

Coach M. Olesen

THE DRIBBLE DRIVE OFFENSE

A Complete Instruction Manual

The Drills, the X's & O's and the Strategies



The Dribble Drive Offense (Drills Sample Ebook)

The Drills, the X's & O's and the Strategies

By Coach M. Olesen
www.coachdribbledrive.com

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Drilling the Offense

When we first put this offense into place we ran a lot of 5-on-0, inspired by Herb Welling's DVD's. We spent a lot of time learning patterns, but I would now advise against that. The offense is a motion offense, and thus, like all motion offenses, consists of little situations where players have to make reads. Players must learn to use what the defense gives them, and running patterns 5-on-0 just doesn't teach reads.

We struggled for a long time getting things right, as players were too mechanical in their running of the offense, and found it tedious running things over and over again. Things only changed when I came across Vance Walberg's practice plans from Pepperdine online.

Coach Walberg uses "The Daily 45" - a series of drills which start each practice and combines into work on all the fundamentals and the break-downs of the Dribble Drive Offense, including shooting and 1 to 5 man drills. These drills can be combined almost endlessly, and now form the backbone of or teaching of the Dribble Drive offense. We go with three to five short drills to start off practice on a high note, and we feel it's important to practice like we want to play; fast and with plenty of reads.

Defense Ball

One rule we always play with at practice is "Defense Ball". Any time defenders are able to get a deflection to push the ball out of bounds the defense gets the ball.

The reason for this rule is two-fold; Firstly deflections in a game lead to steals, and it disrupt the offense. We want to reinforce those hustle plays at practice.

Secondly, and almost more importantly, it reinforces to the offense that they must take care of the ball. Throw a bad pass and more than likely you lose the ball.

Development and Fundamentals

Fundamentals is the name of the game. We can run all the plays we want to, but in the end it's the player's skill level we need to raise. The best system in the world can't win games if the players aren't as good as their opponents. We need to make them better!

The players need to have an understanding of what we're trying to run, but it then needs to be broken down into parts that can more easily be improved, before being put into an improved whole.

We start out giving the players an idea of how the offense is run - and an understanding of how important the dribble drive is to run the offense.

Even if the players understand the offense they will not be able to run it effectively, as it's all dependent on the ability to attack the basket and be a threat, and they have yet to develop that skills set.

Then we spend countless hours on breakdown ball handling, drives to the basket and finishing, and the players are able to execute the offense much, much better.

We have taken the whole, broken it down into parts, and have improved the whole greatly.

Developing the Dribble Drive Skills Set

To run the Dribble Drive Offense we need to develop players who are great at driving to the basket.

Sold to:

The Walberg layup drill is run at every practice, as it's a great warm-up and teaching drill, it gets the players in the right frame of mind and it's possible to intensify the drill as parts are added.

The parts we slowly add to the layup drill are the fundamentals we're teaching the kids:

- 1) **The Primary Move:** The move that beats the immediate defender.
- 2) **The Secondary Move:** When the immediate defender cuts off the primary move.
- 3) **6 Foot Finishing:** The ability to finish around the help defense, 3 feet to either side of the rim.

As these skills are slowly added the layup drill - and other drills - are made more and more intense and stay challenging.

Individual Drills

1-on-1 drills, including Blood 11, a drill that teaches primary and secondary moves and finishing off the high speed dribble.

Two, Three and Four Man Breakdown Drills

The added skills in driving to the basket also improve the 2, 3 and 4-man breakdown drills, as help defense needs to commit to the help more to prevent layups.

- **Two man drills** - teaches reads and passes off penetration in controlled situations.
- **Three man drills** - teaches team work in controlled situations with several choices.
- **Four man drills** - as close to game situation you can get while still maintaining a controlled situation.

These drills all need to be run as game situation drills - the drills are run at full speed, but with reduced numbers as teaching tools.

DAILY 45

Coach Walberg's *Daily 45* is a series of drills which start each practice and combines into work on all the fundamentals of the Dribble Drive Offense, including shooting and 1 to 5 man drills. There is a strong element of defense in the drills too, as most of the drills are very competitive.

Early in the year, while players are learning the drills, it might take longer than 45 minutes to get through the drills. Later in the year you might want to put in some 5-on-0 Dummy offense (full or half court) in after the shooting drills.

I've divided the Daily 45 into intervals - choose one or two drills from each category for each practice.

A main focus for the Daily 45 should be the Blood Drills. They are the bread and butter of learning the offense, and spending 15-20 minutes on them every day is well worth it.

A) Daily 45 Shooting

- 2-4 minutes of Olympic shooting (every day)
- 5 spot shooting, keeping running score, keeping teams the same! (Every day, record team and individual scores)
- Bird drill (not every day, record scores)

B) Daily 45 Layups

You will want to do the layup drills early in the season, but at some point you can cut out the daily layup drills to focus on more competitive team related drills. Complete one of the following each day:

- Regular Layups right
- Regular Layups left
- Drop-and-Drag two man game 2-corner (from 1, 3 or 4 spot)
- Drop-and-Drag two man game 3-corner (from 1, 2 or 4 spot)
- Memphis Perfection Running Drills

C) Daily 45 Game-type drills

- Attack Drills
- Texas 111
- Texas 22
- Cardinal
- Cardinal 32
- Scramble 11-man fast break - 2-3 minutes
- Scramble, no dribble (great shots)
- Scramble Scoring - first to 8
- Transition Drill

D) Daily 45 Blood Series

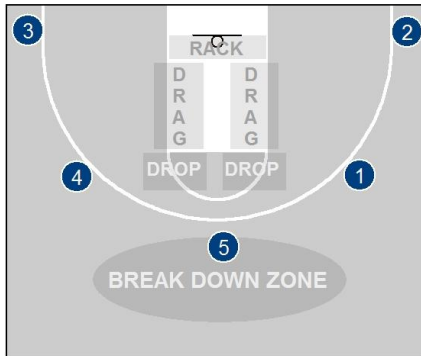
You can do one to three different variations of the blood drills in one 20 minute training session. Maybe start with Blood 22 then go to Blood 44, or go Blood 32, 33 and 44.

- Blood 22
- Blood 32 or 33 (2-side or 3-side)
- Blood 44

Sold to:

Daily 45 Shooting Drills

5-Spot Shooting



Same groups of three players together every practice.

Purpose

- Excellent Warm-Up Drill and Conditioning
- Beneficial for 3-point Shooting

Instructions

- 4 Minutes on Clock
- 3 players, 2 balls per basket (like Olympic Shooting)
- 5 Spots (Wing - Corner - Corner - Wing - Top-of-Key)
- Must make 10 baskets at each spot to move on.
- Once 10 baskets are made at all 5 spots (50 total makes), the group continues at the top of the key to get as many extra baskets in the remaining time.
- Players must always find **the open window** and give target hands.
- Organization
- 3 people per hoop (could use 4 if needed - still only 2 balls)
- Each basket is ranked from 1 (best shooters) to 5 (challenged shooters) for added competition (if 5 groups of 3)

Group goals

To Move up a basket (individual groups)

- Beat the team in front of you by 10 or more or
- Beat the team in front of you two times in a row
- You can only drop down one court per day.

Team Goal

Your Minimum team goal should to be above even (even = 50 makes).

