

Ontario Basketball

DRILL BOOK

2020-21

A COACHES' GUIDELINE FOR TEAM TRAINING

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Hello OBA Member Clubs and Coaches,

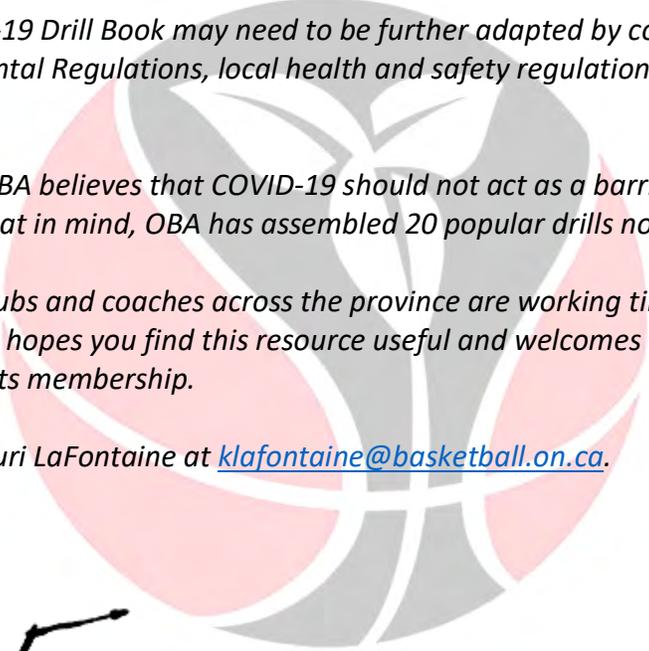
Ontario Basketball (OBA) is pleased to provide its Member Clubs with a COVID-19 Drill Book specifically designed to account for the restrictions imposed by the Ontario Government's COVID-19 Regulations.

In practice, this COVID-19 Drill Book may need to be further adapted by coaches and clubs to account for evolving governmental Regulations, local health and safety regulations, and specific facility requirements.

As much as possible, OBA believes that COVID-19 should not act as a barrier to player development. With that in mind, OBA has assembled 20 popular drills now modified to avoid contact.

OBA recognizes that clubs and coaches across the province are working tirelessly to assist their athletes during COVID-19. OBA hopes you find this resource useful and welcomes any questions or additional drill suggestions from its membership.

Please reach out to Kauri LaFontaine at klafontaine@basketball.on.ca.



ONTARIO
BASKETBALL

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Practice Planning

Below are sample structures for both Learn to Train and Train to Train practice plans. We recommend these components be included in your practices.

Under each heading is an example of the types of drills to structure your practice. In the following pages you will find drills that will be easily applied under these headings and some can even be used in multiple locations depending on the goals and outcomes for your practice. At the back of the drill book you will also find some blank Ontario Basketball practice plan templates for coaches to customize their own practice plans.

The plans below have sample times simulating a practice that runs for an hour and a half (90 minutes).

Learn to Train

WARM UP	
Movement Skills	10min
<ul style="list-style-type: none">- Coordination- running forward, backward, turning, sliding, skipping, etc.- Muscle activation- core, hip hinge, shoulder mobility- Footwork- stopping (jump stop, 1-2 stop) and pivoting (reverse and using both feet)- Agility- changing speed, direction and “faking”- Balance- static on one-foot, dynamic landing	
Basketball Skills	15min
<ul style="list-style-type: none">- Lay-ups- changes of direction and changes of speed, power, baseline, reverse, etc.- Dribbling- start and stop, changes in direction and speed, stopping in space, stationary control/ protection- Footwork- triple threat, stopping without traveling	
SKILLS/ CONCEPTS	
Transition offense	20min
Finding the advantage to score <ul style="list-style-type: none">- Breakout dribble- speed dribbling at the rim, limiting dribbles to push the ball up the court- Dynamic 1 vs 0- off cuts to attack the rim- Pass and catch while running forward in lanes- 3 vs 0 spacing- moving on penetration and with actions (screens, pass-cut-fill, etc.)	
Free Throws	5mins
<ul style="list-style-type: none">- Correcting form (balance, eye, elbow, follow through)	
Defense	10min
<ul style="list-style-type: none">- Stance/ positioning- on and off ball (deny & help)- Footwork- sliding (full and half court), drop step, etc.	
2 or 3 players in Action	20min
<ul style="list-style-type: none">- Passing and cutting- Penetration and kick- Shooting- moving and rebounding (can be in larger group)- Getting open (cutting, screening, etc.)	
Shooting	5mins
<ul style="list-style-type: none">- Free throw or spot shooting- team competition	
COOL DOWN	
<ul style="list-style-type: none">- Light shooting, dribbling or passing	5mins

DEBRIEF

The best way to learn something is by doing it and then reflecting on what just happened. Many are familiar with the “one-thing” debrief we have been promoting for some time. This is where we ask the athlete for one thing that:

- Went well
- They need to improve
- They learned today

Using this will allow athletes and coaches to understand the knowledge level, understanding, their ability to apply, analyze, evaluate and create their own level of thinking.

Train to Train

WARM UP

Movement Skills

10mins

- Coordination- running forward, backward, turning, sliding, skipping, etc.
- Muscle activation- core, hip hinge, shoulder mobility
- Footwork- stopping (jump stop, 1-2 stop) and pivoting (reverse and using both feet)
- Agility- changing speed, direction and “faking”
- Balance- static on one-foot, dynamic landing

Basketball Skills

15mins

- Ready in stance (triple treat, holding the ball) – starting without travelling
- Review different layup –power, baseline, reverse, etc.
- Review shooting form - Develop catch and shot (different angles)
- Extend shooting off dribble, off catch, different speed –range.
- Ball handling become comfortable with ball and protection in space

SKILLS/ CONCEPTS

Transition Offence

20mins

Finding the advantage to score

- Breakout dribble - Speed dribble attack the rim - Limit dribble all court push the ball
- Speed and hesitation dribble- jump stop- fake and shoot
- Change of direction (crossover, on your back, between the leg, spin) to a lay up
- Dynamic 1 vs 0 (crossover, curl) off the cut
- Pass and catch while running forward in a lane
- 3 vs 0 - Space horizontal vertical- move on penetration, push and pull
- 4 vs 0 - Decision making

Free Throws

5mins

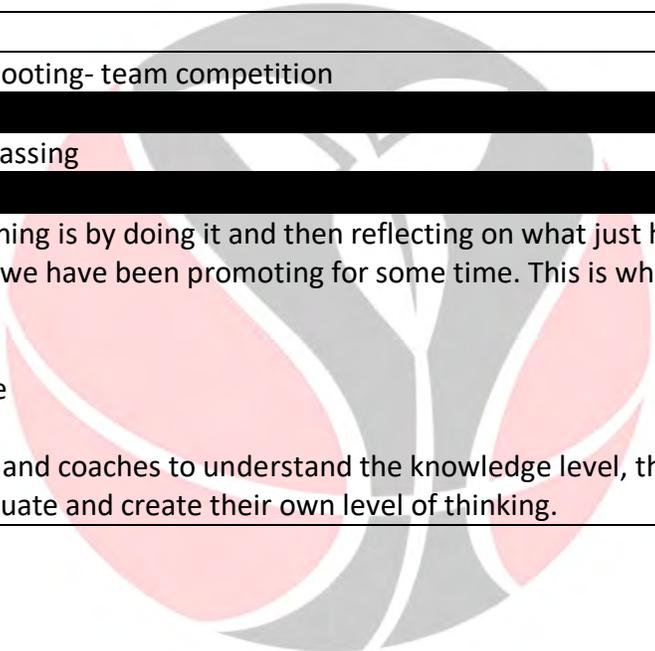
- Correcting form (balance, eye, elbow, follow through)

Defence

10mins

- Directing the ball (shade, force, straight up)
- Different stance and position- on ball, off ball
- Deny and help rotations
- Defending screens (switch, fight through, go under, etc.)

2 or 3 players in Action	20mins
<ul style="list-style-type: none"> - DHO Dribble hand off (use different scenarios) - Pick (how you set a screen, how to use it) - 3 vs 0 pass cut and fill - Getting open (using change direction. change speed and seal) 	
Shooting	5mins
<ul style="list-style-type: none"> - Free throw or spot shooting- team competition 	
COOL DOWN	
Light shooting, dribbling or passing	5mins
DEBRIEF	
<p>The best way to learn something is by doing it and then reflecting on what just happened. Many are familiar with the “one thing” debrief we have been promoting for some time. This is where we ask the athlete for one thing that:</p> <ul style="list-style-type: none"> - Went well - They need to improve - They learned today <p>Using this will allow athletes and coaches to understand the knowledge level, the understanding, their ability to apply, analyze, evaluate and create their own level of thinking.</p>	



ONTARIO BASKETBALL



LEARN TO TRAIN



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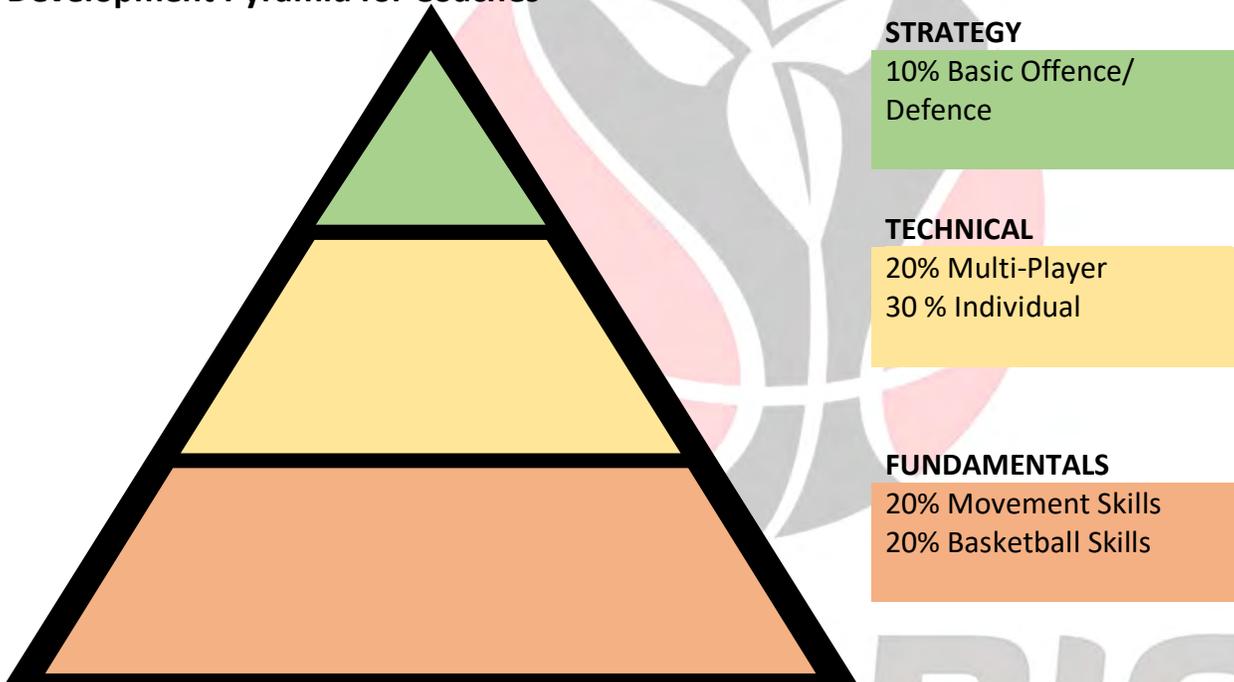


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Learn to Train

Ages:	8-12 years old
Goals:	To learn basic basketball skills while still emphasizing fundamental movement in a fun inclusive environment

Development Pyramid for Coaches



Development Characteristics of the L2T Athlete

Physical
<ul style="list-style-type: none"> - Strength training using only the athlete's body weight should be used - Speed, agility, balance and coordination are still improving rapidly and are trainable - Stretching exercises should be routine
Mental and Cognitive
<ul style="list-style-type: none"> - Athletes are excited to be participating and eager to learn and perfect skills - Players have a strong fear of failure - Individual and specific direction and structure in the learning process is required. A variety of methods to measure success is important to maintain player motivation
Emotional
<ul style="list-style-type: none"> - Players enjoy cooperation both with coach and teammates - Values and attitudes of players are created and reinforced by the group - Coaches must not play favourites. Athletes who are more mature often become leaders and excel in physical performance. It is important to treat all players as equals

Stop & Control Series

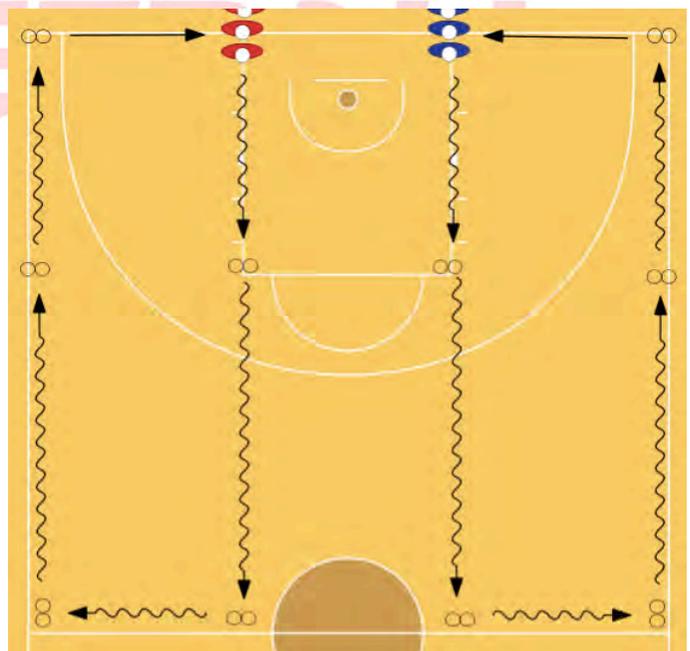
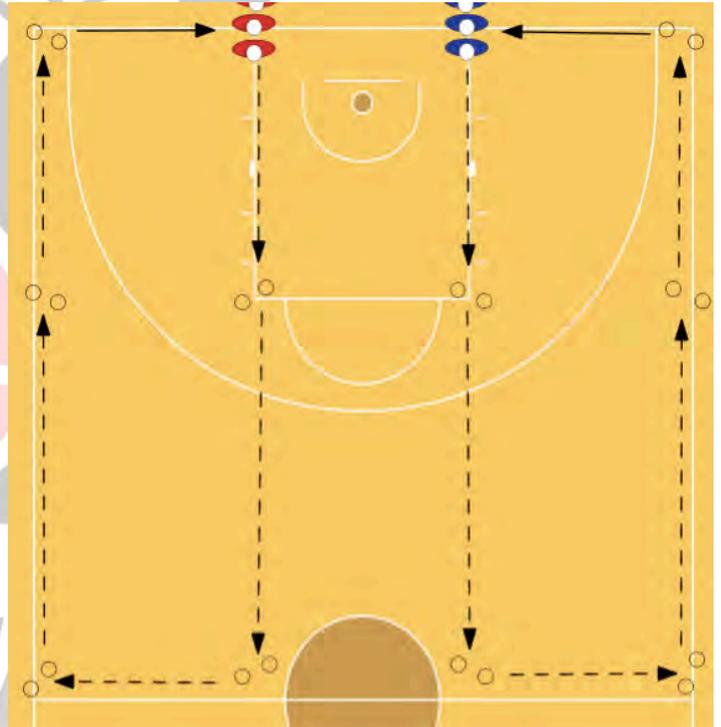
L2T

Description

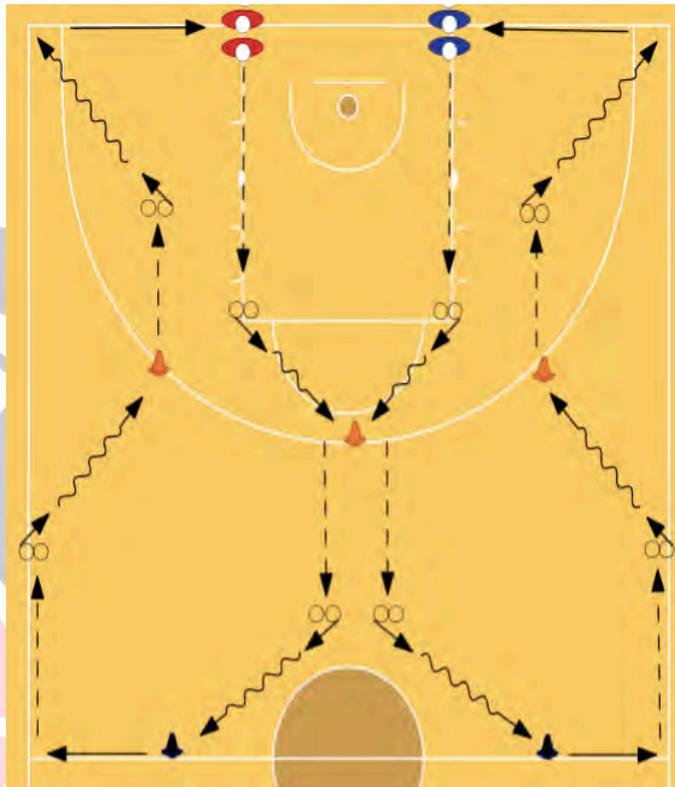
In this drill players will work on getting their feet set in different self-toss scenarios preparing them to move off the catch.

