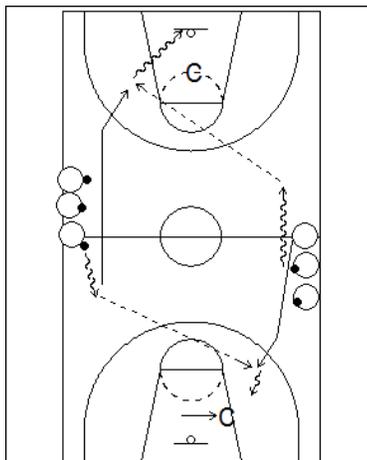


STRATEGIES

EARLY CLOCK OR TRANSITION

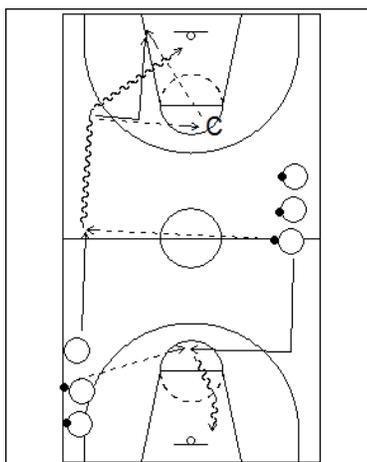
TRANSITION PASSING AND SHOOTING DRILLS



Two Lines Full-court Shooting

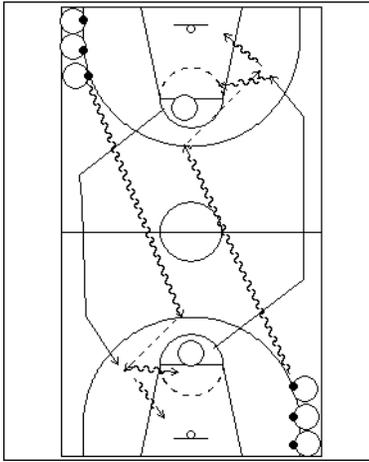
The players line up in two lines on both sidelines at half-court and every player has a ball except one. The player without the ball starts to run to one of the two baskets. The player with the ball on the opposite side of the court takes two dribbles in the same direction and makes the pass to the player running to the hoop. The player receiving the pass continues in and scores the basket. The player who passed stops, changes direction and heads to the opposite basket. This cues the next player to take two dribbles and make a pass. The drill continues with players alternating the basket they attack.

In Phase B, a coach is placed at either end of the court. When the player drives to the basket they must read the positioning of the coach. When the coach places their chest in front of the player, the player pulls up and shoots the jump shot. If the coach does not show their body, the player continues in for the layup.



Full-court Passing/Layups

The first line is at half-court with every player possessing a ball. The second line is at the foul line extended. Every player has a ball except the first player in the line. This player starts the drill by running up the outside lane to the far basket. The first player on the far side makes a pass to the player at half-court. This player must keep their head up. The coach who is stationed at the high post will show hands for a pass or no hands. The player must make the proper decision. After passing, the second player runs down the outside lane and then makes a change of direction cut to the foul line. The pass is received and the player works on a crossover or curl move.



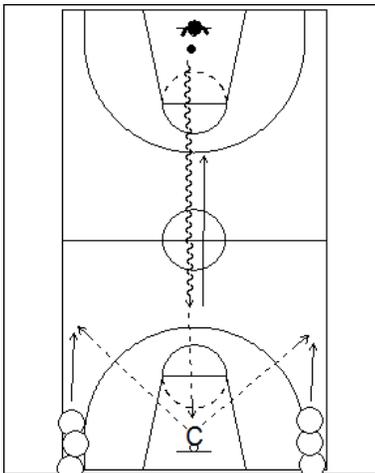
Running the Outside Lane

Two lines are formed in diagonal corners. Each player in these lines has a ball. One player is placed at each foul line without a ball. The player in the corner starts to dribble to nearside elbow at the opposite basket. The player at the foul line sprints to the near sideline and up the outside lane. The player with the ball delivers the pass when the player hits the attack spot. The same action is happening on the other side. The dribbler becomes the next player at the foul line.

