

# ***WASHINGTON HUSKY BASKETBALL***

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**IOWA BASKETBALL COACHES ASSOCIATION/COMPETITIVE DRILLS**





## WHAT MAKES A DRILL COMPETITIVE?

- 1) A coach who is passionate about the drill: This will insure that the drill has positive energy and authentic enthusiasm. It will ensure that the skill is mastered and not just the drill. It will ensure the players remain engaged throughout the season as tweaks are made to distort the game through drills.**
- 2) Has a winner/loser, score, time, or standard: This allows you to chart progress/regress, teach pressure situations, and learn decision making skills in under game chaos. We use the record boards to chart each team's success and also past team records. We also compete in drills with teams of our colleagues.**
- 3) Directly helps you win a game(s): This is the real "secret sauce"... When you find a drill like STOP-SCORE-STOP that we will cover that has direct correlation to a game, then you use it as often as needed. You tweak it. You morph it. But whatever you do, put it on your practice schedule.**
- 4) Where you place them in your practice: Was advised at an early age to plan each practice is if \_\_\_\_\_ (insert your mentor or coaching idol here) was coming to your practice. You don't know what day or at what time. And they are only staying for 20 minutes. In that 20 minutes, could they tell your style of play, your coaching style, and identify your team culture. Keeping that in mind keeps our practices competitive while preparing us for game situations.**

**Mike Neighbors**  
**nabes22@uw.edu ; @coachneighbors**  
**206-619-4157**



## **TIDBITS TO CONSIDER**

**You are either coaching it or tolerating it**

**Practice things you do a lot—Pete Carril**

**Read the book PRACTICE PERFECT by Doug LeMov**

**Keep it simple... if you can't explain it/sell it, you don't know it**

**Drills distort the game, breakdowns build the game**

**A little chaos in a practice is good...it's game like**

**Don't mistake with being in control with being in charge!!**

**It's okay to have a little fun... music, half court shooting, etc.**

**Shooting drills should have at least one element, sometimes two, and sometimes all three: Game Shot, Game Spot, Game Speed...**

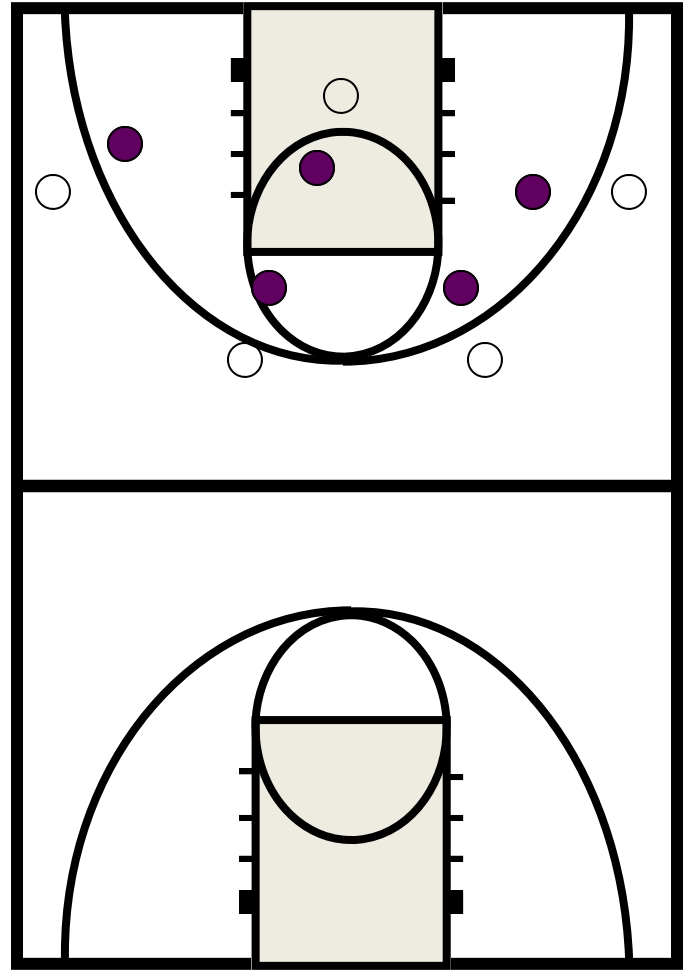
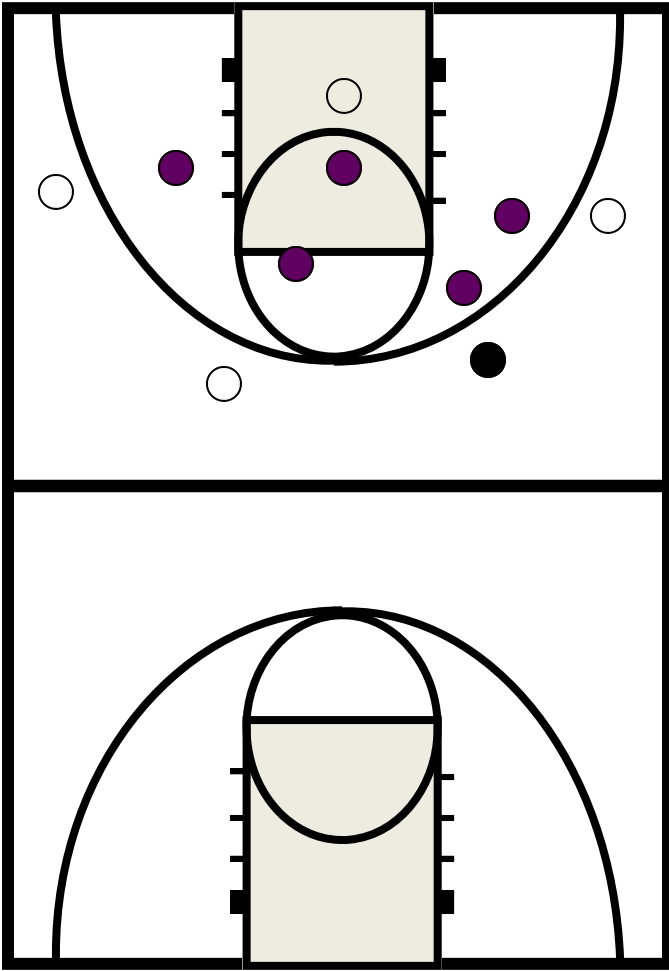
**\*resist urge to make them ALL have ALL three**

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## W QUICK STRIKE



Quick strike emphasizes both transition offense and defense. It also reinforces shot selection, decision making, and eliminating turnovers.

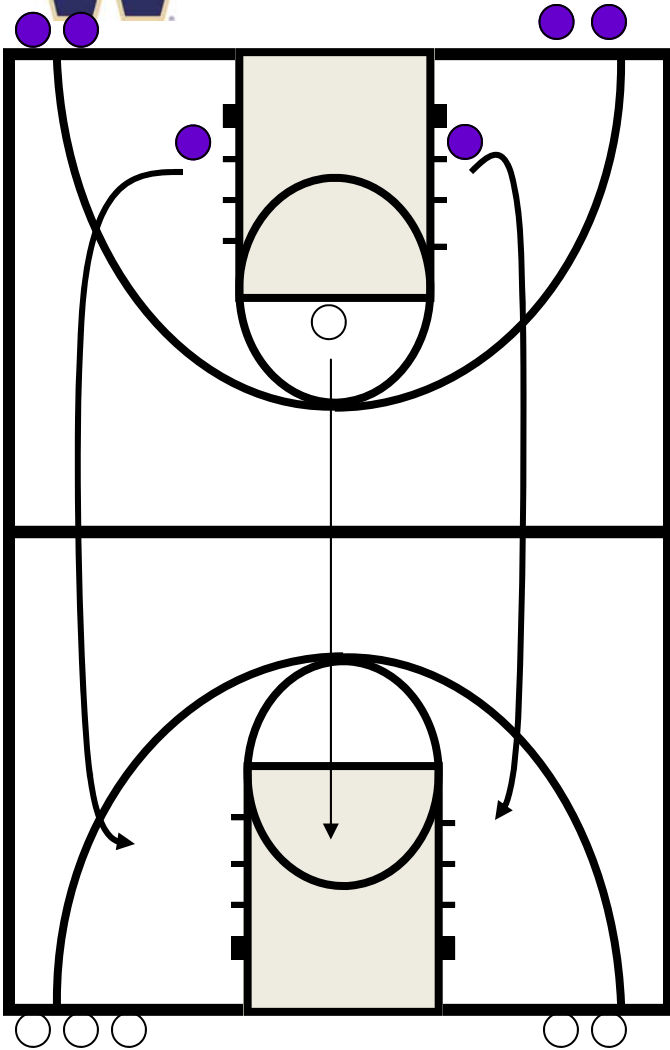
There really isn't much to diagram in this drill. It is more about the scoring and teaching opportunities that it presents as you try to teach transition offense and defense.

You must have a score clock (shot clock is best) or a stop watch that counts down.

This also starts the clock at 15 since we are emphasizing transition offense and a quick attack.

If blue scores they are awarded points based on how much time has elapsed from the 15 second clock... For example, if they push the ball up quickly and score with 10 seconds left they get 10 points. The action never stops and White now attacks in transition as Blue defends. Again the clock is re-set as they begin their attack. This continues for a set # of possessions, to a certain score, or a set amount of time...

