

INDIVIDUAL OFFENSE

Shooting Technique/Practice

Dos and Don'ts

Form Shooting

Duke Shooting

Motion Shooting

Ball Reversal Shooting

Line Form Shooting (12 Minutes)

Free Throws

2 Line Shooting

Ball Handling

Dos and Don'ts

1 Ball Series

2 Ball Series

15 Passes

Other Drills

Box Passing Drill

Full Court Layup Drill

Big Man Drills

Jump Stop Drill (Pivot, Pass)

PNR (Pick and Roll)

4 Corner Passing

3 Man Weave

Shooting Technique/Practice

Dos and Don'ts

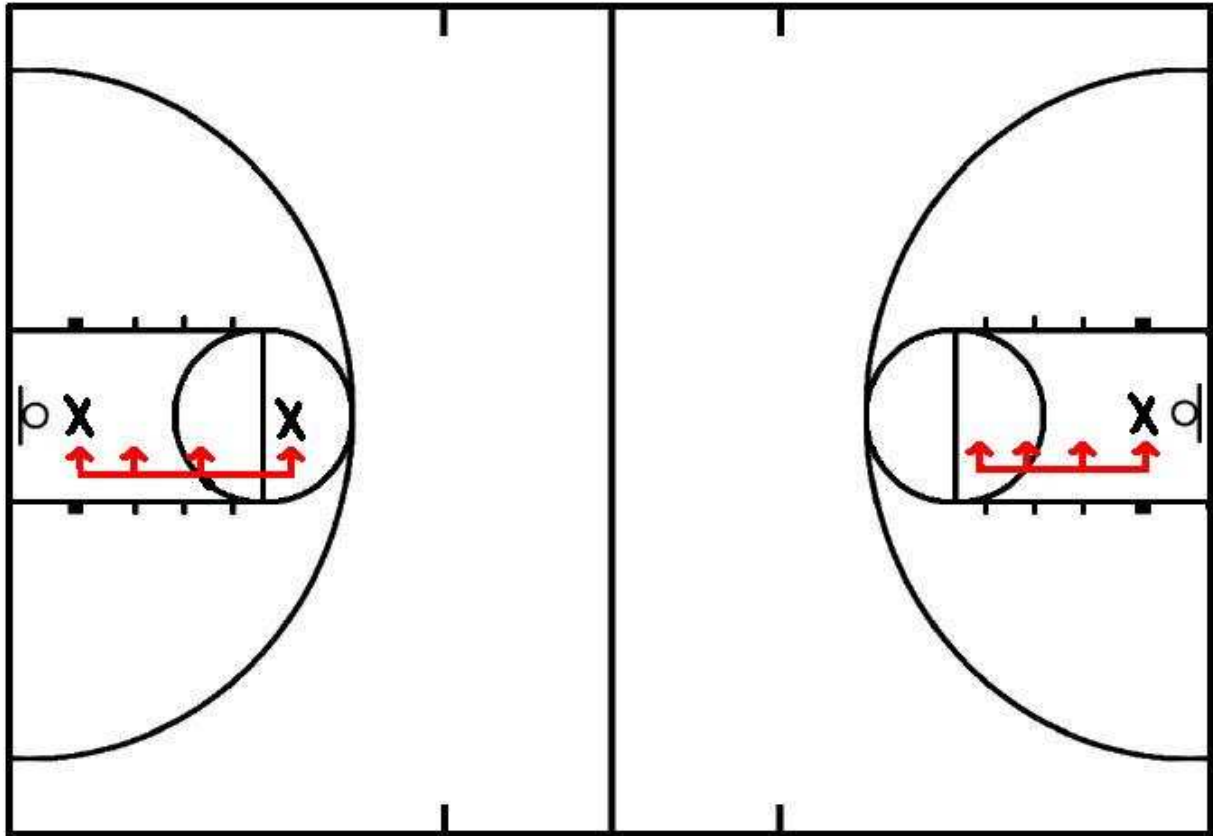
Do:

- Know your range.
- Know what a good shot is.
- When receiving a pass for a shot, step into the pass to get the shot off more quickly.
- Plant your inside foot when squaring to the basket for the shot.
- Provide passers a target as a receiver.
- Use shot fakes to get by the defense.
- Lift the elbow, follow through, reach for the peach (basket).
- Get power for the shot from your legs.
- Practice shooting as if you were in a game.

