



Reversal Shooting

Loading a drill

Objective

To pass the ball quickly and accurately from one side of the floor to the other with quick, crisp passes to produce and accurate, quick release shot.

Key factors:

- One piece pass
- Crisp pass
- spacing outside the three point line
- be ready to pass and shoot
- shoot in your range
- scan
- pass to the inside

Observe

- no up and down motion, ball crosses face
- ball flight parallel to the floor
- start back off the line
- hands high, hips down, run to next spot
- shooting with finesse not power
- eyes look at basket
- receiver catches the ball in shot pocket

Interventions

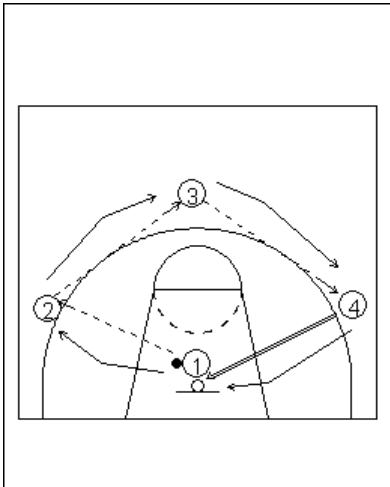
If the athletes are having problems you may have to isolate certain skill components

- practice the pass
- practice the step into the shot

Once they have competency you can load the drill by:

- faster execution
- targets – so many shots in a certain length of time, two teams to a certain score, the golden ball (if the target is 10 baskets if you do not score the 10th immediately after the 9th you go back to 8)
- Increase the number of things they need to concentrate on.

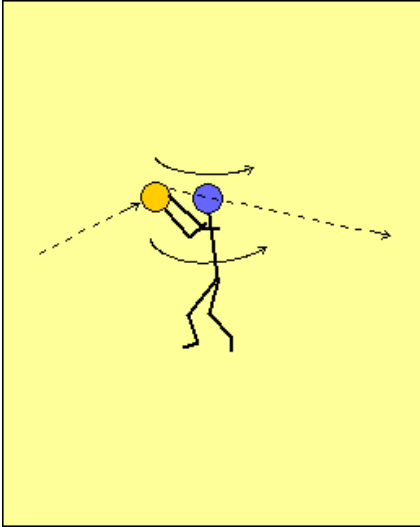
This document will cover the various ways you can continue to load the drill.



Reversal shooting

#1 passes to #2 who passes to #3 who passes to #4, who shoots the ball. All players follow their pass to replace the player. #4 retrieves the rebound and starts the next sequence. You can have a sub ready to go under the basket.

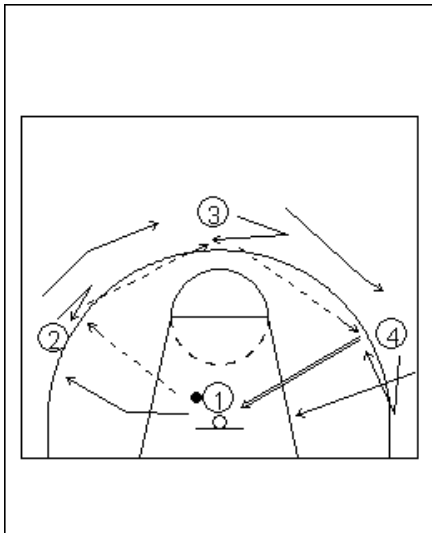
Be sure to practice passing in both directions.



One piece pass

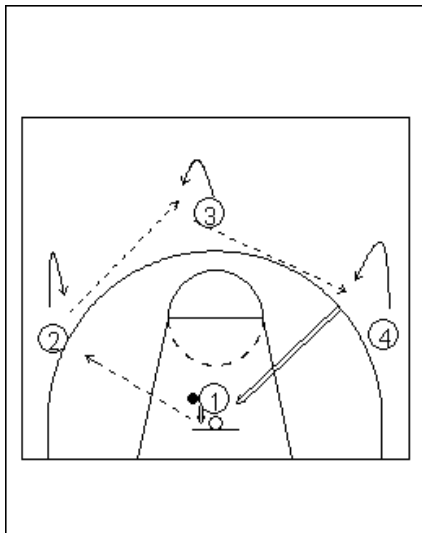
This is a quick pass thrown from one shoulder to the other. The ball does not dip and crosses the face. It helps to have the toe point in the direction you wish to throw the ball. This allows the athlete to clear the hips.

