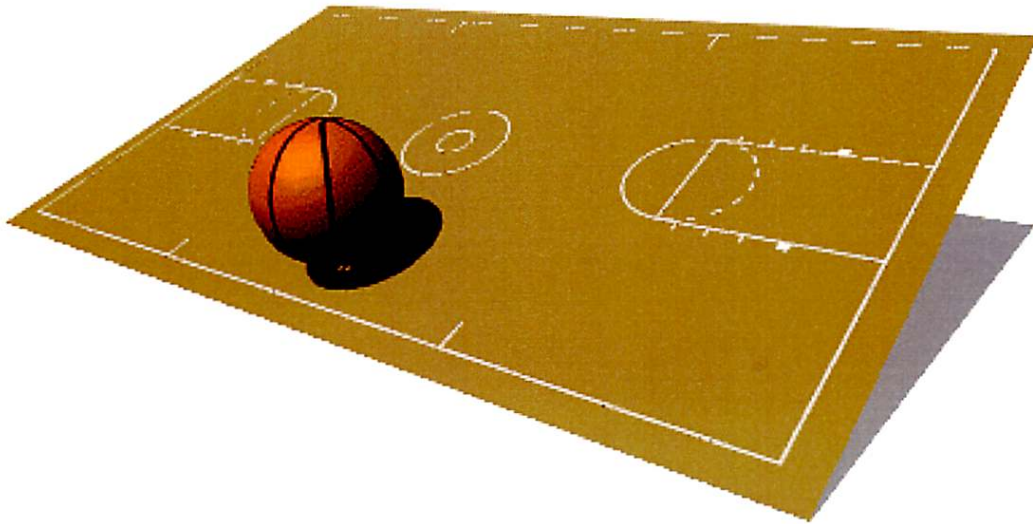
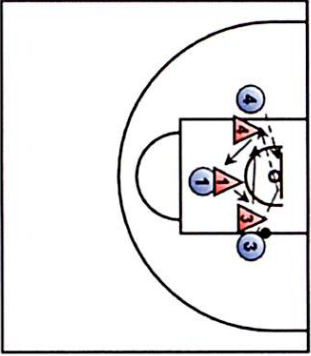

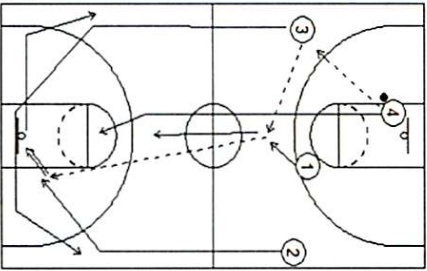



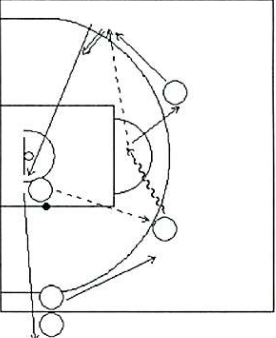



DRILL BOOK OFFENSE



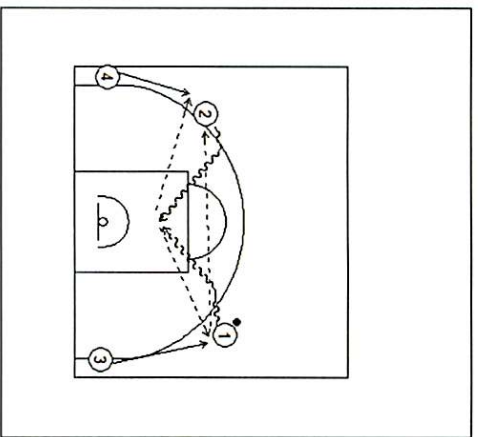
Development Centers

Offense fundamentals drills
Spacing & moving timing concept
Transition game & motion automatics

<i>Drill / Techniques trained</i>	<i>Diagram</i>	<i>Teaching points</i>	<i>Comments</i>
<p>3on3 Rebounding into transition (speed dribble)</p>		 <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>- Make contact & go, get the ball in the air</p>
<p>Fill lanes 4on0 Fast break drill (no dribbling)</p>		 <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>1.) Wing lay ups (2 round trips) 2.) All players lay ups (4 round trips)</p>

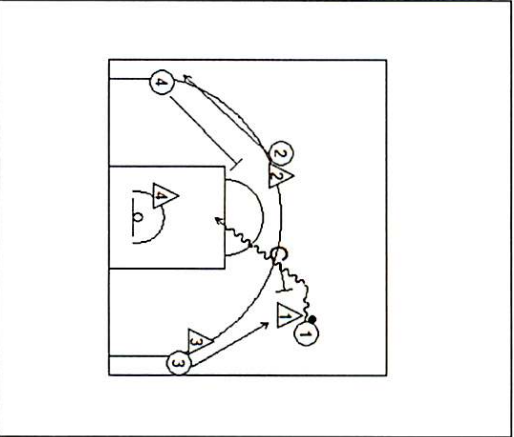
<p>(simple) Drive & kick shooting drill</p>			<ul style="list-style-type: none"> - Drive & trail on ball side
<p>Dribble penetration /Spacing/ Ball movement 4on0 Spacing & timing drill</p>			<ul style="list-style-type: none"> - 1 hand passes - Spacing / timing for filling spots and flair screening