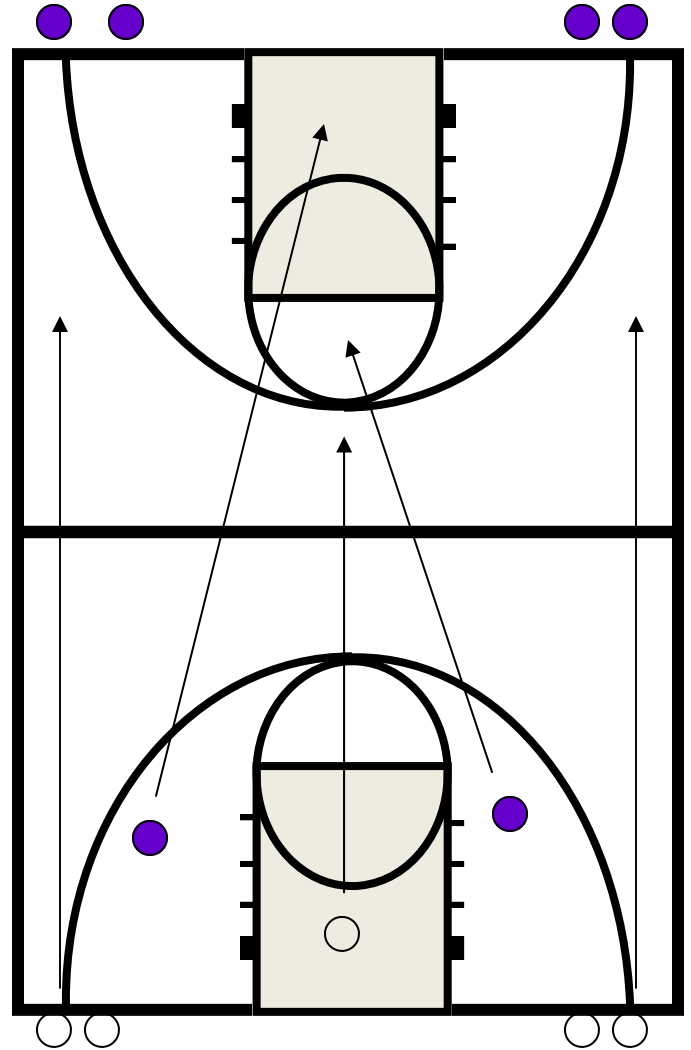
## W PROGRESSIVE FAST BREAK



Great drill for teaching transition offense and defense simultaneously. Also stresses importance of making FT's, taking advantage of "numbers" situations.

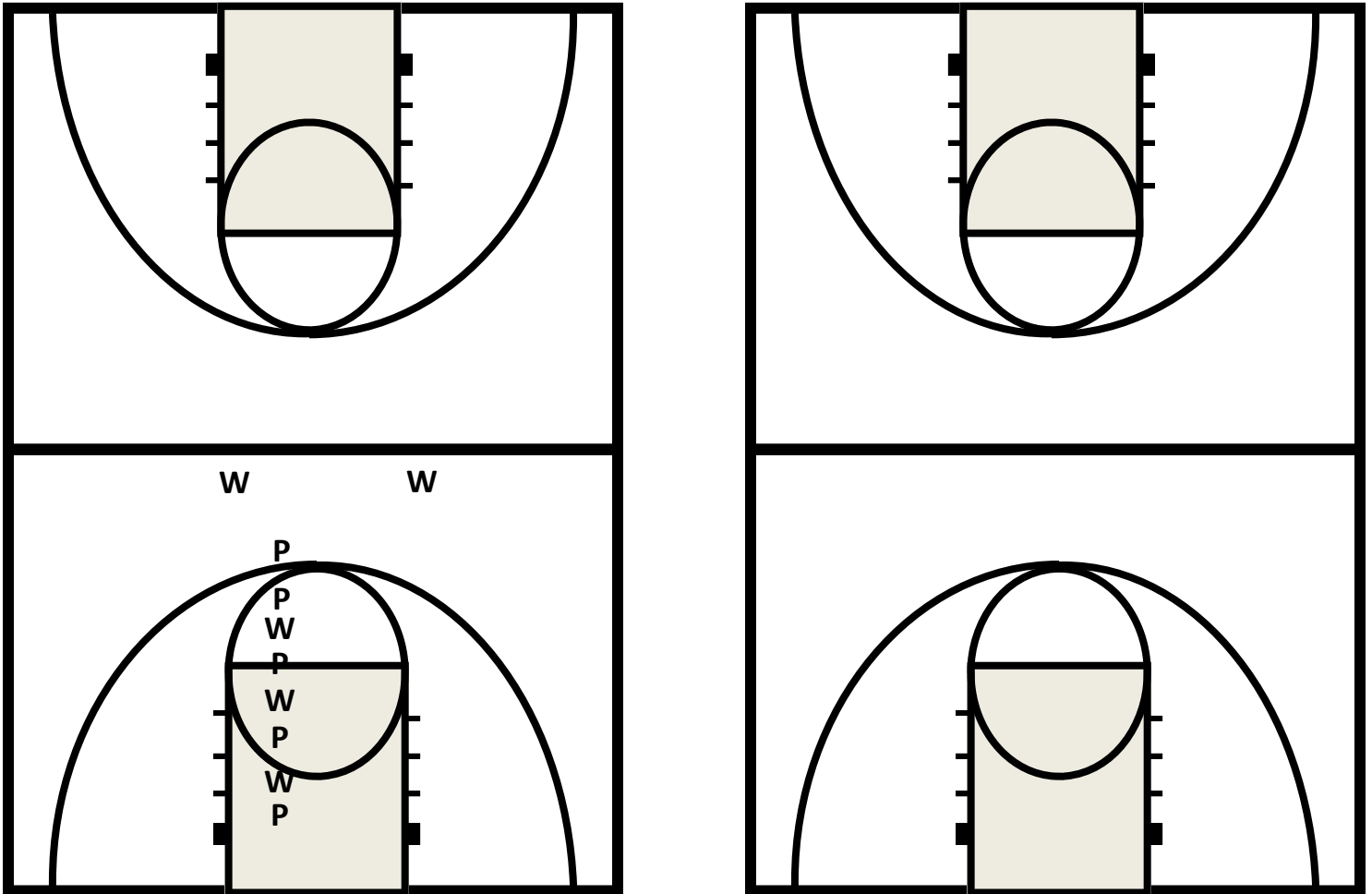
Divide team into two colors. Try to get even number of guards and forwards if possible but not critical. We score the drill as a normal game with 1s, 2s, and 3s.

White team player attempts a FT. Two Blue defenders play the make/miss. The white player



Once the possession is complete without stopping the action, two additional white team players come from the baseline to join the original white team player as they attack the two blue team players who are retreating into a 3-on-2 advantage/disadvantage situation. Complete this possession then without stopping add TWO blue team players and they attack in a 4-on-3 situation... this continues until you have built it into a 5-on-5 situation. At the completion of the 5-on-5, start again with BLUE team player attempting a FT.

## W TIP DRILL



Drill begins with teams divided into two colors... Purple and White for the Huskies.

They are lined up alternating colors in a line stretching toward half court. Allow two players from the defensive team to start near half court to simulate our FULLBACK and HALFBACK transition responsibilities.

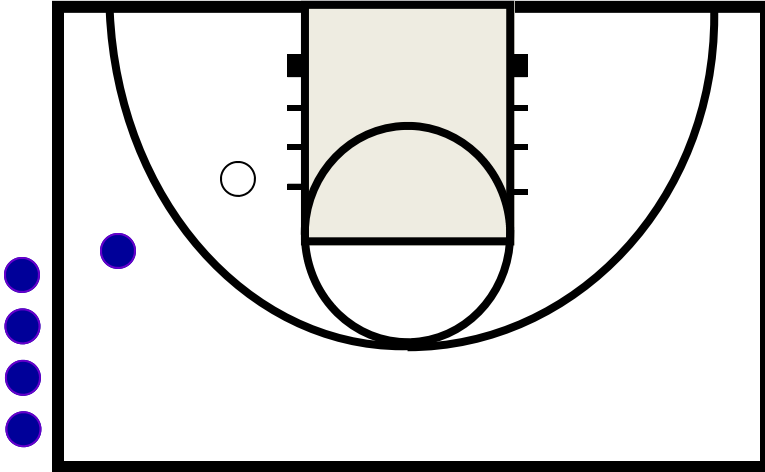
On the whistle the ball is tipped onto the glass with tipper going to back of line and next player keeping the tip going. When the ball is in hands of the offense coach blows whistle again (or yells shot). The offense goes in transition as the defense retreats.

We go until we get transition stopped. As the season progresses allow offense to flow into action that you must defend as well. Change what you allow as the season goes to create variation and emphasis.

We make the drill competitive by putting 4:00 on the clock. The clock runs during the time the ball is being tipped off the glass and is in live play. If the defense is successful in their efforts the clock stays on the time when the ball is stopped. For example, after first tipping it might be at 3:38. If the defense however is unsuccessful the clock is re-set to 4:00. This builds toughness.

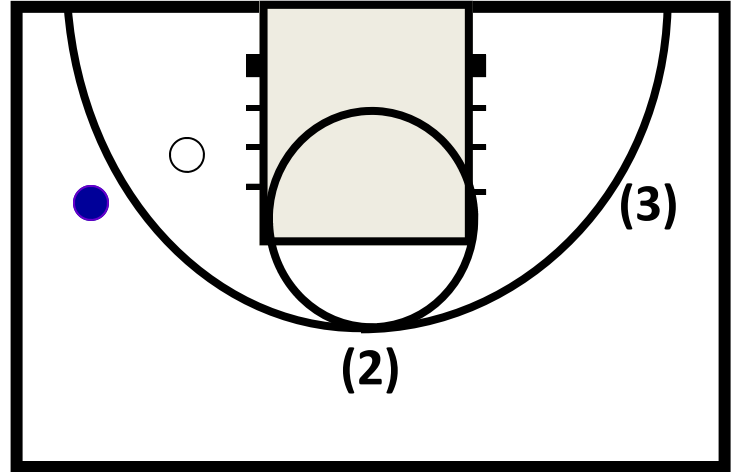
\*\* Once the team gets the time into the 2:00s you reset to 3:00 rather than 4:00. Once the get into the 1:00s you reset to 2:00 and so on until the clock reads 0:00...

