



McKinnon Basketball

Drill Booklet

Prepared by Nathan Geer, Basketball Development Manager at McKinnon Basketball Association.

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INTRODUCTION

At McKinnon Basketball Association, we are continuing to learn and find ways to help educate coaches throughout our association. As such, this book has been created:

- To assist coaches across both domestic and representative standards
- Prompt ideas for adaptation
- Introduce 4x phases of teaching

The drills within this book, are consistently being adapted by coaches and as such, we challenge you to find new ways to use these activities to help benefit our coaches.

The 4 phases of “drills” have come from Mike McKay (Basketball Canada) are:

Phase A	Phase B	Phase C	Phase D
On Zero/Scripted	Guided	Coach Controlled Advantage	Compete
Often used to introduce a new skill/topic, or master a skill. The decisions are the same each time.	Player A has options to choose from, and can be guided by Player B, Coach, Signals	Coach dictates a “small” advantage for offense to utilise.	The most “game like” phase as involves playing the game.

It is common for drills to have a combination of phases throughout, An example of the above would be:

Skill - LAY UPS			
Phase A	Phase B	Phase C	Phase D
On Zero	Scripted/Guided	Coach Controlled Advantage	Compete
1 vs 0 Lay Up	Scripted - 1 vs 1 – Help Defense (Help Defense must stand still and reach for ball)	1 vs 1 – Defender starts with 1 foot on 3 Point Line.	1 vs 1 – Live Game

As coaches, nothing is truly original, so as such, I would like to acknowledge those who have inspired this book including, but not limited to:


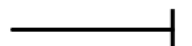
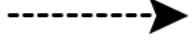
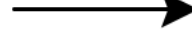



- Mike McKay (Basketball Canada)
- Peter Lonergan (Basketball Australia)
- Alex Sarama (Elite Athletes, Belgium)
- Chris Oliver (Basketball Immersion)
- Stewart Baird (McKinnon Basketball)
- Darren Anderson (McKinnon Basketball)

While most drills can be adapted to suit many age groups and standards, all drills will be categorised 3 areas for their purpose, including ages, skill focus and phase of drill.



GLOSSARY



	Dribbling Movement
	Player Movement to Screen
	Pass
	Player Movement without Ball (Cut)
	Cone
	Player with Basketball
	Player without Basketball

Below are the 4 areas of each drill we will be covering. Each will have an attachment to explain the purpose and to give general overview.

Set Up – The beginning structure of a drill. This will include number of basketballs required, where players begin and lines should be positioned.

Instructions – The pre-determined movements of the drills potentially including rotations.

Teaching Cues – Example of cues to be emphasised. When utilising a drill, we want to limit the number of cues we give to not overload our athletes.

Variations – examples of ways to make a drill more or less difficult, along with make more competitive. Two elements you can add to any drill that is not listed in each one is:

Time ~ Complete number of reps in certain time, or shot clock.

Score ~ Make a number of shots first or compete first to 3 scores for example.



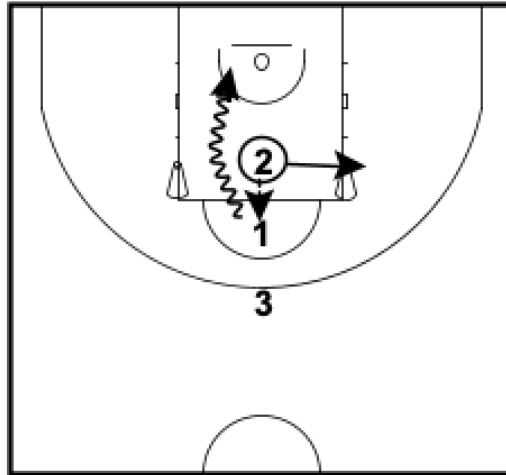
1 vs 1 – CONE TOUCH




AGES: U10 +


SKILLS: Ball Handling, Finishing, 1 vs 1
Drive Footwork

PHASE
C



Set Up

Offense (1) starts on the foul line with basketball, with defense (2) standing basket side. Player 3 represents short line if you have additional players. Two cones are placed, one at each elbow.

