

Charleston
Athletics

Department of Athletics
26 George Street
Charleston, South Carolina 29424
(803) 953-5556 • FAX (803) 953-8296

2000-2001
College of Charleston
Individual Workout Drills

COUGARS

Stationery Dribble

- Pound it, Back to Front, side to side, circles
- Stay low and keep head up

Warm up dribble

- Basic down and back using both Left and right.
- Add crossovers, thru the legs, spin dribble, retreat, etc.
- with the posts throw in rev. and front pivots.

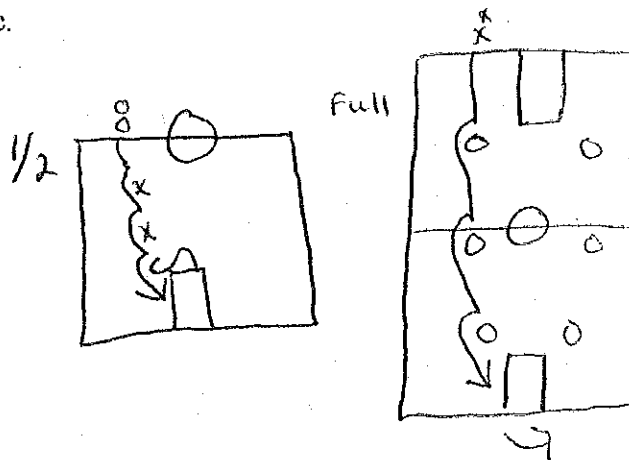
Cone Attack (1/2 court or full court)

1/2 court--

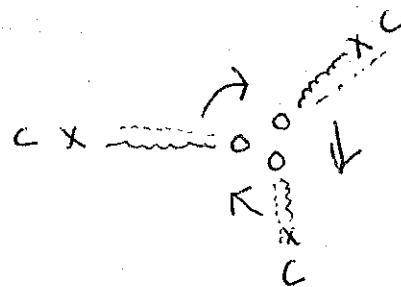
- Use different moves at cones crossover, hesitation, thru legs, spins, etc.
- then attack basket and be sure to have them keep ball on right side of body for rt hand lay-up and vice versa
- switch sides of court to work with opposite hand

Full Court--

- Same, but able to use full court speed dribble more
- switch sides of the court to use both hands



Triangle Pivots--Good for footwork--keep simple at first and then progress. Set up cones and have 3-4 players. Dribble in and jump stop facing cones. Have them pivot back to the coach they came from and pass it to them. Then they move clockwise to next coach and get a handoff and repeat drill. Work on reverse Left and right pivots as well as frontal left and right.



Man in the Middle--Use an area of the floor about the size of the top rectangle of a volley ball court. Defender traces ball while in good defensive stance and tries to get deflection. Offensive person must wait until the defender gets to them and then be strong with the ball and make a sharp pass to his teammate. Offense can use one or two dribbles to get away, but stay inside the boundary. Stress pass fakes.



Form Shooting

Great for 1 on 1 work with coach. Start very close to the basket and have them work on form and footwork. Stress the use of the 1-2 step over jump stopping into shot. Slowly move them back step by step until they reach their limit of range. Next we incorporate shot fake series from the spots in our motion. Do pull-ups and drives all the way to the basket.

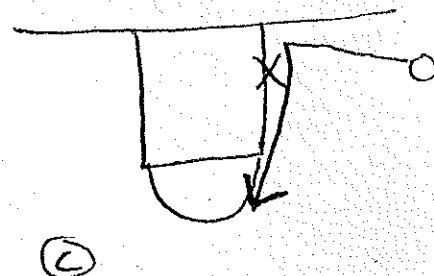
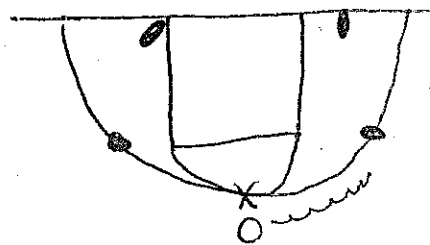
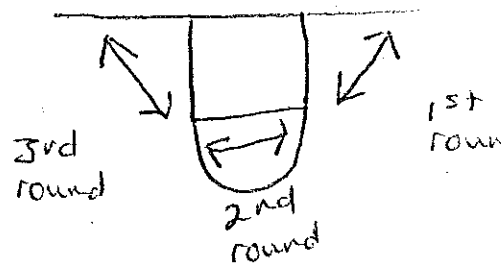
32 shots in a 2 minutes--Just what it sounds like. Do in groups of 3 and they always have to keep moving. 2 Balls and you tell them what range (ex: 12-15 ft) of shots you want them to take. Two players start with the ball and take shots, they get their own rebound and then one of them passes to the third guy and the second shooter now hits the first shooter and keep it going.

