



# 2021-22 Practice Games & Drills

West Ottawa Basketball Association



# About This Document

This document is meant to provide guidance to West Ottawa Basketball coaches in developing players at all ages, stages, and levels within the organization.

It's a companion document to our 2021-22 Coaches Guide & Curriculum, which identifies player development milestones by age and stage of development. You can use this document to build practice plans that align to the player development milestones for the age of players you are coaching.

It's also been designed with small-sided games and drills that align to our philosophies on coaching best practices as expressed in that document.

West Ottawa coaches are the essential foundation for success in our organization. We realize that helping support and grow our players is a big responsibility and requires a lot of effort. We hope that this document helps provide guidance and support.

Please feel free to contact [Mark Emond](#), West Ottawa's Director of Player and Coach Development with feedback on this document or for any help you need with your team. Finally, a huge thank you for your efforts and for the impact you have on all the young people you are leading!

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# Loading Games and Drills

Throughout this document, the games and drills that are aligned to each skill will be segmented into four categories:

- **On-air:** This is done with no defenders to enable players to focus their learning on a new skill or technique. A good example is form shooting, where players practise shooting by themselves from a short distance.
- **1 on 1 with a Guided Defender:** In this progression, the coach guides the defender to play the ball handler a certain way. This is done to intentionally work a certain skill or technique. A good example is 1 on 1 in the half-court where the defender forces the ball handler to dribble drive to their left to work their non-dominant hand.
- **1 on 1 Unguided:** This is straight up 1 on 1 play. Unguided play is the best way to develop the critical decision-making skills that players need in a game.
- **Multi-player:** 2 on 2, 3 on 3, 4 on 4, 5 on 5, or uneven numbers. We want to be spending a lot of time in small-sided multi-player games to develop game-like skills and decision making. Add constraints to develop specific skills and techniques. A good example would be a 3 on 3 game in the half-court where the ball needs to be reversed (switching sides of the half court) 3 times before you can score.

When teaching a new skill or technique, we recommend “loading” your teaching: start with on-air and progressively work up to multi-player. The majority of the time should be spent on multi-player to mimic a game-like environment and maximize fun. You can also “unload” and go back down to 1 on 1 and on-air if players are struggling or need a little more time to work on fundamentals in a blocked manner.

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# Dribbling Games & Drills

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# Dribbling Games & Drills | On-Air

On-Air Game or Drill	Points of Emphasis	Ages
<a href="#">The Maravich Series</a>	Knees bent, chest up	All ages
<b>Balloon Dribbling:</b> Each player has a balloon, which they must try to keep in the air while dribbling. Practise with both hands and crossovers. Can also do this in pairs with one balloon, tapping it back and forth.	Eyes up	< 10, 10-12
<b>Pirate Navigation:</b> In pairs, players start at one baseline. One player is dribbling with eyes closed. Their partner verbally directs them to the end of the court, navigating around cones. The first pair to pick up their tennis ball at the other baseline is the winner. If a player touches a cone or loses their dribble they have to start over.	Knees bent, chest up	< 10, 10-12
<b>Court Knowledge:</b> Players start the drill in the center circle with the basketball. The coach calls out a variety of spots on the court and the players have to dribble the ball and stand in the designated spots. Spots should include: sideline, baseline, low post, mid post, high post, left block, right block, corner, wing, slot, center court, 3 point line, free throw line, short corner.	Dribble with speed to the spot. Pound the ball.	All ages
<b>Dribble Course:</b> Set up a course with pylons where players can dribble with speed, use their crossover dribble, and perform layups. Constraint: non-dominant hand only.	Knees bent, eyes up	All ages
<b>Half-Court Relay:</b> The group is split up into teams who compete in a relay race from the mid-court. Each player must dribble down to the rim they're facing, make a shot (or a layup), and then dribble back and hand-off the basketball to the next player in line.	Dribble with speed. Eyes up.	All ages

# Dribbling Games & Drills | On-Air

On-Air Game or Drill	Points of Emphasis	Ages
<b>Musical Dribbling:</b> Similar to regular musical chairs except all players are dribbling a basketball. Players dribble around chairs and when the music stops (or whistle blows), players have to quickly dribble in and sit down on a chair. Don't knock players out.	Eyes up, pound the ball	< 10, 10-12
<b>Parrot Drill:</b> Players find a partner and stand 2 metres away facing each other with a basketball. One player is the leader and one is the follower. The leader continuously performs stationary dribbling moves while the follower must attempt to mimic them and keep up.	Knees bent, chest up	All ages
<b>layup relay:</b> 2 teams, both start at half court (along either sideline). First players dribble to their basket and do a layup. Then they dribble to the far basket and do a layup, then they dribble back in line. Next player in line goes after first player attempts first layup. Each team counts the number of made layups.	Dribble fast but in control Dribble through the gates	All ages
<b>Curl and Drive:</b> 3 players. 1 in each slot and one on the wing. Slot (on the wing side) passes it to the other slot, then screens away for the wing who curls around the screen, receives a pass from the opposite slot, and dribble drives for a pull-up jumper or a layup. Progress this to 3 on 3.	Curl tight around the screen (shoulder to shoulder)  When playing against defence, read the defence for jumper (defence sags off or is on their heels) vs layup (no chest in front of you)	10-12, 13 >

# Dribbling Games & Drills | On-Air

On-Air Game or Drill	Points of Emphasis	Ages
<p><b>Speed Dribbling:</b> Players throw the ball off the glass and go up for the rebound (quarterbacking the rebound—turning their body perpendicular to the basket while in the air after catching it, to be able to see up court as they land. Chin the ball with wings out like a QB). They come down, pivot, and have to <a href="#">speed dribble</a> to the other basket for a power layup. Teaches them how to speed dribble effectively while controlling the ball and then controlling their speed into the power layup. Put a limit on the number of dribbles they can take (4-8 depending on age/stage). See this drill at <a href="#">23:00 of this video from Canada Basketball's Mike McKay</a>. <b>Progression:</b> Incorporate a drill move in the front court at the arc (in and out, scissor-step, hesitation...)</p>	<p>Speed Dribble: Ball comes up to their waist as they push the ball out in front of them (while under control).</p>	<p>&lt; 10, 10-12</p>



# Dribbling Games & Drills | 1 on 1 Guided

1 on 1 Guided Game or Drill	Points of Emphasis	Ages
<b>1 on 1 in the half court.</b> D forces O to one side (switch sides).	Take as straight a route to the basket as possible (drive the lane).  Age 13 > : Make contact with defender (keep on body).	All ages
<b>1 on 1 with constraints:</b> <ul style="list-style-type: none"> <li>→ Players need to do a crossover before shooting</li> <li>→ Players need to dribble into the paint before shooting</li> <li>→ Players can only dribble with one hand</li> <li>→ Ball handler must make contact with defender as they drive the lane (ages 13 &gt;)</li> </ul>	Successful completion of constraint	All ages
<b>1 on 1 from the Corner:</b> Coach (or a player) has ball in the high post. Defender starts in paint. Coach kicks it out to the corner. Defender closes out and they play 1 on 1 with dribble constraints (e.g., max of 3-4 dribbles depending on age before a shot) or other constraints such as the player must finish in the paint.	Successful completion of constraint	All ages

# Dribbling Games & Drills | 1 on 1 Unguided

1 on 1 Unguided Game or Drill	Points of Emphasis	Ages
<b>Ultimate 1 on 1:</b> Offence self tosses ball to begin possession. Each player gets 3-5 offensive possessions. Each made basket is one point. At the end of their possession they get two free throws to add to their score (each made free throw = 1 point). Most points wins.	Drive to the basket when the defenders chest is not in front of you. Use change of speed and direction to create this driving lane.	All ages
<b>Rock, Paper, Scissors (RPS):</b> RPS while dribbling a ball. Change hands. Add a dribble race—after RPS, players sprint while dribbling to the closest sideline or baseline and back.	Pound the ball	All ages
<a href="#">Basketball Box Tag</a>	Use your body to shield the ball from your opponent.	All ages
<a href="#">Gate Dribbling:</a> A great drill for teaching players to dribble the ball up the middle of the floor on transition offence. Also teaches defenders to strive to get the offence dribbling up the sideline.	Dribble up the middle of the floor Get and keep your defender on your hip. Older players can practise <a href="#">snaking</a> their defender.	All ages

# Dribbling Games & Drills | 1 on 1 Unguided

1 on 1 Unguided Game or Drill	Points of Emphasis	Ages
<p><b>Ace of the Court:</b> Six baskets are used and are named: Ace, King, Queen, Jack, Ten, Nine. Players draw cards at the start of the drill (there are two Ace cards, two Kings, two Queens...). Players play 1 on 1 starting at the basket of the card they drew. Each player gets a turn on offence at each basket. If one scores and the other doesn't, the winner advances to the next basket (e.g., winner of Jack goes to the Queen basket), and the loser goes down a basket (e.g., loser of Jack goes to Ten). Ties after one attempt each can be broken by a second attempt by each, or by Rock, Paper, Scissors. The goal is to be the Ace of the Court.</p>	<p>Drive to the basket when the defender's chest is not in front of you. Use change of speed and direction to create this driving lane.</p>	<p>All ages</p>
<p><b>Doghouse:</b> Use 4-6 baskets depending on the number of players on the court, each with 1 on 1 play. Four players should start in the "doghouse" at center court. Any defender who gets scored on goes to the doghouse. A player who is in the doghouse comes on and becomes the defender at that basket (offensive player who scored stays on offence). If a defender gets a stop, they go on offence and the offensive player becomes the defender. This is a great, competitive game that players love. If a D player isn't working hard a coach can also put them in the doghouse. Players in the doghouse should be dribbling a ball.</p>	<p>Drive to the basket when the defenders chest is not in front of you. Use change of speed and direction to create this driving lane.</p> <p>If a defender is sagging off or on their heels, shoot.</p>	<p>All ages</p>

# Dribbling Games & Drills | Multi-Player

Multi-Player	Points of Emphasis	Ages
<a href="#">Dribble Tag</a>	Eyes up, pound the ball	< 10, 10-12
<b>Chaos Call Out:</b> Players dribble around a designated area while avoiding 1 - 2 defenders who are attempting to steal the basketball. The coach circles the area holding up numbers between 1 - 5 and the dribblers must call out the numbers while evading the defenders.	Eyes up, pound the ball	All ages
2 on 2 3 on 3 4 on 4 Add constraints such as the ones in 1 on 1 Guided.	Dribble to score (North-South to the basket), not explore (East-West)  13 > : Dribble on a straight line to the basket (need to move defender off the line)	All ages
<b>Dribble Knockout:</b> All players dribble around in a small area and the goal is to knock other players' basketball out of the area while keeping your own basketball alive. A great drill to work on dribbling skills and protecting the basketball all while evading other players in a tight space. We encourage points instead of having players out of the game.	Eyes up  Use your body to shield the ball from your opponent.	All ages
<b>2 on 2 Ball Screen:</b> Play 2 on 2 out of a ball screen start. Defence can play the screen any way they want or guided by the coach (switch, trap, ice, hedge). O keeps ball on a make. Switches on a stop.	Ball handler must read the D and determine best action (drive or best type of pass)	13 >

# Dribbling Games & Drills | Multi-Player

Multi-Player	Points of Emphasis	Ages
<p><b>4 on 4 Scramble:</b> 4 on 4 in the half-court. Teaches spacing, passing, and how to play with a small advantage (and create bigger advantages). A cone is placed at each slot, about 4' outside the arc. A second cone is placed about 3' behind each. O passes the ball until the coach calls "scramble". Player with the ball then dribbles to the closest cone and dribbles around it. Their defender has to run around the cone 3' in behind it, creating a small advantage for the O. O can now score.</p>	<p>Use your body to keep the advantage (shield or <a href="#">snake</a> your defender).</p> <p>Find the advantage (or open player) if help D comes to you.</p>	<p>All ages</p>

# Coaching Tip

Encourage your players to dribble a ball in-between drills at practice, such as when they are running on and off the court to get water, and when they are waiting their turn in a line (which you want to minimize).