Instructions

1. Coaches will put players in 4 groups of 3 or 4 players and line each group up around the gym starting on the 4 spots where the lane meets the baseline.
2. Moving forward, the first player in line will toss the ball out and go get it stopping with their left foot down first, followed by the right. They will continue this process up to the half-court, and back down the sideline to their original starting point. Repeating this for 1-2 minutes
3. Coaches will then reset the drill and have players do the same thing stopping with their right foot down first followed by the left.
4. Players will now be asked to dribble the ball forward and come to a 2-foot jump stop, remembering to keep their balance. Once they have stopped they will continue forward with their left hand to make the next jump stop and repeat this through their space.



5. The final sequence will players self-toss again, stop in a 2-foot jump stop and complete a cross-over step towards the middle of the floor. They will then repeat this in a zig-zag fashion through their space.



Points of Emphasis

- Ensure players are balanced when stopping to prevent the shuffling of feet resulting in a travel
- Remind players to stay low on their cross-over step and to get the ball on the floor at the same time as their foot
- Monitor players during the two-foot jump stop to make sure they are alternating which hand they are dribbling with

Make 10 Without Missing 2 in a Row

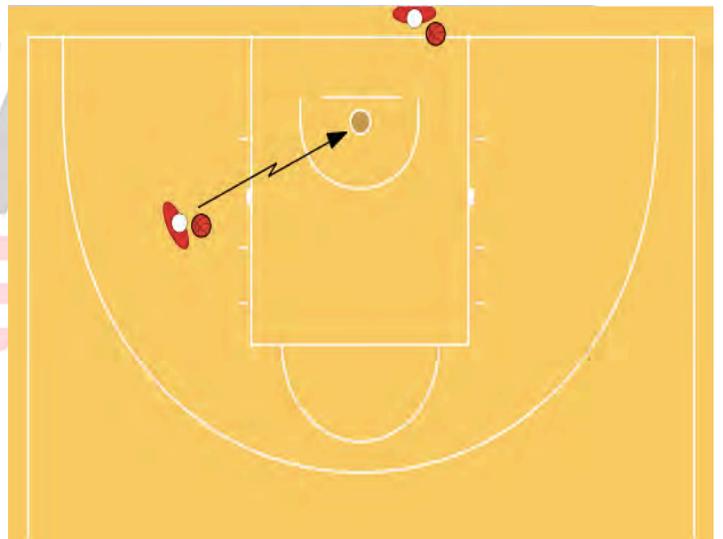
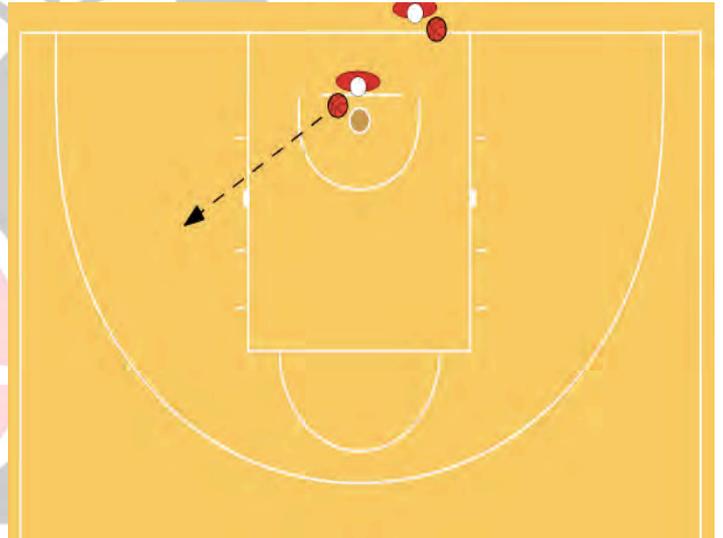
L2T

Description

Players move at a game-like pace, working on their footwork and shooting while “competing” against themselves. The goal is to have players learn to self-correct and focus on being consistent.

Instructions

1. Coaches will divide players up with 1-3 players at a basket to ensure players get enough reps
2. Players will start under the basket and self-toss out to a spot on the floor within their shooting range
3. On the catch they will square up to the basket and take their shot.



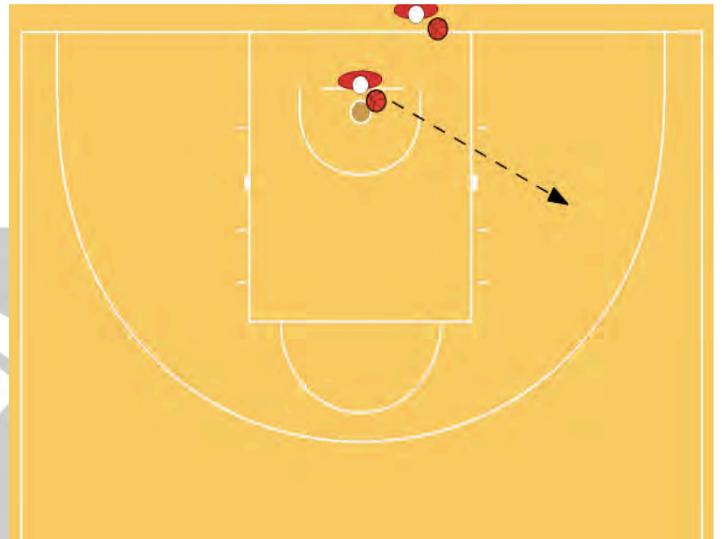
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4. Players will chase down their rebound, reposition themselves under the basket and toss to another spot on the floor

Players will try to make 10 shots **without missing two shots in a row**. Should they miss the two, they will swap out with the other player at their basket and wait to have another chance.

*Coaches can add a “save”- should the player miss two in a row, and the next shot is a “swish” they can continue.

*Coaches can alter the drill by having specific spots for players to shoot from and/or have players shoot off a dribble once squared to the basket.



Points of Emphasis

- Coaches want to make sure players are moving and shooting at game speed so that they get more comfortable shooting in rhythm
- Remind players to get fully square and be balanced before shooting the ball
- Ensure players are shooting within their range with game-like shots

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Dawg Drill

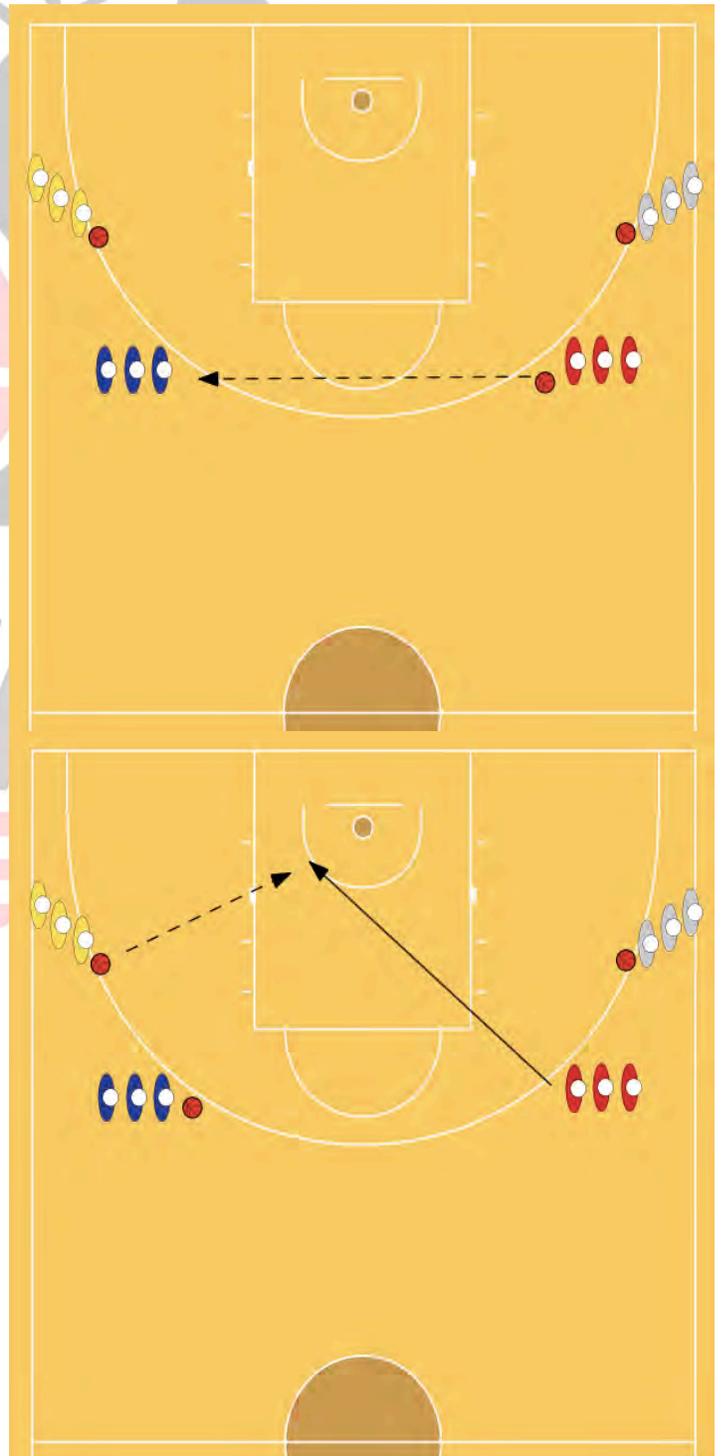
L2T

Description

A fast-moving passing drill that requires players to communicate, stay active and focused. Coaches can challenge players by timing them or having them compete in two groups.

Instructions

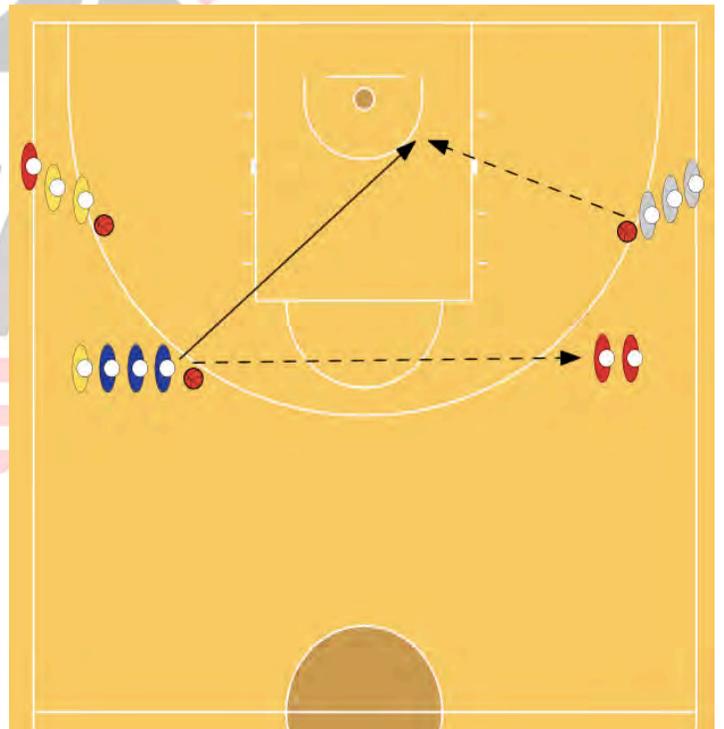
1. Players will be split into four groups and placed around the three-point line. Three of the four players in the front of the lines will have a ball.
2. The player in the front of the RED line will pass to the player in the front of the BLUE line who doesn't have a basketball.
3. The RED player who just passed will cut towards the opposite side of the basket from where they are and receive a pass from the player in the YELLOW line.



4. The RED player will make their lay-up, get the rebound and pass it to the next player in the YELLOW line, and line up behind them.
5. Once the YELLOW player has passed to the first cutting RED player they will go to the back of the BLUE line.



6. Once RED has cleared out the player who received the ball in the BLUE line will pass to the next player in the RED line and cut to the opposite side of the basket and receive a pass for a lay-up from the player in the GRAY line.



7. The BLUE player will then get their rebound and pass it to the next player in the GRAY line and follow in behind them.

8. The GRAY passer, after giving the ball to the BLUE cutter, will line up in the RED line.

*Coaches can set a target number of lay-ups for the team to make, or a number to make in a certain amount of time.

*Coaches can also split their team in half and see which team can make the most lay-ups in the time allotted.

*Coaches can also subtract points for missed lay-ups, missed passes, or travels depending on team's skill level.



Points of Emphasis

- Coaches should remind players to pass the ball “on-time” and “on-target.”
- Encourage players to communicate- calling names, making eye contact, etc.
- Ensure players are not traveling on their cut and getting shoulders square to the basket.

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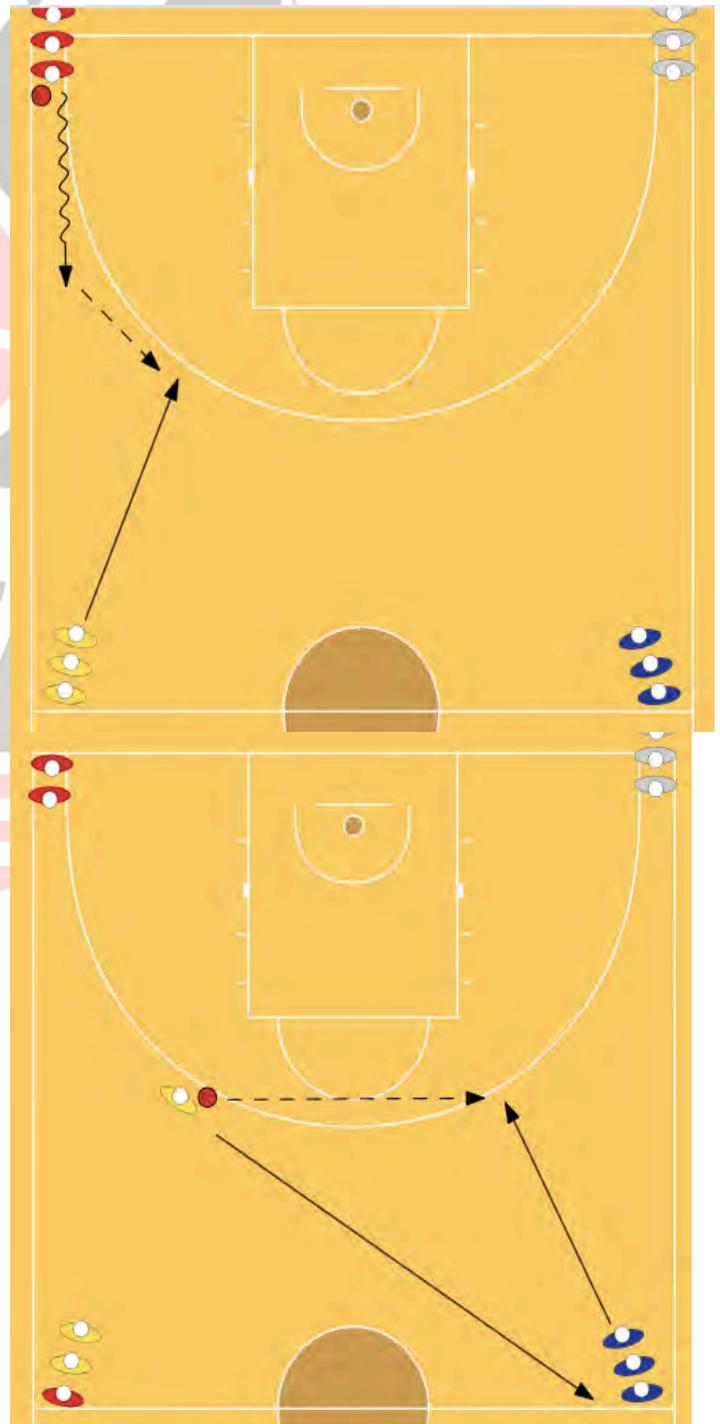
4 Corner Swing Spot Passing L2T

Description

This drill will get players working on moving and passing the ball in space, as well as working on passing the ball outside of their body, away from the defence. They should also be communicating throughout the drill with name calling, eye contact.

