



2011 Final Four Roundtable

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Practice Drills

GREAT PLAYERS NEVER GET TIRED OF FUNDAMENTALS

INTRODUCTION:

- What do we want to achieve from our practice drills? (Good drill team verses Good game team)

THOUGHTS ON PRACTICE DRILLS:

- Combine multiple fundamentals/conditioning
- Emulate the game
- Competition & Accountability (Winners & Losers every drill)
- Convert in Drills ("O" drills based on makes..."D" drills based on stops etc)
- Team Emphasis and Repetition (Less is More)
- Make Drills Harder than Games
- Let a Senior/Leader implement a drill

FAVORITE TEAM DRILLS:

- 3on3 Continuous from H/C (Gut Check Time)
- Game Day Shooting (Competitive Drill to End Shoot-Around)
- Super Three
- Argentina Passing Drill
- Team Shooting Drill (75 in 5)
- Competitive 3-man Weave
- 1 Minute Defensive Drill: 4 on 4 Defensive Drill
- 8-pt Defensive Drill

OFF-SEASON GUARD DEVELOPMENT PHILOSOPHY:

- Spring workouts for summer advancement
- Efficiency (Don't work on 5 moves; rather perfect 2-3 moves)
- Reduce opportunity for excuses w/ today's Players
- Challenging workout not an overwhelming workout
- Goal for off-season workout is something that can be done by themselves or with one other person
- Base totals on Makes not Takes
- Always combine Conditioning (Break=2 FT's)
- Accountability for missed FT
- 45 min offensive workout w/ variety performed 5x per week

3-ON-3 FROM H/C CONTINUOUS: (COVERING OFFENSE AND DEFENSE)

- Divide teams into groups of 3 (you can have as many teams as needed; if there's one man out then allow one team to have a sub)
- **Guidelines:** No Out of Bounds
- **Scoring:** Offense gets regular scoring 2's and 3's (Hard fouls count as 2pts)
 - * Offensive player gets a 3 dribble Max per catch
 - * Coach gives Offense instructions per day (ie. On-Ball screens, Pass and cut, No Screens, Screen away etc)
 - * End of Drill: Offense with most pts wins and the remaining teams have a penalty based on order of finish.
(i.e. 4th place 4 down and backs, 3rd place 3 down & backs etc)
- **Rebounding & Outlets:** On a make, Offense leaves ball alone. Defense throws all outlets to next team in line at H/C (all outlets got to the wing on same side) the wing immediately throws middle and attacks down the gut of the defense.
 - * Work on Correct Pivoting and Throwing Strong Outlets
- **Defense:** They must get 2/3 consecutive stops (as determined by the HC)
 - * **A coach stands on baseline and counts stops**
- **A Stop:** Is the POE you determine for the drill that day (ie. No middle, Box-out)
 - The stop only counts if they perform the defense correctly and stop the O from scoring.
 - If they fail to perform the POE, the defensive score goes back to zero.
- **Gut Check Time:** The drill goes as long as needed until each group has rotated on Defense. This is a great drill for showing the players that defense is about competing and stopping the other player from doing what she wants to do...

GAME DAY SHOOTING:

- Fun, Competitive way to end Shoot-Around
- Divide players into 2 teams (one on each end---2 Balls)
 - * Mix this up (i.e. Underclassmen verses Upperclassmen, Starters and top subs verses Bench, Post-Forwards verses Guards etc)
 - 1st team to complete the following wins the competition (losing team has fun penalty)
- 20 Consecutive Lay-ups-Hand-off from Elbow (if you miss one the count goes back to zero)
 - * Make 20 Elbow Jumpers (entire group)
 - Next, Split 3-pt shooters and non 3pt shooters within your team (Add a 3rd ball)
 - * 3pt shooters (Make 20 3's) then make 3 in a row bf rotating (non-3pt shooters are rebounding and feeding the shooters quickly)
 - * Next, the non-3pt shooters have to make 20 Elbow/SC jumpers (then 3 in a row)
 - * Last the group must make 20 FT's (2 and rotate)
- You can reduce the number of makes to 10 if you have less time-

SUPER THREE:

- 3 Players per basket 1 min rotations (Heavy Ball, Heavy Jump Rope)
 - 1-player is jumping rope, 1-player is working on BH, 1-Player is doing Mikan/X-outs
 - 3 min=X-outs/Mikan Only
 - 6 min=X-outs and Mikan

ARGENTINA PASSING DRILL:

- 8 Players lined up around half court, 2 Balls, 4 pairs (1&5, 2&6, 3&7, 4&8)
- 1& 5 begin with the basketballs.
- They pass to the players on their right and switch spots with each other.
- 2&6 now have the basketballs and they each pass to the player on right and switch spots with each other.
- Make sure players are pivoting on the catch and throwing crisp passes (not just tossing a pass)
- Break team into two groups or 1 group w/ subs

EARLY PRACTICE TEAM SHOOTING DRILL: (GREAT FOR WARM-UP)

- 5 min to make 75 shots-3 balls (15 makes in 5 spots---Use 5 spots of your choice)
- Penalty per shots/makes you are short of the goal
- Option: Split into 2 teams and use both ends
- Rules:
 - 3pt shooters must shoot all 3's and everyone else can step in for 15 foot jumper
 - Shoot, sprint to get your own rebound and exchange lines
 - You must MAKE 15 shots in each spot before rotating
 - Lines: If the 1st shooting spot is on a wing, then the passing line will be at the top (rotate accordingly)

