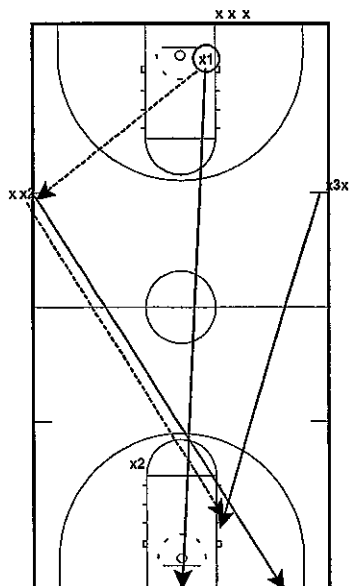


# Detroit

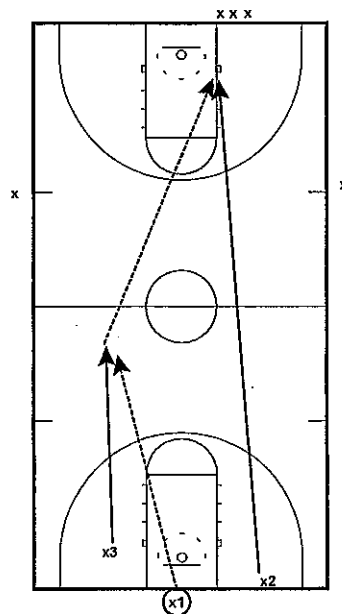
St. Clair- Practice Drill  
Practice Drill



5 Minute drill. One ball. One dribble per trip down the court (beginning of the season we allow two dribbles). Players in line x2 and x3 are the only players that may dribble. Emphasis on good passes (no drops), made layups, getting the ball out of the net, and hustle. All players must rotate through all three lines.

Player x1 outlets to x2. x2 then up passes to x3 who should be able to make to the layup in stride. Once player x2 passes the ball they must sprint to touch the base line opposite of them. x1 must sprint the length of the floor and take the ball out before it hits the ground.

St. Clair- Practice Drill  
Practice Drill



x1 Grabs the ball out of the net takes it out and must quickly pass it to the player who had just made the layup and is now sprinting up the floor. Player x2 is in a dead sprint to get down court to make the next layup. All three players must sprint through the baseline and not get in the way of the next group who is starting the same process again.

# Three on Three on Three

**Coach** Tim Shea

## Purpose

To improve communication, to prevent open shots, and to learn to rotate to the open player.

## Organization

Players in teams of three with different colored shirts on half a court, one team on offense with the ball, one team on defense. The remaining teams are beneath the basket.

## Procedure

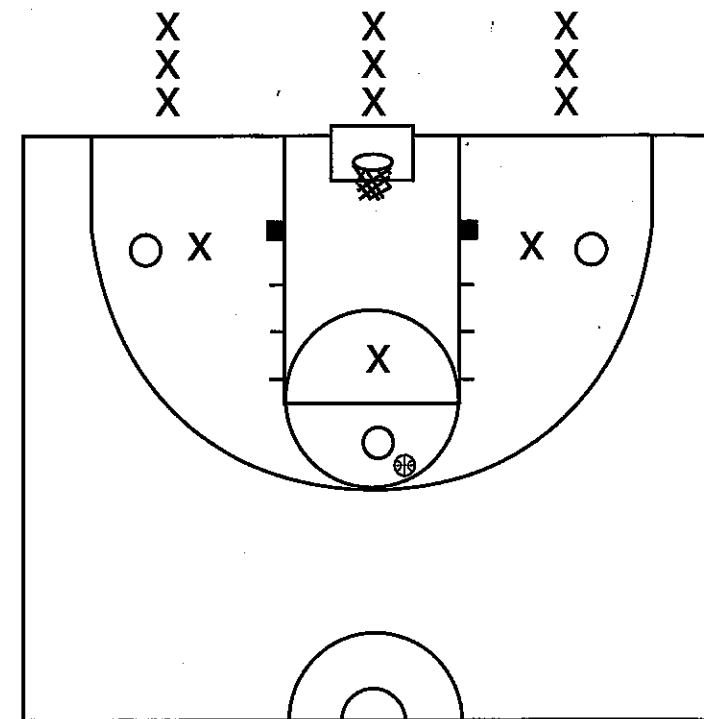
1. The team plays three on three until one team scores.
2. The team that gives up the score must leave the court quickly while the next team waiting on the baseline rushes onto the court to identify and locate whom to defend.
3. The scoring team does not wait for the new team to get into good defensive position. They get the ball quickly, clear it behind the 3-point line, pass it in, and play.
4. After a score, only the offensive team may grab the ball.