**Drive & trail drill
(4on0)**



- Drive & trail + extra pass

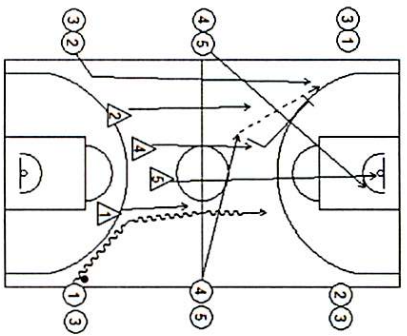
4on4+1 Drive & kick drill



- Corner kick/extra pass

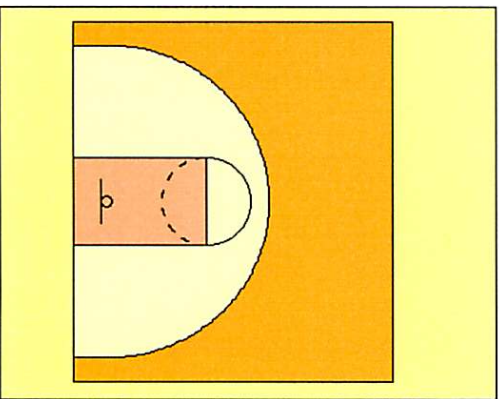
4on4 FC Transition /

Motion

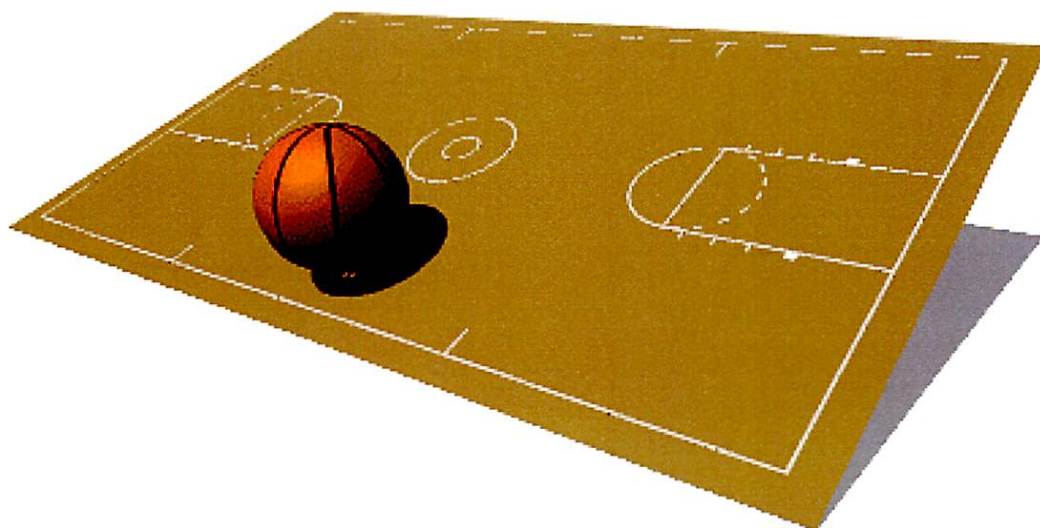


- Keep offense flow

NOTES



DRILL BOOK DEFENSE

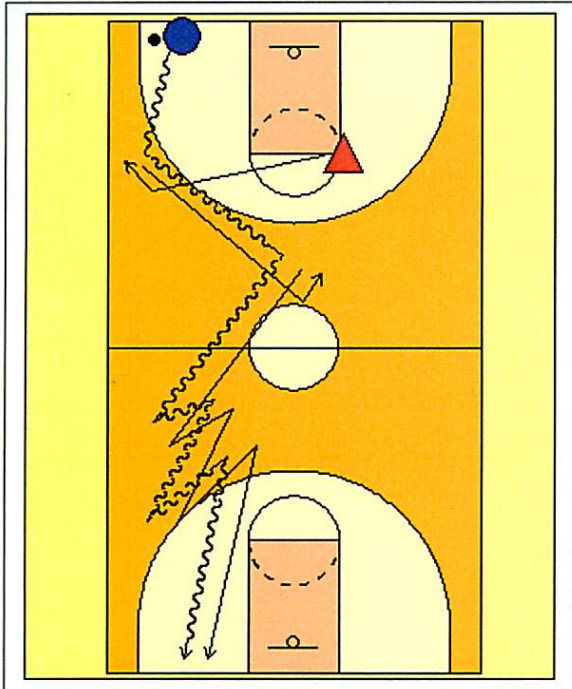


Development Centers

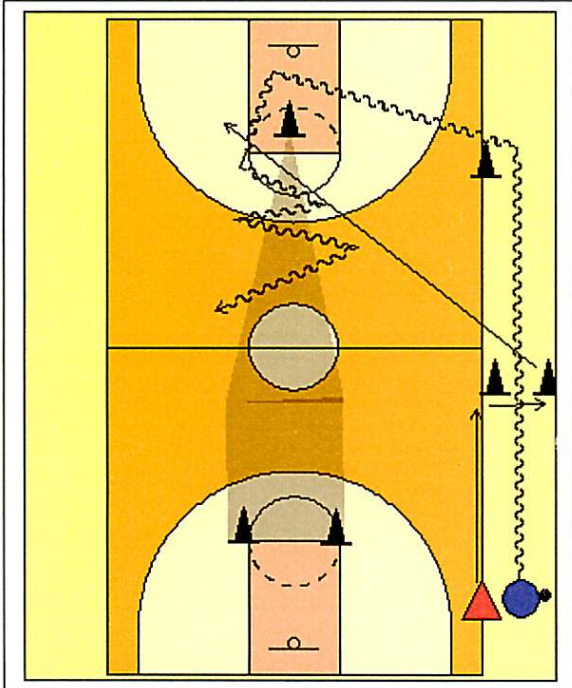
Defense fundamentals warm up drills

1on1 & rebounding drills

Progressive part learning - drill series



On Ball Defense (Back court) – LIVE DRILL

