



Game Like Drills for Pregame Warm Up



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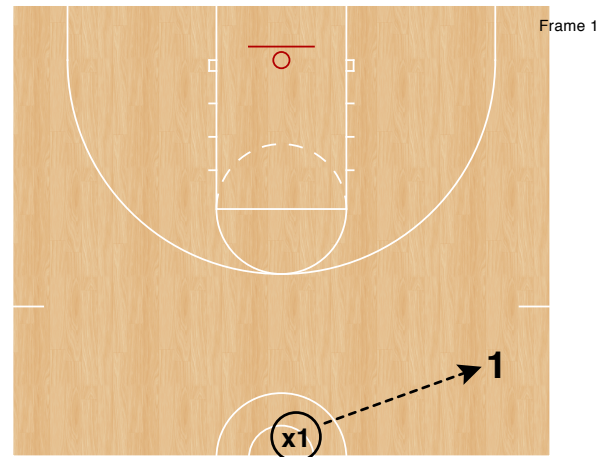
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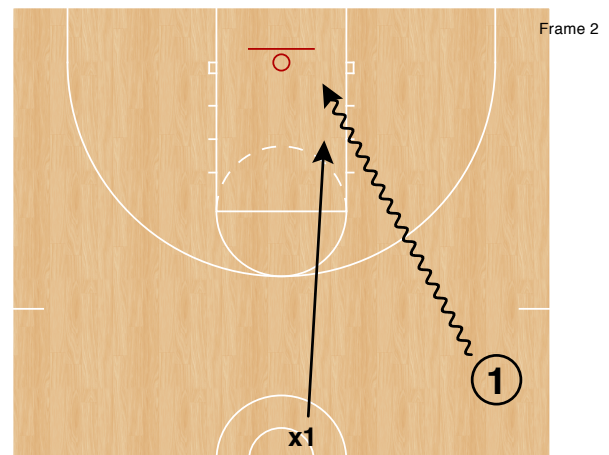
1v1 Wolf

Defender starts near the center circle with the basketball.
Offensive players starts closer to the sideline with a couple steps advantage over the defender.
X1 passes to player 1 to begin the game.



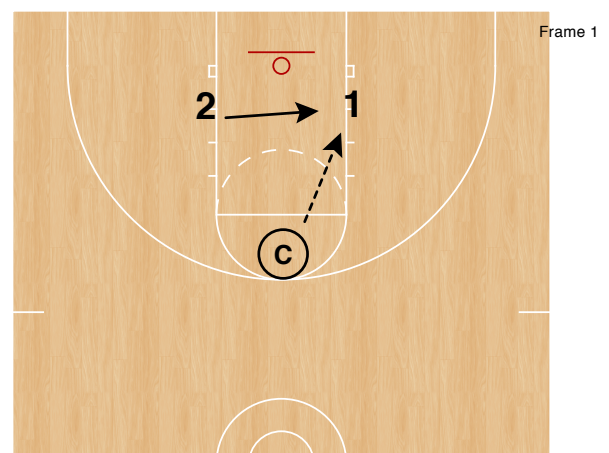
1v1 Wolf

On the pass the game is live and player 1 tries to finish at the rim as X1 tries to defend player 1.



1v1 Block Finishing

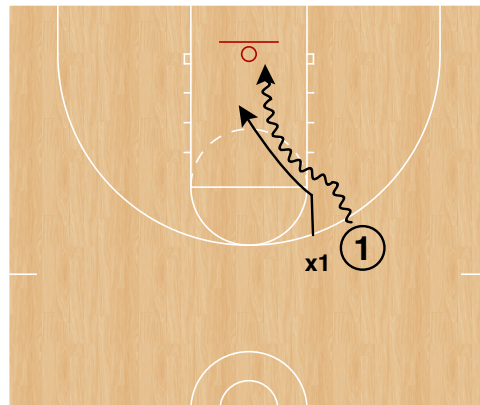
Players start on both blocks.
Coach/manager can be at the free throw line.
Coach can pass to either player 1 or player 2.
Who ever receives the pass is on offense and tries to finish.
The player who does not receive the pass is on defense and tries to defend the offensive player.



