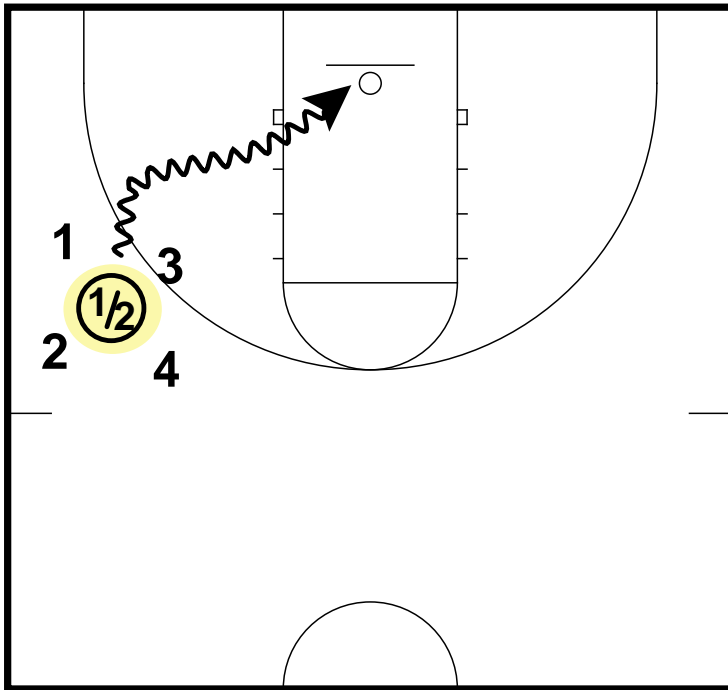


**2011 ASSISTANT COACHES ROUND TABLES  
POST SEASON WORKOUTS  
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- I. MOTIVATION – MOMENTUM
  - a. Format of workout
  - b. Duration of workout
    - i. Length
    - ii. Reps per week
  - c. Individual or Partner workouts
  - d. Progression of workouts
  
- II. PURPOSE – ACHIEVEMENT
  - a. Teach Terminology
  - b. Improve Basketball IQ
    - i. Defensive Mentality
    - ii. Game Situations
    - iii. Offensive Skills
  - c. Develop and Enhance Skill Sets
  - d. Focus on Makes or Takes
  - e. Challenge/Competition
    - i. Mentally
    - ii. Physically
  
- III. K.I.S.S. – ACCOUNTABILITY
  - a. Equipment and Facilities
  - b. Drills
  - c. Recording results - Feedback/Evaluation

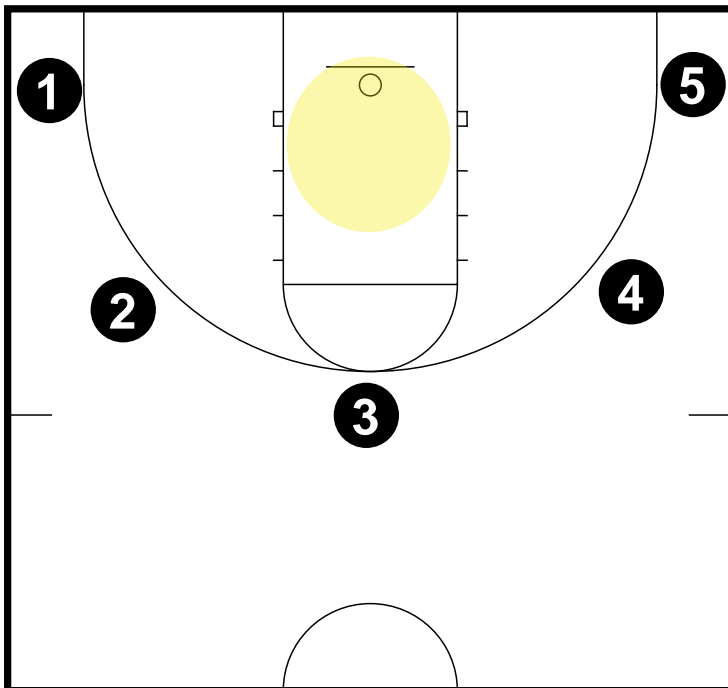
*“There will come a day when the WINTER will ask you what you  
have been doing all SUMMER.”*

