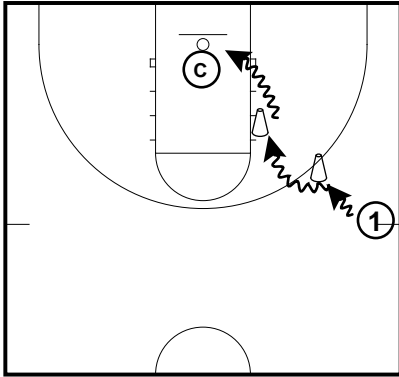


Carroll University

Attack Series

Drills

Frame 1



Begin on left/right side.

Go at the first cone and make a move (cross-over, between the legs, behind the back, stutter).

At second cone make another move, and finish at the rim (Vary your finishes with power lay-ups, reverse lay-ups, Stockton lay-ups).

(Coach may have blocking dummy at the basket, giving you contact).

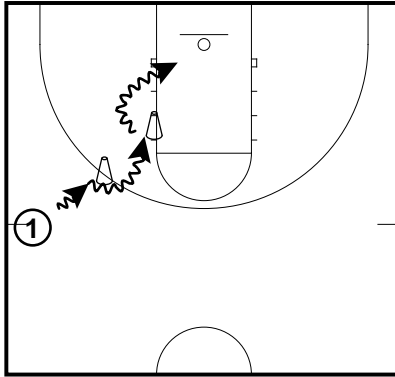
Work hard on the right side for 10-15 minutes.

Repeat on opposite side.

Attack Series

Drills

Frame 2



Begin on right/left side.

Go at the first cone and make a move (cross-over, between the legs, behind the back, stutter).

At second cone make another move. After getting by second cone, shoot a pull-up jumper.

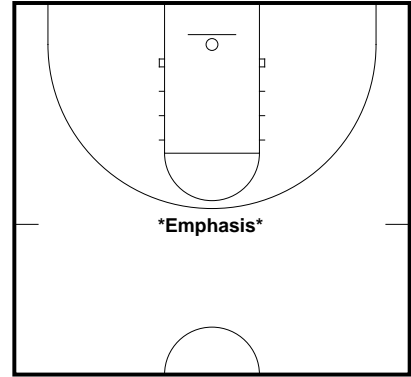
Work for 10-15 minutes.

Repeat on opposite side.

Attack Series

Drills

Frame 3



*Head up when dribbling at all times!

Keep your dribble tight to your body and low

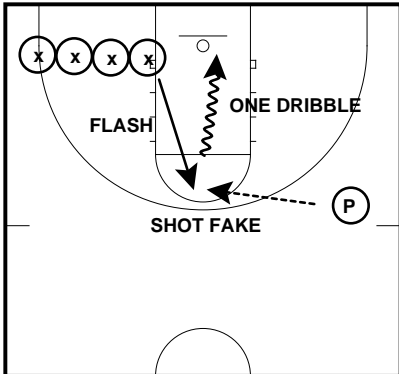
*Mix up dribbles and finishes.

*Go hard, don't cheat yourself!

Flash - 1 Dribble Lay-Up

Drills

Frame 1



* Set-up in low post away from the ball; ball is on the wing.

* Flash to the high post - shot fake and take one hard dribble in for a lay-up (ONLY ONE DRIBBLE).

* Drill can be done from both sides of the floor.

Emphasis

* Set-up cut

* Cut with hands ready to catch

* Square up on catch

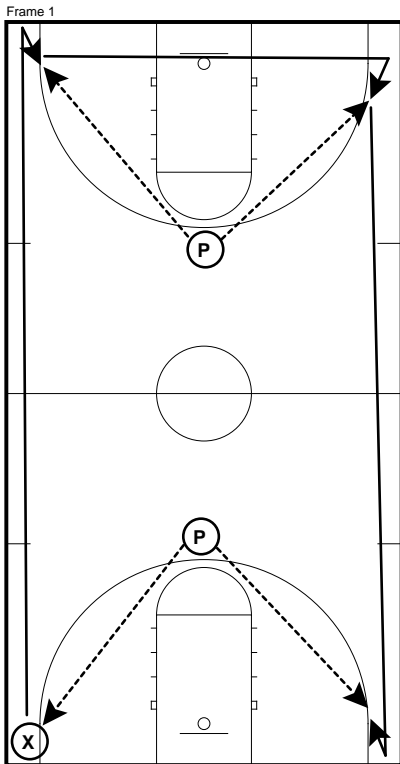
* Drive it! (only one dribble)