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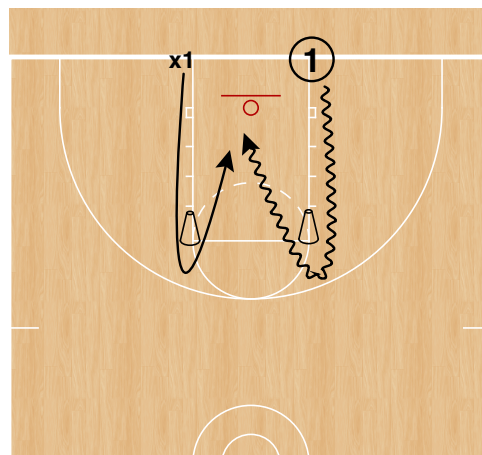
1v1 Veer

Players start shoulder to shoulder.
On offenses movement the game is live.
Player 1 tries to veer x1 off to finish at the rim.
Can vary the starting position.



1v1 Attack

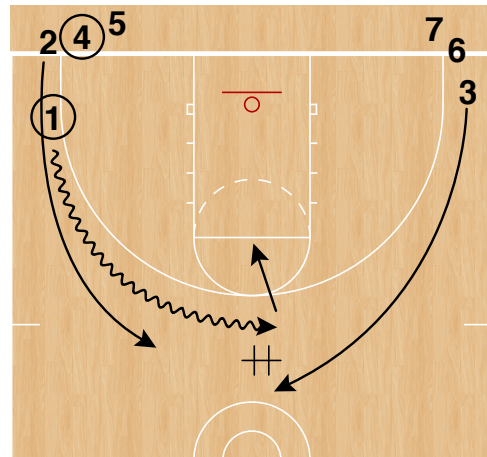
Offense and defense start on the baseline.
Cones are set up at the elbows.
Game starts on offenses movement.
Offense dribbles around cone in front of them and then tries to score.
When offense moves, defense runs around cone in front of them and tries to defend.



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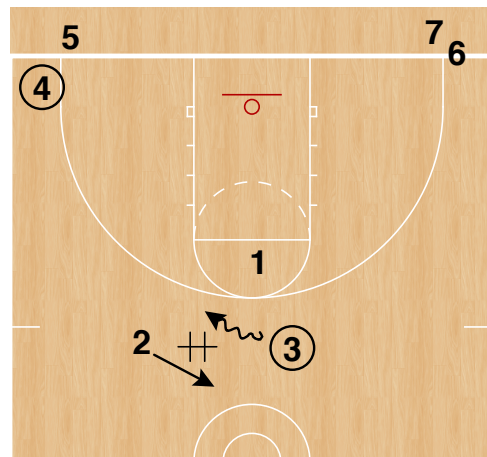
Handoff 2v1

Break the team into two groups. One group in each corner three point area. One of the lines has a basketball for every other person. Player 1 has the basketball and player 2 is behind him without a basketball. Player 1 dribbles following the arc and player 2 follows behind. At the same time, player 3 follows the arc to meet player 1 and receive a hand off. Player 1 now becomes the defender.

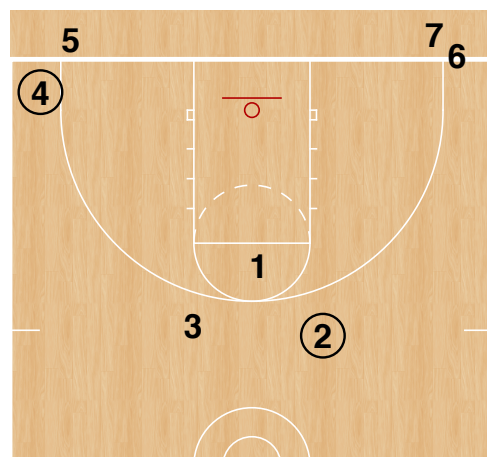


Handoff 2v1

Player 3 dribble hand offs with player 2 and they try to score against player 1.



