

WBCA National Convention – 2019

Offensive and Defensive Drills for Championship Practices

Jill Nagel – Rock Bridge High School

Staff: David Smith, Candice Swee, Sierra Michaelis, Ted Ward

Mission: Rock Bridge High School Girls Basketball's mission is to empower young women to be positive contributors and role models within their community. Our mission is a passion we live each day – on and off the court.

Our primary belief is, ***“People don't care how much you know, until they know how much you care.”***
- Theodore Roosevelt



Rock Bridge Girl's Basketball Practice Plan

Practice: #1 **Date:** 10-29-12 **Theme for the day:** *To Get What We've Never Had We Must Do What We've Never Done.*



Warm-up Drills
 Up & Back
 Stomping
 Crunches
 Jump Rope
 Sprints
 Double Exchange
 Food the Post
 3-Man Passing
 Chinese Footlock
 Stanford
 3-Man Weave
 5-Man Weave
 X-out shooting
 Iowa shooting

Defensive Drills
 Switch-Change
 Reaction Drill
 3-on-3 Helpside
 Baseball
 Cut-the-Cutter
 Wing Denial
 Shell Drill
 Baseline Charge
 Playing Picks
 Close-outs
 Circle Box-out
 48 Rebounding
 2-man Box-out

Offensive Drills
 5 on 0
 5 on 2
 5 on last D
 FT Line invasion
 Stealing Drills
 Guards
 55 sec
 Mikan Layup
 Mikan
 Toilet
 Follow and finish
 Off the pick move
 Shallow cut
 Shot with pressure
 Around the world
 Flash
 Mikan Block
 Mikan T
 Toilet
 Block flash
 Baseline flash
 Post scramble
 T flash
 3 Tip
 Post series

Offense
 Carolina FB
 Frame
 -Same side
 -Jewell
 -Motion
 -Weak
 -Slide
 -Back
 -Choke
 -1 Guard
 -Choke
 -Money
 -Shallow
 -Swing
 -2 Guard
 41
 Set Plays
 Chicago
 Huskie
 Indiana
 Miami
 Mizzou
 4 Low
 OOB
 #0
 #1
 #2
 #3
 #4
 SOB
 Box
 Chippewa
 Duke
 Washback

Press Breaks
 Line
 Zip

Special Sit
 FT play
 X-Less second

Defense
 Full on
 -Blitz
 (4)h
 -Double Flats
 -23
 (4)h
 -1
 -2
 -3
 -5
 -Fast

Time	Drill	Special Instructions
5:40	Santa Monica warm-up and stretch	
6:05	100 Makes	Lay-ups at one end, jump shots at the other. 100 makes in 4:00. Sprint us run
6:15	Killer Ballhandling	Coach K - prefer cone chair full court ballhandling!
6:23	Shooting Drills	2 groups - 1. Weave shooting (goal 15 in 1 min) 2. Iowa - R&L, wing 15 makes
6:31	Meet in the middle	Fight or flight???
6:34	Reaction Drill	Teach, 3 x 30 sec.
6:39	Wing Denial - 4 groups	1. Deny to wing and knock pass away. 2. Take charge opp. block. 3. Dive for ball
6:47	Trace the ball	Partners - get "uncomfortably close"
6:50	Shell Drill	Teach - then 2 groups, no skip passes, no dribbles except to get back on the baseline
7:00	10 FTs	11 sec sprints prior to shooting Misses 1-JC soccer abs 2-push-ups
7:10	Outlet Drills	Use both side cts., heavy balls for 2 man outlet then 3 man outlet. Sprint us run
7:17	Pick-n-roll - 2 on 2	Defense stay on right side, switch on left side. 4 baskets. MUST go shoulder to shoulder. Sprint into pick. 10 push-ups for missed baskets
7:24	Sweet 16	Goal - 4:10
7:30	Offensive breakdown - Motion	Teach, 5-0 then with defense, always finish with outlet, then 5-5
7:50	Fast break into Motion	cones on sidelines. Sprint!
8:00	Offensive breakdown - Black into Motion	Teach, 5-0 then with defense, always finish with outlet, then 5-5
8:15	Special situation	12 sec., down 1, Black-hit 2 running thru on 5's catch
8:20	Cool Down Stretch	

Notes/Announcements

-Player/parent meeting after practice Thursday at 6:30 pm
 -Practice Saturday morning from 6-8 or 9:40-12?

