

# NC State Basketball

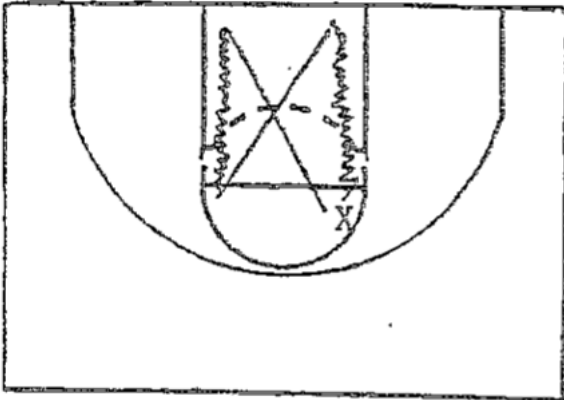


## Offensive Drills



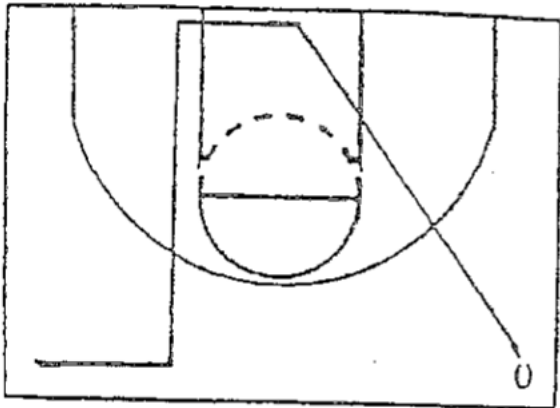
# Drills For Improvement

## Dribble Moves and Lay-ups



### X-out and Lay-ups

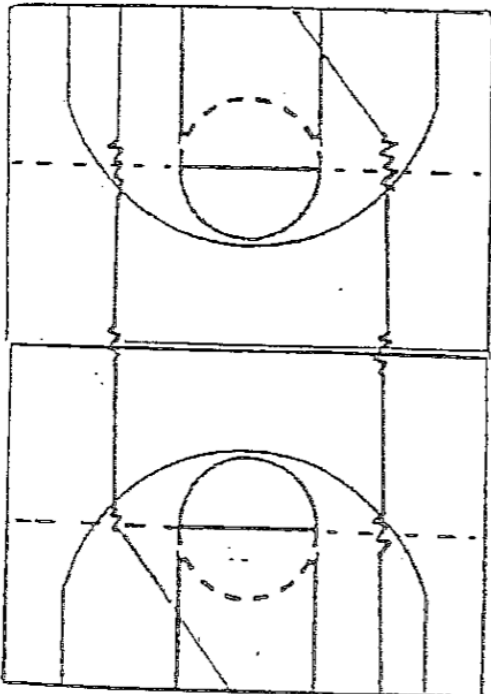
1. Begin at the right elbow facing the basket
2. Speed dribble with right hand and shoot right hand lay-up.
3. Grab the ball out of the net and speed dribble to the left elbow.
4. Speed dribble with left and shoot left hand lay-up.
5. Grab the ball and speed dribble to the right elbow and repeat.
6. Make ten in a row and shoot two foul shots.



### Half-Court Dribble Series

1. Begin at mid-court on the right sideline.
2. Speed dribble to the three point line and make a dribble move and finish with a lay-up.
3. Grab the ball out of the net and move outside the line.
4. Dribble hard back toward the mid-court and make a move at the foul line extended.
5. At mid-court, crossover and finish at the left sideline.
6. Repeat using your left hand.
7. One set includes all five dribbles both left and right for 10 lay-ups.
8. The goal is to build to 5 sets without missing a shot.
9. Shoot two foul shots between each set.

Dribble Moves: Speed, Change of Pace, Hard Stutter, Inside-out, Inside-out crossover.



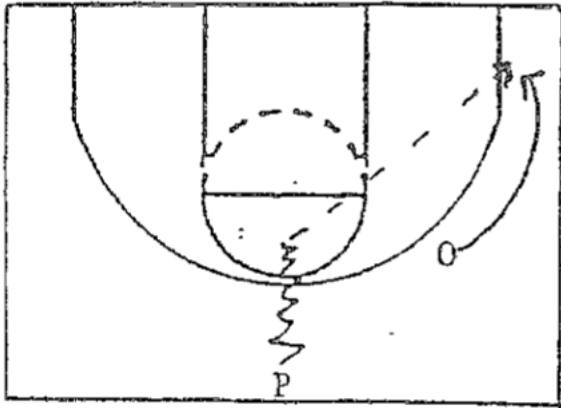
### Full Court Dribble Series

1. Dribble moves are made at the foul line extended, half-court and other foul line extended.
2. On each trip do one of the dribble moves.
3. On the last trip do a different move at each stop.
4. Finish each trip down the floor with a lay-up.
5. Going down the court using your strong hand and coming back using your weak hand.
6. One set includes all five dribbles both left and right, plus the combination moves for 12 lay-ups.
7. The goal is to build up to 5 sets without missing a shot.
8. Shoot five foul shots between each set.

