



**Brooke Stoehr
Louisiana Tech**

Offensive Skill & Player Development Drills

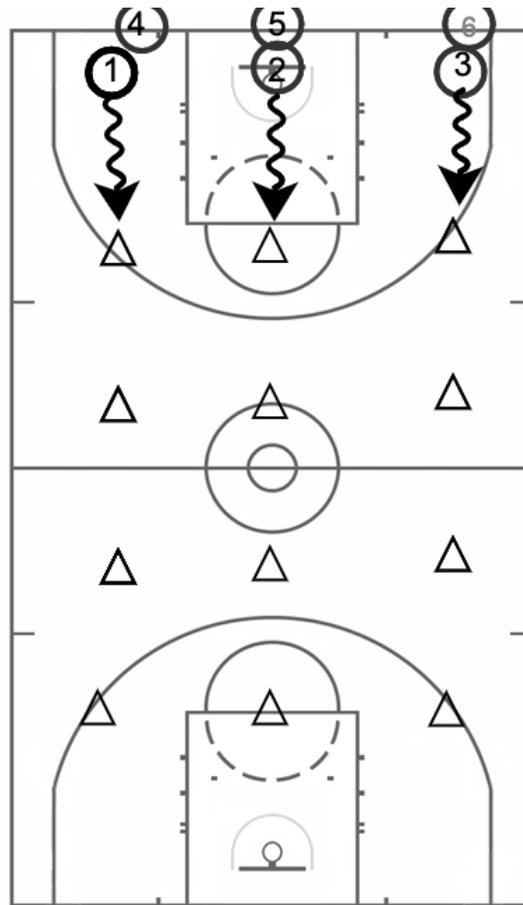
**ArBCA Coaches Clinic
September 11, 2023**





Mulkey Ballhandling

Drills

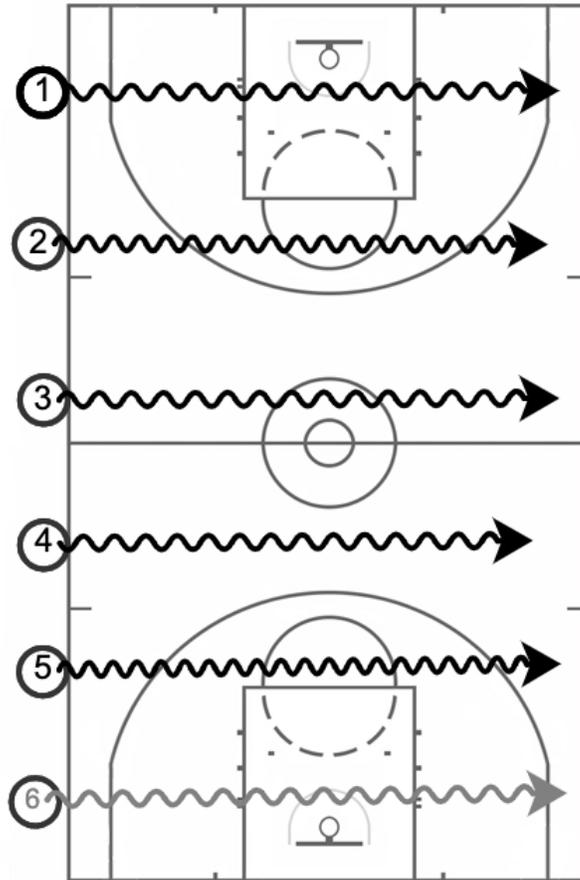


Mulkey Drill

- 1) 1 Ball each player
- 2) Change your speed when you change direction
- 3) Single or Double dribble moves at each cone
- 4) Start in triple threat. Good starts - no travels
- 5) End in quickstops on opp baseline.



TJ Tamicha Jackson Ballhandling Drills



- TJ Ballhandling Drill
- 1) 2 Balls each player
 - 2) Change your speed when you change direction
 - 3) Speed/Pounds/Baby Dribbles/Pound-Split/Pound-BTL/
 - 4) Start in triple threat. Good starts - no travels
 - 5) End in quickstops on opp baseline.



Pam Kelly Finishes

Drills

Going Left - Footwork is Left Right

Going Right - Footwork is Right Left

1 2

3 4 5

1) Layups R&L
2) 1 Hand Reach R&L
3) 2 hand Reach Under (Reverse Layup)
4) Euro Step
5) Runner
6) "Hard Shots" - Layups outside paint R&L
7) Stride Stops (Two foot finishes)
8) Stride Stop w/shot fake
9) Stride Stop - SF Pivot to Baby Hook R&L
10) Stride Stop to Step Through
11) Stride Stop Inside Hand
12) Many Others

Drill Setup
2-8 Players at a goal.
1 Ball for 1-3
Players at a hoop.
2 Balls for 4-8.
In the above situation
1 passes to 3, 1 goes to the end of shooting line. 3 shoots, gets own rebound and becomes passer.

5 4 3

PAD

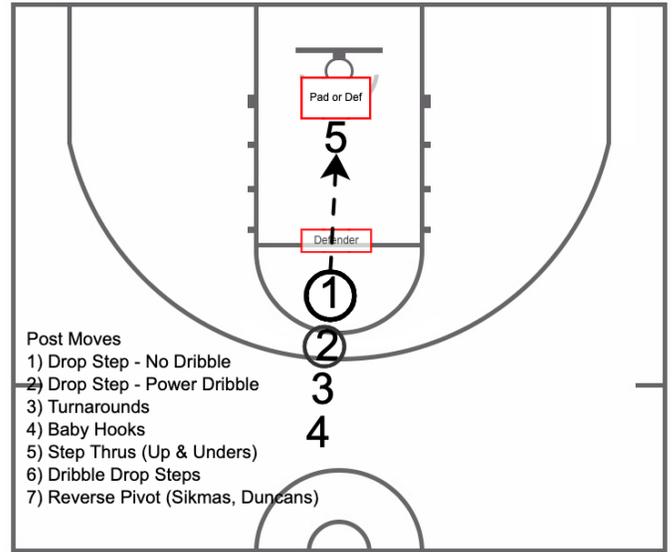
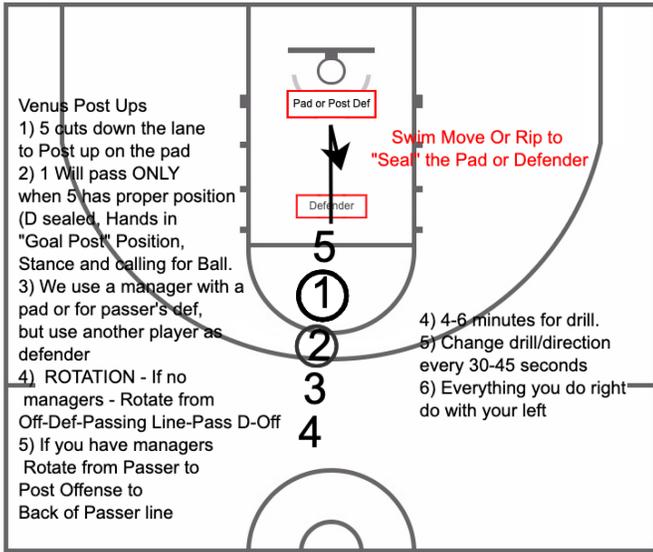
1 2

Can also change the angle of your lines to work on post catches or flashes.
With this angle you can work on two foot "quickstop" catches that allow pivots with either foot.



