

XAVIER BASKETBALL



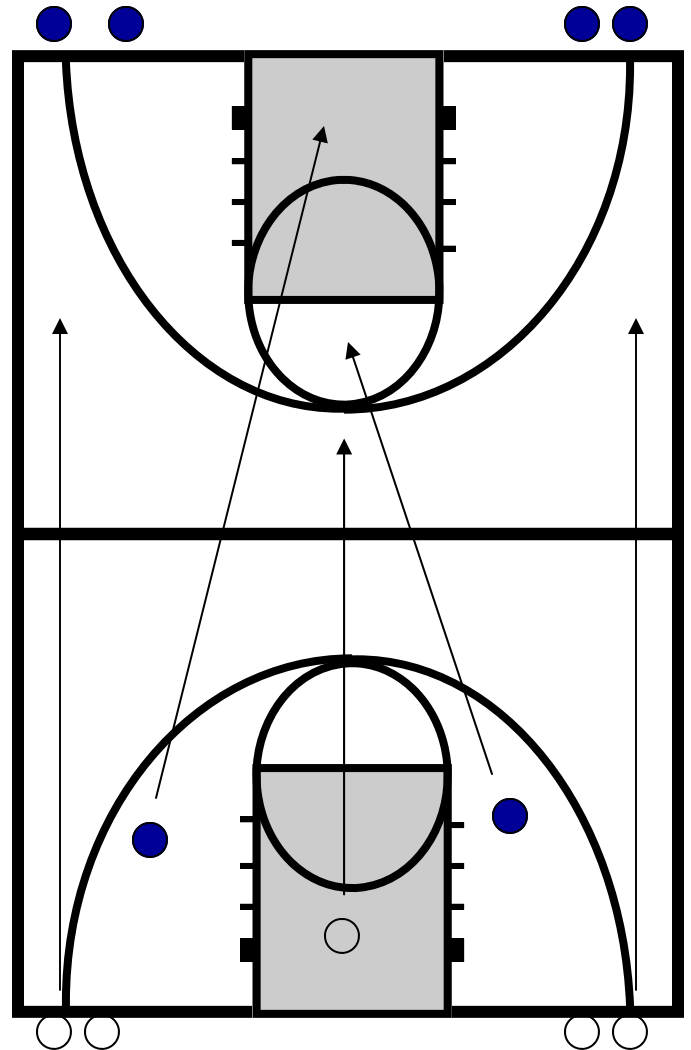
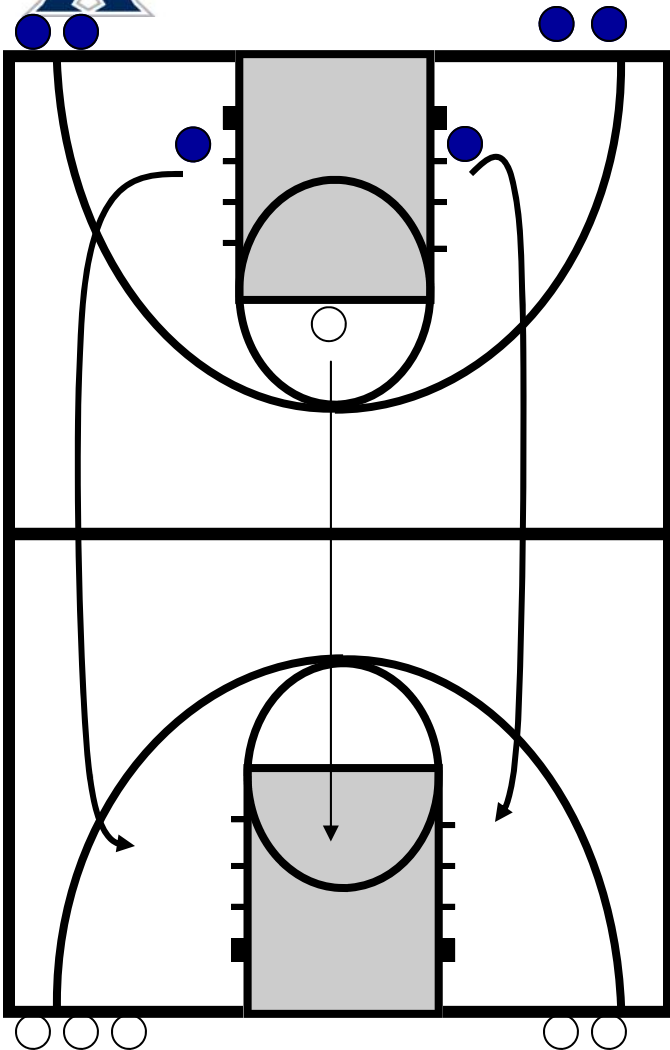
COMPETITIVE TEAM DRILLS

What makes a TEAM Drill Competitive:

- 1)
- 2)
- 3)



PROGRESSIVE FAST BREAK



Great drill for teaching transition offense and defense simultaneously. Also stresses importance of making FT's, taking advantage of "numbers" situations.

Divide team into two colors. Try to get even number of guards and forwards if possible but not critical. We score the drill as a normal game with 1s, 2s, and 3s.

