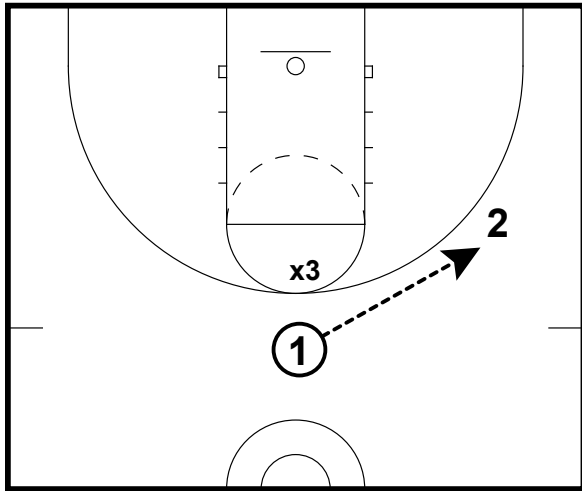


Read and React Offense Drills

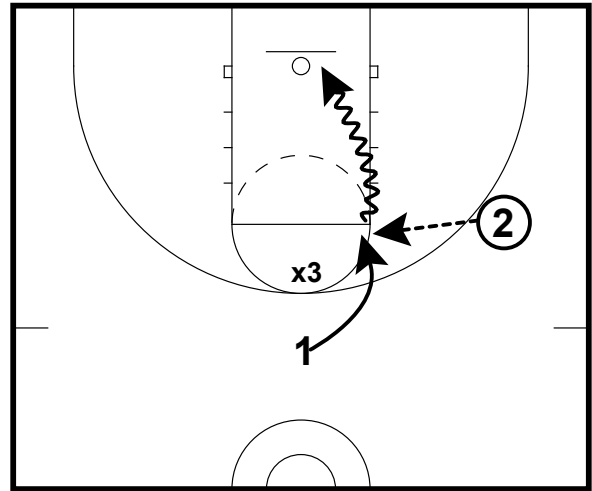
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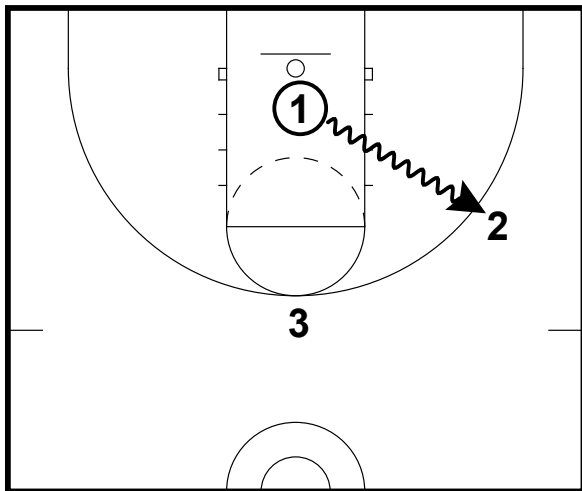
Drill 1: Pass & Cut - Front Cut



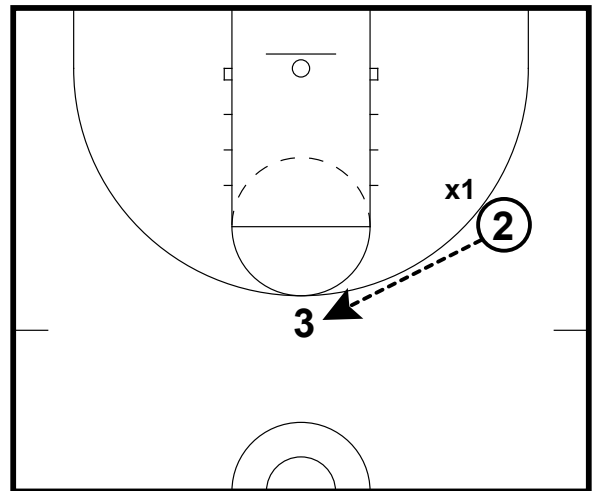
1 passes one spot away to 2.
Defender x3 does not move.



1 Front Cuts, receives a return pass from 2, and finishes with a lay-up.

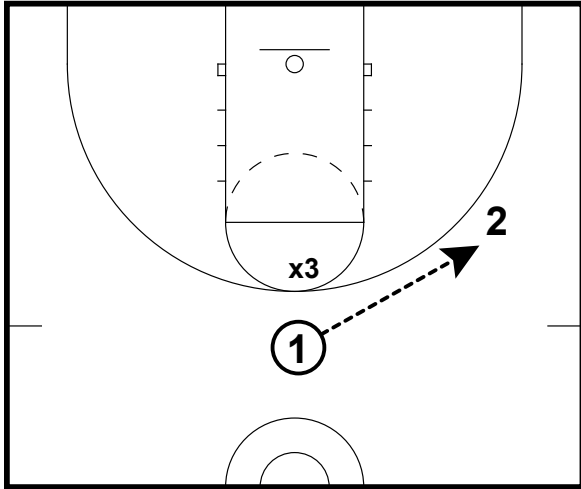


Defender x3 replaces 1 as an offensive player.
1 rebounds, then takes the ball to the player who passed for the layup (in this case, 2).
1 becomes the defender.

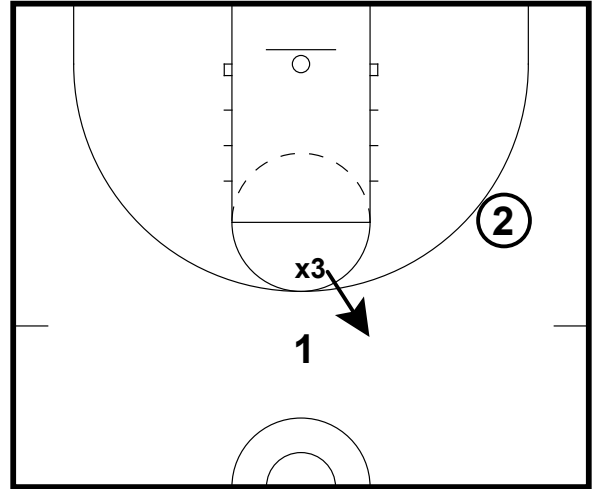


2 starts the drill by passing to 3
Defender x1 does not move
2 front Cuts, receives a return pass from 3, and finishes with a lay-up.

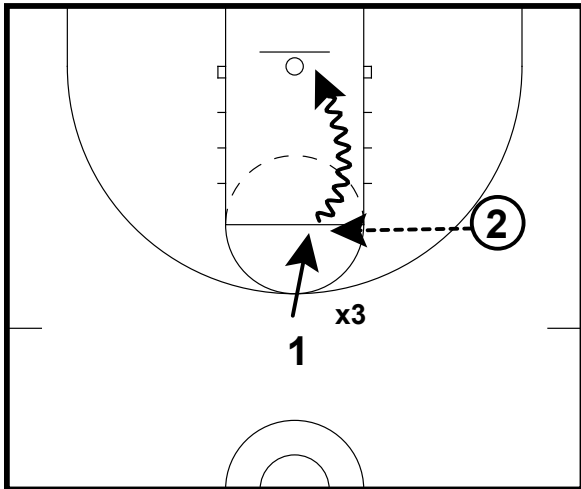
Drill 2: Pass & Cut - REAR CUT



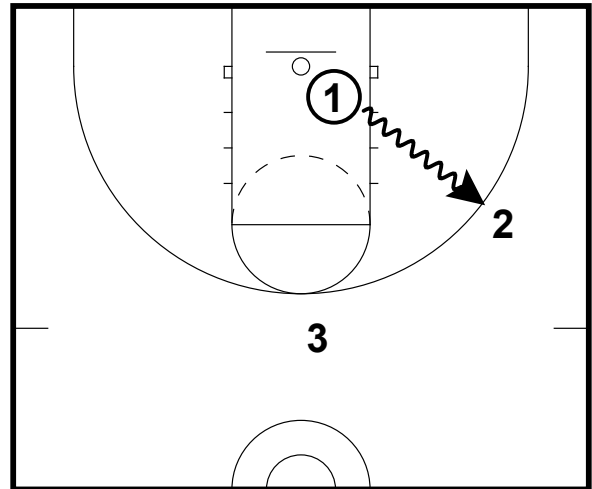
1 passes one spot away to 2.



Defender x3 jumps ball-side to deny the return pass.

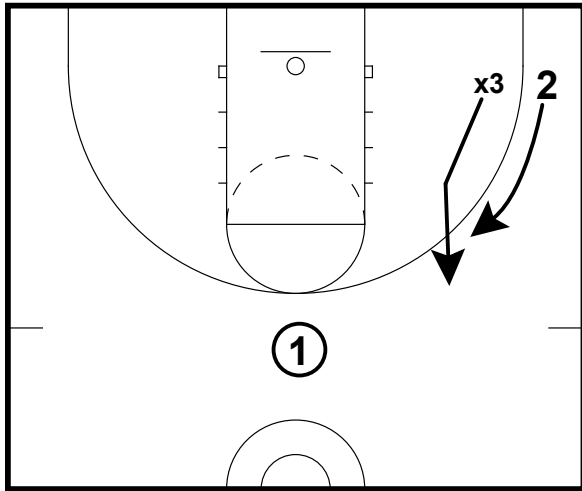


1 Rear Cuts, receives the return pass from 2, and finishes with a lay-up.

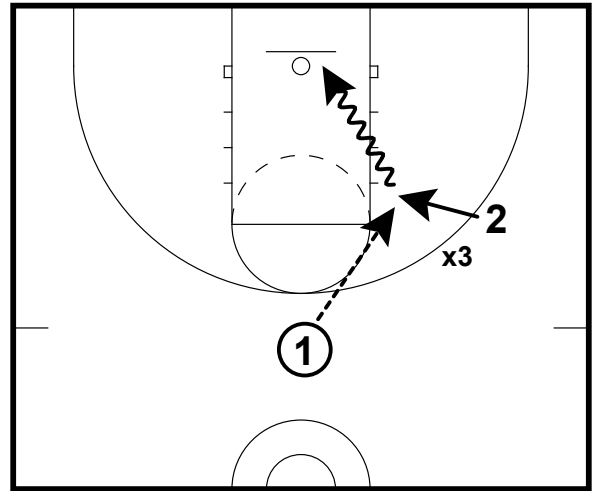


Defender x3 replaces 1 as an offensive player.
1 rebounds, then dribbles the ball to the player who passed for the layup (in this case, 2).
1 becomes the defender.

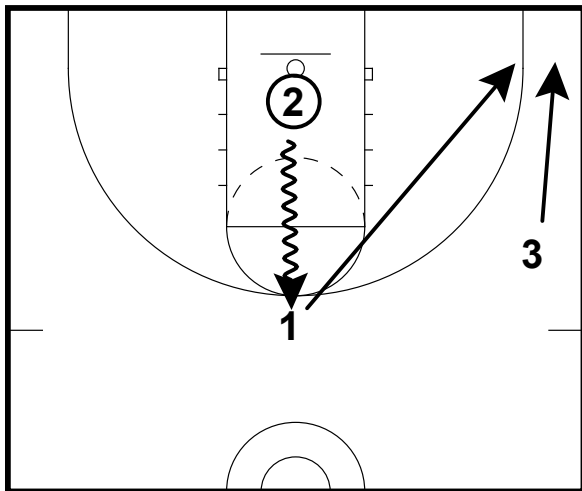
Drill 3: Pass & Cut - FILL, READ LINE, CUT



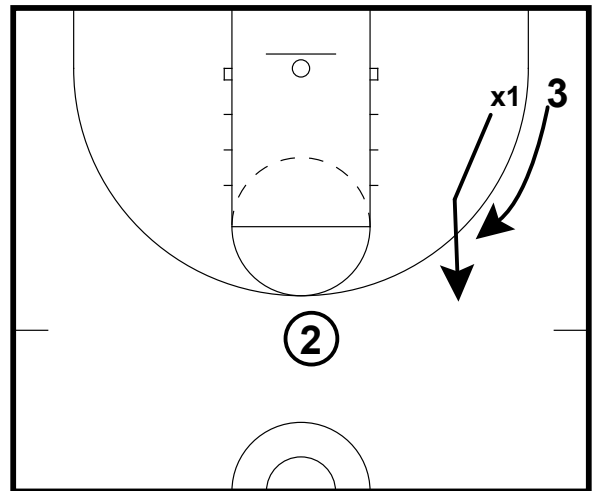
2 Fills the empty spot on the wing.
Defender x3 crosses the Read Line to deny the pass from 1.



As soon as the defender steps over the read Line (but not sooner), 2 Rear cuts.
1 make the bounce pass as close to the defender's back foot as possible.
2 finishes with a lay-up.

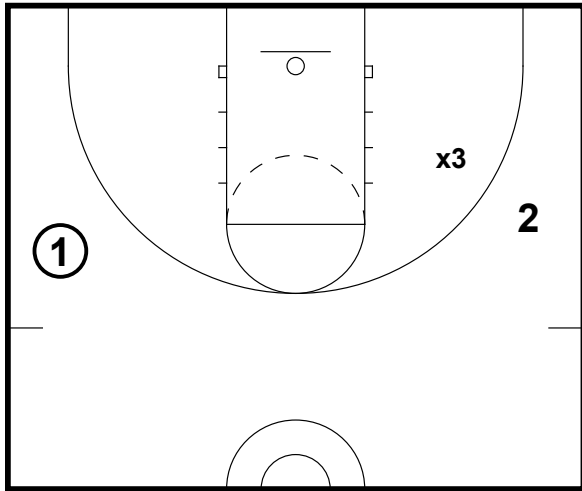


2 rebounds the shot and dribbles back to the top to become the passer.
1, the passer, becomes the defender.
3, the defener, becomes the cutter.

