

**Pacific Coast Slam Players/Coaches Clinic**  
**18<sup>th</sup> of January, 2010**

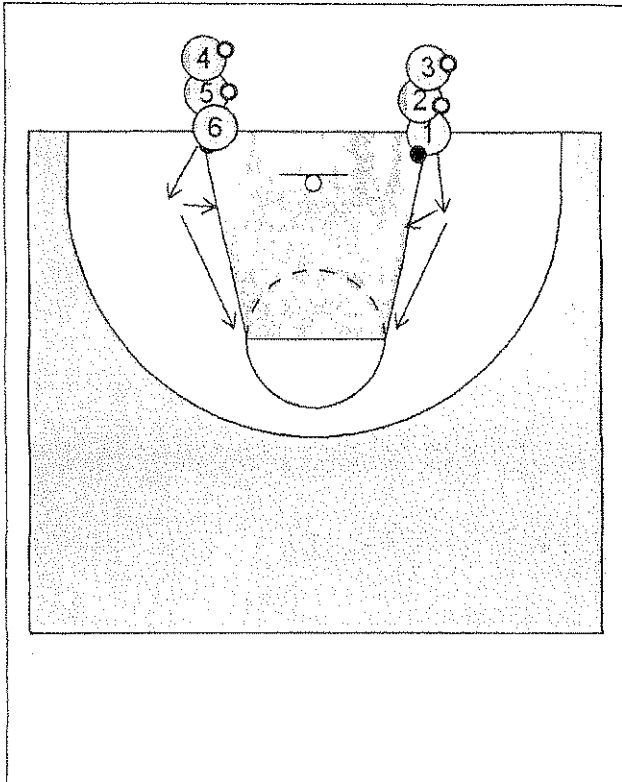
**Building Up a Practice Session**

7.30pm	Spin Out Ball – Catch Low, Heel Toe Toe, Elbow, Wrist, Fingers to Ground
7.35pm	Shoot Off the Dribble from ½ Way Line & moves at Bin
7.40pm	Stretch
7.45pm	3 lanes Passing & Lay Ups
7.50pm	2 on 1 Tap Drill
7.55pm	3 on 0 fast break concepts
8.00pm	3 on 2 fast break
8.05pm	3 on 0 – Cutting hard, spacing, leading, screens
8.15pm	5 on 0 – Transition offence
8.25pm	1 on 1 – On the wing
8.30pm	1 on 1 – Slide & Chase
8.35pm	3 on 3 – Bump Cutter, Denial, Help Defence
8.40pm	Rotations 4 on 3
8.45pm	Shell Drill – 4 on 4 Shell Drill - Baseline Penetration
8.55pm	5 on 5 – Bounce & Chase
9.00pm	Finish





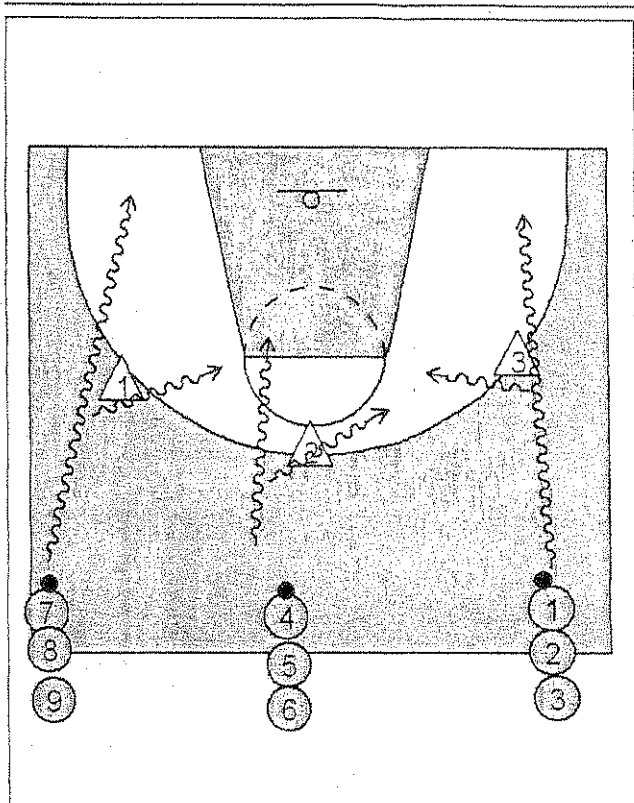
### Spin out ball - shot technique



Everyone has a ball  
1 & 6 toss the ball out & bounces on the block  
Ball bounces to chin height  
Player catches LOW  
Pivots with inside foot first  
Heel Toe Toe  
Hips down, knees bent  
Shooting Elbow to shooting toe  
Cock the ball.  
Release with fingers  
Straight Elbow  
Snap wrist  
Fingers finish pointing to the ground straight



## Shoot off the Dribble



Players drive a chairs/cones/coaches.

Put different moves on as per coaches instruction.