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# Passing Games & Drills

# Passing Games & Drills | On-Air

On-Air Game or Drill	Points of Emphasis	Ages
<a href="#"><u>Steve Nash Passing Drill</u></a>	Stay in a stance Catch with one hand	10-12, 13 >
<a href="#"><u>Argentina Passing</u></a>	Pass to the shooting pocket Reverse pivot on the catch Pass and sprint	All ages
<a href="#"><u>Four corner passing</u></a> : This is a great warm-up drill in practices and games.	Receivers should lead the passer with a hand out Passes should be crisp	10-12, 13 >
<a href="#"><u>32 Advance</u></a> : A passing and dribbling drill that teaches players to pass to a moving teammate. Form 3 lines on the baseline to start—one just inside either sideline (both with a ball) and a third on the split line. 1. The players start to move up the floor as one. Outside player passes to the player in the middle line. 2. Upon catching the pass, the middle line immediately passes back out to the same player. 3. The middle player will then turn and receive the pass from the other outside player and pass immediately back to them. 4. The players on the outside lines can take 1 - 2 dribbles to avoid traveling. 5. The drill continues up the floor until the players reach the opposite three-point line. 6. When they get to the end of the gym they speed dribble back up the sideline and go to the next line to the left from the one they were just in.	Receivers provide a target (hand out in front). Aim small, miss small.	All ages



# Passing Games & Drills | 1 on 1 Unguided

1 on 1 Unguided Game or Drill	Points of Emphasis	Ages
<p><u><a href="#">Tennis Basketball</a></u>: Players use a one-handed pass against an opponent. Both have goals (using pylons). Pass it through the goal and it's a point.</p>	<p>One hand pass off a dribble or not</p>	<p>10-12, 13 &gt;</p>

# Passing Games & Drills | Multi-Player

Multi-Player	Points of Emphasis	Ages
<p><b>Bull in the Ring:</b> Players LOVE this drill. Play it at mid-court, with your players in a circle a good step outside the center circle. 1-2 players are in the middle of the circle (they must stay inside it). With one ball, players on the outside pass to one another. If a player in the middle touches or catches the ball they switch places with the passer. Use constraints such as: receivers must be in shot ready position on the catch, passing using certain types of passes, cannot pass to the player beside you, must pass through windows.</p>	<p>Passing through windows</p> <p>Points of Emphasis for various pass types</p> <p>Defenders are in a stance</p>	All ages
<p><b>Monkey in the Middle:</b> Classic monkey in the middle. Great for working on passing through windows. Use constraints such as various pass types (applicable to each age group per previous slides).</p>	<p>Passing through windows</p> <p>Fake a pass to make a pass</p> <p>Defenders are in a stance</p>	All ages
<p>2 on 2</p> <p>3 on 3</p> <p>4 on 4</p> <p>Add constraints to practice passing such as: 3 ball reversals before a shot; 3 passes of a certain type before a shot.</p>	<p>Ball reversals</p> <p>Points of Emphasis related to pass types</p>	All ages

# Passing Games & Drills | Multi-Player

Multi-Player	Points of Emphasis	Ages
<p><b>Connections passing:</b> Separate girls in two, at each end of the court. One ball in each end. Girl with the ball calls a name, passes it to her and then runs to touch a sideline or a baseline. All other girls are running and making cuts. Jump stop on the catch and then a pivot before passing. After 3 minutes introduce that on every 5th pass the girl who passes it changes ends. Note that this is a good pre-game warm up drill to get everyone touching the ball and heart rates up a little. <a href="#">See this drill at the 9:00 minute mark of this video</a> from Canada Basketball's Mike McKay.</p>	<p>Putting a name on the pass Receivers provide a target</p>	<p>All ages</p>
<p><b>Drive and Kick:</b> Various dribble drive and kick drills per <a href="#">this video</a> and <a href="#">this video</a>. Start this on air and then introduce defence. Do these blocked to start (guide the defender) and then random (defenders can help, close the gap or stay with their player. Offence needs to react with the correct cuts and passes). These are great drills because they incorporate multiple skills (dribbling, decision-making, passing, and shooting) and because they are very game-like. Only focus and provide feedback on your points of emphasis.</p>	<p>Read and react. Where is the defender playing me influences cuts and passes</p>	<p>10-12, 13 &gt;</p>
<p><b>Motion Offence:</b> In a motion offence, players create space and share the ball. It's a great offence for helping young players learn how to think the game and space the floor. It's also a great way to teach players how to pass and share the ball. Play 3 on 3, 4 on 4, and 5 on 5 in the half-court and put in constraints such as: 3 ball reversals before a shot; inside-out pass before the shot (this is simply a pass from the low post (inside) to the three point area (outside); outside-in pass before a shot (arc to low or mid-post).</p>	<p>Create space Share the ball</p>	<p>All ages</p>

# Passing Games & Drills | Multi-Player

Multi-Player	Points of Emphasis	Ages
<p><b>Transition Offence:</b> 5 on 5 starts with coach shooting. Defence gets rebound and initiates transition offence. The ball must be passed over the mid-court line. We prefer positionless basketball, so on the rebound the highest 3 players start sprinting the floor (one down each sideline and one up the middle (rim-runner). The two players closest to the basket become the rebounder and the outlet. Rebounder passes to the outlet (who calls "outlet" loud). Outlet does a C-cut (runs in the shape of a C) and passes to one of their players running a sideline or the rim-runner.</p>	<p>Spacing - the sideline and rim runners must be within reach of a pass from the outlet. They should have their hand out to provide a target.</p>	All ages
<p><b>2 on 2 Rugby:</b> Great drill to help players learn how to handle full court presses and traps. 2 on 2 full court. The only forward pass the O can use in the back court is the inbounds pass. Need to dribble it forward or pass it backward or laterally in the backcourt. Regular 2 on 2 in the front court. Teaches D how to trap and O how to deal with traps. Also play 3 on 3.</p>	<p>Offence: Dribble or pass it backward or laterally across the timeline in 8 seconds.</p> <p>Defence: Shape the ball handler to the sideline (using it as an extra "defender")</p>	All ages
<p><b>3 on 3 Wildcat Rules:</b> 3 on 3 in the half-court. Can only make 2 types of passes—to someone who is outside the arc, or on a basket cut (that player must finish with a layup). Great for teaching kick-outs and basket cuts. Great for spacing.</p>	<p>Create space</p> <p>Find the advantage</p>	All ages
<p><b>Squad:</b> Two teams play full-court with one condition: When a team is on offence, all of the players from that team must touch the basketball before they're allowed to attempt to score. This is a great drill for developing teamwork, improving spacing and ball movement, as well as encouraging all players to get involved in the game.</p>	<p>Create space</p> <p>Move the ball</p>	All ages

# Passing Games & Drills | Multi-Player

Multi-Player	Points of Emphasis	Ages
<p><b>Interceptor:</b> This <a href="#">drill starts at the 34:00 minute mark</a> of this Canada Basketball video. It's a great drill to work on many things—transition passing, transition defence, and 1 on 1 play for both offence and defence.</p>	<p><b>Passer:</b> Hitting the target while reading the defender  <b>Receiver:</b> Giving a target and coming to the pass if needed  <b>Defender (Interceptor):</b> Covering both the basket and attempting to intercept the transition pass.</p>	<p>10-12, 13 &gt;</p>

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# Shooting Games & Drills

# Shooting Games & Drills | On-Air

On-Air Game or Drill	Points of Emphasis	Ages
<b>Form Shooting:</b> Starting at about 5' from the basket. Practising <a href="#">fundamentals</a> .	Turn the feet Set the platter (hand under at set point) Hold the finish (cookie jar) Guide hand comes off the ball without pushing or flicking it	All ages
<b><a href="#">Klay Thompson Transition Shooting</a>:</b> 4 shots from 4 spots. After each shot, players have to run to mid-court and back. Partner passes them the ball at each spot. This is a good drill to run early in the practice to get heart rates up.	Hop on the catch Dip the ball on the catch to shoot in rhythm Passers should pass to the shooting pocket	All ages
<b><a href="#">Bradley Beal Shooting Drill</a>:</b> Shots from 5 spots (corners, wings, top) in 2 minutes. Players start in corner and have to hit 2 shots in a row to progress to next spot (when they hit the two in a row they get 2 points). If players hit two shots in a row from each of the 5 spots and there is still time left on the clock they can shoot from any of the 5 spots and get 1 point for each make.	Hop on the catch Dip the ball on the catch to shoot in rhythm	All ages

# Shooting Games & Drills | On-Air

On-Air Game or Drill	Points of Emphasis	Ages
<p><b>BDT Training:</b> BDT stands for Basketball Decision Training. It's a concept from Chris Oliver, the Canadian coach and founder of <a href="#">Basketball Immersion</a>. The philosophy is that games and drills should involve a decision-making component to better mimic games. In this drill, there's a shooter and a rebounder/passer who passes the ball back to the shooter. When the passer keeps her hand up after the pass, it's a cue for the shooter that she has to pass the ball back. When the passer puts her hands down, it's a cue for the shooter to shoot it. When the passer closes out, the shooter has to dribble drive to the basket. So, as in a game, the shooter needs to read cues and make a quick decision to pass, shoot, or drive.</p>	<p>Making the right decision based on the cue provided—pass, shoot, or drive.</p>	<p>All ages</p>
<p><b>Ray Allen Shooting Ladder:</b> A great drill for a shooting warm up or to end the workout in a fun, competitive manner. Players shoot from 5 spots (corner, wing, top, wing, corner). They start approximately 4' from the basket in one corner. If they make the shot they take a big step back. They have to make 5 shots in a row (each one taking a big step back) in order to advance to the next spot (wing, top...). If they miss a shot, they have to start over in that spot (4'). The goal is to finish all 5 spots in 2 minutes. Do this in pairs so that each shooter has a rebounder.</p>	<p>Shot ready (turn the feet, hands out in front in the shooting pocket)</p> <p>Shoot in rhythm initiated by a small dip or tuck of the arms on the catch</p>	<p>All ages</p>
<p><b>Mikan Drill:</b> A classic drill for working various types of layups. Coaches should introduce the layup types in this drill that correspond to the age curriculum in this guide.</p>	<p>Keep the ball up high. Don't bring it down on each catch.</p> <p>Hand and feet position dependent on layup type.</p> <p>Top near corner of the backboard square.</p>	<p>All ages</p>



# Shooting Games & Drills | On-Air

On-Air Game or Drill	Points of Emphasis	Ages
<p><b>15 Pinnies:</b> This is another fun and competitive game that players love. Divide your team into 2, with half at each basket. Place 15 pinnies spread across center court. Ideally you should have three different colours of pinnies (e.g., red = 1 point, green = 3 points, yellow = 5 points). At each end, run an action that simulates a game-like shooting situation. This could be a slot to opposite wing pass with the player kicking up from the corner to the wing, receiving the pass and then shooting. Or it could be a dribble drive and kick out for a shot. Use whatever actions fit with your offence. Players shoot one at a time in each end. On a make they run to half court and capture a pinnie for their team (lowest pinnies first; highest value pinnies are captured last). When all pinnies are captured, teams count the number of points.</p>	<p>Specific to the action you are running, but we would recommend shot ready (foot print, hands in the shooting pocket, and shoot in rhythm initiated by dip).</p>	<p>All ages</p>
<p><b>Turn and Face:</b> This drill is for the mid-post. Players initiate the face up (towards the basket) with a reverse pivot and then have three options: 1) Face rip and drive to the basket for a layup or power layup, 2) Face rip and jab step to the baseline and then a crab dribble to a jump hook, 3) Face rip and shoot. You can load this with a defender (1 on 1) with the O randomizing which move to select. You can also load it with a multi-player game with a constraint that you can only score on one of these three moves.</p>	<p>Jump stop on the catch (so you can pivot with either foot)</p> <p>Reverse pivot</p> <p>Rip it under the knees (to protect the ball)</p>	<p>10 - 12, 13 &gt;</p>
<p><b>Jump Hook Progression:</b> This is a great drill for progressively teaching the fundamentals of the jump hook in the low- or mid-post. Follow the video for the progressions. You can then load this with a defender (1 on 1) or a multi-player game with a constraint that you can only score on a jump hook.</p>	<p>Body is perpendicular to the basket to shield the ball</p> <p>Get high—power up off your feet</p> <p>Shooting arm goes straight up and finishes with a finger roll</p>	<p>13 &gt;</p>

