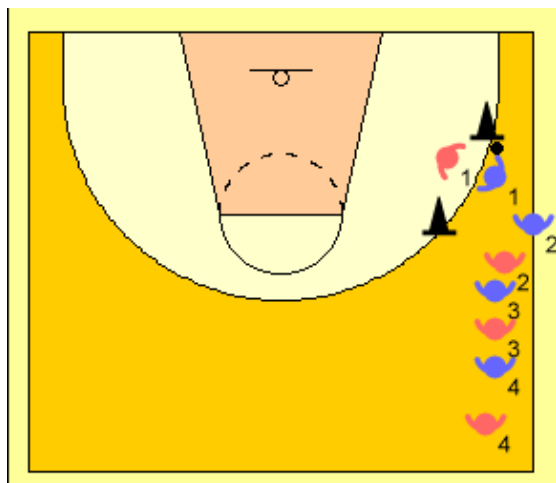


Shot Clock Drills

CB's Coaching Education and Development

Following are several drills to be used in order to better prepare our athletes to play with the shot clock. The goal of these drills is to develop quicker tactical decision making under pressure.

1 vs. 1



Stationary Start

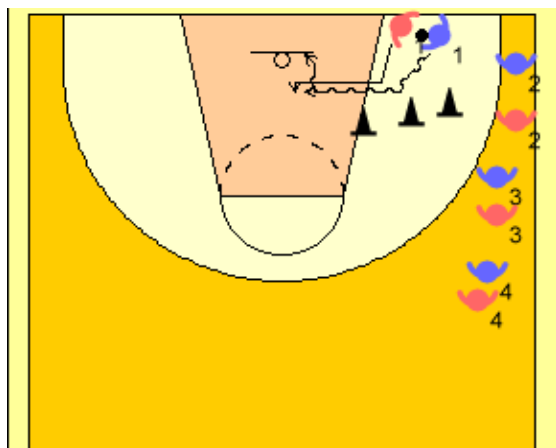
Starting from different spots on the floor, players play 1 vs. 1 with a shot clock. Clock set at 3 or 4 seconds. Set cones to limit space players can attack. Defense hands the ball to offense, shot clock starts. Point for offense if there is a score, foul and offensive rebound. If offensive rebound, players must try to score right away.

Analyze quickly how best to attack defense. Read feet of defender. Aggressive play from offense. Dribbling efficiency.

Fig. 1.1

Be creative with different starting positions on the floor

K.Y.O. Know your opponent both offensively and defensively. How will I play him or her?



Variations

Different starts

Wings, top (play to one side only), corners, high post, low post, soft corner (**fig 1,2**) Back to the basket, rip ball out of defenders hands.

Load

(Fig 1.3 – 1.4)

Coach may be second player, if coach shows ten fingers he must pass and relocate for reception. Shotclock starts over on second catch.

Fig 1.2

i.e. start in the soft corner

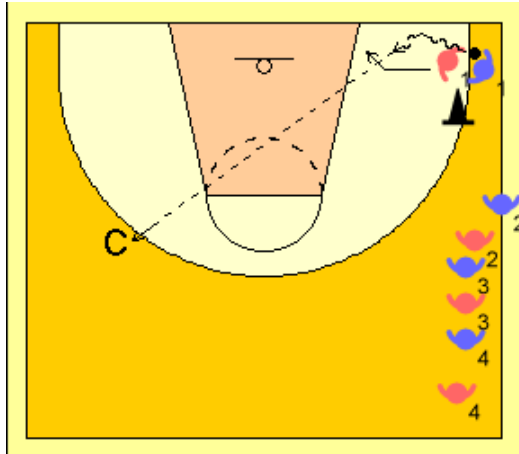


Fig 1.3
Coach as a receiver

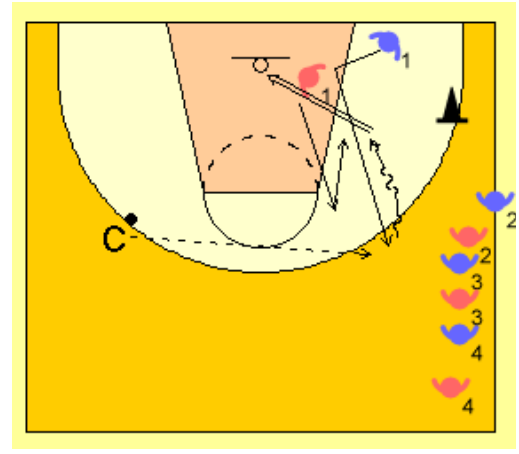


Fig 1.4

2 vs. 2

Stationary Start

Fig 2.1

Starting from different spots on the floor, players play 2 vs. 2 with a shot clock.

Clock set at 7 - 8 seconds.

Set cones to limit space players can attack.

Defense hands the ball to offense, shot clock starts.

Point for offense if there is a score, foul and offensive rebound. If offensive rebound, players must try to score right away.

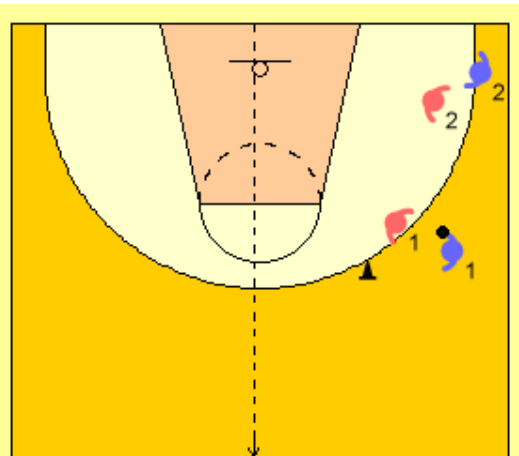


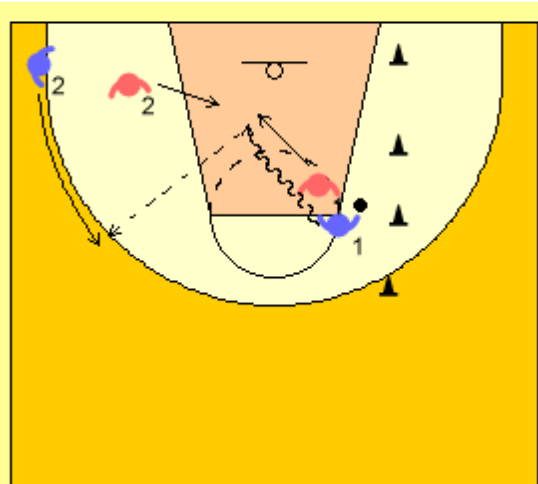
Fig 2.2
Wing and Corner Start

Points of Emphasis

Analyze quickly how best to attack defense.

Aggressive play from offense. Dribbling efficiency.

K.Y.O. Know Your Opponent both offensively and defensively. How will I play him or her?



Variations:

Positions on the floor: See diagrams for examples:

Wing – Corner (**Fig 2.1**), High Post – Corner (**Fig 2.2**), High Post - wing, Soft Corner - Swing, Swing - swing, Corner - corner, Low post - high post, etc.

- Be creative, limit space
- Back to the basket, rip ball out of defenders hands.
- Hand-off, ballscreen, etc...

Fig 2.2
High Post – Corner Start, Stationary

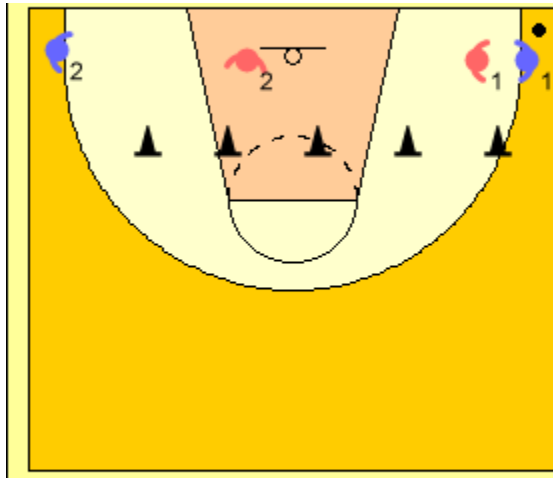
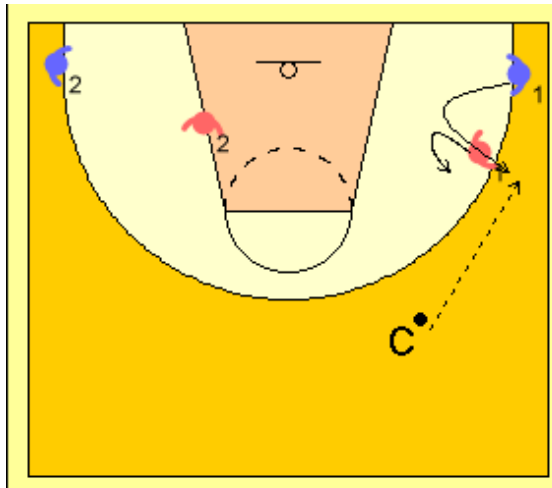


Fig 2.3
Corner – corner start, limited space.



2 vs. 2 – Get Open Start

Coach passes ball to one of wings that are open.
Start shot clock on catch (7 – 8 seconds) (**Fig 2.4**)

* (**Fig 2.5**) you may also have coach dribble attack to force defenders to help. Kick ball out and recover. Play with the same rules

Fig 2.4
Get Open Start

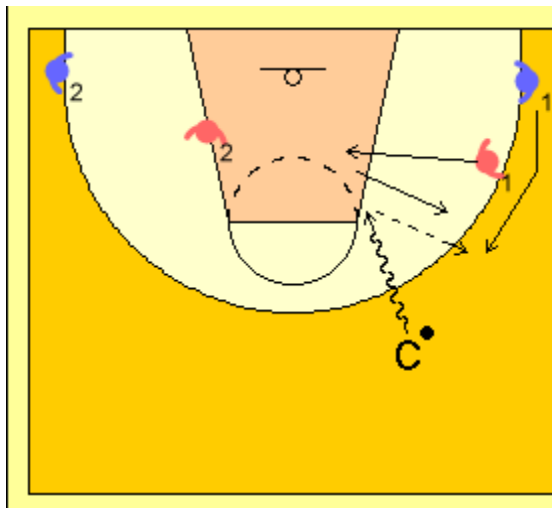


Fig 2.5
Coach Penetration

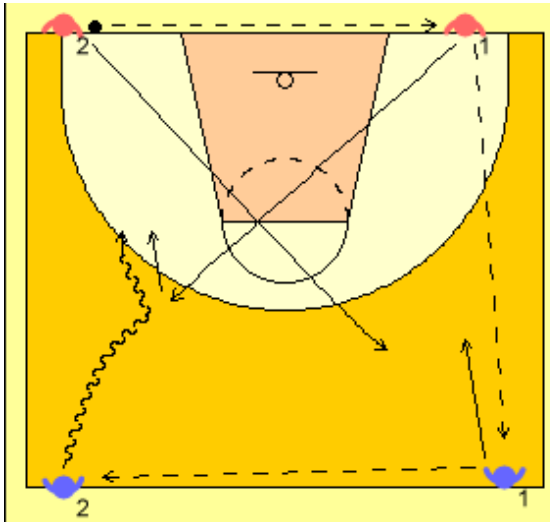


Fig 2.6
2 Man Track Passing

2-man track passing:

- Defenders start on baseline. One at each corner.
- Offense starts at half. One in each corner.
- D2 passes to D1 and runs to opposite man (O1).
- D1 passes to O1 and runs to meet O2.
- O1 passes to O2 and they attack.

Vary length of shot clock

3 - 4 sec. for attack basketball

7 - 8 to allow for more movement of ball.

Actions

May play:

High pick and roll.

Wing pick and roll

Handoff

Penetrate and kick

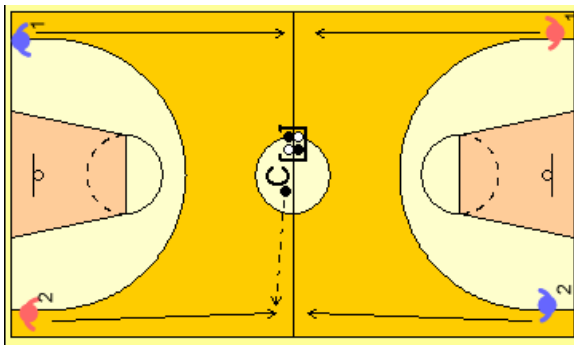


Fig 2.7
Full Court 2 on 2 Reaction

Full Court 2 on 2 Reaction

Red and blue team start in opposite corners facing opposing team.

All four players run to middle, coach passes ball to one of four players.

Opposing team (**Blue 1**) in same half court plays defense on ball handler (**Red 2**) while other player (**Blue 2**) chases (**Red 1**).

Fig 2.7 and Fig 2.8

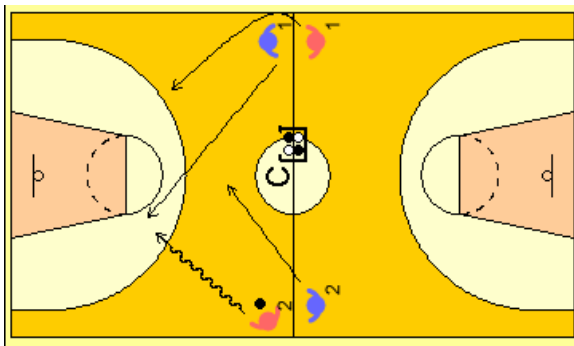


Fig 2.8

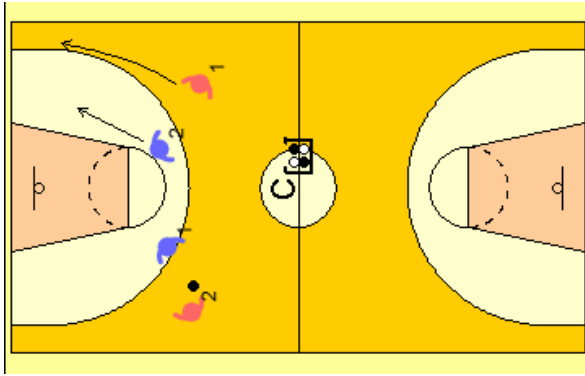


Fig 2.9

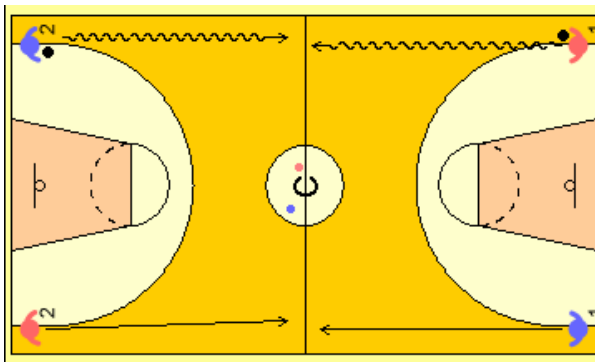


Fig 2.10

Full court 2 on 2 – Dribbling Start

Same type of start, however, two opposing players dribble at each other. Coach shows either a Red or blue **WOS marker**. That color is on offense, opposing team drops ball and defends.

Same scoring system.

Use shot clock for 7 - 8 seconds on start middle.

Points of Emphasis

Dribble head up
Attack to draw help.
Communicate

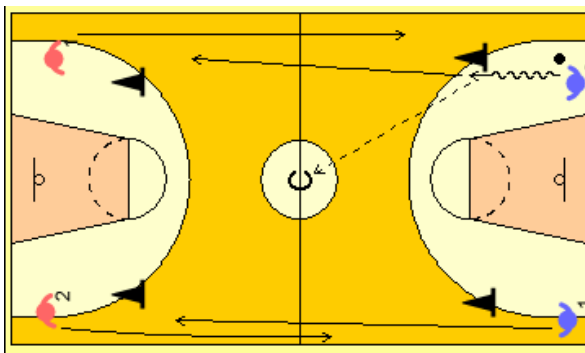


Fig 2.11

Full court 2 on 2 – with cones

Place 4 cones on the floor, either at spots or vary their position.

- Teammates start at same end of floor.
- One player starts with ball and dribbles to free throw line and passes to coach.
- Opposing teams sprint to opposite cones.

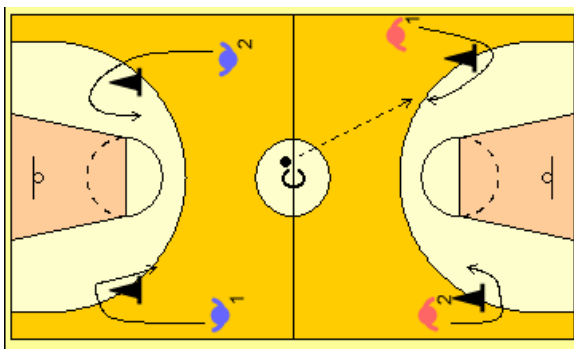
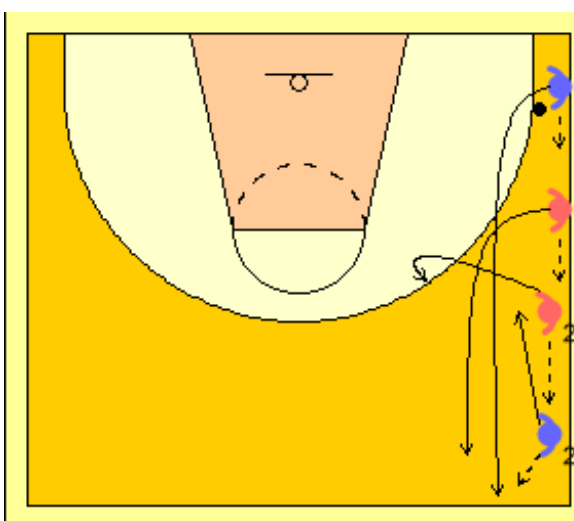


Fig 2.12

Both teams curl around cone and prepare their hands to receive pass from coach.

Team that gets ball must attack basket on a 7 - 10 sec shot clock.



2 on 2 - Korean passing drill with shot clock

Both teams line up to form 4 rows.

Offense lines up at both ends.

Defense has two middle lines.

Pass: Blue - red - red - blue

Play 2 on 2. You can limit space by making offense play on same side. See different spots to challenge players. I.e. Swing – soft corner

Load:

Vary time you use for shot clock with 2 vs. 2 games.

Start with a longer shot clock and reduce as skill level increases. Shot clock can also vary due to start positions.

Shorter times forces offense to be aggressive.

Limit number of passes that can be made.

Add a coach as a possible receiver if he flashes ten fingers

3 vs. 3

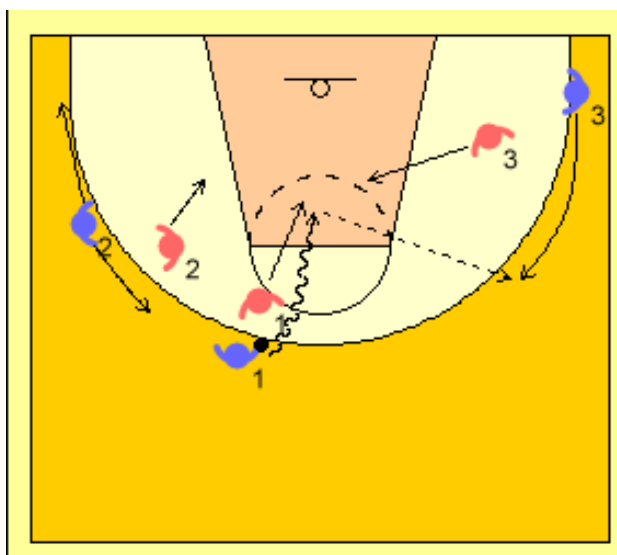


Fig 3.1

Stationary start (Fig. 3.1)

Starting from different spots on the floor, players play 3 vs. 3 with a shot clock.

Clock is set at **14 seconds**.

Set positions where players must start. I.e. Swing - wing - opposite corner. Low post - wing and wing, etc.

Defense hands the ball to offense, shot clock starts. Point for offense if there is a score, foul and offensive rebound. If offensive rebound, players must try to score right away.

On defensive rebound players must clear 3 point line and attack right away.

Variations:

- Can score immediately (no pass necessary)
- Must pass twice before shot attempt.
- Ball screen after two passes.

Points of Emphasis

Analyze quickly how to best attack defense.

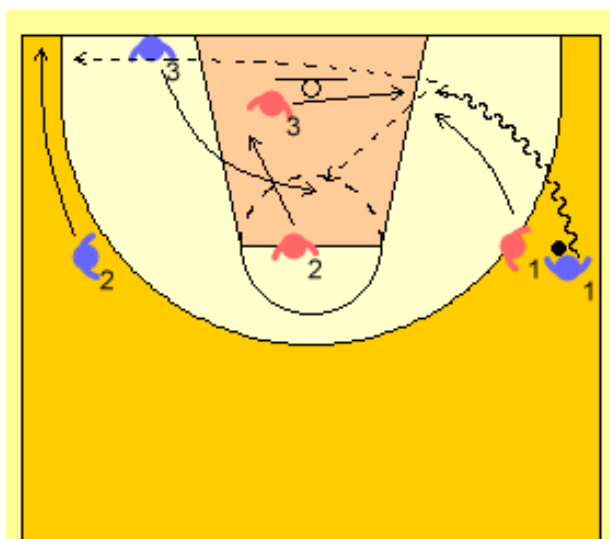
Aggressive play from offense.

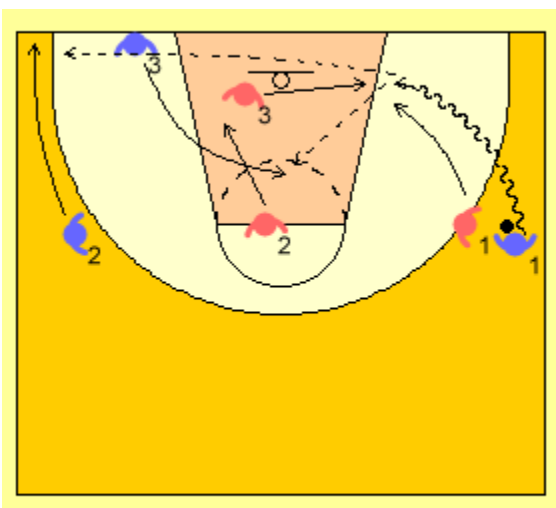
Dribbling efficiency. Should I screen for a teammate?

K.Y.O. Know your opponent both offensively and defensively. How will I play him or her?

How can I help my teammate/

Where do we have the advantage?

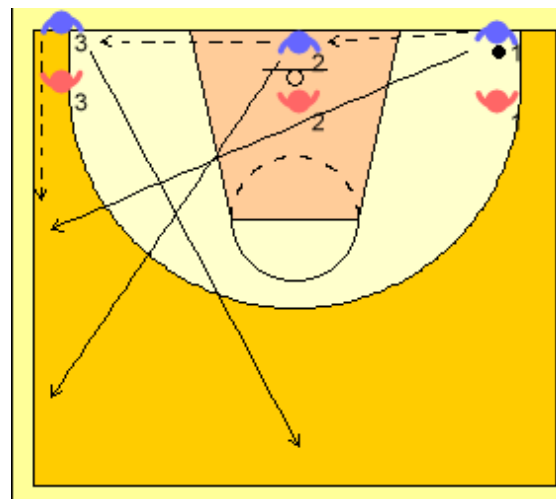




I.e. start with different players in different positions
(Fig 3.2)

In this example, we start with players at the 2 wing spots and one in the opposite soft corner.

Fig 3.2 – Wing, wing, opposite corner



3 on 3 Track Passing

3 offensive players start on baseline.
3 defensive players start directly in front of them.

O1 passes to O2 and sprints to the next closest position on the sideline to receive a pass from O3, O2 does the same and so on. See following diagrams for details.

Fig 3.3

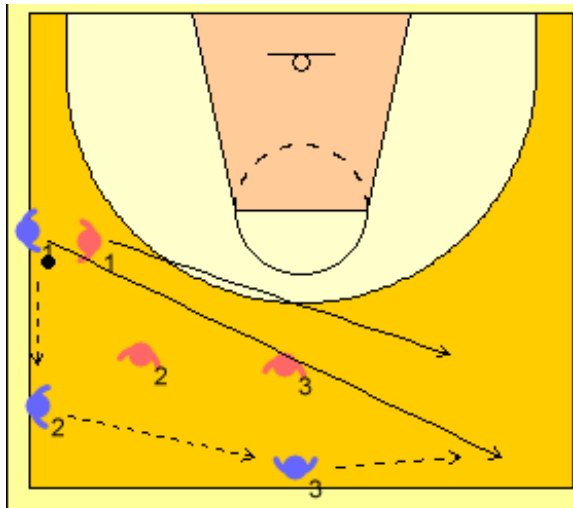


Fig 3.4

Repeat same pattern until you get to half

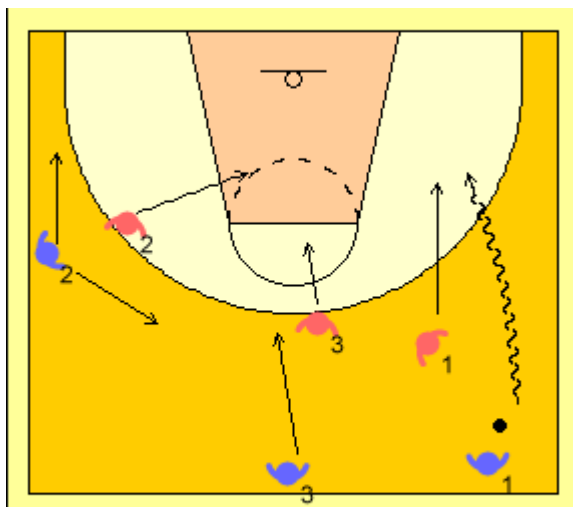
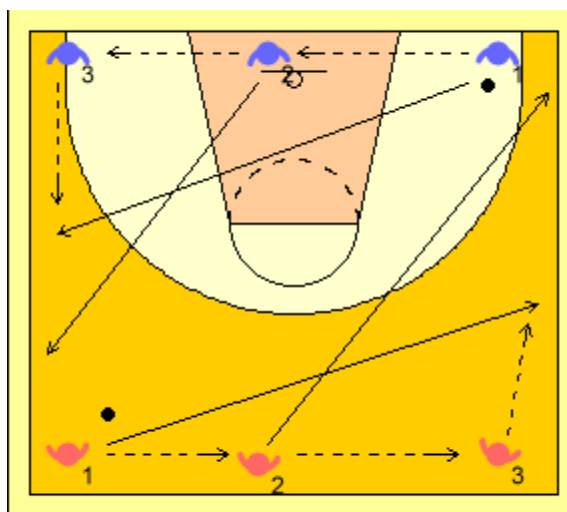


Fig 3.5

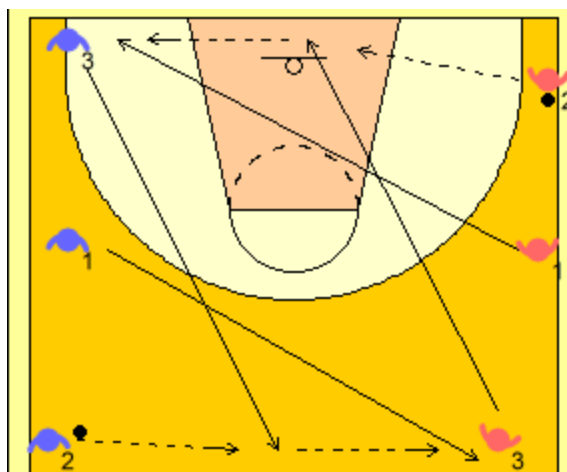
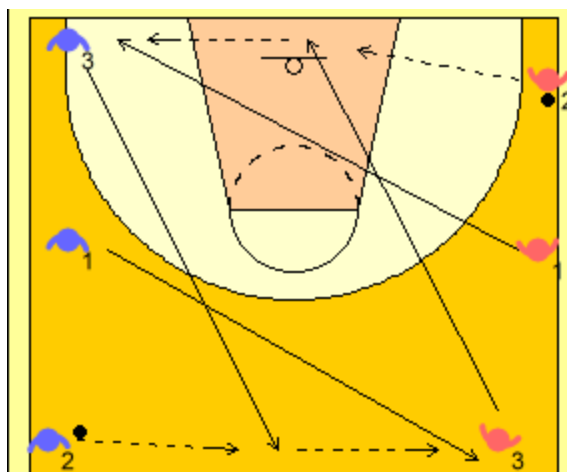
From here the players play half court offense with a shot clock of 8 – 14 seconds depending on coaches points of emphasis. I.e.: 2 passes, must have a post up, ball screens, etc.

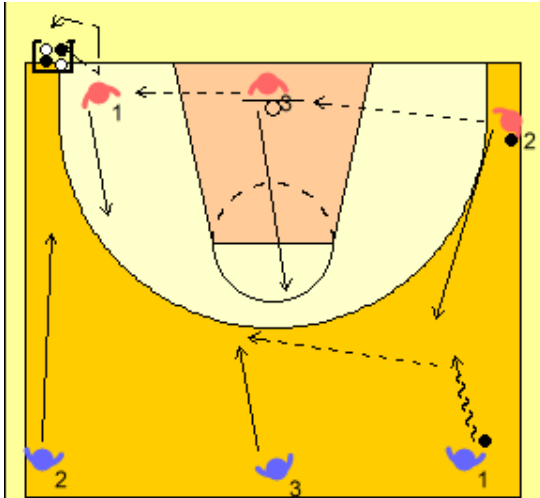


3 vs. 3 Double Track Passing

Same as previous, however both teams must start the same way by passing and moving around the perimeter.

Fig 3.6





When Red 1 receives ball he must put on chair or in receptacle before he can play defense. After Red 2 passes he can move up to play D, same for Red 3.

Point of Emphasis

Passing and pivoting

Crisp and quick

Sprinting to the next spot.

Offense must recognize if defense is set and play control basketball for the first 7 seconds of the 14-second shot clock or to attack if the defense was slow in setting up.