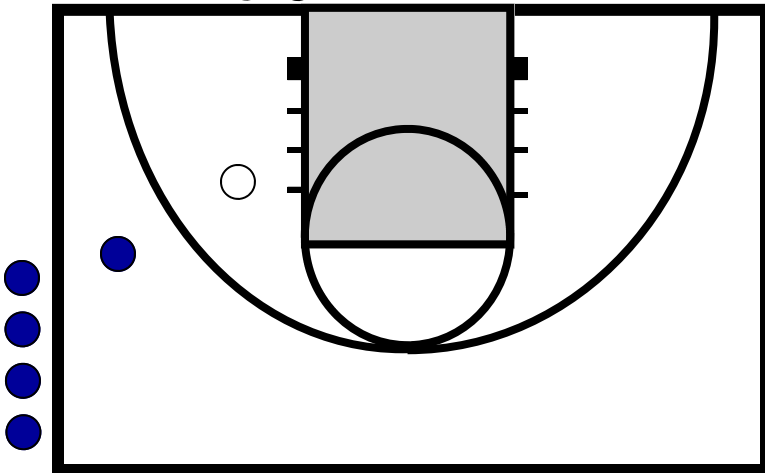
White team player attempts a FT. Two Blue defenders play the make/miss. The white player who attempted FT retreats into a 2 on 1 defensive situation against the two blue players. They play the possession until a basket is scored or the defensive player comes up with the stop.

Once the possession is complete without stopping the action, two additional white team players come from the baseline to join the original white team player as they attack the two blue team players who are retreating into a 3-on-2 advantage/disadvantage situation. Complete this possession then without stopping add TWO blue team players and they attack in a 4-on-3 situation... this continues until you have built it into a 5-on-5 situation. At the completion of the 5-on-5, start again with BLUE team player attempting a FT.

We like to play until each player on each team has attempted a FT or to a certain number of total points. The main thing is that each team has equally number of opportunities to score.

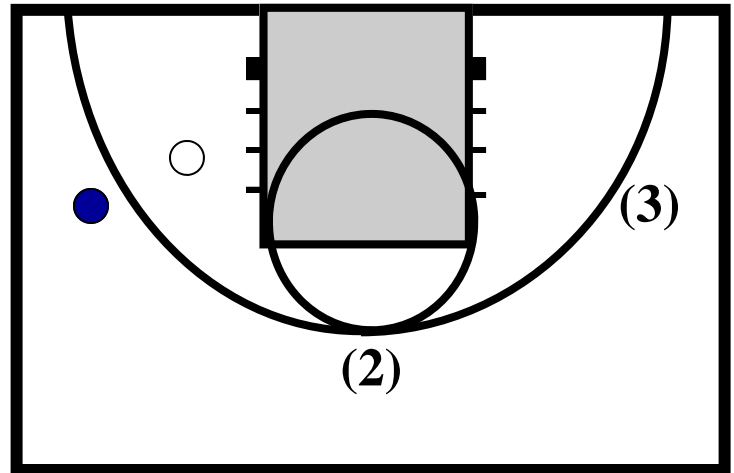


BASEBALL



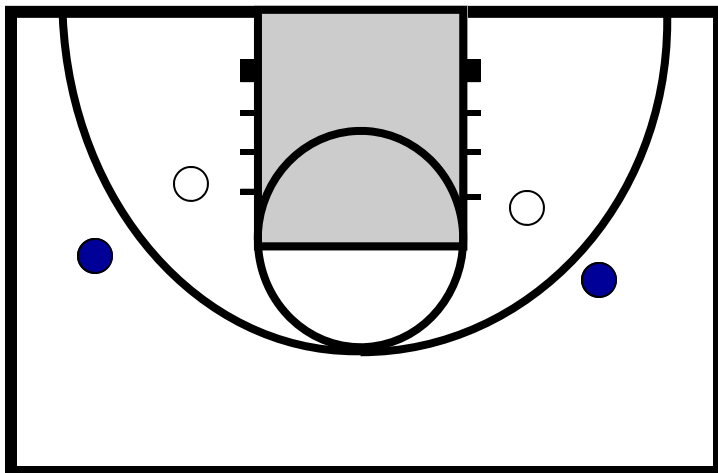
Divide teams into two colors. We sometimes let our players DRAFT teams in keeping with the baseball theme..

Blue team establishes a “batting order” and white matches up accordingly to how they want to defend.

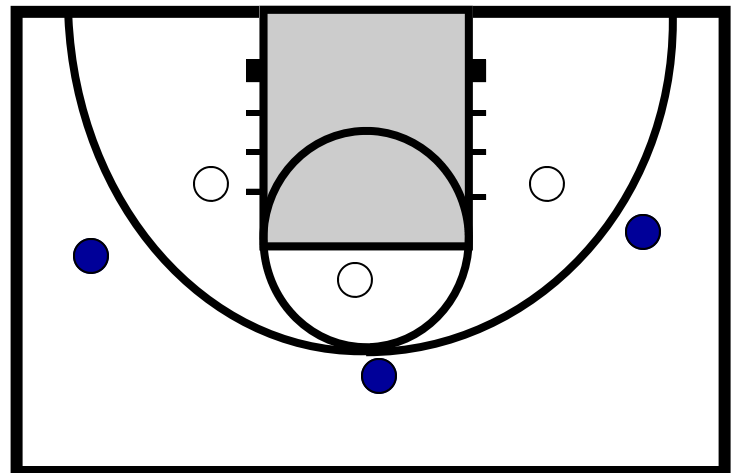


Blue team stays on offense, scoring as many points as possible until they get 3 OUTS (defensive stops)... Switch to White team on offense. White plays until they get 3 outs. End of first inning.

Move to spot #2 at top of key and repeat.
Move to spot #3 on wing and repeat.



For the 4th, 5th and 6th innings we go 2-on-2. For each inning , we vary the initial actions (ball screen, down screen, flare screen, etc.) Use whatever actions are part of your offense or maybe your upcoming opponents offensive attack.



