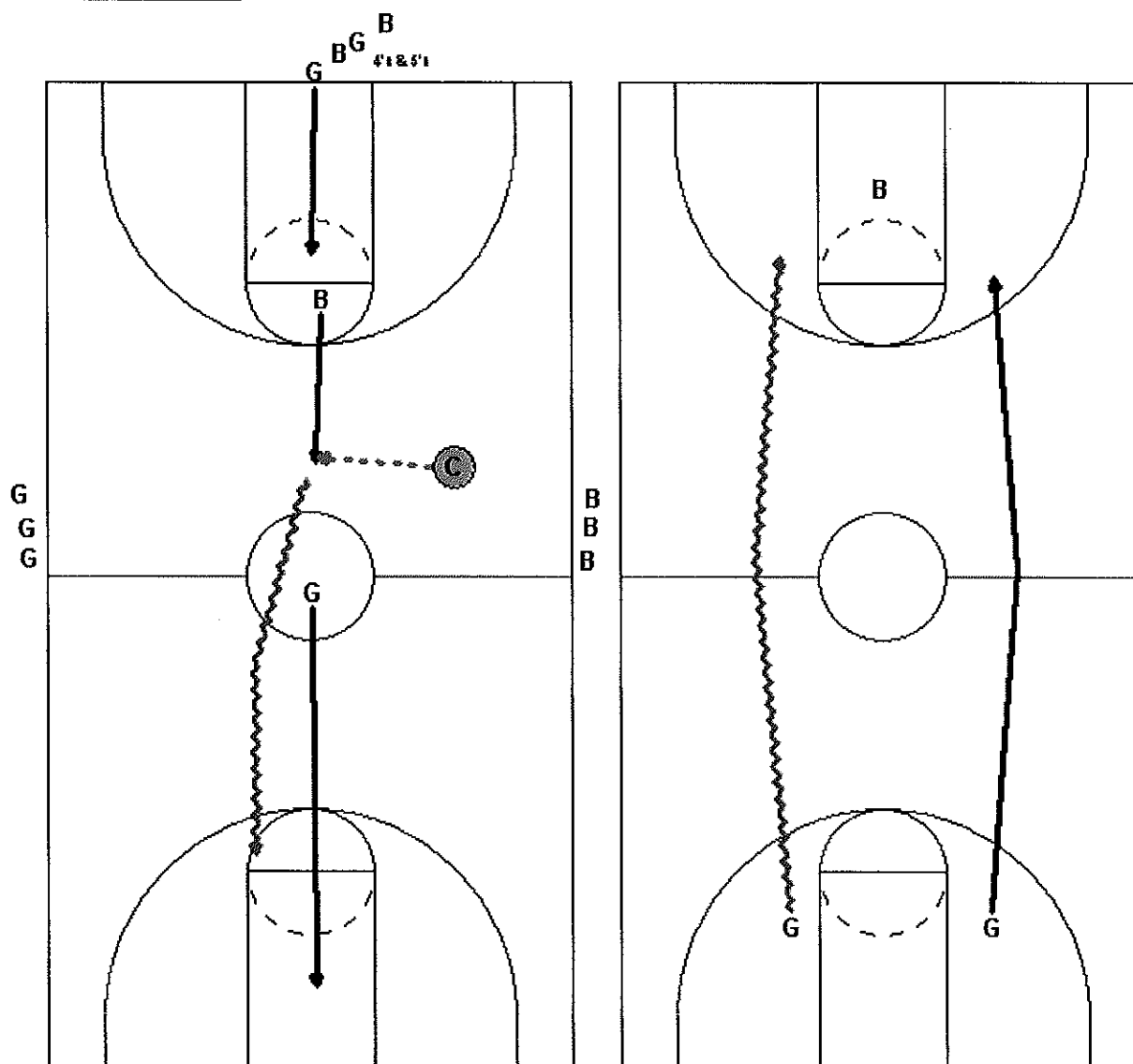


BLOOD SERIES:



DRILL: "11"

Notes:

B – BLACK G – GOLD

Coach Hits BLACK on the run at top of the key

GOLD in circle cannot move until BLACK has at least 1 foot in center circle
(Gives offense slight advantage)