Crossover

Onside

Stutter

Between Legs

Behind Back

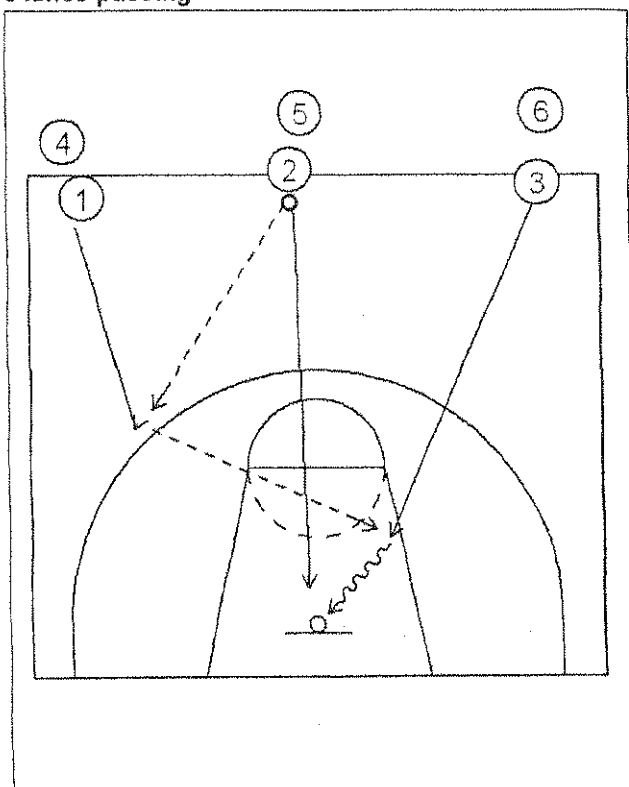
Stop & Go

Mix Up 2 or 3 moves

All into lay ups & Jump Shots



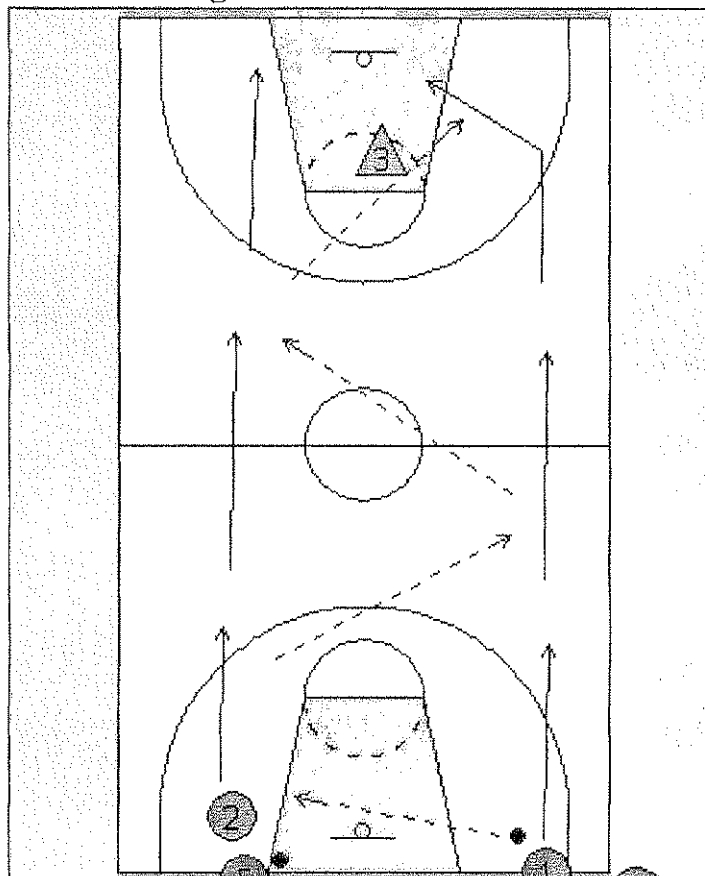
3 lanes passing



- 2 passes to 1 on the run
- 3 cuts hard to basket
- 1 passes to 3 for lay up with out a bounce
- 2 rebounds
- All 3 players run to the outside.

## 9.5 Two Against One.

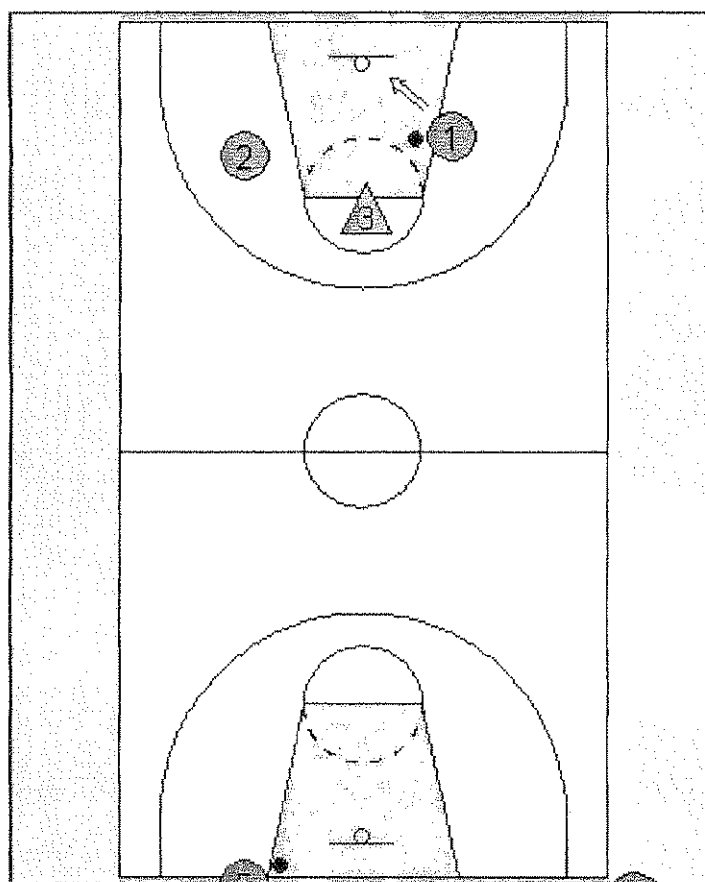
### Offence.



A fairly simple but effective drill.

Player 1 and 2 pass the ball to each other up the court. They are not allowed to dribble or make travels.

Player 3 is the defender who will try to intercept the ball.



At the end of the drill 1 or 2 will take the lay-up & become the new defender.

