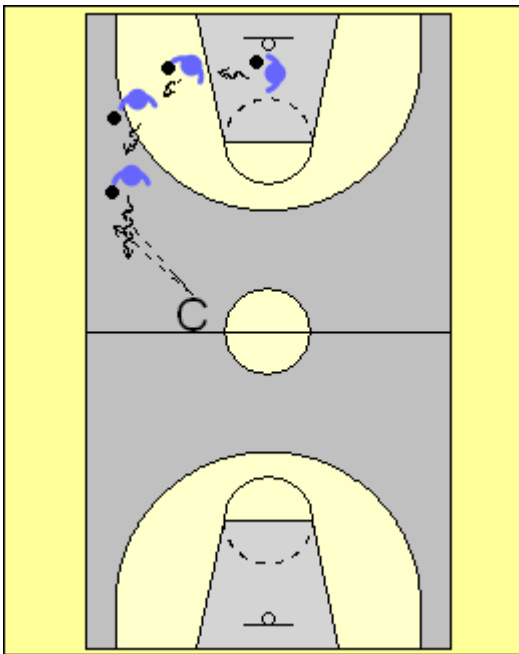


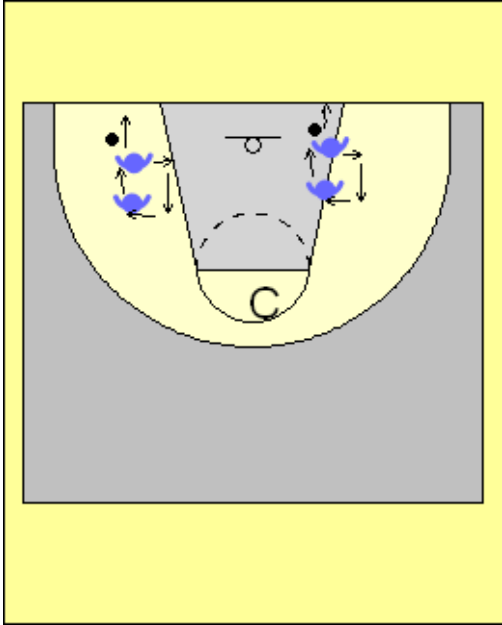
Group work

We have started group work with this year NEDA players. I thought I would share some of the workouts. This is one did with a group of four guards, although anyone can do it. It was 45 minutes long with two short water breaks.



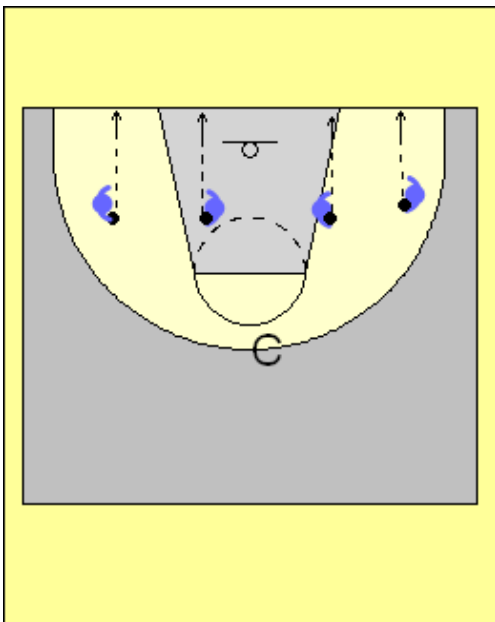
1) Follow the leader

The players take turns being the leader dribbling around the court. The coach shows ten fingers to call for a pass. The purpose is to increase the body temperature and prepare the players for more dribbling.



2) Wall Passing

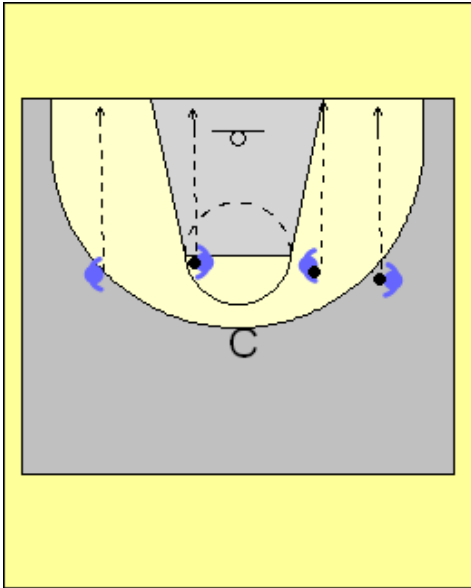
The ball is passed off the wall with a hard crisp pass. Pick a target out that is at head height. The ball should hit it in a straight line. After passing the player steps to the side, back and then forward as the player behind steps up to keep the ball moving. This is an excellent drill for receive the ball, passing hard and foot work. Be sure to go in the other direction.