COMPETITIVE 3-MAN WEAVE F/C

- Taking a Basic Fundamental Drill to a Higher Level
- Goal: 20 Makes in 2 min
- Break teams into 2 groups and have them compete not only to get 20 but against the other group.
- Rules:
 - Ball cannot hit the floor except for a bounce pass to the shooter (If a ball hits the floor the drill resets)
 - They only get 3 passes (if they travel or make more than 3 passes the drill resets)

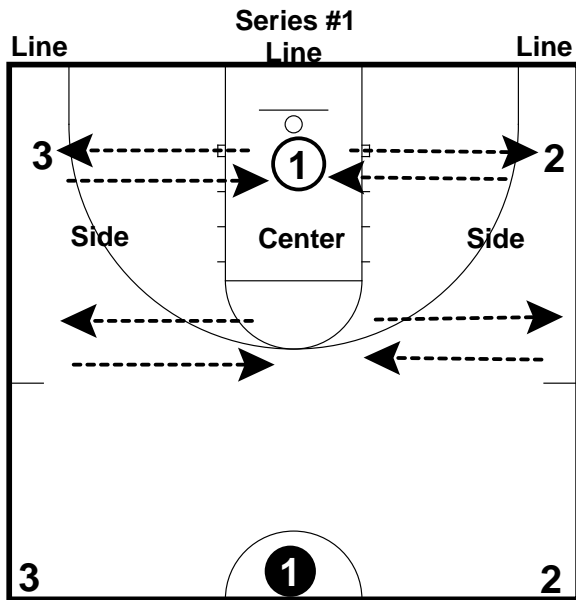
1 MINUTE 4 ON 4 DEFENSIVE DRILL:

- Defense must play a full minute of good defense to get off the court
- A Stop: Defending for 1 minute the way we (coaches) want...
- Rules:
 - * If the offense scores, gets an O-Board or if the coaches see something they don't like and whistle it dead to teach (The Drill Resets to 1-Minute)
 - * This can go as long as the coach wants it to continue (sometimes 30+ minutes)
 - * You can split and utilize both ends to reduce standing
 - * Give Offense specific instructions (ie. Screens, no screens, backdoors etc)

8-PT DEFENSIVE DRILL Great defensive drill covering many aspects of defense per individual **8 AREAS:**

- Deny before the catch, Mirror the Ball on the catch, Deny one pass away, Sprint to help, Cut off Weak side Penetration, Sprint back to help, Close-out on Skip, Get a stop 1 on 1 (no middle)
- **SETUP:** Defense rotates off after a correct stop (i.e. No middle and boxes out)
 - Put 1 offensive player on each wing. Ball starts at top/middle with a Coach/Player
 - On the catch, Offensive player has to v-cut/L-cut/circle cut to get open against full denial defense
 - On Reversal, Defender sprints to help side. Offensive wing drives to block. Defender meets outside lane.
 - On skip, Defense goes from help to a close-out then defends live 1on 1 (offense has a 3 dribble max)

"3 in 1 Drill"



S-C-S, Weave, Contested Lay-Up

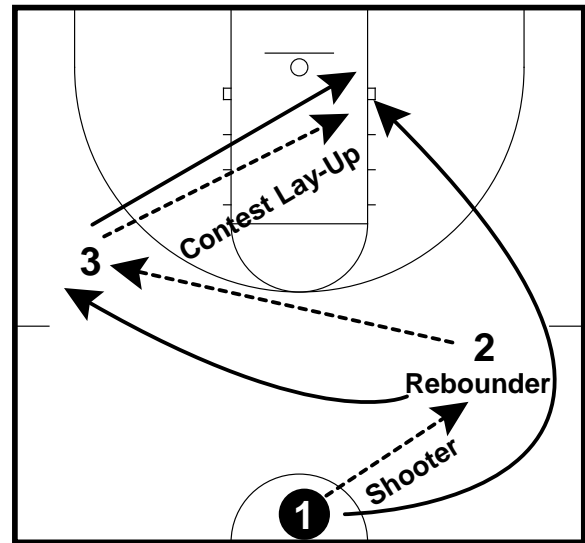
Key Points

*Everyone must sprint and touch H/C

*3-Passes, Middle Person ALWAYS Shoots

*Goal = Zero Misses

(Accountability for any Miss (i.e. 5 Up-Downs) or Reset Clock



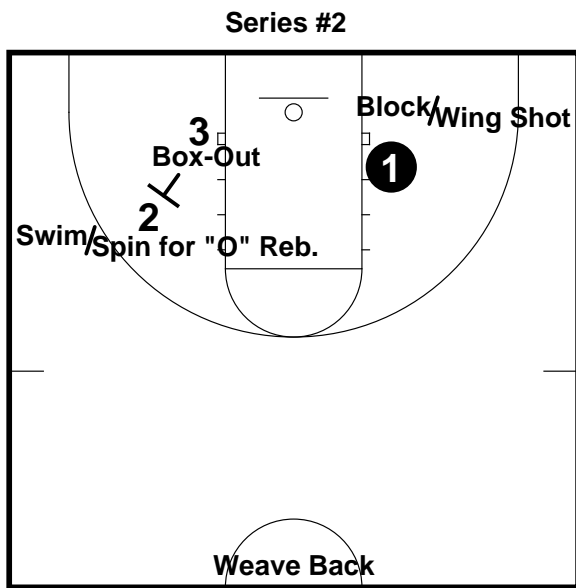
*Weave back

*1-Shoots Lay-Up

*3-Passer--Contests the Lay-up

*2-Jumps & gets ball out fo the net

"3 in 1 Drill"



