

Offensive Drills

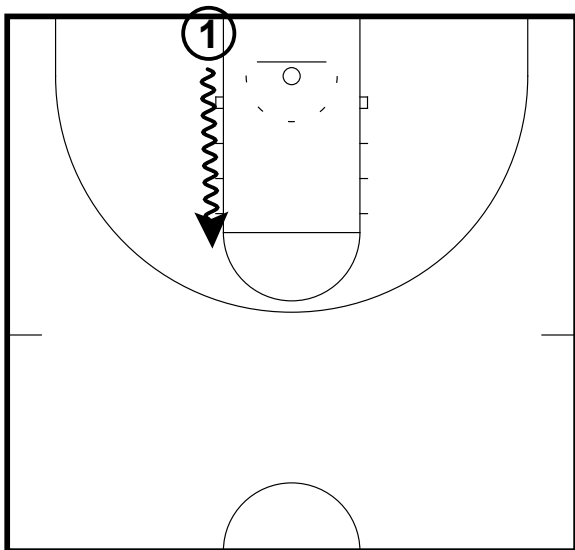
Table of Contents

1.	Skill Work	3
1.1	"X" Drill	3
1.2	3 Cone 3 Moves	5
1.3	Chair Weave Splitting the Defender Drill	6
1.4	Cone Attack	7
1.5	Cone Handle Shots	8
1.6	Finishing Drill	10
1.7	2 Ball Lane Runs	11
1.8	1 on 1 Trailblazer	12
1.9	2 on 1 Trailblazer	13
1.10	3 on 2 Trailblazer	14
1.11	Full Court Cross Over Step	15
1.12	Full Court Direct Step Drill	16
1.13	Full Court Pitino	17
1.14	Utah Drill	18
1.15	2 on 0 Penetrate and Kick to the Corner	19

Offensive Drills - Contents (cont.)		
1.16	2 on 0 Penetrate and Toss Back to the Top of the Key	20
1.17	Point of Board Shooting	21
1.18	3FTC Hurricane Shooting Drill	22
1.19	3FTC Rip Hamilton Shooting Drill	24
1.20	3FTC Stephen Curry Shooting Workout	26
1.21	Ray Allen 2 Minute Shooting Drill	27
1.22	5 Shots From 5 Spots	28
1.23	NBA Warmup	30
1.24	Finishers	31
1.25	Contact Drives	32
1.26	Under Finishers	33
1.27	Michigan Finishing	34

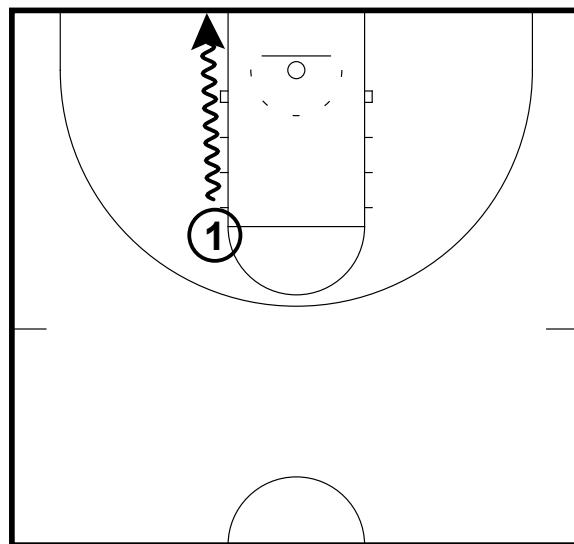
Skill Work

"X" Drill
Offensive Drills



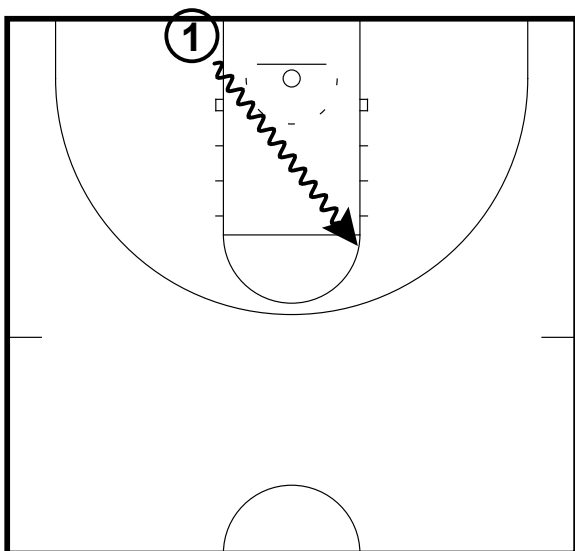
-Player 1 will start on the baseline with 2 basketballs. Player 1 will slide to the elbow

"X" Drill
Offensive Drills



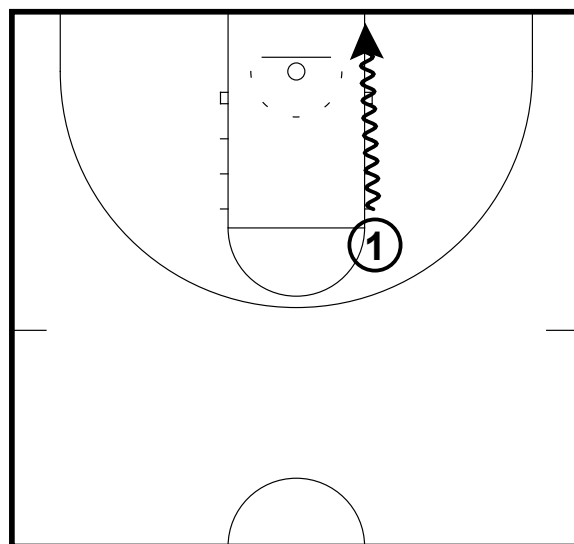
-Player 1 will slide back down to the baseline

"X" Drill
Offensive Drills



-Once player 1 hits the baseline, they will either perform a cross over, between the legs, or behind the back. It is the coach's call. Player 1 will then speed dribble to the other elbow

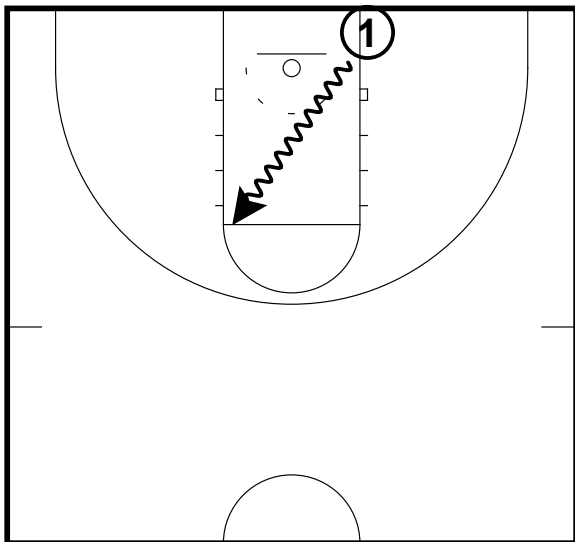
"X" Drill
Offensive Drills



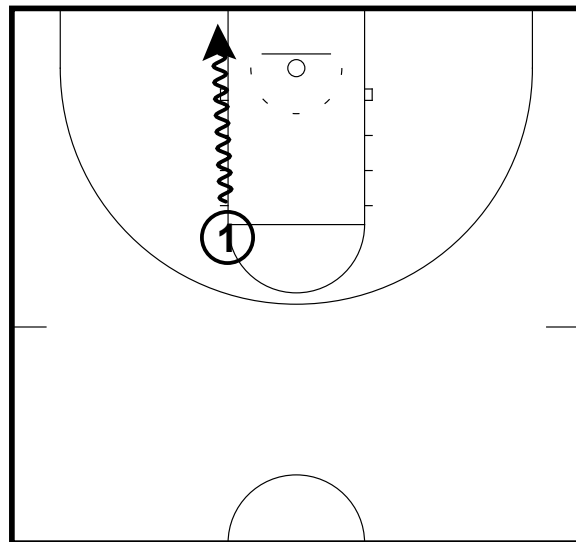
-Player 1 will then slide back down to the baseline

Skill Work

"X" Drill
Offensive Drills



"X" Drill
Offensive Drills

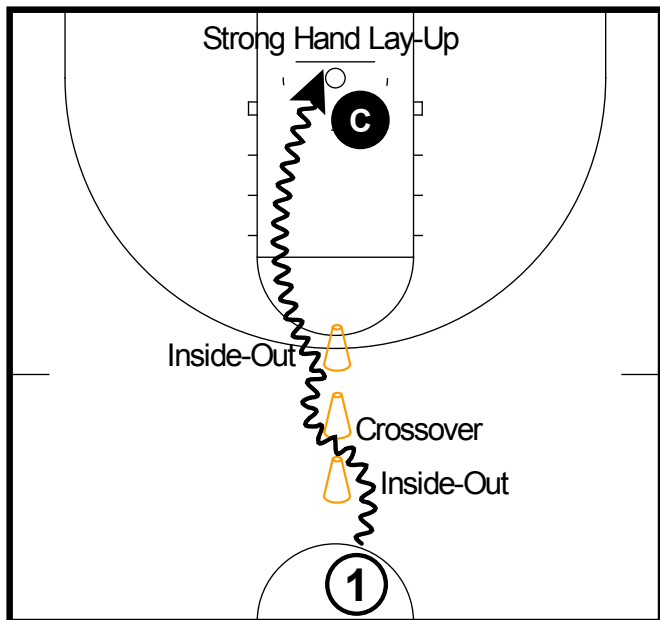


-Once player 1 hits the baseline, they will either perform a cross over, between the legs, or behind the back. It is the coach's call. Player 1 will then speed dribble to the other elbow

-Repeat
-Perform for an amount of time

Skill Work

3 Cone 3 Moves
Offensive Drills

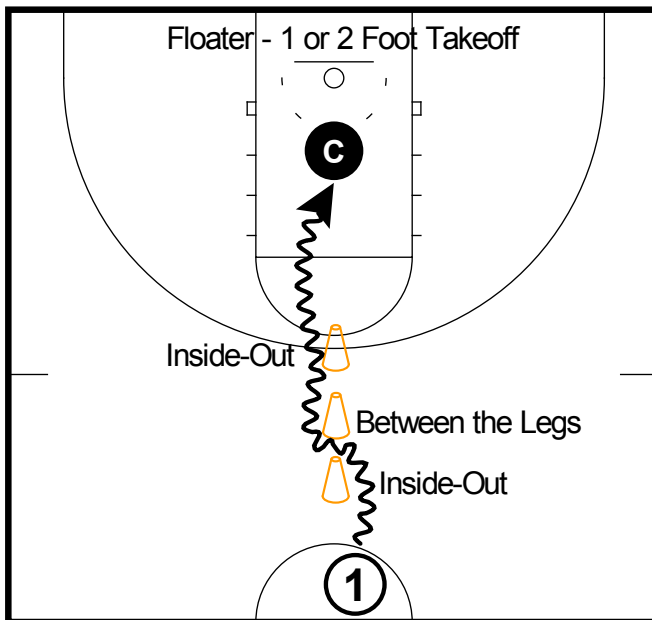


****Players starts on the other side of half-court. Coach has a pad to create contact at the rim.**

Ball starts in right hand and player does an inside-out dribble at the 1st cone followed by a quick crossover at the 2nd cone and then another inside-out (now with left hand) at the 3rd cone.

