



## Contents

### Warming up

start2	2
Senate	3
Pass layup	5

### Ball handling

Gladiator drill	6
-----------------	---

### Passing

Four lanes pass and change	6
----------------------------	---

### Shooting

Kross drill	7
-------------	---

### Hbw 1998

50 pass drill	9
---------------	---

### Defense zone

51: 2-3 zone	10
51: tough 2-3 zone	14



3 ottobre 2013

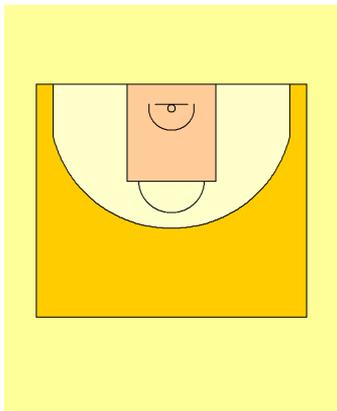
20.30

gr

san giorgio

**start2**

Start time: 20.30  
Drill time: 10  
Players: 0  
Balls 0  
Quality: \*\*



running  
10minutes

treccia a 3, a 4 a 5  
10minutes

addominali, flessioni, dorsali  
5minutes

tiri liberi - gara

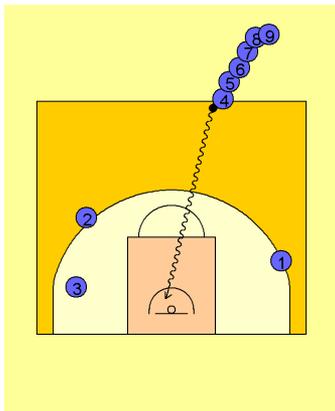
stretching  
5minutes

tiri liberi - gara



### Senate

Start time: 20.40  
Drill time: 10  
Players: 0  
Balls 0  
Quality: \*\*

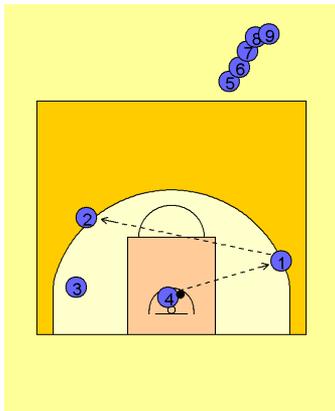


6 or more players  
1 to 3 balls

#### Setup:

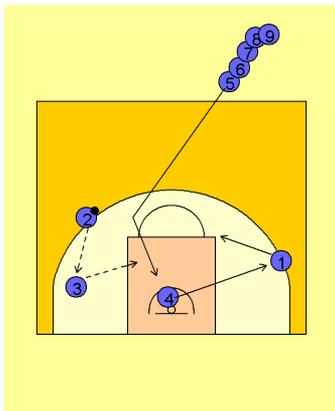
Drill starts with players in positions marked.

Player (4) dribbles to basket for lay-up.



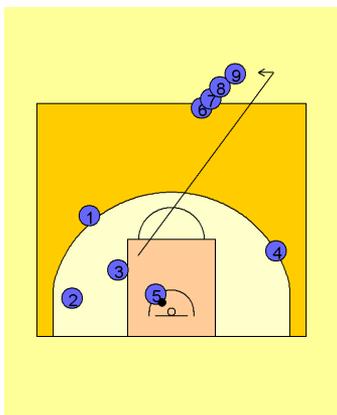
(4) takes the rebound, throws an outlet pass to (1) who skips pass across to (2).

Each passer follows the ball.



On (2) receiving ball, and NOT before, (5) makes a cut from the line.

(2) makes chest pass to (3) who puts little bounce push pass into the cutter for the lay-up.



Everyone follows his or her pass and you can see that as (3) passed to the cutter than he/she goes to the end of the cutters line.

This is quite a simplistic drill but gets better as you add balls to the line.

I have run this drill for 10 years and use 3 balls to keep everyone on their toes.

