* FOUNDATION *

PRESENCE
- BASE (Strong) / body language (look like you want the ball)
- Call for ball – giver passer confidence / make them look/ we won’t pass ball until “call”
- Catch or go after ball- go get it!! J. Kidd story
- Med ball work- we want them to feel strong & be strong w/ ball
  - Incorporates ABS/balance
    - Twists- locked legs in/rotate trunk/ hi.low/chin.ball
    - Swings- pivots/step thru / pass fakes/ shot fakes
    - Passes- chest/ overhead
  - Finish drills w/ reg. ball!! guys will be very confident w/ ball!!

HANDS
- “show hands” to ball - 2 hand catches/ helps create a backstop
- “long arm catches” – helps eliminate deflections / can feel DEF./ scouting other bigs
- “chin the ball” – catch & secure ball w/ 2 hands
- Hand/eye drills – catching different sized balls/ 1&2 hand catches / 1 eye closed catches / advanced put them on unstable surface

FOOTWORK
Create space, angles, or separation from DEFENDER.
[We don’t want guys catching the ball or trying to catch on their heels – displaced/knocked off balance/ locked in & can’t move] – Active Feet

* Athletic Position posting – demo stance *

  - Work the “C” (see diagram at end) – attack defenders top foot !show hands!
  - “Drive! Whip”
    - Drive defender up the lane- over top pass (ball side, strong side)
    - Ball rev. –leg whip- maintain contact/keep D on topside
    - Advanced drill – w/ def.
    - Advanced drill – if you bring ball below chest- dunk
    - If you keep above chest- layup
  - Med-ball dunks FT. line –
  - Basic catch moves
    - Straight flash – bottom leg & arm – rip thru to topside of defender. Hip &/or tail makes contact w/ defenders top leg. Arm action = low to high to displace defender’s arm.
    - Duck move – step to goal looking for lob, make D move, then right into straight flash.
    - Spin move – walk into defender (get close /chest to chest almost), put your top leg in between defenders legs, spin & sit, throw your hands to the ball!
JUMP HOOK DRILL

- Footwork
  - step across D/shoulder in chest of D.
- Technique-
  - Chin ball/ outside of ear/ shooting out of a telephone booth
  - Shoot from 3 spots: side/front/side, last JH off the glass.

CHAIR DRILL

- Footwork out on the floor. Start w/ ball at top of key.
- Key pts.
  - Head up/see floor
  - Drop inside shoulder
  - Getting square (hips)
  - Abs tight
- Technique
  - Slide step
  - Jab step step over
  - Touch & go
  - Shot fake & slide
  - Shot fake & jab steps step over

1 or 2 bounces to pull up J

IND. MOVES

* NOTE- floor tape/ cones – visual aides

- Both sides going at same time – “awareness”
- Work on catching ball in center of your body! No armcatches

Post work – (go over both shoulders) on both blocks

On the block

L R
Shoulders

- JH or turnaround jumper
- Chop (shot fake/ up & under) across D’s face
- Turn Rip - (can go middle or baseline)
  - punch pass (middle move)
  - Slow shot fake
  - Fake drive or dribble

Off the block (pivot foot called by coach, use both)

L R
Pivots

- Rev pivot rips to JH or strong finish at rim.
- Jab step step over to jumper
- Angled rip w/ crab dribble (get lead hip past defender)
- Jab step step over to angled rip w/ crab dribble.
Flash ↑ = from block/ step over defenders top leg/ foot closest to basket is pivot

- Pull thru 1 (you see the defenders chest or face)
- Jumper (some days “every shot a make”/ if you reb & put back mix in pup fake so your ball doesn’t mess up next guy in line)
- Shot fake 1 (go direction of where pass came from, slide pivot)
- Jab step step over 1 –

**Lay up / Jump shot drill**

- Layup off 1 or 2 feet mix in contact
- Jumper mix in pull thru’s/shot fakes
- Timed or certain number of makes

**POST DEFENSE** basic rules

- No catches in “no catch area” (see diagram at end)
- Strong base & hand around in passing land to discourage passes
- Give no angles & relocate on pass
- Inside arm/hand to touch/outside to contest
- Wall up (hands behind ears/give perception of straight up) contest!
- Make them shoot over us !!
- Hit (box out) and go get ball!!
- Use hips, tail & shoulders / there will be collisions in post

