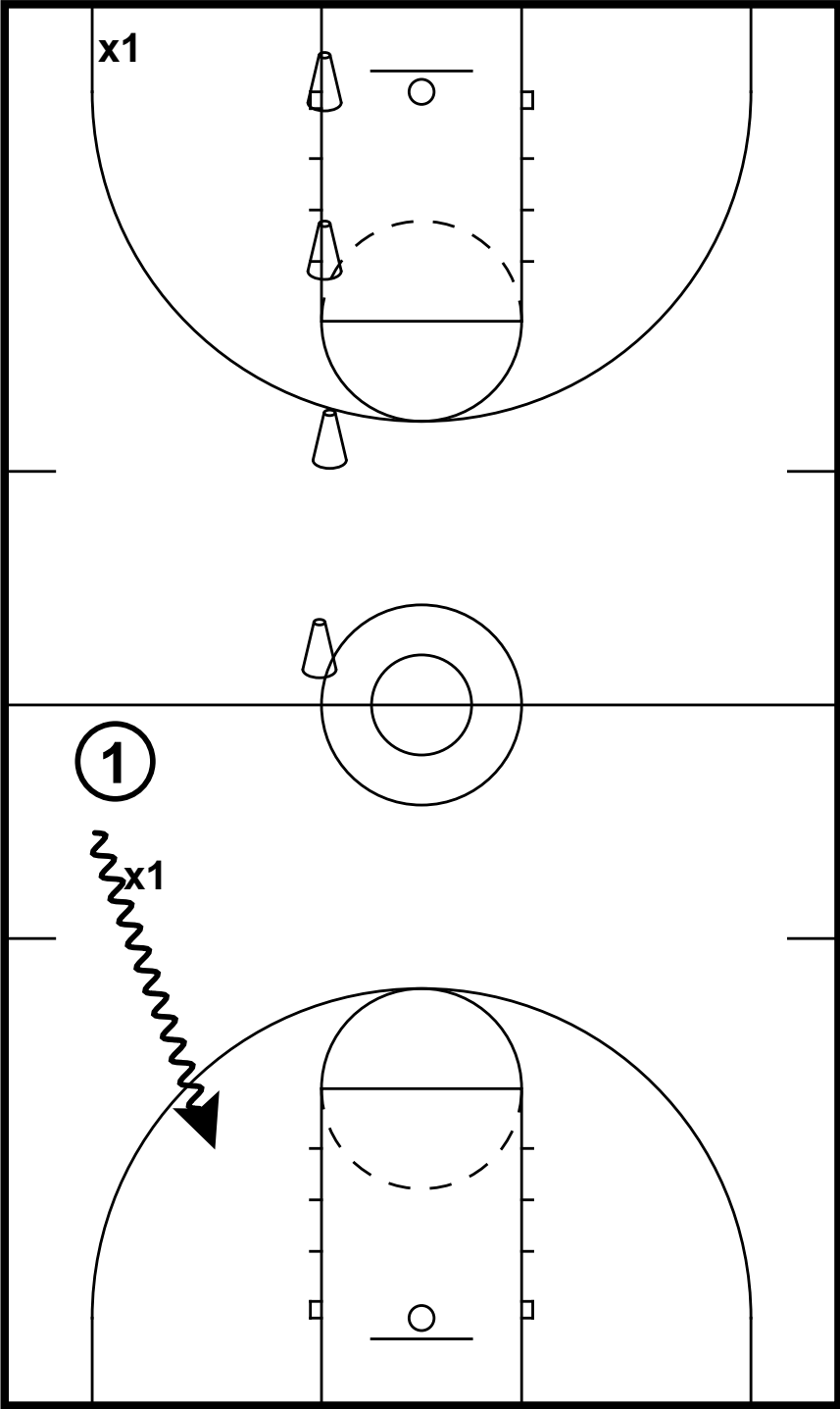
1 on 1 Alley  
Defensive Build



# Defensive Build

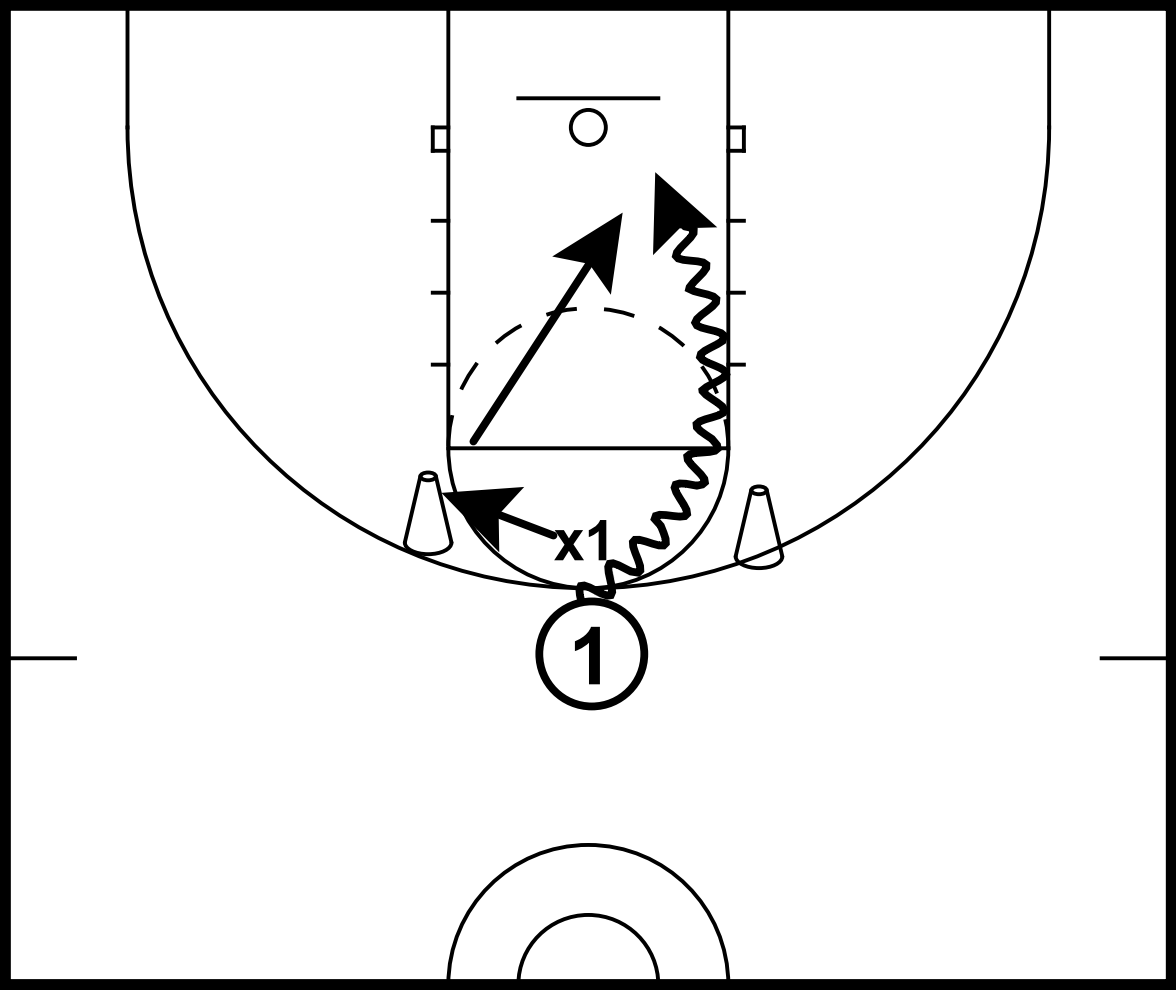
1 on 1 Alley  
Defensive Build

1



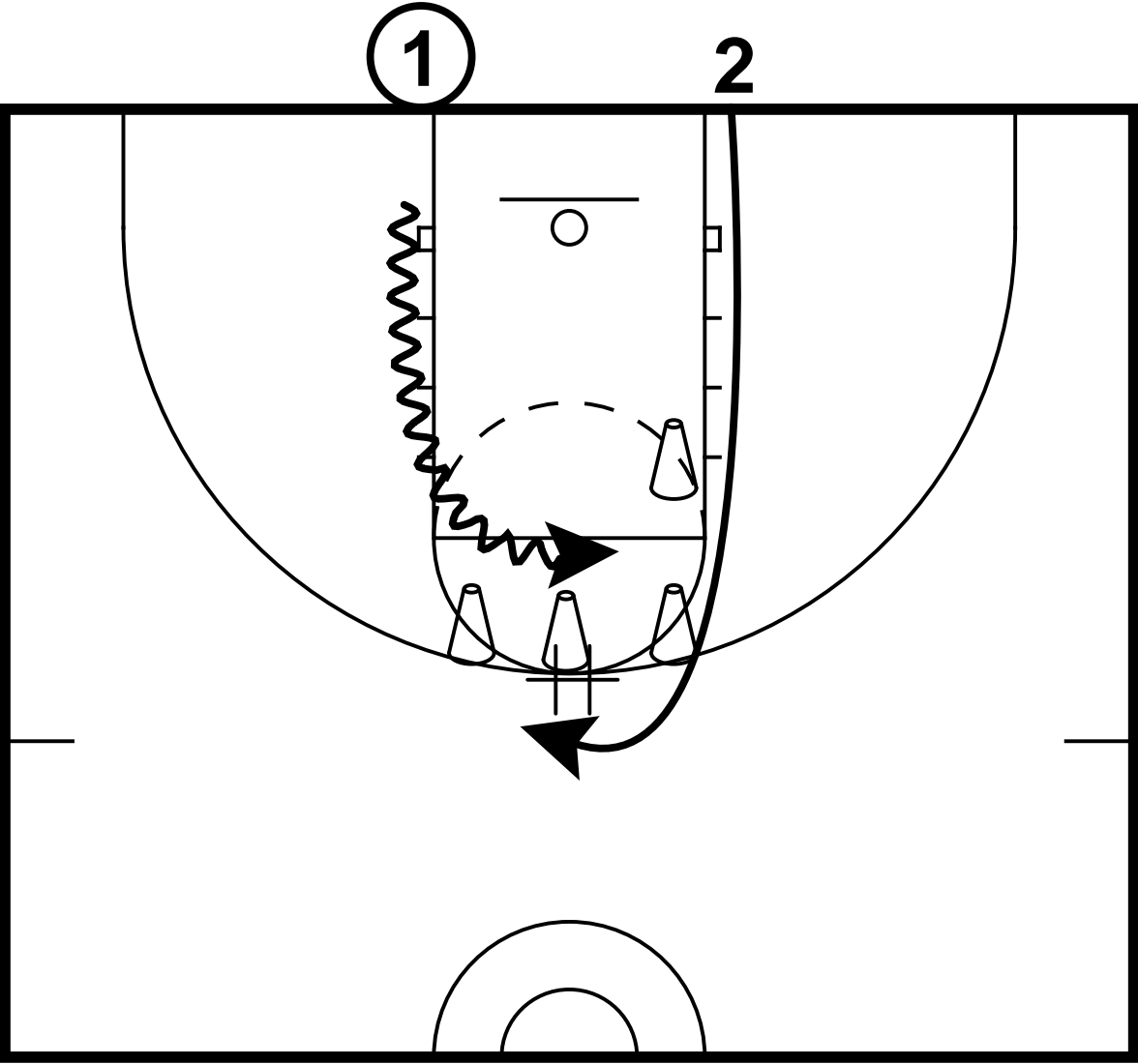
# Defensive Build

1 on 1 Advantage  
Defensive Build



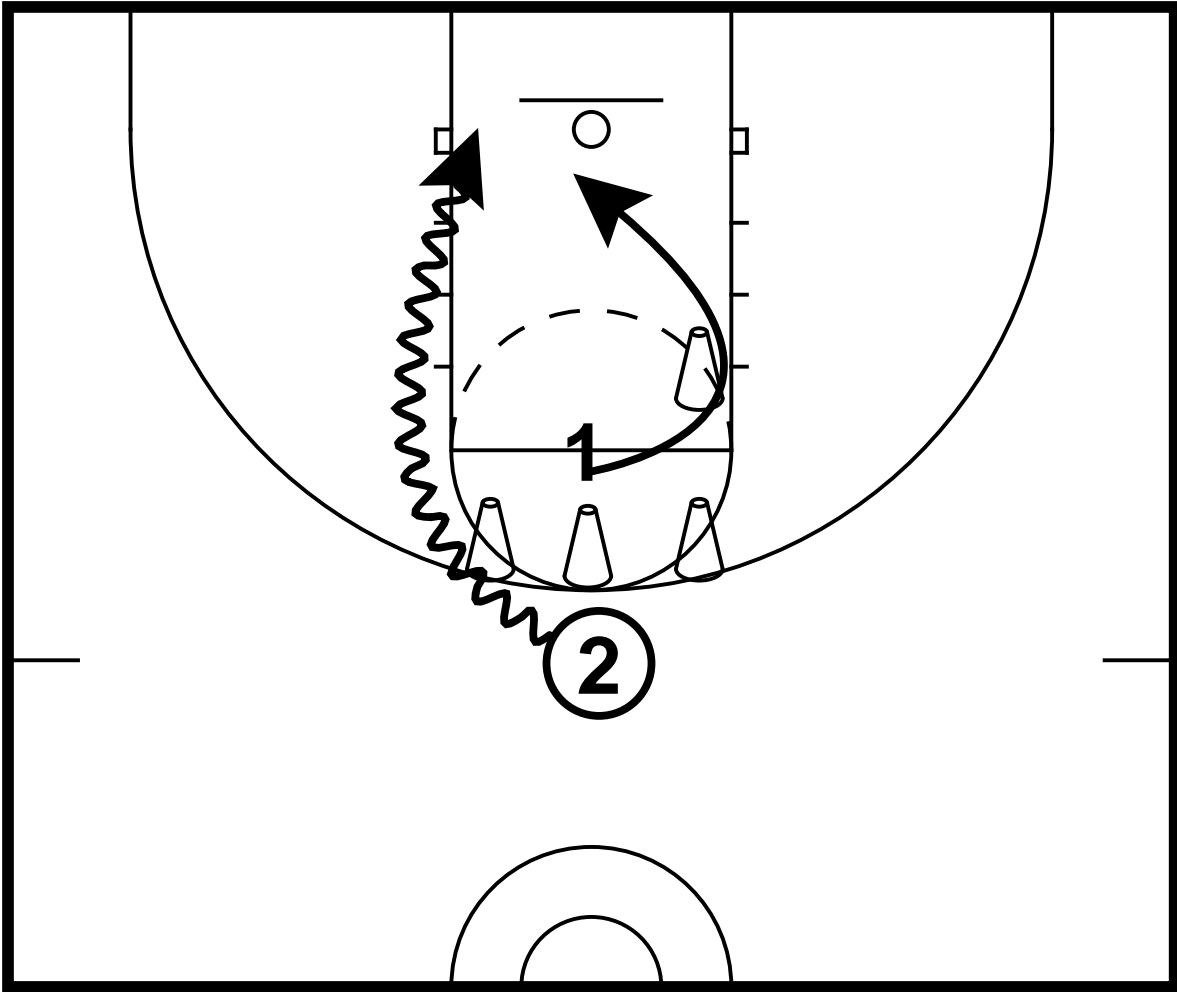
# Defensive Build

1 on 1 Advantage  
Defensive Build



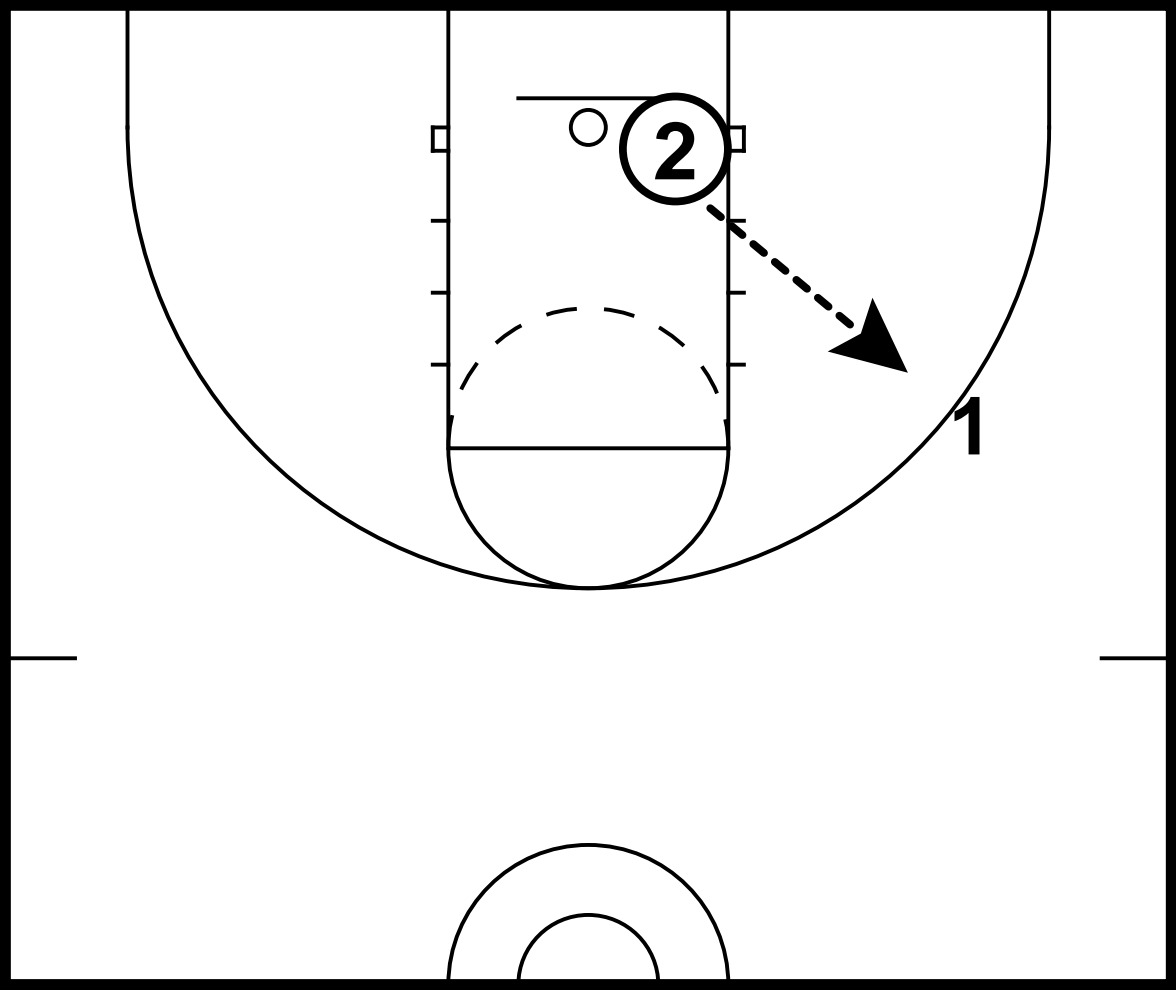
# Defensive Build

1 on 1 Advantage  
Defensive Build



# Defensive Build

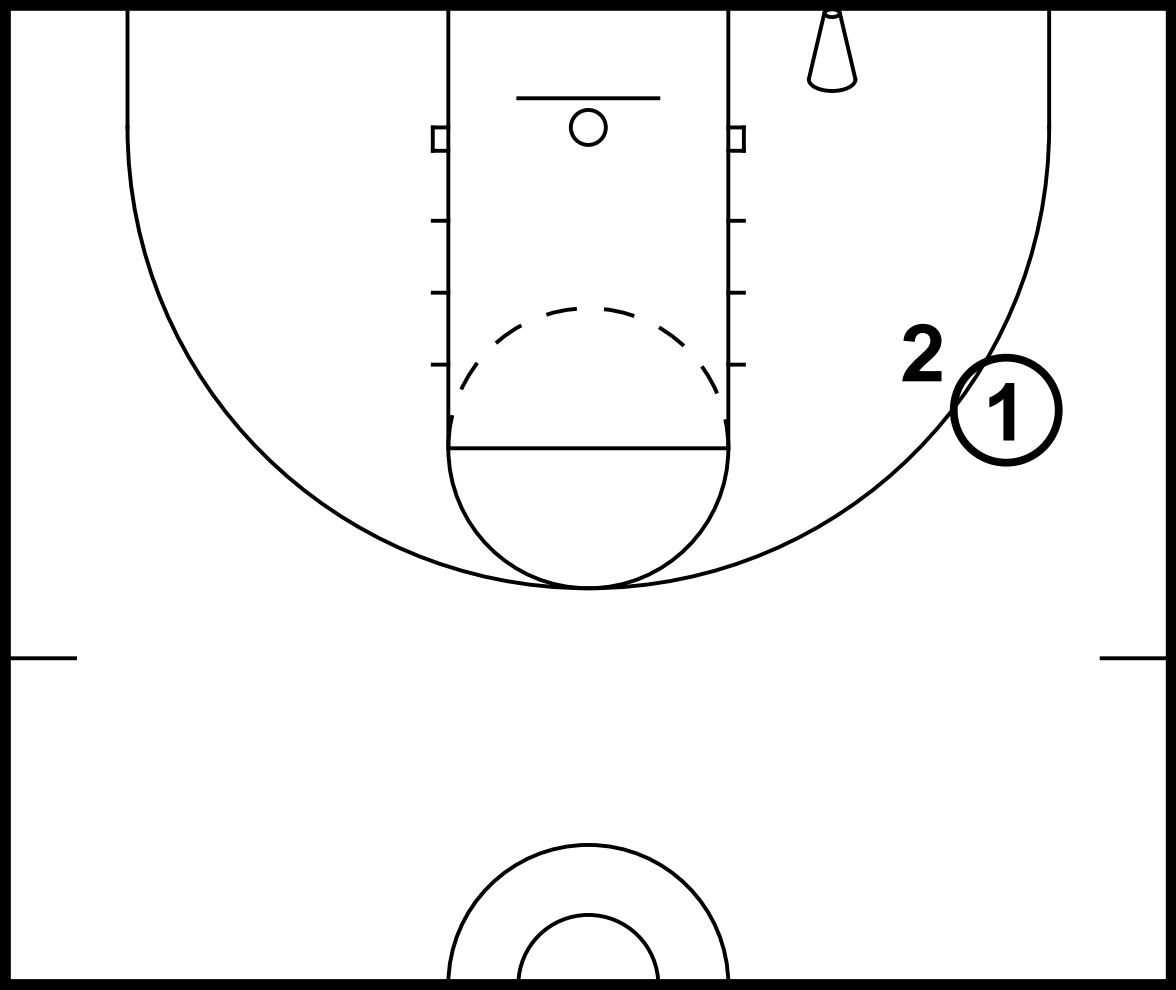
1 on 1 Force  
Defensive Build





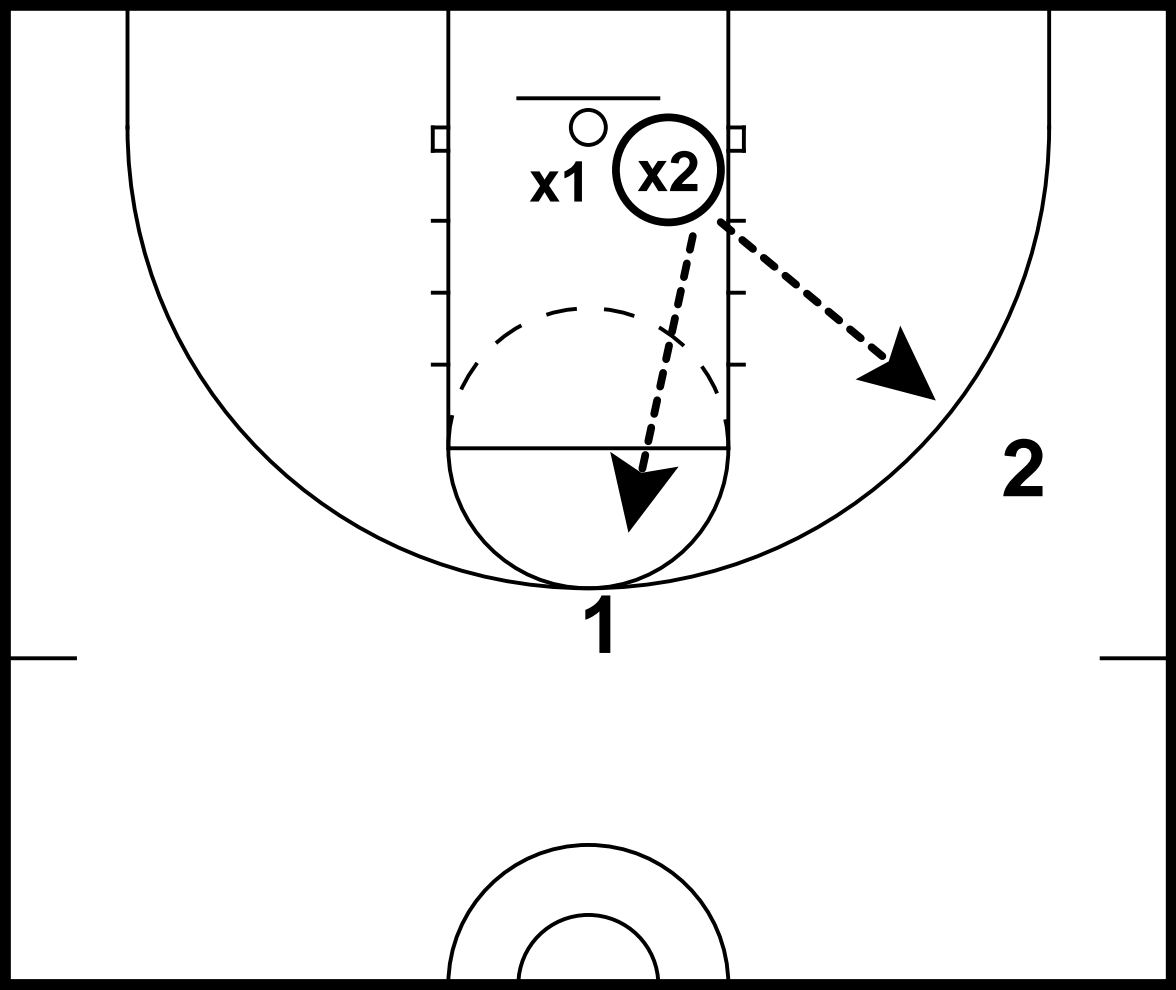
# Defensive Build

1 on 1 Force  
Defensive Build



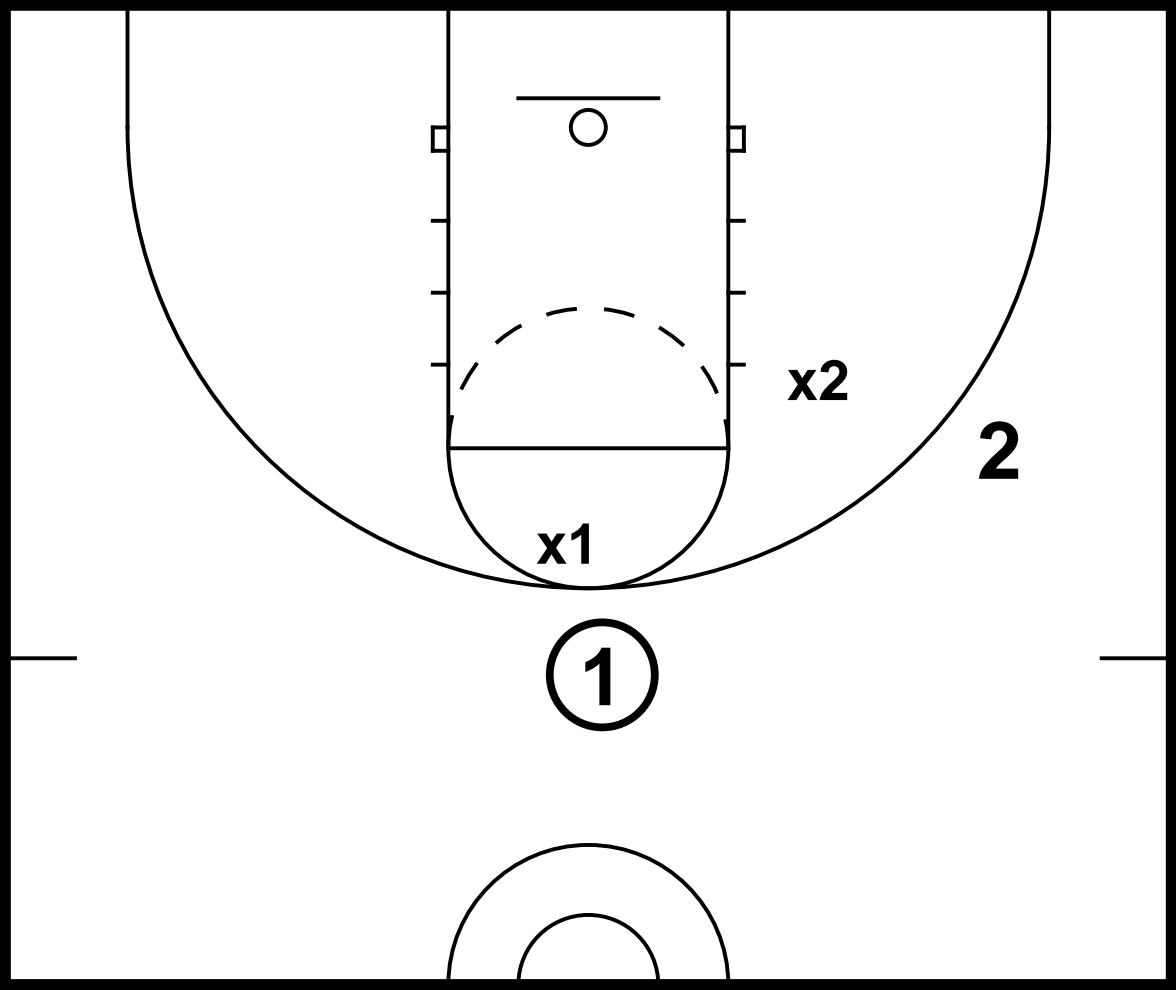
# Defensive Build

2 on 2 Same Side  
