

Detroit Practice – October 4th 2005

10am – 12pm

Coach Flip Saunders

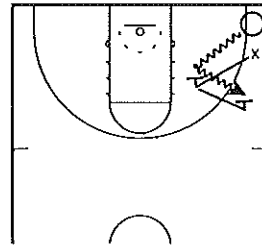
Full Court Dribbling

1 Ball

- full court
- cross overs
- between legs
- spin dribble

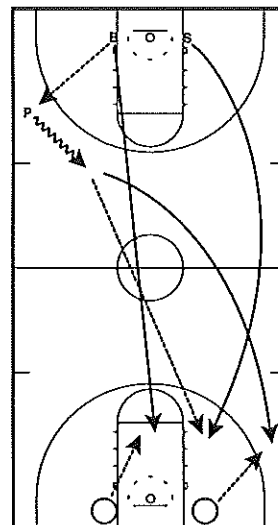
SOS Drill

- Zig Zag : 3 dribbles – pick up = dead call



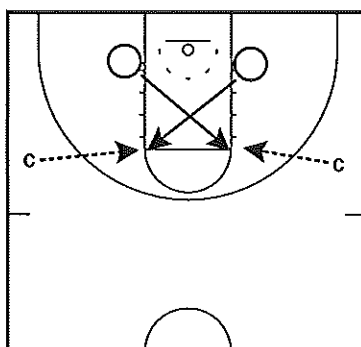
3 - 0 Break

- PG gets outlet – diagonal to wing
- PG follows
- BIG trails
- Everyone gets a shot



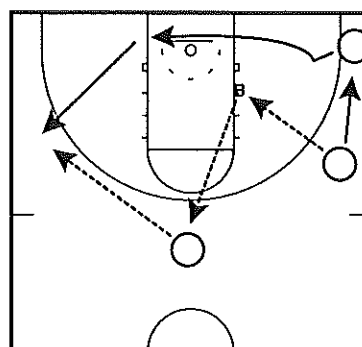
Post / Perimeter

Post

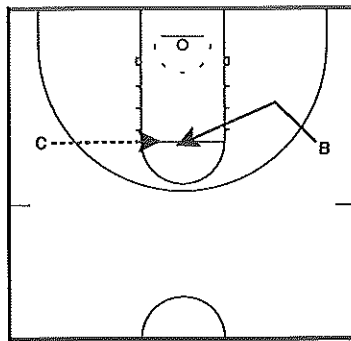


X SHOOTING

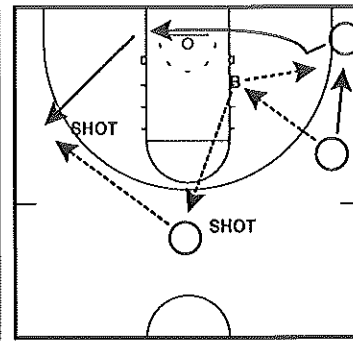
Perimeter



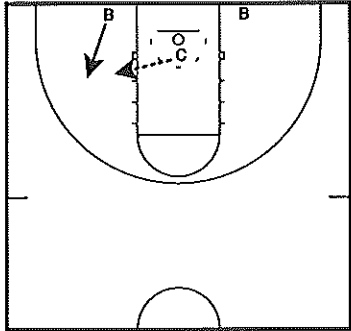
POST FEEDING: CUTTING OFF POST



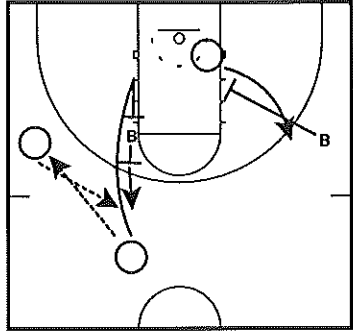
FLASH CUTS



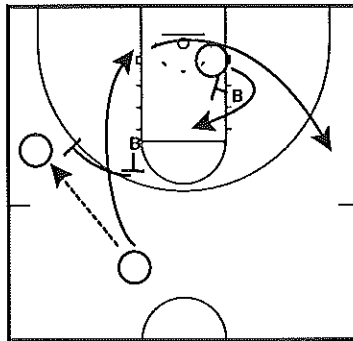
2/3 BALL SHOOTING



COACH CALLS OUT NAME - BOTH RUN OUT AND PLAY 1 ON 1



UCLA - POP - REVERSAL



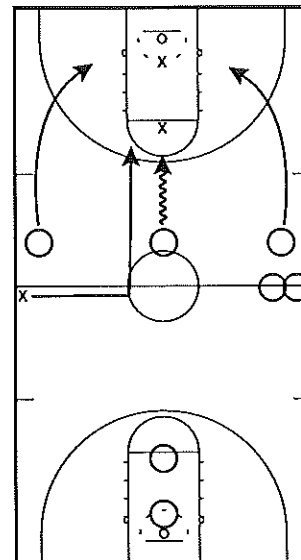
UCLA / BALL SCREEM

Partner Shooting

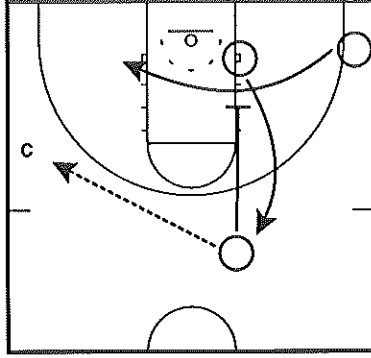
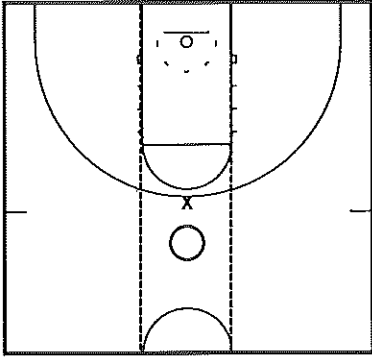
- Shoot - Follow - Rebound
- Games To 7
- When someone gets to 7 they rotate counter clockwise
- Losers run - First team to win 2

