

Basketball Drills for Coaches

Pivots, Fakes, Driving Lane 15

Diagram 3-2. Pivot Drill from Offensive Formation

This drill is helpful to teach centers to roll in for a shot after receiving a pass, and also it teaches other players to go with their pass.

The pass may be initiated from any of the four outside positions in to the center. The passer follows quickly, cutting by the receiving center into the lane. The center fakes a handoff one way to the passer, then pivots and dribbles in for a shot. Each player returns to a line: guards to one of the guard lines, centers to the centers' line, and forward to one of the forwards' lines. The center rebounds his own shot and quickly passes the ball out to any of the four outside positions to set up the next sequence. (= shot)

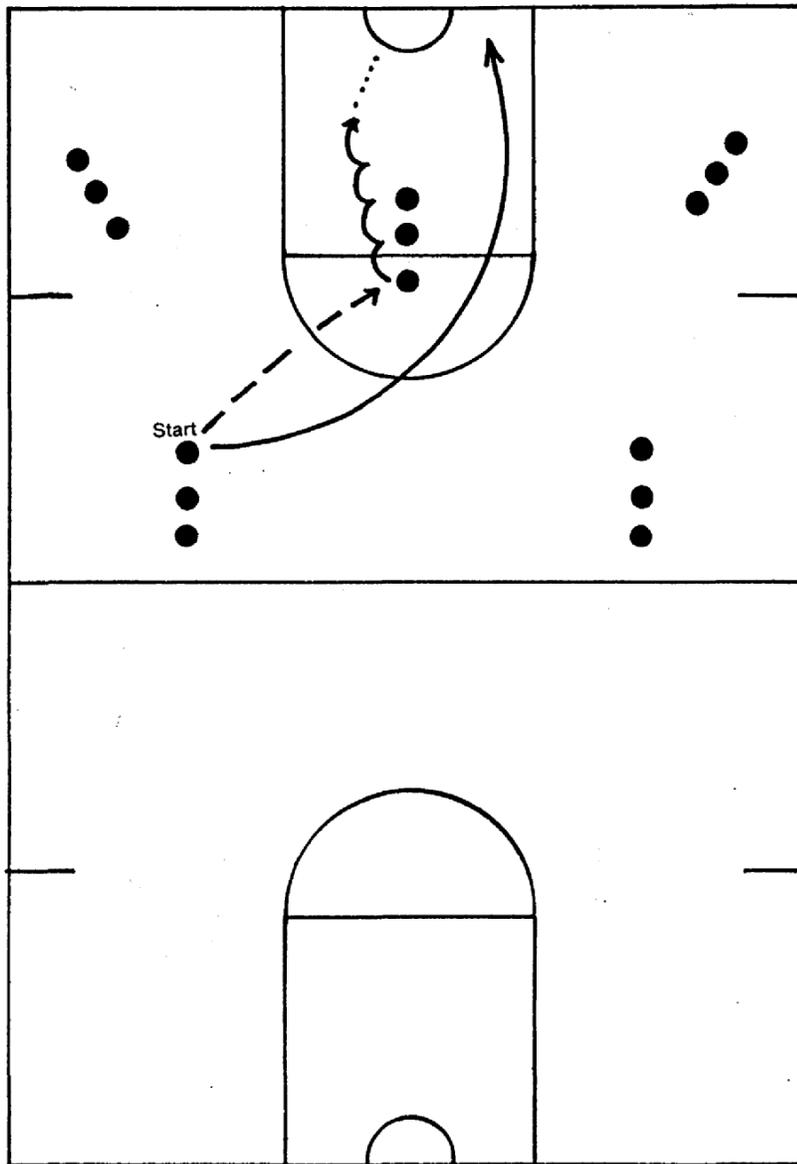


Diagram 3-2. Pivot Drill from Offensive Formation

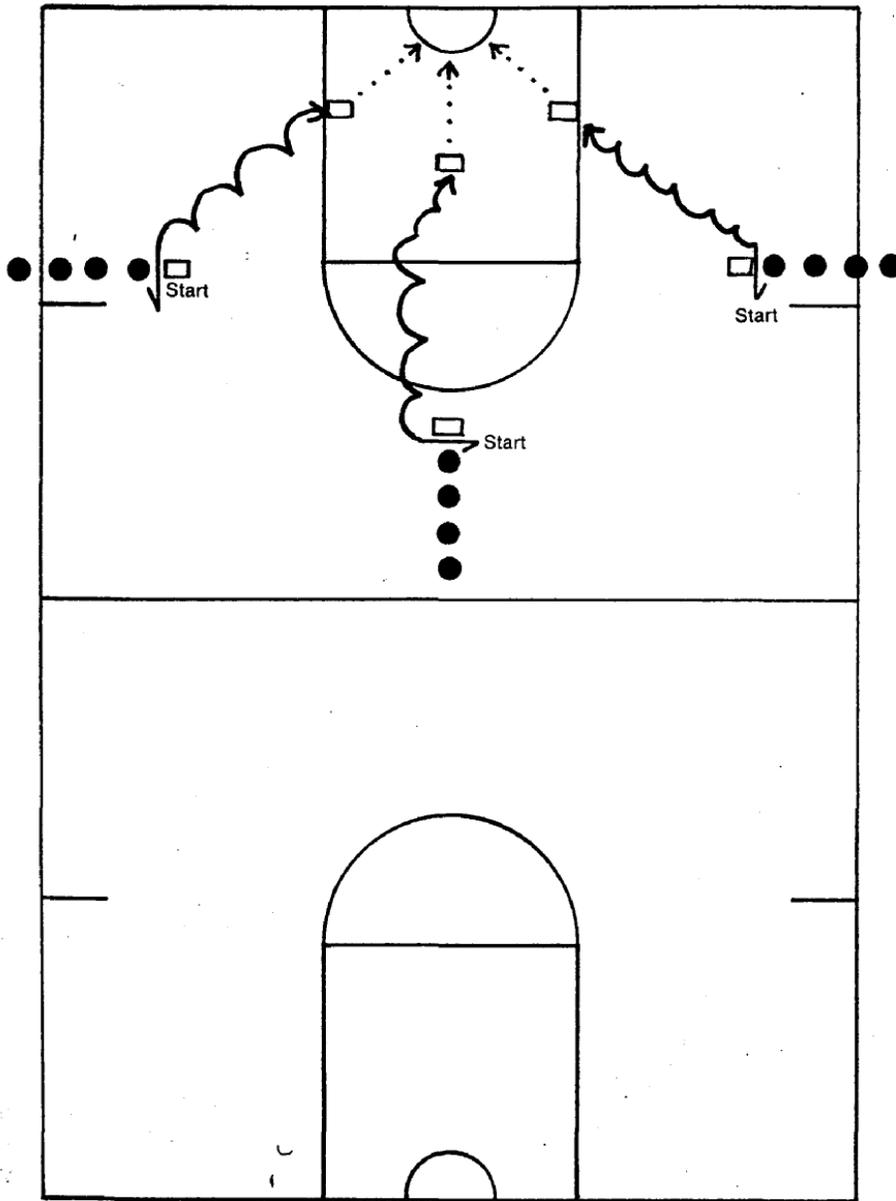


Diagram 3-4. Fake 'em-Outta-Their-Shoes