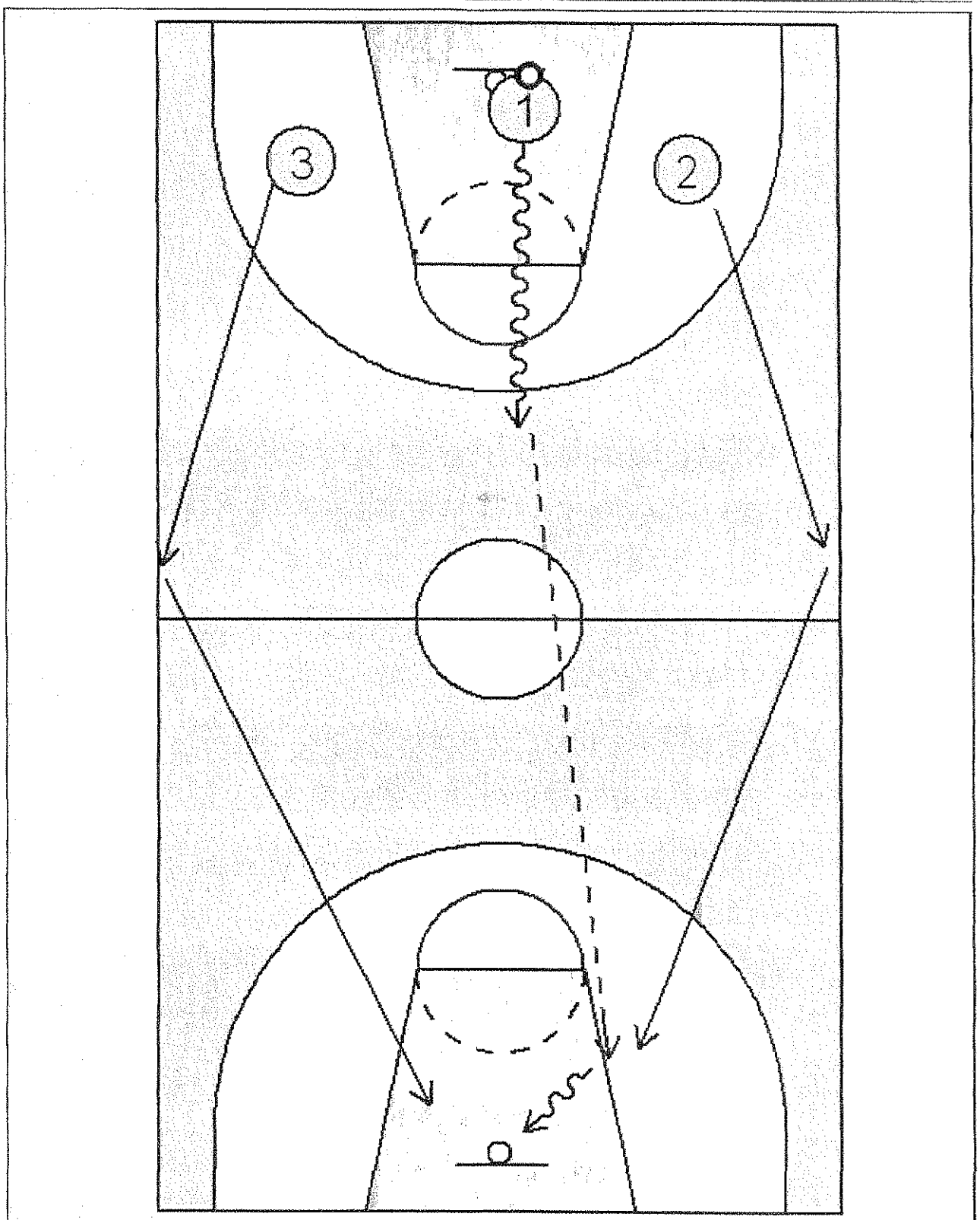
After a score the defender & the non shooter step off the court & return to the start point.

If a pass is intercepted before the score by the defender the player who made the poor pass will become the defender.

If at the beginning the scoring is low, you might allow one or two dribbles.



## 3 on 0 - Fastbreak

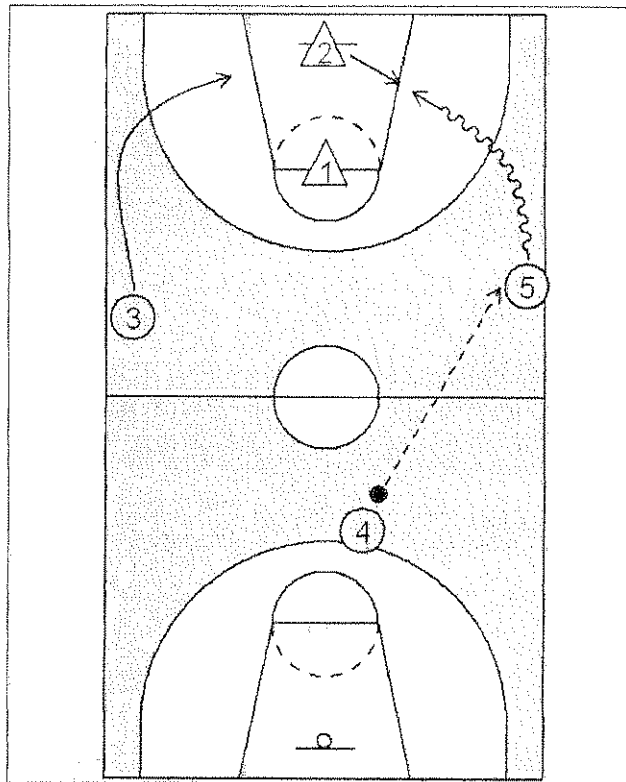


1 starts with ball & throws it off the backboard & rebounds the ball, 2 & 3 run & touch side line & cut to keyway, 1 takes 1 or 2 or 3 bounces

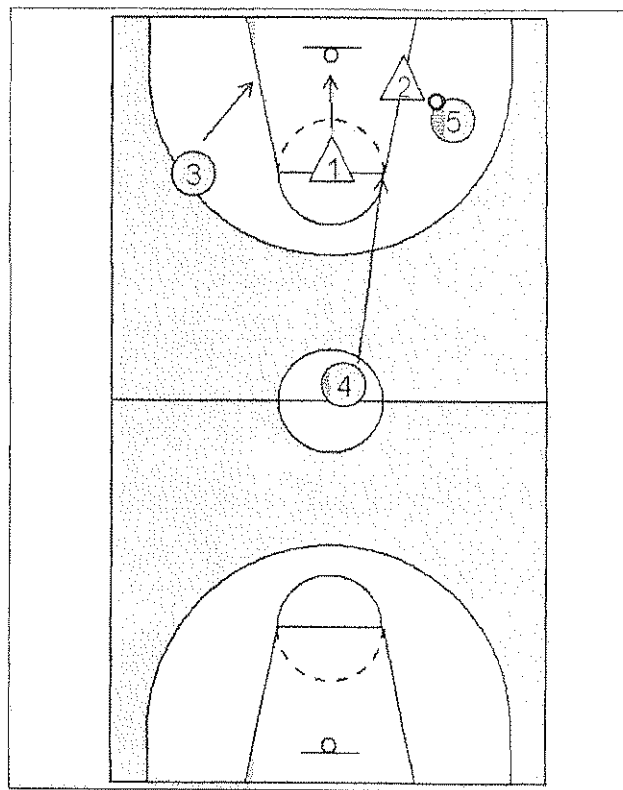
1 passes to 2 who catches & makes lay up without a bounce, 3 rebounds the ball before it hits the floor



