



SKILL DEVELOPMENT BREAKDOWN DRILLS



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Introduction: About Nick LoGalbo

Nick LoGalbo is the head boys basketball coach at Lane Tech College Prep High School in Chicago, Illinois. After graduating from Lane Prep, Nick went on to play four years at Benedictine University. He then returned to his alma mater and is in his 17th year of being the head coach.

He also works with the junior national team. On the 5 on 5 side, he is an on court coach. For 3 on 3 he is the head coach for the USA Team bringing home the U18 gold medal with the world cup for both mens and womens teams.

He also started an organization in inner city Chicago called Chicago Glow Basketball School that tries to reach out and develop the youth of Chicago through the game of basketball.

The focus of this book is on 3 on 3 break down drills. You can use this throughout the entire year, both in-season and out-of-season.

Skill Development

Benefits Of Using 3v3

Players NEVER graduate from Skill Development. Whether it is off season workouts, or in season practices, skill development should always be a focal point!

The drills below can be implemented with any number of players from 0 on up, so they can be used at any time within your program.

And they are great for all levels from Youth on up!

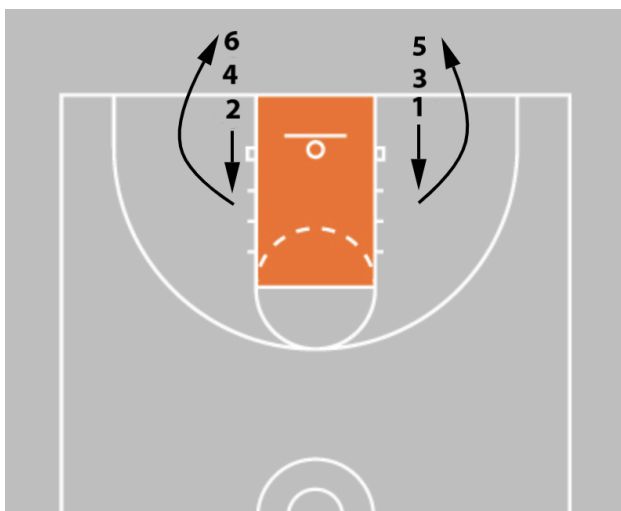
Chapter 1: Skill Development

You must reinforce skill development year round- you never graduate from skill development.

You can tailor line drills to the amount of time you have available.

Line Drills

Jump Stop w/Pivots No Ball

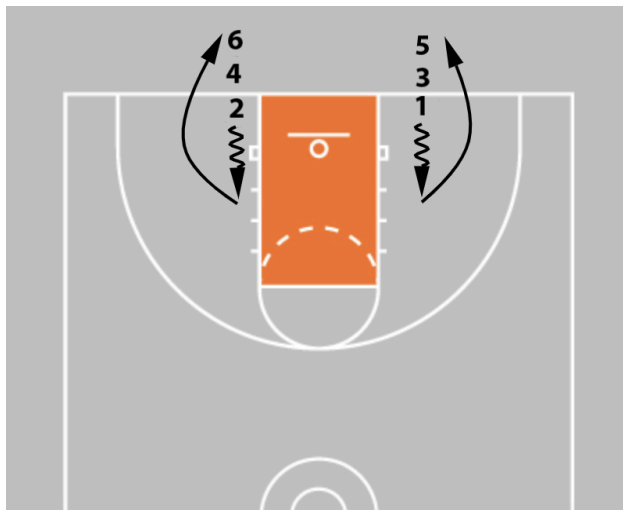


- Players get into groups of three.
- First player runs to a designated line, jump stops, performs a front pivot, and then runs to the end of the line.
- Next player copies the first player.
- This continues for a certain amount of time or reps.

Coaches' Notes

- Don't let players take short cuts.
- They should be low and in a basketball stance and pretend they have a basketball.
- Pivot off both the right and left foot.
- Continue on to perform a reverse pivot with both right and left feet.
- Teach pivoting off both feet and not exclusively a dominant foot.

