



BONUS: SKILL DEVELOPMENT

with Matt Lewis

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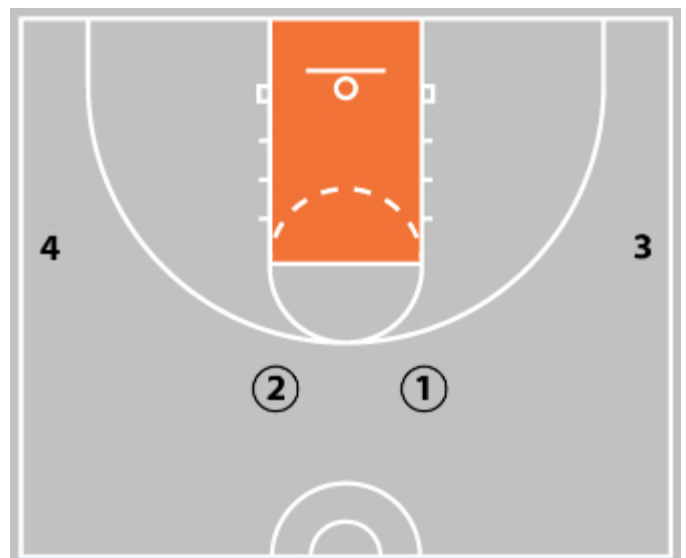
Chapter 20: X-Drills

X Drill

The X Drill is done early in practice to emphasize pace of cuts and to work on various cutting actions that day.

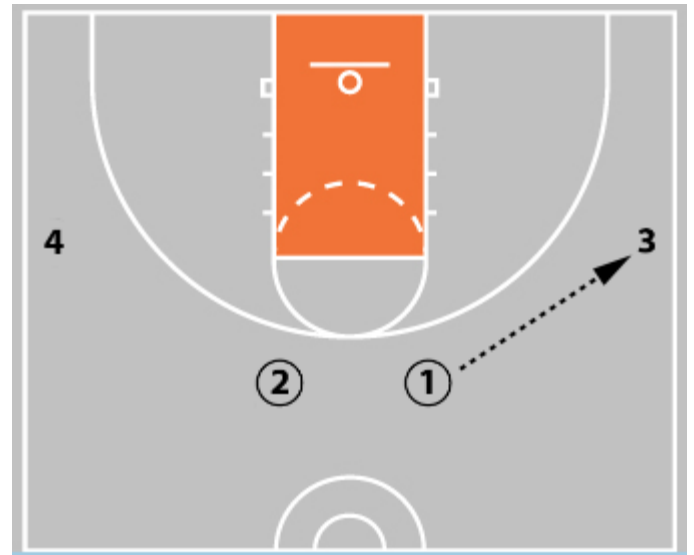
Face Cut

- Confrontational cuts means putting pressure on the rim to score
- You can add a defender guarding that pass as well
- Cutters should step opposite to set up cut, cut hard, and show their hands to the passer
- On the catch the eyes should look at the target
- Players line up as follows:
 - 1 and 2 at the elbow extended
 - 3 and 4 on the wings

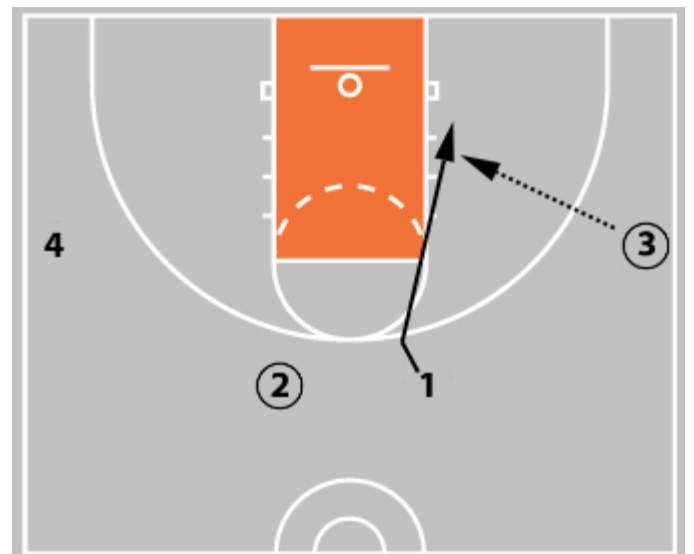


Face Cut (continued)

- 1 starts by passing to 3

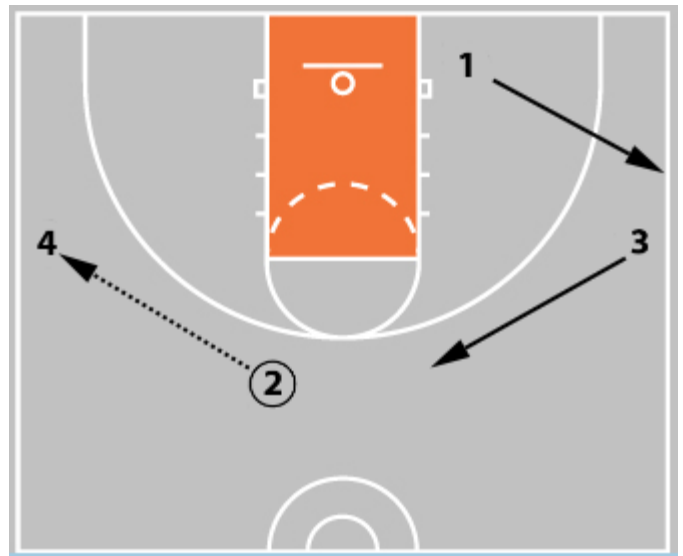


- 1 takes one step left then makes a face cut to the basket

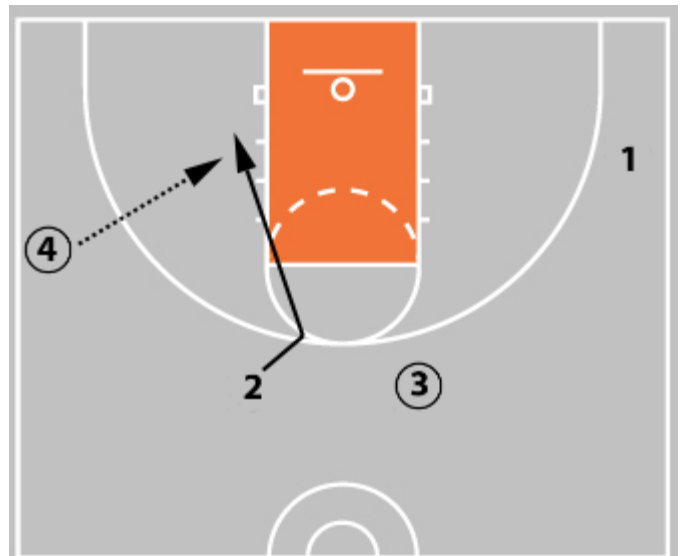


Face Cut (continued)

- After 1 makes the layup, the left side goes next
- 1 and 3 switch lines
- 2 passes to 4

