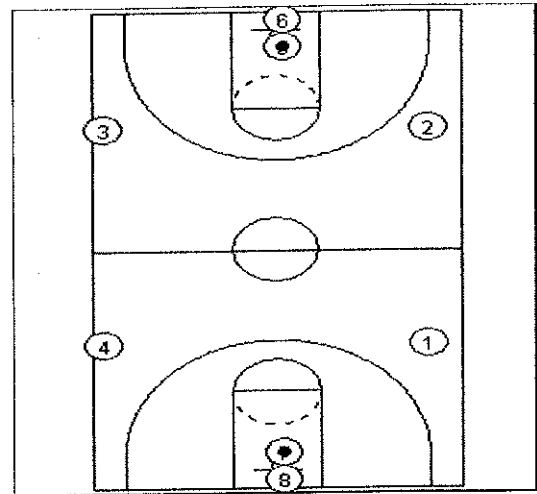


Fast Break "Pass and Replace" Drill

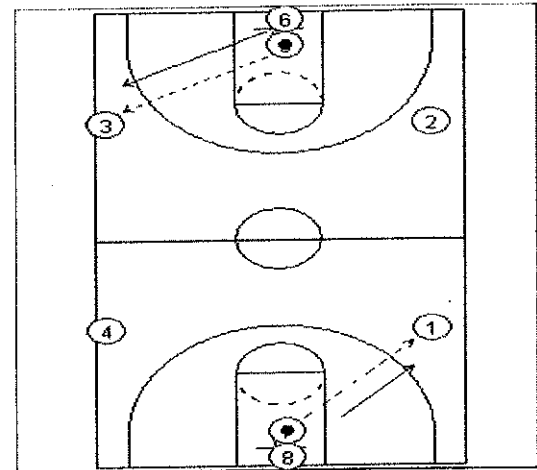
"Pass and Replace" is a terrific multi-purpose basketball drill that will help players improve their passing, pivoting, finishing and is a great conditioner as well.

Instructions

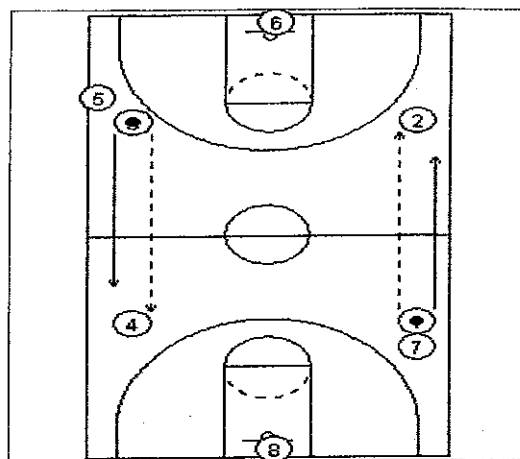
1. Position 4 players on the sides of the court, approximately 28' from each endline. There should be a player on both sides of the court and on each half of the court.
2. The rest of the team should be equally divided and in a line under each basket.
3. There should be a ball in each line.



4. The drill starts with the players with the balls passing, to the right, to the player at the 28' marker.
5. The passer then sprints to replace the player he passed to.

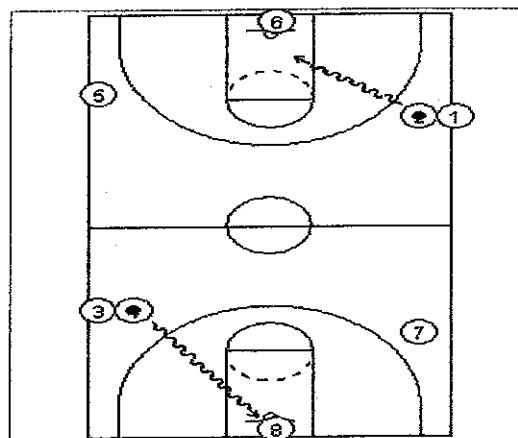


6. The receiver pivots and passes to the next player at the 28' marker on the other half of the court.
7. The passer then sprints to replace the player he passed to.