Handoff 2v1

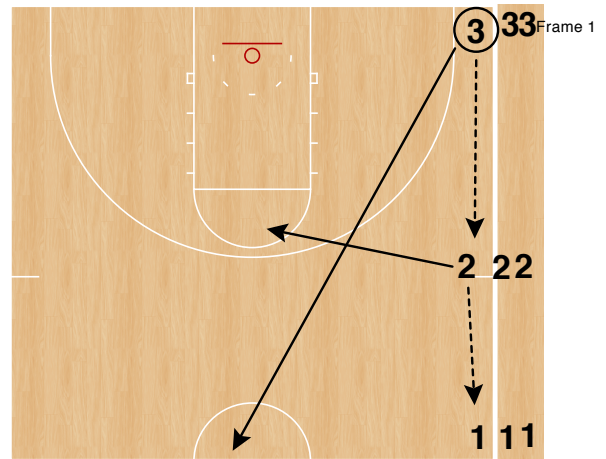




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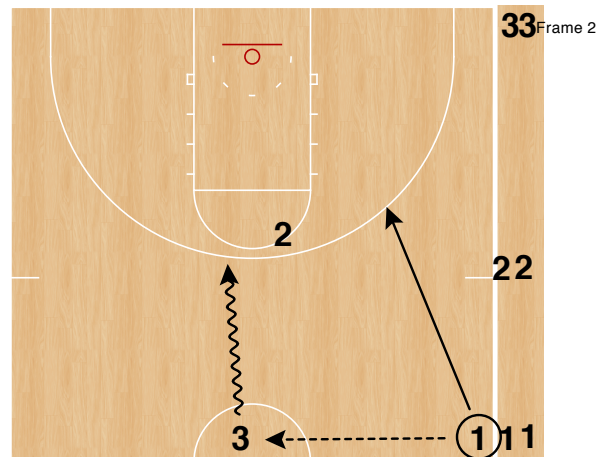
Sideline 2v1

3 Lines on the sideline (baseline, top of key extended and half court). The basketball starts in the line on the baseline. Player 3 passes to player 2 and sprints to the center circle (must get one foot in the circle). Player 2 passes to player 1 and sprints to the top of the key area and will be on defense.



Sideline 2v1

Player 1 passes to player 3 and they try to score against player 2.

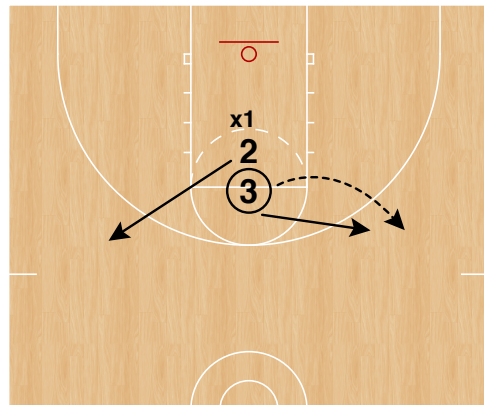




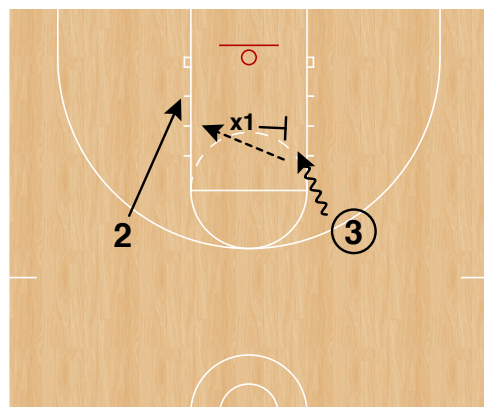
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Line 2v1

First two people in line are on offense.
First person has the basketball and tosses it out and runs after it. The second person sprints to proper spacing.
Third player in line is on defense.