Player should get to rim in 1 dribble and finish with the strong hand (Left on left side and Right on right side). Make 4 on each side.

3 Cone 3 Moves
Offensive Drills

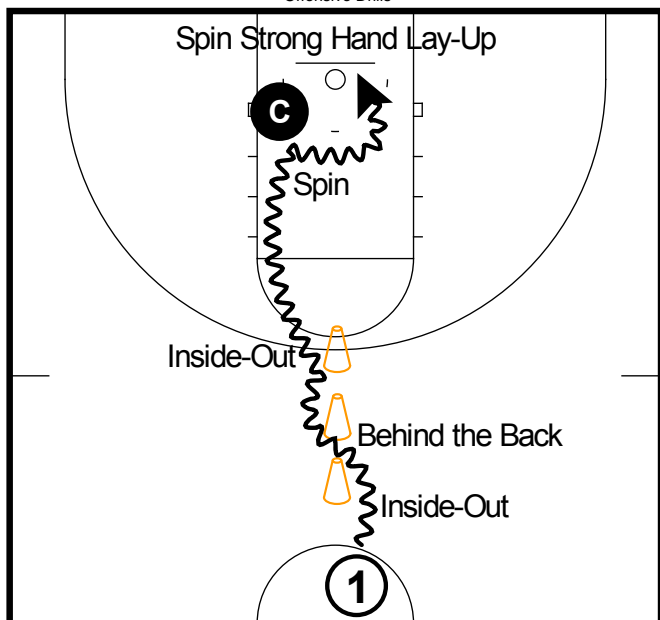


****Players starts on the other side of half-court. Coach has a pad to create contact at the rim.**

Ball starts in right hand and player does an inside-out dribble at the 1st cone followed by a quick between the legs at the 2nd cone and then another inside-out (now with left hand) at the 3rd cone.

Player should get to rim in 1 dribble and finish with a floater. Mix up 1 and 2 foot takeoffs and alternate right and left hand floaters.

3 Cone 3 Moves
Offensive Drills

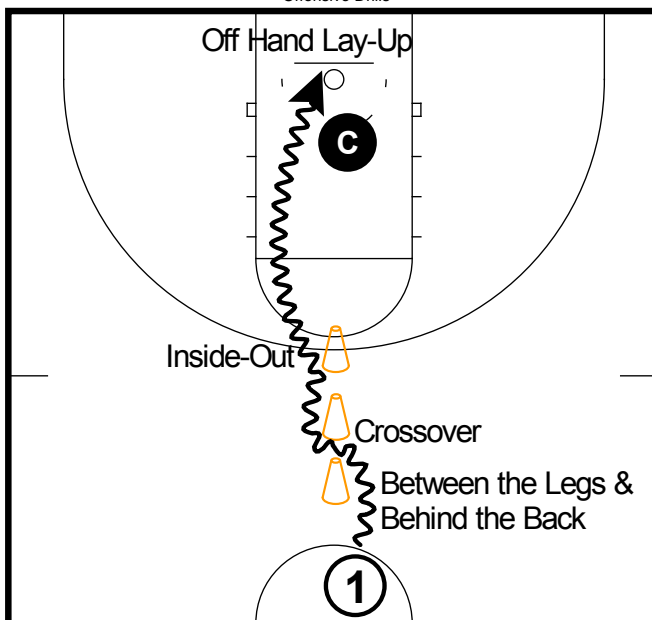


****Players starts on the other side of half-court. Coach has a pad to create contact at the rim.**

Ball starts in right hand and player does an inside-out dribble at the 1st cone followed by a quick crossover at the 2nd cone and then another inside-out (now with left hand) at the 3rd cone.

Player should get to rim in 1 dribble and finish with the strong hand (Left on left side and Right on right side). Make 4 on each side.

3 Cone 3 Moves
Offensive Drills



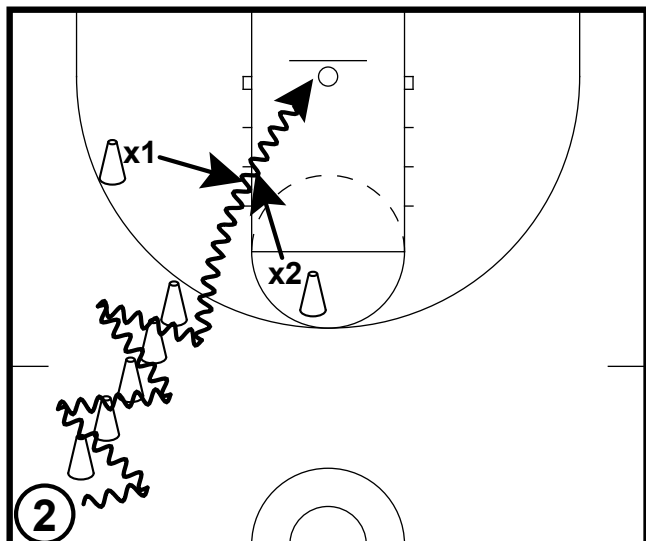
****Players starts on the other side of half-court. Coach has a pad to create contact at the rim.**

Ball starts in right hand and player goes between his legs and then behind his back at the 1st cone followed by a quick crossover at the 2nd cone and then another inside-out (now with left hand) at the 3rd cone.

Player should get to rim in 1 dribble and finish with the off hand (Right on left side and Left on right side). Make 4 on each side.

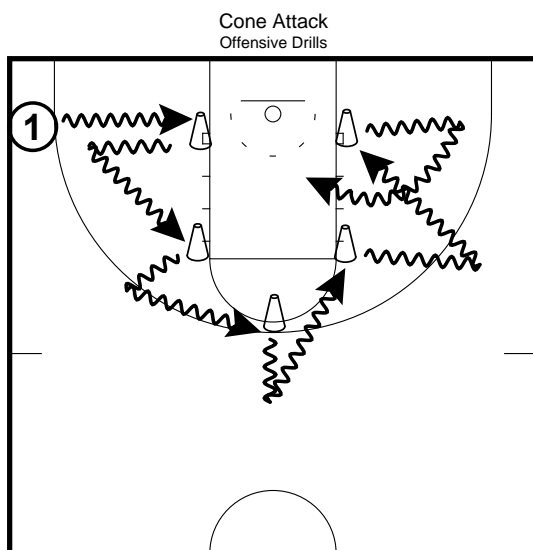
Skill Work

Chair Weave Splitting the Defender Drill
Offensive Drills



- The Player with the ball will start behind the last cone.
- The two Defenders will be at the cones on the three point line.
- The Player will weave through the cones (using the crossover dribble at each cone) as quick as possible.
- Once the Player gets to the last cone, the drill is live. The Player with the ball will split the defense, put the ball out, and finish.
- It is important that when the player gets to the final cone, they push the ball in front of them and get to the basket in one dribble.
- You can use chairs, cones, the back up dribble, or any type of course when performing this drill.
- The Player can cross over, go between the legs, go behind the back, use the spin move or go in and out at each cone.

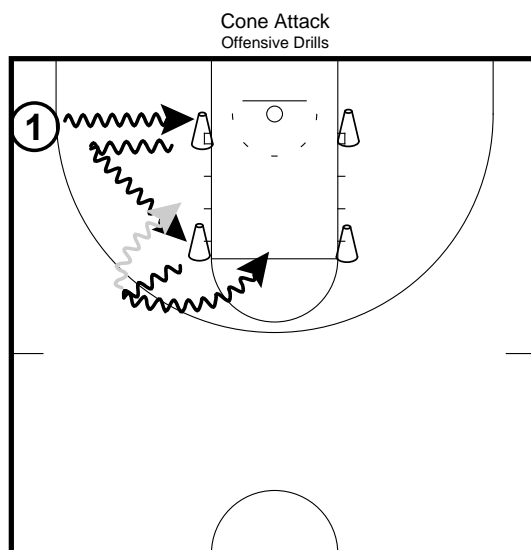
Skill Work



Drive left attacking the cone, left hand 2 dribble pull back & quickly cross-over. Righty drive to the cone at elbow, righty 2 dribble pull back. Righty drive to the cone at the top of the key, righty 2 dribble pull back. Right drive to the cone on the elbow, righty 2 dribble pull back. Righty drive to the cone at block, righty 2 dribble pull back, quick cross-over and finish at rim. Mix up the finishes:

- Stronside
- Weakside
- Reverse
- Floater
- Rondo's

(Make sure you repeat on both sides.)



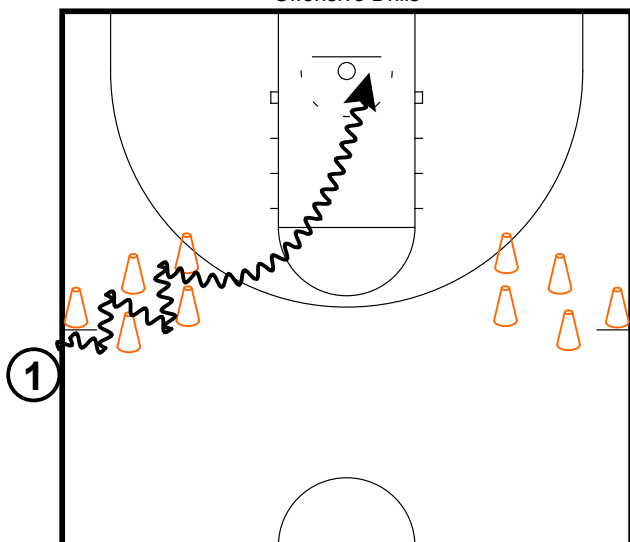
Once you go through the lay-ups a series of times on both sides.