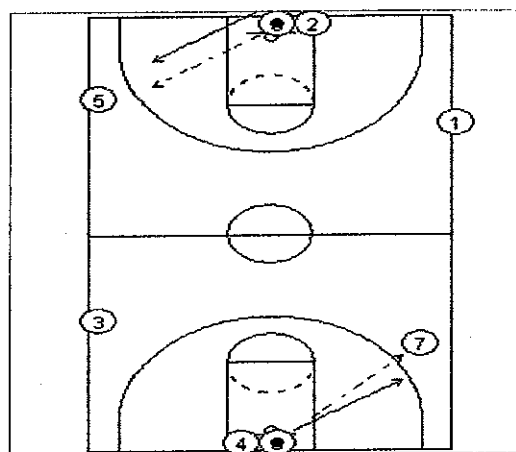


8. The receiver pivots and drives to the basket and tries to score on a 1 dribble lay-up.

9. The same action works on the other side of the court at the same time.



10. The next player in the line under the basket grabs the rebound, passes to the next player on the 28' marker and starts the action again.



We run this drill for 5 minutes with a goal of 100 made lay-ups. Each time we make the goal, we increase the goal by 4 made lay-ups. The drill can be run for more or less time and you can add a third or even a fourth ball. Adjust your goal appropriately.

You can improve the effectiveness of the drill by using particular passes (overhead, bounce, etc.) and pivots (drop step, front pivot, etc.) and direction of turn (inside, outside). You can

use one set (overhead pass, drop step pivot, outside turn) for the whole drill or you can actually change one or more of the elements each minute.

Three-on-Three, Two Bounce

Coach Sue Gunter

Purpose

To work on passing against the pressure of a defender on the ball as well as a defender on the receiver. This drill also allows work both on dribbling and on defense on the ball and the receiver.

Organization

All players in groups of three. Each offensive set of players will have one ball.

Procedure

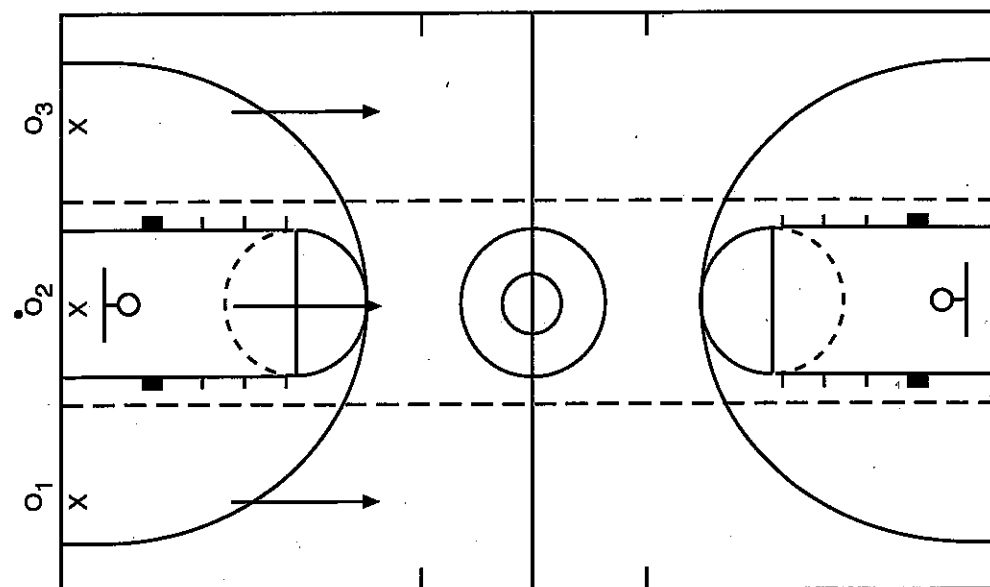
1. Start this drill at one baseline and complete it at the other baseline. The offensive players are set with one in the middle and one on each sideline. All three players have a defender.
2. The point player (O_2) must stay in the middle third of the court and the wings must stay in their own outer third; each time an offensive player has the ball, she is only allowed two dribbles to advance the ball.
3. This allows the defense to put extreme amounts of pressure on the ball and in the passing lane, putting the defense at a major advantage.
4. Once the ball is put on the floor, the other two offensive players are to sprint up the floor until the second dribble is used. They then must break back toward the ball for a possible pass. In the meantime, the player with the ball must use aggressive, low-weight transfers against her defender.

