

FORDHAM

WOMEN'S BASKETBALL

COACHES CLINIC #2

MAY 14, 2020

DRILLS & DIAGRAMS



Fordham WBB Coaches Clinic #2 - May 14th 2020

Free Throw Drills_Allie

At Fordham, every practice ends with a free throw drill. Coach Gaitley found players were unfocused at the end of games and could not make free throws down the stretch, or were ineffective in executing details of the situation. So, now we do a free throw drill to end every practice, and make the players think and concentrate to get them into the correct order. Coach Gaitley will pick a word, either a general word like, "Fighter" or our upcoming opponent like, "Dayton", and the team needs to arrange themselves based on the number of times the letters of the chosen word appear in their first and last name in one minute.

Ex: Fighter

Allie Keller → 5 letters

Coach Gaitley → 4 letters

Standard Free Throw Drills

Win the Game

- Set the score at 50-50
- Every player shoots 1 FT
- A made shot = 1 point for the home team
- A missed shot = 2 points for the away team
- Choose a couple players (ex: the freshman) to be secret swishers. If they swish their shot they get 2pts for their team, instead of the typical 1.
- Goal is to Win!

Swish Drill

- Every player takes 2 FTs
- Goal is to get double the points as people there are (l.e. 12 people, 24 points)
- Swishes = 2 pts
- Makes (not a swish) = 1pt

4 in a Row

- Put 5 min on the clock
- Take 1 FT and rotate
- Goal: Make 4 FT in a row
- On a miss, the entire team must sprint a down and back and then get back in order

Conditioning-Based Free Throw Shooting

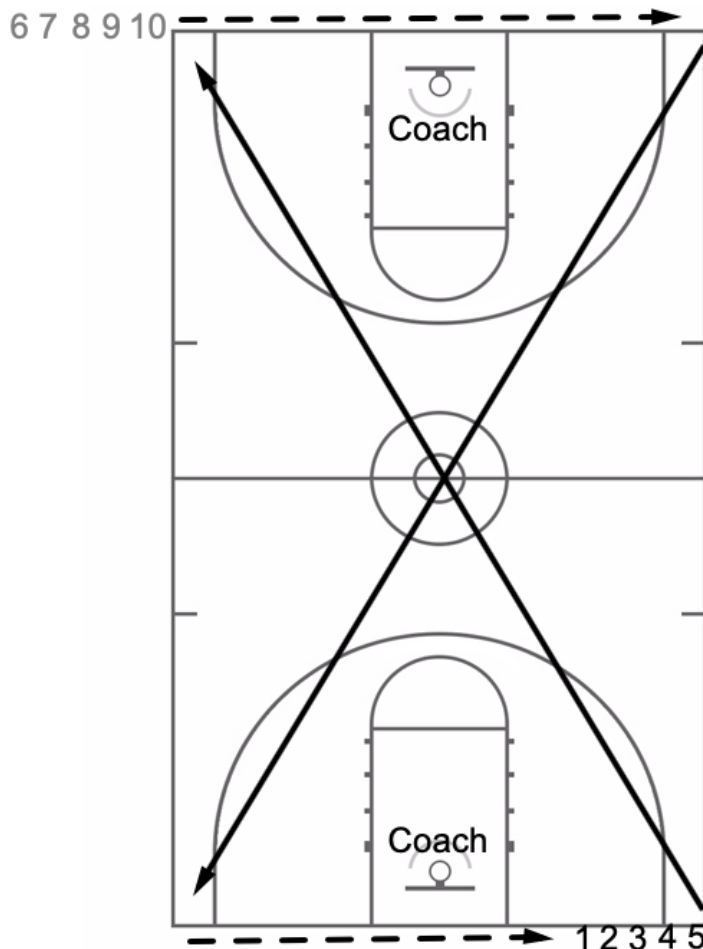
Sprint/Jog FTs

- 2:35 on the clock (We get down to 2:20 in season)
- Make sure everyone is wearing the same color pinny
- Team will sprint the diagonals (corner to corner) then jog the baseline
- Split the team so half of the team are on corners on either side of half court, so one team starts with the sprint and one team starts with the jog
- Players will sprint/jog and take turns shooting FTs on either basket, coaches help rebound at each hoop. The order of who shoots does not matter
- Everyone must make 2 FTs one time, does not matter which basket you shoot on
- If you miss a FT, get back in line sprinting and jogging
- When you make both FTs, flip your jersey color
- Everyone must get their jersey flipped before time runs out, run sprints for the amount of kids that don't

Jog Free Throws

- Players jog continuously the length of the court and back
- Coach calls out players to come shoot a 1 and 1 on one basket
- Goal is make 25

Sprint/Jog Free Throws



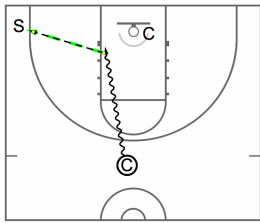
- 1 Split the team in half, and have them start on opposite corners with everyone wearing the same color pinney. Teams will sprint the diagonals (corner to corner) and jog across the baseline.

We start with 2:35 on the clock and work our way down to 2:20 on the clock throughout the season, but adjust as necessary.

Each player will sprint/jog and take turns shooting two free throws at either basket. You make both free throws, flip your pinney color. If you miss one of them, you do not flip your pinney, get back into the run and shoot at the next opportunity - at either basket.

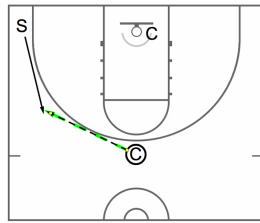
The goal is to have everyone on the team flipped their pinney before time runs out!

John Beilein - 7 and 11 Shooting

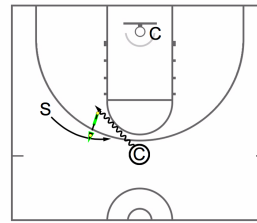


1 The goal of this drill is to get 7/11 makes
Each diagram is one shot
There is 2 balls, 1 passer, and 1 rebounder
This drill should be completed in 42 seconds

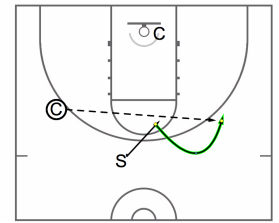
FIRST SHOT: Coach drives and kicks for corner 3



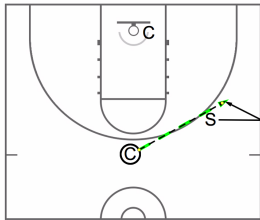
2 SECOND SHOT: Shooter rises to the wing for a wing 3



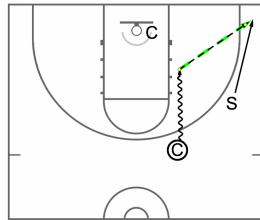
3 THIRD SHOT: Coach dribbles and hands off with shooter for a 3



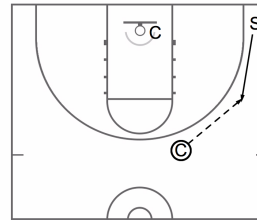
4 FOURTH SHOT: Shooter comes off an (invisible) flare screen for a wing 3



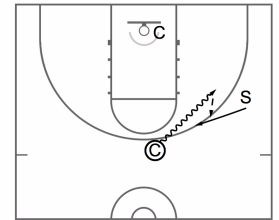
5 FIFTH SHOT: To replicate transition the shooter touches the sideline and then runs in for a 3



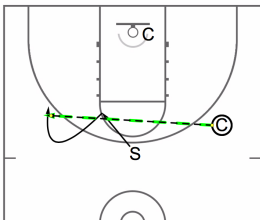
6 SIXTH SHOT: Shooter sprints to the corner and the coach hits him on a drive and kick



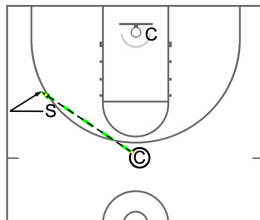
7 SEVENTH SHOT: Shooter rises to the wing for a 3



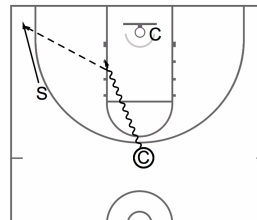
8 EIGHTH SHOT: Coach drives and hands off to the shooter for a 3



9 NINTH SHOT: Shooter comes off an (invisible) flare screen for a wing 3

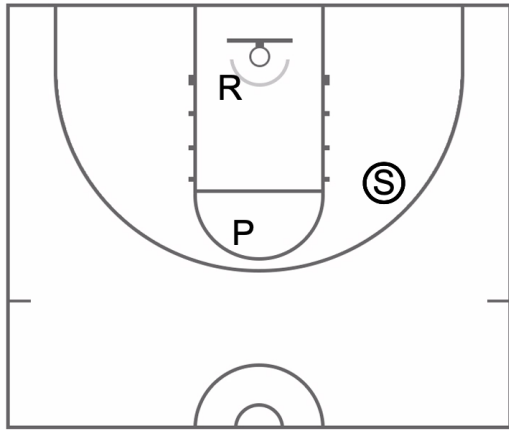


10 TENTH SHOT: To replicate transition the shooter touches the sideline and then runs in for a 3

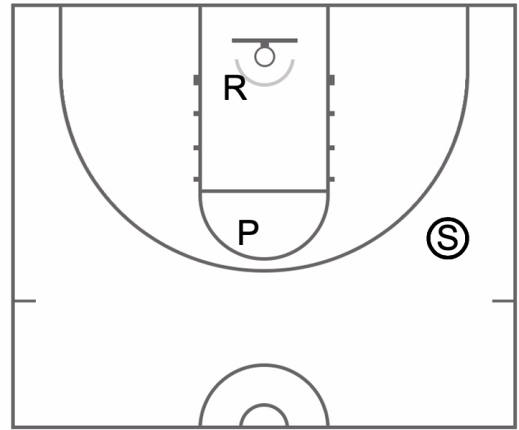


11 ELEVENTH SHOT: Shooter sprints to the corner and the coach hits him on a drive and kick

25 Shooting

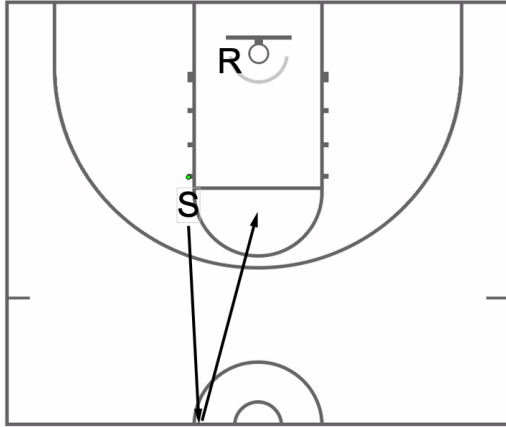


- 1 - 1 min on the clock
- Choose one spot on the floor
- Take 2 2's at the spot

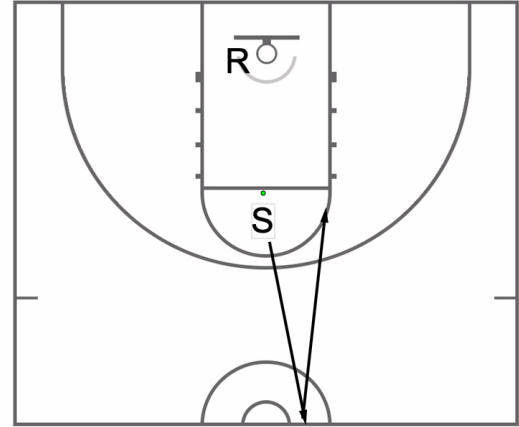


- 2 - Then take 2 3's at that spot
- Alternate between 2 2's and 2 3's
- 2pt shots are worth 1pt
- 3pt shots are worth 2pts
- GOAL: 25 pts in 1 min

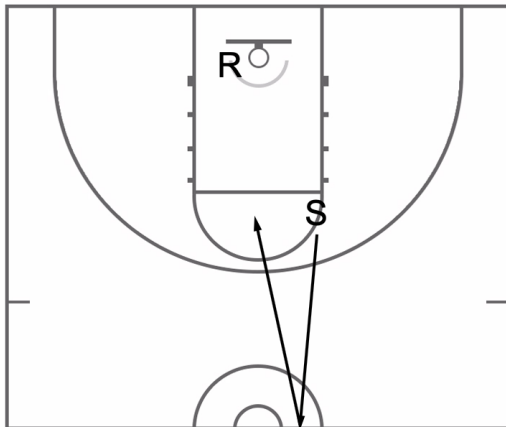
W Shooting



- 1**
- 1 min on the clock
 - Start at the left elbow for a jump shot
 - After the shot, sprint to 1/2 court and back to the middle of the FT line

