

Coach M. Olesen

THE DRIBBLE DRIVE OFFENSE

A Complete Instruction Manual

The Drills, the X's & O's and the Strategies



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The Drills, the X's & O's and the Strategies

By Coach M. Olesen

www.coachdribbledrive.com

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INTRO

In the spring of 2008 Sports Illustrated ran an article on the Memphis Dribble Drive motion offense as invented by Vance Walberg and popularized by John Calipari at Memphis. I read the article and so did my Director of Basketball. We pretty much immediately decided to go with coach Walberg's offense as the main offense for the entire basketball club, from under 14's to men, as we felt it provided not just tactical advantages, but also clear advantages when it comes to player development.

The club runs National League teams for men, under 18's, under 16's, and under 14's and we were looking for an offense that would not only get us wins on the court, but also promote long term player development and basketball IQ. We believe we've found it in the Dribble Drive Offense, but it hasn't been easy to get to a point where it's easily run across all the teams.

Implementing the Dribble Drive as our base club offense has been made harder by the lack of availability of good information on how to 1) run the offense, 2) how to teach the offense to maximize skills and tactical development in players. Back then, in the summer of 2008, only a few sources were available on how to run the offense; notes from clinics available from the internet, notes available in PDF-format, and Herb Welling's DVD's on how to run the offense.

None of the sources offered a complete package on how to run and teach the offense, and none of it was of very high quality, so we kept searching while learning on the fly. To be honest, as an offense, it wasn't a very good at this point, and it really bore very little resemblance to Walberg's dribble drive offense. Player development was already happening, though.

I kept searching and eventually both Walberg and Calipari came out with their DVD's and suddenly the pieces started coming together. Still, though, there is no one resource that puts together everything on the dribble drive motion offense, from X's and O's, to teaching methods, drills, and game strategy. And that's my goal with this book.

Building a house

Building an offense is like building a house. The X's and O's are the blueprint - but however great the blueprint is, it doesn't guarantee you a good house. You need quality building materials to build a quality house, you need an organized contractor to plan the labor and you need skilled builders to put the house together.

You can build a house with bad materials, an unorganized contractor and poor laborers - you can even build a beautiful house that way. But if the house isn't built right, cracks will soon start to appear. The same goes for offenses.

You can come out to games and run a beautiful offense, but practice is where you decide which build quality your offense is going to have. The coach is the contractor; he needs to come in with a plan for how to teach the X's and O's and a plan for how to avoid trouble. The drills are the building materials and the tools needed to shape them; the breakdown drills teaches the little reads, the controlled full method drills teaches the teamwork needed, the shooting drills gets players shooting the pressure shots of games.

This book is an attempt at providing the coach with not only a blue print of the dribble drive offense, but the entire package that will make him a good contractor; the drills, the reads, the pitfalls and the advantages.

One of the advantages of the offense and the drills that go with it is that the players - your builders - will become better basketball players. They are not just

taught to run from A to B and set a screen at C, they're taught to read the game and make decisions with the ball in their hands.

Teams can excel for a season or two if they get great individual talent, but the teams which excel year after year put a premium on teaching the players how to play the game, not run the system. Phil Jackson's LA Lakers, Popovich's San Antonio Spurs and Sloans' Utah Jazz comes to mind in the NBA, and Duke, North Carolina and Kansas in the NCAA's share the same traits. Talent level may dip some years, but the solid foundation these teams have build means that even if talent is low the teams never really fall off the charts. They're still pretty good when they're bad because of the premium on teaching the game.

I believe that knowing the X's and O's of how to run an offense is only 30-40% responsible for succeeding with an offense. Real success only comes from practicing the offense in a way that develops the players' basketball IQ and skills level every day. You want the players to be better players in March than in November, and better next year than this year.

I think the dribble drive motion offers an excellent tool for this, and this book is attempt to give everybody the full package of tools to take advantage of what the offense offers.

Resources and Inspiration

Although I've tried to get around all corners of the Dribble Drive Offense, there are other resources out there - some good and some not so good.

DVD-sets on the Dribble Drive

The best way to learn about basketball X's and O's, apart from meeting up with coaches in person or at clinics, is watching DVDs. There are now quite a few DVDs out there, and below a few of them are reviewed.

Walberg DVD-sets

Vance Walberg obviously created the offense, and his DVD's and FIBA Assist Magazine article are excellent. The *Mastering the Dribble Drive Attack Offense* DVD's are very good. In my opinion this is the only DVD set that covers the entire basics of the Dribble Drive Offense.

On the first DVD Walberg builds the offense from scratch with a group of players who haven't played it before. He gives great insight into the details of how the offense works, and how you teach it.

The second DVD covers the drills that make the offense run, including the Blood Drills and the full court attack drills. Again, if you're new to the offense, or you are not sure how to drill it this is a great DVD.

One thing that's really good about this DVD set is that it includes a full game from Walberg's tenure at Fresno JC, giving great insight into how the offense is played in real life. Incidentally they play against zone defense much of the time, and Walberg's zone offense is actually very good too.

More than any other DVD-set this one gives coaches new to the offense a chance to understand it in detail. You get the X's and O's, and the drills. If you're starting out with the Dribble Drive, this is the one to get.

Walberg also has two newer DVD-sets out, which are also very good, but is for more experienced Dribble Drive coaches. The *Advanced Dribble Drive Offense: Zone & Transition Game* set contains three DVDs, and there are some interesting things on there, especially as Walberg greatly expands the transition game and explains his Motion Offense.

The Walberg Zone offense is truly brilliant, in my opinion. I've published a short eBook about it (see www.coachdribbledrive.com), but if you're interested I recommend the DVD set.

However, for pure Dribble Drive value the companion DVD set *100 Drills & Sets for Implementing the Dribble Drive Offense* is actually better value. The 2-disc set isn't very well named, as there are nowhere near 100 drills and no traditional 5-man sets on the DVDs. There are, however, some good post drills, and a few perimeter drills teaching 2 and 3-man reads of the offense, and if you count the reads there are easily 100 drills and reads and variations to pick up. In fact the drills and the reads in them have been one of the most inspirational things I've seen researching this book. Just be aware that for coaches who are just starting out with the Dribble Drive getting much out of these drills and reads might be difficult.

John Calipari DVD-sets

John Calipari popularized the offense, and has some very good DVD's out. Coach Calipari's name is the second you'll have to mention when talking about the Dribble Drive. The Kentucky coach popularized the offense to an extent where some people call it "The Memphis Offense" after his previous employer.

Calipari has several DVD-sets out, to the extent where it becomes pretty clear that he's cashing in big-time on his position as Memphis/Kentucky coach. In fact some drills are on several DVDs, which some might see as a bit of a rip-off. That doesn't mean that they're not very good videos though.

Calipari's *Dribble Drive 3-Pack* and *All Access Kentucky Basketball Practice with John Calipari* are both great for coaches who already know the offense, but I wouldn't recommend either for coaches who are just starting out.

The *3-Pack* covers Calipari's version of the Dribble Drive, and it has some very good details. The problem is that it doesn't explain the basics very well, especially on the X's and O's disc. Calipari's version of the Dribble Drive is slightly different than Walberg's, and it seems like the producers expect coaches to know the basics before watching this video, as it doesn't cover these. However, a lot of time is spent on expanding the Dribble Drive with the things Calipari has added, including how to use the post.

The drills DVD's of the set are useful too. Some of the drills are the classic Walberg drills, but often with a twist that changes them for the better. There are also several new drills on there, some of which are great (like the Perfection Running Drills), some of which are ordinary. One thing you have to realize is that Calipari has several assistant and maybe 10 managers on the floor when coaching, which enables him to run some drills lots of coaches can't run.

If you already know the offense, you'll pick up five or six things from the *3-Pack* which really makes huge a difference to your program, but if you're new to it you're likely to end up a little confused.

