Ed Schilling (Champions Academy) - Mandatory Drills

1. **Mikan Series**- Keep the ball high, chin level or above. Develops quick feet and good footwork. Make sure to finish the shots
   a. *Regular and Reverse*. A good high school player should get 20 makes, a good college player should make 30 in 30 seconds.
   b. *Taps*- Control the ball off the tap, pound three time off the board and then thrown it over to the other side. Repeat for 30 seconds. Good score is 30-35, college player should get 40-45. Don’t get too far away. Control the ball.

2. **Commando Series**- Work on exploding by the defense. Start with a stutter step with three dribbles on the baseline. Always go low, long and strong. **Explode** beyond the defense out of your stutter step with one dribble…
   a. cross below the knees, one dribble and then jump stop, reverse pivot and then stutter dribble with the other hand. (Six total dribbles each way)
   b. Between the legs with same action. Stutter…explode…between…go by…jump stop.
   c. Behind the back- Attack the defense in straight lines, don’t go wide.
   d. Go 30 Seconds as hard as you can go!
   e. 2 Ball- Same drill with two balls.

3. **Box Closout Series**- Start on baseline and closeout, and push the ball to the corner.
   a. *Short*- Attack the shooter at the elbow then slide to the low block. Closeout to a shooter at the other elbow then slide the opposite block.
   b. *Long*- Same concept. Slide to the corner, then closeout to the next elbow, then slide to the corner.
c. **Rebound-** Closeout to attack the rebound. Diagonal closeout…slide across the foul line, pivot and box out…attack the rebound with two hands and finish. Throw out to the other elbow and repeat.

4. **Baseline Power Series-** You should know what to do when you catch the ball in the short corner. Go 30 seconds as you go side to side.
   a. **Rip Through-** Be ball quick, rip the ball through below the knees. By going below the knees it makes you more explosive. Dribble the ball where you are going. Put your body between the ball and the defender. Stay square to the basket, or the ball becomes exposed.
   b. **Over-** Similar to Rip Through. When a wing defender sinks down, you will take the ball over his hands. Preferred when you are a bigger post man.
   c. **Spin-** Spin move to the rim, when the defense tries to make a play on the pass to the corner. If you go over or under the defense will get a hand on it. Spin and bounce the ball toward the rim, staying square to the board. Make sure to throw the ball out to where you are going.
   d. **Jumper-** If the defense retreats to the rim. Don’t attack into the defense, take the open jump shot.

5. **Destroyer Series-** Great for identifying toughness and heart as well as a great conditioner. Player will slide lane line to lane line (about 2 feet below the foul line) as fast as he can. When the coach throws the ball against the board (from just above the foul line), he want to rebound the ball and put it in. You just rebound the ball with two hands. Hit the coach and go again.
   a. **Back to the Basket**
   b. **Facing Basket-** Same drill, you will slide facing the backboard.

6. **Five Point Explosion-** Works on exploding and finishing with contact. Start under the basket…defensive slide out to the three point line…sprint in and catch the ball at the rim and finish vs. contact (coach with blocking dummy), absorb the contact and score. You will slide to five points…corner, wing, top, wing, corner. Then do the same drill going the other way around.
7. **Figure 8 Shooting** - Teaching players to move without the ball. Come off the screen lower than the person guarding you. Cut hard and be relentless with your movement until you get the ball. Start under the basket off a pin down on either side. Come off screen (first cone), hit the baseline and curl cut the second cone, no shot, curl cut again, and shoot the jumper. Go until you make four. Make two free throws and then make four going the other way.

8. **T Shooting** - Make three out of four to advance. Working on the footwork in your shot. Be ready to shoot when the ball is in the air. Sprint to the sideline…sprint back catch and shoot elbow jumper. Backpedal to second cone, and sprint into a trail jumper at the elbow. Backpedal to third cone…sprint into a trail jumper. Sprint to the other sideline…sprint back for an elbow jumper. If you make three out of four you can advance. Second series you slide the sideline. Third series you karaoke.

9. **Olympic Shooting** - Works on variety of offensive skills, reveals shooting ability. This is a two person drill. If you work on your own the dribbling segments are 25 seconds each. As one player does each of the following drills your partner does stationary two ball dribbling to the side.
   a. **Mikan** - must make 20. At 20 makes you switch with you partner.
   b. **Around the World Shooting** - You will shoot from seven spots. If you miss you must get the rebound before the ball hits the floor. If you do, you can continue. If the ball hits the floor on a miss you must start over. If the ball hits the floor on a make you can advance to the next spot.
   c. **X out layups** - go outside the elbow. You must make 20. Play in angles not curves.
Around the World

e. Each player gets a ball. You must make seven elbow jumpers in a row. If you miss you start over. At this point you are on your own. Once you make seven in a row you go to the three point line. The 3 point shooter keeps track of how many 3’s he hits. Spin a pass to yourself and rebound your own shot. They keep shooting 3’s until 20 minutes is up (total time allotment for the drill).

- Best Score for a Junior high player is 89
- Best Score for a High School player is 105
- Great Score for a College player is 124
- If you don’t make 73 you are probably not a division I guard. You should be over 70 consistently.

10. **Champions Shooting** - Shooter will make a series of dribble moves with three point shots from five spots on the floor. It is a timed drill. The record score is by Mike Miller 2:40 for the college line and 2:45 for the NBA line. The record for a junior high student is 3:09, the record for a high school player is 3:01, college record is 2:50. We are working on the triple threat attack. On your dribble moves you have one dribble to get to the rim. Must make the following shot series off the catch from each of the five spots:
   a. One dribble right to a layup
   b. One dribble left to a layup
   c. One dribble pullup jumper going right
   d. One dribble pullup jumper going left
   e. Catch and shoot 3’s- Make three (they do not have to be in row. Be ready on the catch (Shot Preparation).

When the last shot goes in, stop the clock and that is your score.

11. **Triple Threat Attack Drill** - Working on attacking the close out defender.

Can be run with three or four players. Start with one player with a ball under the basket, while the other two are at the three point line. Player 1 passes the ball and executes a close out on the ball. Offensive player will attack the close out. The ball should be dribbled about ½ way between the three point line and the basket. Make sure you attack in straight lines. You must get the ball by the defense. Attack the shoulder or hip. Run this series from the same five spots as Champions Shooting.

**Attack Series**
- Attack Lay UP- Attack to the left
- Attack Lup UP- Attack to the right
- Attack Lay Up- Attack to the left

Run from all five spots
**Pump and Power Series**

Pump and Power- One dribble to the rim, play off two feet… shot fake (chin…forehead…chin) trying to get an and 1. Same series: Left…Right…Left from 5 spots

**One Dribble Pull Up**
Defense rotates over so we shoot the pull jumper. Follow your shot if you miss. Shoot off 1 dribble going right…left…right from the five spots.

**Catch and Shoot**
Catch and shoot jumpers, emphasizing shot preparation. As soon as the ball hits your hands shoot. If you miss put it in. Shoot three shots each from each of the five spots.

12. **Two Man Full Court** - Working on transition scoring in a competitive situation. You will go for two minutes against a second team of two players. High score wins. Scoring- 1 point for a lay up, 2 points for a pull up and 3 for a made three.
   a. **Lay Ups**- The passer touches the cone in the corner, and the shooter rebounds his shot. Now they come back the other way. Dribbler will full speed dribble to a jump stop…feed the shooter and touch the cone in the corner, and then they go the other way.
   b. **Pull Up Jumper**- Second trip, pull up at 15 feet
   c. **3 Pointer**-
   d. **Repeat**- Repeat for 2 minutes. Best score that you can get against the other team of two.
13. **Transition Series** - This is a competitive drill that builds up transition concepts. Player throws ball off backboard, he turns and push the first dribble up the court (dribble must be up the court not sideways, which negates the break). When he reaches the first cone (simulating a double team) he will push back with his dribble. Inside out dribble and attack the second cone. At the third cone do one of the following moves: cross over, between the legs, and behind the back and finish with a pull up jumper. If he missed he must put it in. He rebounds and throws the outlet to teammate who waits with his butt to the sideline, and then meets the pass. Outlet man will dribble as hard as he can to the middle while the rebounder runs wide and catches the pass for the lay up. Then they switch. Run the same series. Second time through they shoot the pull up jumper on the return trip. Third time they will shoot the three. Fourth time the passer steps to the ball and shoots the return pass.

14. **Transition Series**
   a. 1 on 1 - Same concept as above. Instead of a pull up jumper, you shoot the lay up with you first shot. There will be a coach on the baseline who throws the ball to the offensive outlet. This time when you hit the outlet you must sprint back and it is live 1 on 1. Level him off as quickly as you can.
   b. 2 on 2 - Same drill, now you have two Players waiting at the other end to play, one on offense and one on defense. Coach outlets and the offensive player, as the second player sprints back to defense. Play two on two at the other end.
   c. 3 on 3 - 2 offensive and 2 defensive players wait on the other end. When the ball comes back you play 3 on 3.