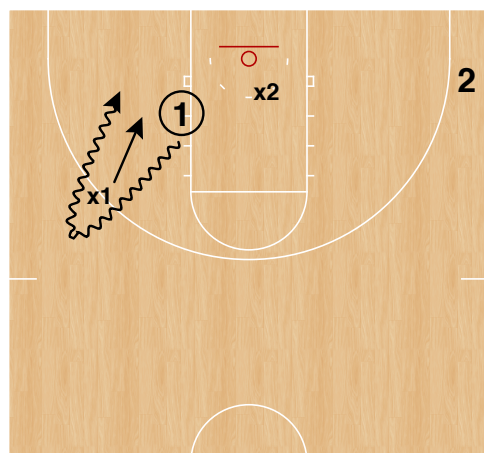


Line 2v1



2v2 Weakside

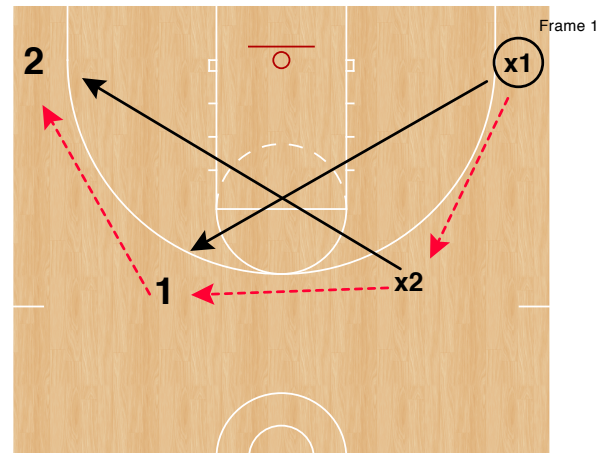
Player 1 starts on the block and dribbles around x1.
As soon as player 1 turns around x1, the game is live.
This gives the offense an advantage and will likely create a decision by both the offense (shoot or pass) and defense (rotate/stunt/don't rotate).



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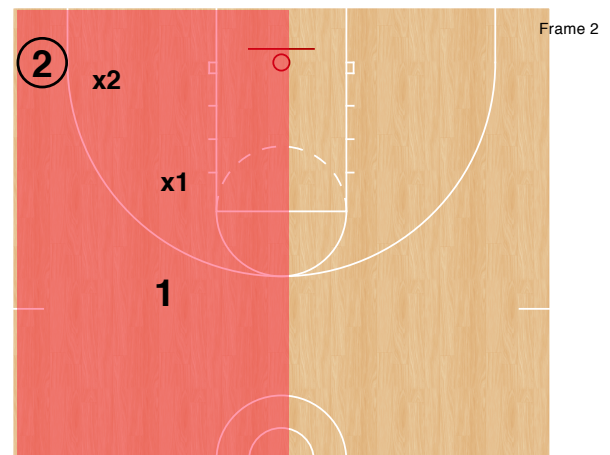
Arc 2v2

4 players on the court. 2 on offense and 2 on defense.
Players fill the corners and slots.
The two defensive players are on one side and two offensive players on the other side.
The defensive player in the corner starts with the ball.
X1 passes to x2 and sprints to close out on player 1. X2 passes to player 1 and sprints to close out on player 2. Player 1 passes to player 2 and the players play 2v2.



Arc 2v2

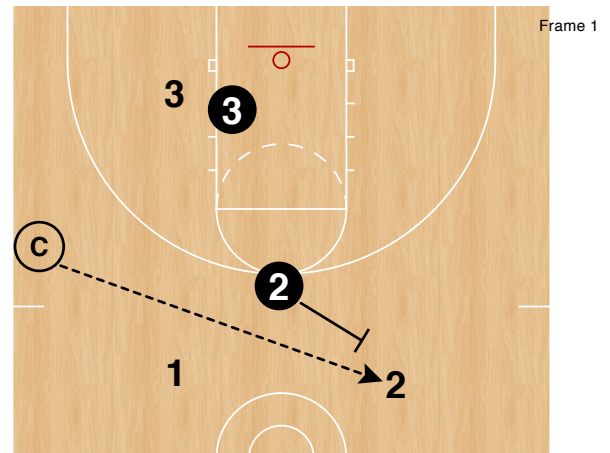
The offense can only score and play on half of the court.