Most athletes will be more proficient in throwing this pass in one direction. Do more reps to their weakness to begin.



Misdirect

In this version the player work on their rhythm (timing and spacing). The key is to be at the right place at the right time. Watch for the players not running through the ball. Also the pass should be thrown to the inside of the player. Be sure to scan to the rim. Players will often look at the floor when misdirecting.

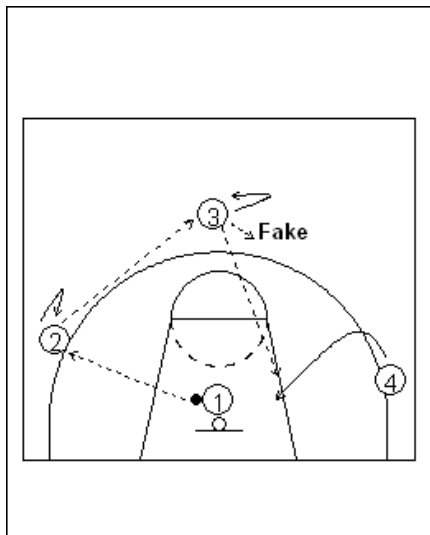


Rebound with misdirect

In this version we start from a rebound off the backboard. The players misdirect by going away from the basket first. This gives them a different type of footwork

Practice landing with the feet parallel to the sideline on the rebound. The ball should be held up by the shoulder. Look like a quarterback in football.

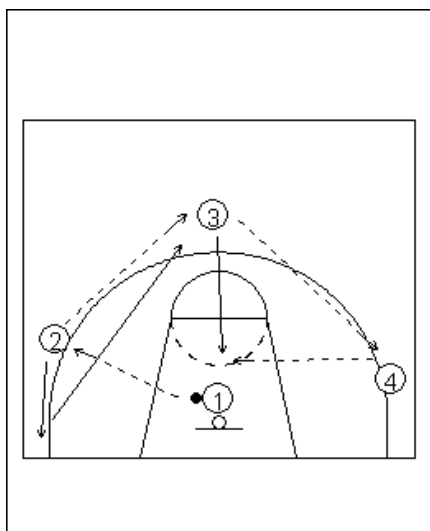
Back cut



In this sequence the player executes a backdoor cut. It is important to emphasize the pass fake.

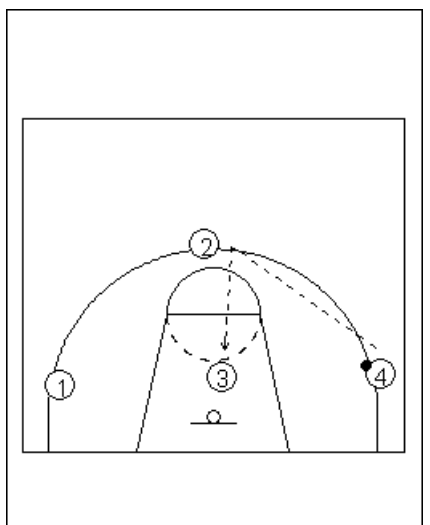
These back cuts can also be executed from the top position also. #3 would cut backdoor. #4 would fill the spot vacated by #3.

Pass and cut



We can also work on our motion pass and cut principles. #2 spaces away after passing to #3. #3 runs the give and go and receives a return pass from #4.

Relay pass

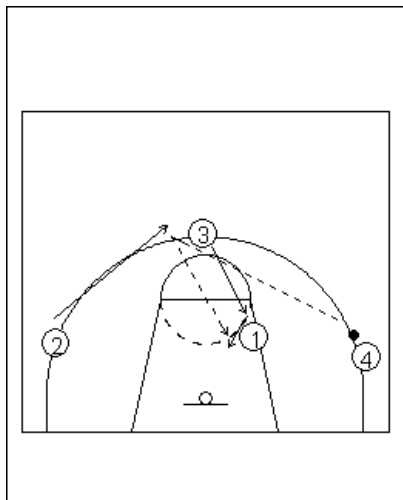


#2 fills the spot vacated by #3. #4 makes a quick return pass to #2 who relays the ball back into #3.

This is a good concept to use a guided defender.

