

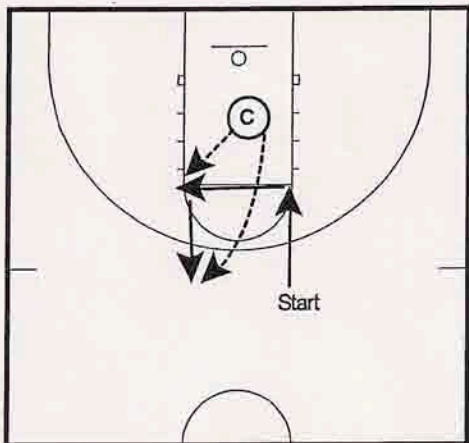


Vanderbilt Basketball Coaches Clinic

October 9, 2010

Vanderbilt

Shooting 01

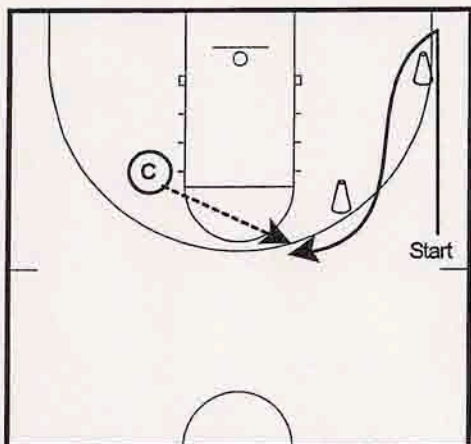


Run, Slide, Shot, and 3 Point Shot

Player starts above 3 pt line, sprints to FT line and slides across FT line using 1-2 cross over. Step for shot. Player back pedals to 3 point line for 2nd shot. Repeat on other side.

-20 total shots

Shooting 02

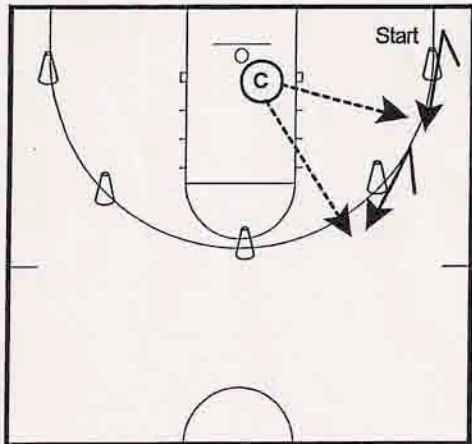


Run, Back Pedal for 3 Point Shot

-10x each side

Then step in inside foot

Shooting 03



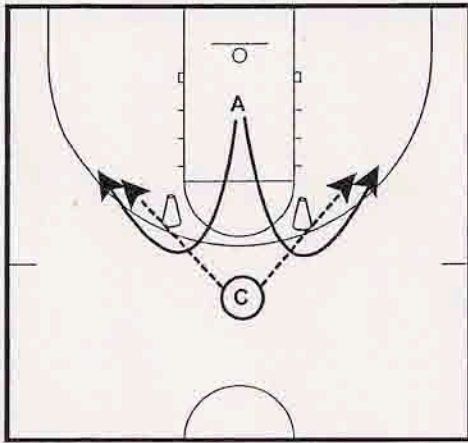
Shooting Off Screens

Place 5 cones around 3 point line, start behind cone and set up shot with 2 hard steps in opposite direction

- 2 sets
- 1 set:
- 5 shots going left
- 5 shots going right
- 10 shots total

Vanderbilt

Shooting 04



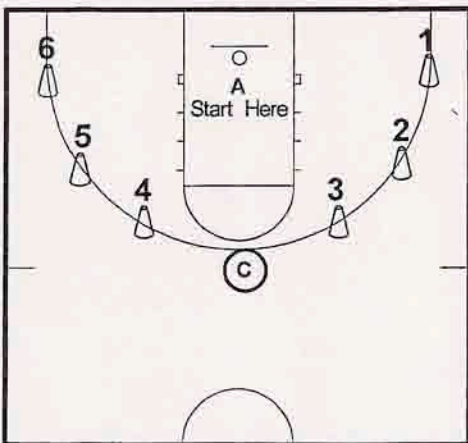
2 Cone Shooting

Player starts under goal and sprints around cone for 3 or 3 point shot

-10x

open up to rim

Shooting 05

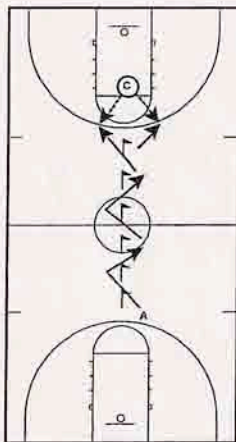


6 Cone Shooting

Player starts in lane, coach is passer up top, coach yells number and player runs out behind that cone for 3 point shot. Player returns to lane after each shot.

-10x

Shooting 06



Agility Pole Slither Drill

Set each pole 6 feet apart, player cuts through poles in low athletic stance

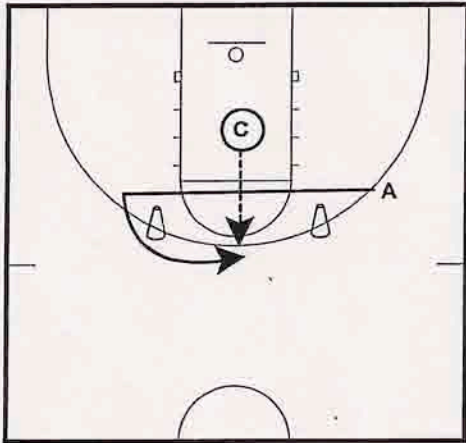
-10x 3 point shots

-repeat starting on opposite side

-20 total shots

Vanderbilt

Shooting 07

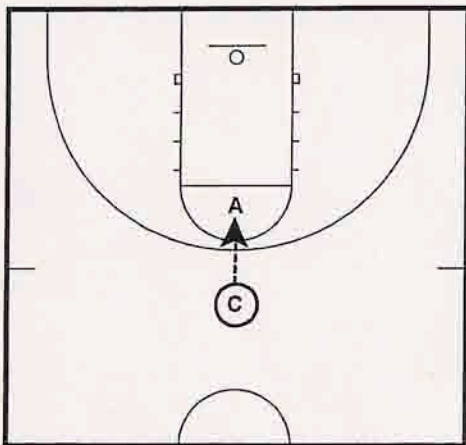


Slides into 3 Point Shot

Player starts in front of right cone, slides around left cone into 3 point shot

-5x each direction
-10 total shots

Shooting 08

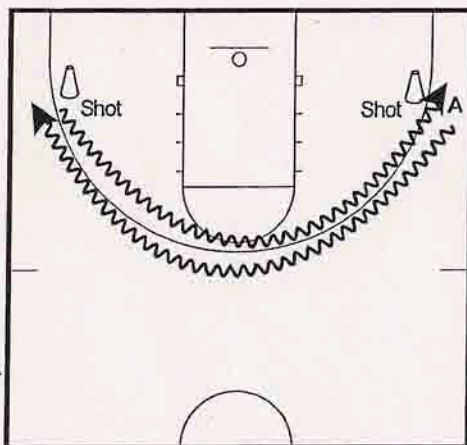


Pivot and Shoot

Player has back to basket, coach will pass and yell what foot he wants the shooter to pivot on, pivot and shoot with good balance.

-10 2 point shots
-10 3 point shots

Shooting 09



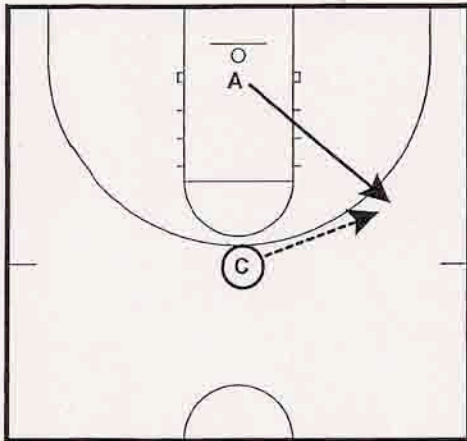
Shooting Off Dribble Around 3 Point Line

Place cones inside 3 point line parallel to each other, player should dribble with outside hand past the cone for shot off dribble, move cones and repeat

-5 each way
-10 total shots

Vanderbilt

Shooting 10

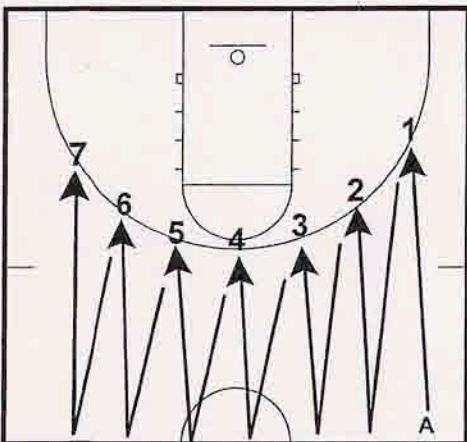


Ball Drop

Player starts with head under the basket in ready position. Coach has ball outside 3 point line and tosses ball out. Player must accelerate and catch ball before it bounces twice. Vary shots.

