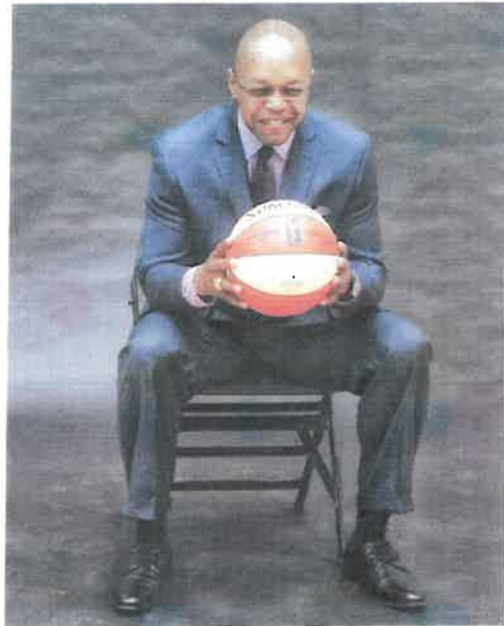


# Quick Tips & Drills



Coaching is the art of improving the performance of others. Coaches should encourage their player's to learn from and be challenged by their coaching staff. This will create conditions for continuous development on the basketball court, and in life.

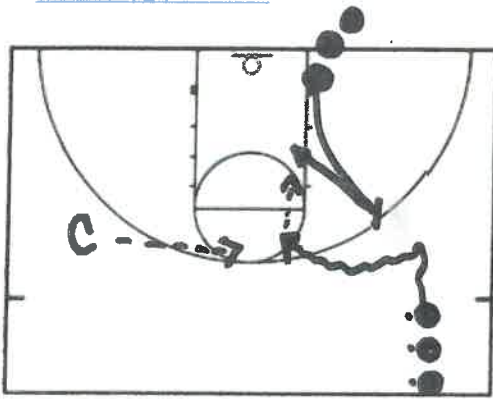
If your team has a positive attitude, they are more able to face new challenges on the court. Great leadership in the locker room will help process your team goals much faster and make a coaches job a lot easier. Make sure each staff and team member is committed to the team's goals. When everyone understands their commitment , then a successful season is in the making. A good coach remains composed under pressure , focusing on what is in their power to change.

Always respect each others space. Respect the game!

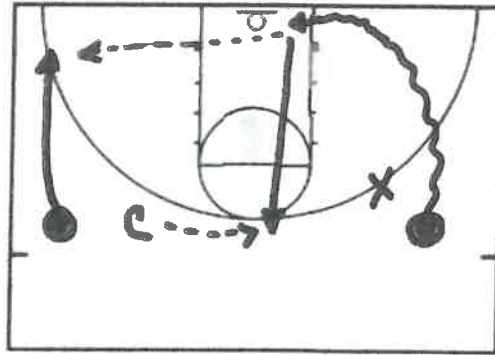
*Coach Fred Williams*

**Coach Fred Williams Development Drills**

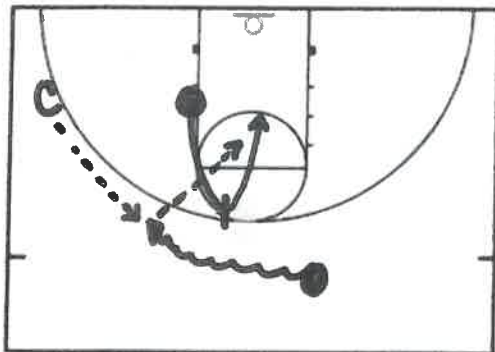
[bassfreddy@yahoo.com](mailto:bassfreddy@yahoo.com)



