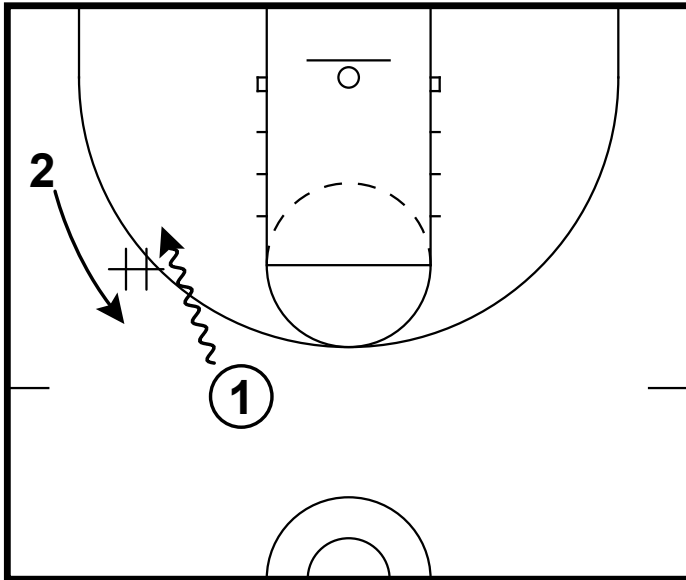
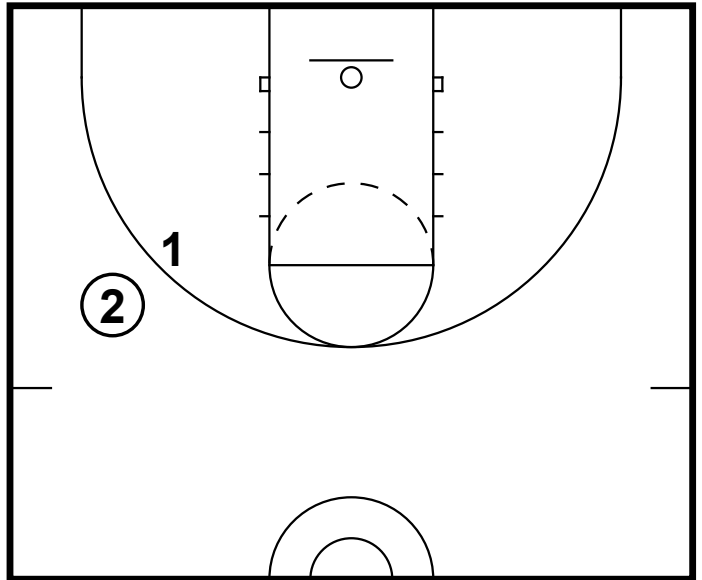


# Competitive Drills

1 v 1 Handoff  
Competitive Drills

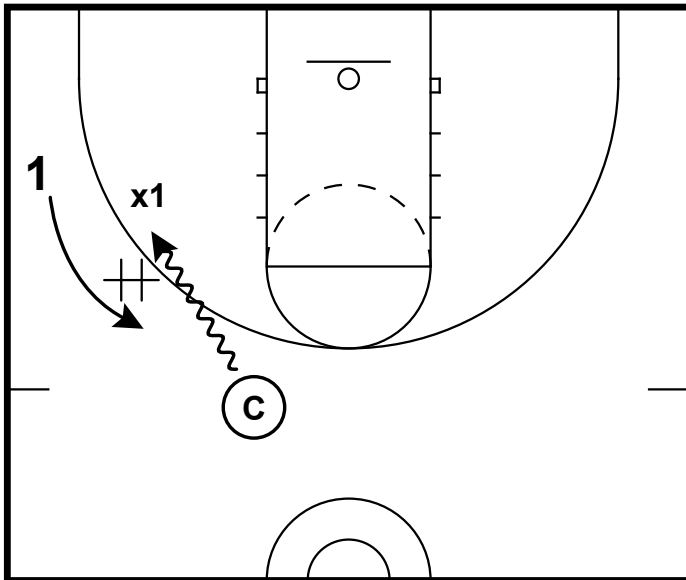


1 v 1 Handoff  
Competitive Drills

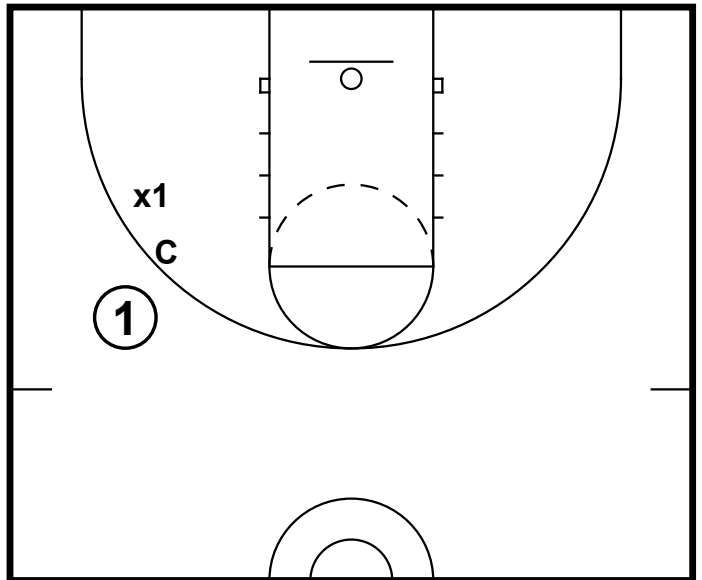


Player 1 performs a dribble handoff with Player 2. After the handoff, Player 1 is now on defense against Player 2.

