

FastModel Drill Book

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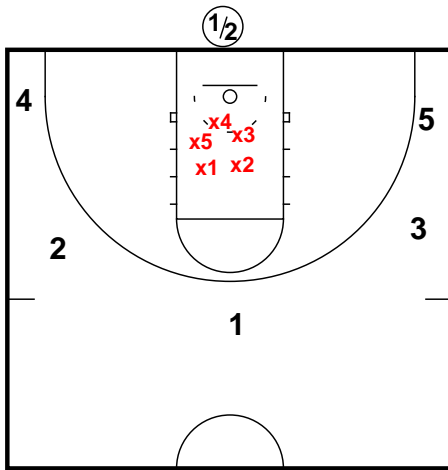
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Cori Close

Cori Close

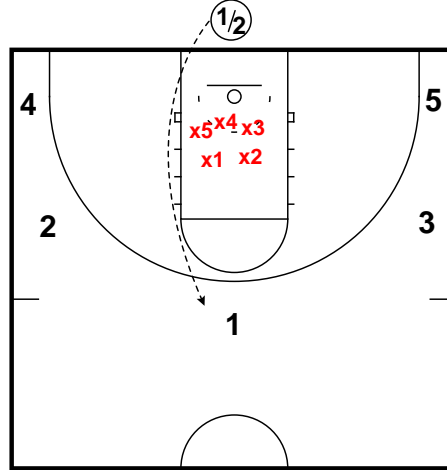
5-on-5 Rebound



- Defense starts in the key, walking in a circle
- Offense is spread out on the perimeter
- When ball is passed out, defenses scrambles to match up (Communication is key)

- No out of bounds
- Be physical

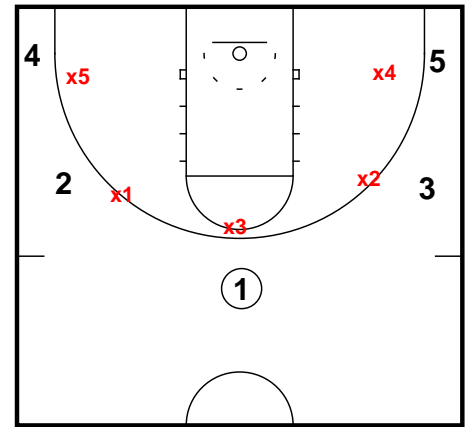
5-on-5 Rebound



- Coach (1/2) starts with ball under the basket, as soon as they pass to an offensive player, that player has 3 options

1. shoot
2. pass (the player has to shoot)
3. drive for lay-up, if they kick it out, the player has to shoot

5-on-5 Rebound

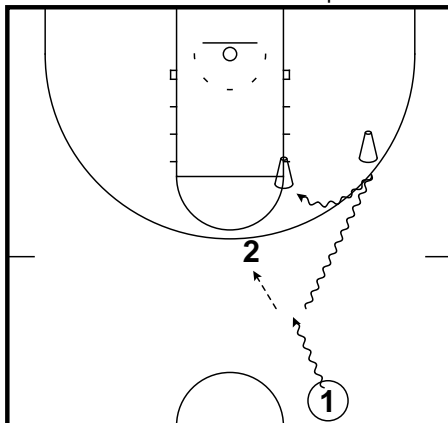


Offense-Scoring:

- 2's and 3's like normal scoring
- 5 points for every offensive rebound

Defense-the only way to switch to offense is to have a perfect box out from all 5 defenders

Ball Drills - 2 Ball to Step Back

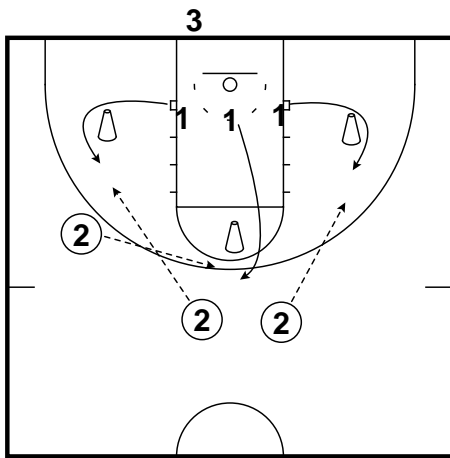


- 1 starts at half court, dribble two balls toward 2
- when 1 gets about half way, passes ball in left hand to 2, keeping dribble in right hand
- 1 dribbles to cone on the wing, at cone, cross over and dribble toward 2nd cone, do a step back jumper at the elbow

Cori Close

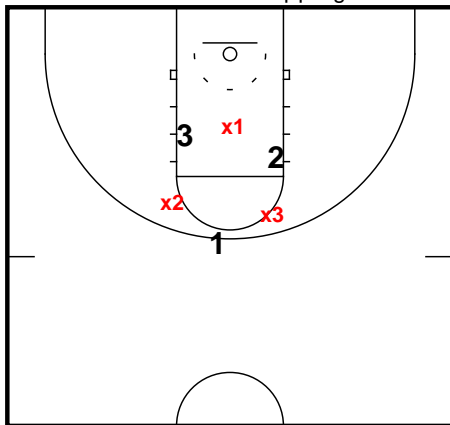
Cori Close

Ball Drills - Curl Shooting



- Passer starts at top of key
- shooter starts in the key
- shooter curls around the cone on the wing, gets pass from top of the key
- shooter curls around cone on opposite wing
- passer moves to wing, shooter curls around corner at top of the key, one dribble jump shot, either way

Ball Drills - Trapping

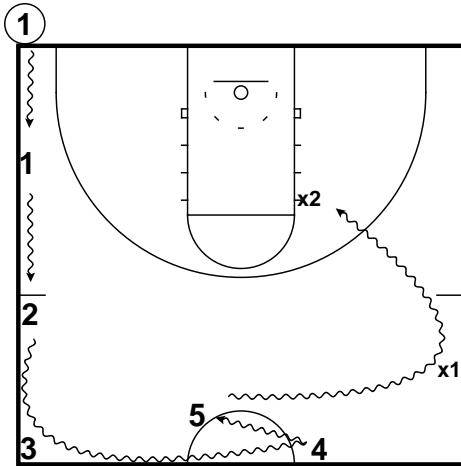


- Start in a circle offense and defense alternating
- After the first pass is made the two closest defenders trap
- Offensive player pivots to get open, after he passes, closest defender to next pass goes to trap

Cori Close

Cori Close

Chill Drill

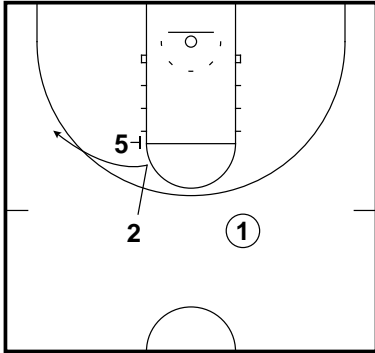


- Start at the baseline and dribble toward 1
- at 1 do an in out move then dribble to 2
 - at 2 do an in out move then dribble to 3
 - at 3 do a spin move and dribble to 4
 - at 4 retreat dribble to 5 then dribble to X1
 - at X1 do a spin move and dribble to X2
 - at x2 do a hesitation or cross over and drive to the basket for a layup or jumper

Cori Close

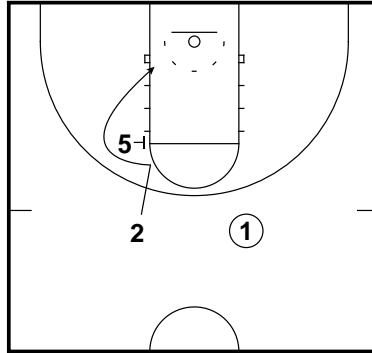
Cori Close

Guard Workout Part 1



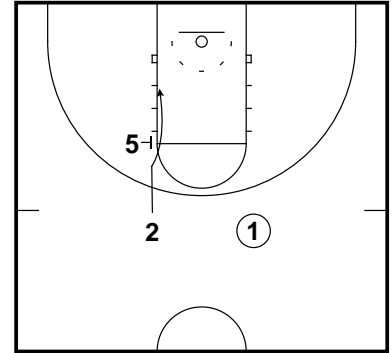
At the point of the Screen, read the defense,
then you can:
-Flare

Guard Workout Part 1



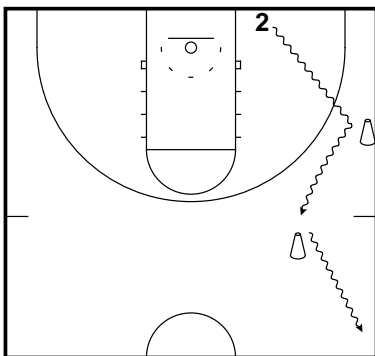
-Curl

Guard Workout Part 1



-Cut to the basket

Guard Workout Part 1

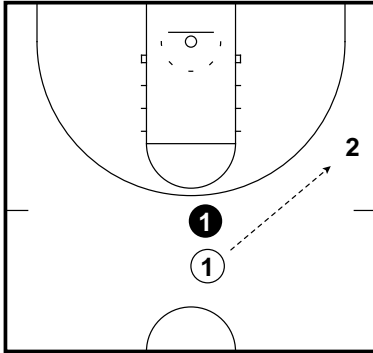


Ball handling
-Dribble to the first cone, cross over dribble
to the second cone
-Cross over and dribble to half court

Cori Close

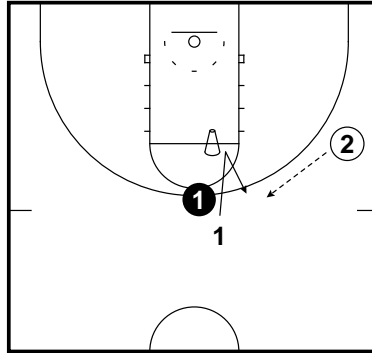
Cori Close

Guard Workout Part 2



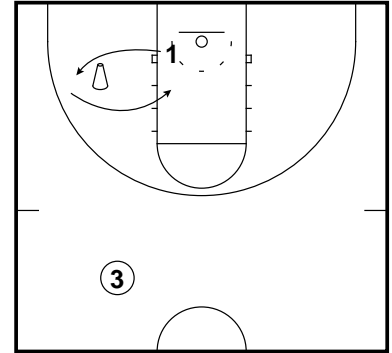
- Start out at the top of the key guarded by a defender
- Pass to the wing

Guard Workout Part 2



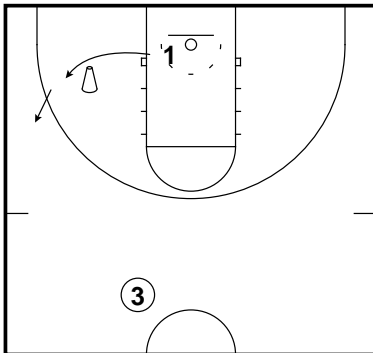
- Cut toward the basket
- Step back behind the screen at the free throw line
- Receive pass ready to shoot or drive

Guard Workout Part 2



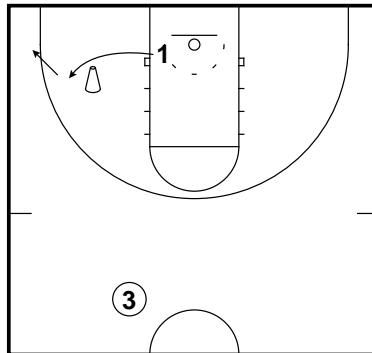
- Pass the ball out to the top
- cut out to the down screen (cone)
- as you approach the screen, pause a second and read the defense, you have 3 options:
- Curl the screen

Guard Workout Part 2



- Cut straight out

Guard Workout Part 2

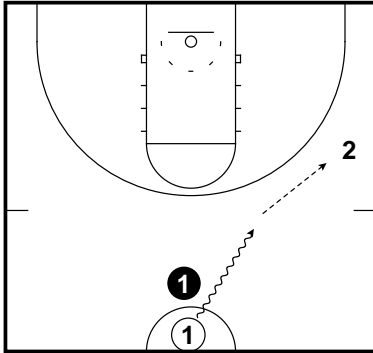


- Fade to the corner

Cori Close

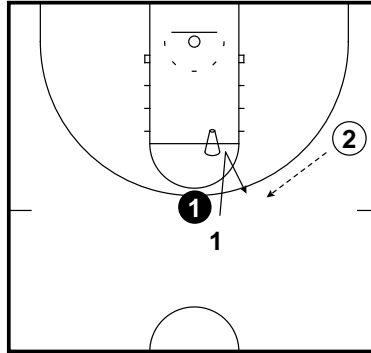
Cori Close

Guard Workout Part 3



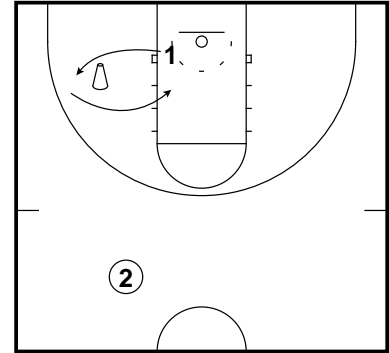
- Starting at half court, dribble one on one against the defender
- Get by the defender and pass to the wing

Guard Workout Part 3



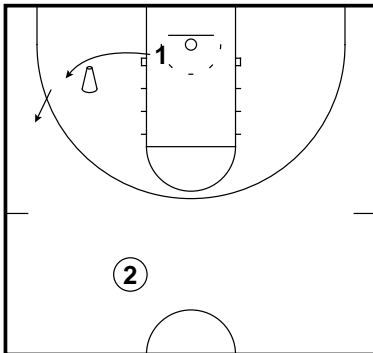
- Cut toward the basket
- Step back behind the screen at the free throw line
- Receive pass ready to shoot or drive

Guard Workout Part 3



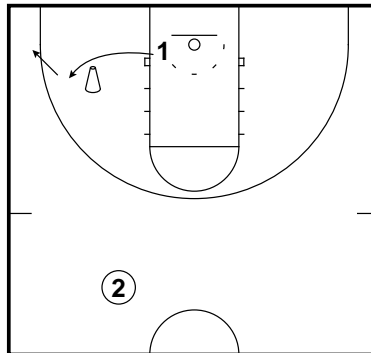
- Pass the ball out to the top
- cut out to the down screen (cone)
- as you approach the screen, pause a second and read the defense, you have 3 options:
- Curl the screen

Guard Workout Part 3



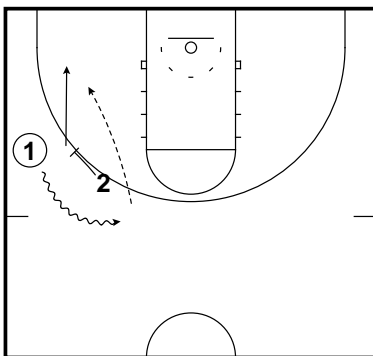
- Cut straight out

Guard Workout Part 3



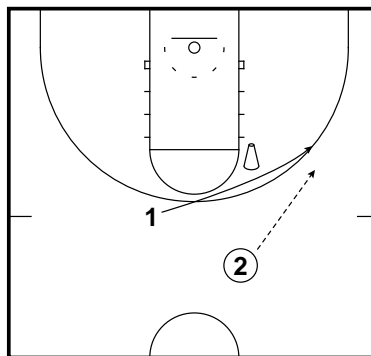
- Fade to the corner

Guard/Forward Workout Part 1



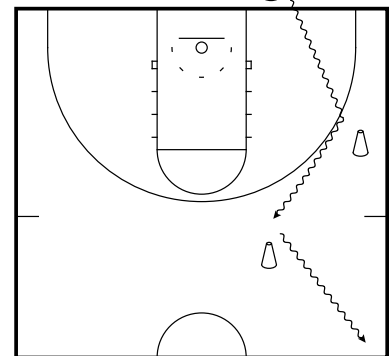
- Dribble off ball screen
- Pass to screener cutting to the corner

Guard/Forward Workout Part 1



- Receive flare screen at the opposite elbow
- Catch ready to shoot or drive

Guard/Forward Workout Part 1

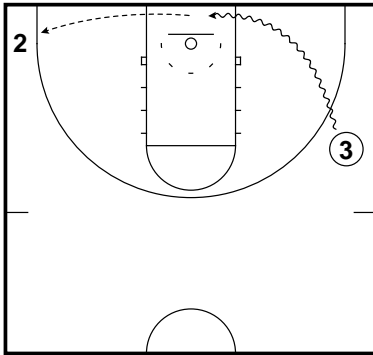


- Start at the baseline, dribble toward the first cone, cross over, dribble toward the second cone, cross over, and dribble out to half court

Cori Close

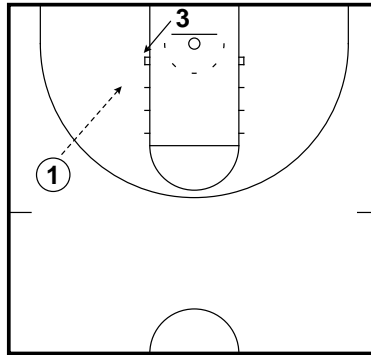
Cori Close

Guard/Forward Workout Part 2



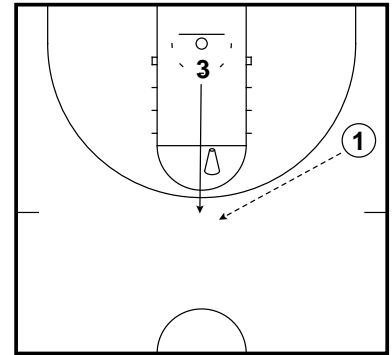
- Start with the ball on a cone
- Rip it off the cone and drive baseline
- Make a flood pass to the corner

Guard/Forward Workout Part 2



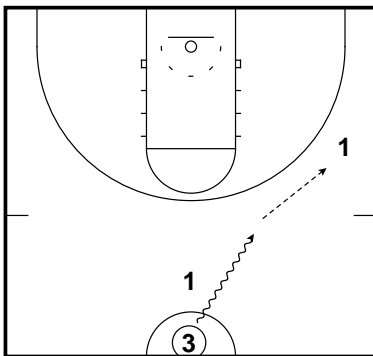
- Post up at the block
- Receive pass from the wing
- Go to work one on one against a defender

Guard/Forward Workout Part 2



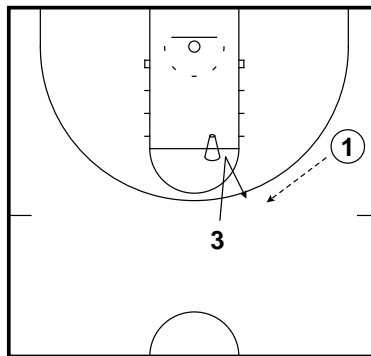
- Pass out to the wing
- Zipper cut to the top of the key
- Receive the pass from the wing
- Jab step middle and shoot a one dribble jumper

Guard/Forward Workout Part 3



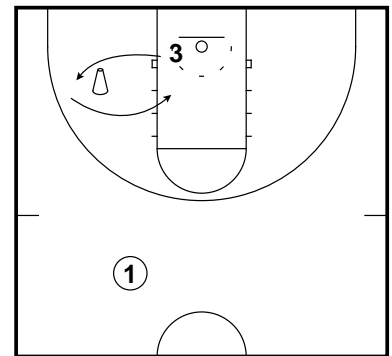
- Starting at half court, dribble one on one against the defender
- Get by the defender and pass to the wing

Guard/Forward Workout Part 3



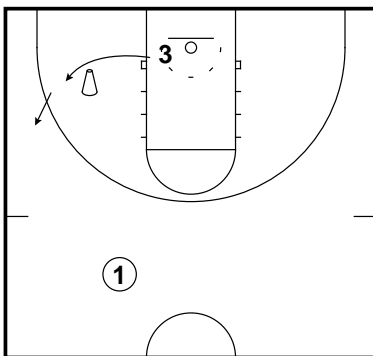
- Cut toward the basket
- Step back behind the screen at the free throw line
- Receive pass ready to shoot or drive

Guard/Forward Workout Part 3



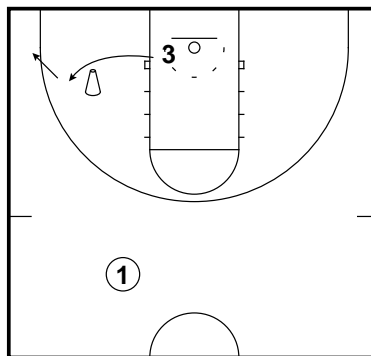
- Pass the ball out to the top
- cut out to the down screen (cone)
- as you approach the screen, pause a second and read the defense, you have 3 options:
- Curl the screen

Guard/Forward Workout Part 3



- Cut straight out

Guard/Forward Workout Part 3

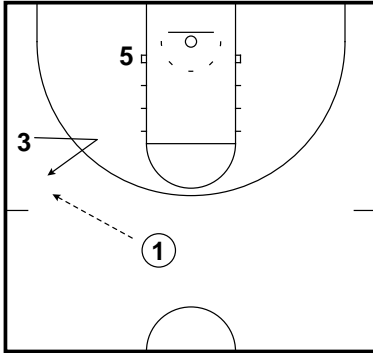


- Fade to the corner

Cori Close

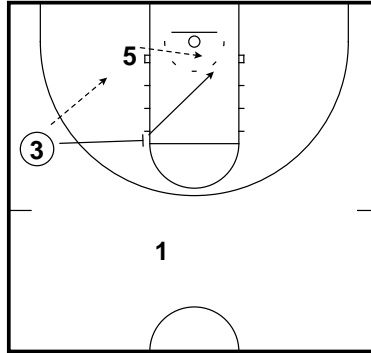
Cori Close

Guard/Forward Workout Part 4



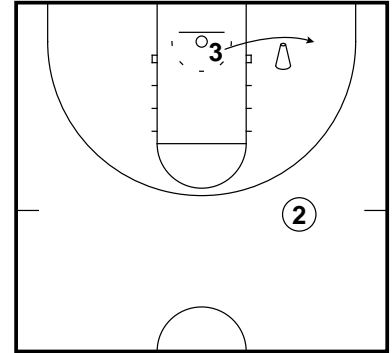
-Create space to get a pass from the top

Guard/Forward Workout Part 4



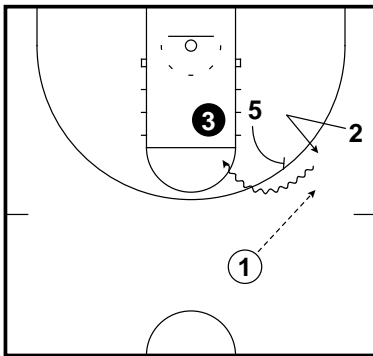
-Pass into the post
-Set a flare screen at the elbow
-Cut to the opposite block and get pass from the post player

Guard/Forward Workout Part 4



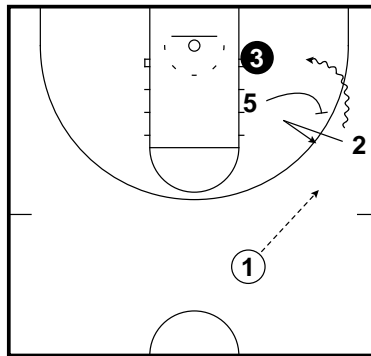
-Pass the ball out to the wing
-Cut to the corner off a screen (cone)

