

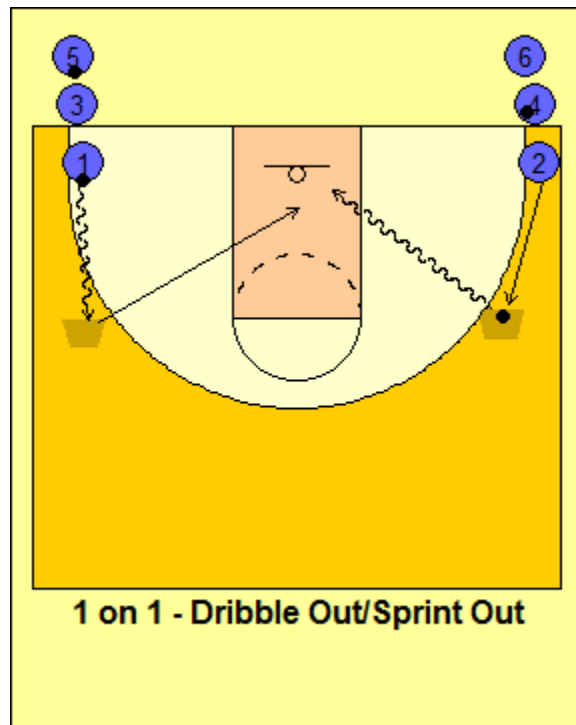
Spain Coaches Clinic – May 28, 2011
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Fundamental Skills and Drills: 1 on 1 to 3 on 3

Dribble Out – cut to shot

2 lines on the baseline at the width of the 3-point line. Both lines have balls. Coach is at the top of key outside the 3-point line in the middle of floor. First 2 players dribble out with the outside hand – outside the 3-point line. Coach looks at one of the players and puts his/her hands up to indicate wanting the ball. That player throws the ball to the coach and then cuts hard to the basket receiving a pass from player in other line who has dribbled up. Once the second player has passed to the cutter she then curl cuts to receive a pass from the coach for a shot. This continues.

1 on 1 from baseline

1 person runs out and picks up the ball outside the 3. The other person dribbles out puts their ball on the ground outside the 3 and then becomes the defender. D chases.



Back to Offense – 1 on 1

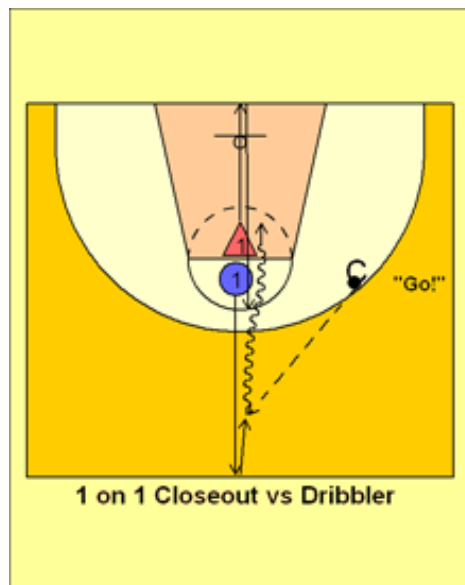
Offense starts at the top of the key in middle of the court. D has their back to them. Go 1 on 1.

1 on 1 after a screening action. (Attacking a closeout)

Need a passer for this drill – groups of 3. One player sets a down screen and then follows to play D. Down screen; Back screen – 2nd cut and defend;

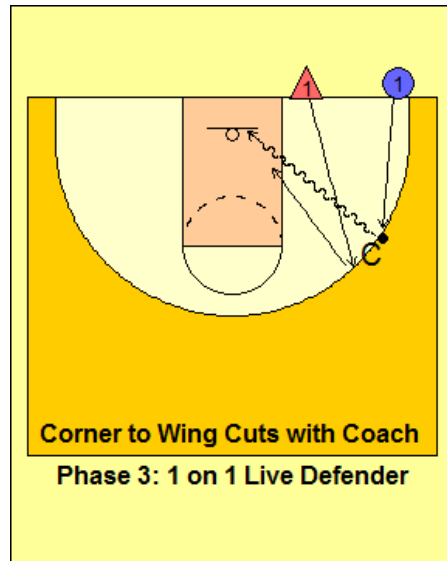
1 on 1 slap hands and attack off the dribble

Offense and Defense start facing each other at the foul line. They slap hands and the D runs to touch the baseline, the O runs and touches just past top of the key. Coach throws the ball to the O and they must dribble attack to score.