Mix in some jump-shots. Have your players attack two cones and then dribble into 15 ft. jumpers. (Mix in cross-over's at last cone into a jumper as well).

(Make sure you repeat on both sides)

Skill Work

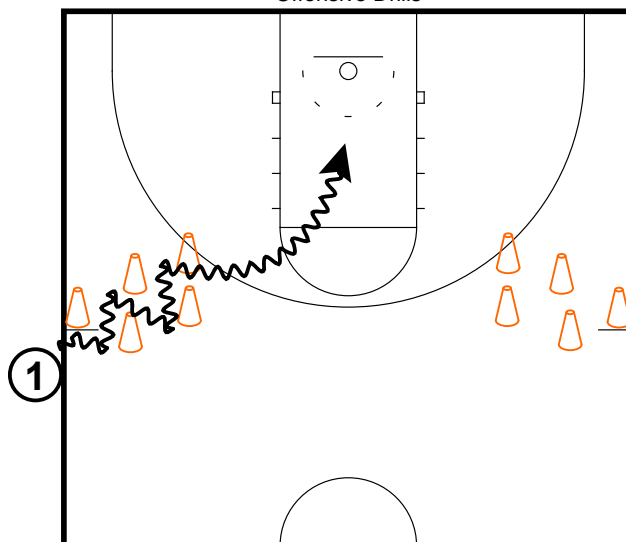
Strong/Reverse Lay-Up
Offensive Drills



Players starts with 1 ball and dribbles at each cone. The player will take 1 hard dribble with the outside hand and quickly crossover, take one hard dribble at the next cone and crossover (keeping the ball below the knees). After the last cone the player takes no more than two dribbles and attacks the rim. Finish on the other side of the rim with strong hand, make 3 per side.

Next set is similar but the player will do an inside-out crossover at each cone. The finish is with the off hand (left hand reverse on right side).

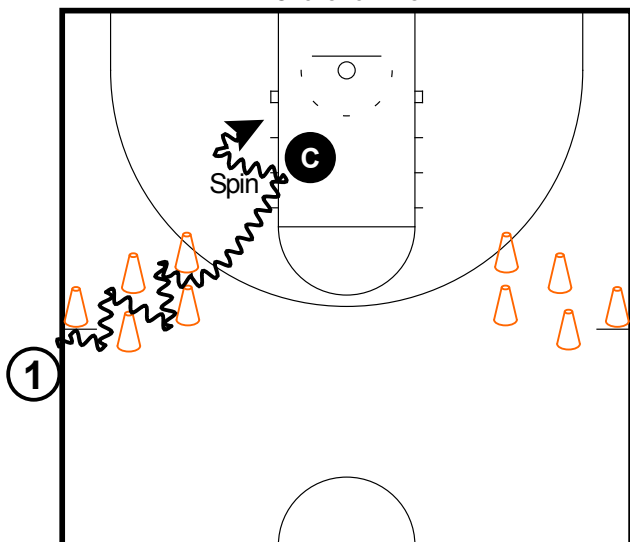
Floater
Offensive Drills



Players starts with 1 ball and dribbles at each cone. The player will take 1 hard dribble with the outside hand and quickly dribble between the legs, take one hard dribble at the next cone and crossover (keeping the ball below the knees). After the last cone the player takes no more than two dribbles and attacks the rim and shoots a floater (1 and/or 2 feet) make 3 per side.

When driving right shoot right floater and left floater driving left

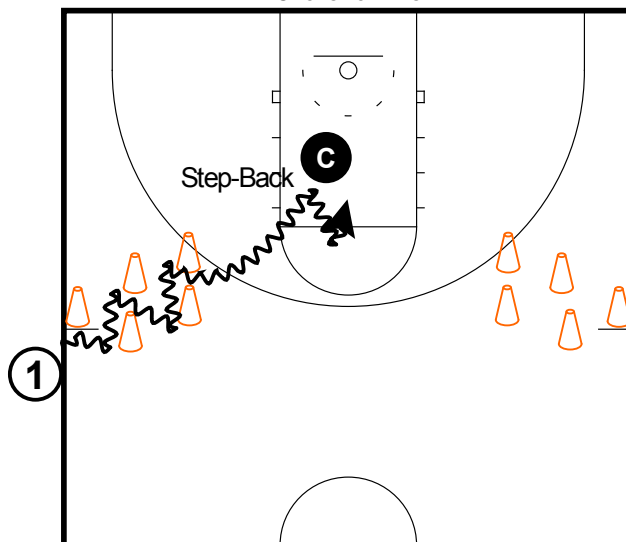
Spin Fadeaway
Offensive Drills



Players starts with 1 ball and dribbles at each cone. The player will take 1 hard inside-out dribble with the outside hand and quickly dribbles between the legs, take one hard dribble inside-out at the next cone and between the legs (keeping the ball below the knees). After the last cone the player takes one hard dribble and spins off the coach/pad for a fade away jumper. Make sure the player is not drifting, but slightly leaning/fading back to get the shot over a big.

Contest the shot without getting under the shooter (prevent ankle injuries).

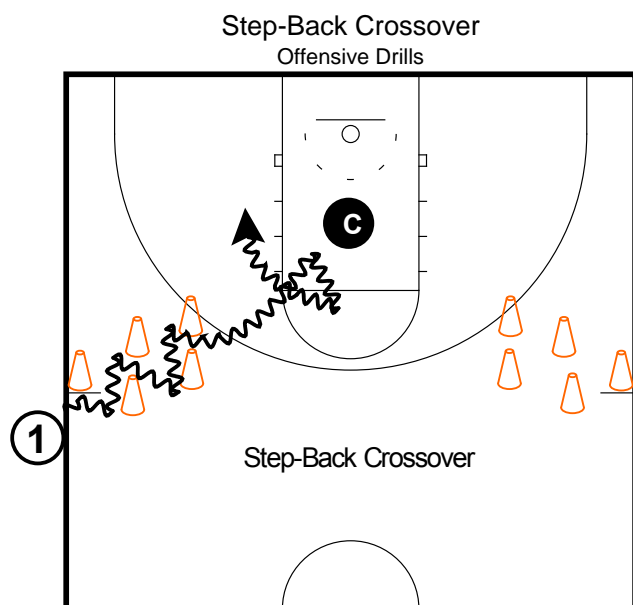
Step-Back
Offensive Drills



Players starts with 1 ball and dribbles at each cone. The player will take 1 hard inside-out dribble with the outside hand and quickly dribbles behind the back, take one hard dribble inside-out at the next cone and behind the back (keeping the ball low). After the last cone the player takes one hard dribble at the lane and steps one hard step back into a jumper.

Contest the shot without getting under the shooter (prevent ankle injuries).

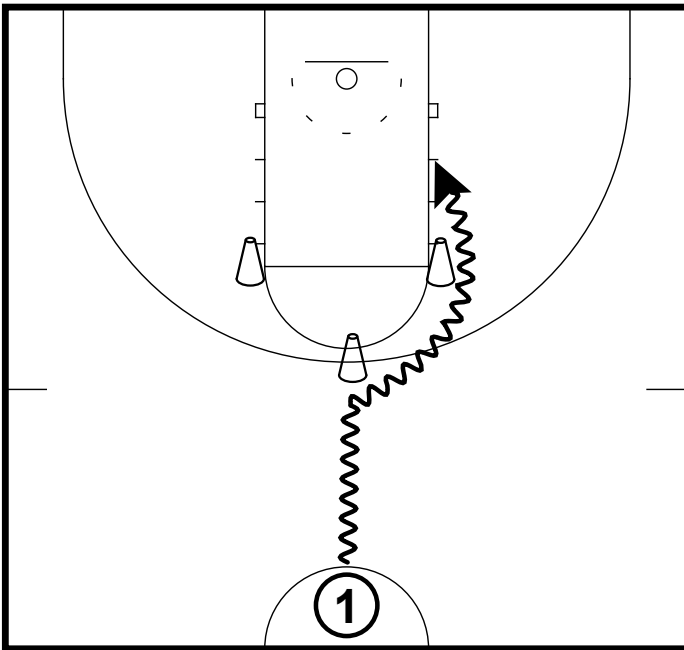
Skill Work



Players starts with 1 ball and dribbles at each cone. The player will take 1 hard dribble with the outside hand and quickly dribbles between the legs->behind the back->crossover, take one hard dribble at the next cone and dribbles between the legs->behind the back->crossover (keeping the ball low). After the last cone the player takes one hard dribble at the lane and steps one hard step back dribble and then quickly crosses over, creates space with 1 dribble for a jumper.

Skill Work

Finishing Drill
Offensive Drills

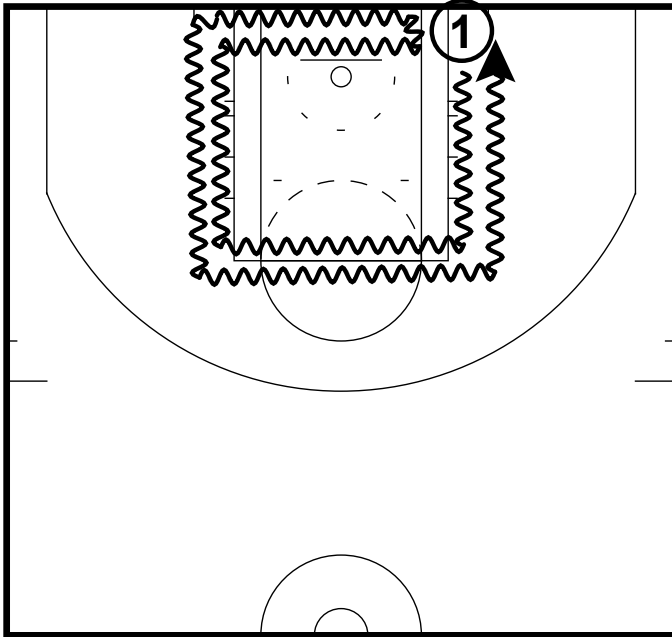


Player makes a combo move at the 1st cone and takes 1 dribble past the second cone to get to the rim. (It is important the player only takes 1 dribble following their combo move..teach them to cover space with less dribbling). "Take off and extend"

Work on multiple finishes and chart them!