Defensive Build



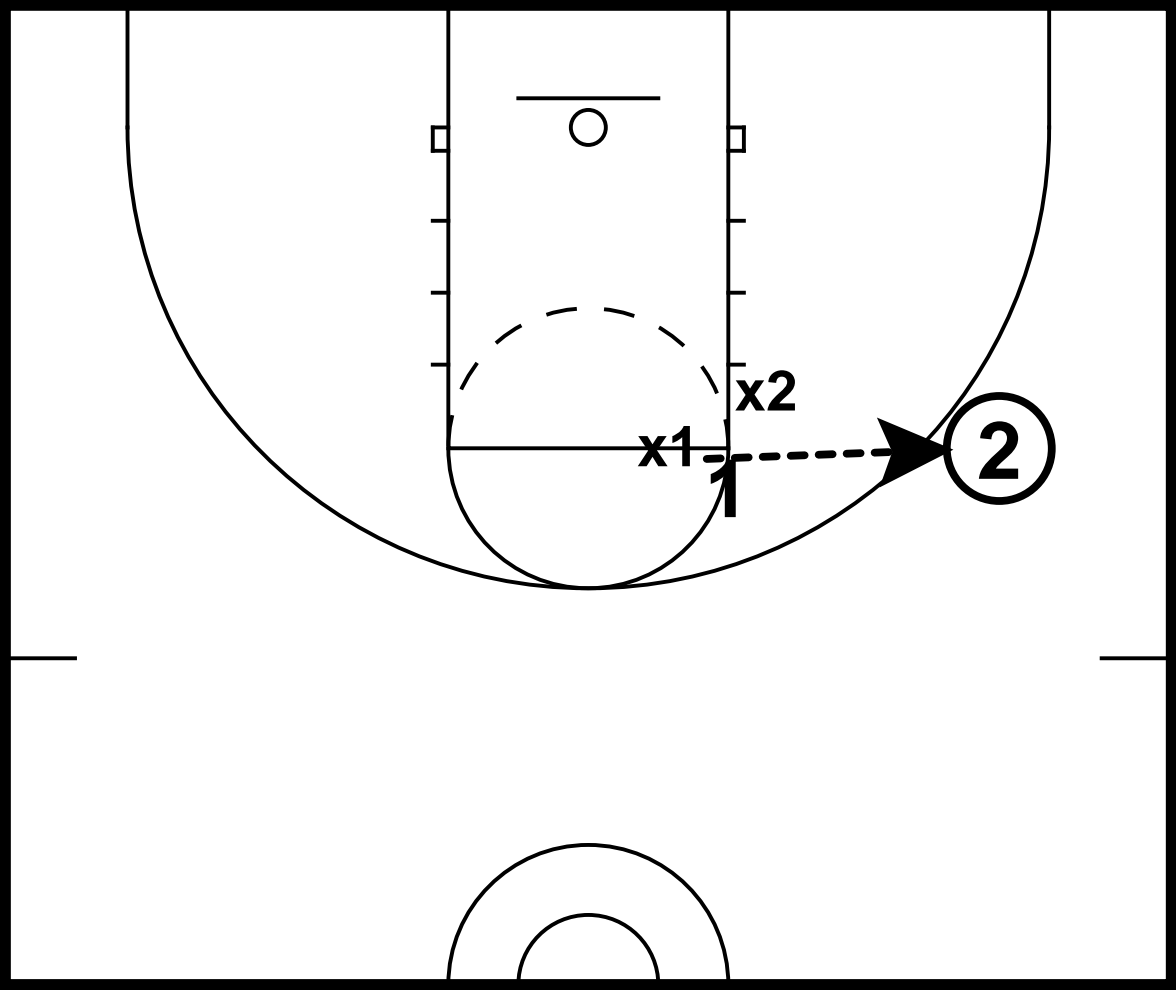
# Defensive Build

2 on 2 Same Side  
Defensive Build



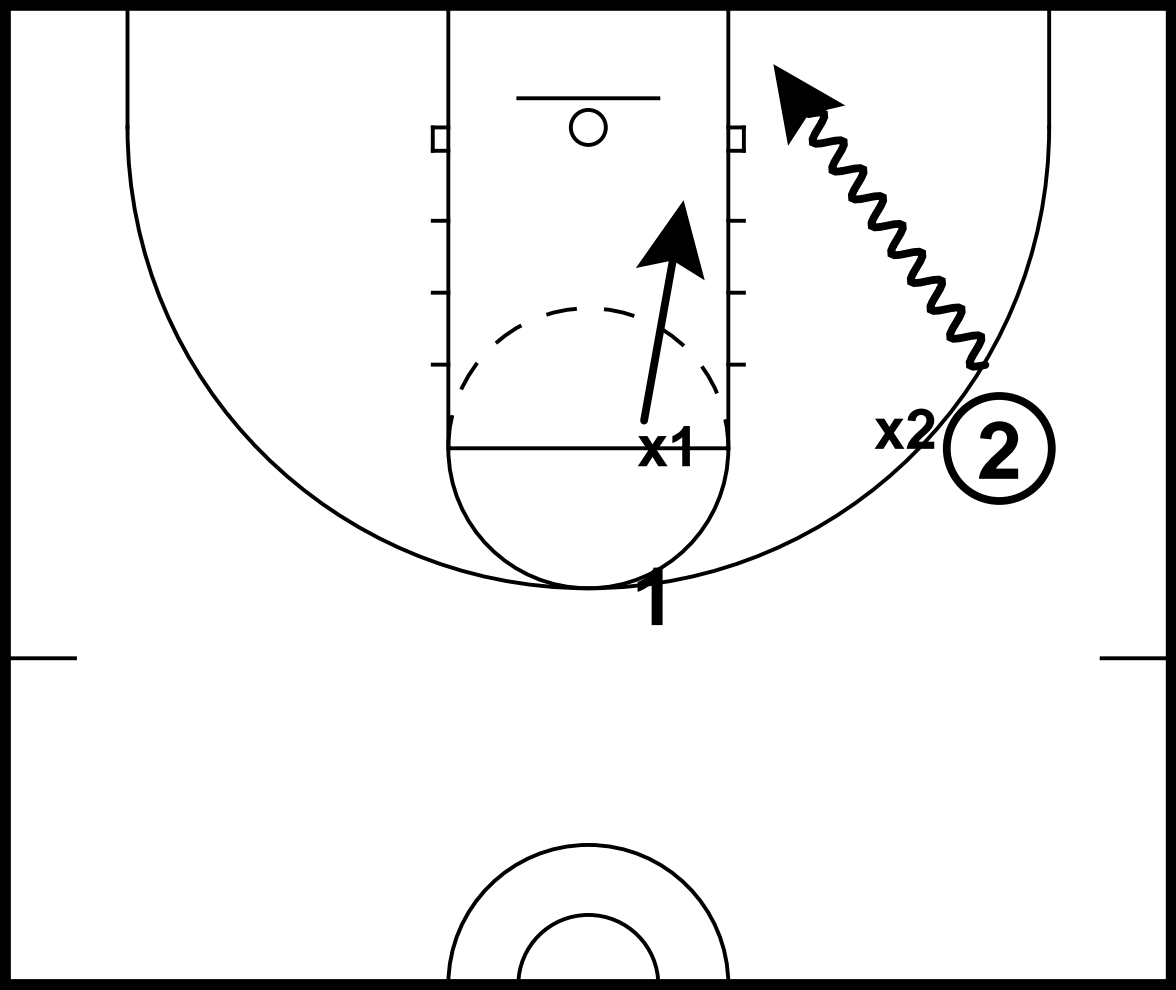
# Defensive Build

2 on 2 Same Side  
Defensive Build



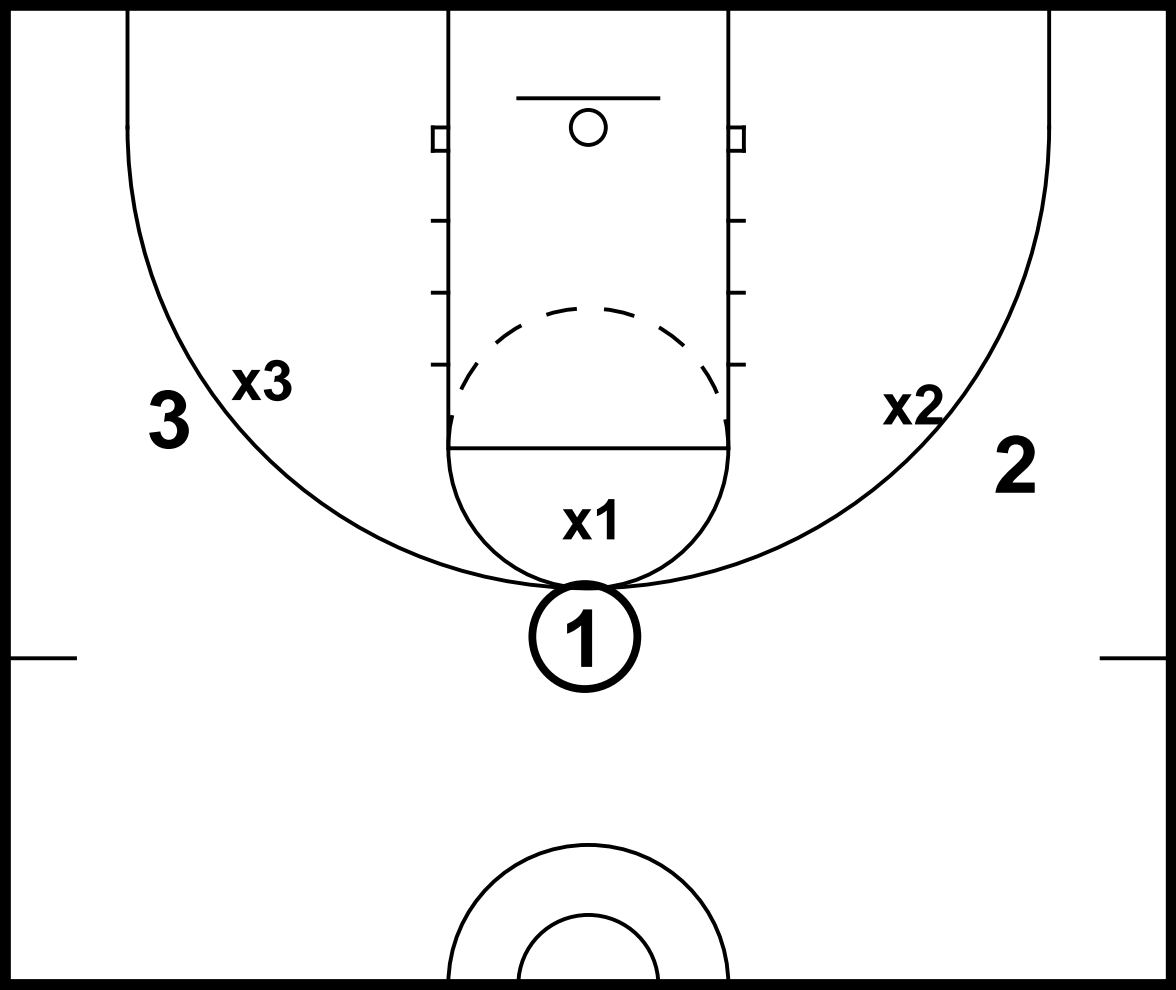
# Defensive Build

2 on 2 Same Side  
Defensive Build



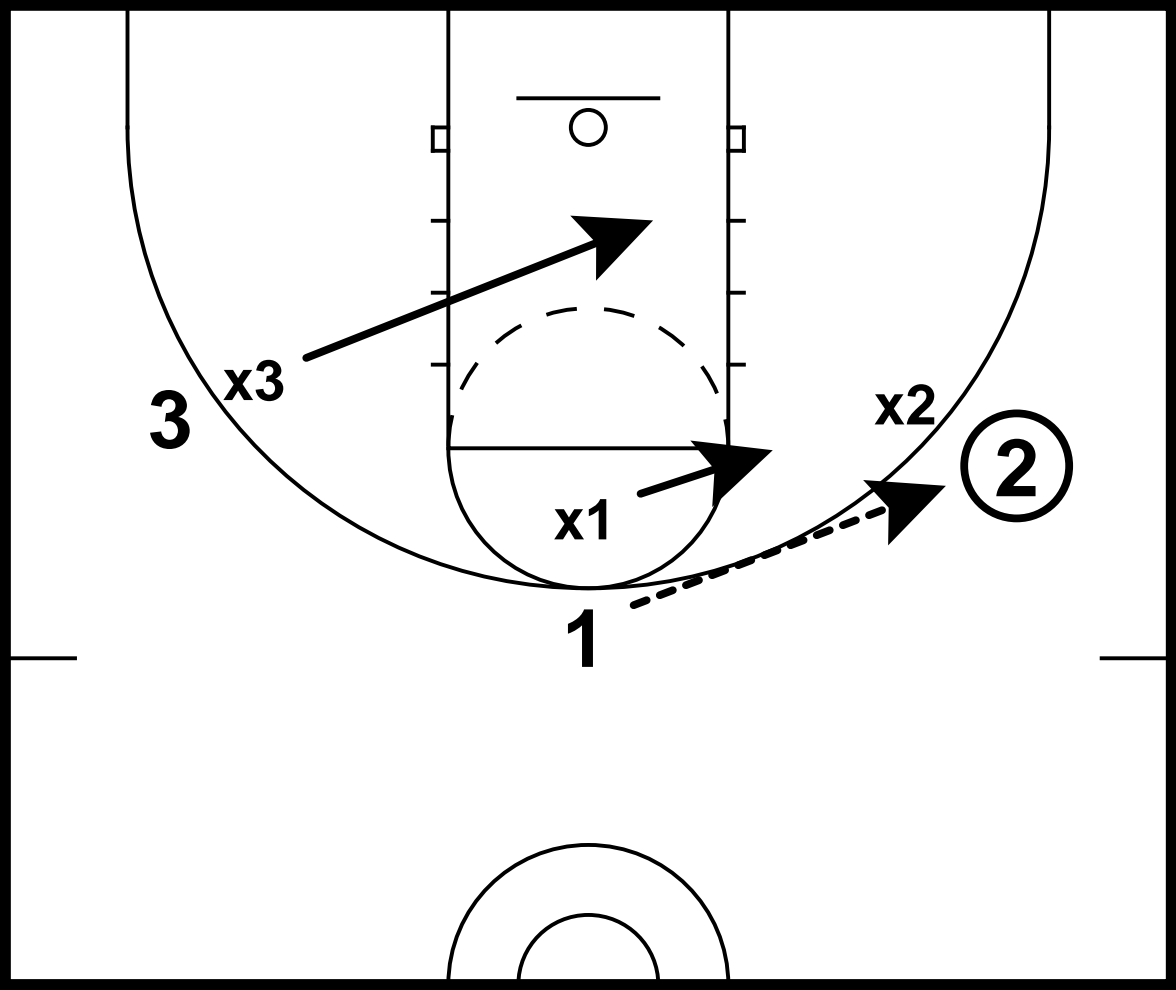
# Defensive Build

3 on 3 No Paint  
Defensive Build



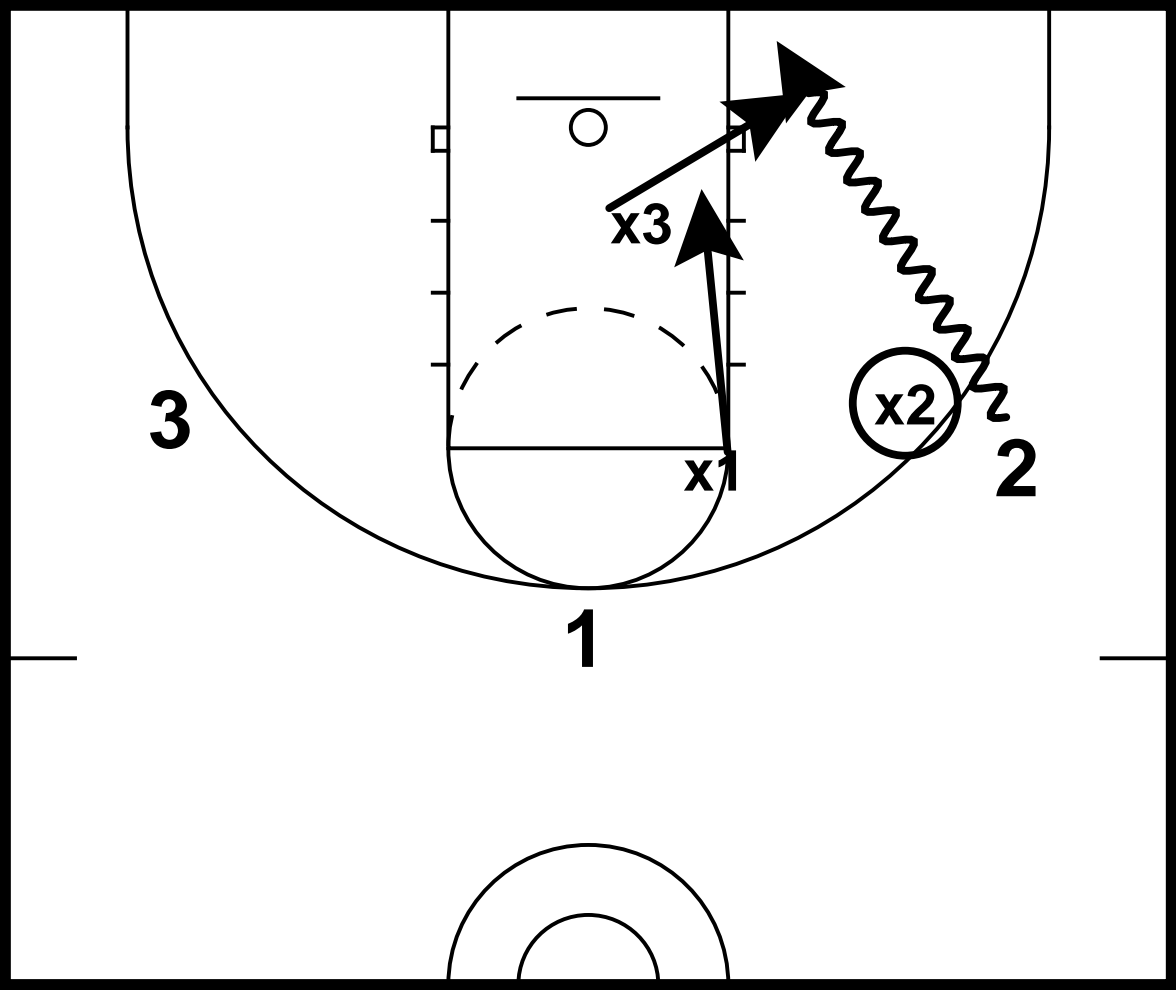
# Defensive Build

3 on 3 No Paint  
Defensive Build



# Defensive Build

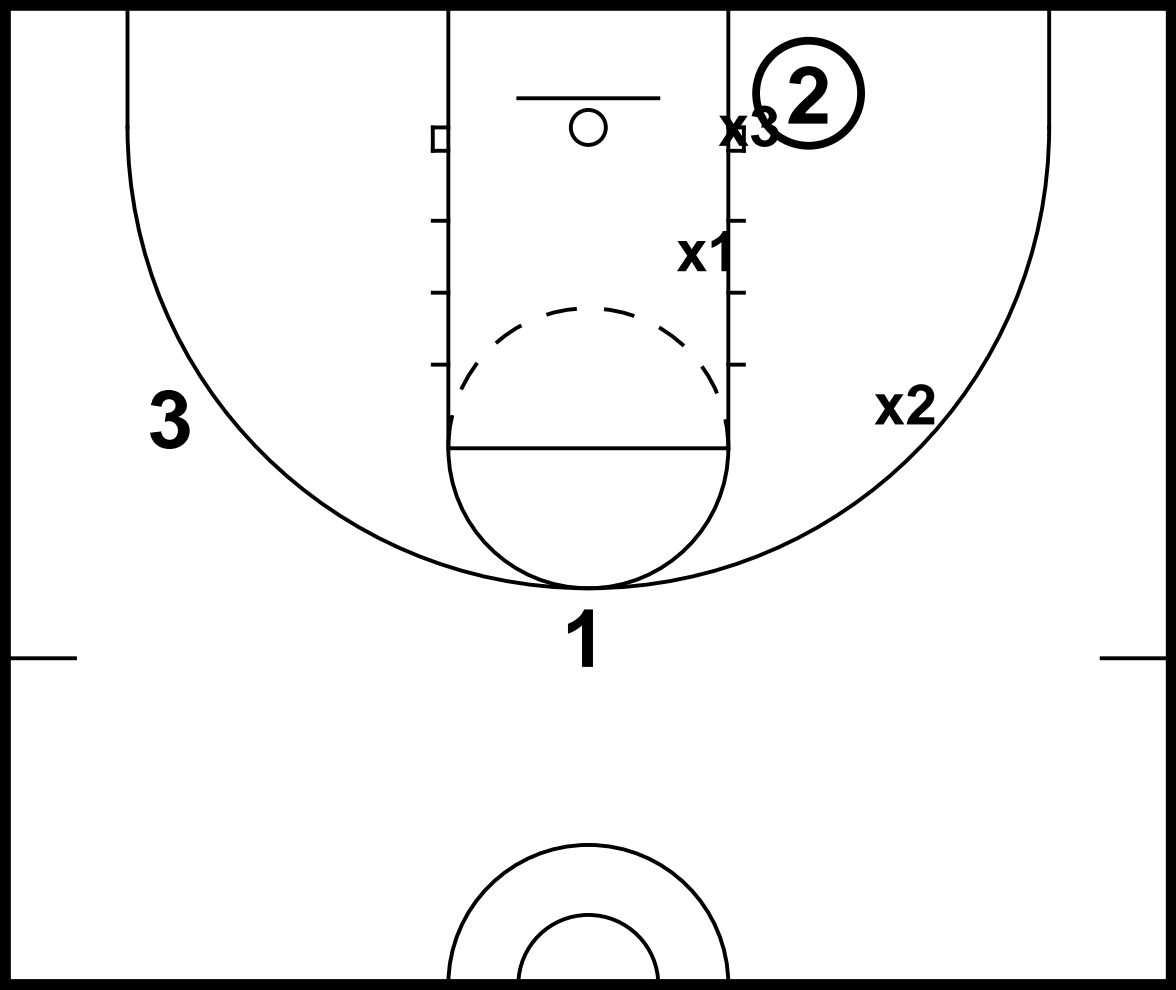
3 on 3 No Paint  
Defensive Build





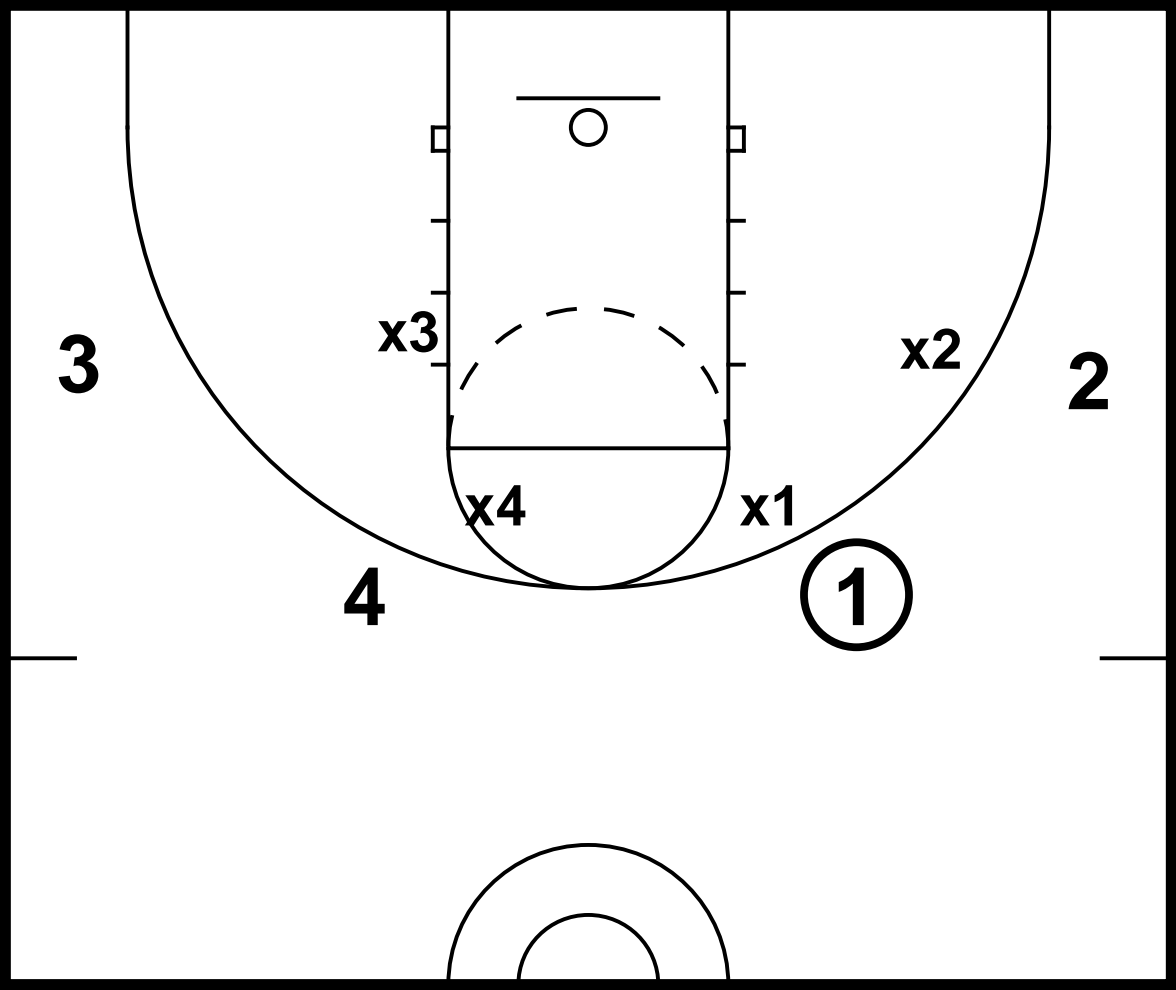
# Defensive Build

3 on 3 No Paint  
Defensive Build



