



30 COMPETITIVE SKILL DEVELOPMENT DRILLS

WITH JEFF HAEFNER



ebook

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* *Bonus Drills are extra drills and variations that were not included on the DVD.*

Introduction



To save you time and provide convenience, we diagrammed all the drills from *Jeff Haefner's Competitive Skill Building Drills DVD*. We also included a few bonus drills and variations. You can find the 7 bonus drills on pages 21, 23, 26, 30, 37, 44, and 46.

We highly recommend that you watch the DVD before reading this eBook.

The DVD includes detailed explanations and demonstrations. This eBook is meant for reference.

Why Use Competitive Game-Like Drills?



Here are just a few reasons that you should use competitive drills and why they make such a dramatic difference when it comes to developing better players...

- They are fun!
- They translate very effectively into games because you are "practicing the way you play".
- Players can't hide like they can in 3on3, 4on4, and 5on5. In these drills, players are forced to adapt and improve.
- Many of the drills serve multiple purposes and improve multiple skills -- allowing you to get more done in less time.
- They will help you reduce turnovers.
- They will help you make more lay ups and finish a higher percentage of shots.
- They allow you to develop better ballhandlers that can handle intense pressure during games.
- They allow you to develop better post players that can score inside more effectively.
- They improve conditioning of your players.
- They improve the moves and footwork of your perimeter players.
- They improve the agility and quickness of your players.
- They allow you to develop "multi threat scorers" that can not only shoot outside, but they can also drive to the basket and score in the lane.
- They improve the confidence of your players.
- They help you win more games.

Need we say more? In our opinion, every coach should run competitive game-like skill building drills in every single practice. They are so effective, it's a no brainer.

How to Use the Drills



On the DVD, you'll find over 30 drills for you to choose from. You certainly won't use them all. You need to prioritize and determine which drills are appropriate for your team and will provide the biggest benefit.

We suggest that you start by watching the entire DVD. This will give you an overview of the drills and give you a good idea of how they might help.

Then determine the areas your players need the most improvement. In other words... prioritize.

If you average 20 turnovers per game, then clearly turnovers are a big problem for your team and you need to improve ballhandling, ball security, and decision making.

On the other hand, if you take care of the ball and have good shooters, but your offense is stagnant because none of your players can finish near the basket, then you need to focus on developing post players and guards that can drive and finish near the basket.

If you need to work on everything, then I suggest starting with ballhandling because this will help reduce turnovers, improve players' ability to drive, improve offense, and help in numerous areas. By reducing turnovers alone, you'll foul less often, give up fewer lay ups, and give up fewer offensive rebounds. Turnovers cause all kinds of problems so it's an important problem to fix.

In any case, you need to prioritize. Then pick some drills that seem to fit your age level and needs.

Tips for Youth Coaches

For a youth coach, you'll want to focus on the ballhandling and footwork drills. Let's face it, no matter how much time you spend trying to get kids to finish lay ups in a game, they're going to struggle when they are 6 feet below the square on the backboard. Until they grow, finishing at a high rate will be VERY difficult and require countless hours of practice. Instead, your time is better spent on things you can seriously improve like ballhandling, footwork, decision making, defense, and passing.

High School Level

At the high school level, I used a variety of drills to help develop all facets of the game. We practiced 3-5 days a week and ran a [motion offense](#), so we had time to spend 90% of our practice on pure fundamentals.

I also used statistics to prioritize where we should spend the most time. Quite often, turnovers are what hurt the most at the beginning of the season. So we work hard to get those at a manageable level. Once that's accomplished, emphasis might be shifted towards finishing and more advanced offensive scoring skills.

I try spending time developing all players in all areas -- post scoring, perimeter moves, ballhandling, shooting, decision making, passing, footwork, lay ups, and finishing moves.

I want multi-threat scorers. I want players that can shoot on the outside and also drive to the basket and score. I want post players that can shoot on the perimeter, handle the ball, and even be the point guard if needed.

So we work very hard at developing players in all areas.

When to use the drills

You can use the drills at any time during your practice. However, in most cases we generally build up to these competitive drills. For example, practice might begin with basic skills where players dribble through cones, work on form shooting, and so on.

Then, after working on some ballhandling skills, we might progress to some competitive 1on1 and really challenge the players.

It's very important to give players an opportunity to practice NEW skills outside of competition.

Competitive drills are an incredible tool to speed up the development of players. However, they are only a piece of the puzzle. Players must have time to practice skills without pressure. So it's important to maintain a good mix of competitive and non-competitive drills in your practice.

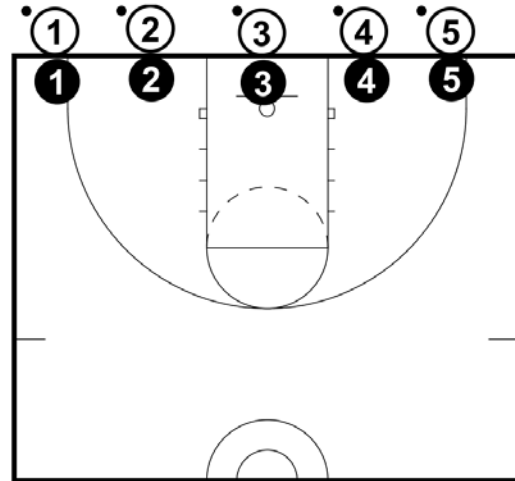
Competitive Build Up Drills

Build Up Drill: Side Step Dribble



Purpose: Reduce turnovers, improve dribbling, utilize a control dribble, and learn how to protect the ball. Good for warming up and helping players develop a comfort dribbling with a defender up close.

- Offensive players line up on the baseline in a control dribble.
- Defense is lightly “leaning” on the ball handler, applying pressure up the court. The defender should apply light pressure and allow the offense to advance the ball.
- Offensive players advance the ball using a side-step (shuffle) with arm extended protecting the ball.



Variation

- Once players get comfortable, you can make the drill more difficult by adding more intense pressure. Have the defenders forcefully lean on the ball handler, providing significant resistance.

Points of Emphasis

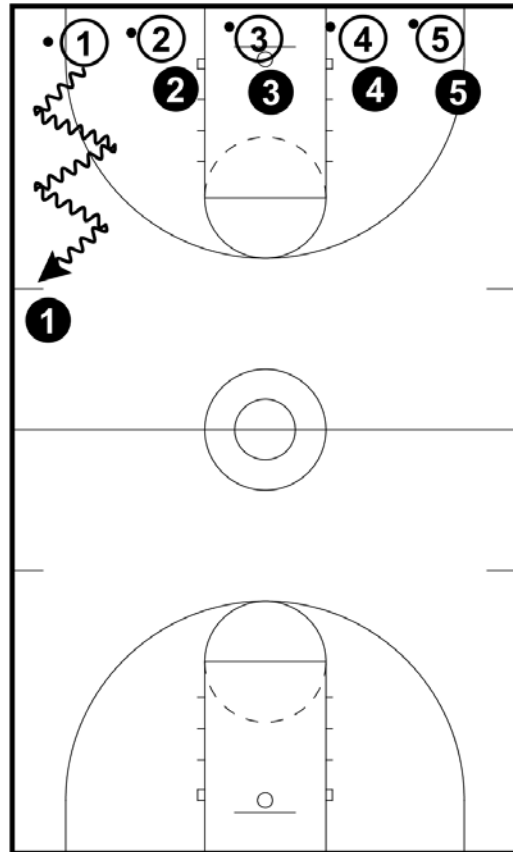
- Always make sure the player is dribbling BEHIND their back foot as they advance into the defender. Right hand dribble, the ball should be behind the right foot. Left hand dribble, the ball is behind the left foot. This placement of the ball is key to ball protection and control.
- Encourage players to get out of their comfort zone. Most players aren't used to dribbling the ball behind their back foot. It will feel uncomfortable and players will tend to lose the ball at first. Encourage them to keep working at it and keep the ball behind their foot even if it feels uncomfortable. Eventually they will develop comfort and control of the ball.

Build Up Drill: Zig Zag w/Light Pressure



Purpose: This drill gets players comfortable dribbling with a defender in close proximity. This is excellent for youth players and at the beginning of the season. As the name of the drill suggests, it's a "build up drill".

- Start offensive players on the baseline. On the whistle, they take it up the floor. Defense should be forcing a change of direction every few feet up the court.



