



Jr. Titans Playbook



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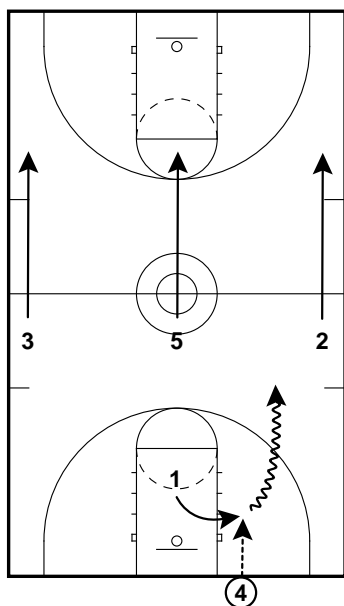
Jr. Titans Playbook - Contents (cont.)

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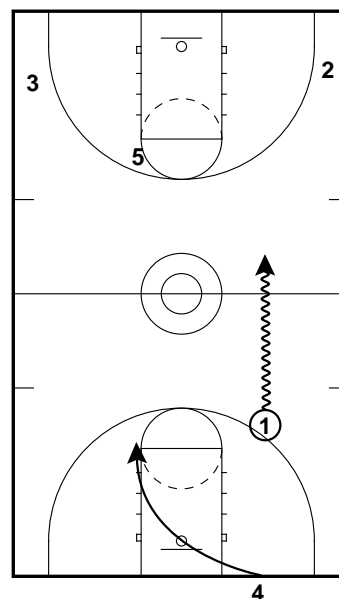
Transition Game

Primary Break



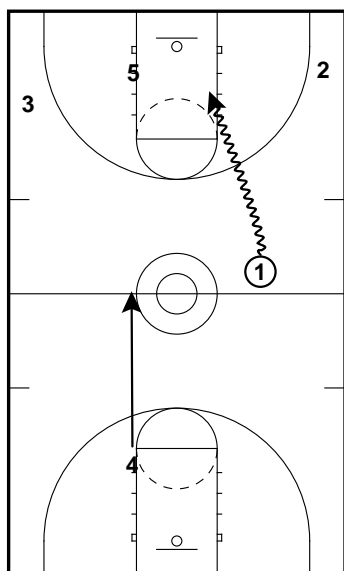
4 inbounds the ball outside the lane line (aka "clear the lane") in 2 seconds or less (2-second outlet).
1 is the outlet and loops to get open (aka Jailbreak). Looping puts him in motion and positions his back to the sideline.
2 and 3 are long cutters (get ahead and get wide).
5 runs the rim.

Primary Break



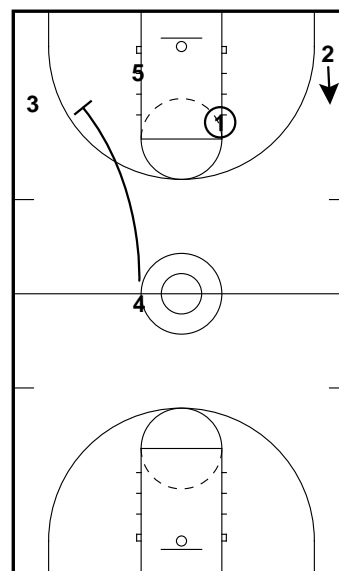
2 and 3 (long cutters) should change sides if time warrants or flatten out to the dead corners. Stopping at the wing(s) is a transition killer; especially on the ball side.
5 (rim runner) reads the ball and makes certain the lane to the rim is left open for 1 (or 2 if ball is passed ahead).
4 steps in and stays just below the line of the ball just in case pressure presents itself.

Primary Break



1 has two primary options:
Pass ahead to 2 or diagonally to 3. Both of these passes should happen early in the break (between halfcourt and the hash).
Or attack the FT elbow and get to the paint! ***Emphasize this mentality!!!

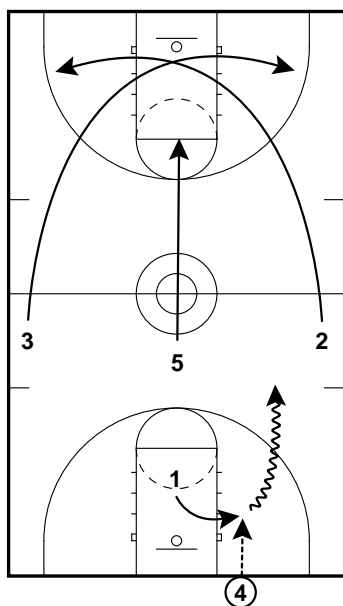
Primary Break



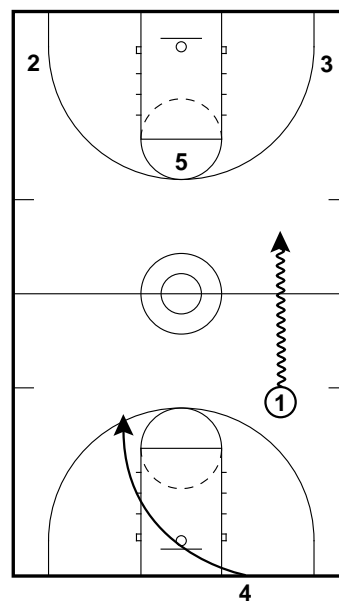
On 1's penetration, 2 should be ready to slide up a step or two (level with the ball) and make this read:
Back cut (if denied).
Catch in rhythm and shoot (if man helps on drive).
5 also needs to be ready for the late lob or bounce pass!
4 wide pin downs for 3.

Transition Game

Change Sides



Change Sides

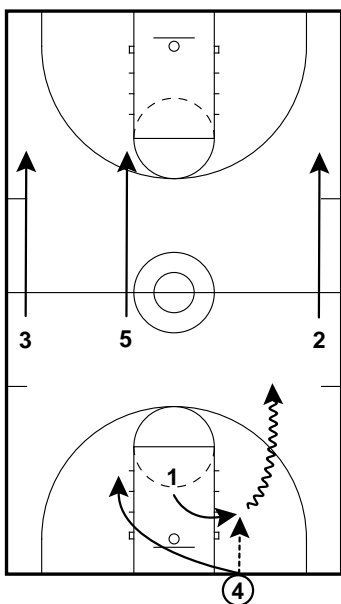


4 inbounds the ball outside the lane line in 2 seconds or less (2-second outlet).
 1 is the outlet and loops to get open (aka Jailbreak). Looping puts him in motion and positions his back to the sideline.
 2 and 3 (long cutters) must get ahead, stay wide and, if time warrants, change sides.
 5 runs the rim.

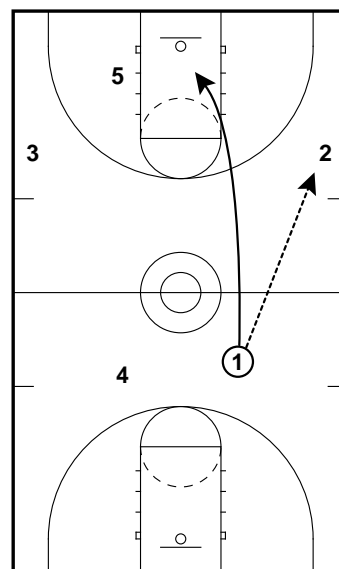
5 (rim runner) reads the ball and makes certain the lane to the rim is left open for 1 (or 2 if ball is passed ahead).
 4 steps in and stays just below the line of the ball just in case pressure presents itself.

Transition Game

Quick



Quick



4 inbounds the ball outside the lane line in 2 seconds or less (2-second outlet).

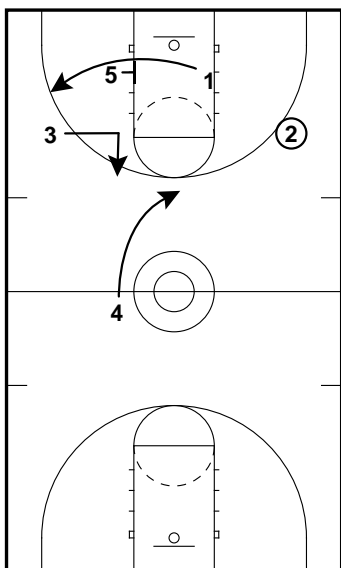
1 is the outlet and loops to get open (aka Jailbreak). Looping puts him in motion and positions his back to the sideline.

2 and 3 are long cutters (get ahead and get wide).

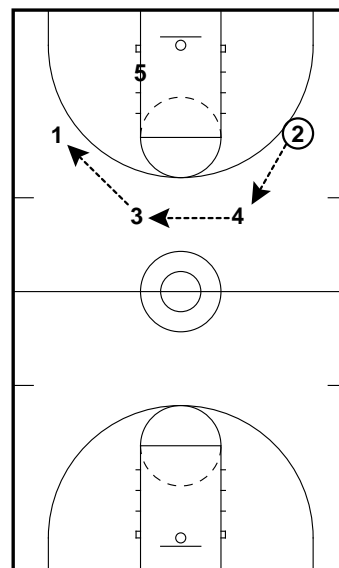
5 runs the rim (opposite lane line of the ball).

1 passes ahead to 2 and basket cuts. The basket cut (give & go) is our primary motion cut!

Quick



Quick



5 screens for 1 if 2 does not pass to him. Meanwhile, 4 and then 3 fill the vacant motion spots.

Changing the ball from the 1st side to the 2nd side is vital!

Turn the double-play:

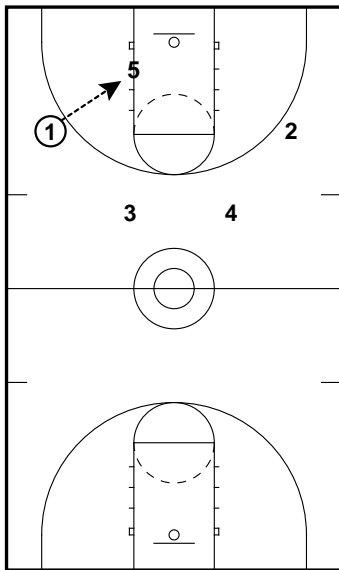
2 passes to 4.

4 passes to 3.

3 passes to 1.

Transition Game

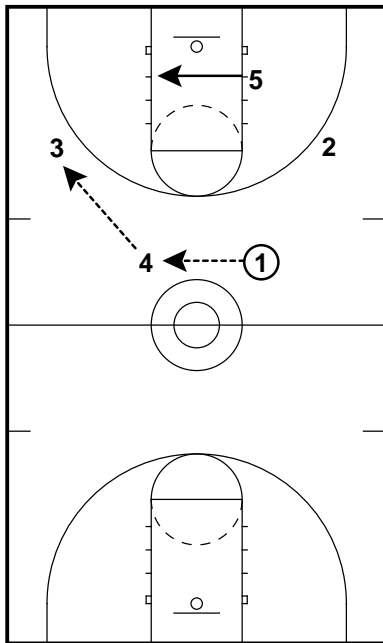
Quick



- 5 establishes Doleac position.
- 1 feeds the post (5) if open.
- 2 flare screens for 4.
- 3 screens for 2 (screen the screener).

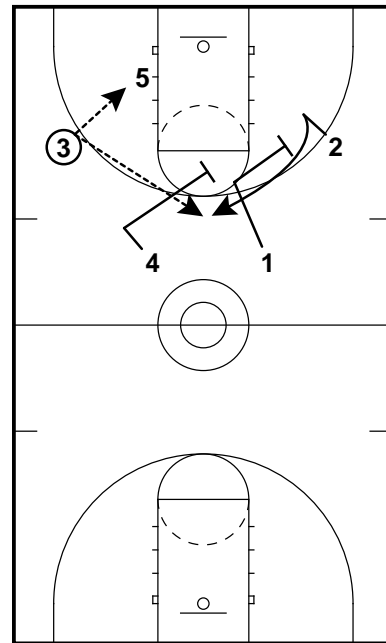
Transition Game

Early Staggers



1 passes to 4.
4 passes to 3.
5 follows the ball.

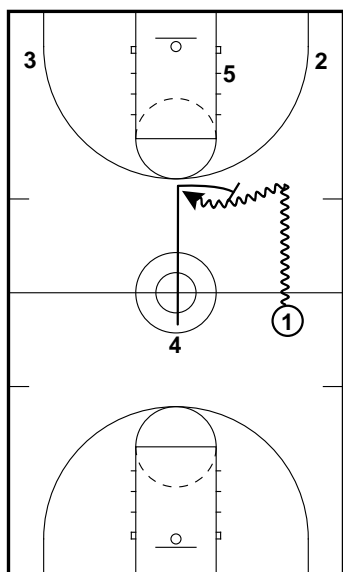
Early Staggers



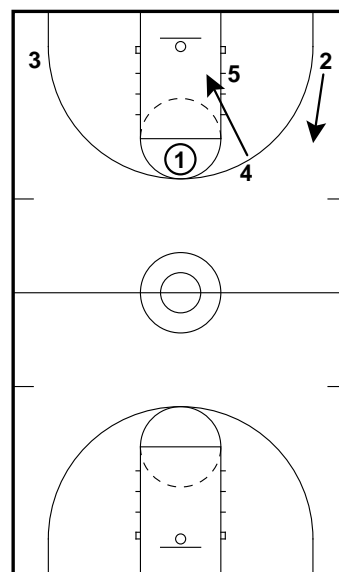
4 and 1 stagger screen for 2.
3 passes to 5, 2 or 4 slipping!
Ideal set for an odd front motion.

Transition Game

Drag



Drag



Early Motion:

- 2 and 3 great spacing.
- 5 on the landmark (rim runner).
- 1 favored a side and 4 trailed.
- 4 drag screens for 1.
- 5 should be aligned with ball screen side.

At this point, 1 has multiple options if he is a playmaker.

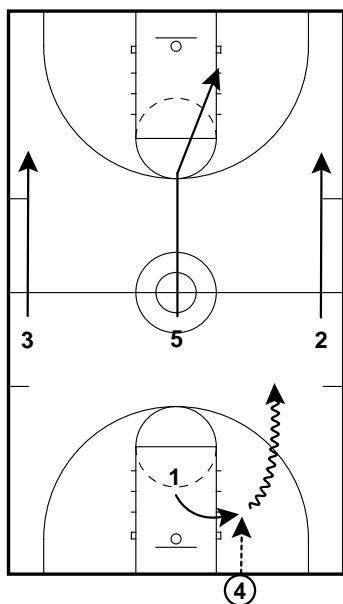
However, keys to great spacing:

- 2 and 3 are in the dead corners shot ready.
- 4 dives and 5 replaces.

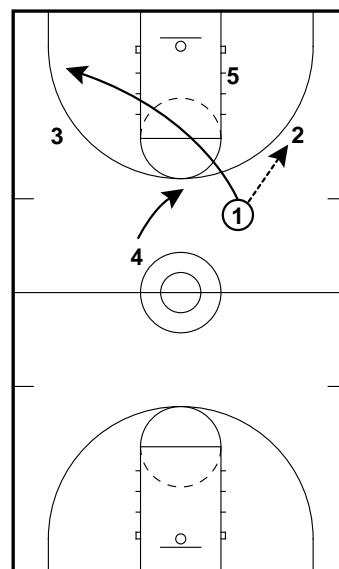
*However, if 4 pops, 5 needs to stay.

Transition Game

Away



Away



4 inbounds the ball outside the lane line in 2 seconds or less (2-second outlet).

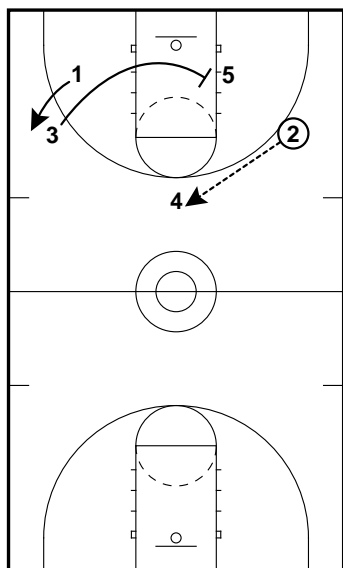
1 is the outlet and loops to get open (aka Jailbreak). Looping puts him in motion and positions his back to the sideline.

2 and 3 are long cutters (get ahead and get wide).

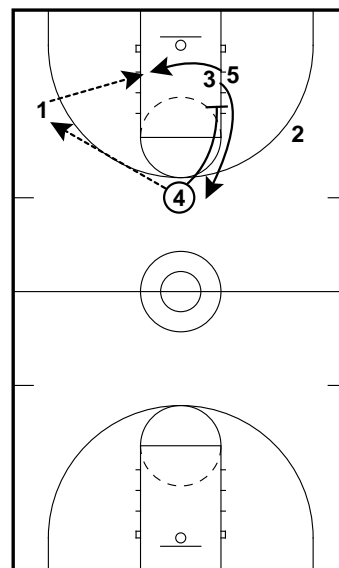
5 runs the rim and then diagonal cuts to the ball side.

1 passes to 2 and goes away.
4 fills the top.

Away



Away

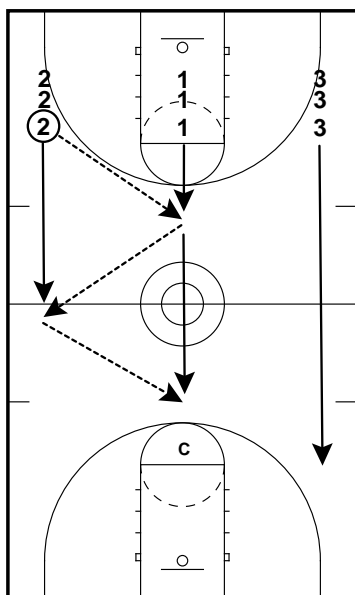


2 passes to 4.
3 Carolina screens for 5.
1 fills up.

4 passes to 1.
1 passes 5 (or 3).
4 pins down for 3.

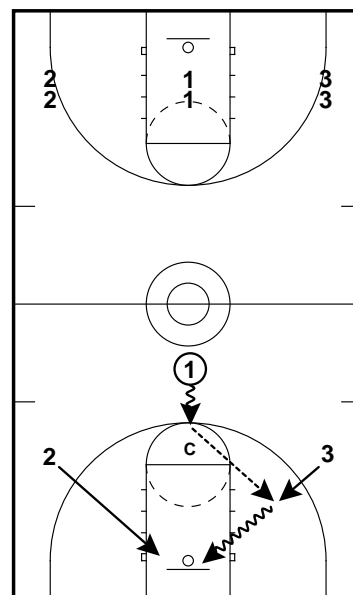
Fastbreak Drills

KU Break



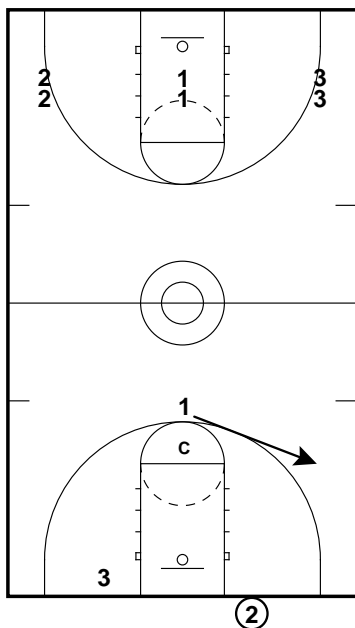
First 3 passes are air passes between 2 and 1. No more than 3, no less! 3 fills the opposite long cutter lane.

KU Break



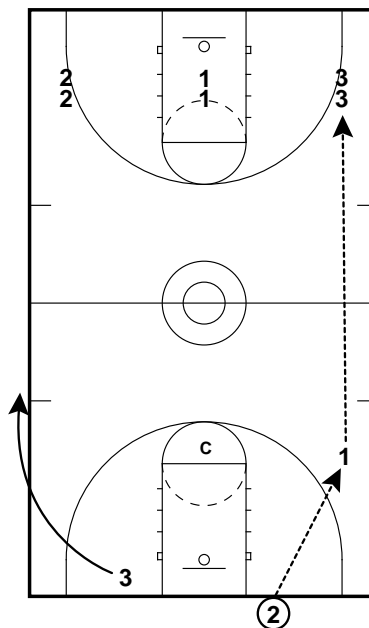
1 may dribble if needed, but he certainly does not want to charge the coach. 1 passes to 3 cutting to the basket. This 4th pass is to be a bounce pass only!

KU Break



1 cracks-back and then fills the outlet box. 2 becomes the inbounder and makes certain he gets outside the lane line extended.

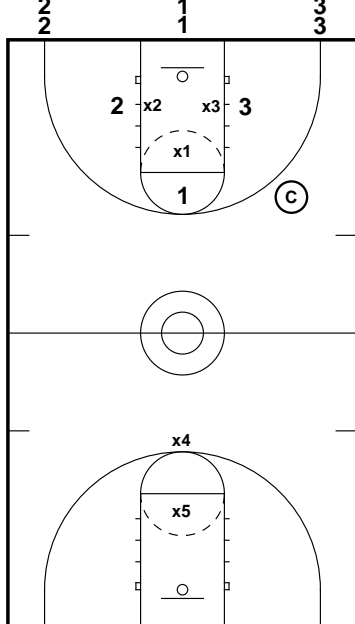
KU Break



2 passes to 1. This pass is to be two hands overhead and/or a scoop pass (advanced). Finally, 1 baseball passes to the next available player in line. Special note: We like to get two balls going and players should rotate lines clockwise!

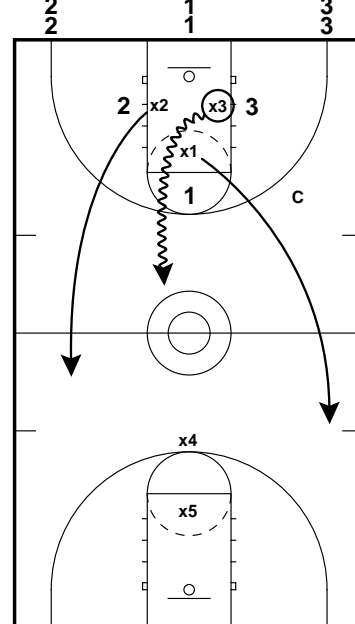
Fastbreak Drills

KU Break (3-on-2/2-on-1)



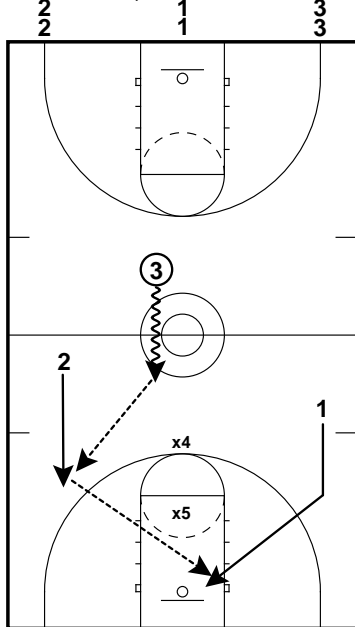
X1, X2 and X3 assume rebounding triangle, begin with a floor slap and push-step clockwise from man to man. Coach randomly shoots a miss and all three must block out closest man while yelling "shot-check!"

KU Break (3-on-2/2-on-1)



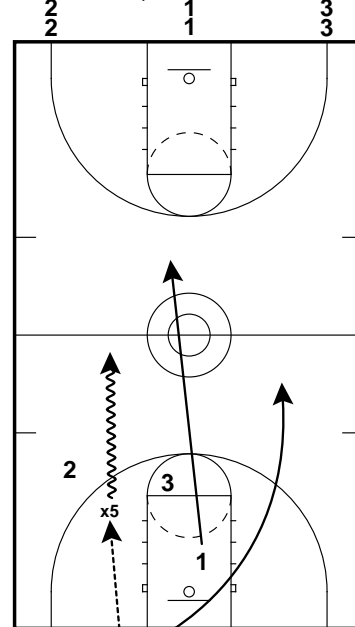
On rebound, defense becomes offense and fastbreaks to the opposite end. We emphasize a good outlet pass and/or bust out dribble. Long cutters get wide and ahead.

KU Break (3-on-2/2-on-1)



3-on-2: Center the ball!
3 passes ahead if open and fills ball side FT line elbow.
At FT line extended, 1 cuts to the rim.
Do not overpass!
X4 must stop the ball and X5 take the first pass, etc.

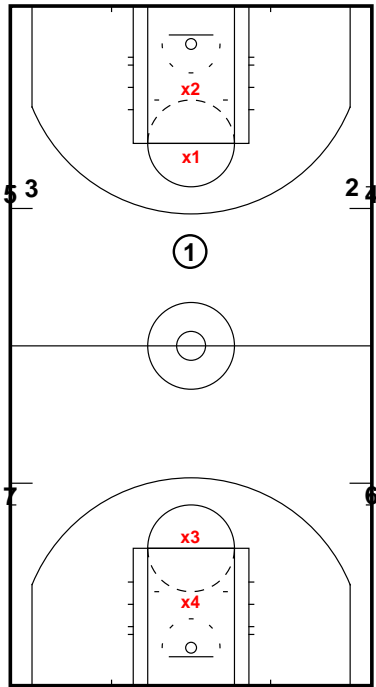
KU Break (3-on-2/2-on-1)



The last player on offense to touch the ball has to get back. Defense now becomes offense and returns 2-on-1. These three players will start the drill over and serve as offense before returning to the lines.

Fastbreak Drills

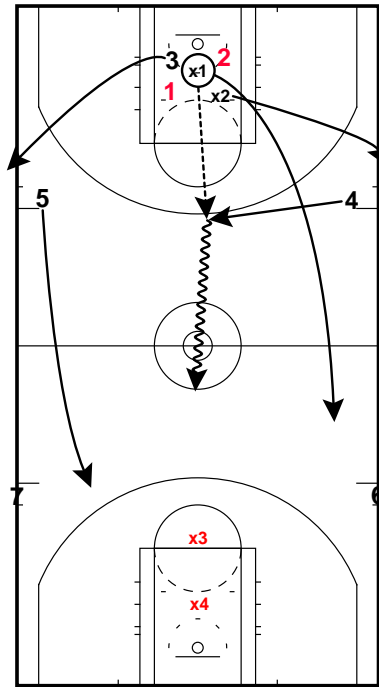
11 Man Break: 3-on-2 Continuous



11-Man Break (3-on-2 Continuous)

Whoever gets the rebound will outlet to either sideline, then sprint the wing for a 3-on-2 break.