-10 total shots

Shooting 11

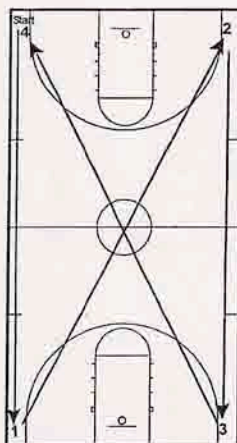


Shooting the W

Player will start at half court and sprint into 3 point shot and back pedal to half court and repeat.

- 7 shots moving to the left
- 7 shots moving to the right
- Repeat (28 shots total)

Shooting 12



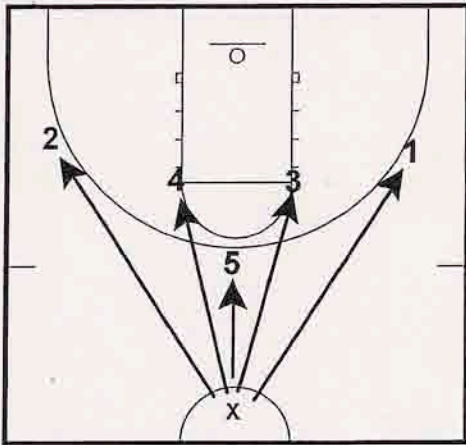
Full Court X Shooting Drill

Player will sprint up sideline and across the floor to execute 4 shots (1 set).

- Set 2: Double - 8 shots
- Set 3: Triple - 12 shots

Vanderbilt

Shooting 13



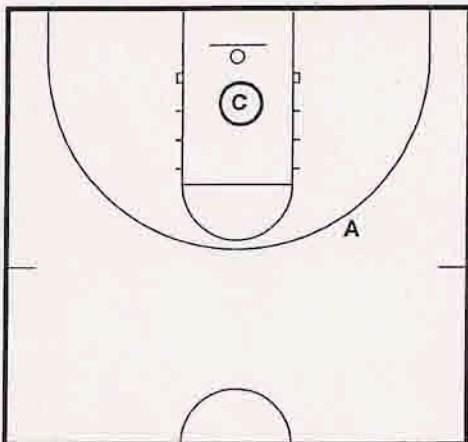
5 Shot Drill

Player begins drill on home base (X). The shooter must return to home base after each shot. He will take 5 shots in the following order:

- right wing
- left wing
- right elbow
- left elbow
- 3 straight ahead

- 3 sets
- 15 total shots

Shooting 14

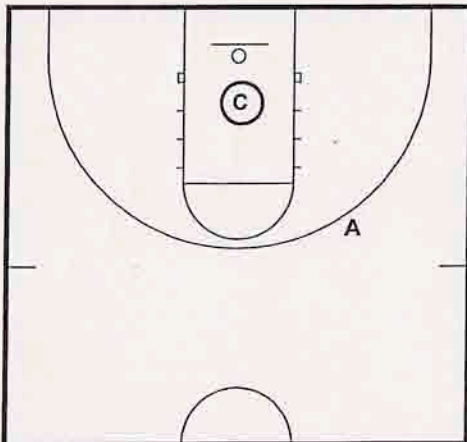


3 In a Row Game

See how many times you can make 3 shots in a row in 5 minutes. Player needs one rebounder. Player will shoot from behind 3 point line (this can be adjusted for age and ability). When player makes 3 shots in a row, he should change his location on the perimeter.

- Goal:
- HS (12)
 - College (16)
 - Pro (18)

Shooting 15



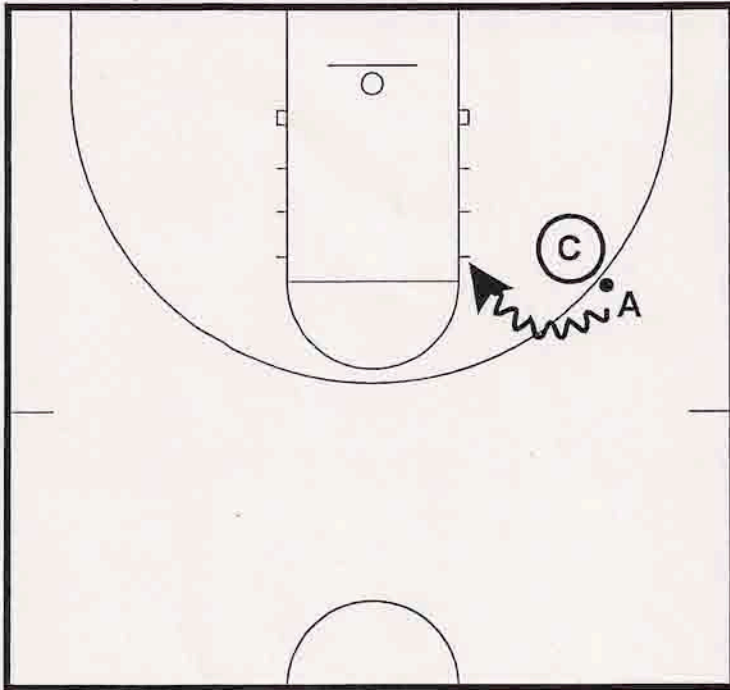
25/50 Drill

Player will shoot a 3 point shot and a 2 point shot. He will follow this pattern until he reaches 25 or 50 points. One rebounder is needed. Player must receive pass behind 3 point line prior to all shots. He should move around perimeter.

- 25 Point Game Goal:
- Pro (:40)
 - College (:50)
 - HS (1:00)

Vanderbilt

Shooting 16

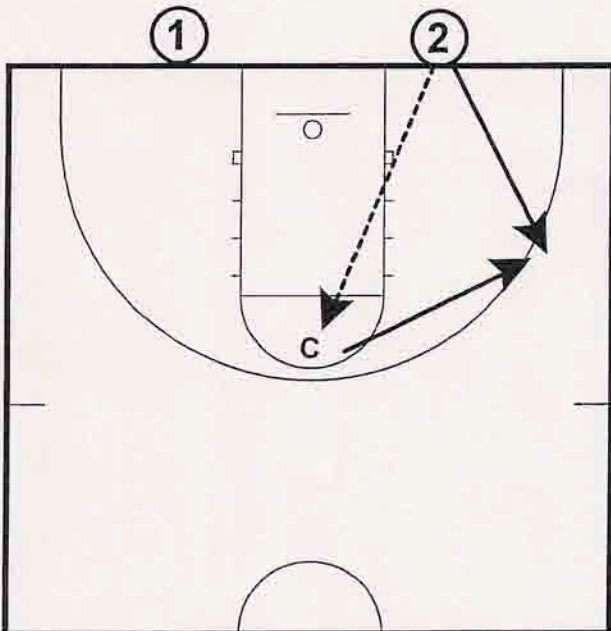


Rip and Go

Coach holds ball tightly. The aim of this drill is for each player to rip the ball out of the coach's hands and take 1 or 2 dribbles into a shot

- change location on the floor
- 1 set of 10 shots

Shooting 17



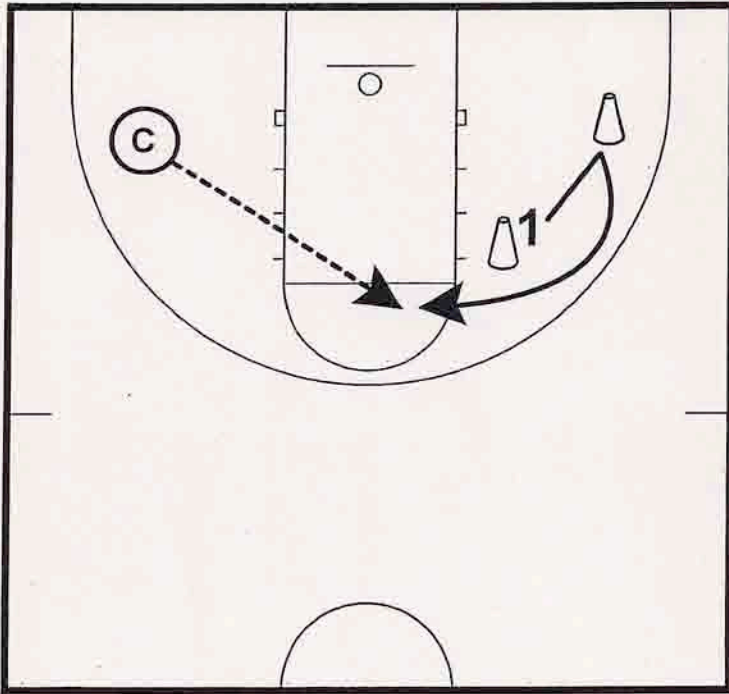
Rolled Ball Shooting

Players are on baseline holding basketball. When the coach calls the player's name, he passes the ball. The coach catches the ball, rolls it to a spot. Player must sprint and pick up ball, gather himself, square up, have balance, and shoot. Vary shots.

