Keys to player development
1. Have a plan
2. Establish a conditioning element
3. Drills must have carry over to the game
4. Footwork is the cornerstone to offensive improvement

Off to Catch

1. Have a dominant pivot foot
   - Right Hander - Left pivot
2. Avoid travels
3. On feet to work

Explosion Series

1. Coach picks a cut to use
2. Catch w/dominant pivot
3. Move to triple threat pivoting
4. Make move

- Great players play in straight lines
- Teach players how to get fouled
- Get defender off of you by stepping through
- Stay up to help in triple threat

#1 - Dribble - attack straight line to help - 2 feet layup
#2 - Same as above only use jump & block
#3 - Drive - step back - pump fake - step through
Explosion Series Cont.

Perimeter to post

#4 - Drive to spot in post
Go from drive dribble

#5 - Small hard dribble, reverse

Baseline drive, fill opposite corner

Straight line drive to kick + shot

Off the Dribble

* 2 Ball dribbling is best way to work weak hand

Coach says "Go" - Alternate dribble to free

"Kill" - Go low & hard, bring back to waist

1" off floor

#1 - 1 Ball same - then you'll commands

#2 - Alternate Balls - Alternate on kill command

very low

#3 - Switch - 2 Ball same - call switch - crossover
in front

#4 - One high, one low - calling switch

4 USE waterfall drill v/ Bigs
½ court Dribbling & Shooting

1. Start 5' behind ¾ of
2. Start in triple threat/work on direct drive
3. Direct Drive - Body to Body
   a) Hesitation Move
      - Hand on top of ball
      - Stay low - eyes on rim
   b) 2 Foot fake up or
      - Regular Fake up
   c) Inside - out
      - Must make move early - net & defender
   d) Crossover
      - Make defender think you are going by
      - Aim in straight line
      - Change of pace @
      - Make move early
   e) Inside - out/crossover
      - Combination
      - Think Inside-out first defender
      - Doesn't bite, crossover
Low Post

Toughness Series

#1 - Mikans
  Make set #

#2 - Reverse Mikans

#3 - Mailbox
  or last tip-ball is low tip in

#4 - Backboard Slams
  * Inside foot is in
  - slap glass
  - coach is pushing/charging
  - 60 twice, score one 3rd time
  - keep ball 2 ear

#5 - Baseline Finish
  - guard drives
  - big flattens out to baseline - create space
  - dish to big
  - get hips around to take a defender
  - lead w/ shoulder
  - use dribble or no dribble

#6 - Outlet + Score / X-cut
  - coach throws off board
  - rebound outlet
  - touch same elbow
  - pass from opp wing
  - score same side of basket
  - rebound outlet opp side outlet
touch score
#7 - Jump Hook

- Flip Ball to post
- Put Ball to ear
- Use cement & Kickstand
- Shoot when you are in control
- Spots 1 & 2 - Right Hand
- Spots 3 & 4 - Left Hand

Rules for Post Play

1. No dribble when 2 feet are in paint
2. Call for Ball with "Go" Posts - Hands out Feet Moving
3. Ball in the air - feet in the air
4. Chin or cheek middle

& how hard dribbles when man is behind
Jump hook in middle

3 moves
1. Midline
2. Midline Persons
3. Open up - nip - attack
3 Keys in Dealing w/ Players

1. Always be honest
2. Always be prepared
3. Always put forth best effort