Jump Stop Pivots With Ball

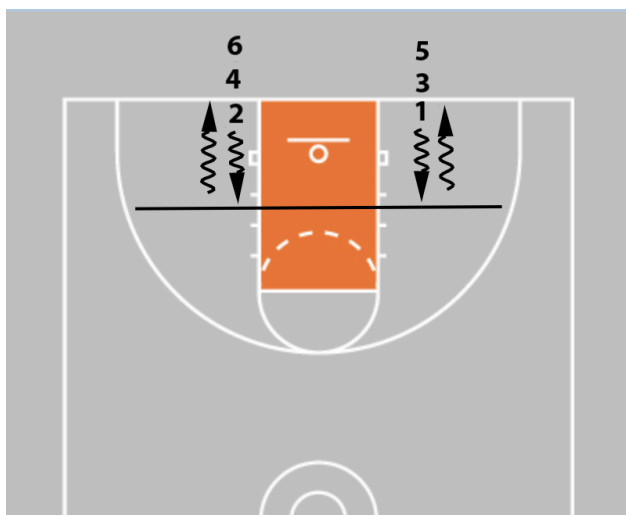


- First player starts in a triple threat position.
- Player executes a sweep, takes two dribbles, jump stops, performs a front pivot, and then passes to the next player in line.
- Next player catches the ball in a triple threat position and copies first player.
- This continues for a certain amount of time or reps.

Coaches' Notes

- Players will execute a sweep from both legs to begin the drill.
- Players will also execute a rip from both shoulders to begin the drill.
- A sweep is from knee cap to knee cap with the ball.
- A rip is from shoulder to shoulder with the ball.
- Pivot off both the right and left foot.
- Continue on to perform a reverse pivot with both right and left feet.
- You can incorporate any footwork into this drill.
 - jab and go
 - jab and counter
 - rockers
 - combining moves such as a rip with a counter sweep
- Players can also return the ball to the next player with a bounce pass.
- Mastering footwork is an underrated crucial skill.

Ball Pounds



- First player completes 10 pound dribbles with right hand before the designated line.
- Then the player performs a jump stop with a pivot and completes 10 pound dribbles with left hand before handing the ball to the next player in line.
- This continues for a certain amount of time or reps.

Coaches' Notes

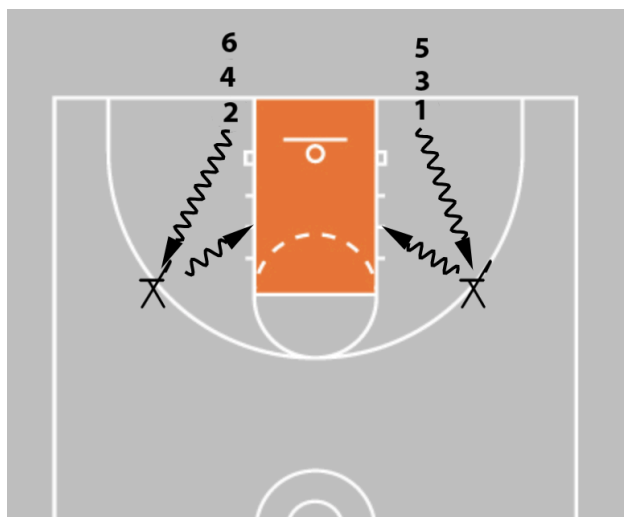
- Ball pounds must have all facets to be performed correctly.
 - Using the whole shoulder
 - Ball should be below the waist.
 - Chin should be up.
 - Chest should be up.
 - Dribbles should be hard and fast.
- This drill reinforces keeping the ball on a string.

Chair Drills

The goal is for players to have one great go-to move and one counter move.

Go to Move → Floater

People should also look to attack an open elbow area.

