Steve Donahue  
Boston College  
Offensive Transition Drills

- Don't need to be athletic to play fast, need kids who can make good decisions quickly
- Cornell averaged almost 80 points per game despite having a team whose athleticism was in the bottom 20% in the country
- Have to cut hard
- Play North-South
- Can't sacrifice taking care of the ball as part of playing fast
- Doesn't talk to kids about turnovers, feels it makes kids afraid to make plays
- Kids can make mistakes as long as they are trying to do what you are asking of them
- Shooting
  - Keep left foot down on catch
  - Prepare for shot
  - Catch ball above elbow in the shooting pocket
  - Don't want to slide or adjust after the catch
- Italian Drill
  - Run Back Door Cut, Euro Action, Ball Screen Slip, Dribble Handoff Drive, and Inside Pocket Pass for 1 minute each on the right side and then 1 minute each on the left side.

<table>
<thead>
<tr>
<th>Backdoor Cut</th>
<th>Notes</th>
</tr>
</thead>
</table>
| ![Diagram](image) | Ball starts in corner, player dribbles the ball the length of the floor  
- Dribbler pounds the ball to keep the imaginary defender occupied  
- Cutter gets confrontational – walks into defender and pushes off on back door cut  
- Passer delivers pass off the dribble  
- Lead the cutter for a layup  
- Get own rebound and outlet the ball |
### Euro Action

<table>
<thead>
<tr>
<th>Diagram</th>
<th>Notes</th>
</tr>
</thead>
</table>
| ![Diagram](image.png) | • Same setup as Backdoor Cut  
• Dribble up the court and then dribble at the man in the corner  
• Corner fills behind, catches pass, and drives for layup |

### Ball Screen Slip

<table>
<thead>
<tr>
<th>Diagram</th>
<th>Notes</th>
</tr>
</thead>
</table>
| ![Diagram](image.png) | • Same setup as Backdoor Cut  
• Dribble up the court and then pass to the man in the corner  
• Sprint to ball screen  
• Slip and slide to hoop (slide keeps you from running into help defense)  
• Pass to cutter on slip for layup |

Notes by Jim Ponchak, [coachponchak@gmail.com](mailto:coachponchak@gmail.com)
### Dribble Handoff Dive

<table>
<thead>
<tr>
<th>Diagram</th>
<th>Notes</th>
</tr>
</thead>
</table>
| ![Diagram](image1.png) | - Same setup as Backdoor Cut  
- Dribble up the court  
- Pound the ball hard as the cutter sets up his man  
- Dribble at the defender's butt  
- Hand it off high  
- Cutter takes 1 dribble  
- Handoff screener dives for layup  
- Cutter passes to screener for layup |

### Inside Pocket Pass

<table>
<thead>
<tr>
<th>Diagram</th>
<th>Notes</th>
</tr>
</thead>
</table>
| ![Diagram](image2.png) | - Same setup as Backdoor Cut  
- Dribble up the court  
- Pass and sprint to ball screen  
- Hard hedge to double team  
- Stay low until opportunity becomes available  
- Take advantage of 4 on 3 opportunity  
- Slide to pocket  
- Catch, peak at rim, and read defense |
- Demonstrators had trouble making the pocket pass
- Doesn't yell at players for poor execution of a pass he's trying to get them to throw
  - If he yells at them, they are less likely to try it

<table>
<thead>
<tr>
<th>Transition Offense</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Diagram</strong></td>
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<tr>
<td><img src="image" alt="Diagram" /></td>
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</tbody>
</table>
## Transition 1

<table>
<thead>
<tr>
<th>Diagrams</th>
<th>Notes</th>
</tr>
</thead>
</table>
| ![Diagram 1](image1.png) | • Wings look for ball until half-court and then sprint to corner  
• PG catches the ball as close to half-court as possible  
• PG crosses the ball in the circle  
• 4 man runs to rim and seals  
• If he doesn't have it, he goes opposite the ball  
• Bigs create traffic if they can't get to the rim, PG can use them as screens |
| ![Diagram 2](image2.png) | • Euro action 1 to 2  
• Ball screen and slip 5 to 2  
• Read defense and react  

*Coach can call different actions for players to execute (see below – Point, Australia, Phoenix, Dribble Hand-off)*
### Point