Points of Emphasis

- Offense should keep their head up, use low and quick crossovers, and protect the ball.
- Defenders should be focused on staying down low in a stance and having their hands in position to play the basketball. You want them going at 60 to 70 percent, applying light pressure and occasionally putting a hand on the ball handler.

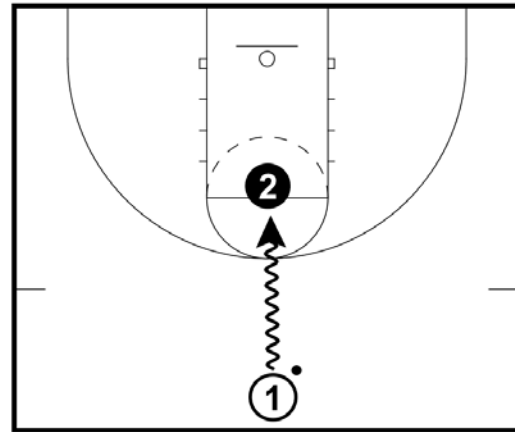
Competitive Ballhandling Drills



1 on 1 Backup Read

Purpose: This drill is designed to make players comfortable using their back up dribble to thwart pressure and create space. It also teaches the ball handler to read the defense's reaction to the space created by the back up dribble and mount the proper attack.

- Offense starts out with the ball at half court and the defender is at the foul line.
- Offense dribbles into defender and is "stopped" and must use their back up dribble to create space.
- Offense must then read and attack.



Points of Emphasis

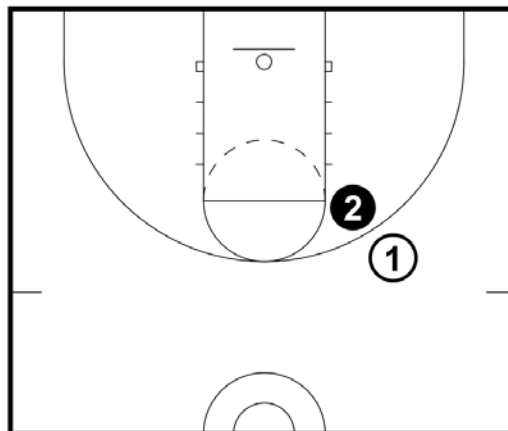
- If the defense stays back, we attack straight on and put them on their heels. If they come forward with momentum, we attack and blow by.
- When backing up, drive off inside foot to quickly create lots of space between you and the defender.
- Protect the ball by using a hockey stop and arm-bar.
- Keep your head up.



1 on 1 No Dribble

Purpose: Teaches players how to pivot from triple threat when pressured, save their dribble, protect the ball, and be strong with the ball.

- Offensive player has the ball on the perimeter. Defense gets in their stance and guards the ball.
- On "go" the defense tries to steal the ball. The offense player protects the ball using footwork and strong grip.



Variation

- As a progression, players can play one on one live after a set amount of time.

Points of Emphasis

- Offensive player should stay low, keep their head up, and see the basket.
- Use pivots to create space and protect the ball (drop step, reverse pivot, etc).

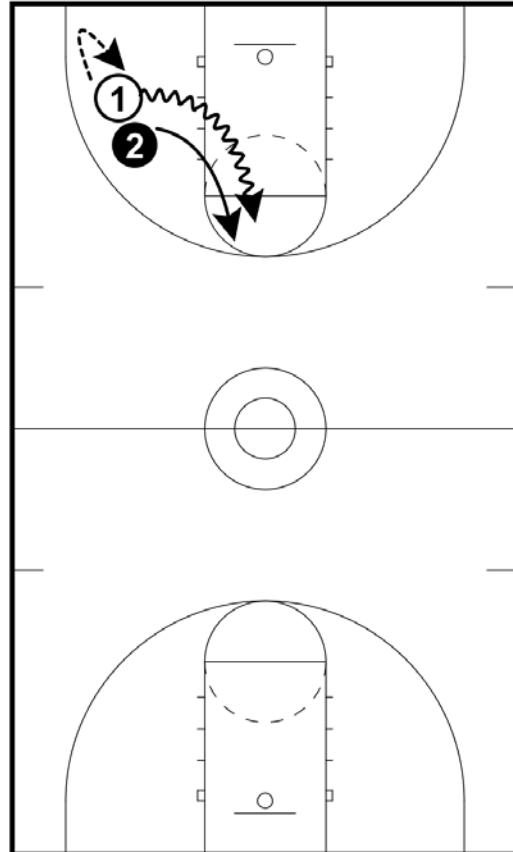


1 on 1 Crowded

Purpose: Improve dribbling skills, handle intense pressure while crowded, improve conditioning, reduce turnovers, and improve on ball defensive skills. Challenging drill that teaches players how to create space off the dribble and improves dribbling skills quickly.

- The drill begins with the ball handler throwing themselves a spinout pass, going to get it and finding themselves instantly crowded by a defender.
- Their job is to create space and advance the ball up the floor and score. The ballhandler must keep the ball in the middle of the floor.

Keeping the ball in the center of the floor keeps your point guard out of trapping areas and allows them to initiate the offense/play to the right or the left. Good guards can keep the ball in the middle and move the ball where they want, when they want.



Points of Emphasis

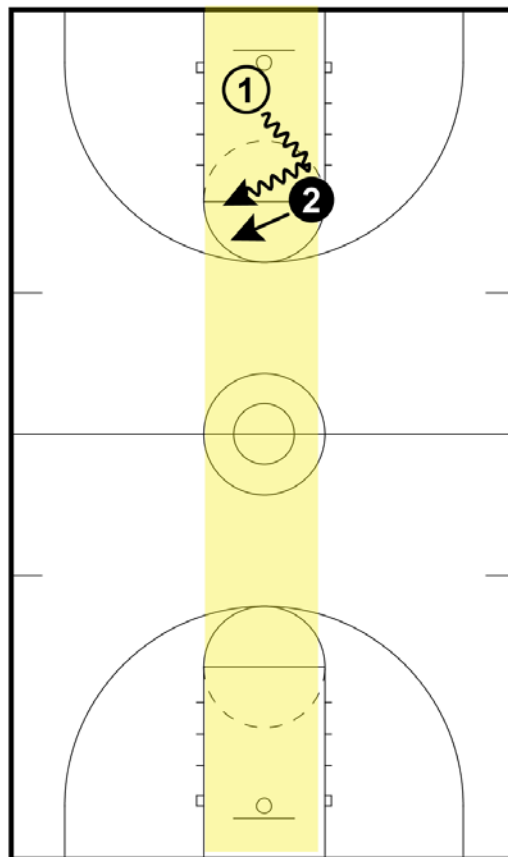
- Use footwork and pivot to create space on the initial catch.
- Teach the offense to create space off the dribble. All good ballhandlers can create space when they need to. Create space from the defender by using change of speed and back up dribble.
- Keep the ball in middle of floor.
- Keep head up when dribbling.
- No turnovers!
- Make sure the defense is working extremely hard and playing fundamentally sound.



1 on 1 Tight Spaces

Purpose: Improve dribbling skills, handle intense pressure in confined area, improve conditioning, reduce turnovers, and improve on ball defensive skills. Requires players to use using several dribbling skills in a confined area up the court.

- Offense starts with the ball under the basket and must advance the ball against the defender without going outside the lane lines, trying to score the ball.
- Depending on the layout and size of your gym, you should use existing lines on the floor, tape, or cones to get several players working on the drill at the same time. You want to minimize standing in lines and get as many players touching the ball as possible. If you only have two baskets, you can skip the scoring aspect and just have players advance the ball to the other end of the court.