NOTE: Both dribble series drills are great for developing your skills. They are challenging and great for conditioning.

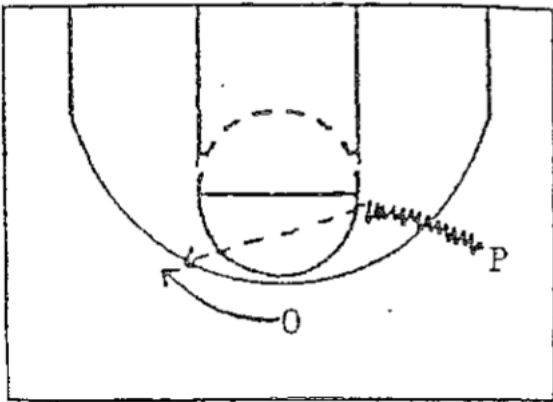
# DRILLS FOR IMPROVEMENT

## Partner Shooting: Penetrate and Kick



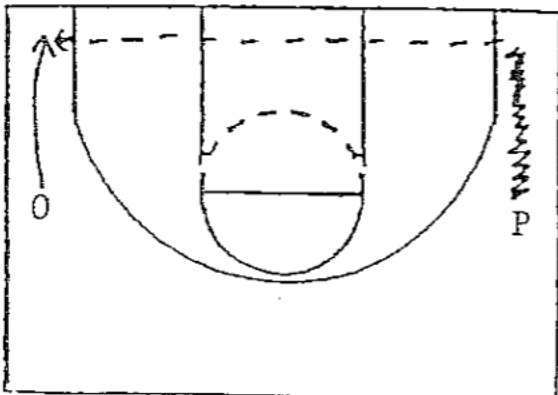
### Penetrate and Kick: From the Top

1. Player has the ball and drives it into the gap to draw help defender and passes to the player on the wing.
2. Receiver of pass must adjust position on the floor and have hands ready to receive the ball.
3. Shooter should catch the ball with knees bent and step into the shot.
4. The pass rebounds the shot and passes to the shooter.
5. Now the person who shot first is penetrating and passing the ball to his partner.
6. Players alternate positions for 10 shots.



### Penetrate and Kick: From the wing

Same concept as drill above.