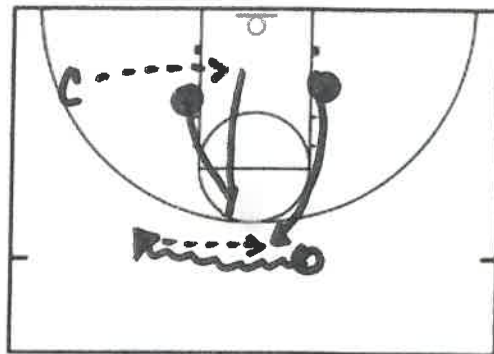
**PICK AND ROLL SHOOTING**



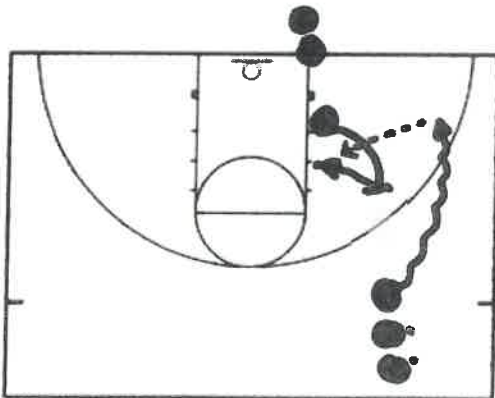
**DRIVE KICK SHOOTING**



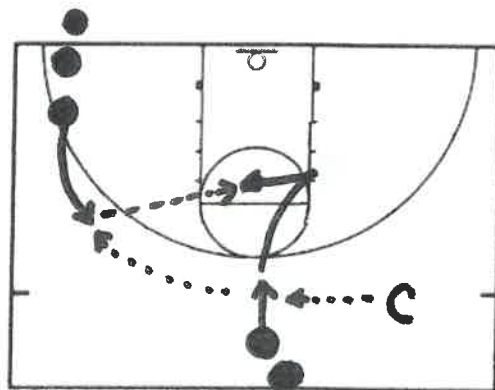
**MIDDLE BALL SCREEN SHOOTING**



**ROLL AND RAISE SHOOTING**



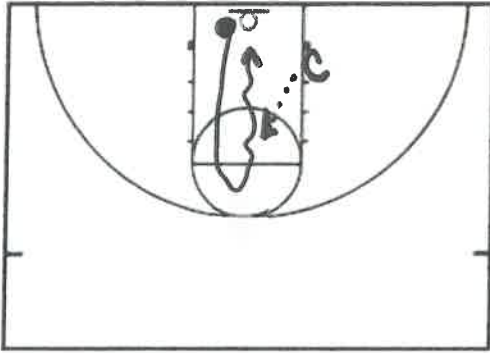
**STEP-UP SCREEN SHOOTING**



**REVERSE-TAG-FLASH SHOOTING**

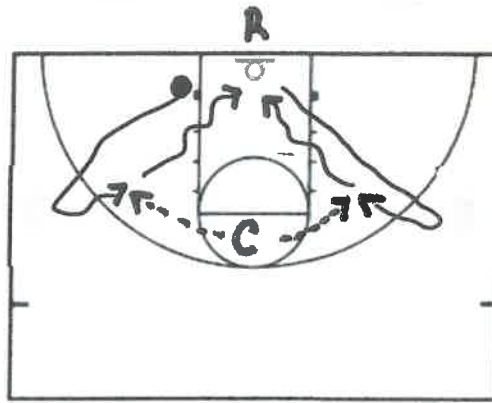
**Coach Fred Williams Development Drills**

[bassfreddy@yahoo.com](mailto:bassfreddy@yahoo.com)