Instructions

To start the drill, defense must touch either cone. Once defense moves, offense can go beginning with either a “cross step” or “throwdown”. Once defender touches cone, drill is live (ends in a stop or a score).

Teaching Cues

- Rip ball quickly
- Drive quickest way to basket

Variations

General – location can be changed to any spot on the floor.

If offense is finding it comfortable:

1. Perform a pivot before going
2. Start with a live dribble while waiting (skill changes to crossover)
3. Bring cones in closer
4. Add 2nd defender under basket waiting.

If offense is finding it difficult:

1. Introduce skills separately in a phase A or B drill (on zero)
2. Move cones further apart



1 vs 1 – LAVA

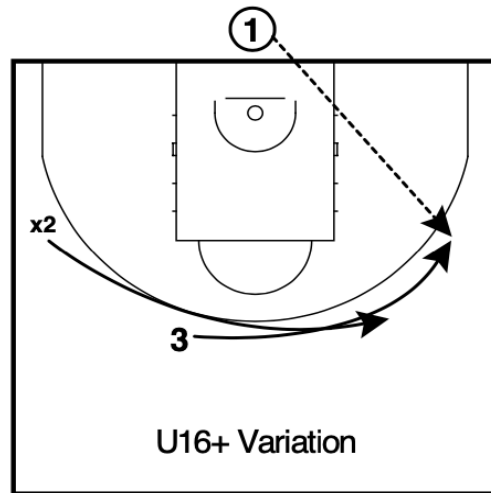
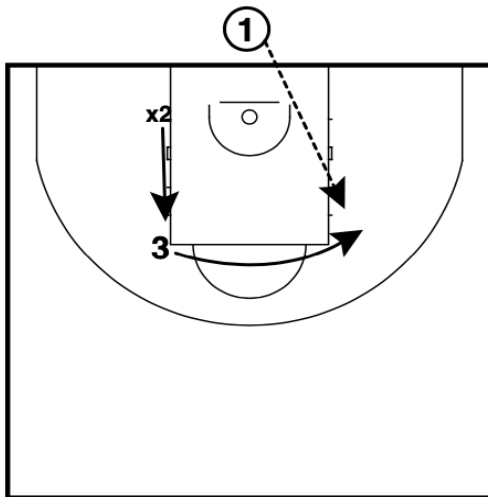


AGES: U10 +



SKILLS: Shooting, Footwork, Passing

PHASE
B/C



Set Up

1 (Passer) - Line on baseline under basket

X2 (Defender) – Line starts at block

3 (Offense) – Line starts at elbow

Instructions

Based around the kids game, the “floor is lava” the key is now lava and players cannot step inside the key. The drills starts when passer says “go”. Offense needs to get to the other side of the key, receive pass and catch and shoot without any dribbles. Defense is aiming to contest or take away shot.

Teaching Cues

Offense:

- Sprint to separate
- Be shot ready
- Individual shooting cues

Defense:

- Sprint to contest
- Take shot away without fouling

Variations

- Lava goes away on catch, introduce dribble with limits (1 dribble max example)
- Change locations as example, an U16+ variation is pictured

If Offense is finding it comfortable:

- Bring defense closer

If Offense is finding it difficult:

- On signal defense must touch baseline or move defense further away



1 vs 1 – CORNER LIFT



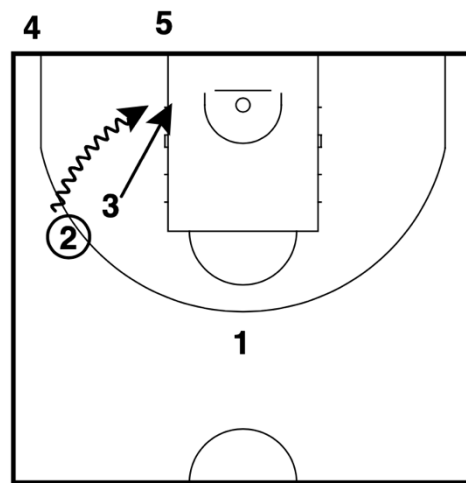
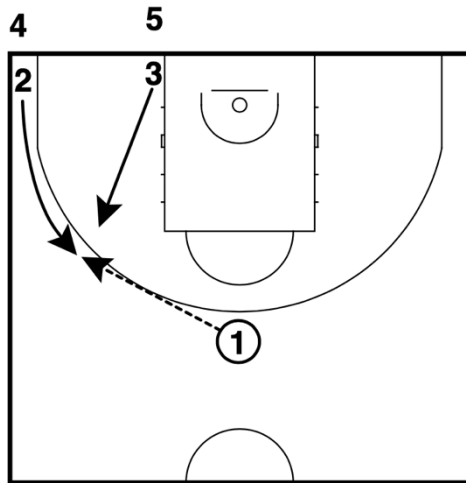
AGES: U12 +



