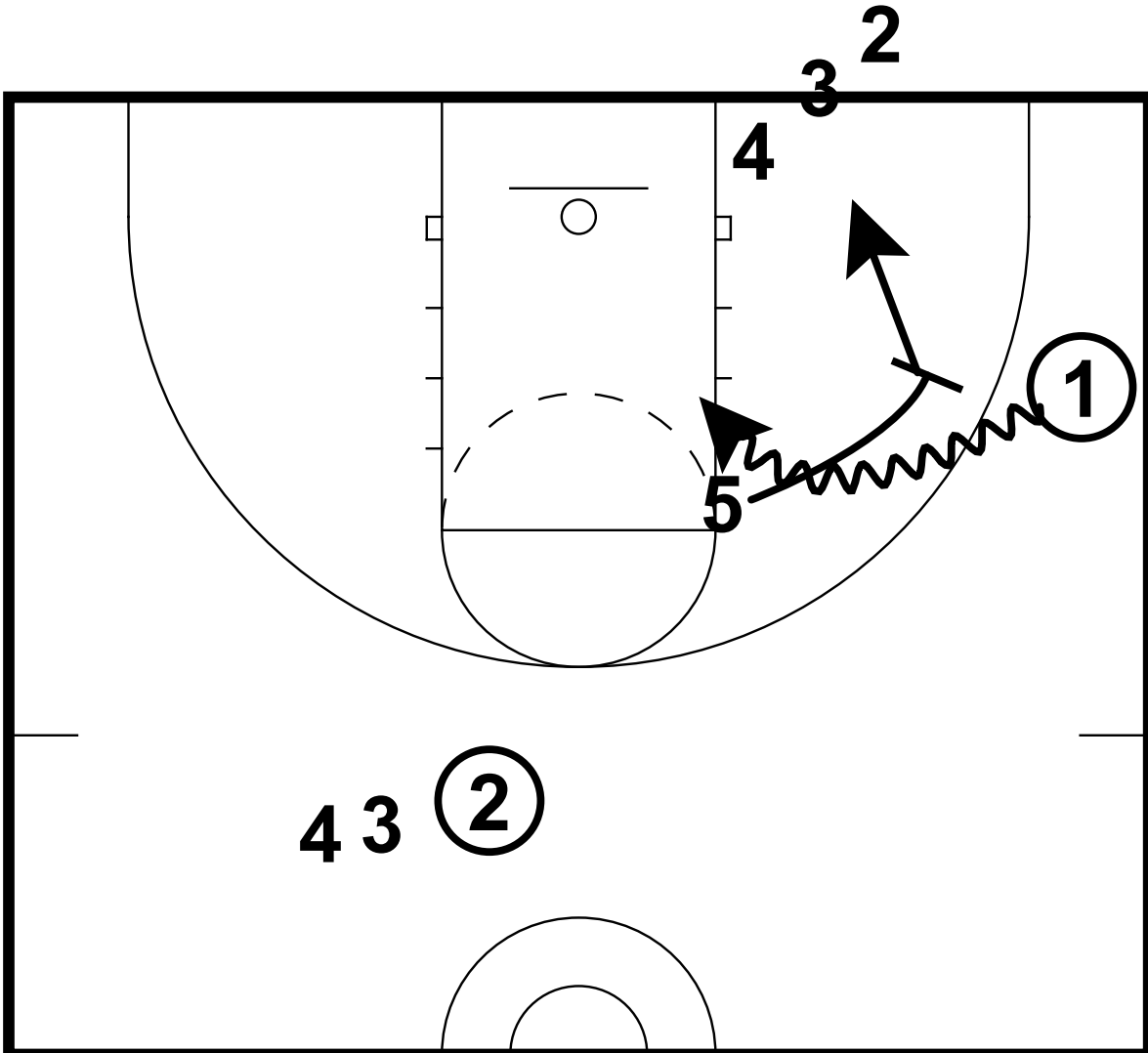






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## 2ND STAGE OF DRILL

We work on the pick and roll with 5 coming to set the ballscreen on 1.

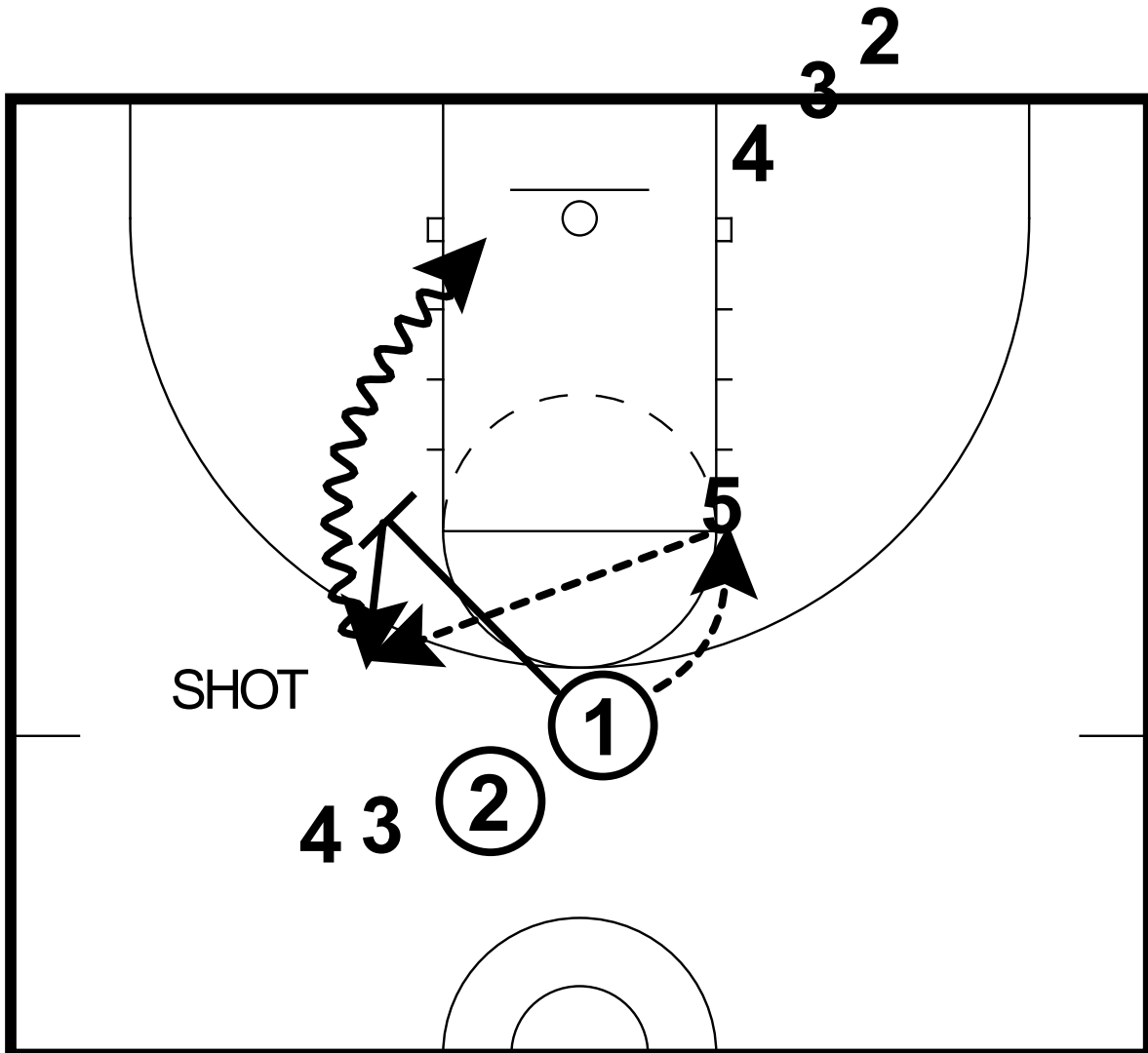
1 can shot the layup or pullup

1 can also drop to 5 on the roll.

5 will rebound and they will switch lines.

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## II. POINT SCREEN AWAY SHOOTING.

Here we are in the same set as before.

This time the POINT will hit the ELBOW and run PTSA.

