Competitive Drills

• 74 to 74
• Stopper
• Power Ball
• Perfect Possession
• 3 Possession Game
• Stop n Go
• Stop n Stay
• 2 n Out
3’s have ball at top
2’s are wings
1’s post
2’s start by getting open

3’s enter to their 2
3’s pass with outside hand
2’s catch in triple threat
1’s post hard
2’s make proper post entry
1’s should give different hand targets

Add dribble on post entry
2’s relocate
In out shot
In out in out shot
One dribble shots
Rotate by following pass
(3 to 2) (2 to 1) (1 to opposite 3)
- Two lines, two balls in each line
- Pass to P
- Get it back
- Pass to second P
- Get it back
- Make layup

- Four balls in drill
- Rotate passers every 30 seconds
- 2 points for a make
- -1 point for a miss or TO
- -4 points for bad rotation
- Need 110 points in 4 minutes
- 2 minutes each direction
- Eight lines
- Partner with person opposite you (8 & 4) (1 & 5) (3 & 7) (2 & 6)
- Two balls at 8 & 4
- Pass one to right

- Must beat the ball to your partners spot
- Keep drill going
- Always have same partner & rotation

- Can also do full court
- Eight lines
- Partner with person opposite you
  (8 & 4) (1 & 5) (3 & 7) (2 & 6)
- Two balls at 8 & 4
- Pass one to right

- Must beat ball to your partners spot
- Keep ball going
- Always have same partner and rotation
- Can be 3 vs 3, 4 vs 4, 5 vs 5
- C start in point with ball
- X’s on defense, O’s on offense
- C shoots
- X’s block out O’s
- X’s rebound

- X’s outlet and fill correct lanes
- O’s try to score offensive rebound
- O’s try to play transition defense

- 4 vs 4 should end: 1 post, 2 wings, 1 trail
- 3 vs 3 should end: 1 post, 1 wing, 1 trail
- 5 vs 5 should end: 1 post, 2 wings, 2 trail

- Stress quick outlet
- Score quick
- Transition to state
Can be 3 vs 3, 4 vs 4, 5 vs 5

X’s start with ball & go against O’s on def

if 4 X’s, must end with 4 O’s

Soon as ball crosses half court, remaining O’s Chase play. The get foot in center circle.

Play till X’s score or O’s get ball

4 O’s go against X’s on other end

Coach decides how many X’s back on defense

When ball crosses half court, remaining X runs to center circle then chases the play.

Coach decides how many O’s wait for X’s To come back.
- Can be 2 vs 2, 3 vs 3, 4 vs 4
- Coach throws ball to any O and they Transition to other end
- X’s come back after O’s score or X’s get ball

**Reminders**

- Both teams run transition ideas into state ideas
- Down and back
- Don’t take ball out of bounds
- Players change which spots they start in
Offensive Transition Drills: Bearcat

- Starts with five X’s and O’s on each baseline
- 2 X’s go down vs 1 O.
- When O’s get ball, they go back 3O’s vs 2X’s
- Same X’s stay in drill on D

- When X’s get ball after 3O’s vs 2X’s
  They go back 4X’s vs 3O’s
- After 4X’s vs 3O’s;
  They go back 5O’s vs 4X’s

- After 5O’s vs 4X’s, Last X joins
- Finish 5X’s vs 4O’s on other end
- X’s finish on offense, O’s finish on Defense
- Now new O’s get ball and start
  2 vs 1 against new X on defense
- Three Lines
- 2 start in corner on Defense
- 1 start at FT line on Offense
- Coach start with ball on wing
- Coach throw ball to 1

- Soon as 1 has ball 2’s chase down
- 1 speed dribble for lay up
- 2’s try to deflect or stop lay up

- 2’s get rebound and go back two on one
- Ball with best ball handler
- Lane line extended
- Three O’s on offense
- Three X’s on defense
- C is coach with the ball
- X’s have towel behind head

- C throws ball to any O
- X’s close out (with towel)
- Play on ball, ball side, help side
- Move ball around perimeter
- C say live finish 3 vs 3

**Reminders**

- Towel emphasizes hands off
- Communicate at defensive levels on ball, Ball side, Help side
- Close out
- O’s start with ball
- O’s will be on offense
- X’s are on defense
- O pass to C
- O cut to corner
- X follow to middle
- C pass to X and get it back

- C ends up with ball
- C options:
  1. Shot: X weakside block out
  2. Skip: Close out 1vs1
  3. Flash: X deny flash
  4. Penetrate: X help & recover
- Finish with a shot by C
  OR
- Finish with 1 vs 1 from a skip pass, flash, or Penetrate - kick
- Four lines, four balls
- 2’s and 4’s start with ball, they are passing lines
- 1’s and 3’s are shooting lines
- 2 always pass to 1
- 4 always pass to 3
- rotate by: (2 to 1), (1 to 4), (4 to 3), (3 to 2)

- Shoot for 3 minutes in this direction
- Count makes the last minute
  (2 min no count and 1 minute count)
- Must make 22 before switching directions

- After making 22, stop reset drill
- 1’s and 3’s are passers
- 2’s and 4’s are shooters
- rotate by: (1 to 2), (2 to 3); (3 to 4); (4 to 1)
- 2 minutes no count, 1 minute count

**Reminders**

- Pass with correct hand
- Catch ready to shoot