Guard/Forward Workout Part 5



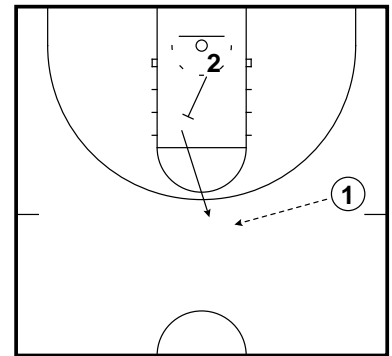
-Create a pass on the wing
-Receive a ball screen
-Shoot a pull up jumper over a defender (3)

Guard/Forward Workout Part 5



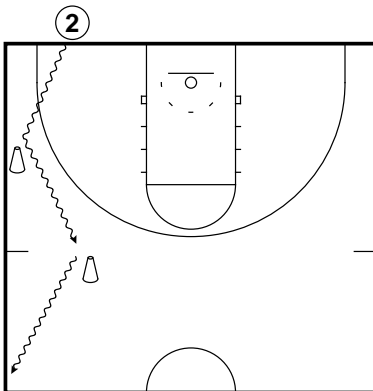
-Create a pass on the wing
-Receive a ball screen
-Shoot a pull up jumper over a defender (3)

Guard/Forward Workout Part 5



-Set a back screen in the paint
-Pop out to the top of the key, catch ready to shoot or drive

Guard/Forward Workout Part 5

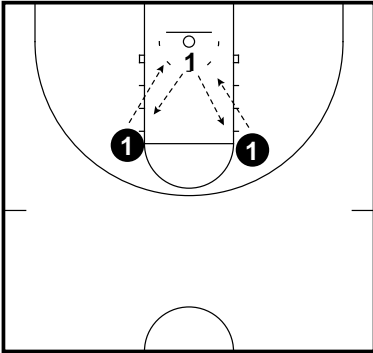


-Start at the baseline dribble to the first cone cross over, dribble to the second cone cross over and drive hard to the halfcourt

Cori Close

Cori Close

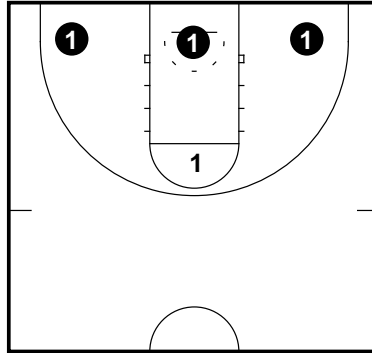
J Redick - Passing



Passing 1

J - Left hand passing only, catch and pass with 1 hand only

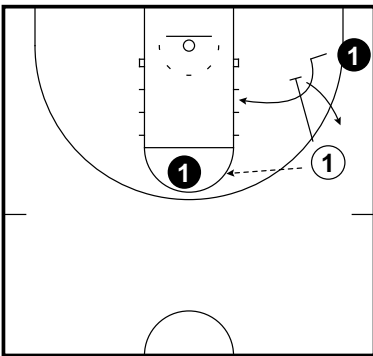
J Redick - Passing



Passing 2

J - Left hand only, coach calls who he passes it to

J Redick - Shooting 1

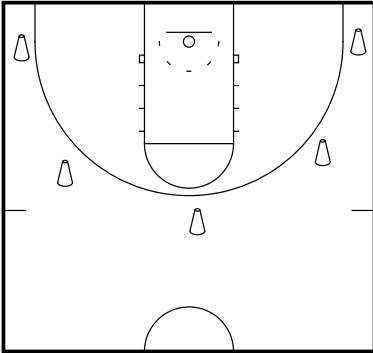


Fill Shots

Cori Close

Cori Close

J Redick - Shooting 2

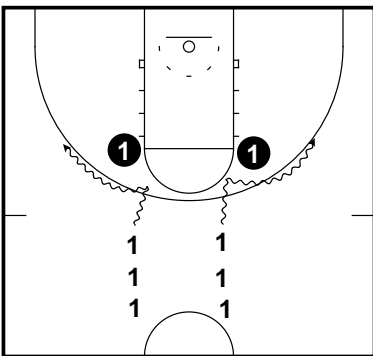


4 in a row, 5 spots

- Catch and Shoot
- Right dribble
- Left step back
- Three

- 3
- 2
- Dribble Right
- Dribble Left

J Redick - Shooting 3



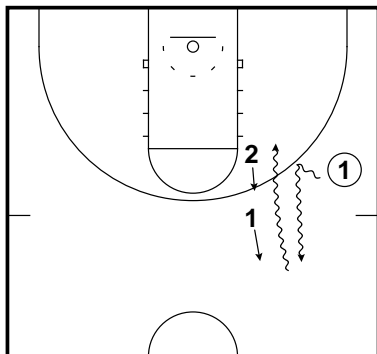
On left side right to left cross over

On right side left to right cross over/pull up

Cori Close

Cori Close

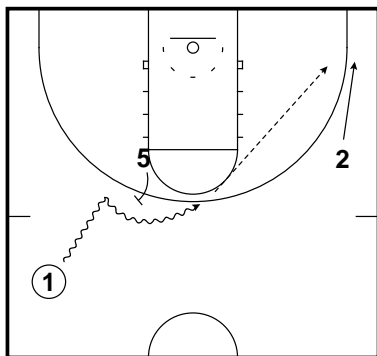
J Redick - Shooting 4



Side Pick and Roll

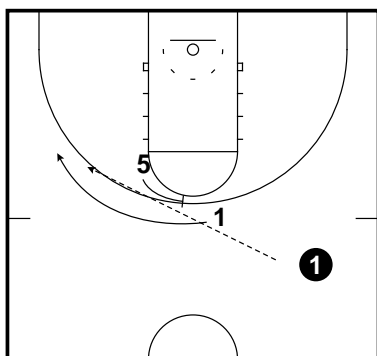
- Pull ups
- Wide, wide crossover back on the hedge

J Redick - Shooting 5



Drive and kick off screen

J Redick - Shooting 6

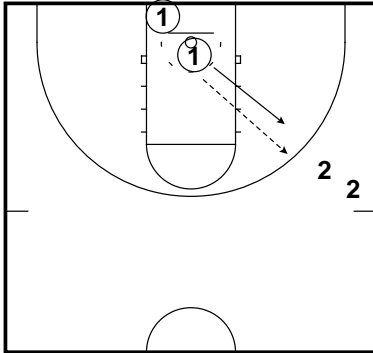


-Flare Screen

Cori Close

Cori Close

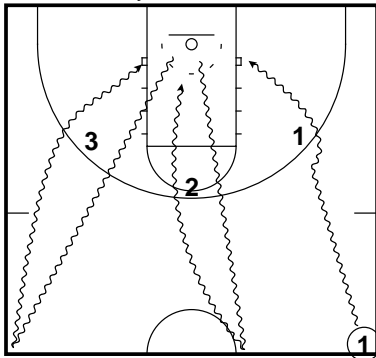
J Redick - Shooting 7



"Fly by 3's" Competition
2 straight shots end wins

- Pass comes from underneath
- contest shooter
- touch sideline after you pass

Larry Brown Series



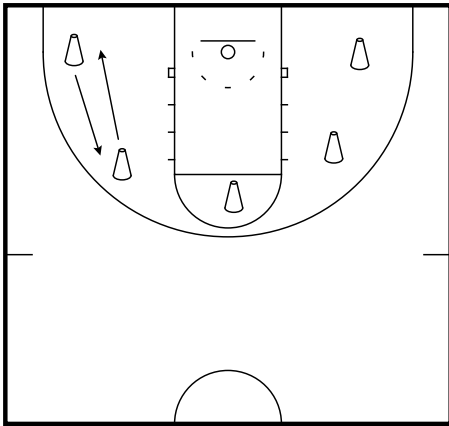
-Start at half court, dribble toward 1 with right hand, when you get to 1 do an in-out move then drive to the basket for a lay-up, once you get your rebound dribble out to half court then dribble toward 2, cross over (behind your back/between your legs) and drive to the basket for a lay up, get your rebound and dribble out to half court, dribble toward 3 with left hand do an in-out move then drive to the basket for a lay-up.

Can be repeated again, or repeated with short jumpers

Cori Close

Cori Close

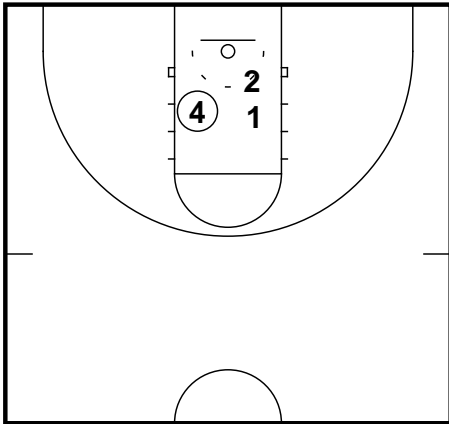
Make 2 Miss 2



In 2 minutes or less

- Starting on the baseline, can be back to the 3 point line
- The goal is to make 2 shots in a row then move on to the next spot until you make 2 in a row at all 5 spots
- If you miss 2 in a row you move back to the previous spot

Push Back/Box Out



- 1-Offense
- 2-Defense

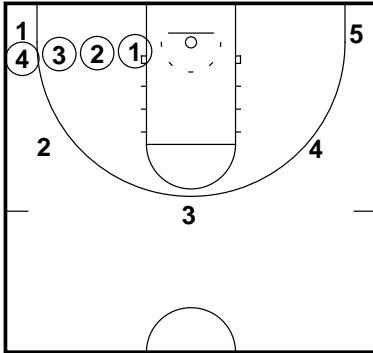
When shot goes up, defender boxes out
-If defender gets the rebound, they become offense and try to put the ball back up, offense becomes defense and tries to get around to contest the shot, then box out
-If offense gets rebound they put it up until defense gets the rebound, when defense gets rebound they become offense like above

Goals: Get low, hit with forearm and push back, be physical and create contact

Cori Close

Cori Close

Ray Allen Shooting



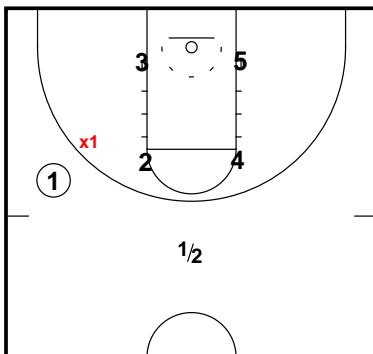
- 5 Spots to shoot from, 4 shots from each spot

-Must make a shot to advance to the next shot. If you miss a shot, you start over with the close shot at that spot and work your way back.

-So shooter must make 4 in a row from each spot to advance, stepping back after each make. Shots will be close (block area), short jumper, long jumper, 3.

-Record time it takes to complete all 5 spots.

Screen Gauntlet



Goal is to get as many catches as you can in 20 seconds

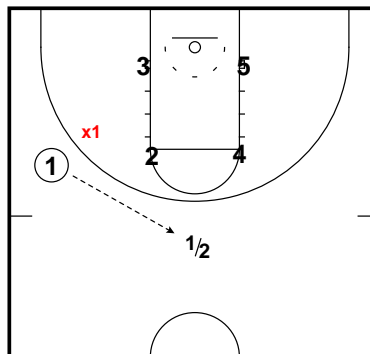
4-7 screeners

Screeners set a variety of screens

Defense Read screens and be physical

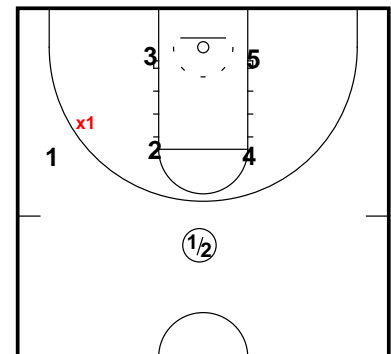
Offense (1) run defenders off screens,
Offense (screeners) hit the defender with the screen.

Screen Gauntlet



- 1 starts with ball on the wing, passes to coach (1/2) at the top
-after pass 1 goes to use screen of choice
-change speed and direction

Screen Gauntlet



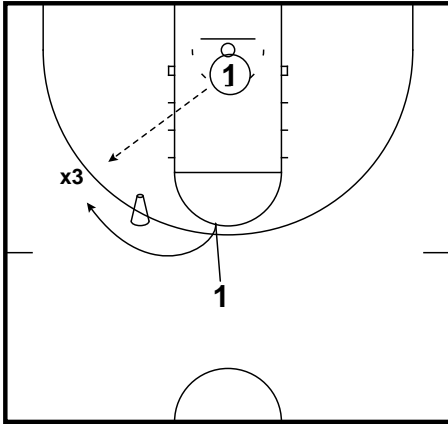
Ways to Score:

- Defender gets hit with a screen
- Offensive player catches in scoring position
- Defender gets a deflection
- Defender gets there on the catch

Jeff Walz

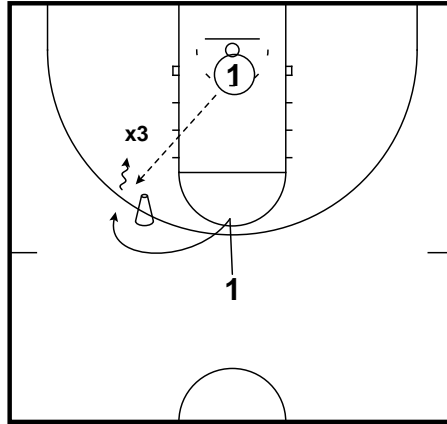
Jeff Walz

12 Flare Combo



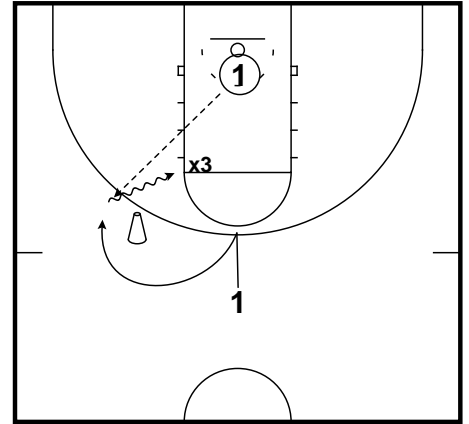
Flare from the top of the key to the wing for catch and shoot three-point shots until you make three

12 Flare Combo



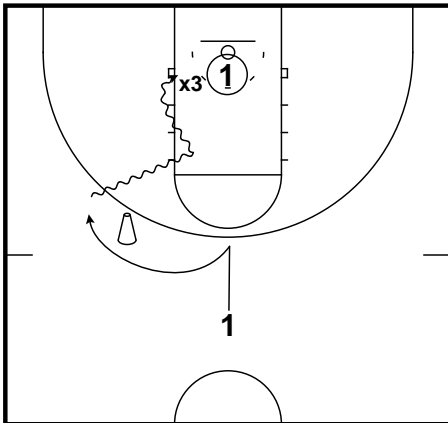
Flare from the top of the key to the wing, catch, and make three one dribble pull up jump shots towards the baseline

12 Flare Combo



Flare from the top of key to the wing, catch, jab baseline, then rip middle and make three one dribble pull-up jump shots towards the middle

12 Flare Combo

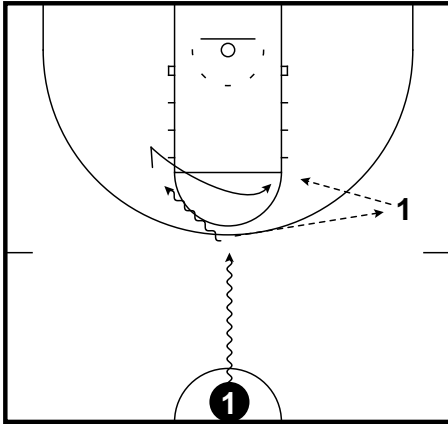


Flare from the top of the key to the wing, catch, shot fake, dribble middle, then go between the legs and finish at the basket with the left hand. Make three lay-ups. You should try to make a total of 12 shots in as little time as possible. (Good goal is to finish the drill in less than two minutes)

Jeff Walz

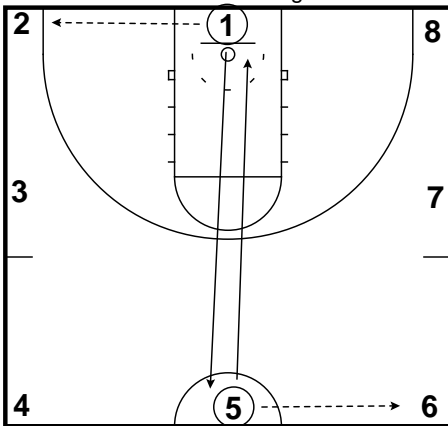
Jeff Walz

2 Ball Pass & Shoot



-Players start with two balls (dribble together or alternating; mix it up) to the three-point line. Player makes one handed passes to the coach and then shoots. Sets up the defender for a catch and shoot on the other elbow.
-Player repeats this activity on the other side and goes five times through the same shot selection.

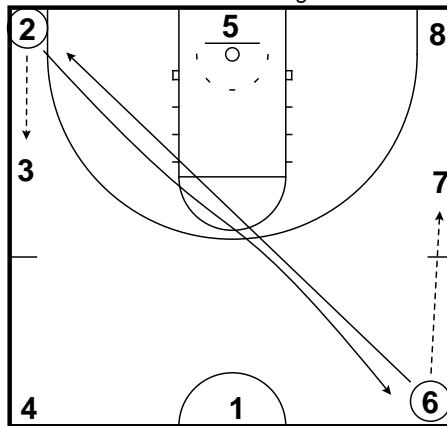
3FTC Euro Passing Drill



Great Drill that can be used for warm-ups, a conditioning drill, a footwork drill (pivots), and a passing drill

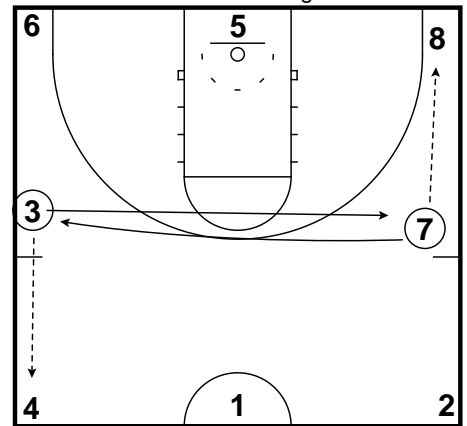
-Drill starts by players with basketballs passing to player to the right. After making the pass they sprint to exchange spots with their "partner" who is opposite of them on the floor.

3FTC Euro Passing Drill



As soon as a player catches, he looks, pivots, passes and sprints to the next spot.

3FTC Euro Passing Drill



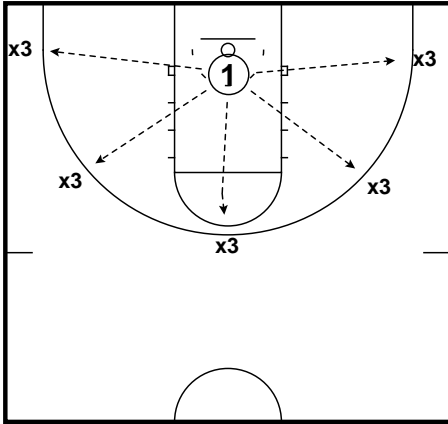
The drill continues with the same movement from each player

Focus on:
Not letting players stop out of bounds
Proper footwork on passes
Effort sprinting

Jeff Walz

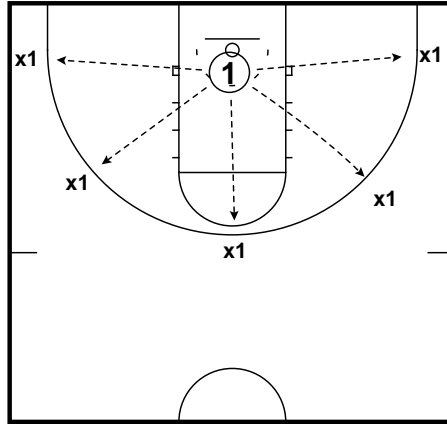
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5 spot in a rows



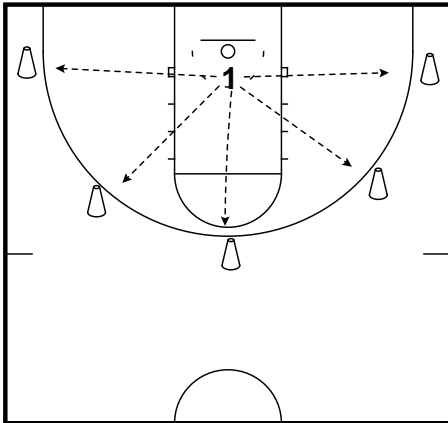
You have to make three shots in a row to move to the next spot.

5 spot in a rows



Make five shots in a row (one from each spot). A good time to finish the drill is less than three minutes

5 Spot Up-Shooting

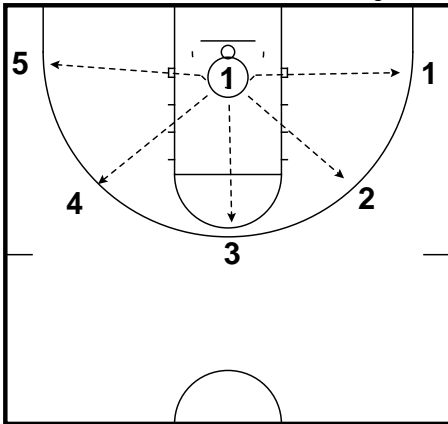


Catch-n-shoot jump shots from five spots (corner, wing, top, wing, corner) for thirty seconds at each spot. Try to make as many shots as possible in 2:30. A good goal is to finish the drill with at least 25 made shots.

Jeff Walz

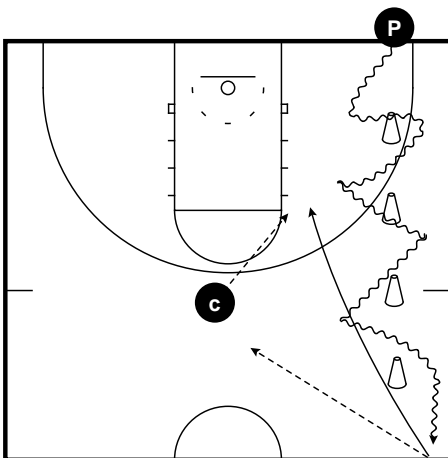
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50 Make One-Miss Shooting



You will shoot spot-up jump shots from five spots. You have to make ten total shots from each of the five spots, without missing two in a row. If you miss two in a row, you start the spot over. You have to make 10 shots from each of the five spots, without missing two in a row at a spot, in as little time as possible. (5 minutes)

Ball handling and shooting

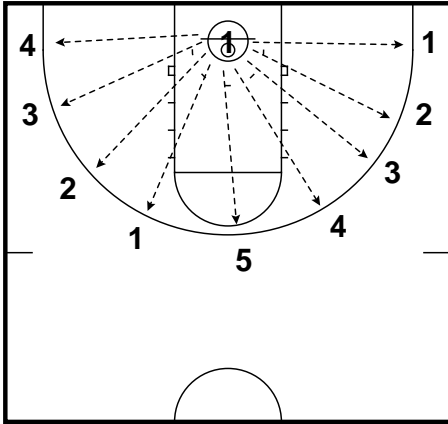


- Player uses a change of direction move.
- Crossover at each cone.
- When the player reaches half court, they then pass to a coach outside the top of the key.
- Player cuts hard to the basket and meets a pass for a jumpshot(or one dribble pull-up)

Jeff Walz

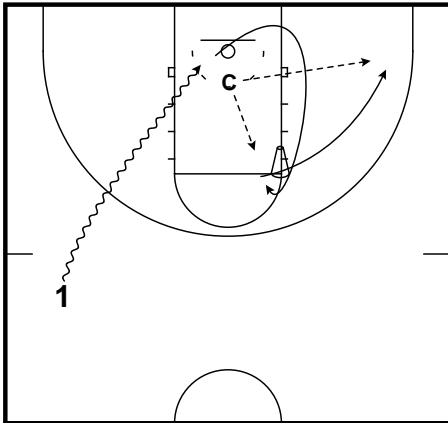
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Baseball Shooting



You will shoot spot-up jump shots from nine spots on the court (nine equaling the amount of innings in a baseball game). If you make a shot, you get "HIT." If you miss a shot, you get an "OUT" (3 misses) from each of the nine spots. Try to score as many "Runs" as possible during the nine innings. You score "RUNS" by forcing in runners with base hits while runners are on base, or by swishing shots and getting "HOMERUNS." A good goal is to finish with at least 75 runs.