S-C-S, Weave, Shot from Block/Wing & Box-Out

**1 min each Series*

**Everyone must sprint and touch H/C*

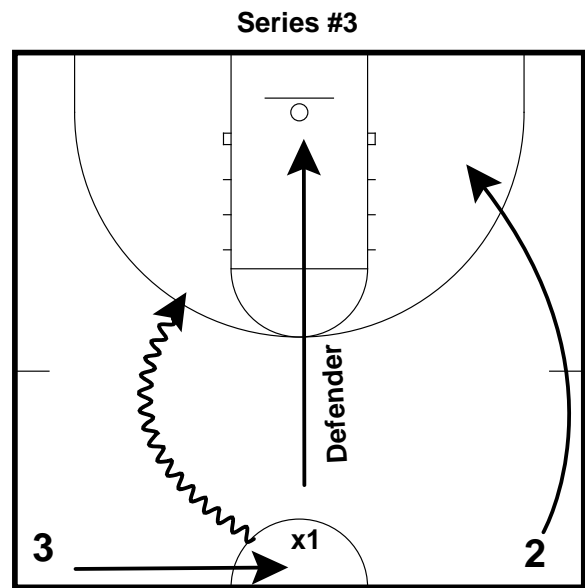
**3 Passes, Middle Person Always shoots*

**3-Passes to Shooter & Boxes 2*

**1 shoots a bank shot from block/wing jumper*

**3-Make or Miss doesn't let the Ball touch the Floor (Accountability if she gives up an "O"Board i.e. down & back)*

**2-Give incentive for any O-Board (i.e. Rebel Card)*



S-C-S, Attack 2 on 1

**1 min. each series*

**Everyone must Sprint & touch H/C*

**1-Places ball at H/C*

**Best BH-Sprints to get ball at H/C & attacks 2 on 1*

**x1-Back Pedals Quickly to Defend*

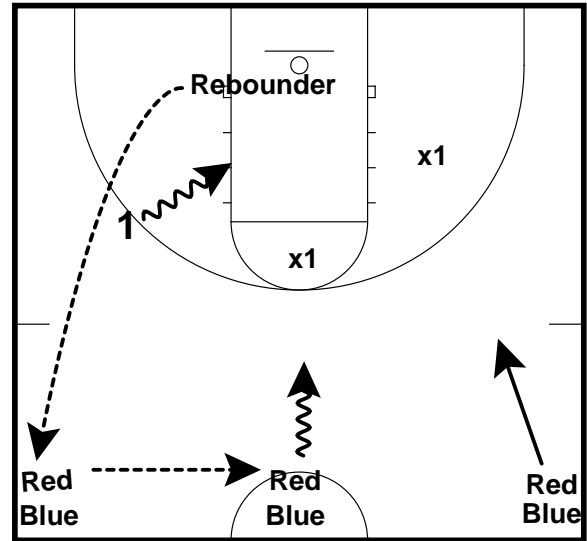
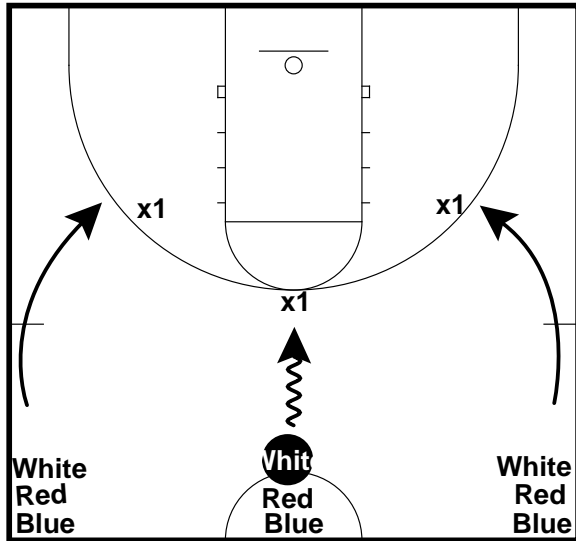
Offense:

Gets Max 2 Passes & 1 Dribble (Individually)

Defense:

Goal is to force outside shot, No Uncontested Lay-ups

"3-on-3 from H/C Continuous"



Key Points

*Reference Handout

Rules:

*No Out of Bounds

*Defense must get 2 or 3 consecutive stops to rotate off (Coach counts these from baseline)

Stop=2 POE's for that Day

i.e.) No middle penetration, Box-out

In addition, you must prevent them from scoring for it to count as a Stop

*Offense doesn't touch the ball after a make (Defense grabs it out of the net and throws outlet) We don't inbound after makes bc we want to keep the drill moving

*Outlet to same Side

(Next team in line is calling for outlet)