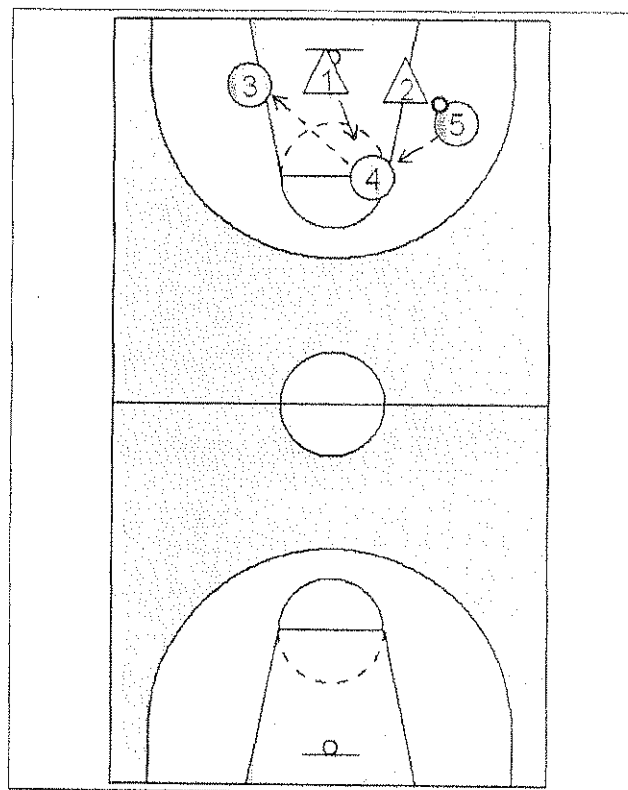
3v2,



2 & 1 defence set up in an EYE formation  
4 releases the ball early if 3 & 5 are ahead  
5 attacks to draw out 2



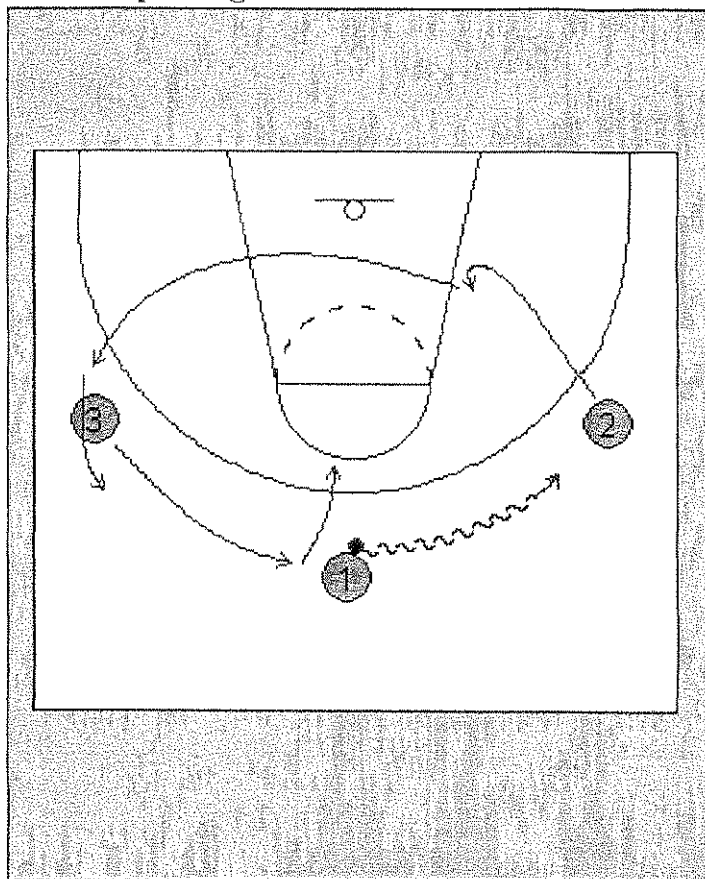
4 pass & cuts to F/T elbow  
1 defender drops to protect basket



5 pass to 4 for shot on F/T line  
If 1 defends 4 then 5 Passes to 3 for lay Up  
OR 5 Passes to 4 + Pass to 3 for lay Up

### 3 on 0 - Spacing Drills.

### Offence.



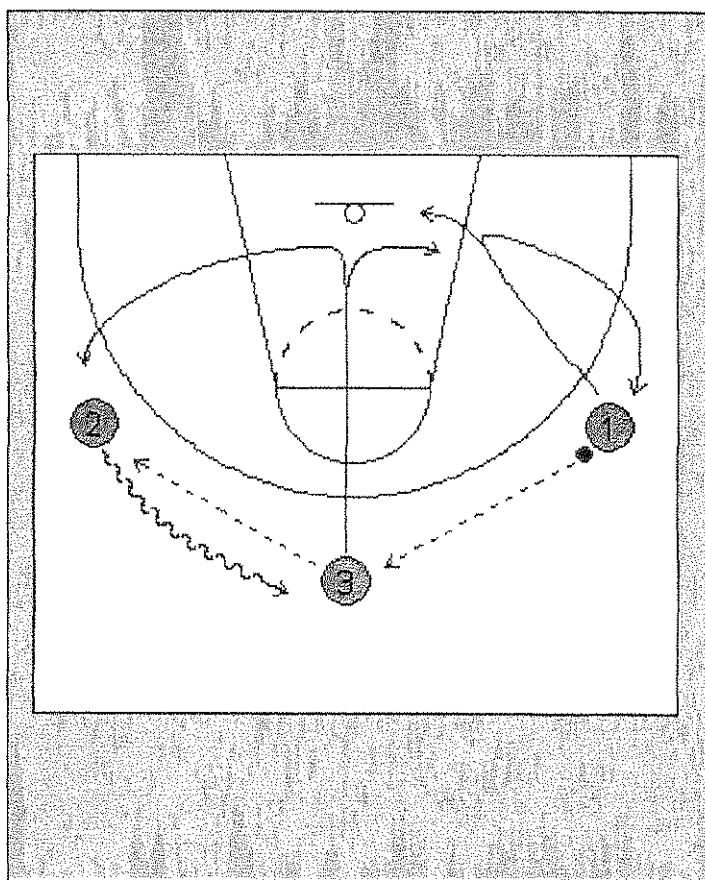
This is a simple spacing, passing & cutting drill. Players do not have set rules as such but must keep the wings & point spots occupied without crowding the same spot.

Each time a player fills a position they should be in a ready to receive & shoot stance. If the ball is not moved within a 2 count the Offence must make a move. Following are some movement examples.

Set players up 3 on 0. Have the point player dribble the wing out.

Strong side wing can cut into post & clear out to weak-side.

Weak wing can replace point. This player can also decide to dive to the basket after coming high & the weak-side player can replace.



If the ball is reversed through the point to the wing the point player can basket cut.

If the wing 2 dribbles high the cutter 3 can replace this player. If not 3 can go opposite.