## 1-2-3-4 ATTACK



Player has the ball in triple threat  
The area to her left is identified as 1, the area to her right is identified as 4, etc.  
She must MAKE 10 consecutive layups  
Coach holds up a combination of 1-2-3-4 forcing the player to change direction & speed with the ball in the direction the coach directs. The player can use any combination of moves to move from one space to another. Coach directs the player using finger signals in order to keep the players eyes OFF the ball and looking ahead.  
When coach yells GO, the player attacks the basket  
The action continues until she makes 10 layups in a row

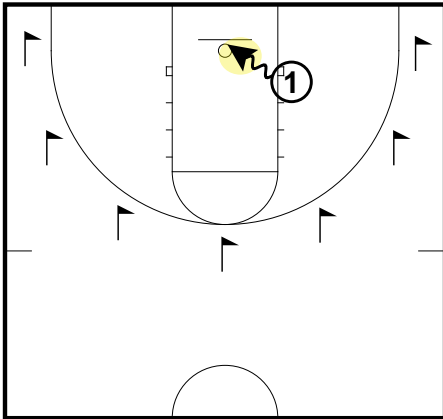
## 5 Spot Bulls Eye



Trying to BEAT THE CLOCK  
Goal is to make 5 at each spot (3s or 15' jumpers) before advancing to the next spot. If player makes 5 in a row at a spot, she can SKIP the next spot.  
Player self tosses the ball and must touch the paint (shaded area/bull eye) BEFORE taking her next shot ... this is meant to develop a rebounding mentality.  
If she gets the rebound BEFORE it bounces, she can finish it and it counts as a MAKE. If not, she touches the "bulls eye" and self tosses for the next shot.

## 2 min drill at 7 spots

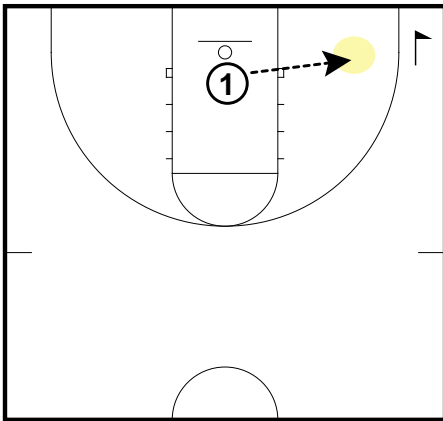
Frame 1



There are a total of 7 spots OR levels  
The first shot is always layup  
Player must rebound every shot  
Player can NOT advance to the next shot until she makes the previous shot