This drill teaches:

Passing - outlet, skip (overhead), chest and push.

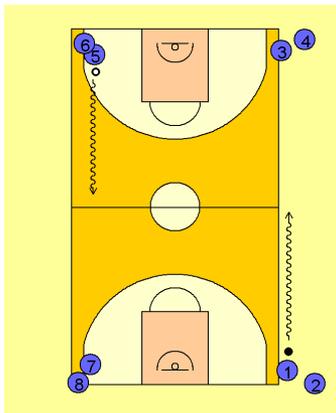
Timing - the basis to any structured offense, the cutter does no leave until the strong side wing receives the ball.

Conditioning - watch them run.



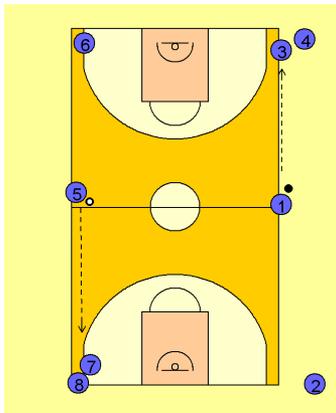
### Pass layup

Start time: 20.50  
Drill time: 10  
Players: 0  
Balls 0  
Quality: \*\*



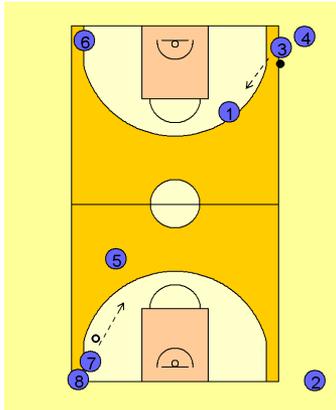
For this drill 8 or more players and 2 or more balls are needed.

This drill start with a dribble to the middle line by player 1 and 5.



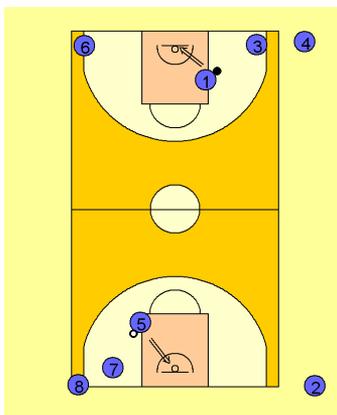
When the players are at the middle line they pass to the corner and start cutting to the basket.

The pass can be given out of the dribble or after a jump stop on the middle line.



Player 3 and 7 pass the ball back to player 1 and 5 who will make a lay-up.

Player 3 and 7 will follow the ball for the rebound.



Player 3 and 7 will make the rebound and pass out to players 6 and 2 and follow to that corner.  
Player 1 and 5 go to the corner of 4 and 8.

To speed up the drill use more balls.

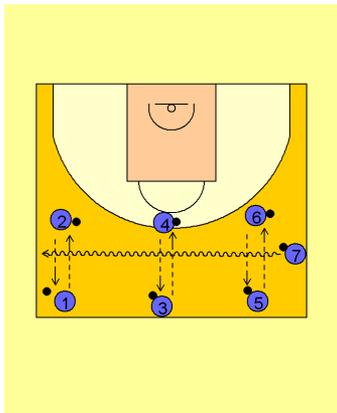
Options:

This drill can be run with left and right handed lay-ups.

Instead of the lay-up a jump shot can be taken outside the bucket area.

**Gladiator drill**

Start time: 21.00  
Drill time: 10  
Players: 0  
Balls 0  
Quality: \*\*



**THE GLADIATOR DRILL**

Partner Pass the 2 balls back and forth using one-handed passes. The passers are using the same hand to pass the ball with.

Passers must stay in a low stance as they pass.