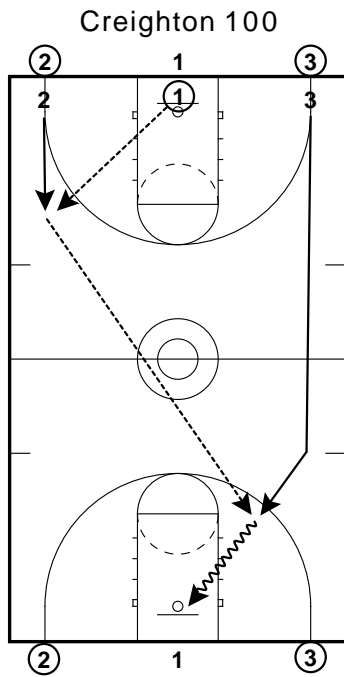
11 Man Break: 3-on-2 Continuous



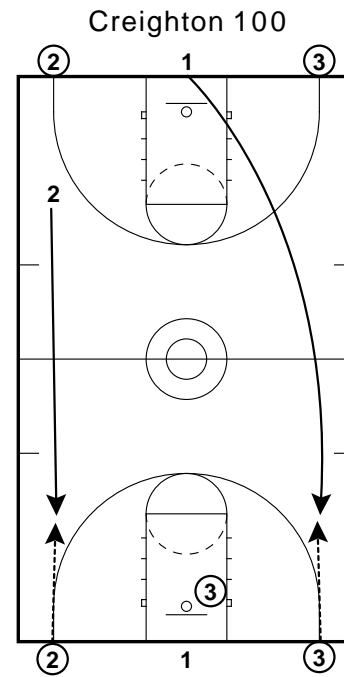
1 & Done (No 2nd shot attempts)

Both offensive and defensive players can get the rebound. Two of the offensive players stay as defenders and the remaining players join the outlet lines.

Fastbreak Drills

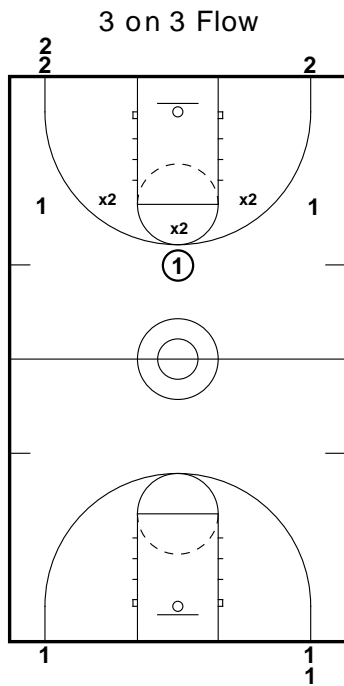


*Goal: 100+ MFG in 5 minutes (Best-ever 135).
 *5 basketballs needed and at least 9 players (12 is ideal).
 1 always outlets the same direction (we designate a landmark i.e. "Black Hole Side").
 2 diagonally passes ahead to 3.
 3 catches in stride and attacks the rim.



1 and 2 run wide as 3 scores the lay-up.
 2 passes to 2. 3 passes to 1.
 They both shoot, follow their shot and pass back to the line they got the pass from.
 Repeat process.
 Fill lines clockwise (in all our drills we do this if possible).

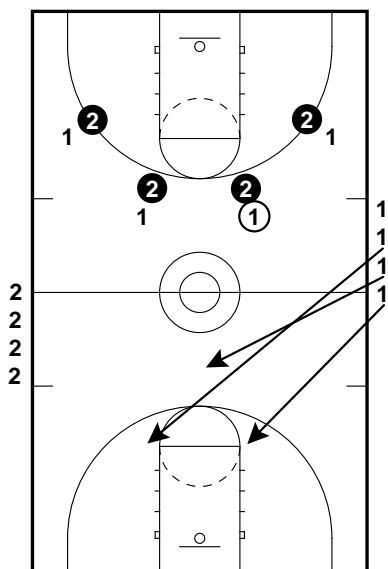
Fastbreak Drills



- Team 1 starts on offense and team 2 on defense. Play out the possession.
- Upon change of possession, team 1 gets back. Meanwhile, any team member of X2 gets the ball and goes! Joined by the team 2's next two players in line along the baseline.
- Emphasize OBC, fastbreak and motion principles.

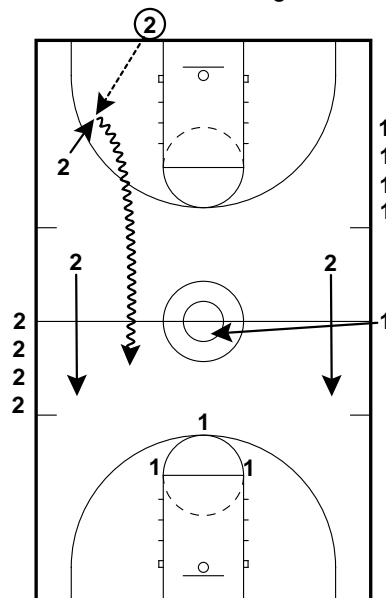
Fastbreak Drills

Fastbreak League



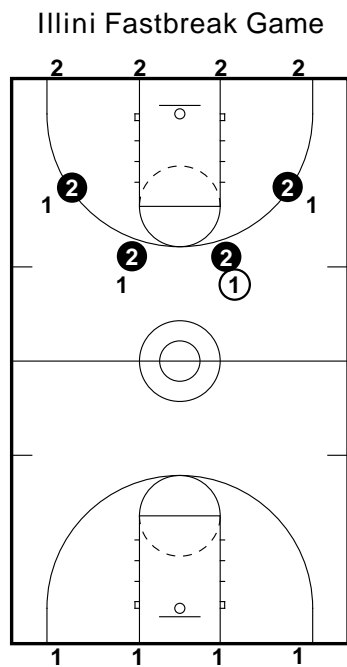
Divide equally into 2 teams of 6 or more (if you happen to have 8 or more on a team we recommend running 4's rather than 3's). To begin the "league", simply play out a 4-on-4 (4's) possession as shown here. Meanwhile, team 1 positions the next 3 players in line back on defense (2 back if only running 3's).

Fastbreak League



Team 2 fastbreaks accordingly (long cutters, inbounder, outlet, etc). Team 1's 4th player will not step on the court until after the ball crosses the timeline. In doing so he will sprint to the center, put a foot inside the circle before getting back on defense. Meanwhile, team 2 now positions their next 3 players in line back on defense. Scoring team may be permitted to "press" at coach's discretion.

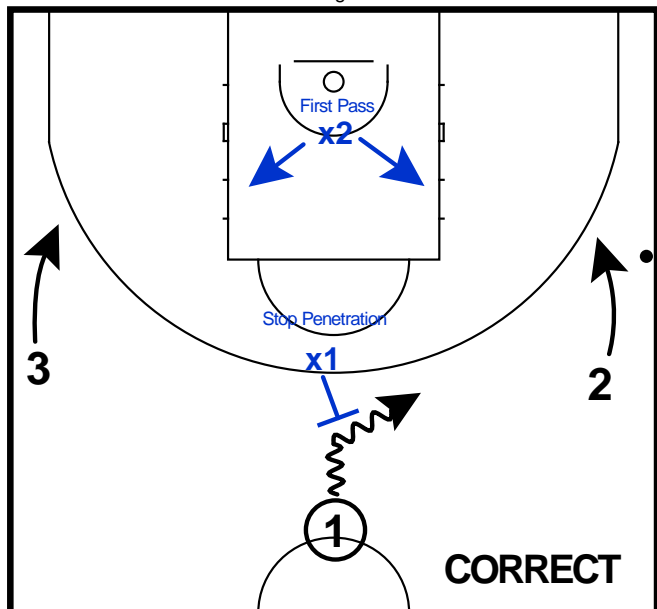
Fastbreak Drills



Team 1 starts on offense and team 2 on defense. Play out the possession. Upon change of possession, team 2 outlets to teammates along baseline waiting to come on. Team must get back on defense. At this end, play out the possession and team 1 outlets to teammates along the baseline. Emphasize OBC and compete!

Fastbreak Drills

Defending the 3v2



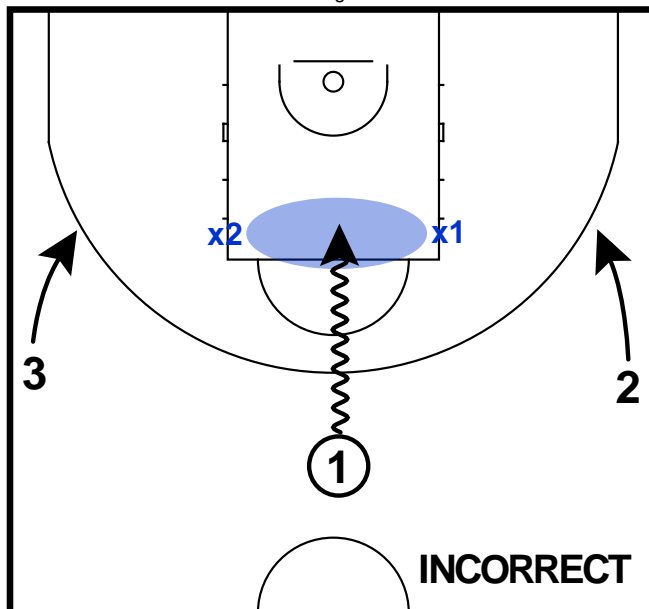
Tandem Set

X1 stops ball (the sooner the better) and forces to the sideline or corner checkpoint. X2 is in LOW HOLE position anticipating going the first pass.

Helpful Hint:

Most often the dribbler will pass to the same side they are being forced to dribble towards.

Defending the 3v2



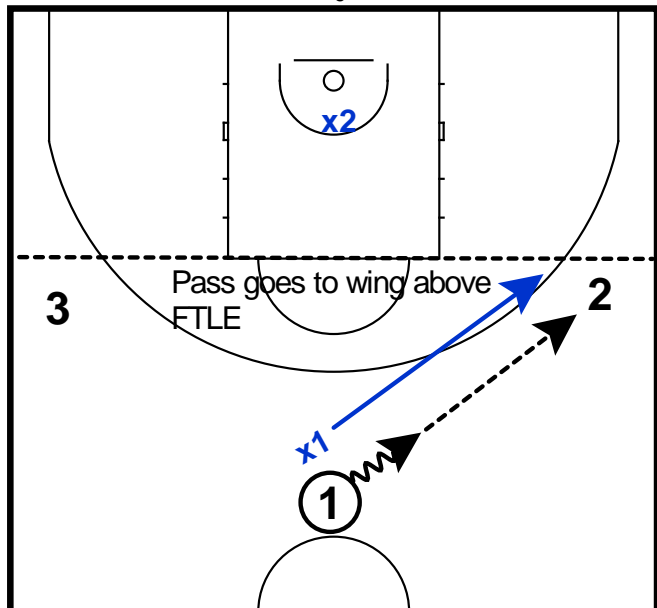
Split Set

Do not play side-by-side! Communication is key, one player must stop ball and another must protect the rim

Helpful Hint:

Offense, when you see a "split set" attack the middle with the drive!

Defending the 3v2



STAY

If the pass goes to the wing higher than Free Throw Line Extended (FTLE) X1 stays with the ball.

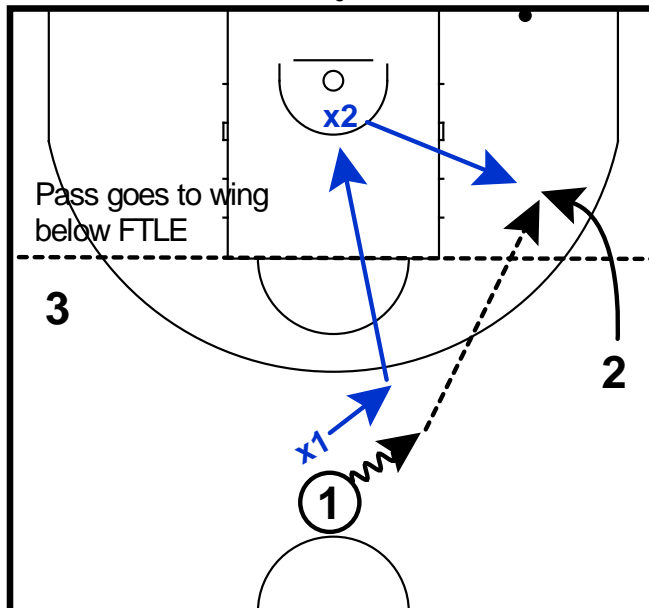
X2 remains in LOW HOLE

Helpful Hint:

If the pass goes in front of or to the side of top of tandem = stay

pg. 19

Defending the 3v2



ROTATE

If the pass to the wing goes behind X1 (below FTLE), then X2 closes out on 2, pushing 2 to the baseline checkpoint.

X1 drops quickly to LOW HOLE help position

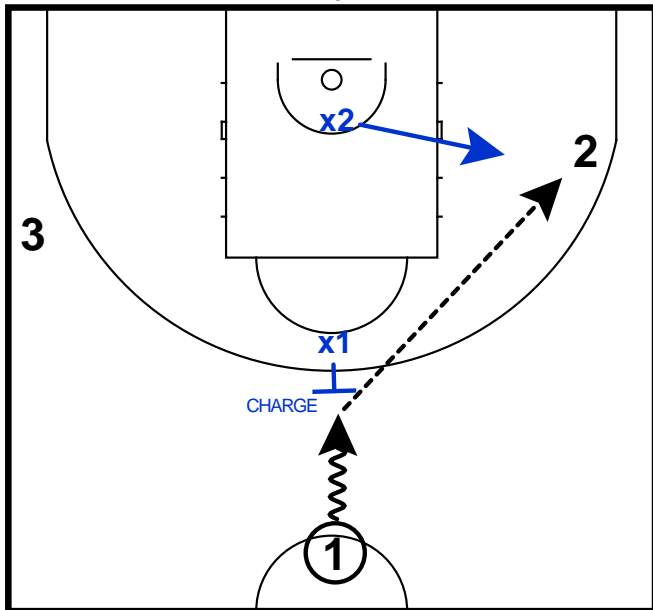
Helpful Hint:

"Bottom out, top down."



Fastbreak Drills

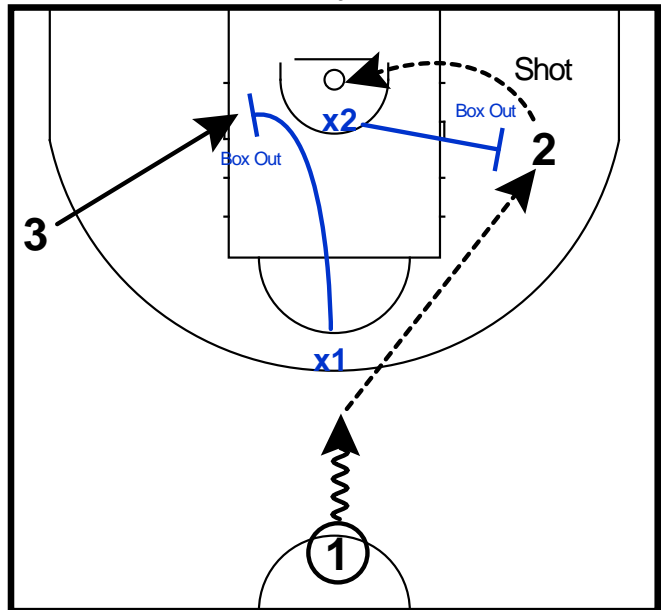
Defending the 3v2



TAKE A CHARGE

Often the passer will continue on their path to the basket after passing

Defending the 3v2



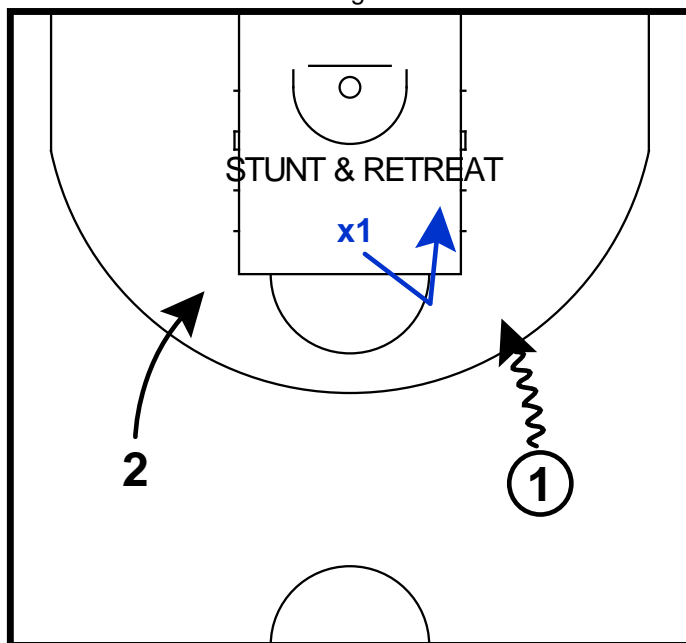
REBOUND AND COUNTER ATTACK

Don't forget to rebound! Go "bottom out, top down" and secure the backside rebound.

Counter attack! The numbers advantage would be reversed upon a rebound and counter attack.

Fastbreak Drills

Defending the 2v1

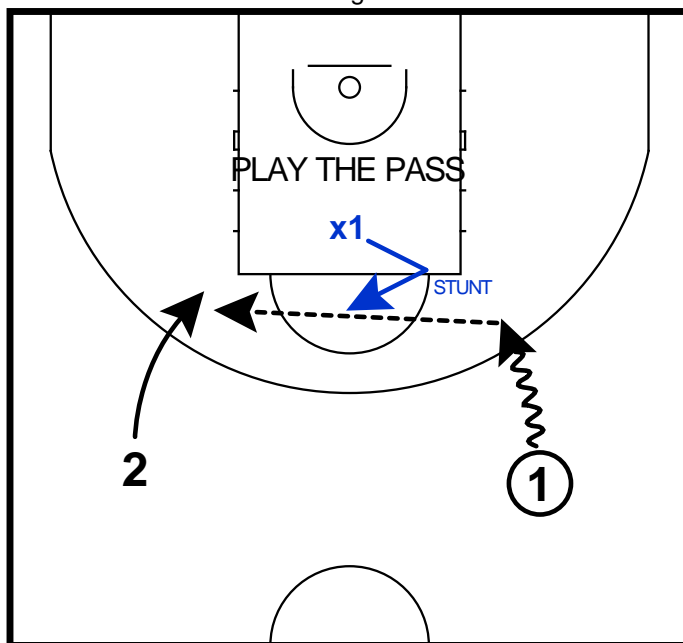


Stunt & Retreat

"Buy time" - every extra pass or dribble the offense is forced to make provides an opportunity for one additional defensive player to get back in the play.

Contain the dribbler; stunt & retreat, do not reach or attempt to steal the ball.

Defending the 2v1

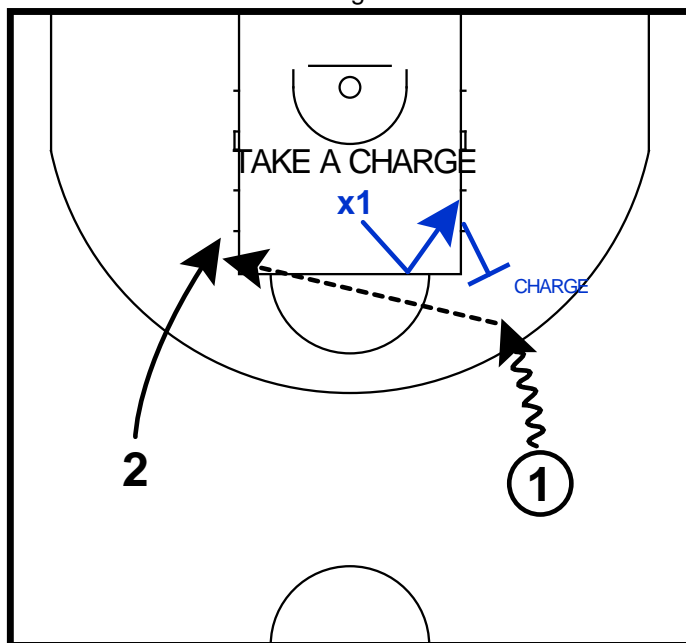


Play The Pass

Often the dribbler will pass the ball before forcing the defense to commit.

They pass rather than drive/shoot in a 2v1. Stunt to elicit the pass then play the pass.

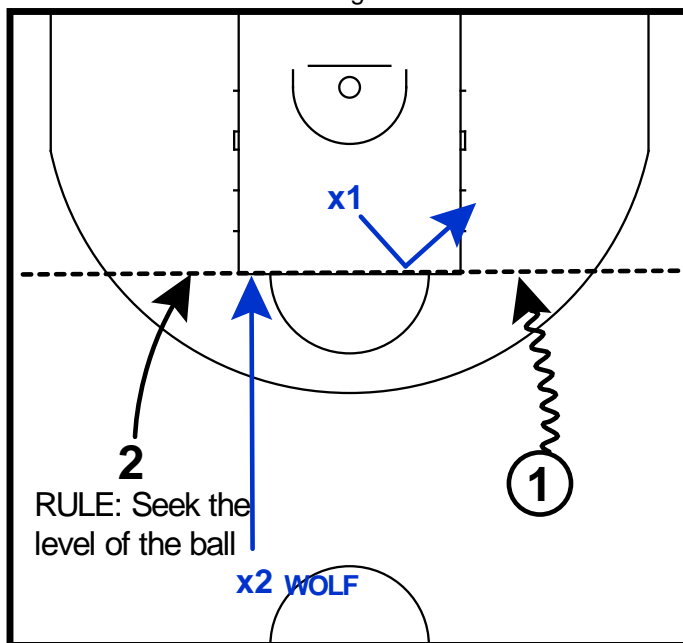
Defending the 2v1



Take a Charge

Often the dribbler will continue their momentum on their path to the basket after making a pass.

Defending the 2v1

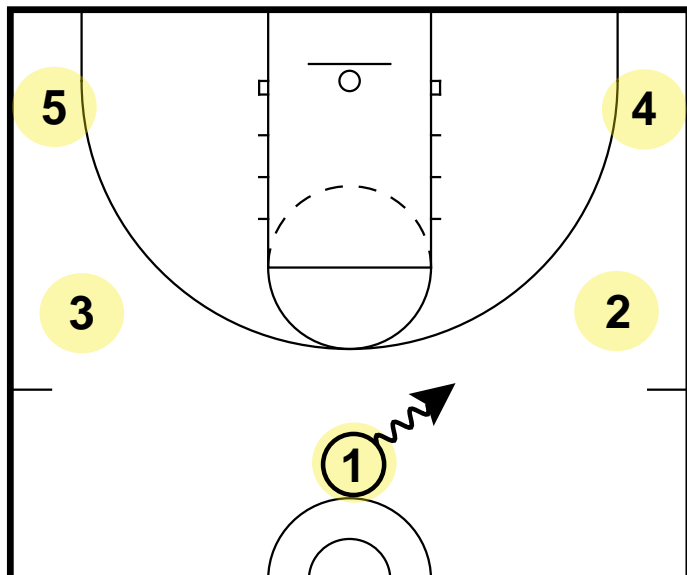


2v1 w / Help

Buy time until help (wolf) is in the passing lane before committing to the ball

5-Out Motion

5-Out Motion



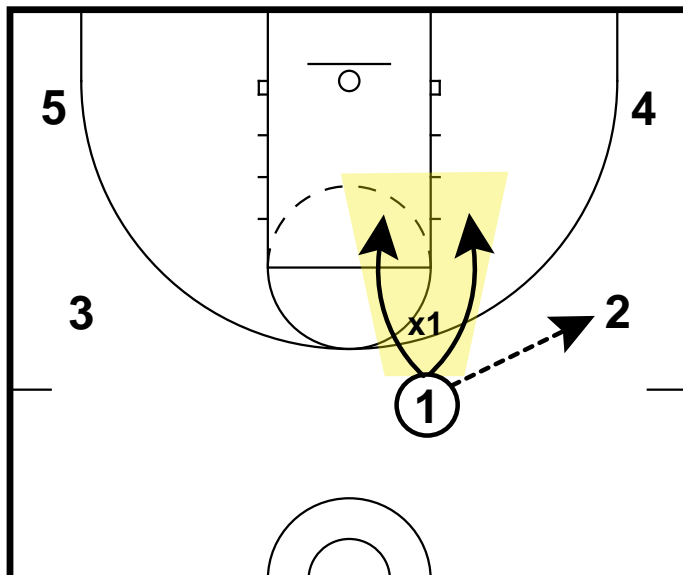
5-Out Spacing:

Long Cutters = Level w/the rim, outside the arc.
Wings = Freethrow line extended (FTE), outside the arc.
Point = Well above top of the circle. He is encouraged to favor a lane to shorten his pass.

Emphasize "BIG SPACING" outside the arc. When in doubt, space out! (GO/GO principle)

*Special Note: Don't let the numbers confuse you. We want to be positionless AMAP.

5-Out Motion

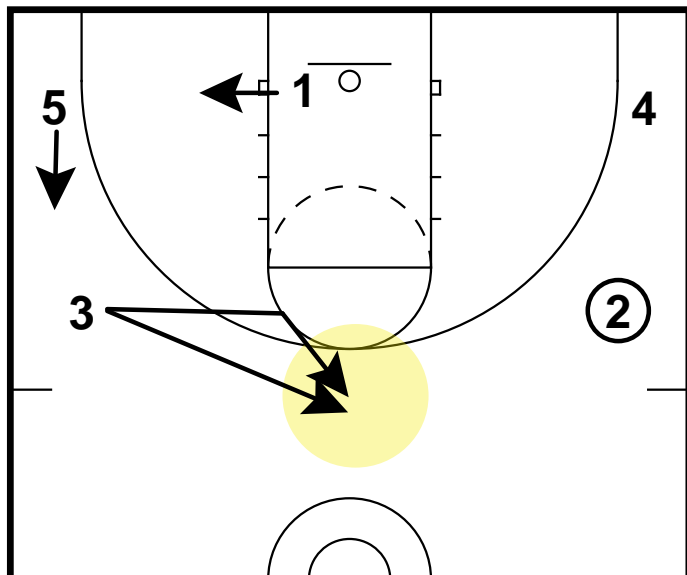


5-Out Cutting:

After passing, 1 needs to move off his spot. The most lethal cut is to the basket (aka Basket Cut). We are always telling our players to put pressure on the rim. This cut happens quickly and across the face of X1 (aka Front Cut). If X1 jumps to the ball, 1 could possibly rear cut to the basket.

Emphasize RPA on the catch. 2 catches and looks to the Rim (triple threat/.5 mentality), Post (if present), Action (cutter).

