

DRILL 01 · SHOOTING

One-Hand Form Shooting

WHAT IT BUILDS

Pure shooting touch and a straight release.

HOW TO DO IT

1. Stand 3 ft from the rim, shooting hand only.
2. Ball on fingertips, elbow under the ball.
3. Shoot up, not out — hold the follow-through high.
4. Make 10 before stepping back one step.

REPS: 5 spots × 10 makes

COACH'S CUE: “Fingertips, high finish — the ball spins back to you.”

NOTES



DRILL 02 · FINISHING

Mikan Drill

WHAT IT BUILDS

Finishing with both hands under the rim.

HOW TO DO IT

1. Under the basket, jump off your left foot, finish right.
2. Catch your own rebound in the air.
3. Finish left off the right foot.
4. Never let the ball drop below your chin.

REPS: 30 seconds, count makes

COACH'S CUE: “Chin high, both hands — no weak side.”

NOTES



DRILL 03 · BALL CONTROL

Two-Ball Pound

WHAT IT BUILDS

Ball control and heads-up dribbling.

HOW TO DO IT

1. Two balls, pound both at the same time.
2. Eyes up — never look down.
3. Switch to alternating pounds.
4. Add a forward walk while pounding.

REPS: 3 × 30 sec per pattern

COACH'S CUE: “Pound it like you mean it — eyes on the court.”

NOTES



DRILL 04 · CHANGE OF DIRECTION

Zig-Zag Crossover

WHAT IT BUILDS

Explosive change of direction without losing the ball.

HOW TO DO IT

1. Set 4 cones in a zig-zag.
2. Attack each cone at full speed.
3. One hard crossover at every cone.
4. Stay low — hips below the defender's.

REPS: 6 full runs

COACH'S CUE: “Sell it with your shoulders, not just the ball.”

NOTES



DRILL 05 · SHOOTING OFF MOVEMENT

Sprint-to-Spot Shooting

WHAT IT BUILDS

Shooting with tired legs, like late in a game.

HOW TO DO IT

1. Start under the rim, sprint to a spot.
2. Catch, feet set, shoot in one motion.
3. Sprint to the next spot — five spots total.
4. Track makes out of 25.

REPS: 4 rounds of 25

COACH'S CUE: “Feet set before the ball arrives.”

NOTES



DRILL 06 · DEFENSE

Mirror Slides

WHAT IT BUILDS

Lateral quickness and staying in front.

HOW TO DO IT

1. Face a partner in a defensive stance.
2. Slide, don't cross your feet.
3. Lead with the direction foot, drag the other.
4. Hands active — one up, one low.

REPS: 4 × 30 seconds

COACH'S CUE: “Low and wide — you move first, they react.”

NOTES



DRILL 07 · MENTAL GAME

Free-Throw Routine

WHAT IT BUILDS

A routine that holds up under pressure.

HOW TO DO IT

1. Same dribbles, same breath, every single time.
2. See the ball go in before you shoot.
3. Shoot on the exhale.
4. Track 50 free throws, keep a log.

REPS: 50 a day

COACH'S CUE: “Same routine, same result — pressure can't touch routine.”

NOTES



DRILL 08 · DECISION MAKING

Chair Pick-and-Roll

WHAT IT BUILDS

Reading the defense off a screen.

HOW TO DO IT

1. Chair at the elbow as your screener.
2. Come off it shoulder-to-shoulder.
3. Read: drive, pull-up, or hit the roller.
4. Make a different read each rep.

REPS: 10 each side

COACH'S CUE: “Read the hips — the defense tells you the play.”

NOTES



DRILL 09 · FINISHING

Floater Series

WHAT IT BUILDS

Finishing over taller defenders.

HOW TO DO IT

1. Drive from the wing at 70% speed.
2. One-two stop, soft one-hand floater.
3. Release before the shot-blocker jumps.
4. Alternate hands each rep.

REPS: 10 each hand

COACH'S CUE: “Soft hands, high arc — over, not through.”

NOTES



DRILL 10 · CREATING SPACE

Jab-Step Attack

WHAT IT BUILDS

Creating your own shot from the triple threat.

HOW TO DO IT

1. Catch in triple threat, low and balanced.
2. Hard jab — sell the drive.
3. Read the defender's feet, then go.
4. Finish with a pull-up or a drive.

REPS: 10 each side

COACH'S CUE: “The jab is a question — their feet give the answer.”

NOTES



DRILL 11 · REBOUNDING

Box-Out Battle

WHAT IT BUILDS

Owning your space on the glass.

HOW TO DO IT

1. Partner shoots, you find a body first.
2. Hit, turn, and seal — butt low.
3. Hands high, chin the rebound.
4. Outlet fast, up the court.

REPS: 10 reps each

COACH'S CUE: “Hit first, then go get it.”

NOTES



DRILL 12 · CONDITIONING

Full-Court Finishing Circuit

WHAT IT BUILDS

Finishing at game speed when you're tired.

HOW TO DO IT

1. Baseline to baseline, one dribble attack.
2. Finish, rebound your own ball.
3. Sprint back, attack the other end.
4. Five finishes without stopping.

REPS: 5 circuits, 60 sec rest

COACH'S CUE: “Tired legs, sharp finishes — that's the fourth quarter.”

NOTES