Venus Post Moves

Drills





Barmore Basics

Drills

Barmore Basics 1
1) Gusties (2 Ball Mikand drill)
2) Reverse Gusties (2 Ball Reverse Layups)

Barmore Basics Setup
2 players per basket - Can go more but just have to adjust time per player
Partners switch Drills in :30 intervals.
Partners Count Reps for each other while "resting"

Barmore Basics 2
Tip-Tip Shot (Right Side then left Side)
Right hand only on right side
Left hand only on left side.
Shooter throws ball up off glass right side, tips ball back to glass with only right hand.
Then shoots ball with only right hand.
30 seconds - switch partners - then switch to left side/left hand

Barmore Basics Setup
2 players per basket - Can go more but just have to adjust time per player
Partners switch Drills in :30 intervals.
Partners Count Reps for each other while "resting"

Barmore Basics 3 - X Layups
:30 drill
Shooter spins ball to self at elbow, reverse pivots (outside foot) - jab and drives for layup on opposite side. Rebound own.
Repeat sequence at other elbow
Switch elbows every time (should get 4-7 depending on effort & skill level)

Barmore Basics Setup
2 players per basket - Can go more but just have to adjust time per player
Partners switch Drills in :30 intervals.
Partners Count Reps for each other while "resting"

Barmore Basics 4 - Boom 1-2 Shooting
Partner is passer
Shooter receives pass and Drives 1 Dribble on first step (BOOM) then a 1-2 step into a jumpshot.
Footwork is Right-Left-Right going right
Footwork is Left-Right-Left going left.

We like to go :30 going right then another :30 going left. But we can have them alternate directions in the :30 time also.
We move the shot area around for whatever our needs are.

Barmore Basics Setup
2 players per basket - Can go more but just have to adjust time per player
6-10 minute drill depending on number at basket and number of drills chosen.
Partners switch Drills in :30 intervals.
Partners Count Reps for each other while "resting"

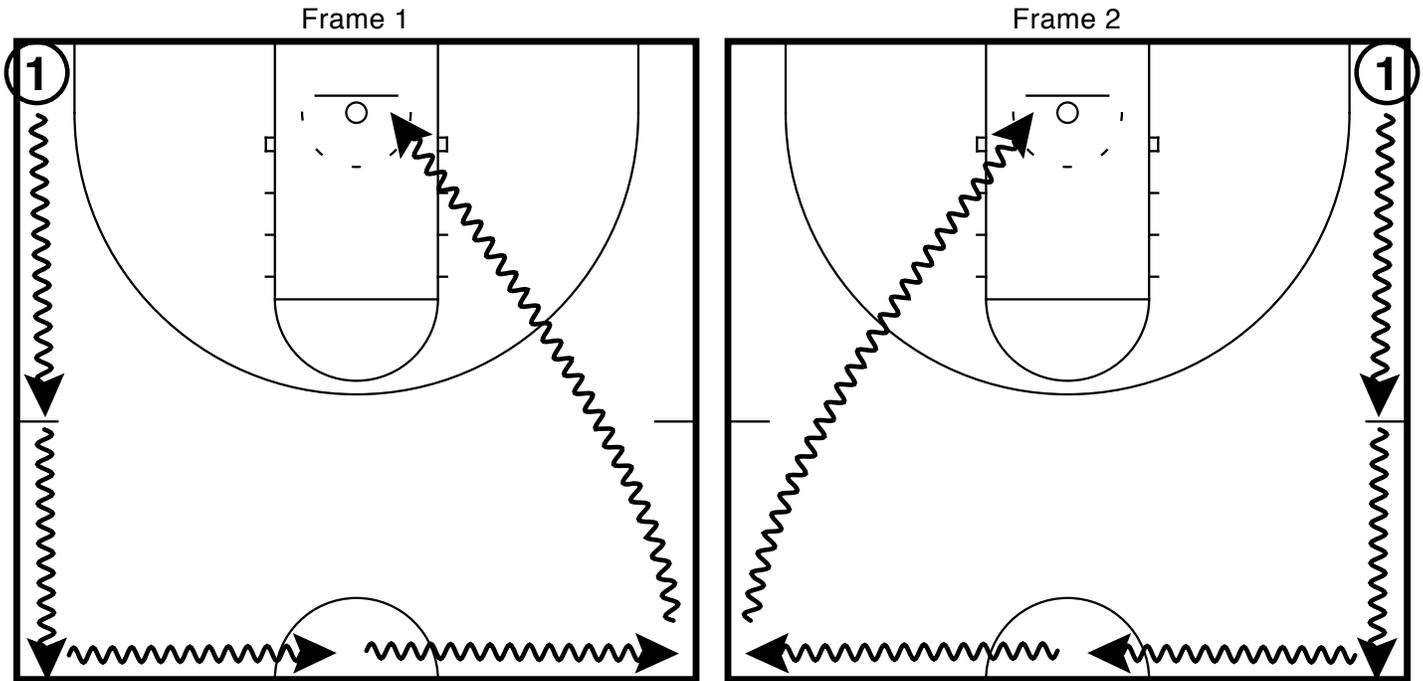
Barmore Basics 5 - Contested "Hard" Shots
Partner is passer & defender
Shooter receives pass and Drives into a contested finish
Can work on stride stops or Boom 1-2 Finishes
This is a good alternative that we'll do on days when we don't do Park Kelly Finishes

Barmore Basics Setup
2 players per basket - Can go more but just have to adjust time per player
6-10 minute drill depending on number at basket and number of drills chosen.
Partners switch Drills in :30 intervals.
Partners Count Reps for each other while "resting"

Barmore Basics 6 Top of the Key 3's
Catch and Shoot 3 point shots. We usually finish the sequence with 3 point shooting
Move shooting spot for your offense.