## 2 min drill at 7 spots

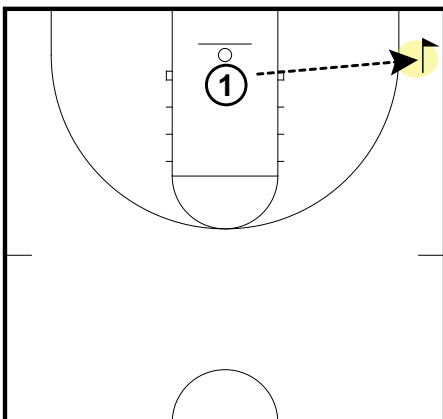
Frame 2



2nd shot is a self toss for a mid-range jumper

## 2 min drill at 7 spots

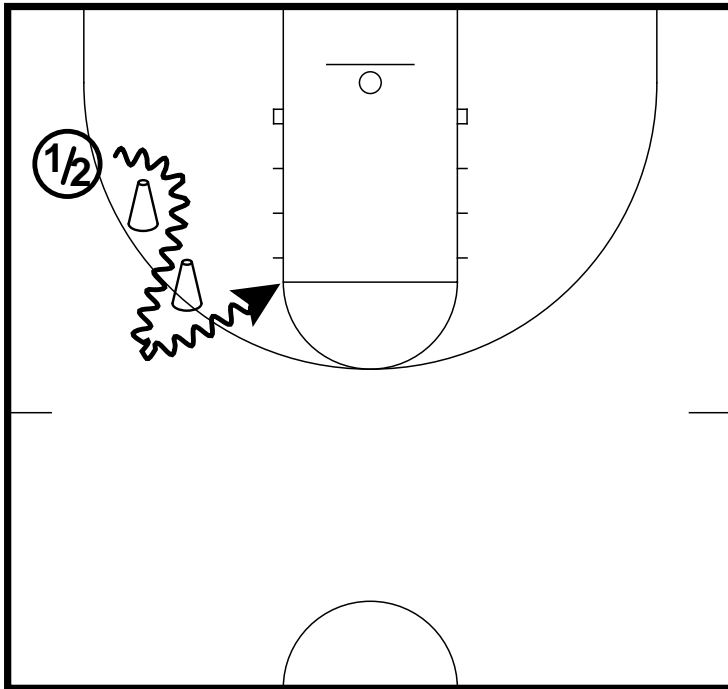
Frame 3



Third shot is a self toss for a 3ptr  
Once the 3rd shot is made in the series, the player must MAKE two consecutive FTs in order to begin shooting the same series of shot shots at the next spot/level  
If she does NOT hit both FT, she must start over at the level where she was most recently shooting  
GOAL is to see how many levels a player can complete in 2 minutes ... the clock does NOT run while shooting FTs

# Figure 8 jumpers

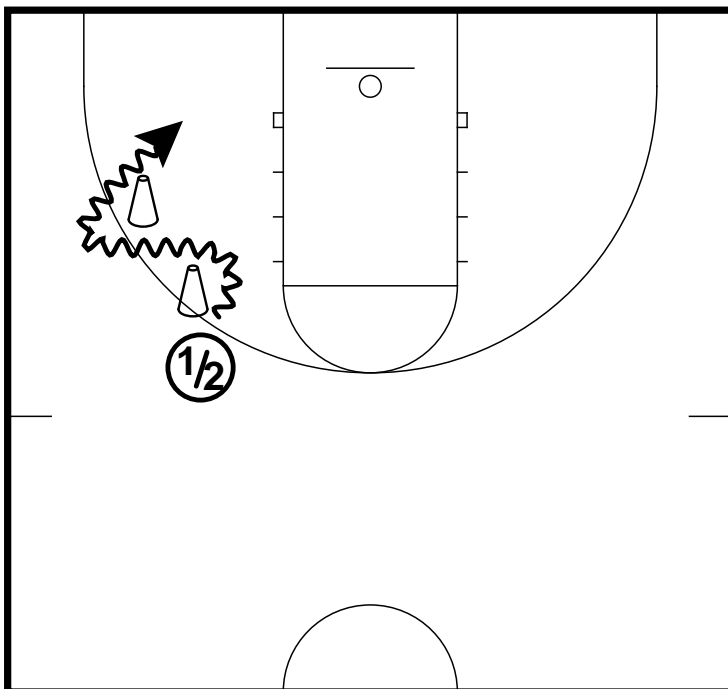
## Frame 1



Player always goes UNDER the first cone  
Then shoots jumper after going OVER the 2nd  
Player rebounds her own shot