All Access Kentucky Basketball Practice with John Calipari is a great 3 DVD set. It tracks two of the first Kentucky practices of the 2009/10 season when Calipari first started out there. It's great because the players are new to the system, and make the same mistakes that yours and my players make when they're learning (although at a level slightly closer to the rim).

Calipari constantly have to remind the players about how they want to play, and he's really teaching his players here. I picked up some really good things from these DVDs, including some X's and O's I really have to think about, as they're very different from Walberg. I'll explain these differences in the book.

Also included are several Q&A sessions with both Calipari and his assistants and some great ball handling drills with Rod Strickland.

The All Access Set comes highly recommended, and if I was you I'd definitely get that before the 3-Pack, being on a budget.

The Calipari DVDs I haven't bothered with are, among others, The John Calipari 6-Pack, which is the 3-Pack with discs on defense, inspiring players and "How to become an All Star" added. I also haven't seen his Skill Development 4-Pack, which actually looks rather good, though I'm not convinced it adds lots of new stuff.

Dave Smart DVD-set

There are very few coaches out there who are better than *Dave Smart* of Carleton University in Canada at developing and getting the best out of players. Coach Smart's teams have won five straight Canadian University Championships, and have performed very well against US Division 1 schools with far better athletes. Coach Smart has turned down several offers to coach Division 1 in the US and I rate him as one of the best teachers in the game.

I'll recommend his individual development and screening DVD's to anyone looking to develop players. Especially his individual development DVD is excellent, and it has been a big inspiration for the fundamentals of the Dribble Drive in this book (p. 17), although he doesn't use the Dribble Drive himself.

Other Info on the Dribble Drive

As far as written material, there are two kinds; notes from clinics and practices published online and regular books.

As for regular books *Brian McCormick's BLITZ BASKETBALL, A Strategic Method for Youth Basketball Skill Development* contains a lot of material useful for teachers of the Dribble Drive and is highly recommended. The offense presented in the book is not the Dribble Drive, but the skills set and the drills presented fit perfectly into teaching the Dribble Drive, and some drills are contained in this book.

Early on, while there was a "Dribble Drive craze" going on, Coach Duane Silver wrote a small book called *The Memphis Dribble Drive Motion Offense*". It's basically a playbook without any information on how to teach or properly run the offense, and I haven't used it much to be honest.

There are also lots of notes (from clinics and practices) on the Dribble Drive out there. I bought some notes from Coach Peterman at mensbasketballhoopscoop.blogspot.com, but found that it was maybe 40 sets of individual notes that were mostly available elsewhere. I see he's published some e-books since then, but I haven't explored them further.

Changes to 2nd Edition

The 2nd edition of the book has seen extensive corrections and expansions to the X's and O's section. A full 60 pages of X's and O's have been added, including lots of entries and reads.

The drills section also has been expanded greatly. It contains several new drills, including how to run several of the core Dribble Drive drills if you don't have several assistant coaches, like the big college programs do. Most importantly a lot of drills with the reads of the Dribble Drive have been added.

STYLE OF PLAY

According to its creator Vance Walberg, the Dribble Drive Motion is built on the foundation of a few little details. The offense is about getting to the rim every time down the floor. That can only happen if players are spacing properly and create gaps for the penetrators to get through. The "Big Three" of the offense would then be:

- Mentality to get to the basket.
- Open the gaps.
- Keep great spacing.

Underlying those three concepts is in my opinion the most important part of modern offensive basketball: the close-out.

As basketball progresses, and as defenses are getting better, we're seeing at the international level that to create a scoring situation you need to create a close-out situation. A situation where a defender is running towards a player with the ball and the player with the ball has a real chance of beating the defense with the dribble or the shot.

Any time there is a close-out situation the offense should take advantage by either shooting the ball or use the defenders momentum to beat him off the dribble. It's a situation where the offense has all the advantages as the defense must hustle out to stop the shot, which opens up for the drive. Once the ball is driven into the heart of the defense help is required and now the defense is out of shape and the offense has the advantage.

The aim of the Dribble Drive Offense is to create close-outs several times on every single possession to eventually take advantage and score a layup. Every player movement is designed to create space for a drive into the middle that will draw the help and create a close-out situation for the defense to take advantage of.

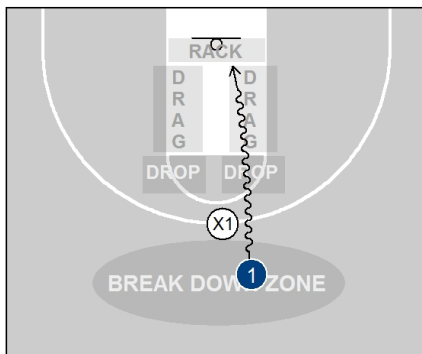
To fully take advantage of the close-out situations players need to be able to make decisions on the fly - to be able to read the game as it develops. If the coach tries to rein them in, to make them run a few pre-set options, he won't reap the full rewards of the offense. In other words; if you're a control-type coach either change or go with another offense. I'd advise changing, as allowing players to make decisions just flat out creates better players.

What is the Dribble Drive?

The Dribble Drive in essence is an offense based on creating drives to the basket and exploiting the help.

Everything in the offense is centers around creating drives down the middle and exploiting any help to get open layups or open three pointers.

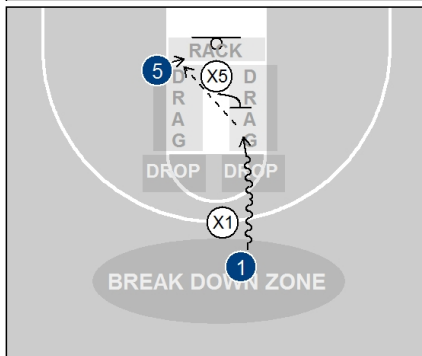
Let's take a quick look at how one situation from the offense is built, and how it's designed so that every time the defense takes an option away a new option opens up.



Building Blocks of the Offense: The Layout

The goal of the offense is beating the immediate defender and going for the layup.

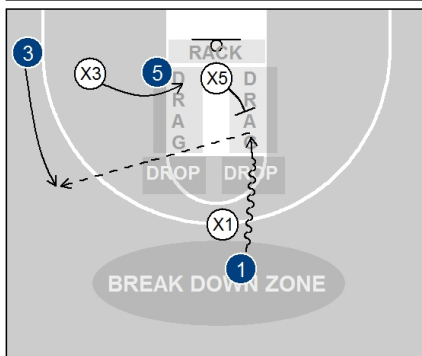
There are a lot of entries that will help players beat their man, but a lot of the time the reality is that all players can expect is to have their shoulders past the man, and they must learn to make reads and score in this situation



Building Blocks: The Post Player

The post player, O5, is the next building block. When X5 steps in to help on penetration this leaves O5 open for a layup.

X5 must give up a layup to O1 or leave his man and give up a layup to him.



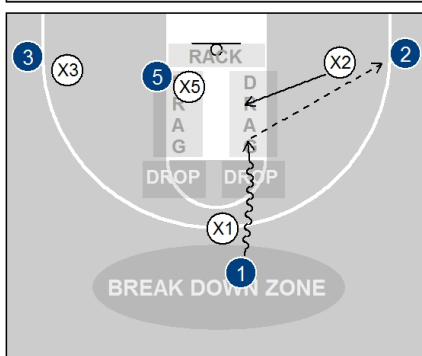
Building Blocks: The Weak side Corner Shooter

Adding a shooter in the weak side corner gives the defense a chance to step in and cover the O5 with X3.

This way O1's drive is stopped by X5, and the pass for the immediate layup by O5 can only be covered by X3.

However this leaves O3 wide open for the skip pass and the three pointers (or another drive).

