

## Guard Drills/45 Min Workout by Yolett McPhee-McCuin

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#### Keys or Pointers:

- You can only conduct workouts if your coach doesn't use the maximum hrs a week during practice.
- Player needs to be focused in order to fully maximize the time and the workout.
- Player needs to already be warmed up before the workout begins. At Least 10 minutes before you start.
- Workouts should be tailored for the individual's strength and weaknesses. (I only work on things that the individual will use in the game. Esp. during season)

#### Terminology used in Workouts:

- "Game Like Speed"- We stress that all of our plyrs. do every drill with Game like Speed. So that the game feels like practice or my workouts.
- 3-2-1 Countdown-I usually countdown on the last 2 shots of each drills or at times sporadically. I feel that the countdown creates pressure, which happens in the game.
- Change of Pace- In order to be affective off the dribble or around the screens the plyr must change her pace in order to get open or throw the defense off.

### Guard Drills

Coach McCombs and I work with the guards on a daily basis in our Guard/Post workouts in practice.

3 things we work on daily:

1. **Lay-ups**- Two lines underneath. Plyrs. Straight cut out to the 3 pt line. The ball is passed, guards rips through & drives in for a power lay-up. (Coach or Practice player is underneath with a pad creating contact on lay-ups.) Total 20 makes
2. **Spot Shooting**- Two lines underneath. Guards straight cut or L cut open for a variety of shots; Straight shots, dribble jump-shot, baseline/middle, 3 pointers, jab fake or step back 3's. Total 50 makes
3. **Transition Shooting**- Integral part of our game. This is done 2 ways.  
-Guards are up top with 2 lines, and a coach underneath. (guards push the ball up the floor, then passes to the wing who looks for a shot. Once the middle passes to the wing, the passer relocates to inside the 3 for a shot from the coach underneath. Guards get shots from both sides of the floor.) Total Shots: 80 makes in 6 minutes. Shots taken are straight shots, two dribble baseline shot, pump fake middle dribble shot, and 3's.

Other guard drills we use are 1 on 1's, 2 on 2's, partner shooting, shallow cuts, dribble drive and fill shots, skip pass shooting, flares, and breakdown shots from our offensive sets.

**45 min Workout**- 1 plyr, 2 plyrs will need to be modified a bit for time.

\*I really have each workout tailored according to the individual. These workouts usually occur twice a week during season because we don't use the 4 hrs for practice daily. I work with the girls in the morning before class and at least 4 hours before practice.\*

#### Typical 40 min wkout, no random order

**Continuous Layups**- Coach in the middle a bit above the free-throw line. Player lays the ball up, passes to the coach while running around her in order to receive a pass from the coach again. This happens continuously

until she makes 10. This should take the plyr 1 min(coach can mix up the passes etc., off glass, bounce pass, handoffs)

**Continuous Shots-** same as layups but now jumps shots. Make 5 in a minute

3 min Shooting-Plyr is at the FT line, Makes 10 Shots, 5 pump fake dribble left/right, 5 pass fake dribble left/right each, back pedal to half ct. and run up for shot make 5. Total 35 shots in 3 mins

**Total 5 mins**

5 Ft's Makes- 1min

**Series-** Back Pedal(for sideline shots I usually have the guard back pedal to the sideline. And for the shot between baseline and middle, backup to the hash), run up for a shot make 5 at each spot. 5 spots for 20 makes clockwise.

Back Pedal run up for a shot, pump fake 1 dribble. 5 spots counter clockwise 20 makes.

5 ft's Makes

15 mins Max

**Total 20 mins**

3 pt shots, I dribble in while the plyr spots up for her shot. 3 makes at 5 spot. Clockwise and counter clock

Total 30 Makes-10 mins

**Total 30 mins**

I like to use chairs in my workouts. So I set four chairs up starting on the left side of the court.

Off the dribble shots- The key is to have the plyr make moves at each chair then finishing with a shot. \*I recommend dribbling goggles for your guards that prefer to dribble with their head down\*

It should take the guard 7 secs. To go through each chair and get shot off.

I usually use two mins for each section of the court. Left, Right and middle. The plyr should be able to get 5 makes each at each section.

I also call out different type of dribble moves for each shot etc. cross over, behind the back, between the leg, hesitation, and reverse spin or in and out crossover.

6 mins, Max 8mins

**Total 36 mins**

**1 min Shooting-** Probably my favorite drill because you don't need a passer and it teaches the plyr to follow their shots. Player has one minute to make ten shots using the whole half court.

Explanation: Plyr shoots if she makes, the ball is allowed to bounce 1 time, then she has two dribbles to get to a new spot and pull up for a shot. If she misses her shot, then the ball is allowed to bounce twice before she gets it, then she has two dribbles to get to another spot for a shot.

*This is a workout that I commonly use if I just need the guard to get shots up and get a good reps and workout. My workouts change according to the reason why I am working with the guard. I also at times get the guard shots in our offense.*