

## 1 vs 2 - 2 vs 1

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**Description** The players assume a basic three lines drills position on the baseline. The central line one with the ball (offensive player) and those lateral without the ball (defensive players). On the coach's signal the first player with the ball (central line) dribbles the length of the court for a lay-up at the opposite basket. On a second signal from the coach (two or three seconds later), the first player from each of the two lateral lines sprints to stop the ball. After a make or a missed shot the two defenders immediately become offensive players, and the former offensive player sprints back to become the defender in a 2 on 1 defensive situation. After a score the two former defenders must inbound the ball under the basket they have defended.

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**Players** 3

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**Tips** Emphasize speed in this drill.

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**Variations** The lateral players start when the ball handler reaches the free throw line.  
Limit the number of dribbles by the offensive player in the 1 on 2 situation to 5 or 6.  
In the returning 2 on 1 situation don't permit the offensive players to dribble, only pass to score.

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**Skills** Defensive and Offensive transition

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PERMALINK [www.degerstrom.com/basketball/drills/485/](http://www.degerstrom.com/basketball/drills/485/)

## 1-1 Fast Break

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**Description** Sometimes used as warming up drill. Two teams stand behind their own baseline. One player has ball, and one defender of the other team with him. The player with the ball goes to the other side as fast as possible to score, while the defender tries to steal the ball. As soon as the player has scored (or lost the ball) he will become defender against a new offensive player (a team mate of the earlier defender).

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**Instructions** Player must score or loose the ball before the new player may take over. The 1st player must be aware of his defensive role after his score. The new player must also go as fast as possible.

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**Players** 6 or more (odd number preferred)

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**Tips** With an odd number of players, you will be sure that every couple will be different. Every player will meet another defender.  
Do this drill for about 10 minutes. My boys' team (1984) likes this drill very much, and learn to score under pressure.

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**Skills** Fast Break

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PERMALINK [www.degerstrom.com/basketball/drills/486/](http://www.degerstrom.com/basketball/drills/486/)

# 11 Man Fastbreak

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**Description** This is a continuous 3 on 2. It is designed to work on a good outlet pass, smart decisions when on a 3 on 2, and good defence when faced with a 3 on 2.

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**Instructions** Start with players in each of the four outlet positions, two players playing defence in each key, and three players at half court (with one ball). The three players at half court go 3 on 2 at either end of the court.

When a shot is taken all five players fight for the rebound. Whoever gets the rebound makes an outlet pass to whichever outlet is closer. The outlet who gets the ball dribbles to the middle of the court, the player who made the pass fills the lane on the side the pass was made to, the other lane is filled by the player in the other outlet position.

These three players now have a 3 on 2 going the other way. The four players who did not get the rebound go to one of the open positions, 2 go to the outlet position and 2 play defence. The same happens at the other end of the court and so on.

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**Players** 11 is ideal (but more can be used)

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**Tips** I sometimes keep track of who got the most rebounds and that player has the choice to sit out a conditioning drill if he wants (he usually chooses to sit out).

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**Skills** Outlet pass, offense, defense, layups, rebounding

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**PERMALINK** [www.degerstrom.com/basketball/drills/487/](http://www.degerstrom.com/basketball/drills/487/)

## 2 on 1 Fast break

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**Description** Form two equal lines about five feet above the top of the key (offense). Players face the basket. A third line is formed at the base of the basket (defense). One defender moves up just short of the foul line. The object is to teach the two offensive players how to perform a two on one fast break. It also teaches the defender how to defend a two on one.

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**Instructions** The two offensive players begin push passing the ball back and forth as they run toward the basket (no dribbling is allowed until the player with the ball shoots or determines to set up the offense). Their job is to keep the defender off guard with quick, crisp passing. The defender must decide whether to back up and wait for a last second chance to challenge one shooter or to attempt to steal the ball. What usually happens is the defender eventually realizes that he has to make a stand before the two offensive players get to close to the basket. The offensive players have to decide 1) when to hold the ball and drive to the basket, 2) fake a pass to pull the defender out of position and then drive, 3) pull up and take a short jumper, or, if the play breaks down, 4) setup and run the offense.

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**Players** Can be done with 6, but 9+ are recommended

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**Tips** Speed has to be enforced. The offensive players have to move with determination, usually there are four other opponents running down to help stop the fast break. He who hesitates is lost. It is critical for the offensive player not to lose sight of the fact that fast breaks fail. They have to be smart enough to realize that and not turn the ball over trying to force a bad play.

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**Variations** Drill can be performed as a 3 on 2 as well.

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**Skills** Passing, decision making, shooting and defense

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PERMALINK [www.degerstrom.com/basketball/drills/488/](http://www.degerstrom.com/basketball/drills/488/)

## 2-2 Transition Defense

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**Description** Make groups of two. Set up an offensive and a defensive team on one basket. The other groups of 2 divide up at the position free throw line extended-sideline equally on both ends of the court. One player is positioned on the right side his teammate on the left side.

The two teams on the court play against each other until either the offense scores or defense gets the rebound. The rebounder then quickly outlets the ball to one of the player waiting free-throw-line extended (does not matter if outlet is to right or left side) who takes off with his teammate trying to score an uncontested lay-up.

The former offense gets defense and has to hustle back to other end of the court to try to stop the new offense. Former defense goes at the end of the line position free-throw line and sideline. This is a continuous drill for a specific amount of time.

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**Instructions** No layups for any offensive team.  
Make a quick transition from offense to defense.  
Accurate outlet passes by the defensive rebounder.

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**Players** 8

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**Tips** Do this drill as a contest. Give a point to each group preventing the offense from scoring without foul. Play for a specific amount of points.

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**Variations** This is also a good conditioning drill. You can make this drill even more challenging by adding the pass to the front court. Defense outlets the ball to the next group waiting free throw line extended. The player receiving the pass in this position passes it to the next group on the other side of the court who go for an uncontested lay-up. Former offense has to hustle even more to get back on defense on time.

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PERMALINK [www.degerstrom.com/basketball/drills/489/](http://www.degerstrom.com/basketball/drills/489/)

## 2c2 killer

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**Description** the drill makes your player hustling for lose balls quick transition is requested.