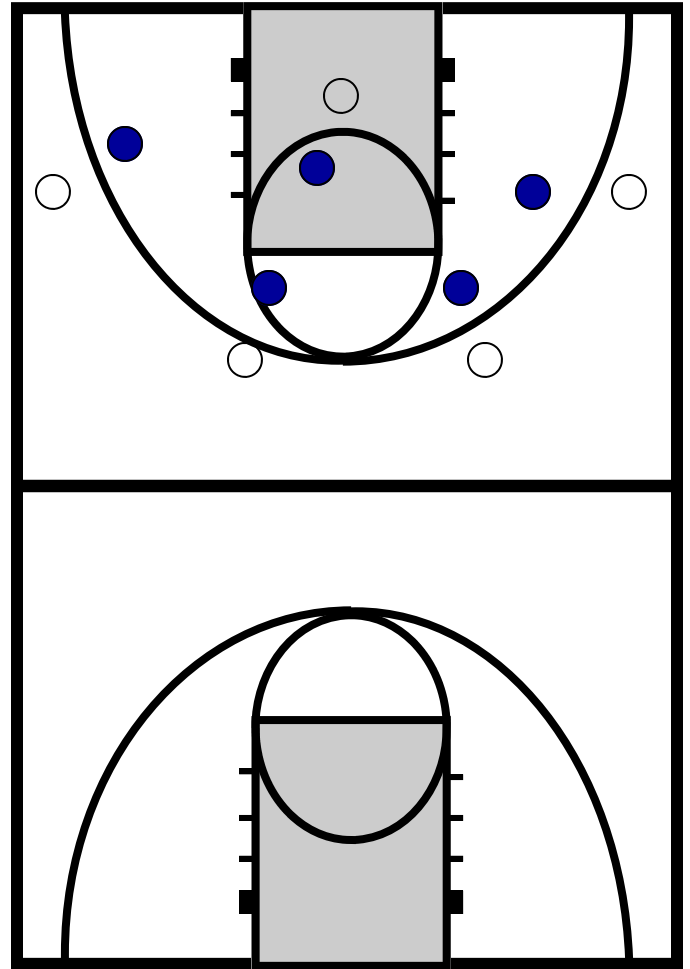
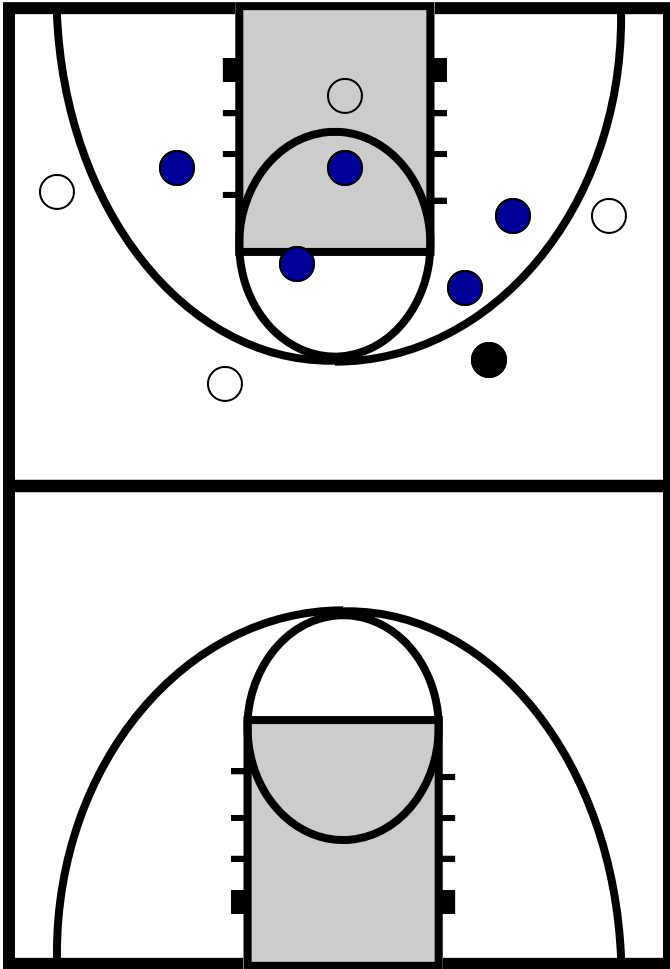
For the 7th, 8th, and 9th... we go 3-on-3 again changing the initial actions.

Sometimes we will play less than 9 innings but ultimately build up to 9.

***Must come up with rules for fouling



QUICK STRIKE



Quick strike emphasizes both transition offense and defense. It also reinforces shot selection, decision making, and eliminating turnovers.

There really isn't much to diagram in this drill. It is more about the scoring and teaching opportunities that it presents as you try to teach transition offense and defense.

You must have a score clock (shot clock is best) or a stop watch that counts down.

Divide players into two-colored teams all on one end of the floor. Begin the drill by tossing the ball to the blue team putting them into transition attack mode and blue team into transition defense.

This also starts the clock at 15 since we are emphasizing transition offense and a quick attack.

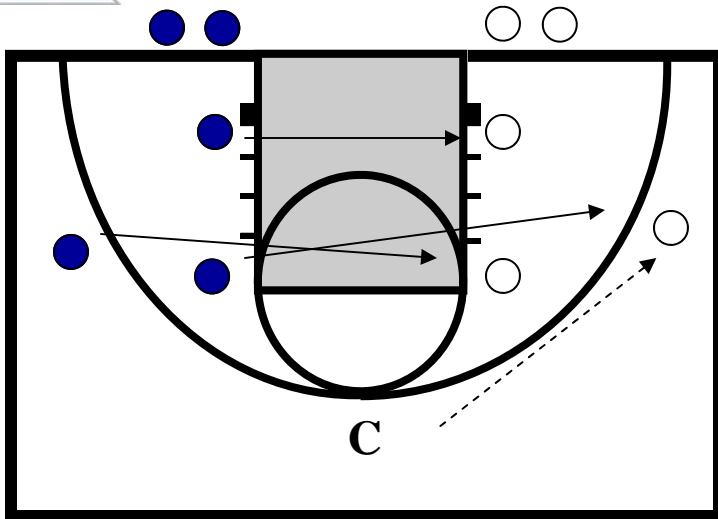
If blue scores they are awarded points based on how much time has elapsed from the 15 second clock... For example, if they push the ball up quickly and score with 10 seconds left they get 10 points. The action never stops and White now attacks in transition as Blue defends. Again the clock is re-set as they begin their attack. This continues for a set # of possessions, to a certain score, or a set amount of time...

