

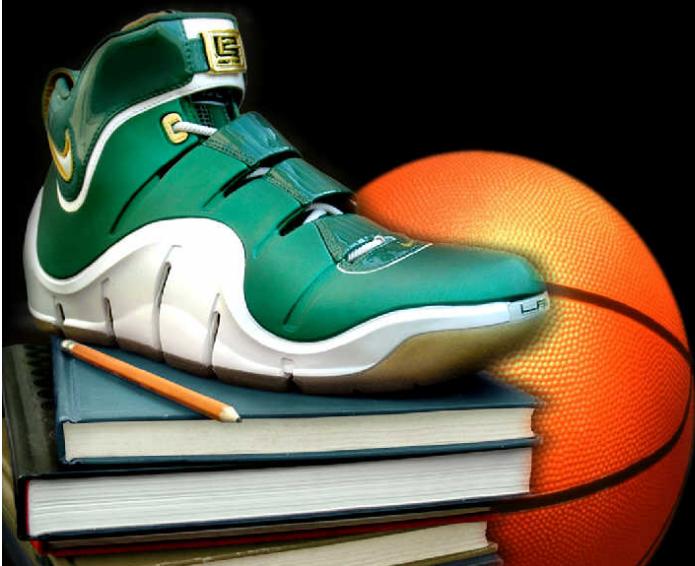
Implementing *The Dribble Motion* Offense



with Jamie Angeli

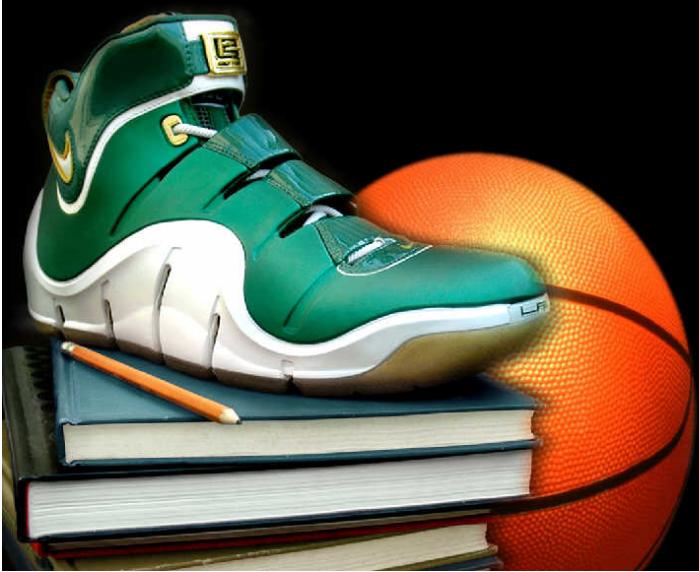
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Implementing *The Dribble Motion* Offense

Introduction



Like many of you, when a new offensive system comes along, I make every effort to gather as much information as I can before making a decision on whether or not to make a change in my current offensive arsenal. When you hear coaches talk about the *Dribble Motion Offense*, you hear them make rather bold statements like, “This offense will revolutionize the game, much like the spread or motion offense did when it was introduced.”

Those kinds of statements certainly get your attention. It got mine. And I set out to learn all I could about this offense, knowing full well that if this is going to revolutionize the game, than I better learn all I can about it, because I’m going to face it eventually. That is exactly how I came across this offense. Not necessarily with the intention of using it, but rather to learn the intricacies of the system so that I would be better equipped to defend it. Plain and simple.

By explaining to you why I like this system, I think it would be best to look at what others feel may be the weaknesses of this system, and then give you my opinion and how I hope to counter some of the real and perceived “drawbacks” of this system. Let’s take a look at some of the negative feedback so far regarding this system:

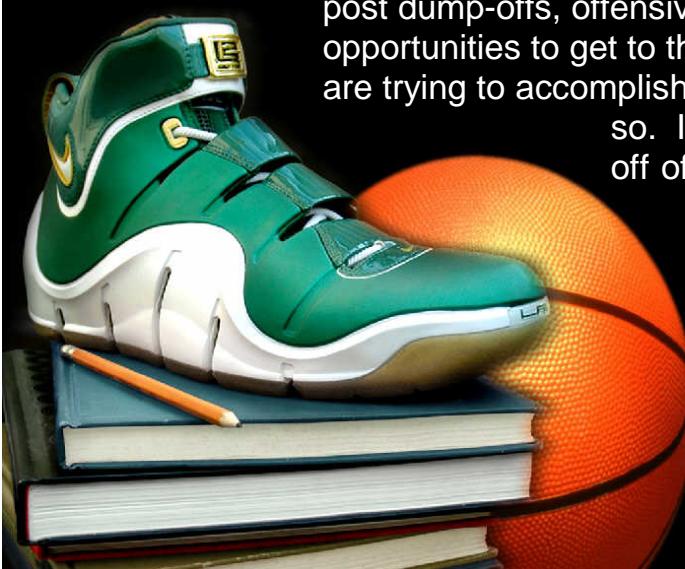
1) “It is one-on-one, clear out, selfish basketball at its worst”.

I have learned early on in this profession working with and around so many great coaches, that you will get what you teach...or emphasize each night in practice. If you emphasize that this is a one-on-one system, than that is certainly what you will get. I choose to emphasize each night in practice what opportunities *effective* dribble penetration will create for our team. We place a premium on creating lay-ups and help situations through aggressive attack penetration aimed at getting to the free throw line first, in the paint second, and then the “3” point shot (and in that order).

2) “How can you have an effective offensive system *WITHOUT* screening?”

This one is usually the deal breaker for most coaches. “What, no screening, just penetration?” All I have noticed so far is this offense gets you plenty of lay-ups, post dump-offs, offensive rebounds, spot-up “3” point shots, and opportunities to get to the free throw line. Now, isn’t that what you are trying to accomplish by setting screens in your offense? I think so. If we can get the same scoring opportunities off of penetration, than why would it be necessary to set screens? I don’t know about you, but I have always thought the toughest teams to defend were the teams that liked to penetrate. I believe it has always been the consensus in our profession that the

dribbler is always the most difficult player to defend simply because you don’t know what he is going to do with the ball, so you are constantly in a reactionary mindset.



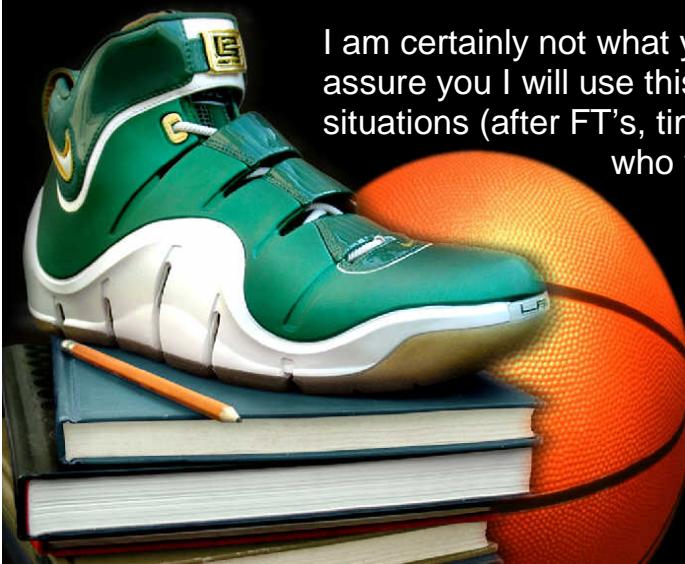
3) “Sure, if you have the players Memphis has, than any system will look good”.

Can't argue with that rationale. But I do have an argument for those who feel they do not have the talent to run this system. Now if you are going to tell me that you have slow players who can't dribble and can't shoot....well than good luck. Let me know what system is effective with that group! Truth is there are not many offensive systems on the planet that will hide key basketball deficiencies like ball handling and shooting. This system is just another reason to start developing your ball handlers and shooters at a very young age! Let's not forget why you are wearing the whistle in practice. It is your job as head coach to develop these players. I am excited to show you in this book the basketball aids and drills we use each night to help our players improve their skill level with the basketball.

4) “I am interested in the Dribble Motion, but I also like the _____” (insert your favorite offense here)

Another misconception about this system is that you have to use it exclusively in order for it to be successful. Not true. I love the Triangle Offense and I have incorporated it with the Dribble Motion. Not hard to move from one to the other. If our point guard breaks the three point line with ball penetration as he brings the ball into the half court, than we will run Dribble Motion the rest of the possession. If the point guard decides to make one of our secondary pass entries (to the wing, trailer, or use a pick and roll with the trailer), instead of penetrating, than we will run our Triangle Offense after our secondary options. I think it would be just as easy for you to plug in your favorite continuity offense in the same manner. We will also use a handful of set plays in conjunction with the Dribble Motion and Triangle Offense. It will be my determination, based on our opponent and match-ups, what percentage of each of the above offensive options we will use.

5) “I've read where one of the creators, Vance Walberg, says for this system to be truly effective you should press the entire game while trying to attempt at least (25) 3's while making (8) of them (32%).”



I am certainly not what you would call a pressing coach, so I can assure you I will use this system while pressing only on certain situations (after FT's, time-outs, etc.) I know many other coaches who will use it effectively doing the same. So if you are not a pressing coach, don't worry. You can still take advantage of this great system. Come to think of it, I don't remember Memphis pressing all that much throughout the NCAA Tournament. I could be wrong. You as the coach should determine how many 3's you will shoot and who should be shooting them. Enough said.

6) “I am a disciplined defensive orientated coach and I feel I will send mixed messages to my players with this wide-open system”.

From the first practice I talk to my players about valuing each possession, whether on offense or defense. On offense, my players know how important it is to take care of the basketball. I assure you, our players are not throwing the ball all over the gym. We drill exclusively each night on taking care of the basketball, learning to penetrate under control and with balance and strength while using your body to protect the ball. It goes back to my original point. Your players will give you what you emphasize in practice, so be careful and thoughtful when putting together your practice plan. Limiting our turnovers is a constant theme throughout our practices.

In the next chapter you will see some of the basketball aids we use each night to develop quickness and strength with the basketball. These aids, along with your clear and concise drill work, send a great message about what you value as a coach, as a team, and as a program, each night you step on the floor.

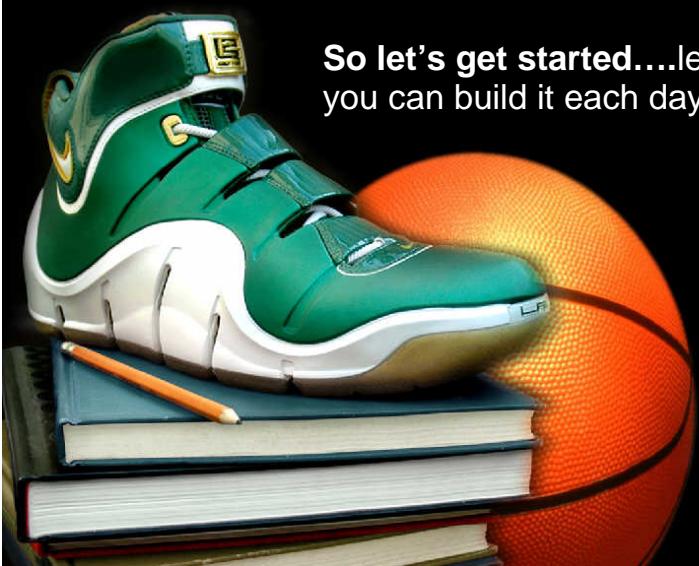
Remember, I emphasize each practice our three main goals, and in this order:

- 1) Get to the Free Throw Line
- 2) Get in the Paint or Key Area for Lay-ups and Dump-offs
- 3) Spot-up for Three Point Shots

Or “FREE” - “KEY” - “THREE”

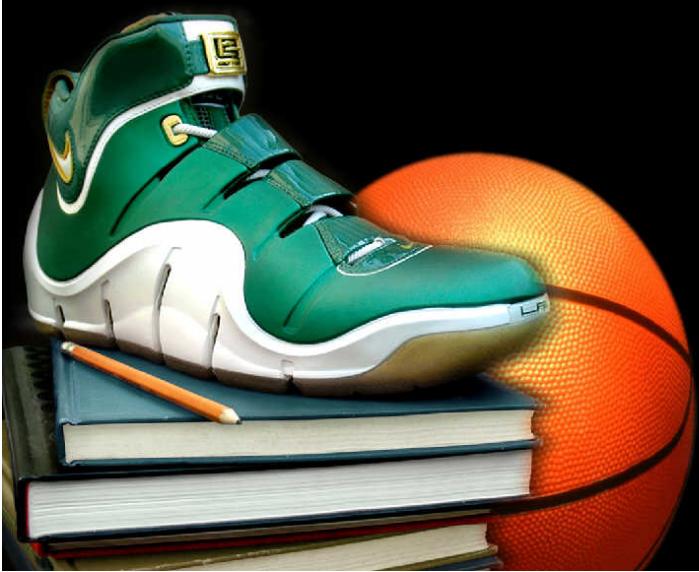
I love Wisconsin Coach Bo Ryan’s philosophy...“we want to **MAKE** more FT’s than our opponent **ATTEMPTS**”. Easier said than done, but again, it gives your players a clear and concise message about what is important and what you want to accomplish.

So let’s get started....let’s take a look at this new system and how you can build it each day into an offensive powerhouse!



Implementing *The Dribble Motion* Offense

Training Aids



I use a handful of basketball teaching aids each night in practice that I think are extremely important to our success as a basketball team and program. I will outline these aids below and, additionally, I will provide pictures and information in the following pages on how you can purchase them if you are interested. I promise you I am not getting any "kickbacks" from these companies and you need not mention who recommended their products.

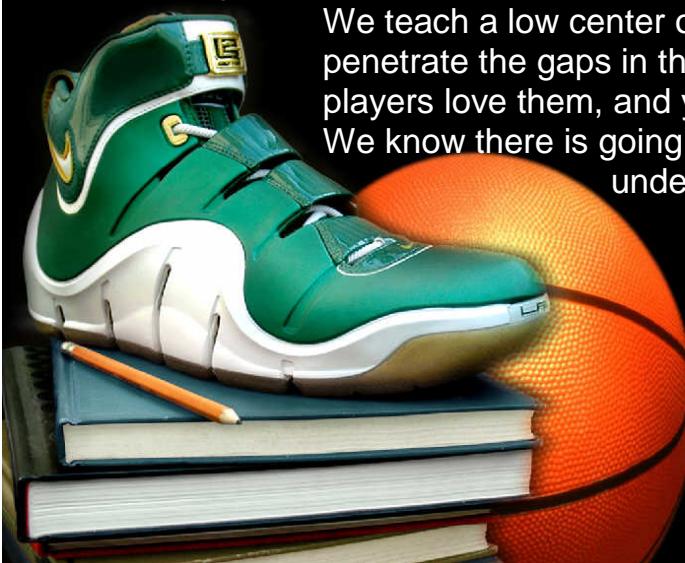
1) The "Quarterback T"

I first came across this little teaching tool while visiting Dee Brown, the former Celtic and NBA Dunk Champion's workout facility in Orlando, Florida. The device was originally created for football quarterbacks and is used to help them with their timing in regards to the drop back and release of the football. They make an EXCELLENT teaching tool for basketball. We use them each night in practice to develop quickness with the basketball. By setting the timer to a predetermined amount, our players know they must get to the rim before the "beeper" goes off. This conditions their mind and body to become more explosive with the basketball, especially with their first step. Some coaches ask their players to "have the shot off before the timer goes off".

I STRONGLY discourage you to stay away from this practice. I firmly believe this will lead to your players "rushing" their shots, usually ending up with them flipping it up too quickly just to beat the buzzer. We are not teaching quick or rushed shots, only quickness getting to the basket. What I believe, and what we teach, is that the player needs to come to a two-foot power jump stop at the basket before or as the beeper goes off. We feel this will teach and develop the ability to get to the basket quickly without having them rush the shot.

2) Blocking Pads

Ok, so we've stolen another one from the football coaches. In keeping with our daily goal of taking care of the basketball, we firmly believe our players need to learn proper body balance and footwork when attacking the rim out front. We want to avoid offensive fouls and ball handling mistakes due mainly to improper body balance and positioning. We use the pads to simulate defensive bumping and pressure as they attack the rim.



We teach a low center of gravity with a proper foot base as they penetrate the gaps in the defense. I HATE JUMP PASSES. Most players love them, and you will need to wean them off this "need". We know there is going to be contact, and we want our players to understand that as well. Having a solid base while getting "bumped", will allow our players to maintain control of the basketball and get to the rim. We will also use these pads at the basket area, encouraging them to "take the hit" and get the "and one", as the kids would say. Remember, our number one goal is getting to the FT line.

3) Everlast Punch Mitts

Similar to the blocking pads, we use the Punch Mitts to simulate defensive pressure while catching and handling the basketball. We will have a coach swipe hard at the ball with these punch mitts on the catch and drive, simulating reaching and fouling. We don't want our players to fear fouling or contact, and never want them to look for an official to "bail them out" with a whistle. We expect contact and teach our players to prepare for it, by holding the ball strong on the catch and on the "rip across" below the knees as we get the defense off of our body. These punch mitts really help. We have included a phone number for the Sports Authority on the following pages.

4) Heavy Balls

As you will see in a minute we do some one and two-ball dribbling as well as passing and catching to start practice as part of our warm-up. Often times we will replace the normal balls with the weighted basketballs. There is no set rule when we use them, we just try to use them periodically throughout our practice or throughout the week, when we see an area that needs strength development with the basketball.

5) Roll-a-Way Playmaker Grease Board

I am and will always be a "Whole — Part — Whole" teaching coach. I believe it is very important to show the big picture to your players — give them a sense of what it is supposed to look like. After that, then it is time to break it down and teach, teach, teach through smart, intense and concise drill work. Then you bring it all back together again. In keeping with this philosophy, I have found it so advantageous to have a grease board on the floor during practice. Some drills and concepts need a visual aid. Bringing them in quickly to draw it up on the board will pay huge dividends in the development of your drill work and team development.

I am quite certain you can find these grease boards, as well as many of the products listed in our Training Aids section at:
www.kbacoach.com





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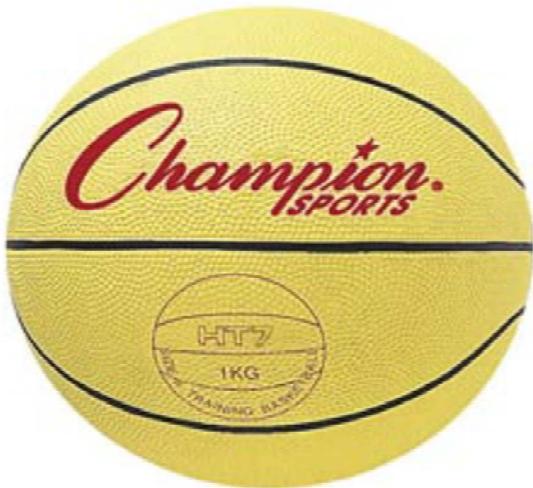


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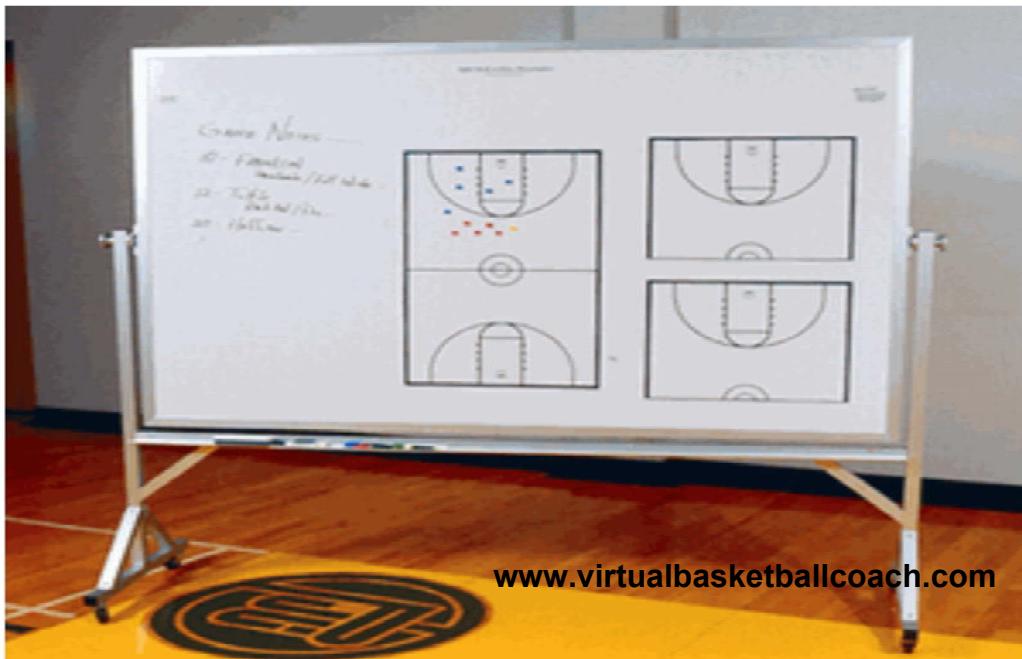
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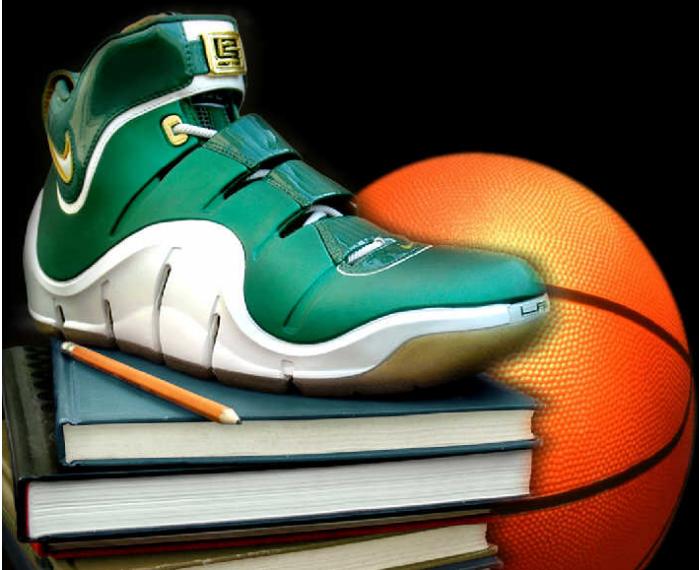
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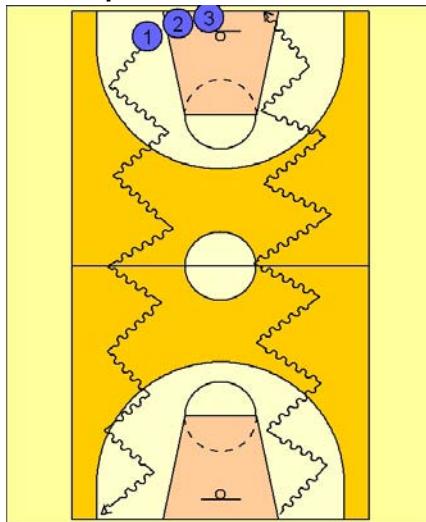
Implementing *The Dribble Motion* Offense

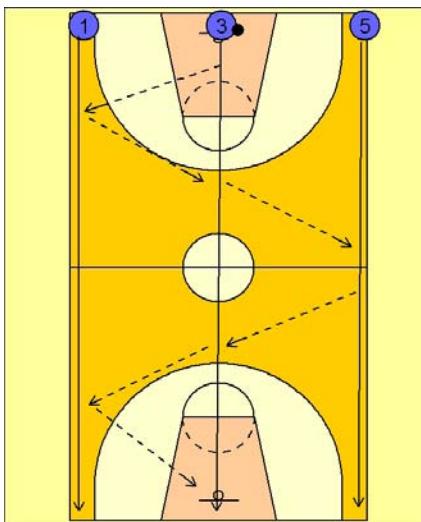
Warming Up





Warm-up





Three Line Passing (Heavy Ball)

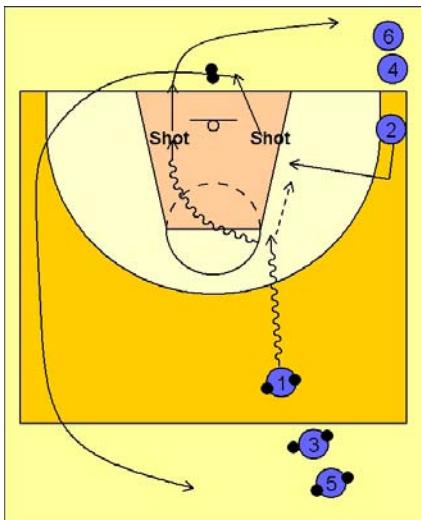
You will need to adjust this drill depending on how many heavy basketballs you have in your program.

Here we see the ball starting in the middle with #3 passing to #1 and then getting the ball right back. #3 then turns and passes to #5 on the opposite side of the floor. The ball is caught and thrown quickly without traveling.

Up and back and then next group starts. If you have enough heavy balls, you could have the next group start when the first group reaches half court and then only go down the court and not return until the entire team has finished.

Progression:

- Chest Passes
- Bounce Passes
- Over the Head Passes



Two Ball / Back Door / Power Lay-up

This is a great warm-up drill because it helps not only develop our ballhandling skills, but also develops skills necessary at executing the backdoor lay-up in our Dribble Motion Offense.

Each player on top has two basketballs. #1 attacks the "Drop Zone" of the Dribble Motion Offense (FT Line Elbow Area). As he gets to the Drop Zone, #2 slides up and into the shot on the wing.

#2 now steps at the ballhandler and cuts backdoor and receives the one hand bounce pass (or skip pass) under the imaginary defense.

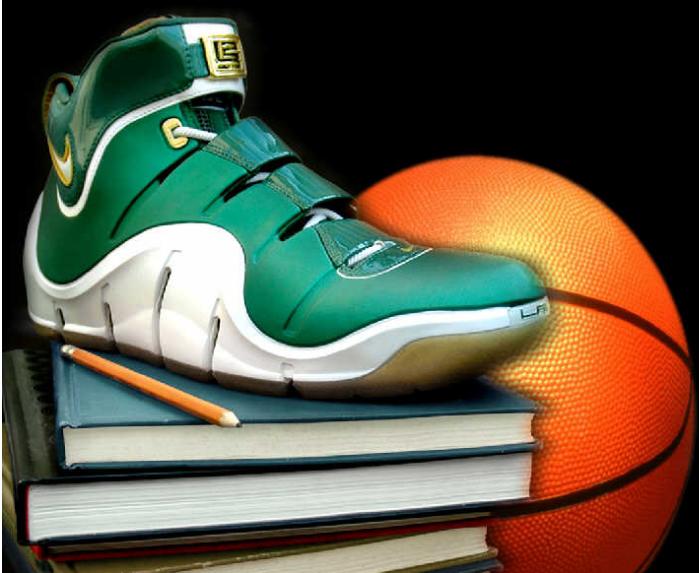
As soon as #1 makes the pass, #1 continues his dribble with the other basketball in the left hand and attacks the opposite side of the rim for the two foot power lay-up. The ballhandler goes to the end of the backdoor lay-up line

while the person who shot the backdoor lay-up will gather both balls and get to the end of the line at half court.

After a few reps for each person, move the lines to the left side of the floor.

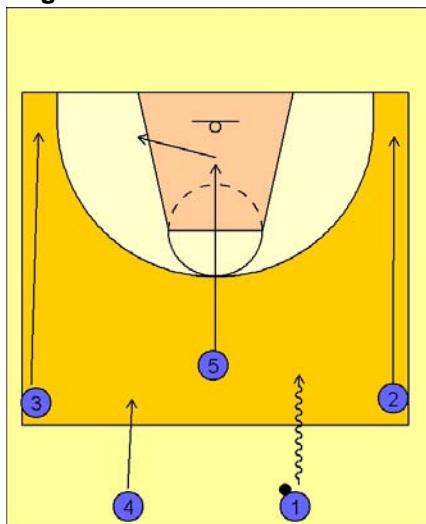
Implementing *The Dribble Motion* Offense

Basic Offense and Rules





Alignment and rules



Your post player with the ability to finish inside.

Dribble Motion Alignment and Rules

The Dribble Motion utilizes a sideline break into the basic alignments.

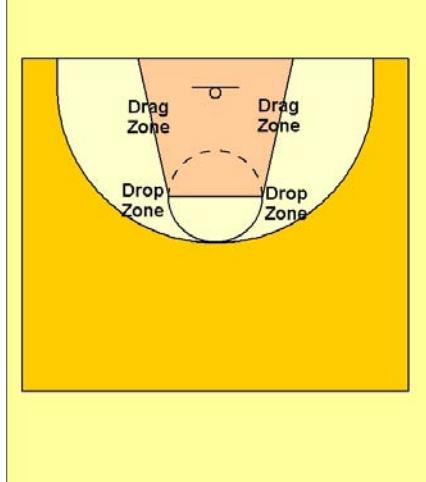
#1: This is your point guard and best ballhandler. Most likely your quickest player on the perimeter. He will bring the ball up either sideline.

#2: Runs to the right corner. Your best 3 point shooter perimeter player.

#3: Runs to your left corner. This is a spot you may want to put your other post player or your athletic wing.

#4: Inbounds the ball and trails opposite the #1 man. Your second best ballhandler behind #1.

#5: Runs down the middle of the floor. Will locate block opposite the ball.



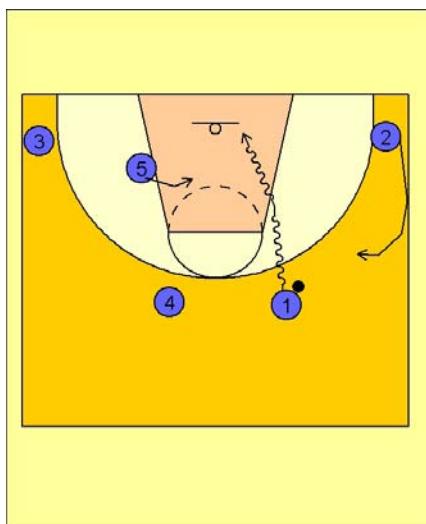
Dribble Motion Alignment and Rules

There are two areas of the floor on each side of the floor that are important to note.

The DROP ZONE: This is the attack area at the FT line elbows. It is called the "drop" zone because the penetrator stops here he will drop passes to either the wing, player behind him, or the post player.

The DRAG ZONE: This is the attack area at the basket. The drag refers to "dragging" the defense to the basket looking to draw helpside defense from the post or wing making the drop-off or kick-out pass available.

Please Note: Some Dribble Motion systems include the **Rack Zone** as well. We have eliminated this zone as our players know what to do when at the RACK. Score or Draw Fouls! There is no other option!



Dribble Motion Alignment and Rules

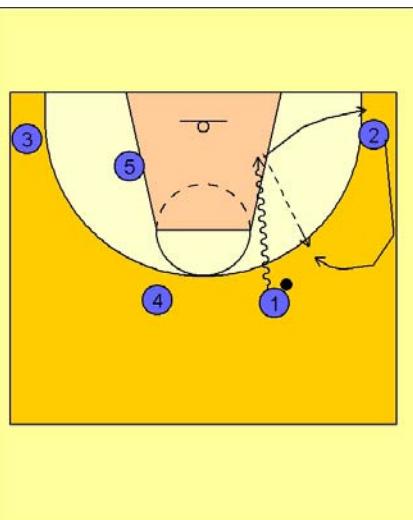
Let's take a look at the areas to penetrate in this system.

#1 can look to attack the rim or the "Drag Zone", making a good, quick move out front on his defender. With #2 spaced to the corner, you should have a gap available to you on most occasions.

When #1 penetrates PAST the drop zone, the ballside corner player, #2, is SPRINTING up to the wing.

#5 is stepping into the lane looking for the offensive rebound or the dump-off pass from #1.

#4 stays back for defensive transition (along with #3 and #2 on the shot from #1 or #5).

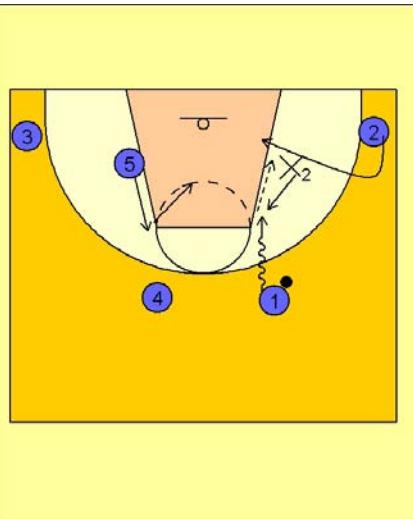


Dribble Motion Alignment and Rules

When #1 does not get a shot off while attacking the Drag Zone area, he will come to a jump stop with his inside foot forward, pivot back and make a pass to #2 who is sprinting up and into the pass from #1 on the wing.

It is VERY IMPORTANT that the wing player be facing the basket on the catch and ready to attack. We call this a "positive pass" where the player catching the ball is heading "downhill" on the catch. They should not be facing the opposite sideline on the catch.

#1 passes and then loops down and out to the ballside corner.



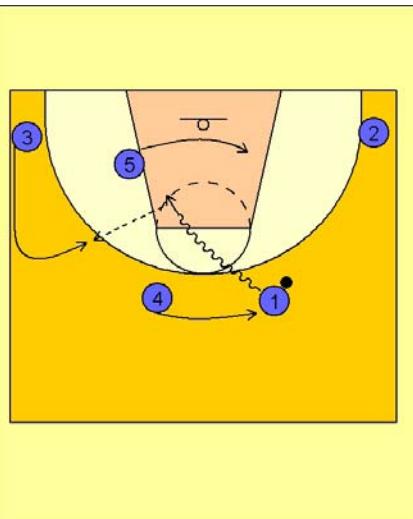
Dribble Motion Alignment and Rules

Anytime the ball is picked up in the "Drop Zone", it is most likely because of help from the wing.

In this diagram we see #1 driving the gap, picking up his dribble because of help defense from #2's defender. #2 reads the help and makes a quick back door cut to the basket for the lay-up.

On all dribble pick-ups in the Drop Zone, the post player opposite the ball, will always slide up the lane to the opposite elbow area. This action will clear the backdoor lane for #2.

#5 will attack the rim if the ball is passed to the back door cutter as he may receive the ball back if his man helps on the back door cut.



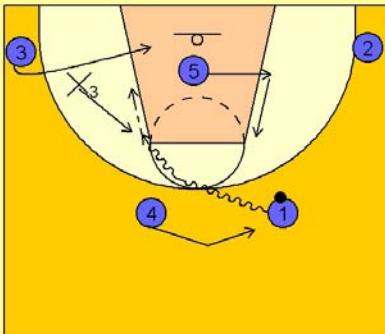
Dribble Motion Alignment and Rules

#1 also has the option to attack the opposite side of the lane and get to the rim.

When this happens, #5 stays consistent with his rule, cuts across the lane and stays opposite the ball.

As #1 penetrates, #4 moves in behind the ball and replaces #1's original starting position.

As #1 penetrates to the opposite wing, as with all penetration past the Drop Zone, #3 begins to sprint up the sideline looking to receive the kick-out pass from #1.

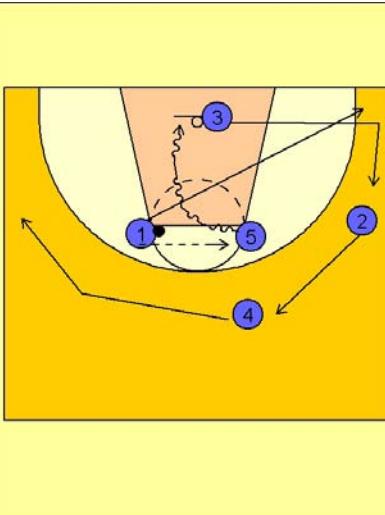


Dribble Motion Alignment and Rules

As we just mentioned in a previous diagram, anytime there is a dribble pickup at the "Drop Zone" or the FT Line elbow area, the post who is now opposite the ball, flashes to the FT line elbow.

This action opens up the basket for a potential backdoor cut by the wing player.

You can see in this diagram, #3 was either overplayed on the wing, or his man helped up on the penetration from #1. #1 makes a good pass fake at #3, who cuts to the rim for the lay-up.



Dribble Motion Alignment and Rules

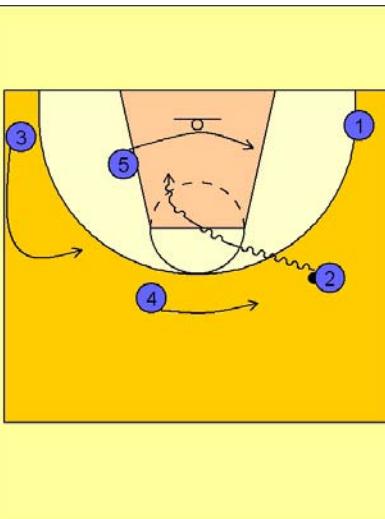
If #3 did not get the pass on the backdoor cut, he will continue his cut out to the opposite corner.

#1 would enter the ball to #5 on the FT line elbow on the opposite side.

As soon as #1 made the pass to #5, he will cut to the opposite corner area.

#5 is now driving off the back of #1, looking to get to the basket and score or draw the foul.

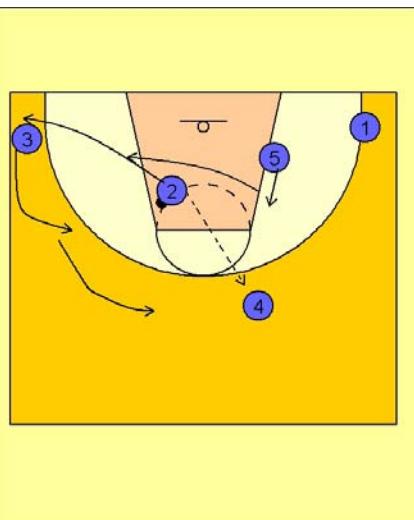
On #1's pass to #5 - #4, #2 and #3 are all rotating over on the perimeter.



Dribble Motion Alignment and Rules

You can see the action here when there is penetration from the wing into the lane. The penetrator, #2, is trying to get to the opposite side of the rim for a power lay-up.

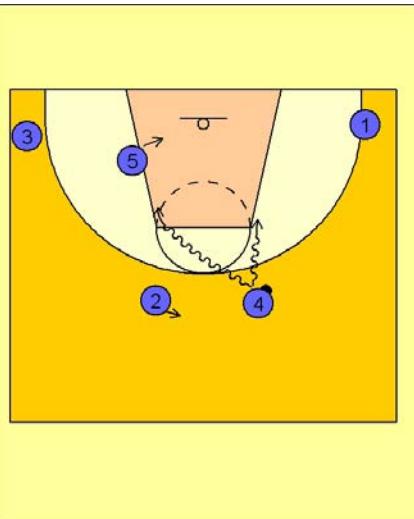
As this action is taking place, #5 is clearing out and #4 is sliding over on top. This action will give #2 a better opportunity to get to the rim and will also give #4 an opportunity to spot up for the 3 point shot if his defender helps on the penetration.



Dribble Motion Alignment and Rules

If the penetrator #2 passes back behind him to #4, he will loop out to the opposite corner and now #3 will take the top spot along side #4.

#5 cuts opposite the ball again on #2's pass out to #4.



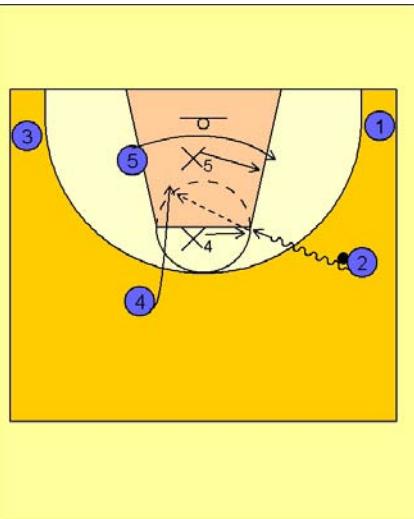
Dribble Motion Alignment and Rules

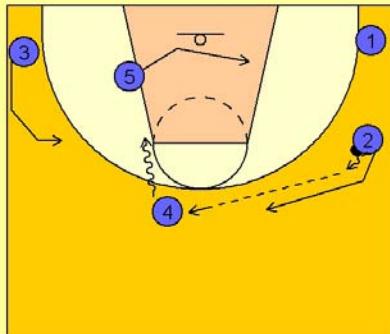
As you can see we are back in our original alignment with #4 having the opportunity to attack either Drop or Draz Zone.

The big key for success in this offense that I have not heard mentioned by many coaches who use this system is "**patience**". Don't allow the aggressive nature of this offense stop you from demanding "**discipline**".

What you will find is that if your players continue to be aggressive, BUT UNDER CONTROL, on all dribble drives, you will eventually run into a defender who is late, has a bad close-out, or is just too slow to guard the player with the ball.

Believe me, with patience and discipline, the opening for a great shot or drive will develop.



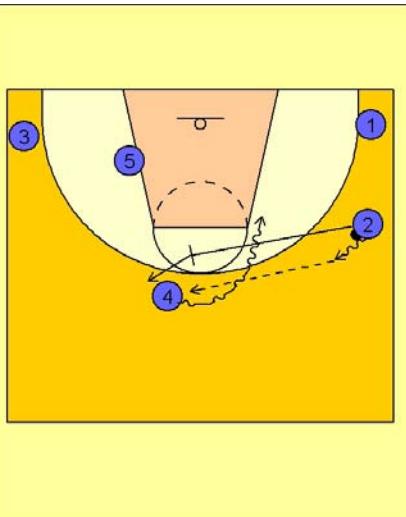


Dribble Motion Alignment and Rules

It should be noted that PASSING is allowed in this offense...it is not all DRIBBLE PENETRATION.

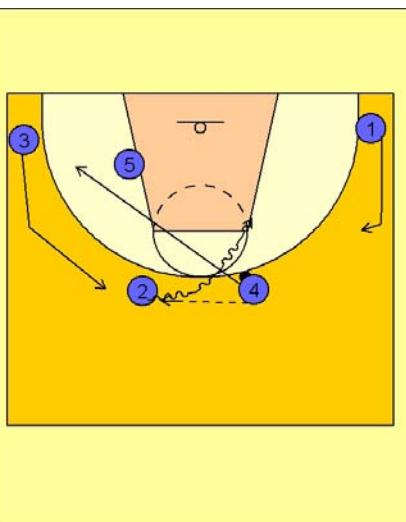
Here we see #2 catching the ball of the dribble penetration and kick-out from #1. Instead of penetrating, #2 passes the ball to #4 on top. There is a GREAT chance #4 is open, since his man is most likely in the FT line area to stop your penetration from the wing. If #4 is denied, I hope #2 attempts to get to the basket.

In any event, #2 passes and then takes the new #4 spot on top while #4 attacks the gap on the other side.



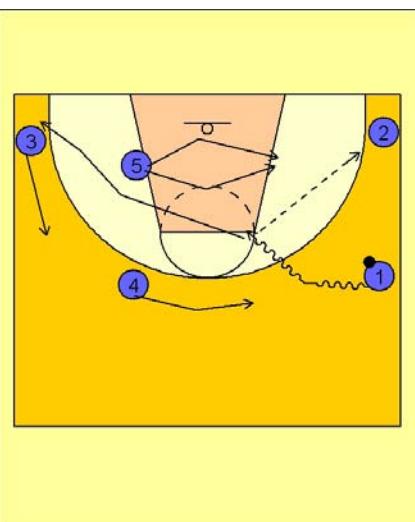
Dribble Motion Alignment and Rules

#2 can also pass to #4 on top and run a blur screen at #4. #4 drives the ball off the back of #2 into the gap.



Dribble Motion Alignment and Rules

Another great option, and Memphis likes to do this, is after #4 drives off the back of #2 he turns back and throws the ball back to #2 and then runs a "4 clear" play and clears out while #2 now drives off his back. Great action when combined with the movement from the last diagram!

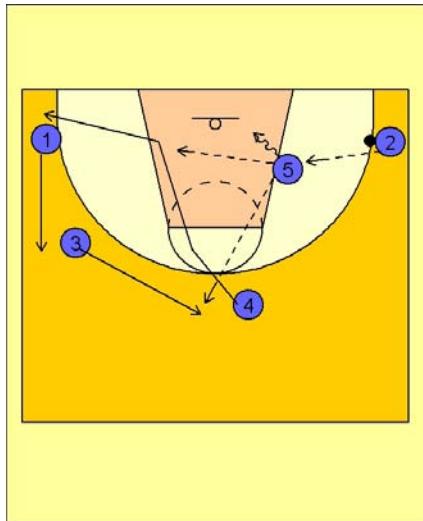


Dribble Motion Alignment and Rules

Anytime the wing player drives to the FT line elbow and passes back to the corner, we will bring out post player to the ball side low block.

#1 will pass and cut away to the opposite corner while #4 makes his usual cut to the top right hand side on ball penetration to the FT line.

#3 cuts up to the opposite FT line elbow to make room for #1 cutting to the corner.



Dribble Motion Alignment and Rules

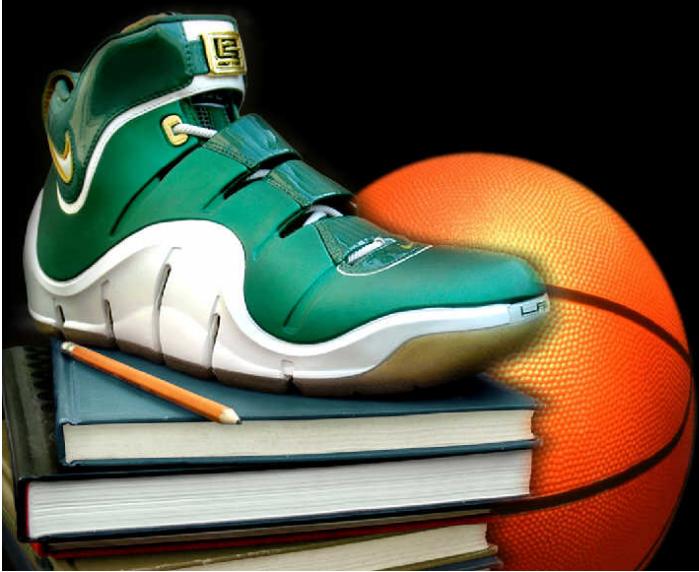
On the pass to #5 inside, the top man #4 will cut to the opposite block while #3 fills the top spot.

#1 is also sliding up on the pass to the post.

#5 looks to score or dump the ball to #4 or kick it out to #3 on top.

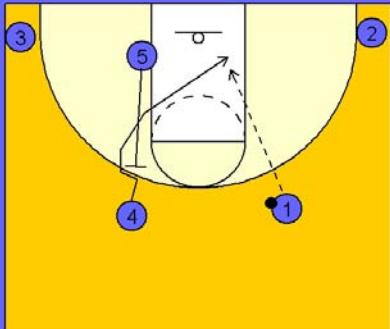
Implementing *The Dribble Motion* Offense

Specials



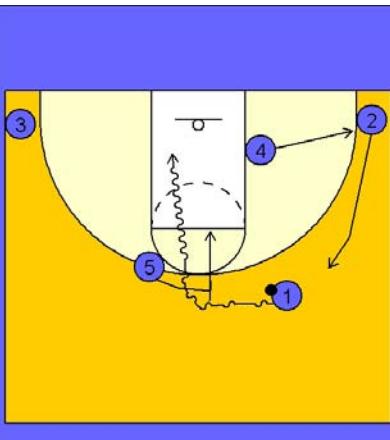


Specials



Dribble Motion Special (Chin)

As the ball is brought up over half court, #5 moves up the lane and back screens for #4. The first option of this play is to look for #4 cutting down and across the lane for the layup.

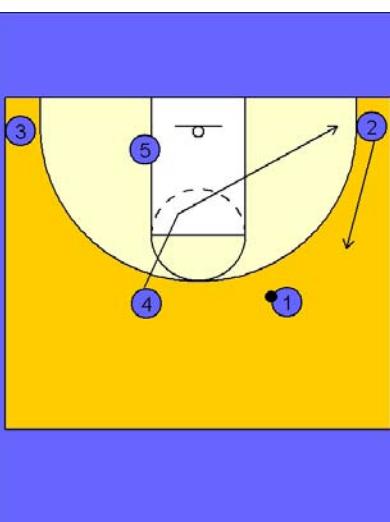


Dribble Motion Special Chin)

If #4 is not open, #5 steps out and ball screens for #1 at the top of the key area.