Skill Work

2 Ball Lane Runs
Offensive Drills



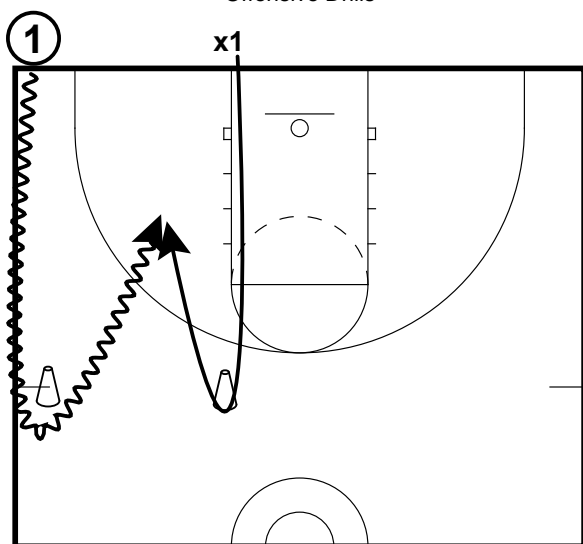
Player starts with 2 balls. Speed dribbles at elbow and then slides to the opposite elbow, player then back pedals to baseline and slides to opposite lane line. Player then repeats drill back to start.

Mix up the dribbles:

- Together forward and backward and alternate on the slides
- Alternate forward and backward and alternate on the slides

Skill Work

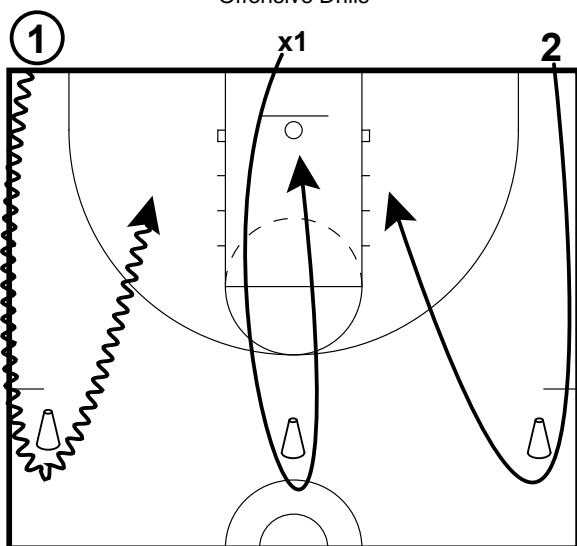
1 on 1 Trailblazer Offensive Drills



- The offensive player will start in the corner behind the baseline.
- The defensive player will start behind the baseline, even will the free throw line.
- On the coaches command, the offensive player will dribble around the outside of the cone. The defensive player will sprint around the outside of the cone.
- The drill is live.

Skill Work

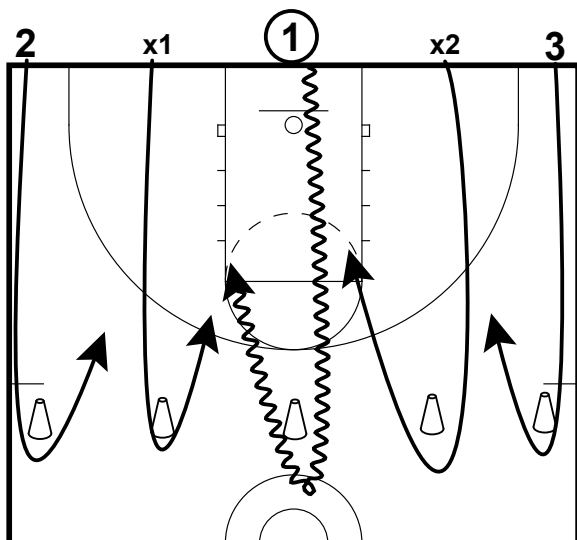
2 on 1 Trailblazer Offensive Drills



- The two offensive players start in both corners behind the baseline; either offensive player can start with the basketball.
- The defender starts under the basket behind the baseline.
- On the coaches command, the two offensive players will run around the outside of the cones. The defensive player runs around the middle cone.
- The drill is live.
- The offense can't make more than two passes.

Skill Work

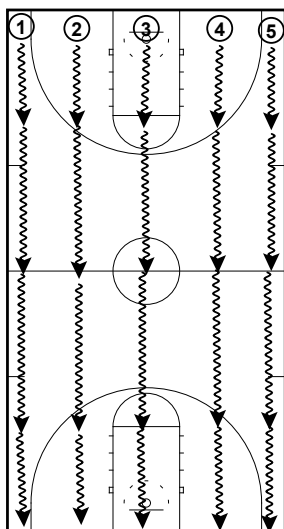
3 on 2 Trailblazer Offensive Drills



- The offensive player with the ball will start behind the baseline underneath the basket.
- The two offensive wings will start in both the corners behind the baseline.
- The two defenders will start between the wings and the player with the ball in the middle.
- On the coaches command, each player will run around their cone.
- The defenders have to communicate which one has the basket and which one is stopping the ball.
- The player with the ball is looking to get all the way to the basket.
- The two wings are running wide.
- The offense can't make more than two passes.

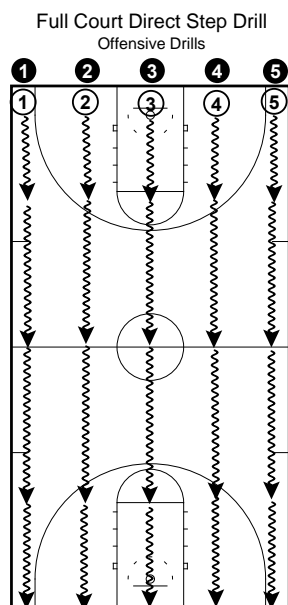
Skill Work

Full Court Cross Over Step
Offensive Drills



- On the coaches command of "feet", the players on the baseline and all the players behind the first group will quick stop. When coach yells "go" the first group will cross over step, and will dribble with their weak hand to the free throw line
- Once the first group gets to the free throw line, they will quick stop again. The players in the back on the line will step up. We want the next line to have their feet ready for coaches next command.
- On the coaches command of "go", both groups will cross over step and will dribble with weak hand to the next stop on the court. The next group will step up with their feet ready.
- Each time the groups get to the spots on the court they need to, they will quick stop
- The spots are the free throw line, half court, the opposite free throw line, and the baseline

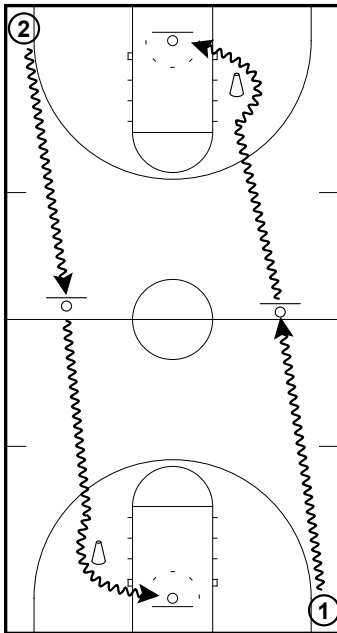
Skill Work



- On the coaches command of "feet", the players on the baseline and all the players behind the first group will quick stop. When coach yells "go" the first group will direct step, and will dribble with their dominate hand to the free throw line
- Once the first group gets to the free throw line, they will quick stop again. The players in the back on the line will step up. We want the next line to have their feet ready for coaches next command.
- On the coaches command of "go", both groups will direct step and will dribble with dominate hand to the next stop on the court. The next group will step up with their feet ready.
- Each time the groups get to the spots on the court they need to, they will quick stop
- The spots are the free throw line, half court, the opposite free throw line, and the baseline

Skill Work

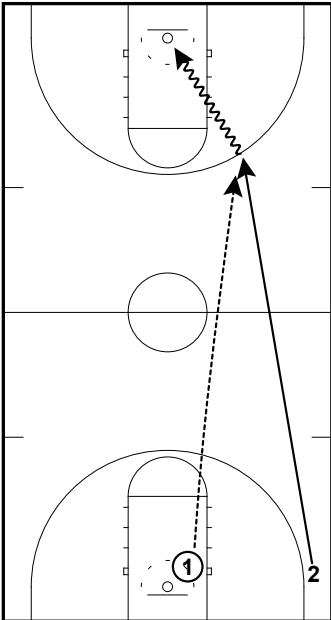
Full Court Pitino
Offensive Drills



- Each player starts in the baseline corner on opposite sides of each other
- Each player will speed dribble with their outside hand to half court
- Once the player gets to half court they will "quick feet" staying low, pounding the basketball
- On the coach's command, the player will attack down hill to the cone
- The player will perform a series of moves at the cone:
In and out power layup; In and out cross over layup on the other side; hesitation, stride step, step thru; through the legs, floater; euro step; speed dribble, bank shot; speed dribble 3

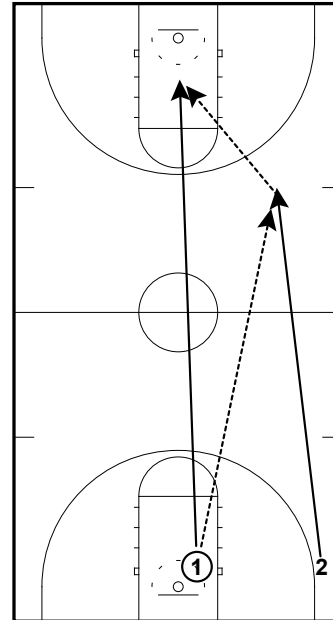
Skill Work

Utah Drill
Offensive Drills



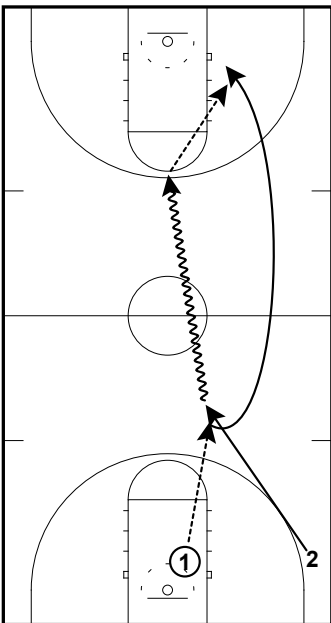
- Rebounder throws the ball off the back board while turning in the air
- The wing is wide sprinting the floor
- The rebounder gives the wing a great outlet pass
- The wing lays it up
- Switch the players up on the other side