3) Light touch passing

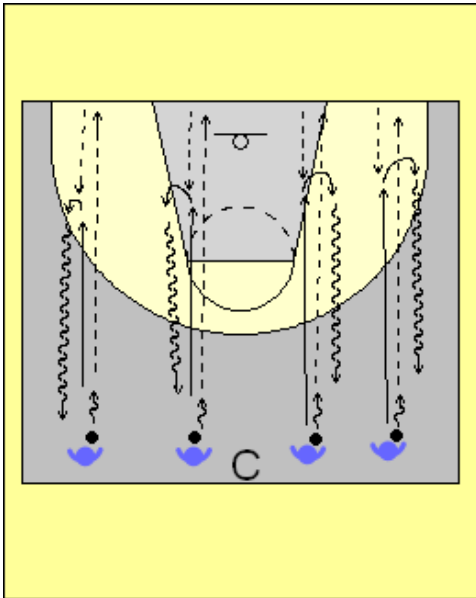
The players dribble the ball and then lightly touch the ball with a guide hand to make a flick pass to the wall. Hit a target. The ball has to be thrown hard enough that it comes back to the

player without a bounce. Switch positions to throw with the other hand on the second pass.



4) Shoulder pass

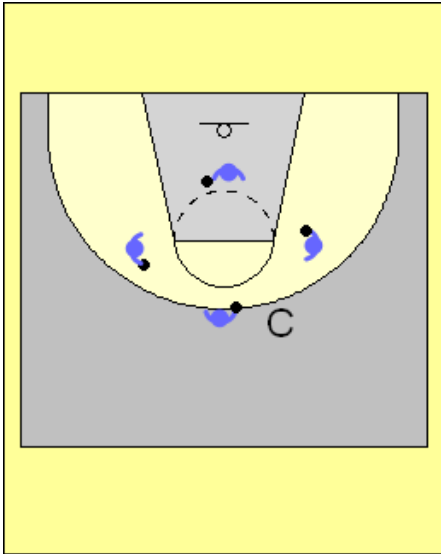
The players dribble with the ball being perpendicular to the wall. Pick the ball up to the shoulder like a football QB. The ball is released in front of body over the head. Throw it hard and hit a definite target. Alternate both sides of the body.



5) Dribble push

The players dribble the ball hard for one or two dribbles and then push the ball up to hit a definite target on the wall. Sprint to recover on one bounce. Pivot and push back to half. Jump stop pivot and repeat the opposite hand. The coach can roam and call for a ten fingers pass. This is excellent for working on pushing the ball up the floor and pivoting. Emphasis all four types of

pivots.



6) Marvich - follow the leader with change

One player was the leader doing a Maravich drill. The other three mirror the action. When the coach called change the players quickly changed balls:

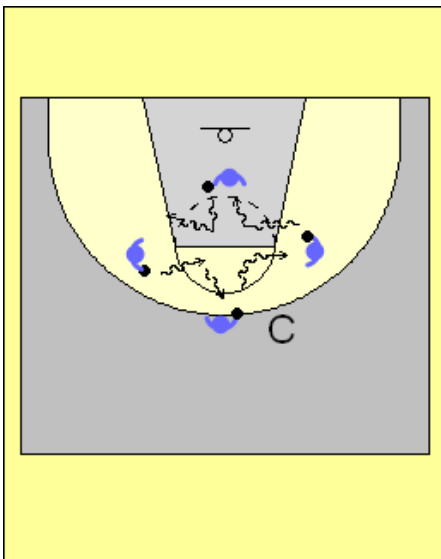
1st time - player to the right

2nd time - player to the left

3rd time - player opposite

4th time - back to the right etc.