*Wings pass middle and attack 3 on 3

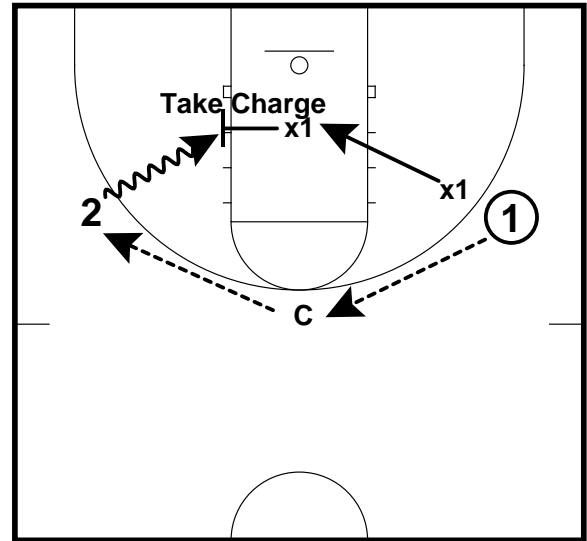
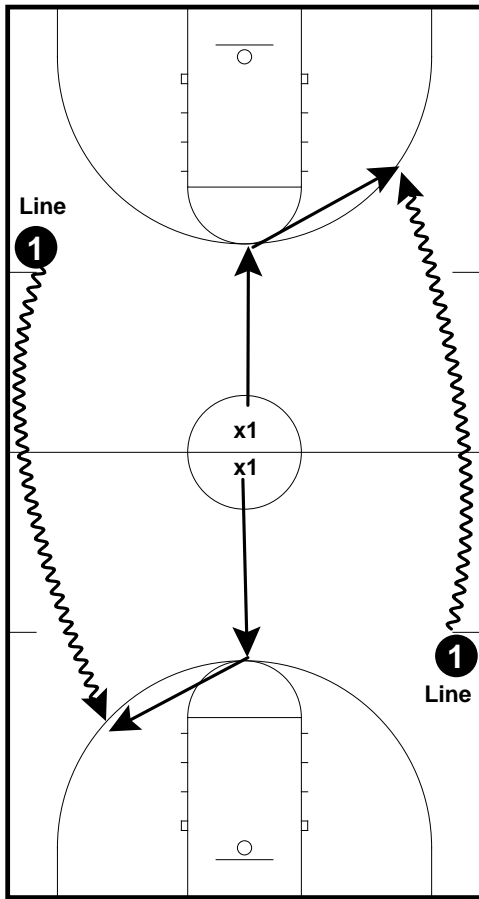
*Continue to repeat until the Defense gets 2 or 3 consecutive stops as determined by the coach

Offensively

*Each Offensive team gets regular scoring 2's/3's (Team who scores the most pts is the overall offensive winner)

*Winners & Losers at end of drill

"8-Pt Individual Defensive Drill"



**Pass to Coach (Defender Denies one pass away)*

**Pass to 2 (Defender sprints to paint for Help)*

**2 Drives to Lane Line (Defender meets her w/ both feet outside the lane & takes a Charge)*

***Start with a Line at each end (Hash Mark) w/ a Ball**

***Two Defenders will start at H/C (Middle)**

***The player with the ball will say GO to start each rotation**

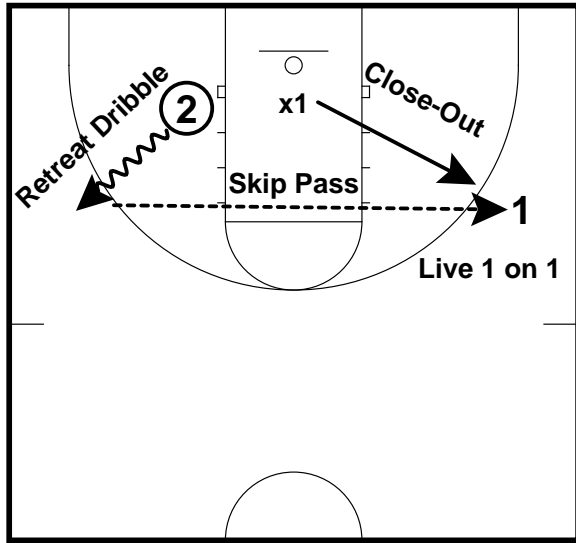
***The defender starts Back Pedaling from H/C**

***The Offensive player Dribbles to the wing & picks up her dribble at 3pt line**

Order of Defense:

- 1.) Trans. (Back Pedal) Talk
- 2.) Dead, dead, dead (Mirror the ball)
- 3.) Deny
- 4.) Help
- 5.) Take Charge
- 6.) Close-Out
- 7.) Live 1 on 1
- 8.) Get a Stop, Box & Board

"8-Pt Individual Defensive Drill"



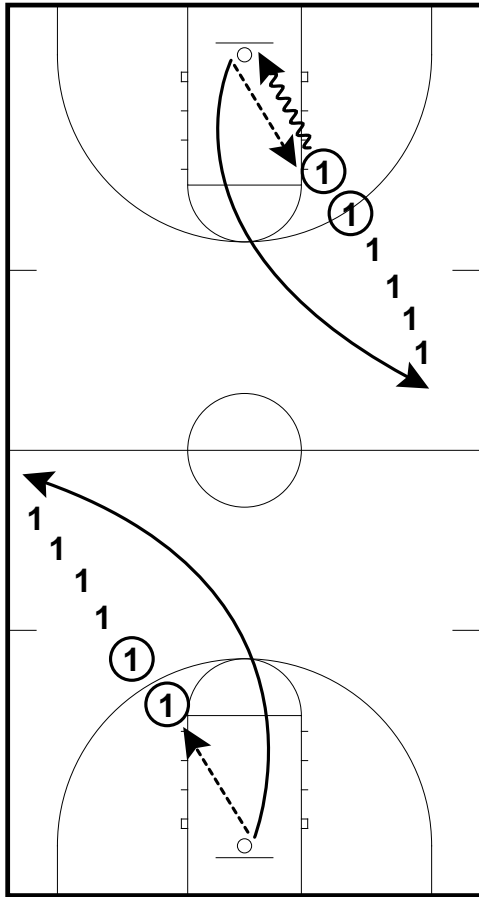
*2 Retreat Dribbles back to 3pt line and Throws a Skip Pass to 1

*Defender Closes-Out, Choppy Steps and Defends live 1 on 1

Offense:

3 Dribble Max

"Game Day Shooting"



