

Shaun Roger
Skill Development Drills

https://www.youtube.com/watch?v=r_6KpyY5gMI

- Theme on developing drill series and progressions
- Anyone can be a trendsetter. Need to be willing to do something that people don't consider normal.
- NBA didn't always place a value on the 3PT shot. But there was a coach that tried it and now they're considered pioneers. We can do the same with how we approach practice and how we deliver.
- Lonergan - 'when was the last time you did something for the first time.' A lot of us just do what we're comfortable with.
- Have to be comfortable trying new stuff from the things you see.

BDT Shooting w/ Loads

- Load = defender slides to left or right. Attack the defender and score with a spin lay-up
- Load = elbow to elbow cuts. Hands up = cut to other elbow. Hands down = shoot. Then load in close-out read.

4 Man Gather Shooting (can do with more players though)

- Shooters go to a new spot every time. Players do x3 scissors dribbles through the legs. If coach runs by them during the sequence, score a lay-up. If coach doesn't move, gather and shoot a jump shot.
- Load = through legs behind the back
- Load = pound, through, behind, through

'Footwork Cues'

- Players all with a ball. Start using backboard to make it easier, start just behind block.
- Coach yells out a number. This is the number of times the player does a through the legs dribble.
- First player to score gets the point. If both miss, keep going till a score.
- After the number, the coach says 'opposite' or 'same.' This indicates the hand they use to finish in relation to their feet. E.g if they jump off left foot and coach says same, use left hand to finish. One step finishes to start.
- Load = two step euro-step finishes. Opposite or same in relation to last step. Euro-step KPI = ball goes up and over or down and under.
- Load = delay the same or opposite cue, players have less time to react.
- Load = start at elbow, finish is a one-step runner.
- Load = if coach moves away, gather and shoot mid-sequence. If coach moves towards, finish the lay-up. Could could just move towards one player, or move to the nail (towards both of them).
- Load = stride-stop finish.
- Load = stride-stop lay-ups, two shot or pass fakes and two pivots before the score.

1v1 Pitter Patter

- Offense at nail pitter patters. On pass, catch with 1-2 step.
- Players throws lob or weighted pass to allow them to arrive on the close-out. Can be a bad pass and player has to catch behind or to the side.

Ball Pound Lunge Races

- Coach says number. This is the number of times the player dribbles in a static position. After completing the dribbles, they repeat the same number of dribbles in a long low stance. Players perform the series twice (static, lunge, static, lunge) with the same number of dribbles. After finishing this, they come back into their stationary position for one dribble and explode for a dribble.

- Start with an on-side (lead) step. If ball is in left hand, then step with left hand.
- Load = specify hand (left or right).
- Load = coach runs at them drive it. Coach moves back, shoot it. Competition first to score, if they miss have to put it back.
- Load = cross-step on the lunge. Finish other side of the split line.
- Load = in-line with the seam but three steps in front of the HC line. Start outside hand. Coach calls number which is number of times they do a through the legs scissor dribble. Specify cross or lead step start.
- Load = did x2 lead or cross-step pull-ups going into it (players pick up dribble and go again). BDT read at rim with coach staying or moving towards.

Ball on Back 1v1

- Different load. Player fights for feet landing right-left OR left-right. When defense hears the feet, they move one of their feet to one side of the offense. This means that offense have to cross or lead step based on the situation.

Pitter Patter 1v1

- Offense faces defense on 3PT. Pass ball back on forth. Defender is guided. They will step either side of offense and they must drive through the open window. Offense must pitter patter on each catch and use the right pivot feet.
- Load = if defender's foot is wider than offense, attack the back foot. If defender's foot is in between or close to offense, attack the top foot.
- Load = one defender stays at the rim and moves out on a stop. Or guided defender becomes live.
- Load = reduce advantage to 3PT line touch.
- Load = 2v2, 3v3 etc.