"Good is the enemy of great. And that is one of the key reasons why we have so little that becomes great. We don't have great schools, principally because we have good schools. We don't have great government, principally because we have good government. Few people attain great lives, in large part because it is just so easy to settle for a good life. The vast majority of companies never become great, precisely because the vast majority become quite good - and that is their main problem."
 "No matter how dramatic the end result, the good-to-great transformations never happened in one fell swoop."

Think like a Champion, Act like a Champion, Practice like a Champion, Play like a Champion
Winning Tradition of Excellence

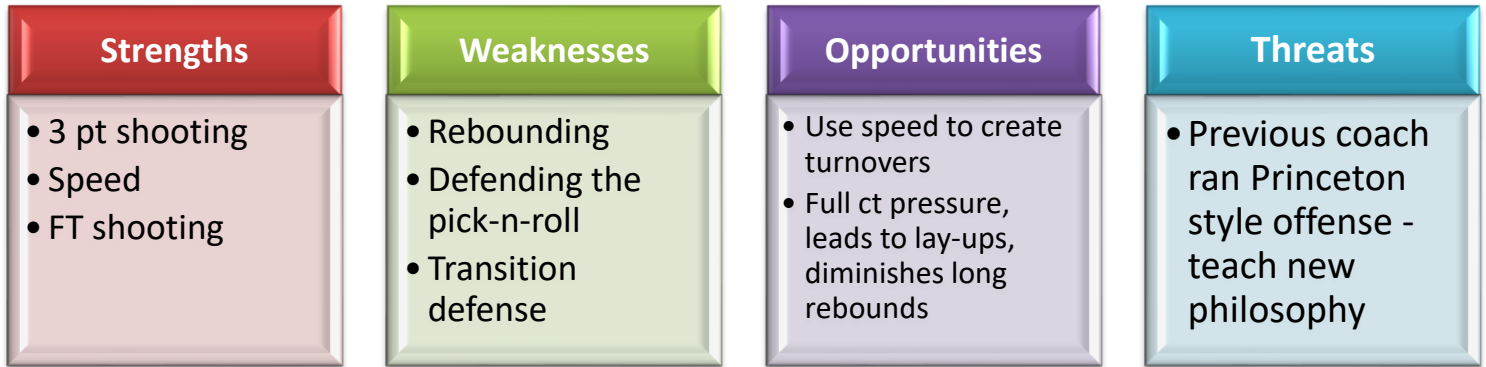
The only thing that relieves pressure is preparation.

Positive Practice Components

- Be passionate! "You cannot kindle a fire in any other heart until it is burning within your own."
 – Eleanor Doan. Passion has the potential to provide energy far beyond the limitations of talent.
- Plan your work, work your plan. Spectacular achievement is usually preceded by unspectacular preparation.
- Purposeful drills – provide players with drills that relate to their goals and to the offensive/defensive philosophy. Explain how the drill relates – give them reasons to be invested.
- Decide if the goal is to do 10 things good or 5 things great
- What gets you, gets your focus – tell players the must do's and never waiver – i.e. solid box outs in every drill, ending every possession with an outlet, etc. Intentional focus creates positive discipline.
- Tell players what to do versus what not to do

