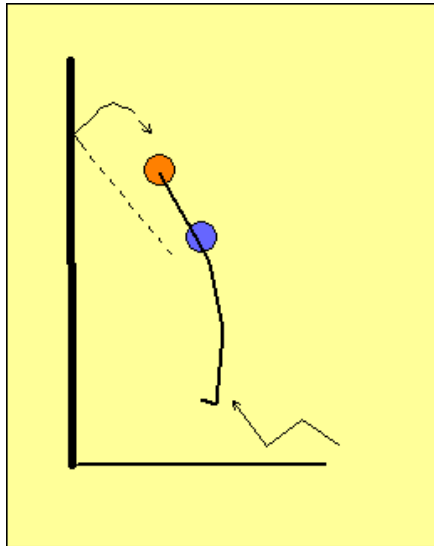


Break down drills for offense

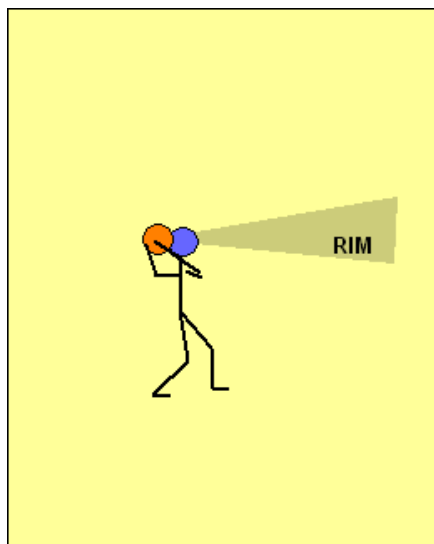
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1) These drills are break down drills to help the players improve on the skills required to play offense.

Starting on offense

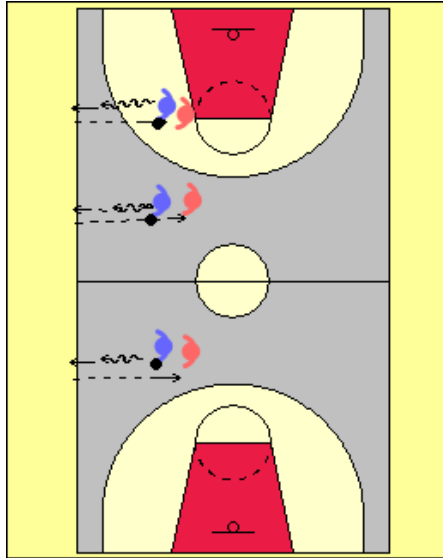
The first break down drill is tossing the ball off the wall jumping and rebounding. We want the players to learn to jump and catch the ball with two hands. Call "ball".



2) Land like a Quarterback

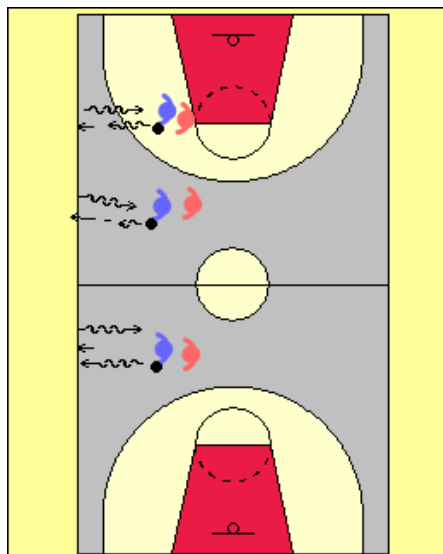
Ideally we want the player to land so they are looking down the floor with the ball being held by the ear with two hands. This requires them to do a quarter turn in the air. Their eyes should be on the far rim.

Have someone hold up fingers or touch different parts of the body. This ensures that the player is scanning. Be sure to practice turning both ways.



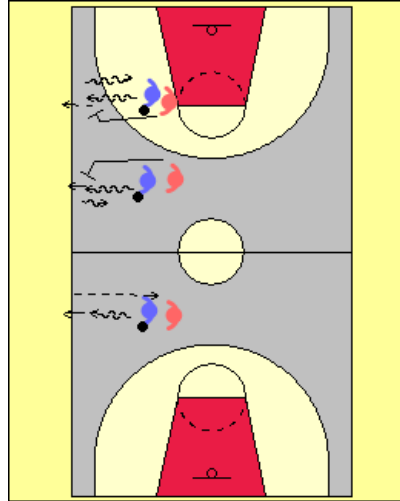
3) Dribble toss rebound

Have the players partner up and spread out along the wall. The first player dribbles the ball up and tosses it off the wall. He/she jumps calls ball and rebounds with two hands making the quarter turn in the air. On landing he/she must call out how many fingers his/her partner displays. The ball is passed and the other partner goes. Work dribbling and rebounding both ways.