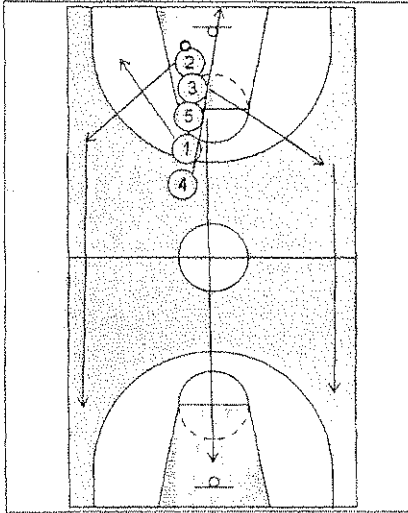
1 can cut to the basket & out to the other side of the court, 1 can cut & replace themselves also.

As soon as the coach is satisfied with the acquired spacing concepts add defenders to play 3 on 3

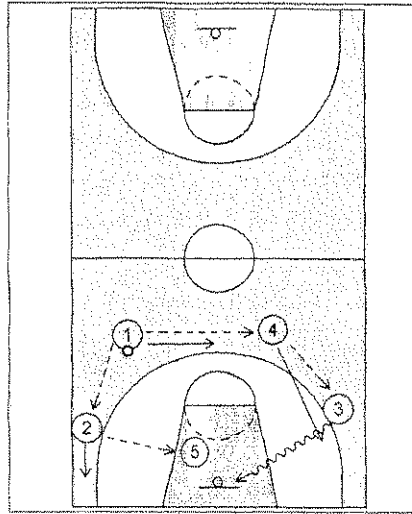




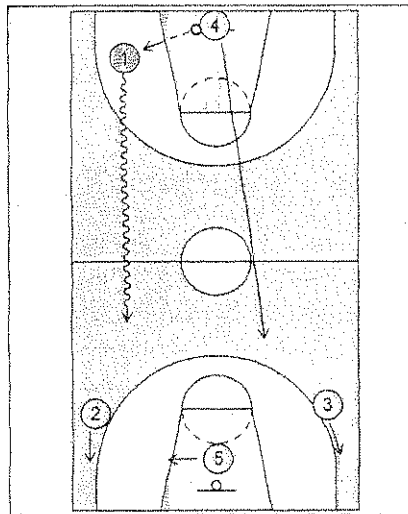
## Transition - 5 on 0



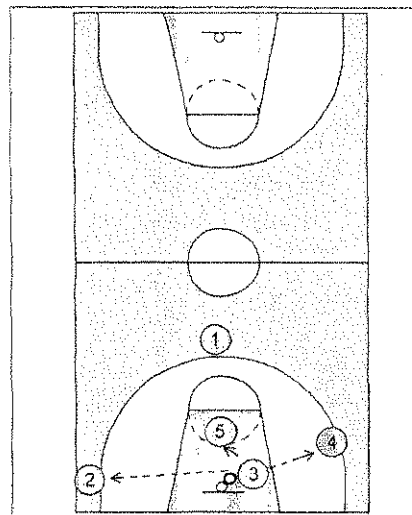
2 starts with ball & throws it off the backboard. 2 runs his lane. 3 catches & throws off the backboard & runs his lane. 5 catches & throws it off the back board & runs to basket. 1 catches & makes the basket & sprints to outlet. 4 takes it out of bounds.



1 can pass to 2 to 5 for basket or 1 pass to 4 to 3. 5 traces the ball. 3 dribbles to basket & jump stops.

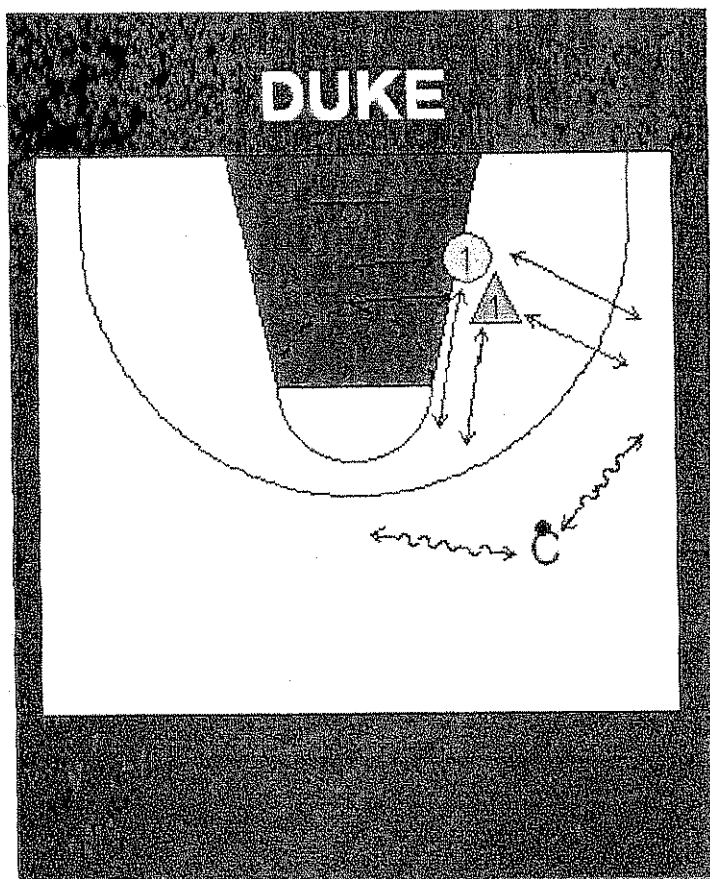


4 passes to 1 who dribbles it up quickly. 4 trails behind line of the ball. 5 posts ball side of 1 man.