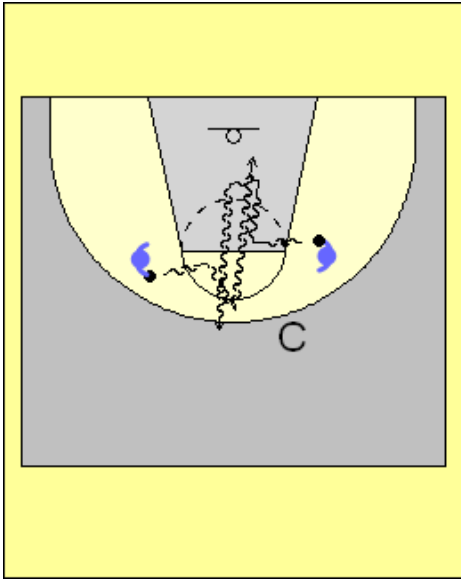
This is also done to get in some dynamic stretching.



7) Step back dribbles

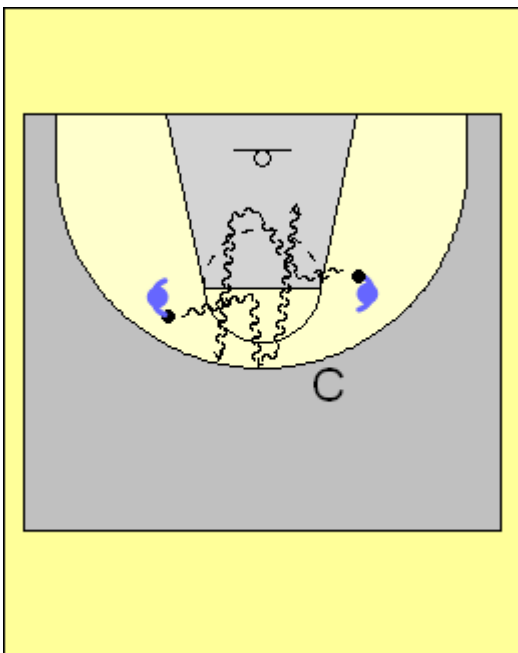
All four players' dribbles with the right hand. The left foot, left shoulder and head gets as deep into the circle as possible. The ball and the right foot do not enter the circle. The right foot steps out to the side. The players steps back outside the circle with the left foot. The feet step in a triangle. Keep the eyes up. the coach can call for a pass by showing ten fingers. Be sure to go in

both directions.



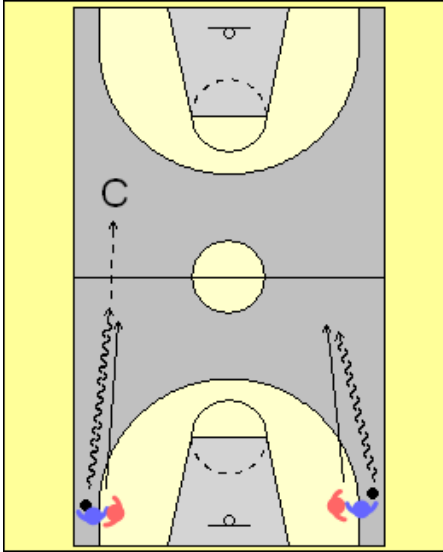
8) Step back cross

Two players to a circle. Both players go at the same time executing a step back dribble with the right hand dribble and the left foot lead. Once they square up they cross the ball over and explode to the other side of the circle almost brushing the shoulder of their partner. Now execute with the other hand and foot. Note: the players need to go 1/4 of the circle with the step back.



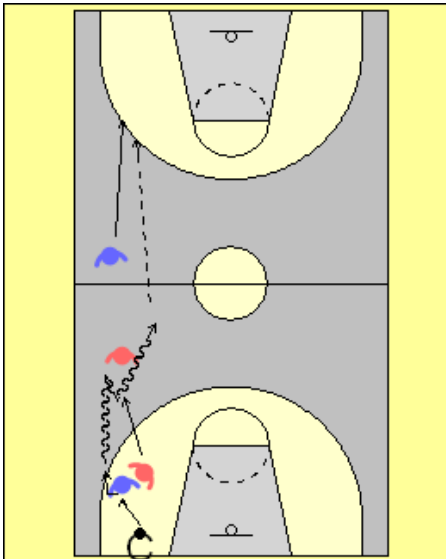
9) Step back loop

The same as before on this time instead of crossing over the ball is kept in the same hand and "loop" around the imaginary defender.