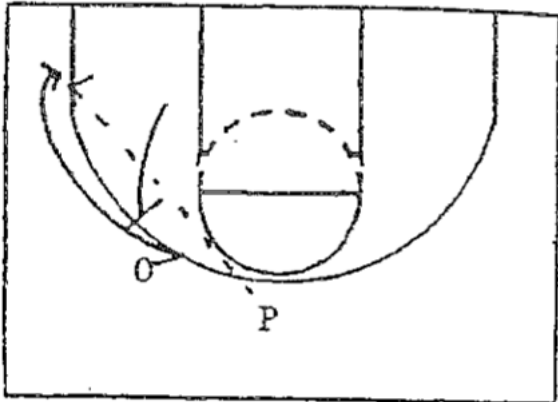


### Penetrate and Kick: To the corner

Same concept as drill above

# DRILLS FOR IMPROVEMENT

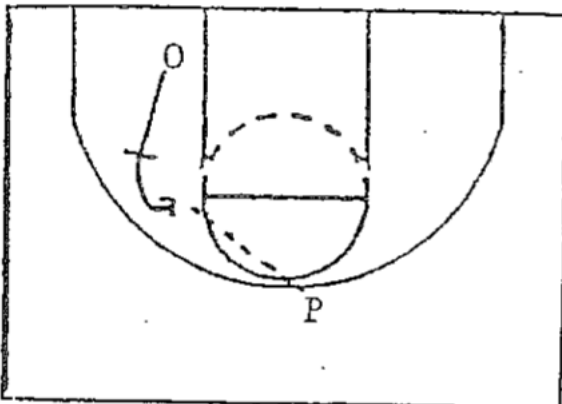
## Partner Shooting: Using Screens



### Back screen flare

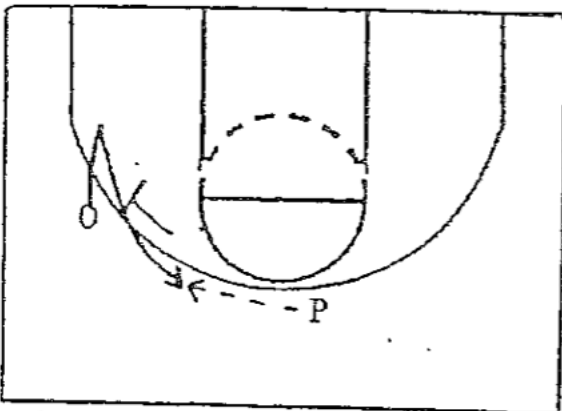
1. Player simulates coming off a back screen and flares into the corner..
2. Overhead pass is thrown to the inside shoulder.
3. Shooter catches with knees bent and steps into his shot.
4. Shooter follows his shot, passes to partner and returns to original spot.
5. Make seven shots then rotate.

NOTE: Do not backpedal when flaring. Rotate your hips and run, seeing the ball



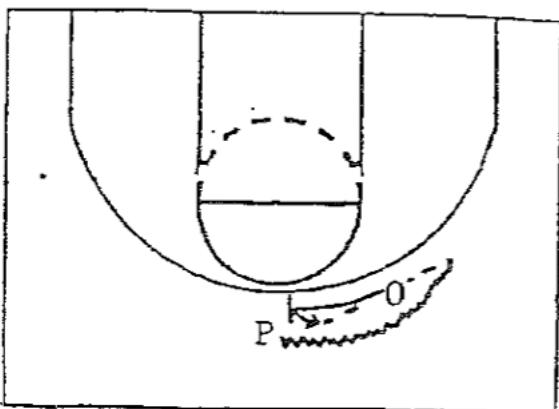
### Back screen Pop-Back

1. Shooter start on the block and steps out to simulate a back screen.
2. As cutter comes off the screen, screener steps to the ball with hands ready and fingers pointing up.
3. Catch the ball with knees bent and immediately elevate into shot.
4. Make seven shots then rotate.



### Screen and Step Back

1. Offensive player screens on the ball.
2. Ball handler comes off the screen aggressively..
3. Instead of rolling to the basket, the screener steps back with hands ready to receive the pass
4. Make seven shots and rotate.

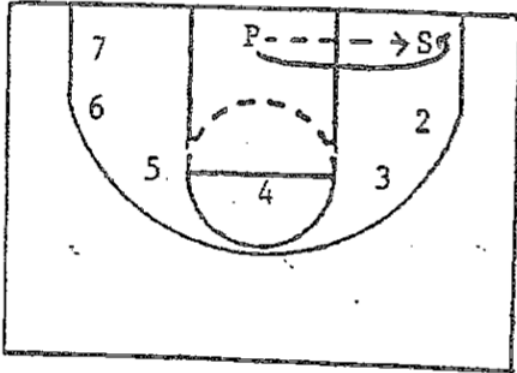


### Screen away Flash

1. Shooter simulates using a screen away by taking man away and then coming hard to the ball.
2. Hands should be ready to receive the ball with fingers pointing up.
3. Catch the ball with knees bent and immediately elevate into shot.
4. Make seven shots then rotate.

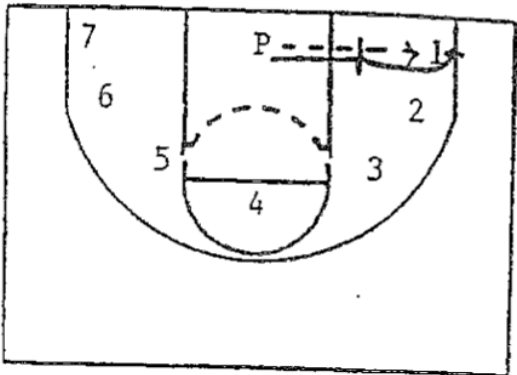
# DRILLS FOR IMPROVEMENT

## Partner Shooting



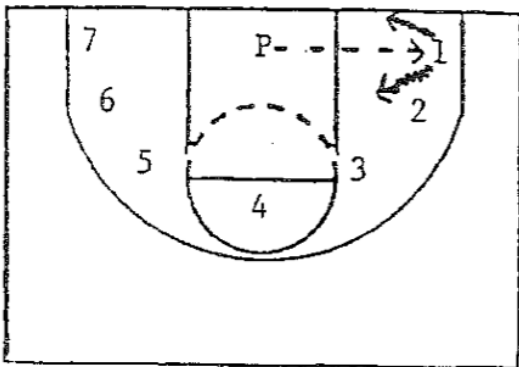
### Two Man, Shoot and Follow (15 ft. or 3 pt.)