Points of Emphasis

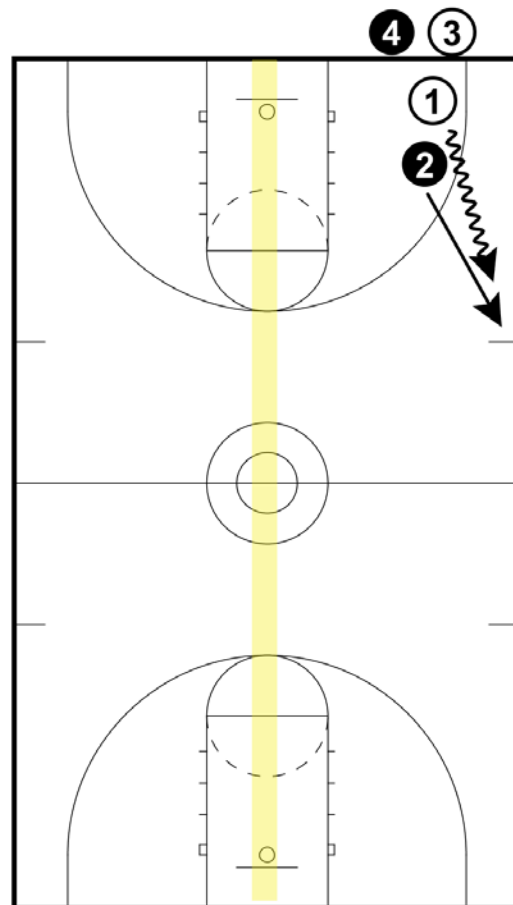
- Urge players to take care of the ball. No turnovers!
- This is a great opportunity to teach players fundamental aspects of ballhandling and how these fundamentals allow them to advance the ball. Some of those fundamentals include protecting the ball with a control dribble, change of direction, change of speed, backing up to improve angle and get out of trouble, low/quick crossovers, and so on.
- Defender should focus on a good stance, intense pressure, and fundamentally sound 1on1 defense.

1 on 1 Off Hand



Purpose: Improve dribbling ability and confidence with off hand. Helps players bring the ball up the floor, drive with their weak hand, improves conditioning, cuts down on turnovers, and helps with on ball defense.

- Start from the baseline. Ball handler can only dribble with their off hand.
- To get players practicing on both sides, you can restrict court space and the ball handler cannot cross the imaginary rim line, running rim to rim down the center of the court.
- Players are allowed to try to score the ball with either hand.
- Players will improve quickly with their off hand when put in challenging game like practice situations.



Points of Emphasis

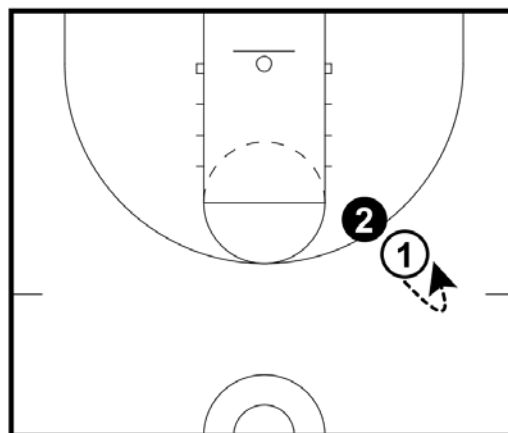
- Use back up to create space and get out of tough spots.
- Change speed.
- Change direction.
- Use hesitation and in/out dribble moves.
- Keep head up.
- Protect the ball.
- No turnovers!

30 Second Guard War



Purpose: This drill is outstanding for toughness, ballhandling, reducing turnovers, and conditioning. It puts the offense in an end of game type of situation, where they must protect the ball under intense pressure, then start the attack and finish with a bucket.

- The drill starts on the wing with a spinout pass and catch by the offense. The defender applies immediate and intense pressure for 30 seconds.
- The ball handler must protect the ball while dribbling for thirty seconds, and then attack the rim when the coach signals that we are “live.”



Points of Emphasis

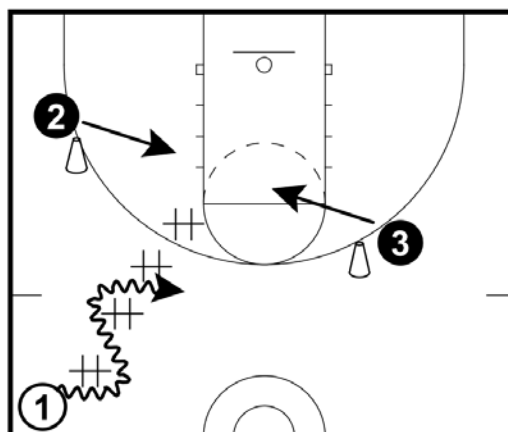
- The defense needs to stay down and really apply the pressure for the full 30 seconds, then bring it again as the ball goes “live”. In this drill, the defense needs to go 100 percent start to finish for the drill to be effective.
- It’s helpful to have the ball handler imagine a teammate posting up in the lane. This keeps their head and eyes up as they protect the ball.
- Players need to fight through when they are tired, take care of the ball, and take good shots.
- Use change of speed, attack, and back up to protect the ball.

Split Dribble With Finish



Purpose: Improve dribbling skills, develop length on split dribble, and improve finishing at the basket. Simulates a game situation where the ball handler will need to “push” the ball through and split two defenders in order to score.

- The offensive player dribbles through the chairs as the two defenders wait outside the cones.
- The defense is “live” the second the ball handler crosses the threshold of the final chair.



Variation

- You can vary the type of dribbles through the chairs using crossovers, behind the back, between the legs for skill work. You can also vary the width of the cones to achieve the desired pressure and contact the defenders can put on the ball handler.

Points of Emphasis

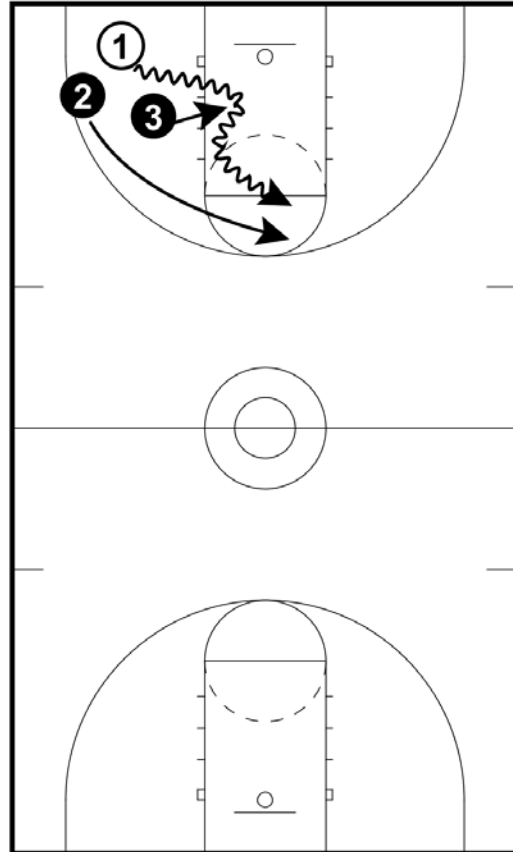
- Encourage the ball handler to “push” the ball out and ahead as they cross the final chair. They will need to push the ball ahead and sprint after it in order to split and beat the two defenders.



1 on 2 Full Court

Purpose: Improve dribbling skills, back up, split defenders, change speed, change direction, protect ball, endurance, agility, defense, and reduce turnovers. Will help the ball handler's confidence in facing multiple defenders and trap situations.

- The offensive player will need to protect the ball and advance it up the court against two defenders.
- Defenders are trying to stop the ball handler and steal the ball at any opportunity.
- Offense is trying to score the basket after advancing up the court.



Points of Emphasis

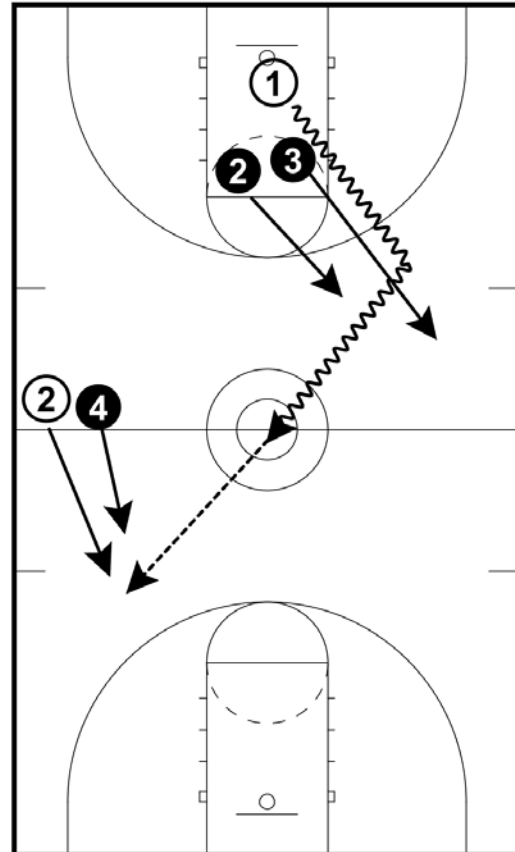
- Emphasize the need to change speeds and make good use of the back up dribble to create space and beat the two defenders.
- Keep head up.
- No turnovers!
- The coach can amp up the degree of difficulty by squeezing the court and restricting the area the ball handler can use.
- Defenders should be up and pressuring the ball looking for double teams and steals, while containing the ball.



