

PEP 45
MORNING SESSION

- 1.) OLYMPIC SHOOTING
- 2.) 5 SPOT SHOOTING
- 3.) BIRD DRILL
- 4.) LAY-UPS - - - DROP SERIES (SCORE IT)
- 5.) SCRAMBLE
- 6.) SCRAMBLE - NO DRIBBLE
- 7.) SCRAMBLE SCORING
- 8.) CARDINAL
- 9.) TEXAS 11
- 10.) TEXAS 22
- 11.) TEXAS 33
- 12.) TEXAS 44
- 13.) BLOOD 22
- 14.) BLOOD 33
- 15.) BLOOD 44

Please understand that every drill we do, there is a major purpose of it for either our offense or defense. The majority of the times, these drills are for both the offense and defense.

The Lil' things on what you stress are what defines you as a coach. We know that you cannot stress everything, but you have to stress the fundamentals.

If you are interested in a drill book, we have some for sale that talks about the majority of these drills. The Blood drills are not in this book, because I feel these are the best drills in the world as they start us in our defense and offense each day. If you are interested, please see my daughter Heather today, or you can e-mail her later at heather.walberg@pepperdine.edu and she will be glad to help you.

I wish you the best! Coach Walberg

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Olympic Shooting

Purpose

- Excellent shooting warm-up drill
 - This is where we focus on working on our 3-pointers
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Instructions

- 3 players per hoop
 - 2 balls per basket
 - Shooter gets their own rebound and passes to the next player without the ball
-

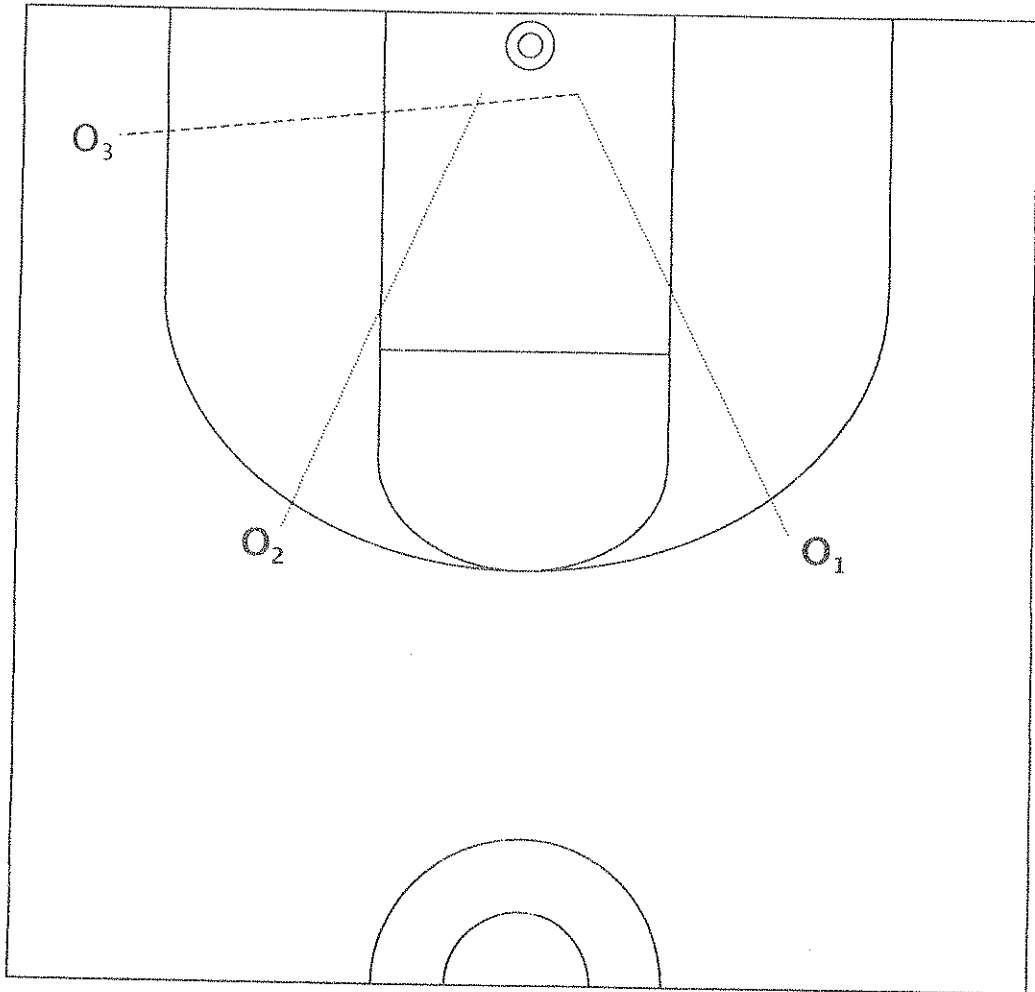
Players

- 3 players per hoop
-

Tips

- Players should be constantly moving and relocating
- You determine what shots you want
- Concentrate on hitting shooter in the shot pocket
- Focus on stepping into the shot
- Players should know where their basket is everyday
 - This comes from the 5-spot shooting drill

Olympic Shooting



O₁ - Shoots, follows shot and passes to O₃
O₂ - Shoots, follows shot and passes to O₁ who
relocated after rebounding their own shot
O₃ - Will shoot, rebound and pass to O₂ who
relocated after rebounding their shot
Continue this order

5-Spot Shooting

Purpose

- Excellent Warm-Up Drill and Conditioning
 - Beneficial for 3-point Shooting
-

Instructions

- 4 minutes on clock
 - 3 players, 2 balls per basket (like Olympic Shooting)
 - 5-Spots
 - Wing - Corner - Corner - Wing - Top of the Key
 - Must make 10 baskets at each spot to move on (do not have to be in a row)
 - Once 10 baskets are made at all 5 spots (50 total makes), the group continues at the top of the key to get as many extra baskets in the remaining time
-

Scoring

- 3 people per hoop (could use 4 if needed - still only 2 balls)
 - Each basket is ranked from 1 (best shooters) to 5 (challenged shooters) for added competition (if 5 groups of 3)
 - To move up a basket
 - Beat the team in front of you by 10 or more or
 - Beat the team in front of you two times in a row
 - Your minimum team goal should be above even (even = 50 makes)
 - Example
 - Group #1 - completes 4 spots and has made 7 baskets on the 5th spot (top of the key)
 - Group #1 = -3
 - Group #2 - completes all 5 spots and makes 5 more 3's (at the top of the key)
 - Group #2 = +5
 - Group #3 - completes all 5 spots, but makes no extra 3's
 - Group #3 = even
 - As a team (add up all scores)
 - Team Total = +2
-

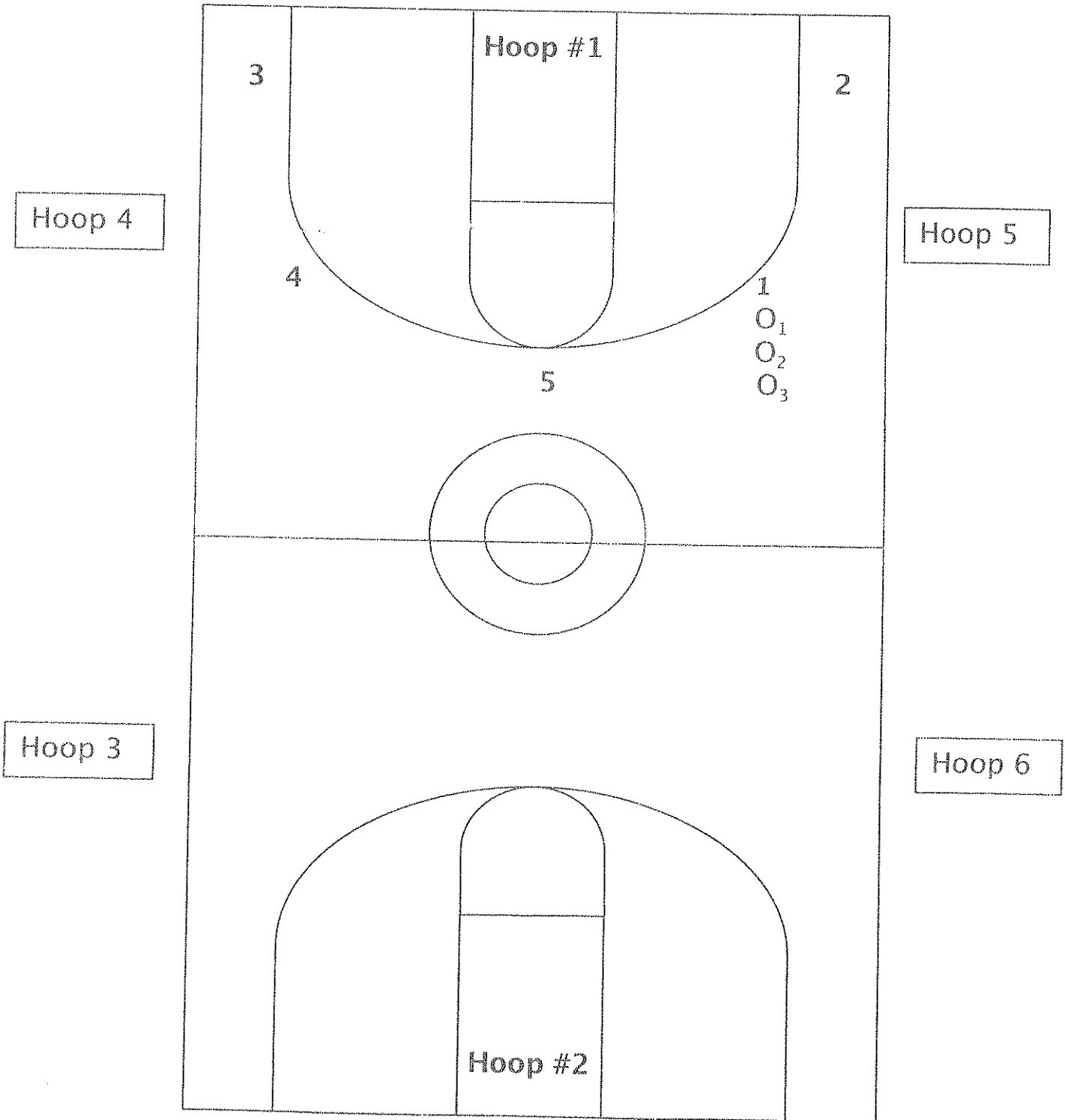
Players

- All or All but Big Men (they can work on individual drills at this time)
-

Tips

- Shooter must hustle after their own rebound
- High Schools - Make 8 baskets at each spot for a total of 40
- Overall Team should be above even
- Coach Walberg's Highest ever
 - +26 for one group (76 made 3's in 4 minutes)
 - +42 as a team
- * 5-Spot Scoring sheet plus team scoring sheet are included