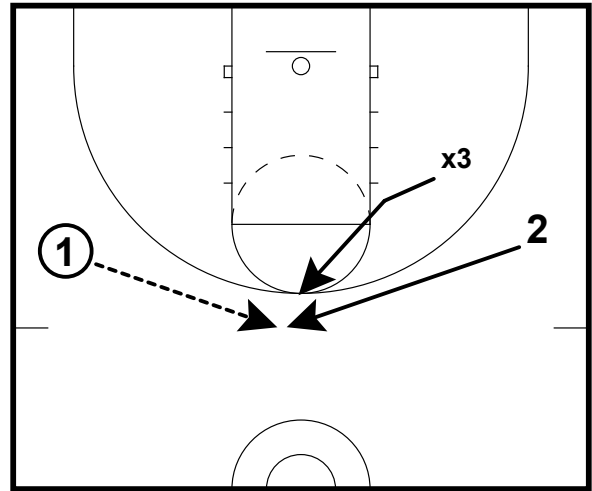


3 Fills the empty spot on the wing.
Defender x1 crosses the Read Line to deny the pass from 2.

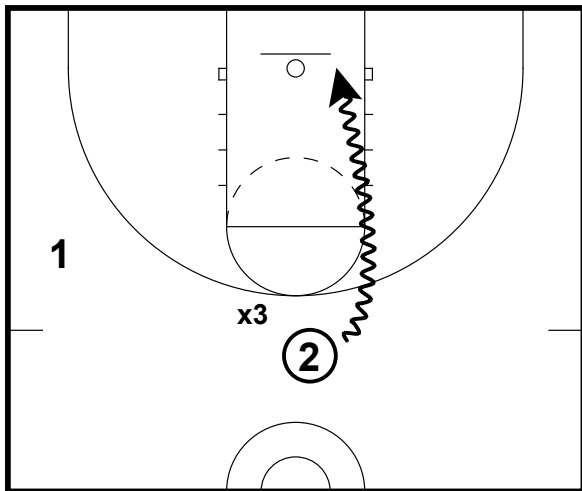
Drill 4: Pass & Cut - FILL, SWEEP & GO



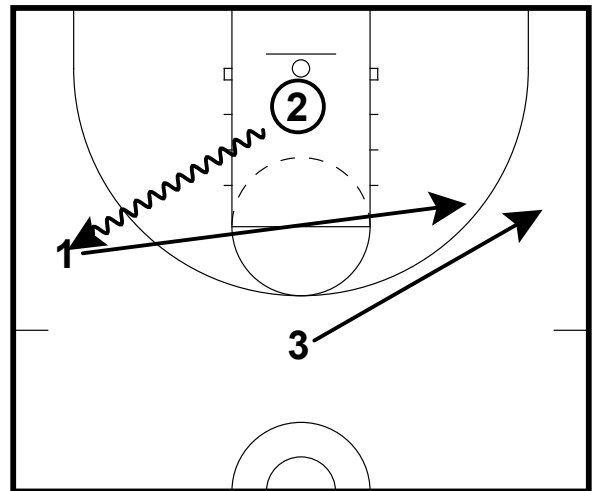
2 needs to FILL the empty spot at the top of the key.



2 Fills the spot and receives the pass from 1.
Defender x3 does NOT step over the Read Line as 2 fills the spot.

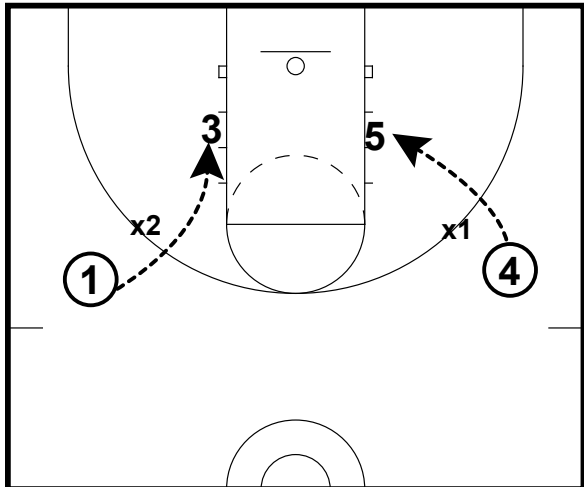


x3 attempts to deflect the pass, but arrives a split second too late. This put x3 in an Overplay position.
2 Catches the pass, sweeps low or rips high and attacks the basket to finish with a lay-up.

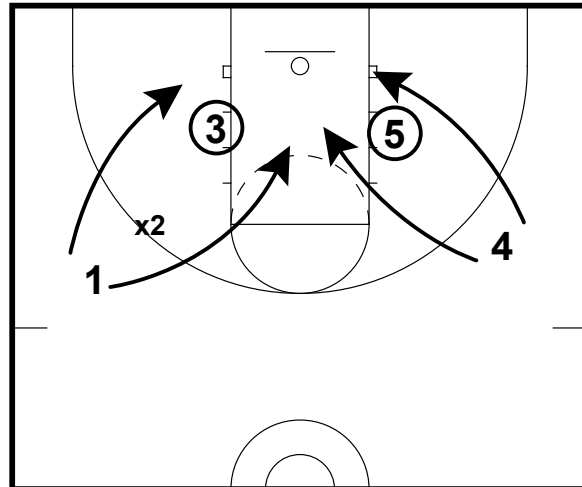


2, the shooter, rebounds the shot and dribbles out to become the passer.
1, the passer, becomes the defender.
3, the defender, becomes the shooter.

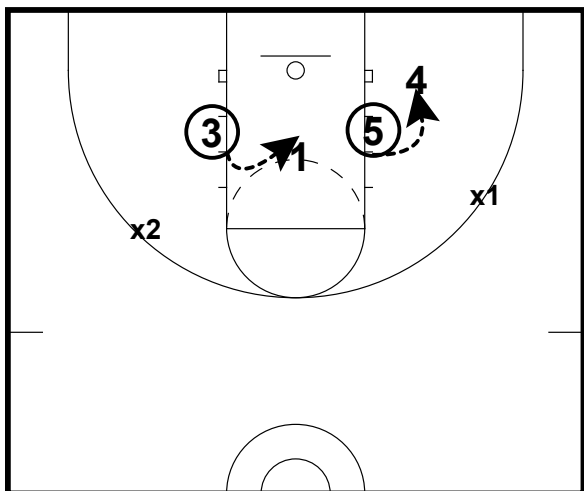
Drill 5: Feed the Post & Cut - LAKER CUTS



1 feeds 3 anywhere in the Post
4 feeds 5 anywhere in the Post

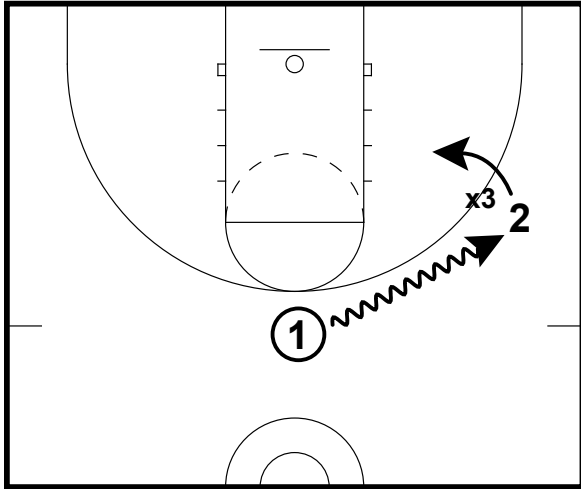


1 chooses Laker Cut Low or Laker Cut High
4 chooses Laker Cut Low or Laker Cut High

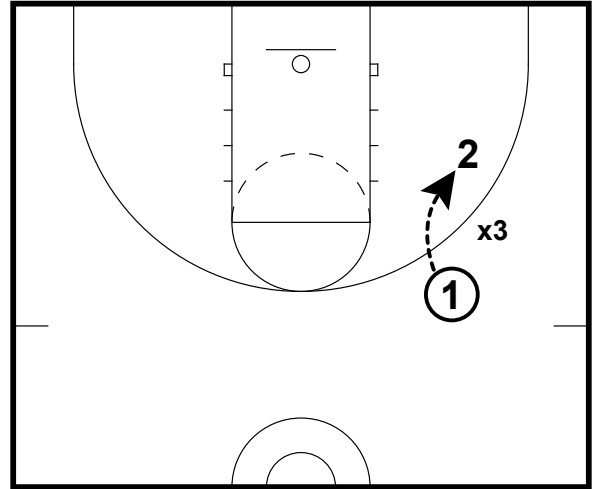


3 Bounce Passes to 1 for layup
5 Bounce Passes to 4 for layup

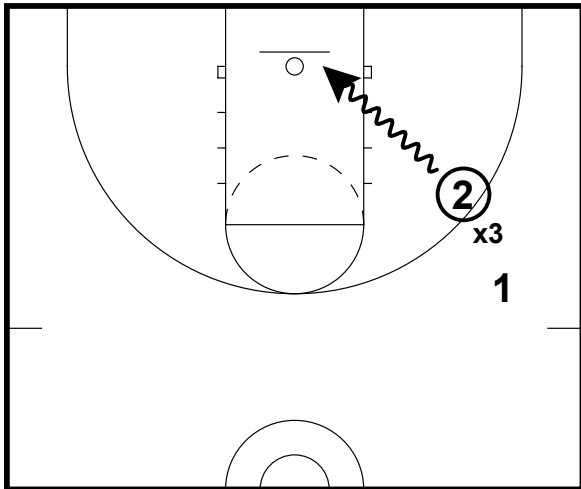
Drill 6: Dribble At - DRIBBLE AT



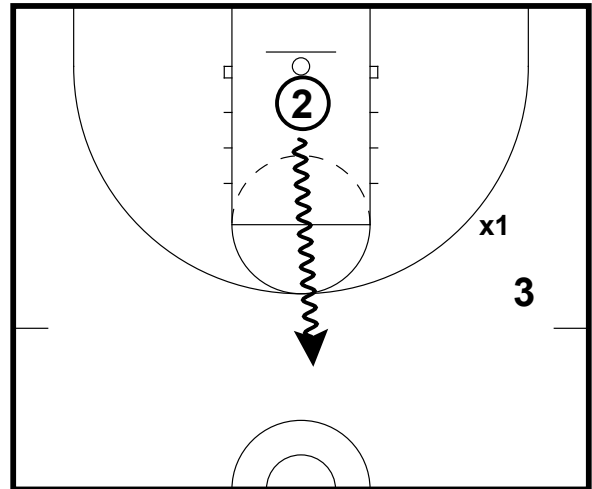
1 Speed Dribbles at 2.
2 Rear Cuts to the basket.



1 makes a Bounce Pass to 2.
x3 remains on the perimeter.
On many levels 1's pass can be made after a single dribble.

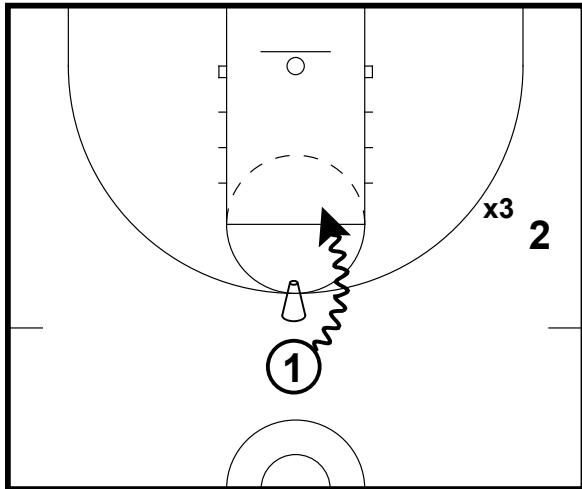


2 can finish in a variety of ways - lay-up, jumper, post move, etc.
The goal of the passer is to deliver the ball to the cutter as early as possible. This gives the receiver time and space to operate.

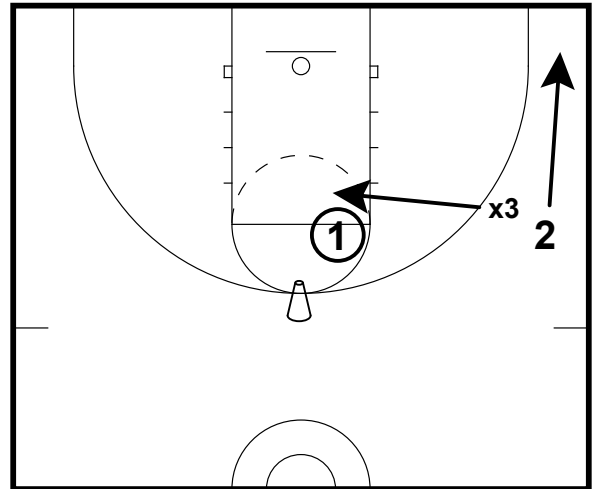


3, the defender, becomes the offensive cutter.
1, the passer, becomes the defender.
2, the finisher, dribbles the ball back to the top and becomes the passer.

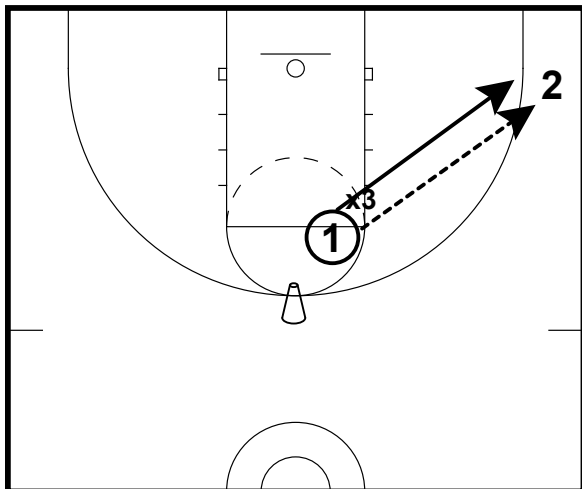
Drill 7: Circle Move - NATURAL PITCH



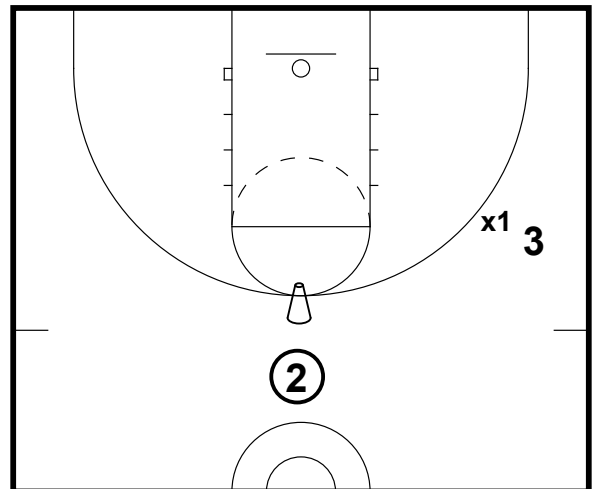
1 drives North/South right around an imaginary defender.



Defender x3 helps across the lane to stop the drive.
2 Circle Moves to the right one spot to the corner.

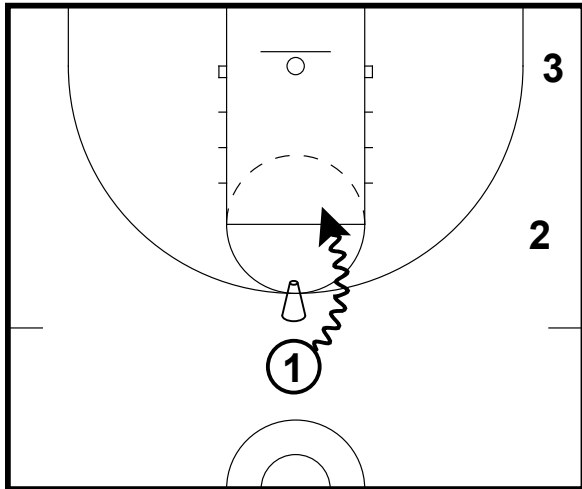


1 pitches the ball to 2 for the shot.
x3 closes out to defend the shooter.