Barmore Basics Setup
2 players per basket - Can go more but just have to adjust time per player
6-10 minute drill depending on number at basket and number of drills chosen.
Partners switch Drills in :30 intervals.
Partners Count Reps for each other while "resting"

Chill Drill

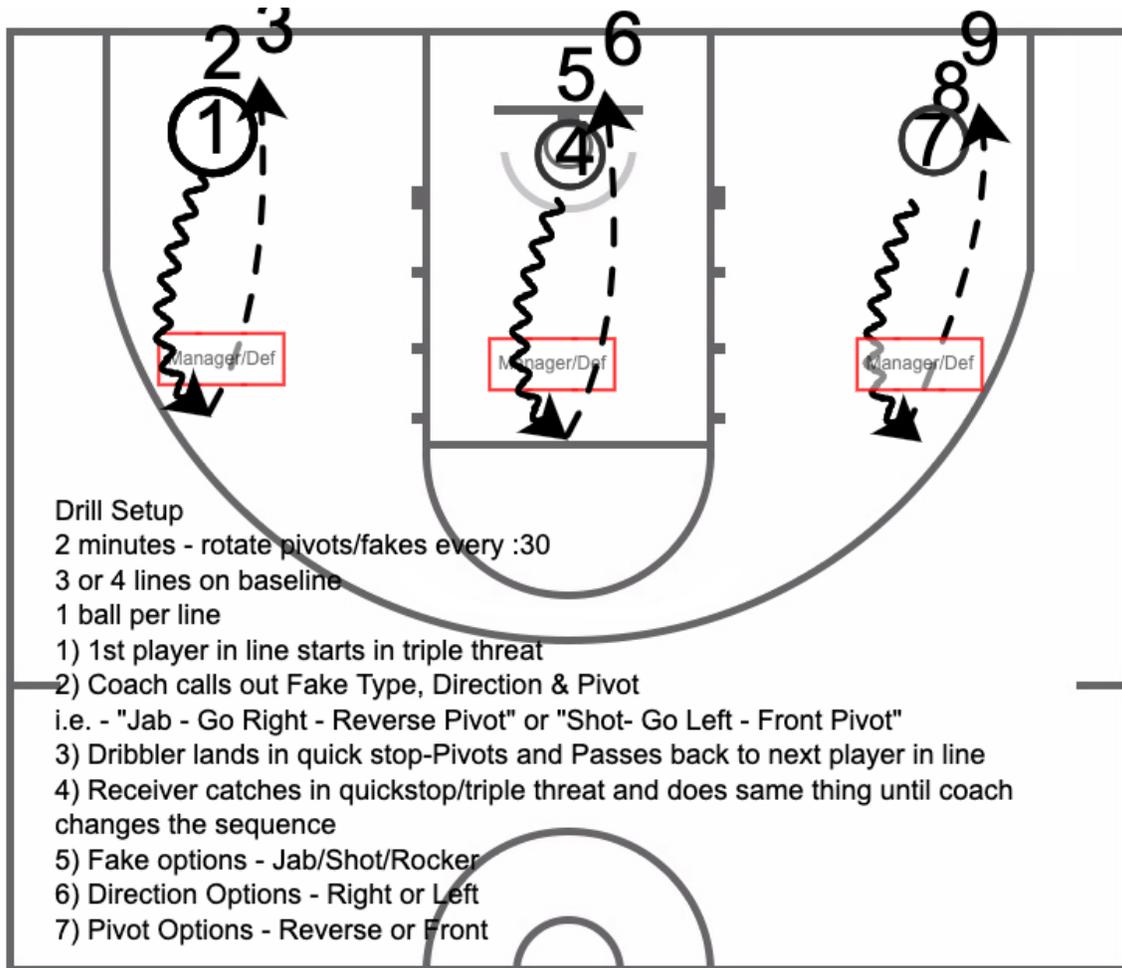


Every player has ball
*Start in Corner
Timeline- Inside/Out dribble
Halfcourt Sideline 1 - Reverse Pivot
Jump circle - Pullback crossover
Halfcourt Sideline 2 - Behind the Back
2 dribbles for layup

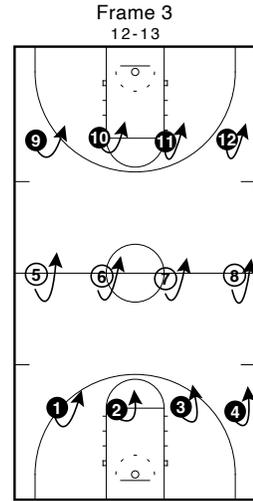
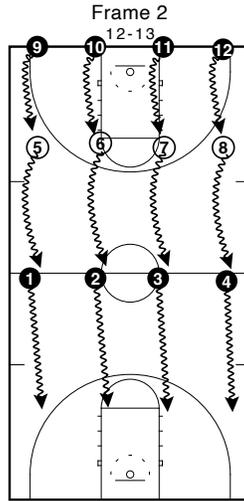
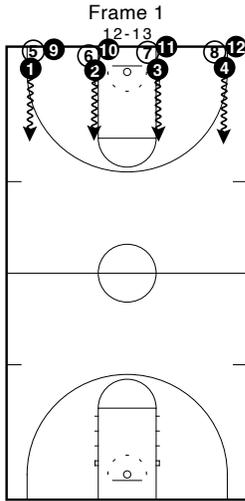
Drill can flip sides

OU Pivots

Drills



Green Bay Start, Stops, & Turns

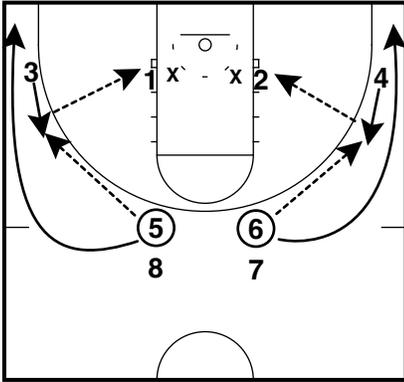


We try to limit to 2 groups, but can go up to 4 groups ...

Terminology ...

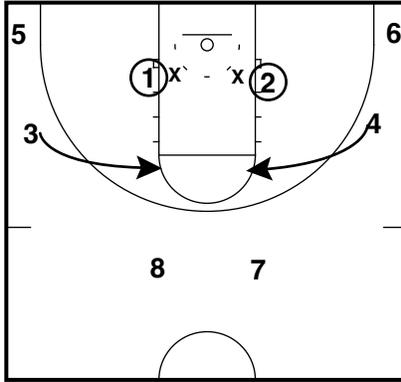
X Passing

Frame 1
12-13



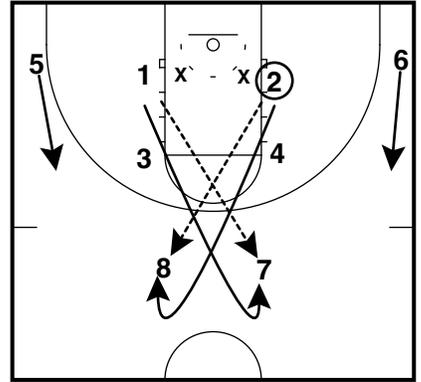
Players fill all 6 spots on the court. Need at least two in ...

Frame 2
12-13



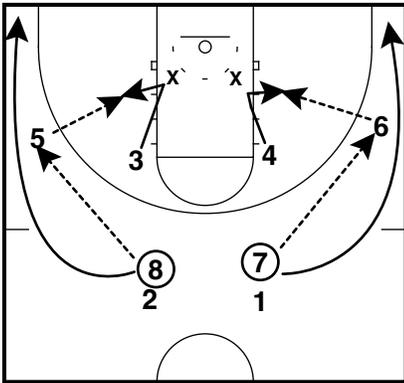
Emphasis on... 1) Catching the ball in triple threat with ...