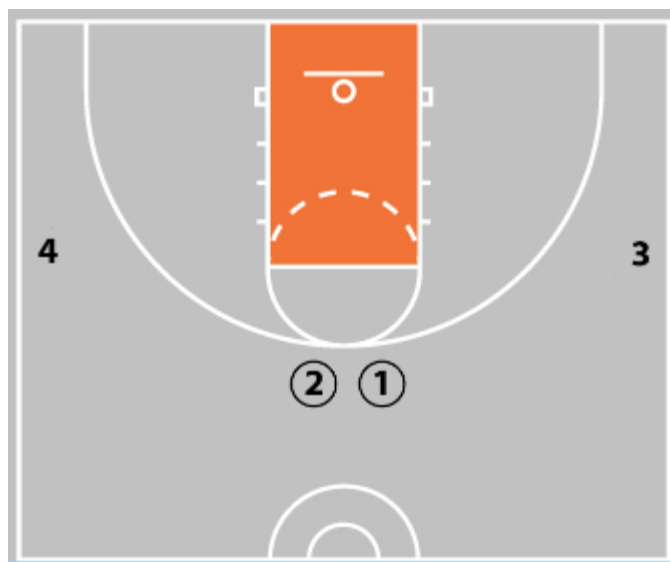


- 2 takes a step right then cuts to the basket

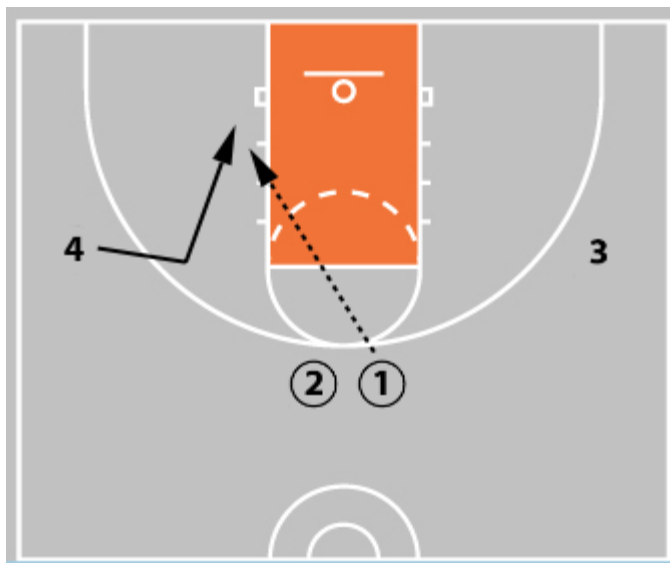


Flare Slip

- Pretend to be setting a high flare and then slip to the basket
- Change page: sprint to screen, slow down, sprint to cut
- 1 and 2 line up slightly closer to the middle than the face cut drill
- 3 and 4 are in the same position

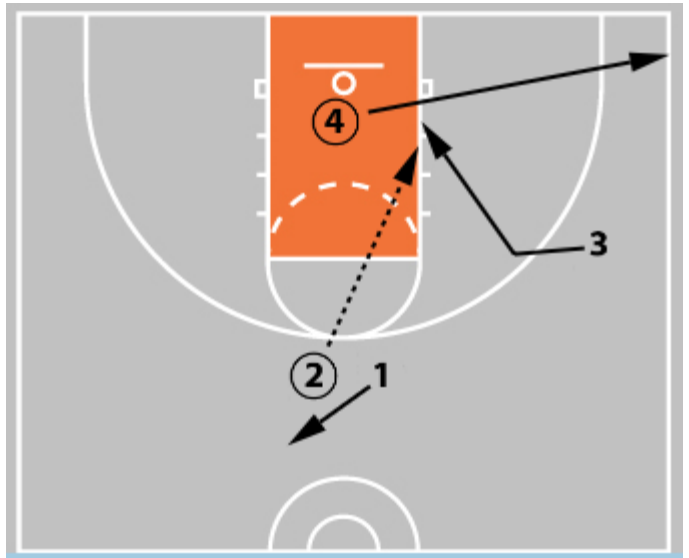


- The opposite side player passes to the player slipping the flare screen
- 1 passes to 4



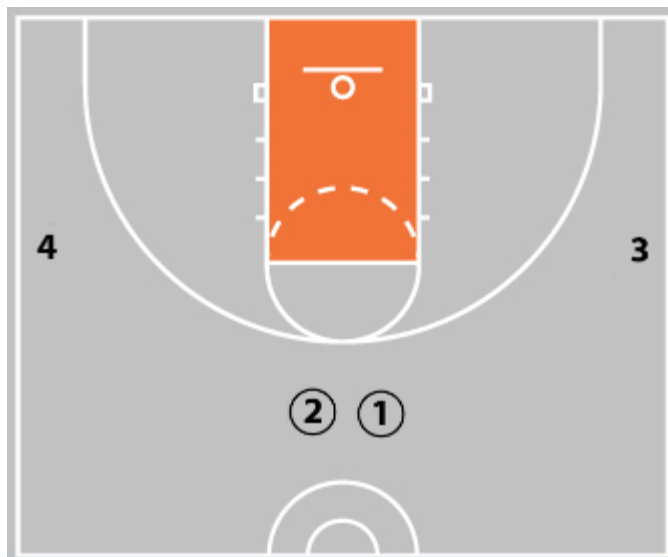
Flare Slip (continued)

- 2 then passes to 3
- 1 moves to 2's line
- 4 moves to 3's line

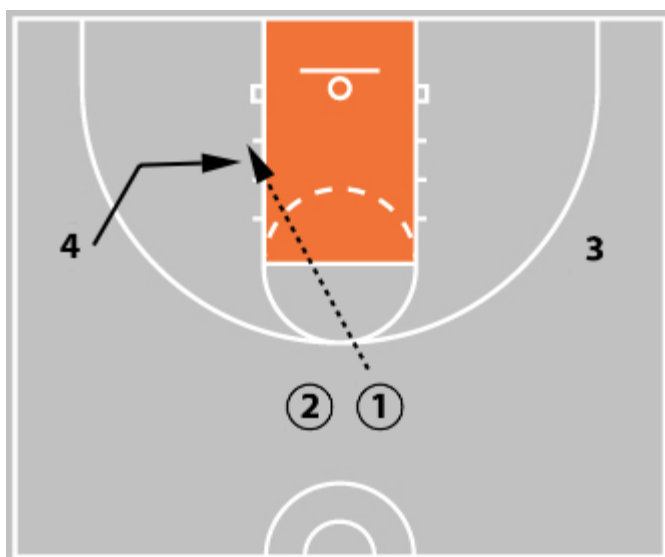


Downscreen Slip

- If the defender gets above you, great time to slip the screen
- 1 and 2 back up slightly
- 3 and 4 are in the same positions

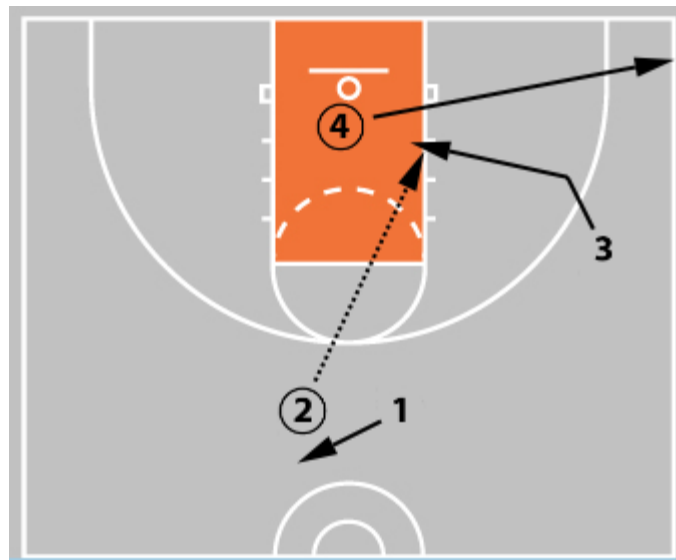


- 4 pretends to set a downscreen but slips to the basket
- 1 passes to 4



Downscreen Slip (continued)

