



ATTACK AND COUNTER

SKILL DEVELOPMENT SYSTEM



ebook

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TABLE OF CONTENTS

Introduction	6
About Don Kelbick	7
Explanation of Base Pivots & Counters	8
Attack & Counter System – Key Concepts	18
<i>Warm Up Drills</i>	
Tight Cone Dribbling	19
1 on 1 Ballhandling with Lay Up	20
1 on 1 Group Ballhandling	21
Length & Angles	22
Dribble Dribble Lay-Up	24
<i>Wing & Perimeter Drills</i>	
Wing Footwork	25
Chair Curls	27
5/5/5 Shooting	28
2 Chair Shooting	30
3 Chair Shooting	31
Sideline Sprint	32
Inside Foot Scoop Shot	33
Turn Outs	34
Figure 8 Shooting	35
<i>Post Drills</i>	
Chair Pivots	36
Attacking The Middle – Post Drill	38
Short Corner - Post Drill	39
Post To Post	40
Figure 8 Hook Shots	41
Post Drop Step	42
3 Chair Post	42
Split Post	43
<i>Shooting & Getting Open Drills</i>	
Shooting & Getting Open	44
Reverse Shots	45
Using A Ball Screen	46
Using A Down Screen	48
Flare Screen	49
Zipper Cut	50
New York Cut	51
Zipper Ball Screen	52
Corner Pin	53
<i>Fast Break Drills</i>	
Fast Break Drill 1	54
Fast Break Drill 2	55
Fast Break Drill Post Shots	57
Trailer Shots	58

Trailer & Post Shots – Fast Break	59
3 Shot Fast Break.....	60
<i>Multi-layered Drills</i>	
Outside Hand Pass, Curl.....	62
Outside Hand Pass, Fade	63
Outside Hand Pass, 2 Shots	64
Outside Hand Pass, 2 Shots Curl.....	65
Outside Hand Pass, 2 Shots L Cut.....	66
<i>Games</i>	
1 on 1 Progressions	67
Post 1 on 1	68
Competitive Shooting	69
Pacer Drill.....	70
Beat The Pro	71
3 Chair 1 on 1.....	72
How to Incorporate This into Your Practices	73
Sample Workouts	74
Bonus Content for Offseason Workouts	76

QUICK FIND INDEX

The following index highlights the four major developmental categories found in the drills of this eBook. The great thing about the Attack & Counter System is that many of the drills work on multiple functions at one time, so you will find overlap between the categories. This index can help you pinpoint specific areas of the game and quickly locate which drills can be used to develop better skills in those areas.

(Within each category you will find the name of the drill followed by the drill's page number)

BALL HANDLING

- Tight Cone Dribbling, 19
- 1 on 1 Ballhandling With Lay Up 2, 20
- 1 on 1 Group Ballhandling, 22
- Length & Angles, 22
- Dribble Dribble Lay-Up, 24
- Inside Foot Scoop Shot, 33
- Using A Ball Screen, 46
- Fast Break Drill 1, 54
- Fast Break Drill 2, 55
- 1 on 1 Progressions, 67
- 3 Chair 1 on 1, 72
- Outside Hand Pass, 2 Shots Curl, 62
- Outside Hand Pass, 2 Shots, 64
- Outside Hand Pass, 2 Shots L Cut, 66

CONDITIONING

- Length & Angles, 22
- Dribble Dribble Lay-Up, 24
- Sideline Sprint, 32
- Chair Pivots, 36
- Fast Break Drill 1, 54
- Fast Break Drill 2, 55
- Fast Break Drill Post Shots, 57
- Trailer Shots, 58
- Trailer & Post Shots – Fast Break, 59
- 3 Shot Fast Break, 60
- Outside Hand Pass, Curl, 62
- Outside Hand Pass, Fade, 63
- Beat The Pro, 71

PASSING

- Post To Post, 40
- Outside Hand Pass, Curl, 62
- Outside Hand Pass, Fade, 63
- Outside Hand Pass, 2 Shots, 64
- Outside Hand Pass, 2 Shots Curl, 65
- Outside Hand Pass, 2 Shots L Cut, 66

SHOOTING

- Wing Footwork, 25
- Chair Curls, 27
- 5/5/5 Shooting, 28
- 2 Chair Shooting, 30
- 3 Chair Shooting, 31
- Sideline Sprint, 32
- Inside Foot Scoop Shot, 33
- Turn Outs, 34
- Figure 8 Shooting, 35
- Chair Pivots, 36
- Attacking The Middle – Post Drill, 38
- Short Corner - Post Drill, 39
- Post To Post, 40
- Figure 8 Hook Shots, 41
- 3 Chair Post, 42
- Split Post, 43
- Shooting & Getting Open, 44
- Reverse Shots, 45
- Using A Down Screen, 48
- Flare Screen, 49
- Zipper Cut, 50
- New York Cut, 51
- Zipper Ball Screen, 52
- Corner Pin, 53
- Fast Break Drill 1, 54
- Fast Break Drill 2, 55
- Fast Break Drill Post Shots, 57
- Trailer Shots, 58
- Trailer & Post Shots – Fast Break, 59
- 3 Shot Fast Break, 60
- 1 on 1 Progressions, 67
- Post 1 on 1, 68
- Competitive Shooting, 69
- Pacer Drill, 70
- Beat The Pro, 71
- 3 Chair 1 on 1, 72

INTRODUCTION

For your convenience, we have diagrammed the drills and key concepts from Don Kelbick's Attack & Counter System.

This eBook is only meant for reference. You should watch the entire DVD series in order before reading this eBook.

Each chapter in the DVD builds on previous learning. As an example, chapter 2 covers the introduction to footwork and mentality. This is the foundation for all the other concepts covered in the system.

ABOUT DON KELBICK

Some of Don Kelbick's credentials include:

- Over 35 years of basketball coaching experience at the high school, Division I college, and professional levels.
- Served 14 years as a head coach and 10 years as Division I assistant including stops at Hofstra University, Marist College, Keene State College, and Florida International University.
- Has provided individual training for more than 14 different NBA players, 50 European and professional players, and hundreds of college basketball players.
- Developed dozens of basketball DVDs and books.
- Inventor of the highly acclaimed Attack & Counter Skill development system.
- In addition to coaching, has scouted for NBA teams, including the Knicks and the Hawks, and served as general manager in the USBL.
- Traveled to over 20 different countries training players and teaching basketball.
- Conducted over 1000 basketball clinics and camps training players of all age levels.

Don currently lives in Miami, Florida, training players and running the Drillz N Skillz Basketball Academy. He has worked with a variety of great players including Raja Bell, Carlos Arroyo, Rasual Butler, and many other college and NBA players.

EXPLANATION OF BASE PIVOTS & COUNTERS

I believe that the most critical yet widely ignored aspect of basketball is footwork. Good footwork is the foundation of a good basketball player. There is not an aspect of any player's game that will not be improved by learning better footwork. Good footwork will give a player strength, balance, and rhythm. Good footwork will make a player more efficient and allow them to use less energy to accomplish the same tasks.

The best post and perimeter players in the history of basketball have had the same thing in common: great footwork. Hakeem Olajuwon was known for great athletic ability, Kareem Abdul-Jabbar was known for his length and his "sky hook," Shaquille O'Neal is known for his power and strength, Michael Jordan is known for scoring and dunks, Kobe Bryant is known for athleticism and work ethic. Speak to anyone who has coached them or had to play against them and they will tell you what set them apart from others is impeccable footwork.

PIVOTS

There are only a certain number of things you can do with your feet. Combine those things and you get a variety of moves that make you difficult to play against.

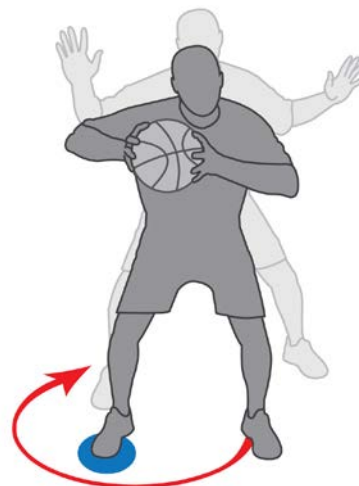
There are 3 basic pivots that I like to teach. They are the "front pivot", the "inside pivot" and the "drop step." Please understand this is my terminology. You probably already know these pivots but might use different terminology. It is very important to understand that pivoting is the same for posts, wings and guards. For some reason coaches give the same pivots different names for different positions. For example, an "inside pivot" for a post player becomes a "step out" for a wing. It's the same pivot; why not call it the same thing? The more common language and previous experience you use, the easier it will be for players to learn and the more confident they will be.

In making a pivot, you have a pivot foot – the foot that does not leave the ground – and the swing foot – the foot that steps and actually affects the pivot. A "right foot pivot" would be a pivot where the right foot stays on the ground and the left foot is the swing foot. A "left foot pivot" is a pivot where the left foot stays on the ground and the right foot is the swing foot.

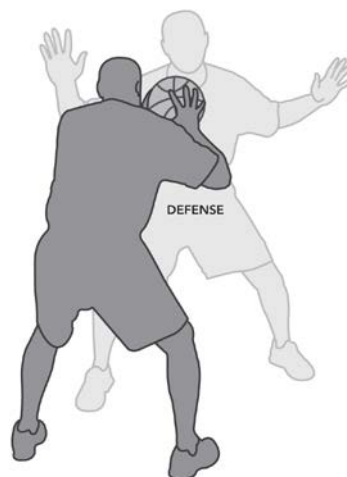
FRONT PIVOT

The front pivot is the most common pivot.

In making a front pivot, imagine yourself with your back to the basket. For a right foot front pivot, your right foot is your pivot foot and remains on the ground. Swing your swing foot (left foot) forward in an arc outside your pivot foot so you turn completely around and are now facing the basket. Your shoulders and hips should turn toward the basket.



*Both feet should be even
and square to your target.*

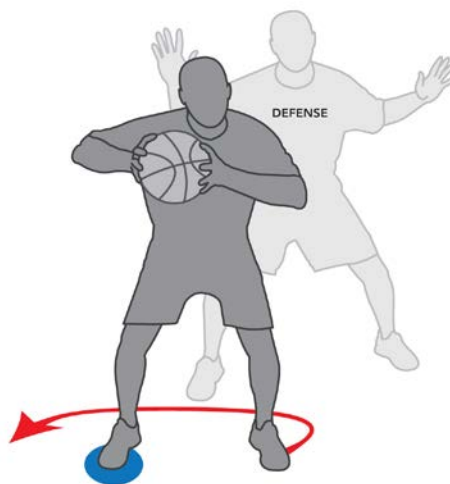


A good way to practice this is to stand with both feet on a line. Make your pivot and, when you are finished, you will have turned 180 degrees. Again, both of your feet will be on the line.

INSIDE PIVOT

This pivot creates space from the defender. It also allows you to square up and visually pick up the basket quickly.

*To make an inside
pivot, imagine you are
standing with your
back to the basket. For
a right foot inside
pivot, your right foot is
your pivot foot and
stays on the ground.
Swing your swing foot
(left foot) in an arc
backwards (or “inside”
the defense) so that you
turn completely around
with your shoulders
and hips opening away
from the basket.*



When you have completed the pivot you should be facing the basket with your feet even and square to your target.

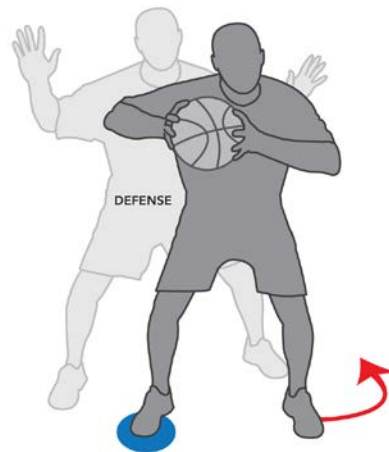


A good way to practice this is to stand with both feet on a line. Make your pivot and, when you are finished, you will have turned 180 degrees. Again, both of your feet will be on the line.

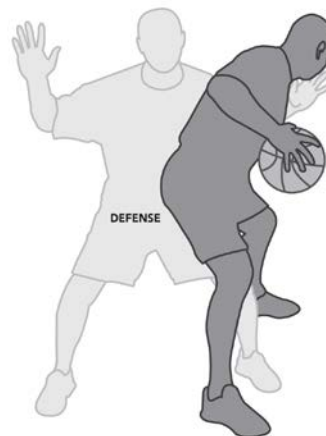
DROP STEP

This pivot is used as a power move to get your defender on your back or as a quickness move to get inside of your defender.

To make a drop step, imagine yourself with your back to the basket and both feet even and square. For a right foot drop step, your right foot is your pivot foot and does not move. Move your swing foot (left) in a direct line backwards toward your target.



Your hips and shoulders should turn and be in line with your feet effectively on a parallel line toward your target. Your objective is to get your hips and foot past the defender.



COUNTERS

A counter is a plan of action piece of footwork that players can flow into immediately when their original pivot is defended. I prefer to teach in an orderly progression where the pivot and the counter complement one another. Essentially, they can't defend everywhere. Make your pivot and if you are played, go somewhere else. This will become clearer as we go along.

A counter is simply a second pivot to get you in position to take advantage of defensive positioning. Think in terms of boxing, every time a boxer throws a punch he/she removes one of their hands from the defense, leaving themselves vulnerable to a return punch. The trick is to see the opening and get your punch in while their defense is weakened. It is the same thing in basketball, if a player makes a pivot as part of an offensive move and that pivot is defended, there is another opening that can be exploited. You just have to be prepared to take advantage of it.

Pivots and counters work together. I usually teach them in pairs as I believe that each pivot has its own counter. In teaching and drilling, going from the pivot to the counter becomes instinctual, thereby allowing the player to become quicker, more confident and more resourceful.

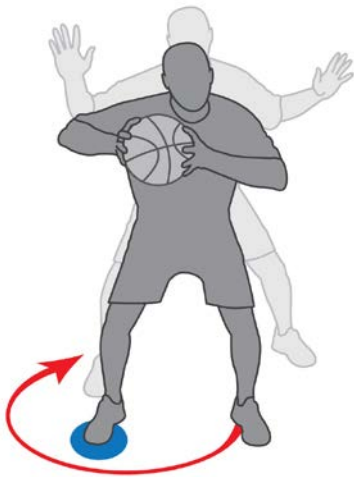
The pairs that I teach are these:

PIVOT	COUNTER
Front Pivot ----->	Step Through
Inside Pivot ----->	Sweep
Drop Step ----->	Inside Pivot

These are the counter pivots that I teach:

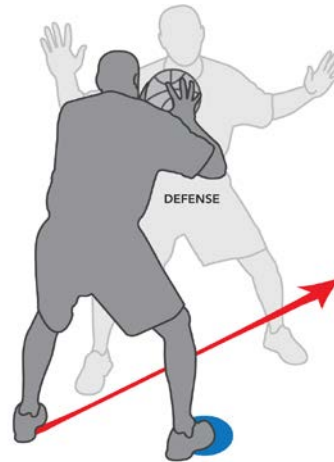
FRONT PIVOT / STEP THROUGH COUNTER

Make a front pivot looking to score.

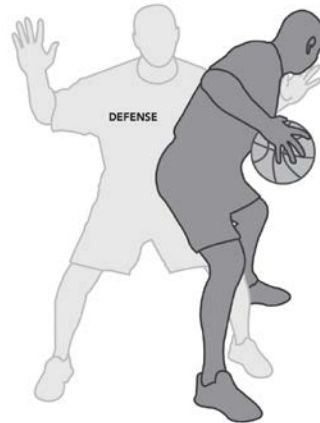


The step through counter is used to get by your defender when the initial front pivot is defended.

After making your initial pivot, and your feet are square, your swing foot “steps through” the line made from your pivot foot directly to the basket.



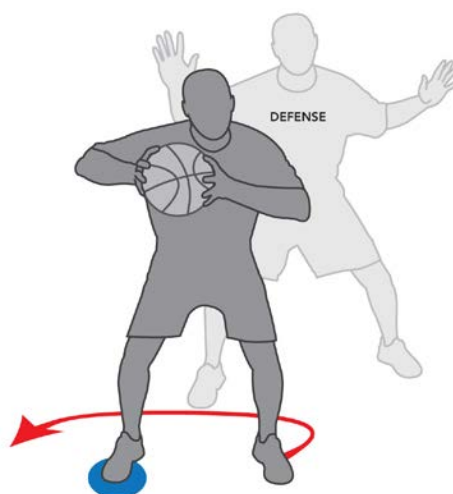
The objective is to get your inside foot and hip past the defender.



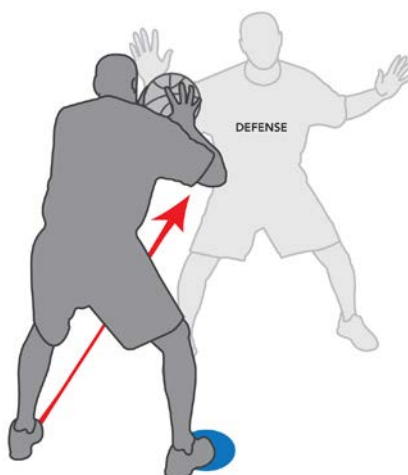
For example, if you make a right foot-front pivot and the defense appears on your left side, you would step through the basket line to the pivot foot which would allow you to move to the left.

INSIDE PIVOT / SWEEP COUNTER

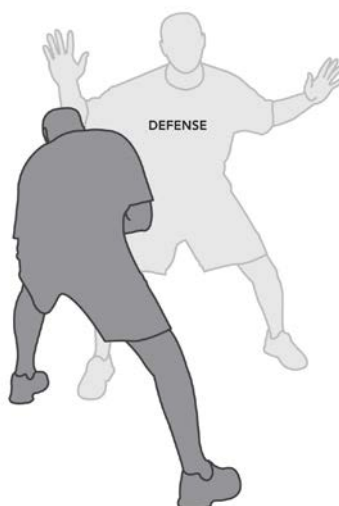
Perform an inside right foot pivot and look to score.



After pivoting to a feet square position, player sweeps their swing foot in the same direction (left foot) of the swing foot, left foot sweeps to the left.



The objective is to get your outside foot and hip past the defender.

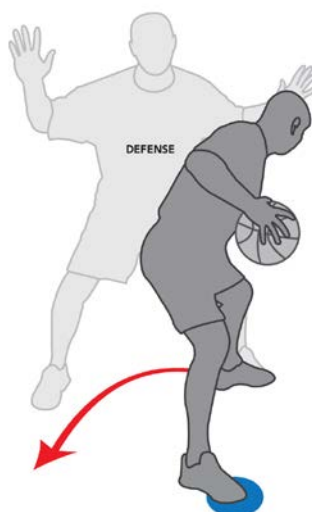


DROP STEP / INSIDE PIVOT COUNTER

*Perform drop step
looking to score.*



*If that is defended by
the defender stepping
backward, perform
and inside pivot
looking to score.*



*The objective is to
create space and hit
the open shot.*



There is a next level to your pivot counter game when you recognize that after a pivot and a counter, the player is in position to add another counter. Notice I didn't say a *different* counter, I said *another* counter. The number of possibilities we can create for post and perimeter moves is limitless. Too often we complicate things by trying to teach too much. In the beginning of the pivot section I mention that there are only a certain number of things you can do with your feet. I re-use these over and over and over again. Instead of naming each move and thereby having 20 moves, I prefer to call pivots so no matter what I teach, the player understands they have done it before.