Utah Drill
Offensive Drills



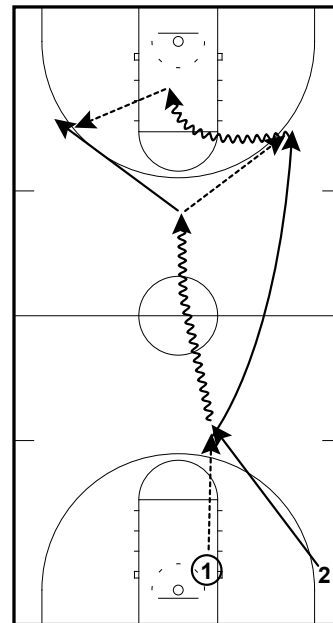
- Rebounder throws the ball off the back board while turning in the air
- The wing is wide sprinting the floor
- The rebounder gives the wing a great outlet pass
- The rebounder is sprinting to the front of the rim
- The wing passes the ball to the rebounder for a lay up
- Switch players at the other end

Utah Drill
Offensive Drills



- Rebounder throws the ball off the back board while turning in the air
- The wing is now sprinting to the middle of the floor
- The rebounder gives the wing a great outlet pass
- The wing now dribbles up the middle of the court
- The rebounder is now sprinting wide
- The wing hits the rebounder for the lay up

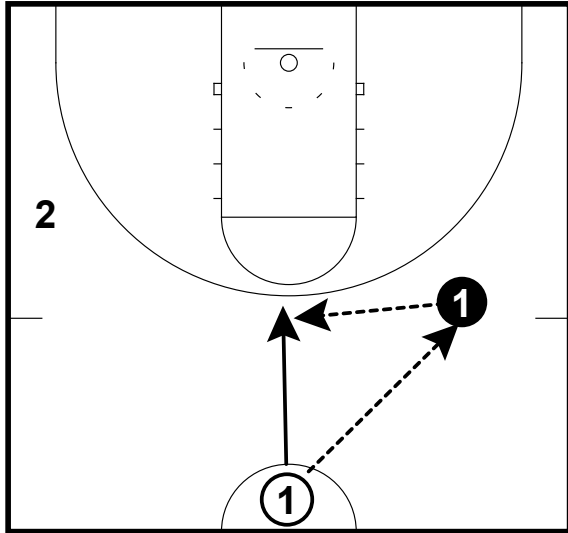
Utah Drill
Offensive Drills



- Rebounder throws the ball off the back board while turning in the air
- The wing is now sprinting to the middle of the floor
- The rebounder gives the wing a great outlet pass
- The wing now dribbles up the middle of the court
- The rebounder is now sprinting wide
- The wing hits the the rebounder free throw line extended
- The rebounder shot fakes and penetrates in the lane and kicks it to the wing for a 3

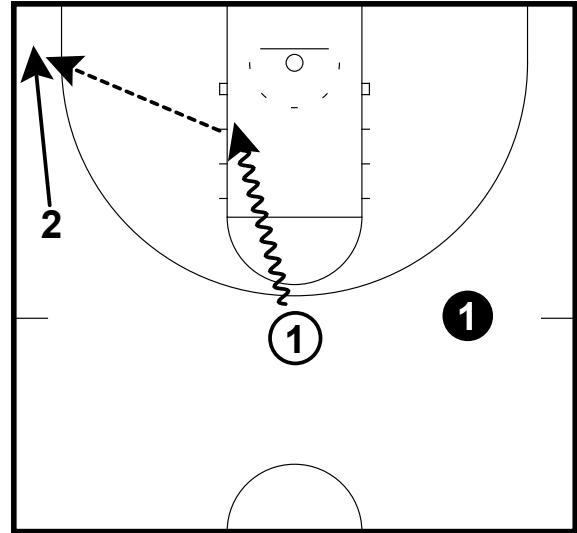
Skill Work

2 on 0 Penetrate and Kick to the Corner
Offensive Drills



- Player 1 will start in the jump circle with a ball
- Player 1 will make a pass to coach
- Coach will pass the ball back to player 1 near the three point on
- Player 1 will catch the ball using a quick stop; player 1 wants to think shoot first on his catch

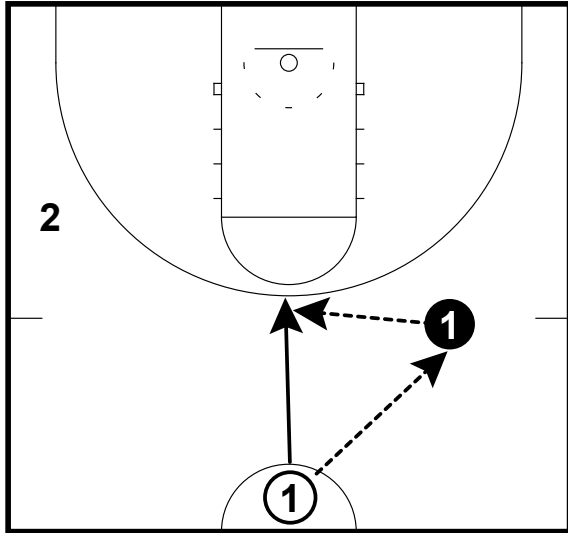
2 on 0 Penetrate and Kick to the Corner
Offensive Drills



- If player 1 is left handed, he will use his direct step; if player 1 is right handed, he will use his cross over step
- Player 1 will penetrate on player 2's side
- As player 1 penetrates, player 2 will slide down to the corner; player 2 wants to be in front of the ball the whole time
- Player 2 wants to stay low; on the catch he wants to use a quick stop and be at the bottom of his shot on the catch
- Perform drill on both sides

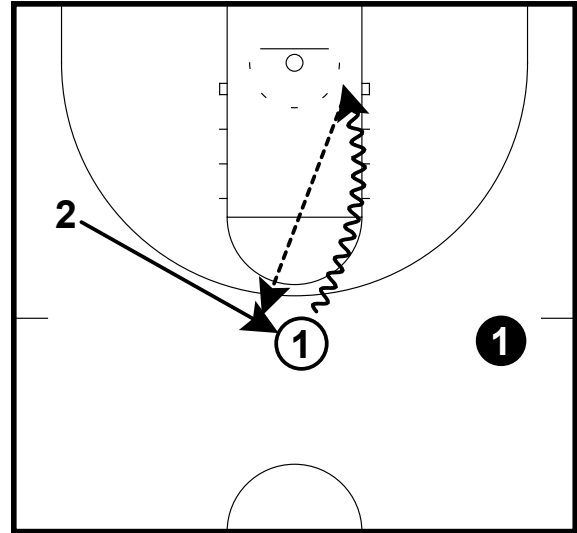
Skill Work

2 on 0 Penetrate and Toss Back to the Top of the Key
Offensive Drills



- Player 1 will start in the jump circle with a ball
- Player 1 will make a pass to coach
- Coach will pass the ball back to player 1 near the three point on
- Player 1 will catch the ball using a quick stop; player 1 wants to think shoot first on his catch

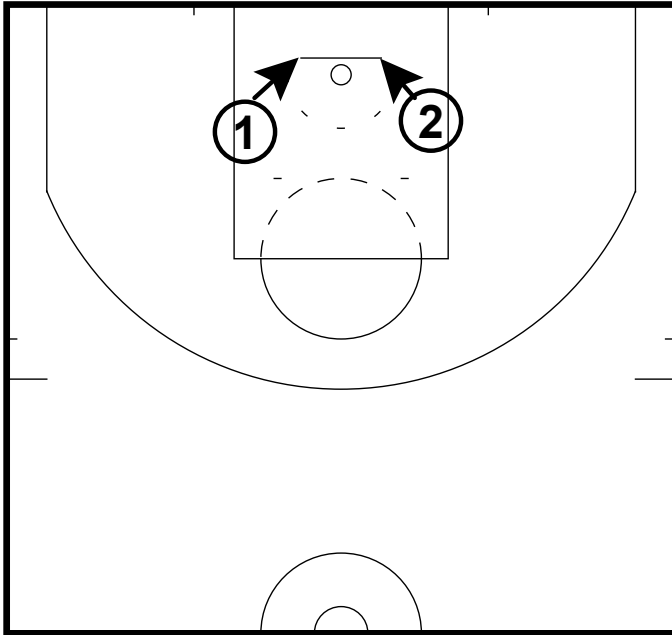
2 on 0 Penetrate and Toss Back to the Top of the Key
Offensive Drills



- If player 1 is left handed, he will use his cross over step; if player 1 is right handed, he will use his direct step
- Player 1 will penetrate away from player 2
- As player 1 penetrates, player 2 will sprint to the top of the key
- Player 1 will reverse pivot and will toss the ball back to player 2
- Player 2 wants to stay low; on the catch he wants to use a quick stop and be at the bottom of his shot on the catch
- Perform drill on both sides

Skill Work

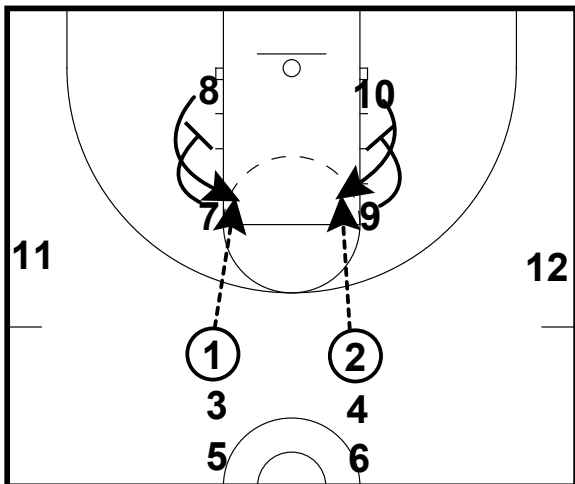
Point of Board Shooting
Offensive Drills



Players take one to two steps away from the backboard. Players line their toe up with the point of the back board. A right handed shooter would line their right foot up at a 45 degree angle from the side of the backboard to be in alignment with the point of the board. Align the shooting hand to the forward foot. Shots that are perfect will return to the hand that is raised for the follow through. If the ball bounces to the side, the player has pushed the ball in that direction or twisted their wrist instead of snapping it straight. If the ball returns high or low then the player did not have optimal arc on their shot.