<table>
<thead>
<tr>
<th>Diagrams</th>
<th>Notes</th>
</tr>
</thead>
</table>
| ![Diagram 1](image1.png) | • 4 flashes to elbow for catch (go backdoor if overplayed)  
• 3 fades to corner  
• 2 cuts off 4  
• 4 fakes hand-off to 2 and squares up to rim  
This play picks up where Transition 1 left off. |
| ![Diagram 2](image2.png) | • 2 screens for 3 to set up Euro action with 4 |

Notes by Jim Ponchak, coachponchak@gmail.com
### Australia

<table>
<thead>
<tr>
<th>Diagrams</th>
<th>Notes</th>
</tr>
</thead>
</table>
| ![Diagram 1](image1.png) | - 1 runs Euro action to the left with 3  
- 4 fakes a screen for 2 and sets ball screen for 3  
Run this play when you have a shooter trailing. |
| ![Diagram 2](image2.png) | - 4 dives to opposite block  
- 2 rises up to wing to make himself available for Euro action with 3 |

Notes by Jim Ponchak, coachponchak@gmail.com
<table>
<thead>
<tr>
<th>Phoenix</th>
<th>Notes</th>
</tr>
</thead>
</table>
| **Diagrams**     | • 1 passes to 2  
                   | • 3 cuts to block  
                   | • 4 goes to corner |
| **Notes**        |                                                                      |
| 2 passes into 5  | • 2 passes into 5  
                   | • 5 turns baseline and hits 4 in the corner for a three             |
### Dribble Handoff

<table>
<thead>
<tr>
<th>Diagrams</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Diagram 1" /></td>
<td>• Dribble hand-off 1 to 4</td>
</tr>
<tr>
<td><img src="image2" alt="Diagram 2" /></td>
<td>• Dribble hand-off 4 to 3</td>
</tr>
</tbody>
</table>

- Runs BC Transition the last 10 minutes of practice
- Run one action on the right side and another action on the left side
  - Right side – ball screen, Left side – Euro action
  - Right side – drive and search, hit opposite side corner for jumper, Left side – Euro action
- Station a coach or manager on the left side with a ball for the action on the left side
<table>
<thead>
<tr>
<th>BC Transition</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Diagrams</strong></td>
<td></td>
</tr>
</tbody>
</table>
| ![Diagram](image1) | • Players run the floor and push the ball in transition  
• Coach calls out actions  
  ◦ Right side – 5 – 3 screen  
  ◦ Left side – Euro action |
| ![Diagram](image2) |       |
| ![Diagram](image3) |   • Players execute the coaches call |

Notes by Jim Ponchak, coachponchak@gmail.com
• Question and Answer Period
  ◦ “Do you run the 3 man weave in practice to work on the exchange?”
  ◦ No, I do star passing for 3 minutes and call out the different passes I want them to work on.
  ◦ “What do you run for zone offense?”
  ◦ I run the same actions against a zone. Players don't stand for more than 2 seconds and they must cut hard.
Mike Rice
Rutgers University
One on One Drills to Improve Half-Court Offense

• Goes on annual retreat with 16 coaches for a think tank weekend, share ideas
• Rice believes in playing an attack style
• Players don't read defense, they attack it
• Coach Rice has drill ADD – he can't stay with the same drill for more than 3 – 5 times in a 3 week period
• Coaches manipulate players thoughts to make instincts what they want them to be
• You beat great coaches who run great stuff by creating chaos and disrupting them from running it.
• “Rip the face off the ball handler.”
• Create chaos. The chaos must be instinctive.
• In basketball, the person who thinks first and hits first is going to be successful.
• Players need to have urgency, be low, ready to score.
• Contact drills get players to instinctively close shoulders and play through contact.
• As a head coach, you have to make people uncomfortable so they don't cut corners.
• Threw one of his players out the first two days of practice at Rutgers because he was starting in front of the line.
• Must have a high level of demand.
### Finishing Drill

<table>
<thead>
<tr>
<th>Diagrams</th>
<th>Notes</th>
</tr>
</thead>
</table>
| ![Diagram](image1) | - Roll ball to elbow  
- Sprint and get it  
- Defense runs to opposite elbow |
| ![Diagram](image2) | - Offense drives for layup  
- Defense sprints back to block to stop layup |

