Drill Factory

1 starts with ball around halfcourt.
Make a dribble move before first cone, go by defender (cone) body-to-body.
Finish a layup above the block, shoulders square.

Repeat from other side.
Dribble moves
1. Crossover
2. Between the Legs
3. In & Out
4. Between the Legs Cross Over
5. In & Out Cross Over
Player starts with ball on baseline
Take 3 attack dribbles

After the 3 attacks, take 3 retreat dribbles back to baseline.
Crossover and repeat with left hand.
Cassell Shooting
Shooting Drill

Run 5-10 repetitions from the right side. Repeat drill on the left. Player starts on the wing behind the cone, as a defender. Spins the ball out to himself.

Cassell Shooting
Shooting Drill

Player catches the ball with his back to the basket, beyond the 3pt line. Square up. Jab at the defender (cone). Square back up without a false step.

Cassell Shooting
Shooting Drill

Player gets one dribble. Make sure to go body-to-body with defender (cone). Finish behind the cone (put the defender on your back). One dribble - pull up.

Cassell Shooting
Shooting Drill

After shot, take one step in towards goal, then sprint to short corner.

Cassell Shooting
Shooting Drill

Coach skips a ball to the short corner. Offensive player needs to "attack the ball/pass" from the top of the key. Make sure to catch pass off the baseline. 2nd shot is a jump shot.

Cassell Shooting
Shooting Drill

You could elect to do a catch, then drive to the rim. Keys for shot at the rim. Off two feet. Body needs to be square to the baseline on the jump. This uses the body as shield from the defender. If capable, have the off hand touch the rim as the right hand releases shot off the glass.
Drill Factory

Player starts with 2 balls. Dribble with right hand; hold the second ball with left hand on hip for entire drill. Start in corner dribbling w/ RH towards 1st cone, at 1st cone, change direction by dribbling between legs in front.

At second cone, change directions going between the legs behind. At 3rd cone, change direction by dribbling between the legs in front.

Jog across baseline, come back other side of court. This time, dribble left handed with right ball on hip. 1st cone change direction by dribbling between legs behind. 2nd cone, between legs in front.

3rd cone, between legs in front.
Drill Factory

Player starts with 2 balls on the baseline and a coach facing him. Player pounds two balls at the same time to the FT line with coach pushing on the shoulders for resistance.

Once player gets to the FT line, flip the balls to the coach and run to the other baseline. Next player up.
Drill Factory

Cuts #1
Ball Handling

**Blast Cut**
Start under the rim.
Straight line past the cone.
Receive pass and square

**Back Cut**
Player starts under basket.
Blast cut to the cone.
Once past the cone, cut to the basket back cut for a layup.

**Wrap Cut**
Player starts under basketball,
blast cut past cone on top side.
Staying open to passer w/o turning
back to passer, back cut to basket
for a layup.

Cuts #1
Ball Handling

**Blast Cut #2**
Rip drive body-to-body with defender (cone)
Finish with a layup, above the block, square to the goal

**L Cut**
Player starts on the block.
Make way up lane at slower pace.
Reaching the elbow, step into paint
then cut straight out to the wing.
Catch on the wing, rip cut to rim.

Cuts #1
Ball Handling

**Smash Cut**
Player starts at top of key even with lane line.
Pass to Coach.
Straight line off cone (screener).
Off screen for a layup.
Drill Factory

Diagonal Cut
Player starts on Wing, cut off cone (backscreen) for a layup. Pass is made once player passes cone to basket. After catch, one big step to other side of basket for a layup. No dribble. No travel.

V-Cut to Shot
Player starts on block, steps into lane, then up to the elbow. Catch the pass, square up, shoot jump shot.

V-Cut to a Post Up
Player starts on block, steps up towards FT line. Swim move or leg whip for a post up. Finish strong.
Drill Factory

Eastman Drill
Shooting Drill

Player starts above the key - coach passes him the ball. Attack the pass to a jump stop.

Rip drive body-to-body, finish behind the passer for a midrange jump shot.
Drill Factory

**Gamecock Shots**
Shooting Drill

Start in corner.  
Come off pin down screen.  
Jump shot.  Pivot on right foot.  
Finish with a layup off a miss.

**Gamecock Shots**
Shooting Drill

Jog to opposite corner (mid court)  
Sprint to elbow for 2nd shot - footwork is left right.  
Finish with a layup if missed.
Drill Factory

Kobe Footwork Wing
Shooting Drill

Player starts in short corner, steps in and comes off screen (cone) for a pass.

Kobe Footwork Wing
Shooting Drill

Squaring up on catch, drive the cone body-to-body, then take a step back jumpshot in the short corner.
Player 1 starts with the ball in the fill spot and passes to the high post.

Player 1 chases pass & back cuts or curls off elbow for a layup.
Player starts on the block, steps in, then comes off cone (screen) for a mid-range shot.

Back pedal out of shot to the sideline. Sprint off the cone for a 2nd jumpshot.

Good Balance on Shot. Jump is up/down.

