Below are some explanations of several drills in last week's defensive packet.

1) **Blackhawk**
   - Line of offensive players at top of key, managers on each wing, and a defender guarding the person in front of the line (who has the ball).
   - Offensive player hits either wing and basket cuts to the rim. Defender jumps to the ball on the pass, defends the basket cut (not allowing an inside cut) to about the 3rd marker. Wing passes ball back to top (next guy in line steps into top of key), and defender releases his man and closes out on the ball.
   - Repeat this pattern until defender has guarded 3 cutters. On the 4th pass back to the top, 1v1 live. Offensive player gets two dribbles.
   - Drill is designed to work on a) jump to the ball on the pass b) Closeouts c) defending basket cuts
   - Drill moves quickly, and players should get lots of repetitions

2) **Stops**
   - Line 4 offensive players on the wing. Coach with ball at top of key. A defender in the "gap" between top and wing.
   - Coach passes ball to wing. Defender closes out (moves on the pass!) and guards the wing live 1v1. Offense has 2 dribbles
   - Play thru the rebound. Defender must force a turnover, or a miss AND get the rebound to score a point (you can ONLY score on defense). A foul or a basket scored is no point for the defense or offense.
   - After a possession, the defender IMMEDIATELY sprints to his gap position, and coach has ball ready at the top of key. Coach passes to next guy in line and drill again play 1v1. Repeat this 3 times, until the same defender has guarded each guy in the line 1 time.
   - Game continues until each of the 4 players gets a chance to play defense. Each player has opportunity to score 3 points.
   - Repeat with coach on wing, and line at top, or coach on top and line in corner. Can be played from any position on the floor.

3) **Domination**
   - A game of stops that starts out of triple threat (start with a check ball as opposed to the pass)
   - Must be played on the wing.
   - Offensive player cannot step in the lane, below the 2nd marker, BEFORE shooting. If he lands in the lane after shooting is ok (in lane above the 2nd marker is ok)
   - Same rules/ concepts as stops. Can only get a point on defense.
   - Drill is designed to simulate 1v1 defense with good help. Allows your players to pressure the ball and challenge shots more aggressively.
   - This drill is designed to teach your players to be aggressive when defending the ball... pressure it & challenge.
1 dribbles right. 1 can use 4's ballscreen or ignore it.

2, 3 backscreen for 5.

2 then backscreens for 4 for a potential lob. As 2 backscreens, 3 locates middle.

If 5, 3, 4 are not open, 1 passes to 2. 2 dribbles left to post pass to 4 ducking in.
PLAY OF THE WEEK - MAN OFFENSE

"LOB" - VAN GUNDY - MING

1 dribbles out. 5 pins down for 2.

1 passes to 2. 4 breaks out and catches the pass from 2. On the catch by 4, 3 cross screens for 5.

On the catch by 5, 3 backscreens for 4. 5 passes to 4 for a lob. 1 and 2 interchange.
**WARMUP** (choose 1)

**2 Ball Warmup**

1. Each player starts on baseline with two balls
2. Do stationary drill for 20 seconds
3. Accelerate out the length of the floor alternating your dribble
4. With each repetition, increase the pace so ballhandler is almost full speed at the end
5. Dribble moves are as follows:
   a. 2 ball over top
   b. 2 ball figure eight
   c. 2 ball slams
   d. 1 high, 1 low
   e. 2 ball exchange
6. Pick 3 dribble moves and do each move twice, alternating directions. 6 full trips in all

**2 Man, 1 Ball Shooting**

1. 2 players shooting with 1 ball
2. Shooter gets own rebound, player 2 spots up
3. 60 seconds per area; keep total score
4. 3 areas are:
   a. Mid range shots
   b. 1-2 step 3’s
   c. Eye rim, step bye’s

9/18/2007 XAVIER BASKETBALL - CONFIDENTIAL
**Head Ahead Series**

1. Start in a line wide and 5' behind halfcourt, as if a “wide runner”

2. Sprint the wing wide, angling in to the 3 pt. line as if on a 3 vs. 2 fast break.

3. On the catch, make the following moves:
   a. Spot up 3
   b. No dribble, reach out finish
   c. No dribble, power finish
   d. Rip thru, 1 dribble reach out finish
   e. Rip thru, 1 dribble power finish
   f. Rip thru, 1 dribble pull-up
   g. Spot up 3

4. After the shot, jog back to halfcourt on opposite side. Repeat the same move from the opposite wing

**Daily Dozen**

- Each of the six executed going L, R

1. Reach out layup – “being chased”

2. Two foot power layup – “put defender in jail”

3. Stride stop, step thru – “you were caught”

4. Across the lane baby hook – “use the rim”

5. Dribble to baseline, sprint, reverse layup with ball in same hand.

6. Down the middle, jump stop, “floater” with right hand only.
• Starts with a player at halfcourt wide sideline in a triple threat position.