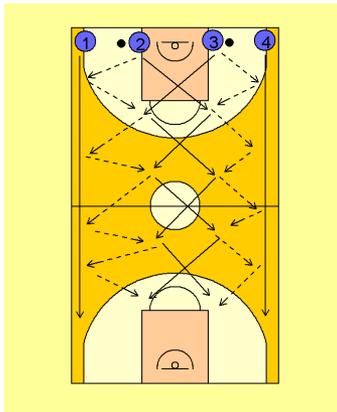
7 must dribble, running low enough to go underneath all the passes.

Alternative:

The passers throw bounce passes, and then the dribbler must stop and then go between the gaps.

**Four lanes pass and change**

Start time: 21.10  
Drill time: 10  
Players: 0  
Balls 0  
Quality: \*\*



**Four Lanes Pass and Change**

Players 1, 2, 3 and 4 line up as shown.

2 and 3 have a basketball.

All players move down the court.

2 and 3 pass to the outside players 1 and 4 respectively. 2 and 3 then cross over.

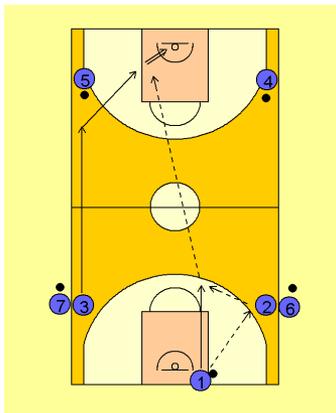
1 and 4 will pass the ball back to the players closest to them. These outside players will then continue moving up the court.

2 and 3 will return pass to the outside players, 2 and 3 will cross over.

Drill continues full court.

**Kross drill**

Start time: 21.20  
Drill time: 10  
Players: 0  
Balls 0  
Quality: \*\*

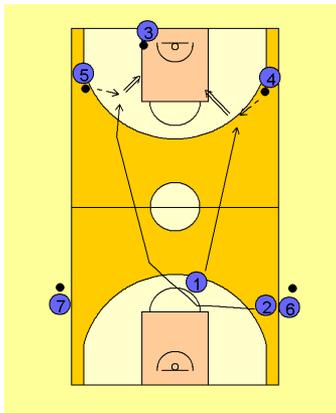


Kross drill is a combo drill of shooting, passing, lay-ups, and fast break. But most important to improve the concentration of players.

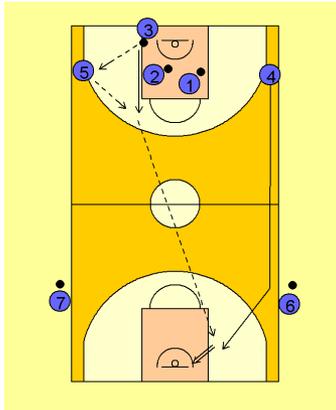
Minimum players: 7.

Balls: 5.

The drill starts with P1 (standing behind base line) passing the ball to P2. P1 hustles towards mid court, and receives the pass from P2 by 3-point arc. P3 runs down the corridor. P1 passes P3, who takes the easy lay-up.



After P2 has passed the ball to P1, he/she goes behind P1, to the opposite wing on the opposite side of the court. P1 continues on the same side to receive the pass from P4. P1 and P2 shoots, and rebounds.



Now the same thing happens on the way back with P3 taking P1's role, and P5/P6 steps in.

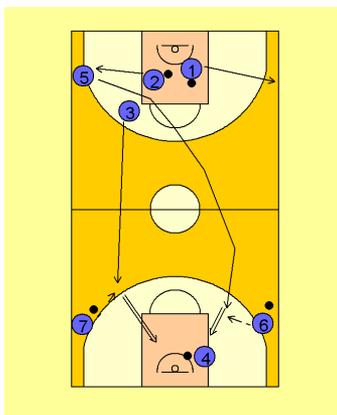


3 ottobre 2013

20.30

gr

san giorgio



P3 and P5 take the shot, and rebounds.

P1 and P2 go to separate wings.

The drill continues the same way (with the one making the lay-up starting a play in the opposite direction).