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SWOT analysis example

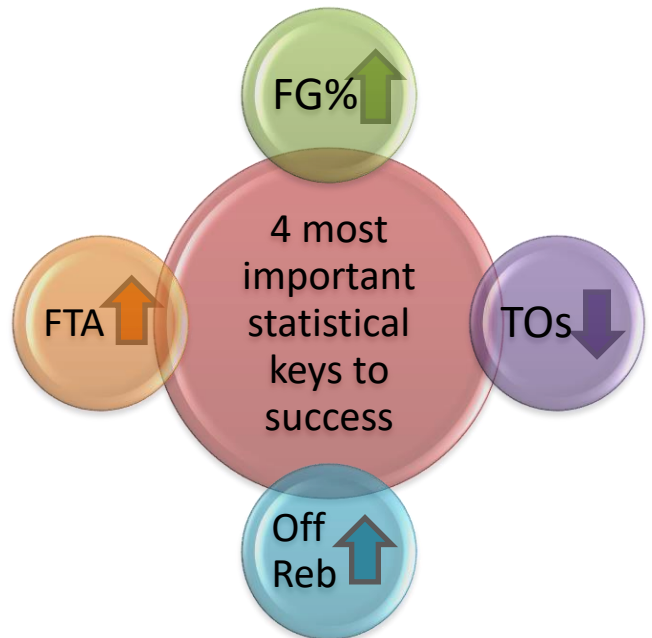


Based on statistical analyses, the four most important keys for team success in basketball and their relative weights, in parentheses, are (“Basketball on Paper” by Dean Oliver, 2004):

- Shoot a high field goal percentage (10)
- Do not commit turnovers (5-6)
- Get offensive rebounds (4-5)
- Get to the foul line frequently (2-3)

According to Oliver, teams that consistently win basketball games do at least three of these things well.

Practices should be designed with these keys in mind. Are you drilling what is important or drilling just because you like it? Make sure your drills match and emphasize your principles.

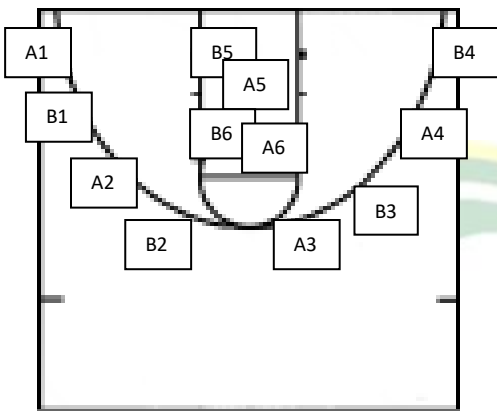


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48 REBOUNDING

Requirements: one basket, one basketball, 12 players, manager/coach

- Rebounding drill requires 2 teams. Drill requires 6 players from each team (designated here as Team A and Team B), thus a total of at least 12 players is required. Extra players occupy end line and rotate in after 30 second segments. Use only one basket for this drill. To begin, 4 players from each team occupy a spot on the 3 pt line evenly spaced – they are stationary when occupying a spot on the 3 pt line. Two players from each team will be the rebounders and start inside the lane. Thus, each team has 2 players inside the lane and four players at 3 pt to begin the drill.



- 30 seconds is put on the scoreboard and the time starts when the ball hits the rim that a coach/manager has lobbed to the rim.
- Offense/defense is determined by the player starting inside the lane who secures the rebound first. No player on the 3 pt line can secure the rebound. The rebounder passes to one of their four teammates occupying a spot around the 3 pt line. Let's assume player A5 secured the initial rebound and passes out to teammate A4. A4 looks to pass to A5 or A6 – in round 1 only A5 or A6 can score. A5 and A6 can set picks for each other but cannot dribble. Made basket by A5 or A6 is worth one point. A missed basket is a live rebound – either team (A5/6 or B5/6) can rebound a make or miss. After 30 seconds, players rotate to occupy a new spot.
- Round 1 continues until each player has played inside the lane once. Points in round 1 can only be scored by one of the four players starting inside the lane (players A5, A6, B5 and B6 in the diagram above). Points in this round are one point each. **Players starting inside the lane are NEVER allowed to dribble. If they do this is a turnover and possession must be relinquished to the other team.**
- Once each player has played inside the lane once, round 2 begins. Points in round 2 can only be scored by players occupying spots around the 3 pt line (players A1-A4 and B1-B4 in the diagram above). Points in this round are two points each. Players starting in the lane in round 2 are still the only players that can rebound the basketball. They pass out to teammates on the 3 pt line for shot attempts. On a made basket, that player cannot attempt another shot until at least one teammate has an attempt in between.

