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FAVORITE DRILLS

OREGON: Full court passing and lay up drills

When to use it: Warm up drill or conditioning drill
Focus: Passing, communication, team work.

- Five lines:
1. R=Rebounder
 2. O=Outlet
 3. M=Middle
 4. P=Passer
 5. S=Shooter

PLAYERS MUST CALL THEIR SPOTS!!!

Same group goes up and back.

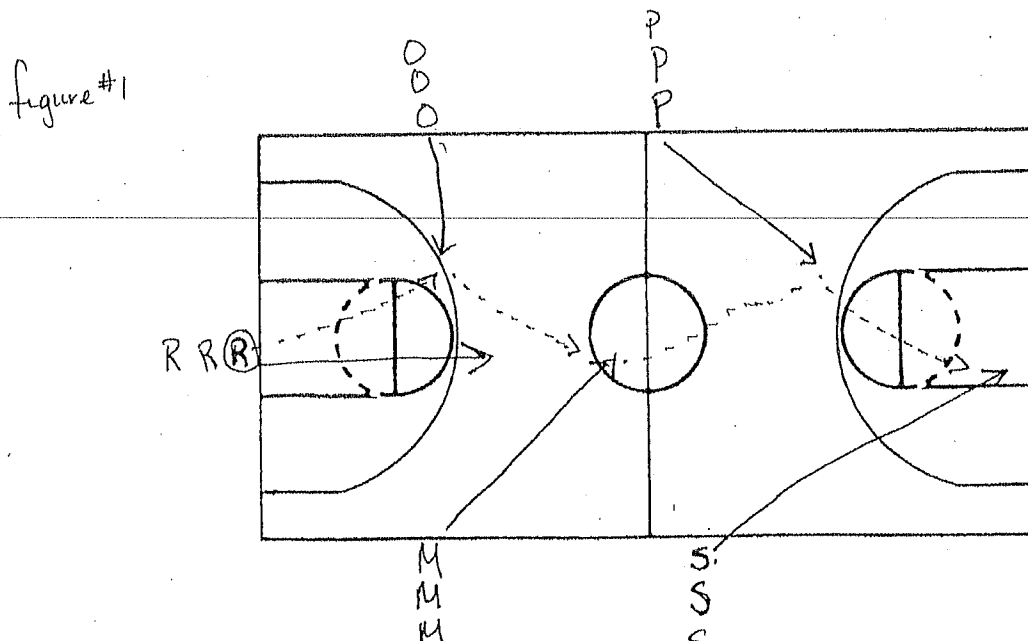
We put 3 minutes on the clock and set a goal of 30 made lay ups. Clock starts on the first make.

We usually let them warm up before we start the clock (6 or 7 trips up and back)

- Keys:
- Good, sharp passes
 - Good court spacing (Don't let the lines creep up the court)
 - Good timing and communication
 - Hustle!

Group needs to get off the floor so the next group can go. Rotate lines clockwise: Rebounder to Outlet, Outlet to Passer, Passer to Shooter, Shooter to Middle, Middle to Rebounder.

To make this more of a conditioning drill, have all the spots touch the far baseline...