Don't:

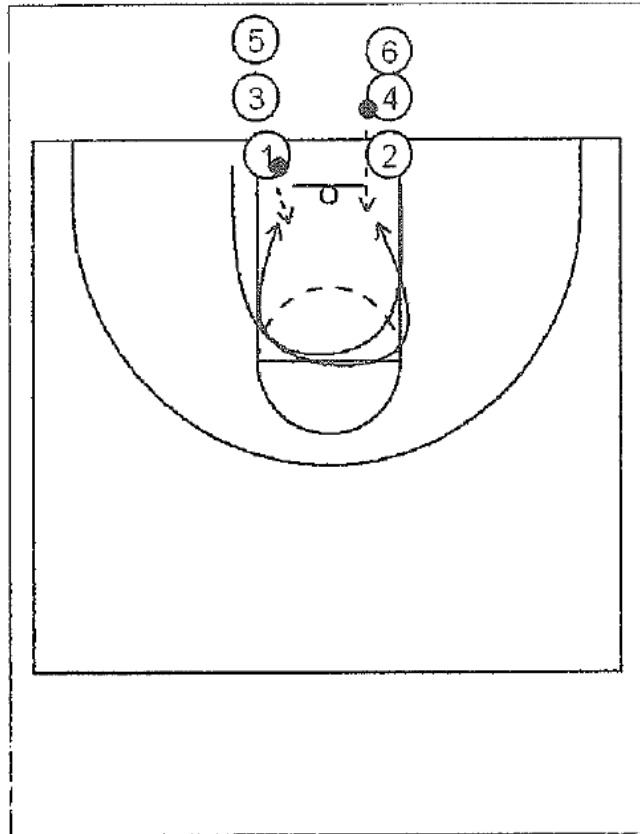
- Take giant steps. Don't pass up an open 12-footer to get a contested 8-footer.
- Leave the off hand on the ball too long because it could adversely affect the shot.
- Fade on the shot.
- Follow the flight of the ball – keep your eye on the target.
- Dip or hitch. Catch the ball, get it to the shot area, and shoot.

Shooting Technique/Practice Form Shooting



1. Start 3 feet out and BEEF (Balance, Eyes, Elbow Follow Through)
2. Make 3 "swishes" before taking 1 step back
3. End at foul line and make 8 out of 10 shots before leaving

Shooting Technique/Practice Duke Shooting

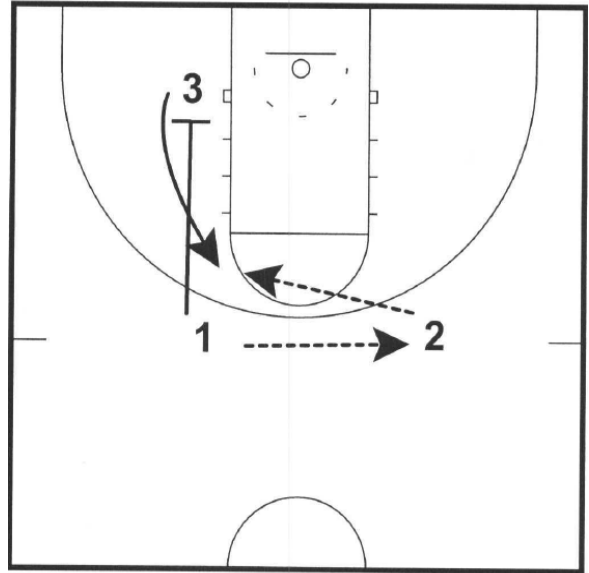
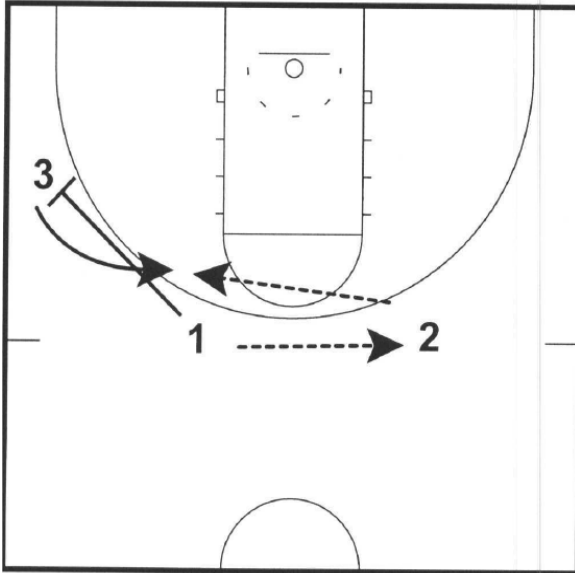


1. Players line up in two lines underneath the basket
2. Player 2 cuts around the foul line, receives the pass from Player 1 and shoots the ball
3. Player 1 runs around the foul line and receives the ball from Player 4
4. Continue until all players have shot at least 2 times on each side