#4 clears out to the corner and #2 slides up to the wing area.

#1 "turns the corner" off the ball screen from #5 and tries to get to the basket. #5 waits for two dribbles past the screen and then either rolls to the basket or "picks and pops" out if he can shoot the "3".



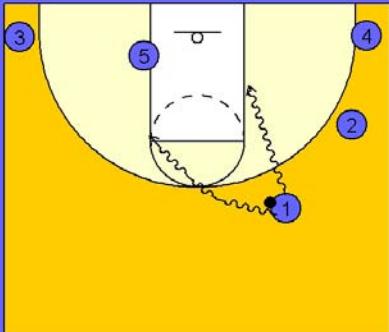
Dribble Motion Special (4 Through)

In this set, #4 cuts through the lane and out to the ball side corner area. #2 recognizes this action and slides up to the ball side wing area.



Dribble Motion Special (4 Through)

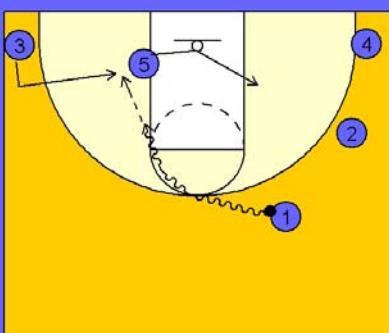
#1 now has the option to drive the ball down the right or left lane area.



Dribble Motion Special (4 Through)

If he drives right he will look to score or kick out to any of the perimeter shooters.

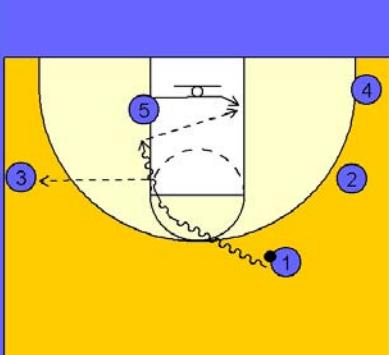
If he drives to the left, #5 will clear out and up a bit while #3 follows the Dribble Motion rules by recognizing either pressure from his defender or his defender helping up on penetration from #1 and then cuts back door looking for the pass from #1 and then layup.

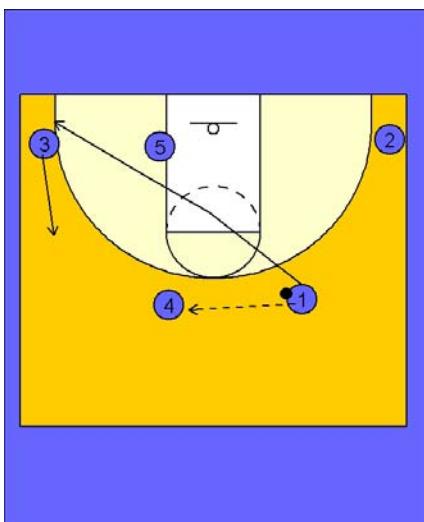


Dribble Motion Special (4 Through)

Another option is for #3 to stay on the wing while #5 clears across looking for the dump off pass from #1, if #5's defender comes over to help. If #3's defender helps, #1 will kick out to #3.

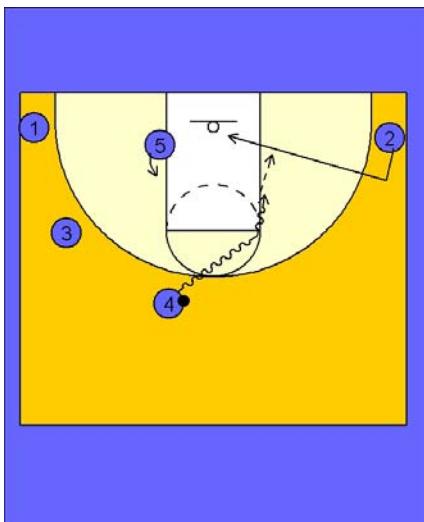
Of course the option for #1 to take the ball to the basket to score is ALWAYS the #1 option.





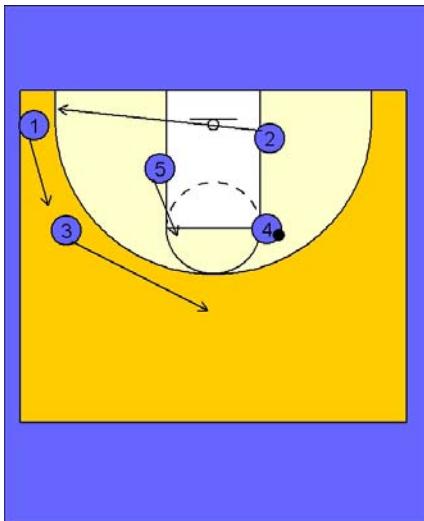
Dribble Motion Special (1 Through)

#1 passes across the top to #4 and then cuts to the ball side corner area. #3 recognizes and slides up to the wing spot.



Dribble Motion Special (1 Through)

Now #4 has the same options as before. He can look to drive the right side of the lane line while #2 sets his man up and cuts back door for the pass and layup. #5 starts to slide up a bit as this action is taking place.



Dribble Motion Special (1 Through)

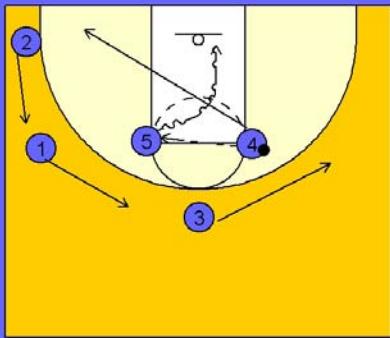
If #2 does not get the ball, #5 continues his cut up to the opposite elbow area. #2 clears out to the opposite corner while #3 and #1 slide up and over to keep proper spacing.



Dribble Motion Special (1 Through)

#4 passes to #5 on the left elbow and then clears out to the opposite corner. Again, keeping proper spacing rules, #2, #1 and #3 slide up and over accordingly.

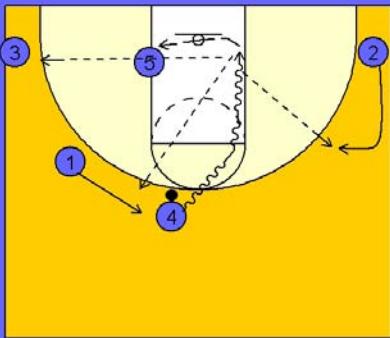
#5 now looks to drive off the cutting back of #4 for the layup on the right side of the rim.



Dribble Motion Special (1 Through)

To back up a few steps in this play now, #4 may drive the ball himself looking to get to the basket while #2 slides up and into the wing shot.

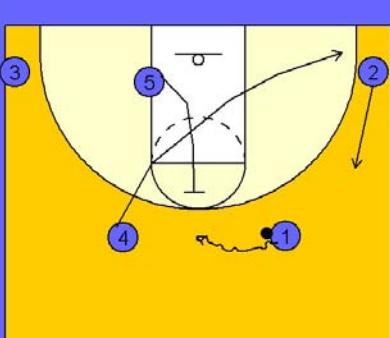
Now #4 looks to get to the basket or draw help from either #5 or #2's defender...or score himself. If he draws help, the dump off pass to #5 will be available or the kick out pass to either perimeter player will also be available.



Dribble Motion Special (Phoenix)

On this play, #4 clears out to the ball side corner area while #2 slides up to the wing.

#5 is then following right behind #4's cut and setting a "flat" screen for #1 in the middle of the top of the key area.

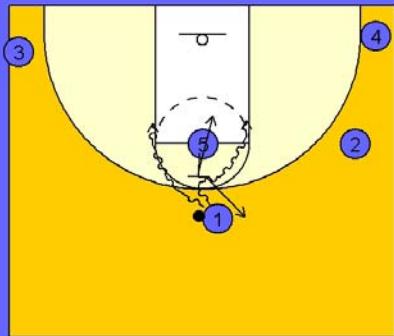




Dribble Motion Special (Phoenix)

After #1 centers the ball, he can either drive right or left around #5's flat screen, depending on how he is being defended.

#5 can either roll to the basket after a two dribble count or "pick and pop" out if he has the shooting range.



Dribble Motion Special (Double Screen Shooters)

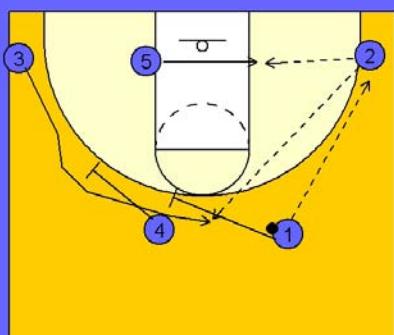
This is a standard play that most teams will run in transition to get shooters open.

Here we see how the double staggered screen for shooters are developed out of the Dribble Motion Offense set.

If you are looking to get #3 a shot, #1 passes to #2 in the right corner.

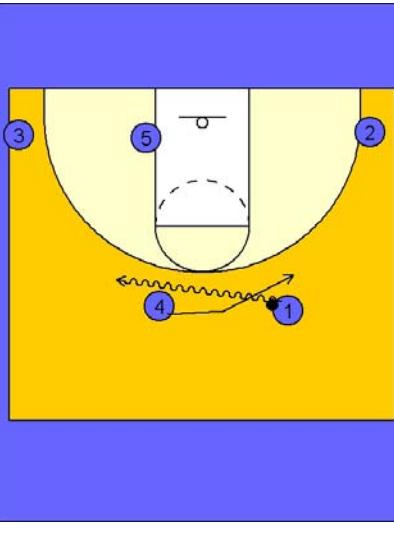
#5 follows the ball across looking to post up.

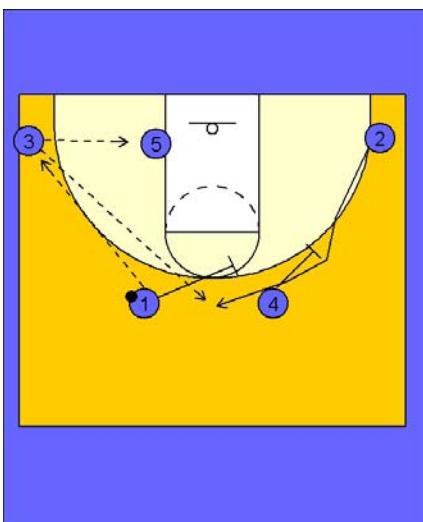
#1 and #4 set a double staggered screen for the shooter, #3, coming to the top.



Dribble Motion Special (Double Screen Shooters)

If you are looking to get #2 a shot, #1 drives the ball across the top while #4 cuts behind and takes his place.



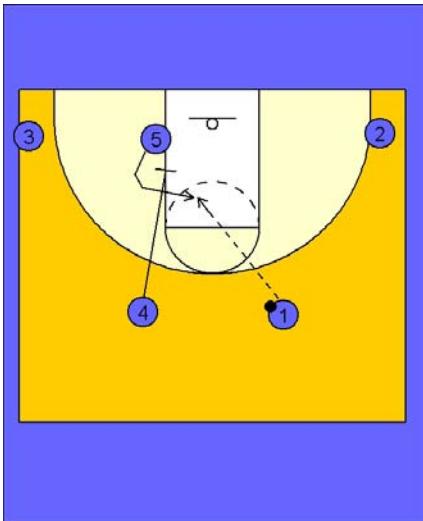


Dribble Motion Special (Double Screen Shooters)

#1 now passes to #3 in the left corner.

#5 stays and looks to post up.

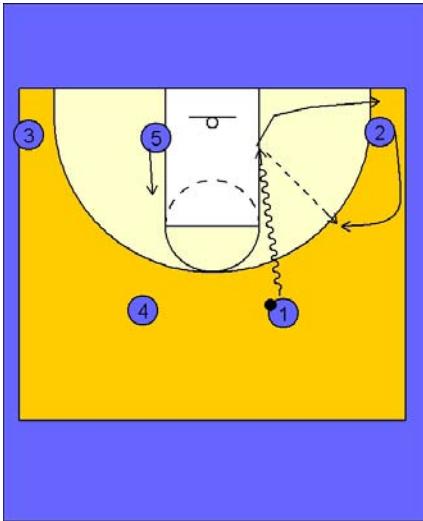
#1 and #4 set a double staggered screen for the shooter, #2, coming to the top.



Dribble Motion Special (Friar)

This is a quick hitting play, as all of these are, with the #4 man running the floor and down into the lane to set a screen for #5.

#5 cuts over the top of the screen looking for the pass from #1 and the mid-lane jump shot.



Dribble Motion Special Special (Drop 23)

#1 drives to the Drag Zone on the right side. #2 sprints up and into his wing position to receive the pass.

#1 passes to #2 and loops down and out to the ball side corner.

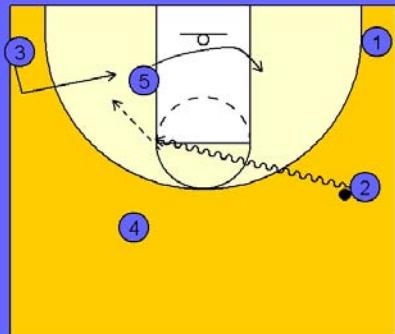


Dribble Motion Special Special (Drop 23)

On the catch, #2 looks to attack the lane area and get to the opposite side of the basket, stopping with the ball at the opposite Drop Zone.

#5 follows his rules and clears accross the lane.

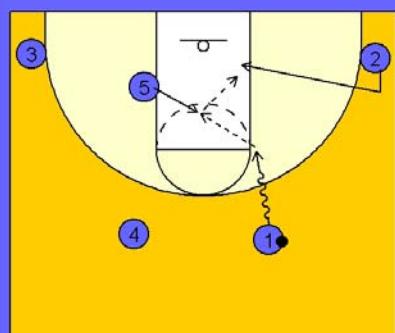
#3 slides up and into the shot on the left wing. #2 fakes at #3 who then plants his outside foot and cuts back door for the lay-up.



Dribble Motion Special Special (Drop 2)

#1 penetrates to the Drop Zone area on the right side.

#4 flashes into the middle of the court to receive the pass from #1. On the pass, #2 is cutting back door looking for the quick "touch pass" from #5.



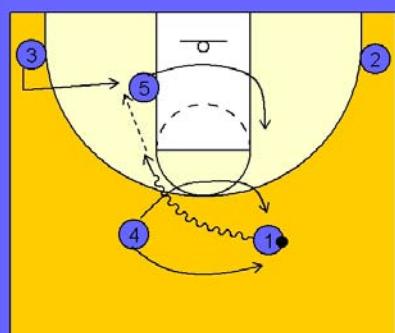
Dribble Motion Special Special (Drop 3)

Same result as the "Drop 2" play, but now we set it up on the other side of the court.

#1 crosses his dribble and attacks the Drop Zone on the left side of the court. #4 loops under #1 just before he penetrates. This action can free #1 at times when his defender runs into #4's defender. #4 can also follow behind on this penetration.

#3 take a few steps up while #5 is clearing across the lane.

#1 fakes at #3 who then plants his outside foot and cuts back door for the lay-up.



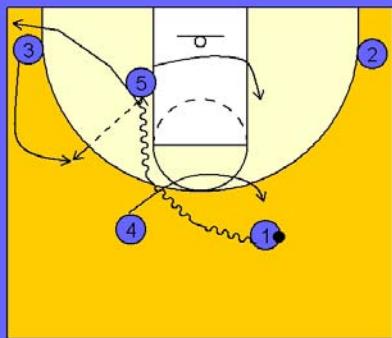


Dribble Motion Special Special (Drop 32)

Drop 32 is exactly what you would think it would be. We are trying to setup a back door lay-up by using both the "2" side and the "3" side of the floor.

#1 again penetrates to the opposite Drag Zone. #4 clears across on top while #5 does the same under the basket.

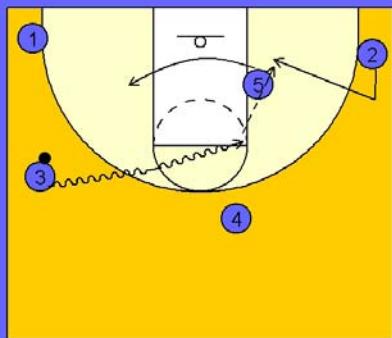
#1 enters the ball to #3 on the left wing. #1 then loops down and out to the ballside corner.



Dribble Motion Special Special (Drop 32)

#3 now attacks the lane area looking to score on the opposite side of the basket. #5 clears out as #2 sets up his man on the right wing.

#3 fakes at #2 who then sets up his man for the back door cut and lay-up.

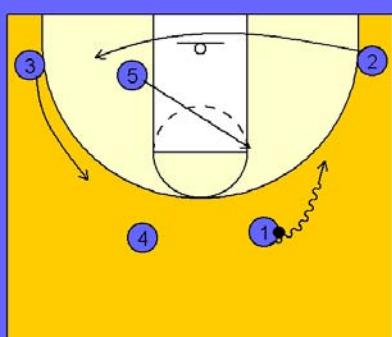


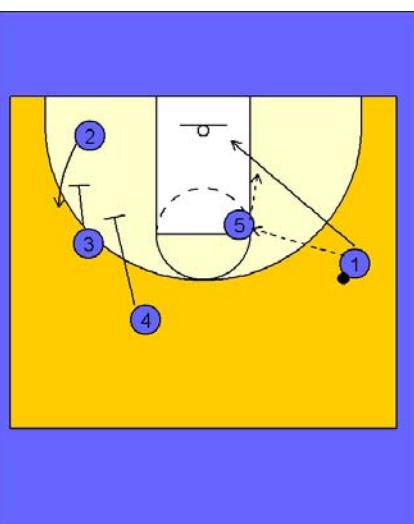
Dribble Motion Special Special (Pop 5)

Without question, my favorite of all the specials.

#1 drives the ball to the right wing while #2 clears out to the opposite side. At the same time, #5 is flashing to the ball side elbow area.

#3 slides up to make room for #2 cutting across to the opposite corner area.



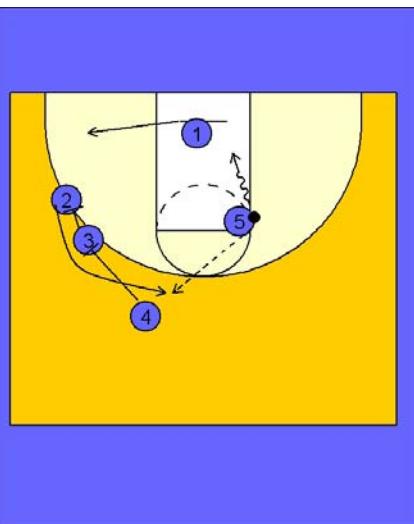


Dribble Motion Special Special (Pop 5)

#1 now hits #5 at the high post and executes a quick "give and go" action cutting to the basket.

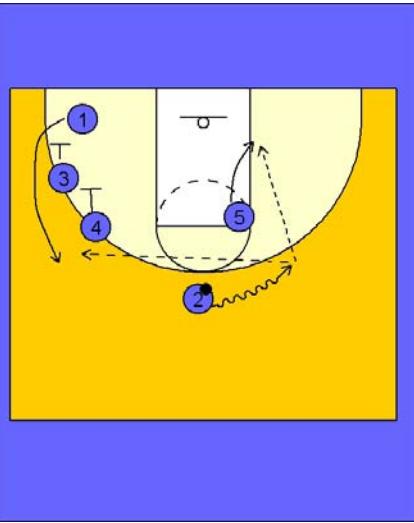
If #1 is open, #5 dumps the ball to him.

While this is going on, #3 and #4 are setting a double staggered screen for #2 in the left corner area.



Dribble Motion Special Special (Pop 5)

If #1 does not get the ball, #5 has two options. Attack the basket or look for #2 coming off the double staggered screen.



Dribble Motion Special Special (Pop 5)

If #2 gets the ball and does not have a shot, he will take the ball to the right wing area while #5 posts on the ball side low block.

#3 and #4 are now setting a double staggered screen for #1.

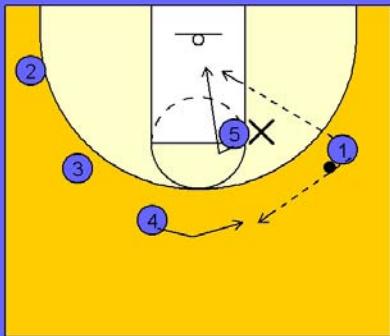


Dribble Motion Special Special (Pop 5)

Another "counter" we will use on this play happens when #5 is denied at the high post, or feels pressure.

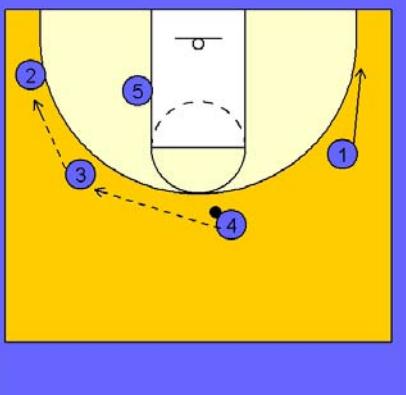
#5 will execute a spin move and cut to the rim. When #4 sees this action, he will cut to the ball.

If #1 cannot make the pass to #5, he will pass to #4 on top.



Dribble Motion Special Special (Pop 5)

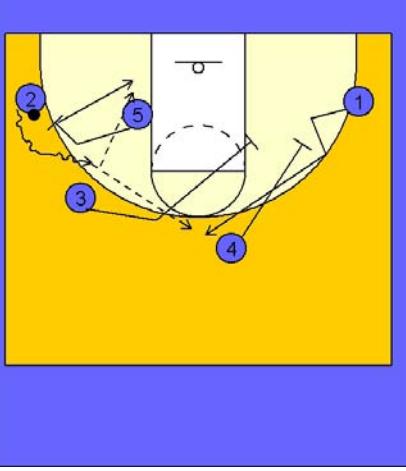
#4 will then reverse the ball to #3 who will pass to #2 in the corner.

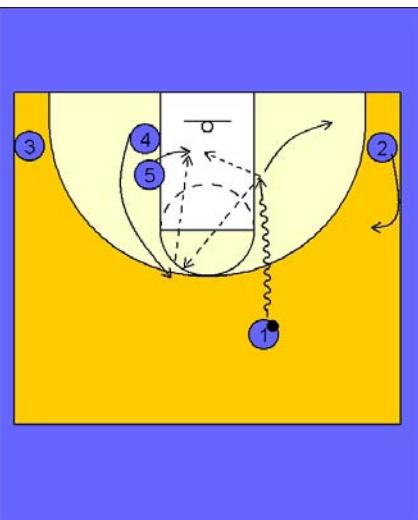


Dribble Motion Special Special (Pop 5)

From here #5 will step out and ball screen for #2.

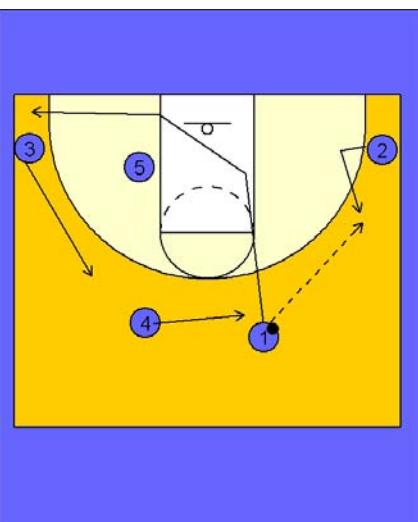
While the pick and roll is taking place, #3 and #4 are setting a screen for #1, who breaks to the top for the open jump shot.





Dribble Motion Special Special (Kick Back Attack)

#4 and #5 setup in a stack on the block away from the ball on top. #1 penetrates to the Drop Zone area while #2 slides up and spots up on the right wing. As #1 drives into the Drop Zone, #5 ducks in the lane while #4 flashes out on top. From here, #1 will look to score, dump the ball to #5, or kick the ball out to #4 on top for the shot or the quick post entry pass to #5 sealing inside.



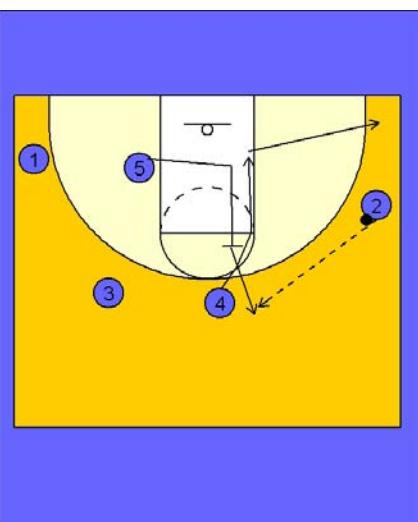
Dribble Motion Special Special (Cutters)

Stole this from Jerry Petitgoue from Cuba City. Good movement to break up the Dribble Motion at times - gets your players and defenders moving, which in turn will create an eventual driving opportunity.

The basic rule is that we will have (2) cutters and the third player will receive the ball on top and then start cutter series again.

Here we see #1 bringing the ball up and entering to #2, who has set his man up and cut up for the ball on the right wing.

#1 is the FIRST cutter and he always cuts through and to the opposite corner. #4 is filling the spot vacated by #1. #3 is sliding up to fill #4's spot.



Dribble Motion Special Special (Cutters)

#5 now has to get into the cutting action. As #1 is cutting through the lane and #4 is filling on top, #5 is cutting up to the FT line area to set a back screen on the SECOND cutter #4.

#4 is the SECOND cutter so he will always go ball side corner after his cut. The FIRST cutter always goes opposite, as #1 did on the initial cut to the start the offense.

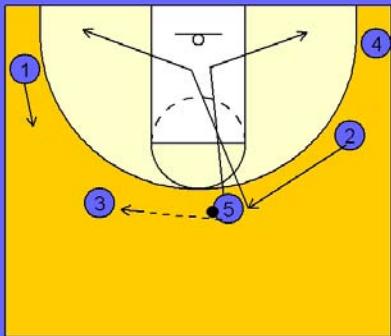
After back screening, #5 will step out on the perimeter and receive the next pass from #2.



Dribble Motion Special Special (Cutters)

On the catch, #5 quickly turns and reverses the ball to #3 and then will be the FIRST cutter down the lane and out to the opposite corner.

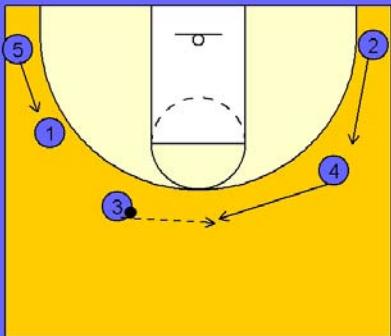
#2 is the SECOND cutter and will bring his man up to the ball and then back cut to the basket and out to the ball side corner.



Dribble Motion Special Special (Cutters)

#4 is the THIRD cutter so he will cut up and receive the pass from #3.

#2 slides up as well to keep spacing.



Dribble Motion Special Special (Cutters)

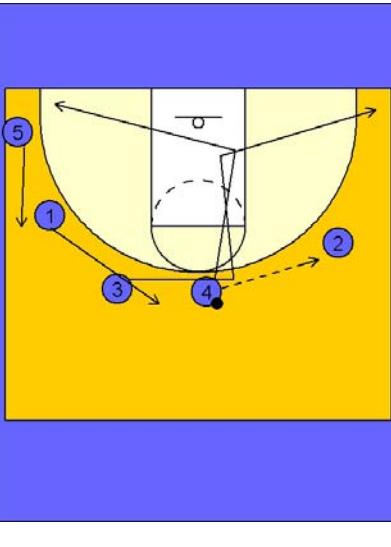
#4 now has caught the pass from #3 and reverses to #2 on the right side of the floor.

The action repeats with #4 being the FIRST cutter through the lane and out to the opposite corner.

#3 is the SECOND cutter and cuts to the ball and then back cuts in the lane and out to the ball side corner.

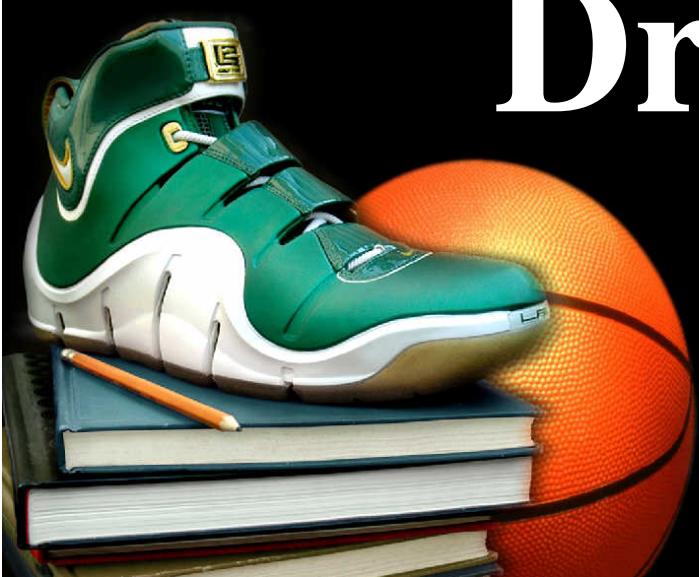
#1 is now the THIRD cutter and will break to the top to receive the pass.

Each player who receives the ball on top should catch, face and look to penetrate when available. The cutting action will provide gaps and lanes to drive.



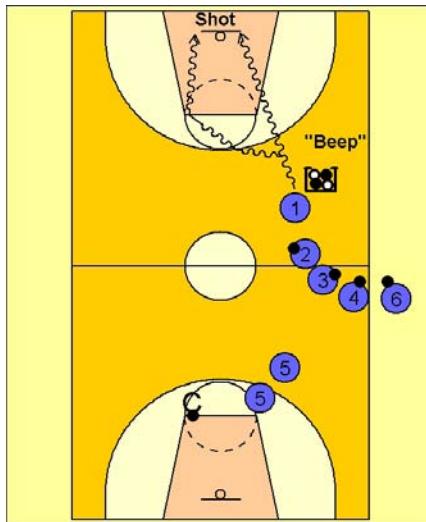
Implementing *The Dribble Motion* Offense

Half Court Break Down Drills





Dribble motion 1/2 ct. brkdown



Dribble Motion Half Court Breakdown

Rack Zone Attack for Two-Foot Power Lay-up(Perimeter) USING THE QUARTERBACK TEE

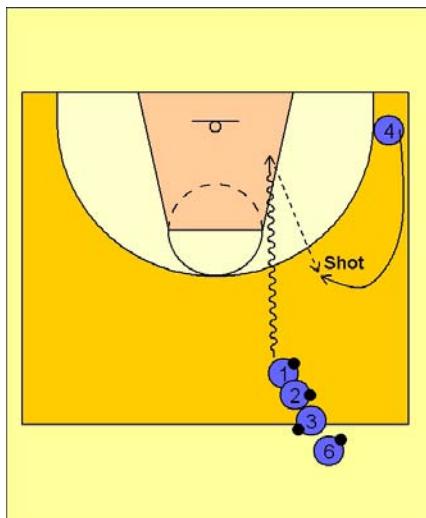
Offensive Rebounding (Post)

Both baskets working now with a coach at each end.

Let's describe the PERIMETER BASKET section first.

Each player in line has a ball. As they step up they place the ball on the Quarterback T, pick it up and attack the basket. Players work on a stutter-step and crossover move out front before getting to the rim. Player must reach the basket on a two-foot power jump stop as or before the "beep" from the Quarterback Tee.

Teaching Point: You may have the Quarterback Tee on either side of the player. Have each player take the ball off the "T" and then quickly rip the ball across below the knees before attacking. You determine the "timer" speed for this drill. Start slower and work your way up!



Dribble Motion Half Court Breakdown

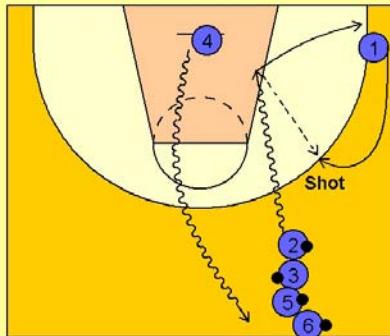
Drag Zone Attack and Kick for Shot (Perimeter)

Each player in line has a ball while one player in the corner does not.

#1 attacks the "Drag Zone" area of the floor (FT line elbow). As he reaches the Drag Zone area, #4 is sprinting up the side and turning into the shot on the 3 pt. line extended wing area. #1 SHOULD NOT come to a jump stop, rather he should stop with his INSIDE FOOT FORWARD, so that he can protect the ball from the defense. #1 turns back and makes the pass to #4. #4 takes the 3 point shot. #1 must loop down and out to the corner area once occupied by #4.

Teaching Point: #4 MUST sprint up and TURN INTO the shot. He MUST be facing the basket as he catches the ball from #1. It is #1's responsibility to

WAIT until #4 is in this position before passing him the ball.



Dribble Motion Half Court Breakdown

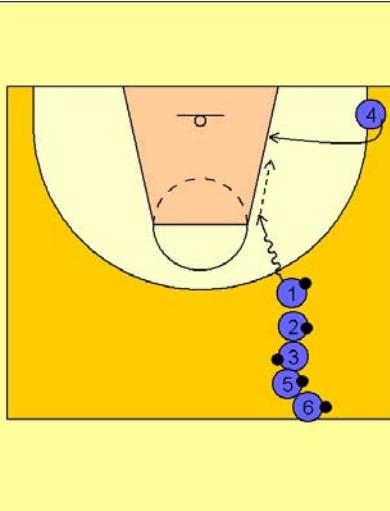
#4 shoots the "3" and rebounds his own shot. He then dribbles back to the end of the ball line on top.

As #4 sprints to his rebound, #2 is now attacking the "drag zone" area of the court. #1 is waiting...he will slide up and INTO the next shot as #2 reaches the "drag zone" area. #2 passes to #1 for the "3" point shot.

#1 follows his shot, gets his own rebound and dribbles the ball back to the end of the ball line on top.

#2, immediately after passing to #1 for the shot, loops down and out to the ball side corner, ready to start the next repetition.

You may repeat this drill on the left side of the floor or save it for the next day.



Dribble Motion Half Court Breakdown

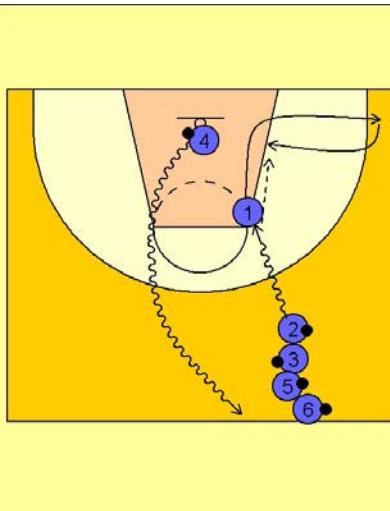
Back Door Lay-up.

The next progression in this series involves the back door lay-up from the wing player.

Again, #1 will attack the "drop zone" area of the floor while #4 sprints up and into the shot on the right wing. #1 recognizes that #4 is being played aggressively and pass fakes towards him. #4 plants his outside foot and cuts to the basket while #1 slides a one-hand bounce pass under the (imaginary) defense for the lay-up.

As a coach, you may want to be the corner man's defender and simulate the "help up" action on the drive from #1. This will allow the corner man, #4, to visualize where the help comes from in order for him to read and make the

back door cut.



Dribble Motion Half Court Breakdown

The same rotations apply. #4 follows his lay-up and dribbles back out to the ball line on top. #1 quickly loops down and out to the ball side corner area.

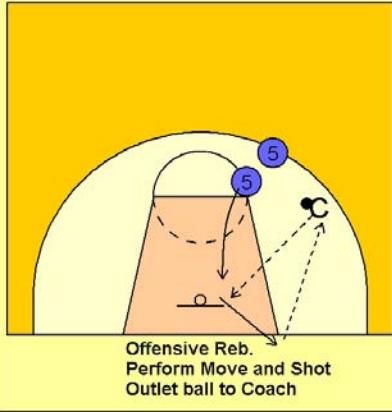
#2 begins the next rotation by attacking the "drop zone" area. #1 sprints up and into the "3" point shot, recognizes defensive pressure, uses the pass fake from #2 and cuts back door for the lay-up.

You may repeat this drill on the left side of the floor or save it for the next day.



Dribble Motion Half Court Breakdown

Post Basket Offensive Rebounding



Let's describe what the post players will be doing while the perimeter players are working on breaking down the Dribble Motion penetration and / or pass options.

The coach will have the ball while one post player is on top and ready to step into the drill. The coach will throw the ball off the glass while the post player moves into the basket to catch the offensive rebound.

The post will work on FOUR moves at this end with the coach. Each player must make each move FIVE TIMES before going to the next move. Each post player makes the move once and then the next post player steps in and duplicates.

FIRST MOVE: (Tip-in) Tip the ball in the basket when the ball comes off the glass.

SECOND MOVE: (Ball up / Power Up) Rebound and come down with ball. Keep ball up above shoulders and power the ball back up for the lay-up on the same side of the basket.

THIRD MOVE: (Fake and Power Up) Same move as second move, but now player must make a shot fake before powering up for the shot on the same side of the basket.

FOURTH MOVE: (Fake, Slide Step and Power) Player gets the rebound, shot fakes, and then takes one power dribble as he slides under the basket and scores a power lay-up on the opposite side of the basket.

Dribble Motion Half Court Breakdown

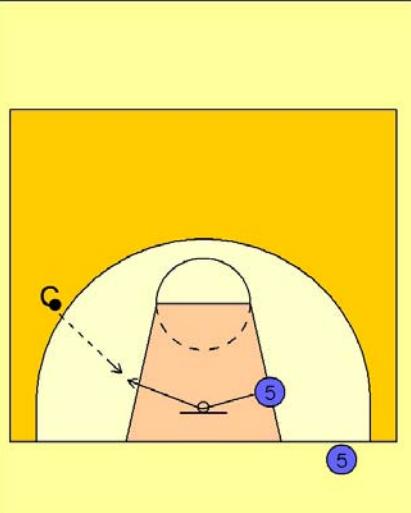
Post Basket Low Block Moves

After you have completed the offensive rebounding section of your workout, the post players will now work on back to the basket low post moves. This action duplicates the "pass back" option in the dribble motion, as the 5 man flashes to the ball side block.

The drill starts with the post player cutting across the lane, under the basket, and then simulating the "swim move" in order to get good post position above the block but still sealing in the lane. As the pass is thrown, the player will "hop" to the ball just above the low block.

Each player will catch and execute one of FIVE post moves. They must complete the move FIVE times before moving on to the next. Post players will

alternate on catches in the post from the coach.





Dribble Motion Half Court Breakdown

Post Basket Low Block Moves

Here is an opportunity for you as a coach to introduce the **BLOCKING PADS**. Teach post players to expect contact and to use their lower body and "swim move" technique to get good post position above the block.

The FIVE post moves to be executed FIVE times by each player are:

- Drop Step
- Turn around jumper
- Jump hook
- Up and Under
- Reverse pivot and attack

Again, one post player will catch, make the first move, score, rebound the ball and throw the ball back out to the coach while the next post player is coming across the lane. Each post move indicated above should be executed FIVE times by each player in the group before moving on to the next move.

Dribble Motion Half Court Breakdown

Penetrate Middle From the Wing

The post players continue to work on their offensive rebounding and post moves while the perimeter players progress in their series.

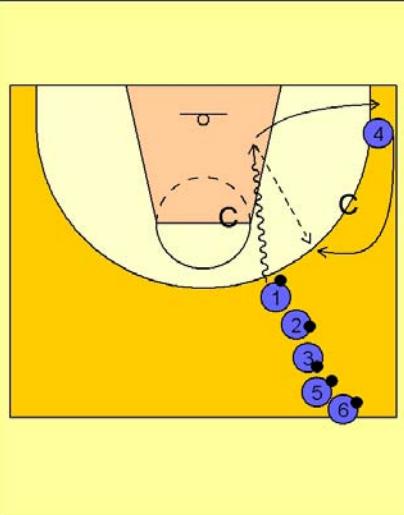
The next series begins in the same manner as the previous drills.

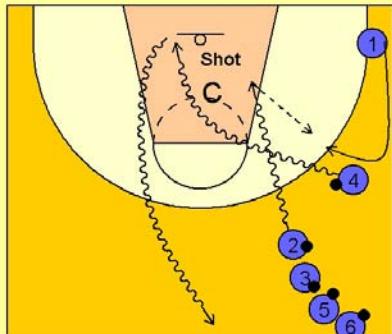
#1 attacks the "drap zone" area of the floor while #4 sprints up and into the "3" point shot.

#1 passes and loops down and out to the ball side corner area.

Teaching Point: This is a good opportunity to use your **PUNCH MITTS** and swipe at the ball as the dribbler picks up the ball in the Drop Zone or when the

wing player makes the catch on the wing. Your choice - mix it up.





Dribble Motion Half Court Breakdown

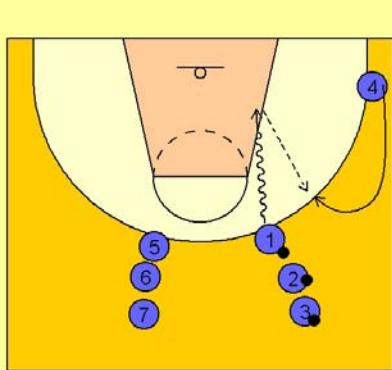
This time, #4 will catch and attack the FT line elbow area and look to score a lay-up on the opposite side of the rim.

#4 rebounds his own shot and dribbles back to the ball line on top. The next rotation begins as #4 clears the FT line elbow area on penetration.

#2 is now attacking the "drag zone" area and #1 is sliding up and into the "3" point shot, ready to attack the FT line elbow area and complete the lay-up on the opposite side of the rim.

Here is another great opportunity to introduce the **BLOCKING PADS**. Bump the player as he reaches the rack area.

You may repeat this drill on the left side of the floor or save it for the next day.



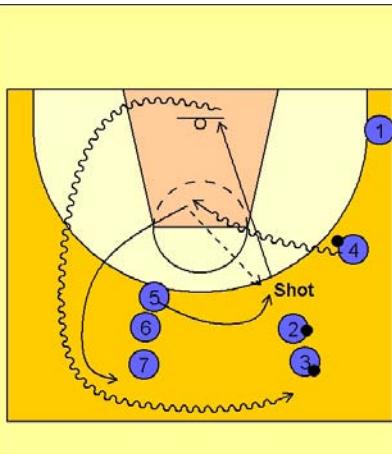
Dribble Motion Half Court Breakdown

Drive Middle and Replace On Top

Our next series adds a line on the opposite top side of the floor, from the FT lane line extended.

Each player in the right line has a ball while each player on the left line does not have a ball.

#1 attacks the "drag zone" area. #4 sprints up and into the "3" point shot. #1 makes the pass to #4 and loops down and out to the ball side corner area of the floor.



Dribble Motion Half Court Breakdown

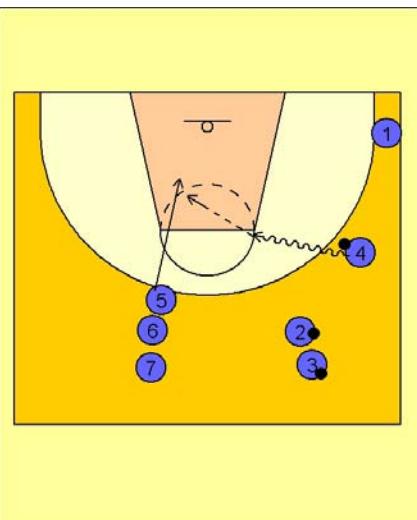
Once #4 has the ball in his hands, he again attacks the FT line elbow area as if he is trying to score on the opposite side of the rim.

As he is penetrating in the lane, the first man in the top line without a ball slides over to the first position in the ball right line.

#4 stops again with his INSIDE foot forward and makes the pass back to #5 spotting up for the "3" point shot. #4 passes and hustles to the back of the left line on top. #5 shoots the "3", gets his own rebound and dribbles back out to the end of the ball line on the right side.

The players are now in position to begin the next series with #1 in the right corner while #2 attacks the "drop zone". #6 is ready to slide over on penetration from #1 on the right wing.

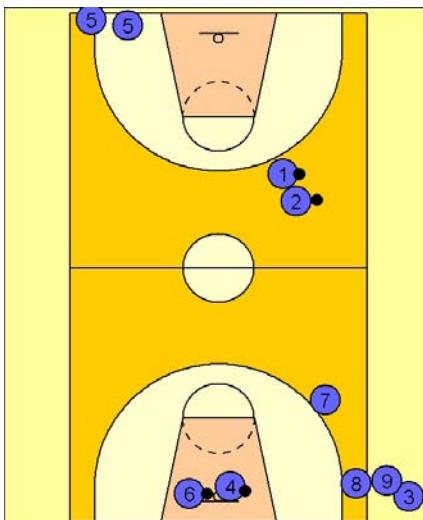
You may repeat this drill on the left side of the floor or save it for the next day.



Dribble Motion Half Court Breakdown

You can continue this same drill by now adding the back door cut from #5. This action simulates when #5's defender helps over on the penetration from #4.

#5 reads the early help on the drive and cuts back door for the lay-up.



Dribble Motion Half Court Breakdown

Our LAST series in this Dribble Motion Half Court break down involves use of both baskets, although it is not a full court drill. Both baskets will be working at the same time.

You will have two perimeter players on the right driving line on top (#1 and #2 shown in the diagram). Your Post Players, #5, will be in a line under the basket with this group.

The rest of the players will be at the other basket. Two players should be underneath this basket with a ball (#4 and #6 shown in the diagram). One player, #7 here, is FT line extended just beyond the "3" point line.

The remaining players on your team are lined up in the corner, with #8 shown here first in line.

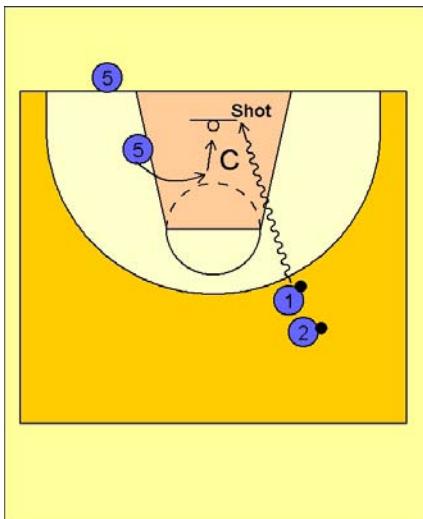
Dribble Motion Half Court Breakdown

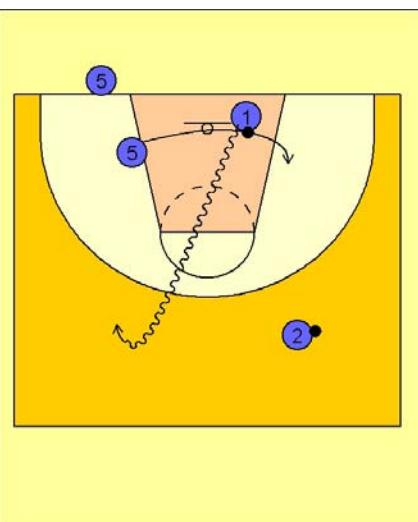
Let's first look at the Post / Perimeter side of the floor and describe the action.

#5, your post player, will step out opposite the ball on top and on the block.

#1 attacks the rim quickly and shoots the lay-up. #5 steps in the middle of the lane in front of the basket looking to tip-in any potential miss from #1.

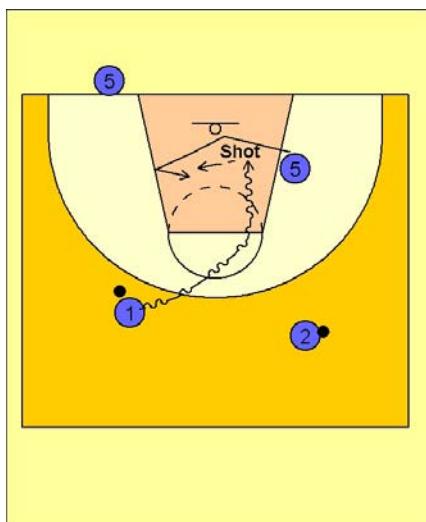
Again we would bring out the **BLOCKING PADS**, being sure to make contact as the perimeter player prepares to power up for the shot or dump-off pass. You can also make contact with the post as he catches and looks to score from the dump-off pass.