Combination Bursts (shooting)



1st

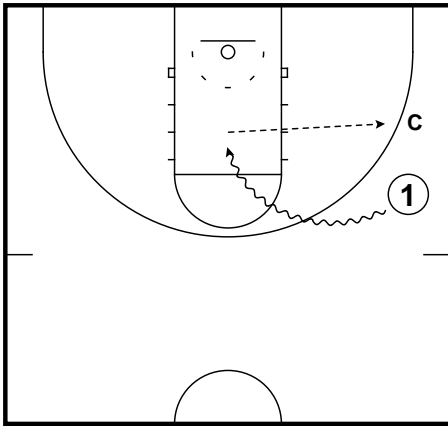
- Start with the ball outside the 28-foot mark and attack the basket and finish at the rim. After finishing at the rim, make a tight curl to the opposite side elbow for a catch and shoot jump shot. After shooting at the elbow, flare to the corner for a corner catch and shoot jump shot

-Run to the same side 28 foot mark, then attack the basket and finish at the rim. After finishing at the rim, make a tight curl to the opposite side elbow for a catch and shoot jump shot. After shooting at the elbow, flare to the corner for a corner catch and shoot jump shot. Continue repeating these steps and try to see how many shots you can make in one minute. **Good Goal is 12**

Jeff Walz

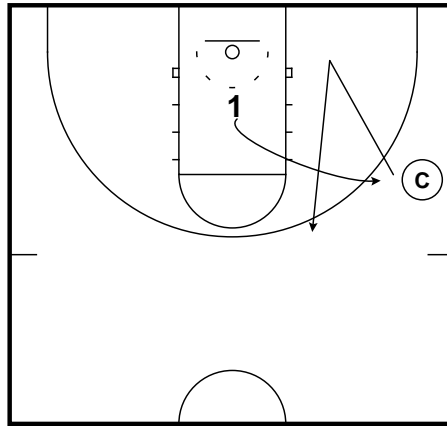
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Combo Drill



-Player dribbles into lane, pivots and passes to coach

Combo Drill

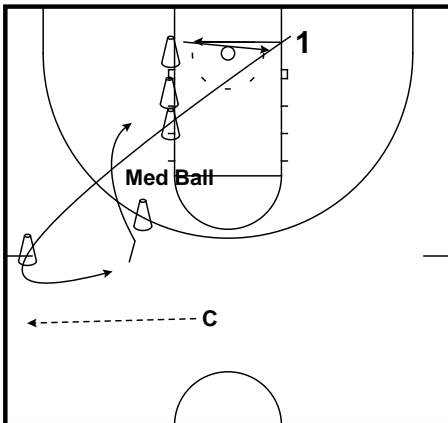


- Player closes-out on coach, slides to cut off baseline, then runs to top for 3pt shot.

Post- Post will cut to post area for shot

Goal- 5 x each side

Hot Shot

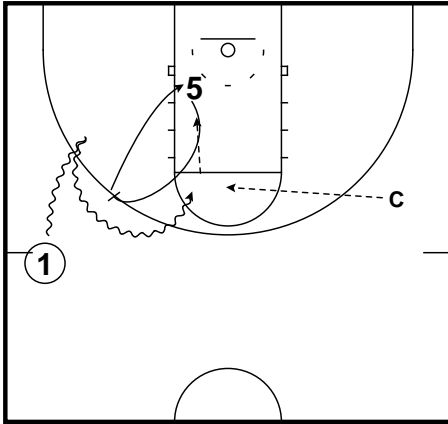


- Player must defensive slide to each cone and place the cones on the opposite side
- Player then sprints around the cone on the wing, as the player comes around the cone the coach throws a terrible pass away from the player.
- Player catches the ball and makes a move at the cone, and shoots at the mid range area.
- The last shot is the one after picking up the med ball this shot **MUST BE MADE!!!**

Jeff Walz

Jeff Walz

Pick n Roll drill



1st

- Pick and roll for layup (guard gets pass for shot from coach)

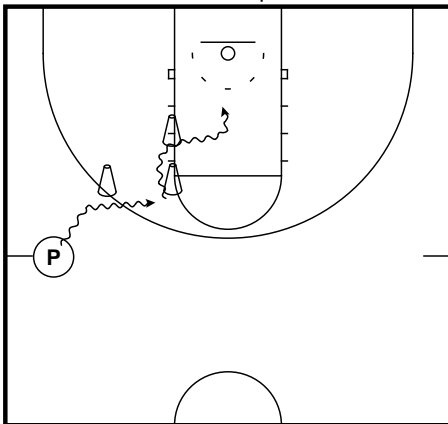
2nd

- Pick and pop for shot (guard gets pass for side step shot)

3rd

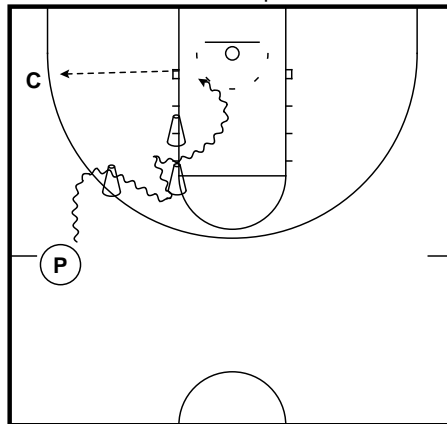
- Pick and pop towards baseline with close down move for lay up (guard gets pass for tear drop floater)

Pro Hop



- Player starts on the wing with a move and another move to the next cone
- At the third cone use a step through move

Pro Hop

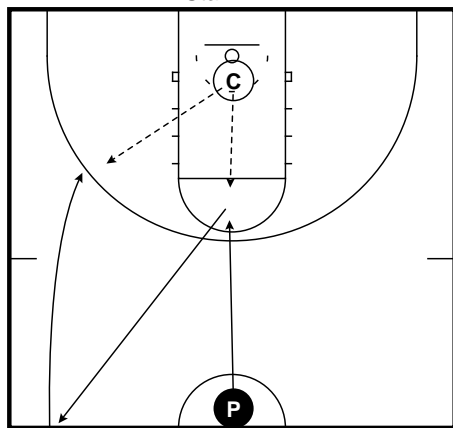


- Player uses a different dribble move to get into paint and works on finishing with the left hand, right hand, and passing out to a shooter

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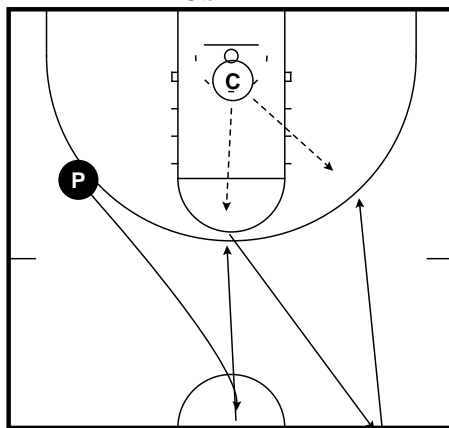
Jeff Walz

Star Drill



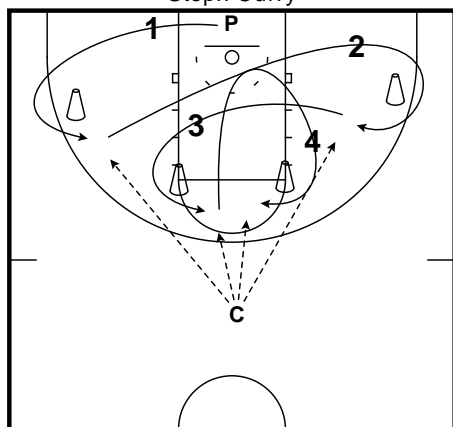
- Player starts at halfcourt and sprints to the 3pt line for a catch and one dribble pull-up.
- Player then runs to halfcourt and sprints to the 3pt line for a catch and one dribble pull-up from the wing.

Star Drill



- Player runs to halfcourt and sprints to 3pt line for one dribble pull-up.
 - Player runs to halfcourt on the wing and sprints to 3pt line for one dribble pull-up.
- Goal-** make 10 shots and then shoot 3's

Steph Curry



Working on Curls and Shots

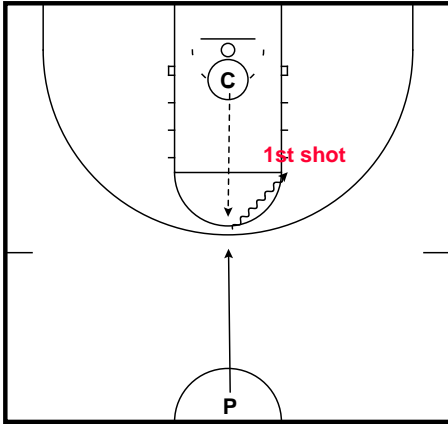
1. Curl around cone 1, shoot, coach rebounds and passes back out to coach 2
2. Player then runs around cone 2 and coach passes for shot
3. player runs around chair 3 for shot then follows to rim and then curls around chair 4 for shot

***Go through sequence 2x, You can also do one dribble shots, drives, or step backs to mix things up.

Jeff Walz

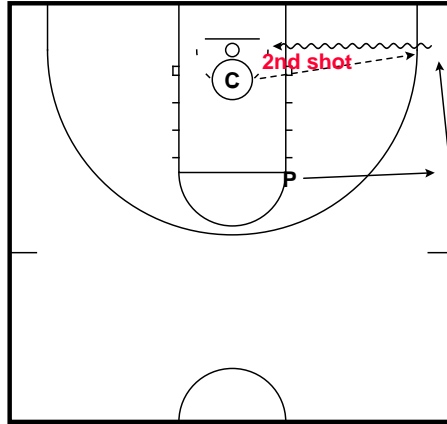
Jeff Walz

Tony Parker I



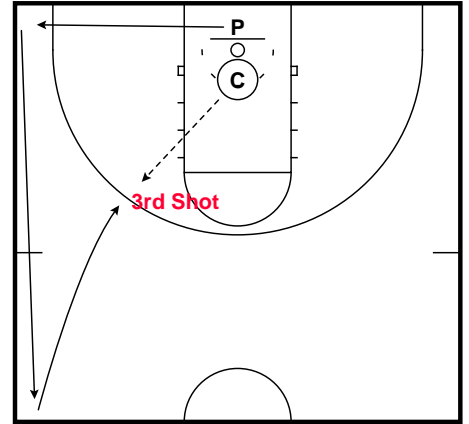
-Player starts at halfcourt and sprints to the top of key for a catch and rip through one dribble pull-up

Tony Parker I



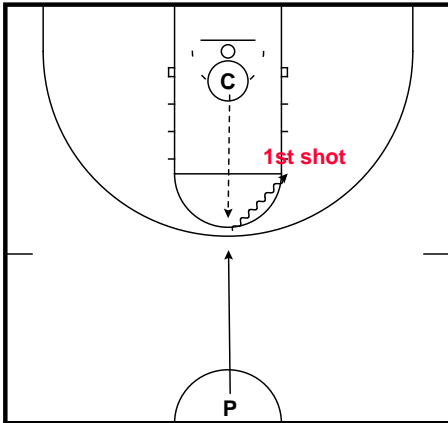
-Defensive slide to the sideline, sprint to the corner.
- Catch and rip through, one dribble to the middle to set up a lay-up.

Tony Parker I



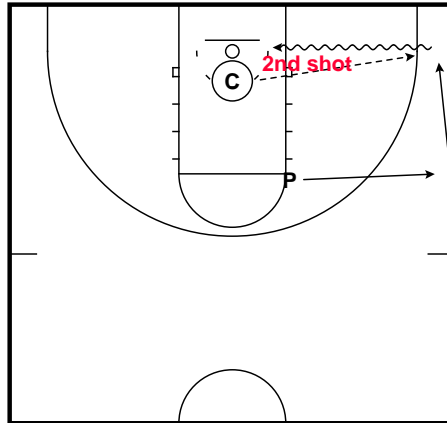
- Defensive slide to the sideline and sprint and touch half court.
- Catch and shoot the 3
**After player shoots the 3, they then start from the beginning with the 1st shot again.
-The Goal is to make 10 shots

Tony Parker I (Phase 1)



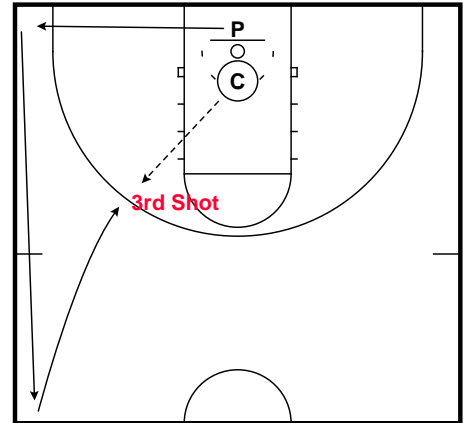
-Player starts at halfcourt and sprints to the top of key for a catch and rip through one dribble pull-up

Tony Parker I (Phase 1)



-Defensive slide to the sideline, sprint to the corner.
- Catch and rip through, one dribble to the middle to set up a lay-up.

Tony Parker I (Phase 1)

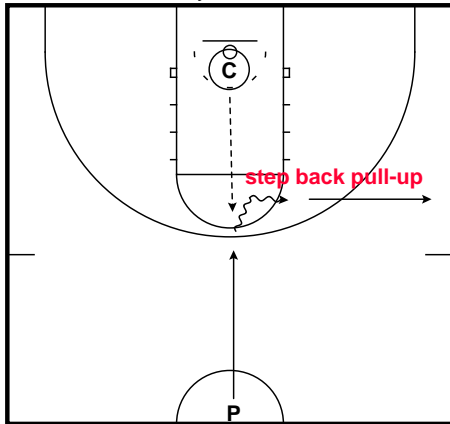


- Defensive slide to the sideline and sprint and touch half court.
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**After player shoots the 3, they then start from the beginning with the 1st shot again.
-The Goal is to make 10 shots

Jeff Walz

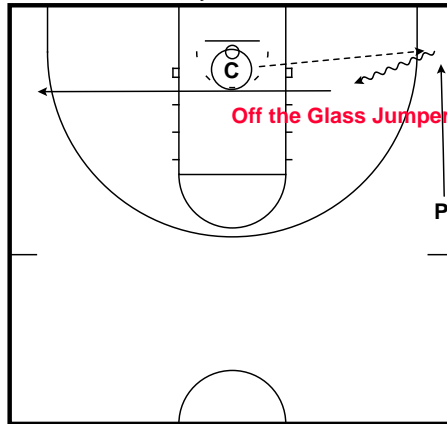
Jeff Walz

Tony Parker II



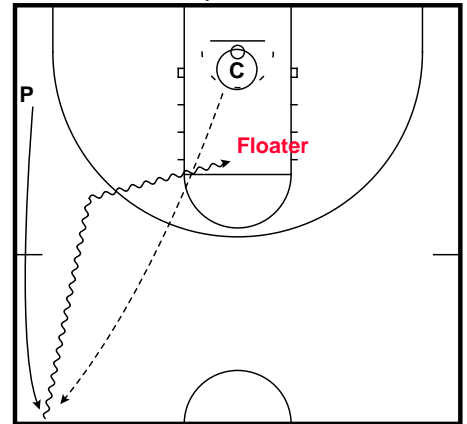
- Player catches pass at the top of key and rips through to shoot a step back jump shot
- After the shot the player defensive slides to the sideline

Tony Parker II



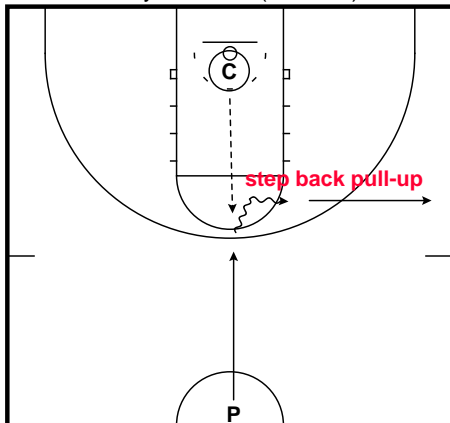
- Player sprints to the corner
- After catching the pass in the corner the player must rip through and shoot a pull up off the glass.
- Defensive slide to the sideline

Tony Parker II



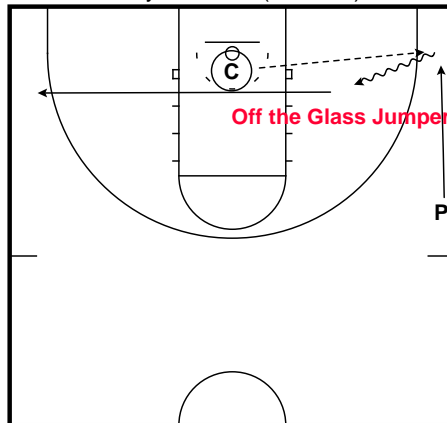
- Player sprints to halfcourt
- Coach throws the long pass to the player at halfcourt.
- Player does a double behind the back and shoots a floater in the lane
- ***Goal is to make 10 shots***

Tony Parker II (Phase 2)



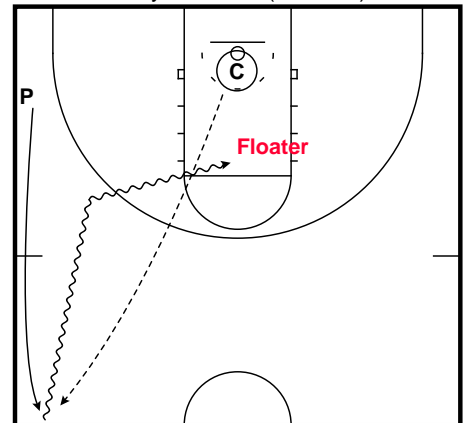
- Player catches pass at the top of key and rips through to shoot a step back jump shot
- After the shot the player defensive slides to the sideline

Tony Parker II (Phase 2)



- Player sprints to the corner
- After catching the pass in the corner the player must rip through and shoot a pull up off the glass.
- Defensive slide to the sideline

Tony Parker II (Phase 2)

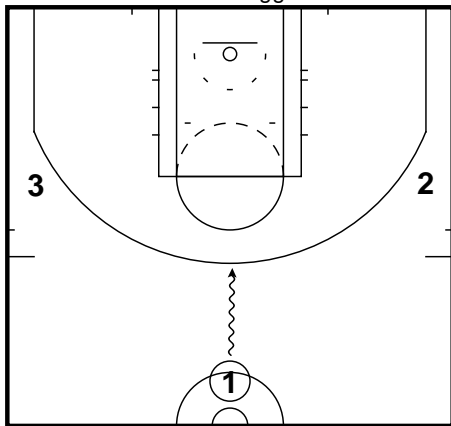


- Player sprints to halfcourt
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- Player does a double behind the back and shoots a floater in the lane
- ***Goal is to make 10 shots***

Sherri Coale

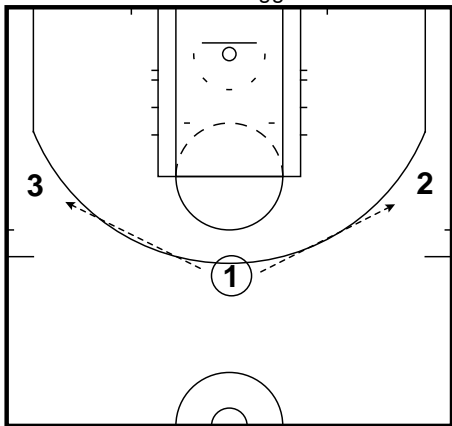
Sherri Coale

2 Ball Waggle



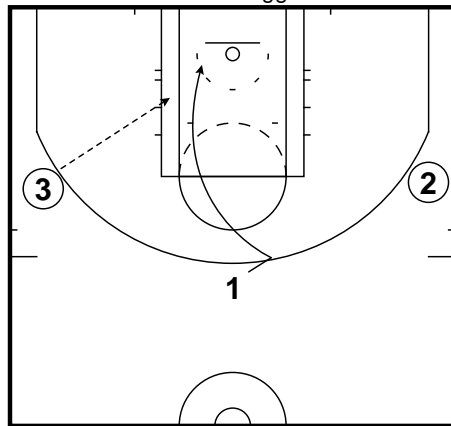
1 dribbles to the top of the key with two ball alternating

2 Ball Waggle



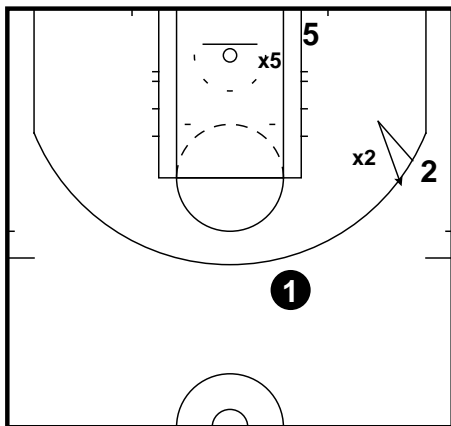
1 passes ball in right hand to 2
1 passes ball in left hand to 3

2 Ball Waggle



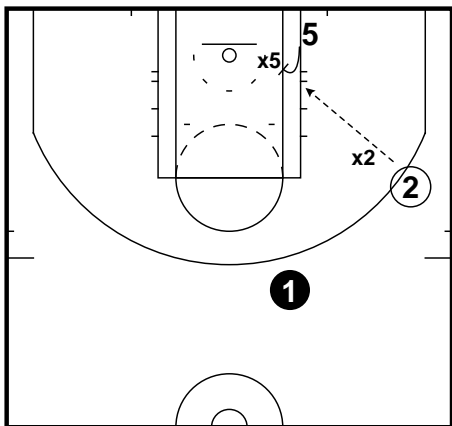
1 chooses a side and makes a basket cut
2 passes to 1 for layup