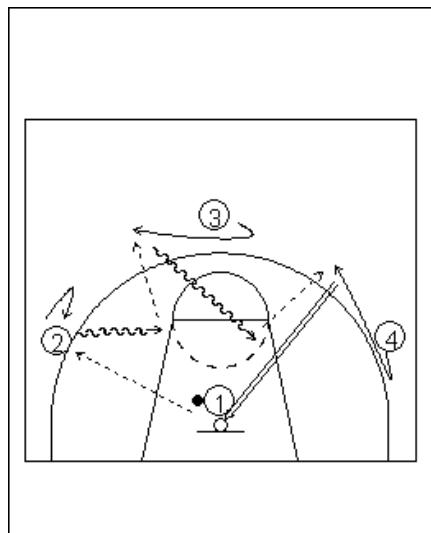
Guided defender

#1 plays defense on #3. #4 must read who has the best pass into #3. This gives #3 a chance to work on sealing.



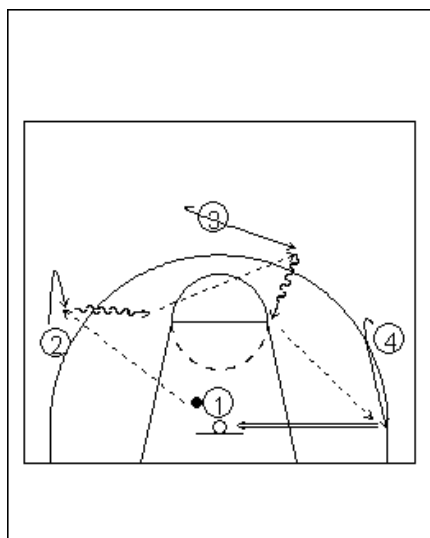
Penetrate

In this sequence the player execute and attack move (quickly sweep and drive) on the catch. The player receiving the pass executes an "I" cut by getting directly behind the penetrator. It is like dotting the "i".

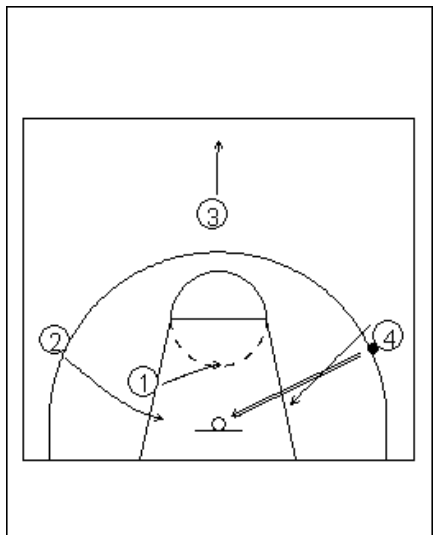


Slide

The players can also slide to space on the penetration.



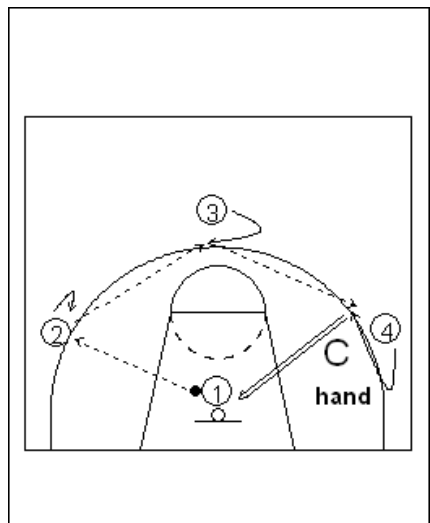
Rebounders and safety



Another concept to add is rebounding and defensive coverage or safety. The rule we use is that players below the foul line extended go to the offensive boards for a rebound. Players above the foul line extended go back as a safety. Players must remember which spots they fill in the next rotation.

This can be added to all progressions of the drill.

Guided defense

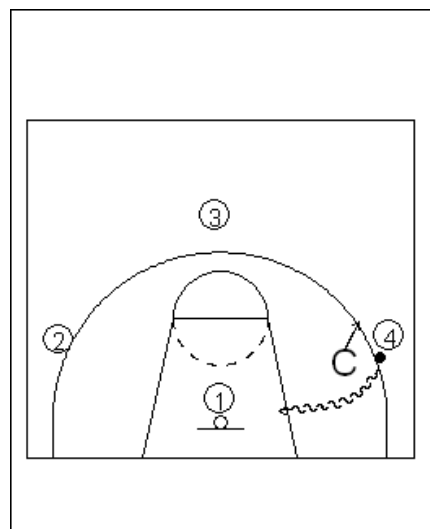


It is very important that you add guided defense so that the players learn to read the defense keys. Players must know when to execute a particular skill.