### War

<table>
<thead>
<tr>
<th>Diagram</th>
<th>Notes</th>
</tr>
</thead>
</table>
| ![Diagram](image3) | - One player on each block facing half-court  
- Players do foot fires until the coach blows the whistle  
- On the whistle, the coach rolls the ball into the middle of the paint  
- Whoever gets the ball is on offense  
- Go until someone scores |
## Spurs Finishing

<table>
<thead>
<tr>
<th>Diagram</th>
<th>Notes</th>
</tr>
</thead>
</table>
| ![Spurs Finishing Diagram](image1.png) | - One player on each block facing baseline  
- Players do foot fires until the coach blows the whistle  
- On the whistle, both players turn and look for the ball  
- Coach passes the ball to one of the players  
- Whoever gets the ball is on offense  
- Go until someone scores  

* Can move players up the lane; make them use an efficient dribble. |

## Pitt Finishing

<table>
<thead>
<tr>
<th>Diagrams</th>
<th>Notes</th>
</tr>
</thead>
</table>
| ![Pitt Finishing Diagram 1](image2.png) | - Guard penetrates from top  
- Post defense helps  
- Perimeter defender helps the helper |
| ![Pitt Finishing Diagram 2](image3.png) | - Guard passes to big  
- Post defender recovers and tries to block shot |
## Pitt Finishing Baseline

<table>
<thead>
<tr>
<th>Diagrams</th>
<th>Notes</th>
</tr>
</thead>
</table>
| ![Diagram](image1.png) | - Guard drives baseline  
- Post defense helps  
- Perimeter defender helps the helper |

<table>
<thead>
<tr>
<th>Diagrams</th>
<th>Notes</th>
</tr>
</thead>
</table>
| ![Diagram](image2.png) | - Guard feeds the post  
- Post defender recovers and tries to block shot |

## Beat The Double Team

<table>
<thead>
<tr>
<th>Diagram</th>
<th>Notes</th>
</tr>
</thead>
</table>
| ![Diagram](image3.png) | - Guard drives into double team  
- Defense tries to block pass  
- Guard passes to a big in the short corner  
- Once receiver touches ball, other offensive player plays defense  
- Go until someone scores |

Notes by Jim Ponchak, coachponchak@gmail.com
<table>
<thead>
<tr>
<th>Diagrams</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>![Diagram 1]</td>
<td>- Middle man drives for layup</td>
</tr>
<tr>
<td></td>
<td>- Rebounder outlets ball</td>
</tr>
<tr>
<td></td>
<td>- Outside man touches baseline and sprints back for layup</td>
</tr>
<tr>
<td>![Diagram 2]</td>
<td>- Scorer sprints back on defense</td>
</tr>
<tr>
<td></td>
<td>- Play 1-on-1</td>
</tr>
<tr>
<td></td>
<td>- Rebounder chases ball done from behind and tries to flick it out</td>
</tr>
</tbody>
</table>
### Half-Court Chair 1-on-1

<table>
<thead>
<tr>
<th>Diagram</th>
<th>Notes</th>
</tr>
</thead>
</table>
| ![Diagram](image1.png) | • Defense and offense start with feet next to each other facing opposite sidelines  
  • Players hands touch to start drill  
  • Offense sprints to half-court and defense sprints to the baseline; players must touch the line  
  • Offense must stay between the chairs |

### Full-Court Chair 1-on-1

<table>
<thead>
<tr>
<th>Diagram</th>
<th>Notes</th>
</tr>
</thead>
</table>
| ![Diagram](image2.png) | • Offense must stay in lane  
  • Defense tries to turn offense  
  • Drill ends when offense goes outside of lane or scores |
**Flex Cut 1-on-1**

<table>
<thead>
<tr>
<th>Diagrams</th>
<th>Notes</th>
</tr>
</thead>
</table>
| ![Diagram 1](image1.png) | • Offense throws skip pass to coach  
• Screener steps out to set Flex screen  
• Offense cuts off screen and stops in paint for post up |
| ![Diagram 2](image2.png) | • As soon as the offense passes his shoulder, the screener becomes the defender  
• Coach feeds the post  
• Offense tries to score |