5-Spot Shooting



F.C.C. MEN'S BASKETBALL

5 SPOT SHOOTING

DATE: 11/8/04

<u>NAME</u>	<u>YESTERDAY</u>	<u>TOTAL</u>	<u>%</u>
Geoffrey	19/29	144/215	66.9
Jon	25/32	162/253	64.1
Anthony	17/28	115/180	63.9
Heath	18/27	145/237	61.2
JB	21/28	138/226	61.1
Adrian	17/29	148/246	60.2
Bubba	16/30	150/251	59.8
Jawaan	19/30	133/224	59.4
Zach	19/31	147/250	58.8
Alex	15/30	134/238	56.3
Jordan F.	15/28	118/226	52.2
Roy	11/27	107/217	49.3
Anthony Z.	13/29	13/29	44.8

Bird Drill

Purpose

- Improve 3-Point Shooting
 - Concentration
-

Instructions

- 2 minutes on the clock
 - Player 1 starts with the ball on the Baseline side
 - Must make 2 in a row to move on to the next spot
 - Once the player reaches the other baseline then they must come back to the starting point
-

Scoring

- There are a total of 10 spots with 2 at each spot
 - If the player makes it all the way around and back record the finish time
 - If the player does not make it all the way around record at what spot they finish for example a player could be -6. This means the player went all the way around and ended at the top of the key.
-

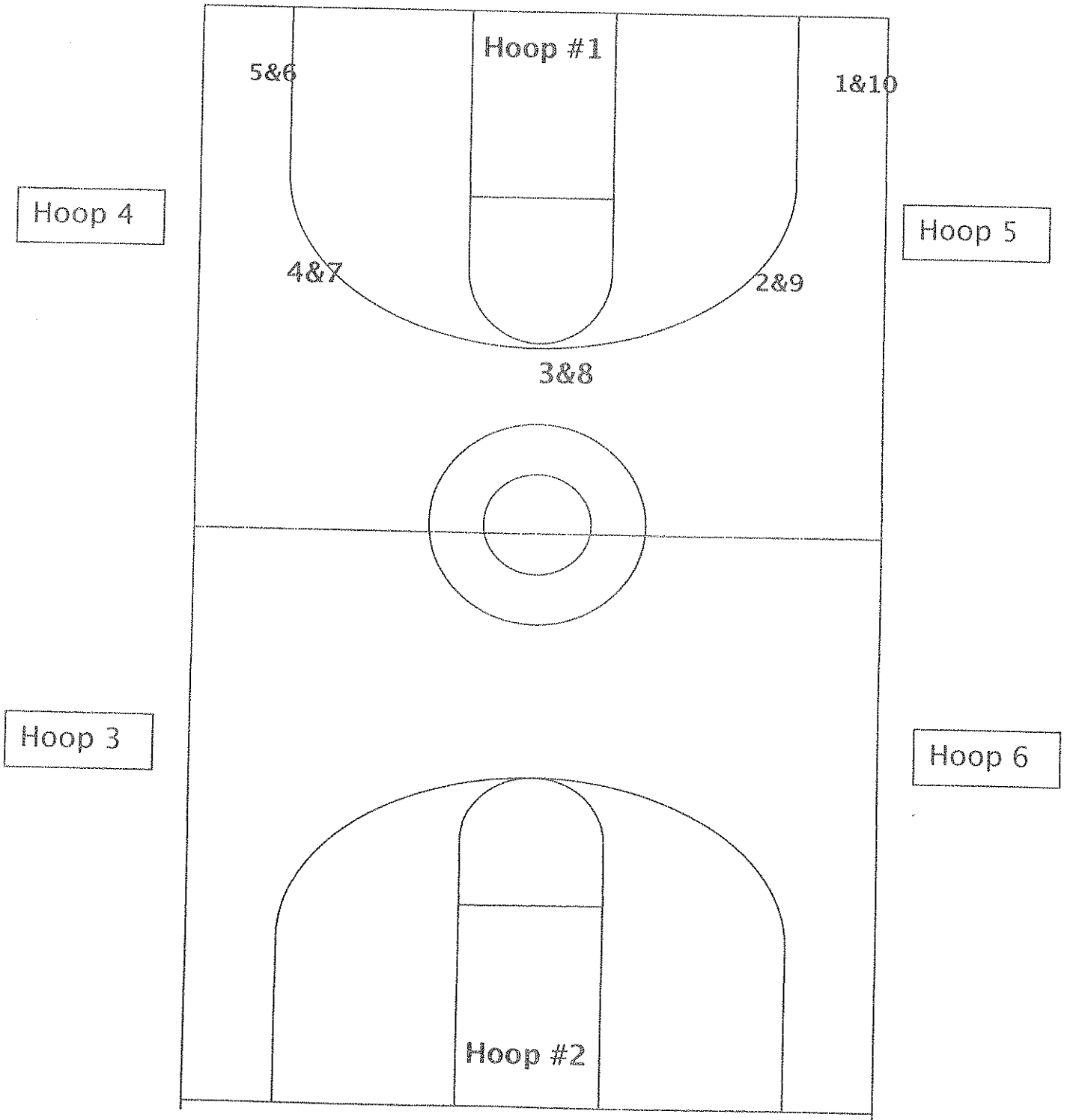
Players

- 1 Shooter
 - 1 Rebounder
 - 1 Passer
-

Tips

- Good Passes

Bird Drill



Lay-Ups

Purpose

- This gives our players the ability to score with both hands at different angles and spots while attacking the hoop.
 - This is a build up to our offense
-

Instructions

- Lay-ups are completed on only one side each day
 - We will shoot 7 lay-ups and 2 3's off this drill
 - 2 Balls on each half-court
 - 2nd person does not go until rebounder takes a dribble out to start the outlet (helps to avoid collisions)
 - The Following is our order of Lay-ups (right side examples)
 - Regular (right hand)
 - Reverse (right hand)
 - Cross-over (left hand semi-hook)
 - Hesitation (left hand)
 - Around the Back (either hand)
 - Drop the shooting line to the 1 spot and the rebound line to the 3 spot for the next four drills
 - Backdoor lay-up for the 3 player
 - Quick 3 for the three player
 - Kick-up attack lay-up for 3 player
 - Kick-up attack dribble from 3 player, step back pass to 1 player in corner for the 3 pointer
-