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**Instructions** 2 player in each corner, first player on each side are one team coach with a ball in the middle of the court  
 coach starts drill with call ('GO') and throws ball on the ground  
 players sprint and hustle for the ball, the 2 that get the ball are on offense  
 2c2 til one team scores  
 the team that scores goes to the corner on the side where they score  
 the 'losers' sprint to the other corner  
 next 4 players start

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**Players** 8 at least

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**Tips** emphasize on speed and aggressive play  
 don't call fouls or out-of-bound-situation

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**Variations** use 3c3 instead of 2c2 (or 1c1) etc  
 play with weight ball

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**Skills** hustling for lose balls, 2c2

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PERMALINK [www.degerstrom.com/basketball/drills/490/](http://www.degerstrom.com/basketball/drills/490/)

## 2v1 AND 2v2

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**Description** ONE PLAYER WITH A BALL AT THE TOP OF THE THREE POINT LINE AND ONE PLAYER UNDER THE BASKET. THESE TWO PLAYERS ARE GOING TO PLAY DEFFENSE. TWO MORE PLAYERS STANDING AT THE WINGS OFF THE FOUL LINE.

THE PLAYER WITH THE BALL PASSING TO ONE OF THE WINGS PLAYERS AND RETURNS FIRST BACK TO PROTECT THE BASKET. THE WINGS PLAYERS RUNNING A 2 V 1 SITUATION BEFORE THE SECOND DEFFENDER RETURNS TO HELP HIS TEAMATE. IF THERE IS NOT OPPORTUNITY FOR A QUICK SHOT THEN THEY PLAY 2 V 2.

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**Players** 4

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**Skills** Running and Fastbreak Opportunities

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PERMALINK [www.degerstrom.com/basketball/drills/491/](http://www.degerstrom.com/basketball/drills/491/)

## 3 on 2-2 on 1

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**Description** This is generally a fast break drill designed to up transition awareness, as well as improve odd man rushes on offence and defending the 2 on 1.

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**Instructions** Have three players set up as you would have them set up for the 3 man weave. Have 2 players on defense down at the other end ready to attempt to defend that odd man rush. Have the 3 players go down the floor and attempt to score by various passing. Stress that all odd man rushes should end up with 2 extra points. The player who shoots the ball now has to run back and play defense against the two who were playing defense against the 3 on 2. For the 3 on 2 there is one shot only. The other two who were apart of the 3 on 2 who didn't shoot the bball are now on defense waiting for the next group of 3 to come down and so on.

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**Players** 5

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**Tips** Like before stress to the players that all odd man rushes should end up with 2 extra points for the team with the number advantage.

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**Variations** Instead of just regular shooting, allow the players to shoot only threes, and challenge them to get a certain amount in an allotted number of shots allowed.  
Add a set of sprints or suicides if you want.

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**Skills** Transition/offence/defense

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PERMALINK [www.degerstrom.com/basketball/drills/492/](http://www.degerstrom.com/basketball/drills/492/)

## Three-Man Pass with Conversion

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**Description** Its like a three-man weave but no weaving. The conversion is like fast break conversion.

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**Instructions** Get three lines of players. 1's and 2's in the middle and 3's-5's in the other two lines. They pass back and forth all the way down. The person in the middle alternates who they are passing it to. As they are going down the court passing they are saying the name that they are passing it to. When the two outside guys get to the opposite free throw line they break to the basket for a lay-up or a alley-oop dunk but it must be finished. After the basket is made it is the same thing down to the other end.

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**Players** three or more

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**Tips** I make sure they are talking to one another.  
Make sure the drill is finished as if they are on a fast break.  
The middle guys can not pass if the outside guys do not cut.  
Make sure the guard chooses were to pass before the free throw line. Because that free throw line is a defender who is ready to take a charge.  
Start out a little slow then work your way up.

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**Skills** Teamwork, Passing, Lay-ups

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PERMALINK [www.degerstrom.com/basketball/drills/493/](http://www.degerstrom.com/basketball/drills/493/)

## 5 on 5 on 5 Press Breaker

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**Description** This drill will help your defense press improve and assist your offense in breaking presses. This drill never stops. It simulates actual game situations and helps with conditioning. Your offense is always attacking the press with YOUR press breaker and the defense is always using YOUR press.

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**Instructions** You have 3 teams of 5 players. Team A, B, C.

- Team A is pressing
- Team B is in press offense.
- Team C is at half court waiting for ANY change of possession so they can come on pressing.
- If you score, you stay on offense and take the ball out going in press offense. Team on the sideline comes in pressing.
- You get 3 points for breaking a press and 5 points for stopping the offense.

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**Players** 15

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**Tips** Keep the team on the sideline ready and organized to press so when there is any change of possession, they are ready. You may use colored vest. You can change presses or have each team in a different press or half court trap.

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**Skills** Pressing or Breaking Presses

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PERMALINK [www.degerstrom.com/basketball/drills/494/](http://www.degerstrom.com/basketball/drills/494/)

## 5 on 5 on 5

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**Description** I will develop the drill for 5 on 5 on 5. Make sure that 5 are shirts, 5 are one color and 5 are an off color or skins.  
5 on offense and 5 on defense at one basket while five more wait on offense at the other end of the court.  
After playing defense and outletting the ball the 5 defensive men stay on their end of the court and become offense.

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**Instructions** The 5 on offense will work the ball for a shot.  
Whether they make or miss the ball is outletted by the defense to the coach.  
The offensive players must retreat quickly and pick up the 5 offensive players on the other end of the court.  
The 5 offensive players receive the ball from the coach and try to score.  
The defensive players must rebound and outlet the ball to the coach who then passes the ball to the other 5 who are waiting to score at the other end of the court.  
The 5 defensive players get back and the drill continues.

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**Players** 9, 12 or 15

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**Tips** The coach controls the pace of the drill. Players must protect the basket, find the ball, find open men and get pressure on the ball. (all the good rules of half court defense are observed)  
They must Talk, talk, talk....make sure the players understand the importance of who to take and why they must play the ball/ protect the basket.  
Offense must go for the rebound..not just retreat on defense

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**Variations** Work the drill for points or time limits.  
Offense must pass the ball at least twice before they can shot.  
Have offense touch the end line before they get back on defense.  
Losing teams have to run, et. al...