OREGON - Full Court Passing Drill

figure #2

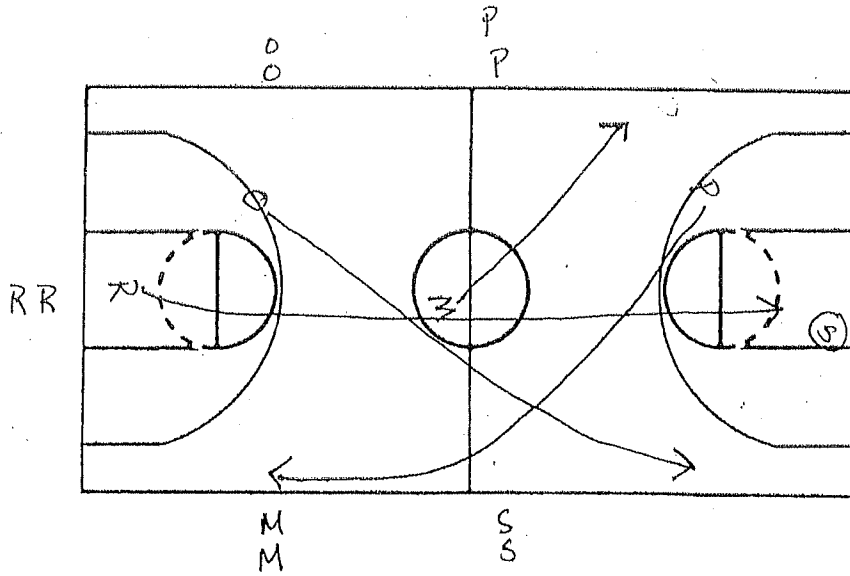
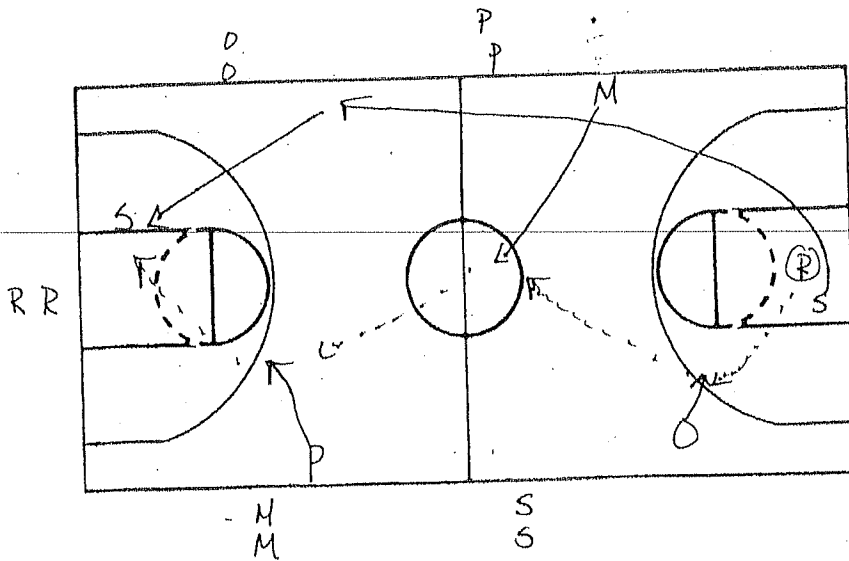


figure #3



GUTS: Individual Defense Drill

When to use it: After teaching specific individual defensive skills and positioning (closeouts, deny cuts, bumping cutters, blockouts)

Great Intensity Drill!!! We run the team if the offense does not get after the defense.
Make sure the groups are not too large...6 to 8 at a hoop is ideal.

Defensive Skills (in order):

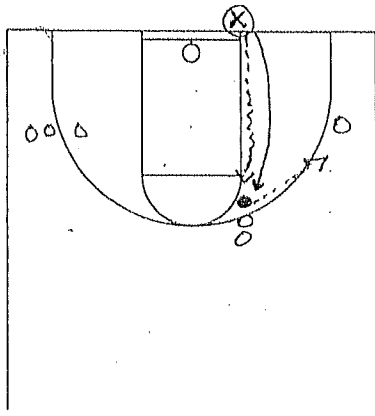
1. Closeout
2. jump to the pass and get in deny position
3. Deny the ballside cut
4. Jump to help side
5. Deny ballside flash
6. Front the post
7. 1 on 1
8. Blockout and secure the rebound (bump then pursue)

The defensive player must do all the skills perfectly without fouling or allowing the offense to score to get out of the drill

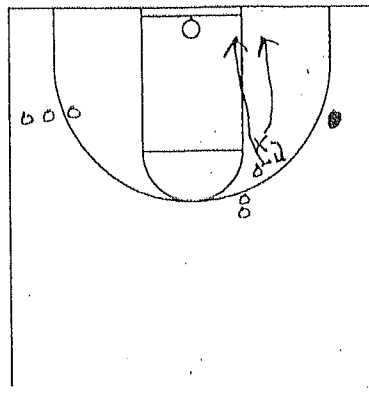
If the offense takes it easy on the defender (to help their teammate be successful) we stop the group and run a timed "Sweet 16" then get back to the drill