2 on 2 Cut



Coach starts with the ball
2 makes a V cut to get open
Coach passes to 2

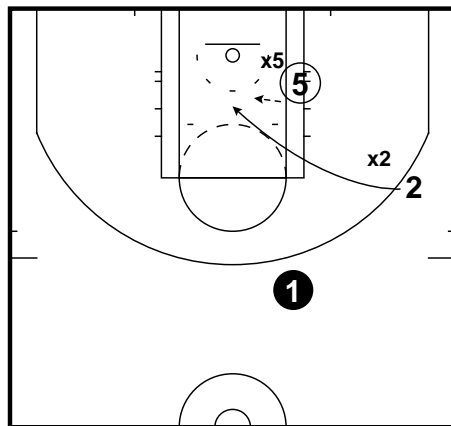
2 on 2 Cut



5 posts up
2 passes to 5

The pass is above or below the shoulders of 5
Use pass fakes

2 on 2 Cut



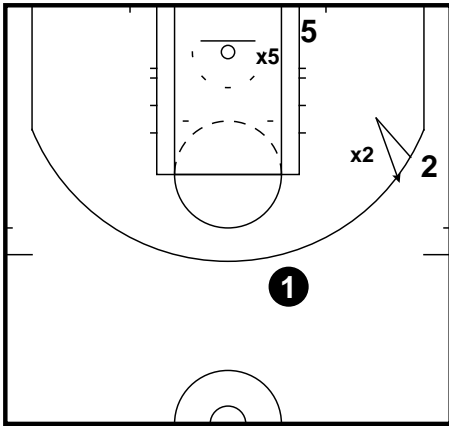
2 cuts to the basket
5 passes to 2

This pass is open when 2's defender is playing too tight on 2 or fall asleep

Sherri Coale

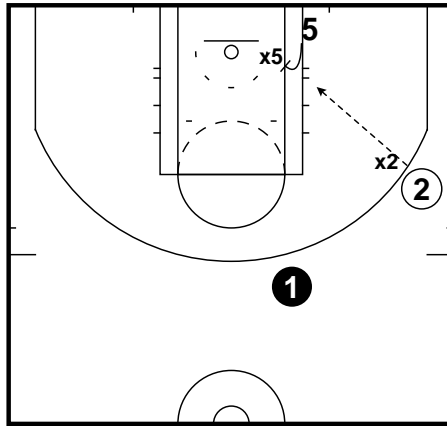
Sherri Coale

2 on 2 Relocate



Coach starts with the ball
 2 makes a V cut to get open
 Coach passes to 2

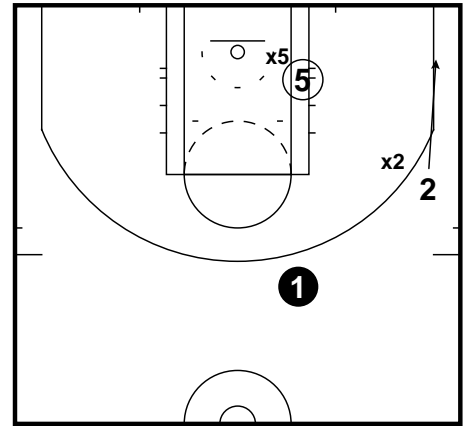
2 on 2 Relocate



5 posts up
 2 passes to 5

The pass is above or below the shoulders of 5
 Use pass fakes

2 on 2 Relocate

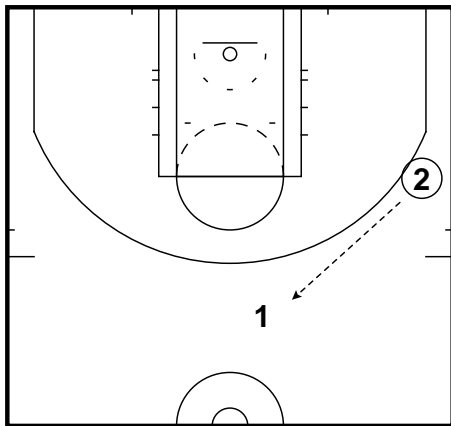


5 makes a post move
 2 relocates to be available when the defender goes to help on the post

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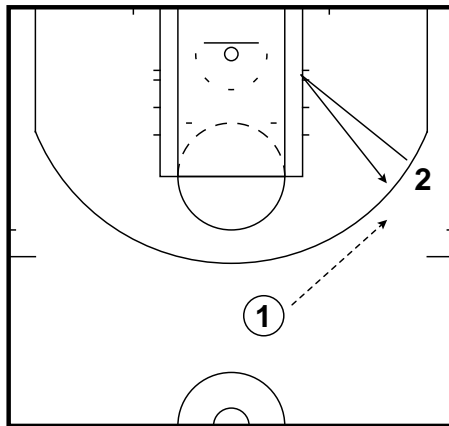
Sherri Coale

2-on-0 Basket Cuts



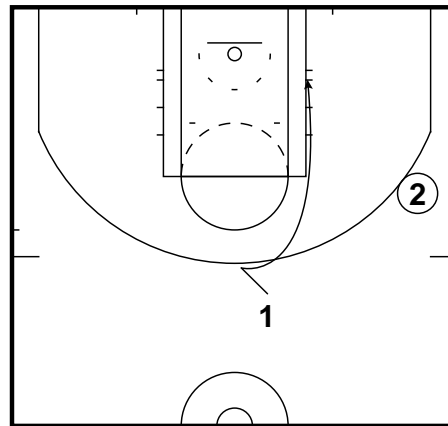
Have two lines behind 1 and 2
Ball starts with 2
2 passes to 1

2-on-0 Basket Cuts



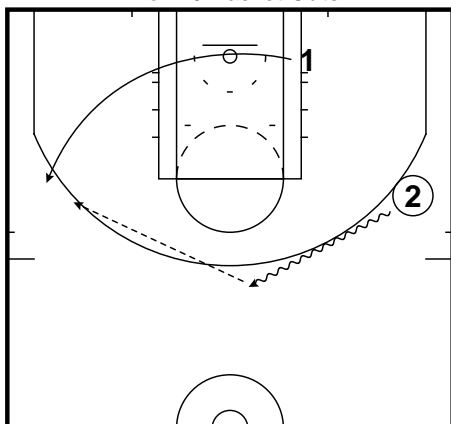
2 runs a V cut
1 passes to 2

2-on-0 Basket Cuts



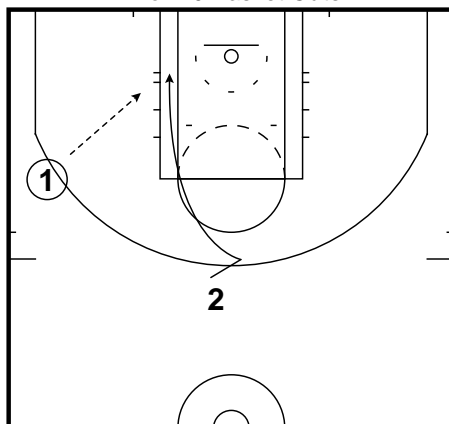
1 sets up the defense and runs a basket cut

2-on-0 Basket Cuts



2 centers the ball by dribbling to the top of the key
1 gets open and cuts out to the wing
2 passes to 1

2-on-0 Basket Cuts

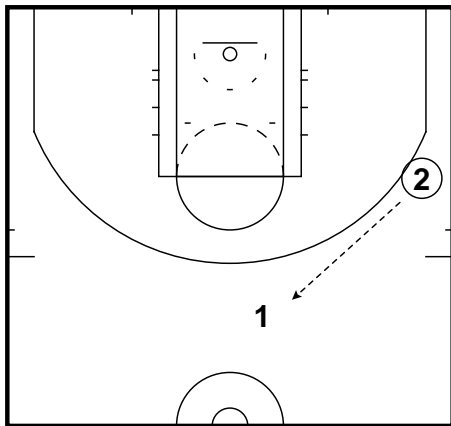


2 sets up the defense and runs a basket cut
1 passes to 2 for a layup
Each cut should be hard and direct
Stay behind the 3pt line for good spacing and passing angles
Add defense to this drill for more difficulty and precision cuts

Sherri Coale

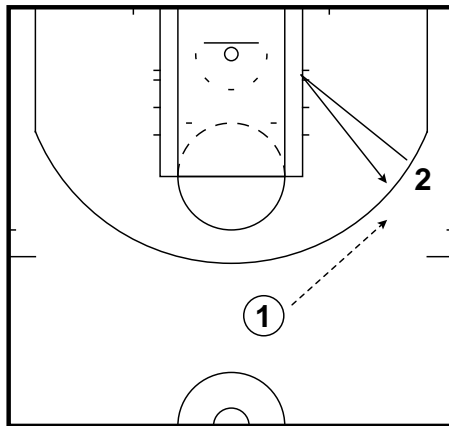
Sherri Coale

2-on-0 Basket Cuts



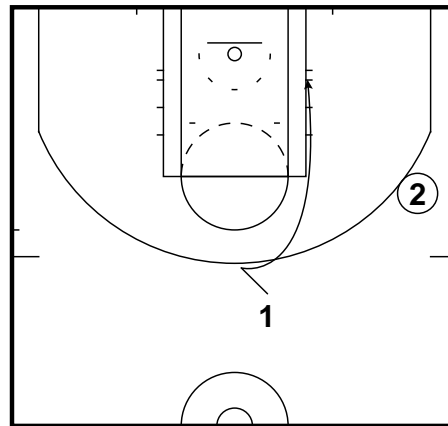
Have two lines behind 1 and 2
Ball starts with 2
2 passes to 1

2-on-0 Basket Cuts



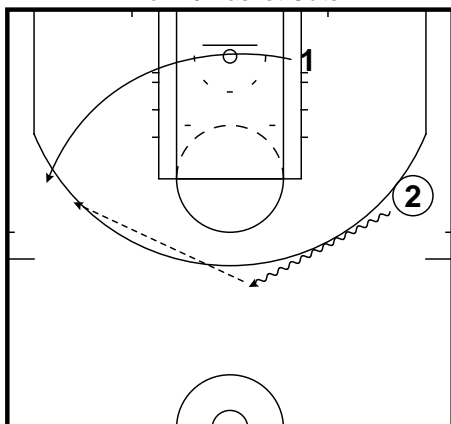
2 runs a V cut
1 passes to 2

2-on-0 Basket Cuts



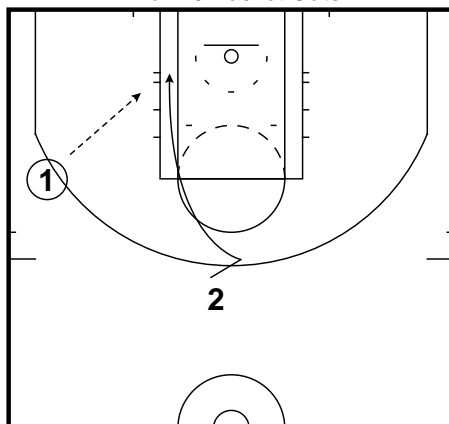
1 sets up the defense and runs a basket cut

2-on-0 Basket Cuts



2 centers the ball by dribbling to the top of the key
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2 passes to 1

2-on-0 Basket Cuts

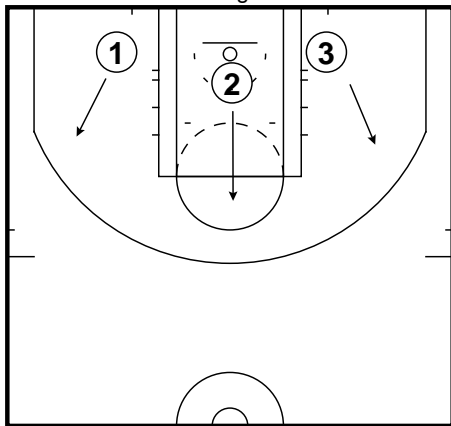


2 sets up the defense and runs a basket cut
1 passes to 2 for a layup
Each cut should be hard and direct
Stay behind the 3pt line for good spacing and passing angles
Add defense to this drill for more difficulty and precision cuts

Sherri Coale

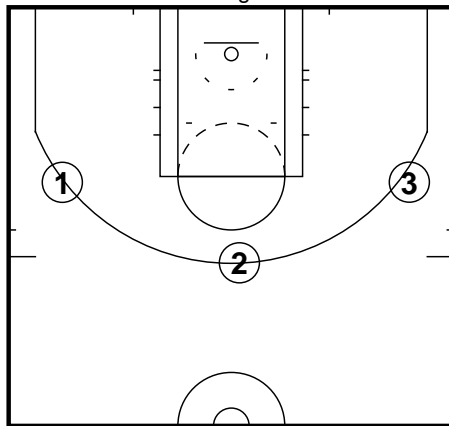
Sherri Coale

3 Singles



3 players each with a ball
Self toss the ball out to the 3pt line
Players catch ball with back to basket in
triple threat
Players then reverse pivot while staying in
triple threat

3 Singles



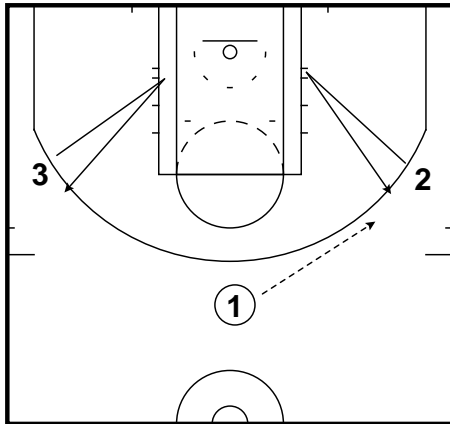
From triple threat players make the
following moves:
1. Jab step - back to triple threat
2. Lift fake - back to triple threat
3. Crossover step, make one hard dribble
and pick the ball up to shooting position
with a quick stop

Rotate each spot
Do two different sequences at each spot
before completed

Sherri Coale

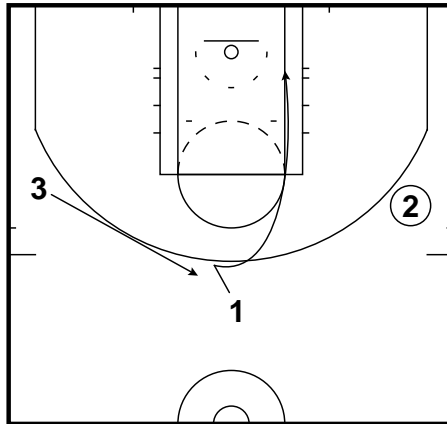
Sherri Coale

3-on-0 Basket Cuts



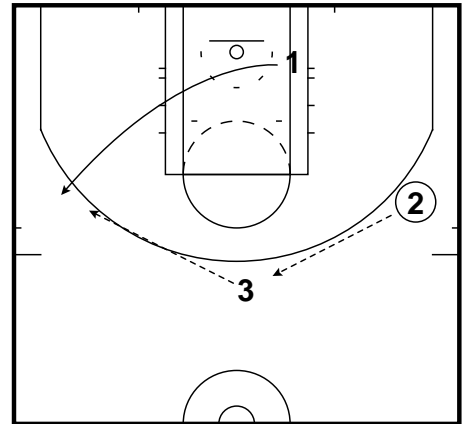
2 and 3 start with a V cut to get open
1 passes to 2

3-on-0 Basket Cuts



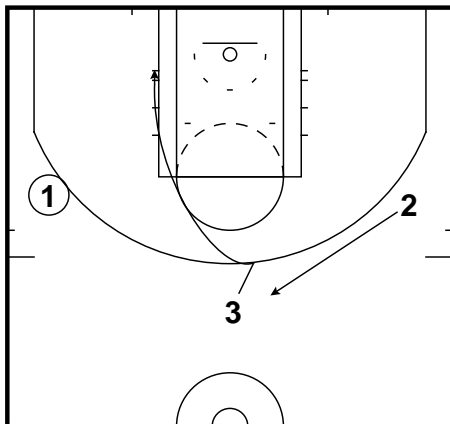
1 sets up defense and runs a basket cut
3 fills the top position where 1 left

3-on-0 Basket Cuts



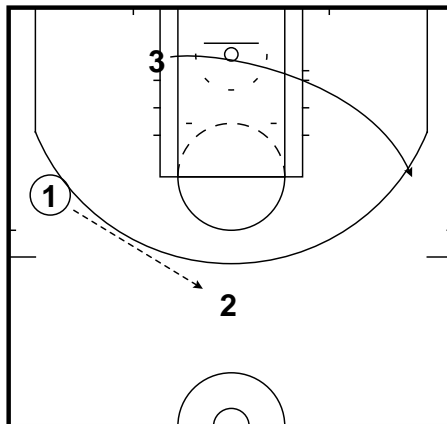
1 cuts out to the opposite wing
2 passes to 3
3 reverses the ball to 1

3-on-0 Basket Cuts



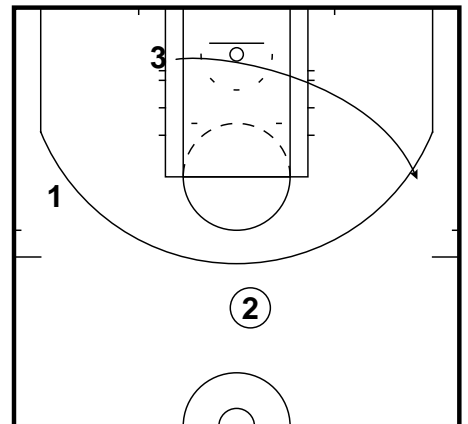
3 sets up defense and runs a basket cut
2 fills the top position where 3 left

3-on-0 Basket Cuts



3 cuts out to opposite wing
1 passes to 2
Make sure each player has eyes to the rim
on each catch
The drill can have as many pass as desired
before a lay up off a basket cut
Hard precise cuts, talking, and spacing are
key

3-on-0 Basket Cuts

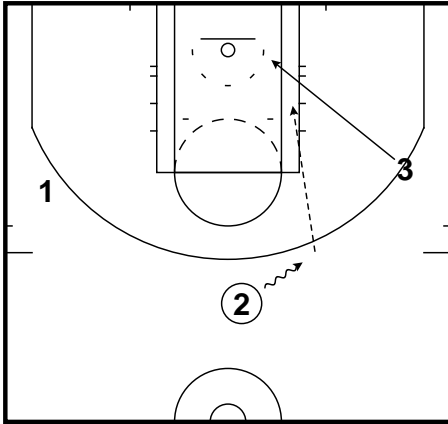


Add back cuts into this drill as 3 cuts out to
the wing
3 runs a back cut and signals by putting a
fist up

Sherri Coale

Sherri Coale

3-on-0 Basket Cuts

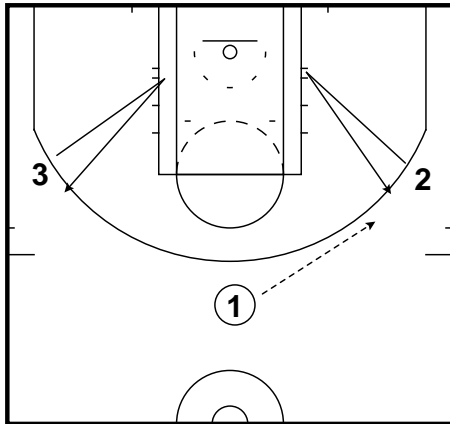


- 2 dribbles toward 3
- 3 shows a fist and back cuts
- 2 bounce passes to 3 for layup

Sherri Coale

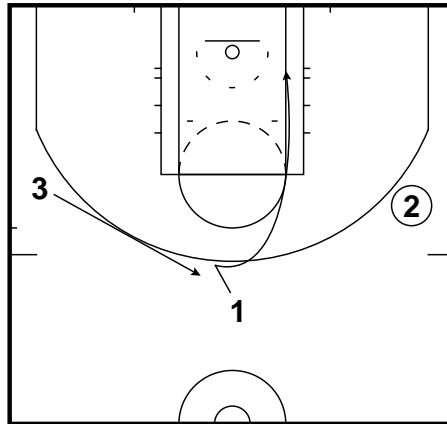
Sherri Coale

3-on-0 Basket Cuts



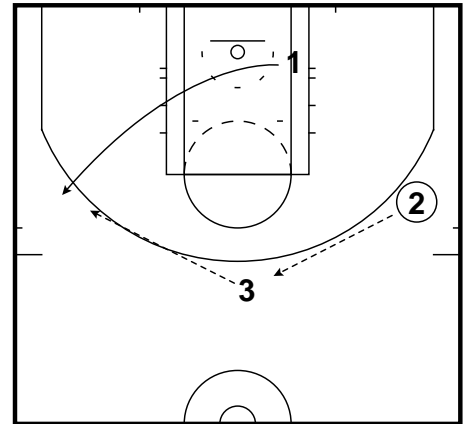
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3-on-0 Basket Cuts



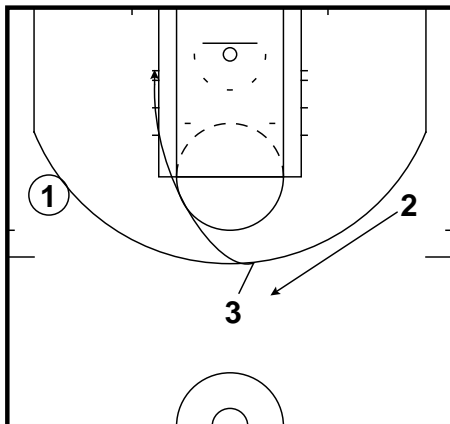
1 sets up defense and runs a basket cut
3 fills the top position where 1 left

3-on-0 Basket Cuts



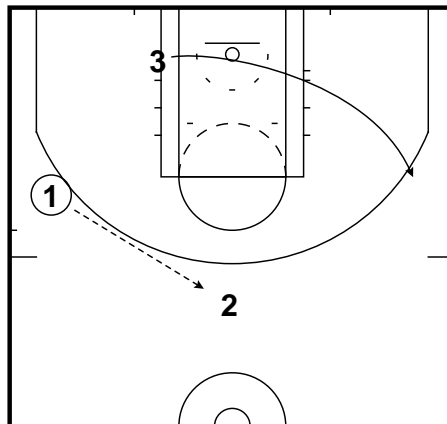
1 cuts out to the opposite wing
2 passes to 3
3 reverses the ball to 1

3-on-0 Basket Cuts



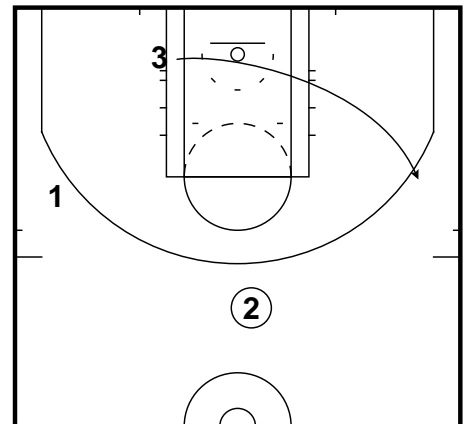
3 sets up defense and runs a basket cut
2 fills the top position where 3 left

3-on-0 Basket Cuts



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3-on-0 Basket Cuts

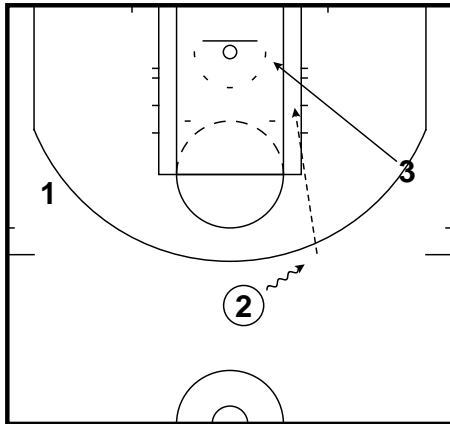


Add back cuts into this drill as 3 cuts out to
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3 runs a back cut and signals by putting a
fist up