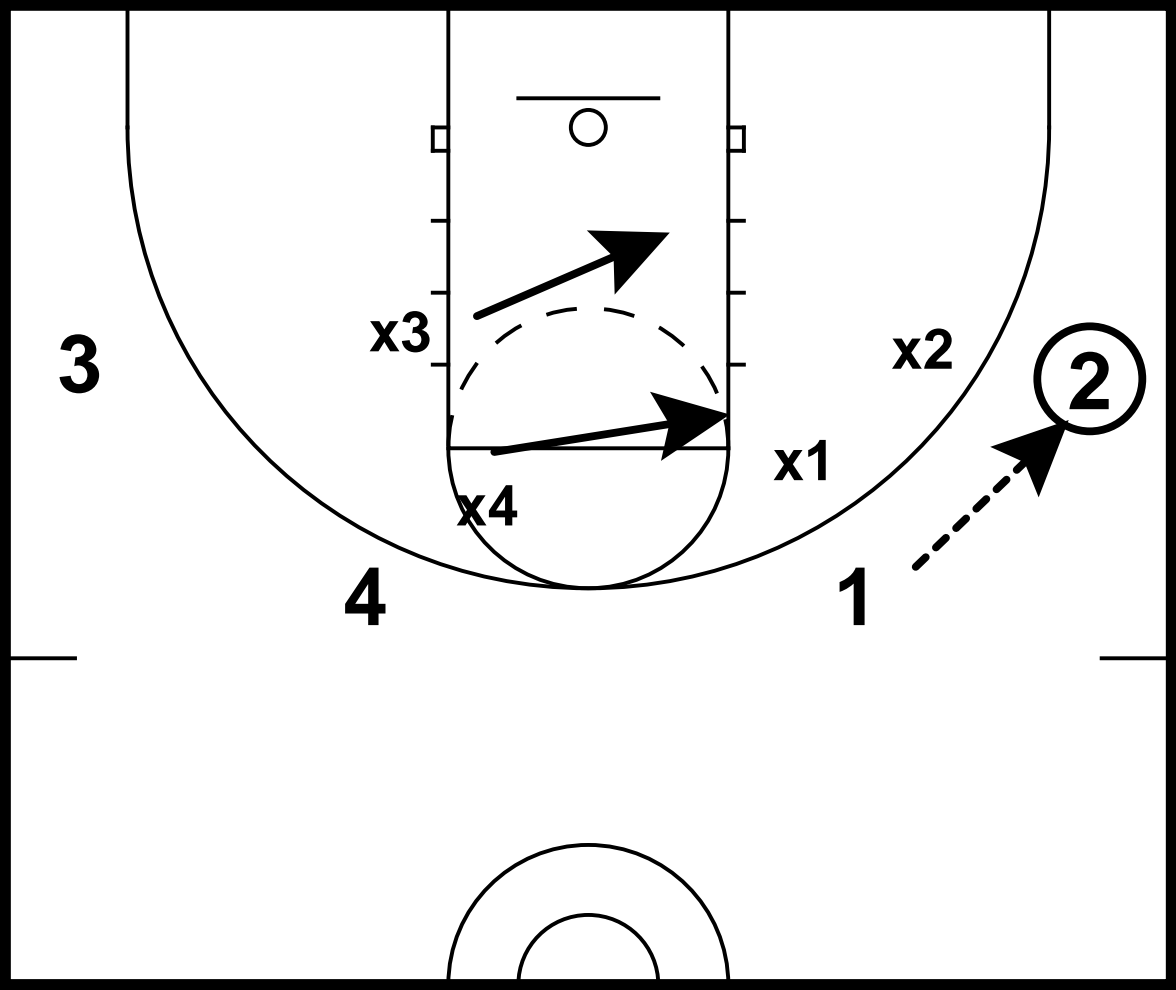
# Defensive Build

4 on 4 Load (No Post)  
Defensive Build



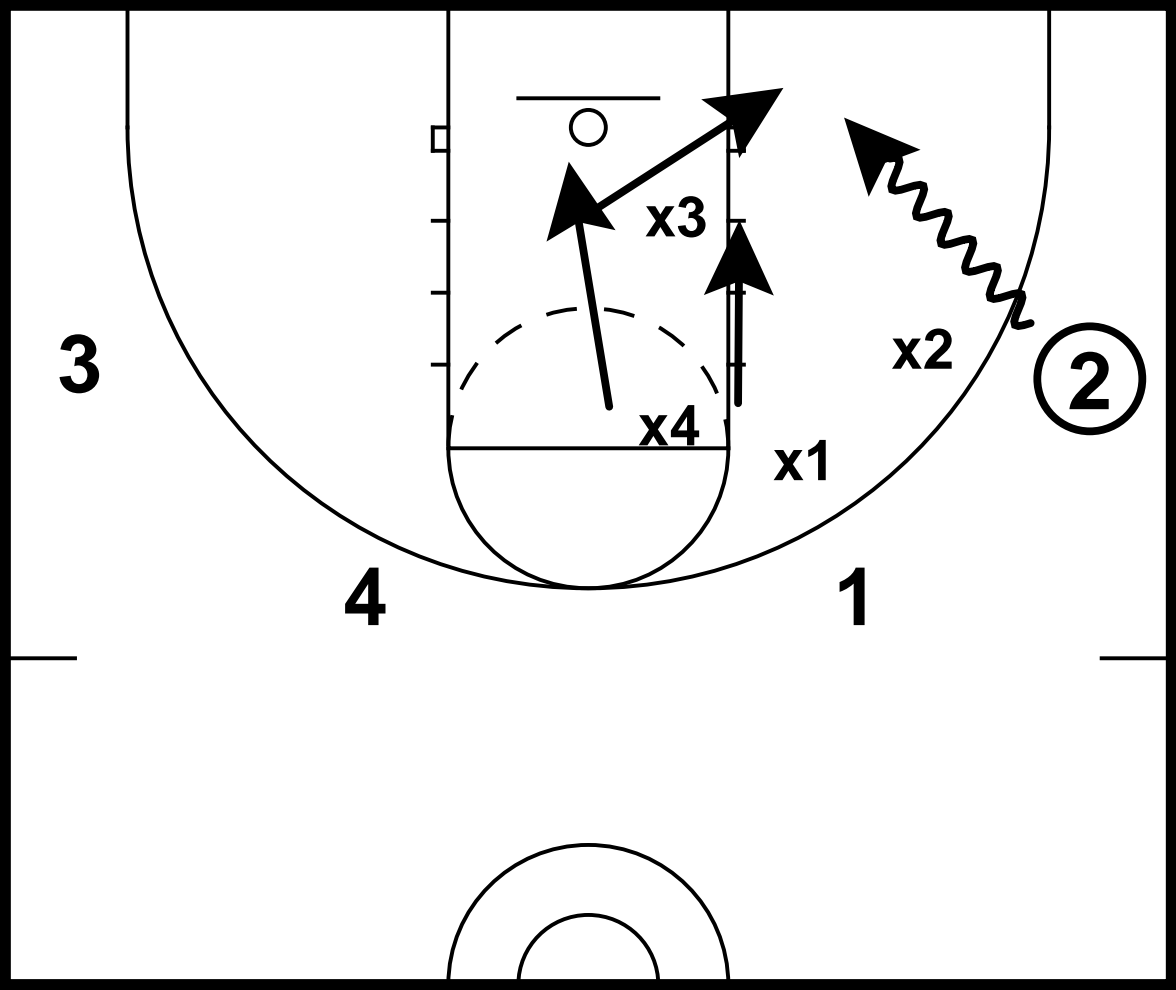
# Defensive Build

4 on 4 Load (No Post)  
Defensive Build



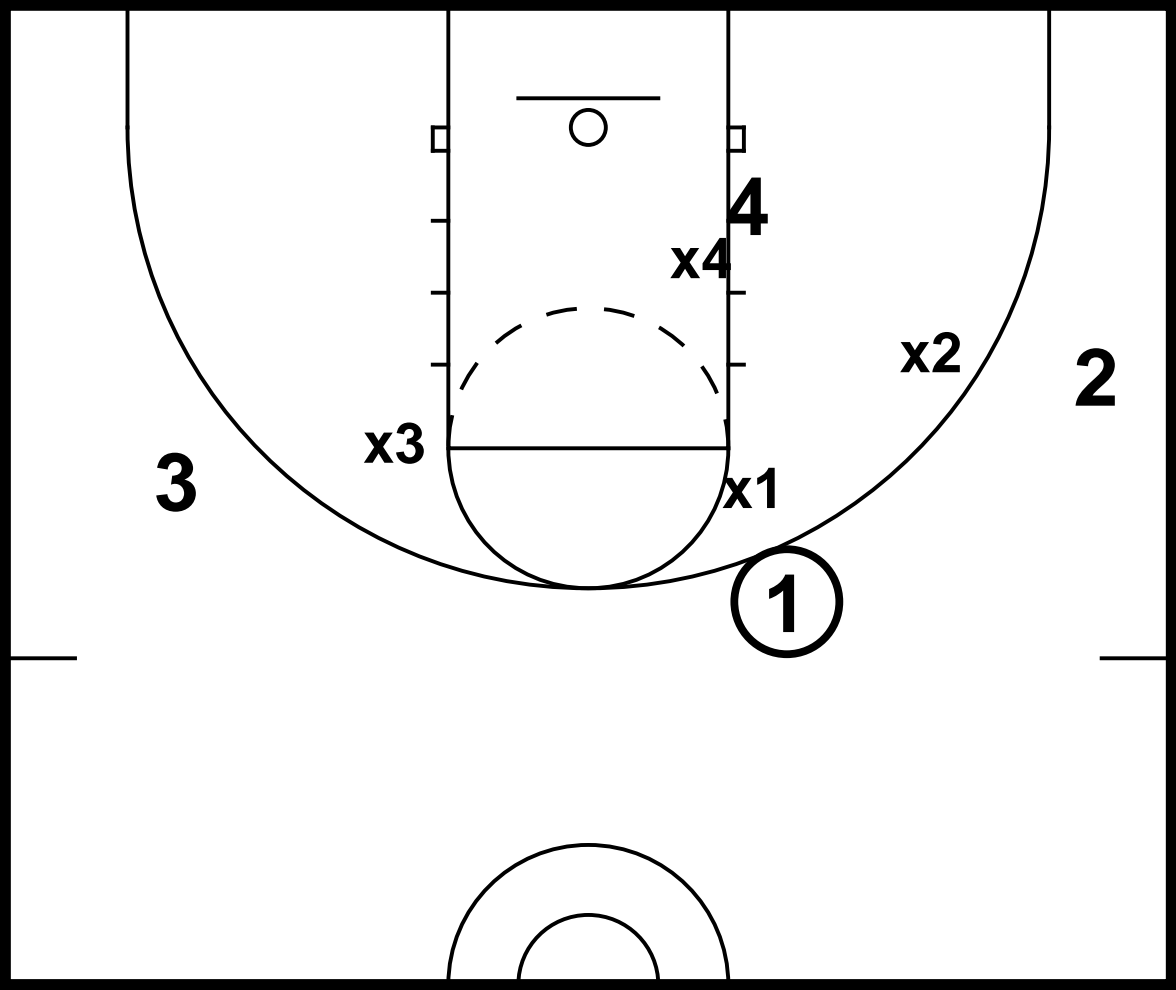
# Defensive Build

4 on 4 Load (No Post)  
Defensive Build



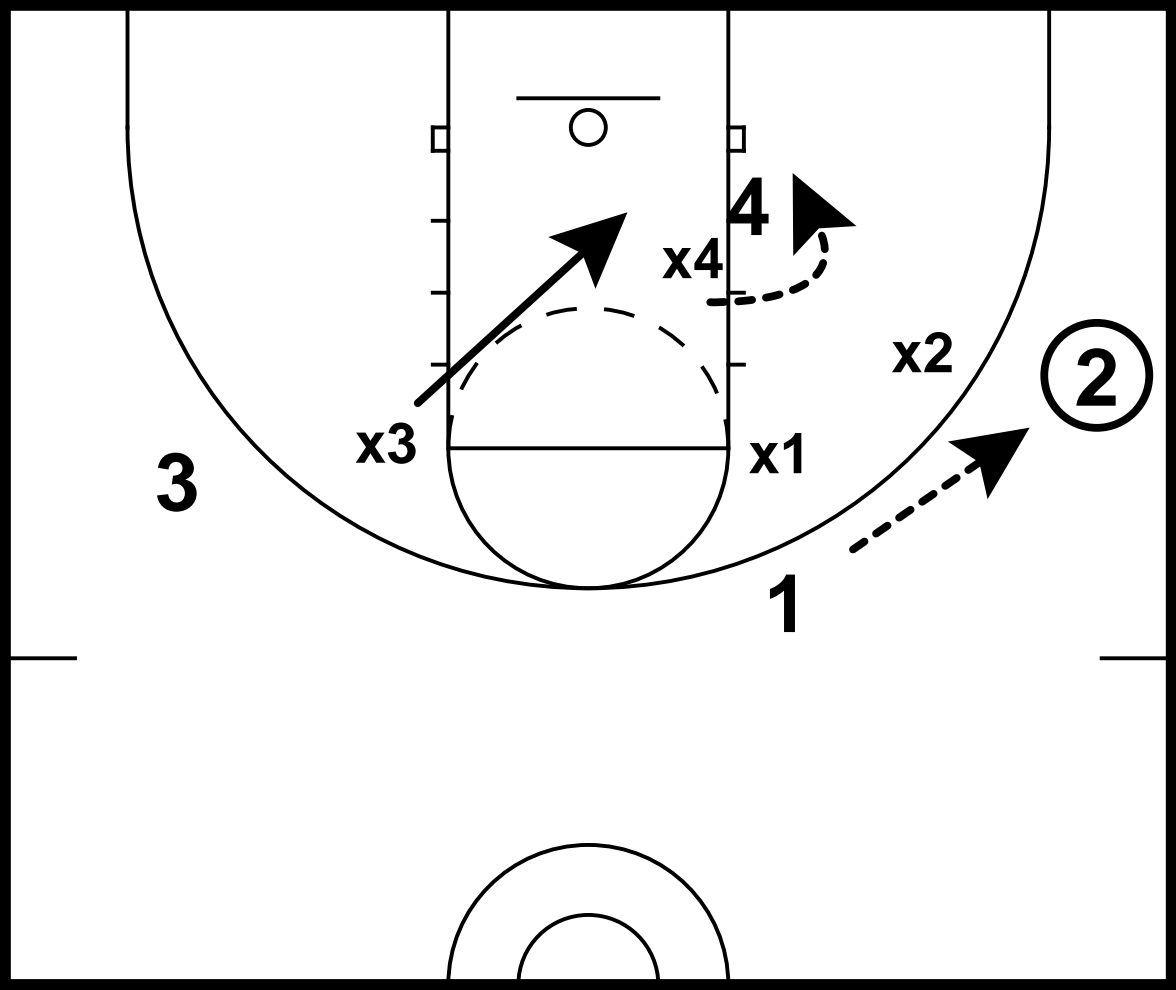
# Defensive Build

4 on 4 Load (with post)  
Defensive Build



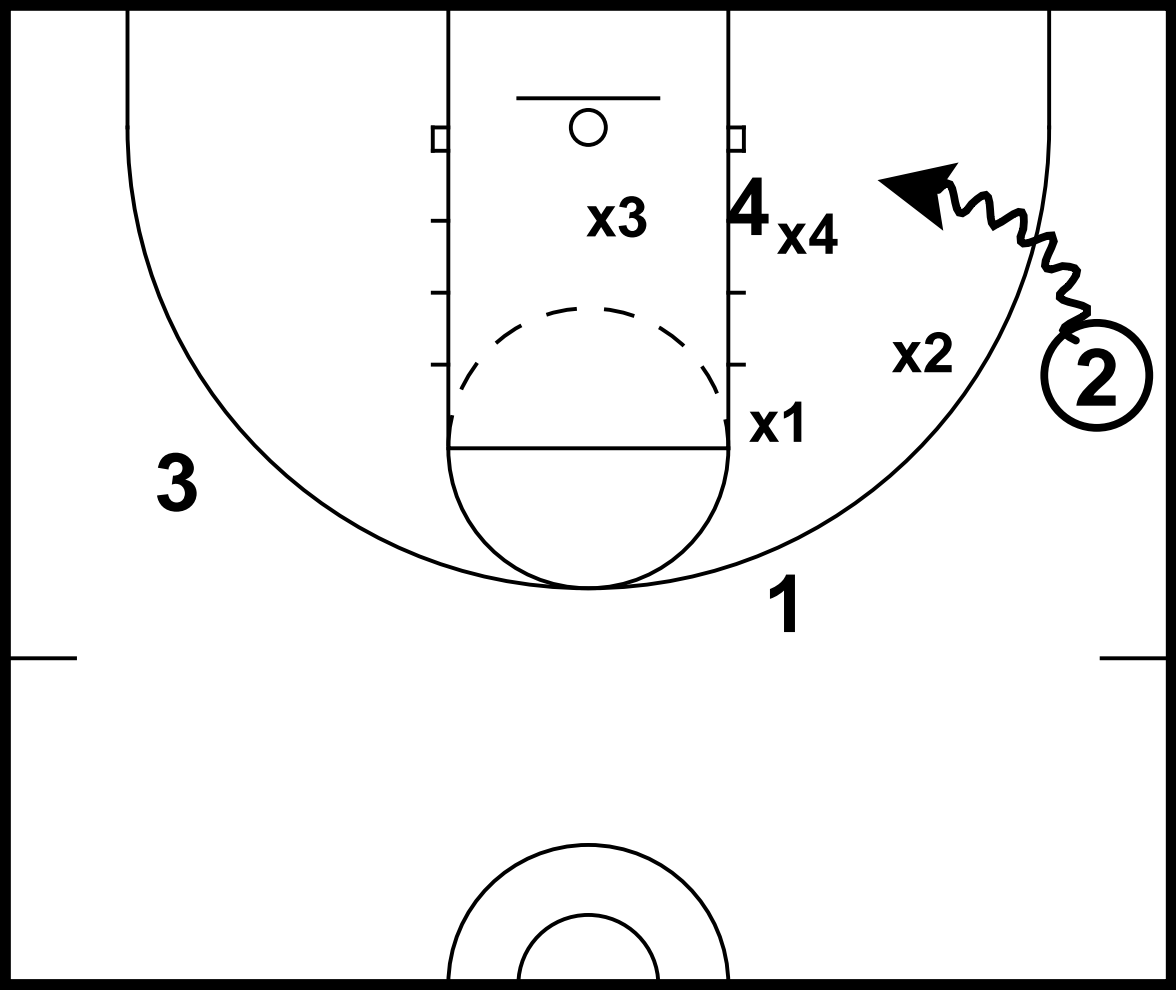
# Defensive Build

4 on 4 Load (with post)  
Defensive Build



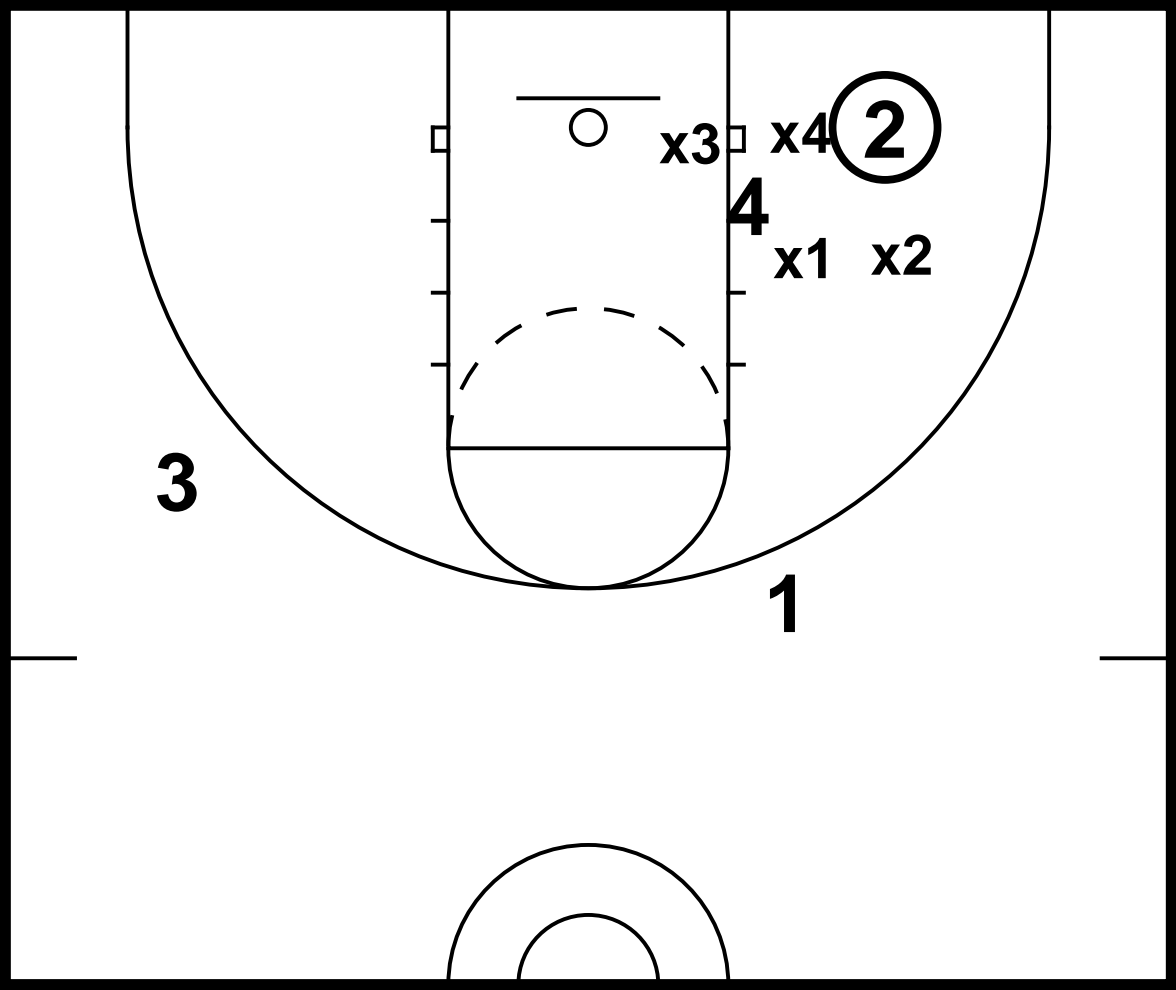
# Defensive Build

4 on 4 Load (with post)  
Defensive Build



# Defensive Build

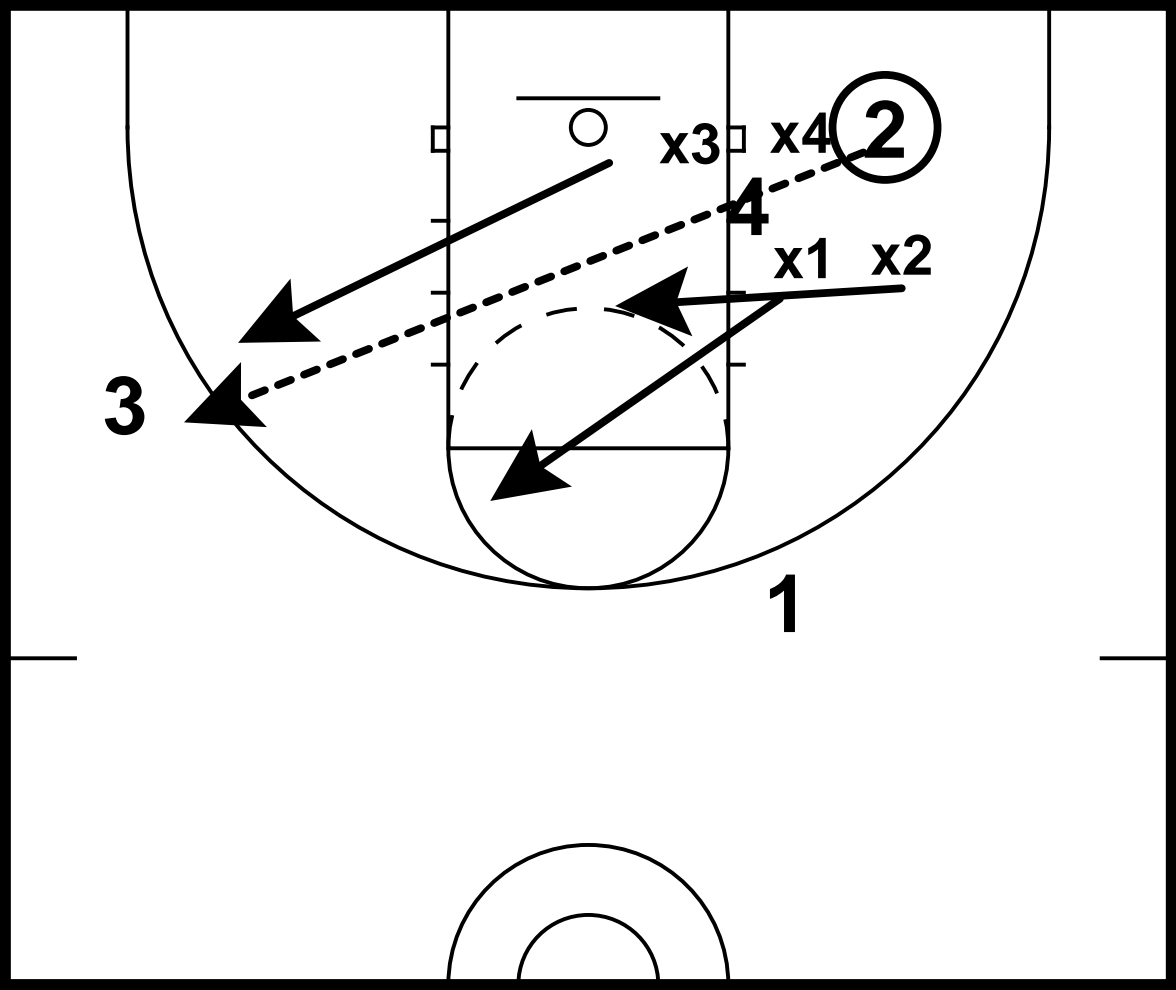
4 on 4 Load (with post)  
Defensive Build