You can imagine the importance this places on communication and decision making.

LOTS of teaching points for your transition O/D



HIGH/LOW REBOUNDING



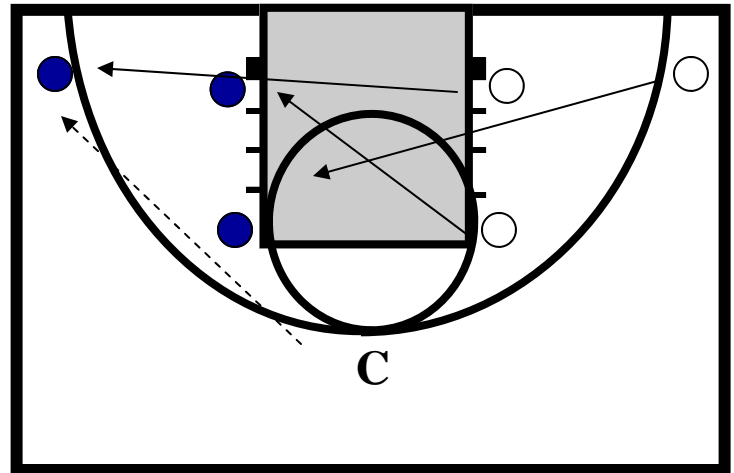
Divide teams into two colors. Each team will have a player at the elbow, the block, and the wing behind the 3-point arc.

Coach will pass ball to the player beyond the arc to initiate the action.

White team elbow player sets a legal screen on the blue team player sprinting from elbow to contest the shot. White team block player fights for space against blue team player crashing from opposite block.

White team player who receives pass from coach attempts a shot against the contest of player fighting through the screen. Blue team player from elbow sprints to fight for position against the white team player who just set the screen.

If shot is made the white team receives the value of the made basket (2 or 3). If missed, the rebound is live. Team that secures earns a point. If offense rebounds they receive point plus have the opportunity to score a basket worth 2 or 3



Action is repeated with Blue team receiving the pass from the coach.

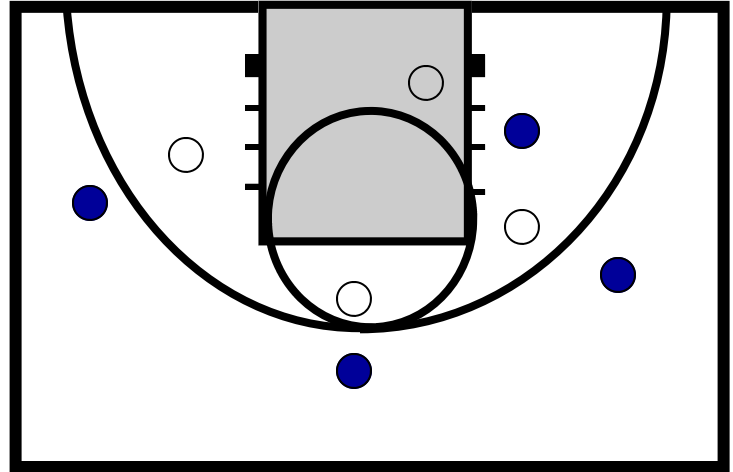
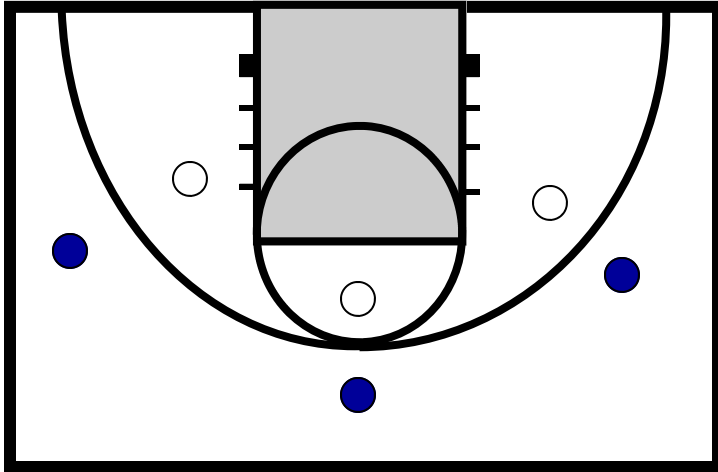
We will play to a certain score or a certain amount of time, then move the shooters to the corners. This forces the defensive player from the block to sprint to contest.

Keys to this drill:

- 1) as coach you can control the amount of physical contact you allow
- 2) you can also vary the amount you allow the screens to be moved.
- 3) The crispness of your pass will determine how much time your shooters have to get their shot off
- 4) Vary the scoring to increase importance of rebounding by making offensive rebounds more penalizing
- 5) Allow "shooter" one or two dribbles if you want to work close-out/contests
- 6) Scoring on the clock is key to force team to recognize and understand time/score situations



STOP-SCORE-STOP



This drill is best introduced as a 3-on-3 situation. As the sequence of a STOP-SCORE-STOP is repeated and as the season progresses making it a 4-on-4 and ultimately a 5-on-5-on-5 situation will maximize the time and also create the most game like scenario possible.