Shots to Take

- Layup
- Bank Shot
- Jump Shot

Shooting Technique/Practice Motion Shooting



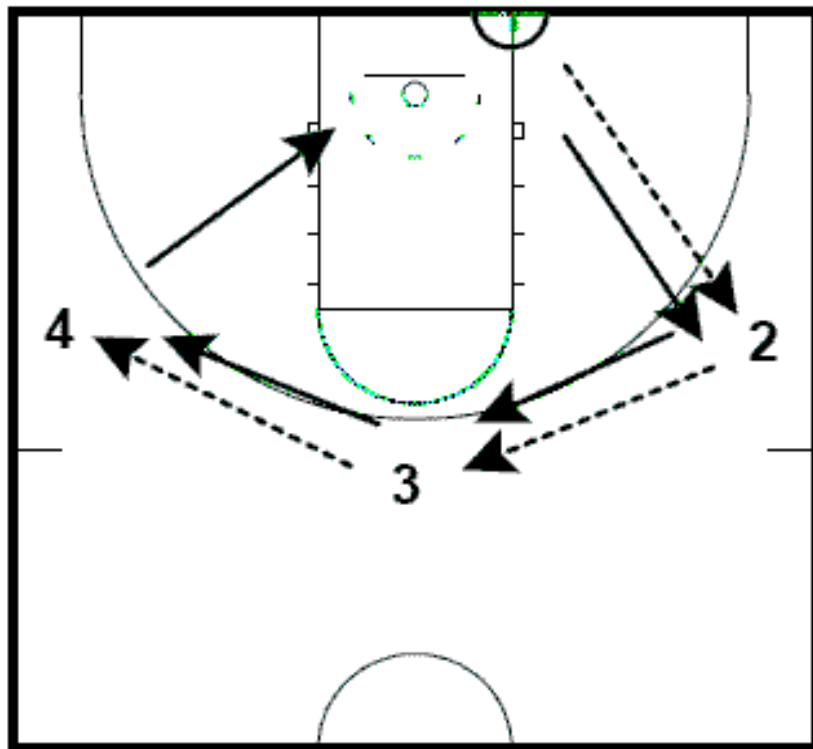
1. 3 equal lines, well back of the players.
2. Can start with 3 perimeter, will show with 2 perimeter and 1 post in Frame 2.
3. 1 passes to 2 and then screens away for 4.
4. 4 comes off screen tight, with mini-curl, and heads ready for catch.
5. Catches, rips and shoots. Gets own rebound. Clears to the side.
6. Next Group up, same action.

1. Vary to include Post.
2. This action is when the 1 passes and cuts to the hoop ("basket cut").
3. 1 will always look to screen for big if available.
4. Here, big is ready, accepts the screen, mini-curl, hands up ready to catch.
5. Catch, pivot, rip thru, shot.
6. Variations: After rip, can do 1 dribble/shot or drive to layup.

Shooting Technique/Practice

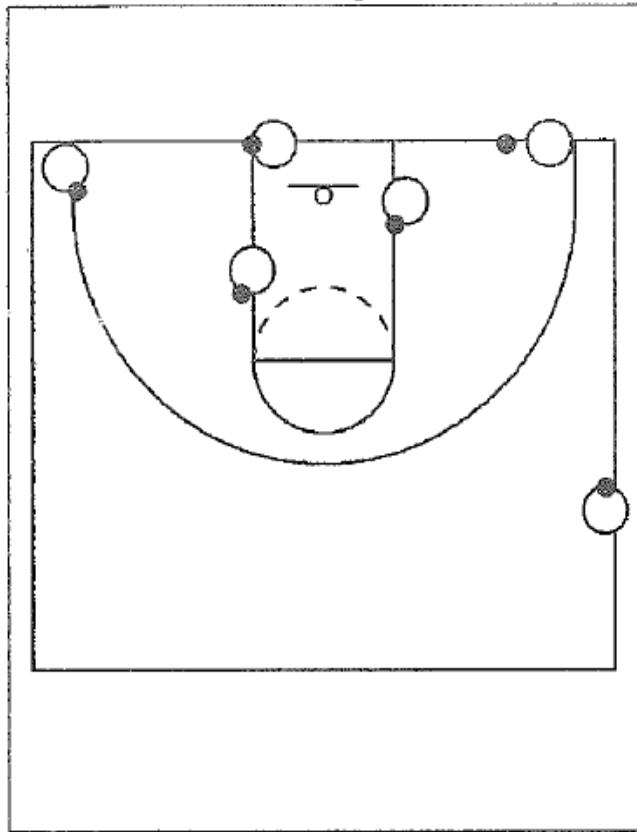
Ball Reversal Shooting

Ball Reversal Shooting
Offensive Drill



1. Ball starts with 1 under basket. Line forms behind.
2. Drill starts with pass to 2. 1 follows pass to 2's position.
3. 2 catches, pivots, great pass to 3, and follows. 3 does same with 4.
4. 4 catches, rips, reads the rim and shoots. Gets own rebound and joins end of line.
5. Can vary to have shooter do rip through, 1 dribble, shot. Rip through layups.
6. Do from both sides.