Dribble Motion Half Court Breakdown

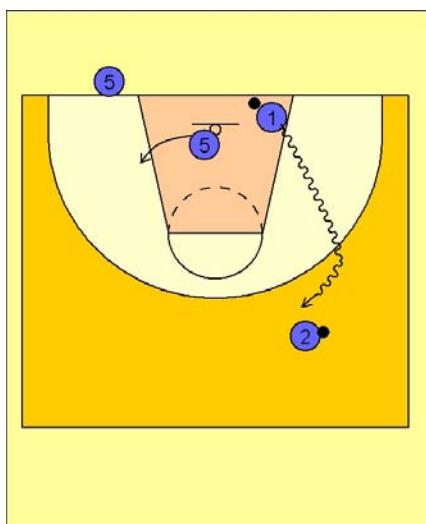
#1 quickly gets the ball out of the basket and dribbles up to the left top of the floor. As #1 is dribbling up to the left side, #5 clears across the lane to just above the right block.



Dribble Motion Half Court Breakdown

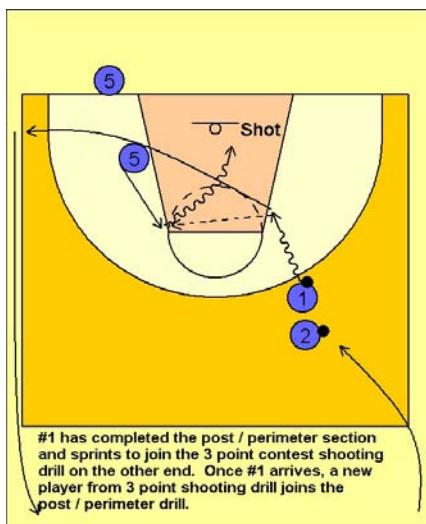
#1 now quickly attacks the opposite side of the lane looking to score another lay-up. Again, #5 will step to the middle of the lane. This time #1 will dump the ball off to #5 in the middle of the lane for the lay-up. #1 may make the pass while in the air for the lay-up or just before taking off. This is to anticipate and simulate when #1 might receive weakside help on his penetration.

#5 makes the shot while #1 gets the ball out of the basket.



Dribble Motion Half Court Breakdown

#1 now dribbles up to the right top side of the floor while #5 loops out to the opposite side of the floor, remaining consistent with the Dribble Motion Offense rules (post player is always opposite the ball on top).



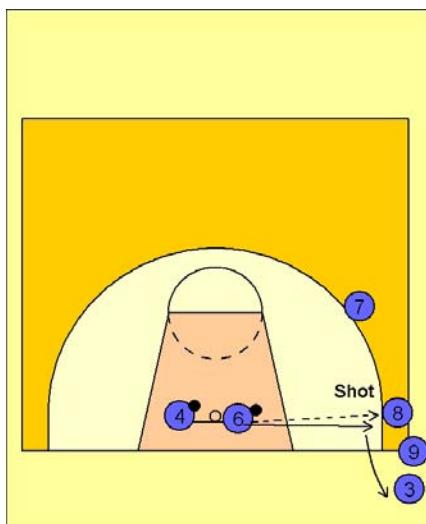
Dribble Motion Half Court Breakdown

#1 now attacks the "drop zone" area of the floor and picks up his dribble. He could even attack the opposite elbow "drop zone" on this drive (#5 would then relocate to the other side of the lane and slide up on the dribble pick up in the drop zone).

#5 recognizes the dribble pick up and slides up the lane. This action is to clear the back side basket area for the back door lay-up you have already worked on in this series.

Once #5 has reached the opposite elbow area, #1 will square around (remember he stopped with his INSIDE FOOT FORWARD) and pass the ball to #5. After passing, #1 will quickly cut across the lane and out to the opposite corner area of the floor. #5 must drive hard off the back of the cutting #1 man. #5 looks to score the lay-up on the opposite side of the rim.

This completes the Post / Perimeter series and two more players (post and perimeter) will step in and begin. You may repeat this drill on the left side of the floor or save it for the next day. The player who finished the drill (#1) will sprint to the "3" point contest shooting drill on the other end of the floor and will join the end of the line in the corner.



Dribble Motion Half Court Breakdown

Three Point Contest Shooting Drill

Just in case you did not know, that is "Contest" as in defend the shot, not "Contest" as in trying to win a prize!

Now let's look at what is going on while the Post / Perimeter action is taking place on the other end of the floor.

#4 and #6 will have a ball in their hands. #7 is FT line extended past the three point line in a ready position to catch and shoot the three point shot.

#8, #9 and #3 are in a single file line. #8 is in a ready position to catch and shoot the three point shot.

The drill starts with #6 passing the ball out to #8 in the corner. As #6 passes, he sprints out to "contest" the three point shot from #8. Have him try to block the shot if he can!

#8 shoots the ball with #6 closing out on the shot. #6 "contests" and then gets to the end of the shooting line.



Dribble Motion Half Court Breakdown

Follow this action now.

#8 shoots the ball and follows his own shot. He will get his rebound and pass immediately out to #7 on the FT line extended wing. #8 will sprint out and "contest" the three point shot from #7.

As this is happening, #4 is now passing to #9, the next player in line at the corner. #4 sprints out and "contests" the three point shot from #9.

The rotations continue as expected. #7 follows his shot and then passes to the next corner shooter and sprints out to contest his shot.

#8, who just passed the ball out to #7, turns around and gets in his best ready position and awaits the next pass out for the three point shot.

Dribble Motion Half Court Breakdown

The rotations continue as expected. #7 follows his shot and then passes to the next corner shooter #3 and sprints out to contest his shot.

#8, who just passed the ball out to #7, turns around and gets in his best ready position and awaits the next pass out for the three point shot.

Important: The next day (or even during the same drill) have the players move to two different spots on the floor.

Your other options are:

- Opposite corner and wing
- Two top spots lane line extended out

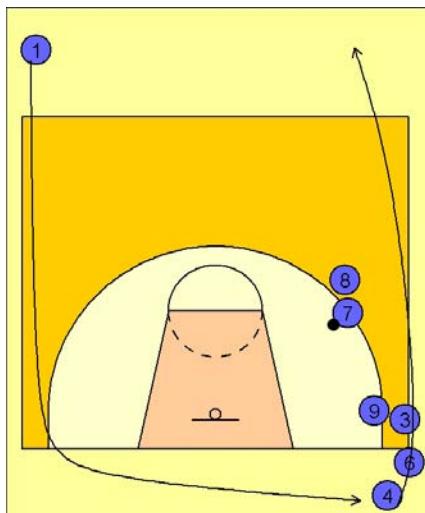
This will give you good practice in all the three point shot areas found in the Dribble Motion Offense.

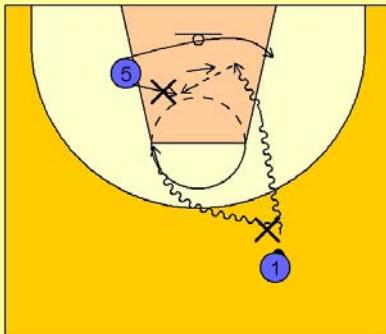
Dribble Motion Half Court Breakdown

As we described in the Post / Perimeter section of this drill, when the perimeter player is finished with his series on the other end of the basket, he will sprint to the end of the shooting line in the corner.

Here we see #1 sprinting in to the end of the shooting line. The LAST PERSON in the corner shooting line WHO HAS NOT YET BEEN IN THE POST / PERIMETER DRILL ON THE OTHER END, will sprint to join that drill.

The series completes when everyone has competed in the Post / Perimeter section of the drill.





Dribble Motion Olympics

(2 on 2; 3 on 3; 4 on 4) The entire series should take you about 45 minutes.

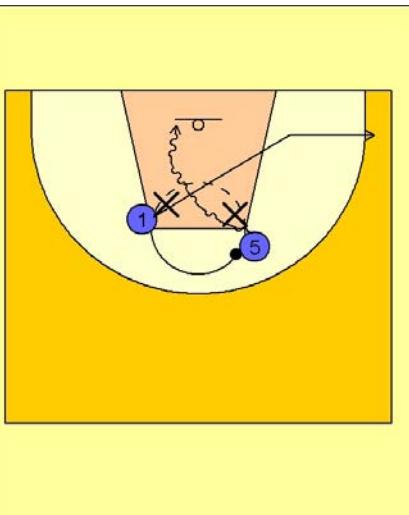
First Event: 2 on 2 Dribble Motion (12 minutes running time)

Perimeter Player and Post Player vs. Defense. Use Drop and Drag Zone options to both sides of the rim. Post player ready to relocate on penetration. If ball is picked up in the Drop Zone, post player must slide up to opposite elbow.

First team to score (3) baskets wins. Winner Stays, losers move to another basket to compete against other 2 on 2 teams.

Medal Winners - Top 3 Teams (Gold, Silver & Bronze) Excused From Running
- Rest of Teams Run Sprints

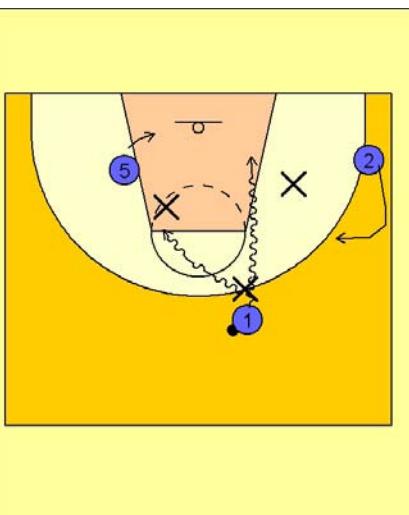
Rest for 3 minutes



Dribble Motion Olympics

2 on 2 Dribble Motion (con't)

This is a good time to work on the Post Entry at the opposite elbow. Guard must remember to pass and cut away while #5 dribbles hard off the back of the cutter for the power lay-up on the other side of the rim.



Dribble Motion Olympics

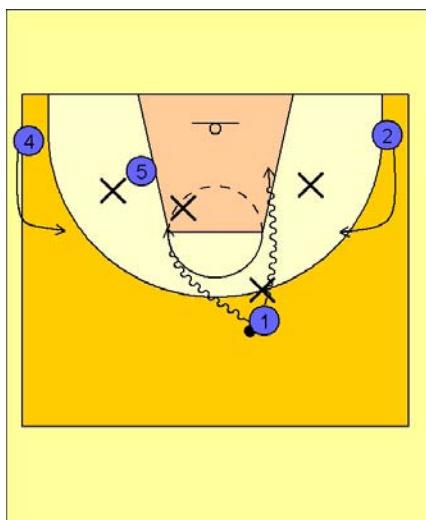
3 on 3 Dribble Motion (12 minutes running time)

Point Guard, Wing Player and Post Player vs. Defense. Use Drop and Drag Zone options to both sides of the rim.

First team to score (2) baskets wins. Winner Stays, losers move to another basket to compete against other 3 on 3 teams.

Medal Winners - Top 2 Teams Only (Gold and Silver) Excused From Running
- Rest of Teams Run Sprints

Rest for 3 minutes



Dribble Motion Olympics

4 on 4 Dribble Motion (12 minutes running time)

Point Guard, Two Wing Players and Post Player (no #4 man) vs. Defense. Use Drop and Drag Zone options to both sides of the rim.

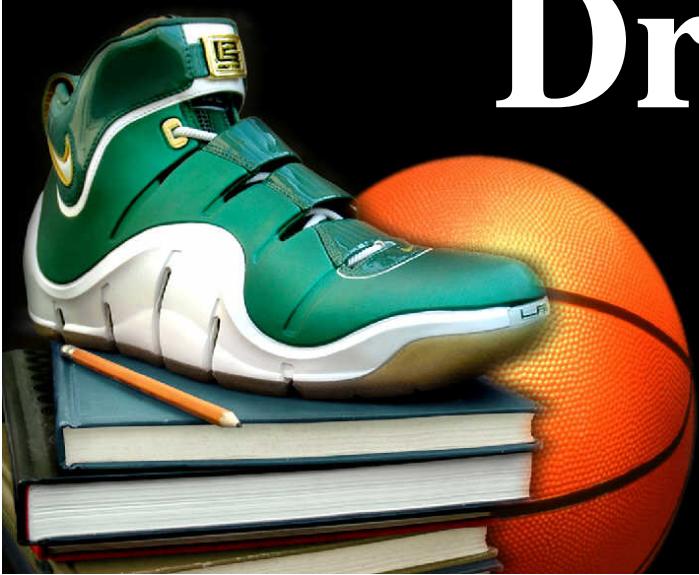
First team to score (2) baskets wins. Winner Stays, losers move to another basket to compete against other 4 on 4 teams.

Medal Winners - Top Team Only (Gold) Excused From Running - Rest of Teams Run Sprints

3 minute rest

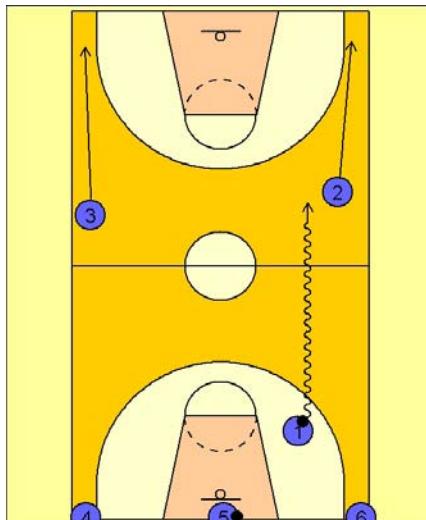
Implementing *The Dribble Motion* Offense

Full Court Break Down Drills





Dribble motion full ct brkdown



Dribble Motion Full Court Breakdown

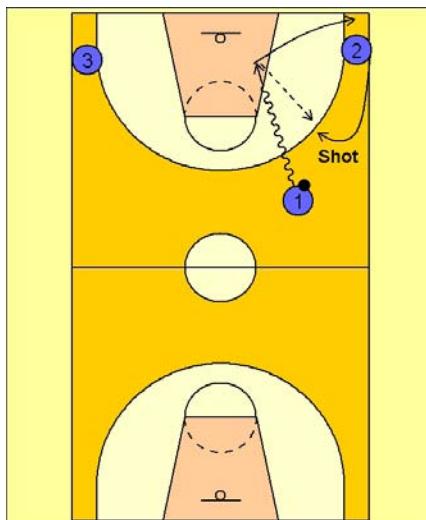
3 on 0 Three Trips (Drop Zone Three Pointer)

Now we will take you through our series of 3 on 0 Full Court as we break down the Dribble Motion Offense.

Our first series involves the "Drop Zone" penetration with a kick out for the three point shot.

It does not matter who begins in the middle as each player will get one repetition on this drill.

#1 brings the ball up the sideline while #2 and #3 sprint to their respective corners. Make sure that each corner player is extended straight out from the rim, and not "dead corner" on the end line.



Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Drag Zone Three Pointer)

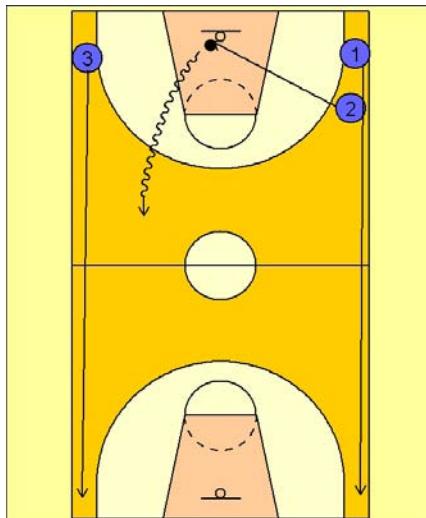
#1 attacks the "Drag Zone" area of the floor (FT line elbow area).

As #1 reaches the Drag Zone, #2 is sprinting up and then turns into the shot. It is VERY IMPORTANT that #2 get his feet squared to the basket BEFORE #1 makes the pass. It is #1's responsibility to WAIT until #2 is ready before delivering the pass.

Whomever penetrates in this offense MUST ALWAYS come to a stop with their INSIDE FOOT forward. We do not teach a jump stop on this drive as it allows the defense an angle at reaching the next pass.

#1 passes to #2 for the three point shot. #1 will pass and loop down and out

to the ball side corner.



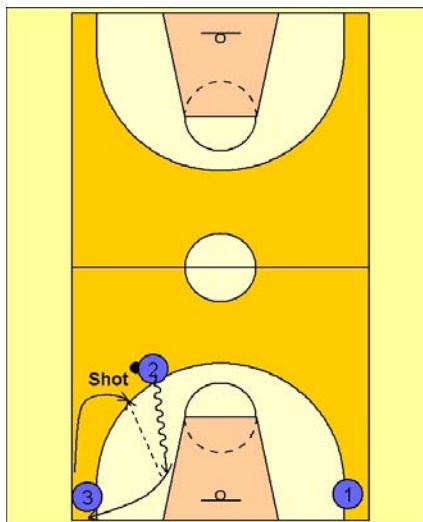
Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Drag Zone Three Pointer)

#2 will shoot the three and rebound his own shot.

The SHOOTER in this series becomes the NEXT MIDDLE MAN and will push the ball up the opposite sideline on the next trip.

#1 and #3 run the sidelines now to their respective corners.

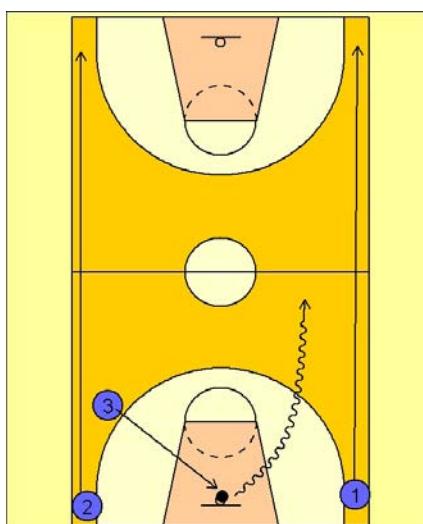


Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Drag Zone Three Pointer)

The action is now repeated with #2 driving into the Drag Zone while #3 slides up and into the shot.

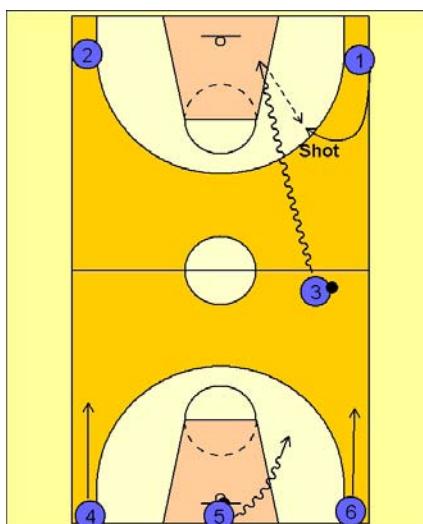
#2 again loops down and out to the ball side corner.



Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Drag Zone Three Pointer)

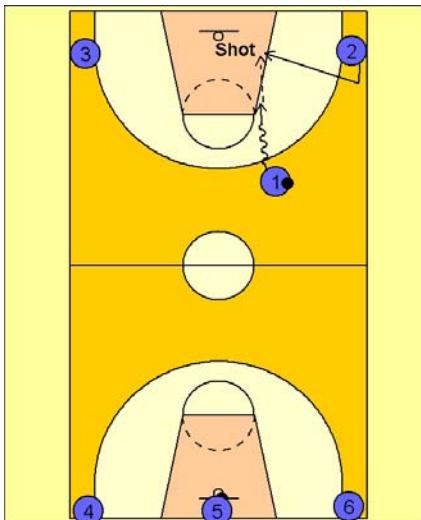
#3 shot the ball and will rebound his own shot and attack up the opposite sideline with #1 and #2 running their respective lanes.



Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Drag Zone Three Pointer)

This is the last trip in the three trips so as the BALL REACHES HALF COURT, the next group of three players begins.



Dribble Motion Full Court Breakdown

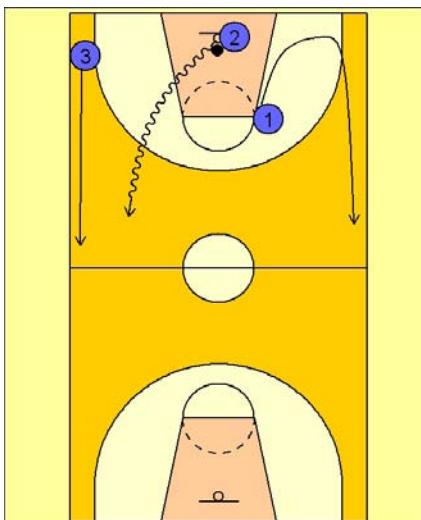
3 on 0 Three Trips (Drop Zone Back Door)

Our next three trip series involves setting up the back door cut on the wing.

#1 again attacks the Drop Zone area of the floor while #2 slides up and into the right wing looking for the three point shot.

#1 recognizes that #2 is being played aggressively on defense so he pass fakes at #2 who steps hard toward the ball and then plants his outside foot and cuts back door to the basket.

#1 delivers a one hand bounce pass underneath the imaginary defense for the back door lay-up.



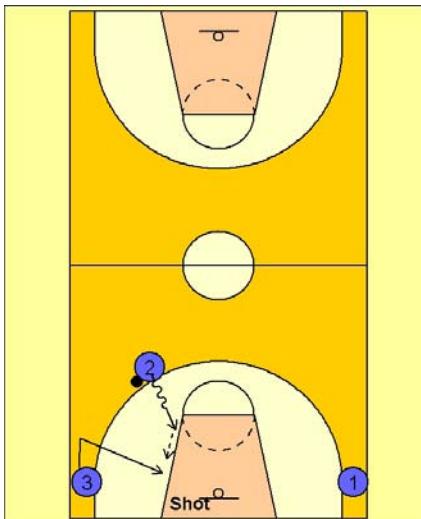
Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Drop Zone Back Door)

The SHOOTER again is the NEXT MIDDLE MAN.

#2 shot the lay-up, gets his own rebound out of the net and attacks up the opposite sideline.

#1 and #3 run their respective outside lanes.



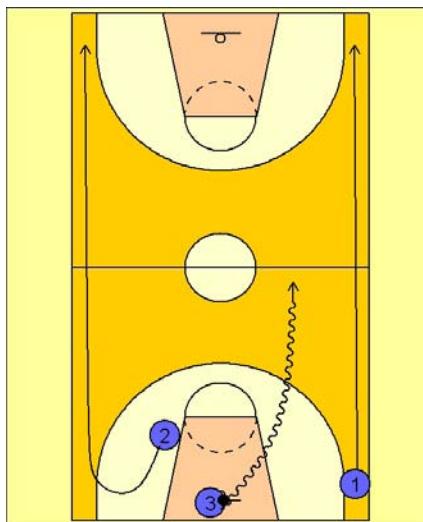
Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Drop Zone Back Door)

Our next three trip series involves setting up the back door cut on the wing.

The same action is repeated on the other end of the floor.

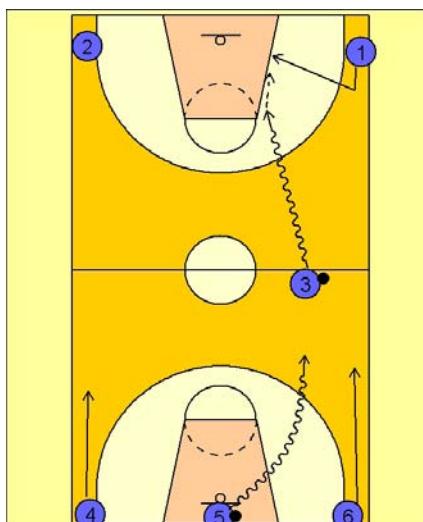
The shooter for the lay-up is now #3, so he will rebound his own lay-up and attack up the opposite sideline for the third and final trip in this series.



Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Drop Zone Back Door)

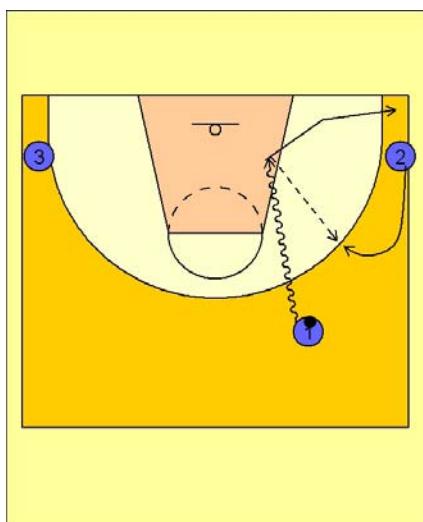
The shooter for the lay-up is now #3, so he will rebound his own lay-up and attack up the opposite sideline for the third and final trip in this series.



Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Drop Zone Back Door)

As the BALL CROSSES HALF COURT, the next group waiting begins their session.



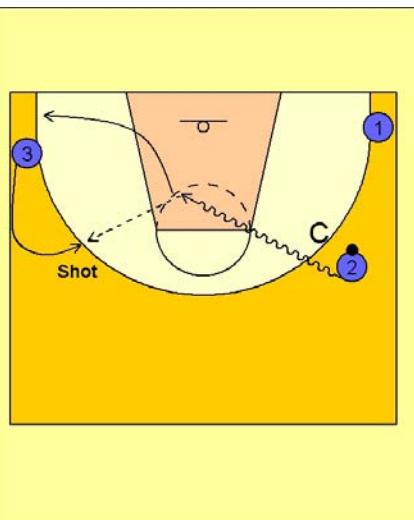
Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Wing Penetration and Kick for Three)

Our next three trip series involves setting up the three point shot on the opposite side of the floor.

#1 penetrates into the Drag Zone area of the floor while #2 slides up and into the three point shot.

#1 delivers the pass and then loops down and out to the ball side corner.



Dribble Motion Full Court Breakdown

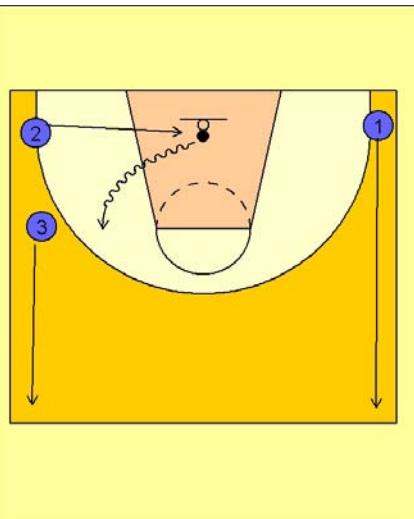
3 on 0 Three Trips (Wing Penetration and Kick for Three)

#2 now attacks the FT line elbow area looking to score a lay-up on the opposite side of the basket.

We are assuming that #2 cannot get to the rim and instead stops near the Drop Zone area of the floor and kicks the ball out to #3 who is sliding up and into the three point shot.

#2 passes to #3 who shoots the three pointer. After the pass, #2's role is the same as he loops down and out to the ball side corner.

On each end of the court, we will add the **BLOCKING PADS** here and make contact with the wing player driving to the mid-lane area.

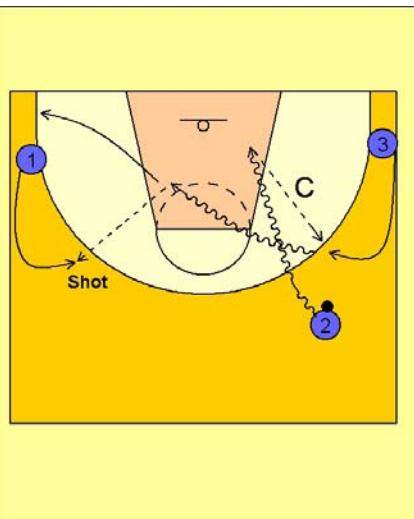


Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Wing Penetration and Kick for Three)

The PASSER is now the NEXT MIDDLE MAN in this series.

#2 made the pass for the shot so he sprints in to rebound the shot and attacks up the opposite sideline with #3 and #1 running their respective lanes.



Dribble Motion Full Court Breakdown

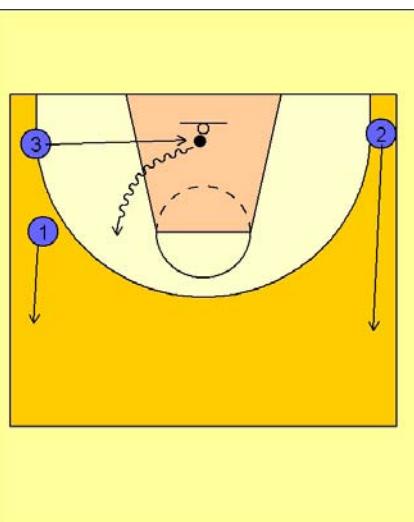
3 on 0 Three Trips (Wing Penetration and Kick for Three)

The same action is now duplicated on the other end of the floor with #2 driving into the Drag Zone area and kicking out to #3.

#3 then drives the elbow area of the floor looking to score on the opposite side of the basket.

#3 stops in the opposite Drag Zone area and kicks out to #1 sliding up and into the shot. #1 takes the three point shot while #3 loops down and out to the corner.

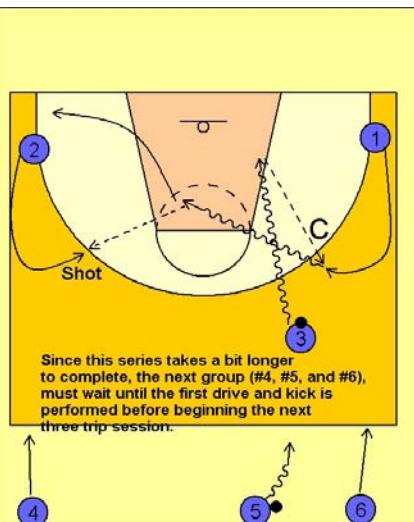
Again, we will look to make contact with the **BLOCKING PADS** on this penetration from the wing.



Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Wing Penetration and Kick for Three)

The passer is the next middle man so #3 sprints in to rebound and attacks up the opposite sideline.

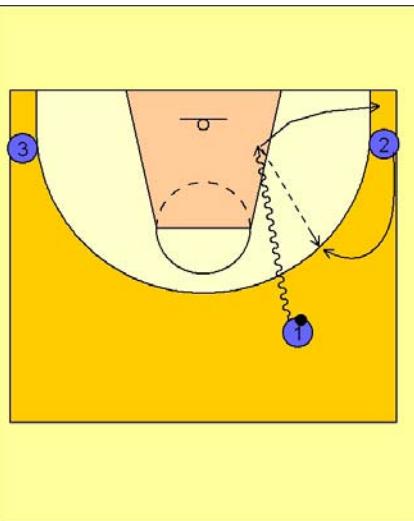


Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Wing Penetration and Kick for Three)

#3, #1 and #2 complete their third and final trip in this series while the next group is ready to start the next three trip session.

Coach is present on each basket with **BLOCKING PADS** ready to make contact on penetration.



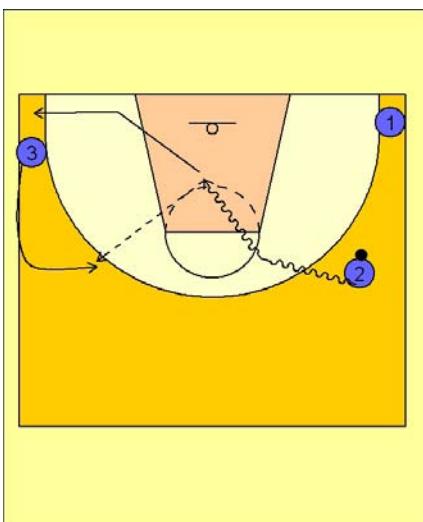
Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)

Our next three trip series involves setting up the back door lay-up after moving the ball to one side of the floor and back again.

#1 drives into the Drag Zone area of the floor while #2 slides up and into the three point shot.

#1 passes to #2 and then loops down and out to the ball side corner.

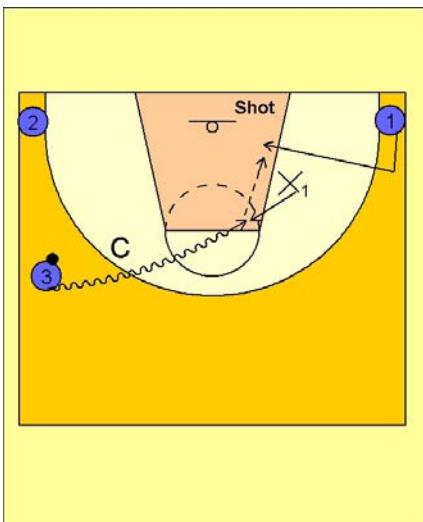


Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)

#2 drives in the lane looking to score on the opposite side of the basket. He pulls up in the opposite Drag Zone area while #3 is sliding up and into the shot.

#2 passes to #3 and then loops down and out to the ball side corner area.



Dribble Motion Full Court Breakdown

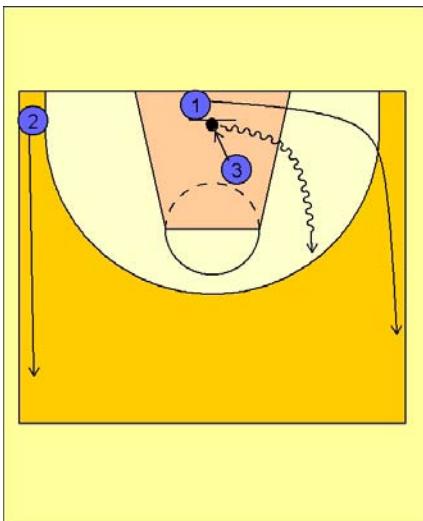
3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)

#3 now drives to the FT line elbow (or Drop Zone area) looking to score on the opposite side of the rim.

#3 pulls up in the opposite Drop Zone area, pretending to receive pressure from #1's defender.

#1 reads the help up action from his imaginary defender, X1, and makes the basket cut looking for the back door pass from #3. #3 delivers the one hand bounce pass to #1 under the defense for the lay-up.

Coach is armed and ready with the **BLOCKING PADS** to make contact with the dribble penetration from the wing.

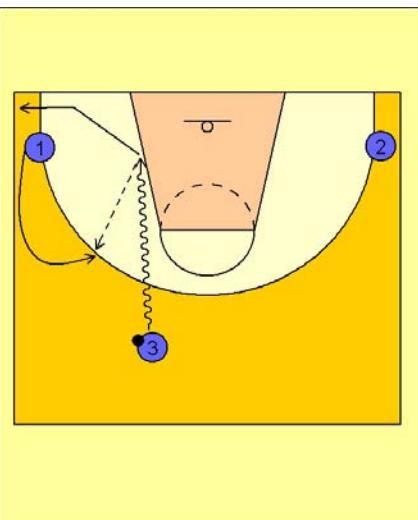


Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)

The PASSER is the NEXT MIDDLE MAN so #3 would rebound the shot and take the ball up the opposite side line.

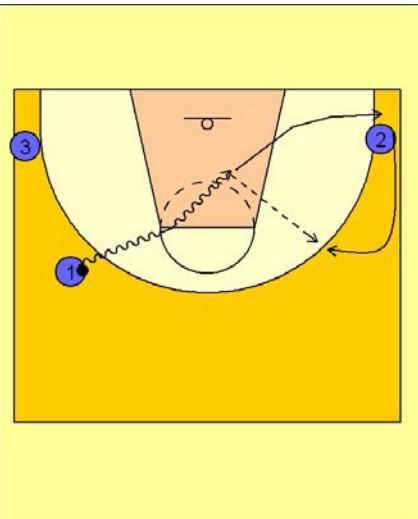
#1 and #2 will run their respective lanes.



Dribble Motion Full Court Breakdown

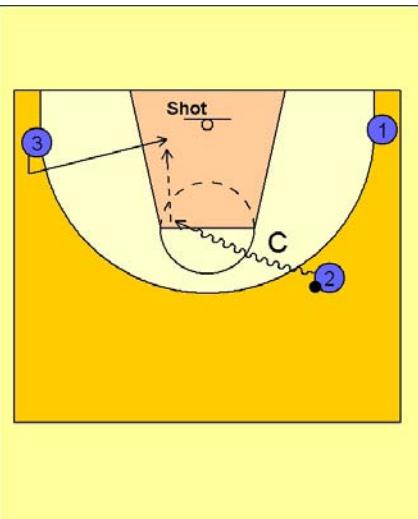
3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)

The action is repeated on the other basket.



Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)

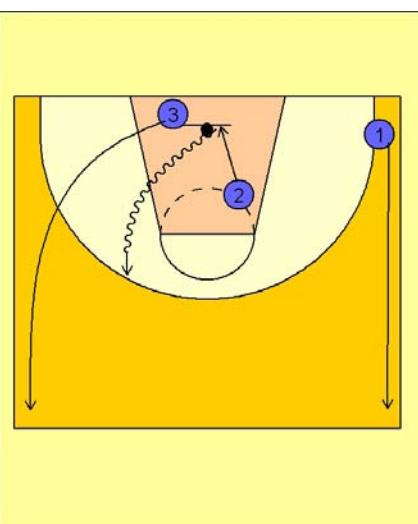


Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)

A reminder that on all dribble stops, the driver must stop with his inside foot forward in order to protect the basket from the defense while making the next pass.

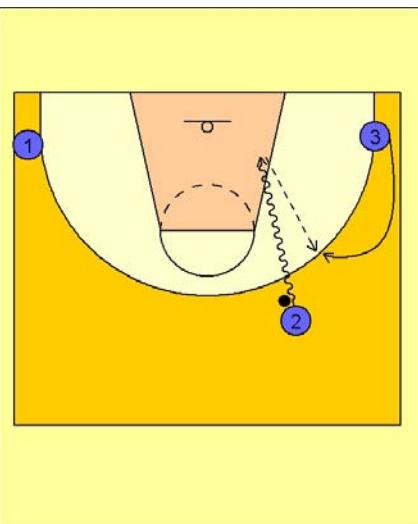
Coach is again armed and ready at each end with the **BLOCKING PADS**, making contact with the dribble penetration from the wing. Hopefully by now, your players learn to have a low center of gravity, a solid base when penetrating, so these "bumps" from the coach will not take off-balance.



Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)

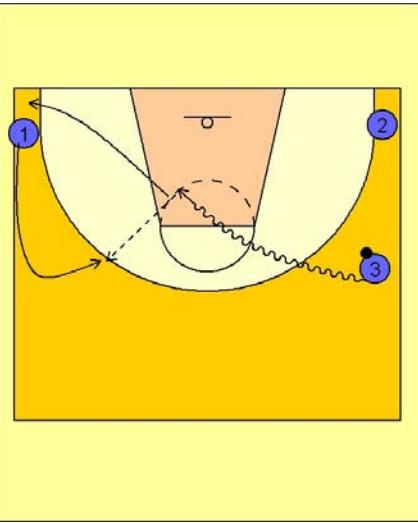
#1 made the pass to #3 so he will get the rebound and begin the third and final trip up the opposite sideline.



Dribble Motion Full Court Breakdown

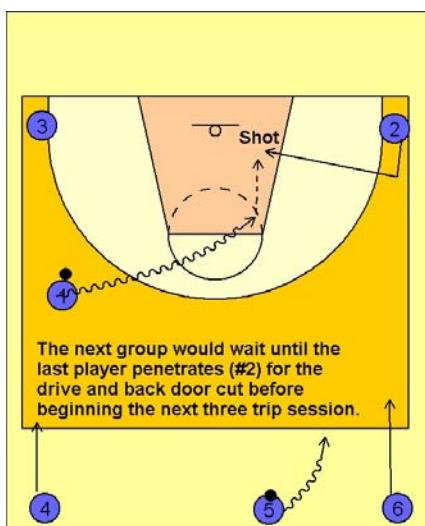
3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)

The action is repeated on their final trip down the floor.



Dribble Motion Full Court Breakdown

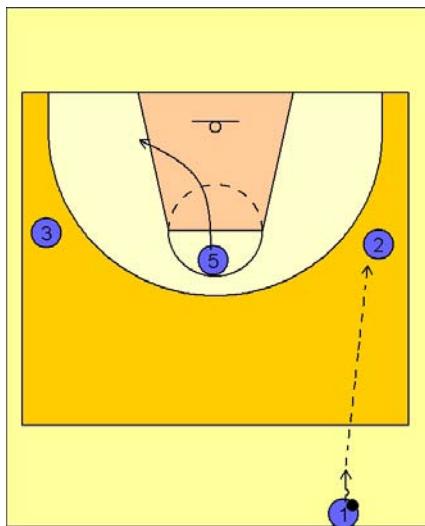
3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)



Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)

The next group of three are waiting to begin their next three trips in this series.



Dribble Motion Full Court Breakdown

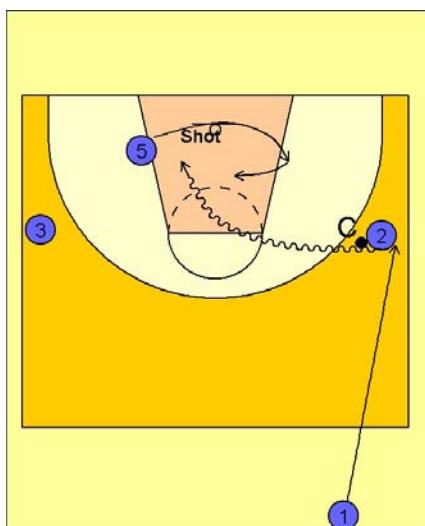
4 on 0 Four Trips (Pass Ahead)

Our next series involves a 4 on 0 FOUR TRIP break looking at the options should the point guard notice that either wing player or the center have an advantage down the floor. If so, the point guard passes ahead to either player.

The first three passes up the floor will enter to the wing and attack the rim.

Here #1 passes the ball ahead to #2.

#5's rule is always to SPRINT THE CENTER OF THE FLOOR INTO THE MID-LANE AREA AND THEN FIND THE OPPOSITE LOW BLOCK.



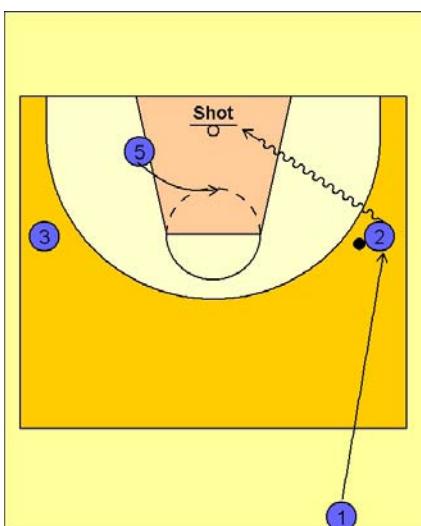
Dribble Motion Full Court Breakdown

4 on 0 Four Trips (Pass Ahead)

Once #2 has the ball he has two options in attacking the rim. He can attack the FT line elbow area and score on the opposite side of the rim with his left hand. If so, #1 will always sprint and fill the wing just vacated by #2.

#5's rule is always to STAY OPPOSITE THE BALL, so #5 loops under the basket and up to the opposite block while #2 is making his #5 penetration. #2 shoots the lay-up while #5 is ready to tip-in the miss shot.

Coach is armed and ready with the PUNCH MITTS as #2 makes the catch on the wing. Coach swipes at the ball while ballhandler learns to be strong on the catch and "rip" before and during the attack dribble.

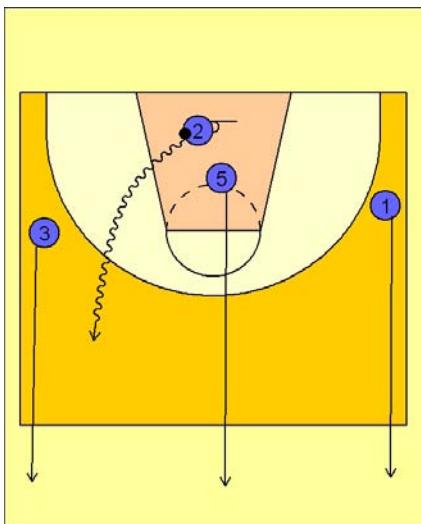


Dribble Motion Full Court Breakdown

4 on 0 Four Trips (Pass Ahead)

#2 SECOND scoring option in this series is to attack the ball side of the rim, the right side in this diagram, if it is open.

#5 will stay opposite the ball and step into the middle of the lane in front of the rim while #1 drives in for the lay-up. #5 will tip in any miss shots.

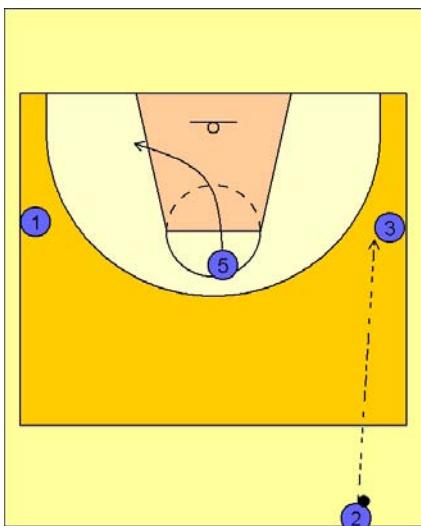


Dribble Motion Full Court Breakdown

4 on 0 Four Trips (Pass Ahead)

The SHOOTER is the NEXT MIDDLE MAN in this series.

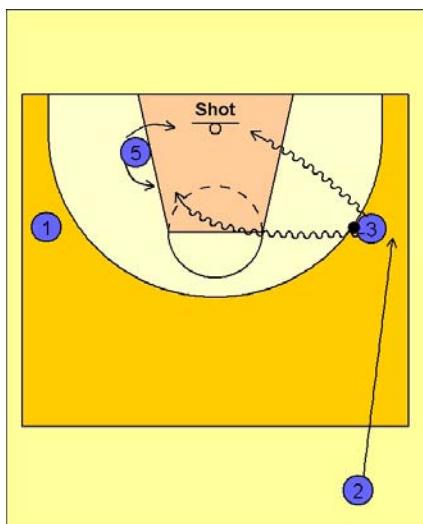
#2 gets the ball out of the basket and attacks up the opposite sideline with #3, #5 and #1 running their respective lanes.



Dribble Motion Full Court Breakdown

4 on 0 Four Trips (Pass Ahead)

#2 passes ahead to #3 while #5 runs down the center of the lane and then to the opposite low block area.

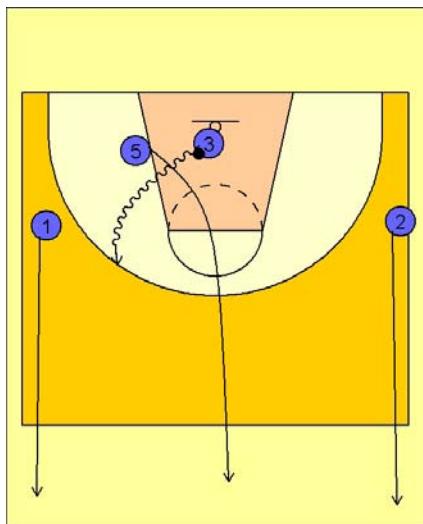


Dribble Motion Full Court Breakdown

4 on 0 Four Trips (Pass Ahead)

#3 now attacks the rim in either direction as described in the previous trip while #5 looks to either loop under and out to the opposite low block or flash to the middle, depending on which angle #3 attacks.

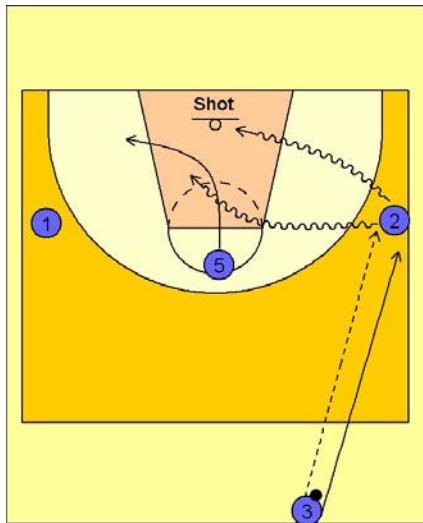
#2 is sprinting to fill the spot vacated by #3.