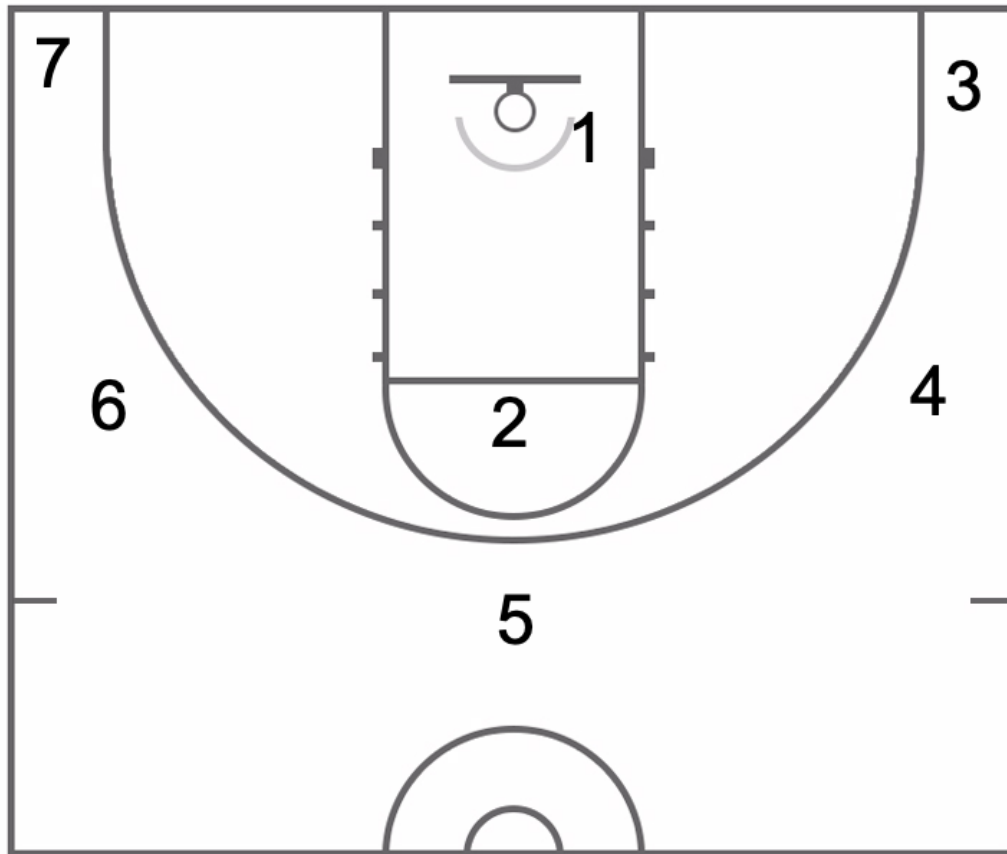


- 2**
- Shoot a FT line jumper
 - After the shot, sprint to 1/2 court and back to the right elbow



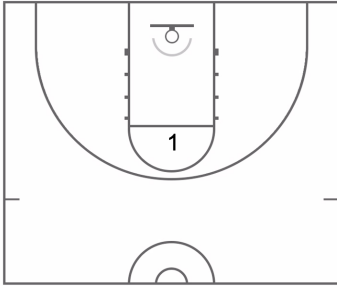
- 3**
- Shoot a right elbow jumper
 - After the shot, sprint to 1/2 court and back to the center of the FT line for a jumper
 - This pattern continues for a minute
 - GOAL: 11 makes in 1 minute

Around the World Shooting



- 1** - Make shots 1-7 (go in order of spots)
- If you miss one, then you go back one spot
- Winning team makes all 7 shots first / # of completions in 3 min (vs other team)

Syracuse Shooting

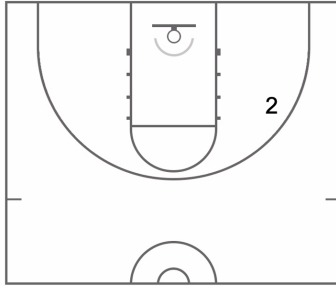


1

- 6 min on clock
- 2 teams, each at their own hoop
- 2 balls per team - shoot, get your own rebound, and pass back
- GOAL: 120 - each make is one pt

FIRST SPOT

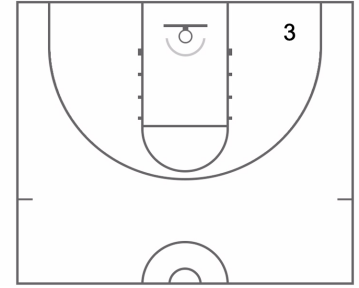
- Shoot 2's for 30 sec
- Hit buzzer at 5:30 and players move to 3pt shots from that spot
- Hit buzzer at 5 min and players move to spot 2



2

SECOND SPOT

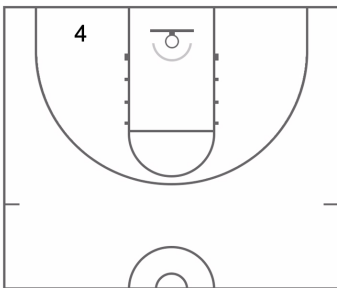
- Shoot 2's for 30 sec
- Hit buzzer at 4:30 and players move to 3pt shots from that spot
- Hit buzzer at 4 min and players move to spot 3



3

THIRD SPOT

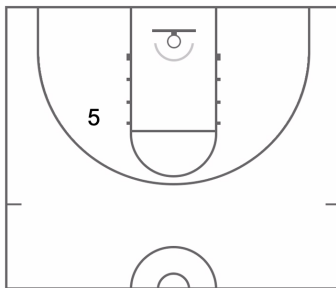
- Shoot 2's for 30 sec
- Hit buzzer at 3:30 and players move to 3pt shots from that spot
- Hit buzzer at 3 min and players move to spot 4



4

FOURTH SPOT

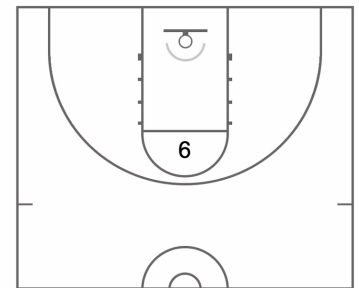
- Shoot 2's for 30 sec
- Hit buzzer at 2:30 and players move to 3pt shots from that spot
- Hit buzzer at 2 min and players move to spot 5



5

FIFTH SPOT

- Shoot 2's for 30 sec
- Hit buzzer at 1:30 and players move to 3pt shots from that spot
- Hit buzzer at 1 min and players move to spot 6



6

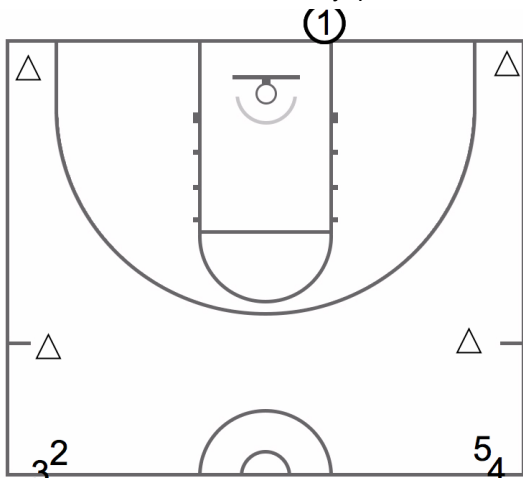
SIXTH SPOT

- Shoot 2's for 30 sec
- Hit buzzer at :30 and players move to 3pt shots from that spot
- Let buzzer run out - GOAL: 120 (each make is 1pt)

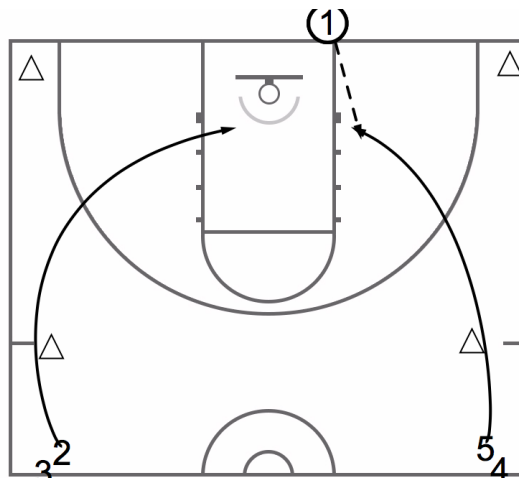
Lakers Layup Drill



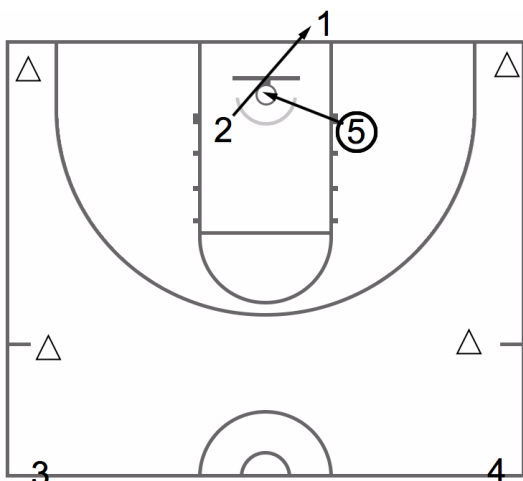
Lakers Layup Drill Frame 1 - Lakers Layup Drill



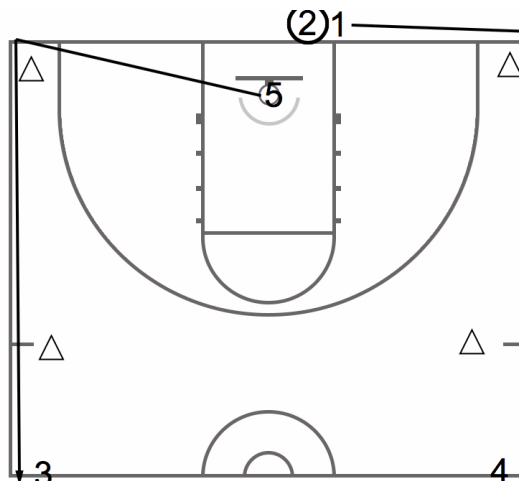
- 1** **Goal:** 20 Makes in 2 minutes
- Start over (score back to 0):** on all misses, failing to get the ball out of the net, not getting behind the baseline, not counting or not calling names
- Set up:** 1 Starts with the ball, two lines at half court
Cones At baseline corners and hash marks



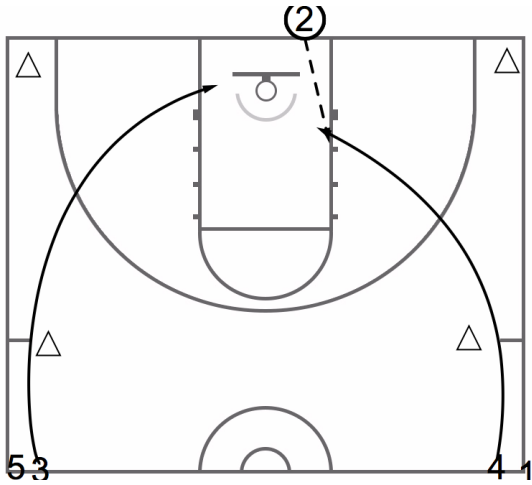
- 2** 5 Sprints in for Layup
- 1 passes to 5
- 2 Sprints in for the rebound



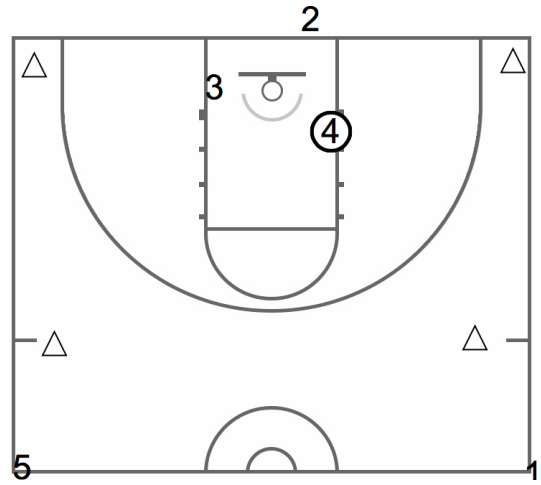
- 3** 5 shoots lay up
- 2 Rebounds and take the ball out of bounds
- 4 and 3 ready to go



- 4** 1 and 5 immediately SPRINT OUTSIDE corner cones right back to half court
- 2 becomes inbounder



5 4 and 3 then continue and sprint outside the cones for layup and rebounding
*Timing is key we don't 4 going to early and having to stop



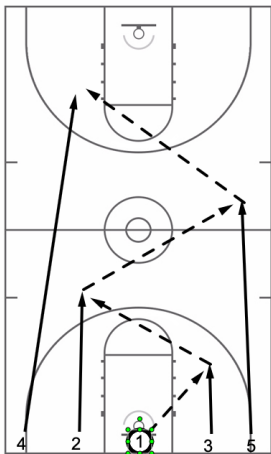
6 4 and 3 then continue and sprint outside the cones for layup and rebounding

5 Man Weave

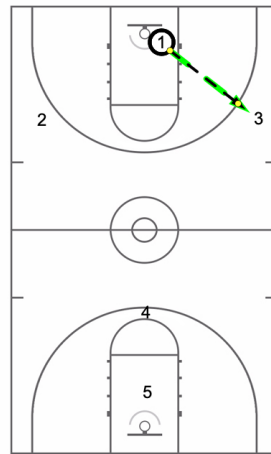


5 Man Weave

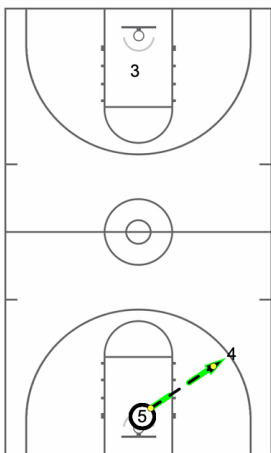
Frame 1 - 5 Man Weave



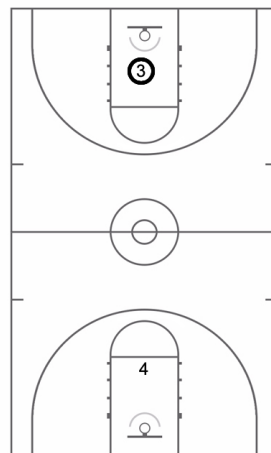
- 1** Directions:
 - 5 Man Weave down
 Next:
 - Passer and Finisher will become defense
 - Don't take it out
 EX: 4 and 5 will be defense, 1-3 will be offense