# Figure 8 jumpers

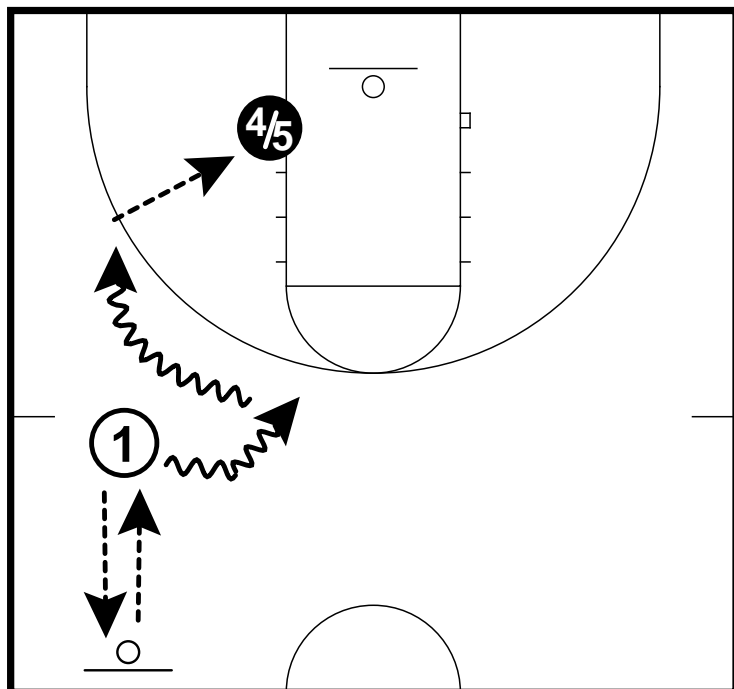
## Frame 2



The action continues from the opposite spot  
Player goes for 1 minute

## Tossback Outlet - Post Hit

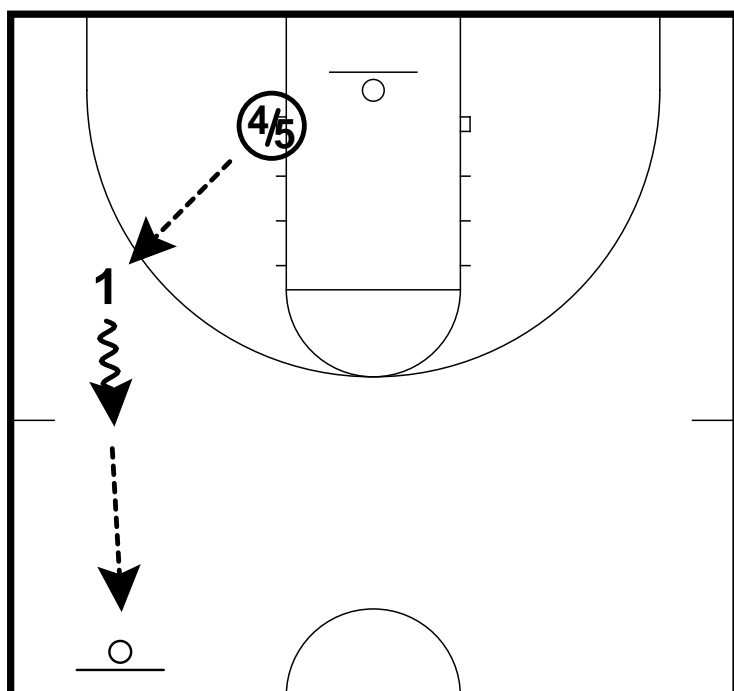
Frame 1



Player starts with a pass to the tossback  
Player MEETS the pass and attacks middle  
Then CHANGES SPEED and gets to the wing for  
a post hit

## Tossback Outlet - Post Hit

Frame 2



Guard RELOCATES AFTER THE PASS  
Guard then CALLS for OUTLET, takes a couple of  
dribbles and makes a long pass down court to the  
tossback  
THE ACTION CONTINUES

## **TOSSBACK BALL HANDLING**

### **1. LATERAL DRIBBLE – PASSING R & L**

- Start with a chest pass, while directly in front of the tossback approx. 20' away
- Meet the pass, two LATERAL dribbles to the RIGHT, SNAP it between your legs back where you started and make a LEFT hand pass to the tossback
- Meet the pass, two LATERAL dribbles to the LEFT, SNAP it between your legs back towards where you started and make a RIGHT hand pass to the tossback
- REPEAT for 10 total passes going GAME SPEED