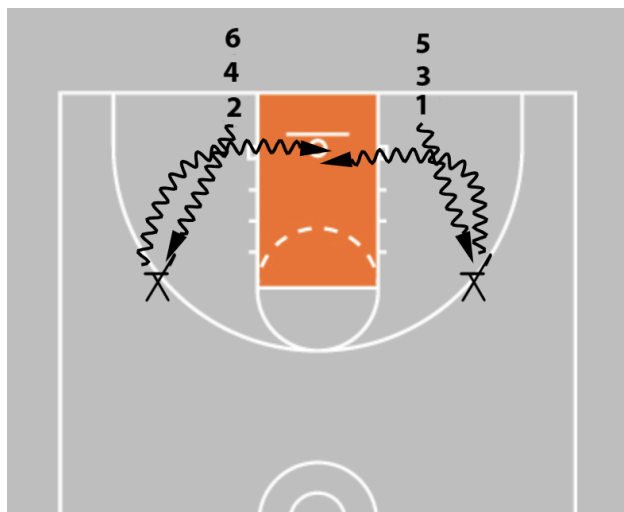


- Start in a triple threat position.
- Sweep right and perform go-to move right.
- Pound the ball on the chair and complete a reverse pivot.
- Take two dribbles to the middle, perform a two foot jump stop, and shoot a floater.

Coaches' Notes

- On the right side the attacking moves should be to the right.
- On the left side, the attacking moves should be to the left.
- Players must alternate between lines, so they work both directions.

Go to Move → Reverse Layup



- Players begin the same way as previous drill.
- After performing their reverse pivot, the player will attack the baseline.
- The player will perform a reverse layup using a move like a veer with eyes on the rim.

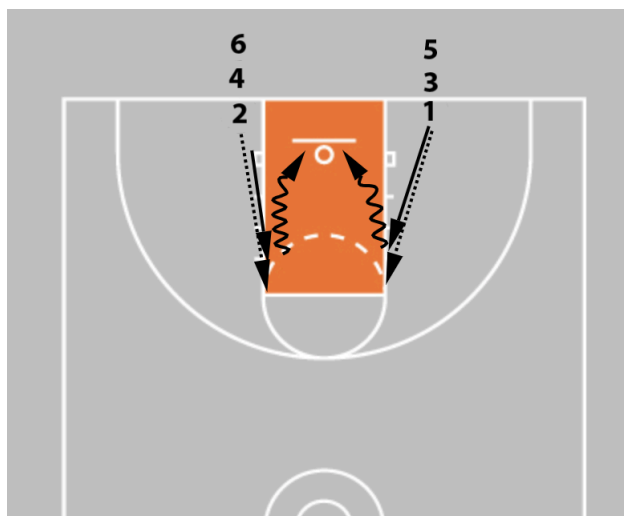
Coaches' Notes

- Players need to focus on using eyes on the rim and hesitating to freeze the defender.
- Change speed, pace, and direction.
- Use the rim to protect against post defenders blocking shots.

Box Drills

You can have players catch at different locations on the court or play 1 on 1 out of the box drill.

Drop Step: 1st Layer

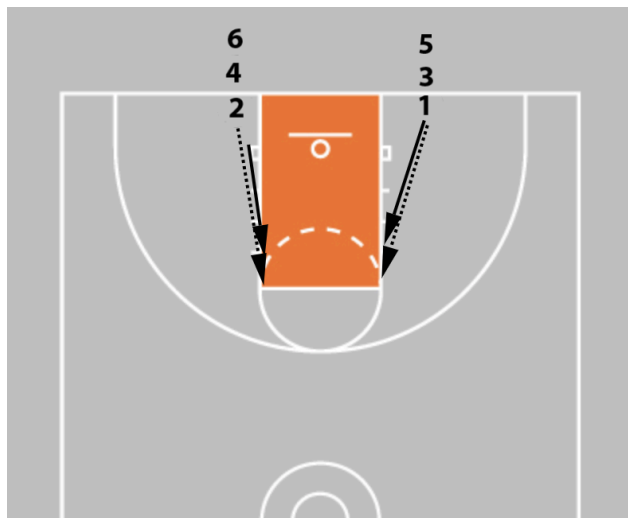


- Player tosses the ball to the elbow.
- Player runs to catch the ball with a two foot jump stop, performs a reverse pivot, then drop steps, and finishes at the rim.

Coaches' Notes

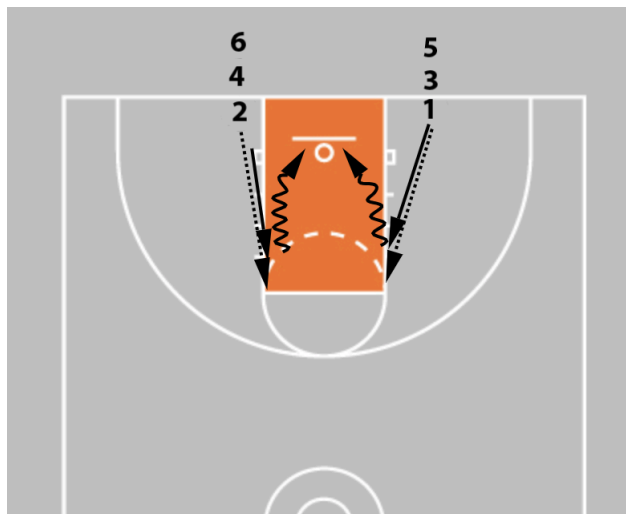
- Challenge the players to not finish the same way every time.
- Players should use their imagination and be creative when finishing.
 - Use a floater
 - Hit a quick layup
 - Perform a step-through and finish on the other side

Elbow Fake → Jump Shot: 2nd Layer



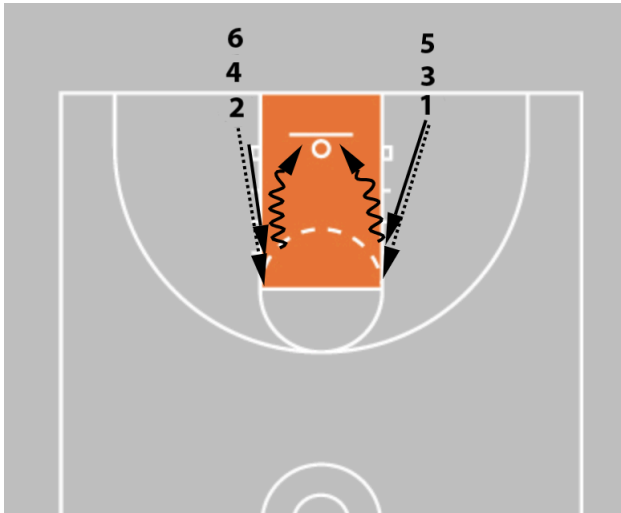
- Player tosses the ball to the elbow.
- Player runs to catch the ball with a two foot jump stop, performs a fake to their outside shoulder, front pivots, and shoots.

Elbow Fake → Jump Shot: 3rd Layer



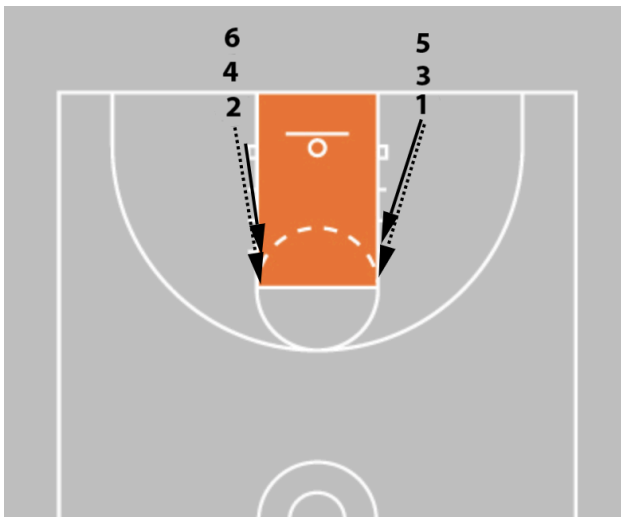
- Player tosses the ball to the elbow.
- Player runs to catch the ball with a two foot jump stop, performs a fake to their outside shoulder, front pivots, fakes a shot, and finishes at the rim.

Sweep/Rip to Rim: 4th Layer



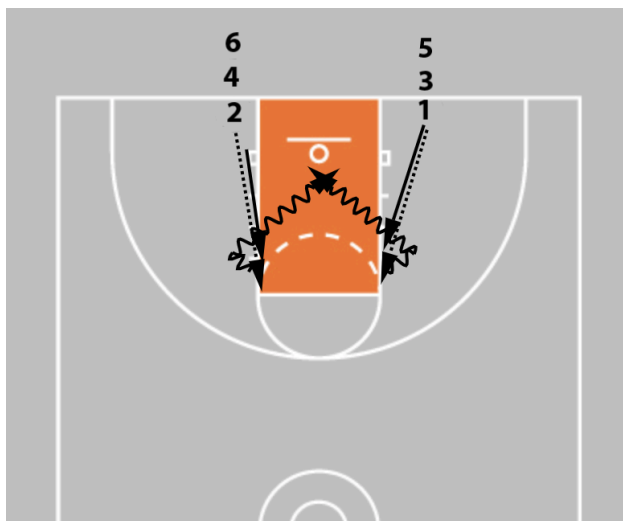
- Player tosses the ball to the elbow.
- Player runs to catch the ball with a two foot jump stop, performs a reverse pivot with a sweep, and finishes at the rim.