1 on 2 Dribbling w/Outlet

Purpose: Provides an additional factor to the 1on2 dribbling drill by requiring the ballhandler to maintain their dribble until they can make an entry pass.

- The drill begins with the offense protecting the ball and advancing against two determined defenders.
- An offensive player and another defender are waiting at half court, waiting for the ball handler to advance past half court, at which time play is “live”.
- The ball handler’s job is to make a safe pass ahead and try to score the ball. No turnovers!



Points of Emphasis

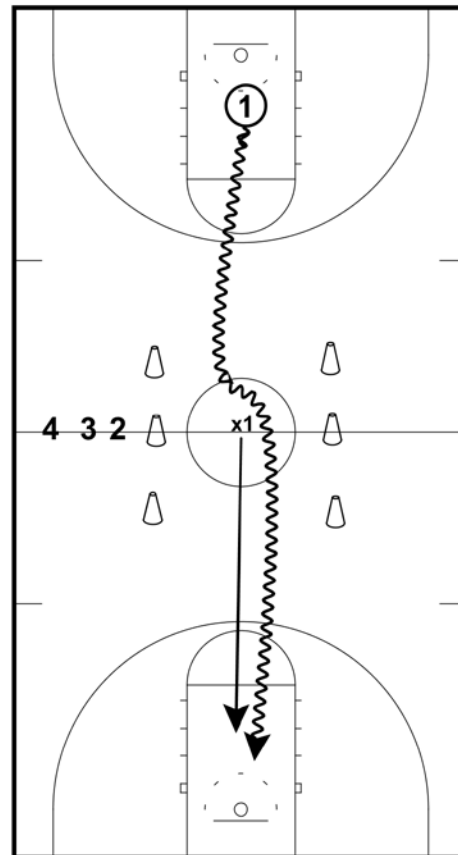
- Stress good passes, no turnovers and good decisions.
- The ball handler needs to keep their head and eyes up to see the court, especially under intense pressure. In a game situation, if there are two defenders on you, someone is open. You must have your head up to find them.

1v1 Attack With Narrow Cones (Bonus)



Purpose: Improve ballhandling, conditioning, dribble moves, and handling the ball in competitive situations. It will force the offensive player to make quick, explosive moves in tight spaces.

- Offensive player starts under the basket with the ball. Defensive player starts at half court. Cones are aligned on each side.
- The offensive player dribbles at the defensive player and makes a dribble move to attempt to get by the defensive player. The offensive player then attempts to score.
- If the offensive player dribbles outside the cones or loses the ball, they lose possession and the next group starts. Once the offensive player is past the cones, they can use the whole floor to score.
- The offensive player's goal is to get by the defender as quickly as possible while driving to the basket in straight lines with the fewest amounts of dribbles as possible.

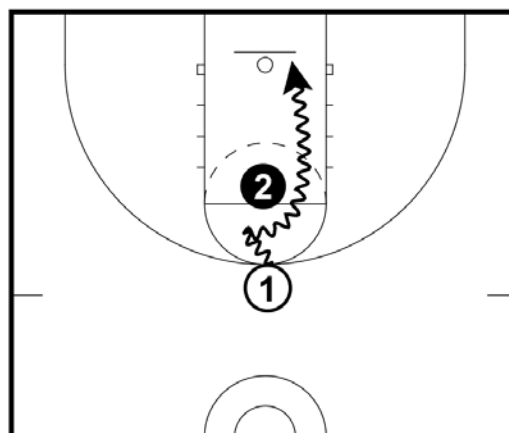
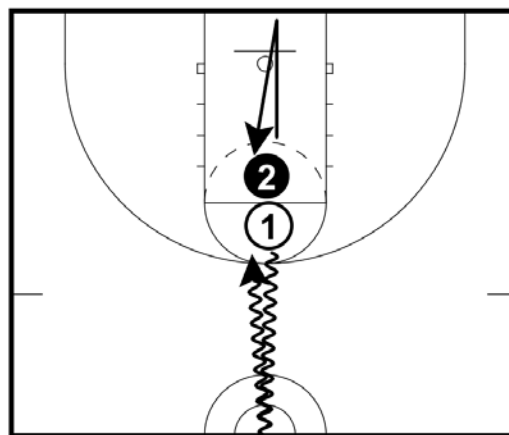




1 on 1 Direct (Bonus)

Purpose: Improve dribbling skills, length the dribble, make a move off the dribble, and finish. Simulates a close out or a fast break situation, teaching players how to make a play off the dribble.

- Defensive player starts below free throw line and offensive player above. Players are touching shoulders. Coach can yell "go" or the offensive player can take off to initiate the drill.
- The offensive player sprints to half court dribbling and pushing the ball out to minimize dribbles. The defensive player sprints to the baseline. Offense drives to the basket and defense closes out.
- The offensive player makes a quick dribble move trying to beat the defender and score.



Points of Emphasis

- Offensive player should "push" the ball out going to half court and back, minimizing their dribbles.
- The defense should execute a fundamentally sound close out and try to keep the defender out of the paint.
- Offensive player should make a quick move and try to blow by the defender shoulder to shoulder. In a fast break, players need to be able to make plays and break down defenders before the other 8 players sprint down the floor.
- Offense should attack and get to the rim.

Competitive Finishing Drills

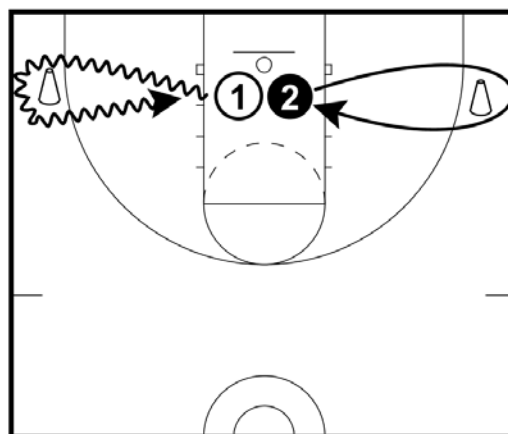


Corner Finishing

Purpose: Improve players' conditioning, agility, dribbling, confidence, ability to make lay ups off a baseline drive, and finish near the basket.

- The offense and defense begin in a back to back position under the basket.
- On the whistle, offense and defense go around the cones and go to the basket.

With reps and persistence, players learn how to finish at a high percentage and gain confidence.



Variations

1. Play "make it take it". If the offensive player scores the basket, they get to go one more time (max of two shots in a row). Otherwise, they take one shot and go to end of line. One of the biggest benefits to "make it take it" is that players get different matchups almost every time through the line.
2. Instead of blowing a whistle, let the offensive player initiate the drill. Defense starts when they see the offense move. You can also let players in back of the line say "go".
3. Move defensive cone closer
4. Move cone so help defense comes from wing
5. Move cone so help defense comes from top
6. Limit players to certain moves (ex: floater, one foot lay up, or power lay up only)

Points of Emphasis

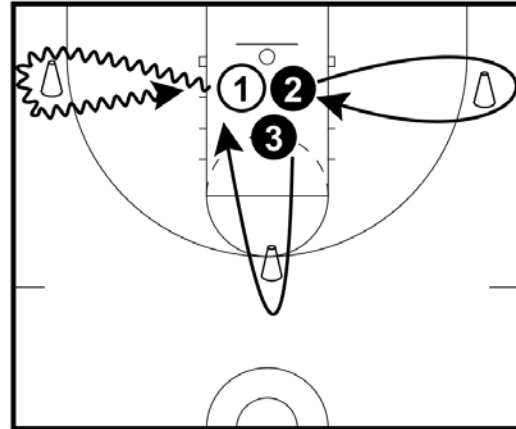
- No hard fouls. Light contact is fine, but we do not want our shooters hitting the deck in this drill. Defense can go for a block, but do not go hard into the body.
- Make sure you are switching sides after a few reps in all of the finishing drills to get your players accustomed to attacking from both sides of the floor.
- Work to get to the basket.
- Eyes on the rim when finishing.