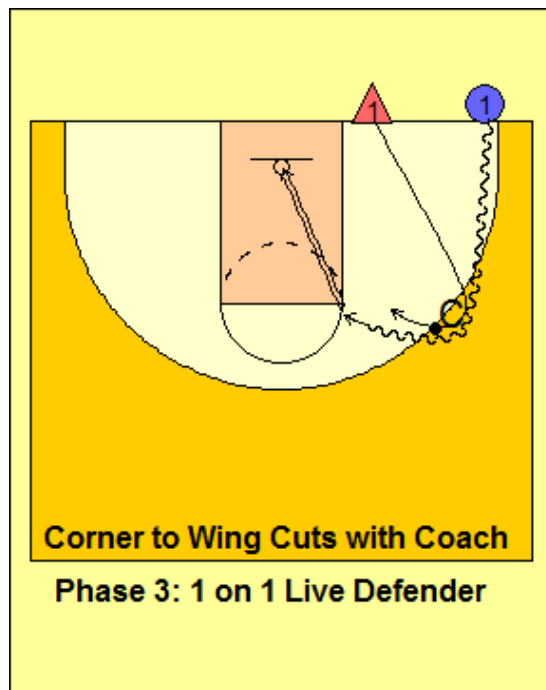


1 on 1 Take ball from coach

- Coach holds ball in baseline hand – holds other hand out – D touches hand O grabs ball – 1 on 1

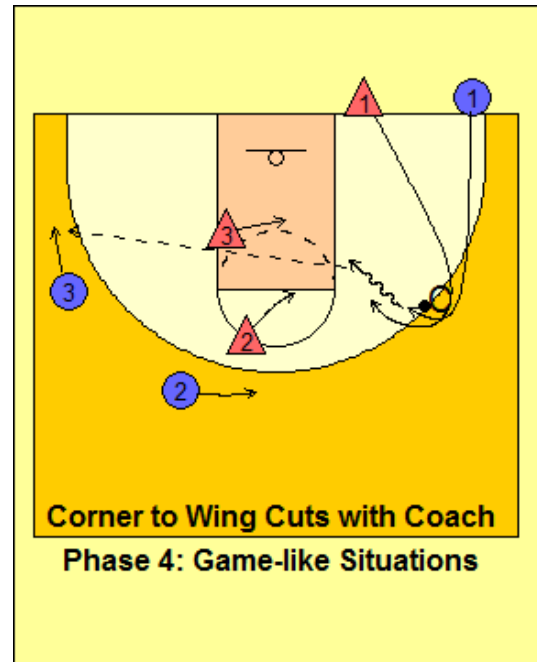
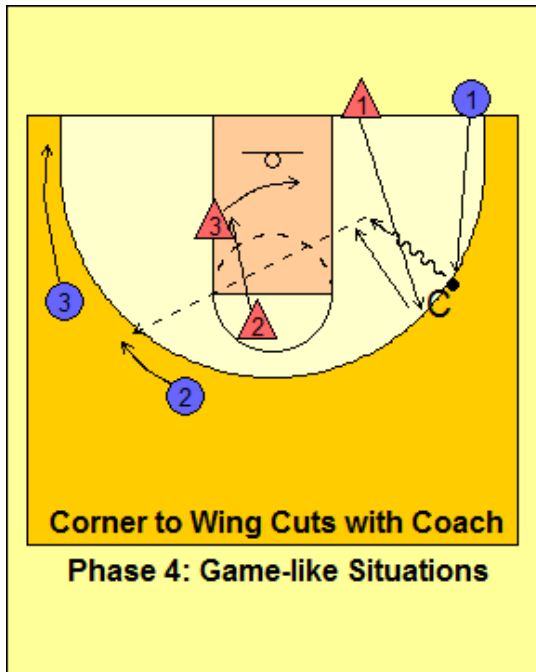