Jump Shot: 5th Layer



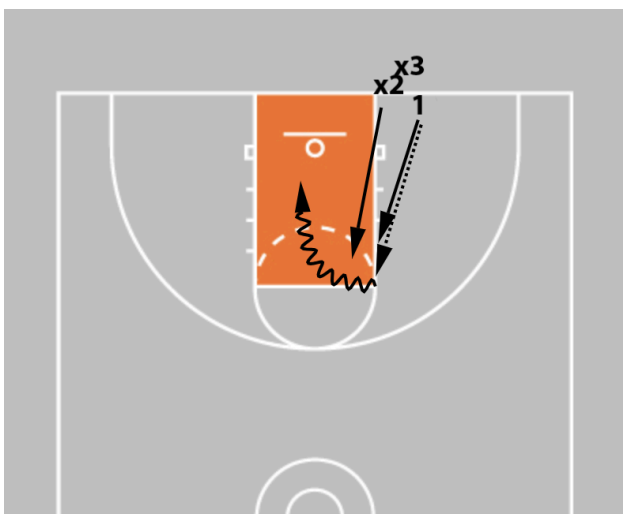
- Player tosses the ball to the elbow.
- Player runs to catch the ball with a two foot jump stop, performs a reverse pivot with a sweep, and shoots a jump shot.

Jab → Crossover: 6th Layer



- Player tosses the ball to the elbow.
- Player runs to catch the ball with a two foot jump stop, performs a reverse pivot with a sweep, jab steps to the outside, and finishes on the opposite side of the rim.

Live with Defense



- Player tosses the ball to the elbow.
- Player runs to catch the ball with a two foot jump stop.
- Defender follows.
- Offensive player can perform any move using two dribbles to score.

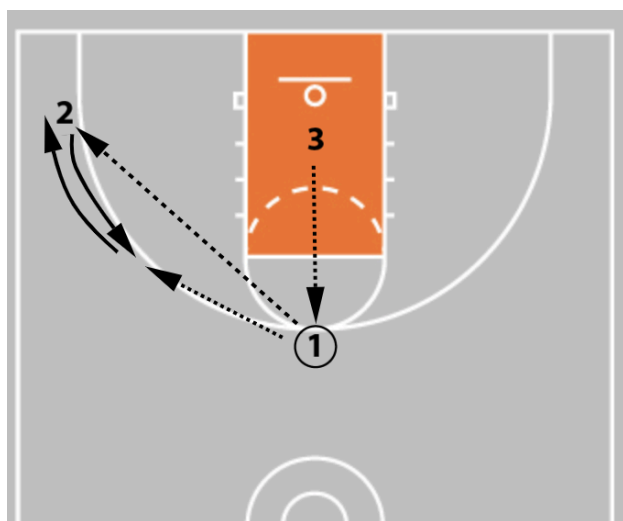
Coaches' Notes

- If the offensive players score, they stay.
- If the defenders get a stop, they become the offensive player.
- First player to score twice wins.
- This drill is a great way to reinforce all of the footwork the players just practiced.

Chapter 2: Shooting 3x3

Players are either Green, Yellow, or Red light shooters based on how they perform in shooting drills. Always looking to take shots in rhythm, on the move, and from game shooting spots.