Frame 3
12-13



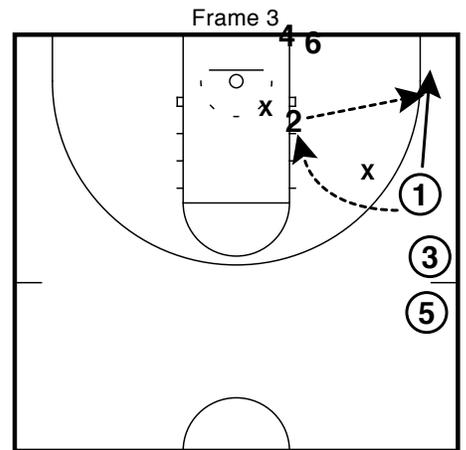
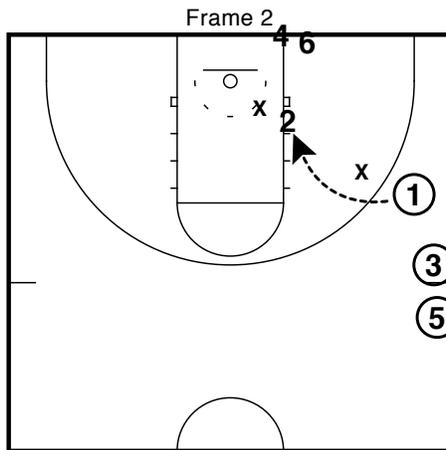
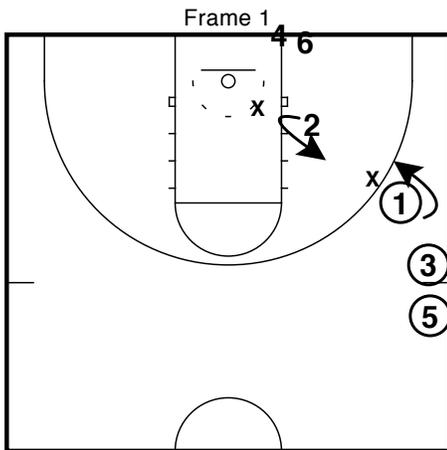
When the posts turn and kick out to the opposite 45, we want them to catch and "CHIN" the ball. Then posts will pivot first toward the opposite 45 and square up to make the pass. Snap an overhead pass to the opposite 45 and then follow their pass to that line.

Frame 4
12-13



The drill continues for 2 minutes or until coach sees proper technique for appropriate amount of time.

Post Entry Series

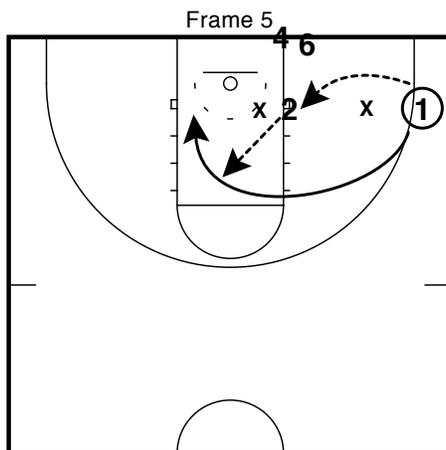
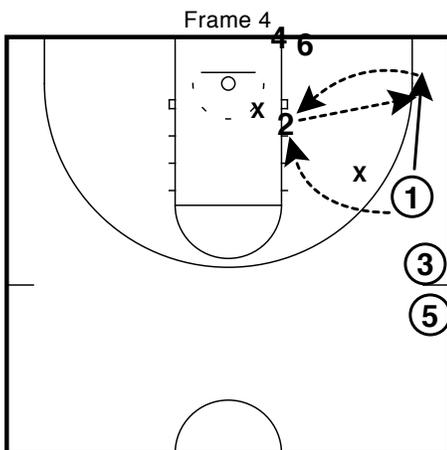


Post Entry Series

1 faces the sideline, 2 faces the middle of the lane.
 1 self-tosses and slaps the ball on the catch to let 2 know to step across the defender (X-coach with a pad) and post up.
 1 will pivot on dominant foot to square up to 2. 1 will pass fake and then enter the ball to the post.

1) Post Move for Post Shot - after 2 receives pass from 1 she will do a post move against the pad and shoot. 1 will relocate to corner

2) RELOCATE for Shot - After post entry pass, 1 will relocate to corner for a kick out pass from 2 for a shot.

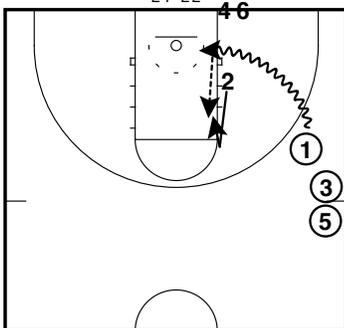


3) REPOST - After 1 relocates, 2 will REPOST. 1 will throw the pass back into 2. REPOST by 2 means that she will try to take 2 BIG STEPS back into the paint when she throws the relocate pass before she reposts.

4) LAKER cut - After the REPOST entry pass, 1 will LAKER cut through the paint for a return pass from 2.

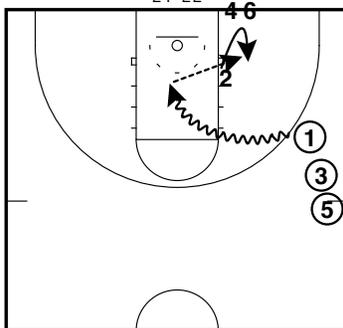
Ups Downs and Bangs Drills

Frame 1
21-22



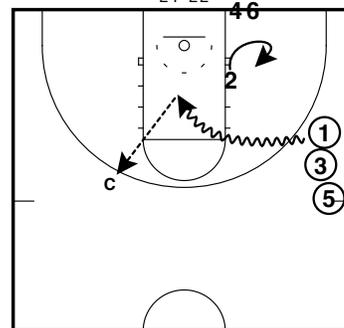
UPS- 1 Starts Facing the Sideline. She will Self Toss, slap ball to let the Post know to turn and post up, then drives Baseline. 2 starts facing the basket, and turns to post up when 1 slaps the ball. On 1's drive, 2 slides up the lane with hands and feet ready to score, receives pocket pass from 1 and shoots from elbow. 2 rebounds and goes to back of ball line. 1 goes to back of post line. Drill continues with 3 and 4 going.

Frame 2
21-22



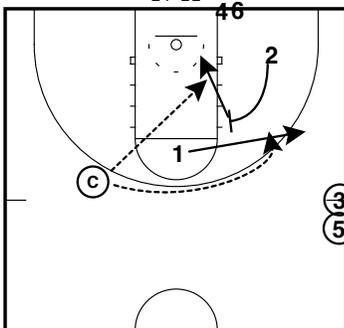
DOWNS... 1 starts as in Up drives, slaps ball and pivots to face 2. 2 faces in and turns and posts on slap of the ball. When 1 drives middle, 2 slides to short corner and receives pocket pass from 1 for short corner jumper OR step-thru post move on baseline.