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**Skills** Getting Back quickly, stopping the quick score, talking on D, et.al

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PERMALINK [www.degerstrom.com/basketball/drills/495/](http://www.degerstrom.com/basketball/drills/495/)

## Ambush

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**Description** Start with 6 players on defense and 6 on offense. 4 players on offense are put at stationary points on the court and aren't allowed to move except where they can pivot, the other two offensive players can go anywhere on the court. 2 defensive players are put at stationary points (usually down by the basket) and the other four can go anywhere on the court. The goal is for the offense to get the ball down the court and score using their stationary teammates to throw passes to.

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**Instructions** The ball is inbound at one end of the court by the offense, the ball can be passed to any of the stationary players as long as they don't move their pivot foot. The defense tries to steal the ball and tries to 'ambush' the offensive duo. The ball is moved up the court and they can go Over and Back if they need to. They keep going until they score a basket. Remember you have 2 offensive players moving against 4 defensive players moving. Make sure the defense sets as many traps as they can. Every time the offense loses the ball, they start over.

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**Players** 12

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**Tips** The goals of this drill are to emphasize passing as the key to breaking a press and to set effective traps.  
This drill is very good because both teams really have to work to get a basket and to stop the score.  
This is a good drill for young teams to get them used to trapping the right way.

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**Variations** The same offensive duo has to keep going until they get a score or an offensive rebound.  
Players can be rotated so they aren't always stationary.  
Give the offensive duo a limited # of tries to give others a chance.  
Later on you can add push ups and sprints for failed attempts.

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**Skills** Press-breaking and Setting Traps

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PERMALINK [www.degerstrom.com/basketball/drills/496/](http://www.degerstrom.com/basketball/drills/496/)

## Back-Tip Drill

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**Description** Two defensive players try to tip ball from dribbler to 3rd defender ahead, and quickly convert to offensive players.

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**Instructions** 3 players face coach on baseline, standing shoulder to shoulder about 5-6 ft. inside court. A 4th player is at half court. Coach passes ball to middle player, who turns and dribbles down the court while being chased by the other two. Each Chasing player tries to 'run through the leather', tipping the ball ahead. The 1/2 court defender 'bluffs and fakes' while the dribbler approaches, trying to slow him down aiding his defensive teammates. Once the tip is made the 1/2 court defender scoops up the ball (like a shortstop) and the three defenders now become offensive players. The goal might be to have a team go through this making 5, 10, 12, etc. conversions to scores in a row.

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**Players** 4

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**Tips** 1/2 court defender MUST 'bluff and fake', NOT be caught flat-footed. His job is to slow the dribbler, or cause him to hesitate.

Chasing defenders must NOT reach or extend their upper bodies, but rather place hands down palms up and 'Run through the leather'.

Once the ball is loose, possession must first be gained by the 1/2 court defender. Then with quick reaction (no more than 2 dribbles) he must pass ahead to his teammates (now on offense). We remind our players that if 'we steal it, we pass it'.

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**Variations** Have the initial passer be a player trailing the dribbler, who becomes a defender with the dribbler, when the ball is tipped ahead. This allows the defense-offensive players to attack 3 on 2.

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**Skills** Making transition quickly

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PERMALINK [www.degerstrom.com/basketball/drills/497/](http://www.degerstrom.com/basketball/drills/497/)

## Blitz

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**Description** 1 defender starts out under each goal. a line is formed at the half court line on each side. 2 players with a ball start on one end of the court and go across halfcourt to attack the bucket on a 2 on 1 break. As the ball crosses halfcourt a defender from one line or the other runs out and must get a foot in the halfcourt circle then pursues the ball to help the lone defender. Alternate the lines by designating which line will help on which end that way each line only pursues when the ball goes one direction. Offense shoots until they score or the defense gets the ball in which case they start back the other way. Offense stays, one goes to a line one stays on defense

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**Players** at least 6 more is better

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**Tips** Make the line defender get a foot in the circle before helping. Defender under the bucket cannot come out of the lane after the ball. You have to stay in and try to force a pass or a jumpshot. The offense will learn that on a fastbreak with an advantage you have to attack the bucket or the defense will get back. Defense will learn how to defend against a fastbreak until help gets there.

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**Variations** You can also run it so that the defense only gets to go if they stop the offense from scoring.

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**Skills** Running a 2 on 1 break and helping on the break on defense

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**PERMALINK** [www.degerstrom.com/basketball/drills/498/](http://www.degerstrom.com/basketball/drills/498/)

## Break Advantage

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**Description** 5 players start and run their primary break. They are attacking 4 players.

The 4 players can play man to man at a disadvantage or show a 2-2 or 1-3 zone if you are preparing for that defense. The rule is for the shooter and the passer to drop out of the drill.

The drill starts 5-4, then 4-3, then 3-2 and finally 2 on 1.

It is a continuous drill and it forces players to communicate to who is still in the drill and who has the ball on defense. It also creates more real live break situations, rather than having players waiting on defense in a tandem.

In the 5-4 and 4-3 situations, the offense is instructed to get a good shot, to find the open man and to get a high percentage shot. Defensively, a defender cannot guard two men in a row. Forcing constant rotations on defense.

In the 3-2 and 2-1 situations, the offense must attack and the defense must work at taking gambles and hopefully forcing the offense to make more than 2 passes, slowing them down or creating a turnover.

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**Instructions** Have 2 teams and run the drill continuously. Once you are done with begin with a new 9, forcing your players to play with fatigue.

Note: If there is a turnover, players must talk out who is still in and who is dropping out, so that the drill is allowed to continue. This may seem like a problem but it does force communication from your players.

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**Players** 9

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**Tips** Make it a competitive drill. Have the 2 teams compete for a sprint.

Give each team 1 point for a basket and 2 points for a turnover.