# Shooting Games & Drills | On-Air

On-Air Game or Drill	Points of Emphasis	Ages
<p><b>Drop-Step Drill:</b> A great low post drill. Players receive a pass from their teammate outside the arc and execute a drop step. Note: this video shows them picking the ball off the floor. This is okay because they work both sides quickly. I would also add in the pass from the teammate to better mimic game action and to practice hopping on the catch.</p>	<p>Hop on the catch to establish both feet as pivot feet.</p> <p>Peek over your shoulder to determine which way to drop step.</p> <p>Drop step with the leg (4 o'clock with the right leg; 8 o'clock with left)</p> <p>Power dribble to a layup or jump hook</p>	10-12, 13 >
<p><b>35 Shooting:</b> This drill works on pull-up jumpers and threes. You can modify to work on other shot types such as step-backs or floaters.</p>	<p>Customize for shot type</p>	13 >
<p><b>Around the World Shooting:</b> This is a really good, competitive game that helps players learn how to shoot with pressure. Play this with 2 teams of 4 or 5 players each. Each team is at a different basket. Each team has players on the same spots (e.g., free throw line, low block, elbow, baseline, 3 pointer for older teams). Free throw shooters on each team start. Each team has to make shots from all players in their spot in sequence. If someone misses, you go back to the previous player. First team to make all shots in a row wins.</p>	<p>Customize each time you play (e.g., turn the feet, hold the finish, etc.)</p>	All ages (younger = closer spots)

# Shooting Games & Drills | 1 on 1 Guided

1 on 1 Guided Game or Drill	Points of Emphasis	Ages
<p><b>Close Out Shooting:</b> Player under the basket passes to a player above the free throw line (or outside the 3-point line for older players). The passer closes out on the shooter, who gets their shot up before the close-out. The passer then becomes the shooter and a 3rd player becomes the passer. The original shooter gets in line to be the next passer. Continue for 2-3 minutes.</p> <p><b>Progression:</b> After 2-3 minutes, the drill should progress with the shooter doing an upfake and a <a href="#">side step with one dribble</a> before shooting. <b>Progression:</b> The final progression in this drill is adding a second defender. When the first defender closes out, the shooter goes around them and dribble drives toward the basket. A second defender closes out, forcing the offensive player to read if they should drive to the basket or pull up for a mid-range jump shot. The second defender should start under the basket and sprint to one key line and then the other before moving to the offensive player to mimic coming over from the help-side.</p>	<p>Shot ready on the pass</p> <p>Upfake: sell it with the eyes and arm motion as if you are going to shoot.</p> <p>Dribble drive: read the position of the defender to determine shot (chest in front and on back heels) or attack the basket (daylight)</p> <p>Defender on close out: spring, chop step, arms up, yell shot</p>	<p>10-12, 13 &gt;</p>

# Shooting Games & Drills | 1 on 1 Unguided

1 on 1 Unguided Game or Drill	Points of Emphasis	Ages
<b>Ultimate Shooting 1 on 1:</b> Offence self tosses ball to begin possession. Each player gets 3-5 offensive possessions. Each made basket is one point. At the end of their possession they get two free throws to add to their score (each made free throw = 1 point). Most points wins. Constraints: specify specific shot types for extra points such as step-back jumpers, mid-range jumpers from either elbow, jump hooks in the mid-post	Specific to shot type used in a constraint	10 - 12, 13 >
<b>Low Post Series:</b> 1 on 1 in the low post. Passer on the outside of the arc passes to a player in the low post (who is in front of their defender). They then decide which of three low post finishing moves to use: 1) <a href="#">Drop step</a> , 2) <a href="#">Turn and face</a> , or 3) Crab dribble to a <a href="#">jump hook</a> .	Read your defender to determine to determine best action: Sagging > Turn and Face; Overplaying one side > drop step to the other side; Straight up > drop step or crab dribble to middle of key for jump hook.	10 - 12, 13 >

# Shooting Games & Drills | Multi-Player

Multi-Player	Points of Emphasis	Ages
<p><b>2 on 2 Sideways:</b> 2 on 2 with players using the main basket and the nearest side basket. Jump ball to start. Teams that win the tip can score on either basket and that establishes the baskets for that 60-second segment. 2 points for layups, 1 point for jump shot. Foul = point value for that shot type and immediate change of possession. Play for 60 seconds and then teams switch courts to play a new team. Can play as a running score or each game separately. Works spatial awareness (helps players learn to find space). Really helps with motion offence.</p>	<p>Drive the basket as a primary option.</p> <p>Embrace contact when driving the basket.</p>	<p>All ages</p>
<p><b>2 on 2 Hornets:</b> Six separate teams of 2 players. 3 teams on offence and 3 on D. Use 6 baskets. O can score on any basket. D can only defend at their basket. D becomes O on a stop (rebound, steal, etc). On a stop, O becomes D at that basket. O can switch baskets at any time and two or more teams can attack the same basket at a time.</p>	<p>Offence: Find the advantage</p> <p>Defence: Spatial awareness, helping, and stunting (especially if more than one team attacking at the same time).</p>	<p>All ages (modify D points of emphasis for younger players)</p>
<p><b>One Dribbler:</b> 4 on 4 game in the half-court. Only one person can dribble on a possession. Once they pick up the dribble, they cannot (and nobody else can) dribble on the possession. Works on shots off the catch and creating advantages. Can set screens. Consider starting off a ball screen or horns screen.</p>	<p>Creating space</p> <p>Finding advantage</p> <p>Shot decision-making (am I open, on balance, and able to shoot in rhythm?)</p>	<p>All ages</p>

# Shooting Games & Drills | Multi-Player

Multi-Player	Points of Emphasis	Ages
<p><b>Drive, Kick, Swing:</b> 4 on 3 in the half-court. Four offensive players start on the perimeter (2 slots, 2 corners). Coach starts game by throwing to any of the offensive players. Offence is searching for “drive, kick, swing” perimeter or 3-point shots for older players, or layups. D gets a point for a stop, 2 points for a turnover. O gets point value for shot that they make. Foul = free throw.</p>	<p>Paint touch to collapse defence, then kick-out to the perimeter, then one more pass on the perimeter to create an open shot.</p> <p>Players are moving to get open and create space. If you are behind the dribble drive, fill in towards their spot. If the dribbler is coming towards you, push away.</p>	All ages
<p><b>Post Up:</b> Two teams play a 4 on 4 or 5 on 5 game in the full court. Each time down the floor, the offence must get the basketball inside to the low post before shooting (from either the low post or passing out of it). <b>Constraint:</b> To encourage off-ball movement when the ball goes into the low post, implement the rule that the post player must pass out.</p>	<p>Low post touch before shooting</p> <p>Low post finishing move (drop step, turn and face, jump hook)</p>	All ages
<p><b>Five-Pointers:</b> Two teams play a regular game to 21 points except three-pointers are worth 5 points. Everything else about the basketball game stays the same. This drill encourages players to seek out the three-point shot. This adds some extra elements of strategy to the game and will teach you a lot about each player’s decision making. You can also add constraints like they need to take 3-pointers off specific screens such as pin downs.</p>	<p>Use cuts, screens, and ball movement to get open “5-point” shots</p>	13 >

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# Off-Ball Games & Drills

# Off-Ball Movement | On-Air

On-Air Game or Drill	Points of Emphasis	Ages
<p><b>Low Post Pin Down:</b> 3 on 0 in the half court. 1 player on top (or strong slot), 1 player on the wing (with the ball to start), 1 on the strong block. Wing passes ball to top (slot) and cuts down to the block to execute a pin-down screen on the post's on-air defender, who pops out to the wing (inside or outside the 3 point line depending on age/range) for a return pass and a shot. <b>Alternative action:</b> Wing passes to low post to start action. Wing and Top exchange spots. Post passes to player who has rotated to the wing who either: a) shoots it, or b) passes to the top and executes a pin down for the post who pops out receives it on the wing and shoots. <b>Load:</b> add defenders.</p>	<p>Wing: Pass, cut, pin down screen with proper screening technique.</p> <p>Post: Pops out when screen is set, shoulder to shoulder with screener.</p>	10-12, 13 >
<p><b>UCLA cut:</b> 3 on 0 in the half court. 1 player on top (with the ball to start), 1 player on the wing, 1 on the strong block. Player on top passes to wing. Post does a UCLA cut from the strong block to the strong elbow, executing a back screen on the defender covering the top player. The top player then does a front cut, using the screen and receiving the pass back from the wing. They dribble drive to the basket for a layup. <b>Alternative action:</b> If the "on-air" defender reads the screen effectively and cuts off the front cut, the top player can flare out away from the defender towards the weak slot or free throw line extended and receive a pass and shoot. <b>Load:</b> Add a 4th offensive player on the weak wing. They have to fill in the top when the top executes the UCLA cut. <b>Load:</b> Add defenders.</p>	<p>Post: Sprint to the back screen when the ball is passed from top to wing.</p> <p>Top: Reads the defender to determine front cut or flare cut.</p>	13 >
<p><b>Screen Away:</b> 3 on 0 in the half court. 1 player on top (with the ball to start), 1 player on each wing. Top passes it to one wing and then executes an away screen for the other wing, who does a slash cut across the top of the key, receives the pass and shoots a jump shot. <b>Alternative actions:</b> 1) The cutter does a curl cut around the screen, receives the pass and dribble drives for a layup. 2) The cutter pops out to the top of the arc and the screener rolls to the basket, receives a pass from the wing and finishes. <b>Load:</b> Add defenders.</p>	<p>Top: Passes and sets the screen.</p> <p>Weak wing: Curls around the screen, shoulder to shoulder and gives a target for the pass.</p>	10-12, 13 >



# Off-Ball Movement | On-Air

On-Air Game or Drill	Points of Emphasis	Ages
<p><b>Flex Cut:</b> 3 on 0 in the half court. 1 player on top (with the ball to start), 1 player in the corner, 1 on the strong block. Low post initiates by moving a step or two towards the player in the corner. Corner runs toward the post player, who sets a back screen on the corner's defender. The corner player goes over or under the screen into the paint and receives a pass from the top, then finishes.</p> <p><b>Alternative action:</b> Post pops out to corner and receives a pass and shoots. <b>Load:</b> add defenders.</p>	<p>Corner: Slow into the screen, fast out of it, shoulder to shoulder with screener.</p> <p>Post: Pops out to corner after the screen.</p>	13 >
<p><b>Low Post Flash:</b> 2 on 0 in the half court. Post in the short corner (weak side) and opposite wing with the ball. Low post flashes to strong block, receives pass and uses a low post finishing move such as a drop step, jump hook, or turn and face. <b>Load:</b> 2 on 1 (x5 covering the post player). 2 on 2 (x5 and x3 covering the wing).</p>	<p>Wing: Time the pass to arrive when the low post gets to the strong block.</p> <p>Post: Sprint to the block to create separation from x5. Points of emphasis related to finishing move.</p>	All ages
<p><b>High Post Flash:</b> Same as above except 5 flashes to the high post (nail or strong elbow). Receives pass, turns and shoots, or an upfake and dribble drive. <b>Load:</b> 2 on 1 (x5 covering the post player). 2 on 2 (x5 and x3 covering the wing).</p>	<p>Wing: Pass arrives when the 5 gets to the high post.</p> <p>Post: Sprint to the high post to create separation from x5.</p>	All ages
<p><b>Dive Cut from the Wing:</b> 3 on 0 in the half court. 1 player on top, 1 on the wing (with ball), 1 on the corner next to the wing with the ball. Wing passes to corner to start, then cuts to the basket and receives a return pass (give and go), drives to the basket and finishes (or pops for a jumper). <b>Load:</b> 3 on 2 (defenders on wing and corner). If pass is unavailable corner can either drive through a double gap or pass to the player from the top who has filled the wing.</p>	<p>Wing: Give a target for the return pass. Might need to take a step back after the pass to get the defender overplaying.</p>	All ages

# Off-Ball Movement | On-Air

On-Air Game or Drill	Points of Emphasis	Ages
<p><b>Basket Cut:</b> 3 on 0 in the half court. 1 player on top (with ball), 1 player on each wing. Top passes to one wing, takes a step or two towards weak corner (to fake defender) and then cuts back toward strong wing and then a basket cut, receiving the pass back and finishing with a layup. Weak wing fills top. <b>Load:</b> Add defenders. If pass on basket cut is unavailable, wing passes to top who has filled and they play 3 on 3 until a stop or make.</p>	<p>Top: Fake defender with first step toward weak corner, then explode into basket cut.</p> <p>Wing: Read if pass is available</p> <p>Weak wing: Fill to top</p>	<p>All ages</p>
<p><b>5 on 0:</b> Motion Offence in the half-court where players have to create space. Put constraints on it to focus on certain off-ball movements or actions, such as: 1) Ball must be reversed (1 side of the floor to the other) 2x or 3x before a shot, 2) 5 passes before a shot, 3) 5 passes and ball must be scored from a low post entry pass, 4) Designated shooter—4 passes before an identified player shoots it, 5) Must have a dribble handoff (DHO) before scoring.</p>	<p>Points of emphasis dependent on constraint</p>	<p>All ages</p>
<p><b>Transition Offence:</b> 5 on 0 starts with coach shooting. Lowest player gets rebound and initiates transition offence. The ball must be passed over the mid-court line. We prefer positionless basketball, so on the rebound the highest 3 players start sprinting the floor (one down each sideline and one up the middle (rim-runner). The two players closest to the basket become the rebounder and the outlet. Rebounder passes to the outlet (who calls "outlet" loud). Outlet does a C-cut (runs in the shape of a C) and passes to one of their players running a sideline or the rim-runner. <b>Load:</b> 5 on 5</p>	<p>Spacing - the sideline and rim runners must be within reach of a pass from the outlet. They should have their hand out to provide a target.</p>	<p>All ages</p>