- 2 and 3 go next
- 1 moves to the end of 2's line
- 4 moves to the end of 3's line
- 3 pretends to set a downscreen but slips to the basket
- 2 passes to 3

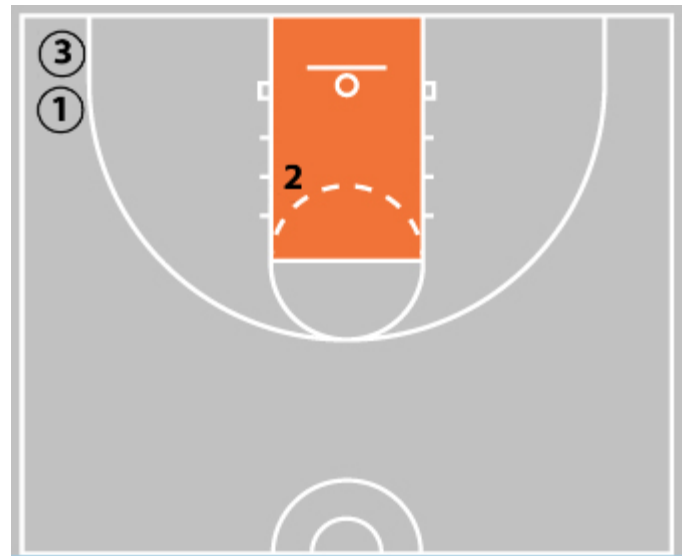


Chapter 21: Motion Shooting

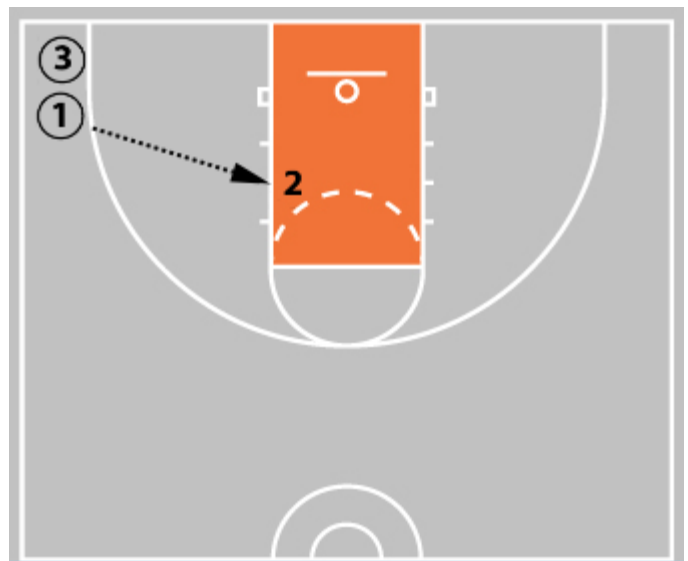
Lift

- Lift takes place from the corner when the ball is driven into the lane
- Players should lift straight up so they can drive forward on their shot
- Delivering a “strike” is a pass to the shooting pocket with the seams of the ball parallel to the hands

- 1 starts with the ball
- 3 has a ball and goes next

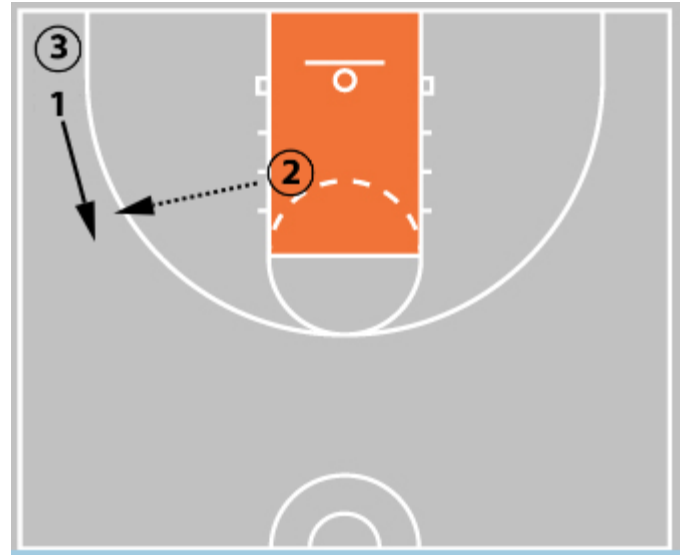


- 1 passes to 2

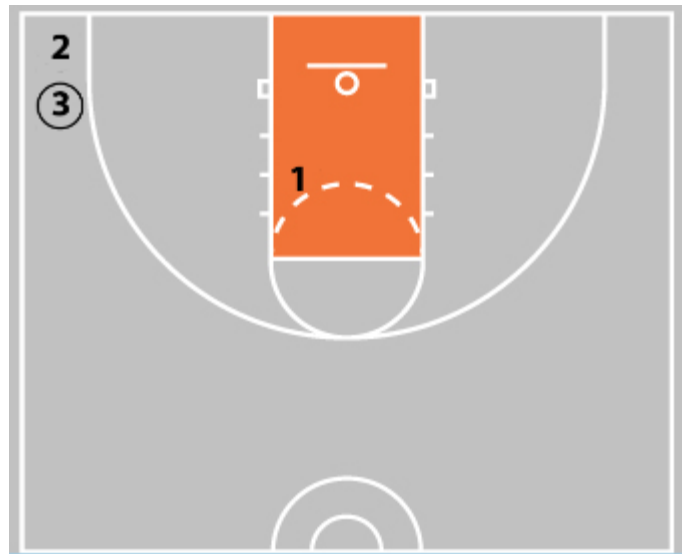


Lift (continued)

- 1 “lifts” to the free-throw line extended
- 2 passes to 1 for the open 3



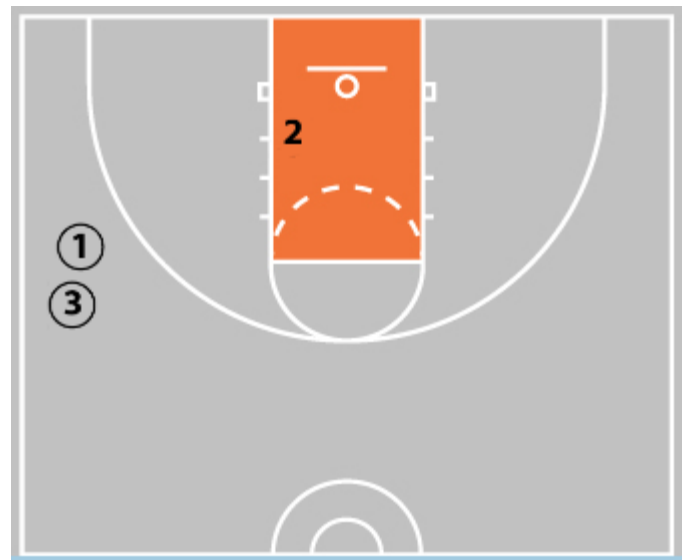
- 3 goes after 1 takes the shot
- 1 moves to where 2 was located
- 2 moves to the end of the line