Sherri Coale

Sherri Coale

3-on-0 Basket Cuts

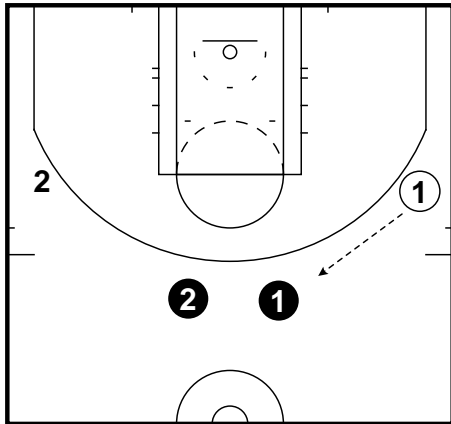


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Sherri Coale

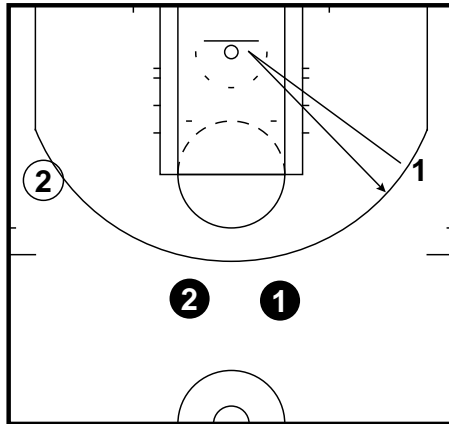
Sherri Coale

Back Cuts



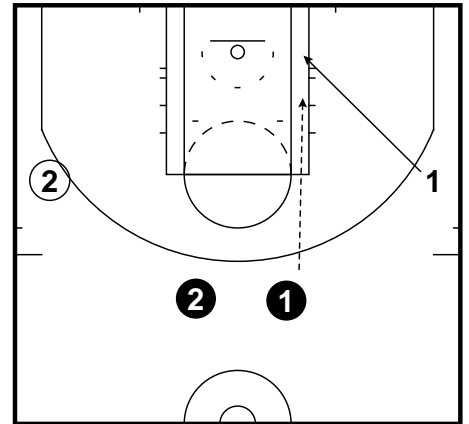
Two lines behind 1 and 2
 A passer for each line at the top of the key is desired
 1 starts with the ball and passes to the passer

Back Cuts



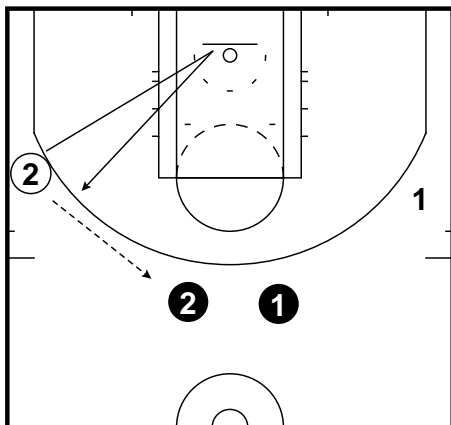
1 runs a V cut
 At the 3pt line, 1 signals for a back cut by showing a fist with her left hand
 This lets the passer know not to throw the ball because defense is overplaying

Back Cuts



1 then back cuts to the rim
 Passer throws a bounce pass to 1 for a layup

Back Cuts

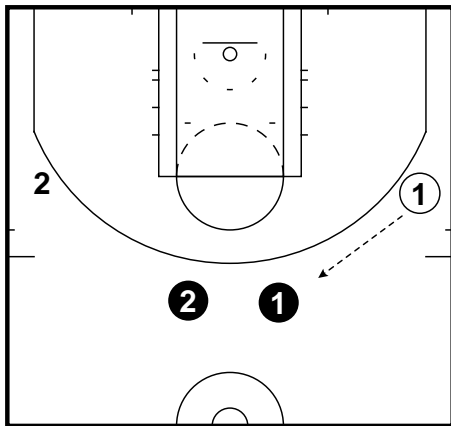


Same thing, other side
 Emphasize players must turn their shoulders and sprint, don't just step slide
 Make sure cutter comes all the way out to the 3pt line
 Do not stop early, must have good spacing to create a good angle for the pass

Sherri Coale

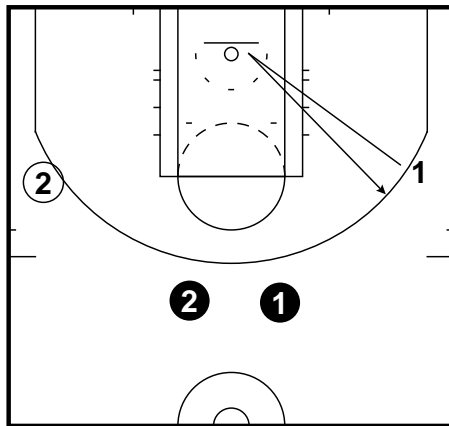
Sherri Coale

Back Cuts



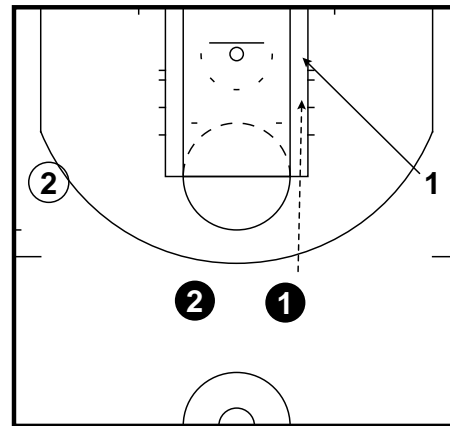
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Back Cuts



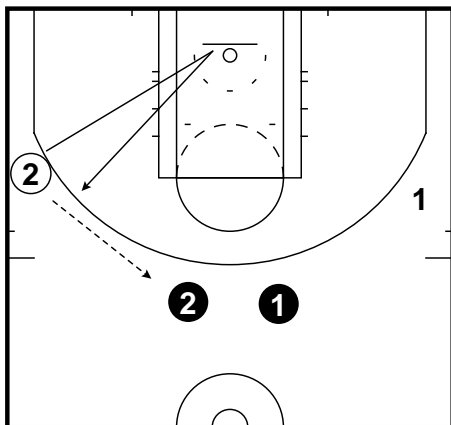
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Passer throws a bounce pass to 1 for a layup

Back Cuts

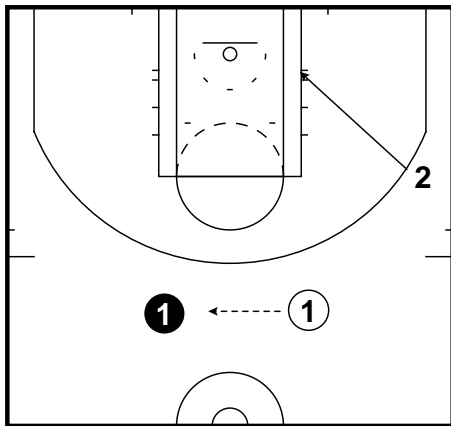


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Sherri Coale

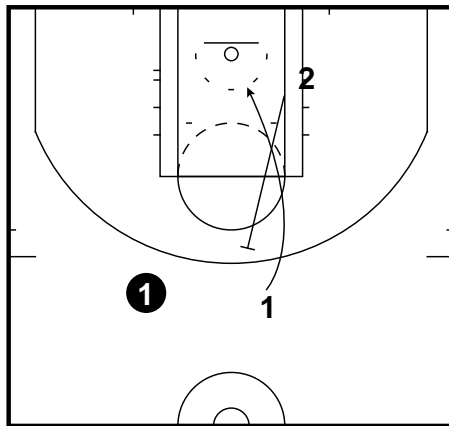
Sherri Coale

Back Screen



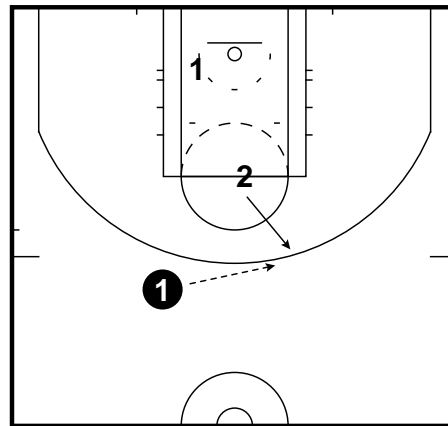
1 passes to Coach
2 cuts down to the block

Back Screen



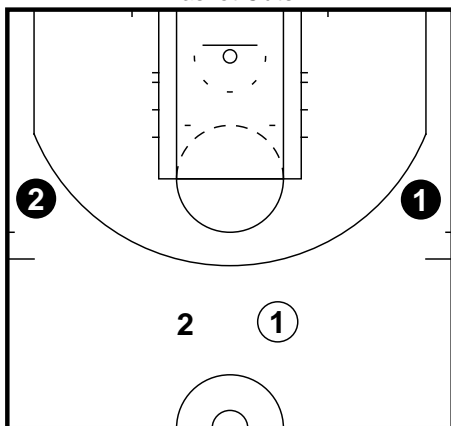
2 sets a back screen for 1 with her back to the basket
Coach can pass to 1 for a layup

Back Screen



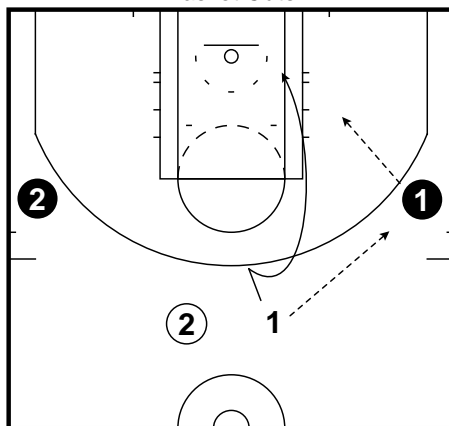
2 steps out to the perimeter
Coach can pass to 2 for a shot

Basket Cuts



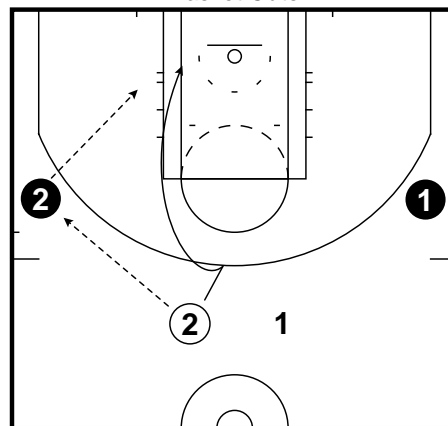
Two lines behind 1 and 2
A passer for each line at the top of the key is desired
1 starts with the ball

Basket Cuts



1 passes to passer with outside hand (right hand)
1 sets up defense and runs a basket cut
1 must show a big target asking for the ball and saying "basket" 3 times
Passer passes to 1 for layup

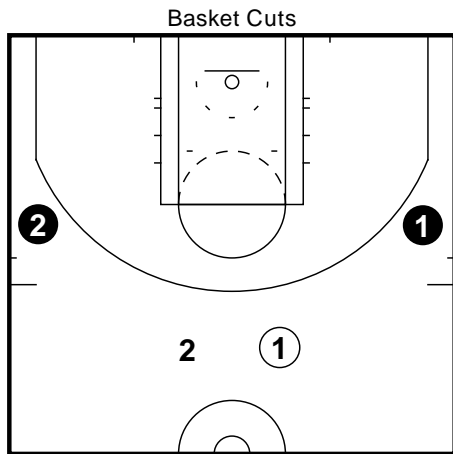
Basket Cuts



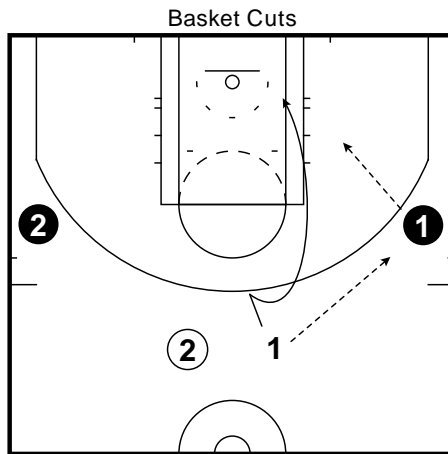
2 passes to passer with outside hand (left hand)
2 sets up defense and runs a basket cut
2 must show a big target asking for the ball and saying "basket" 3 times
Passer passes to 2 for layup

Sherri Coale

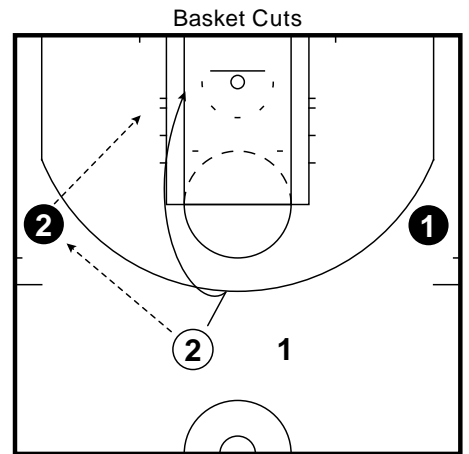
Basket Cuts



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 1 starts with the ball



1 passes to passer with outside hand (right hand)
 1 sets up defense and runs a basket cut
 1 must show a big target asking for the ball and saying "basket" 3 times
 Passer passes to 1 for layup

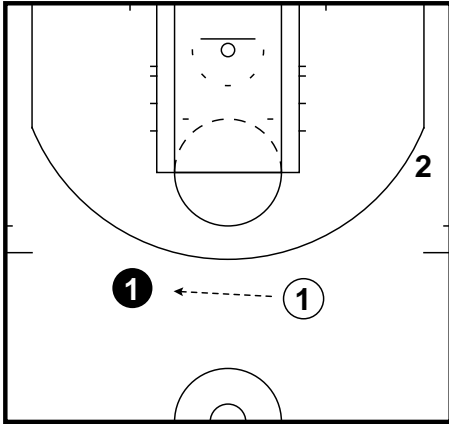


2 passes to passer with outside hand (left hand)
 2 sets up defense and runs a basket cut
 2 must show a big target asking for the ball and saying "basket" 3 times
 Passer passes to 2 for layup

Sherri Coale

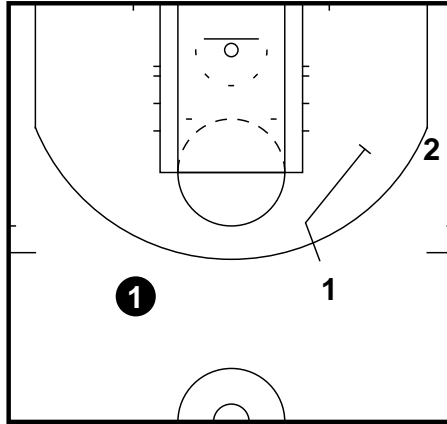
Sherri Coale

Downscreen and Backcut



1 passes to Coach

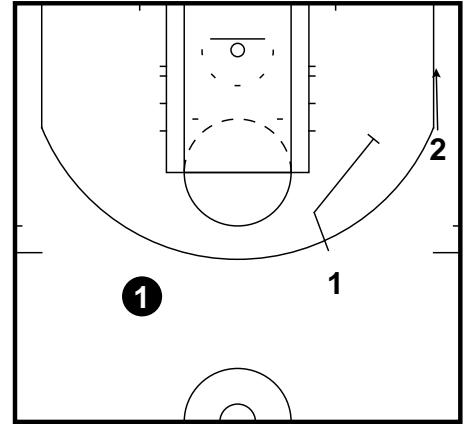
Downscreen and Backcut



1 starts to try and make a basket cut but the defender jumps to the ball and takes it away
1 sets a downscreen for 2 with her back to the coach with the ball

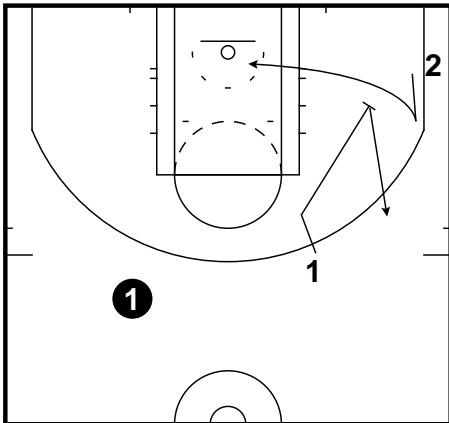
Verbalize your screen "down, down, down"
Headhunt to hit 2's defender on the screen

Downscreen and Backcut



1 must get a low stance with a wide base
2 walks the arc as 1 comes to screen
2 must wait for the screen to get there before using it

Downscreen and Backcut

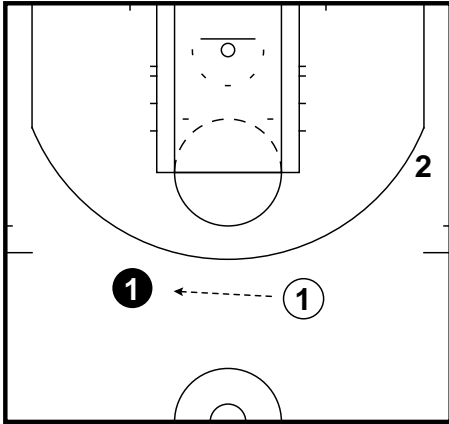


2 backcuts if the defender is overplaying or won't allow 2 to use the screen
1 fills back out to the perimeter

Sherri Coale

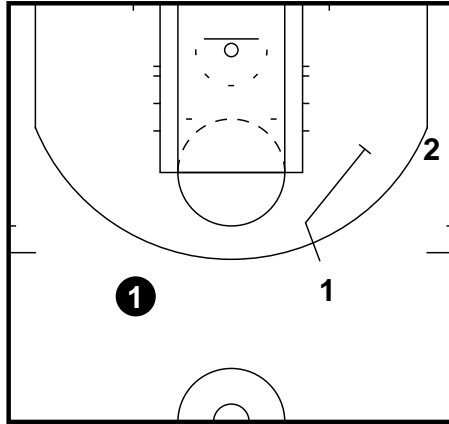
Sherri Coale

Downscreen and Curl



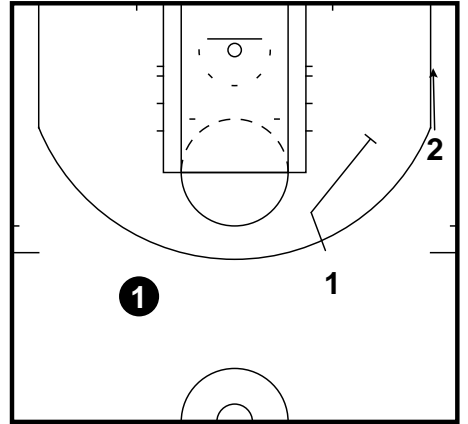
1 passes to Coach

Downscreen and Curl



1 starts to try and make a basket cut but the defender jumps to the ball and takes it away
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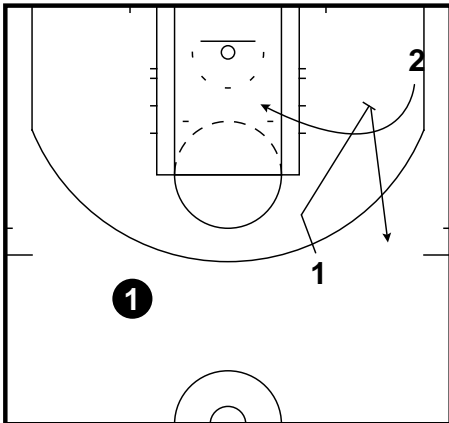
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Downscreen and Curl

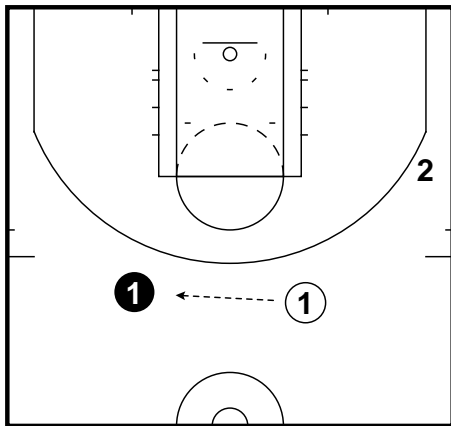


2 curls to the paint as the defender is trailing the screen
1 fills back out to the perimeter

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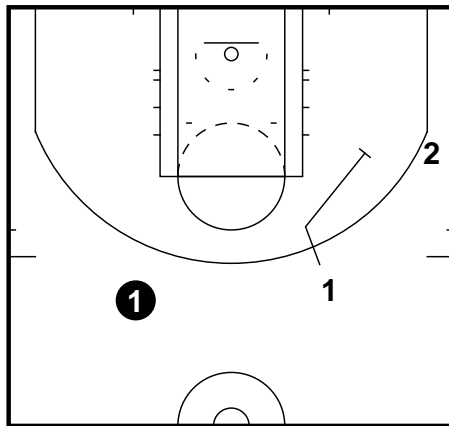
Sherri Coale

Downscreen and Fill



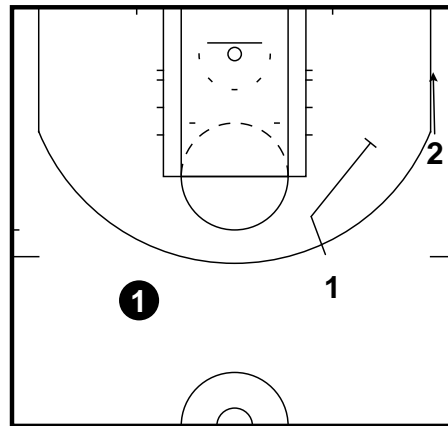
1 passes to Coach

Downscreen and Fill



1 starts to try and make a basket cut but the defender jumps to the ball and takes it away
1 sets a downscreen for 2 with her back to the coach with the ball

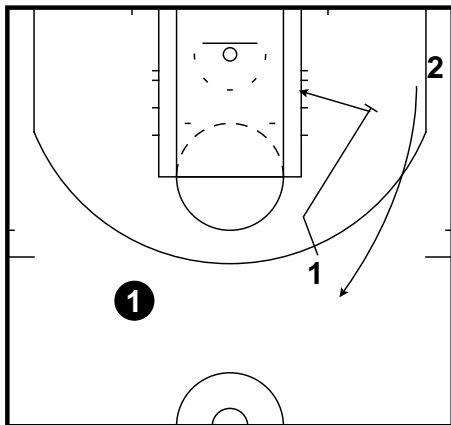
Downscreen and Fill



1 must get a low stance with a wide base
2 walks the arc as 1 comes to screen
2 must wait for the screen to get there before using it

Verbalize your screen "down, down, down"
Headhunt to hit 2's defender on the screen

Downscreen and Fill

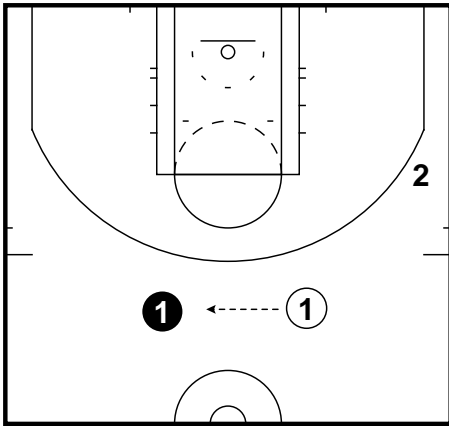


2 uses screen and fills to the top
1 second cuts to the paint

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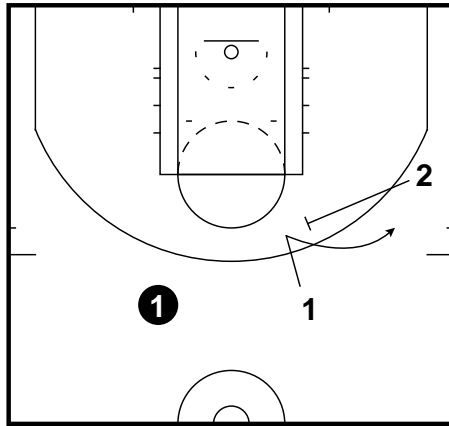
Sherri Coale