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**Variations** In the 5 on 4 and the 4 on 3 situations, you may want to mandate who is going to score, forcing your players to remain patient, tough with the ball and to get them to get the ball to a player in a scoring situation.

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**Skills** Recognizing open man, defending disadvantage, 3 on 2-2 on 1

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PERMALINK [www.degerstrom.com/basketball/drills/499/](http://www.degerstrom.com/basketball/drills/499/)

## BREAKOUT

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**Description** TEAM STARTS IN 2-1-2 ZONE DEFENSE. TEAM MUST MOVE WITH SHOOTER, REBOUND, AND MAKE FAST BREAK TRANSITION. FOCUS ON STRONG REBOUNDING, IMMEDIATE OUTLET TO GUARD ON REBOUND SIDE AND OPPOSITE SIDE PLAYERS RUNNING THE FLOOR FOR SUCCESSFUL BREAK.

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**Instructions** 5 TEAM MEMBERS PLAY SHOOTER IN 2-1-2 ZONE AS SHOOTER WORKS THEM AROUND THE FLOOR. PLAYER CAN EITHER SHOOT OUTSIDE OR PENETRATE AND SHOOT. IF SHOT IS MISSED INSIDE PLAYER MUST PULL STRONG REBOUND AND LOOK TO OUTLET TO REBOUND SIDE. GUARD ON THAT SIDE MUST BREAK BACK TO GET REBOUND AND PUSH BALL HARD UP MIDDLE OF THE FLOOR. AS SOON AS POSSIBLE GUARD MUST MAKE FIRST OUTLET PASS AND PLAYER MUST EITHER MAKE QUICK LAYUP IF CLOSE ENOUGH OR PASS OFF TO MAN FURTHER UP FLOOR NEAR BASKET. USE AS LITTLE DRIBBLING AS POSSIBLE BY FIRST GUARD AND PASS RECEIVERS.

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**Players** 5 + 1 SHOOTER

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**Tips** MAKE SURE EVERYONE RUNS THE FLOOR INCLUDING THE TRAILER WHO IS USUALLY THE REBOUNDER. MAKE GOOD ACCURATE PASSES AND MOVE BALL DOWN FLOOR QUICKLY. PLAYER MUST CONCENTRATE ON MAKING LAYUP.

MAKE SURE REBOUND SIDE GUARDS DON'T RUN AWAY FROM REBOUNDER.

MAKE SURE OPPOSITE PLAYERS GET OUT QUICKLY TO MAKE FASTBREAK TRANSITION.

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**Variations** ANY PHASE OF FASTBREAK THAT NEEDS IMPROVEMENT. ADJUST DEFENSE AS NECESSARY FOR YOUR TEAM.

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**Skills** REBOUNDING/OUTLET PASS/OPPOSITE SIDE RUN/TRAILING THE PLAY

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PERMALINK [www.degerstrom.com/basketball/drills/500/](http://www.degerstrom.com/basketball/drills/500/)

## Dog Days

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**Description** This drill is a great conditioning drill that works many aspects of the fast break. You need six cones to keep the players in proper lanes. It requires all four players to run the full length of the floor up and back two times. The cones should be set at the top of the key and each wing on each end of the floor.

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**Instructions** The post player throws the ball off the board and goes for the rebound hard.

A point guard is ready on the baseline and sprints out to the top of the key as soon as the post throws the ball for the rebound.

Two wings sprint the sidelines outside of the cones looking for the pass up court from the point.

The wing that receives the pass makes the decision to go directly back to the point, cross court to the opposite wing (which requires a perfect pass), or take the lay up without a dribble. If the pass goes back to the point he has to make the decision on who is in position for the easy lay up.

The wings cross and sprint the opposite sideline as before

The post is sprinting to the other end of the floor to get the rebound out of the net before it hits the ground.

Repeat the sequence until four lay ups have been shot.

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**Players** four

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**Tips** The point goes around the cone at the top of the key.  
The wings take a 45 degree angle from the cone to the hoop.  
The post sprints never letting the ball hit the floor.  
Stress communication on each pass and crisp passes up the floor.  
Never allow the ball to hit the floor.  
Put a time limit and a goal each time you run the drill.  
We run for four minutes and require 50 lay ups

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**Variations** Jump shots from the wing.  
Point jump shot.  
Trailer lay up.

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**Skills** Fastbreak, quick outlet, passing, communication, lay-ups

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PERMALINK [www.degerstrom.com/basketball/drills/501/](http://www.degerstrom.com/basketball/drills/501/)

## Eagle (Breaking the press)

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**Description** Your best ball-handler out of bounds. Two wings in a stack. Two post near center court across from each other horizontally spread to the sidelines.

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**Instructions** Your best ball handler will inbound the ball to one of the wings who are set up in a stack in the foul lane under the basket. When player slaps ball and says break the wings split apart and one of them receives the ball. After the wing receives the pass she will move it back to the one who inbounded the ball once she steps into the lane. When she receives the ball she will fire it to the post player who is set up near the sideline at center court. The post will be moving when she receives the pass from the wing and she will then fire to the opposite post who is breaking towards the basket for a layup.

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**Players** 5

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**Tips** Stress quick ball movement and hustle. If done right the ball will not touch the floor.

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**Variations** The girl inbounding the ball can throw deep to the posts and then start the break.

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**Skills** Dribbling, Passing, Shooting

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**PERMALINK** [www.degerstrom.com/basketball/drills/502/](http://www.degerstrom.com/basketball/drills/502/)

## 5-man break

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**Description** This is a five on zero transition drill, run from a defensive free throw alignment. It teaches the kids to sprint the floor, to always look up when they catch, and to keep the ball moving quickly. Though it is run from a free throw situation, it is not necessarily a play to be run after a FT, though it can be. Instead it teaches kids the concept of the break and is a great conditioner.

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**Instructions** Coach is ready to shoot the ball at the FT line. The 1 and 2 are closest to the coach on opposite sides of the line. The 3,4,and 5 are in the positions closer to the hoop. When the coach shoots the drill goes, full-court and back, until the team has made ten lay-ups.