Corner Finish with 2nd Defender (Bonus Drill)



Purpose: Improve players' ability to finish by adding a second defender and better simulate game situations. This is a very effective finishing drill.

- One offensive player and two defenders begin under the basket.
- On the whistle, offense and defense go around the cones and go to the basket.
- We have found this to be a very effective drill when developing high school and college players' ability to finish off the drive because it's an excellent simulation of a game.



Points of Emphasis

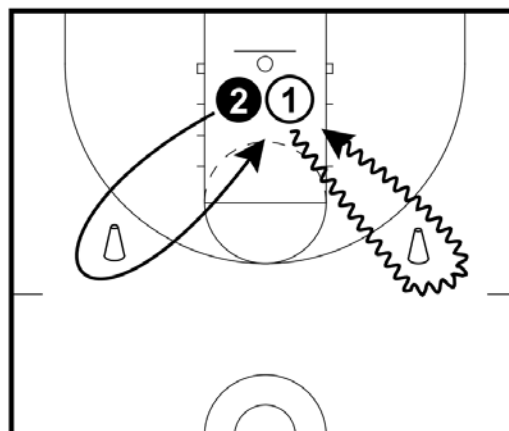
- With a second help defender coming from the top, the offensive players' options will be limited (much like what happens in a game). You can let them experiment to see if they can find solutions to the problem. That is often the best way to learn. If needed, you can show them finishing moves to finish the shot in this scenario.
- Get into the lane. Don't settle for jump shots.



Wing Finishing

Purpose: Improve players' conditioning, agility, dribbling, confidence, ability to make lay ups off a wing drive, and finish near the basket.

- The offense and defense begin in a back to back position under the basket.
- On the whistle, offense and defense go around the cones and go to the basket.



Variations

1. Play "make it take it". If the offensive player scores the basket, they get to go one more time (max of two shots in a row). Otherwise, they take one shot and go to end of line. One of the biggest benefits to "make it take it" is that players get different matchups almost every time through the line.
2. Instead of blowing a whistle, let the offensive player initiate the drill. Defense starts when they see the offense move. You can also let players in back of the line say "go".
3. Move defensive cone closer
4. Move cone so help defense comes from corner
5. Move cone so help defense comes from top
6. Move cone so help defense comes from behind the basket
7. Limit players to certain moves (ex: floater, one foot lay up, or power lay up only)

Points of Emphasis

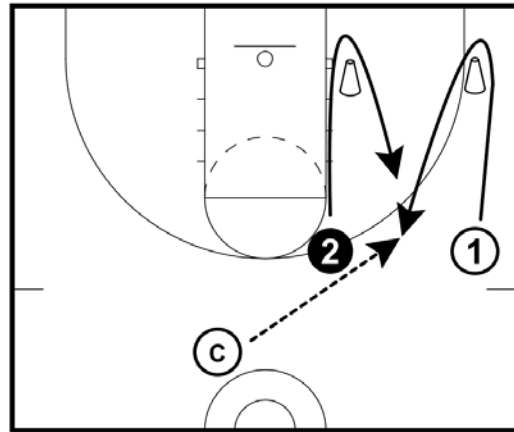
- No hard fouls. Light contact is fine, but we do not want our shooters hitting the deck in this drill. Defense can go for a block, but do not go hard into the body.
- Make sure you are switching sides after a few reps in all of our finishing drills to get your players accustomed to attacking from both sides of the floor.
- Work to get to the basket.
- Eyes on the rim when finishing.



1 on 1 Corner to Wing

Purpose: Improve footwork, perimeter moves, dribbling, agility, making lay ups, finishing moves, scoring off the drive, and conditioning. Simulates the offensive situation of catching a pass on the wing and making good decisions to score the bucket.

- Drill begins with offense and defense outside the three point line and two cones placed near the baseline.
- Offense will go around the outside cone, catch a pass from the coach and square up and look to score. Defender goes around the inside cone.



Variation

- Have the offensive player run around the inside of the cone and then come around on the outside. This makes it easier for players to use a front pivot on the catch. When running on the outside to the inside of the cone, they tend to use an inside (reverse) pivot on the catch.

Points of Emphasis

- Encourage the offensive player to catch the ball and immediately use a pivot they are comfortable with, have their eyes on the rim, and be thinking “shot”. Thinking “shot” makes the defender physically change their position and it can make them vulnerable to attack.
- If the defender isn’t there, shoot it. If the defender closes hard, counter and use their momentum to blow by and look for the layup.



Chair Rip

Purpose: Improve footwork, perimeter moves, dribbling, agility, making lay ups, finishing moves, scoring off the drive, conditioning, and defensive reaction. This is a drill that players really enjoy.

- Place a chair with a ball on it outside the three point line on the wing. Defender is behind the chair, offense steps into the other side of the chair. Offense picks up the ball and executes a jump stop.
- First variation is a step through pivot. Bottom foot (nearest the baseline) is the pivot foot. Top foot steps through towards the basket.
- The defense is “live” when the swing foot leaves the floor to step through.



Variations

- Offensive player uses a sweep pivot (direct step).
- Offensive player uses use a drop step pivot.
- Vary positioning of the chair (close to the basket, farther away, in corner, short corner, elbow, etc).
- Vary position of the defender (closer or farther to the basket).

Points of Emphasis

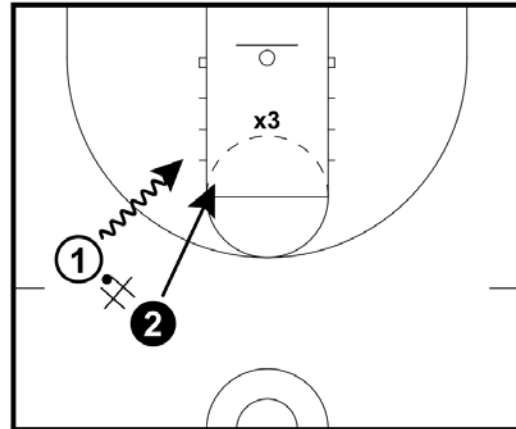
- Make sure players take a long step and drive in a straight line to the basket.
- Long and explosive first step. Drive off your pivot foot.
- Get to the basket and look for a lay up.
- Work on finishing under pressure and with contact.
- With the step through and sweep pivot -- rip the ball and keep it low as you step to the basket.

Chair Rip with 2nd Defender (Bonus)



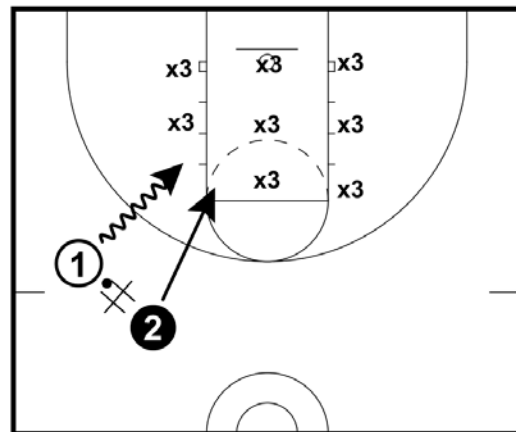
Purpose: Variation of the Chair Rip drill that adds a degree of difficulty. Extremely effective drill for developing finishing moves.

- This is one of the best drills to improve finishing and simulating what happens in a game. This drill works exactly the same as the above Chair Rip drill. The only difference is that you add a second defender placed in a "help" defensive position.
- The help defender should be in a good defensive stance in help position. Both defenders are live when the offensive player picks up their swing foot.



Variations

- You can and should put the defender in different areas of the court. In the diagram, you can see the primary help positions you could put the defender. So there are actually 8 different variations of the drill.
- You can either specify where the help defender should be positioned or let the help defender choose the position and mix things up on each possession.