4) Breakout dribbles

Now when the ball is rebounded the player scans the rim and sweeps the ball with a strong break out dribble. Take two hard dribble and hand the ball off to your teammate who repeats the drill.

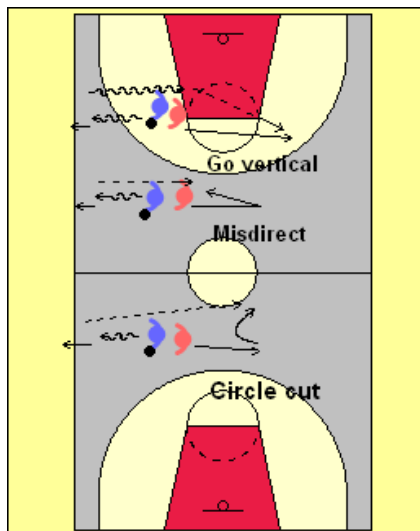


5) Add a guided defender

This time the partner follows the first player to the wall. On the rebound jam the rebounder to the right or left. The rebounder uses the break out to the proper side. Don't allow them to turn their back and dribble to the sidelines. The dribble must go vertical.

Load

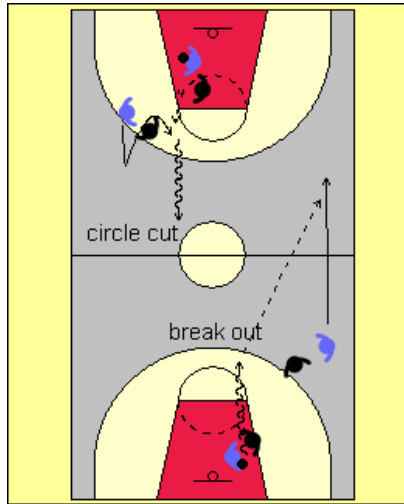
Some times the player stays and calls for the pass.



6) Outlet

We now want to concentrate on the outlet. Once the ball is secure we want t to start by going

vertical. This puts instant pressure on the defense and creates space. If the rebounder is in trouble we can cut straight back to the ball. If the player breaks out we continue to go long. As players improve they add the Steve Nash circle cut where they curl in front of the defender as they cut back. This gets their momentum going vertical. This can happen early or late. As players go long they must always be scanning their teammate with the ball.

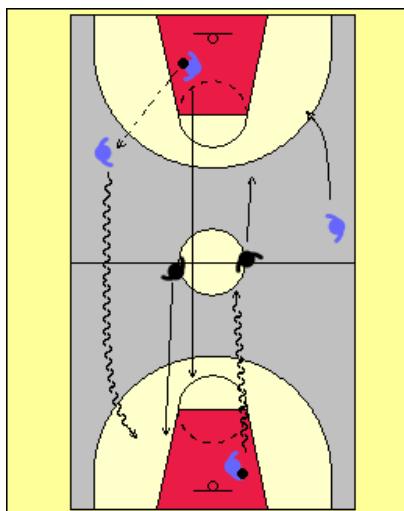


7) Full court

We now work on the various reads in the full court. At first the coach may have to give the guides, but eventually it is important that the players do this skill. It helps increase their understanding of the game.

Load

- defend the rebounder
- defend the out let
- defend both
- start from a box out
- play live two on two.



8) 2-1 in small spaces

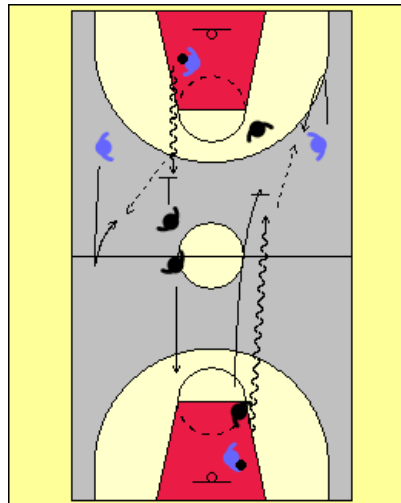
A good progression is to play 2-1 one in small spaces. The rebounder can either break out dribble or make the outlet. The players can fill the wing and swings or front rim on one side of the floor. The defenders are working on making fakes and deciding who to guard.