45 Second shooting--Another shooting drill. Groups of 2 (with 1 coach) or groups of 3. Start with one shooter going corner to elbow for 45 seconds. The other 2 people are the rebounder (or coach) under the basket and the passer around the top of the key. The shooter goes for 45 seconds and sees how many makes he can get. Then rotate. We use 3 spots--1) corner to elbow 2) elbow to elbow and 3) elbow to corner.

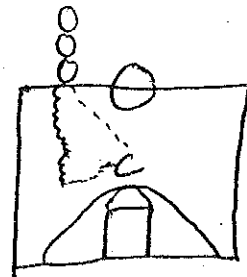
Defensive Slides--We have recovery areas marked on the floor with cones. The offensive player starts at the top of the key and puts pressure of the ball. Defensive keys--Since the offensive guy still has his dribble the defense must stay in athletic stance, but still tracing the ball and make the offense uncomfortable. When the offense puts the ball on either hip adjust your feet expecting them to go that way. Force them to the cone and slide hard to keep them out of the paint. Use the form arm (in tight to your body) to help guide the offense where you want. Once they pick up their dribble you can be more aggressive and can get out of your athletic stance. Trace ball hard. Keep drill going until they hit all the spots you have on the floor. Start with top and wings and slowly add short corner recovery after a few weeks.

Quick Head--We use this for 1 on 1 defense denying the wing entry. If the player cuts back door on us Quickly turn head and throw other arm out into the passing lane. As they cut to the basket use fore arm (in tight to body) to guide (push) offensive player off his line to the basket.

1 on 1 top of key--Offensive player starts in corner opposite the ball and defender starts mid line. The offensive player must cut hard to the basket. The defenders job is to meet the cutter and deny the pass until the offensive player gets past the FT line. Then the drill is 1 on 1. Play never stops until the ball goes in or the defender gets the ball.

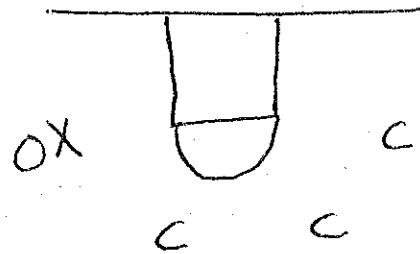


Game speed shot fakes—Offensive player starts at half court with ball. Coach is standing at top of key. Player hits coach and sprints to three-point line. Player must be low and receives pass, have them work on landing in 1-2 step ready to shoot. Shot fake and explode off dribble.



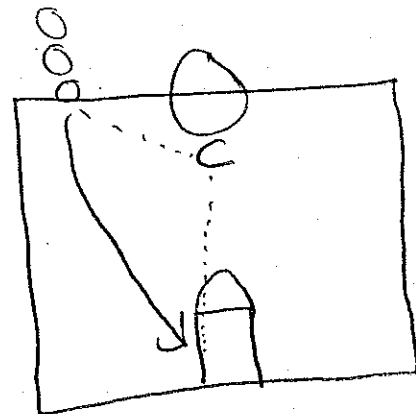
Zig Zag Drill—Basic dribbler vs. defense, but keep offensive player working on ball handling. The defender should try to control the movement of the ball and “keep his head on the ball.” Get down in a stance and stay there.

Closeout Drill—This works on the position principles of our defense. Place players/coaches around the perimeter (2 at high elbows and one on weak side wing. One player starts with the ball on a wing. Defender starts on ball and as ball moves defender moves. Ball goes to ball side high elbow—defender is now denying wing after jumping to ball 1 or two steps. Ball goes to other high elbow—defender must have one foot in paint. Ball goes to other wing defender is mid line. As ball moves back defender moves to appropriate position. If ball is skipped back to player the defender must sprint 2/3 of the way and chop feet last 1/3. Then we are 1 on 1 live. Keep playing until ball goes in or defense gets ball.



Feed post drill—Offensively--stress sharp passes to target hand and throw away from defense. Use dribble with head up to create better angle and don't pick up dribble until you are sure you can deliver pass. Defensively—Ball is below FT extended play 1/2 way on bottom side. Ball is above FT extended play 1/2 on top.

Run to Rim drill—Good especially for post players. Players start at 1/2 court and hit a coach with a ball around the center circle. Player takes off and coach throws ball over their shoulder close to front of basket. Work on catching in stride first, then work on catching and jump stopping in traffic.