Frame 3
21-22



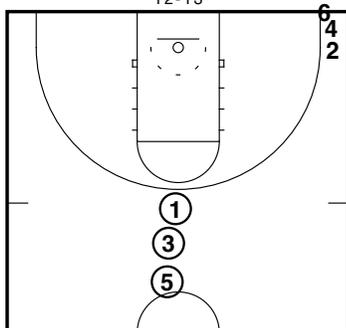
BANGS - Same setup and start as the down drive. But instead of passing to 2, 1 passes to the coach on opposite wing or near top. 1 then turns and runs off of 2's BANG flare screen to the wing where she started for a 3 pt shot. 2 can also slip her screen to the rim.

Frame 4
21-22



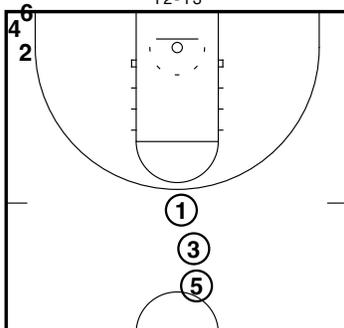
Half Court Italians Drill

Frame 1
12-13



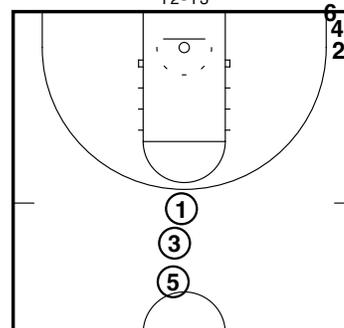
ITALIANS DRILL is our base offensive drill. We do it 4-6 ...

Frame 2
12-13



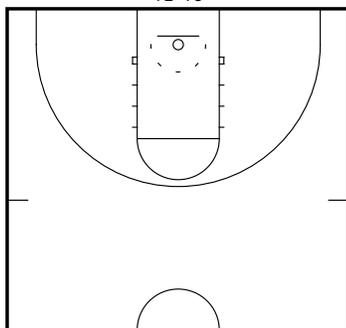
If we have 12 players, we put 6 on each end. (3 with a ball at the top of the key, 3 without in the deep corner. All of these drills should be done on both the right and left side of the court. We usually flip sides of the drills halfway through the time each day (or we can flip sides of the floor each time we run it)

Frame 3
12-13



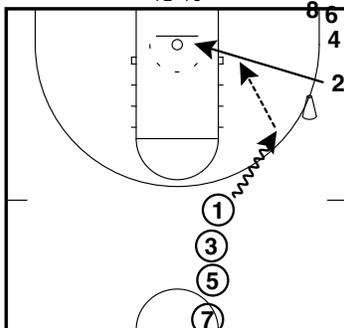
With 3 players in each line, usually changes in the drill ...

Frame 4
12-13



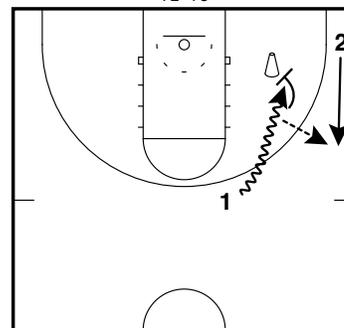
BASIC TERMINOLOGY - We ask our players to learn short ...

Frame 5
12-13



DRIBBLE AT BACKDOOR: (Or **DAB**) Anytime the Defense is overplaying/denying 2 or the defense is playing outside the 3 point line. The dribble act is an automatic read anytime.
1 (starting from triple threat or pivot into triple threat) dribbles straight at defender. 2 is being overplayed so she goes backdoor for layup. 2 waits until the first dribble before she makes her read.

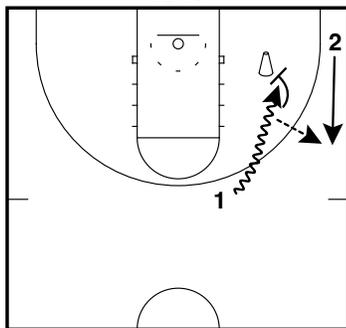
Frame 6
12-13



DRIBBLE AT EURO (or DAE) FOR SHOT- defense is playing off of offense. The euro is a read from the Dribble At action.

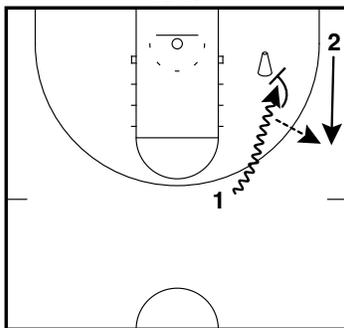
EURO FOR SHOT - 1 Dribbles at defender, handoff, then screens in 2's defender. If 2's defender goes under 1, 2 can stop and shoot the 3.

Frame 7
12-13



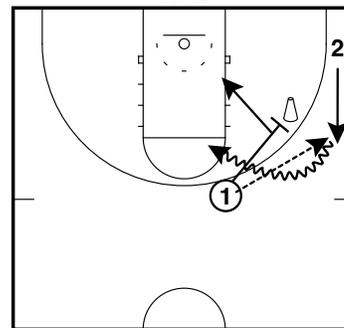
DAE FOR PULLUP - If the defense gets caught up in 1's brush screen, 2 can take the handoff and take a couple of hard dribbles off the screen for a pullup jumper at the elbow.

Frame 8
12-13



DAE TURN THE CORNER - If the defense gets caught up in 1's brush screen, 2 can take the handoff and turn the corner for an opposite side layup. We ask our players to work on finishes with both hands and off of either foot off each side. Make the finishes game difficult.

Frame 9
12-13

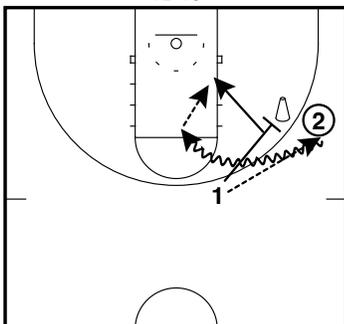


SAM - (Sideline Ball Screen)

1 passes it to the 2 and 1 sprints to screen defender; Options (All options based on how defense is playing)
1) **SAM FOR SHOT -** (usually for if the ball defender gets hung up on the screen) emphasize the BALL turning the corner and getting to the paint. Don't dribble the 3 point line. We work on 1-2 step pullup jumpers