# Off-Ball Movement | On-Air

On-Air Game or Drill	Points of Emphasis	Ages
<p><b>Triple Gap:</b> 3 on 0. 2 slots and a corner. Slot to slot pass to start. Passer does a basket cut and then clears to weak corner. Receiver drives ball through the triple gap created when the slot clears out. Corner stays in the corner to enable the triple gap. <b>Load:</b> 3 defenders and play to stop or make.</p>	<p>Passer does basket cut and clears to weak corner to create triple gap.</p> <p>Corner stays in corner to maintain triple gap.</p>	10-12, 13 >
<p><b>DHO:</b> 3 on 0. 2 slots and a corner. Slot to slot pass to start. Slot with ball then dribbles and starts moving towards player in the corner. Corner kicks up for DHO. After the hand-off they curl around the slot and drive to the basket for a layup or jumper. If they cannot get downhill they reverse the ball. <b>Load:</b> 3 defenders and play to stop or make.</p>	<p>The slot handing the ball off is always inside the corner who receives the handoff.</p>	10-12, 13 >

# Off-Ball Movement | 1 on 1 Unguided

On-Air Game or Drill	Points of Emphasis	Ages
<p><b>Position Sealing:</b> This is a great game for teaching players how to seal their defender and for teaching players how to pass into a seal and hit the target.</p>	<p>Determine the best seal to use based on defender's position (front seal, side seal, back seal)</p> <p>Use arms (bent arm in D's chest), hips, and legs to seal</p> <p>Get in a stance to seal for power and balance</p> <p>Hand out for passing target</p>	<p>10-12, 13 &gt;</p>

# Off-Ball Movement | Multi-Player

Multi-Player	Points of Emphasis	Ages
<b>2 on 2 Ball Screen:</b> Play 2 on 2 out of a ball screen start. Defence can play the screen any way they want. O keeps ball on a make. Switches on a stop.	Screener either rolls or pops Ball handler uses screen	13 >
<b>3 on 3 No Dribble:</b> 3 on 3 no dribble. Games to 3. Each basket = 1 point. Teaches how to cut and find space. Put a time constraint on it. 1 or 2 seconds to either shoot or pass. On turnover, put the ball down, D goes to O and plays from there.	Create space Find the advantage	All ages
<b>4 on 4 One Person Dribbles:</b> Only one person can dribble on a possession. Once they pick up the dribble, they cannot (and nobody else can) dribble on the possession. Works on shots off the catch and creating advantages. Can set screens. Consider starting off a ball screen or horns screen (13 >).	Create space Find the advantage	All ages
<b>4 on 4 Canada Rules:</b> Divide the front court into six zones using pylons. Cannot have more than 1 offensive player in a zone at the same time. Also, cannot hold the ball for more than 1 second. Cannot cut diagonally across cones. On a shot, 2 people can crash the board. Teaches cutting, spacing, and pace.	Only one player in a zone at a time Hold the ball for 1 second	All ages
<b>Load any of the Off-Ball Movement On Air Drills:</b> From the previous 4 slides. Add defenders.	Specific to games/drills	Drill dependent
<b>2 on 2, 3 on 3, 4 on 4, 5 on 5:</b> Straight up or add constraints (e.g., must have a DHO, 2 ball reversals, designated shooter, outside-in pass before scoring, inside-out pass before scoring, etc.)	Specific to constraints	All ages

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# On-Ball Games & Drills

# On-Ball | On-Air

On-Air Game or Drill	Points of Emphasis	Ages
<b><u>The Jab Step Breakdown Drill:</u></b> Practice the jab step on air. Both feet.	Jab step: step hard (squash the bug), shoulders and eyes follow jab direction. Sweep the ball below the knees.	< 10, 10-12
<b><u>The Forward Pivot Drill:</u></b> On “pivot” call from coach, players do quarter turn forward pivots. Practice with both feet.	Forward pivots lead with your nose Stay in your stance Pivot foot stays planted on the ground.	< 10, 10-12
<b><u>The Reverse Pivot Drill:</u></b> Same as above, except a reverse pivot.	Reverse pivots lead with your bum Stay in your stance Pivot foot stays planted on the ground.	< 10, 10-12
<b><u>On the Whistle Jump Stop Drill:</u></b> Players are dribbling around, on the coaches whistle or “jump stop” command they jump stop with the ball in the triple threat position.	Land on both feet on the jump stop In a stance with ball in triple threat	< 10, 10-12

# On-Ball | On-Air

On-Air Game or Drill	Points of Emphasis	Ages
<p><b><u>Klay Thompson Transition Shooting:</u></b> This is to practice the 1-2 step on the catch. 4 shots from 4 spots. After each shot, players have to run to mid-court and back. Partner passes them the ball at each spot. This is a good drill to run early practice</p>	<p><u>1-2 step</u> on the catch</p> <p>Dip the ball on the catch to shoot in rhythm</p> <p>Passers should pass to the shooting pocket</p>	All ages
<p><b><u>Bradley Beal Shooting Drill:</u></b> This is to practice the 1-2 step on the catch. Shots from 5 spots (corners, wings, top) in 2 minutes. Players start in corner and have to hit 2 shots in a row to progress to next spot (when they hit they two in a row they get 2 points). If players hit two shots in a row from each of the 5 spots and there is still time left on the clock they can shoot from any of the 5 spots and get 1 point for each make.</p>	<p><u>1-2 step</u> on the catch</p> <p>Dip the ball on the catch to shoot in rhythm</p>	All ages
<p><b><u>Partner Dribble Hand-Off Drill:</u></b> A great drill for practising a DHO into a shot opportunity. <b>Load:</b> Add 2 defenders.</p>	<p>Receiver is always further from the basket than the ball handler.</p> <p>Receiver has to explode into cut to create separation from defender and get open for DHO.</p>	10-12, 13 >



# On-Ball | On-Air

On-Air Game or Drill	Points of Emphasis	Ages
<p><b>DHO Team Drills:</b> A number of team drills in this video that are good for drilling the fundamentals of DHOs.</p>	<p>Jump stop in the handoff (player who is handing the ball off)</p> <p>DHO receiver is always furthest away from the basket.</p> <p>Handoff is shoulder to shoulder to seal receiver's defender.</p>	All ages
<p><b>Low Post Pin Down:</b> 3 on 0 in the half court. 1 player on top (or strong slot), 1 player on the wing (with the ball to start), 1 on the strong block. Wing passes ball to top (slot) and cuts down to the block to execute a pin-down screen on the post's on-air defender, who pops out to the wing (inside or outside the 3 point line depending on age/range) for a return pass and a shot. <b>Alternative action:</b> Wing passes to low post to start action. Wing and Top exchange spots. Post passes to player who has rotated to the wing who either: a) shoots it, or b) passes to the top and executes a pin down for the post who pops out receives it on the wing and shoots. <b>Load:</b> add defenders.</p>	<p>Wing: Pass, cut, pin down screen with proper screening technique.</p> <p>Post: Pops out when screen is set, shoulder to shoulder with screener.</p>	10-12, 13 >
<p><b>Screen Away:</b> 3 on 0 in the half court. 1 player on top (with the ball to start), 1 player on each wing. Top passes it to one wing and then executes an away screen for the other wing, who does a slash cut across the top of the key, receives the pass and shoots a jump shot. <b>Alternative actions:</b> 1) The cutter does a curl cut around the screen, receives the pass and dribble drives for a layup. 2) The cutter pops out to the top of the arc and the screener rolls to the basket, receives a pass from the wing and finishes. <b>Load:</b> Add defenders.</p>		

# On-Ball | On-Air

On-Air Game or Drill	Points of Emphasis	Ages
<p><b>Flex Cut:</b> 3 on 0 in the half court. 1 player on top (with the ball to start), 1 player in the corner, 1 on the strong block. Low post initiates by moving a step or two towards the player in the corner. Corner runs toward the post player, who sets a back screen on the corner's defender. The corner player goes over or under the screen into the paint and receives a pass from the top, then finishes.</p> <p><b>Alternative action:</b> Post pops out to corner and receives a pass and shoots. <b>Load:</b> add defenders.</p>	<p>Corner: Slow into the screen, fast out of it, shoulder to shoulder with screener.</p> <p>Post: Pops out to corner after the screen.</p>	13 >
<p><b>Low Post Flash:</b> 2 on 0 in the half court. Post in the short corner (weak side) and opposite wing with the ball. Low post flashes to strong block, receives pass and uses a low post finishing move such as a drop step, jump hook, or turn and face. <b>Load:</b> 2 on 1 (x5 covering the post player). 2 on 2 (x5 and x3 covering the wing).</p>	<p>Wing: Time the pass to arrive when the low post gets to the strong block.</p> <p>Post: Sprint to the block to create separation from x5. Points of Emphasiss related to finishing move.</p>	All ages
<p><b>High Post Flash:</b> Same as above except 5 flashes to the high post (nail or strong elbow). Receives pass, turns and shoots, or an upfake and dribble drive. <b>Load:</b> 2 on 1 (x5 covering the post player). 2 on 2 (x5 and x3 covering the wing).</p>	<p>Wing: Pass arrives when the 5 gets to the high post.</p> <p>Post: Sprint to the high post to create separation from x5.</p>	All ages

# On-Ball | On-Air

On-Air Game or Drill	Points of Emphasis	Ages
<b><u>Dribble, Jump Stop, and Pass Drill:</u></b> 2 lines starting in each slot in the half court. One player dribbles with a ball to the top of the key, jump stops and passes to the other (bounce pass), who finishes.	Land on both feet on the jump stop	< 10, 10-12
<b><u>RIPS:</u></b> This is a great drill to work on footwork and game speed. When done watching this video, check out this channel from Mike Neighbors, the Head Coach of the Arkansas Razorbacks women's team—there are a lot of great videos and drills.	Footwork (correct after the drill)  Layup: arm extended, eyes on the backboard, power up off the feet (choose one of these points of emphasis each time you run the drill)	All ages

# On-Ball | 1 on 1 Guided

1 on 1 Guided Game or Drill	Points of Emphasis	Ages
<b>1 on 1 in the half court.</b> D forces O to one side (switch sides).	Take as straight a route to the basket as possible (drive the lane).  Age 13 > : Make contact with defender (keep on body).	All ages
<b>1 on 1 with constraints:</b> <ul style="list-style-type: none"> <li>→ Players need to do a crossover before shooting</li> <li>→ Players need to dribble into the paint before shooting</li> <li>→ Players can only dribble with one hand</li> <li>→ Ball handler must make contact with defender as they drive the lane (ages 13 &gt;)</li> </ul>	Successful completion of constraint	All ages
<b>1 on 1 from the Corner:</b> Coach (or a player) has ball in the high post. Defender starts in paint. Coach kicks it out to the corner. Defender closes out and they play 1 on 1 with dribble constraints (e.g., max of 3-4 dribbles depending on age before a shot) or other constraints such as the player must finish in the paint.	Successful completion of constraint	All ages

# On-Ball | 1 on 1 Guided

1 on 1 Guided Game or Drill	Points of Emphasis	Ages
<p><b><u>The Jab and Attack Drill:</u></b> Players execute a jab step followed by a crossover step and dribble four times. On the fourth they shoot. The defender applies token pressure, as in the video.</p>	<p>Jab step: step hard (squash the bug), shoulders and eyes follow jab direction. Sweep the ball below the knees.</p>	<p>All ages</p>

