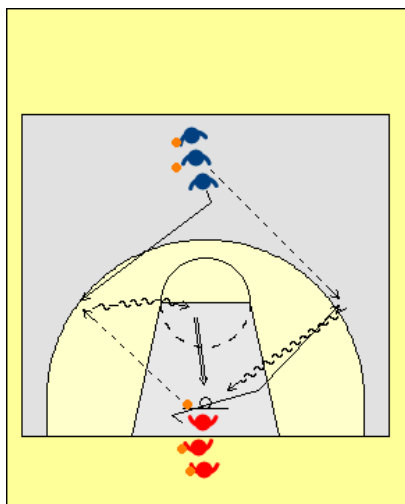


the player must learn to play one-on-one within the team.



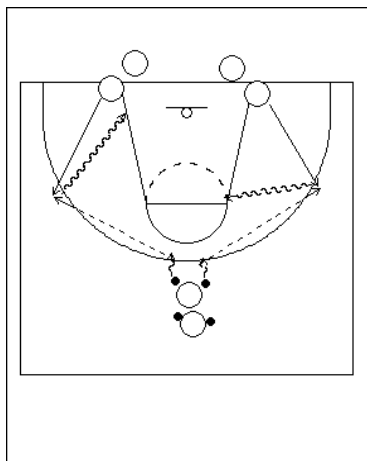
Alternate Wing Entry, Flare – On Air

Players should form two lines with every player having a ball except one player in the top line. The first player can choose to go in either direction by making a flare cut to the attack spot. The timing of the pass must be perfect. The player receiving the ball should do so with a jump stop as that will provide the opportunity for a crossover step in either direction. The player anticipates the defence by visualizing the action of the defence and then goes either middle or baseline. On the middle drive the player shoots while on the baseline they utilize the outside/inside power layup. After passing, the player at the bottom cuts out to the attack spot looking to receive a clean pass from the next player at the top. A great focus here is to have the next player once again catch the ball so they can start with a crossover in either direction but have the next player do the opposite of the previous player.

Alternate Wing Entry, Flare – Guide

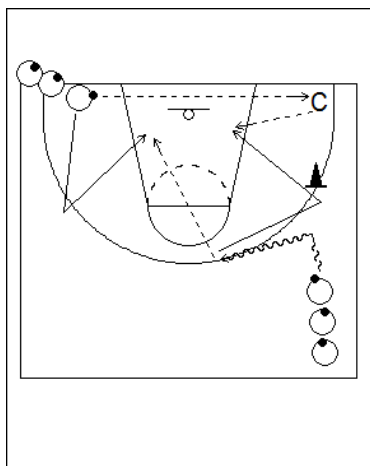
The coach can give the offensive players reads on the catch.

COMBINATION OF DRIBBLING, PASSING AND SHOOTING DRILLS



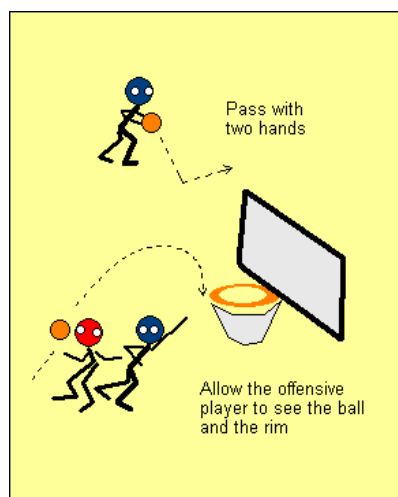
Two Ball Wing Entry Pass

The players form three lines. The players in the top line need two basketballs each. The players on the baseline must establish who goes first (preferable not to have the same line going first each time). The passer must learn to scan who is open first. The rhythm of the pass is crucial as it should be delivered to the cutter when they arrive at the attack spot. The wing players will then either drive baseline or to the middle. To load the drill it is ideal to add guides to the passer and to the wing players.



Back-Door Pass

The players form two lines as shown with everyone with a ball. The player in the corner starts by throwing a skip pass to the coach in the corner. For younger players they may need to shorten the pass by dribbling and pretending it is baseline penetration. The player at the top centres the ball by taking it to the middle. The player in the corner must time their cut to arrive at the attack spot at the same time the player at the top is ready to make a wing entry pass. The wing player makes a change of speed and cuts back-door to the basket. The passer either delivers a bounce pass in the key or a lob to the corner of the square. It is important that this pass is made on the same side of the court as the receiver. Throwing a back-door pass from ball-side to help side can lead to a turnover. After making the pass the player turns and cuts to the wing and then cuts back-door to receive a pass from the coach. It is best to have a pylon or a coach there so that the player will keep space before going back-door.



This back-door pass should be made with two hands by faking the wing entry pass to put the defender out of position.