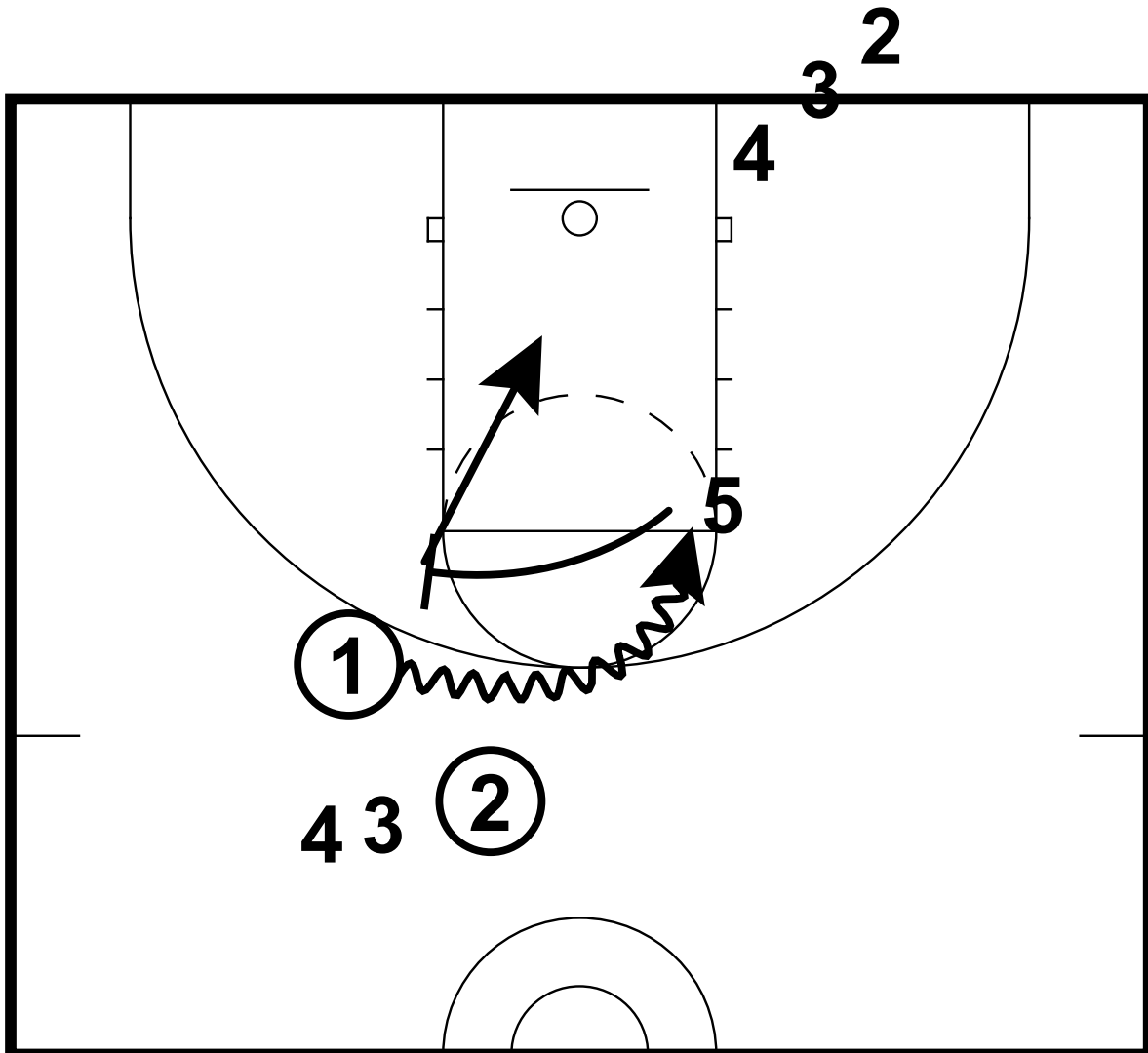
He sets the screen and pops behind the three.

5 hits 1.

We can have 1 shot the three or shot fake and ALLEY DRIVE

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## 2nd STAGE OF DRILL

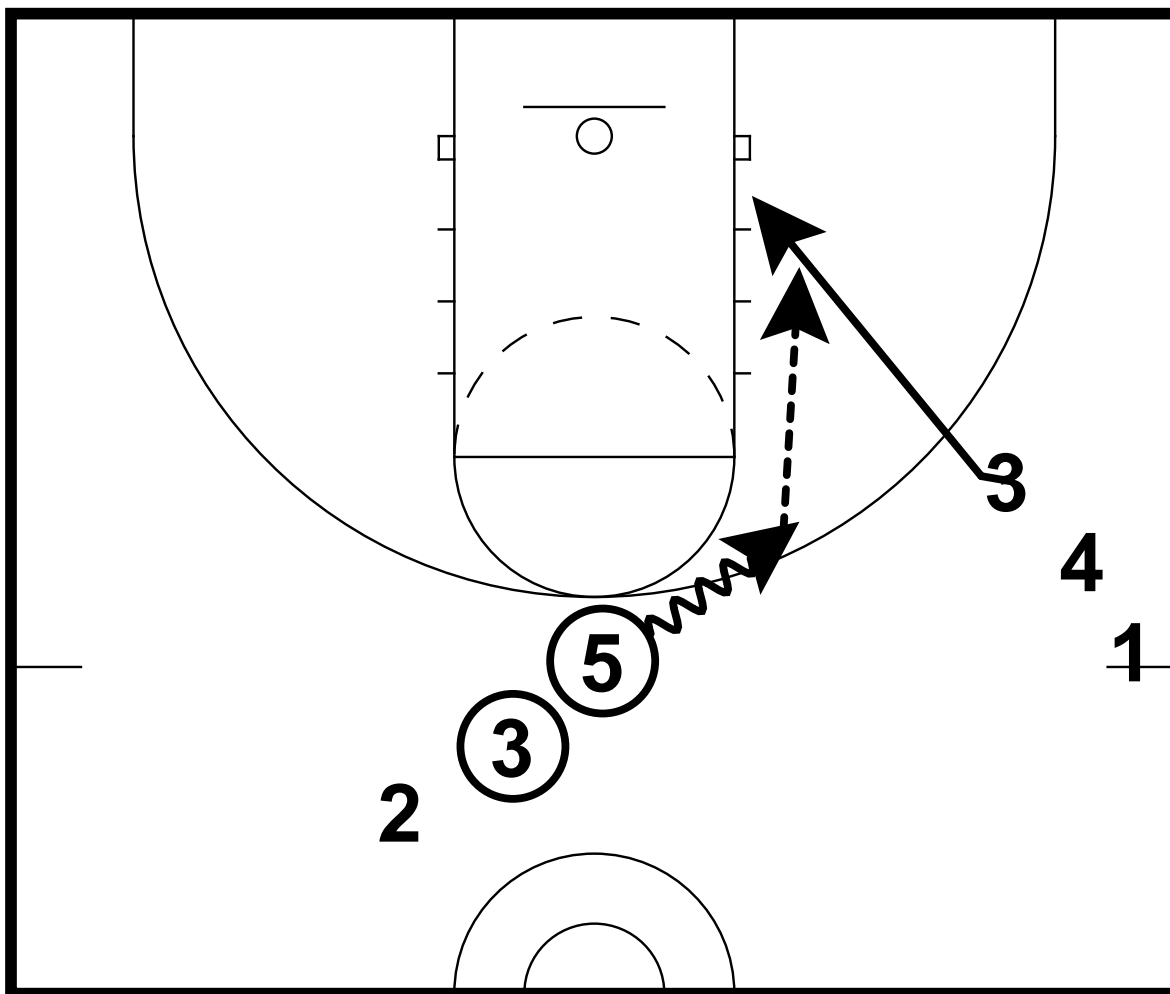
we can also have 5 come set the ballscreen and work on 1 getting a shot or dropping to 5 on the roll.

The rotation will be same with 5 rebounding and switching lines.

NOTE: WE WILL THEN SWITCH THE ELBOW TO THE OTHER SIDE AND RUN THE SAME ACTIONS (PTOT/PTSA) ON THE OTHER SIDE OF THE FLOOR.

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## III. 5 OUT SHOOTING (backdoor)

We are working on the backdoor action on the dribble at within the 5OUT set.

We have a line at the POINT and a line at the SLOT.

5 will dribble at 3's pretend defender.

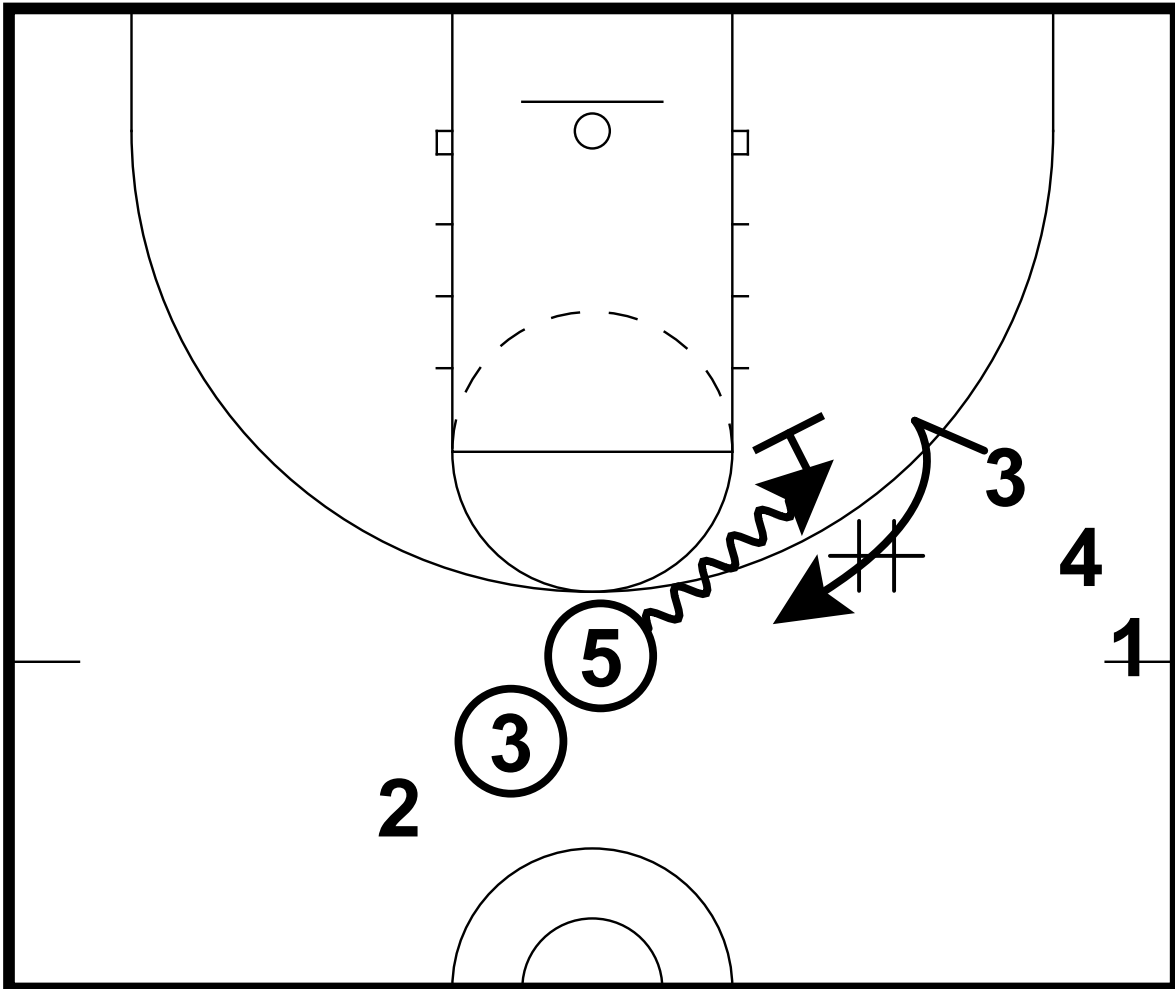
3 will set his man up by stepping his left foot at 10 o'clock and his right foot at 2 o'clock and cut backdoor.