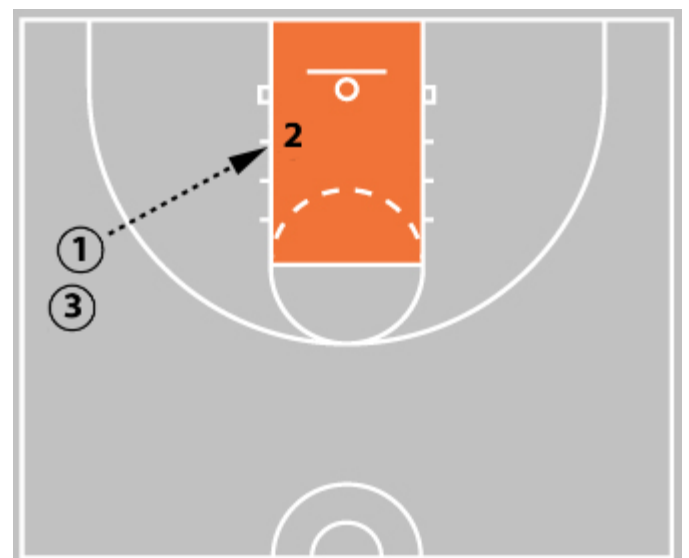
Drift

- Players drift to the baseline on a baseline drive
- Motion shooting is practicing the actions and shots you most frequently get in your offense

- 1 and 3 start with the ball
- 2 is near the left block

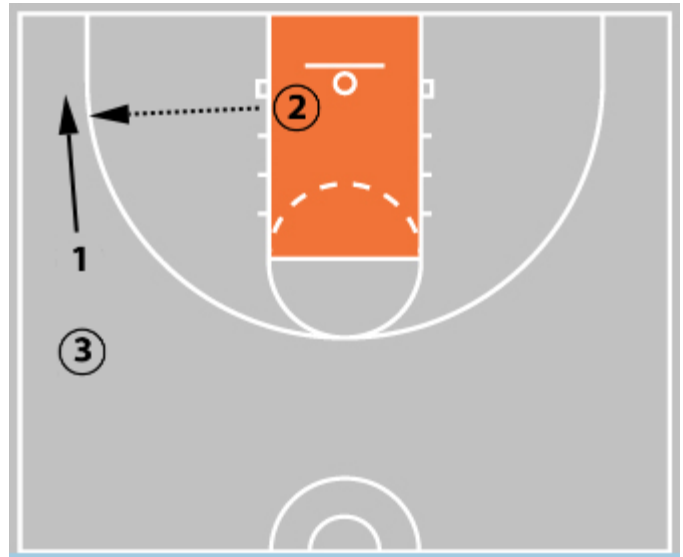


- 1 passes to 2

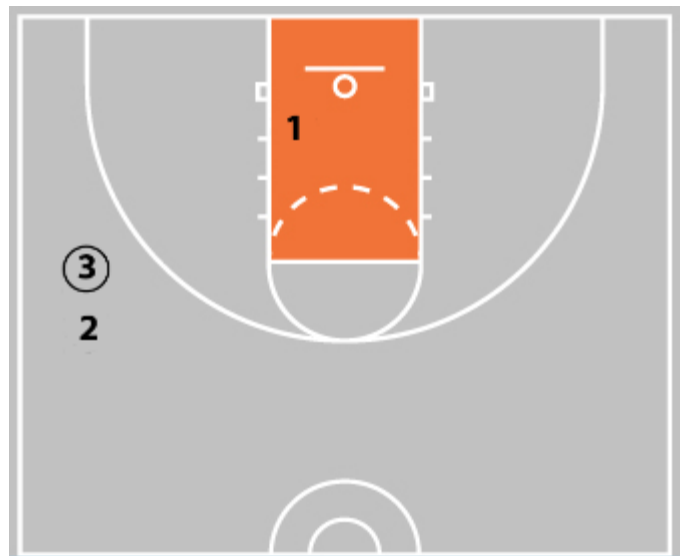


Drift (continued)

- 1 drifts to the corner
- 2 passes back to 1

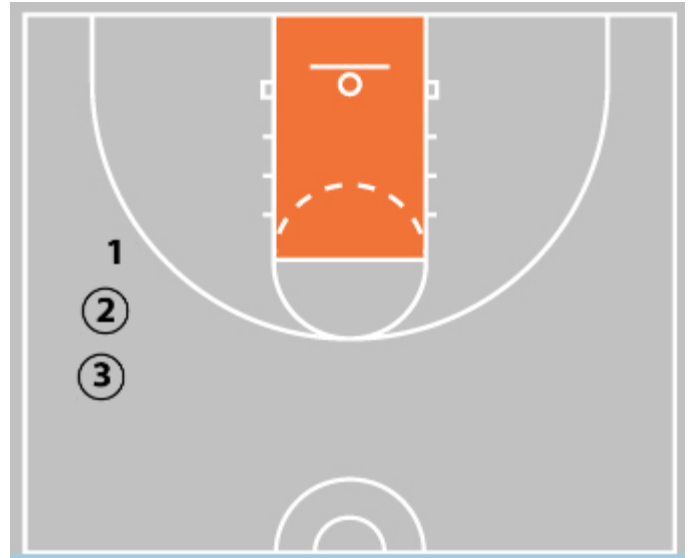


- 1 moves to 2's location
- 2 moves to the end of the line
- 3 goes next

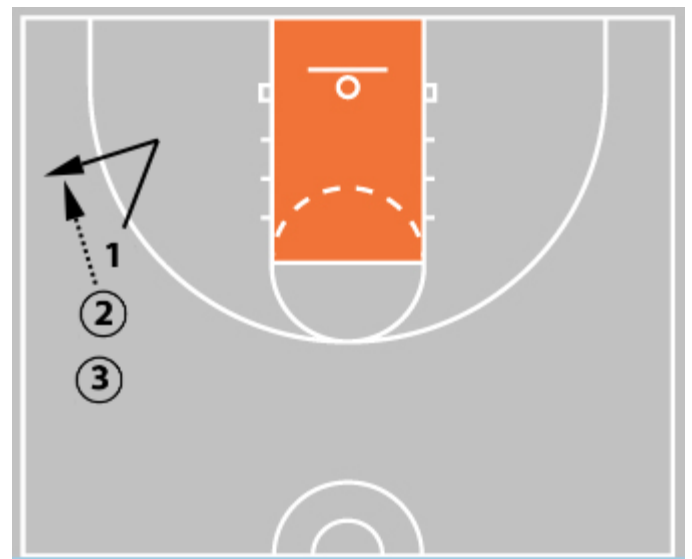


Downscreen Pop

- Explosive pop means at pace and feet ready to catch and shoot
- 1 goes first
- 2 and 3 start with the ball

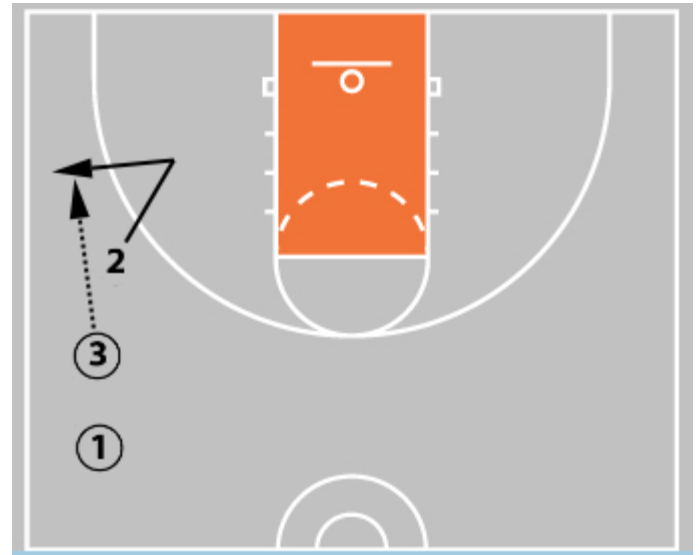


- 1 simulates setting a down screen then pops to the three-point line
- 2 passes to 1 for the open 3