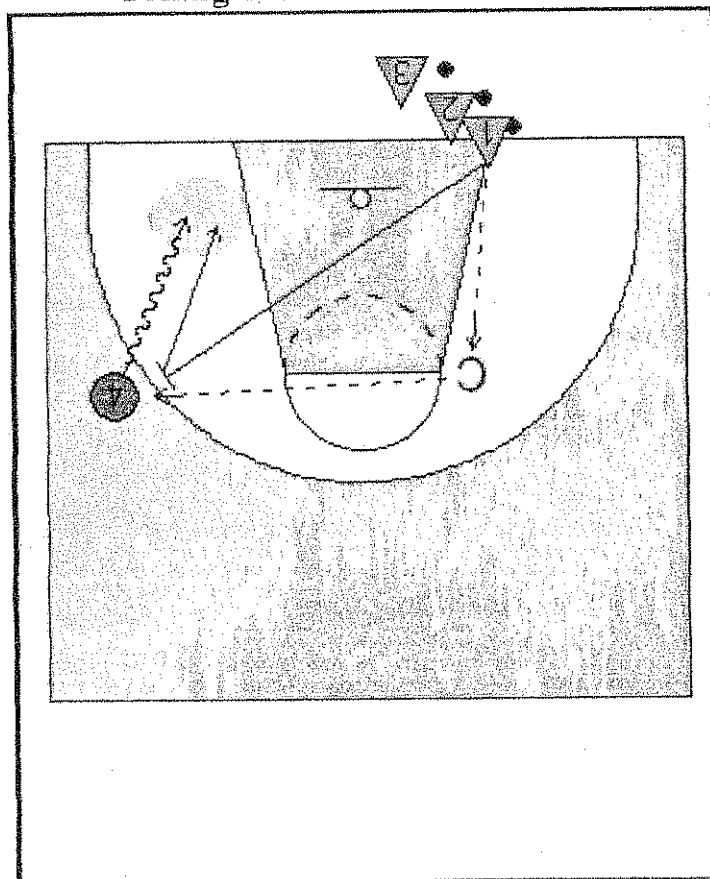


3 dribbles to basket & jump stops. 3 can lay up or pass to 2 or to 5 or to 4 who replaces him. 1 at top for safety.

## Ins & Outs.



## Triangle Closeout.



## Defence.

Offence & Defence start in the low block.

Coach is out high with the ball.  
Coach dribbles from side to side.

Offence makes leads out to the wing, up high or backdoor according to where the coach is positioned.

Defence must deny all leads.

Coach can pass the ball at any time & we play 1 on 1 until a score or a stop.

Make sure the defender is vocal making calls such as deny, backdoor, pass, shot, etc.

Set-up as in diagram.

(1) passes to coach who passes to (4).

(1) closes-out to (4).

- Butt-low
- High-hands
- Head-back
- Stutter steps/Bunny hops at the end.
- No Middle.

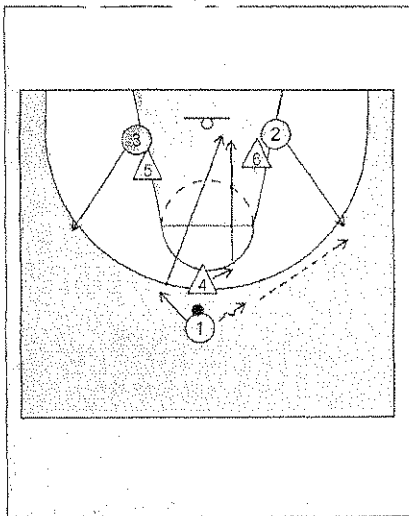
Play one-on-one to a result.

### Variation:

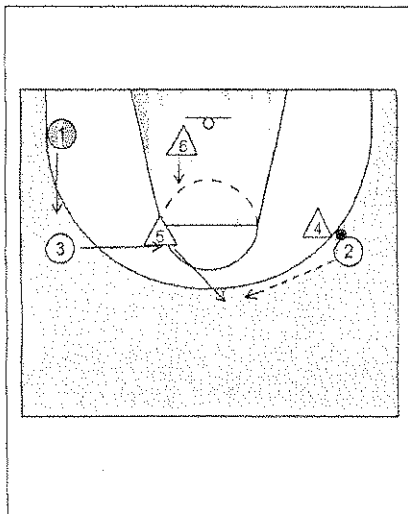
(4) shoots directly, 1 boxes out.



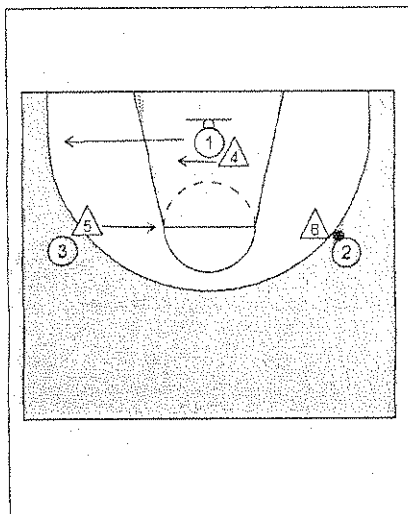
## 3 on 3 - Bump Cutters



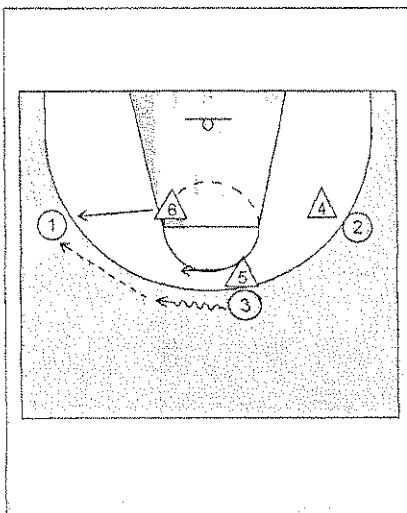
1 starts with the ball. 2 & 3 lock heel & arm & lead out. 5 & 6 deny pass. 1 takes 1 dribble & passes to 2. 1 takes his man away & cuts to basket hard. 4 jumps to the ball & bumps the cutter 1.



3 cuts to F/T line. 5 meets cutter & pumps to top. 1 lifts & 6 lifts. 2 passes to 3. 5 has defensive stance with bum on the basket.



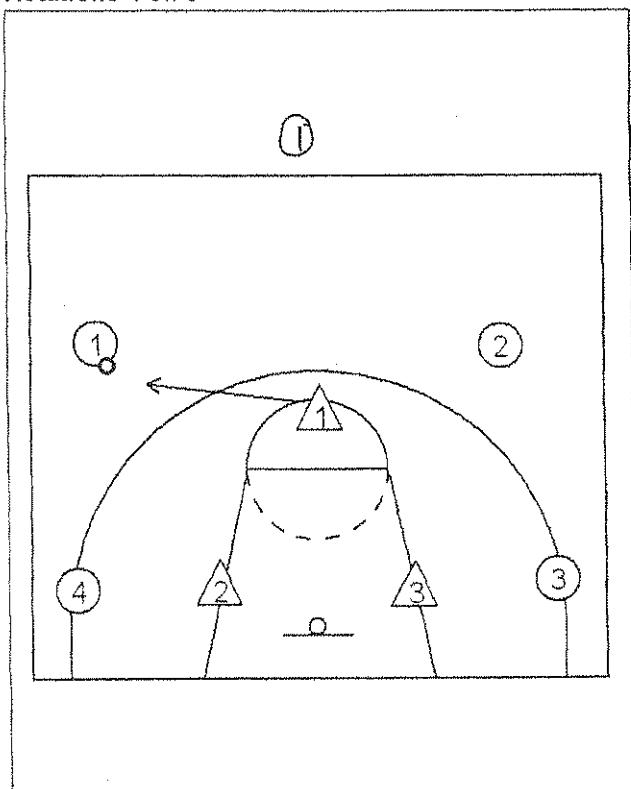
6 gets in a stance with bum pointing to basket. 5 jumps to the ball. 4 stays on split line. 1 cuts out.