3 Man 2 Ball

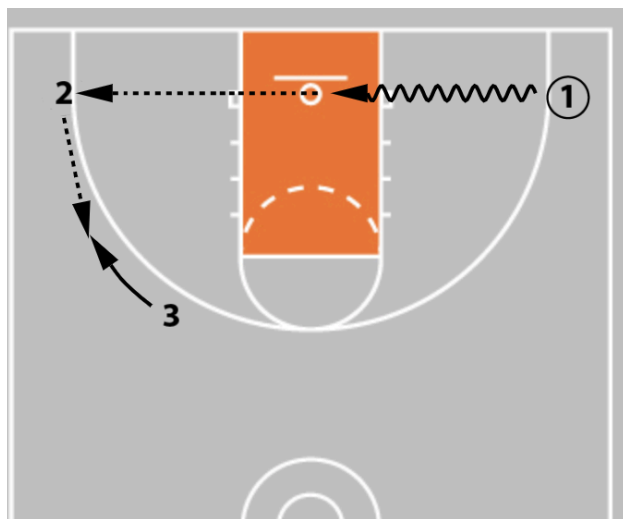


- Player 2 goes back and forth between the slot and the corner.
- Player 1 passes to Player 2 at each position.
- Player 3 continually rebounds and passes to Player 1.
- Continue for a certain amount of time and then rotate players.

Coaches' Notes

- The shooter can be positioned at the top of the key and can float from right to left.
- The shooter can also be positioned in the opposite corner.
- The key is to have the shooter moving to make it as realistic and game-like as possible.
- The passer must hit the shooter in their shooting pocket.
- Players must be ready to catch and shoot to get as many reps as possible.
- Rebounders should work hard not to let the ball hit the floor to quicken the pace.
- Each player shoots at each location for one minute. One minute is a round. Drill lasts three rounds and nine minutes.
- The three players should compete for a high score at each of the three locations.

IQ Shooting

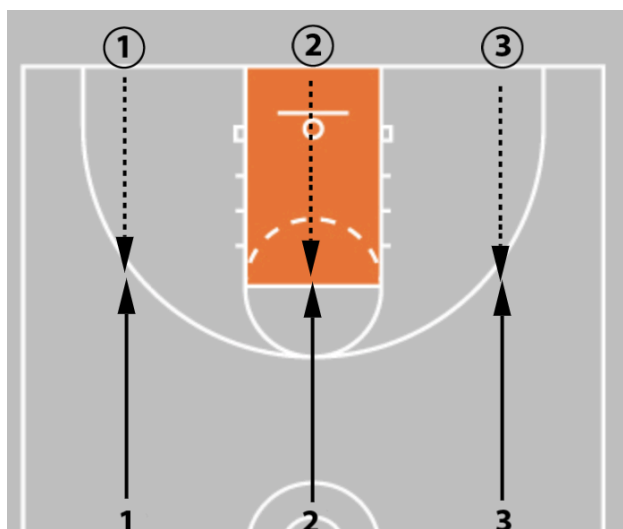


- Player in the corner drives baseline and passes out to the player in the corner.
- Player in the corner swings the ball to the player in the slot.
- Player in the slot shoots the ball.
- Shooter becomes driver.
- Driver becomes the corner passer.
- Corner passer becomes shooter.

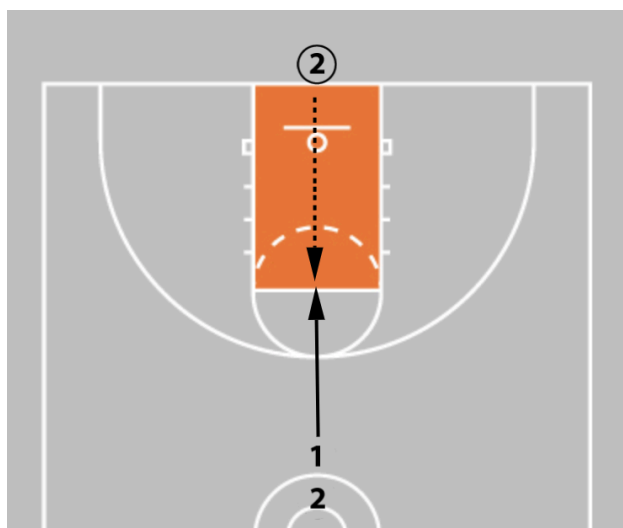
Coaches' Note

- If you have more than three players, you can make a line where Player 1 is to make it go faster.
- You can put three defenders out there and do this semi-live to make it more game-like.
- In IQ Shooting, you must understand the read and concept begging taught with each shooting action.
- Use any actions you have in our offense for IQ shooting.