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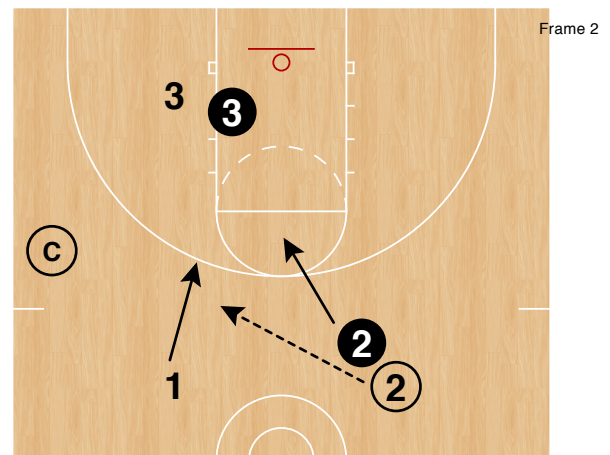
Tip

Coach passes to one of the guards on top. Offensive player who receives the pass can only pass. Defensive player tries to tip the following pass.



Tip

If the top defender gets a tip on the pass from the offensive player the defense gets a point. This also creates a 2 on 1 & 1/2 situation. Player that received the pass from the coach is new top defense and two new posts come in. Can vary where the other offensive and help defender is.

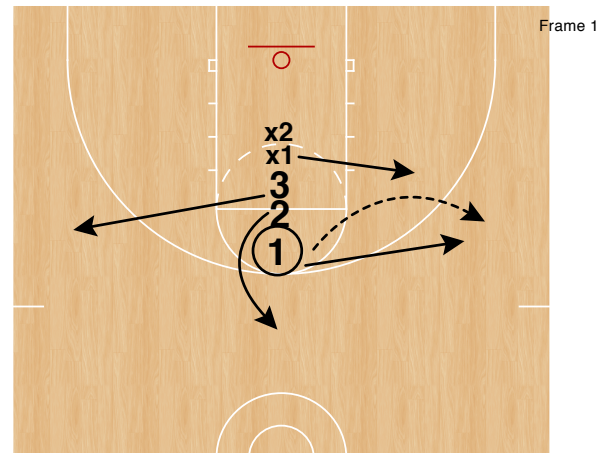




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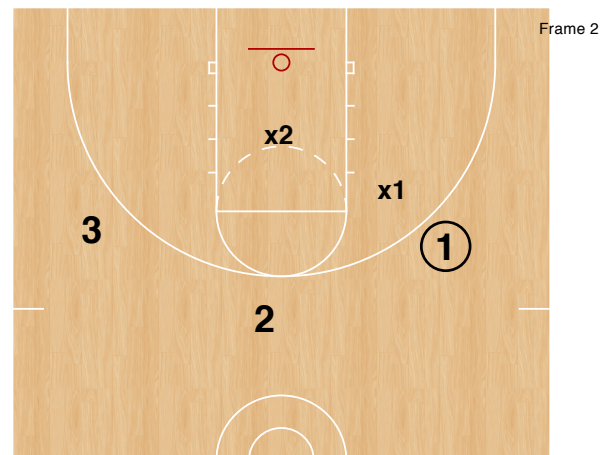
Line 3v2

First 3 players in line are on offense.
Last 2 players in line are on defense.
First player in line starts with the basketball.
First player in line tosses the ball out and runs after it.
Other offensive players sprint to space.



Line 3v2

Teams play 3 vs. 2.