Left foot plant, rise into the shot.
Drill Factory

Nash Dribble Moves
Ball Handling

Player starts with ball spinning out to self past cone. Player catches the ball on a jumpstop, jabs at the cone and squares up to the basket without a false step.

Nash Dribble Moves
Ball Handling

Drive is body-to-body with cone (defender). Finish above the baseline cone with a layup. Have shoulders square to backboard (baseline) and finish off two feet.
Drill Factory

Nash Shooting
Shooting Drill

Player starts under the basket. 1st shot is OKC shooting in short corner.

Nash Shooting
Shooting Drill

Player starts under the basket. 2nd shot is a curl off the cone.

Nash Shooting
Shooting Drill

From the curl, push back to 30' then sprint into a 15' jump shot.
Drill Factory

Drill #1
1. Three Cones - move at each cone
   All one ball handling move
crossovers, next time through btwn legs
Continue for each ball move you teach
2. 2 dribbles after 3rd cone
3. Finish with an elbow jumper

Drill #2
1. Ball handler at mid court, Big on block
2. Use all left hand
3. hesitation move then cross over

Drill #3
1. Each Player starts with a ball.
2. start at midcourt, go around, 3 sides,
sprint to start.
3. For each lap, make a move at each corner.
4. First time thru, btwn legs 2x and behind back.
5. 2nd time thru, crossover 2x then shuffle.
Drill Factory

Coach has the ball. Player starts under the rim, looking to come off the screen from the cone. Fade at the screen to the short corner for a shot.

After shot, player runs back under the rim, repeats for 3 total shots. After 3 shots, player 2 goes.
Next time thru, 2 total shots.
Last time thru, 1 shot.

After going thru the drill, do it from the other side.
Defensive Drills

1 on 1 on the side

Have X1 start under basket with the ball. X1 bounces passes the ball to the coach and sprints to the necessary help position. He's guarding 1.

Coach has the ball on the wing. X1 is in help position. We play the line of the ball. Some teams play a step off the ball. Obviously do whatever's your defensive philosophy.

Coach skips the ball to the offensive player. X1 closes out - he pressures the ball (trace, one bounce, etc) for 5 seconds.

Ball is skipped back to the coach. X1 defender must "SPRINT TO HELP" position. Not a slide. Sprint to help then find ball and man. Again, our philosophy is in the line of the defender.

Ball is skipped back to offense. At which point, X1 and 1 play one-on-one from the wing. Set rules - 3 bounces, no middle drive, etc - up to you. Have them within your philosophy and realistic to the game.

You may wish to expand the drill by when the coach has the ball, having him change positions and requiring the defense to adjust. Further, you can slide the offense as well.
Drill Factory

Phoenix Passing
Passing

4 or 5 players - 3 balls
Player in paint starts with ball.
other 2 balls given to any 2 players on outside.
Player in paint starts with pass to outside player without ball.

After 1st set of passes, 2nd set follows.
Ball cannot be passed back where it came from. Cannot pass the ball to the same player twice in a row. These two rules prevent a pattern from occurring.

5 Player diagram
Drill Factory

Player starts above 3pt line, even with lane line. Player attacks the ball for an elbow jump shot.

Backpedal out of shot around cone. Attack elbow once past cone for 2nd shot.
Drill Factory

Pullen Ballhandling / Stepback
Ball Handling

Ball is exclusively in the right hand
At first cone, do a wipe, inside out dribble

At second cone, go thru the legs from behind.
Keep the ball in the right hand.

Pullen Ballhandling / Stepback
Ball Handling

At the third cone, go thru the legs in front.
When clearing a cone, step thru tight, make sure, however, not to step OVER the cone. The cone is a defender.

After making move at 3rd cone, take 2 strong dribbles to the rim, to a step back.
At the step back, shoot a jump shot. Make sure balance is straight up and down. Don't fall back.

Pullen Ballhandling / Stepback
Ball Handling

After 3 - 5 repetitions, repeat everything using only the left hand.
Start with ball at mid-court, Drive to cone and pass to wing.

Cut to opposite cone. Come back to top of key for catch. Jab step to back defender down. Wipe, drive to FT line for jump shot.

Repeat cut, wipe ball on catch. Rise and Shoot 3pt.
Player 1 starts at the first cone, back pedals to 35', then sprints to the same cone.
Coach passes him the ball for a jump shot.
Catch should be hands up, ready position, good target, good stance.
Footwork for right handed shooter is left/right catch.

After shot, back pedal to 35'-40' again, sprint into shot.
Continue for all 5 cones.
Timing is right for the next shooter to start when the previous is in back pedal for 3rd shot.

Can also be completed with 3 shots.
Drill Factory

Wizard Shooting
Shooting Drill

Player starts even with lane line above 3pt line. Attack the ball to receive the pass. Mid-range jumper at the elbow.

Backpedal to the sideline. Sprint to the cone (screen). Come tight off the screen for a 2nd shot.

Repeat drill from left side.