Coaching Points

- Stress dribbling, passing, and receiving under pressure.
- This is also a good drill to work on ball and passing lane defense in terms of footwork and stance. Beyond that it is a tremendous conditioning drill.
- Stress that a bounce pass, chest pass, or one-handed push pass may be used. The key to the drill is making a solid pass, strong, crisp, and away from the defender, to the receiver under a great amount of pressure.
- This drill is also excellent for teaching players to come back to the ball and to receive the ball under pressure. Passing is only as good as receiving. Once the receiver catches the ball, she transfers the ball low to her outside hand and pushes up the floor for two dribbles, and the drill continues.

Variation

To make the drill more difficult for the offense and to add more intensity to the defense, you can reduce the dribbles allowed from two to one.



Three Weave With Trailer

Coach Rene Portland

Purpose

To improve players' passing skills. This is a good drill for practicing transition up and down the floor as well as improving conditioning.

Organization

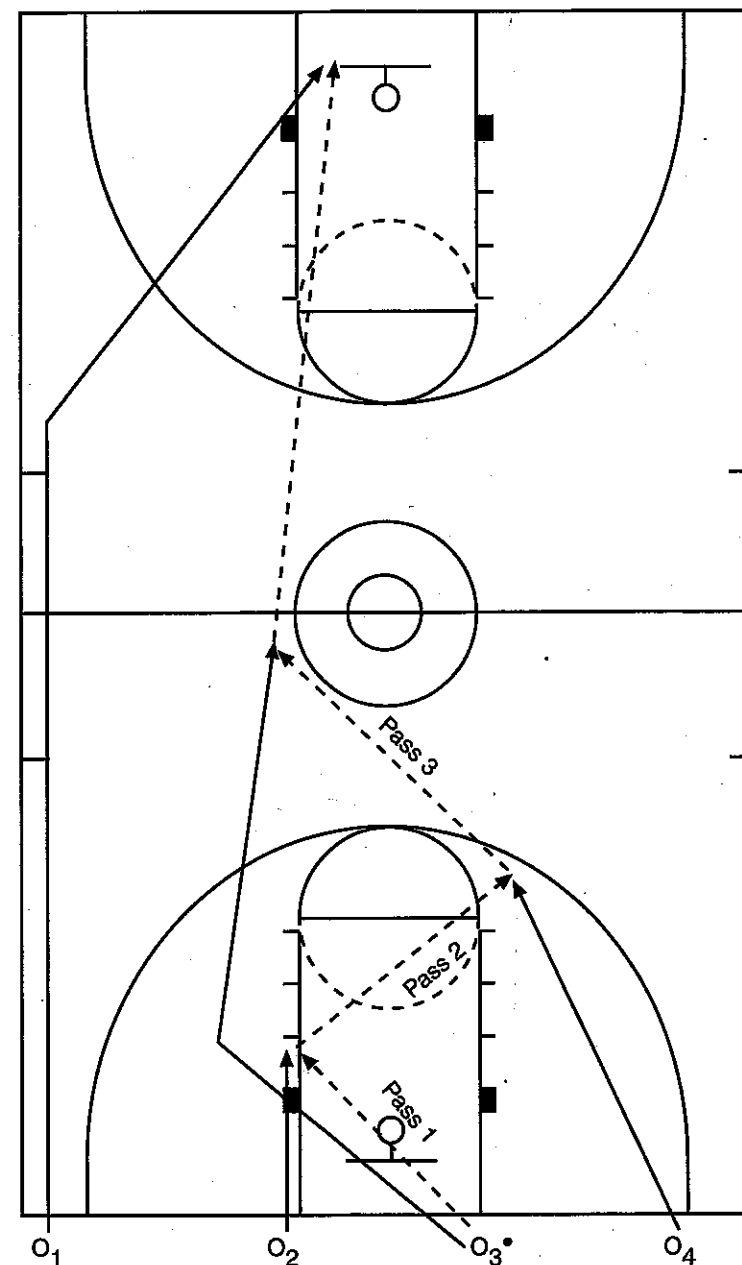
One ball, four players. Players divide into four lines along the baseline. Either outside line can be designated as the "trailer" line.

Procedure

1. The first person in the trailer line sprints down the floor. The other three players move down the floor in a weave.
2. Once the trailer reaches the hash mark in the front court, she should cut at a 45-degree angle toward the basket, calling for the ball.
3. Players in the weave may pass the ball no more than three times before hitting the trailer for a layup.
4. The trailer then sprints up the opposite sideline while the same weave continues back down the floor.
5. The trailer must make two consecutive layups before that group can step off the court.