Skill Work

3FTC Hurricane Shooting Drill
Offensive Drills

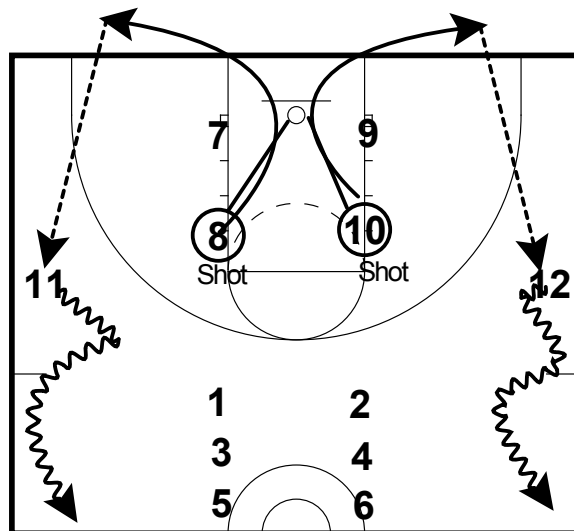


Drill starts with 2 lines. You can add 2 additional balls to speed up the drill but wait until the rotation is correct.

Drill begins with elbow players (7 & 9) downscreening for players on the block (8 & 10).

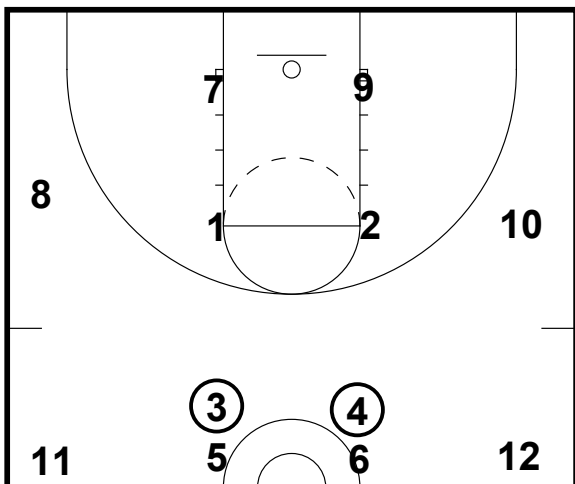
1 and 2 pass to the players on their side

3FTC Hurricane Shooting Drill
Offensive Drills



8 & 10 shoot, get their own rebound and get out of bounds to make an inbounds pass. **(MAKE SURE THEY STEP OUT OF BOUNDS)** They pass to players on their sideline then follow their pass to replace. 11 and 12 will dribble to 1/2 court line.

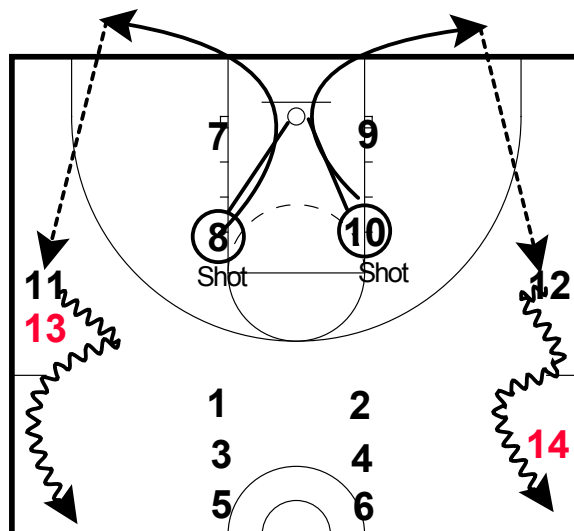
3FTC Hurricane Shooting Drill
Offensive Drills



Rotation:

- 1 and 2 move to elbow (Passer to Screener)
- 7 and 9 move to block (screener to Shooter)
- 8 and 10 move to wing (Shooter to Outlet)
- 11 and 12 move to back of line

3FTC Hurricane Shooting Drill
Offensive Drills

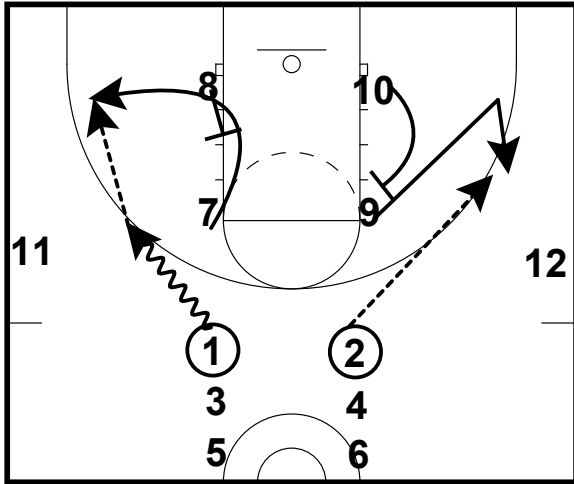


Option: You can add a defender and zig zag dribble

13 & 14

Skill Work

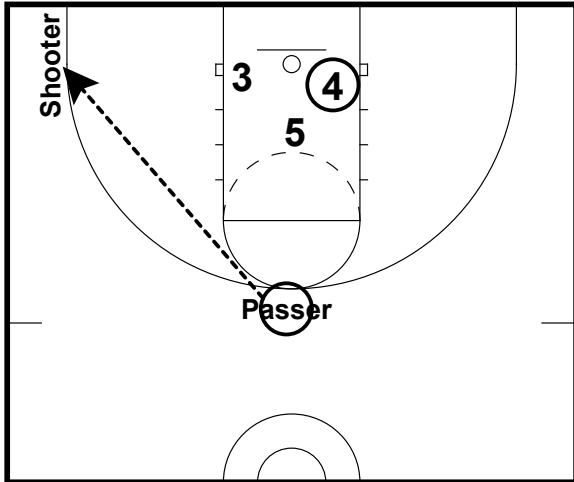
3FTC Hurricane Shooting Drill Offensive Drills



Make the drill fit your team. You can change the screen options.
Use it to meet your needs.

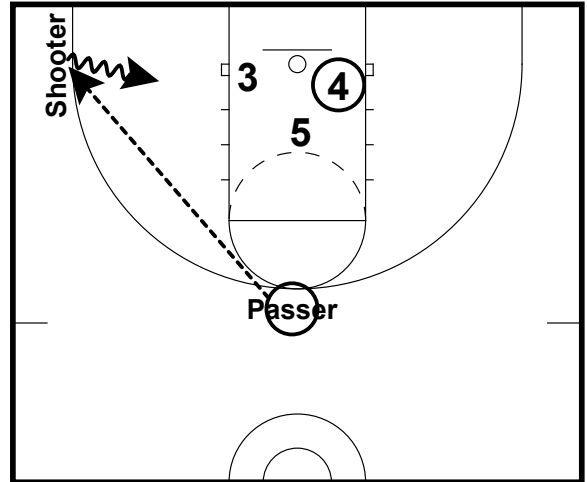
Skill Work

3FTC Rip Hamilton Shooting Drill
Offensive Drills



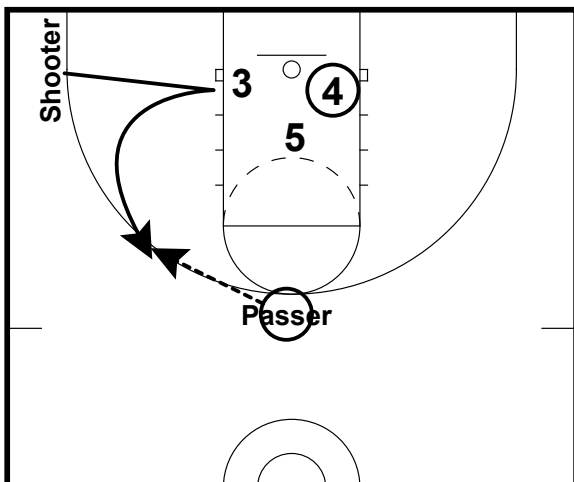
This is a 5 shot drill. The drill will begin with a pass from the passer to the shooter. The shooter will shoot a corner 3pt shot first.

3FTC Rip Hamilton Shooting Drill
Offensive Drills



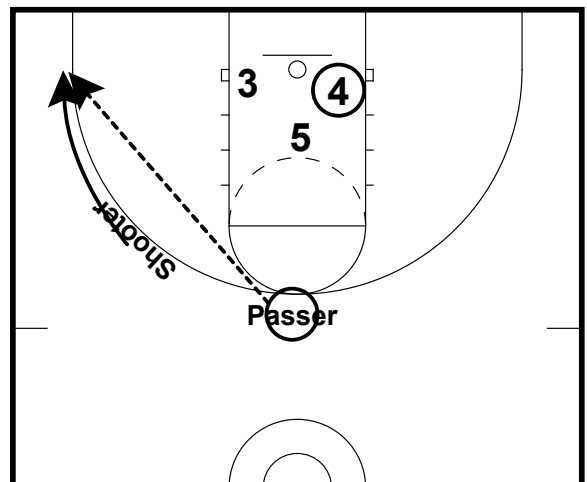
The 2nd shot is a shot fake/ mid range pull-up

3FTC Rip Hamilton Shooting Drill
Offensive Drills



The 3rd shot is curl off a pin down

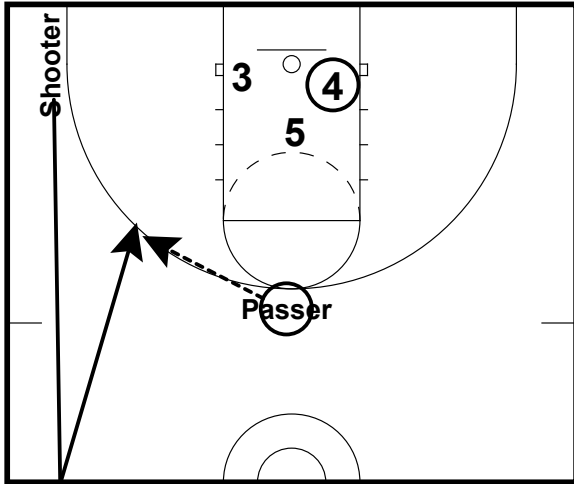
3FTC Rip Hamilton Shooting Drill
Offensive Drills



The 4th shot is a flare to the corner.

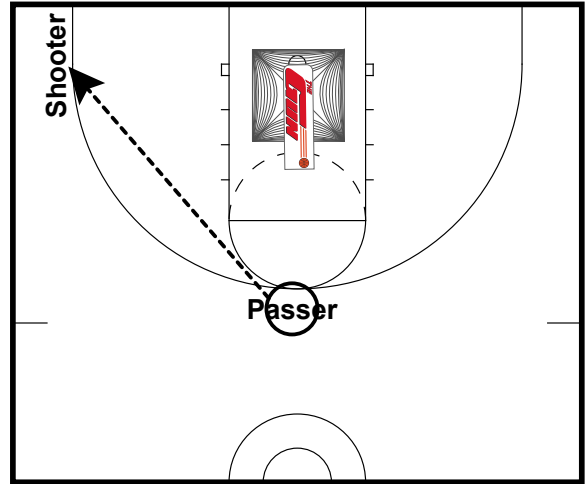
Skill Work

3FTC Rip Hamilton Shooting Drill
Offensive Drills



The 5th and final shot is a transition 3pt shot. After shooting the flare, the shooter sprints to the half court line and back to the wing.

