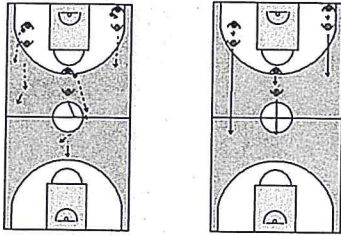


## FOOTWORK



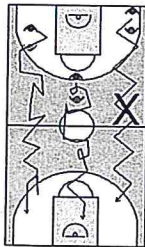
### Forward / Backward Jogging

*Mirror*

The pairs of players are lined up in the three lanes. One player is running backwards and the other player is running forward. Switch roles on the way back.

### Change of Pace

Now the player moving forward changes her pace. NOTE: It is crucial that the player breaks her rhythm. There should not be a pattern. Also, she should come to a complete stop and other times use a stutter.

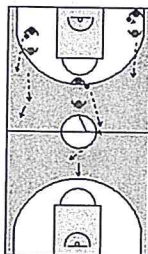


### Change of Direction

Now the player going backwards must mirror the offensive player. This is not zigzag running in rhythm as demonstrated in the diagram. There needs to be changes of direction and pace. Faking is also encouraged. Beginning players should be encouraged to make use of the moves shown above; push and go, step drop and pop and pull back crossover.

### Break the Rhythm

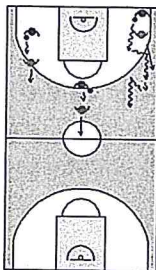
#### Short Races



### Random Tosses

The player tosses the ball in multiple directions. The backward player has to let the ball bounce once before catching. She must explode to try and catch the ball before the second bounce. Catch the ball and land in a good balanced stance. Sometimes throw the ball in front other times out to the side or behind the player.

Be aware of the other groups for safety.



### Dribbling / One on One

The final phase is to use live 1 on 1 dribbling. Again it is not zigzag dribbling by the ball handler. Make good use of change of direction, change of speed and faking.

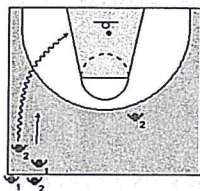
## Station :

### Shooting :

Each exercise is five minutes.

### Change the Rhythm

Lay up



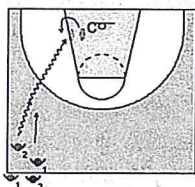
The offence dribbles with defence and changes speed for lay up

## DRIBBLE / SHOOT

### Exercise 1

#### High speed

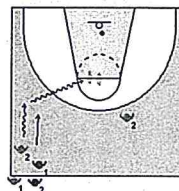
Power lay up



The offence dribbles with defense; the coach defends so offence doesn't shoot; pivot fake up and pass the ball under the coach

#### Change the direction

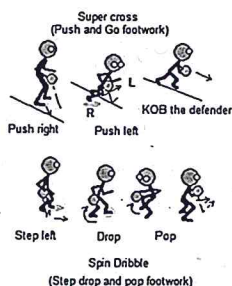
Pull up



The offence changes direction to do a pull up

## DRIBBLING

### Footwork Dribbling



#### Super cross.

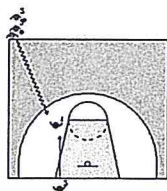
The same push and go footwork is used but the ball is dribbled in the same hand as the first step. This step is a hard lean over the line. Use head and shoulder fakes to sell the move. It is now a straight, flat, pocket to pocket crossover off the hard push back to the left. Again use a strong loop dribble to explode up the line. Do not allow the players to move forward on the cross, they will run into the defender.

#### Spin

Dribble makes use of the step, drop and pop footwork. The key is to pull the ball backwards chasing the hip that is pivoting away. The chain of hands is now protected. We only use this dribble when we know there is no chance of a double team when spinning

### Exercise 3

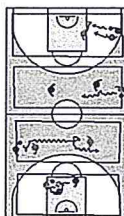
Drive to defence



The defence is already on the key. The offense dribbles in defence direction and use fakes on outside or inside defender shoulder

### Exercise 4

Drive with pressure in defence

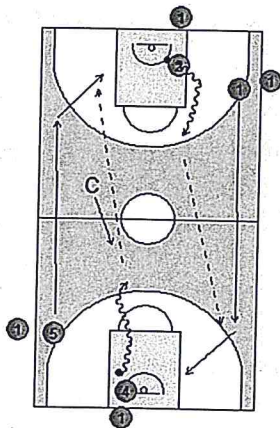


Version 1 – the player must beat their first defender and then beat a second defender.