With a large team you can have this going on both ends with winning teams advancing to play each other as needed.

Divide into two 3-on-3 colored teams.

Blue starts on offense. White on defense.

The main idea to communicate is that each possession either finishes in a **STOP** or a **SCORE**.

It is each team's goal to complete a 3 possession sequence of a **STOP-SCORE-STOP**.

SCORE is anytime the offensive team scores a basket or draws a foul.

STOP is anytime the defensive team secures a defensive rebound, forces TO, or tie-ball.

When a team comes up with a STOP they then must follow that with a SCORE to keep their sequence going. If that team completes the next possession with a defensive STOP they EARN a point.

We will either play this drill to a certain number of points or for a set amount of time.

This is another drill that works both offense and defense simultaneously.

DEFENSE:

Teaches the importance of finishing possessions either with rebounds or steals or tying up loose balls. It teaches great communication. It teaches your players how quickly momentum can swing.

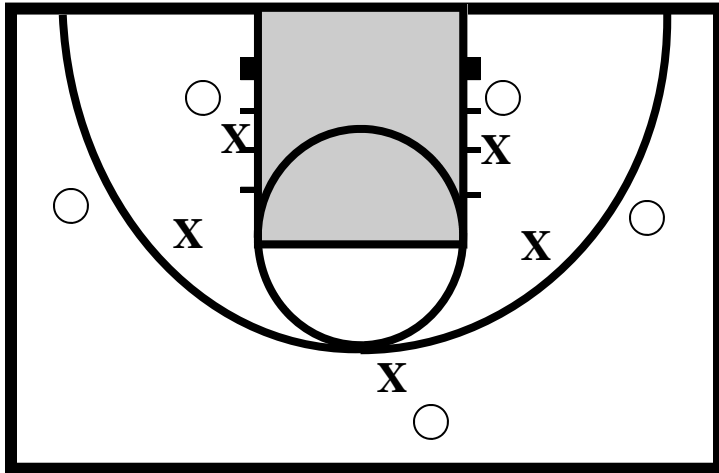
OFFENSE

Teaches the importance of shot selection, valuing the ball in risk/reward situations.

As a Coach you must create the competitive spirit of this drill with your energy and ability to keep the drill flowing without long delays in the action.



30 Second Shot Clock Drill



A One of our best half court drills to work on our 5-on-5 team defense.

We use our practice team to simulate some of the most common offensive attacks that we face. As the season progresses we run actual sets that our upcoming opponents utilize

The defense stays on defense in the half court until they run the clock from 00:30 to 00:00



B If you play without a shot clock, you could change the name to reflect the last possession of the game maybe.

The overall idea is to instill in your defense the importance to play good team defense in repeated situations in the most adverse situations.

This is one of those drills that will show you the toughness and emotion of your defense.

RULES

The clock begins when the offense initiates the ball with pass or dribble. The possession is played out.

The clock remains at the time it is if the defense is able to come up with a defensive stop. The offense then resets with the clock showing the new time. So basically the defense will need to play perfect defense until the clock reads 00:00

But if at any point the offense scores, gets an offensive rebound, or an uncontested shot the clock is reset to :30

During the possession if the defense deflects and pass or creates a turnover, three seconds are run off the remaining time. If they are able to take a charge there is a five second run-off.

Additional things to add as you get the hang of the drill:

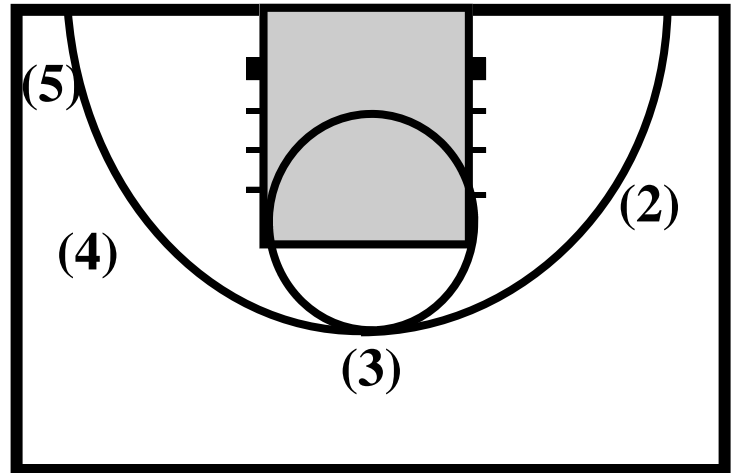
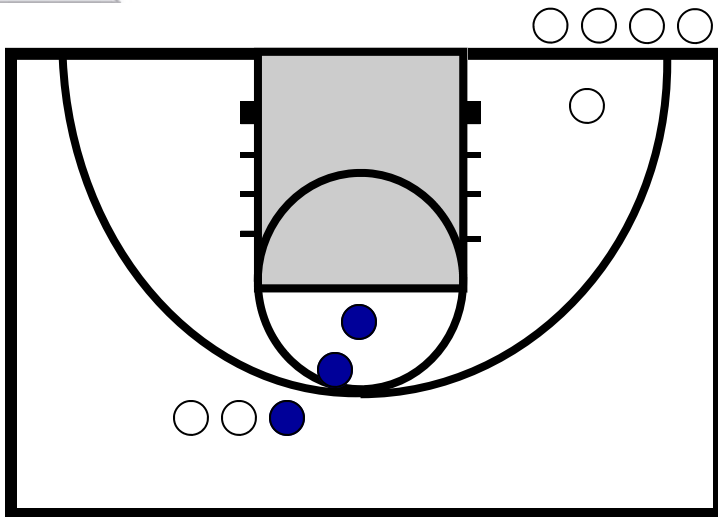
- Reset on post player catching it two feet in the paint
- Reset on getting beat to the outside off the bounce
- Reset for not communicating on defense

This drill gets intense and must be officiated or it will get ugly.