FULL-COURT TRANSITION DRILLS

RULES:

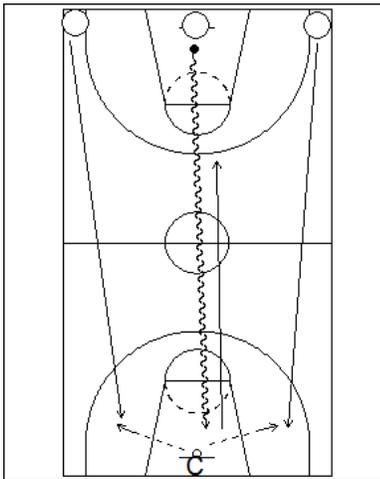
1. Players should always pass the ball to a teammate who is open.
2. If there is no teammate in front of the player they must push the ball towards the basket.
3. Players should always run quickly when they are without a ball.
4. There should be three lanes no matter where the ball is located.



One versus Zero / Two versus One (Split the Court)

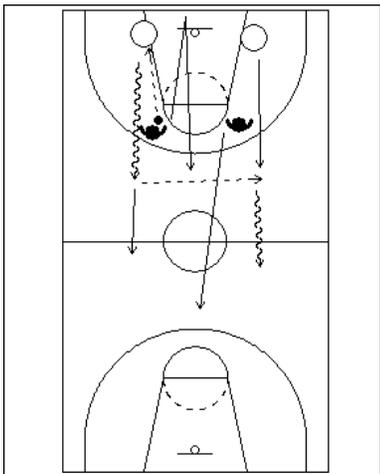
The defender starts with the ball under the far basket. The coach is under the opposite basket. The two offensive players are lined up in the corner. The player with the ball pushes the ball with a speed dribble using alternate hands.

When the coach shows hands, the player passes the ball to the coach. The two offensive players start to sprint. The coach passes the ball to one of the two players. Next, they play two-on-one.



One versus Two / Two versus One (Be Quicker with Passes)

Three players are lined up on the baseline. The player in the middle has the ball. When ready, they start to attack the far basket to score. The two outside players are on defence and attempt to stop the player in the middle from scoring. The coach catches the rebound and outlets the ball to the two outside players returning to attack the one defender. To load the drill and learn to attack at speed, add no dribbles in the back court and one pass only in the front court.

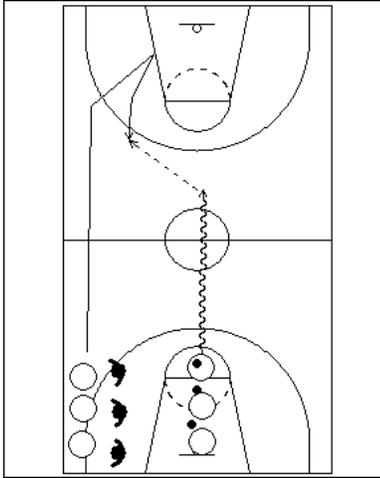


Two versus Two (Keep Advantage)

The two offensive players are on the baseline and the two defenders are at the foul line extended. One of the defensive players has the ball. The player can pass to either of the offensive players. Once the pass is made, the defender must touch the baseline, before returning to play defence. The other defender must protect the basket and slow down the defence until their teammate can return.

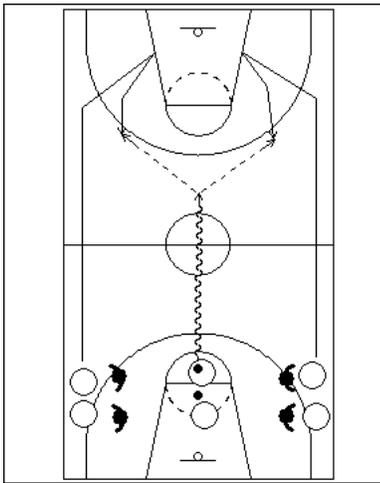
FULL-COURT PROGRESSION OF DRILLS OF GAMES SITUATIONS

The following drills focus on using the one-second advantage in the full-court. It is important for players to master this to learn to speed dribble and attack the basket with no defender and dribbling under control to make a clean pass.