Version 2 – the two defenders are trying to double team the one ball handler. You must use your pull back crossover to beat this

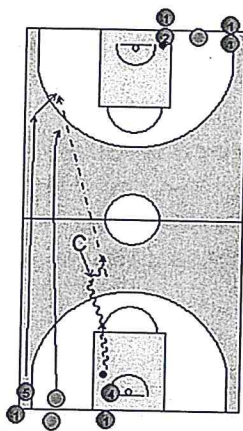
## TRANSITION

### EXERCICE 2C0



The coach is a guided defender. The player must make a decision as to when to pass the ball.

### EXERCICES 2C1



We add the defence on the wing player.



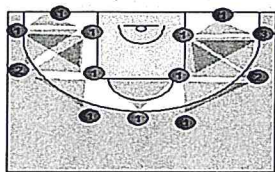
## Transition with 4 players/Spacing

### SPOT

- Explain different spot
- Spacing, angle passing

### Without ball

- Jog, find a spot
- Cut, replace



### TRANSITION BY 4

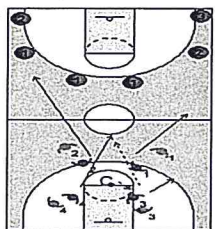
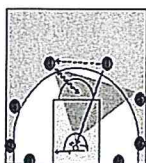
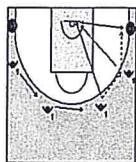
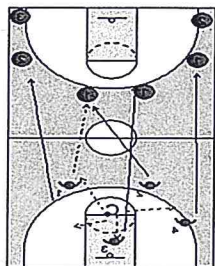
- Placement
- Coach throws ball or calls baseline

Or sideline players need to react quickly

Coach can shoot too, players need to rebound before the ball touches the floor.

Players run to different spot

- Pass, cut, refill (don't jump a spot)
- You can go to a spot and change to another one to receive the pass.
- Pass, cut, penetration, pass(3 pass)

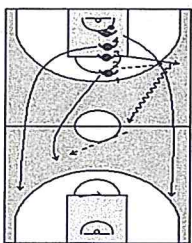


### Box out

- Coach has the ball in the middle
- Players are face to face, when the coach gives a signal the offence tries to get the ball, the defenders box out.
- If the offense has the ball, go on fastbreak to the other side
- If the defender did a good box out, coach gives the ball to one player and fastbreak to the other side

### Transition 4 x 0

### Review



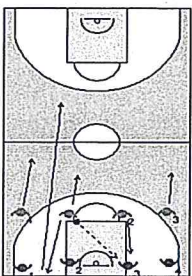
4 players throw the ball on the board, tip to the other

The first sprints on side, the other sprints to the other side, the third waits for outlet pass and dribbles or passes for swing spot, the first pivot pass and run on swing position

3 passes before you are shooting

### Transition 4 on 4

### Decision Making



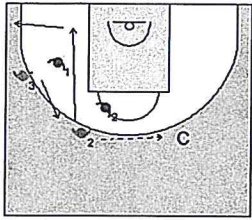
### 4x4 transition

- Player passes the ball to one of the offensive players and needs to touch the line before she can defend.
- The defender in front of the player who is receiving the pass needs to put pressure on the ball

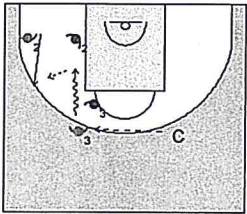
### Decision making

Stop when basket is made/ debrief sub

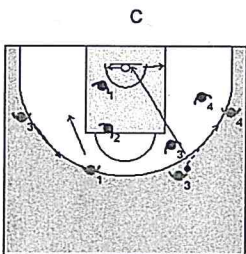
## Transition weak side half court



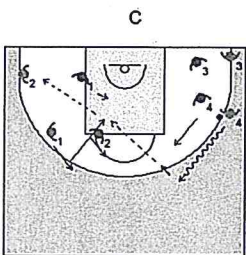
Player 2 has ball in swing position, pass the ball swing to swing, cut or exchange pass and go to the corner spot  
Player 3 refill and ask for the ball