Niagara Shooting



- Three players with a ball each stand at the baseline while three players start at midcourt.
- The players at midcourt sprint up and receive a pass from a baseline player.
- They either execute a move or shoot.
- Passers become the shooters and the shooters go to pass.



- If you only have three players, the passer goes to the shooting line and the shooter becomes the passer.
- The passer can pass from all three spots.

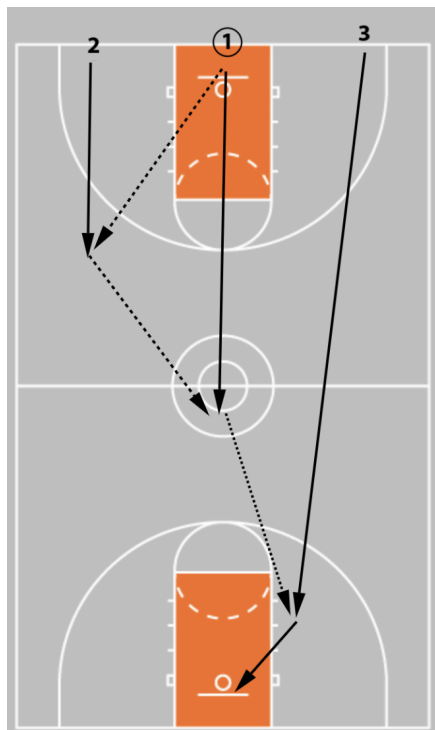
Coaches' Notes

- Shots in this drill simulate shooting in transition.
- Players should not sprint to midcourt until their team receives the pass.
- Players can compete as an individual or as a team.
 - First person to three makes
 - First line to three makes
 - First team to three makes
- This drill is ideal to work on conditioning and shooting when tired.

Chapter 3: Peer Pressure 3v0

The purpose of peer pressure drills is to put pressure on players to make goals and to make drills more competitive.

22 Point Drill

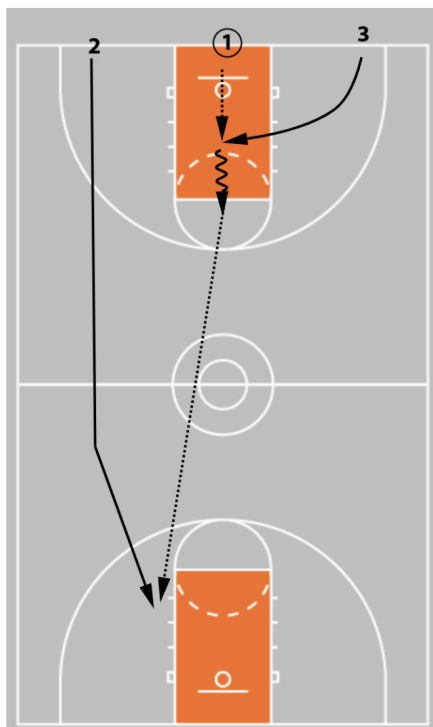


- Player 1 passes to Player 2 who is sprinting down the court.
- Player 2 returns the pass to Player 1 who is sprinting down the court.
- Player 1 passes to Player 3 who should be able to catch and attempt a layup.
- One person grabs the ball and this pattern continues on the way back down the court.

Coaches' Notes

- The team has 2 minutes to make 22 layups.
- The passers do not cross like in a weave.
- If the players miss a layup, the score goes back to zero.
- If the ball hits the floor after a make, the score goes back to zero.