3 on 2 Continuous

- Have to touch circle to get in
- Ends up being 3 on 3
- Losers run = Game to 7



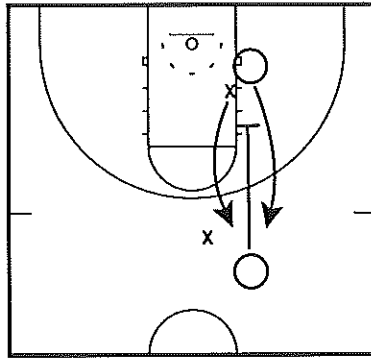
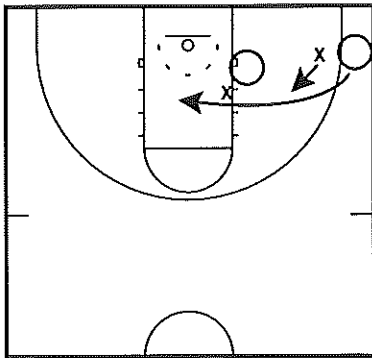
Station Work
Contain Drill



*5 sec to touch end line

*Defend flex cut

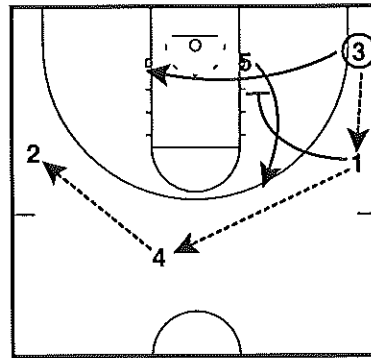
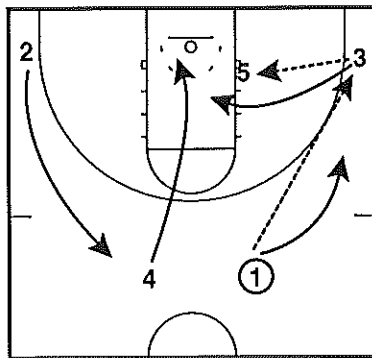
Defending The Flex



