Dribble Drive – Walberg Drills
Daily 45 Drills – 45 minutes
1st part of practice
Olympic Shooting – 3 players, 2 balls
  • Continual movement
  • Shoot get own rebound pass to open guy w/o ball
  • Space to the NBA 3 and step into shot

5 Spot Shooting – Chart their shots
4:00 minutes on clock – 50 makes
  • Make 10 at each spots
  • 2 balls , 3 guys
  • Better shooters, get the good basket.

Bird Drills
2 minutes
2 balls, shooter, passer, rebounder
5 spots – Must make 2 in a row from each spot
If you go through one get another set of shots
  • Go around the horn twice and try to get to the top

Layups
6 different types of layups
Regular Layup – Dribbles from top
  • Rebounder, dribbler, stop, pivot, pass
2) Reverse layups
3) Crossover, semi hook
4) Hesitation Dribble – Shoot it with left on right side
5) Power Layup – Pump fake
6) Around the back – Hurley

Drop Layup Series
Do to layups from 2 different spots everyday
Ex. 1,2 or 1,3 or 5, 2 etc.
Dribble to Drop Zone – Back door from the corner
Example of 1, 2 layup

Kick up Give and go

Basket cut go to the ball

Scramble Drill
2 on defense each end
Outlet – Top of the key extended either side
11 man break
Shoot it 1st rebound goes the other way – Make or miss
Spot up 3 as much as possible
Throw the ball ahead always
Scramble scoring
1st team to 8 pts. wins
2 pts. – 2’s
3 pts. 3’s
1 pt. Offensive rebound
No pts. offensive – if goes out of bounds, shoot layup and get own rebound
3 on 2 player goes to the offensive rebound
Shot pass to the layup guy cutting to the rim
Scramble w/ no dribble
Catch w/ jump stop always

Validation – Team that wins has to shoot and make a free throw to get the win – If they don’t make it then pushups or down and back or something. Team that loses does a sprint or something anyway. Validate overall wins for the practice as well.
Cardinal Drill
White scores then blue gets the ball makes pass to the corner blue passes overhead to half ct. passes to other half ct. and attacks
- The white that scores sprints to half ct. touches coach’s hand and plays defense.
  This is continuous.
- Play to 8 pts.
- No points for rebounds

Cardinal 32
White vs. Blue
- Put an extra player on a block
- Start at the volleyball line
- 3 on 2
- Coach throws to a player
- Play it out 3 on 2
- Play to 8
- Defense must come up and contest 1st pass

Texas 111
One on one to two on one drill
White starts at ½ ct.
Passes to Blue, blue attacks
White defends 1 on 1 and another defender comes from behind to defend.
Play going back 2 on 1
Two whites vs. Blue – Looking for tips from behind

Texas 22
2 on 1 to 2 on 2 going the other way

Blood 22
- Can only use the drop or rack zone
- Full ct. 2 on 2
- Start half court with ball
- Other player opposite block from the dribble
- Dribble can attack the drop zone other player can go to other drop zone for give and go
- Keep the ball in middle of floor

Blood 32 – Played zones 3 on 3 – Drop, Rack, Drag, Go to the 2 grd. side
Pt. grd. back to defend once other pt hits circle

Blood 33 – Same as 32 but go to 3 man side

Blood 44 – 4 on 4
Backdoor – Get out and space