

Innovative Practice Drills

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Finishing School

Daily repetitions that include 100 shots using the glass.

Shooting

Fire Truck Shooting

Shots that leave you shooting with confidence.

Shooting

5 Point Closeouts

Plenty of reps in a short time - can dictate drive or shot.

Defense

Drake Drill

Getting transition scores against the clock.

Team

Numbers Game

A build up from 2-on-1 to 5-on-5.

Team

3 Man Game

Defense to Offense, shooting off of a curl.

Shooting

Gut Check

Attacking the glass against defense making a play.

Defense

Shell Drill 4 vs. 4

Defending the skip—low man wins (Utilizing ropes).

Defense

3 to 1 Defense

Advanced 'zig-zag' - using ropes and weights.

Defense

Finishing School

- Jumping stationary layups & reverses.
- Ambidextrous mini hook and bank shots
- Shots are through contact; FT's finish the sequence

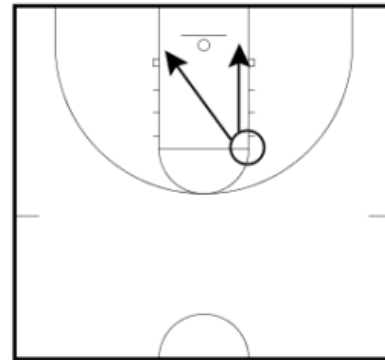
Fronts		Backs		Dunks		Dunks Center		10 FTs	Banks			Total
10 R	10 L	10 R	10 L	5 R	5 L	5 R	5 L		1st 10	2nd 10	3rd 10	
												100

Fire Truck Shooting

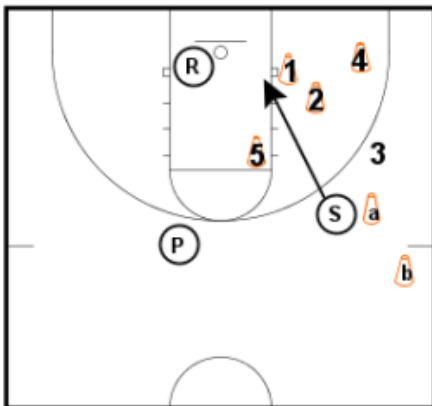
X it Out

- Start in triple threat at the elbow.
 - Player will go down the lane, then across the lane.
(dribble right, step right; dribble left, step left)
 - 1-Lay-up (R), Lay-up (L)
 - 2-Power Lay-Up (R), Power Lay-UP (L)
 - 3-Jumper (R), Jumper (L)
 - 4- Step Through (R), Step Through (L)
 - 1 dribble; 3 steps
 - Do from the right and left elbow.
- Total Shots Taken = 16

X it Out



16 Spot Shooting

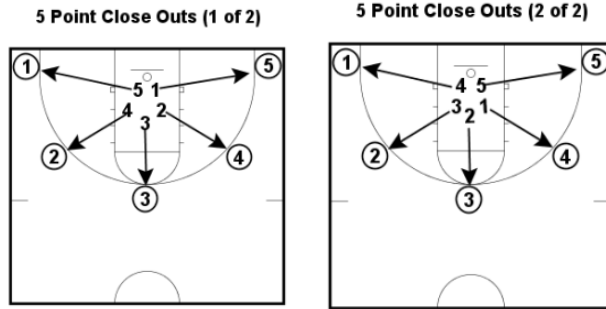


16 Spot Shooting

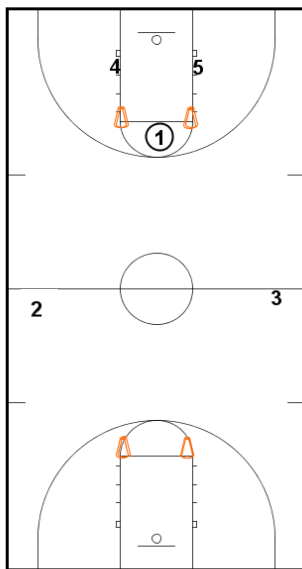
- Player starts at cone A.
- After each shot, player sprints to touch cone A.
- Series of shots:
 - 1- Bank(1), Bank(2), Bank (1), Bank (2)
 - 2- 2 three's
- Player curls (5), Flares (4); 3 times each.
- Player sprints to touch cone B.
- Player shoots 4 along 3 point line; touching cone B in between shots.