Downscreen Pop (continued)

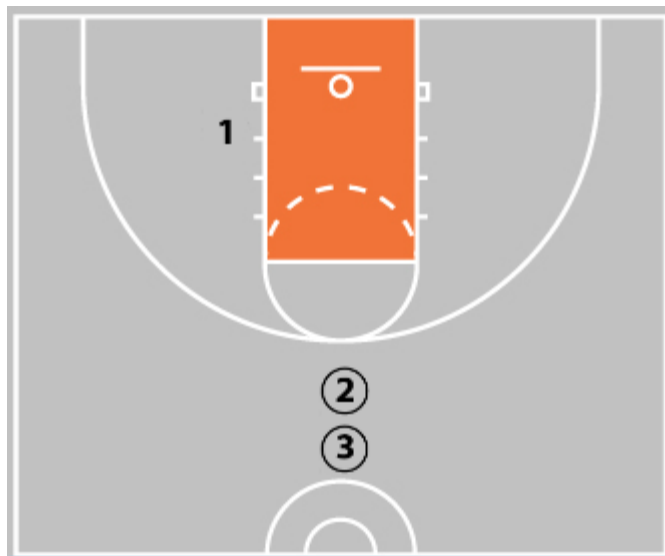
- 2 then goes next
- 3 passes to 2 for the open 3



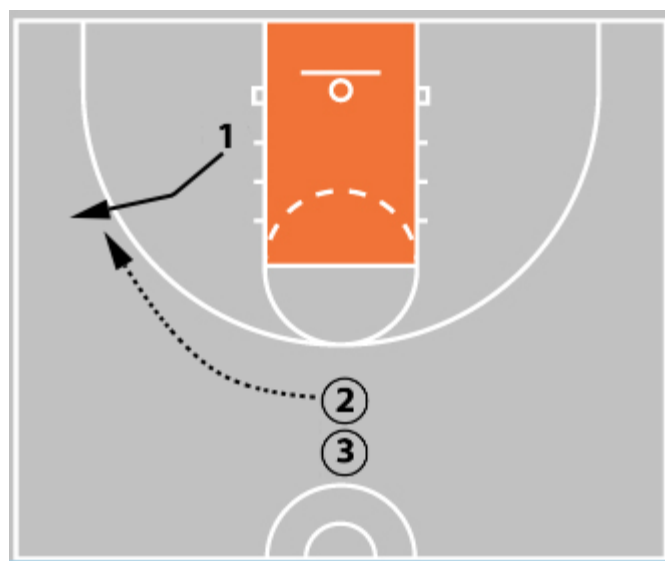
Backscreen Pop

- Make sure players set the screen and pause for a count before popping

- 1 starts near the left block
- 2 and 3 have a ball

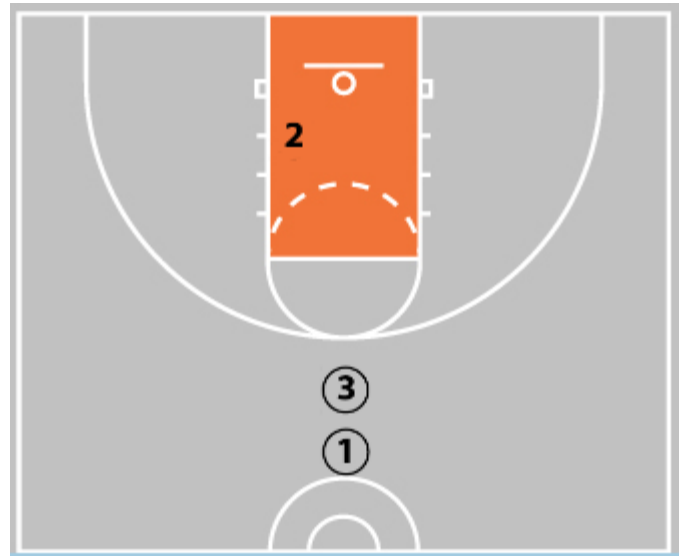


- 1 simulates setting a back screen then pops out to the three-point line
- 2 passes to 1 for the open 3



Backscreen Pop (continued)

- 2 goes next
- 1 moves to the end of the line
- 3 passes to 2

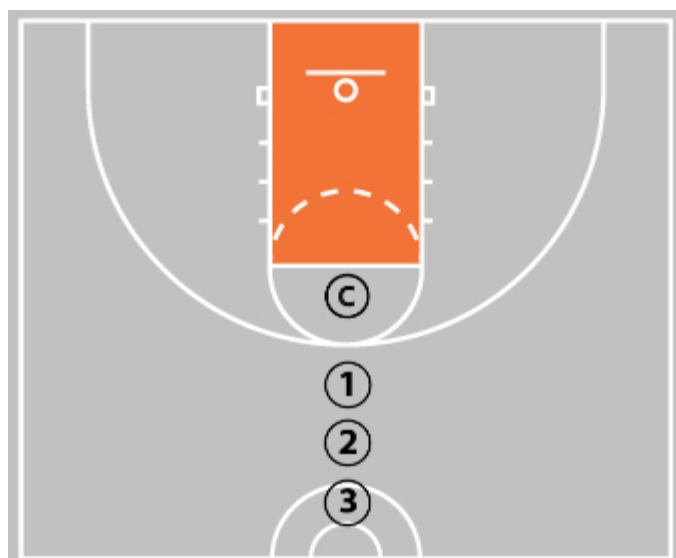


Chapter 22: Stride Stop & Finishing School

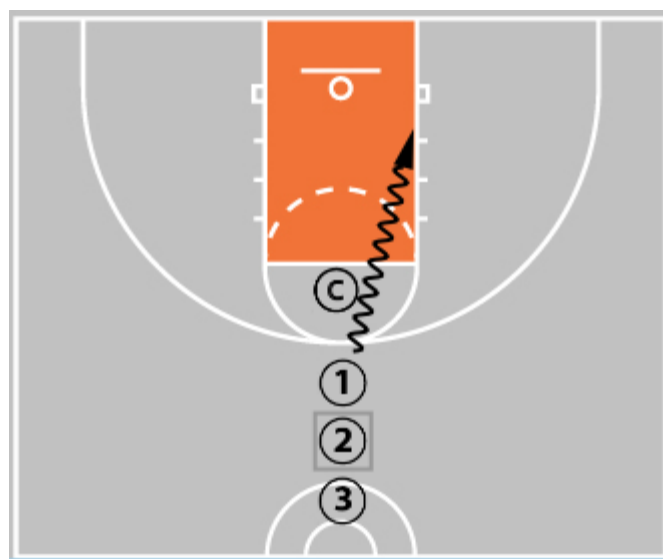
Stride Stop

- Stride stop allows more creativity on the finish
- Ball goes to the back shoulder on the pick up
- Players should stay on balance while doing the stride stop

- Each player lines up near the top of the key
- A coach lines up around the free-throw line to provide token defense