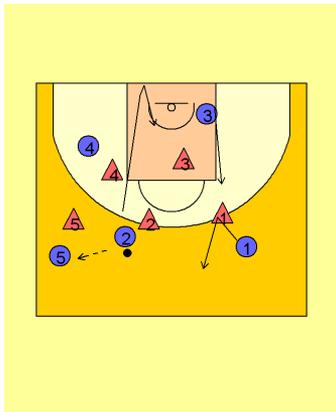
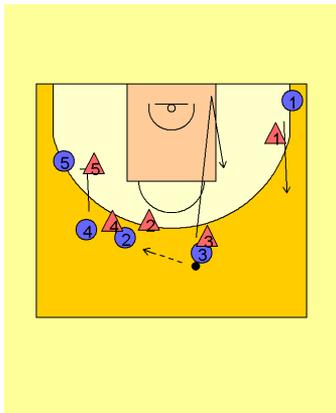
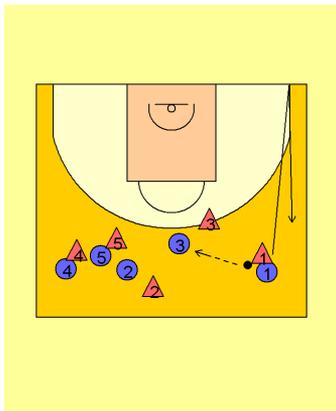
Note: The middle ball moves up and down the court. Side balls' stay on their side of the court.

In the beginning when this play is new for the players, to make it less confusing, make sure the first lay-out pass is always done to the right side.



## 50 pass drill

Start time: 21.30  
Drill time: 10  
Players: 0  
Balls 0  
Quality: \*\*



Based on the clinic of Rene Spandauw at the HBW Clinic on the 29th of December 1998.

This is a half court 5 on 5 drill.

The first team to make 50 passes is the winner of the drill. You do not have to score (yet). Losers run.

You are not allowed to dribble the basketball. A dribble or a turnover (travel, out of bounds) changes possession.

After you made a pass and before you can receive another one, you have to touch the baseline first. If you catch another pass before having touched the baseline, this is also considered a turnover and changes the possession of the basketball to the other team.

At the start and on any turnover you start over at midcourt.

As said, the first team to 50 wins the drill.

After a while you can insert a few things to make it even more competitive.

First: You can add scoring. You're still not allowed to dribble the basketball. But if you score a basket, you get 5 additional points. The team that gets the rebound will start again at midcourt, even on a made shot.

Secondly: If you score on a backdoor cut, you get rewarded 10 extra points. The team that gets the rebound will start again at midcourt, even on a made shot.

Purpose of the drill

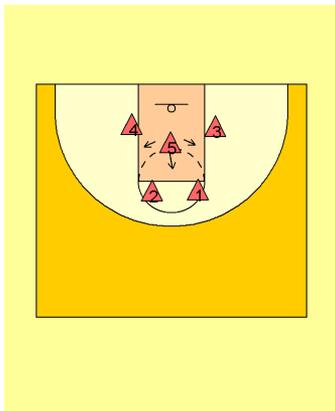
- Passing
- Catching
- Pivoting
- Moving without the basketball
- Cuffing
- Conditioning
- Competitiveness
- Finishing plays
- Boxing out
- Rebounding
- Communicate
- Teaching points
- Meet the basketball ("shorten the pass")
- Crisp passes
- Pass away from the defender
- Body balance
- Catch, create space and face the basket
- Protect the basketball (circle tight)
- Hard cuts (will give you more outlets)

Talk; yell "ball" to receive it or say "no" when you think you're not open



### 51: 2-3 zone

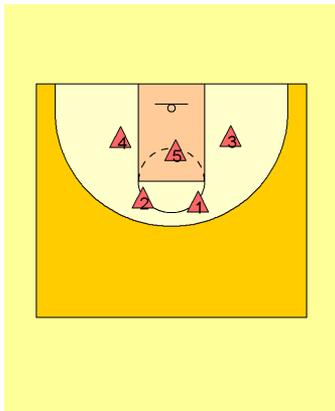
Start time: 21.40  
Drill time: 10  
Players: 0  
Balls 0  
Quality: \*\*