5 Point Closeouts

- 5 players, with balls, are spread around arc.
- 5 defenders start with hands touching in the middle of the lane.
- Defenders close out low, X out close outs.
- “Pressure, Pressure... Dead 1, 2, 3”



Drake Drill



Drake Drill

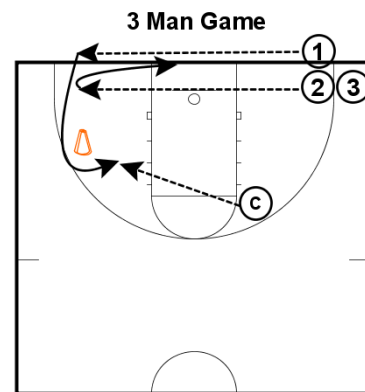
- 5 on 0 transition, filling wide lanes.
- Cones placed at the 4 elbows.
- PG (1) serves as an outlet and kicks ahead.
- Goal of 7 scores per 45 seconds of drill.
- FT counts as a point.

Numbers Game

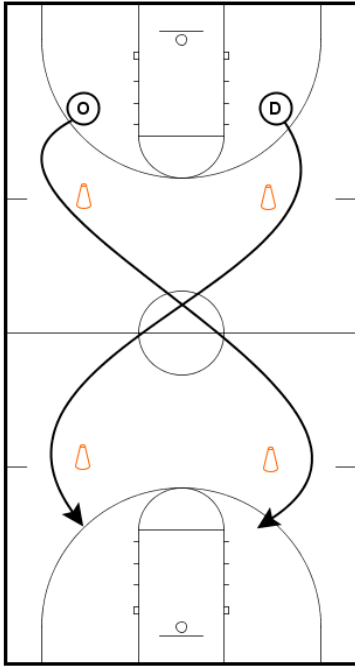
- The team is split into two even groups.
- Competitive play starts with 2-on-1 game.
- Keep score and add one player on each offensive possession.
- 2-on-2, 3-on-2, 3-on-3, 4-on-3 until it's 5-on-5.
- Winning group earns ‘Sprint Pass’.

3 Man Game

- 2 players mirror step & reach defense on end line.
- Player facing in curls off of ‘screen’ for shot, then sprints to end line.
- 2 jogs back and 2 & 3 mirror step & reach defense on end line.



Gut Check



Gut Check

- 2 players figure 8; 1 starts with the ball and dribbles while the other is sprinting.
- Defense beats driver to the rim & makes a play.
- Starts with ball off dribble.

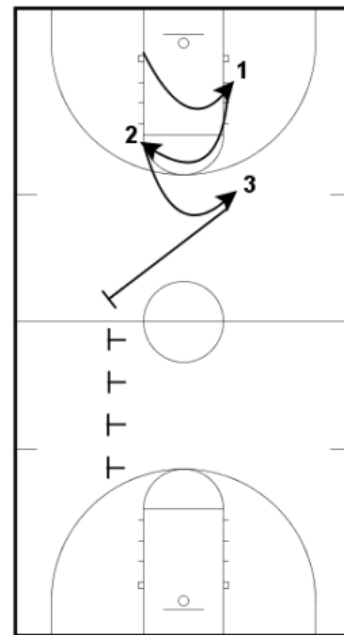
Shell Drill 4 vs. 4

- Support staff holds a web of ropes across the court.
- Sprint ball to wall under the ropes.

3 to 1 Defense

- Players hold a 5 foot rope or a 5lb. Weight in each hand.
- Players are to turn the dribbler 3 times in the back court.
- After reaching half court, player is to keep the driver to one sideline.

3 to 1



Taking a Slightly Different Approach...

Hear and Repeat ~ Whether it is an out-of-bounds set, a defensive alignment or 'Water Break'... The players hear what the coach says and repeats it aloud.

Sprint Passes ~ During competitive play, "Numbers Game" for example, the winning team will receive a "Sprint Pass" that they are allowed to redeem when they feel necessary during sprints at a later time.

Bungie Finishing ~ A bungie cord is placed around player's waist during the "Finishing School" sequence. Support staff applies resistance.

● Days of Silence ~ When the team fails to TALK in practice, that privilege is taken from them. A couple practices or a few days of silence helps the team value the ability to use their voices.

Water Intake Charts ~ Players are advised to carry water bottles to all of their classes. Bottles are also present during film sessions and team meetings. The players keep track of the water they have consumed during the week and the total is placed on our weekly water chart.

C.E.O.s ~ Chief Energy Officers. There are more than one on the team, so there will always be one on the court. CEOs do whatever it takes to keep the energy of the group high at all times.

G.H.B.G. ~ To prevent leak-outs from hurting you, there are designated people during each moment of the game that are to pick *Mass* over *Glass* and get back.