Instructions

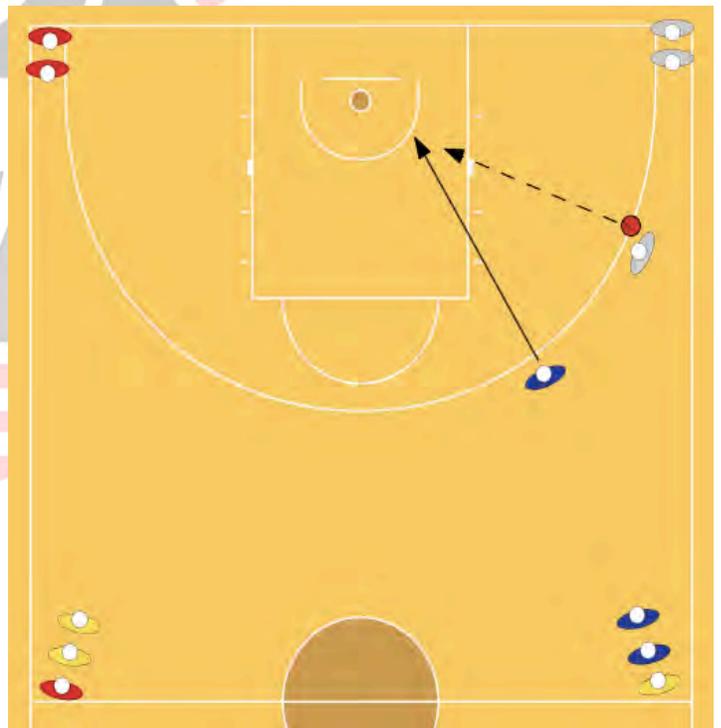
1. Coaches will put players into four groups and place each group in a corner of the half court. Basketballs will start in the left corner with the RED group.
2. The first player in the RED line will dribble out to the free-throw line extended and come to a 2-foot jump stop.
3. While the RED player is dribbling out the YELLOW player will move into the swing spot on their side of the floor. The RED player will then pass the ball to YELLOW.
4. RED player will follow their pass to the back of the YELLOW line. YELLOW, now with the ball, will pivot and pass to the BLUE player who has moved into the swing spot on their side of the floor.
5. BLUE will receive the pass from YELLOW. The YELLOW player will now go to the back of the BLUE line.



6. BLUE will pivot and pass the ball to the GRAY player who has moved to the free-throw line extended.



7. BLUE will follow their pass to the basket and receive the ball back from GRAY for a lay-up.

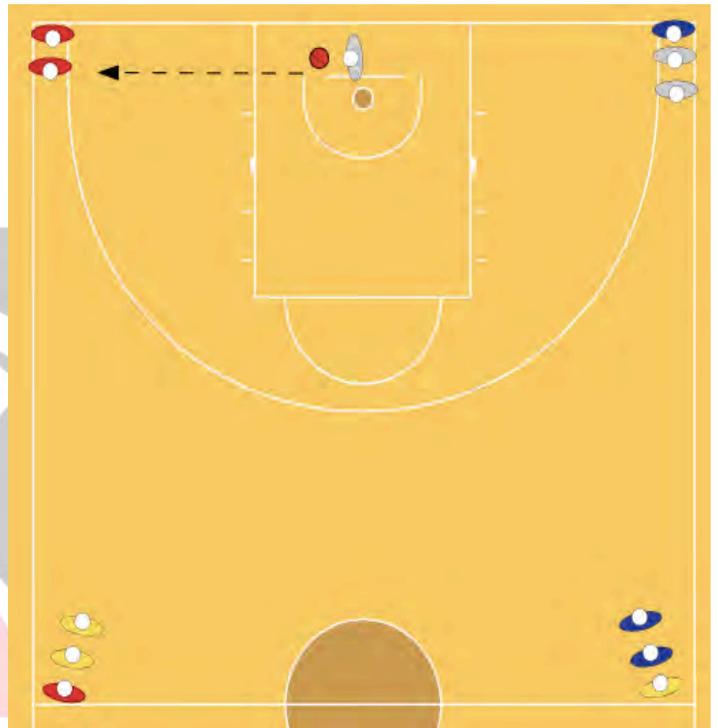


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8. GRAY will get the rebound and go to the RED line. And after their shot, BLUE will go to the back of the GRAY line.

*Coaches will then start the ball on the right side to execute left-handed lay-ups.

*Coaches can decide whether they will go for time or a certain number of makes.



Points of Emphasis

- Have players moving into space
- Players should ensure they are passing outside their body and away from the defender, while keeping passes on-time and on-target

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Zig-Zag Recovery Drill

L2T

Description

In this drill players will be able to build their defensive speed while teaching players how to recover back in front of the offense. This drill will also, indirectly, help work on players' physical fitness.

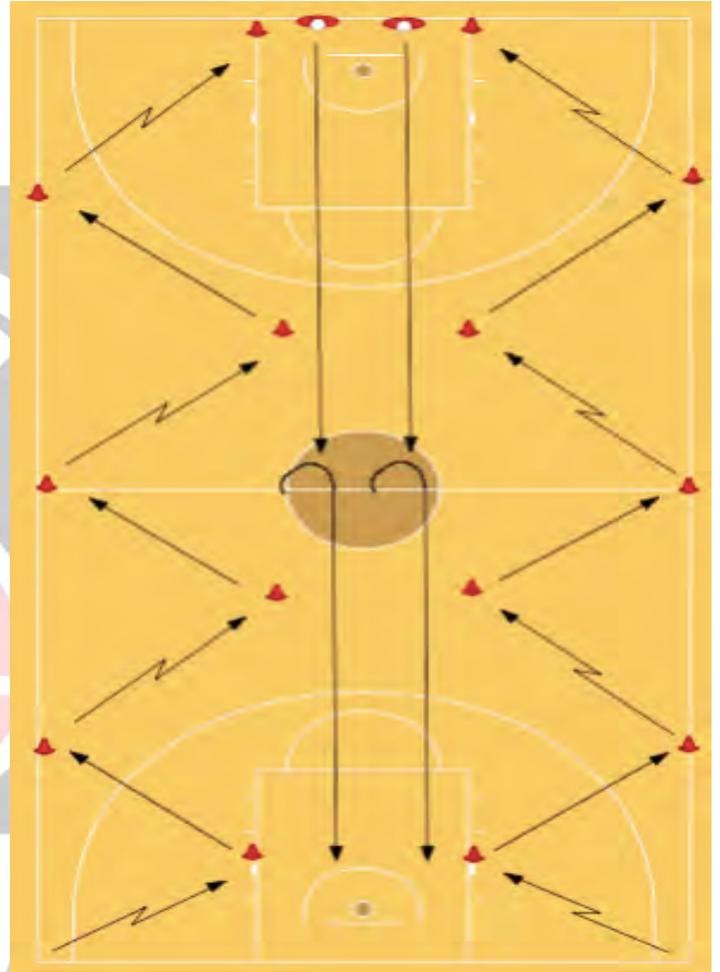
Instructions

1. Coaches will use cones/ pylons to divide the court into three lanes; right, centre, and left.
2. Players will be put into two groups and line up in the corners of the baseline.
3. On the whistle, the first player in each line will drop step and slide to the first cone towards the middle of the floor.
4. On the next whistle, the first player will sprint to the second cone, while the next player in line slides to the first cone. Players will repeat this process until they reach the other baseline.



5. Once players have reached the other end of the court they will go into the centre lane and run backwards to half-court.

At half-they will turn and sprint to the baseline and head to the opposite line.



Points of Emphasis

- Ensure players are staying low when sliding and not hitting their heels together.
- Encourage players to sprint as fast as they can through the drill.
- Players drop-step should be slightly behind them (45-degree angle) and not to the side.

Dynamic Dribbling Sequence

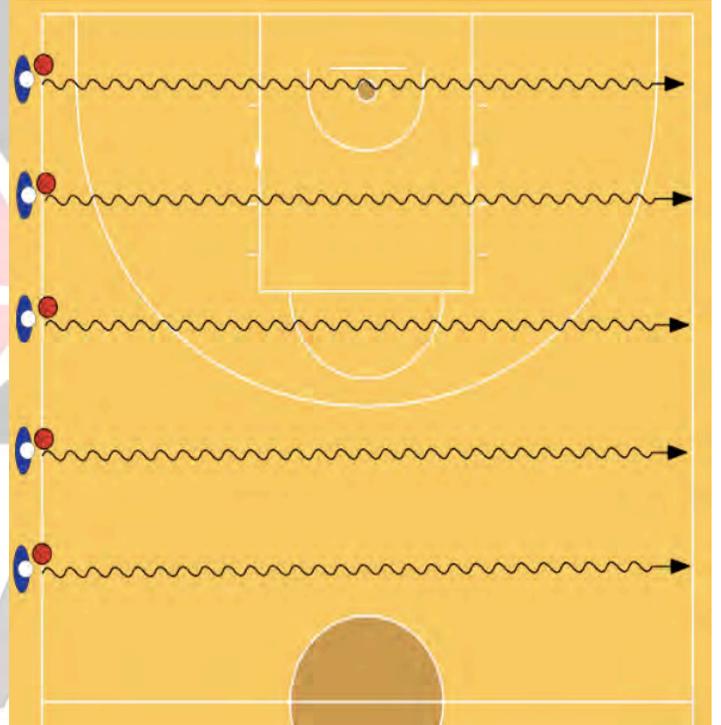
L2T

Description

This drill will get players moving and working on keeping control of the basketball. Coaches will be able to control the pace at which players are going, and challenge players with some new ways to change direction.

Instructions

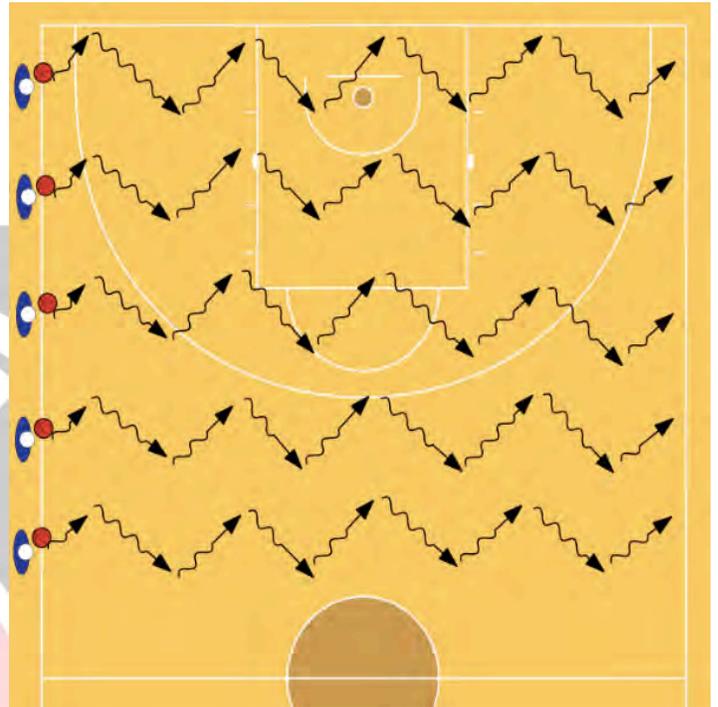
1. Players will get one basketball per line on one sideline facing the other side of the court.
2. One the coaches command players will dribble, starting with their non-dominant hand, to the other sideline and complete a jump-stop and pivot facing where they started.
3. Coaches will have players do as many reps as the coach feels necessary.



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4. Coaches will then have players move through the following sequence for as many reps as they would like, with players all moving to their left first;

- Cross Overs
- Between the legs
- Behind the back



Points of Emphasis

- Ensure players are keeping their dribble low
- Players should be attacking out of their change of direction move
- Coaches should be watching to make sure players are keeping their eyes up and not watching the ball while dribbling

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Getting Open - V-Cut & L-Cut Series

L2T

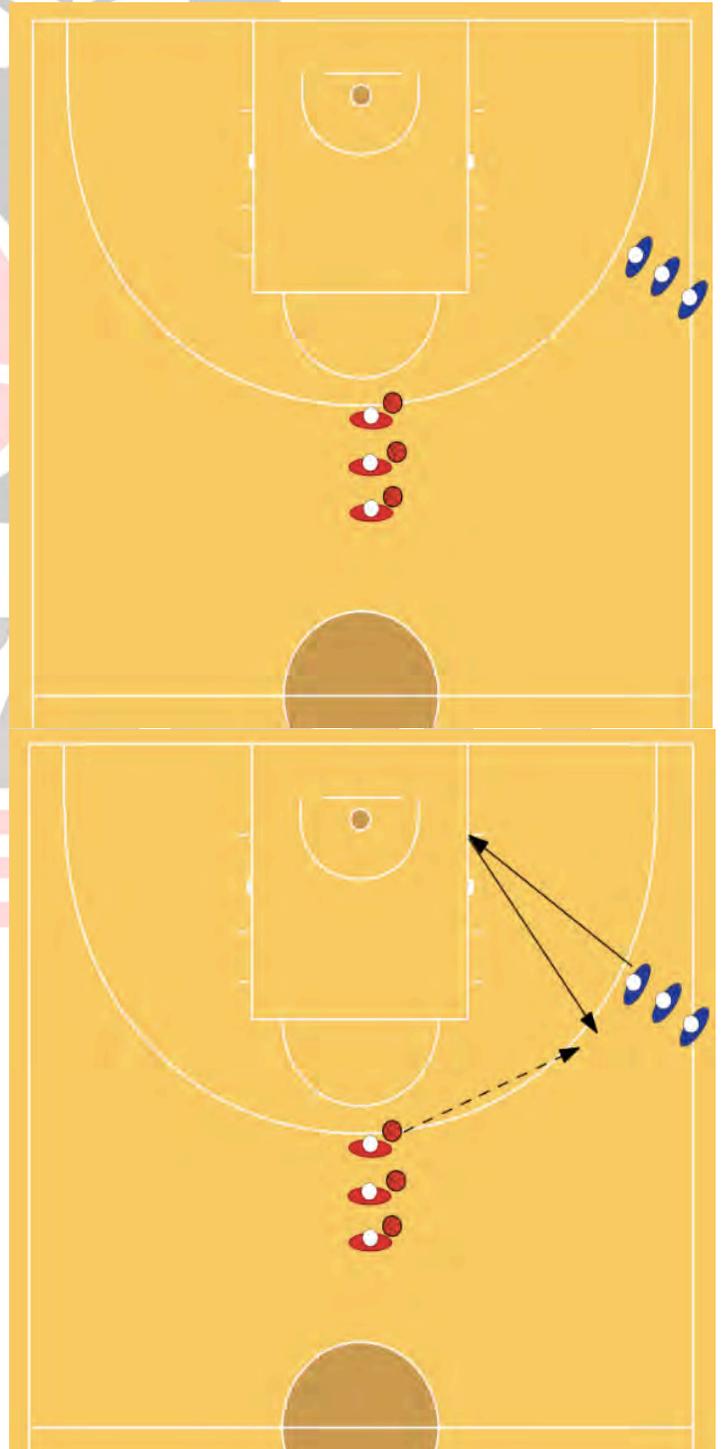
Description

In this drill, players will work on how to get open to receive the ball from their teammate. They will learn spacing on the floor as well as using their bodies and changing speed.

Instructions

1. Divide your team into two groups, each at their own basket, and then put them into two lines; one at the top and the other on the wing. Basketballs will be with the line at the top.

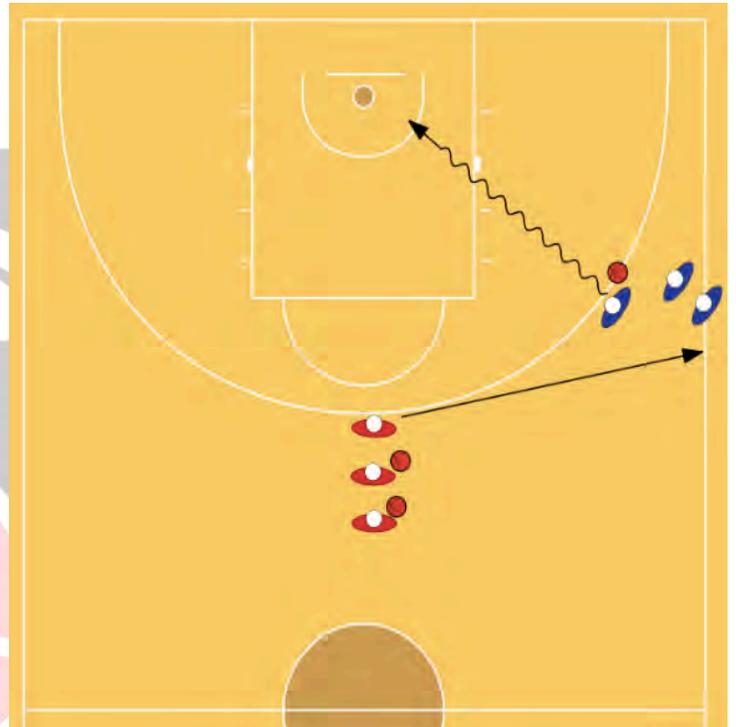
2. The first player on the wing will travel down towards the block at $\frac{1}{2}$ speed. Once they reach the block they will explode back out to the three-point line at full speed to receive the pass.



3. On the catch, players will square up, sweep or rip the ball through and attack the basket for a lay-up.
4. Passers will go to the back of the cutting line and the player who did the lay-up will get their rebound and go to the back of the passing line.