SKILLS: 1 vs 1

PHASE

B



Set Up

1 (Passer) – Starts above the 3pt line in the middle

2 (Offense) – Starts in the corner

3 (Defense) – Starts at the end of the key

Instructions

Offense starts the drill by sprinting to receive the catch, while defense guides offense into a decision. The three guided options for defense are:

- 1 Foot Outside 3 Point Line on baseline side
- 1 Foot Outside 3 Point Line on passing side
- 2 Feet Square

Teaching Cues

If defender is on baseline side, rip middle or face cut.

If defender is on high side, rip baseline or back cut.

If defender is square, fake and go.

Variations

Phase C – allow defense to play after completing one of the guided movements

Phase D – allow game to be “live” on catch

If offense is finding it comfortable:

- Move the defender closer
- Add a ball fake
- Change phases

If offense is finding it difficult

- Reduce the number of options for defense
- Reintroduce skills on the catch



BUMP

Credit: Adam Caporn



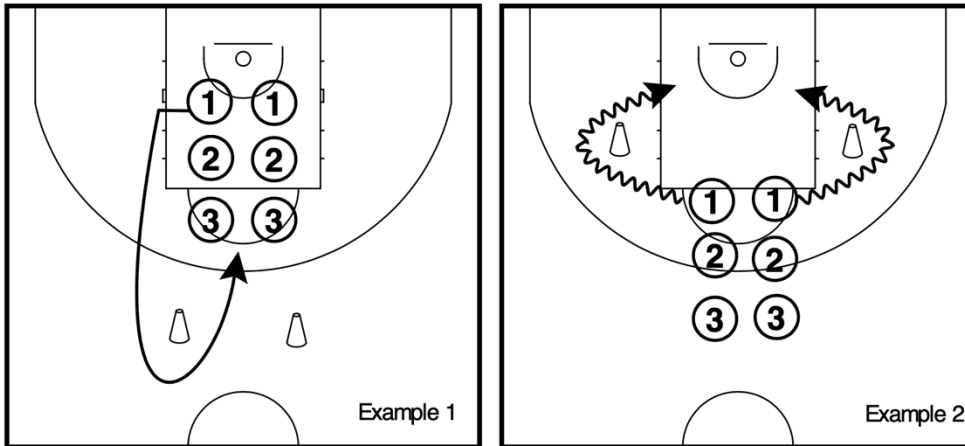
AGES: U8 +



SKILLS: Shooting, Finishing, Ball Handling

PHASE

A



Set Up

Every player begins with a basketball. Starts with 2 lines, facing each other. The location can be anywhere on the court depending on the action.

Instructions

The 2 front players “bump” basketballs and then compete to 1st player to score. Common to include an action of movement prior to scoring, i.e. 2 knee wraps before finishing. Once 1 player scores, the receive 1 point and both players go to the back of the line. Set a target for players to compete to, “1st player to 3 points wins”.

Teaching Cues

- Skill dependent (i.e. dribble pull up or ball handling)

Variations

- Change of location
- Change of movements (wraps, dribble combo, type of shot, etc.)