## Coaching Points

- The winning team is the first one to make 10 baskets. If done correctly, the losing teams will be too exhausted for much more than a token penalty sprint.
- Treat a foul the same as a score.
- If two teams have had a few chances on offense, chase them both off the court and bring on the next two teams.
- Your emphasis should be on the team rushing onto the court. Team members need to talk, point, identify perimeter shooters and defend them accordingly.

## Variation

- Four on four on four.



# Catch Up

**Coach** Muffet McGraw

## Purpose

To offensively work on a three-on-two situation. To defensively address transition defense.

## Organization

Three defenders along the free throw line, three offensive players on the baseline, one ball, three lines.

## Procedure

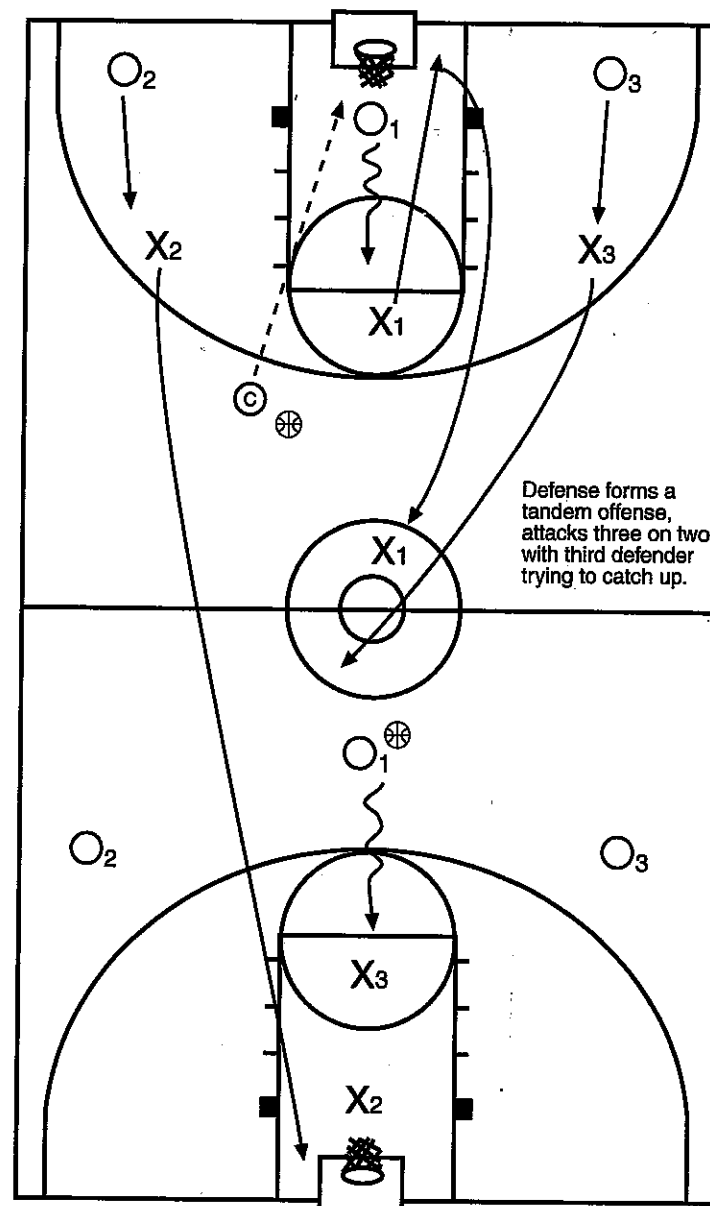
1. The coach throws the ball to any of the three offensive players on the baseline.
2. Whoever has lined up as their defender runs and touches the baseline while the offense takes off three on two.
3. The third defender sprints to catch up, then plays three on three.