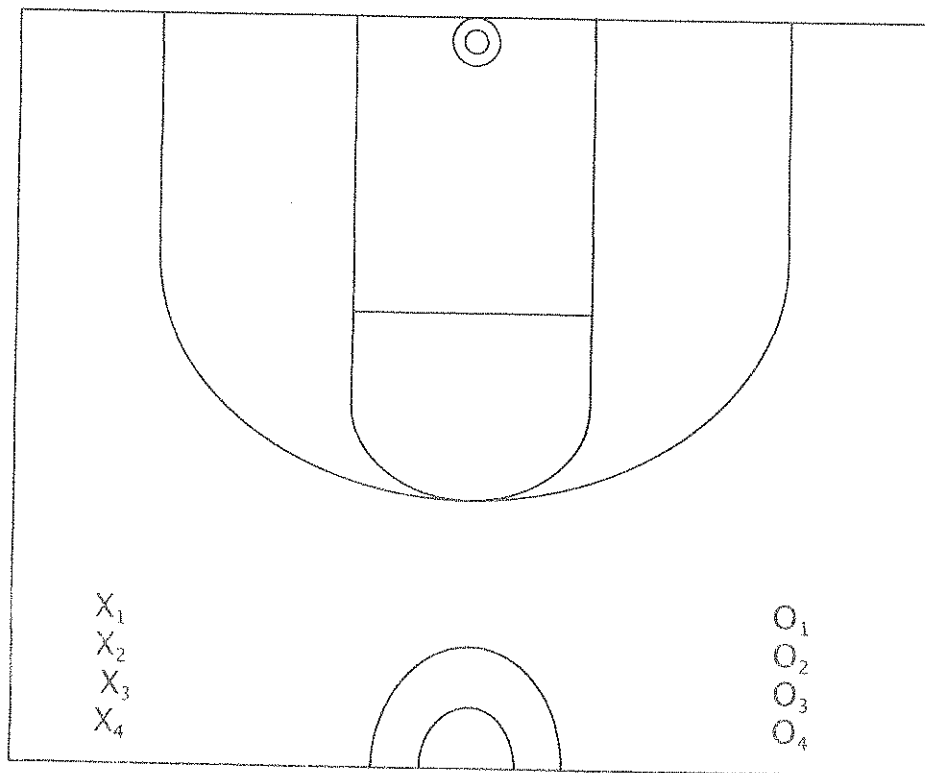
Players

- All
 - Split up into 2 even groups on both halves to move quicker
-

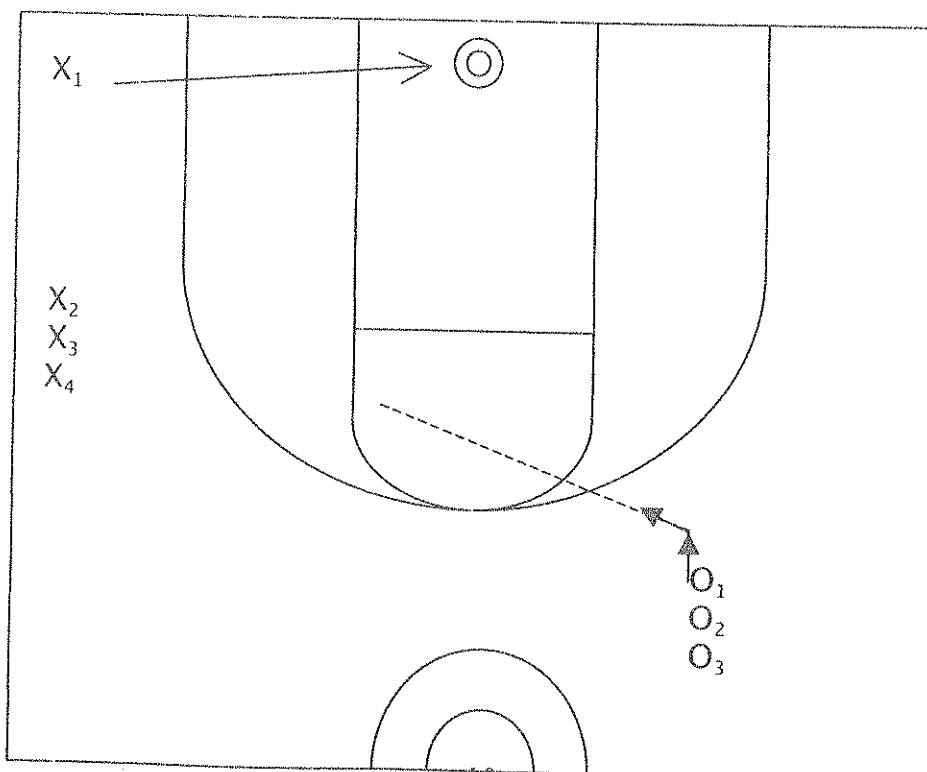
Tips

- Complete right side lay-ups one day and left side the next
- Left side lay-ups will be opposite from above and on final four shots you will attack from the 5 and 2 spots
- Expect players to go at game speed
- Work on blow-out dribbles and overhead passes

Lay-Ups



The first 5 lay-ups will be done in this set-up.



The last 4 lay-ups and shots will be done in this set-up.

Scramble

Purpose

- This is a continuous 3 on 2 full-court drill that works on ball-handling, shooting, filling the lanes, outlet passes, and hustle.
-

Instructions

- 2 defenders on each basket
 - 4 total lines
 - One on each sideline at the top of the key extended
 - 3 people on offense
 - 1 shot only on each possession
 - Rebounder passes to the outlet on their side
 - Outlet person must sweep in receiving ball
 - Prefer outlet person to take one dribble and pass ahead if open
 - Outlet, Rebounder, and Player in front of line on the same half of the court all attack
-

Players

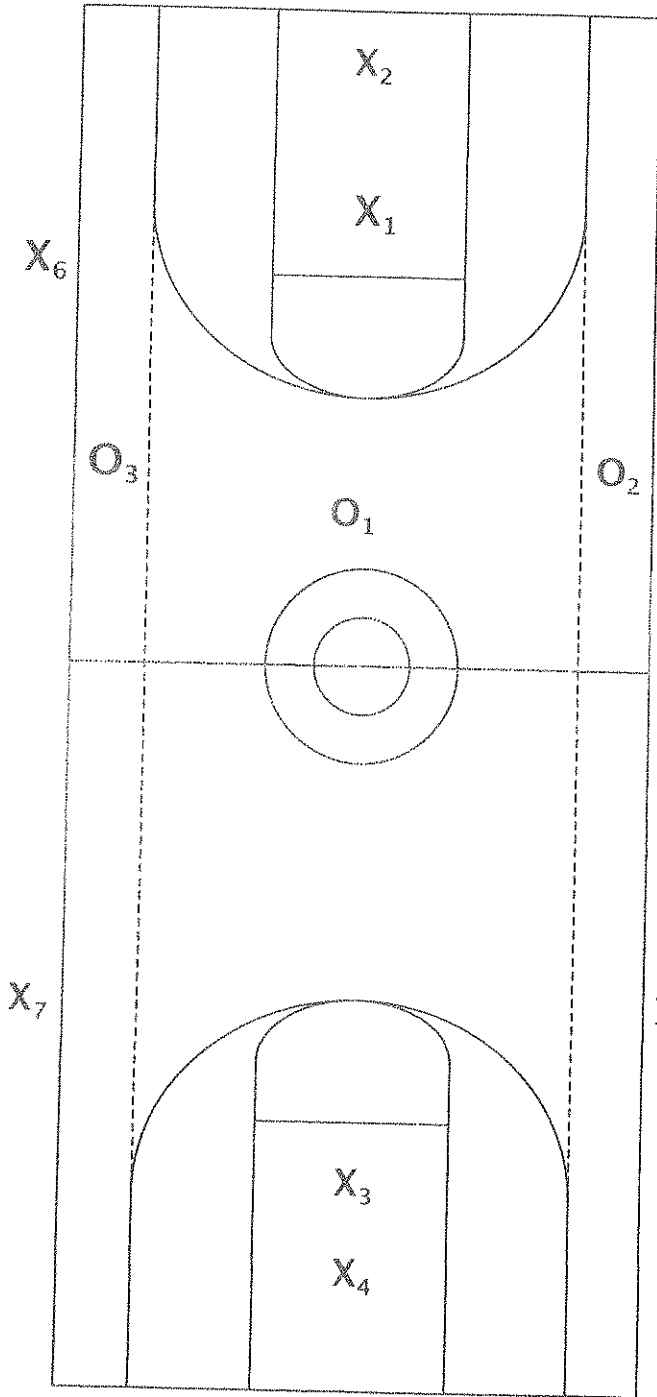
- 3 on offense at all times
 - 2 defenders under each basket
 - Minimum 11 Players to complete this drill
-

Tips

- Sweep on outlets
 - Wait until rebounder turns your way, and then banana cut receiving ball on the run
- Make sure your players stay in outside lanes (3 point line to 3 point line)
- Push the ball and attack at all times
- Wings should be outside the 3-point line for the pass
- When ball is on one wing top player should be free-throw lane extended at the top of the key and opposite wing player should be at opposite block
- Either shot goes up from the wing or return pass to top player who shoots the 3 or shot passes to inside player

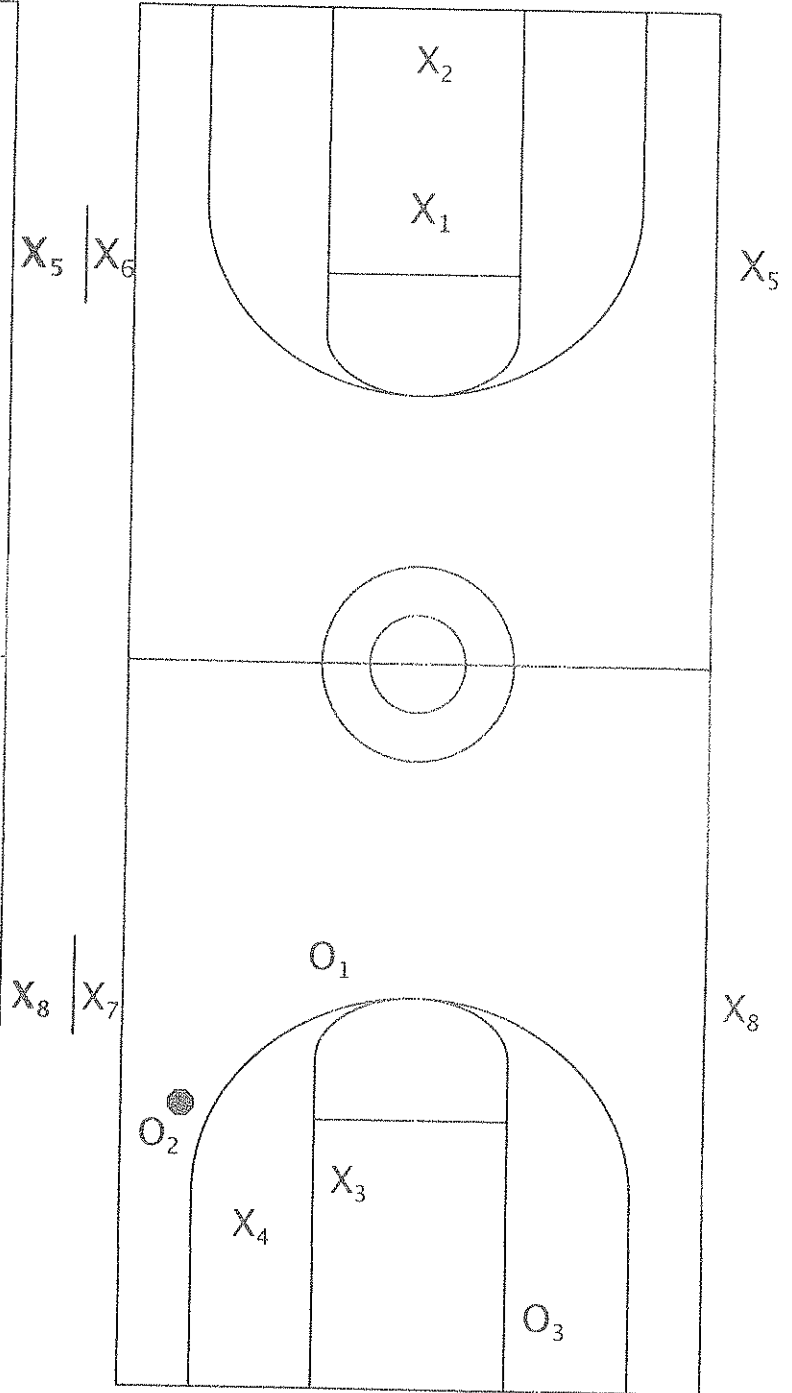
Scramble

Set-Up



This is the basic set-up. Please remember that O_2 and O_3 must run in the designated outside lanes.