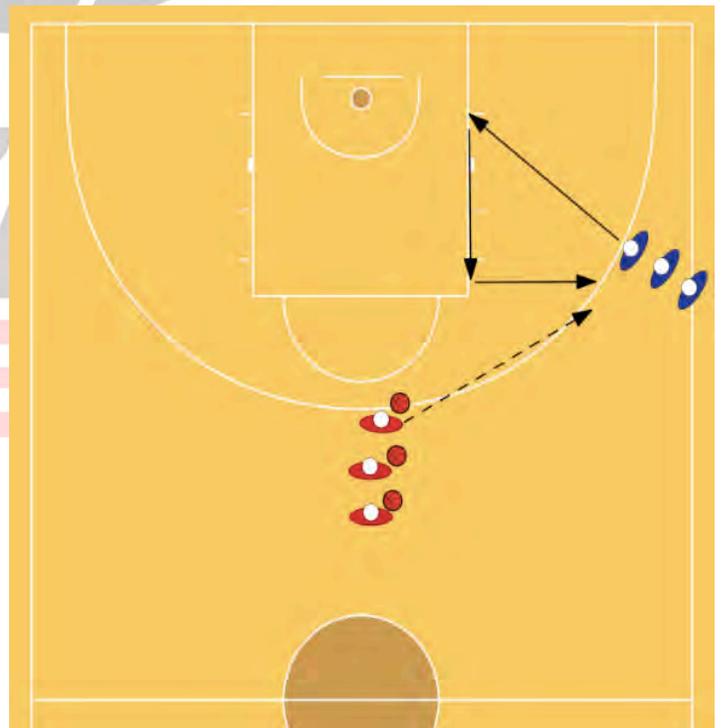
*Coaches should work both sides of the floor ensuring players get repetitions on the right and left side.

*After the allotted time with the V-Cut, coaches will then work the L-Cut in the same format.



5. Players will start towards the block. Once in the key they will explode up following the lane line and at the foul line they will pop back out to the wing to receive the pass.
6. Once they have received the pass they will square up, rip or sweep the ball through and attack the rim.

*Again, coaches should work both sides of the floor with this cut as well.



Points of Emphasis

- Coaches should make sure that players are changing direction and speed at the block.
- Cutting players should make sure they are showing a target for their teammate when they are coming out of their cut.
- Coaches can stand in as defense when players are sweeping/ ripping the ball through to ensure they are staying low and attacking the rim.

Give-and-Go Series

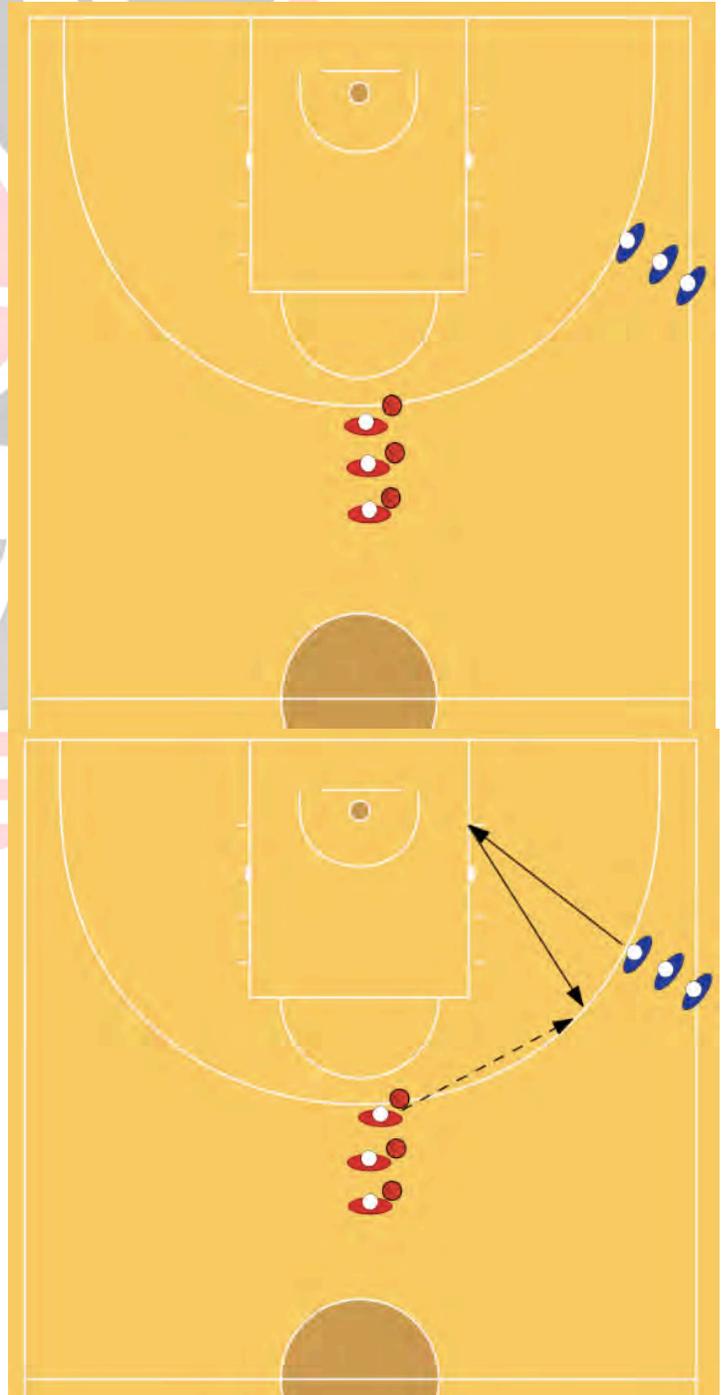
L2T

Description

Building off of getting open, players will learn that once they pass the ball they are the most dangerous player on the floor. Players will work on their movement without the ball and reading their defenders after a pass.

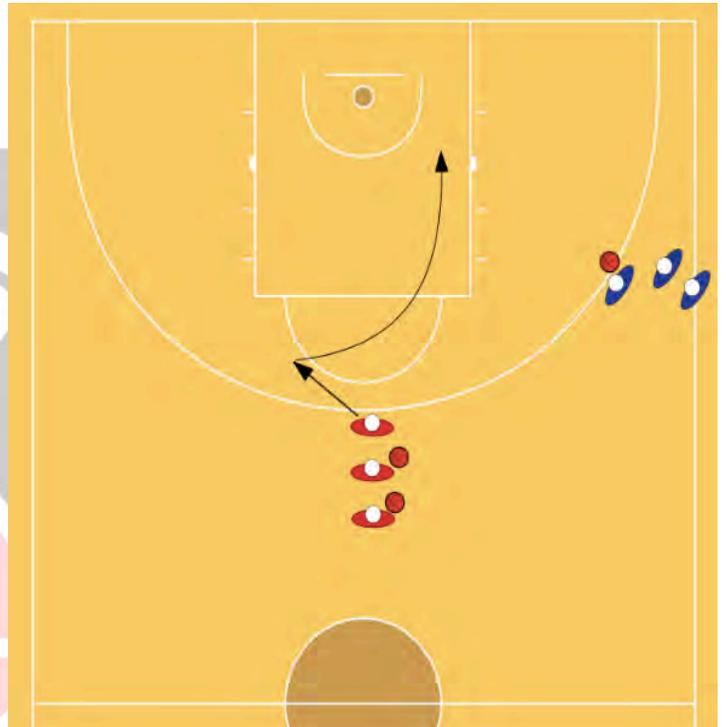
Instructions

1. Coaches will divide their teams into two groups, one at each basket, then line them up with a group at the top of the 3pt line with basketballs and a group on the wing without.

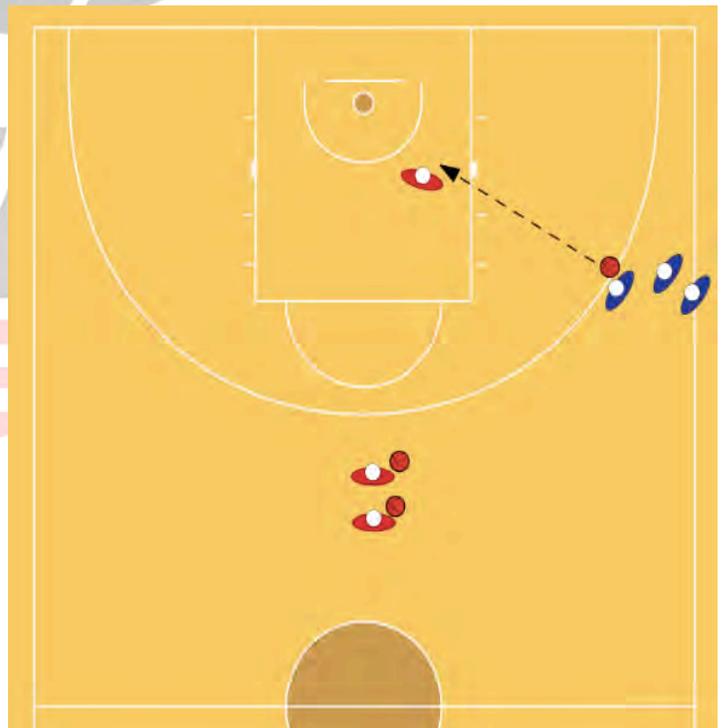


2. The first player in line on the wing will perform a V-Cut to get open and receive the pass from the player at the top.

3. Once the player at the top has passed the ball they will take two to three hard steps away from the direction they passed.
4. After these two steps they will turn and blast back towards the ball cutting down the lane and looking for the pass from their teammate on the wing.



5. Their teammate will pass them the ball and the cutter will finish at the rim with a lay-up.
6. The passer will follow in and get the rebound and head to the middle line, while the player who shot will go to the back of the wing line.



*After players have had several repetitions in both positions coaches should move the wing line to the left side of the floor.

Points of Emphasis

- Coaches should watch to make sure all passes are on-time and on-target.
- Players should always “set up” their cut by taking the hard steps away from the ball before cutting back.
- Players should be squaring their shoulders after receiving the pass to take a high percentage shot at the rim.

Pass, Cut, Fill

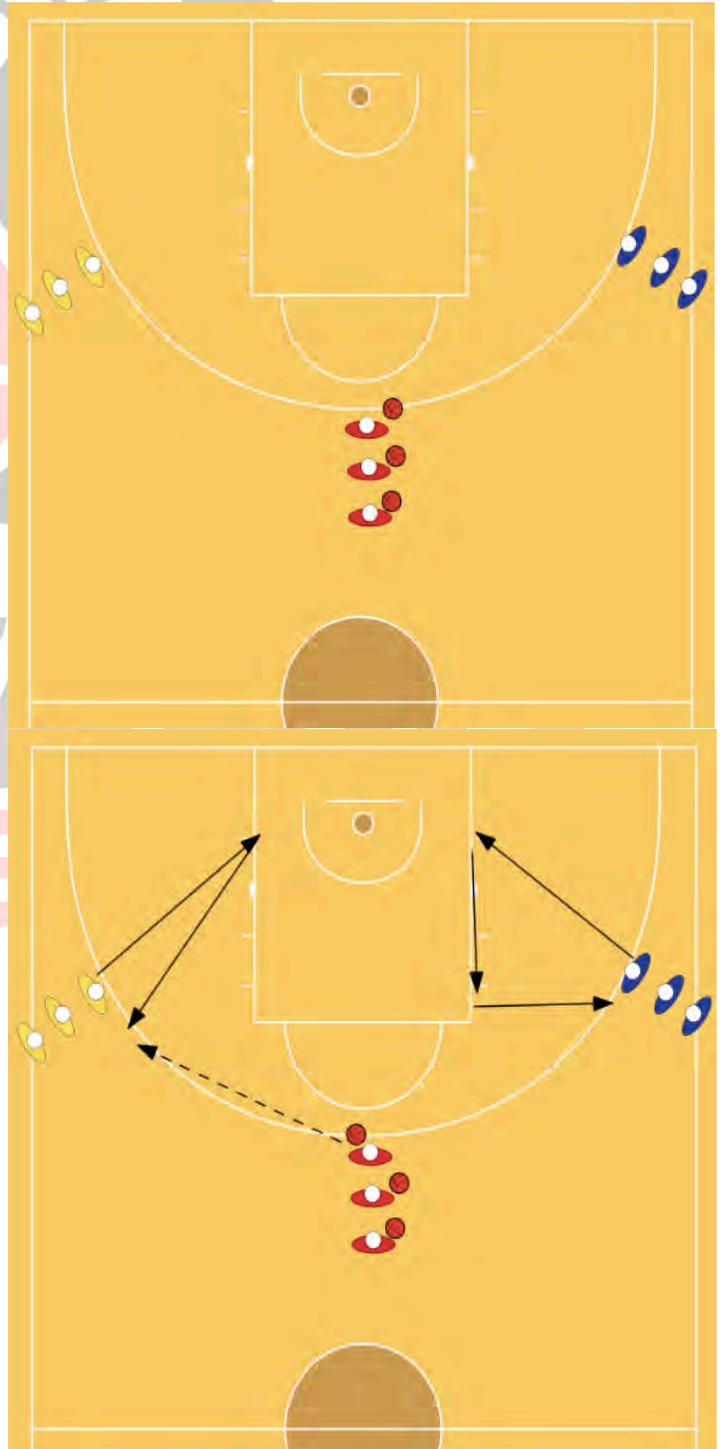
L2T

Description

In this drill, players will learn how to move into space with three players on the floor. The focus is on how players move without the ball and react with their teammates.

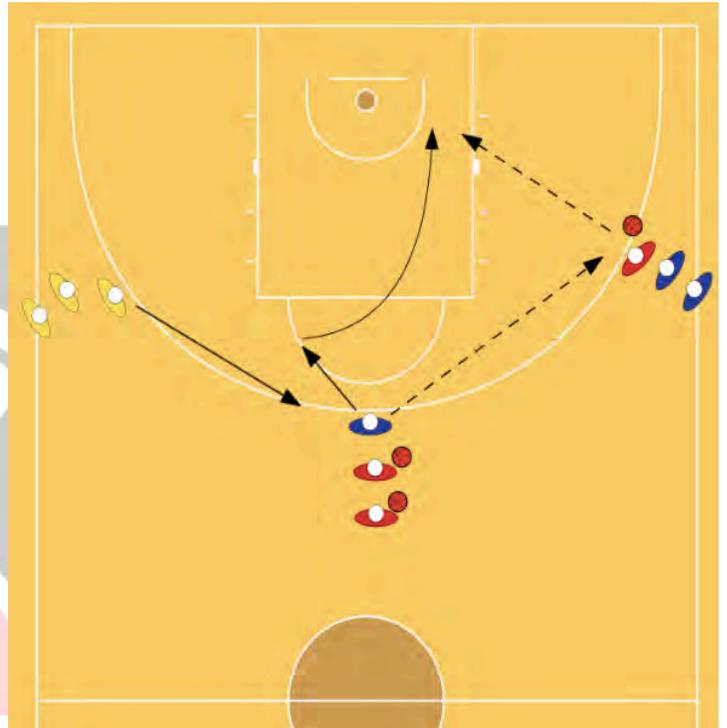
Instructions

1. Divide players into groups of three and place the groups at two different baskets - one line at the top and then one on each wing with the basketball starting with the group at the top.
2. When the coach says go, both players on the wing will complete either a V-Cut or an L-Cut (their choice).
3. The player with the ball will choose which way they would like to pass and complete the pass to that player using their outside hand.



8. All players will fill the open spots in rotation.
9. Once the ball is back in the middle and swung to the other side one more time, the player who makes the cut through the key will receive the ball for a lay-up.

*Coaches can choose to have this player do the lay-up, they can have the player “filling” in the middle take a shot, or have the ball go to a player on the wing who will attack the basket.