If throwing the lob, the player should make the pass to the corner of the back-door as this allows the receiver to see the ball and the basket at the same time. This way the player can read the help defence and anticipate their next action.

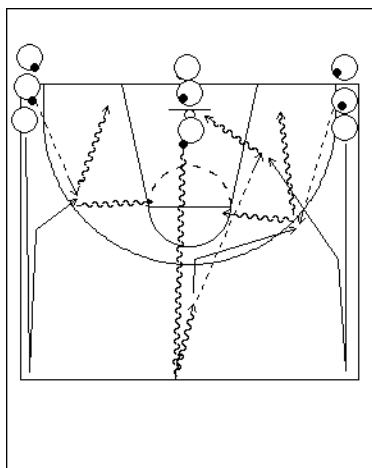
As in all of the other drills the coach can go through the various phases:

Phase B – add a guided defender

Phase C – add live defence. In this drill the passers should not be going back-door. The offence can either catch the ball on the wing and play one-on-one or go back-door.

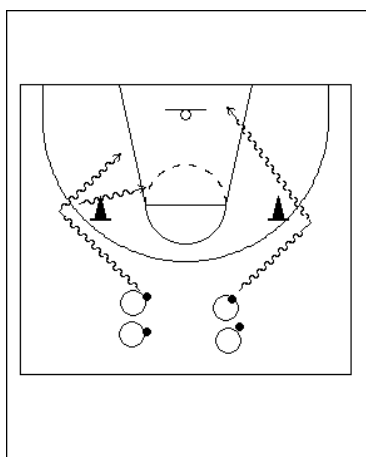
Phase D – use the centring dribble to start a game-like situation.

Next, the passers and the receiver also have to read the help defence.



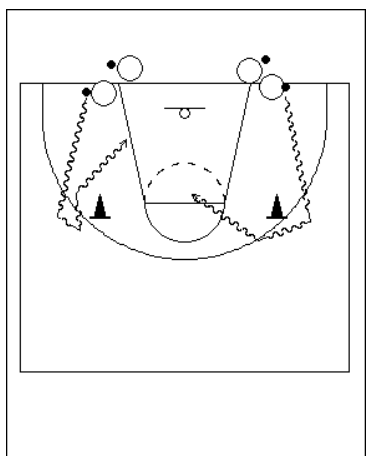
Three Line Entry Pass

Form three lines on the baseline. Everyone has a ball except the two players in the front of the outside lines. The player in middle has the ball and initiates the drill by starting a speed dribble to half-court. The two outside players sprint to half and return running the outside lanes. The player in the middle makes a pass to the player who is out in front. This player scores a layup as if in transition. The wing player who does not receive the pass will get a pass from the next player in the corner when they are at the attack spot. The passer in the middle makes a change of direction cut to receive a pass from the other corner at the attack spot. The pass has to be received in space. The players receiving passes from the corner can attack idle or baseline.



See what Teammates are Doing (Shooting Drill)

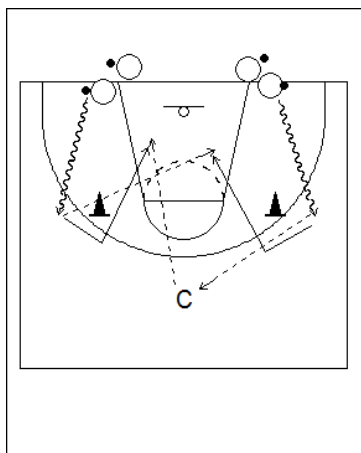
Players form two lines at the top with each player having a ball. Two pylons are placed at the attack spot. The first two players dribble at the pylons and make a change of direction. The player who arrives first to the pylons chooses to go baseline or to the middle. The other player must read what the first player does and do the opposite. This drill forces the players to dribble with their eyes up and be aware of their teammates and surroundings.



Baseline

This drill is very much the same as the previous with the exception of the players dribbling out from the baseline. The player that reaches the pylon has the choice to go around the pylon or to crossover in front while the second player must do the opposite.

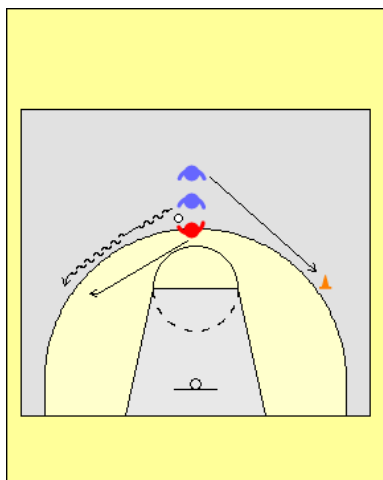
With this drill the emphasis is on dribble jump shots and outside /inside power layups.