A player faces chairs representing the defense. With a ball, a player rolls around the opposite side, fakes up to the next chair, stops abruptly, gives a head fake and shoots. After retrieving the ball, each player goes to the next line.

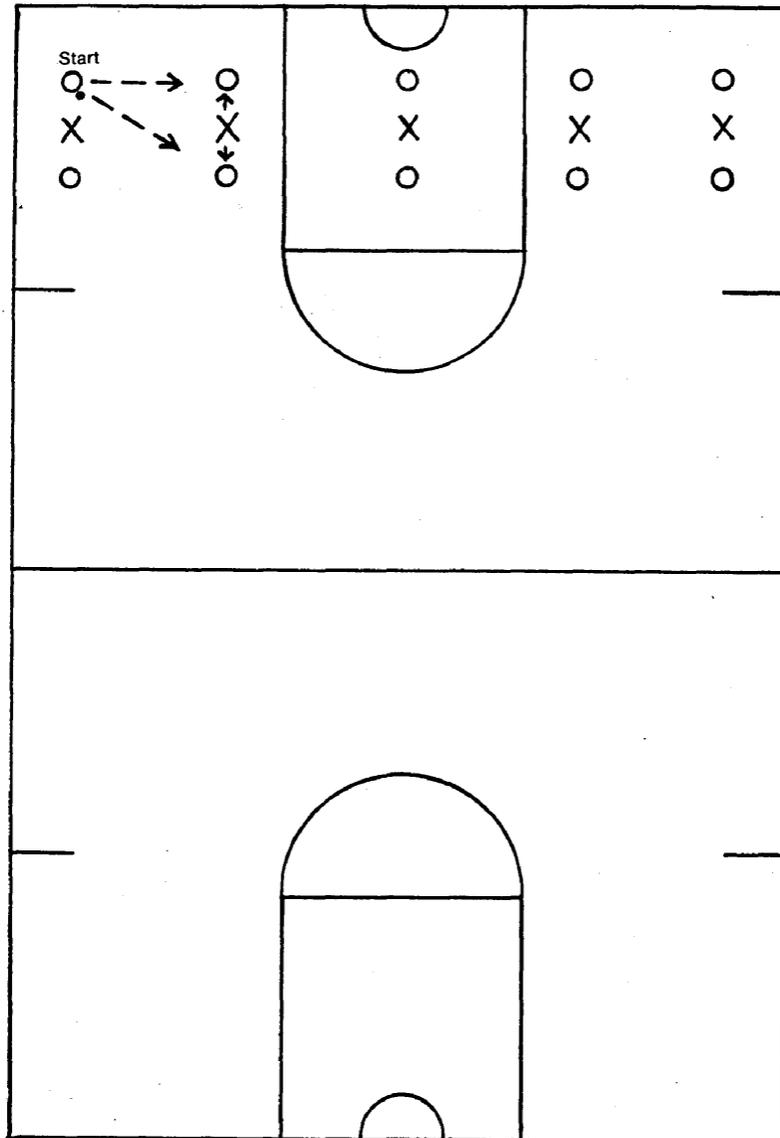


Diagram 5-1. Hit the Open Man

Os must get the ball from one end of the line to the other. Each man may pass to either of the men facing each other next in line. The Xs may guard either of the pair next in line, so the Os must quickly find the open player. We consider it a turnover if the ball is held for two seconds.

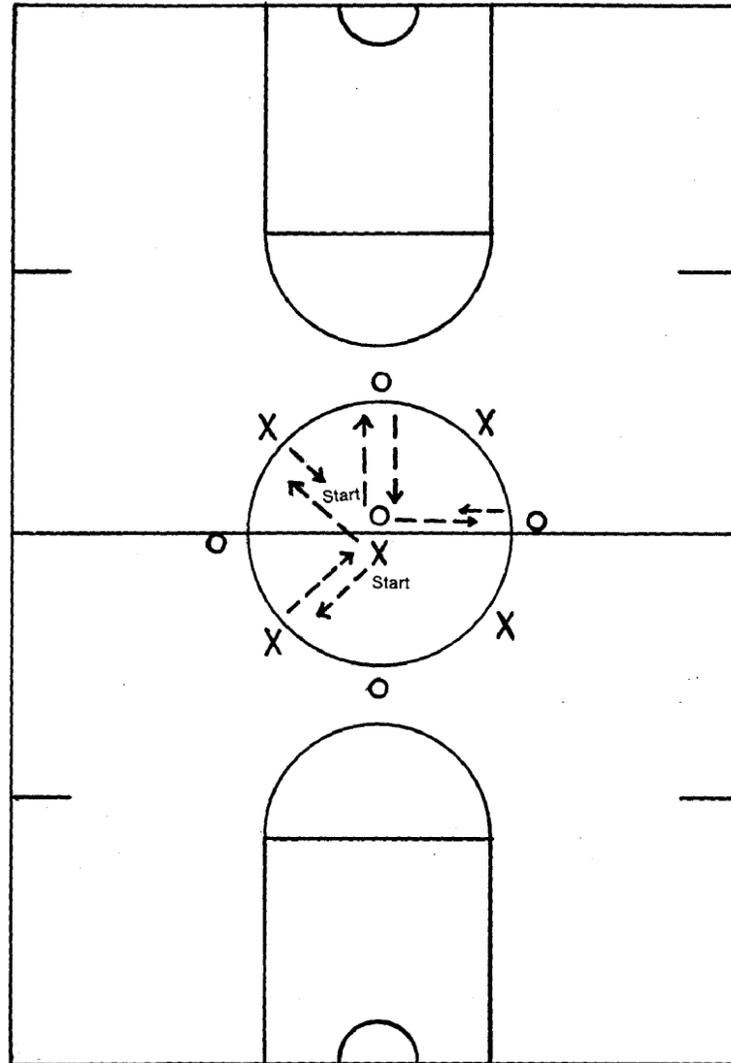


Diagram 5-7. Catchup Drill

This is a contest between the Xs and Os. The man in the center passes to his teammate and receives a quick return pass. He then passes to the next player on his side. The rotation continues as rapidly as possible with each side attempting to catch up and pass the other. The side which does so wins.