Load

- Start the defender in different places
- Jam the rebounder to give a read.

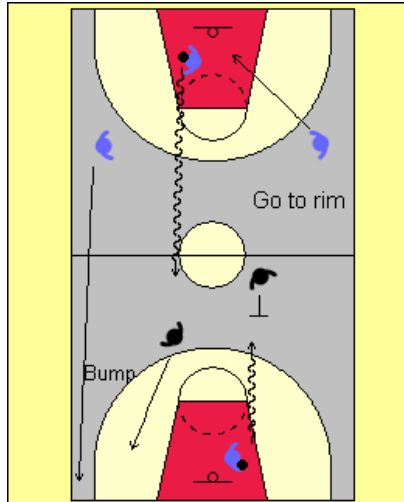
The player in front must decide to create space for a teammate or to attack the lone defender. If attacking we like to go through the elbow. This gives the best chance to score at either angle.

NOTE: You can call the areas you want the players to play through: Swing -wing, Swing and swing, Top and wing, front rim and wing.



9) 2 on 2 in small space

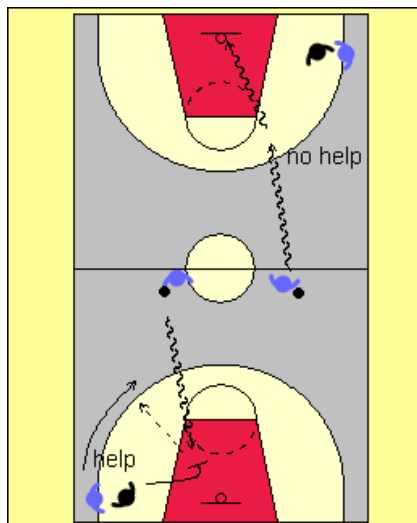
Now they play 2 on 2. The key teaching point here is for the outlet to recognize when his/her teammate is in trouble. This could be early or late. Note; Again it is important that the coach mix up the spacing the players play in. Do not always use wing-swing. Sometimes play swing and swing or any other combination.



10) Attack in the front court

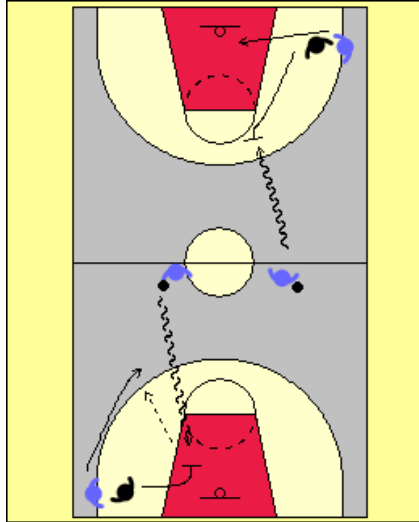
When advancing down the floor we want players to stay wide and bump the baseline. The exception is if there is no defender between him/her and the rim. By staying wide and bumping the baseline we force the defense to spread out and allow for easier entry passes or penetration.

Note: as before mix up the finishing spaces the players play through.



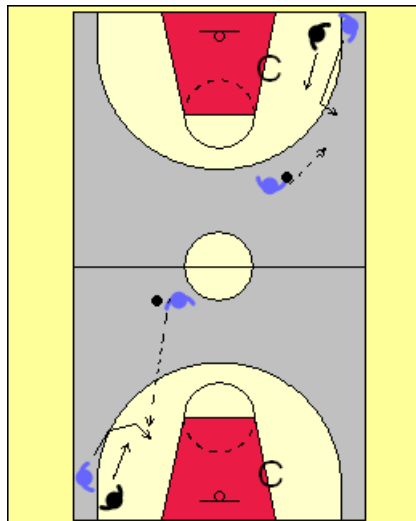
11) Attack the basket

If the player dribbling the ball does not have a pass ahead he/she should look to attack the basket. The wing players' stay wide and deep. If there is no help go to score. If help comes make the pass.