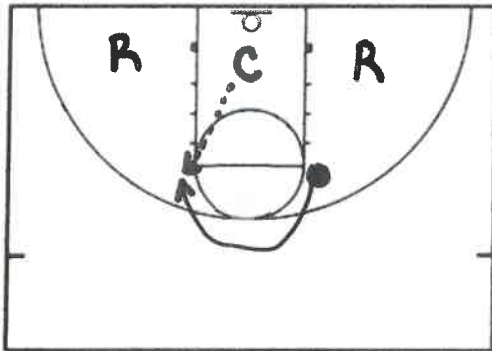
**1 MINUTE LAY-UPS "GUT-CHECK"**

Time: 1 minute Goal: 12-17



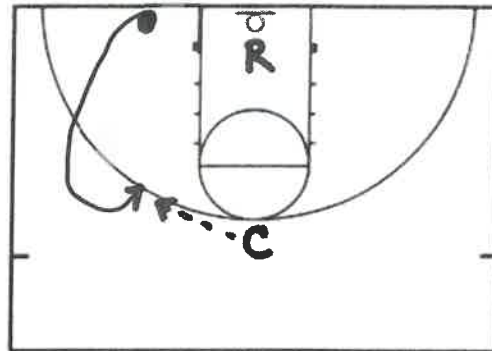
**TRANSITION LAY-UPS**

Time: 35 seconds Goal: make 8-12



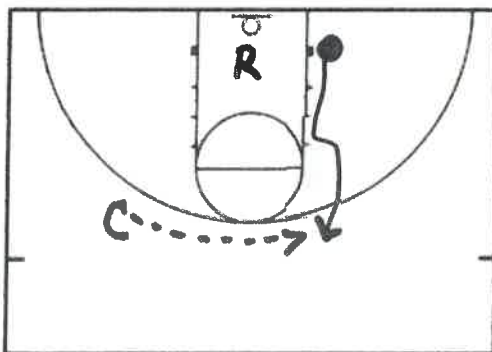
**U SHOOTING**

Time: 45sec. Goal: 7-10



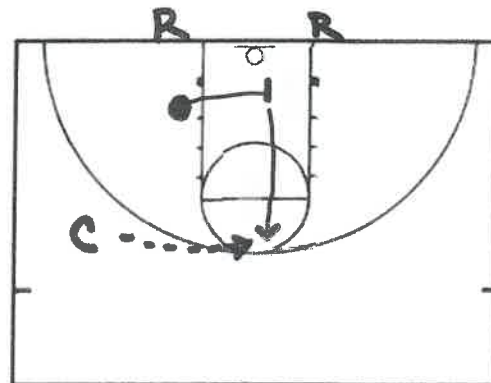
**WING CURL JUMPERS**

Time: 45sec. Goal: 7-10



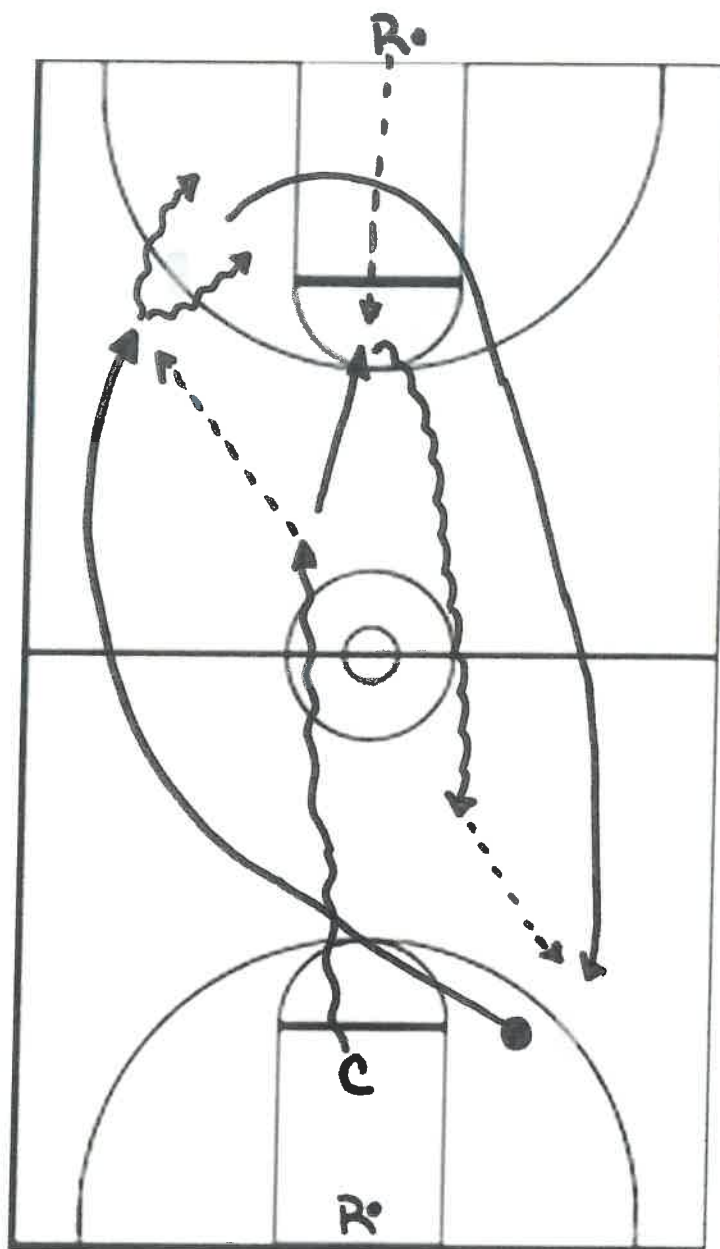
**RIP SHOOTING**

Time: 35 sec. Goal: 6-10



**T-GAME SHOOTING**

Time: 35sec. Goal 6-10



### FULL THE LANE SPRINTS

Time: 45sec

**HALF TIME SCORE** DALLAS \_\_\_\_\_ OPPONENT \_\_\_\_\_

Possessions: \_\_\_\_\_

DALLAS	OPPONENT	
		Fast Breaks Pts
		Pts. in the Paint
		2 <sup>nd</sup> Chance Pts.
		Offensive Rebounds
		Steals
		Turnovers

COMMENTS: \_\_\_\_\_

**Final Score** DALLAS \_\_\_\_\_ OPPONENT \_\_\_\_\_

POSSESSIONS \_\_\_\_\_

DALLAS	OPPONENTS	
		Fast Break Pts.
		Pts. in the Paint
		2 <sup>nd</sup> Chance Pts.
		Offensive Rebs.
		Steals
		Turnovers

COMMENTS: \_\_\_\_\_

COMMENTS: \_\_\_\_\_

**GUEST  
SPEAKERS**



**BRENDAN SUHR**



**JIM BOONE**



**GARY BLAIR**



Register at: <https://tinyurl.com/y8bb3a7p>

Or email: [rstarkey@athletics.tamu.edu](mailto:rstarkey@athletics.tamu.edu) for more information

*Gary Blair's 6th Annual*  
**TEXAS A&M**  
**AGGIE**  
**COACHING ACADEMY**  
**OCTOBER 13-14, 2018**

**COST: \$50**

**COST INCLUDES:**

- Academy Sessions
- Breakfast/Lunch
- Academy Jump Drive

*Academy Jump Drive includes:  
Scouting, Motivation, Philosophy,  
Conditioning, Playbook (Offense,  
Defense, Special Situations) and  
Practice Planning*



# BE PREPARED

**Failure to prepare certainly means preparing to fail.**

John Wooden

## ORGANIZATION

**When dealing with large groups you must be organized.**

- Plan practice right after previous day practice and before practice
- Use all available help (coaches, managers, injured)
- Use voice, whistle, clock
- Start in mass (manager takes roll)
- Have teams in reversibles, keep extra practice penneys around.
- Athletes have to call in their absences, no tardies, dressout when hurt
- Preplanned consequences for tardies, absences, discipline
- White board for announcements
- Communication with office and teachers on schedules

**It is my belief that discipline, well-earned pride, and a high-degree of unselfishness contribute to achieving a desirable morale.....the most important element in a successful team. – John Majors**

## DISCIPLINE

**Greatness cannot be achieved without discipline**

You may seem to spend a little more time on it early but it will save you incredible amounts of time in the future .

- Always run, never walk
- Doing skills correct
- Workout uniform
- No drop balls,talking
- Echo
- Probation/suspension

## ACCOUNTABILITY AND WORK ETHIC

**Pride.....character.....work habits.....lead to success. – Rick Conley**

- Hand out folders with player and parent expectations,schedules,rosters
- Assigned lockers with numbers
- Theme for them to take pride in
- All A and A/B Honor roll
- Good behavior in classes, respect all students and teachers
- Stay out of trouble
- Not do anything that will be a detriment to her overall health and well being