Coaching Points

- The ball may not hit the floor at any time, either from a pass or coming out of the net.
- Passes should be crisp, and players should lead teammates with their passes.



Full-Court Layups

Coach Tara VanDerveer

Purpose

To develop transition passing skills and conditioning.

Organization

Shooting line on one wing, rebounding line and outlet on opposite side of the court. Two balls are in the shooting line and a rack of balls is at half-court with the coach/passer.

Procedure

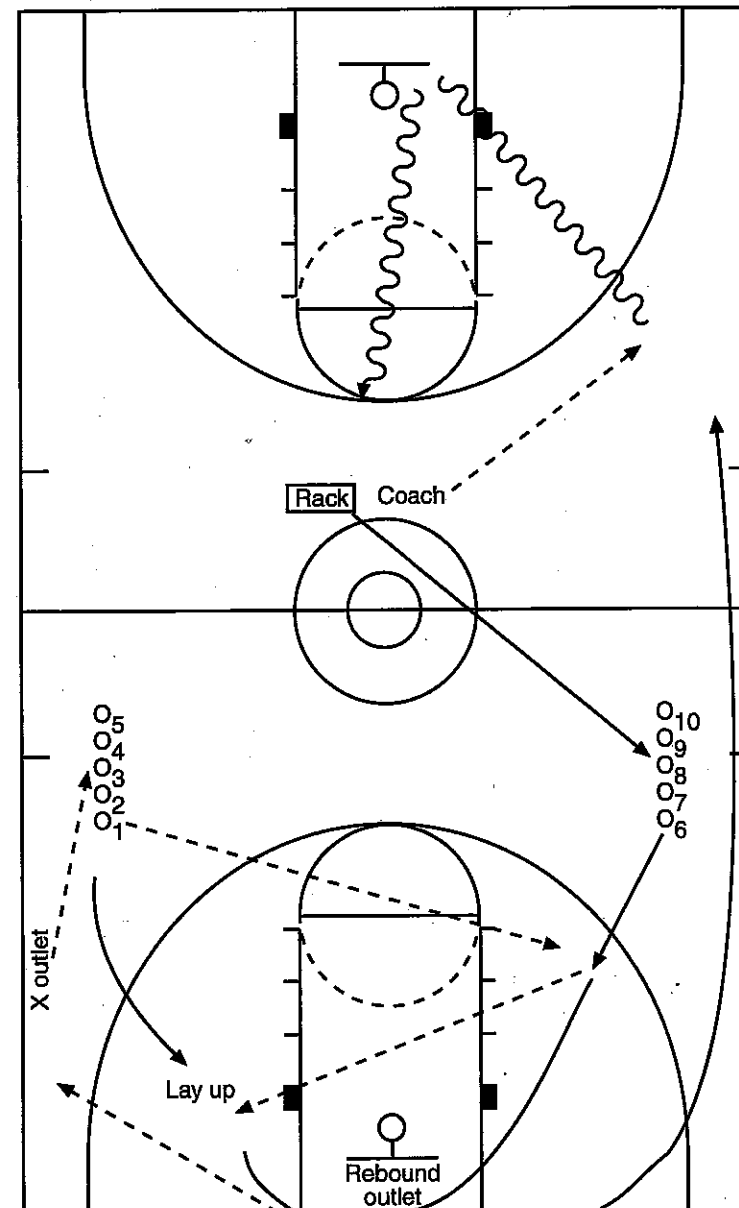
1. The first shooter passes across to the first person in the rebounding line then receives the ball back for a layup.
2. The rebounder rebounds and passes to the outlet player (O_6), then the passer (R_1) becomes the outlet player.
3. The outlet player (O_6) passes to the next shooter (O_2) and fills in that line.
4. After the layup, the shooter sprints down the sideline, receives the ball from the coach/passer, scores at the opposite end, and then drives (dribbles up to the ball rack and fills the rebounding line).

Coaching Points

- Sharp passes.
- Concentrate and finish layups on both ends.
- Sprint the floor.

Variation

- You may take away the rack and passer and have the rebounder dribble the full length of the floor for a layup and then dribble back to the shooting line. However, keep in mind you would need every player in the shooting line to have a ball.