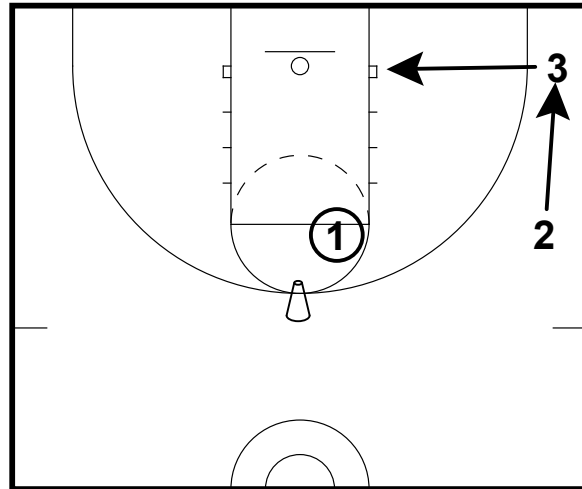


2, the shooter, rebounds and becomes the penetrator.
1, the penetrator, becomes the defender.
3, the defender, becomes the shooter.

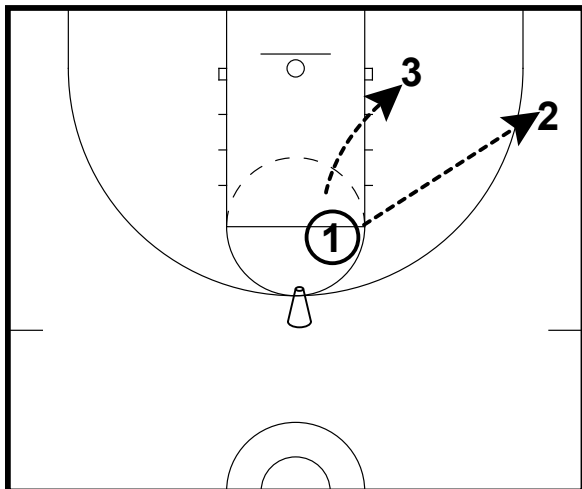
Drill 8: Circle Move - PITCH OR DISH



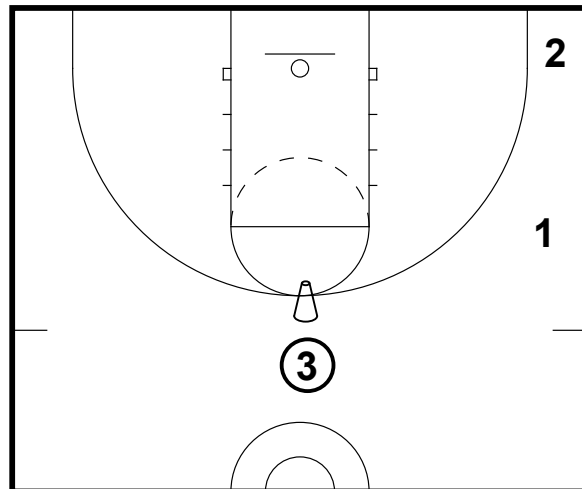
1 drives North/South right around an imaginary defender.



2 Circle Moves to the right on spot to the corner as the Natural Pitch.
3 Basket Cuts on the way to the opposite corner.

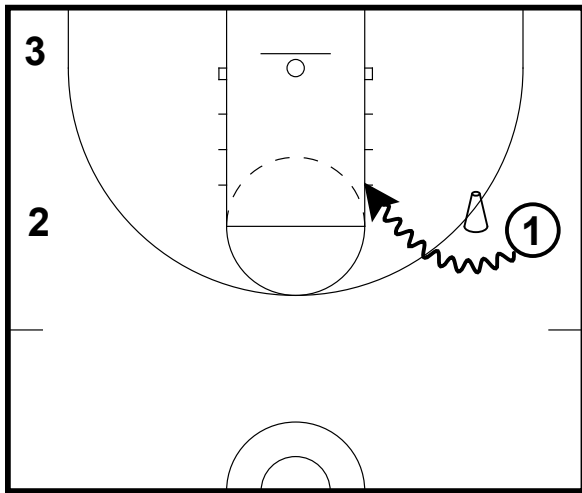


1 chooses to Pitch to 2 for the shot or the Dish to 3 for the lay-up.

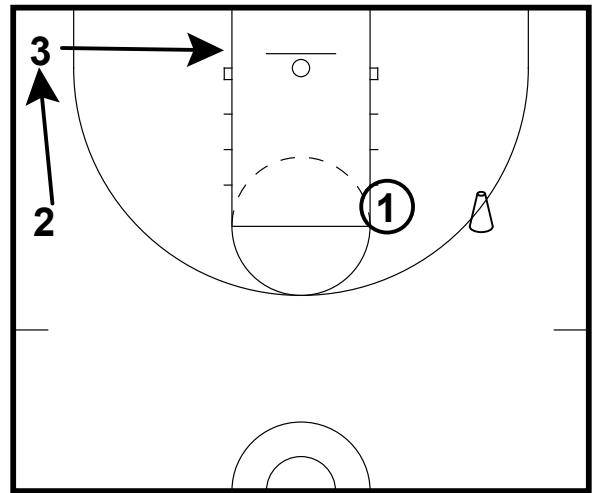


2 stays in the corner.
1 becomes the wing.
3 rebounds and starts the drill as the penetrator

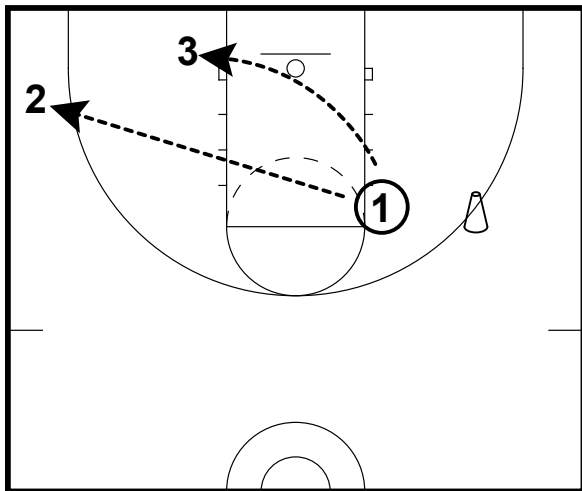
Drill 9: Circle Move - PITCH OR DISH CROSS-COURT



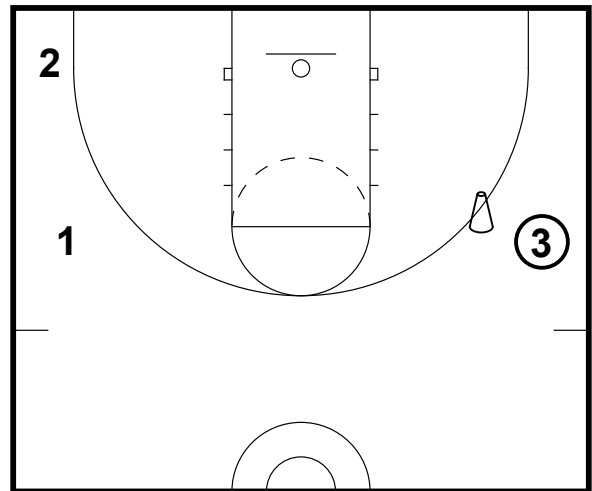
1 Drives North/South left around an imaginary defender.



2 Circle Moves to the right one spot to the corner as the Natural pitch.
3 Basket Cuts on the way to the opposite corner.

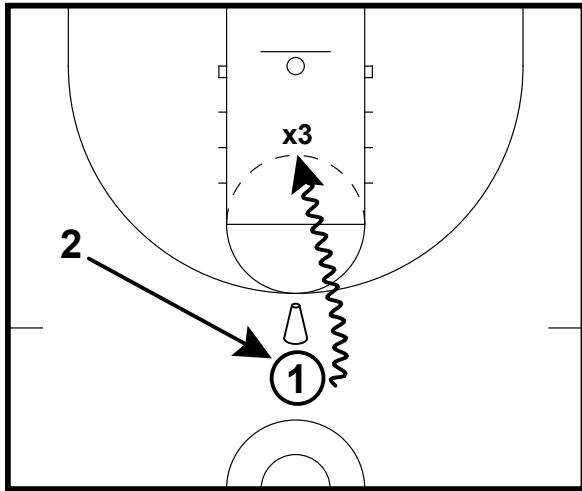


1 chooses the Pitch to 2 for the shot or the Dish to 3 for the lay-up.

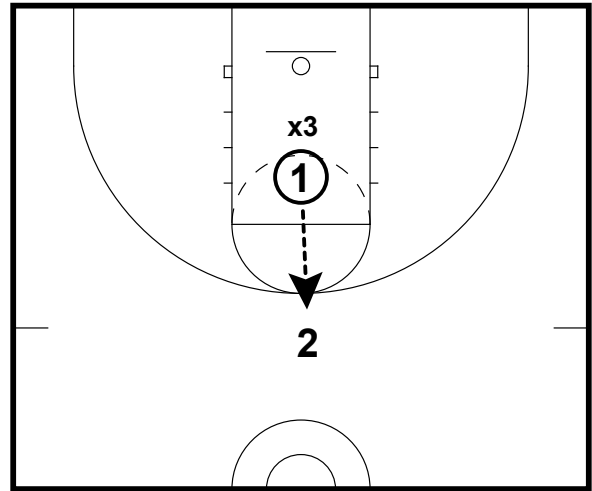


2 stays in the corner.
1 becomes the wing.
3 rebounds and starts the drill as the penetrator.

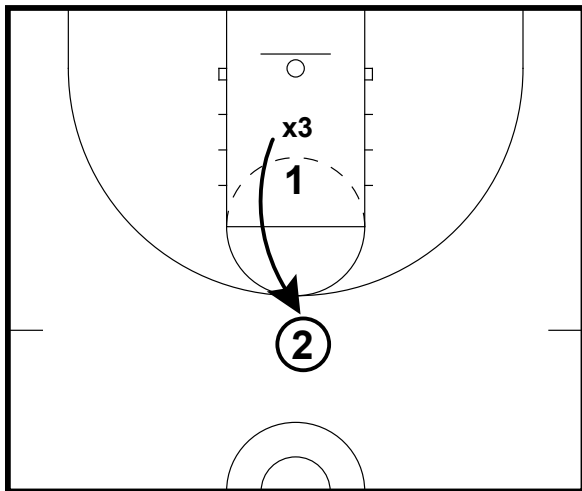
Drill 10: Circle Move - Safety Valve



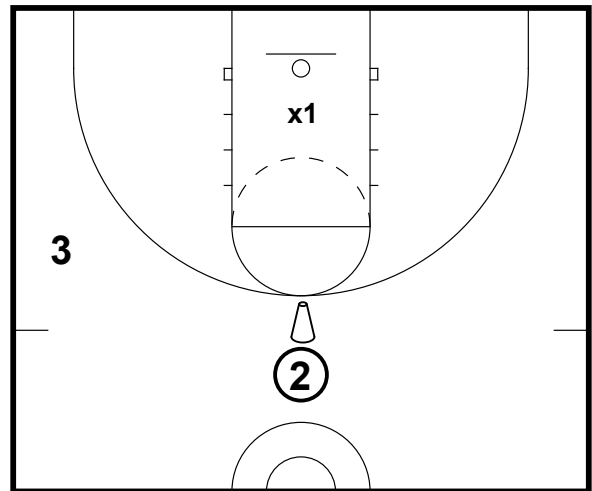
1 drives North/South right around an imaginary defender.
2 Circle Moves to the right one spot to the Safety Valve.



1 reverse Pivots (sealing x3 behind) and passes to 2 for the shot.

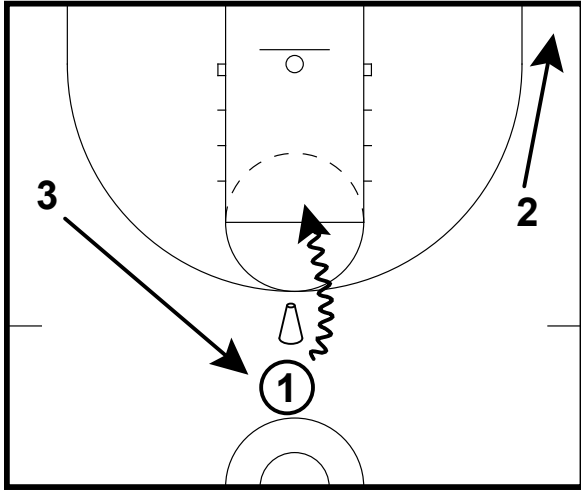


x3 fights around the seal to close our on the shooter.

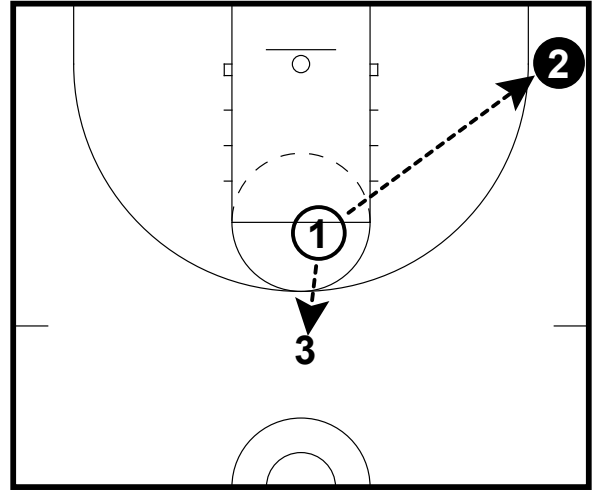


1 stays in the lane to become the defender.
2 remains at the top of the key to become the penetrator.
3 rotates to the wing as the next shooter.