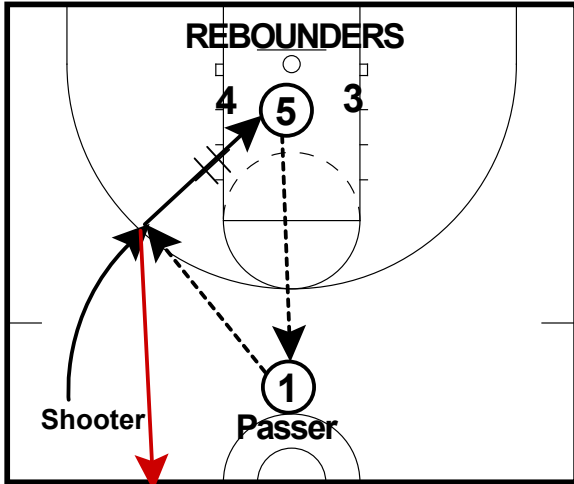
3FTC Rip Hamilton Shooting Drill
Offensive Drills



You can use The Gun on this drill also

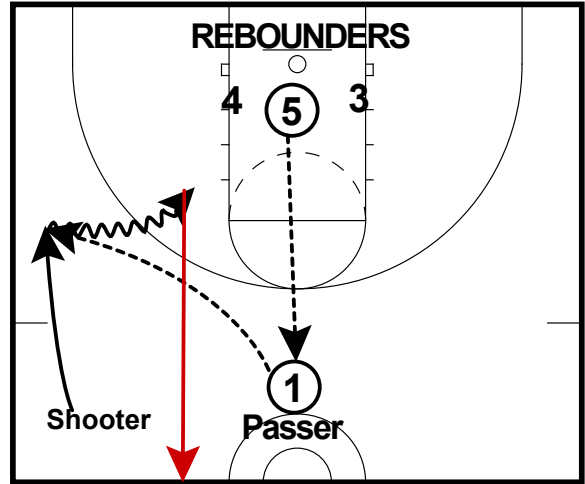
Skill Work

3FTC Stephen Curry Shooting Workout
Offensive Drills



Drill starts with pass to the shooter for a wing 3. After the shot the shooter runs back to half court. The rebounder with the ball passes to the passer so the drill doesn't lag

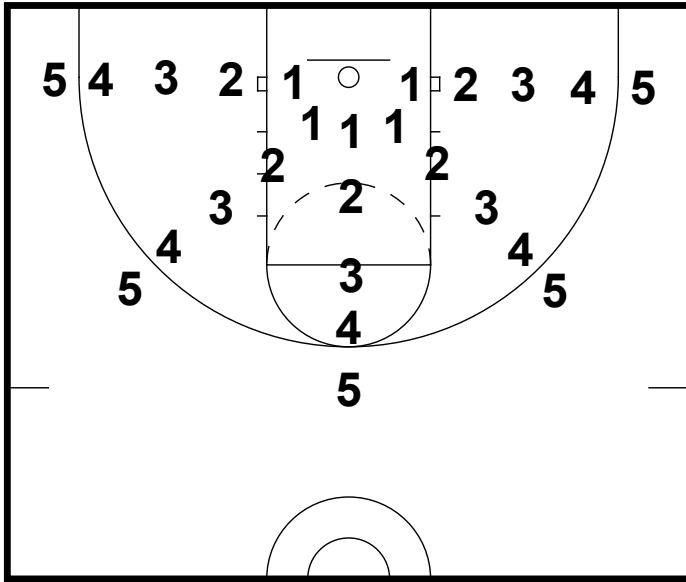
3FTC Stephen Curry Shooting Workout
Offensive Drills



On a make the routine is the same. After a miss, the passer throws the ball out in front of the shooter. The shooter must catch, make a move and take a mid-range shot.

Skill Work

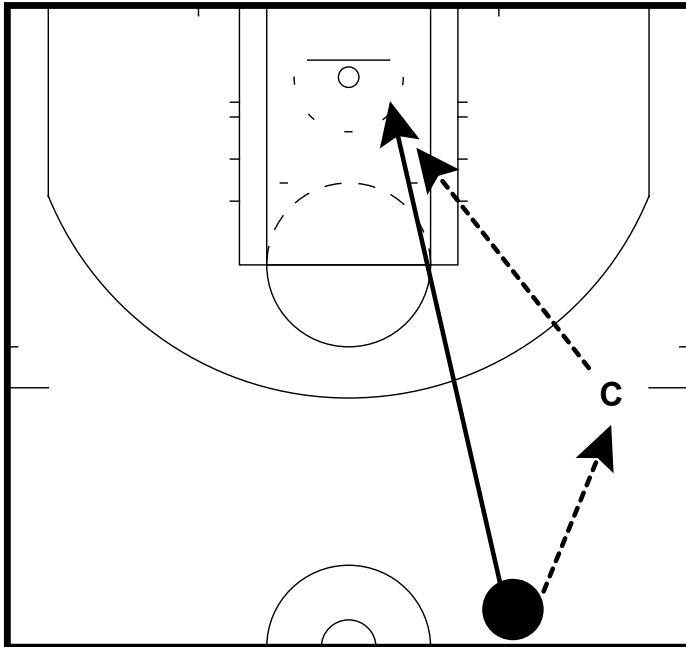
Ray Allen 2 Minute Shooting Drill
Offensive Drills



- There are 5 ladders on the floor - right baseline, right wing, middle, left wing, and left baseline
- Players begin shooting at 1 on each ladder
- If a player misses a shot while moving up the ladder, they must start over at 1
- The goal is to complete all 5 ladders in 2 minutes or less

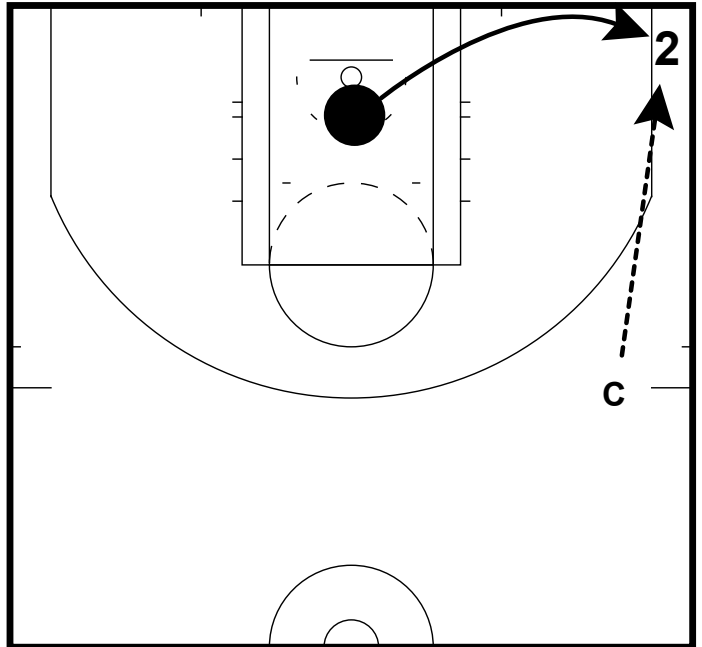
Skill Work

5 Shots From 5 Spots
Offensive Drills



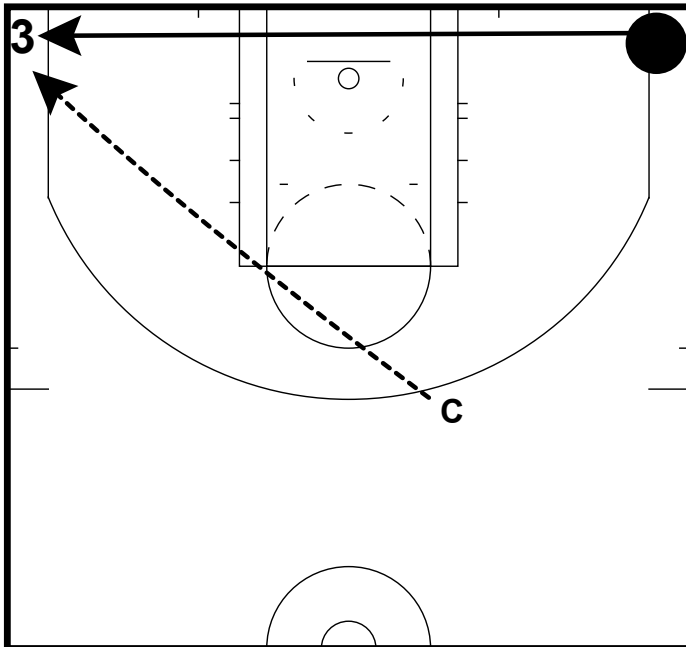
Player passes to coach and sprints in for a lay-up.

5 Shots From 5 Spots
Offensive Drills



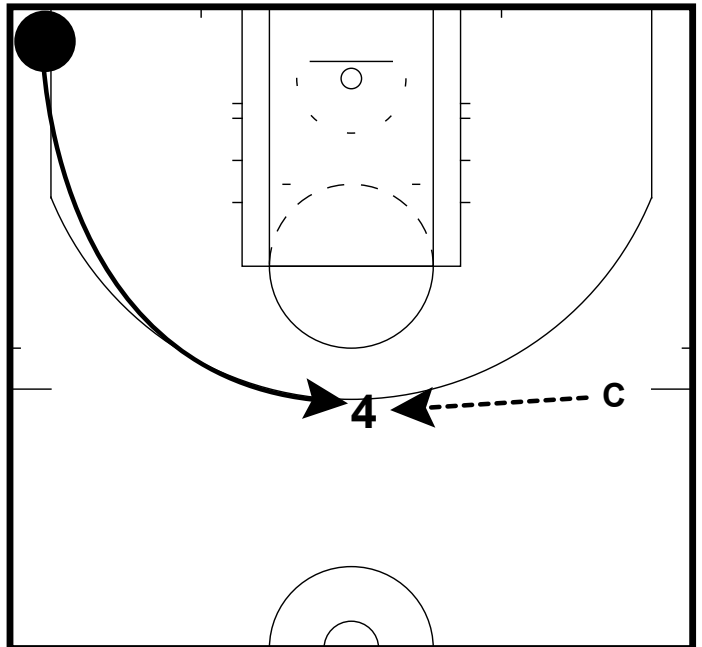
Player then cuts to the corner for a three-pointer.