## W BASEBALL

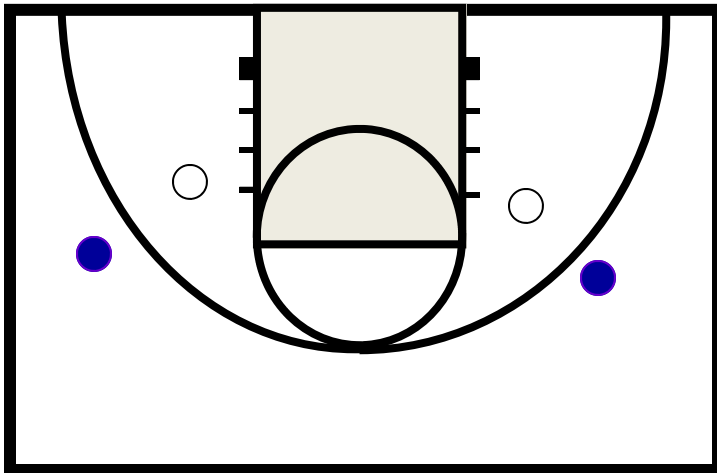


Divide teams into two colors. We sometimes let our players DRAFT teams in keeping with the baseball theme..

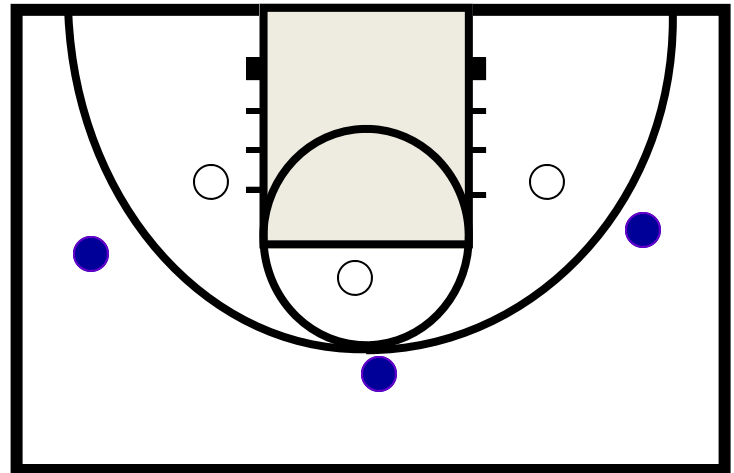
Purple team establishes a “batting order” and white matches up accordingly to how they want to defend.



Purple team stays on offense, scoring as many points as possible until they get 3 OUTS (defensive stops)... Switch to White team on offense. White plays until they get 3 outs. End of first inning.

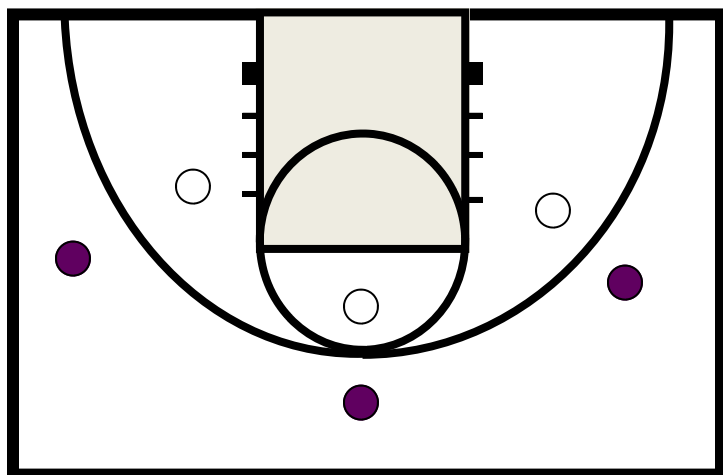


For the 4th, 5th and 6th innings we go 2-on-2. For each inning, we vary the initial actions (ball screen, down screen, flare screen, etc.) Use whatever actions are part of your offense or maybe your upcoming opponents offensive attack.



For the 7th, 8th, and 9th... we go 3-on-3 again changing the initial actions. Sometimes we will play less than 9 innings but ultimately build up to 9.

## W STOP-SCORE-STOP



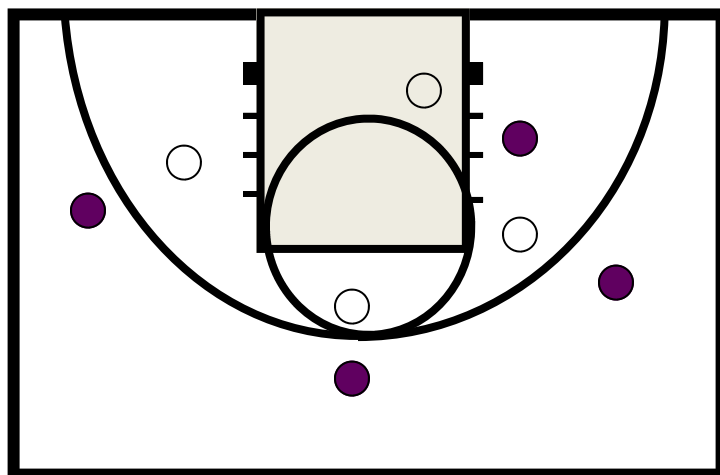
This drill is best introduced as a 3-on-3 situation. As the sequence of a STOP-SCORE-STOP is repeated and as the season progresses making it a 4-on-4 and ultimately a 5-on-5-on-5 situation will maximize the time and also create the most game like scenario possible.

With a large team you can have this going on both ends with winning teams advancing to play each other as needed.

Divide into two 3-on-3 colored teams.

Blue starts on offense. White on defense.

The main idea to communicate is that each possession either finishes in a **STOP** or a **SCORE**.



When a team comes up with a STOP they then must follow that with a SCORE to keep their sequence going. If that team completes the next possession with a defensive STOP they EARN a point.

We will either play this drill to a certain number of points or for a set amount of time.

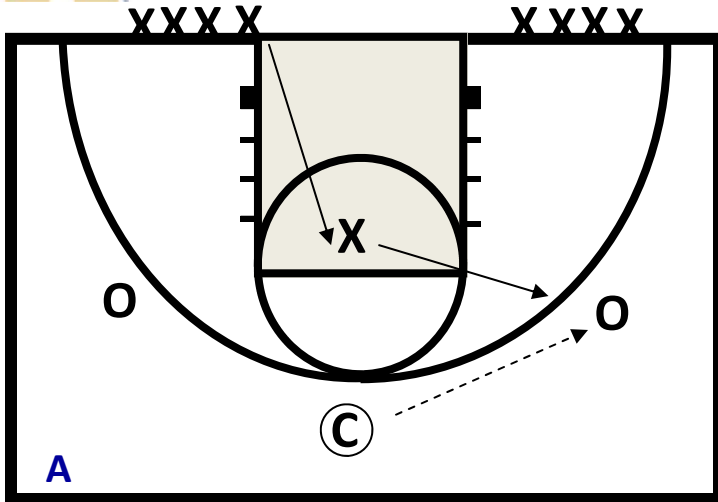
This is another drill that works both offense and defense simultaneously.

DEFENSE:

Teaches the importance of finishing possessions either with rebounds or steals or tying up loose balls. It teaches great communication. It teaches your players how quickly momentum can swing.

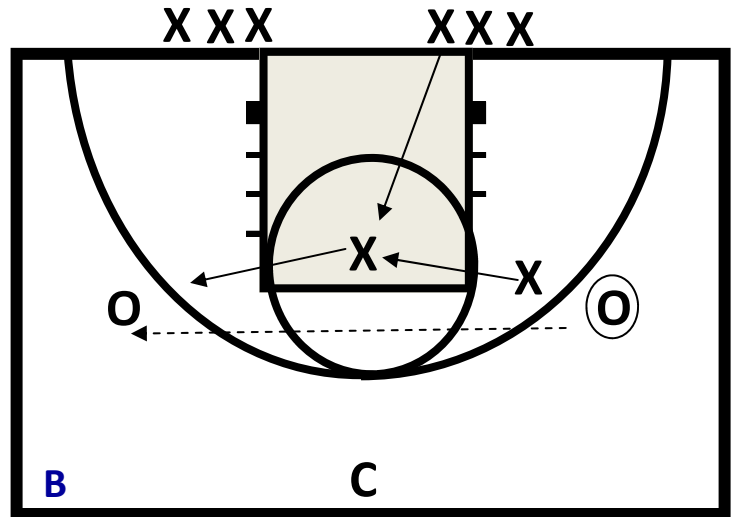


# W CLIPPER CLOSEOUTS



Split team into two groups coming off the baseline area. One defender starts just below the nail.