35 Point Drill



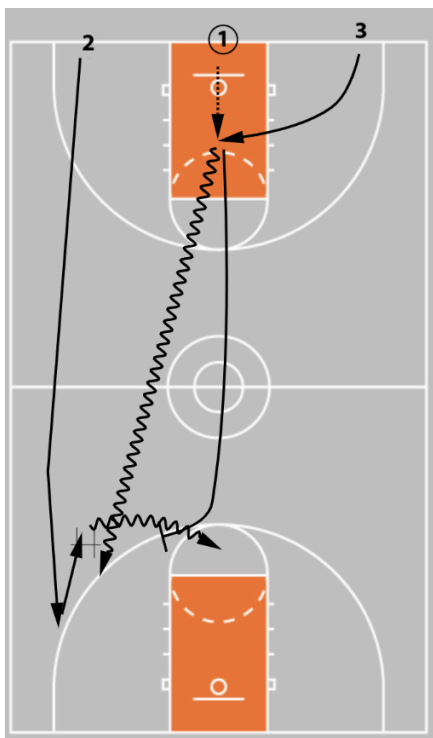
- Player 1 outlet passes to Player 3.
- Player 3 gets two dribbles and then passes down the court for Player 2.
- Player 2 shoots either a layup or a 3 point shot.
- Players 1 and 3 sprint down the court for a possible rebounding opportunity.
- After the ball goes in the basket, the next group of three goes.

Coaches' Notes

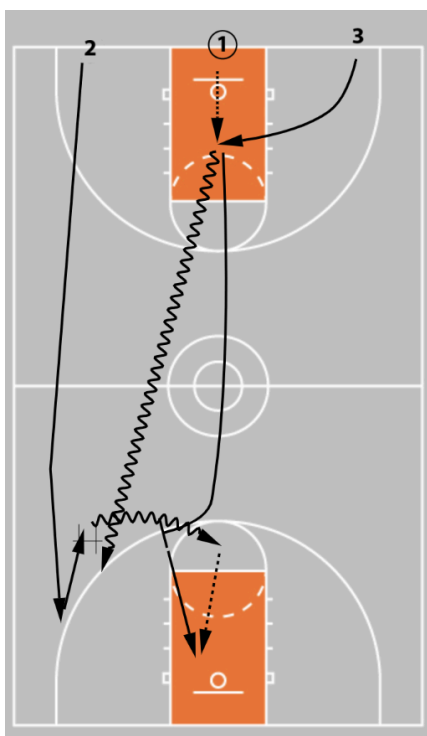
- The team has 5 minutes to score 35 points.
- There are multiple ways to score.
 - 3 points for a made 3 point shot
 - 2 points for a made layup
 - 1 point for a rebound putback
- This drill reinforces sprinting down the entire length of the court.

35 Second Drill

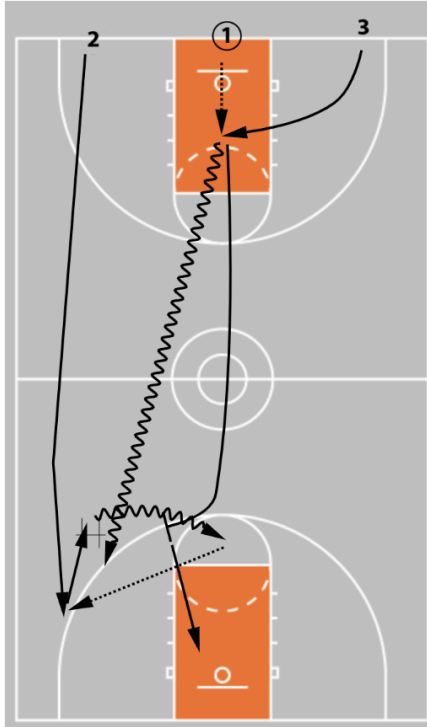
The goal of the drill is for every player to score out of an action or a flow offensively.



- Player 1 rebounds and outlets to Player 3.
- Player 3 dribbles down and initiates Pistol action.
- Player 2 dribble handoffs to Player 2 who dribbles off the screen set by Player 5 and goes in for the layup.



- Player 1 grabs the ball and starts the same action as before.
- Instead of going in for a layup, Player 2 hits Player 1 on a Pick and roll to the basket.



- Player 1 once again grabs the ball and starts the same action going back down the court.
- Instead of hitting Player 1 on the Pick and Roll, Player 2 passes out to Player 3 who lifts up for the shot.

Coaches' Notes

- You can work on any offensive action that you want to with this drill.
- You want the wing to get to the corner every time.
- Players win the drill if they make all three shots in under 35 seconds.

Chapter 4: Closing

Please feel free to contact me with any questions. I would love to answer any questions you may have about our 3v0 or 3v3 concepts/drills or any basketball questions you have in general.

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