GOLD under basket chases down BLACK on flight of pass to BLACK

--

1 Shot

2 on 1 coming back the other way

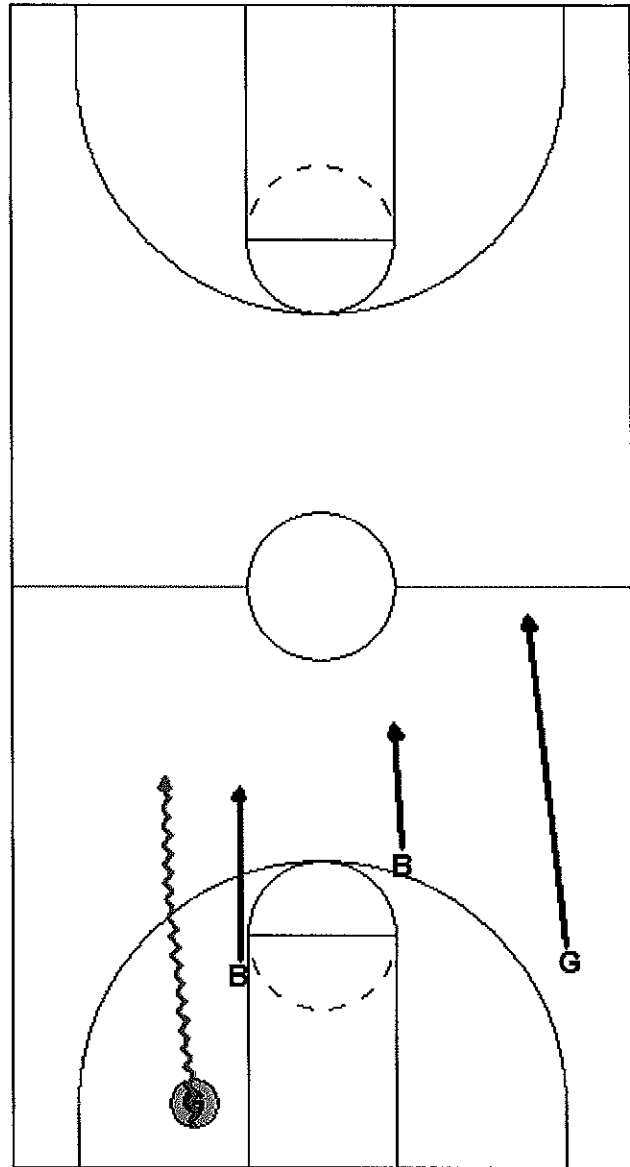
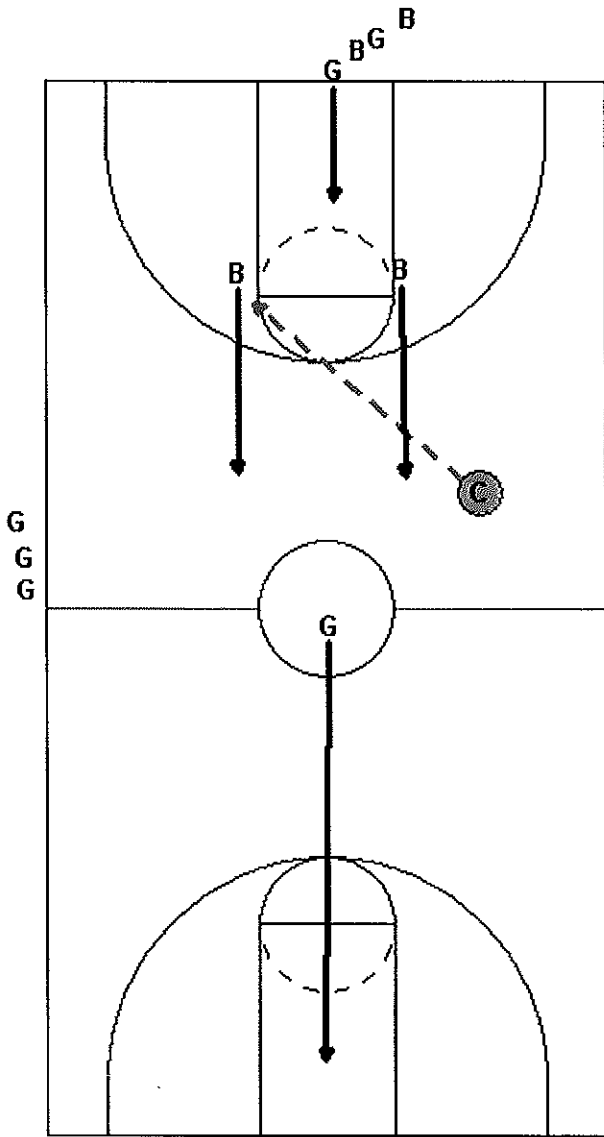
*Next time GOLD will go against BLACK at half court and on baseline