- 2** Directions:
 - 3 v 2 on the way back
 Next:
 - Player that takes the FRIST shot will become the next defender
 - 2 defenders will become offense
 EX: 3 will defense, 4 and 5 will be offense



- 3** Directions:
 - 2 v 1 on the way down
 Next:
 - Player that takes the FIRST shot will become the next defender
 - One defender will become offense
 Ex: 4 will become defense, 3 will become offense

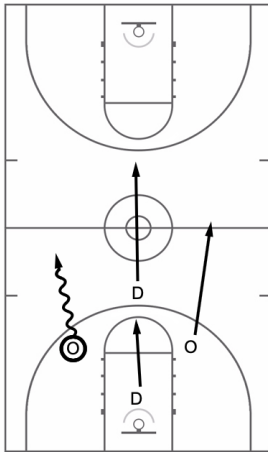


- 4** Directions:
 - 1 v 1 on the way back

2v2 Chase



2v2 Chase 2v2 Chase

**1****Setup:**

- Offense is on both Elbows
- Defense has one on the top of the key, other defense is on the logo

Play:

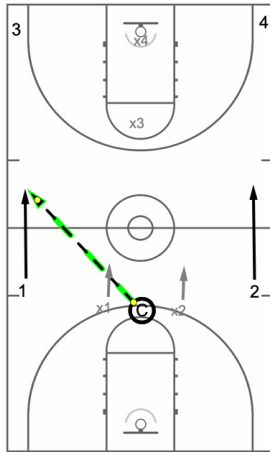
- Coach yells go and the game is live
- Offense must push and make the right read
- Defense is playing 2v1 buying their teammate time
- Can finish with one possession or play down and back

4 v 2 to 4 v 4 transition



4 v 2 to 4 v 4 transition

Frame 1 - 4 v 2 to 4 v 4 transition

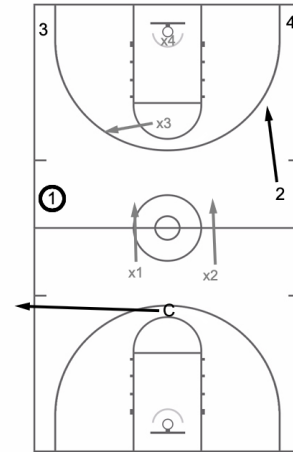


1 Set up:

- Offense is at both hash marks and both corners.
- Defense has 2 in the tandem and 2 in the slots
- Coach starts with the ball the top of the key

How:

- Coach throws a lead pass to either 1 or 2
- On the pass the drill is live and defense is allowed to sprint back
- After Offense finishes their possession - defense gets a possession going back the other way
- Drill is over once the starting defens's 4v4 possession is over (score or stop)



2

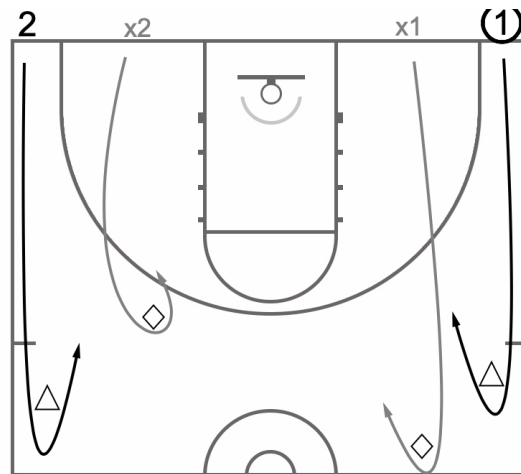
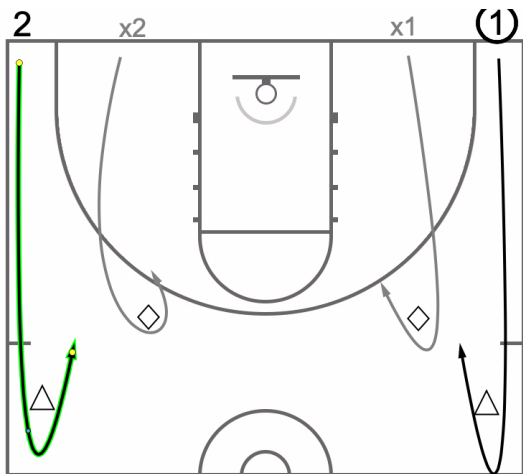
Coach make sure you get your butt off the court our you will be run over

2v2 Turn the Corner



2v2 Turn the Corner

Frame 1 - 2v2 Turn the Corner

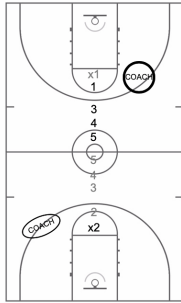


- 1** Set up:
- Offense is on the outside Corners, 1 player with the ball (either side)
 - Defense is on the inside a few feet from the offense
- Directions:
- Coach Says go
 - All players sprint around the outside of their cones
- Cone Set up can be put anywhere:
- Depends where you want the advantage
 - Above set up will give you Even 2v2

- 2** Cone Set up:
- This look gives offense advantage
 - Will be 2v1 for 1-2 dribbles
 - The further apart the more the advantage



1 ON 1 REBOUNDING DRILL



1 Split the team into 2 groups (example: Maroon/White)

Drill will be ran at both ends of the floor at the same time

Drill is completed once every player gets **three (3) rebounds in a row**

Scoring:

Team gets 1 point if their defender secures the 3 consecutive rebounds before time is up

Team with the most points at the end of the rotation wins

Drill:

Maroon team at one end and white team at the other end

One player from the white team starts on defense at the maroon end

One player from the maroon team starts on defense at the white end

Coach shoots the ball, maroon player crashes the boards. The white defender must box out and rebound the ball. The white defender must get three (3) rebounds in a row going against the maroon team.

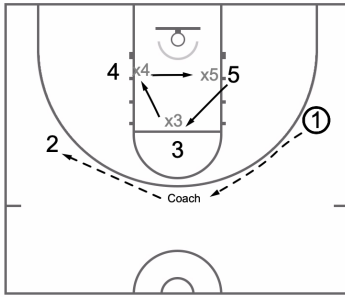
Once the white team's defender gets three (3) rebounds in a row, the white team will send a new defender to the maroon end.

White team is doing the same at their end

NOTE: If one team finishes and they are waiting, they can go to the other end and cheer on their teammate.



3 ON 3 ROTATION REBOUNDING



1 **Time:** 2 minutes each team
Teams: (2) Maroon/White

Drill:

Offense is stationary on the outside of key area as the ball is passed around
Defense moves in a clockwise direction as the ball is passed around

When the ball is shot, the offense crashes the boards and the defense must find someone and box out.

Scoring:

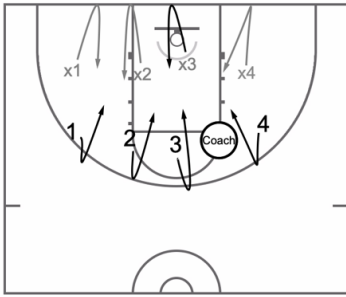
Each team has 2 minutes on defense
Offense gets 2 pts for offensive rebound
Defense gets 1 pt for defensive rebound

Variation:

Can do this drill without the lid. If the offense get the rebound, they will play it out and look to score
2 additional points for a score off and offensive rebound



4 ON 4 TOUCH AND GO REBOU



1 Split the team into 2 groups (example - Maroon/White)

Drill:

Maroon Defense starts at the hash mark above the block

White Offense starts at the foul line extended

On the whistle, defense must touch the baseline with their foot and then find the offensive players crashing and box out

On the whistle, offense must touch outside the 3 point line with their foot and then crash the boards

Coach is at the elbow and shoots after the whistle

Rotate after each shot

Team is on defense until everyone completes a possession in each spot

Whit team then goes to defense and Maroon to offenserepeat the above

Scoring: 1 pt for offensive rebounds

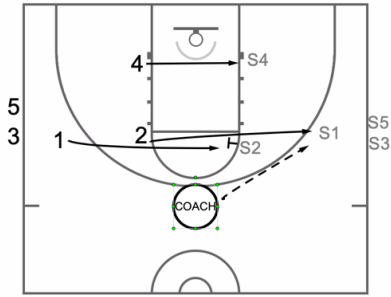
Variation: Can do drill 3 on 3, or 5 on 5



MISSISSIPPI STATE REBOUND!

MISSISSIPPI STATE REBOUND!

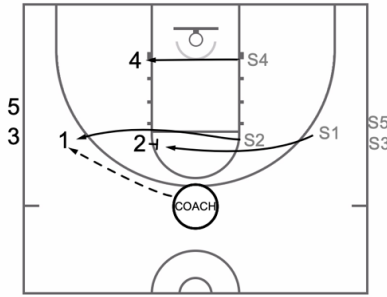
MISSISSIPPI STATE REBOUND!



1 Team: (2) Maroon team vs. Scout team or Maroon vs. White

Duration: Will play to a certain score (25 pts.), a certain amount of time (5 minutes) or every player plays each spot - 3pt arc, elbow, block

- Each team will have a player at the elbow, the block, and the wing behind the 3pt arc
- Coach will pass the ball to the scout team (S1) beyond the 3pt arc to initiate the action
- Scout team elbow player (S2) sets a legal screen on the maroon team player (2) sprinting from the elbow and fights through the screen to contest the shot by (S1)
- Scout team block player (S4) and (S2) crashing the offensive boards
- Maroon team player (2) at the elbow and player (4) at the block, sprints to find scout team player (S2) and (S4), makes contact then box out and grab the rebound
- If the shot is made the scout team receives the value of the made basket (2 or 3). If the offense gets the rebound, they receive 2 pts. for the offensive rebound plus the opportunity to score a basket worth 2 or 3 pts. We reset to 20 on offensive rebounds to simulate game scenario
- NO points for defensive rebound

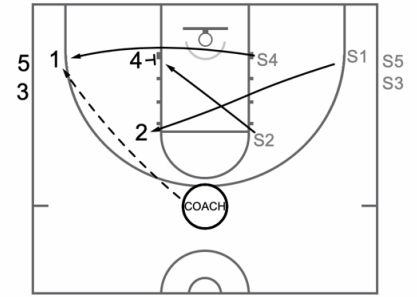


2 RESET after rebound or score. Action is repeated with Maroon team receiving the pass from the coach. Then, players on both teams will rotate spots and the drill continues.

Rotation: 4 and S4 step off and join the back of the line, 2 replaces 4 on the block, 1 replaces 2 at the elbow, 3 replaces 1 at 3pt arc. Scout team will rotate the same.

Keys to this drill:

1. Coach can control the amount of physical contact
2. Coach can vary the amount you allow the screens to be moved
3. The crispness of your pass will determine how much time shooters have to get their shot off
4. Vary the scoring to increase importance of rebounding by making offensive boards more penalizing
5. Allow "shooter" to use 1 or 2 dribbles if you want to work closeouts and contests
6. Scoring on the clock is key to force team to recognize and understand time/score situations



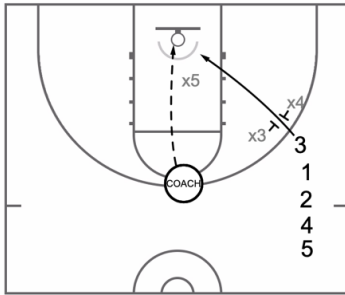
3 VARIATION: Move the shooters to the corners. Small boxing out and rebounding against big

Coach passes to maroon player (1), scout team player (S4) sprints from the block to contest shot by maroon player (1), scout team player (S1) sprints and box out maroon player (2) and scout team player (S2) sprints and box out maroon player (4)

RESET after rebound or score. Action is repeated with scout team receiving the pass from the coach. Players on both teams will rotate spots and the drill continues.