I initially teach all of these pivots without a dribble. Especially in the post, the dribble is the most misused weapon in the arsenal of offensive moves and players wind up shooting themselves with it. But to add a second level of counters, a dribble must be incorporated. The reason: a dribble allows you to change pivot feet.

So, here are a few "next level" pivots and counters. Use your imagination here. If you understand the pivots, you'll understand the move.

Right-foot front pivot, step through counter, dribble, left-foot drop step

OR

Right-foot drop step, inside pivot counter, sweep counter, dribble drive

If you work pivot by pivot, the footwork becomes simple.

OFFENSIVE MOVES

The only limitation on your offense is your imagination. But trying to learn or teach too much can only lead to confusion, doubt and a lack of confidence. So how do you teach or learn a variety of offensive moves without the issues that cause indecision and “analysis paralysis,” (when you study or think so much about what you are doing that you are not able to do it at all)?

If you read the previous sections, you know that the basis is simplicity and consistency. Using the same terminology, footwork and counters give you almost an unlimited selection of offensive weapons. Below is a partial list, in simple terms, of some of the offensive shot actions that I teach. The only limitation on the variety of offensive moves is the player's imagination.

To be effective, players have to act instinctively. Having a player catch and think about what to do will destroy all of the good work you and they have done in trying to develop a post player. For that reason, I believe that a player has to have the power of imagination to progress. It not only adds to creativity but, if a player can imagine himself being successful and if they can see themselves successfully performing the skills, their learning curve becomes much quicker.

Below is a sampling of “moves” for the post. At first look, it seems like a lot and is in direct opposition to the theory of simplicity that I have discussed. But upon closer examination you will notice how many commonalities there are between the moves.

Teaching and learning techniques are important. I am a big believer in teaching by previous knowledge. If you work on footwork, each move just becomes a finish to the same footwork over and over again. Would I expect all players I work with to be good at everything we do? Of course not. Again, the limitation is imagination. If a player can imagine it, they can do it.

By the same token, a player is only going to be good at a finite number of things. Eventually, players will settle in with the moves they are comfortable with. So expose them to everything, practice some, and expect competence in a few and excellence in a couple.

FROM THE LOW AND MID POST

- Front pivot, jump shot
- Inside pivot, jump shot
- Front pivot, jump hook
- Drop step, layup (no dribble)
- Drop step, hook (no dribble)
- Front pivot, step through counter, layup (no dribble)
- Front pivot, step through counter, hook (no dribble)
- Inside pivot, sweep counter, dribble, layup
- Inside pivot, sweep counter, dribble, jump shot
- Inside pivot, sweep counter, dribble hook
- Drop step, dribble power layup (2 foot take off explosion)
- Drop step, inside pivot counter, jump shot
- Drop step, inside pivot counter, dribble layup
- Drop step, inside pivot counter, dribble jump shot

FROM THE HIGH POST

- Front pivot jump shot
- Front pivot, step through counter, 1 dribble, layup
- Front pivot, step through counter, 1 dribble, short jump shot
- Inside pivot, jump shot
- Inside pivot, sweep counter, 1 dribble, layup

- Inside pivot, sweep counter, 1 dribble, jump shot
- Inside pivot, sweep counter, 1 dribble, drop step, and hook
- Inside pivot, sweep counter, 1 dribble, step through, jump shot

Again, this is just a sampling born of my imagination. See what your imagination can come up with.

ATTACK & COUNTER SYSTEM - CORE CONCEPTS

The following is a checklist of the universal core concepts taught in the Attack & Counter System.

Universal Core Concepts

1. Everything has a base move and a counter.
2. When you catch in your offensive area, think shot shot shot (base move) to get yourself in a good position to act immediately.
3. Immediacy. When you catch in your offensive area, make your base move right away.
4. When attacking, your swing foot always goes in a straight line to basket. (A straight line is shortest distance between two points.)
5. When the ball goes on the floor think lay up until you are stopped -- then go to your counter (jump shot or finishing move).
6. You beat people with your feet and separate with the ball. Your first step should be long and explosive. - then separate by pushing the ball "out" and lengthening your dribble.
7. To get open, use footwork to get the defender on your inside hip and inside shoulder.
8. Change your speed when you change direction.
9. Stay low on your attack -- get your shoulder lower than the defender and rip the ball low.
10. Your shot should be the same every time (consistency).
11. Don't worry if you miss. No fear mentality. Shooting is an exercise of failure.
12. Always be on offense (attack) (think shot shot shot).
13. No fear - eliminate fear of failure. Playing through mistakes.
14. If you think you can't, you will be right 100% of the time.
15. Attack & Counter mentality -- do what you're good at first (don't think or let the defense dictate what you do) and then counter.

Chair Rules for Shooting Drills

1. Use inside foot
2. As close to the chair as possible
3. Step in (towards the basket)

TIGHT CONE DRIBBLING

The following ball handling drill is great to perform as a warm up before practice or games. For this drill you will need cones or a ladder.

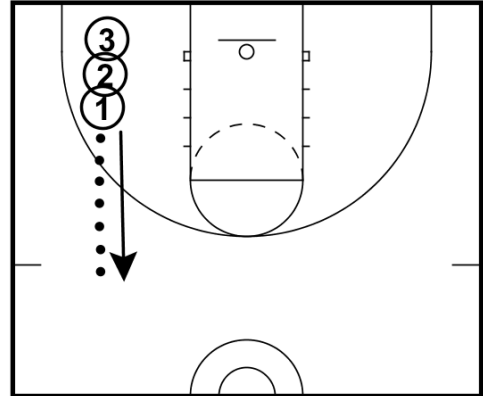
Step 1:

Set up dribbling cones or a ladder and have your players line up at one end with each player holding a ball. The players will progress down the line of cones, dribbling once in between each cone.

The players should keep their legs on each side of the cone and dribble the ball in the center of their body, avoiding the cones.

Once each person has dribbled up the court, the players should come back down the line on the opposite side.

Incorporate multiple dribbling moves, including, cross over, through the legs, behind the back, left side only, right side only and any other variations you want. For each variation, the ball will bounce in between the cones and the players will keep one leg on each side of the cones.

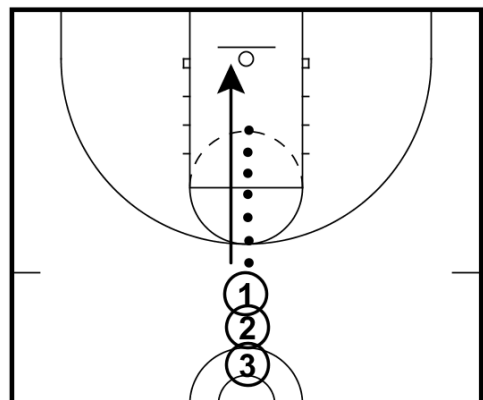


Variation (at the basket):

Line up the cones in the middle of the court and add a lay up into the dribbling progression. Just as before, the ball will bounce in between the cones and the players will have one leg on each side of the cones.

Perform the same dribbling moves and once you have passed the last cone, make one strong dribble and finish a lay up at the basket.

Instead of dribbling back down the cones, the player will sprint to the back of the line.

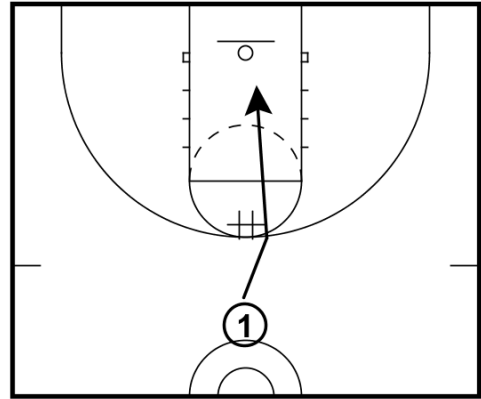


1 ON 1 BALLHANDLING WITH LAY UP

This drill is meant for an individual player working on their own or in a small group (1 player per basket). It can be used as a warm up or a primary skill builder. It helps develop players' ability to finish lay ups off the dribble. For this drill you will need cones or a chair.

Step 1:

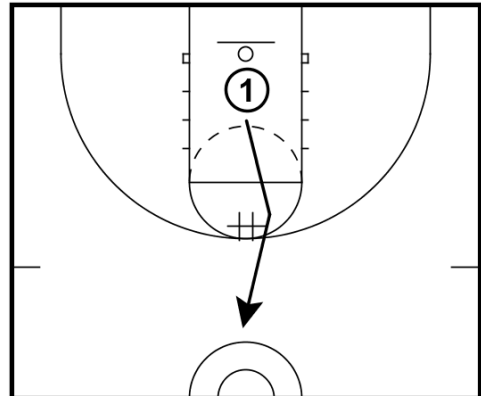
Place a chair at the top of the key. Have the players take one hard dribble at the chair and make a move to go past the chair for a lay up. Players can cross over, go through their legs, behind their back or any other variation to get by the chair.



Step 2:

The players will rebound their made lay up and come back down the opposite way, performing the same dribbling move to get back to the end of the line. If you made a behind the back dribble prior to the lay up, you will do the same behind the back dribble on the way back.

Other variations include a jam dribble with reverse pivot into a jump shot or a dribble pull up in place of the lay up.



Points of Emphasis:

- Players should focus on cutting low and close to the chair.
- Once they cut by the chair they should move in a straight line toward the basket.

1 ON 1 GROUP BALLHANDLING

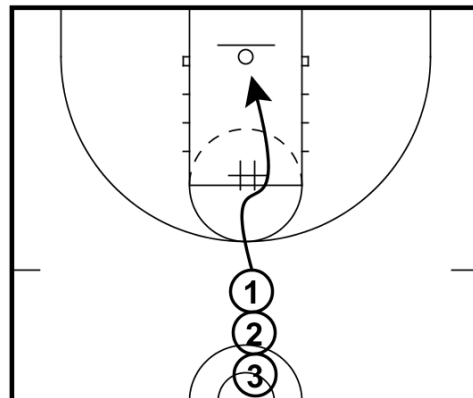
The following drill is similar to the previous however it allows you to work as a small group. In the video, players used the inside out dribble. However any move can be used (cross over, behind back, etc). The drill works on dribbling and it also can be used as a warm up to get players loose. To perform this drill you will need 1 chair and each player will need a basketball.

Step 1:

Set up the chair at the free throw line in the middle of the court.

The players will line up near half court and dribble toward the basket. As they approach the chair, they will perform an inside out dribble, keeping the ball in their right hand.

To keep proper footwork, the right foot becomes the pivot foot and the left foot becomes the swing foot to get past the chair and go right to the rim to finish with a right handed lay-up.



Variations:

- Left handed inside out
- Inside out – cross over
- Inside out – behind the back
- Cross over
- Behind back
- Jam dribble
- Any dribble move or combination you want

Points of Emphasis:

- Change speeds as you approach the chair
- Cut right off the chair and make a straight line to the basket
- You beat people with your feet and you separate with the ball
- Go faster than you are comfortable with and this will challenge you to get better

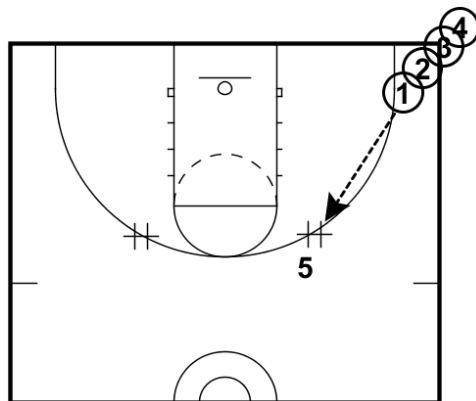
LENGTH & ANGLES

This drill is a great conditioning drill that includes work on lay ups, dribbling and getting down the court in a hurry. To perform this drill you will need two chairs and each player will need a basketball.

Step 1:

Set up each chair at the three point line on the left and right wing. The players will line up on the baseline at the corner of the court. One player or coach acts as the place holder.

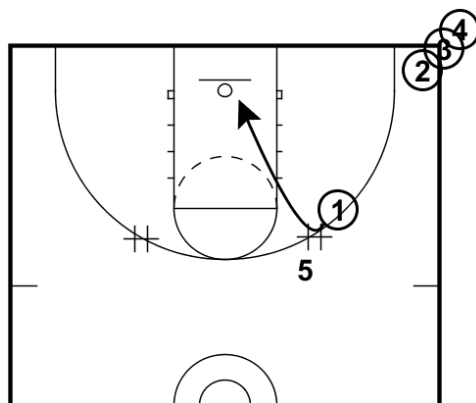
The first player in line will pass the ball to the place holder who will put the ball on the chair. Player 1 will follow the pass and sprint to the chair. He/she will jump stop at the chair and pick up the ball in a triple threat position.



Step 2:

Once the player has the ball into a triple threat position, he/she will pivot and attack the basket. (Before the drill starts, coaches should designate which pivot to use... drop step, step through, or sweep.)

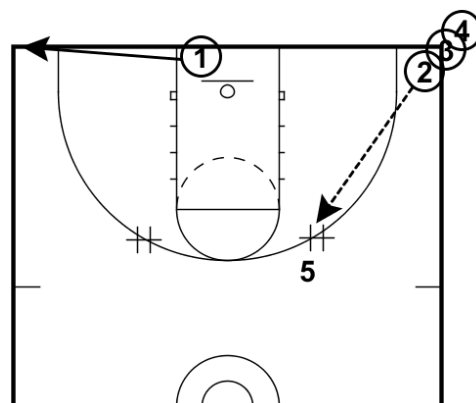
The player will only be allowed one dribble, so they must take a long first step and push the ball ahead so they can gather and finish at the rim.



Step 3:

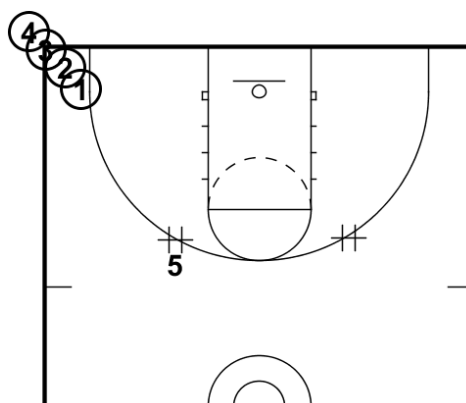
Once player 1 makes the lay up, he/she will start a line at the opposite corner. Player 2 will then pass the ball to the place holder and follow the pass just as player one did.

The drill will continue until all of the players have completed a lay up and then line up on the opposite corner.



Step 4:

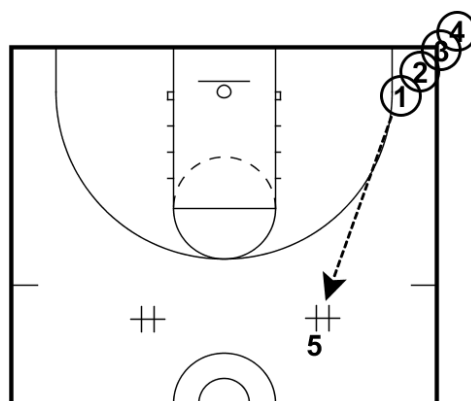
The players will repeat the drill from the left baseline corner. The place holder will switch to the opposite chair and the drill will continue using the same steps as above.



Step 5:

To increase the difficulty and fitness, move the chairs back beyond the three point line. This will increase the distance of the initial pass as well as the distance needed to cover to get to the basket. Players will still only be allowed one dribble.

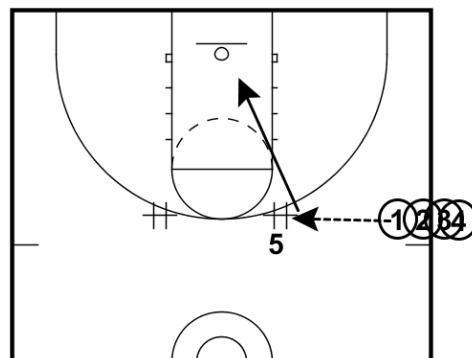
Move the chairs all the way back to half court to create a difficult conditioning element of the drill.



Variations

The drill can also be run by changing the angle of how the players will attack the basket. Instead of having the players start in the corner, have them start parallel with the chair on the sideline.

Just as before, they will pass, sprint, jump stop and attack the basket with the use of only one dribble.



DRIBBLE DRIBBLE LAY UP

The following drill is a great way to work on dribbling, especially with your off hand. This also makes for a great conditioning drill. To perform this drill you will need one chair and each player will need two basketballs.

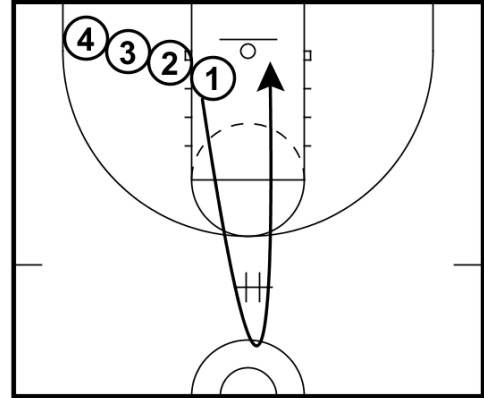
Step 1:

Set up one chair midway between the three point line and half court.

All the players will line up on the baseline holding two basketballs. Player 1 will start the drill and dribble both balls out to the chair.

He/she will curl around the chair, and turn full speed to head back to the basket.

He/she will finish with a right handed lay-up, but the ball in their left hand must continue to be dribbled all the way through the lay-up. Players are not allowed up hold the second ball as they finish the lay-up.



As soon as player 1 picks passes the chair and heads toward the basket, player 2 should begin and follow the same process as player 1.

Once he/she has finished the lay-up, player 1 will get back in line to run the drill again.

Run the drill for a specific length of time or total number of lay ups made. If your players are working hard this will be a difficult conditioning drill that works skill at the same time.

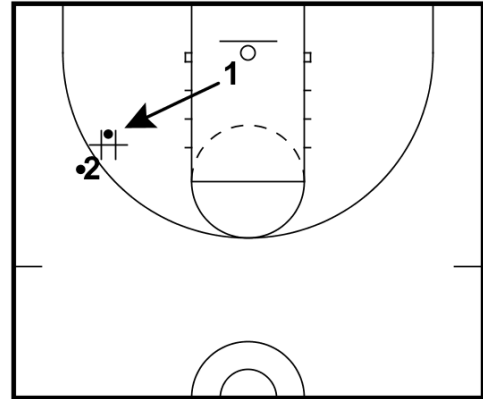
WING FOOTWORK

The following drill develops shooting, footwork, and perimeter moves. To perform this drill you will need two basketballs and one chair. As shown below, the drill can be performed to have multiple players shooting at one time.

Step 1:

Set up the chair at the three point line on the left wing. Place one basketball on the chair and have player 2 stand behind the chair holding the second ball.

Player 1 will start underneath the basket. He/she will begin the drill by sprinting to the chair and jump stopping to pick up the ball. He/she will immediately get the ball into a triple threat position.

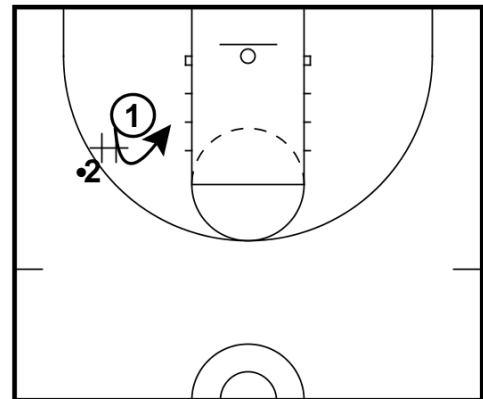


Step 2:

Once the player has the ball into a triple threat position, he/she will make a specific pivot to face the basket and perform a jump shot.

After the shot is released, the player will follow his/her shot. If the shot does not go in, the player will make a basket. Once a basket has been made, player 1 will pass the ball to player 2 who has already placed the second ball on top of the chair.

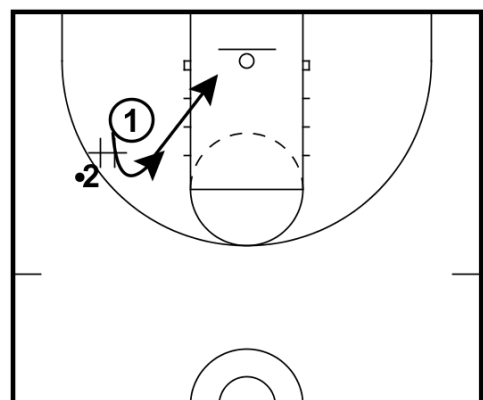
Player 1 will repeat the drill by sprinting to the chair to pick up the ball, pivot and shoot.



Step 3:

Player 1 will take ten shots all using the same pivot. After the tenth shot the players will rotate so that the ball placer becomes the shooter.

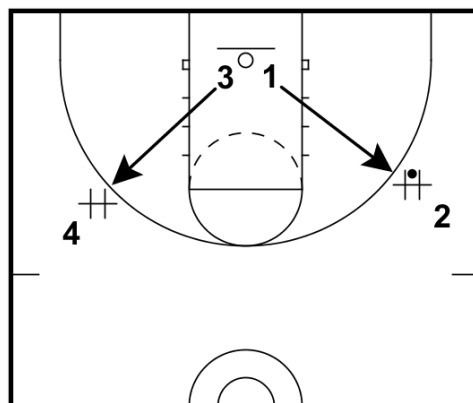
Players should practice the following types of pivots: front pivot, inside pivot, drop step.



Variation with 4 players:

To incorporate multiple players at once, place a chair on the left wing. In this case, player 3 will become the shooter on the left side.

Take ten shots all working on the same shot and footwork. Rotate players so someone new becomes the shooter.



Footwork/Shot Progressions

Players can practice the following pivots into shots and/or lay ups:

- Front pivot
- Front pivot – step through
- Front pivot – step through – dribble change
- Inside pivot
- Inside pivot – sweep
- Inside pivot – sweep - dribble change
- Drop step
- Drop step – inside pivot
- Drop step – inside pivot – sweep
- Drop step – inside pivot – sweep - dribble change

Practice all variations from both sides of the floor.

CHAIR CURLS

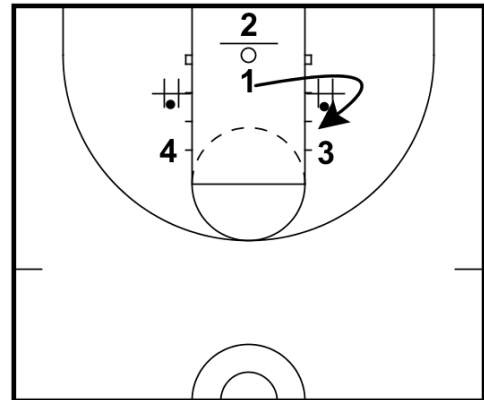
To perform this drill you will need two chairs. The drill can be run with two, three or four players.

Step 1:

Set up two chairs on the left and right side of the key, just above the low block.

Player 1 will be the shooter, player 2 will be the rebounder and players 3 and 4 will be the place holders. The balls will begin on each chair.

Player one will run to the right, curling around the right chair to pick up the ball and square into a jump shot.

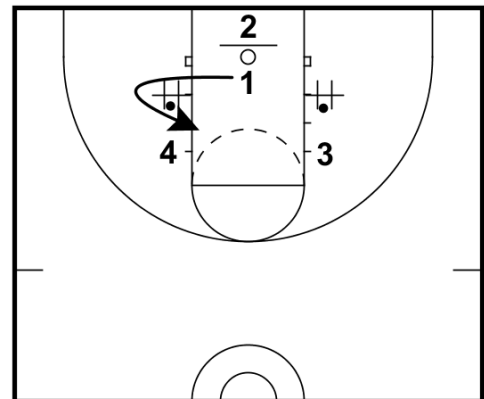


Step 2:

Once player one takes the first shot, he/she will complete the same action on the left side by curling around that chair.

Player 2 will rebound the first shot and pass the ball out to player 3 who will place the ball back on the chair.

Player 1 will alternate right and left, performing the same curl into a short jump shot. After the player has taken ten shots, rotate to give a new player a chance to shoot.

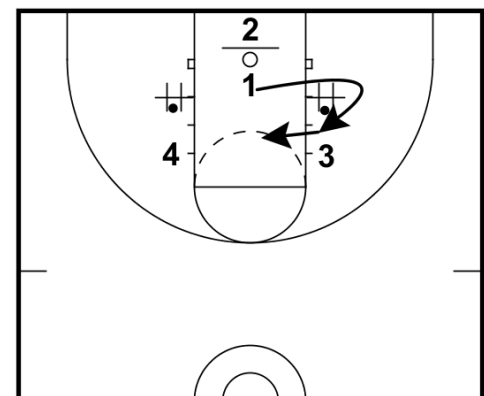


Progressions

After everyone has had a chance to take ten attempts, you can progress the drill by adding in a one dribble pull up.

The players will curl around the chair, the same as before, this time adding in a sharp dribble across the lane into a pull up jump shot.

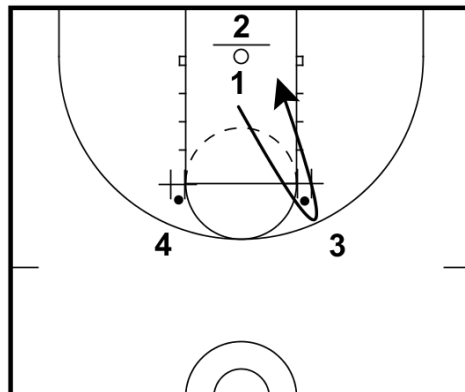
Players can also add in other variations, such as a dribble to attack the basket and finish with a lay up.



Variation - Curls at Elbow

Step 1:

After a few rounds with the shots near the basket, move the chairs back to the free throw line to create more space to run and curl. Have the players run on the inside of the lane, curling outside the elbow and finishing with one dribble and a lay up.

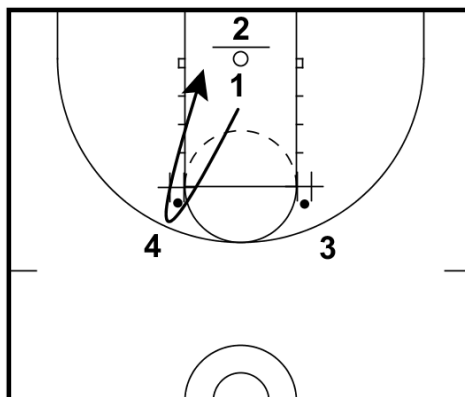


Step 2:

Just as before, the players should complete the right side and immediately go to the left side.

Player 2 will rebound each lay up and pass out to the place holder to put the ball back on the chair.

Player 1 will complete ten lay ups and then the players will rotate positions.

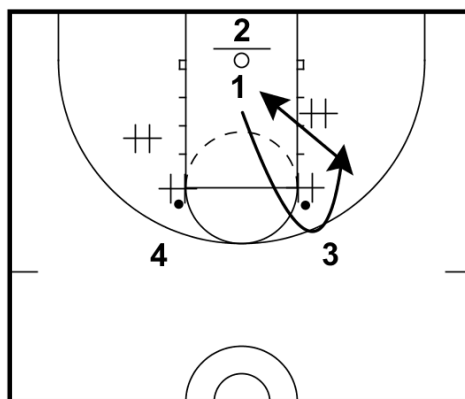


Progressions

To increase the difficulty, add in two more chairs as obstacles. Have the players cut down the middle of the lane and curl off the elbow, as before. Only this time, they will perform a dribble move to cut in front of the second chair and complete a lay up.

The players can use a cross over, through the legs, behind the back or any other move to get by the second chair. As they are cutting by the second chair, their dribble should be out in front of their body to create space and finish at the rim.

Just as above, the player will do the same move on the left as they just did on the right. They will take ten lay ups before rotating positions.



5/5/5 SHOOTING

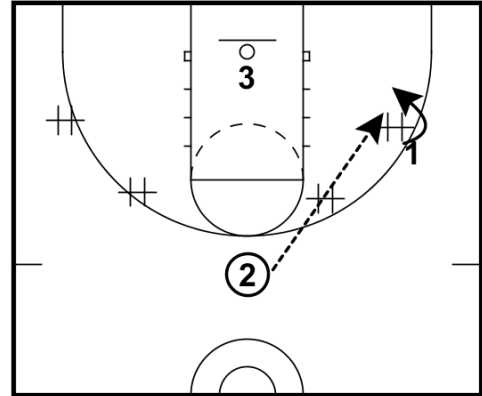
The following shooting drill is a great warm up drill used to develop consistent shooting form and help develop stepping into your shot. To perform this drill you will need four chairs or cones. The drill can be run with two, three or four players.

Step 1:

Set up four chairs or cones to mark four shooting locations on the court. Start on the right side and position the chairs so they progressively move farther back as you move to the left.

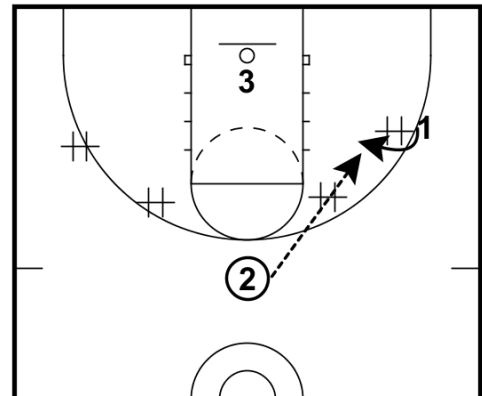
Player 1 will be the shooter, player 2 will be the passer and player 3 will be the rebounder.

Player 1 will start behind the chair and step with his inside foot to his right to curl around the chair. Player 2 will pass the ball and player 1 will catch and shoot. They will repeat the process five times, stepping to the right each time.



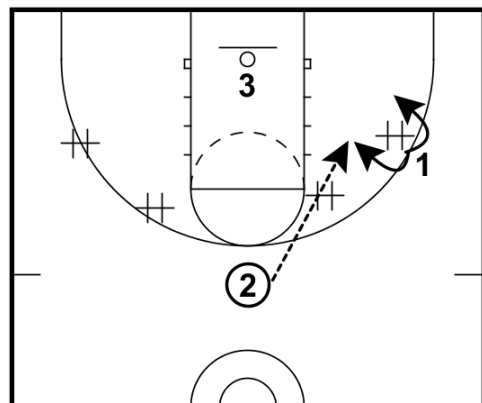
Step 2:

After five shots moving right, they will repeat the process, only this time stepping to the left. Player 1 will curl around the chair, catch the pass from player 2 and shoot. Just as above, player 1 will take five consecutive shots.



Step 3:

Next, player 1 will alternate, taking one shot curling right and then one shot curling left. He/she will again take five shots. Once these five shots are complete, the players will rotate positions so a new person takes the shots. When each player attempts five shots right, five shots left and 5 alternating shots, they will progress to the next chair.



Points of Emphasis:

- Step with your inside foot to curl around the chair
- Curl as close to the chair as possible
- Step in front of your shot, never falling backwards

2 CHAIR SHOOTING

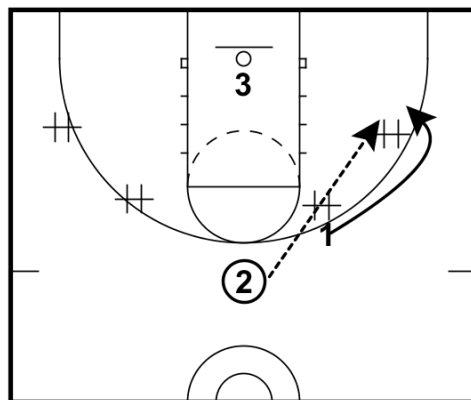
The following drill continues teaching footwork and perimeter play. To perform this drill you will need four chairs or cones. The drill can be run with two, three or four players.

Step 1:

Set up four chairs or cones to mark four shooting locations on the court. Start on the right side and position the chairs so they progressively move farther back as you move to the left.

Player 1 will be the shooter, player 2 will be the passer and player 3 will be the rebounder. You should use two balls. The rebounder and passer should start with a ball in their hands.

Player 1 will start behind the chair above the right elbow and run to curl around the chair to his/her right. Player 2 will pass the ball and player 1 will catch and shoot.

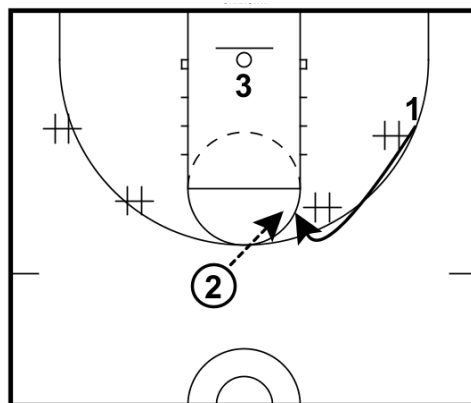


Step 2:

Player 1 will run left and curl around the chair above the right elbow. He/she will catch a pass from player 2 and shoot the ball.

They will repeat the process, taking ten shots alternating between the same two chairs.

After using the chairs on the right, player 1 will take ten shots curling off the two chairs in the middle of the court. Following that, he/she will use the two chairs on the left side.



Points of Emphasis:

- Step with your inside foot to curl around the chair
- Curl as close to the chair as possible
- Step in front of your shot

Progressions

Players can practice the following progressions to dribble and step into a new shot:

- Step through and take one dribble into a lay up or jump shot
- Step through and 2nd dribble change

3 CHAIR SHOOTING

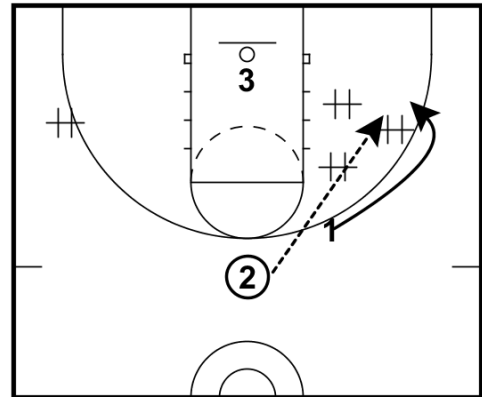
The following drill progresses from the 2 chair shooting drill to add a change of direction. To perform this drill you will need 3 chairs or cones. The drill can be run with two or three players.

Step 1:

Set up three chairs or cones on the right side of the court. The chairs should form a triangle and there should only be a couple of feet between each chair.

Player 1 will be the shooter, player 2 will be the passer and player 3 will be the rebounder.

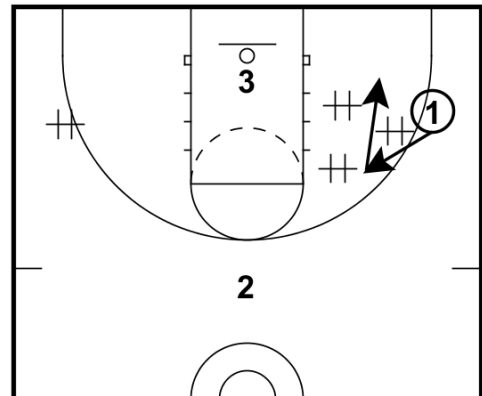
Player 1 will start behind the chair above the right elbow and run to curl around the chair to his/her right. Player 2 will pass the ball to player 1.



Step 2:

Upon the catch, player 1 will front pivot and take one dribble past the first chair. Next, he/ she will take a second dribble right passed the next chair and pull up into a jump shot.

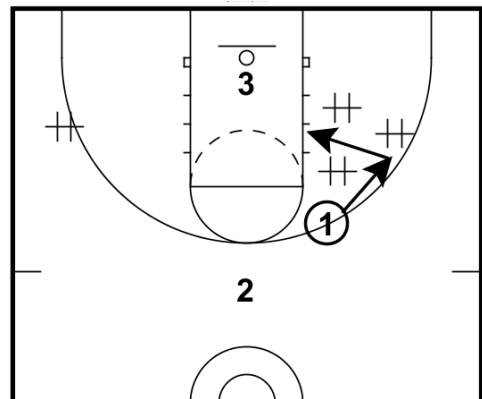
It is important to dribble the ball toward the basket and toward the middle of the court. This will force your momentum north/south instead of east/west.



Step 3:

After the first shot, player 1 will run left and curl around the chair above the right elbow. He/she will catch a pass from player 2 and front pivot and take one dribble right past the first chair. Next, he/ she will take a second dribble left past the next chair and pull up into a jump shot.

They will repeat the process, taking ten shots alternating between the same two chairs.



Points of Emphasis:

- Step with your inside foot to curl around the chair
- Curl as close to the chair as possible
- Step in front of your shot, never falling backwards
- Attack by dribbling toward the basket.

SIDELINE SPRINT

This drill simulates catching the ball and shooting from the middle of the court. As shown below, the drill can be performed to have multiple players shooting at one time.

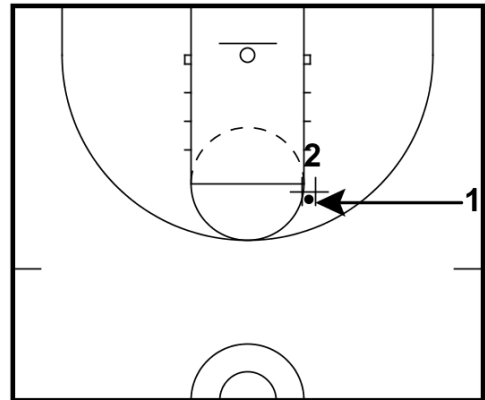
Step 1:

Set up a ball in a chair located on the right elbow.

Player 1 will begin as the shooter. Player 2 will be the ball placer.

Player 1 will start on the sideline across from the chair and will sprint out to the chair. He/she will pick up the ball, pivot to face the basket and then take a jump shot.

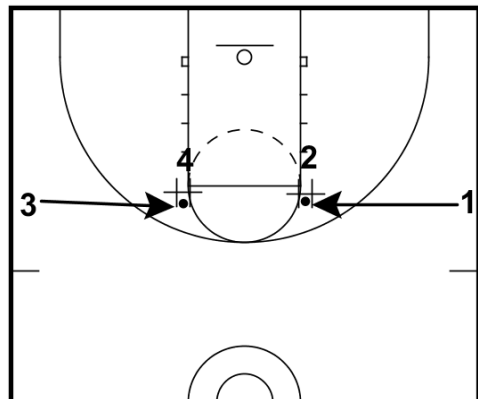
He/she will follow their shot and pass out to player 2 who will place the ball on the chair. Player 1 will sprint to their original position on the sideline and perform the drill again.



Step 2:

To incorporate multiple players at once, place a chair on the left elbow as well. In this case, player 3 will become the shooter on the left side.

Take ten shots all working on the same shot and footwork. Rotate players so someone new becomes the shooter.



Points of Emphasis

- When approaching the chair, place your inside foot as close to the chair as possible
- When adding in a dribble, push the ball ahead of you to create as much space as possible
- Rip the ball below your knees so the defender cannot get to it

Progressions

- One dribble – pull up
- One dribble – lay up
- One dribble – change direction

INSIDE FOOT SCOOP SHOT

The following drill is a great way to work on dribbling, footwork and shooting. This also makes for a great conditioning drill. To perform this drill you will need two chairs and each player will need two basketballs.

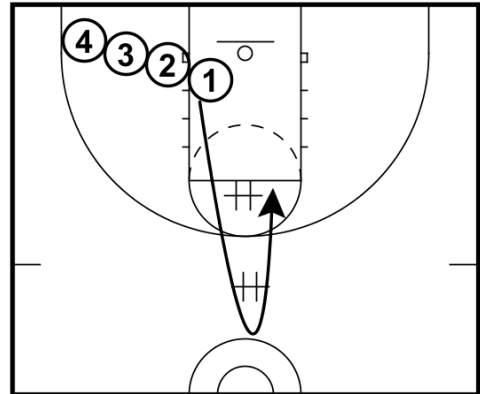
Step 1:

Set up one chair midway between the three point line and half court. Set up the other chair at the free throw line.

All the players will line up on the baseline holding two basketballs. Player 1 will start the drill and dribble both balls out to the chair.

He/she will curl around the far chair, and turn full speed to head back to the basket.

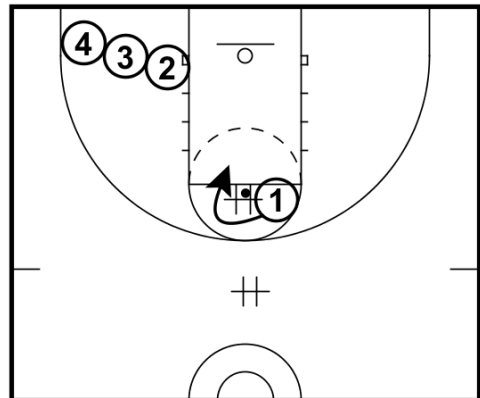
He/she will stop at the free throw line.



Step 2:

After stopping at the free throw line, player 1 will place the ball in their left hand onto the chair.

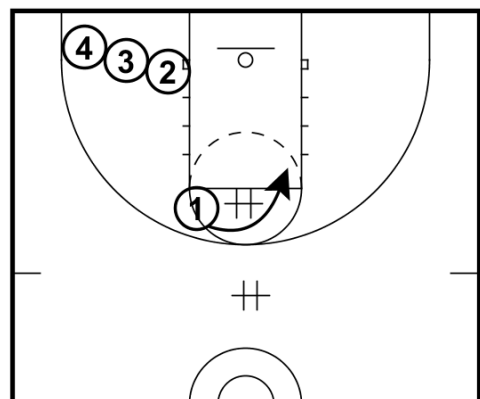
He/she will take a right to left cross over with the other ball and step into a jump shot.



Step 3:

After taking the first jump shot, player 1 will inside pivot from left to right, pick up the ball from the chair and step into a jump shot.

Player 1 will rebound both of their shots and then go to the back of the line. After both shots have been rebounded, player 2 will begin and follow the same process as player 1.



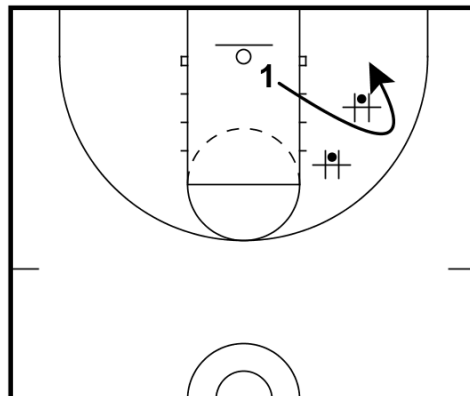
TURN OUTS

The following drill works on footwork as well as shooting. To perform this drill you will need two chairs and two basketballs.

Step 1:

Set up the two chairs on the right wing. Leave just enough space between them to be able to run through.

Player 1 will start underneath the basket and run between the chairs. He/she will curl around the right chair, pick up the ball and front pivot into a jump shot.



Step 2:

Player 1 will return to the basket, cut back out between the chairs, curling around the left chair this time. Just as before, he/she will pick up the ball, front pivot and step into a jump shot.

It is important to curl low and make a hard front pivot no matter which way you are curling.

Player 1 will take two shots and then rotate to let a new player try. If you have multiple players at once, the players who are not shooting can act as rebounders and ball placers.

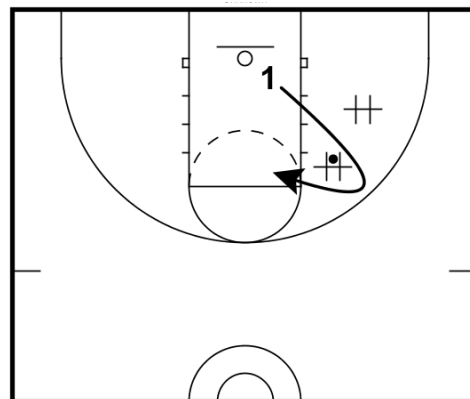


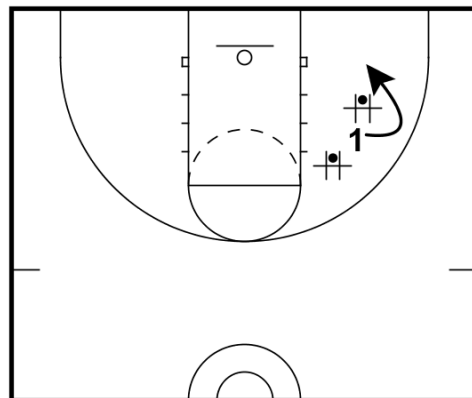
FIGURE 8 SHOOTING

The following drill works on footwork as well as shooting. To perform this drill you will need two chairs and two basketballs.

Step 1:

Set up the two chairs on the right wing. Leave just enough space between them to be able to run through.

Player 1 will start between the chairs. He/she will curl around the right chair, pick up the ball and front pivot into a jump shot.

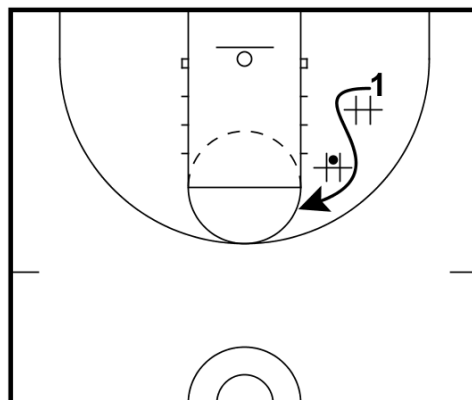


Step 2:

Player 1 will then cut back out between the chairs, curling around the top of the left chair this time. Just as before, he/she will pick up the ball, front pivot and step into a jump shot.

It is important to curl low and make a hard front pivot no matter which way you are curling.

The drill will continue with one player making a figure 8 around and between the chairs taking ten shots before rotating to let a new person shoot.



This drill is best run when you have other players to act as rebounders and ball placers.

CHAIR PIVOTS

This drill is designed to improve footwork, shooting, mentality, and conditioning. To perform this drill you will need two chairs and two basketballs. The drill can be run with two, three or four players.

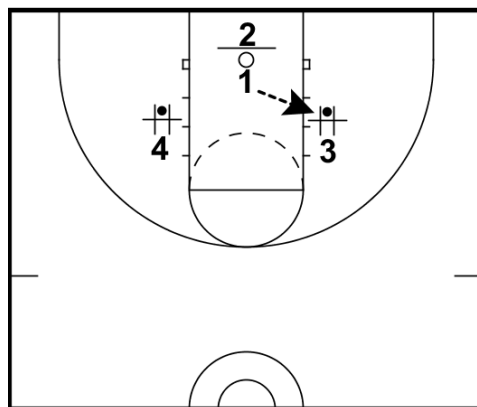
Step 1:

Align the chairs on each side of the lane, halfway between the basket and the free throw line. This short distance will help you work on your form and allow you to get more reps up in a shorter amount of time. Each chair will be a placeholder for one basketball.

Player 1 will act as the shooter. Player 2 will be the rebounder and players 3 and 4 will be the ball placers.

If you only have two players, the rebounder (player 2) will also act as the ball placers, placing the ball back into each chair.

Player 1 will start underneath the basket. He/she will begin the drill by sprinting to the right chair and jump stopping to pick up the ball. He/she will immediately get the ball into a triple threat position.

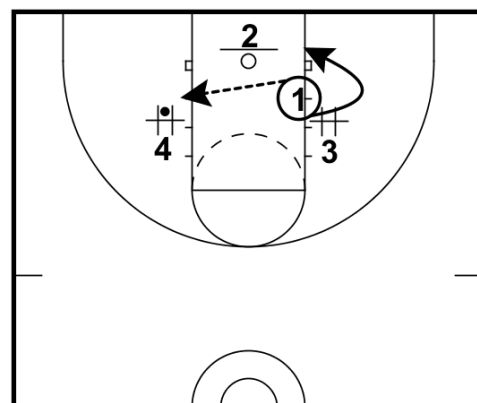


Step 2:

Once the player has the ball into a triple threat position, he/she will make a specific pivot (ex: front pivot) and score the ball.

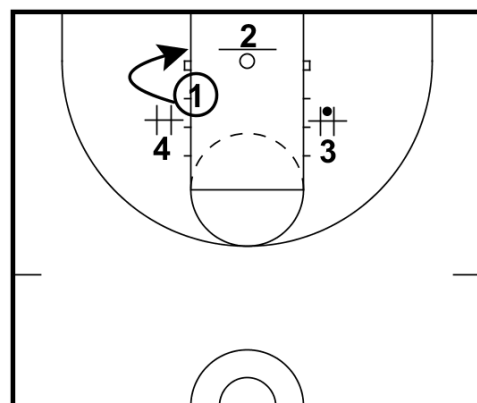
After the shot is released, the player will sprint to the other chair and repeat the process of jump stopping, triple threat, pivot and shoot.

Player 2 will rebound the first shot and pass the ball to player 3 who will place the ball back on the chair.



Step 3:

Player 1 will either take a prescribed number of shots (ex: ten shots) or set amount of time (one minute) all while performing the same pivot. After completing the reps, the players will rotate so that a different player becomes the shooter.



Footwork Progressions

Players can practice the following pivots:

- Front Pivot - Baseline Foot
- Front Pivot - Top Foot
- Inside Pivot - Baseline Foot
- Inside Pivot - Top Foot
- Drop Step - Baseline Foot
- Drop Step - Top Foot
- Front Pivot->Step Through (Baseline Foot)

- Front Pivot->Step Through (Top Foot)
- Drop Step->Inside Pivot (Baseline Foot)
- Drop Step->Inside Pivot (Top Foot)
- Inside Pivot->Sweep (Baseline Foot)
- Inside Pivot->Sweep (Top Foot)
- Combine Pivots (ex: Drop Step, Inside Pivot, Sweep)

Your baseline foot is the closest to the baseline, and your top foot is closest to the top of the key.

Practice all variations from both sides of the floor.

ATTACKING THE MIDDLE – POST DRILL

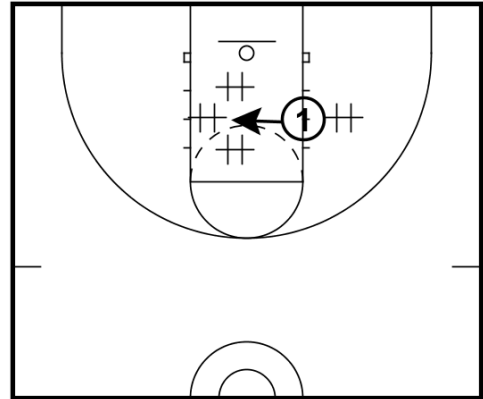
The following post drill teaches your big men how to move their defender to the middle of the court. The drill can be performed alone and all you need is one basketball and three chairs or cones.

Step 1:

Set up three chairs inside the lane and one chair just outside the lane on the right. The three chairs in the lane should create a shooting pocket just wide enough for you to stand in.

Start with the ball sitting on the chair outside of the lane. Face the chair, pick up the ball and drop step toward the middle of the lane. You should end up in the shooting pocket created by the three chairs. Take a jump hook, and follow your shot.

Take ten shots all working on the same shot and footwork. Then flip the chairs so that you practice coming left to right.



Footwork/Shot Progressions

Players can practice the following pivots into shots:

- Drop step – power dribble
- Drop step – front pivot
- Drop step – step through

Points of Emphasis:

- Step in front of your shot, never falling backwards or to the side
- If you hit the chairs that means you are not going straight up

SHORT CORNER – POST DRILL

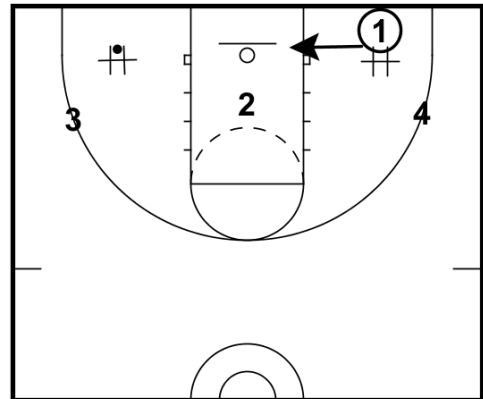
The following post drill teaches your big men how to attack via the short corner. The drill can be performed alone but is more efficient with four people. You will need two basketball and two chairs.

Step 1:

Set up a ball in each chair located on the left and right short corner. The short corner is located behind the backboard on the baseline midway between the lane and the three point line.

Player 1 will begin as the shooter. Player 2 will be the rebounder and players 3 and 4 will be the ball placers.

Player 1 will stand behind the chair on the right side and pick up the ball. He/she will take a pivot and a dribble and make a lay-up.



Step 2:

After completing the lay-up, player one will sprint to the opposite chair and repeat the same motion from the left side.

Take ten shots (five on each side) all working on the same shot and footwork. Rotate players so someone new becomes the shooter.

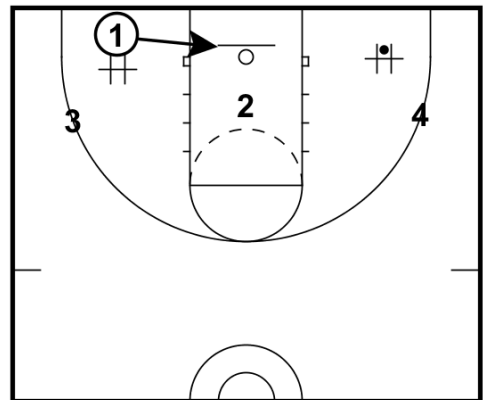
Footwork/Shot Progressions

Players can practice the following pivots into shots:

- Inside foot drop step – power dribble
- Inside foot – front pivot
- Drop step – step through

Points of Emphasis:

- Make a quick turn to keep the defender on your back
- Square your shoulders so they are parallel to the basket



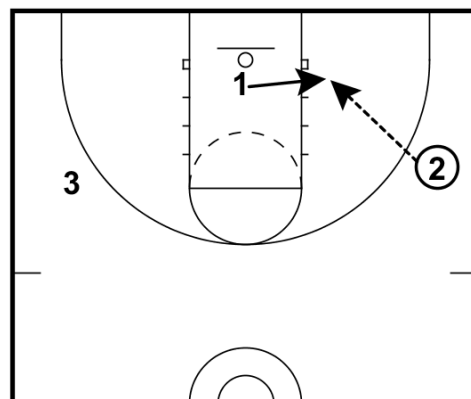
POST TO POST

The following is a great post drill to develop finishing from either low block. To perform this drill you will need one basketball and three players.

Step 1:

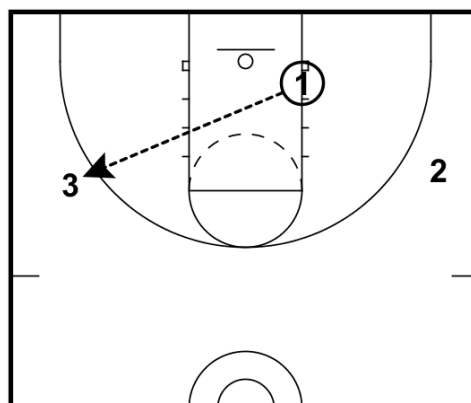
Player 1 will be the shooter and he/she will start underneath the basket. Player 2 will act as a passer on the right wing and player 3 will be the passer from the left wing.

Player 1 will cut to the right low block and receive a pass from player 2. He/she will catch the ball and pivot into a lay-up.



Step 2:

Next, player 1 will rebound his/her made shot and pass out to player 3 on the left wing.



Step 3:

Player 1 will then cut across the lane and stop on the left low block. Player 3 will pass the ball to player 1 who will pivot into a lay-up.

Player 1 will rebound the made shot and continue the drill by passing back out to player 2.

Player 1 will go back and forth making ten lay ups before rotating to let a new player shoot.

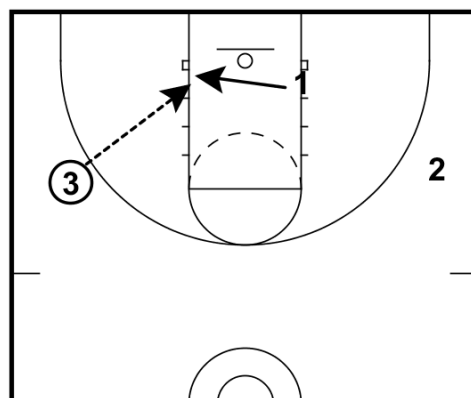


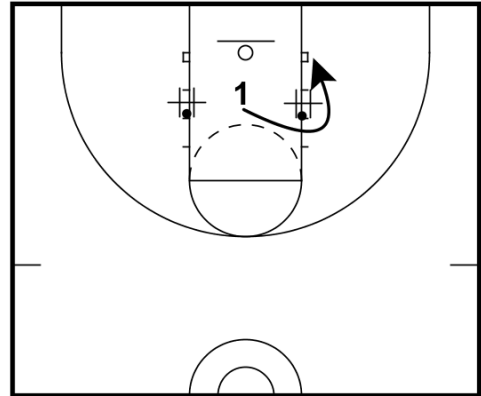
FIGURE 8 HOOK SHOTS

The following drill works on footwork as well develops a hook shot for your post players. To perform this drill you will need two chairs and two basketballs.

Step 1:

Set up the two chairs on each side of the lane, just above the low block. Leave just enough space between the chairs to be able to run through.

Player 1 will start between the chairs. He/she will curl around the right chair, pick up the ball and front pivot into a hook shot.



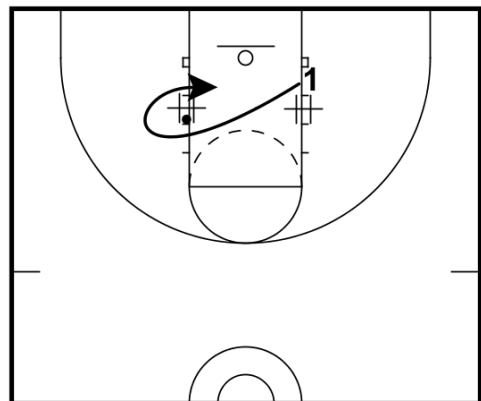
Step 2:

Player 1 will then cut back out between the chairs, curling around the top of the left chair this time. Just as before, he/she will pick up the ball, front pivot and step into a hook shot.