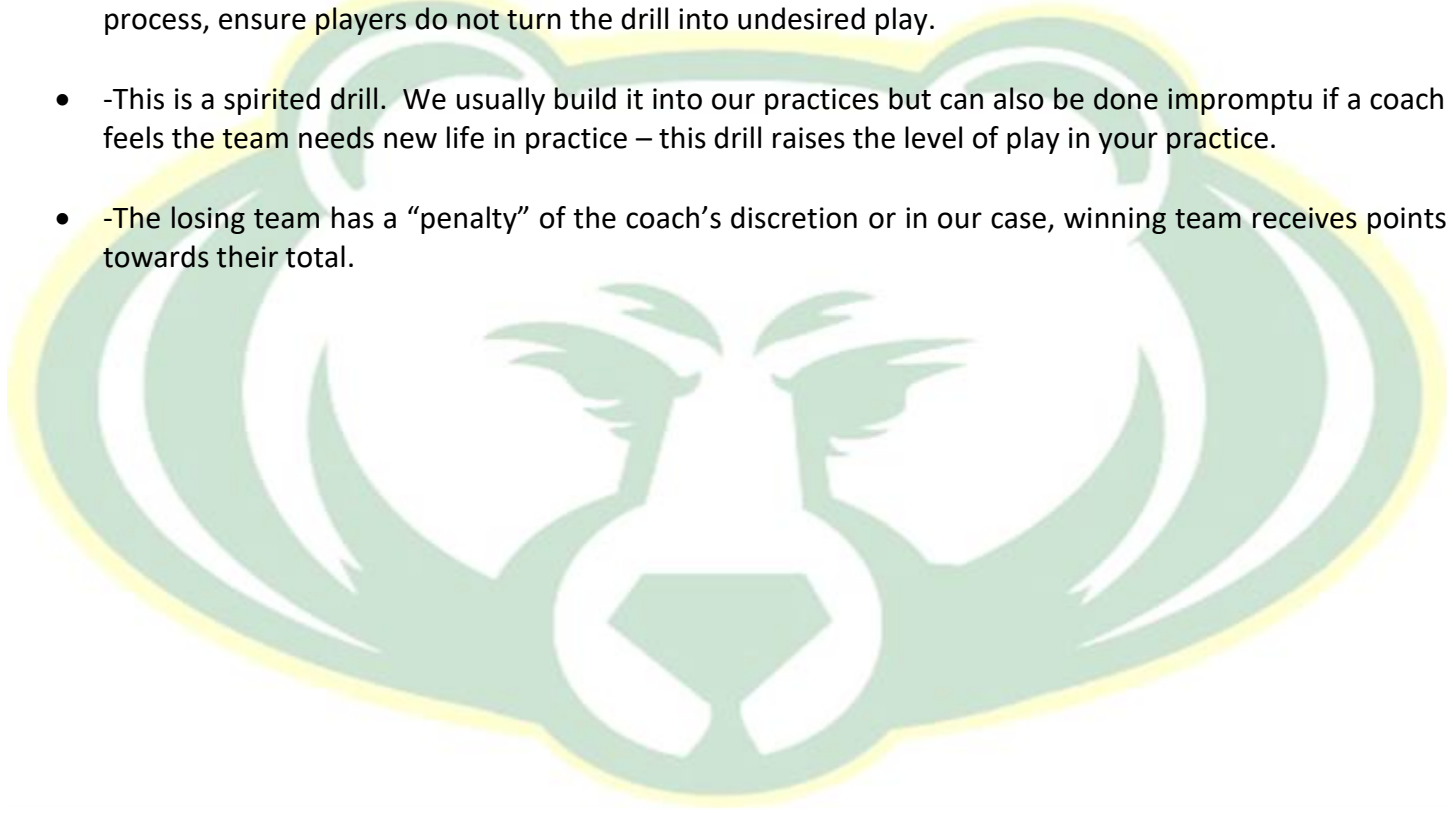
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For example, let's assume A6 rebounded the ball and passed out to A3 for a shot attempt. A3 makes the basket. A3 cannot attempt another shot in the 30 second period until either teammate A1, A2 or A4 has an attempt. No "defender" can attempt to alter a 3 pt shooter's shot attempt.

- -Round 2 concludes when each player has played in the lane at least once.