The primary goal of a tight, containing 2-3 zone is to keep the ball out of the lane. Guards X1 and X2 play on the foul line extended, and are allowed one step below this. They start with about two feet between their extended arms. Forwards X3 and X4 start on and play level with the blocks. X4 should be a strong rebounder. Centre X5 moves up and down the lane as needed, calling cutters etc.

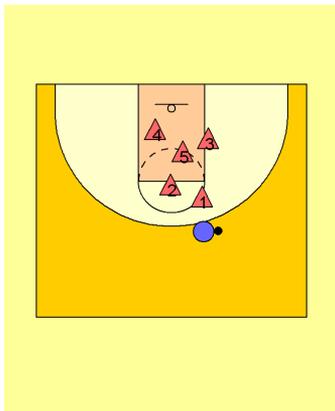
#### Keys:

- Keep your arms up and out at all times.
- Use man to man techniques within your area.
- Move as a unit with the ball.



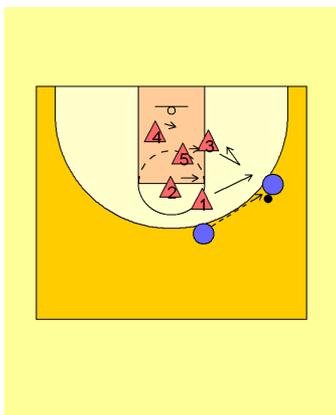
The 2-3 zone can be made "looser" by having the guards move above the foul line, and the forwards move up and out from the blocks.

This forces the offense to start further from the basket. However, the more compact the zone, the more stifling opposing offences will find it.

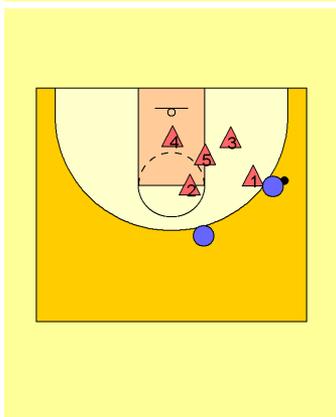


When an attacker dribbles down one side, the guard at that elbow steps out, the other guard slides across to the middle of the foul line. The other defenders also shift ball side.

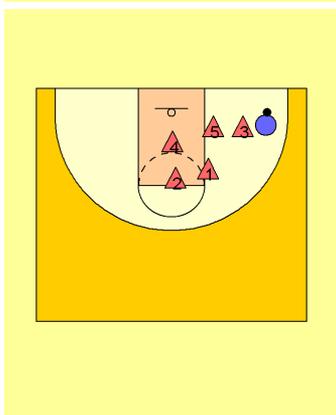
One defender must always be responsible for the ball handler. The player guarding guarding the ball should yell "Ball" to clearly determine responsibility. Problems are created when the ball handler gets in a gap between defenders. Responsibility for deciding who has the ball is assigned to X1.



On a pass from the point guard to a wing, forward X3 comes out until guard X1 can get into position, then is "bumped" back by X1. The other guard (X2) slides over to the ball side elbow and centre X5 fills outside the low post.

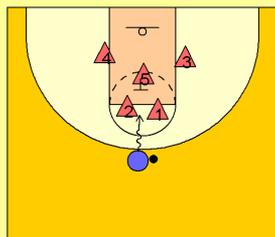


Here are the positions with the ball on the wing.



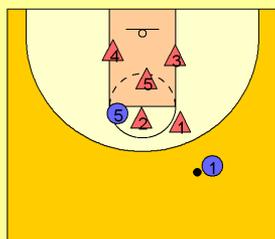
When the ball is in the corner, X3 moves out, X5 quickly takes her place at the ball side block, and X1 discourages the pass to the high post.