# On-Ball | 1 on 1 Unguided

1 on 1 Unguided Game or Drill	Points of Emphasis	Ages
<p><b><u>The Jab Step Series:</u></b> Start this on-air and then load it with an unguided defender. Jab step followed by 3 options: 1) Shoot if defender sags, 2) Crossover step and dribble drive if defender overplays jab step, 3) Dribble drive on the jab step side if your shoulders are even with the defenders hips</p>	<p>Make the right read depending on the defender (see description).</p> <p>Sell your fake well (hard jab step, eyes and shoulders in direction of jab). Explode to basket.</p>	All ages
<p><b><u>Gate Dribbling:</u></b> A great drill for teaching players to dribble the ball up the middle of the floor on transition Offence. Also teaches defenders to strive to get the offence dribbling up the sideline.</p>	<p>Dribble up the middle of the floor</p> <p>Get and keep your defender on your hip. Older players can practise <u>snaking</u> their defender.</p>	All ages
<p><b>1 on 1 off the Catch:</b> Coach or player passes it to a player outside the arc. Play off the catch, using a jab step and reading their defender and deciding whether to shoot (defender sags), attack on the jab step side (shoulder is even/passed D's hip), or crossover step (defender overplays jab step).</p>	<p>Jump hop into the catch to enable both feet as pivot feet</p> <p>Read and react to defender per description</p>	10-12, 13 >
<p><b>Ultimate Shooting 1 on 1:</b> Offence self tosses ball to begin possession. Each player gets 3-5 offensive possessions. Each made basket is one point. At the end of their possession they get two free throws to add to their score (each made free throw = 1 point). Most points wins. Constraints: specify specific shot types for extra points such as step-back jumpers, mid-range jumpers from either elbow, jump hooks in the mid-post</p>	<p>Specific to shot type used in a constraint</p>	10 - 12, 13 >

# On-Ball | 1 on 1 Unguided

1 on 1 Unguided Game or Drill	Points of Emphasis	Ages
<p><b>Low Post Series:</b> 1 on 1 in the low post. Passer on the outside of the arc passes to a player in the low post (who is in front of their defender). They then decide which of three low post finishing moves to use: 1) <a href="#">Drop step</a>, 2) <a href="#">Turn and face</a>, or 3) Crab dribble to a <a href="#">jump hook</a>.</p>	<p>Read your defender to determine to determine best action: Sagging &gt; Turn and Face; Overplaying one side &gt; drop step to the other side; Straight up &gt; drop step or crab dribble to middle of key for jump hook.</p>	<p>10 - 12, 13 &gt;</p>

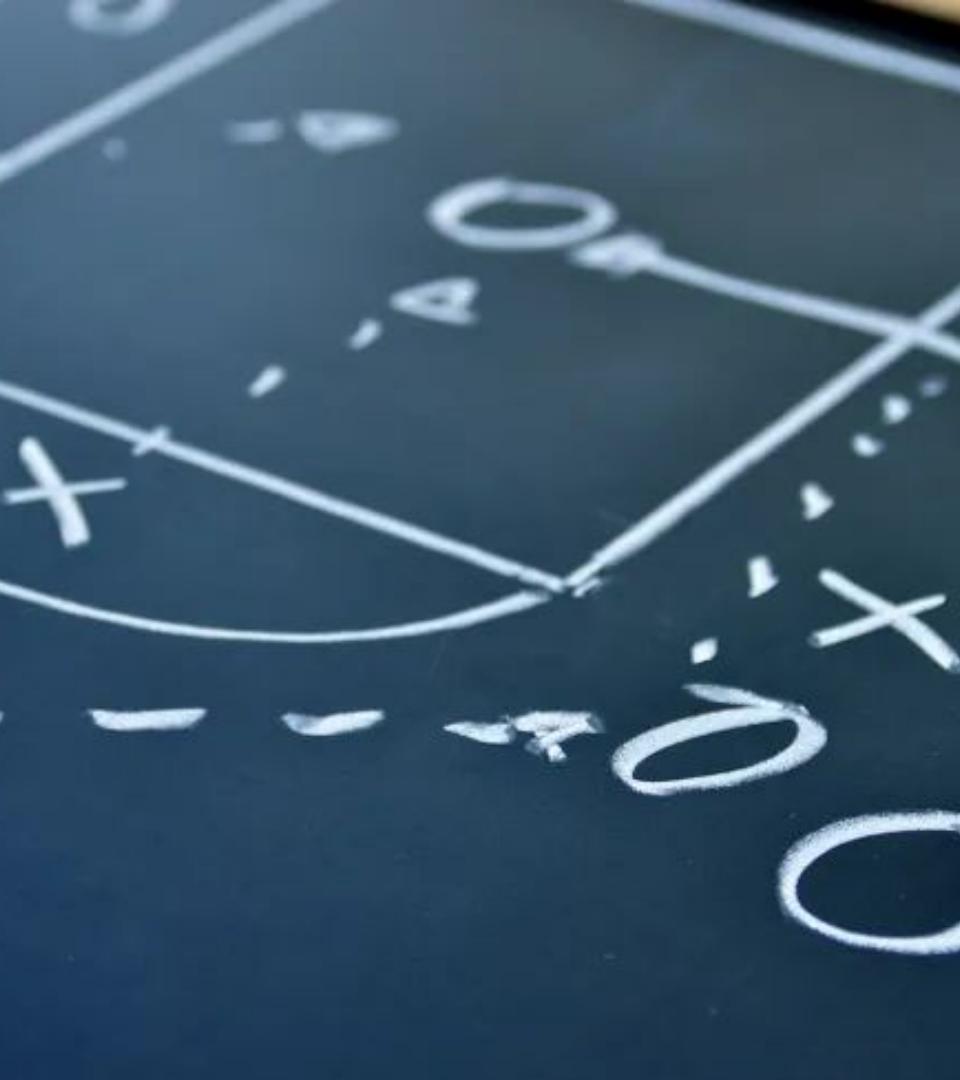
# On-Ball | Multiplayer

Multiplayer Game or Drill	Points of Emphasis	Ages
<p><b>DHO Series:</b> Start as 2v0 with ball in slot and an another offensive player in the strong corner. Slot player dribbles towards corner. Corner kicks up for dribble handoff (DHO). Player who receives the DHO practices multiple finishing moves: 1) Curl around the slot after hand-off (shoulder to shoulder) and dribble drive to basket (used if defender goes over the hand-off), 2) Pull up and shoot the jumper (used if defender goes under the handoff), 3) Slot rolls to the basket after DHO/screen and receives pass back from person who received the DHO (used if the slot's defender loses their check after the DHO). <b>Load:</b> 2 on 2, unguided defenders. <b>Load:</b> 4 on 4 with a post player and weak wing. DHO receiver has multiple options now (play to post on a seal; play to opposite wing if they cannot get downhill). Alternative: Execute the DHO from one slot to the other to get players comfortable with DHOs from multiple spots on the floor.</p>	<p>Make the right read depending on the defender (see description).</p> <p>DHO receiver is always furthest away from the basket.</p> <p>Handoff is shoulder to shoulder to seal receiver's defender.</p>	<p>10-12, 13 &gt;</p>
<p><b>4 on 4 Gaps:</b> 4 on 4. Players can only score on a dribble drive through a double or triple gap. Start this on-air (4v0) with players creating double or triple gaps. Challenge them to create 3 double or triple gaps before shooting. <b>Remember:</b> A single gap is the space in between a corner &gt; wing &gt; slot &gt; slot &gt; wing &gt; corner. So a double gap is when your team leaves one of these spots open and there is no defender there (e.g., slot &gt; opposite wing). A triple gap is when two of these spots are open with no defenders in these gaps (e.g., slot &gt; corner). You can create a triple gap on a slot to slot pass when the passer does a basket cut and cuts to the opposite corner. Now there is nobody between the receiver of the pass in their slot and the opposite corner.</p>	<p>Player movement creates double and triple gaps</p> <p>Ball handler recognizes gaps and drives through them.</p>	<p>10-12, 13 &gt;</p>
<p><b>2 on 2 Ball Screen:</b> Play 2 on 2 out of a ball screen start. Defence can play the screen any way they want. O keeps ball on a make. Switches on a stop.</p>	<p>Screener either rolls or pops</p> <p>Ball handler uses screen</p>	<p>13 &gt;</p>



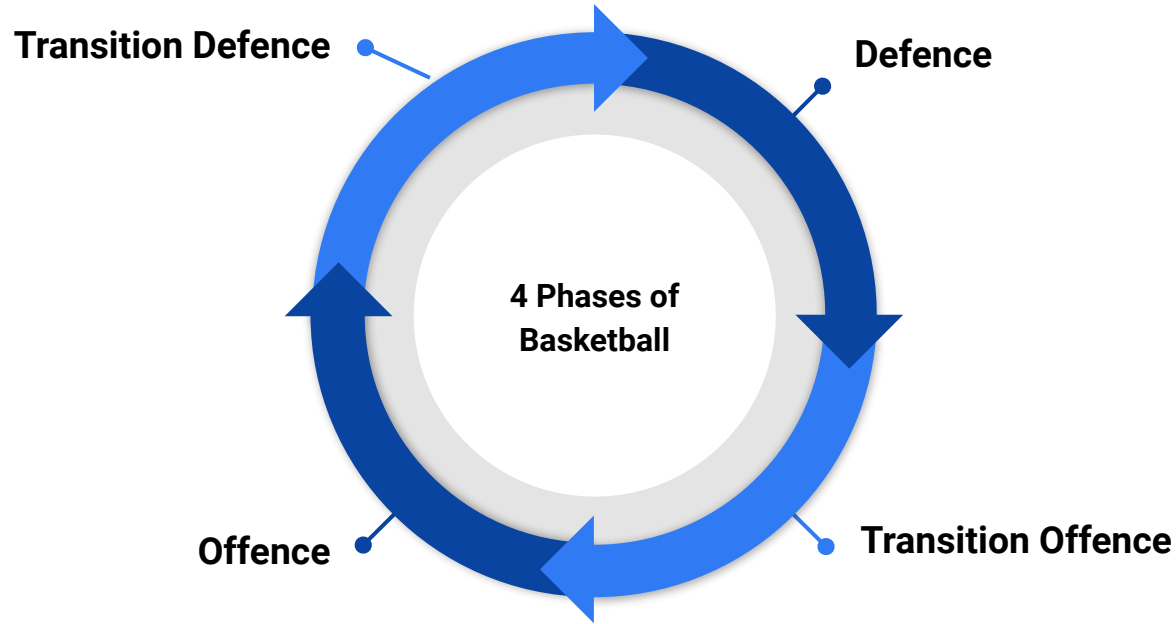
# On-Ball | Multiplayer

Multiplayer Game or Drill	Points of Emphasis	Ages
<p><b>Alternating Currents:</b> This drill teaches players spacing and to kick it out when the defence collapses. It's a great drill if you have a team that likes to crowd the key. The constraint is that a team cannot dribble it into the paint on two successive actions. For example, 1 dribbles it into the paint, the defence collapses, so they kick it out to 3. 3 cannot dribble drive it into the paint. They can either shoot it or pass it to another teammate, who can then dribble it into the paint if they choose.</p>	<p>Space the floor and move the ball around the perimeter (and reversals)</p>	<p>All ages</p>



## Phases of the Game

# The Four Phases of Basketball



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# Defence Games & Drills

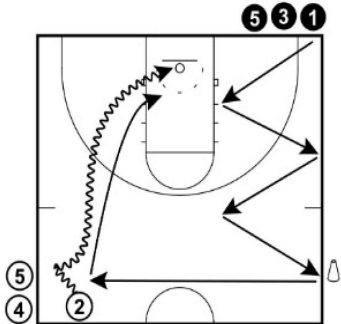
# Defence Skills | On-Air

On-Air Game or Drill	Points of Emphasis	Ages
<b><u>Coach Says:</u></b> A good drill to work on the basics of the defensive stance and movement.	Knees bent, chest up	< 10, 10-12
<b><u>Push Step Drill:</u></b> A good drill for young players to learn the push step. Run this for only 2-3 minutes.	Push off the outside foot Knees bent, chest up	< 10
<b><u>Bowling:</u></b> Another good drill for young players to learn the push step. Coach and player are about 8-10' apart. The player is in their stance. Coach rolls the ball out to one side (about 5-8' wide of where the player is). Player has to push step to get to it. They pick it up, pass it back to the coach, and return to their original spot. The coach rolls it out again to either side and the player repeats their action. After the second one the coach throws the ball back over their head. The player has to run after it, grab it and drive for a layup at the basket behind the coach. Next player in line goes.	Push off the outside foot Knees bent, chest up	< 10, 10-12
<b><u>Self Toss Rebounding Drill:</u></b> A good drill for young players to learn how to jump high for the rebound, secure it with two hands and chin it with arms (or "spears") out.	Jump high Chin it Spears out	< 10, 10-12
<b><u>Tip Drill:</u></b> This drill improves a player's ability to get rebounds by having them practise tipping it and catching with one hand over head. <a href="#">1h 7m in to this video</a> . Progression: Have players throw it up off the backboard, jump, and tip it from one hand to the other. Then progress it so after catching the tip they try to finish (keeping the ball up high).	Watch the ball into your hand Hands stay high	10-12, 13 >