- Coach holds ball in top hand and Offense curls behind coach and grabs ball – D trails and bothers shooter



2 on 2 Take ball from coach/3 on 3 take ball from coach

- Coach holds ball in baseline hand – holds other hand out – D touches hand O grabs ball – other O & D are at opposite wing. Play 2 on 2 – D at wing; point; wing – play 3 on 3
- Coach holds ball in top hand and Offense curls behind coach and grabs ball – D trails – play out 2 on 2 or 3 on 3



Toss Drills

3 players in a line. First two are offense and the third is defense. Toss the ball outside the 3 and then play 2 on 1. Offense must get spacing.

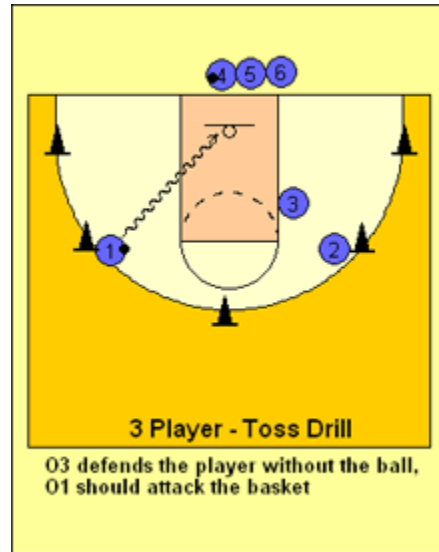
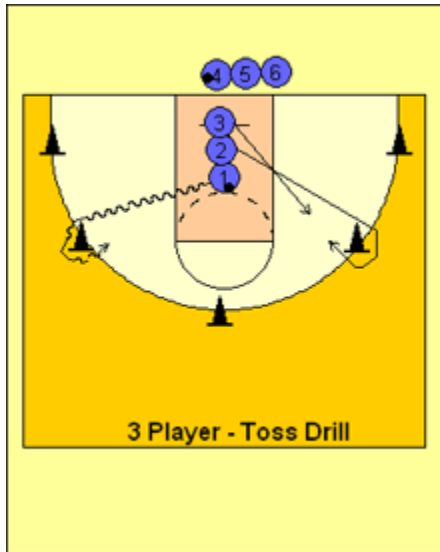
5 players in a line. First 3 are offense and the last two are defense. Toss the ball outside the 3 and then play 5 on 3 – 3 on 2.

Five cones are placed out at five perimeter spots: top, 2 wings, and 2 corners. There are three players, O1, O2, and O3. The first two players, O1 and O2, in line are on offense, and the third player, O3, is the defender. O1 will dribble out and around one of the cones. O2 goes out to any other cone and, O3, the defender must do one of the following:

- defend the dribbler,
- defend the player without the ball
- or, defend the basket.

As soon as O1 circles the cone he/she must read the defender, O3. Here are O1's options

1. If O3 is defending the basket attack the basket and create a 2 on 1.
2. If O3 is defending O2 (as shown in the diagrams), attack the basket and score.
3. If O3 is guarding O1 look for O2 cutting to the basket.



This drill is an offensive drill so it is important for the defenders to vary up their coverage so as to give the offensive players different reads. A good rule Mike employs is the next offensive group cannot not fill the same offensive spots as the group that just went and the defender cannot choose the same defensive option as the previous defender.

Box set into 3 on 3 and 4 on 4

O and D on each block and at the middle of the foul line. Designate who goes first, second etc. on each cut. Then get to space and play 3 on 3.

O and D on each block and each elbow – designate who goes first, second etc. on each cut. Then get to space and play 4 on 4.