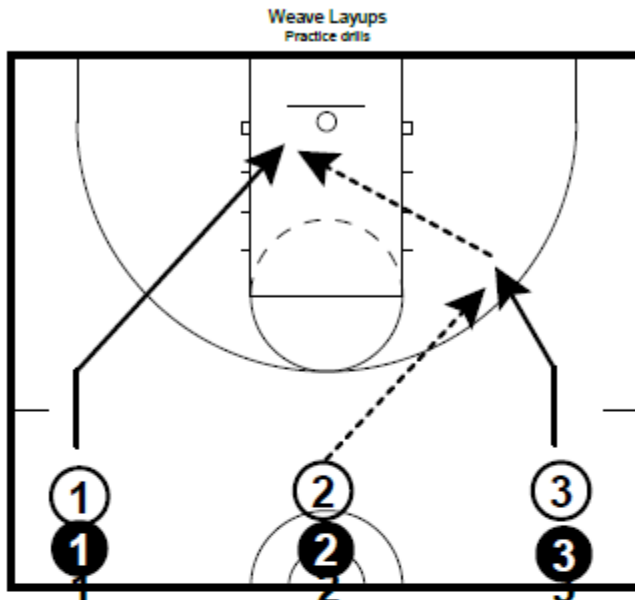
Key points:

- -This is a rebounding and toughness drill. However, without proper oversight, it can quickly become a foul fest. We do not call fouls unless they become flagrant. It is meant to be a toughness drill fighting for rebounding position, immediate post up position and hustling to secure ball possession. In the process, ensure players do not turn the drill into undesired play.
- -This is a spirited drill. We usually build it into our practices but can also be done impromptu if a coach feels the team needs new life in practice – this drill raises the level of play in your practice.
- -The losing team has a "penalty" of the coach's discretion or in our case, winning team receives points towards their total.

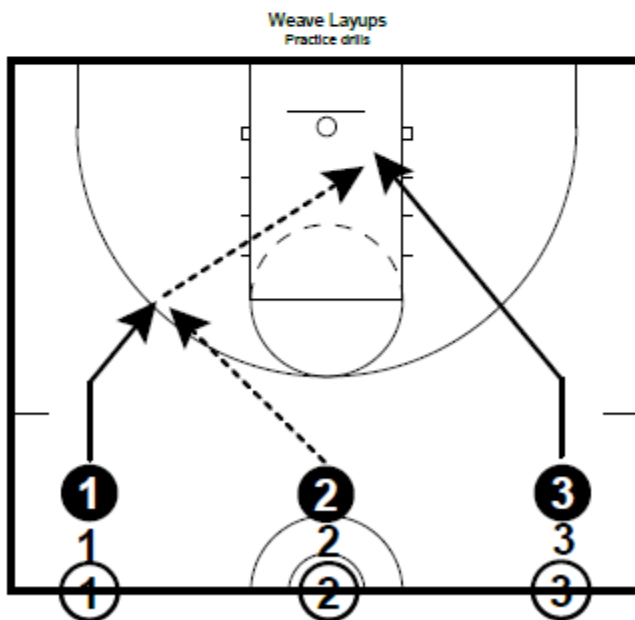


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Rock Bridge



- 1:00 on clock
- Ball should never touch the floor
- Goal: 15 consecutive made lay-ups
- 2 passes to lay-up
- Middle player (2) is rebounder/throws outlet pass
- Passer (3) continues out to outlet position and receives outlet pass from (2)