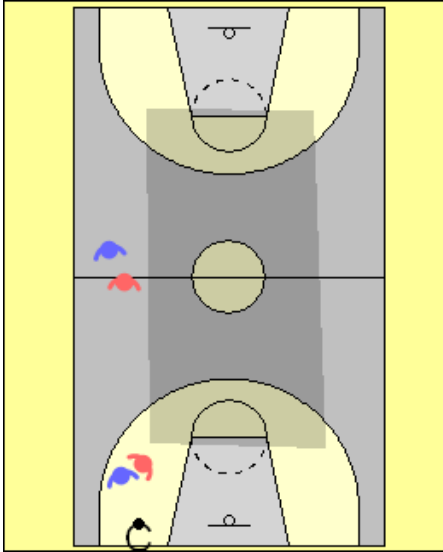
10) Lean in dribbling

The player with the ball starts in the corner with a defender leaning on him/her with his forearm. The defender tries to force the dribble out of bounds as the dribbler resists and leans back in working to get away from the sideline and in control. A coach calls for passes by showing 10 fingers. The same player now returns going the other direction to work the other hand.



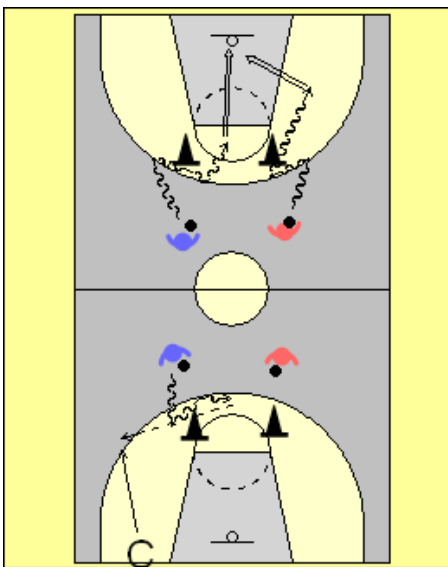
11) 1 on 2 dribbling with a pass receiver

The dribbler seals to receive the pass from the coach. It is now 1 dribbler vs. two defenders who are attempting to trap the ball handler. The ball handler's teammate randomly shows ten fingers for a pass. Work on using pull back crossover dribbles to advance the ball. Restrict the space the player can use depending on their ability.



12) Two on two not allowed in the volleyball court

We now play live 2 on 2 advancing the ball in danger areas, up the sides and corners. The offence is not allowed into the volleyball court.

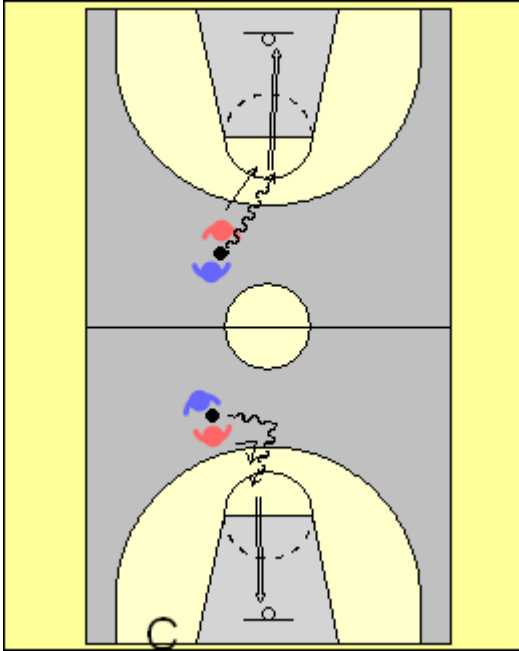


13) Ball screen shooting

Each player has a ball and chairs are set up to simulate picks. The players worked their imaginary defender into the pick. We work on a little hip turn step back behind the pick vs. an imaginary hedge. This also allows better vision to scan the entire floor. The coach could call for a pass at any time.

- hip turn loop jump shot
- hip turn cross over split jump shot
- hip turn re-pick cross over jump shot

We want a 1-2 jump shot not a hop.



14) 3, 2, 1 shooting

The player with the ball has just received a pass with 3 seconds on the shot clock. He/she must create a score. The defender count down the clock as he/she plays guided aggressive defense.

Note: this was the first day it was introduced. We want the offence to develop some confidence. As times goes on we will make this live.

Foul shots were used to rest before water breaks and as a cool down.

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