## **Duncanville Pantherette Basketball**

### **Program Guidelines and Expectations**

1. **Grades/Classroom Behavior:** Bi-weekly grade/behavior checks will go to teachers. Each zero will result in 5 arenas, tardies 2 stairs, failing 10 arenas, unexcused absence 10 stairs. Classroom behavior problems will result in multiple towel pushes depending on severity of the infraction.
2. **Illness/Excused Absences:** If you become seriously ill and cannot come to school, you (no one else) must call or text your team Coach as soon as possible but at least by 7 am (6:30 am Freshmen). Practice plans depend on all being present. Calling at the last second is irresponsible and hurts the team. Not calling at all is unacceptable. If you become seriously ill at school, you must personally (eye to eye) contact one of the coaches before checking out of school. Failure to follow these guidelines when absent will be considered an unexcused missed practice and will result in 5 towel pushes. (this includes holidays and Sat.)
3. **Unexcused Absences/ISS:** Missing practice **WILL NOT BE TOLERATED!** Unexcused absences will result in loss of playing time and 10 arenas at the conclusion of the next practice. Tardies will not be tolerated. But if a tardy happens, athlete will run for every minute they are late after practice and will lose playing time.
4. **Injuries:** Always see a coach before seeing a trainer. Always see a trainer before going to the Doctor. If you are injured, you will dress out and stand on the sidelines and participate verbally and mentally in practice. There will be no sitting during practice unless recommended by our trainers. The above includes All practices (Saturdays and holidays too).
5. **Appearance/Hair:** We will play as a TEAM and we will look like a TEAM. In short, no player or coach will try to stand out with their hair or uniform. No wristbands, no long undershirts, no elbow sleeves in practice or games. No stand out dye in your hair, no hair style that makes you "stand out". If you want to stand out, stand out with your effort and performance on the court. Stand out by winning games!
6. **Locker Room:** The locker room will be kept clean by all team members. The locker room is your "team home" and will be a place of pride. One piece of trash, noodles in the sink, etc....will result in a "Pantherette Reminder" by the entire team. No one is allowed in the locker room except players that belong in that locker room.
7. **Transportation:** All players ride to and from the games with their teams. If there are special circumstances (rare) that require a player to ride with parents to and from a game, the parents must first get approval from Coach Self-Morgan and then parents must fill out the Student Travel Release Form one day in advance.
8. **Athletic Code of Conduct:** Know the consequences of Athletic Code of Conduct violations such as alcohol/drug use, Summit, suspension, etc
9. **Hazing/Bullying:** Is strictly forbidden and should be reported to the coaches immediately. Hazing/Bullying will not be tolerated.
10. **Social Media:** Players will not use social media to antagonize, berate or "talk trash" in any form or fashion to opponents, opponent fans, or teammates. A good rule of thumb is to simply never voice opinion via social media. **DO NOT** ever post negative pictures of your self or others on facebook. Consequences may range from towel pushes, arenas, or suspension from the team



### LADDER WITH 2 BALLS

1. single leg
2. bunny
3. Skiis
4. ickey
5. 2 in 2 out
6. hips
7. lateral
8. scissors
9. hop scotch
10. run through

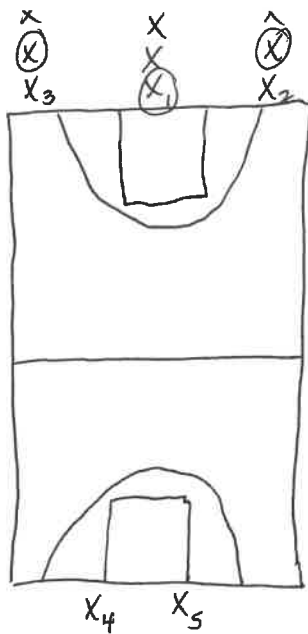
### HALF COURT 3 ON 3 (make it Keep it)

First person to 5 wins . If you are one of the 3 on team that scored .... You count that point.

- 3 lines at half court (rotate to the right when you come back in line)
- First 3 turn around on defense, next 3 attack to score
- No boundaries, no tie balls
- If offense scores , the scoring team runs back to lines they came from with ball to attack again, next 3 turn around and be ready to stop them on defense, defensive group that just lost gets back in line
- If defense gets rebound, they go back to lines at half court with ball and the offensive 3 that lost go to end of line, next 3 in line turn around on defense
- First person to 5 wins . If you are one of the 3 on team that scored .... You count that point.