1 v 1 Handoff  
Competitive Drills



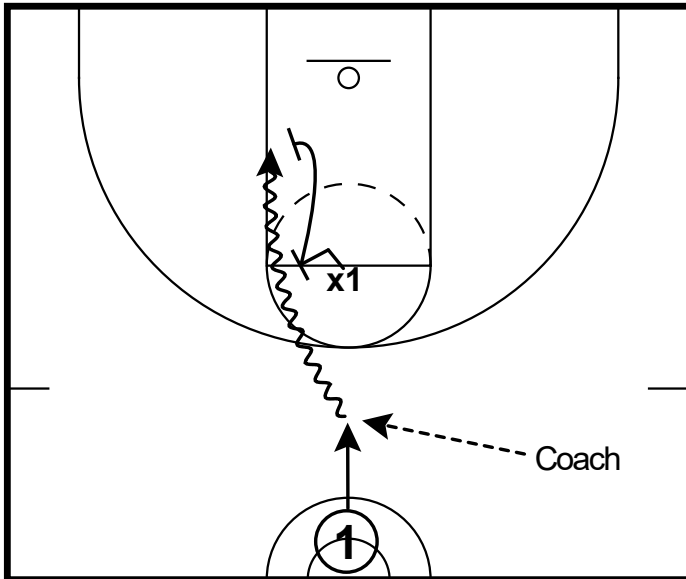
1 v 1 Handoff  
Competitive Drills



Coach/Passer starts with the basketball and performs a dribble handoff with Player 1. After the handoff Player 1 and x1 play 1 on 1. The coach/passer is allowed to flip and set a ball screen for Player 1.

# Competitive Drills

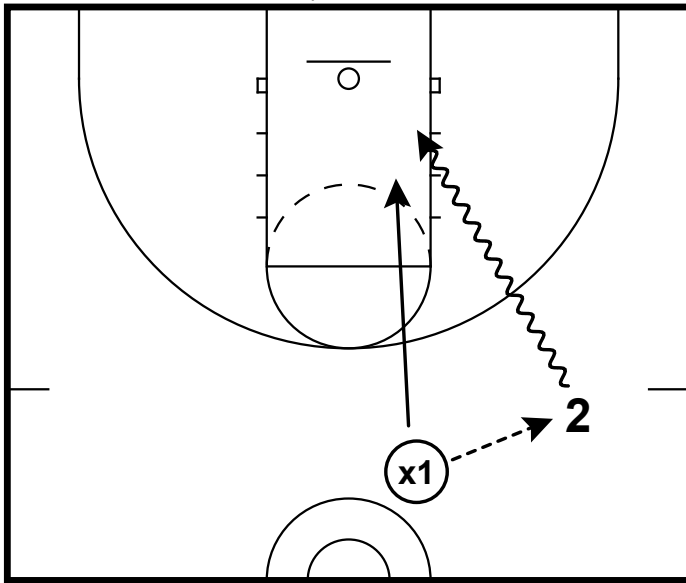
1 on 1 Guard Drill  
Competitive Drills



Organization: A line of players starts at half court with one defender starting at the free ...

# Competitive Drills

1v1 Pass  
Competitive Drills



-x1 starts slightly behind player 2

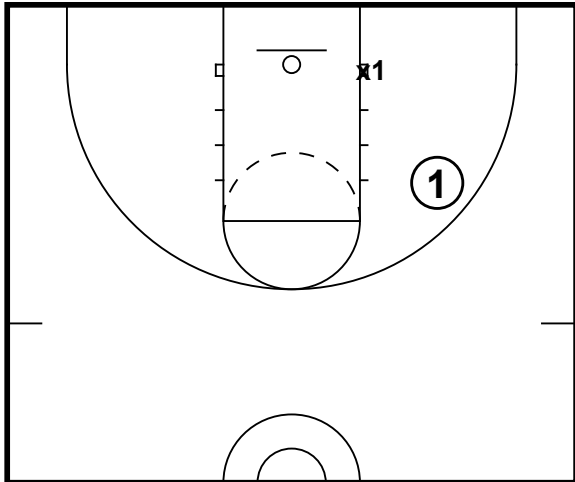
-x1 Starts with the basketball.

-To start the game x1 passes to player 2

-Player 2 immediately tries to score and if they are cut off can change directions

# Competitive Drills

## 1v1 Closeout Game Competitive Drills



Player has ball with back to basket near 3 pt. line (younger kids closer to the basket, older kids behind the 3 point line)

Player with ball jumps and turns around in the air. They need to focus on landing on two feet and on balance.

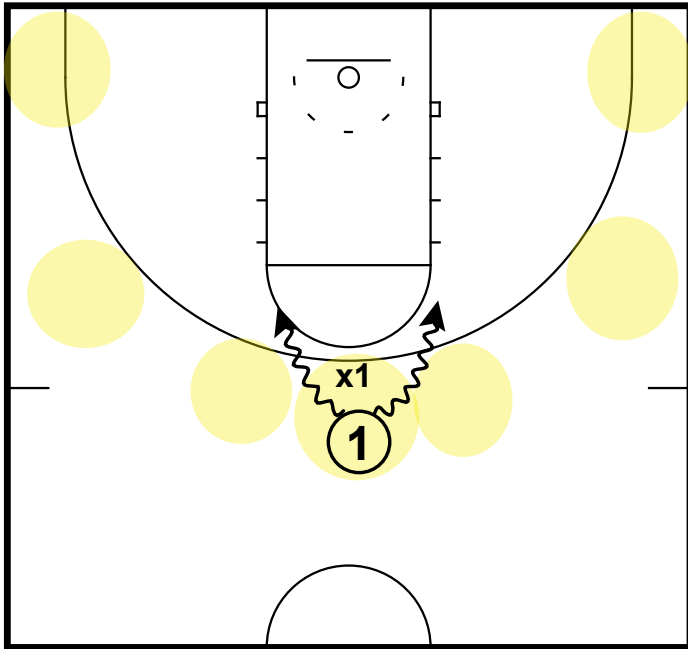
If the defender stays back on the block. They land and shoot it.

If the player comes at them to close out, they drive to the basket and score.

\*\* Helps players read defenses and know which move to make \*\*

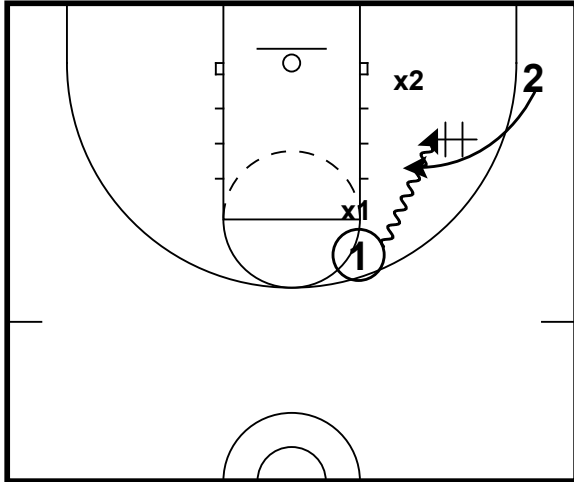
# Competitive Drills

Blind 1v1  
Competitive Drills



# Competitive Drills

## 2 on 2 Dribble Handoff Competitive Drills



- 2 on 2 dribble hand off.