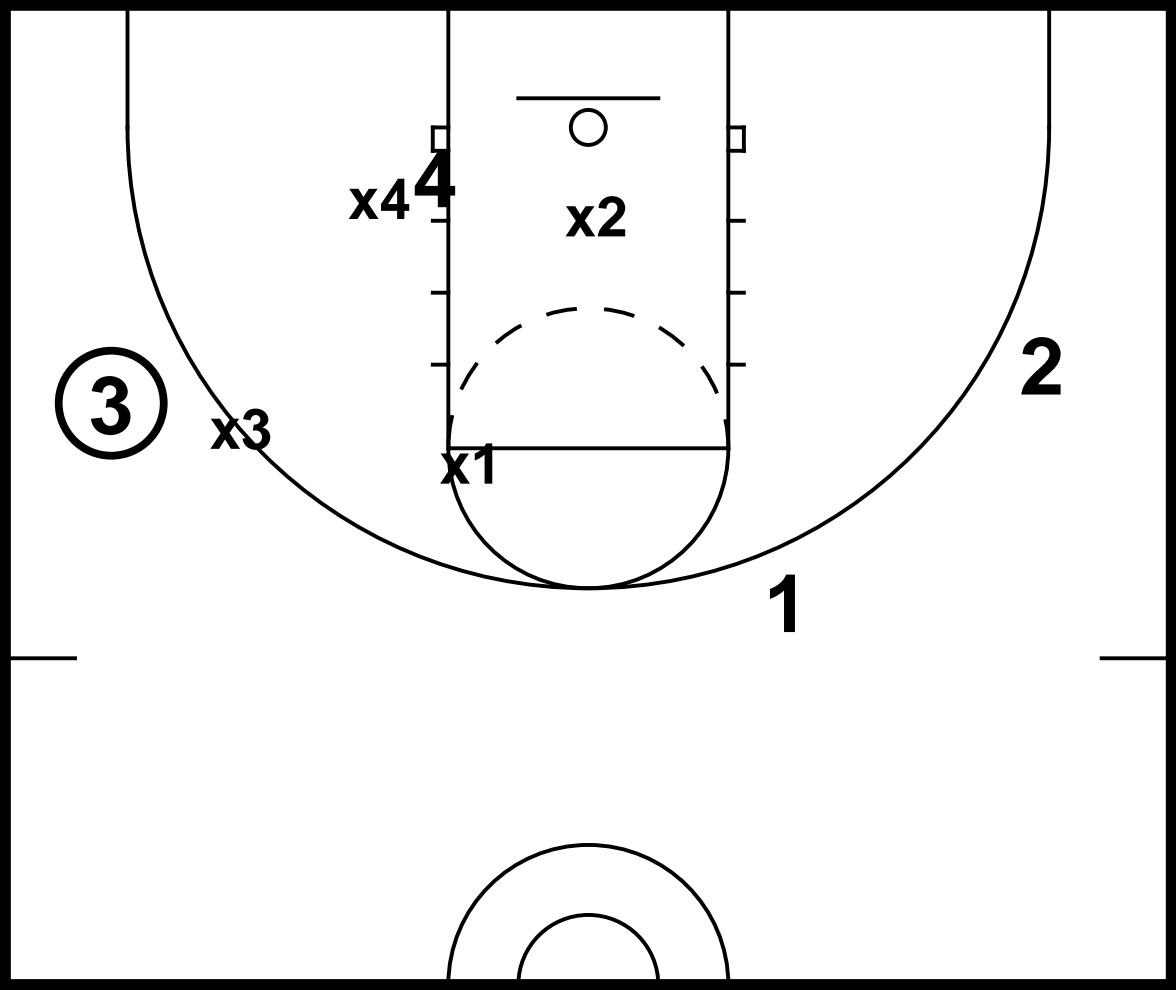
# Defensive Build

4 on 4 Load (with post)  
Defensive Build



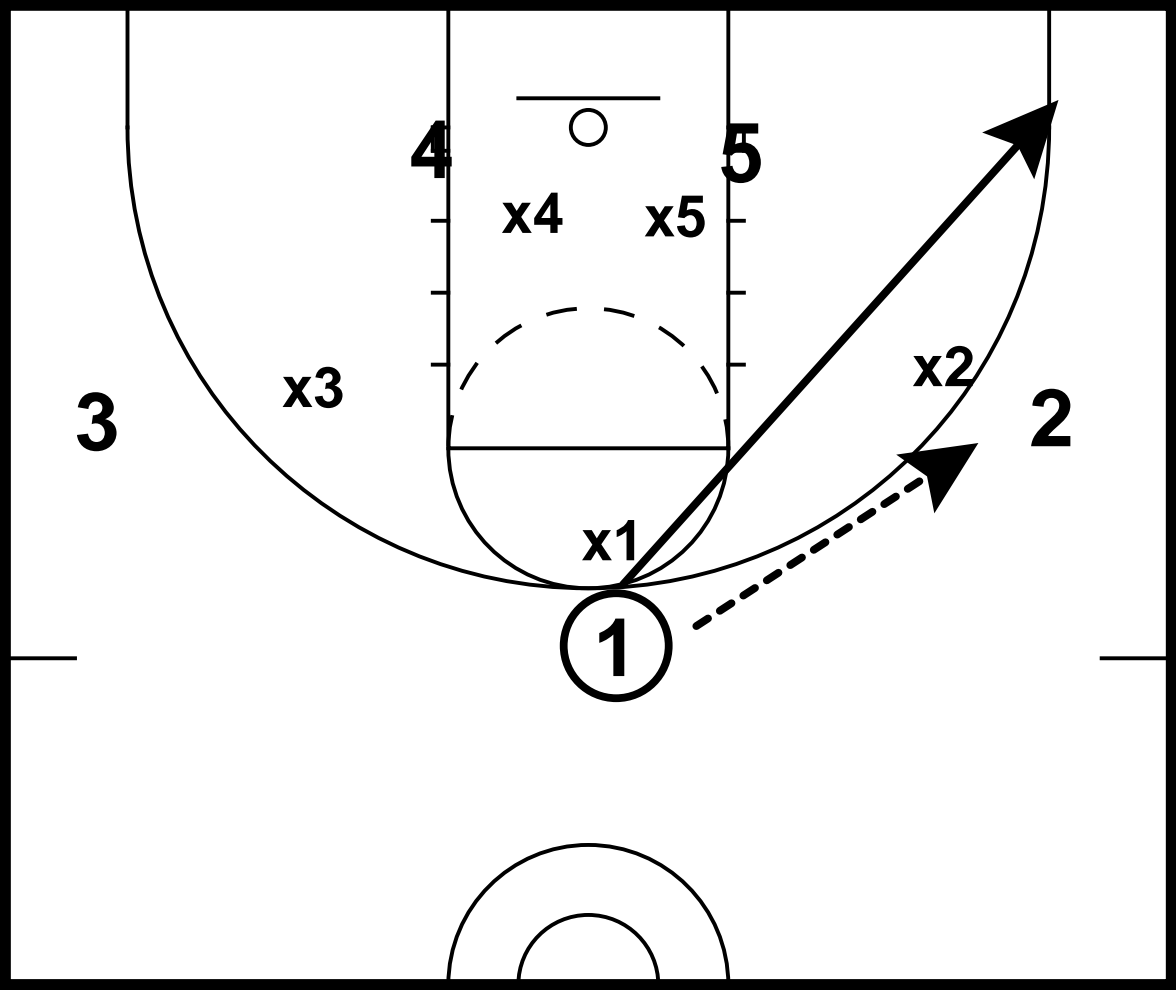
# Defensive Build

4 on 4 Load (with post)  
Defensive Build



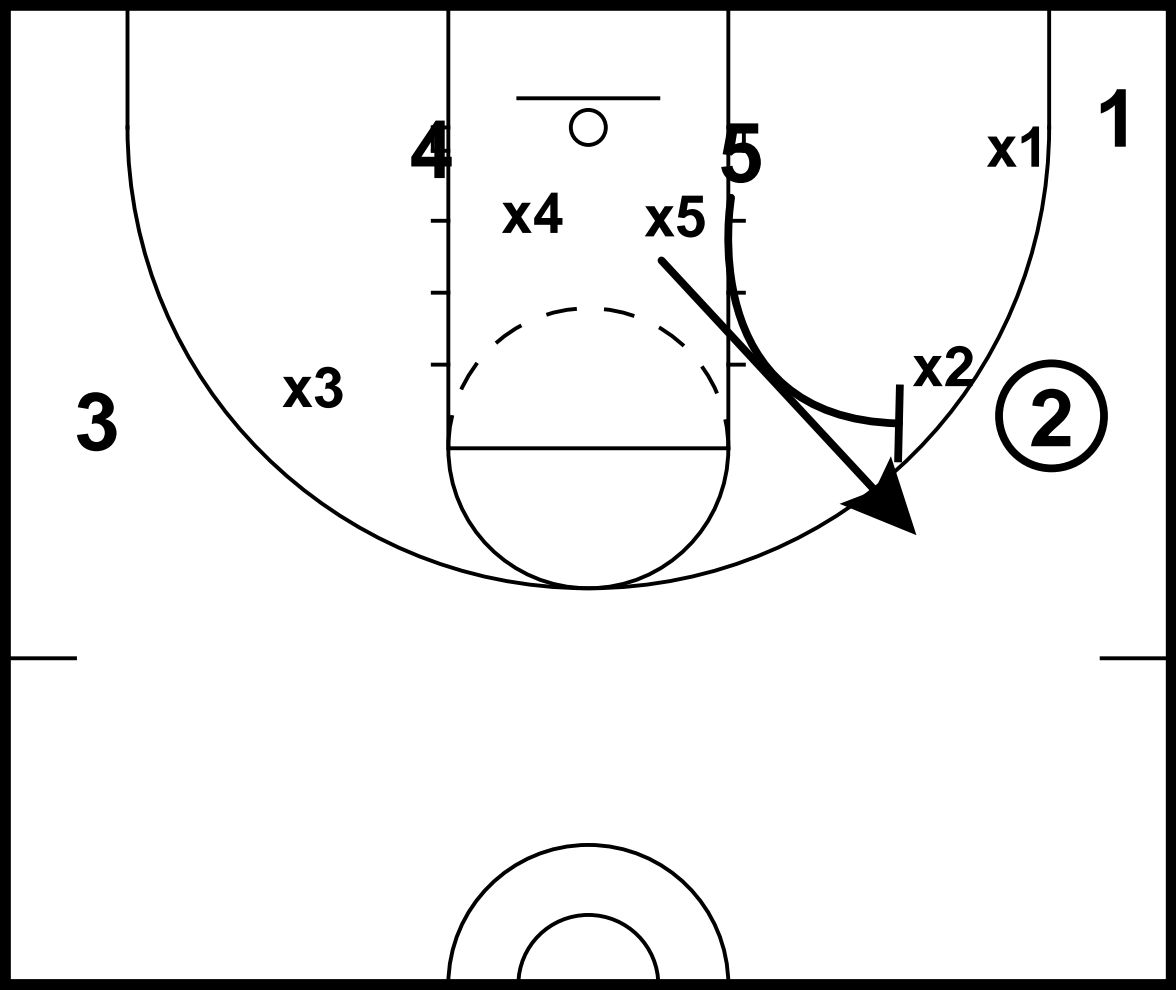
# Defensive Build

1 / 2 Man vs. Common Actions  
Defensive Build



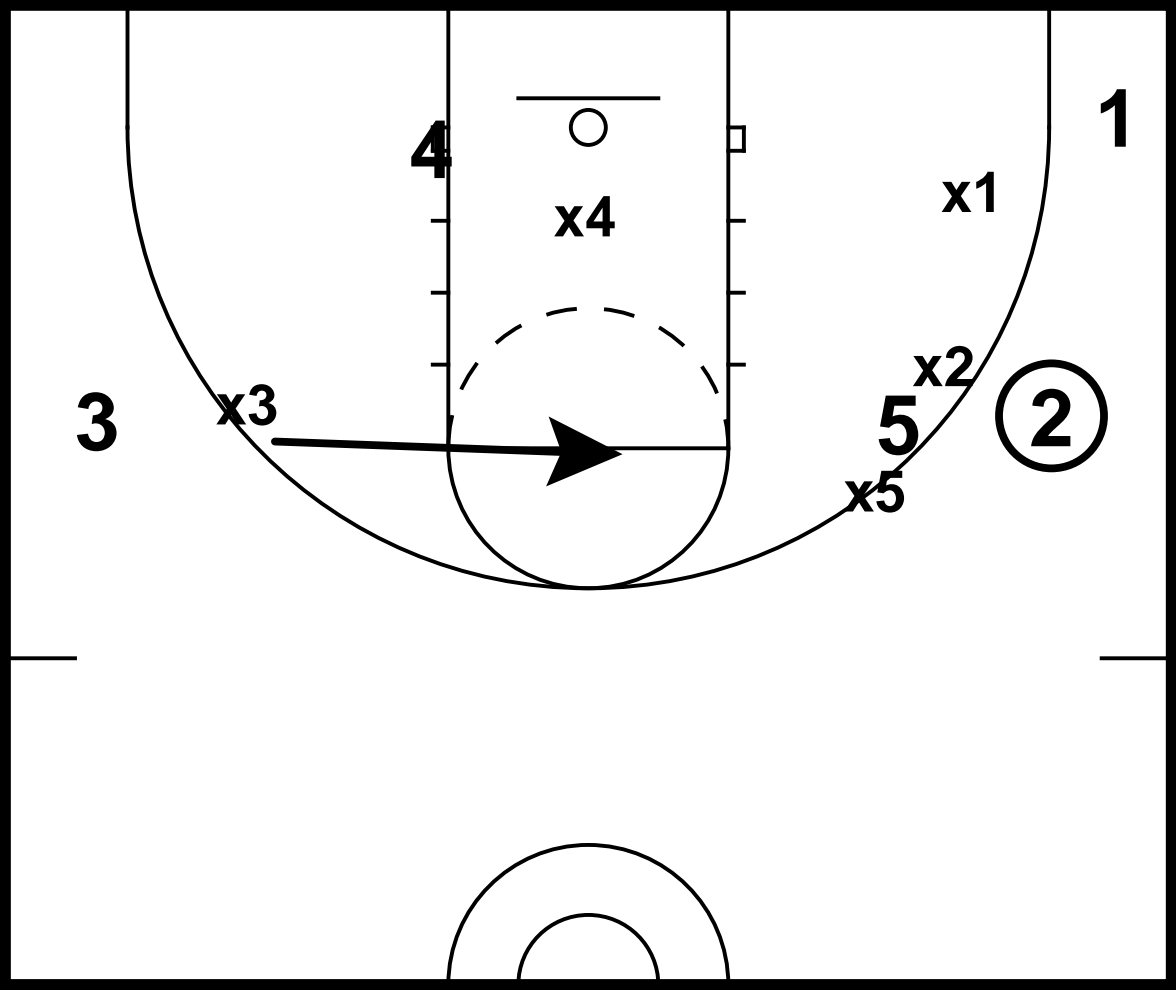
# Defensive Build

1 / 2 Man vs. Common Actions  
Defensive Build



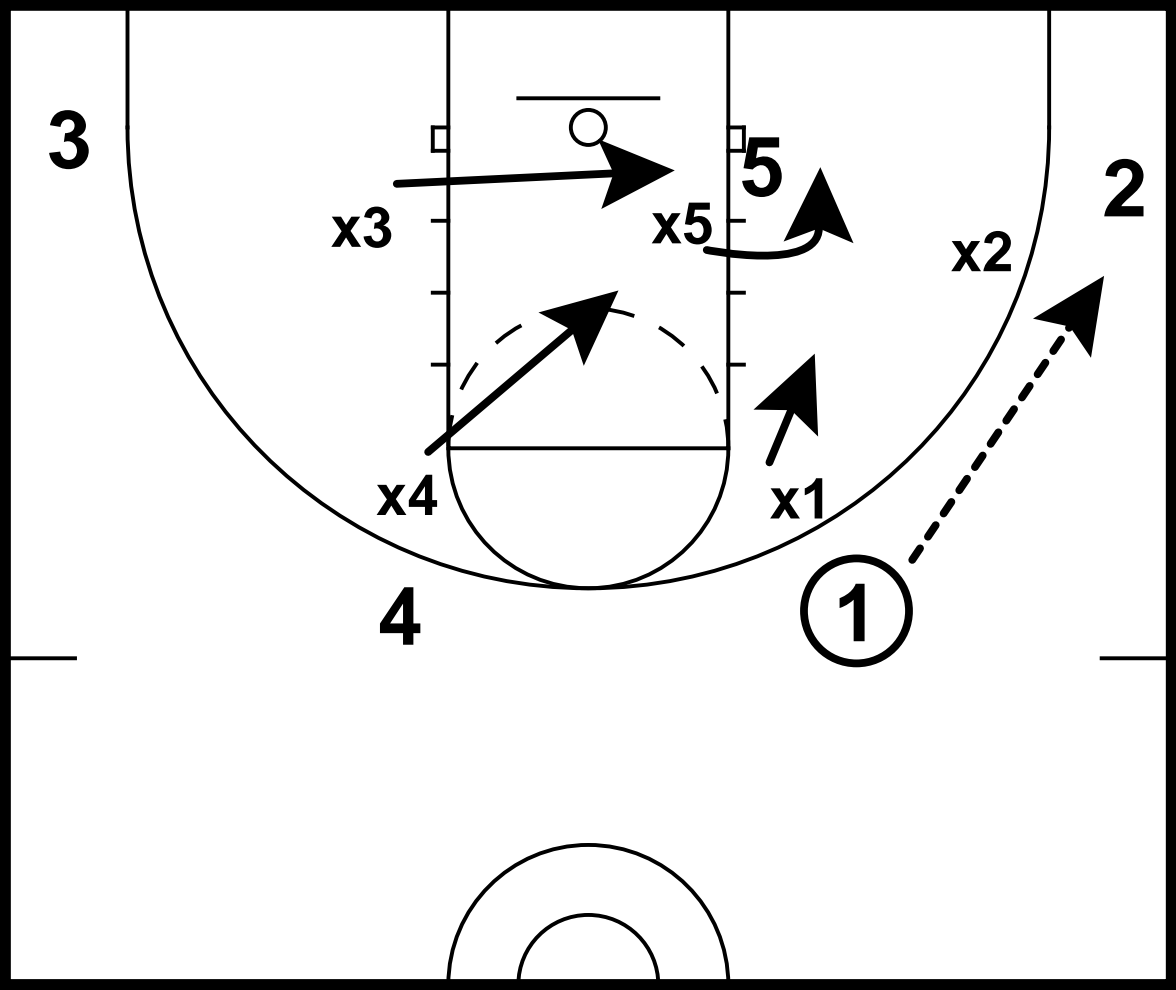
# Defensive Build

1 / 2 Man vs. Common Actions  
Defensive Build



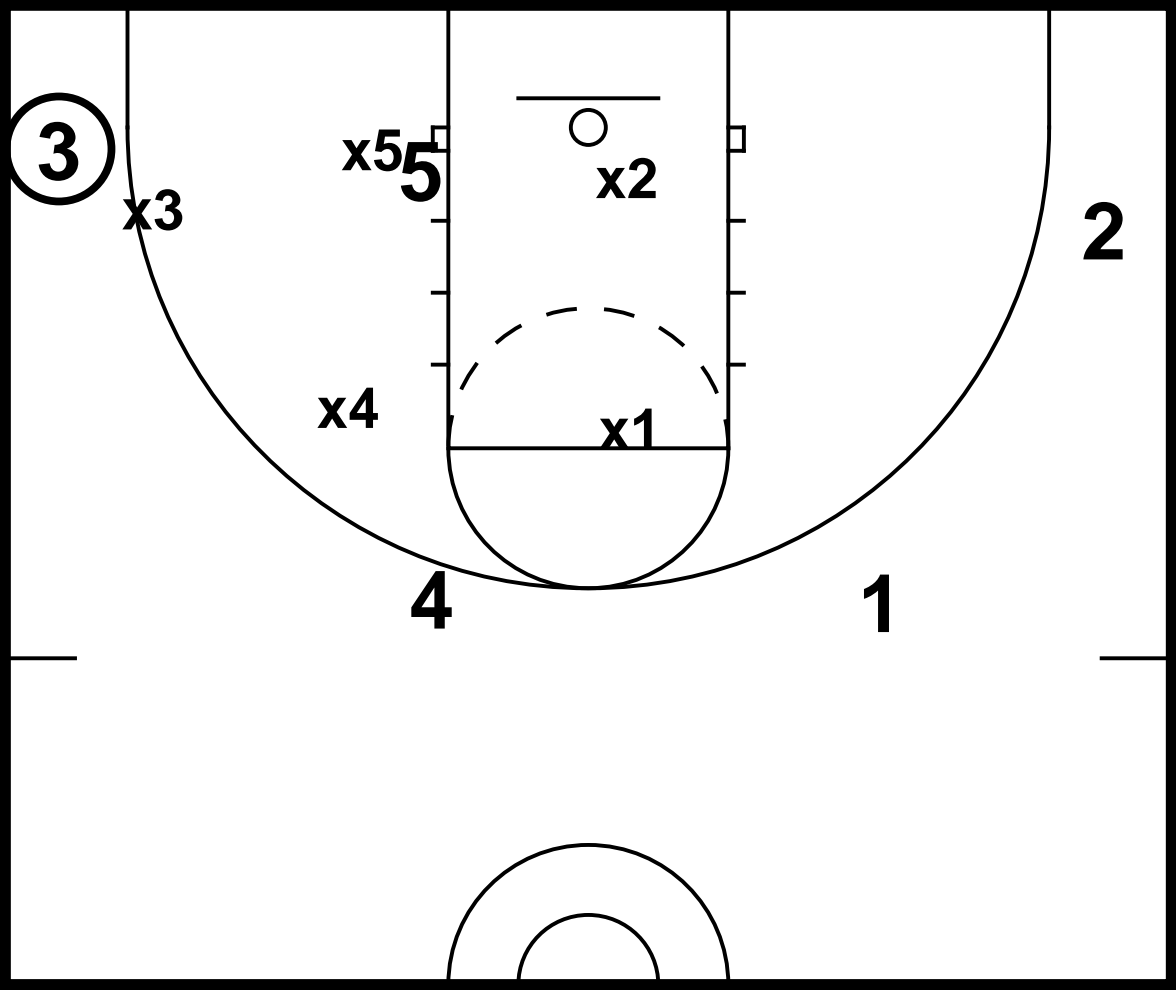
# Defensive Build

5 on 5 Shell to Live  
Defensive Build



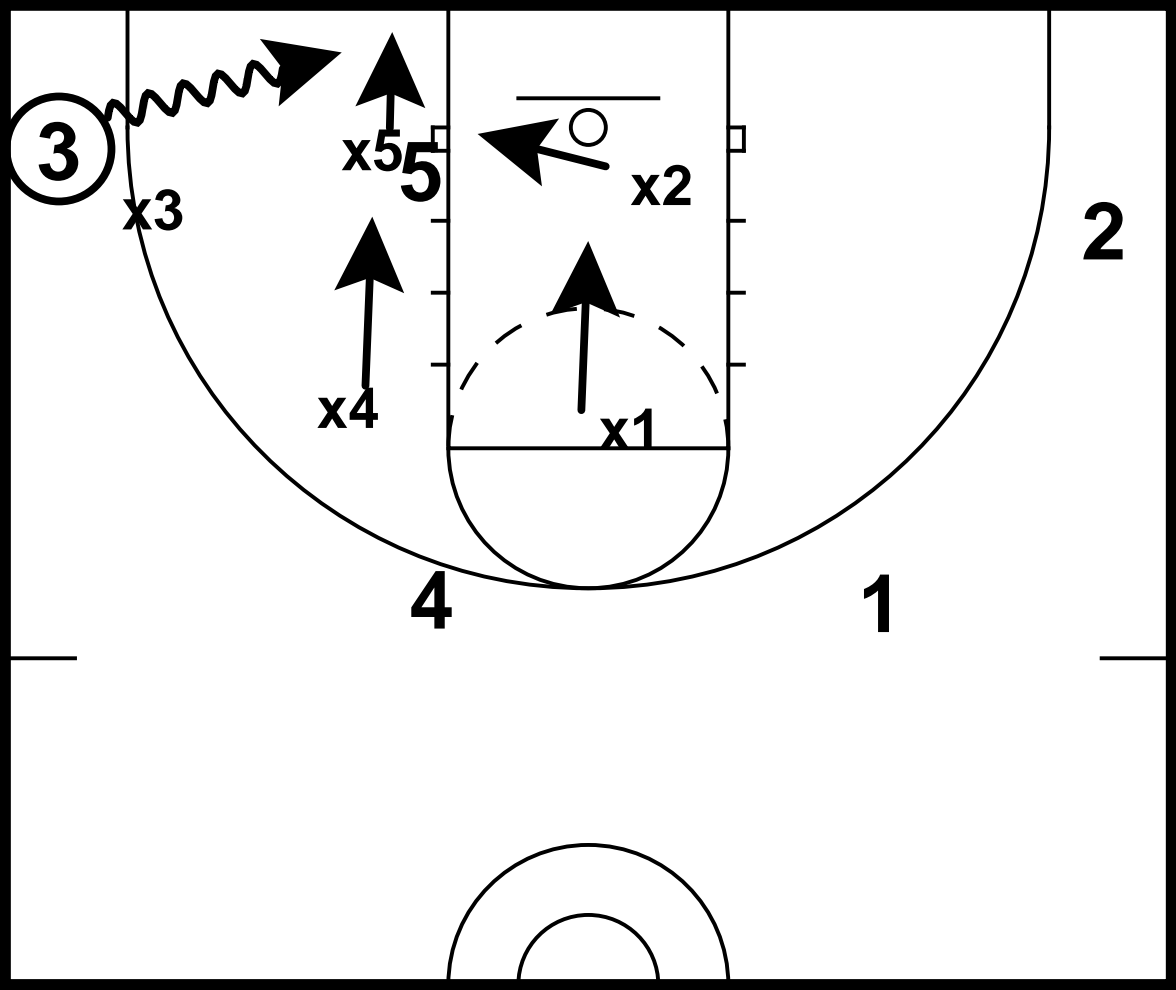
# Defensive Build

5 on 5 Shell to Live  
Defensive Build



# Defensive Build

5 on 5 Shell to Live  
Defensive Build





## Focus: Finishing Through Contact

### Teaching Points

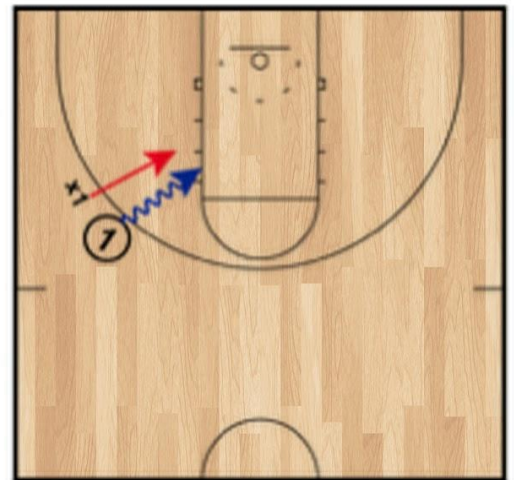
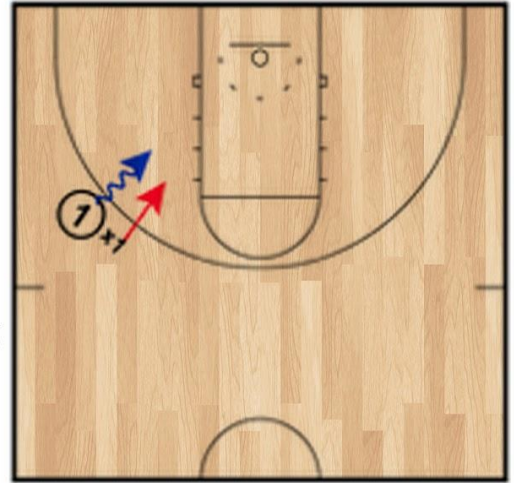
- Keeping advantage versus primary defender.
- Attack in straight lines.
- Burning up the defenders chest engaging contact.
- Protecting the ball to the outside hip or shoulder.

### Drill Description

- Player 1 starts with the ball facing the basket having a live dribble or in triple threat.
- Player x1 starts on defense facing to player 1's inside part of the body.
- Once player 1 starts their movement towards the basket, player x1 can begin to recover defensively.
- Play for a time limit before switching sides.
- After doing the drill on both sides with the offense driving baseline side, flip the angle where the offense is attacking middle.

### Drill Variants

- To compete: First player to 5 points wins.  
Play both sides at both angles (4 total angles)
- To work on finishes: Can only finish off 2-feet or can only finish off 1 foot.



### Additional Notes:

# 1-V-1 MANO-E-MANO FINISHER

**DRIVEN**  
TRAINING

## Focus: Ball Handling Against Pressure

### Teaching Points

- Ball handler must be able to handle the ball against pressure and in tight spaces
- Defense works aggressively working to force turnovers without fouling

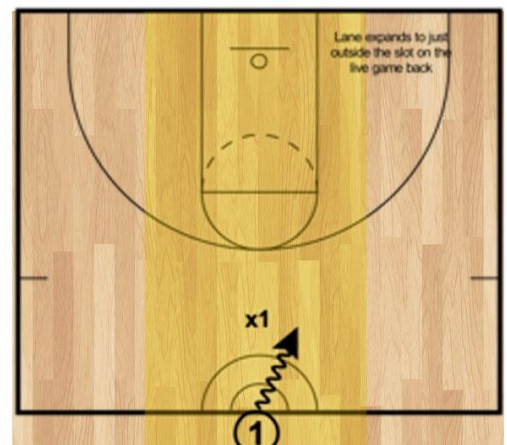
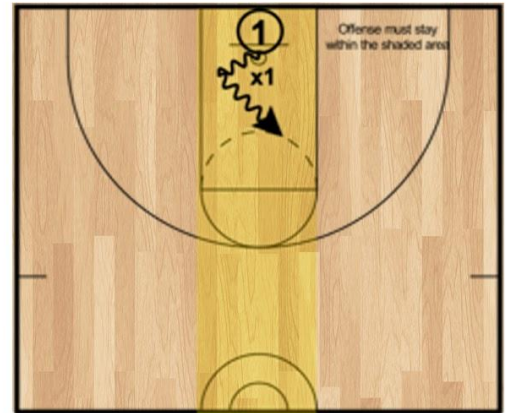
### Drill Description

- Player 1 starts on the baseline with the basketball and must work, within the lane lines, to half court
- Player x2 works defensively to turn Player 1 working to force a turnover
- Each player must touch half court before playing live 1-v-1 on the way back
- If Player x2 forces a turnover, it is immediately live back to the rim without each player needing to touch half court
- Game is played to 5

### Drill Variants

- With advanced players, ball handler may not be allowed to turn his back (or only turn a limited number of times) on the way up the court
- Scoring Rules: Ex) Must finish one right hand, one left hand, etc

### Additional Notes:





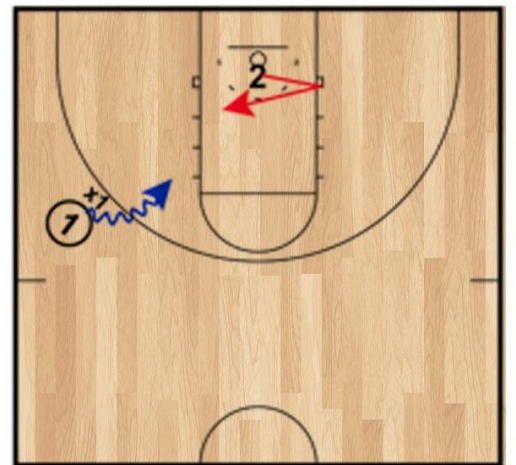
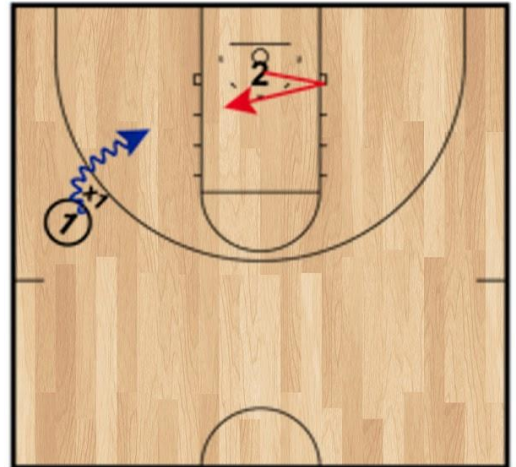
## Focus: Finishing vs. Help Side

### Teaching Points

- Attack in straight lines
- Keep advantage versus primary defender
- Finishing against help side rotation

### Drill Description

- Player 1 starts with the ball facing the basket while the defender player x1 starts in front of player 1 facing the rim. Player 2 starts under the net.
- Player 1 will start with the ball on player x1's back. When player 1 goes to rip through and it comes off player x1's back, it becomes live.
- As player 1 goes to attack, player 2 has to get one foot outside the lane line opposite the ball before rotating back into the play to defend.
- Player 1 can rip and attack either to the baseline side or to the middle.
- Play for time and allow players to get repetitions.
- Compete after: First player with their partner to 5 points wins. Score it, you keep it.



### Drill Variants

- To work on attacking off the dribble: Offensive players start with a live dribble having their hand on the defender's back. When they drop their hand, it becomes live.
- To work on certain finishes: Coach can determine what finishes players must use (anything off 1 foot/anything off 2 feet).
- To work on separation: Players can shoot in the mid range creating separation.
- To work on dribble efficiency: Players can only use 3 dribbles to make a play once they attack the basket.

### Additional Notes:

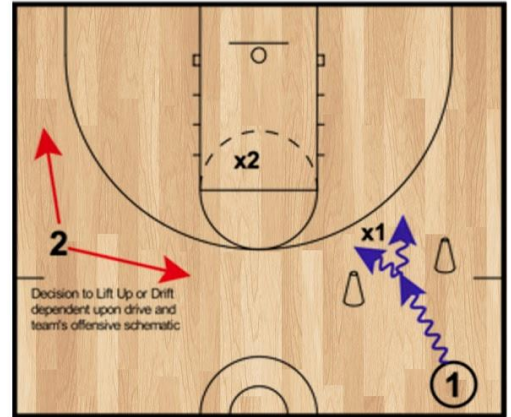
# 2-V-2 BLOOD DRILL

DRIVEN  
TRAINING

## Focus: Reading Defense on Dribble Penetration

### Teaching Points

- Offense: Ball handler must
  - 1) Make an efficient downhill move while
  - 2) reading both the primary and help side defense