* Chin the ball on finish

Carroll University

Full Court Shooting

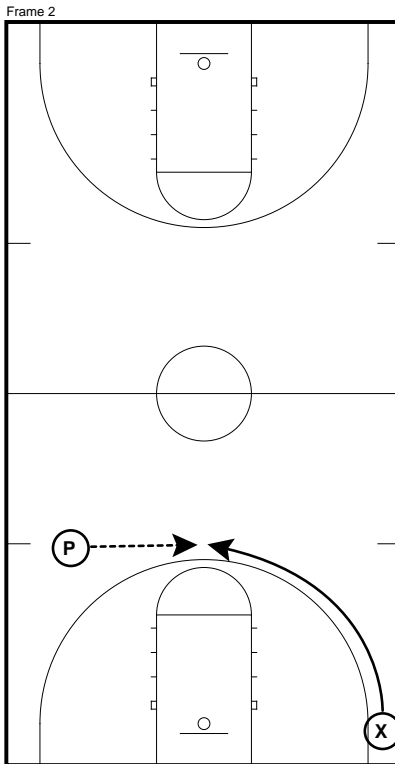
Drills



- The drill starts with the shooter in the corner and two passers (top of the key on both sides/each with a ball).
- The shot goes up and the shooter sprints full court to the corner.
- When the shooter has sprinted to the corner, the shooter will then cut back to the ball for a shot. (1 shot in each corner)
- All other players are rebounding and feeding the passers the balls.
- Emphasis: - Proper footwork stepping into the shot.
- Must sprint hard in transition.
- Set up each shot with an influence step.
- 1-2 Step on every shot
- Hold your Follow Through!

Full Court Shooting

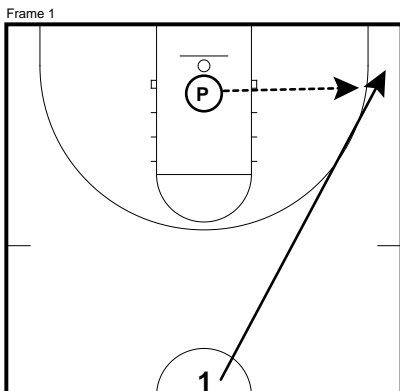
Drills



You can add a 5th shot at the top of the key (see above)

Rip Hamilton Drill

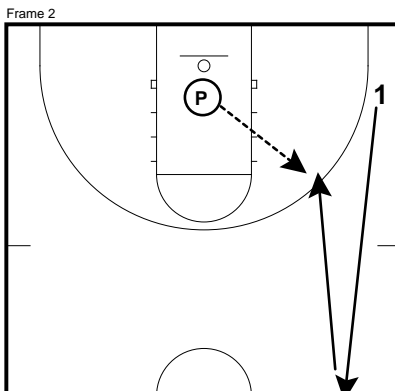
Drills



Start by sprinting from mid court toward the right corner. Receive chest pass for 1st jumper.

Rip Hamilton Drill

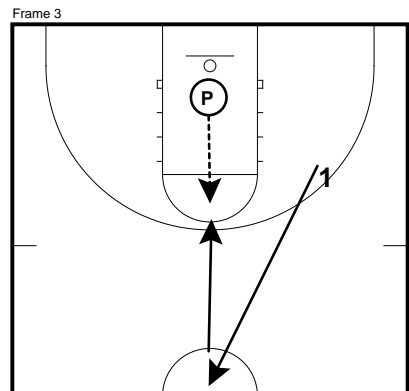
Drills



Sprint back to mid court, touch the line, and sprint back to wing for a jump shot.

Rip Hamilton Drill

Drills



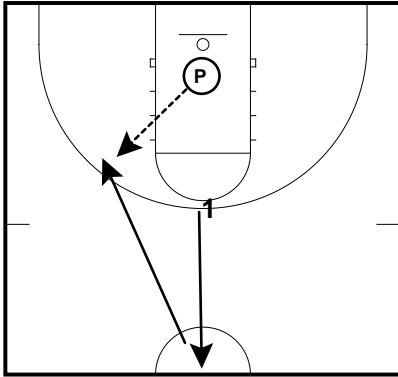
Sprint to mid court, then to top of key for a jump shot.

Carroll University

Rip Hamilton Drill

Drills

Frame 4

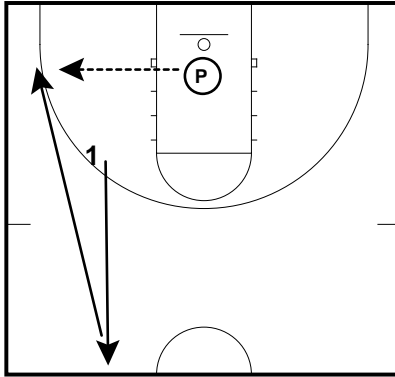


Sprint to mid court, then to left wing for jump shot.

Rip Hamilton Drill

Drills

Frame 5

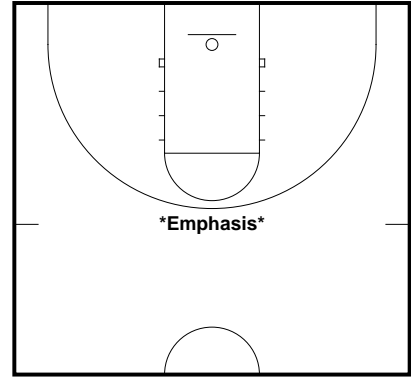


Sprint to mid court, then to left corner for a jump shot.

Rip Hamilton Drill

Drills

Frame 6



*You must sprint game speed! Stay low at turn

*Sprint into each shot with balance.

*Be shot ready on all catches.

*1-2 step-in on all shots.

*Hold your follow through before sprinting back to mid court.

---Notes---

This is a great conditioner, and will force you to focus on proper shot mechanics while you are tired. Don't not sacrifice your form when you become fatigued. You can also mix in a shot fake, 1 dribble pull-up, etc.. To this drill.