This means X3 must choose between a layup for O5 and a 3-pointer for O3. This is the pass that is the most essential in the entire offense.



Building Blocks of the Offense: The Ballside Corner Shooter

By placing another shooter in the ballside corner the offense prevents help from that side.

If the defense were to tell X3 and X5 to stay true to their men, and X2 were to be the one to step in and try to take away the layup, it would leave your shooter wide open in the corner.

This means that the only real way of helping on the drive is the rotation of X5 and X3.

FUNDAMENTALS

Before you can start exploring the X's and O's of any offense, you will need to make yourself clear that no team is great without great fundamentals.

As mentioned the Dribble Drive has an advantage in that it promotes the development of fundamentals through the sheer aggressiveness of the offense and the drills needed to learn it. However, it is important to be aware of which fundamentals you need to teach your players.

In this chapter we will explore ball handling, shooting and finishing, as taught by coach Walberg, coach Calipari, and the coach Dave Smart of Carleton University in Canada.

Developing Shooting Fundamentals

We don't have enough time in practice to develop great shooters, but there are some simple things players can do in their own time. One of the most important things to develop technically is develop a good shooting stroke, and they don't need to be in a gym to do that. Have your players shoot 50-100 shots a day lying down. Focus is:

- Important that they extend - almost hyper extend - the elbow on every shot. Adjusting shot should come from the legs, not varying elbow extension.
- Ball must come down in same place every time
- 90 percent of shots must be within three inches as ball comes down or punishment.

Squaring Up to the Rim

Two of the most important fundamentals to teach players are to have their heads up and square their shoulders to the rim when dribbling.

Eyes

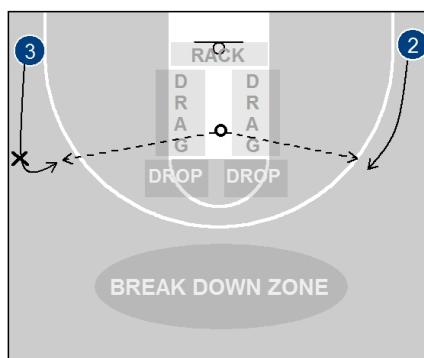
Keeping your head up seems obvious to most coaches, and indeed most players. However watching video of players you will find that in both drills and actual games even good players will often look at the floor in front of them instead or raising their head and looking at the rim or at the other players. This is even true of 1-on-0 layup drills. Great players keep their heads up all the time, but for all the others you will need to remind them constantly.

Shooters Squaring Shoulders to the Rim

Only very special players can manage to come at a dead sprint catching the ball with shoulders facing away from the rim, stop on a dime and make a shot. As only very few coaches are privileged enough to coach the likes of Reggie Miller, in the Dribble Drive you must ensure that your shooters have their shoulders squared to the rim.

This is a two-fold issue. You can tell your shooters to have their shoulders squared all you want, but as a coach it's important that you put them in situations where they can do this. In the diagram O2 is cutting along the three point line, and when he catches the ball his shoulders will be facing the middle of the court, and he will have to rotate before he can shoot.

Looking at O3, he's cutting along the sideline, then turning his shoulders towards the rim before he steps in to catch the ball.



DRIBBLE DRIVE BASICS

The way you teach the Dribble Drive offense is probably as important as the actual X's and O's, but without knowing how the offense works, there can be no teaching. What follows are the basics and the concepts used in the Dribble Drive.

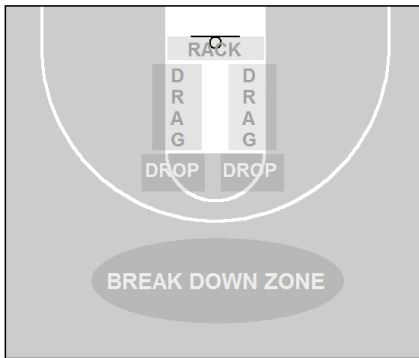
I recommend reading through the X's and O's to get a good understanding of the offense, then move on to the in-depth discussion of teaching methods, progression and drills that will follow in the chapter, Teaching the Dribble Drive (p. 104).

Shooting in the Dribble Drive

In this offense a shot is either 1) a layup shot or 2) a three pointer. The layup shot is the preferred option, but if it is left open shoot the 3-ball.

Zones

To make the reads in the Dribble Drive easier the court is divided into four zones



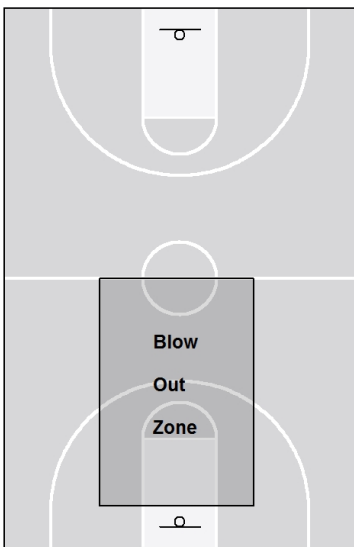
Break Down Zone: Where guards look to break down defense to the middle of the floor.

Drop Zone: above the foul line. If you can't beat your own man, and get to the rim, you're looking to stop in the Drop Zone and let play develop for someone else.

Drag Zone: Between foul line and Rack Zone. If you make a bad read and break the Drop Zone, but can't get to the rack, you'll stop in Drag Zone and look to skip the ball to the weak side or behind you.

Rack Zone: Take the ball to the rim or give the post player a dunk!

The Fifth Zone



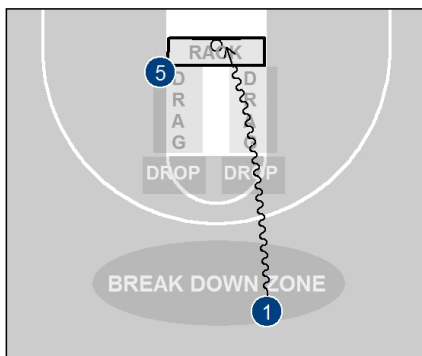
The Blow Out Zone is the fifth zone of the offense. It features in the fast break, and the goal is to clear it as fast as possible by passing up the court. The second best option is dribbling it past the Blow Out Zone.

RACK, DROP AND DRAG AND WING OFFENSE

Below follows the reads of the Drop, Drag and Rack zones along with how to run wing offense. The reads made here are what makes the offense succeed or fail.

After this chapter follows the specifics of how to initiate offense.

Rack Zone



The goal of the offense is to get to the rim - the rack - for a layup. Most teams shoot 60% from layups, so getting to the rack zone is a primary goal.

The rack zone in itself doesn't create a lot of movement. Once players get in there with the ball it's a case of shooting the ball. It's important that players learn to read when they have the lane to the basket, and when they don't. If they commit to the rack zone but do not have the shot, the offense is often in trouble.

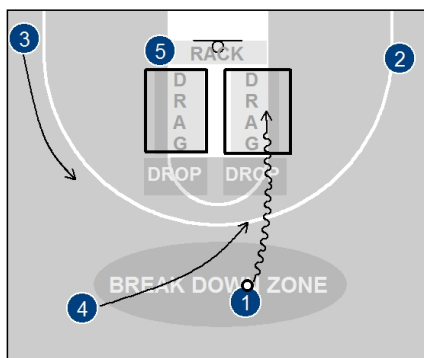
Once a player gets to the rack zone he is committed to it. However, if for some reason he doesn't succeed in getting an open layup or dunk he must still get a shot off - he can't get blocked. If he has to throw the ball off the backboard that's better than getting blocked, as the big man O5 must be in the clean-up position.

Rack Zone: Movement Off The Ball

Anytime a perimeter player drives to the rack zone O5 must be in clean-up position, on the opposite side of the basket. O5 must anticipate the miss or the pass from the player with the ball.