- Defense: Player x1 must quickly react after starting at a disadvantage while Player x2 must stunt and force indecision from Player 1



### Drill Description

- Player 1 starts with live dribble and attacks downhill; cones are in place to limit initial driving lane
- Player x1 chops their feet and is unable to move laterally until Player 1 passes through the cones
- As soon as Player 1 passes through the cones, the game is live
- Player 2 is NOT allowed to back door cut in the current drill
- Game is played to 4 on each side

### Drill Variants

- No Dribble Limit: Player 2 is NOT allowed to dribble forcing Player 1 to make a perfect pass
- Scoring Variations: Provide "spots" from which points must come. Ex) Two in the paint, two threes
- Relocation Variation: Player 2 starts under the basket but must catch outside the three point line to emphasize relocations

### Additional Notes:



# ANGLE 2V2

DRIVEN  
TRAINING

## Focus: Finishing or Kick Out

### Teaching Points

- Attack in straight lines.
- Keep advantage versus primary defender.
- Read help defender: Finish if they don't commit, kick-out if they do.
- Quick decisions: Finish or catch & shoot on the kick out. Continue playing if the defense takes away both.
- Defensively: Players can communicate a switch out.

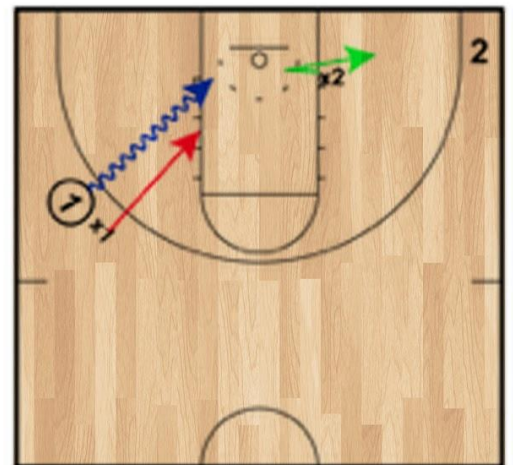
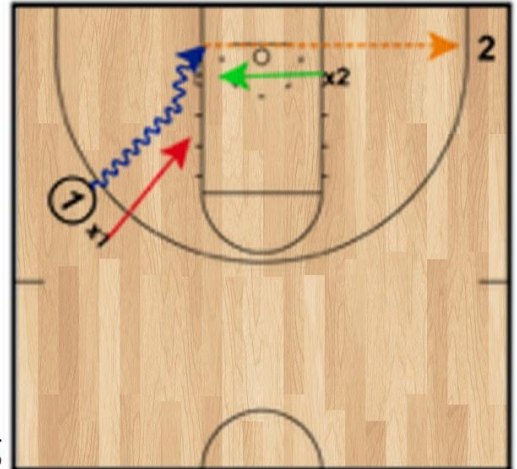
### Drill Description

- Player 1 starts with the ball facing the basket having a live dribble or in triple threat.
- Player x1 starts on defense facing to player 1's inside part of the body.
- Player 2 starts in opposite corner. Player x2 starts on opposite side block.
- Once player 1 starts their movement to attack, player x1 can start to recover.
- Player x2 has to decide whether to rotate to help or stay anticipating the kick out.
- Players x1 & x2 can communicate a switch once the ball is driven by player 1.
- Score it, you keep it. First team to 7 points wins (3's are worth 2 points - 2's are worth 1 point).

### Drill Variants

- Working on different angles: play the situation either with player 1 attacking baseline or with player 1 attacking the paint.

### Additional Notes:



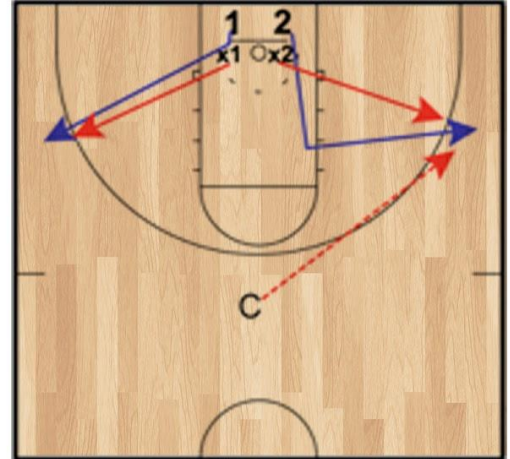
## Focus: Off Ball Movement & Attacking Closeouts

### Teaching Points

- Offense: Focus on effectively creating space in an advantageous offensive situation to then play against close-outs
- Defense: In starting at a disadvantage, communicate and close out effectively to avoid giving up straight line drive

### Drill Description

- Players 1 & 2 start under the basket on offense; Players x1 & x2 start in front of them.
- Each of the 4 players start facing the coach with Players 1 & 2 having their hands on the backs of Players x1 & x2
- When hands come off the offense's back, the game becomes live
- Players 1 & 2 can use any cut (V-Cut, L-Cut, etc.) or they can screen for one another.
- Game is played to 4



### Drill Variants

- Dribble Limit: Provide a limited number of dribbles for the offensive players on their catch
- Scoring Rules: Ex) One score must come off of a kick out, each score must be assisted, etc.

### Additional Notes:



# 3-V-3 TRANSITION CHAOS

DRIVEN  
TRAINING

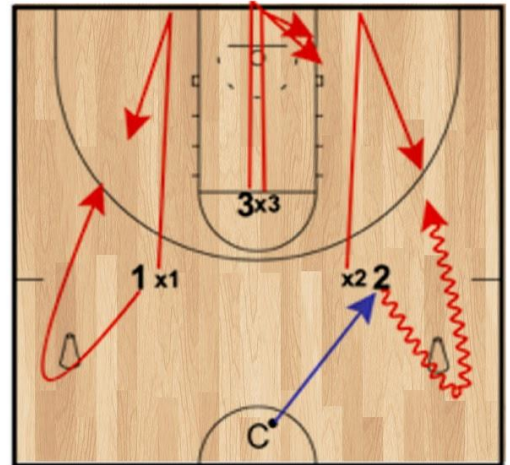
**Focus: Efficiency in Chaotic Advantage Situations**

## Teaching Points

- Defense must locate ball, communicate, and sprint to appropriate spots
- Offense must attack the initial close out and share the ball efficiently to take advantage of the defense's chaotic disadvantage

## Drill Description

- Coach starts with the basketball at half court and will enter it into either Player 1 or Player 2
- As soon as the ball is entered, each respective player must either sprint to the baseline or around the cone
- The drill is complete live from that point on
- Offense keeps the ball if they score, game is played to 5 while rotating spots each score/stop



## Drill Variants

- Dribble Limits: Aside from the initial pass from the coach, add dribble limit for each player
- Additional Defensive Challenge: x1-x3 can NOT guard the same person beside whom they start the drill

## Additional Notes:

# 3V3 SIDE BALL SCREEN

DRIVEN  
TRAINING

## Focus: Executing a Ball Screen

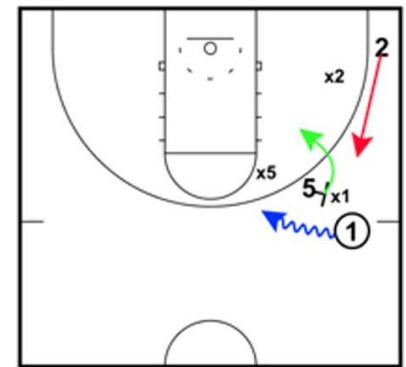
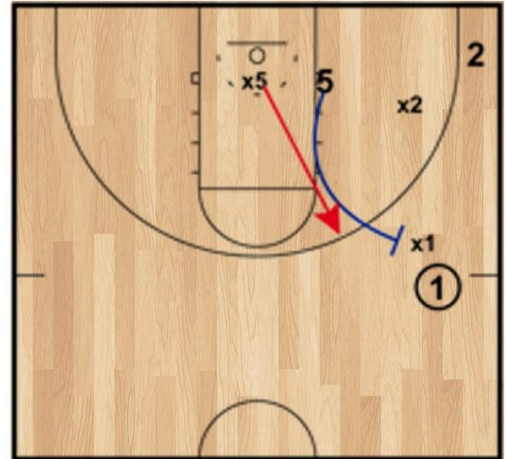
### Teaching Points

- Ball-handler playing with pace
- Screener sprinting to set the screen.
- Timing between the screener and ball-handler.
- Lift from corner when the ball-handler uses the screen.
- Defensively: ELO - Communicating ball screen coverage.