Coach passes to player 3 who drives and kicks and passes to player 2.  
If player cannot shoot, pass to the coach and do the same move until someone is open



Pass and swing to forward, cut at the same time to weak side exchange spot



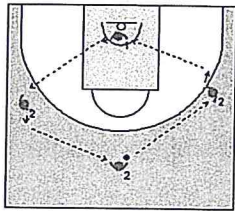
Player refill by dribbling on swing spot at the same time to weak side, player 1 come to swing spot and cut backdoor  
Decision making

Stations:

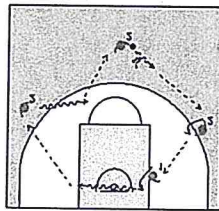
## PASSES

### Exercise 1

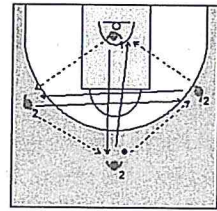
Pass with one step



Pass with dribble

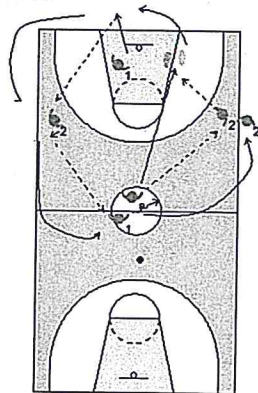


Pass and move



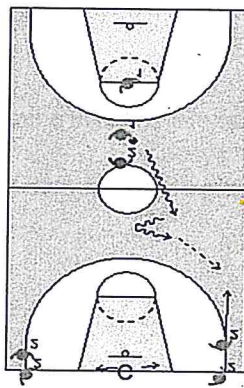
### Exercise 2

Combinations of different passes



### Exercise 3

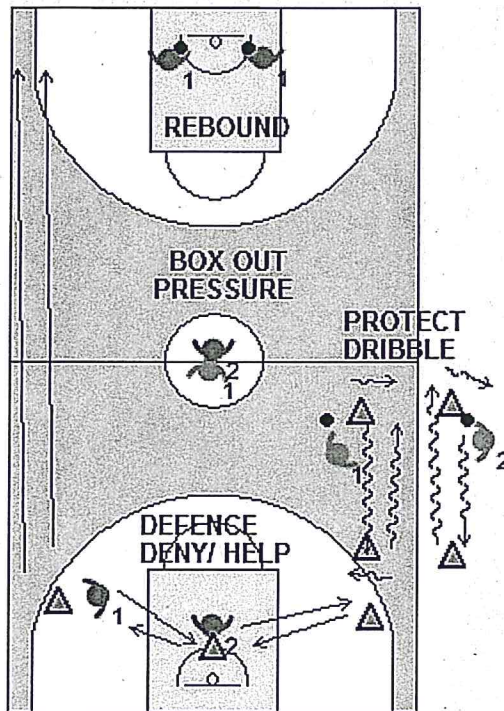
Pass with pressure



## CIRCUIT

### CIRCUIT

In pairs, 4 stations, 15 seconds, rotate to box and rebound, players need to sprint.



1. **Rebound:** Player tosses the ball on the backboard, jumps and catches the ball while turning hip in air. Landing parallel to the sideline with ball at shoulder height, pivot and repeat.
2. **Defence:** Player in the middle is in open help stance. The player on the side is in a deny ball side stance. The players move together from help side to ball side.
3. **Dribble:** Player dribbles to protect the ball, the ball is in the back, dribble slide go to the pylon change hand, and doing the same thing.
4. **Box out:** Players are back to back in circle. Begin to apply pressure against each other to force each other out of the circle. Arm and elbow will be flexed in a strong position, legs bent.

Sprint to change **Box out** to **Rebound**