Offensive Positioning



When O_2 has the ball, O_1 spots up (outside 3 point line up the lane line). O_3 must be on opposite block when O_2 has the ball.

Scramble - No Dribble

Purpose

- This is a continuous 3 on 2 full-court drill that works on ball-handling, shooting, filling the lanes, outlet passes, and hustle.
 - Excellent drill to improve foot work and give-and-go
-

Instructions

- Players cannot dribble (turnover if they do)
 - 2 defenders on each basket
 - 4 total lines
 - One on each sideline at the top of the key extended
 - 3 people on offense
 - 1 shot only on each possession
 - Rebounder passes to the outlet on their side
 - Outlet person must sweep in receiving ball
 - Outlet person must make jump stop receiving pass
 - Outlet, Rebounder, and Player in front of line on the same half of the court all attack
-

Players

- 3 on offense at all times
 - 2 defenders under each basket
 - Minimum 11 Players to complete this drill
-

Tips

- Sweep on outlets
 - Wait until rebounder turns your way, and then banana cut receiving ball on the run (make sure to jump stop)
- Make sure your players stay in outside lanes (3-point line to 3-point line)
- Push the ball and attack at all times
- Wings should be outside the 3-point line for the pass
- On offensive half court, anytime wing skips to wing they must cut to the hoop hard and top player spots up
- Either shot goes up from the wing or return pass to top player who shoots the 3 or shot passes to inside player
- Really work on stop - step then pass

Scoring Scramble

Purpose

- This is a continuous 3 on 2 full-court drill that works on ball-handling, shooting, filling the lanes, outlet passes, and hustle.
 - Scoring this drill improves competition
-

Instructions

- Follow all rules from regular scramble
 - Set-Up is the following
 - Offensive team starts with 3 players at half court ready to attack, other 4 players will be in either outlet line or on defense behind them
 - Defensive team has 4 players on the court and the rest of the players coming in from half-court
 - Defensive 4 players: 2 on defense and 2 in opposite outlet lines
 - Team must get a quick shot up and is allowed only one shot
 - If offensive team gets rebound (made or missed bucket) they will get 1 point and give the ball to the defense
 - 3 out of the 4 players will come down on offense (2 outlets plus rebounder)
 - Once offense is done, they must hustle to their half-court line
 - 3 new players enter from half-court with 2 taking defense and 1 filling the close outlet spot
 - Remaining defender fills the far outlet
-

Scoring

- Teams for the day should already be decided at the beginning of practice
 - All games are played to 8
 - 2-pointer worth 2
 - 3-pointer worth 3
 - 1 point for an offensive rebound (made or missed shot)
 - Offensive rebound must be secured in-bounds
 - Players must stay in-bounds
 - Any time the ball goes out-of-bounds it is dead
-

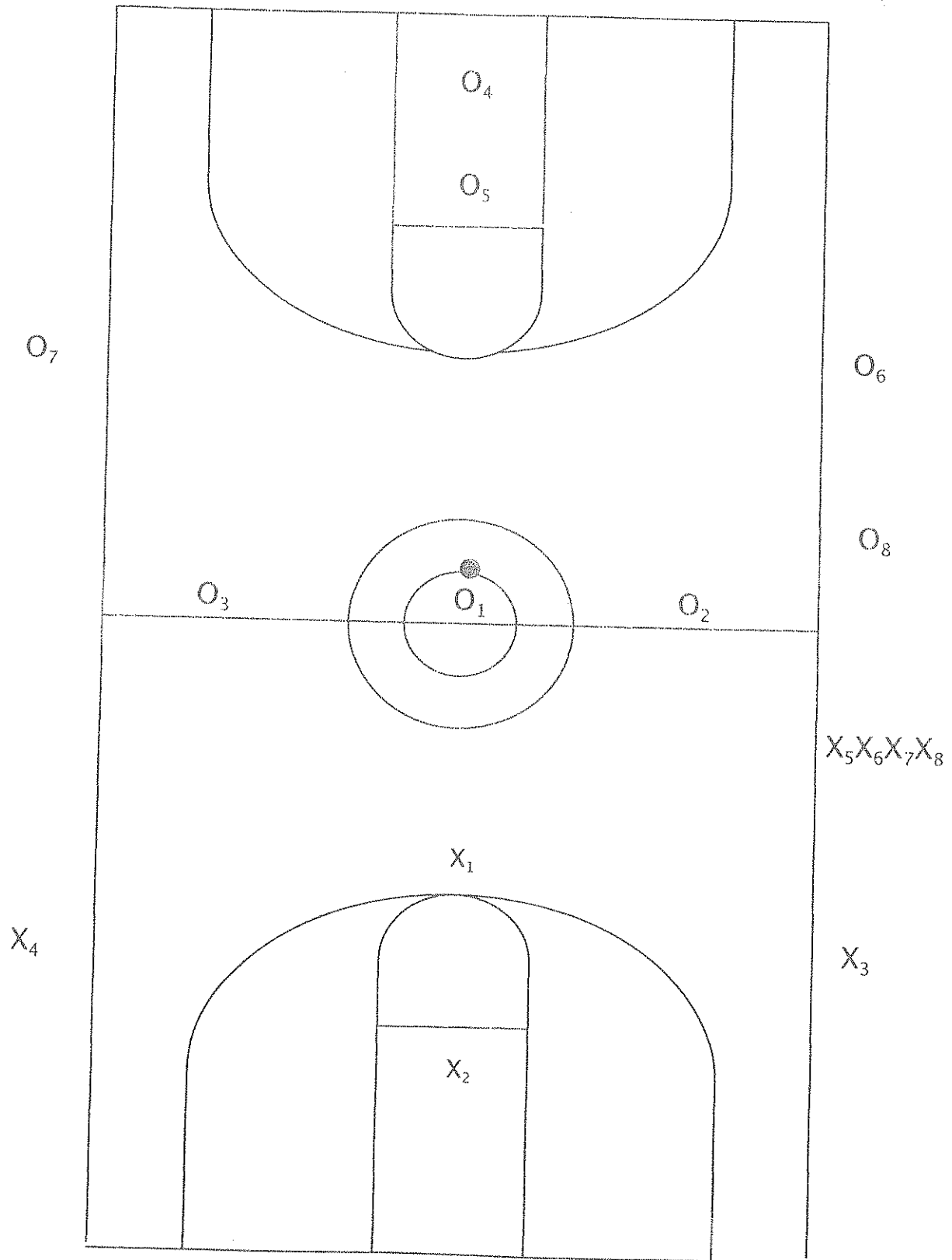
Players

- 3 on offense at all times attacking
 - 3 new players enter court after the ball passes half-court (2 on defense, 1 to outlet)
 - Defense has 2 defenders and 2 outlets at their basket
 - All players must enter from their respective halves of the court
 - Minimum of 14 players
-

Tips

- Call Turnover when:
 - Do not stay wide
 - Not a quick attack

Scoring Scramble Set-Up



Cardinal

Purpose

- Fast-moving
 - Continuous 2 on 1 drill working on attacking the rim, outlets, and defensive work
-

Instructions

- 2 Lines
 - Starting at Half-Court
 - Facing the basket
 - In the outside lanes - stay wide
 - 2 total outlets - one on each side
 - 1 - player who did not shoot
 - 2 - defender
 - Shooter (does not rebound) sprints to half-court, touches the center, and sprints back on to defense
 - Rebounder outlets the ball to either corner
 - Outlet overhead passes the ball to the next person in line (on their side)
 - Overhead pass across court (from one line to the other)
 - Begin to attack
-