Top
Lay-Ups
Bottom
Elbow Jumpers

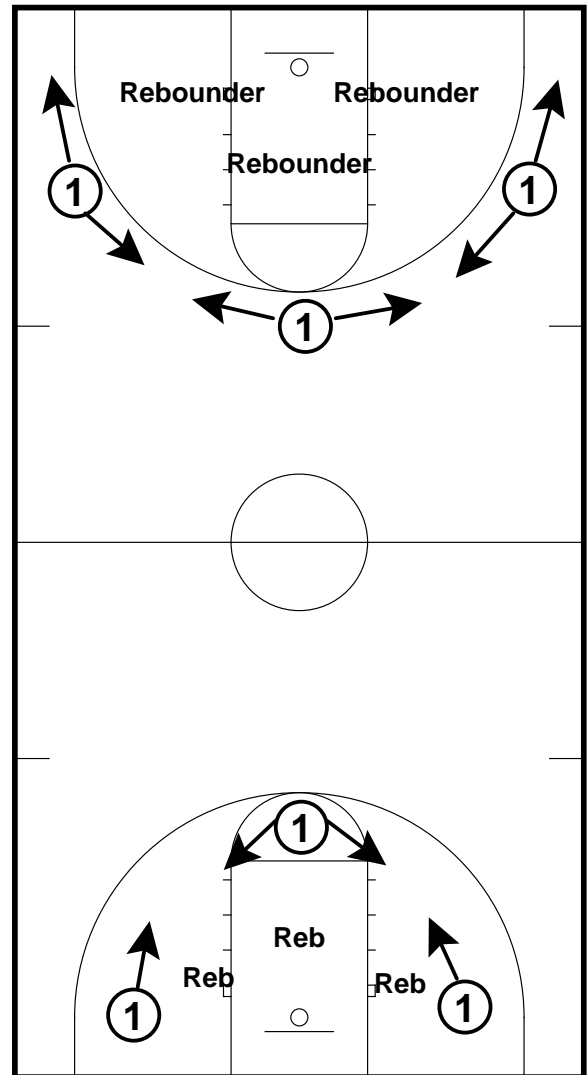
Key Points

- *Competitive Fun way to end Shoot-Around
- *Team that completes all makes first wins!
- *You will get several shots in a short amount of time

Order of Shots

- 1.) 20/10 Made Lay-ups
- 2.) 20 Made Elbow Jumpers
- 3.) 20 Made 3's (End with 3 in a row)
- 4.) 20 Made SC/Elbow/FT line Jumpers (end with 3 in a row)
- 5.) Make 20 FT's

*Reference Handout



Top

*3PT Shooters must Make 20 three's while Non-3Pt shooters Rebound
Remember: They must make 3 in a row after the 20 makes before rotating

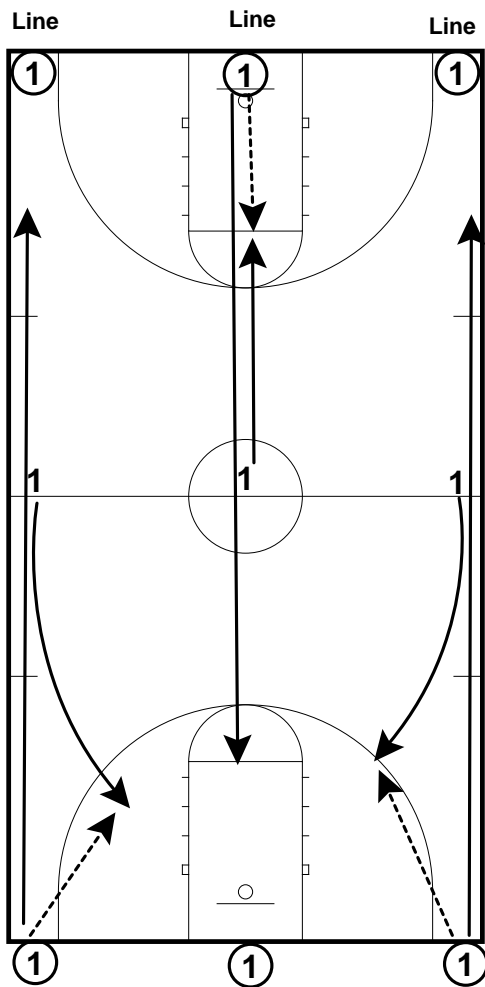
Bottom

*Switch: 3Pt shooters now Rebound and Non-3Pt shooters Make 20 Shots from SC/FT/Elbow areas

Lastly

Make 20 FT's
First team to finish is the winner!

"Lane Shooting Competition"



Key Points

*Pass to shooter, Sprint to receive next pass for shot

Set-up:

*3 Lines (H/C & Both Ends)