* Body up & Go over - show

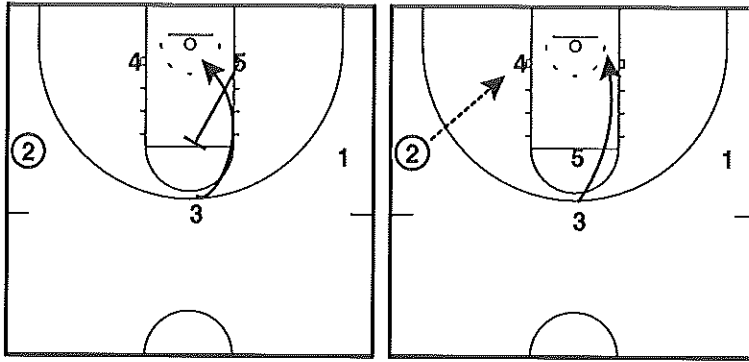
* Ball side on down screen

5 - 0 Early Offense



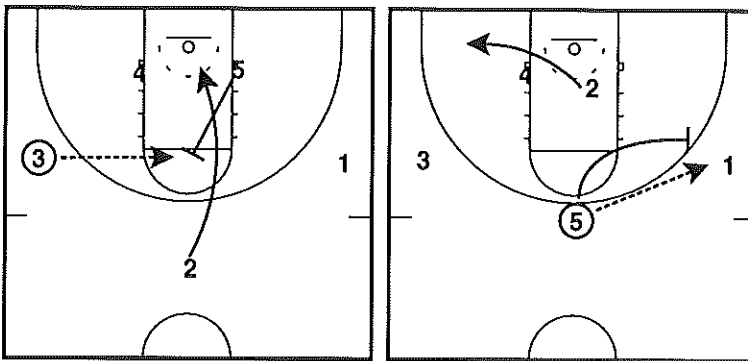
* On post feed

* On reversal - Flex cut

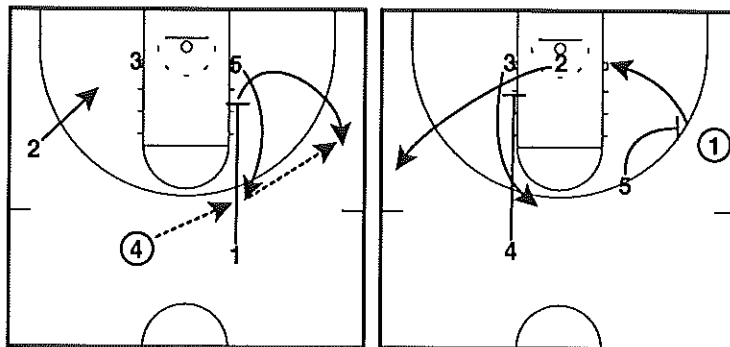


*On reversal off post feed 5 back screens top

+ 4 Trips



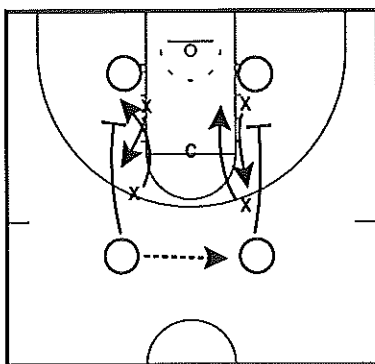
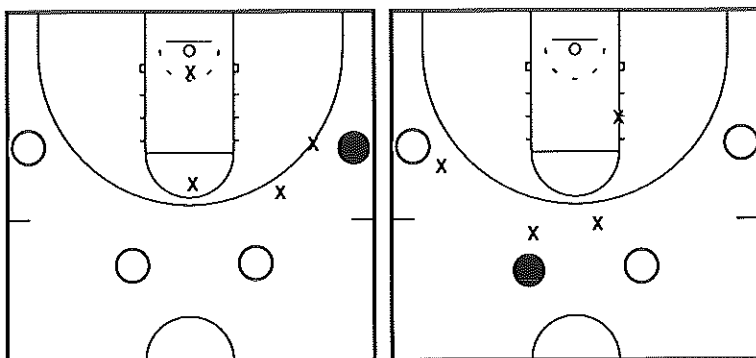
* Run into SP/R



* Swing reversal into flex

4 x 4 Shell Positions

Move on airtime



- 1) When player comes through screen he/she have to touch the coach.
- 2) The screener's defender must drop to touch the coach.

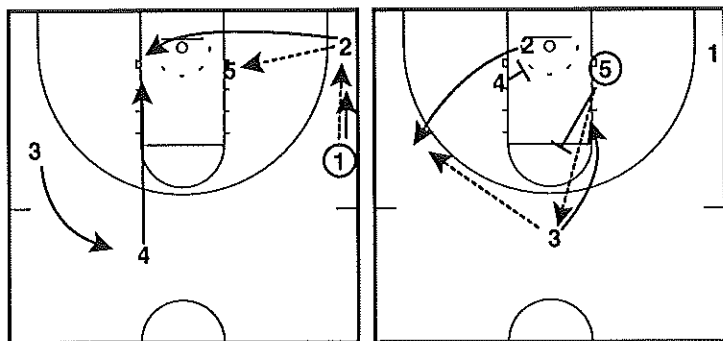
Change Drill

½ Court & Full Court

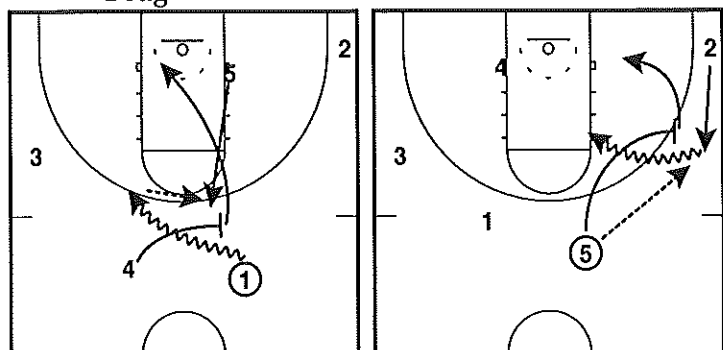
- On the whistle you have to guard someone different.
- Ball has to be thrown to the top

5-0 Early Offense

* "Sideline"



"Drag"



6 Trips - Something different every time

Zone Defense 1-2-2

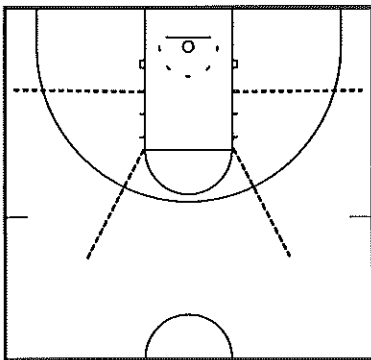
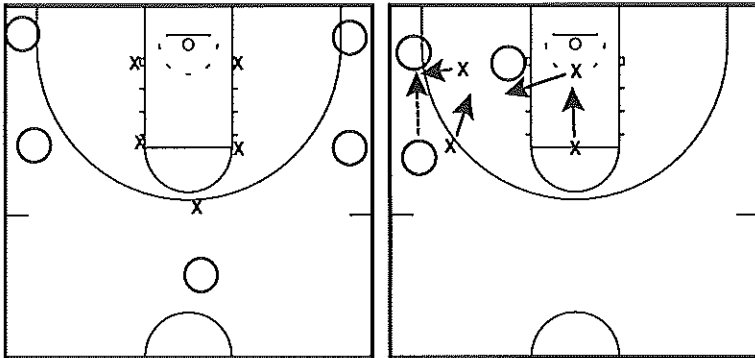
Always a 1-2-2