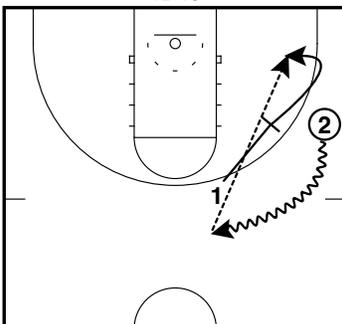
Half Court Italians Drill

Frame 10
12-13



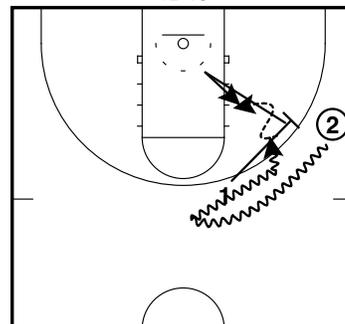
SAM (Sideline Ball Screen)
1 passes it to the 2 and goes to screen defender;
Options
2) **SAM & ROLL**- Screener becomes the Roll, we reverse pivot and turn into the defender with rear-end, but have used different techniques

Frame 11
12-13



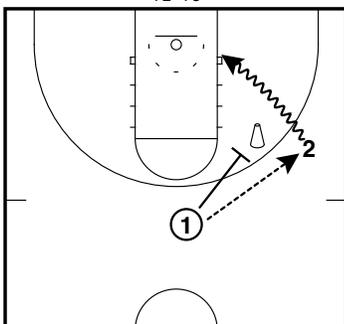
SAM (Sideline Ball Screen)
Options
3) **SAM & POP**-screener sprints for spacing and organizes feet before the catch for proper catch and shoot footwork.

Frame 12
12-13



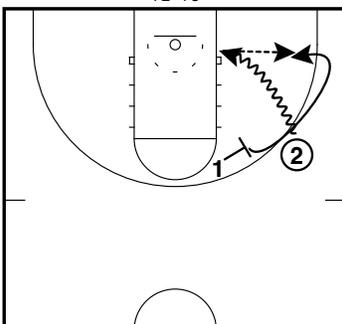
SAM (Sideline Ball Screen) ...

Frame 13
12-13



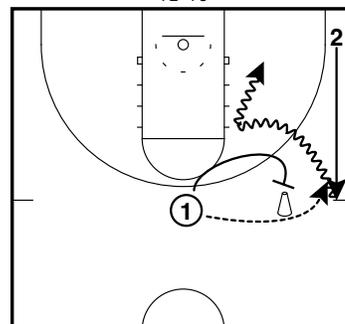
REJECT for shot (if the defense anticipates the SAM screen. This is a quick RIP of the basketball to the baseline side. Ball doesn't have to wait for the SAM to be set. We work on pullup jumpers or tough rim finishes from this.

Frame 14
12-13



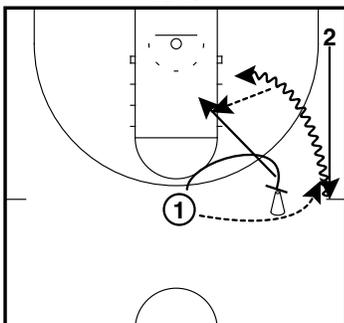
REJECT FOR BINGO - On a REJECT, the Screener CHASES the Ball to the baseline. (Any baseline drive we have is termed a BINGO. All players on the floor without the ball should yell BINGO and get to appropriate baseline drive spots) 2 REJECTS the sam then throws a pass to the trail CHASE "bingo" shot

Frame 15
12-13



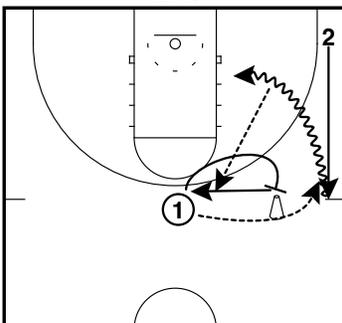
ICE - When the defense forces 2 toward the baseline by overplaying on the high side on the catch. BALL must wait for the ICE screen to be set.
1) **ICE for shot** - We try to get the BALL back to the middle of the floor on the drive for shot.

Frame 16
12-13



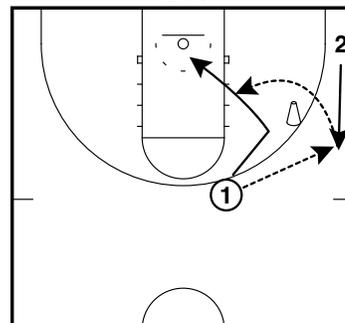
ICE - When the defense forces 2 toward the baseline by overplaying on the high side on the catch. BALL must wait for the ICE screen to be set.
2) **ICE and ROLL**- Screener can Roll to the rim, especially if the Screener's defense come up to pick up the Ball.

Frame 17
12-13



ICE & POP- When the defense forces 2 toward the baseline by overplaying on the high side on the catch. BALL must wait for the ICE screen to be set. Screener can POP to the 3 point line, This is a pretty good option off the ICE if you have the personnel.

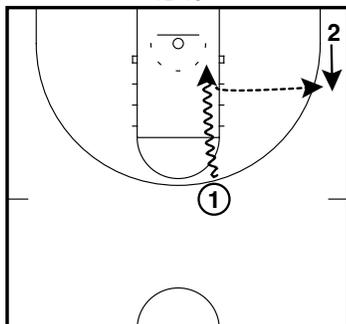
Frame 18
12-13



SEVEN CUT
vs Switches or aggressive hedge/trap. 1 passes the ball to the 2 and goes to set the screen; 1 slips the screen and cuts to the basket for layup instead of setting screen.

Half Court Italians Drill

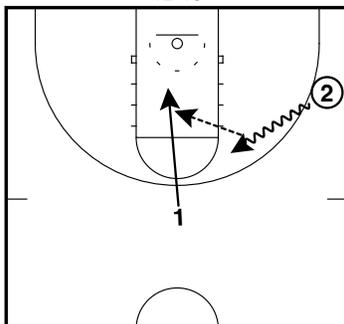
Frame 19
12-13



TONI

1 attacks the rim on a drive down the alley. BALL 1 all the way to the paint and quickstops. 2 slides up out of the corner with proper footwork and hand target for kick out for the shot. 2 doesn't move until 1 touches the paint.

Frame 20
12-13



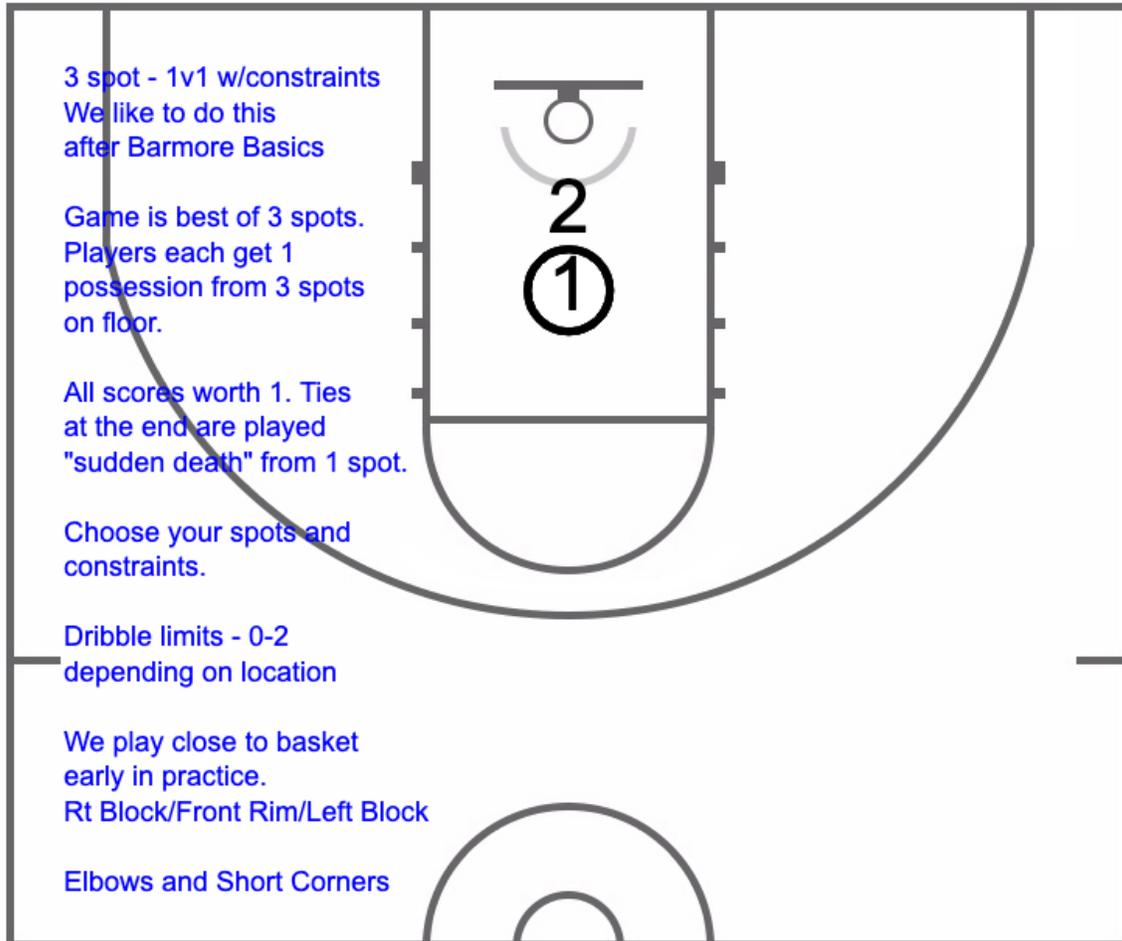
LOW DAB

Ball starts in the corner line. 2 dribbles at 1. 1 backcuts from the top, receives pass from 2 and 1 shoots layup right over the front of the rim.



1v1 w/constraints

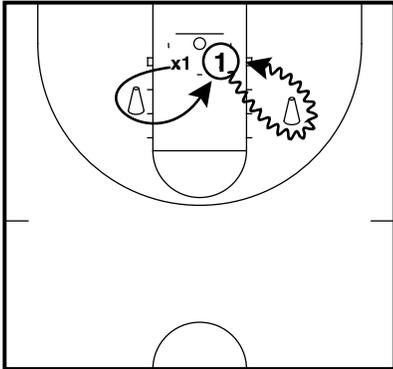
Drills



Advantage 1v1 Cone Drills

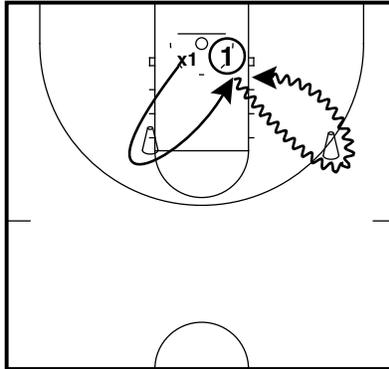
Drills

Frame 1
19-20



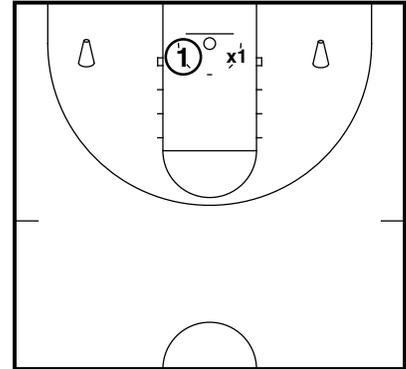
This is a great finishing drill to help players with their off ...

Frame 2
19-20



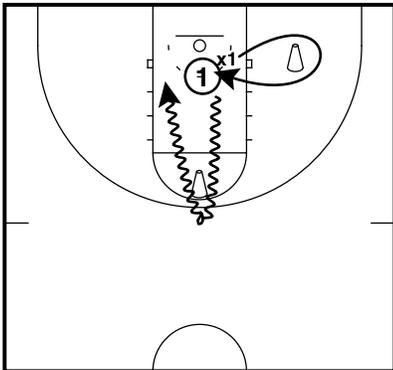
These drills force our players to play through a little contact at the rim. Set the cones up so that the defense will be there to contest, but not so early that they have time to take a charge (unless the offense mis-handles the ball).

Frame 3
19-20



We think the drill allows players to work on changing up their finishes around the rim against a defender in a game situation. In the college game, if a help defender is in the restricted area, the call usually goes against the defense so we work on not being afraid to draw contact in the restricted area.

Frame 4
19-20

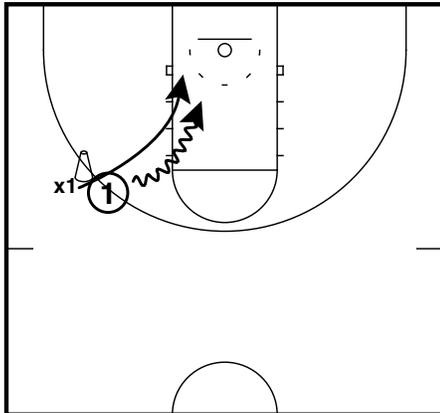


We also love using it to force players to use their weak hand finishes against defenders.

Disadvantage 1v1 1v2 2v2

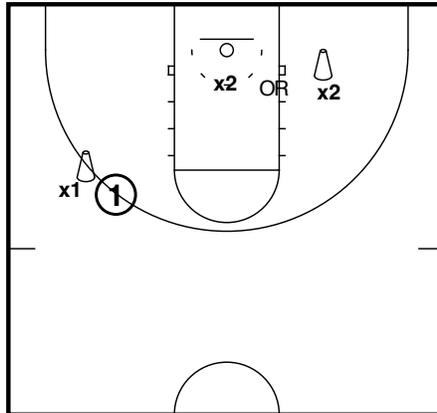
Drills

Frame 1
19-20



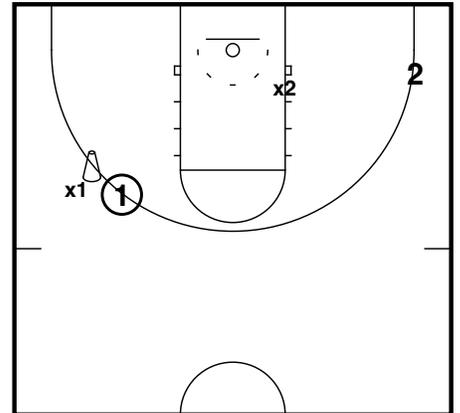
Disadvantage 1v1 - We start the defense behind the cone and the offense directly to the side of the cone to give them a half-step advantage.