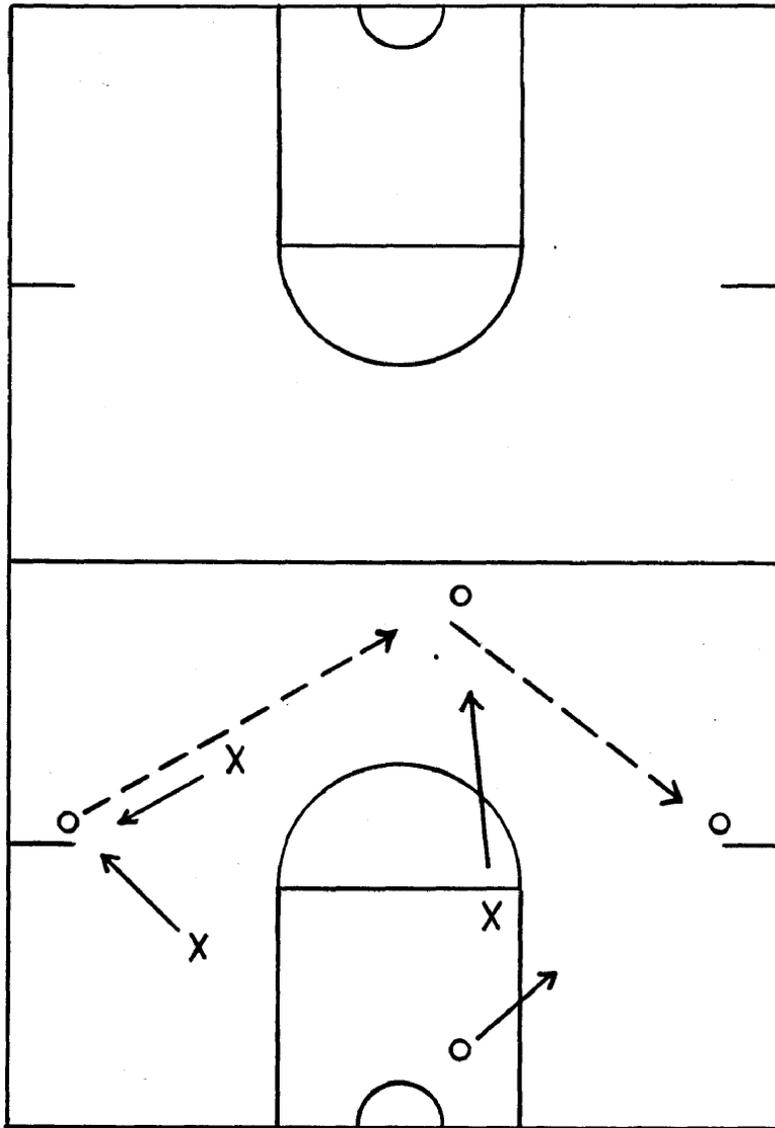


Diagram 5-8. Wild Bull Drill

The Xs are wild bulls. They may do anything short of injuring an opposing player. Since there are four Os, they should be able to pass the ball around quickly before a "wild bull" can grab them or shove them. When a pass is touched, the bull goes on offense and a new bull comes in.

