

SKILL DEVELOPMENT - GUARDS

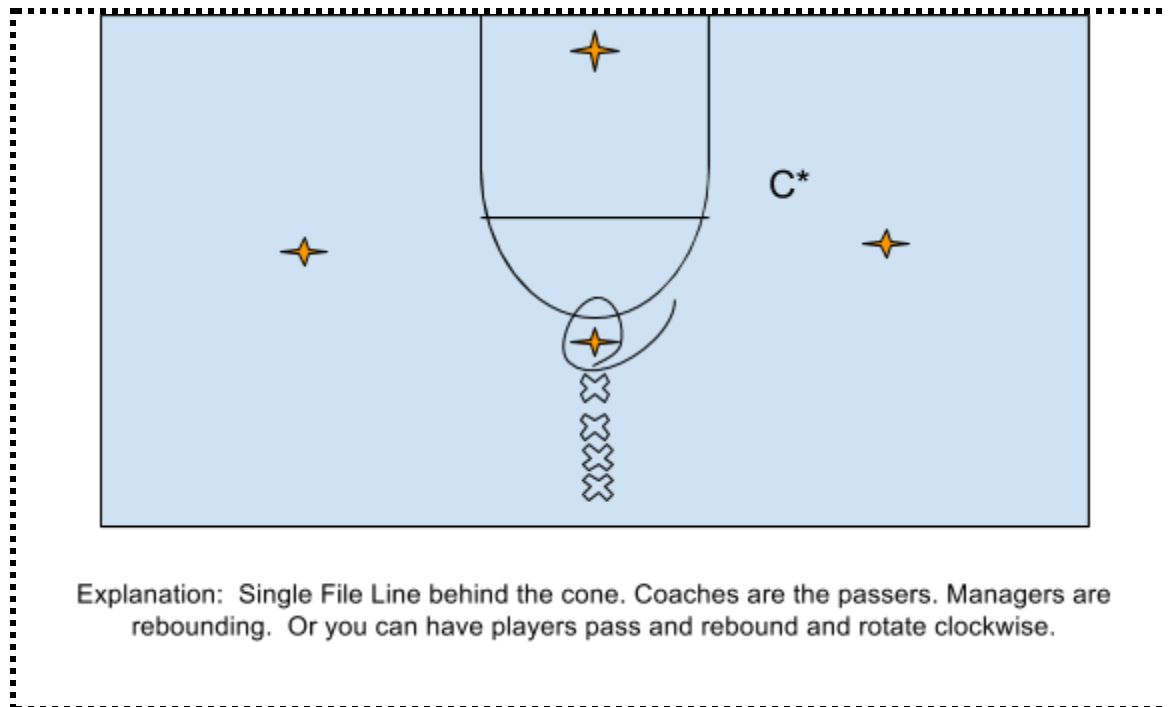
In our offensive system, you are either a Guard or a Forward:

1. G
2. G
3. G
4. F
5. F

*When we work on Skill Development, we will divide up by G and F.

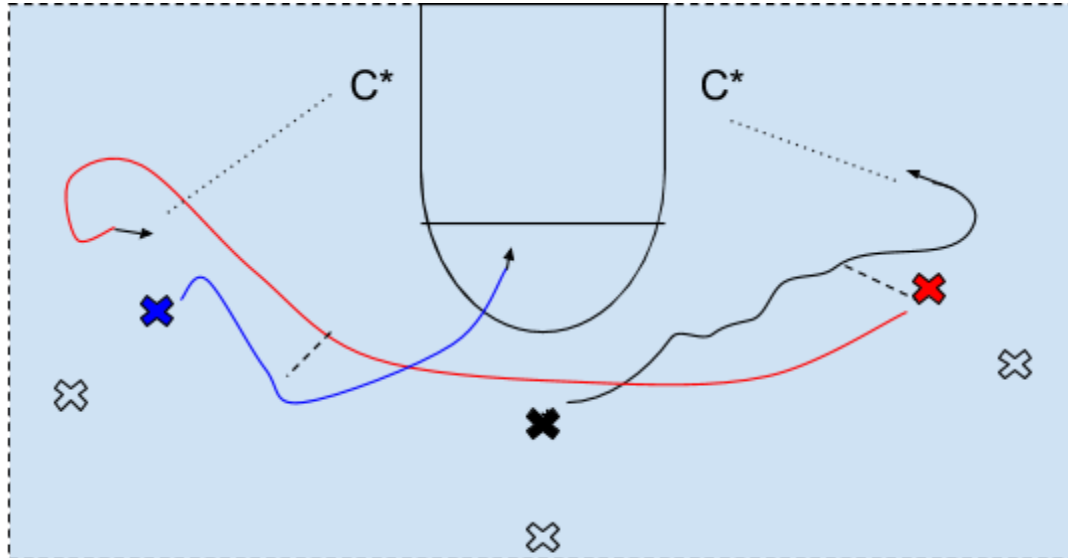
GUARDS - "JUMP SHOTS" - (working to improve footwork)

- Explanation:
 - 1 Cone needed
 - Passers and Shooters
 - Enough basketballs to keep moving
 - Single File
 - Go around the cone; quick feet and get set up
 - Shoot after
 - Add 1 dribble with fake and shot
 - Cues: "Get Lift!" "Balance" "No Fading"



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GUARDS - "DHO Shots" - (2 Dribble Hand-Off Shooting)



Explanation: **D.H.O. Shooting (Dribble Hand-Off Shooting)**

- 2 DHO Shooting - Both C* pass to other guards.

- CUES: "Flick the ball!" "Flick It"

2 DHO: X* - begins dribbling at X, X "flicks" ball to X.

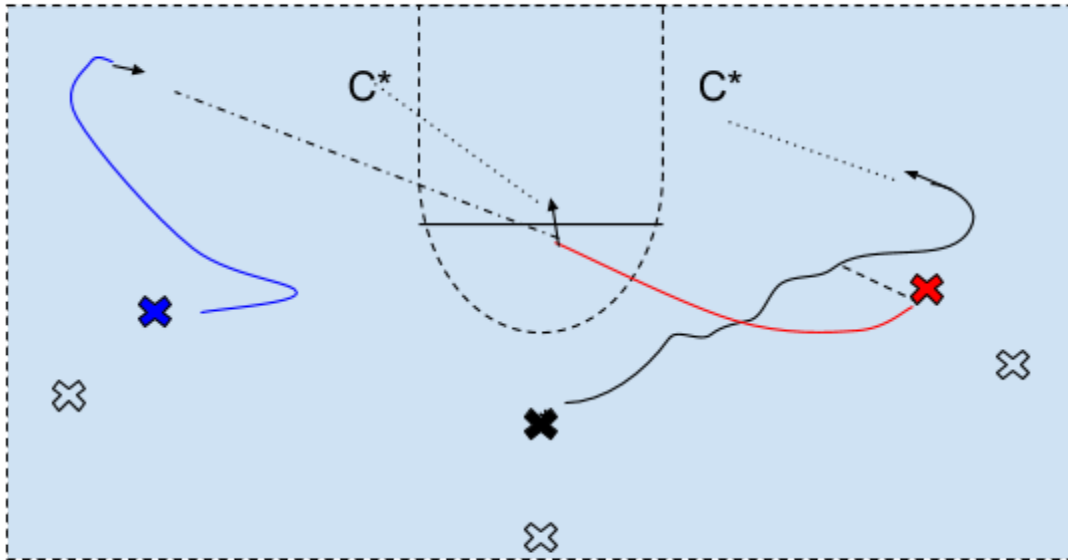
X dribbles at X, X "flicks" ball to X.

X cuts to elbow hard and shoots the ball.

(X and X square up and receive a pass from the C*)

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Dribble Hand Off - 1 DHO



Explanation: **D.H.O. Shooting (Dribble Hand-Off Shooting)**

- 1 DHO Shooting - Both C* pass to other guards.

- CUES: "Flick the ball!" "Flick It"

1 DHO: X* - begins dribbling at **X**, X "flicks" ball to **X**.

X attacks the lane, X passes ball to X.

X will chase the corner or slip above shoots the ball.

(X and X square up and receive a pass from the C*)

"Jump Shots" - this can be used as a warm up or drill session

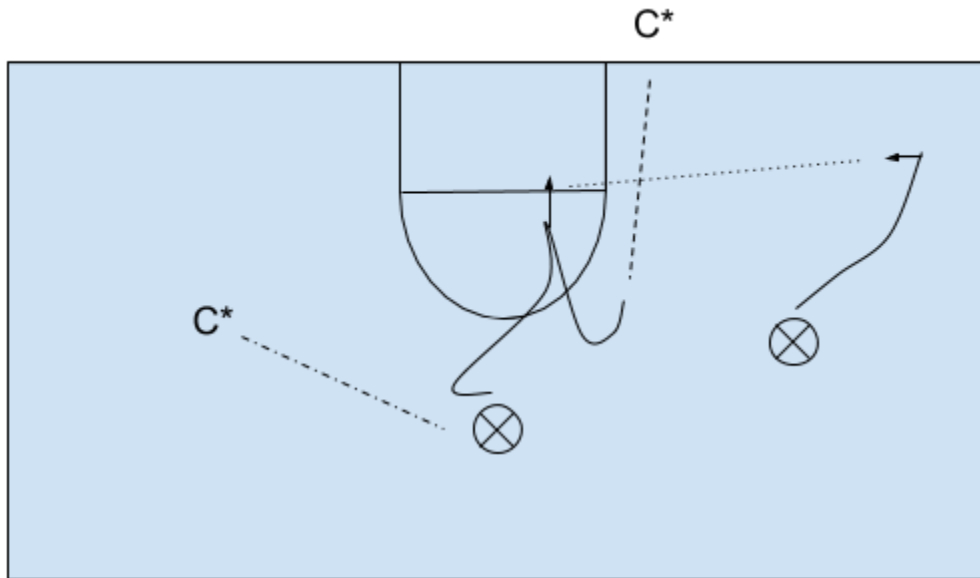
- Explanation: all players have a basketball
 - Single file line at ½ court
 - Player passes to coach who is in the lane just below FT line
 - Player runs to top of the key and cuts out to wing
 - Coach passes back to player
- Cues: "Fundamental Shots!"
 - "Keep the ball off of your hands, use fingers."
- You can give the players a goal. Make 10, Make 20 before they move on.

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“Two Man Shooting” - this needs to be worked on every practice!

Explanation: this drill breaks down our 4 out 1 in motion offense

- Remember: the offense is focused on movement and spacing
 - Emphasis: Jab and Attack



Two Man Shooting - “SIDELINE” (see diagram above)

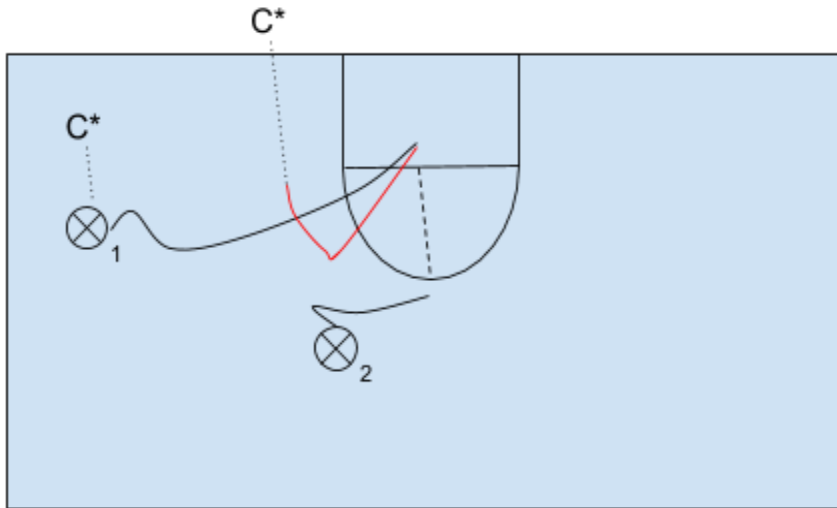
- O1 jab and go
- O2 chase corner
- O1 replace out
- C* passers in the drill

SKILL DEVELOPMENT - GUARDS

“Two Man Shooting” - this needs to be worked on every practice!

Explanation: this drill breaks down our 4 out 1 in motion offense

- Remember: the offense is focused on movement and spacing
 - Emphasis: Jab and Attack



Two Man Shooting - “MIDDLE” (see diagram above)

- O1 jab and go
- O2 slip to top of key
- O1 replace out
- C* passers in the drill