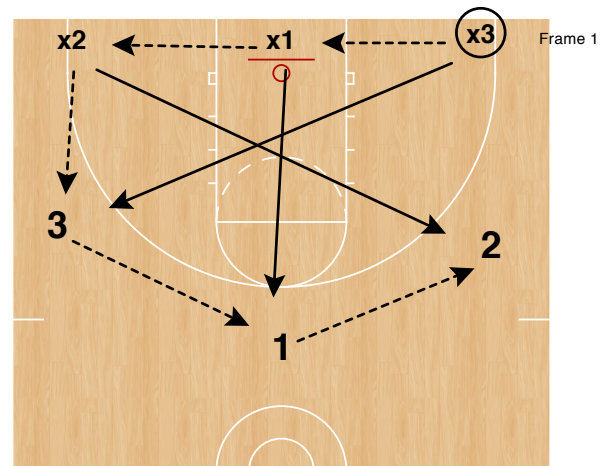




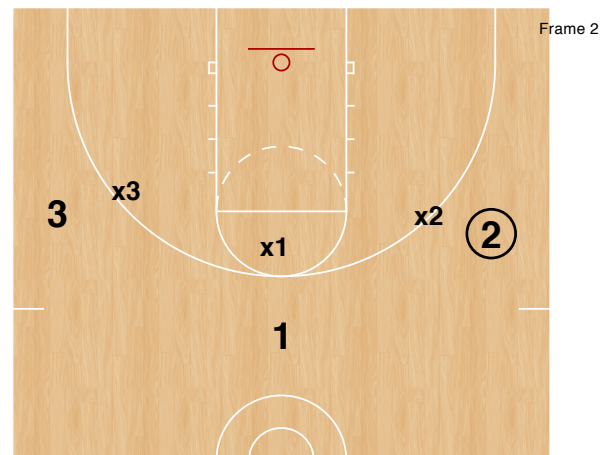
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3v3 Closeouts

Defensive players start on the baseline.
Offensive players start outside the three point line.
X3 passes to X1 and then closes out on player 3.
X1 passes to X2 and then closes out on player 1.
X2 passes to player 3 and then closes out on player 2.
Player 3 passes to player 1 and player 1 passes to player 2.
Once the ball reaches player 2, the game is live.



3v3 Closeouts

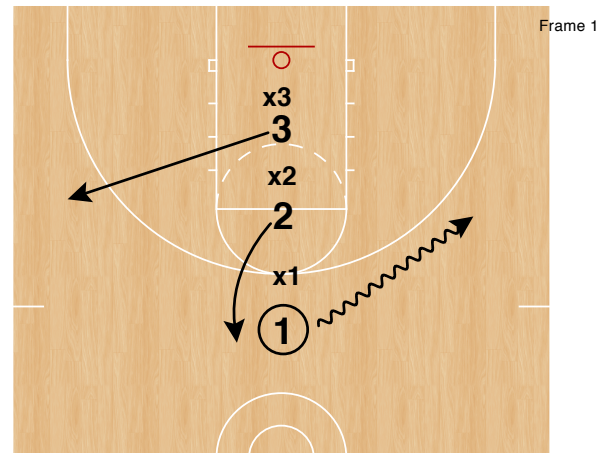




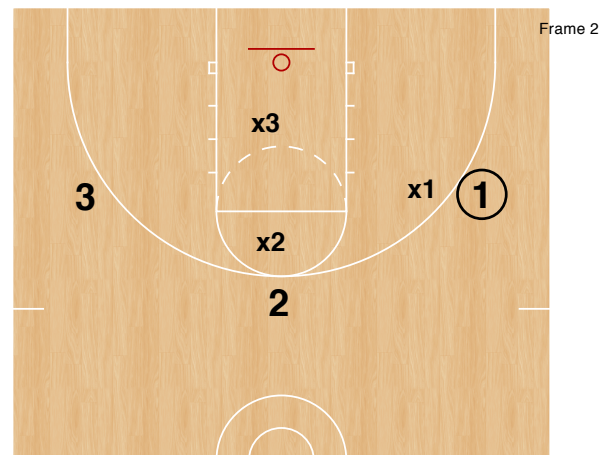
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3v3 Space

Three offensive and three defensive players start in a straight line.
The top offensive player has the basketball.
The top offensive player must dribble to the left or right to start the game.
The other two offensive players must find proper spacing.
Players play 3 v 3.



3v3 Space



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3v3 Space Change

Offense starts inside the arc. Defense starts outside the arc. Coach shoots the ball and the defense gets the rebound.

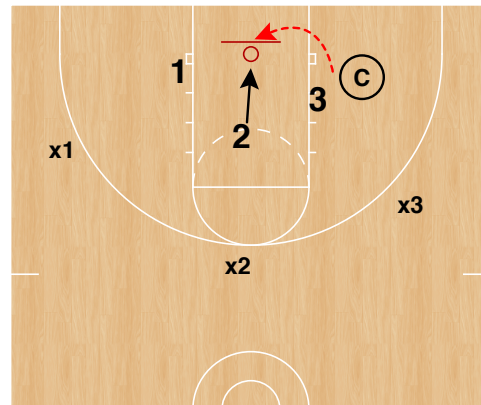
On the rebound, outside players (defense) must get two feet into the paint before playing defense.

