

Scoring under pressure 1 v 1 / 2 v 2 - shot or pass?

Key: Pass  Screen  Player  Movement  Defender 
Dribble  Player with ball  Player without ball 

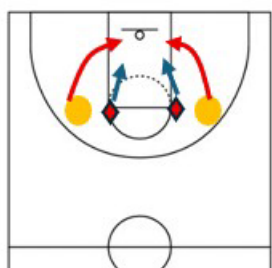
1 v 1 / 2 v 2 Drills finishing in the key under pressure .

Coaching focus - O attack the D's chest on the last bounce - Defence with body in hands out/ up

Warm Up - Full court Lay Up finishing off 1 and 2 feet - finish in the key - in/outside the charge circle /crossovers, reverse and hesitation moves into the score - no D. Add a defender - full court/half court - 5 scores.

Take the Bump Drills - O attack the D chest - D body in hands out/ up

Steal Ball Drill - Elbow/Wing 1 v 1 from static

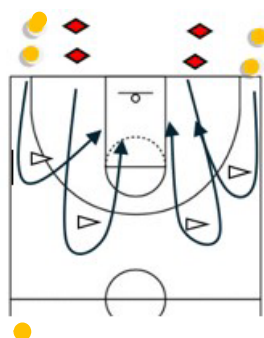


D starts with the ball holding it out front on the elbow- O steals the ball and drives across and into

This is the same drill with the ball in the D's hands. O rip and attack the D's chest



1 v 1 from a dribble



Two cones inside & outside - O dribbles around outside cone - D sprints around inside cone - Adjust cones for variable pressure



Baseline D and halfway line O - sprint around opposite wing - D follows O's move. Adjust cones for variable pressure.

Low Post Bump 1 v 1



1 pass to 2 cutting to the low post. Pivot and bump to get a shot. 1 cuts after

Team 1 v 1 - Defender 1 passes to 1 coming from the wing - 2 O plays press D on new 1 - At the other end 1 play D on new 2 - Keep score - Teams stay on their side of the court - Guards v

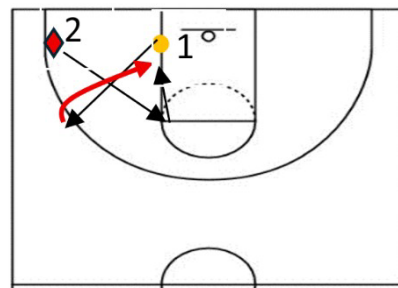
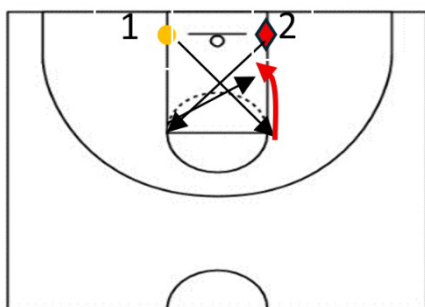
Spanish Transition 1 v 1



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Roll Drills 1 v 1 - 1 rolls the ball to pick up at the elbow - 2 runs to touchdown and play D

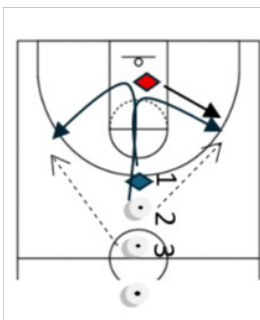


Arrow 1 drill – This drill can be used to develop all the offensive and defensive skills: square up footwork - shoot/drive – outside hand pass – dribble pass to wing or High/Low post.



The drill starts with no D. 1 cuts to the basket, then sprints to receive on the wing/post or short corner.

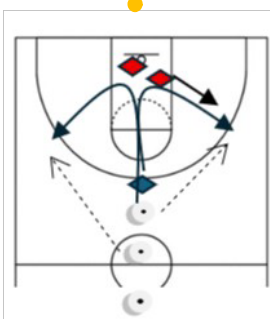
Coach Focus on footwork, pivot reverse and forward into a shot. Then add with a *rip drive and ball/foot fake*. Finishing with a lay up - 1 foot/2foot finish.



1 cuts basket then cuts to the wing/post/short corner then 2 passes to 1 and cuts to the opposite side. 3 passes to 2 then cuts to the opposite wing.

1 defender

Add 1 in defender in the key. With one D, it's fast, when the O must shoot and defend the next offensive player. D picks up 1 - 1 shoots and picks up 2.



2 defenders

2 passes to 1's wing/post cut and D picks up on 1. 2 cuts to basket and wing/post to get the next defender pick up. 3 passes to 2 and cuts as 1 picks up D on 3. Adjust the levels of D to control

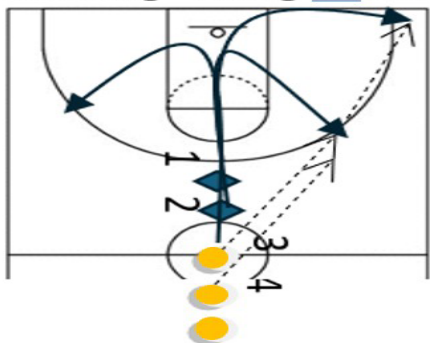
Ref video: [U14 Fiba clinic. "Shooting drills" Coach Nenad Trunić](#)

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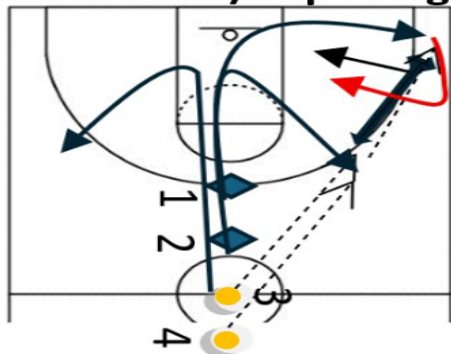
Arrow 2 Drill - The Arrow 2 Drill can be used to develop many offensive and defensive techniques and tactics of the 2-man game.