- the ball

-

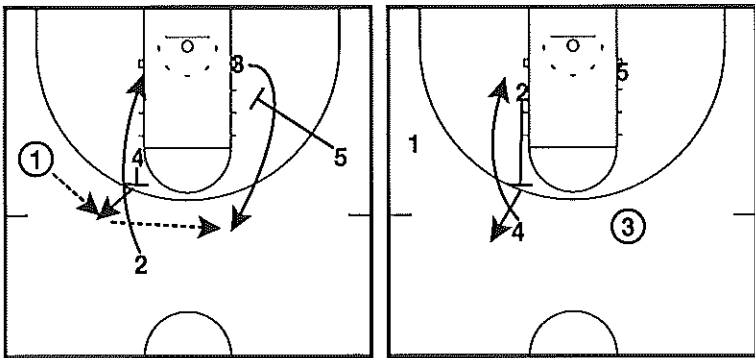
Inside foot up when guarding

Ball pressure

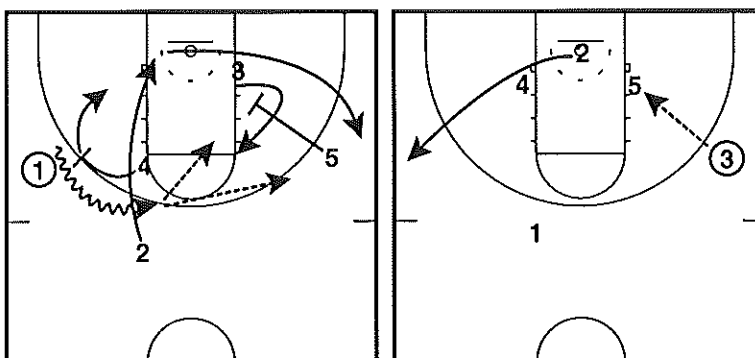


* Court set up

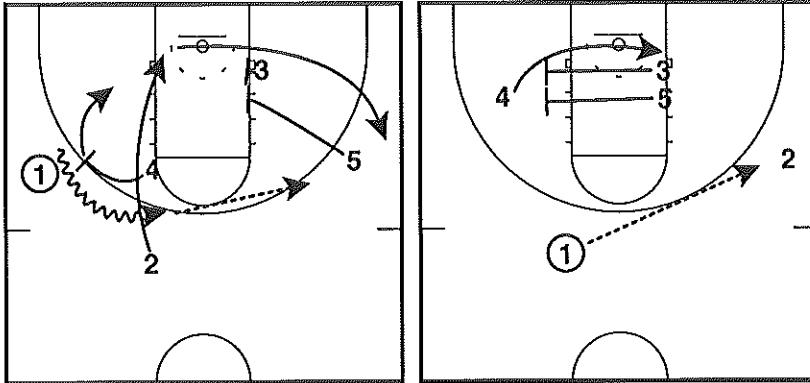
5 Set Hawk Cut



"52"



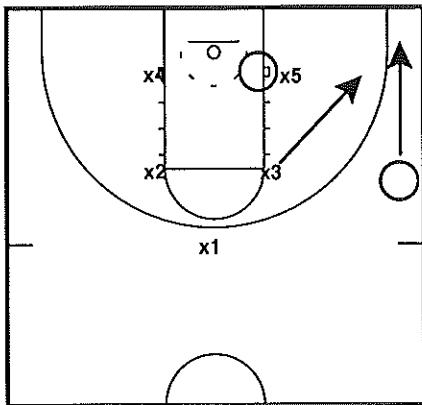
"52 Twist"



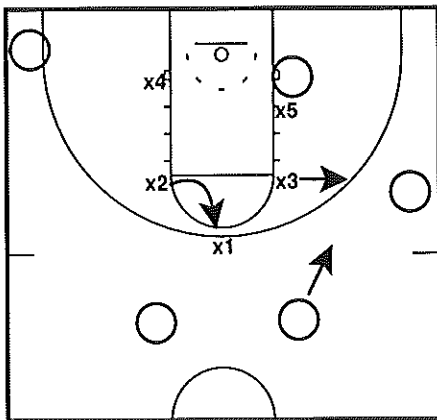
- 5 on 4 plus 1
- Scrimmage – 2 minutes on clock

Zone Defense – Match Up

Rotate off PG – 1-2-2 Zone Slides



Bigs: Corner, Post, High Post, Other Post
* Working on drops



Match Up

Start in a 1-2-2
Rotate – Distort the zone
Drop / Gap
Never in a denial – gap

Scrimmage – Working on ½ Court Sets
Full Court Tip Drill – 2:30 Min on clock

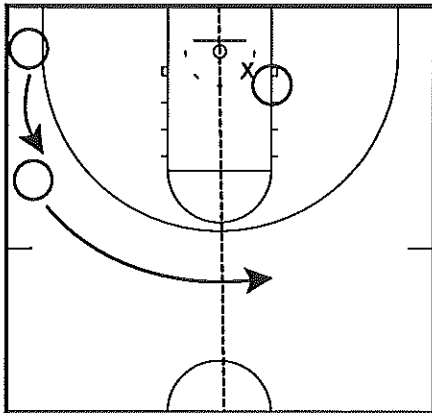
Piston Practice - Oct 5 2005

Turn 5 on 4 into 5 on 3's
3 on 2's into 2 on 1's

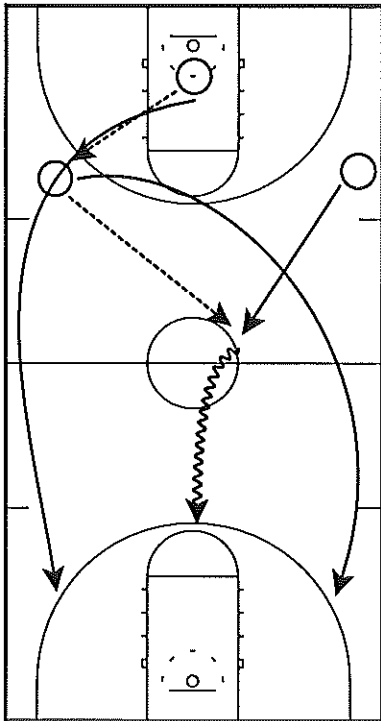
Bigs - Rim Runners
Screeners - Get people open