Inside players (offense) must get two feet outside of the three point line before scoring.

ADD ONS;

Shot clock-14 seconds on the rebound

Defense must defend someone not directly across from them.

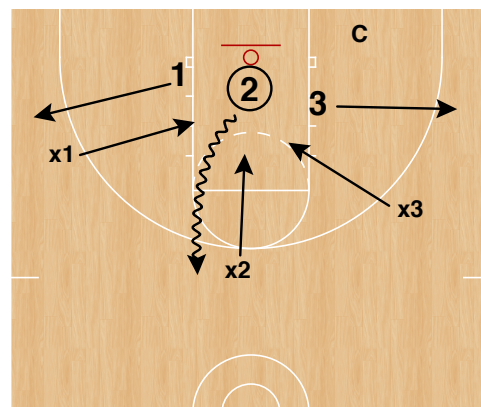


Frame 1

3v3 Space Change

Outside players (defense) must get two feet into the paint before playing defense.

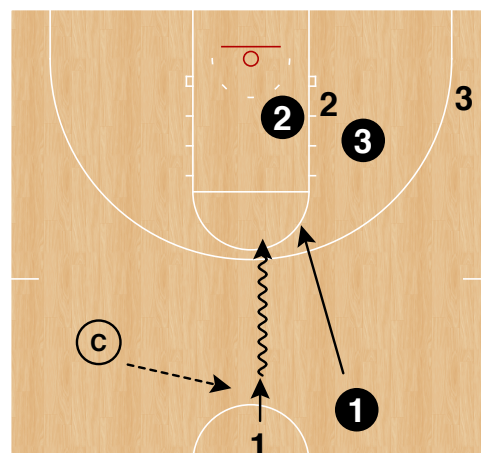
Inside players (offense) must get two feet outside of the three point line before scoring.



Frame 2

Attack 3v3

Coach has ball. Offensive player begins to run to half court and coach hits him with a pass. Offensive player catches and attacks hoop. When offensive player passes half court, the defensive player can move.

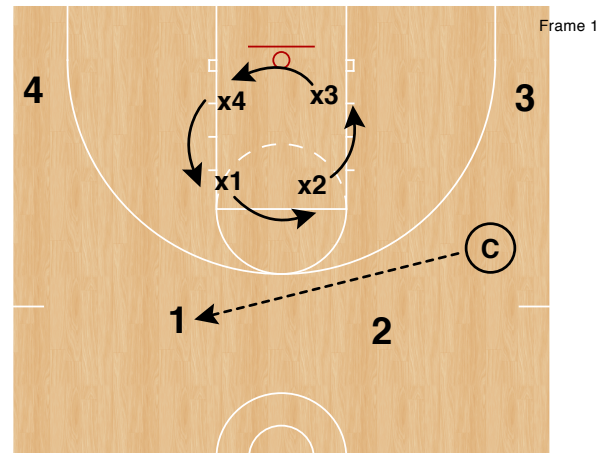


Frame 1

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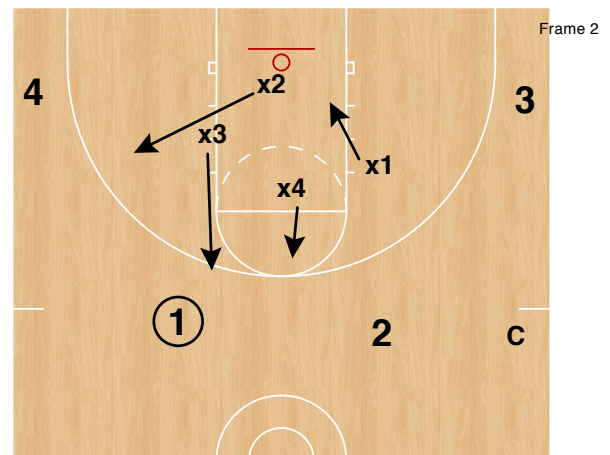
Circle 4v4

Coach starts with the ball.
Defense circles up.
Players are constantly communicating who they are guarding while circling.
When coach passes ball to a player, the defense closes out to players and correct help.