5 will make a pass with his right hand off the bounce.

5 & 3 will switch lines

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## 2ND STAGE (dribble handoff)

this time 3 will step with his right foot at 2 O'CLOCK and his left at 10 O'CLOCK and come behind for dribble handoff.

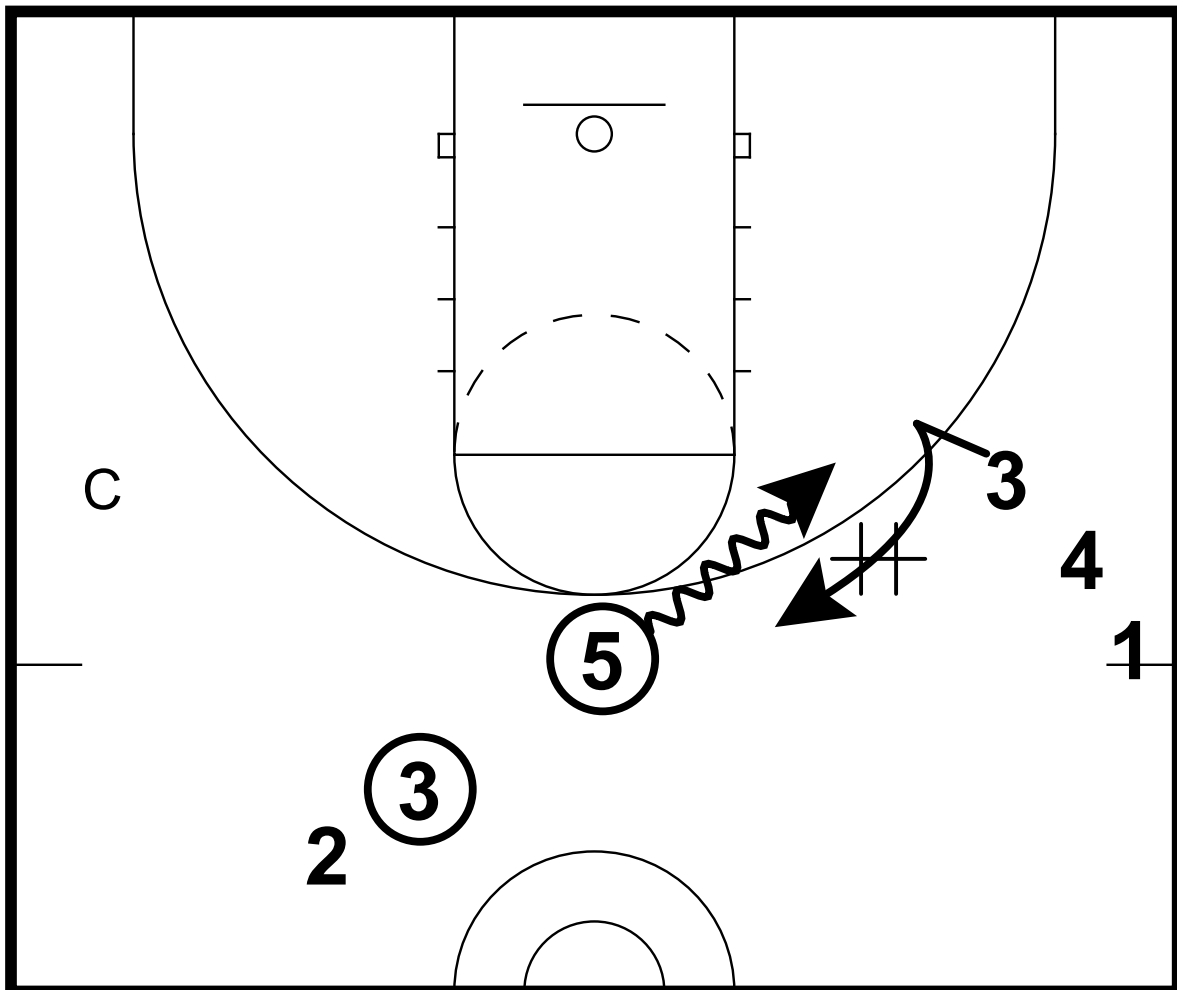
5 will turn to pin the defender under the DHO.

3 will catch and shoot a 3 point shot.

3 rebounds his own shot and we switch lines.

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3RD STAGE (drift shooting)

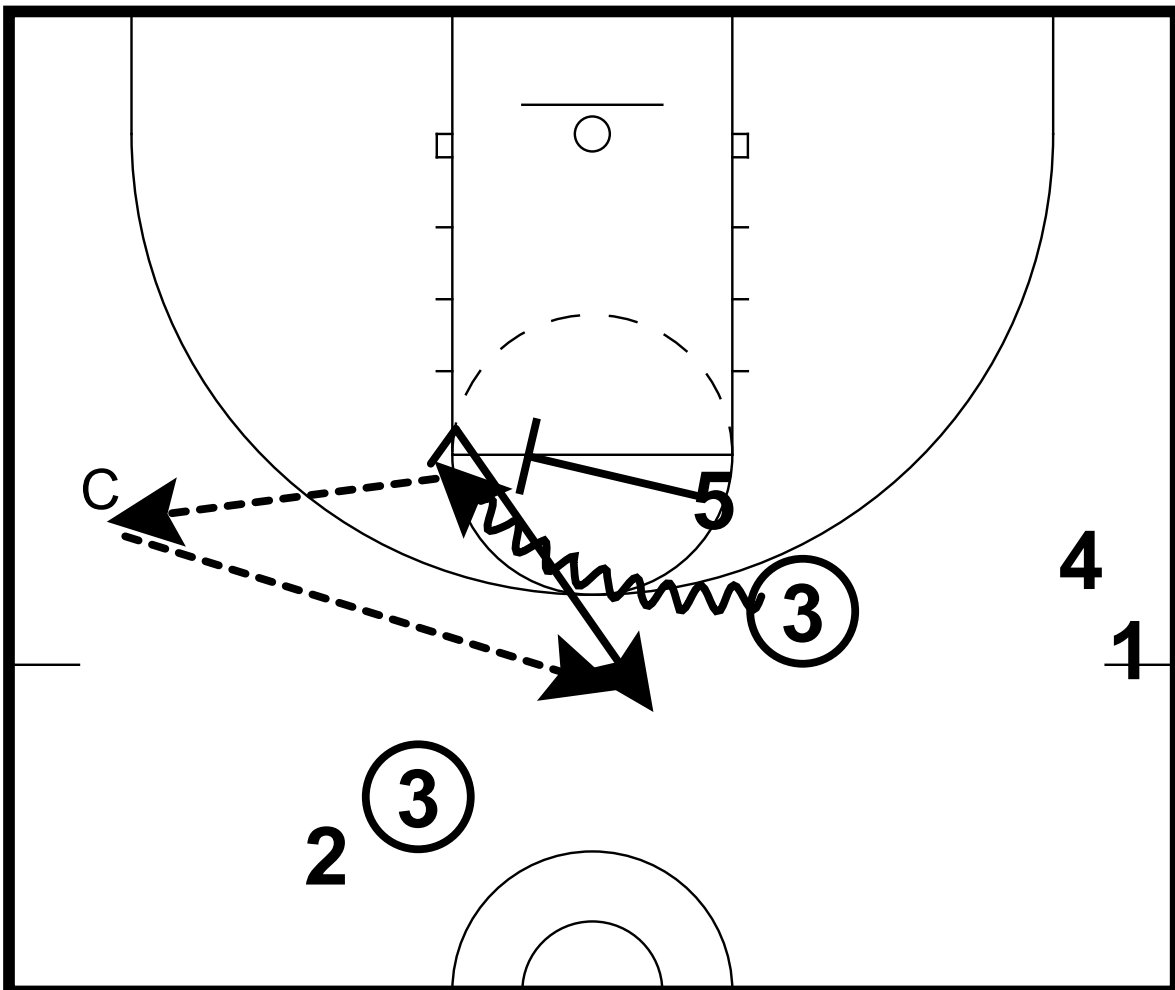
This time we execute exactly as before.

but 3 will take the handoff and continue across the lane



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3 continues across the lane and kicks the ball out to coach.