C w/ball will initiate the drill with pass to a wing. Defender closes out to ball. On air-time of pass, next defender sprints to GAP

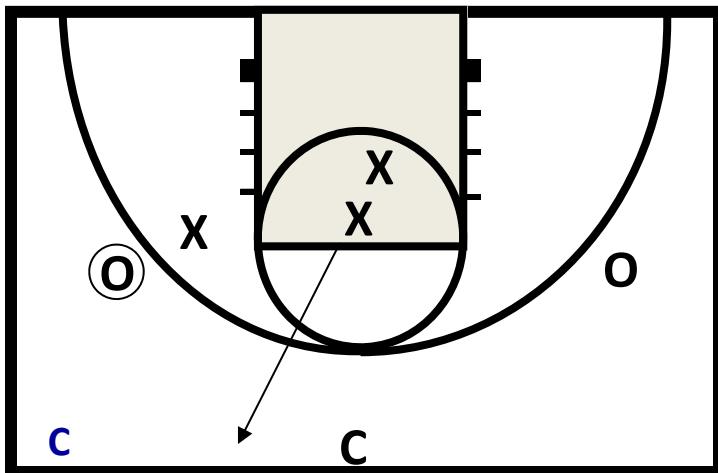


Offense skips the ball to wing O.

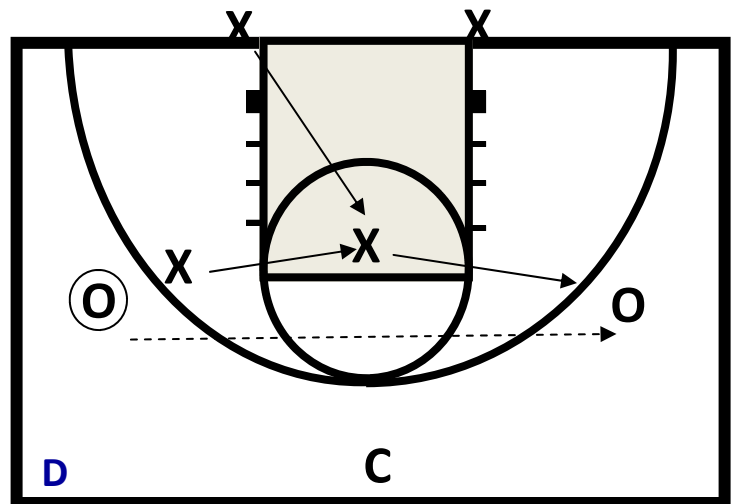
BALL defense sprints to GAP

GAP defense sprints to BALL

New defender starts sprinting to GAP on air time of the pass as well



As the new defender is arriving to the GAP, the defender who began the drill (has completed a close out and gap) sprints toward the half court line. If the Coach at the half court line is happy with effort and execution, they get a ball to score.

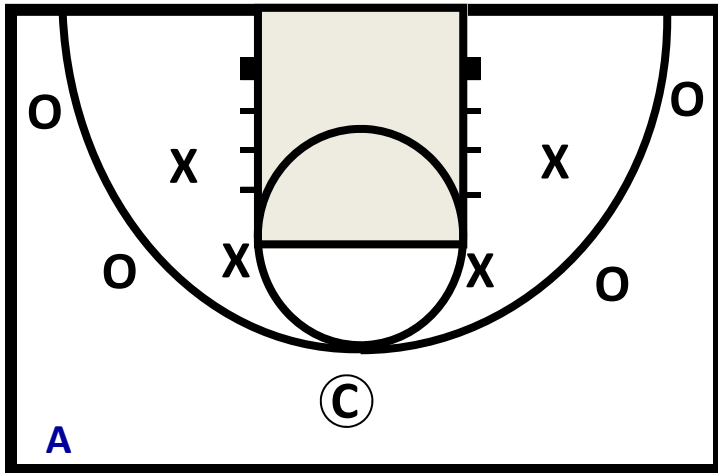


Repeat to keep drill continuous.

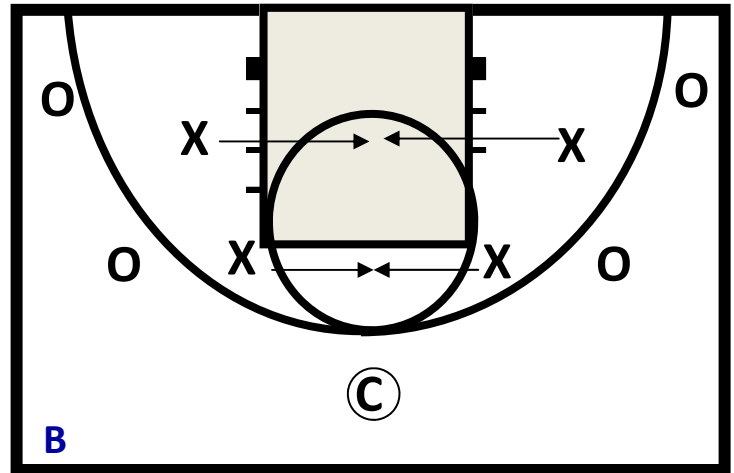
Players who score on other end, get outside the drill and return to line.

This is a great conditioner and PRECISION drill to focus on Closeouts and GAPS.

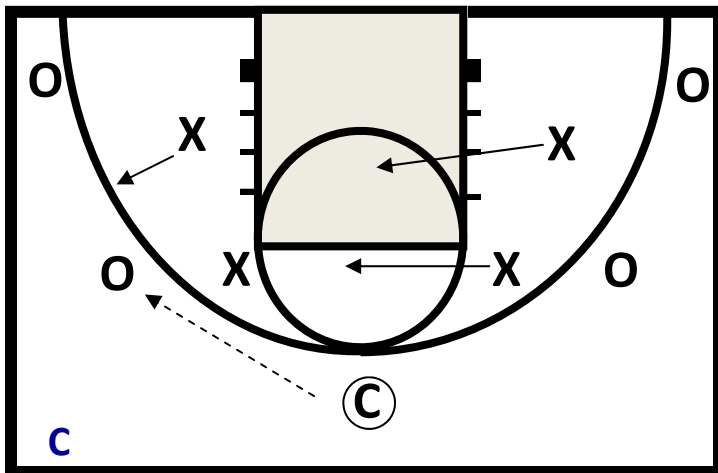
# W BROOKLYN CLOSEOUTS



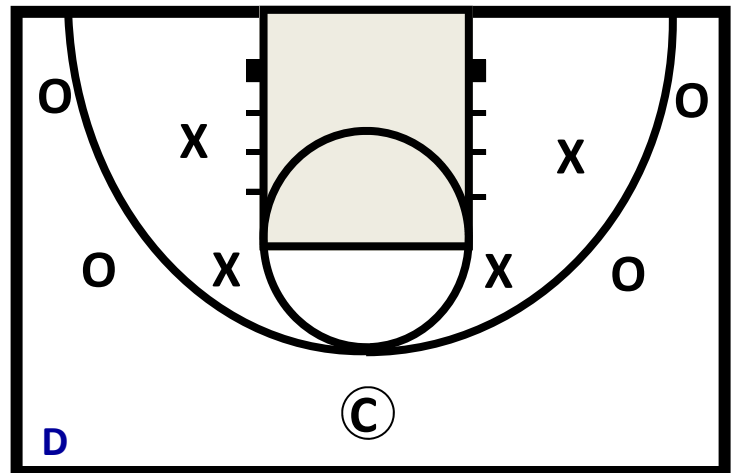
Defensive players begin in GAPS



Coach bounces the ball to initiate drill. On the bounce the defense slides to touch hands then back to their GAP.



Coach makes a pass. Player closes out and others jump to GAP. Each time the ball returns to the Coach...



Once coach is satisfied with the drill, bounce the ball again...

All 4 defensive players sprint to paint to celebrate Volleyball style (you know how they all come together after a good or bad play!!)



## Competitive 5-on-0 Offense

One of the “necessary evils” late in a season is working with your team in 5-on-0 situations. I used to call it Dummy Offense but the high school principal at my school thought I was demeaning my players. Some people call it skeleton O, some call it Dry O, some call it shell O... regardless of what we call it, simulating your team offense without a defense is an important part of what we do.

A team’s ability to PRETEND in this situation has always been a good sign for us. If our players have the ability to simulate a defender in front of them requiring them to catch and square, to use short/violent fakes on their moves, to make crisp cuts/passes, and then finish with a move that mirrors one that might be taken in traffic at the buzzer... Not all players and teams can do this. Our best teams can... our worst teams can’t...

During this week between our Conference Tournament and the post-season, we had four practices in which we had no opponent to prepare for. It’s the first time that has been the case since late October.