Frame 2
19-20



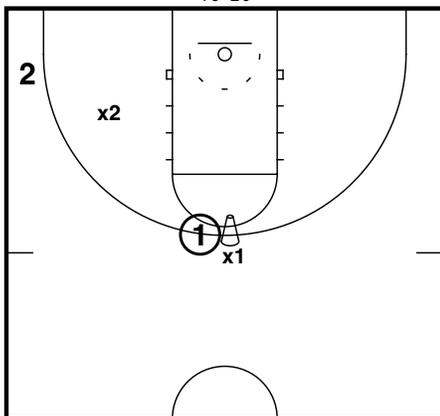
Disadvantage 1v2 - same drill as 1v1 except we add a helpside defender. You can start the defender on the cone and slide in or start them in the charge circle.

Frame 3
19-20



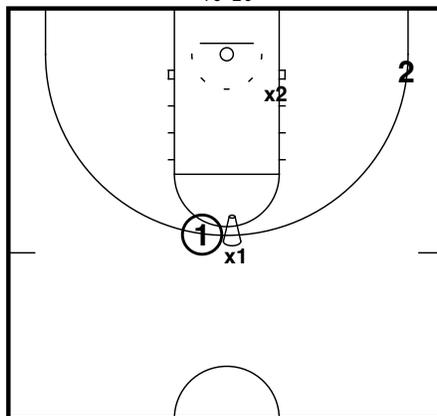
Disadvantage 2v2 - Play it 2v2 with another offensive player.

Frame 4
19-20



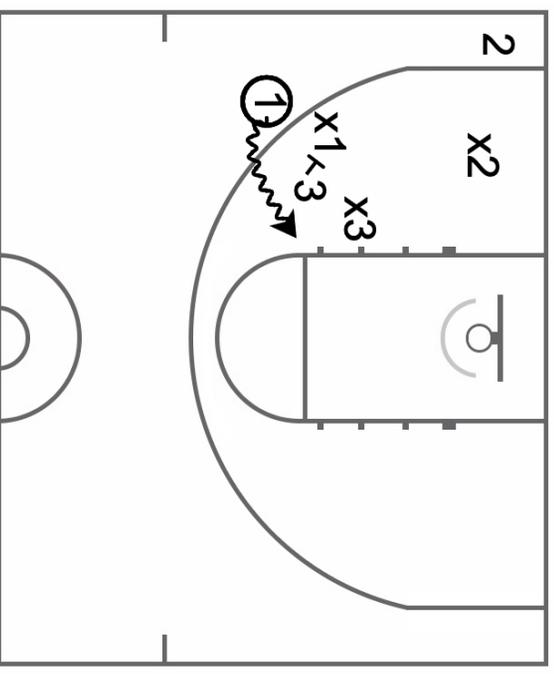
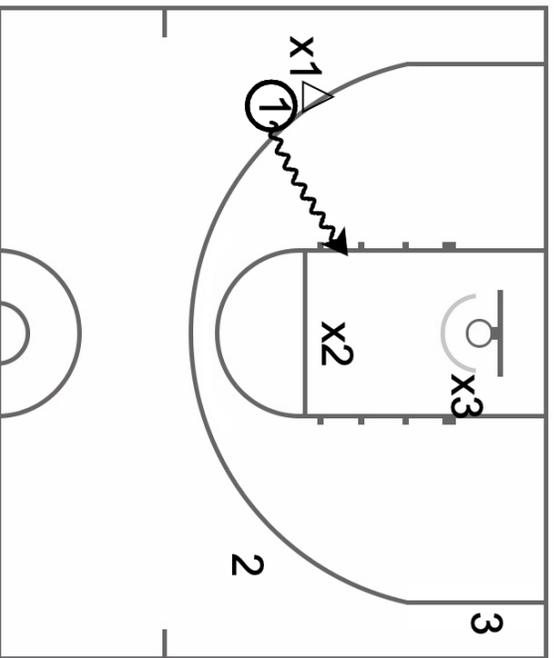
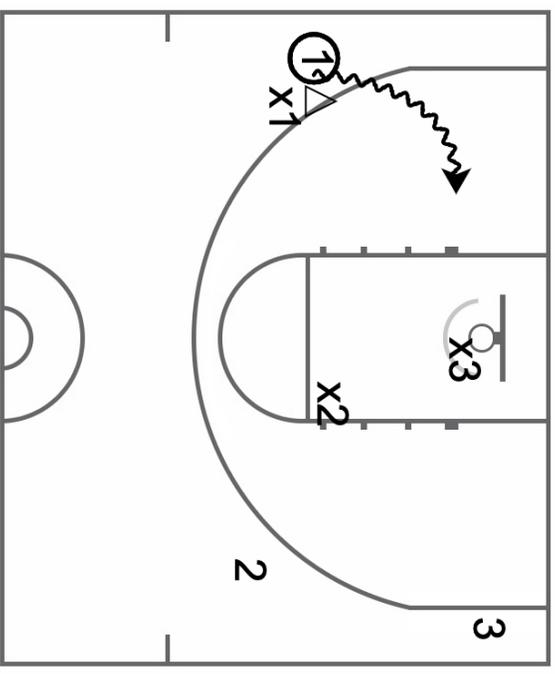
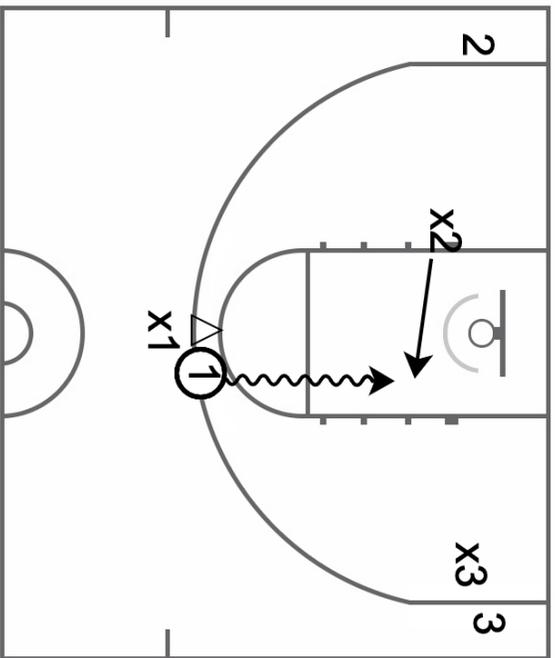
Other formations...

Frame 5
19-20



Other formations...

Advantage 3v3 Drills



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