As such there is no other movement originating from the rack zone. Once it the rack zone it's all about getting the ball it the basket.

The Drag Zone

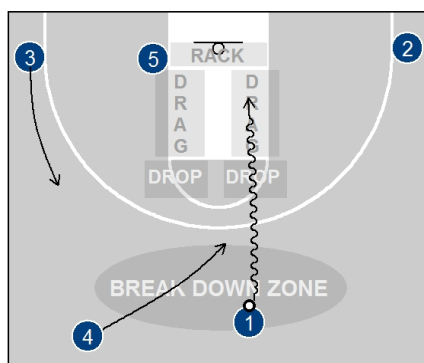


The name drag zone refers to players "dragging behind" penetration. The drag zone is where the guards really show if they can read the defense, as they must read the defense of X2, X3 and X5 to decide their actions.

There are good passing options from the drag zone, but **the drag zone is the least desirable zone to stop in, as on a stop the passing options aren't great.** If there is a choice the player should stop in the drop zone or shoot in the rack zone. It's important to teach the players to recognize when they can get a shot off in the rack zone and when they will get caught in the drag zone. No player should ever stop in the drag zone, and they should only go there if they have beaten their man and are looking to draw the help.

Note: You might want to make it an automatic turnover to stop in the drag zone in practice, to force the players to make the read early. This for a **stop** only, not a pass from the drag zone.

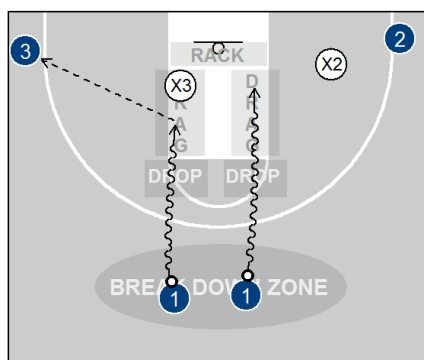
Reads of the Drag Zone



The first read O1 must make is if he's likely to get all the way to the rack, or if he should stop in the drop zone. Both are preferred to the drag zone.

Once the ball handler has committed he has got two passing options in the drag zone.

When O1 passes the Drop Zone he must really start reading the defense, especially X3 and X5. O5 must make the read depending on how his defender plays him.



Ballside Wing

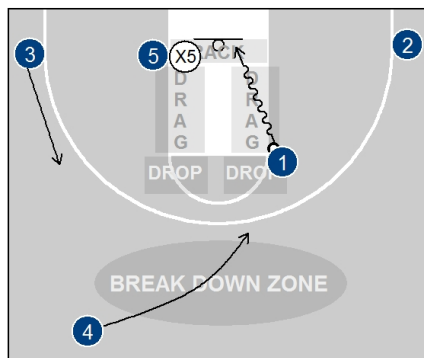
Most teams adhere to the defensive rule of never leaving a shooter in the strong side which the offense exploits. And if you play against a team which doesn't use that rule you will get no end of open corner shots.

It is very important that the wings stay in their corners on any deep drive to their side.

In the diagram X2 stays with O2, which opens up the lane for O1.

X3 helps on penetration, leaving O3 open for a shot.

The rule of thumb is: 2's and 3's must be patient.



Rack Zone Penetration - O5 is Hugged

The best situation for the offense is if X5 is hugging and fighting with O5.

This leaves the lane to the rack wide open, and all O5 has to do is look to get around X5 for the rebound.

THE DRIBBLE DRIVE FAST BREAK

In many ways the dribble drive fast break is the dribble drive offense.

John Robic, assistant coach with the University of Kentucky expresses it this way:

"I think a set transition game is pretty overrated. I think we as coaches spend too much time on it, and if you're worth anything on defense you're not going to run it very much. When I was a head coach I spent way too much time on Carolina Break, Double Away, whatever it may be [...]. But unless you're running that on misses and makes I think it's a big waste of your time."

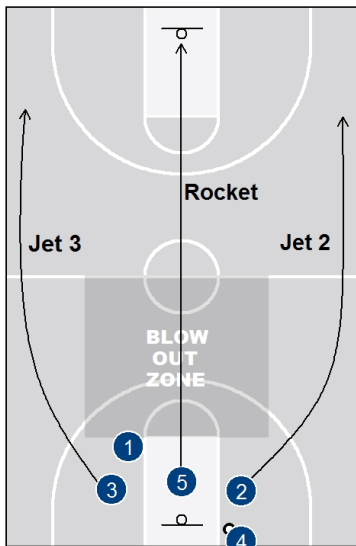
John Robic, Kentucky All Access DVD #2, 1:50 minutes

In other words: Don't waste time teaching a primary break, a secondary break and an offense, when you can combine the three. That is exactly what the Dribble Drive break does.

You want to keep the defense under pressure at all times. If the defense has time to organize itself it becomes much more difficult creating gaps for penetration. That can be achieved by having a break which uses the each same attack mentality and exact same options as the main offense.

The break is basically all about getting into offense as quickly as possible. Options off the fast break are no different than any other part of the offense, which is why the break is also a great teaching tool for the general offense.

Fast Break Basics



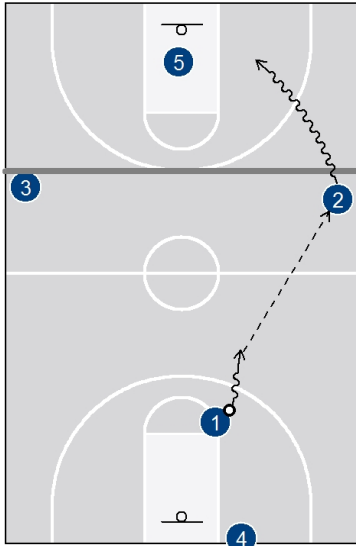
O1 and O4 handle the ball (O4 inbounds 80% of the time). The guard that is not handling the ball must trail the other one to a) open up the floor and b) be open for a pass.

We call O5 "the Rocket" and O2, O3 "Jets", to emphasize the speed those players need to use - it's just a great name for the players to identify with getting up the court quickly.

O5, the middle Rocket, must dead sprint up the court to the front of the rim. He must sprint to be a threat in the key, drawing in the other defenders, opening up the passing lanes. See Using the Post in the Early Break, p. 57.

O2 is the right Jet, and he runs the right wing, while the left Jet O3 runs the left wing. While they need to be quick, O2 and O3 must also look to receive the ball at any time coming up the court.

The Early Pass Up the Court



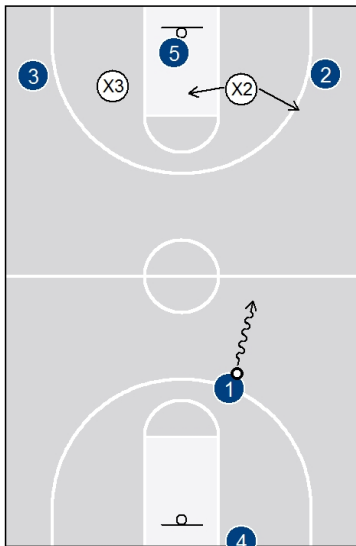
If the O1 can pass the ball straight up the court to O2 or O3 without dribbling he will do so. If not he might take one **blow-out dribble** to get up the court a little or create a passing lane before passing.

For younger guards who do not yet have the strength to throw the long pass immediately off the catch, or the ability to read the game as quickly, having them perform the blow-out dribble is a good idea.

Jet Positioning

When ball is in the back court, the Jets O2 and O3 can go no deeper than the top of the three point line extended, for a couple of reasons.