It is important to curl low and make a hard front pivot no matter which way you are curling.

The drill will continue with one player making a figure 8 around and between the chairs taking ten shots before rotating to let a new person shoot.

This drill is best run when you have other players to act as rebounders and ball placers.



3 CHAIR POST

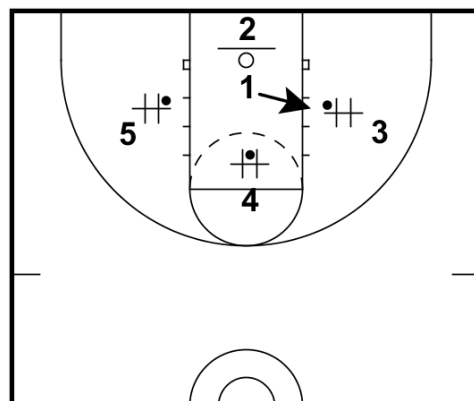
The following drill works on post footwork from all different angles. To perform this drill you will need three chairs and three basketballs.

Step 1:

Set up one chair just underneath the free throw line in the middle of the court. Place the ball on the chair.

Set up the second and third chairs just outside each side of the lane. Place a basketball on each chair.

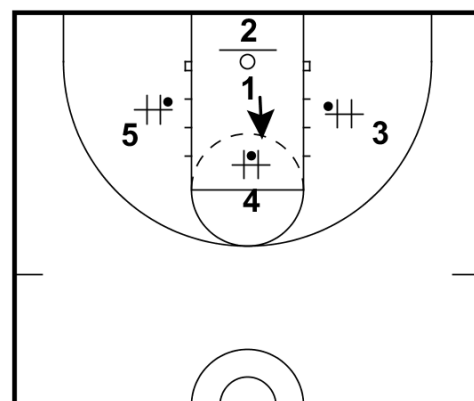
Player 1 will start underneath the basket and will run to the chair on the right. He/she will pick up the ball and pivot into a jump shot.



Step 2:

Player 1 will return to the middle of the floor underneath the basket.

Next, he/she will run to the chair below the three point line. He/she will pick up the ball and pivot into a jump shot.



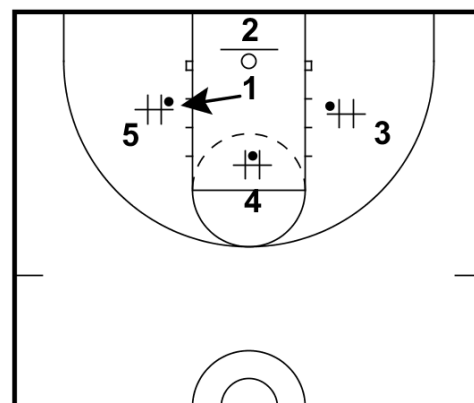
Step 3:

Again, player 1 will return to the middle of the floor underneath the basket.

This time he/she will run to the chair on the left. He/she will pick up the ball and pivot into a jump shot.

All other players will act as rebounders and ball placers.

After player 1 has finished going from right to left, he/she will immediately go back to the left chair and repeat the process left to right. Once he has completed six shots player 1 will rotate and let another player attempt the drill.



Any type of post footwork can be used with this drill.

SPLIT POST

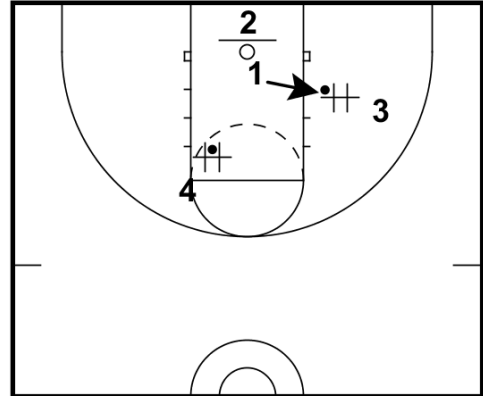
The following drill works on post footwork from both the high and low post. To perform this drill you will need two chairs and two basketballs. Any type of post footwork can be used with this drill.

Step 1:

Set up one chair just outside the lane above the right low block. Place a ball on the chair.

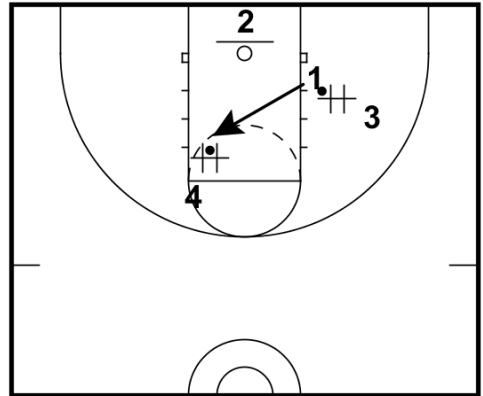
Set up the second just inside the left elbow in the lane. Place a basketball on the chair.

Player 1 will start underneath the basket and will run to the chair on the right. He/she will pick up the ball and pivot into a jump shot.



Step 2:

From the chair on the right, player 1 will run to the other chair, pick up the ball and pivot into a jump shot.

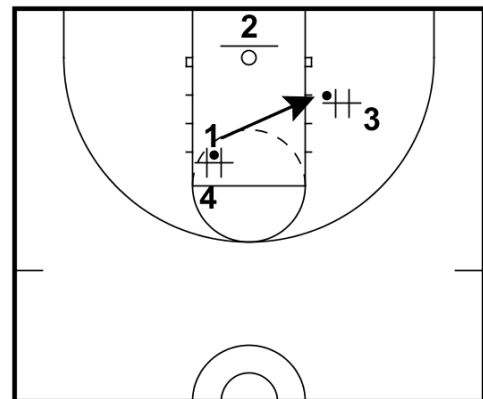


Step 3:

Player 1 will then run back to the first chair and repeat the process, going back and forth between the two chairs.

All other players will act as rebounders and ball placers.

After player 1 has finished going back and forth to take ten shots, he/she will rotate and let another player attempt the drill.



SHOOTING & GETTING OPEN

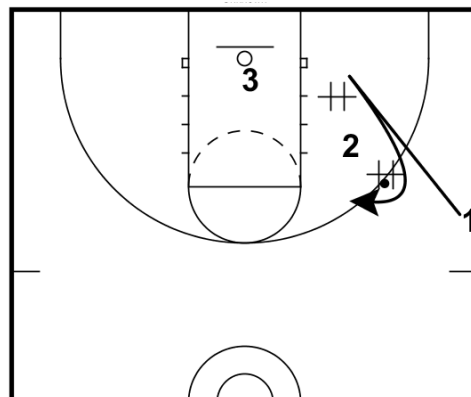
It does not matter how well you can shoot if you cannot get the ball. The following drills works on how to cut to get open and receive the ball into your shot.

Step 1:

Set up two chairs staggered on the right side of the court. Place a ball on the chair at the wing on the three point line.

Player 1 will start on the right sideline. He/she will be the shooter. Player 3 will be the rebounder and player 2 will be the ball placer.

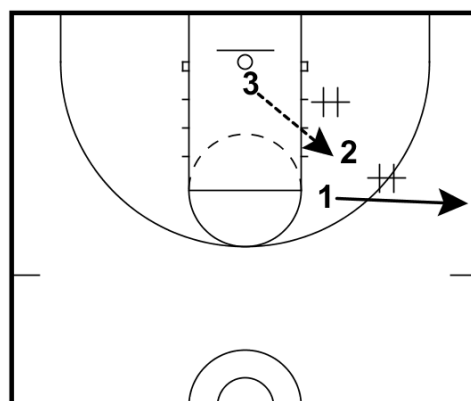
Player 1 will sprint down to the lowest chair and then cut up back toward the three point line to curl around the top chair. As player 1 curls around the chair, he/she will pick up the ball and step into a jump shot.



Step 2:

Player 3 will rebound the ball and pass it out to player 2 who will place the ball back on the chair.

After he/she shoots, player 1 will sprint back to the sideline to start the drill over again. Player 1 will take ten shots before rotating to let a new player shoot.



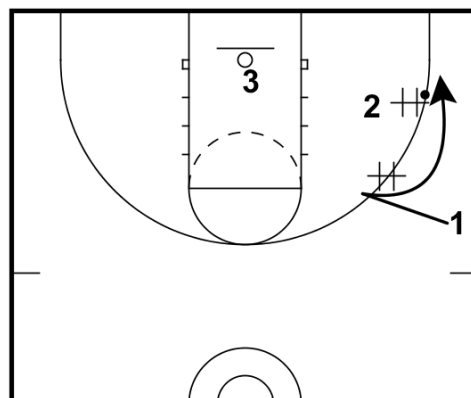
Variation:

Since not all shots will come from the same position and angle on the court, it is important to move the chairs around and practice cutting from different angles.

In this instance, Player 1 will begin again on the right sideline, but will run to the chair at the three point line and then curl off the lower chair. Players should change speeds when changing direction and use the correct footwork.

Similar to above, he/she will pick up the ball and step into a jump shot.

In addition to jump shots, you can add in one dribble pull ups and power dribbles that lead to lay ups.



REVERSE SHOTS

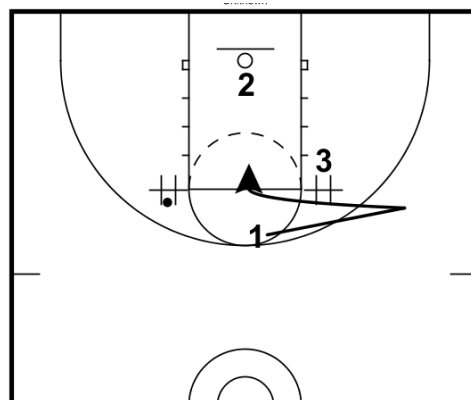
The following drill teaches players a specific cut that will help them get open for a shot. To perform this drill you will need two chairs and two basketballs.

Step 1:

Set up one chair outside the left elbow and one chair outside the right elbow. Place a ball on each chair.

Player 1 will be the shooter. Player 2 will be the rebounder and player 3 will be the ball placer.

Player 1 will start in the middle of the floor and run to the right three point line. He/she will then change directions and cut toward the middle of the floor. He/she will curl next to the chair, pick up the ball and step into a jump shot.

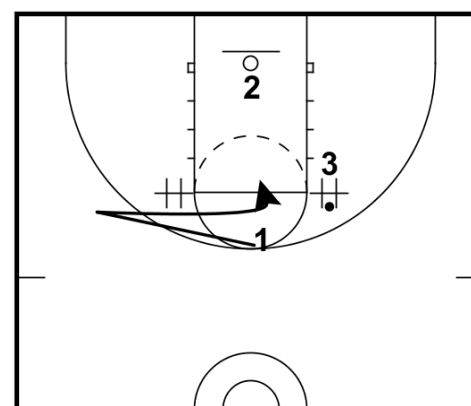


Step 2:

Player 2 will rebound the ball and pass it out to player 3 who will place the ball back on the chair.

After he/she shoots, player 1 will sprint to the left three point line, change directions and cut to the middle. Again, he/she will curl next to the chair, pick up the ball and step into a jump shot.

Each player will take ten total shots (five from each side) before rotating to let a new player shoot.



Points of Emphasis

- When approaching the chair, place your inside foot as close to the chair as possible
- Change speed when you change directions

Progressions

- One dribble – pull up
- One dribble – lay up
- 2nd dribble change

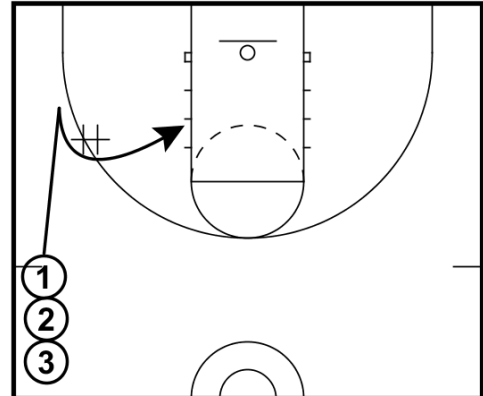
USING A BALL SCREEN

The following drill teaches players the multiple ways to use a ball screen. To perform this drill you will need two chairs to represent the screener and one defender.

Variation 1 - Over the Top (Base Move)

Set up one chair on the three point line at the left wing. The chair will represent the screen. The players will line up near half court. Each player will have a ball.

Player 1 dribbles below the screen to set up his/her defender. They will then cut off the screen and attacking the middle of the court to set up a shot or a lay-up. Player 2 will go once player 1 has completed his/her shot.

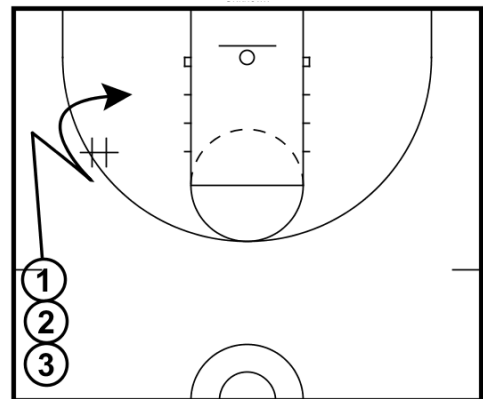


Variation 2 - Reject the Screen

The set up will remain the same as above, only this time the players will reject the screen.

Once again the players will dribble below the screen to set up the defender. In this simulation, the defender will try to jump in front of the screen. The players should sell that they are going to go over the top of the screen, and then cut back the opposite direction.

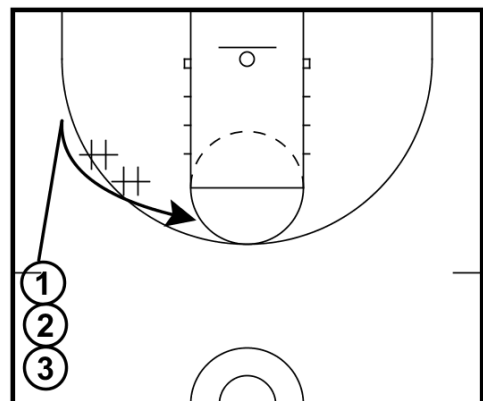
Again they will finish with a jump shot or a lay-up.



Variation 3 - Drag the Hedge

This time you will add a second chair to simulate a defender that is trying to hedge the screen.

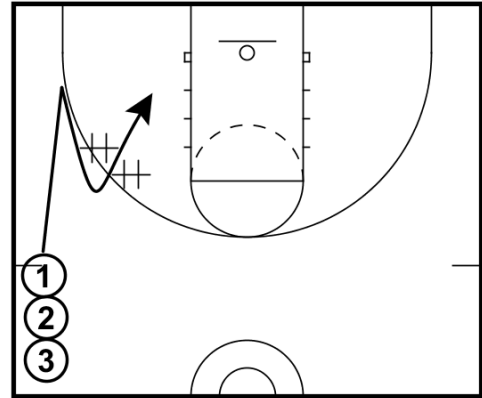
Once again the players will dribble below the screen to set up the defender. The players will use the screen and drag the hedger wide toward the center of the court. Typically the hedger will be a post player, so your guards should use a change of pace to get past the defender to finish with a lay-up.



Variation 4 - Split the Hedge

The set up will remain the same as variation 3 (with two chairs), only this time the players will split the defense.

Just as before, the players will dribble below the screen to set up the defender. In this simulation, the second defender will create too much space from the screener. The dribbler players should sell that they are going to go over the top of the screen, and then cut between the two chairs. The dribbler will have to push the ball out ahead of their body to create space for a lay-up finish.



USING A DOWN SCREEN

The following drill teaches players the multiples ways to use a down screen. To perform this drill you will need two chairs and one basketball.

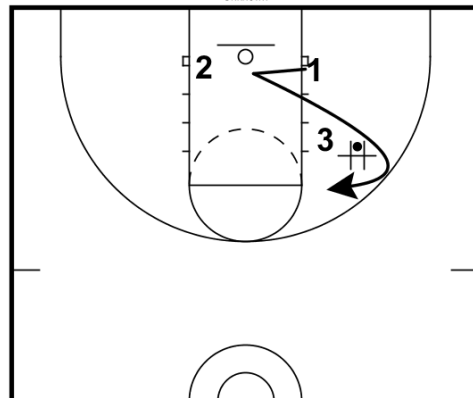
Variation 1 - Curl

This will simulate how to curl off a down screen.

Player 1 will be the shooter. Player 2 will be the rebounder and player 3 will be the ball placer.

Player 1 will start on the right low block. He/she will cut to the middle of the key to set up the defender. He/she will then cut and curl around the chair at the right wing.

Player 1 should curl tight to the chair, pick up the ball and take a jump shot.

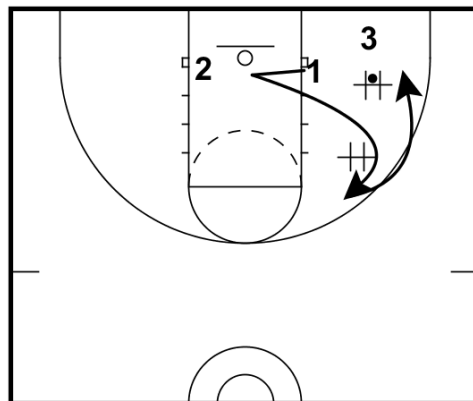


Variation 2 - Fade

The set up will remain the same as above, only this time a second chair will be added in the short corner. Place the ball in the second chair.

Once again player 1 will cut to the middle of the lane to set up the defender. In this simulation, the defender will try to jump in front of the screen. The players should sell that they are going to curl around the chair, and then fade away from the defender.

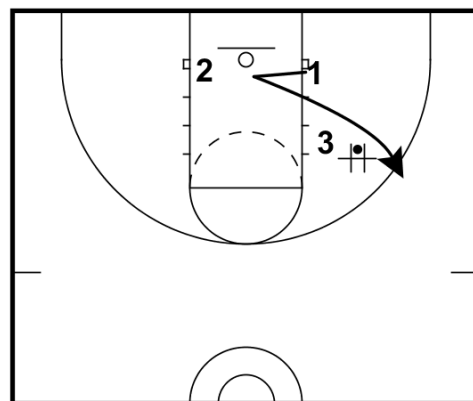
Player 1 will pick up the ball from the second chair and take a jump shot.



Variation 3 - Bump

This time you will remove the second chair to simulate what is called a bump.

Once again player 1 will cut to the middle of the lane to set up the defender. In this simulation, the defender will stay behind the screen. Player 1 should cut right to the chair, pick up the ball and use an inside pivot into a jump shot.



FLARE SCREEN

The following drill teaches players how use a flare screen. To perform this drill you will need one chair and one basketball.

Step 1:

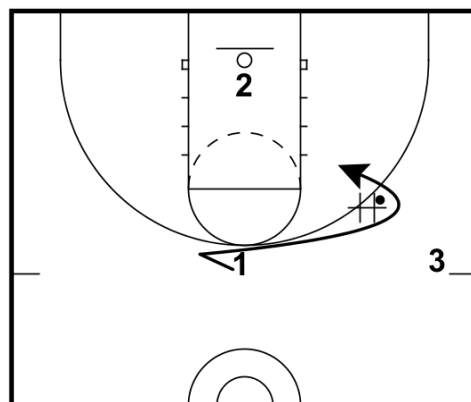
Set up the chair on the three point line at the right wing.

Player 1 will be the shooter. Player 2 will be the rebounder and player 3 will be the ball placer.

Player 1 will start at the top of the key. He/she will take a step to the left to set up the defender. He/she will then cut right and curl around the chair.