1. Drill begins with a good, crisp, pass. Follow the pass.
2. Shooter catches the ball with knees bent, hands ready, fingers pointed up.
3. Catch and shoot the ball in one smooth motion.
4. Follow your shot, retrieve the ball and pass to the partner who shoots.
5. Continue alternating until one person makes five shots.
6. Rotate to the next spot. Repeat for all seven spots.



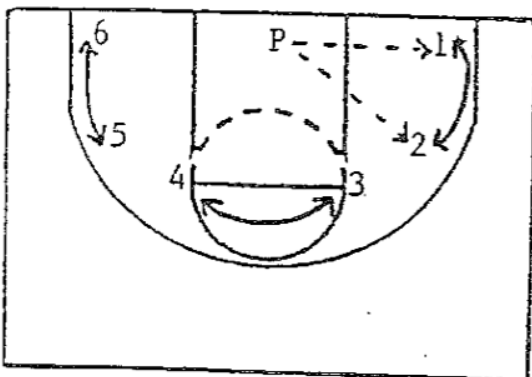
### Two Man, Shoot and Follow with Contest

1. Drill is done as one above.
2. Step into your shot as you catch the ball.
3. Elevate and release the ball.
4. Shoot until one person has made five shots.
5. Rotate to the next spot. Repeat for all seven spots.



### Two Man, Shoot and Follow, Shot Fake

1. Drill is done as those above.
2. Catch the ball with knees bent and fingers pointed up.
3. Defender follows pass and contests shot. Do not block.
4. Shooter gives a good shot fake, drives by body to body.
5. Take one or two dribbles, pull up and shoot a jumper.
6. Make five and rotate.

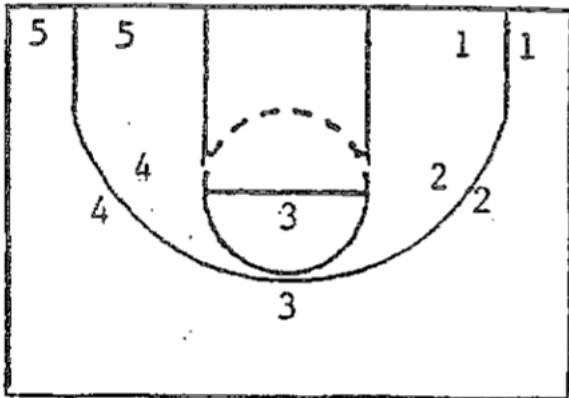


### Two Man, Square-up (15 ft. or 3 pt.)

1. Shooter gets behind the pass, hands ready, fingers up.
2. Passer delivers the ball to the outside shoulder.
3. Shooter moves back and forth between spots.
4. Shoot corner to wing (both sides) and elbow to elbow.
5. Make 7 shots, shoot 2 foul shots and rotate.

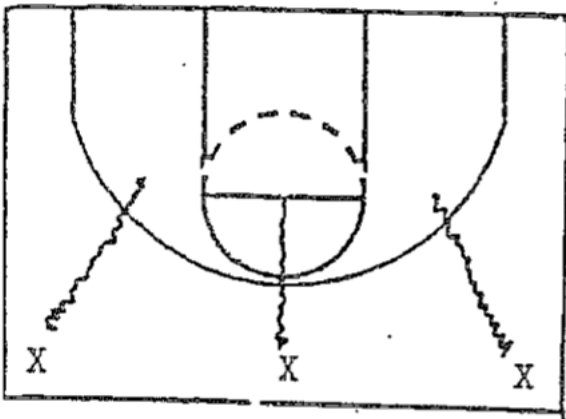
# DRILLS FOR IMPROVEMENT

## Individual Shooting



### 5 Spot Shot Fake (15 ft. or 3 pt.)

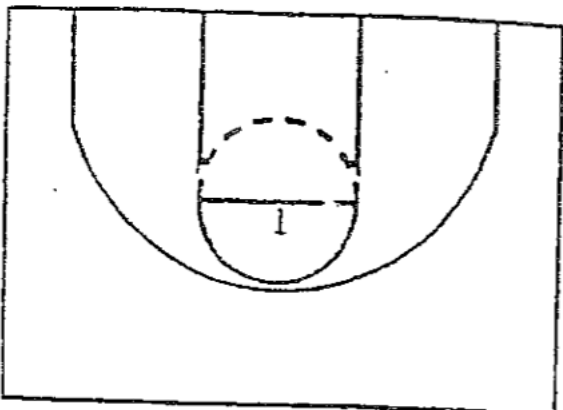
1. Start at any spot.
2. With knees bent and head up, shot fake, take one or two hard dribbles right, square up and shoot the jumper.
3. Return to spot, shot fake, take one or two hard dribbles left, square up and shoot the jumper.
4. Make five from each spot.