-All Players on Baseline have a Ball

-Middle Person Sprints to one end, Both Wings sprint to opposite end

*Highest # of pts scored per lane wins
or

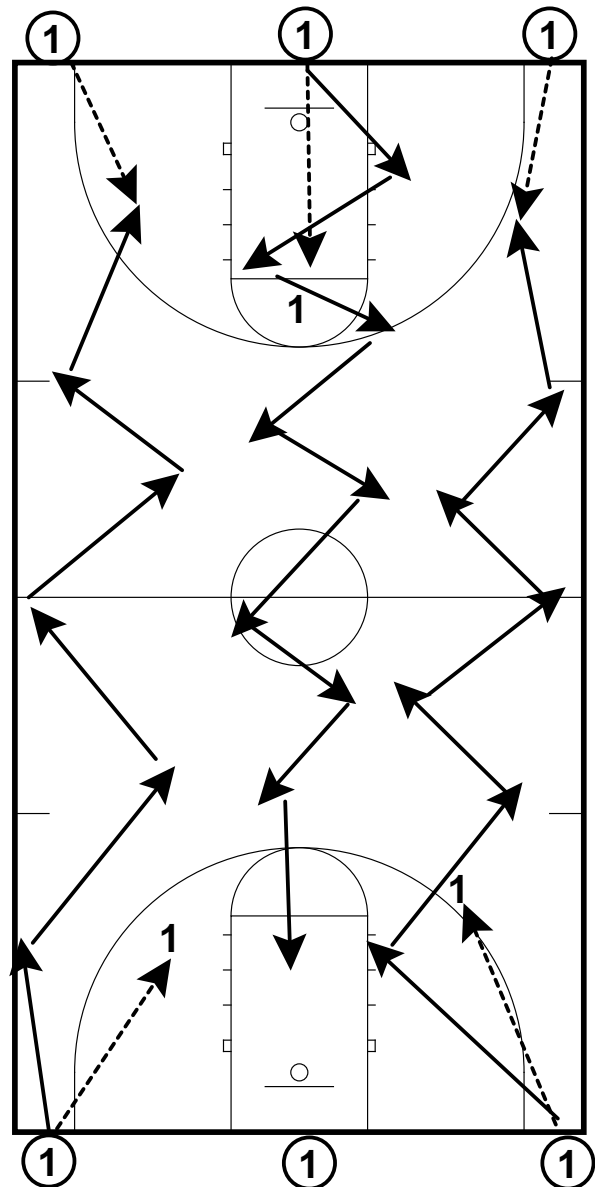
*Create a Team Goal: 130 Makes = 3 min
(2's&3's)

*TALK, TALK, TALK (Shooter must call out where she wants the ball)

*Sprint, Catch and Shoot (NO DRIBBLES)

Losers: Accountability

Winners: FT's



Defensive Slide Option

-Pass, Turn & Face existing Baseline begin Slide

-Zig Zag to appx. Hash/3pt line

-Turn & sprint to receive ball for shot

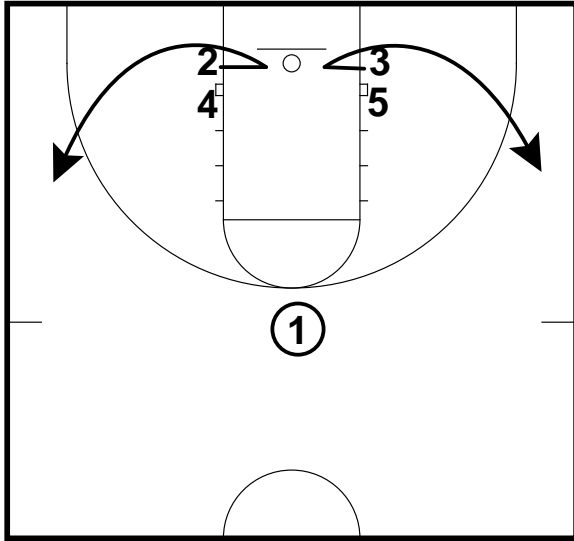
Options for Variety:

1.) Everyone Fake (Shot/Jab) shoot 1-dribble pull-up J

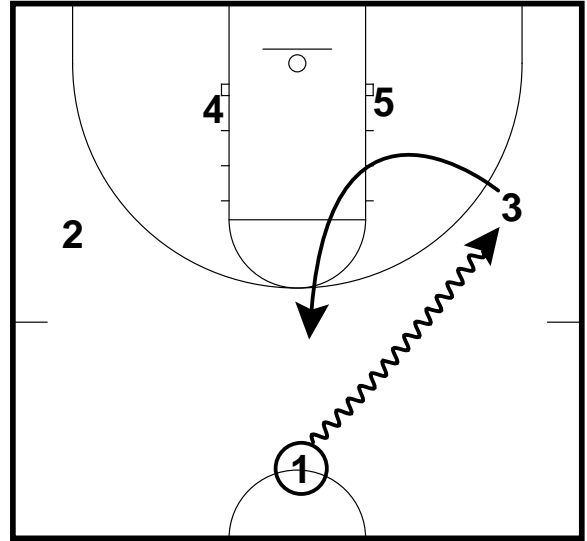
2.) Speed Lay-Ups (Shoot all lay-ups-->speed competition)

3.) Give each player a specific shot to take based on her strength

"Man Offense Quick Hitter"