Points of Emphasis

- Coaches should encourage players to move at game speed
- Passes should be crisp, on-time and on-target
- Ensure players are making straight line cuts to the ball/ spots

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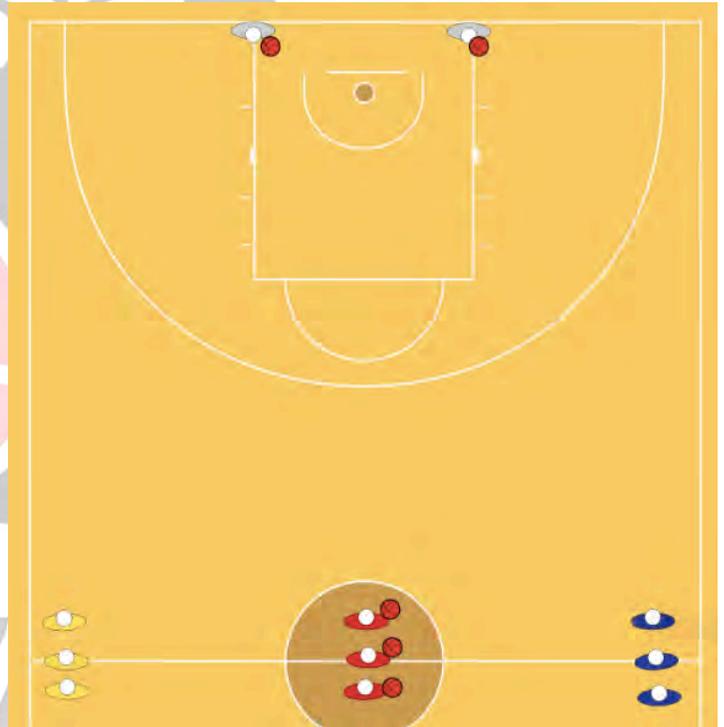
3 Ball, 5 Player Shooting Drill L2T

Description

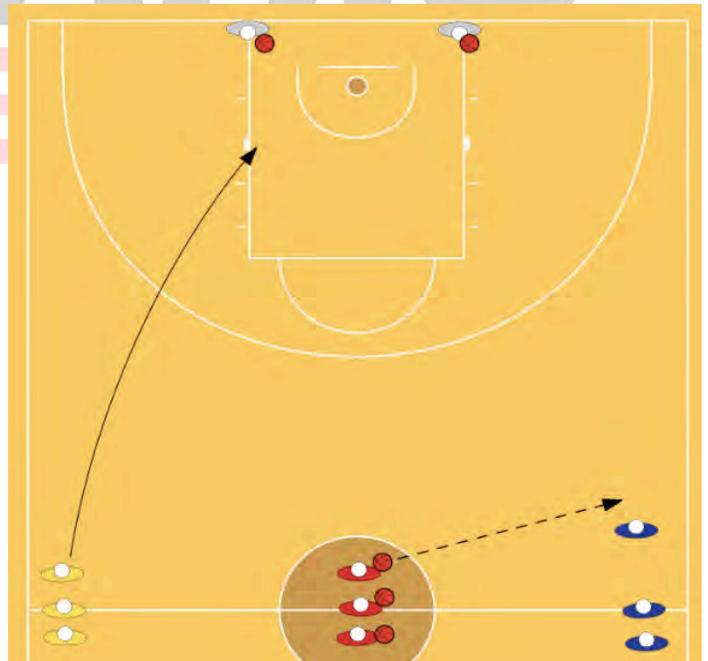
In this drill, players will work on passing and finishing at the rim as well as following their pass and getting shooting reps under pressure.

Instructions

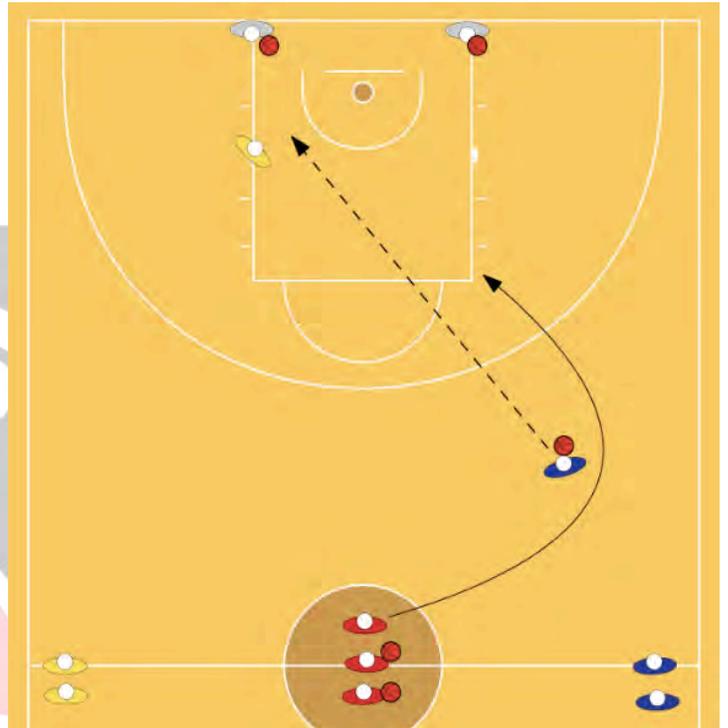
1. Coaches will divide their team into two groups (one at each basket) with two players on the baseline in line with the key, and the remainder of the group in three lines at half court, balls with the middle group.



2. On the coach's "GO!" or whistle, the player with the basketball in the middle will pass to the player on their right (BLUE). The player on the left (YELLOW) will take off towards the basket.

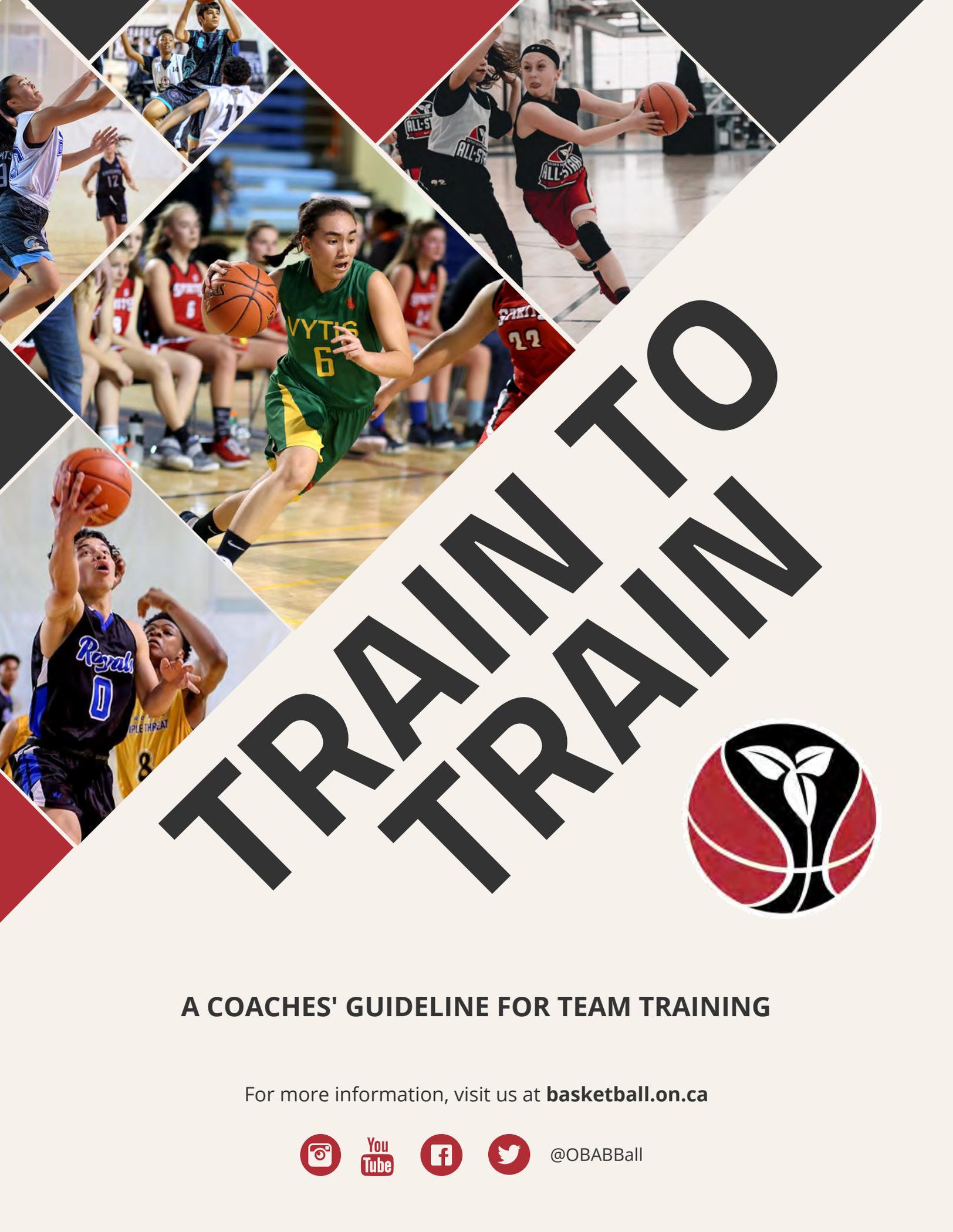


3. The BLUE player will then pass the ball to the YELLOW player who is at the rim and they will complete a lay-up. Meanwhile the player in RED will run behind the player in BLUE and make their way to the elbow.



4. The BLUE player, after making the long pass, will follow their pass to the left elbow. The BLUE and RED players will receive passes from the players on the baseline for a shot.





TRAIN TO TRAIN



A COACHES' GUIDELINE FOR TEAM TRAINING

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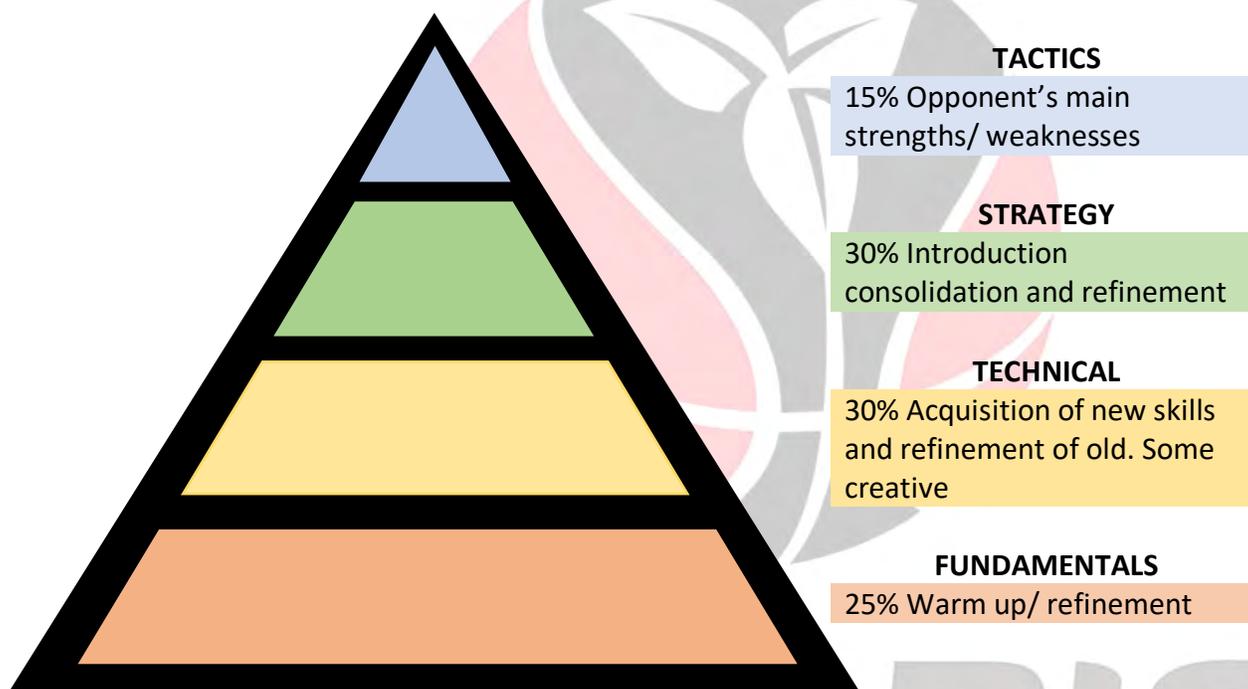


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Train to Train

Ages:	13-16 years old.
Goals:	To introduce the basic strategies of “global” basketball with a more technical and structured approach to training.

Development Pyramid for Coaches



Developmental Characteristics of the T2T Athlete

Physical
<ul style="list-style-type: none"> - Significant changes in muscle, bone and fat tissue - Speed, agility, balance and coordination are still improving rapidly, and are fully trainable - Aerobic endurance is continuing to increase - Previously learned skills need to be refined with growth of the body
Mental and Cognitive
<ul style="list-style-type: none"> - Emphasis should be placed on finding self-identity - Players are eager to perfect skills - Athletes have a strong fear of failure
Emotional
<ul style="list-style-type: none"> - Players are significantly influenced by their peers - Values and attitudes continue to be created and reinforced by the team - Communication channels should be kept open by the adult because all teenagers need help, although they often do not recognize the need for it

Chaser Drill

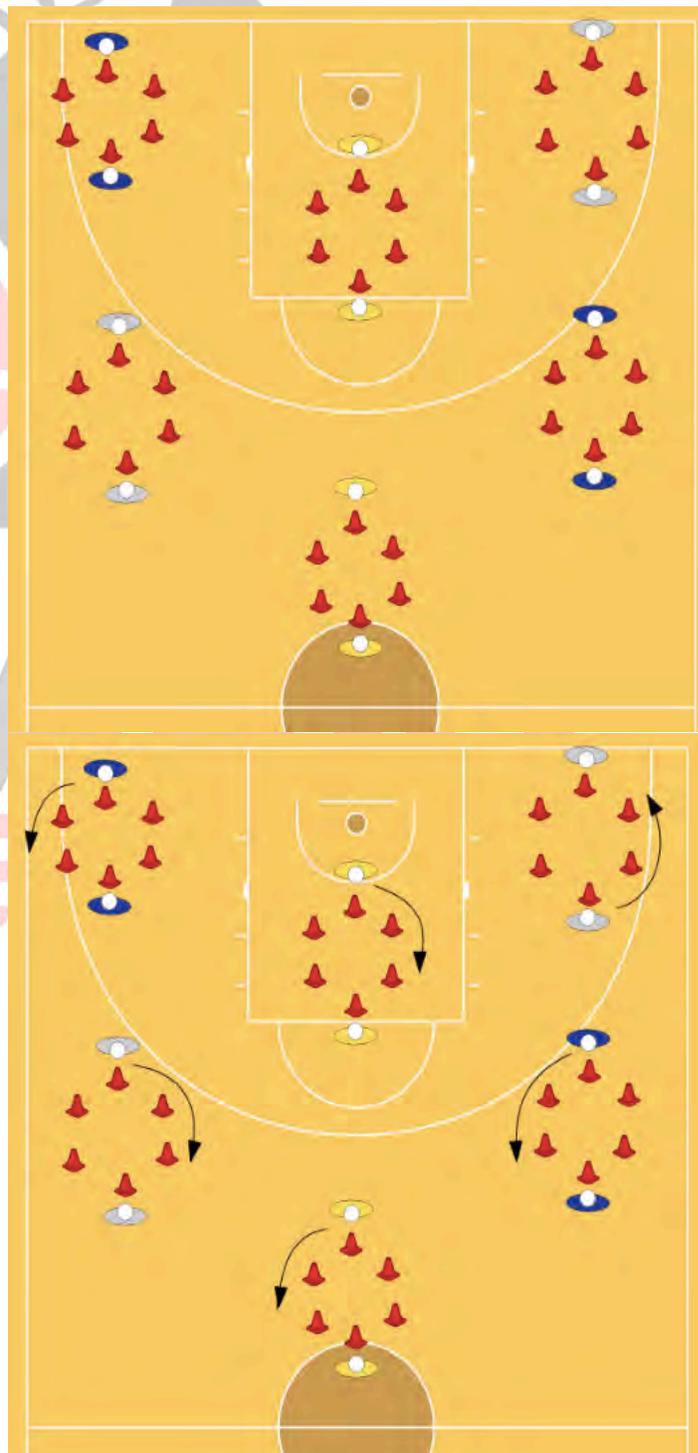
T2T

Description

In this drill players will work on their ball handling skills while running and changing direction, as well as their agility without the ball. It is a great drill for helping players staying low and improving their physical fitness.

Instructions

1. Coaches will pair up players, based on speed, and set up circles of cones in different areas of the gym.
2. The first two rounds will be played without basketballs.
3. Players will designate who is the runner and who is the tagger. On the whistle or "GO!" players will move around the outside of the circle trying not to be tagged for 20 seconds.
4. Once the 20 seconds is up, the players will switch who is the tagger and who is the runner.



5. After two turns, coaches will now add a basketball for both players and repeat the drill for as many rounds as they would like.

*Coaches can set up a tournament or different match-ups, should they want to make matches more competitive.

*Coaches can also change the shape that players move around into a square.

Other variations include:

- Cross-over on change of direction. Or behind-the-back, between the legs, etc.
- Players can only dribble with their non-dominant hand.



Points of Emphasis:

- Ensure players are dribbling under control with their eyes up.
- Encourage players to stay low when changing direction.