- 1 set of 10 shots

Vanderbilt

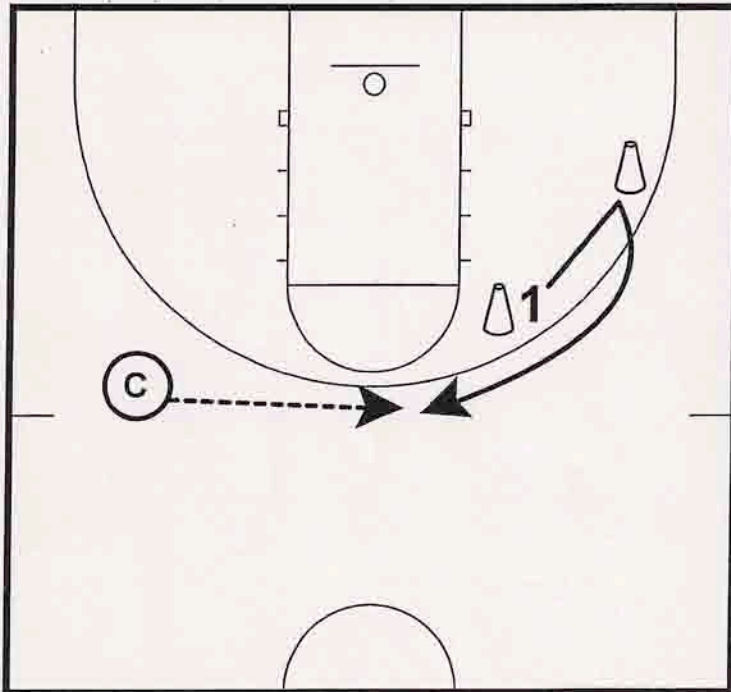
Shooting 18



Cones are placed 12 feet apart. Player slides to cone and cuts off elbow cone for 2 point shot. Repeat drill on opposite side.

- 5 shots each direction
- 10 shots total

Shooting 18



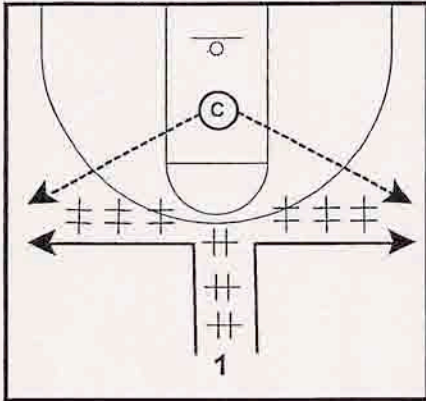
Cones are placed 12 feet apart. Player slides to cone and cuts off top cone for 3 point shot. Repeat drill on opposite side.

- 5 shots each direction
- 10 shots total

Vanderbilt

Footwork 01

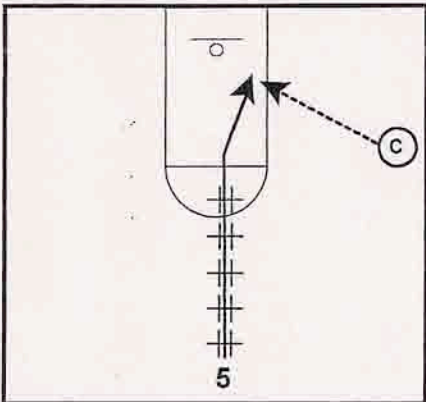
18" Hurdle Jumps into Shot



A. Place hurdles about 3 ft apart, jump forward and then laterally over hurdles into 3 pt shot, 5x each way.

Footwork 01

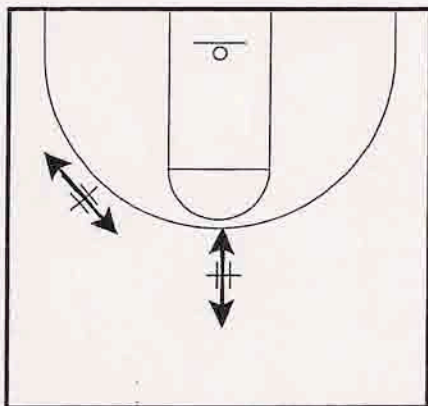
18" Hurdle Jumps into Shot



B. Variation for Bigs -- Jump forward over hurdles, execute post move. 5x each side.

Footwork 02

Mini Hurdle



A. Player jumps side to side about 5 seconds into 3pt shot.

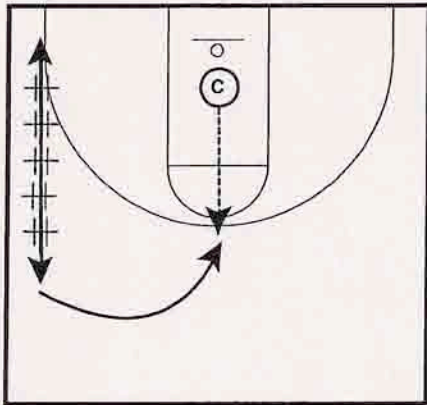
-10 shots

B. Player jumps front to back about 5 seconds into 3pt shot.

-10 shots

Vanderbilt

Footwork 03

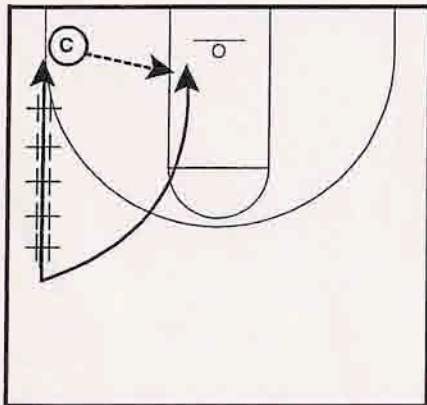


Low Hurdles

- Place hurdles 3 feet apart.
- Quick feet over hurdles into 3pt shot.

A. Right Side 10x, Left Side 10x, Top 5x each way.

Footwork 03

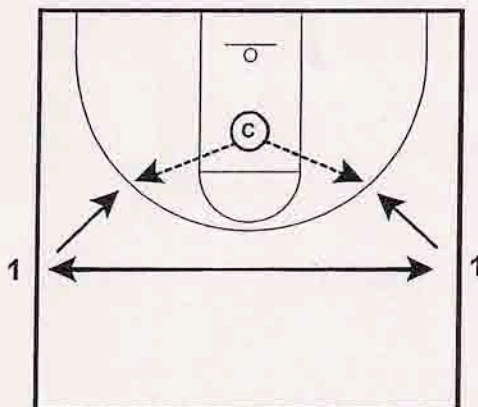


Low Hurdles - Variation for Bigs

- Place hurdles 3 feet apart.
- Quick feet over hurdles into post move.

B. Right Side 10x, Left Side 10x, Top 5x each way.

Footwork 04



Jump Rope Into Shot

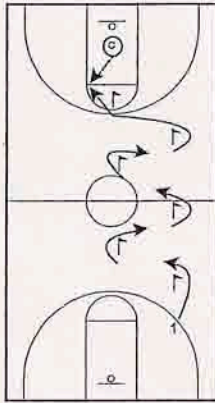
Player starts on sideline and skips across court, drops rope, and prepares for 3pt shot.

Use the following skips moving forward:
 Alternate Feet, Both Feet, Right Foot Only, Left Foot Only, 2 Right-1 Left, 2 Left-1 Right, Both-Right-Both-Left-Repeat.

Use the following skips moving laterally: Both Feet, Left Only, Right Only.

Vanderbilt

Footwork 05



The Slalom

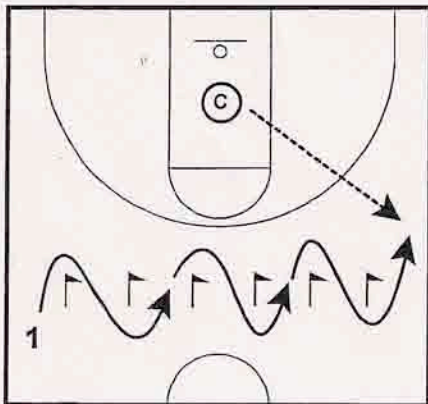
Place agility pole 6 ft apart.

Player will start on right side of pole and cut through, changing directions and finishing with shot.

- 5x 3pt shots
- 5x 2pt shots off the dribble.

Repeat on the left side of the floor.

Footwork 06



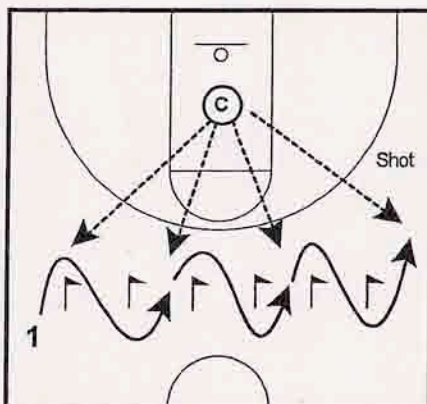
Lateral Agility Pole Work

The SNAKE

A. Set Agility poles across 3pt line about 6 ft apart. Player will move laterally through poles into 3 pt shot. Repeat moving in opposite direction.