Olympic Passing

Coach Joe McKeown

Purpose

To improve passing in transition, shooting while on the fast break, filling lanes, and conditioning.

Organization

Three players start at half-court with a ball in the middle; two more players start along baseline each with a ball. Use five balls and seven lines.

Procedure

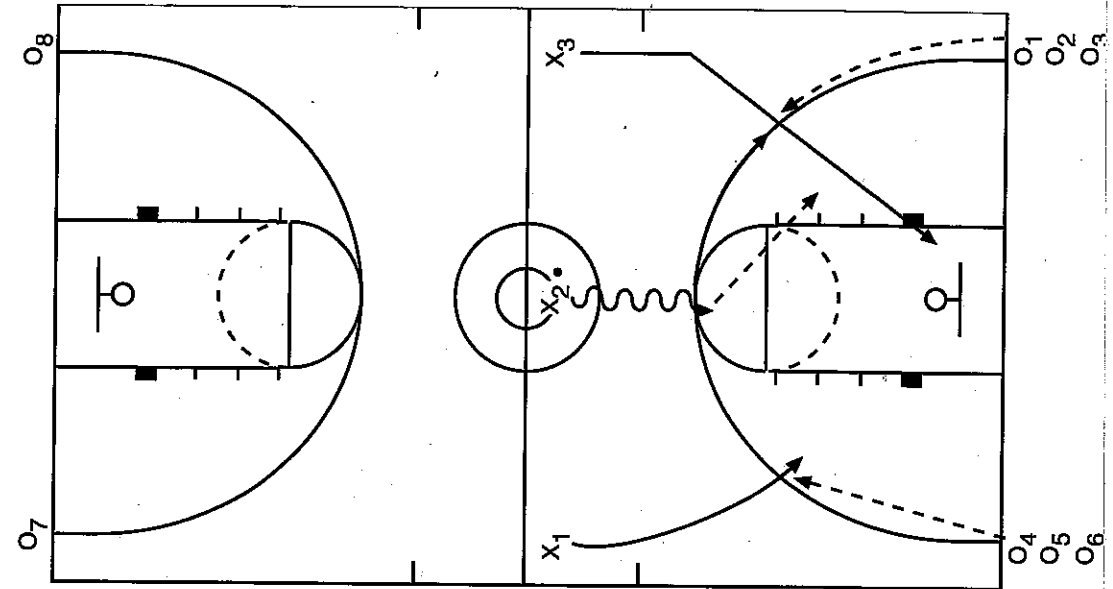
1. Three players start at half-court.
2. They attack three-on-zero and make a layup.
3. The passer (X_2) and nonshooter (X_1) then receive passes from the baseline passers (O_1) and (O_4) and shoot game shots. The two baseline passers and the layup shooter (X_3) then attack three-on-zero to the other end of court with two baseline passers, making passes to the passer and nonshooter from the second group. This is a continuous drill.

Coaching Points

- Run the lanes hard/hustle.
- Ball should not hit the floor.
- Shoot game shots (e.g., three-pointers, post moves).
- Try to make 30 shots in three minutes.

Variation

Defense can be added.



Rebound, Outlet, Long

Coach Rene Portland

Purpose

To practice fast-break situations. This is a good drill for improving passing skills and conditioning.

Organization

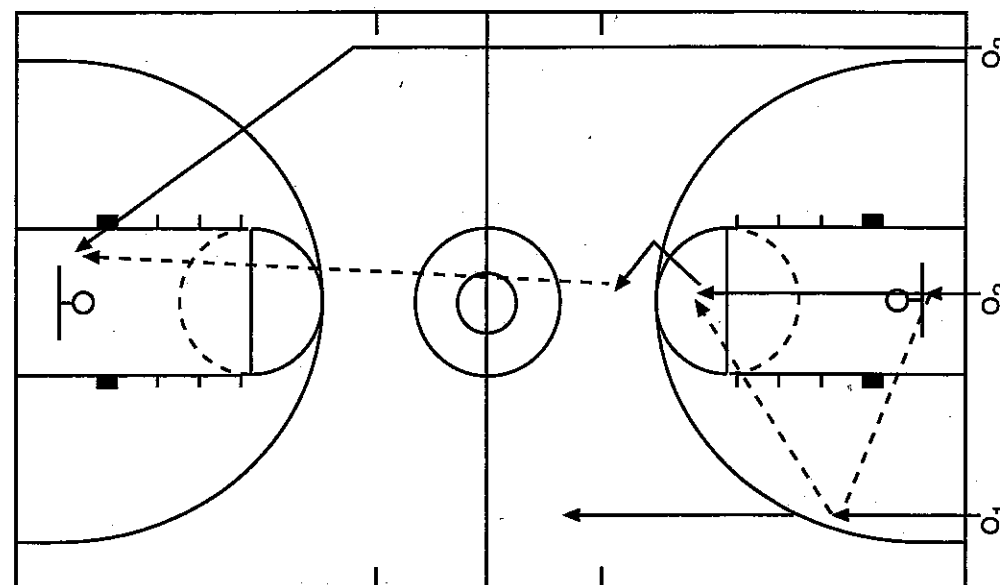
One ball, three players. Players divide into three lines on the baseline. A coach is needed at either elbow on the far end of the court.