The 1 and 2 have these responsibilities: 1)Go to opposite outlet spots 2)If you catch it, hit the other guard running from his outlet spot to mid-court 3) If you don't catch it on the outlet sprint to the middle, catch it and pass ahead to the man (3,4,or5) sprinting for the lay-up. After this the 1 and 2 sprint to the outlets on the other end and keep repeating the process.

The job of 3,4,and 5 is: 1) If you shoot the ball on one end sprint to the other end to rebound it and hit an outlet man. 2) If you rebound it, outlet the ball to 1 or 2 and go to half-court in a wide lane. You wait and when the ball comes back your way you sprint the lane back to the basket you rebounded from, catch the pass from 1 or 2 and lay it in one stride without dribbling or traveling. Then, since you just shot it go to the other end, rebound and keep repeating the process.

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**Players** Five

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**Tips** This drill is nonstop sprinting and goes until ten consecutive made baskets. If one is missed, start the drill over with the same five.

Make the 1 and 2 get all the way to the outlets every time, make good passes ahead and sprint hard to the middle. Make the shooters (3,4,and5)go all the way to 1/2crt. after the rebound and outlet and emphasize finishing without dribbling. Also, when the drill is first started, the runner(3,4,or 5) who rebounded the FT goes to half court while the other two sprint the floor to see who will get the pass to shoot and who will have to rebound.

When run right, the ball never touches the floor during this drill.

If the rebounder can't get to the ball before it hits the ground we start over. This keeps people sprinting and makes the drill a conditioner.

This drill is pretty to watch but tough to finish in one try the first couple times and will challenge the kids. We use it at the end of practice sometimes to trick the kids into conditioning. With the rest of the team cheering and waiting to run the drill themselves, when it is done the kids usually walk out of practice feeling good.

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**Skills** running the lanes, looking up and hitting the open man, finishing with pressure

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PERMALINK [www.degerstrom.com/basketball/drills/503/](http://www.degerstrom.com/basketball/drills/503/)

## Foul Shot Fast Break

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**Description** Players start in their normal defensive foul shot locations. Your point guard will be at half court and will break on the make to (in this case) the right side of the floor. Your 5 man takes the ball out of bounds as quickly as possible. Your 4 man will trail down the center of the court. Your 3 man will fill the left lane. Your 2 man will break to the hash mark waiting for the pass from the five. The 2 man looks to pass to the one to continue the break or dribbles hard to the center of the court. We run this first without defense then add the defense. You can also tell your three point shooters to spot up. This will also allow you get into your offense quickly.

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**Instructions** Have your team set up into groups of five. Give the team different options that they have to deploy. Make sure that you use all the situations that may come up in a game.

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**Players** Minimum 5

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**Tips** If this drill is done quickly and the players are skilled at seeing the different options you will be surprised at the number of quick shots and secondary lay-ups you will get.

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**Skills** Getting ball in play quickly, filling lanes

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PERMALINK [www.degerstrom.com/basketball/drills/504/](http://www.degerstrom.com/basketball/drills/504/)

## Full Court Lay-ups

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**Description** This is a great drill for any level. It will work on conditioning, lay-ups and passing in the transition game. Teams that like to beat the defense back down the floor for easy baskets will find this drill valuable.

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**Instructions** Split teams into two equal lines. One line stands out of bounds near the outlet area. The other line stands under the basket with two balls. Player 1 under the basket bounces the ball off the backboard, rebounds it and fires a crisp outlet pass to the player 2 in the outlet line.

Player 2 dribbles the ball to the middle of the floor down to the opposite foul line. Player 1 fills in the lane near the sideline on the outlet side of the floor and sprints to the block under the opposite basket, receives a pass from player 2 and makes the lay-up.

After player 1 makes his lay-up, he rebounds his make and jumps out of bounds to inbound the ball. Player 2 the sprints up the floor (on the opposite side of the court as the first lay-up) near the sideline. Player 2 must look back to the ball and receive a full court pass from player 1 and then make the lay-up.

Players 1 and 2 switch lines after their first rotation through the drill.

As soon as player 1 and 2 reach the first lay-up point, the next two players should start their rotation through the drill. This will allow for continuous motion and conditioning.

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**Players** 6-16

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**Tips** Make sure players stay close to the sideline and make a good 90 degree cut to the block. This will allow him to be in proper lay-up position.

The outlet man must take two hard steps back toward the outlet pass to avoid having the outlet pass picked off.

The full court pass should reach the sprinting player so no dribble is required before the lay-up.

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**Variations** Add defensive players to the drill at the outlet, lay-up, and out of bounds pressure areas.

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**Skills** Lay-ups under fatigue and transition passing

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PERMALINK [www.degerstrom.com/basketball/drills/505/](http://www.degerstrom.com/basketball/drills/505/)

## Get Down

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**Description** This drill is a good beginner drill that focuses on rebounding the ball, getting a good outlet pass, and getting the ball down the court with hustle and good passes. This is also a good conditioning drill.

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**Instructions** Have three people come out and face the goal. When the coach shoots the ball, one of the three rebounds the ball, while player 2 and 3 are filling both outside lanes. The rebounder quickly gives an outlet pass to player 2. Player 2 then passes the ball to player 3 who should now be at about free-throw line extended of the other end of the court. Player 3 now passes back to player 1, who has sprinted up the court for a no dribble lay-up.

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**Players** 3

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**Tips** You really need to emphasis not only good passses, but also passing in front of the receiver.  
I also emphasis hustle on this drill. It will not work if someone is not hustling down court. Once your player have this drill down, it can be a very good conditioning tool.

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**Variations** I also add one element in once they get the drill down. I call it an INCENTIVE. If someone is not where they are suppose to be for a pass, they must run 5 full court sprints. If someone passes a bad pass, they must do 25 chest passes against the wall.  
Once your team becomes a little more comfortable with this drill you can add 1 defender, 2 defenders and so on.