## Coaching Points

- Defense should form a tandem until the third defender arrives.
- The top player stops the penetration and forces a pass.
- The bottom defender goes out to defend the first pass of the key.
- The last defender down picks up whoever is at the top.

## Variation

- Play it out three on three, and come back down court three on three against full-court pressure.



## Three-on-Two, Two-on-One Continuous Conversion Drill

**Coach Barbara Stevens**

## Purpose

To teach offensive and defensive decision making in numerical advantage and disadvantage situations.

## Organization

Players begin the drill on the endline with the ball in the middle. Two tandem defenders start in the center circle. The rest of the team is split into two outlet lines at one end of the court.

## Procedure

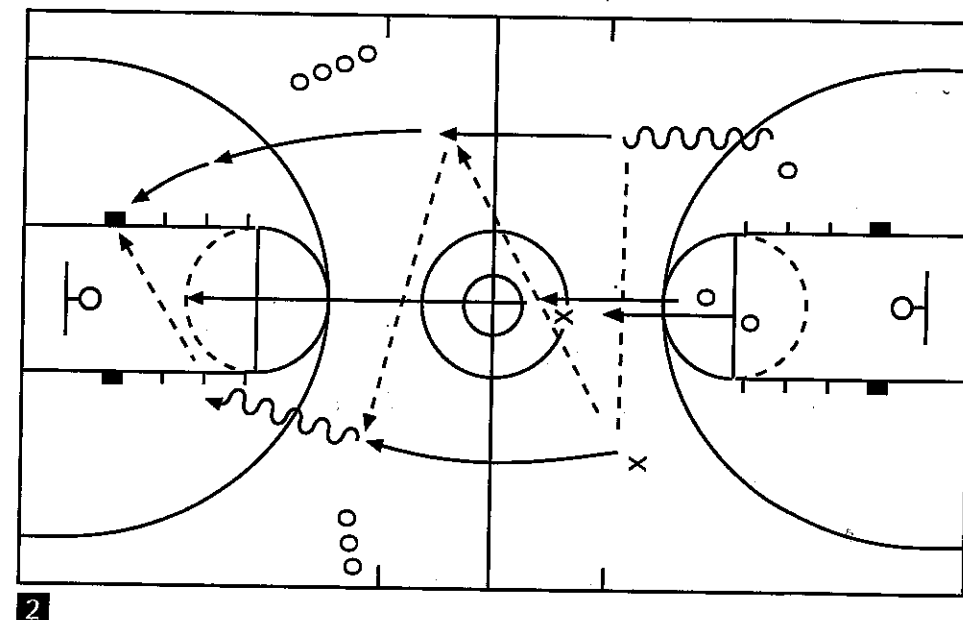
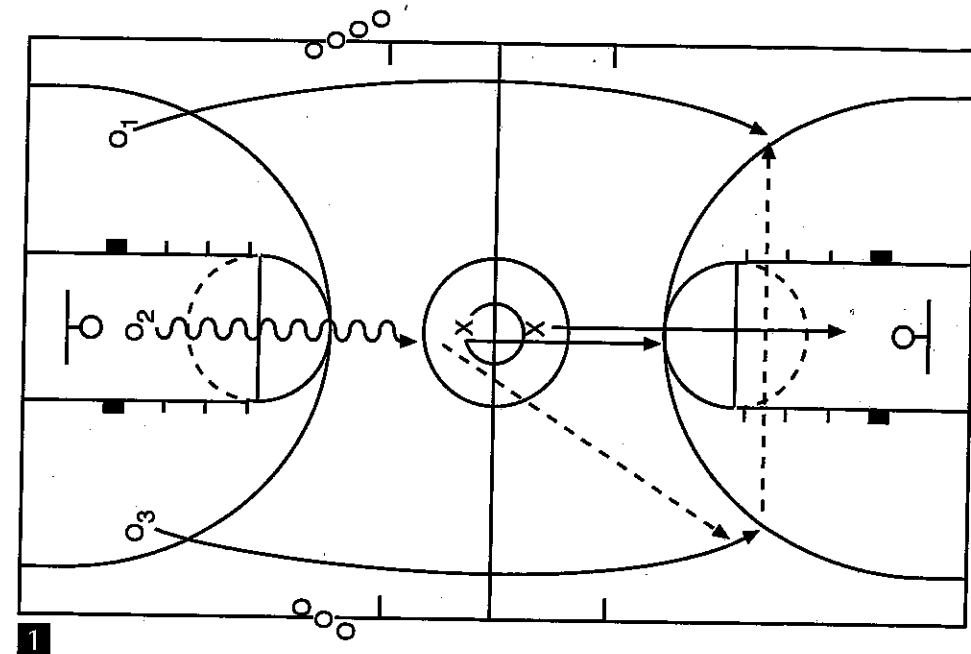
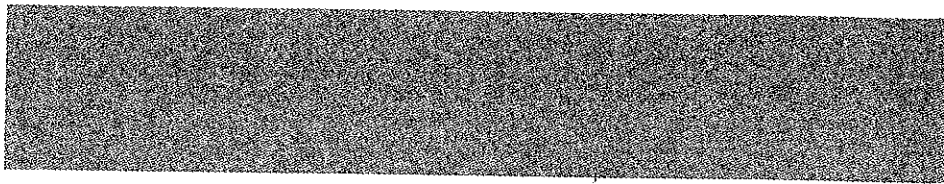
1. The three offensive players attack the two defenders.
2. If the offense scores or the defense gets possession, the two defenders come back on offense against the last player to touch the ball on offense (two-on-one). (See diagram 1.)
3. The two remaining (formerly) offensive players go to the center court circle to become the next tandem defenders (see diagram 2).
4. Only allow one shot in the two-on-one segment. Whether it's made or missed, any one of the three players may outlet the ball to one of the outlet lines and fill a lane in the next group of three to attack the waiting tandem defense.