5-Out Motion

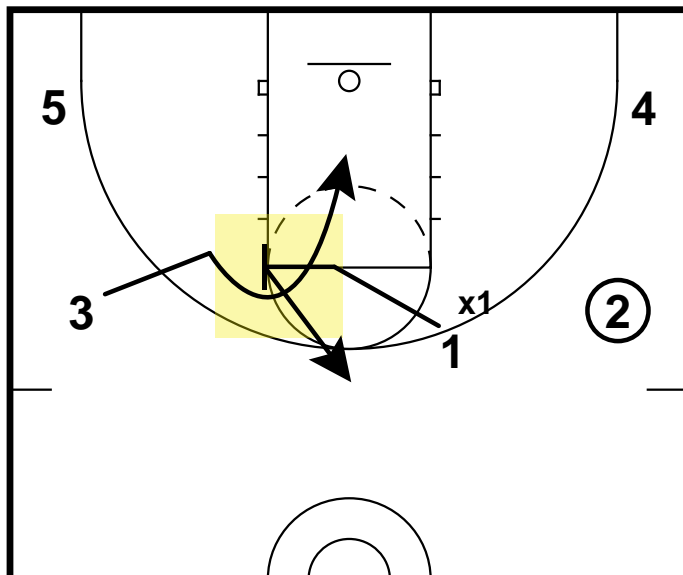


5-Out Replacing:

3 recognizes the open spot to be filled (aka Fill Cut). The cut he uses has everything to do with how he is being guarded. Blast Cut verses a sagging, help defender or an L-Cut to counter denial pressure.

Encourage 1 to space out away from the ball. 5 must fill up to make this possible.

5-Out Motion



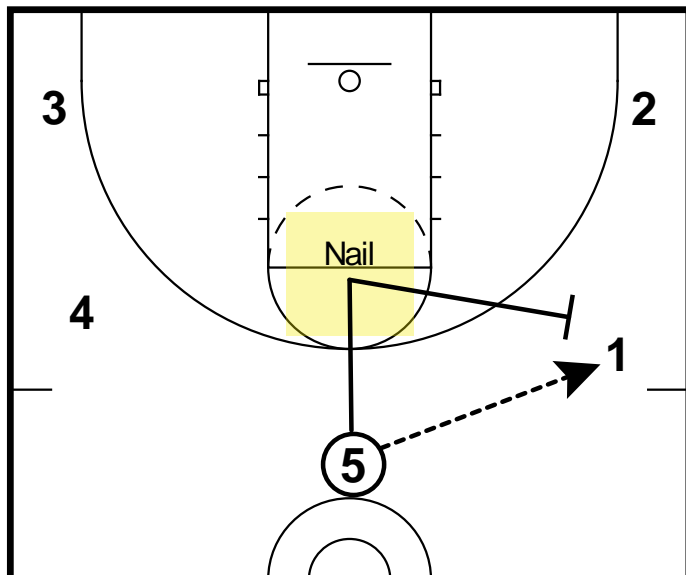
5-Out Screening Away:

If 1 is unable to make a clean cut to the rim, he has the option to do the next best thing: Screen away (from the ball) for a teammate. In this situation, a middle screen presents itself. We are still trying to put pressure on the rim. 3 is the next cutter to do so.

Screening Game Tip: Remind your 1st and 2nd cutters they should go opposite of each other. Emphasize the 3 W's (Wide, Wait and Watch).

5-Out Motion

5-Out Motion

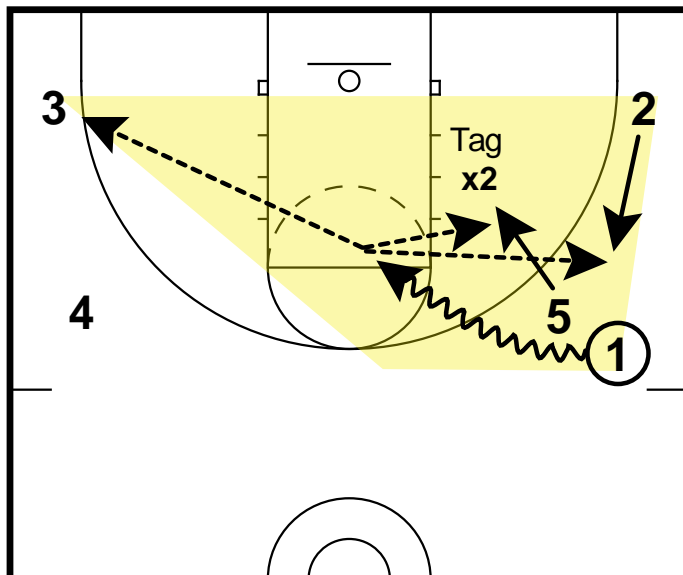


5-Out Ball Screening:

Screening on the ball isn't for everyone, but with the right combo of personnel it can be unstoppable. Here we see 5 chasing his pass into a ball screen for 1. He goes to the "nail" to ensure the best possible screening angle (force X1 to go over the screen) and then sprints to screen.

Encourage 1 to refuse the ball screen and attack the rim AMAOP. Seldom do teams have a defense for this situation.

5-Out Motion

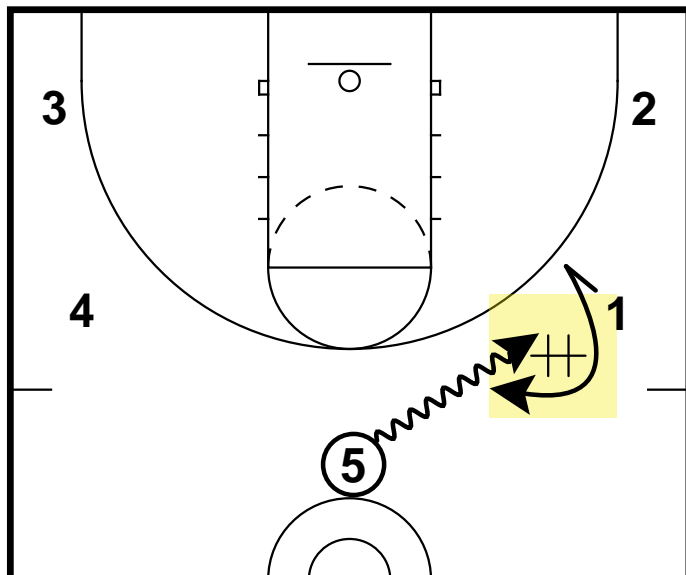


5-Out Ball Screening Back Action:

One of the reasons the ball screen can be so difficult to guard is the "Back Action". To stop 5 from scoring on his roll, X2 must help. This is called "Tagging". As this happens, 2 Lifts (aka Shakes) up behind the action. 1 must drive the ball 2 dribbles as he probes his options: 1) Get downhill. 2) Pocket pass to 5. 3) Pass back to 2. 4) Kick out to 3 and/or 4.

Instruct 3 and 4 to "Hold the Sideline" as 1 drives the ball. They should be "Shot Ready" as the HTS.

5-Out Motion

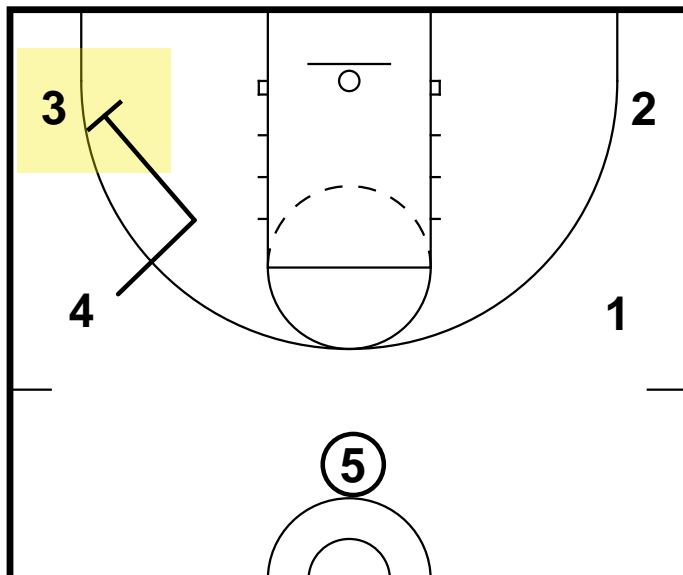


5-Out Dribble Hand-Off:

Similar to the ball screen, with the right combo of personnel, the use of the Dribble Hand-Off (aka Flip/Pitch) can be a hard to guard counter. It too should not be over used.

Encourage players to treat the DHO much like a ball screen: Back Action, Holding the Sideline, all apply.

5-Out Motion



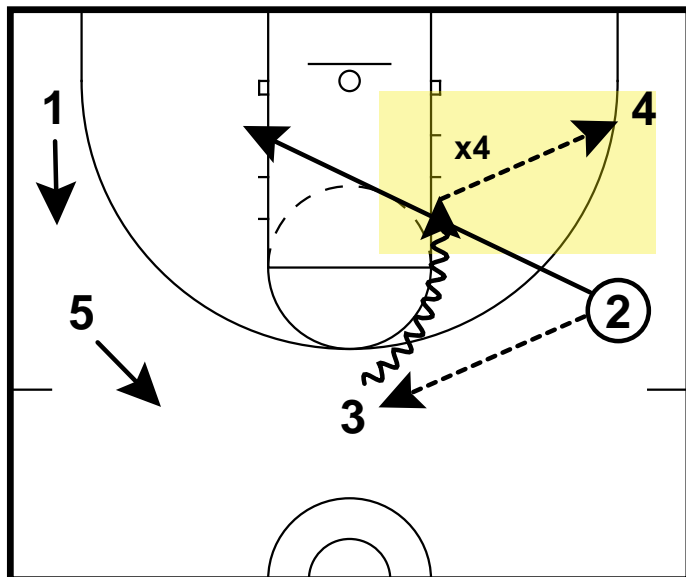
5-Out Wide Pin Down:

Players should be taught the value occupying their man and/or screening to get a teammate open. A wide pin down (WPD) screen does just that, all the while maintaining big spacing.

*Special Note: 4 Corner WPD Shooting is an excellent team shooting drill to teach these screens and cuts.

5-Out Motion

5-Out Motion

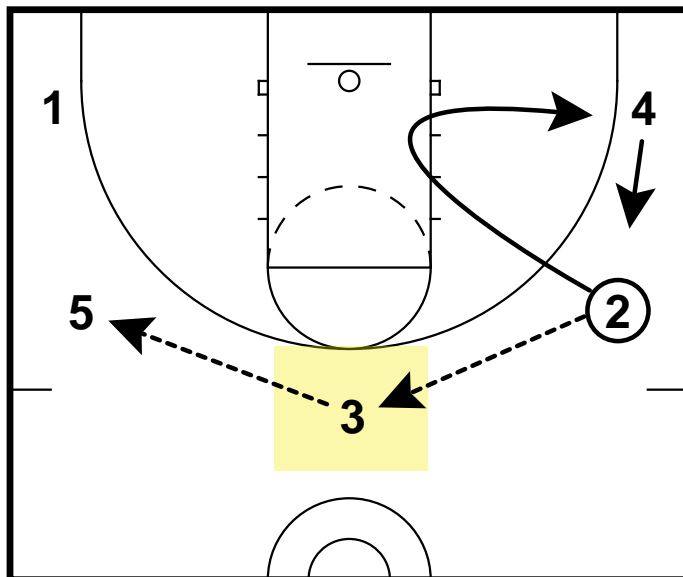


5-Out X-Cutting from the Wing:

It's important for your players to realize the options to cut and/or screen exist from the wing too. 2 passes back to the top and cuts to the basket (aka X-Cut), momentarily a double gap is created. We like to drive double gaps, but pass through single ones. How we fill and replace can be messy. So much of it depends on what the ball is doing. This diagram shows 3 driving the double gap.

This is the read to teach: Should X4 show 3 his numbers = kick it!

5-Out Motion

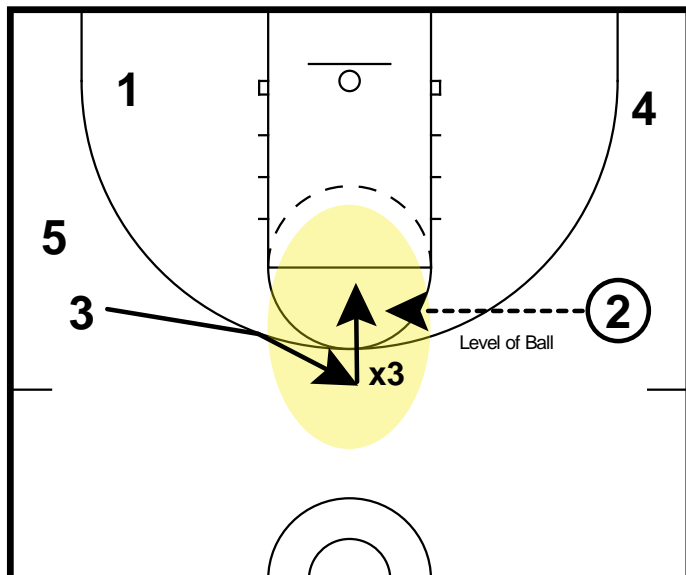


5-Out Cutting and Replace from the Wing:

2 passes back to the top and cuts to the basket, but this time the ball is changed like a double play in baseball. This action is perfectly fine, but 2 needs get out (GO/GO). 4 fills up to allow for 2 to space out and away from the ball.

Remember to pass through single gaps and drive double gaps. Create drills to enhance your players' .5 decision making skills.

5-Out Motion

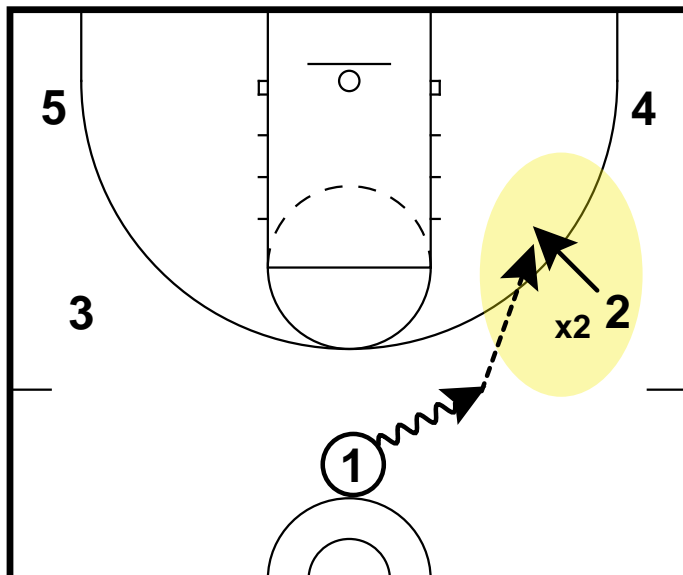


5-Out Butcher-Surgeon:

Learning to Back Cut (aka Bacon) pressure is not easy, but those who do become the most complete players in the game. The passer is just as important as the cutter. The two need to be in sync with each other and read the defense. Here 2 "Butcher-Surgeons" (Butcher = hard pass fake) and 3 reads this cue and back cuts to the rim.

Emphasize eye contact and pass fakes. Don't fight the pressure.

5-Out Motion

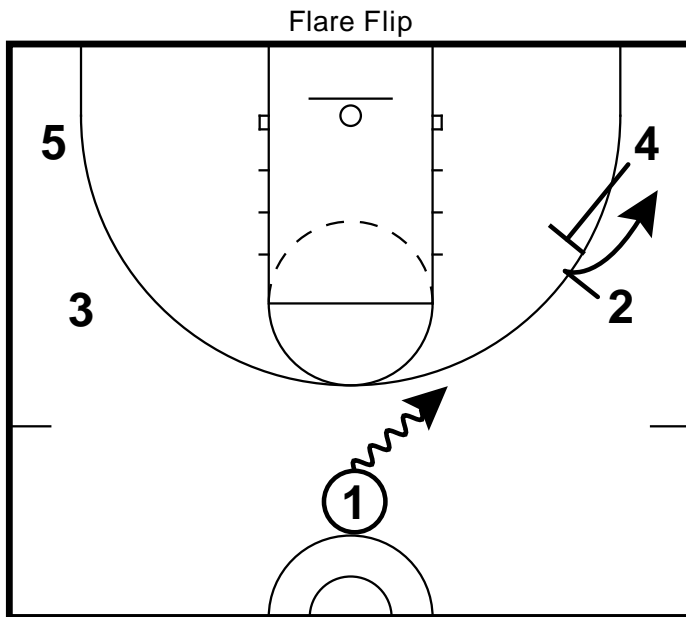


5-Out Dribble-at Back Cut:

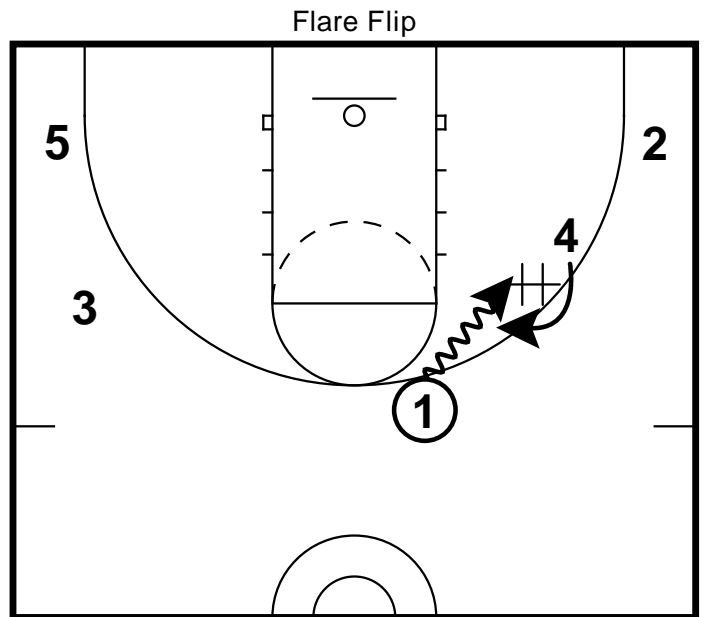
This action is more advanced as the pass is made off of the dribble. 1 dribbles at 2. When X2 peeks at the ball, 2 cuts hard. 1 bounce passes right off of X2's hip. It happens quickly with great precision. This same cut can easily be made off the baseline.

Remind the passer the height at which he releases the bounce pass is how high it will bounce up to his target.

5-Out Motion

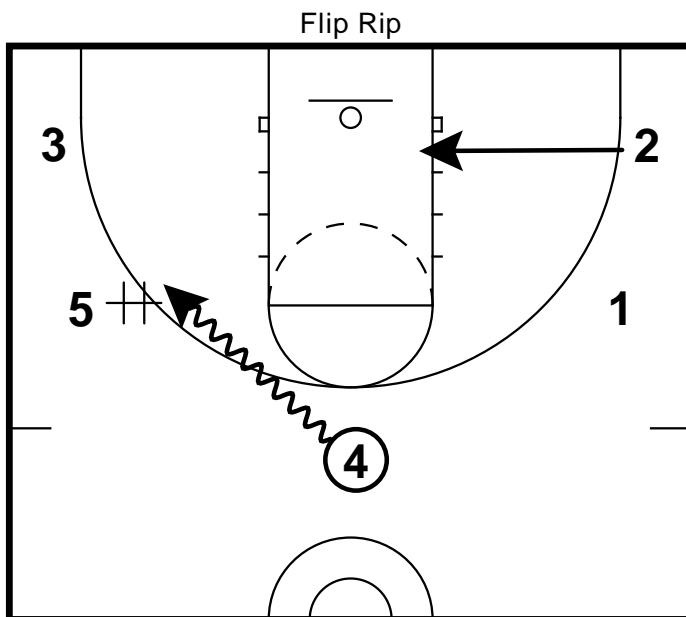


4 flare screens for 2 (hold screen for 2 counts).
1 dribbles at the action.

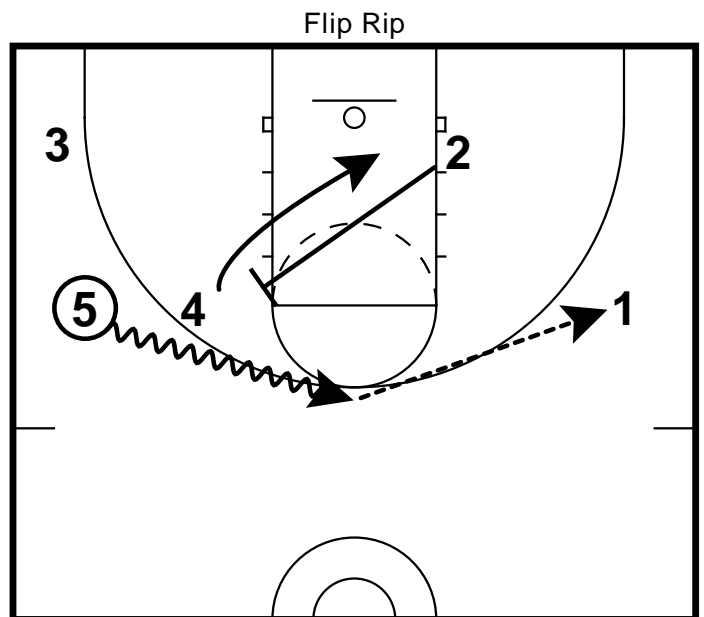


1 and 4 DHO.

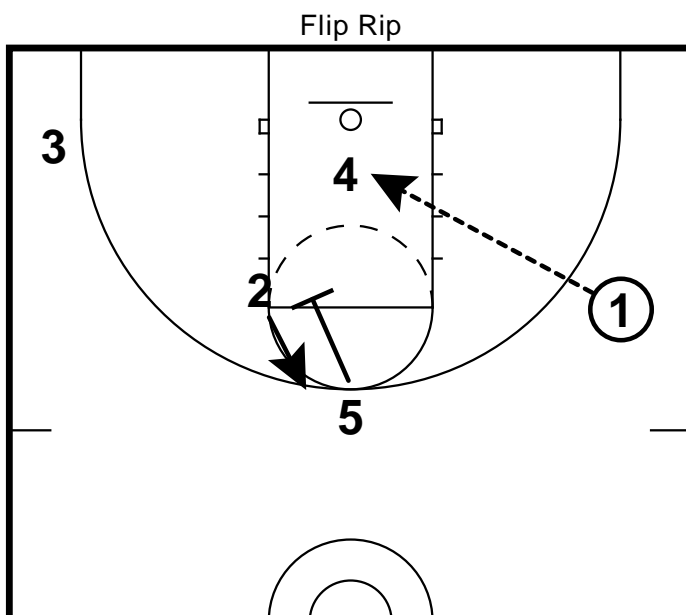
5-Out Motion



4 DHO (flips) to 5.
2 creates a proper screening angle.

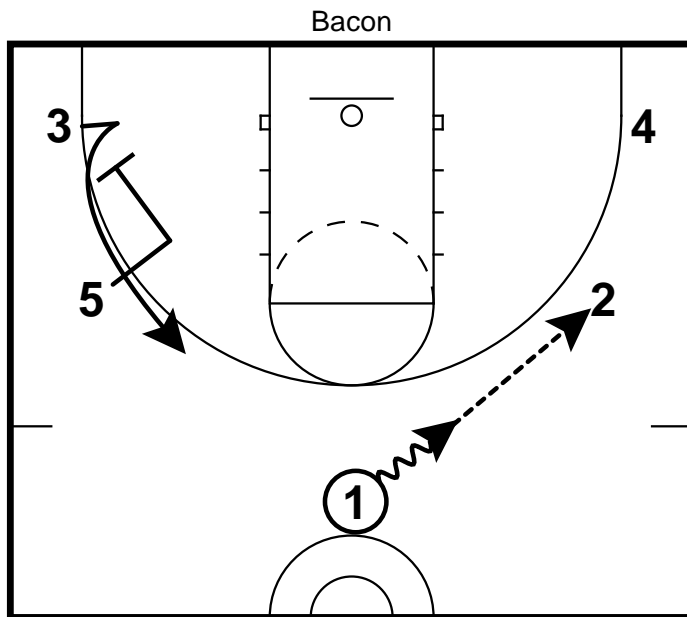


5 fills the top.
2 screens for 4.
5 passes to 1.

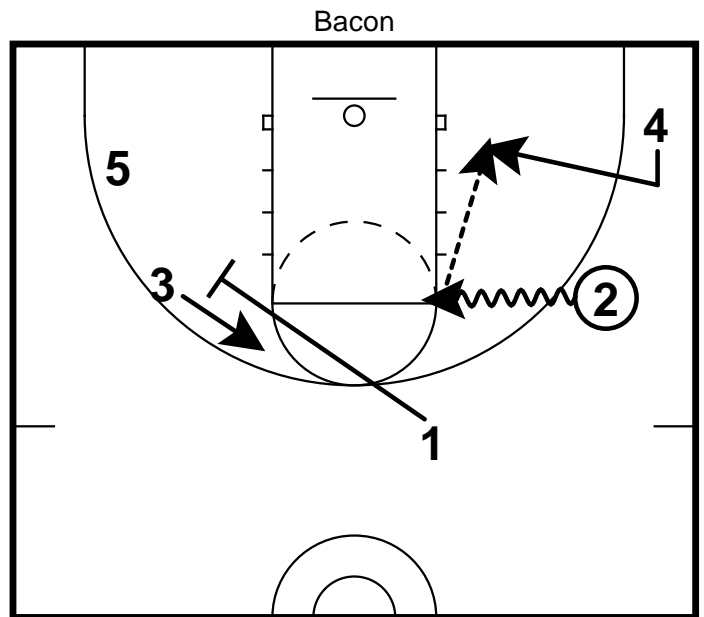


If open, 1 passes to 4.
5 screens for 2.

5-Out Motion



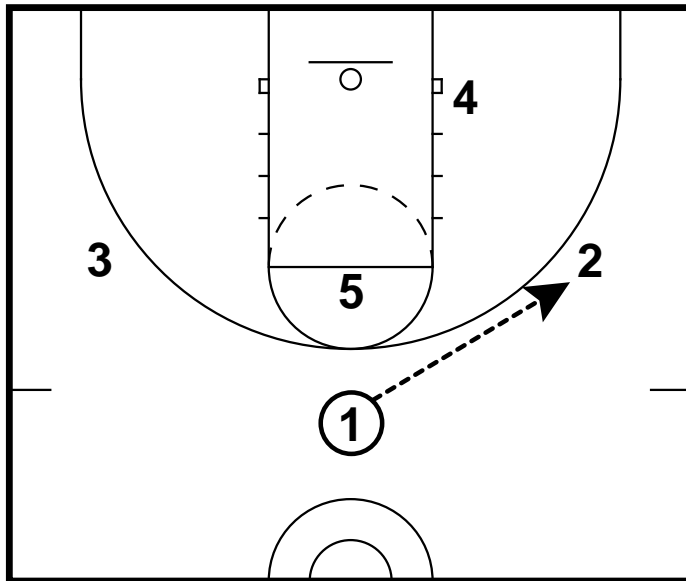
1 gets to the lane line.
 5 pins down wide for 3.
 1 passes to 2.