- 10 shots = 1 set
- 2 sets = 20 shots total

Footwork 06



Lateral Agility Pole Work

The SNAKE

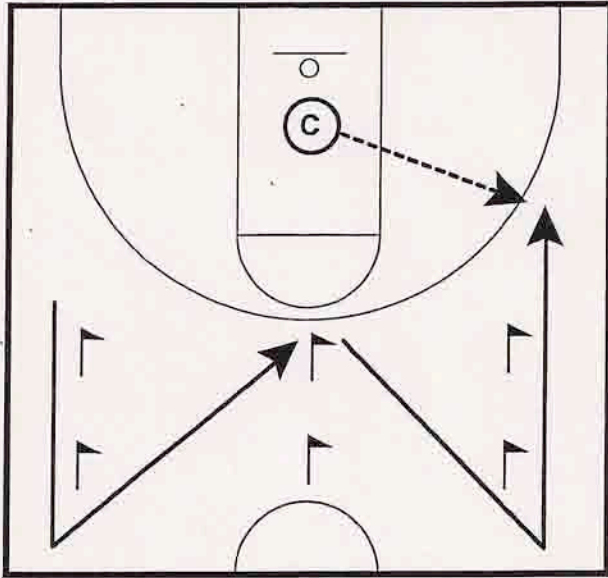
B. Add Passing
Same as "A" only player will catch and pass ball back to Coach as he moves through the agility poles.

- 1 set of 10 shots

Vanderbilt

Footwork 07

Agility Poles Zig Zag



Set up poles in two straight rows. Poles are 12 ft apart in each row. Distance between the two rows is 15 ft.

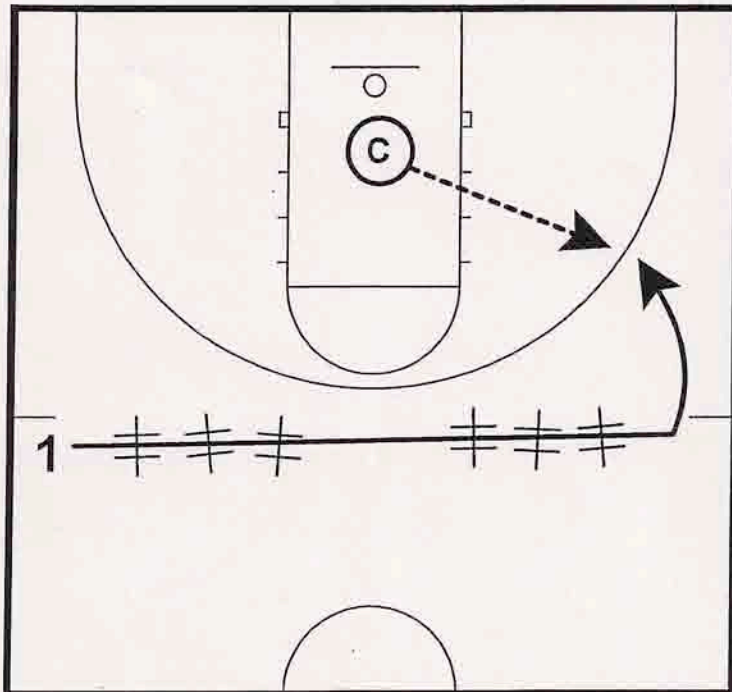
Pattern 1: Slide, Run, Slide, Run. 5x each way for 3pt shot.

Pattern 2: Back Pedal all the way through poles turning as you finish for a 3pt shot. 5x each way.

Pattern 3: Player sprints and changes directions through poles for 3pt shot. 5x each way.

-30 total shots

Footwork 08



Player moves laterally over hurdles, sprints between hurdles, and continues laterally over hurdles finishing with a 3 pt shot. Repeat going in opposite direction.

- 5 shots each direction

- 10 total shots

Footwork 09

Ladder Work Into Shot

Linear Running:

- A. One Foot Runs – 1 foot in each square – add run out.
- B. Two Foot Runs – Both feet in each square – add run out.
- C. Break Runs – 1 foot in each square – halfway 2 feet in each square.
- D. Ladder Skips – 1 foot in each square
- E. Scissor Skips – Start with right foot in first square, left foot in second square – keep legs locked.

Lateral Drills:

- A. Lateral Run – Both feet in each square.
- B. Lateral Run with Separation – Start with 1 foot in each square.
- C. Cross Country Skier – Start with right foot in first square and left foot outside the first square and directly behind, right foot should lead movement.
- D. Double Square Skier – Start with left foot in first square with right foot directly behind, alternate feet in and out of square.

As player completes footwork, Coach passes him the ball. Player will execute a variety of shots including: Lay-ups, Floater, Pull-ups, and 3pt shots. Bigs can run down to the box and post up. – **10 minutes** –
Ladder Variation – Place ladder across 3pt line. Execute various shots, move in both directions.

Footwork 10

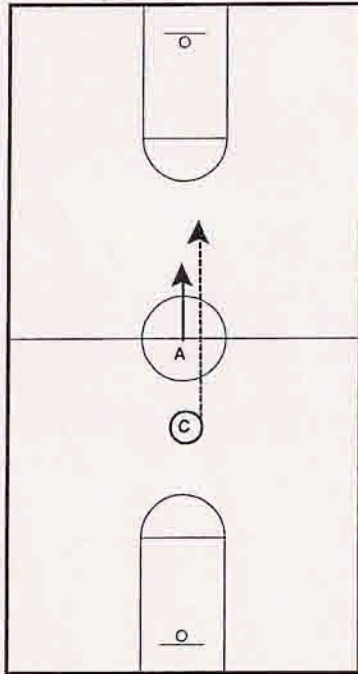
Ladder Work – Jumping Drills

- A. Rabbit Hops – Both feet together in each square.
- B. Jump Cuts – Start with both feet in square and alternate in and out of ladder.
- C. Straddle Hops – Start with right foot in first square and left foot out, hop across the ladder keeping feet 2 ft apart.
- D. Backward Straddle Hops – Same as above.
- E. 180 degree Straddle Hops – Start with one foot in square and one out, with each hop body should rotate 180 degrees, the same foot should remain in square. Bring outside foot in front of body as you begin jump.
- F. Chimney Jumps – Start with both feet in the first square, bring knees to chest and jump skipping the next square and landing in the 3rd square.
- G. Lateral Chimney Jumps – Same as above.
- H. Hop Scotch – Start with both feet in first square, hop forward and land with a foot on either side of 2nd square.
- I. Reverse Hop Scotch – Same as above.
- J. Lateral Hop Scotch – Start with both feet in first square, hop to second square with 1 foot on top and one on bottom of ladder alternating feet as you move forward.

As player completes footwork, Coach passes him the ball. Player will execute a variety of shots including: Lay-ups, Floater, Pull-ups, and 3pt shots. Bigs can run to box and post up. – **10 minutes** –

Vanderbilt

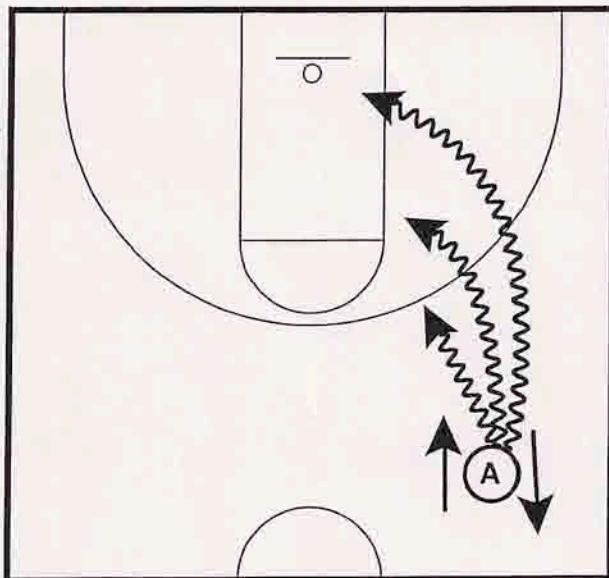
Misc. 01



Toss Ball Overhead (Reaction and Quickness)
-- Player starts in circle facing basket and looking up. Coach is behind player and tosses ball overhead, player must react and get to ball before it bounces twice. Lay-up or jump shot.

-1 set of 10 reps

Misc. 02



Jumping Lunges into Shot

Lower your body into lunge position, jump up, switch legs in midair, and land with opposite leg forward. Quickly drop into lunge again and repeat action. As you hit the floor the second time, move quickly into a shot off the dribble. Lay-up, Pull-up jumper, 3 pt shot. Change locations on the floor.

-1 set, 12 reps

Misc. 03

Knees to Chest

- A. Player holds ball chest high, Jumps in place bringing knees to chest, Repeats action 5x, Do 5 lay-ups, Do 5 jump shots off dribble.
- B. Variation for Bigs – Big man will bring knees to chest with back to the basket, and utilize a jump hook move. 5x each side.