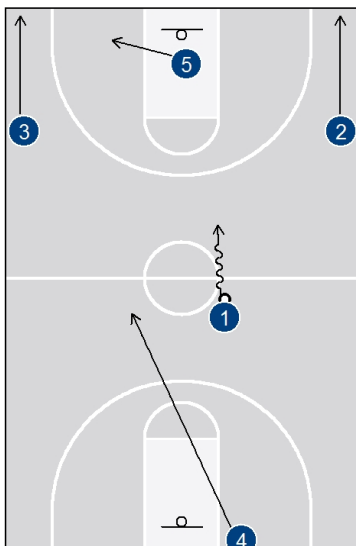
First off if they go any deeper than that it is very hard to get them the ball. It becomes a very long pass which is easily intercepted.



Secondly, if the Jets get too low one defender may guard two offensive players. In the diagram X2 can intercept passes to both O2 and O5, leaving both passing lanes covered.

If the Jets were at the three point line extended the defenders would have to choose between guarding the post or the wing.

Transition to Half Court Offense

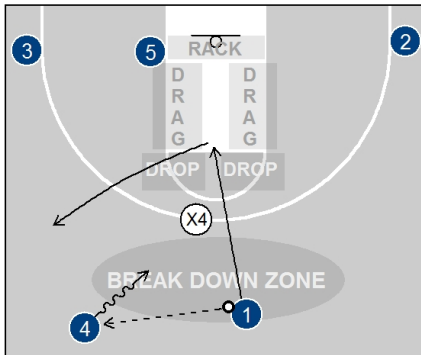


If the ball can't be passed up the court to the Jets or the Rocket, point guard O1 will attack up the middle.

Once O1 passes half court the Jets will drop to their bottom x's, and O1 will attack using normal offense rules and reads.

Note: There is **NO** setting up the offense. O1 must be in attacking mode looking to get to the rim and his teammates must move around him.

O2 and O3 have to be ready to react quickly if O1 stops in the drop or drag zone.



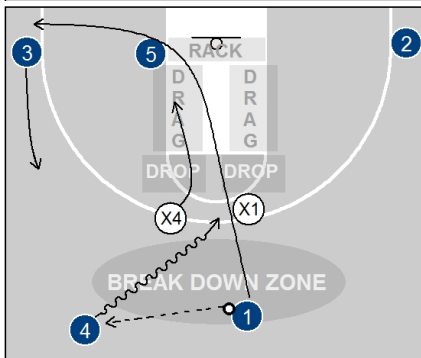
Pass and Cut to Create the 1-guard Front

It's also possible to pass and cut to create the 1-guard front.

This has the added side-effect of opening up a triple gap for O4 to attack.

T-cut Against Sagging Defenses

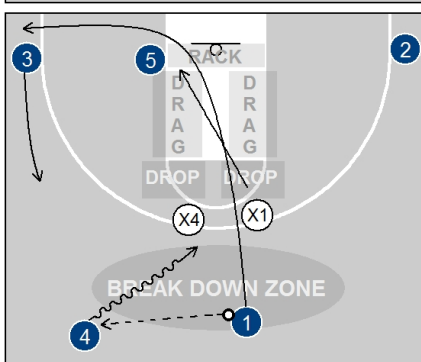
Use T-cut against sagging defenses to create space. With X4 sagging to help on O1, he would pass to O4, then T-cut to open up the gap. The T-cut ensures that X1 can't help on O4 without giving up an open shot for O1. O4 will now be able to attack X4 at speed, and should be able to beat him.



Though Cut Against Switching Defenses

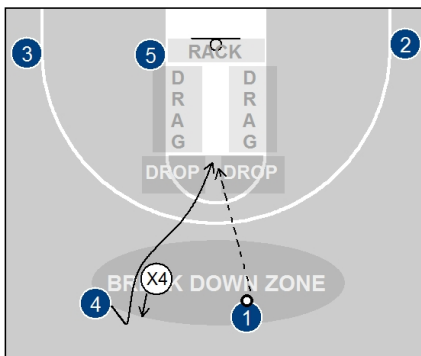
With the dribble drive you will encounter defenses that will pretty much just zone the top.

X1 and X4 will just switch on any penetration, with both being interchangeable. X1 will pick up O4 on the drive and X4 will pick up O1 on the cut.



When you encounter switching like that, O1 must pass to O4, then cut through to either corner. This forces the defense to stay honest.

X1 must now stay with O1 to prevent him getting an open corner shot of the swing.

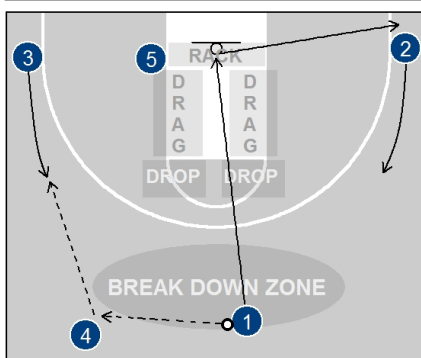


Pass is Denied - Back Door Cut to Create Space

If X4 is denying the pass O4 will back door. He must step high and call for the ball, then cut hard to the basket.

It's important that he cuts towards the middle of the key, not just straight down the lane. If he were to cut straight down the lane the pass is more difficult to make, and O5 would be in the way.

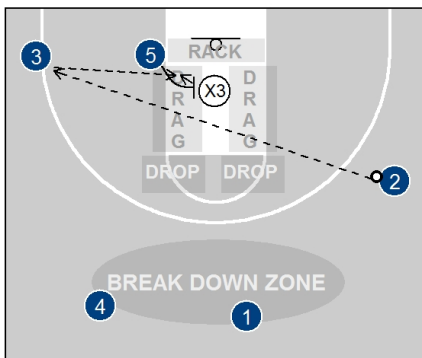
With a cut to the middle of the key O4 has the option of passing to both O5 and O2 if help is coming.



If O4 swings the ball O1 must recognize this and cut to the weak side, anticipating a post pass.

One T-Cut Only

Walberg has a rule that the T-cut must only be used once per offense. Once the guards have T-cut once they must use the through cut instead. This prevents the guards endlessly playing each other up top, and involves the O2 and O3 in the offense.



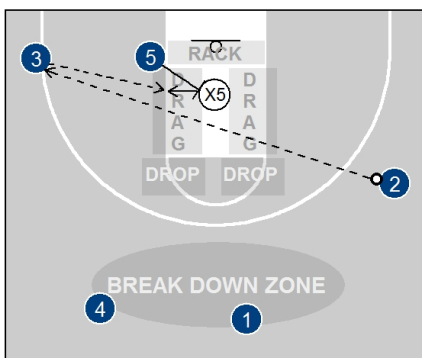
Skip to the Post

With both the Quick and drop zone kick-up options look to shoot/attack first and skip second.

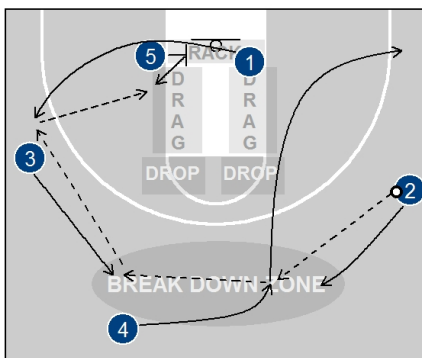
The skip will cause the whole defense to shift which will often leave gaps for the offense to attack.

When X3 plays aggressive help side defense O5 screens the back side and O2 looks to skip the ball.

O5 spins and looks for the ball.



On any skip O5 must headhunt his man, then spin, looking for the ball.



Swing Back to the Top

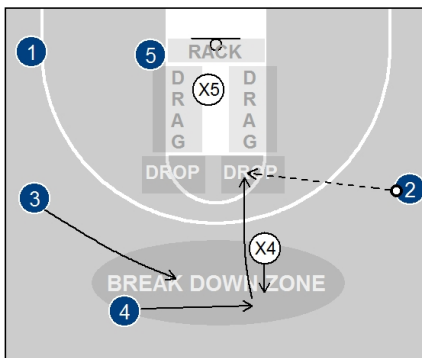
With both the elevate and drop zone kick-up options look to shoot/attack first, skip second and the pass back to the top is only the last option. However, when the offense finds itself in that situation it still has some very good options.