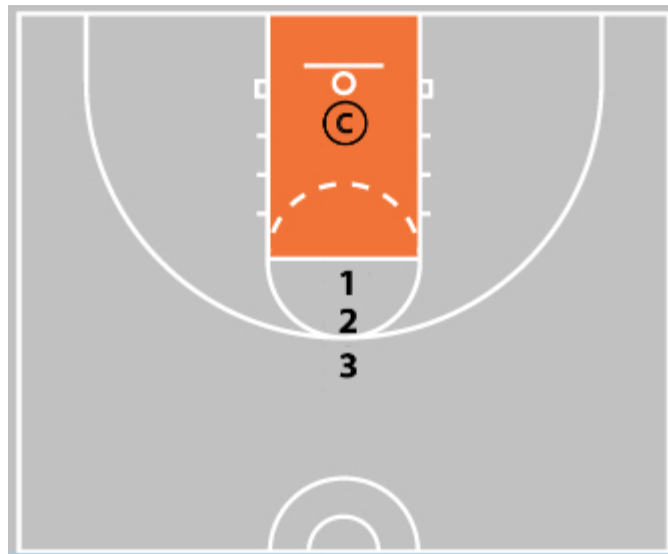


- 1 drives to the basket and does a stride stop near the right block

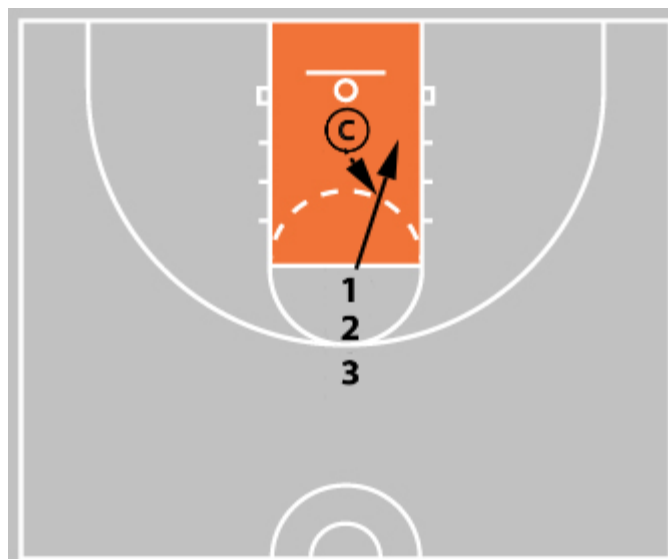


Pop Finishing

- Each player lines up at the free throw line
- Keep eyes up and on the target (rim)
- Coach is under the basket with a ball
- If no coach, players can just take it out of the net and pass it to the next guy



- Coach passes to 1
- 1 has several ways to finish off the catch



Inside Hand

- 1 starts by finishing with the inside hand (the left hand in this instance)

Outside Hand

- Have players switch to finishing with the outside hand after a few minutes

Rondo

- The “Rondo” is where a player pump fakes finishing with the inside hand then finishes middle
- Keep the ball at shoulder level on the pivot

Rondo → Reach

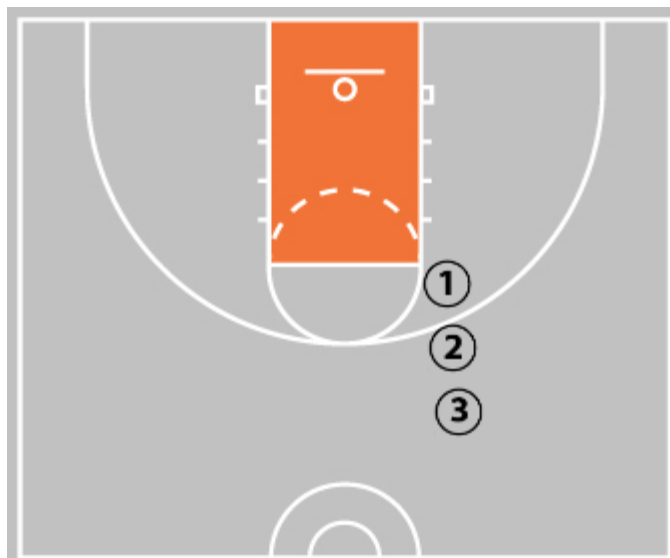
- Instead of going over the top, finish on the opposite side

Rondo → Spin

- Instead of going left after the initial fake, spin back to the right

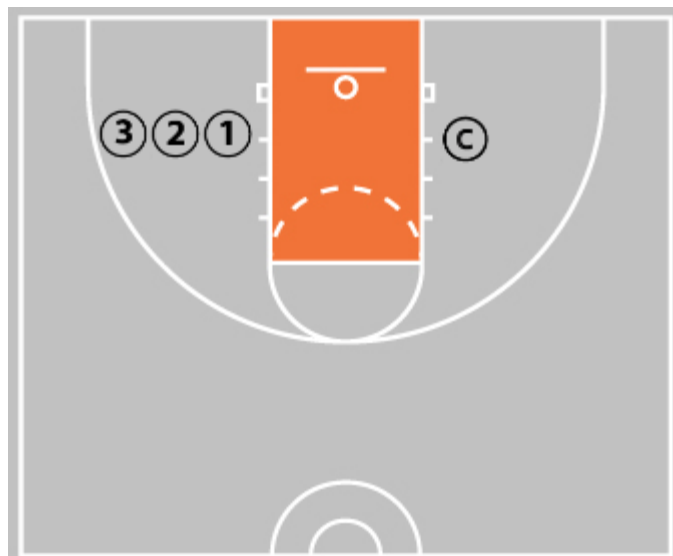
Elbow Finishing

- Players start at the right elbow
- It is the same as pop finishing except there is one dribble added
- The circle should be made to the dominant hand
 - Right-handed players go right
 - Left-handed players go left
- Get the shoulders parallel to the sideline on the jump hook

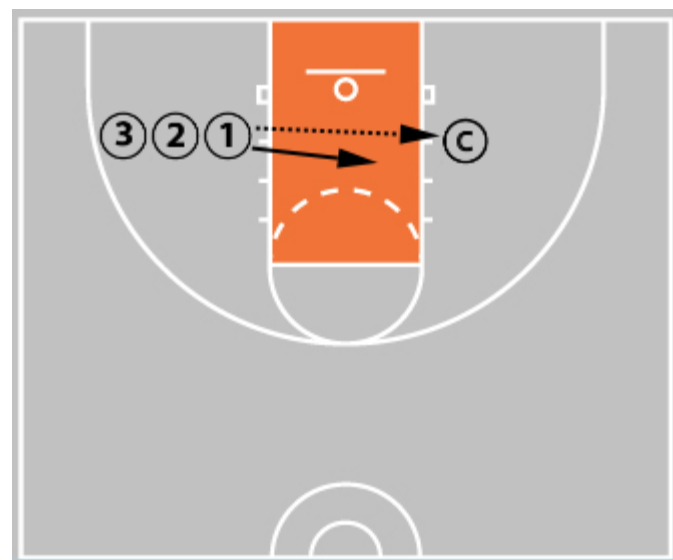


Lane Line Finishing

- Some players like to do a 1-2 step; others like to bunny hop — either one is fine
- Each player starts with a ball
- The coach is on the opposite side
- If no coach, players can always take it out of the net and pass it to the next player