Flare Screen



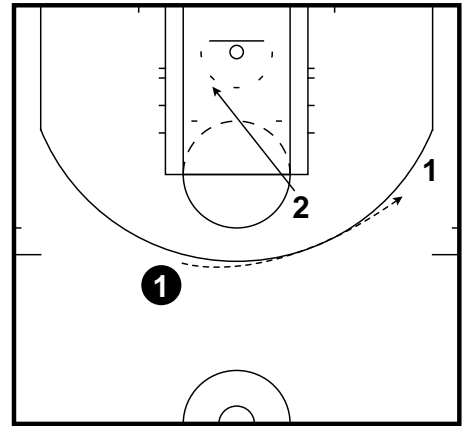
1 passes to Coach

Flare Screen



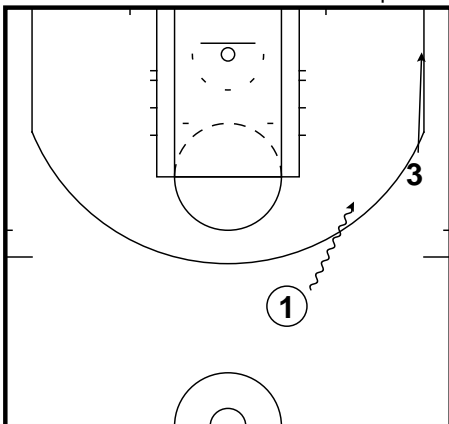
1 sets defender up in the middle of the floor
2 sets a flare screen for 1 with her back to the corner

Flare Screen



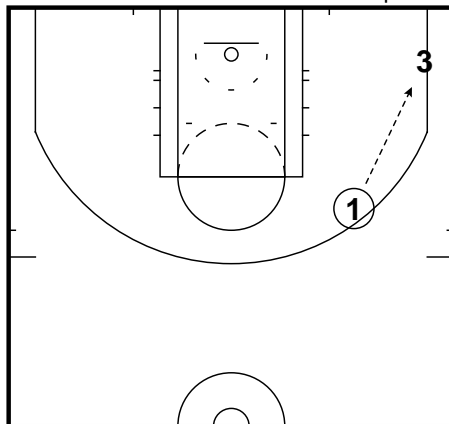
Coach can pass to 1 for a shot or 2 who slips to the basket

Guard Movement - Chase and Space



1 penetrates
3 spaces
Players need to keep 15 feet between each other

Guard Movement - Chase and Space

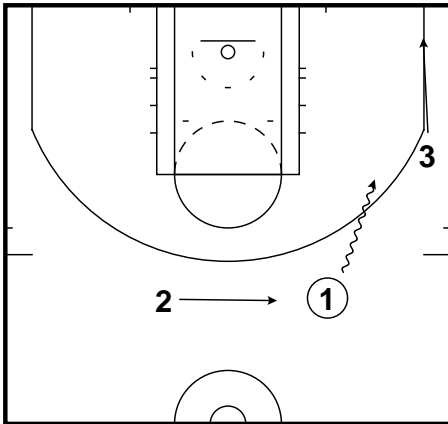


1 passes to 3
Everytime the ball moves we all move

Sherri Coale

Sherri Coale

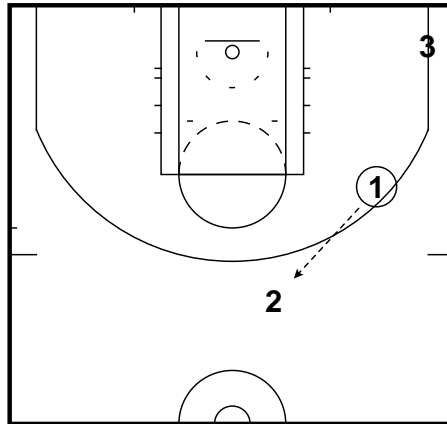
Guard Movement - Crack



- 1 penetrates
- 3 spaces to the corner
- 2 follows behind 1 into the crack

Players keep 15 feet between each other

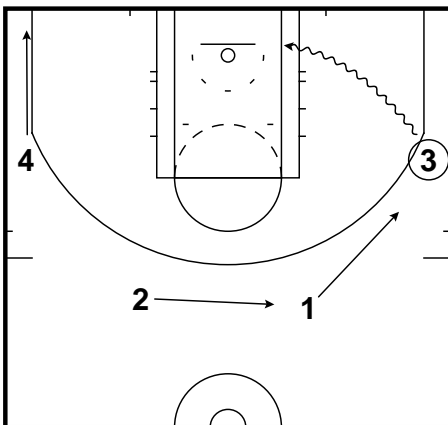
Guard Movement - Crack



- 1 passes to 2

Everytime the ball moves we all move

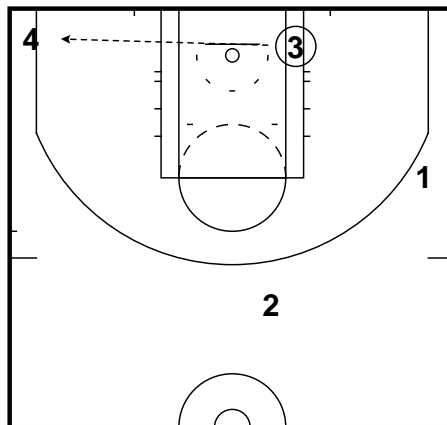
Guard Movement - Drift



- 3 drives baseline
- 1 goes to the crack
- 2 fills to the top
- 4 drifts down to the corner

Players keep 15 feet between each other

Guard Movement - Drift

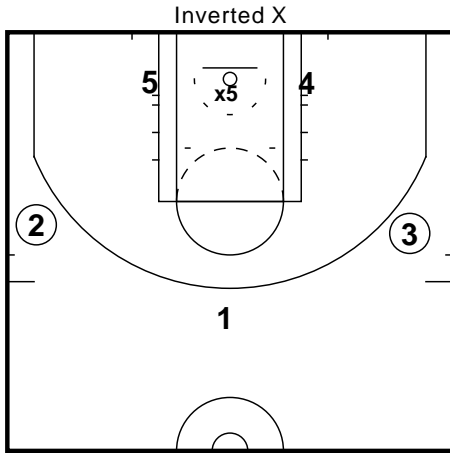


- 3 passes to 4

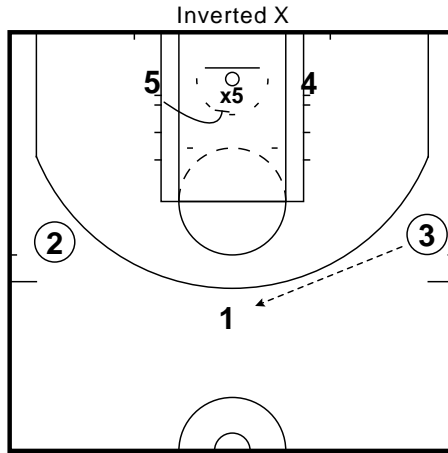
Everytime the ball moves we all move

Sherri Coale

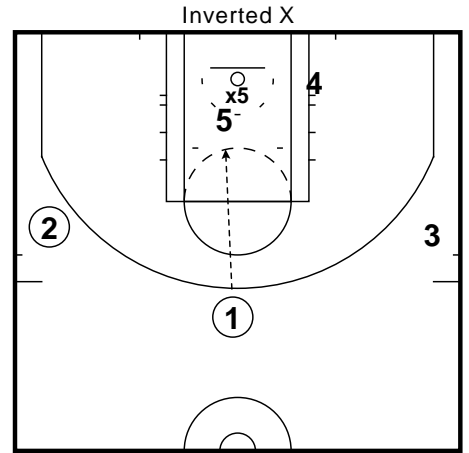
Sherri Coale



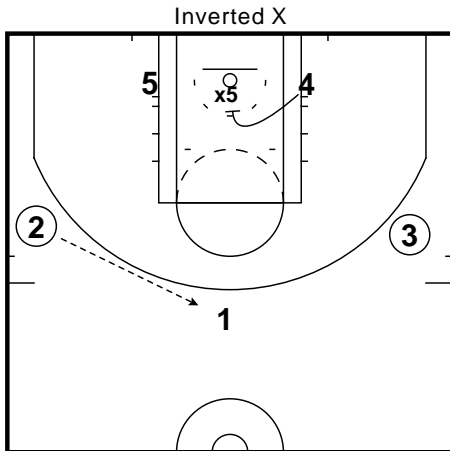
Post feeding from the middle channel of the floor



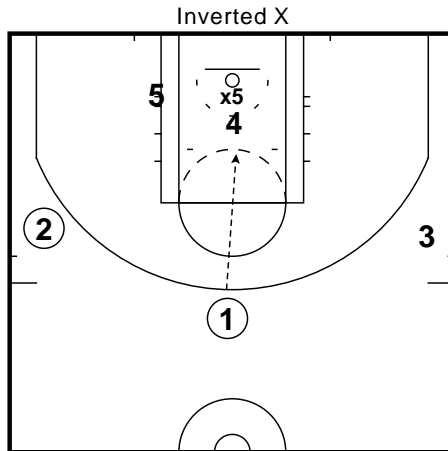
3 passes to 1
5 muscle posts on the defender



1 passes to 5
5 makes a move to score



Same thing, other way.
2 passes to 1
4 muscle posts on the defender

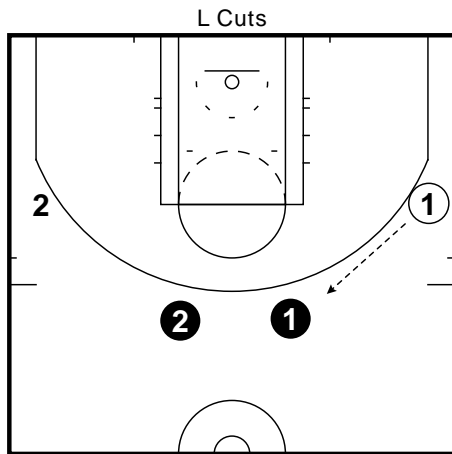


1 passes to 4
4 makes a move to score

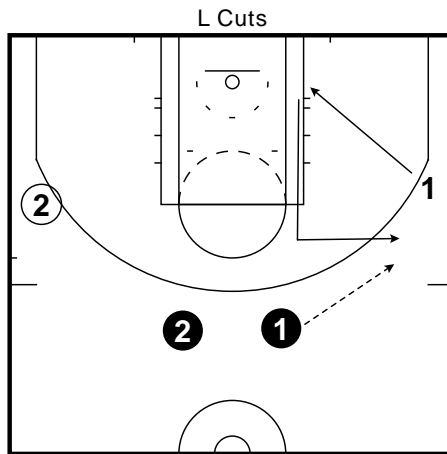
Have lines behind each guard and one post line.
Guards rotate to the line you pass to. Posts stay in their own line and rotate.
Goal is 10 make post layups in a row.

Sherri Coale

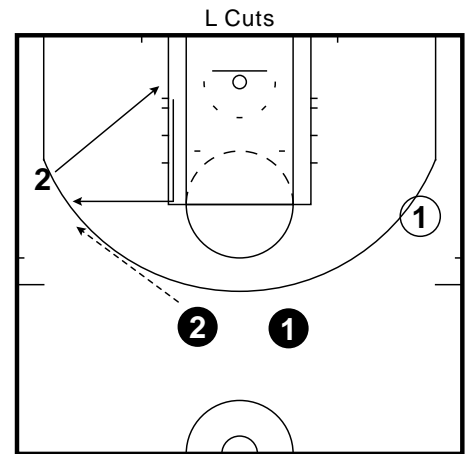
Sherri Coale



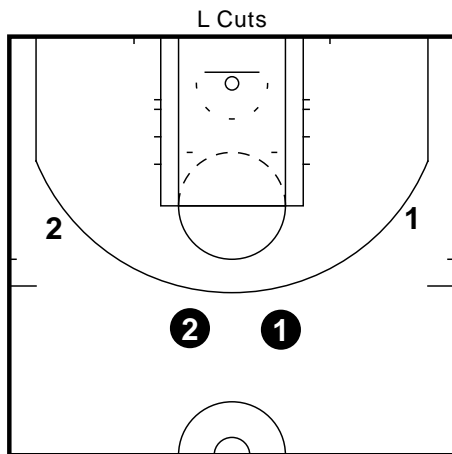
Two lines behind 1 and 2
 A passer for each line at the top of the key is desired
 1 starts with the ball and passes to the passer



1 cuts down to the block
 1 WALKS to the elbow, puts inside arm bar up (right) to hold off the defender, plants right foot and hard cuts out to the wing to receive the pass
 On the catch, 1 front pivots to square up to the rim



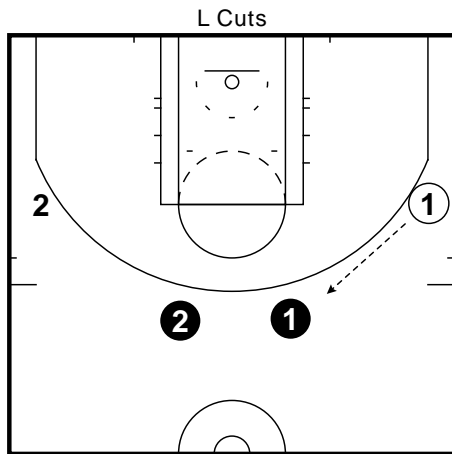
Same thing, other side
 2 cuts down to the block
 2 WALKS to the elbow, puts inside arm bar up (left) to hold off the defender, plants left foot and hard cuts out to the wing to receive the pass
 On the catch, 2 front pivots to square up to the rim



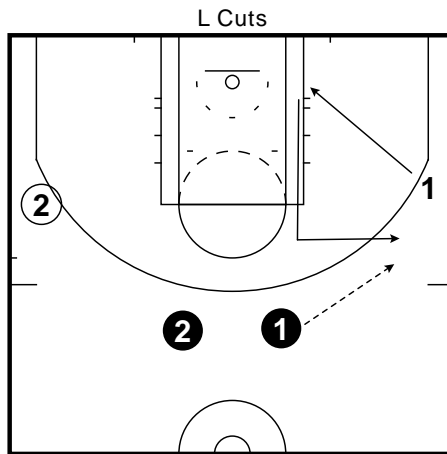
Emphasize change of speeds!
 1. Jog to the block
 2. Walk up to the elbow
 3. Explode, sprint out to the wing
 Have player say what they are doing...
 "walking, walking..." "L cut, L cut..."

Sherri Coale

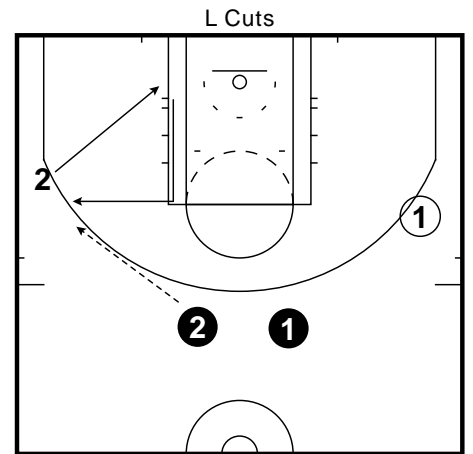
Sherri Coale



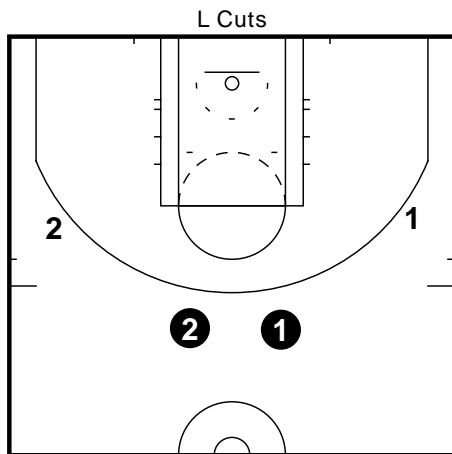
Two lines behind 1 and 2
 A passer for each line at the top of the key is desired
 1 starts with the ball and passes to the passer



1 cuts down to the block
 1 WALKS to the elbow, puts inside arm bar up (right) to hold off the defender, plants right foot and hard cuts out to the wing to receive the pass
 On the catch, 1 front pivots to square up to the rim



Same thing, other side
 2 cuts down to the block
 2 WALKS to the elbow, puts inside arm bar up (left) to hold off the defender, plants left foot and hard cuts out to the wing to receive the pass
 On the catch, 2 front pivots to square up to the rim

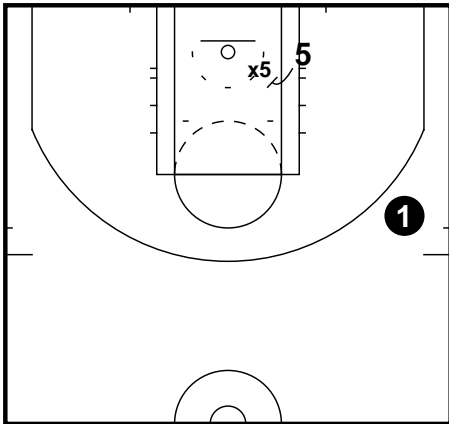


Emphasize change of speeds!
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Sherri Coale

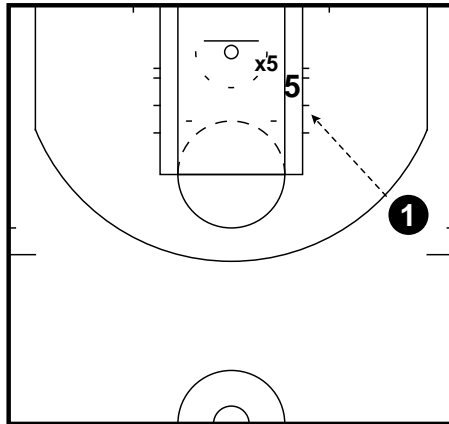
Sherri Coale

Muscle and Face



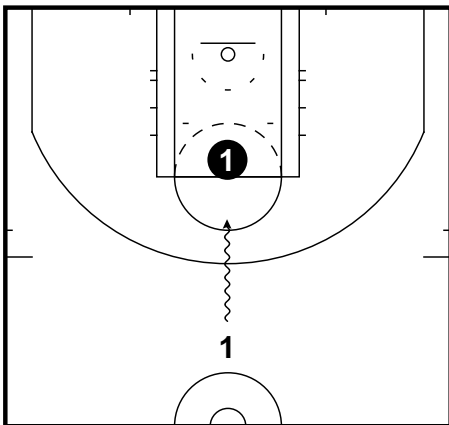
5 starts with back to the baseline
5 uses left leg to step across the top of the defense

Muscle and Face



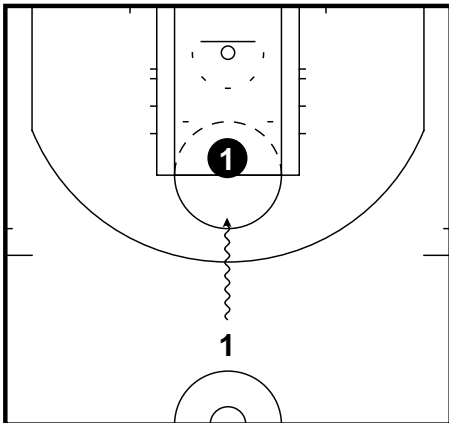
Coach passes to 5
5 makes a post move to score
5 must sit and keep a low wide base
Elbows shoulder extended

One-on-One



Work on going to the hoop
Go get fouled is the objective

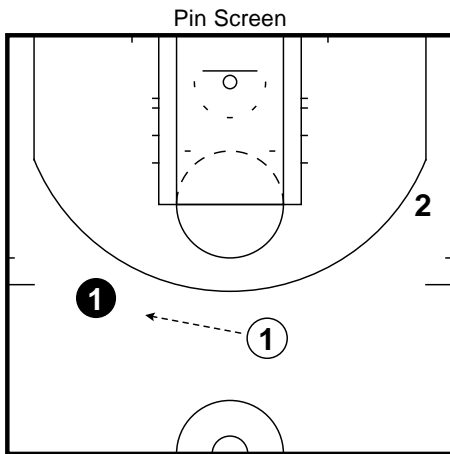
One-on-One



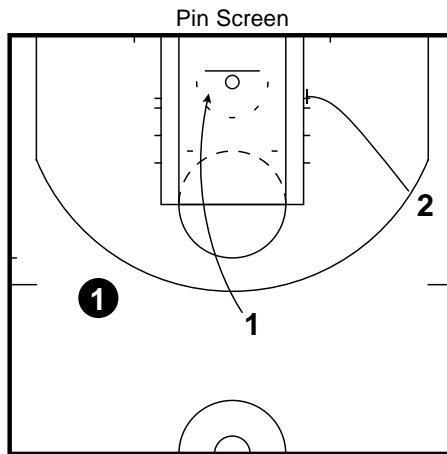
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Sherri Coale

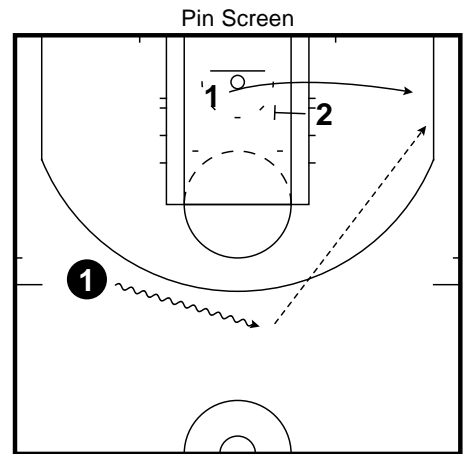
Sherri Coale



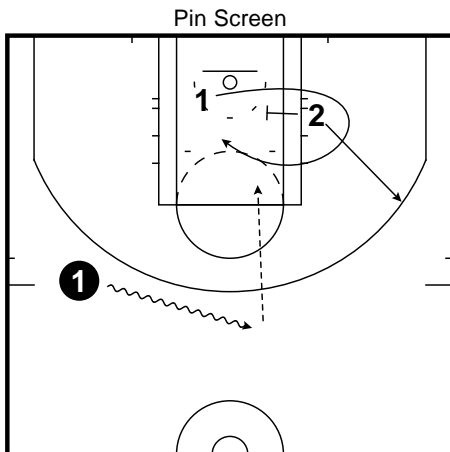
1 passes to Coach



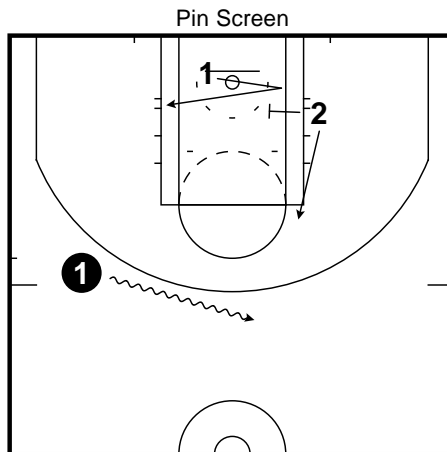
1 makes a basket cut
2 sprints down to set a pin screen for 1 with her back to the sideline