We try to complete this drill twice in 8 to 10 minutes...



MOVE SHOOTING



In this drill the colored circles represent balls and not different teams as in previous drills.

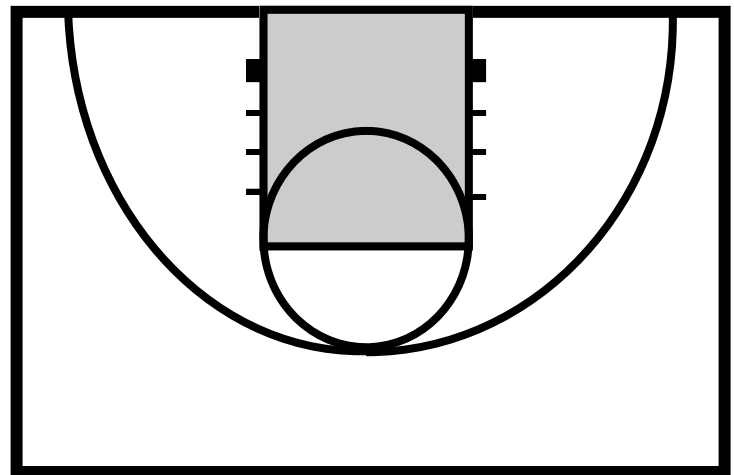
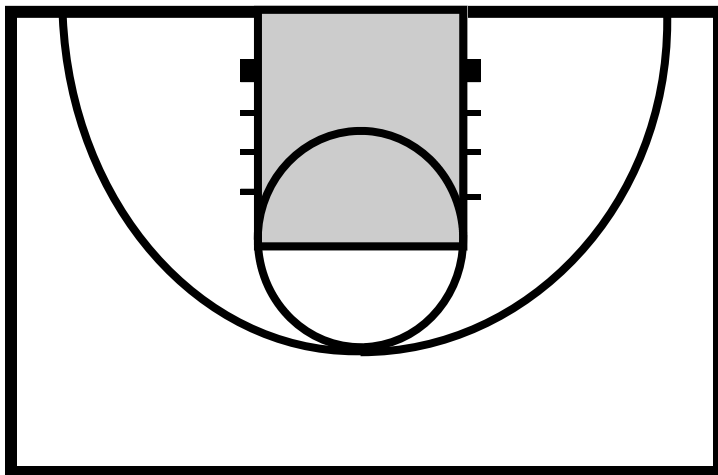
Begin the drill with 3 balls in the passing line between the elbows. Shooting line will come into drill from the baseline.

Shooter gets own rebound and goes to passing line. Passers to back of shooting line

As a team, the shooters must make 10 pts worth of baskets before moving from each spot. So 2 point shooters can attempt 2s and your 3 point shooters have the option to attempt 2s or 3s. Once a score of 10 is achieved at the first spot, the shooting line moves to spot 2 and the passing line moves to spot 4 to create proper timing/spacing for the drill.

***Always keep passing line one spot away from shooters

***If a total is reached that is 1 less than #, allow a lay-up



We begin by timing how long it takes us to get through all five spots as a team but vary this drill in many ways.

**Split into two groups and go on both ends vs each other.

**Go for 5:00 and see which group completes most spots

**As a team shoot for 8:00... After finishing spots of 10, increase that total to 12... then 14... then 16.. Keep all-time records (our players love to BREAK records)

** Keep drill as above, but before each spot can be scored the team must make two driving lay-ups at the desired spot before they beginning counting toward their total

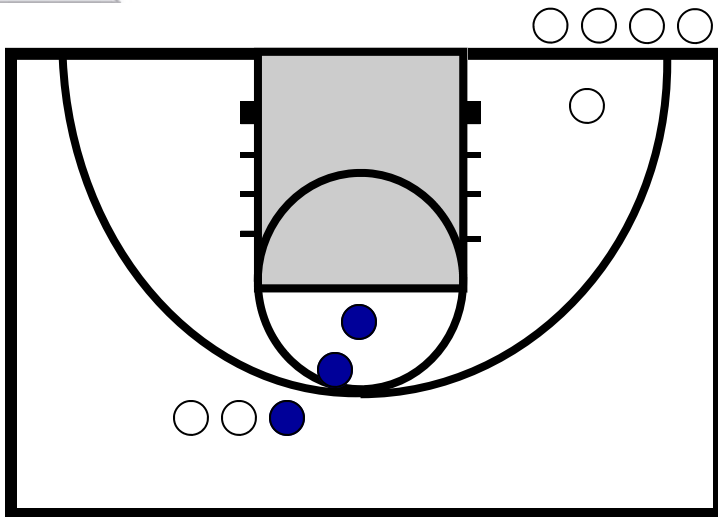
** Vary the numbers at the spots so that the team must understand the situation and attempt proper shots

** Vary your teams based on class, position, shoe size, etc

As coaches, we are always shouting MOVE as they complete the various spots, thus the name of the drill.



10 UP



In this drill the colored circles represent balls and not different teams as in previous drills.

This has become our day before the game shoot around “contest” drill.

Passing line with three balls in the key. Shooters coming off the baseline.

