

**Shaun Roger
Developing Drill Series**

<https://www.youtube.com/watch?v=vRwUvSI2hhU>

Hi-5 Game

- Players in pairs, making 'L's' with both hands. Aim of the game is to be the first person to hi-5 when coach says left or right
- Load = coach can say 'both'
- Load = include knees
- Load = ears
- Load = knees, ankles, head, ball
- Great for when kids are half-asleep and to get them ready for practice

'Cotter Hand Around'

- My BDT idea. But not guided, went straight into live 1v1. Partner calls out left or right to determine side to pivot.
- Constraint = have to finish inside/ outside paint
- Constraint = have to finish with non-dominant hand

Other the Top 1v1

- Throw ball over head, partner must catch and pivot before they attack. Once defender throws ball over head, must touch baseline before they can play defense.
- Load = if defense allows an uncontested catch without pressure, they get minus 1 point.
- Load = offense has two bounces.
- Load = 2v2 or 3v3
- Load = introduce your action. E.g. if Pick & Roll, closest big comes for a screen. Could go into a get/ short route/ DHO etc. Only run the action if no advantage!

Numbered Ball Handling

- Similar idea to the other clinic. Start off with scissors dribble. Players in three lines (nails and short corners).
- Coach says the hand to start with (left or right) and the number. Number is the number of scissor dribbles. After completing the combo, players take one dribble and land on a stride stop. They will land, pivot and fake pass back to their partner, then forward pivot and complete the score.
- Load = pass fake to any other player or shot fake until coach jumps. When coach jumps, first person to score.
- Load = pass back if partner makes connection, re-post and score.

Cardinal 2v1

- Two lines (offenses) in the seams, one defender in the smile, one outlet in the short corner.
- After defender gains possession, they pass to outlet (rotate and take their place), and outlet relays pass onto offense in the seams (follows pass to join back of the offense lines). Offense must skip the ball and then live 2v1
- Person that scores or loses ball becomes new defender. They must touch top of the key before playing defense.
- Constraint = offense must do one shot or pass fake inside the key before scoring.

Guided Close-Outs

- Close-out with high foot, give read to offense. Offense have to score in one or two dribbles (one if cross, two allowed if lead).
- Load = coach can mimic big helping. Have to counter move or dribble around.
- Load = 2v1/ 2v2 with close-out start. If it's a sag, shoot and other two players have to battle for the rebound.
- Play with constraint have to go lead-step. Get players used to it.



- Load = Chris Oliver pitter patter and hot potato. Catch, shot fake, pass back. Keep going until defense steps on 3PT line which is the cue to drive.