Notes by Jim Ponchak, coachponchak@gmail.com
## Pinch Screen 1-on-1

<table>
<thead>
<tr>
<th>Diagrams</th>
<th>Notes</th>
</tr>
</thead>
</table>
| ![Diagram](image1.png) | - Screener sprints to corner to set screen  
- Offense comes off screen |
| ![Diagram](image2.png) | - As soon as the offense passes his shoulder, the screener becomes the defender  
- Coach passes to offense  
- The screener closes out on defense  
- Offense reads the defense and attacks |

Notes by Jim Ponchak, coachponchak@gmail.com
<table>
<thead>
<tr>
<th>Diagrams</th>
<th>Notes</th>
</tr>
</thead>
</table>
| ![Diagram 1](url1) | • Offense passes to coach  
• As soon as the ball is in the air, the screener sprints to set a flare screen |
| ![Diagram 2](url2) | • As soon as the offense passes his shoulder, the screener becomes the defender  
• Coach passes to offense  
• The screener closes out on defense  
• Offense reads the defense and attacks |
<table>
<thead>
<tr>
<th>Penetration 1-on-1 Kick</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Diagrams</strong></td>
</tr>
</tbody>
</table>
| ![Diagram 1](image1.png) | - Defense helps on drive by coach  
- Coach kicks the ball out to the wing |
| ![Diagram 2](image2.png) | - The defender closes out on the ball  
- Offense reads the defense and attacks |

Notes by Jim Ponchak, coachponchak@gmail.com
# Penetration 1-on-1 Euro

<table>
<thead>
<tr>
<th>Diagrams</th>
<th>Notes</th>
</tr>
</thead>
</table>
| ![Diagram 1](image1.jpg) | • Defense slides to help the helper position on drive by coach  
• Offense makes Euro cut behind  
• Coach kicks the ball out to the offense |
| ![Diagram 2](image2.jpg) | • The defender closes out on the ball  
• Offense reads the defense and attacks |

Notes by Jim Ponchak, coachponchak@gmail.com
Tom Pecora  
Fordham University  
Attacking Pressure Defenses

- Coached the freshman for Bob McKillop at Long Island Lutheran
- Got half a court for 45 minutes for practice
- At the end of the season he practices half-court for 45 minutes because the players get beat up over the season
- Uses some of the same drills from CYO team that he coached in 1984
- Question you need to ask yourself, “How do I see the game?”
- Coach the game the way you see it and believe it should be played
- Once the season starts in October he requires a coach to go to 1 practice a week and bring something back
- Need a pressure offense for full-court, ¾ court, ½ court, and ¼ court
- Encourages all coaches to have a coaches retreat before each season
  - run same system
  - use same terminology
- Man defenses are numbers
  - 100 = full-court
  - 75 = ¾ court
  - 50 = ½ court
  - 25 = ¼ court
- Zone defenses are colors
- Doesn't use numbers for positions
- In college, the key to running good offense is having a skilled 4 man
- Important Stats
  1. Defensive FG%
  2. Defensive FG% after we score
  3. Defensive FG% after we don't score
  4. Defensive FG% after giving up an offensive rebound
- Puts tape down from 1 rim to the other, calls it the “load line”
- 5 guys on the load line
- Marks floor with X's for motion spots and boxes for zone spots
- 8 zone spots, the rule is leave a spot, fill a spot
- Pecora looks at pressure as offensive sweet spots and defensive pressure points
- Blitz Package
  - dictated by
    1. location on the floor (Trap City)
    2. player movement (pick-n-roll, dribble hand offs)
    3. great player
- Crush – double ball in corner
- If you can't shoot, you can be the guy who can't shoot, but plays because of the other things he can do or you can be the guy who can't shoot and doesn't play.

Notes by Jim Ponchak, coachponchak@gmail.com
**Basic – Against Full-Court**

<table>
<thead>
<tr>
<th>Diagrams</th>
<th>Notes</th>
</tr>
</thead>
</table>
| ![Diagram 1](attachment:diagram1.png) | • Predicated on having tough city kids who can attack off the dribble  
• 1 turns and screens for 2  
• 2 runs to foul line extended, stay out of Trap City (corners)  
• 1 hesitates and breaks opposite, reverse pivot in case of switch  
• If he goes high, you go by.  
• If a team is a good pressure team, inbound the ball to the weak side  
• 4 inbounds to 2  
• 2 peaks at rim  
• 3 cuts up |
| ![Diagram 2](attachment:diagram2.png) | • 1 cuts to top of key  
• 2 throws a bounce pass to him |