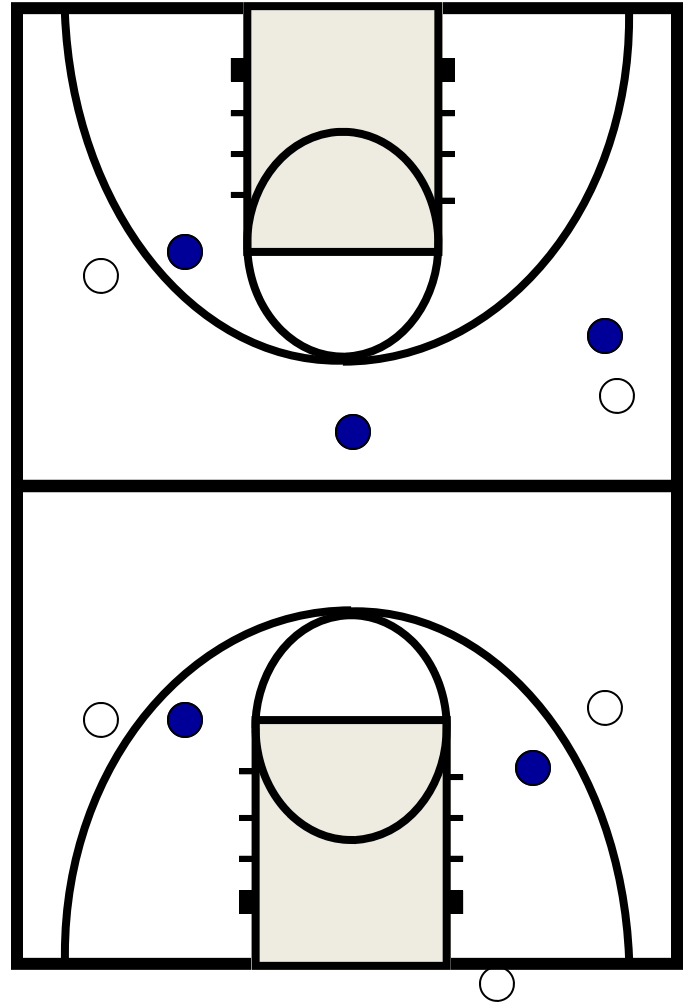
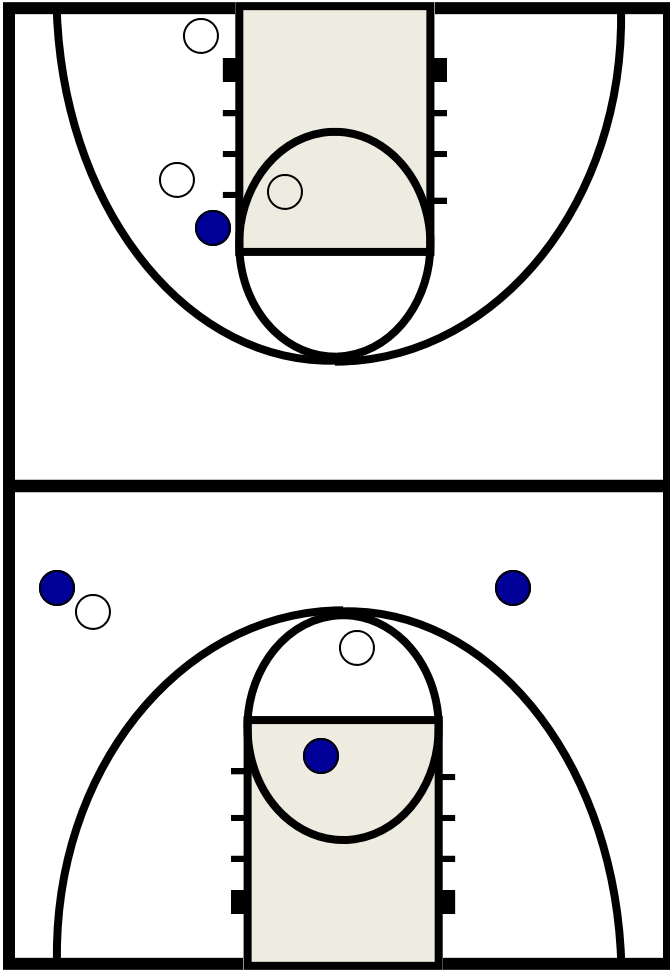
To help simulate game situations in a competitive setting, we split our ten players into two even teams. Purple was up first. 3:00 on the clock... We told them they could score on any of our Dribble Drive options. The only requirement was that on the first five possessions each of the five players must be the player to attempt the first shot of the possession. After the first five trips, they anyone could take the first shot. A made three pointer was worth three points. A made two pointer was worth two points. If they first shot of the possession was missed, and they could rebound that miss before the ball hit the floor, they could shot from that spot and if made could earn 1 point. Coaches also could wave off ANY POINTS if the execution was incorrect or the effort wasn’t up to game like standards. At the end of the three minutes, Purple moved to the side where each player attempted a 1 and 1 FT to add to their First Period Score. Gold got their 3:00 under the same rules and then attempted their FT’s on a side goal as Purple began Period #2.

In Period #2, scoring and having all five players attempt first shot on possession remained the same. In this period, the team had to execute any of our Three Zone Motion actions. At the end of 2nd period, each player shot a 2 shot FT opportunity. Teams switch.

Period #3 was back to man-to-man actions from a chosen family of set plays. At the end of this period rather than shoot FT’s the team executed 5 bounds plays of their choice.

Period 4 was back to Zone using any of our set plays utilized against zone defense. t

## W GIRLS GAME



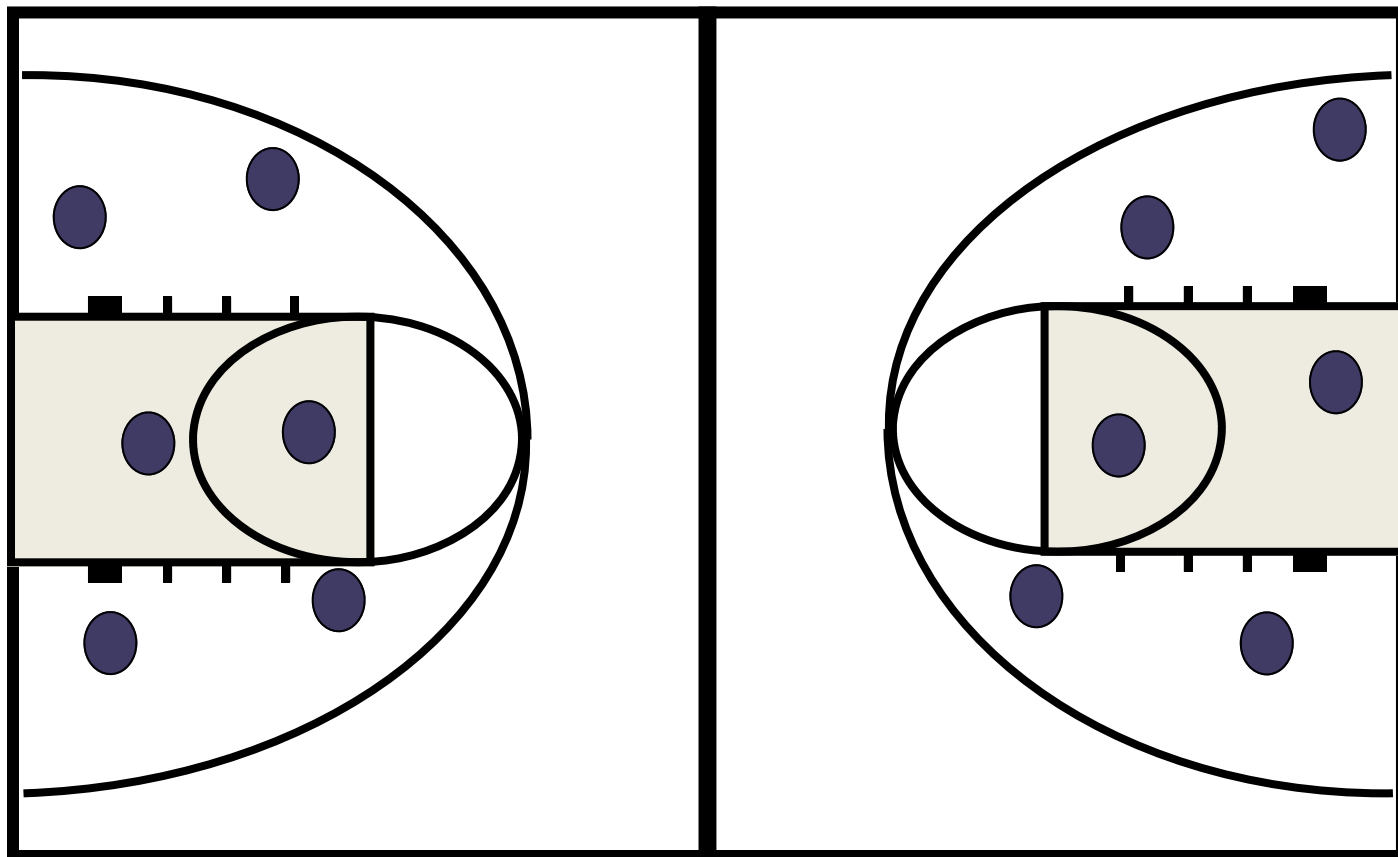
Divide your team into two colors.

On one end of the floor you have 2 blue team players and 3 white team players. These players will remain on this half of the court for the entirety of the drill. The other end has 3 blue team members and 2 white team members. These players will stay on their end of the half court for the entirety of the drill as well.

The drill begins with blue team inbounding the ball vs pressure. The white team is one man down and must work very hard to advance the ball without a turnover to their teammates on the other half of the court. Once the ball is advanced into the other end however they will have a one player advantage.

This is a continuous drill in which turnovers/rebounds are played live. Action is only stopped on your whistles for fouls or violations. Score is kept as you would during a live game but you may choose to shoot FT's or not.

## W HANDLES



Every player with a ball. Split team into two groups. Players space inside the three point lines on both ends of the court. At least two of them in the paint area at all times.