When a set breaks down - The best shot is usually in weakside corner on DBL's to post - were on a string

* Partner shooting - 40 Shots

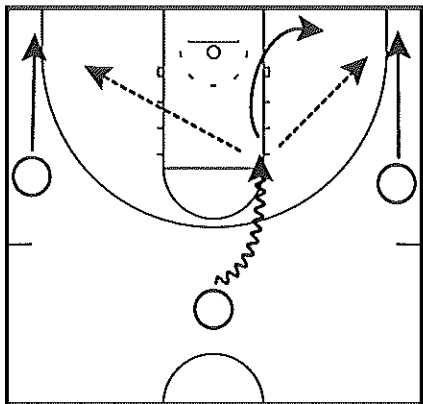


3 Man Weave (2 Passes)



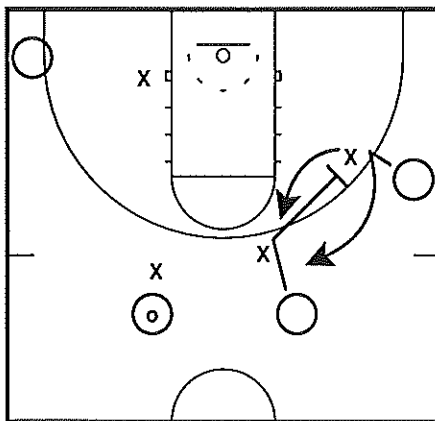
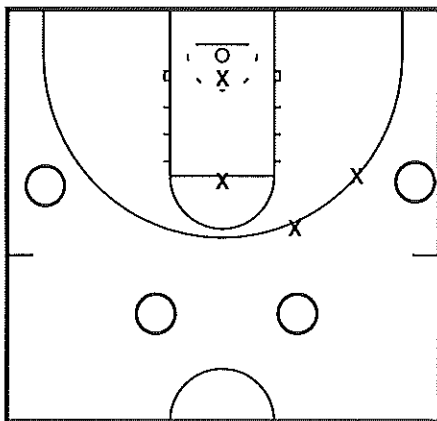
Straight Line Pass
"Call for the ball" - Talk
2 Trips

Draw & Kick Shooting



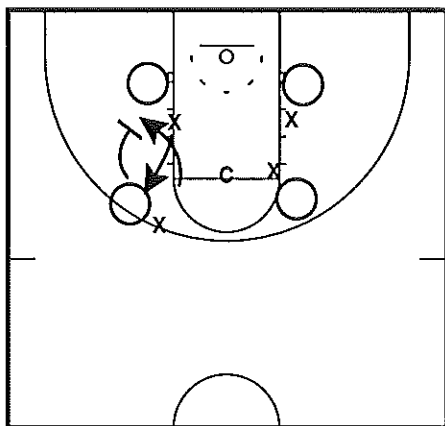
Drive the seam

4 X 4 Check Position



- On single down - Sprint to helpline - Give help (Gap) to ball then closeout

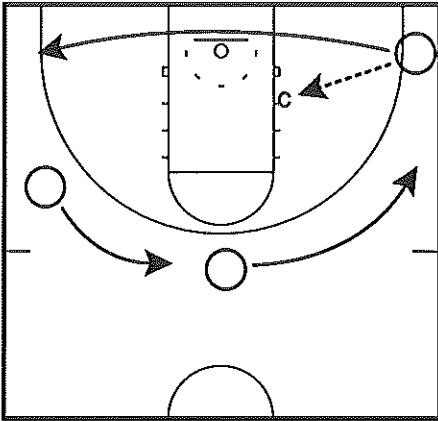
Helpside Drill



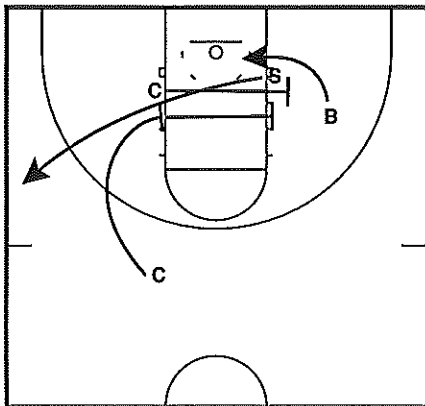
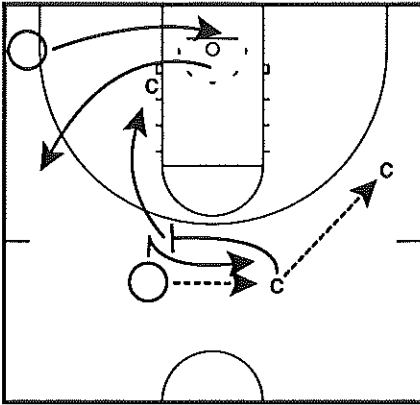
As your man goes to set screen you drop down
Don't trail weak side screen