Bust Thru Drill



1

Time: 3 mins

3 Station Groups

Drill:

This drill is an offensive rebound station

Coach starts at the top of key with the ball

Player x3 and x4 are on defense and each has a hitting pad

Coach shoots the ball

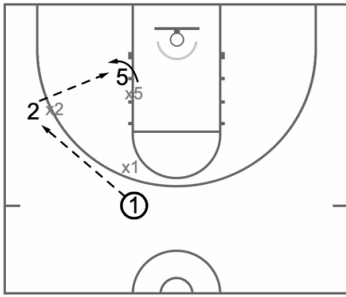
Player 3 bust through x3 and x4 to grab the offensive rebound

x5 defend and challenge player 3 are she tries to score

Will rotate groups after 3 minutes



Dropping Bottom Side



1 1 on 1 Post Defense + Dropping Bottom Side on post entry pass

Drill:

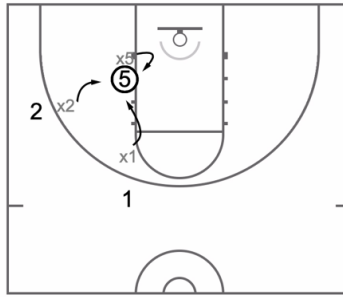
x5 starts up and on the line when player 1 has the ball

Player 1 passes to 2

On the pass to 2, x5 "X Step" to get around to the bottom/low side of player 5

Player 2 makes a post entry pass to player 5

Dropping Bottom Side



2 On the post entry pass to player 5, x5 drops behind player 5 in a low athletic stance ready to play 1 on 1 post defense

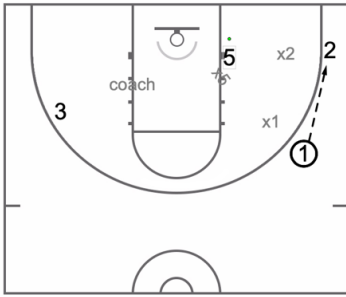
x2 and x1 dig down in the post if player 5 dribbles the ball



Post Defense - Help the Helper

Post Defense - Help the Helper

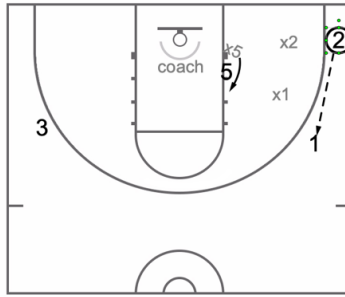
Post Defense - Help the Helper



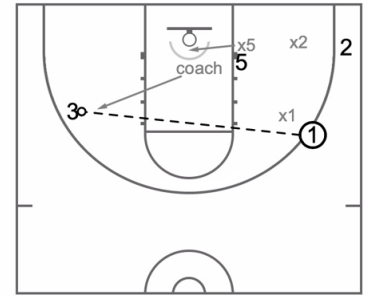
- 1** Every player must go through post and guard spots defensively once.

Drill:

5 posts up, x5 plays post defense
1 passes to 2



- 2** x5 "X Step" to 3/4 bottom/low side
2 passes back to 1
On the flight of the pass, x5 has to "X Step"
- go over top of 5, full front, then 3/4 top/high side
Coach is really cheating towards the post
1 and 2 can pass back and forth until a coach says "skip"

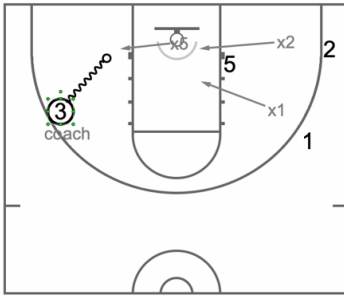


- 3** 1 skips to 3 and coach simulates a run through or getting beat off the dribble
x5, x1 and x2 must all jump to the ball on a skip pass

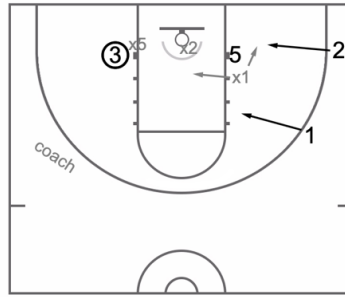


Post Defense - Help the Helper

Post Defense - Help the Helper



- 1 3 attacks on a catch for a pull up
x5 must stop the ball
x2 or x1 must drop on the inside of 5 right away to take drop off pass away (must talk)



- 2 3 takes a pull up shot, x5 must box her out
x2 must box out 5
x1 stays in between and boxes whoever crashes - either 1 or 2

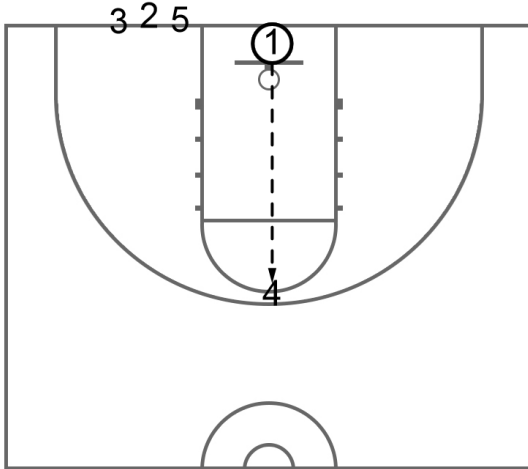
Note: Can add a score component to the drill by allocating 1 point to offense for an "EASY" post entry or drive middle (to enforce your defensive philosophies) - usually just 1 point given to offense for these situations

Brick Pit



Brick Pit

Brick Pit



1 This is a 1 on 1 drill that covers both offensive and defensive concepts.

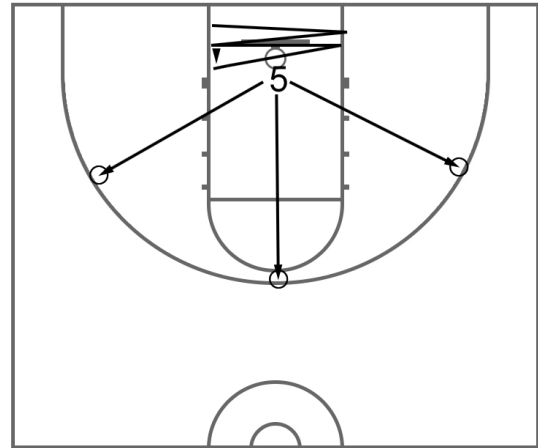
- 1 passes to 4 and closes out to not give up a catch and shoot or catch and rip through situation.
- If offense scores, they stay on offense and defender will either go to Brick Pit or to the other basket (coach's discretion).
- If defense gets a stop, she becomes offense and the offensive player goes to the end of the line.

Offense: only 2 dribbles allowed to score - teaches players to use their dribbles wisely and to create their own shot.

Defense: play defense without fouling and force a defended outside shot

Brick Pit

Brick Pit



2 **Brick Pit:**

Person that goes to Brick Pit does the following:

5 starts the drill with 4 defensive lane slides with 1 brick in each hand. Then, 5 closes out to the left wing and back, top and back, and then right wing and back. As soon as this is over, they must do 4 defensive lane slides

Defense will go to Brick Pit if one of the following occurs:

- a. defense allows to catch and shoot after a close out
- b. offense gets easily into the paint (make or miss)
- c. no box out on the first shot
- d. intentional foul to not give up a lay up

Defense will not go to Brick Pit if one of the following occurs:

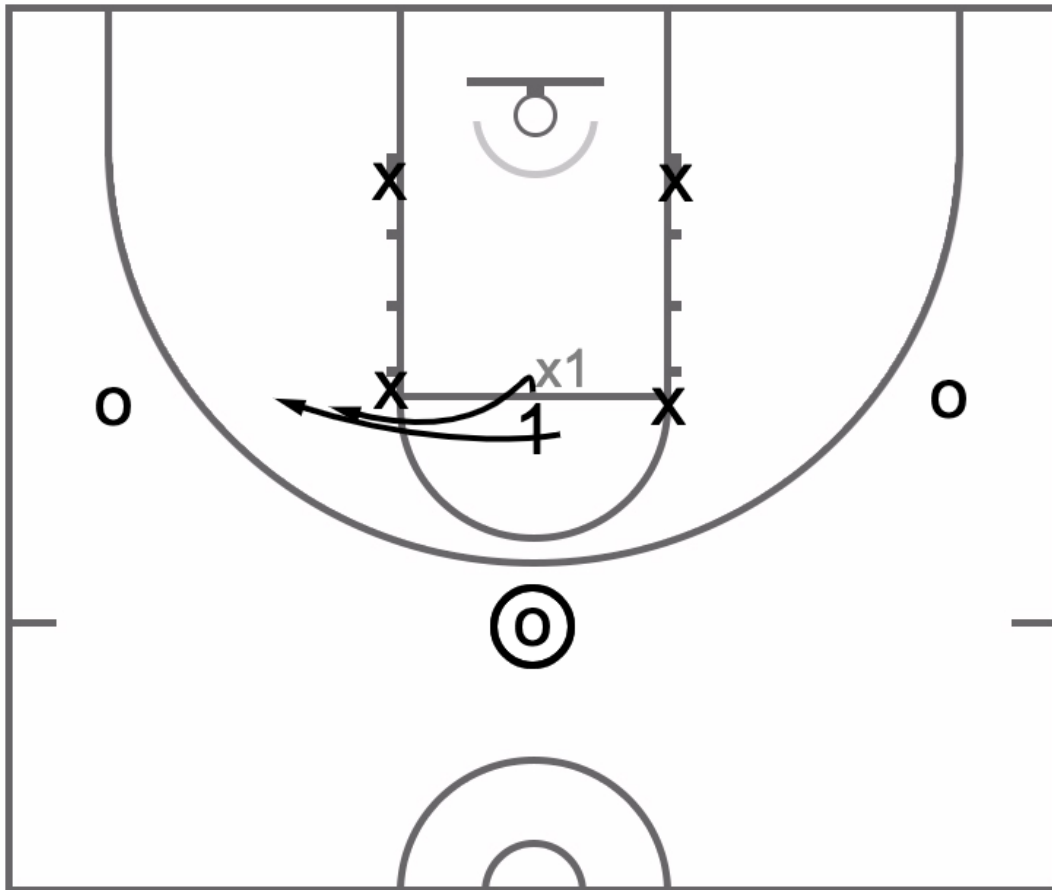
- a. offense scores off the dribble outside the paint but coach deems it is a defended shot
- b. good defense that ends with a defensive rebound

Pin Ball Drill



Pin Ball Drill

Pin Ball Drill



- 1**
- 1 is the offensive player in the drill and x1 is the defensive player
 - The X's on the block and elbows are screeners for 1. The X's keep 1 foot in the lane. They set stationary screens and do not move to help 1.
 - O's on the perimeter pass the ball amongst themselves and try to enter the ball to Player 1
 - Player 1 cuts hard off of the screeners and tries to get the ball from the O's on the perimeter
 - x1 has to fight through the screens and prevent 1 from receiving the ball

Goal:

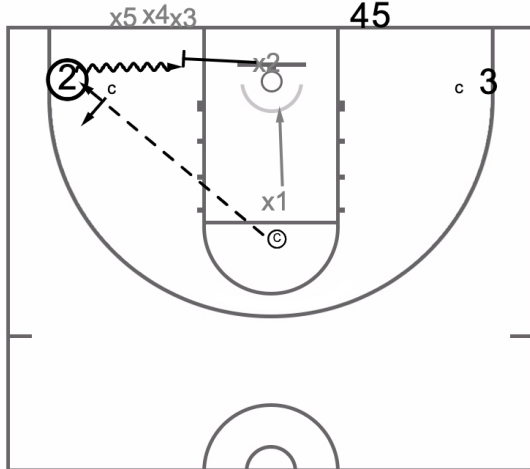
- 1 and x1 are in the drill for 30 seconds
- Offensive player gets 1 point for every catch
- Defensive player gets 1 point for every deflection/steal

Tandem Drill



Tandem Drill

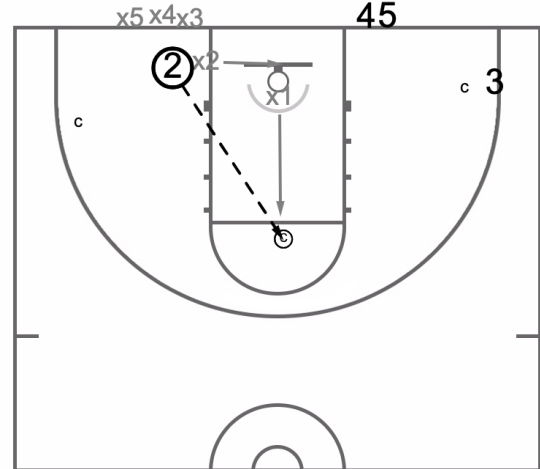
Tandem Drill



- Coach (C) starts with the ball up top and X1 has the ball. X1 and X2 have active feet and are communicating before the drill begins. There are 2 other coaches out defending the offensive players in the corners. C passes to player 2 who attacks the basket baseline side. The coach "guarding" 2 goes for steal on pass and misses, opening up baseline drive for 2 (that coach is out of drill now) As X2 helps on a drive, X1 must drop to take away any lay up possibilities.

Tandem Drill

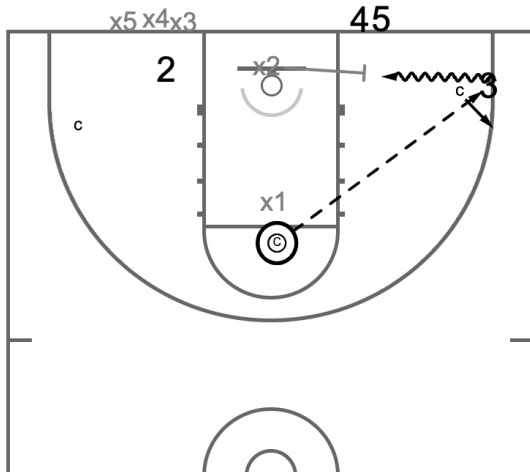
Tandem Drill - Copy - 1



- 2 passes back out to C at the top and X1 recovers back up to C. X2 reestablishes original position. X1 and X2 are a tandem again.