Misc. 04

Split Jumps

Split jump to wide stance into lay-up 5x, jump shot off 1 dribble 5 times

Misc. 05

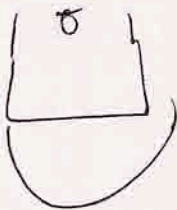
Acceleration Drill

Start on baseline with a basketball. Have a partner face you and place hands on the front of your shoulders. You then speed dribble to the half court line while partner resists and then releases you as you accelerate for a lay-up. Change positions. 5x each.

Misc. 06

Long jumps

Long jump into move/Jump 2x into move – Mix 2pt and 3pt shots. 5 shots each. Total of 10.



Long jump → 1 dribble jumper
x
x
x

Vanderbilt

Post 01

Warm-Up:

- A. Mikan Drill – 40 makes → power mikan (off 2 feet)
- B. Bang Board and Finish – 10x, 2sets – use heavy ball
- C. Bang Board, Slide Across Lane, Bang Board, and Repeat – 10x, 2sets
– use heavy ball
- D. Bang Board with ball and score before you touch the floor – 10x, 2
sets – use heavy ball
- E. Double Jumps – 10 makes
- F. Pivot Work – 10 makes – player will continuously pivot, get to
balance, and shoot 10-12 foot jump shot.

Mikan w/ quick catch → regular mikan, coach @ top of floor
pass when name called.
Player catch it first

Vanderbilt

Post 02

Run, Touch Board, Turn, and Finish

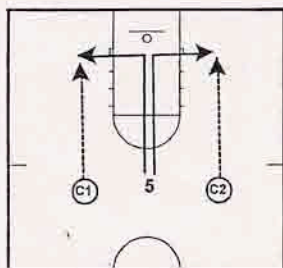


Set 1: Player will begin at top of key and sprint, jump and touch board with 2 hands, turn, catch, and finish.

-10x

Post 02 → short corner

Run, Touch Board, Turn, and Finish

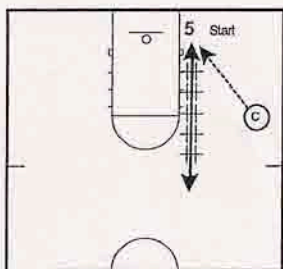


Set 2: Player will begin at top of key and sprint, jump and touch board with 2 hands, run out to short corner for jump shot.

-5x each side
-10 shots total

Post 03

Mini Hurdle Work



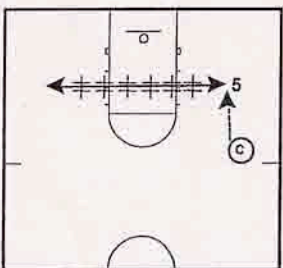
A. Place hurdles 3 ft apart. Player will move up and back over the hurdles and finish with a post move.

-10x each side
-20x total

push off Top foot or bottom foot when you reach end ladder

Post 03

Mini Hurdle Work



B. Inside Pivot -- Place hurdles across the lane 3 ft apart. Player will execute jumps, inside pivot and take 12-15 ft jump shot.

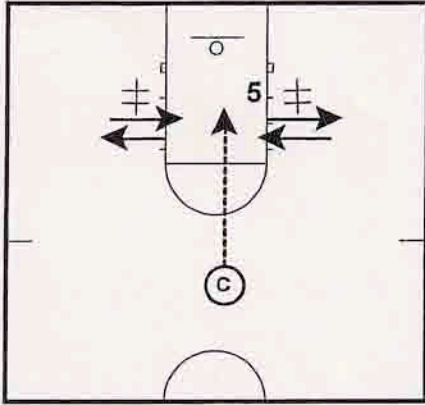
-5x each way
-10x total

Vanderbilt

Post 04

18" Hurdle, Slide, Finish -- Player will start on inside of hurdle, jump over and back, slide across lane, repeat, catch and finish.

-10x each way
-20x total

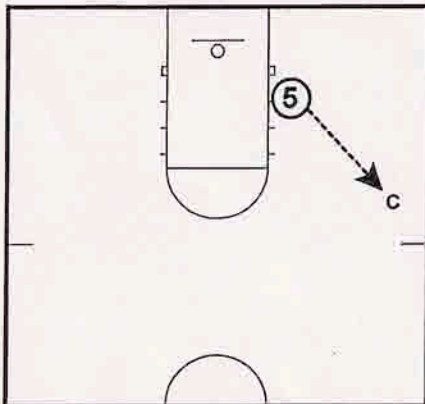


Post 05

2 Ball Dribbling, Pass, Score, Screen and Roll

Drill begins with player dribbling 2 balls in an alternating fashion. Coach calls LEFT or RIGHT for the pass.

Player will execute a post move and then sprint out to coach for screen and roll work.

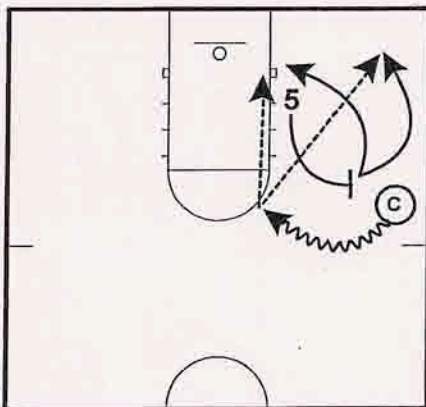


Post 05

Screen and Roll Work

-5x roll to basket
-5x fade for jump shot
-Repeat action on opposite side

-20x total



Vanderbilt

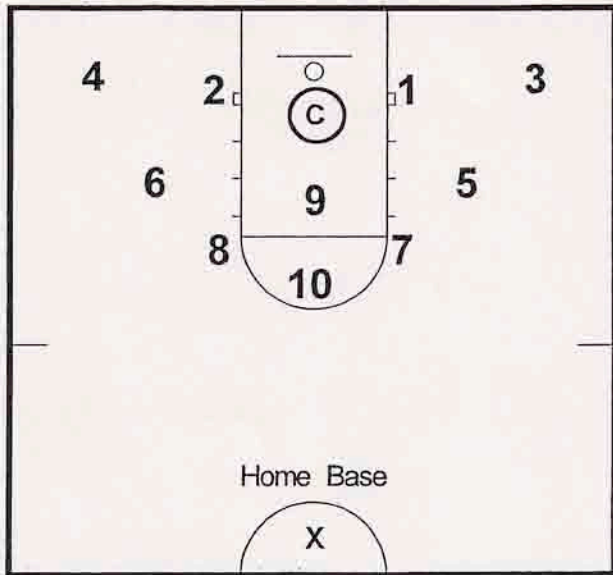
Post 06

10 Shot Drill

Player begins on home base. 10 shots are taken in the following order:

1. Right Block
2. Left Block
3. Right Short Corner
4. Left Short Corner
5. Right Wing
6. Left Wing
7. Right Elbow
8. Left Elbow
9. Lane
10. Key

The player must return to HOME BASE (X) after each shot. 2 sets -- 20 total shots

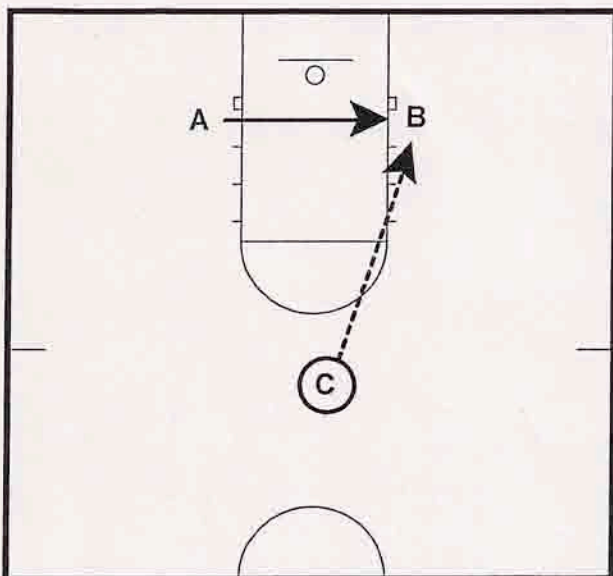


Post 07

1 on 1 Reaction Drill

Players face baseline, positioned slightly above block. Coach calls one players name and passes the ball to him as the other player sprints to challenge shot.

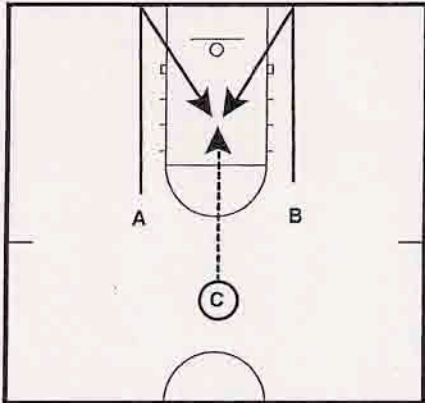
Time -- 5 minutes



Vanderbilt

Post 08

1 on 1 Sprint to Post-Up



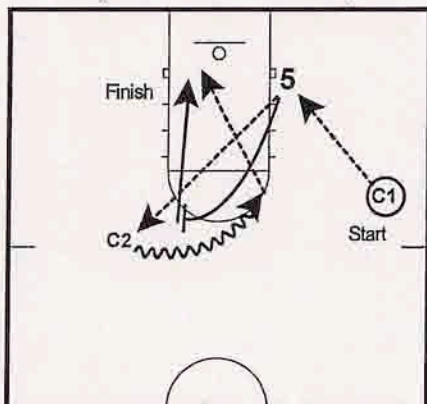
Players start on elbow, coach calls LEFT or RIGHT. Player on that side is on offense, and other player is on defense. Players will sprint, touch baseline and flash hard back toward ball. The offensive player will make a post move.

