

32 Practice Drills

Rules: 1) Echo Calls, 2) Sprint to Drill, 3) Everyone Teaches, 4) Drills are Competitive, 5) Be on Time - If late – 30 laps + 1 lap per minute by office clock.

3 on 2 / 2 on 1	
3 offensive players attack the 2 defenders. 2 defenders attack the shooter on the opposite end.	
3 on 2 Full Court Drill	
Divide your squad into two equal teams. One team should be positioned on a sideline, while the other team lines up down court on the opposite sideline. Three offensive players from Team A line up at half court, with the middle player holding a ball. On the coach's whistle, Team A attempts to score on Team B in a 3-on-2 attacking situation. Team B starts with two players defensively, one at the foul line and the other in the lane, positioned in front of the basket. A third defender for Team B stands on the sideline and waits until the coach calls "Third player in!" At that moment, the third member of Team B sprints in to offer defensive help, turning the drill into a 3-on-3 contest. If the offense (Team A) scores, they immediately full-court press and look to double-team everything they can in the backcourt. Meanwhile, two new defenders for Team A set up in the front court (one defender at the foul line and the other in front of the basket) and prepare to defend the basket. Team B is now on offense and tries to break Team A's full-court press. If Team A steals the ball, they try to score again on their end. If Team B breaks the press and the ball passes half court, the pressing defenders on Team A sprint off the court and return to their sideline. Team B, after breaking the press, takes the ball down court and attacks Team A's two back defenders in a 3-on-2 situation. The third Team A defender sprints in to provide defensive help on the coach's call of "Third player in!" Games are played to 8 points.	
Cycle the Break	
Not stop action where the team works on quick outlets and pushing the ball down the floor. Dribbles should be limited. 4-1 lay-up, 4-1-5 lay-up, 4-1-2 lay-up, 4-1-3 lay-up, 4-1-2-5 lay-up, 4-1-3-5 lay-up.	
3 Lane Push	Players can go 2 on 1 on the return trip.
3 players pass the ball down the court, shooting lay-up at the end. Players do not weave after the pass. On the shot, shooter and middle touch corner while non-shooting wing takes rebound to start other end.	
Two ball Dribble	Same, alternate, pound, tennis ball, etc
Players stand in place while working on dribbling two balls at the same time.	
Commando	Left, right, crossover, hesitation, between the legs. Add tennis balls.
Players work the volleyball lines back and forth, using right hand dribble/turn and left hand pivot/turn.	
Gauntlet Drill	Post vs. Guards, teams vs teams
Players line up in a row at one baseline. Defenders line up in a line, 1 at each 3 point line, 1 at HC and the last at the opposite basket. Player with the ball attacks the defense, with each defender trying to steal the ball and the last defender trying to defend and rebound the ball. Score for points.	
Monkey in the Middle	Add two players to trap ball.
Player in the middle of two teammates. Teammates try to keep the ball away from defender in middle.	
2 on 1 Full Court Dribbling	Add trapping situations and 2 on 1 back.
Coach throws the ball into player trying to get open. The offensive players goal is to get to the other end of the floor without turning it over. It doesn't matter if it takes 30 seconds to get down there. Watch the offensive player, when he gets tired he will just try and split the two defenders and turn it over. They will give in to the fatigue. This drill needs to be done by all the players on the team every other day.	
Post Chair Drill	
Coach places ball on chair. Player starts on baseline. On the whistle, player takes ball and executes post move with the	

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ball. Player goes for 30 seconds, replacing ball as they go.	
Half Court Lay-ups	
Two lines, both start at half-court. One line rebounds, the other line shoots jump stop lay-ups.	
End of Practice Drill	Competitive
Players on endline on one side under basket pass to coach on opposite wing. Coach hands player the ball to player who dribbles to shoot a lay-up at other end. Both sides going at the same time. 2 minute drill, goal is 70 lay-ups.	
Half Court Jump shots	Add rebound
Two lines, shooting line starts at half-court. The other line starts in the opposite baseline corner. On the whistle, player shoots jump shot while baseline line rebounds against a coach with a blocking pad.	
Fast Break Shooting	Add ball screens, coach on defense.
2 lines with passer in middle and shooter on wing. Players shoot 10' shot, crossover baseline, crossover middle, 3, and corner 3.	
Turn and Sprint Shooting	Coach names location and shot. Dribble moves.
Partner shooting, shooters shoot 10 shots at a time. After each shot, shooter turns and sprints to half court before receiving next pass.	
3 Man, 2 Ball Shooting	Coach names location and shot.
3 man shooting teams. Players shoot and rebound their own shot, passing to a teammate ready to shoot.	
3 on 3 Half Court (Bennett Drill)	Can make this a transition defensive drill.
This drill is to teach the players not to yield to pressure when they are on offense. The goal is for the offense to make 10 passes without turning it over. The offense can pass and cut and pass and screen away (just play) and they can dribble in this drill. The only thing they cannot do is try and score. Teams that turn the ball over should use this drill every other day. If the players make 10 passes without turning it over they don't have to play defense. They can just go to the end of the line. That is the reward for not making a mistake.	
3 on 3 Full Court (Flat ball)	Can make this a transition defensive drill.
3 offensive players starting at the end line. One in the middle with the ball. 3 defenders starting just inside the free throw line. Once the first pass is made, the defenders close down on their player and the offense must get the ball to half court WITHOUT A DRIBBLE. Offensive players must stay in their lane. To make a transition drill, call out a player who must touch baseline while the offense attacks 3 on 2.	
5 on 5 Circle	
2 teams of 5 start at the FT line, slowly walking in a circle. Teams should follow an O-D-O-D pattern. Coach throws the ball off the backboard, which forces the teams to fight for the rebound. Once one team wins the War on the Board, that team becomes the offensive team, running the break to the other side of the floor. There are various rules you can implement but our favorites include a 2-dribble rule for the offense and the requirement that the post must touch the ball before the offense can shoot.	
Hustle Drill	Teams can play 5 on 5, full court, half court.
Competitive game that awards teams for hustle plays. Offensively, teams get 2 PTS for a 2 point made basket, 3 PTS for a 3 point made basket and 2 PTS for an offensive rebound. Defensively, teams get 1 PT for a deflection, 1 PT for a dive, 2 PTS for a block, 2 PTS for a defensive rebound and 3 PTS for a charge attempt.	
Man Drill	
Offensive team gets a point for each clean catch. This drill can be team against team or individual against individual. We also can score deflections. Play for specific time limit. No dribble.	
3 Stop Drill	
Divide team into 3-4 teams. The offensive team brings the ball into play from half court to start drill. The defensive team needs to record 3 consecutive stops to get off defense. A defensive stop is considered any of the following	

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<p>accomplishments (defensive rebound, steal, any deflection that leads to a recovery, forcing an offensive violation, or drawing a charging foul). The following are reasons to stay on defense... Offense scores, player on defense commits a foul, offense secures an offensive rebound, a player misses a box-out, the defense allows an uncontested lay-up or shot (regardless of whether or not the shot was made), defenders do not communicate on screens, or there isn't any defensive help on dribble penetration.</p>	
1 on 1 Closeout / Denial	Competitive, dribble limit. Add 2 on 2 and 3 on 3.
<p>Player stands on wing while defender is in the middle of the paint, coach is on opposite wing. Coach passes to offensive player on wing while defender closes. Players play 1 on 1 from there.</p>	
Villanova Closeout Drill	
<p>Start with a player in each corner and a player on each wing. One of the players in a corner starts with the ball. He passes the ball to the wing on his side and starts to sprint diagonal across the lane while the wing player makes an overhead pass to the opposite wing player. The man that started with the ball in the corner closes out. The wing player who caught the overhead pass makes a shot fake and passes to the corner. The wing player who made the overhead pass is sprinting diagonal across the lane to close out on the man in the corner. You can have the man in the corner shoot it and work on blocking out or play 2 on 2 live from there.</p>	
Yow Closeout Drill	Competitive
<p>Coach has ball up top. 1 defender on the floor guarding lone wing player (no corner). 1 Offensive player is on one wing, with 3 other offensive players on the opposite low post, wing and baseline corner. Coach starts with ball and passes to corner. Defender has to sprint to low post and tip ball away. Low post passes ball to wing who passes to coach who passes to opposite wing. Defender has to closeout and players go 1 on 1.</p>	
4 on 3 Passing	Add 4 th defender to work on trapping.
<p>Line up four offensive players in a square, one step each off of the elbows and blocks. 3 defensive players in the middle. The defender closest to the ball will get up tight and "mirror the ball". The other two defenders must guard the remaining three players. This is a chance to talk about reading the passer. The four passers will continually pass the ball. You can stress ball fakes (change the plain - fake upper right, throw lower left, etc.) If a defender gets a deflection they go to the end of the line. Offensive mistakes lead to new defenders. We can add a 4th defender in which the two closest defenders trap the ball.</p>	
Shell Drill	6 on 4 with two offensive players in corner. Add transition.
<p>4 on 4 or 5 on 5. Defense learns positions and how to defend penetration, post entries, cutters, weak side screens, etc.</p>	
Cutthroat	Coach names the defense, competitive
<p>Baseline teams move out on defense, offense rotates off. Coach calls defense. You can make 3's worth 2 and lay-ups worth 3 if team is getting too perimeter oriented.</p>	
5 on 4 Scramble	Can move to 6 on 5 scramble.
<p>4 defenders work on defending 5 offensive players around the perimeter. Defense rotates off after "touches". Offense can add cuts and dribble moves upon advancement.</p>	
2 on 2 Blockout	Competitive
<p>2 on the baseline, 2 on ft line. Play for points. Rebounding team has 20 seconds to score.</p>	
Elbow Rebounding Drill	Competitive
<p>2 teams line up at each elbow. Coach shoots ball at top of the key. 2 players fight for rebound. Rebounder outlets ball on their side and receives a pass back outside the 3-point line to go 1 on 1 with the defender.</p>	
War Drill	3 on 3, 4 on 4, 5 on 5. Offense scores on rebound. Add transition.
<p>4 defenders start in the paint and make contact with the 4 perimeter players after the coach shoots. You can also do this drill 2 on 2.</p>	

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