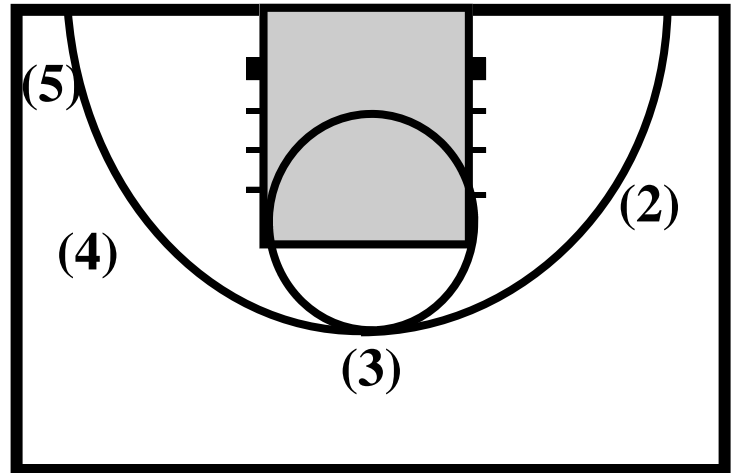
This drill can be done with any number of players/coaches. We always jump in to loosen things up from time to time.

The overall goal of this game is to have the FEWEST points possible. So like GOLF, low score wins.

First shooter attempts a 2 or 3 point shot. If shot is made that puts 2/3 points “UP”. The next shooter attempts a 2/3. If made that total is added to the number of points “UP”. So if shooter one made a 3 there are 3 points “UP”. Now, if shooter two makes a 2, there would be 5 points “UP”. If missed shooter two would take the 3 points that we “UP” and we’d begin a new string.

We stay at spot 1 until someone is eliminated.

Once you have UP points you have them for drill



After a shooter gets 10 UP we move to spot #2. All shooters points carry over.

We repeat this until we are left with only one shooter with less than 10 points!!

You’ll be shocked at how few times your “best” shooter will win this drill.

It puts you in pressure situations. It forces you to understand score. And most importantly focus on making shots.

I have been eliminated in this drill many times after having ZERO total points through 5 or 6 spots only to miss at the end of one long string and go from ZERO to OUT!!!!

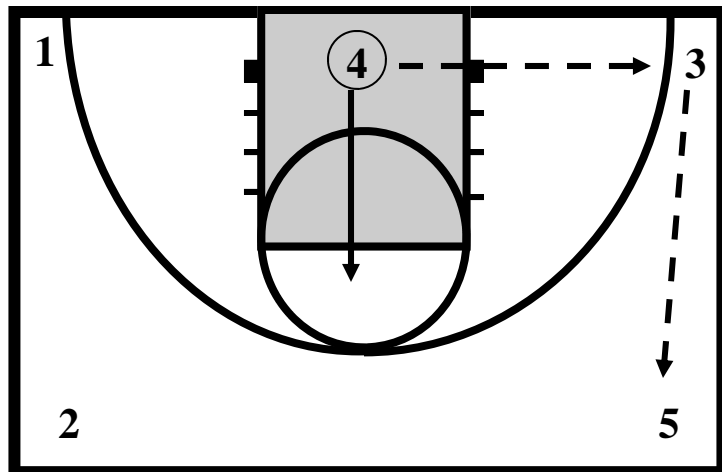
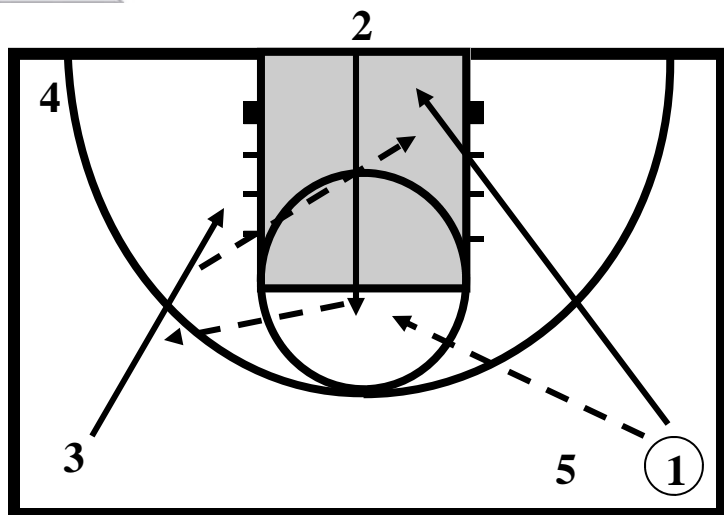
One year we took an old weight belt and had a manager dress it up to look like a World Championship Wrestling belt for the reigning 10UP Champ to wear out to the floor on COMPETITION DAY.

While this drill is light and fun, you can keep it competitive. We made this drill optional for a while but noticed our best shooters sometimes were afraid to jump in at the risk of not winning.

You WILL find your pressure shooters here!!!!



MAGIC PASSING



- A**
- 1 with ball in corner of half-court
 - 2 head in the basket
 - 3 opposite of 1
 - 4 corner baseline opposite side of 1
 - 5 next in line

1 to 2, then for lay-up from 3, then to corner
 2 sprints to ft area, pass to 3, then take 3s spot
 3 pass from 2, pass to 1, becomes outlet in corner
 4 holds until 1 shoots lay-up
 5 is next in line behind 1

On 3 lay-up, 4 sprints in for rebound then outlet passes to 3 in the corner.

3 to 5 at half court.

4 after outlet letting recycles the drill with cut to FT line.