**Toughness Series**

1. (5) Taps with no score  R, L
   Finish with a two hand snatch with outlet pass.

2. (5) Front rim bangs squeezing ball with two hands.
   Finish with a pump fake score. “No travel”

3. (8 made) Mikans

4. (8 made) Reverse Mikans

5. (5 made) One Dribble Mikans

6. (3) Backboard slams
   ● Bang the board twice with a finish x3

7. (3) McHales
   ● Tap ball with one hand 5 times and tip it in on the 6<sup>th</sup>. A miss on 6<sup>th</sup> one results in an incomplete result.

8. (6) Ball pickups
   ● Shoot with proper hand on each side using shoulder as a weapon.

9. (4) X Out without dribble
   ● Catch a pass from coach after, two hand outlet pass, touching same elbow with foot. Receive a pass from a second coach on the opposite wing. One leg layup with proper hand.

10. (4) Made jumphooks from the middle L, R
    ● 1- ft. out

**Halfcourt Touch**

1. Player starts in the corner along the baseline and jogs to halfcourt.

2. He touches halfcourt with his foot, turns and sprints to the basket on 45° angle.
3. He receives a pass from the coach who is standing on the elbow.

4. Player starts new line in opposite corner.

5. Player shoots (6) shots on each side – a one dribble power layup, a one dribble single leg layup, a one dribble stride stop step thru, a bank shot with no dribble, catching at 28 ft. and dribbling across lane for a baby hook, catching at the 20 ft. mark and passing back then receiving a pass for no dribble layup.

6. A total of 12 shots are taken.
OFF THE CATCH (choose 1)

Explosion Series

- 2x each move, establish triple threat

1. Two dribble power layup  R, L
2. Two dribble pullup  R, L
3. Perimeter drive into post-up  R, L
   - “Pop the ball at the beginning of shot
   - “Fast drive to slow post move”
4. Stride stop, step through  R, L
5. Two, three dribble drive and pass  R, L
   With a stride stop ending with no travel.
   - Drive the ball to the front of the rim.

Getting Open Progression

1. Ways to get open – V cut, button hook and pop, straight cut (coaches' choice)

2. Shots
   a. Backdoor power layups – 2 shots
   b. Catch, pivot 2 dribble pullups – 2 shots
   c. Catch, pivot 2 dribble layups – 2 shots
      ● Both one and two foot layups – 2 shots

3. A coach should mark off two different spots for a player to execute a backdoor, pullup, and layup. It’s a coach’s decision on what “way to get open” he makes the player execute.
**Dribble Moves** (choose 1)

**Center Chair Drill**

1. Place 5 chairs at equal distance from top of key to top of key
2. Start ballhandler head under rim at one end
3. Attach each chair with a dribble move
4. After 5th chair, take 1 hard dribble into a pull-up
5. Dribble moves are:
   - a. Hesitation
   - b. Inside out
6. Do each move down and back with each hand. Objective is to stay low in the move
7. Eliminate the 2nd and 4th chairs and repeat both moves with only 3 chairs. Objective with 3 chairs is to combine playing low with long strides and accelerating out of the move

**Steve Nash Series**

1. Start players in a line just inside right corner.
2. Place a chair across from top of key, directly in front of the line. Please a 2nd chair angled in at 30’ from opposite rim.
3. Attach both chairs with a dribble move and make appropriate finish
4. Repeat drill on opposite side coming back
5. Do with right and left hands
6. Dribble moves are:
   - a. Ins out, speed crossover, pull-up
b. Hesitation, inside out, power finish  
c. Between legs crossover, inside out, reach out layup  
d. Behind back, inside out, pull-up  

Half Court Pitino  

1. Start in center circle or 10 ft. behind halfcourt line on the sideline. Each sideline rotates.  

2. Begin with a pass from a coach and allow each player to catch and go, catch, pivot, then go. Do not start with triple threat position or by a senseless dribble.  

3. Push the ball in a direction with the dummy defender (except in d.)  

4. Go “body to body” by the dummy defender.  

5. Moves  
   a. Change of pace with head rise with a power layup – “eyes on rim”.  
   b. Inside out with a one leg layup – “make move early”.  
   c. Inside out, crossover with a power layup – “make moves early”.  
   d. Through the legs with a one leg layup – “change speed”.  
   e. Through legs, crossover with a power layup – “quick with the ball”.  
SHOOTING (choose 1)

Hubie Browns

1. 17 ft. distance between shots.
2. Emphasize proper footwork.
3. Player executes a chest pass and a two hand over head pass to the shooter.
4. Both wings, at top – with passer changing sides, players choice for fifth segment.

- Coach’s decision on counting shots or makes. Player can also shoot for either :55 or :30 sec’s per spot.