Dribble Motion Full Court Breakdown

4 on 0 Four Trips (Pass Ahead)

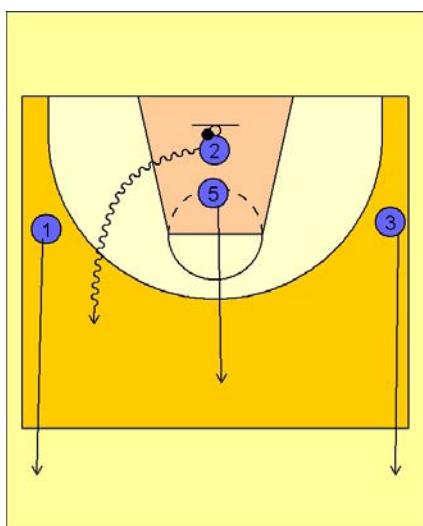
#3 is now the next middle man and attacks up the opposite sideline.



Dribble Motion Full Court Breakdown

4 on 0 Four Trips (Pass Ahead)

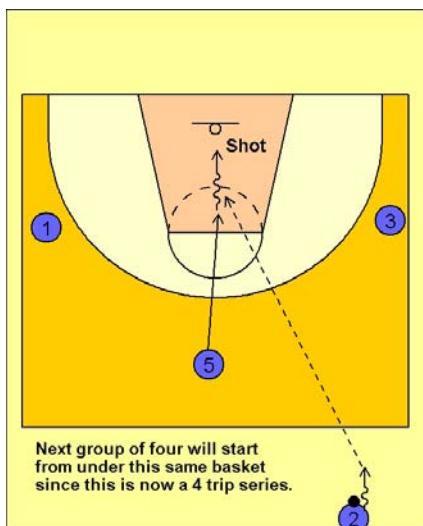
The action is repeated on their third trip in this four trip series.



Dribble Motion Full Court Breakdown

4 on 0 Four Trips (Pass Ahead)

#2 was the shooter so he will rebound and attack up the opposite sideline for the fourth and final trip in this series.



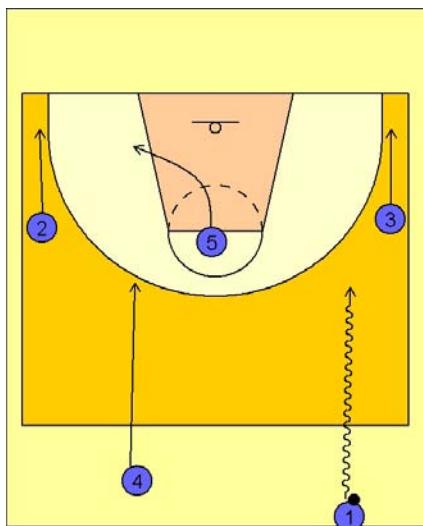
Dribble Motion Full Court Breakdown

4 on 0 Four Trips (Pass Ahead)

On the FOURTH and final trip in this series the guard will look to make the OVER THE TOP pass to #5 sprinting down the middle of the floor.

#5 will catch and make the lay-up while all of the remaining players in the series sprint off the floor.

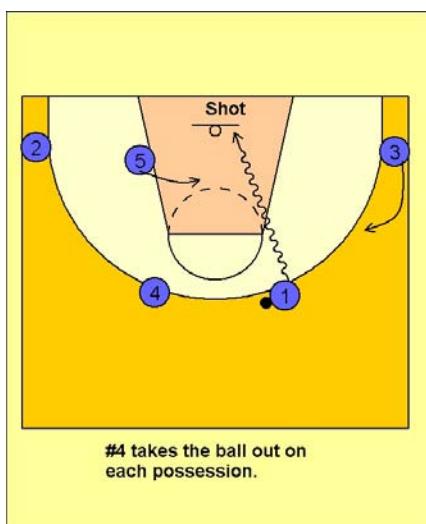
The next group of FOUR will begin as the ball crosses half court.



Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Point Guard Penetration in the Drag Zone)

Our next series involves a 5 on 0 THREE TRIP break looking at the options involved when the point guard attacks the lane down the DRAG Zone area of the floor. This is the area from the FT line elbow all the way to the rim.

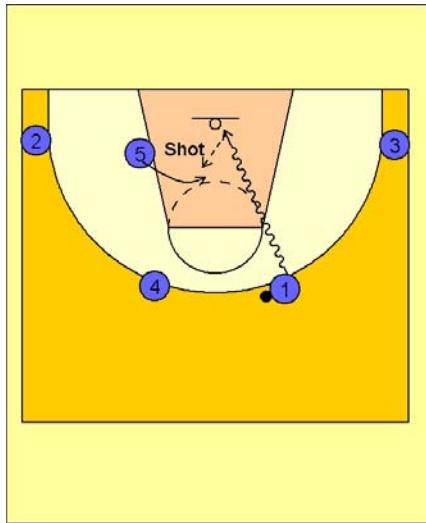


Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Point Guard Penetration in the Drag Zone)

The first trip #1 will SHOOT THE LAY-UP with #5 stepping into the middle of the lane in front of the rim looking to tip-in any miss shots.

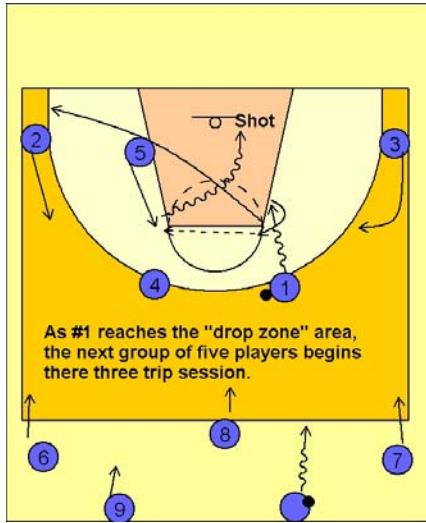
#3 is sliding up and into his three point shot as his rule when #1 enters the DROP Zone area (FT elbow area).



Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Point Guard Penetration in the Drag Zone)

The SECOND TRIP #1 will penetrate to the rim and look to dump the ball off to #5 for the lay-up.



Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Point Guard Penetration in the Drag Zone)

The THIRD AND FINAL TRIP in this series involves #1 pulling up at the DROP ZONE area. And it can be EITHER elbow.

When this happens it is #5's rule to always slide up to the opposite FT line elbow. #3 again is sliding up and into his three point shot. #2 makes a reverse pivot and instead of throwing the ball to #3, he makes a pass to #5 on the opposite elbow.

#5 catches and attacks the rim on the opposite side while driving off the back of #1, who has made the pass and cut to the opposite corner. #2 now slides up to make room for the cutting #1 man.



Dribble motion

The next group of 5 is ready to attack as #1 reached the DROP ZONE area.

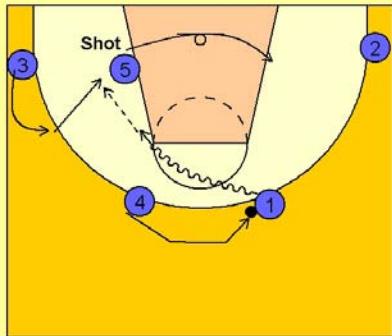
Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Point Guard Penetration in the Opposite Drop Zone)

In this three trip series #1 is looking to cross over his dribble and attack the opposite FT line elbow, or more commonly known as the DROP Zone.

#4 and #5 have the rule of staying opposite the basketball, so the diagram indicates their movement away from the ball.

As #1 enters the opposite drop zone area, #3 as in his rule, is sliding up and into the three point shot. #1 recognizes good defensive pressure on #3. #1 makes a pass fake while #3 sets up his man for the back door cut and lay-up.



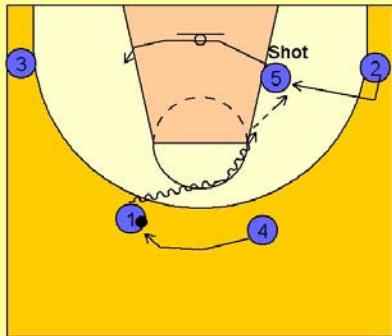
Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Point Guard Penetration in the Opposite Drop Zone)

#4 takes the ball out and the group now attacks the left sideline in the other direction.

Here we see #1 crossing over and into the opposite drop zone while #5 and #4 slide over opposite the ball.

#1 delivers the back door pass to #2 setting up his man.



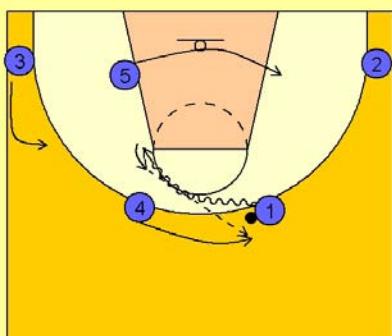
Dribble Motion Full Court Breakdown

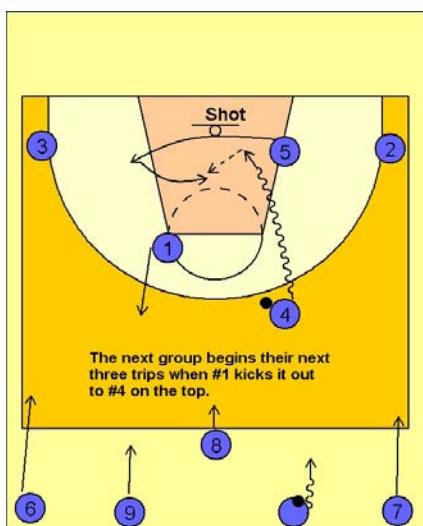
5 on 0 Three Trips (Point Guard Penetration in the Opposite Drop Zone)

On our THIRD and FINAL TRIP in this series, #1 will stop and reverse pivot making the pass back to #4. #4 is now ready to catch and shoot the "3" or attack the rim on the drive.

You could also work in the back door option here with #4. Have #1 drive to the ball side elbow and pick up his dribble. #4 would read and make the basket cut, receive the pass from #1 and shoot the lay-up.

The back door lane is open as #5's rule is to clear across the lane as soon as #1 starts his penetration from the wing.





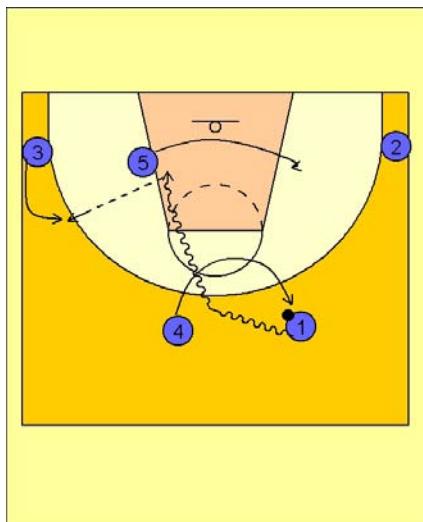
Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Point Guard Penetration in the Opposite Drop Zone)

Once #4 has the ball it is #5's rule to stay opposite the ball, so he will loop back to the opposite side of the lane.

On the catch #4 will attack the drag zone area of the right side and look to score. Give #4 the option to either shoot the lay-up here or dump the ball off to #4 stepping into the mid-lane area.

The next group begins when #1 kicks the ball out to #4.



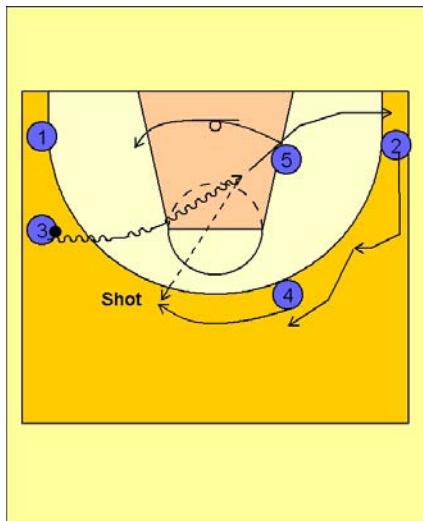
Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Trailer Loop Cut Action)

In this series we will look at the loop action that #4 has the option of making each time down the floor. You must work on good communication from #1 and #4 to execute this action...or you may call the "loop" while in transition.

This is NOT the same action as in the previous series. #1 is driving the same angle, BUT, the difference now is that #4 is looping down and up creating an angle for #1 to drive OFF THE BACK of #4. In the previous series, #1 drove in front of #4 while #4 slid over to replace.

On this trip #1 will drive to the opposite DRAG Zone and make the pass out to #3 sprinting up and into the three point shot. #5 has cleared out and #1 has made the pass and looped down and out to the ball side corner area.



Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Trailer Loop Cut Action)

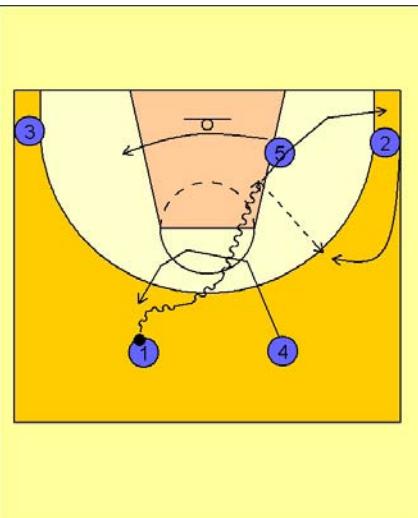
#3 now drives the FT line elbow area to the opposite side of the rim.

#5 loops under the basket opposite the ball as his rule states.

#2 is now sliding up and into the three point shot while #4 stays opposite the ball and slides across on top.

#3 stops with his inside foot forward, reverse pivots and passes the ball out to #4 for the three point shot.

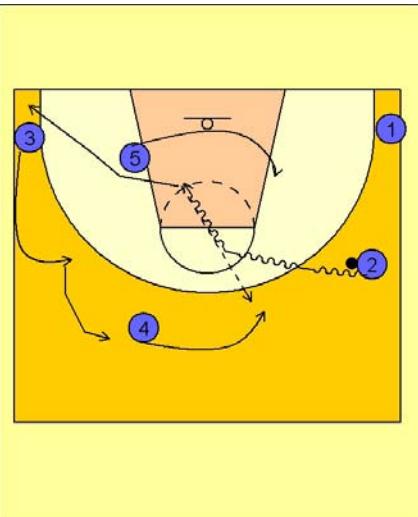
#2 fills up to the top on the pass while #3 loops down and out to the corner.



Dribble Motion Full Court Breakdown

- 5 on 0 Three Trips (Trailer Loop Cut Action)

On our second trip the action is repeated with #1 and #4 executing the loop action in front while #1 delivers the pass to #2 on the right wing.



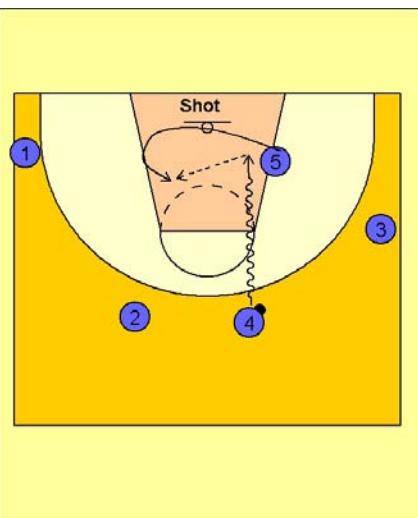
Dribble Motion Full Court Breakdown

- 5 on 0 Three Trips (Trailer Loop Cut Action)

#2 again attacks the lane looking to score a lay-up on the opposite side of the rim.

As in previous trips he will plant his inside foot forward and pass the ball back to #4 sliding over and behind the basketball.

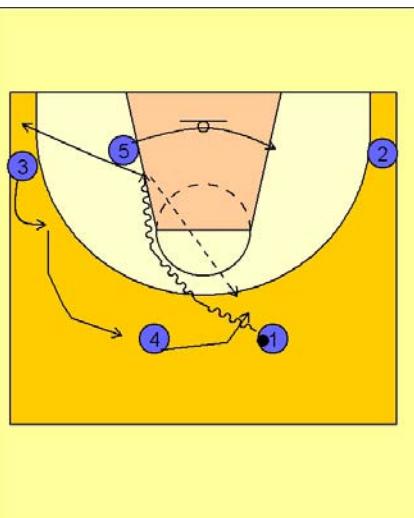
#3 sprints up to receive the potential kick-out from #2. When #2 passes to #4 behind him, #3 fills the top spot next to #4 and #2 loops down and out to the corner.



Dribble Motion Full Court Breakdown

- 5 on 0 Three Trips (Trailer Loop Cut Action)

On this second trip, #4 will not shoot the three, but rather attack the rim looking to score. He has the option to score the lay-up or dump the ball off to #5 who has already looped under the basket when #4 received the ball on his side.



Dribble Motion Full Court Breakdown

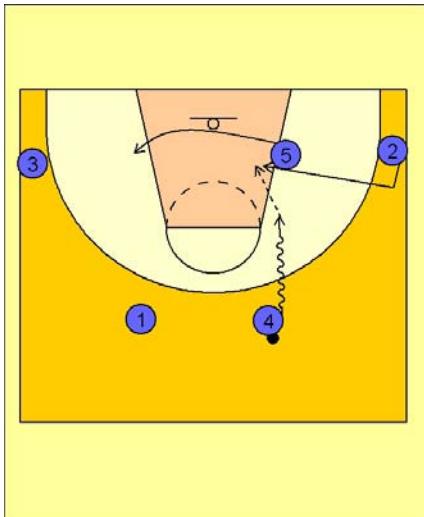
5 on 0 Three Trips (Trailer Loop Cut Action)

On the THIRD and FINAL TRIP, the setup action remains the same with #1 passing the ball back to #4.

As a reminder, #5 has cleared out as the ball is driven into his area and #3 has sprinted up and into his three point shot stance on the wing.

On the pass back to #4, #3 fills the spot next to #4 on top while #2 loops down and out to the corner.

If #2 did not get deep in his penetration, you may have him step back on top and fill the top spot alongside #4 when he passes back.



Dribble Motion Full Court Breakdown

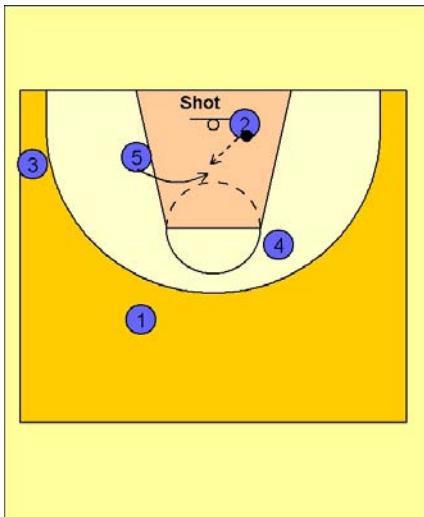
5 on 0 Three Trips (Trailer Loop Cut Action)

#4 on the catch will look to attack the DROP ZONE area of the floor.

#5 clears out when #4 catches the ball on top.

On the drive #2 is sliding up and into the three point shot as is his rule.

#4 picks the ball up in the DROP ZONE and both players (#4 and #2) recognize either great defensive pressure on the wing player or that #2's defender has helped up on penetration. #4 makes the back door pass to #2.



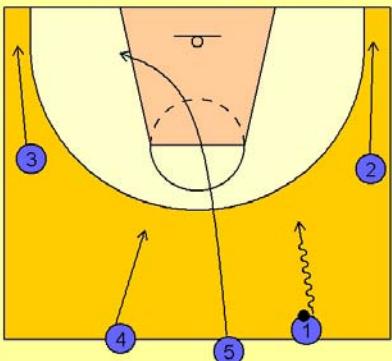
Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Trailer Loop Cut Action)

#2 has the option to finish this series with the lay-up or he can dump the ball off to #5 stepping into the middle of the lane in front of the rim.



Anything goes! Only rule is that you have to make 5 passes before you can shoot. You as the coach or the players sitting out should count out passes.



Dribble Motion Full Court Breakdown

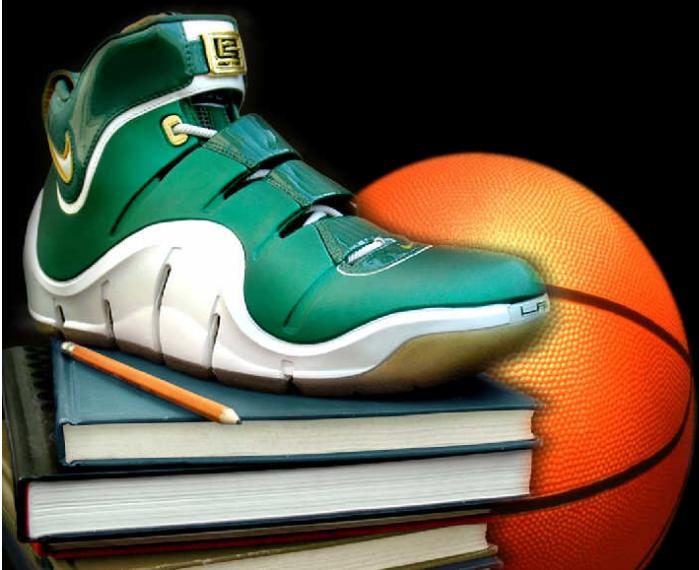
- 5 on 0 Three Trips (Anything Goes!)

Our final 5 on 0 three trip series gives the offense freedom to execute all of the Dribble Motion Offense options.

They only have one rule here. They must make **5 PASSES** before taking a shot. Coach or waiting group should count out the passes LOUD so that each team knows where the count is at before shooting.

Implementing *The Dribble Motion* Offense

Notes from the Web



Our Formula for Success:

Shoot 75 shots a game.

1/3 of our shot attempts should be 3 pointers.

Shoot 24 free throws, make 66% of them.

The above would give you the following:

On our 75 shots:

We want to shoot 25 3's, make 8 of them, this is 32%

On your other 50 shots, a lot of which should come from around the basket, make 20 out of 50, this is only 40%. Given that a lot of these will be lay-ups, that is not a very high percentage.

If we get our 24 free throws, we want to make 16 of them, which is 66%.

The points that we generate are broken down below.

Eight 3's = 24 points

Twenty 2's = 40 points

Sixteen FT's = 16 points

Total = 80 points

We generate 80 points on a night where we shoot 37% from the field, (28 of 75) and 66% percent from the foul line. These are very attainable goals for our team.

Even on a night where we shoot 33% from the field (25 of 75), and 50% from the free throw line, (12 of 24), you can still generate 67 points. (Assuming you hit 20 2's and 5 3's.) At the high school level, 67 points will still win you a lot of games.

A real key is to get those shot attempt numbers up around 75. We do this through pushing the ball for 32 minutes, getting to the offensive boards, and most importantly using our defensive pressure to get turnovers and increase the tempo of the game.

PHILOSOPHY

Go watch a good program for a week.

All good programs play hard.

“No Excuses” overriding philosophy of their program.

If you don’t have a good shooting night, what are you going to do to win?

We have taken 35 3’s a game last three years (40 minute JUCO games)

We have an Attack Philosophy.

We will wear you down.

We speed up the tempo with our “D”.

We fool people into thinking our bench is deeper than it really is.

Never start my best five.

Start 6th and 8th men, and they will play their tails off.

Always want three of my best five players on the floor at one time.

Get your average kids in and out quickly, it hides their weaknesses.

“Streak” call only my best two players will shoot, unless someone else has a lay-up.

Up tempo makes high school game more like 37 minutes due to number of trips JC like 50 minutes.

Eliminate excuses by your players, and your practices will be a lot better.

On and off the court, sweat the little stuff.

Thank you and please from your players.

Best player needs to be your hardest worker, and hopefully your best kid.

* Real Secret...to our offense Threes or Key, **no mid range shots.**

You need passion to play this game.

How hard do your players really play the game?

Reality, get your best kids 2-2 ½ minutes then a 30 second rest.

Time Out... hustle and get it organized, get them in front of you...eye contact.

Scout tendencies and personnel, they well not run their offense if you work hard enough.

Two fouls in first half, sit them down for rest of half, they will learn not to foul.

Saturday four to five hour practices, all offense no conditioning.

Kids have to believe that fatigue will set in with their opponent.

Not “my team” it’s “their team”.

Take away excuses why they can't be successful.

Shoot selection #1 thing for good offense.

You make the extra pass; your teammate will make the extra pass.

Take your shot unless someone has a better shot.

In summer don't run any plays, let them learn to score on their own.

Why do you press? You better believe in it, can you live with the lay-ups and dunks?

Toughest thing...ballhandling versus intense pressure

Can't have it both ways, you are going to give up some things with intense pressure.

Your opponents need to ask themselves, do we want to run with these guys?

You need to work hard every day for this, or any system, to work.

You need to define their roles.

Blame yourself if they don't play hard.

Do you always sub on the negative?

Bench stands when a kid comes out, and they give him high fives.

Get your bench to help with responsibilities.

Gave stickers for team and individual stuff, big play of the game, etc,

Scrapbook for players.

Make them proud to be a part of the program.

Virtually everything we do will 4 on 4, or 5 on 5, with our defense we want the team “D” concept

Do they have passion?

Adversity hits, how do they handle it?

Do everything quick and hard.

DEFENSIVE PRINCIPLES

We will wear people down with our defense.

Our D speeds up the game tempo.

Don’t foul.

Don’t let them split you.

Fly out on their shooters on the 3 point line, close out on their non shooters.

Don’t screen out an outside shooter, possible foul situation.

In practice we defend 5 players versus 6 players some of the time.

Press...#1 thing... GUY WITH BALL MUST NOT BE ABLE TO SURVEY THE FLOOR....GET UP ON HIM

Just run and get there, we virtually never work on slides.

Press spots...

On ball “controller” get a turn in the backcourt.

Weakside up spot “Gapper” don’t let ball split, look to blindside ball with double.

Strongside up floor “Taker” take away pass down the floor.

Weakside up the floor “Reader” Shoot the gap or stay needs to understand stuff.

Back guy “Key” man. Deepest guy responsibility.

Use volley ball court to put the court in four lanes outside, inside, inside, outside.

Ball in outside lane you are on mid-line. Ball in inside lane, all five men in inside lanes.

Don’t worry about middle or sideline in regard to which way the ball goes, just pressure.

You see the back of a dribbler, you go.

With the press, a huge key is “see it, and fix it”.

Get your players to move defensively on the pivot, not on the pass

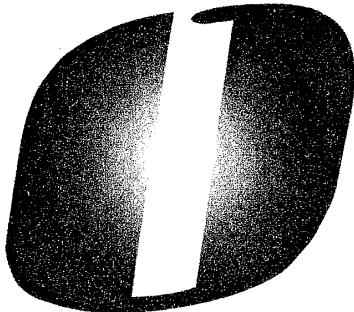
Gapper to a trapper on the dribble, the “D” really starts with the dribble

Team really needs three good controllers, keep on the point guard and wear him out.

This can be out of a man to man or 2-2-1 match up set
You need to chase ball and punch it from behind
We execute the press correctly about 15-20% of the time, or pressure on the ball hides or mistakes.
You better have your D Trans responsibility worked out.
Loose ball or long rebound, chin it, look up and see what you have
We want the ball dribbled up the floor against us, we do not want the ball passed ahead.

OFFENSIVE PRINCIPLES

3'S or Key with shot selection no exceptions 260-20 in last 8 years with this philosophy
1&5 are your points 2&3 are Shooters 4 is your post
Your 4 must bust his tail up and down the court, have three 4 man
If your d-trans safety is a shooter, you can get some easy threes from O board kick outs
On a drive if you get bumped, attack him and go for more bumps
Attack, Attack, Skip, Attack, Attack (AASAA)
Shot Selection #1 in our offense
You make the extra pass, your teammate will make extra pass
In practice shoot a free throw to validate wins
Best guys play 2-2 ½ minutes then 30 second breathers 7 starters,
8,9,10, get three 1st half chances,
11, 12 get one or two chances.
Last 4 minutes your top guys need to be on the floor.
Use 5 spot as leaner spot for future 1, make sure at least one of your top points (1 or 5) and one of your best shooters (2 and 3) are on the floor.
Dribble at someone, it's an automatic backdoor, with rotations to the ball from weak side.
5-3 or 1-2 pass 5 or 1 run short loop to the ball side corner, or cut to weak side wing
Lay-ups during warm-ups high fives on way back to line 2 balls work both baskets run out to ½ line.
Never pass it to a guy coming out from basket in no mans land i.e. 12-19 feet
Get point to lane extended at the three point line for return pass from 2 on a kick a head fast break.



Oceanside Basketball

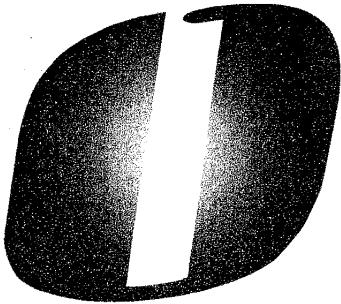
1 Pirates Cove
Oceanside, CA 92054
760-722-8201 ext. 2437
www.oceansidehoops.com

Offensive Notes

"Black" Offense - 4 out 1 In Rules

- Attack - means penetration
- Player Positions and numbers - 1 and 5 are pg and driver. 2 and 3 are wings, 4 is the post.
- Use the numbers in everything - offense spots, defensive lanes, out of bound plays, etc.
- Basic Thoughts - we want to Attack, Attack, Three, Attack , Attack
- The offense starts upon penetration of the 3 point line - the strongside wing STAYS in the corner to read how his defender plays the dribbler. If he plays deny defense and stays on you - "sucker" cut, if he helps on the drive- come up 2 slides for kick pass - advanced option is dribble handoff to the wing
- All the areas and "boxes" that you want the players are the same for every level. ("Drop Box", "Drive Box", "Dead Corner Box",)
- Everything is a 2 man game on dribble penetration - use a clearing option - loop, dribble hand-off, dribble out then attack on that movement. The "4" or post is opposite of the ball always.
- The wings elevate up 2 slides on dribble penetration, after a pass to a wing player, the passer cuts away to open up the floor for a drive - "Give the ball space". Cutters ONLY concern is to open up the floor, period! Always create a driving lane at every opportunity - always!
- When the ball gets to the Drop Box, = wings drop to the dead corner - Read the defender from there..
- Upon penetration - use the "shoot it or drive it" - NO STANDING dribbles, NO pass and go screen away. Always use the dribble to attack the defender - get to the drop box then decide next option. All passes from the drop box are off of a "Jump Stop" - better decisions are made.
- Upon dribble penetration inside the 3 point line, the driver has to make the decision. If you have your defender beat, attack and get a lay up. If you drive and the post helps, throw a HIGH pass. NO STRAIGHT Line passes across the lane! If the driver cannot get to the drive box, jump stop and read the wing defender. The post will also come up to the elbow opposite of the ball on a jump stop. The wings come up 2 slides and read from here also. If the driver cannot get past his defender, he can use the back up square up to re attack the defender.
- The first option is to get to the drop box, get your head and shoulders past the defender. try to "angle out" the defender. The driver must bump, re bump the defender and keep going. Get used to contact seek the 2nd hit and get to the foul line (this must be drilled in practice) - if not get the ball to the 5 and loop cut to let the 5 get to the drop box.





Oceanside Basketball

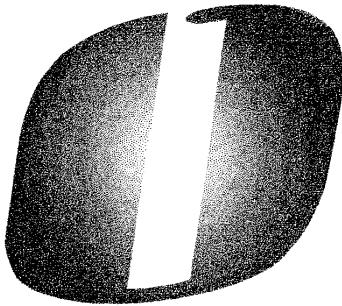
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Offensive Notes

"Black" Offense - 4 out 1 In Rules

- Upon penetration by the ball - past the drop box, the wings must come up to get behind the ball. "positive pass". The driver must attack with the intent to get all the way to the rim - Drive IT, be strong, dont "rock the ball" and show the ball to the defender, keep it close.
- Upon penetration of the 3 pt line, the wings must WAIT until the decision is made. If the driver continues, the wings elevate 2 or more depending on penetration. If the driver jump stops at the drop box, the wings ONLY come UP 2 slides and the 4 comes up to the elbow opposite of the driver.
- The options go from there - put pressure on the wings defensive man. This KEYS our whole offense
- To initiate the penetration, wings can use pick and roll, loop, handoffs, dribble outs, "sucker cuts".
- Any spot - dont drift to the ball - give it space, only come up for a positive pass on drop box jump stop or trouble. Be ready to drive or shoot if you are a shooter on the perimeter.
- Create space by moving away from the ball. Pass and cut to dead corner box or loop up high.
- If you can beat your defender in the first 2 steps, it will lead to lay ups and over the top passes - to the 4 and skips, drill it and demand - NO straight line passes in the lane.
- Get 3 players on offense to the free throw line/baseline faster than the other team.
- Run only one play a day - work on offense. Have 3 or 4 set plays total. Pressure is our game until the last 4 minutes, then win it.
- Use dribbling drills full court, or from half court line with speed. Correctly use a cross over, a in and out "shoulder drop" and the "hesitation dribble" a lot. The hesitation dribble, switching the dribble to the left hand then cross back over to the right hand will lead the dribbler forward. These all look the same to the defender and will get you past your man, with correct "push" of ball and attack mentality. In a half court offensive setting, work on catch and head fake drives, or power drives to get by your man.
- The 4 man needs 3 lay ups a half to keep the defense honest - 1 and 5 dribble with head up.
- Get team to believe in HHH - heart, hustle and (play) hard.
- Not shooting well is not an excuse for a loss - the offense and defense and HHH should overcome that.
- Spot up 3's only, no contested shots or contested lay ups. In this offense if there are 2 on you, someone has a great shot. find them.
- Posts - get the ball up quick, work on this, very few power moves. .





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Offensive Notes

"Black" Offense - 4 out 1 In Rules

- 4 or post does NOT follow the ball. Post entry only comes from the wing or corner spots.
- the 4 only flashes when the driver STOPS in the "drop box".
- On the break, the wings go to the "Dead corner Box" if they havent been passed to by the hash mark, then they can work their way back up.
- On a pass ahead to the wing - or a "transition pass", the passer makes a basket cut and then goes to the opposite "dead corner box"
- Avoid one and done possesions - 1 3pt shot and a miss, this lets the other team run and control game.
- Everyday Fundamentals - jump stops - with pivots in the drop zone. Driving with left and right hands - finishing with the 8 lay ups, catch and shoot (100 3's a day), back up and square up dribble, penetrate and kick, passing, full court 3 dribbles -
- 60-65 % of practice is full court - for reads and conditioning.
- Dribble rules - if there is a ball fake - "sucker cut" (backdoor) Dribble at a player - go behind for a hand off.
- Run your sets with dribbles or passes to certain sides. Make these your keys rather than call plays.
- "black down" - key that we want layups only - pass until we get them - NO Threes.
- Have a set play that has a "key" for late in the half, end of game, or under 7 sec on the shot clock.
- "dive and diagonal" On any pass into the post, the weakside guard "dives" to the rim and the weakside wing replaces him for the "diagonal" pass. (234) the 2 man gets a 3 from a pass from the 4.
- After a score - get to your press "boxes" and IN FRONT of your man.
- Remember - if you can turn the corner, go to to attack the rim, want a mind set of score first and create for your team by passing and getting the defense to help.
- 3 on 2 or number advantage, pass ahead - give the ball up.
- A contested shot or lay up is not a good one -
- On baseline penetration - the post MUST T the ball - move to the middle of the key. The driver must look to the opposite corner, the post, or the diagonal spot up 3. .



Vance Walberg

Pepperdine University

San Jose City College Coaching Clinic

5/19/07

Topics: General Philosophy and Offense

#1 suggestion: Talked about going and visiting a college coach and watching practice every October. Spent 1 week watching practice as he learned more by watching practice, instead of going to clinics. Started with Bobby Knight and saw various coaches throughout the years.

Dean Smith was the only coach not to give him great access.

Best way to improve as a Coach, suggested it to all in attendance.

Talked about his general philosophy on offense, said that his whole goal is to create space and open gaps. Entire offense is based on drive/shoot.

Need to have shooters to run the system. Shooters can spread the gaps and forces teams to man you. He always tried to have at least 2 shooters on the court. Mistake by Calipari is that he recruits only athletes, not shooters.

Was playing 4 out, 1 in motion at Clovis West High, decided to tinker with his system as he had Chris Hernandez as his point guard. Decided to go away from screening and focus on penetration and pitch. He did not have a great post player, wanted posts to catch ball with shoulders facing the basket

Numbering system for his offense is as follows

4= Big, Runs to the rim in transition, plays opposite the penetration

1 and 5= Two point guards

5 is the inbounder and the second point guard, usually Walberg's younger point guard, trailer

1 is your point guard

2= Shooter, sprints to the corners

3= 2nd Big who can shoot it, sprints to the corners

ASAA- Attack, Skip, Attack, Attack

Wants to attack closeouts and get to the rim

3's or Layups- Called it "3 or the Key"

Coach Walberg made the point that 3 out is easier for dribble penetration than 4 out.

Tries to teach "Clipping the Hip" with penetration as he wants his players to get their shoulders facing the rim. Take a bump and create a bump.

Talked about points per possession and their analysis of this stat.

Shoot 3's at 38% = 1.14 point per possession

Shoot 2's- 1.2 point per possession

Shot FT's at 70% = 1.4 possession

Made the point that free throws result in the highest points per possession. This is the key to the Offense: You must attack the rim.

Tried to make the game as simple as possible for his players.

Never starts his 5 best players. 5 best players all want to score must have role players. He loves to bring in some of his best players off the bench.

High intensity shooting drills are the key. At Clovis, he had players in from 6:30 to 7:30 in the morning. Tried to make it as fun as possible.

Open Gym in the Spring/Summer/Fall- Have the games go to 8, playing by 2's and 3's. Teaches his players to play hard and makes each possession important.

In practice, he uses "Validation." Each drill is win or lose. To truly win a drill, team must make a free throw to get a victory. If they miss the free throw, 5 pushups for winning team. Validate the win. He suggested that you do this in your open gym. Have them make a free throw to win in Open Gym.

General thoughts:

We talk angles defensively, don't worry about slides, just get there.

Starting no big deal, start different kids, finish with the right ones.

Start 3 skill kids, and your 2 toughest ones.

With this system we don't care how the ref calls it. Tight or loose, it is to our advantage.

Morning open gym, started with 2 or 3 ended with 35, how important is it to them.

Get a good staff.

Be a hard working staff.

Be effective with your time, it's not just about logging hours.

Coaches, off the floor, be there for your players, on the floor, be their coach.

Find good kids who are willing to give you everything.

Does your player's passion match yours?

You need to create a family atmosphere, even if its' dysfunctional.

Weight room, get them in there.

Best players have to be your hardest workers.

Do not be afraid to sit down your best player.

Treat them all the same in regard to your standards of behavior.

After something is done, write down what went well, and what was a hot spot.

Remember it's about relationships; thank people, be humble, etc. treat people the right way.

* How do you want to play, and why do you want to play that way.

Offensive efficiency, shot selection #1. it will make or break your team.

You need to get the extra effort, and the extra pass.

Last 9 years we have been 3 or key with our shot selection; record has been 292-29.

We like 3's, we love lay-ups.

Space them so you can drive the gaps, the bigger the gaps the better.

4 man should shot 60% in this offense.

Keep track of your points per possession.

FT line is the best place to be for a high points per possession.

No pull up J's from the mid-range. We will run them in practice, and sub for them in the game.

With this system they need to prepare for you, you do not really need to prepare for them.

We just try to get better.

How are going to rebound the 3, we like 2 or 3 players to the weak side.

Don't really like pull up 3's off dribble, like catch and shoot 3's with no hand in the face.

Don't break the arc, unless you have back cut to the rim.

Bust out of back court, then breakdown as you approach the offensive end.

No negative steps, stay outside the arc. We will run in practice if we see it.

FT to validate every win.

What do you ignore that you shouldn't?

What you accept in victory, you will have to accept in defeat.

If they don't play hard it is your fault.

If they don't play hard, take them out immediately, every time.

Don't ignore the "little stuff" there is no "little stuff".

Use 5 on 0 in the 1/2 court to run your sets, do this on both ends at the same time.

Your players have to understand the drop, drag, and rack zones.

Opposite top must dive on post pass, with wing filling up behind the dive.
2 on 1 defensively, never step to the ball.

Fix problems now.

They need to learn to not react to their mistakes, faces, sulking etc.

High School; wear them out first 28-29 minutes, then do whatever the last 3-4 minutes.

Streak call, lay-ups by anyone, or selected players only to shoot the 3.

Wing to guard pass, wing breaks down to corner.

Your 4 needs to flash on $\frac{1}{2}$ court double teams.

Your 2 and 3 need to be patient.

No matter what system you run , you better understand the little things that make it work.

It's about learning principles, not plays.

Your players need to become students of the game

Will they play through fatigue?

Coaches job is to get them to play hard, play smart, play together, their job is to make plays.

We want to take a lot of shots, but they need to be good shots.

During games, #1 thing, handle your substitutions correctly.

Ball handling and Shooting

Attack mentality.

Plant and go on moves.

Change of pace is the key.

Phil Fords.

Hesitations.

Crossovers.

Pull back crossovers

We are going to get to the rim mentality.

*On the move, attack from 6-8 feet away from defender, and blow by his hip.

Look by your defender, and figure out where the help will have to come from.

Plant and go on your moves, then blow by his hip.

Don't let them rock the ball on their lay-ups.

Pound the crossover, elbow in, throw wrist into it, hand over ball, keep it tight to the body.

Open the court by using left hand dribble while on the right side of floor, and vise versa.

Cones at elbows, $\frac{1}{2}$ court, and far elbows, 3 moves, then work on different finishes.

Dribble short and quick.

Work one handed pull backs working the 3 point arc, in, out, in, out etc.

Attack arc, pull back, freeze, attack.

Get rid of the standing dribble, attack dribbles only, get somewhere with it.

Good ball handlers handle getting bumped, and actually encourage it.

Catch and square up philosophy, throw that 1st dribble and chase it, beat some one.

Throw the ball, and bust the hand, on the square up moves.

Keep the ball up, and body down on shot fakes, ball stays below eyes on shot fake.

In regard to shooting the basketball, for us biggest deal is, balance, and hold the follow through.

Get rid of the ball dip on their shots, get their bodies lower.

Get forehead going towards the rim, so shoulders don't go backwards.

We do a lot of 3 players 2 balls shooting with a lot of movement at the arc.

Sharp passes, and call their names in practice on passes.

SPARTAN BASKETBALL
OFFENSIVE PHILOSOPHY AND TERMS

2 CRITICAL ELEMENTS

1. Attitude - NO ECUSES - fight thru adversity - be vocal - fight thru fouls - heads up
2. Hard Work - never stop - never take easy way out.

OFFENSIVE PHILOSOPHY

RUN, RUN, RUN!

- we want to get the ball up the floor as fast as possible - we ALWAYS push the ball in transition - we want to force the pace - off a made OR a miss - we get the ball up the floor as fast as we can - pass first dribble second
- "WE Like 3's but WE Love lay-ups"
- spacing is critical
- if you want to make an impression - buy in - if you go half way you will be eliminated
- if we get scored on - 2 man must get the ball out of the hoop before the ball touches the ground - rip it out of the hoop

POSITIONS

Point Guard (1 man) - pass first mentality is critical

Goes to outlet ballside 3 point line extended and calls for the ball - rebounder (on a missed shot) must put the ball on the ground if the outlet pass is jammed - point guard MUST advance the ball up the floor with the pass as fast as he can - we do not want to dribble the ball up the floor - it is too slow -

Shooting Guard (2 man) - best perimeter shooter/scorer

Takes ball out after a score - rips it out of the net and inbounds fast - we want to score in transition before our opponent gets back on defense

Plays the trail spot opposite the point guard - is an immediate threat when he catches the ball to penetrate and shoot

Small Forward (3 man) - 2nd best perimeter shooter/scorer - crashes the offensive boards hard

Runs the right hand lane wide (outside the yellow line from baseline 3 to baseline 3) and as fast as he can to opponents 3 point line extended - wants to create space for the pass

When he catches he must be in an attack mode - we want a lay-up or a 3 pointer

Power Forward (4 man) - must be a good 3 point shooter and able to penetrate - we will look to create mismatches - crashes the offensive boards hard

Runs the left hand lane wide (outside the yellow line from baseline 3 to baseline 3) and as fast as he can to opponents 3 point line FT line extended - wants to create space for the pass - When he catches he must be in an attack mode - we want a lay-up or a 3 pointer

SPARTAN BASKETBALL

Low Post (5 man) - must read penetrations and create space - ready to catch and score
- crashes the offensive boards hard

Sprints the middle of the floor, to the front of the rim, as fast as you can - in transition
looking to go front rim seal then weak side (opposite ball) low block

Locate and relocate opposite ball penetration - if ball is penetrated at low post (anytime) he
must relocate to opposite block - in such a position to catch and score without a dribble or
bringing the ball down low (below chin) - looking for quick lay-up or close in jump hook

AASAA (Attack, Attack, Skip, Attack, Attack)

If we get nothing in transition then we move into our half court offense

- wing players work in unison with the point guard on penetrations - wing players keep the
floor spaced Free Shot line extended out past the 3 pt. line - read their defensive man off of
1 man's penetration

When 1 man crosses over the volleyball attack line (in the front court)

- he must read and create attack situations
 - o attack all the way to the hoop (wing man is being denied) - score a lay-up - jump stop and find the post or open perimeter in open passing lane
 - o attack and jump stop at elbow to set up wing player for
 - Kick down - defense turns body to help on penetration
 - Kick back - defense slides to double penetration - wing circles around for hand off from 1 and looks to pull up for a 3 behind the screen set by 1 on his penetration - looks to penetrate middle to the rack
 - kickback Backdoor - defense denies pass for a kickback and wing man steps into their defender and cuts backdoor
 - o pass to the wing and X-cut (wing man is open)
 - if wing man attacks baseline we want our perimeter players to fill three passing lanes
 - drift (weak side baseline corner)
 - skip (weak side top)
 - pitch (strong side corner)
 - we also want the post to reposition to the front of the rim looking for a dump off pass inside
 - if the wing man attacks the elbow - we want him to be able to execute the reverse dribble
 - if the defense is trying to force us middle we will have the 1 man L-cut to the strong side corner so that when the wing penetrates to the elbow - we can run kickback - kickback backdoor with the wing and 1 man
 - o reverse pass to trailer and make a deep shallow cut to weak side corner and the fill up - this creates spacing for the trailer to attack the hoop and work with the wing on the open side

SPARTAN BASKETBALL

- o skip to weak side wing player - looking for post seal on low block OR Russian square up and Utah cut - give and go

On the second side of the floor - after 1 ball reversal - we look for -

- Post seal above the low block - if we enter the ball into the post from the wing:
 - Weakside top spot - dives to the hoop
 - Wing passer reads his defender
 - o slides to the corner if his defender doubles down on the post
 - o if passer's defender stays on passer (does not help) he makes a Utah cut off the top side of the post looking for a give and go OR
 - o sets a flare screen for strongside top player and slips to the hoop
- if we cannot enter the ball into the post we will reverse the ball back to the top and the low post will post flash to the elbow and higher
 - o the player with the ball looks to first - backdoor lob with the wing - then enter the ball to the post flashing to the elbow - passer then cuts off post to open wing - post looks for give and goes and then squares to the hoop - he can attack - pass to the open wing - or skip to the weak side

The whole offense is based on the premise that WE LIKE 3'S BUT WE LOVE LAY-UPS - always looking to use spacing and gap penetration to draw 2 defenders and create open scoring opportunities for scorers - never force a shot out of a double team - we have a teammate open

Starters

5 players that have worked the hardest and had the best attitudes in practice start - need 1 very good ball handler and 1 very good shooter on the floor at all times

Finishers

5 best players are always on the floor in the last 2 minutes of every game

Fouls

2 fouls in the first half and you sit the rest of the half - eliminate the dumb foul - learn to be aggressive without clutching and grabbing - remember conditioning and depth are our advantage

Time outs

We do not want to call time outs in the 1st half - we do not want to give our opponents a chance to catch their breath - we must understand that in our game we will have runs and that our advantage is in our conditioning and depth - runs will happen against us as well - thus if we fall behind in the first half we will call "streak" - which means that the only players shooting 3's are those that have earned the green light and we want to get lay-ups, draw fouls, and knock down open three's after we have made the defense collapse

SPARTAN BASKETBALL

Shooters earn their role – you must consistently show us that you have earned the right to shoot the ball when you are open – thus – we have created the 20 minute shooting series (must be completed minimum 2's a week in the pre-season – 1 a week during the season)

- a. Must hit over 60 3's to shoot a 3 in the game – otherwise you have the 2 miss limit in games
- b. Green light – for those that hit 90+ 3's – Green Light Shooters (90+ three's) are the only ones that can shot anytime they are open (other than lay-ups – we love lay-ups) and they are the only players allowed to shoot during a called "streak" – which is calling a time out without calling a time out – slow things down just a bit and get the ball to our "green light" shooters
- c. 20 minute shooting
 - i. 20 Mikan
 - ii. Around the world – block – block – mid-lane – mid-lane – elbow – elbow – FT
If you miss ball can not hit the floor – if you catch the ball before it hits the floor you keep moving on to the next spot – if you miss and the ball hits the floor you go back to the start (block)
 - iii. Elbow lay-ups (x-out) – make 20 – 1 dribble in 1 dribble out – must use proper hand and footwork
 - iv. Around the world
 - v. 5 in a row from 1 elbow – rebound your own shot
 - vi. 3's until time is finished – rebound your own shot
 1. less than 60 3's – 2 miss limit in games
 2. 60-89 – can shot open 3's – great shot selection
 3. 90+ - green light (can shot anytime you are open and when we are in streak)

General Offensive Principles and Rules of the offense:

1. **Jump stops!!** Do not pass the ball off the dribble.
2. Square up, and get into a triple threat position, every time you catch the ball
3. Learn to drift the perimeter, and get to an open spot when the ball is being driven to the basket.
4. **Lay-up mentality** when you put the ball on the floor, try to get to the rack.
5. On the break, if someone is open, get them the ball.
6. Push the ball for 32 minutes; **run them early, to wear them out late.**
7. Use our depth. Play at least 10 players. Some guys are 26 minute a game players, some guys are 2 minute a game players. Get them to understand their roles, and they can help you.
8. Don't always start our best five players. Start our 7th and 8th men for a couple of minutes. They will bust their tails, and on our first sub, we are bringing in some firepower.
9. Get our best players 2 1/2 to 3 minutes, then a 30 second rest. Your top seven get the majority of the minutes. Get your 8th, 9th, and 10th men three chances in the first half. Get your 11th, and 12th, men one or two chances in the first half. If a sub doesn't perform well in the 1st half, give his minutes to some one else in the 2nd half. In the last four minutes of the game, get your best team on the floor.
10. You always want one of your top two guards, and one of your top two shooters on the floor.
11. Work on our ball handling and footwork everyday. Teach them to be an attack type player.
12. If the ball is being dribbled at you and the dribbler comes to a jump stop in the drop zone, there is a message on the jump stop.... back cut.
13. **Three's or Key** with shot selection. Get rid of the mid range jumper. We run them in practice when this rule is violated. We tell our players we like 3's, but we love lay-ups.
14. Never pass it to a guy coming away from the basket in no mans land, i.e. 12-19 feet.
15. Make the extra pass, and your teammates will make the extra pass.
16. **Always have three of our best five players on the floor.**
17. Have some depth at the 4 spot; the 4's hustle is vital to the success of the offense.
18. Your drivers need to be able to drive, create contact, and then create some more contact. Teach them to be aggressive with the ball.
19. Take your shot, unless someone else has a better shot.
20. The offense is about spacing; our players must at all times be cognizant of their court spacing. We want to create gaps in the defense, and then have the ability to drive those gaps.

