



## Competitive Drills

- O'Neil Drill (Full Court: FT to start, then 2 v 1, 3 v 2, 4 v 3, 5 v 4, 5 v 5)  
Play until 5 v 5 for set # of possessions (2)  
**\*Competition:** Score it, 1's, 2's & 3's  
-Options: +1 for deflections, -1 for TO's, +3 for charge taken
- 4 v 4 v 4 Cutthroat (3 v 3 v 3 option)
  - Offensive**
    - Team that scores gets a point & stays on O, defensive team scored on is out. \*Outlet to coach, next possession begins.
    - Draw a foul, new D.
    - Four baskets wins, **\*Validate with FT**, losers run.
    - Modify according to what you want to emphasize
      - Limit # of dribbles
      - Min. # of passes before shot
      - Post touch before shot
      - 3 'sides' before shot
      - Designate screen-setter
      - etc...
  - Defensive**
    - Def. stop = a point, must get 1<sup>st</sup> rebound to 'score', 4 stops wins.
    - Commit a foul, Def. team is out, Off. becomes Def.
    - Off. team makes a basket, they become the next Def. team
    - Adjust to emphasize ...Ex. \*Charge taken = 1.5 pts
    - \*Be as stingy as you want regarding what you want to demand**
      - Communication      -All must check out on shot
      - No middle drives      -etc...
    - \*Competition Options:**
      - 4 total stops wins
      - 3 Consecutive stops wins
      - 3 Consecutive stops to get out of the drill
- 6 v 4 Disadvantage Drill  
Two unguarded offensive players added to 4-on-4 ½-court play, 1 in each corner. When either corner man gets the ball, a straight-line drive to the

hoop must be attempted. Defenders must see the ball, call 'baseline', stop the ball, rotate to help and recover positions.

**\*Competition:**

Must get 2 out of 3 stops or consecutive stops etc..

4. 5 v 4 Awareness Drill

Start with a 4 defenders in the paint, 5 offensive players around the arc. Ball thrown to an offensive player, defenders execute close-outs relative to ball & man, live 5 vs. 4 follows.

**\*Competition:**

Must get 2 out of 3 stops or consecutive stops etc..

\*OR

10 pts wins: Defense gets 2 pts for a stop, Offense gets 1 pt for a basket.

Possession winner chooses whether to play Off or Def for next possession.

5. 4 v 4 v 4 FULL

(Great drill to prep for aggressive pressing teams, conditioning, increases toughness, exposes softness)

\*Set limitations/rules for emphasis

-Passing minimum \*3 passes in back court & front court before scoring

-Dribble limit \*max 2 on any touch

\***Competition:** Timed or first to 3 baskets

G.R.I.T. Drill

-5 v 5 ½ court, coach passes to PG to start possession

-1:00 on clock, clock stops on a make, or dead ball

-Off. Score as many times in 1 min.

-Def. +1 for a deflection, +3 for a charge taken

-\*If your man scores, owe 5 push-ups right away, we want defenders to do their job within the defensive possession.

-Teams switch O/D after 1 min.

-\***Competition:** Total up point differential, losers run that differential amt.

Perfect :30

-5 v 5 ½ ct

-Any score, foul, missed assignment re-starts the shot clock and the D stays

-An offensive miss followed by a D rebound, clock stops and counts down from there on next possession.

-Def. needs to expire clock in order to get out of the drill

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