# 20 Point Drill

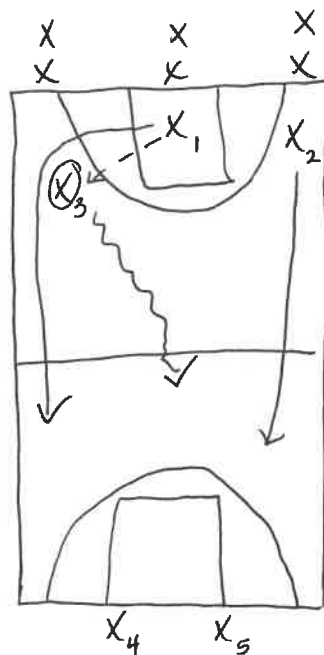
①



\* middle line starts w/ ball

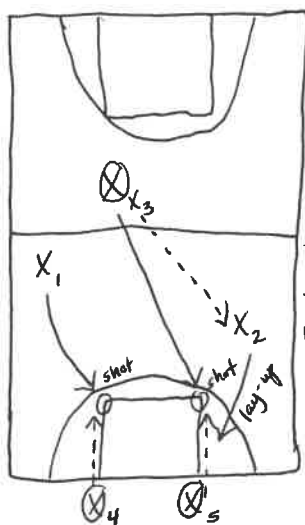
\* makes pass to X<sub>3</sub>

②



\* outside line will penetrate middle making the pass to the runner ahead

③

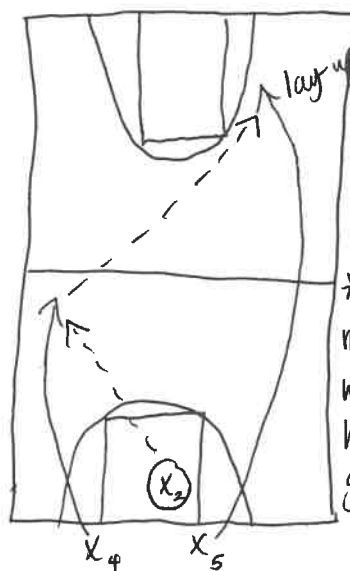


\* player who shoots lay up will take ball out on a make

\* if lay up is missed then they're immediately hitting the outlet back up the floor

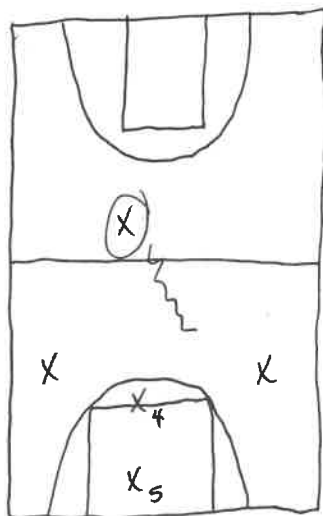
\* X<sub>4</sub> and X<sub>5</sub> makes pass to X<sub>3</sub> and X<sub>1</sub> for elbow shot

④

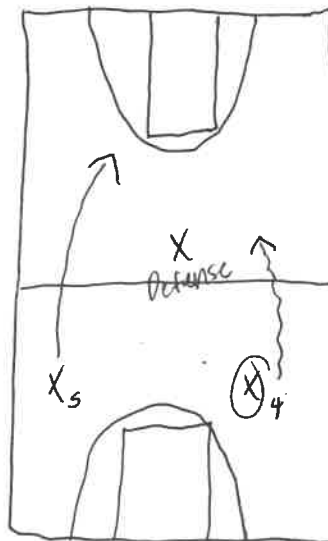


\* if lay up is made then player will in bound the ball

\* if lay up is missed then player will immediately hit the outlet to go back up the floor



\* 3 on 2



\* 2 on 1

\* of the two defenders, the one closest to half court resumes as the defense

# TENNESSEE

## **Our Focus:**

- Develop offensive and defensive skills in a transition setting.
- To quickly react to each possession.

## **Set Up:**

- Must have two teams of 5 players.
  - An Orange team and a White team.
- One team is on one baseline and the other team is on the opposite baseline.

## **Scoring System:**

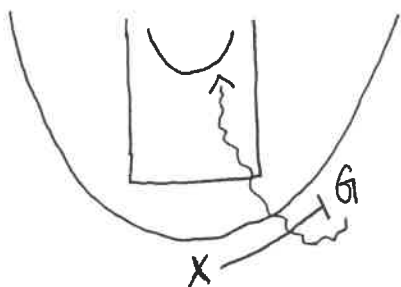
- The drill is scored like a game.
  - 3 pointer = 3 points
  - 2 pointer = 2 points
  - Freethrow = 1 point
  - If the offensive team scores a layup – deduct 3 points from the defense.
- Game Finish – First team to 20 points wins.

