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I. Footwork Warm-up

- A. Emphasis: Step, Cross, Stance...Head on swivel

II. 2 Line Partner Ball side Help side Movement

- A. Emphasis: Move when ball is in the air, Arrive on Catch

III. 3 on 3 Down and Back Full Court

- A. Emphasis and Rules: Ball must be inbounded in front of the 3 pt line, Check on help side line, Keep ball in front, Rebound and run.
- B. If the ball is stolen in the front court, play continues until a down and back.
- C. Time on Scoreboard and also Score is kept.

Misc. Can foul and shoot 1 free-Throw, Make into a late game situation

IV. Circle Trap Drill Passing only

- A. Emphasis: Defensive anticipation and aggressiveness. Offense-use of ball fakes, beat one trapper, step through traps, control the ball without turn-overs
- B. Add dribble also,

V. Favorite Rebounding Drills

- A. 2 lines under basket, 2 lines at elbows, 1 ball in line under basket. Pass the ball to elbow line who then shoots it and everyone must make a basket for the drill to be over, the last shooter has 3 push-ups. Up to coach to control fouling
- B. 2 opposite color lines at the elbows, coach shoots it to start drill and each player in line must make a basket to be over. Win 2 out of 3 for conditioning.

VI. 3 on 3 1 dribble drill

- A. Players cannot dribble unless it leads to a direct basket, set the number of baskets to be made, when that is reached, 3 new players from that team come in . Can do with 2 teams or 3 teams. Teaches movement without the ball, creating windows, finishing and conditioning.

VII: Free-Throw hand-off drill

- A. One hand-off and then running and who becomes the next shooter, one shooter who then becomes the next rebounder, one rebounder who then becomes the next hand-off person. Can keep track of makes or conditions on the spot.

VII: Full Court Transition Drills (Depending on Numbers)

- A. 2 on 2 Get Back Drill (3 on 3, 4 on 4)
- B. 2 on1, 3 on 2, 4 on 3, 5 on 4, 5 on 5 to a certain point total or time limit.
- C. 2 in every area, break with 3, 4 or 5 people.

Questions??