Scoring

- Games to 8 (Orange team vs. Blue Team)
 - 2--pointers only
-

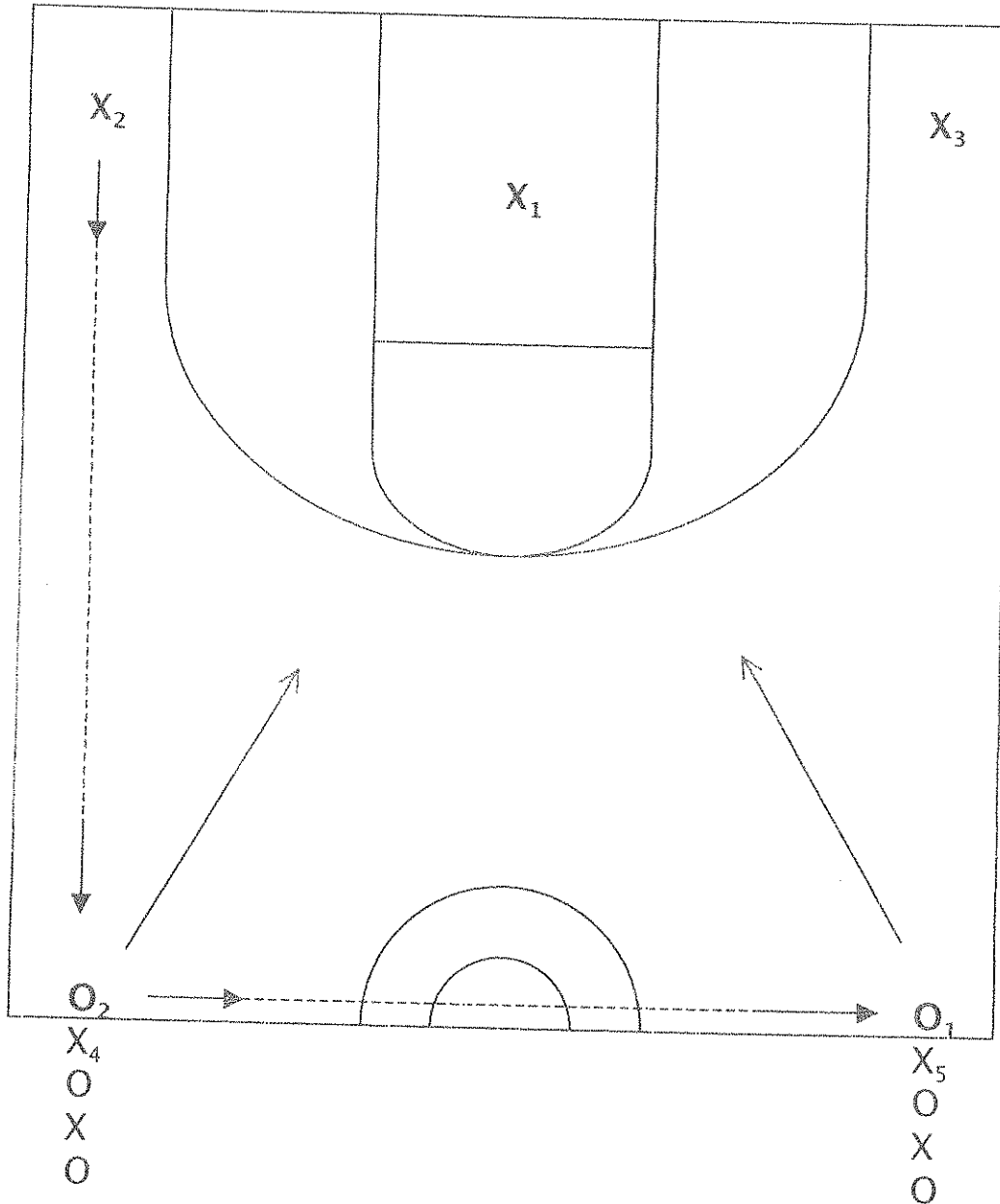
Players

- All
-

Tips

- Teams should be divided at the beginning of practice
- NO 3-pointers
 - Attack, Attack, Attack
- When the big man receives the ball to attack, they should know to give the ball back to the guard and then sprint to the hoop
- When Attacking:
 - In your lane - wrap around pass or high to the hands of teammate
 - Out of your lane - go to the basket
- Always use the backboard
- Always go up strong

Cardinal



O_2 - throws ball to O_1 to start the 2-on-1 drill
You are only allowed one shot and closest player must outlet to their side
(Let's assume the outlet went to X_2 and that O_2 shot the ball)
 X_2 - will now overhead pass to X_4 (next player in line)
 X_4 - will overhead pass to X_5
 O_2 - during this time must touch jump ball circle and come back and defend
against X_4 and X_5

Texas 111

Purpose

- Offensive attacking drill
 - It must be fast pace, with a chaser behind
 - After score it becomes a defensive pressure drill
-

Instructions

- Set-Up will be the following: (3 players on the court at all times)
 - Defensive player X_1 with the ball at half-court circle
 - Offensive player O_3 waiting to receive ball at free throw line
 - Defensive chaser X_3 coming from baseline
 - Lines with players will come from
 - 1 Line at half-court (starts with the ball)
 - 2 Lines at the baseline with X's on one side and O's on the other side of the key
 - Player X_1 at half court throws the ball to offensive player O_3 @ the free-throw line
 - Player X_3 must stay in the jump ball circle until the offensive player O_3 reaches him
 - Once the pass is made to the offensive player he is in the attack mode
 - The defensive player at the baseline becomes a chaser
 - Now it becomes a 1-on-1 drill with a chaser
 - Play it out until the defense rebounds or the basket is scored
 - Then it becomes a 2-on-1 on the way back
 - The person that was on offense becomes the defender
 - Side front the offensive player who is not taking the ball out
 - Play out until shot is made, goes out-of-bounds or defense rebounds
-

Scoring

- Teams for the day should already be decided at the beginning of practice
 - All games are played to 8
 - 2-pointer worth 2
 - Any steals in the backcourt you can score again
 - Players must stay in-bounds and any time the ball goes out it is considered dead
-

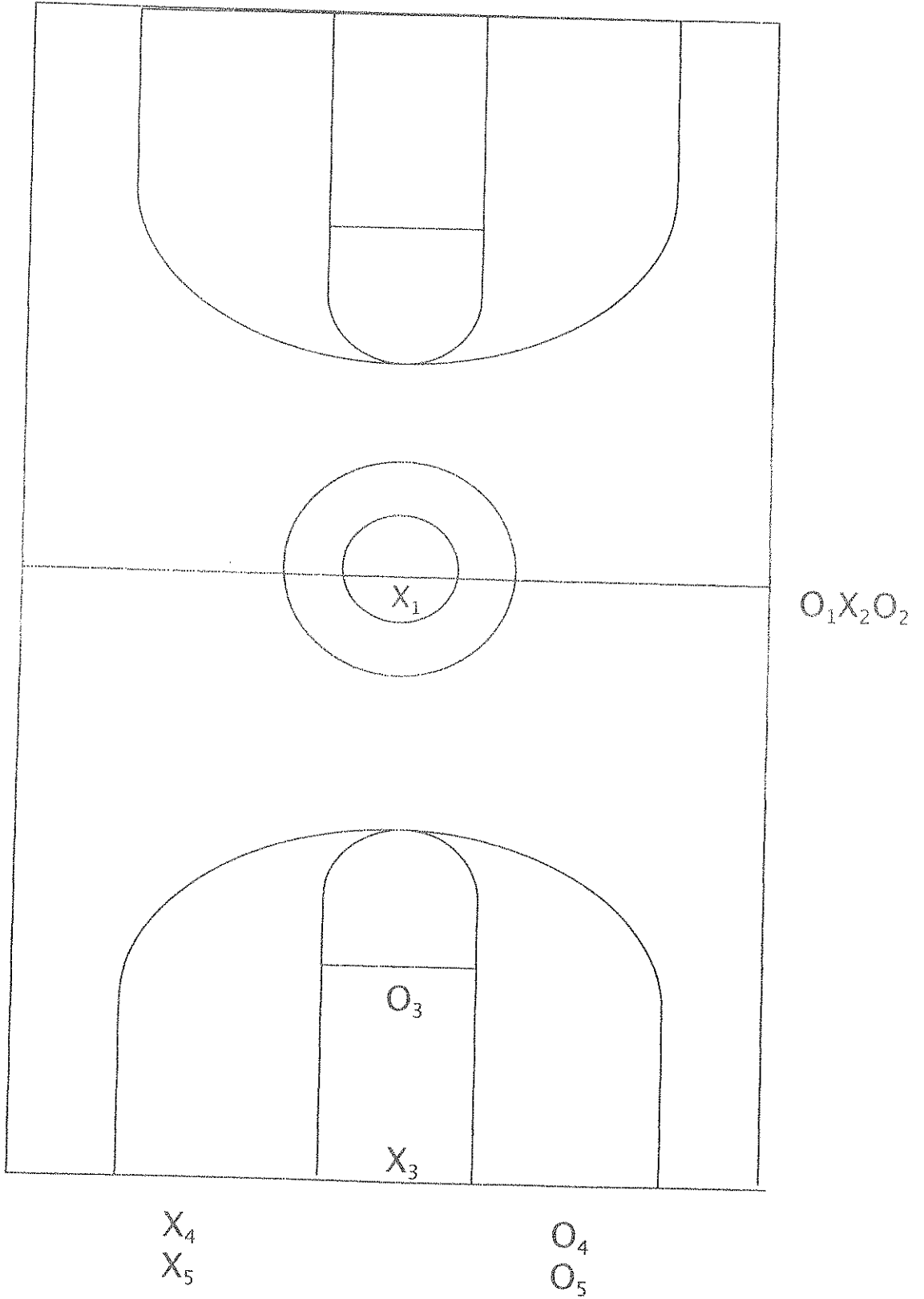
Players

- 3 on the court at all times (this is a 2 ball drill to keep it fast-paced)
 - On the way back it becomes 2 offensive players and one defensive
 - Minimum of 9 players
-

Tips

- Side Front – when it turns into a defensive pressure drill it is crucial that the defensive player is side fronting after a score
- Please remember this is a fast-paced, attack drill
- Must alternate offensive player coming in at free throw line for each possession

Texas 111



Texas 22

Purpose

- Offensive attacking drill in a 2-on-1 mode
 - It must be fast pace, with a chaser behind
 - After the score, it becomes a defensive pressure drill with both defenders denying the inbound pass
-

Instructions

- Set-Up will be the same as Texas 111 except for the following:
 - There are now 2 offensive players coming in each time at the elbows
 - Again, they will alternate X's and O's each time starting on offense
 - Player X₁ at center court throws the ball to either offensive player (O₃ or O₄) @ the free-throw line
 - This time the defensive player X₂ at half-court can go back and defend the bucket
 - On the way down 2-on-1 with a chaser X₃
 - The person that scored on offense becomes the full-denial defender who face guards the offensive player who is not taking the ball out-of-bounds
 - The second defender is the fist, guarding from behind and not allowing the long pass
 - Played out until shot is made, goes out-of-bounds or defense rebounds
-

Scoring

- Teams for the day should already be decided at the beginning of practice
 - All games are played to 8
 - 2-pointer worth 2
 - 3-pointer worth 3
 - Any steals in the backcourt can be played again offensively
 - Players must stay in-bounds and anytime the ball goes out it is considered dead
-