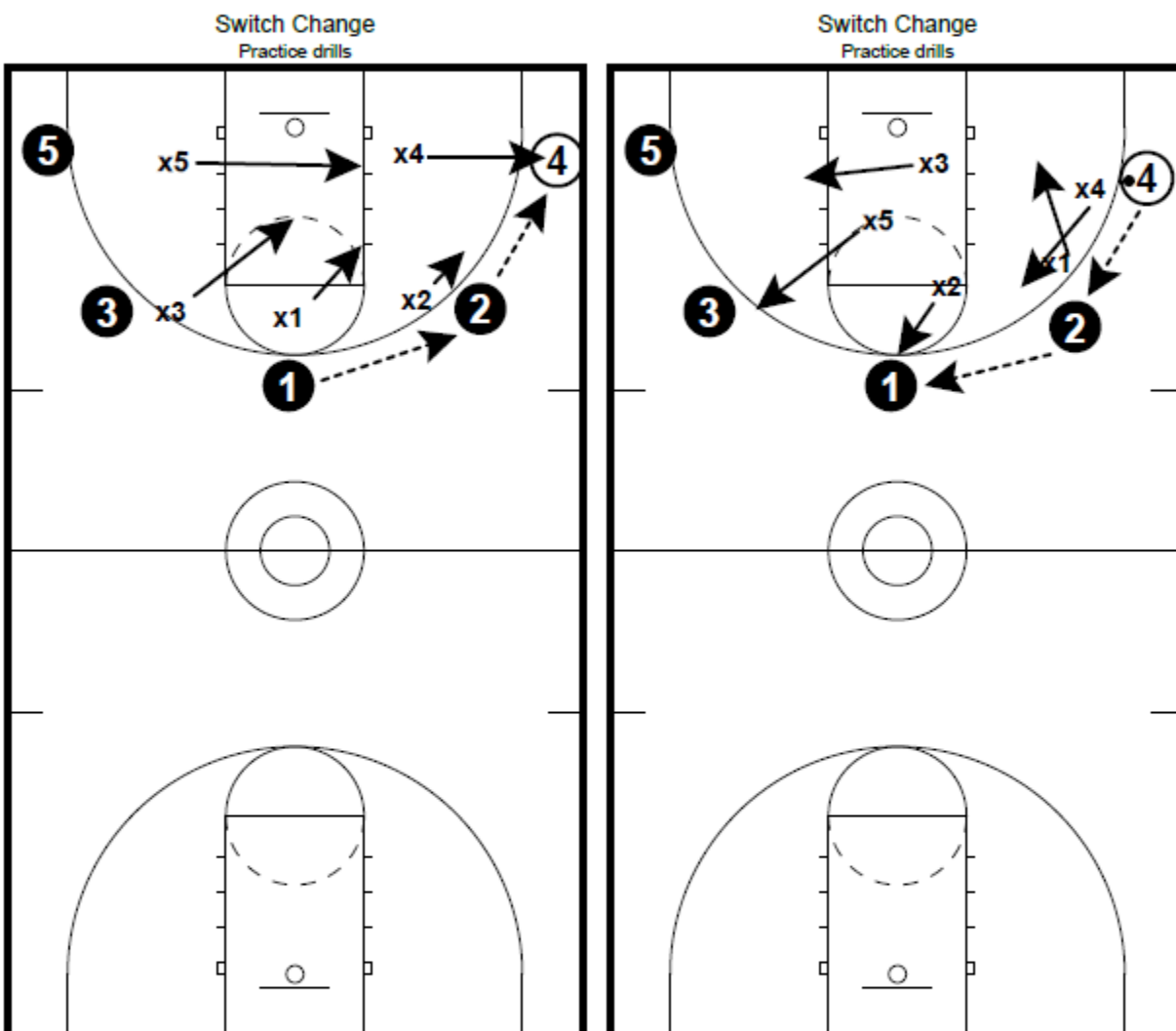


- First pass can go to right or left
- Rotations continue as before
- 2 passes, no dribbles, no drops or start over
- Key becomes communication of outlet and ensuring each fills new spot at half court