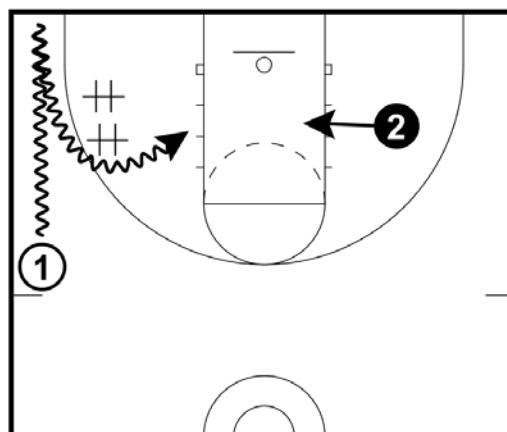




Ball Screen Finishing

Purpose: Improve dribbling skills, cross overs, using and reading ball screens, driving to basket, making lay ups, scoring off the drive, finishing moves, and conditioning.

- Two chairs simulate the screen on the wing. The ball handler walks or jogs to the corner, changes speeds and attacks off the screen.
- The defender across the lane is “live” when the ball handler changes speed in the corner.



Points of Emphasis

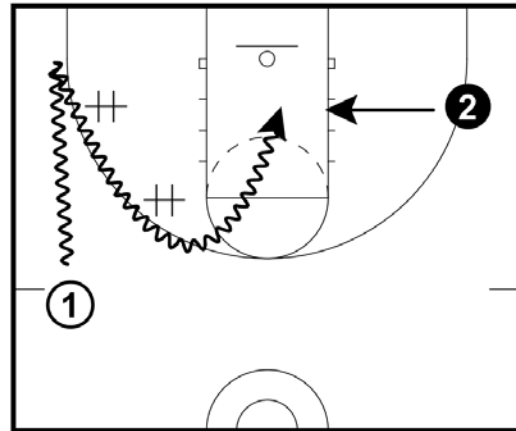
- Get into the lane! Make sure players are coming off the screen tight and trying to cover as much distance as possible -- getting into the lane.

Ball Screen Finishing - Attack the Hedge



Purpose: Improve dribbling skills, cross overs, using and reading ball screens, driving to basket, making lay ups, scoring off the drive, finishing moves, and conditioning. This progression widens the chairs out to simulate a defender “hedging” the screen.

- Two chairs simulate the screen on the wing with a defender hedging. The second chair is 10-12 ft away.
- The ball handler walks or jogs to the corner, changes speeds and attacks the screen. They will try to stretch the hedge and turn the corner around the second chair.
- The defender across the lane is “live” when the ball handler changes speed in the corner.



Points of Emphasis

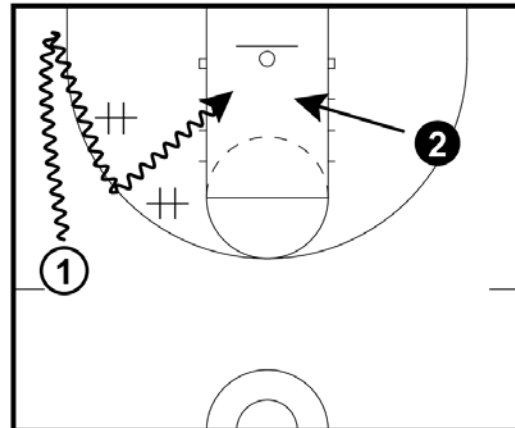
- Attack the defender that is hedging by aggressively dribbling and attacking the middle chair. Turn the corner and attack the basket.
- Lots of repetitions. With lots of reps, players will learn how to read ball screens (even without the defenders). By practicing each situation with chairs hundreds of times, players will eventually utilize the reads instinctively in games.

Ball Screen Finishing - Split the Hedge



Purpose: Improve dribbling skills, cross overs, using and reading ball screens, driving to basket, making lay ups, scoring off the drive, finishing moves, and conditioning. This progression teaches players to "split the hedge" on a ball screen.

- Two chairs simulate the screen on the wing with a defender hedging. The second chair is 10-12 ft away.
- The ball handler walks or jogs to the corner, changes speeds and attacks the screen. They will look to stretch the hedge and then split the hedge, pushing the ball out and attacking the basket.
- The defender across the lane is "live" when the ball handler changes speed in the corner.



Points of Emphasis

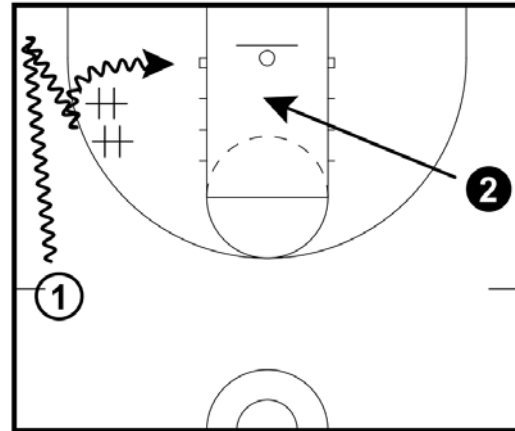
- It's important for the ballhandler to look to stretch the hedge first. Then if the two defenders split wide enough, the ball handler can split the hedge. If they don't first look to attack the hedge and pull the defender to the middle, the split will not be available.
- Emphasize the need to "push" the ball hard ahead of the ball handler when they split the screen.

Ball Screen Finishing - Turn Down Screen



Purpose: Another variation on ball screen finishing. This drill simulates what happens when a defender jumps through the screen.

- Offense begins the same, jogging or walking the ball to the corner, then changing speeds sending the defense “live”.
- While attacking the screen, the ball handler imagines the defender jumping the screen.
- Ball handler “turns down” the screen and takes the ball hard baseline and to the hoop.



Points of Emphasis

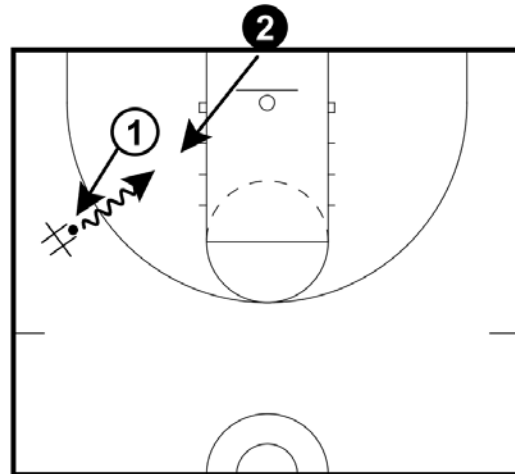
- The offensive player must first look to use the screen and attack to the middle. Once they go middle and see the defender jumped around the screen, they can turn it down by crossing back over and attacking the basket along the baseline.



Perimeter Moves

Purpose: Improves footwork, perimeter moves, dribbling, agility, making lay ups, finishing moves, scoring off the drive, and conditioning. The drill replicates a catch and pivot on the wing, beating the first defender with our feet, then attacking the rim and scoring against the help defense.

- Place a chair with a ball on it outside the three point line. Offense starts under the basket, as does the help defender. Offense sprints and picks up ball in a jump stop position, pivots and looks to shoot, but instead will counter and go to the basket.
- Defense under the hoop goes “live” on the first dribble.



Variations

- With 2 players you can speed up the drill by having the offense player rebound the ball, dribble to the chair, jump stop and pop the chair (by touching the ball on the chair), and then make the pivot. This saves time and allows you to get more reps.
- Specify different pivots on the perimeter. Players can work on front pivot->step through, reverse pivot->sweep, or drop step.
- Defense can come at different angles.
- Chair can be placed farther away, corner, top, closer, high post, etc.

Points of Emphasis

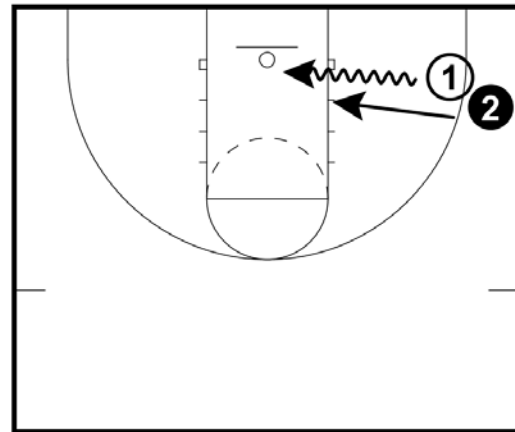
- The initial pivot (front or reverse) should be with knees bent and feet end up in shooting position. Player should pause and look at the basket before making move, so feet are in good shooting position before driving.
- The first step to the basket should be LONG and EXPLOSIVE.
- The first step should be directly to the basket (straight line).