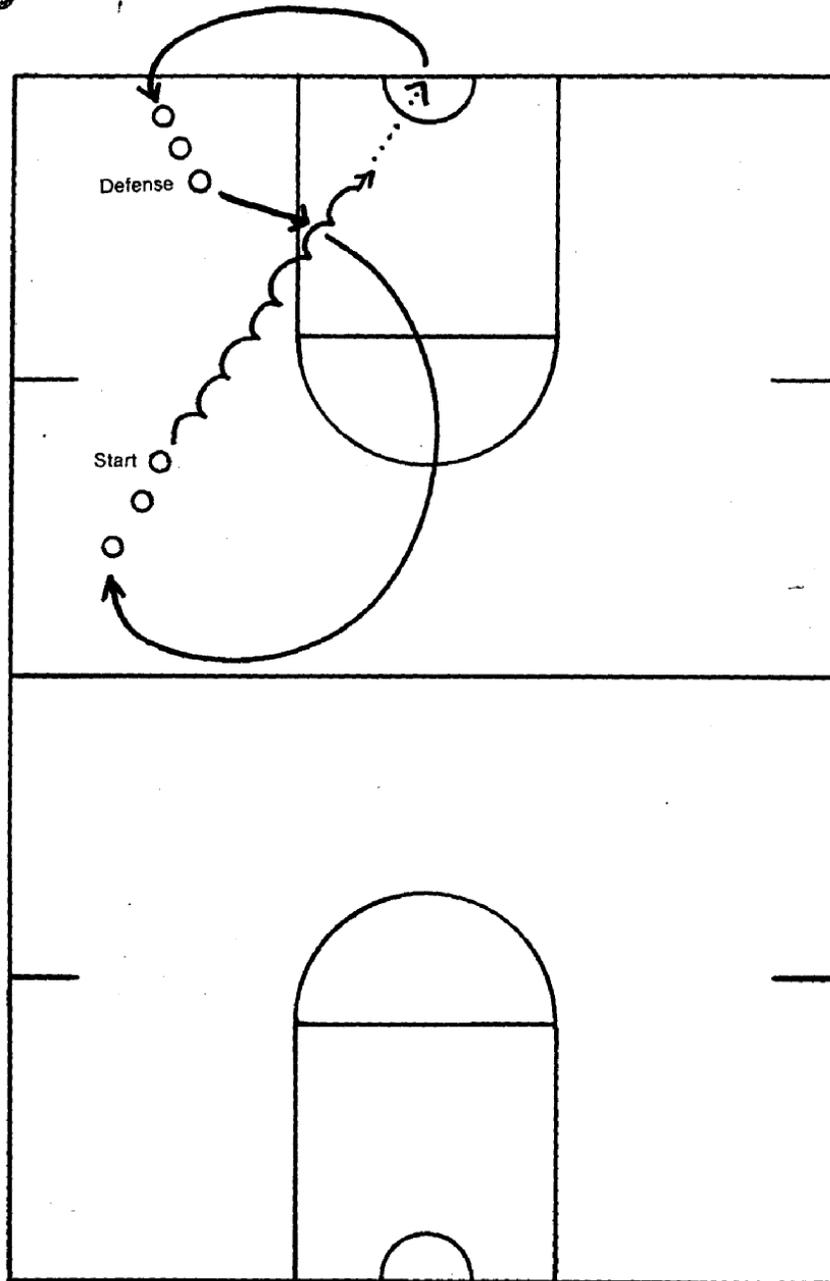


Diagram 6-2. Meanness Drill

The first player drives in for a layup. The defender steps up and fouls him with a push or a hack on the arm as he goes by. This is excellent for learning to get a shot off under control despite physical contact.

Later, move the defenders closer to the basket so they can foul on the shot itself instead of before it.

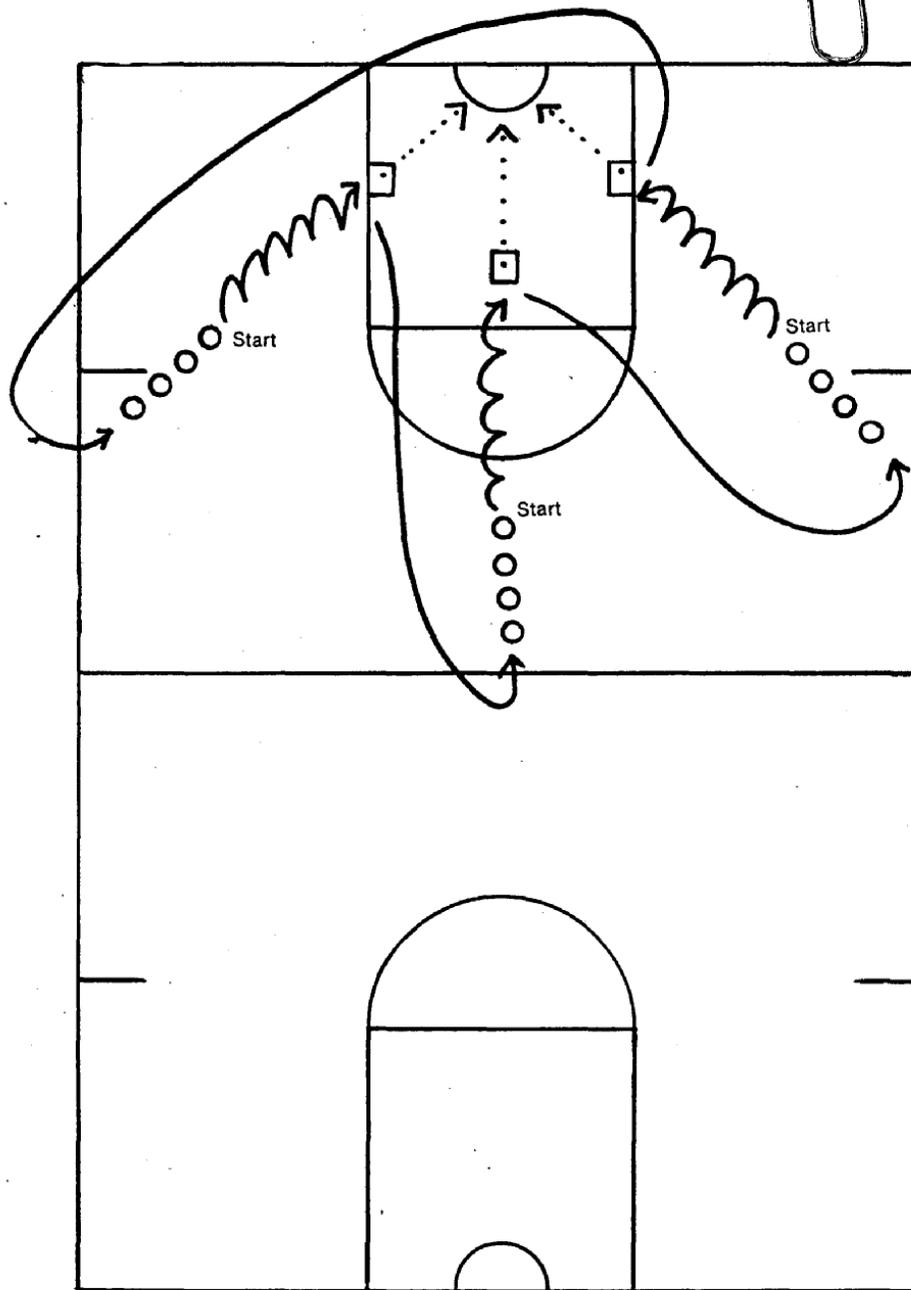


Diagram 6-3. Chair Drill

Start youngsters out on jump shooting with this drill. They must dribble to a chair and shoot the shot. This forces them to go straight up. Make sure they are landing with feet shoulder width apart, providing a more solid base. This will also help when they start rebounding.