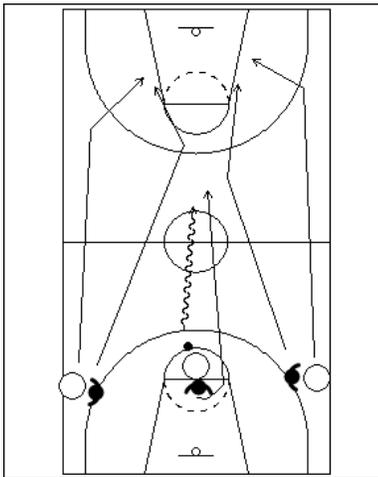
Drive Under Control

The passer line is at the foul line with the ball. The offensive player is at the sideline and defended by a defender. The action begins when the player with the ball starts to dribble. This player cannot score. They must dribble under control and decide if they can deliver a pass to the offensive player. The offensive player on the wing sprints to get an advantage. The defender is trying to get a position where they can protect the basket. If the ball cannot be passed on the wing the offensive player goes down and comes back to get open. It is important for players to slightly change the angles at which they go to and from the basket. Once the pass is made, the passer is out of the drill.



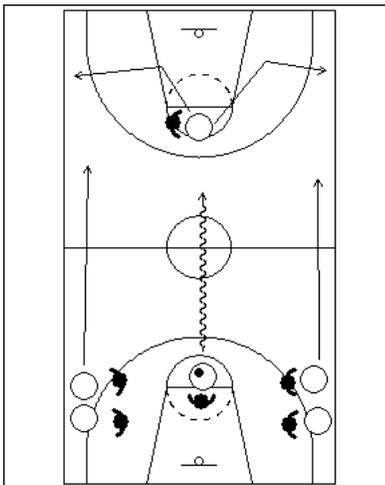
See Both Sides of the Court

This drill is the similar to the previous one but with two offensive players. The passer must scan both sides of the floor. Once the pass is made, the passer is out of the drill.



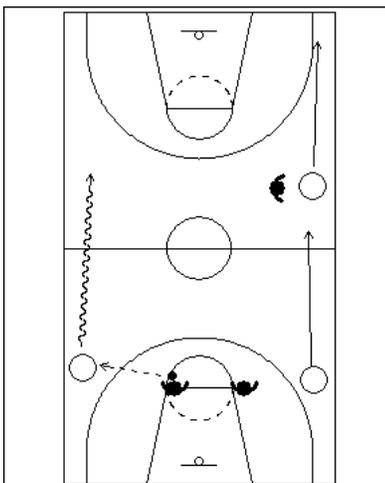
Three-on-three

This drill is the same as previously but with three-on-three. The third defender stands with their back to the middle player. Once the middle player dribbles everyone else is live; creating a slight one-second advantage. The middle player can score.



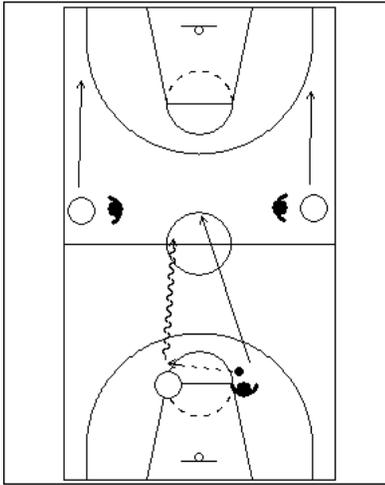
Exploit the Advantage

In this drill a fourth pair is added on offence and defence. The players start at the foul line at the far end. The offensive player can cut to open space.



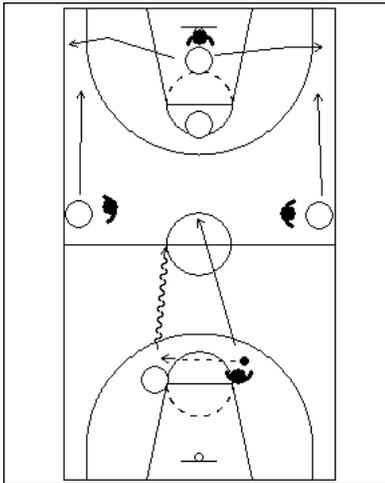
Three versus Three (Lateral Drive)

In this drill the ball-handler has the slight one-second advantage on the side of the court with two offensive players on the same side. The defenders start on the inside of the offence. The drill starts when the defender makes the pass to the offensive player. The offence must also learn how to play in space.



Three versus Three (Middle Drive) Advantage

In this drill the advantage is in the middle with two wings on the opposite sides.



Four versus Four (Middle Drive) Advantage

In this drill another pair is added on offence at the far end. The ball-handler must keep control and see all open players.