JAPAN FINISHING



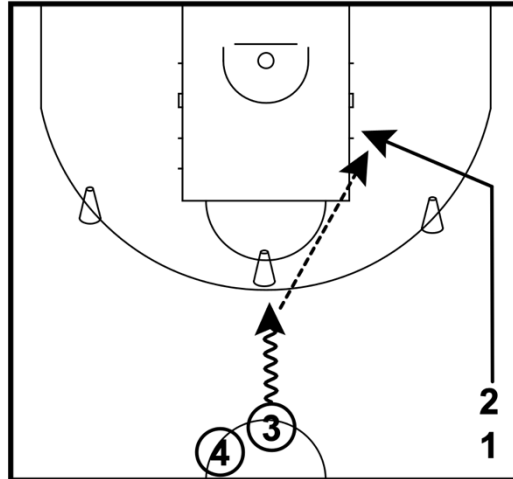
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SKILLS: Passing, Finishing, Ball Handling

PHASE

A



Set Up

2 lines of players with the middle line having basketballs. The middle line is "passers and dribblers", the outside lane is a "lane runner" and are finishing.

Instructions

When dribbler leaves the middle circle, the lane runner runs their lane until they arrive at the outside cone. When they arrive, player cuts to basket and receives pass from ball handler and finishes. Both players head back to group

Set a target for the group within a time limit. Example is "10 makes in 2 minutes".

Teaching Cues

Dribbler:

- Lead lane runner with pass
- Patience with dribble

Lane runner:

- Sprint lane
- Target hand

Variations

- Type of pass
- Type of dribble move
- Type of finish
- Time limit
- Score target
- Phase B, Add defender under basket



2 vs 2 – GET OPEN



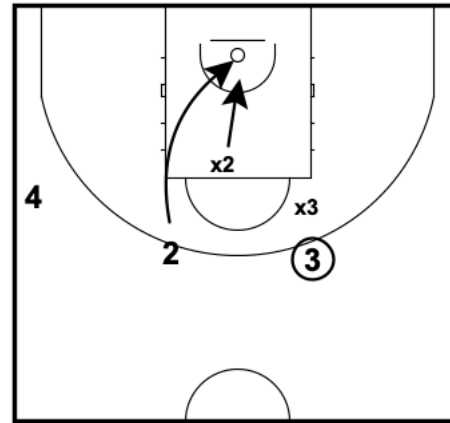
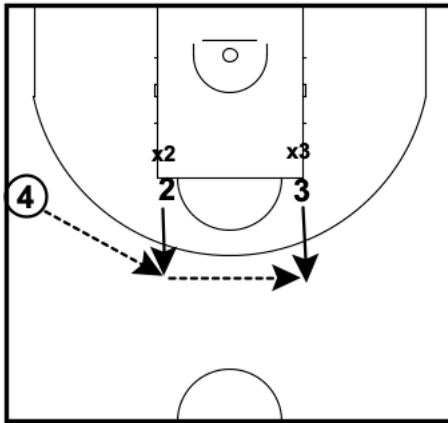
AGES: U12 +



SKILLS: Game Play, Footwork

PHASE

C/D



Set Up

Coach or Player 4 has 1 basketball foul line extended ready to pass and start the drill. Two offensive players stand on elbows with two defensive players beginning basket side.

Instructions

Player 2 pins and seals defender, then separates to receive pass from Player 4. Once Player 2 catches, Player 3 repeats same action. Once Player 2 passes, they can cut, screen or space to play 2 vs 2 depending on the level. Game is now played live until either offense scores or defense gets a stop.

Teaching Cue

Pin and seal (commonly strong arm, long arm)
If denied for any catch, back cut.
Lead player to ball.

Variations

- Change the starting location
- Add 3rd defender to pressure the first pass. Make game live 3 vs 3.



TRACE THE LINE BALL HANDLING



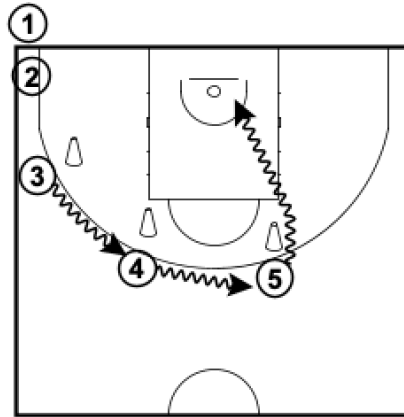
AGES: U10 +



SKILLS: Finishing, Ball Handling

PHASE

A



Set Up

Player begin in a line in the corner, with every player having a basketball.