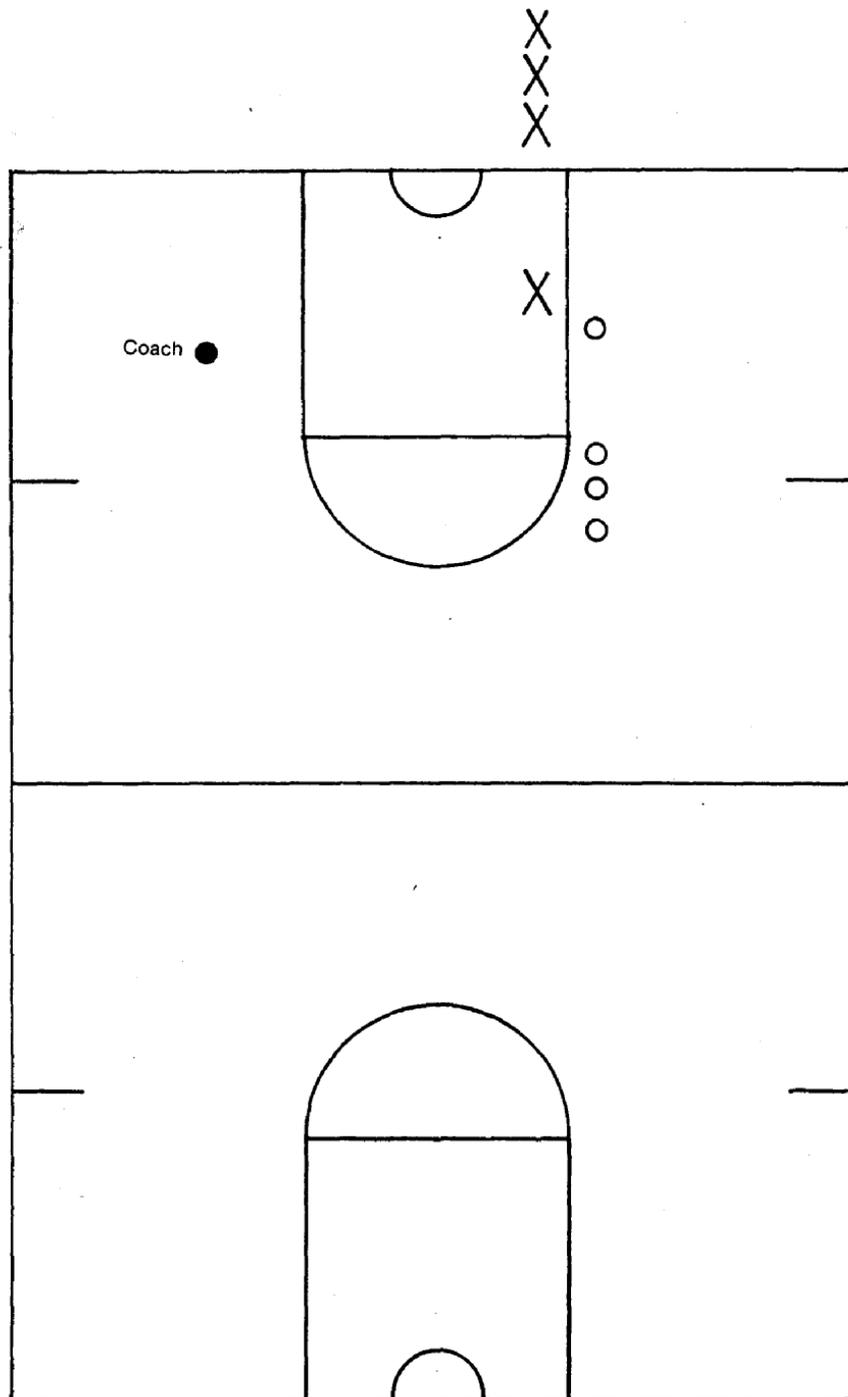


Diagram 9-1. Prevent-the-Pass Drill

The coach has the ball and O tries to get free from X to take a pass for a layup.

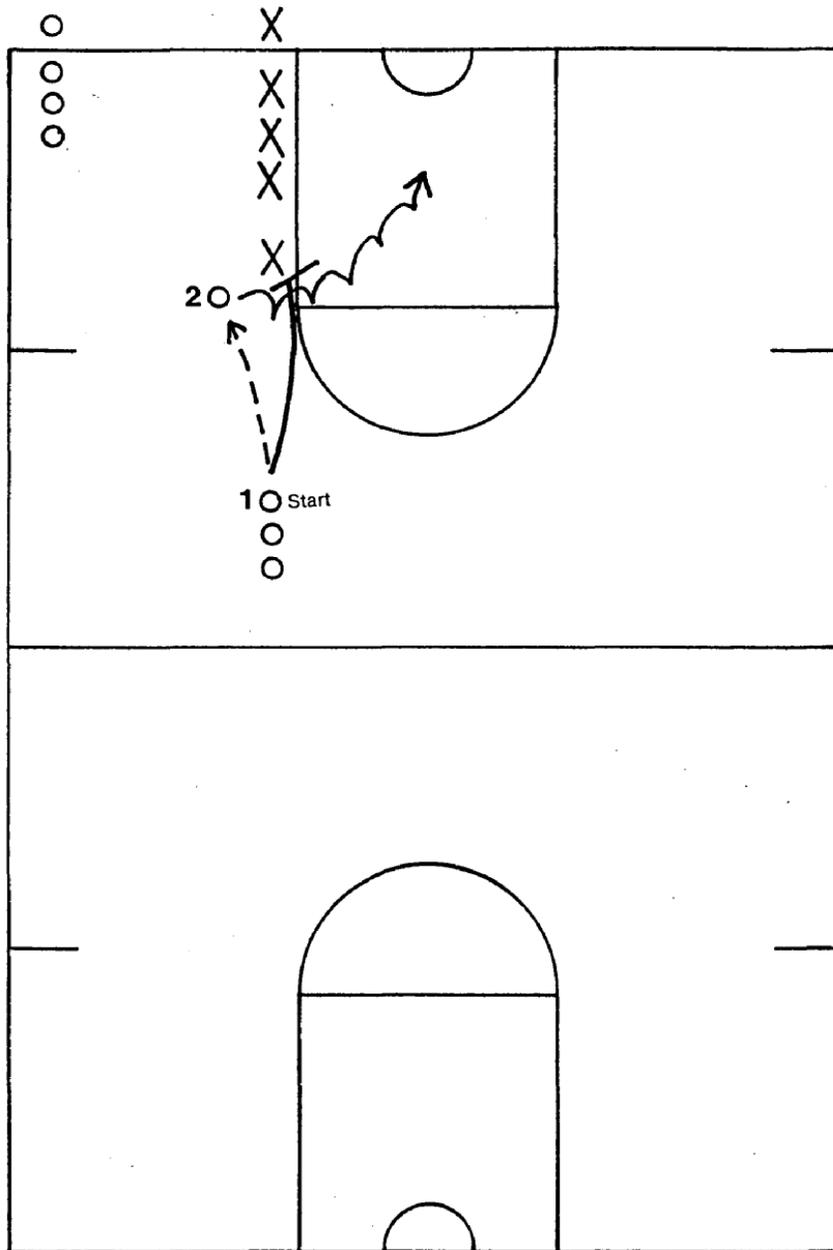


Diagram 10-1. Fight-Through Drill

Here 1 passes to 2 and follows pass to screen off the defender, X. Then 2 takes the pass and tries to use 1's screen. X tries to roll around and through with 2, and if he cannot, he recovers and picks up 2 on the other side of the screen to stop the layup.