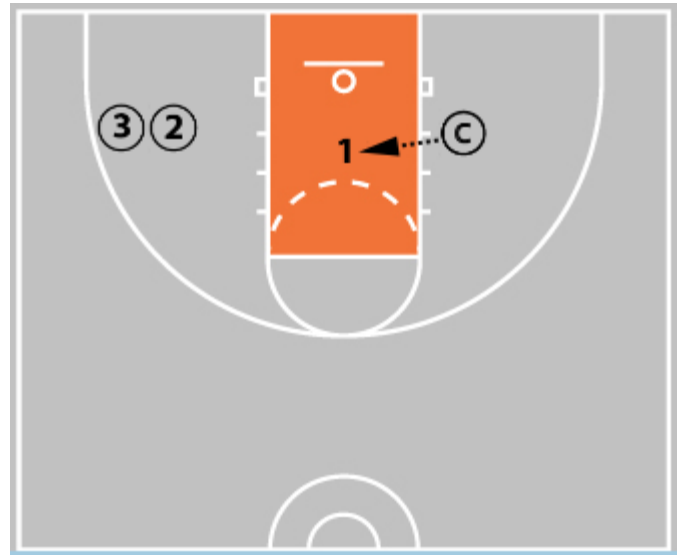


- Players start by passing the ball to coach



Lane Line Finishing (continued)

- Coach passes the ball back to 1 in the middle of the paint
- 1 has a variety of finishes to choose from



Jump Hook

- Get the shoulders parallel to the sideline on the jump hook

Shimmy → Jump Hook

- Fake going left then go up with the jump hook

Shimmy → Reach

- Fake going left then finish on the right side

Quick Spin

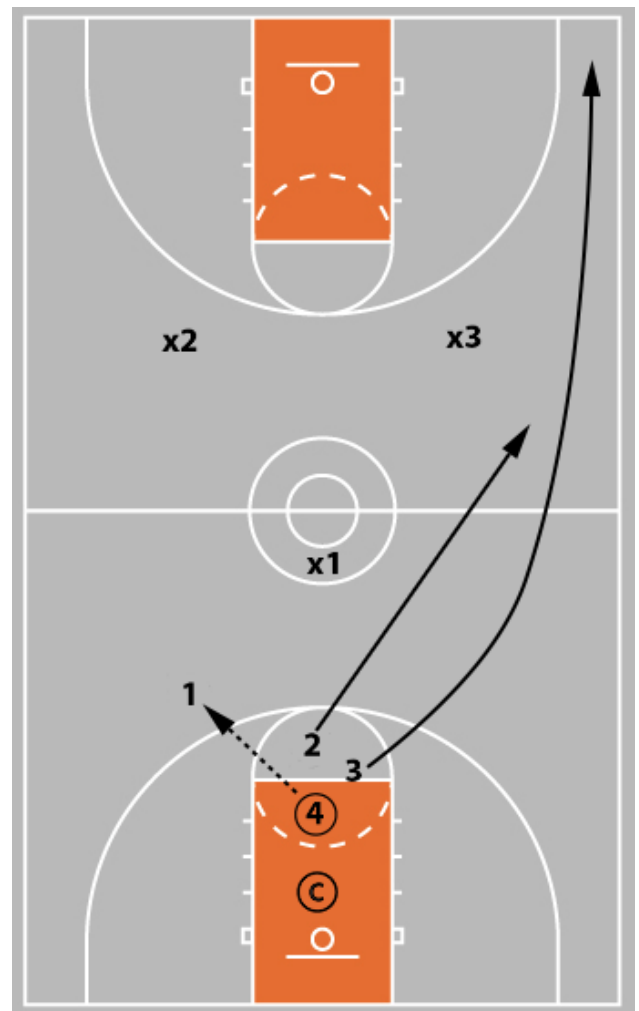
- Quickly spin left then finish on the left side

Lane Line Other Side

- Players who prefer their dominant hand may choose to shoot a jumper with the dominant hand
- Players catch in the middle and can shoot a back shoulder fadeaway

Lane Line Other Side (continued)

- 4 outlets to 1 on the left side
- 2 sprints to the opposite side
- 3 sprints to the right corner
- x1 stops the ball
- x2 and x3 are back on defense



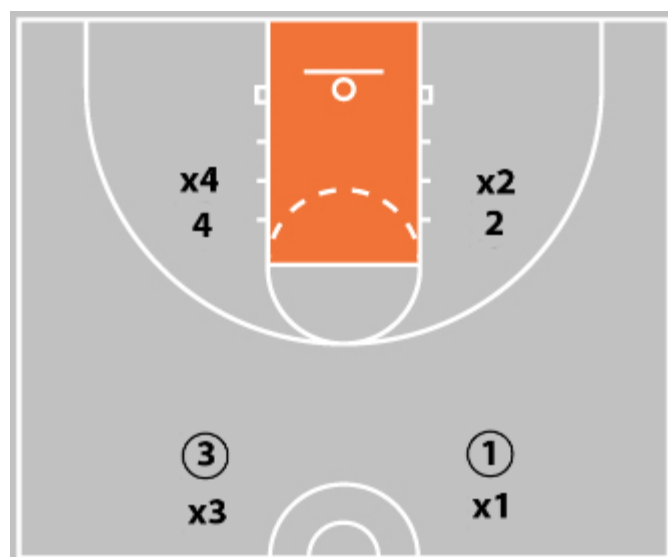
Chapter 23: Strike Passing

Strike Pass Criteria

- On time
- Hitting target hands
- Throw seams to teammate
 - No knuckleballs!

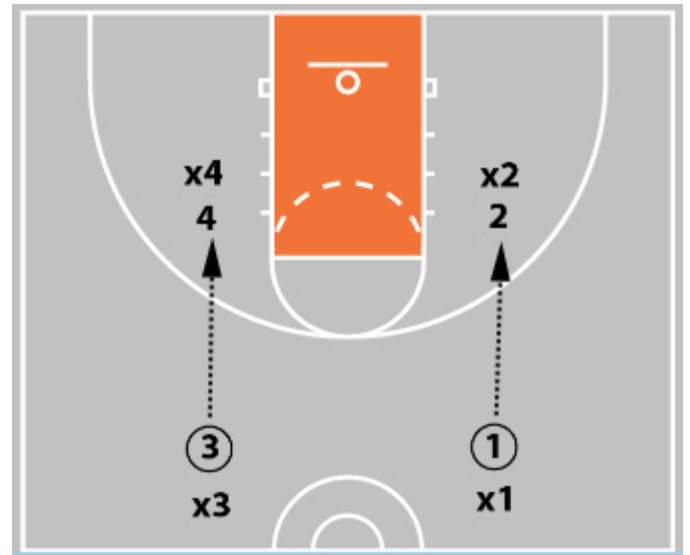
Strike Passing

- Players must work their feet toward teammate on the catch
- Pass should be snapped hard and on a direct line to their teammate
- First team to 20 passes wins the drill
- One coach can count the number of passes per team
- 1, 2, 3, and 4 go first
- x1, x2, x3, and x4 go next

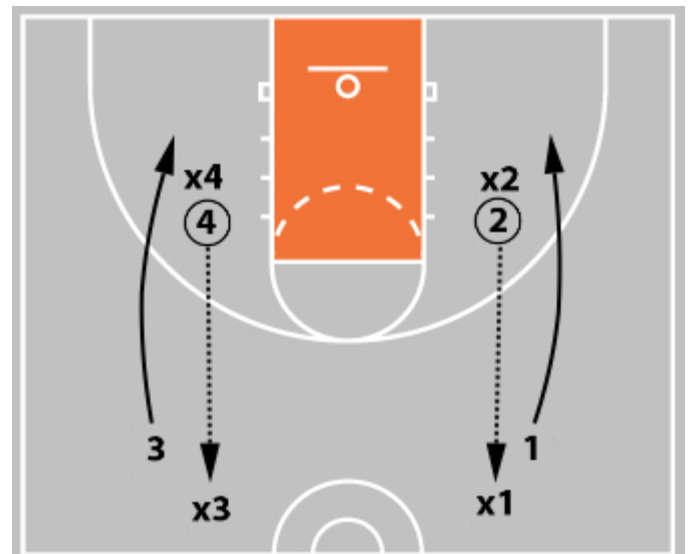


Strike Passing (continued)