Instructions

Players trace the 3 Point Line and perform a dribble move/combo at each cone. On the final cone, they attack the basket and perform a finish. The next player in the line doesn't leave until the cone in front is free.

Teaching Cues

Dependant on ball handling and finish move. An example would be Power Lay Up:

- Finish off 2 feet
- Chest towards closest point of the baseline
- Finish "high and wide" (above head and outside shoulder)

Variations

- Include a defender under the basket to contest the finish
- Replace the final cone with a defender and make game live 1 vs 1
- Put 2 extra players in the corner (offense and defense) and play 2 vs 2 from last spot



CONE CURL SERIES



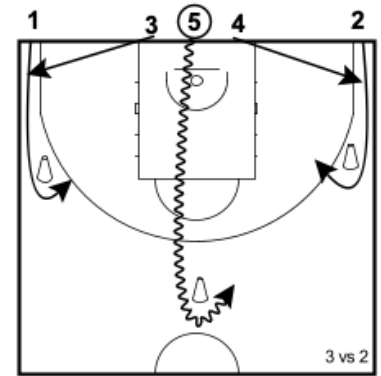
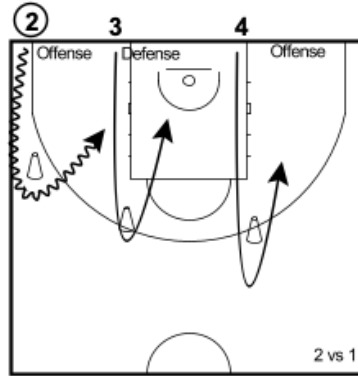
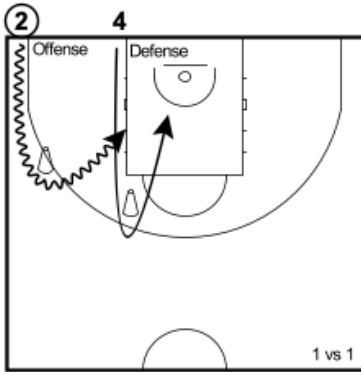
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SKILLS: Game Play

PHASE

C



***All 3 are variations/progressions of the drill. Below is the 3 vs 2 set up and description.

Set Up

5 lines on the baseline, with lines number 1, 5 and 2 being offensive lines, and lines numbered 3 and 4 being defensive lines. The middle line under the basket, begins with the basketball.

Instructions

On coaches signal, all players go and perform defined action before game goes live. Lines 3 and 4 must touch a sideline while lines 1, 5 and 2 must circle the cone directly in front. Once that is complete, game becomes live 3 vs 2.

Teaching Cues

- Find space as early as possible
- Throw ball ahead if there is an advantage
- Seek the best shot possible

Variations

- Limit the time offense
- Remove cones and have offense touch the centre line instead

If offense is finding it difficult:

- Build in decision making concepts of 2 vs 1
- Take away defences hands

If offense is finding it comfortable:

- Include 3rd defender as chaser



MULTIPLE SHOOTING DRILL

Credit: Phil Thomas



AGES: U12 +

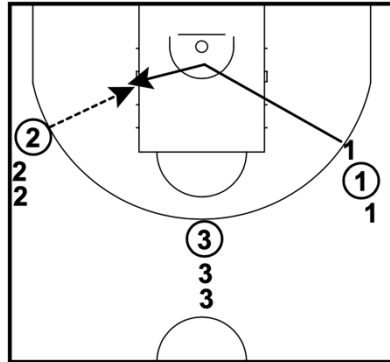


SKILLS: Shooting, Finishing

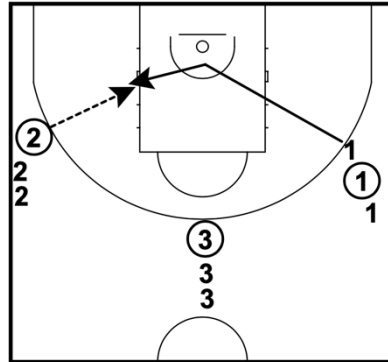
PHASE

A

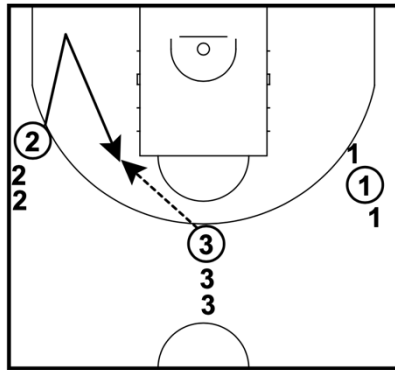
Step 1



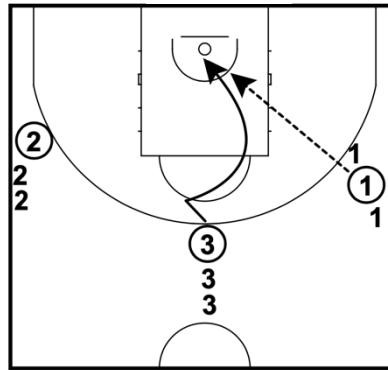
Step 2



Step 3



Step 4



Set-Up

3 lines outside 3pt line, one in the middle, one on each wing. One ball in each line.

Instructions:

First line cuts for post shots, second line makes a v-cut for jump shots and third line cuts to the basket for layups. All players rotate one line after shot.

Teaching Cues

- Good passes to target hands
- Footwork in a variety of situations (post, catch and shoot, finish)

Variations

- Can add in token defence, or a coach with a pool noodle is fun!
- Can be run both sides of the court.
- Can be simplified to just do one shot at a time, or advanced with more advanced moves (step-throughs, step-backs, floaters)
- Change up the type of passes for entries



Passing Diamond

Credit: Darren Anderson



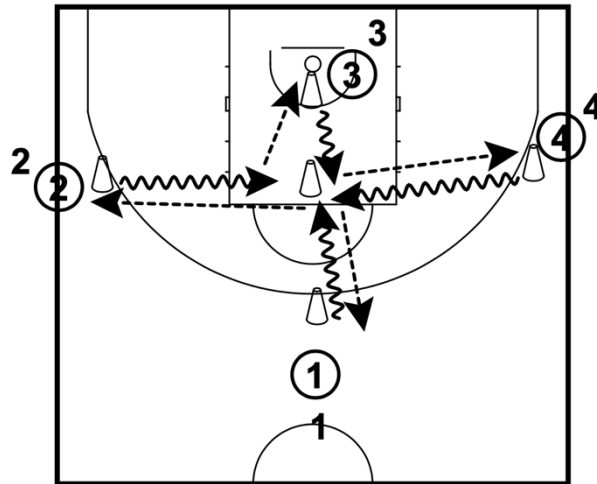
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SKILLS: Shooting, Finishing

PHASE

A



Set Up

Four lines as per image above.

Instructions

First four players drive towards centre cone and perform a "1-2" stop, reverse/forward pivot towards their target and pass to the next line. Players head to the back of the line that they pass to.

Teaching Cues

- Outside hand pass
- Quick stops and direct passes
- 2 voices to every pass

Variations

- Alter direction from clockwise to anti-clockwise
- Have players shooter rather than pass to the cone under the basket
- Combo pivots and passes



REVERSE HORSE SHOE



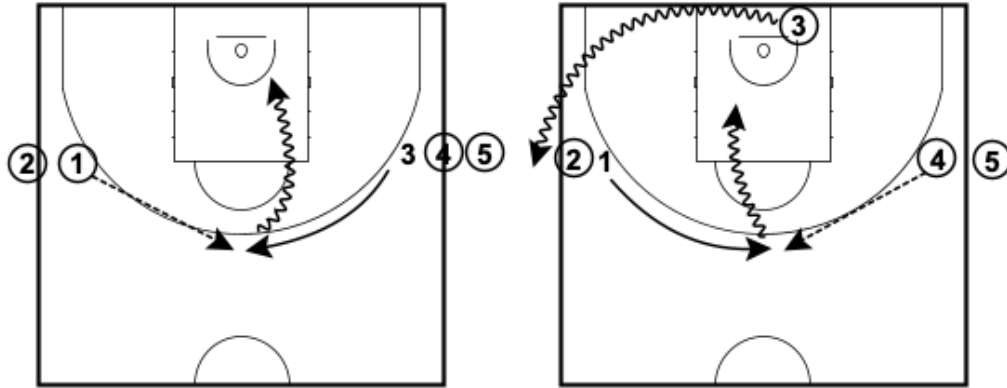
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SKILLS: Shooting, Finishing,
Footwork, Passing