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**Skills** Fast Break

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PERMALINK [www.degerstrom.com/basketball/drills/506/](http://www.degerstrom.com/basketball/drills/506/)

## Jacksonville Transition Drill

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**Description** To begin the Jacksonville transition drill, station three players spread out on the baseline, and an additional two players on each sideline. The three players in the middle will execute a three-man weave down-court on trip #1. While at the same time, the two defenders on the sidelines will sprint from baseline to the opposite baseline, and return to the original end of the floor in a two man tandem defensive set. The other three players who executed the three man weave will rebound the made lay-up, and pass the ball back and forth to the opposite basket, with one player in the middle and one player on the left wing, and the other on the right wing. Upon entering the scoring area, the three offensive players will execute a 3 on 2 scoring opportunity. After scoring, or a rebound by the two defensive players, trip#3 will take place with the two defenders becoming offensive players, and the middle man of the three original offensive players sprinting back on defense to defend the 2x1 transition phase of the drill. The drill ends when the two offensive players score, or the one defensive player secures the rebound.

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**Instructions** Five lines can be formed on the baseline to begin the drill. The three inside lines begin by initiating the three-man weave. The two outside lines will be defensive players to initiate the drill. The two defenders must communicate who has the top defensive spot, and who has the back defensive spot. Emphasize proper fundamentals: passing, catching, shooting, rebounding, etc.

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**Players** 5

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**Tips** This is a great drill to begin practice with, emphasize teamwork, communication, fundamentals. Get everyone involved in all five positions, this allows post players to play the point and wing positions. Drill should not last longer than five minutes.

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**Skills** Transition, 3x2, 2x1, Teamwork, ball handling, passing

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PERMALINK [www.degerstrom.com/basketball/drills/507/](http://www.degerstrom.com/basketball/drills/507/)

## Kennewick Drill

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**Description** This drill helps to improve your team's ability to see a mismatch and turn it into a fastbreak bucket.

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**Instructions** There are five lines and the coach stands at half court with a ball. The first five people in each line run out and touch half court and then run and fill their positions. The people from the 1, 2, and 3 lines are offensive people. The coach throws the ball to the first offensive player to reach half court. The people from the lines 2 and 3 are the defensive players. From here you play a 3 on 2 break.

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**Players** 10 or more

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**Variations** 3 on 2 break

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**Skills** 3 On 2, mismatches

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PERMALINK [www.degerstrom.com/basketball/drills/508/](http://www.degerstrom.com/basketball/drills/508/)

## Louisville

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**Description** Louisville is a drill of three on three half court at both ends. The game goes to ten and is played by two teams of 6 players

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**Instructions** one team gets on one side of the floor on the side line and the other team on the other side both are forming a line. Two people start out on defense for one team and three on offense. The offense starts on the opposite side of the half court line. When the last person on the offensive team crosses half court the other defensive player can run in and play defense with the other two. Play continues till offense scores or defense rebounds. Then defense pushes it down the floor while two player from the starting offensive team (which are in line) run to the other end to play defense when the last of the new offensive players crosses half court the other defense can run out and play defense also. The game continues until a team scores 20 points (or whatever score you choose).

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**Players** 12

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**Tips** This is a good drill for defensive hustle and has become very popular with my team.

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**Skills** Defense and offense

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PERMALINK [www.degerstrom.com/basketball/drills/509/](http://www.degerstrom.com/basketball/drills/509/)

## Numbers

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**Description** I use this drill to teach players how to recognize when to run a fast break and when to run our secondary break.

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**Instructions** Have one team line-up across the foul line extended  
Have team 2 line up facing team 1 along the baseline  
The team on the baseline is the offensive team once the drill begins  
The coach throws the ball to a player on the baseline and calls out a single number or any combination of the numbers 1 -5 (ex. 12)  
- When the coach calls out the number(s) those defensive players have to touch the baseline before getting back on defense  
- In the example the 1 guard and 2 guard would have to touch the baseline before returning to defense  
If the offense scores either by running a fast or secondary break the drill stops and resets -- however if the defense stops or gets a rebound they can run one of the breaks depending on the numbers  
The drill stops and resets when someone scores

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**Players** 10

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**Tips** This drill is excellent for teaching the secondary break concept  
- I teach my players that if three or more people are back on D - then we 'flatten out' into our secondary - if two or less is back we attack the basket in a 3 on 2 or 2 on 1 situation  
This provides a scrimmage situation while you still accomplish working on the secondary break

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**Skills** Numbers recognition

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PERMALINK [www.degerstrom.com/basketball/drills/510/](http://www.degerstrom.com/basketball/drills/510/)

## OV Transition

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**Description** This is a drill that teaches how to run and defend the fast break. A good 3 on 2, 2 on 1 fast break drill. Shooting, rebounding, making the outlet pass, filling the lanes, decision making, defending the break, and getting back on defense.

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**Instructions** Place 2 defenders at the far basket, one at the foul line, the other in the middle/lower part of the lane. We'll call these players 4 and 5.

Place 2 rebounders at the other end of the court near the low blocks. (Players 1 and 2.) Place the shooter at the top of the key (Player 3). Form a rebounding line under the basket out of bounds and a shooting line out of bounds at the foul line extended. One of the rebounders (1 or 2) bounce passes to the shooter (3) who cuts in and jump stops at the foul line and shoots. The rebounder (1 or 2) who gets the ball outlets to the shooter (3). The shooter (3) takes the ball to the middle of the floor and the rebounders (1 and 2) fill the lanes for a 3 on 2 fast break to the other end of the court where players 4 and 5 will defend.

Play continues until a basket is made or one of the defenders (4 or 5) gets the ball. After a made basket or a defender (4 or 5) gets the ball, the defenders (4 and 5) break to the other basket, the original shooter (3) has to get back to be the defender of the 2 on 1 break that players 4 and 5 are running to the other end of the court. Players 1 and 2 stay to become the defenders for the next 3 on 2 break.

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**Players** 5

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**Tips** With the 3 on 2, play no out of bounds. With the 2 on 1, allow only 1 shot.

Stress a good strong outlet pass, filling the lanes correctly and getting a layup at both ends.

With the 2 on 1 make sure the players spread the defender and make him commit.

Stress bounce passes.