Mikans, Dantleys, Taps and Touches (Post)

Mikans – We do 12 Mikans off 2 feet rotating right side of basket and left side after every make. Then 12 makes off regular mikan off of one foot. Keep ball high.

Dantley's--Using 2 hands jump and pound the right side of the backboard with the ball 9 straight times and then make a lay-up. Move to the left side and jump and pound the backboard 9 times and make the next one.

Taps—Using right hand only-3 tips off backboard on right side and then tip in 4th. Switch sides and hands.

Touches—Stand right in front of the rim and jump and touch the rim as high as you can (with fingertips, your wrist or your elbow). Touch with your right wrist first and then your left wrist on your second jump. Alternate right and left on 10 jumps. On your 11th jump, jump with both hands.

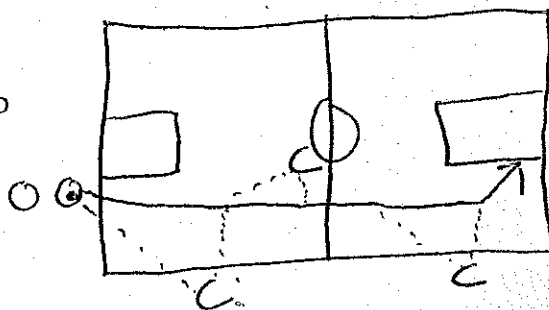
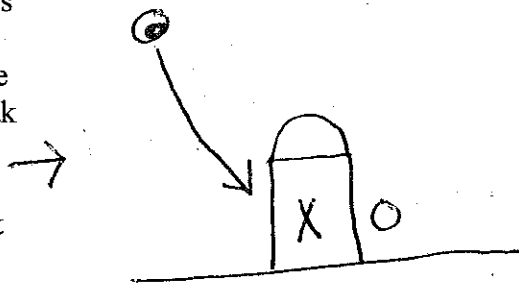
Post Moves—Work on all moves. Drop-steps, up and unders, jump hooks, catching lobs, turn around jumpers, etc. Be sure to do all moves both ways.

Rebound-Pivot-Outlet--Have player throw the ball off the backboard, catch with two hands above the rim and properly pivot and outlet out to a coach on the wing. You can add a dribble out to relieve pressure.

Screen and Pop Back—Have the players set a wide range of screen and then pop back straight to the ball for a jumper. Work on different screen and different angles

Shooting with Contest—Have one player drive to hole from wing area. Have another offensive player on weak side block. The post defender must stop lay-up. If driver passes off to teammate, the defender must react quickly and contest the other shot. Post Defender must work hard. Offense must drive hard. Great drill when they go at it.

Duck Passing Drill—Players start on baseline. Line coaches up (1 coach FT line extended out of bounce 2nd coach in center circle and 3rd coach Far end FT line extended out of bounce) Player must pass the ball to coaches and receive it all the way down the floor. After catching last pass drive in hard and attach basket. Have all players go down to one end and wait for teammates to get there, then head back.



Getting off baseline—This is use to keep your wings from getting to low while popping out. Start players on block and flash out to your desired entry spot. 1st time they show a target hand, plant and cut hard backdoor. 2nd round they show target, catch and sweep ball thru hard (as if defender missed pass and takes himself out of play) and takes ball all the way to rim. 3rd round. Player flashes and shows target hand, sweeps thru and takes one dribble and pulls up. Key: Players must pop out hard and use good footwork on planting and exploding to rim.

1 on 1 defense plays behind in post. ("O" emphasis)
Defender starts in mid line (help position). A Coach on each wing. Ball is skipped and defender can't get around offensive post player. Offensive player must score, defensive player works hard and contests all shots.

4 person passing 2 players on the sidelines and 2 guys on each lane of the FT line. The two outside players run straight down the floor, while the two inside players keep switching passing partners from one side to the other. The outside players throw bounce passes to the rotating inside players and the inside guys throw chest passes back to the outside players. The 2 inside guys criss-cross after each pass.

First pass cones (great for full court pressure)
One guard starts by making a lay-up at full speed. The other player (who is standing on the FT line) who is waiting for the person to make the lay-up and then turn around and be on defense. A coach inbound the ball against full denial. Once the ball is inbounded the offensive guard (within 10 seconds) now must get the ball down the floor against pressure and drive thru the cones placed near the middle on the court (see diagram). If the offensive player goes thru the cones then the play continues live towards the other basket. The defender needs to now work towards cutting the ball off and stopping the offense.

Tight 3 Man Weave Great for post footwork. Keep the 3 players no wider than the FT lane. Have them run a very tight 3 man weave. The movement will be to move forward to receive the pass and then have to step back to run behind the person they throw/hand off to.