PHASE

A



Set Up

Two lines foul line extended. Every player to have a basketball except for one. If basketballs are limited, four are required.

Instructions

First player (3) without the ball makes a blast cut to replace and receives pass from opposite line. Player (3) catches in a hop and attacks basket for lay-up. Once the player shoots, they switch lines. The player who passes repeats action and performs blast cut.

Teaching Cues

- Land in a hop
- Rip the ball over (shoulder to shoulder) or under (shoe lace to shoe lace)

Variations

- Add a live defender under basket to contest
- Add a read (bounce pass means lay-up, chest pass means pull up)
- Time and score element



1 vs 1 Weakside Game



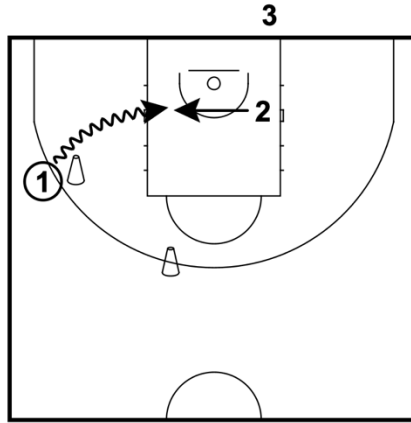
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SKILLS: Decision Making, Finishing, Footwork

PHASE

B



Set Up

Two lines, one line foul line extended is offense with basketballs, one line on the opposite side of court at the end of key on the baseline is defense.

Instructions

Offense – using a crossover step, rips ball and drives baseline looking to score. Will need to make a “guided” decision depending on what defense decides to do.

Defense – on rip of offense, will play “guided” defense depending on the decision they make. The 3 decisions defense can make are:

- Late rotation (stay on the block and fake)
- Rotate on time (meet offense at key line)
- Rotate early (outside key line)
-

Teaching Cue

If defense is “late rotation” – finish quick in straight line

If defense is to “rotate on time” – finish in a power lay-up with contact

If defense is to “rotate early” – euro step

Variations

- Allow defense to play live (Phase C)
- Change angle of rotations
- Change movement to attack basket



2 vs 2 – Weakside Game

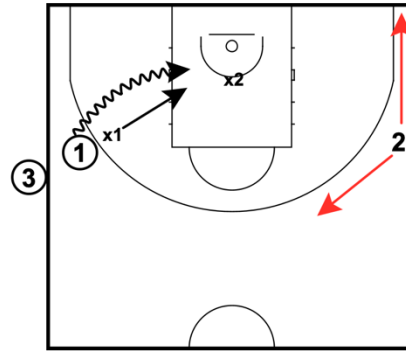
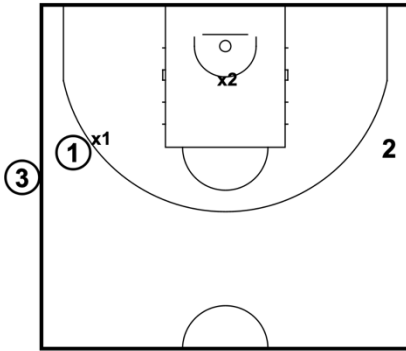


AGES: U12 +



SKILLS: Game Play

PHASE
C/D



Set Up

Two lines, both foul line extended. Players 1 and 2 are offense, player X1 and X2 are defense. X1 will start facing the basket with Player 1 holding the ball on their back.

Instructions

Offense – using a crossover step or throwdown of the back the defender, starts the drill be to live 2 vs 2.
Defense – once ball comes off their back, game is live 2 vs 2.