## Coaching Points

- Limit the number of passes the offense makes to score. The more passes made, the more time the defenders have to recover.
- Pass the ball ahead to shift the defense.
- Defenders need to talk, shift quickly, and not force the offense into several passes.

## Variation

Run this drill for a designated amount of time. It is competitive and can reward the player who hustles to stay in the drill!



# Four-on-Two-on-Two

**Coach** Kathy Delaney-Smith

## Purpose

To teach transition principles, teamwork, and poise under pressure.

## Organization

Four players on each team, three teams, and one ball.

## Procedure

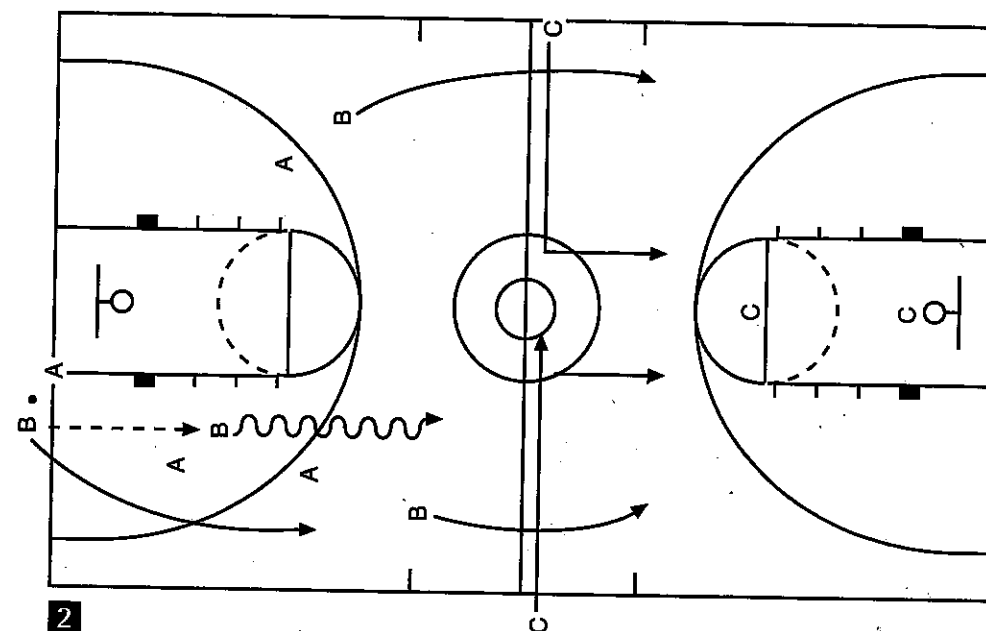
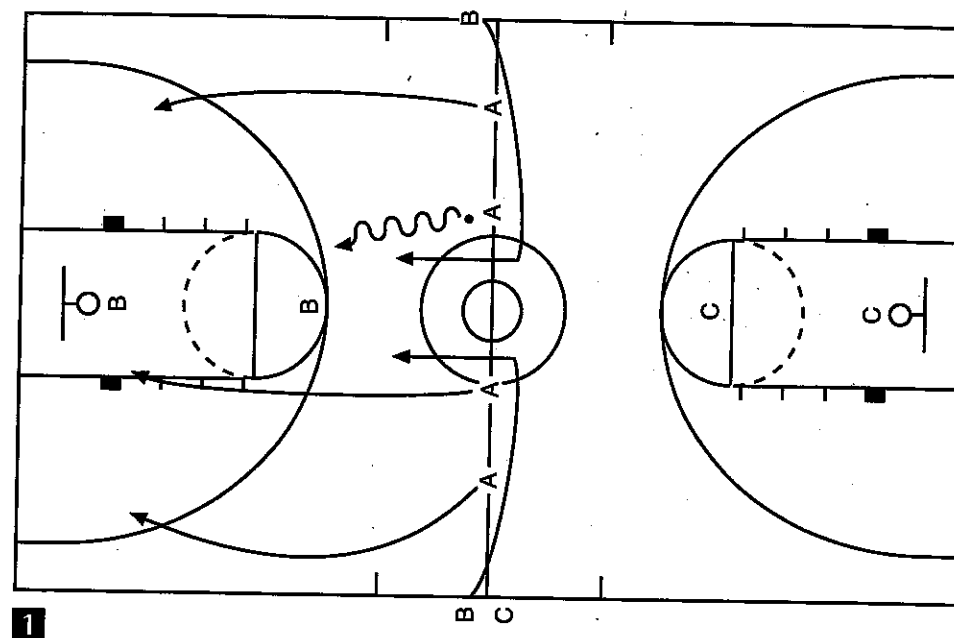
1. The first team (A) starts at half-court with the ball and goes four-on-two versus the second team (B).
2. The second team (B) has two players at half-court outside the sideline who then step on the court and play defense as the ball crosses half-court (to become four-on-four). (See diagram 1.)
3. Team B then rebounds a miss (or takes it out of bounds after a made shot) and goes four-on-two against the third team (C), who has stepped on at the opposite end of the court (see diagram 2).
4. Teams start with only two defending, and two more can enter the court once the ball passes half-court.

## Coaching Points

- Play poised in a very fast-paced game.
- Look for a numerical advantage, then play controlled four-on-four.
- Winners don't have to run sprints at the end.

## Variations

- Add defensive pressure before the ball crosses half-court and on the inbounds pass.
- Add a theme (e.g., the offense must pass to the post player at least once).



# Catch Up

**Coach** Muffet McGraw

## Purpose

To work on offense's transition to defense, learning how to work in a three-on-two situation defensively.

## Organization

Three defenders line up along the free throw line, and three offensive players line up on the baseline using one ball.