This drill is mentally and physically demanding...It is a "gut check"

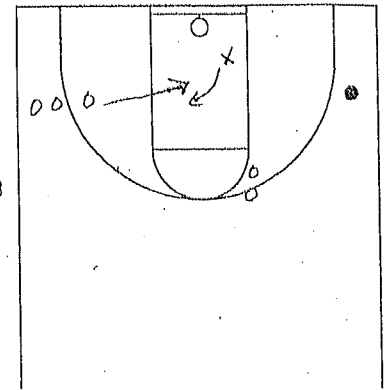
"GUTS" INDIVIDUAL DEFENSE DRILL



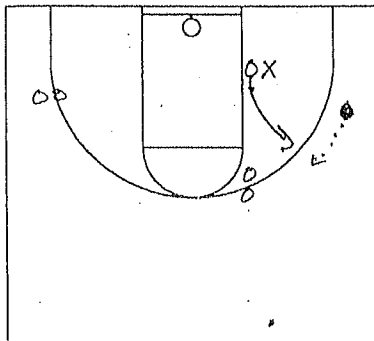
#1: Defender starts with ball on the baseline. "X" throws the ball to the line at the top of the key and then closes out the ball.



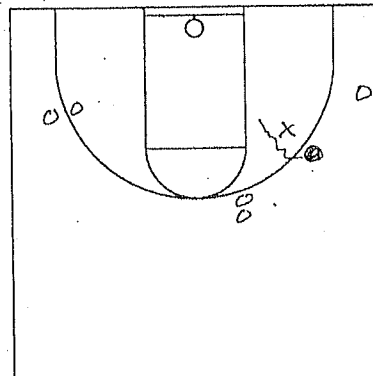
#2: Defender "jumps to the pass" and denies the ball side cut. The offensive player is forced to cut behind. The defender snaps her head and denies the backcut to the baseline. Offensive player goes off the court.



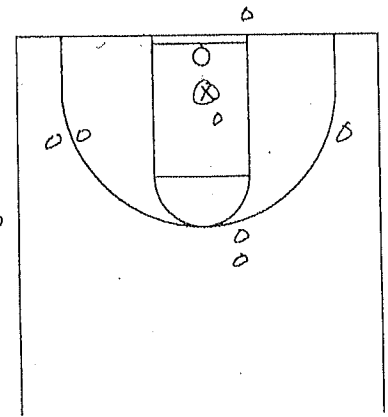
#3: Defender jumps to help defending the line opposite the ball. Once the defender is in position, the offensive player tries to cut across the key to the ballside block. Defender needs to chest the cut and front the post.



#4: Once the defender has successfully fronted the post, the offensive player steps out to the baseline or the wing, they get the ball and play 1 on 1.



#5: Defense must successfully stop the offensive player from scoring, block out and secure the rebound.



7 in 1 Drill: Individual Defensive Drill

When to use it: We use this drill after we have taught the specific individual defensive skills. We use it early in practice as part of our defensive warm up and will use it at least once a week throughout the course of the season.

It requires 2 coaches, one at each hoop.

Defensive Skills (in order):

1. Turn the ballhandler: Force the ballhandler to change directions in the backcourt
2. Jump to the pass and deny: The ballhandler passes the ball to the coach at the top of the key once they get into the front court. The offensive player continues down to the block with the defender in denial.
3. Closeout and cut off the baseline: Coach throws the ball to the offensive player after they have cut to the hoop then v-cut back out to the wing. The offensive player tries to drive baseline from the wing. When the defender cuts them off and the ball is "dead", the offensive player passes back to the coach.
4. Defend the backcut: The offensive player pops back out to the wing position (about the 3 point line, free throw line extended) then cuts hard backdoor to the hoop. The defender must switch hands, snap their head, sprint and find the ball and not allow the pass.
5. Stay helpside and deny the ball side flash: The offensive player continues the cut all the way through to the opposite wing. The coach dribbles to the wing that was just vacated. Defender jumps into help position. Offensive player tries to cut to the post area and the defender denies the cutter and forces them high or low out of the key.
6. Stop the 1 on 1 drive: Coach passes to the offensive player when they become open and they try to score 1 on 1.
7. Blockout and secure the rebound.

We have two groups going at once and will do it a couple of times for each group so that each player has to defend twice.

DRILL: 7 in 1 Individual Defense Drill

Figure #1: Turn the Ballhandler

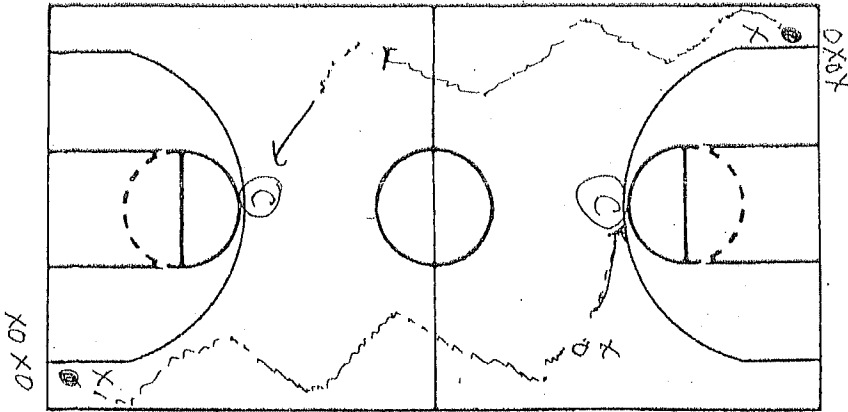


Figure #2: Jump to the Pass, Deny

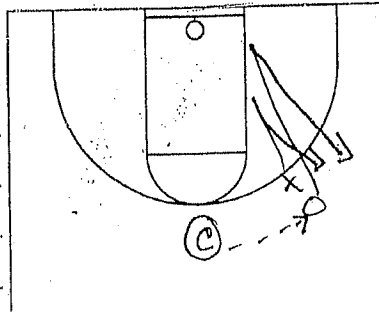


Figure #3: Cut off the baseline

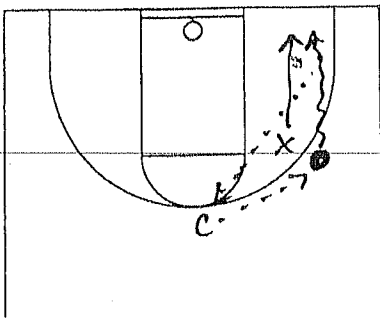


Figure #4: Defend the back cut

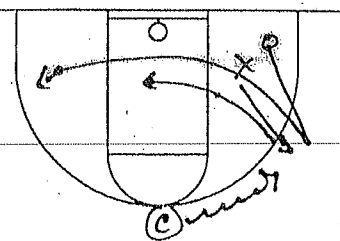


FIGURE #5: STAY helpside and deny ballside flash

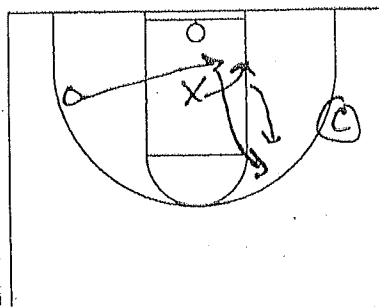
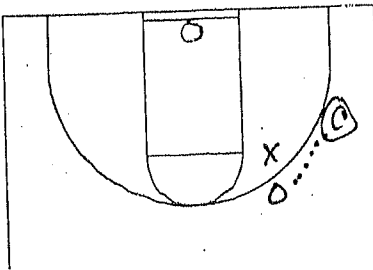


FIGURE #6 : STOP THE LOW DRIVE



Three Up: Team Shooting Drill

When to Use It: End of practice or at a game day shooting practice
It requires 2 basketballs and 1 hoop and 1 coach to keep score.

Line the teams up at the elbows... You can also use the three point line or spots on the baseline.

The shooter must rebound their own shot and pass it back to the next person in line. This is not "Bump" or "Knock Out". We forbid them from touching or bumping the other teams' basketball.

The team that makes 3 more baskets than the other team wins the game....

Magic Box: Conditioning Drill

When to Use: At the end of practice, early in the season. For those of you who coach at the high school level who need to make cuts, do it the second day of tryouts.

What you need: the clock and lots of oxygen.