2 drives elbow and jump stops.
 1 also screens (stagger) for 3.
 2 reverse pivots, pass fakes to 4.
 4 back cuts and 2 delivers!

Zone Attacks

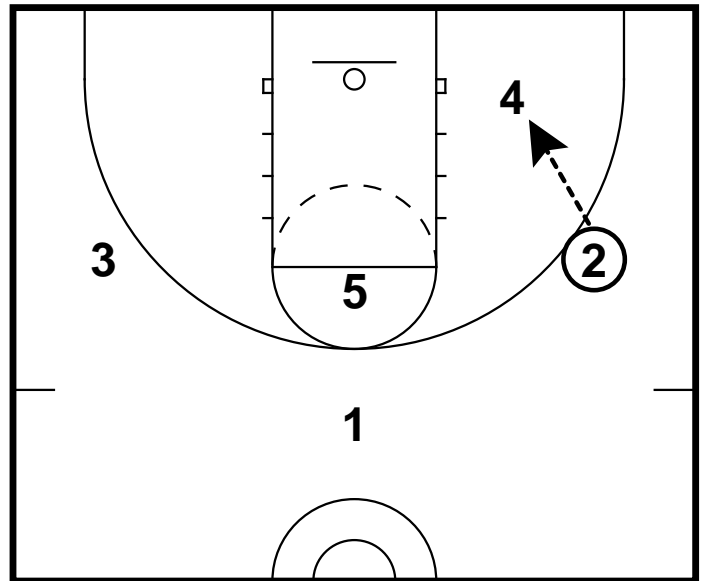
1-Game
Versus even front zone.



Player Roles:

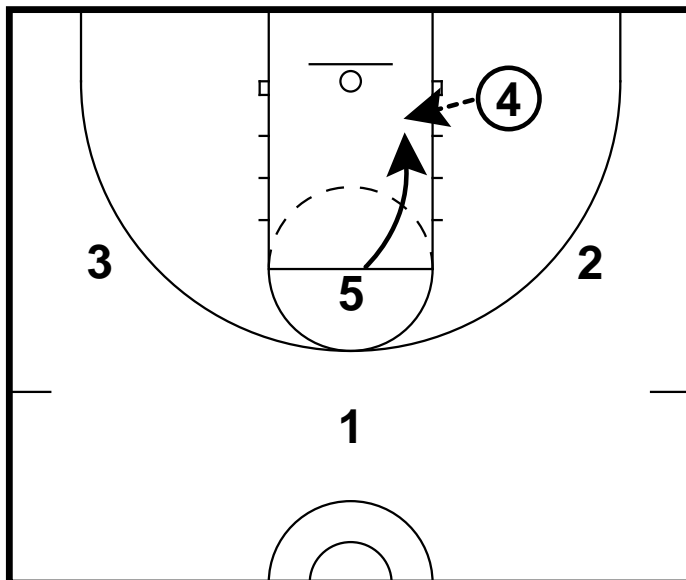
- 1 facilitates offense most often from point position.
- 2 and 3 gap the zone from the wing/forward spots.
- 4 runs the baseline behind the zone.
- 5 horseshoes from high post to low post.

1-Game
Versus even front zone.



- 1 passes to 2.
- 2 passes to 4.
- Getting the ball to the baseline flattens out the defense and turn all zone defenses into a 2-3.

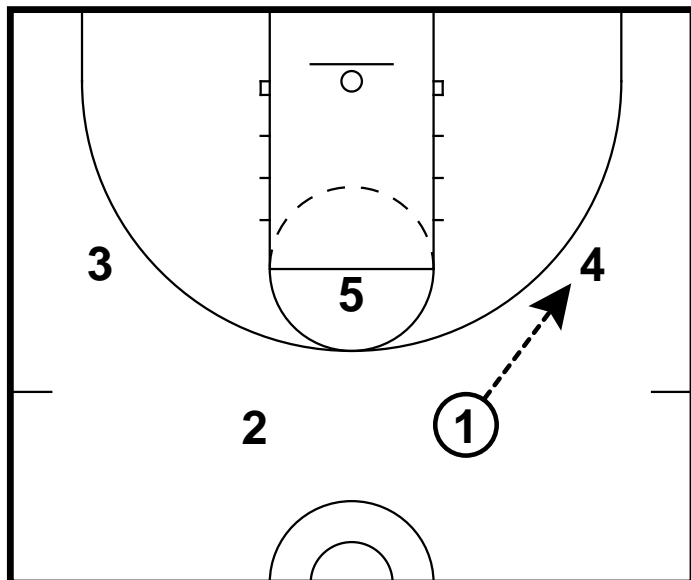
1-Game
Versus even front zone.



- 5 dives.
- 4 passes to 5 if open.

Zone Attacks

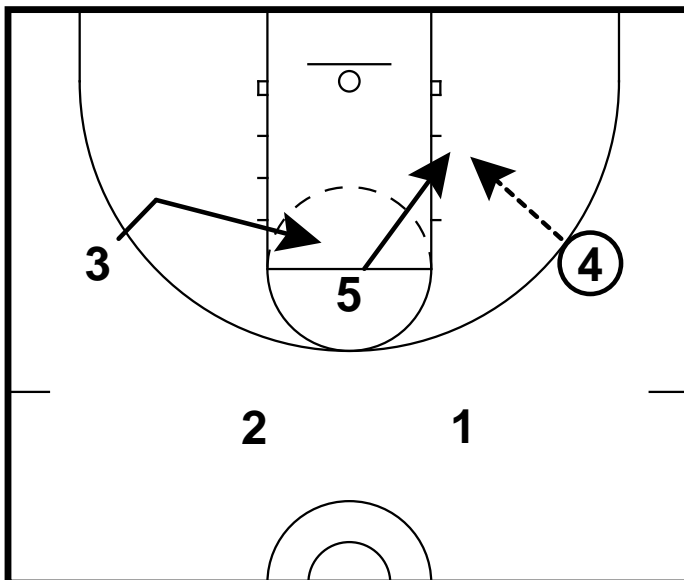
2-Game
Versus odd front zone.



Player Roles:

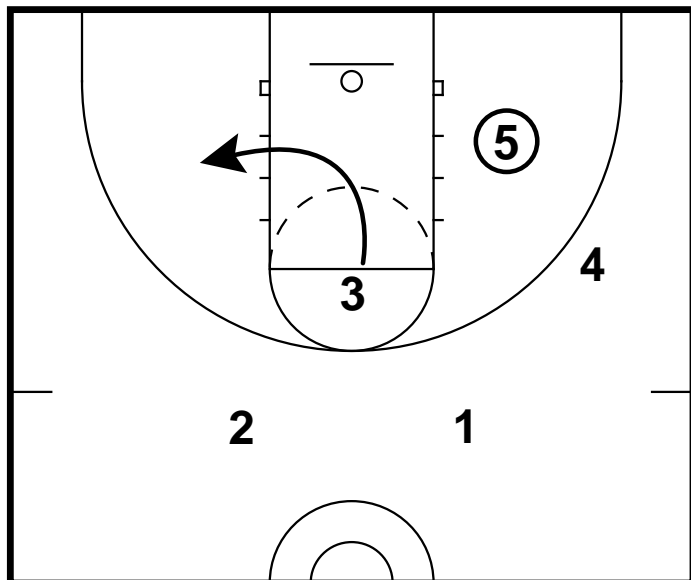
1 and 2 facilitate the offense from the guard spots.
3 and 4 gap the zone from the forward/wing positions.
5 horseshoes from high post to low post.

2-Game
Versus odd front zone.



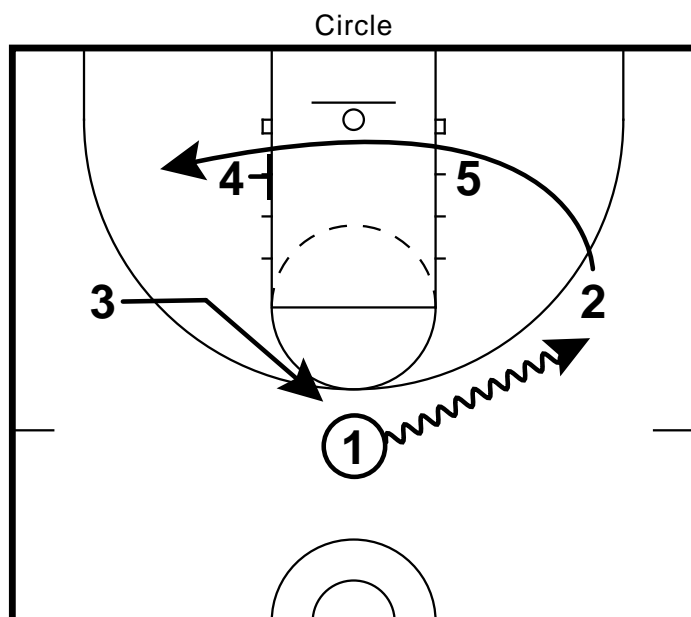
5 digonal cuts (dives).
3 middle flashes.
4 passes to 5 or 3.

2-Game
Versus odd front zone.

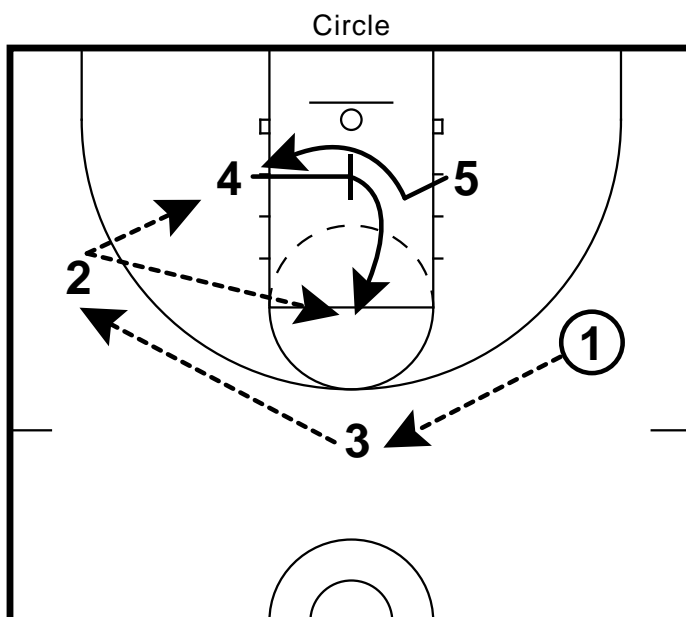


If 4 passes to 5, 3 dives and replaces.

Zone Attacks



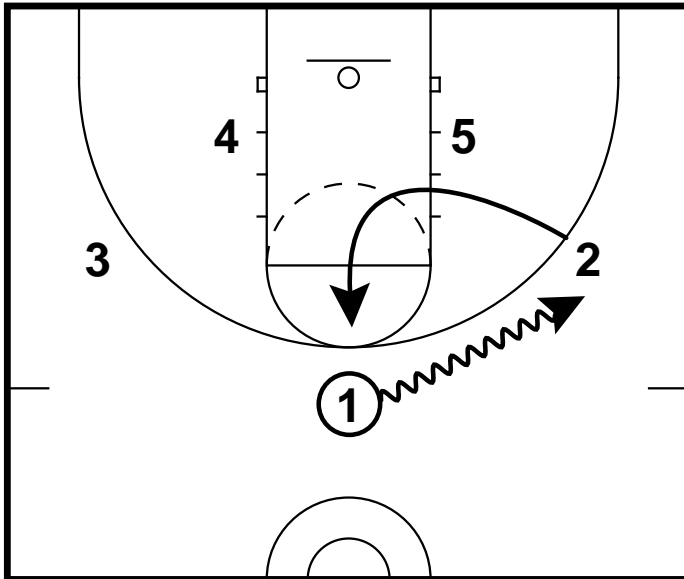
- 1 dribble keys.
- 2 Loper cuts to the opposite side.
- 3 fills the top.
- 4 Indiana screens for 2.



- 1 changes the ball if 5 is not open.
- 3 passes to 2.
- 4 center screens for 5.
- 2 passes to 5 or 4 bouncing back high.

Zone Attacks

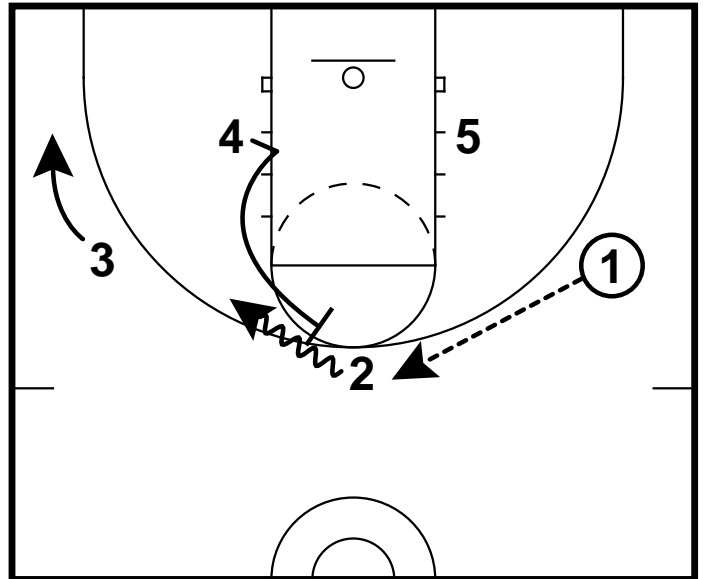
Zipper



Zipper Advantage: Works great against ANY defense (man or zone).

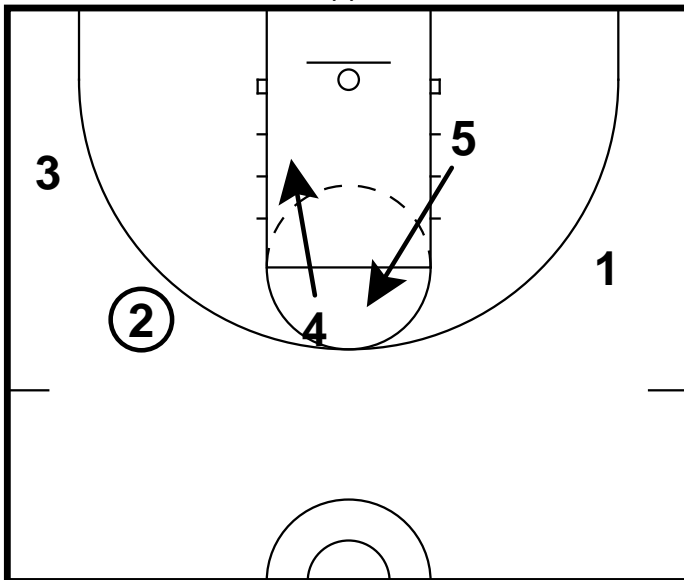
1 dribble loops.
2 loops to the top.

Zipper



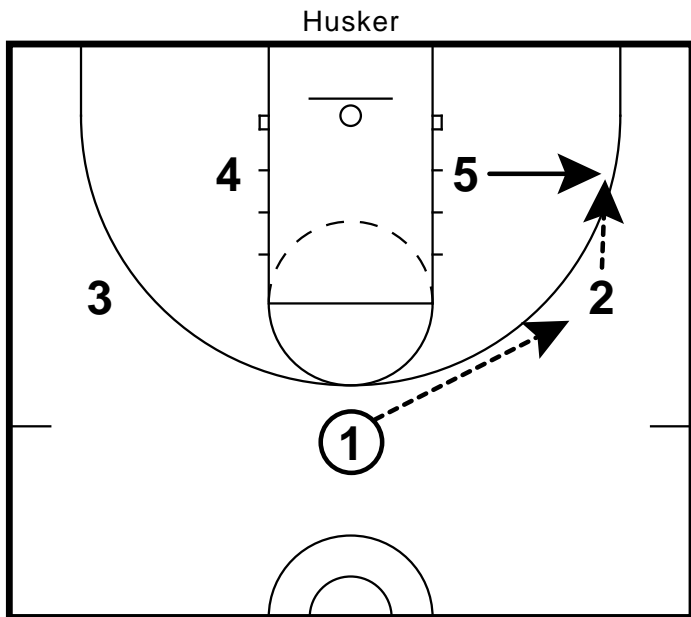
If 5 is not open 1 passes to 2.
4 screens for 2.
2 makes a play!

Zipper

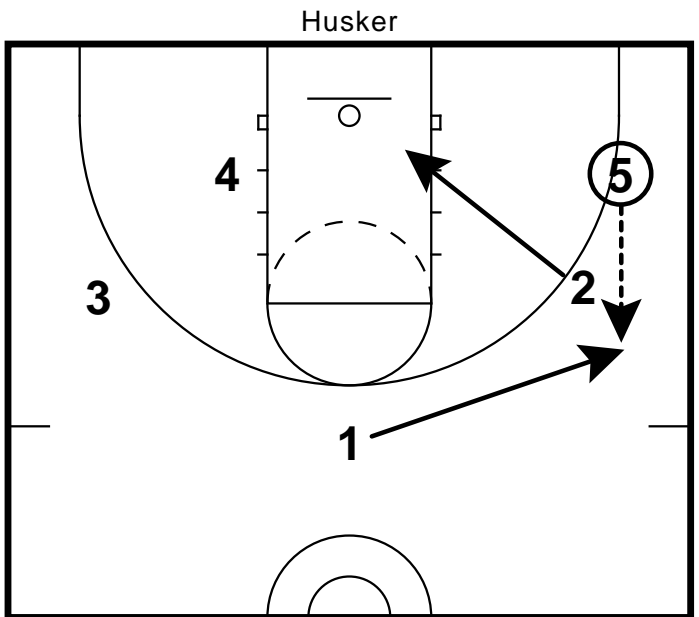


4 rolls to the basket.
5 replaces.

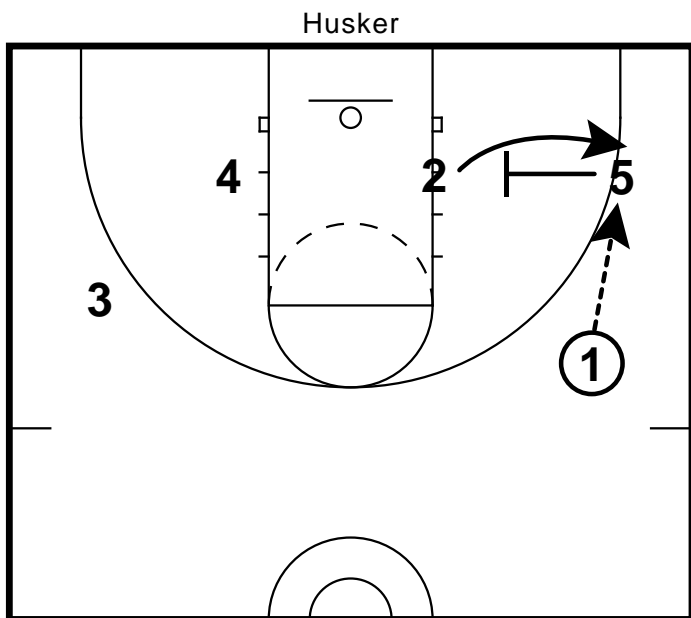
Zone Attacks



1 passes to 2.
5 pops out to the corner.
2 passes to 5.



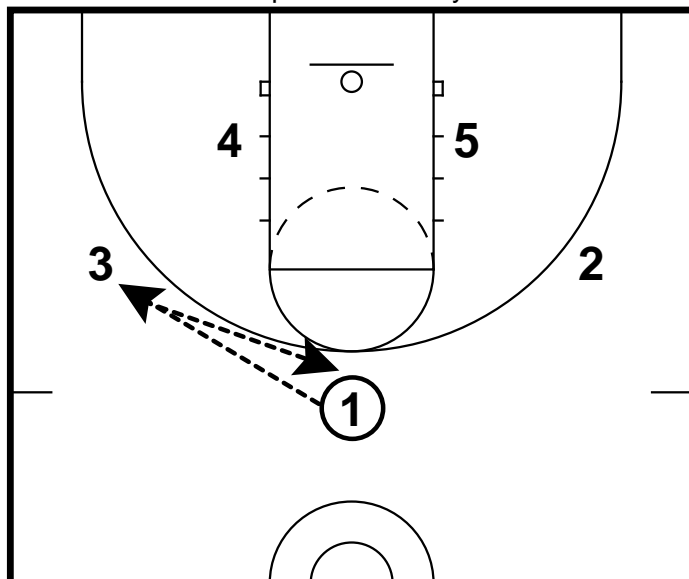
2 basket cuts.
1 fills.
5 passes to 1.



5 screens for 2.
1 passes to 2.

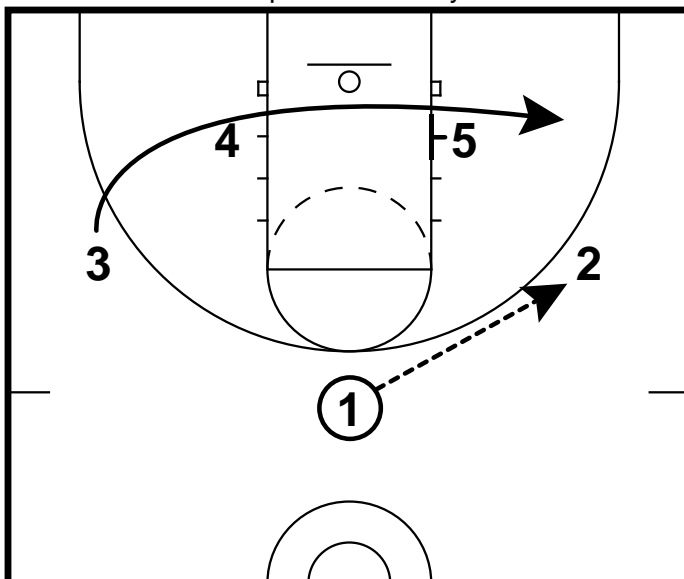
Zone Attacks

Loper Continuity



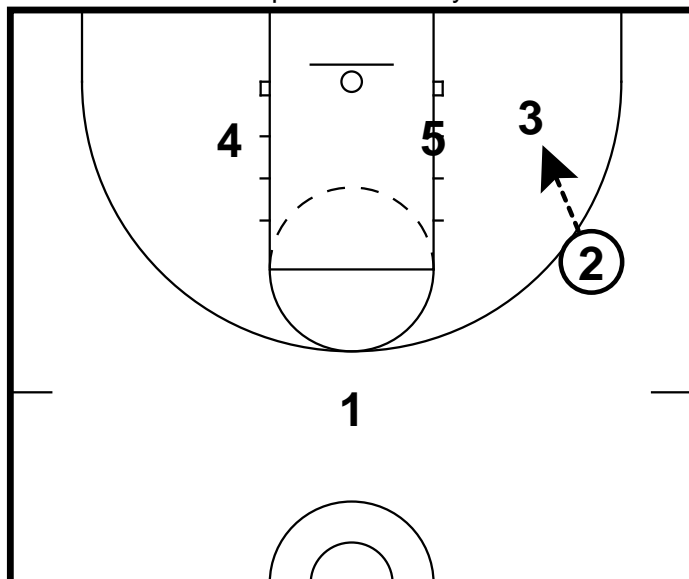
To ensure proper timing with the overload:
1 passes to 3.
3 passes to 1.

Loper Continuity



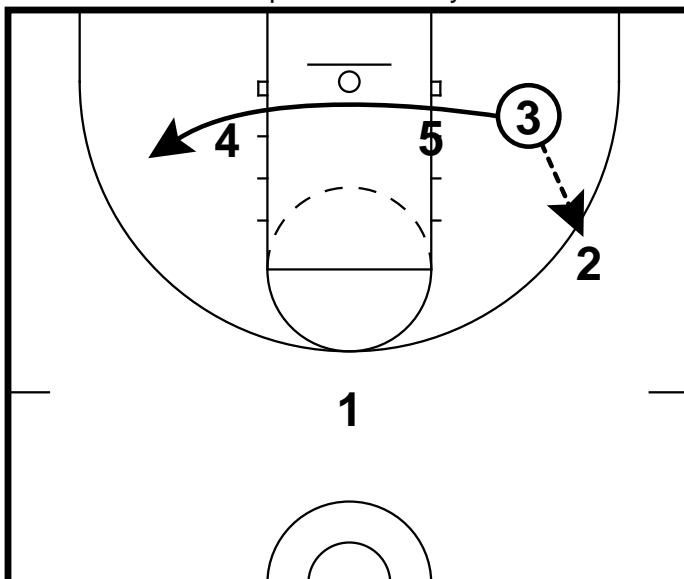
3 Loper cuts (overloads) to the short corner.
1 passes to 2.
5 Indiana screens (pins in the danger) for 3.

Loper Continuity



2 passes to 3.
5 seals (often the middle defender).

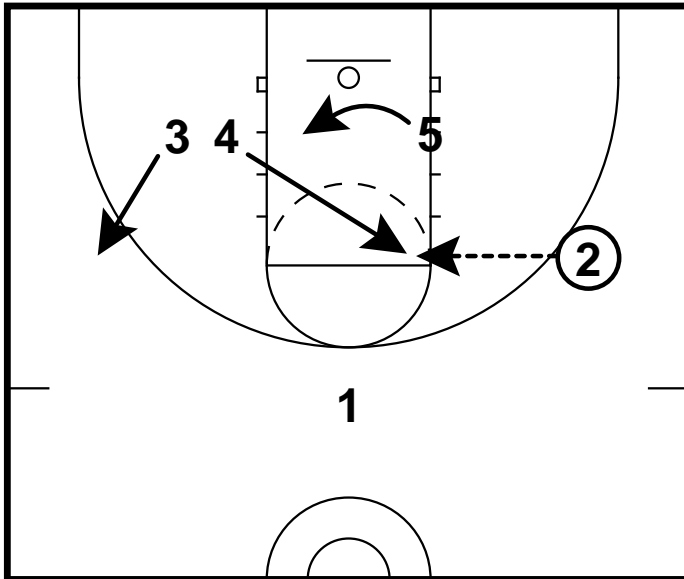
Loper Continuity



3 passes to 2 and changes sides.