# Defence Skills | 1 on 1 Guided

1 on 1 Guided Game or Drill	Points of Emphasis	Ages
<p><b>1 on 1 Close Outs:</b> 1 on 1 in the half court. D starts with the ball under the basket. They pass it to O who is as far away from the basket as their range allows for a shot. On the pass, D closes out. O can shoot or drive. 1 on 1 until a stop or a make.</p>	<p>Close out points of emphasis: sprint hard, then chop step to slow down, one hand goes up, the other out to prevent a drive by. Yell “ball” when in front of O.</p>	<p>10-12, 13 &gt;</p>
<p><b>Deny Drill:</b> This drill helps players improve their ability to intercept passes when denying a pass. Coach has the ball on the slot or top. O is on the wing. D is playing deny. O makes a V-cut or some other move to get open outside the arc. D tries to intercept pass. If they do, they dribble down the court for a layup. Progression: O can backdoor cut an overplay from the D.</p>	<p>Deny stance—arm closest to the ball is up, palm faces ball.</p> <p>Up the line (½ way in between ball and check) and off the line (1 step off the straight line between ball and check).</p>	<p>All ages</p>
<p><b>3 Second Box Out Drill:</b> A good drill for working rebounding fundamentals. One modification I would make from this video is to have the D player facing the O to start. When the coach calls shot, they make contact (forearm to chest) then turn and back into the O with arms out.</p> <p><b>Progression:</b> You can also teach O how to get past the box out with a swim move (O’s arm goes over the D’s arm and down (like a freestyle swim arm technique) to open up the space and move in front of the D. You can also teach them a <a href="#">spin move or a drive under</a>.</p>	<p>Make contact (forearm to the chest), turn and get low, hands out, push the O back.</p>	<p>All ages</p>
<p><b>Tag and Pursue Drill:</b> This drill is effective at teaching guards and other perimeter defenders how to get long rebounds. To make it more competitive I would have add another D and have all four players try to get the rebound (both D have to tag and pursue on shot).</p>	<p>Yell “shot”, make contact, sprint to the rebound and go up and get it.</p>	<p>10-12, 13 &gt;</p>

# Defence Skills | 1 on 1 Guided

1 on 1 Guided Game or Drill	Points of Emphasis	Ages
<p><b>1 on 1 Slide Drill:</b> Defensive players complete defensive slides on one half of the court and then slide across to defend an offensive player 1 on 1 to the basket. After the score or defensive stop, players switch lines. This drill will really help condition your players to stay in a defensive stance for a period of time. Split the players into 2 lines. One line has a basketball and starts on the edge of half-court (offensive players) and the other line starts on the baseline corner without basketballs. The first defender starts the drill by performing defensive slides on one half of the half-court until they reach the cone. When the defender reaches the cone, they slide parallel across the court until they're in defensive position in front of the offensive player. When this position has been established, the two players will compete one-on-one until a make or stop. When the first defender reaches the sideline cone, the next defender in line begins defensive sliding up the court. After the make or stop, the players switch roles. The defender takes the basketball and joins the half-way line while the offensive player joins the defensive line on the baseline.</p> 	<p>Stay down in a stance, chest up as you slide, one hand out in front, the other down with palm up.</p>	<p>All ages</p>

# Defence Skills | 1 on 1 Guided

1 on 1 Guided Game or Drill	Points of Emphasis	Ages
<p><b>Plug 1 on 1:</b> The drill starts two-on-two with a defender and an offensive player on each wing. One of the offensive players with a basketball drives towards the middle where a help defender must 'plug' the drive. The dribbler will kick the basketball out to the wing and the help defender must closeout and then get a stop against their opponent who can drive or shoot (it becomes 1 on 1 at this point). This drill works on the game-like scenario of the help defender needing to plug the lane to help a teammate and then recover to their player on the kick out. The drill ends with 1-on-1 which is always terrific for development.</p>	<p>Help defence</p> <p>Proper close out technique—sprint, then chop steps, with one hand out front and the other out to the side.</p>	<p>10-12, 13 &gt;</p>



# Defence Skills | 1 on 1 Unguided

1 on 1 Unguided Game or Drill	Points of Emphasis	Ages
<p><b>1 on 1 Level Out:</b> You can see this drill starting just after <a href="#">2:00 minutes on this video</a>. The defender is trying to level out (or flatten out) the ball handler, meaning that they want to prevent a drive to the basket and instead level them out into the corner.</p>	Level out defenders into the corner. Stay low, keep the feet moving without reaching in.	All ages
<p><b><a href="#">The Foot Between Drill:</a></b> Another good drill for teaching D how to level out their player.</p>	Level out defenders into the corner. Stay low, keep the feet moving without reaching in.	All ages
<p><b>Player in the Hole:</b> This drill is great for working a player's ability to guard, stay low, keep the feet moving, and work on their push step. You can also challenge players to use their body angle to pin ball handlers on the sideline. It's great for conditioning as well. <a href="#">Starts at 5:00 minutes</a>.</p>	Stay low, keep the feet moving without reaching in.	All ages
<p><b>1 on 1 Continuous:</b> Start with one player on each wing and a line of players at the top. All three players are outside the three point line. There is a defender guarding one of the wing players. To start, the player at the front of the line at the top passes it to the wing who is guarded by the defender. The O has to make a V-cut to get open. When they receive the pass they play 1 on 1. On a make or defensive stop, the offensive player now becomes the defender for the other wing and has to close out immediately. That wing receives a pass from the top and they play 1 on 1. Continue in the same manner. <b>Constraint:</b> Limit the number of drills to 2-3 to ensure the O tries to attack.</p>	Level out defenders into the corner. Stay low, keep the feet moving without reaching in.	All ages

# Defence Skills | 1 on 1 Unguided

1 on 1 Unguided Game or Drill	Points of Emphasis	Ages
<p><b>Gladiator:</b> One defender (who starts in the key) competes 1 on 1 against 5 offensive players (who start outside the 3 point line—one in each corner, one on each wing, and one on the top) in a row. They start by passing out to one of the players, closing out, and then defending until a score or a defensive stop. They must then immediately pass out to the next player and complete the same process until they've defended all 5 players. The goal is to prevent at least 3 out of 5 players from scoring.</p>	<p>Level out defenders into the corner. Stay low, keep the feet moving without reaching in.</p>	<p>All ages</p>
<p><b>Post 1 on 1:</b> Two passers on the wings attempt to make a pass to an offensive player in the low post with a defender guarding them. The offensive player can move from post to post and the passers can skip pass to each other. Once the basketball is passed inside, the two players play one-on-one. The key focus for your post defender is their defensive positioning. They should be in <a href="#">¾ position</a> to prevent both a pass and protect the rim if the pass gets through. <b>Variation:</b> Like in <a href="#">this video</a>, have one player in the wing and the other in the corner. They pass back and forth and look for a post entry pass or baseline drive. The defender has to adjust their ¾ position as the ball is passed back and forth, and leave their low post defender to stop a baseline drive.</p>	<p>¾ position on the correct side depending where the ball is (hand out in front to deny the pass; one leg in behind to protect the rim).</p> <p>Leave the low post O to prevent a baseline drive.</p>	<p>10-12, 13 &gt;</p>

# Defence Skills | Multiplayer

Multiplayer Game or Drill	Points of Emphasis	Ages
<p><b>1 on 1 to 3 on 3:</b> This full court game starts as 1 on 1 in the back court and becomes 3 on 3 in the front court. It works multiple defensive elements: guarding the ball handler, denying the pass, help defence... <a href="#">Starts at 7:30 minutes</a>.</p>	<p>1 on 1: Stay low, keep the feet moving, and level off into the corner</p> <p>Multiplayer: deny, gap, and help</p>	<p>All ages</p>
<p><b>Shell Drill:</b> This is the classic defensive drill to teach help defence. Some key aspects to teach include: players who are one pass away should deny the pass; two passes away are in help (one step below <i>off the line</i>) an imaginary straight line between their check and the ball handler, about <math>\frac{1}{3}</math> to <math>\frac{1}{2}</math> way towards <i>up the line</i> the ball handler.) Players need to rotate from ball to deny to help as the ball is passed. They should be communicating their role: “ball”, “deny”, “help” (or “gap” if you prefer that to deny). <a href="#">Starts at 9:00 minutes</a>.</p>	<p>One pass away - deny</p> <p>Two passes away - help</p> <p>Talk!</p>	<p>10 - 12, 13 &gt;</p>
<p><b>4 on 3 Overload:</b> This is a great drill for teaching communication and defensive rotations. <a href="#">Starts at 14:05 minutes</a></p>	<p>Talk!</p> <p>Defensive rotations</p>	<p>10 - 12, 13 &gt;</p>
<p><b>Buckets:</b> 4 on 4 or 5 on 5 full court. This is a drill that focuses your defence on creating turnovers. Each time the defence causes a turnover (steal, pass out of bounds, interception, or a tie-up) a coach drops a tennis ball or bean bag in the offensive team’s “bucket” or pale. Play until the first team has 5 tennis balls in their bucket. They have to do 5 pushups for the difference between the number of balls in each bucket (e.g., 5-1 means 20 pushups).</p>	<p>Turnovers—be aggressive (without overplaying)</p>	<p>10 - 12, 13 &gt;</p>

# Defence Skills | Multiplayer

Multitplayer Game or Drill	Points of Emphasis	Ages
<p><b>No paint:</b> This drill focuses your team on denying paint touches to the offence. There are two ways to score: offence gets 1 point for a paint touch and 1 point for hitting the rim or scoring on a 3 pointer. Once either of these happen the ball turns over. First team to 3 wins. <a href="#">Starts at 18:00 minutes</a>. Progression: Point to O if D fouls.</p>	<p>Gap and help D to prevent paint touches</p> <p>Stay low and keep the feet moving</p> <p>Talk</p>	10-12, 13 >
<p><b>Whistle Drill:</b> This drill is great for teaching players how to communicate when they lose their check. 5 on 5 in the half-court. When the coach blows their whistle or says “change”, O becomes D. A player other than the one guarding the ball handler when the whistle was blown must come over and pick up the ball and all defenders must guard a new player. <a href="#">Starts at 21:30 minutes</a>.</p>	<p>Talk</p> <p>Look for open players and sprint to a new check</p>	10-12, 13 >
<p><b>3 on 3 Close Out Drill:</b> 3 players on D spread across the baseline. 3 on O opposite them at the arc. D at one corner passes to D in middle who passes to D in other corner. D then passes to their O opposite them, who passes to O in the middle, who passes it to O on their other side. Live ball 3 on 3 from there. The close out element happens after the pass from each D. So, D on the baseline in the left corner closes out to O across the court from them. D in the middle closes out to middle O. D in right corner closes out to O across the court from them. <a href="#">Video is available to Basketball Immersion members</a>.</p>	<p>Close out points of emphasis: sprint hard, then chop step to slow down, one hand goes up, the other out to prevent a drive by. Yell “ball” when in front of O.</p>	10-12, 13 >

# Defence Skills | Multiplayer

Multiplayer Game or Drill	Points of Emphasis	Ages
<p><b>Cutthroat:</b> 4 on 4 or 5 on 5. Defence stays D until they get a stop (or a prescribed number of stops). Can practice D against specific offensive actions (e.g., start with a ball screen, a down screen, or a flex cut). <b>Variation:</b> Defence gets a point for every stop. On a stop they continue playing D. On a make they become O.</p>	<p>Help D</p> <p>Stay low and keep the feet moving</p> <p>Talk</p>	<p>10-12, 13 &gt;</p>
<p><b>2 on 2 Deny:</b> A coach or player starts with the basketball at the top of the key. Two offensive players starting on the wings must get open for the pass and then attempt to score in a 2-on-2 situation. The focus of the drill is on the defenders denying the pass to these two players and then getting a defensive stop when the basketball is live. When the offensive team is able to receive a pass, they immediately pass the basketball back to the coach and keep on moving for the first two catches. On the third catch, the basketball is live and the two defenders must attempt to get a defensive stop.</p>	<p>Defenders should be in a stance with their arm closest to the player at the top out, palm turned toward the ball.</p> <p>Defenders should attempt to deny the pass without overplaying it.</p>	<p>All ages</p>
<p><b>No Hands Defence:</b> In the half-court, two teams play 5-on-5. The difference from a regular game is that the defenders aren't allowed to use their hands on defense to steal the basketball (each defender is holding a tennis ball in each hand). The two teams rotate offense and defense every 3 - 5 possessions. By not allowing the defense to use their hands, the defensive focus is entirely on footwork and correct defensive positioning. This will also get players out of the bad habit of reaching in and fouling their opponent. The possession is over after a shot.</p>	<p>Keep the feet moving</p> <p>Don't reach with your hands</p>	<p>All ages</p>