Terminology:

Primary ball handler: A player or players who you designate as an acceptable man to start your fast break, etc. He, or they will be running your attack.

Pitch a head pass: A quick pass up the floor, usually from our 1 man to an open receiver during the early part of our break.

Drop Zone: The area from just inside the top of the key down to the free line extended, and then out towards the side line. We will almost always come to a jump stop in the drop zone, which signals a read by the player in front of the ball. The drop zone jump stop also signals the post to get to the weak side elbow.

Drag Zone: The area just inside the free throw line, down to just above the low lane box. It also extends toward the side line. A drag zone drive will cause a drift at the arc by the weak side wing. We call this the drag zone because we believe that defenders, especially from the weak side, will get “dragged” into the key area, thus opening up our shooters. As a rule we do not like passes from the drag zone to a wing player on the ball side. We feel that the spacing and passing angles are not real good for passes from the drag zone to the ball side wing man, however if the ball side wing is wide open, we will throw him ball from the drag zone.

Rack Zone: The area from the low block into the bucket, we would like our penetrator to “rack”, or score the lay-up from this position when ever possible. The jump stop in the rack zone allows players to pivot, shot fake, and pass the ball to an open teammate out at the arc if the lay-up is not available.

Notes concerning the drop, drag, and rack zone;

On any dribble penetration to the drag, drop, or rack zone, the jump stop is almost always the way we go.

In the drop zone, the jump stop signals a back cut or a kick out pass, the jump stop in the drop zone also tells the 4 man to get to the weak side elbow.

In the drag zone the jump stop allows you to pivot away from the defense and find an open teammate.

In the rack zone, you will usually be in traffic, so we feel that the jump stop and power lay-up is the way to go.

The use of the shot fake, pass fake, and pivot, used in conjunction with the jump stop, is also a vital part of the offense.

Kick out pass: A pass from the drop zone out to a player on the ball side usually a 1-2, pass, or 5-3 pass, etc. The kick out pass will be followed by a blur screen.

Blur screen: A very quick “cut” that is executed after a kick out pass from guard to wing, or guard to guard has been executed. The player who passed the ball runs the blur screen right off the tail of the man guarding the player who he just threw the ball to, kind of like a running screen, only done legally. That is why we call it a blur “screen”, as opposed to blur “cut”. The player executing the blur screen will always end up his “cut” outside of the 3 point arc.

Relocate: Only used in regard to our 4 man. He has rules to follow in regard to relocating as the ball is being moved via the pass or the dribble.

Euro: This is where we get a player behind a fellow teammates dribble penetration. He moves to an area at the arc as a teammate is dribble penetrating. We are looking for catch and shoot three pointers on our euros.

Drift: Usually performed by the wing on the weak side, as a dribble penetration into the drag zone is occurring on the ball side. When drifting up the floor we ask the weak side wing to take at least two full steps, or however many steps it takes to get to an area on the arc where there is no defender in a direct line between them and the basketball. Easy teaching point for your players to remember; when a dribbler, enters the **drag** zone, our weak side wing should be **drifting**.

Wave through: The player with the ball can wave through the player in front of him; this usually involves our 1 man waving out our 2 man. The waved out man will proceed to the weak side of the floor, and we will usually get a weak side rotation to the ball at this point.

Bust out zone: This is the back court area; our players need to be **busting** their tails out of the back court to get our offensive attack moving.

Control Zone: This is the front court area, our players need to be an attack mode, but in a **controlled** manner. It is important to be quick, but under control, in this, or in whatever offensive system you run.

Dribble hand-off: Usually a called play with us now, but it is simply one player coming behind the dribbler and receiving a hand-off, or 6 inch pass. This is not a euro; they are completely different from one another.

Positions:

1 Man: Your best ball handler and decision maker. Needs to be a tough kid who doesn't let little bumps have an effect on his driving ability. His ability to shot the three pointer is a nice luxury, but not a necessity for this system to work.

5 Man: Your second best ball handler, like another point guard if you are that fortunate with your personnel. Your 5 man needs to be some one who can break down defenders. It is nice if the 5 man can also shoot three pointers.

2 & 3 Men: They need to be your best shooters: Your 2 man will probably get more touches, especially if your 1 man is right handed, so sometimes it is better to put the more accomplished player in the 2 spot. However some years we also seem to get a lot of three pointers out of the 2 spot. So you might want your best shooter here even if other parts of his offensive game, driving, etc. are not as strong as your other top wing player. Experiment in your 2 and 3 spots using your practices to determine if most of your open three pointers are coming out of the 2 man spot, or the 3 man spot, etc. Once you have figured it out, get your best shooter in the spot where most of open looks from the arc are being generated from.

4 Man: Needs to be a tough kid, size is nice, but don't put a soft kid in this spot. The 4 man needs to really run the floor to wear out the other teams big men, so it is nice to have some depth at this spot.

Diagrams:

Basic look and spacing of the offense. (Diagram 1)

Phases of the Attack:

After gaining possession of the ball; in this case we are using a defensive rebound as our example. (With all five players getting to the defensive boards).

We will outlet the ball to a primary ball handler, (As a coach you can determine if the 5 man is an acceptable man to outlet the ball to, if he is not, then only outlet to your 1 man.)

With the ball in the hands of our primary ball handler(s) we are now in our "pitch a head" phase.

In our "pitch a head" phase, our primary ball handler(s) are looking to hit 4, then 2, then 3, in that order. With the "pitch a head" pass to our 4 man, be sure to throw him the ball where it is a catch, and lay-up, or a catch, one dribble lay-up. We do not want our 4 man catching at $\frac{1}{2}$ court and having to dribble in at full speed to make the lay-up.

With the 2 and 3 men if they are in front of you, and open, get them the ball regardless how far from the basket they are. (Diagram 2)

Our "pitch a head" phase evolves into our ball reversal and post up phase. (Diagram 3)

Our reversal and post up phase evolves into our attack phase. (Diagram 4)

The above doesn't always happen, but it is a good way to attack the defense, and it gives your kids an idea of what they should be looking for

Diagram 1

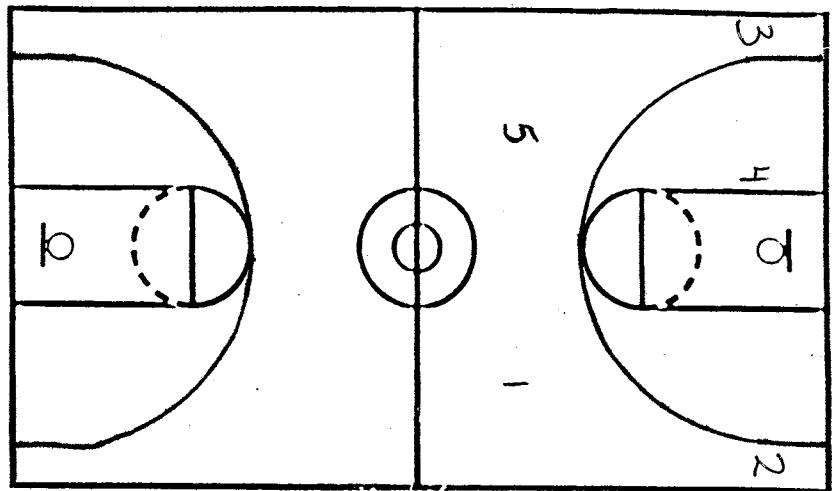


Diagram 2

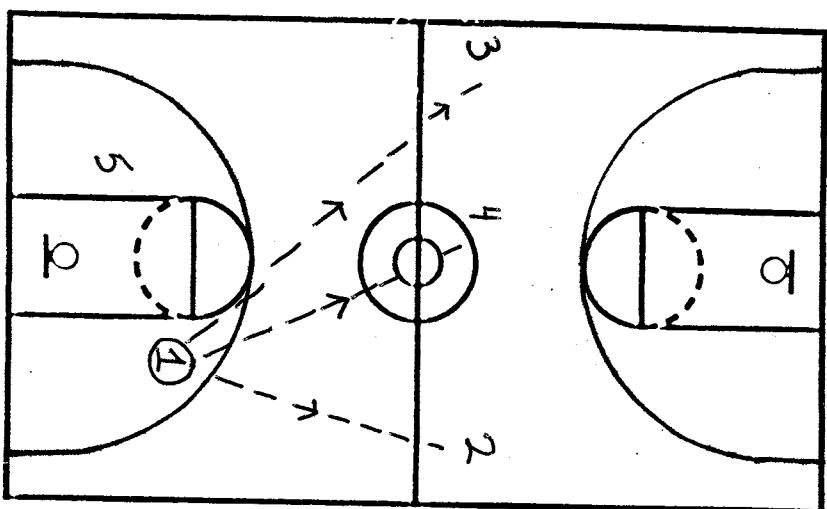


Diagram 3

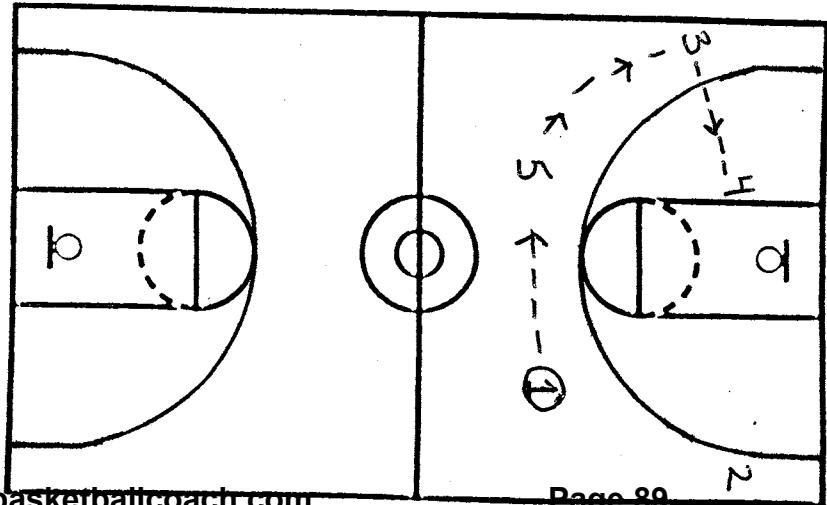


Diagram 4

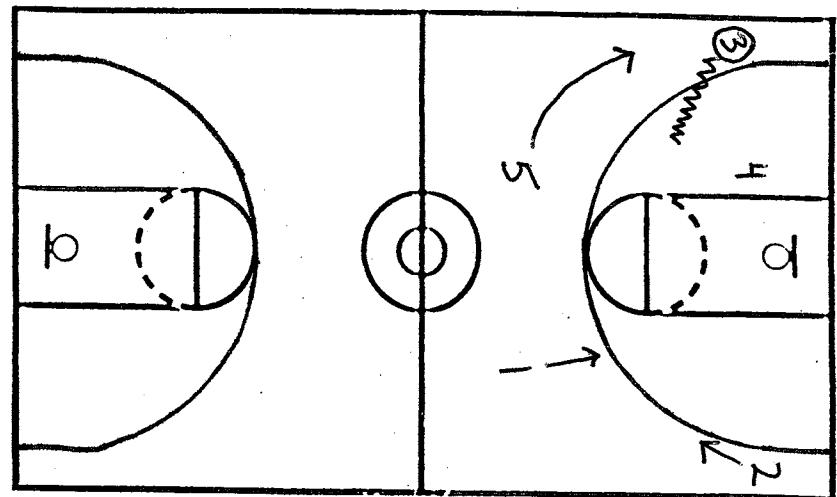


Diagram 5

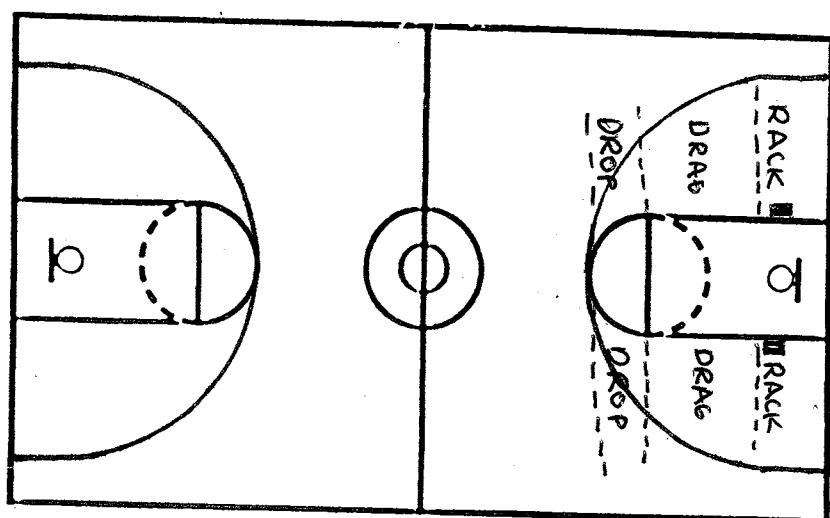
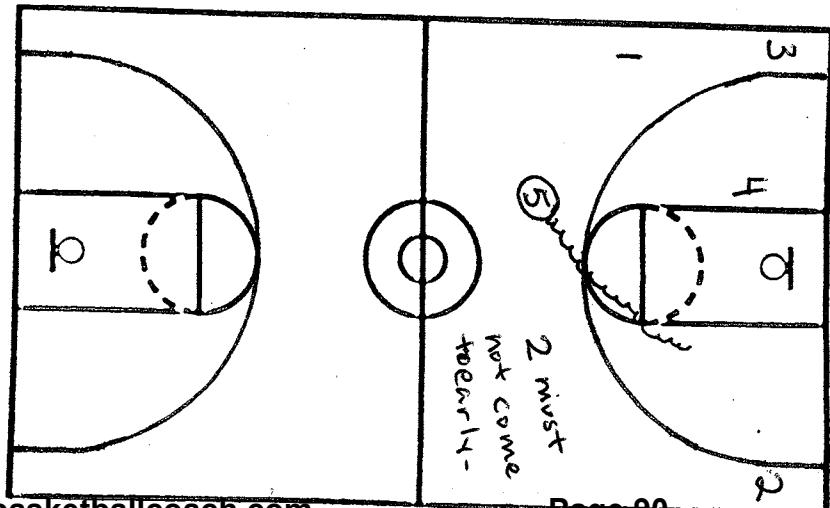


Diagram 6



On our penetrations from the top we have a drop zone, a drag zone and a rack zone.
(Diagram 5)

The 2 and 3 must be patient, and do their best to stay out of the driver's way. (Diagram 6)

The 4 man must know where to relocate on ball movement. (Diagrams 7, 8, 9, 10)

Run blur screens on guard to wing, or guard to guard passes. (Diagrams 11, 12)

On our wing to guard pass, our wing needs to get to the corner after his pass. (Diagram 13)

In transition, our wings need to run their lanes wide, and look to be in control as they approach the area just below the FT line extended, and a couple of feet behind the three point arc. If the wings are unguarded, they stay there, and ask for the ball. If the wings are being defended, they run their lanes all the way down the floor to the corner, about even with the basket, and a couple of feet behind the three point arc. (Diagram 14, 15)

Anytime a teammate dribbles at you, and comes to a jump stop, in the drop zone, your first thought should be back cut. If the defender is playing soft, and the back cut is not there, then break toward the ball, staying behind the arc, and be prepared to catch a kick out pass, square up, and look for the attack possibilities.

(Diagram 16, 17)

In a guard to wing situation involving a jump stop in the drop zone, we will either get a back cut, or a kick out pass to the wing, followed by a blur screen. (Diagrams 18, 19)

In a guard to guard situation, the drop zone jump stop will result in either be a back door cut, a kick out pass followed by a blur screen, or a euro, if the 1 man really gets a deep penetration. (Diagrams 20, 21, 22)

The post, upon seeing a drop zone jump stop by a perimeter player, needs to relocate to the weak side elbow, away from the man who the drop is being run for; this really helps open up the back cut possibilities. (Diagrams 23, 24, 25)

If the back cut is not open, the player needs to take the back cut to the far side three point line. (Diagrams 26, 27)

If the 1 man, after coming to a jump stop in the drop zone, can not hit the 2 man on a back cut, the 1 man can hit the 4 man at the elbow. The 1 man will then run a basket cut, and open a driving lane for the 4 man. (Diagram 28)

If you have a large or athletic 2 man, on a wave through, have him stop in the post and post up, once again we would want 4 to get to the off elbow. (Diagram 29)

With a small 2, and a strong 4, cut the 2 through on a wave through, and bring the 4 man to the post. (Diagram 30)

Diagram 7

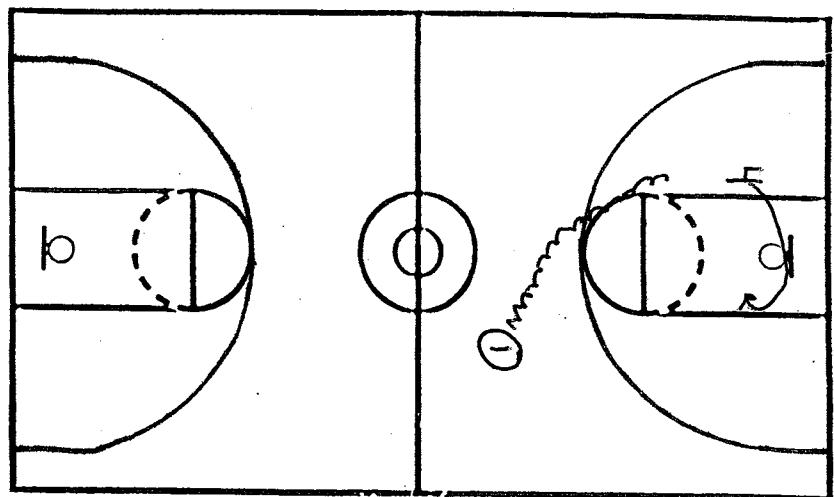


Diagram 8

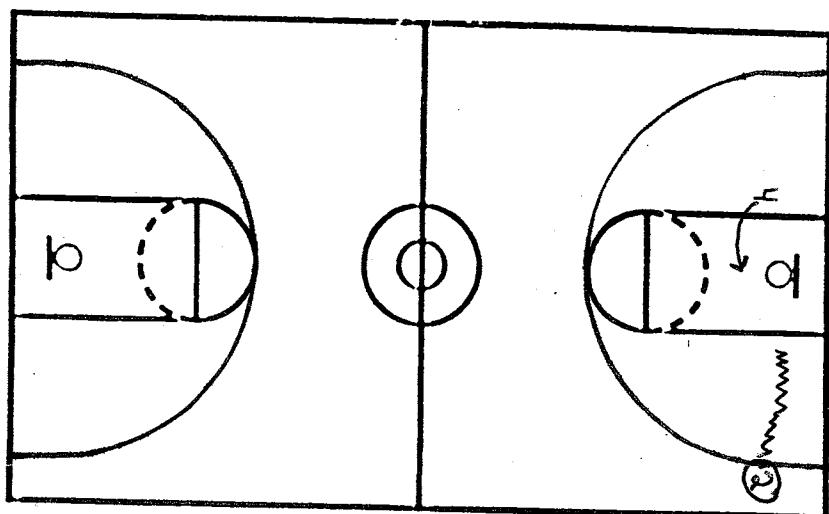
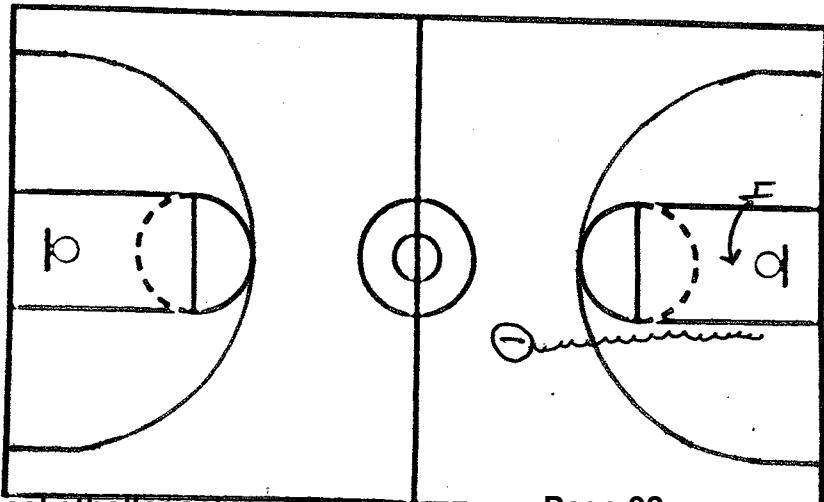


Diagram 9



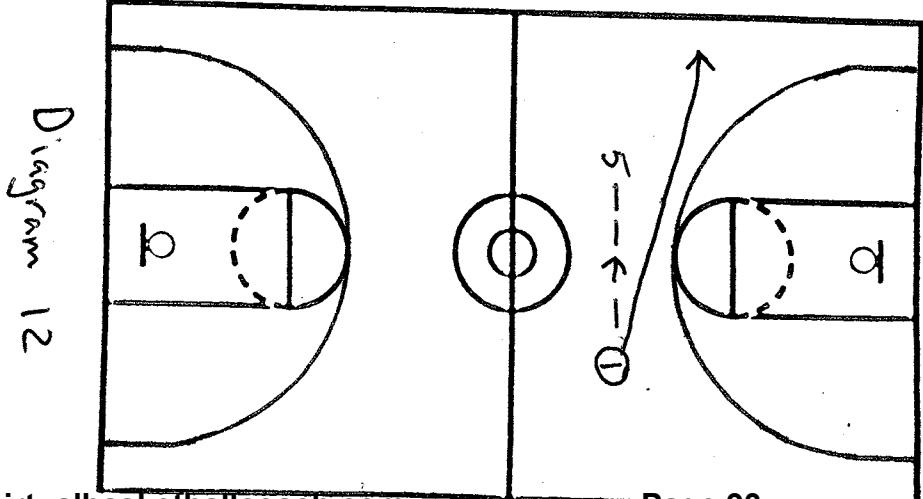
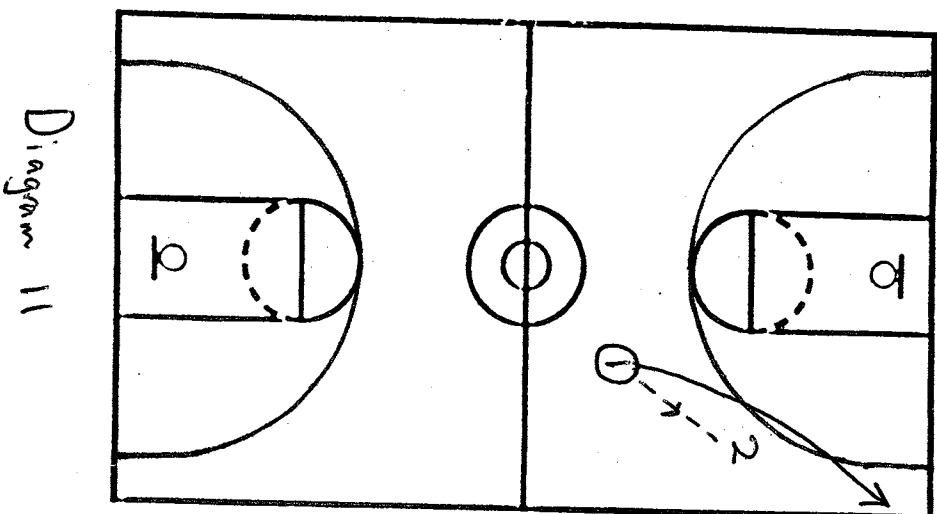
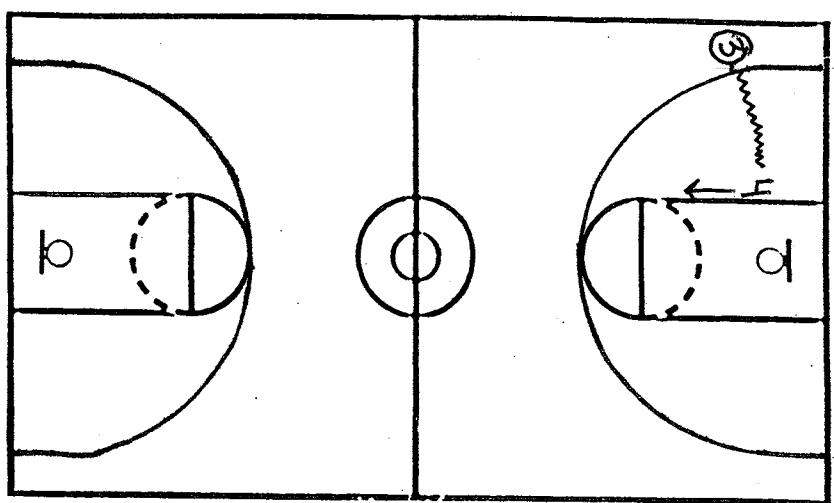


Diagram 13

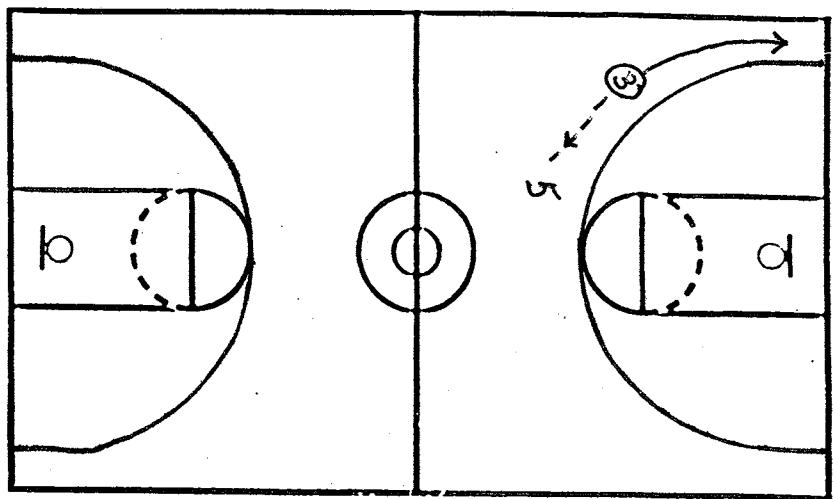


Diagram 14

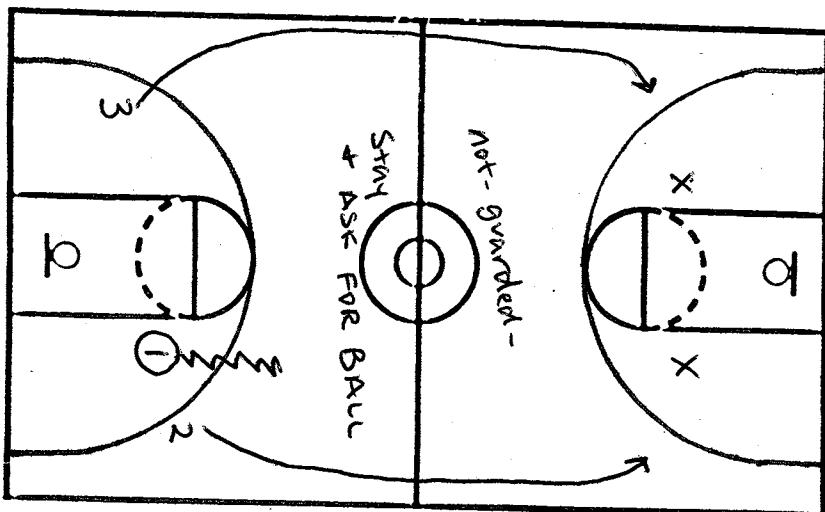


Diagram 15

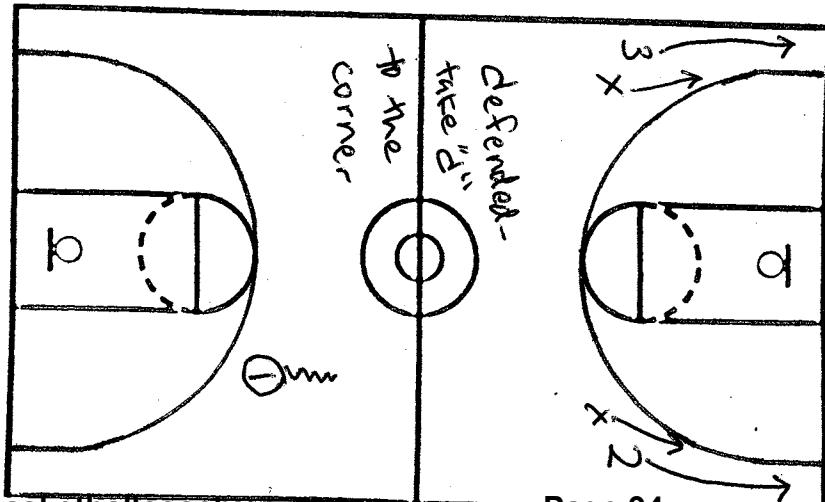


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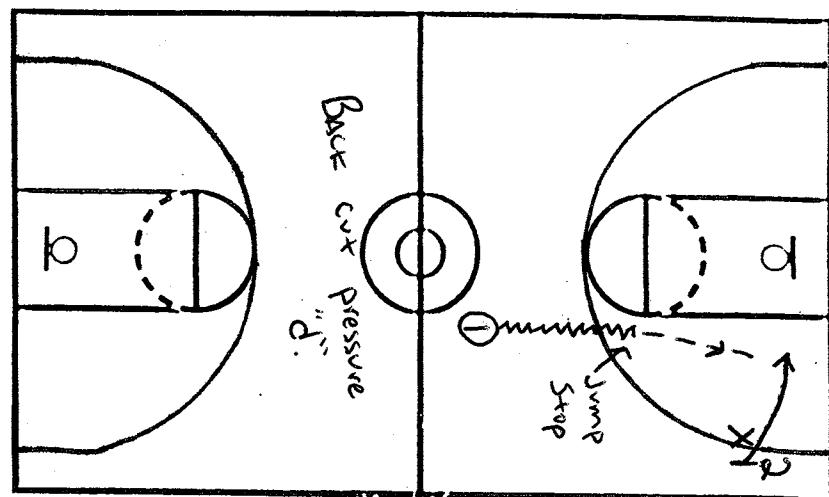


Diagram 17

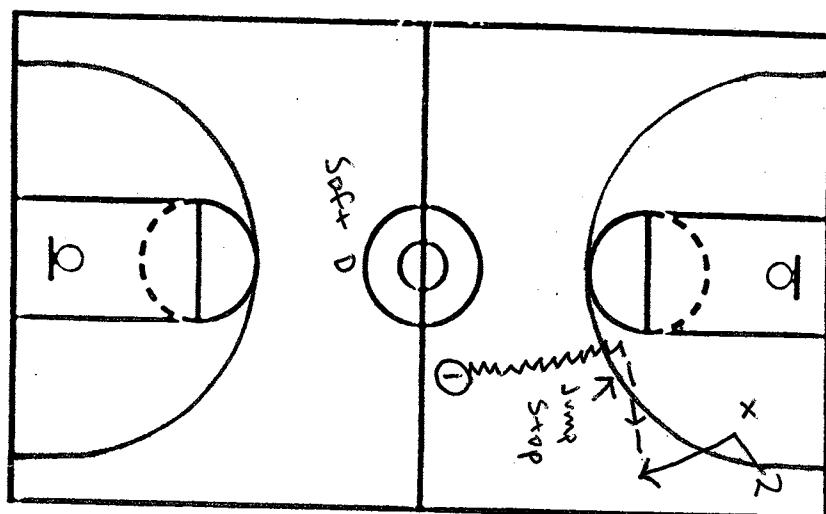


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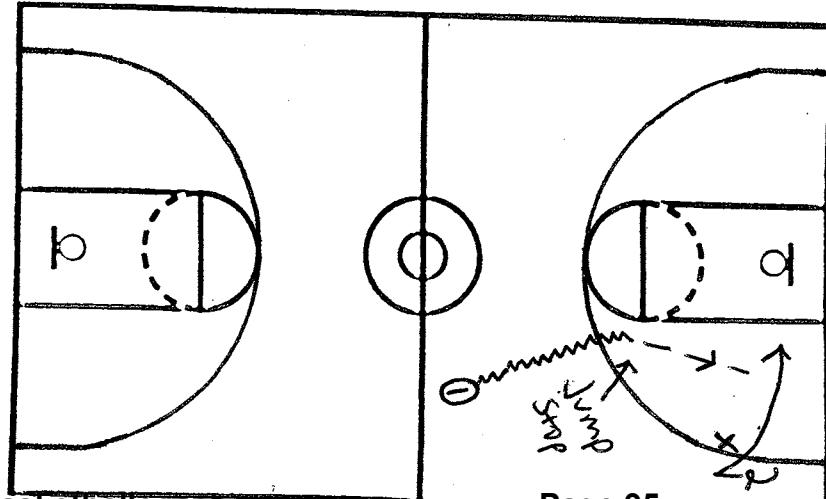


Diagram 19

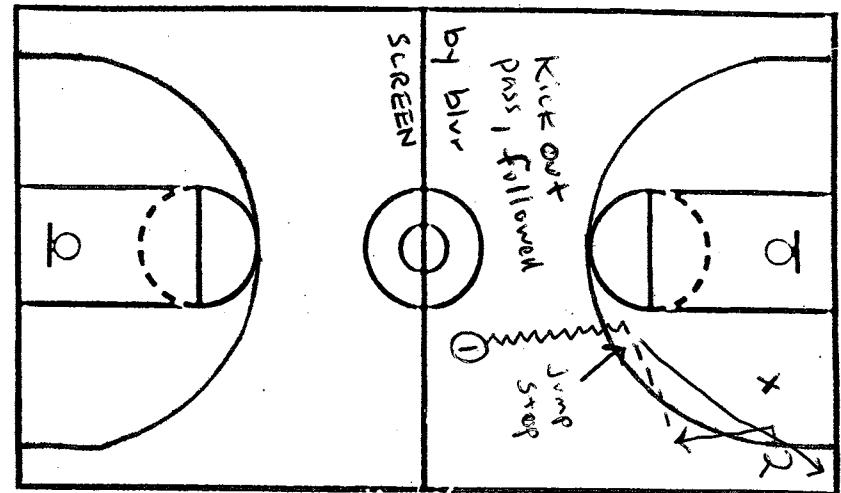


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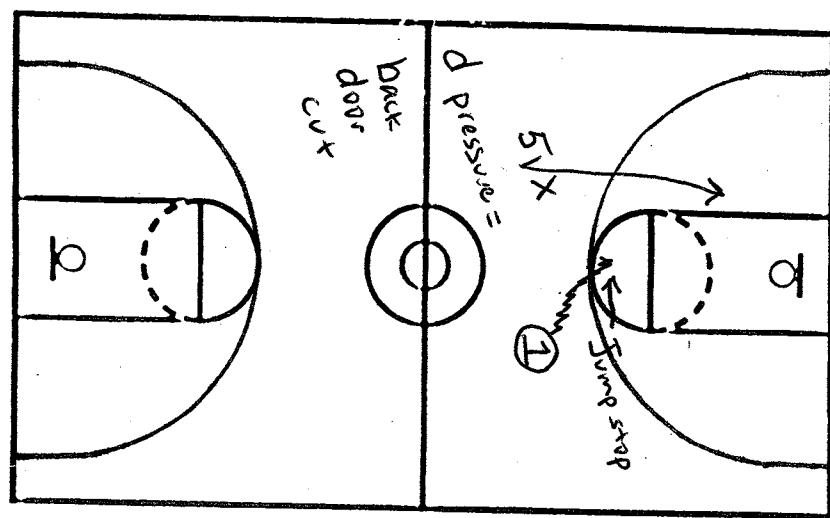


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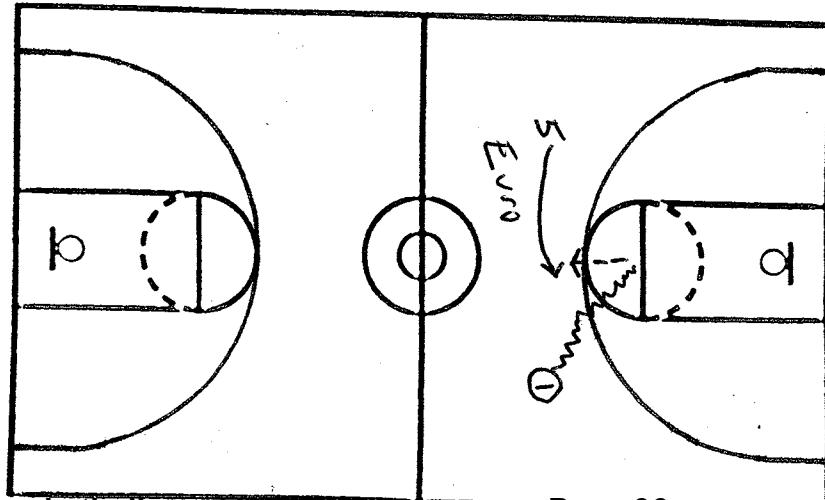


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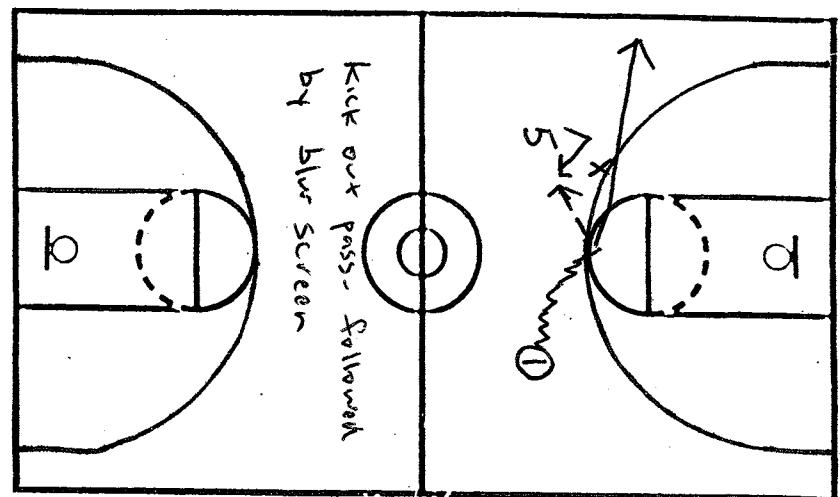


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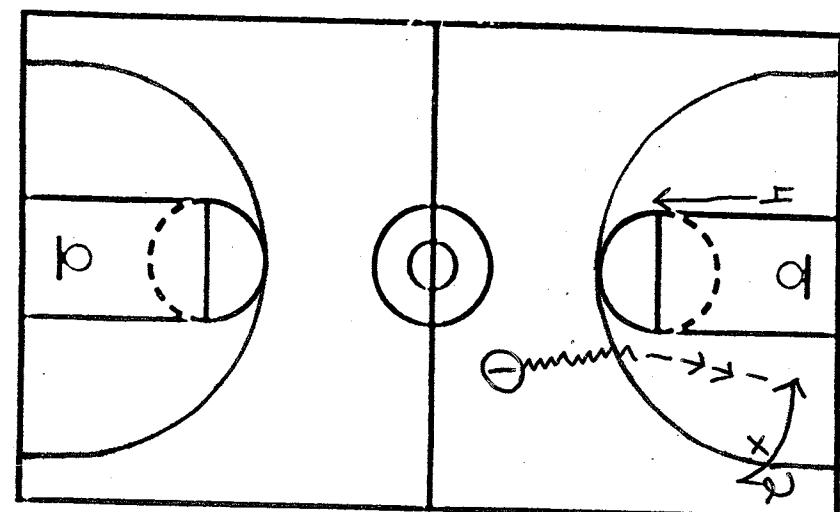


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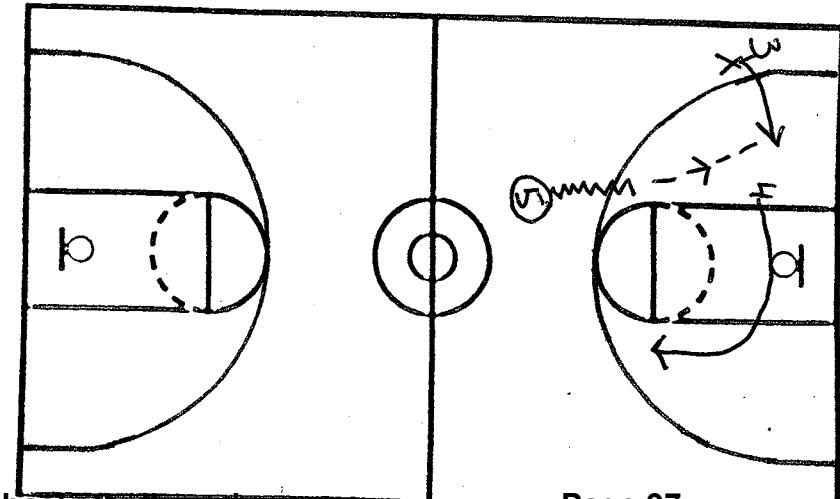


Diagram 25

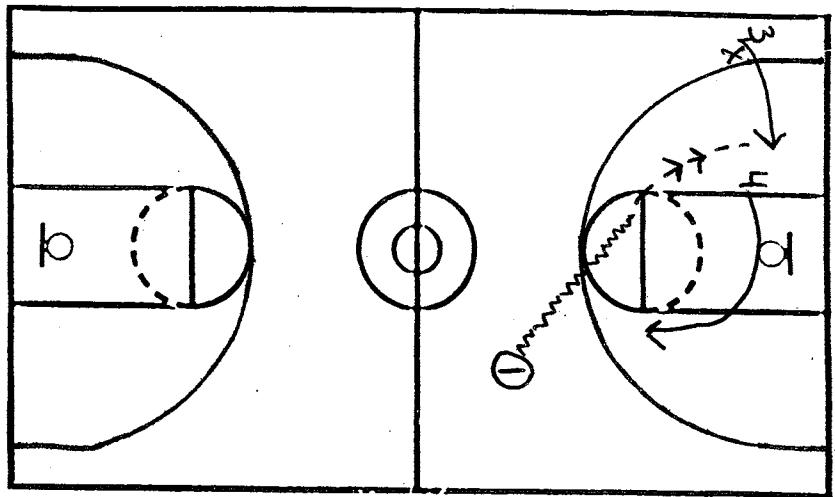


Diagram 26

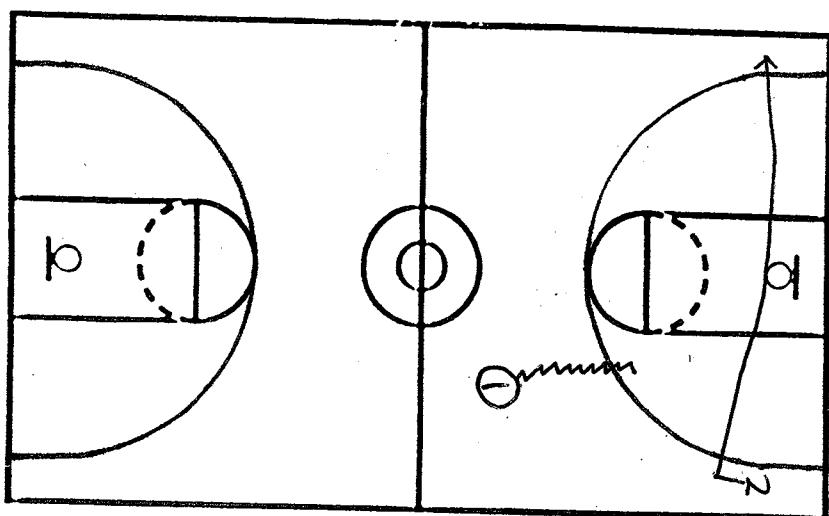


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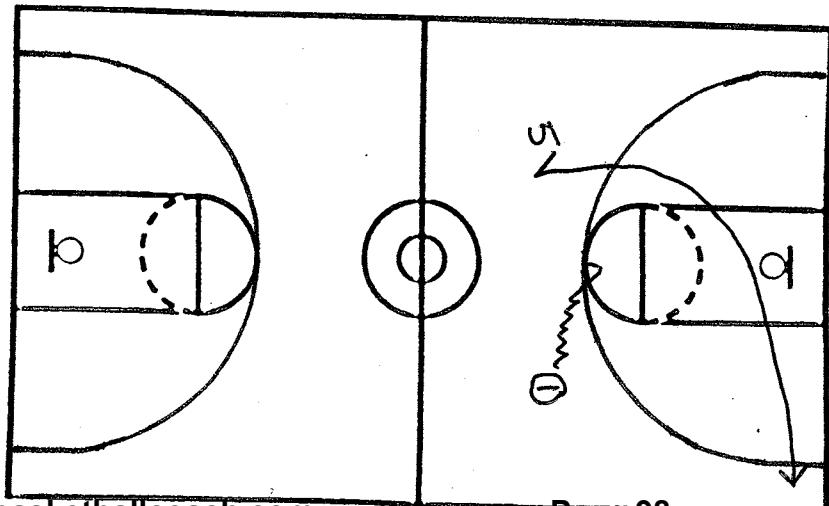