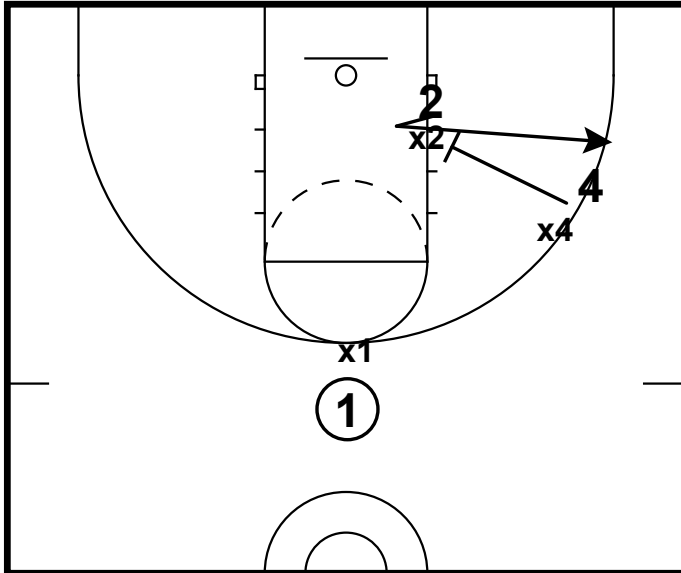
- ball handler needs to land on 2 feet. They can reverse pivot and use their backside to help set the screen on the dribble hand off.

- the player taking the dribble hand-off has to read how it is defended. If defender chases they should curl it to the basket. If defender goes under, then they should look for a jumper if it is there

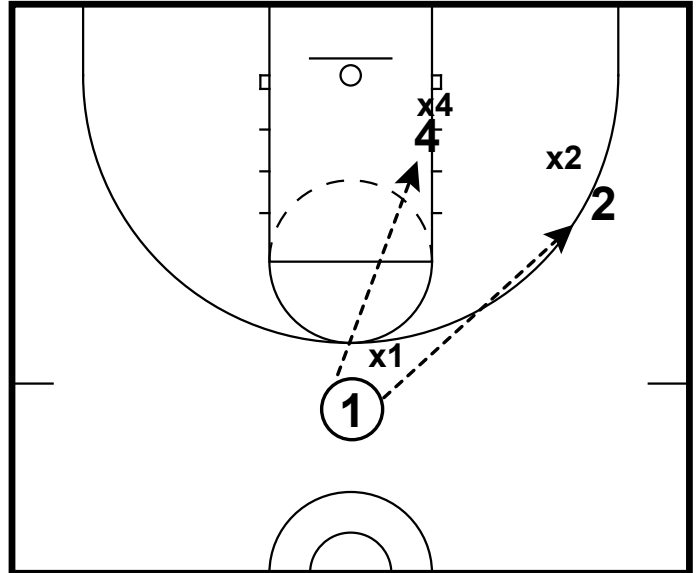
- if nothing is there they should pull out and run an offensive set.

# Competitive Drills

3 ON 3 SERIES  
Competitive Drills



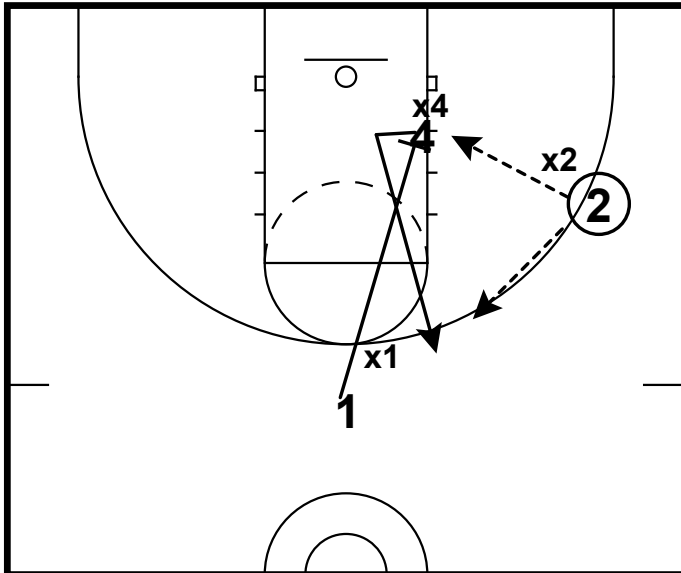
3 ON 3 SERIES  
Competitive Drills



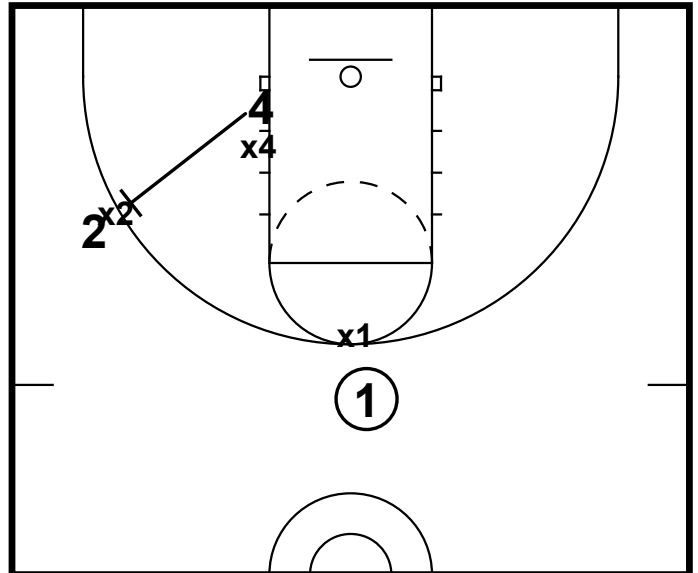
A great drill to help reduce turnovers is a modified 3 on 3 (3 dribbles maximum). It is a great offseason drill with lots of options. This one is called "3 on 3 down". Offense is only allowed to score on pin down screens.