5 follows and set a DRIFT screen for 3 at the ELBOW.

3 steps in and pops back.

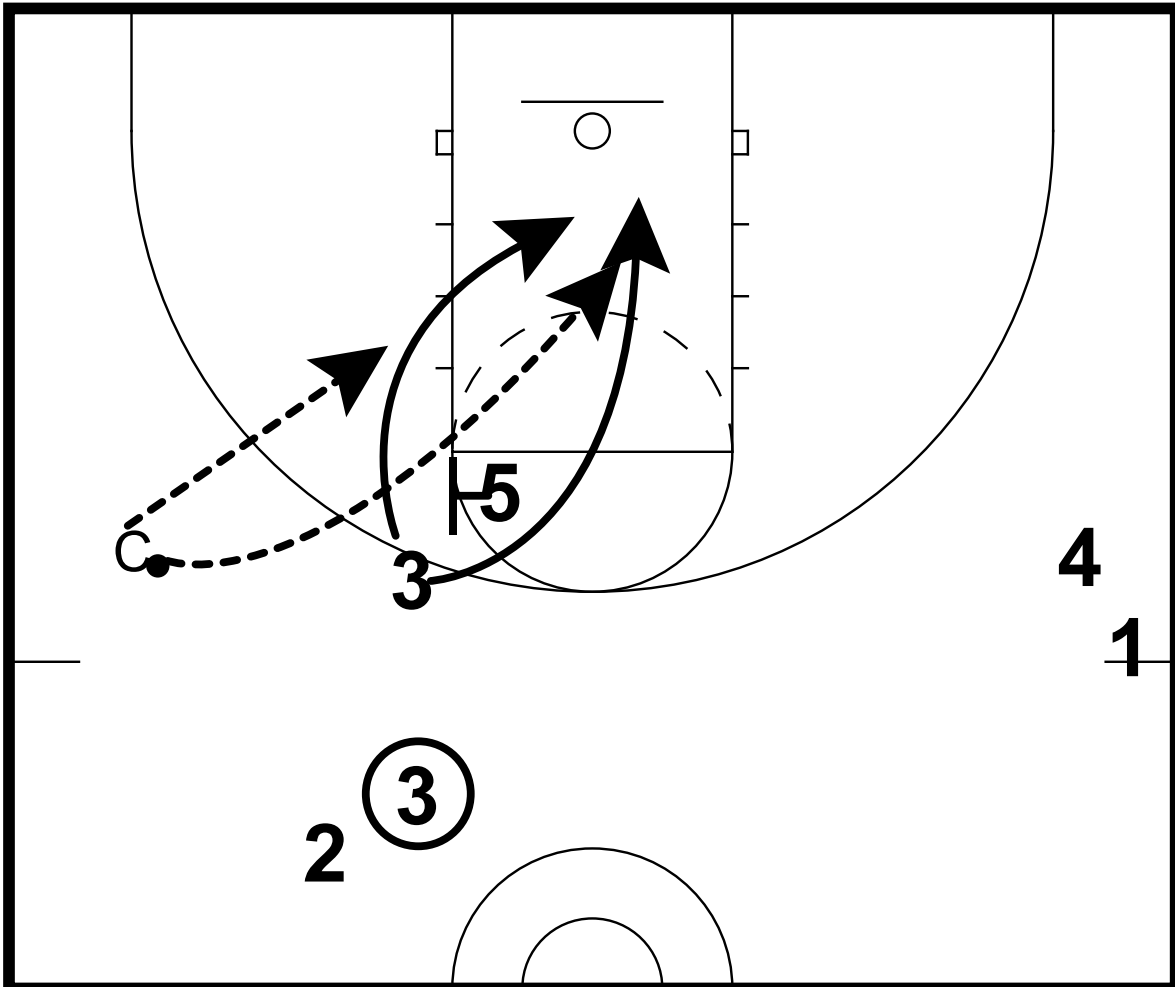
Coach will kick the ball right back to 3.

3 can:

1. shot the three
3. ALLEY DRIVE ON THE OPPOSITE SIDE

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NOTE: WE COULD ALSO WORK ON 3:

1. CURLING THE SCREEN TO THE RIM (IF COACH PASS FAKES AT HIM)

2. FACE CUTTING THE SCREEN.

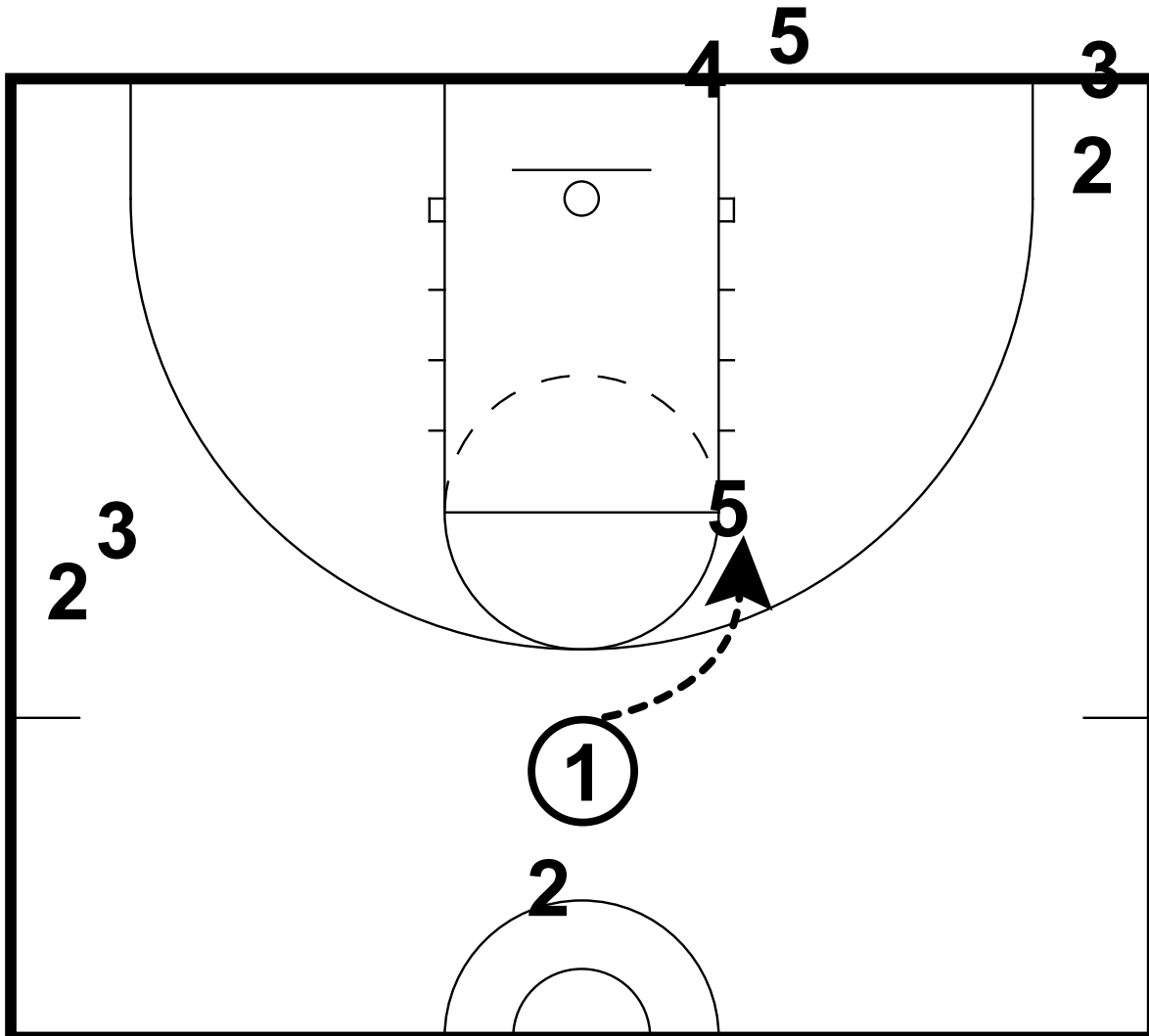
NOTE: WE WILL THEN FLIP THE WING LINE TO THE OPPOSITE SIDE AND WORK THAT SIDE AS WELL.