Post / Perimeter

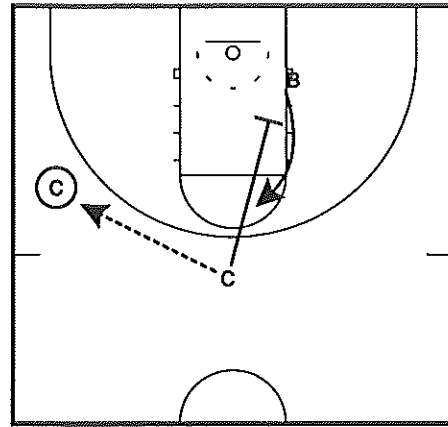
Smalls



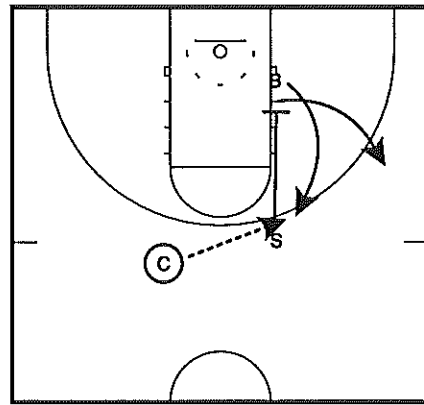
All three cuts get a shot



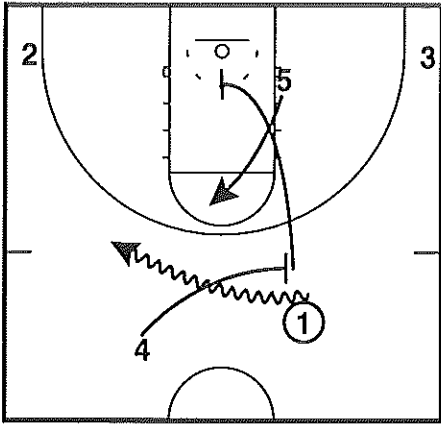
Bigs



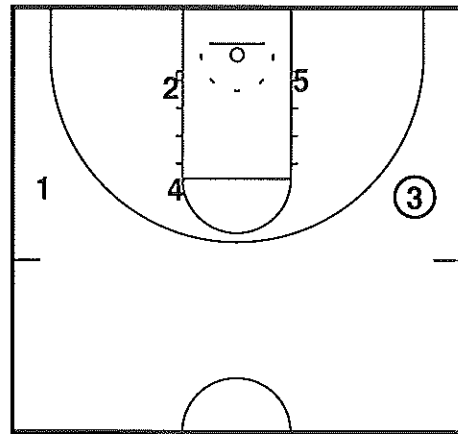
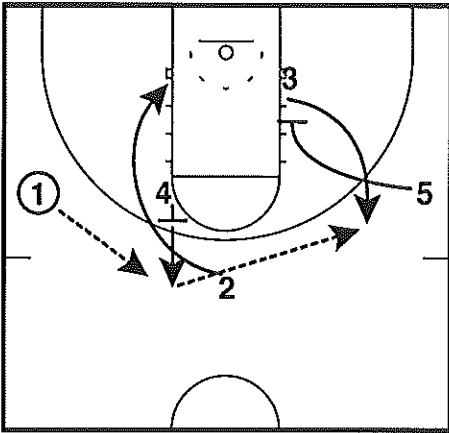
Catch & Shoot



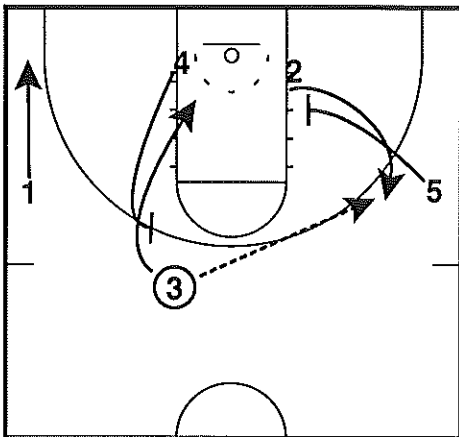
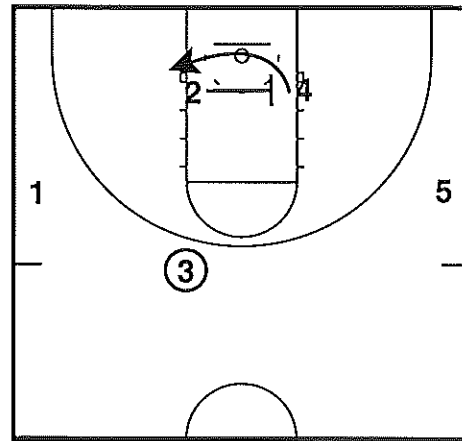
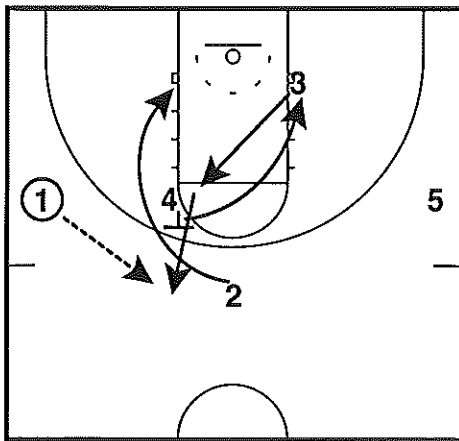
Drag