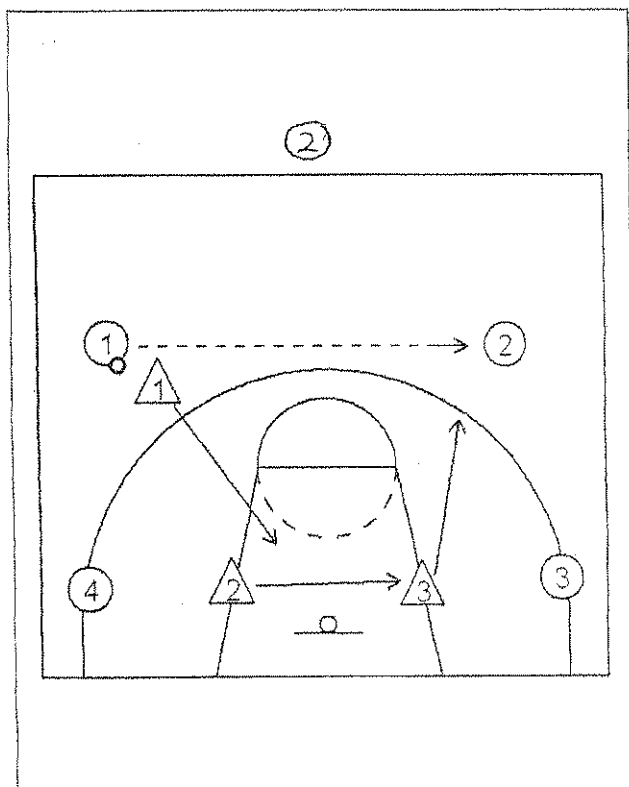
3 takes 1 dribble & passes to 1. 3 cuts to basket to repeat the drill.



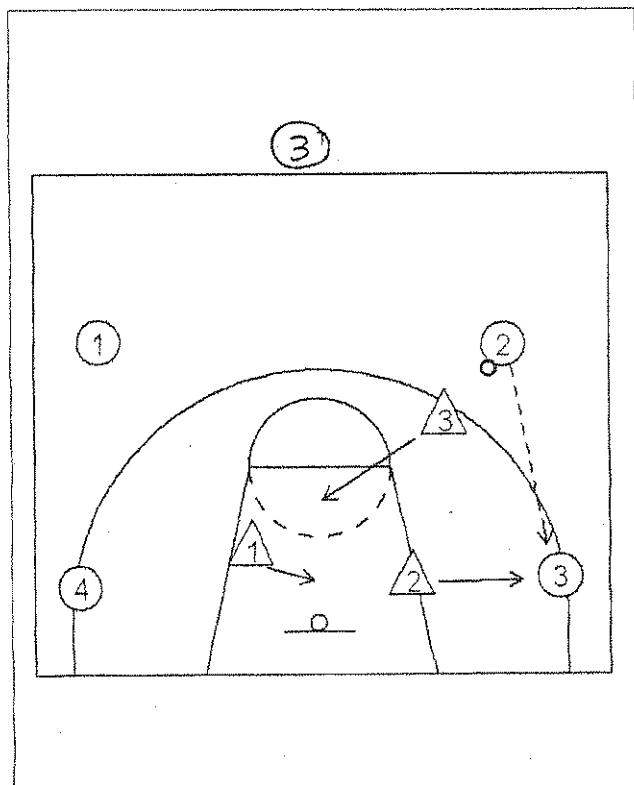
# Rotations 4 on 3



Defence starts in a triangle  
1 picks up the ball  
2 & 3 fill the eye baseline spots in open stances



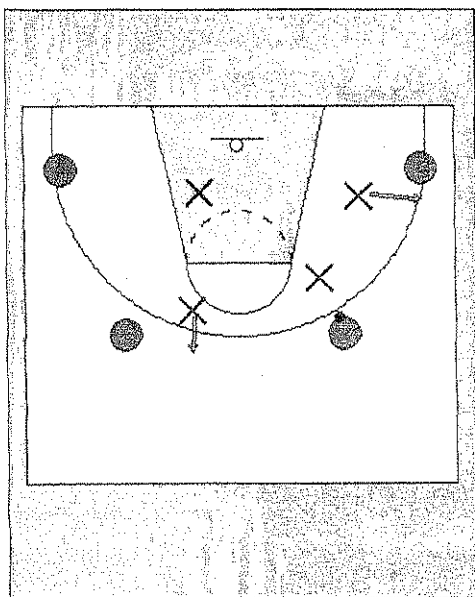
1 offence passes to 2  
3 defence closes out 2  
2 defence fills his spot  
1 defence drops to bottom of eye



2 passes to 3  
2 defence closes out 3  
1 defence to split line in open stance  
3 defence sprints to top of eye in open stance

## Shell Drill.

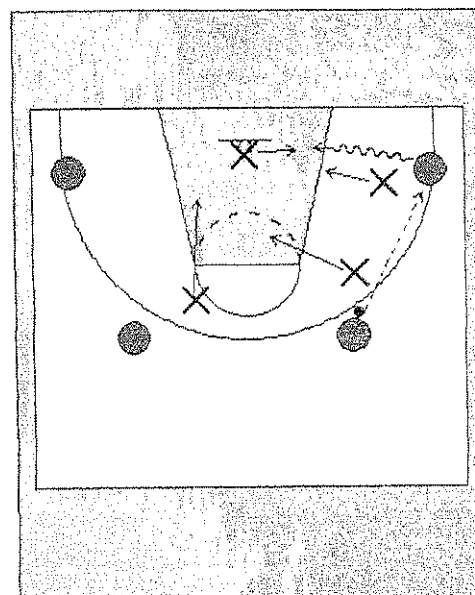
## Defence.



The ball handler is pressured but contained.

If you are 1 pass away play denial (Hand in lane) but prepared for back cut.

Weakside player is off to ball seeing man & ball (Triangle, point pistols).