*All passes against pressure in the middle are bounce passes because they are stolen and deflected less often.*
### Basic Reversal – Against Full-Court

<table>
<thead>
<tr>
<th>Diagrams</th>
<th>Notes</th>
</tr>
</thead>
</table>
| ![Diagram 1](image1.png) | - 1 turns and screens for 2  
- 2 runs to foul line extended, stay out of Trap City (corners)  
- 1 hesitates and breaks opposite, reverse pivot in case of switch  

* If guards are not open, 5 flashes middle. 4 throws the pass high and 5 goes up and gets it like a rebound. |

<table>
<thead>
<tr>
<th><img src="image2.png" alt="Diagram 2" /></th>
<th><img src="image3.png" alt="Diagram 3" /></th>
</tr>
</thead>
</table>

- 1 cuts to top of key  
- If 1 is not open, he cuts back to sideline  
- 2 passes to 4  
- 4 passes to 1  
- 2 cuts to middle of floor between top of key and half-court  
- 1 passes to 2  

* Run through every pass so the defender cannot jump the pass and get a steal. |

Notes by Jim Ponchak, coachponchak@gmail.com
## 4 Across – Against Full-Court

<table>
<thead>
<tr>
<th>Diagram</th>
<th>Notes</th>
</tr>
</thead>
</table>
| ![Diagram](image) | - 5 breaks down court  
- 2 screens for 1  
- 1 cuts off the screen to the foul line extended  
- 4 can hit 5 going deep or 1 coming off 2's screen |

Notes by Jim Ponchak, coachponchak@gmail.com
### 4 Up – Against ¾ Court

**Diagrams**

**Notes**

- 1 turns and screens for 2
- 2 runs to foul line extended, stay out of Trap City (corners)
- 1 hesitates and breaks opposite, reverse pivot in case of switch
- 4 passes to 1 or 2 and cuts hard to the middle

- 4 gets a pass back and passes ahead opposite

Notes by Jim Ponchak, coachponchak@gmail.com
# 4 To The Side – Against ¾ Court

<table>
<thead>
<tr>
<th>Diagrams</th>
<th>Notes</th>
</tr>
</thead>
</table>
| ![Diagram](Image1) | • 1 turns and screens for 2  
• 2 runs to foul line extended, stay out of Trap City (corners)  
• 1 hesitates and breaks opposite, reverse pivot in case of switch  
• 4 passes to 1 or 2 and cuts hard to the middle |
| ![Diagram](Image2) | • 2 passes to 4  
• 4 passes to 1  
• On the reversal, 4 runs ahead on the ball side  
• Advance the ball up the sideline |
### Flash – Against ½ Court

<table>
<thead>
<tr>
<th>Diagrams</th>
<th>Notes</th>
</tr>
</thead>
</table>
| ![Diagram 1](image1.png) | - 4 sets ball screen for 1  
- Defense double  
- 4 and 5 yell, “Flash” when they see the double |

<table>
<thead>
<tr>
<th>Diagrams</th>
<th>Notes</th>
</tr>
</thead>
</table>
| ![Diagram 2](image2.png) | - 1 drags the ball through  
- Get in 1-3-1 set  
- 2 comes high  
- 4 goes to foul line  
- 5 stays at block |
# Flash Corner– Against ½ Court

<table>
<thead>
<tr>
<th>Diagrams</th>
<th>Notes</th>
</tr>
</thead>
</table>
| ![Diagram 1](image1.png) | - 4 passes to 3  
- 3 gets doubled  
- 5, 2, and 1 yell, “Flash” when they see the double |
| ![Diagram 2](image2.png) | - 5 flashes to the block  
- 4 slides up  
- 1 goes to foul line  
- 2 goes to wing |

Notes by Jim Ponchak, coachponchak@gmail.com
<table>
<thead>
<tr>
<th>Tap Head</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Diagrams</strong></td>
</tr>
</tbody>
</table>
| ![Diagram](image1.png) | • 1 screens for 2  
• 5 pops  
• 4 passes to 5 and steps into block |
| ![Diagram](image2.png) | • 5 gets doubled and dumps the ball into 4  
• 4 shoots or passes to 3 on the weak side block |

Notes by Jim Ponchak, [coachponchak@gmail.com](mailto:coachponchak@gmail.com)
## Pivot Drill

<table>
<thead>
<tr>
<th>Diagrams</th>
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</tr>
</thead>
</table>
| ![Diagram 1](image1.png) | • Left foot pivot  
• Ball toughness  
• 10 seconds  
• Pivot hard on left foot  
• Forward and reverse pivots  
• Rip ball through  
• After 10 seconds pass to man across  
• Repeat  
• Pass back and repeat same series with the right foot  
• Run drill for 2 minutes |

## Blitz Box

<table>
<thead>
<tr>
<th>Diagrams</th>
<th>Notes</th>
</tr>
</thead>
</table>
| ![Diagram 2](image2.png) | • On go call, defense doubles the ball  
• Defenders keep hands up, don't foul  
• Pass ball around the box  
• Defenders follow the ball and double it  
• Last guy steps through the double team  
• Defense takes charge on the step through |

* Can increase size of the box, hash mark and weakside block.
Spencer Mayfield  
White Plains High School  
Favorite Practice Drills

- Scout for Utah Jazz  
- Jerry Sloan runs a disciplined team the same way regardless of the player

<table>
<thead>
<tr>
<th>Florida State Dribbling</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diagram</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="Diagram" /></td>
<td></td>
</tr>
</tbody>
</table>

- 7 dribble moves
- Speed dribble to Chair 1
- Spin dribble at Chair 1
- Continuous crossover dribbles to Chair 2
- Spin dribble at Chair 2
- Continuous inside out to Chair 3
- Spin dribble at Chair 3
- Continuous hesitation dribble to Chair 4
- Spin dribble at Chair 4
- Continuous behind the back dribble to Chair 5
- Spin dribble at Chair 5
- Continuous through the legs dribble to Chair 6
- Spin dribble at Chair 6
- Drive for layup

* The next player goes when the player in front of him starts to spin at Chair 1.  
** Go right hand coming down and left hand going back.  
*** Go 3 times with each hand.

- Florida State Dribbling can also be performed with two balls.
  1. Pound dribble to Chair 1  
  2. Machine gun (alternating) dribble to Chair 2  
  3. Defensive slide and pound dribble to Chair 3  
  4. Defensive slide and machine gun dribble to Chair 4  
  5. Windshield wipers to Chair 5  
  6. Inside out to Chair 6  
  7. Pound dribble to baseline  

- Have coaches hold up numbers and players call them out to make sure that players are keeping their heads up.

Notes by Jim Ponchak, [coachponchak@gmail.com](mailto:coachponchak@gmail.com)
### Argentina Passing

<table>
<thead>
<tr>
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</tr>
</thead>
</table>
| ![Diagram](attachment:image.png) | • Pass ball to right  
• Exchange with player across from you  
• Allowed 1 pump fake if receiver is not there  
• Every pass has a name  
• Players must stay in bound and throw straight line passes  
• The drill is run with 2 balls  
• The balls always start with players who are opposite from each other |

### Reggie Miller Shooting Drill

<table>
<thead>
<tr>
<th>Diagrams</th>
<th>Notes</th>
</tr>
</thead>
</table>
| ![Diagram](attachment:image.png) | • 7 spots, 14 shots  
Spot 1  
• Cut under rim, tight curl off screen into lane for jump shot  
• Sprint out to opposite wing and repeat on other side  
• Go back to original spot on wing |
| ![Diagram](attachment:image.png) | Spot 2  
• Cut under rim, tight curl off screen to elbow for jump shot  
• Sprint out to opposite wing and repeat on other side  
• Go back to original spot on wing |

Notes by Jim Ponchak, coachponchak@gmail.com
Spot 3
- Cut under rim, tight curl off screen to foul line for jump shot
- Sprint out to opposite wing and repeat on other side
- Go back to original spot on wing

Spot 4
- Cut under rim, tight curl off screen to top of key for jump shot
- Sprint out to opposite wing and repeat on other side
- Go back to original spot on wing