In the Quick when O2 decides not to attack O4 will come over to get the ball. This is a great opportunity to swing the ball all the way around to the post.

As per the when-you-pass-you-must-cut rule O4 cuts when he swings the ball. As the 1-man and the post are in the 3-corner, O4 cuts to the 2-corner.

O1 is coming around O5's low screen, and if the ball is whipped around the perimeter O1 will come straight off the screen to catch the ball. When O5 spins off the screen to post up he's often wide open. From here you run the normal action on post entries (p. 31).

If the ball doesn't get all the way to the post any of O4, O3 and O1 can just play from there.



X4 Denying the Pass

If X4 is denying the swing pass to the 4-man, O4 must back door.

O4 must take X4 higher than where he would normally catch the ball. This is to create enough space to catch the ball in the drop zone rather than the drag zone where he wouldn't have enough space to play.

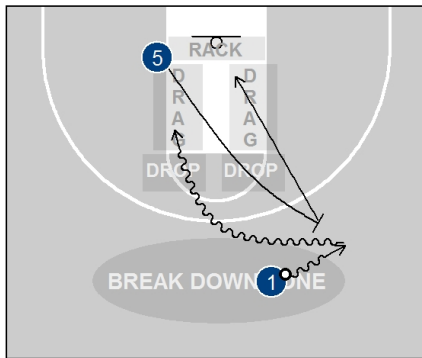
To set up the back door cut O4 cuts straight to his spot, calling for the ball. As X4 steps up to deny, O4 cuts straight back door.

On the catch O4 is now in a two man game with O5, as X5 will probably step in to help.

If O2 doesn't pass the ball to O4, O3 will now rotate over to catch the ball. If he's denied he will back door too, and O1 must rotate up.

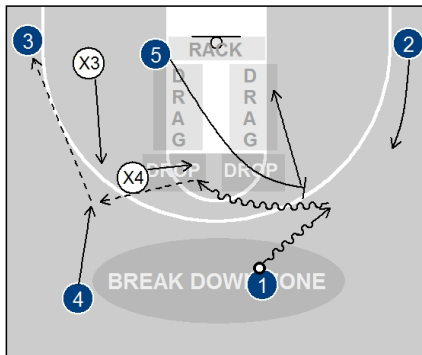
Note: If the defense is denying hard enough for O3 to back door too it should leave plenty of space for O2 to attack, and you should look to exploit that.

Fist Pick & Roll



Any time the point guard calls fist it's a sign for the big to sprint up to set the pick on the ball.

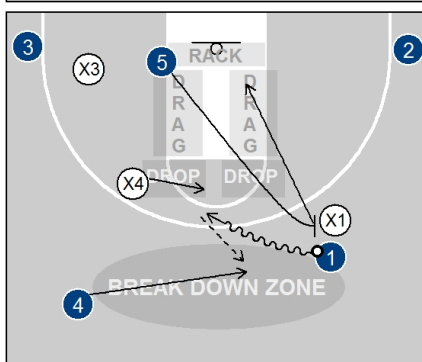
The big may use redirections like the shake screen misdirection.



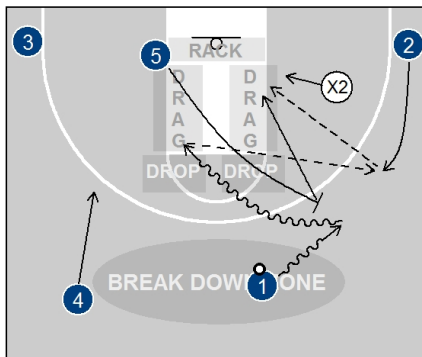
The action off the pick & roll may be the exact same as in the normal dribble drive - i.e. the O4 kicking back - but to force the defense to rotate off the help you could just have O4 spot up.

Now when X4 help on the penetration X3 has to rotate to O4, leaving O3, one of your best shooters, open in the corner.

O3 may look inside for O5 or shoot the ball.



If O4 does kick back he will receive the ball in an area where there's a lot of traffic. He may, however, be able to swing the ball to O2 who can then hit O5 inside.



Fist Pick & Roll to Drag 25

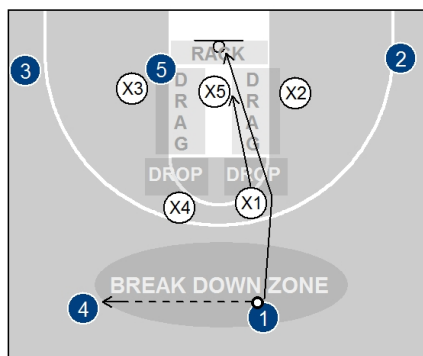
Hitting O2 on the drag is a good option. X2 may step in to help on the roll, leaving O2 open for a shot.

If O2 doesn't shoot he may feed O5 inside (Drag 25).

SWITCHING AND SAGGING DEFENSES

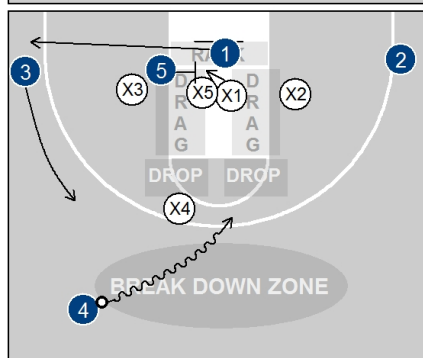
Switching and sagging defenses are some of the best weapons against the Dribble Drive (apart from avoiding playing against the Dribble Drive and go straight zone). Here we will take a look at the tactics deployed against switching and sagging man-to-man.

Playing Against Sagging Defenses

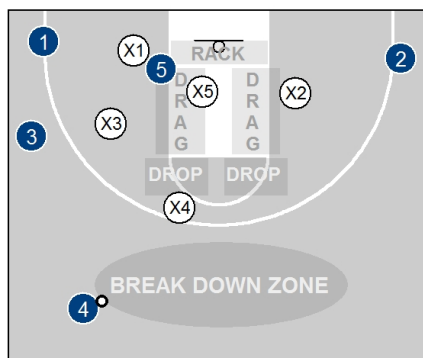


Against teams that sag a lot patience is key. You will not be able to penetrate the defense on the first or second attempt, but with repeated cuts, passes and penetrations you will.

The rule of only one short cut (T-cut or Rub cut) per offense is designed with sagging defenses in mind. With the short cuts a sagging defender doesn't move a lot, but with a through cut the whole defense shifts.

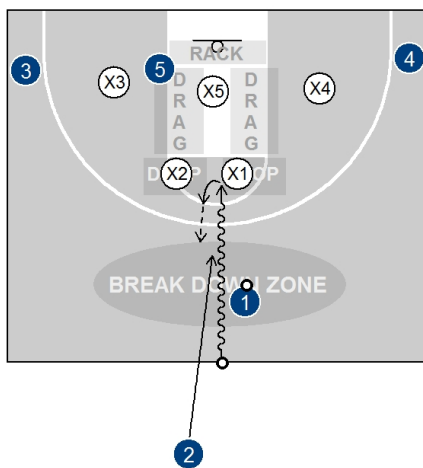


Against sagging defenses the 5-man should also make sure he screens out any cuts coming around him, opening up the swing or skip passes.



One advantage for the offense against sagging defenses is that the defense allows the guards to get up to speed.

If you create a one-guard front the guard should beat his man if he gets up to speed, creating an outnumbered situation.



Carolina 3

Against teams who sag deep have best shooter inbound the ball. O1 then penetrates hard to the foul line where he jump stops, pivots, turns around and feeds the trailing shooter for a three point shot.

