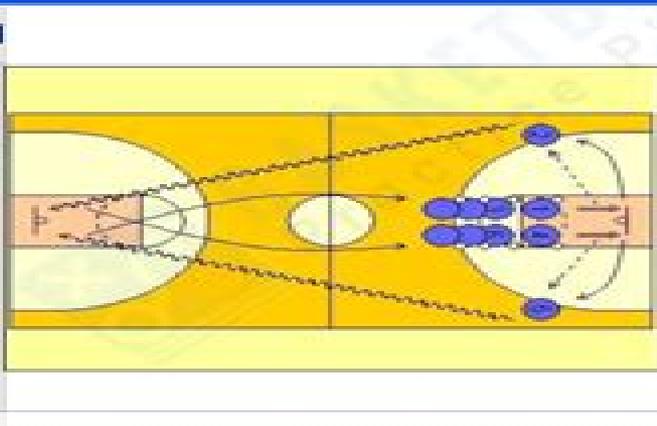


Transition to Offense

Rebound Outlet & Layup
Good For
Rebounding & Outlet Passing

- Form two lines at both elbows, facing the basket. All players in the lines get a ball. Two more players (without the ball) stand at both foul line extended.
- The first players in each line (1 and 4 in the diagram) throw the ball off the board, get the rebound and make an outlet pass to the players at foul line extended (2 and 3). Players 1 and 4 move to foul line extended.
- Players 2 and 3 catch the ball and dribble full court making a lay-up at the far basket. No more shooting attempts are allowed. They get their rebound and switches lines.
- Players 3 and 4 repeat the same pattern passing the ball to 1 and 4 etc...
- The drill continues for five minutes or until a given number of basket are made.

Variations:
 1. Total



Stage	Primary Skill
Train	Passing
Progression	Secondary Skill
	Rebounding
Constraint	Credit
	Breakthrough Basketball
Key Teaching Points	
- Players must jump and catch the ball as high as they can. Their arms are fully extended. Timing and coordination are very important.	
- Protect the ball by securing it under the chin with elbows spread.	
- Pivot to the outside and make sharp outlet passes. The player in the outlet position should yell "outlet" (or "ball" or anything you like...) and show his hands as a target for the pass.	

Defense

2-Person Shooting
Good For
Shooting, rebounding, passing and conditioning

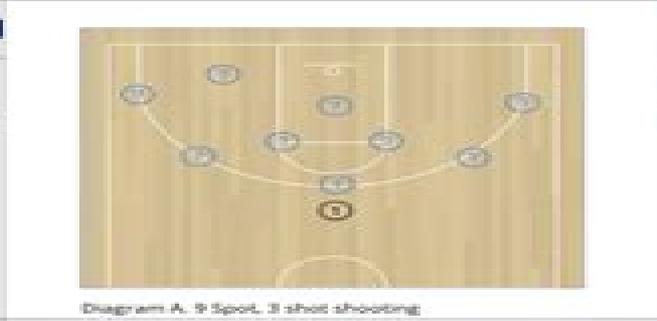
- 2 players (or 3) per hoop. Player one shoots and gets own rebound.
- Player one gets rebound and passes to player two somewhere on the court.
- Defense trying to eliminate direct drive to the hoop and immediate back out.
- Players keep rotating throughout the drill.
- Play to a score or time. Make it competition between groups or players with the highest score in this group goes head to head with another player on the team.

Watch Video

Stage	Primary Skill
Train	Shooting
Progression	Secondary Skill
	Scoring
Constraint	Credit
	None
Key Teaching Points	
Choose the shots or have players rotate on their own. Include things like a pump-fake, one-dribble move, etc.	

3/3
Good For
Shooting when tired

Pick 9 spots. Each player shoots 3 shots from each spot. Set a goal for your team shot. Track it and see if they improve. Change the shot type - add in a pump fakes, a dribble left, a dribble right, dribble move and shoot.



Stage	Primary Skill
Train	Shooting
Progression	Secondary Skill
	Scoring
Constraint	Credit
	None
Key Teaching Points	
Stage	Primary Skill

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