**EACH DRILL IS DONE FOR 1 MINUTE. WE WORK AS MANY GOALS AS POSSIBLE**

**RECOMMENDED TO HAVE AT LEAST 6 PLAYERS PER GOAL.**

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## IV. MAKER DRILLS

We got these drills from MIKE MAKER at Williams College

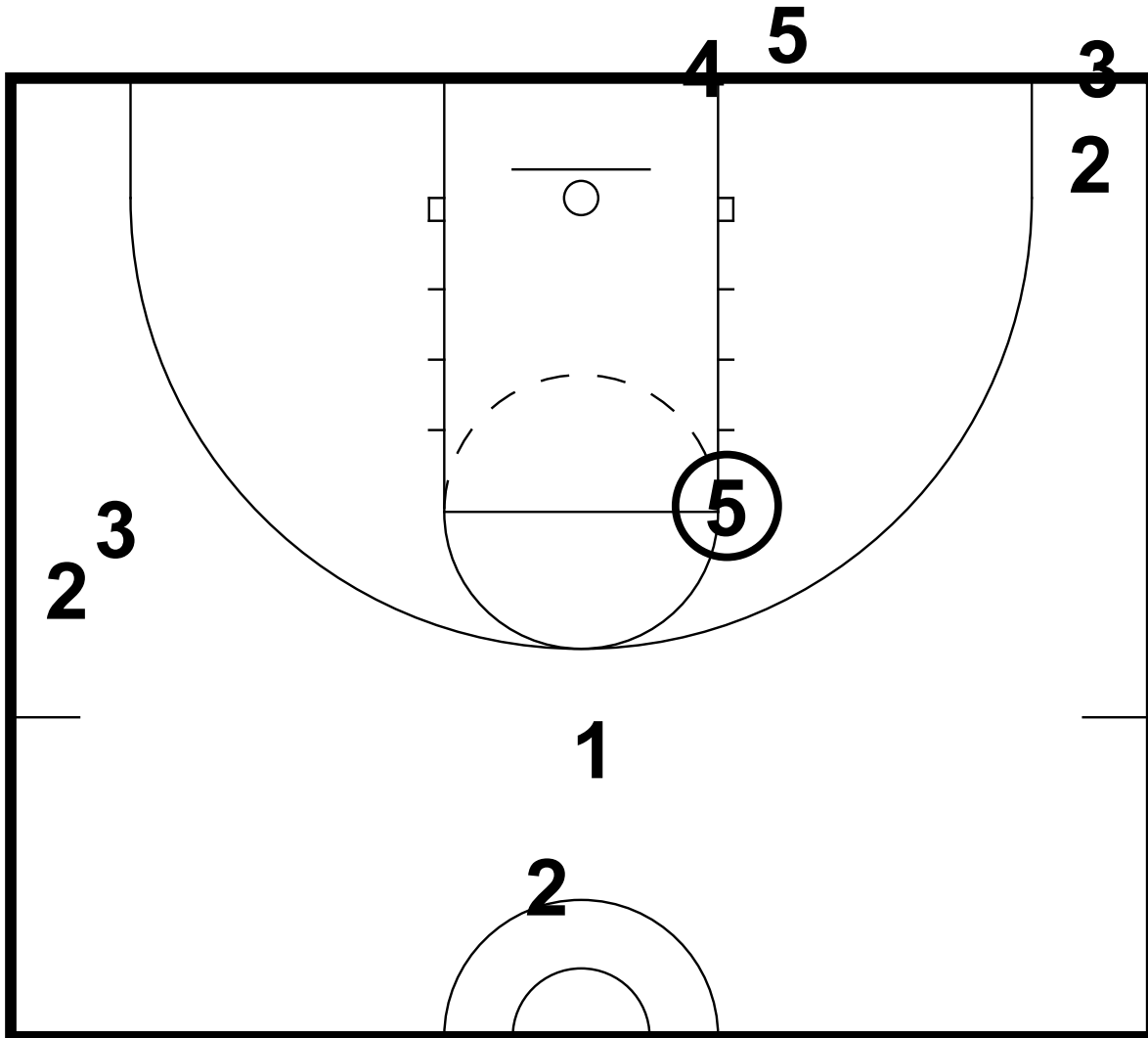
We set up with a POINT / CORNER / WING / ELBOW

We can keep the post in the ELBOW LINE and simply rotate the guards in the drill or Rotate all the lines.

The drill starts with a POINT TO ELBOW pass.

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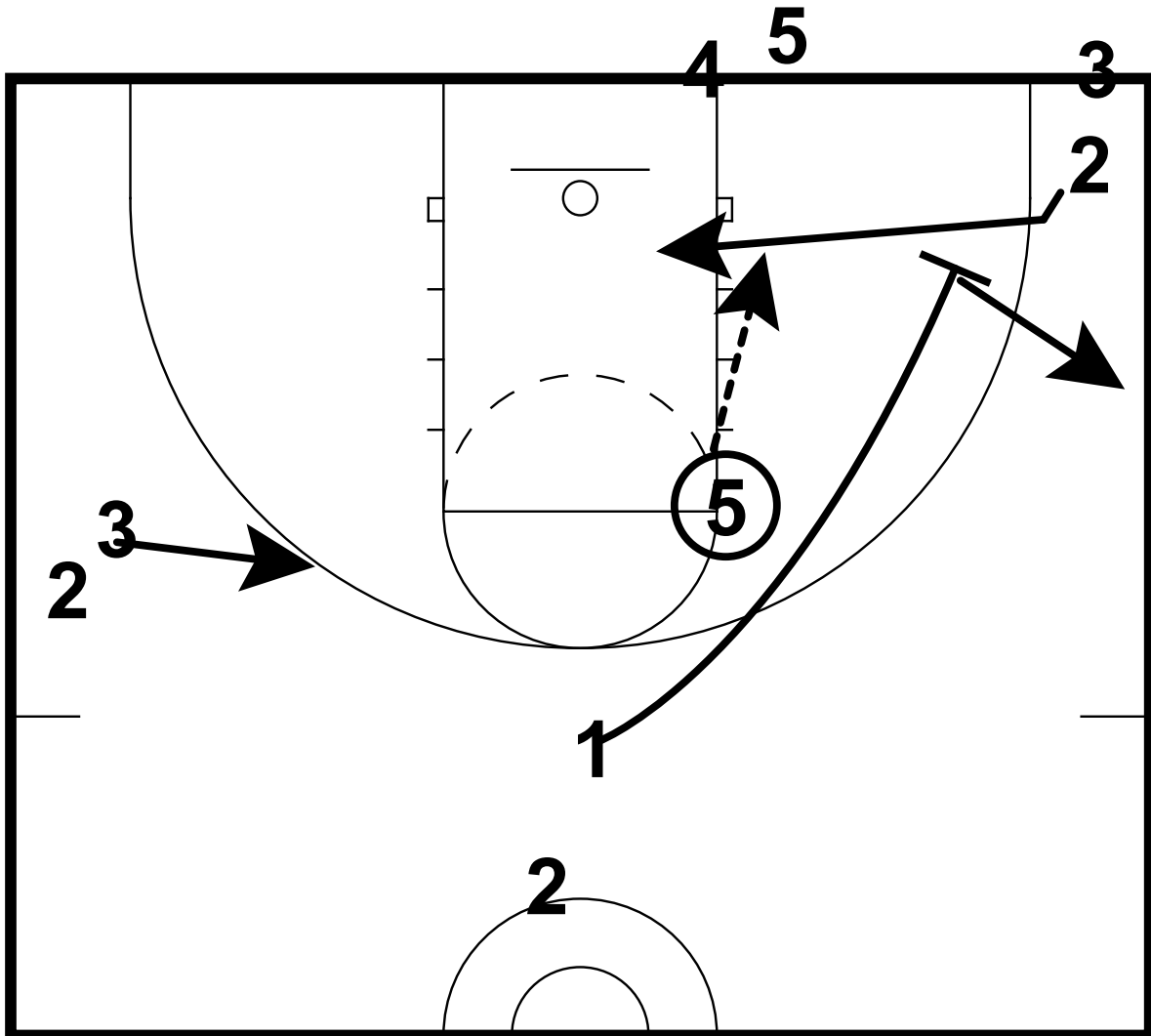
from here we work

1. PTOT actions
  - under cut
  - pop
  - pick and roll jumper
  - pick and roll drop
  - alley shot on kickout
  - post other way
  - 2nd backdoor
  - over cut
  - slip
  - kick out on over cut

NOTE: WE START BY TELLING PLAYERS WHAT ACTION TO RUN AND WORK TOWARDS THEM COMMUNICATING THEIR CUTS AND VARYING THEM DURING THE DRILL

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## Under action

1 sets the screen

2 steps at 10 o'clock with left foot and 2 o'clock with right foot under the screen

5 hits 2 on the under cut.