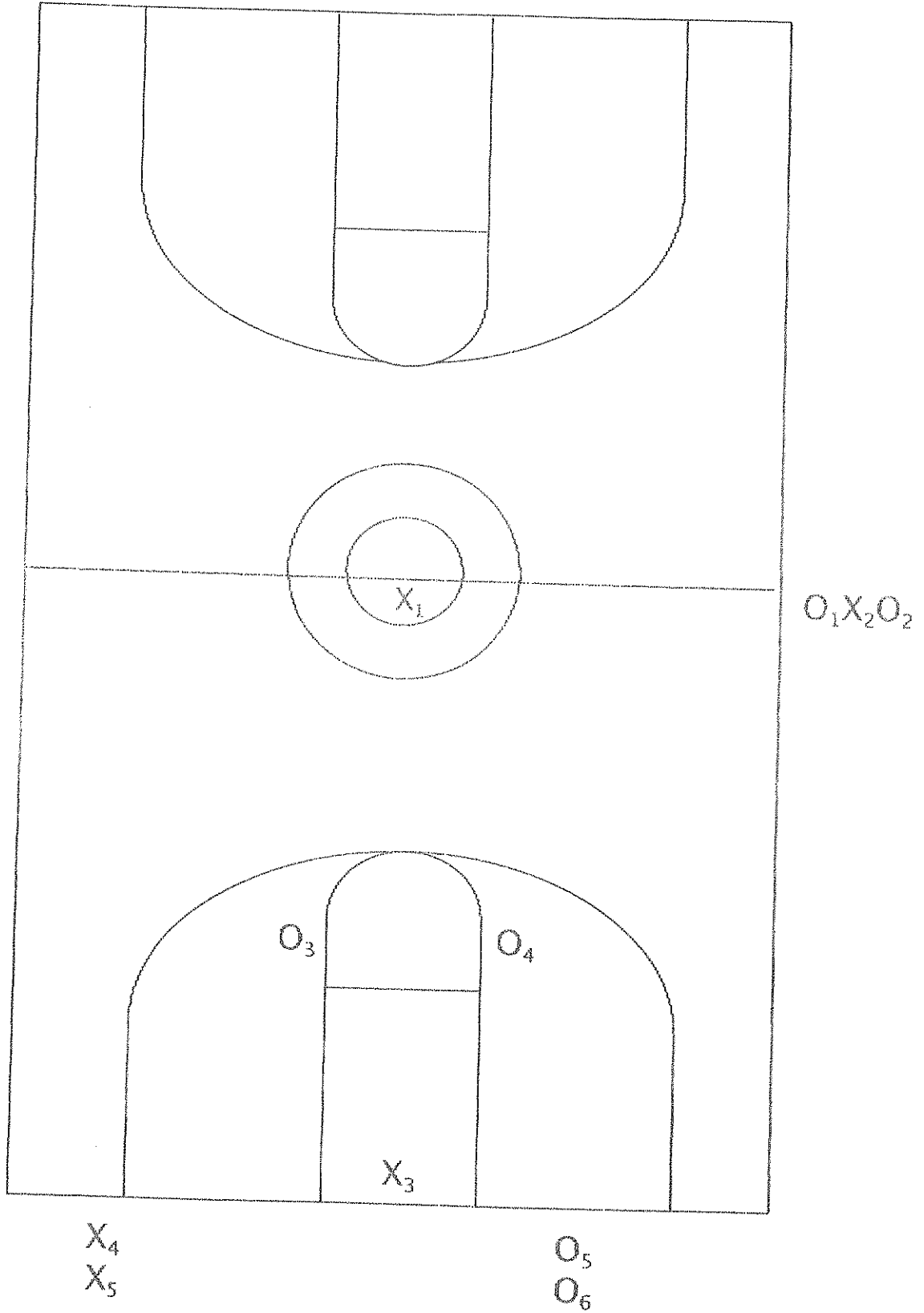
Players

- 4 on the court at all times
 - Starts with 2 offensive players, 1 defensive player, and a 2nd defensive player who is a chaser
 - On the way back it becomes 2 offensive players v 2 defensive players
-

Tips

- 2 Balls in this drill to keep it fast moving
- Fist - defender who protects long pass
- All 2-on-1 situations can only be lay-ups
- All on 2-on-2 situations offensive players must space properly or lose the ball
- Please remember this is a fast-paced, attack drill on both sides of the court
- Must alternate offensive players coming in at the elbows of the free throw line for each possession
- On 2-on-1 attack you want the ball in the best decision makers hands

Texas 22



Texas 33

Purpose

- Offensive attacking drill in a 3-on-2 mode
 - It must be fast pace, with a chaser behind
 - After the score, it becomes a defensive pressure drill with both defenders denying the inbound pass
-

Instructions

- Set-Up will be similar to other Texas drills except for the following:
 - There are now 3 offensive players coming in each time free throw line extended
 - Again, they will alternate X's and O's each time starting on offense
 - Player X₁ at center court throws the ball to the center offensive player (O₄) @ the free-throw line
 - This time the defensive player X₂ at half-court can go back and defend the bucket
 - On the way down 3-on-2 with a chaser X₃
 - The person that scored on offense becomes the full-denial defender who face guards the offensive player who is not taking the ball out-of-bounds
 - The second defender if also in full-denial
 - The third defender is the fist, guarding from behind and not allowing the long pass
 - Played out until shot is made, goes out-of-bounds or defense rebounds
-

Scoring

- Teams for the day should already be decided at the beginning of practice
 - All games are played to 8
 - 2-pointer worth 2
 - 3-pointer worth 3
 - Any steals in the backcourt can be played again offensively
 - Players must stay in-bounds and anytime the ball goes out it is considered dead
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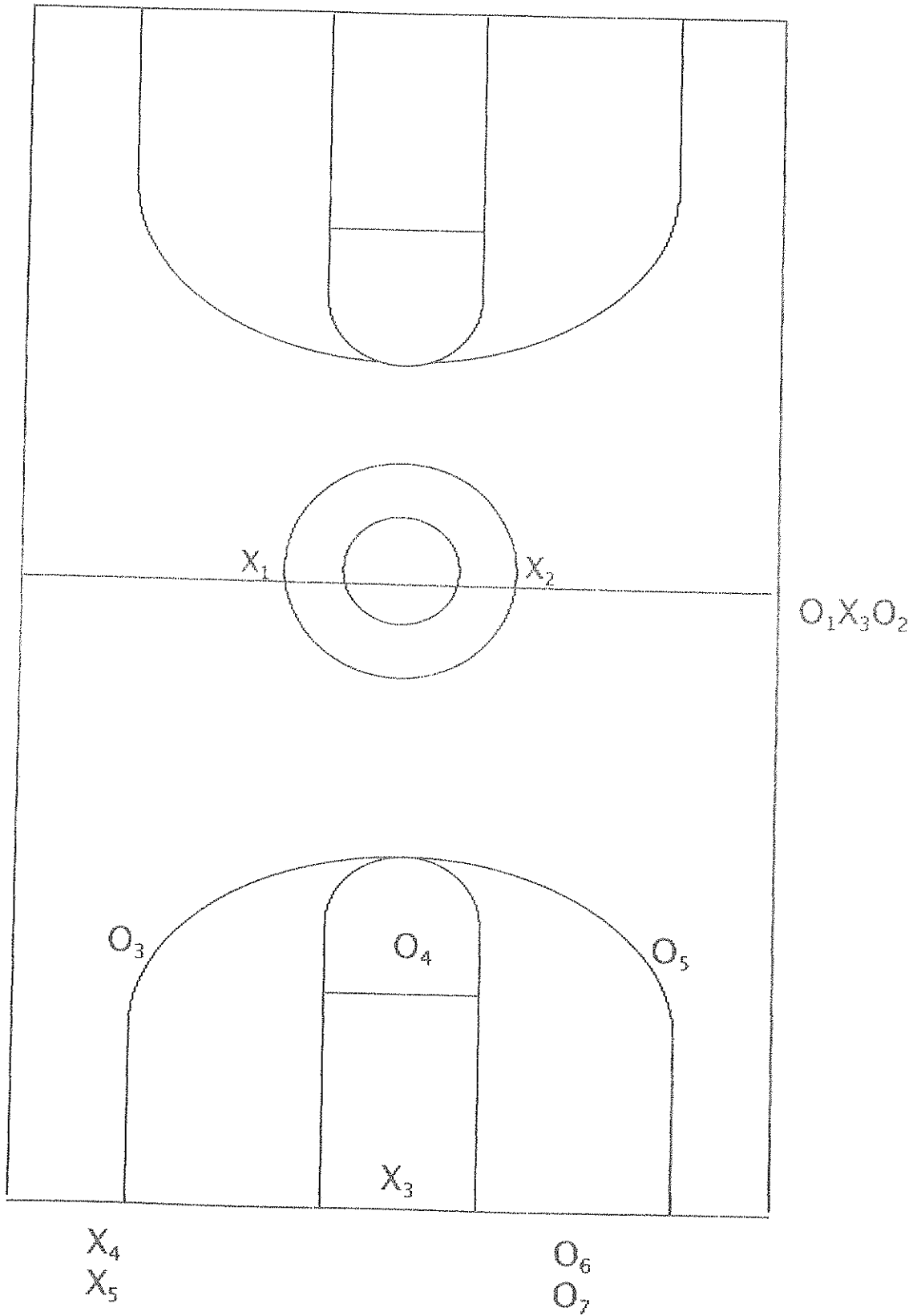
Players

- 6 on the court at all times
 - Starts with 3 offensive players, 2 defensive players, and a 3rd defensive player who is a chaser
 - On the way back it becomes 3 offensive players v 3 defensive players
-

Tips

- 2 Balls in this drill to keep it fast moving
- Fist - defender who protects long pass
- All on 3-on-3 situations offensive players must space properly or lose the ball
- Please remember this is a fast-paced, attack drill on both sides of the court
- Must alternate offensive players coming in at the elbows of the free throw line for each possession
- On attack you want the ball in the best decision makers hands

Texas 33



Texas 44

Purpose

- Offensive attacking drill in a 4-on-3 mode
 - It must be fast pace, with a chaser behind
 - After the score, it becomes a defensive pressure drill with two defenders denying the inbound pass
-

Instructions

- Set-Up will be similar to other Texas drills except for the following:
 - There are now 4 offensive players coming in each time free throw line extended
 - Again, they will alternate X's and O's each time starting on offense
 - Player X₂ at center court throws the ball to either center offensive player (O₄ or O₅) @ the free-throw line
 - The other defensive players at half-court can form the umbrella and defend the bucket
 - On the way down 4-on-3 with a chaser X₅
 - The person that scored on offense becomes the full-denial defender who face guards the offensive player who is not taking the ball out-of-bounds
 - The second defender if also in full-denial
 - The third defender is the fist, guarding from behind and not allowing the long pass
 - The fourth defender is back
 - Played out until shot is made, goes out-of-bounds or defense rebounds
-