Point of

Attack with full head of steam

Emphasis:

Throw ball high to BIGS



DRILL: "22"

Notes:

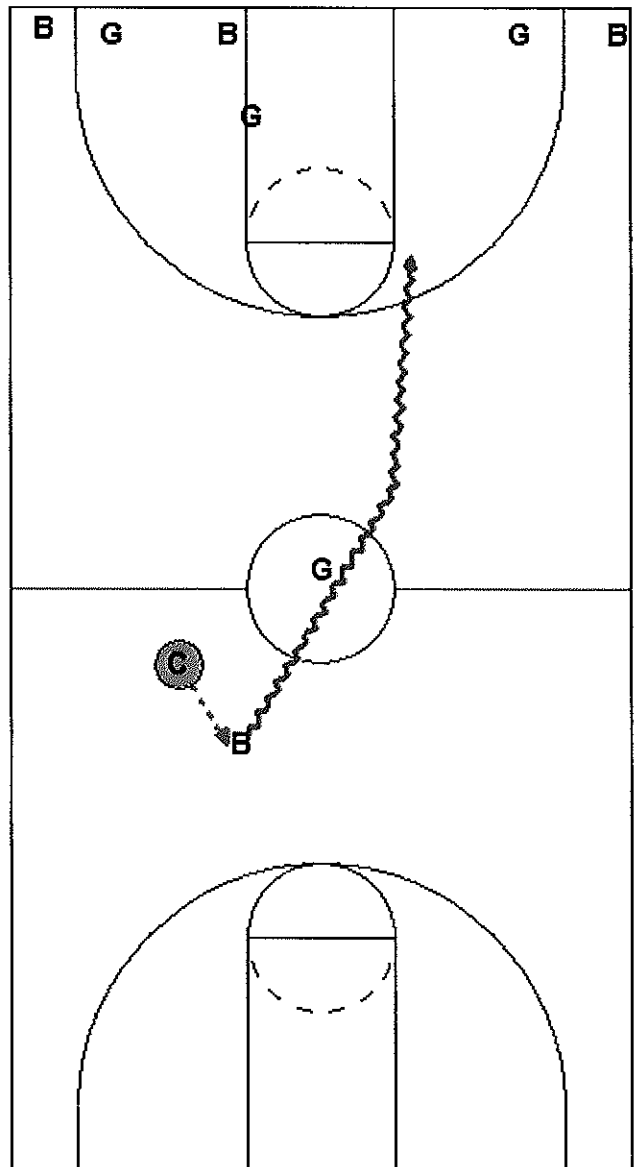
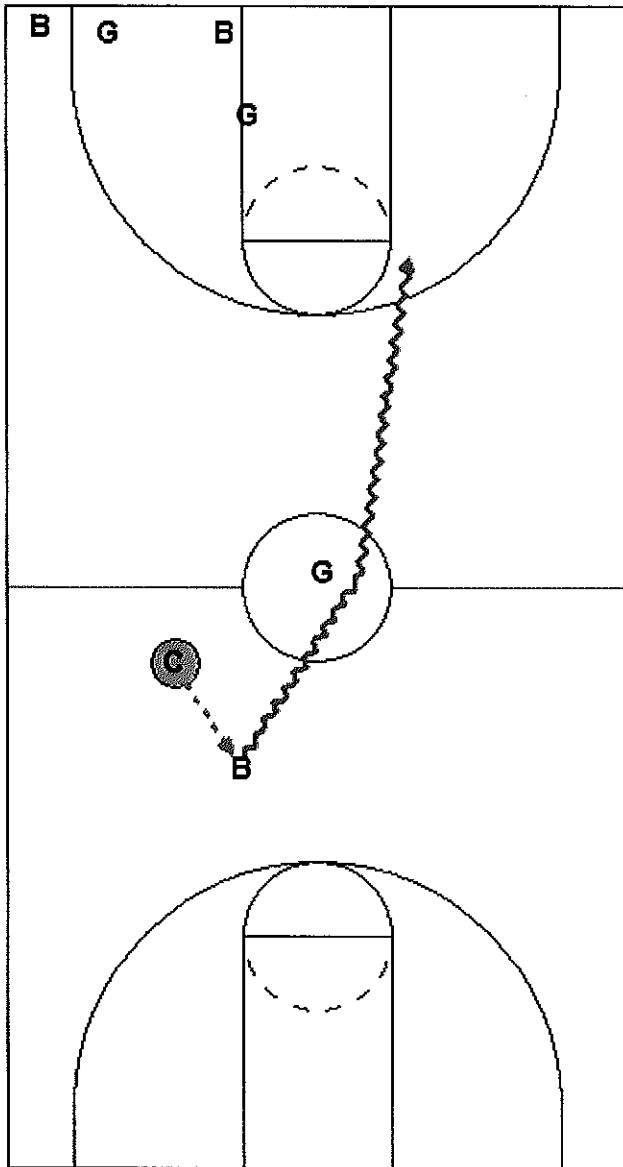
GOLD at half court can retreat on flight of pass to BLACK