## Procedure

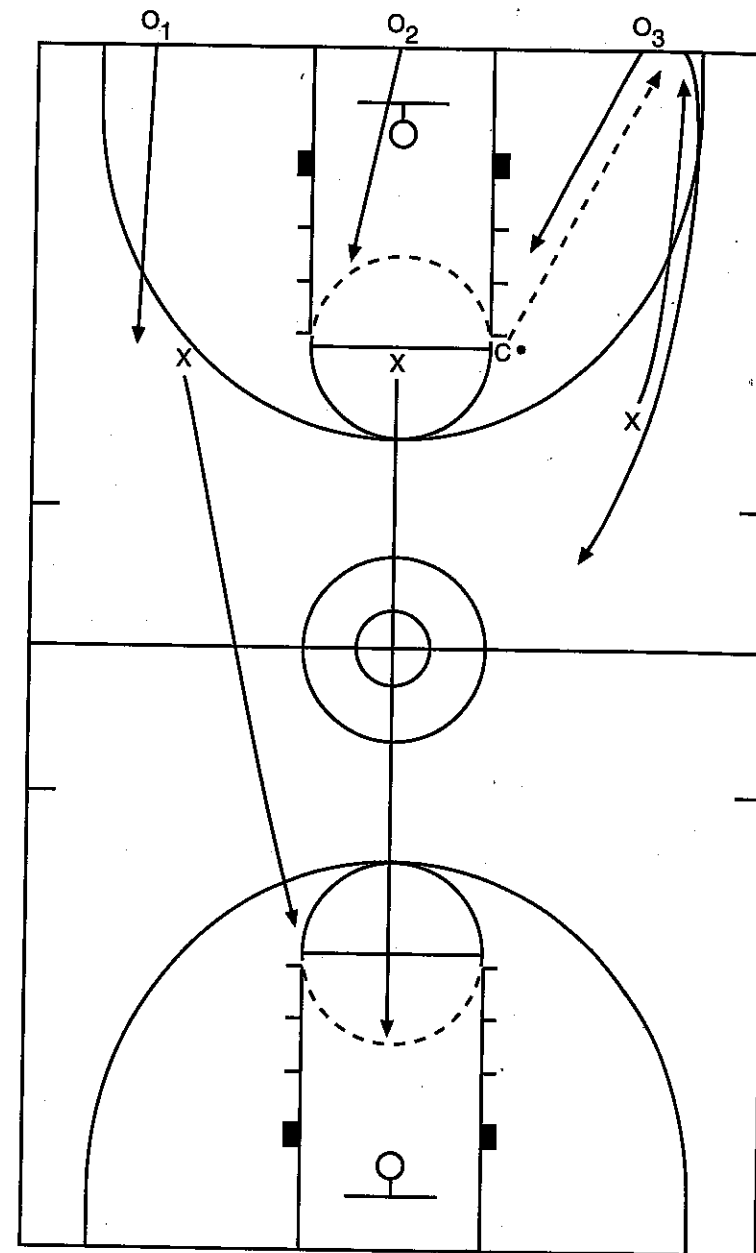
1. The coach throws the ball to any of the three offensive players on the baseline.
2. Whoever has lined up across from the offensive player is her defender; this player runs to touch the baseline while the offense takes off three-on-two.
3. The third defender sprints to catch up and then play becomes three-on-three.

## Coaching Points

- The defense should communicate and form a tandem until the third defender arrives.
- Usually, the last defender down guards whoever is at the top of the key.

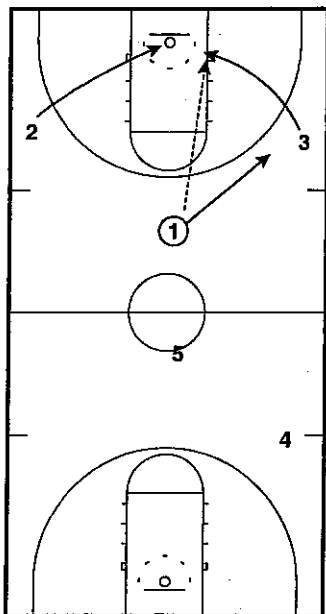
## Variation

Play it live and come back down the court three-on-three using full-court pressure.