### Drill Description

- Player's 1, 2, and 5 are on offense with player's x1, x2, and x5 on defense.
- Player x5 starts under the rim while player 5 starts on the block. Player x5 can't leave to get into their ball screen coverage until player 5 starts their movement.
- If player 1 uses the ball screen, player 2 will lift from the corner to the wing while player 5 rolls.
- Options: Player 1 creates a shot - Player 1 hits player 5 for the roll - Player 1 hits player 2 lifting for the catch & short - Player 2 enters to player 5 in the post.
- Player 1 can also call for a re-screen where player 2 will drift back to the corner.
- Score it, you keep it. First team to 7 points wins (3's are worth 2 points, 2's are worth 1 point).

### Additional Notes:





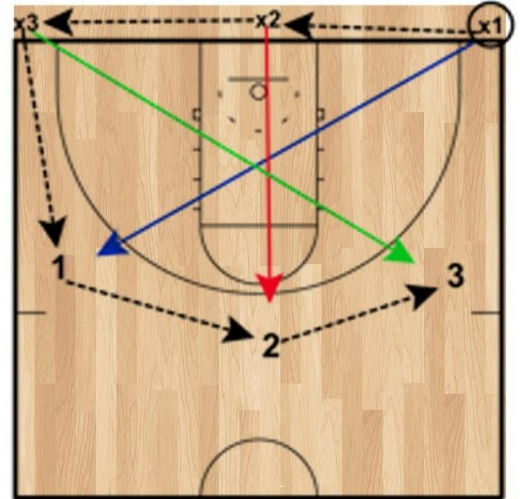
## Focus: Attacking Closeouts - Create Drive & Kick

### Teaching Points

- Snap passes to force harder closeouts
- Off-ball movement: Cutting, screening
- Quick decision on the catch: Shoot, Drive, Pass
- Defensively: Urgency to closeout & get to positions defensively.

### Drill Description

- x1 will pass to x2 and closeout to 1 (green).
- x2 will pass to x3 and closeout to 2 (blue).
- x3 will pass to 1 and closeout to 3 (orange).
- The ball is reversed from 1 to 3.
- Play is live on 3's catch.
- Once it's live, the offense has 10 seconds to make a play (The time limit is for decision making purposes only).
- Rotations: Counter clockwise or offense/defense.



### Drill Variants

- To work on dribble efficiency: Every time a player has possession of the ball, they have a 2-dribble limit.
- To work on actions: Once the ball gets to player 3, the coach can determine what action the group has to run (Ball-Screen, Split Action, Flare)

### Additional Notes:



# CHASE 4V5

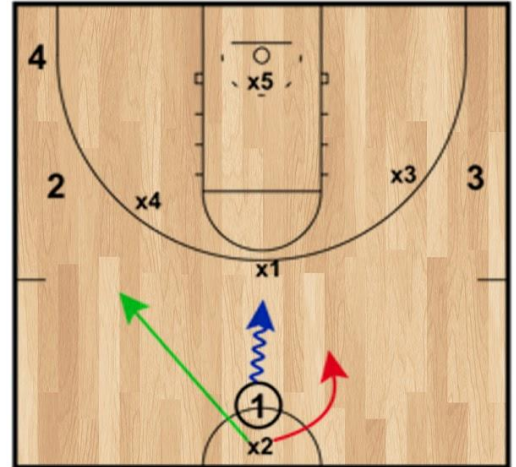
DRIVEN  
TRAINING

## Teaching Points

- Competing on both sides of the ball.
- Quick decisions taking care of the ball.
- Scrambling defensively to create havoc/turnovers
- Constantly moving without the ball (cuts, screens, relocate).

## Drill Description

- Player 1 starts with the ball in the jump circle with player x2 behind them in the jump circle. Players on offensive are in spots with the players on defense in help side position.
- The game begins once player 1 starts to attack downhill at player x1, where player x2 is then allowed to either chase down the ball-handler or fan out anticipating a kick out from player 1.
- Players are allowed to move without the ball right when player 1 starts their attack.
- The possession ends once there is a score, defensive rebound or a steal.
- Score it, you keep it. First team to 5 points wins. (3's are worth 2-points, 2's are worth 1-point).



## Drill Variants

- To work on dribble efficiency: Players are only allowed a 3-dribble limit every time they retain the ball.

## Additional Notes:



## Focus: Offense/Defense Execution

### Teaching Points

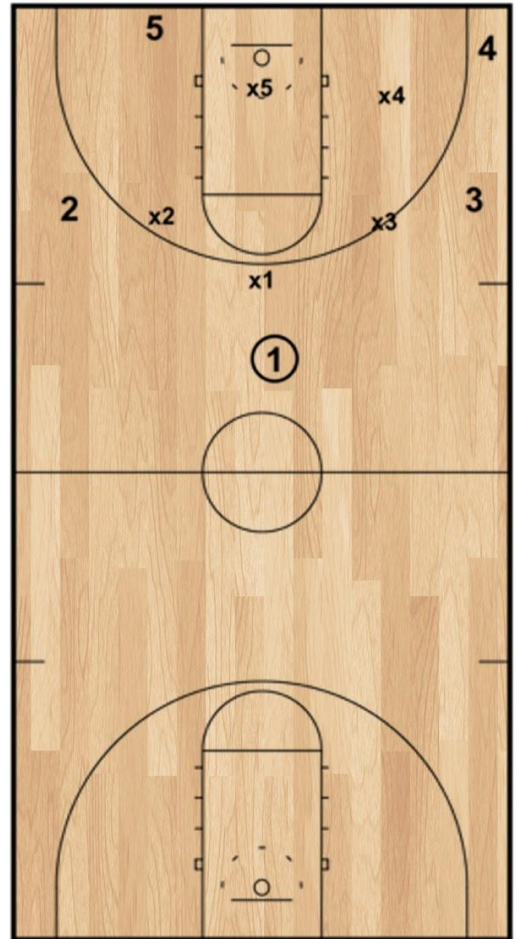
- Executing offensively.
- Getting consecutive stops defensively.
- Executing transition offensive and defense.
- Communication - ELO - Every possession.

### Drill Description

- A cycle = 2 offensive possessions and 1 defensive possession. The goal is to get a score, then a stop, and then another score.
- There will be 10 total cycles played out: 5 for one team, 5 for the other.
- The team that is not on the "cycle," is striving to get 2 stops and a score.
- Normal scoring will be kept throughout the 10 cycles.
- The team with the most points at the end of the 10 cycles wins.

### Drill Variants

- Coaches can hold teams accountable to certain standards (Ex. Can't have more than "x" turnovers or have to get "x" fast break points)
- To work on offense/defense: Coaches determine what they want the teams to be in on offense and defense (miss/make situations).
- Accountability for rebounding: Teams lose -1 point every time they give up an offensive rebound.
- Rewards for stops: Teams can receive an additional +3 points if they are able to get a KILL (3 stops in a row) within the 10 cycles.



### Additional Notes:

# 5-V-5 DEFENSIVE CHAMPIONS

**DRIVEN**  
TRAINING

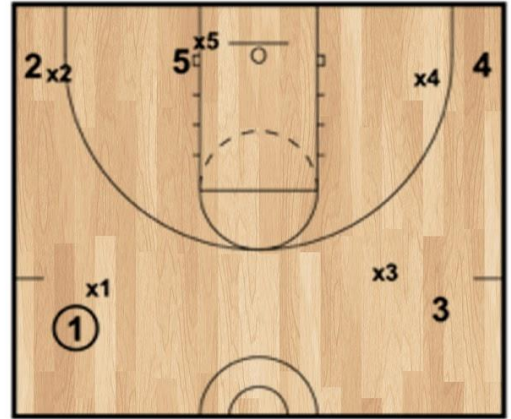
## Focus: Defense Wins Championships

### Teaching Points

- Offense: Must take great shots as every non-score = a point for the defense
- Defense: Defense is the ONLY way to score and, the "better" the defense the more points are scored

### Drill Description

- Game can be played full court or half court and is live 5-on-5 with offensive/defensive schematics depending upon coaching schematics or points of emphasis
- Game is played to 15 with the following scoring system
  - Deflection = 1 Point
  - Defensive Stop = 2 Points
  - Steal/Force TO = 3 Points
  - Charge = 4 Points
  - Foul = -1 Point
  - Made Basket = -1 Point for Opposite Team



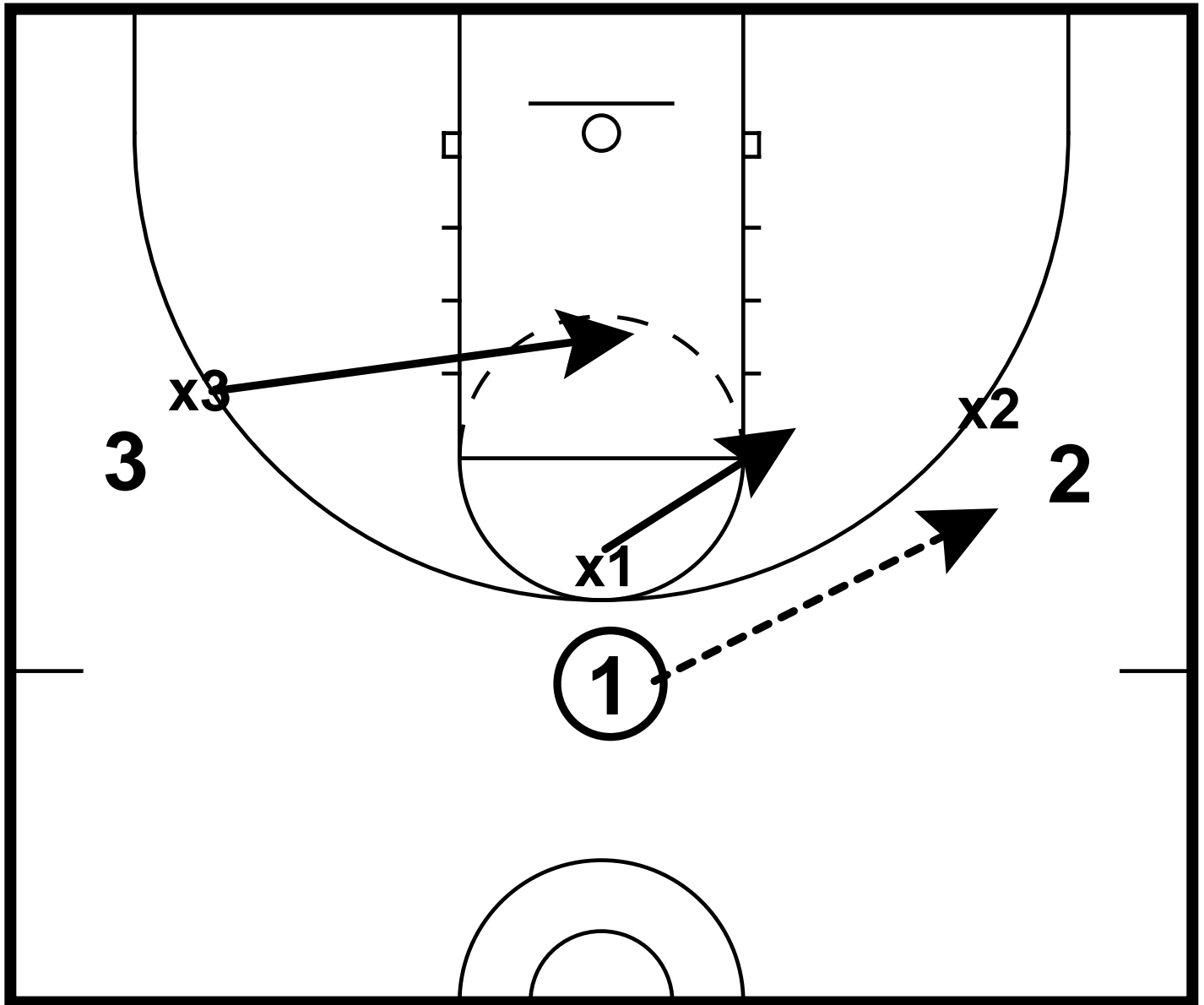
### Drill Variants

- Schematic Differences: If a non-pressing style is played, the point system can be varied as such Ex) Flip Defensive Stop & Steal/Force TO
- NOTE: Keeping score on a scoreboard is recommended with the extensive and somewhat dynamic scoring system

### Additional Notes:

# Defense

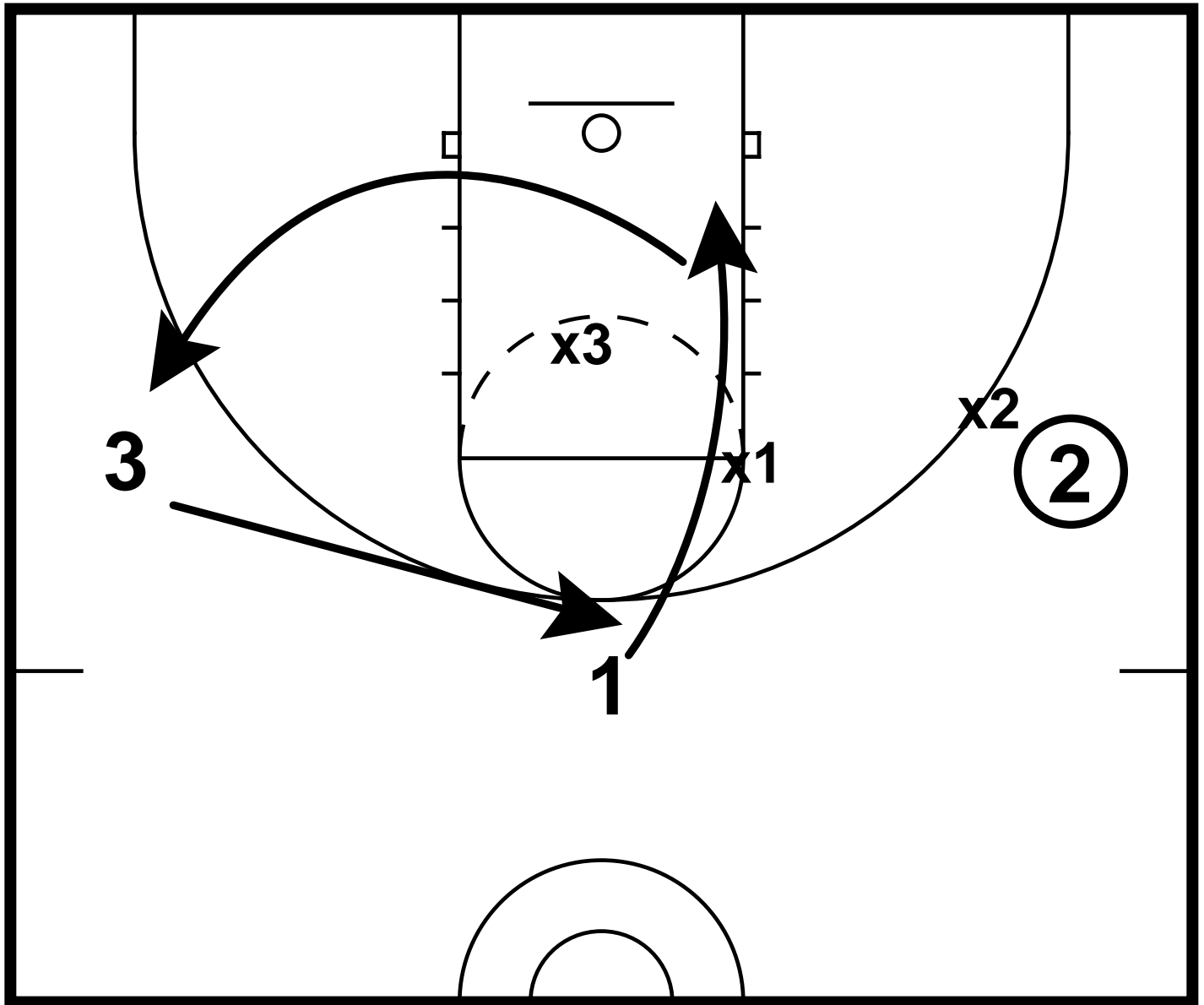
Jump to Ball  
WAA Clinic



1 pass 2, x1 and x2 Jump to ball

# Defense

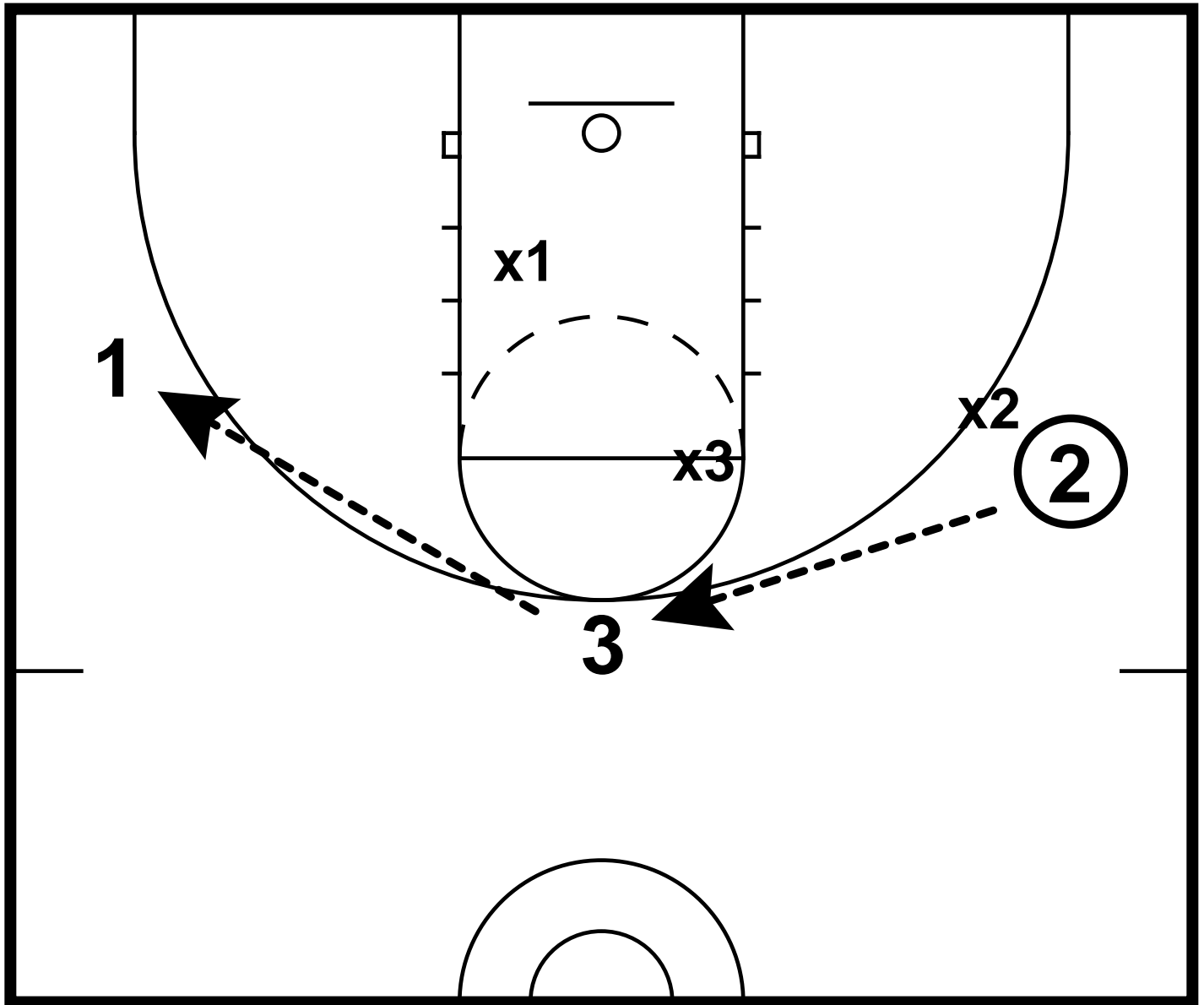
Jump to Ball  
WAA Clinic



x 1 must make player cut behind him (no face cut) 1 then empties out to wing to replace 3. x 1 needs to check for drive first, then get to help position  
3 replaces up top

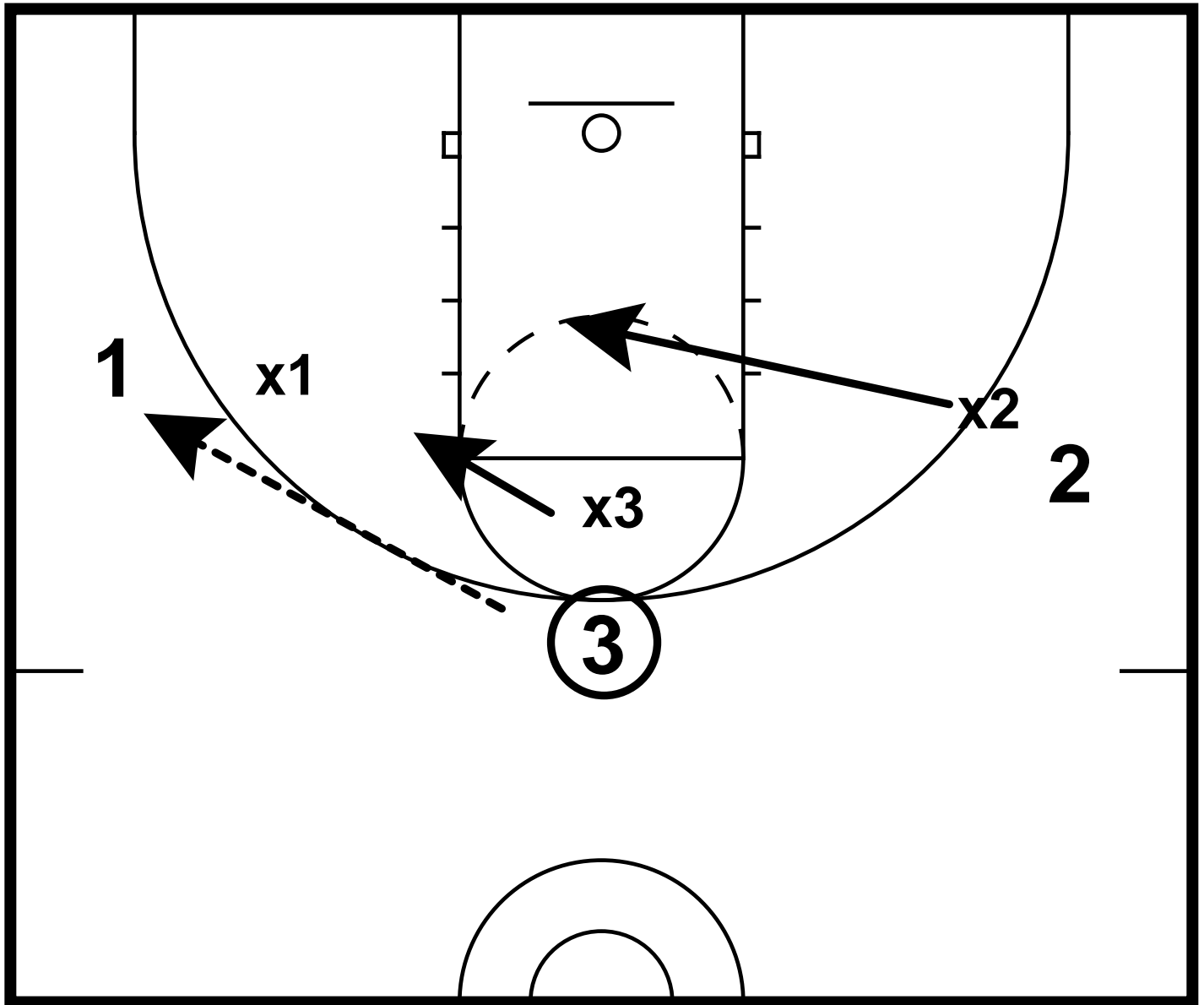
# Defense

Jump to Ball  
WAA Clinic



# Defense

Jump to Ball  
WAA Clinic

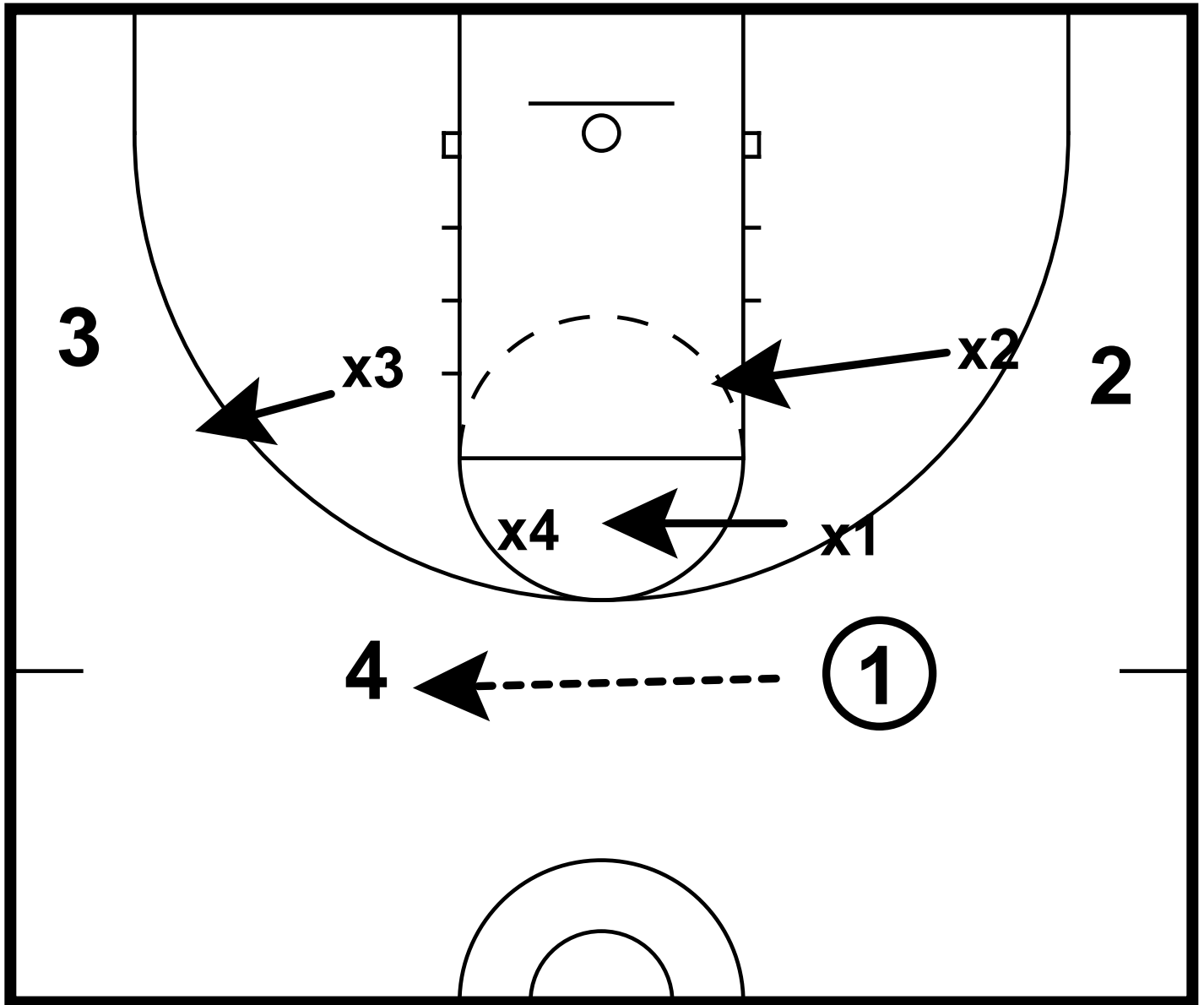


After you swing the ball to opposite wing, repeat actions. Have each player rotate to each spot and then send defense out, new offense in.



# Defense

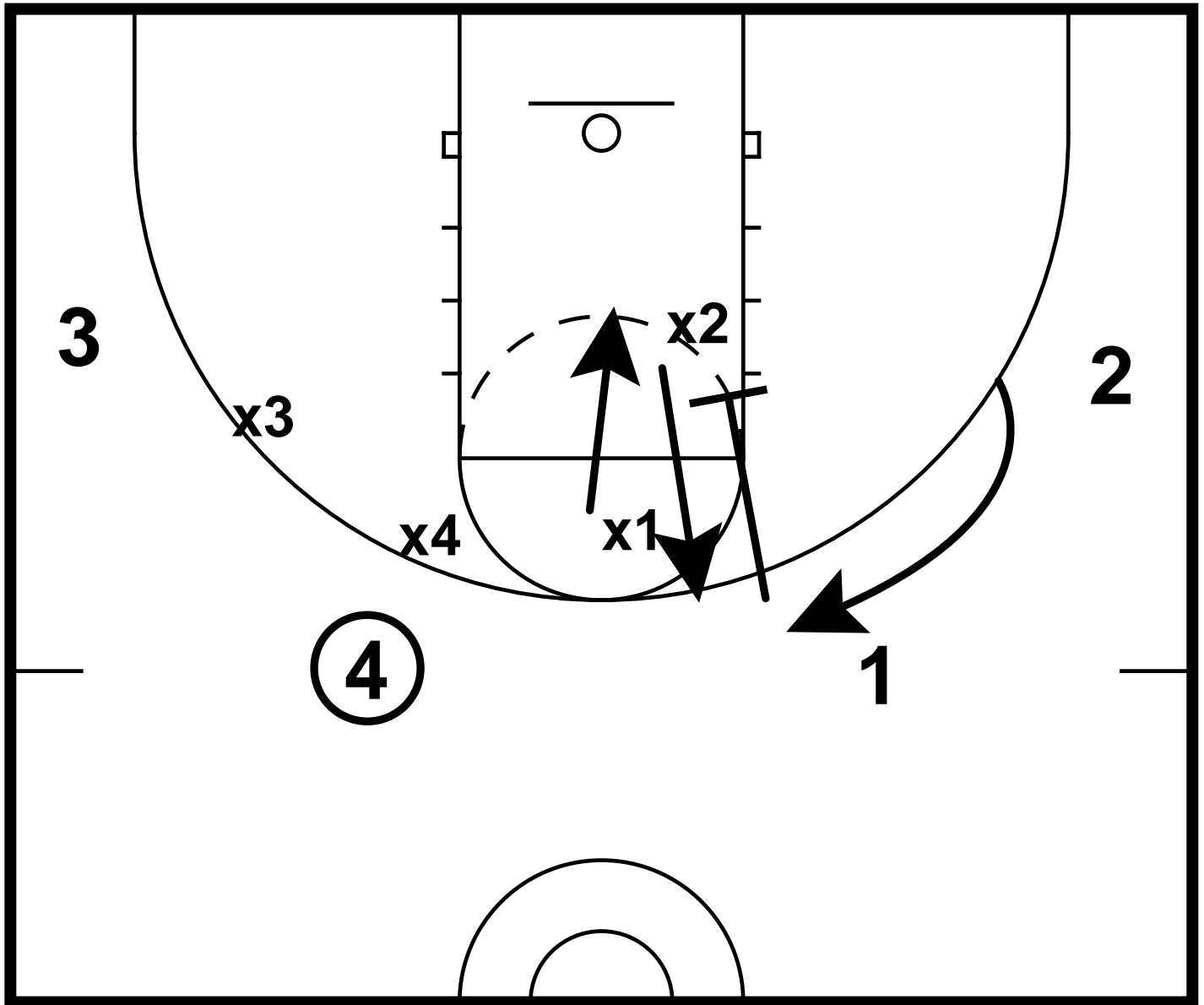
4 on 4 Defense  
WAA Clinic



1 has ball and passes across top to 4, all defenders jump/sprint to their help & gaps

# Defense

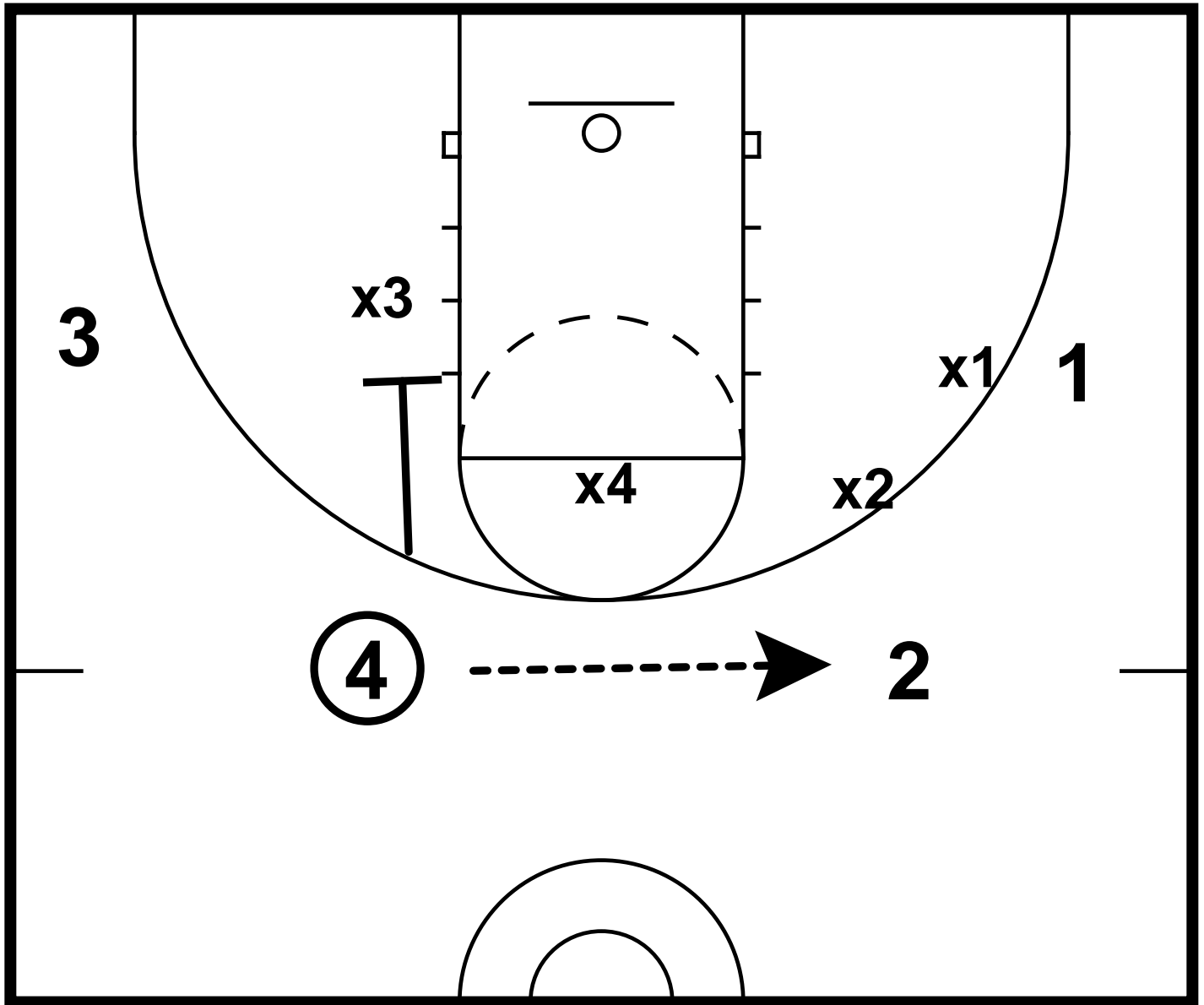
4 on 4 Defense  
WAA Clinic



When ball is passed across, 1 downscreens for 2. x1 and x2 have jumped to ball. x1 drops in gap position and x2 shoots straight up the gap

# Defense

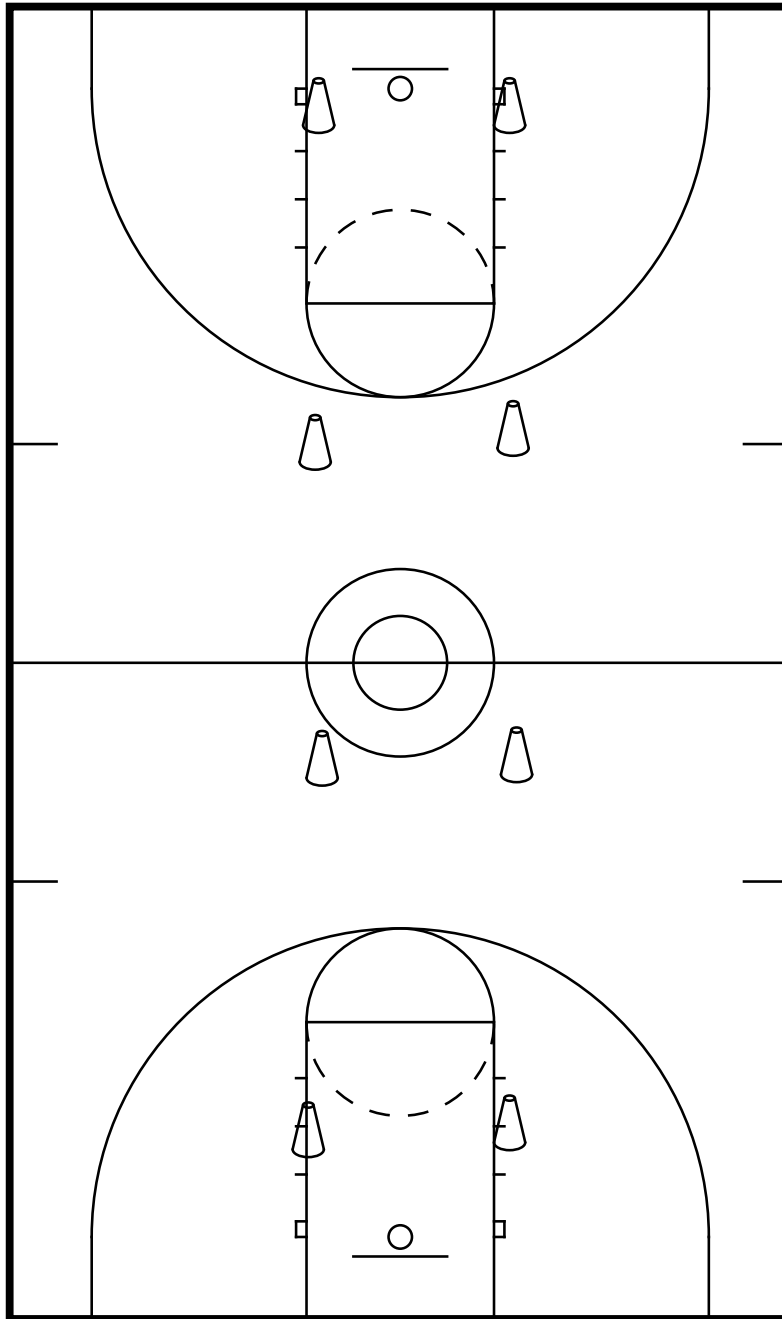
4 on 4 Defense  
WAA Clinic



4 passes across to 2 and repeats the same action. Then rotate offense defense.

# Defense

## Alley Drill WAA Clinic



1 on 1 Offense/Defense. Start on the baseline. Use the sideline and cones as the OB. Offense is trying to get to the baseline in 10 dribbles or less (maybe give them a couple more). Defense is trying to turn them enough times to create more dribbles. When they get to baseline, they switch offense/defense and come back down the other side.

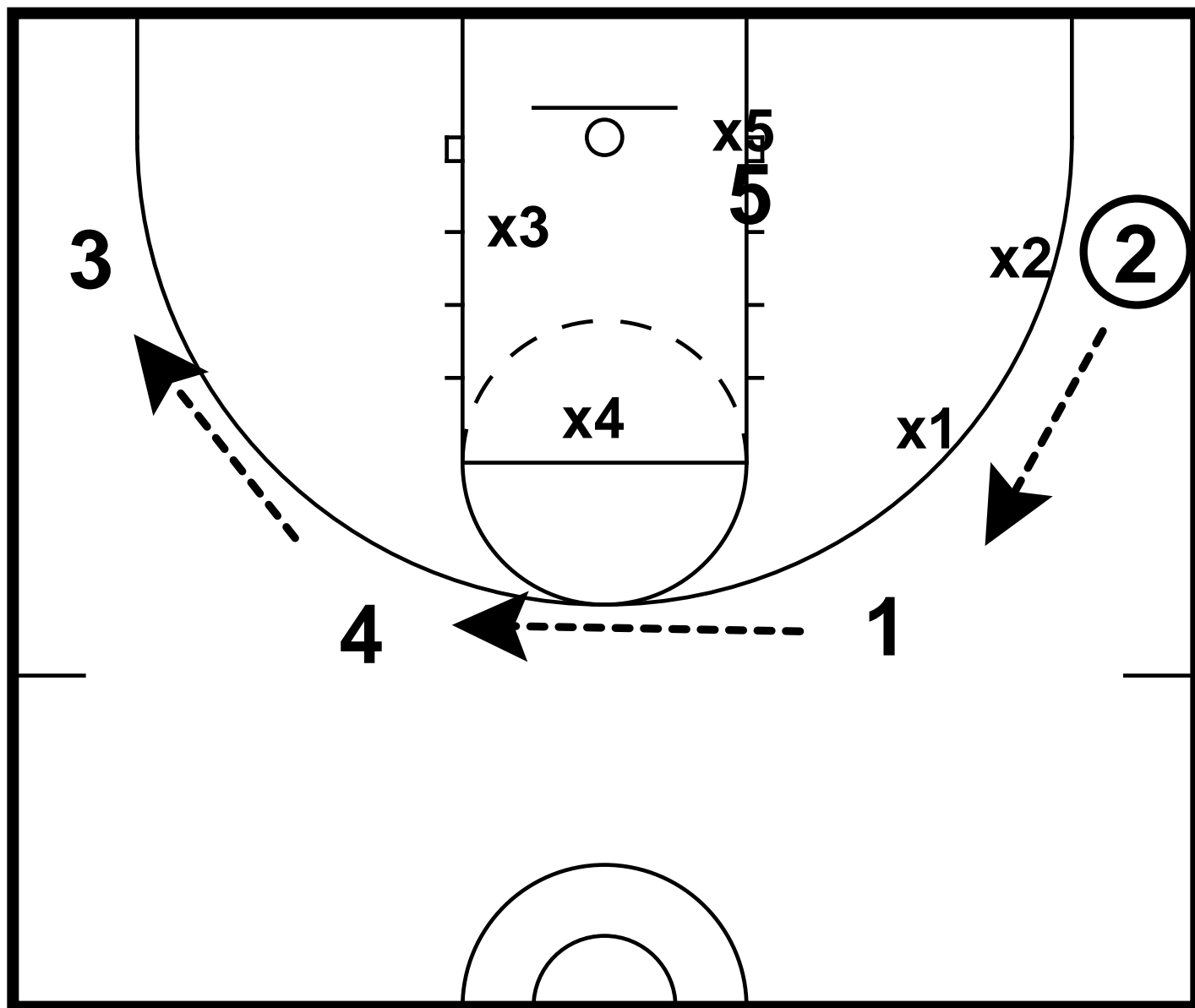
### Teaching Points:

Defense: Never close enough to touch, no fouls, get 3 turns

Offense: 2 moves or less, total. Get to baseline in 10 dribbles or less. No "pick 6" turnovers

# Defense

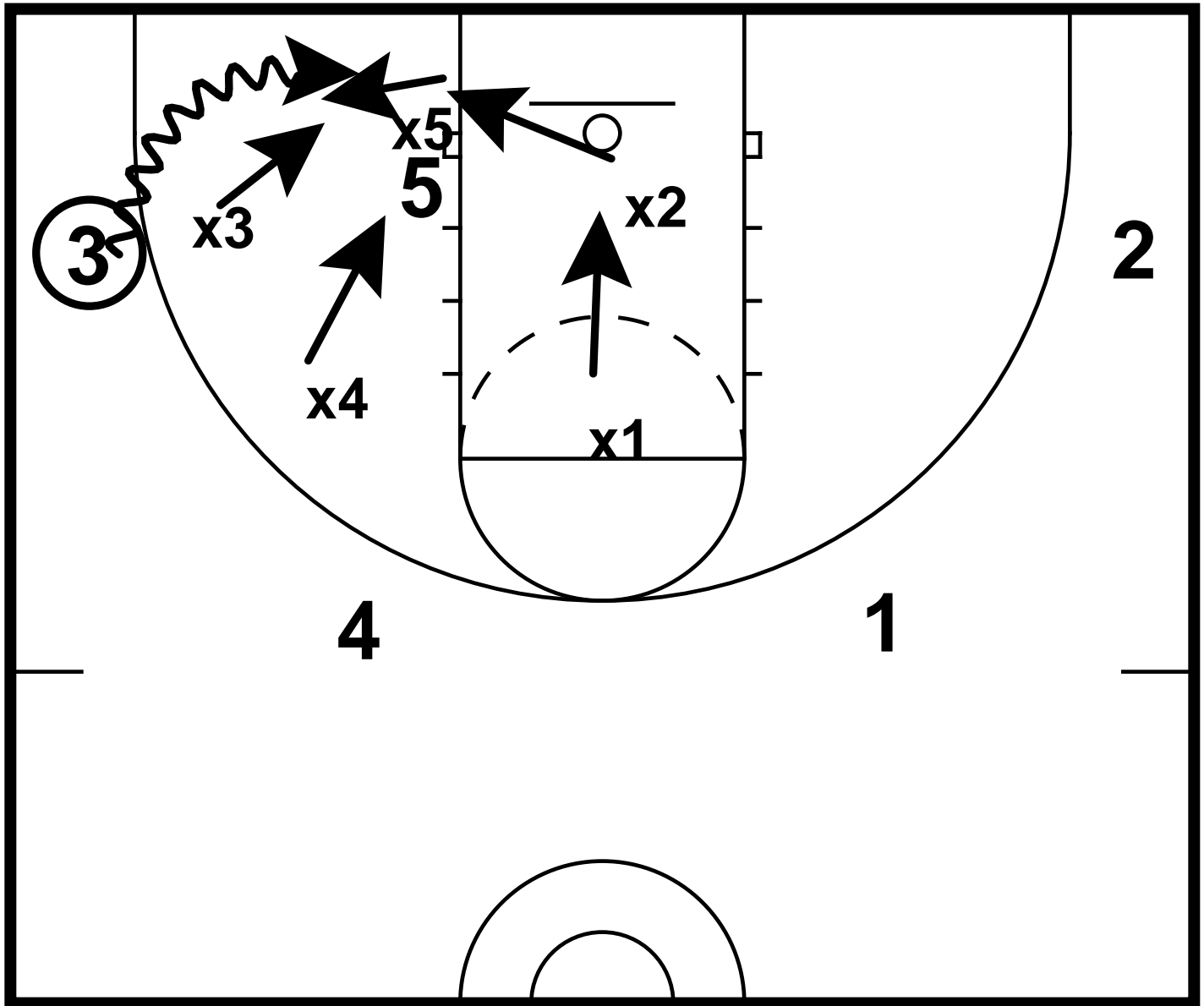
5 on 5 Shell to Live  
WAA Clinic



Ball starts on 2 and is rotated around the top from 2 to 1 to 4 to 3. (5 man needs to follow the ball in the post after each pass) After each pass, offense holds for 2 count and defense jumps/sprints to gap. x5 plays bottom of post when ball is under volleyball line, above post when it's higher

# Defense

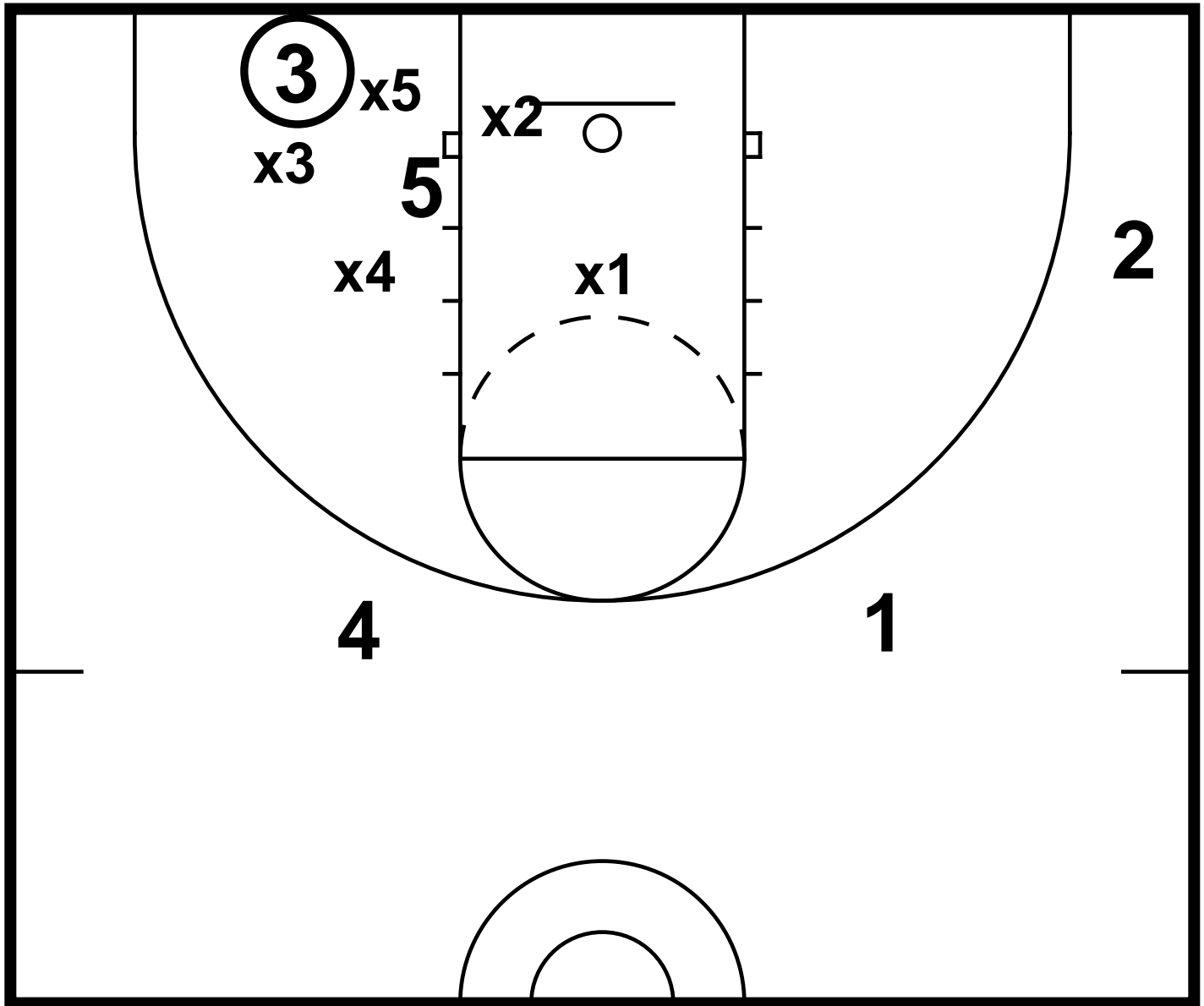
5 on 5 Shell to Live  
WAA Clinic



When 3 gets it, he drives baseline to our help "load". x5 cuts off drive, x2 helps bottom side of 5, x4 drops to top side of x5 and x1 has basket