Shooting Technique/Practice Line Form Shooting (12 Minutes)

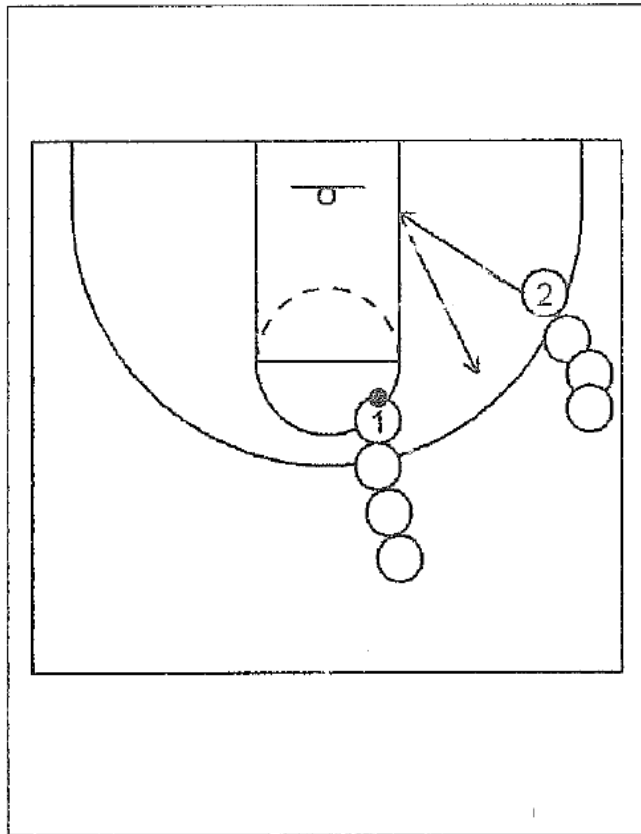


Form

- Feet should be shoulder width apart, knees bent in “basketball stance”.
- Shooting foot should be slightly in front of non-shooting foot.
- Rest ball on fingertips.
- Wrist and elbow at 90 degrees.
- Shooting wrist, elbow, knee should all be in line.

1. Players find a straight line on the floor.
2. Line shooting foot up on the line.
3. “Lock and Load” the basketball.
4. Using good shooting form, try to get the ball to land on the line.
5. Repeat for 12 minutes.

Shooting Technique/Practice 2 Line Shooting



Concept

Moving without the ball

V-Cut

- Bring defense down into key
- Plant outside foot, turn hard and cut in a "V" out to the wing
- Change speed when changing direction

Stepping into the Shot

- Step with the inside foot toward the ball
 - Catch in "triple threat" position
 - Square to the basket on inside foot
1. Form 2 lines, one at the foul line and one on the wing
 2. Wing players V-cut to the ball and shoot on the catch
 3. Players switch lines

Ball Handling Dos and Don'ts

Do:

- Make the easy pass – it doesn't have to be an assist.
- Hit the open player.
- Use pass fakes to open up passing lanes.
- Use the air pass on the break, not the bounce pass.
- Use the dribble to create better passing angles.
- Feed the post with a bounce pass.
- Step into the defender when making the pass.
- Feed the post from below the foul line extended.
- Follow through on the pass – don't let it float.
- Throw with two hands. One-handed passes are difficult to retrieve and often result in a turnover.
- Throw away from the defender.
- Look at the basket in order to see the entire floor.

Don't:

- Throw to a voice.
- Jump to pass.
- Pass to a player in trouble.
- Pass a player into trouble.
- Make a pass from the middle of the floor – pick a side.
- Overpass – especially on the break.

Ball Handling

1 Ball Series

Dribbling Drills

- Typewriter – Players dribble as low as possible (using the fingertips), alternating hands on the ball, similar to a typist at a keyboard.
- Right Knee/Left Knee – Players dribble around the body and through the legs as they kneel on one knee. Have them switch the knee they're resting on and repeat.
- Figure Eight Dribble – Players dribble the ball between and around their legs.
- Sit-Ups – Players dribble with the left or right hand while simultaneously doing sit ups.
- Figure Eight Dribble While Walking – Players dribble the ball between and around their legs as they walk.
- Butterfly/Spider Dribble – Players start with the ball centered between the legs. They quickly dribble the ball, hitting it with the right and then left hand from the front, then quickly repeating the process from the back. Have the players work front to back and back to front, repeating for quickness.

Passing Drills

- Figure Eight Passing – Two players, each with a ball, face each other 10 to 12 feet apart. They begin with the ball in the right hand, complete a figure eight between and around their legs (using both hands), end with the ball in the right hand, and throw an underhanded pass to their partner. The partner simultaneously does the same. Start and pass with the left hand during the next repetition.
- Turn and Catch – Players pair up. One is a passer and one a receiver. The receiver starts with his back to the passer. The passer calls the receiver's name and passes the ball; the receiver turns, finds the ball, and catches it.
- Behind the Back Pass – Two passers, each with a ball, face opposite directions with their sides to each other. Both players simultaneously pass behind the back to each other using the same hand.
- Target Passing – Two players, each holding a ball, simultaneously make a hip pass with the right hand to the left side of the receiver.
- Confidence Pass – This is a one-player drill. The player holds the ball above his head with both hands, brings the hands down in front of the body, and bounces the ball hard on the floor between the feet. The player then catches the ball behind the back with both hands.
- 15 Passes – Players must complete 15 passes prior to taking a shot. Coaches can limit dribbles as well to increase the challenge. Good drill to work both on team defense, passing, pivoting, and ball handling.

Ball Handling

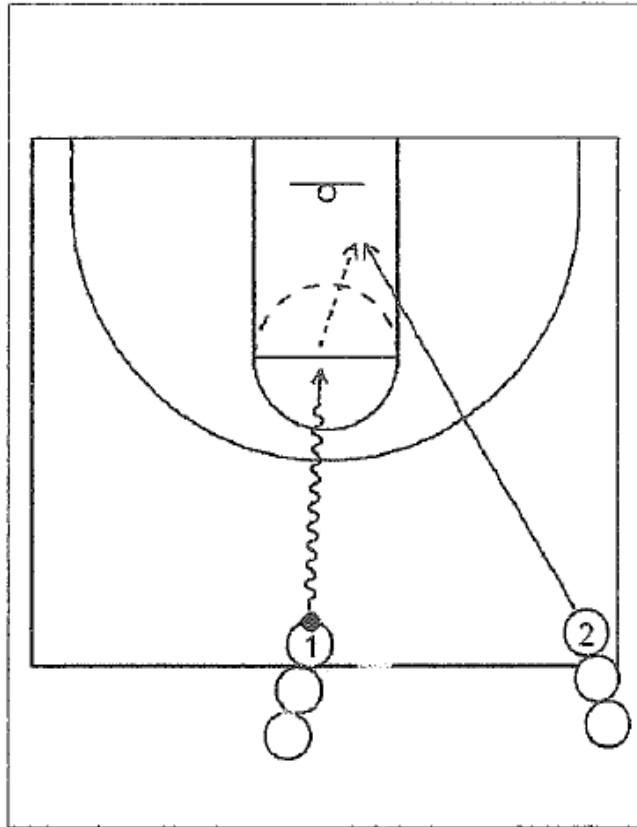
2 Ball Series

Dribbling Drills

- One Knee – Players kneel on one knee with a ball on each side (one for each hand). Players simultaneously pound each ball with the appropriate hand to start the dribble.
- High and Low – Players dribble two balls simultaneously, one high and one low.
- Rhythm – Players bounce a ball in each hand at the same time and at the same height.
- Typewriter – Players dribble a ball with each hand. They hit the ball with one finger at a time, rotating through all five fingers (like hitting a keyboard).
- Sit-Ups – Players dribble one ball in each hand while executing a sit up.