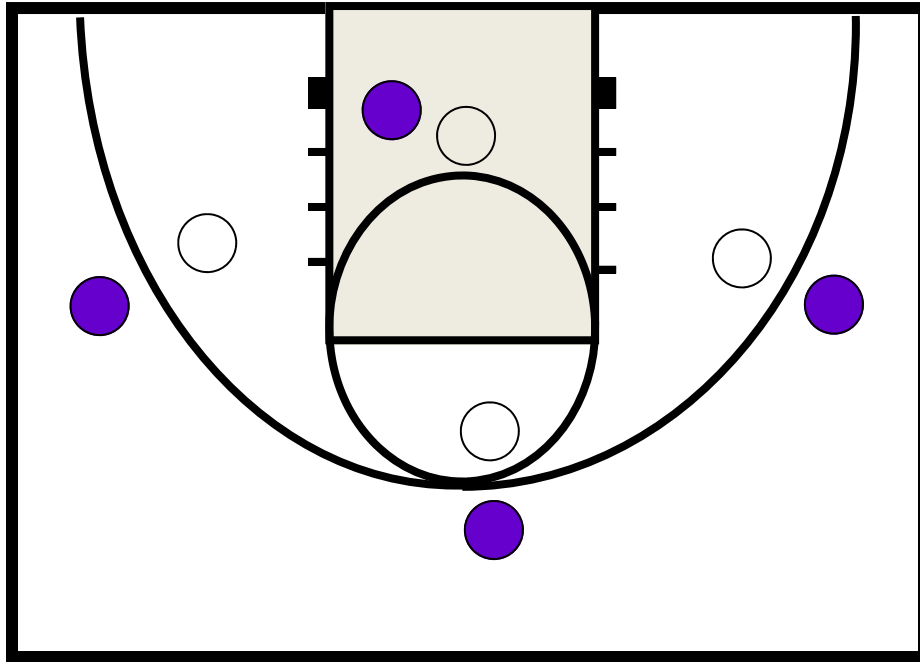
Players work on individual ball handling. On the whistle, two players from each end sprint dribble to the other end, eluding the players still ball handling to finish at the basket. They get their own rebound and find a spot on that end to work on their HANDLES. Next whistle, two different players go. Repeat.

We start early in the year taking them through the specific drills we want them to work on. As the year progresses, I will simply say “you work as hard as you want to on them” . I always learn a lot about how important each player treats the drill and their time to work on ball handling skills. Puts the pressure on them and you can coach each player accordingly.

Other variations: send three players or four players at a time so they have to communicate and pretend on the other end to finish at different times. If you have an injured player put them in the jump circle and have them lead the ballhandling.



## OPPOSITE DAY SCORING



Remember “opposite day” in elementary school?? Well if you do then you are about my age. If you don’t ask someone in their 40s...

We take any of our OFFENSIVE breakdown drills and reverse the scoring system that we have in this great game. So, Free Throws are worth 3 points, 2’s are still worth 2, and a shot beyond the arc is worth 1.

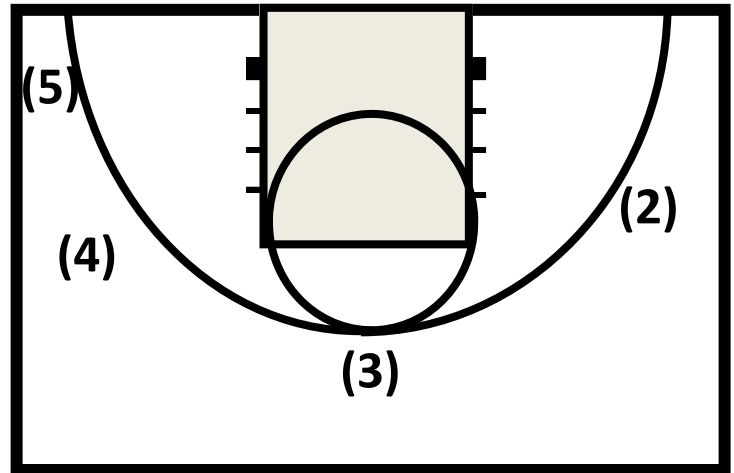
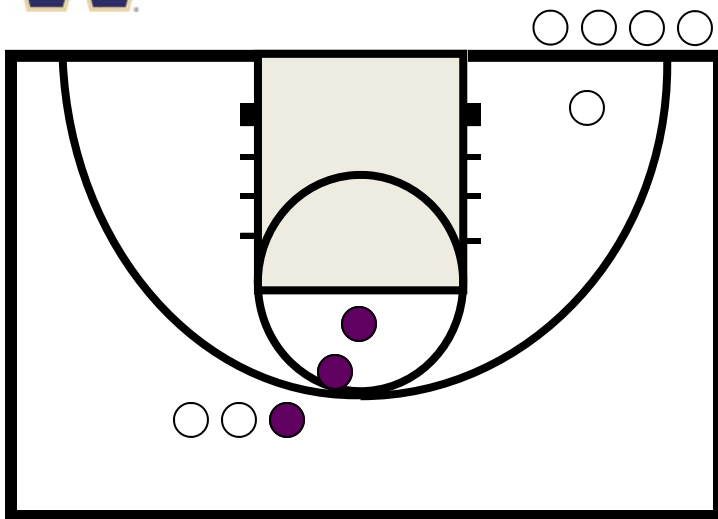
Run your drills as you normally would just apply this scoring.

You will quickly see that your players will offensive rebound much harder. The defenders will be very careful NOT to commit silly fouls.

It’s a nice change of pace for your post players as well.

# W

## 10 UP



In this drill the colored circles represent balls and not different teams as in previous drills.

After a shooter gets 10 UP we move to spot #2. All shooters points carry over.

This has become our day before the game shoot around "contest" drill.

We repeat this until we are left with only one shooter with less than 10 points!!

Passing line with three balls in the key. Shooters coming off the baseline.

You'll be shocked at how few times your "best" shooter will win this drill.

This drill can be done with any number of players/coaches. We always jump in to loosen things up from time to time.

It puts you in pressure situations. It forces you to understand score. And most importantly focus on making shots.

The overall goal of this game is to have the FEWEST points possible. So like GOLF, low score wins.

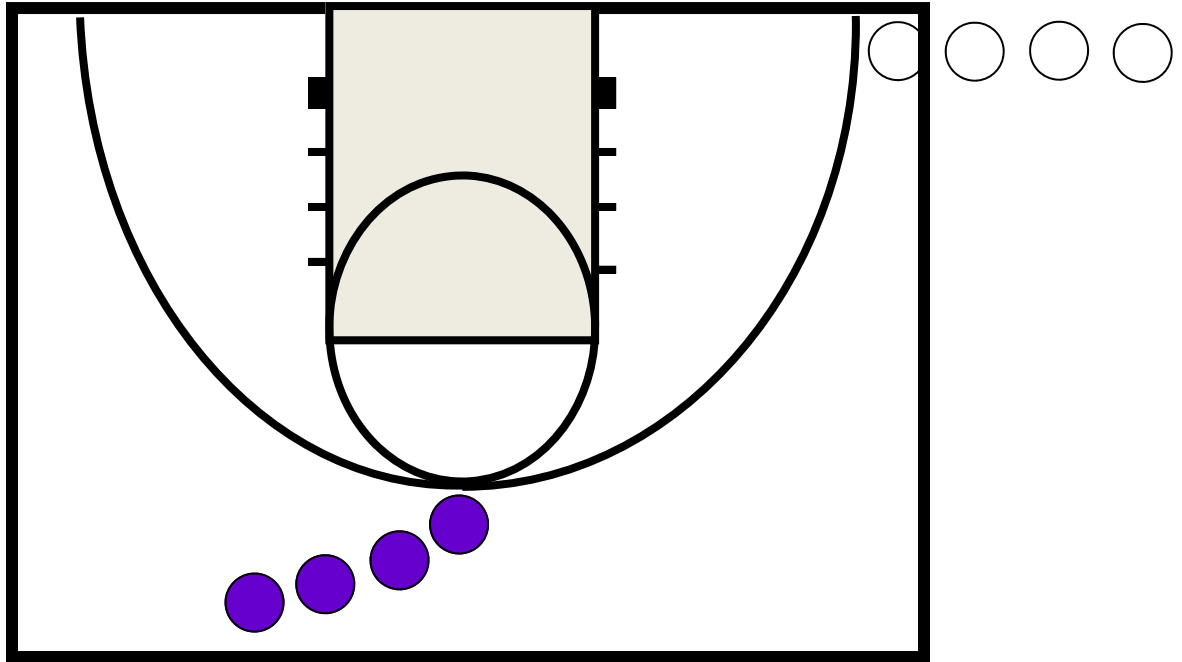
I have been eliminated in this drill many times after having ZERO total points through 5 or 6 spots only to miss at the end of one long string and go from ZERO to OUT!!!!

First shooter attempts a 2 or 3 point shot. If shot is made that puts 2/3 points "UP". The next shooter attempts a 2/3. If made that total is added to the number of points "UP". So if shooter

One year we took an old weight belt and had a manager dress it up to look like a World Champion-



## STRING SHOOTING



Variation of our MOVE shooting with same principles of 1-2 step shooting, accurate passing, quick rebounding, and game shots/game spots/game speed.

Colored circles represent players with balls who are passers. Clear circles are the shooters.

Coach calls out the “string” a three pointer, then a two pointer, then a one pointer (lay-up).

Must complete each STRING before group moves to next spot.

We shoot for set time or set number of spots.

Works best when divided into two ends, but we have done equally as effectively with two people at each goal. Makes for great competition.

For variation:

- Reverse the order of the string to 1-2-3
- Shoot multiple strings at one spot
- Shoot for a set amount of time at each spot and compete to see which group as most STRINGS at end of time.
- Had certain types of shots that come in your offense... off screens, flares, staggers, etc.