Spot 5
- Cut under rim, tight curl off screen to top of key and fade to wing for jump shot
- Sprint out to opposite wing and repeat on other side
- Go back to original spot on wing
<table>
<thead>
<tr>
<th>Spot 6</th>
<th>Spot 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Cut under rim, tight curl off screen to wing for jump shot</td>
<td></td>
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<tr>
<td>• Sprint out to opposite wing and repeat on other side</td>
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<tr>
<td>• Go back to original spot on wing</td>
<td></td>
</tr>
<tr>
<td>• Cut under rim, tight curl off screen to wing and fade to corner for jump shot</td>
<td></td>
</tr>
<tr>
<td>• Sprint out to opposite wing and repeat on other side</td>
<td></td>
</tr>
<tr>
<td>• Go back to original spot on wing</td>
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</tbody>
</table>
## California Shooting

<table>
<thead>
<tr>
<th>Diagram</th>
<th>Notes</th>
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</table>
| ![Diagram](image1) | - Shooters shoot and sprint to other end of the floor  
- Rebounders get rebound and pass to shooter for jumper  

* Players not in the drill are shooting foul shots on the side.  
** Run for 1 minute and rotate.  
*** Rebounder to Shooter to Foul Shots to Rebounder |

## V-Cut Drill

<table>
<thead>
<tr>
<th>Diagram</th>
<th>Notes</th>
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</table>
| ![Diagram](image2) | - Rebounder throws the ball off boards, grabs rebound, and outlets ball  
- Receiver v-cuts and yells outlet, catches ball with back to sideline, rips through low, takes 1 dribble with the left hand and passes ahead  
- Next receiver v-cuts, catches the pass, and passes ahead  
- Next receiver v-cuts, plants, and goes back door for a layup  
- Get own rebound and dribble to the other end of the court with weak hand  
- Passers follow pass to next spot  

* Can add pull up jumper instead of layup. |

Notes by Jim Ponchak, coachponchak@gmail.com
### Intensity Layups

<table>
<thead>
<tr>
<th>Diagram</th>
<th>Notes</th>
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</table>
| ![Diagram](image1.png) | - Shooter (1) comes up the middle after each layup, picks the ball up off the outside of the chair, and drives for the layup  
- Rebounder (2) give the ball to the passer  
- Passer (3) place the ball on the chair  
* 15 seconds, goal is 6 layups |

### Post Moves

<table>
<thead>
<tr>
<th>Diagram</th>
<th>Notes</th>
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</table>
| ![Diagram](image2.png) | - Shooter (1) starts by touching rim or net 3 times  
- Pick ball up off chair, get low  
- 1 dribble  
- Get feet on split line  
- Shoulders square to sideline  
- Shoot 3 jump hooks on each side  
- Rebounder (2) give the ball to the passer  
- Passer (3) place the ball on the chair  
* Drop step  
** KG – rip from shoulder to knee and shoot jump hook |

Notes by Jim Ponchak, [coachponchak@gmail.com](mailto:coachponchak@gmail.com)
### 5 Lines Drill

<table>
<thead>
<tr>
<th>Diagram</th>
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</table>
| ![Diagram](image) | • 1<sup>st</sup> time make 5 trips, 2<sup>nd</sup> time 4 trips, 3<sup>rd</sup> time 3 trips, 4<sup>th</sup> time 2 trips, and 5<sup>th</sup> time 1 trip  
• Ball doesn't touch the floor  
• Can't miss a layup  
• If a layup is missed, you start over  
• No travelling  
• Pass goes forward  
• Everyone must run  
• On a mistake everyone starts back at 5 |

### Double Numbers

<table>
<thead>
<tr>
<th>Diagram</th>
<th>Notes</th>
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</table>
| ![Diagram](image) | • Coach passes to a player on the perimeter and calls a number to crash  
• Rebounders must close out on a shooter and pick up crasher  
• Rebounders need to get 2 straight rebounds to get out of the drill  

* Can require rebounders to cross before boxing someone out |
### Rim Runner

<table>
<thead>
<tr>
<th>Diagrams</th>
<th>Notes</th>
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</table>
| ![Diagram 1](Image1.png) | - Post player throws ball off boards, gets rebound, and outlets to PG against token defense  
- PG drives for layup  
- Post touches middle of paint and sprints back the other way |
| ![Diagram 2](Image2.png) | - PG gets outlet from corner and pitches ahead to post for layup  
- PG trails play to get pass from corner for jumper |

Notes by Jim Ponchak, [coachponchak@gmail.com](mailto:coachponchak@gmail.com)