Set the clock for 5 to 10 minutes. The clock will just run once you start the drill.

First, they run 8 widths of the court in under 30 seconds.

Then they perform a skill for 15 seconds. Some of the skills we use are wall taps, foot fires, stance sit, push ups, sit ups, etc.

The last 15 seconds, they rest.

When the clock hits the next minute, they take off again and do 8 widths of the floor, 15 seconds of a skill and 15 seconds rest.

The "magic" of this drill is the skill is not called until they are done running so it is always a surprise.

A variation of this drill is what we call "Magic Blocks"...

Have them partner up... One is running the 10 widths in 45 seconds, the other is doing defensive slides with wood blocks. We use the width of the key for our slides. They get 15 seconds to switch spots...

Four Line Shooting: Team Shooting Drill

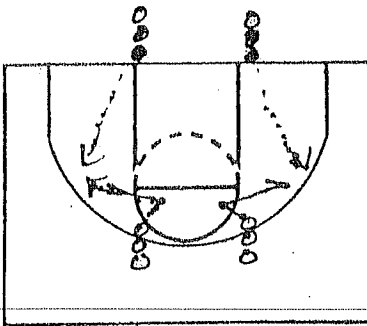
When to Use: Early in practice

What you need: 4 basketballs, 12 players, 1 coach to count the attempts, let the team count the makes.

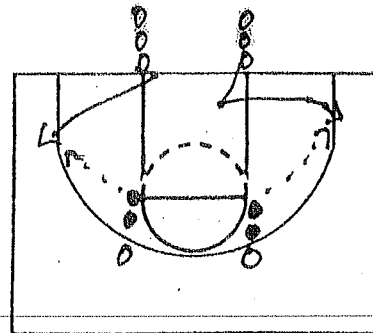
Good team building exercise... They either do it as a team or they run. The team must make 21 shots before they attempt 43... So, the goal is to shoot 21 for 42 or better from the floor.

Put players into four different lines, 3 players per line. Put two lines on the baseline and two lines at the 3 point line on the lane lines. Start with the balls on the baseline. The shooters must v-cut to the middle and pop out to the freethrow line extended. Passers rebound the shot and give the ball back to the line they came from. Players rotate to their left each time.

After shooting from the wing, put the basketballs in the lines at the top of the key and have the baseline spots v-cut and pop out. Same rotation with passers rebounding and everyone rotating to the line to their left.



SHOTS FROM THE WING



SHOTS FROM THE BASELINE

3 on 4 Closeout and Blockout Drill

When to use: Whenever you need a competitive rebounding drill. Use it as a conditioner by making the teams run when they lose.

What you need: Teams of 4, one ball

The four offensive players line up around the hoop at the 3 point line. They can score by making the open a shot from behind the arc or by getting an offensive rebound (except if the offensive rebound is secured by the open teammate)

The three defenders can score a point and become the offense by deflecting or stealing a pass, blocking a shot, or grabbing the defensive rebound.

If the unguarded offensive player secures the rebound, then the teams stay on without either team scoring. The defensive team needs to rotate personnel with each possession.

The team waiting must rotate in as the defensive team.

The first team to 3 points wins.

This drill forces the defensive players to move on the pass, communicate, find their blockout assignments and pursue the rebound.

Offensively, it forces them to use pass fakes and sharp passes, catch ready to shoot and crash the offensive boards.

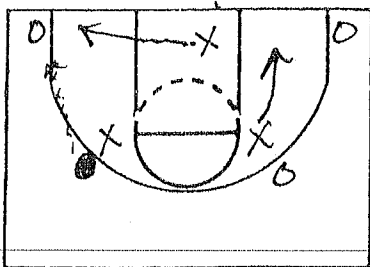


Figure #1

3 on 4 Blockout Drill

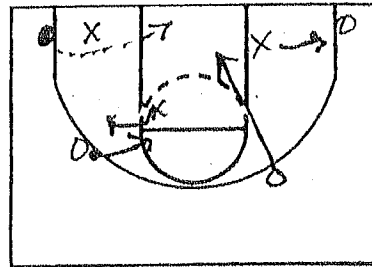


Figure #2

Open offensive player
is at top of key...