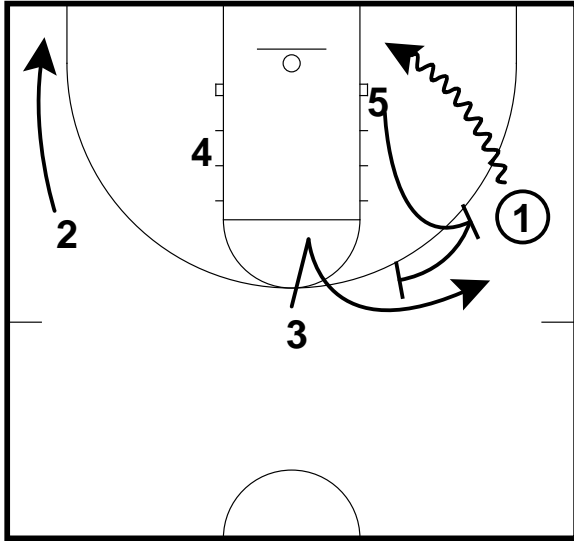


- Start in double low stack (Optional)
- 2 and 3 pop out to the wings

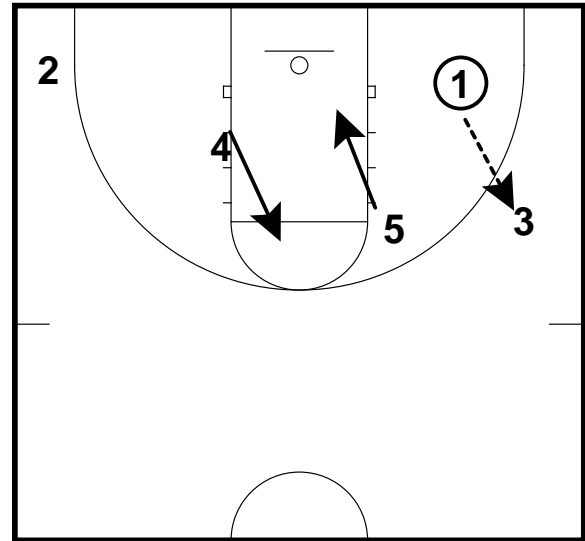


- 1 Dribbles hard at 3
- 3 Loops to top of key

"Man Offense Quick Hitter"



- 4 stays mid-post
- 5 will FAKE a screen for 1
- 1 will Fake using screen & drive baseline
- 5 will turn and screen for 3
- 3 will v-cut to FT Line then come off screen from 5



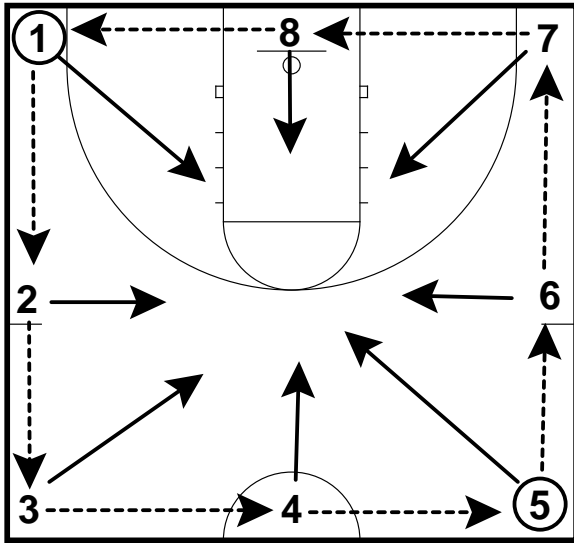
- 1 will pass back to 3 for shot
- 5 Dives hard after screen for 3 (often she will be open if the Defense helps on the screen for 3)

Additional:

- 1 can score on the initial drive
- 1 can pass across to 2 for a 3pt shot
- 1 can hit 5 diving after the screen

"Passing Drills"

"Rebel Passing"



-8 Players, 2 Balls

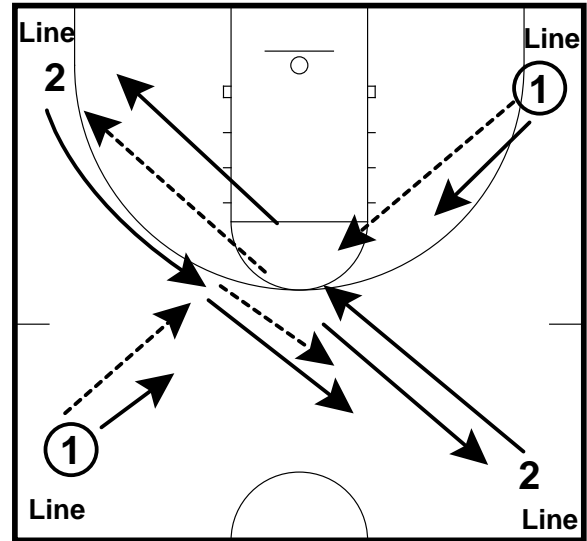
-4 Pairs (1&5, 2&6, 3&7, 4&8)

-Pass to the person on your right

-Then, **SPRINT** & exchange with your partner

-*Extra players can sub in*

"X-Passing"



Time= 1 min right, 1 min left (NO DROPS)

A drop Resets the Clock

-4 Lines, 2 Balls

-The 2 players with a ball are diagonal

-The 2 Players w/o a Ball start the Drill by Sprinting and receiving a pass from their Right