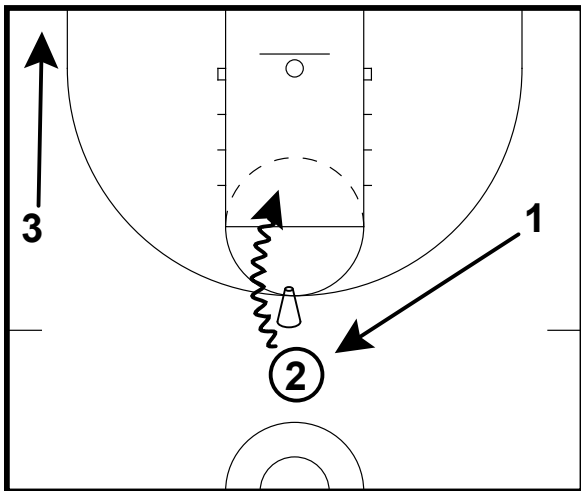
Drill 11: Circle Move - NATURAL PITCH OR SAFETY VALVE



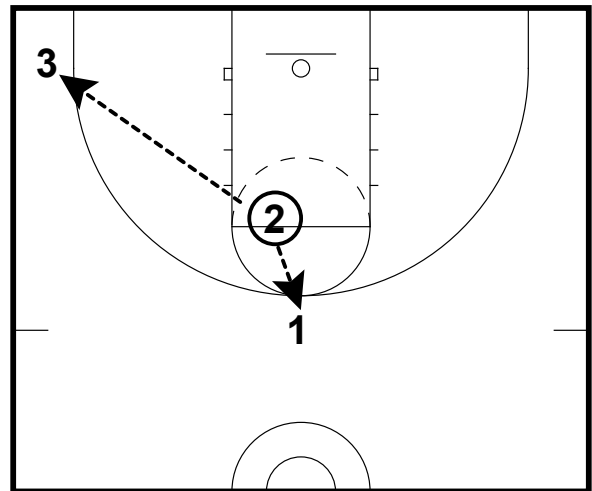
1 randomly drives North/South left or right around an imaginary defender.
 2 Circle Moves to the right one spot to the corner as the Natural Pitch.
 3 Circle Moves to the Safety Valve.



1 chooses to Pitch to 2 for the shot or reverse Pivots to pass to 3 for the shot.
 In the diagram, 2 takes the shot.

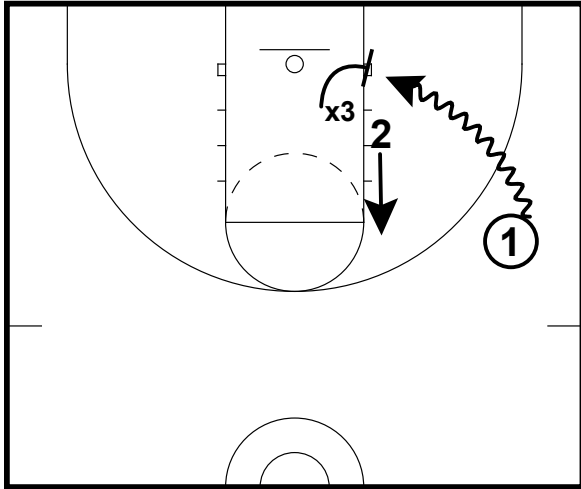


Since 2 took the shot, 2 starts the drill as the penetrator.
 This ensures that 2 will not shoot twice in a row.
 2 randomly drives North/South left or right around an imaginary defender.
 3 Circle Moves to the Natural Pitch. 1 Circle Moves to the Safety Valve.

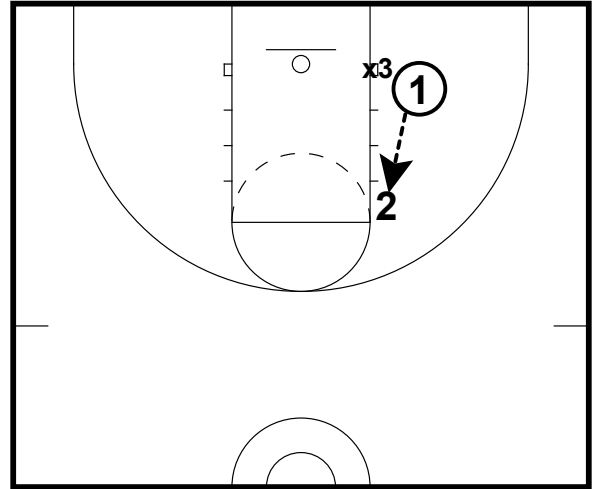


2 chooses to Pitch to 3 for the shot or Reverse Pivots to pass to 1 for the shot.
 The shooter then starts the drill again as the penetrator.

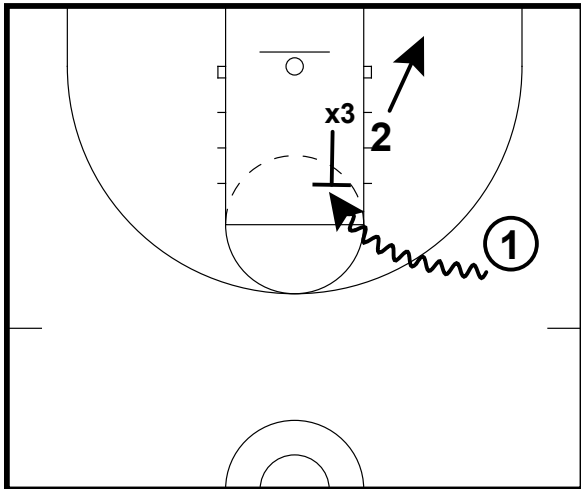
Drill 12: Basic Post Slides - BALL-SIDE DRIVE



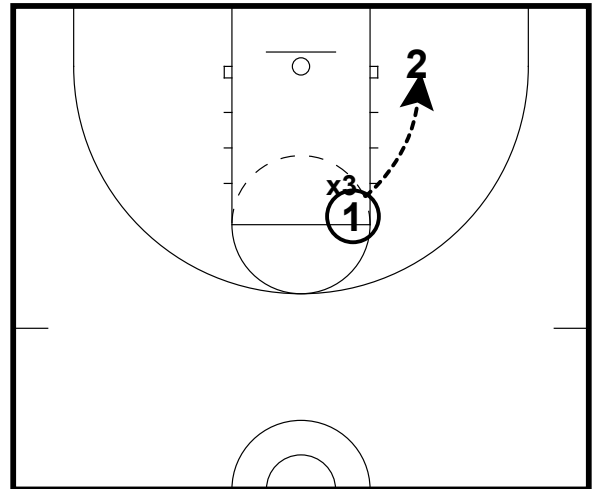
1 drives into the lane below the Post.
 Post defender x3 stops the drive.
 Post player 2 Slides up to the elbow.



1 passes to 2 for the shot.
 A close-out from x3 is an optional addition.

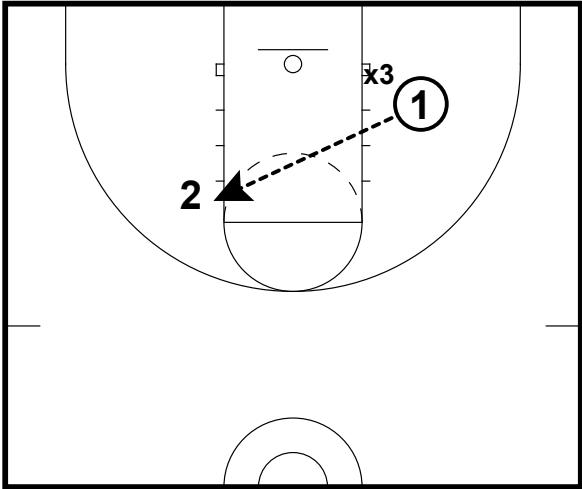
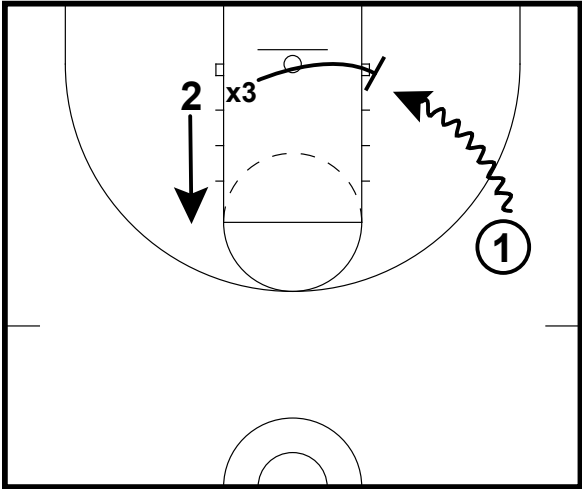


1 drives into the lane above the Post.
 Post defender x3 stops the drive.
 2 Slides down to the Short Corner.

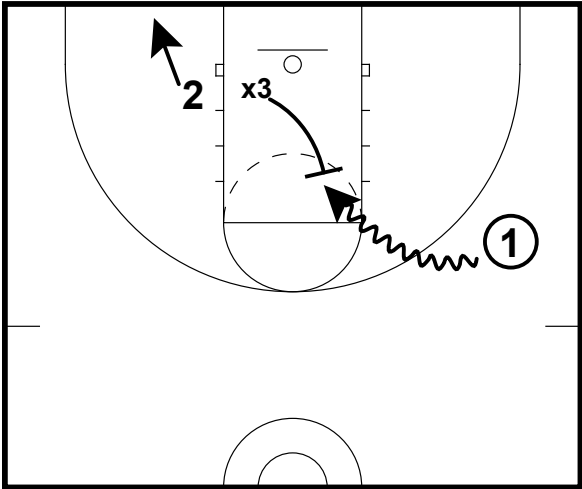


1 Dishes to 2 for the shot.
 A close-out from x3 is an optional addition.

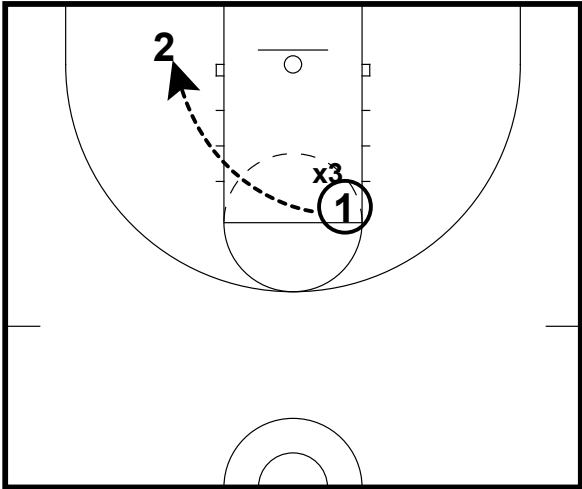
Drill 13: Basic Post Slides - WEAK-SIDE DRIVE



1 passes to 2 for the shot.
A close-out from x3 is an optional addition.

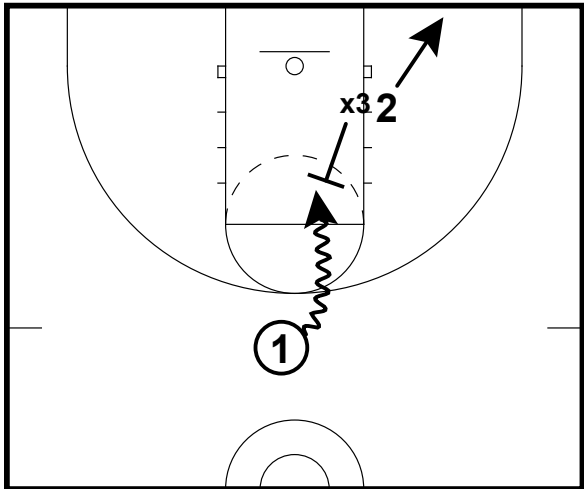


1 drives into the lane above the Post.
Post defender x3 stops the drive.
2 slides down to the Short Corner.

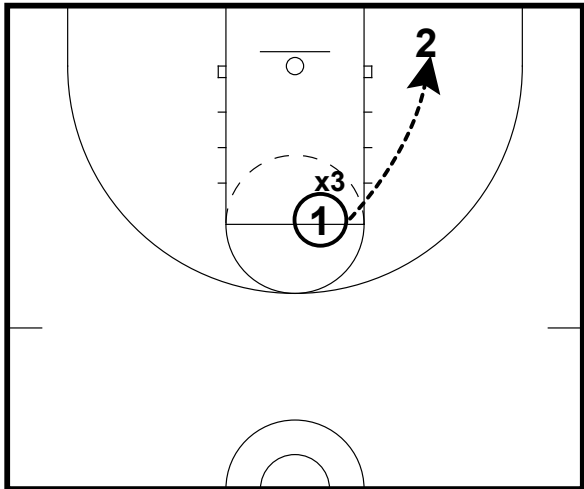


1 Dishes to 2 for the shot.
A close-out from x3 is an optional addition.

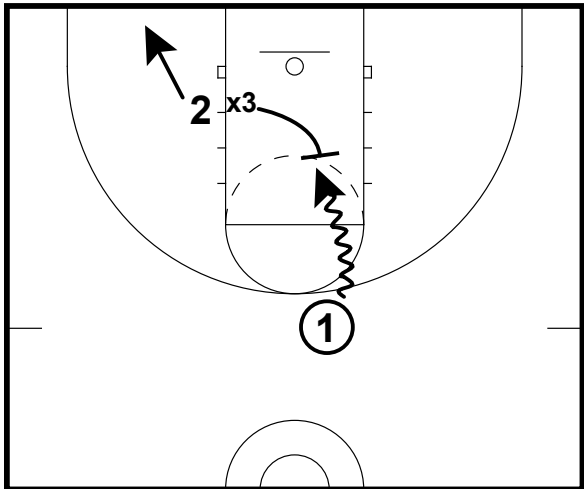
Drill 14: Basic Post Slides - TOP DRIVE



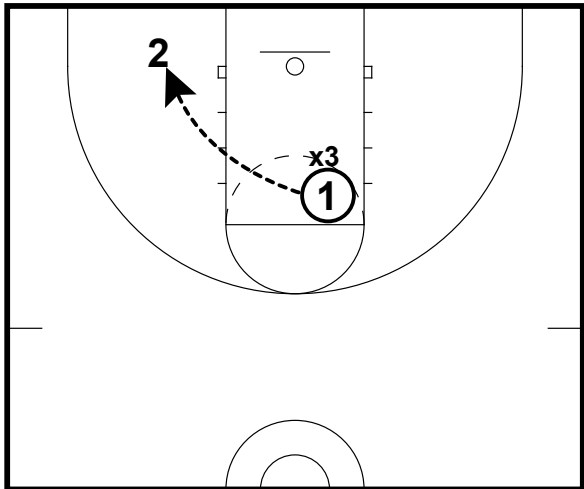
1 Drives into the lane above the post.
 Post Defender x3 stops the drive.
 Post Player 2 slides down to the Short Corner.



1 Dishes to 2 for the shot.
 A close-out from x3 is an optional addition.

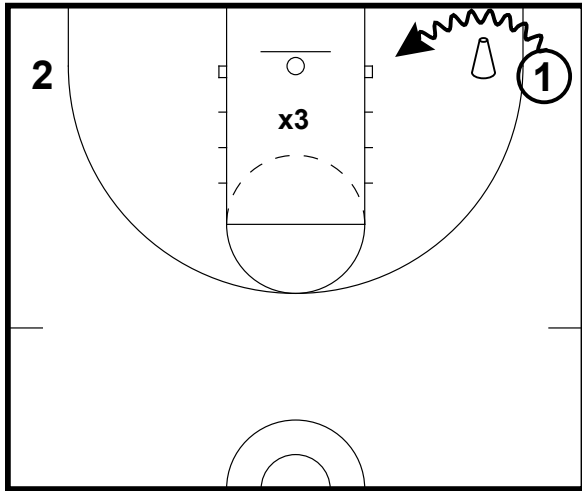


Frames 3 and 4 simply illustrate that the Basic reaction by the post player is the same regardless of which side of the lane the Post is located.

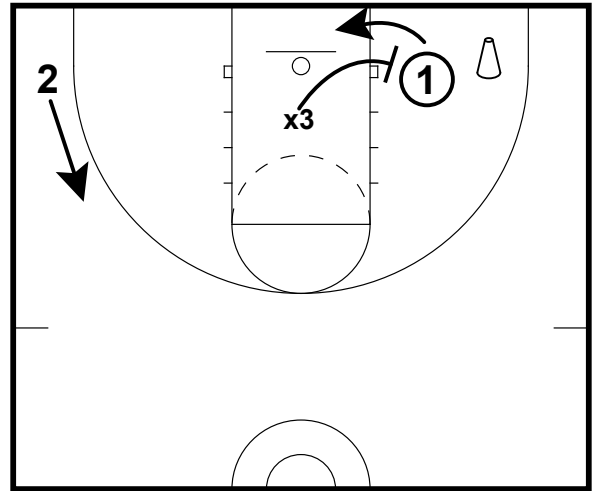


Frames 3 and 4 simply illustrate that the Basic reaction by the post player is the same regardless of which side of the lane the Post is located.

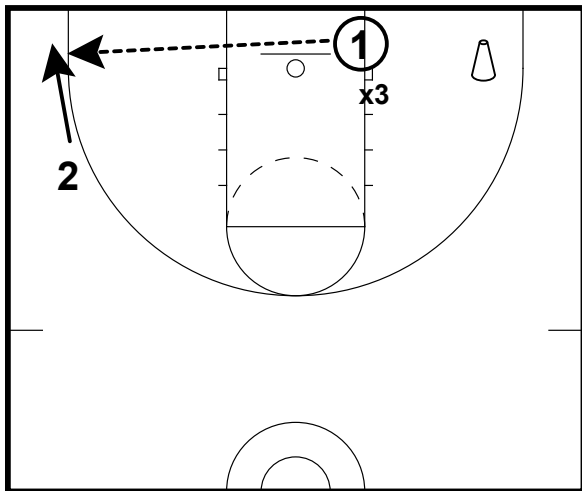
Drill 15: Baseline Drives - CORNER COME BACK



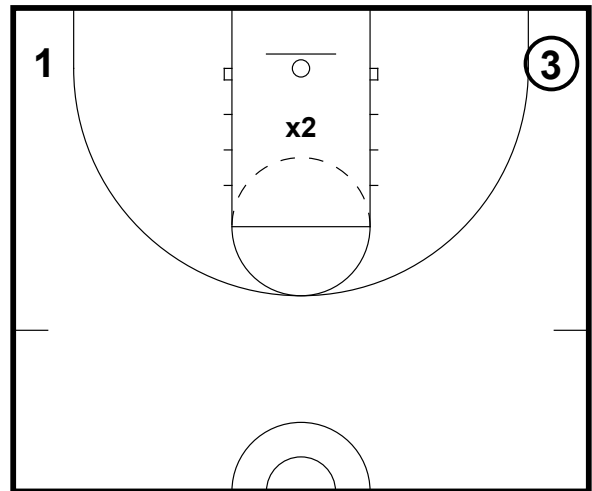
1 drives North/South baseline around an imaginary defender.



By habit, 2 might start to Circle Move to the wing.
Help defender x3 stops the drive attempting to draw a charge.
1 must avoid the charge by shifting toward the baseline.

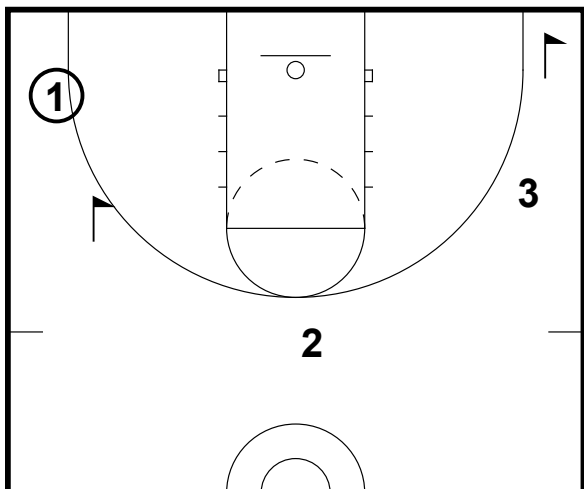


2 must Come Back to fill the Natural Pitch.
1 Pitches behind the backboard to 2 for the shot.
A close-out from defender x3 is an optional addition.

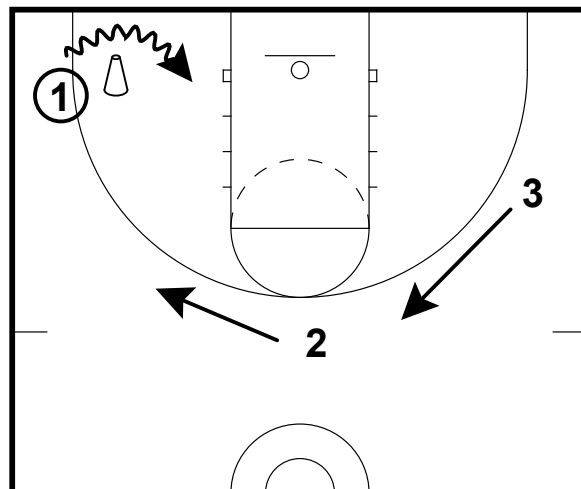


1 replaces the opposite corner to become the next shooter.
2, the shooter, rotates to defense.
3, the defender, takes the ball to the corner as the baseline driver.

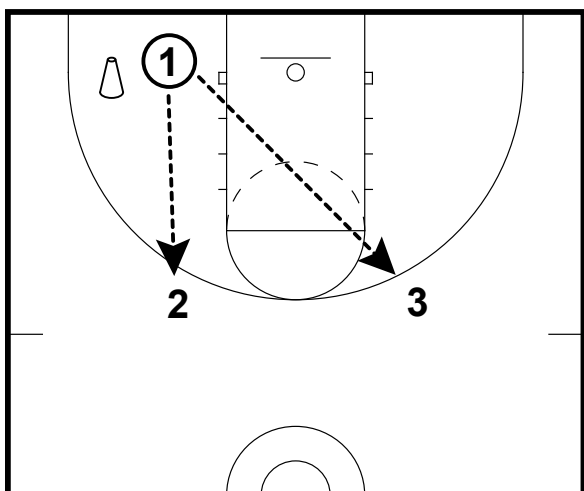
Drill 16: Baseline Drives - 45 or 90 degrees



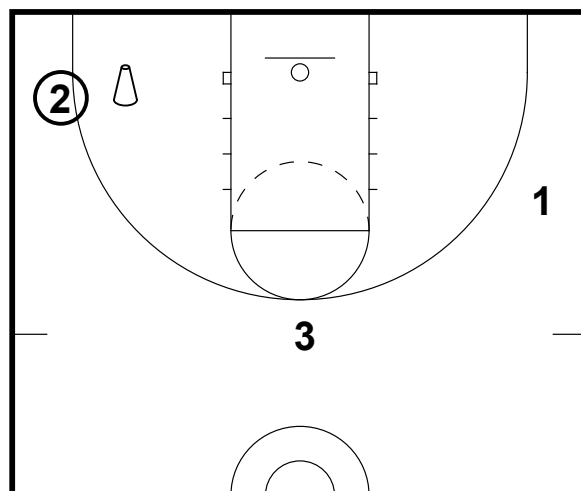
In the Diagram, the two x's are imaginary teammates filling otherwise empty spots.
This could be made a 5-player drill by replacing the x's with a 4 and 5.



1 drives North/South baseline around an imaginary defender.
2 Circle Moves to the 90 degree window.
3 Circle Moves to the 45 degree window.

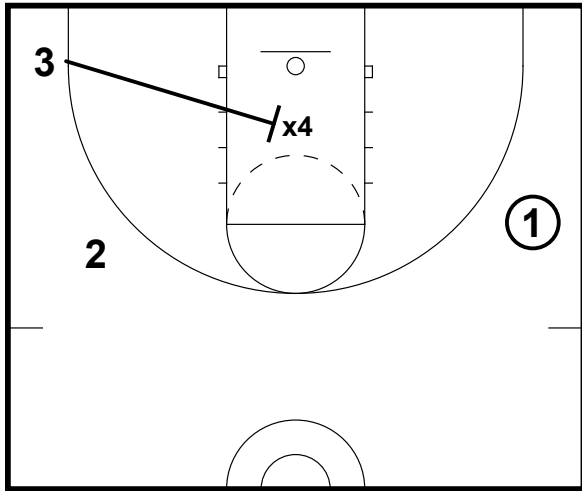


1 chooses to pass to 2 or 3 for the shot.

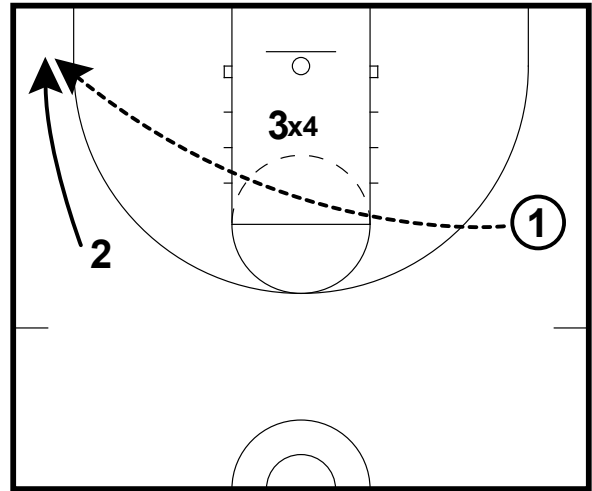


2 gets the rebound and becomes the penetrator.
3 rotates to the top of the key.
1 rotates to the wing.

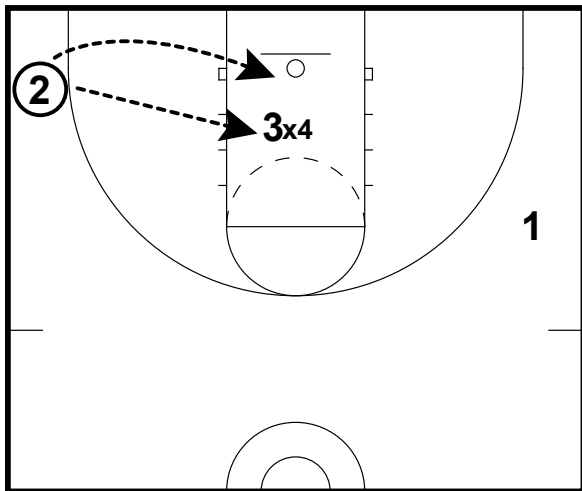
Drill 17: Pin & Skip - PIN & SKIP



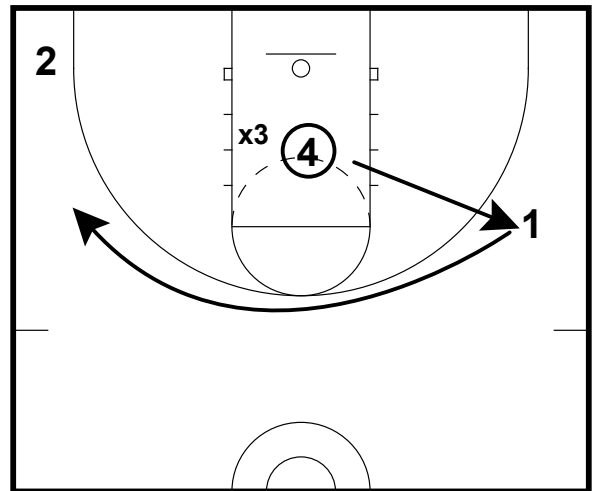
3 sets a pin Screen on defender x4



2 slides to the corner to align the screen with the ball.
1 makes the Skip pass to 2.

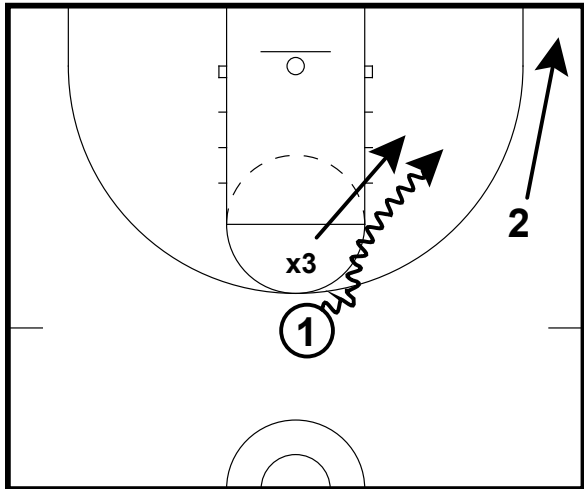


Either: 2 catches and shoots.
Or: 2 catches and feeds 3 seeing 4 in the Post.

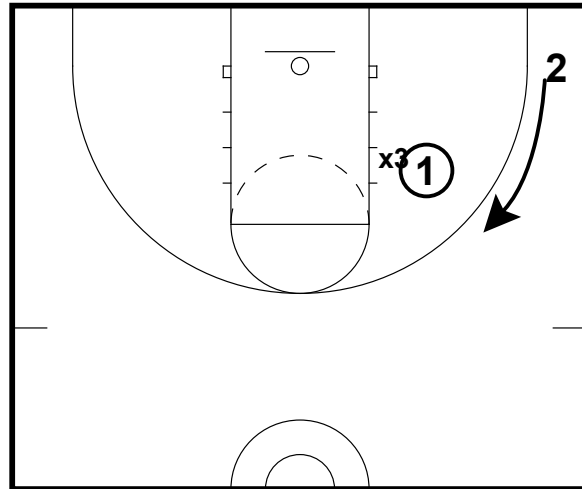


4, the defender, rebounds and becomes the skip passer.
1, the skip passer, becomes the skip receiver.
2 stays in the corner to become the screener.
3, the screener, becomes the defender.

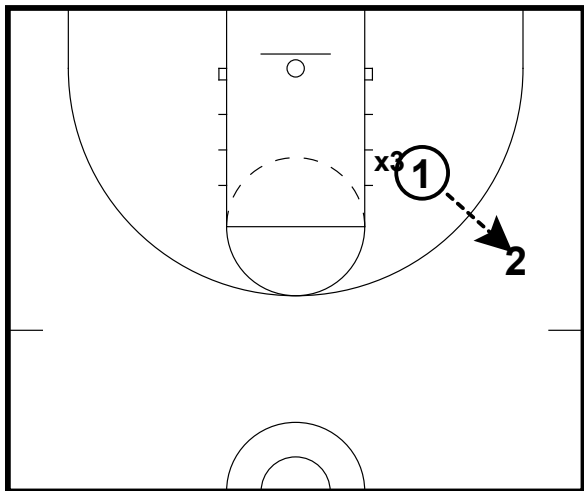
Drill 18: Circle Reverse - CIRCLE REVERSE



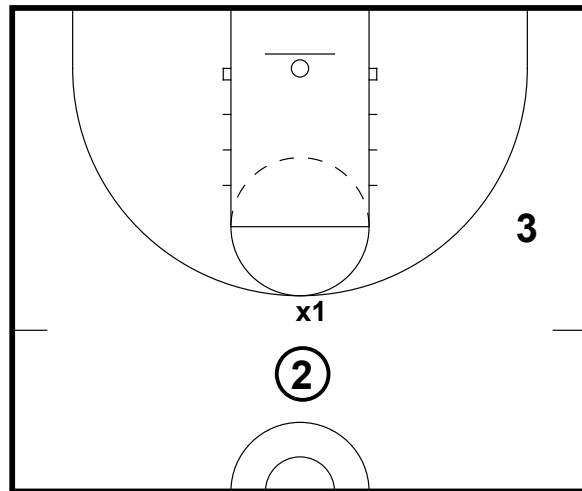
1 attempts a North/south drive right around defender x3.
 x3 wins the battle and acrs the drive away from the basket.
 2 circle Moves to the right as trained.



2 recognizes that the drive has failed and 1 is in trouble.
 2 Circle Reverses to get open and relieve pressure on 1.

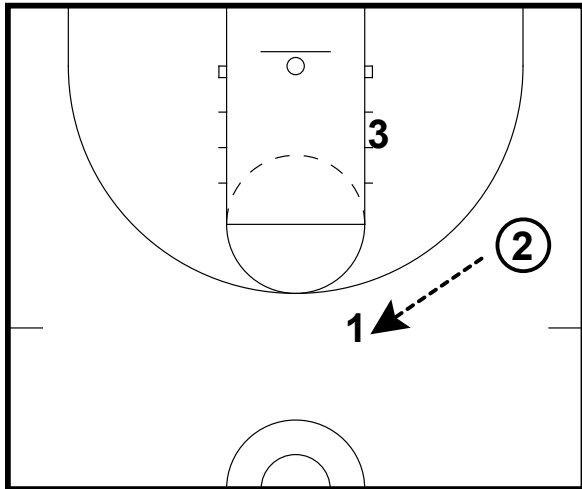


2 catches the pass and shoots.

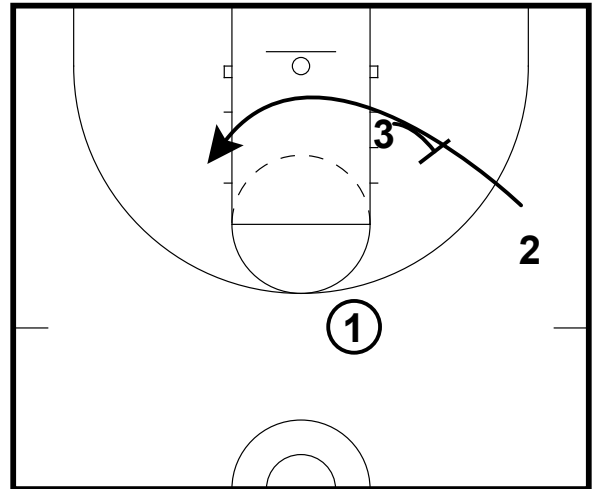


2, the shooter, becomes the penetrator.
 3, the defender, becomes the shooter.
 1, the penetrator, becomes the defender.

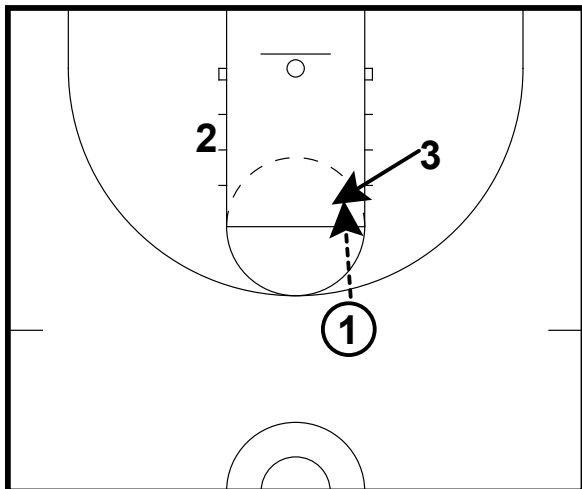
Drill 19: Post Screens - POST SCREENS



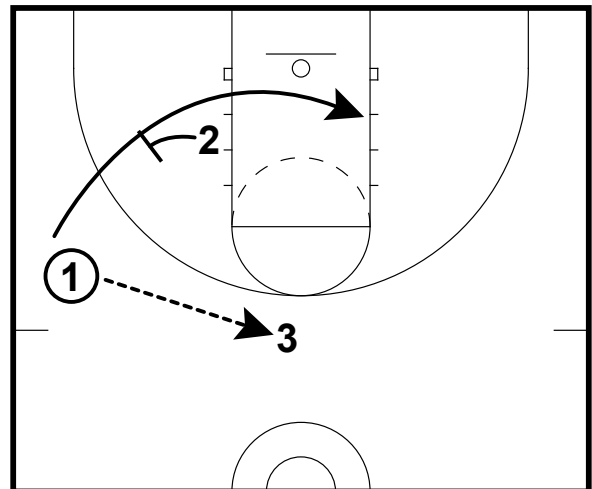
2 passes to 1.



2 Basket cuts.
Post Player 3 sets a screen for 2.
2 is not open for the lay-up.

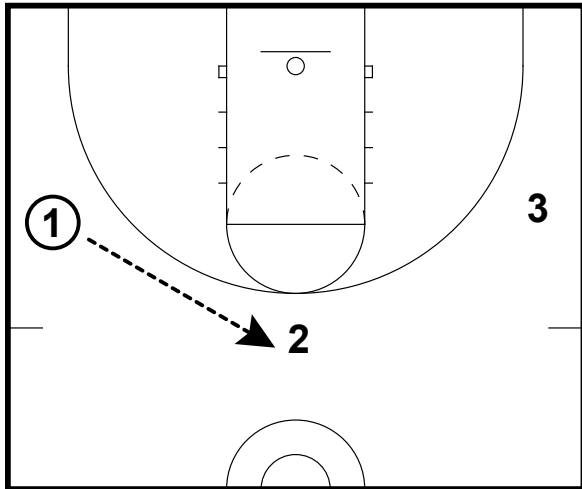


3 ducks into the lane off the tail of the cutter.
1 feeds 3 for the post finish.

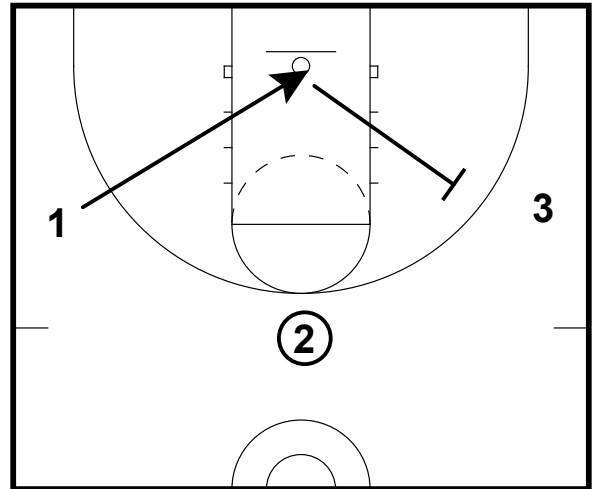


2, the cutter, stays in the opposite post.
1, the feeder, becomes the cutter on the opposite side.
3, the post, rebounds and becomes the feeder.

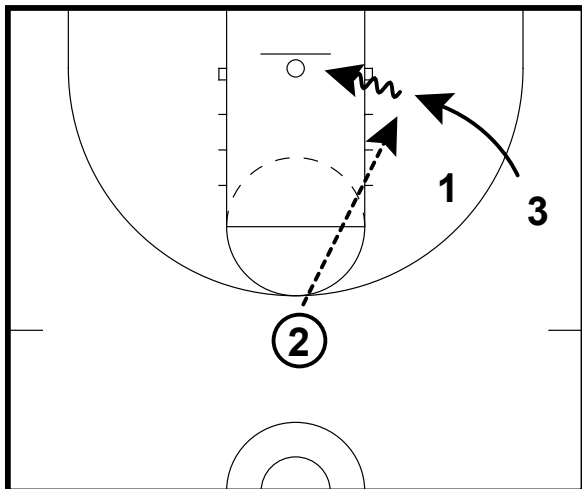
Drill 20: Back Screens - BACK SCREENS



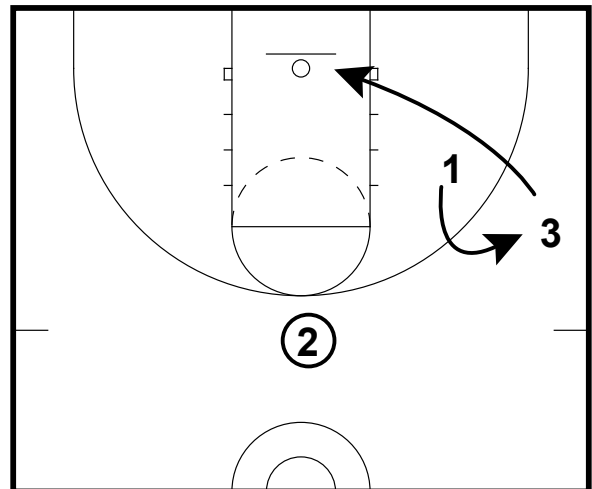
This drill uses the top three spots, but any perimeter spots can be used.



1 Basket Cuts before setting a Back Screen for 3.

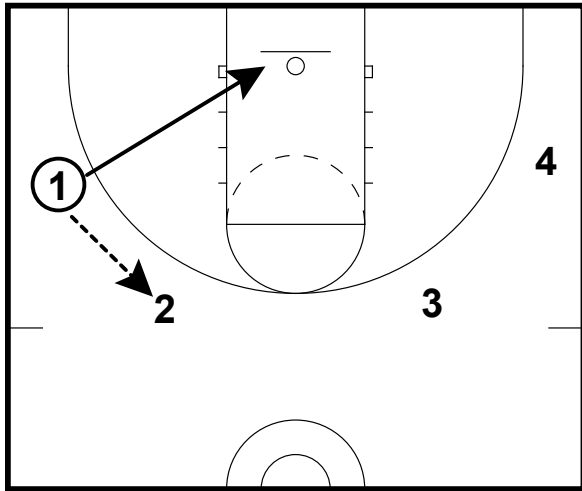


Either: 3 uses the Back Screen for a lay-up.

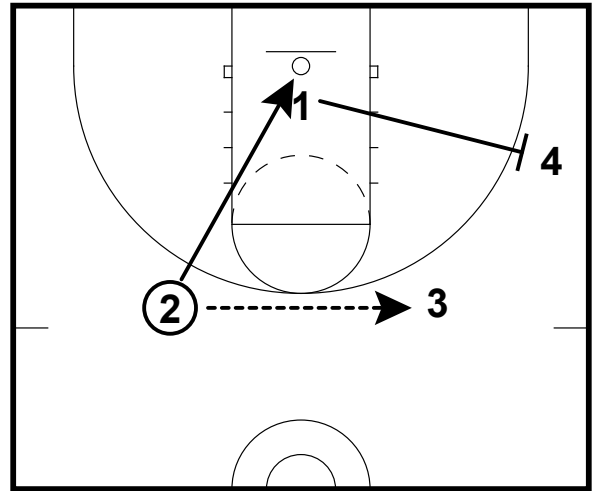


Or: 3 uses the Back Screen to cut to the basket and 1 shapes up for the shot.

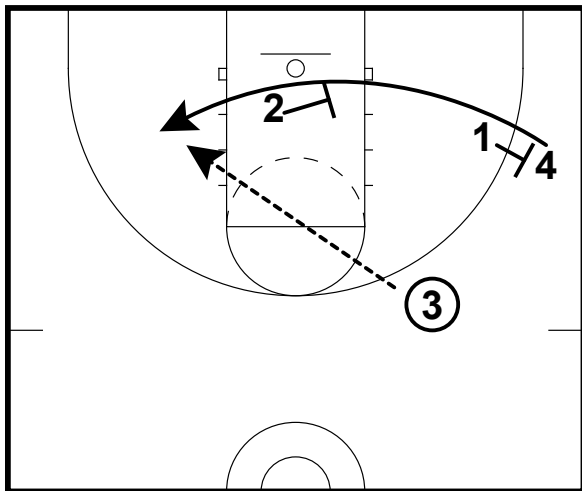
Drill 21: Multiple Screens - MULTIPLE SCREENS



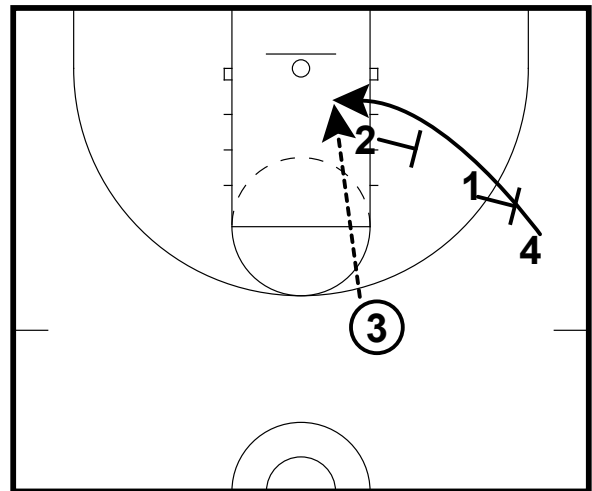
1 passes to 2 and Basket Cuts



2 immediately passes to 3 and Basket Cuts.
1 sets a Back Screen on 4.

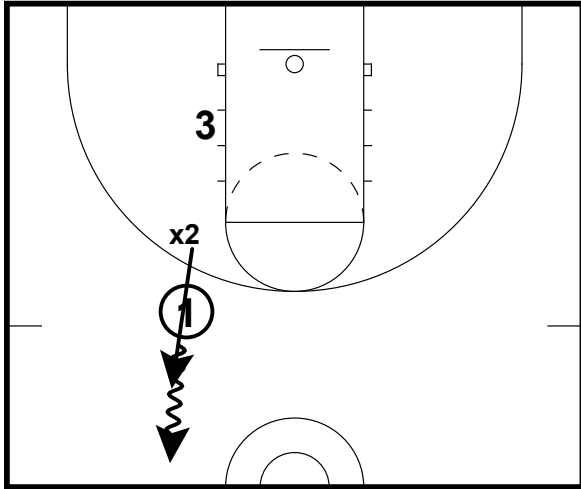


2 sets a second Back Screen on 4.
4 uses the first screen, then curls off the second for the shot.

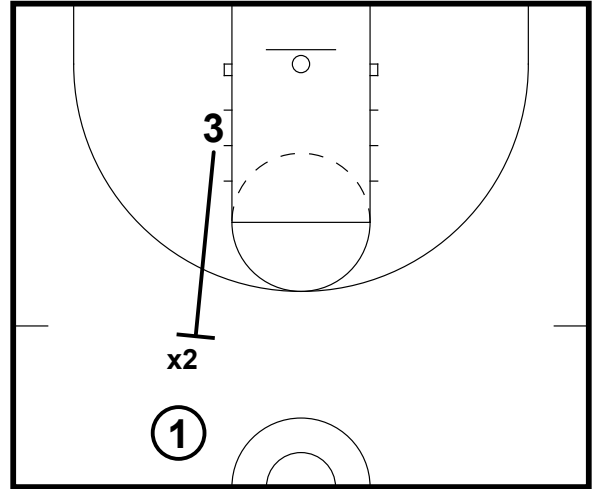


If 2 can set the second screen closer to the perimeter, then 4 can use both screens for a lay-up.

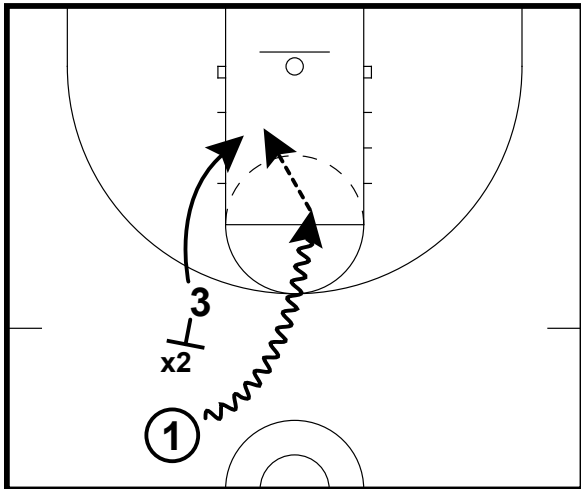
Drill 22: Ball Screens - REVERSE DRIBBLE



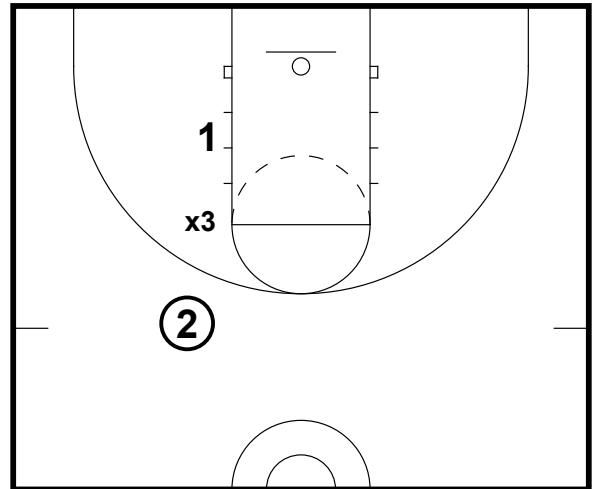
1 Reverse Dribbles.



3 responds by sprinting out of the Post to set the Ball Screen.

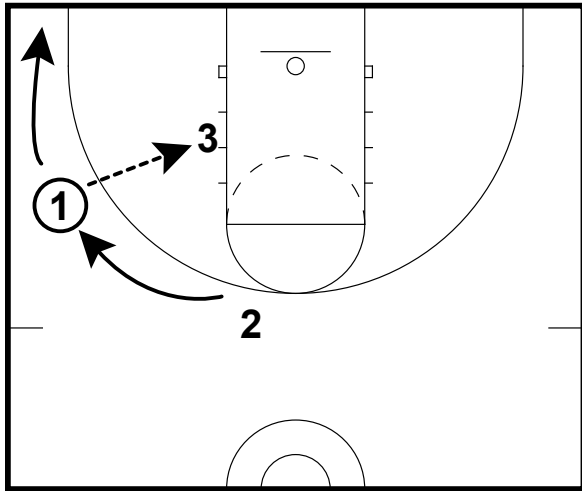


1 can use the Screen in either direction.
1 hits 3 rolling to the basket.

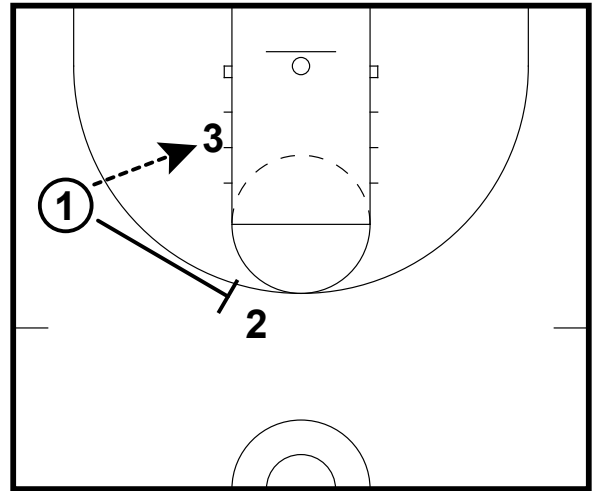


1 becomes the Post
2 starts the reverse Dribble.
3 defends the ball.

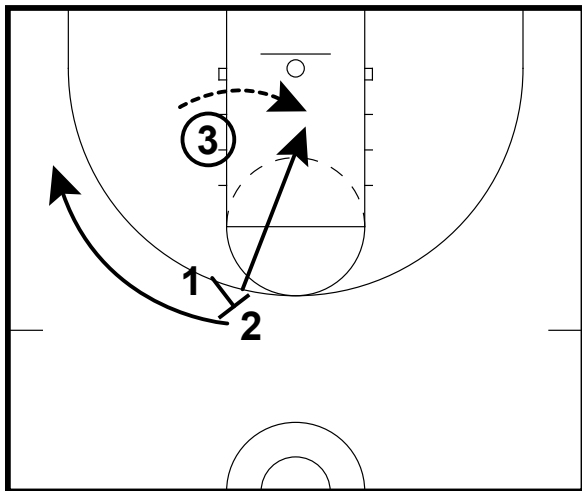
Drill 23: Feed the Post & Cut East-West-X-Cut or Relocate



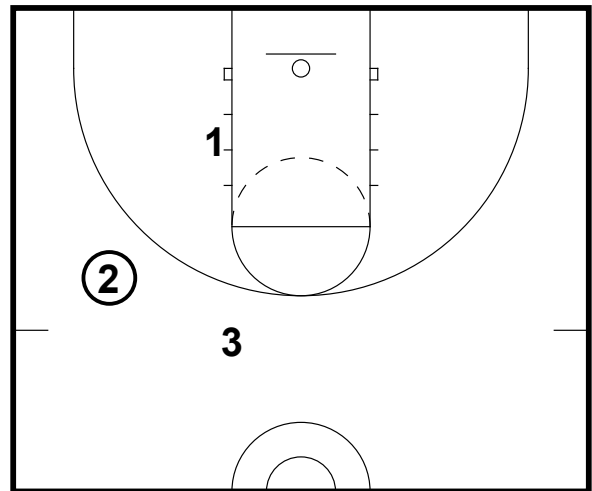
1 passes to 3 and relocates to the empty corner for the shot. 2 fills the vacated spot.



1 starts the drill again by feeding the post. this time 1 X-Cuts by setting a screen for 2 before cutting.

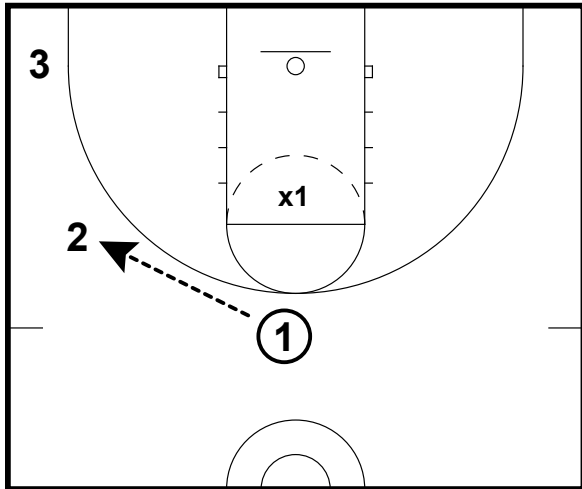


After the screen, 1 cuts to the basket for the lay-up, 2 replaces 1 on the wing.

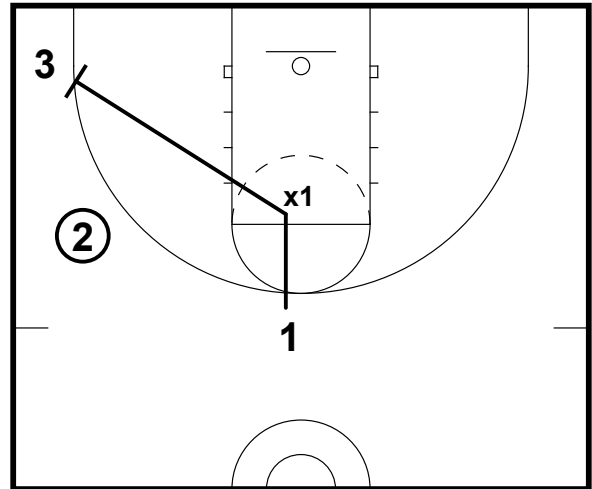


2 starts the drill over.
1 rotates into the Post.
3 becomes the Guard.

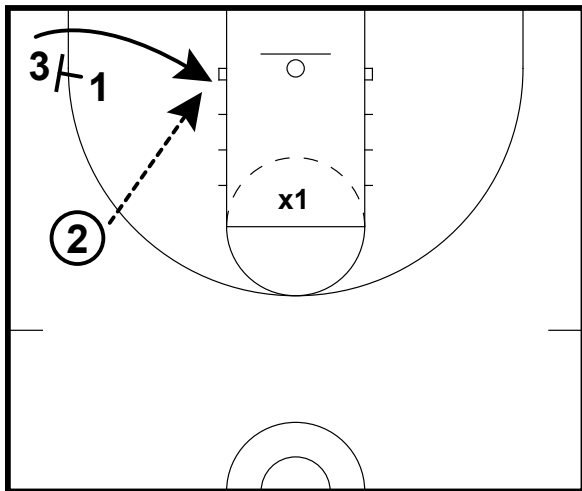
Drill 24: Corners - CORNERS



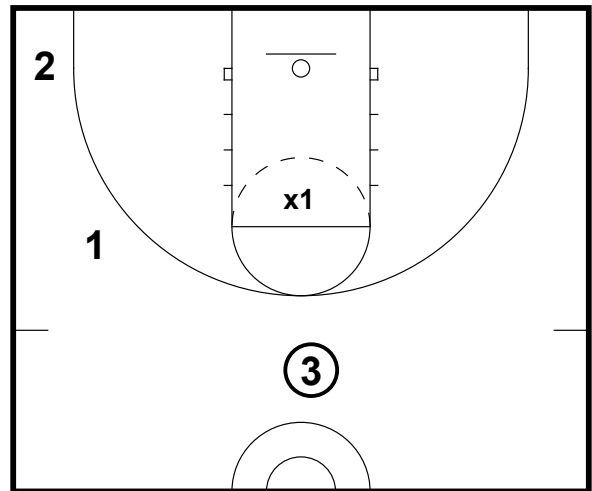
1 passes to 2. x1 can be a coach or extra player



1 is 'stood up' by the defender and so immediately abandons the cut to set Back Screen for 3.

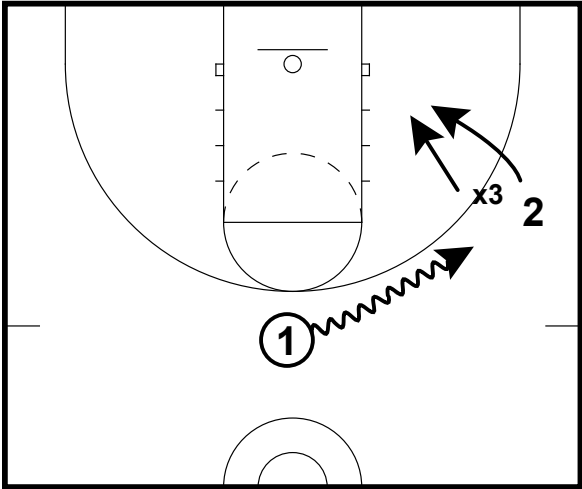


2 hits 3 on the basket cut for the lay-up.

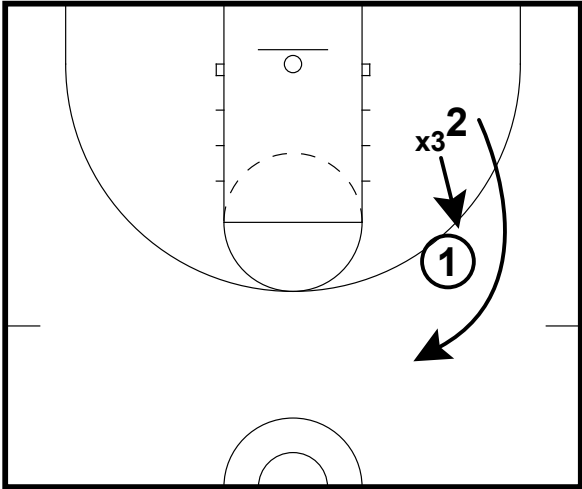


3 rebounds the lay-up and dribbles out to the point.
2 shifts to the corner.
1 fills the wing.

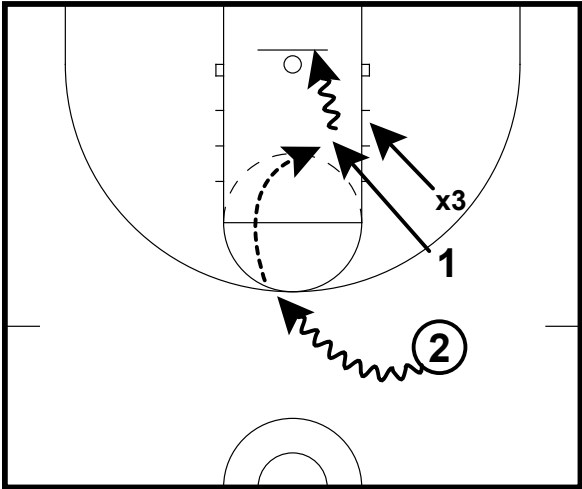
Drill 25: Power Dribble - POWER DRIBBLE



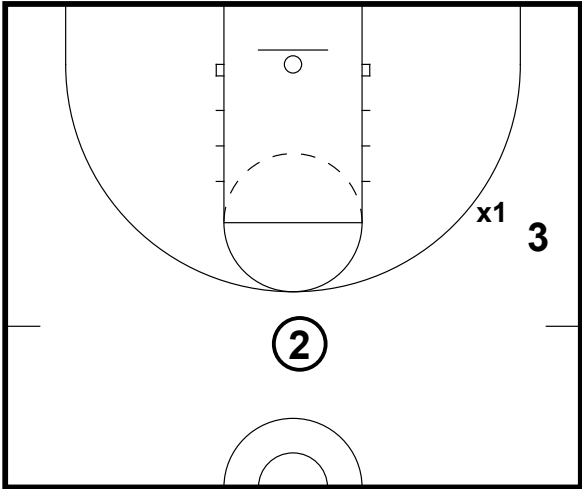
1 Power Dribbles toward 2.
2 fakes the Basket Cut to set up defender x3.



2 cuts outside of one and takes the hand-off.
1 seals defender x3.

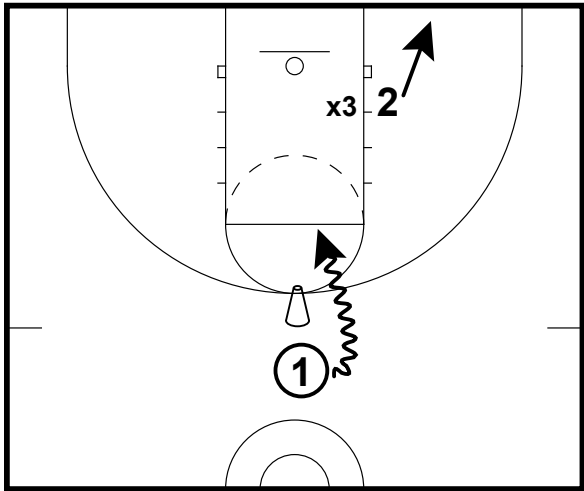


2 turns the corner on the dribble and passes to 1 rolling to the basket for the lay-up.

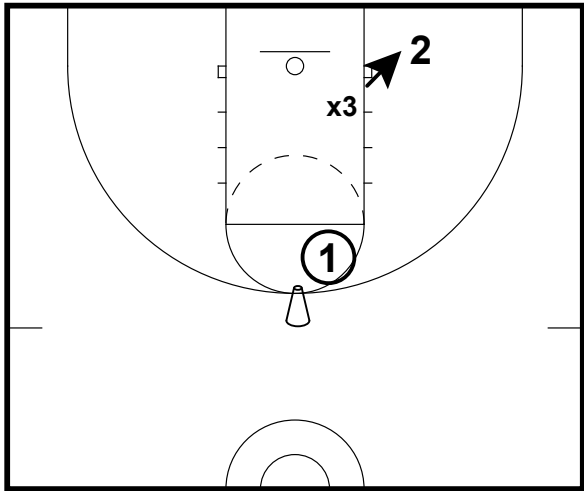


2, the passer, becomes the Power Dribbler.
1, the shooter, becomes the defender.
3, the defender, becomes the offensive cutter.

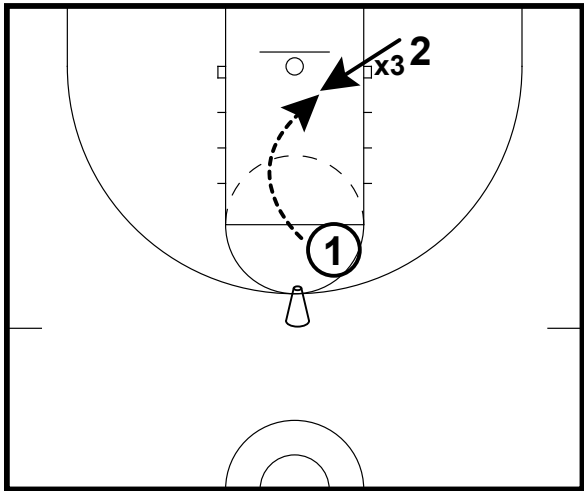
Drill 26: Adv Post Slides - Rear Cut



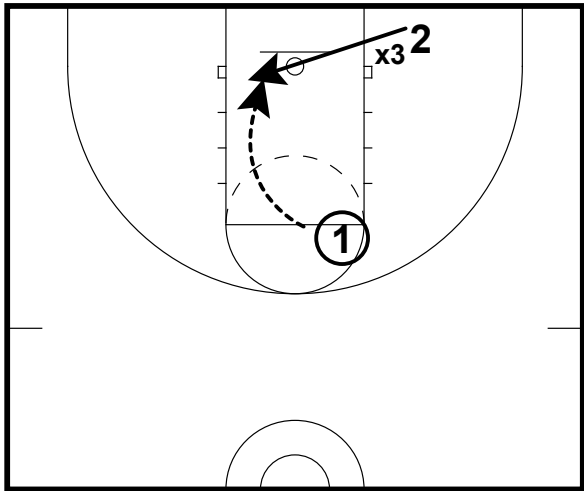
1 drives into the lane above the Post.
2 Steps Down to the Short Corner in a Basic Post Slide.



x3 slides with 2 to defend the Short Corner.

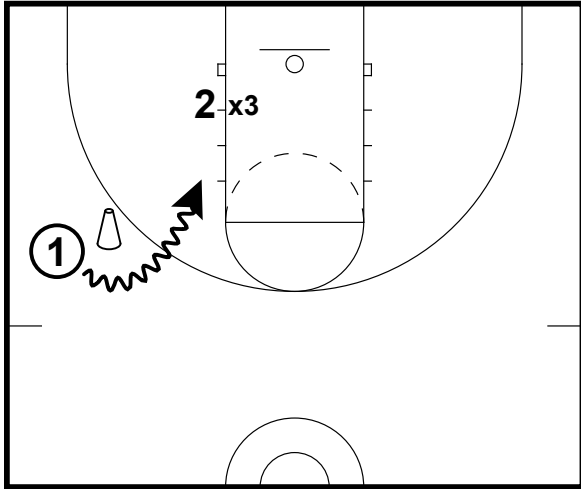


2 Rear Cuts to the goal and receives the pass from 1 for the lay-up.

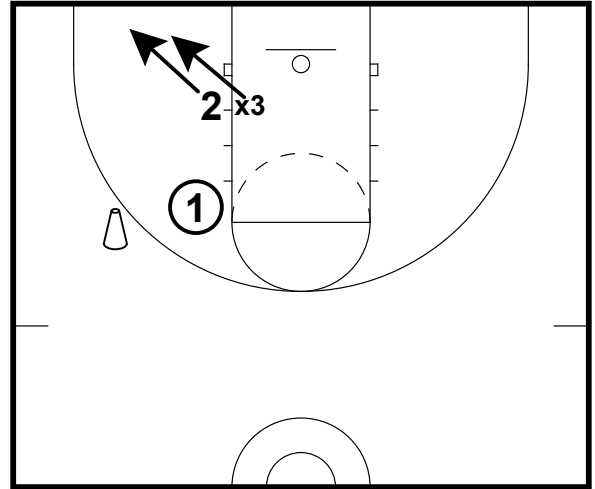


Sometimes 2 receives the pass under the goal and must finish on the opposite side of the rim.

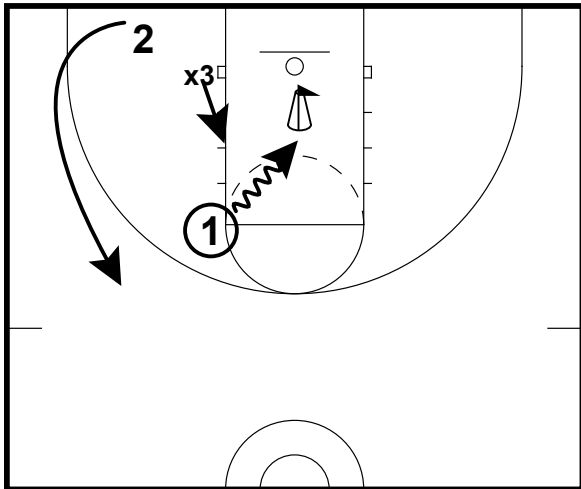
Dill 27: Adv Post slides - CIRCLE MOVE 1 POST



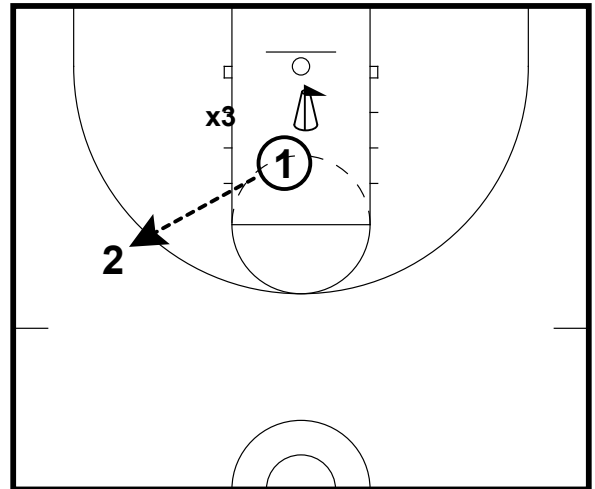
1 drives North/south right around an imaginary defender.



2 Steps Down to the Short Corner in a basic Post Slide.
x3 slides with 2 to defend the Short Corner.

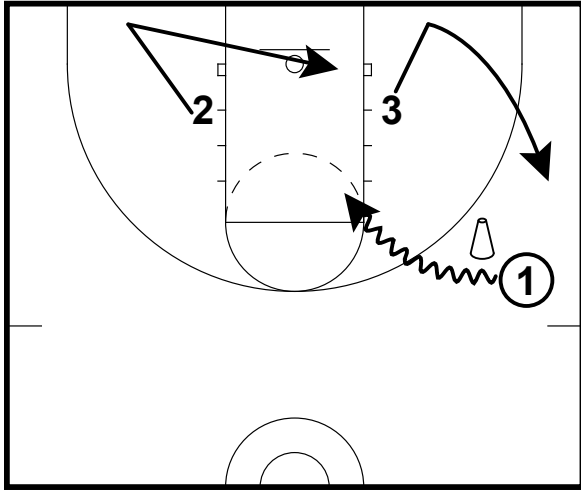


1 is stopped in the lane by imaginary defender x.
2 continues the Post Slide using Circle Movement to become the Safety Valve.

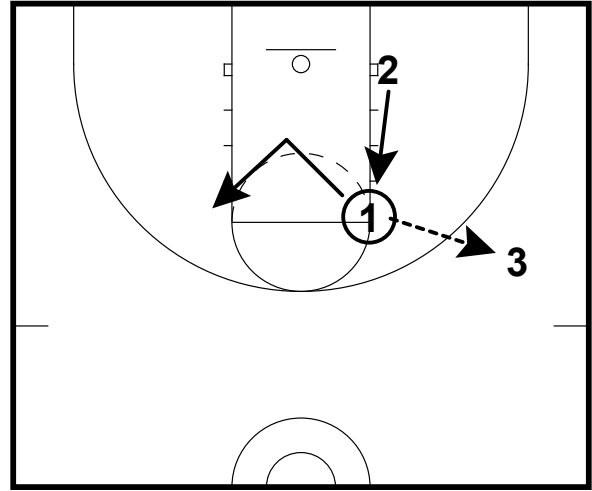


1 Reverse Pivots and passes to 2 for the shot.
A close-out from x-30 is an option addition.

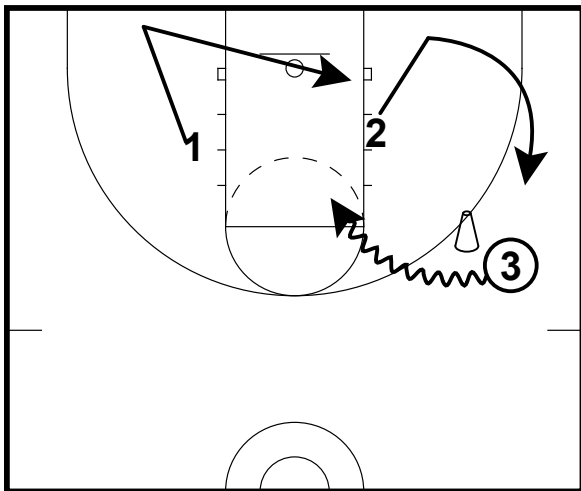
Drill 28: Adv Post Slides - CIRCLE MOVE 2 POSTS



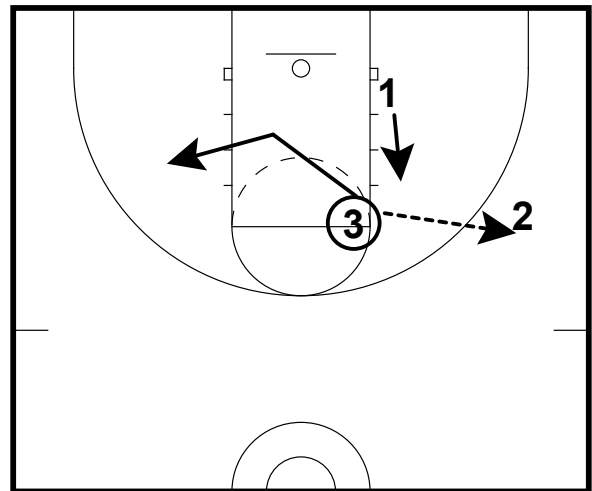
1 Drives North/South left around an imaginary defender.
2 and 3 Step Down first, then Circle move left.



1 Reverse Pivots and passes back to 3 who is in the Safety Valve position.
1 Posts on the weak side.
2 Finishes the curt at the Mid-Post, ball side.



The drill repeats itself from here: 3 drives left, 1 and 2 step down, then Circle Move left.



continue this rotation until 1 gets back to the wing.
2 finishes with a shot from the safety Valve.