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**Skills** Fast break - rebounding, passing, decision making, defense, conditioning

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PERMALINK [www.degerstrom.com/basketball/drills/511/](http://www.degerstrom.com/basketball/drills/511/)

## Outlet/Break Drill

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**Description** This is a continuous motion drill, which emphasizes defensive rebounding, outlet passes and fast break skills. In the drill, three players work on defensive rebounding, pivoting and outlet passing and three other players work on fast break offense or defense.

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**Instructions** Three players stand in rebounding position under basket. Three other players are positioned between the foul line and mid-court, with one in the center and the other two on the wings. A coach throws the ball off the basket and the three rebounders fight for the rebound. The player who gets the rebound pivots and makes an outlet pass to one of the two wings. The other two rebounders try to stop the outlet pass. The two wings work a 2 on 1 break against the player in the center, who defends and tries to disrupt the break. The groups then switch roles, with the fast break unit becoming the rebounders under the far basket and the rebounders becoming the fast break unit.

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**Players** 6

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**Tips** Emphasize key fundamentals, including good rebounding position; the importance of pivoting to evade defenders and to get a good passing lane and crisp passes by the rebounder and the fast breaking unit.

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**Variations** Can be run with additional sets of three players. In this variation, the fast break unit goes off the court after the fast break, the rebounders become the fast break unit and new players become rebounders.

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**Skills** Rebounding, pivoting, outlet passes and fast break

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PERMALINK [www.degerstrom.com/basketball/drills/512/](http://www.degerstrom.com/basketball/drills/512/)

## Philly Fast Break

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**Description** PG on left foul line ext., 2-guard on right foul line ext., 3F on left 3pt. line, 4F on right 3pt. line, 5c under basket for rebound. All in fast break mode!!

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**Instructions** 5 throws ball off backboard to start fast break. 5 passes to 1, who goes in for a lay-up. 5 rebounds, passes to 1, who passes to 2 for a lay-up. 5 rebounds, passes to 1, who passes to 3 for a lay-up. 5 rebounds, passes to 1, who passes to 4 for a lay-up. 5 rebounds to 1, passes to 1, who passes to 5 for a lay-up. Non-stop; from one end to the next. It can start from either end of gym. Group should finish opposite where they started.

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**Players** 5-10 players

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**Tips**

- 1 guard always receives outlet pass.
- 2 guard always runs from foul line to foul line.
- 3 and 4 forwards always stay as far wide as possible, with the 3 forward running inside the criss-cross.
- 5 center always trailer on break, always gets the rebound to start the break and always the last person to score.

---

**Variations** Start off slow until players get the hang of running. When team can handle break, any misses, team must start back over. Also use stopwatch to time initial trial run then cut time for faster results. Also make sure 1 guard gives good bounce or chest passes to 2, 3, 4 and 5. Other players must have their hands ready to receive pass when it's their turn to score. Everybody must run hard, especially 3 and 4.

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**Skills** Endurance, conditioning, end to end lay-up drill

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**PERMALINK** [www.degerstrom.com/basketball/drills/513/](http://www.degerstrom.com/basketball/drills/513/)

## Raider Transition

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**Description** Start with three lines under the basket with the ball in them middle. The person in the middle passes to a wing and wing passes back to middle (repeat each side) down the floor in a straight line. When the middle person reaches the opposite top of the key they bounce pass to a wing. The middle person then defends the two wings 2 on 1. After a shot is made or defense steals the ball, the defender (middle person) takes the ball out of bounds. The shooter or person ball is stolen from or turns it over, becomes the defender against the opposite wing (person to person denying the inbounds pass). Once the pass is in bounds the two offensive players go 2 on 1 the length of the floor.

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**Instructions** This is great drill for transitioning from offense to defense, making good passes, denying the ball inbounds, receiving the ball under pressure and pushing the ball up the floor and finishing the shot (it's great for hidden conditioning).

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**Players** 3

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**Tips** Passers must call out teammates names, players on the side must cheer good plays (defense and strong finishing is the primary goal).

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**Variations** Instead of straight line passing you can do a three-person weave.

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**Skills** O to D transition, passing.

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**PERMALINK** [www.degerstrom.com/basketball/drills/514/](http://www.degerstrom.com/basketball/drills/514/)

## Rush

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**Description** A great conditioning drill with emphasis on running and defending the fast break.

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**Instructions** Have 3 defenders start at 3-point arc one at the top of key and the other two at the wings. Have remaining players form three line at the baseline (offense) matching up with the defense. Coach stand behind the defense and bounces the ball to one of the 3 offensive players, when he receives the pass, he pushes the ball to the middle with the other two filling the outside lanes the defensive man at the arc who was playing the receiver must sprint to the baseline and touch as his two teammates slow the break in time for him to recover before the shot is made. The 3 Offensive players become defense and the next 3 offensive players get in position for the next break.

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**Players** 6

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**Skills** Finishing the fast break quickly , dribbling

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PERMALINK [www.degerstrom.com/basketball/drills/515/](http://www.degerstrom.com/basketball/drills/515/)

## SMU

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**Description** Make four lines, one in each corner of the court. Have two defenders at each goal and start with three people on offense. The three offensive men will break on the two defenders until the ball is missed or stolen. The defender who recovers the ball will outlet to the first person waiting in line and you once again have a three on two situation at the other end of the court.

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**Players** 11

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**Variations** No dribble  
2 man (set picks off of every pass)

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**Skills** transition

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PERMALINK [www.degerstrom.com/basketball/drills/516/](http://www.degerstrom.com/basketball/drills/516/)

## St. Joe's

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**Description** 2 teams of 5. 3 offense on each side, different teams, and 2 defense on each side, different teams.

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**Instructions** The 3 offense of one team starts with the ball. When they score the 2 defense take the ball out and start a press break. Their teammates, the offense at the other end, cannot cross into the back court to help break the press. once the team has broken the press, the same goes on at the other end of the floor. Keep running like a scrimmage.

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**Players** 10

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**Tips** This is great on working on handling pressure and disadvantages. This drill is a great motivator and enthusiasm builder. Kids love it.