Scoring

- Teams for the day should already be decided at the beginning of practice
 - All games are played to 8
 - 2-pointer worth 2
 - 3-pointer worth 3
 - Any steals in the backcourt can be played again offensively
 - Players must stay in-bounds and anytime the ball goes out it is considered dead
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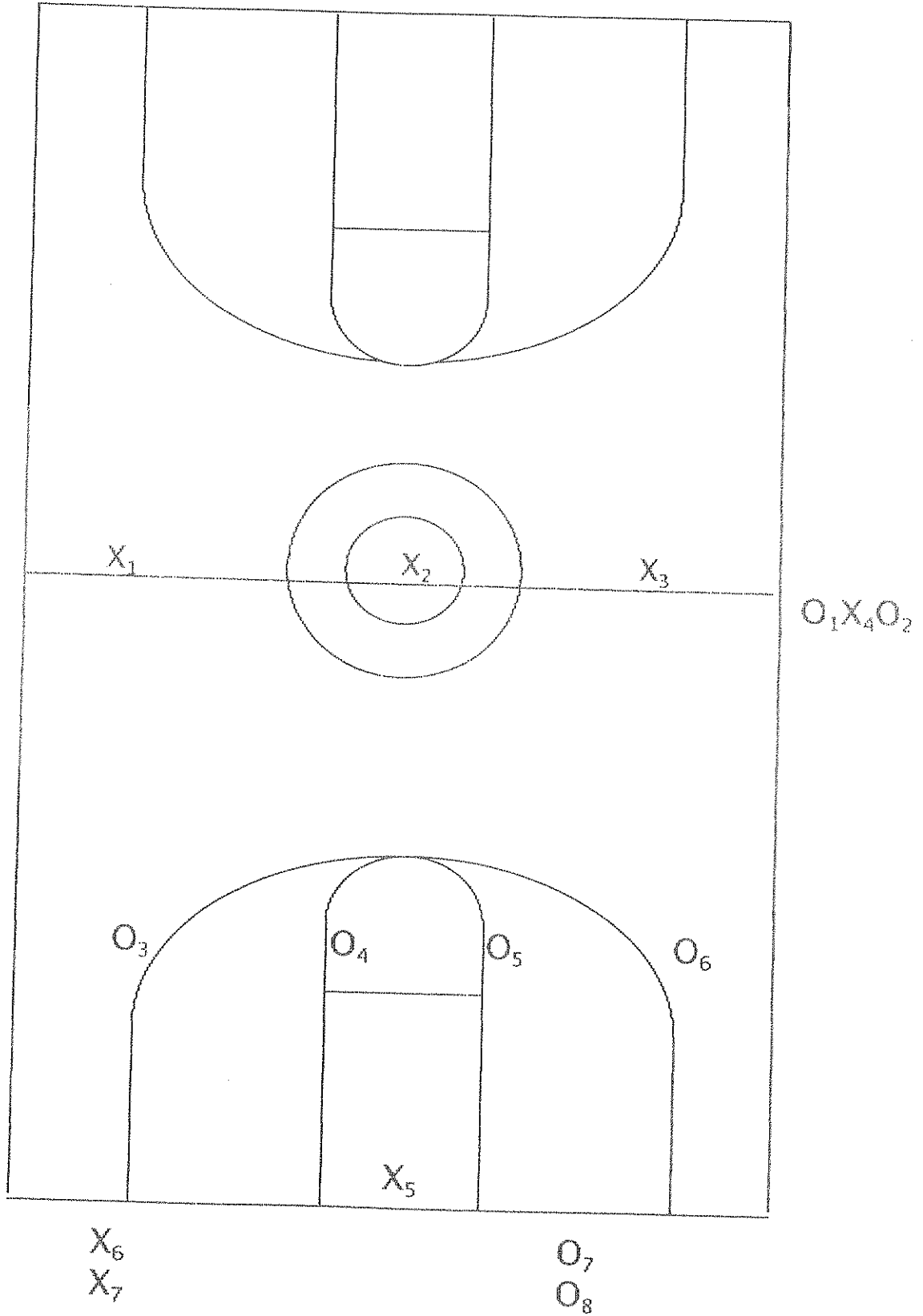
Players

- 8 on the court at all times
 - Starts with 4 offensive players, 3 defensive players, and a 4th defensive player who is a chaser
 - On the way back it becomes 4 offensive players v 4 defensive players
-

Tips

- 2 Balls in this drill to keep it fast moving
- Fist - defender who protects long pass
- All on 4-on-4 situations offensive players must space properly or lose the ball
- Please remember this is a fast-paced, attack drill on both sides of the court
- Must alternate offensive players coming in at the elbows of the free throw line for each possession
- On attack you want the ball in the best decision makers hands

Texas 44



UCLA

Purpose

- This is the ultimate drill that works on offense, defense, penetration, ball handling, spacing and composure.
 - Another continuous fast paced drill to also help in conditioning
-

Instructions

- O₁, O₂, O₃, and O₄ all will start at half court ready to attack
 - Defense will have X₁, X₂, X₃ defending with X₄ coming in from half court and going through the jump ball circle
 - O₅, O₆, and O₇ all will be ready to go defensively on their half of the court with O₈ coming in when the ball passes the half court line coming their way (again coming through the jump ball circle)
 - If O₁-O₄ score, they then will press X₁-X₄ up to the half court line
 - If O's get a steal in the back court they can attempt to score again
 - If O's do not score, they will then press on any miss or dead ball
 - Once X₁-X₄ pass half court they will then attack O₅-O₈ and the new X's (X₅-X₇) will take over in the backcourt with X₈ coming in (once the ball is passed half court)
 - Any dead ball in the half court the offense will start on their spots which is usually 4-out
-

Scoring

- Teams for the day should already be decided at the beginning of practice
 - All games are played to 8
 - 2-pointer worth 2
 - Any steals in the backcourt you can score again
 - Players must stay in-bounds and any time the ball goes out it is considered dead
-

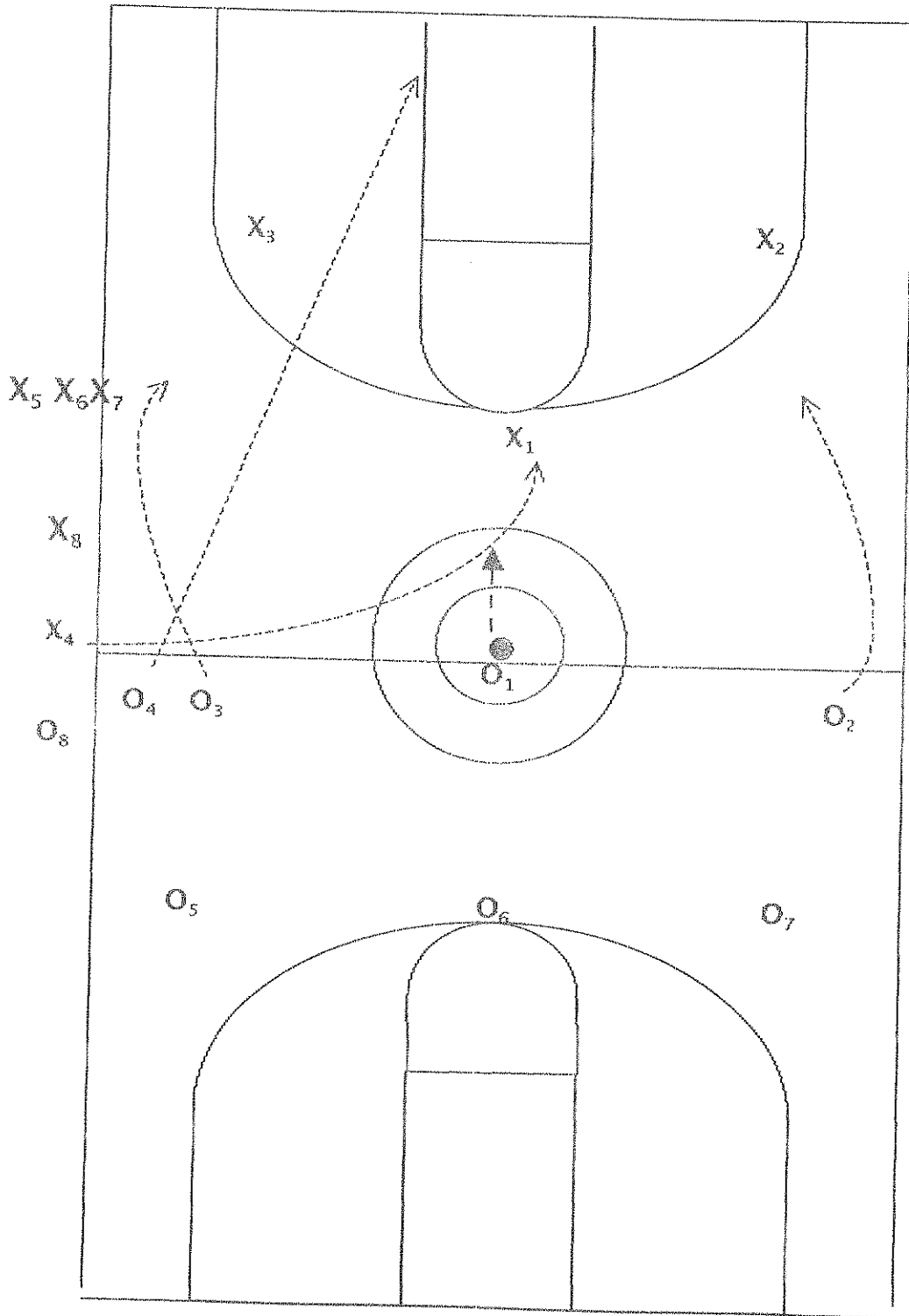
Players

- 4 on offense at all times against 3 defenders plus a chaser
 - Minimum 14 Players to complete this drill
-

Tips

- You will have confusion when you first start, be patient!
- When offense turns the ball over in the back court they then become the defense again
- When offense turns the ball over in the front court that defensive group becomes offense
- We press on all makes and misses
- Pressing team may not go over half court
- Offensive team must learn how to pass and cut to survive this drill
- We make the 4 man run to the rim before he can come back to help