Teaching Cue

If defense is “late rotation” – finish quick in straight line.
If defense is to “rotate on time” and there is a passing angle, pass to teammate.
If defense is to “rotate early”, find teammate early or euro step pass

Variations

- Build game to 3 vs 3 or 4 vs 4
- Remove starting advantage
- Add passing limit within drill



MODIFIED 3 VS 3 GAMES

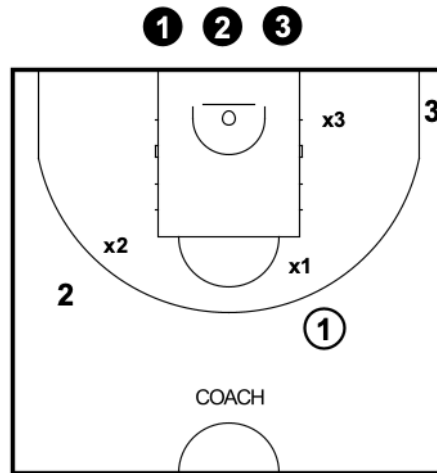


AGES: U8 +



SKILLS: Game Play

PHASE
C/D



Set Up

2 teams of 3 players are on the court, with 1 team waiting on the baseline.

Instructions

Game is played 3 vs 3 live until there is a score. When there is a score, team that scores has to get the ball, pass it to the coach and receive it back before going to score. During that time, the team waiting on the baseline steps in to play defense. New team will always come in on defense, and scoring team stays on.

Teaching Cues

- Game play
- Structures can vary depending on what you want to teach (example, limit the dribble or number of players allowed in the key)
- Organisation/Communication

Variations

If you have odd number of players, turn to 4 vs 4 or 2 vs 2.

Change target score

Change rules prior to scoring (must use a handoff for example)



SIDELINE 2 VS 1



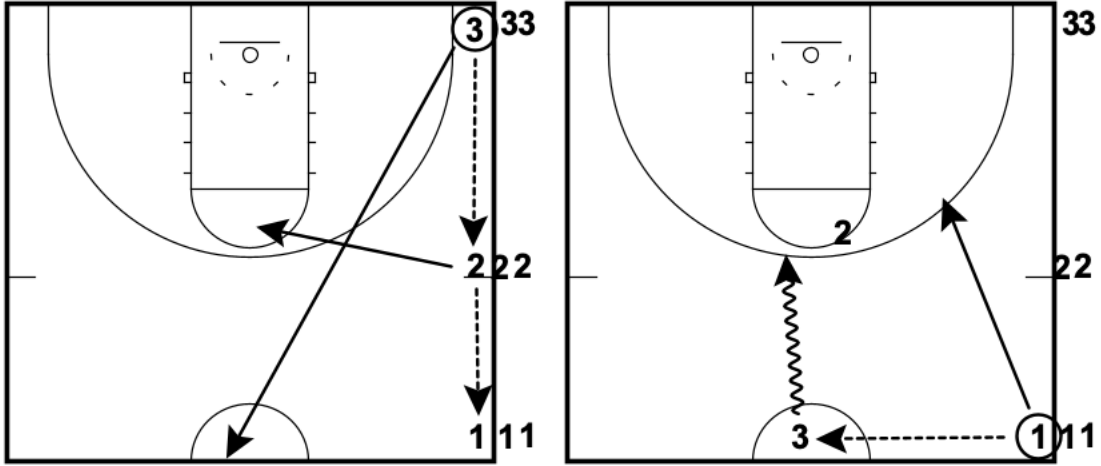
AGES: U10



SKILLS: Decision Making, Passing

PHASE

C



Set Up

3 lines along the sideline, with basketballs in the line where the corner is between baseline and sideline.

Instructions

Player 3 passes to player 2 and moves to the centre circle, player 2 passes to player 1 and runs out to middle of court, player 1 passes to player 3 and game becomes live 2 vs 1 from here. Player 3 and 1 are offense, player 2 is defense.

Teaching Cues

- Strong passes
- Create spacing with advantage
- Seek best shot possible

Variations

- Build to 3 vs 2 with 5 lines
- Change types of passes
- Time or Pass limit