Pass to the coach

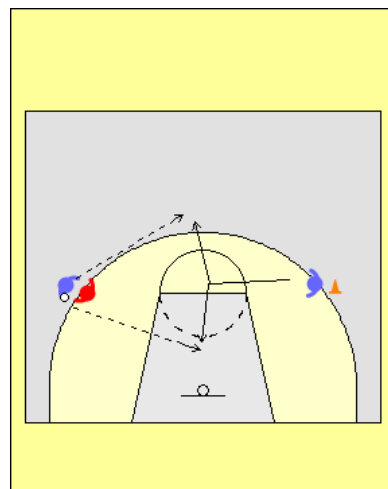
In this drill the coach positions themselves at the top of the three-point line. When the players are dribbling, the coach will show their hands to one of the two players. That player will pass the ball to the coach and cut to the basket. The opposite player makes a pass to the cutter. After passing, the player cuts to the basket and receives a return pass from the coach. This drill encourages players to keep their head up.

PLAY WITH TEAMMATES

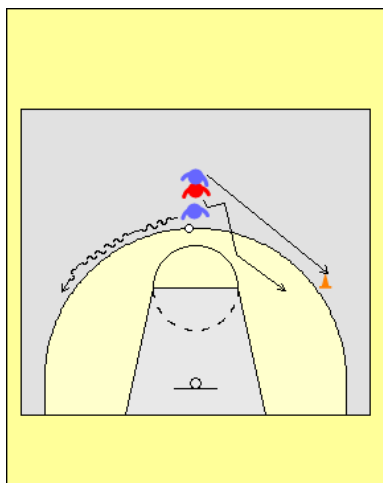


Three Player Pass to Cutter – Guard the Passer

Three players line up at the top. The first player is the defender, the second is the passer with the ball and the third is the cutter. The passer dribbles the ball to an attack spot while the defender plays pressure defence on the ball. The cutter touches the pylon and establishes eye contact with the passer. When the

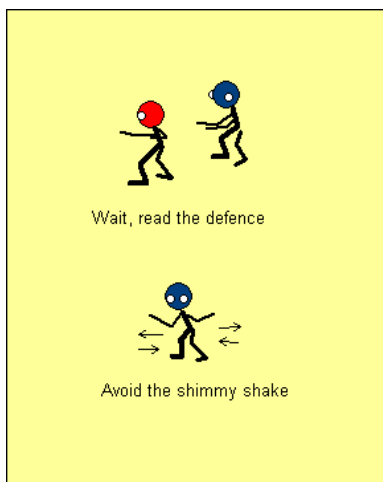


passer is ready, the third player cuts. In this drill the key is to pass outside the three-point line or in the key as making a pass in the area between the three-point line and key provides poor spacing. It is important to note that if the player has to move off the three-point line it is automatically a back-door cut (this is a time when the pivot foot of the passer is essential). If the player uses the foot closest to the defender they will face extreme pressure and usually deliver an inaccurate pass. The players should use the foot furthest from the defender and keep the ball in front of the pivot foot.



Three Player Pass to Cutter – Guard the Cutter

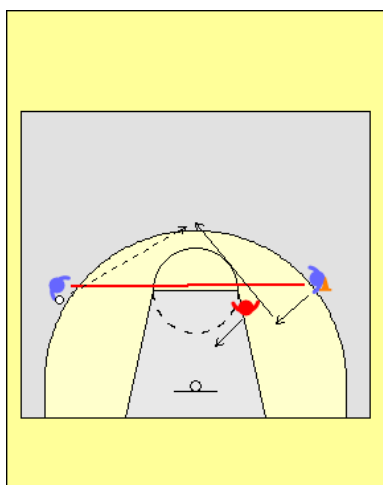
This drill sets up the same as the previous drill except the first player in line has the ball and the second player in line is the defender. The ball is dribbled to the attack spot and the cutter must run to the opposite attack spot. The defender establishes good help side position.



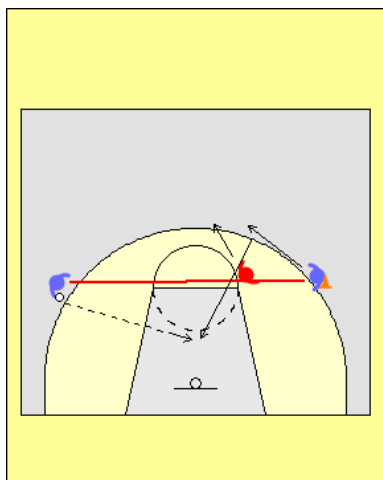
Common Errors

The most common error is the player not waiting to read the defence or to make sure the passer is looking. In many cases the best cut is no cut while the focus should be definite changes of speed and direction.