Coach dribbles up to the top
1 reads the defense and
A) cuts out to the 3pt line if the defense goes over the top
2 flashes to the ball



B) Curls off the pin screen if defense is trailing
2 pops out to the perimeter

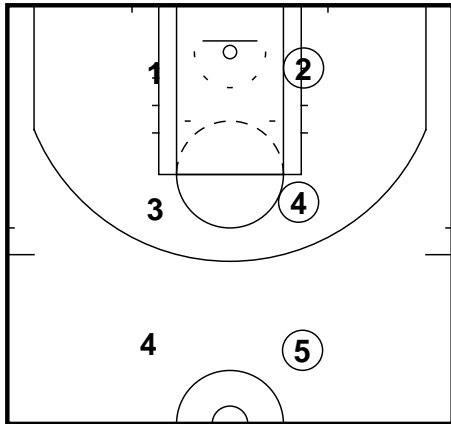


C) fake using the pin screen if the defense is overplaying and back cut back to the ball
2 flashes to the ball

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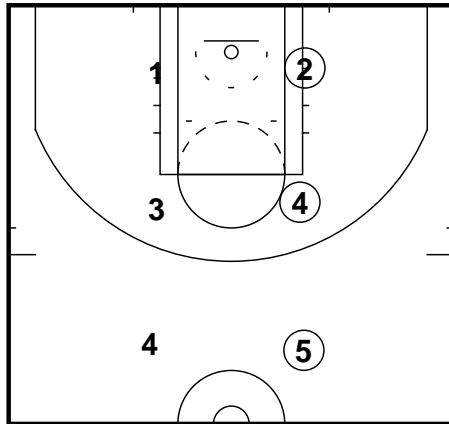
Sherri Coale

Post 1 Hand Catches



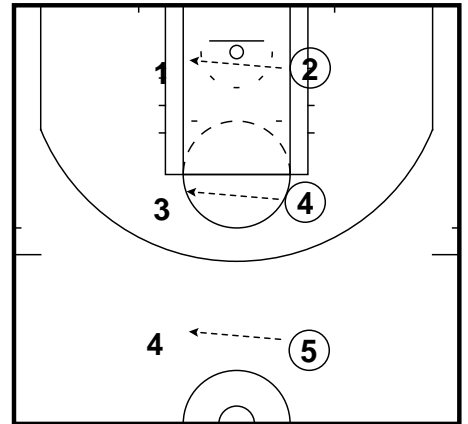
Partner up with partners standing at a distance of lane line extended

Post 1 Hand Catches



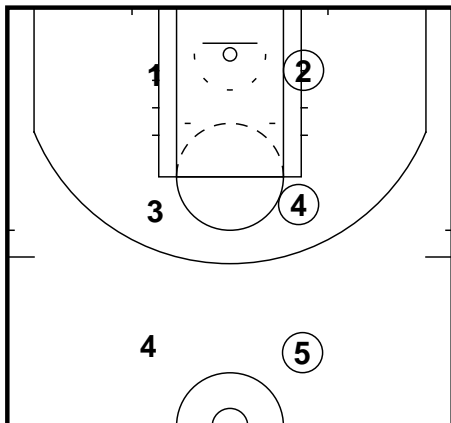
Partners on the left side (1,3,4) are in a post position with a low, wide base and elbows extended shoulder width

Post 1 Hand Catches



Partners on the right side with ball (2,4,5) pass to their partner's left hand
1,3,5 catch with their left hand only and pass back with their left hand

Post 1 Hand Catches



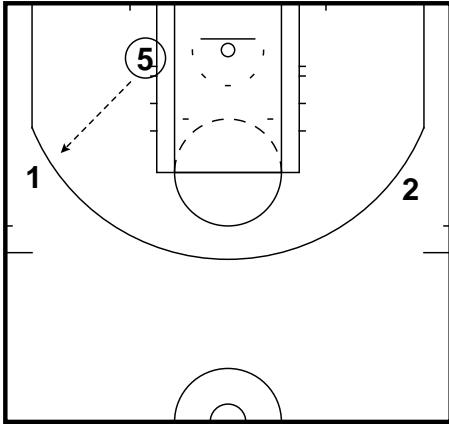
Right side partners (2,4,5) pass to their partner's right hand
Left side partners (1,3,4) catch with their right hand and pass back with their right hand only

Catch a total of 10 and then switch with partners

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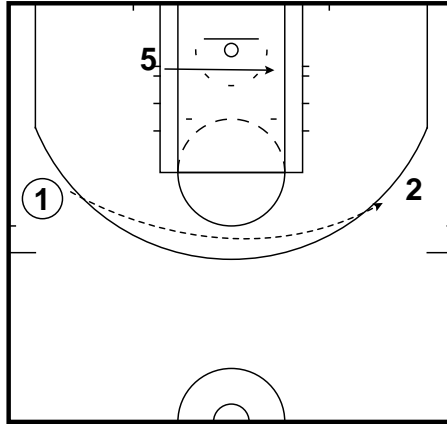
Sherri Coale

Post Catch and Pass Opposite



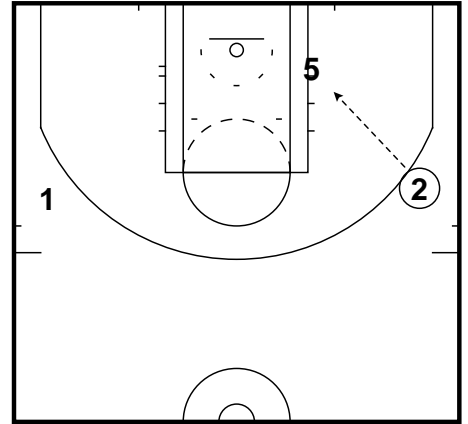
5 throws ball off of the glass and catches it high off the rim
5 turns and passes to 1

Post Catch and Pass Opposite



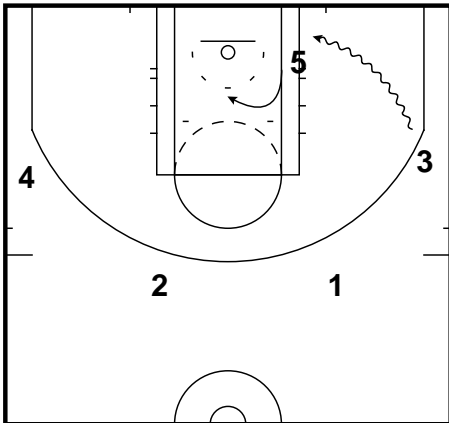
1 passes to 2
5 bursts across the lane calling for the ball

Post Catch and Pass Opposite



2 passes to 5
5 catches, chins, and checks insides shoulder
5 then drop steps and scores

Post Movement - Baseline Drive



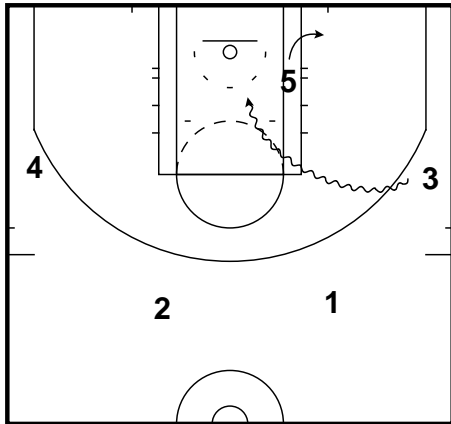
3 drives baseline
5 moves to the dots (center and middle of the paint)
5 seals out any defenders

5's defense has to choose to give 5 a shot or let 3 go for a layup
3 must drive it hard with intention to score

Sherri Coale

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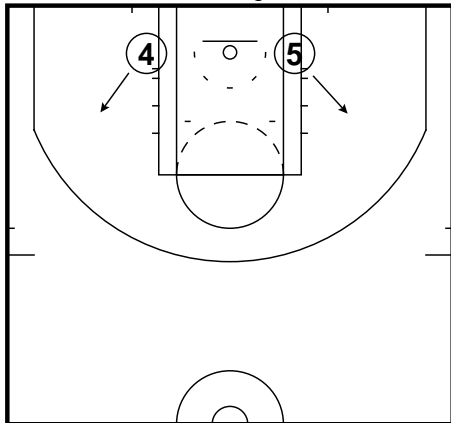
Post Movement - Middle Drive



3 drives middle
5 moves out to the short corner

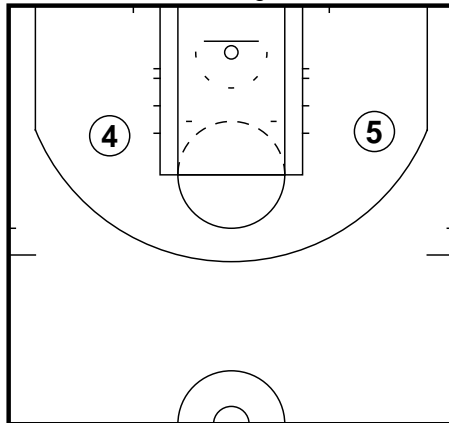
5's defense has to choose to give 5 a shot or let 3 get a layup
3 must drive it hard with intention to score until stops her

Post Singles



4 and 5 self toss out to about 15 feet
4 and 5 catch, chin, and check over their inside shoulder for a double team.
Chin the ball is to vice it under your chin.

Post Singles



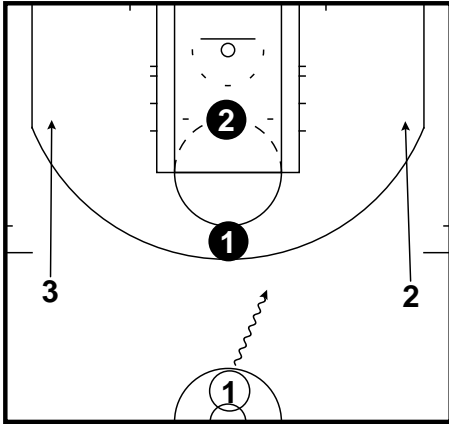
4 and 5 drop step to the baseline and finish

Players must get all the parts of the drill right and make 3 layups at each block before they are done

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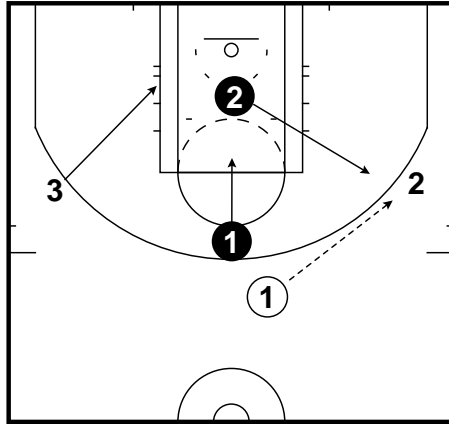
Sherri Coale

Three-on-Two



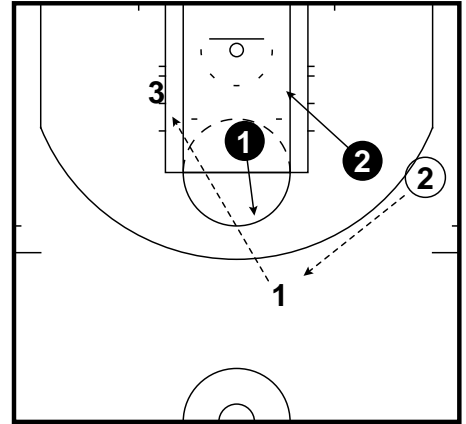
Coming across halfcourt, the PG needs to choose a side of the floor but still stay in the middle channel of the floor

Three-on-Two



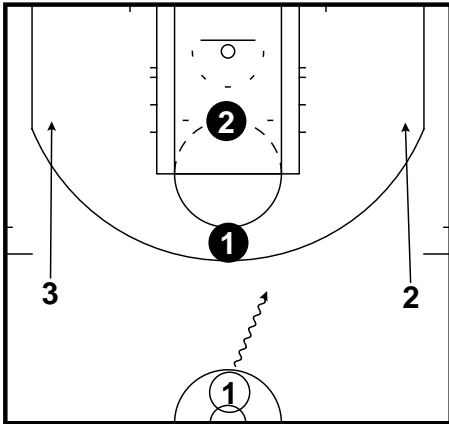
1 passes away from the best finisher
3 cuts to the basket

Three-on-Two



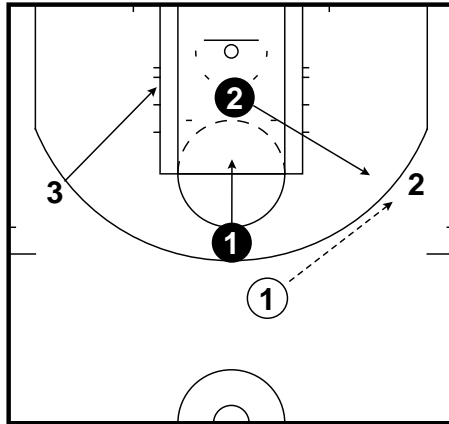
2 passes back to 1
1 quickly passes against the grain to 3 before the defense can recover
In 3-on-2 situation, you don't want to take contested 3pt shots.
You want to get fouled or an open shot in the lane.
Layups are always best

Three-on-Two



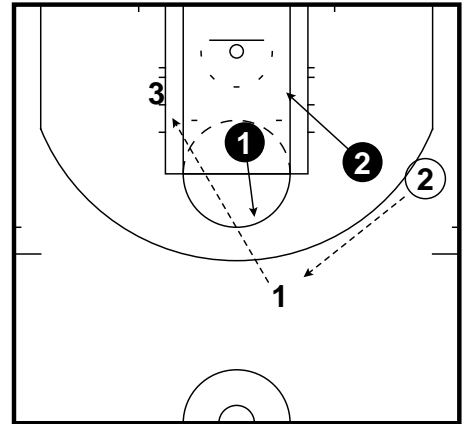
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1 passes away from the best finisher
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Three-on-Two

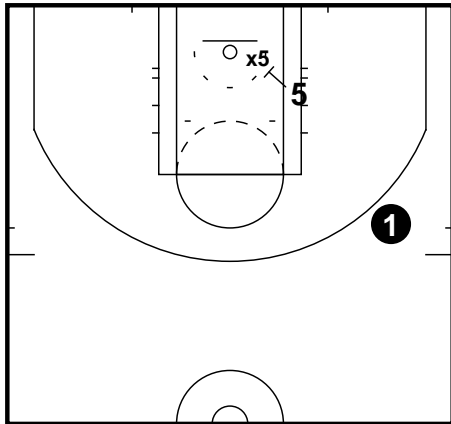


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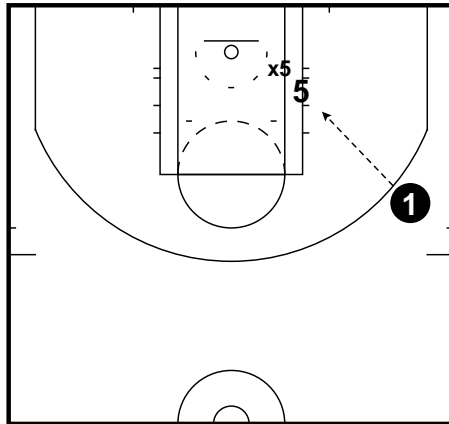
Sherri Coale

Turn and Face



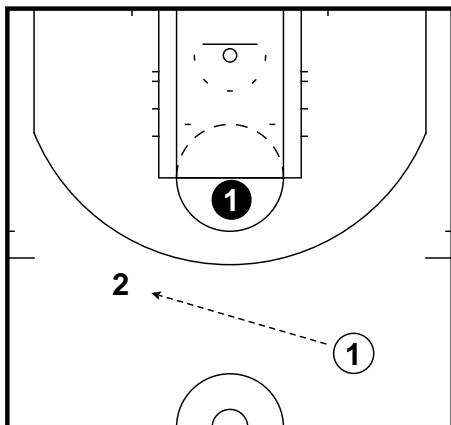
5 turns back to the Coach on the wing with the ball
 Uses a swim move with right arm and right leg to bury the defender
 Faces Coach to receive the ball

Turn and Face



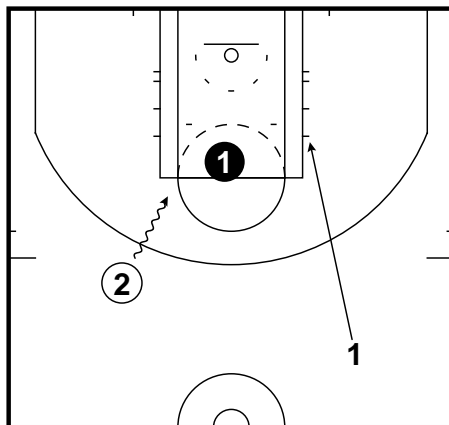
Coach passes to 5
 5 makes a post move to score
 5 must sit and keep a low wide base
 Elbows shoulders extended

Two-on-One



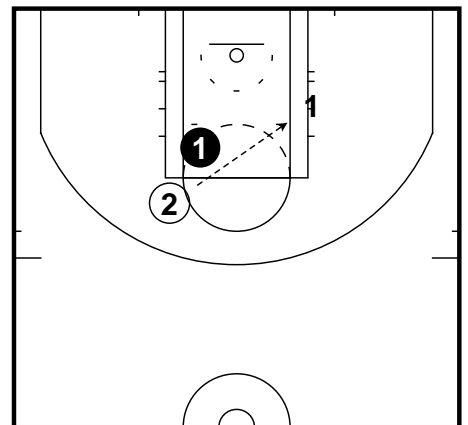
Never pass backwards
 Objective is to get to the basket, score, or get fouled

Two-on-One



Player with ball needs to make their decision by the time they get to the free throw line
 You don't want to over pass

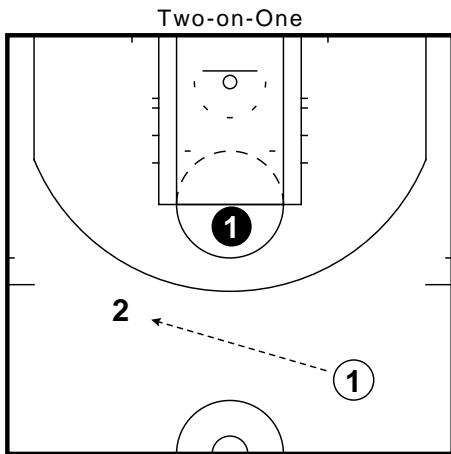
Two-on-One



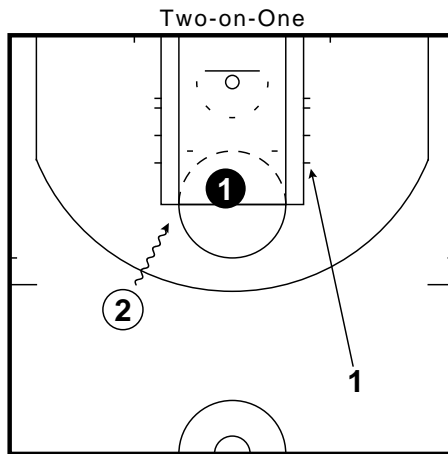
Layups are better than jumpshots

Sherri Coale

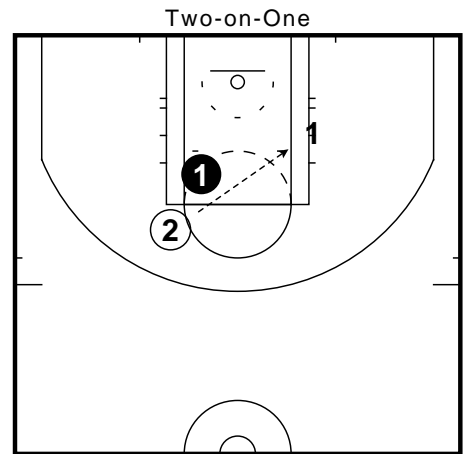
Sherri Coale



Never pass backwards
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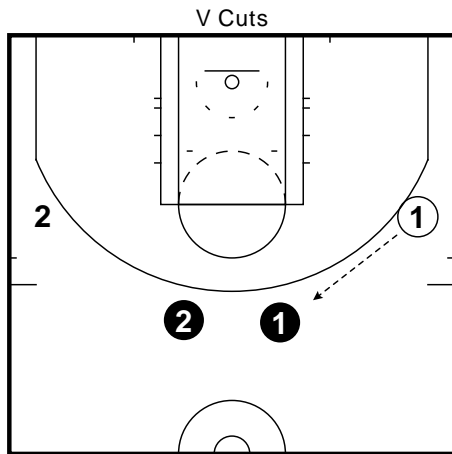
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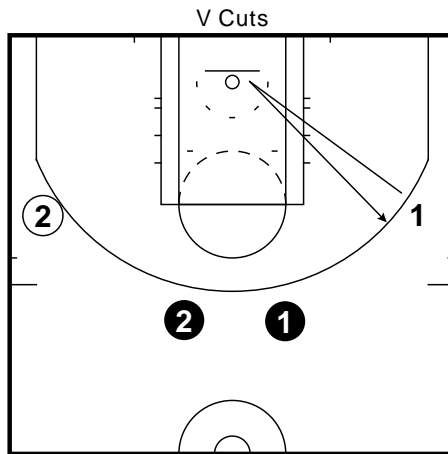
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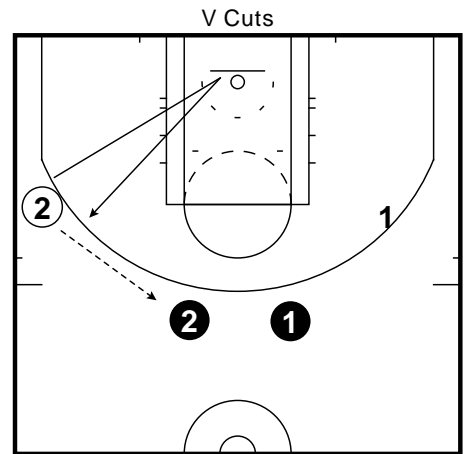
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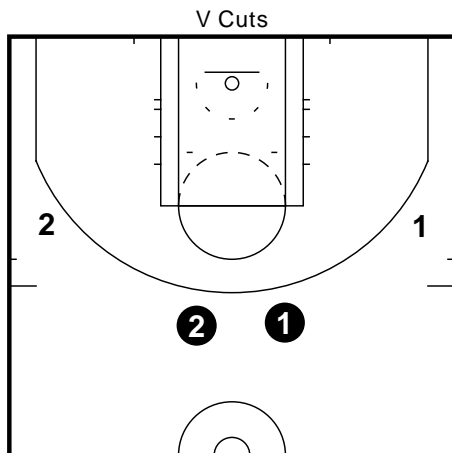
Two lines behind 1 and 2
A passer for each line at the top of the key is desired
1 starts with the ball and passes to the passer



1 runs to the rim and pops back out to the wing
1 uses inside foot (right foot) to jump off on the pass and squares up to the hoop off the pass