2 on 1 with GOLD under basket chasing down BLACK

--

2 on 2 full court on the way back

*Next time GOLD will be the 2 on the ELBOWS receiving pass from Coach



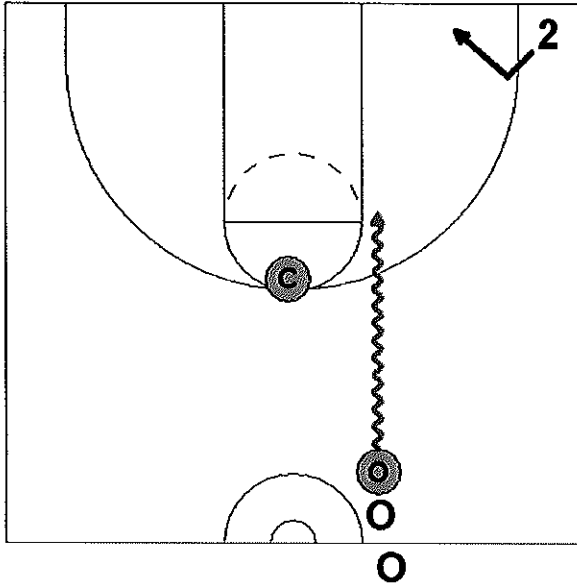
DRILL: "BLOOD 33"

- Notes: Live 3 on 3
- BLACK on Offense 4 minutes then SWITCH
 - GOLD can't move until BLACK touches center circle with 1 foot
 - Can go Right and:
 - 1) SCORE
 - 2) PULL-UP JUMPER
 - 3) SKIP
 - 4) HIT POST ON FLASH UP LANE
 - If he goes Left:
 - POST RE-LOCATES
 - Can score
 - PULL-UP JUMPER
 - LOOP/LOOP-KICK

DRILL: "BLOOD 44"

Notes: SAME AS PREVIOUS DRILL BUT LIVE 4 ON 4

GUARDS

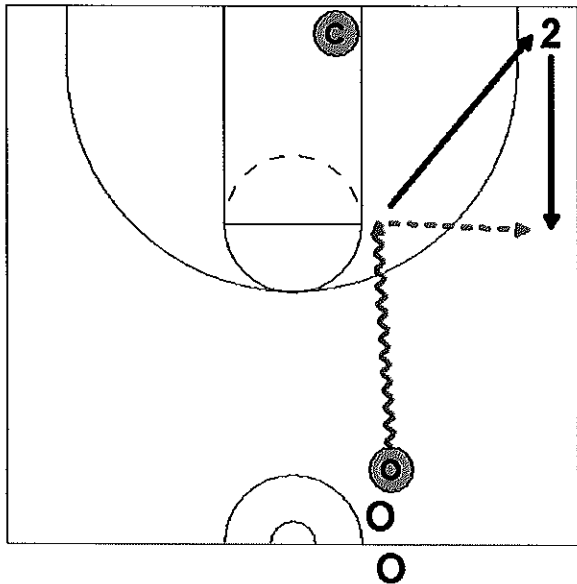


DRILL 1: "DROP 2 BALL SHOOTING"

- Notes: 2 executes a DROP
- 1st time through – layup
 - 2nd time through – 2 foot lay-up
 - 3rd time through – jump shot

After 1 hits 2, 1 will SPRINT to corner to receive pass from Coach for 3 point shot