Wings work on using the screen. The screener works on sealing after he sets the screen.

3 ON 3 SERIES  
Competitive Drills



3 ON 3 SERIES  
Competitive Drills

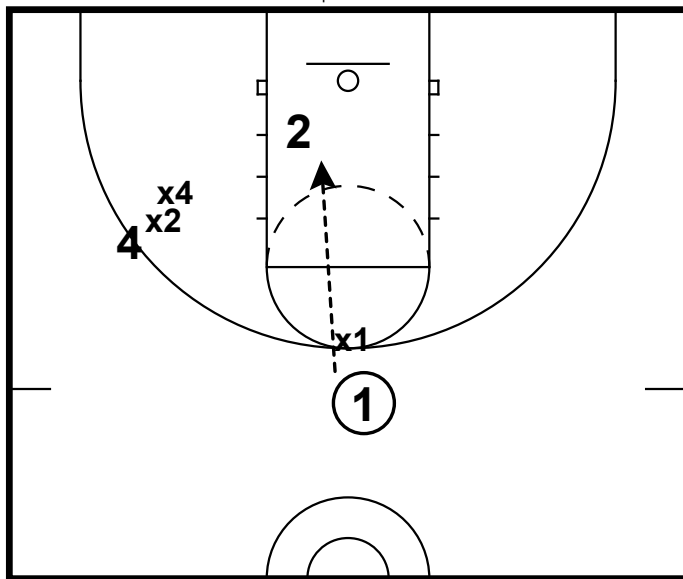


If the first option is not open 1 sets a down screen for the 4. Lots of skills are built upon on this drill; moving without the ball, proper screens, what to do after setting a screen and timing, which gets lost in most offseason training. Also defenses learn how to read the offense. They can switch, stay, hedge. It forces the offense to get creative.

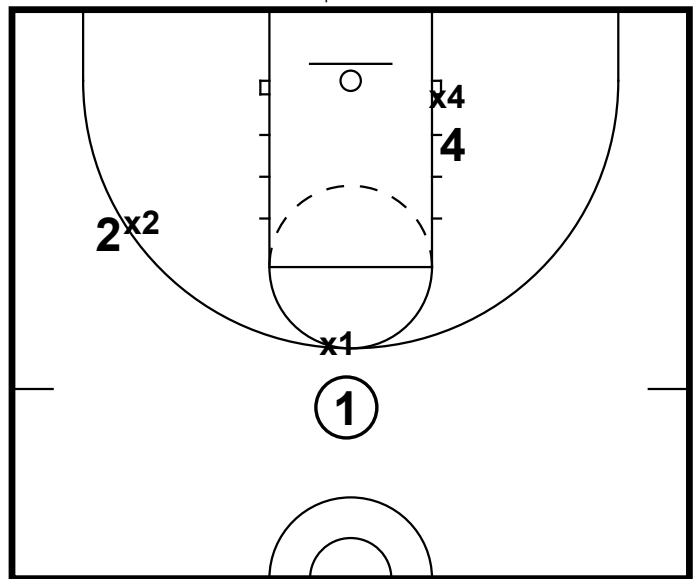
The next game is "3 on 3 UP". This game like "3 on 3 down" allows the offense only to score on backscreens.

# Competitive Drills

3 ON 3 SERIES  
Competitive Drills



3 ON 3 SERIES  
Competitive Drills

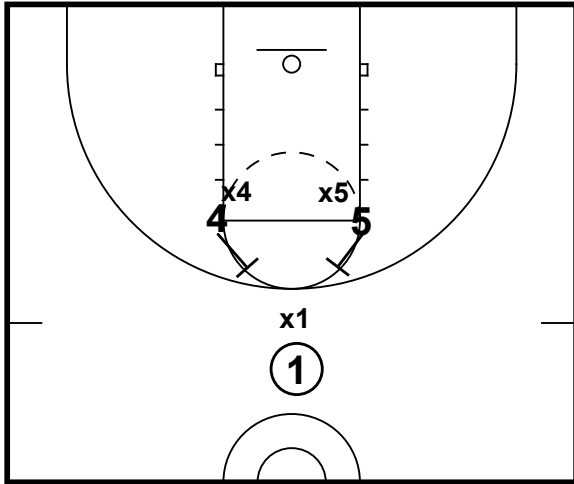


You can create lots of options from this simple game.

- "3 on 3 high" offense can only score from the high post.
- "3 on 3 GO" offense can use backdoor cuts and dribble handoffs
- 3 on 3 BLUE" Offense has to use a pick and roll to score
- "3 on 3 ORANGE" Offense has to use a pick and pop to score

# Competitive Drills

## 3on3 Horns Competitive Drills

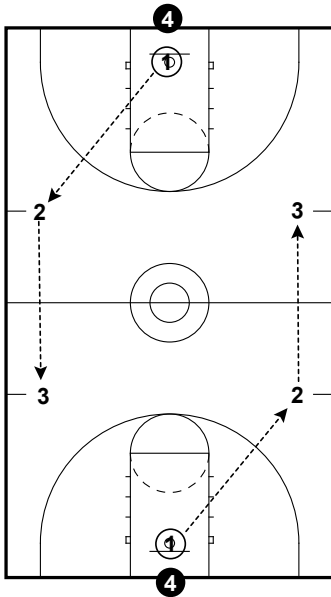


Can work any combination of 3 man game in the middle of the court

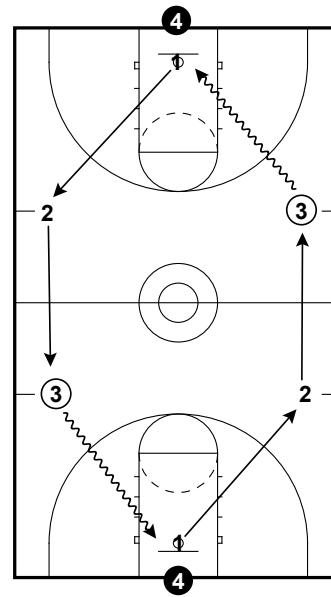
Also can start 4 and 5 on the blocks and have them separate to screen at elbows