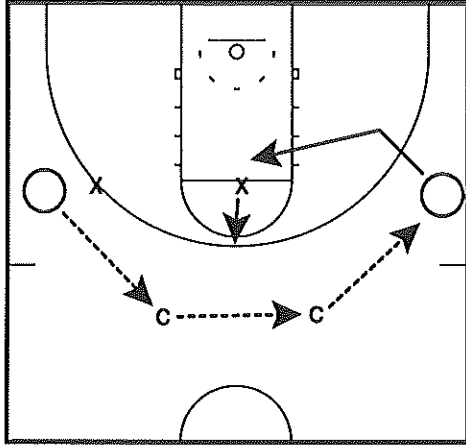
5 Set



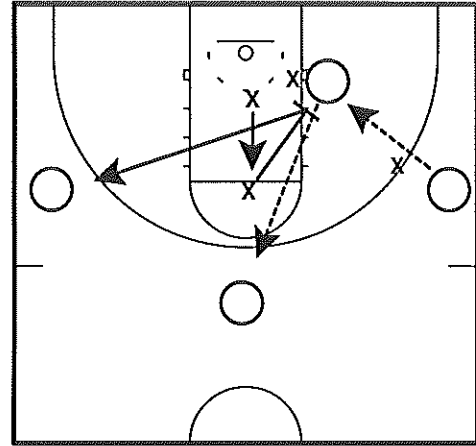
"5 Down"



Defense 2/2 Flash Cut



- rotation
- shoot it
-

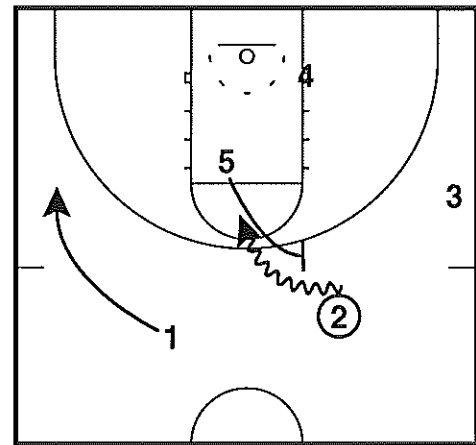
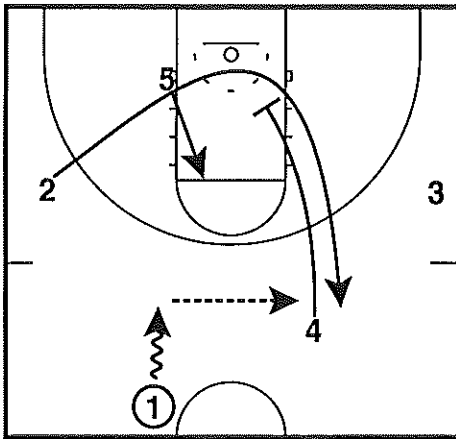


Defense working on low post, trap

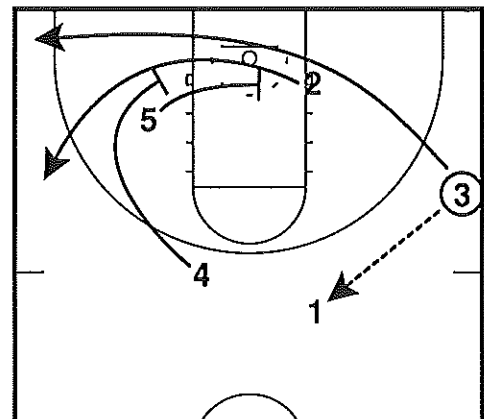
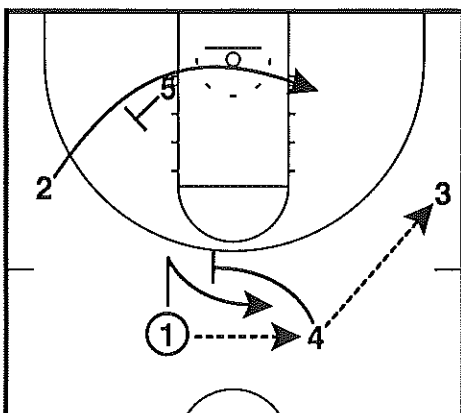
Only post and first pass out can