### Jumpers of the Dribble

1. Beginning at half-court, dribble towards the basket at game speed, lower your body, pull up and shoot the jumpshot.
2. Shots should be taken from 15 feet or behind the 3 pt. line. Work both sides and the middle of the court.
3. Use all five dribble moves: Speed, inside out, hard stutter, Change of pace and inside out/crossover.
4. Shoot five shots for each move.

NOTE: This is a challenging drill and a great conditioner. It may also be done full court.



### Beat Your Favorite Pro

1. Start by shooting one foul shot. If you make it you get one point. If you miss the pro gets three.
2. All remaining shots will be game speed jumpshots. Work on different moves and shots. Each time you make a jumper you get one point. Each time you miss the pro gets two points. Game is played to 11 points.
3. This is a great drill and a super way to end a workout.

**GO HARD!! GET BETTER!!**

# DRILLS FOR IMPROVEMENT

## Playing One on One

Playing one on one is a great way to work on individual offensive skills. Play against players who are taller, quicker, stronger, or more experienced than you. It is better to play hard and lose to a better player than to easily beat a weaker player. Set up the games to help you with the weakness in your game. Play using your weak hand only or limit the number of dribbles. The following variations are all good ways to help you improve the skills necessary to break down your defender and score.

### 3 Point Line

1. Shoot foul shots to see who gets the ball.
2. Check the ball and play.
3. Limit players to three dribbles.
4. If you score, you keep the ball. Check the ball at different spots along the three-point line.
5. Play to 11 or 15 points.

### Half Court

1. Shoot foul shots to see who gets the ball.
2. Check the ball at the center circle.
3. Limit players to 5 or 7 dribbles.
4. If you score, you keep the ball.
5. Play to 7 or 9 points.

### Full Court

1. Shoot foul shots to see who gets the ball.
  2. Step out of bounds after each score.
  3. No limit on dribbles.
  4. Possession alternates on each score.
  5. Play to 5.
- Note: This is a great conditioner and is very challenging.

### Hip Touch

1. Defender stands with the ball under the basket.
2. Offensive player stands at the three-point line.
3. Defender passes to offensive player on the hip and play begins.
4. Offensive player concentrates on using shot fakes and drives left and right to score.
5. Play from different spots on the perimeter.
6. Play to 11.

### King of the Court (3 Players)

1. Shoot foul shots to see who gets the ball.
2. The second player begins on defense and the third player waits out of bounds on the baseline.
3. The first two players play one on one from the three-point line until one person scores.
4. The person who scores keeps the ball and the player who was waiting comes in on defense.
5. Each person keeps their own score and play until someone has 15.

Note: Game may be altered by limiting dribbles, playing from half court, etc.



## **Agilities (cont.)**

### **Ricochet Pickups**

- 1 Standing 3 to 5 steps from a wall, players hold ball in both hands and assumes a ready athletic position, feet spread slightly wider than normal. Ball is held low, close to the floor.
- 2 Player plays ball low off the wall at an angle and slides laterally to retrieve it, but never crosses his feet. Once ball is caught, he then plays ball off the wall to the other side and slides to retrieve it. He continues to work side to side.
- 3 Ball must be played low (1 to 1.5 feet) off the wall so that it has a rolling effect as it comes back to player.
- 4 Don't chest pass off the wall, but try to throw it underhand, with 2 hands always catching and passing.
- 5 Drill is done in 20 second bursts with 6 to 12 repetitions.

### **Rim Jumps**

1. Begin in an athletic position, eyes focused on the rim.
2. Drop quickly to a quarter squat with ankles, knees, hips, shoulders, and elbows flexed.
3. Immediately jump and reach for target.
4. As you begin descent prepare to jump again. Do not shuffle or reset feet.
5. Reach 10 times right, 10 times left and 10 times both.

### **Barrier Jumps**

1. Begin by jumping laterally over a barrier (cone) 6 to 8 inches in height.
2. Jump side to side continuously until set of ten is completed.
3. Do not reset feet. Work to complete 3 to 5 sets.

Note: Drill is now repeated jumping front to back.