In this example the coach gives the last player a read. If the coach has his /her hand in the passing lane the player bump cuts to receive the ball. If the coach shows an elbow in the passing lane the player goes backdoor.

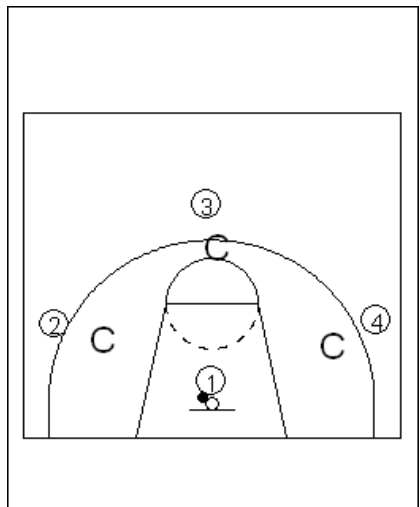
The coach can play guide defense on any of the players involved.

Read on the catch



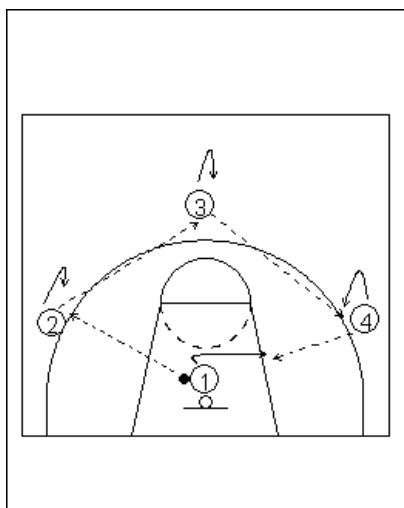
After catching the ball the coach can also give the player a read. This can be for the direction to drive or for the shot.

we want the players to "scan" before receiving the ball. In the ideal world the read is made before catching the ball.



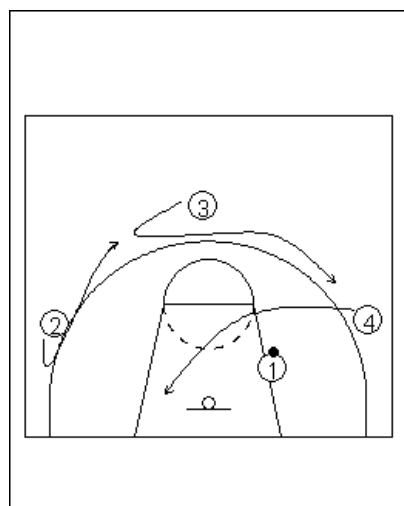
Coach (player) at all positions

Have a coach or player give guides at each position. As a coach you can control the intensity of the defense.



Post up

In this sequence the ball is reversed and #1 posts up.



Movement after passing

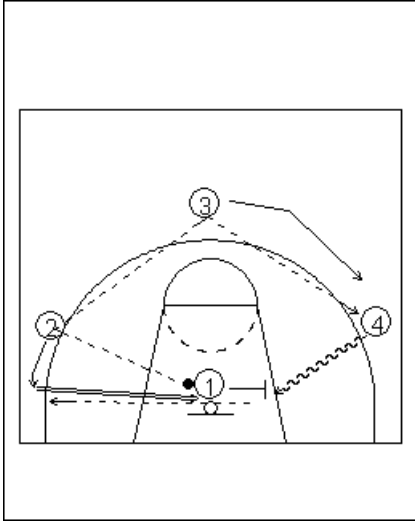
After passing to the post the players must learn to space away first and then move. In this example #3 runs a high Laker cut after passing to the post. #4 cuts through the ball side elbow and then continue out to the other side. #3 and #2 fill the space that someone just left. This is another important time to emphasize rhythm. Be in the right space at the right time.