POINTS OF EMPHASIS

TIMING: Not leaving their spot until ball is in air on previous pass
SPACING: Going where they are suppose to when they are suppose to
EXECUTION:: Rotate to the correct lines

PASSING: You can vary the passes as desired
 Bounce passes, baseball passes on long outlet, two hand over head, shovel pass on cuts

TIMED: We will see how many lay-ups we can get in a minute

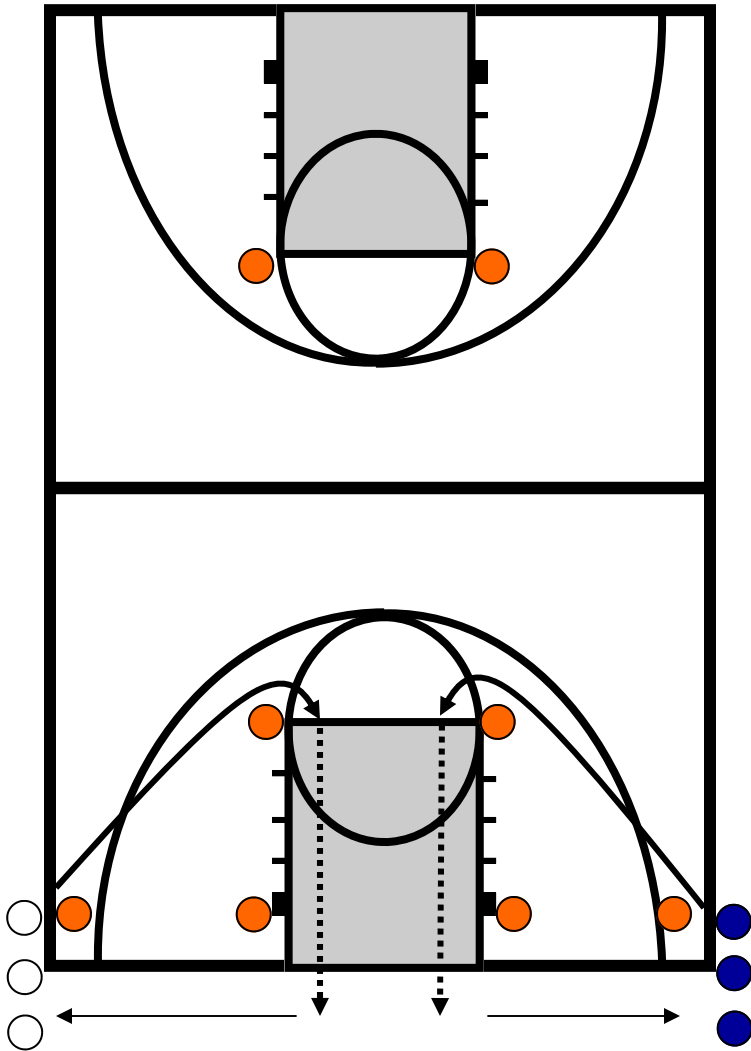
We also use this in pregame warm-ups because its active and gets everyone a quick sweat.

Be patient with them as they learn the rotations but be VERY DEMANDING on execution the entire time

MAKING IT COMPETITIVE: Divide team into equal groups on both ends... Count the # of passes and the # of made lay-ups... We had negative points for dropped passes as the season progresses. Will also do as a TEAM and keep season/all-time records for most passes or lay-ups in a set amount of time. You'll learn what your goals should be and when they should be changed



XAVIER RELAYS

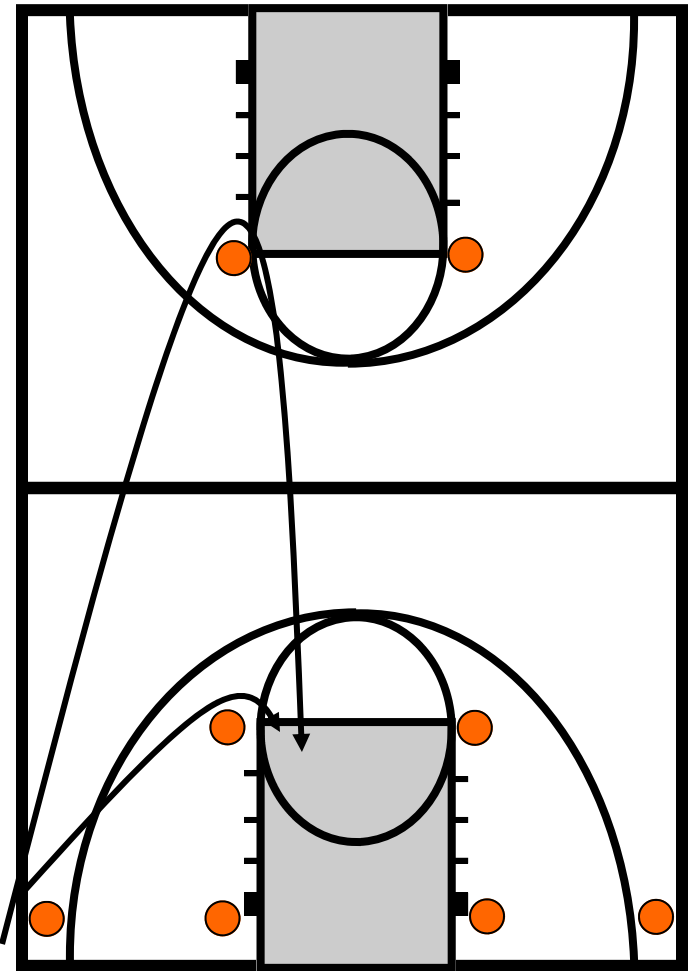


Divide team into two equal teams. Place cones or basketballs in the designated spots.

On the whistle the first player from each team **SPRINTS** to ball at the elbow.

They then **BACKPEDAL** down the paint to next ball.

SLIDE along baseline to the ball they began at.



After they complete the baseline **SLIDE**...

SPRINT around the far ball and back to the FT line...

As they pass the FT line the next player in line begins.

We make this competitive several ways:

- 1) Team relay as mentioned
- 2) Fastest individual time, two-man, three-man
- 3) Head-to-Head Challenge Ladder
- 4) Also vary the back pedals, slides, sprints to keep it fresh