## **Description of Drill:**

- Orange starts with a shooter on the free throw line.
- White starts with 2 players lined up in the free throw line area.
- Orange shoots the free throw.
  - Make = 1 point and the 2 White players take the ball out and attack full court.
  - Miss = 2 White players rebound and attack full court.
- After any score, the offense must take the ball out of bounds.
- After a defensive rebound, the ball needs to be advanced immediately.
- Each time down the floor—
  - The team under the basket that is being attacked will add 2 additional players to attack the opposite end on a make or a miss.
- The drill will end when the two teams are going 5 on 5 and a team scores.

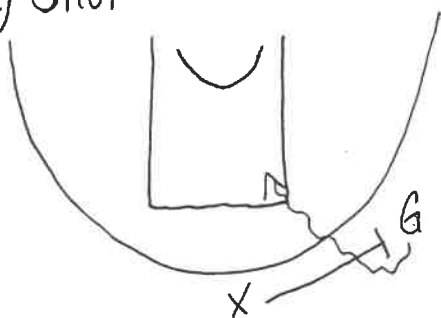
# Guard Combo Drill

① Lay Up



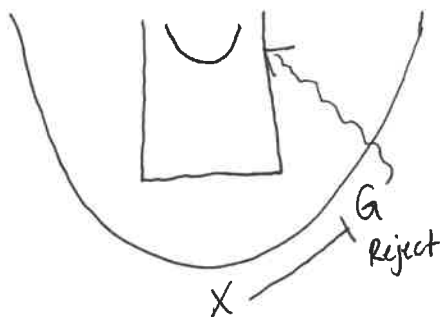
- \* Guard v-cut to get open/catch outside foot
- \* Guard always jab opposite the screen to set it up
- \* Guard shoots lay up (one to two dribbles)

② Shot



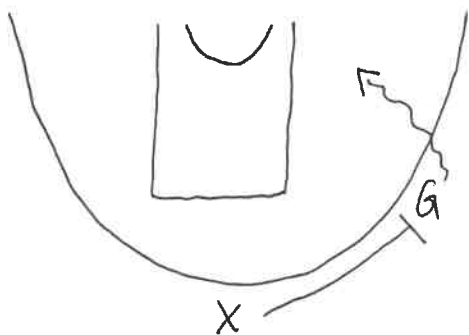
- \* Guard shoots jump shot (one to two dribbles)

③ Reject Lay Up



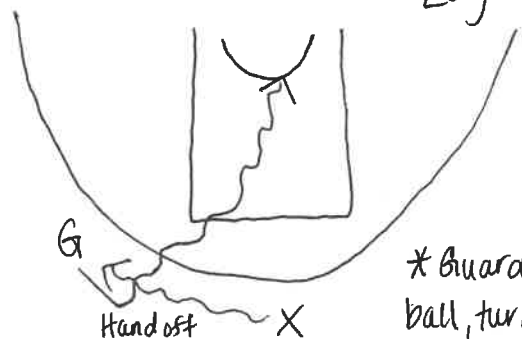
- \* Guard reject, lay up (one to two dribbles)

④ Reject Shot



- \* Guard reject, shot

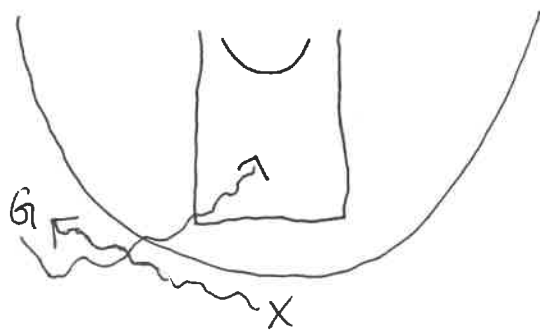
⑤ Dribble Hand Off - Lay Up



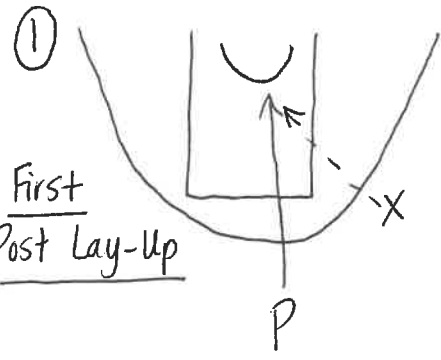
- \* Guard shield ball, turning shoulders

- \* Handoff to stomach/ no air space
- \* Guard attacks rim

⑥ Dribble Hand Off - Shot



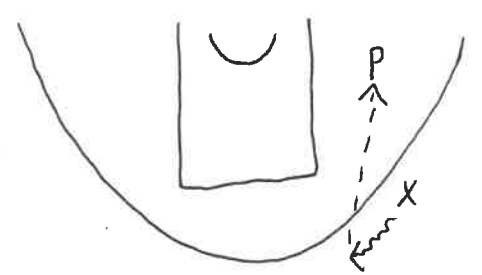
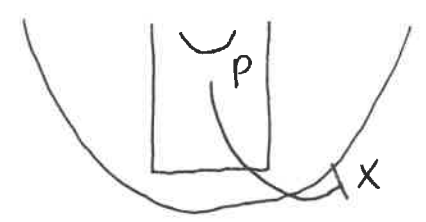
# Post Combo Drill



① First Post Lay-Up

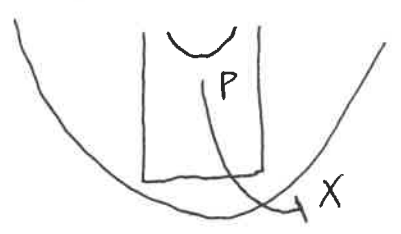
\* swim move or spin around defender @ ballside elbow  
\* catch @ the circle/ front of the rim

# ⑤ On Ball Screen (Shot)

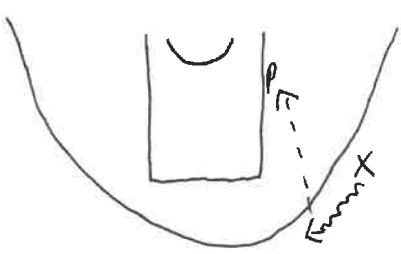


\* downhill or roll off of screen for shot  
\* short corner to 3 pt. line

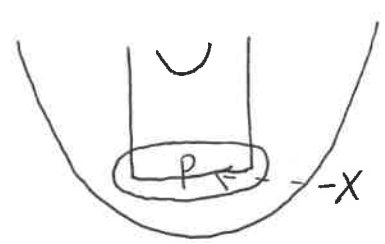
# ② On Ball Screen (Lay Up)



\* downhill or roll off of screen for a lay-up

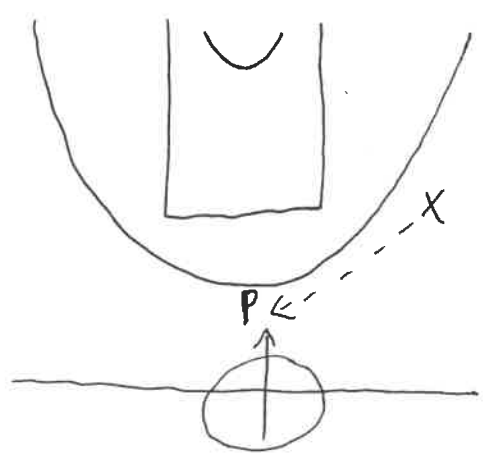


# ③ Jump Shot



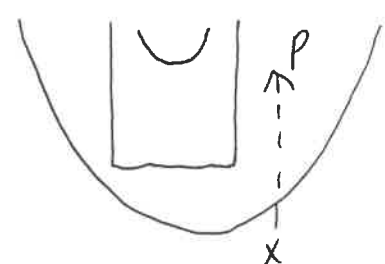
\* jump shot anywhere in the area circled/around the free throw line

# ⑥ Trailer Post (Shot)



\* start between half court and 3 pt. line

# ④ Baseline Power Move



\* pass from high post