This is only one option on passing to the post:

- have the players stay in space
- screen for another player

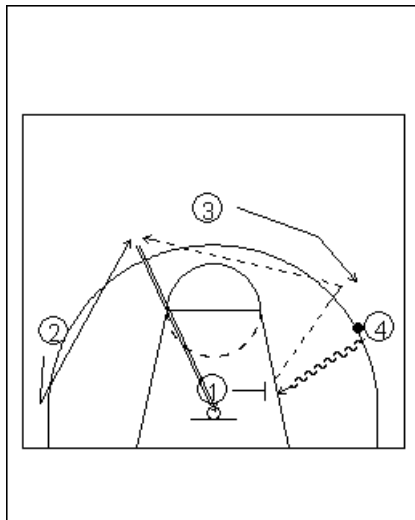
Drive and dish

In this sequence #4 drives to the basket. #1 now plays as a help defender. #3 and #2 must react to this drive.



Pass Pass

A good option is for the player who receives the first pass off the penetration move to make another pass immediately upon receiving the ball. This is very difficult for the defense to recover too. The players must always position themselves to be available for the pass pass.

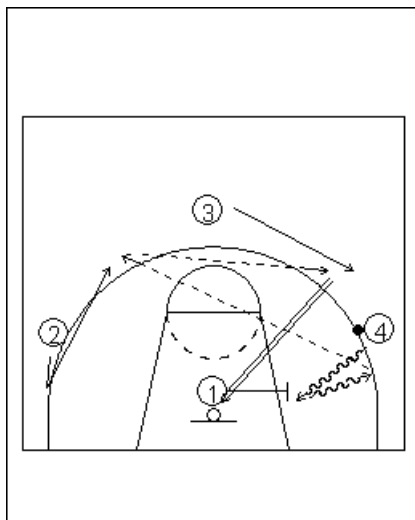


Pull back

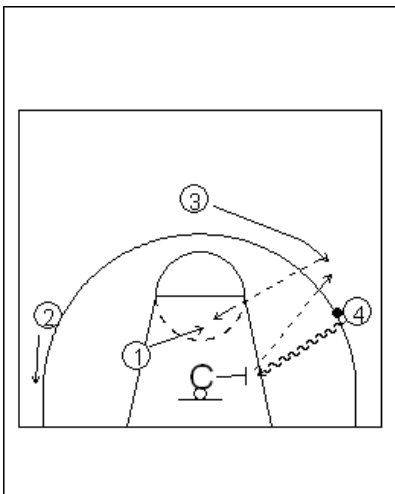
A good concept to practice is a pull back dribble on the baseline. If #4 meets help defense early, pull back. The other players must react. The diagonal pass is a good option here. In this example #2 completes a pass pass to #3 after receiving the skip pass from #4. #1 provides the guided defense.

There are many option you can practice off of the pull back;

- pass
- shot
- slip



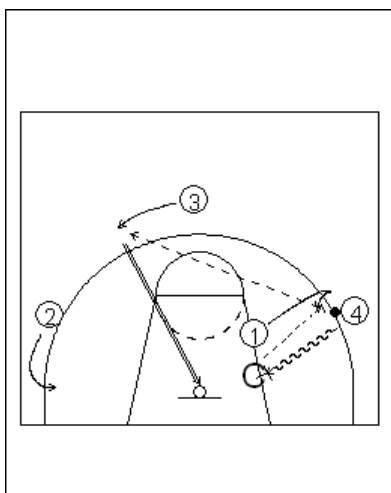
Drive with a post



In this example #1 becomes a weak side post player after passing the ball. He/she steps to the dotted circle when #4 drives baseline. #3 makes a pass pass to #1 at the dotted circle.

The coach provides the guided defense.

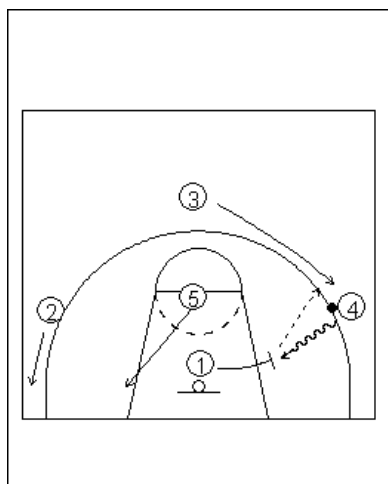
Ball side post



In this example #1 becomes the ball side post. When #4 drives the baseline #1 "l" cuts. As a coach you can have your players work on the penetration principles you want to emphasize.

#1 makes a pass pass to #3 fro the shot. You must always reinforce the rhythm. Are the players in the right space at the right time?