Tandem Drill

Tandem Drill - Copy - 2



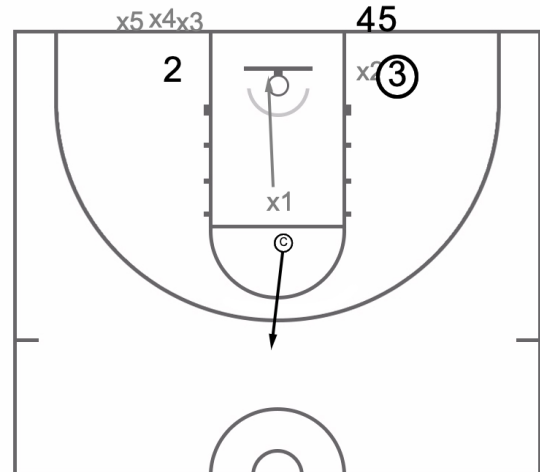
- When C passes to 3, 3 drives to the basket hard as X2 helps on the drive and X1 drops down to take away 2. Coach "guarding" 3 fakes going for a steal on the pass opening up that baseline drive (that coach is now out of drill) It is live 2 on 2 from that point on.

*3 must attack the basket (at least 1 forward dribble) before shooting or passing to 2.

*C is out of the play.

Tandem Drill

Tandem Drill - Copy



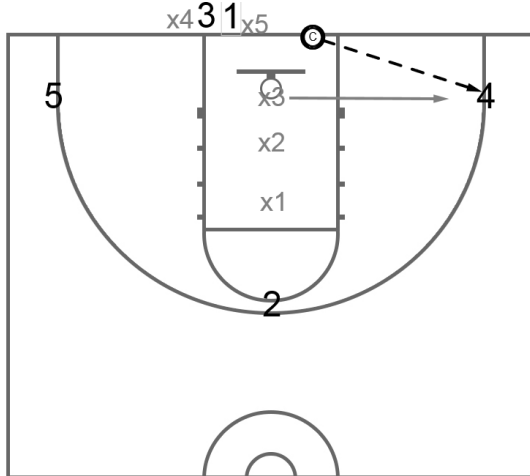
- Rotation is as follows:
 Defense: X1 is out, X2 moves up, new X3 comes on.
 Offense: 2 is out, 3 takes 2's spot, 4 comes on.

3 on 3 Line



3 on 3 Line

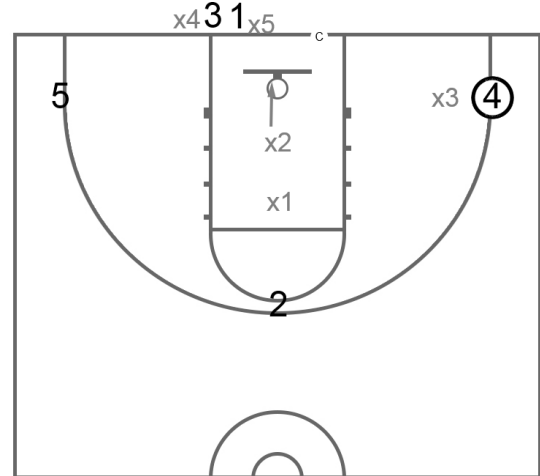
3 on 3 Line - 1



- 1** - Competitive 3 on 3 drill that starts with 3 defensive players in the paint in defensive stance ready to come out.
 - Before drill begins, players have active feet and are communicating
 - Coach (C) passes the ball to any of the offensive players.
 On a pass, C calls out either 1,2,3 number (with 1 being the top spot).
 Whatever number is called, that defensive player has to take the ball.

3 on 3 Line

3 on 3 Line - 2

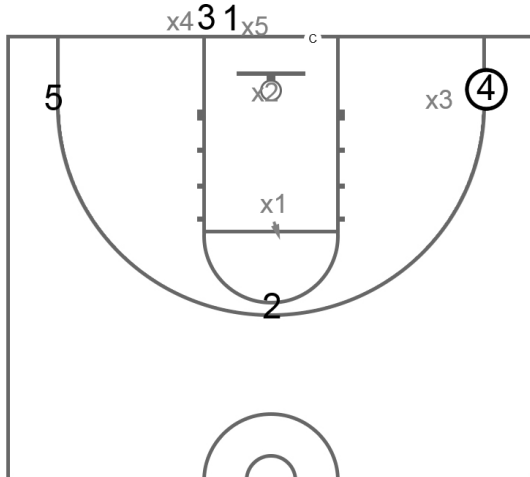


- 2** - In this diagram, coach passes to 4 and calls out 3 (x3) to take the ball.
 - The other two players have to communicate who has who.
 ***receiver of the first pass cannot catch and shoot and must take at least one forward dribble before shooting or passing.

Possession is played out until a defensive stop or rebound, or a score. We give points to offense for o-boards and scores and points to defense for steals/forced turnovers.

3 on 3 Line

3 on 3 Line



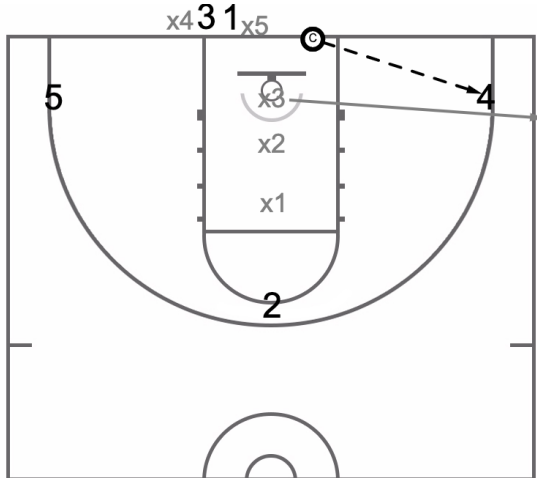
- 3** Rotation:
 Offense: clockwise
 Defense: x1 is off, x2 move up, x3 moves up, new player steps in on the bottom.

3 on 3 Line with Line Touch



3 on 3 Line with Line Touch

Frame 1 - 3 on 3 Line with Line Touch



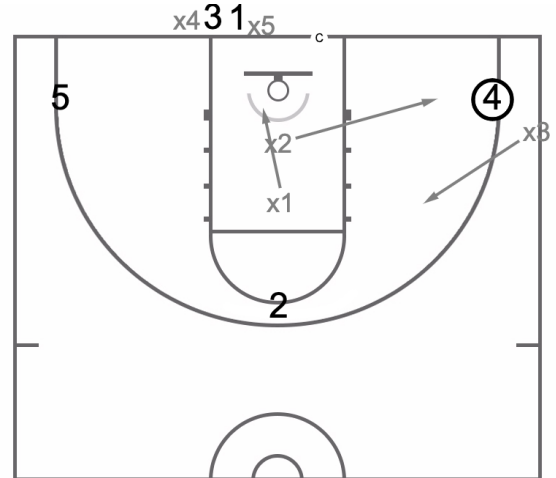
- Competitive 3 on 3 drill that starts with 3 defensive players in the paint in defensive stance ready to come out.
 - Before drill begins, players have active feet and are communicating
 - Coach (C) passes the ball to any of the offensive players.

On a pass, C calls out either 1,2,3 number (with 1 being the top spot).

Whatever number is called, that defensive player has to run past the player who receives the ball and touch the sideline (or volleyball line for top player)

3 on 3 Line with Line Touch

Frame 2 - 3 on 3 Line with Line Touch

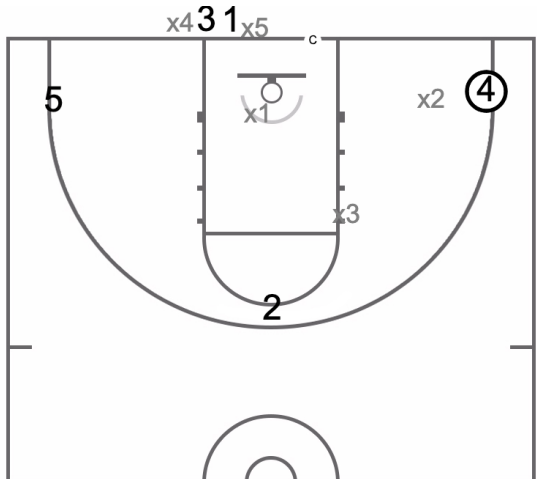


- In this diagram, coach passes to 4 and calls out 3 (x3) to take the ball.
 - The other two players have to communicate who has who and who rotates to take the ball.
 - x3 has to recover and find the open man

***receiver of the first pass cannot catch and shoot and must take at least one forward dribble before shooting or passing.

3 on 3 Line with Line Touch

Frame 3 - 3 on 3 Line with Line Touch

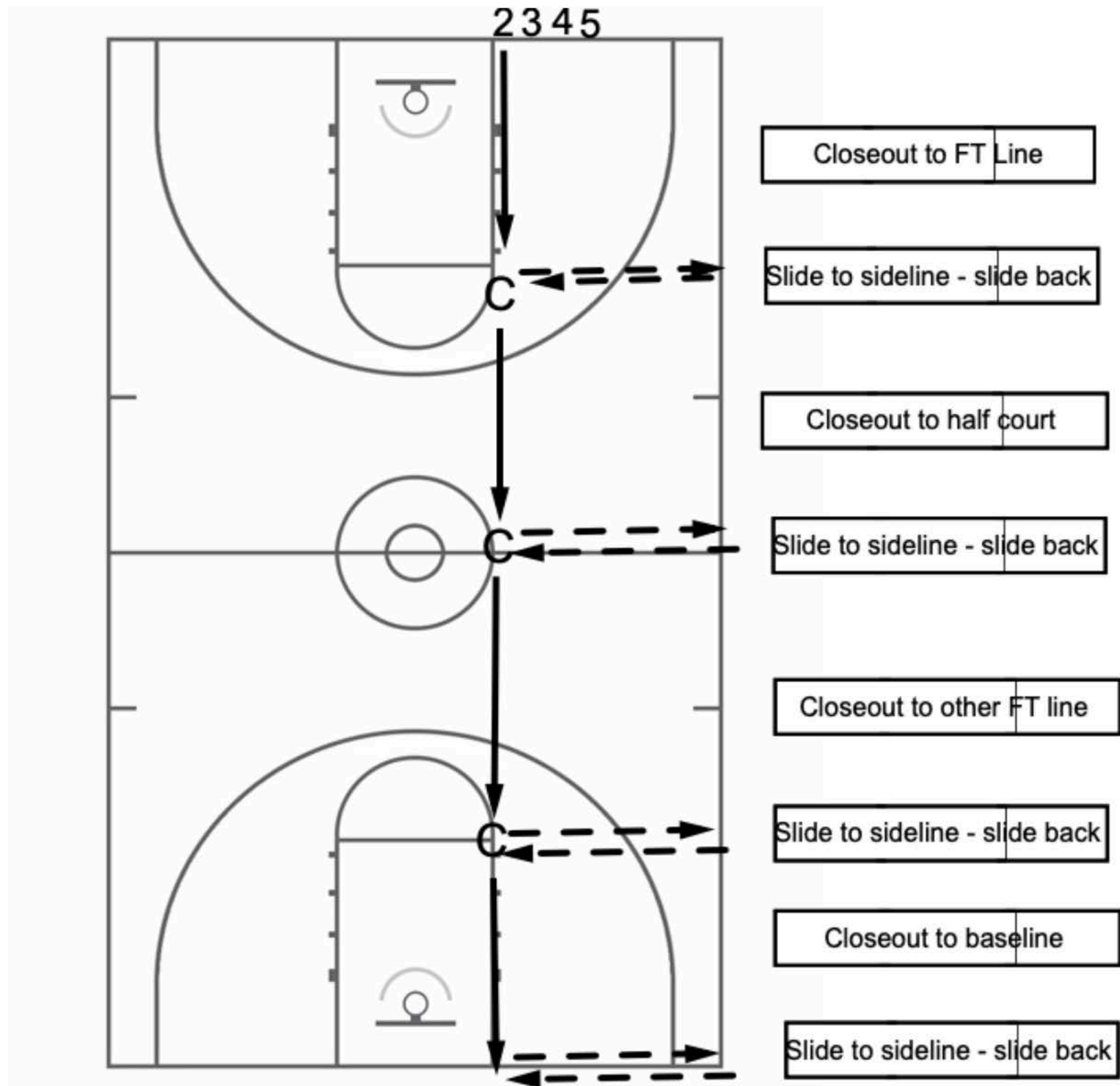


- Live 3 on 3.
 - x3 has to get back into positioning and scramble to find the open man
 - Drill requires a lot of talking and understanding defensive rotations

Rotation:

- Offense: clockwise
- Defense: x1 is off, x2 move up, x3 moves up, new player steps in on the bottom.