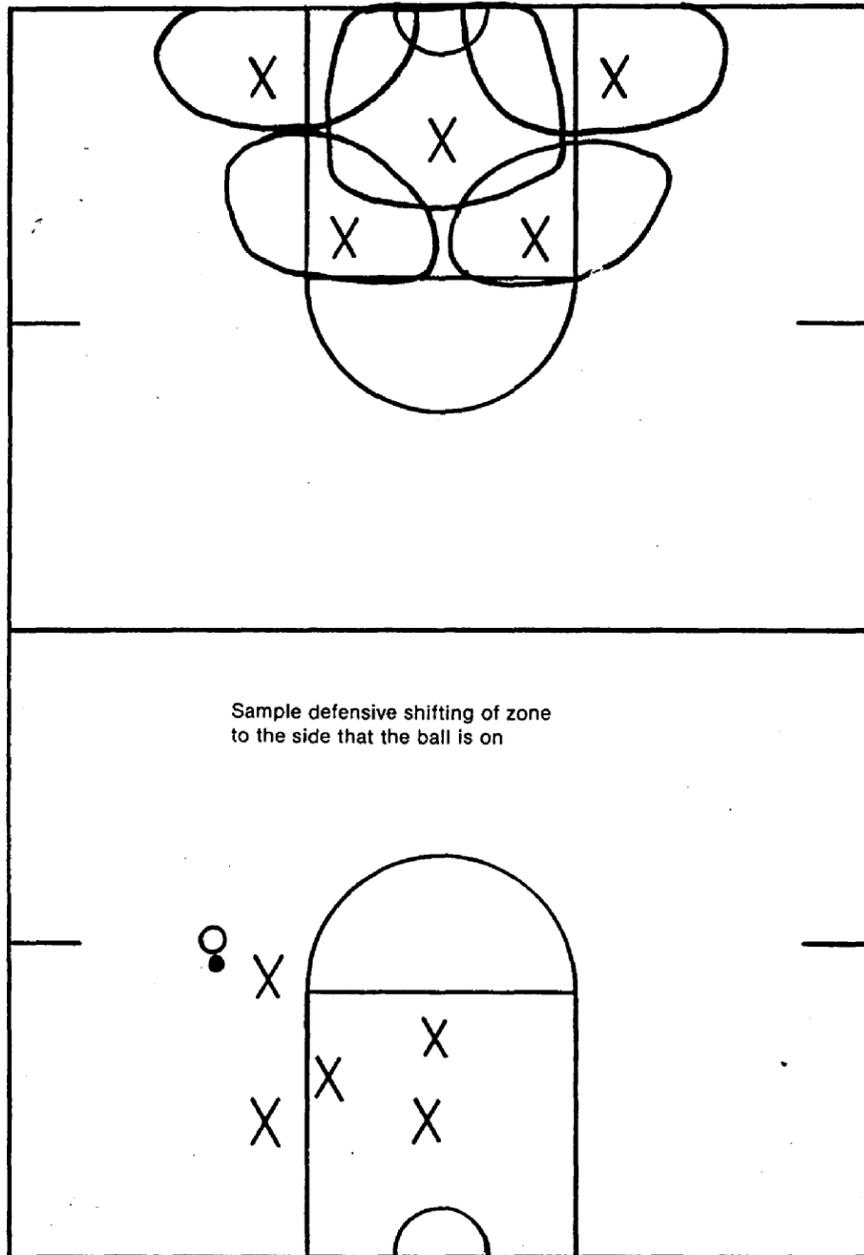


Diagram 11-1. 2-1-2 Zone Coverage Areas

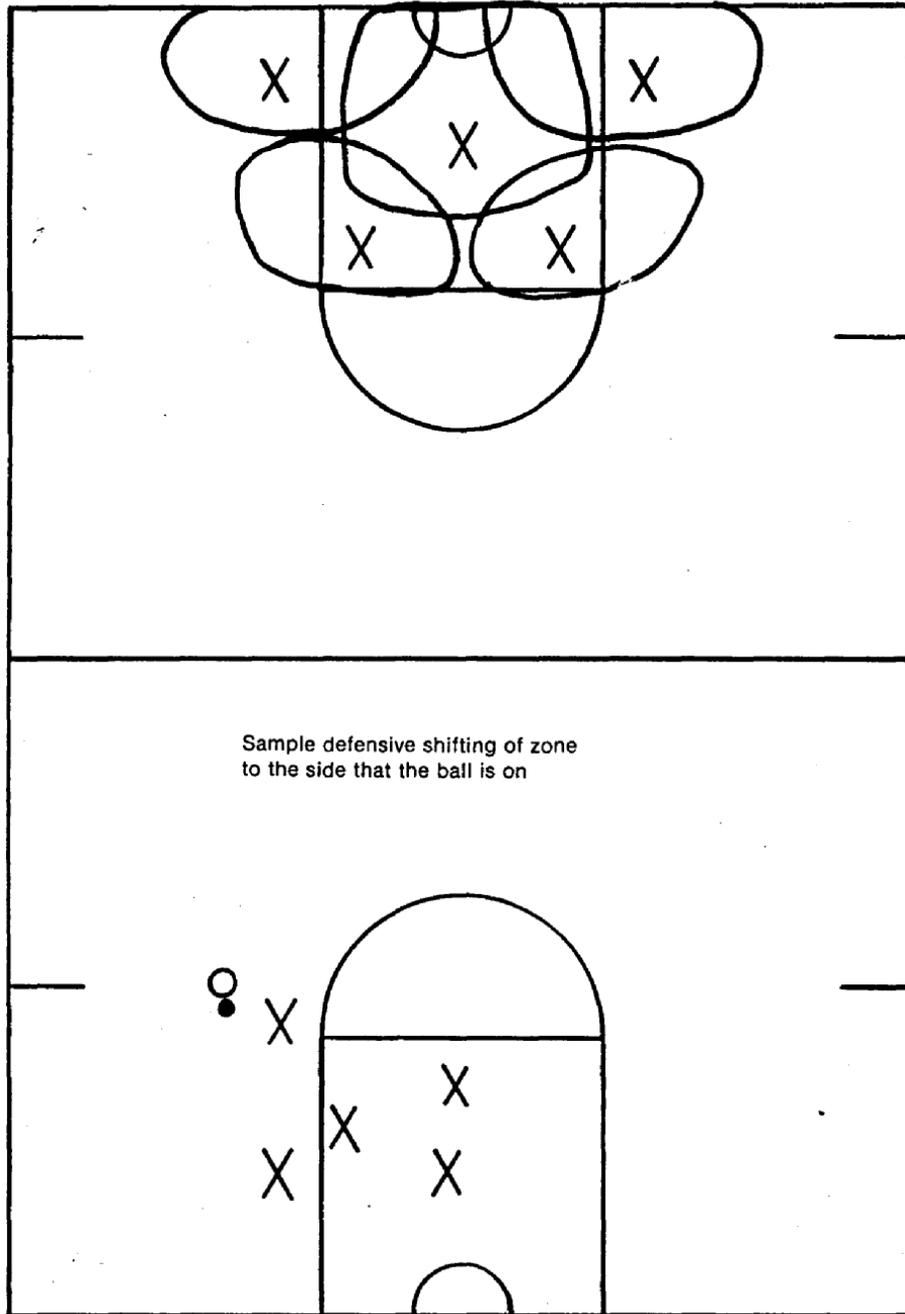