### **2. PRESS SIMULATION**

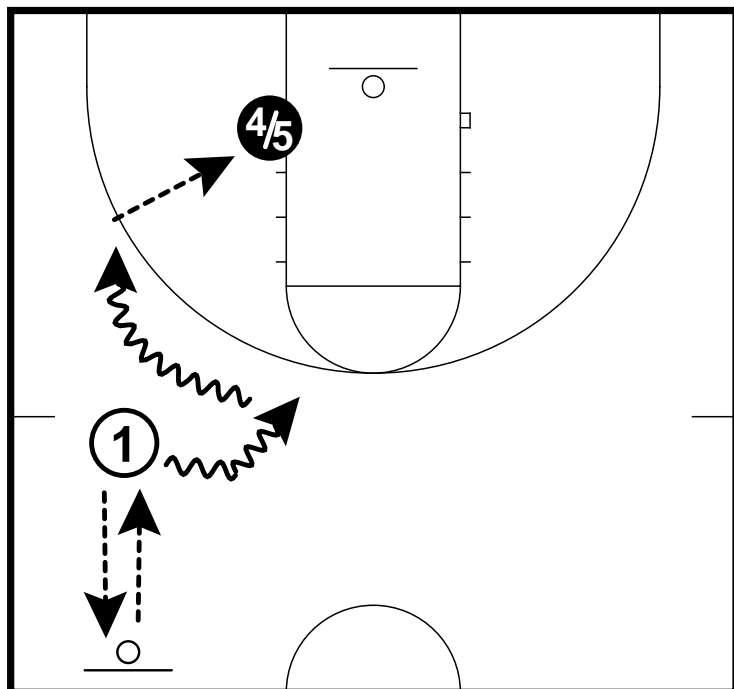
- Start with a chest pass, while directly in front of the tossback approx. 20' away
- Meet the pass and reverse pivot, as if you are prepared to attack a pass after receiving an inbounds pass
- Attack to a designated location while changing speed and direction (use your imagination)
- At the designated location, turn and attack back to the toss back for a 20' pass to REPEAT the action
- REPEAT for 10 total passes going GAME SPEED

### **3. SKIP PASS SIMULATION WITH BALL FAKE**

- Start with an overhead pass, while directly in front of the toss back approx. 20' away
- Meet the pass and use two retreat dribbles back using your LEFT hand
- Then pick up the ball and make a pass fake to the LEFT, before overhead passing back to the tossback
- Meet the pass and use two retreat dribbles back using your RIGHT hand
- Then pick up the ball and use a pass fake to the RIGHT, before overhead passing back to the tossback
- REPEAT for 10 total passes going GAME SPEED

## Tossback Outlet - Post Hit

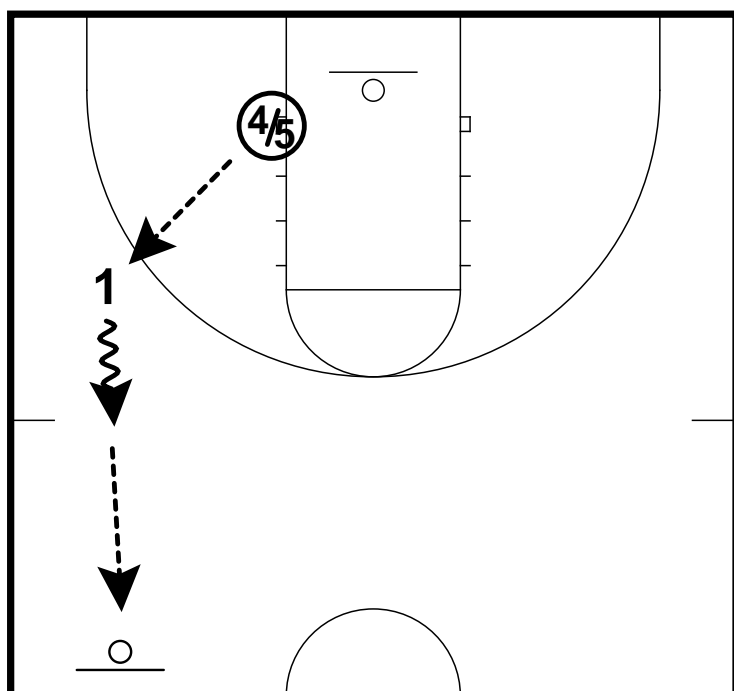
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## Tossback Outlet - Post Hit

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Guard RELOCATES AFTER THE PASS  
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