1 on 1 Escape Series

Purpose: Improve dribbling skills, agility, making lay ups, finishing moves, scoring off the drive, and conditioning. The Escape drills are designed to make players comfortable with scoring while having a defender on their hip.

- Two lines in the corner. Offense is on the baseline with the ball.
- Defense is about a half a step behind and positioned close to the offense's hip.
- Offense is taking the ball to the rim. No hard fouls. Light contact is okay.



Variation

- You can vary the drill by moving the defense a half step ahead of the offense.
- You can start the drills from the high post, short corner, the wing, or from half court. Work from both sides of the court so players get used to finishing on either side.
- Don't fall into the traps of always matching bigs with bigs and guards against guards. Mix it up occasionally. It's going to be mixed up in the games!
- Play "make it take it". If the offensive player scores the basket, they get to go one more time (max of two shots in a row). Otherwise, they take one shot and go to end of line. One of the biggest benefits to "make it take it" is that players get different matchups almost every time through the line.

Points of Emphasis

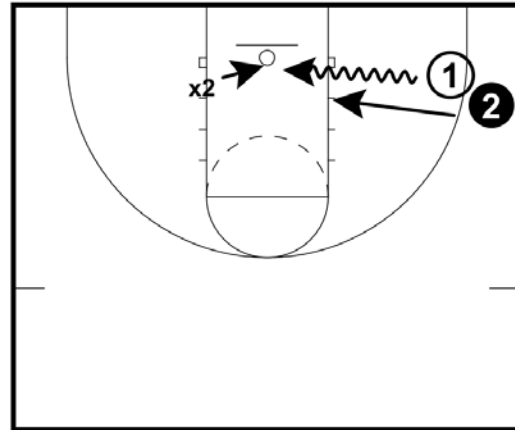
- Eyes on rim.
- Protect the ball.
- If defender is trailing, use a two foot jump so defender can't time their jump and block the shot.
- If defender is on side, use body to protect the ball and finish.

1 on 1 Escape with 2nd Defender (Bonus)



Purpose: Variation of the 1on1 Escape drill that adds a degree of difficulty. Extremely effective drill for developing finishing moves.

- Two lines in the corner. Offense is on the baseline with the ball.
- Defense is about a half a step behind and positioned close to the offense's hip.
- Place a 2nd defender on the help side. You can vary the position of the defender. The second defender is live when the offense moves.
- Offense is taking the ball to the rim and trying to score.



Variations

- You can vary the drill by moving the defense a half step ahead of the offense.
- You can vary the position of the help defender. Try to simulate what happens in a game by putting the help defender in a help side stance.
- You can start the drills from the high post, short corner, the wing, or from half court. Work from both sides of the court so players get used to finishing on either side.
- Don't fall into the traps of always matching bigs with bigs and guards against guards. Mix it up occasionally. It's going to be mixed up in the games!
- Play "make it take it". If the offensive player scores the basket, they get to go one more time (max of two shots in a row). Otherwise, they take one shot and go to end of line. One of the biggest benefits to "make it take it" is that players get different matchups almost every time through the line.

Points of Emphasis

- Eyes on rim.
- Protect the ball.
- Get into the lane. Don't settle for jump shots.

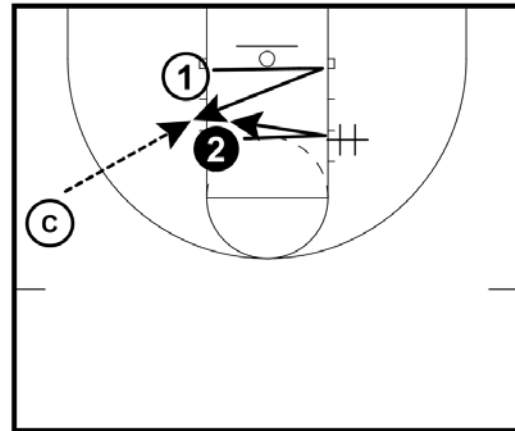
Competitive Post and Perimeter Moves



Post 1 on 1 Straight Up

Purpose: Improves post footwork, sealing, scoring in the post, and making a higher percentage of inside shots.

- Coach or a player is the passer from the wing. Offense begins on the low block, defense right above them on the lane.
- On the whistle, both offense and defense cross the lane, touch their spots and come back to the ball.



Variations

- Move the chair to the high post and go High Post 1 on 1 Straight Up.
- Move the chair to the short corner and go Short Corner 1 on 1 Straight Up.
- Add a second defender. The defender can start by guarding the passer on the wing and then "double down". You can either require the post player to score or allow them to kick it out and re-post. You can also have the defender come from the weakside to simulate a double team from the weakside.

Points of Emphasis

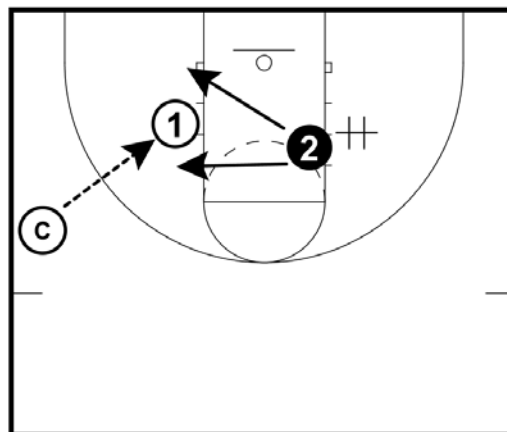
- Make sure the offense is sealing and giving a good target to the wing passer.
- Work on sound post moves.
- Avoid rushing the shot, focus on finishing and/or getting to the free throw line.
- Defense should be going all out on this drill.



Post 1 on 1 Pick a Side

Purpose: Improves post footwork, sealing, scoring in the post, and making a higher percentage of inside shots.

- The setup is the same as 1 on 1 Straight Up. Coach as passer on the wing.
- Offense on the low block nearest coach. Defender is directly above the offense on the lane.
- On the whistle, both cross the lane and come back to the ball and play is “live”.
- The defense must pick a distinct side to defend, either go high or go low.



Variations

- Move the chair to the high post and go High Post 1 on 1.
- Move the chair to the short corner and go Short Corner 1 on 1.
- Add a second defender. The defender can come from either wing, under the basket, or the weakside block.

Points of Emphasis

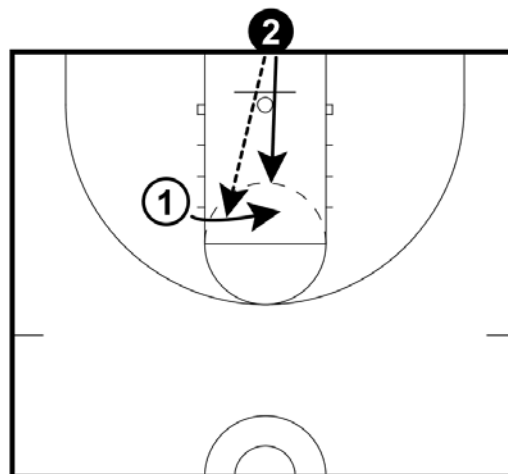
- Make sure the offense is sealing and giving a good target to the wing passer.
- Work on sound post moves.
- Avoid rushing the shot, focus on finishing and/or getting to the free throw line.
- Defense should be going all out on this drill.
- Offense needs to be long and explosive with their feet. Take the ball straight to the front of the rim.

Post and Perimeter Move Reads



Purpose: Improve post and perimeter footwork, reading the defense, shooting, and lay ups. This drill is designed to get players used to catching the ball, making a good pivot, and then making the right decision to shoot or counter.

- Defender starts underneath the basket with the ball. They will pass the ball in, as the offense comes off the elbow.
- Defense either takes away the shot or plays with hand down allowing the shot.
- Offense will catch, front pivot and look to shoot. If the defender isn't there to get a hand up, offense should be shooting. If the defender takes away the shot, offense should immediately counter with a step through and finish.



Variations

- Make sure you work from both elbows so we get comfortable shooting and countering from either direction.
- The defense should begin at 50 percent and concentrate on decisive actions that help the offense read whether to shoot or counter. After recognition improves, have the defense go "all out" and attempt to shut the offense down.
- Another variation is having the offense start in the corner and catch on the wing.