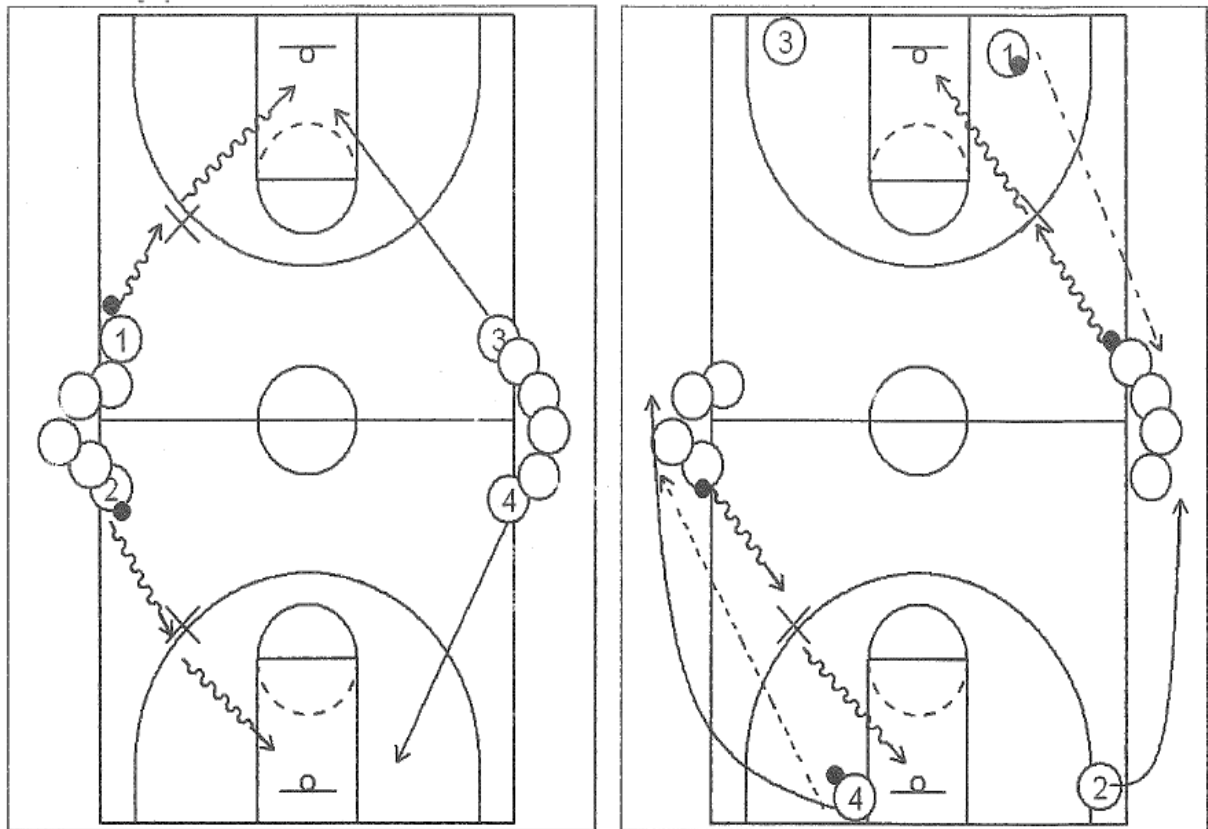
Other Drills

Full Court Layup Drill



1. Form 2 lines: one at center court, one at sideline.
2. Player 1 dribbles and jump stops at the foul line.
3. Player 2 cuts to the basket, receives a pass from player 1, shoots a layup, gets their rebound and gets into the opposite line.

Variation



1. From 4 lines: 1 on each side of half court.
2. The balls should be on the same side of the court.
3. The lines with ball dribbles to the 3 point line, execute a dribble move, and explode to the basket for a layup.
4. The opposite line runs in and rebounds the ball.
5. Rebounders should pivot to the outside and dribble to the shooting line.
6. Shooters get into the rebounding line on the other half of the court.

Other Drills

Big Man Drills

- In your groups you should have a passer; and a rebounder; use two balls.
- Always post up above the low block (not too low).
- Always show the free hand to teammate.
- Always CATCH and CHIN IT (low, in a stance—bring the ball to the chin with elbows out).
- ALWAYS PROTECT THE BALL.
- Always stay low during move. Only need to be BIG when you shoot.
- Always shoot ball over your outside shoulder, protect with arm bar, FOLLOW THROUGH.

Half Pivot and Full Pivot Moves

No defense, working on footwork. Vary where the flash comes from – block to block, or from hi post.

1. Do following moves using a half pivot, protecting the ball. Feeling where the defense is.
2. Do moves with full pivot (catch and turn, facing the basket).
3. Shoot jump hook – right and left sides.
4. Shot fake and power up for layup – right and left sides.
5. Shot fake, crossover and layup options –right and left sides (aka “Up and Under”)

Crab and Drop Step Moves

No defense, working on footwork. Vary where the flash comes from – block to block, or from hi post.

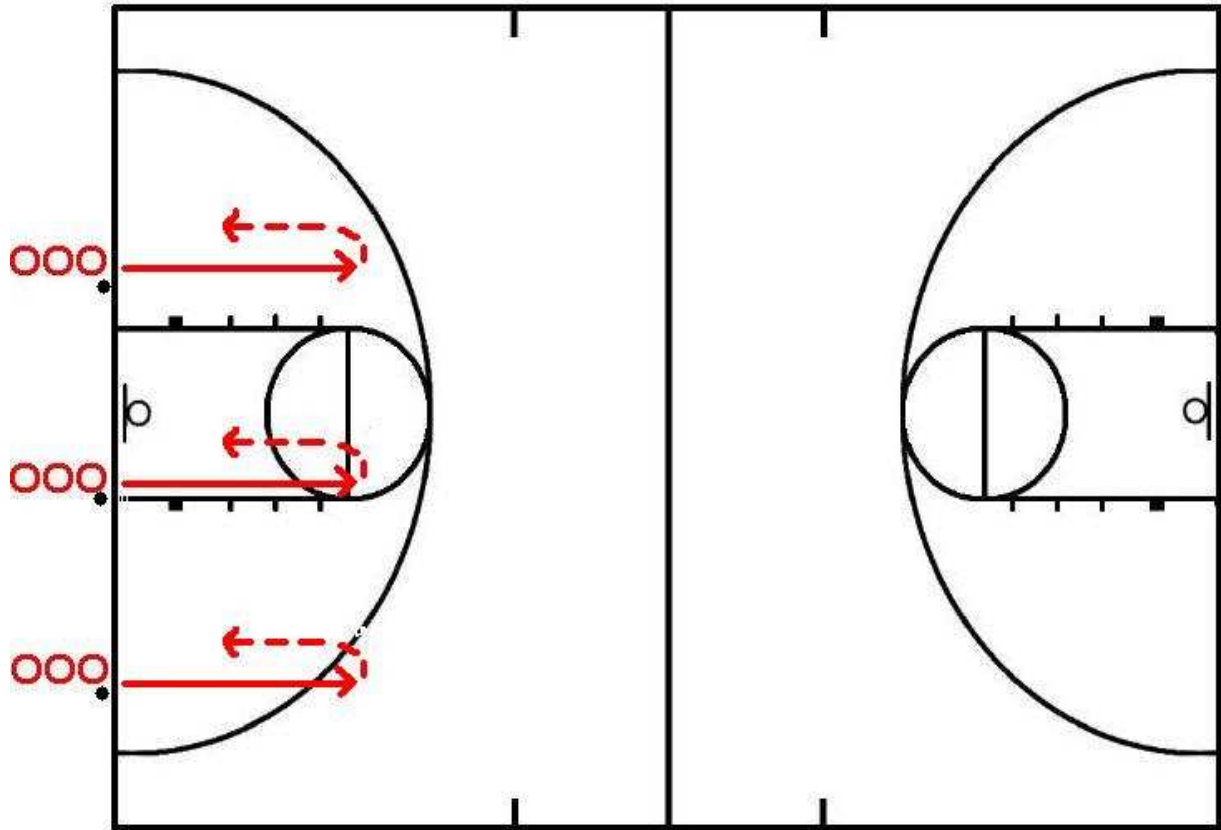
1. Crab: Stay low and back down the defender, dribbling twice. When defender creates contact, “roll” off the defender using drop step. Baby hook or layup.
2. Drop Step: Defense exaggerates guarding one side or the other. Catch and drop step—sealing the defender behind. Then exploding to shot or layup.

