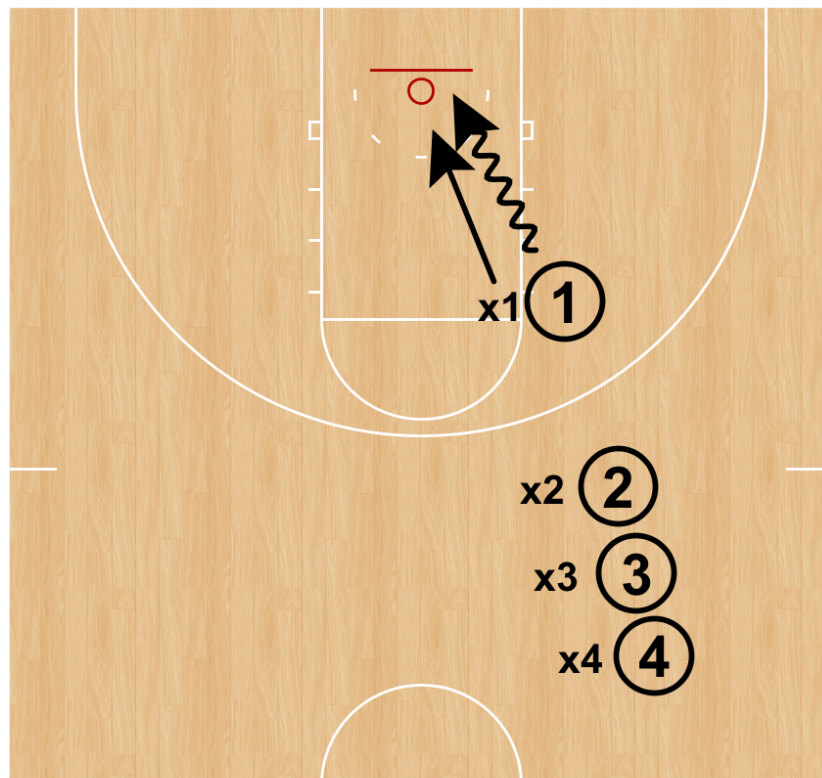


Partner Race to Rim from Elbow

Bullet Point Teaching

- Eyes up.
- Ball to outside shoulder (don't be pregnant with the ball).
- Lower your shoulders.



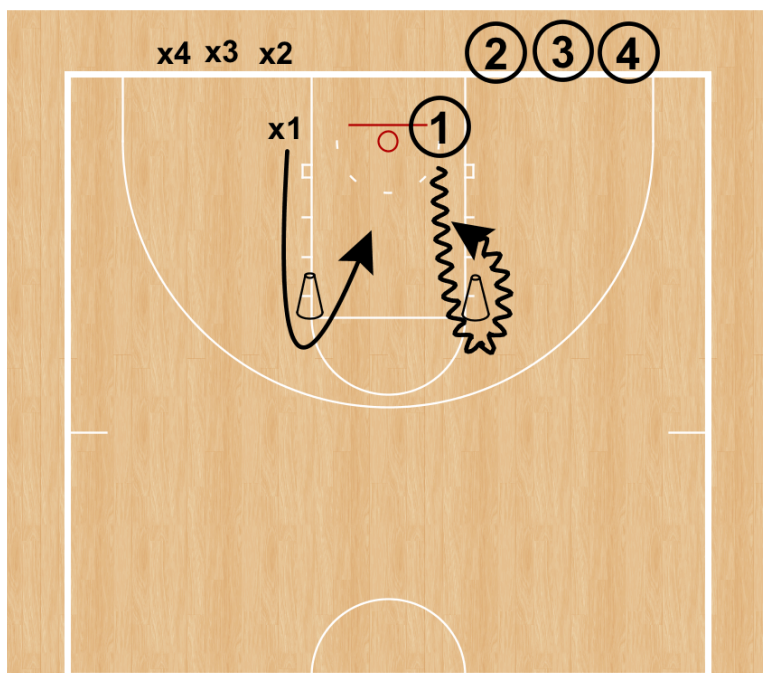
1. Players start in a sprinters stance shoulder to shoulder.
2. The player on the outside has the ball and is the one who initiates the drill. The offensive player wants to get to the front of the rim and get their body between the ball and the defender with the ball to the outside shoulder.
3. The defender is live and does not go until the offense starts to initiate their drive to the rim.
4. This is typically played 2 minutes on the right side and 2 minutes on the left side. Players can keep score to make it more competitive as well.



Lane Line One on One

Bullet Point Teaching

- Attack the rim.
- Initiate contact or veer off defender.
- Keep the ball to outside shoulder.