# Competitive Drills

2 Minute Lay-Up Drill  
Competitive Drills



2 Minute Lay-Up Drill  
Competitive Drills



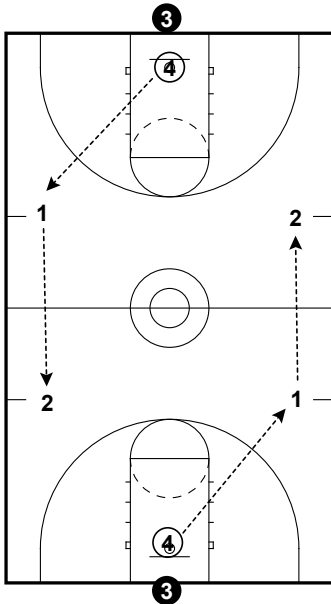
Set your timer to 2 minutes. Goal is to make 100 lay ups in the end. Most teams will struggle to make that many.

When coach yells start, both player 1's pass the ball to player 2. Player 2 pivots and passes to player 3.

Both player 3's dribble in for a lay up.

All other players are sprinting to their next spot. 1 replaces 2, 2 replaces 3, etc.

2 Minute Lay-Up Drill  
Competitive Drills



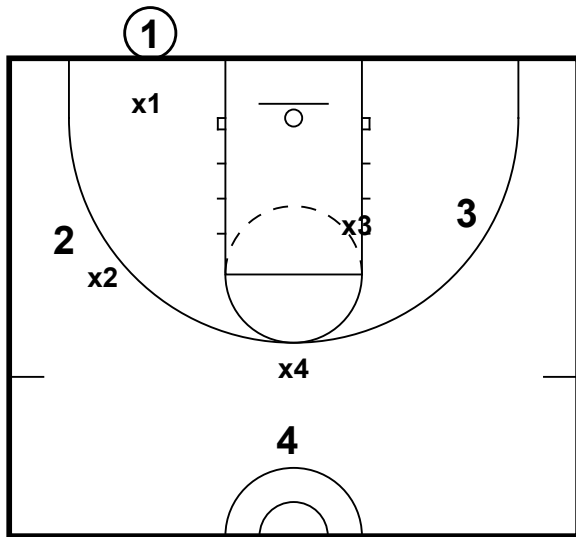
Player 4 should grab the ball out of the net. Pass immediately to player 1 who passes to player 2.

Drill continues for 2m and coaches count how many made lay ups.

**Coaching Tip:** Discuss with players how their bodies react when tired. Important for players to maintain focus when they are tired and still execute. Helps win close games when you can outperform your opponent.

# Competitive Drills

## 4 on 4 No Dribble Competitive Drills

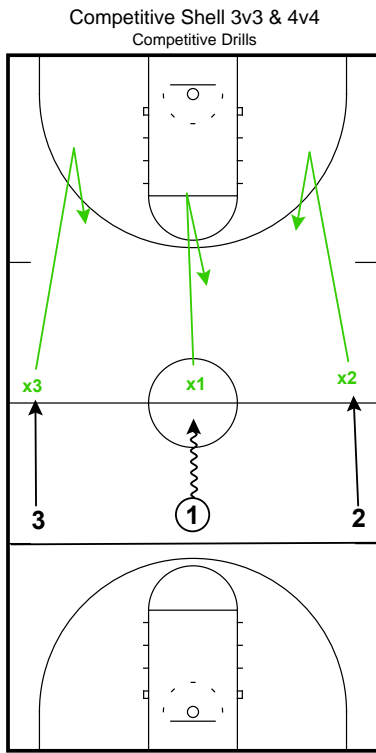


Drill will enhance seeing the entire floor, passing, and cutting to get open.

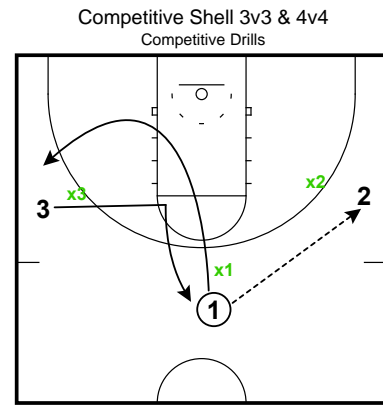
Drill is full court. There is no dribbling. Players should not be allowed to hold the ball for more than 2 seconds. If the player holds the ball for 2 seconds, makes a lob type pass, dribbles, travels, etc., Coach should blow the whistle immediately and change of possession occurs.

Play for 8-10m. Great for conditioning too.

# Competitive Drills



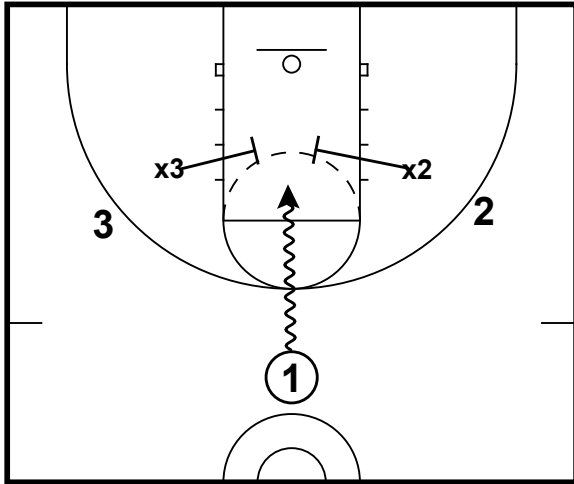
Setup: drill begins with three offensive players competing against three defensive players at the three quarter court level.



Once the ball is crossed over half court the offense runs the guided shell action of the day. ...