Player 1 should curl tight to the chair, pick up the ball and take a jump shot.

Each player should take ten shots and then rotate. The drill should then be run on the left side of the court



Points of Emphasis

- When approaching the chair, place your inside foot as close to the chair as possible
- Change speed when you change directions

ZIPPER CUT

The following drill teaches players how use a zipper cut. To perform this drill you will need two chairs and one basketball.

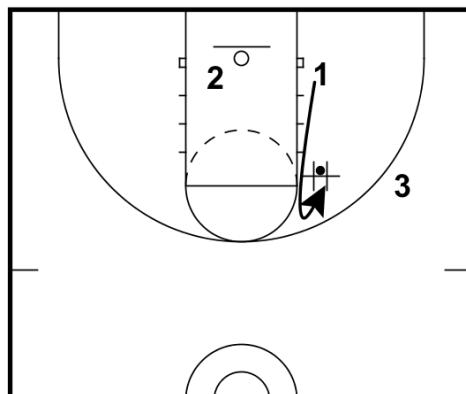
Variation 1:

Set up the chair at the right elbow.

Player 1 will be the shooter. Player 2 will be the rebounder and player 3 will be the ball placer.

Player 1 will start at the low block. He/she will cut up the lane to the chair. Once at the chair, player 1 will inside pivot to step directly behind the chair. This will create space for him/her to pick up the ball and step into a jump shot.

Each player should take ten shots and then rotate. The drill should then be run on the left side of the court

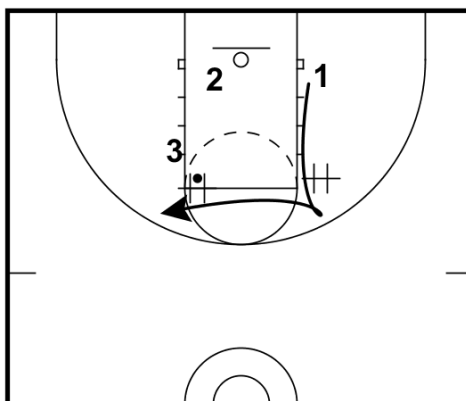


Variation 2: Zipper Flare

For this step, add a second chair on the left elbow. Place the ball on this new chair.

Again, player 1 will start at the low block. He/she will cut up the lane to the chair. Once at the chair, player 1 will inside pivot to step directly behind the chair. This time he/she will flare with a sweep through and cross the lane to the left elbow.

Player 1 will pick up the ball on the chair and take a jump shot. Each player should take ten shots and then rotate positions.



NEW YORK CUT

The following drill teaches players how use a New York cut. To perform this drill you will need two chairs and one basketball.

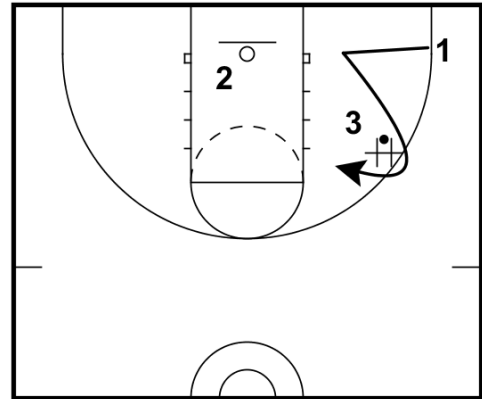
Variation 1 - Curl

Set up the chair at the three point line on the right wing.

Player 1 will be the shooter. Player 2 will be the rebounder and player 3 will be the ball placer.

Player 1 will start in the right corner. He/she will take one hard step toward the lane and then come off a wing screen and curl around the chair. Player 1 should cut as close to the chair as possible to pick up the ball and step into a jump shot.

Each player should take ten shots and then rotate. The drill should then be run on the left side of the court.

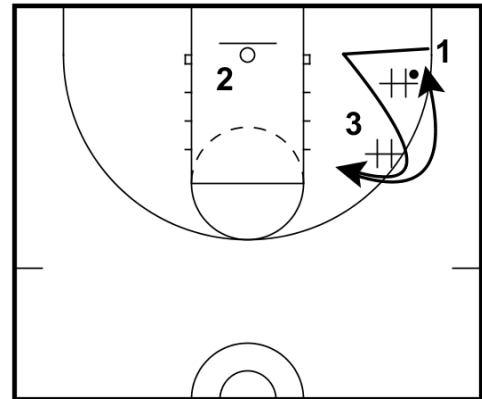


Variation 2 - Fade

For this step, add a second chair in the right corner. Place the ball on this new chair.

Again, player 1 will start in the right corner. He/she will take one hard step toward the lane and then come off a wing screen and curl around the chair. Player 1 should inside pivot as close to the chair as possible, only this time he/she will add a step through to fade to the corner. He/she will pick up the ball on the second chair and step into a jump shot.

Each player should take ten shots and then rotate positions.



Variation 3 - Bump

This time you will remove the second chair to simulate what is called a bump.

Once again player 1 will cut to the middle of the lane to set up the defender. In this simulation, the defender will stay behind the screen. Player 1 should cut right to the chair, pick up the ball and use an inside pivot into a jump shot.

Each player should take ten shots and then rotate positions.

ZIPPER BALL SCREEN

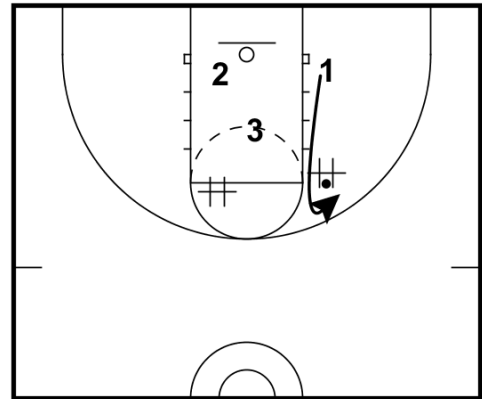
The following drill teaches players how use a ball screen after a zipper cut. To perform this drill you will need two chairs and one basketball.

Step 1:

Set up one chair on the right elbow and the other chair just inside the left elbow.

Player 1 will be the shooter. Player 2 will be the rebounder and player 3 will be the ball placer.

Player 1 will cut up the lane to the chair. Once at the chair, player 1 will inside pivot to step directly behind the chair. This will create space for him/her to pick up the ball.

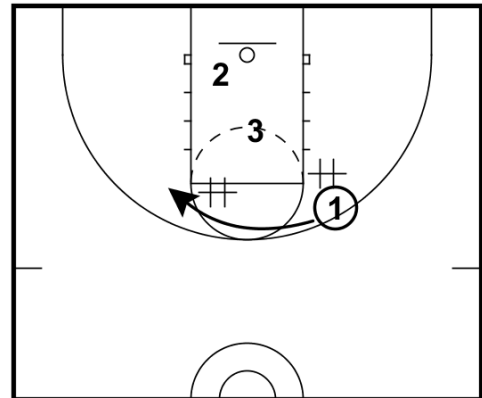


Step 2:

Player 1 will then sweep the ball and take two dribbles to get outside the second chair.

The second chair is used to simulate the screener so player 1 should cut right off the chair and step into a jump shot.

Each player should take ten shots and then rotate positions



Points of Emphasis

- When approaching the chair, place your inside foot as close to the chair as possible
- When adding in a dribble, push the ball a head of you to create as much space as possible
- Rip the ball below your knees so the defender cannot get to it

CORNER PIN

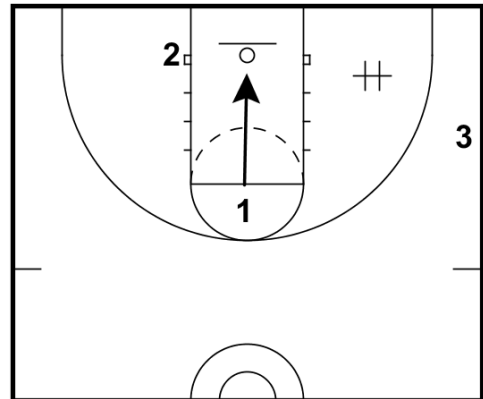
The following drill teaches players how use a corner pin screen. This is particularly effective against a zone. To perform this drill you will need one chair and one basketball.

Step 1:

Set up one chair in the short corner on the right side of the court.

Player 1 will be the shooter. Player 2 will be the rebounder and player 3 will be the ball placer.

Player 1 will cut down the lane and stop right underneath the basket.

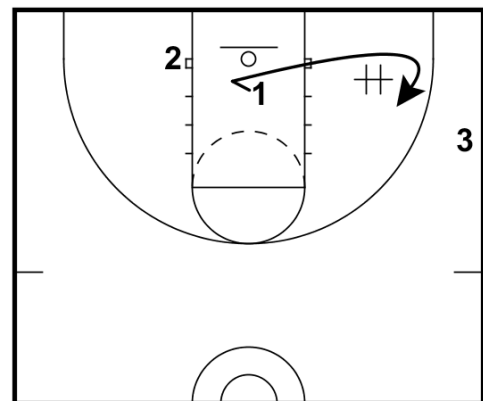


Step 2:

Player 1 will then fake left and go right to cut to the chair.

He/she won't have much room on the baseline so they must use an inside pivot to create space as they pick up the ball and step into their jump shot.

Each player should take ten shots and then rotate positions. This drill can be run from both the right and left side of the court.



Points of Emphasis

- When approaching the chair, place your inside foot as close to the chair as possible
- Inside pivot to create space

FAST BREAK DRILL 1

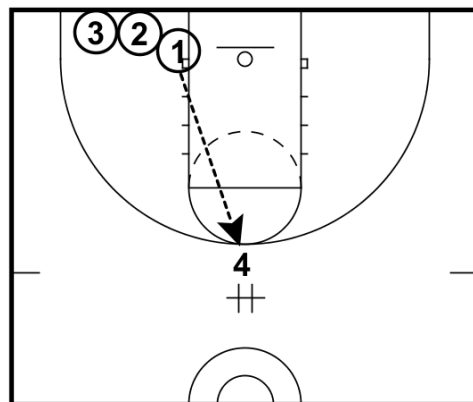
The following drill simulates fast break opportunities in a half court setting. This also makes for a great conditioning drill. To perform this drill you will need one chair and each player will need a basketball.

Step 1:

Set up one chair midway between the three point line and half court. A player or coach should stand in front of that chair. In this diagram we have used player 4 in front of the chair.

The remaining players will line up on the baseline. Player 1 will start the drill with a chest pass to player 4.

Player 4 will turn and place the ball on the chair.



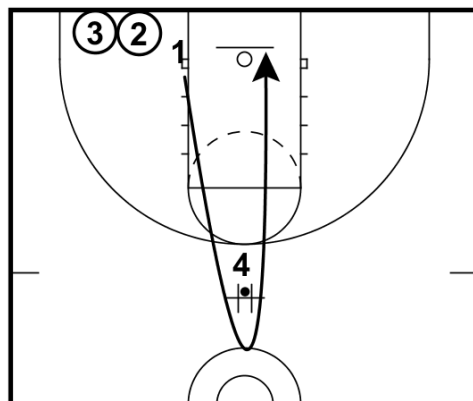
Step 2:

Player 1 will then follow his pass and run out to the chair.

He/she will tightly curl around the chair and pick up the ball. He/she will only have two dribbles to get to the basket and finish with a lay-up at the rim.

Once he/she has finished the lay-up, player 1 will get back in line to run the drill again.

As soon as player 1 picks up the ball and heads toward the basket, player 2 should pass to player 4 and follow the same process as player 1.



Once he/she has finished the lay-up, player 1 will get back in line to run the drill again.

Run the drill for a specific length of time or total number of lay ups made. If your players are working hard this will be a difficult conditioning drill that works skill at the same time.

FAST BREAK DRILL 2

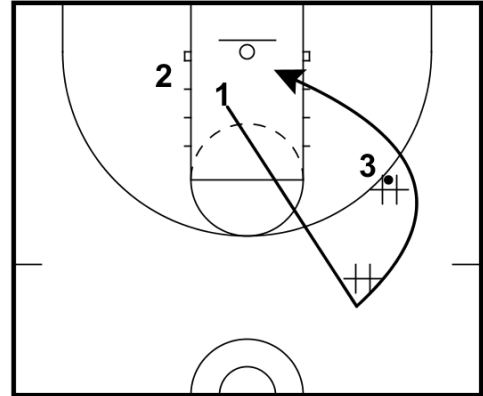
The following drill continues work on scoring off a fast break by adding in different angles of attacking the basket. To perform this drill you will need two chairs and one basketball.

Variation 1:

Set up one chair at the three point line on the right side of the court and the other chair midway between the three point line and half court. The ball should be placed on the chair at the three point line.

Player 1 will be the shooter. Player 2 will be the rebounder and player 3 will be the ball placer.

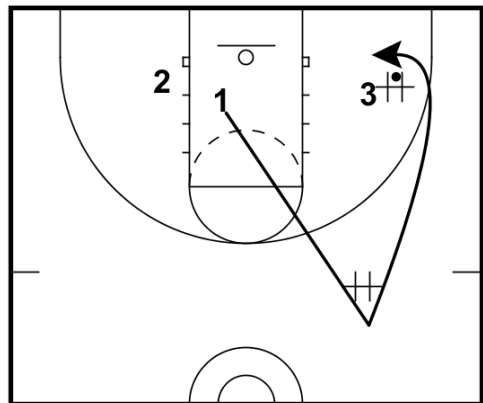
Player 1 will start under the basket and will sprint to the far chair. He/she will cut around the chair toward the other chair. He/she will curl around the second chair, pick up the ball and sprint to the basket to finish with a lay-up.



Variation 2:

To change the angle of attacking the basket, move the chair with the ball to the short corner.

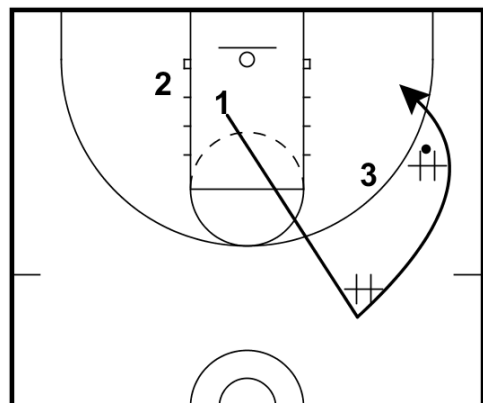
Once again, Player 1 will start under the basket before sprinting to the far chair. He/she will cut toward the chair in the short corner, pick up the ball and inside pivot into a jump shot.



Variation 3:

To give your players another variation, move the chair that is holding the ball above the right three point line. This will simulate the player running wide on the fast break.

Same as above, Player 1 will start under the basket before sprinting to the far chair. He/she will cut toward the second chair, pick up the ball. This time the player will take one dribble and pull up for a jump shot.

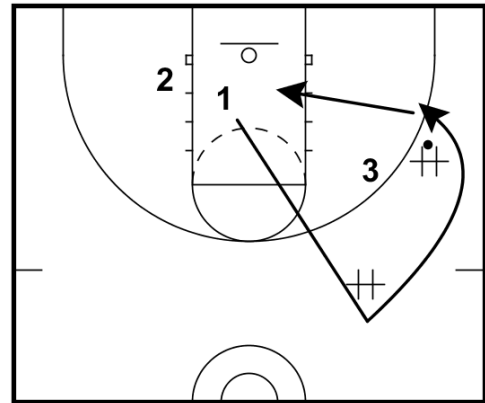


Progression on Variation 3:

To progress on the previous variation, have your players add in a counter dribble.

Once they pick up the ball from the chair they will continue to take one dribble, but instead of pulling up into a shot as before, they will take a second dribble to change directions and attack the basket for a lay-up.

Players should push the ball out ahead to create space with the second dribble.



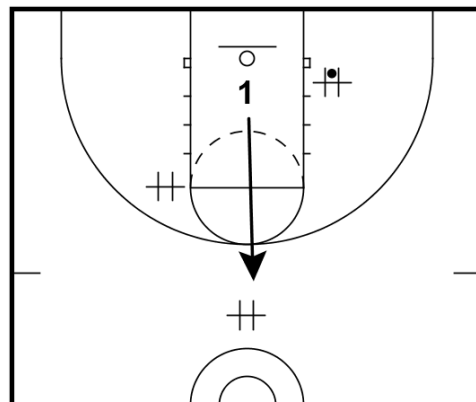
FAST BREAK DRILL POST SHOTS

The following drill simulates scoring in the post off a fast break. It also doubles as a great conditioning and footwork drill. To perform this drill you will need three chairs and one basketball.

Step 1:

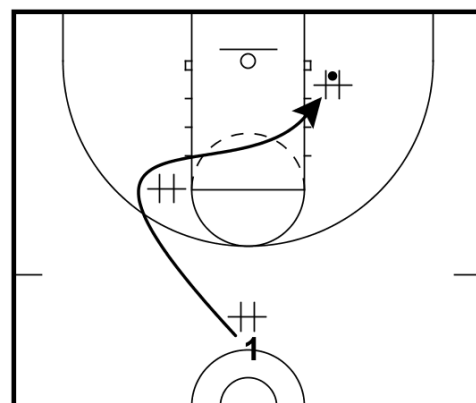
Set up one chair at right low block. Place the ball on this chair. Set up another chair on the left elbow and the third chair midway between the three point line and half court.

Player 1 will start under the basket and will sprint to the far chair near half court.



Step 2:

Player 1 will curl around the far chair and then cut past the chair on the left elbow. He/she will then sprint to the chair on the low block.



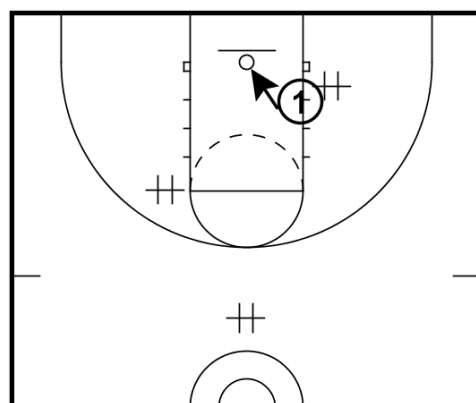
Step 3:

Player 1 will pick up the ball from the chair and then pivot toward the basket and make a lay-up.

This simulates the player catching the ball on the post, so have your players practice multiple moves such as drop step or inside pivot.

Player 1 will rebound his/her made shot and place the ball back on the chair. Then the same player will start the drill over again.

Each player should make ten post moves before having a new player perform the drill.



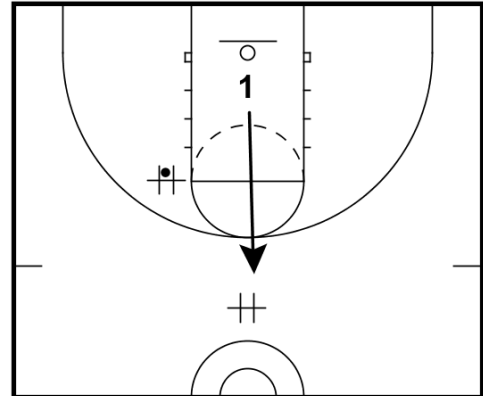
TRAILER SHOTS

The following drill simulates scoring on a trailer shot after a fast break. It also doubles as a great conditioning drill. To perform this drill you will need two chairs and one basketball.

Step 1:

Set up one chair on the left elbow and place the ball on this chair. Set up the other chair midway between the three point line and half court.

Player 1 will start under the basket and will sprint to the far chair near half court.