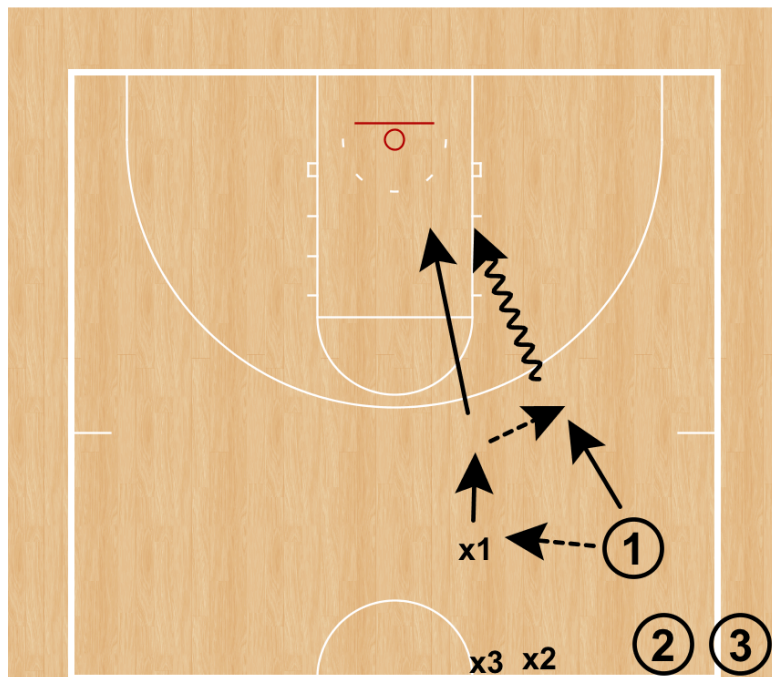
1. Players start in a sprinters stance on each lane line.
2. The player with the ball is on offense and is the one who initiates the drill. If the ball is on the right side the offensive player loops the cone from the inside out dribbling with their right hand.
3. The offensive player wants to loop the cone and get to the front of the rim getting their body between the ball and the defender with the ball to the outside shoulder.
4. Tell the offensive player to initiate the first hit with their shoulder to avoid having the defender getting a better angle in front of them to the rim.
5. The defender is live and does not go until the offense starts to initiate their dribble to the cone and loops the cone from the outside in trying to contest the shot.
6. This is typically played 2 minutes on the right side and 2 minutes on the left side. Players can keep score to make it more competitive as well.



Two Pass One on One

Bullet Point Teaching

- Attack the rim.
- Offensive player initiates contact.
- Keep the ball to outside shoulder.



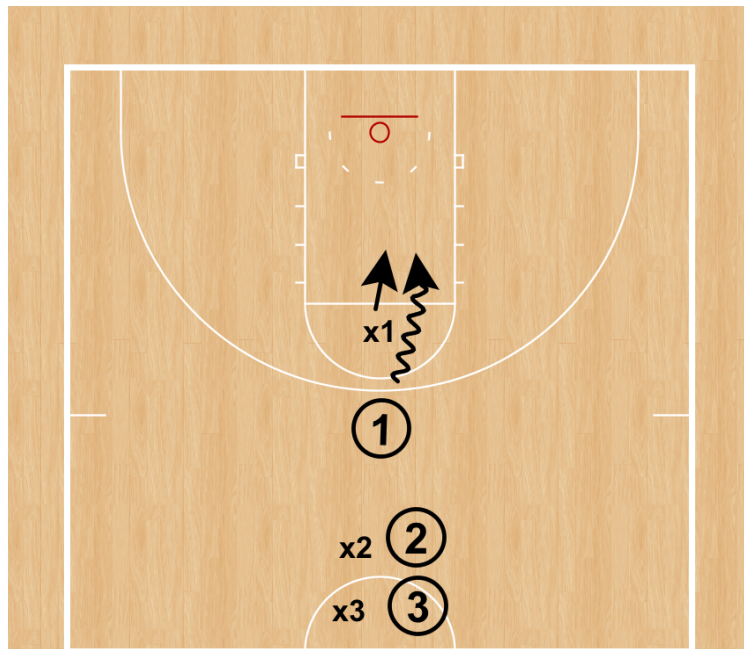
1. Players start in a sprinters stance close to the half court area.
2. The player with the ball on the outside line is on offense and is the one who initiates the drill by passing to the defender.
3. Both players are moving toward the hoop on the first pass and the defender returns the pass to the offensive player for the second pass who is also sprinting toward the rim (there is some timing to this).
4. The offensive player wants to get to the front of the rim getting their body between the ball and the defender with the ball to the outside shoulder.
5. Tell the offensive player to initiate the first hit with their shoulder to avoid having the defender getting a better angle in front of them to the rim.
6. This is typically played 2 minutes on the right side and 2 minutes on the left side. Players can keep score to make it more competitive as well.



Go One on One

Bullet Point Teaching

- Attack the rim.
- Initiate contact or veer off defender.
- Keep the ball to outside shoulder on finish.



