

## Ashley Cookson IPP Workout 1: Post

### Two Ball Mikán

- Two Ball Mikán, make 10. KPI = keep ball above shoulders.
- Load = no backboard (clean lay-up). Make 10.
- Load = hooks no backboard
- Load = reverse off backboard
- Load = reverse no backboard

### Self-Toss Outlets into Rim Run Finishes

- Self-toss, land like a quarterback. Reads =
  - If there is space, smash out dribble and pass to outlet (coach) on the connection
  - If outlet C cuts, pass and run outside
- Get to half-way, rim run back and finish.
- Front pivot, swim, seal OR reverse pivot on the rim run
- “See thumbs out of corner of your eyes”

### Backboard Taps into Finish

- One hand, alley-oop off backboard. Finish the third catch.
- Both sides
- Coach can distract, gently push etc
- Load = on third one push ball to other side of backboard and finish in the air. If can't finish, catch and land.

### Mid-Post Spin-Outs

- Spin to anywhere in key, catch with back to basket as in mid-post position. Reads =
  - Coach sags = pivot to square up and shoot.
  - Coach shades = drive. Cross-over or throw-down.
  - No space = forwards pivot away from pressure
  - Coach shades and recovers = drop-spin or counter
- Load with score. If player scores 1pt, on a miss coach gets 2pts. First to 5.

### Baby Hooks

- Work way around key. Spin out, inside outside footwork. Right hand, then left hand coming back.
- Snap wrist, ‘drop it in.’
- Load = if coach gives space, finish. If coach takes away space, double pivot. Reverse pivot if they take away middle, if they take away baseline forward pivot across the rim.
- KPI = step into chest first. Can be physical as inside the charge circle.

### Spanish Mikans

- Start where the lane line meets the baseline. Spin to the block, catch on outside foot and then use the next inside foot as one big step to plant and finish middle with a running hook.
- KPI = plant outside leg to face middle by using heel pivot to open up.

### Lane Catches

- Rim run, different finishes. Rondo fake into fade-away.

### **“2 and 4’s” Shooting**

- 5 spots (short corner, elevated wing, top and repeated, could also do for 3PT). Player trying to ‘complete’ each spot. Scoring starts after the first make. Keeping shooting until the first score, then they will shoot 3 more shots. They must make the second and fourth shots in order to ‘win the spot.’ 3 out of 5 spots is a good score. If a player misses the second shot, just move to next spot.
- Load = bad pass to make it harder. Could be a roll on the floor, a bounce at the legs, a ‘moon’ pass etc.
- Load = use a drift, lift, flare or elevator cut start to make it harder.

### **Roll Catch & Finishes (Point of Screen)**

- Start at point of screen (makes sense to do mid P&R just inside our outside the lane line), forward pivot out of screen vs rolling as it’s quicker. Following finishes:
  - Stride Stop
  - Stride Stop, Rondo Fake into Fade
  - Stride Stop, Rondo Fake and pivot to T Post position, then Step-Through
- Load = if coach calls for ball, pass out of post and duck-in or re-post on opposite side of the block for a score. Coach can give a vocal cue or a discreet hand cue.
- Load = can change finishes. Running finishes, add in short roll and floater/ jump shot etc.

### **Pick & Roll Finishes**

- Angled screen towards middle, ball handler (coach) starts in wing. Coach says a number when they come off the screen. Numbers correlate to the following reads for the screener:
  - 1 = roll and running finish
  - 2 = pop and shoot the three
  - 3 = re-screen and then roll or pop
- Load = coach can close-out after the pop, player will catch and attack.
- Load = 4 means slip before the point of contact.
- Load = 5 means roll and post-up front of rim for a score.
- Load = 6 means dive to short corner or deep corner for catch and shoot
- De-load = start with two numbers and then add the third
- Load = swap the numbers for a colour.
- Load = must add counters on everything. For the pop, this would be a fake and drive opposite direction.

### **Drive & Spin**

- Post, but want to ‘feel like a guard.’ Faster and fluid as opposed to slow and back-down.
- Drive baseline and middle, use spin as the counter.
- Load w/ guided = counter if no space, score anyway if there’s space

### **“Freestyle”**

- Good finisher for conditioning. Player dribbles randomly in different directions inside key and 3PT. When coach says shoot, have to square up to basket and shoot.
- Shoot x6 shots or most in 30 secs
- Have to see the rim even when in closed stance and dribbling away from the rim
- Load = shoot on coach signal

### **“Random”**

- Player starts off guarding the coach as they dribble. Coach drops the ball and then tells them what shot to take.
- Sequence continues with coach giving the sequences. Examples:
- Lay-up, another lay-up, corner three, top of key three, lay-up. Most points in x30 secs.

## IPP Workout 2: Post

### Double Pivots

- Player outside smile. Coach can use foam roller to guide form. Double pivots w/ shot fake start. Score with a baby hook
- Load = mix in reverse pivots
- Load = coach says net or backboard
- Load = on second pivot have to score on opposite side of the rim

### Combos into Shots

- On catch, perform a combo then shoot. Could be ball handling combo, or something like figures of 8's, behind the back etc. Fight for feet on catch and then on pick-up to shoot.
- Load = BDT read. After combo, pass back if coach calls for it otherwise shoot.
- Load = Coach calls number for combos. 1 = 1 change of direction, 2 = 2, 3 = 3 etc
- Load = Assign a move to the number. 1 is a cross-over, 2 is a through the legs, 3 is a cross-over.
- Load = Player does their own combos, has to be different every-time.
- Load = If coach moves towards player at anytime attack opposite, even if mid-sequence. If coach moves back, shoot a pull-up.

### Split Line Finishes

- Catch and score on the split line (dribble back down and hook, dribble down and spin, up and under, running hook etc). After the score, go to any mid-range or 3PT spot and shoot the catch and shoot (coach will rebound) to keep the practice random.
- Keep alternating. Player can start the back down move from high post or mid post.
- KPI = make sure the player finishes if they miss the shot.
- Load = if coach says drive when caught on the perimeter, drive and 'Barkley' by turning the drive into a post-up and then using one of the moves to finish.
- Load = on catch, can fake a get (hand-off), then attack and spin. Coach can run through on the get or cut so player gets some context or has to wait for cutter to clear-out.

### Guided 1v1 w/ Split Line Finishes

- Play on one side of the floor, from either short corner, block or 'get' spot (elbow). Start going just isolated from each spot then go random. Player self-spins to start, coach plays guided defense.
- Aim of offense is to get to middle. Guided reads are either catch and shoot if space on the catch, or catch and drive. On the drive they finish straight line or spin if cut-off.
- Scoring System = 2 points if score off two feet, 1 point if score off one foot. Coach gets a point for each miss and goes to 3 points, player gets 1 point for each score and goes to 6.
- Load = Coach can give baseline read if it's wide open, but got to be wide open. Otherwise we want middle drive as better for time and space and then can counter baseline if cut-off. Additionally if there's contact in the middle can still finish both ways and use the glass, if there's contact on the baseline you can't really shoot it.
- Load = random mix both sides and all spots
- KPI = On catch, the first step is side on to allow PVAD, can then reverse pivot if it's a shot, or drive middle straight-away.

### 3 Shot Combos

- Have to go three from three. Start with trail 3, then drift to wing for a second 3. After wing 3, cut to nail for last shot. If you make all 3, get to shoot a FT to validate it.
- Load = go to the other side or add BDT reads (pull-ups or pass back).

### Post Combos

- First = Catch mid-post, made a scoring move towards the middle (split line).

- Second = Catch in get area (elbow or nail), fake hand-off and jump shot.
- Third = Pick and Pop score the three.
- Player has to score all three shots and validate with a free-throw to 'win the game.'
- Load = Swap the pick and pop for a dribble hand-off, re-screen (D goes under) and pop.

### **Ashley Cookson IPP Workout 3: Guard**

#### **Brief**

- Focus on technique
- Intensity will be low
- Time will be 40 minutes

#### **Skips**

- One ball skip to half-way
- Sideways skip, 'V' dribble
- Stick landings. Throw-down cross, stick and freeze landing

#### **Off-Foot Lay-Ups**

- Dribble at nail balancing on one leg. If balancing on right leg, use right hand to dribble. Then one dribble, left step, right step and finish using glass for an off-step finish.
- Load = coach says backboard, net or outside to determine finishing hand. Can say late and play has to react.
- Load = if coach says 1, must be one step and score. If coach says 2, two steps and score. If it's three dribbles, have to take an extra dribble.
- Load = change hands. E.g. if balancing on left foot, dribble with right hand. Can repeat the same sequences. This is good for teaching the on-side step without traveling.
- Load = outside, in stride-step finish. KPI = jump up two feet at same time.

#### **Scissor Dribbles**

- Scissor dribbles, but hold for a second in the air. When coach says go, explode into a finish. Can be stride stop, off-foot etc. like above.
- Load = baseline finish only. Therefore if player has ball on inside hand at the time have to cross ball over.
- Load = change speed of scissor dribbles. Idea = speed of scissor dribbles based on music beat or clap?
- Load = coach says 'middle' or 'baseline' as the cue to go and the driving direction.

#### **Glide Dribbles**

- Glide along 3PT line. Go when coach says go. KPI = getting as many steps out of 1 dribble as possible. Rebound and go to a new spot on the perimeter. Alternate between left and right.
- Load = counter if coach says 'counter'
- Load = coach says 'one or two' for footwork to finish with.
- Load = if coach steps forward, retreat dribble and then attack.

#### **Combo Shooting**

- Drift to wing, throw-down and finish
- Lift to wing, throw-down and finish
- Catch and shoot
- Make the FT to validate the three in a row