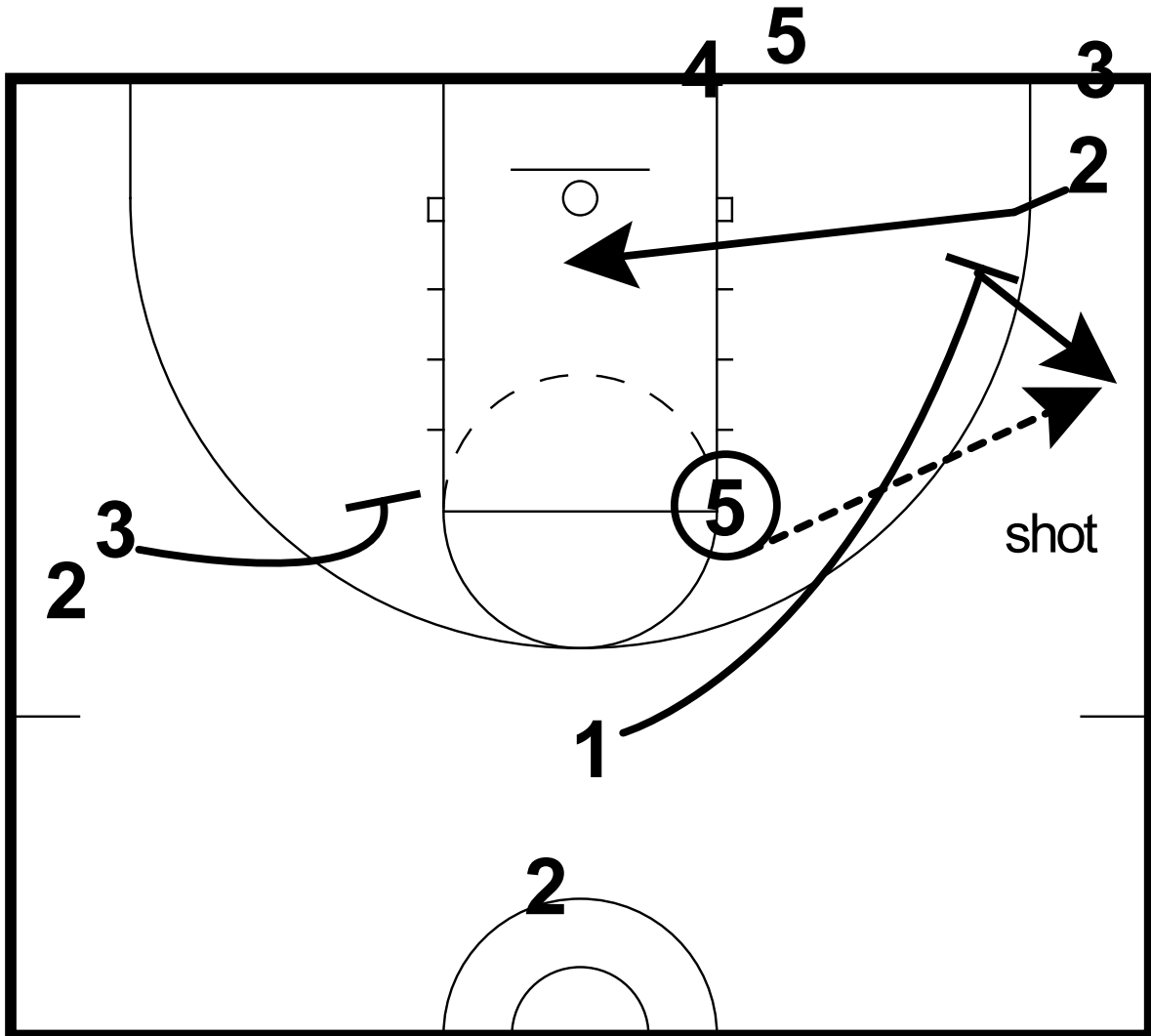
ROTATION: rotate to right

ALL ROTATE 1>2>5>3>1

POST STAY 1>2>3>1

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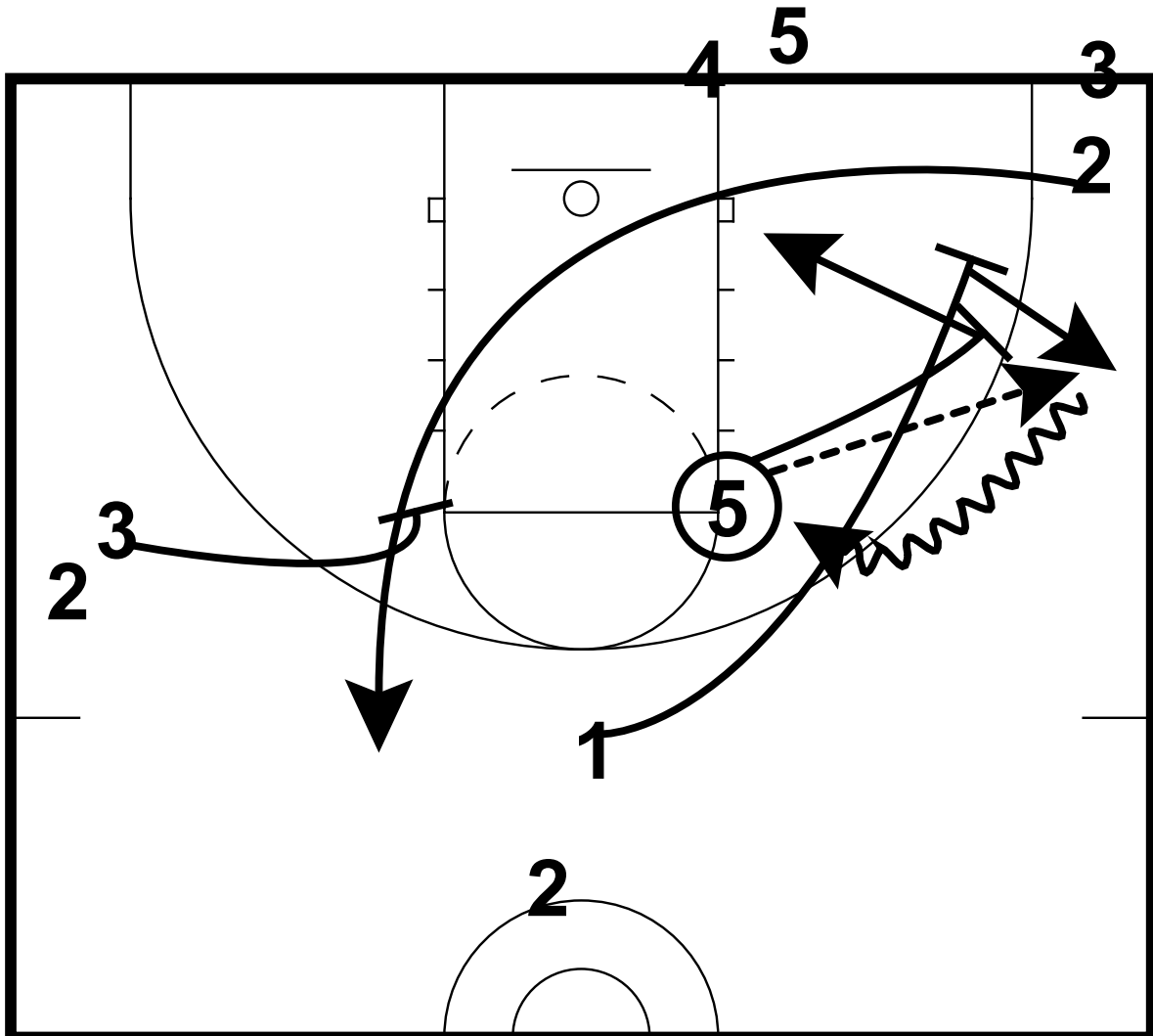


## pop action

Here its same action as before but 5 will hit 1 for jumper

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## pick and roll jumper

Same action on PTOT

now 5 sprints to ball screen 1.

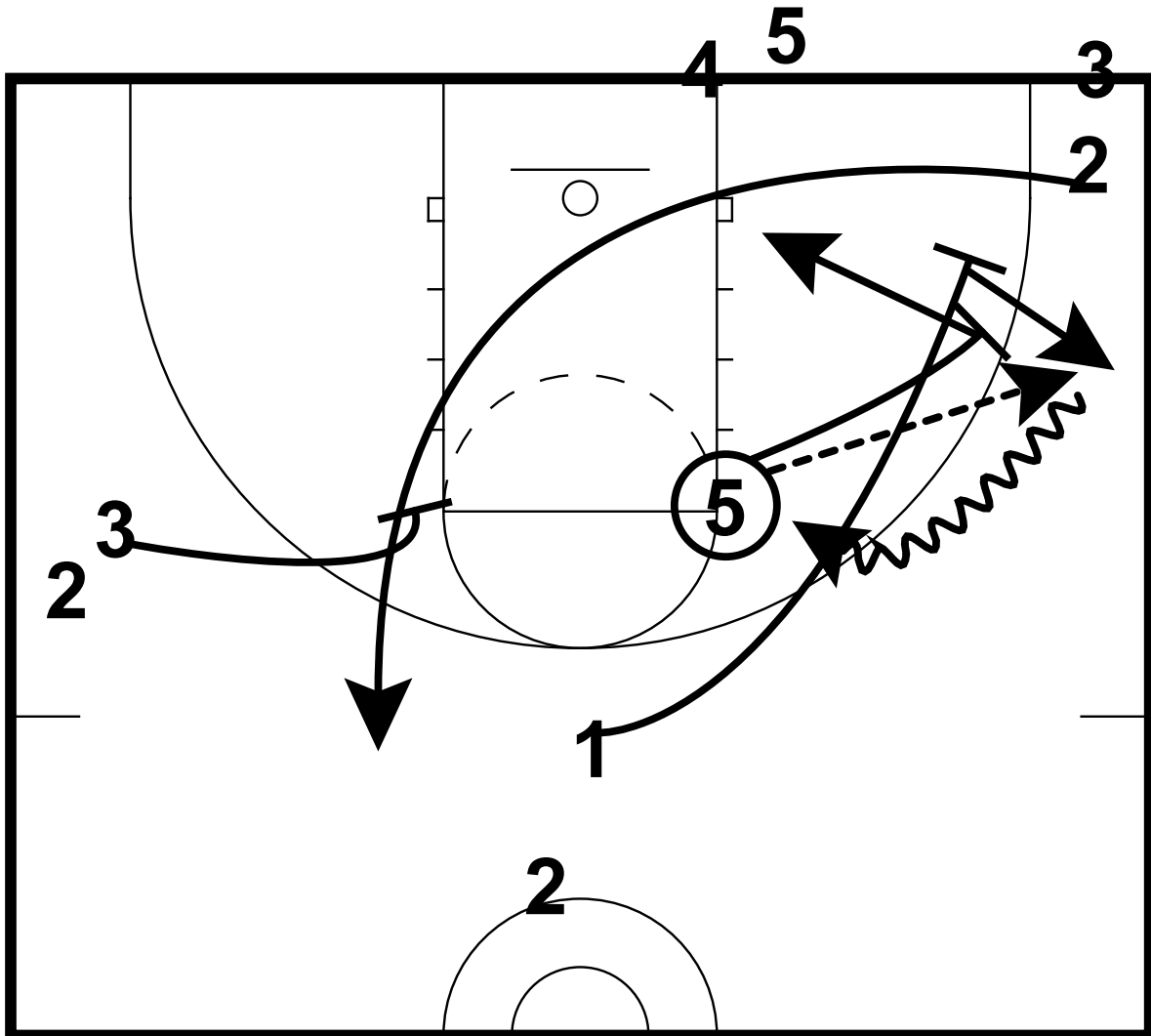
1 sets his man up by jabbing baseline and coming off the ball screen 2 dribbles.