12) Help up or over

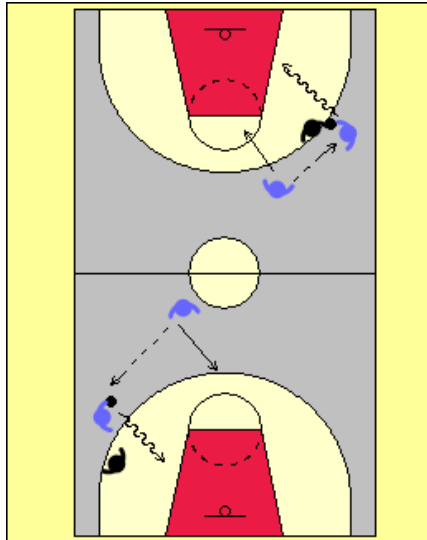
If the defense helps up we can back cut to the rim. A good rule of thumb for young players is to attack the back of your defenders head when he/she turns it. If the defense helps over we prefer to rotate up and behind the ball. This makes it harder for the defense to recover. Note: I know I keep saying this but please be sure to work on this concept from all different combinations of positions. For example the swing to swing is another important one.



13) Dribbler cannot beat his/her defender

If the ball handler cannot beat his/her defender the wing player must look to blast cut to the ball when the dribbler is able to make the pass. There should be eye contact and be in the passing range of the dribbler. The first reads we work on are a slight deny by the defense. We call it "Fingers in the passing lane". If there is no body in the post curl over top of this player and look for the ball.

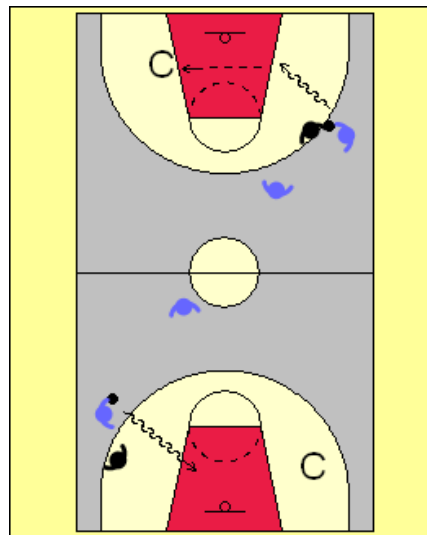
If the coach stands in the post on your side you have to pop to the wing to receive the pass. Now players are learning an Attack move (curl) plus a control move (pop). The passer must pass to a spot not the person. This is a hard skill for young kids to learn sometimes.



14) Attack on the catch

After catching the ball we want the wing player to play attack basketball. Beat the defender to the side he/she presents. Many coaches talk about attacking the top foot. This is true if the foot splits the defender. If the top foot is outside the body of the defender the best decision is usually to go at the back foot. After passing the top player should look to move and be available.

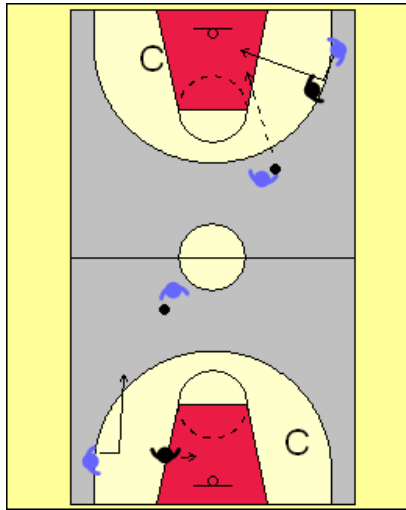
Note; play from different positions.



15) Eyes up

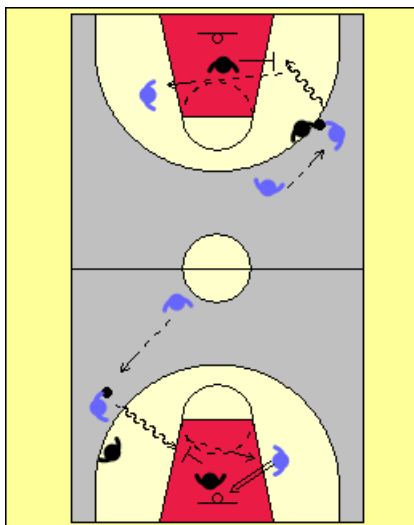
A coach can stand in the vision of the player driving. If the coach shows 5 fingers the player

must pass. The coach will immediately pass the ball back. If the coach does not show fingers there is no pass.