Procedure

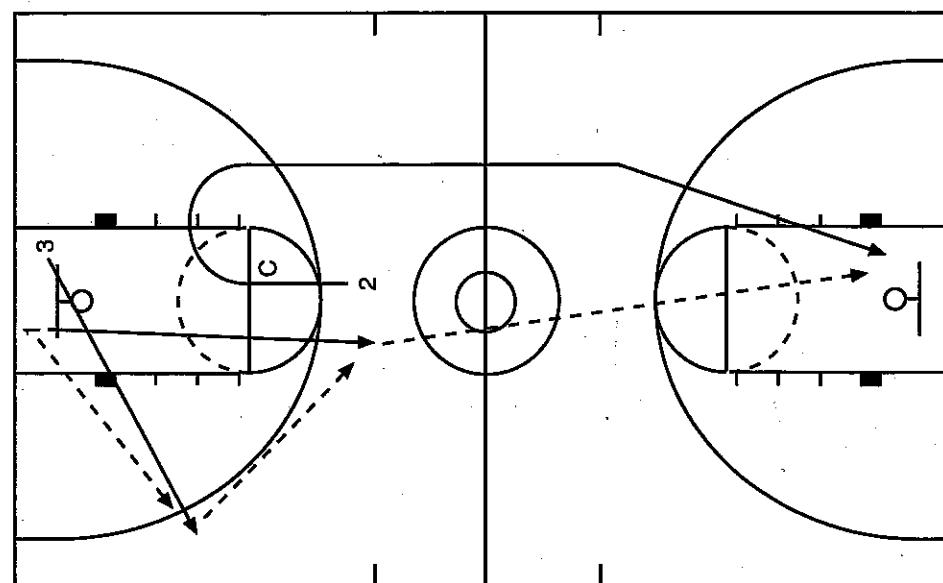
1. The ball starts in the middle line. The player with the ball passes to the line opposite of where the coach is to begin the drill (in diagram 1, player O_2 passes to player O_1).
2. Player 1 then passes the ball back to player O_2 . Meanwhile, player O_3 sprints the length of the floor. When player O_3 reaches the opposite free throw lane, player O_2 passes the ball to player O_3 for a layup.
3. After completing the pass, player O_2 sprints toward the foul line, circles the coach, and sprints back down the floor. After finishing the layup, player O_3 moves to the outlet position on the opposite side of the floor. Player O_1 sprints the floor, rebounds the ball, and outlets to player O_3 (see diagram 2).
4. Player O_3 then returns the pass to player 1. Player 1 throws a long pass to player O_2 for a layup.
5. The next group takes the ball out of the net and the drill continues.

Coaching Points

- All rebounds should be taken directly out of the net. The ball should not hit the floor.
- Special attention should be paid to the passes in this drill. Long passes should not be thrown directly at the receiver. Instead, they should be thrown ahead of the receiver, thus leading the player into the layup.



1



2

Side-Center-Side

Coach Sue Gunter

Purpose

To work on making crisp, accurate passes while moving up the court.

Organization

The entire team at one time in groups of three. Each group of three will have a ball.