# Competitive Drills

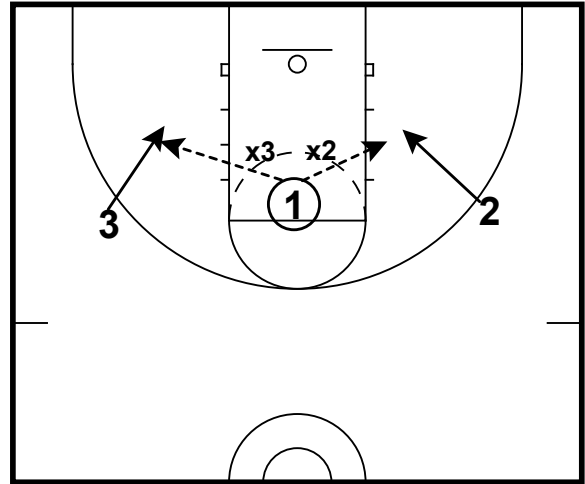
Drive and React  
Competitive Drills



Drill is designed to help ball handlers react to help defense.

For this drill, player 1 starts with ball and penetrates. Defender 2 and 3 help to stop ball.

Drive and React  
Competitive Drills

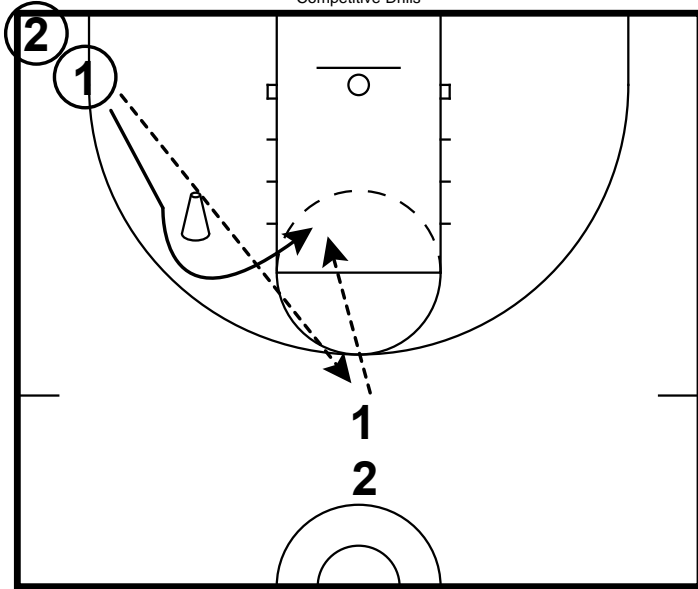


Player 1 must decide if they can score, or need to pass to player 2 and 3. Player 2 and 3 should only cut to basket if their defender helps on player 1. Otherwise they are bringing their defender into player 1's drive to the basket.

You can add a defender to player one also to add complexity or challenge

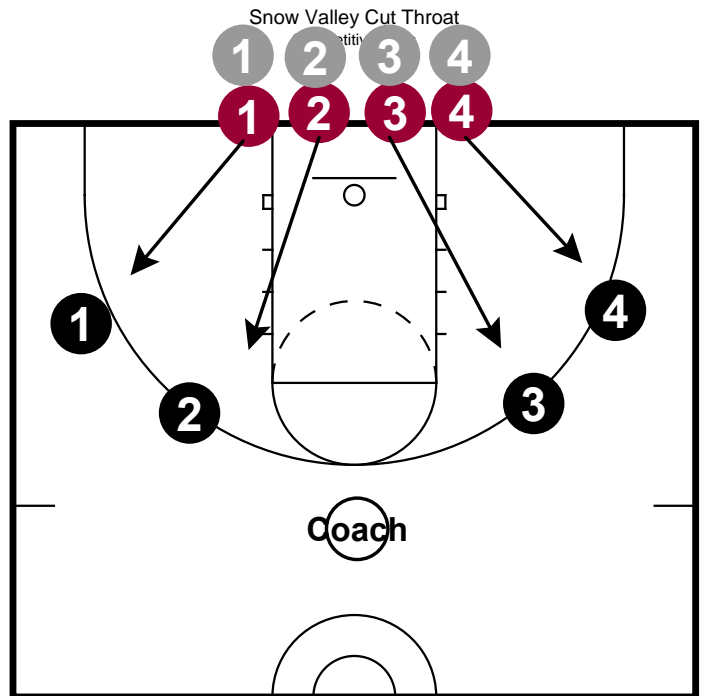
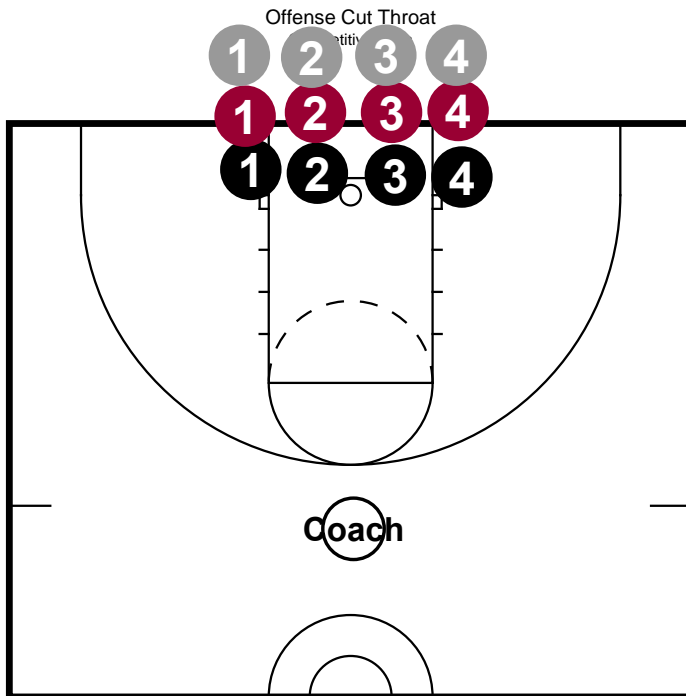
# Competitive Drills

Ray Allen Series  
Competitive Drills



One line is a passing line and one line is a cutting line ...