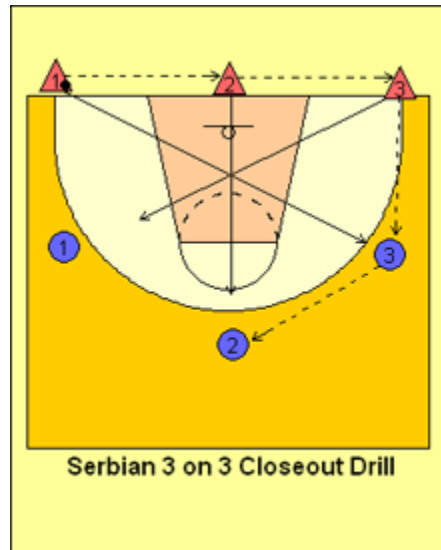
3 on 3 Serbian closeout

3 lines on the baseline and 3 players at the 2 wings and the point. Start the ball at one end a pass the ball to the middle person and then the last person. First person passes and runs across the court to defend the wing; middle person passes to last person and runs to defend the point; last person passes to the offensive wing and runs to defend the far wing.

One of my absolute favourite drills. As with most combination drills many fundamental skills can be practiced in this 3 on 3 drill. The three defenders will begin out of bounds with a ball.

The offensive players are positioned outside the 3 pt. line at the wings and point. The defenders will pass the ball along the baseline and then X3 will pass to O3 at the wing.

After passing the ball, X1 sprints across the court and closes out to O3. After passing, X2 closes out to O2, and X3 will closeout to O1. The drill becomes live as soon as O3 receives the ball. The offensive players may reverse the ball or may drive at any time.



Defensively the following points should be emphasized:

- Sprint to position
- Closeout out low with high hands
- Communicate – who is guarding the ball and who in help position
- Establish help position quickly
- Get in stance and stay in stance
- Attack penetration early

Offensively the following points should be emphasized:

- Look to penetrate the closeout
- Move off the penetration
- Find the open player when the defence rotates

2 on 2 on 2 full-court/3 on 3 on 3 full-court

Continuous transition drill.

Players love this game because it is high paced with little stoppage. Coaches love it because the game promotes hustle and quick decision-making at high speeds.

As a former Physical Education teacher most of my classes preferred this game to 5 on 5 because each student knew they were going to get a chance to touch the ball.

While most transition drills focus on offensive transition (going from defense to offense), few emphasize defensive transition - this drill works on both. As your team becomes better you will be able to progress to 3 on 3 on 3 and 4 on 4 on 4.

Rules: 2 teams of 4 or more players

- 1) Players will go down the court on offense and then must make a defensive transition on a change of possession; finally they must make an outlet pass before they go to the end of the outlet line.
- 2) Outlet passes must be made in the backcourt.
- 3) There is no out of bounds lines. Use the entire gym - this promotes hustle.
- 4) If the ball is scored it does not need to be taken out of bounds to be out-letted. Instead the player outlets the ball from where they recover it - this will promote quick offensive transition and force quick defensive transition.
- 5) Defensive fouls count as a basket - players must learn to play without fouling. Offensive fouls are a violation.
- 6) Games go to 7 or 11 or for a specified amount of time - but baskets are only worth 1 point. 3 point baskets are only worth 1 point - this may emphasize attacking the basket.
- 7) Players making a defensive transition may steal the outlet pass in their frontcourt and attempt to score. In this situation the players transitioning on defence will continue to play defense - it is not the pair who were attempting to outlet the ball that play defense.
- 8) Players making a steal in their backcourt must outlet the ball.

Strategies:

- 1) Get the outlet pass out quickly.
- 2) Call for the outlet and move to the pass - do not let the outlet pass be stolen.
- 3) The player who will likely not receive the outlet pass may begin getting down court early. This will promote the concept that **the fast break begins when players recognize their team is getting the ball** not when they get the ball.

Diagram 1:

01 and 02 have brought the ball down the floor vs X1 and X2. 01 passed to 02 and 02 took a 3 pt. shot.