## FREE THROW LADDER

LADY'BACK FT LADDER

CHRISTY SMITH

KIM WILSON

KAREN JONES

SYTIA MESSER

KARYN KARLIN

I first saw this in Gary Blair's locker room at the University of Arkansas when I was a rookie high school coach. He had constructed a wooden, hanging wall piece that had a plaque for each of his players. They were hung with eye-hooks that allowed them to be easily moved to various spots on the ladder 1 through 15. The wall display really stood out, but what made it interesting to me was how much attention his players paid to it. How often I heard them refer to it. How often the players were on the court shooting Free Throws against each other. So I stole the idea and made it fit our team.

Along the way I have tweaked the display and added some ways we incorporate the idea of our FREE THROW LADDER. With technology advances, we now have this as a slide that plays in the loop on the big screen TV in the players locker room as well as on a 24 X 36 board that sits in our team room. You can make it as simple as a printed out piece of paper you update. That's not the point. Find something that fits your team and it's budget.

The important part is how you utilize it and emphasize it.

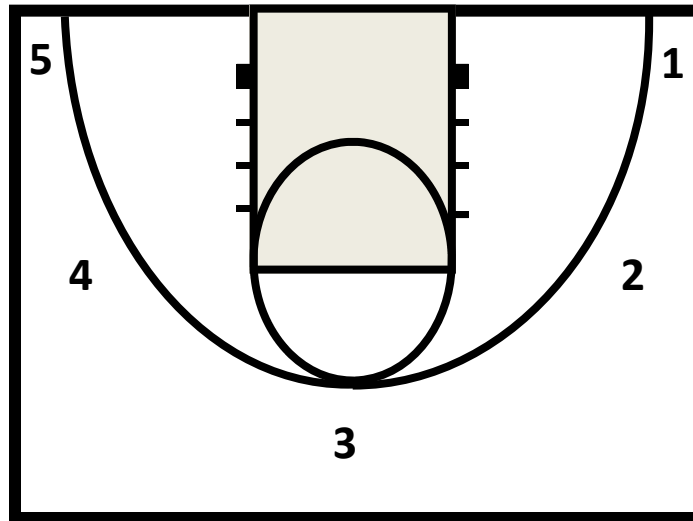
The first day you introduce it to your team, have each player shoot 25 free throws. Record each players score. Break all ties with a sudden death shoot out. When you have determined winners of ties, list your players from most makes to least makes and put them onto the "ladder". You will have a posted ranking of your free throw shooters.

Tell your team that they can at anytime challenge the player directly above them to a 25 FREE THROW shoot off. If the lower rung player wins, they jump their spot on the ladder.

# W

## 32's

Early preparation/same shot every time



**Shooter begins behind 3 pt line. 1st shot is a drive for layup worth 1 point. 2nd shot is a 15 footer (one step inside arc) worth 2 points. 3rd shot is beyond the arc and is worth 3 points. So a possible total of 6 points per spot.**

**Repeat this at all five spots keeping a running score. Finish by going to the FREE THROW line for a one-and-one... this gives you a possible total of 32.**

**You are charting scores per round and also looking for a 5 round average. NEVER seen a 32 with my own eyes. 31 is the highest I have seen. Several 30's, a bunch of 29's, and so on.**

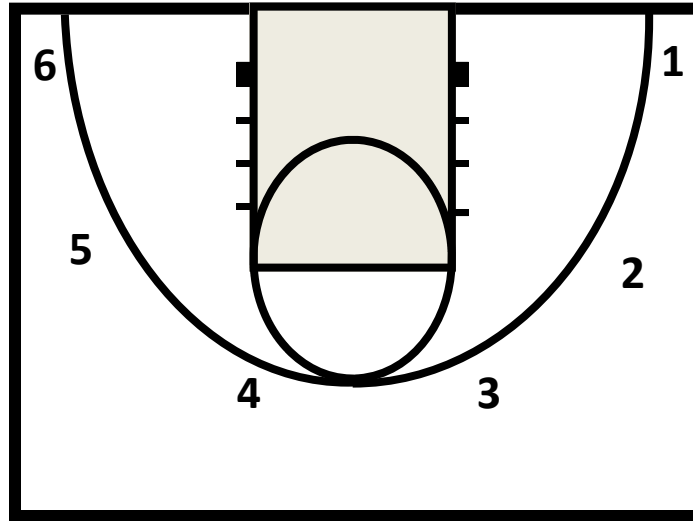
**We make a big production when players are getting close to 32. The added pressure is good for the shooter and keeps the drill somewhat sacred.**

**Your best shooters should be able to average 24-25 on 5 rounds. They will get high round scores of somewhere between 28-30.**

# W

## HUBIE's

Early preparation/same shot every time



**This is a Game Shot/Game Spot drill... the best will go at Game Speed too  
Put 3:00 on the clock.**

**Shooter is attempting 2 point shots at 15-17 feet. She stays at one spot until she makes 3 shots in a row... The string of 3 in a row=1 Hubie. She moves to another spot as quickly as possible and continues until time runs off the clock. Your best shooters should be able to complete between 10-15 Hubies.**

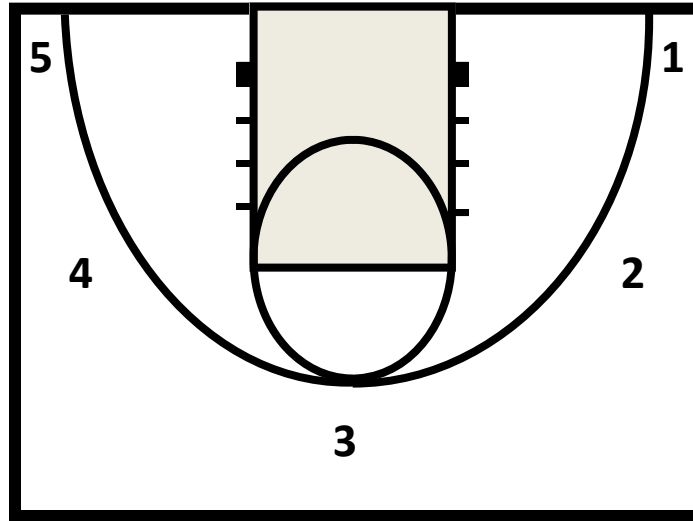
**When attempting 3 point shots, the shooter must only make 2 in a row to equal a HUBIE. Your best shooters should make between 28-25 HUBIES.**

**We always have a passer and a rebounder doing this drill so you may have to adjust your numbers accordingly. Keep the conditions the same when you are charting and comparing.**

# W

## BIG SHOT

Early preparation/same shot every time



**Shooter begins at Spot 1. Shooter remains at this spot until she misses two consecutive shots. After two consecutive misses you must move to Spot 2. Again you make as many shots as possible without missing two in a row. Continue to Spots 3, 4, 5.**

**Each make is worth 1 to your score. BIG Shot is designed to be cumulative score of the total makes at all five spots.**

**You should attempt range appropriate shot**

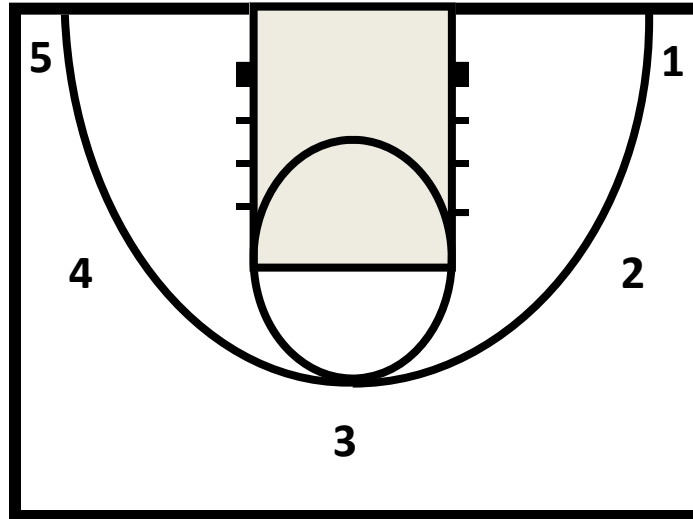
**Your best shooters should score above 500 on 2 point shots.**

**Your best shooters should score above 200 on 3 point shots.**



## GREEN LIGHT SHOOTING

Early preparation/same shot every time



**4:00 Shooting Drill. Shooter will use our usual 5 spots for each attempt.**

**1st trip around (1 thru 5 spots): shooter must make 3 shots at spot 1 before moving to Spot 2. Shooter progresses to each of the 5 spots after making 3 shoots.**

**2nd trip (back around spots 5 thru 1): Shooter must make 2 shots in a row at each spot before moving to the next.**

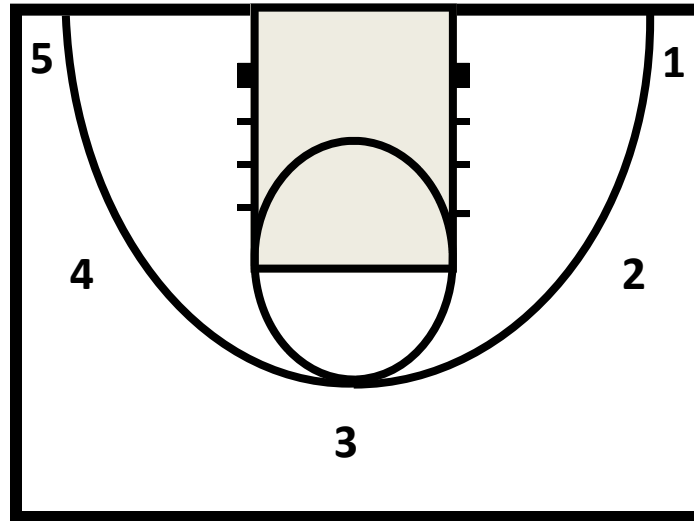
**FINISH: Shooter moves around the five spots make or miss until she makes 5 consecutive 3's... \*\* must move make or miss.**