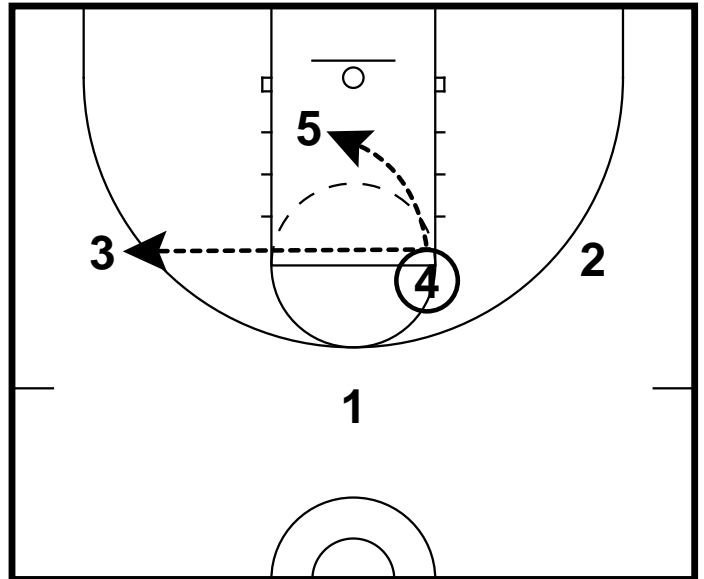
Zone Attacks

Loper Continuity



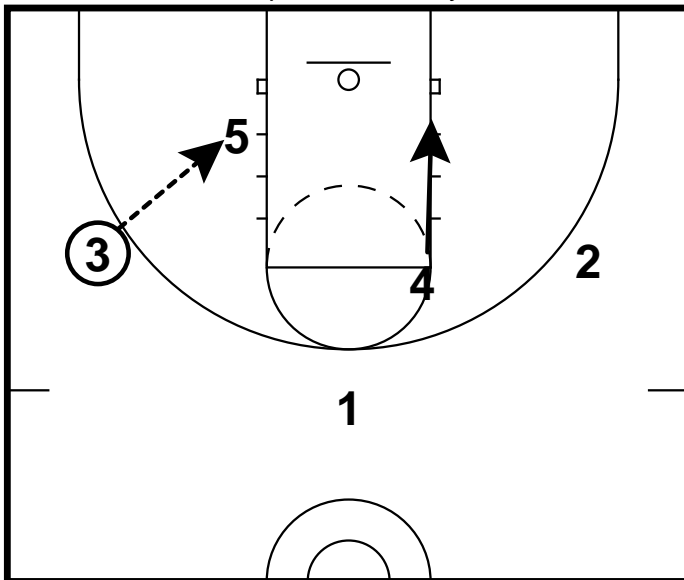
4 flashes to the high post if it is open.
3 finishes cut.
5 replaces 4 (high post flash bumps low post).
2 passes to 4 if open.

Loper Continuity



4 shoots if open, passes to 5 (high-low) or fling passes to 3.

Loper Continuity

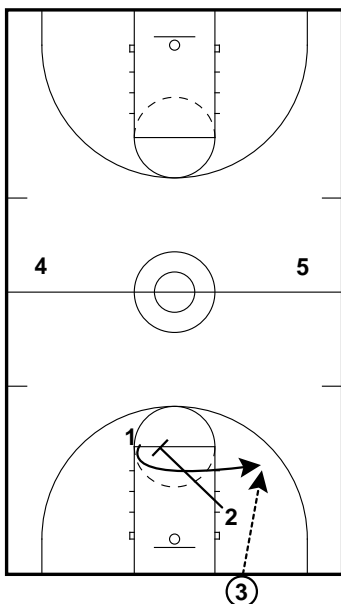


5 flashes to ball.
3 passes to 5 if open.
4 slides down.

Pressbreaks

Dice Diagonals

Inbounder (3) has the option to middle cut and "post-up".



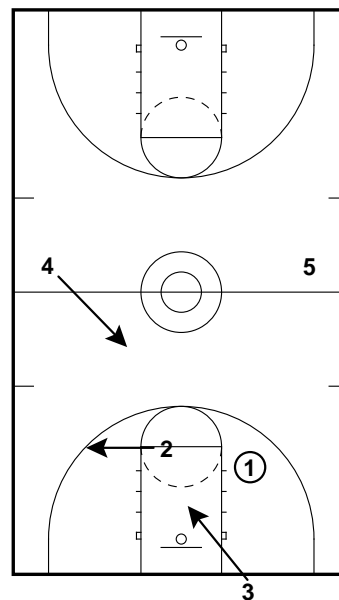
Diagonals vs. Zone Pressure:

Simple and effective press break. It combats full, 3/4, 1/2 zone pressure as well as anything!

- 2 screens for 1 if guarded man-to-man.
- 1 "jailbreaks" to the ball; 2 rolls and seals.
- 3 passes to 1 or 2.

Dice Diagonals

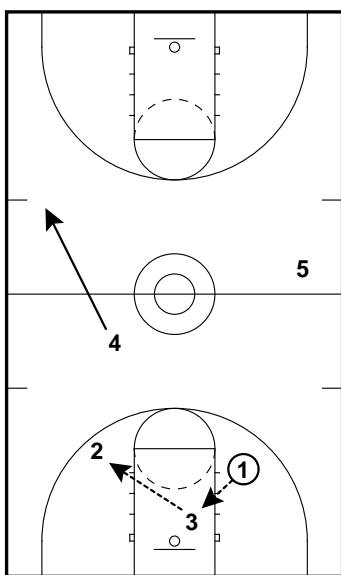
Inbounder (3) has the option to middle cut and "post-up".



- 3 steps in as a trailer or cuts through (see last frame for this 'Dice' action).
- 4 middle flashes.
- 1 passes to 4 if open.

Dice Diagonals

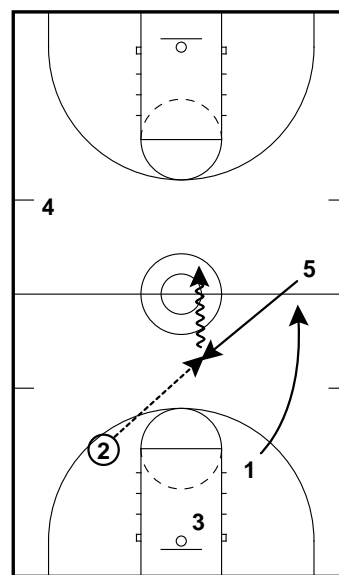
Inbounder (3) has the option to middle cut and "post-up".



- 1 passes back to 3.
- 4 replaces.
- 3 passes to 2.

Dice Diagonals

Inbounder (3) has the option to middle cut and "post-up".

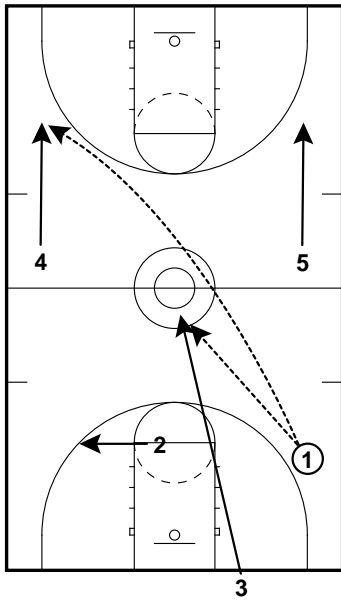


- 5 middle flashes.
- 2 passes to 5.
- 1 fills outside lane.

Pressbreaks

Dice Diagonals

Inbounder (3) has the option to middle cut and "post-up".

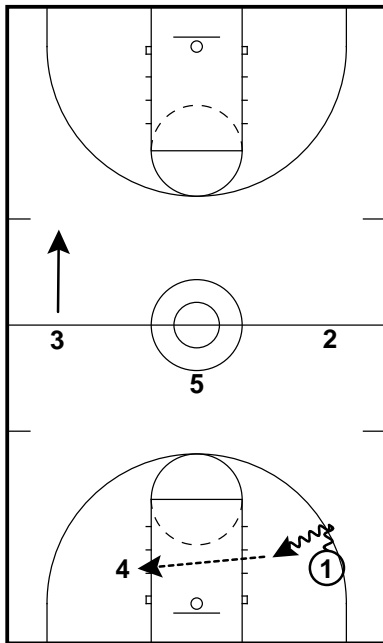


Dice Action:

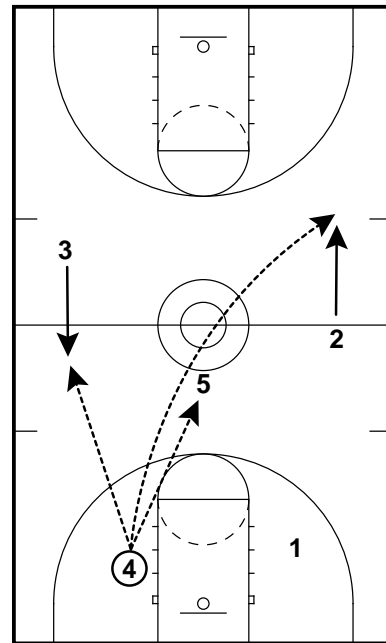
To really stretch the defense, in particular a zone defense such as a 1-2-1-1, middle cut your inbounder to the center circle and get him the ball or pass over the top.

Pressbreaks

Parallels JB



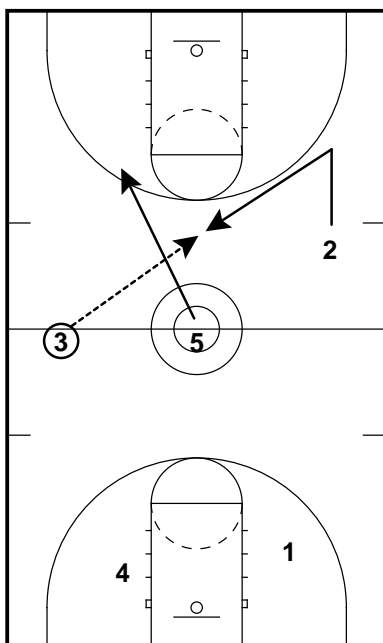
Parallels JB



1 senses "hot" and passes to 2 or 5 or over the top to 3. Sometimes 1 needs to pass back to 4.

4 passes to 3 or 5 or 2 over the top. Again, we are always maintaining 3 near and 1 deep spacing.

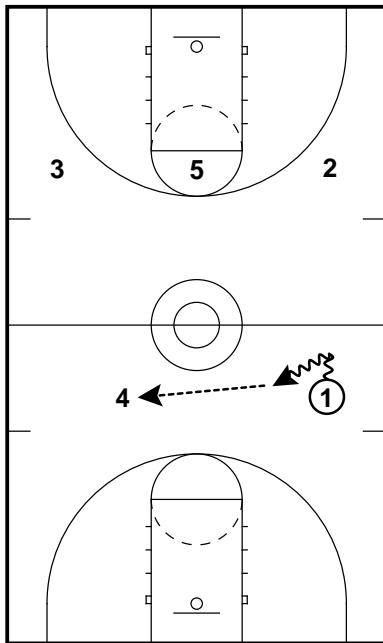
Parallels JB



Diagonal Cut & Middle Flash Rule:
Should 4 pass to 3, 5 diagonal cuts and 2 middle flashes.

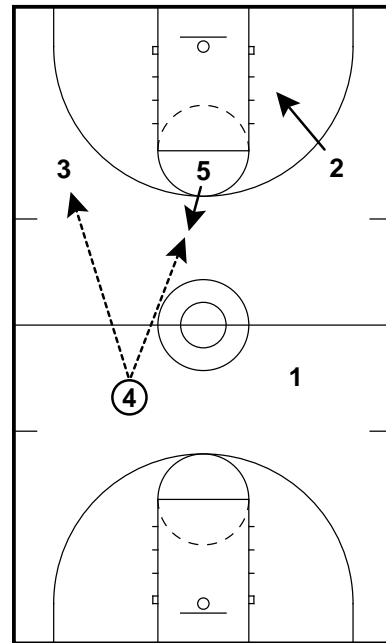
Pressbreaks

Parallels vs 1 - 3 - 1



1 senses "hot" and passes to 2 or 5.
However, most often 1 needs to pullback crossover and pass back to 4.

Parallels vs 1 - 3 - 1

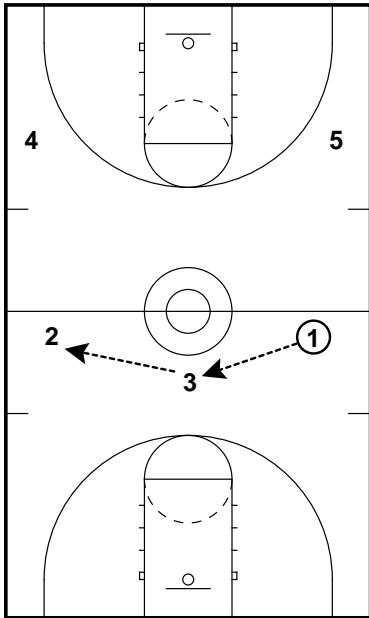


4 passes to 3 or 5.
Again, we are always maintaining 3 near and 1 deep spacing.

Pressbreaks

Diagonals vs 1 - 3 - 1

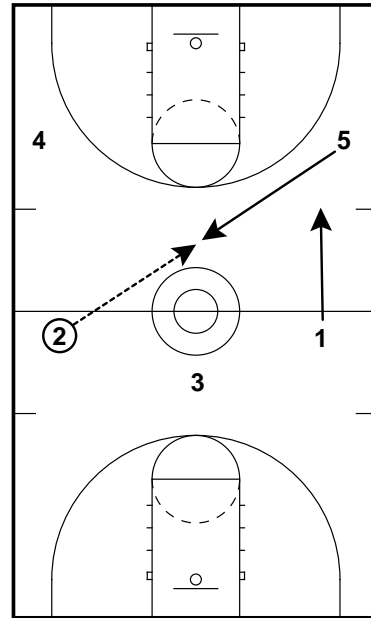
Trailer (3) has the option to middle cut and "post-up".



1 reads "hot" and passes back to 3.
3 passes to 2.

Diagonals vs 1 - 3 - 1

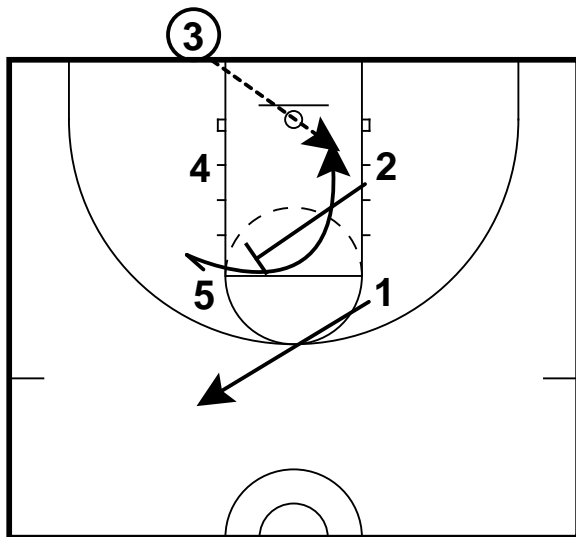
Trailer (3) has the option to middle cut and "post-up".



5 middle flashes.
2 passes to 5.
1 fills outside lane.

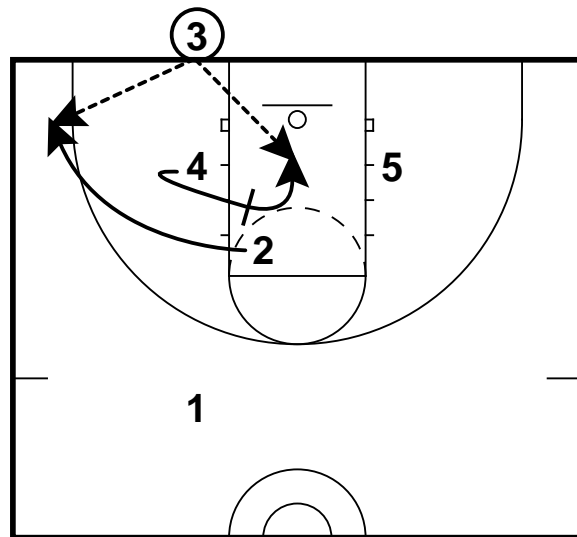
Special Situations

3 Screen the Screener



2 screens for 5.
 3 passes to 5 (if open).
 *Special Note: Head tap (or just great eye contact) cues quick lob to 2.

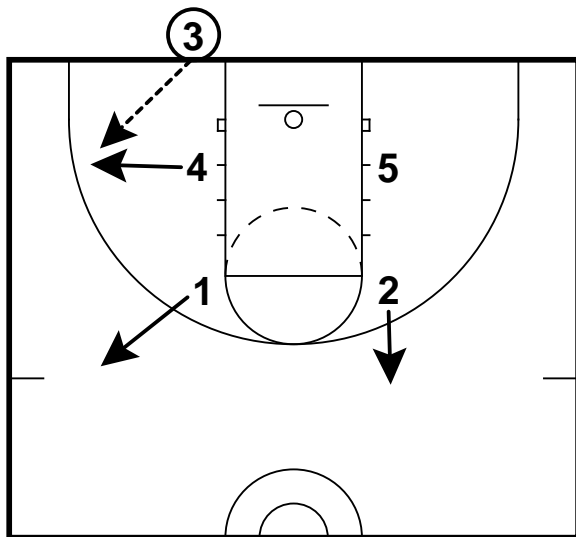
3 Screen the Screener



4 screens for the screener (2).
 3 passes to 2.
 4 may be open on the slip!
 Lastly, over the top to 1 (then screen in for inbounder).

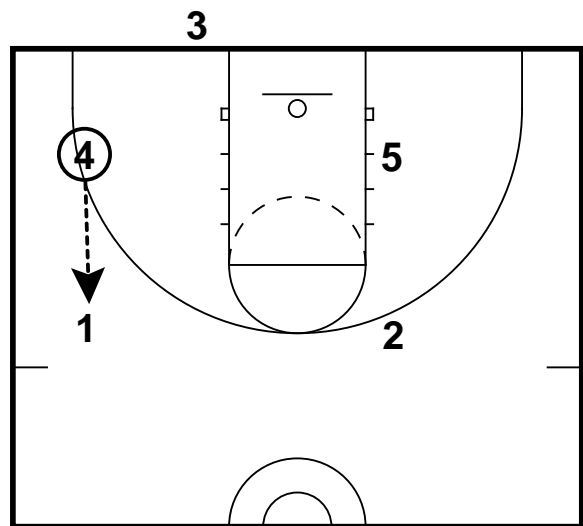
Special Situations

Just Get It In!

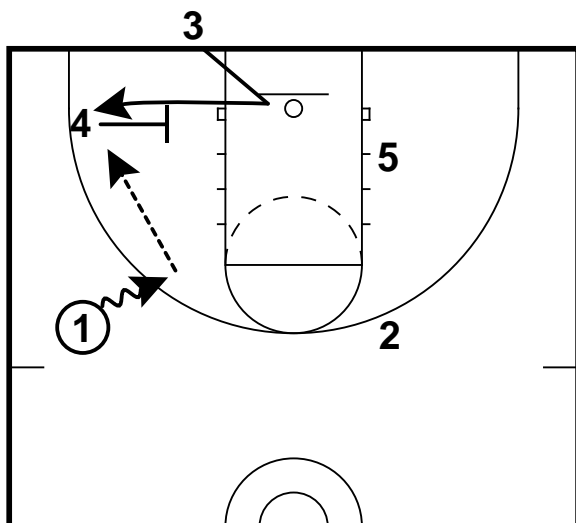


4 stays.
3 passes to 1.

Just Get It In!

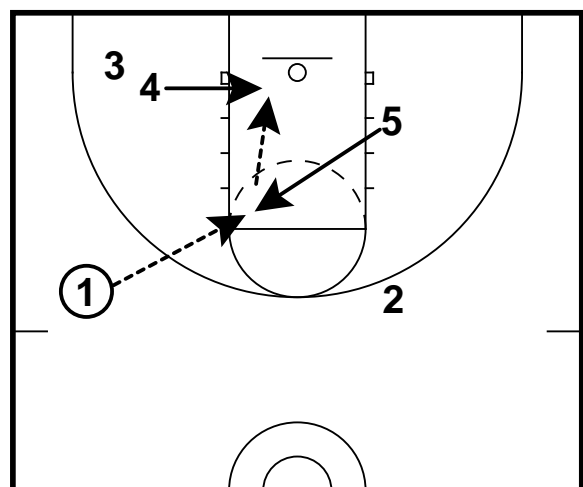


Just Get It In!



4 screens for the inbounder (3).
1 passes to 3.
*Special Note: 3 could also enter to the weakside.

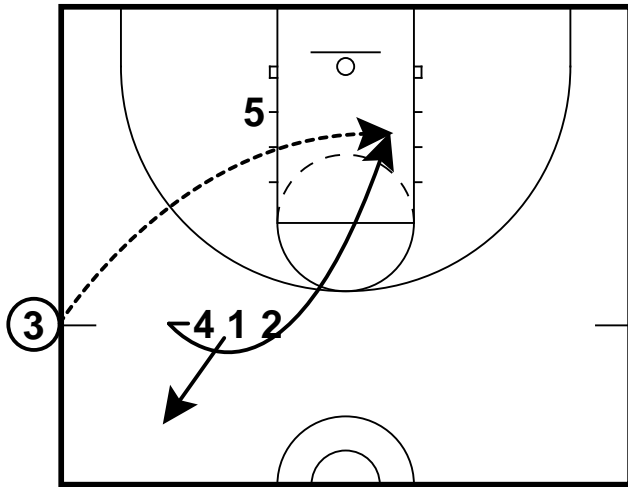
Just Get It In!



*Special Slip: 5 flashes high.
1 passes to 5.
5 passes to 4.

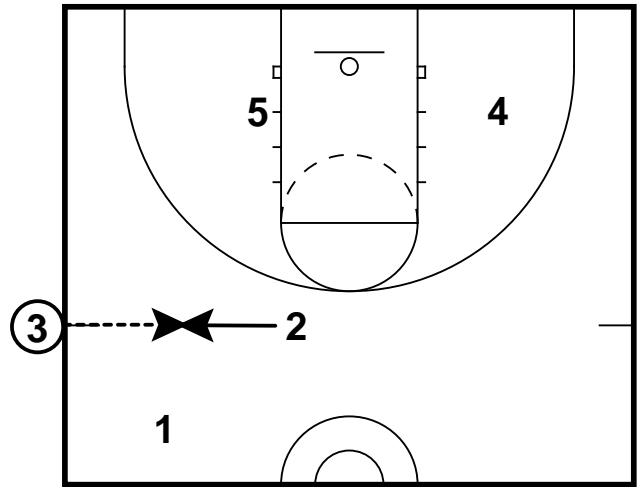
Special Situations

Sideline



4 loops over the top.
1 spaces out.
3 passes to 4.

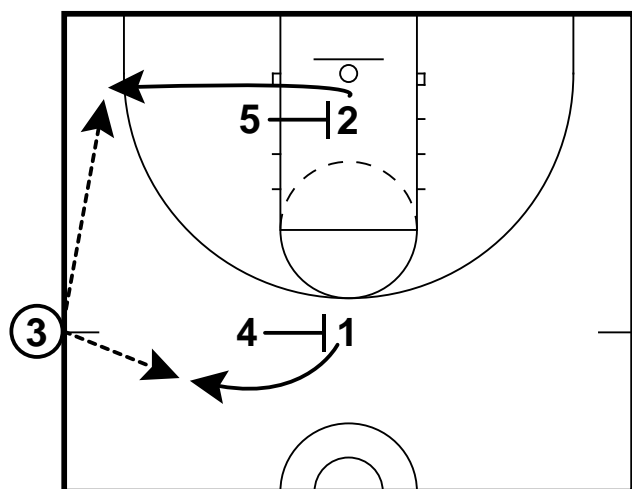
Sideline



2 flashes to the ball.
3 passes to 1 or 2.

Special Situations

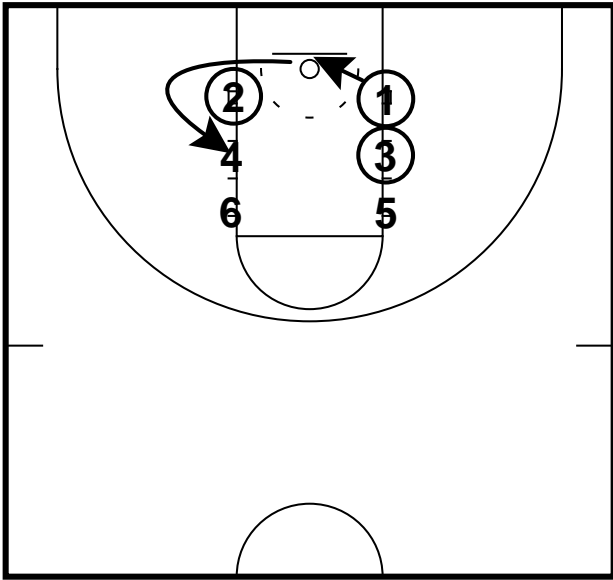
Bluejay



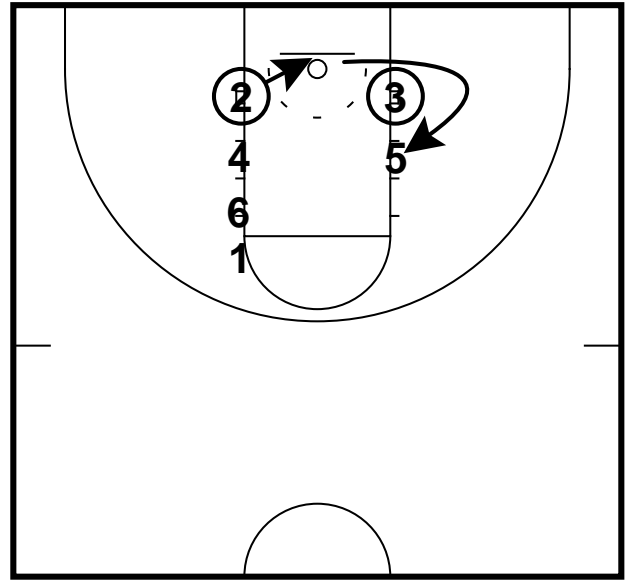
5 screens for 2 and seals.
4 screens for 1.
3 passes to 2 or 1.

Fundamental Drills

1-Step Layups



1-Step Layups



***1-Step Layups are perfect for all age levels. This drill flows best with at least 5 players and 3 basketball players.**

- Player 1 steps and plants his left foot while shooting and right-handed layup.
- Player 1 gets his own rebound and takes the ball to the opposite line he is going to.

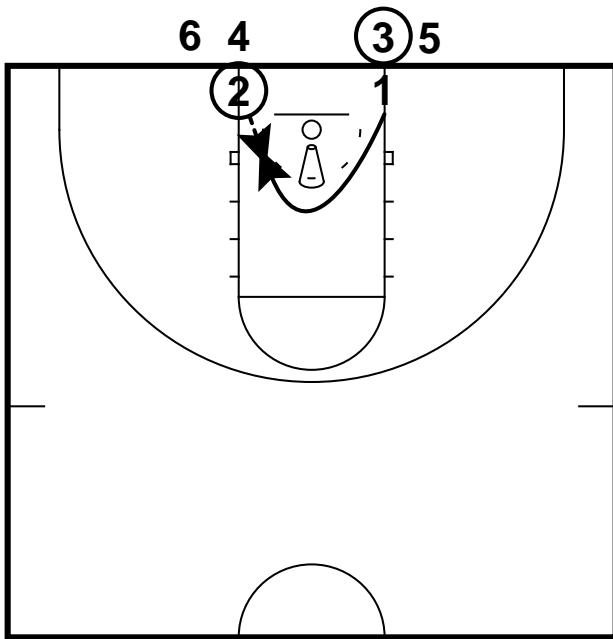
-Player 2 steps and plants his right foot while shooting a left-handed layup.

-Player 2 gets his own rebound and takes the ball to the opposite line he is going to.

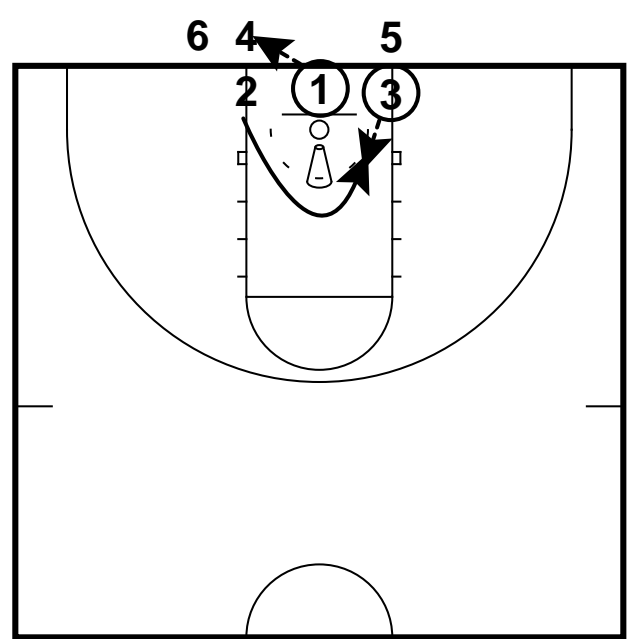
***Repeat this process all the while emphasizing proper footwork, shooting hand and "glass-swish".**

Fundamental Drills

Circle Shooting



Circle Shooting



***Circle Shooting is a very popular shooting drill, and for good reason. This drill flows best with at least 5 players and 2 basketball players.**

-Player 1 circle cuts around the cone (aka Coach).

-We emphasize the inside pivot. In this diagram Player 1 plants his right foot and front pivots on the catch (heel-toe).

-Player 1 shoots (not a layup).

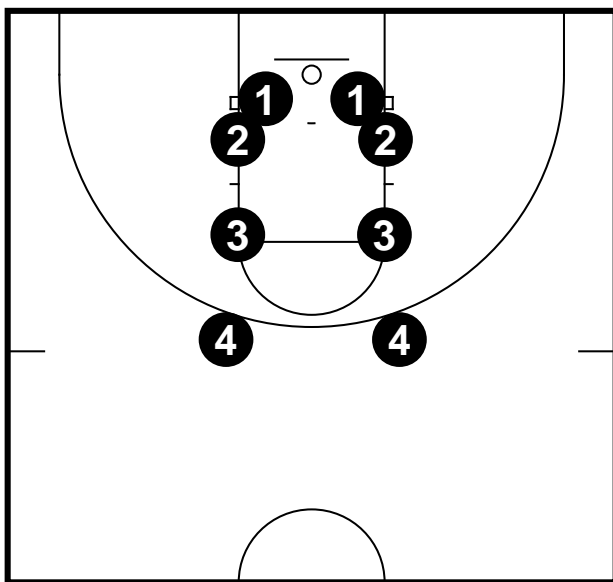
*At this first spot we like for the shooter to shoot with his left-hand on the left side and right-hand on the right side.

-Immediately after passing, Player 2 circles cuts and repeats the action with a front left pivot.

-Meanwhile, Player 1 gets his own and takes the ball to the line he is going to.

***After a few minutes or certain number of makes, we will progress to the next spot.**

Circle Shooting



4 Shooting Spots:

1 - Blocks

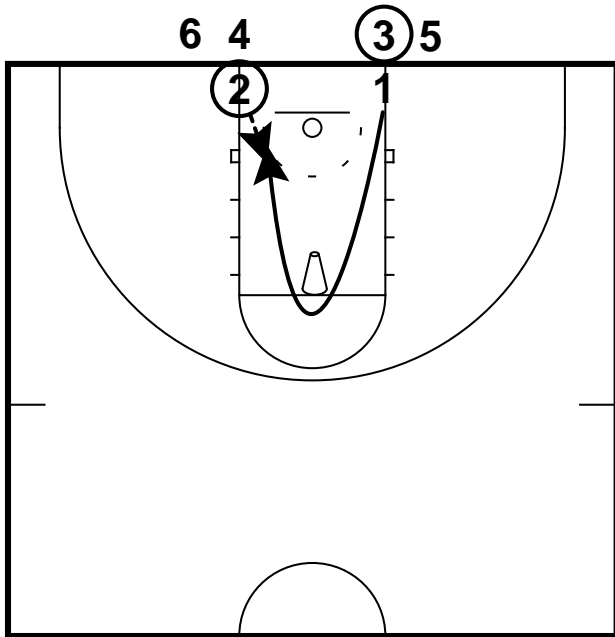
2 - Landmarks

3 - FT Elbows

4 - 3FG (if age & skill level warrants)

Fundamental Drills

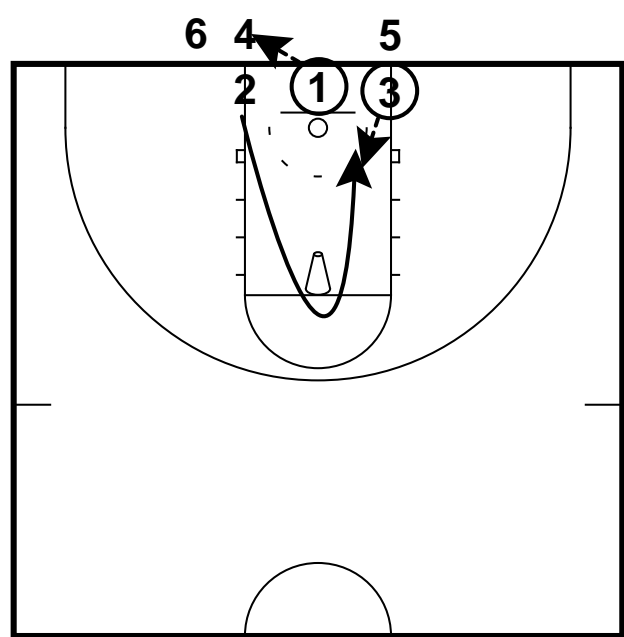
Circle Shooting Jumpstops
Drill Credit: Coach Joseph Cooley



***Circle Shooting Jumpstops flows best with at least 5 players and 2 basketball players.**

- Player 1 circle cuts around the cone or chair (aka Coach).
- We emphasize a good, timely pass and a two-foot jumpstop, or what Villanova refers to as the "Bully".
- After Player 1 catches on the move, going downhill and jumpstops on both feet at the same time, he closes his shoulder and shoots immediately.

Circle Shooting Jumpstops
Drill Credit: Coach Joseph Cooley

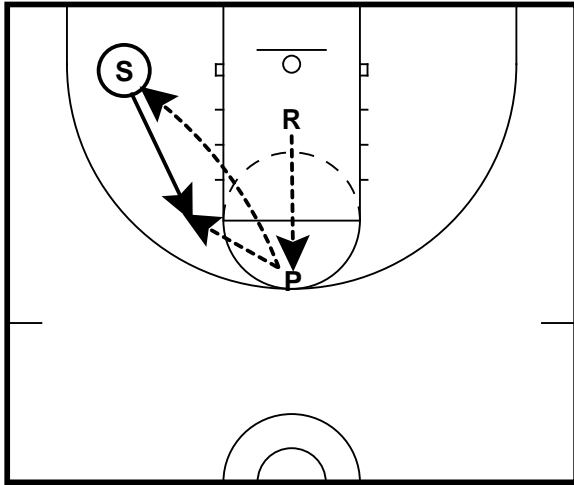


-Immediately after passing, Player 2 circles cuts and repeats the same action going the to the opposite side.

- Meanwhile, Player 1 gets his own and takes the ball to the line he is going to.
- *After a few minutes or certain number of makes, we will progress to the next three moves: 2) Shot Fake 3) Inside Pivot (aka Up&Under) 4) Outside Pivot.

Fundamental Drills

Thirty-Second Shooting



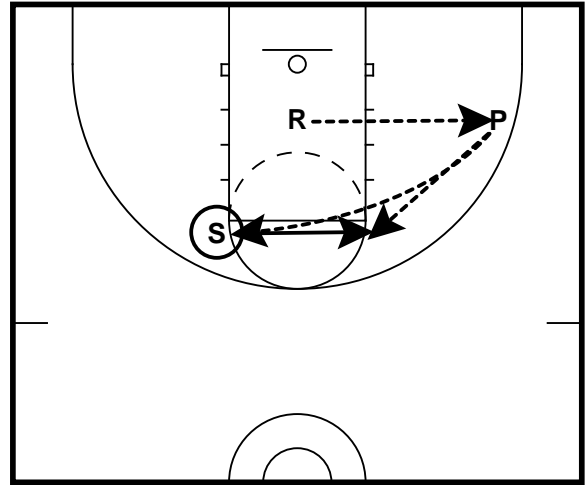
Combo 1 Shooting Spots:

For :30 seconds the shooter cuts back & forth from the short corner to the freethrow elbow.

Points of Emphasis:

- Get your homework done early (we emphasize inside step).
- Game speed.
- Good pass = a good shot.

Thirty-Second Shooting



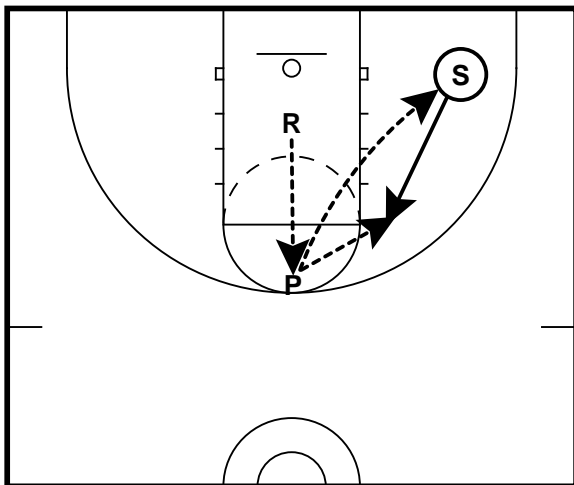
Combo 2 Shooting Spots:

For the next :30 seconds the same shooter cuts elbow to elbow.

Points of Emphasis:

- Rebounder and passer must be efficient and work hard for the shooter.
- Tracking FGA & FGM is a must for concentration and competition.
- It is possible to attempt 30 or more shots per player.

Thirty-Second Shooting



Combo 3 Shooting Spots:

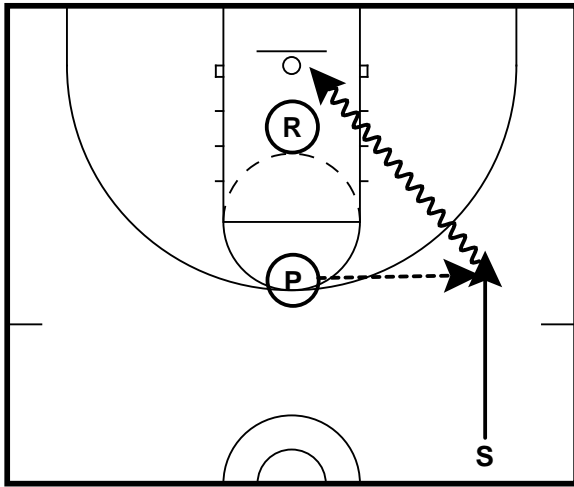
For the last :30 seconds the shooter cuts back & forth from the short corner to the freethrow elbow (same as phase 1, but opposite side).

Drill Rotation:

- After the 1st shooter completes all 3 combos, the passer rotates in as the next shooter.
- Rebounder moves to passer and shooter goes to rebounder.
- This drill should take less than 5 total minutes.

Fundamental Drills

Warrior Shooting



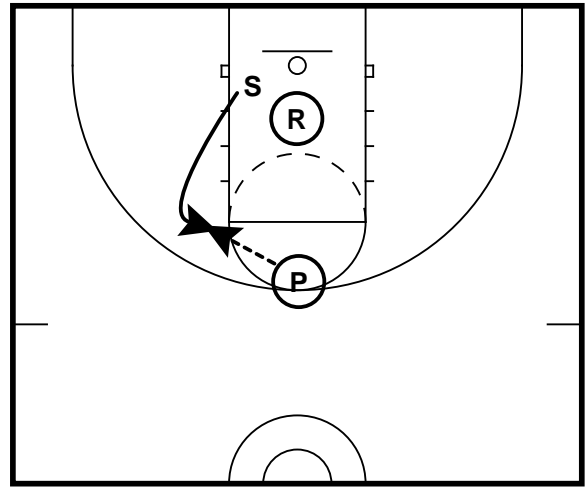
Shot #1 Worth 1 Point:

Shooter starts at halfcourt (or top of the key extended if space doesn't allow), catches on the move and attacks the basket.

Points of Emphasis:

-Catch on the run and attack the basket with a 45 degree angle cut.

Warrior Shooting



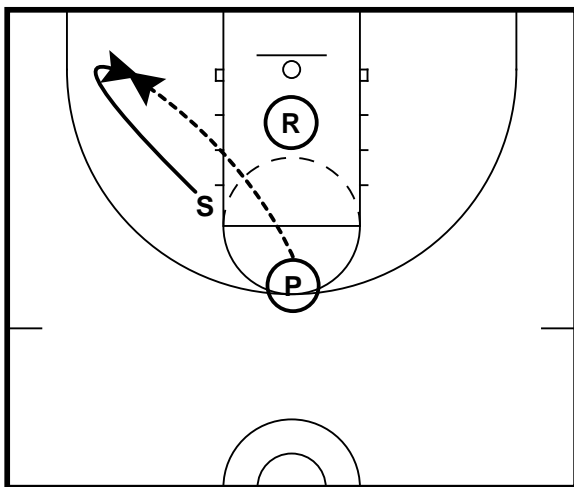
Shot #2 Worth 2 Points:

Shooter continues his cut to simulate using a pin down screen and shoots near the freethrow elbow.

Points of Emphasis:

-Emphasize inside-pivot.

Warrior Shooting



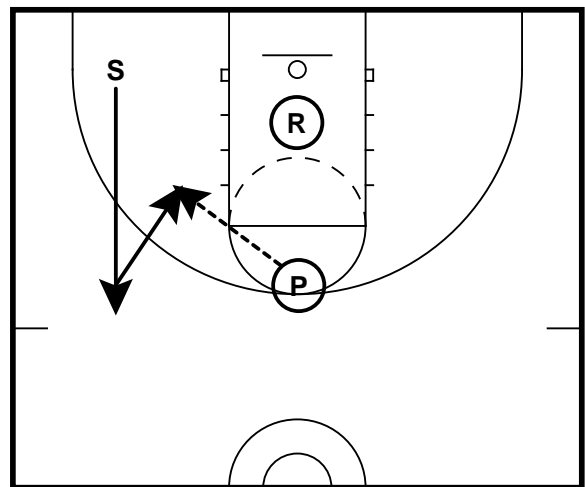
Shot #3 Worth 2 Points:

Shooter cuts to the short corner as if using a flare screen.

Points of Emphasis:

-Balance, balance, balance!

Warrior Shooting



Shot #4 Worth 1 Points:

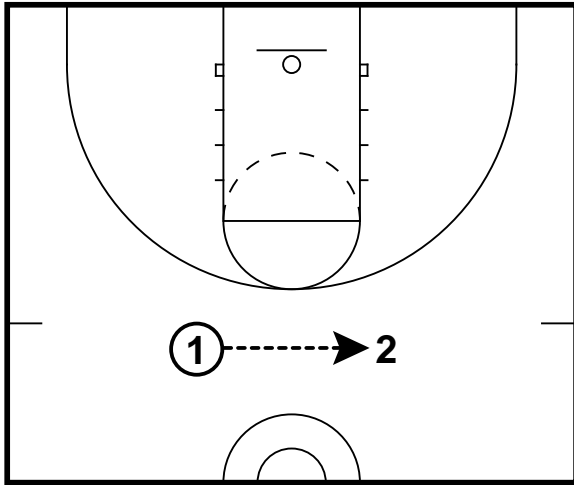
This will be the same as shot #1 but on the opposite side. There are two ways to do this: 1) Sprint to halfcourt, or 2) Cut hard to ball level and simulate a back cut. We prefer this more times than not.

Points of Emphasis:

-Shot #5 & #6 will also be the same as #2 & #3.
-After the 1st shooter is done, the passer becomes the shooter and the rebounder passes.
-Repeat this again, but start on the opposite side.

Fundamental Drills

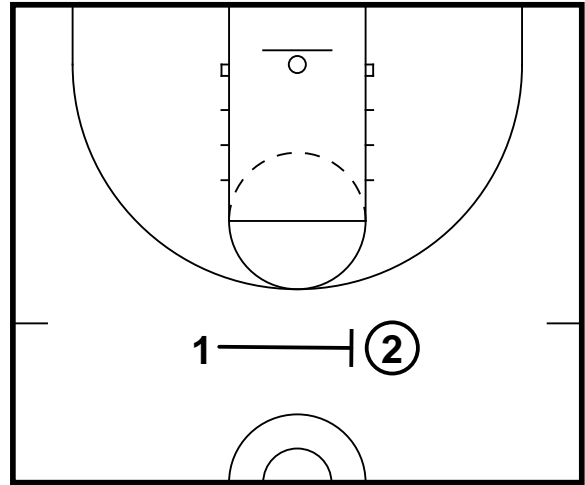
Kill the Grass



1st Whistle: Pass & Close-out

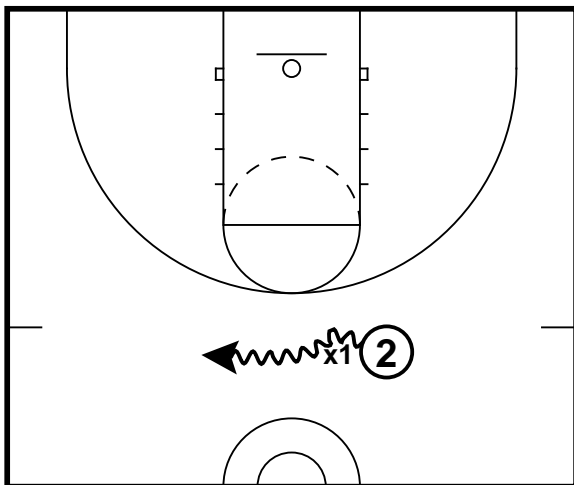
-Player 1 passes to 2 (we encourage a chest pass and/or flick pass).

Kill the Grass



1 then closes out and applies arms length pressure on the ball. 2 catches ball in the air, feet in the air, and rips into triple threat position.

Kill the Grass

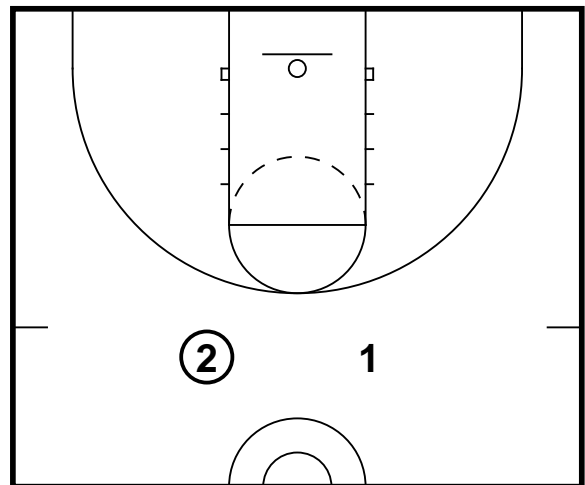


2nd Whistle: Blow-by

2 utilizes a shot fake, blow-by to his strong hand.

- Chest over thigh
- Long step, pivot foot down
- Close the gap

Kill the Grass



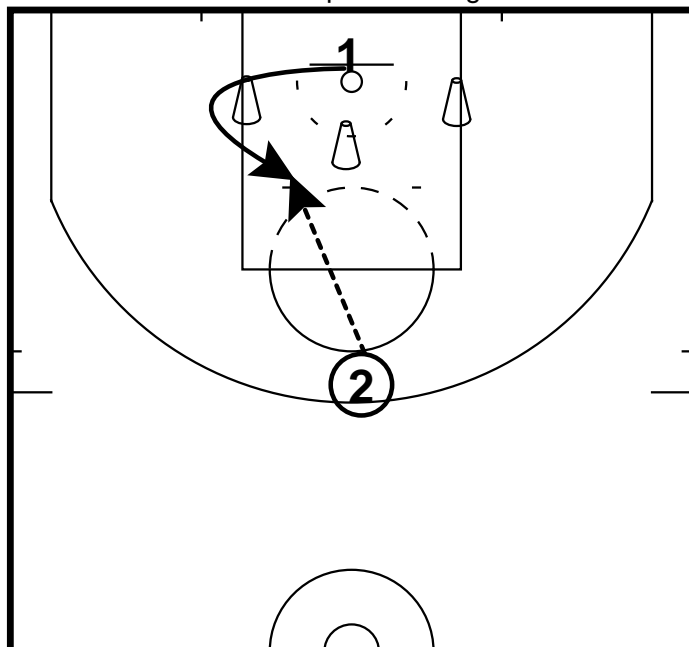
2 dribbles 2-3 times and finishes with a two-foot quick stop, and front pivots using his opposite foot to hand (for example, if he's dribbling right he will left front pivot). Repeat this process on the next whistle for player 1.

Then add Crossover Move:

- Foot fake the blow-by
- Crossover step
- Opposite finish (for example, if he's dribbling left, right front pivot)

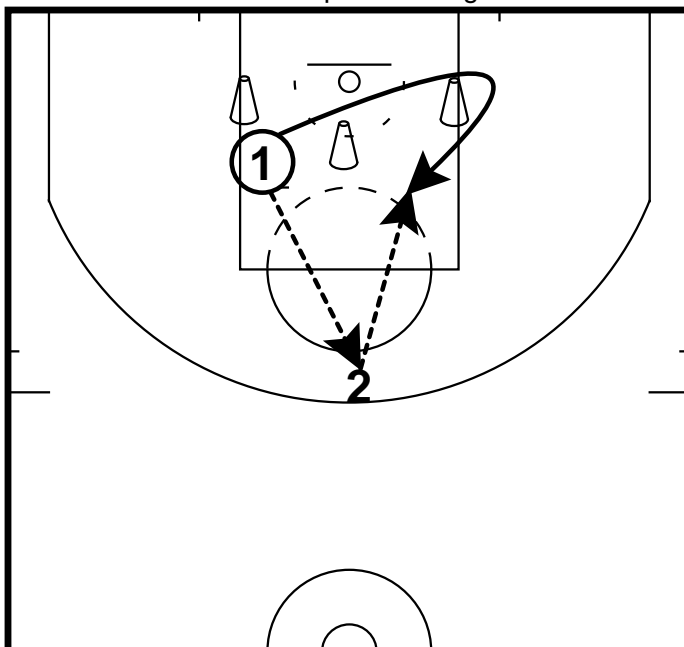
Fundamental Drills

Schrempf Shooting



Player 1 curls around the cone and receives a pass from a coach. Player 1 drop steps for the finish.

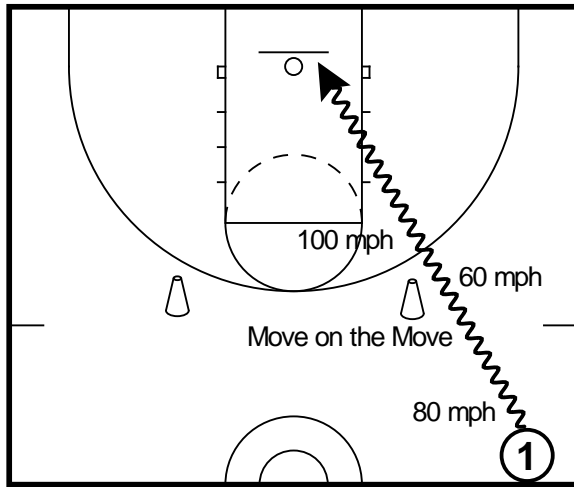
Schrempf Shooting



Player 1 gets their own rebound and passes the ball out to the coach. Player 1 comes around the opposite cone, catches a pass in the middle of the lane and drop steps for another layup.

Fundamental Drills

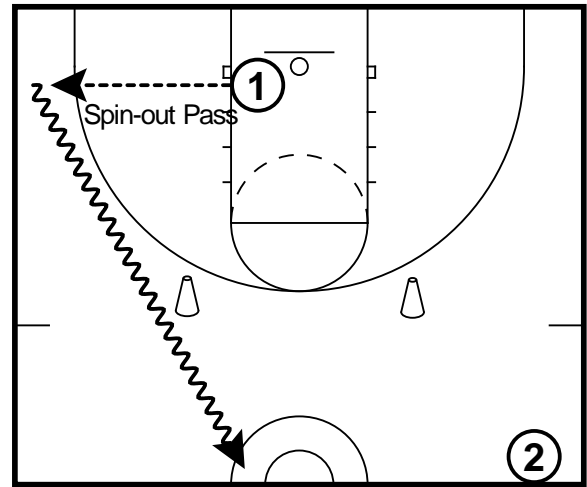
Sundance Moves on the Move



Player 1 starts at halfcourt, favoring a sideline. He dribbles at the chair or cone at "80 mph", makes his move on the move at "60 mph" and attacks the rim at "100 mph". Always practice your go-to and counter moves together. We always practice in this sequence:

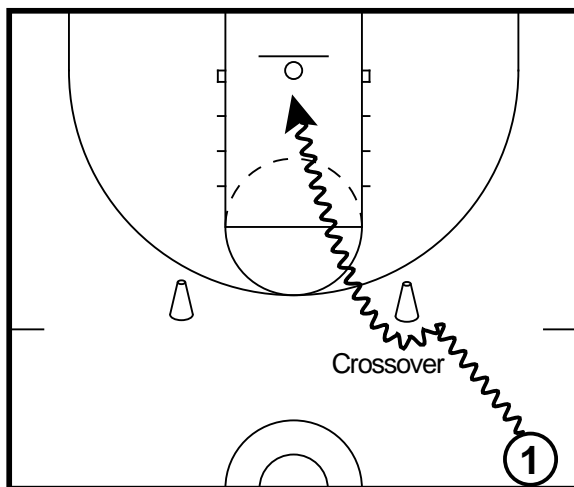
1. Inside-out Move
2. Crossover
3. Hesitation
4. Between the Legs

Sundance Moves on the Move



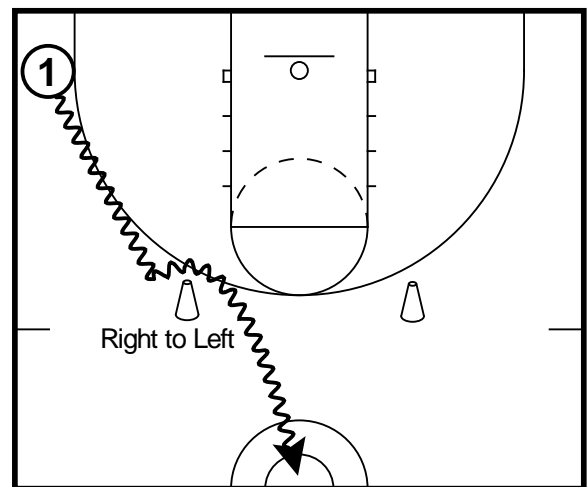
Player 1, after finishing strong off of two feet, gets his own rebound and passes to himself with a "spin-out". It's important this happens outside the arc to enable him to "turn, look and go." This is to simulate breaking backcourt pressure with the same move back. Meanwhile, player 2 goes to work.

Sundance Moves on the Move



Crossover counter move shown here.

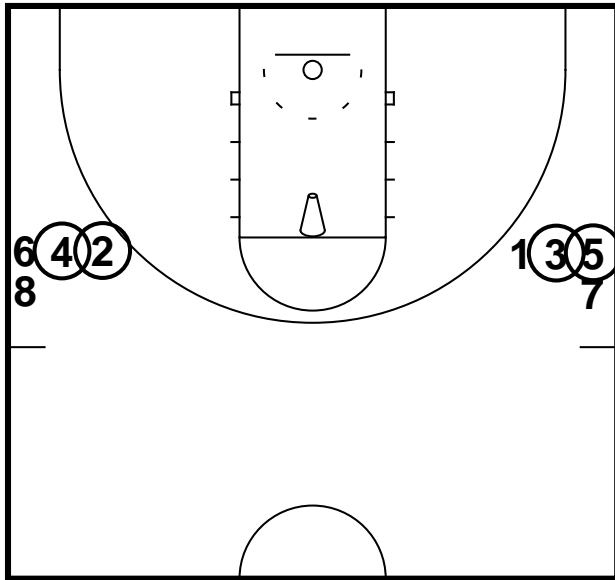
Sundance Moves on the Move



Turn, look and go and repeat the same exact move. Do the same for hesitation and between the legs moves (not shown). We sometimes add a 5th move and the players "create". This should be a fun move challenging their creativity.

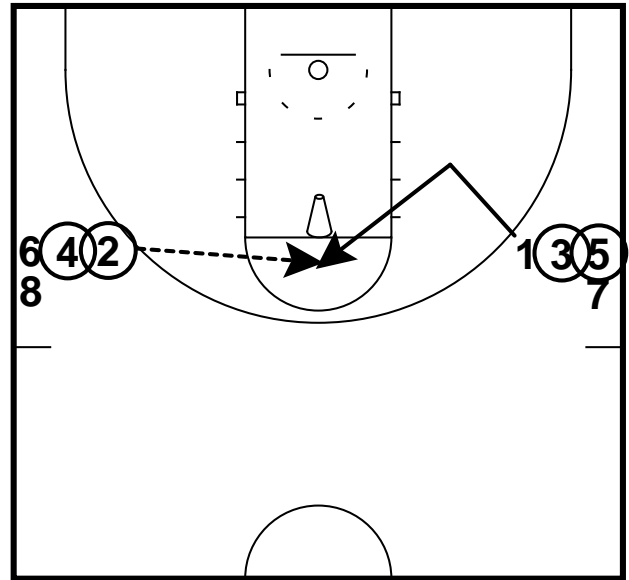
Fundamental Drills

Continuous Blast-cuts



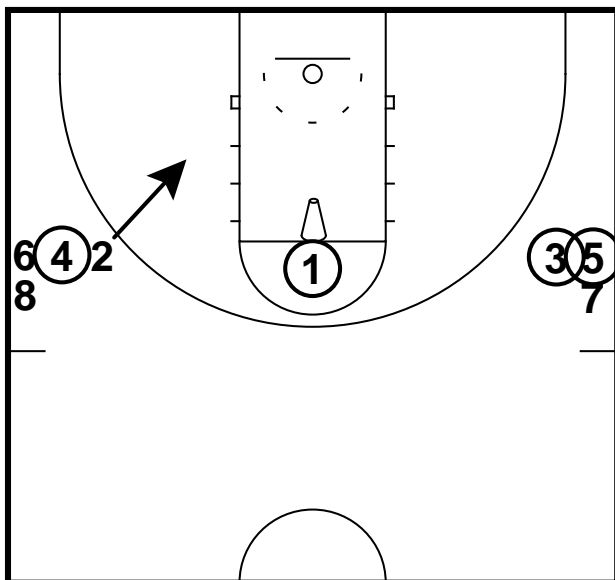
*Continuous Blast-cuts is one of our favorite footwork shooting drills. Teaches (cut &) replace motion concept and incorporates 1) Catch & Shoot 2) Shot Fake Blow-by 3) Foot Fake Crossover and 4) Back-cut.
 *Works best with 8 players and 4 basketballs. Drill Sequence: 1) Pass First 2) Cut Second 3) Shoot Third 4) Rebound Last 5) Change Lines.
***As a coach, we like to be where the cone is positioned to instruct and direct traffic.**

Continuous Blast-cuts



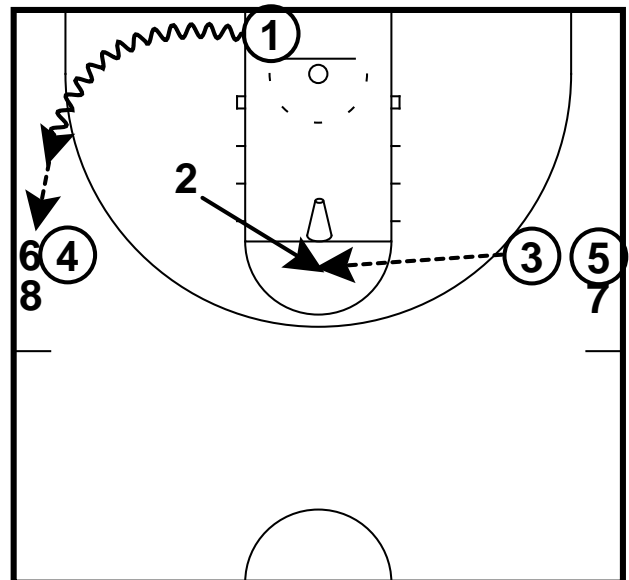
1 starts the drill with a fill cut. In this diagram, a v-cut (2-step rule). We emphasize going in slow and coming out fast.
 2 is in triple threat position and makes a good pass to 1 (good pass = good shot).
 1 uses an inside pivot to face up.

Continuous Blast-cuts



1 will execute one of the following: 1) Catch & Shoot 2) Shot Fake Blow-by (1 dribble pull-up) 3) Foot Fake Crossover (2 dribbles, close shoulder lay-up) 4) Back-cut (lay-up).
 2 begins 2-step rule (fill cut).

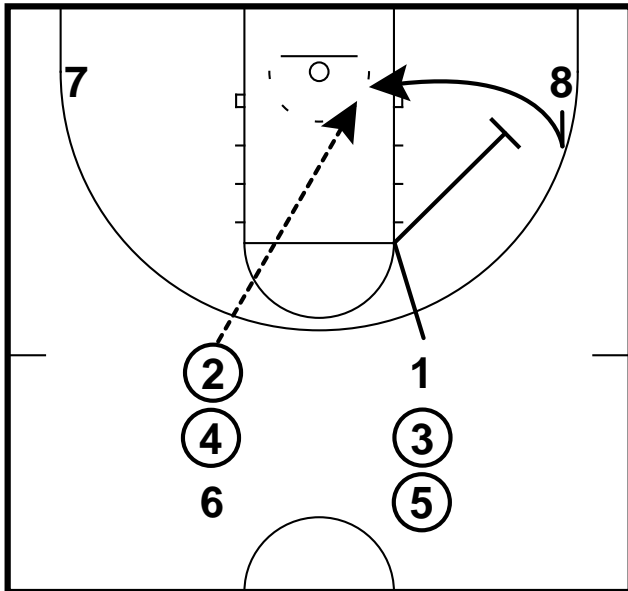
Continuous Blast-cuts



1 follows his shot, rebounds and takes the ball to the opposite line.
 2 fills and the sequences starts all over again.
***Please emphasize the cutting, inside pivot and footwork (4 actions mentioned earlier).**

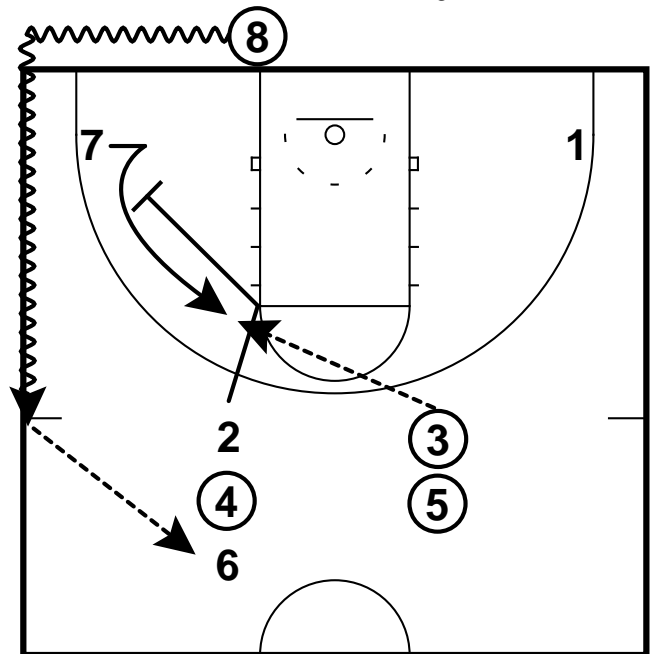
Fundamental Drills

4 Corner Shooting



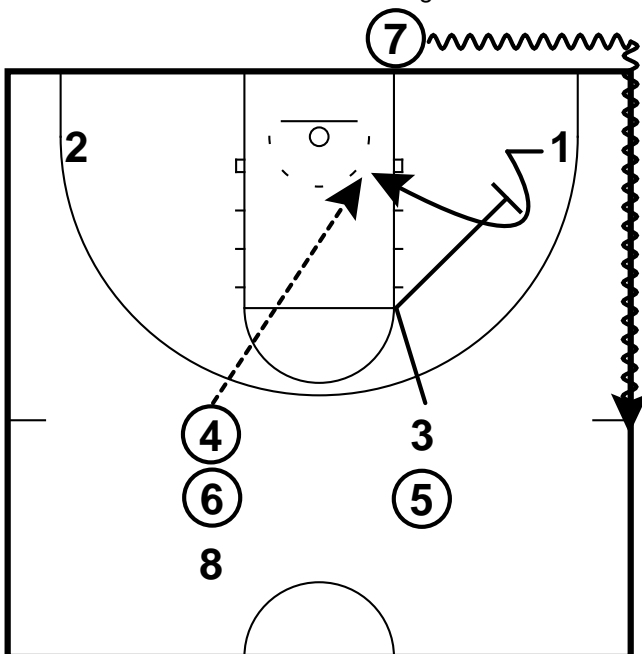
4 Corner Shooting is one of our favorite motion team shooting drills. Incorporates 4 cuts when using a wide pin down screen (reject, straight, curl & flare). Works best with 8 players and 4 basketballs. Drill Sequence: 1) Pass First 2) Screen Second 3) Shoot Third 4) Rebound Last 5) Change Lines. Our Goal: 15+ mfg for every minute! 1 sprints to set a "wide pin down". We emphasize a great screening angle (butt to ball) and change of speed. 8 rejects the screen and back cuts. 2 passes to 8. 8 closes his shoulder and attacks the rim!

4 Corner Shooting



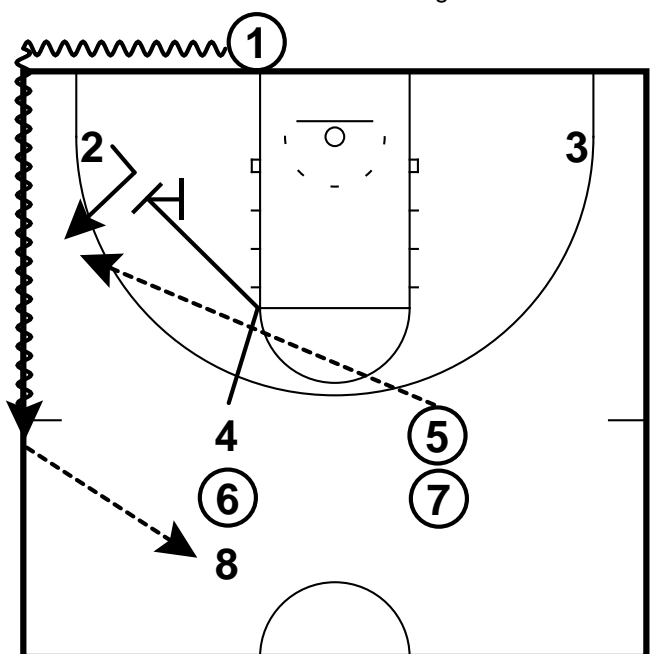
Immediately after 2 passes to 8 (previous frame), 2 sprints to set a "wide pin down" for 7. On this side 7 uses the screen and makes a straight cut to the elbow. 3 passes to 7. 7 shoots (we emphasize an inside-pivot). *This action would continue for 1-2 designated minutes, and then flip-flopped (reject the screen on the left and straight cut on the right).

4 Corner Shooting



Now let's look at the next two pairs of cuts: 3 sprints to set a "wide pin down" for 1. 1 tight curls the screen. 4 passes to 1 attacking the basket.

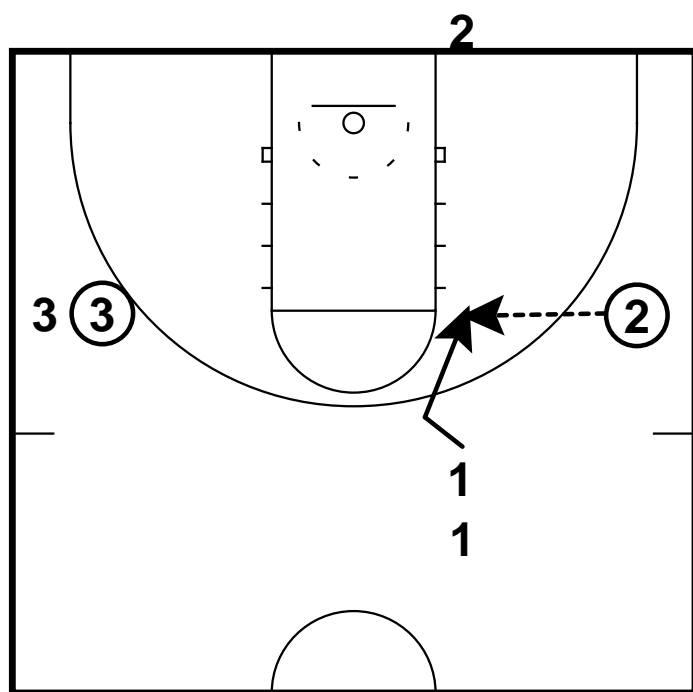
4 Corner Shooting



On this side 4 sprints to set a "wide pin down" for 2. 2 flares and 4 repositions his screening angle. Again, this action would continue for 1-2 designated minutes, and then be flip-flopped (tight curl on the left and flare cut on the right).

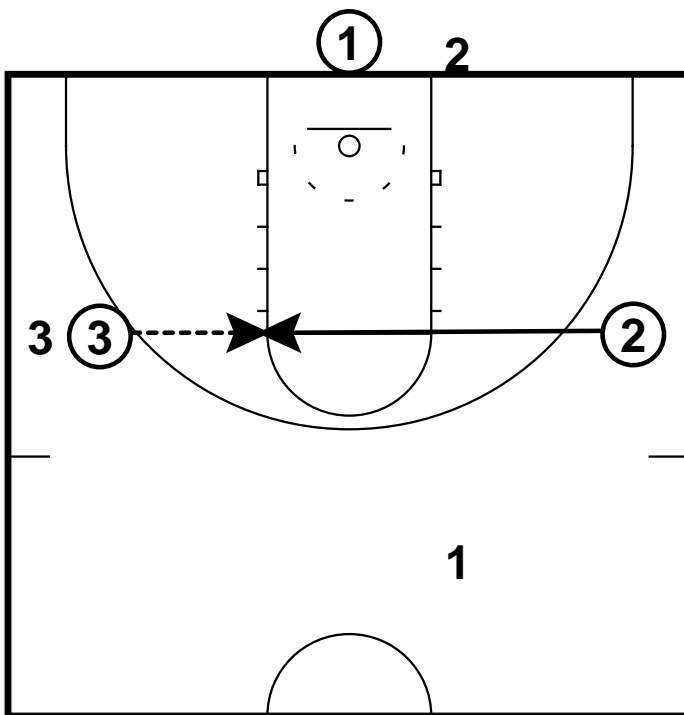
Fundamental Drills

3 Line: Basket & Fill Cut Jumpshots



2 L-cuts (or V-cuts) to get open on the wing.
1 passes to 2 (not shown) and fills the FT elbow.
2 passes to 1 for quick jumpshot.

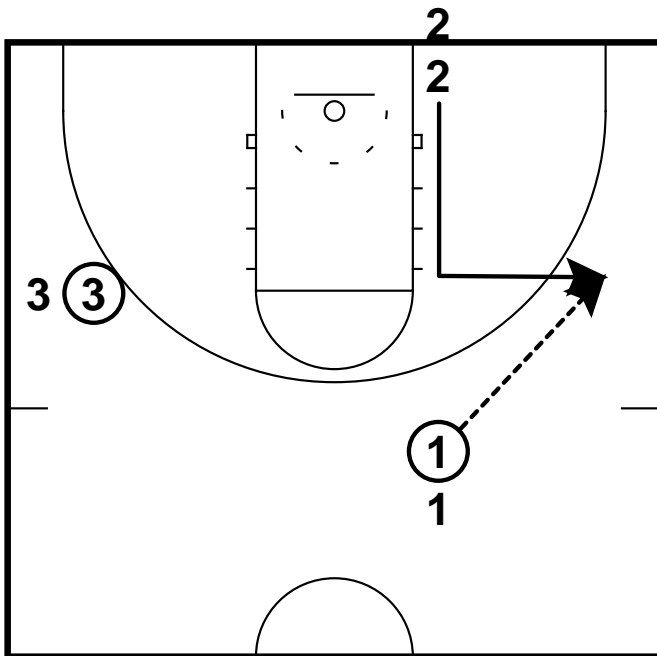
3 Line: Basket & Fill Cut Jumpshots



2 Jordan cuts to opposite FT elbow.
3 passes to 2 for quick jumpshot.
Rotate accordingly and be sure to change sides.

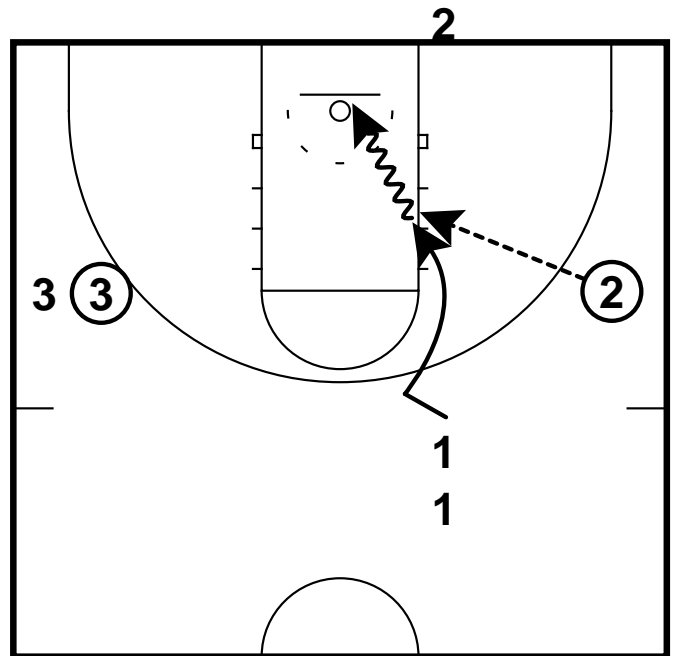
Fundamental Drills

3 Line: Basket & Back Cut Layups



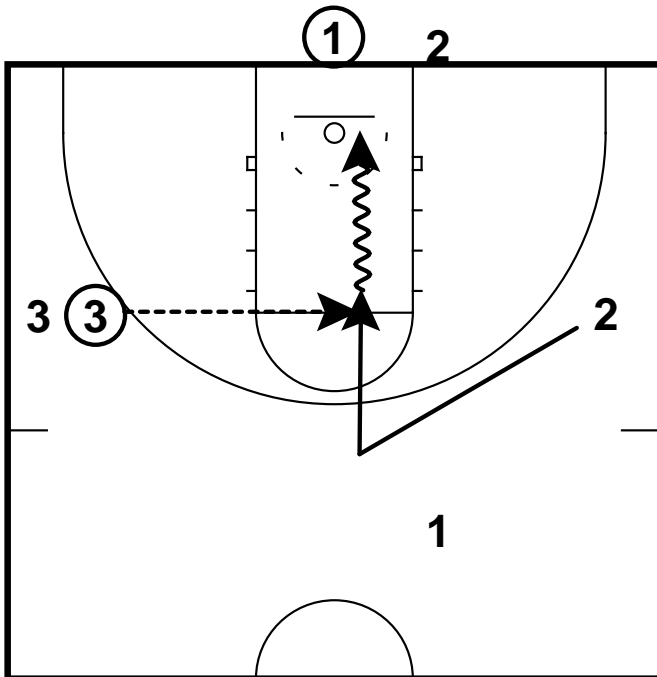
2 L-cuts (or V-cuts) to get open on the wing.
1 passes to 2.

3 Line: Basket & Back Cut Layups



1 basket cuts (teach 2-Step Rule).
2 passes to 1 for the layup.

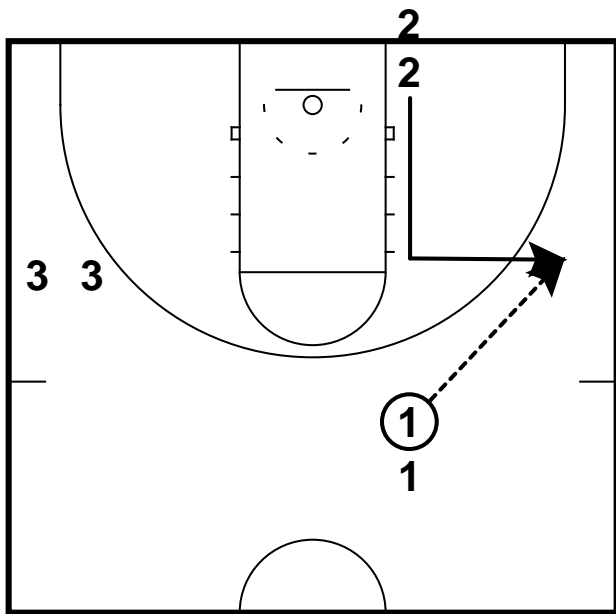
3 Line: Basket & Back Cut Layups



2 blast cuts to fill the top and then back cuts.
3 passes to 2 ("butcher-surgeon").
Rotate lines accordingly and be sure to change sides.
*Note: 3 could be a coach if numbers are low.

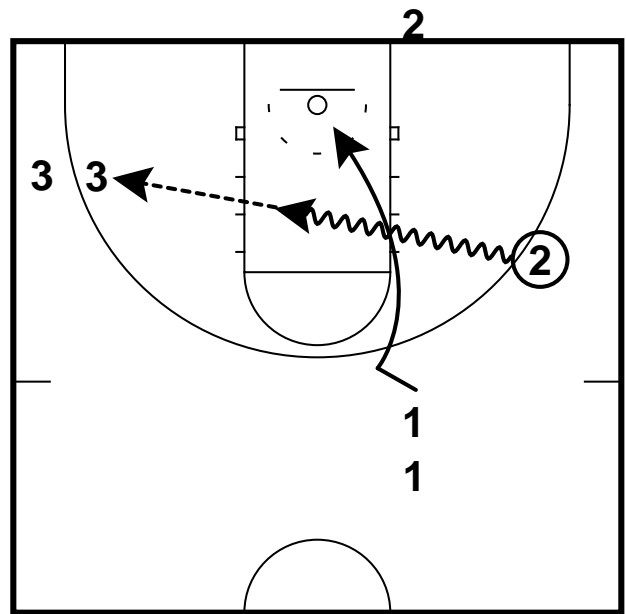
Fundamental Drills

3 Line: Drive & Kick



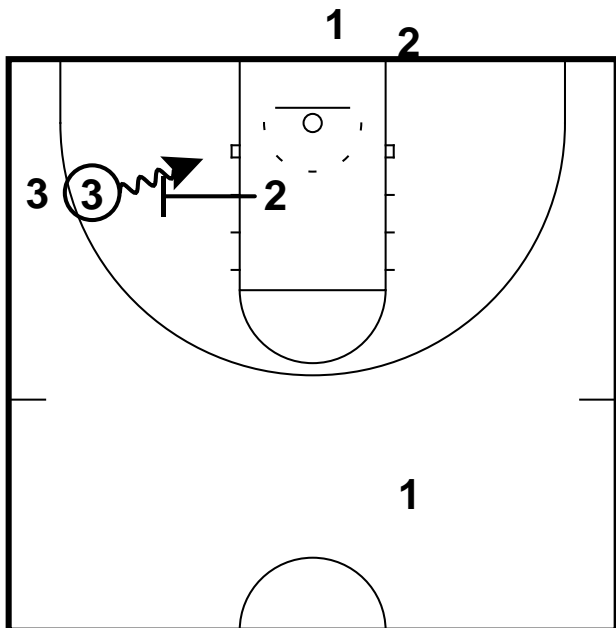
2 L-cuts (or V-cuts) to get open on the wing.
1 passes to 2.