Ball handlers are not guarded outside their shooting range - the defender responsible for the ball should not go out any further than the limit of the player's shooting range.

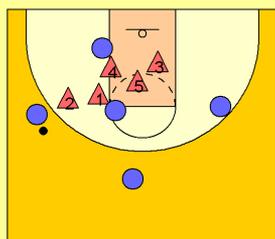


The defense should not allow dribble penetration. Guards X1 and X2 especially need to make sure that attackers never dribble penetrate down the middle. All players must know who has responsibility for the ball, and learn to leave their checks and pick up unguarded ballhandlers in scoring range (here X5 would step up if needed).

On passes back out to the top, the guards must recover quickly. The biggest problem with a zone defence is when players start getting lazy, arrive late, and the defence breaks down.

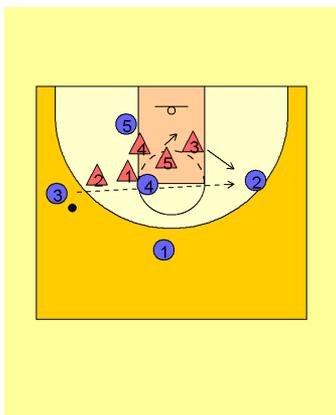


An attacking high post is covered by one of the two front row defenders.

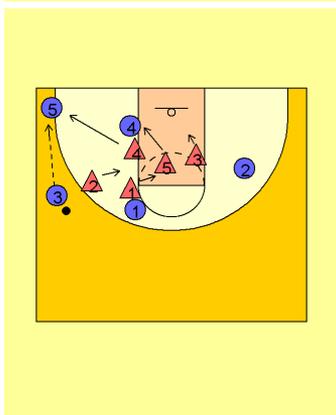


Passes to post players should be denied.

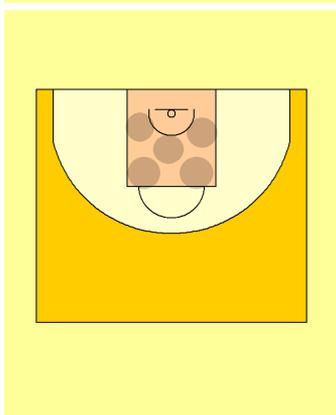
In this situation, the high and low posts are guarded by a guard and a forward.



An effective strategy against a zone defense is to overload one side and then reverse the ball. On the skip pass from O3 to O2, defending forward X3 initially bumps out to cover O2 and X5 moves down to cover the low post vacated by X3 (especially important if O4 dives to the low post). Once X1 has recovered to guard the ball, X3 and X5 get back.



Defensive slide on a pass from the wing to the corner.



Because defenders are not assigned specific players to box out in a zone defence, rebounding can be a problem.

Defenders can be assigned to box out attackers in designated areas.

**51: tough 2-3 zone**

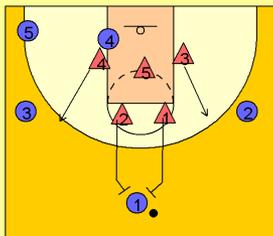
Start time: 21.50

Drill time: 10

Players:

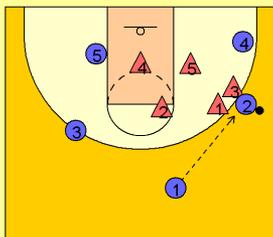
Balls 0

Quality: \*\*



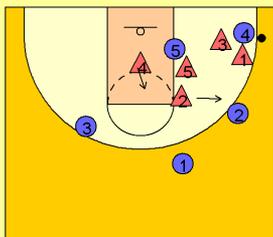
The "51 Tough" defense uses trapping and deny opportunities to make it more aggressive than the containing 2-3 zone.

First, the guards can occasionally come out to trap the ball as it crosses centre. The forwards rotate up in the passing lanes to the wings, and the centre is the safety protecting the basket. On a pass out of the trap the defenders would recover to the 2-3 zone.