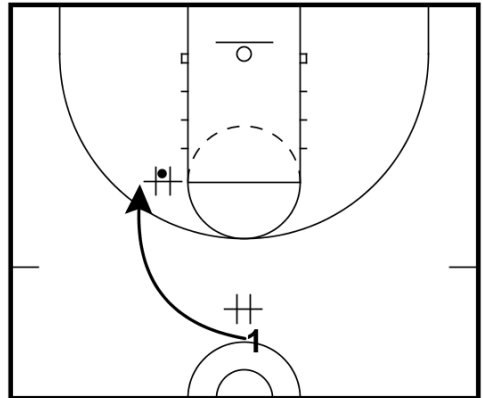
Step 2:

Player 1 will curl around the far chair and then cut to the chair on the left elbow. He/she will pick up the ball and step into a jump shot.

This simulates the player catching the ball as a trailer on the fast break.

Player 1 will rebound his/her made shot and place the ball back on the chair. Then the same player will start the drill over again.

Each player should make ten lay ups before having a new player perform the drill.



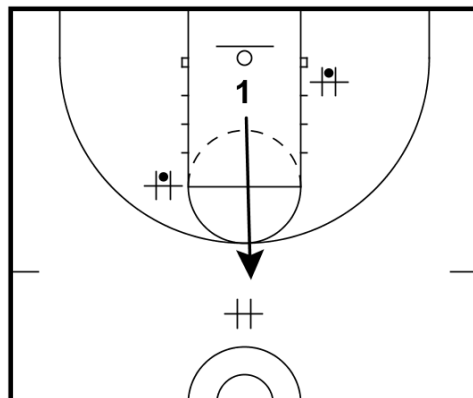
TRAILER & POST SHOTS – FAST BREAK

The following drill combines the last two drills to simulate scoring on a trailer shot and in the low post after a fast break. It also doubles as a great conditioning drill. To perform this drill you will need three chairs and two basketballs.

Step 1:

Set up one chair at right low block. Place one ball on this chair. Set up another chair on the left elbow and place the second ball on this chair. Place the third chair midway between the three point line and half court.

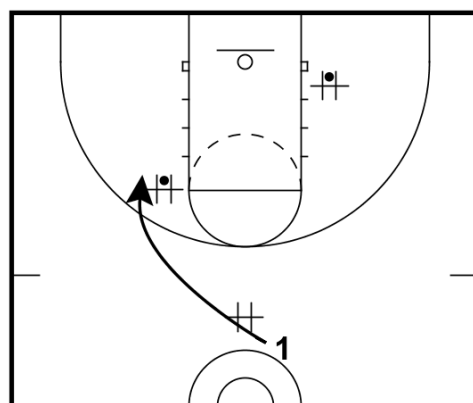
Player 1 will start under the basket and will sprint to the far chair near half court.



Step 2:

Player 1 will curl around the far chair and then cut to the chair on the left elbow. He/she will pick up the ball and step into a jump shot.

This simulates the player catching the ball as a trailer on the fast break.



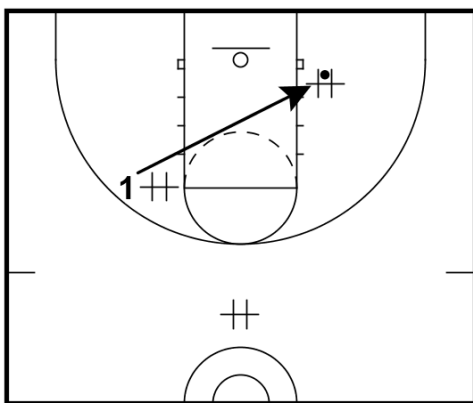
Step 3:

After shooting from the elbow, player 1 will continue the drill and cut to the low block.

Player 1 will pick up the ball from the chair and then pivot toward the basket and make a post move.

This simulates the player catching the ball on the post, so have your players practice multiple moves such as drop step or inside pivot.

If you can perform the drill with other players, have them act as rebounders and ball placers. If not, player 1 will rebound his/her made shot and place the balls back on the chairs. Then the same player will start the drill over again.



Each player should make ten post moves before having a new player perform the drill.

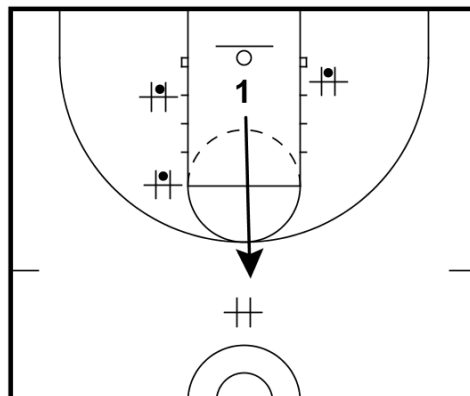
3 SHOT FAST BREAK

The following drill combines scoring on a trailer shot and in the low post after a fast break and also adds in a second low post shot. It also doubles as a great conditioning drill. To perform this drill you will need four chairs and three basketballs.

Step 1:

Set up one chair at right low block. Place one ball on this chair. Set up another chair on the left elbow and place the second ball on this chair. Set up a third chair on the left low block and place the third ball on this chair. Place the fourth chair midway between the three point line and half court.

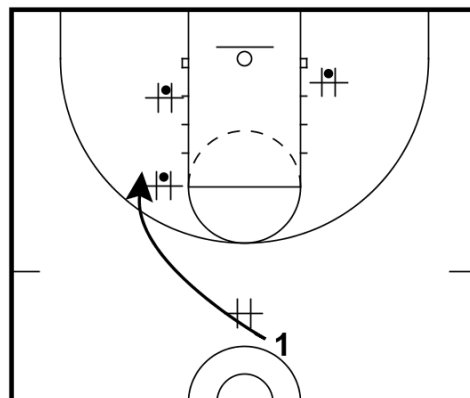
Player 1 will start under the basket and will sprint to the far chair near half court.



Step 2:

Player 1 will curl around the far chair and then cut to the chair on the left elbow. He/she will pick up the ball and step into a jump shot.

This simulates the player catching the ball as a trailer on the fast break.

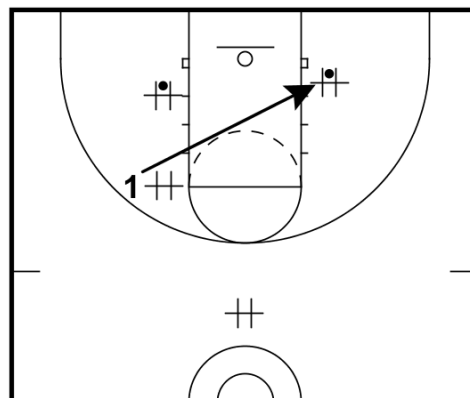


Step 3:

After shooting from the elbow, player 1 will continue the drill and cut to the low block.

Player 1 will pick up the ball from the chair and then pivot toward the basket and make a post move.

This simulates the player catching the ball on the post, so have your players practice multiple moves such as drop step or inside pivot.

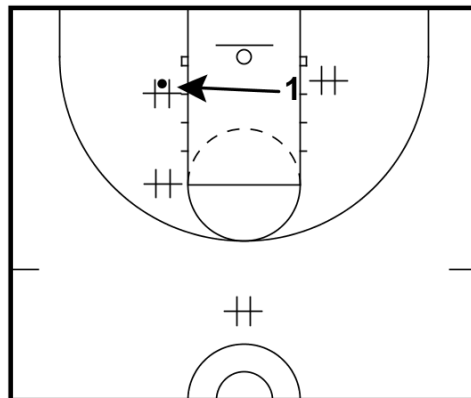


Step 4:

Next, player 1 will sprint across the lane and pick up the ball from the chair on the left low block. He/she will then pivot toward the basket and make a post move. This simulates the player catching the ball on the opposite low post.

If you can perform the drill with other players, have them act as rebounders and ball placers. If not, player 1 will rebound his/her made shot and place the balls back on the chairs. Then the same player will start the drill over again.

Each player should make ten post moves before having a new player perform the drill.



OUTSIDE HAND PASS, CURL

The following drill is a great way to work on dribbling, passing and shooting. This also makes for a great conditioning drill. To perform this drill you will need two chairs and each player will need two basketballs.

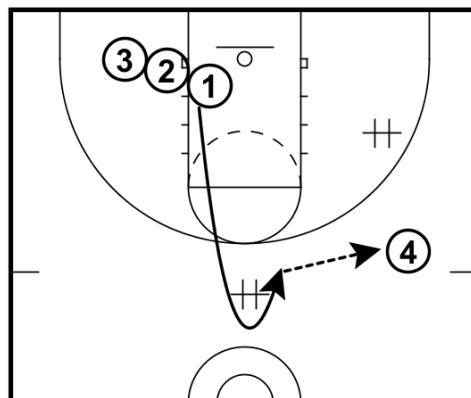
Step 1:

Set up one chair midway between the three point line and half court. Set up the other chair on the right wing.

All the players will line up on the baseline holding two basketballs. Player 4 will act as the passer on this drill.

Player 1 will start the drill and dribble both balls out to the far chair.

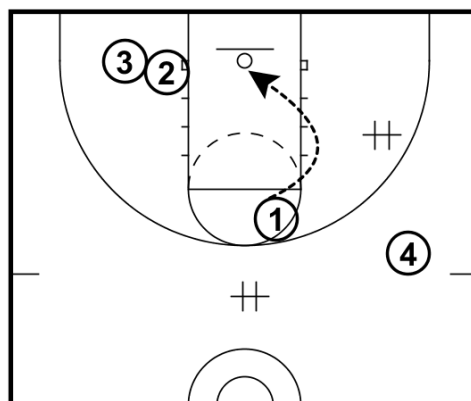
He/she will curl around the far chair, and make a one handed pass with his/her outside hand to player 4.



Step 2:

Player 1 will continue dribbling the other basketball and take one dribble to stop at the free throw line.

He/she will take a jump shot.



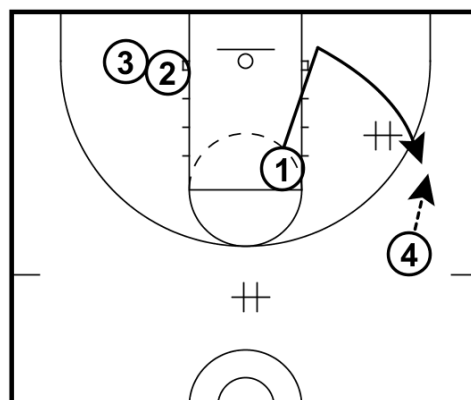
Step 3:

After taking the first jump shot, player 1 will run down to the right low block and then cut to the wing.

Player 1 will curl around the second chair and receive a pass from player 4.

Player one will inside pivot and step into a jump shot.

Player 1 will rebound both of their shots and then go to the back of the line. After both shots have been rebounded, player 2 will begin and follow the same process as player 1.



OUTSIDE HAND PASS, FADE

The following drill is very similar to the above drill, only this time you are working on a fade cut. This also makes for a great conditioning drill. To perform this drill you will need two chairs and each player will need two basketballs.

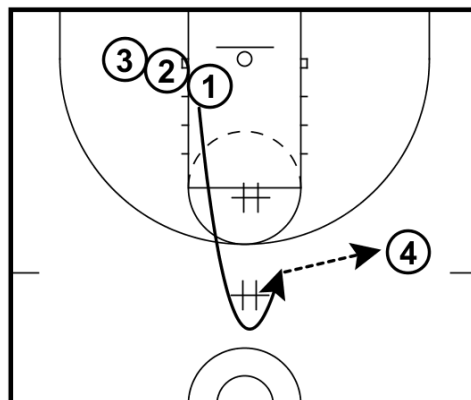
Step 1:

Set up one chair midway between the three point line and half court. Set up the other chair on the free throw line.

All the players will line up on the baseline holding two basketballs. Player 4 will act as the passer on this drill.

Player 1 will start the drill and dribble both balls out to the far chair.

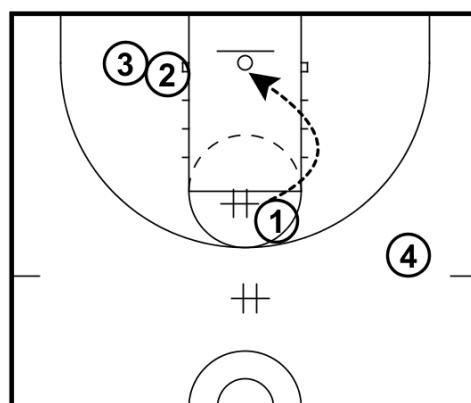
He/she will curl around the far chair, and make a one handed pass with his/her outside hand to player 4.



Step 2:

Player 1 will continue dribbling the other basketball and take one dribble to stop at the free throw line.

He/she will take a jump shot.

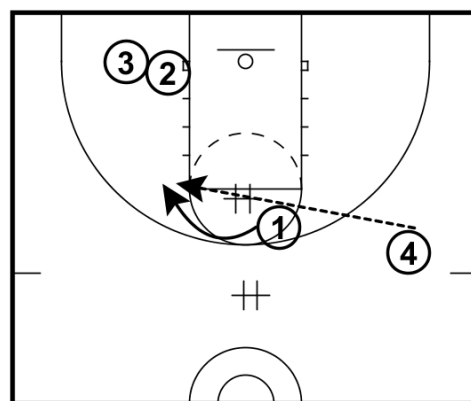


Step 3:

After taking the first jump shot, player 1 will inside pivot and fade from right to left.

Player 1 will receive a pass from player 4 and step into a jump shot.

Player 1 will rebound both of their shots and then go to the back of the line. After both shots have been rebounded, player 2 will begin and follow the same process as player 1.



OUTSIDE HAND PASS, 2 SHOTS

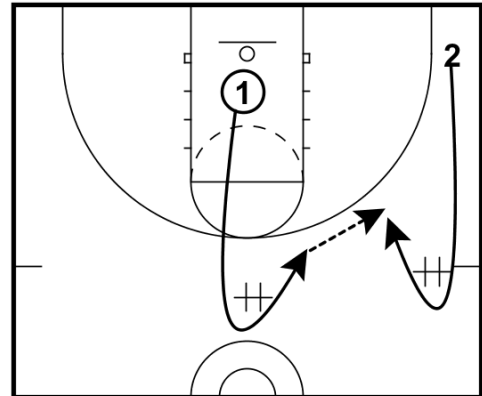
The following drill is a great way to get two players involved and work on dribbling, passing and shooting. To perform this drill you will need two chairs and one player will need two basketballs.

Step 1:

Set up one chair midway between the three point line and half court. Set up the other chair across from the first, near the right sideline.

Player 1 will start the drill and dribble both balls out to the far chair. Player 2 will sprint to the second chair.

Both players will curl around their chairs and player 1 will make a one handed pass with his/her outside hand to player 2.

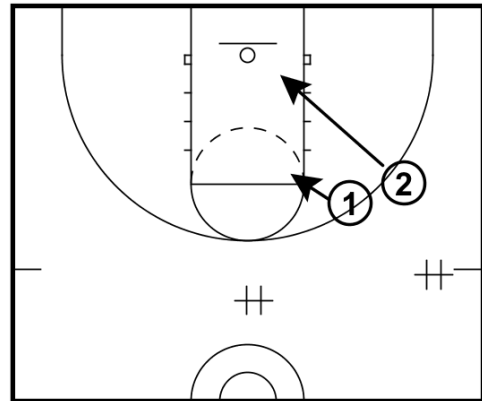


Step 2:

Player 1 will continue dribbling the other basketball and take one dribble to stop at the free throw line. He/she will take a jump shot.

Player 2 will catch the pass, take one dribble and finish with a lay-up at the basket.

Each player will rebound their shot and two new players will perform the drill.



OUTSIDE HAND PASS, 2 SHOTS CURL

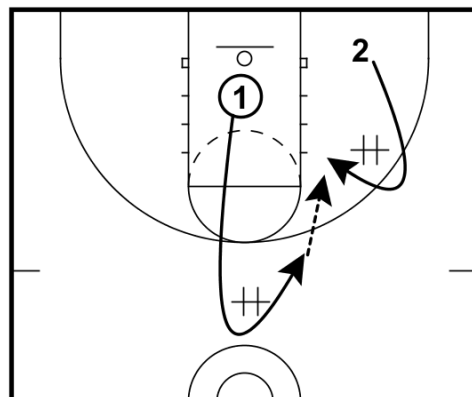
The following drill is a great way to get two players involved and work on dribbling, passing and shooting. To perform this drill you will need two chairs and one player will need two basketballs.

Step 1:

Set up one chair midway between the three point line and half court. Set up the other chair on the right wing.

Player 1 will start the drill and dribble both balls out to the far chair. Player 2 will wait for player 1 to get out to the chair and then he/she will curl around the second chair

Player 1 will make a one handed pass with his/her outside hand to player 2.

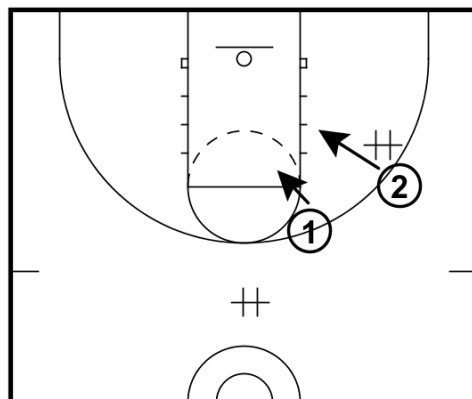


Step 2:

Player 1 will continue dribbling the other basketball and take one dribble to stop at the free throw line. He/she will take a jump shot.

Player 2 will catch the pass and shoot or take one dribble for a lay up.

Each player will rebound their shot and two new players will perform the drill.



OUTSIDE HAND PASS, 2 SHOTS L CUT

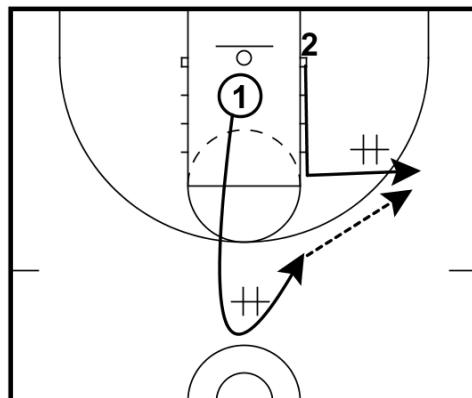
The following drill is a great way to get two players involved and work on dribbling, passing and shooting. To perform this drill you will need two chairs and one player will need two basketballs.

Step 1:

Set up one chair midway between the three point line and half court. Set up the other chair on the right wing.

Player 1 will start the drill and dribble both balls out to the far chair. Player 2 will wait for player 1 to get out to the chair and then he/she will L cut up the lane and straight out past the second chair

Player 1 will make a one handed pass with his/her outside hand to player 2.

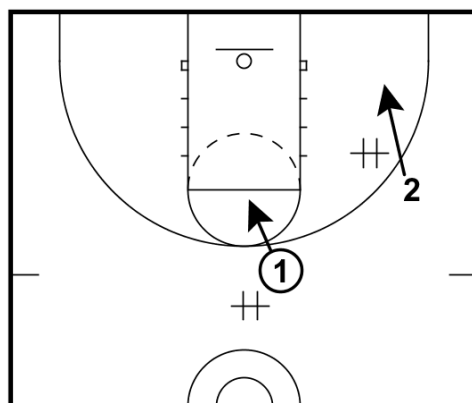


Step 2:

Player 1 will continue dribbling the other basketball and take one dribble to stop at the free throw line. He/she will take a jump shot.