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Cross, Stop & Pop T2T

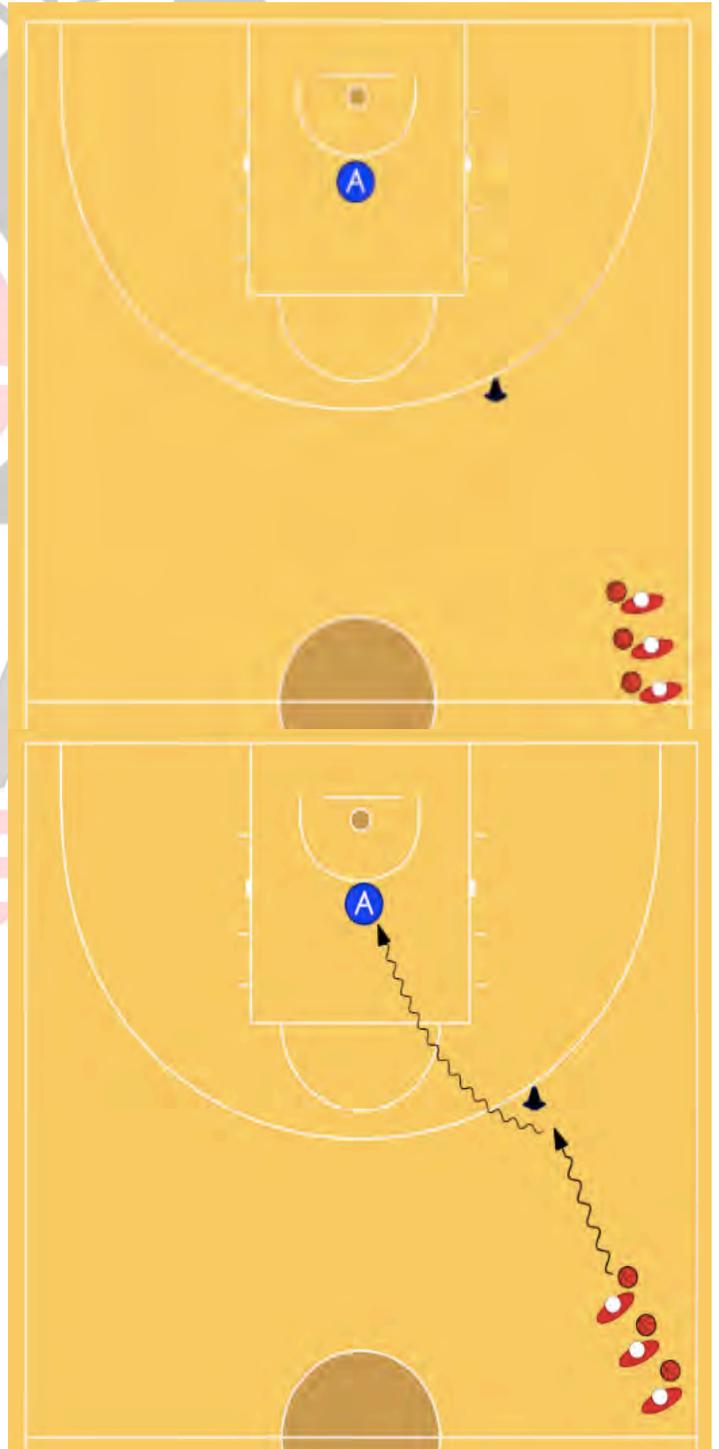
Description

Players will be able to work on their ball handling skills while coaches emphasize the ability for players to stop their dribble under control and get a good shot off.

Instructions

1. Divide players into two groups, one at each basket. Line players up on the right side of the court, just short of the half-court line. Place a pylon just outside the three-point line on the same side.

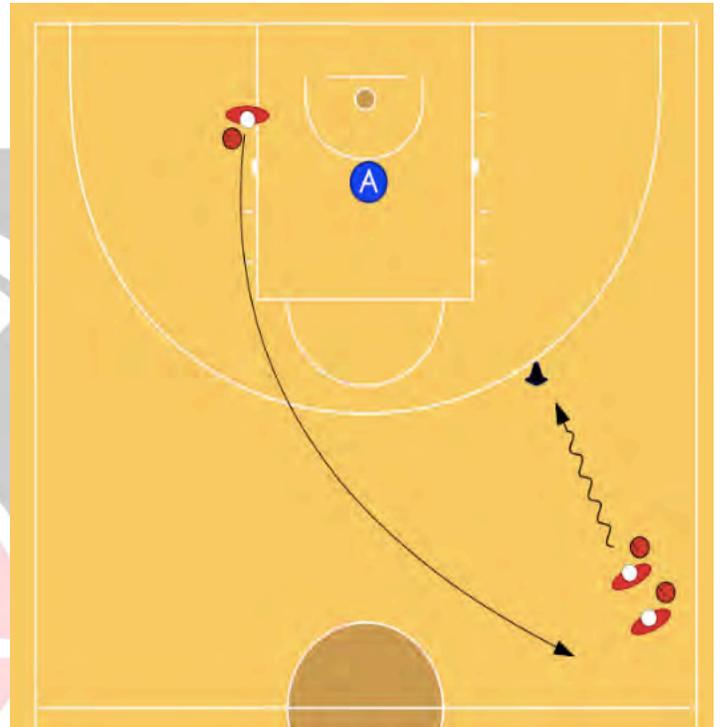
2. Players will dribble up to the pylon and crossover, attacking the middle of the floor. When they approach their coach they will come to a jump stop and take their shot.



3. Players will then chase down their rebound and head to the back of the line.
4. At the coach's discretion, move the players to the left side of the floor to repeat the same process.

*Coaches can load the drill by having players perform a different change of direction move at the chair (between the legs, behind the back, etc.)

*Coaches can also position players at different places to get different shots around the basket.



Points of Emphasis

- Ensure players are staying low in their crossover move and attacking the basket as they come off the chair.
- Players should be balanced and square when they come to a stop in front of the coach.

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BASKETBALL

Canada Shooting T2T

Description

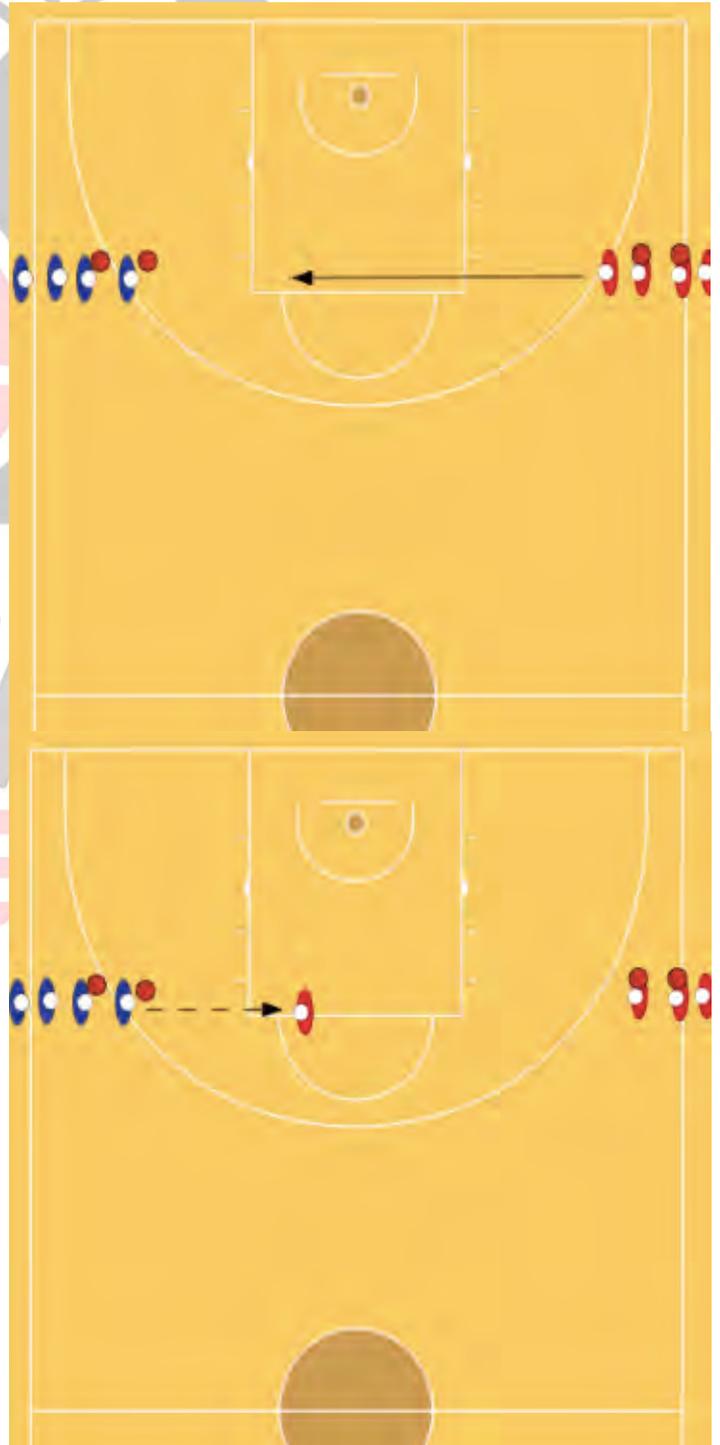
This drill will encourage players to work on their footwork before their shot when receiving the ball. Players will also need to communicate and make good passes to their teammates.

Instructions

1. Coaches will line players up at one basket, outside the three-point line on either side with two basketballs in each line. The first person in the line that will start will be without a ball.

2. The first player will run across the foul line and receive the ball from the player in the line across from them.

Once they receive the ball they will square up and take their shot. They will follow their rebound and pass it to the next player in the opposite line that they came from.



3. Once the player in the BLUE line has made the initial pass they will move across the foul line towards the other line looking for the ball.



4. They will receive the ball from the player opposite them, square up and take their shot. Then get their rebound and going to the opposite line from where they came.



*Coaches can set a time limit and award players two points for every made shot, and track their scores throughout the season.

*Coaches can also allow players to step out to the three-point line for three points or curl and go to the basket for a lay-up and receive a single point.

Points of Emphasis

- Ensure players are making good passes to their teammates.
- Coaches should be watching to make sure players are on balance and square to the hoop after they catch the ball.
- Players should be communicating on the pass after they get their rebound.

Perfection 6 T2T

Description

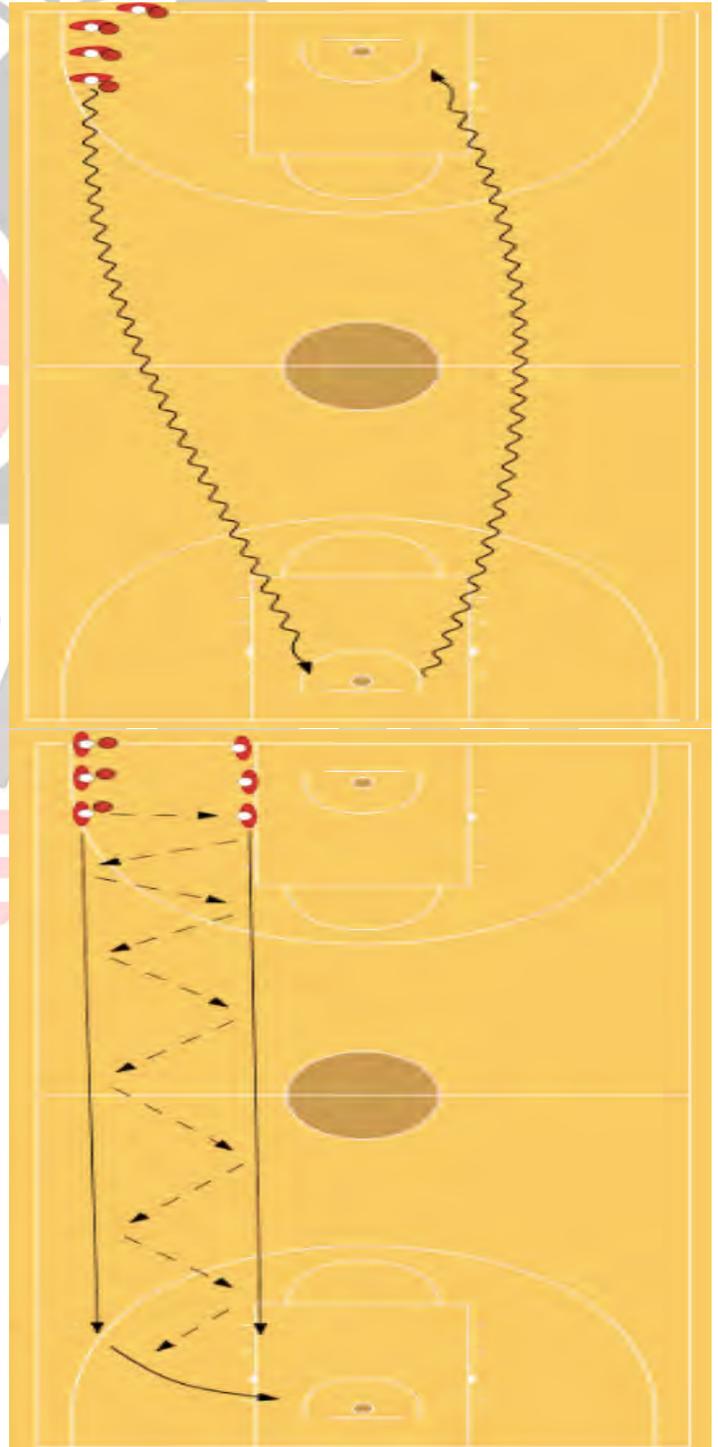
Players will need to focus on making lay-ups at game speed and working as a team. The team will be put under pressure to complete the series in the allotted amount of time.

Instructions

1. Players will line up at one side of the court with a basketball each.
2. When the coach says "GO!" players will have six minutes to complete the sequence.
3. First round: every player will need to make a right-hand lay-up at both ends of the court. If anyone misses they need to go again until everyone has scored.

4. Next round: players will partner up and pass the ball down the court to make a lay-up and do the same thing coming back with the other partner shooting.

Again, all pairs must make their shot at both ends to be able to move to the next round.

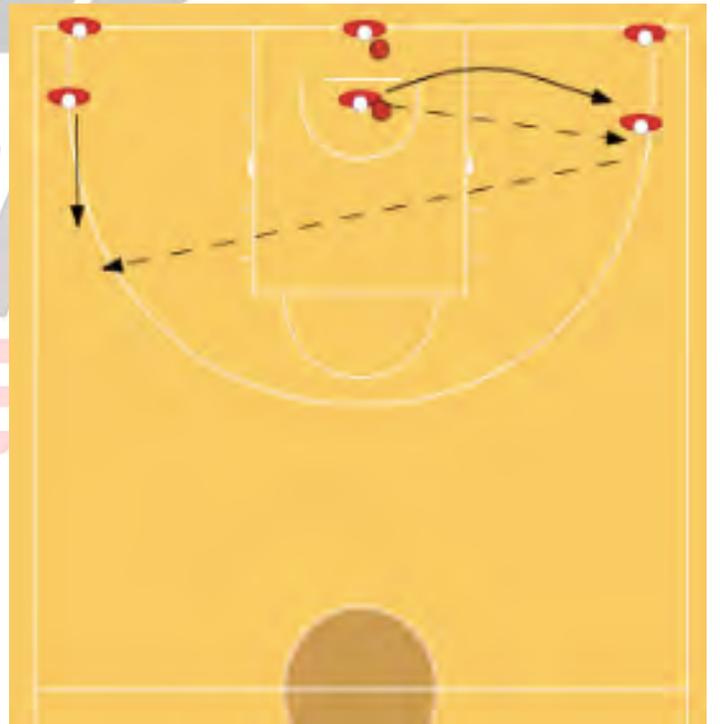


5. Players will stay in their pairs. One player will toss the ball off the backboard, grab the ball, keeping it high, pivot away from the middle of the floor and outlet the ball to their partner who will dribble to the other end and do a lay-up. Coming back, the player who did the lay-up first will get their rebound, throw it off the backboard and outlet to their partner.

Again, all pairs must make their shot at both ends for the team to be able to move to the next round.



6. Once they have completed the outlet, players will move to the left-hand side of the floor and complete the same series (individual lay-up, pair passing, outlet).
7. After completing everything on the left. The final part of the sequence is to complete the three-person weave with each team scoring at both ends.
8. Once every player has participated in the weave (should numbers not be even some players may have to go twice) and scored, the coach can stop the time and see if the team completed it in six minutes. If not, their goal will be to record a better time next time they do the drill.



Points of Emphasis

- Ensure players are taking their lay-ups at game speed.
- Remind players to communicate and make good passes throughout the drill.
- Watch footwork to make sure players aren't traveling during passing components.

Argentine Passing T2T

Description

In this drill, players will work on their passing and catching, as well as communication. Coaches will be able to use this drill to improve those skills as well as condition their team.