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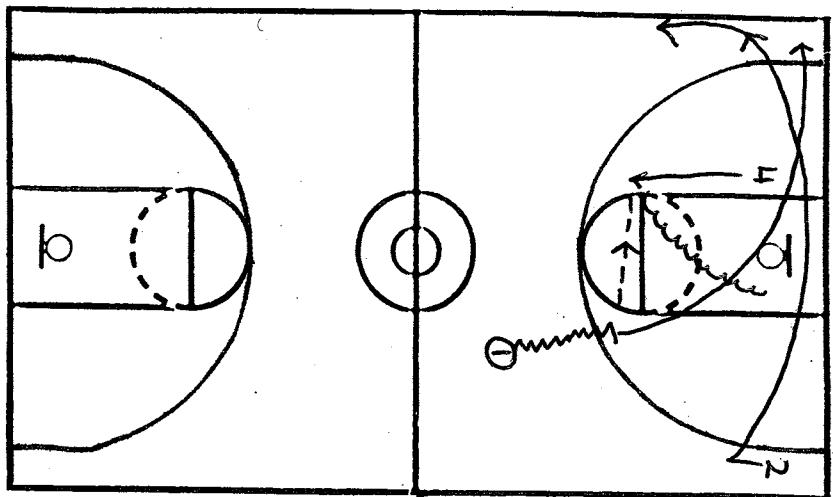


Diagram 29

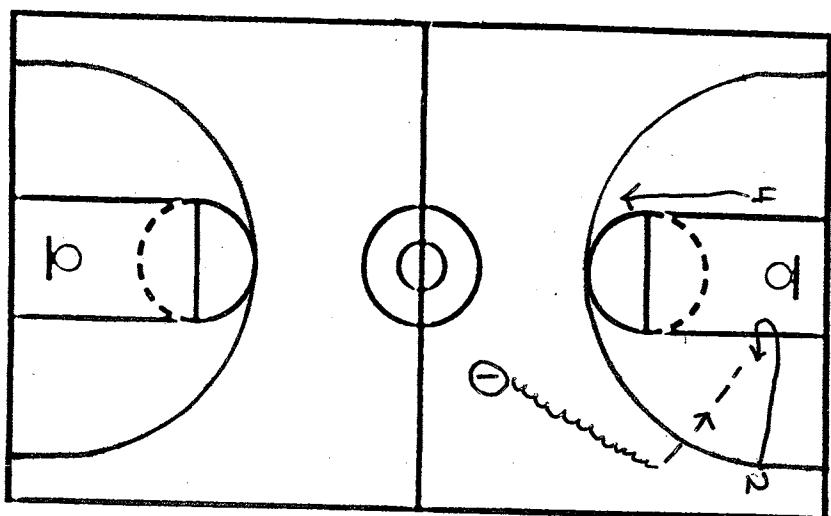
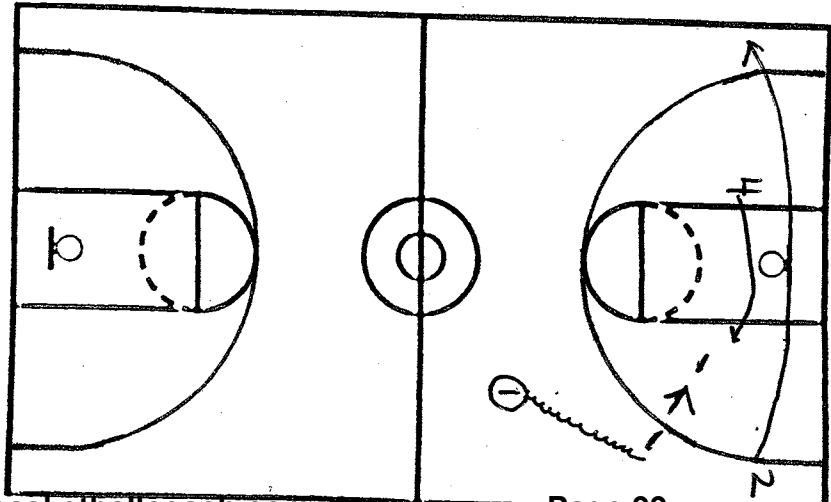


Diagram 30



Against Zones, we like a 1-2 pass followed by a basket cut by 1 to the far side corner, every one else rotates to the ball, and we are looking for a quick ball reversal back toward the 1 man, and possible post up with the 4 man. (Diagram 31)

When a player penetrates into the drag zone, the offside wing needs to drift the arc taking at least two big steps up the arc. For example, if the 1 man comes to stop in the drag zone, the 3 man drifts up the arc to a spot where his defender is no longer in a direct line between him and the ball. When in the drag zone the player with the ball keeps his eyes on the post, but is looking at the offside wing out of the corner of his eye. The pass to the offside wing needs to be a sharp pass thrown at the receivers head. (Diagram 32)

On a pass to the post, we automatically run our dive play. The offside top dives to the basket, and we run the offside wing up behind the dive. It is not shown in the diagram, however if the 2's man drops to help with the post, the 1 needs to run his cut right at the 2's defender. Therefore when our 2 man drifts to the top area, his defender is pinned by our 1 man's cut. This will lead to a lot of open looks for your 2 man. If the 2's defender hug's his man, there is a good chance that a fast cut by our 1 man will lead to a pass from the post for an open lay-up. (Diagram 33)

Against a set defense, after dead balls, etc, an early blur screen by the 5 man will usually give our 1 man a good opportunity to drive the gap. The 4 man will be relocating, the 3 man will be reading for a drop or drag situation. The 5 man should be circling back for a euro behind the ball, and the 2 man is drifting on the back side. (Diagram 34)

On a baseline drive by the 2 man, usually happening after a pitch ahead pass, the 4 man needs to relocate, the 3 man drifts to the corner, the 1 man runs a euro behind the ball, and the 5 man drifts an open area on the arc. (Diagram 35)

On a 2 man drive to the middle, (usually coming off a kick out pass, and blur screen by the 1) The 4 man will relocate to the weak side as the 2 turns the corner, the 3 man reads the drop options, the 5 man looks to run a euro behind the ball, and the 1 man is drifting on the backside. (Diagram 36)

If the 2 man is able to turn the corner down the strong side, the 4 stays away looking to relocate, the 3 man is drifting the weak side the 5 is looking to run a euro behind the ball, and the 1 man who has most likely just run a blur cut for the 2, stays in the corner area at the arc, (Diagram 37)

Our perimeters, if they do not have the ball, need to stay behind the arc. Any time they break the arc, it should be because they have an open back door cut to the bucket. They need to run their cut all the way to the bucket, then cut out to the arc, usually to the ball side. (Diagram 38)

No stationary dribbles in this offense, attack dribble, or don't dribble at all. (Diagram 39)

The back court to the bust out zone, the front court is the control zone. (Diagram 40)

Diagram 31

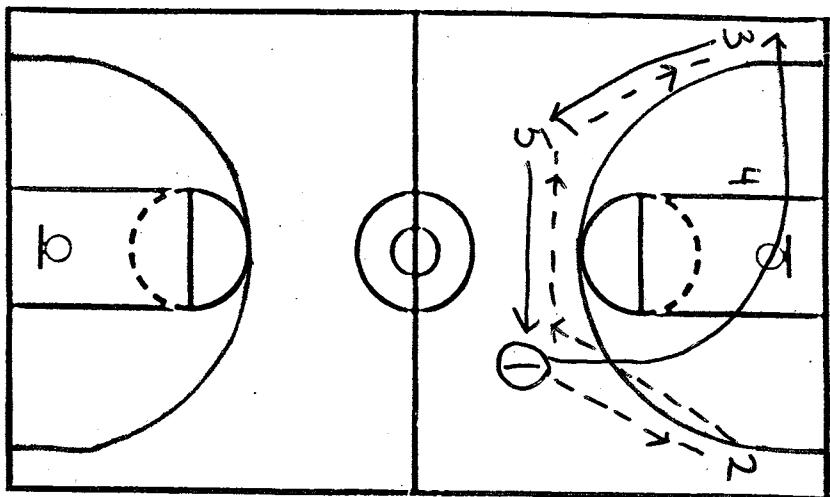


Diagram 32

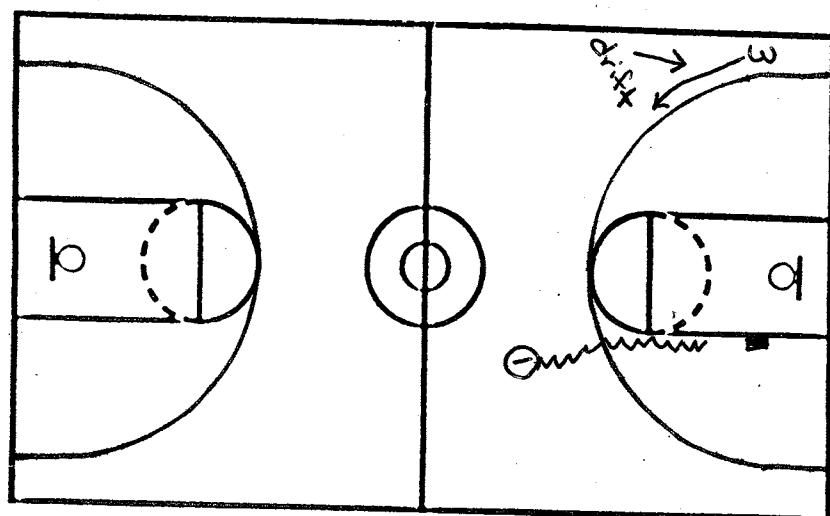


Diagram 33

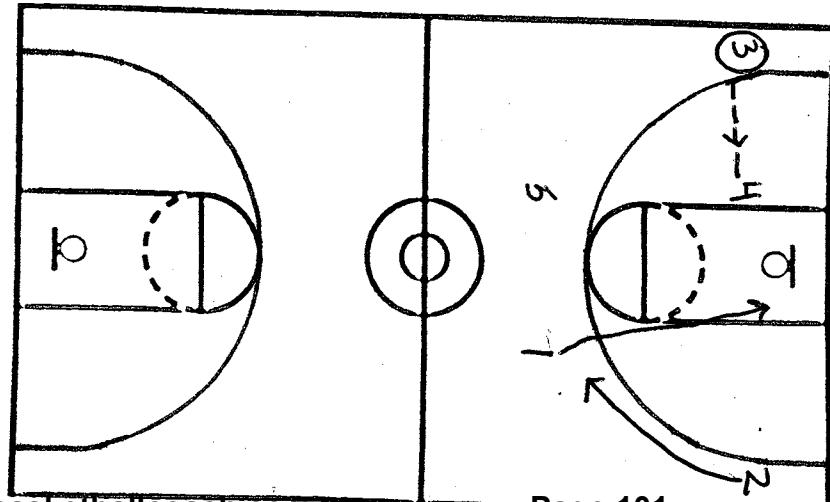


Diagram 34

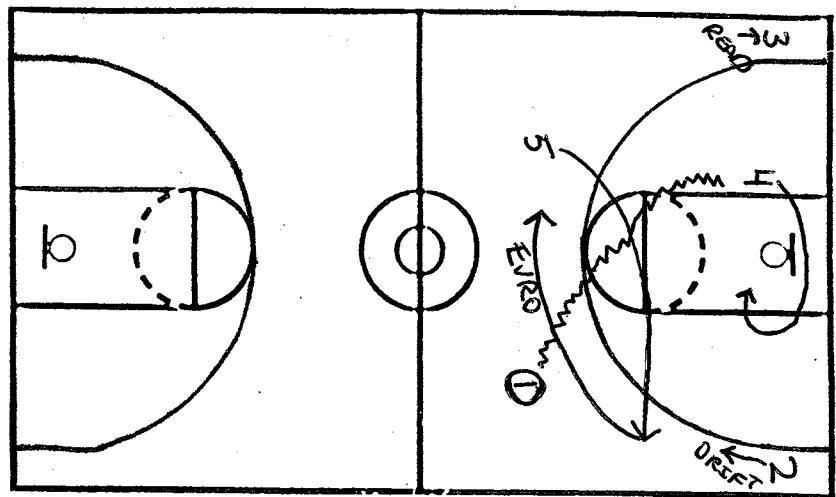


Diagram 35

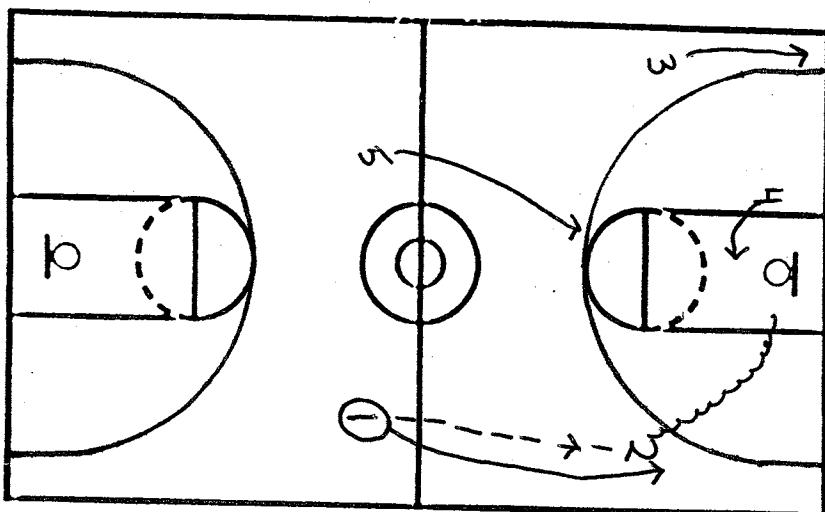


Diagram 36

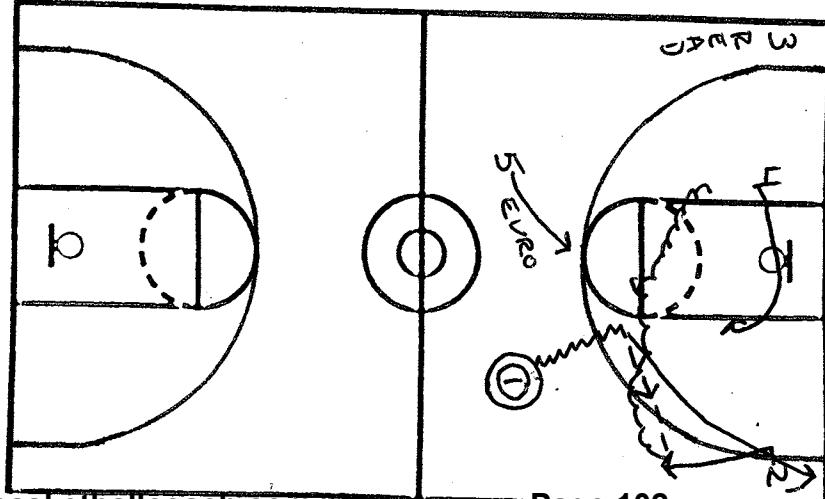


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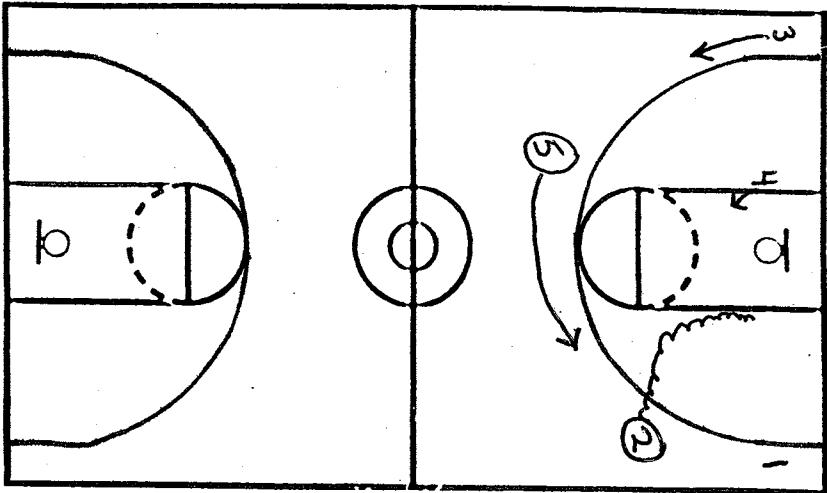


Diagram 38

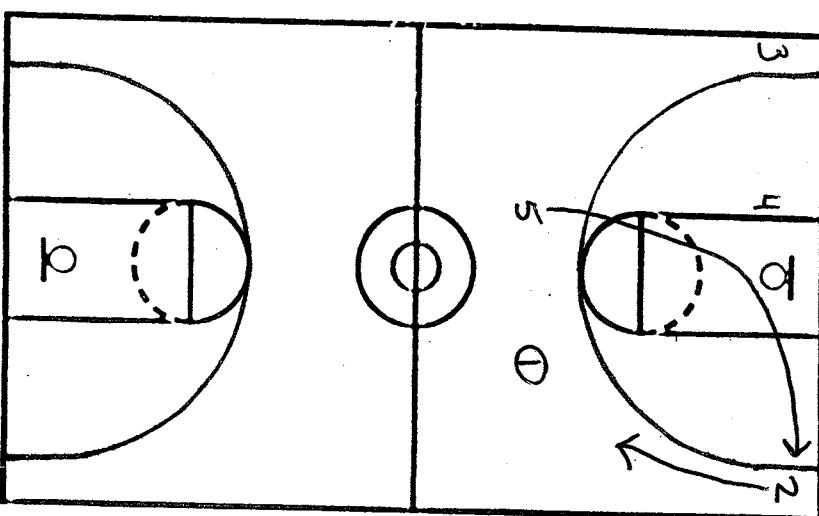


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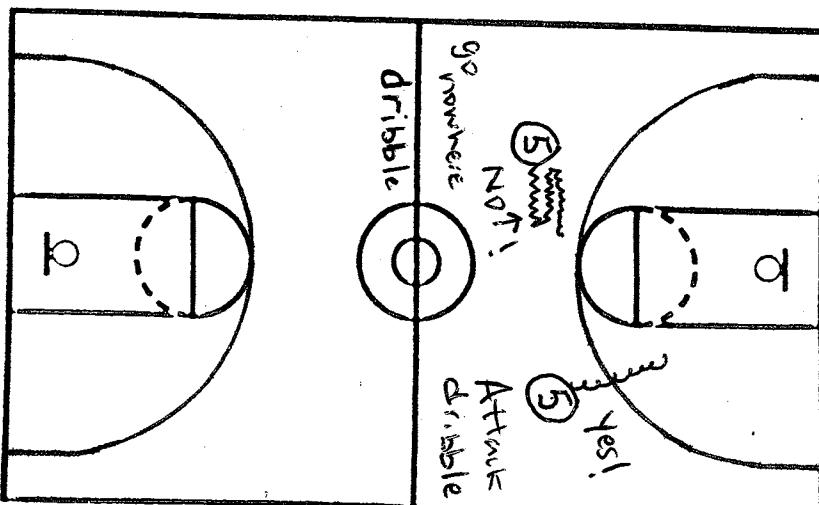


Diagram 40

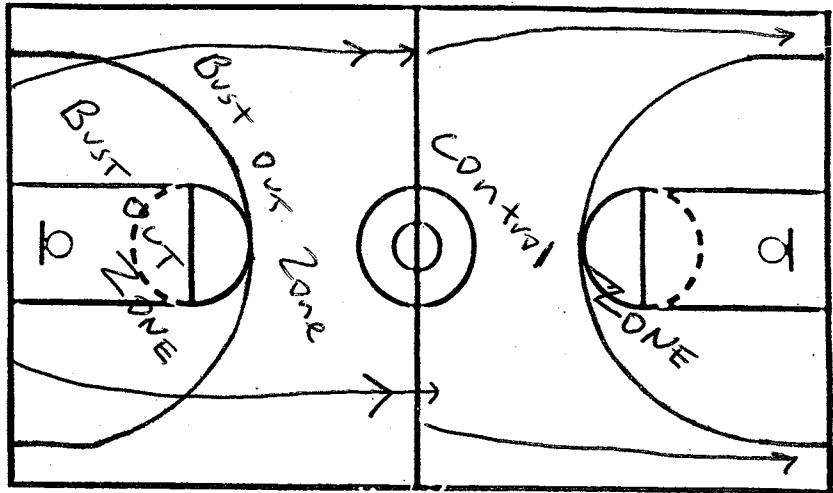


Diagram 41

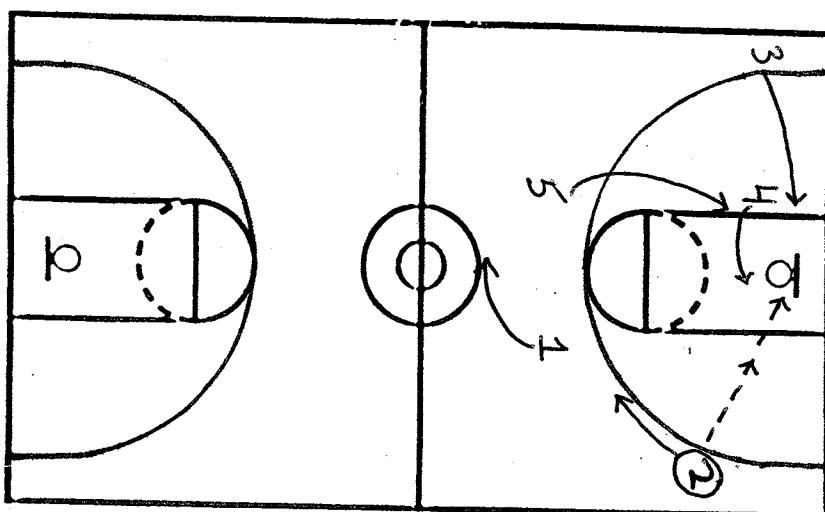
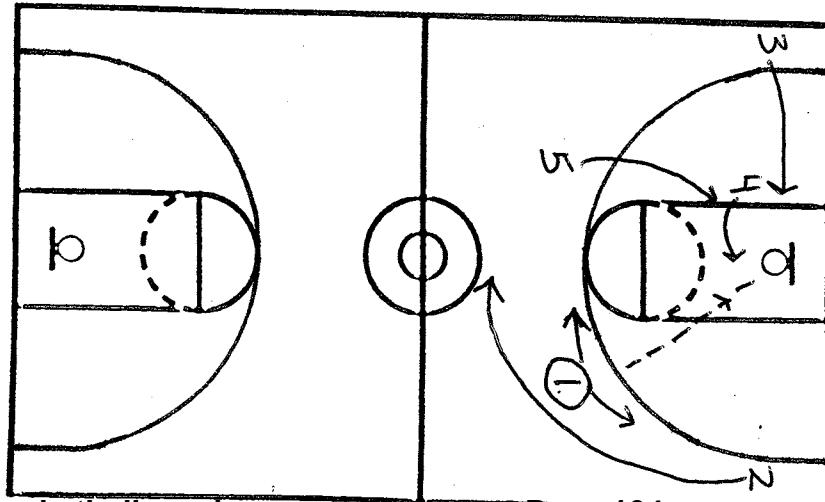


Diagram 42



Rebounding rules:

As a three pointer is being taken, 4 man to middle of the key, weak side corner to weak side block area, weak side top splits his two teammates. The shooter and ball side perimeter start to drift back for court balance, the shooter drifting the arc, and the non shooter getting back towards the $\frac{1}{2}$ court area. On lay-ups only post and weak side corner go to the boards.

(Diagrams 41, 42, 43, 44)

On a pitch ahead pass, to the 2 man, the 1 man needs to get to the arc at the lane line extended for a possible return pass and three point shot. (Diagram 45)

On kick out pass, and blur screen, many times a quick attack by the 2 man, will result in both defenders becoming involved with the 2 man, and the 1 man will be wide open for a three pointer. (Diagram 46)

We can also run dribble hand-offs in this offense, but that is usually a set call now such as 1-5-2 etc. The dribble hand-off has much of the same effect as the blur screen, but the chance of a quick double team can be an issue. (Diagram 47)

Transition Rules:

On misses:

Our 4 man will always runs to the front of the bucket, even when he has rebounded the ball. (Diagram 48)

If the 1 man or 5 man gets the rebound, they just explode out with the ball and, their partner is the trail. (Diagram 49)

If the 2 man or 3 man rebounds the ball, they will verbalize "I got trail" at which time the 5 man needs to know that he will sprinting to either the 2 man or 3 man spot depending on who got the rebound. (Diagram 50, 51)

When the 2 man or 3 man gets the rebound, they run to the trail, or 5 man spot. (Diagram 52, 53)

On Makes:

Our 5 man is the take out man. Our 2, 3, and 4 men, sprint to their spots. The 1 man pushes the ball quickly up the floor, and the 5 man hustles as a trail man to his spot. (Diagram 54)

Press break alignment 1 man in front, the 3 man buried in corner, the 2 man down the floor, the 4 man at left hand block. The 2 man will only come back if there are issues. (Diagram 55)

Dead ball press situations; stack the 1 and 3 men. (Diagram 56)

Diagram 40

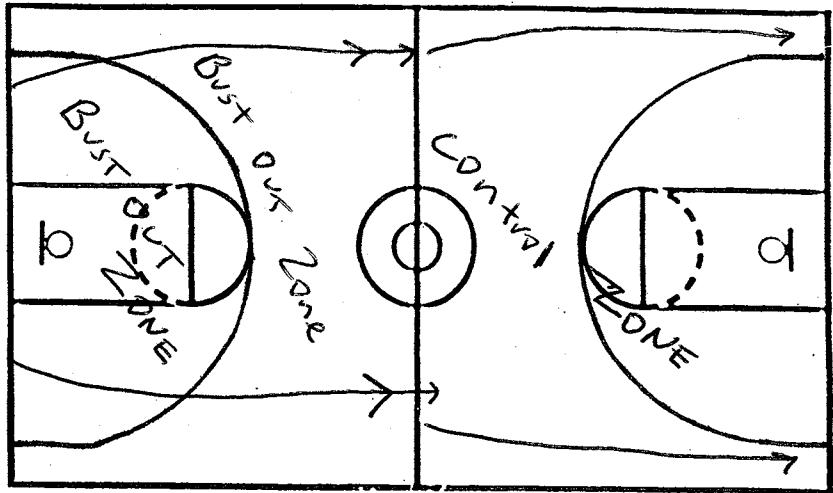


Diagram 41

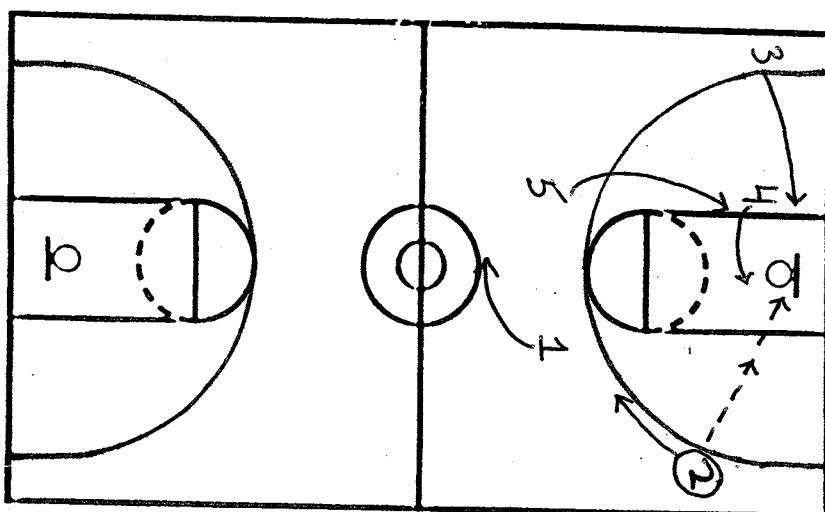


Diagram 42

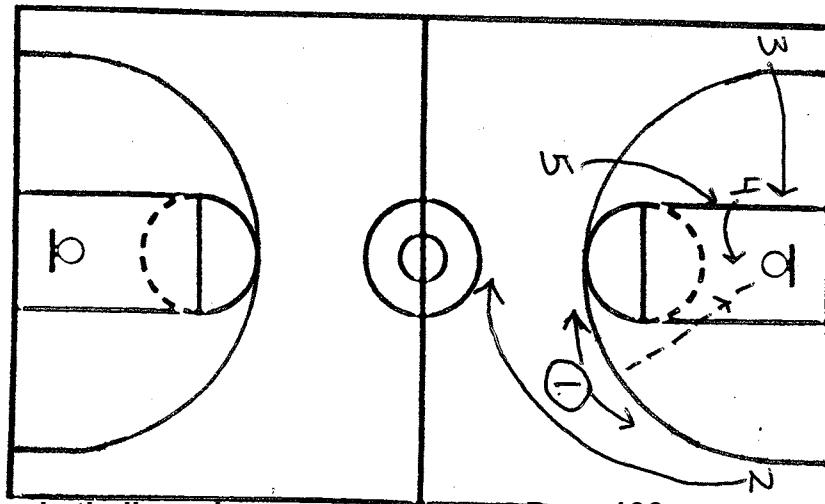


Diagram 43

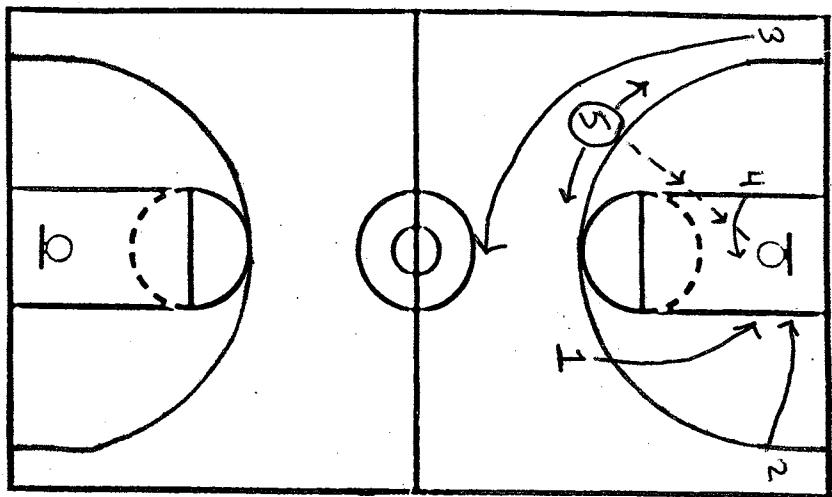


Diagram 44

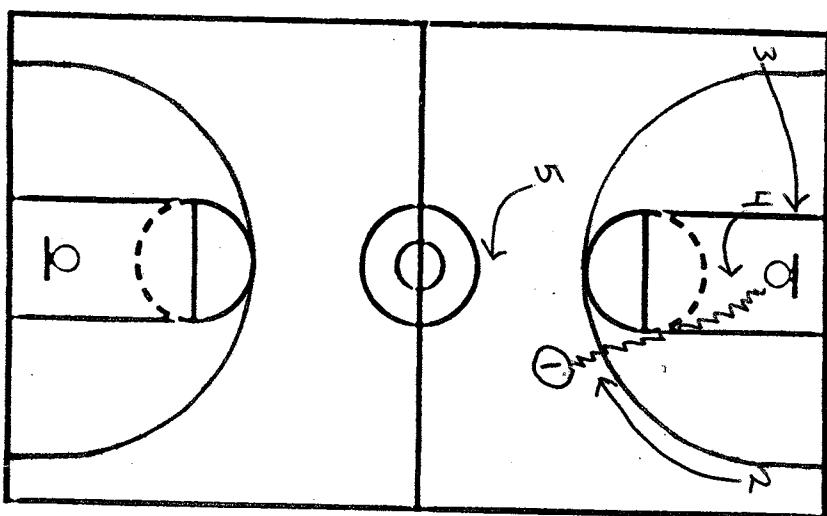


Diagram 45

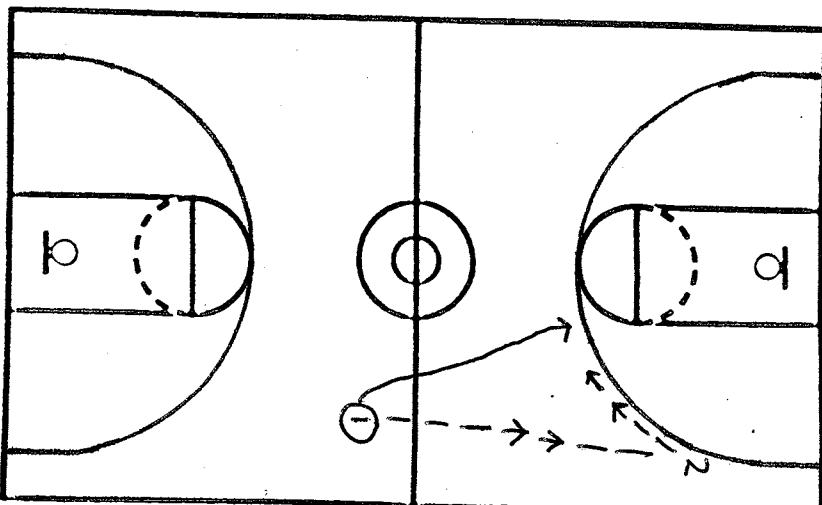


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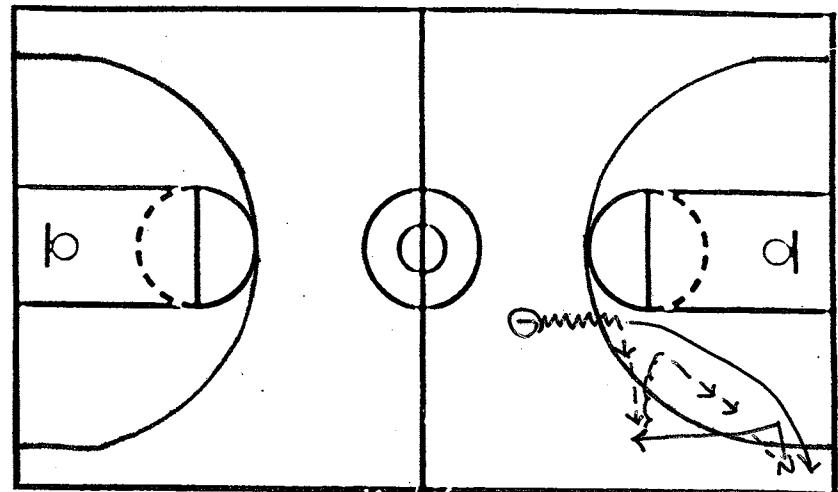


Diagram 47

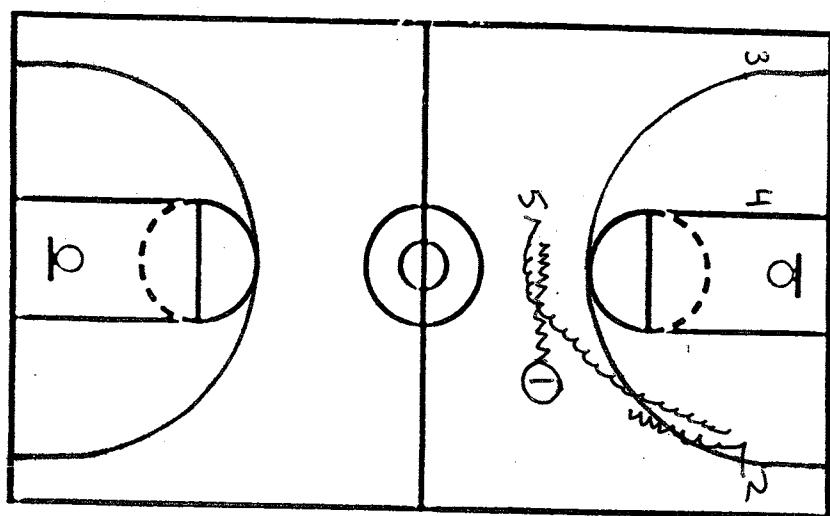


Diagram 48

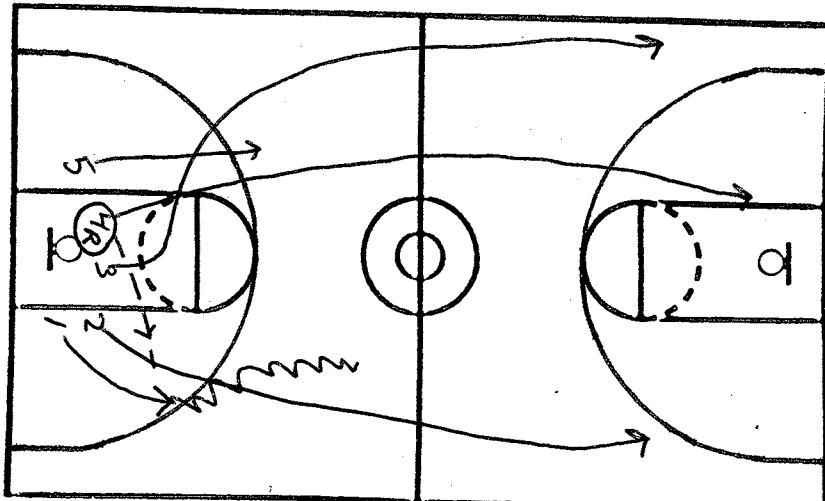


Diagram 49

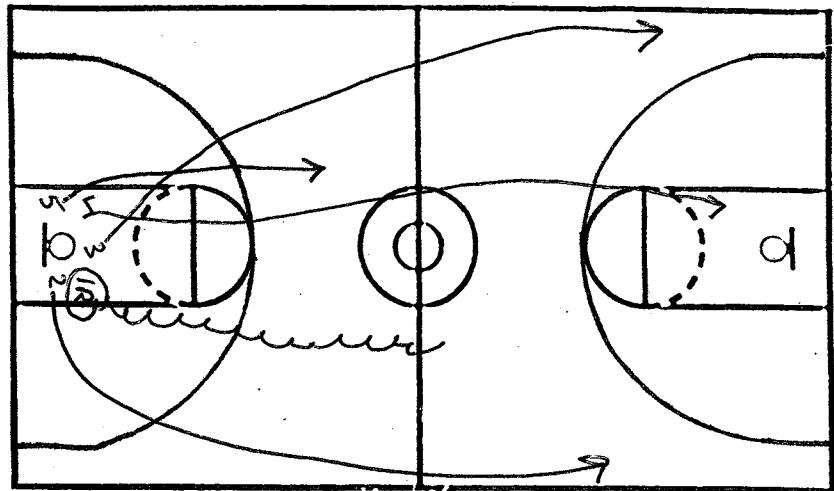


Diagram 50

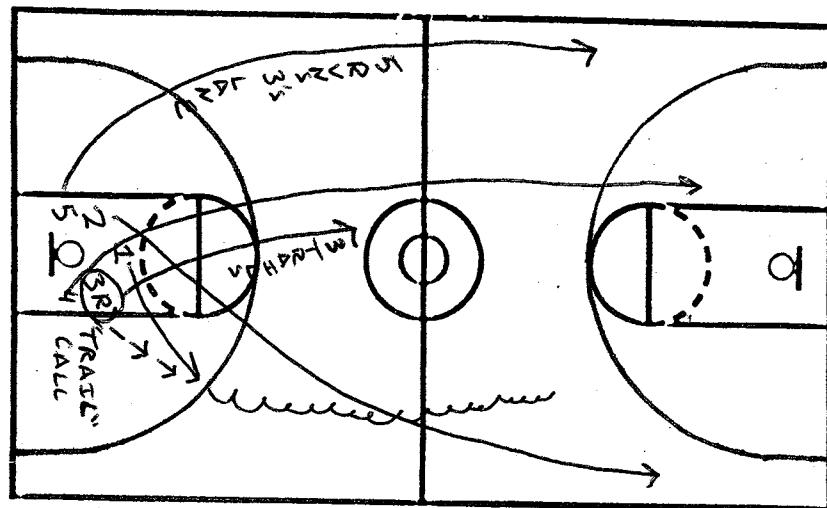


Diagram 51

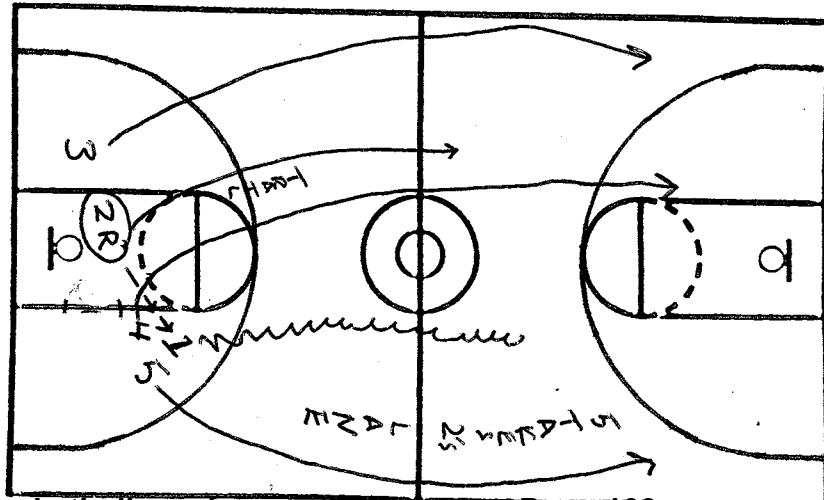


Diagram 52

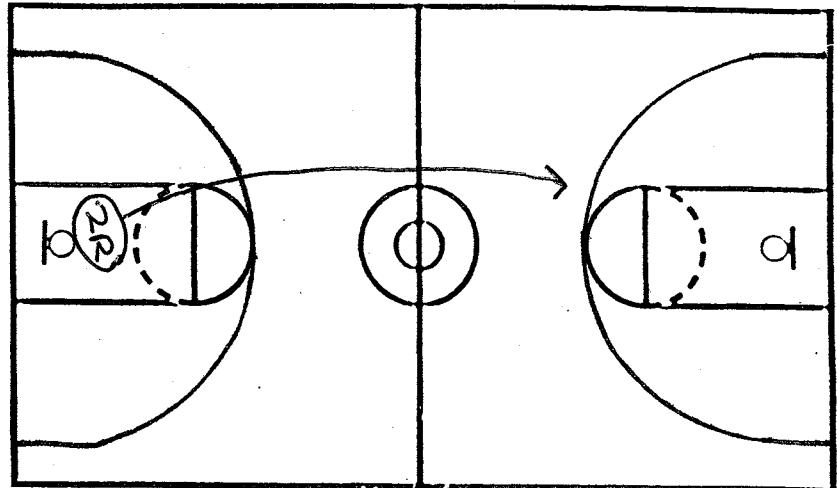


Diagram 53

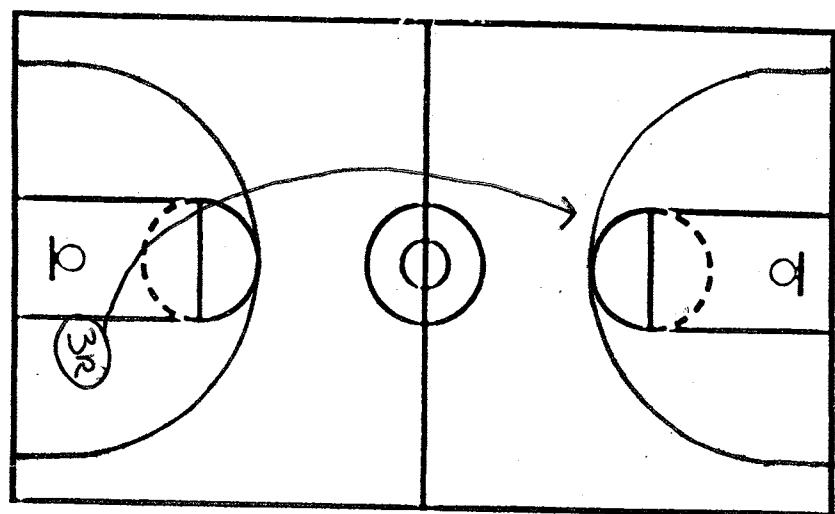


Diagram 54

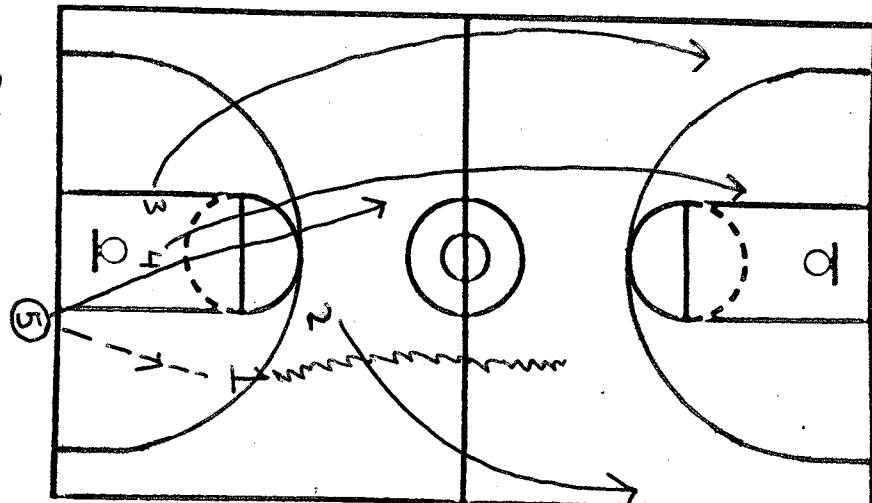


Diagram 55

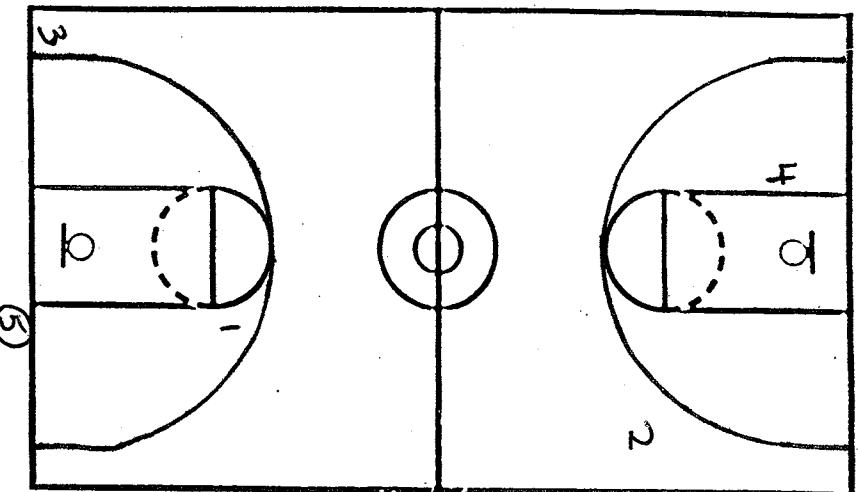
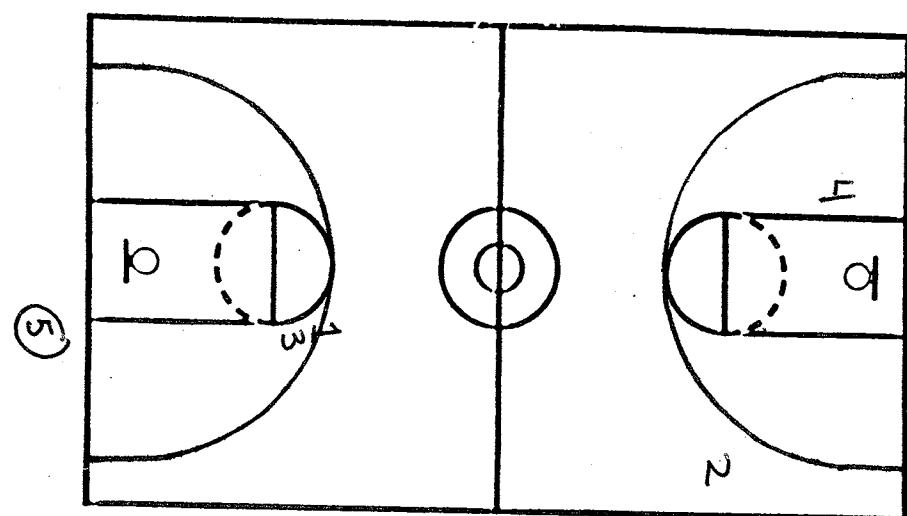
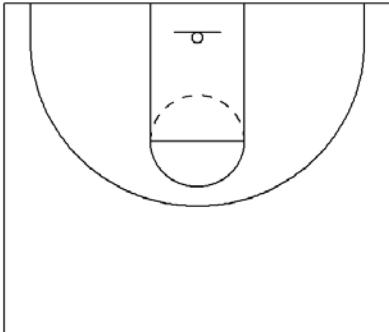


Diagram 56



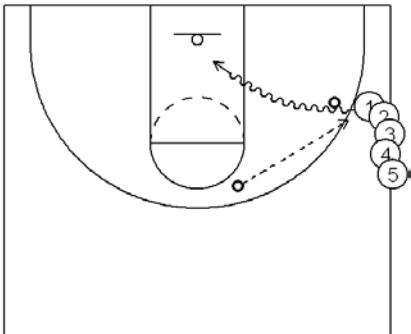


Memphis breakdown



To install this offense we are working a lot on dribble penetration, and getting kids in the habit of explosive first steps. Our goal here is to get to the rim for a lay up, a foul, or to create a help situation for a kick out, or dump into the post. With that in mind, footwork is a big thing we are working on to better our players. In the next few pages you will see some breakdown drills that we are working on. Some are individual, some are team. I hope they can help you.

Rip Drill



Rip drill is something we will do daily in order to get the kids used to attacking the rim. During this drill things you will need are a ball, a passer, and a chair.

Here the circle near the top of the key is a coach who will be our passer. The circle near the seam is where the chair needs to be.

We start this drill with the passer, passing down the floor to the first person in line. We make sure the receiver has their hands in ready position to catch and shoot, or in this case drive over the top. We will work three footwork moves on this side of the floor. 1) Rip over, 2) Rip Under 3) Jab Cross Over.

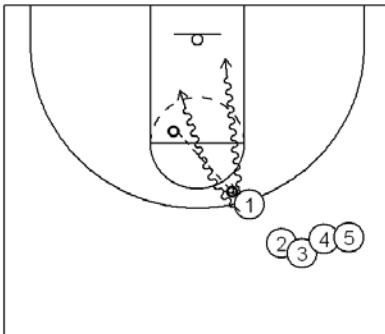
On the catch we work in that order. First time through catch rip over the top, big

first cross over step, and attack the rim for the layup. After all have gone, we will go to the rip under, and then the Jab Cross Over.

Usually try to speed up the pace by telling the passer to get the next pass moving when the 1st person starts their dribble. We want a layup here Make sure the guards are attacking hard, and getting to the rim in as few dribbles as possible



Offense



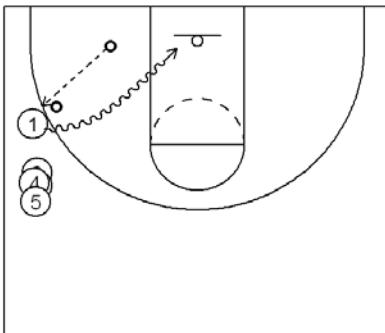
As we move up the floor, we will work the right slot a little bit. We will work two moves up here. The drawing might be a bit confusing so I will try to explain a little better. I have done a better job with filming practices this year, so if you need to see anything, just let me know.

Here we move the coach to the left elbow, and tell them to do the same thing give a pretty hard pass that isn't perfect for the guard to catch.

The first time through we will rip and drive over the right side of the floor, just making a one step move to attack the rim. Same thing, to keep pace, we will tell the passer to hit the second person as soon as the first takes their first dribble towards the rim.

The second time through we will just work a catch and cross over to attack the left side of the floor.

Make sure footwork is good, and that your kids are attacking full speed. Get to the rim for the layup.

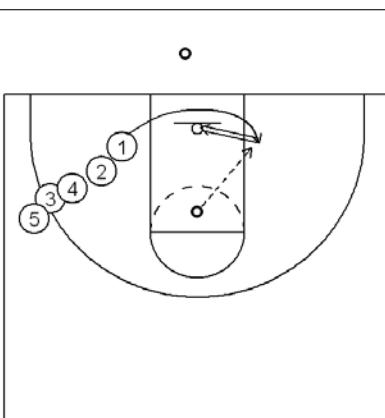


The third and final place we will work is the left seam. Just two moves from here.

Same sequence as earlier. Coach as a passer, and a line behind the chair.

The first time through we will just work a one step off of the catch, with a right hand dribble to the rim. we are simulating a kick out and a drive back over the top while the defender is recovering. We will tell them either to go around the rim and work on a lay back, or cross over after the first dribble and left hand lay up.

The second time through we work on a sweep fake baseline side, then drive right back over the top following the same rules as above with the one step.



Circle Shooting

Circle shooting is a post drill, and the first one that we work on. We try to work on our kids getting used to looping under or over to get used to penetration rules for posts.

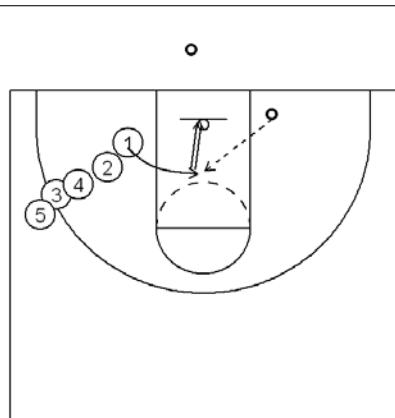
The first few mins we will work on looping under the basket, as we tell them this is what they will do in the case of a guard penetrating over the top.

The passer will be right below the free throw line where the guard should be, and will just dump the ball to the post. In this case we will give them all kind of passes. Bounce, direct, and lobs. This is just so they can get used to catching in different surroundings.

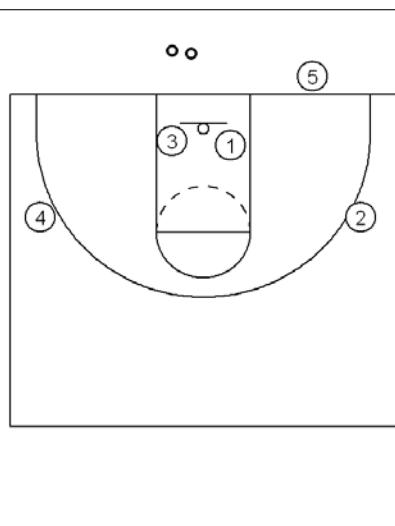
To speed up we tell second perso to go as soon as the pass is in the air to the person in front of them. We will usually do this for about 5 mins, working both



the left and right side of the floor

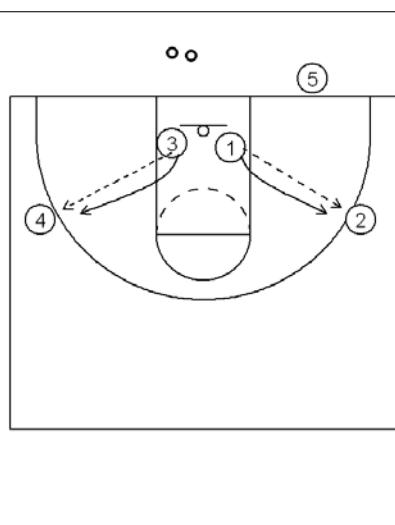


In this case after the first five mins we will switch and work shooting as if there were a baseline penetration, and the post is looping to the bottom of the dots. Same thing here just the passer is moved to the short corner. We work several things as far as passes just in case, but we want a high pass thrown here. We will work both the left and right side of the floor. Tell second person in line to go as soon as the pass is in the air for the person in front of them



1 on 1 Closeout

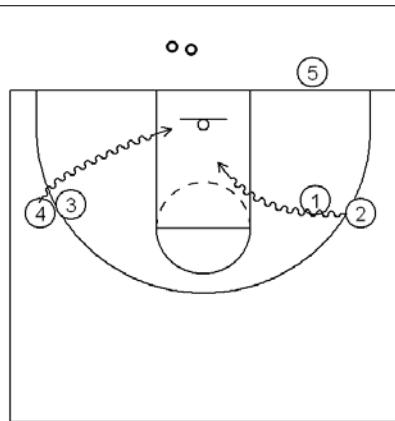
We will work this drill with everyone but the 5's. All we are working on here is dribble penetration 1 on 1 with a closeout coming at them. We will run this on both sides of the floor. here 1 would be working with the 2, while 3 would be working with 4.



What we will start with is to tell the defender, in this case the 1 to pass the ball out to the 2, and then close out hard. When the season gets here we will try to do what the opponents do on closeouts. (Are they aggressive, do they lay off, do they run and jump to block the shot), but early we just work on getting the defender out there and putting a lot of pressure on the ball. Early we will tell the defender to handcheck, foul slap, and body up so we can get into the mindset of attacking through physical play.

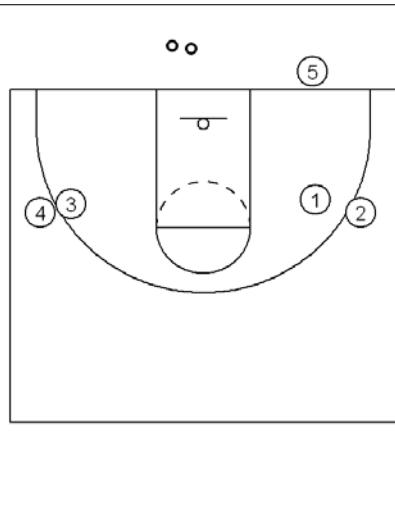


Offense



Once the guard on the perimeter catches the ball in this we tell them to attack the rim. Dont wait on the closeout to get there. This does two things. A it works on our offense, we want to go on the catch. B it works on our defense as we work closeouts, and recovering to defend penetration.

As you can see here we show two different types of penetration. The 2 is driving over the top, while the 4 is utilizing baseline penetration. I dont care what they do, but I do tell them dont do the same thing every time. Switch it up, and get to the rim. They can go at the same time. Have defense go to offense, and offense step off. New person rotating in will be a defender.



Things to look for in 1 on 1 Closeout

- Make your guards take an explosive first step, always beat your defender with this step.
- When they feel pressure dont let them dribble spin, just get lower than the pressure, and keep attacking. Stay lower than the defender.
- Get to the rim, either take a lay up or get fouled. As a coach get excited, when they get fouled if they miss the layup just reconfirm "good now go beat them from the line" if they get the And 1, let them know. Kids will do what they think pleases you
- Dont stop until you get there. This will look ugly at first but let them know they are getting better

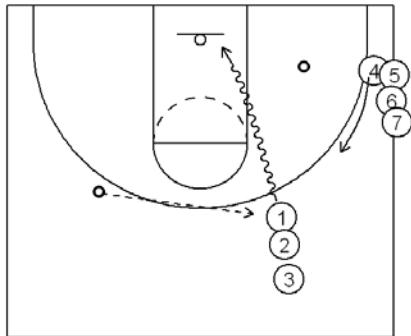


Memphis breakdown 2

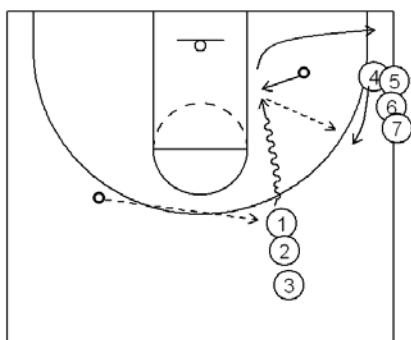
Just to help ease the downloading, I am just breaking this down so the PDF files wont be so big.

2-0 Penetrate and Kick Shooting

Put a line at the slot, and a line at the seam. Here the two circles represent the following. The one on the perimeter is a coach who will be the passer. The one inside the perimeter near the lane is another coach serving as a helpside defender. Here we are going to recieve the pass in the slot, and they are to attack the rim with the dribble looking for the layup. I tell the help defender sometimes go, sometimes stay, make the guard read this. The person in the slot will follow our penetration rules, as the nearest guard will rotate over the top.

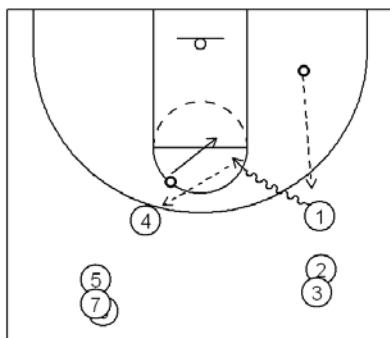


Here the helpside defender went to help, and we tell them get to where they are about to run you over. In this case there will be a pitch out to the person looping over the ball. We tell the person receiving the pass as soon as you catch it attack the rim just as in rip drill for a lay up. Once your kids get the hang of attacking the rim hard, you can allow your better shooters to spot up on the kick out and hit the three. The 1 here on the kick out would work on looping out to the playside corner



We will work this drill in different areas of the floor to make sure that we are understanding the concept.

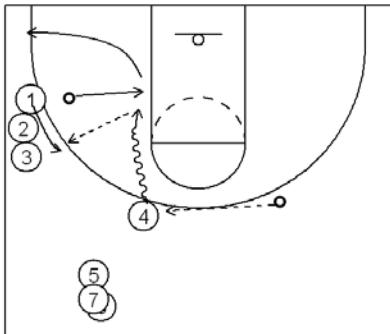
As you see here we are slot to slot. Still a passer and a help defender. On the catch, we will tell the receiver to drive the ball either towards the midline, or towards the sideline, but get to the rim. On the kick out, the 1 would cycle out either playside or weakside. We usually call this Guard/Trail 2-0 Penetrate and Kick Shooting. Once again as you get better at this allow your shooters to spot up every once in a while





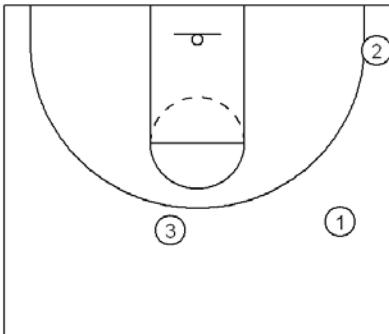
Offense

Here the same as before just moving to a different set of spots.



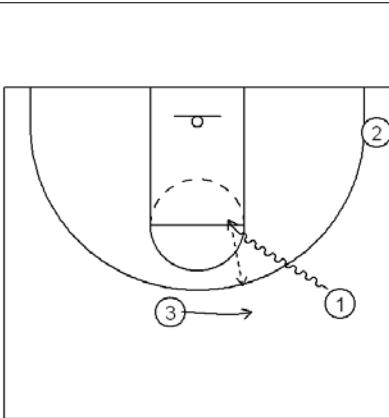


Memphis breakdown 3



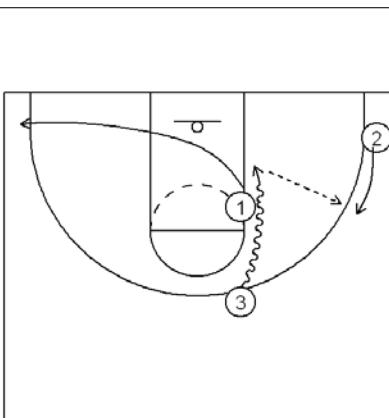
3-0 Penetrate and Kick Shooting. 2 passes.

Here we just work the same drill we just did with 2 on 0 P&K shooting, but just start adding people to it. We also make sure that we add a pass. We still want to make sure that we are following our rules, and that we are attacking the rim. Nothing but layups the first part of the year.



We tell the guard we dont care which side they penetrate to but we dont want to get into a habit of penetrating to the same side everytime.

Here the 1 chose to penetrate over the top, makin the 3 the nearest guard. Thus 3 will loop over the top of the 1 to recieve the kick out.

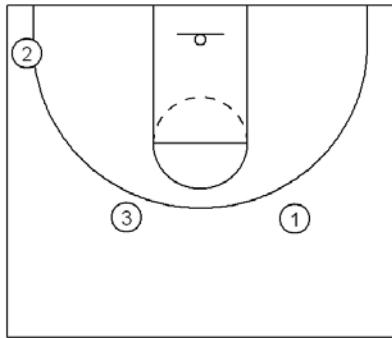


After 1 has kicked out they will sprint out to a side. I dont care if it is playside, or weakside, but they must get there in a hurry.

On the kick out that 3 receives, tell them to attack the rim hard as soon as they catch the ball. 2 being the nearest guard will loop over the top ready to receive the second pass. As soon as they catch the second kick out, the 2 will drive back over the top to get the layup at the rim. The 3 will loop out to a side on the kick out. As your kids get better you can allow the last person to catch to shoot the three. We tell the person who started in the 1 position to get safety on the shot, and the other two to crash the boards hard



Offense

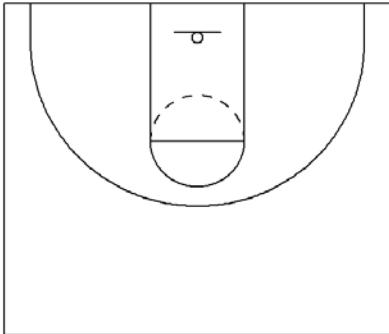


Just another variation of this with guards. Here same things are involved, penetration with a kick and a drive. We still want two passes so that we get in a rhythm of moving the ball side to side, and getting to the rim.

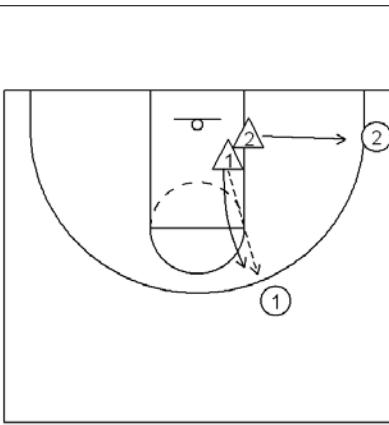


Memphis breakdown 4

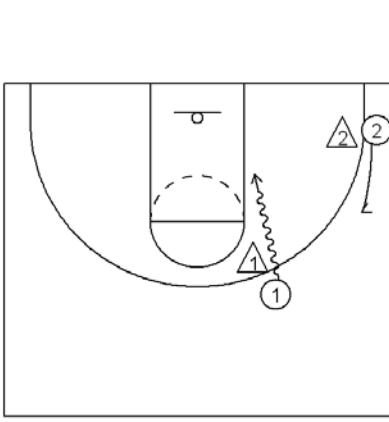
2 on 2 Closeout.



This is a drill we will work in order to get a lot of live action where we have to read. We will tell the defense to pick what they are going to do. Either play tight and physical. Heavy help or little help. Switch on interchanges or stay. Or sag off and make them attack you. Whatever you do have them be physical at the rim.



Here we are working just 2 on 2 with slot and seam for our guards. Two defenders start in the paint and pitch out to one of the guards, it doesn't matter who. As soon as they pitch out, close out hard.



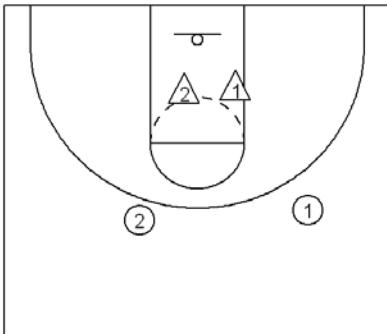
After the closeout we are live until we either get a score, or foul, or the defense has the ball. We really enforce the ideas of getting to the rim. If you have the ball get your teammate open. It is not their job to get open with a v cut or l cut. If the defense doesn't help get to the rim and get fouled. Point A to Point B as quick as possible. Try not to dribble spin.

On any pitch out we are live. Early in the year I tell my guards to attack the rim, we will shoot later. Also on the pitch out tell the 1 to get to the corner either playside or weakside.

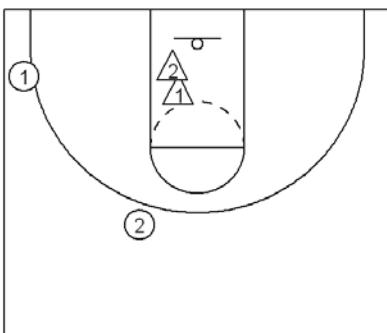


Offense

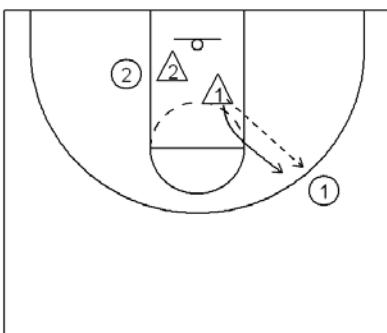
Here we will go slot to slot 2 on 2. We can work our blur screen stuff here, as well as just regular penetrate and kick.



Here you see that we just moved this to a side



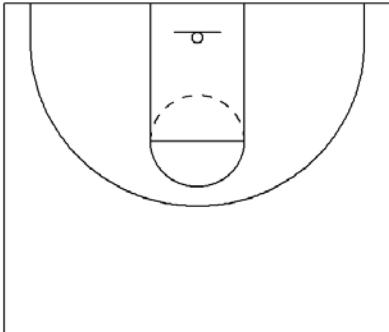
We will also work this with our posts from different areas. Here we are working from the slot area with the post backside. We will switch up areas on the floor to get them different looks



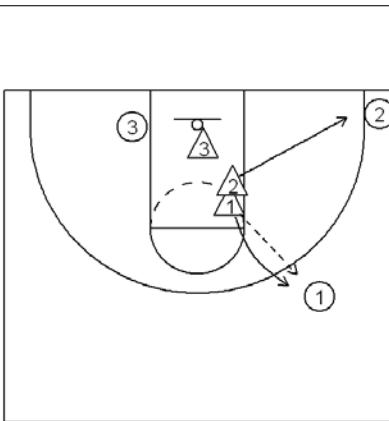


Memphis breakdown 5

3 on 3 Closeout



This is the exact same as 2 on 2 closout but we will make sure that we work with the post every time here.



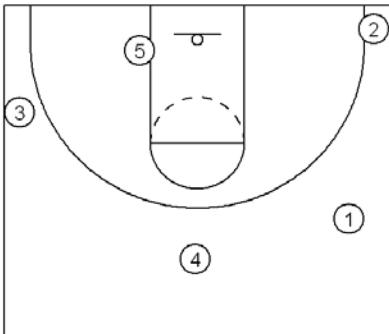
Here you can see where we work slot seam, with backside posts. You can use your imagination and put people anywhere you would like to work different areas on the floor. We always tell our kids early in the year we don't want a 3 yet. Get to the rim at all costs.

We will tell our kids to not be afraid to make mistakes. Dont be timid, attack attack attack.

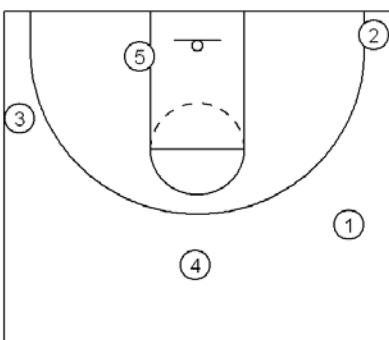
We will also work up in sequences of 4-4 where we work just perimeter kids. 4-4 where we will put a post in, and 5 on 5 work later in the year.



Memphis trouble shooting

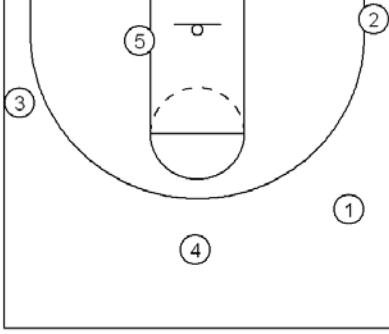


Many times we will run into problems as we did last spring, and here are somethings we have done to correct those problems. IF you have any questions feel free to pm call or email me at any time.



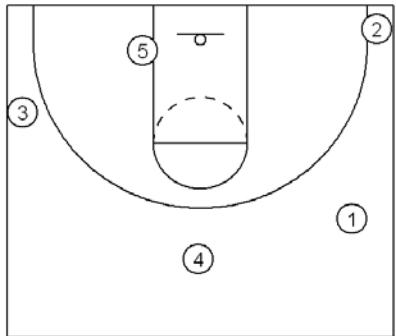
Too much pressure and we can't get around them!

- This came up a few times last spring and we would work a few things. Either allow the ball screen, or dribble hand off.
- In the dribble handoff, let the receiver catch the pass off of the bounce. Don't jump stop to hand off. Try not to work on this early, as your kids will want to do this all of the time.
- If the defenders jump the handoff, we will back cut to the rim. We have an open lane to the basket, so we will be ok.



My kids are too quick to pitch out!

- Drill, Drill, Drill them on attacking the rim on 1 on 1 work. We emphasize this so much, my kids probably think these are the only words that I can speak.
- Work a lot of 1-0 situations to where they are attacking the rim, and you are watching their footwork.
- Have a pad during 1-0 work where you bump them when they get into the lane. Make them take the layup while getting fouled.



We seem to be in too big of a rush.

- Work with them during 2 on 2 to work out timing and spacing issues. Make them understand that they have to keep spacing to make this effectice.
- Dont worry too much, being in a big rush is better than being too slow.
- Make them keep their heads up to see the help and where it is coming from

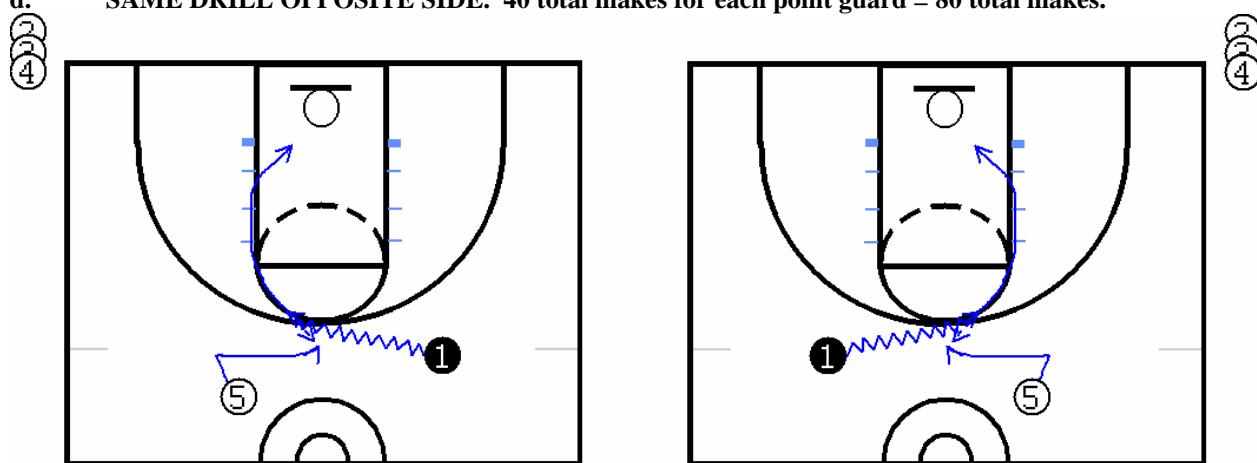


PRE-SEASON PARTNER SHOOTING WORKOUT CONT...

GUARD DAILY DOZEN DRILLS

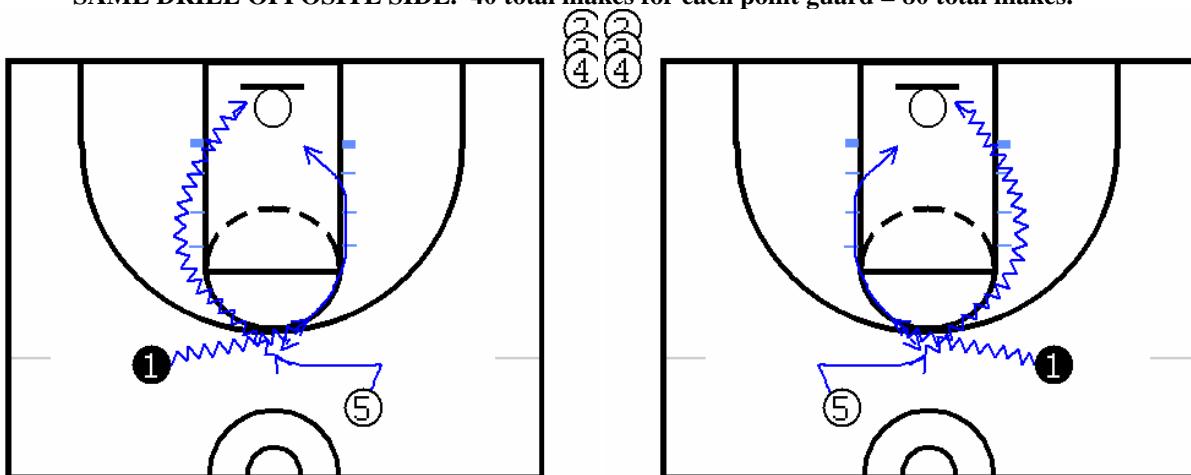
1. ELEVEN WEAVE 3 point shot – Right (make 20) / Left (make 20)

- a. The two point guards work together in the “drop off weave” option in the offense.
- a. The BALL point guard (on the right) drives middle left and “drops off” the ball for the OFF point guard.
- b. The OFF point guard receives the ball and shoots the three in the middle of the court.
- c. Opp. Guard rebounds the ball.
- d. SAME DRILL OPPOSITE SIDE. 40 total makes for each point guard = 80 total makes.



2. ELEVEN WEAVE DRIVE LAYUPS – Right (make 20) / Left (make 20)

- a. The two point guards work together in the “drop off weave” option in the offense.
- b. The BALL point guard (on the right) drives middle left and “drops off” the ball for the OFF point guard.
- c. The OFF point guard receives the ball and drives to the RIM on the right side.
- d. Opp. Guard rebounds the ball.
- e. SAME DRILL OPPOSITE SIDE. 40 total makes for each point guard = 80 total makes.



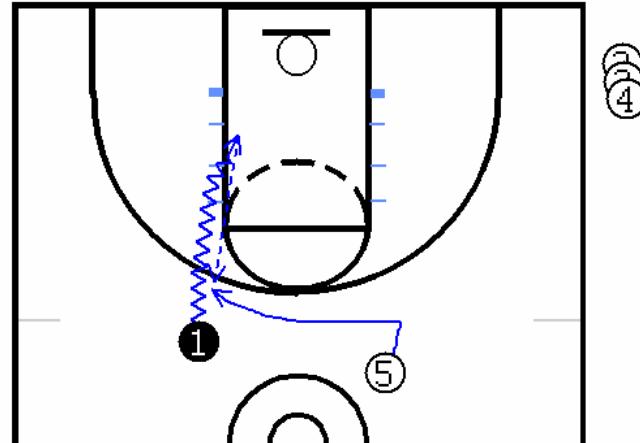
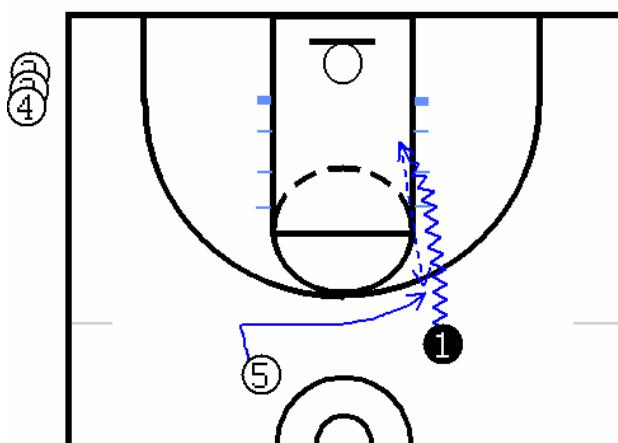


PRE-SEASON PARTNER SHOOTING WORKOUT CONT...

GUARD DAILY DOZEN DRILLS

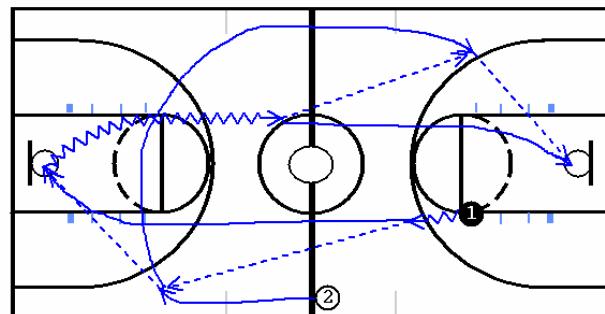
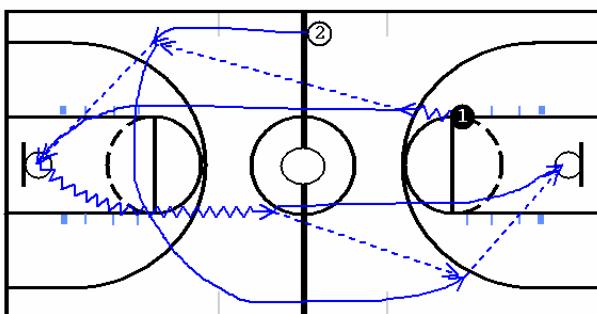
3. **ELEVEN DRAG 3 point shot - Right (make 20) / Left (make 20)**

- The BALL point guard drives to the "Drop Zone" while the OFF point guard "DRAGS" in behind.
- The BALL point guard passes back to the OFF point guard for a three.
- Ball Point Guard rebounds the ball.
- SAME DRILL OPPOSITE SIDE. 40 total makes for each point guard = 80 total makes.



4. **TWELVE / THIRTEEN AHEAD 3 point shot - Right (make 10) / Left (make 10)**

- BALL point guard passes ahead to the WING for a 3 point shot.
- BALL point guard rebounds while the WING fills the opp. Lane to repeat.
- REPEAT in the FULL court. 20 total makes for the WING.



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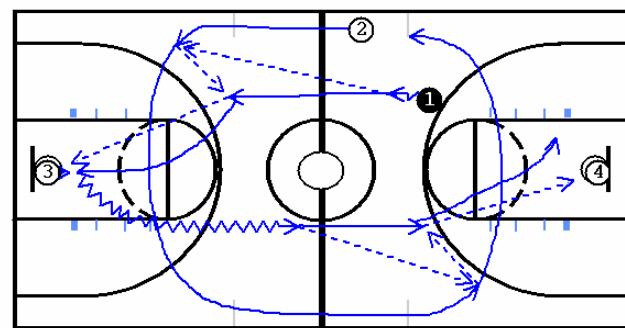
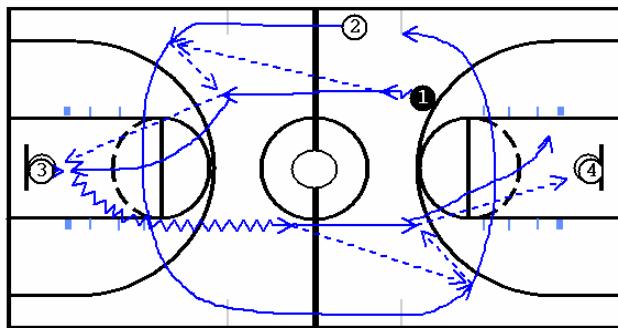


PRE-SEASON PARTNER SHOOTING WORKOUT CONT...

GUARD DAILY DOZEN DRILLS

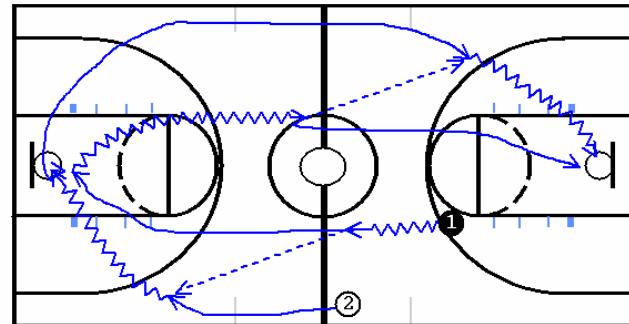
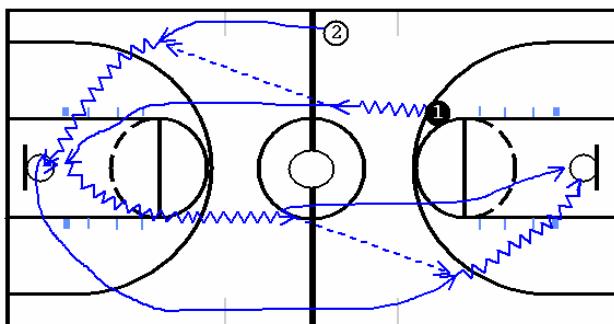
5. **TWELVE / THIRTEEN AHEAD BALL REVERSAL** 3 point shot - Right (make 10) / Left (make 10)

- BALL point guard passes ahead to the WING as the BALL point guard "Drags" behind in his lane.
- Wing passes back to the BALL point guard for a 3 point shot.
- BALL point guard rebounds own shot / wing fills lane and REPEAT in the FULL court. 20 total makes for the BALL point guard.



6. **TWELVE / THIRTEEN AHEAD WING LAYUP** - Right (make 20) / Left (make 20)

- BALL point guard passes ahead to the WING for a DRIVING LAYUP to the RIM.
- BALL point guard rebounds while the WING fills the opp. Lane to repeat.
- REPEAT in the FULL court. 40 total makes for the WING.



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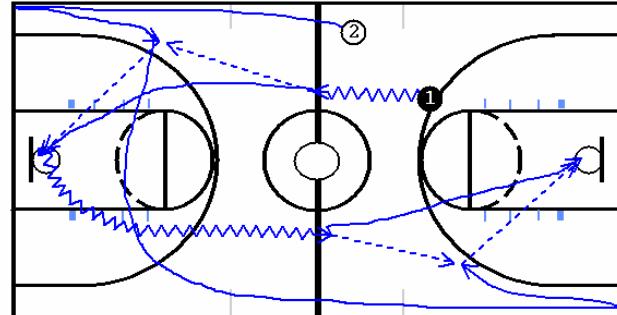
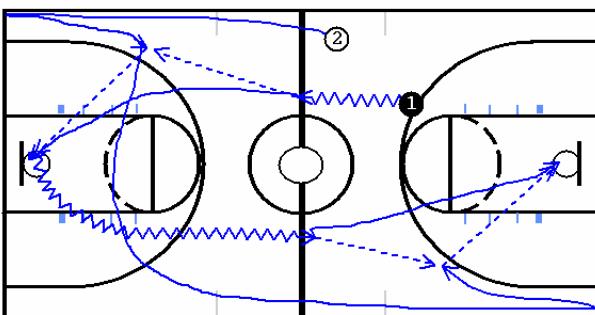


PRE-SEASON PARTNER SHOOTING WORKOUT CONT...

GUARD DAILY DOZEN DRILLS

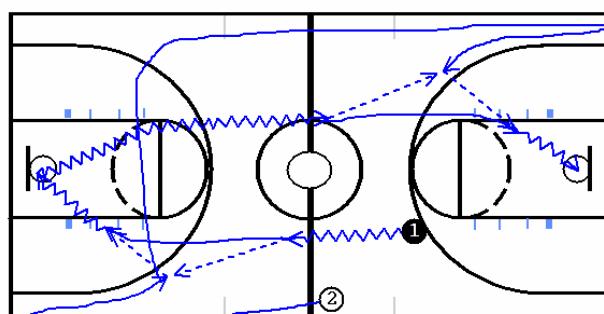
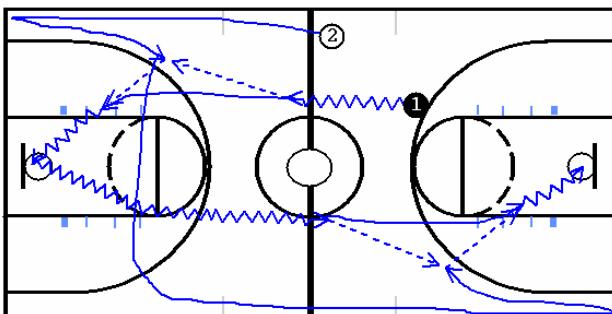
7. TWELVE / THIRTEEN BOUNCE BACK 3 point shot - Right (make 10) / Left (make 10)

- BALL point guard passes ahead to the WING after he BOUNCES BACK off the base line to the wing for a 3 pt shot.
- BALL point guard rebounds while the WING fills the opp. Lane to repeat.
- REPEAT in the FULL court. 20 total makes for the WING.



8. TWELVE / THIRTEEN BOUNCE BACK Give and GO - Right (make 10) / Left (make 10)

- BALL point guard passes ahead to the WING after he BOUNCES BACK off the base line to the wing.
- BALL point guard makes a HARD basket cut for a return pass and LAYUP to the RIM.
- BALL point guard rebounds own shot / wing fills lane and REPEAT in the FULL court. 20 total makes for the BALL point guard.



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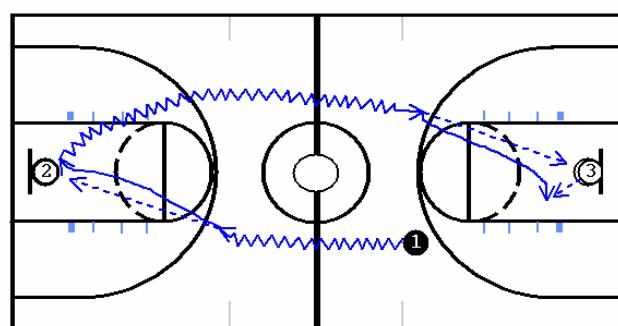
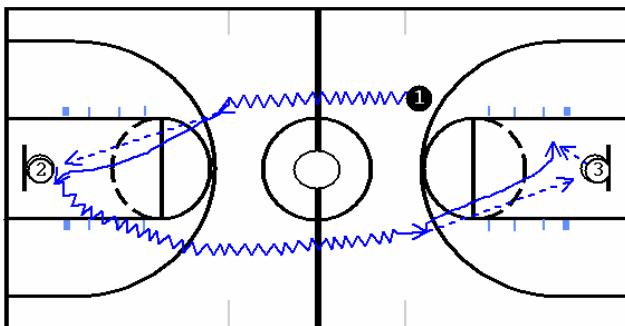


PRE-SEASON
PARTNER SHOOTING WORKOUT CONT...

GUARD DAILY DOZEN DRILLS

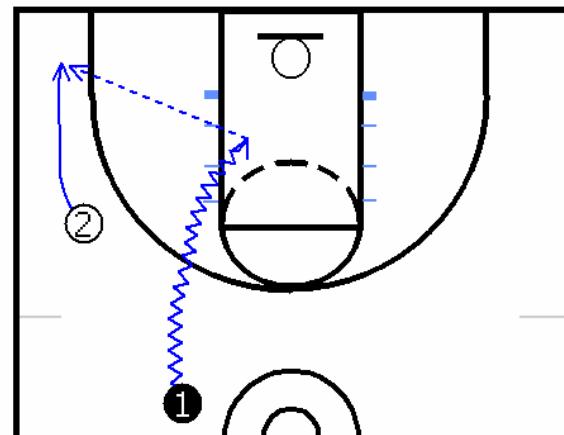
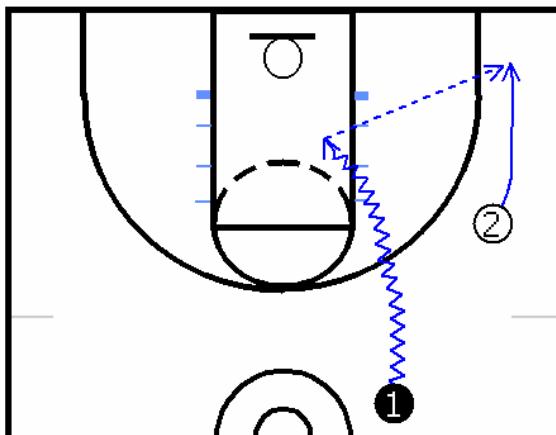
9. **POINT GUARD PULL UP 3 pt. shot - Right (make 10) / Left (make 10)**

- BALL point guard dribbles up court and pulls up for three point shot.
- BALL point guard retrieves his own rebound and repeats down court.
- 20 total makes for the BALL point guard.



10. **TWELVE / THIRTEEN FADE 3 point shot - Right (make 20) / Left (make 20)**

- BALL point guard penetrates his LANE and ball side wing fades to corner for a pass from the BALL point guard.
- Wing shoots three point shot and rebounds his own shot to REPEAT.
- BALL point guard stays back for defensive balance and then resets drill to repeat.
- SAME DRILL OPPOSITE SIDE. 40 total makes.



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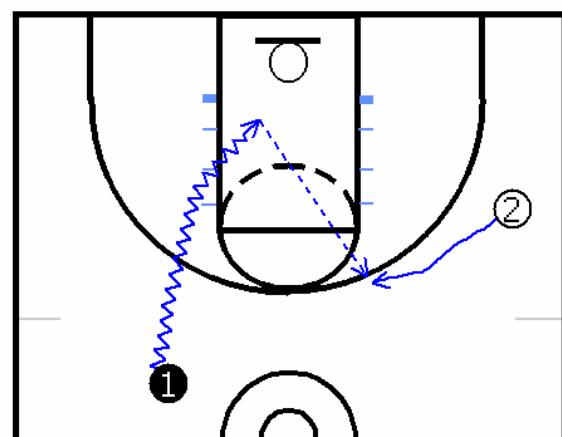
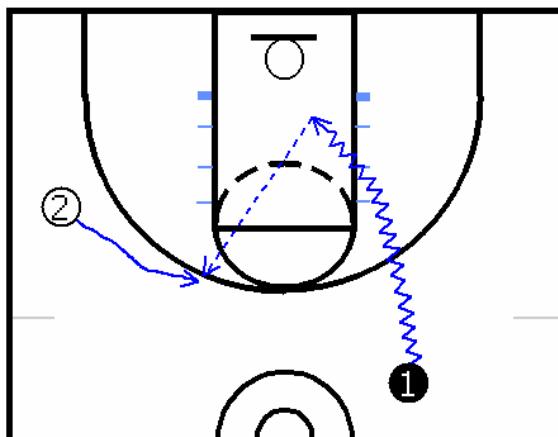


PRE-SEASON
PARTNER SHOOTING WORKOUT CONT...

GUARD DAILY DOZEN DRILLS

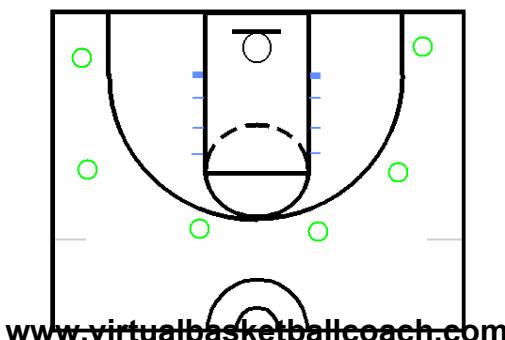
11. TWELVE / THIRTEEN HIGH 3 point shot - Right (make 20) / Left (make 20)

- BALL point guard penetrates his LANE and weak side wing comes high for a "kick out" 3 point shot.
- Wing shoots three point shot and rebounds his own shot to REPEAT.
- BALL point guard stays back for defensive balance and then resets drill to repeat.
- SAME DRILL OPPOSITE SIDE. 40 total makes.



12. FOUR on the Move (3 pt. shooting) – 20 MAKES

- Rt. Corner to Rt. Wing
 - MUST sprint from spot to spot
 - MUST make six baskets
- Rt. Wing to Rt. Lane Line extended
 - MUST sprint from spot to spot
 - MUST make six baskets
- Rt. Lane Line extended to Left Lane Line extended
 - MUST sprint from spot to spot
 - MUST make six baskets
- a. Left Lane Line extended to Left Wing
 - MUST sprint from spot to spot
 - MUST make six baskets
- b. Left Wing to Left Corner
 - MUST sprint from spot to spot
 - MUST make six baskets



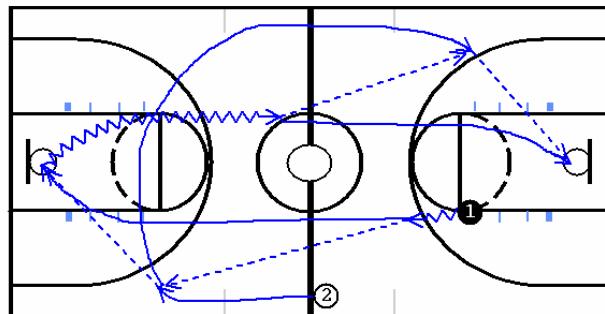
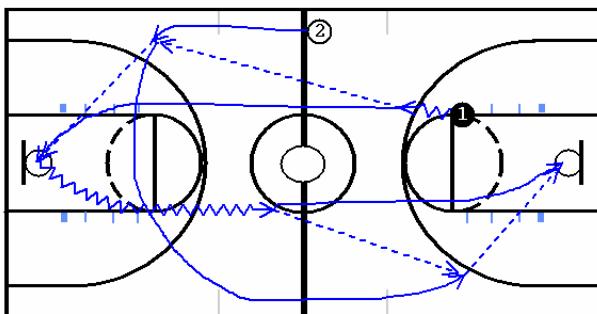


PRE-SEASON
PARTNER SHOOTING WORKOUT CONT...