# Competitive Drills

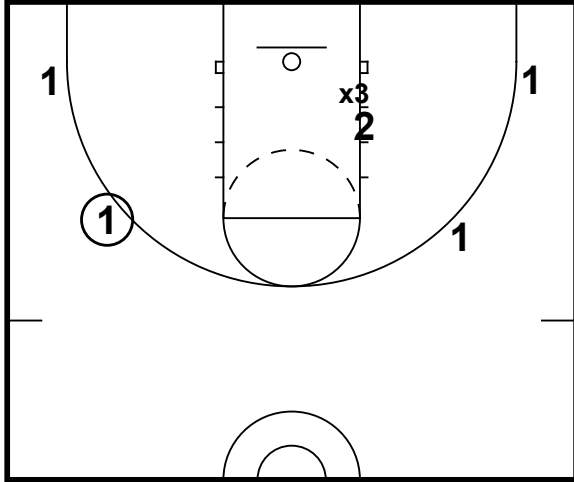


Cut Throat is a 4 on 4 competition that started at Snow Valley Basketball School. It is a timed ...

Here is where the drill takes on the identity you need it to. You can make the offense do ...

# Competitive Drills

## Bull in the Ring Competitive Drills



2 players start in the post

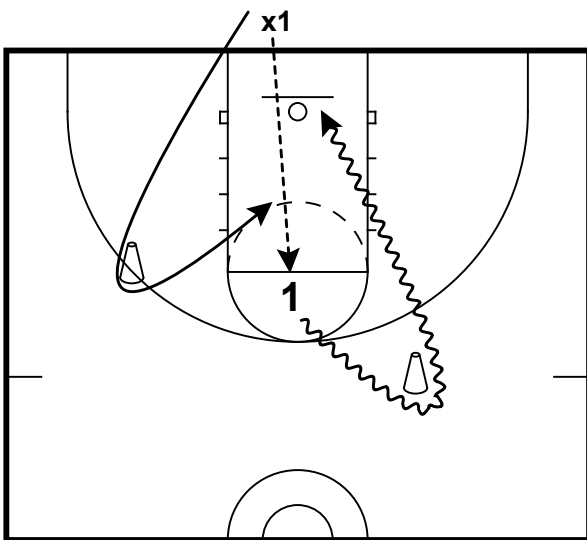
1 player on the perimeter shoots a jump shot. Which ever of the 2 in the post gets the rebound (make or miss), is then on offense. The other is on defense.

The rebounder throws the ball back out to any player on the perimeter and then reposts.

Have to score 2x to get out of the "ring"

# Competitive Drills

Spanish 1 on 1 Drill  
Competitive Drills



X1 starts with a ball on the baseline

1 starts at free throw line

X1 passes ball to 1.

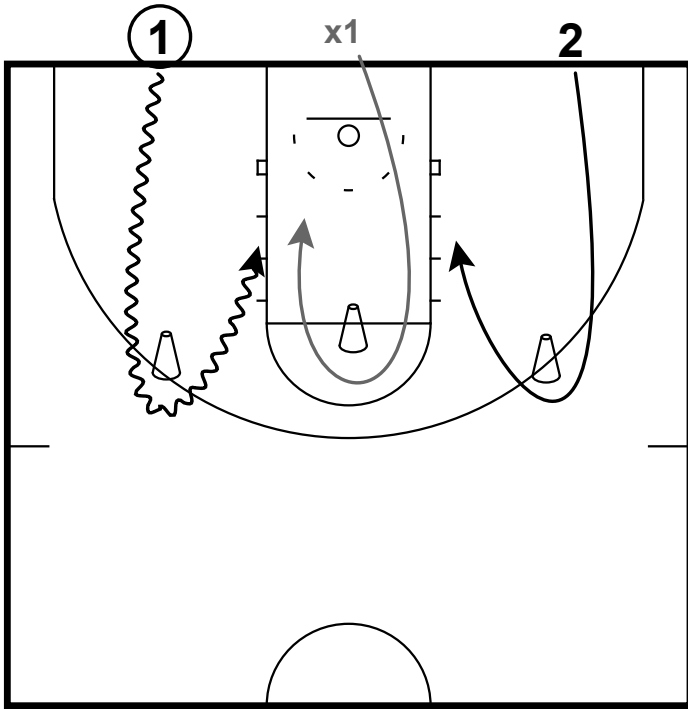
1 must dribble around cone and attack the basket

X1 must sprint around their cone and attempt to stop 1

We will vary the locations of the cones for each player to increase the level of difficulty

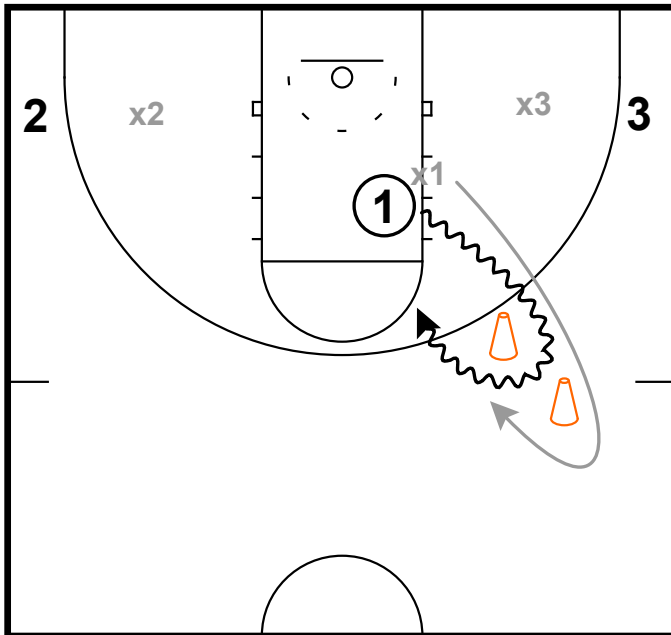
# Competitive Drills

SSG: 2v1 Transition  
Competitive Drills



# Competitive Drills

SSG: Cone Finishing (3v3)  
Competitive Drills



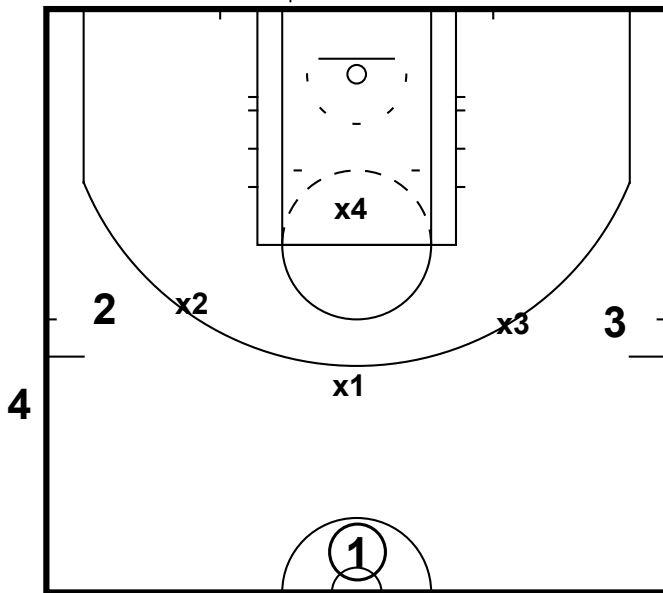
As one turns the corner to the basket, the defense has to help to stop the ball and eventually recover.