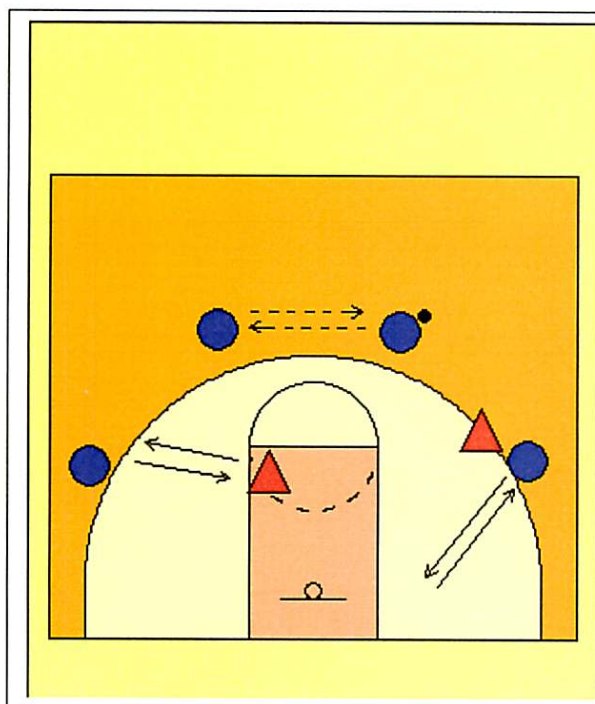


Progressive part learning is a method that is very efficient for national team practices because the volume of practice is low.

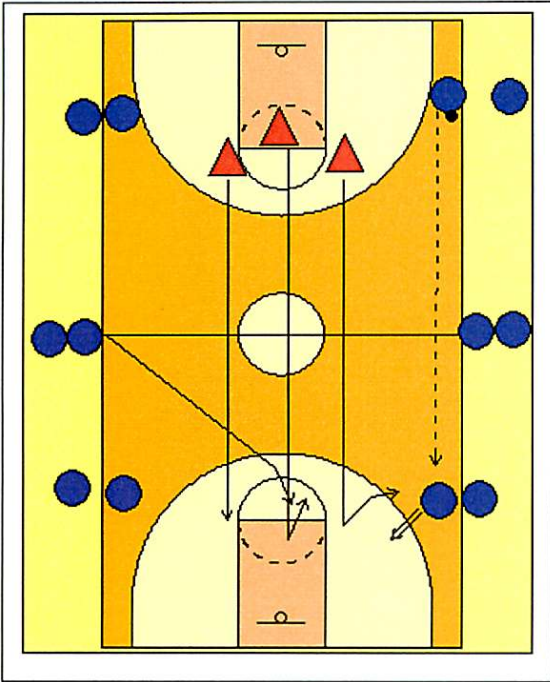
5 steps to man to man team defense:

- Step 1: 1on1 Close out (on ball defense)
- Step 2: 2on2+2 (Positioning and cut defense)
- Step 3: 3on3+2 (Post and ball screen defense)
- Step 4: 4on4+2 (off ball screen defense)
- Step 5: 5on5 (game like defense)

2on2+2 Positioning & Cut defense drill



Defense fundamental use in transition situation
(3on3 Transition defense drill)



NOTES:

