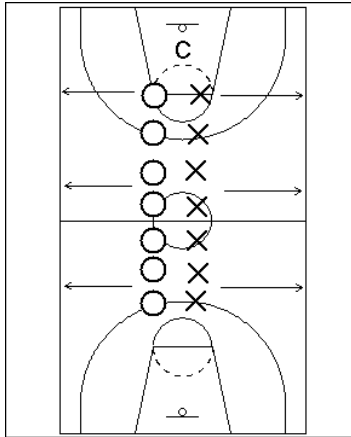


## Drills of the Month

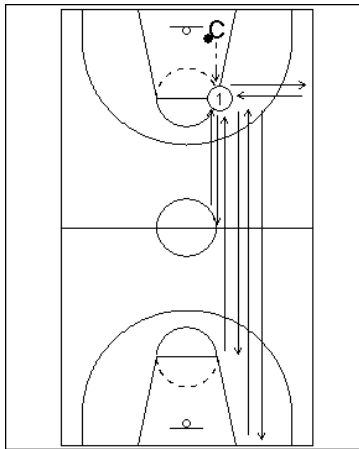
### **Rats and rabbits (warmup)**



This is a fun warmup drill that I picked up from David Munns (Tasmanian ITCP Head Coach)

Each athlete will have a partner. Two straight lines of partners will then line up facing the coach; there should be  $\frac{1}{2}$  a meter of space between players. One line of athletes will be the "rats" the other line will be the "rabbits". If coach calls rats, they are to run to a predetermined spot (about 2 meters away) as quickly as possible as their partner, a rabbit, will be trying to tag them. The same applies for the rabbit's if they are called.

### **Russian Shooting**



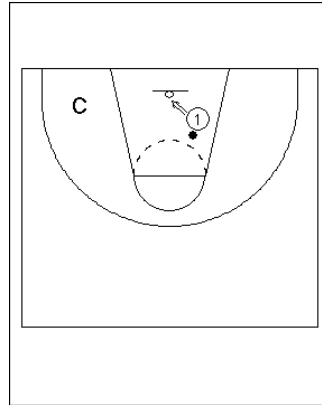
This is a great conditioning shooting drill. All shots are shot at the elbow. The object is to make 5 shots in 30 seconds

The drill starts with player 1 receiving a pass off a coach and shooting the ball at the elbow. Player then must sprint and touch the sideline and sprint back to the elbow to catch and shoot at the elbow again.

Player then sprints to 1/2 way line and back, free throw line and back and baseline and back.

Variation: Have the coach follow player 1 when they sprint to the baseline and make a pass so that player 1 can dribble fullcourt on the last shot to simulate the end of a game

### **Key Shooting**



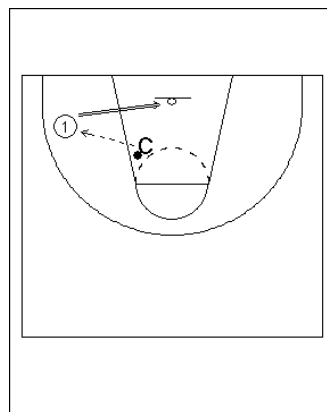
This is a warmup drill designed to loosen players up gradually.

Player 1 spins the ball to themselves and shoots all shots from inside.

Variation:

If competing against another player, make the drill competitive with first player to score five baskets winning. Players should rebound their missed shot and put it back in.

### **Partner Shooting**



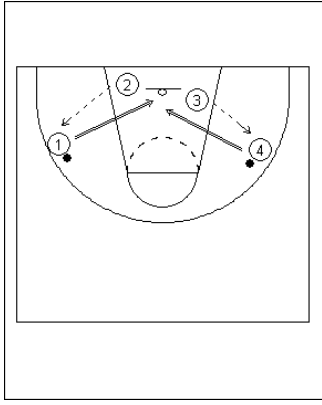
Player 1 receives passes off the coach or partner and catch and shoots the ball. Player shoots till they make a set number eg. 7

Variation:

Vary shot eg.

- shot fake and shoot
- shot fake, 1 dribble and shoot
- drive fake and shoot

## 2 miss and out (shooting)

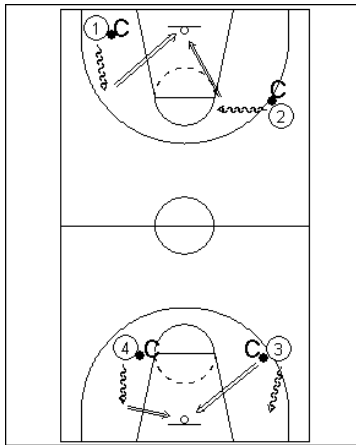


This is another drill that I stole from David Munns (Tasmanian ITCP Head Coach). Thanks again Munnsy!

Players O1 and O4 will shoot the ball using various game like shots (shot fake and shot, drive fake one bounce shot) and from game like areas. If players 1 and 4 miss two consecutive shots, they will swap positions with rebounders O2 and O3.

The challenge should be for the shooter to remain "in" for as long as possible.

## Rip and Dribble (shooting)



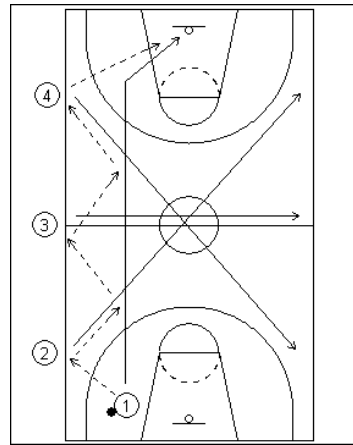
Coach holds the ball tightly. The aim of this drill is for each player to "rip" the ball out of the coach's hands and then make a 1-dribble jumpshot. Only two steps should be made (as opposed to a step, 1-2 move).

The objective of this drill is for the offensive players to make a very quick dribble move and get a shot up as quick as possible (hence the two steps).

Variation:

- rip and dribble in various directions as diagrammed.

## Partizan Full Court Passing



This is a full court passing drill. Players should also communicate during the drill (call "pass" when making a pass and "catch" when making a catch)

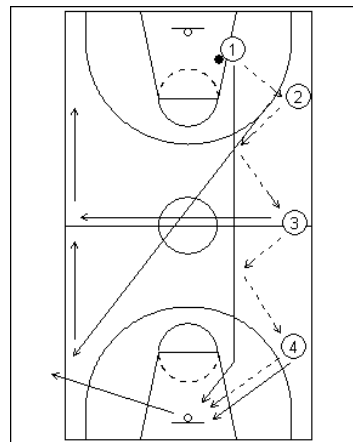
01 outlet to 02 then runs.

02 pass to 01 --- 3 point corner

03 pass to 01 --- straight across

04 pass to 01 --- 3 point line opposite

01 shoots lay in and grabs their own rebound.



01 pass to 02 who passes back to 01

01 pass to 03 who passes back to 01

01 pass to 04 who passes back to 01

01 shoots lay in

Players continue to exchange positions after passing the ball as done previously.

04 rebounds and now becomes the new runner. The rest of the players on the sideline now rotate up a spot (or to your left). 01 joins the end of the first line.

Drill continues as before.