Full Court Closeouts



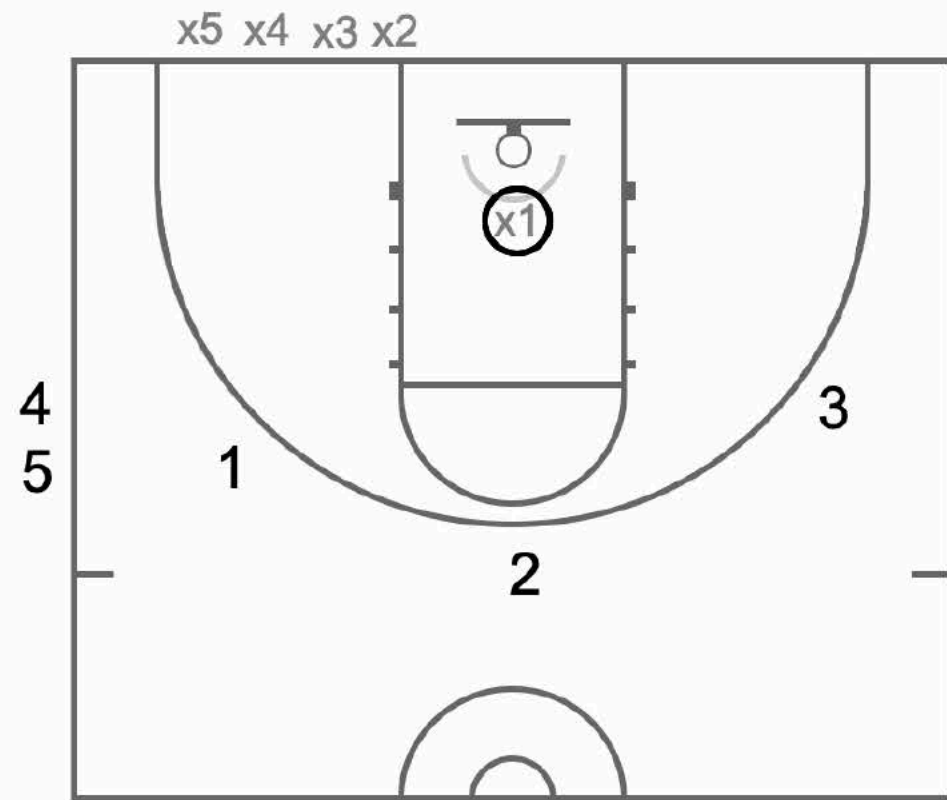
1

Sprint out by closing out with high hands, chop your feet, stay low as you get to the coach at the FT line. Immediately focus on taking a BIG STEP and slide to the sideline and slide back. Always focussing on a big step on change of direction as well. SPRINT OUT to half court and continue until you reach the other baseline

FOCUS

1. Closeouts - High hands, chopping feet
2. Working on your first step being a big step on slides
3. Staying in a low defensive stance on slides

3 Stops

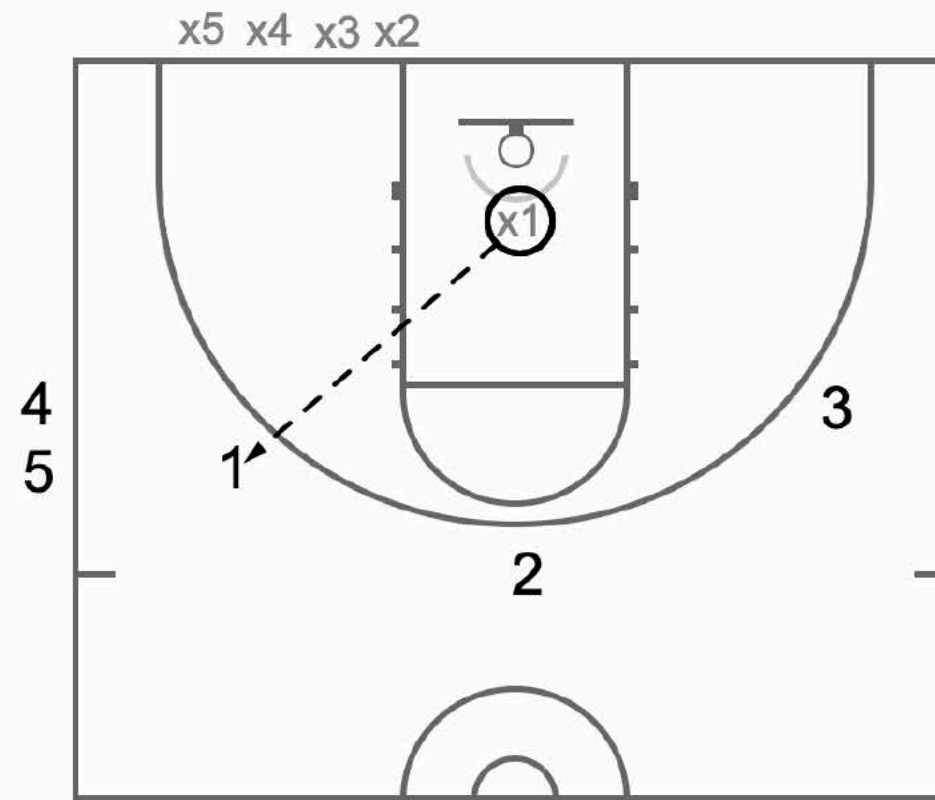


1

Goal:

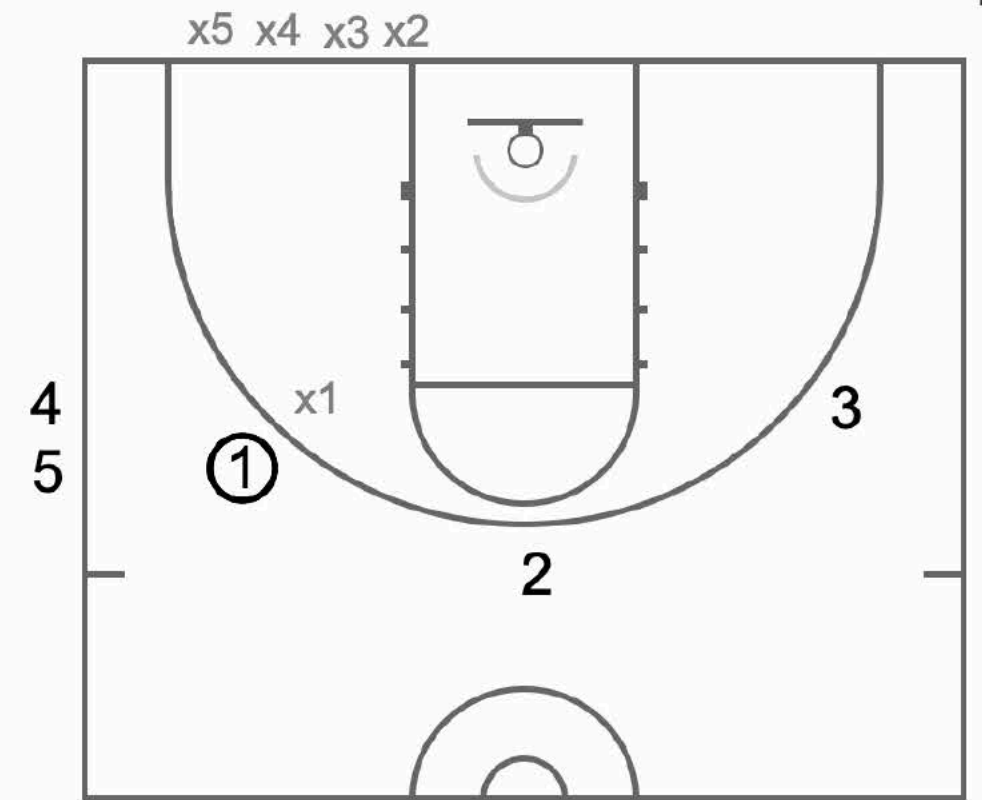
1. Get 3 stops in a row

** If you cannot get 3 in a row. Go back in line and go until you get 3 stops (ex. if you get 2 stops in the first try - get back in line and you only have to get 1 stop)