*3/4 or Front post

- Hip to hip to kick offensive player off block
- Or try to control offensive player (armpit to ribs) area & push them down towards baseline
* BS screen DEF: hedge (hard flat), trap, switch, squeeze, under, blue.
*Defending cross &shuffle picks: split stance > top foot up, butt out, use hips & shoulders, hand around, go same side lead w/ shoulder

**During Ind. Workouts** - we start w/ some kind of defensive drill as warm-up

- Taps/hedges on BS’s
- Tap post
- Guard live ball (in trans or closeouts)
- Getting over screens
- Guard duck ins
- Cross picks/shuffle picks, defense & footwork.
Def. drills
- 1 on 1 start w/ duck-in or head under basket
- 2 ball quick drill: Guard 2 spots (stance o&d / vison, footwork, reaction time/ post def, individual. off/ angles)
- Closeouts

Double teaming post/ post trap

1. Off a certain player
   - Non shooter, big
2. From a certain spot
   - Elbows/nail/weak side block
3. Off the passer

Rotations

1. Full – all players really involved
2. Perimeter – only perimeter players involved (bigs stay on bigs) – rebounding purposes
3. Bluff – trap comes off non shooter’s man. No one rotates to non shooter, but fake and bluff at non shooter (to make him think he’s guarded)

Cover up in traps

1. Good Trap – high hands/no splits
2. “I” formation on weak side – basket and free throw line covered.

Traps

1. Middle trap
2. Baseline trap – works very well vs. a double low post offense
3. Non shooter – already in paint area.

Keys in post trap defense

1. Awareness
2. Communication
3. Physical presence
4. Effort and energy
5. Structure around your teams defensive philosophy
   - Close outs and force which direction
**DIAGRAMS**

Work the “C”
- Green - no catch area/zone
  - we use this marked off area for both off/def.
  - Off: catch w/ feet or foot in
  - Def: no catch

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**Medicine Ball Drills- Key Words- "Strong / Strong with the ball"**

- **Free Throw Line Drill**
  
  Start at the free throw line, coach stands under the basket with medicine ball. Player runs to the basket, catches the ball, power layup. Player then: Back pedals to free throw line and repeat. (we usually go 5 to 7 times – coach's choice)

- **Over the Top Drill**
  
  Player starts with one foot out of bounds in athletic stance or posting up position (good base, wide mms, and hands towards the ball). Player shuffles up lane line to no catch top line, coach has a ball on the wing, throws pass to corner off the back board, player holds position until the ball is over his head, then releases to catch with 2 hands. Check for where the defense is and then scores the ball.

- **Rip, Pivot, Pass Drill**
  
  2 or more players work on catching, pivoting, and pass faking, and passing the medicine ball.

- **Superman Drill (2 medicine balls needed)**
  
  Place one medicine ball on each block. Player gathers ball, chins the ball, checks defense, 1 power dribble with a drop step to the basket to score the ball. (make sure players shoulders are square with the back board.) Work on drop stepping towards baseline side; middle side. We usually shoot for 5 to 7 reps. We also mix in pump fakes.
• Duck in Drill
Players start facing block. Coach has ball on elbow. Players flash in paint, stepping across defense. Then make some sort of post move if desired by coach or a quick scoring move.
  • 3 ways we duck in:
    • Straight flash
    • Step down then straight flash
    • Spin-walk into defense, put top leg in between defense's legs, and spin to the ball.

Medicine ball drills are done for many reasons. We want our players to feel strong and confident after these drills. We sometimes (if time permits) repeat drill with a regular ball.

Playing Through Contact- Key Word Associated- "Finish"

• Working the "C" Drill
Players shuffle along a big "C" we have taped to the floor in an athletic stance showing both hands to the ball. Attack defender's top foot at all times. While working the "C" footwork, we bump, push the player to help them learn to play through contact: Finish.

• V Drill (need 1 cone or chair)
Players form 2 lines out of bounds on lane line. Players run around cone, flash to the basketball, catch, gather and score. Coach is in front of the basket with pad whacking on players as the shoot

• Transition Blast Drill
Players line up at half court. Sprint to front of the rim. Coach has a pad, player hits pad, post, find ball, catch and score.

• Man Drill
Player starts with the ball at free throw line. Player has to score 3 layups. Two coaches have pads; whack the players until they score three times.

Contact drills are done to help our players have a presence around the basket.