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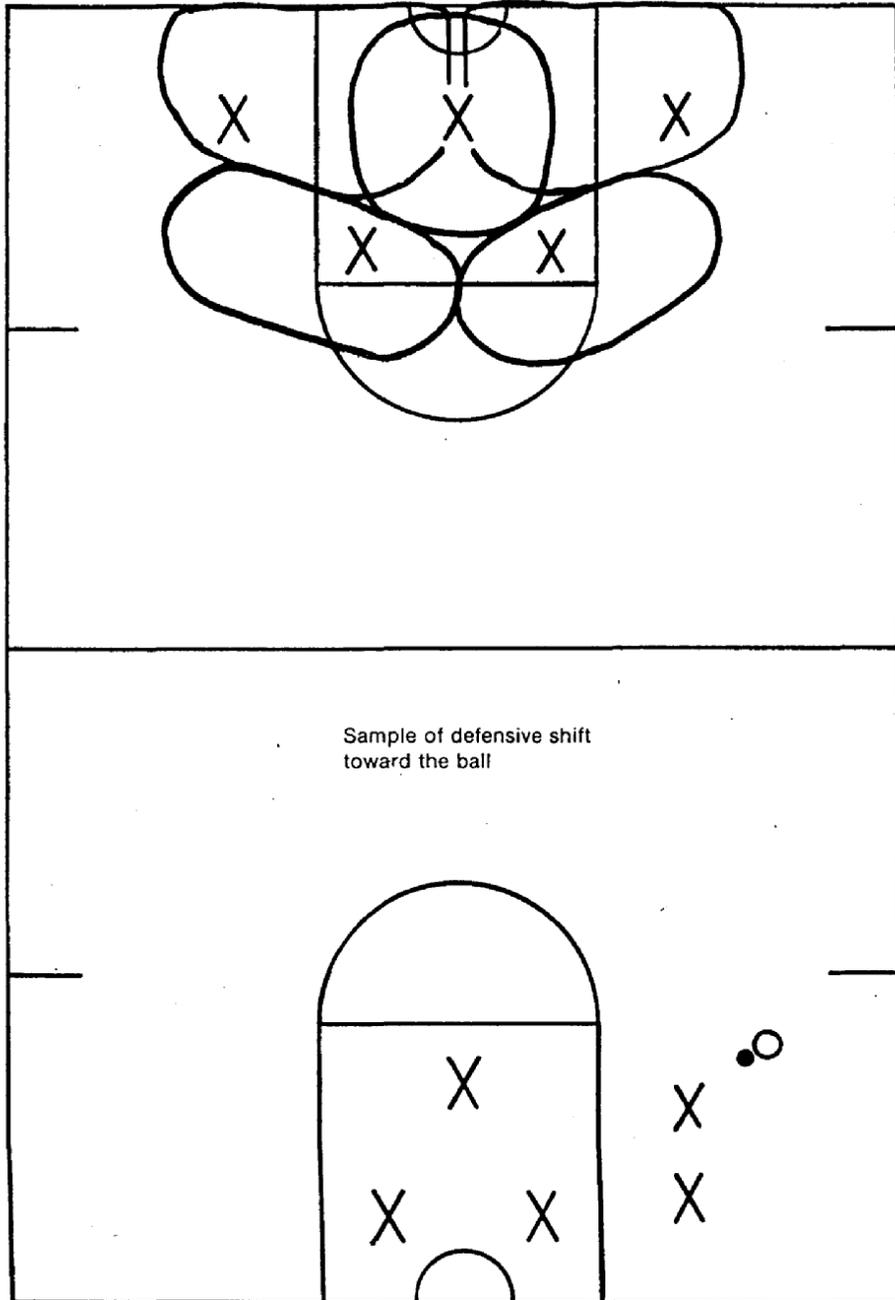