# Defense

5 on 5 Shell to Live  
WAA Clinic

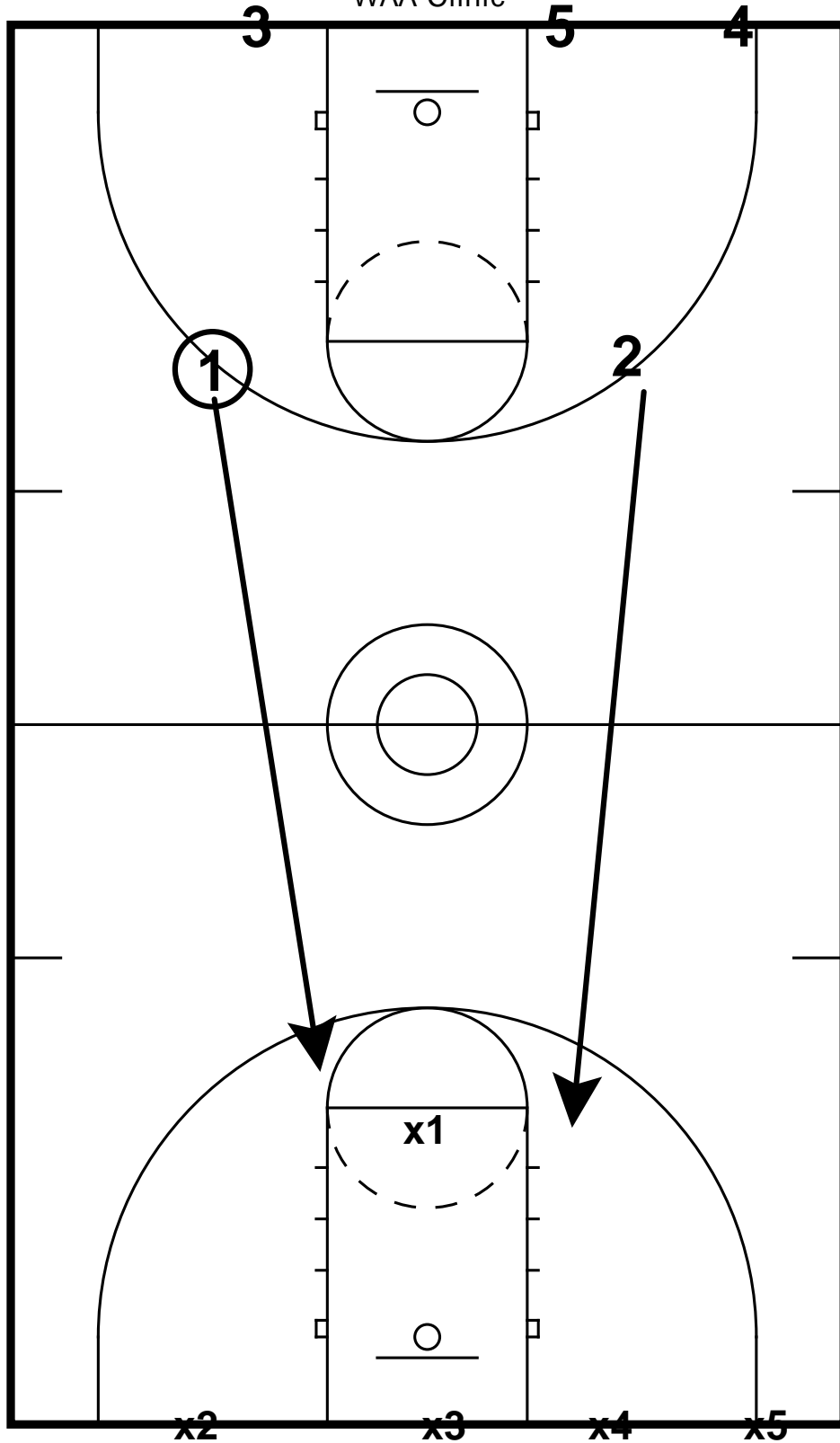


After 3 passes (he can pass anywhere), we're immediately live.) Put in whatever rules you want for the defense. We typically go with 2 or 3 "perfect possessions"

# Defense

## Spartan Transition Drill

WAA Clinic



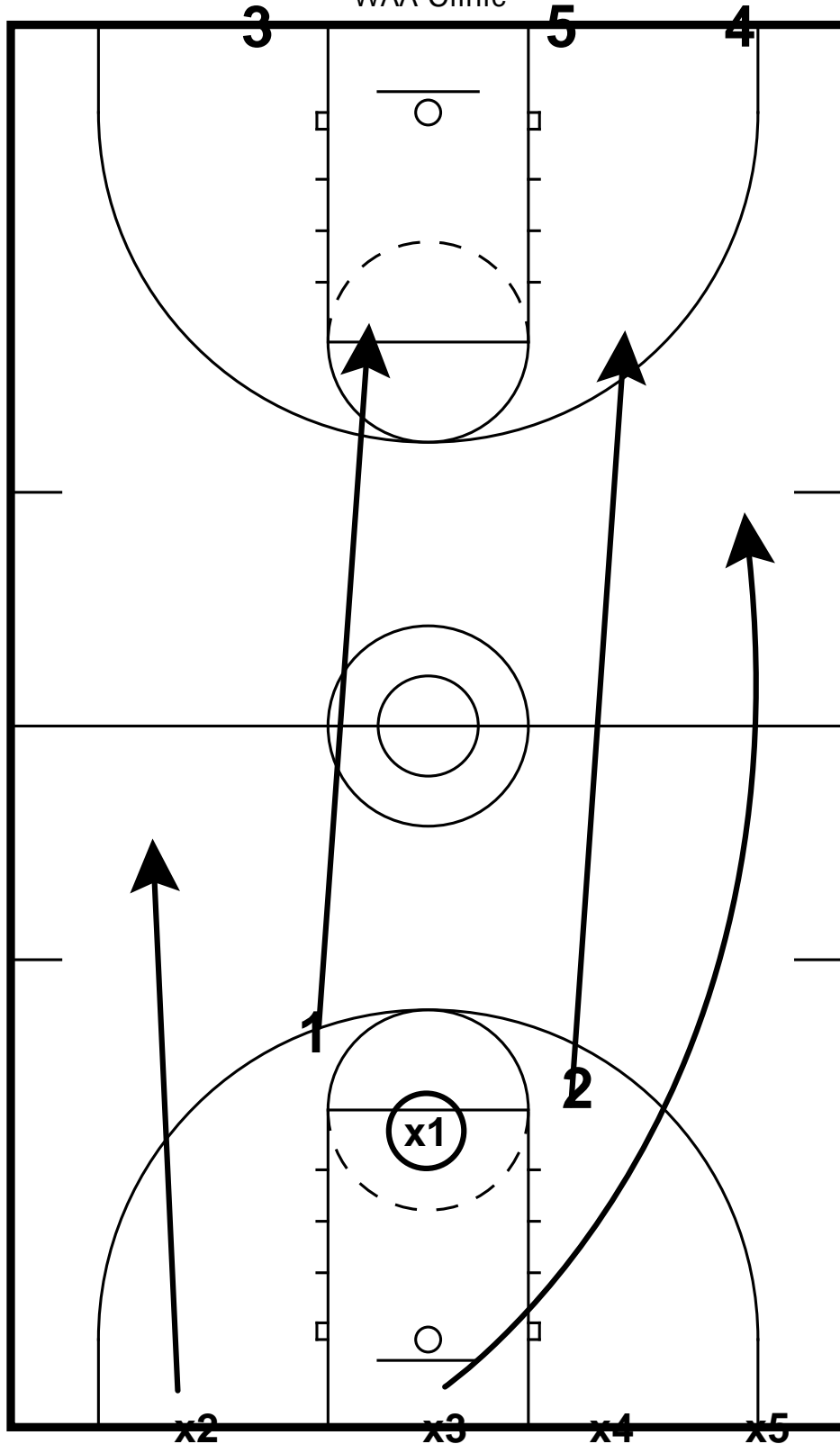
1 and 2 go down 2 on 1 vs. x1



# Defense

## Spartan Transition Drill

WAA Clinic

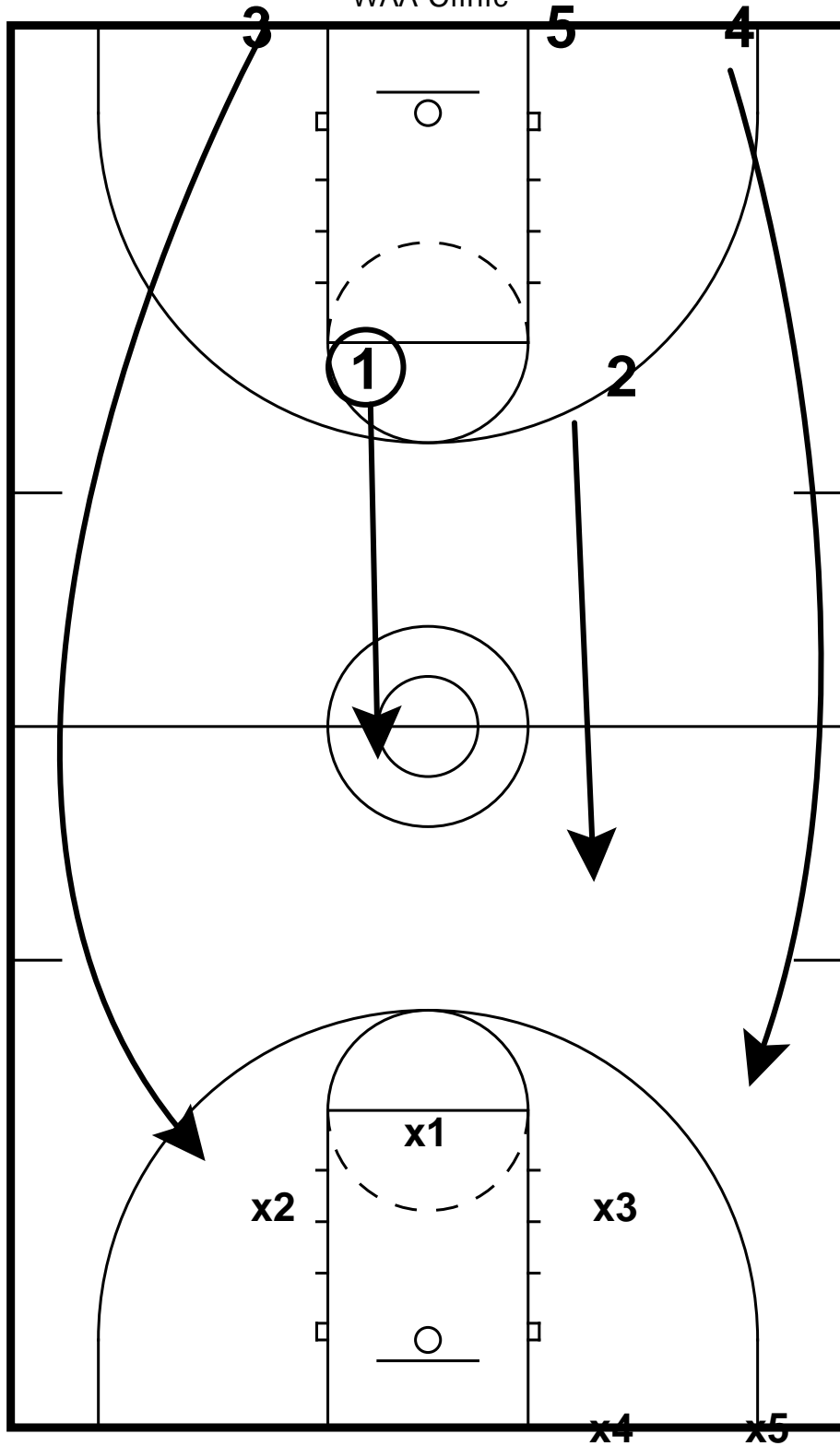


x2 and x3 will then run in after a make or miss and go down 3 on 2 vs. 1 and 2.

# Defense

## Spartan Transition Drill

WAA Clinic

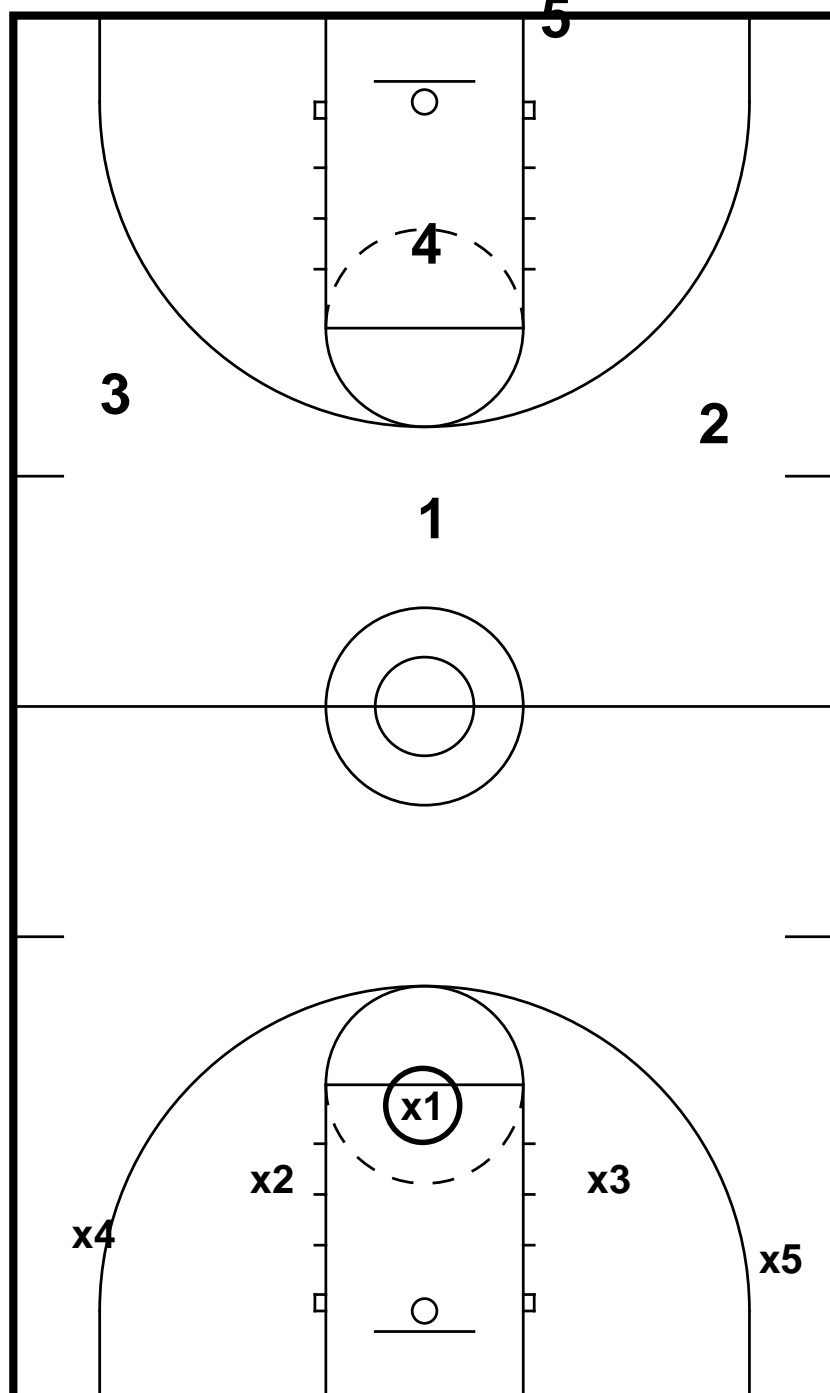


3 and 4 will then jump in after a make or miss and join 1 & 2 to go 4 on 3 transition back down the floor vs. x1, x2 and x3

# Defense

## Spartan Transition Drill

WAA Clinic



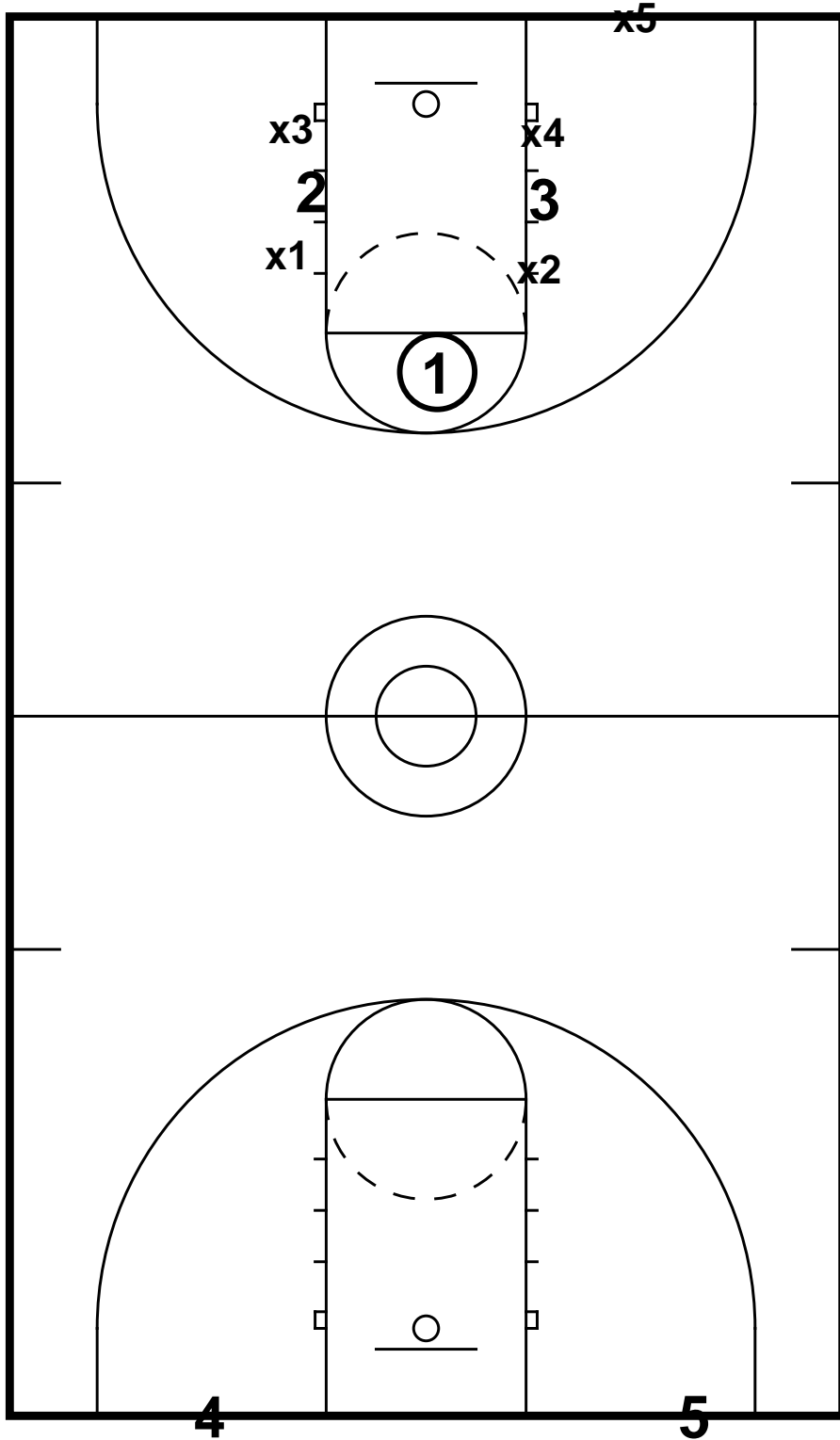
x4 and x5 will jump in after a make/miss and play 5 on 4 vs. 1, 2, 3 & 4.

To finish the drill, 5 will then come in on the last possession and make it 5 on 5. We will typically play a couple possessions of 5 on 5 before we stop.

We will keep score during each session...we always want a winner and loser for the drill

# Defense

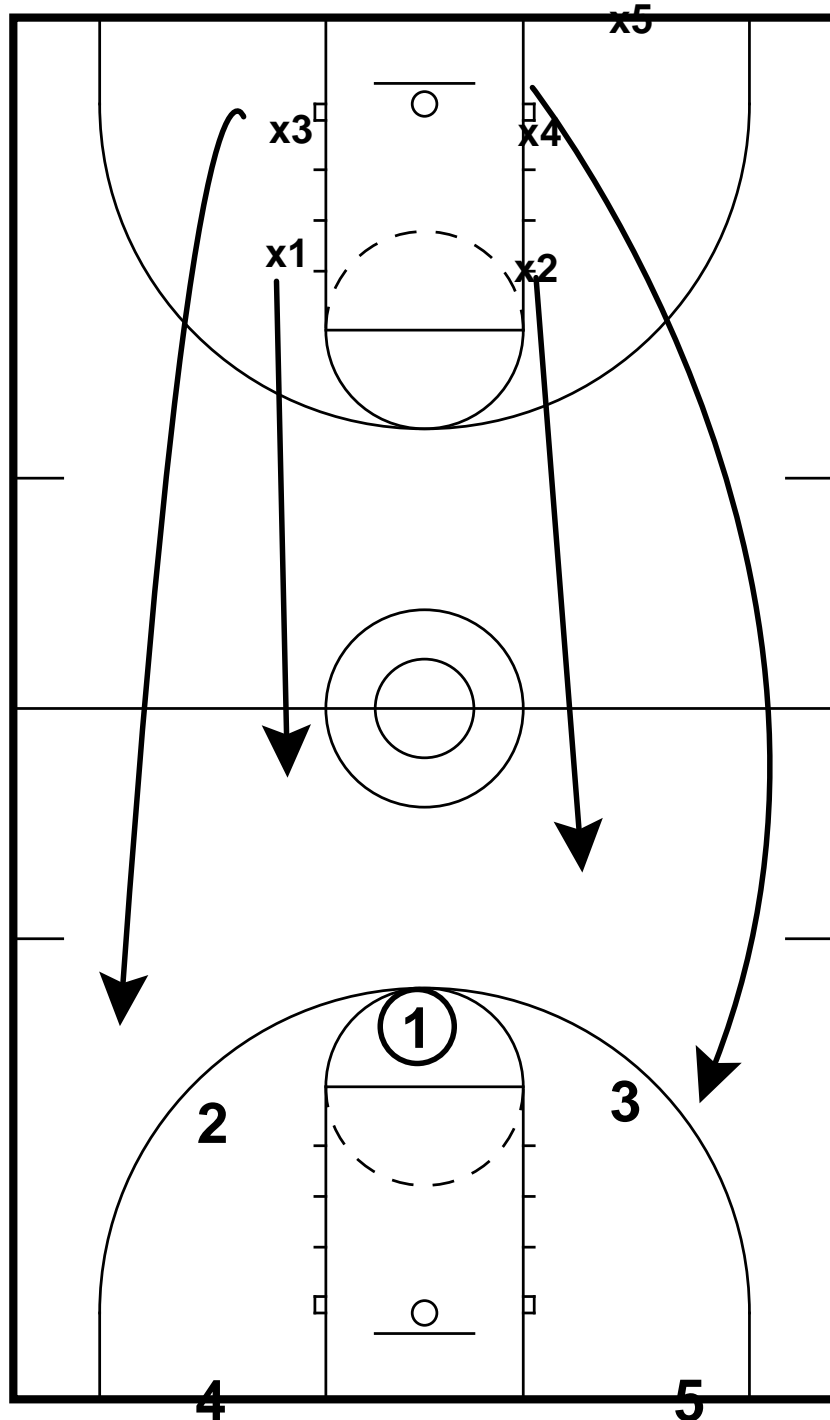
## Cincinnati Drill WAA Clinic



1 starts with a free throw on the basket opposite his teammates. 2 and 3 are in to rebound. Other team has x1, x2, x3 and x4 in to rebound. Play the shot live. Defense goes back down 4 on 3

# Defense

## Cincinnati Drill WAA Clinic



After the 4 on 3 possession, then 4 and 5 will jump in to go back down 5 on 4. Drill finishes with x5 joining in after the 5 on 4 possession to make some with 5 on 5. End drill and then opposite team starts with a free throw.

Free Throws, Box Outs, Transition offense and Defense...most importantly, communication and conditioning