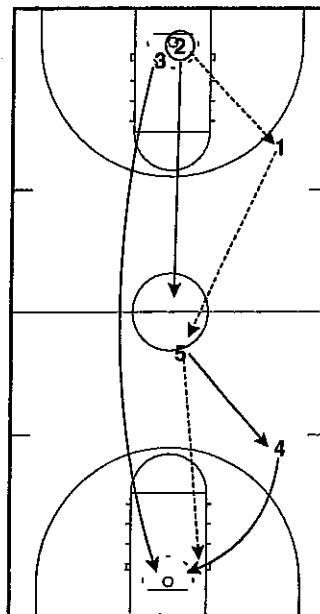
## Eagle Break Drill

Frame 1



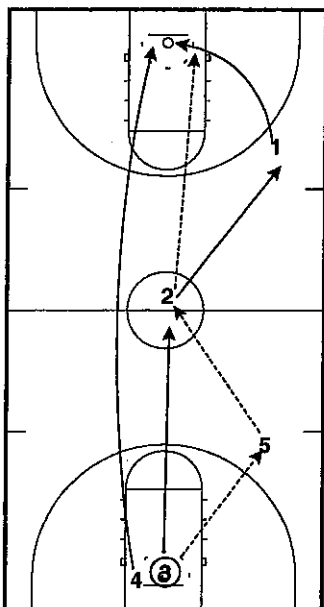
1 passes to 3 for Layup, then 1 goes to outlet  
2 sprints to rebound

**Frame 2**

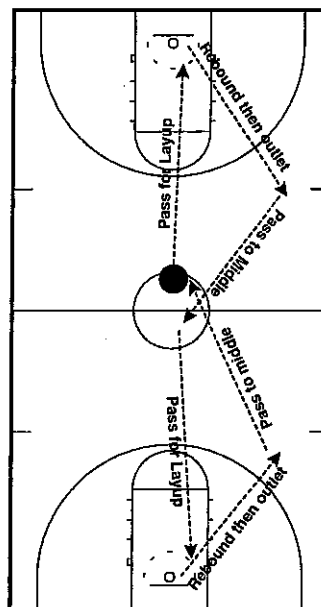


3 sprints to rebound on ther end  
2 outlets to 1, then 2 fills middle on that half  
1 passes to 5 in the middle  
5 passes to 4 for the layup, then 5 goes to outlet