Example:

- Group #1 - completes 4 spots and has made 7 baskets on the 5th spot (top of the key) = Group #1: -3
- Group #2 - completes all 5 spots and makes 5 more 3's (at the top of the key) = Group #2: +5
- Group #3 - completes all 5 spots, but makes no extra 3's = Group #3: even
- As a team (add up all scores): Team Total: +2
- Players
- All but Big Men (they can work on individual drills at this time).
- **Note:** Big men are over 6'8 - don't limit young players to the post, they might not keep growing!

Tips

- Shooter must hustle after their own rebound
- High Schools - Make 8 baskets at each spot for a total of 40 (8 for u18's, 6 for u16's, 4 for u14's)
- Overall Team should be above even

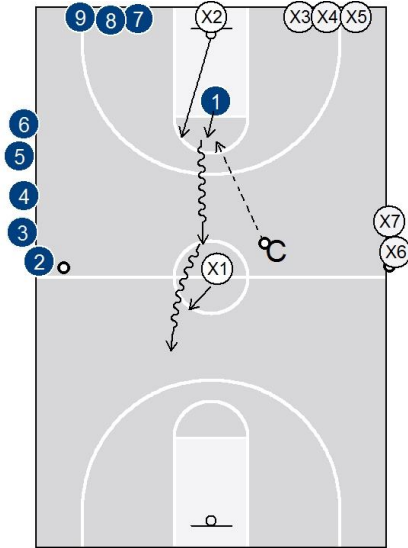
Coach Walberg's Highest ever:

- = +26 for one group (76 made 3's in 4 minutes)
- +42 as a team

Sold to:

Daily 45 Game-type Drills – Texas 11 + Texas 22

Texas 11



This is essentially the Attack drills with a chaser, and 2-on-1 attack the other way.

Purpose

- Offensive attacking drill (1-on-1)
- It must be fast pace, with a chaser behind
- After score it becomes a defensive pressure drill
- Minimum of 9 players

Set-up

Three players on the court at all times:

- Defensive player X1 with the ball at half-court circle (or coach passing)
- Offensive player O1 waiting to receive ball at free throw line
- Defensive chaser X2 coming from baseline

Lines with players will come from

- One line for each team at half-court (starts with the ball), one blue and one white
- Two lines at the baseline with whites on one side and blues on the other side of the key

Player X1 at half court throws the ball to offensive player O1 at the free-throw line

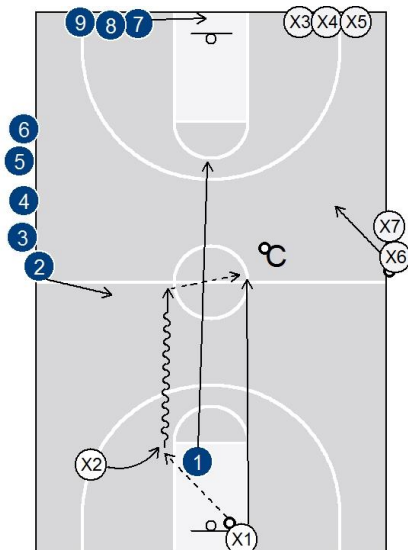
- Player X1 must stay in the jump ball circle until the offensive player O1 reaches him
- Once the pass is made to the offensive player he is in the attack mode
- The defensive player at the baseline becomes a chaser

Now it becomes one-on-one drill with a chaser

- Play it out until the defense rebounds or the basket is scored
- X1 must try to slow down O1 to allow X2 to get back in the play.
- **Don't** allow X1 to retreat to the key - he **must** stay in center circle until offense gets there

Then it becomes a 2-on-1 on the way back

- The person that was on offense, O1, becomes the defender (on interception in front court he tries to score again).
- Side front the offensive player who is not taking the ball out, X2
- One shot and a tip only



Scoring

- All games are played to 8
- 2-pointer worth 2
- Two points for foul
- Any steals in the backcourt you can score again
- Players must stay in-bounds and any time the ball goes out it is considered dead

Tips

- Side Front - when it turns into a defensive pressure drill it is crucial that the defensive player is side fronting after a score
- Please remember this is a fast-paced, attack drill

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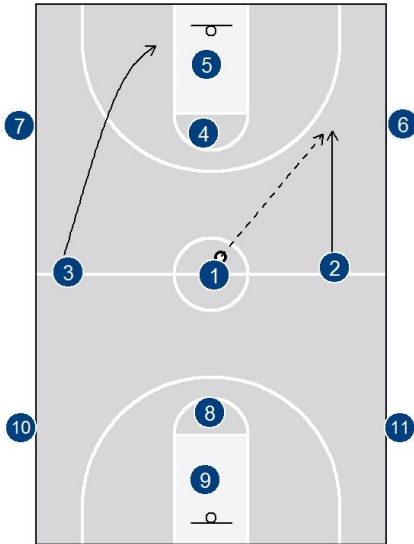
Scramble - 11 Man Break

This is a continuous 3-on-2 full-court drill that works on ball-handling, shooting, filling the lanes, outlet passes, and hustle.

Can be run with two teams or with 11+ players all mixing.

11 Man Break Option

When playing pure 11-man break there are no teams, it's just continuous 3-on-2. This option flows better, but is not as competitive. One advantage is that it reveals your best rebounders and hustle players, as the rebounder always stays in the drill.



Setup

- Minimum 11 Players to complete this drill
- Always three attackers and two defenders.
- Two defenders on each basket
- Four total lines - one on each sideline at the top of the key extended

Instructions

- One shot only on each possession
- Both attackers and defenders can rebound to stay in the drill.
- When a player gains possession a person from each side comes on.
- Rebounder outlets to side and they attack defenders at other end. **Two options after make:** 1) Outlet pass. Defenders can sneak up to prepare offensive players for press/teach good ball handling/taking care of ball. 2) No outlet needed - just get the ball and go.

Scramble Two Teams Option

When playing scramble in two teams it's very competitive.



Setup

- Minimum 14 players to complete this drill
- Always three attackers and two defenders.
- Each team must send two defenders to their basket as they attack.
- Two lines for each team - one on each sideline at the top of the key extended

The rest of the drill is available in the full book at coachdribbledrive.com

3-on-3 Transition Drill



Transition is a continuous 3-on-3 drill that's fun and challenging, with two teams competing against each other, while focusing on the Dribble Drive Break/Sideline Break and defensive transition.

The drill continues the work started in the Scramble 11 man break drill, using the same tactics, but now requiring the wings to beat their man to force the outnumbered situation.

Players may forget to run the fast break properly in this drill. Remind them when needed. Use Dribble Drive options.

Defensively the drill enforces the quick return run, as opposed to the Blood and Scramble drills. In Transition players must defend after they attack. This reinforces communication, as the offensive players change, defenders must communicate who picks up whom.

Instructions

Minimum 10 players needed, more possible. Scoring is first team to 12 or 15, twos and threes. Each team always attack one end and defends the other.

The general principle of the drill is players attack, defend, and then go off, except for the rebounder who stays on.