1-on-1 in the Post

1. Defense plays half speed; focus is footwork and quick move – vary the flash.
2. Defense then plays full speed.

Other Drills

Jump Stop Drill (Pivot, Pass)



1. Three lines on the baseline, 1 ball per line.
2. First player dribbles to the foul line extended. Jump stops and turns and passes to the next in line.
3. The player must pivot on "correct" foot.
 - a. Left foot for right handed players.
 - b. Right foot for left handed players.

Other Drills

PNR (Pick and Roll)

Executing the Pick and Roll

1. Two offensive players (one of them has the ball) communicate with one another to begin the pick and roll. This may be by calling a play, using a set signal (holding up arm), a phrase- "screen" or "use me" or simply making contact.
2. The player setting the pick (aka picker) approaches the area of the ball handler.
3. The picker reads where the ball handler's defender is guarding.
4. The picker sets up about 2 to 3 feet away from the ball handler's defender in a spot that will allow the ball handler to get to the basket or get an open outside shot.
5. The ball handler must wait until the picker has established position with feet set for at least one second before driving past the pick.
6. When driving past the pick, the ball handler should make contact with the picker, so there is no room for the defender to get through.
7. The ball handler must be sure to keep his/her dribble alive.
8. If the picker's defender does not provide help defense, the ball handler should drive right to the basket or take the open shot.
9. After setting the pick, the picker opens up (facing the direction of the person using the pick) and rolls to the basket looking for a pass. When opening up, the picker should seal off the defender to allow for an easy pass.
10. The ball handler must read the defense and determine the best option:
 - a. Drive to the basket for a layup
 - b. Take the open jump shot
 - c. Pass to the picker, who is rolling to the basket for a shot or layup
11. Tips & Warnings
 - a. As the team progresses with the pick and roll, slipping screens and flaring out for jump shots can provide additional opportunities.
 - b. Be sure to look for other teammates, as the defense will tend to pay a lot of attention to the pick and roll, which could provide opportunities for open players.