**Frame 3**

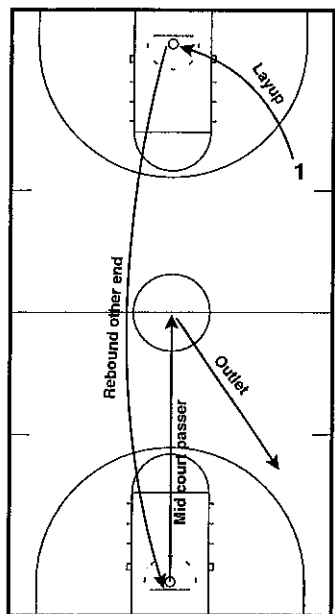


### Ball Path

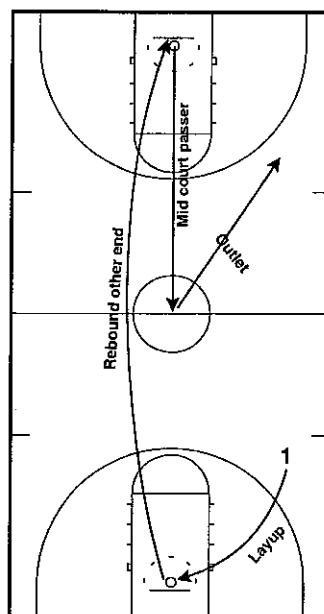


# Eagle Break Drill

Players path Frame 1



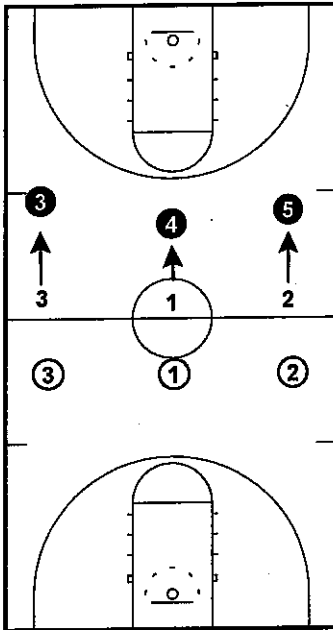
Players path Frame 2





## Flagler

3 on 3 continuous  
Full Court Drill

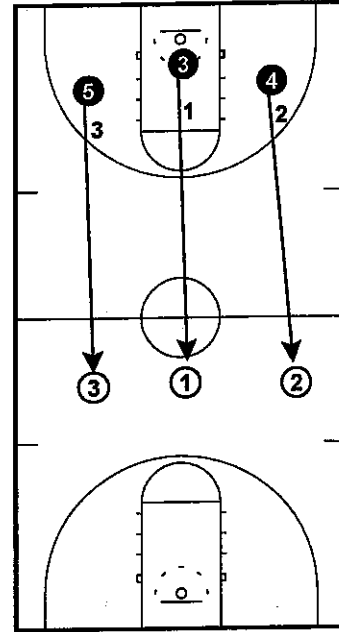


To start the drill: you can split up the teams however you may like. For example, we will have a red, white, and black team of 3 or 4 players. White 1, 2, and 3 will be on offense against black 3, 4, and 5. If we make it into a defensive drill, **YOU CAN ONLY GET POINTS IF YOU GET DEFENSIVE STOPS.** You can decide how many stops you want to play until. If we make it into an offensive drill, **YOU MUST SCORE AS MANY POINTS AS YOU CAN IN HOWEVER MUCH TIME YOU CHOOSE.**

All Contents Proprietary

## Flagler

3 on 3 continuous  
Full Court Drill

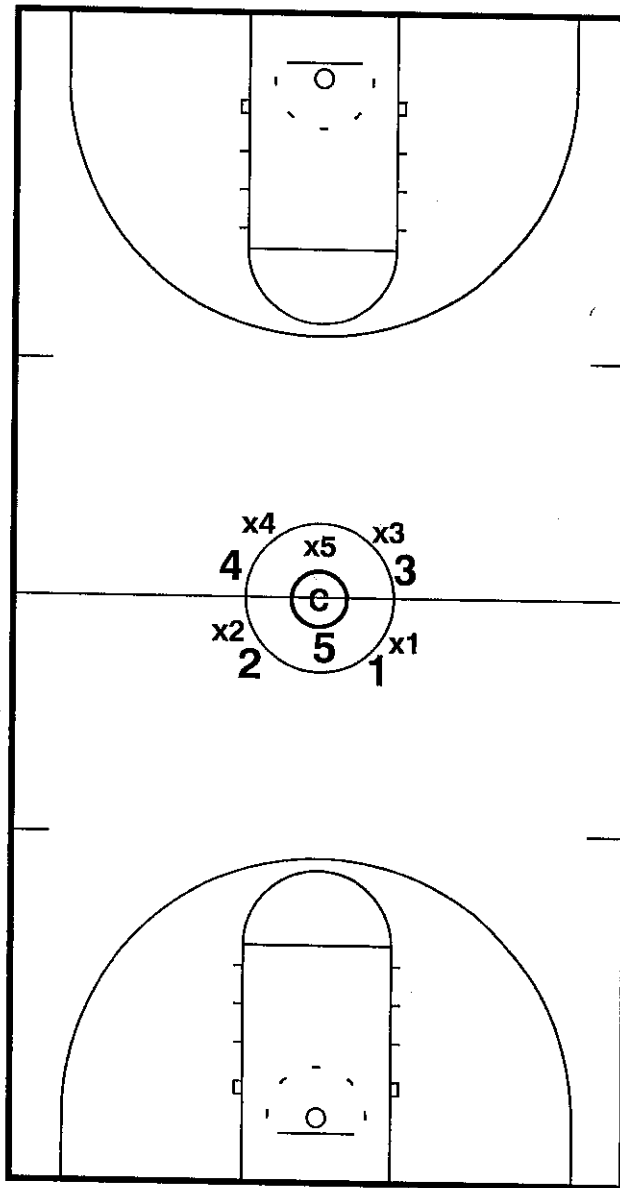


Once white scores, they **MUST** pick up the black team full court applying pressure until black crosses half court. If white gets a steal before black crosses half court, they can score it. Once black gets across, red will then pick them up. If black scores, they will pick up the red team full court until reaching half court. If red gets the stop, red will convert the ball towards white whom will be waiting at half court on defense. The drill becomes continuous.

All Contents Proprietary

## Niagara

### Laker Scrimmage DRILLS



Purple & White Team  
Each team has a coach  
Coaches will call fouls when necessary

Rules are:

- Start w/ a jumpball
- Playing full court 5 on 5
- In order to get a point your team must get a score, stop, score and make a free throw

Depending on how practice is going we will put a time on it & if no one wins, we have "special" prizes!