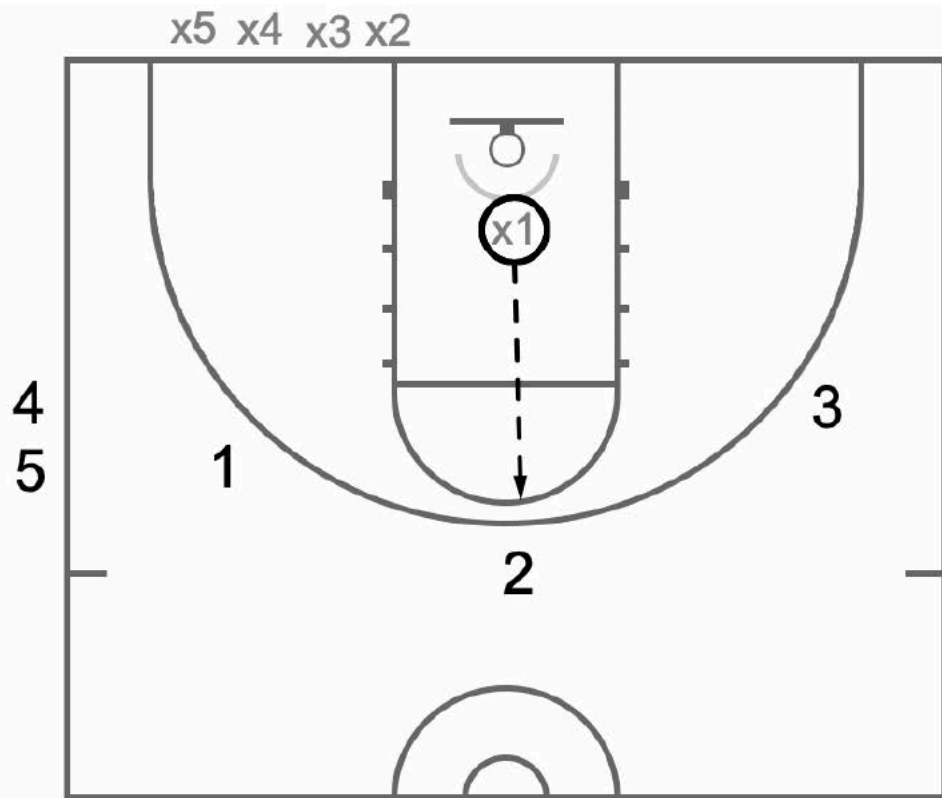


2

x1 passes to 1 - they play 1 on 1 until a score, rebound, foul or turnover etc



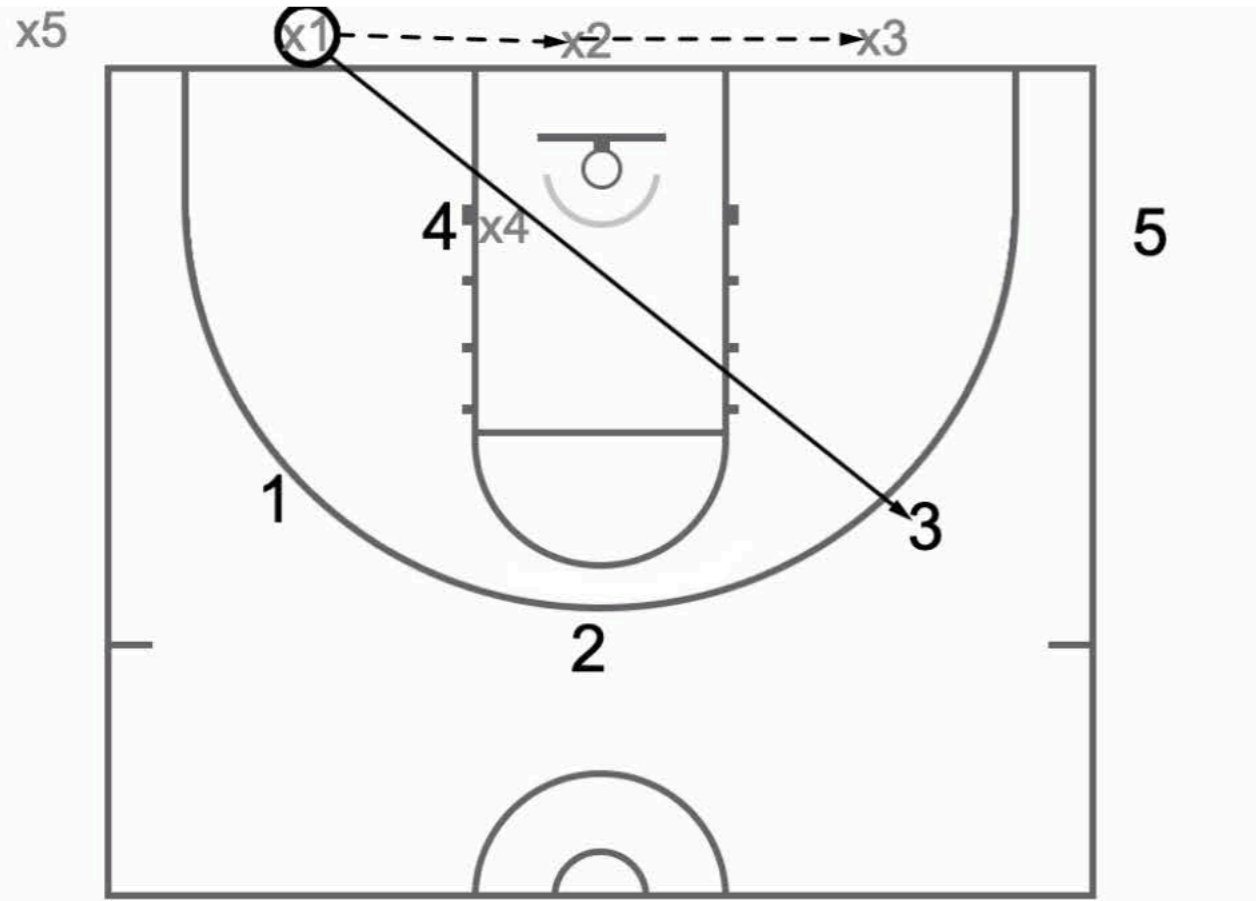
3



4

x1 resets - passes to 2 and its 1 on 1

3 on 3 Baseline + Post

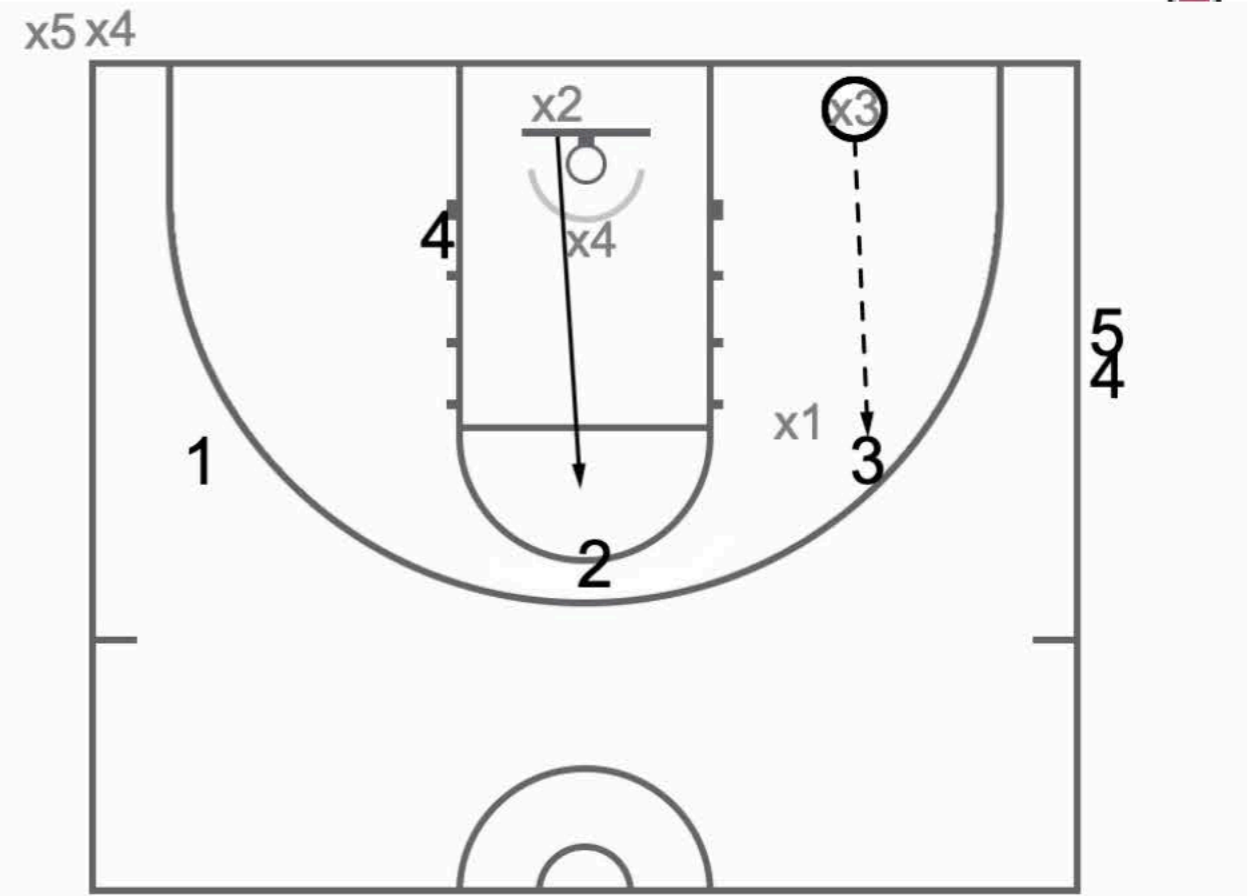


1 This is a competitive drill and ends with everyone going through each spot offensively and defensively.

- x1 passes to x2 and sprints to guard 3
- x2 passes to x3 and sprints to guard 2

Focus

1. Must make good chest passes and they must call the name of the person they are passing to
2. Must focus on closeouts after passing. Chop feet - high hands and forcing either baseline or middle depending on your system

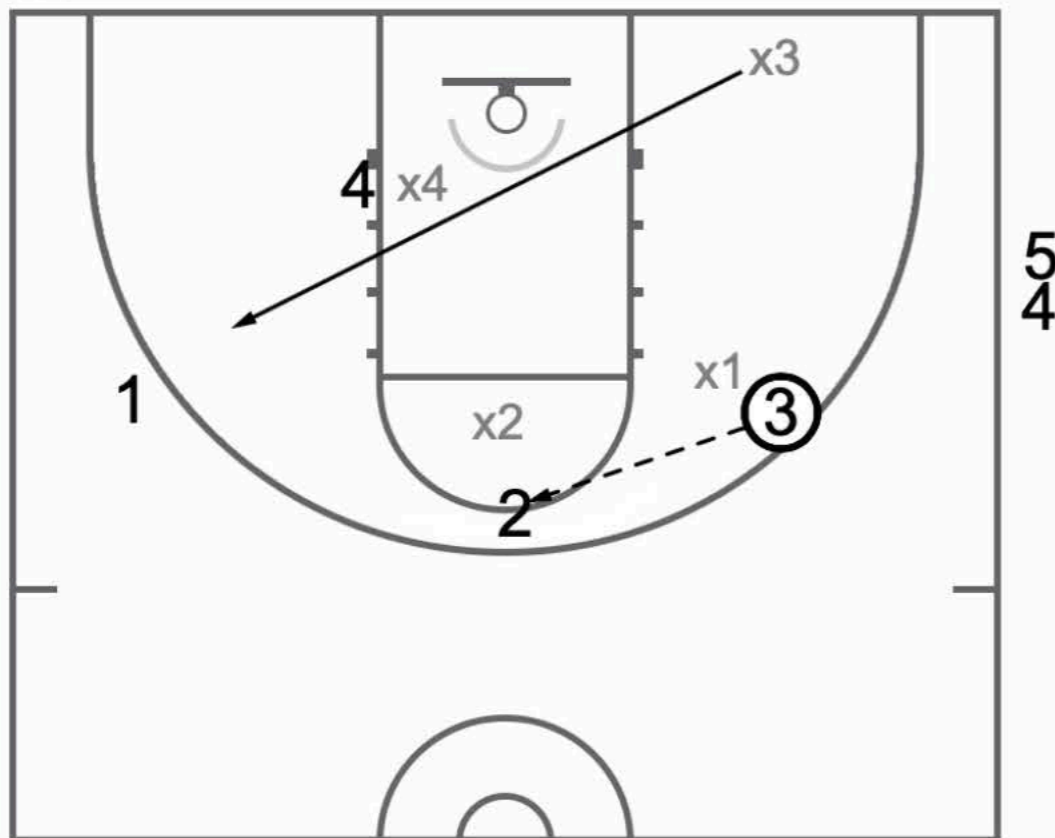


2 x2 sprints to guard 2
x3 passes to 3 (3 should already be covered by x1 who started the drill)
x4 jumps to the ball. She is now live defensively

*** Notes

1. The offense (1,2,3) can attack the basket at any time of this drill.
2. Defense can also go for the steal on passes

x5 x4



3

- x3 sprints to take 1 as soon as she passes to 3
- 3 quickly passes to 2

x5x4



4

- 2 quickly passes to 1 who should already be covered by x3
- live 3 on 3 starts when 5 catches the ball

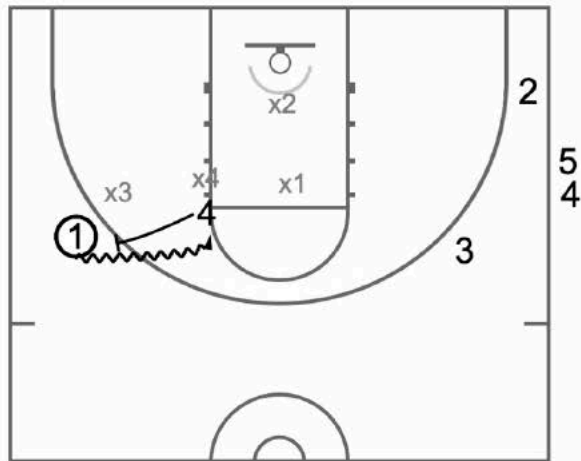


x5 x4



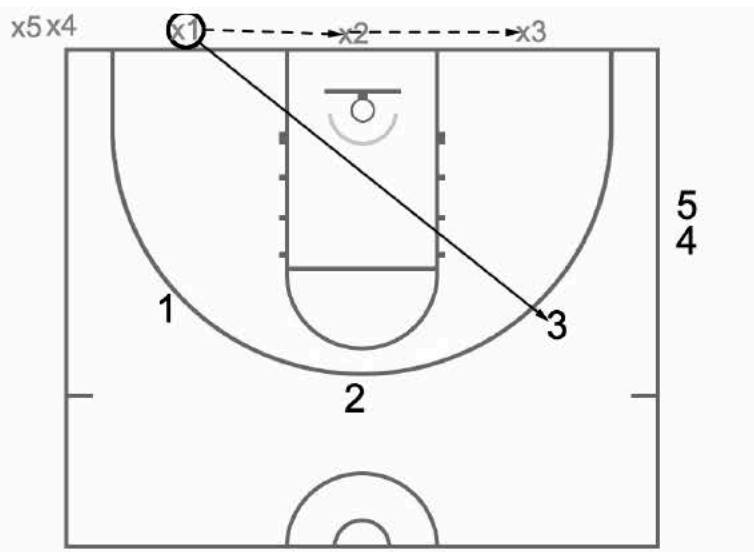
- 5**
- x1 must jump to the ball in case 5 decides to catch and rip through
 - 4 sets a UCLA screen for 2
 - If 2 is available - 1 should pass to her

x5 x4



- 6**
- 4 then sets a ball screen for 1
 - Pick and roll/pop live

3 on 3 Baseline



1 This is a competitive drill and ends with everyone going through each spot offensively and defensively.

- x1 passes to x2 and sprints to guard 3
- x2 passes to x3 and sprints to guard 2

Focus

1. Must make good chest passes and they must call the name of the person they are passing to
2. Must focus on closeouts after passing. Chop feet - high hands and forcing either baseline or middle depending on your system



2 x2 sprints to guard 2

x3 passes to 3 (3 should already be covered by x1 who started the drill)

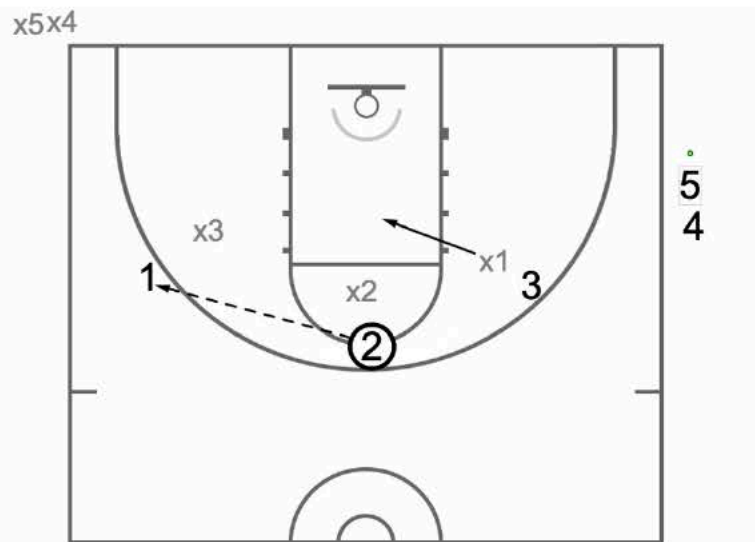
*** Notes

1. The offense (1,2,3) can attack the basket at any time of this drill.
2. Defense can also go for the steal on passes



3 - x3 sprints to take 1 as soon as she passes to 3

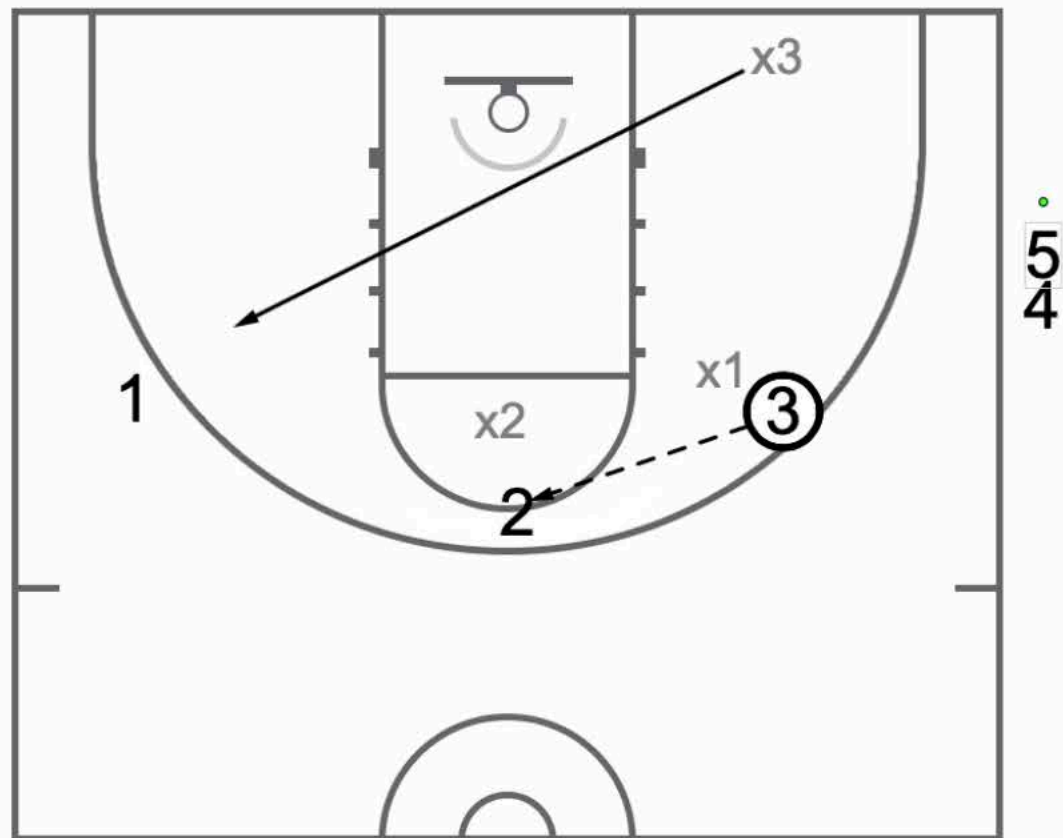
- 3 quickly passes to 2



4 - 2 quickly passes to 1 who should already be covered by x3

- live 3 on 3 starts when 5 catches the ball

x5 x4



- 3**
- x3 sprints to take 1 as soon as she passes to 3
 - 3 quickly passes to 2

x5x4



- 4**
- 2 quickly passes to 1 who should already be covered by x3
 - live 3 on 3 starts when 5 catches the ball

