

Coaches Clinic 14/10/17

Warmup

- Looked at practice and pre-game warmup (halfcourt for pre-game), see [Favourite drills](#) (Warm-up)
- [Figure-8 dribbling](#) - basic version, make a move on coach in the jump circle (I do the progressions in skill sessions).
- Active warmup – from the sideline or baseline (pre-game), e.g. jog, high knees, butt kicks, back-pedal, carioca, power skips, defensive slides. Add front and side lunges, open the gate, close the gate, sumo squats. See [Early time](#), also [Youth dynamic warmup](#).
- [4-corner layups](#) – good drill
- [2-line layups](#), options – outlet pass, scoring pass from outlet, give and go shooting
- [3-man weave to halfcourt](#) a) 2 on 1 coming back, b) layup and 2 shots coming back, c) halfcourt [3 on 2 coming back](#) (more players involved)
- [Argentina passing](#) – we did 6-spot halfcourt version, can do 8 spots halfcourt or fullcourt
- Zig-zag dribbling – we did a 3-cone version fullcourt on each side, finish by attacking a cone on the 3-point line. See [Tony Watson series](#) (Fullcourt), also [Fullcourt zig-zag](#).
- [Partner zig-zag](#) – dribbler with defender (mentioned but didn't do this)
- Shooting – [Curl drill](#), [Cross key](#).

Dribbling – see [Dribbling series](#) (including videos)

- A progression from our dribbling warmup.
- General approach – stationary, up and back, cones, attack the 3-point line
- Stationary – a) one ball – e.g. pound, cross, between the legs, behind the back, combo moves, b) two balls e.g. pound, pistols, pound cross, v-dribbles, one-high one-low, traps.

- Up and back fullcourt – a) “footwork” dribbling – continuous cross, between, cross-between, v-dribbles, b) behind the back wrap. See [Repeat crossovers](#) video.
- Cones & attack the 3-point line – see zig-zag dribbling above (also [Coach Rock cones](#), [Primary-secondary moves](#), [KP series](#)).

Shooting

- BEEEF (with “extension”) – “shadow” shooting along the 3-point line without a ball, see [5star shadow](#), [Tauer form](#).
- Partner form shooting (my favourite) – waiter position, add guide hand (ready position), Nash rhythm shooting, elbow-in drill (ready position to shot pocket, back and forth), Nash drop shooting, stuff shooting, bounce-ups, machine-gun (hot feet, added a quick turn), shoot off pass from partner – anchor foot, 1-2 step, hop step. See [Keys to shooting](#).
- Drills – [partner](#) (alternate shooters, then one shooter), [alternates](#) (3 players with 2 balls), [Sevens](#), [Beat the closeout](#), [6-ball](#) (aka Choice is Yours)
- First-step pull-ups – coach tosses a ball, players catch with a hop, one-dribble crossover-step pull-up left and right (variation – players spin a self-pass). See [Guard workout](#) (first step pull-ups).
- [5ball](#) – also good passing drill, did not demonstrate

Layups

- Form – moving around the court without a ball, step right-left, skip off the left foot and pretend to shoot, repeat (progression – with a ball), see [Bigelow layups](#)
- (Variation - break it down, call “right”, “left”, “jump”, see [Ganon Baker layup form](#))
- At a wall with a ball – a) left step and shoot right; b) step right-left, shoot; c) step left with one right-hand dribble, step right-left, shoot (progression we didn’t do – step right-left with one dribble, then right-left to finish)
- At a basket – repeated steps a) to c) above, on the right hand side only

- Handbacks – pass to coach, cut for a handback, step right-left (no dribble), right-hand layup
- See [Form layups](#)

Passing

- See [Argentina](#), [5ball](#)
- Partner passing, one ball – a) chest, bounce, overhead, push (add skip), b) against pressure, pass fake, crossover step (or step outside), bounce pass; counter – another front pivot (crossover step)
- Mentioned doing [static pivoting](#) first, e.g. space pivot
- Partner two balls – simultaneous chest-bounce, overhead-bounce, right-hand push passes, then left-hand, c) alternating push passes, then one dribble and one-hand pass; same-time push passes
- See [Partner passing](#), [Baker drills](#), [Ganon Baker partner](#).

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