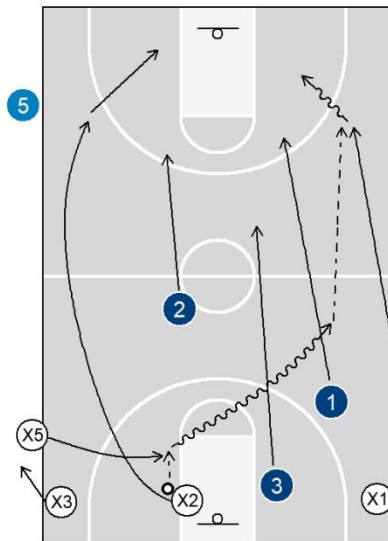
The O's start with three players on offense and the X's with three defenders. Both teams have players standing by at the foul lines extended at their defensive end.

When the O's lose the ball they immediately transition to defense.

Any defender can get the rebound to stay in the drill. X2 rebounds the ball and outlets to X5 coming from the nearest sideline.

X5 will C-cut to the ball and take one to two blow-out dribbles then look to pass the ball forward to X4, who has sprinted as soon as it's clear he wouldn't get the outlet.

X2 sprints up the opposite sideline, going to the block when X4 - the opposite wing - gets the ball. X5 trails.



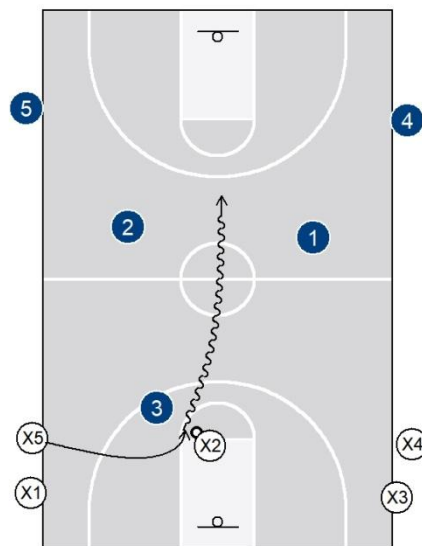
Options

- Shot clock may be used (7-10 sec).
- You can also add a fourth player. Let him/her come in from the baseline and be a trailer.
- If a defensive player is hanging around looking for a steal, this is a great time to teach the point guards to go for the handoff with the Magic Johnson C-cut.
- Have them cut hard in a small arch, so they receive the ball at full speed and can bust by the defense, creating an outnumbered situation.

Low Numbers

The drill may also be run as:

- 1-on-1 (4 players minimum, rebounder goes off, new offensive player in)
- 2-on-2 (6 players minimum, one player in, rebounder stays on, non-rebounding defender goes off).
- 4-on-4 (post players sprinting down the middle from the baseline).



Sold to:

Daily 45 Blood Series Drills

The "Blood" drills are the essence of teaching the offense. This is a simple breakdown of the principles of the offense. It's fast paced drills to also help in conditioning.

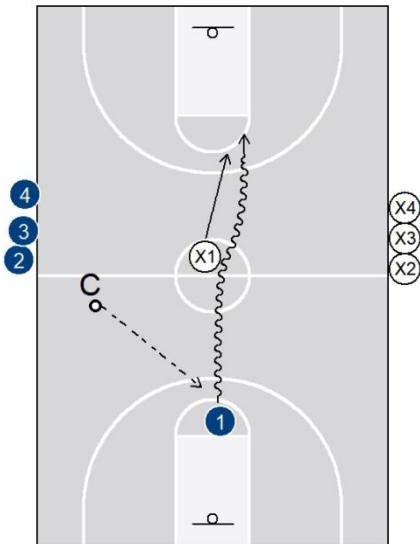
The drills can be anything from

- Blood 22: 2-on-2, guards and post players
- Blood 32/33: 3-on-3, with guards, posts and the 2/3-man
- Blood 44: 4-on-4 (guards, posts and both O2 and O3)

Blood drills are named to emphasize toughness and going hard to the basket and decision-making. Blood drills are break-down drills for the dribble drive motion, emphasizing the guard's ability to break down his man and the reads of all players.

Blood 11

Blood 11 is a player development drill more than a Dribble Drive tactics drill. It basically teaches players to attack at speed. This is a lot harder than it sounds, as most players have been taught to use moves instead of just running by the offense. We call foul if players slow down to make a move.



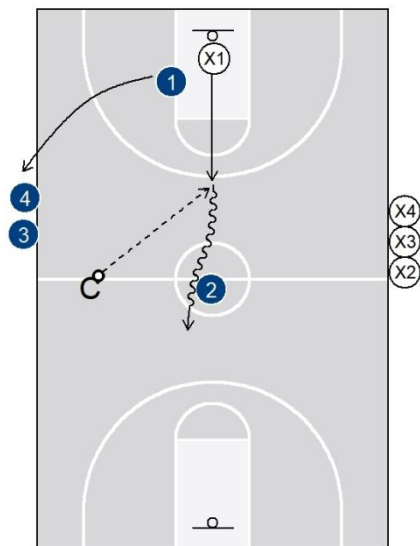
Instructions

Team O starts on offense, attacks team X, and drill then becomes a continuous.

- Coach has a ball and will hit O who will attack from other side of half court as shown in examples.
- The manager will have another ball and be ready to give this to the coach each time.
- Each team will now run what happens whenever the guard hits the Rack Zone, Drag Zone, or Drop Zone.
- The players at the end (5's in Blood 22) stay there the entire drill. Only the guards go end-to-end.
- Run drill twice - so everyone plays both offense and defense

Scoring

- All games are played to 8; 2-pointer worth 2; 3-pointer worth 3.
- Blood 11 and 22 only allows one shot and a tip and only the use of the Drop or Rack Zone.
- On Blood 32, 33 and 44 you can get the rebound and continue play until you score or the defense gets the stop.



Players Involved

- Everyone is involved in these drills.
- Players will play more to their position in the Blood Drills.

Tips

- Need 2 managers and 2 balls to run this drill efficiently.
- Guards get a great amount of ball handling and learning on how to "clip the hip." Guards have to get back on defense as soon as possible.
- You can run Blood 22 one end and Blood 33/44 in the other end to make up numbers

Blood 22, 33 and 44

The rest of the drill is available in the full book at coachdribbledrive.com

Sold to:

DRIBBLE DRIVE PERIMETER SHOOTING & READS

The following drills are specific for perimeter players in the dribble drive, for both shots and other reads. They either practice the specific cuts, moves and reads players make in the dribble drive, or have a specific purpose in the offense, like the *20 Minute Threes Drill* (p. 16) which helps determine which players may shoot which shots in Walberg's system.

Later in the book there are also some really good, simple volume shooting drills. A lot of the time coaches will want to shoot their game shots at practice, but a lot of these drills don't allow you to get as many shots up as the simple drills do. Make sure you pick your shooting drills intelligently.

A lot of the time the perimeter drills will be run while the post players work at the other end of the gym.

20 Minute Threes Drill

The 20 minutes 3's drill is a Walberg drill which has several good points.

It is an individual shooting drill, done in pairs, that's used for evaluating players - both how hard they work, and how good they are as shooters.

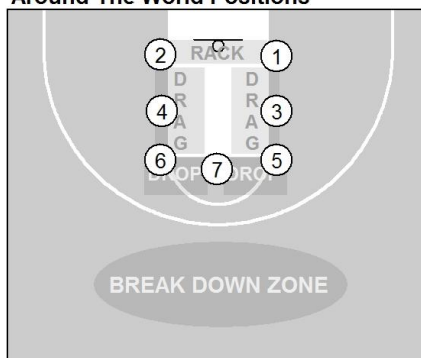
It starts with some individual layups and shots close to the basket. One player will start, and when he has completed one section he will dribble the ball while the other player completes the same section.

Once all the sections have been completed the player will start counting his three pointers made until the end of the 20 minutes. Only made three pointers count towards the score.

Have all players call out their scores at all times - it's competitive and prevents cheating.

The sections are as follows:

Around The World Positions



- 20 mikans made (players alternate)
- Around the world - Each player must shoot 7 straight shots without the ball hitting the floor on any misses. If the ball hits the floor on a miss player starts over (players alternate)
- Elbow Lay-ups - Each player must make 20 elbow layups, alternating left and right (players alternate)
- Around the world - Each player must shoot 7 straight shots without the ball hitting the floor on any misses. If the ball hits the floor on a miss player starts over. (Players alternate)
- Make 5 elbow shots in a row (both players at the same time). Players **must** call out their makes here, especially from three onwards; "Three, coach" and so on.
- Shoot three pointers until the end of the 20 minutes. (Both players at the same time).

Walberg uses this drill to determine who may shoot the 3-point shot and how much. Players will shoot the drill maybe 20 times per season, and their average score determines how much they can shoot, using the streak

The Streak System

Walberg uses a system where if the other team goes on a scoring streak he will call "Streak". When in streak mode his team will slow it down from their normal frantic pace.

At this point only his one or two best players are allowed to shoot the ball, as the "Streak Breakers". As the best players their job is to break the streak.

The only other players who can shoot the ball during a "Streak" period are determined by the 20 minute shooting drill:

Under 50 makes: Not allowed to shoot threes in a game at all.

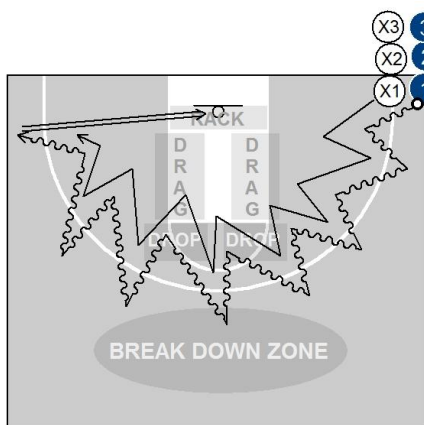
50-65 makes: Player has a one miss limit. Once he misses a three point shot he's not allowed to shoot any more.

65-80 makes: Player may shoot when open except for a "streak" situation.

80+ makes: May shoot the three pointer during a "streak" situation, even if they are not one of the two best players.

Sold to:

Step-back Ball Handling Drill



- X3 3
- X2 2
- X1 1

The Step-back ball handling drill is aimed at improving ball handling generally, and the step-back dribble in particular.

Instructions

O1 takes a hard dribble in, then steps/jumps back low, and with his **shoulders squared to the rim**. Make sure the player takes **one** step back, not several, and really pushes off with the inside foot.

O1 repeats this all the way around, then shoots a step-back three pointer in the other corner.

Next group goes when the previous group is at the top of the key.

Rotation

Players rejoin the lines, switching offense and defense.

Go both right and left sides.

Variations

- **Step-back to crossover rack:** On the last step-back the player crosses over then goes to the rack.:
- **Step-back between the legs, crossover:** On each step-back the player goes between the legs, crosses over to go again.

DRIBBLE DRIVE POST SHOOTING & READS

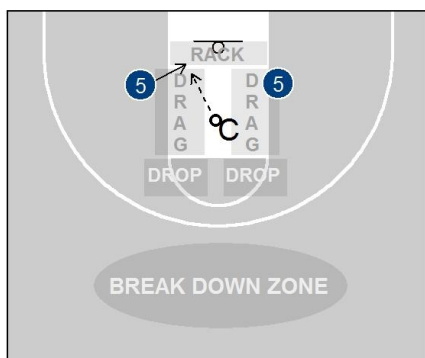
The guards 2-ball shooting drills can be run at the same time as the post development drills at different ends of the gym.

The Post Development Drills are a series of drills to teach the post players to move and finish the right way in the Dribble Drive Motion.

Catch Drill

In the catch drill the post players catch and shoot the ball, moving and finishing in the same ways as in the offense.

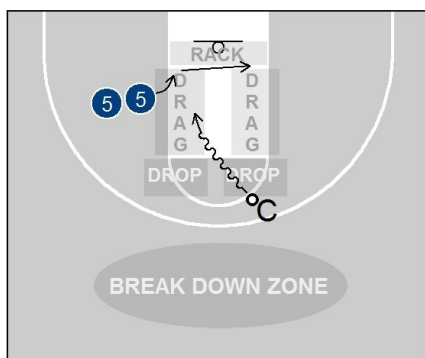
Catch Drill Straight



Players step in as they do on a drive. They get a high pass above their shoulders or at the rim, never taking the ball below their heads. They catch it high and stick it in.

Then switch sides - always using the outside hand to finish, shooting soft shots

Catch Drill - Relocation

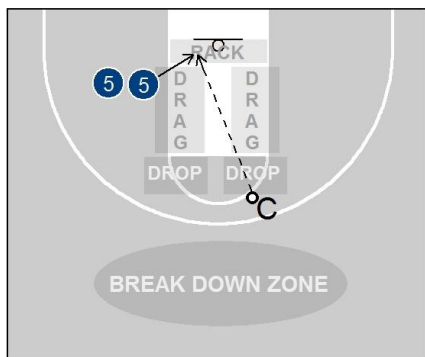


In Catch - Relocation players practice getting across the key and finishing in two steps.

Footwork is important: Players **must** step with the top foot. Keep feet moving while waiting for the penetration.

Then switch sides - always using the outside hand to finish, shooting soft shots.

Catch Drill - Lob



In Catch - lob players practice catching and finishing off the lob pass.

Coach will throw both the straight lob pass and the pass off the backboard.

Coach can dribble towards the player to force relocation or dribble away for the straight pass.

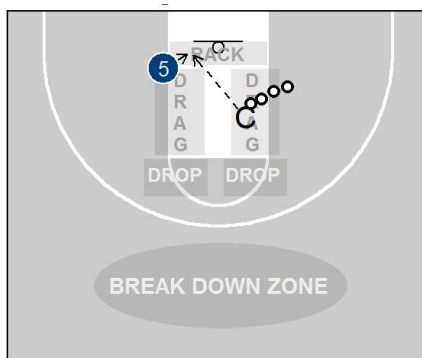
Walberg Post Series

The following drills are drills coach Walberg developed to teach his players how to finish around the basket in the Dribble Drive. This is all focused on quick finishes.

You should run a few of these drills every day, but be able to get through the ones you choose in 10 minutes once the players know their reads and fundamentals.

Passing can be done by a coach, a manager or a couple of perimeter players.

Walberg Quick-Ups Drill



The Quick-ups drill is designed to teach the post player to release the ball quickly.

Purpose

To teach the post player to not bring the ball down before he shoots it - the reason of most blocks in the post area.

Instructions

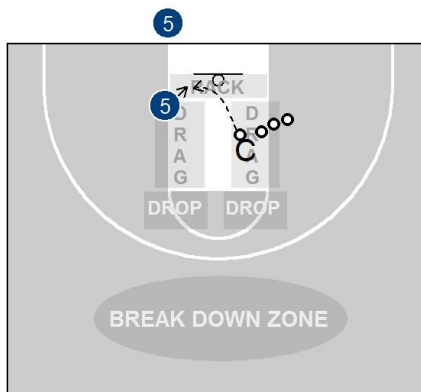
The coach has four balls and fires them at the post player super quickly (you might want to start with three balls, to ease them into it).

Post must catch and bring the ball up, then catch the next ball immediately.

Coaching Points

You can go half speed, then speed it up, to focus on the technique, but they will only really get it at full speed.

Walberg Lobs Drill



The Lobs drill is designed to teach the post player to finish on a guard lob pass, both off a straight pass and off the backboard (shot or pass).

The drill is much the same as the quick-ups drill.

Purpose

To teach the post player to finish in the air and to time their jump reading where the ball will go (straight lob, or off the backboard).

To teach the post player to jump-jump (see p. Post Fundamentals p. **Error! Bookmark not defined.**)

Instructions

The coach lobs four balls to the post player, one by one (you might want to start with three balls, to ease them into it).

Post must catch and finish in the air. If he doesn't dunk the ball he must jump-jump.

O4 passes then rotate.

Coaching Points

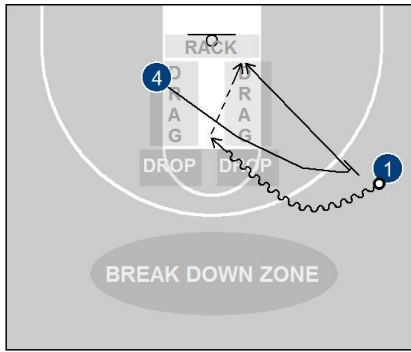
Keep the player guessing on where the pass will come - straight or backboard.

The jump-jump will get the player 2-3 easy baskets per game.

Sold to:

The rest of the series is in the full book at coachdribbledrive.com

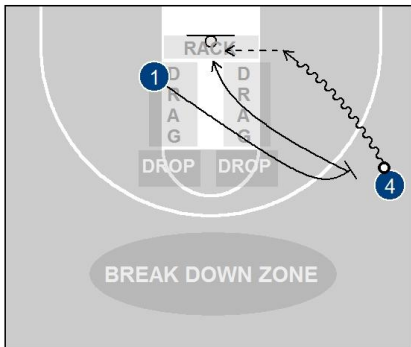
Bias Pick & Roll Drill



In the Bigs pick & roll drill the bigs go through the different reads of the pick & roll. Run it both sides. Once they know the basic reads, run it 2-on-2.

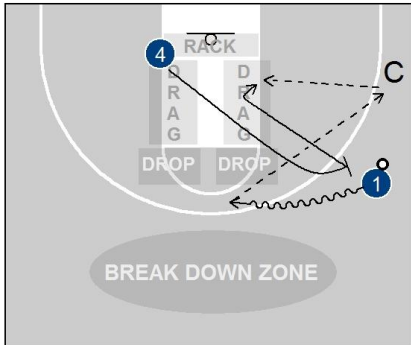
Side Pick & Roll Using Screen

The ball handler/coach gets the screen and the big dives, scoring on the lob.



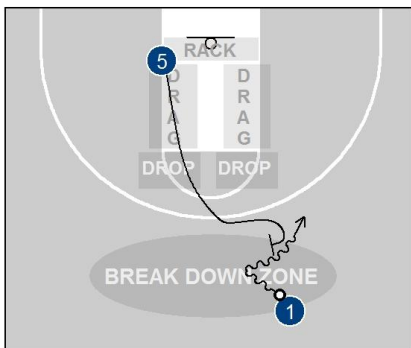
Side Pick & Roll Turn Down

The ball handler/coach turns down the screen and the big dives, scoring on the lob.



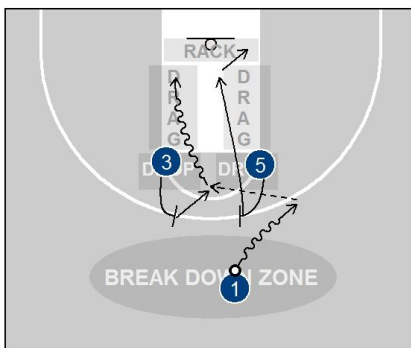
Side Pick & Roll Pass-Back

The ball is reversed to the coach and the big posts up, gets the ball and scores.



Top Pick & Roll Using Screen

The ball handler/coach gets the screen and the big dives, scoring on the lob.



Horns Pick & Roll Reads

Reads for the Horns double-high screen.

The bigs move like in the normal Dribble Drive - getting out of the way of drives.

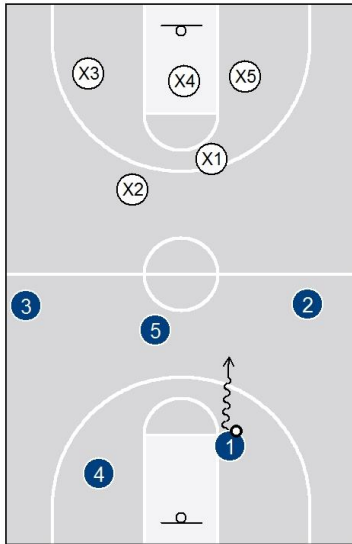
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DRIBBLE DRIVE WHOLE METHOD DRILLS

This collection of drills practices the whole offense, either in the full or half court.

Cricket Drill



Drill to teach awareness of time-and-score and getting high percentage shots.

Instructions

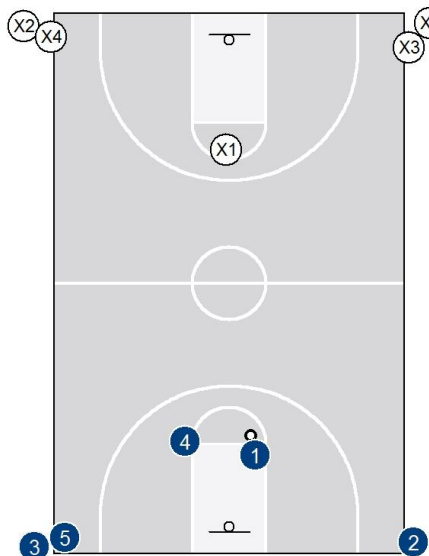
Team A gets up to 6 attempts on offense to score as many points as possible, 2's and 3's. After a stop or a basket Team B goes to defense **again** at the other end, while Team A tries to break.

Team A may "declare" at any point - say if they have 8 points after 3 possessions. Team B must now try to match or improve upon team A's score in the same number of possessions.

Team B wins if they match the score of the first team.

Team B then gets to go first.

Progression Fast Break Drill



Drill to train numbered break and transition defense.
 Drill is run twice with each team starting with the ball.

Scoring

2's and 3's to highest score.

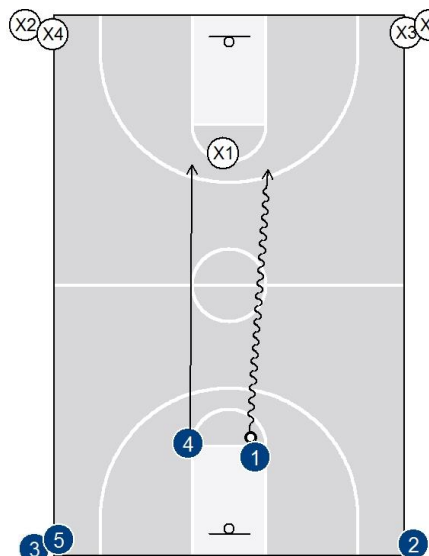
Goals

Offensive

- Working on finish numbered breaks with layups.

Defensive

- Transition defense as a disadvantage
- Zone principles in protecting basket, not giving dunks or layups
- Scrambling to contest jump shots
- Rebounding to give offense only one shot.



Progression 2-on-1

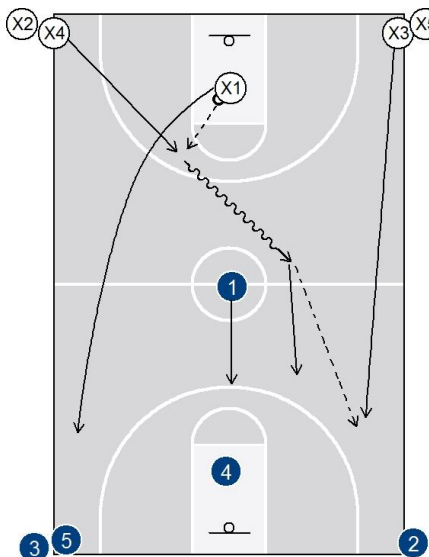
Drill starts as O's comes at the other 2-on-1.

Defense

- X1 on defense plays two offensive men, stabbing and retreating.

Offense

- Offense must attack the basket hard off the dribble to make defender commit, possibly using touch passes from mid court - and keep good spacing.



Progression 3-on-2

On basket or rebound play reverses and two new X's come on.

Defense

- O's sprints back in tandem defense, with top man stopping the ball, other man guarding the basket, taking first pass.

Offense

- X's outlet the ball and looks to hit the wings early, then go with proper team tactics:
- Middle man goes slightly ball side, but doesn't go through.
- Opposite wing goes to weak side block.

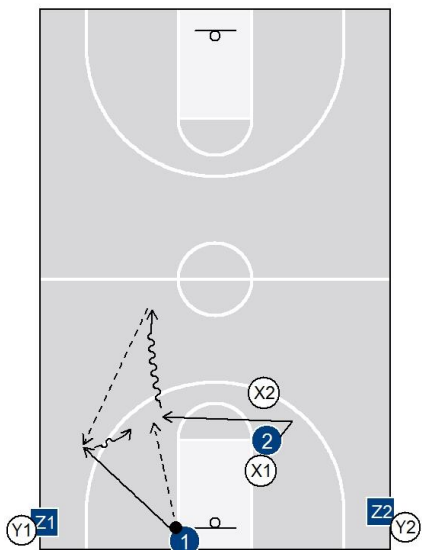
The rest of the drill is available in the full book at coachdribbledrive.com

Sold to:

FULL COURT DEVELOPMENT DRILLS

Each drill trains athletic, technical and tactical elements for the length of the court at full speed providing conditioning and skill development. The small-sided games give players more space to develop their skills; young athletes need space to train skills while advanced players require training in smaller spaces to enhance and perfect skills. The drills enforce the rules and flow of a 5v5 game but give players space and time on the ball to train individual skills.

2-on-2 Rugby Rules



Emphasis:

- Encourage trapping;
- practice the reversal pass;
- develop an attacking mindset.

Instructions

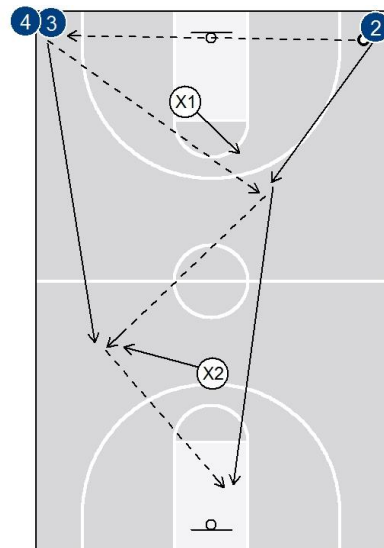
The game is played 2-on-2; however, the "rugby" rules mean the offense cannot advance the ball with a pass in the back court; all passes must be lateral or backward until the ball crosses the half court line.

The offensive player must create a passing lane for his teammate with the ball and attack the open floor after receiving a pass; the defense traps and recovers out of the trap to stop the dribble.

Drill works best with eight players; four teams of two.

Two teams start and play until a basket is scored. If a basket is scored, the defense goes out and the new team enters on offense against the team that scored. As long as nobody scores against you, you stay on the floor. Play until one team of two scores five baskets.

Spain 2-on-2 Full Court Competitive Passing



Passing and defense drill that's more difficult than it looks.

O3 and O2 must try to pass the ball up the floor and score while X1 and X2 are defending. They have unlimited passes.

Rotations

- Defender who forces turnover switches with attacker who caused it.
- Note: Can be run in teams, so both defenders rotate out.

Notes

- Use the one-fake-pass technique.

Defenders must learn to read attackers to get out of defense.

No skip passes when they get good.

Sold to:

FUNDAMENTALS DRILLS

This chapter contains general fundamental development drills. The drills do not specifically use any dribble drive reads, but all develop the fundamentals required to succeed with the Dribble Drive.

Do remember that the correct execution of X's & O's will only take you so far – great players take you farther than you can imagine. So make sure you develop players.

Primary Move Fundamentals

The primary move (see p. **Error! Bookmark not defined.**) to beat the man-to-man defender starts with the footwork. This series of drills are designed as a progression to help learn how to do primary moves.

Primary 1-on-0

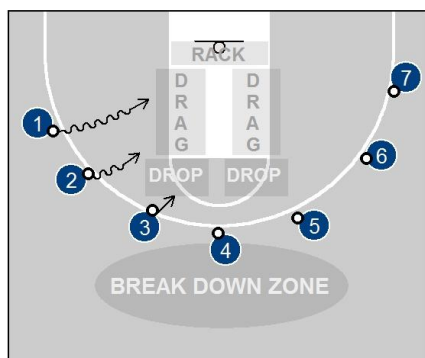
Drills performing the primary move without defenders.

1) One Dribble Layups.

One dribble layups, starting at the three point line. Players move back starting point a little every time they're successful, trying to get as far back as possible and still perform one dribble layup.

Drop and chase ball to not travel - release under hips.

Make sure they reach out with non dribbling hand in swimming motion.



2) Primary Move

The rest of the drill is available in the full book at coachdribbledrive.com

Secondary Move Fundamentals

The secondary move is used only when the defense cuts off the primary move. **If there is no hard primary, there is no secondary!** Offensive player must **always** reach and try to swim for the primary move, in an angle to the basket. Then when defense knows offensive player is going to beat him using primary move, they'll start jumping to cut off the move - that's when the secondary move comes into use.

You go primary, then when cut off immediately to secondary move which is a change of direction and change of hand.

It can be a behind the back dribble, a spin or - usually with the off hand - a between the legs and hesitation.

The primary angle **must** be to the basket, then change of direction and then change of direction to the basket - 45-90-90 degrees.