Defense 10

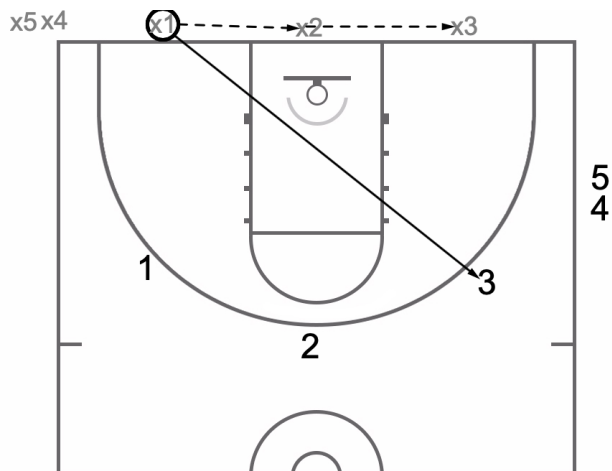
1. Competitive 5 on 5, 4 on 4 , 3 on 3 drill
2. Focus on defense and rewards defense with points
3. One team stays on offense and the other on defense until first to 10 points.
4. Switch offense and defense and go until someone reaches 10
5. At the end of the drill - the team with the biggest margin wins

Defense	Points	Offense	Points
Deflection	1	Foul	1
Stop or defensive rebound	2	Offensive Board	2
Steal/ Turnover	2	Offense scores a 2	2
Charge	2	Offense scores a 3	3

Score and Stop

1. Competitive 5 on 5, 4 on 4, 3 on 3
2. First to 3 points wins
3. Scoring system - A score and a defensive stop immediately after = 1 point
 - a. After a score - On defense - An offensive rebound, turnover or a foul immediately cancels out the score. You must score again to start a new point

3 on 3 Baseline

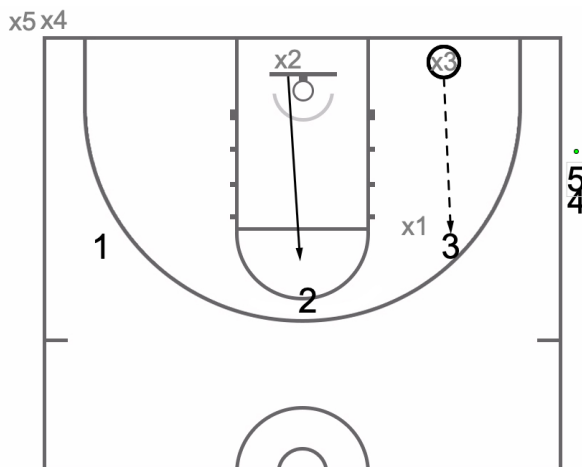


1 This is a competitive drill and ends with everyone going through each spot offensively and defensively.

- x1 passes to x2 and sprints to guard 3
- x2 passes to x3 and sprints to guard 2

Focus

1. Must make good chest passes and they must call the name of the person they are passing to
2. Must focus on closeouts after passing. Chop feet - high hands and forcing either baseline or middle depending on your system

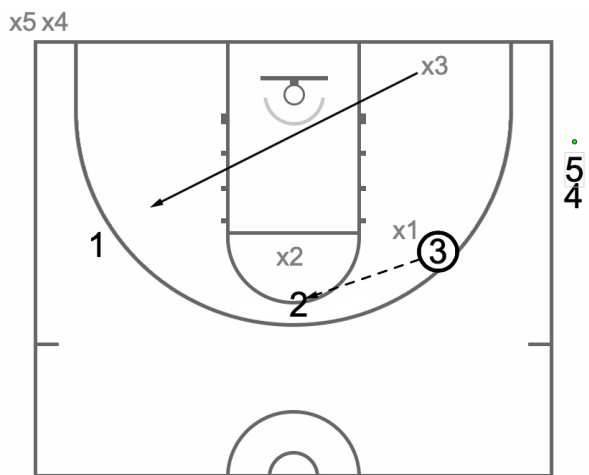


2 x2 sprints to guard 2

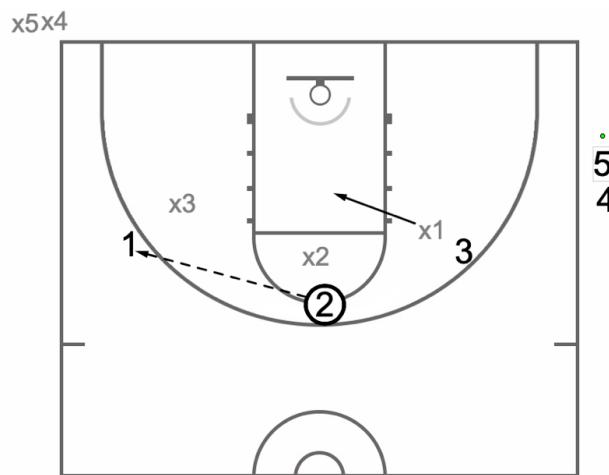
x3 passes to 3 (3 should already be covered by x1 who started the drill)

*** Notes

1. The offense (1,2,3) can attack the basket at any time of this drill.
2. Defense can also go for the steal on passes



3 - x3 sprints to take 1 as soon as she passes to 3
- 3 quickly passes to 2



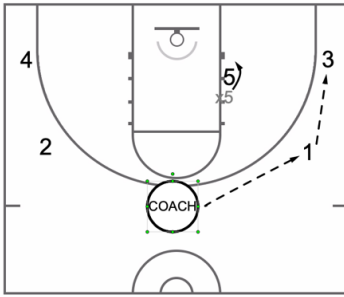
4 - 2 quickly passes to 1 who should already be covered by x3
- live 3 on 3 starts when 5 catches the ball



PITT DRILL - POST DEFENSE

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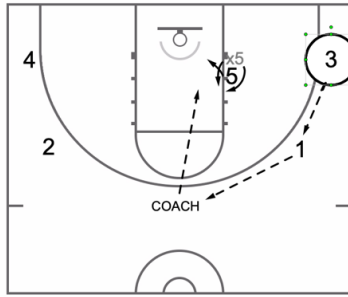
- 1** Working on 1 on 1 post defense, high low defense and denying the flash cut

Drill:

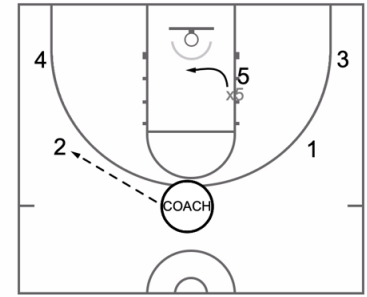
x5 start up and on the line when coach has the ball at the top

Coach passes ball to 1, x5 is 3/4 high/top side if player 1 is above the foul line extended

Player 1 passes to 2, x5 "X Step" over the top of 5 to a full front then to 3/4 bottom/low side



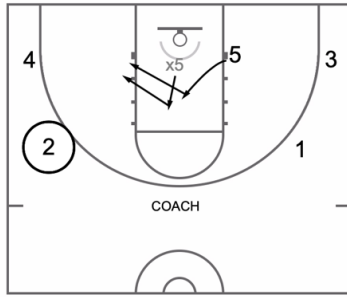
- 2** 3 passes back to 1, x5 "X Step" around player 5 to 3/4 high/top side
1 passes to coach, coach can throw high low pass if 5 seals x5 for high low pass



- 3** Coach passes to player 2
x5 jumps to help side - mid line

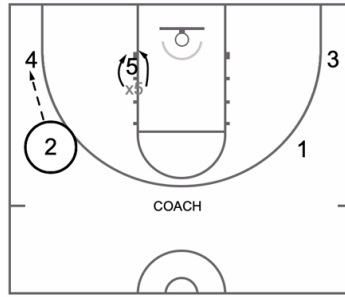


PITT DRILL - POST DEFENSE



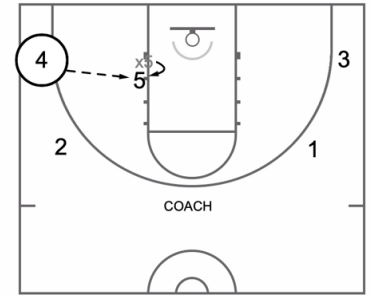
- 1 Player 5 flashes to the ball
x5 must deny the flash cut forcing 5 to cut low
x5 denies the low cut by 5 into 3/4 high/top side position

PITT DRILL - POST DEFENSE



- 2 Player 2 passes to 4
x5 "X Step" to 3/4 bottom/low side position

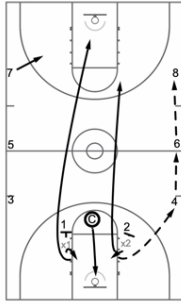
PITT DRILL - POST DEFENSE



- 3 Player 4 passes ball into the 5 on the block
x5 jump behind player 5 to stay between 5 and the basket
player 5 and x5 plays 1 on 1
x5 must get a stop two stops in a row then rotate



2 ON 2 REBOUNDING DRILL



1 Time: 3 minutes

Teams: (2) Maroon and White

Scoring: This is a competitive drill. ALL points - offensive rebounds = 2 pts, turnover = 2 pts for defense, score on either end = 2 pts (or 3 pts if they hit a 3) etc.

Drill:

Coach is at the foul line with the ball.

There are two offensive players (1,2), one at each elbow with two defensive players covering them (x1, x2)

Coach shoots the ball, players 1,2 **crash the boards hard** and x1, x2 **must box out and get the rebound.**

If the offense gets the rebound, they play to score. On a make or missed shot, we reset and the coach shoots again. Defense can outlet **ONLY** on the very first defensive rebound

They then outlet the ball (offense can pressure the ball) to either of the waiting wings (3,4) and **SPRINT BACK** to the other end to play defense on players (7,8) waiting on the sideline by the hash mark

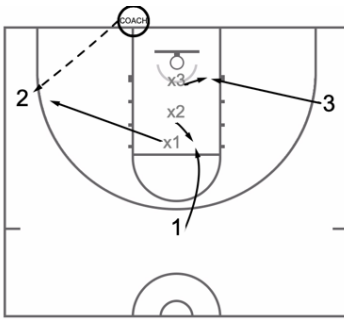
As x1 and x2 hustle back, the ball is being passed up the sideline from player 4 (or 3) to player 6 (or 5) to player 8 (or 7) depending on which side of the court the ball was outleted to.

It is important that players 8 and 7 do not cheat and wait patiently for the incoming pass. The opposite player that does not receive the pass up the sideline cannot (7) leave until their partner catches the ball (this avoids easy, nearly impossible to stop lay ups)

As soon as they receive the ball, they can then play 2 on 2 until either score or



3 LINE NUMBERED REBOUNDII



1

Teams: (2) Maroon and White

Duration: 3 minutes or every player plays each spot (x1,x2,x3)

Drill:

Offense: 3 players outside the 3 pt arc (numbers 1,2,3)

Defense: 3 defenders line up in the key (numbers 1,2,3 as shown by x1, x2, x3)

Coach will initiate the start of the drill by calling a number ((1) and passing the ball to one of the offensive players on the perimeter. The offensive player who received the pass from the coach, shoots the ball and the other two offensive players crash the boards

The defensive player with the corresponding number (1) will contest the shot, box out and go grab the rebound. The other two defensive players must communicate and box out the other two offensive players in order to secure the rebound. Defensive players rotate spots up the line (x3 - x2 - x1 - off) while offensive players rotate spots clockwise around the 3pt arc.

Variation:

Offense: 4 players outside the 3 pts arc (numbers 1,2,3,4)

Defense: 2 players inside the key

Drill:

Coach calls out a number combo (For example: 24) then shoots the ball
X1 and X2 must block out 2 and 4 and secure the rebound

Fordham WBB Coaches Clinic Video Links

Munger's Shooting Drills

https://youtu.be/f7_BSV8jK_0

Candice's Starter Drills

<https://youtu.be/g13UEzVfFE0>

Sonia's Rebounding/Post Defense Drills

<https://www.youtube.com/watch?v=fgDz50DPxKw&feature=youtu.be>

Kerri's Defensive Drills

<https://www.youtube.com/watch?v=Xgf5KXFt2T0>

Val's Defensive Drills

https://youtu.be/_2DfwfJWHZg