

## DRILLS FOR GUARD DEVELOPMENT

- I. BALL HANDLING
  - A. Drills (i.e. drills run in sequence 1 on 0, 1 on 1, 1 on 2, etc.)
    1. V-Back
    2. Ass in Face
    3. 2 Balls
    4. Rip Pivot & Push-Pull
    5. Penetration Dribble & Jump Stop
    6. Using the screen on ball
    7. Post passing
  
- II. PASSING
  - A. Drills
    1. Target passing to outside hand (two hands)
    2. Hard passes off rip pivots (push pass)
    3. Tight space passing (bounce)
    4. Big space passing
    5. Pass & shot fake passing
    6. Cut throat passing
    7. Post passing
    8. Trap passing
    9. Reaction passing
    10. Opposite hand passing
    11. Baseball & hook passing
    12. Toss back passing
  
- III. CATCHING
  - A. Drills
    1. Bad pass
    2. Three line jump through pass with different sized & shaped balls
    3. Reaction passing
    4. Change of direction catching
    5. Juggling
    6. One hand/two hand catching
    7. Medicine ball catching
    8. Wall/backboard reaction catching
    9. Getting open and catching (i.e. key is to square shoulders to passer on catch while jumping through the pass)
      - a. Step over into L-cut
      - b. Circle the defender
      - c. Wing cut, back cut, reverse pivots & pop out
      - d. Surrender position & pop out to wing

#### IV. CUTTING

##### A. Types

1. Rim cuts
2. Sprint cuts
3. Slow and go cuts
4. Away / Slip cuts
5. Front cuts
6. Replace cuts
7. Flex cuts
8. Circle cuts
9. V-cuts
10. Reverse V-cuts
11. Swim move cuts
12. Back door cuts
13. Double back door cuts
14. Figure eight cuts
15. Curl cuts
16. Flair cuts
17. Elbow cuts
18. Bump cuts

#### V. FOOTWORK

##### A. Drills

1. Front pivots
2. Reverse pivots
3. Rip pivots
4. Stutter step-n-go
5. Jump stops
6. Stride stops
7. Cheat steps
8. Crow hops
9. Leg whips
10. Uing
11. The swivel
12. V-Back / 7 cuts / V-Cut (i.e. plant, sink hips, pivot, push off ball of foot)
13. Right / Left leg rotations
14. V jumps
15. Cariocca
16. Right / Left leg knee punches
17. Pushing off ball of foot (i.e. dorsal flex means pushing off ball of foot)
18. Push-Push (“Push off in-step and reach with free foot”)
19. Running reverse / front pivots
20. Bounders
21. Sweeps
22. Step over / Step over & go

## VI. OFFENSIVE MOVES AND SHOOTING

### A. Drills (i.e. 1 on 0, 1 on 1)

1. Catch-n-Shoot
2. Catch-n-Drive for lay-up or smart shot
3. Front pivots vs soft pressure with inside pivot foot
  - a. Sequence from wing
    - 1) Pivot middle & shoot
    - 2) Pivot middle & crossover w/ free foot, lay-up or smart shot
    - 3) Pivot middle, crossover w/ free foot, one dribble step over move
    - 4) Pivot middle and attack middle w/ one dribble (jumper / lay-up, Kiki move, or Kiki hesitation move)
4. Reverse pivots vs Heavy denial
  - a. Sequence is the same as above
5. Screen on ball (1 on 1, 2 on 2, 3 on 3)
  - a. Fake away from screen- long dribble
  - b. Fake way from screen- short dribble, long dribble
6. Cut throat (1 on 1, 2 on 2, 3 on 3)
7. Cut back dribble on the move
8. Penetration & pitch / Penetration & shoot / Penetration with crack-back pass
9. Sweep move vs Pressure w/ sequence (lay-up, jumper, step over, hesitation)
10. Pull up and pass/shoot versus rotation
11. Shooting off  $\frac{3}{4}$  court and  $\frac{1}{2}$  court moving dribble (crossovers, spins, between legs, behind back, etc.)

- \*You will discover several common mistakes with all players and teachers:
- a. We teach too fast and give too much information.
  - b. Players play too fast.
  - c. Players need to stay lower.
  - d. Players love competition, but transfer of information is lost when game begins- constant slippage.