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# Transition Offence Games & Drills

# Transition Offence | On-Air

On-Air Game or Drill	Points of Emphasis	Ages
<p><b><u>LOCO-Motion:</u></b> This drill encourages players to pass the ball in transition, rather than dribbling it.</p>	<p>Come to the ball to catch it.</p> <p>Jump stop and pivot on the catch</p> <p>Hard, accurate pass</p>	<p>All ages</p>
<p><b>5 on 0 Transition:</b> Practice your transition offence on-air. Players start with an Annie Over until coach yells go. Rebounder &gt; outlet with 3 highest players running the two sidelines and the rim. Add constraints such as need to pass across center court, need to get the ball over within 3 seconds of the rebound, or need to execute a 2 side transition.</p>	<p>Proper positioning</p> <p>Proper spacing to enable a pass</p> <p>"Fast" break</p>	<p>All ages</p>

# Transition Offence | 1 on 1 Guided

1 on 1 Guided Game or Drill	Points of Emphasis	Ages
<p><b><u>Half Court 1 on 1 Attack:</u></b> This drill teaches players how to attack the basket from a reasonable distance away from the basket. It mimics the fast break dribble drive after receiving a transition pass. <b>Progression:</b> <u>Full court 1 on 1 attack</u>.</p>	<p>Dribble drive hard to the basket on a straight line.</p> <p>Welcoming contact on the dribble drive.</p>	<p>10-12, 13 &gt;</p>



# Transition Offence | 1 on 1 Unguided

1 on 1 Unguided Game or Drill	Points of Emphasis	Ages
<a href="#"><u>1 on 1 Attack with Narrow Cones</u></a> : This drill teaches players how to transition efficiently, dribbling the ball up the court as fast and direct as possible.	Transition fast (get by your defender fast with as few dribbles as possible)	10-12, 13 >

# Transition Offence | Multiplayer

Multitplayer Game or Drill	Points of Emphasis	Ages
<b><u>5 on 3+2 Fast Break:</u></b> This drill works fast break transitions and then into a half court offense if there isn't a make off the fast break.	Rebound > outlet 3 highest players fill the lanes (2 on the rails (sidelines), 1 to the rim) Advance it as fast as possible with a pass	10-12, 13 >
<b><u>1 on 2 Pressure Ballhandling Drill:</u></b> This drill helps players handle ball pressure in transition offence.	Dribble up the middle of the court (avoid the sideline) Use a retreat dribble when necessary. Catch and face the basket in low and strong triple threat position. Keep head up when dribbling. Attack one defender. Aggressively attack the outside foot of one of the defenders. Try to avoid splitting the defense because that allows the defense to tip from behind.	10-12, 13 >
<b><u>3 on 2, 2 on 1 Transition Drill with Steve Nash:</u></b> Players have to use a pass and find the advantage in this fast-paced drill.	Find the advantage	All ages
<b><u>3-on-2 Full Court Drill:</u></b> This drill teaches players how to handle presses and traps. You should teach your players how to play in a triangle formation to break the press, with one player supporting in behind the ball.	Triangle formation with good ball support. Players without the ball have to use cuts, seals, and DHOs/gets to break the press	10-12, 13 >

# Transition Offence | Multiplayer

Multitplayer Game or Drill	Points of Emphasis	Ages
<b><u>Full Court Press Breaker Drill:</u></b> Like the last drill on the previous page, this one teaches your players how to break presses and traps. Great for teaching your team how to handle pressure.	Triangle formation with good ball support. Players without the ball have to use cuts, seals, and DHOs/gets to break the press	10-12, 13 >
<b><u>The Retreat Dribble Drill:</u></b> This drill is great for teaching your players how to use their retreat dribble (or back-up dribble) to escape pressure.	On the retreat dribble, players should turn and be perpendicular to their defender, ball is behind their back foot, front “arm bar”, back up 2-3 steps aggressively to create space and then crossover dribble and dribble with speed to get past the defenders.	10-12, 13 >
<b><u>3 on 1 Transition Advantage Drill:</u></b> This drill is a good alternative to an on-air transition drill, forcing your players to play with pace, move the ball, and be creative.	Proper transition spacing—rail runners. Playing with pace Finding the advantage	10-12, 13 >

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# Offence Games & Drills

# Offence | On-Air

On-Air Game or Drill	Points of Emphasis	Ages
<b><u>The Jab Step Breakdown Drill:</u></b> Practice the jab step on air. Both feet. The jab step is a foundation to effective 1 on 1 play.	Jab step: step hard (squash the bug), shoulders and eyes follow jab direction. Sweep the ball below the knees.	< 10, 10-12
<b><u>3/4/5v0:</u></b> Practising many motion offence and dribble drive motion offence actions on air can be effective in helping players learn these actions, especially early in the year. That said, once players have an understanding of how to execute these actions, it is really critical to have them practice against unguided defenders.	Specific to actions	10-12, 13 >
<b><u>Partner Dribble Hand-Off Drill:</u></b> A great drill for practising a DHO into a shot opportunity. <b>Load:</b> Add 2 defenders.	Receiver is always further from the basket than the ball handler.  Receiver has to explode into cut to create separation from defender and get open for DHO.	10-12, 13 >

# Offense | On-Air

On-Air Game or Drill	Points of Emphasis	Ages
<p><b>DHO Team Drills:</b> A number of team drills in this video that are good for drilling the fundamentals of DHOs.</p>	<p>Jump stop in the handoff (player who is handing the ball off)</p> <p>DHO receiver is always furthest away from the basket.</p> <p>Handoff is shoulder to shoulder to seal receiver's defender.</p>	<p>All ages</p>
<p><b>Low Post Pin Down:</b> 3 on 0 in the half court. 1 player on top (or strong slot), 1 player on the wing (with the ball to start), 1 on the strong block. Wing passes ball to top (slot) and cuts down to the block to execute a pin-down screen on the post's on-air defender, who pops out to the wing (inside or outside the 3 point line depending on age/range) for a return pass and a shot. <b>Alternative action:</b> Wing passes to low post to start action. Wing and Top exchange spots. Post passes to player who has rotated to the wing who either: a) shoots it, or b) passes to the top and executes a pin down for the post who pops out receives it on the wing and shoots. <b>Load:</b> add defenders.</p>	<p>Wing: Pass, cut, pin down screen with proper screening technique.</p> <p>Post: Pops out when screen is set, shoulder to shoulder with screener.</p>	<p>10-12, 13 &gt;</p>
<p><b>Screen Away:</b> 3 on 0 in the half court. 1 player on top (with the ball to start), 1 player on each wing. Top passes it to one wing and then executes an away screen for the other wing, who does a slash cut across the top of the key, receives the pass and shoots a jump shot. <b>Alternative actions:</b> 1) The cutter does a curl cut around the screen, receives the pass and dribble drives for a layup. 2) The cutter pops out to the top of the arc and the screener rolls to the basket, receives a pass from the wing and finishes. <b>Load:</b> Add defenders.</p>		

# Offence | On-Air

On-Air Game or Drill	Points of Emphasis	Ages
<p><b>Flex Cut:</b> 3 on 0 in the half court. 1 player on top (with the ball to start), 1 player in the corner, 1 on the strong block. Low post initiates by moving a step or two towards the player in the corner. Corner runs toward the post player, who sets a back screen on the corner's defender. The corner player goes over or under the screen into the paint and receives a pass from the top, then finishes.</p> <p><b>Alternative action:</b> Post pops out to corner and receives a pass and shoots. <b>Load:</b> add defenders.</p>	<p>Corner: Slow into the screen, fast out of it, shoulder to shoulder with screener.</p> <p>Post: Pops out to corner after the screen.</p>	13 >
<p><b>Low Post Flash:</b> 2 on 0 in the half court. Post in the short corner (weak side) and opposite wing with the ball. Low post flashes to strong block, receives pass and uses a low post finishing move such as a drop step, jump hook, or turn and face. <b>Load:</b> 2 on 1 (x5 covering the post player). 2 on 2 (x5 and x3 covering the wing).</p>	<p>Wing: Time the pass to arrive when the low post gets to the strong block.</p> <p>Post: Sprint to the block to create separation from x5. points of emphasis related to finishing move.</p>	All ages
<p><b>High Post Flash:</b> Same as above except 5 flashes to the high post (nail or strong elbow). Receives pass, turns and shoots, or an upfake and dribble drive. <b>Load:</b> 2 on 1 (x5 covering the post player). 2 on 2 (x5 and x3 covering the wing).</p>	<p>Wing: Pass arrives when the 5 gets to the high post.</p> <p>Post: Sprint to the high post to create separation from x5.</p>	All ages

# Offence | 1 on 1 Guided

1 on 1 Guided Game or Drill	Points of Emphasis	Ages
<b>1 on 1 in the half court.</b> D forces O to one side (switch sides).	Take as straight a route to the basket as possible (drive the lane).  Age 13 > : Make contact with defender (keep on body).	All ages
<b>1 on 1 with constraints:</b> → Players need to do a crossover before shooting → Players need to dribble into the paint before shooting → Players can only dribble with one hand → Ball handler must make contact with defender as they drive the lane (ages 13 >)	Successful completion of constraint	All ages
<b>1 on 1 from the Corner:</b> Coach (or a player) has ball in the high post. Defender starts in paint. Coach kicks it out to the corner. Defender closes out and they play 1 on 1 with dribble constraints (e.g., max of 3-4 dribbles depending on age before a shot) or other constraints such as the player must finish in the paint.	Successful completion of constraint	All ages



# Offence | 1 on 1 Unguided

1 on 1 Unguided Game or Drill	Points of Emphasis	Ages
<p><b>The Jab Step Series:</b> Start this on-air and then load it with an unguided defender. Jab step followed by 3 options: 1) Shoot if defender sags, 2) Crossover step and dribble drive if defender overplays jab step, 3) Dribble drive on the jab step side if your shoulders are even with the defenders hips</p>	<p>Make the right read depending on the defender (see description).</p> <p>Sell your fake well (hard jab step, eyes and shoulders in direction of jab).</p> <p>Explode to basket.</p>	<p>All ages</p>
<p><b>1 on 1 off the Catch:</b> Coach or player passes it to a player outside the arc. Play off the catch, using a jab step and reading their defender and deciding whether to shoot (defender sags), attack on the jab step side (shoulder is even/passed D's hip), or crossover step (defender overplays jab step).</p>	<p>Jump hop into the catch to enable both feet as pivot feet</p> <p>Read and react to defender per description</p>	<p>10-12, 13 &gt;</p>

# Offence | Multiplayer

Multiplayer Game or Drill	Points of Emphasis	Ages
<p><b>DHO Series:</b> Start as 2v0 with ball in slot and an another offensive player in the strong corner. Slot player dribbles towards corner. Corner kicks up for dribble handoff (DHO). Player who receives the DHO practices multiple finishing moves: 1) Curl around the slot after hand-off (shoulder to shoulder) and dribble drive to basket (used if defender goes over the hand-off), 2) Pull up and shoot the jumper (used if defender goes under the handoff), 3) Slot rolls to the basket after DHO/screen and receives pass back from person who received the DHO (used if the slot's defender loses their check after the DHO). <b>Load:</b> 2 on 2, unguided defenders. <b>Load:</b> 4 on 4 with a post player and weak wing. DHO receiver has multiple options now (play to post on a seal; play to opposite wing if they cannot get downhill). Alternative: Execute the DHO from one slot to the other to get players comfortable with DHOs from multiple spots on the floor.</p>	<p>Make the right read depending on the defender (see description).</p> <p>DHO receiver is always furthest away from the basket.</p> <p>Handoff is shoulder to shoulder to seal receiver's defender.</p>	10-12, 13 >
<p><b>4 on 4 Gaps:</b> 4 on 4. Players can only score on a dribble drive through a double or triple gap. Start this on-air (4v0) with players creating double or triple gaps. Challenge them to create 3 double or triple gaps before shooting. <b>Remember:</b> A single gap is the space in between a corner &gt; wing &gt; slot &gt; slot &gt; wing &gt; corner. So a double gap is when your team leaves one of these spots open and there is no defender there (e.g., slot &gt; opposite wing). A triple gap is when two of these spots are open with no defenders in these gaps (e.g., slot &gt; corner). You can create a triple gap on a slot to slot pass when the passer does a basket cut and cuts to the opposite corner. Now there is nobody between the receiver of the pass in their slot and the opposite corner.</p>	<p>Player movement creates double and triple gaps</p> <p>Ball handler recognizes gaps and drives through them.</p>	10-12, 13 >
<p><b>2 on 2 Ball Screen:</b> Play 2 on 2 out of a ball screen start. Defence can play the screen any way they want. O keeps ball on a make. Switches on a stop.</p>	<p>Screener either rolls or pops</p> <p>Ball handler uses screen</p>	13 >