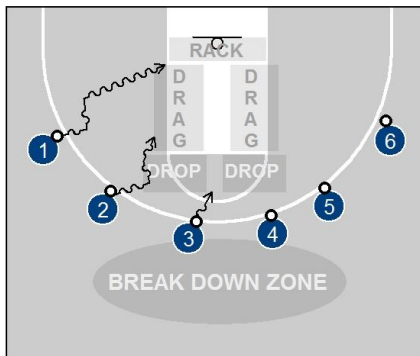
See p. **Error! Bookmark not defined.** for more on the secondary move.

1-on-0 Secondary

Players line up around the three point line. They go hard primary, then immediate secondary.

Coaching Points

- It's key that players go to the hoop, not in an angle on their primary move.



1-on-1 Secondary

The rest of the drill is available in the full book at coachdribbledrive.com

Six Foot Finishing Drills

Six foot finishing is about keeping the defense guessing where you're going to finish. The defense goes to a spot, then offense must react and have different angles of finishing. Players need to be taught to use their entire reach to finish.

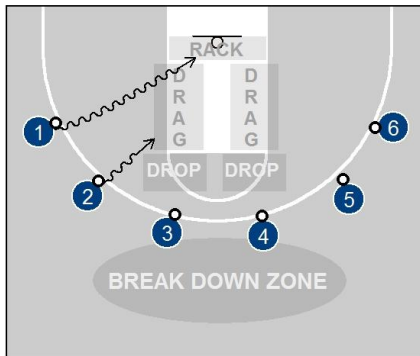
For more on six foot finishing see p. **Error! Bookmark not defined.**

Work Finishing Into Other Drills

Work in the finishes with all layup drills, including the Walberg drill and the Primary-secondary drills.

1-on-0 Six Foot Finishing.

Players line up or are placed around the basket behind the three point line. Have them work on a finishing move.



BALL HANDLING DRILLS

When running the dribble drive you must spend a lot of time on ball handling. It's simply necessary to do this for the players to develop the skills needed to run the offense.

However, I see too many players doing ball handling drills that don't transfer to game-type situations. Lots of super low dribbles and so on. I think it's important to teach players that the skills practices must transfer to on-game situations.

Ball handling

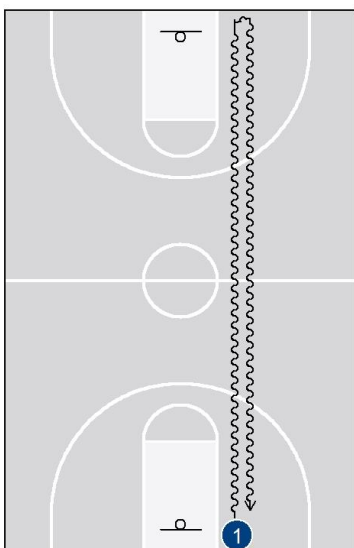
Ball handling is the basis for the dribble drive motion - and any offensive system.

Basic ball handling which I use

- Stationary ball handling (including 2-ball dribbling)
- Zig Zag dribbling, different moves on turns, finish with a layup.
- Zig Zag with two balls, performing moves.
- Zig Zag dribbling v. partner, 1-on-1

See some other drills below.

Walking Ball Handling (Strickland Series)



A series of ball handling drills which get progressively more difficult. Important to stay low and to always progress up the court.

Walking Dribble Series

Players are walking up the court, performing moves. Make sure they stay low.

- Pounding Dribble L/R
 - Walking up with a pounding dribble, right hand, back with left hand
- Pounding one to four cross-over
 - Progression; Walking, then crossing over. Start with a single crossover dribble, then progress to two straight, then three, four.
- One to four between legs
 - Same as or the cross-over
- One to four behind back
 - Same as for the cross-over. Make sure players are wrapping the ball around the back.
- In-out to Cross-over
 - Combination dribble
- Behind back, between legs
 - Combination dribble
- In-out crossover, between legs, behind back
 - Triple combination dribble

Sideways Series

Crab-walking sideways,

- 2xBetween legs + Behind Back
 - Dribbling between the legs twice, then behind the back. Up and back facing same direction.
- Sideways - 2xBetween legs +2xBehind Back
 - Same as above, but twice between the legs

Sold to:

Foul Drill

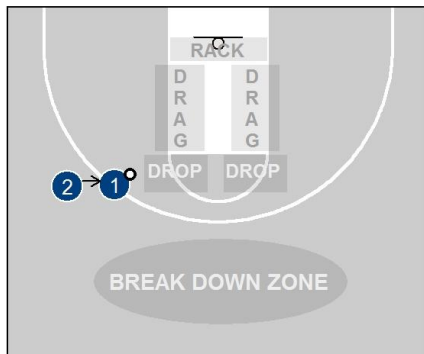
Player O1 must dribble the basketball and keep control of it while player O2 tries to get off him. Player O2 is allowed to foul.

Best results if player O2 is behind player O1, fouling with body.

1-on-1 Foul Sideline

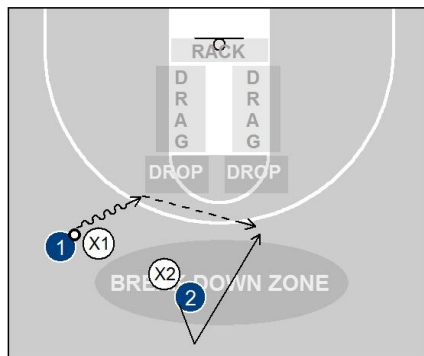
Offense must try to stay within two narrow lines - defense must try to push him out.

Teaches leaning against defender to create space.



2-on-2 Foul

The rest of the drill is available in the full book at coachdribbledrive.com



PASSING DRILLS

This is a collection of general passing drills, not specific to the Dribble Drive, but still very useful to the offense.

Threes Numbered Passing Drill

This is a fun, and very useful warm-up passing drill. You start it out simple, but then add complexity to it. The drill has several points of emphasis which you add one-by-one.

Setup

Players are divided into groups of three (you can also make it two's, but the defense part of the drill isn't available then). Each group has a ball.

The player in each group are numbered from 1 to 3. You must pass to the player with the next higher number (or to 1 if you're at the end of the line).

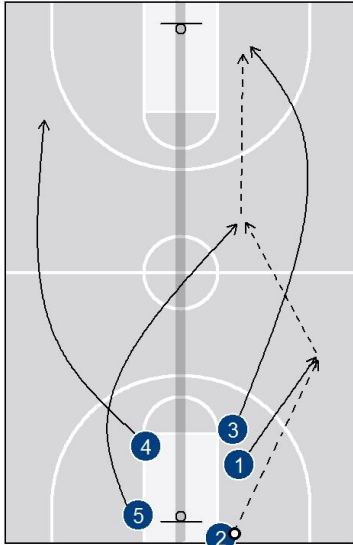
Starting out players are told to just move around the court, among each other in one half court, passing from 1 to 2 to 3 to 1 and so on. You will find that they do this quite easily, but that they will stay close to the other players in their group, not mixing a lot. That is where the variations come in.