The guard and forward can trap when the ball is on the wing at or below the foul line extended (e.g., on a pass from the top to the wing, when the forward bumps up).

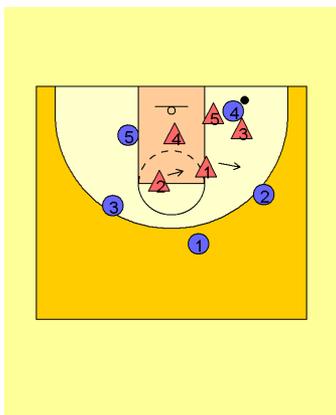
The centre and other guard are interceptors, and the weak side forward is safety.



Most trapping is done in the corner, by the guard and forward.

Depending on the situation the other defenders could set up a defensive triangle in or near the paint.

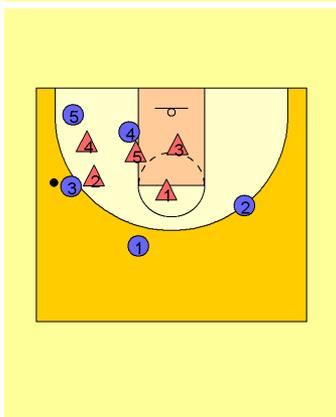
More aggressively, as shown by the arrows, the other guard could play in the lane of the pass back out to the wing, and the weak side forward would rotate up to cover.



Any pass into the post area should result in an immediate trap by the nearest perimeter player.

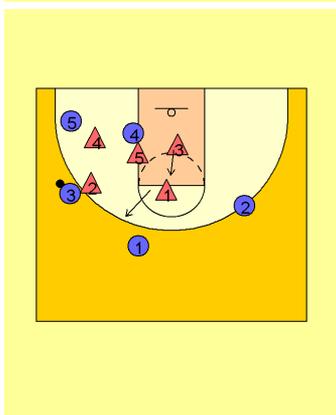
The forward and centre trap when the ball is in the low post, or in the "short corner" halfway between the basket and the sideline.

Depending on the situation the ball side guard would help protect the basket (the high post), or contest the pass out of the trap, in which case the other guard would slide over to cover.

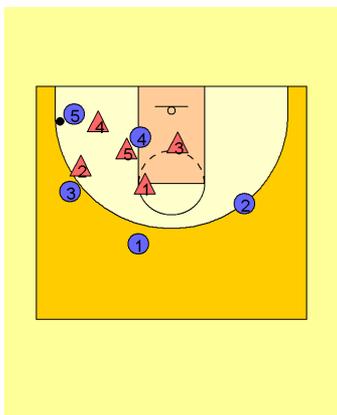


It can also be effective to deny or contest passes by moving into the passing lanes, instead of trapping.

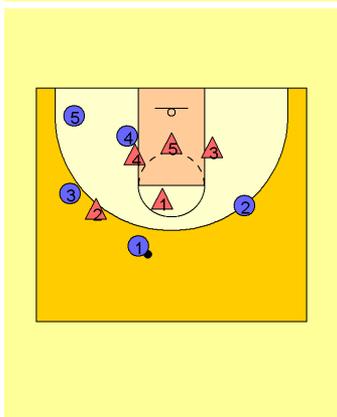
Here X4 contests the pass to O5 in the corner, rather than trap the ball handler with X2.



The other guard X1 could also come out to contest the pass back to the point guard, in which case the weak side forward X3 would rotate up to cover nearer the foul line, discouraging the skip pass to O2, or intercepting a soft, lazy "helium" pass.



Here X2 contests the pass back out of the corner to O3, rather than trapping the ball handler with X4.



Since there are only two front defenders in the 2-3 zone, contesting the pass from point guard to wing may be difficult unless a forward plays out of her usual position.

Here X2 denies the pass from O1 to O3, but O2 is open.