1 now takes the 2 spot and executes the 3 things above

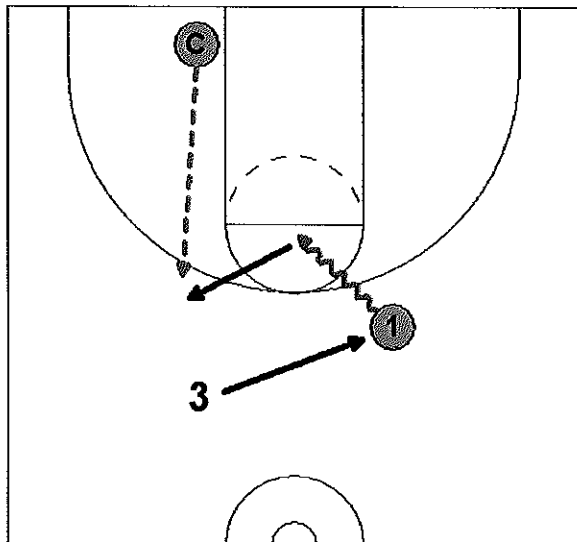


DRILL 2: "LOOP SERIES" (Both sides)

Notes: After 1 hits 2 he will SPRINT to corner and receive pass from Coach

2 will execute the following

- 1st time through - Shot from spot X
- 2nd time through – get to rim for left hand layup
- 3rd time through – pull-up jump shot



DRILL 3: "PITCH SERIES"

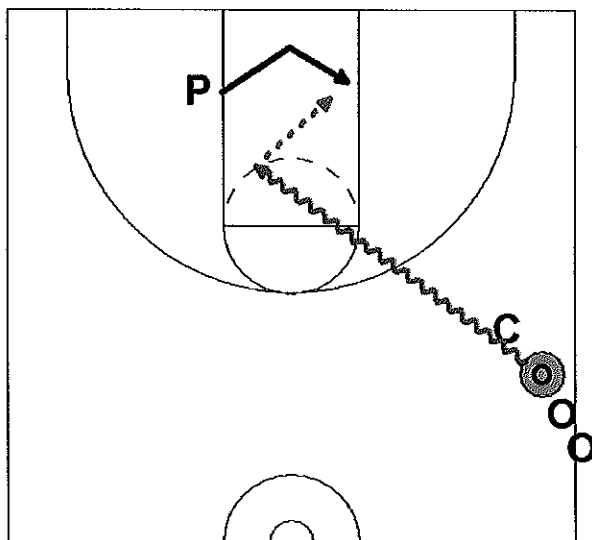
Notes: Guards at top two x spots

1 will drive left, and make POSITIVE pitch to 3

- 1st time through – shot from pitch
- 2nd time through – get to rim for right hand layup
- 3rd time through – pull-up jump shot

After 1 makes pass, Coach will hit him for a jump shot

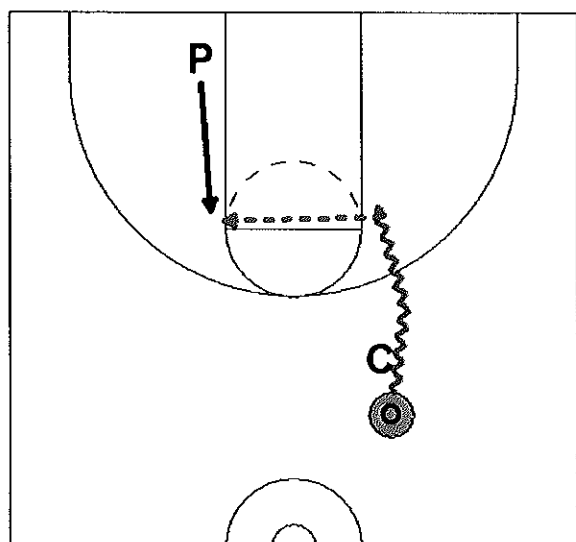
POST DRILLS



DRILL 1: "RE-LOCATION DRILL"

Notes: Offensive player starts at the X interlocking arms with Coach to force drive against pressure