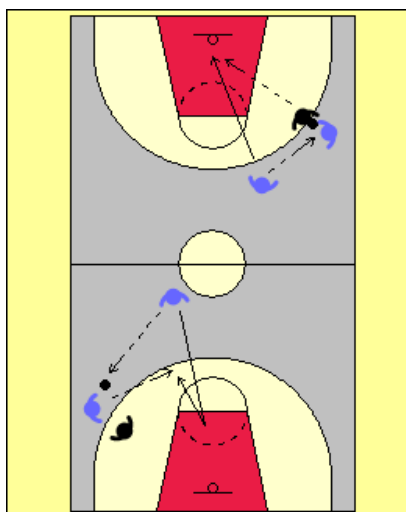
16) Other reads

If on the blast cut the read is an elbow or chest in the passing lane look to back cut to the rim. If the defense plays open sag you can cut straight to the ball if the player is off two strides. If only off about one stride you may have to misdirect first. This prevents that player from shooting the gap. If a player puts their forearm on you need to get rid of this arm. This starts to happen at higher levels where more physical contact is allowed.



17) Help defender

Now add a help defender. If the player helps on the drive we need to make the pass. No help keep going to score. Help means the defender has placed a chest in your drive line to the basket. Allow the players to play 3 on 2. This encourages finding the open player. The three on two can start from the dribble. Now the players must read help.

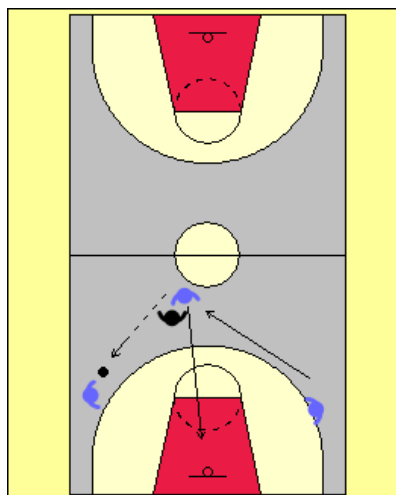


18) Control on the catch

Sometimes on the catch we want the player to play control. This means he/she will catch square up and read. The first look is to the rim. Then to someone in the post, at the basket, and final to the action (happening away from the basket). Here we are showing the player reading the give and go cut. The cutter must make the same sort of reads as the cut off the wing.

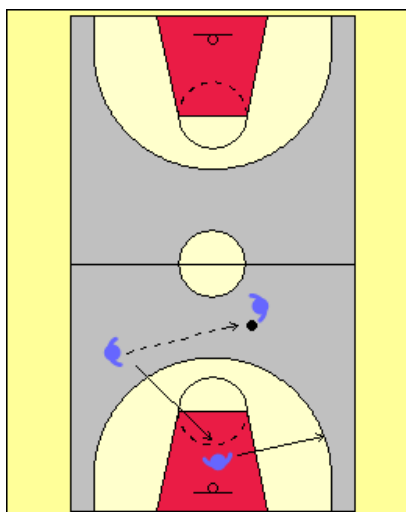
Load

- guard the passer
- guard the cutter
- guard both



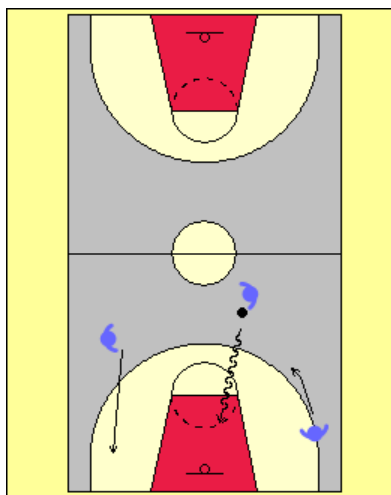
19) Pass cut fill

We now look to work on the concept of pass cut fill. If the wing player plays control we need to cut to the rim after passing. The basket is a stop sign. Stop at the front of the rim and look for the ball. As players get older they need to learn to seal. The next player must fill the vacated spot. The players must decide who has the best pass to this player.



20) Exit Cut

The player must learn to exit cut. This means to leave the key area. Once this occurs it allows for the next player to cut to the rim. Again who has the best pass angle?



21) Attack

If at any time a player attacks the other players must play off this move. The players without the ball must stay in the eyes of their teammates and do not allow a three in a row (ball, defender, receiver).