Shooting Wing Or Post



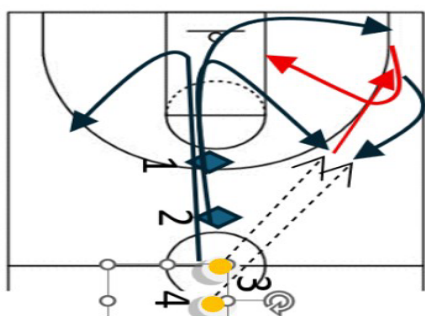
Shooting Wing or Post - This is the basic form that is used for shooting practice from the catch or off the dribble from a *Rip* - The cut can be to the post or wing

Pick N Roll/Pop Wing



Pick N Roll/Pop - The 1 cut to the 45 and the 2 to the corner/forward spot - 3 passes to 1 then 1 to 2 - 1 screen to 2 who drives for PNR or PNP pass - 2 shows for a pass from 4 in the post or wing.

Dribble Handoff

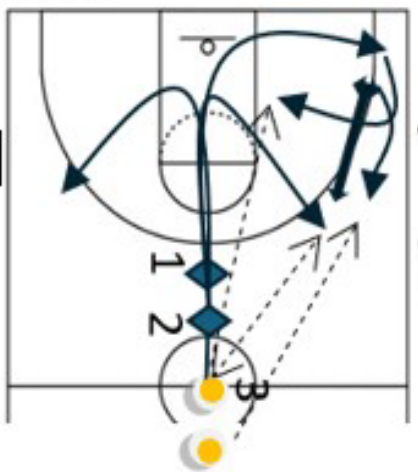


Dribble Hand-Off - Same as PNR - 1 DHO to 2 - If 1 rolls or pops determines the pass from 2 - 4 pass to 2

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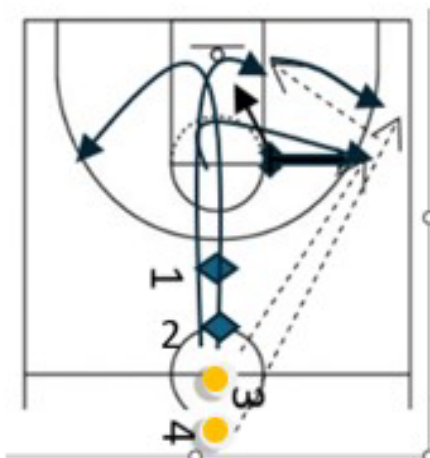
Away



Basket drive/reverse pass



Wing to Low post



Away - Same as DHO - 3 passes to 1 and 1 passes back to 3 and screens away to 2 - 2 curls or flares for a pass from 3 - 1 reads 2 and cuts or pops for a pass from 4cc

Wing to Low Post - Same as above - 1 cut to the Low Post and 2 cuts to the wing off 1's screen - 3 passes to 2 on the wing who one hand passes to 1 in the post and 2 cuts to the elbow to set a screen and dives to the basket - 1 pockets pass to 2 - 4 passes to 1 on wing or post.

Basket drive /reverse pass - Same as above - 1 pass to 2 and 2 drives to the basket with a two-foot stop and reverse pass to 1 who is pulled behind 1 shot and 2 shows High Post for a pass from 4.

All these drills can be run adding a defender to 1 or 2. This is creating an offensive advantage and read/react for both attackers. O switches to D.



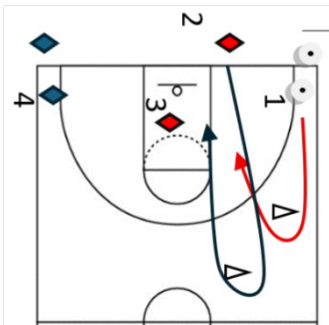
In 2 v 2 live we can run all the formats of the 2-man game. The pass to the coach adds the wing rotation or screen away to get open. The focus can be on offence or defence on the wing. When the ball is passed to the coach the D must

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Penetrate to create advantage - shot or pass?

2 v 2 Shot or Pass



3 v 3 Shot or Pass

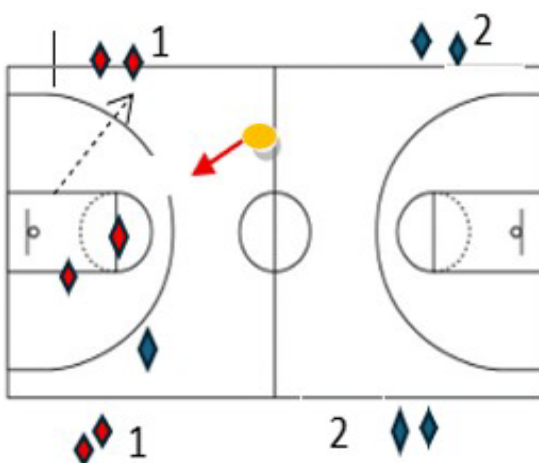


4 v 4 Shot or Pass



Give the O the advantage with the cone position. In all sets the player on the ball has a decision, to shoot or pass. 2s have only 2 passes - 3s, three passes and 4s have 4 passes. All move to the next line 1-2-3-4-5-6 or rotate O and D.

Spanish 2 v 2 Full Court



Spanish 3 v 3