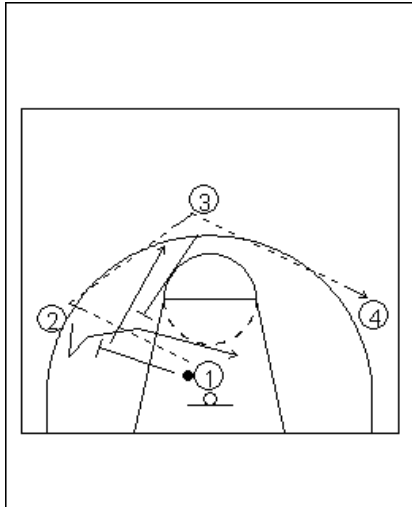
Guided defense - add a second defender



We now increase the difficulty of the read by the offense. In this example #1 helps on the drive and #5 rotates to defend #2. #4 reads that #3 is the open player.

It is important that the coach help the defense with different reads:

- fake recover - both players fake like they are helping
- #1 helps but #5 stays on his/her check

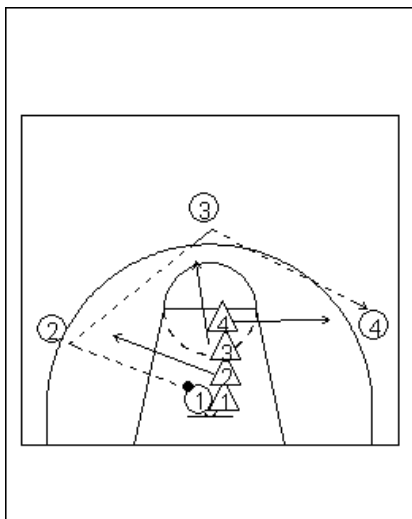


Screens

Coaches can add any screening combination that they wish to work on. In this example the team is working on the flex action where #1 back screens for #2 and #3 down screens for #1.

It is an excellent way to practice working on the screens you will be using in your offense.

Add the guided defense to work on the reads.

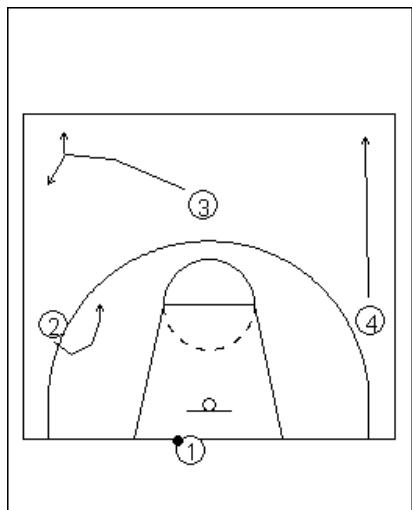


Compete - games approach

You now can compete it 4 on 4. The four defenders line up on the help line. As the ball is reversed they must close out to the proper position. You can restrict the defense to allow the offense to accomplish certain tasks; i.e. do not knock down any passes until the ball is reversed to #4.

You can also use a games approach where you give the offense so many points for scoring off a certain concept. i.e. you score 3 points for a full reversal to #4 and a post up by #1. 2 points for a score from a shot off a reversal and 1 point for any other score.

It is found that if you rotate the entire team and then switch offense to defense works best. Don't forget the rebounding and transition aspect.



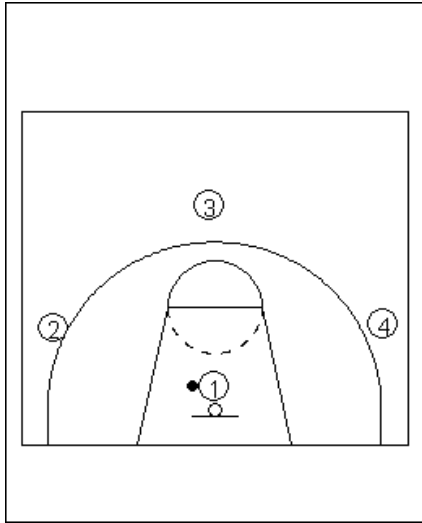
Transition

After scoring you can also work on your offensive transition philosophy. In this example #2 runs a circle cut to receive the inbounds from #1. #4 goes long and #3 fills the side vacated by #2. He/she is ready to cut back to the ball if #2 is denied.

#3 can also bust to the foul line to receive a pass as #2 and #4 go long.

Pressure

After scoring you can also set up your pressure defensive situations be it man or zone.



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