WING / POST BIG TEN DRILLS

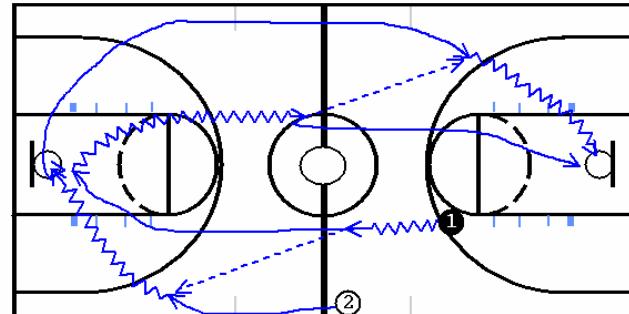
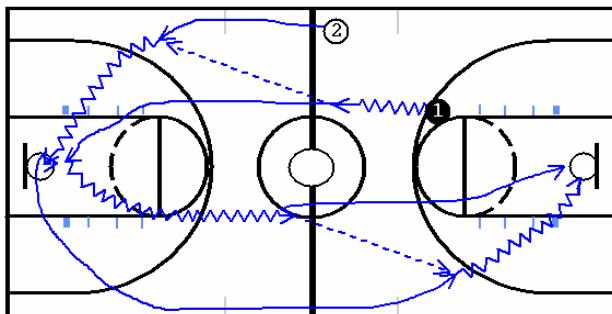
1. TWELVE / THIRTEEN AHEAD 3 point shot - Right (make 20) / Left (make 20)

- BALL** point guard passes ahead to the **WING** for a 3 point shot.
- BALL** point guard rebounds while the **WING** fills the opp. Lane to repeat.
- REPEAT** in the **FULL** court. 20 total makes for the **WING**.



2. TWELVE / THIRTEEN AHEAD WING LAYUP - Right (make 10) / Left (make 10)

- BALL** point guard passes ahead to the **WING** for a **DRIVING LAYUP** to the **RIM**.
- BALL** point guard rebounds while the **WING** fills the opp. Lane to repeat.
- REPEAT** in the **FULL** court. 40 total makes for the **WING**.



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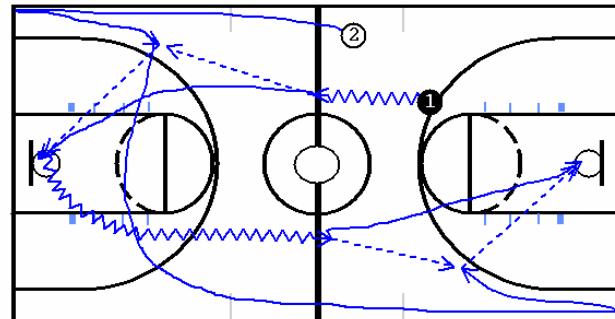
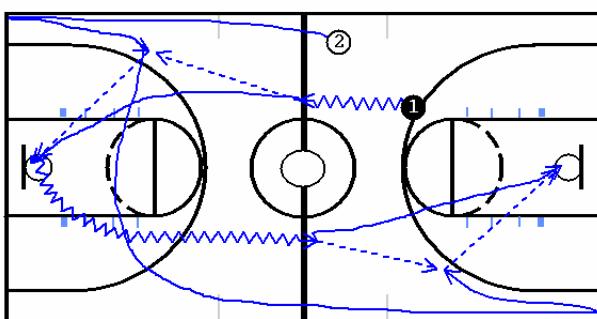


PRE-SEASON
PARTNER SHOOTING WORKOUT CONT...

WING / POST BIG TEN DRILLS

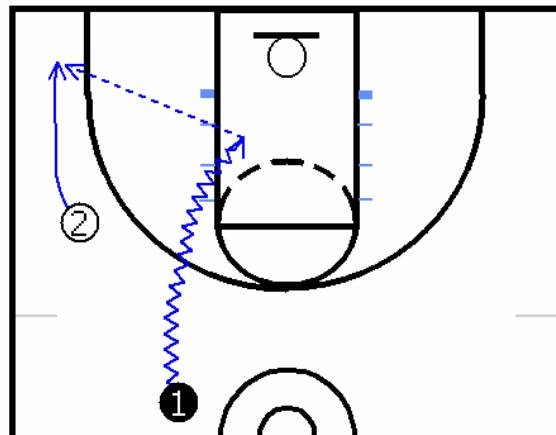
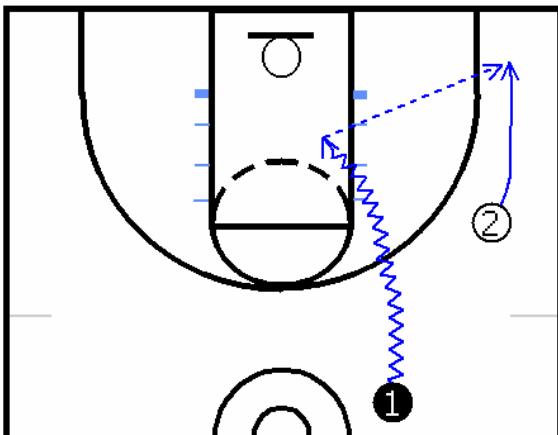
3. TWELVE / THIRTEEN BOUNCE BACK 3 point shot - Right (make 20) / Left (make 20)

- BALL point guard passes ahead to the WING after he BOUNCES BACK off the base line to the wing for a 3 pt shot.
- BALL point guard rebounds while the WING fills the opp. Lane to repeat.
- REPEAT in the FULL court. 20 total makes for the WING.



4. TWELVE / THIRTEEN FADE 3 point shot - Right (make 20) / Left (make 20)

- BALL point guard penetrates his LANE and ball side wing fades to corner for a pass from the BALL point guard.
- Wing shoots three point shot and rebounds his own shot to REPEAT.
- BALL point guard stays back for defensive balance and then resets drill to repeat.
- SAME DRILL OPPOSITE SIDE. 40 total makes.



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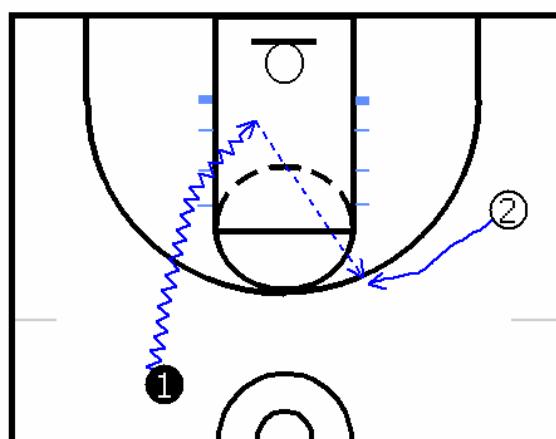
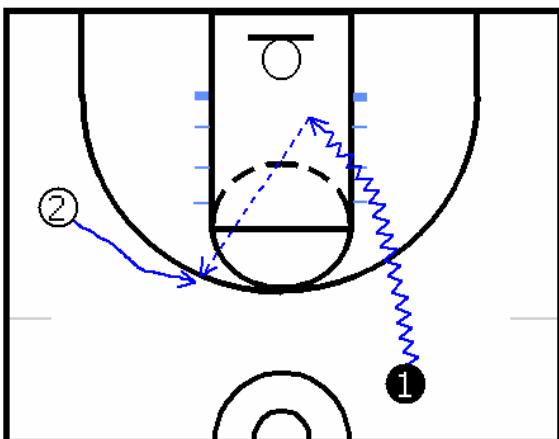


PRE-SEASON
PARTNER SHOOTING WORKOUT CONT...

WING / POST BIG TEN DRILLS

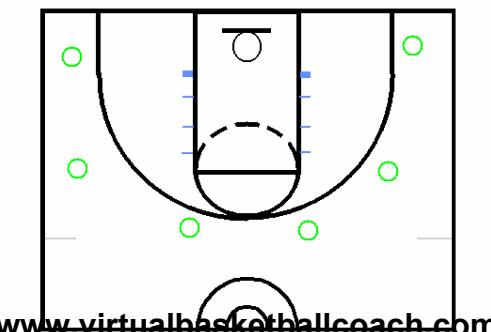
5. **TWELVE / THIRTEEN HIGH** 3 point shot - Right (make 20) / Left (make 20)

- BALL point guard penetrates his LANE and weak side wing comes high for a "kick out" 3 point shot.
- Wing shoots three point shot and rebounds his own shot to REPEAT.
- BALL point guard stays back for defensive balance and then resets drill to repeat.
- SAME DRILL OPPOSITE SIDE. 40 total makes.



6. **EIGHT on the Move (3 pt. shooting) – 40 MAKES**

- Rt. Corner to Rt. Wing**
 - MUST sprint from spot to spot
 - MUST make six baskets
- Rt. Wing to Rt. Lane Line extended**
 - MUST sprint from spot to spot
 - MUST make six baskets
- Rt. Lane Line extended to Left Lane Line extended**
 - MUST sprint from spot to spot
 - MUST make six baskets
- Left Lane Line extended to Left Wing**
 - MUST sprint from spot to spot
 - MUST make six baskets
- Left Wing to Left Corner**
 - MUST sprint from spot to spot
 - MUST make six baskets

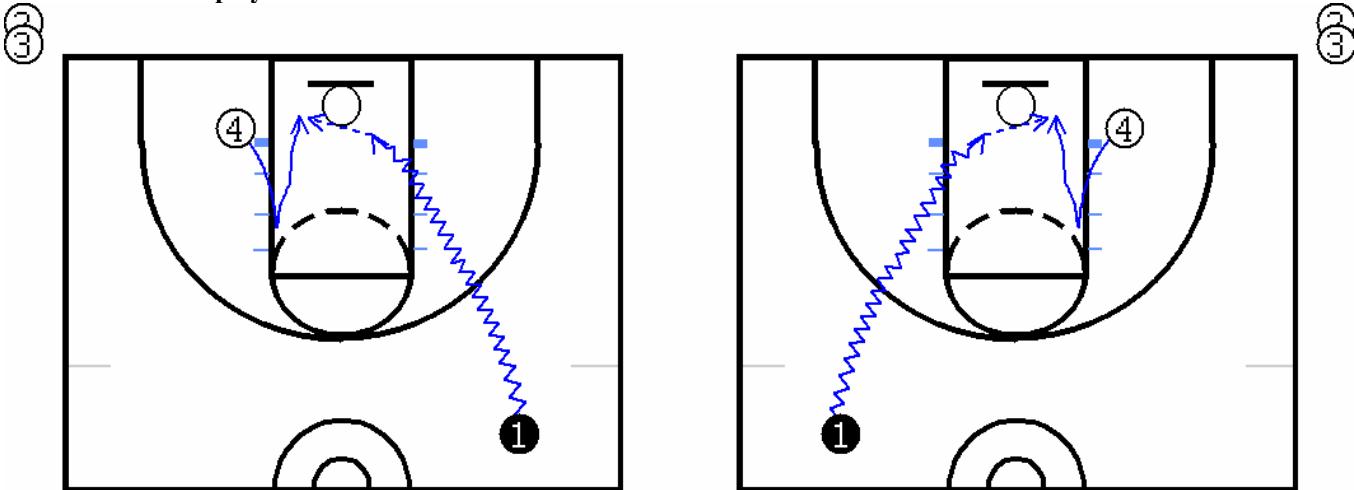




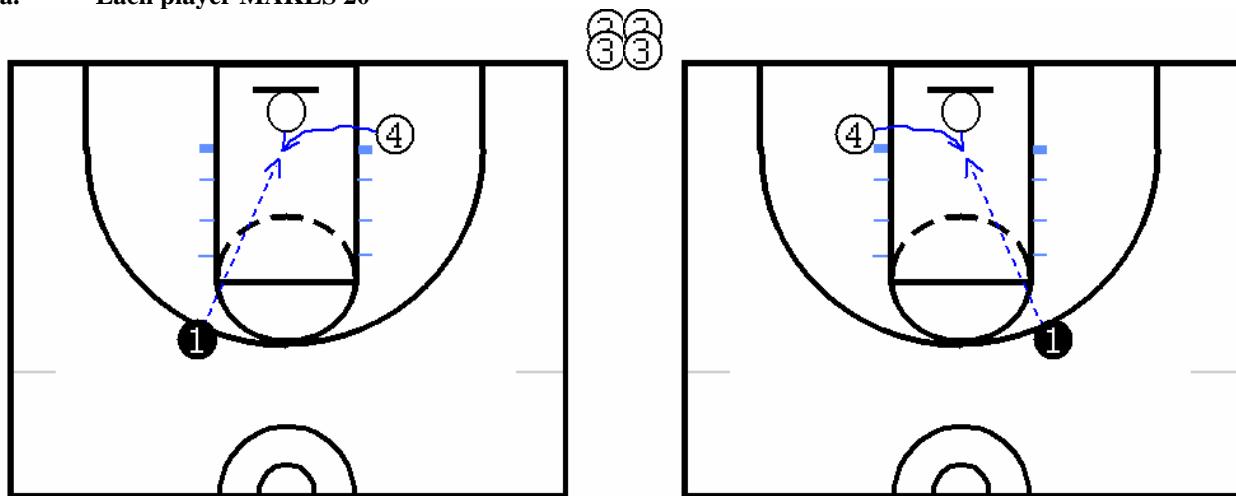
PRE-SEASON
PARTNER SHOOTING WORKOUT CONT...

WING / POST BIG TEN DRILLS

7. **FOURTEEN V-UP LAYUP (10 right / 10 left)**
a. Each player MAKES 20



8. **“14” FLASH PIN LAYUP (10 right / 10 left)**
a. Each player MAKES 20



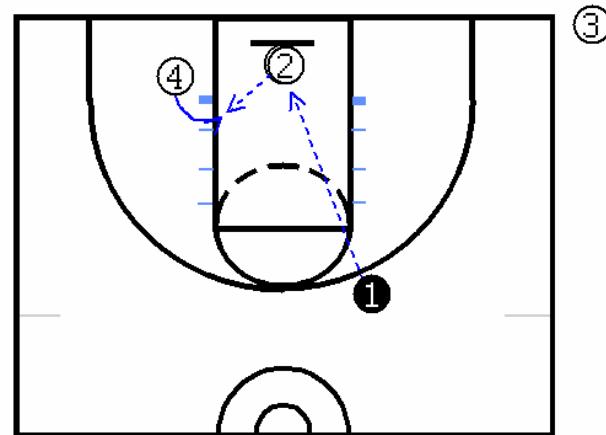
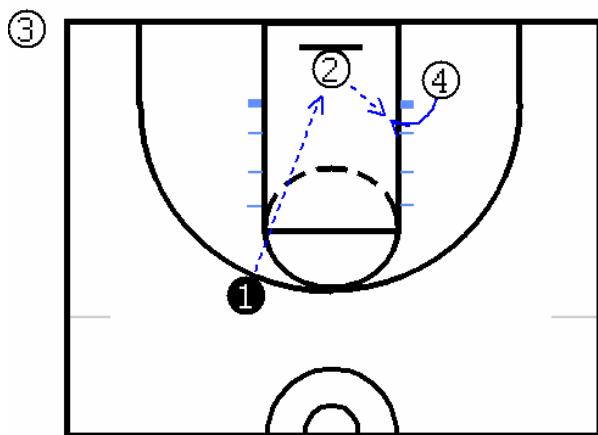
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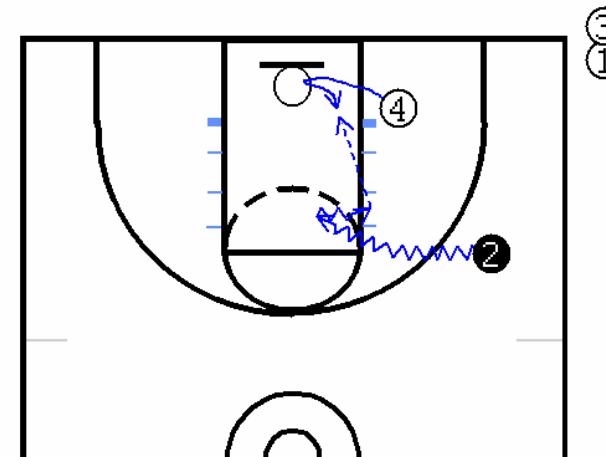
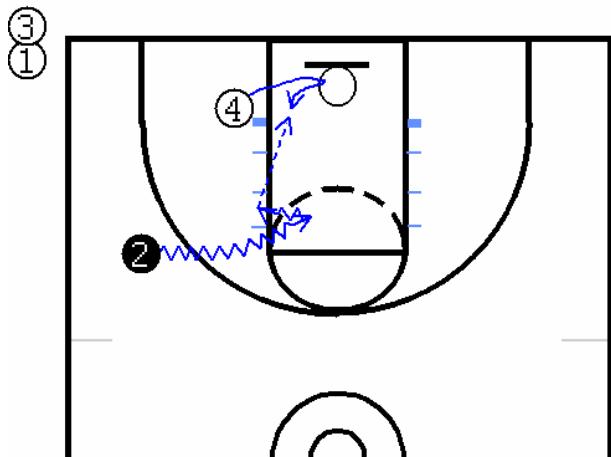
PRE-SEASON
PARTNER SHOOTING WORKOUT CONT...

WING / POST BIG TEN DRILLS

9. "14" MISSED 3 pt. PULLUP REBOUND LAYUP (10 right / 10 left)
a. Each player MAKES 20



10. "24 / 34" LEG WHIP PIN LAYUP (10 right / 10 left)
a. Each player MAKES 20

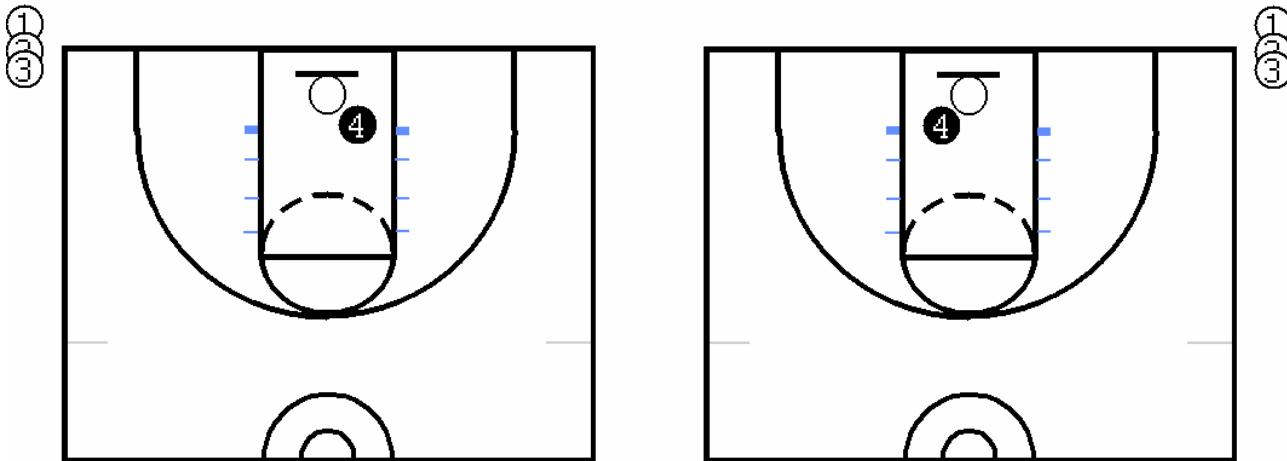




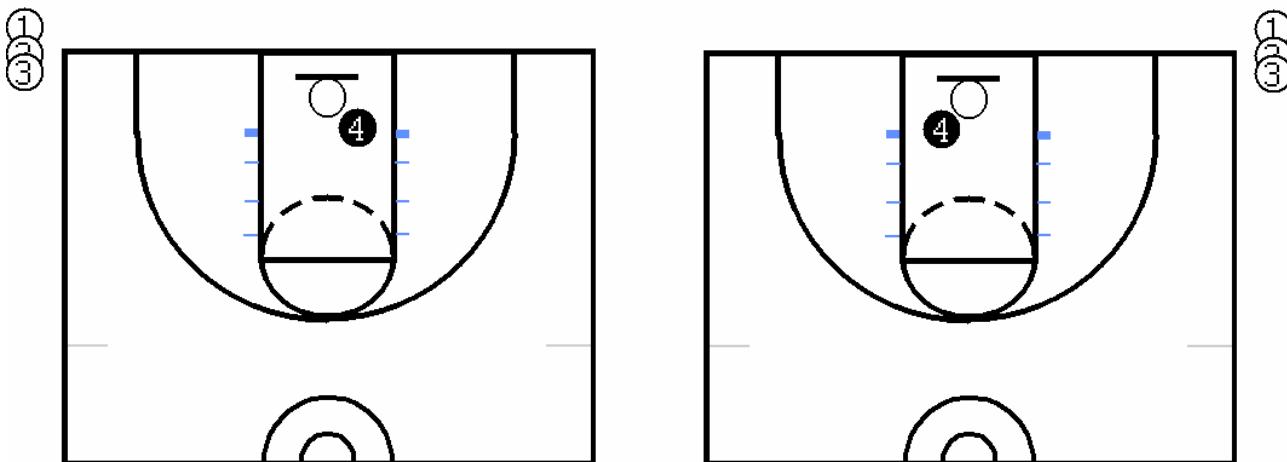
PRE-SEASON
PARTNER SHOOTING WORKOUT CONT...

POST HALF DOZEN DRILLS

1. **REBOUND EXPLOSION LAYUP DRILL (10 right / 10 left)**
a. Each player MAKES 20



2. **REBOUND SHOT FAKE EXPLOSION LAYUP DRILL (10 right / 10 left)**
a. Each player MAKES 20



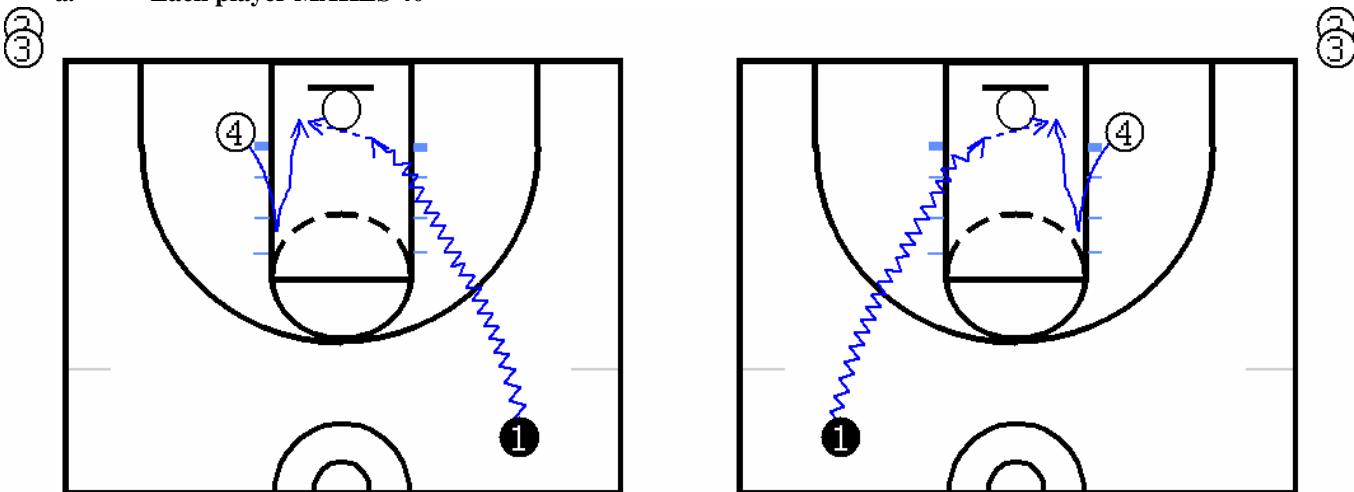
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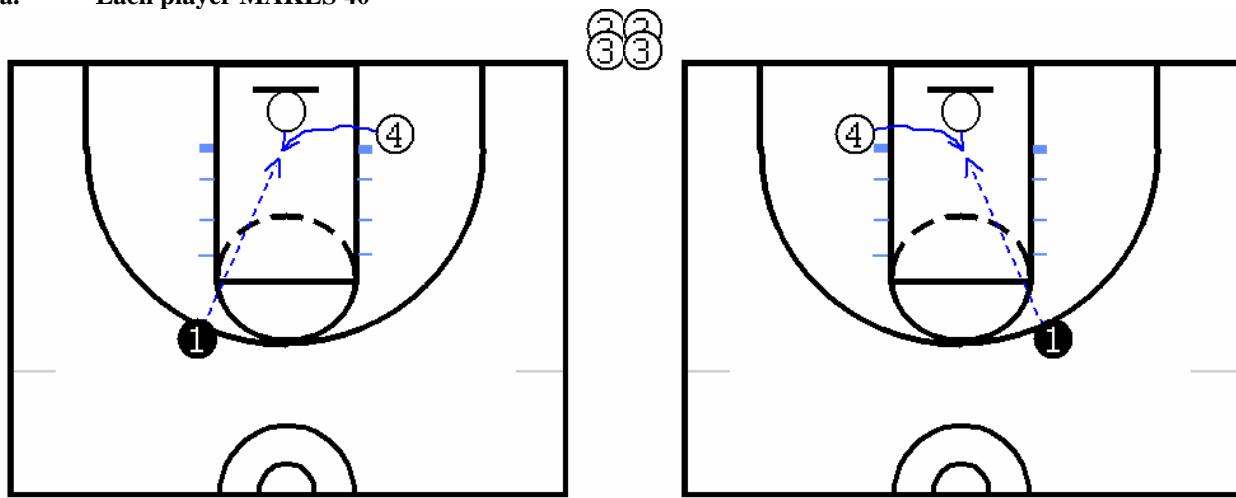
PRE-SEASON
PARTNER SHOOTING WORKOUT CONT...

POST HALF DOZEN DRILLS

3. **FOURTEEN V-UP LAYUP (20 right / 20 left)**
a. Each player **MAKES 40**



4. **“14” FLASH PIN LAYUP (20 right / 20 left)**
a. Each player **MAKES 40**



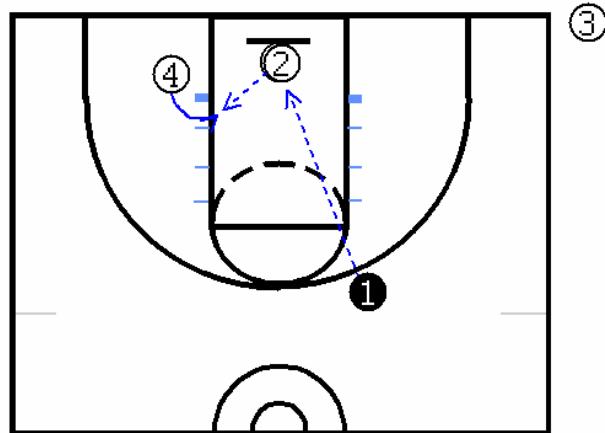
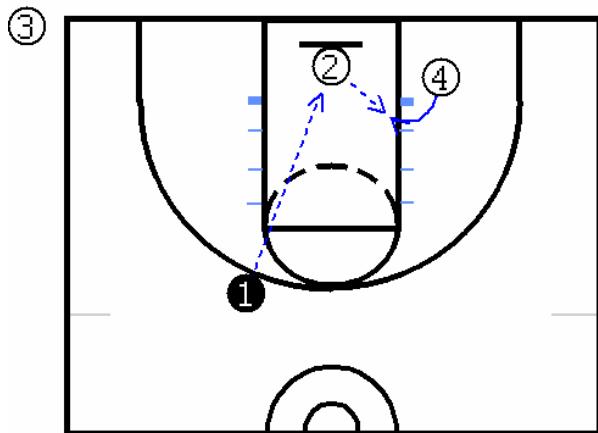
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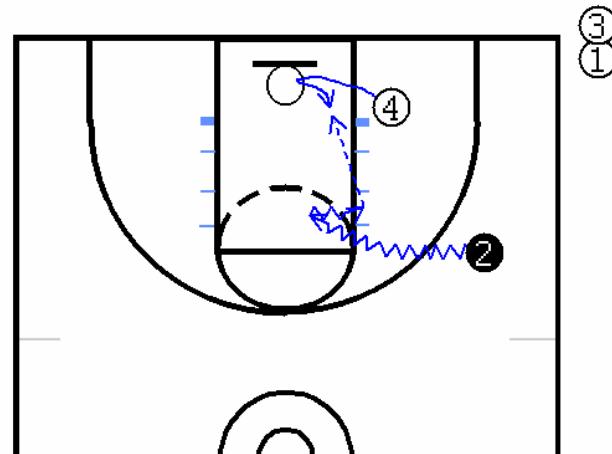
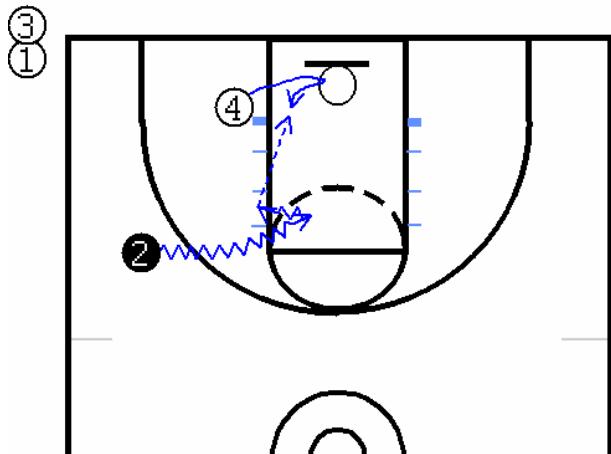
PRE-SEASON
PARTNER SHOOTING WORKOUT CONT...

POST HALF DOZEN DRILLS

5. "14" MISSED 3 pt. PULLUP REBOUND LAYUP (20 right / 20 left)
a. Each player MAKES 40



6. "24 / 34" LEG WHIP PIN LAYUP (20 right / 20 left)
a. Each player MAKES 40



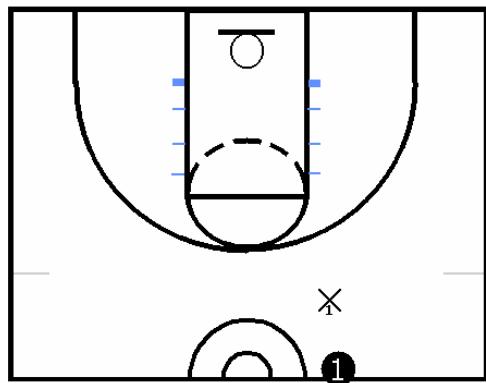
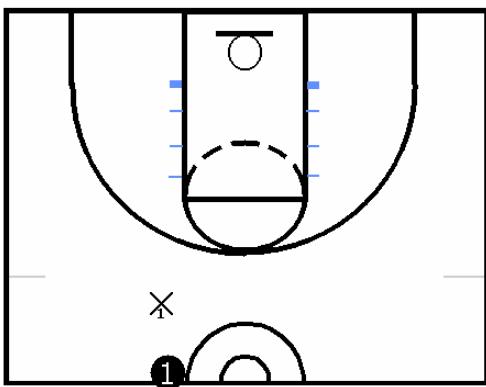


PARTNER WORKOUT FRESNO BLOOD DRILLS

1. ONE on ONE DRILLS

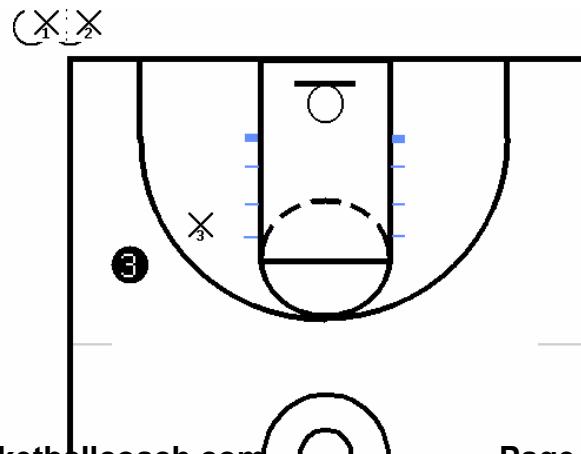
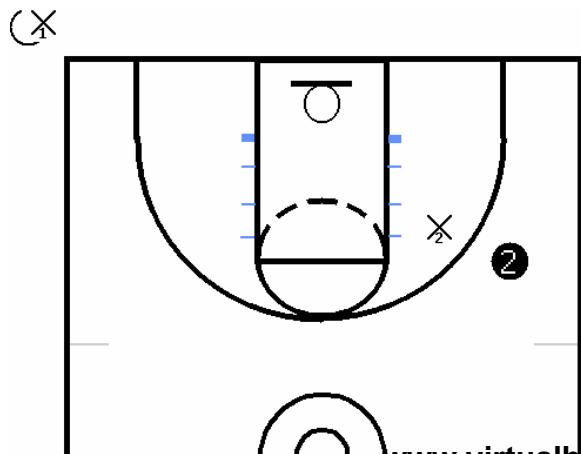
e. Blood ONE (1): Point Guard one on one from the Point Guard LANE (Lane line extended above the 3 point line)

- (1) 5 dribbles MAX (from the three point line down) – start at half court (4 dribbles to get to three pt. line)
- (2) MUST stay within your LANE
- (3) 3's or LAYUPS (TO THE RIM) – no mid-range jumpers
- (4) Turnover if mid-range jumpers are taken
- (5) NO FOULS called – NO flagrant fouls MADE



f. Blood TWO / THREE (2 or 3): Wing one on one from the Wing LANE (Free throw line extended above the 3 pt line)

- (1) 4 dribbles MAX
- (2) MUST stay within your LANE
- (3) 3's or LAYUPS (TO THE RIM) – no mid-range jumpers
- (4) Turnover if mid-range jumpers are taken
- (5) NO FOULS called – NO flagrant fouls MADE

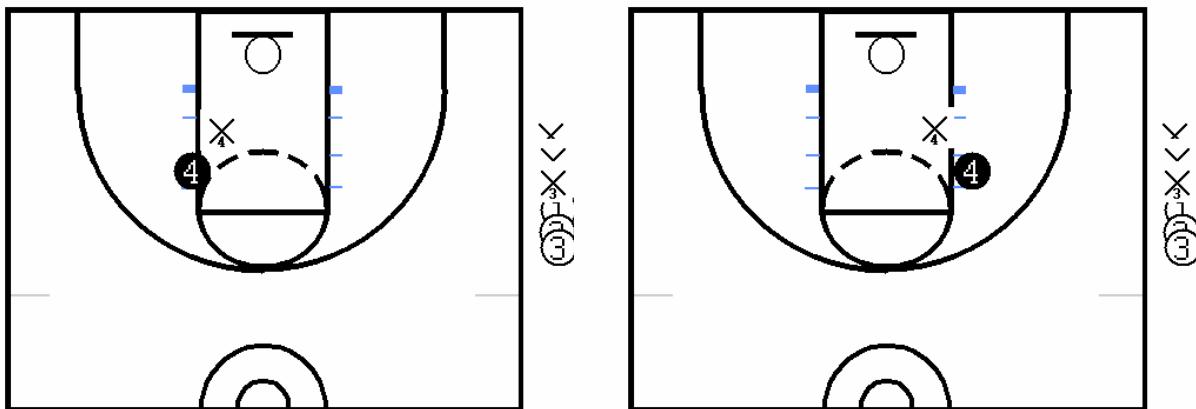




PARTNER WORKOUT
FRESNO BLOOD DRILLS

g. Blood FOUR (4): Post one on one from the Post LANE (third FT lane line) – MUST FACE UP

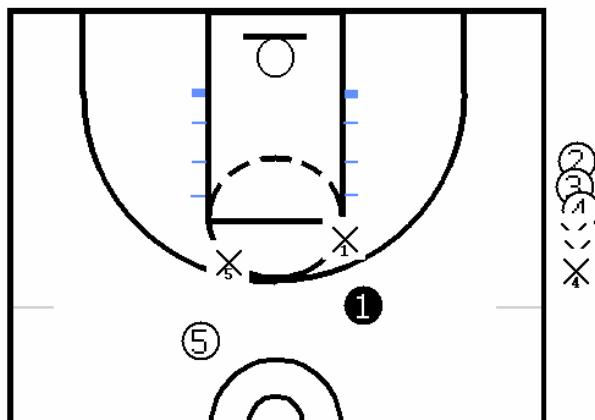
- (1) 3 dribbles MAX
- (2) MUST stay within your LANE
- (3) LAYUPS (TO THE RIM) – no mid-range jumpers
- (4) Turnover if mid-range jumpers are taken
- (5) NO FOULS called – NO flagrant fouls MADE



2. TWO on TWO DRILLS

a. Blood ELEVEN (11): Two on two with BOTH point guards from the Point Guard LANES (Lane line extended above the 3 point line)

- (1) 5 dribbles MAX
- (2) MUST stay within your LANE
- (3) 3's or LAYUPS (TO THE RIM) – no mid-range jumpers
- (4) Turnover if mid-range jumpers are taken
- (5) NO FOULS called – NO flagrant fouls MADE

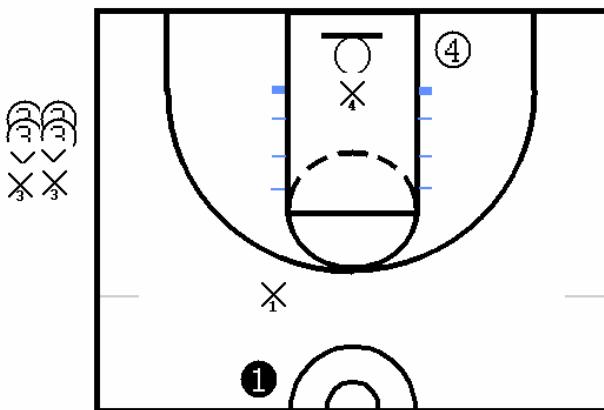
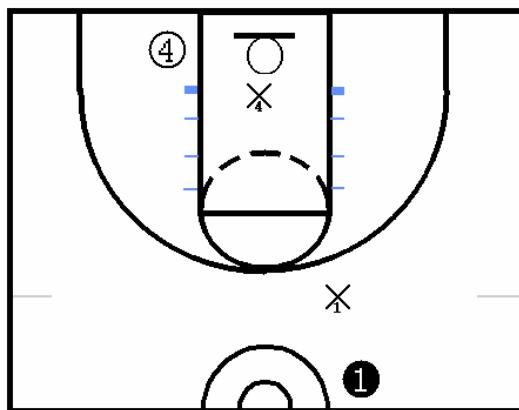




PARTNER WORKOUT FRESNO BLOOD DRILLS

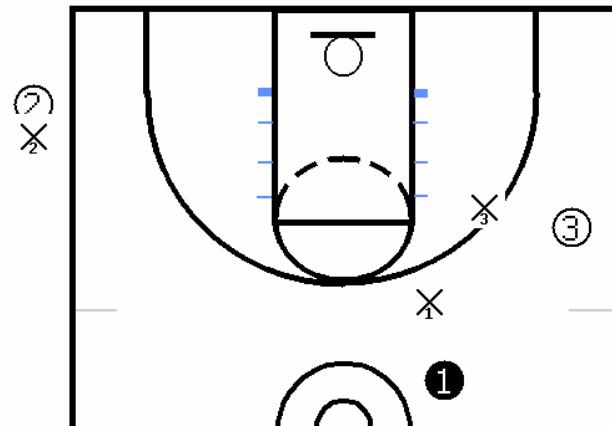
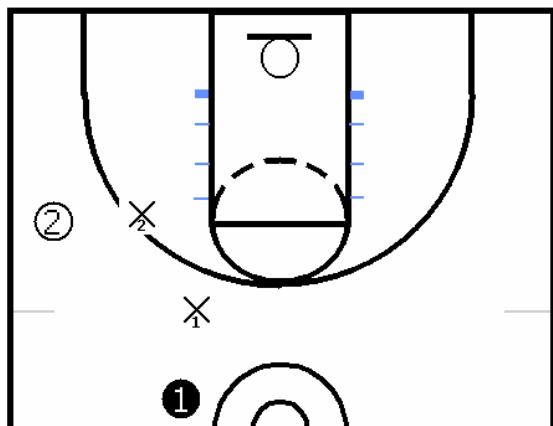
b. Blood FOURTEEN (14): Point Guard / POST two on two from the Point Guard LANES (Lane line extended above the 3 point line) and Post LANE (Weak side soft spot to 3rd FT lane line)

- (1) 5 dribbles MAX
- (2) MUST stay within your LANE
- (3) 3's or LAYUPS (TO THE RIM) – no mid-range jumpers
- (4) Turnover if mid-range jumpers are taken
- (5) NO FOULS called – NO flagrant fouls MADE



c. Blood TWELVE / THIRTEEN (12 or 13): Point Guard / Wing two on two from the Point Guard LANE (Lane line extended above the 3 point line) and the Wing LANE (Free throw line extended above the 3 point line)

- (1) 5 dribbles MAX
- (2) MUST stay within your LANE
- (3) 3's or LAYUPS (TO THE RIM) – no mid-range jumpers
- (4) Turnover if mid-range jumpers are taken
- (5) NO FOULS called – NO flagrant fouls MADE



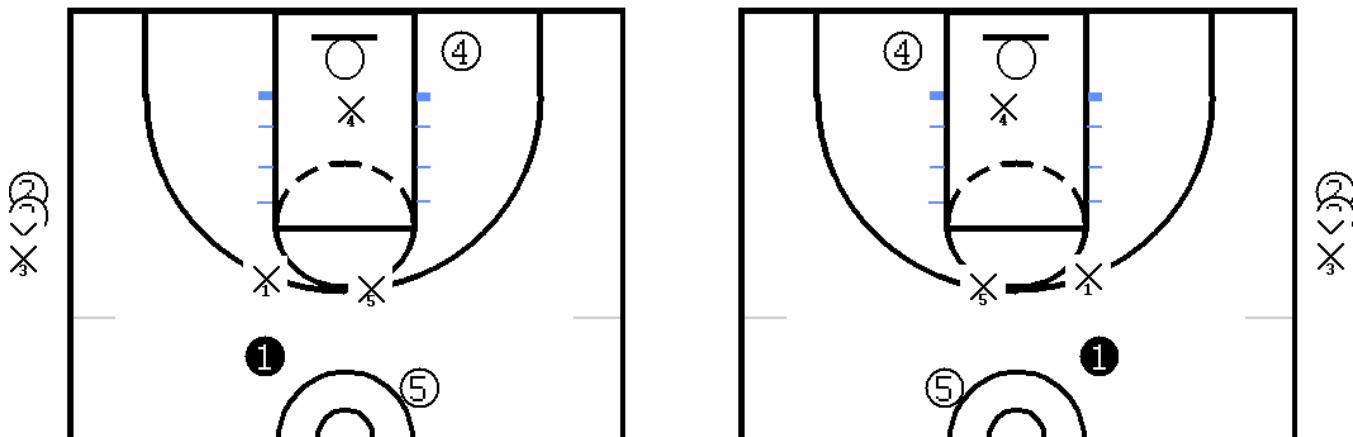


PARTNER WORKOUT FRESNO BLOOD DRILLS

3. THREE on THREE DRILLS

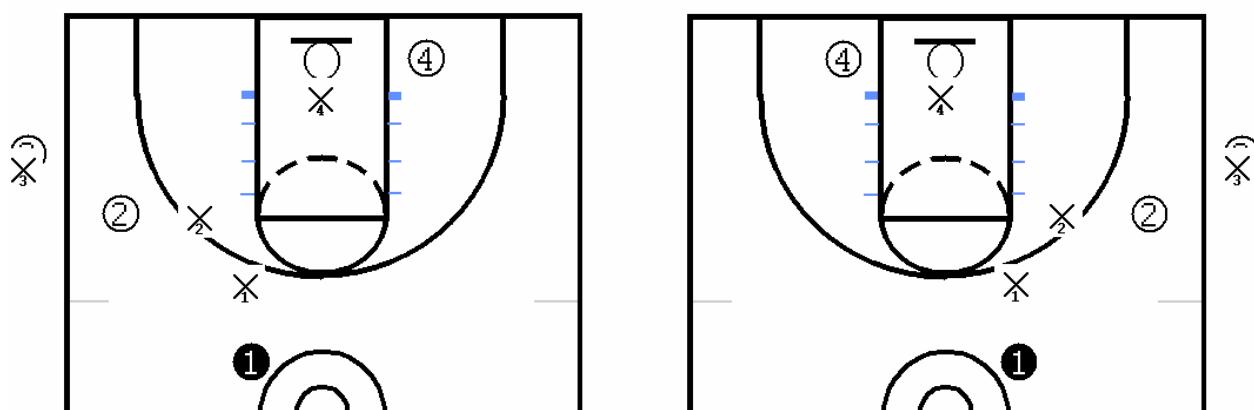
a. Blood ONE FOURTEEN (114): Point Guard / Point Guard / POST three on three from the position LANES

- (1) 5 dribbles MAX
- (2) MUST stay within your LANE
- (3) 3's or LAYUPS (TO THE RIM) – no mid-range jumpers
- (4) Turnover if mid-range jumpers are taken
- (5) NO FOULS called – NO flagrant fouls MADE



b. Blood ONE TWENTY FOUR / ONE THIRTY FOUR (124 or 134); Point Guard / Wing / Post three on three from the position LANES

- (1) 5 dribbles MAX
- (2) MUST stay within your LANE
- (3) 3's or LAYUPS (TO THE RIM) – no mid-range jumpers
- (4) Turnover if mid-range jumpers are taken
- (5) NO FOULS called – NO flagrant fouls MADE

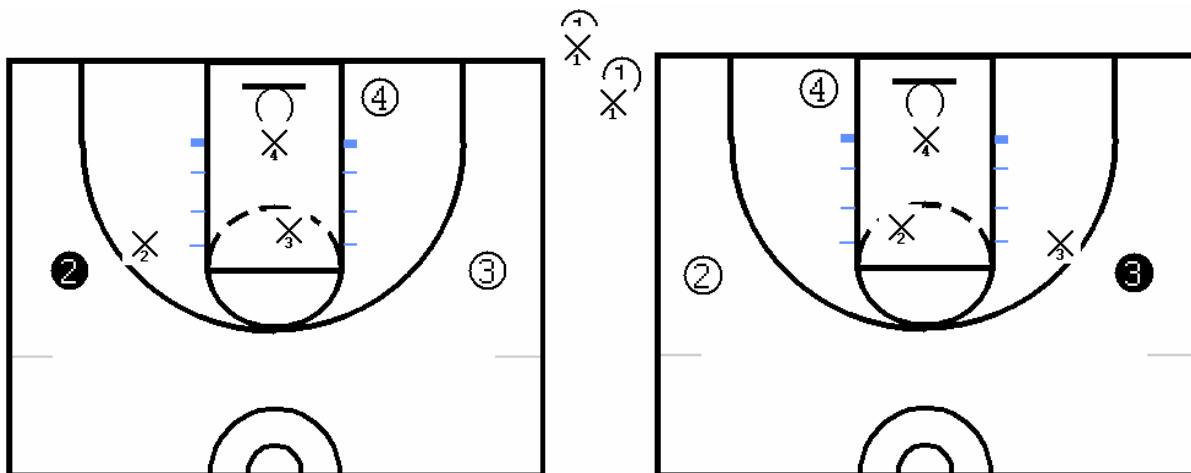




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c. Blood TWO THIRTY FOUR / THREE TWENTY FOUR (224 or 334); Wing / Wing / Post three on three from the position LANES

- (1) 5 dribbles MAX
- (2) MUST stay within your LANE
- (3) 3's or LAYUPS (TO THE RIM) – no mid-range jumpers
- (4) Turnover if mid-range jumpers are taken
- (5) NO FOULS called – NO flagrant fouls MADE



ONE...
Team, game, goal, direction...
TOGETHER!



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