5 rolls to short corner

1 pulls up and hits the jumper

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## pick and roll drop

Same action on PTOT

now 5 sprints to ball screen 1.

1 sets his man up by jabbing baseline and coming off the ball screen 2 dribbles.

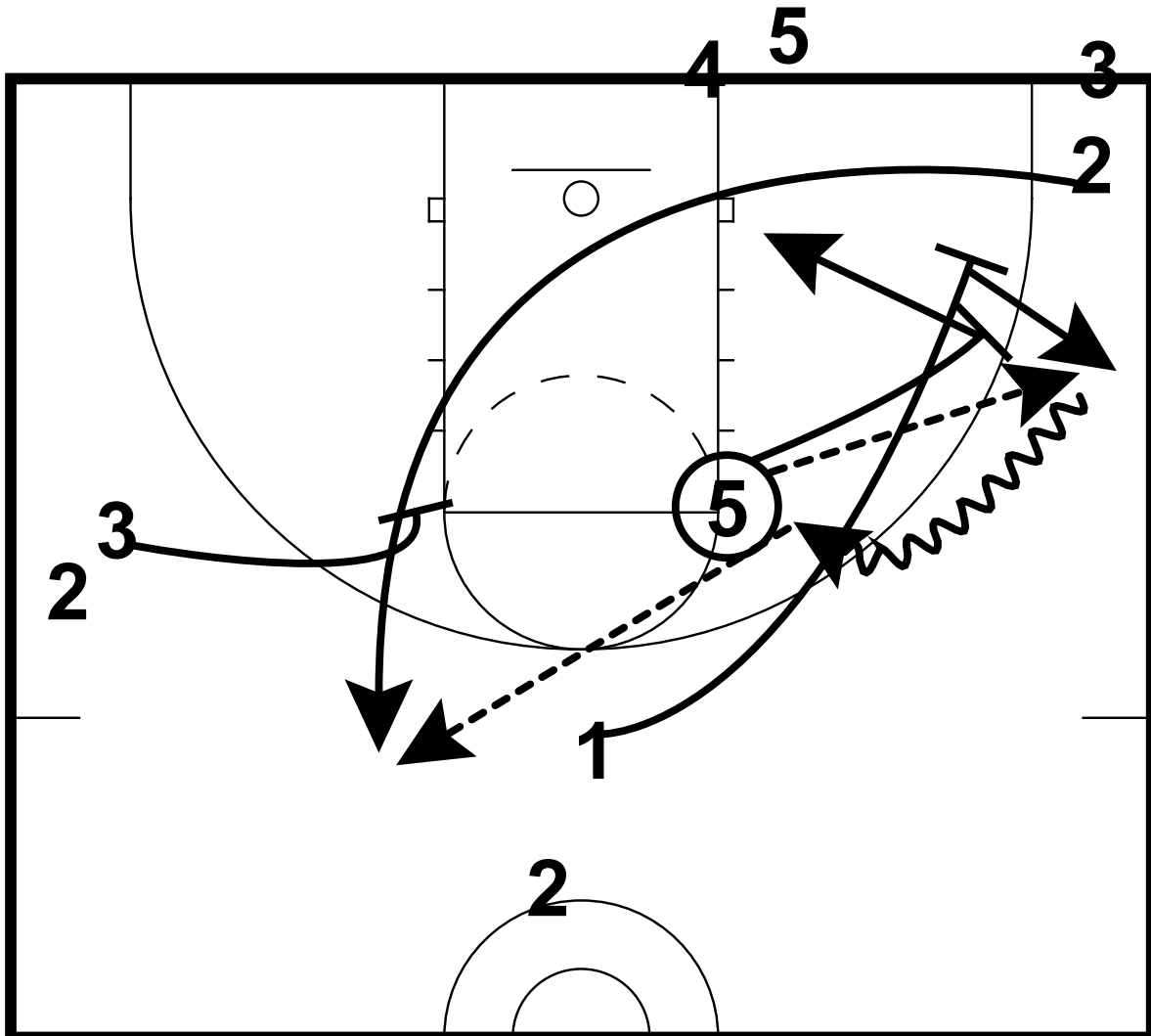
5 rolls to short corner

1 drops a pass to 5 rolling to the short corner



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## alley shot

Same action on PTOT

now 5 sprints to ball screen 1.

1 sets his man up by jabbing baseline and coming off the ball screen 2 dribbles.

