



ELBOW FINISHING

SET-UP:

All athletes have a basketball and line up on the elbow

EXPLANATION:

1. All athletes are in a triple threat stance
2. Athletes do a two-dribble combination
3. Positive Step towards hoop into different finishes
4. Drill is continuous and creates chaos in the paint area

EXAMPLES OF DRIBBLE MOVES TO FINISHES:

Two Crossovers -> Attack Hoop -> Reverse Lay-Up

Two Pounds -> Attack Dunker Spot -> Step Through Middle Finish

DRIBBLE COMBINATIONS (Crossover, Between Legs, Behind Back)

FINISHING (Normal, Reverse, Power Stop, Step Throughs)

TEACHING POINTS:

Athletes to stay low in stance and explode up to ring on finishes.

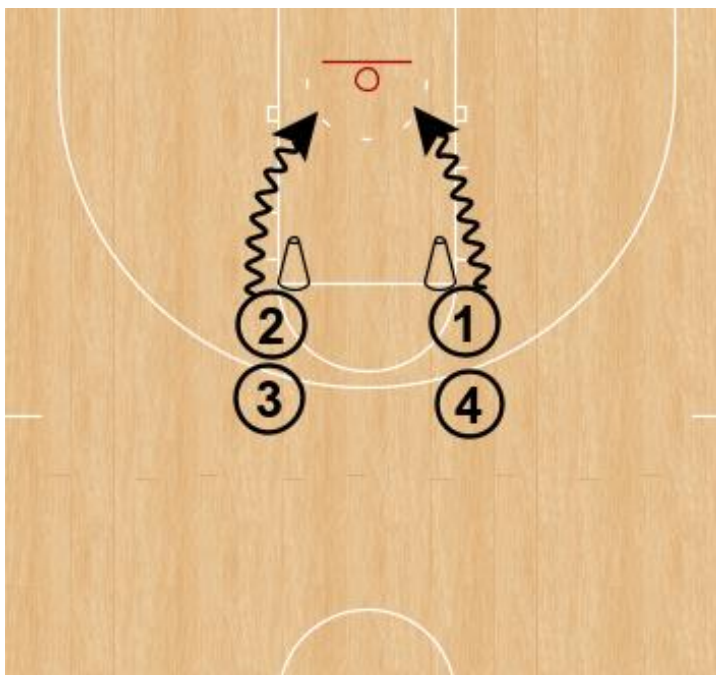
On the last dribble, ball is to be bounced onto shoulder

Step Throughs, ball goes from one shoulder over head to other shoulder

COMPETITIVE:

Make all athletes keep track of a scores and have winner at the end of the segment

IMAGE OF DRILL:





DAVIDSON FINISHING

SET-UP:

All athletes have a basketball and line up on the elbow

EXPLANATION:

1. All athletes are in a triple threat stance just at bottom of circle
2. Athletes will tap ball together to start the drill
3. Once they have completed a skill, they will go into a finishing move
4. Whoever scores first, gets 1 point

EXAMPLES:

Tap -> Body Wrap -> Finish Normal Lay-Up

Tap -> Scissor Dribble -> Finishing on opposite side of hoop

Skill Combinations (Body Wraps, Candy Cane, Dribble Pounds, Crossovers etc.)

Finishing Variations (Normal, Reverse, Power Stop, Step Throughs)

TEACHING POINTS:

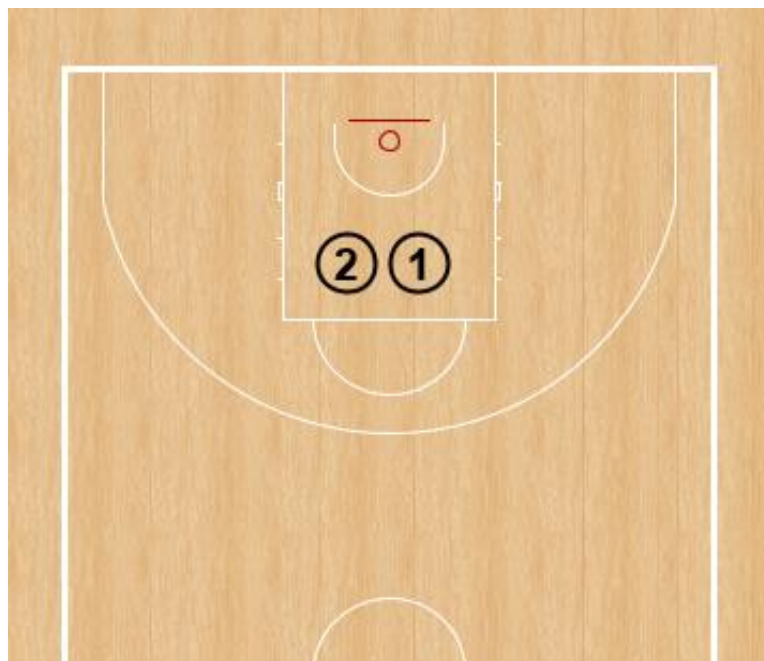
Athletes to stay low in stance and explode up to ring on finishes.