Post re-locates to other side and receives lob pass

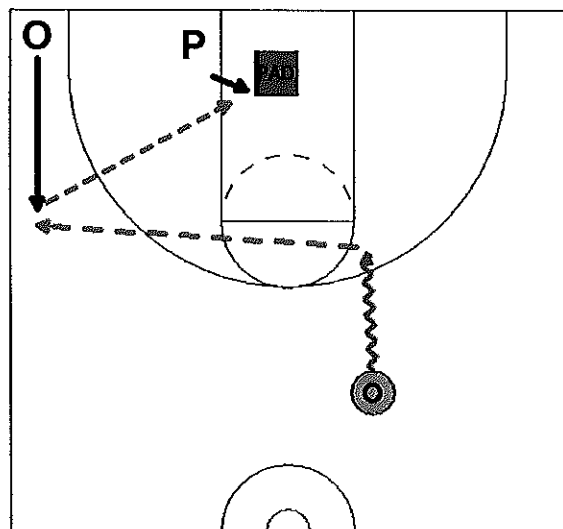


DRILL 2: "FLASH"

Notes: Interlock arms at half court and get to drop box

Post waits and recognizes offense is stuck

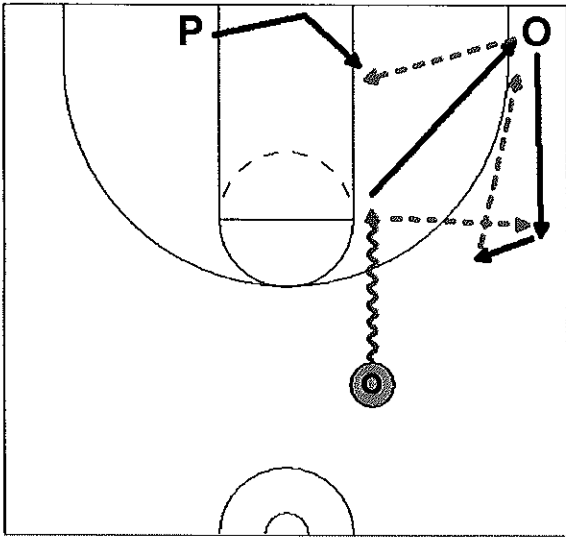
He flashes and receives pass for shot.



DRILL 3: "SKIP"

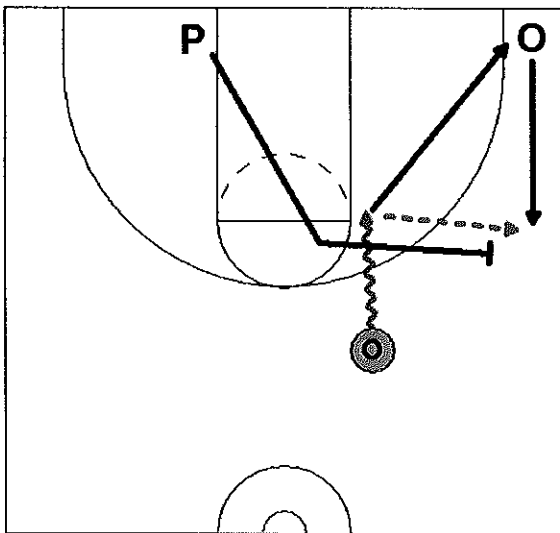
Notes: On flight of ball, post seeks out the pad

Seal and finish simply and safely

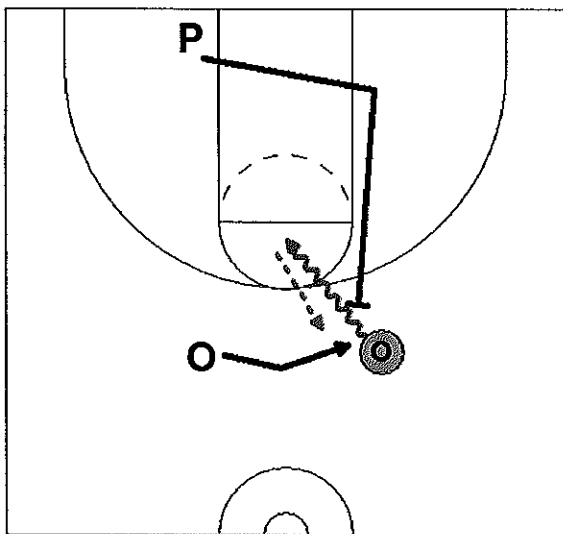


DRILL 4: "LOOP KICK"

Notes: Post works on going under defense on the kick and pushing defender up the lane.



DRILL 5: "LOOP FIST"



DRILL 6: "PITCH FIST"