Step Byes

1. A player one, two steps and takes “one long dribble” both R, L hand x2 at 7 spots after receiving a pass.
2. The emphasis is “eyes on the rim” first and “body to body” by the defender.

Baseline Jump Shot Routine

- All shots are from a bounce pass. A coach chooses either the R, L sides.

1. Make (4) or shoot (7) 5 ft. bank shots
2. Make (4) or shoot (7) 8 ft. bank shots
3. Make (4) or shoot (7) 12 ft. bank shots
4. Make (4) or shoot (7) 5 ft. baseline shots
5. Make (4) or shoot (7) 8 ft. baseline shots
6. Make (4) or shoot (7) 12 ft. baseline shots
7. Make (4) or shoot (7) 5 ft., 8 ft., 12 ft. bank shots
8. Make (4) or shoot (7) 5 ft., 8ft., 12 ft. baseline shots
POST MOVES (choose 1)

Toughness Series

1. (5) Taps with no score  R, L
   Finish with a two hand snatch with outlet pass.

2. (5) Front rim bangs squeezing ball with two hands.
   Finish with a pump fake score. “No travel”

3. (8 made) Mikans

4. (8 made) Reverse Mikans

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   ● Bang the board twice with a finish x3

7. (3) McHales
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   ● Shoot with proper hand on each side using shoulder as a weapon.

9. (4) X Out without dribble
   ● Catch a pass from coach after, two hand outlet pass, touching same elbow with foot. Receive a pass from a second coach on the opposite wing. One leg layup with proper hand.

10. (4) Made jumphooks from the middle L, R
    ● 1- ft. out
**Button Hook Series**

- 2 shots per cut

1. Player starts at the 3 pt. line on the right.

2. Cuts.
   a. The passer is at the top, player on the right wing – backdoor button hook score without dribble.
   b. – backdoor button hook, pump fake, score without using the dribble.
   c. Player has the ball on the right wing and passes to the top, uses a backscreen – button hook score without dribble. On the back cut do not cut off of the screen ballside.
   d. – button hook, pump fake, score without using the dribble.

3. A player executes the same cuts from four spots – two wing and both elbows.

**Mid Line Series Off Cuts**

- Begin with the first two repetitions on each cut being a “two feet” in the paint catch.

1. Transition

2. Blast at Ball

3. Button Hook

1. Defining the three cuts
   **Transition cut** – top of key directly into low post area. **Blast cut** – breaking across the lane either low to mid or mid to low. **Button hook** – 3 pt. line into lane area executing a reverse pivot.
2. **Mid line moves**

   - Slow, strong dribbles
     a. Mid line bounce, jump hook – “pop the ball”.
     b. Mid line bounce, counter – “drop the leg”.
     c. Mid line bounce, up and under – “show the ball to the rim”.
     d. Mid line bounce, counter, up and under – “show the ball to the rim”

**Tap, Pitch, Post**

1. The player taps the ball off of the backboard 5 times.
2. “Snatches” the rebound and outlets the ball to a coach.
3. The player posts up for five shots.
4. He then sprints the floor to halfcourt, touches, and then returns to tap second ball off the other side of the backboard five times.
5. “Snatches” the rebound and outlets the ball to a coach, sprints to halfcourt, touches, and then runs and catches an “over the top” pass for a transition dunk.
6. The player then alternates sides of the backboard for 5 post up shots on the opposite side and an over the top pass from the opposite side from the start.

   - 10 post shots and 2 finishes are taken for 12 total shots.
SEALS/FINISHERS

Seal to Score

1. (3) Corner of the backboard catch – “elbows high”.
   ● Both sides

2. (3) Aggressive duck in, no bounce – “leg high, arm low”.
   ● Both sides

3. (3) Transition seek and seal – “chop feet”.
   ● Both sides

4. (3) Lock and lob – good post up, “flip your head”
   ● Both sides

Button Hook Series

● 2 shots per cut

1. Player starts at the 3 pt. line on the right.

2. Cuts.
   a. The passer is at the top, player on the right wing – backdoor button hook score without dribble.
   b. – backdoor button hook, pump fake, score without using the dribble.
   c. Player has the ball on the right wing and passes to the top, uses a backscreen – button hook score without dribble. On the back cut do not cut off of the screen ballside.
   d. – button hook, pump fake, score without using the dribble.

3. A player executes the same cuts from four spots – two wing and both elbows.
**Finishers**

1. (3) Quick ups – bank shots  
   ● Both sides

2. (3) Baseline finishes with no dribble  
   ● Both sides

3. (3) Baseline finishes with one dribble  
   ● Both sides

4. (3) Baxters from baseline drive  
   ● Both sides

5. (3) Rebound high keep high  
   ● Both sides

6. (3) Relocate, shot fake, score “No Travel”  
   ● Both sides