Variation: Don't make call, have players fight for pass from coach.

Time -- 5 minutes

Post 09

Follow Your Pass to Screen and Roll/Duck In



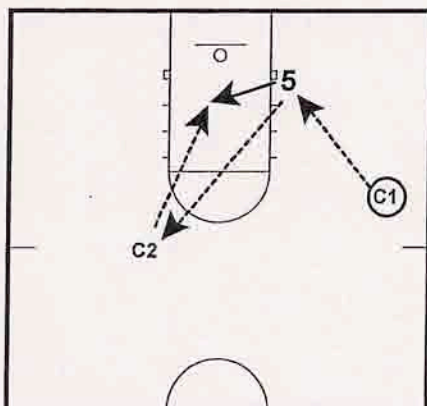
A. Coach (C1) Passes to 5. 5 catches with left hand and throws a left handed pass to top (C2).

5 follows pass to coach (C2) for screen and roll.

-5x each side
-10x total

Post 09

Follow Your Pass to Screen and Roll/Duck In



B. Coach (C1) Passes to 5. 5 catches with left hand and throws a left handed pass to top (C2).

After pass, 5 ducks in to receive pass back, into jump hook.

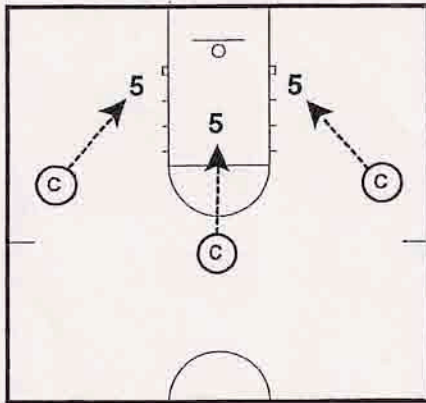
-5x each side
-10 shots total

Vanderbilt

Post 10

Coach tosses ball high in air to 5, who jumps and tips ball from one hand to the other, then finishes.

-15 total shots



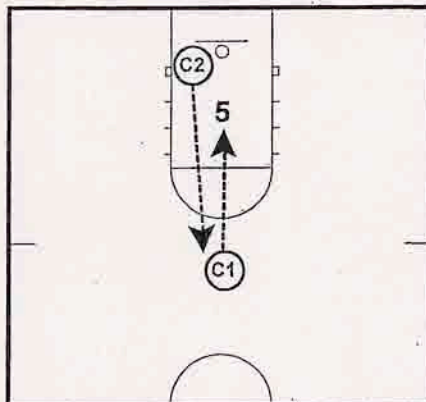
Post 11

Continuous Jump Hooks

2 coaches and 2 balls needed -- 1 coach for rebounding (C2) and 1 coach for post entry pass (C1).

Player will alternate RIGHT and LEFT hand.

1 set = 20 makes
2 sets total



Post 12

Over-head Pass Drill

Big man move in a circular fashion passing ball to LEFT shoulder and RIGHT shoulder.

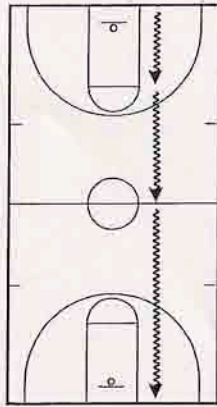
Coach will call which shoulder ball should be passed to, changing at will.

Players should stay 15-18 ft apart.

1 set = 30 seconds
3 sets total

Vanderbilt

Dribbling/Passing 01

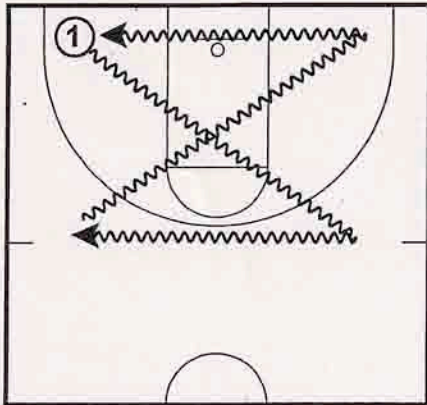


2 Ball Dribbling - Start on baseline with 2 basketballs, walk to free throw line, jog to half court, sprint to opposite baseline.

- Use alternate dribble 2x
- Use same rhythm dribble 2x

-4 reps total

Dribbling/Passing 02



Start dribble with right left cross; dribble to 3 point line, inside pivot and slide dribble with left hand across top, left to right cross; dribble to baseline, inside pivot and slide dribble with right hand.

-Repeat 3x

-Repeat same pattern running with 8 lb medicine ball held over head 3x

Dribbling/Passing 03

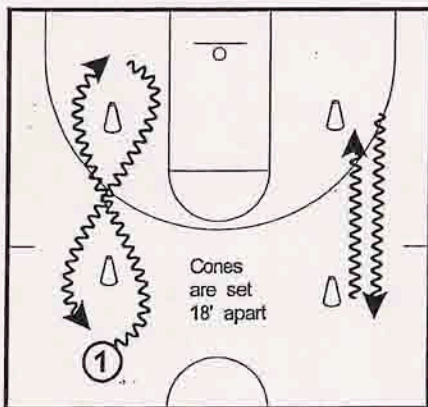


Figure 8 Dribble Around 2 Cones --

A. Start with left hand, switch to right hand around cone.

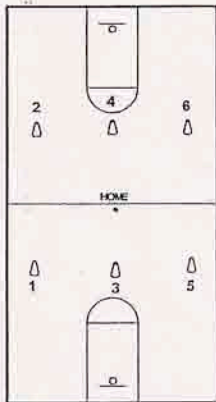
-Repeat 5x

B. Slide dribble, right hand down, left hand back.

-Repeat 5x

Vanderbilt

Dribbling/Passing 04

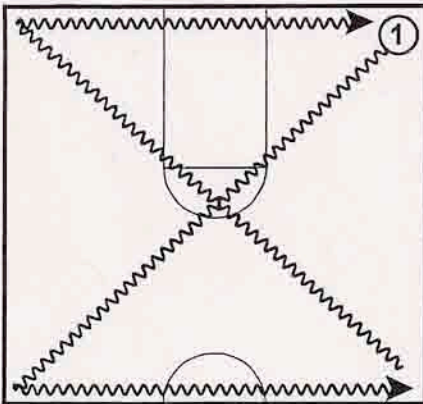


Agility Dribbling Course

- Place cones about 18' apart
- Middle is home base

- A. Player dribbles out left hand, back to home right hand.
- B. Player dribbles out with left hand, back to home using slide dribble.
- C. Player dribbles out forward, back to home backward.
- D. Mix up pattern.

Dribbling/Passing 05 - A



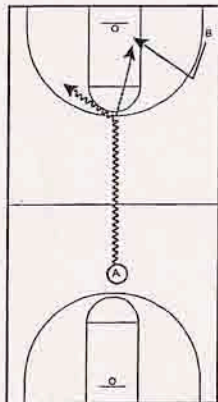
X Sprint With Ball -- Player will start in corner and speed dribble diagonally across the court, change directions and dribble across half court line, and repeat in other direction.

-3 sets

Goal Times

- PG - 12.5 seconds
- Wings - 13.5 seconds
- Bigs - 14-15 seconds

Dribbling/Passing 05 - B



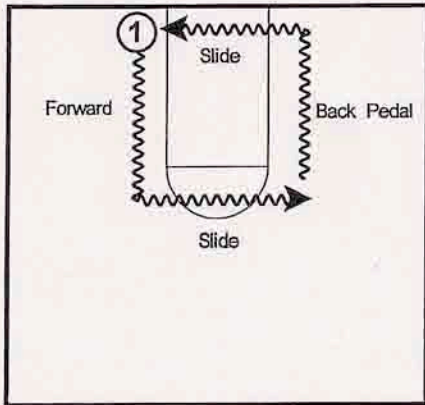
Princeton Pass into Shot -- Player A starts in backcourt with 2 balls, using alternate dribbling he will make one handed pass to cutting player, crossover into jump shot.