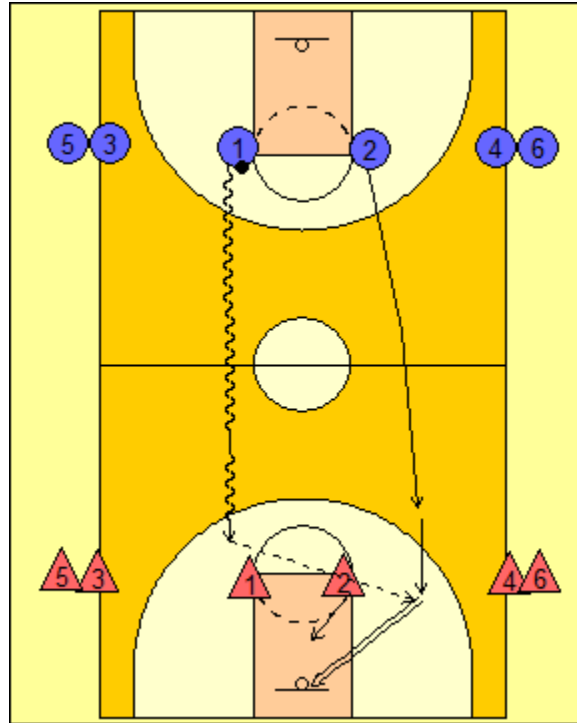


Diagram 2:

X1 rebounds the ball and outlets to X3; X4 has sprinted down court and receives a pass for a lay-up from X3, before O1 and O2 get back.

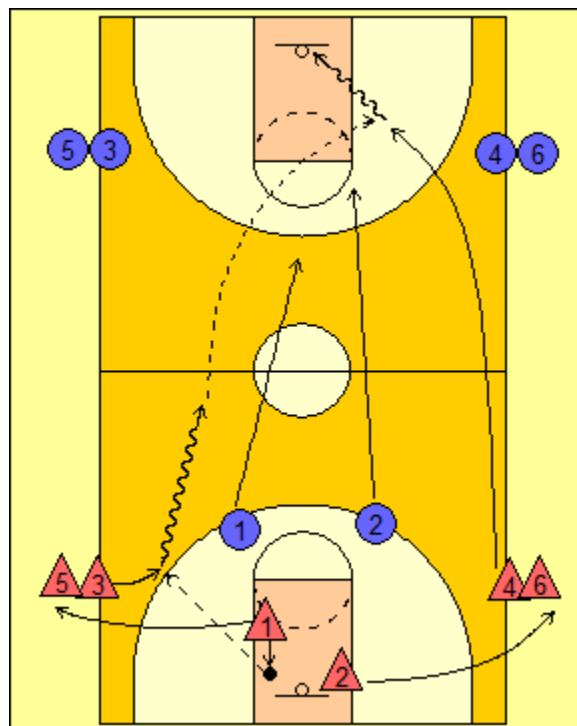
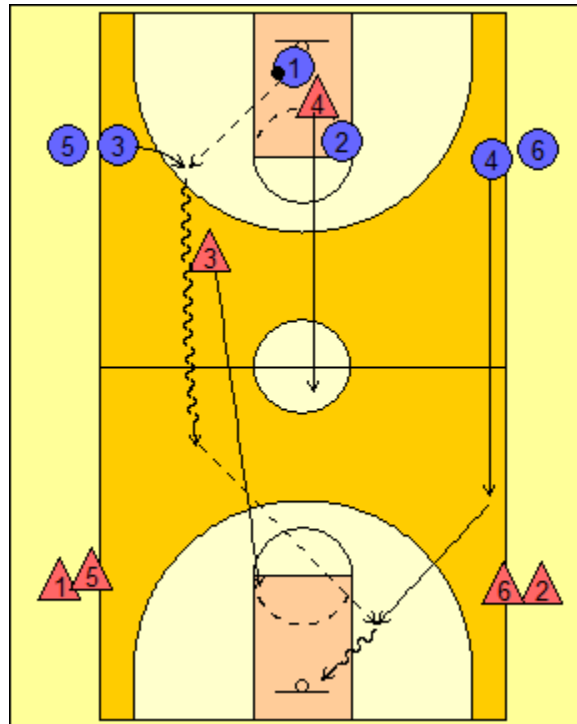


Diagram 3:

After getting scored on, O1 outlets the ball to O3, as O4 gets out on the break. X3 and X4 must make the defensive transition to prevent the break. In this case, O3 dribbles up court and then passes to O4 for a lay-up before X3 and X4 are able to get back.



Key Teaching Point:

I use this phrase all the time to teach the kids to understand the drill - "**go down on offense, back on defense and then out**". To often they will stop after they have played offense and not transition back on defense; like they should in a real game.