Variations

There are an endless amount of variations you can put in, emphasizing things from the Dribble Drive:

- To make players move around require that they must cut around a player from a different group before catching the ball again. This raises the complexity immensely, as everyone are now running around trying to find someone to cut around. The passer must now also make sure they don't hit a cutter from a different team while they make their pass. Also the passer will now lose sight of their teammates, so receiver must communicate to get the ball handlers attention.
- Add different passes:
 - Bounce passes
 - Passes off one dribble
 - One hand pass off one dribble (simulates the back door pass in the quick, and also requires timing, as ball handler must read when the receiver comes off his cut around another player)
 - One dribble jump passes (simulates the drag zone skip)
- Defense: When adding defense to the drill the coach shouts out a number from 1 to 3, and that player now becomes a defender, trying to steal the ball from all the other groups. On the coach calling a different number a different player becomes the defender.

Princeton Drill



Probably the best drill for court awareness and passing I've ever come across.

Instructions

A team has one minute to score as many times as possible going from end to end. It will normally be run shooting layups.

Some rules must be followed for a shot to count. The rules are:

- The ball must never touch the floor (not after a rebound either)
- The ball can only be passed forward
- No dribbles
- The same person can't shoot twice in a row
- Shooter can't rebound own shot
- Every player must get a foot in the key every time up the floor.

Scoring

Two teams, 4 times through each.

Name two winners: Best overall score for all 4 attempt plus best single minute score. This keeps the drill competitive all the way through, even if one team messes up badly on the first attempt.

Added rules

Additional rules for high level teams include:

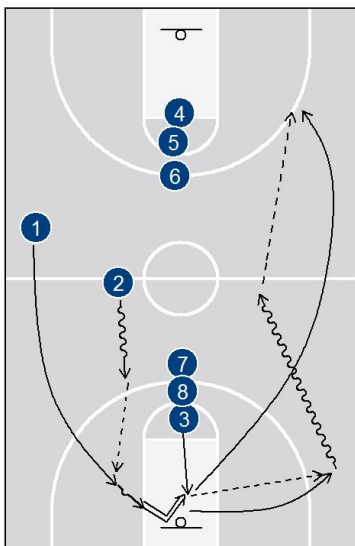
- Every player must score in first 5 baskets
- Rebounder must be the shooter
- Ball can't cross the middle of the court once inbounded, as the cross court pass is easily picked up by the defense.
- Rebounder must score in other end (Hernandez rules).

Can be run with both layups, foul line jumpers and 3 pointers

LAYUP DRILLS

In my opinion layups are often under-taught. Like any other shot layups need to be practiced if they're to be made under the pressure of a game.

Outlet Layups



Outlet layups drills the pass to a no-dribble fast break layup.

Instructions

O2 is dribbling

the ball up the court, O1 is sprinting the sideline lane. When O2 gets to the three point line (or foul line) he jump stops and hits O1 for a no-dribble layup.

O1 continues his run to the foul line extended on the other side. The next person in line, O3, rebounds the ball and outlets to O1.

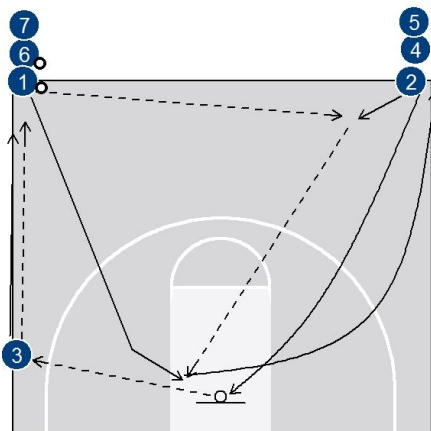
O1 now dribbles up the court, passing to O3 for the layup.

Possible to do with up to four balls.

Scoring

Each player will only shoot at one end, so there are really two teams. Go first to 10, 20 or 30 layups. Don't count layups where the player isn't sprinting flat out up the court.

Passing Layups



The passing layups drill is excellent for teaching how to lead passes to the shooter and teaching tip-in rebounding.

It's also good for consistency in layups and just the mechanics of layups at high speed.

Instructions

O1 passes to O2 and runs towards the basket. O2 takes one or two dribbles towards the basket and leads O1 with the pass.

O2 rebounds. Count a miss by O1 as a make if O2 can tip it in. On a make only count it as a make if the ball is rebounded before the ball hits the floor.

O2 passes to O3 then follows the ball. O3 passes to the next in line, then follows the ball.

O1 runs through to the other line.

Scoring

- It can be timed, with the team having to make more than the previous time.
- It can be a certain number of layups in a row, with a penalty if it isn't reached within a certain timeframe.
- It can be first goal is 20 in a row. If they miss its 19, then 18. For every miss they run one leg of a suicide. If they hit 19 in a row they'd run one leg (one miss), if they hit 16 in a row, a full suicide (4 misses), 12=2 suicides (8 misses).

Sold to:

GENERAL SHOOTING DRILLS

In shooting repetition is key. **It's better to get 300 shots off in a practice than to get 100 game shots off**, but you might want to try to do both at the same time.

The shooting drills covered already are great for combining learning the dribble drive with high volume shooting. The drills below are all high rep and really competitive.

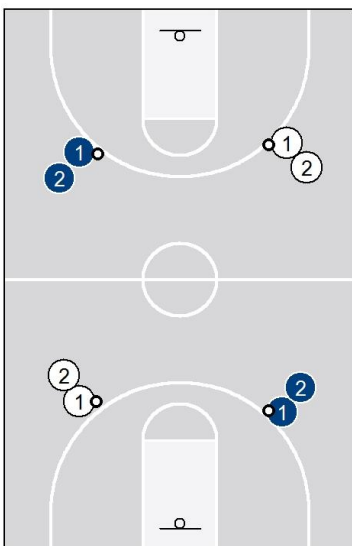
We also spend lots of time on these competitive shooting drills:

- 7-up – a drill that everyone is in it to win until the last shot
- 5-up – another drill that you're never out off
- Pressure Shooting: high rep pressure shooting

For drills that accurately measures shooting skills look at these:

- 50 threes – simply measures how many makes of 50 shots
- 3-in-3 – only consistent shooting earns points

7-up Shooting Drill



Competitive shooting drill.

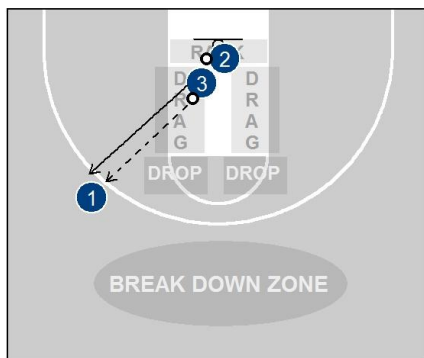
Instructions

- Any number of teams of two players shooting on as many baskets as possible.
- One ball per team, shooter rebounding own shot, passing back to next person.
- Coach can choose any shot, typically 15 footers, 3's or "Layup, pull-up, 3".

Scoring

- All teams are trying to get to three baskets first.
- When first team gets to three all scores are reset.
- Team who reached goal is now going for four, rest of teams still going for three.
- First team to get to seven baskets win.

Pressure Shooting



Olympic shooting drill, but with pressure on the shooter.

Purpose

- Shooting game shots in a high rep situation.

Instructions

- 3 players per hoop
- 2 balls per basket
- Shooter gets their own rebound and passes to the next player without the ball
- Passer follows the ball and jumps at the shooter, no blocks allowed.
- First to 10 makes, other two do 10 rim jumps.

Tips

- Keep players in one spot, and move after someone wins.

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