UCLA Set-Up



Break Breakdown

Purpose

- This is a break recognition drill working on and against numbers
 - Another continuous fast paced drill to also help in conditioning
-

Instructions

- Team O is running circle on their half of the court until shot goes up from manager
 - Team O takes rebound and starts break against team X
 - Team O stays on offense until they are stopped twice in a row, turn it over, or are stopped with only 4 players
 - Team X can put 4, 5, 6, or 7 players on defense on their half of the court
 - Team O must recognize defensive numbers and do the following:
 - against 4 players - must attack quickly
 - against 5 players - run your offense
 - against 6 or 7 players - use spacing rules to get your shot
 - Any offensive team must sprint back and run the circle to start the next sequence
-

Scoring

- Teams for the day should already be decided at the beginning of practice
 - All games are played to 8
 - 2-pointer worth 2, 3-pointer worth 3
 - Any score against 6 players you add a bonus point
 - Any score against 7 players you automatically win game
-

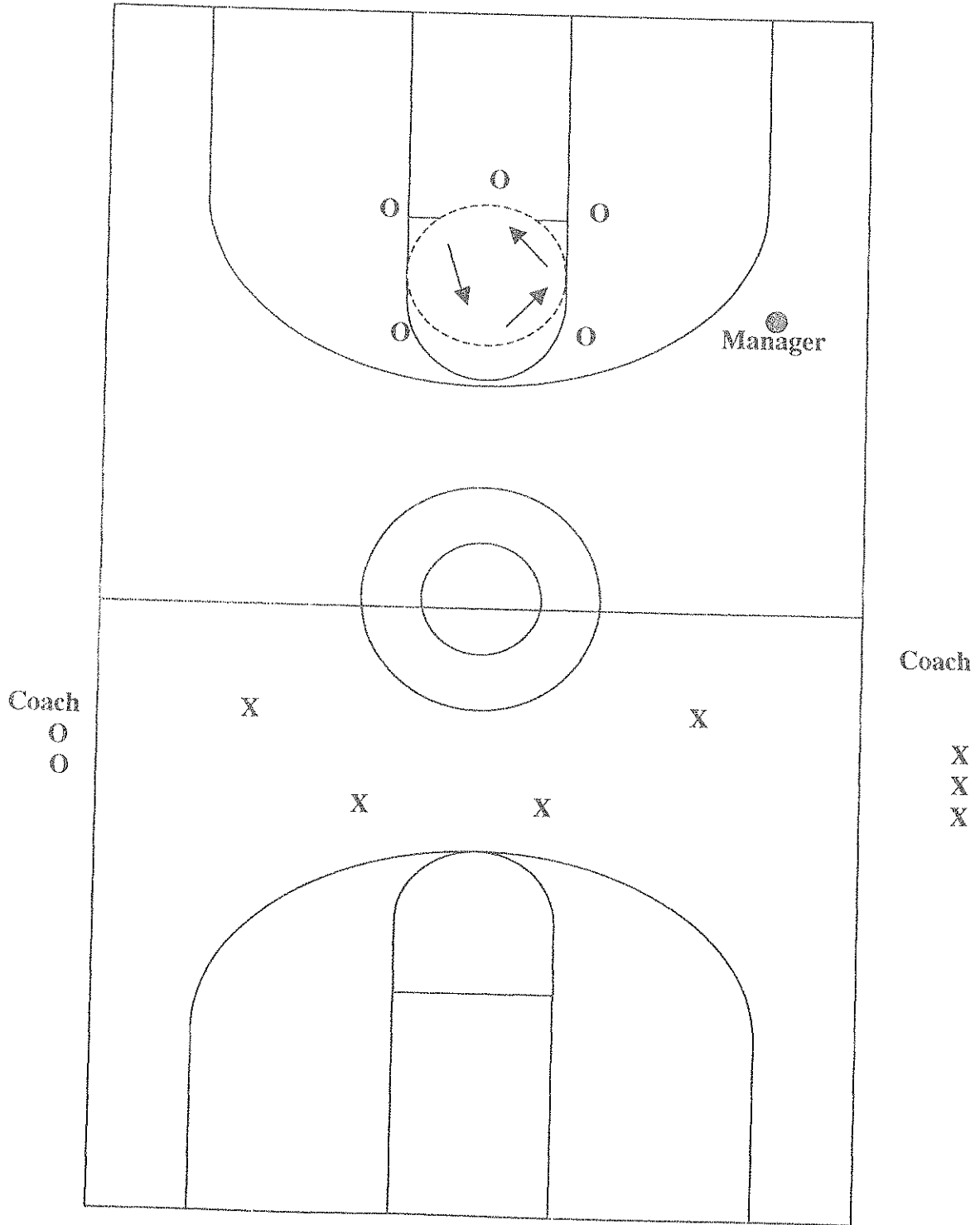
Players

- 5 on offense at all times against 4, 5, 6, or 7 defenders
 - Minimum 14 Players to complete this drill
-

Tips

- Need 2 managers and 2 balls to run this drill efficiently
- Offensive team must challenge shot by manager and go to boards or they automatically become the defense
- Defensive team must wait until half court to pick up
 - Later on you may let them pick up full court
- You may only use 7 players on defense one time during the game
- You cannot use the same defense twice in a row (on each change of possession)
- If you are stopped with 4 players you automatically become the defense
 - The same is true for any turnover against any number of defenders
- After each offensive possession, offensive team must sprint back and run the circle again or they lose the ball for lack of hustle

Break Breakdown Set-Up



PEPPERDINE MEN'S BASKETBALL PRACTICE

FOR FRIDAY, OCTOBER 13th - DAY 1

NOTES:

Tomorrow morning - 7:45 DTR -- Gym Open 7:15 am

Tomorrow 2nd practice - DTR 6:30 pm

TONIGHT - MIDNIGHT MADNESS - 8 PM - DRESS IN NEW SWEATS!!!

Tyler, Vuk, Mike N. & Jason please see me ASAP!

Coaches - Meet after practice

EXPLAIN how we will try to learn and take things relatively slow

Wish you the best and PLEASE COMPETE!!!

THOUGHT OF THE DAY:

Day 1 - ATTITUDE IS A LITTLE THING THAT MAKES A BIG DIFFERENCE!

DRILLS:

Olympic Shooting - - - Really work on zip passes & no negative passes, E/Ryan - 4's

5 Spot Shooting - E/Ryan - 4's - relocate

Lay-ups - - Scramble (3) - - Cardinal - - Texas 22 - - UCLA - - - Blood 22, 32/33, 44

Big guys: 1st - Ball to Post, ½ turn - pass out. 2nd - then ball to Post, ½ turn - fake pass out - make move.
3rd - Run Drop 4, 4th - Bump, 5th - 4

Guards: 1st - 4 on 4 - - concentrate on moving on pass, 2nd - Coach then call plays

Dummy Man - Drop 2-3-23-32-4. Inside, Outside, Loop, Loop Name, Motion - - - add 43 & X

11 Point game - - - 2 stops or 1 to - - - work on our basics - - - Evan/TK under hoop on rebounding
½ - Full - Full - - - Really get into it so we can pick up

½ Court Defense:

Vance - Explain positioning - ¼'s, work on were to be on all 4 shell spots

1.) 4 man shell together (40 set) - Basic positioning, ball-ball ball, pressure-pressure-pressure, move on pivot, V-D High side, get beat backdoor, show Home, show Pinning, Show shooting (gaps)

2.) 4 man shell together - try to do this today - emphasis on shooting & home

3.) 4 man shell defensive game - Defense 1 point TO or 2 stops, 2 points 3 or more stops, 3 points for charge - Offense - 1 point O rebound, 2's & 3's

Dummy Break - Today Primary - 6 shots All lay-ups except 6th is a 3 (stay in order - 1,2,3,4,5,?)

Big key is getting outlet deep if made, sweep across if missed - Vance show!!!

Break Breakdown 7-6-5-4 - - - moving fast - do all the Lil' Things

Shooting: Loren - 1,2,4 - Drop 2 backdoor & T, Drop 2 Kick-up, Drop 2 Kick-up drive, Drop 4
Eric - 1,5,4 - 415, Loop, Loop name, Back dribble
Ryan - 1,2,3,4 - Drop 23, Drop 32, Drag 3, Drag 34

Full Court Defense - work on our press - showing & talking only: (see how far we get)

- 1.) Explain ¼ courts & ½ courts on all positions
- 2.) Show Controller's / Container's responsibility
- 3.) Show Phasing & what Hi-side means
- 4.) Explain Gapper to Trapper responsibility
- 5.) Explain Takers responsibility
- 6.) Explain Readers responsibility
- 7.) Explain Teasers responsibility
- 8.) Explain See it & fix it

Conversion - only Up-Back-Up - - - Pick up right away (everyone on one side) (Runafterwards)

TOMORROW: 7:45am DTR

“OUR PRESS”
AFTERNOON SESSION

- 1.) MY BELIEF IN THIS DEFENSE
- 2.) HOW IT HELP CREATE THE OFFENSE
- 3.) “QUARTERS”
- 4.) BEAT BY DRIBBLE – EXPLAIN & SHOW
- 5.) STRONG / WEAK
- 6.) CONTROLLER
- 7.) GAPPER
- 8.) TAKER
- 9.) READER
- 10.) TEASER
- 11.) PRESSURE / CUSHION / UMBRELLA ZONES
- 12.) VERTICAL TRAPS
- 13.) SEE IT & FIX IT
- 14.) THE TWO BAD THREE’S
- 15.) 15/20/25% RULE (HUSTLE)
- 16.) DESIGN YOUR DRILLS FOR THIS: SHELL / CIRCLE / 55 / ETC.

Please understand that this is not a conventional defense and I am different. You have to decide if you are crazy enough to run this; do you mind giving up some easy baskets at times; and do you have the guts to play your bench.

Again, it is the Lil’ things that you teach that will dictate the success of this. No matter what, if your players don’t play hard, this will never work. The next question you must answer is how hard is “my hard”? We all most likely say my team plays hard, but do they really play hard?

Good luck and hopefully you got a few thoughts out of this>