The Dominant Post Player

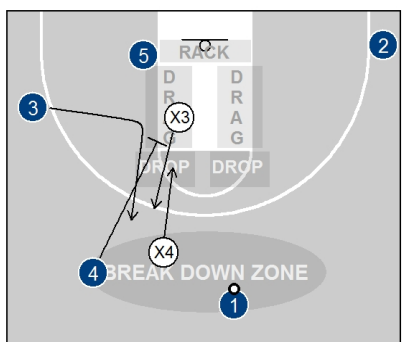
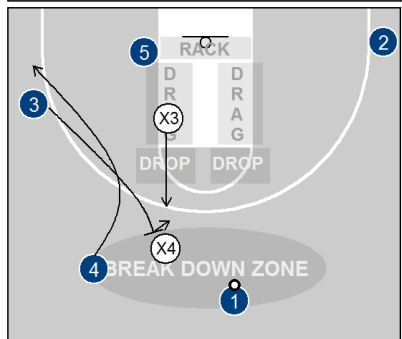
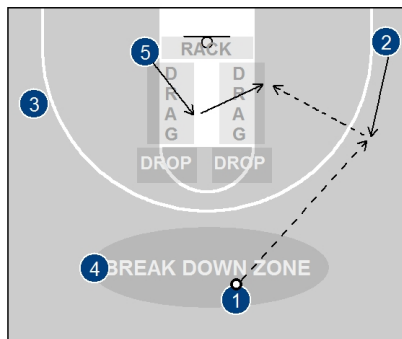
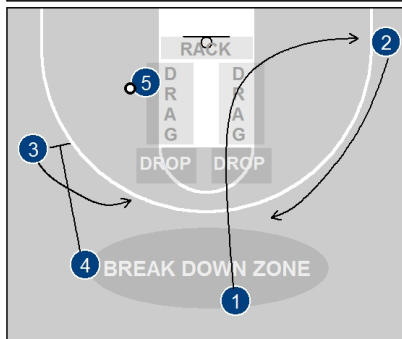
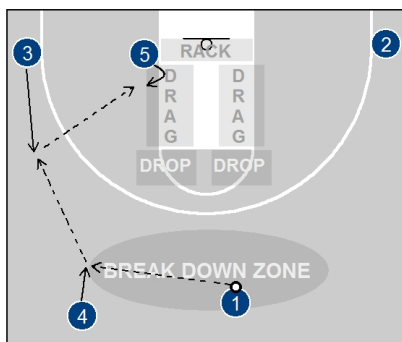
There are ways of getting the great post player the ball, which we look at here.

Middle rule

The first rule you can insert to get the ball to the post player is the *middle rule*.

With this rule the offense stays the same if O1 penetrates, but when he passes to O4 he will not cut as he normally does in the offense (to create space for O4's penetration).

Every time the ball is passed across the middle of the court it's a signal for O5 to go to work. O3 will come up to catch the ball and look to enter it to O5.



On the entry pass the movement is still the same basic movement off post entry passes (see p. 31)

Five

Another option with the dominant post is to call "Five".

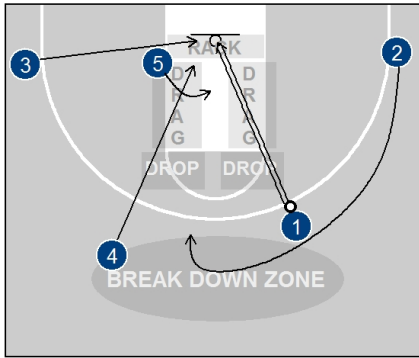
In "Five" the wings go a little higher, and all the perimeter players stay on the outside while O5 is free to roam the key looking for the ball.

Running "Five" the perimeter players must be able to pass between themselves, so if the passing lanes are covered they must screen away or back screen.

I personally feel that the back screen is normally the better choice since it forces the defenders to stay close to both attacking players or give up an open outside shot.

Against good defense the screen away will take place in the middle of the key, and it's extremely easy for the defense to either switch it or for X3 to just step around the screen.

Back Responsibility

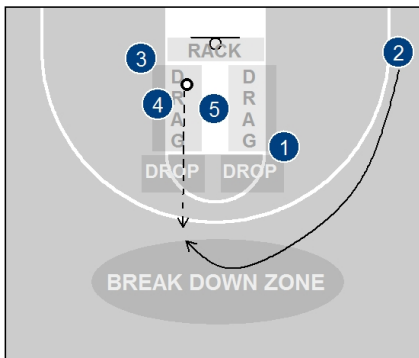


When designing an offensive rebounding scheme it's important to delegate back responsibility, and be clear about whom to send back, how far they should go back, and why.

Designated Player

Naturally you would designate one of your smaller players for back responsibility, as height is an advantage when rebounding. A lot of coaches designate point guard as the back-man, but in the Dribble Drive this is not always practical. Guards O1 and O4 are often the ones driving to the basket, racking the ball, distributing, which leaves them in poor position to be the back men.

A better option will be the O2, as he will be on the perimeter more often. Also he's a shooter, and with an aggressive rebounding philosophy you can get him open shots off of offensive rebounds.



With an aggressive philosophy on the offensive boards you can put the back-man right at the top of the key, at the NBA 3-point line distance.

This is a bit of a gamble as sometimes a long rebound may get the other team an easy layup at the other end, or they may succeed in releasing a player early and hit him with the long pass. If the back-man is looking out for this, the advantages of doing this may outweigh the disadvantages.

The main advantage of having the back man at the top of the key is that he is available for tip-backs or passes off of rebounds.

When the rebounders can't quite grab the rebound, they try to tip the ball back to the back-man at the top of the key.

In this situation the 2-man - your best shooter - may get a few open shots every game. Usually the defense will be keyed in on him when running offense, but not many defenses will be geared towards staying with the back-man, or indeed see him as a threat.

Communication

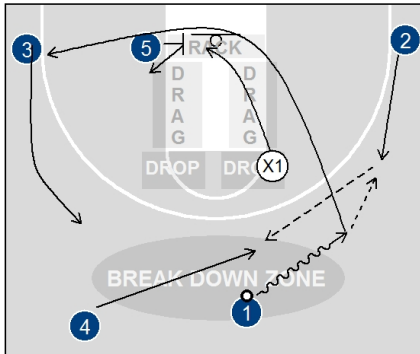
It's important that the back-man communicates. He must tell the other players that he's got back, but must also make sure he shouts at everybody else to rebound.

Whenever your team secures the rebound the back man must call out where he is - on the left side it would be "Drag 4", on the right side it would be "Drag1".

DRIBBLE DRIVE SET PLAYS & ENTRIES

What follows are set plays, quick hitters and entries for the Dribble Drive. Some are not set plays, like the Wheel Entry, but are reads you should work into the offense as reads once you feel comfortable that the players can run the rest of the offense.

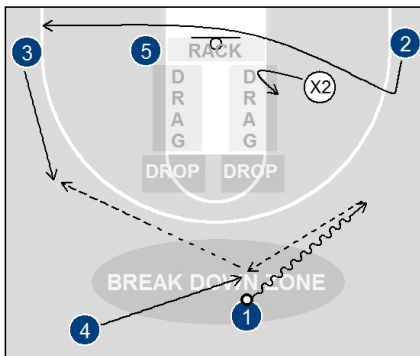
Wheel - Zone Check



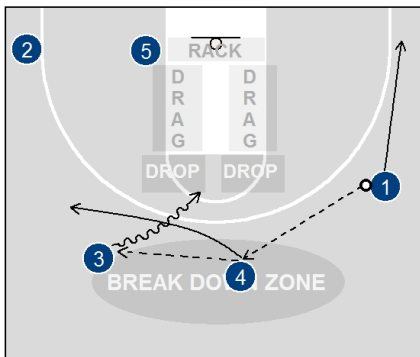
The Wheel entry can be used against man (to get the post the ball) or against Zone (the 4-out push entry), and it's great to use when trying to determine if the defense are playing man or zone.