-Catch, throw to the person directly in front of you next in line

-The person receiving the ball immediately passes to the next person cutting

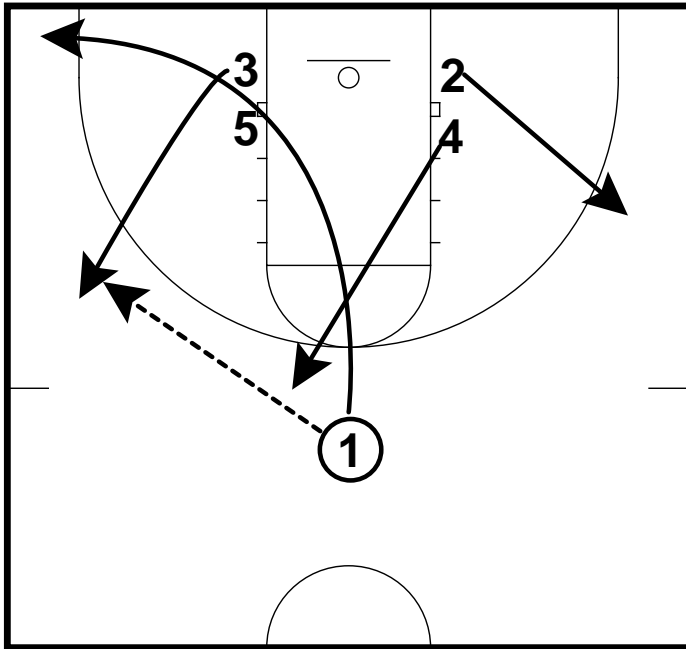
-Repeat

*Emphasize **SPRINTING** while throwing Quick, Sharp Passes

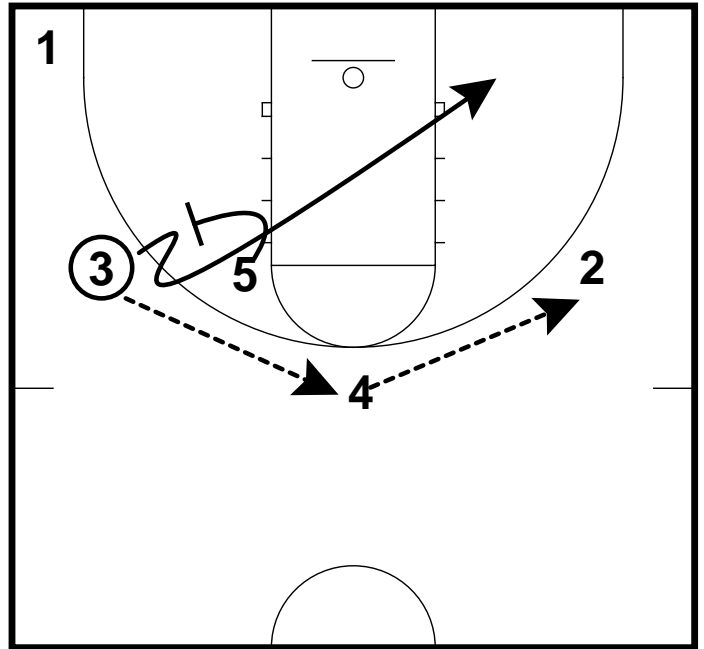
Option:

*Go directly into 1 on 1 competition from the Block.

Quick Hitter for your Best Shooter

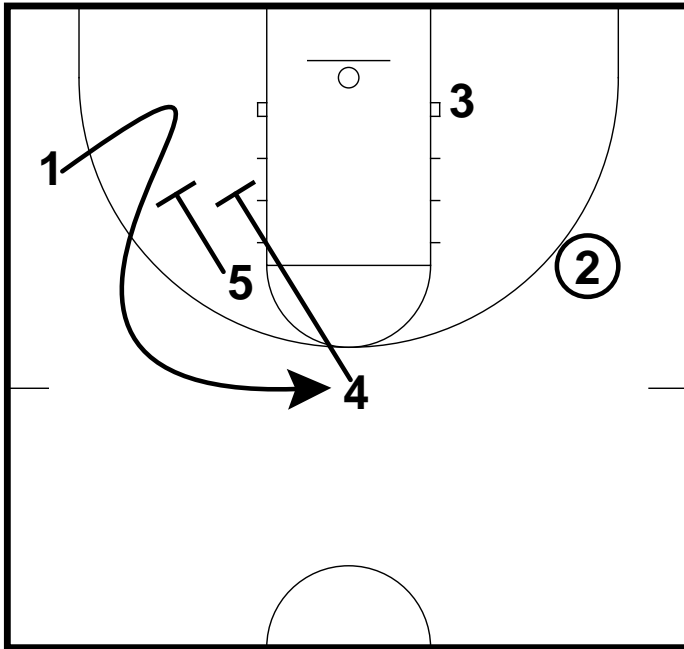


- Start in double low stacks (Optional)
- 1 pass to 3 and cut ball side corner

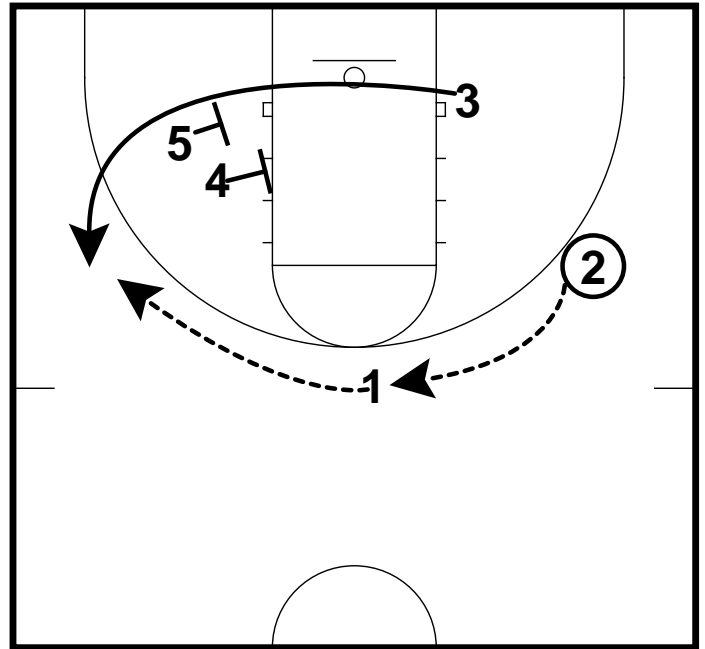


- 3 passes to 4
- 5 sets a backscreen for 3
- 2 looks for 3 cutting to block

Quick Hitter for your Best Shooter



-5 and 4 immediately go set a staggered screen for 1



-5 and 4 turn and set another staggered screen for 3

-1 looks for 3 coming off the double screen

-If 4 or 5's defender cheats:

-We will hit them on a pop/cut after the screen