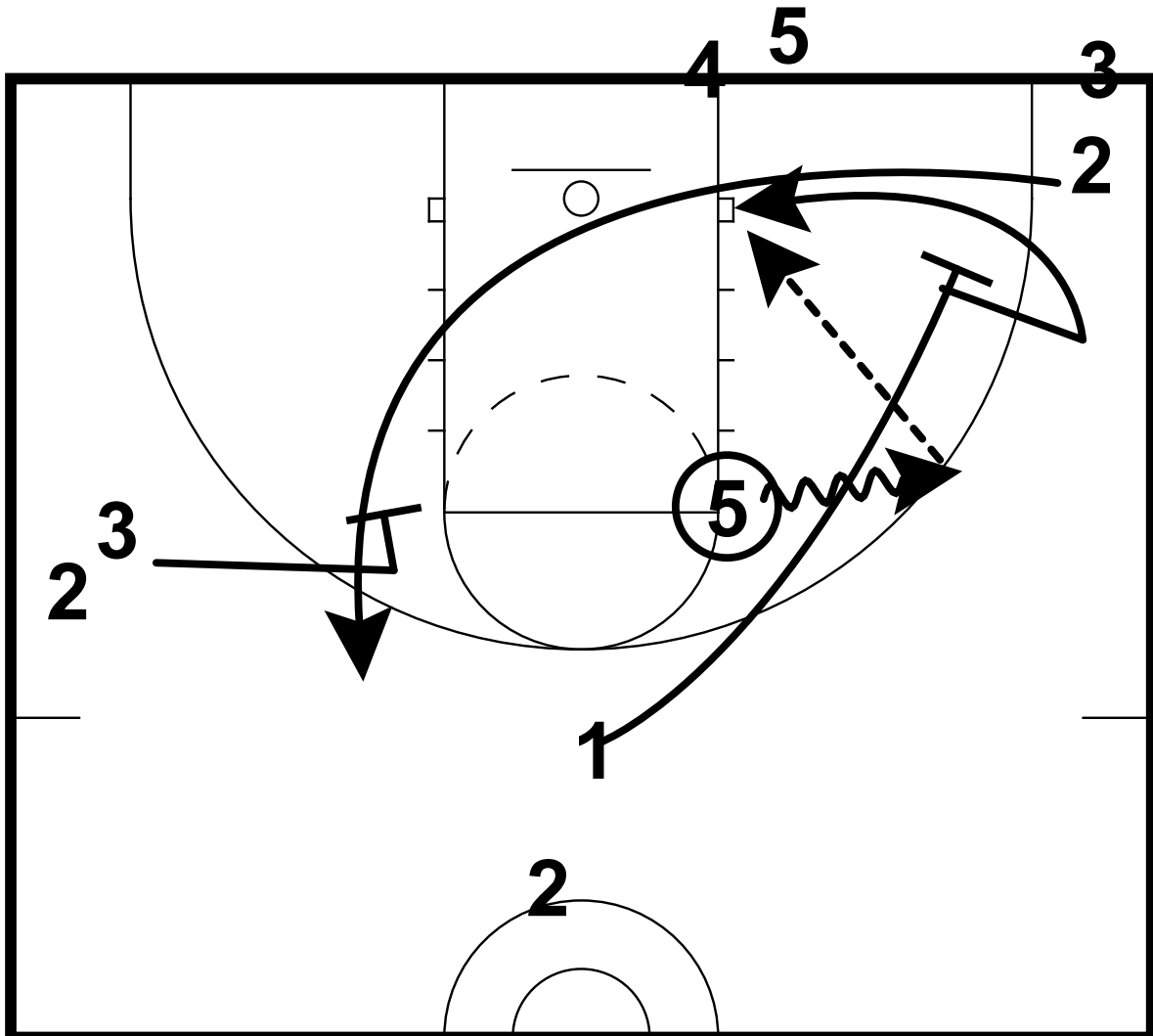
5 rolls to short corner

1 kicks the ball out to 2 coming off the ALLEY screen



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## 2nd Backdoor

same action as PTOT with a UNDER CUT AND A POP

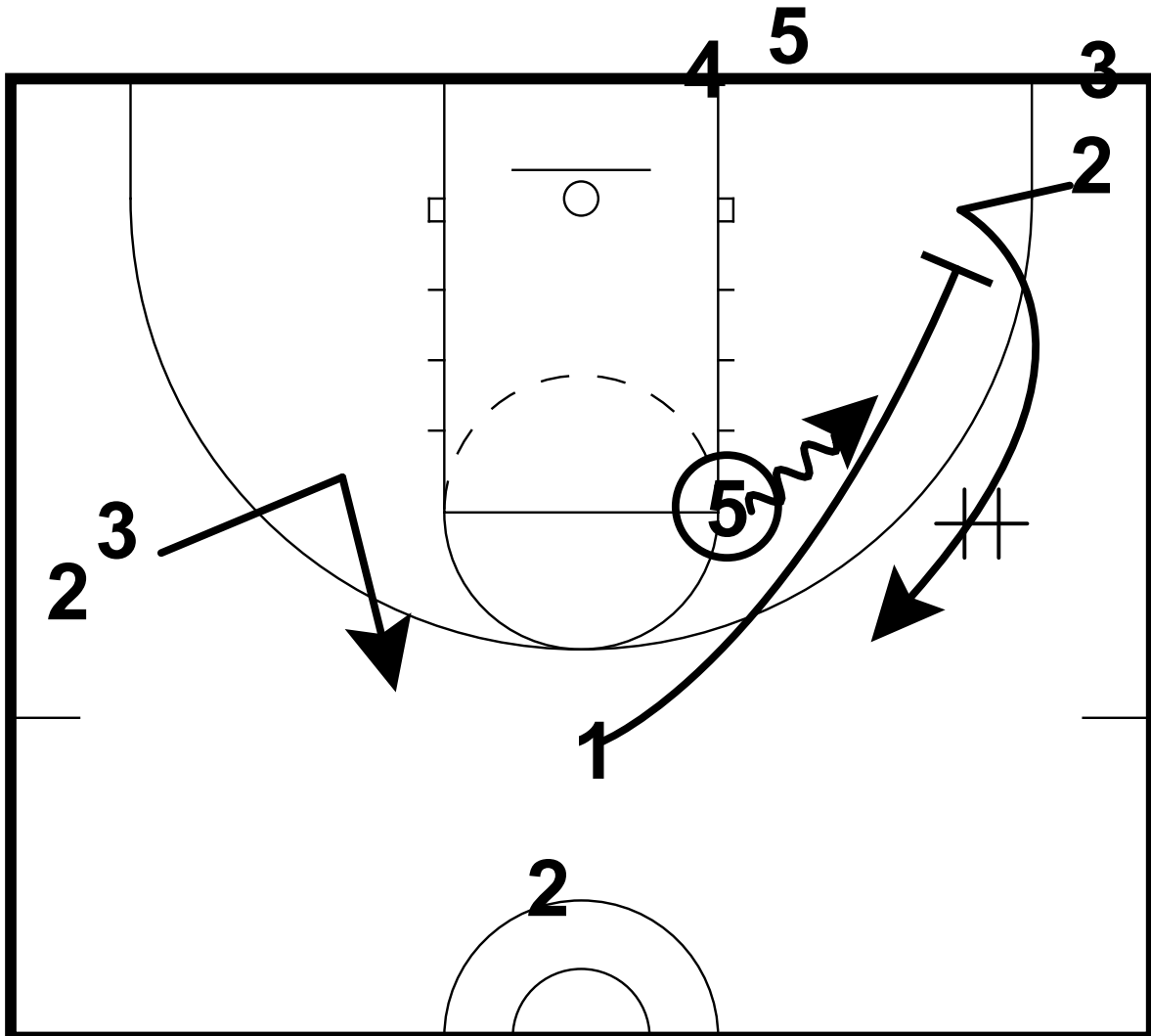
But now 1 is denied so 5 takes a bounce at his defender.

1 backcuts with a 2nd backdoor.

5 hits him for a layup

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Over cut Jumper

Here 2 reads that his defender is sagging inside so he goes OVER the screen.

5 takes a bounce to shorten the distance and either passes to 2 or dribble handoffs with 2.

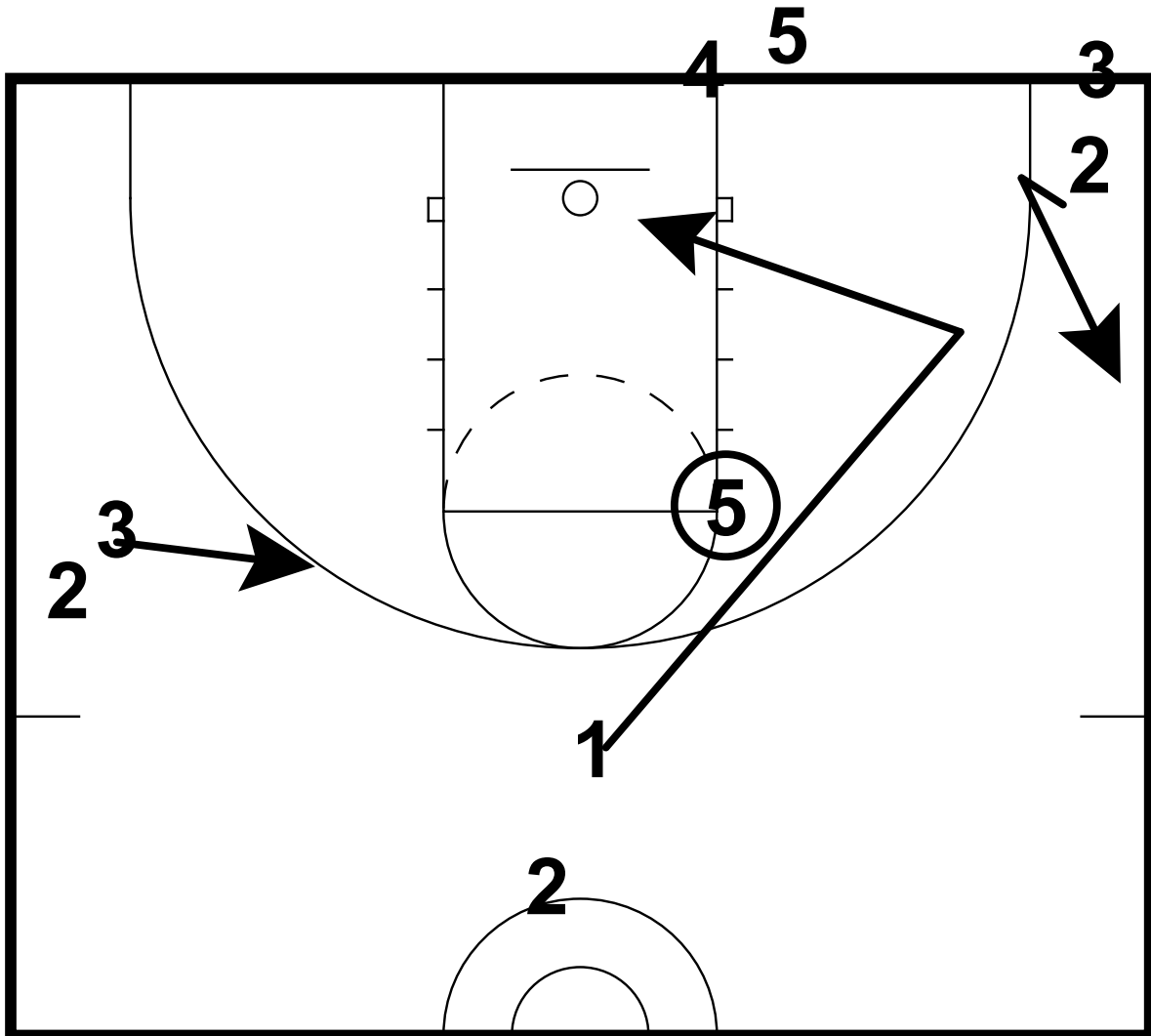
2 looks for a jumper behind 5.

NOTE: 3 started to set the alley screen and stepped out once he saw the cutter go OVER.

also we can have 2 take the handoff and kick out to 3.

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**SLIP**

the screener recognizes a switch by the defense so he "switch cuts" or slips the screen.

This exchanges the actions between 1 and 2.

**NOTE: we can have them run any of the previous actions with the roles now switched.**