Trap / Rotate out - Weak

Swing

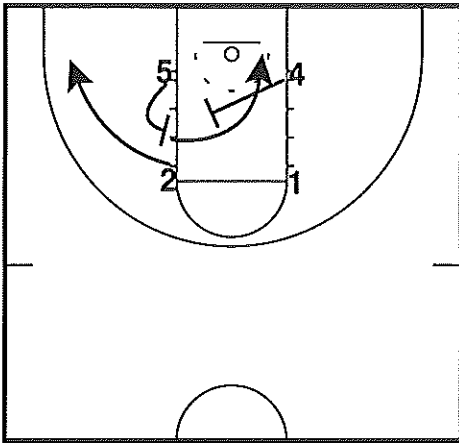


Flex Option



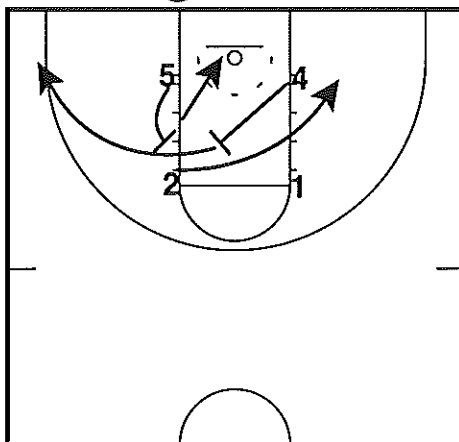
BLOB # 2

③



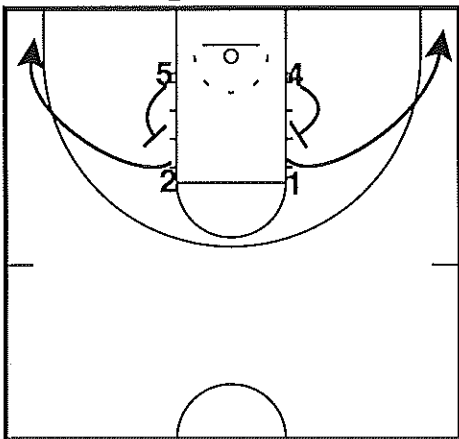
"2 Seam"

③

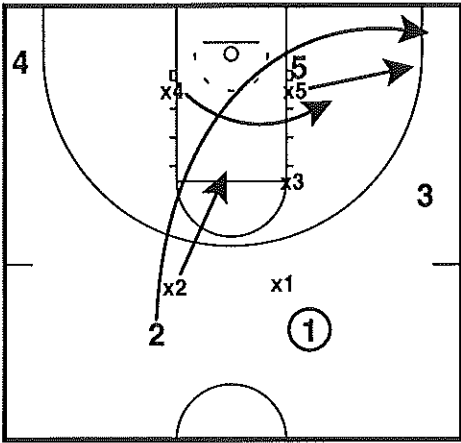
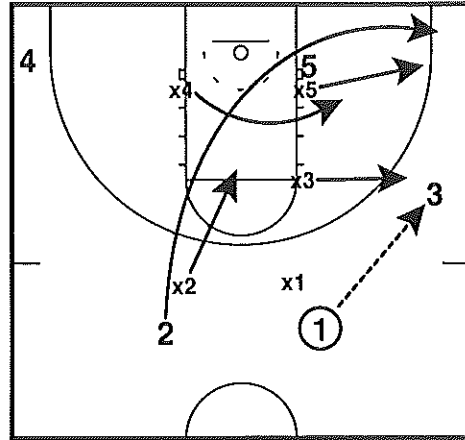
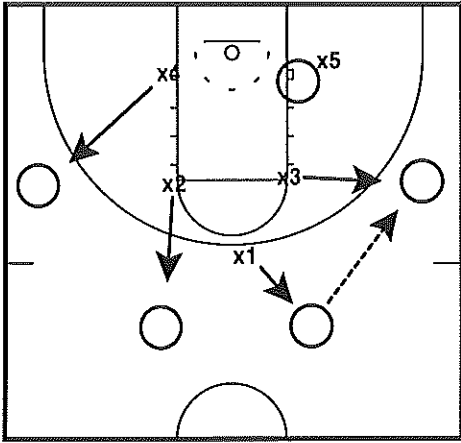


Upscreen

③

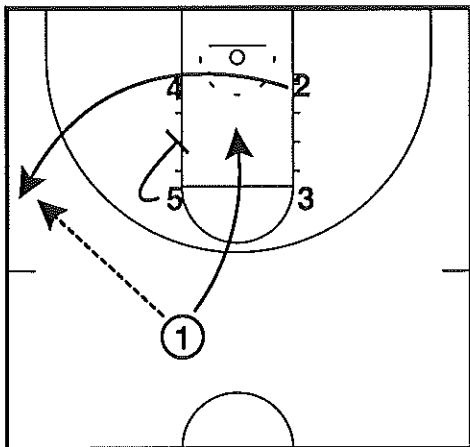


Match Up Zone

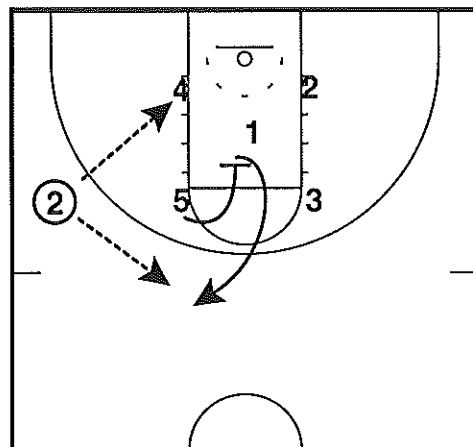


Turn Actions

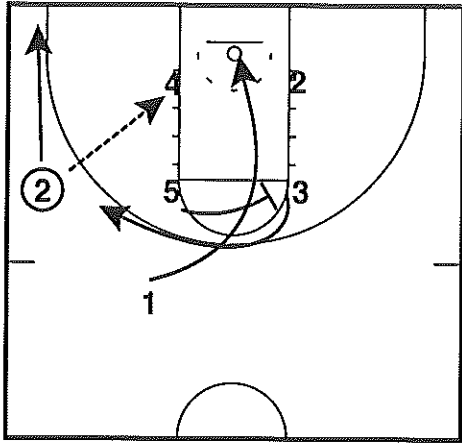
Turn 4 - Down 2



Turn 4 - Down 1



Turn 4 - Down 3



Turn 4 - Up 5