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**Skills** Pressure, breaking and applying

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PERMALINK [www.degerstrom.com/basketball/drills/517/](http://www.degerstrom.com/basketball/drills/517/)

## The rabbit.

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**Description** The twelve players are divided into four teams of three. Only two teams work at a time. One team takes places at the baseline, with one player in the corner, one under the basket and the last one in the opposite corner. The opponent team, faces the previous three taking places opposite them at the extension of the foul line. The team standing at the baseline is the offensive team and the team at the extension of the foul line the defensive team.

Each player from the defensive team gets a number. The first player opposite the corner is '1', the next one is '2' and the last one is '3'. In the offensive team the player under the basket has a ball to start.

The drill begins with the coach shouting out loud a number between 1 to 3. The player whose number has been shouted must run to the baseline, touch it and then return to the other side of the court and try to play defence. The offensive team tries to run and score before the defence recovers.

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**Players** 12.

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**Skills** Fast-break.

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PERMALINK [www.degerstrom.com/basketball/drills/518/](http://www.degerstrom.com/basketball/drills/518/)

## Transition Drill

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**Description** 9 players setup along the baseline, 5 on offense 4 on defense. (An offensive player with the ball) The point guard of the defensive 4 starts at the half-line.

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**Instructions** When the coach blows the whistle, all nine players sprints to the opposite basket with the ball as if on a fast break. The defense must try to stop the offense from scoring. The defensive point guard attacks the ball causing the ball-handler to go sideways or retreat. If the offense scores the ball they retain the ball and the drill starts from the opposite end.

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**Players** 10

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**Tips** Emphasize the defensive player at the half-line causes the ball to go sideways so to allow his teammates to get back.  
Emphasize not trying to pickup players in transition.

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**Skills** Conditioning, defensive and offensive transition

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PERMALINK [www.degerstrom.com/basketball/drills/519/](http://www.degerstrom.com/basketball/drills/519/)

## Triangle Rebounding into Transition

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**Description** This drill is designed to help practice rebounding into outlet pass to start transition game. We always end on the end we started on so you can also incorporate defense into the drill

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**Instructions** You will start with 3 players under the goal in defensive position. You will have 3 other players under the goal in offensive position. You or your manager will have a ball. You will place 2 guards on the outside in outlet pass position. When the ball is shot the defense has to block out to keep the 3 offensive players from getting the rebound. If for some reason there is an offensive rebound then defense has to play the ball until basket is scored or they secure the rebound. Once the defense gets the rebound or a basket is scored they must get it to their outlet pass person. The drill will continue down the court where the 5 players (2 outlet and 3 that was on rebound) will run their fast break or any other play that may have been called. Once they have put the ball through the goal on the other end they will come back up the court where the drill started and play against 5 defensive players who have stepped up to pick them up.

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**Players** 10-12

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**Tips** The coach will have to let the players know which play to run on the opposite end and let defense know which defense to play on the starting end. Also make sure the outlet players are moving to the ball.

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**Skills** Rebounding/Outlet Pass/Transition

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PERMALINK [www.degerstrom.com/basketball/drills/520/](http://www.degerstrom.com/basketball/drills/520/)

## UNLV

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**Description** My teams love this drill because it is upbeat. The coaches and I love it because it practices several skills, teamwork, and team play and is a great conditioning drill and players don't even think of it as a conditioning drill. Divide into three teams of 3 or 4 players. Two teams begin on defense on opposite sides of the court. The defenders will have 2 players in the key (one at top and one at bottom), the other defender will be at half court (just out of bounds) waiting for the ball to cross half court towards his teammates. Play begins with 3 players on offense ready to attack the defense, on either a primary or secondary break.

**Instructions** When the ball crosses half court, the one defender that is out of bounds runs to center court and then races to help his two teammates defending the basket (3 on 2 turns into a 3 on 3). For the offense to score points they must offensive rebound (2 points) or make a basket (1 point), and (1 point for getting fouled), and they loose a point for a turnover (coaches discretion). If the offense scores they begin the next break towards the other end of the court. If the defense causes a turnover, or get a defensive board or knocks the ball out of bounds, they take off towards the other end of the court to take on the other defense, and the defeated team readies themselves to play defense by sending one person to the center line extended and the other 2 players line up in the key to stop the next offense to attack them. This is a continuous drill. As long as you score or get fouled, you stay on offense. You must stop the offense to get on offense. We run a 15-minute drill in three, 5-minute intervals with 1 minute break in-between to give water and tally scores. Whoever has the lowest score starts on offense toward the team with the second fewest points. Losers run 2 sideline 17's (under 1 minute each); second place runs 1 sideline 17 (under 1 minute each) and winners run a sideline 9 (under 30 seconds). Managers keep score on paper

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**Players** 3 teams of (3 or 4)

**Tips** Let the assistant or assistants talk to the teams encouraging them and you referee.

Also, tell to players to communicate and recognize when someone makes a great pass by pointing and saying, 'nice pass'.

ALSO, LET THE KIDS PLAY UPBEAT MUSIC WHILE THEY PLAY, THEY SEEM TO PLAY HARDER

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**Variations** If you have 12 kids instead of 9 or 10, just put them on teams of 4 and rotate as they wish. It is good for them to take some responsibility.

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**Skills** PRIMARY BREAK LANES, PASSING/CUTTING, BOX OUT, CONDITIONING

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PERMALINK [www.degerstrom.com/basketball/drills/521/](http://www.degerstrom.com/basketball/drills/521/)

## What Is It?

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**Description** 2 teams of 5 players each, one team at half-court out of bounds and the other team under the opposite basket. The team at half-court is the defensive team and will play against the team under the basket.

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**Instructions** The coach will gather the defense together and tell them what defense to play, without the offensive team hearing. He then walks to the offensive team and tosses them the ball and they start a fastbreak. When the defense sees the offense fast breaking, they run to their defensive positions and play goes on until there is a score or defense gets the ball.

---

**Players** 10

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**Tips** This drill is good for having the offense recognize what defense the opponent is playing and running the correct offensive set.  
This drill is also good if your team has a tendency to play out of control. It allows them to back the ball out and make good decisions.

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**Skills** Recognizing defenses

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**PERMALINK** [www.degerstrom.com/basketball/drills/522/](http://www.degerstrom.com/basketball/drills/522/)