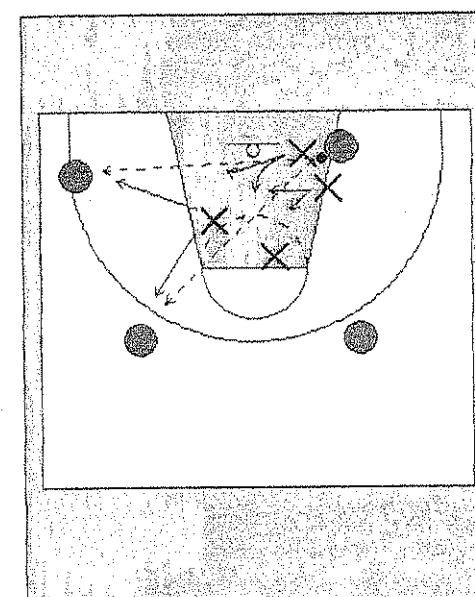
If pass goes to corner all 4 players rotate, ball is pressured.

Strongside high defender drops to foul line area.

Weakside player gets to split line.

On the drive we force the ball handler to the baseline corner and the weakside defender comes to help before Offence gets to the edge of key.

High weakside player drops to cover skip pass to either weakside player.



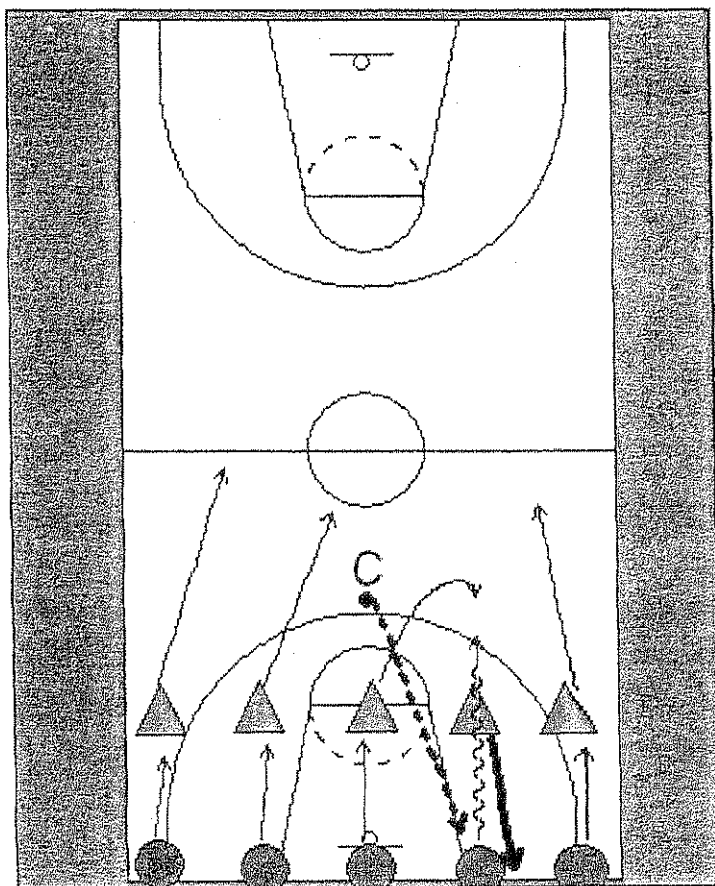
On the pass the weakside defender closes out onto the ball.

If the ball is passed quickly on the drive the ball handler defender rotates to the next man. If it is from a dead ball trap the trapper rotates on the pass to the free man.

Strong side high defender moves according to closeouts. This player may rotate to ball if closeout is late, this player may go to 1 pass away denial if the ball is passed high or may stay in a shallow triangle if it is passed out low.

## Bounce the Base & Chase.

## Defence.



Coach is out high with a ball.

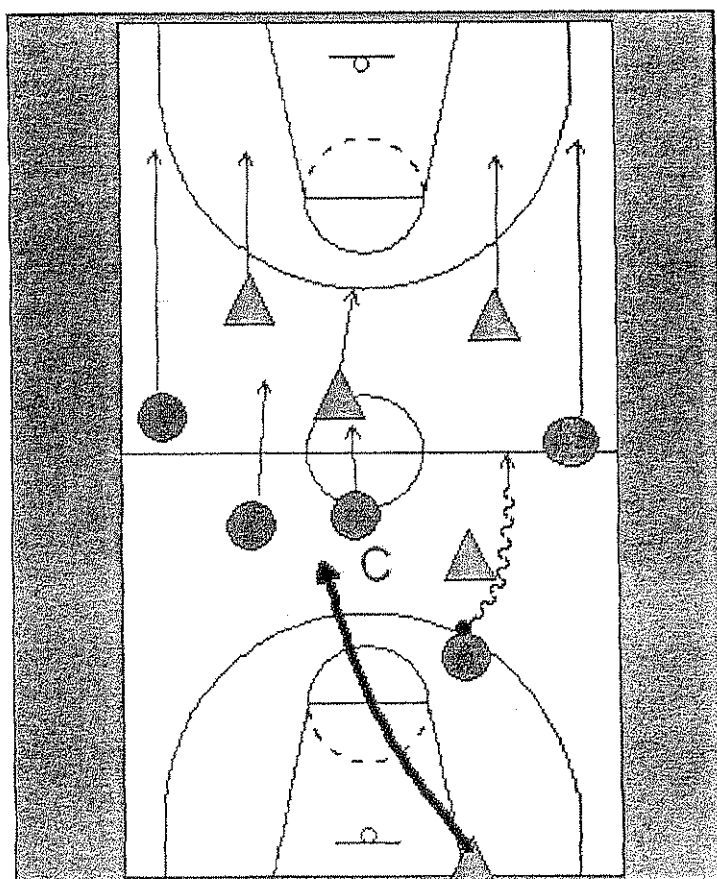
Have 5 players line up on the baseline on Offence & 5 players on Defence in a ready stance across the floor at foul line level.

When the coach throws an offensive player the ball the corresponding defender must sprint to touch the baseline with their foot.

All other players sprint the floor in transition down to begin the break 5 on 4 trying to score.

The defender that is closest to the ball should immediately pressure the ball handler to slow the offensive transition down.

**Note:** If the ball is passed to the player as shown avoid having the outside defender come to defend the ball as it will leave that whole side of the floor without a defender.



All defenders scramble back to rotate on any offensive players who receive the ball until the loose defender scrambles back.

Once the defender that has to touch the baseline has done so they sprint back to find the offensive player that does not have an opponent.

When all are matched up play 5 on 5.

Swap offence to defence at each end.

Play to scores, stops or a set time.