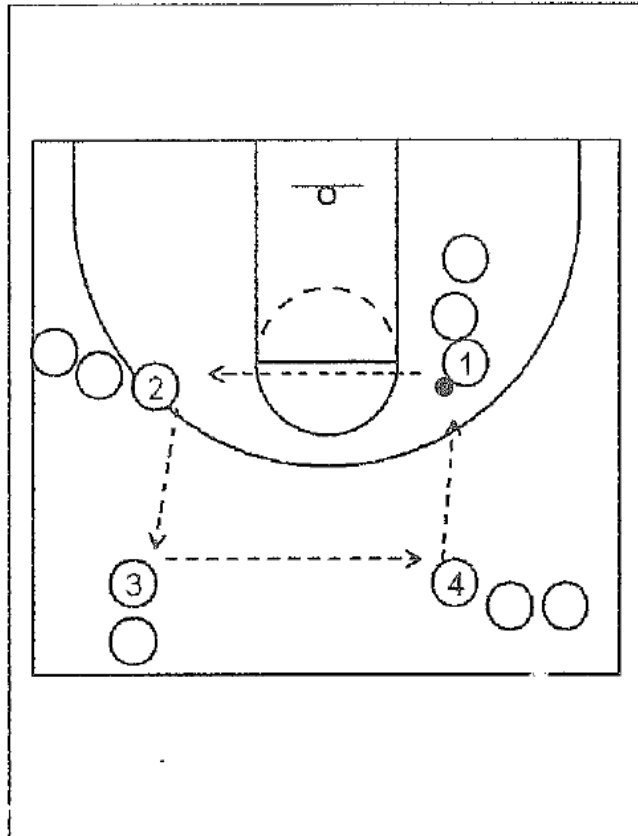
Defending the Pick and Roll

1. Try to anticipate what the players running the pick and roll want to do. Are they hoping to get an open jumper for the player with the ball or does he want to drive to the basket? Is the player setting the pick going to pop out to take an open jumper or is he going to roll hard to the basket? By understanding what aspect of the pick and roll the offense wants to take advantage of the defense can know how to best defend the pick and roll.
2. Call out the pick. The player whose man is setting the pick must call out that the pick is coming and alert his teammate to what side e.g. "pick left".
3. Provide help defense - jump the ball handler. The player with the ball must be stopped. If the defender whose man is setting the pick does not step in front of him, he can either take an open shot or drive to the basket. When a player sets a pick, the player guarding him must step in the way of the ball handler.

4. Fight through the pick. The defender who is being picked cannot simply stand there and hope his teammate is able to stop the play. He must fight over the screen and get back in position to guard the player with the ball.
5. Get back in position. As the picked player returns to guard his man, the man who set the pick will either be popping out or rolling to the basket. The defender who jumped the ball handler must return to guard the player who set the pick.
6. Switch as a last resort to defend the pick and roll. If the picked player cannot fight over the screen, he must tell his teammates and call a switch. In this situation the players will stay with the man they are now closest to.
7. Tips & Warnings
 - a. Any well executed pick will cause the defense to be temporarily out of position. In order to defend the pick and roll the defense must make sure that they get back in position as quickly as possible.
 - b. Whenever the defense switches there will likely be a size mismatch that the offense can take advantage of. To defend the pick and roll a team must use sound team defensive philosophies by being ready to help and rotate to make up for any advantage the offense has gained.

Other Drills

4 Corner Passing



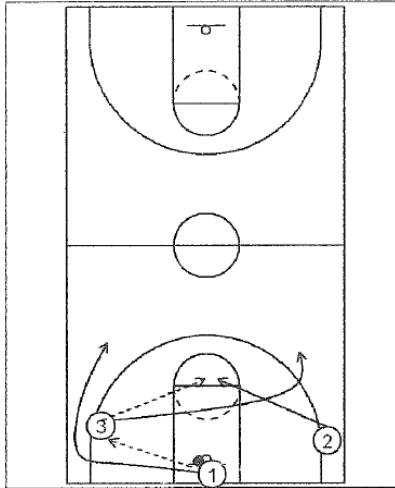
Concepts

- Go “to and through” every pass
- Catch in triple threat
- Pivot low to pass to the next line

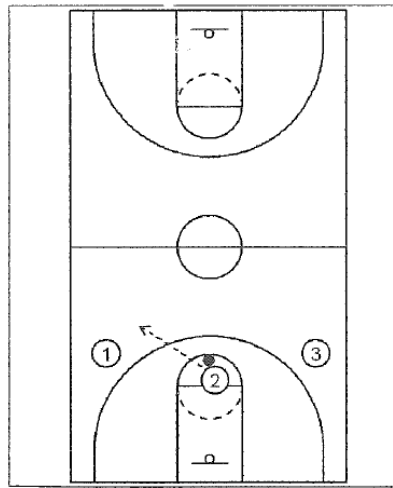
1. Arrange players in a square
2. Start with one ball
3. Player with the ball passes to line 2 and follows their pass
4. Player 2 comes to meet the ball, catches low, and pivots to line 3
5. Player 3 comes to meet the ball, catches low, and pivots to line 4
6. Continue drill until all players are showing good fundamentals, then add a second ball

Other Drills

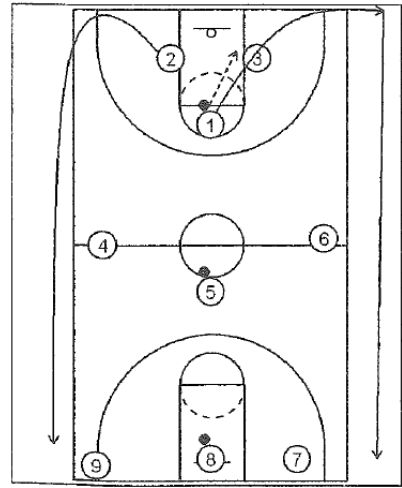
3 Man Weave



1. Player 1 passes to Player 3 and runs behind Player 3.
2. Player 3 passes the ball to Player 2 and runs behind Player 2.



1. Player 2 passes the ball to Player 1 and runs behind.
2. Continue the length of the floor with the next group starting after group 1 has passed half court.



1. The player with the ball should jump stop at the foul line and bounce pass the ball to the post for a lay up.
2. All 3 players will run off the end of the court, touch the wall and sprint around the court to the front of the line.