# Offence | Multiplayer

Multiplayer Game or Drill	Points of Emphasis	Ages
<p><b>Alternating Currents:</b> This drill teaches players spacing and to kick it out when the defence collapses. It's a great drill if you have a team that likes to crowd the key. The constraint is that a team cannot dribble it into the paint on two successive actions. For example, 1 dribbles it into the paint, the defence collapses, so they kick it out to 3. 3 cannot dribble drive it into the paint. They can either shoot it or pass it to another teammate, who can then dribble it into the paint if they choose.</p>	Space the floor and move the ball around the perimeter (and reversals)	All ages
<p><b>2 on 1 Shooting:</b> This is a half court shooting and decision-training drill. Two offensive players start outside the arc (or inside for younger players) with good spacing. There is a line-up of 2-3 defenders behind the baseline. The first defender has a ball under the basket and passes it out to one of the offensive players. They can close out on the receiver or the other offensive player. The receiver can choose to shoot against the close-out, dribble drive, or pass it to the other player. This drill really helps players find the advantage. After the shot, the defender becomes one of the offensive players, and the shooter goes to the back of the defender line. Constraints: 1) Pass or shoot only, 2) Pass, shoot, or dribble drive, 3) Dribble drive or kick, 4) Offensive rebounds are allowed. Basketball Immersion members can <a href="#">see this video here</a>.</p>	Who has the advantage?	All ages
<p><b>4 on 3 Shooting:</b> Similar to the above drill, this is an uneven situation to create an advantage situation for the offence. Start with 4 O outside the arc, well spaced. 3 D are across the key. One them passes to an O to start and they all close out on a player, leaving one unguarded. O has to find the advantage. Use constraints to practice certain learning experiences: 1) No dribble, 2) No cuts, 3) Penetration after the second catch, 4) Extra pass prior to a shot. Basketball Immersion members can <a href="#">see this video here</a>.</p>	Find the advantage and use it	10-12, 13 >

# Offence | Multiplayer

Multiplayer Game or Drill	Points of Emphasis	Ages
<p><b>Comeback Time:</b> The game starts with the coach choosing two teams and giving them a situation. For example, team A is down by 5 with two minutes in the game. The two teams then compete against each other from this situation and try to win the game. This is a fun drill for working on situational awareness and to get players thinking towards the end of games. They must know the score and what to do in each situation to give their team the best chance of achieving success. After the game, talk to the players about the situation. Communicate to both teams what they did correctly, and what they could have done differently.</p>	<p>Create advantage situations to create scoring opportunities fast.</p> <p>Specific points of emphasis for any actions or plays you have for this type of situation.</p>	All ages
<p><b>Core:</b> Two teams play a 4 on 4 or 5 on 5 game in the full court. Except each time down the floor, the offense must pass the basketball inside to the low post before they're allow to shoot the ball. This drill allows your team to practice getting post position, passing the basketball into the low post, and either scoring or passing out of the post. Teams can score from outside the post after it has been passed inside it on every possession. <b>Constraint:</b> Try playing a version where the post cannot score. Helps with spacing and ball movement.</p>	Post touches	All ages
<p><b>Five-Pointers:</b> Two teams play a regular game to 21 points except three-pointers are worth 5 points. Everything else about the basketball game stays the same. This drill encourages players to seek out the three-point shot. This adds some extra elements of strategy to the game and will teach you a lot about each player's decision making. <b>Variation:</b> The same concept can be used to encourage layups, post ups, or any other type of shot.</p>	Open 3 point shot attempts	13 >

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# Transition Defence Games & Drills

# Transition Defence | On-Air

On-Air Game or Drill	Points of Emphasis	Ages
<b>Full court sprint:</b> This drill is a good, short one to run to reinforce how fast players should be running back on defence. 5 players are in the front court. One of them takes a shot. The coach or another player gets the defensive rebound. At that moment, the 5 players have to sprint as fast as they can back to their key.	Run as fast as you can on the rebound.	All ages

# Transition Defence | 1 on 1 Guided

1 on 1 Guided Game or Drill	Points of Emphasis	Ages
<p><b>1 on 1 Slide Drill:</b> This is similar to the <a href="#">game we introduced in the Defence skills section</a>, but with a variation designed for transition defence. In this variation, the defenders start on the sideline at the free throw line extended. They do defensive slides in a zigzag pattern up the court until they get to a cone that is on the sideline about 5 feet on the other side of the mid-court line. They then slide across the court until they reach a pylon that is halfway in between each sideline. At that point, the offensive player, who is about 5 feet inside the opposite sideline, starts dribbling up the court to the far basket. The defender turns and sprints after them, trying to get in front of them, level them off into the corner or apply pressure without fouling them.</p>	<p>Stay down in a stance, chest up as you slide, one hand out in front, the other down with palm up.</p> <p>Sprint to get in front of your check and face up against them.</p> <p>Put pressure on them without fouling.</p> <p>Force them away from the paint.</p>	<p>All ages</p>
<p><b>Goalie:</b> 2 players line up one in front of the other in the front court in the paint. The first player throws it off the backboard. The second player catches it. The first player, after throwing it, yells “Goalie” and runs down the court into the key to protect the rim (being mindful to clear it every 3 seconds). The second player, after catching the ball, dribbles it down the court for a 1 on 1 situation. <a href="#">Watch this drill starting at 30m</a> into this coaching clinic by Mike McKay of Canada Basketball.</p>	<p>Communication—“Goalie!”</p> <p>Goalie sprints back to protect the rim, and clears every 3 seconds while waiting for O to come down the court</p>	<p>10-12, 13 &gt;</p>
<p><b>Jammer:</b> Similar to above drill, except that the first player in line calls out “Jammer” and stays in the front court for a full court 1 on 1. <a href="#">Watch this drill starting at 31:30</a> into this coaching clinic by Mike McKay of Canada Basketball.</p>	<p>Communication—“Jammer!”</p> <p>Jammer tries to force the O down the sideline and into the corner in the back court.</p>	<p>10-12, 13 &gt;</p>

# Transition Defence | 1 on 1 Unguided

1 on 1 Unguided Game or Drill	Points of Emphasis	Ages
<p><b>1 on 1 Finishing Drill:</b> Players find a partner and set up at the mid court line. The offensive player starts on the sideline with a basketball and the defender approximately 2 metres across from them inside the court. The offensive player chooses a basket to attack and then must speed dribble into a layup. The defender must challenge the shot without fouling of the shooter. This drill teaches players to finish at the rim with pressure and is also teaches players how to defend shots without fouling. The pairs on each side of the court must alternate starts so one pair is selected to go first. The offensive player of the starting pair starts facing the defender and then selects a rim by exploding in that direction with the dribble and attacking the rim. The defender must react immediately and attempt to catch and defend the shot or get in front of the offensive player.</p>	<p>Sprint to get in front of your check and face up against them.</p> <p>Put pressure on them without fouling.</p> <p>Force them away from the paint.</p>	<p>All ages</p>



# Transition Defence | Multiplayer

Multiplayer Game or Drill	Points of Emphasis	Ages
<p><b>Interceptor:</b> Similar to the <a href="#">Goalie and Jammer games</a>, this one involves three players. They start lined up near the front court backboard. The first player throws it off the backboard and yells “Interceptor”, and then sprints to mid court. The second player in the line is the rebounder. They pass it to a third player on the wing (at the arc) who does a C cut while the rebounder bananas behind them and fills the lane. The player with the balls drives, and looks for a transition pass (either underneath the “Interceptor” coverage, or over top). Interceptor tries to intercept (ask them where they needs to play to intercept the pass). If the pass is not intercepted they continue down the court and play to a make or stop. <a href="#">Watch this drill starting at 33m</a> into this coaching clinic by Mike McKay of Canada Basketball.</p>	<p>Sprint to get in front of your check and face up against them.</p> <p>Put pressure on them without fouling.</p> <p>Force them away from the paint.</p>	<p>All ages</p>
<p><b>The 3 Minute Game:</b> This is a great game for enforcing your transition defence standards. Players play 5 on 5 with 3 minutes on the clock to start. Identify your 2-3 transition points of emphasis at the start of the drill (e.g., Goalie/Interceptor/Jammer, communication, no ball side forward passes, no uncontested shots in transition). Each transition sequence starts with a tip drill off the glass. If any of your points of emphasis are not met, the clock resets to 3 minutes at the end of the transition (once you get below 2:00 minutes it resets to 2:00 (and likewise for below 1:00 resets to 1:00). See how long it takes you to play out the full 3:00 minutes, or play for 10 actual minutes and see how much time is left on the clock at the end (try to beat that time in the future). This will work your transition d standards and player conditioning in a big way.</p>	<p>Identify 2-3 Transition D points of emphasis and enforce them.</p>	<p>13 &gt;</p>

# Transition Defence | Multiplayer

Multiplayer Game or Drill	Points of Emphasis	Ages
<p><b>Disadvantage:</b> This game simulates a game-like transition by having either 1 or 2 players transition d players trailing the transition. 5 on 5. 5 from one team line up across the baseline to start. They will be the transition O team first. 5 transition D players line up across the free throw line extended. Coach gives each of the 5 transition D players a number between 1 and 3. Coach has the ball to start. To start the game, Coach calls out a number between 1 and 3 and passes the ball to one of the transition O players on the baseline. Transition O starts flying down the court in transition. The transition D player(s) whose number the coach called must sprint and touch the front court baseline and then sprint back to get into the play. The other transition D players start to transition from their starting point (the free throw line extended). Transition O has 12 seconds to score (you can adjust the time). On a make, stop, or after 12 seconds, the transition D team becomes the transition O and goes back up the court. Reset at the end of an up and back the court sequence.</p>	<p>Identify 2-3 Transition D points of emphasis and enforce them.</p>	<p>13 &gt;</p>
<p><b>1 on 1, 2 on 2....:</b> This drill, from Andrej Lemanis, the former Head Coach of the Australian men's national team, is a good competitive drill that develops a number of skills, including transition defence, transition offence, ball handling, passing, and decision-making. It starts 1 on 1, full court. Once the offensive player gets to the mid-court timeline, the defender goes off and the offensive player has to beat a new defender in the front court. Same applies for 2 on 2—two new defenders take over at mid court. Likewise for 3 on 3 and 4 on 4 (if you have enough players). At 5 on 5 just play straight up for the full court.</p>	<p>Keep the ball handler on the sidelines</p> <p>Make it difficult for the offence to cross the midcourt timeline within the required 8 seconds</p> <p>Deny a ball side forward pass</p>	<p>10-12, 13 &gt;</p>
<p><b>Coaches Call:</b> 5 on 5 with the coach calling out transition defence formations (e.g., half-court defence, full court press in whatever formation you use).</p>	<p>Specific to formation</p>	<p>10-12, 13 &gt;</p>

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# More Information

# More Information

We hope you have found this document to be helpful in assisting you in coaching and teaching our young people. Thank you so much for your time, your efforts, and your responsibility in being a role model and a teacher!

A reminder that this document is a companion document to our 2021-22 Curriculum and Coaches Guide that will assist you in understanding player development milestones for your team's age group. It will also help you better understand West Ottawa's philosophies regarding coaching best practices.

For more information or for help in practice planning, coaching resources, or player development, please contact Mark Emond ([markemond09@gmail.com](mailto:markemond09@gmail.com), 613.858.0058), West Ottawa Basketball's Director of Player and Coach Development.

# Coach Hoops | Your West Ottawa Coaching Website

[Coachhoops.ca](https://coachhoops.ca) is your website, designed specifically for West Ottawa Basketball coaches.

It includes a drills portal, practice planning templates, links to coaching resources, FIBA rules, information on coaching certification and long-term athlete development, blog posts from West Ottawa coaches, and contact information for coaching development and player development support.



## COACH HOOPS

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