-Repeat 5x each direction

-Repeat action with 3pt shot for player B

Vanderbilt

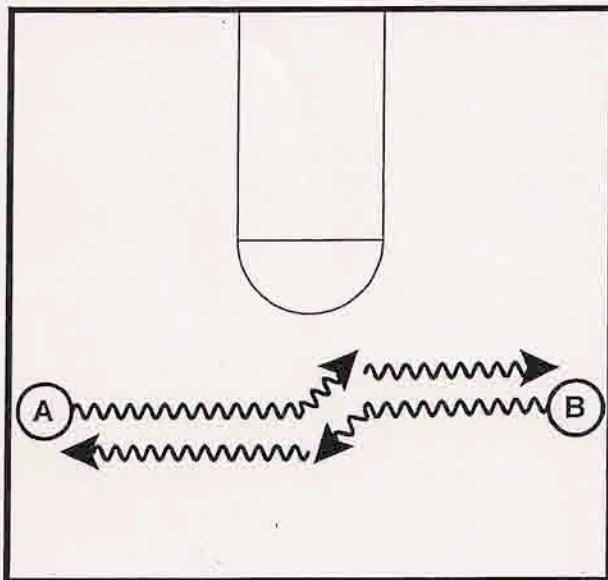
Dribbling/Passing 06



2 Ball Dribbling Around Lane -- Player will execute 2 ball dribbling around the lane.

- 1x alternate dribble
- 1x same rhythm
- Change sides and repeat
- 4 reps total

Dribbling/Passing 07



Cross Court Dribbling -- 2 players

Directions

Players will dribble at each other and perform move at midway point using the following moves:

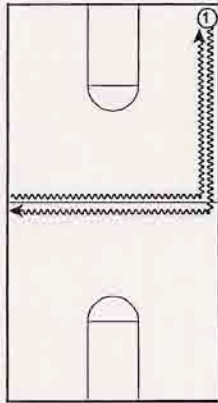
- Crossover 2x
- Through Legs 2x
- Behind Back 2x
- Spin 2x
- Inside Out 2x
- Exchange basketballs 2x

Players start with ball in right hand, make move, return using left hand.

Across the floor and back is 1 rep -- 12 reps total

Vanderbilt

Dribbling/Passing 08

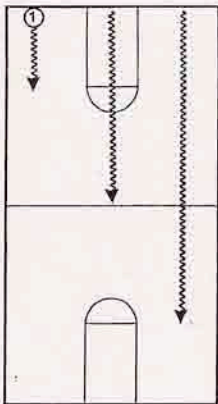


A. L Dribble -- Dribble with outside hand. Start with left hand, return with right.

-3 sets

Goal Time
10-10.5 seconds

Dribbling/Passing 08



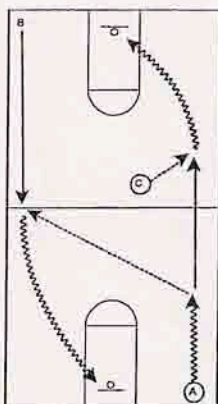
B. Speed Dribbling -- Player starts on baseline.

1. Dribbles to 3pt line, Time: **1.8 seconds** - Repeat 4x

2. Dribbles to half court, Time: **3.0 seconds** - Repeat 4x

3. Dribbles to opposite free throw line, Time: **3.5 seconds** - Repeat 4x

Dribbling/Passing 09

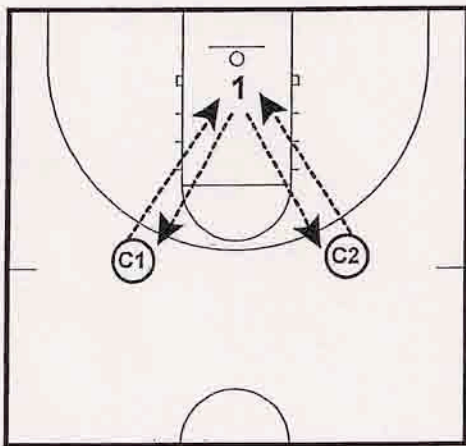


2 Man Full Court Passing

1. A dribbles up sideline and passes across the court to B as he approaches mid-court line. B will continue on and make lay-up.
2. Coach will have a ball at mid-line and flip to player A who will continue for lay-up.
3. 2x Lay-ups, 2x Pull-up jump shots, 2x 3pt shots
4. Repeat on other side -- 12 shots total

Vanderbilt

Dribbling/Passing 10



Player will catch with one hand and immediately pass back to coach using the same hand.

- 30 seconds each set
- 2 sets total

Dribbling/Passing 11

Tennis Ball Toss –

- Need 2 players, one player dribbles ball, while partner tosses tennis ball to free hand.
 - One player dribbles ball, while partner tosses tennis ball above dribblers head, catch with free hand.
- If tennis ball gets away, player must chase ball while dribbling.

Dribbling/Passing 12

Stability Disc Passing (Stance) – Place disc shoulder width apart. Chest Pass, Right Handed Pass, Left Handed Pass, Figure 8 through the legs and pass.

-30 seconds each

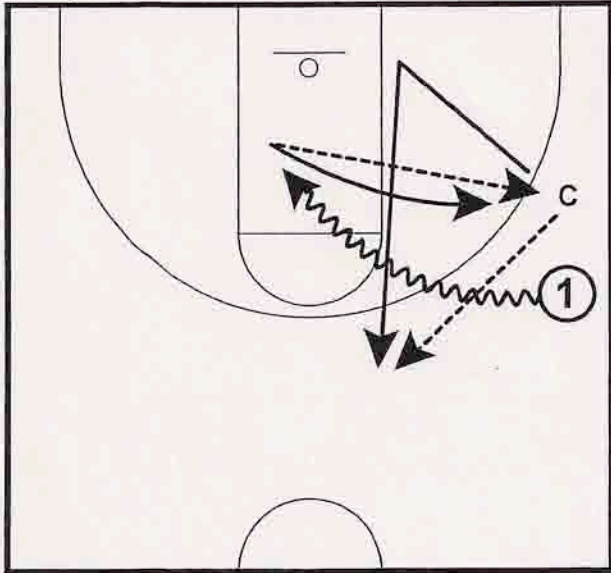
-Repeat each action with Heavy Ball.

-30 seconds each

Vanderbilt

Combination 01

Combination Drill



A. Player dribbles into lane, pivots and passes back to Coach, player closes-out on coach, player slides to cut off baseline, player runs to top for 3pt shot.

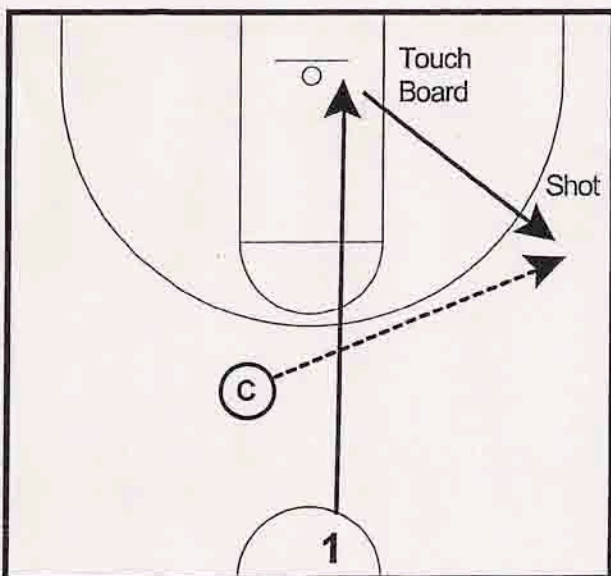
-5x each side

B. Variation for Bigs: Big man will cut to post area for shot.

-5x each side

Combination 02

Sprint/Jump/Sprint into 3pt shot.

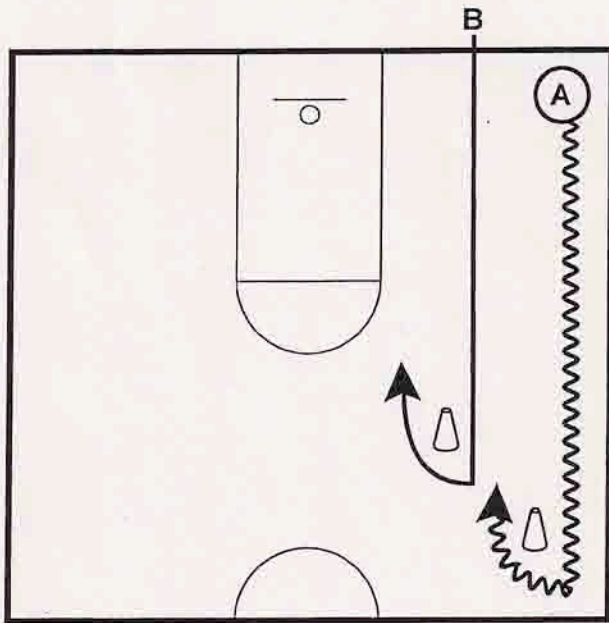


Player starts at half court and sprints to touch backboard, then sprints outside 3pt line for shot.