Player 2 will catch the pass, take one dribble and sweep to the right to either finish with a lay-up at the basket or step into a jump shot

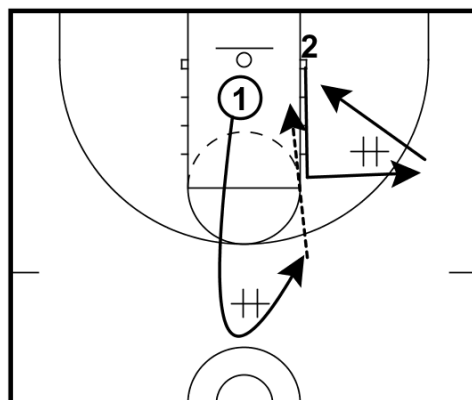
Each player will rebound their shot and two new players will perform the drill.



Variation:

For a different variation of the drill, you can have player 2 add a back door cut following the L cut. Step 1 and 2 will remain the same as above, only this time player 1 will wait to make the one handed pass until player 2 cuts back door.

This should lead to a right handed lay up for player 2.



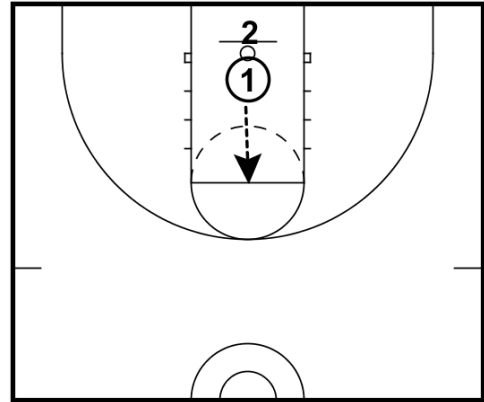
1 ON 1 PROGRESSIONS

The following drills create 1 on 1 situations from multiple positions and different angles on the court. They are a great way to incorporate the footwork lessons learned above.

Position 1:

Both players will start underneath the basket. Player 1 will have the ball and player 2 will line up behind player 1.

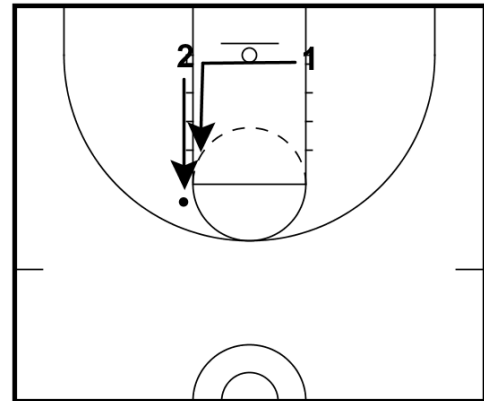
Player 1 will spin the ball out to the free throw line and run out to retrieve the ball. He/she will become the offensive player. Player 2 will follow player 1 and play defense.



Position 2:

Player 1 will begin on the right low block. Player 2 will begin on the left low block.

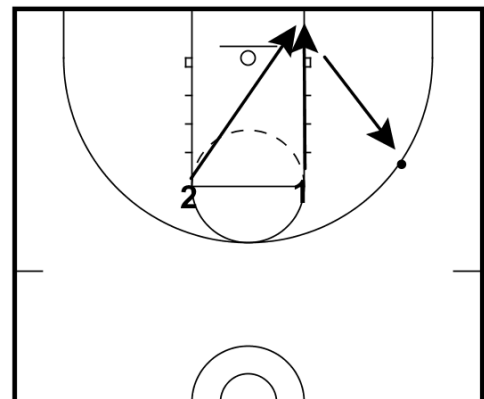
Player 1 will spin the ball out to the left elbow. Player 2 will run up the lane and retrieve the ball. He/she will become the offensive player. Player 1 has to touch the left low block and then run up the lane to catch up and play defense.



Position 3:

Player 1 will begin on the right elbow. Player 2 will begin on the left elbow. A ball will be placed on the three point line at the right wing.

Both players must run and touch the baseline and then race to the ball. The player who gets to the ball first is on offense and the second player is on defense.



Rules:

- Offense is only allowed to dribble twice
- Offense is limited to three seconds to score
- Once offense scores or is stopped, the players switch positions on the court
- Coach can optionally specify a certain pivot (ex: always start with inside pivot)

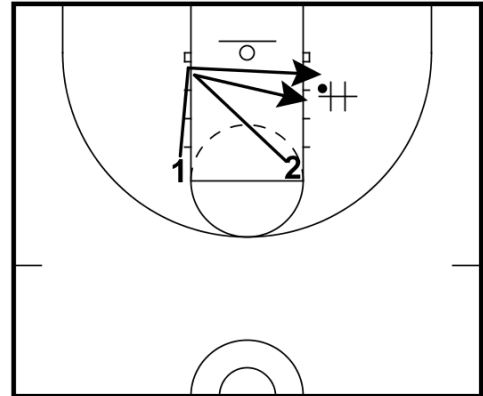
POST 1 ON 1

The following drill creates 1 on 1 situations in the post. It is a great way to incorporate the post footwork lessons learned above.

Step 1:

Player 1 will begin on the left elbow. Player 2 will begin on the right elbow. A ball will be placed on a chair just outside the lane above the right low block.

Both players must run and touch the left low block and then race to the ball. The player who gets to the ball first is on offense and the second player is on defense.



Rules:

- Offense is only allowed to dribble once
- Offense is limited to three seconds to score
- Once offense scores or is stopped, the players switch starting positions
- Coach can optionally specify a certain pivot (ex: always start with inside pivot)

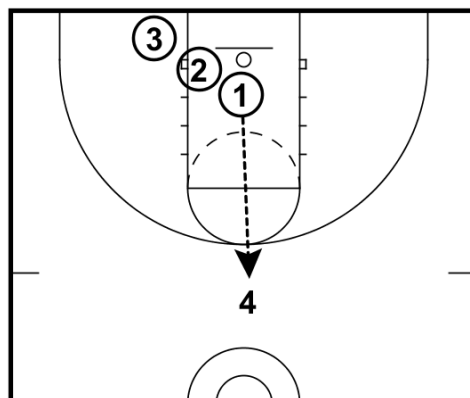
COMPETITIVE SHOOTING

The following is a shooting game directed to create some competition among your team. It is also a way to learn to be able to shoot from anywhere on the floor.

Step 1:

The players will begin in a line underneath the basket. Player 4 will act as the passer and the other players will be the shooters.

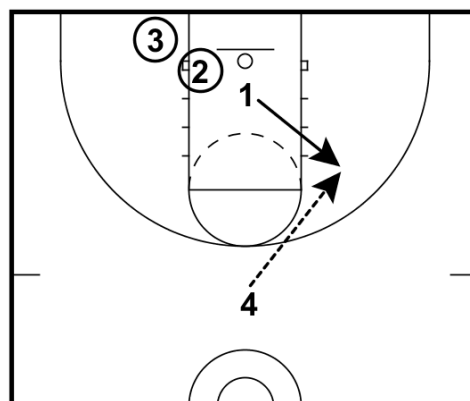
Player 1 will begin the game by making a pass to player 4.



Step 2:

Player 4 will then roll the ball anywhere on the court he/she chooses. Player 1 must sprint to the ball and shoot it from the spot he/she picks up the ball.

Once player 1 has gone, player 2 will repeat the process of passing to player 4 and then running down the ball wherever it is rolled.



Rules:

- First player to make five consecutive shots wins
- Players must shoot from exactly where they get the ball
- No dribbling or traveling

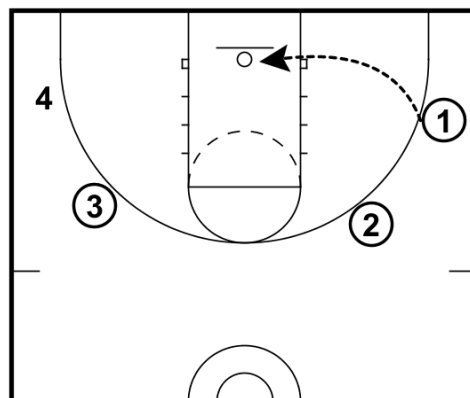
PACER DRILL

The following is a shooting game directed to create some competition among your team and also make them think on their passing.

Step 1:

The players will start outside the three point line. Three of the four players will have a basketball.

Player 1 will begin the game by taking a three point shot.



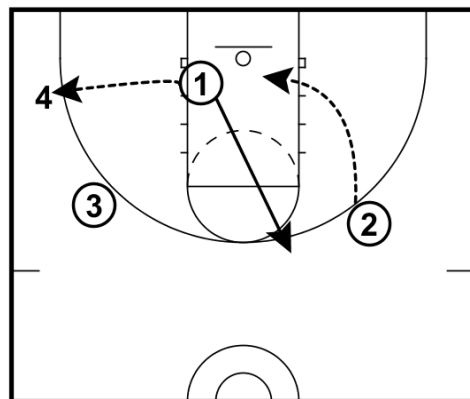
Step 2:

As soon as he/she shoots, player 1 will follow his/her shot and pass to player 4.

Each player will only be allowed to pass to one other player. Player 1 will pass to player 4. Player 2 will pass to player 1. Player 3 will pass to player 2. And player 4 will pass to player 3.

Once player 1 has shot, player 2 will be able to shoot. He/she will follow his/her shot and then pass to player 1.

Once the first couple of shots are taken, there should no longer be a delay in shooting or passing. As the game gets going there will be multiple players shooting and passing at once.



Rules:

- First player to make five consecutive shots wins
- Players must shoot from behind the three point line
- You are only allowed to pass to one specific person
- You are only allowed to receive a pass from one specific person

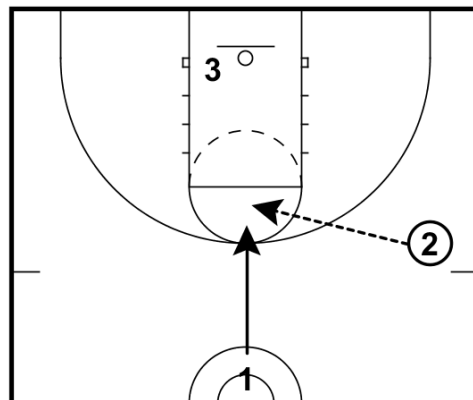
BEAT THE PRO

The following is a shooting game directed to create some competition among your team and also double as a conditioning drill.

Step 1:

Player 1 will be the shooting and will start at half court. Player 2 will be the passer from the wing and player 3 will be the rebounder.

Player 1 will begin by sprinting in toward the three point line. He/she will catch the pass from player 2 and take a jump shot.



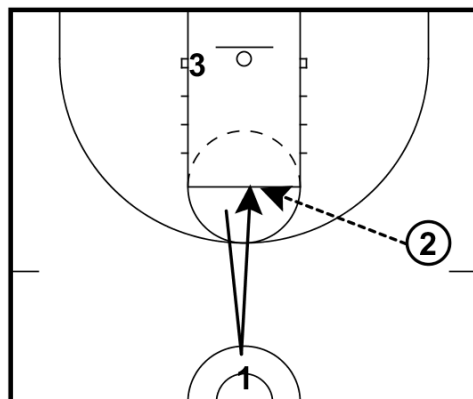
Step 2:

As soon as he/she shoots, player 1 will sprint back to half court and then turn and sprint back in toward the three point line.

The process keeps repeating.

Every made shot counts as -1 and every missed shot counts as +1.

Each player starts at 5. If they make their first shot they go from 5 to 4. If they miss the first shot they go from 5 to 6. Players must try to get down to 0 before they get up to 10.



Rules:

- One player shoots at a time
- Players who get down to 0 are the winners
- Players who go up to 10 are the losers
- Players must touch half court in between each shot
- Players can shoot from anywhere on the court

3 CHAIR 1 ON 1

The following is a fun shooting game used to create competition among your team and work on 1 on 1 play.

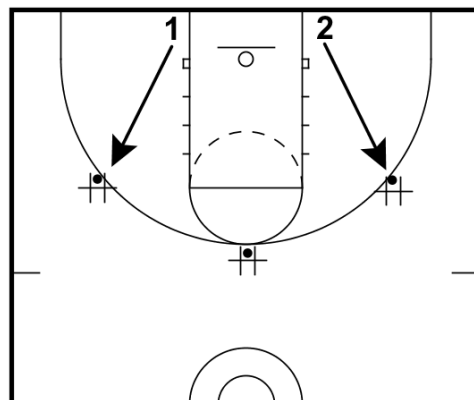
Step 1:

Player 1 and player 2 will start on the baseline. Player 1 will begin below the left low block. Player 2 will begin below the right low block.

There will be three chairs set up, each with a basketball. Player 1 will run to the chair on the left wing. Player two will run to the chair on the right wing.

Both players will grab the ball and take a jump shot.

Players are awarded 2 points for each jump shot made.



Step 2:

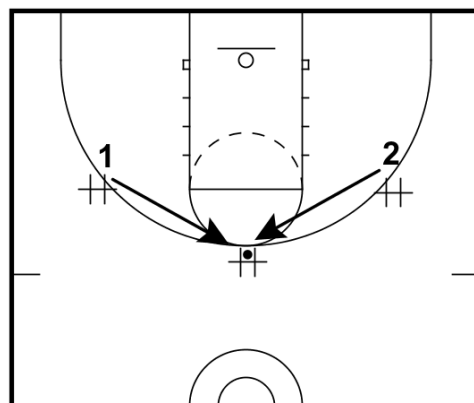
After shooting their jump shots, the players will then race to the third chair at the three point line in the middle of the court.

Whichever player gets to the ball first is on offense and the second player is on defense.

The offensive player has two dribbles to score on the defensive player.

Each time someone scores in 1 on 1 they get 1 point.

First player to 5 points wins.



Rules:

- Players can not go for the second ball until they have attempted their first shot
- The initial jump shots are worth 2 points
- Scoring in 1 on 1 results in 1 point
- First person to 5 points wins

HOW TO INCORPORATE THIS INTO YOUR PRACTICE

When it comes to use of the drills and concepts in this system.... there's no right or wrong way.

You can choose drills and concepts that you feel would be beneficial and incorporate them into your practices in any way you see fit.

With that said, here are a few ideas and suggestions that might help you get more from the system...

Teach Footwork First

General speaking, you'll want to teach the 3 pivots and 3 counters first. Teach the terminology and basic concepts. Stay close to the basket to make it easier for players to learn and get more reps.

Use it All Year Round

The drills and concepts are very effective for both off-season workouts and in-season practices. We encourage you to emphasize player improvement all year round.

Incorporate Pieces of Your Offense

To work more efficiently, take pieces of your offense (ball screen, away screen, cut, etc) and turn that movement into a skill drill. As an example, you can practice the key aspects of your away screen while working on footwork, shooting, and ballhandling at the same time.

Not only are you multi-tasking but you can almost build your entire offense during your off-season or in-season skill work sessions. And you're preparing players for situations they'll see in a game.

Use a Variety of Drills

You'll notice that many of the drills work on the same things (footwork, mentality, ballhandling, shooting, and finishing). However, by changing the drills that you use in each practice, players feel like they are doing something new. This helps overcome boredom and prepares players for handling any situation they might see in a game.

Change Emphasis

Consider changing the emphasis in each workout or practice. For example, on day one you could emphasize front pivot and step through counters. You can start in close, work your way out, add dribbles, and add a variety of challenges and situations while working the same footwork.

Another option is to emphasize high rep shooting on day one, post play on day two, perimeter play on day three, and guard play (ballhandling) on day four. Now, of course, you are always working on ballhandling, footwork, shooting, and finishing in every workout. But you can modify the emphasis each day to keep workouts interesting.

SAMPLE WORKOUTS

There are a thousand different ways to design a workout. Too many options to list here.

Your workout can be based on your age, skill level, time constraints, strengths, weakness, and so on. So please don't take this workout and use it as your own. Put some effort into coming up with your own workout. The truth is there is no such thing as a "one size fits all" workout that will work for everyone. Each situation is different.

However, to give you some perspective, here are a few sample workouts using the Attack & Counter System...

Sample Workout # 1

Dribble warm up	1 ball	
Chair Pivots – Low post	Front Pivot	10 shots each way
	Step through counter	
Extended Drop Step	1 dribble layup	Both sides
Extended Drop Step	2 nd dribble change	
Intensity Layups	1 dribble	10 shots
Intensity Layup	Step through counter	10 shots
1 on 1 Attack		
Fouls	+5/-5	

Sample Workout # 2

Dribble Warm up	1 ball	
Cone dribbling with layup	2 straight changes, 2 double changes	
Chair Pivots	All Pivots	
5/5/5	5 spots	
Wing shooting	Corner/Wing	10 shots
Top Shooting	Elbows	10 Shots
Wing shooting	Step-through counter	10 shots
Top Shooting	Step Through Counter	10 shots
Beat the Pro	Start at 5	
Fouls	+7/-3	

Sample Workout # 3

Dribble Warm up	2 balls	
Cone dribbling with layup	2 straight changes, 2 double changes	
Chair Pivots	Inside Pivot	10 each side
Wing Shots	Inside pivot	10 each move each side
	Sweep 1 dribble	
Intensity Jump Shots		10 Shots
Elbow reverse		10 Shots
2 Ball Shots	Shot, flare, shot jumper, shot/layup	10 shots each
Beat the Pro	Start at 5	
Fouls	+7/-3	

Sample Workout # 4

Short long	7 spots	10 makes
Chair Pivots	Front pivot	10 makes
Wing shooting		10 makes
Wing shooting	1 dribble	10 makes
Wing shooting	2 dribble	10 makes
Break shots	Corner	10 makes
Break shots	Corner, 1 dribble	10 makes
Break shots	Trailer	10 makes
Break shots	Trailer, 1 dribble	10 makes
Corner Pin		10 makes
Floppy Cut		10 makes
5/7	5 spots	
Fouls	At 13	+15

BONUS CONTENT FOR OFFSEASON WORKOUTS

Here are some bonus audio interviews with Don Kelbick. The recordings are a few years old but the content is incredibly relevant today and will help you get more out of the Attack & Counter System.

<http://www.breakthroughbasketball.com/dl/attack-and-counter-dl.asp>

Here are a few of the things you'll get from the bonus audio interviews...

- Evaluating Your Season
- Importance of Recovery
- Offseason Schedule
- Why Skills Deteriorate With Too Many Games
- The Key To Improving Basketball Skills
- How Long a Typical Workout Lasts
- The Crucial Elements To Avoiding Burnout
- The Difference Between Mixing Skills and Multi-Tasking and Why So Many Players/Trainers Do It Wrong
- Components of a Workout
- The Key To Preventing Boredom in the Workouts
- An Example of a Screen Day Workout
- Incorporating Passing & Post Play
- How To End Every Workout
- Why So Many Players Fail With Offseason Workouts
- Ballhandling Tips For Youth Players
- When You Should Work With Players
- The Most Important Things to Consider For Youth Players
- Priorities in Working With Youth Players - Footwork, Shooting, & Ball Handling
- Incorporating Footwork With Shooting & The Importance Of Understanding Terminology
- Continued Progression On Shooting
- The Differences Between Playing For Larry Brown and Mike D'Antoni
- "The Longer I Coach, The Less I Coach" - Mikey Brey of Notre Dame
- Coaching Is Not About The X's and O's
- Bell-Shaped Workout Curve
- How The NBA Simplifies & High School Overcomplicates Offenses