3 Line: Drive & Kick



1 basket cuts.
After pass faking, 2 drives middle and passes to 3.

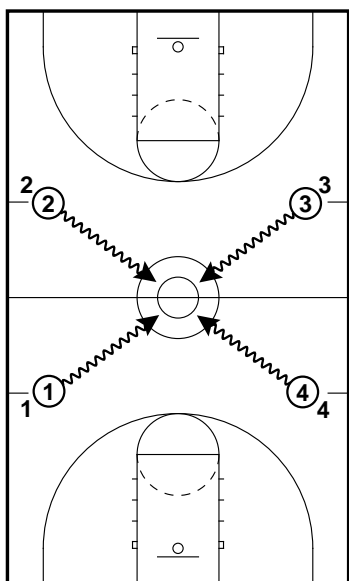
3 Line: Drive & Kick



2 transitions for offense to defense and closes out.
3 reads the defense and scores:
-Shoot
-Drive baseline
-Drive middle
Players rotate to the lines they pass to.

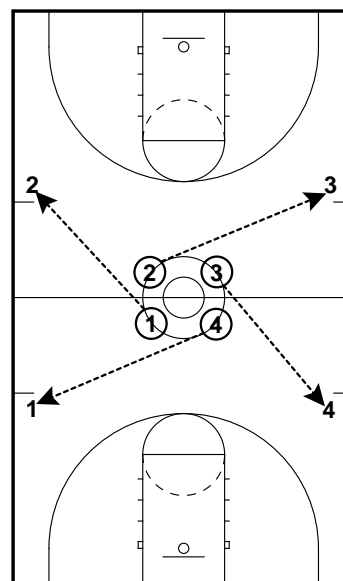
Fundamental Drills

4 Corner Pivot Passing



On the whistle, players 1 - 4 with the ball will right-hand dribble to the center circle, jump stop and left-foot reverse pivot.

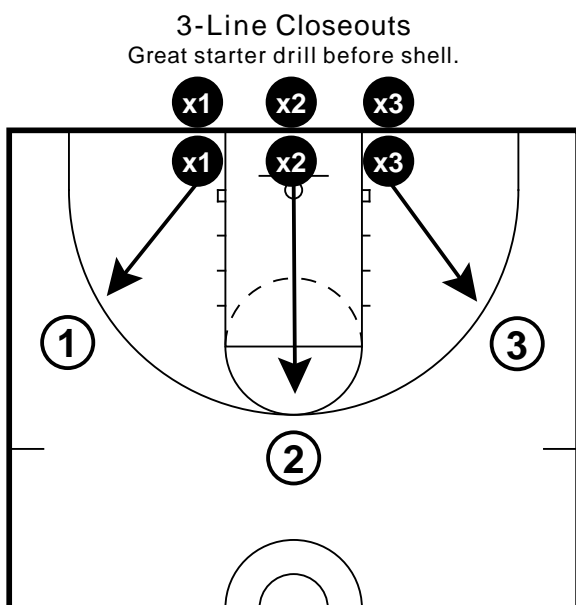
4 Corner Pivot Passing



After the reverse pivot, players pass to the corresponding line (1 to 2, 2 to 3, 3 to 4, 4 to 1), follow their pass and finish with a proper close-out. Obviously repeat this drill the opposite direction (change dribble hand, pivot foot, etc).

*Depending on skill level: Encourage the offense to use a proper live ball move vs. close-out (i.e. Blow-by and Crossover).

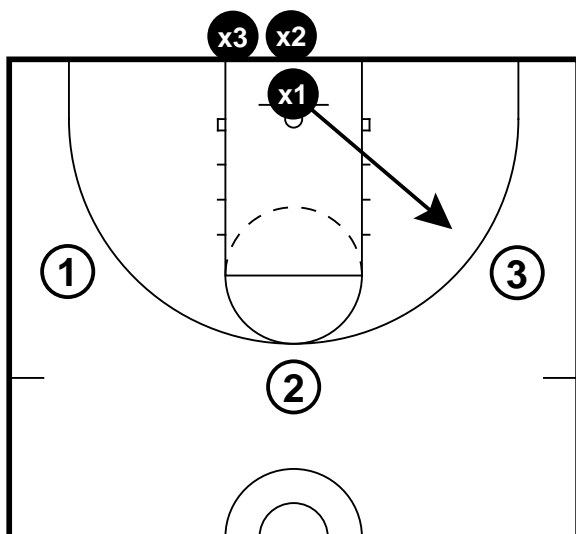
Packline Defense Drills



Each player on offense has a ball. On the coach's whistle, all three defenders closeout on the ball and maintain solid pressure. Offense remains triple threat and "beats" the defense with the pivot. Defense moves "in & out". Defense rotates to offense and offense changes lines clockwise.

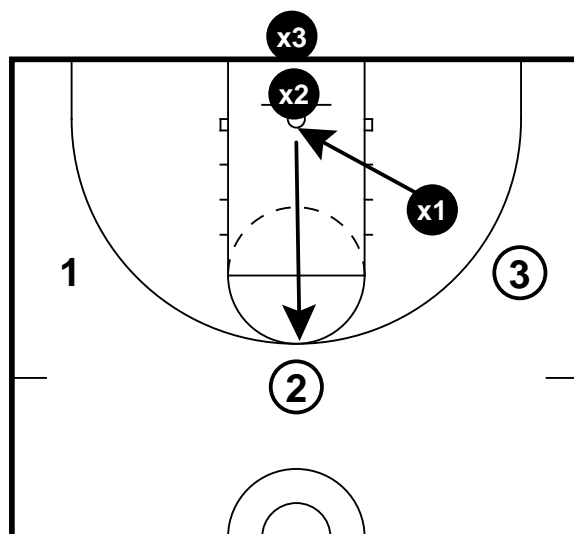
Packline Defense Drills

UNI Closeouts
Great starter drill before shell.



Each player/coach on offense has a ball. X1 starts the drill with a solid closeout on 3/coach. Emphasize 3 different closeouts: regular, short and long.

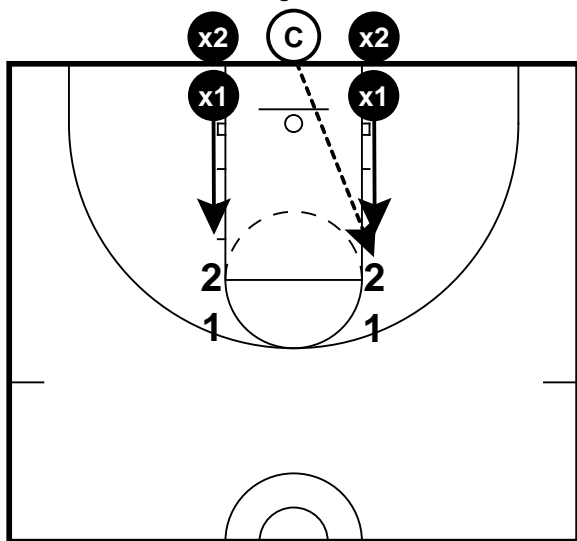
UNI Closeouts
Great starter drill before shell.



On the next whistle, X1 sprints back and tags X2. X1 now closes out on 2 and X2 follows the sequence. Again on the next whistle both players sprint to the low hole, tag X3 and close back out.

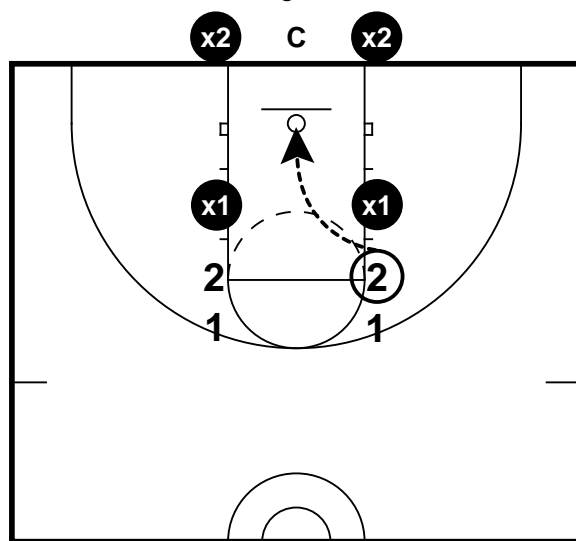
Packline Defense Drills

2-on-2 Creighton Blockout



Divide into 2 teams of 4 or more: Team 1 vs. Team 2.
Coach rolls out the ball and both defenders (1) closeout properly.

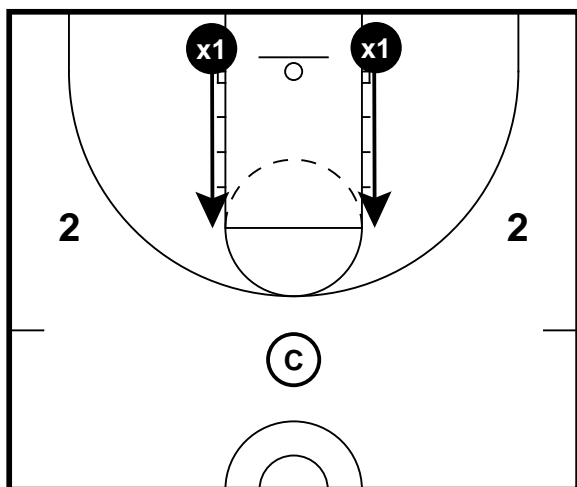
2-on-2 Creighton Blockout



Offense (2) shoots on the catch and this basket is worth 1 point. Then, immediately following the made or missed shot, both teams scramble for the put-back. Play this out until one team scores. Special notes:
-No out of bounds (within reason)
-Let them play (within reason)
-Rotate lines accordingly (offense to defense, etc)

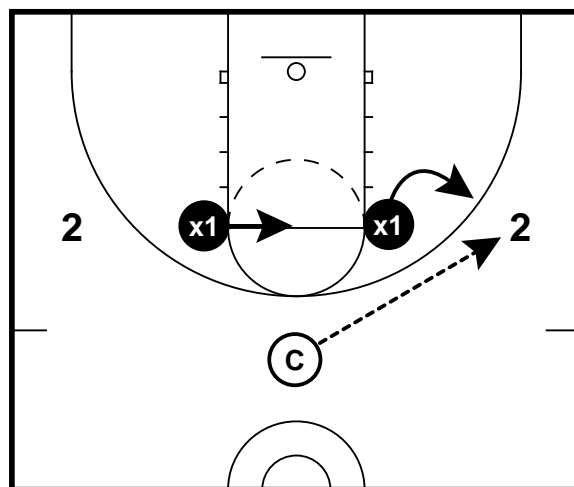
Packline Defense Drills

2-on-2 Gap Help w/Coach



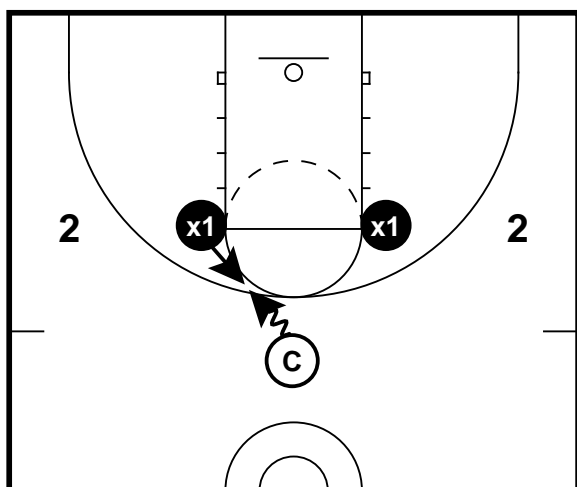
Players line up lane line extended along the baseliien. Rotate defense to offense to out. On coaches cue, both defenders (1's) closeout relative to the ball (C) as shown.

2-on-2 Gap Help w/Coach



Coach passes to the wing and defense jumps to the ball. Emphasize ball pressure and high hole help.

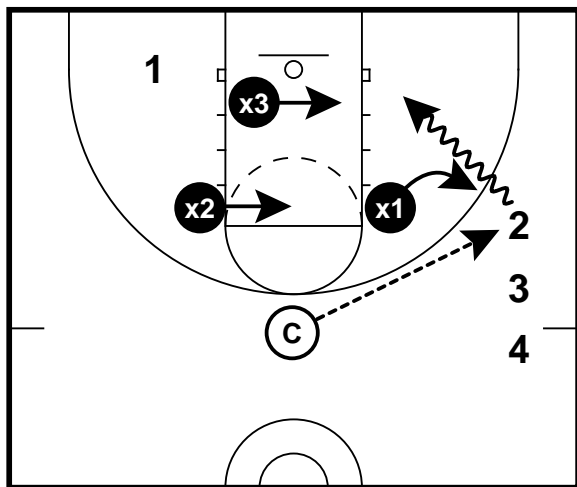
2-on-2 Gap Help w/Coach



If coach drives elbow, gap help (2) practices stunting (stab & help). Move the ball according to the coach's discretion (often cued by his clap). After changing the ball 3 or 4 times, finish the possession "live".

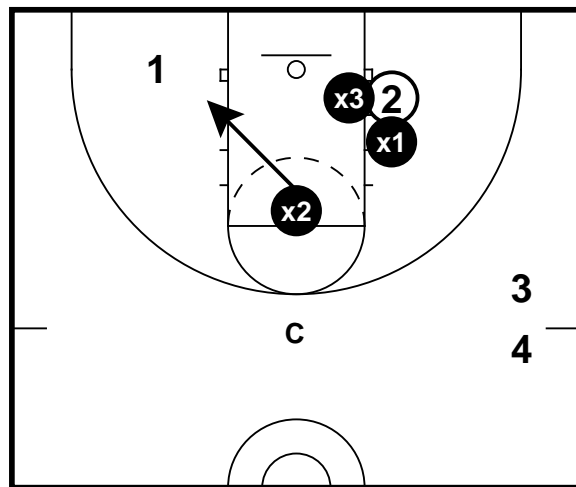
Packline Defense Drills

2-on-2 Coverdown Wide



Coach passes to the wing (2). All 3 defenders jump to the ball. 2 catches and holds the ball for a count and then drives the baseline. X1, for the most part, allows the baseline drive.

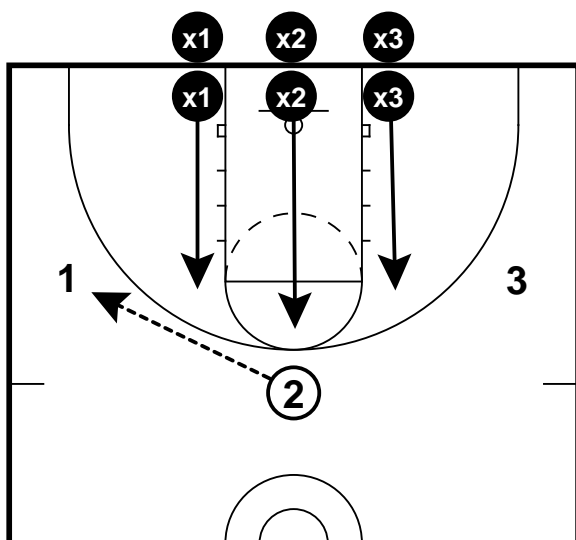
2-on-2 Coverdown Wide



Low hole help, X3, rotates across the lane and stops the ball. X1 and X3 trap the dribble drive. Emphasize toe-to-toe and knee-to-knee alignment between them. X2 "helps the helper" and coversdown wide! 2 passes out of the trap to 1. Play out the possession live 2-on-2 (X1 would not play) if possible.

Packline Defense Drills

3-on-3 Shell vs. Pass
Same drill is done 4-on-4.



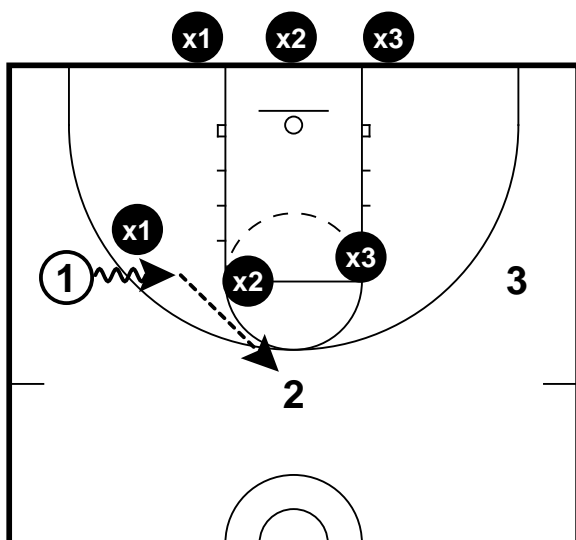
Coach rolls the ball out to one of the offensive players and the defense closes out accordingly. Offense changes the ball from side to side. Coach ends the possession within 12-15 seconds. Emphasize:

- *Talking our defense
- *Jumping to the ball
- *Stance-Vision-Position

Packline Defense Drills

3-on-3 Shell vs. Dribble Drive

Same drill is done 4-on-4.

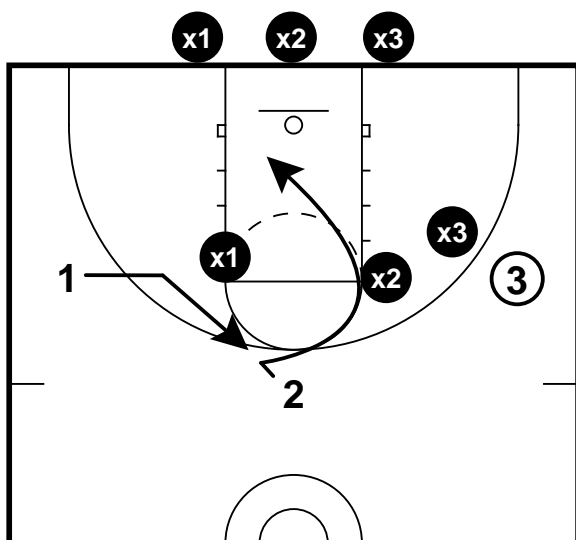


Begin and end this drill the same as Shell vs. Pass. However, offense drives the ball as much as possible (drive & replace self). Emphasize:

- *Talking our defense
- *Leveling off the ball
- *Stunting (stab & help)

Packline Defense Drills

3-on-3 Shell vs. Basket Cut
Same drill is done 4-on-4.



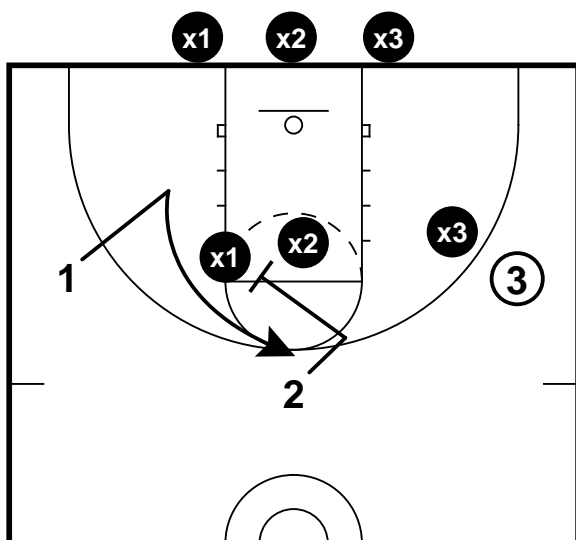
Begin and end this drill the same as Shell vs. Pass. However, offense basket cuts each time after passing to the wing.

Emphasize:

- *Talking our defense
- *Jumping to the ball
- *No face cuts

Packline Defense Drills

3-on-3 Shell vs. Screen Away
Same drill is done 4-on-4.



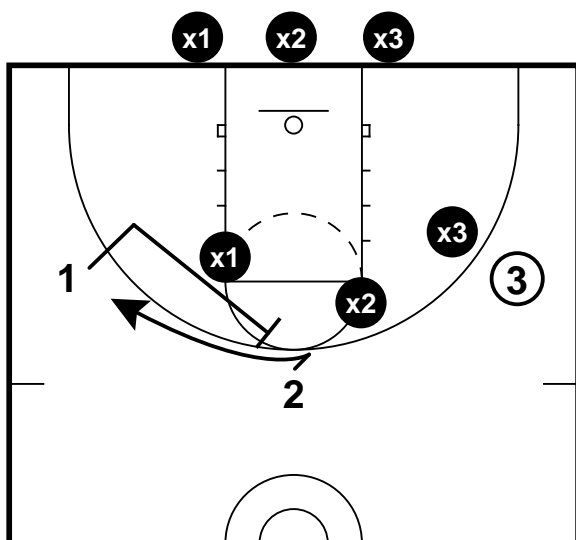
Begin and end this drill the same as Shell vs. Pass. However, offense screens away each time after passing to the wing.

Emphasize:

- *Talking our defense
- *Following the cutter and/or getting off & under
- *Jamming all cutters

Packline Defense Drills

3-on-3 Shell vs. Flare Screen
Same drill is done 4-on-4.



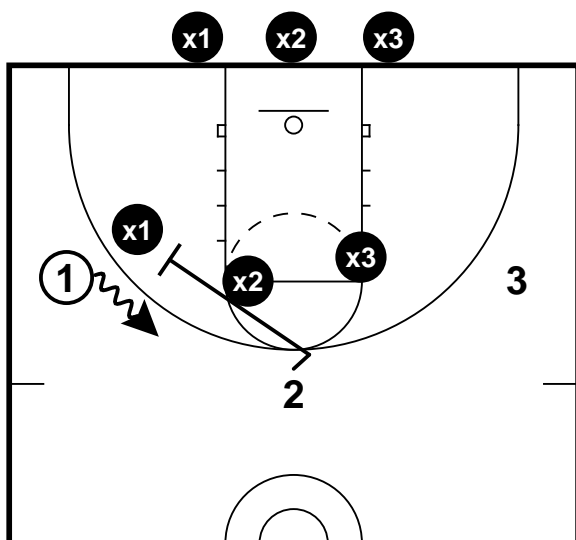
Begin and end this drill the same as Shell vs. Pass. However, weak side wing flare screens for the point after he passes.

Emphasize:

- *Talking our defense
- *Following the cutter
- *Helping with the slip and/or curl

Packline Defense Drills

3-on-3 Shell vs. Ball Screen Same drill is done 4-on-4.



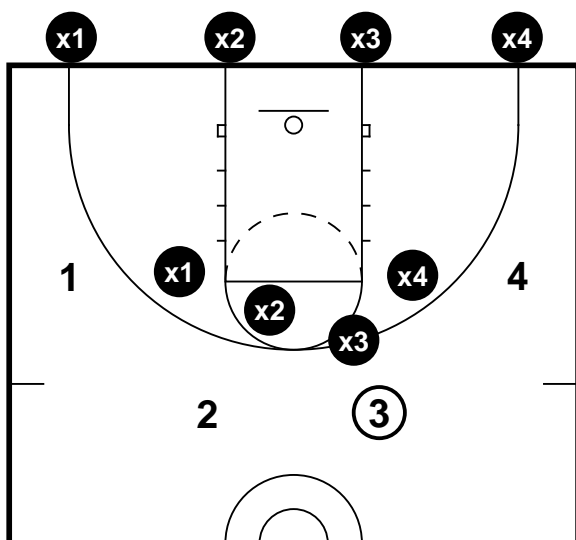
Begin and end this drill the same as Shell vs. Pass. However, offense follows his pass to the wing and ball screens.

Emphasize:

- *Talking our defense
- *Taking the ball into the screen
- *Showing hard

Packline Defense Drills

4-on-4 Shell vs. Combo
Same drill is done 3-on-3.



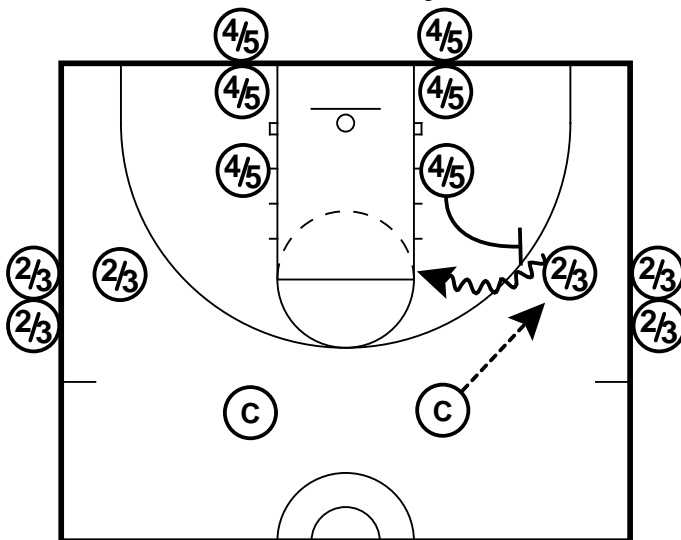
One of our favorite drills to teach our defense and motion offense. Offense follows this script:

1. 2 Basket Cuts
2. 2 Down Screens
3. 2 Flare Screens
4. 1 Baseline Drive or Stagger Screens
5. Live Play

Packline Defense Drills

Fist-Motion Breakdown Drill

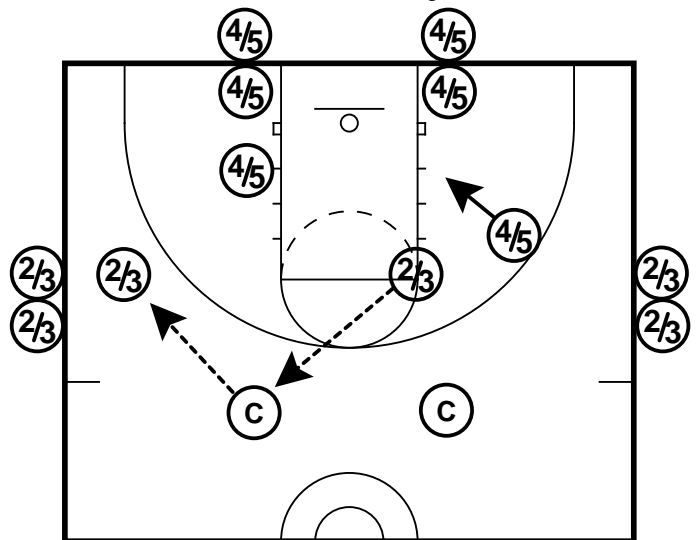
Favorite breakdown drill for teaching ball screen defense.



Players line up according to position: guards and forwards. Rotate in on offense, next play defense and then change lines. In addition, two coaches "square the top" and alternate serving as the weakside guard (depending on the location of the ball).

Fist-Motion Breakdown Drill

Favorite breakdown drill for teaching ball screen defense.



Practice the many different ways to defend the ball screen: Blue, Red, Green and/or Purple. Emphasize sprinting to screen, screening angles, waiting for the screen and proper reads.