-5x each side

Vanderbilt

Combination 03



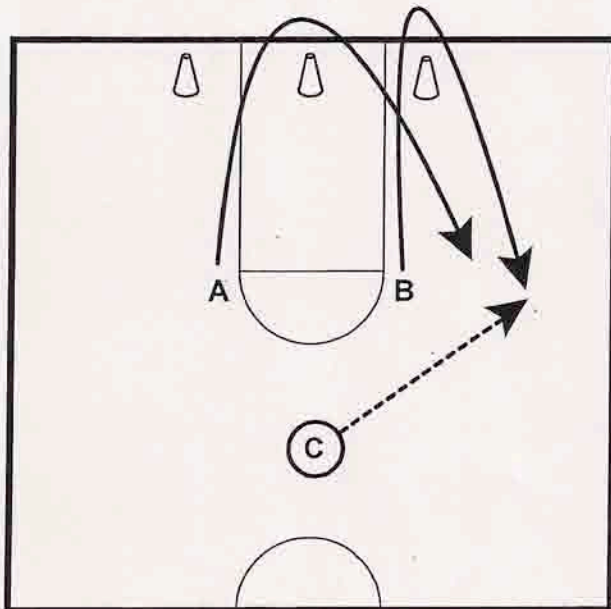
1 on 1 Sprint

A. Player A starts with ball, dribbles up sideline, player B runs around cone to meet A and play defense.

- 5x for A
- 5x for B
- Repeat on opposite side

B. Variation for Bigs: Move around cones into post area, and have Coach make post entry, followed by interior 1 on 1.

Combination 04



1 on 1 Around Cones

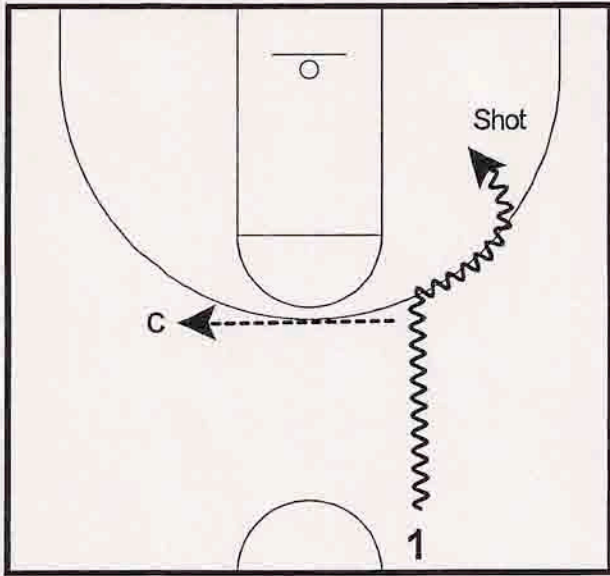
Coach yells LEFT or RIGHT, outside player is on offense.

-10x

Vanderbilt

Combination 05

Alternate Dribbling into shot with 2 balls

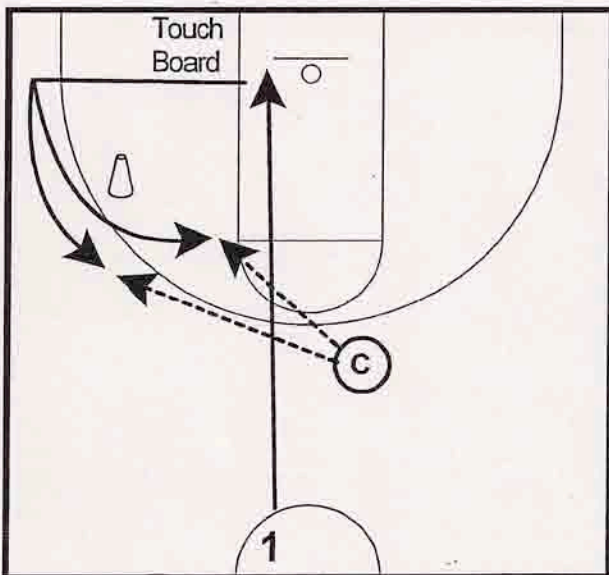


Start at half court, player dribbles using 2 balls, as player approaches 3pt line he will make one handed pass to coach, use crossover dribble into jump shot.

- 5x each side
- 10 total shots

Combination 06

Sprint/Jump/Slide/Shot



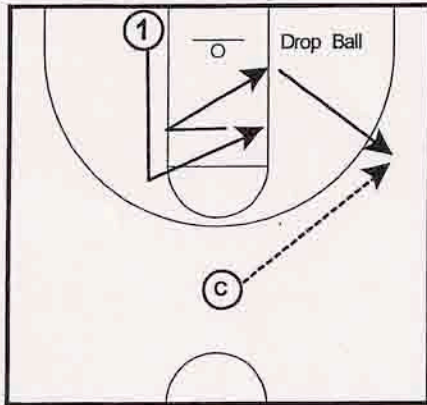
Player sprints down lane, jumps to touch backboard, slides across baseline to sideline, pivots and cuts around cone for shot.

- 5x 2pt shot
- 5x 3pt shot
- Repeat on opposite side
- 20 shots total

Vanderbilt

Combination 07

Med Ball Slide and Shoot

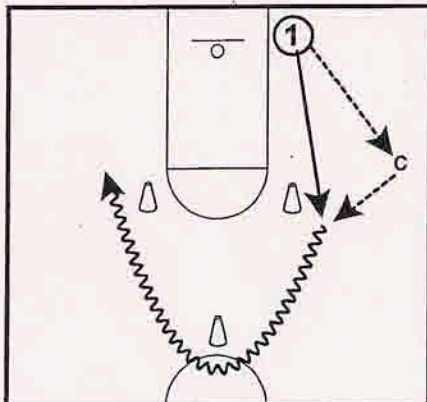


Player holds 8 lb medicine ball, sprints to elbow, drop steps, and slides across lane 3x, drops med ball and sprints to wing outside the 3pt line for shot. Vary the shots

-5x each side
-10 shots total

Combination 08

Pass/Dribble/Shoot



Player passes to coach and cuts around cone and receives pass back from coach. Player then dribbles around cone at half court line and dribbles into shot.

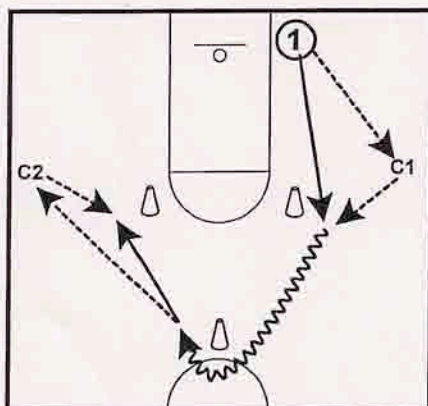
Variation: Player can pass to second coach on the wing for shot off the pass.

Set 1: 5x each side off dribble
Set 2: 5x each side off pass

-20 total shots

Combination 08

Pass/Dribble/Shoot



Player passes to coach and cuts around cone and receives pass back from coach. Player then dribbles around cone at half court line and dribbles into shot.

Variation: Player can pass to second coach on the wing for shot off the pass.

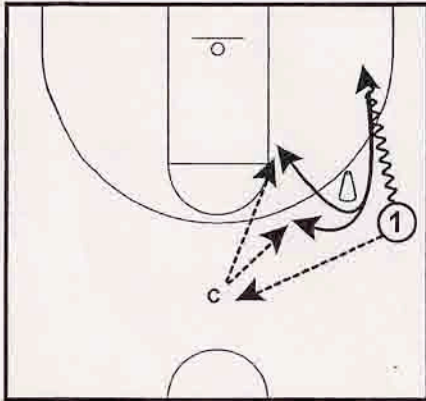
Set 1: 5x each side off dribble
Set 2: 5x each side off pass

-20 total shots

Vanderbilt

Combination 09

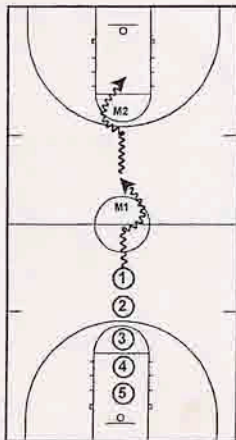
2 Ball Shot Drill



- A. Player will begin drill with stationary dribbling of 2 balls, alternating bounce.
- B. He will make right handed pass to coach.
- C. He will crossover with other ball left to right for pull-up jump shot.
- D. He will then cut off cone (screen) for second shot.

- 5x 2pt shots
- 5x 3pt shots
- Repeat action on opposite side
- 20 shots total

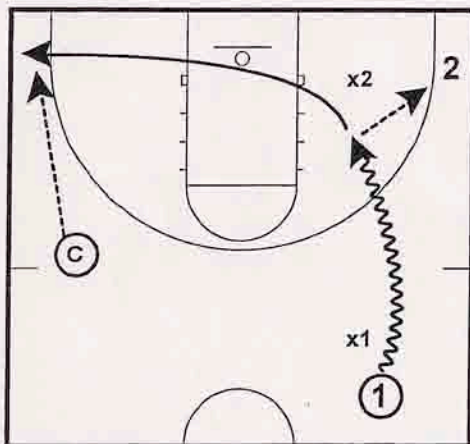
Combination 10



Player will drive ball at first manager (M1), and second manager (M2), finishing with jump shot or lay-up.

- 10 shots each set
- 2 sets
- 20 shots total

Combination 11



- Player drives ball at X2 and kicks to 2 for shot and cuts through to opposite corner for his shot

- Players should switch starting positions and repeat on opposite side. Each player should take 20 shots total.