Procedure

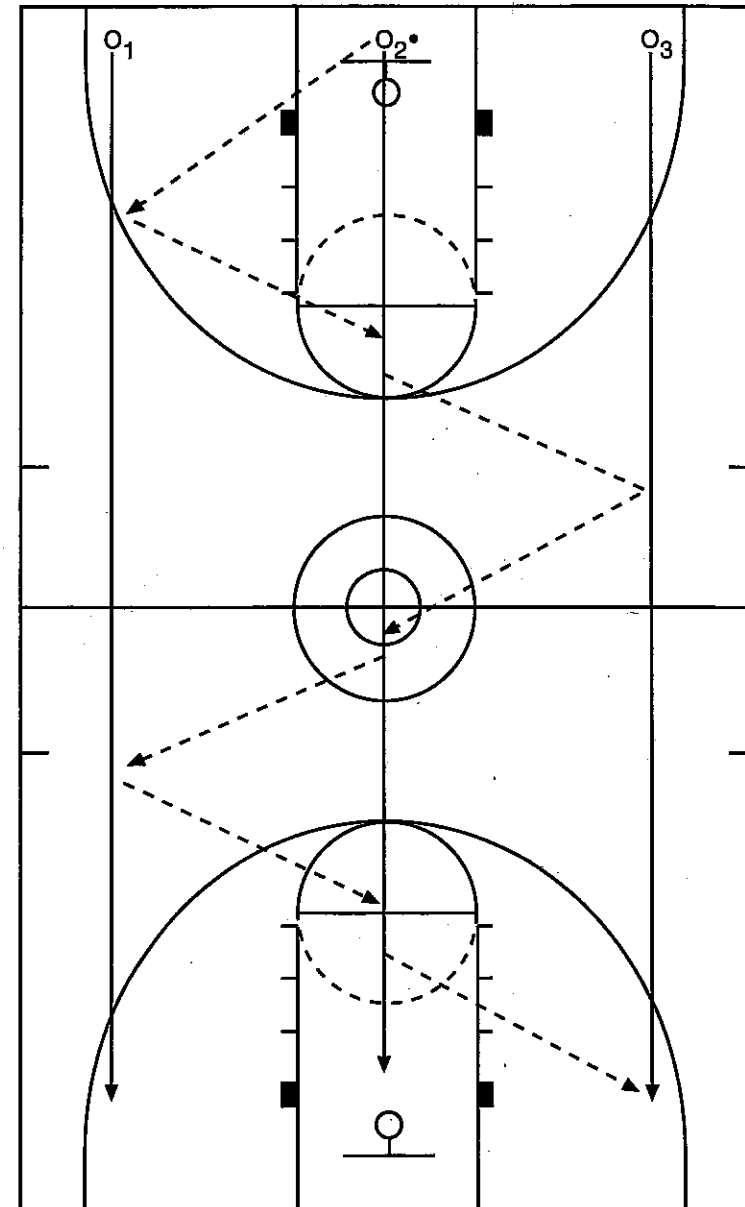
1. Place one player in the middle and one player on each side of this player. The two players to either side of the middle player will be between this player and the sideline.
2. All three players move up the court, sprinting as hard as they can and passing the ball back and forth.
3. The ball should never touch the ground, and all passes should be crisp and on target.
4. Have players call out the name of the player they are passing the ball to before each pass. This helps develop communication and recognition.

Coaching Points

- Solid passing while on the move is important in this drill.
- This drill also works on receiving because of the added pressure of catching on the move and then immediately passing the ball back properly.

Variations

- Players can also use bounce passes instead of chest passes.
- Sometimes use a regular ball and at other times use a heavy trainer ball or a medicine ball to develop arm strength.
- Go up and back twice without resting.



Six-Passer Fast Break

Coach Tara VanDerveer

Purpose

To practice full-court passing, layups, and conditioning.

Organization

Four balls (two at each end of the court) and six passers. Start with one and a half minutes and work up to two minutes on each side. Switch passers and shooters after each side is done.

Procedure

1. At least three shooters start on opposite ends of the court.
2. Each end starts at the same time by passing to the first target (passer)—no dribbles.
3. The shooter continues down the court passing to the next target (passer) on her side without dribbling.
4. The shooter shoots a layup and gets back in line.
5. The drill is continuous.
6. Passers are stationary.

Coaching Points

- No dribbling allowed.
- Provide good targets and sharp passes.
- Sprint the floor and concentrate on finishing layups.
- Switch passes and shooters after time expires.

Variation

Keep track of baskets and make it competitive.