**We record total time to complete. If the 4:00 time limit expires, we record the total number of made shots.**



## PROVE IT

Early preparation/same shot every time



**Shooter must make 8 shots at spot 1. When she has made the 8th shot, she must then make 3 in a row to “prove it”.**

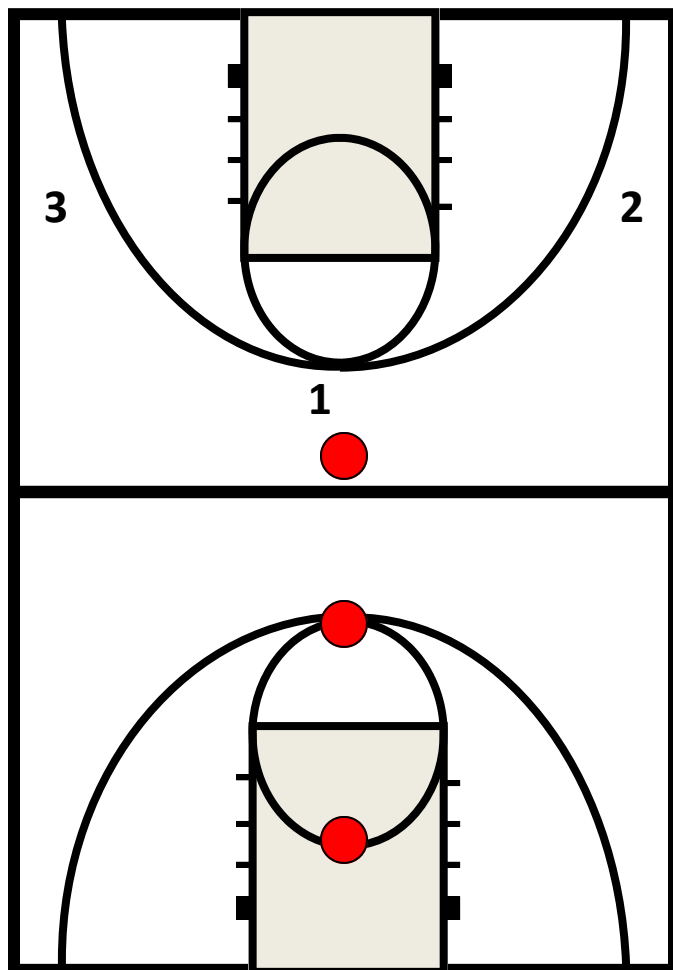
**Repeat at each of the 5 spots.**

**Record total time it takes to PROVE IT at all 5 spots.**

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## 3-6-9-12-15

### Early preparation/same shot every time



Put balls on the court at the half court line, the opposite three point arc, and the opposite free throw line. These are targets that shooters have to run around based on their shooting performance.

This is a five cycle drill with a FT in between each cycle. Total drill will give shooter 50 attempts.

First cycle is a 3. Shooter starts by first ball at half court line. She comes on the move to top of key to attempt shot #1. Make or miss she sprints to shot #2. Make or miss to shot #3. This completes the 3. She shoots a FT

Second cycle is a 6. Shooter starts at same spot and completes the cycle just as above. If she makes all 3 shots, she goes directly back to spot 1 for shot 4 and finishes the pattern. If she misses two of her first

shot she must sprint around the far ball before attempting shot #4. If she misses two shots, she sprints around the ball at opposite arc. If she misses only 1, she sprints around the closest ball at half court before attempting shot 4, 5 , and 6. Free Throw then back to start the 9.

This is a GAME SHOT/GAME SPOT/GAME SPEED drill that will also challenge your best conditioned shooters.

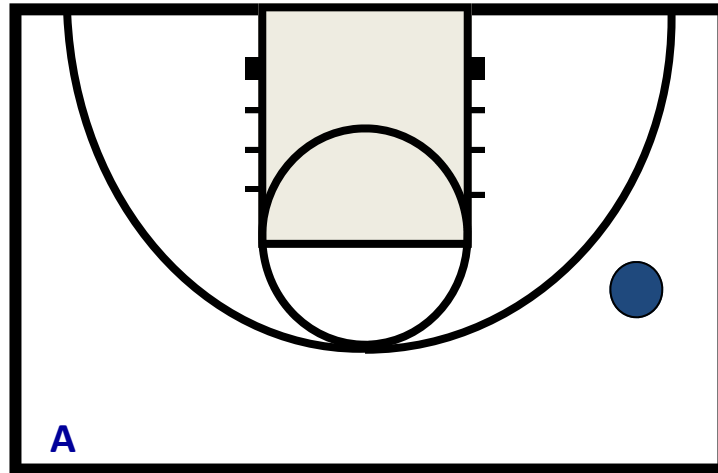
You can chart scores for individual cycles. 2 out 3, 5 out 6, 8 for 9, etc...

Your best shooters with in time have perfect rounds up through 12... never seen a 15.

Your best shooters will have a 50 shot score in the 40's. After a 3-6-9-12-15 with a free throw between rounds.



## 4 Quarter Shooting



**Great conditioning/shooting drill to challenge every level of shooter on your roster.**

**It's also a great drill that requires no rebounder or passer.**

<b>Scoring:</b>	<b>shots inside the paint =</b>	<b>1 point</b>
	<b>shots outside paint but inside arc=</b>	<b>2 points</b>
	<b>shots outside the arc=</b>	<b>3 points</b>

**First Quarter:**            **Shooter has 1 minute to score 20 points**  
   **(if shooter successfully does this she advances to 2nd quarter)**

**Second Quarter:**        **Shooter has 2 minutes to score 40 points**

**Third Quarter:**         **Shooter has 3 minutes to score 60 points**

**Fourth Quarter:**        **Shooter has 4 minutes to score 80 points**

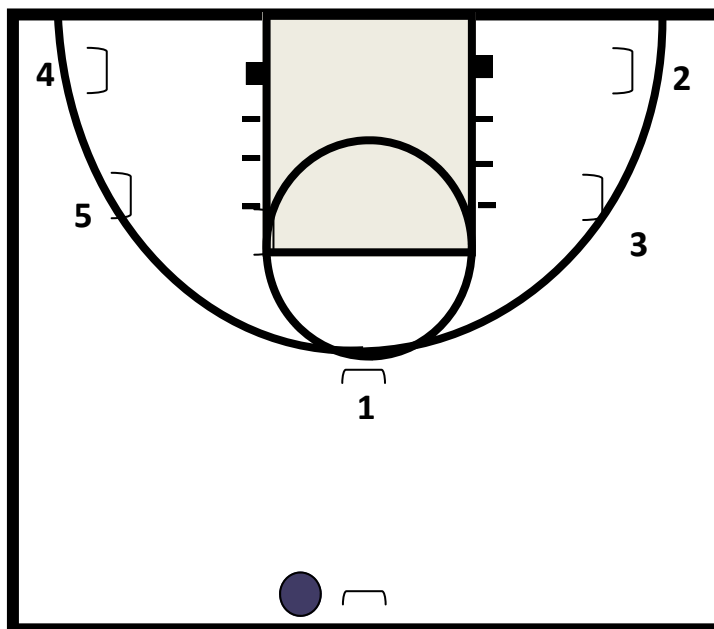
**You will see there is simply not enough time to make all 1 pointers to achieve the scores, so a player must understand time/score and play to their strengths.**

**Drill can be done with a rebounder/passer just adjust time or score accordingly.**





## 5-10-15-20 SHOOTING



**A Shooting drill that emphasizes aspects of our half court offense... shooting 3's and playing off ball screens. We utilize our agility hurdles or cones early on to designate the spots each of the shots come from and also to simulate the screens.**



**Shooter begins at the**

**She sprints to the first hurdle near the top of the key for first shot a 3.**

**She then sprints around second hurdle for second shot another 3.**

**She then slides up behind the third hurdle where she receives pass, rips off the ball screen, to attempt a pull-up jumper outside the paint near the elbow.**

**She then sprints to opposite corner around hurdle for shot 4 another catch and shoot 3.**

**She completes cycle by sliding up court behind last hurdle for another catch-drive-pull-up jumper.**

**This is 5 shot cycle... We chart 5s, 10s, 15s, 20s.**

**This gives you a total score out of 50 shots.**

**Your best shooters will score in the high 30's to low 40's.**

**W**

**SWISH**

## Repetition of your Routine

**SWISH**

**A 25 shot FT game (we did it as 20 shot in workouts) but the records have been established as 25 shots.**

**Repetition of your Routine is the most important emphasis of this drill...**

**In this drill, each shot has a point value...**

**A miss is a score of -1**

**A pure SWISH (no rim, no board, just chord) is a score of +1**

**A non swish make is a score of 0**

**This is the system I use of charting this drill. Attempt five shots then chart them accordingly with M for make, S for Swish, and X for a miss...**

**M M X S M (score after five shots would be 0)**

**M S S M M (score after ten shots would be +2)**

**M S M S S (score after 15 shots would be +5)**

**X X M M M (score after 20 shots would be +3)**

**M M S M S (final score would be +5)**

**It might be easier to score at the end if you prefer but keeping score in your head will also help you work on TIME/SCORE situations for game time.**

**You will soon begin to see your total makes increase as you narrow your focus on SWISHING as many attempts as possible without missing.**