If they must go opposite, there may need to be contact made with teammate

COMPETITIVE:

Make all athletes keep track of a scores and have winner at the end of the segment

IMAGE OF DRILL:





BAKER CUTTING

SET-UP

- 2 Passers on Wing (1 with ball)
- 1 Offence w/Ball at Point
- 1 Defence hands distance away from Offence

EXPLANATION

1. Offence w/Ball at Point will pass to open Wing Passer
2. Once passed, Offence player will cut to hoop for score
3. They can receive pass from either wing
4. Once received pass, they can go up into a finishing move
5. Athlete who shoots, goes to defence, defence gets rebound and heads to point
6. Can change the passers after a short period of time

TEACHING POINTS

CUTTING

1. Step towards a direction you want to go, then look to see where defence goes
2. If they stay; go in that direction
3. If they move towards you; change back to opposite direction
4. Don't go around them, go through their shoulder / hip in as straight of line as possible

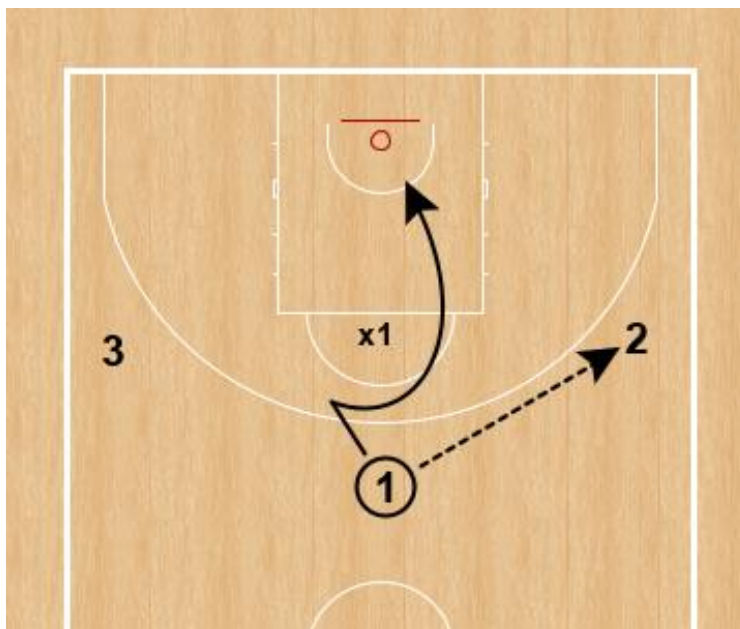
WINGS PASSERS

1. Be actively dribbling the ball if there is a defender in front of them
2. Make a pass that would replicate in game situation (one hand push or bounce pass)

COMPETITIVE:

Make all athletes keep track of a scores and have winner at the end of the segment

Image of Drill:





1v1 BLOCK FINISHING

SET-UP:

Coach with basketball at FT line

Two players on either block (or side of charge circle)

EXPLANATION:

1. Coach passes the ball to either player, they must step in and finish off two feet
2. Opposite player can come across and try to stop them from scoring.
3. Defence would go into a “wall up”

TEACHING POINTS:

Step in as pass comes towards you

Offence to play off two feet and finish through contact

Walling Up

1. Step across and jump high off two feet being as tall as athlete can be.
2. Don't bring hands down, hands need to be straight up
3. Body remains vertical

COMPETITIVE:

Make all athletes keep track of a scores and have winner at the end of the segment

IMAGE OF DRILL:

