Pre-Season Practice Outline

1. **M2M defensive principals**
   1. On ball
   2. Gap
   3. Help
   4. Team principles, concepts (rotations for older players)

Drills:

* No Paint drill \*
* Defensive Progression (1v1, 2v2, 3v3, 4v4)
* Alley D sequence
* Close out drill

2. **Ball Handling**

1. Stationary (1 and 2 ball)
2. Creating Space/Separation (crossovers, step backs, Euro step, jabs, fakes, etc…)
3. Speed, full court transition  
   Drills:

* 0,1,2 Dribbling \*
* Full Court Series \*
* Full Court Pounds \*
* Stationary, 1 & 2 ball sequence

3. **Passing**

1. Entry (left and right hand)
2. Cutters – hitting players on the move
3. Fake – using fake passes to move defense
4. Long passes in transition

Drills:

* Circle passing \*
* Euro passing \*
* 2 line passing drill
* Cutter drill
* Fake pass drill
* Long pass drill

4. **Rebounding**

1. Box out technique – Arm bar
2. Jumping, landing
3. Chin it; Sweep technique
4. Dribble escape – when necessary
   1. Outlet passes (overhead), to start transition  
      Drills:

* 5 on 5 drill \*
* Circle rebounding \*
* Spanish rebounding \*
* Numbers rebounding

5. **Spacing, Ball & Player movement**

1. Minimum 15’ (maybe 10’-12’ for younger players)
2. Rotating and filling spots when someone drives/penetrates/cuts
3. Interior movement – siding opposite direction to clear space/get open
4. Reversing the ball; skip passes (older players)  
   Drills:

* 15’ game
* Fill spot drill
* Moving without the ball drill

6. **Handling pressure**

1. Coming to the pass/ball
2. Using diagonal passes
3. Pivoting, sweeping techniques

Drills:

* Come to pass drill
* Diagonal passing drill
* Pivot, Rep, Sweep drill
* 3v2 triangle drill

7. **Ball and Player Screens/Rolls**

1. Setting screens
2. Using screens
3. Roll techniques
4. Slip and Pop options (older players)

Drills:

* Set screen drill
* Using screen drill
* Roll, slip techniques
* Pick & Roll Progression \*

8. **Transition**

1. Alignment
2. Roles
3. Speed, Quickness
4. Secondary

Drills:

* Duke drill \*
* Circle drill \*
* Full court lay-ups \*
* Lake 3 player drill \*
* Lady Cat lay-ups \*
* UCLA drill \*

9. **Shooting**

1. Proper mechanics (hands, lower body position, shot pocket, follow through)
2. Free Throws
3. Lay-ups

Drills:

* Line shooting
* Short shots
* Free Throws
* Jab/Fake Series
* Plus 3, Minus 3
* 5 spot

10. **Offense**

1. 5 out
2. Motion

Drills:

* Pass, Cut drill
* Pass, Screen drill
* Backfill drill
* Dribble at drill