Instructions

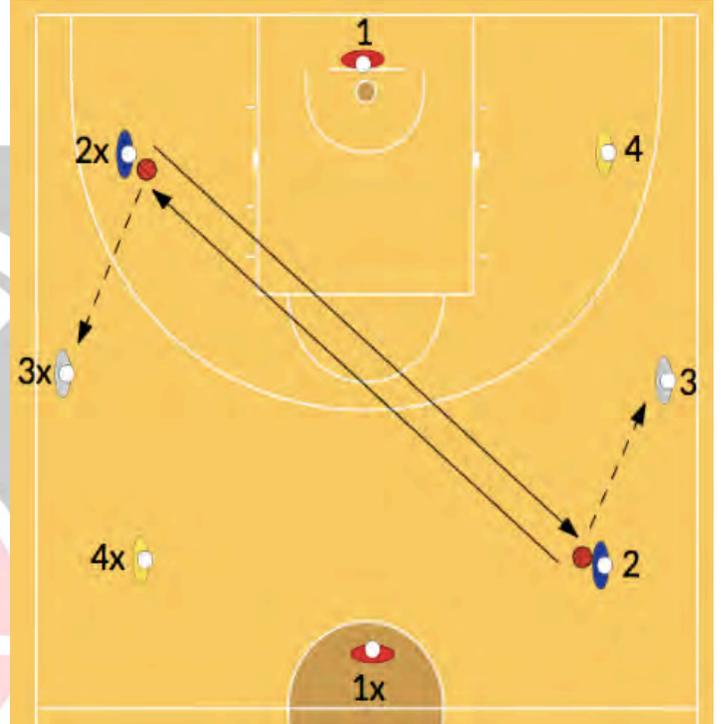
1. Coaches will put players in groups of six and pair each group up. (Red Pair, Blue Pair, Gray Pair and Yellow Pair)

Basketballs will start with the RED pair.

2. The RED players will pass the ball to the BLUE player on their right and then sprint to change places with their partner trying to get to their spot before the ball arrives.



3. The BLUE player will pass the ball to the GRAY player on their right and then sprint to change places with their BLUE partner on the other side.



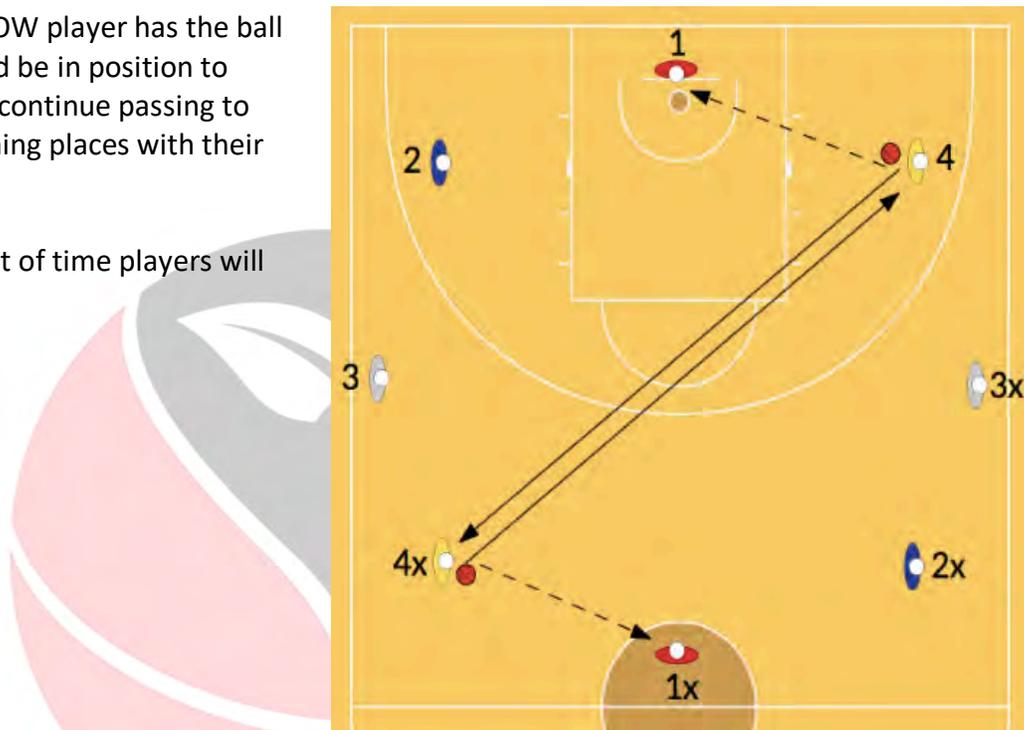
4. The GRAY player will then pass the ball to the YELLOW player on their right and change places with their partner.



ONTARIO
BASKETBALL

- By the time the YELLOW player has the ball the RED player should be in position to receive the pass and continue passing to their right and switching places with their partner.

*Coaches can set the amount of time players will run the drill for.



Points of Emphasis

- Coaches should encourage players to sprint throughout the entire length of the drill.
- Ensure players are communicating when making passes.
- Remind players to make passes on-time and on-target.

ONTARIO BASKETBALL

Full Court Retreat Dribbling

T2T

Description

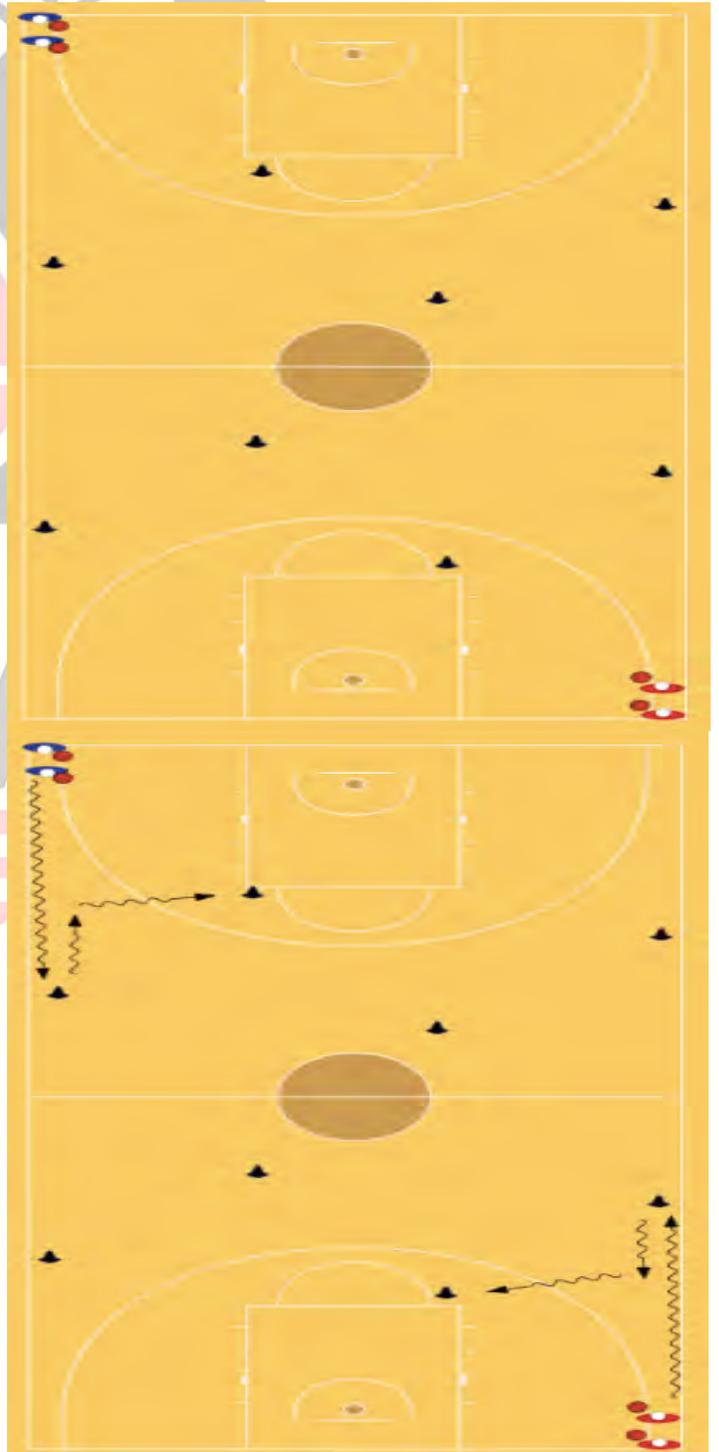
In this drill players will move in the full-court working on their dribbling skills both moving forward and exploding down the court and under control using a retreat dribble.

Instructions

1. Each player will get a ball and coaches will divide them into two groups starting on the right corner of each baseline.

Coaches will have pylons set up on the floor as the diagram shows.

2. On the coach's "GO!" players will speed dribble out to the first cone and come to a stop, while maintaining their dribble. They will then take two dribbles backwards.
3. After their back dribbles, players will crossover and attack the middle pylon.



4. When they arrive at the middle pylon under control, players will complete another crossover and attack the pylon at the sideline.
5. At the second pylon players will come to another stop, take two back dribbles and crossover towards the pylon in the middle of the floor.



6. From there, players will crossover again and attack the corner at the baseline.
7. Once players have made it to the final pylon on their side of the court they will get in the back of the next line and repeat the drill.

*Coaches can change up what crossover players will perform.

*Coaches need to be sure to change sides on the drill, so players use both their dominant and non-dominant hand.



Points of Emphasis

- Ensure players are stopping under control with their dribble live.
- Players need to attack out of their crossovers towards the next pylon.
- Coaches need to remind players to keep their eyes up as they move through the drill so that they can see what is ahead of them on the floor.

Ball Screen Series

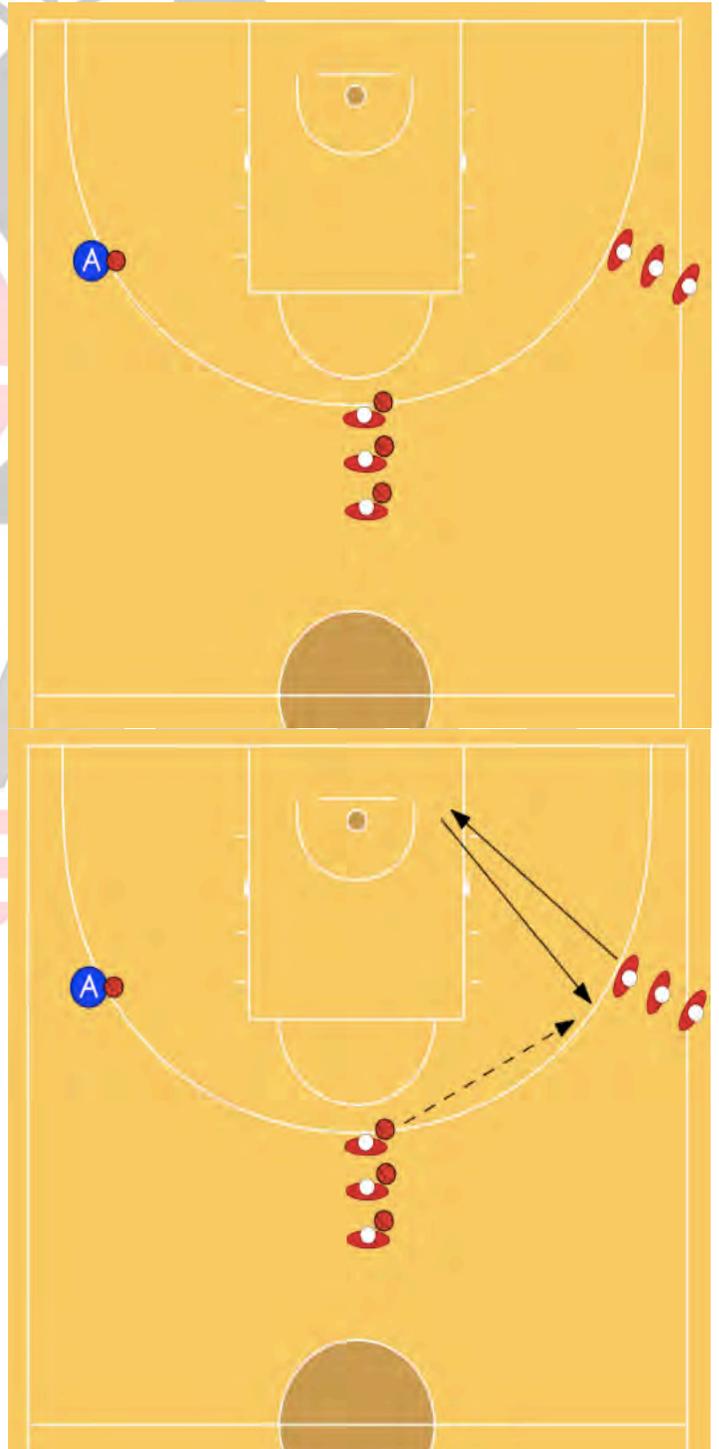
T2T

Description

Players will get the opportunity to work coming off ball screens from their teammates and exploring the different options they have.

Instructions

1. Coaches will split their team into two groups, one at each basket, and line players up at the top of the three-point line and on the wing, basketballs with the group at the top.
2. Players on the wing will use a V-cut to get open and receive the ball from the player at the top of the key, then square up.



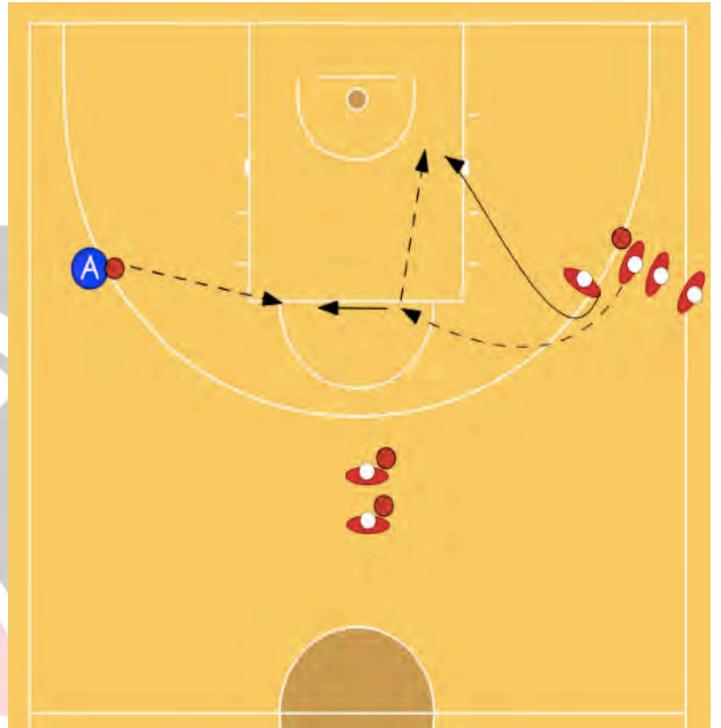
3. Once the player at the top has made a pass, they will fake as if going away from where the pass was made and then head toward the player with the ball to set a screen.
4. The player setting the screen will be setting for the player with the ball to head to the middle of the floor.



5. On the first option; the player with the ball will use the screen and take the ball all the way to the rim and perform a lay-up. The screener will roll and receive a pass from the coach who is positioned with a ball on the opposite wing.



6. The second option; the player with the ball will attack off the screen then use their dribble to space the floor and pass to their teammate on the roll. Once they have made the pass they will turn and receive the ball from the coach for a shot.



7. Third option; the player with the ball will use the screen and create lateral space to take a jump shot. The screener will roll and receive a pass from the coach as they head to the basket.

*Coaches can cut out the pass and have the screener roll and rebound the shooters shot if they find that to suit them better.



8. Final option; the player with the ball will fake as if they are going to use the screen and “reject” it by going to the basket on their right side. The screener will turn and receive a pass from the coach for a shot.

*Once through the sequence for the allotted time, coaches can move players to the other side of the floor to go through the same progression.



Points of Emphasis

- Coaches should make sure players are using screens, going right off the shoulder/hip of their teammate to ensure their defender cannot get through to stay with them.
- When players roll, coaches should be making sure they are turning the correct way (if dribbler comes off the screener’s right shoulder, the screener should open up and follow with that shoulder to the ball).

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Pepper-Runner Drill T2T

Description

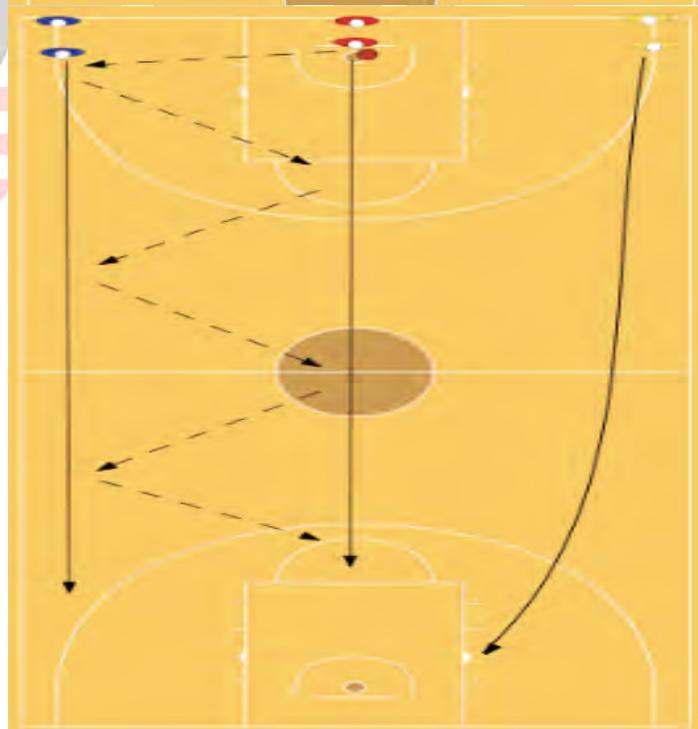
In this drill players will work on their conditioning, passing on the move and finishing at the rim. The emphasis for this drill is to have players sprint the floor and value the speed of passing the ball up the floor.