5 Shots From 5 Spots
Offensive Drills



Player then sprints to opposite corner for a three-pointer.

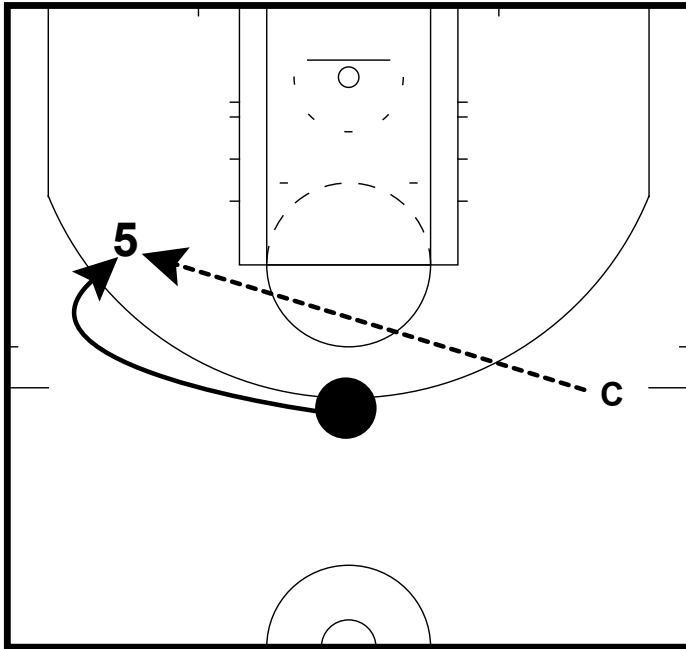
5 Shots From 5 Spots
Offensive Drills



Player then cuts to the top of the key for a three-pointer.

Skill Work

5 Shots From 5 Spots
Offensive Drills

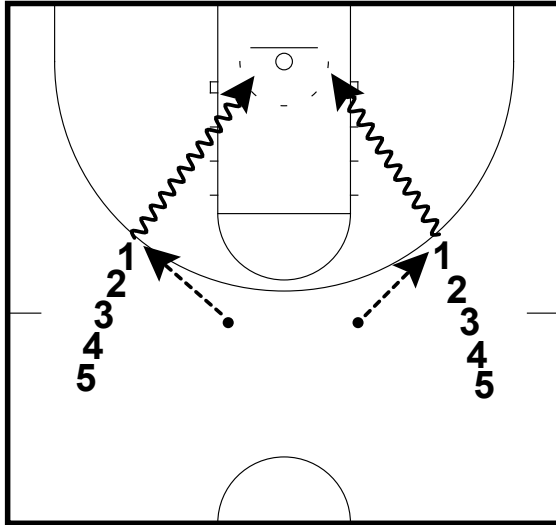


Player then flares to the wing for a mid-ranger jumper.

Repeat three times for total of 15 shots. Must make 11-15.

Skill Work

NBA Warmup Offensive Drills



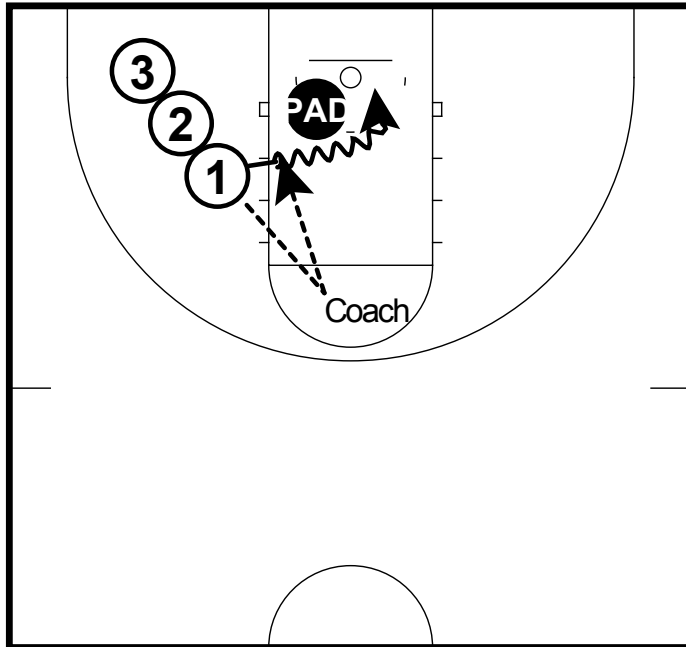
Coaches are the passers, where the dots are. Players line up behind the wing in a single file line. The player will sprint to the 3pt line, and then execute the following series of moves:

1. Rip and go lay-up
2. Change of direction and lay-up
3. Rip and go jump-shot
4. Change of direction jump-shot
5. 1 dribble step-back jumper
6. 3 pointer

This series of moves is to be executed twice at each wing, once going to the open side and another time going to the middle.

Skill Work

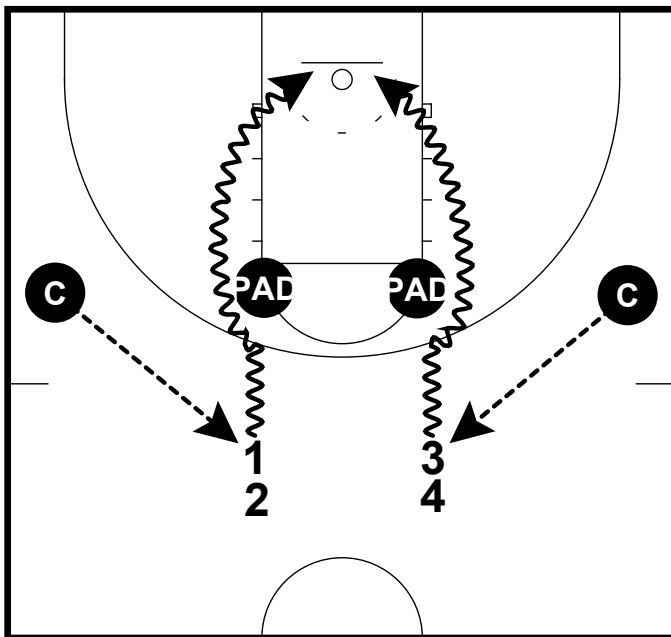
Finishers
Offensive Drills



Players start with the ball (Staggered Feet) and throw a bounce pass to the coach who taps it back to them (Sometimes a good pass and sometimes bad). Players must step into the pass, drop their inside shoulder and push the ball out and finish through contract from a pad.

Skill Work

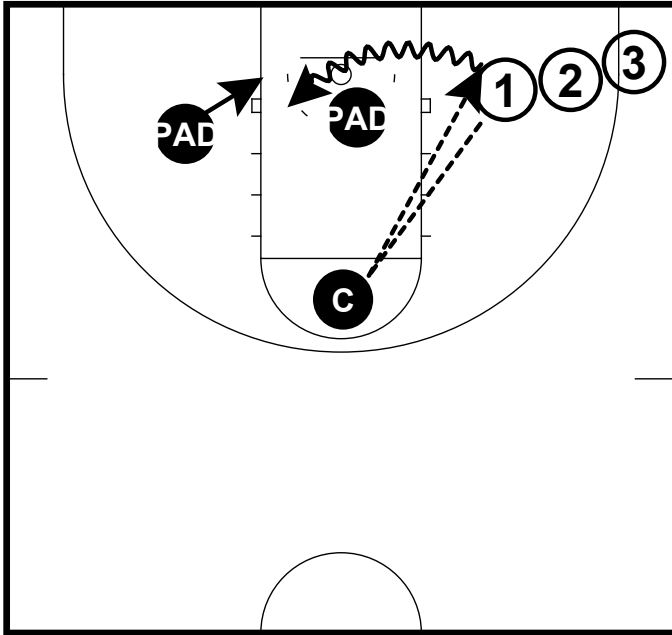
Contact Drives
Offensive Drills



Players catch the ball and make their dribble move as they approach the coach with the pad (eyes up, shoulders dropped). He watches for shoulders, eyes and where the feet are when they make contact with the pad (getting the lead foot to face the rim). Drive at the defender's body and off their shoulder.

Skill Work

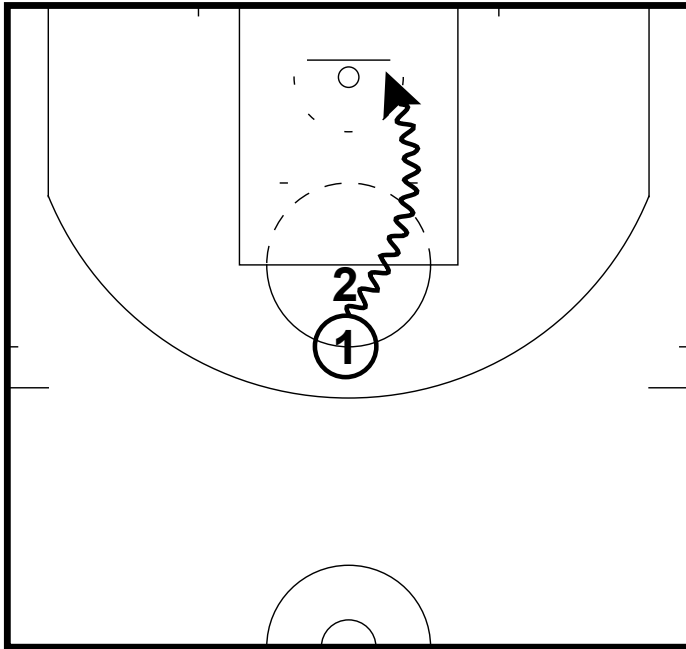
Under Finishers
Offensive Drills



Player starts with the ball and he passes it to the coach who passes it back. The player rips the ball baseline and drives underneath the rim (through the pad of the coach and underneath the rim) to finish on the other side of the rim as a coach whack down with an arm pad. The player puts back any misses (next guy in line waits for him to score).

Skill Work

Michigan Finishing
Offensive Drills



- 1 and 2 both face the basket
- 1 places ball on 2's back
- 1 rips ball of 2's back and attacks basket
- 2 tries to defend basket as 1 tries to finish