Drill focuses:

- Making the right decision with the ball
- Defense talking
- Defense helping and recovering

# Competitive Drills

Tennessee 3v4  
Competitive Drills



3v4

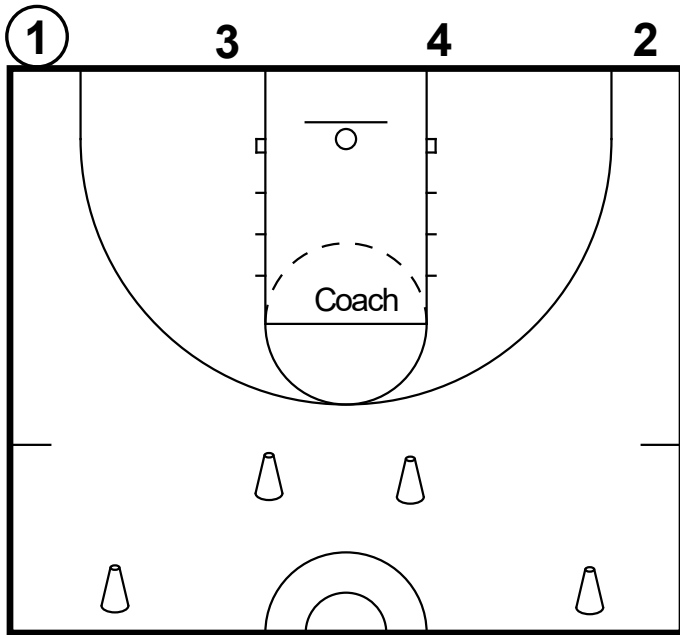
3 on offense, 4 on defense. If defense gets a stop, they must get ball back to jump circle before playing offense. 1 player would step off when on offense and a player would step on for defense.

If offense were to score, they would have to get ball back to jump circle.

Play to a certain amt of points.

# Competitive Drills

Trail Blazer 2v2  
Competitive Drills

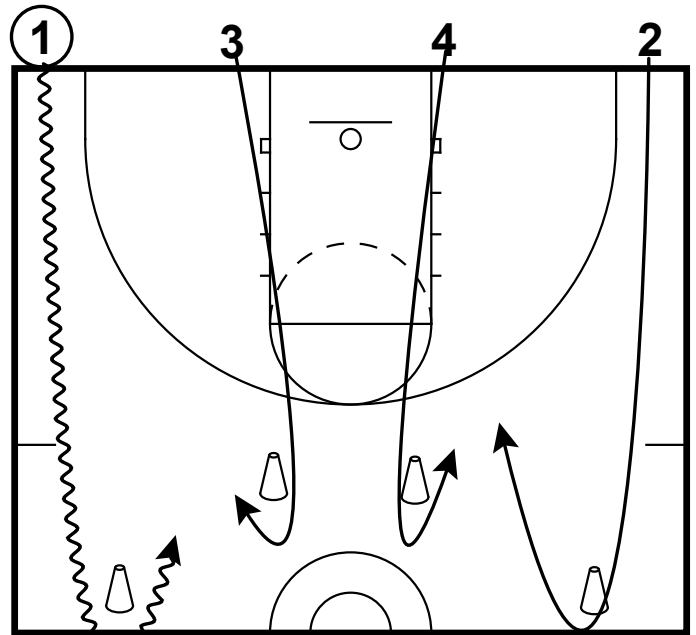


1 & 2 are the offensive players

3 & 4 are the defensive players

The live segment starts when Coach passes the ball to either of the offensive players.

Trail Blazer 2v2  
Competitive Drills



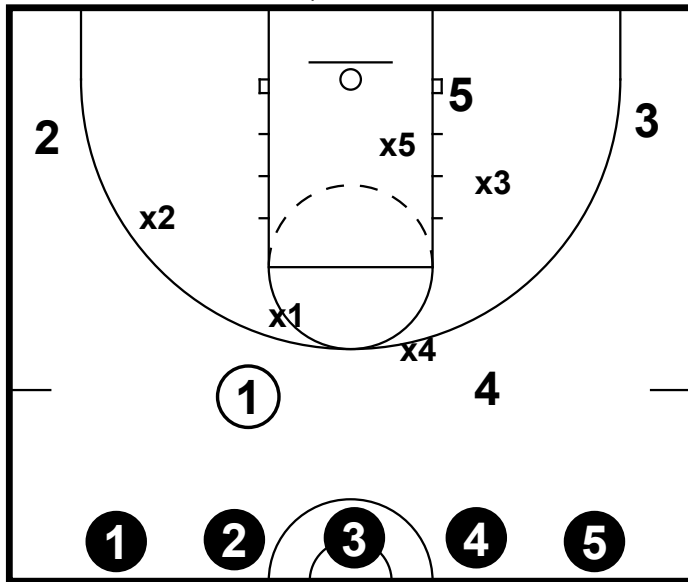
Once one of the offensive players receives the ball, both 1 & 2 will go to the outside of the cones to come back downhill to the rim.

3 & 4 will sprint to the inside of the cones to get back in front and contain.

Defense goes to offense, offense goes to defense.

# Competitive Drills

Turkey Defensive Drill  
Competitive Drills



Defense must get three stops in a row to get out.

If you have enough players: After each possession, a new offensive team comes on the floor