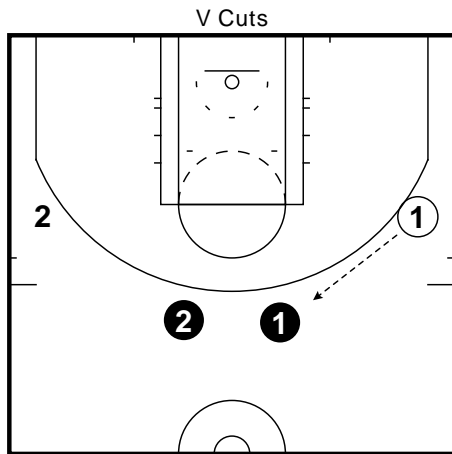
Same thing, other side
2 runs to the rim and pops back out to the wing
2 uses inside foot (left foot) to jump off on the pass and squares up to the hoop off the pass



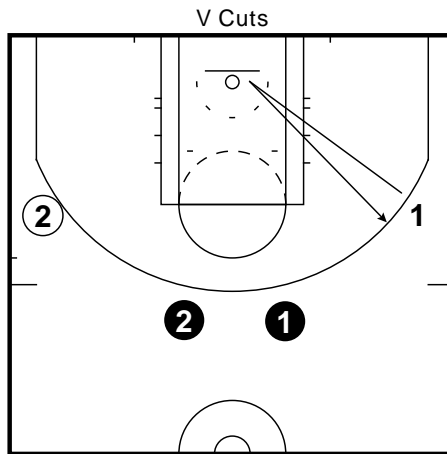
1. Have players switch lines
2. Have players say "V cut" 3 times as they are running their cut to emphasis talking
3. Catch the ball with eyes to the rim in triple threat
4. Make sure players are changing their speed, 75% of cut toward the hoop, 100% explode back out to the wing to catch the ball

Sherri Coale

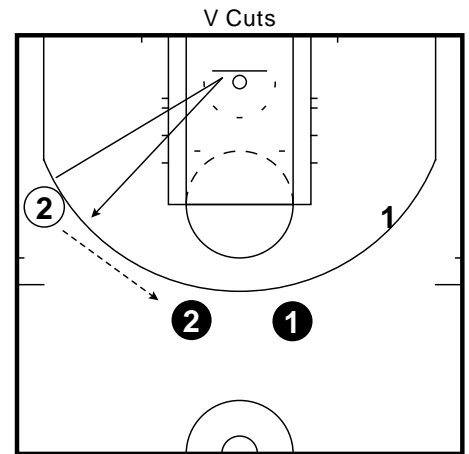
Sherri Coale



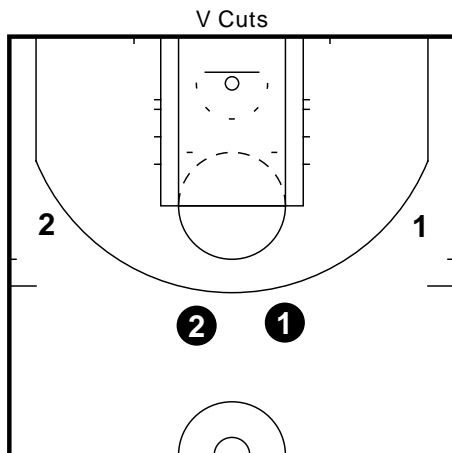
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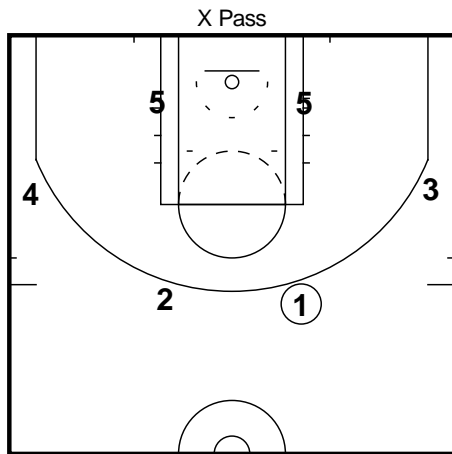
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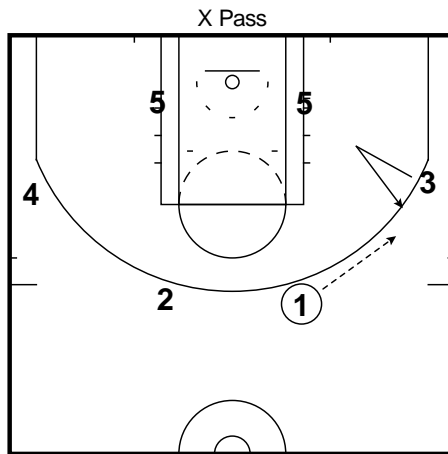
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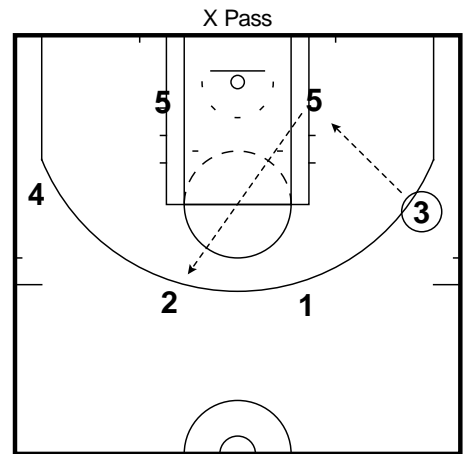
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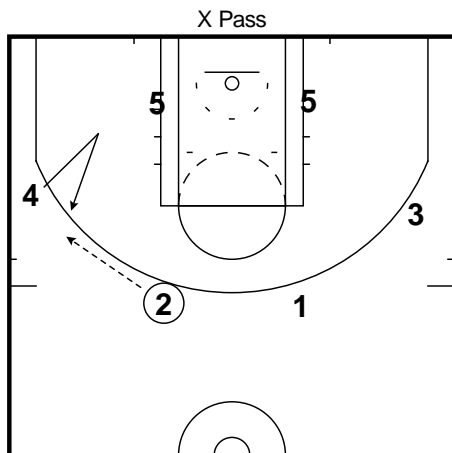
There are 5 lines. One behind each guard player and a post line underneath the basket.
Goal of the drill is to get 25 clean catches.
Guards feed the post above the shoulders or below the waist



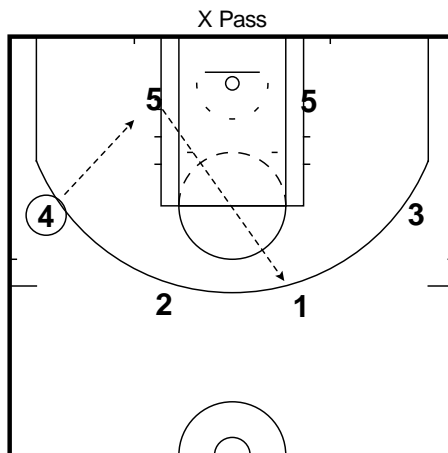
1 starts with the ball
3 V cuts to get open
1 passes to 3



3 passes to 5
5 catches, chins and then passes opposite to 2



4 V cuts to get open
2 passes to 4



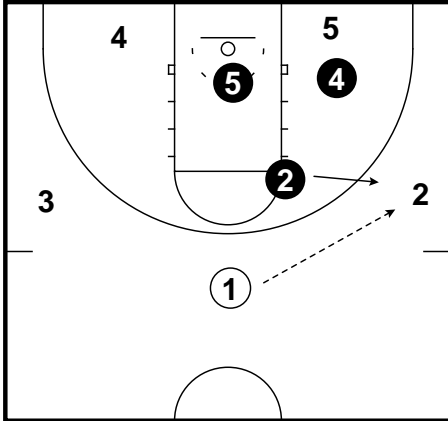
4 passes to 5
5 catches, chins and then passes opposite to 3

Each player rotates to the line they passed to so every player can post up and feed the post.
Can use two balls starting with 1 and 2 lines to make it harder
Can add post defenders playing low or high side to make it harder as well

Sherri Coale

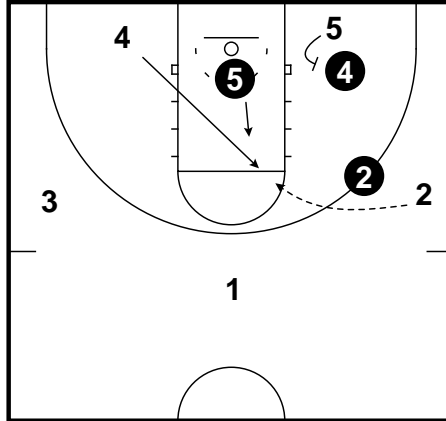
Sherri Coale

Zone Drill: 2 vs 3 for Posts Flashing
Action



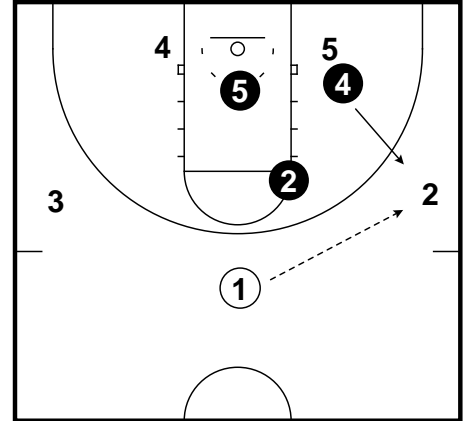
1 passes to 2
Guard defense covers 2

Zone Drill: 2 vs 3 for Posts Flashing
Action



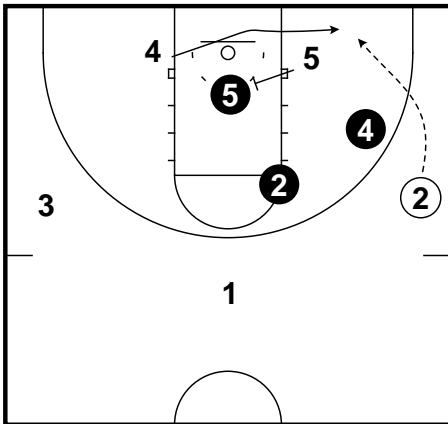
4 flashes to the high post
2 passes to 4, center zone defender steps up to cover
5 seals out the bottom zone forward defender
4 squares up and passes low to 5

Zone Drill: 2 vs 3 for Posts Flashing
Action



1 passes to 2
Bottom zone forward covers 2

Zone Drill: 2 vs 3 for Posts Flashing
Action

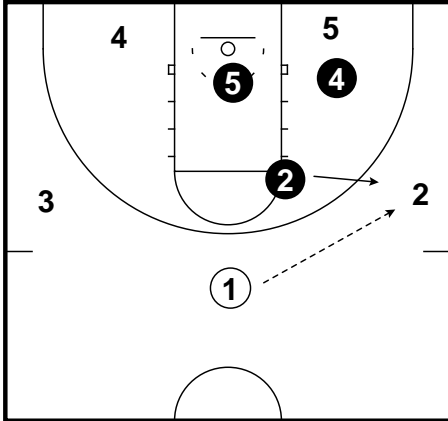


5 seals the center zone defender
4 flashes low to the ball
2 passes to 4
4 has baseline jumper or pass inside to 5

Sherri Coale

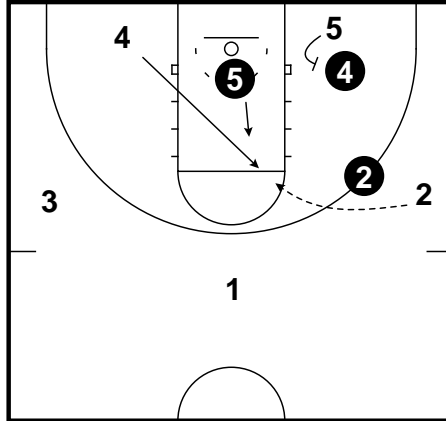
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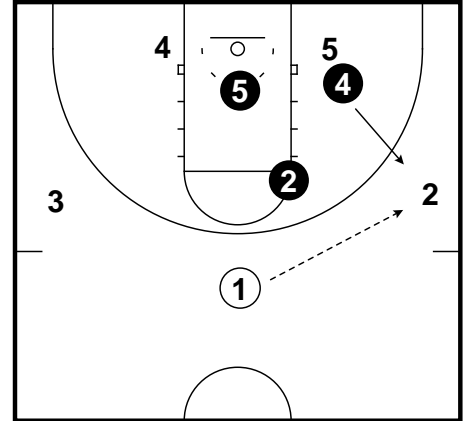
1 passes to 2
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Zone Drill: 2 vs 3 for Posts Flashing
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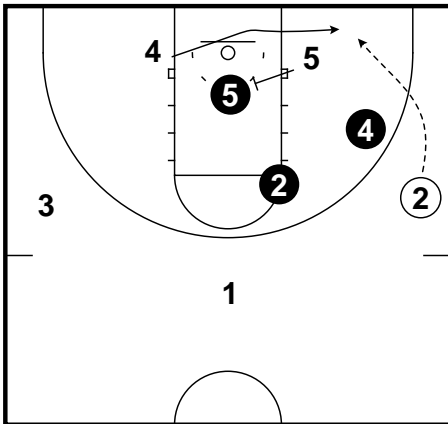
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Zone Drill: 2 vs 3 for Posts Flashing
Action



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Zone Drill: 2 vs 3 for Posts Flashing
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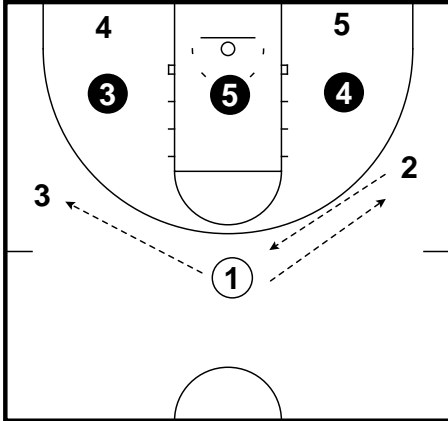


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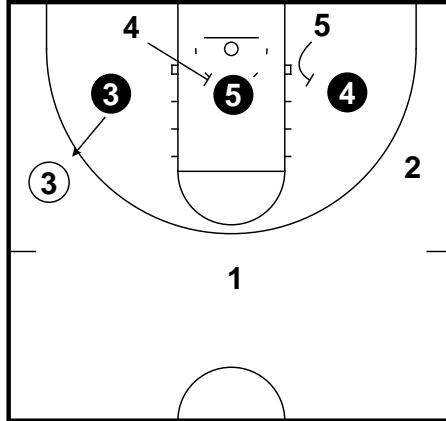
Sherri Coale

Zone Drill: 2 vs 3 for Posts Sealing
Action



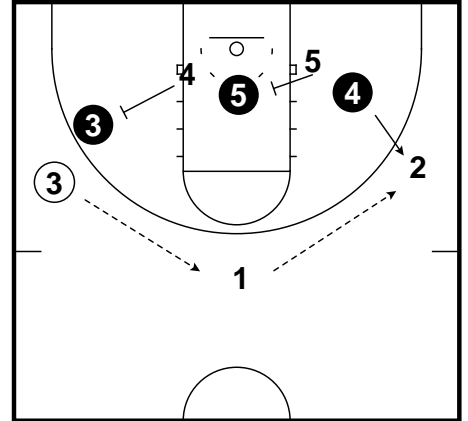
Full ball reversal to make the defense work

Zone Drill: 2 vs 3 for Posts Sealing
Action



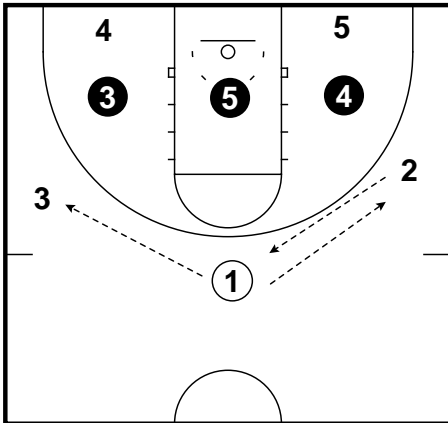
4 and 5 seal in and out on defenders

Zone Drill: 2 vs 3 for Posts Sealing
Action



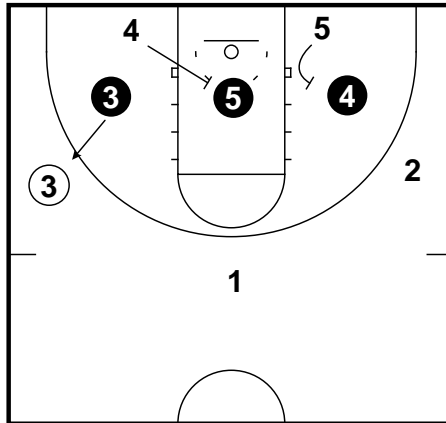
The ball reverses or skips back to 2 makes
bottom zone defense help
4 seals out and 5 seals in the zone defense

Zone Drill: 2 vs 3 for Posts Sealing
Action



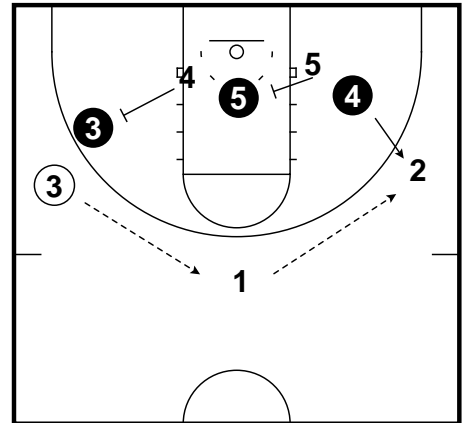
Full ball reversal to make the defense work

Zone Drill: 2 vs 3 for Posts Sealing
Action



4 and 5 seal in and out on defenders

Zone Drill: 2 vs 3 for Posts Sealing
Action

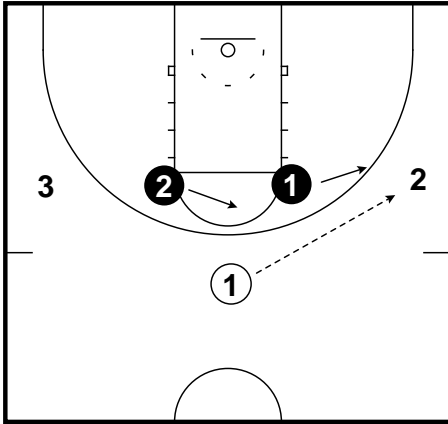


The ball reverses or skips back to 2 makes
bottom zone defense help
4 seals out and 5 seals in the zone defense

Sherri Coale

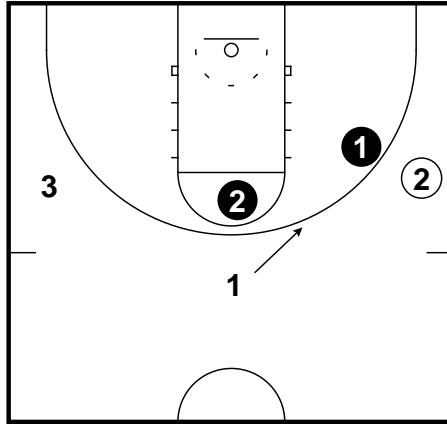
Sherri Coale

Zone Drill: 3 vs 2 for Guards



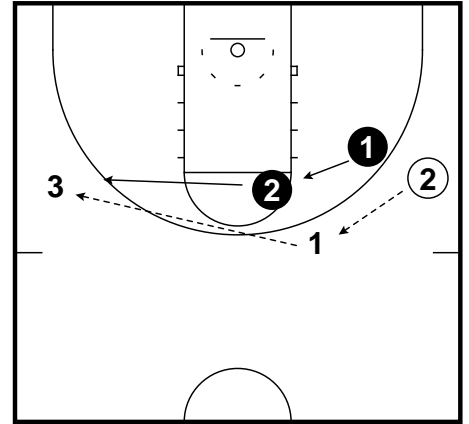
1 pass to 2
Defense shifts

Zone Drill: 3 vs 2 for Guards



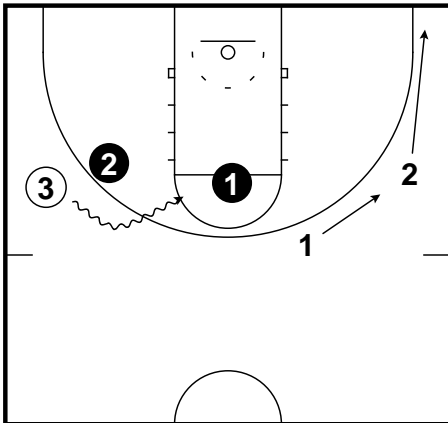
1 cuts to where the defense left
Force defense to help over

Zone Drill: 3 vs 2 for Guards



2 can swing it through 1 or just skip it over to 3
Want to be sure to use pass fakes to freeze the defense

Zone Drill: 3 vs 2 for Guards

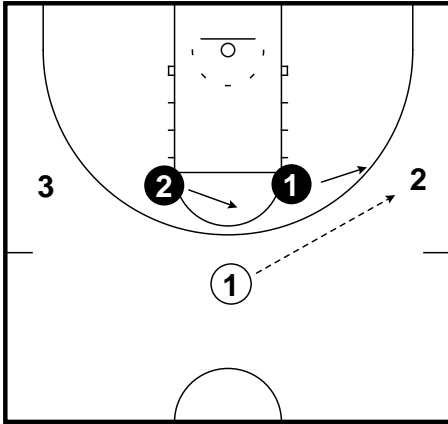


Defense recovers, now look to drive the gaps
Must have good spacing off of penetration.

Sherri Coale

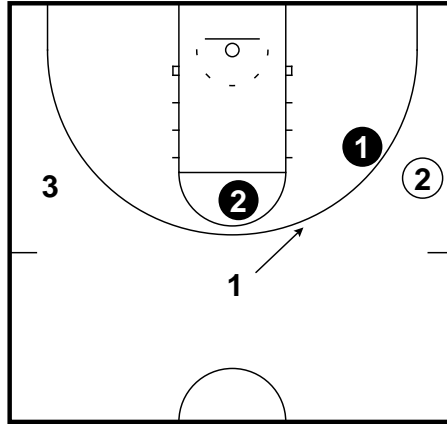
Sherri Coale

Zone Drill: 3 vs 2 for Guards



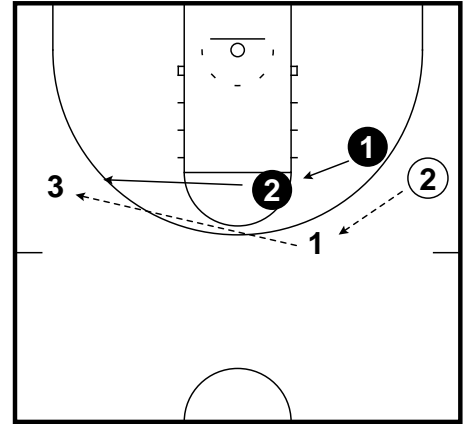
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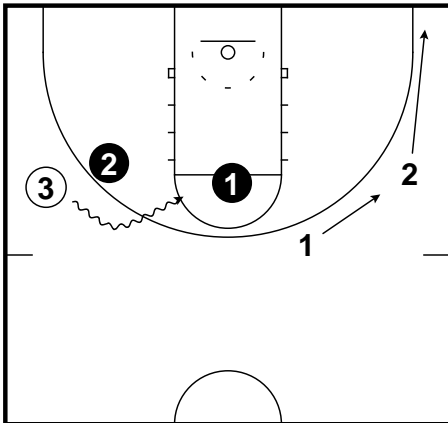
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