- 1 passes to 2
- 3 passes to 4



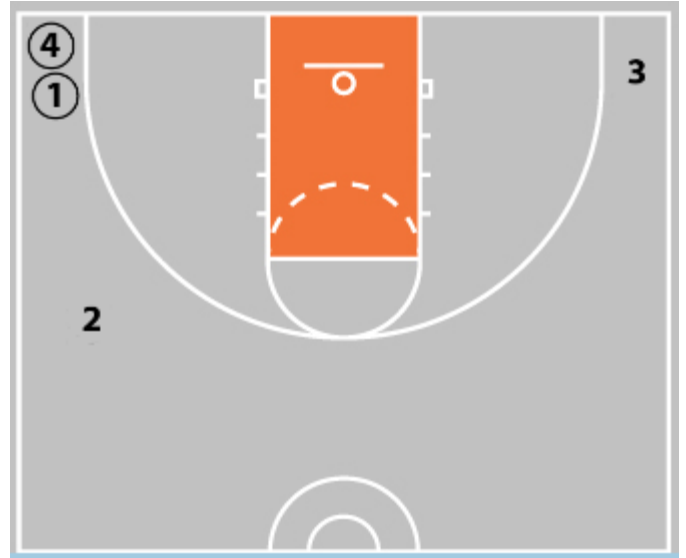
- 1 and 3 sprint to the end of the line
- 2 passes to x1
- 4 passes to x3
- The drill continues until the first team reaches 20 passes



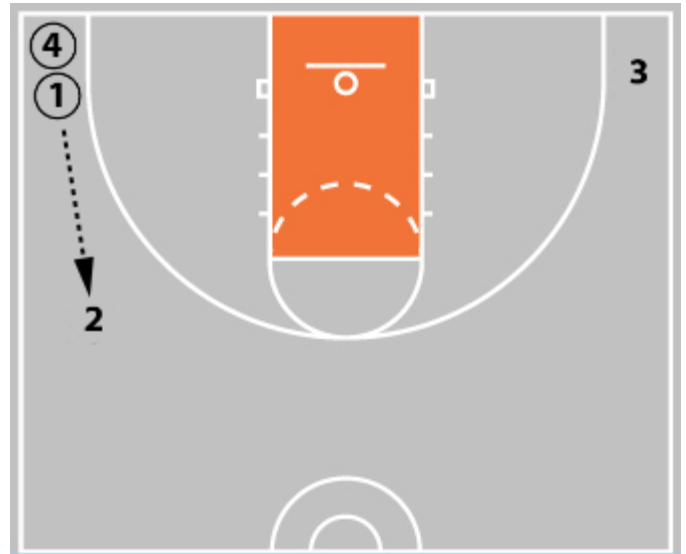
Chapter 24: 3 Line Shooting

Catch & Shoot

- Player in the corner can lift or drift on the pass
- 1 and 4 start with the ball
- 2 is outside the three-point line
- 3 is in the right corner
- Always work both directions in this drill

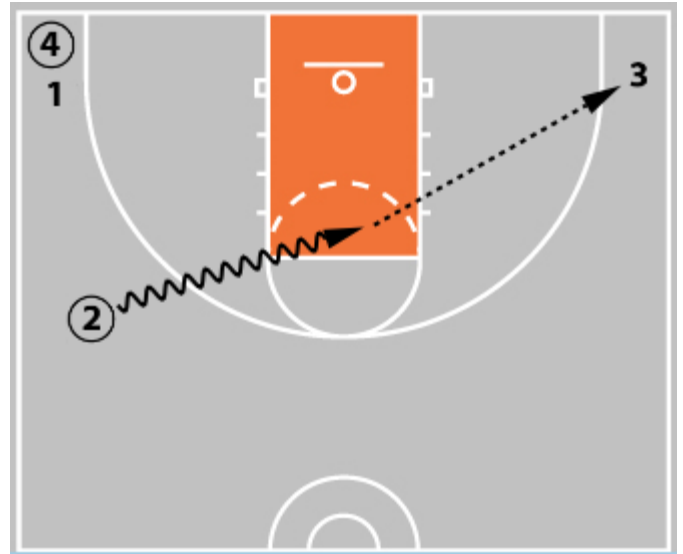


- 1 starts the drill by passing to 2



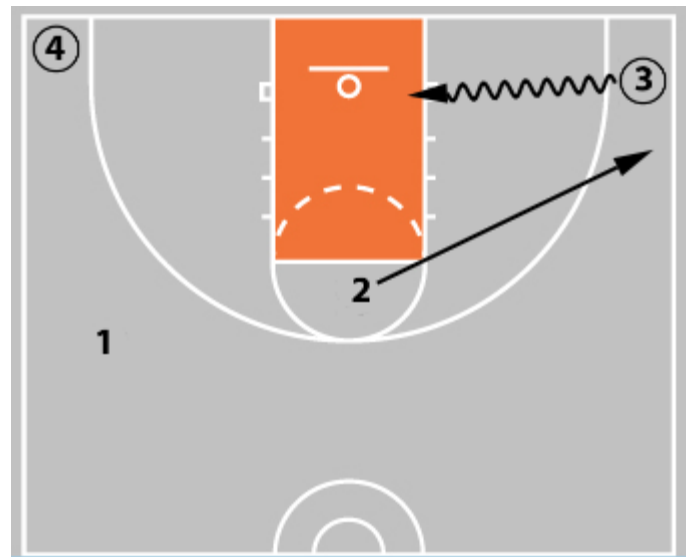
Catch & Shoot (continued)

- 2 drives middle and kicks out to 3 for the open corner 3



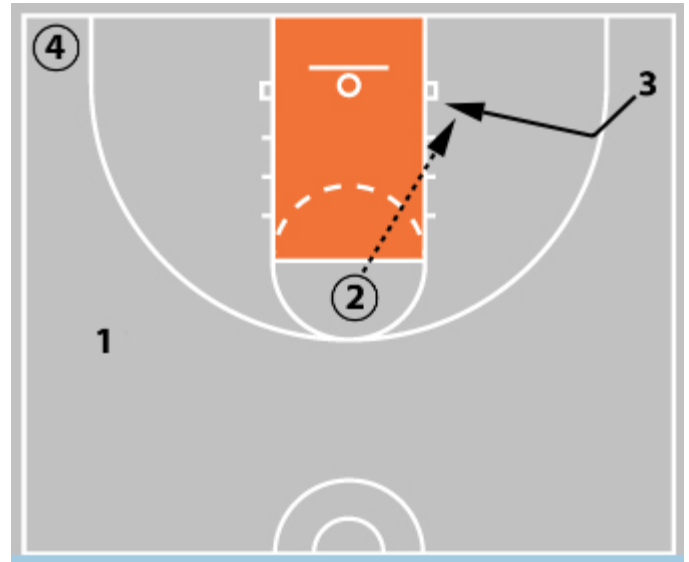
Drive

- After 2 passes to 3, 3 drives baseline



Back Cut

- 3 back cuts baseline
- 2 passes to 3



Chapter 25: 2-Minute Drill & 1:05 Games

2-Minute Drill

- Shooter is trying to make 5 shots from 5 spots
- Those five spots are typically the corners, wings, and top of the key
- Important for rebounder and passer to get the ball quickly and with a strike to the shooter

1:05 Games

- Players play a simulated 1:05 game
- This is great for practicing certain end-of-game situations