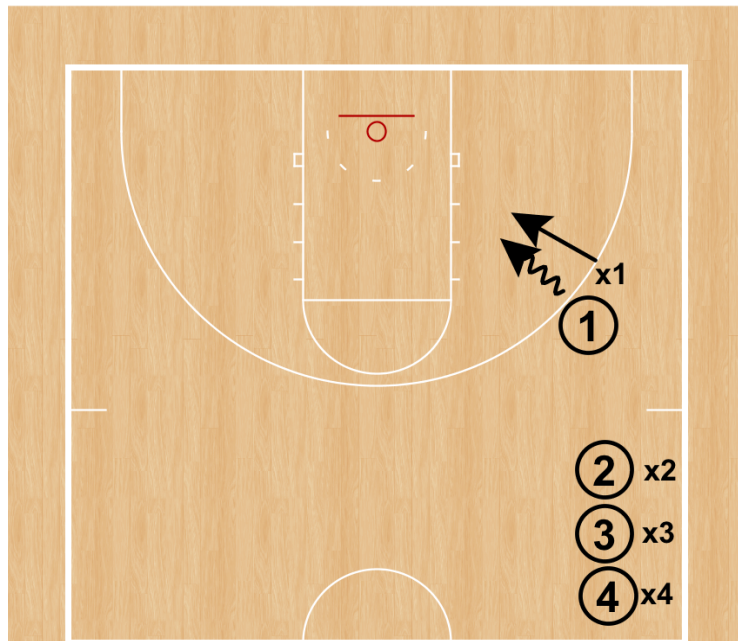
1. The offensive player starts with a live dribble at the top of the key with the defender at 17 feet with their back turned to the offensive player.
2. The offensive player initiates the drill by yelling “go” and takes off dribbling toward the rim to finish.
3. The defensive player upon hearing go sprints toward the rim to cut off the offensive player and attempts to contest the shot.
4. The offensive player wants to get to the front of the rim getting their body between the ball and the defender with the ball to the outside shoulder.
5. Tell the offensive player to veer off away from the rim as this allows a better angle for the defender to get in front.
6. Coaches can determine if the offensive player uses their left or right hands when starting the drill and players can keep score to make it more competitive.



Wing Race to Rim

Bullet Point Teaching

- Eyes up.
- Ball to outside shoulder (don't be pregnant with the ball).
- Lower your shoulders.



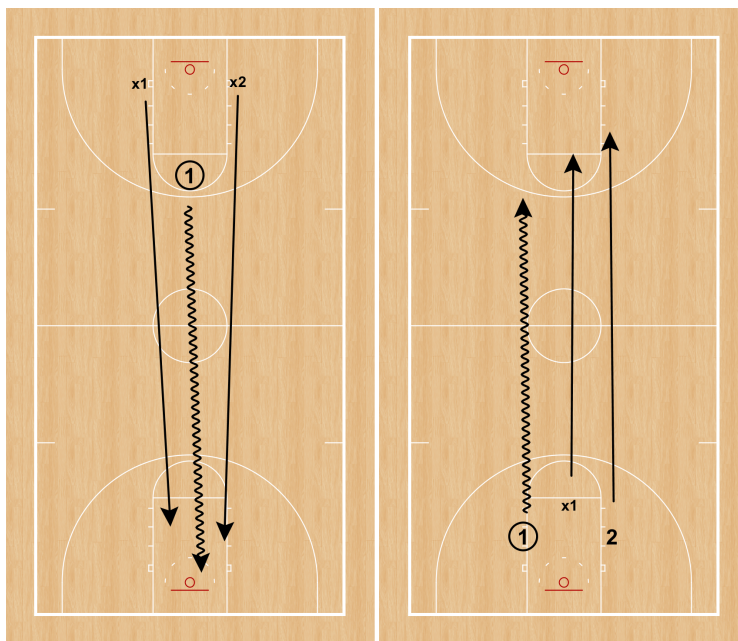
1. Players start in a sprinters stance shoulder to shoulder.
2. The player with the ball is on offense and starts with a live dribble and is the one who initiates the drill.
3. The offensive player wants to get to the front of the rim and get their body between the ball and the defender with the ball to the outside shoulder.
4. The defender is live and does not go until the offense starts to initiate their drive to the rim.
5. The coach can determine what side they want the defender on , right or left of the offensive player, and the offense always has the ball on the outside hand away from the defender.
6. This is typically played 2 minutes on the right side and 2 minutes on the left side. Players can keep score to make it more competitive as well.



Chase Two on One

Bullet Point Teaching

- Get the ball out in front to cover ground.
- Go until stopped.
- Finish with your eyes at the rim.



1. The offensive player starts with the ball on the free-throw line with two defenders behind them on the blocks.
2. The offensive player initiates the drill by dribbling full court to the opposite rim while the two defenders are chasing from behind trying to contest the lay up.
3. The offensive player gets one shot and then sprints back on defense.
4. The two defenders get the rebound and now are on offense going the other direction two on one.
5. The two offensive players are attacking the single defender attempting to get a lay up and go to the rim until they are stopped by the defender.
6. The next three players in line are then up and ready to go for the next repetition.