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Switch Change Rock Bridge



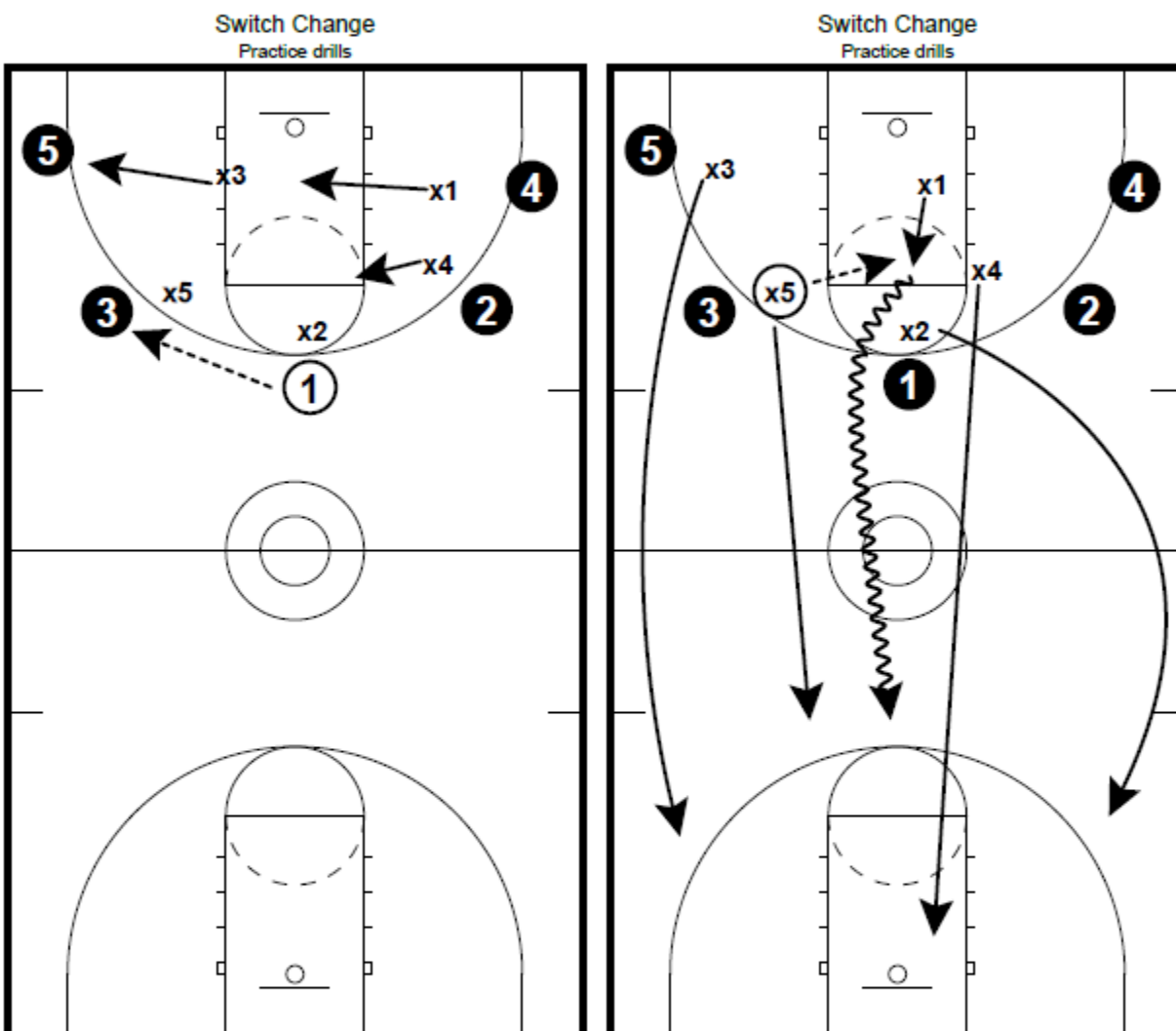
- As ball is passed around the arc, defensive players move to defensive shell position on the flight of the pass
- One whistle and the offense sets the ball down and "switches" to defense. Defense picks the ball up, occupies one of the five spots and become offense.
- Rules for defense on the "switch" are shown in next frame

- On the switch to defense, you must guard a different person and cannot leave the ball until you are no longer defending on the ball
- In this frame, X3 and X5 have exchanged, X2 and X1 have exchanged.
- When 4 passes up to 2 and then to 1, X4 and X1 can complete their exchange
- Even when exchanging defensive players must always be in correct shell position



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Switch Change Rock Bridge



- On a double whistle, the offensive player with the ball sets the ball down at their location
- Defense becomes offense and offense "changes" to defense
- Offense then attacks their basket with the primary and secondary breaks
- Defense must talk and communicate on proper coverage

- Depending on your transition philosophy, X5 (now 5) can pass to 1 or start the break herself
- All other fill lanes as dictated by your primary break

