

OFFENSIVE EFFICIENCY—Maximize the Scrimmage Situations

4 Minute Games:

Playing 4 minute mini games allows for a number of aspects of the team to improve. First the mini games simulate the game time between media time-outs allowing players to maximize their effort between time-out rest time. Also, resetting the score after each session trains players to win the current 4 minute segment they are playing which helps in focusing them on each possession.

Score...Stop...Score:

Calls for teams to execute scoring and defending for 3 consecutive possessions. Drill is blown dead as soon as a team doesn't complete one of the 3 possessions effectively. We score the ability to have executed all 3 phases. We have found through our own research if a team can execute more than 5 of these per game they win. If you consider than 5 or more (4-0) runs is like being up 20.

Stop...Score...Stop:

Calls for teams to execute defending and scoring for 3 consecutive possessions. Drill is blown dead as soon as a team doesn't complete one of the 3 possessions effectively. We score the team's ability to have executed all 3 phases. Emphasis in the drill is turn your defense into points then create a second stop. Use this concept to start your games to set the tone of the game to be hard on your opponents.



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Situational Scrimmaging:

Allows for teams to practice specific time and score situations. Use the deck of cards created by Mike Neighbors to choose your situations for practice. Increases players awareness and intelligence with game situations. See what players can handle different situations.

From a Free Throw:

Utilize your Free Throw situation to set up your full court defenses and press offenses. Players must come to the line and convert FT's in order for team to be able to set up the full court defense or half court trap action. Offenses must respond in kind to the defensive pressure. Play 1 possession on a offensive score but allow the defense to convert their stop before blowing the drill dead.

BLOB and SLOB Sets:

Start your scrimmages with a BLOB or SLOB set. Having teams execute a offensive set versus a live defense is great simulation to games. If the offense score blow it dead. Allow the defense to convert their stop before blowing it dead.