Points of Emphasis

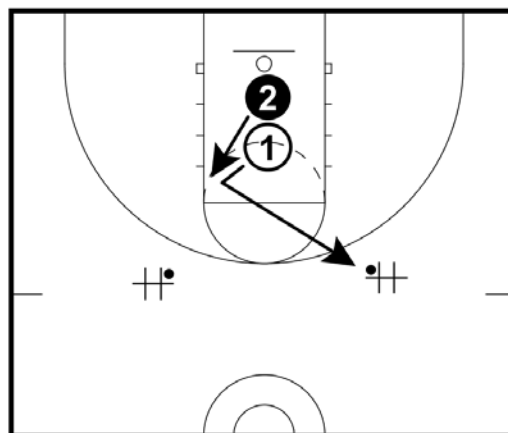
- Make sure the defense gives both "looks" to the offense. Sometimes closing hard, sometimes laying back. The point of the drill is to build recognition about the space and time it takes to get a shot off, and when to counter.
- Offense should look for their shot first.



Misdirection 1 on 1

Purpose: Improve ability to get open, shooting, footwork, lay ups, driving, perimeter moves, and finishing. This drill teaches the offensive player to be deceptive using misdirection and change of speed to create space.

- Start with two chairs, a ball on each, outside the three point line.
- On the whistle, the offense needs to use misdirection to create space for the “catch” of the ball on the chair.
- After the “catch”, the offense is trying to score.



Points of Emphasis

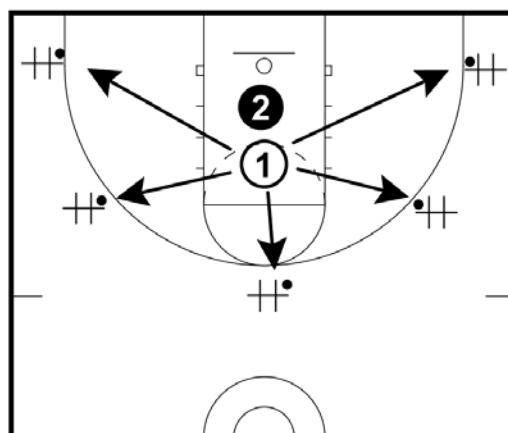
- The offensive player will need to make a good plant with the outside foot and use an explosive cut to throw the defender off their tail to create space.
- Make sure the offensive players are coming to a good jump stop and making a good clean pivot as they pick up the ball. Some players might get in a hurry on this drill and fall into sloppy footwork.
- Use sound perimeter moves.
- Look for shot, if open, take it.



Multi-Spot 1 on 1

Purpose: Improve ability to get open, shooting, footwork, lay ups, driving, perimeter moves, and finishing. Good drill to work on conditioning, stamina, and finishing from all angles on both sides of the court.

- Five chairs on the perimeter outside the three point line. Each chair has a ball.
- The offensive and defensive players begin in the lane, defense behind the offense.
- Offense can use misdirection and go for any chair to pick up a “live” ball and try to score.
- After the offense either scores the ball or is stopped by the defense, both offense and defense start from the lane again and offense picks another chair. This pattern continues until they have picked up all five balls.



Variations

- Use a third or fourth player to rebound the ball and place the ball back on each chair. Continue the drill for a set amount of time (30 seconds). This makes the drill faster paced, more dynamic, and a better conditioner.

Points of Emphasis

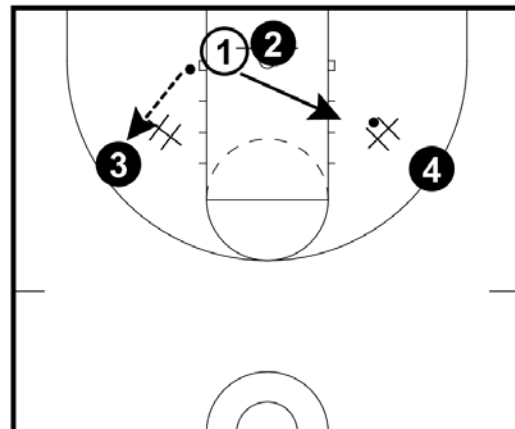
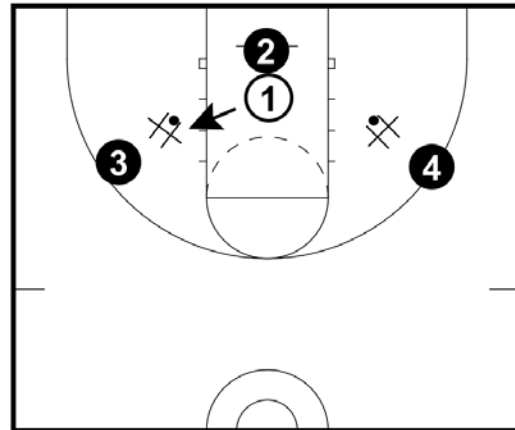
- Focus on sound perimeter moves.
- Use change of speed and change of direction to get open.
- If you're open, shoot the ball.



Post 1 on 1 with 2 Chairs (Bonus)

Purpose: Improve post moves, footwork, toughness, conditioning, and ability to score in the post. Fast paced drill that is very effective and fun for the players.

- Place two chairs in the mid post area. Place a ball on each chair. A ball placer should stand behind each chair.
- Player 1 will run to a chair, jump stop, pick up the ball, and execute a post move.
- Player 2 will play all out defense trying to prevent the offense from scoring. The offensive player can change direction and speed to keep the defender guessing.
- If the offensive player misses, they should try to get their own rebound and finish. Once the play is complete, the offense gets the ball and immediately passes back out to the ball placer.
- Offense then cuts to another chair and makes a move. It could be the same chair -- they should mix things up.
- Continue for 1 minute or your desired amount of time. After time is up, rotate so everyone gets to play offense.



Variations

- Move the chairs to the short corner or the elbows.
- Split the chairs -- put one chair in the low post or short corner and put the other chair at the elbow (high post).
- Keep track of scores.

Points of Emphasis

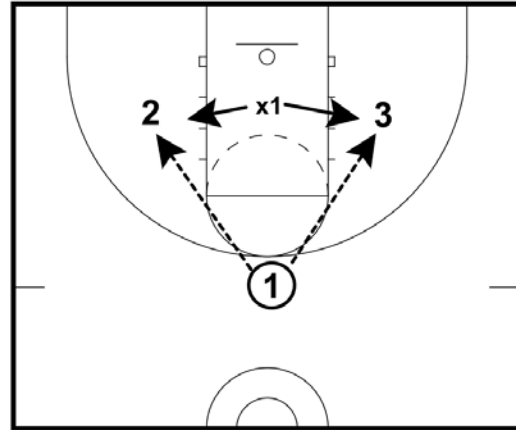
- Focus on sound post moves and footwork.

Contested Power Layups (Bonus)

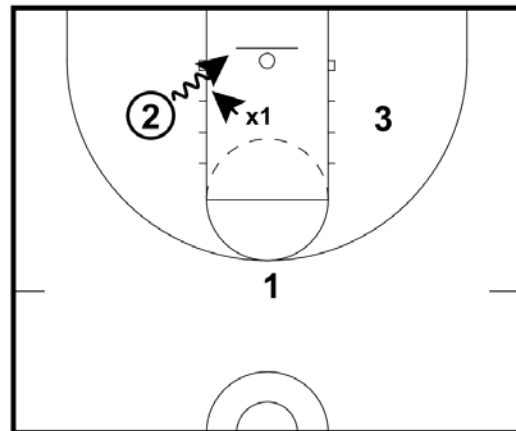


Purpose: Improve footwork and ability to finish near the basket, develop toughness, and make power lay ups.

- Offensive player on top has the ball. They can pass to either 2 or 3. The defense doesn't know where the pass will go.



- On the catch, the offensive player will power the ball to the basket trying to finish. The defender will close out and try to prevent the offense from scoring.
- Defense rebounds the ball, goes back to the middle, and passes back to 1. The drill continues for a set amount of time.



Points of Emphasis

- Have hands up and knees bent ready for the pass.
- Emphasize proper footwork to get to the basket.
- Rebound missed shots and finish the play.
- Emphasize toughness.

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- Post Play
- And more...