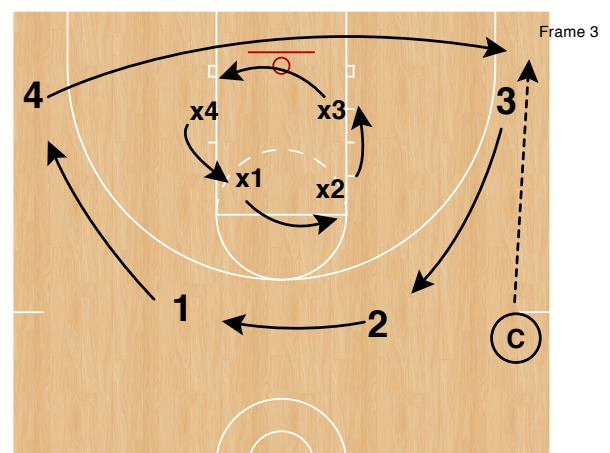
Circle 4v4

On the catch 4v4 is live.
Can add restrictions that a pass must be made before attacking/shooting or they must run a certain action before shooting.



Circle 4v4

Can add the offense circling as well to challenge the defense to stop the ball first and match up with closest man as well as challenging the offense to maintain/find good spacing.

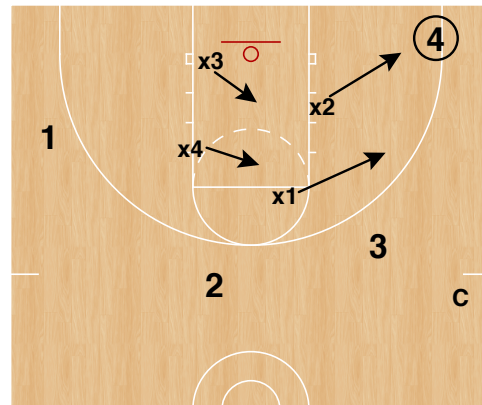




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Circle 4v4

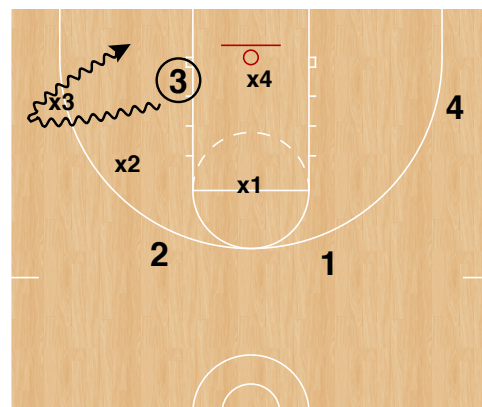
Defense closes out to help.



Frame 4

Advantage 4v4

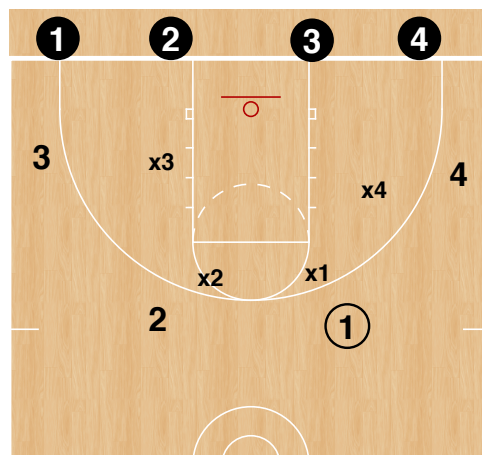
4 players on offense and 4 players on defense. Offensive player with the ball starts in the lane. Can be anywhere where you want the action to occur. In the image the player is on the block and the defensive player on the wing. Player 3 dribbles out and around defender. Once the offensive player turns around the defender and gets level with them the game is live. Play with your offensive concepts and defensive principles.



Frame 1

4v4v4

The game starts with three teams. One team starts on offense, one team starts on defense, and one team is out on the baseline. The two teams in the game play one possession. If the offense scores they stay on offense and receive a point. The defense sprints out. The team on the baseline now sprints in on defense. If the defense gets a stop then they move to offense and the offensive team sprints off the court. The team on the baseline then sprints out on defense.



Frame 1