Instructions

1. Coaches will divide players into three lines under the basket. A group of players in the left lane, a group of players in the middle and a group on the right.
2. The ball will start with the RED player in the middle.



3. The RED player will make a pass to the BLUE player in the right lane and sprint up the floor passing back and forth.
4. Meanwhile, the YELLOW player in the left lane will sprint down the floor.

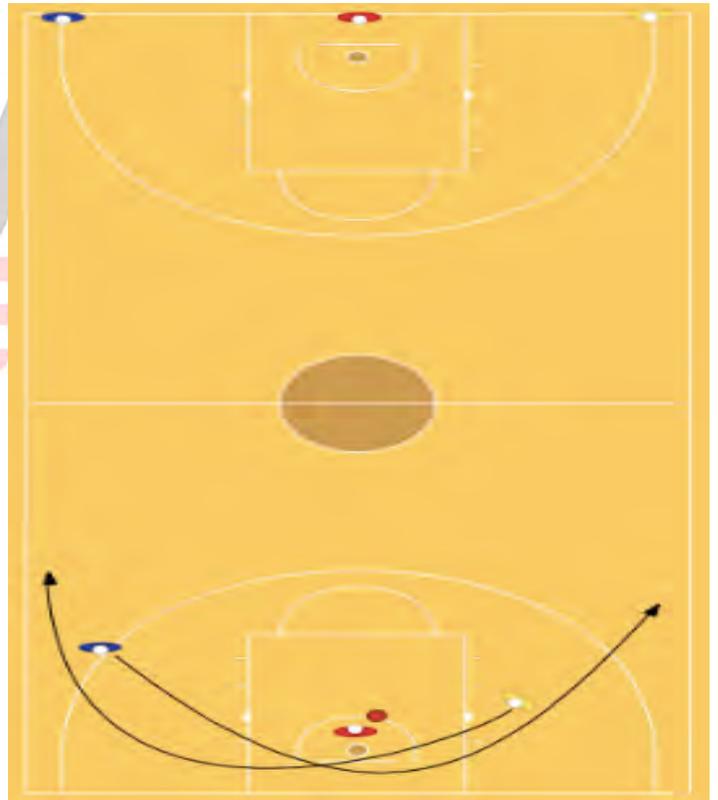


5. When all players get to inside the three-point line on the opposite side the RED player will make a pass to the player in YELLOW for a lay-up.



6. The RED player will then get the rebound, before the ball hits the floor. And YELLOW and BLUE will switch sides under the basket.

UNITY
BASKE



7. RED will then begin passing with BLUE back up the floor, while YELLOW sprints ahead and does the lay-up at the other end.

8. Players will then switch lines while another group starts the drill.

*Coaches can either go for a set amount of time or a certain number of makes.



Points of Emphasis

- Coaches should be urging players to sprint the floor at all times.
- Passes should be made on time and on target.
- Coaches should be ensuring players are not travelling while passing up the floor.

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Away Screen Series

T2T

Description

In this drill, players will work on moving off a screen that is set for them without the ball as well as how to be the one setting the screen and the options they have when playing with their teammate.

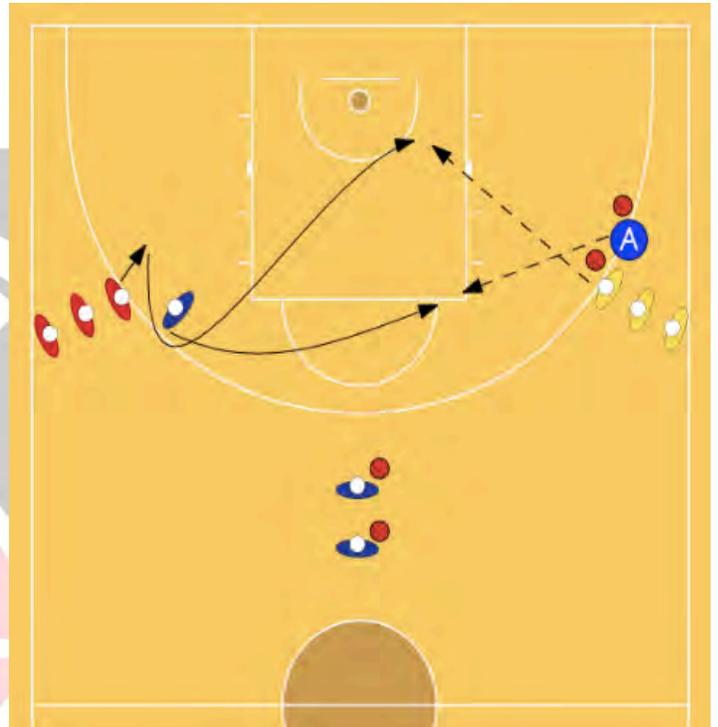
Instructions

1. Coaches will divide the team in half, one group at each basket, and then put each group into three lines as the diagram shows, with the ball with the top group.

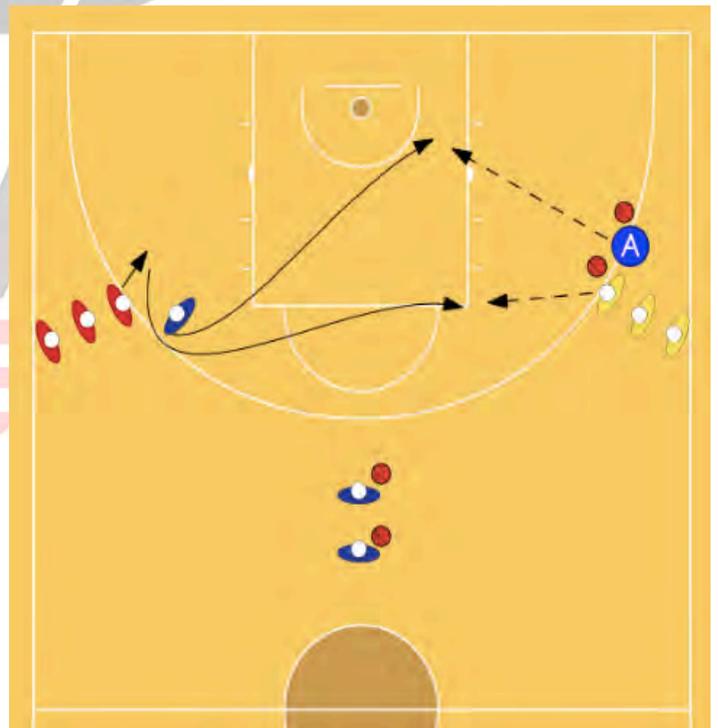


2. The player with the ball will pass it over to the player on the right side of the floor and go set a screen for the player on the other side of the floor.

3. The player waiting to get the screen will set up by moving away from the screen and then cutting off the screener.
4. In the first sequence the player will come off the screen and curl towards the basket and receive a pass from their teammate. The screener will roll to the high post and receive the ball from the coach for a shot.



5. On the next sequence the player using the screen will come off the screen and pop out for a shot on a pass from their teammate. The screener will roll to the basket and receive the ball from the coach.



*After players have gone through the sequence for the allotted time coaches should switch what side they are on to ensure they are getting reps on both sides.

Points of Emphasis

- Ensure players are coming off screens tight to their teammate and cutting hard to the ball or spot.
- Screeners should be set in a good stance.
- Passers should deliver the ball on time and on target.

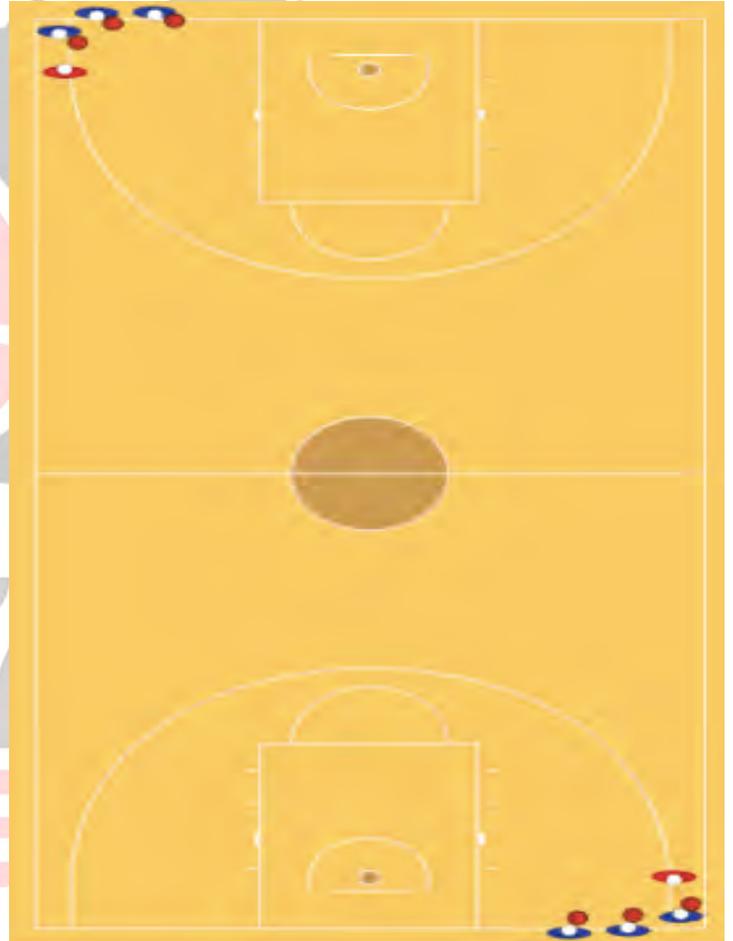
Laker Drill T2T

Description

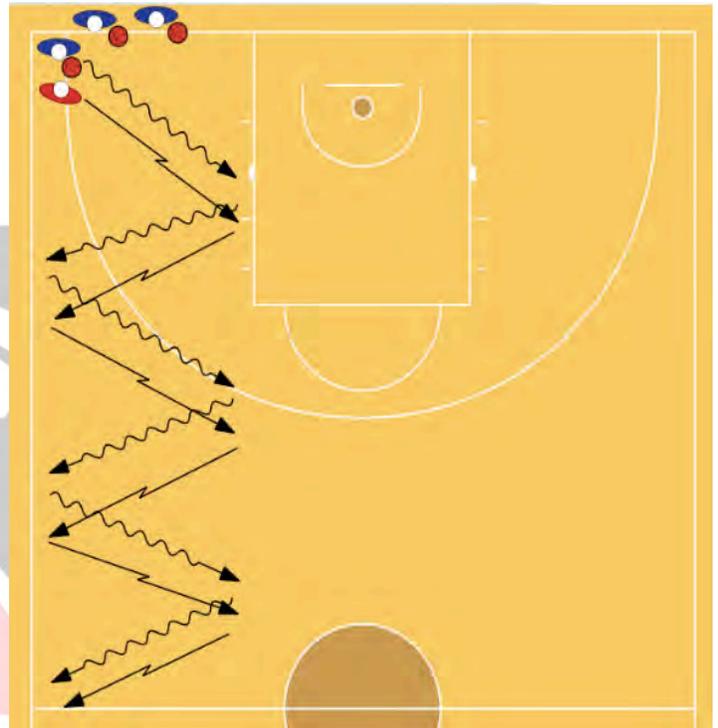
This drill will get players to work on their defensive slide and hustle while incorporating ball handling and a lot of cardio.

Instructions

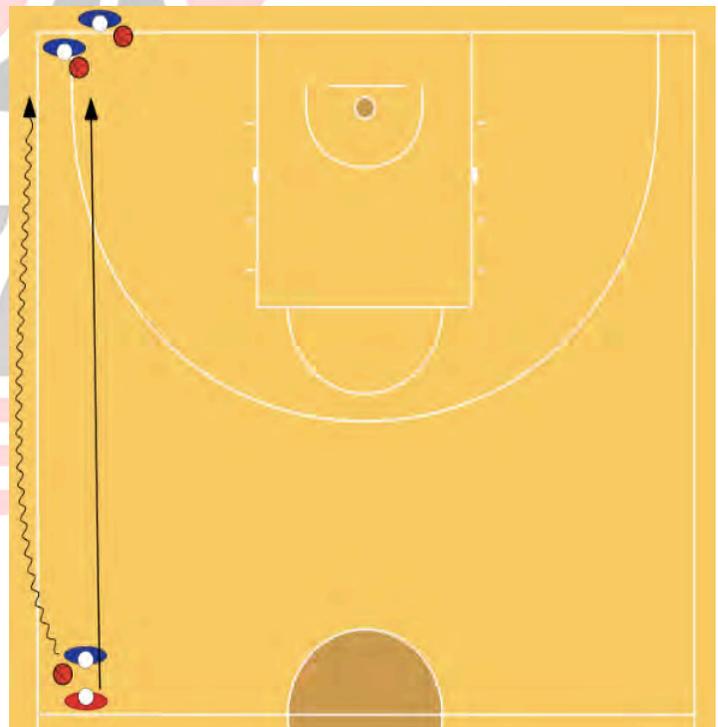
1. Divide the team into two groups and start each group in the corner of a baseline. Every player in each group will have a ball except for one.
2. The player without a basketball will line up in front of the first player with a basketball in a defensive stance.



3. Coaches will put one minute on the clock or time it on a watch or phone.
4. When the coach says "GO!" players will zig-zag with the ball handler up to half court.



5. Once they reach half court, the dribbler will leave the court and the defensive player will sprint back to the baseline to zig-zag for the next player.
6. The player on defense will continue this process until the minute is up. At this time, they will switch out and someone else on the team will become the defensive player.



Points of Emphasis

- Coaches should encourage players to keep a good defensive stance as they get tired.
- Push players to sprint back to the baseline every time, mimicking a turnover.

LEGEND



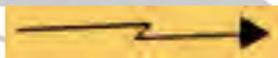
- Players



- Dribble



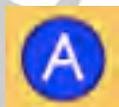
- Run



- Slide



- Pass



- Coach

GLOSSARY

Square Up

To turn the players body towards the basket using a pivot. Players should have shoulders, hips, knees and feet facing the basket with their eyes up to see what is happening in front of them.

Swing

To pass the ball from one side of the floor to the other. This can be done using either a skip pass, quick passes around the three-point line, or with the dribble.

Rip/Sweep

Once a player has caught the ball they will bring the ball from one side of the body to the other, low to the floor and quickly to avoid the defensive players hands. Players can rip/sweep the ball and attack the rim or use it to square up aggressively.

Screen

A screen takes place when an offensive player stands in a position to block their teammates defender to free them up for a drive, shot or cut. The screener must be sure to stand in a solid stance that they are prepared for contact and they must remember not to move, or they will be given a foul.

Fill

When offensive players cut or drive to the basket and vacate their position on the floor, their teammate, in some cases, will need to move to the spot that is now open and “fill” the position on the floor for the offence to continue. This can be scripted through an offensive set, or through motion principles.

Key/ Lane

The rectangular area underneath the basket that is enclosed by the foul line and the baseline. The lines perpendicular to the baseline are considered the sides of the “lane” - where players line up for free throws.



PRACTICE PLANS TEMPLATES



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Team:

Date:

Location:



Practice Goals/ Outcomes:

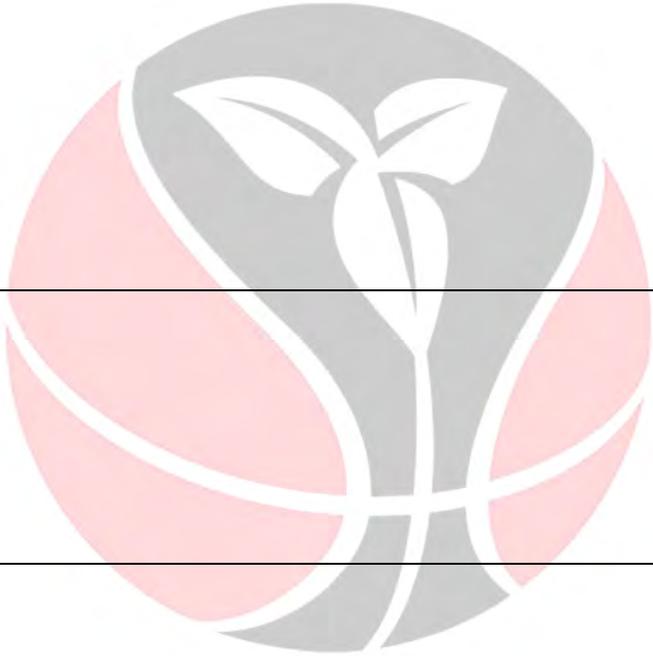
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WARM UP

Time	Drill	Points of Emphasis

**ONTARIO
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SKILL DEVELOPMENT/ CONCEPTS

Time	Drill	Points of Emphasis
		
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	<p>BASKETBALL</p>	

COOL DOWN

Time	Drill	Points of Emphasis

DEBRIEF

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