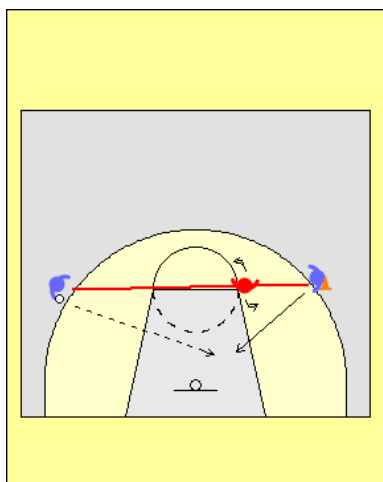
The other common error is for the offensive player to cut into the defence and then does the shimmy shake. This is where the cutter fakes back and forth a couple of times. This is very difficult for the passer to read. He or she has a 50/50 chance of guessing right.



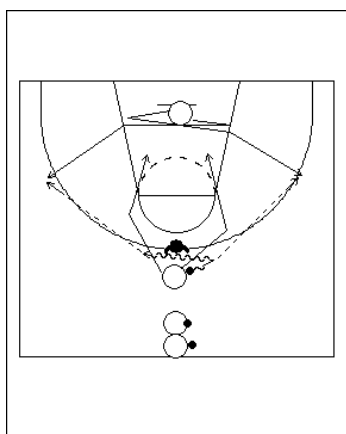
It is important that the cutter learns to read the defence as the focus is to enlarge the space that the defence gives. If the defender is below the line (between the cutter and the ball) try to force the defence even lower as in a short race, the cutter can make a quick change of speed and direction and be open at the top. The key is to catch the ball at the three-point line, anticipate the defence and attack right left or with a shot.



If the defence is playing above the line the player should take the defender even higher. The player can use the three-point line as a guide to cut back-door to the basket where the pass is made in the key. The point of emphasis here is for the passer to make quality decisions when passing. Without a defender the player will often throw chest passes from the middle of the body.



If the defence plays on the line it is important to put them in a vulnerable position. In this formation it is impossible for the defender to see the ball and the cutter at the same time. If the defence turns their head the cutter can attack at an advantageous angle. Using a catch fake with the hands and eyes will cause the defender to turn often.

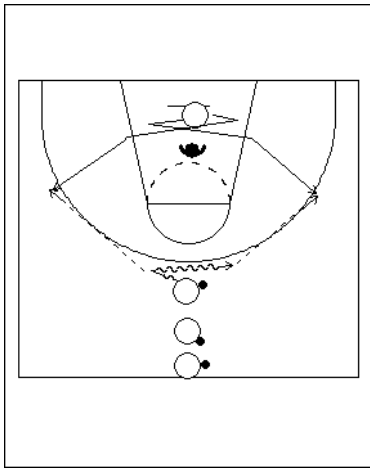


2vs1 Double Exit

In this drill the focus is on making a wing-entry pass followed by a give-and-go. The line at the top has basketballs except the first player who turns and plays defence on the second player. A second offensive player is standing under the basket. This player can choose to exit to either attack spot. The offensive player at the top can shorten the pass by dribbling slightly to the side. It is important for the pass to arrive at the cutter when they are exactly at the attack spot as it is ineffective to provide a pass to a player who is running away from the basket inside the three-point line (unless they are in the key).

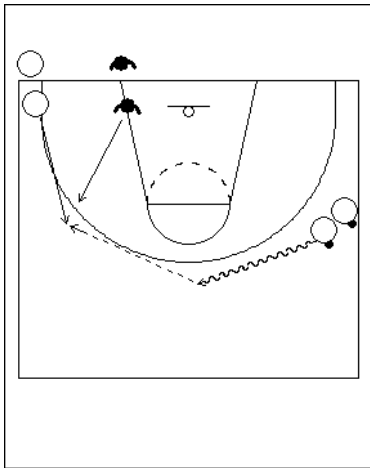
When catching the ball between the key and three-point line it is impossible to anticipate the defence and create the one-second advantage and therefore the offensive player cannot help as they cannot see their teammates. Additionally, there is no space for a back-door cut.

Once the offensive player on the wing catches the ball, the passer executes a give-and-go pass. This may be in front or behind the defender, depending on the action of the defence on the pass.



Timing of the Pass (On Time/Target)

In this drill the defence is focused on the cutter. The passer must deliver the pass at the exact moment to the exact spot. The pass is either a back-door pass in the key or to the player at the attack spot at the three-point line.



Make Pass Shorter

In this drill the focus is on making the back-door pass or the wing-entry pass off the dribble. The wing player must shorten the distance of the pass by dribbling the ball to the ball-side or top. It is important to note that making these passes from the other side often leads to a turnover.