Diagram 11-2. 2-3 Zone Defensive Coverage

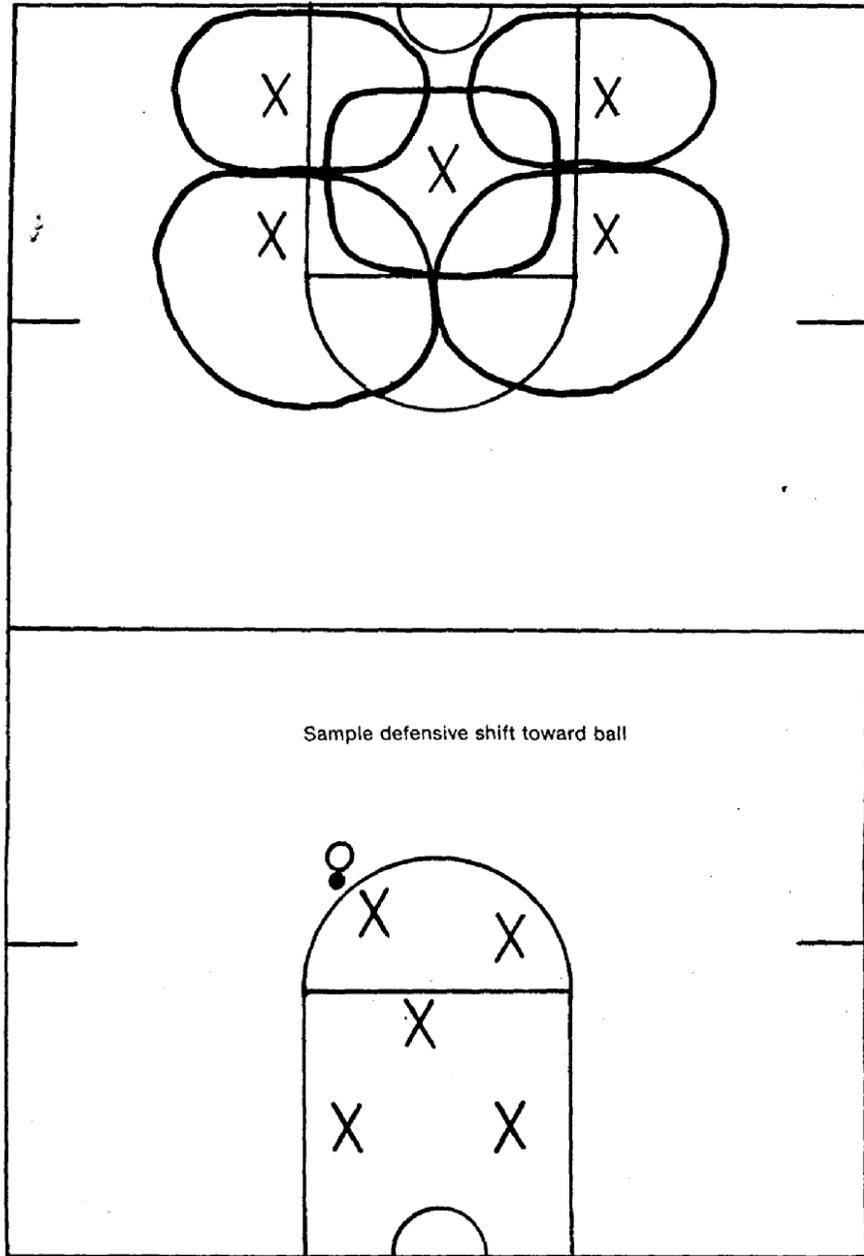


Diagram 11-3. 3-2 Zone Defensive Coverage

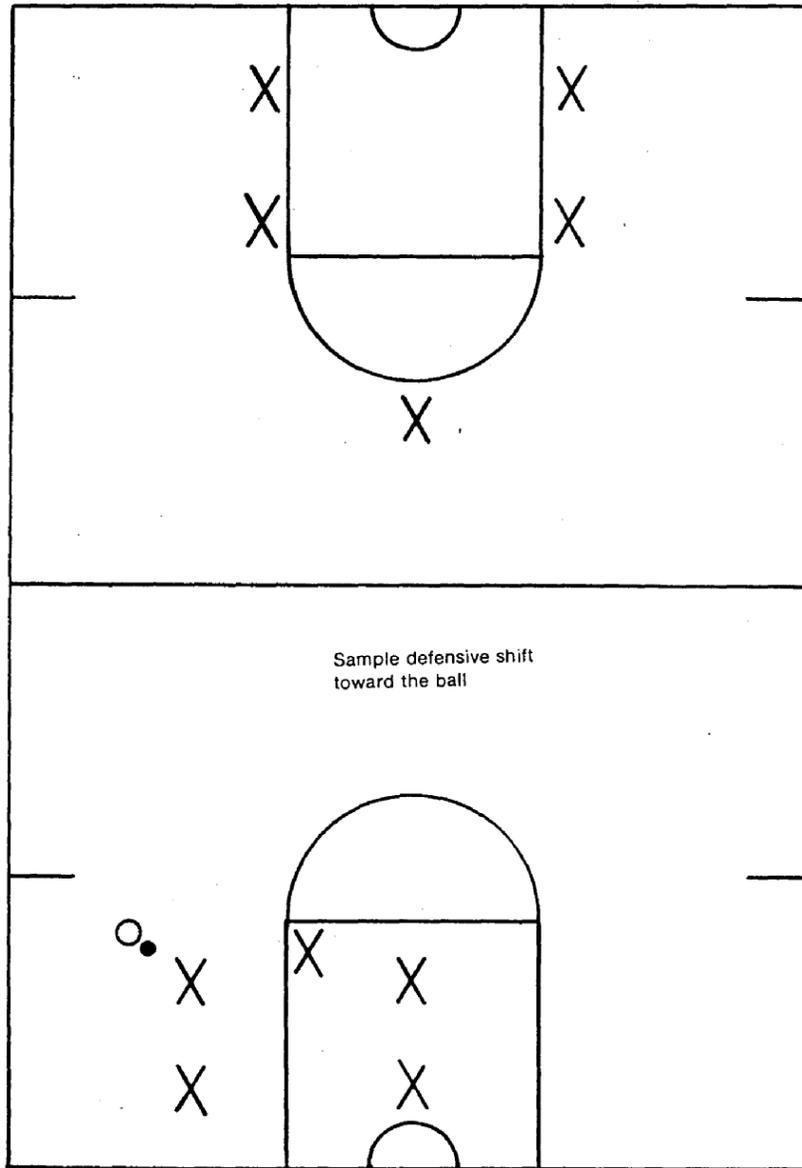


Diagram 11-4. 1-2-2 Zone Defensive Coverage