You can run it with O1 quicking O2. O1 cuts through.

Here you check if X1 follows the cutter or not. Out of the cut flow straight into man or zone offense.



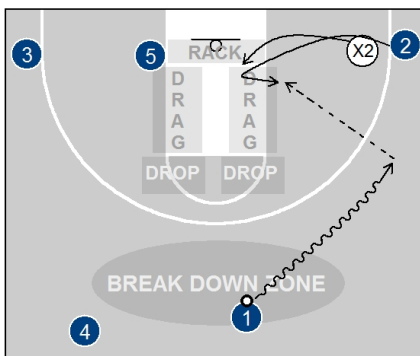
O1 can also dribble out O2, and the options of checking if X2 stays or goes.



From the initial Wheel entry you can run your normal offense.

Here it flows into a 414.

Perimeter Mismatch Post-up



On any mismatch on the perimeter have the ball handler dribble the mismatch out.

Instead of cutting through, the mismatch player spins and posts his man in the low post, looking for a post entry.

TEACHING THE DRIBBLE DRIVE

There are a lot of innovative drills developed specifically for running the Dribble Drive offense, but before you can start running drills you'll need a strategy for teaching the basics of the offense.

The traditional strategy for teaching the motion offense is the "Whole-Part-Whole" method advocated by, among others, Bob Knight. You show the team the principles of the offense and then you break it down to parts in drills, and then put together the parts to a whole 5-on-5 offense.

With the Dribble Drive I advocate a partial whole-part-whole method, as I feel that some options are better left out at first. You would then teach the basics of the offense, and put options on as the players' understanding of the principles progress.

I'd like to note that teaching the offense is an on-going process. As offensive success is as much based on skills development and players learning how to read the game, as on running from spot to spot on the floor, you'll never stop improving your players. In the beginning you'll find that players make a lot of reads and decisions that aren't as good as they should be, but with time and coaching the reads, decisions and skills will improve greatly.

Teaching

As noted above, I advocate a partial Whole-Part-Whole approach to teaching the Dribble Drive. Show the players the basic principles and reads, and then get into detail using the drills in the next chapter.

X's Mark the Spot

For the initial sessions you should mark the spots on the floor to mark the positions we want the players to set up at or cut to, as well as the Drop Zone. This will also help showing them when we have single, double and triple gaps.

Depending on which philosophy you go with as far as setting up the 2 and 3 you put the corner X's where appropriate.

The wing X's at the foul line extended must be near the sideline. These X's are not where the player will set up, but where he will put his foot before turning in towards the three point line. This ensures that the player always has his chest towards the basket.

The X's also helps the players understand single, double and triple gaps.

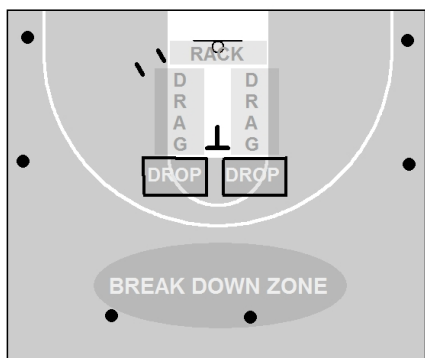
Also put two tape marks on the floor just outside and under the left-side low block, to mark where the post player should have his feet most of the time.

You may also want to mark the T-up position (see The T-Up, p. 28).

Basics

I would advocate showing the team the offense in one session, starting with the Dribble Drive Basics (p. 23), focusing on:

- Personnel/positions
- Spacing
- Gaps
- Player cuts



Rack/Drag Zone

Understanding how the offense can work for you is key for the players. Show them the drag zone movement, starting with only the point guard, then add one player at a time. This is great for creating the understanding of how everybody moves for each other.

At this point it's extremely important that you stress that it's an attacking offense where the ball handler tries to get to the rack, **not** to pass. If players look to pass first, the offense will break down, as you will not force proper breakdowns in the defense, and then not cause the close-outs that are key to getting good shots.

Teach the Drop Zone Back Door Reads

After going over the Drag Zone, you present the Drop Zone. Initially you can show it 5-on-0, but to teach the reads of the ball handler you would bring on dummy defenders, to show how an action by the defense leaves an opening to the offense.

The way I would teach the offense is leaving out the Drop Zone Kick-up until we know the rest of the basic reads pretty well, as there is a tendency to rely far too much on the kick-up, when there are lots of other options, especially the back door reads.

The Drop Zone backdoor works very well as the only option – at least initially. Basically the wing will back door every time. Mostly it will not be open, but it forces the offense to use the other options and make reads.

Drill the Zones

At this point the players will know enough of the X's and O's to be able to run the Blood Drills. Keep it simple, and start with Blood 22, then move onto Blood 32 and Blood 33.

The Break

Now I would move onto positioning, starting with the early break (p.53) to let the players get a sense of positioning and how to create space for each other. Include simple wing penetration here, but leave out penetration with occupied post (p.51).

Once you have gone over the early break, move straight onto the secondary break, and have the wings move down to their bottom positions, opening up the penetration lane to the primary penetrating guard.

Middle Penetration and the Kick-Back

Now it's time to teach middle penetration (p.36) and the kick-back (p.66), which is the primary option of middle penetration is cut off. This entry is an essential part of the offense, but you should leave the other entries for later as to not confuse the players.

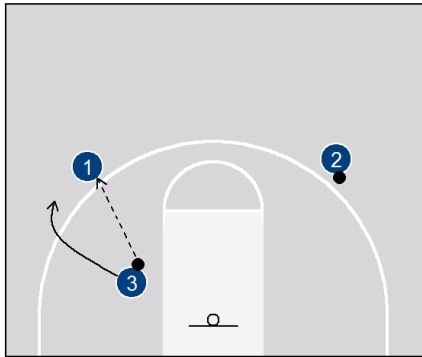
Again, here it's important to stress that we're looking at attacking, and stress how the O2's and 3's must be patient to keep the gaps open. This is also a good time to stress to the 5 how important his movement is to keep the offense running smoothly.

Drill the Habits

At this point you will have a functioning offense, and the players will have had as much as they can take in a single session – and in some cases more.

Now you start drilling the fundamentals and reads into the players using the drills in the next chapter.

Olympic Shooting Drill



Purpose

- Excellent shooting warm-up drill
- This is where we focus on working on our 3-pointers

Instructions

- 3 players per hoop
- 2-4 minutes to loosen up as a warm-up drill - 1-2 games to 15 makes.
- 2 balls per basket
- Shooter gets their own rebound and passes to the next player without the ball
- Positive passes only!
- Next shooter must call "**Ball!**"

Players

- 3 players per hoop

Tips

- Players should be constantly moving and relocating
- You determine what shots you want
- Concentrate on hitting shooter in the shot pocket and on a positive pass.
- Focus on stepping into the shot
- Spacing is key! Teach players to space 3-6 feet from the three point line and then step into the shot - be at NBA three and **don't step on the line!**

Bird Drill

2 minute three point shooting drill x 3 shooters, two balls per shooter.

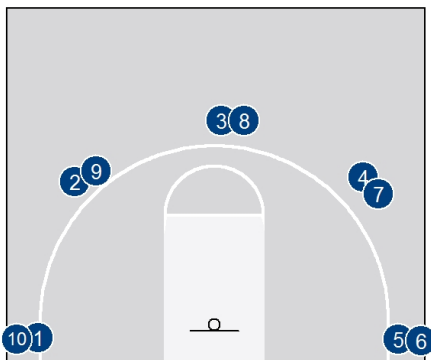
You start in the corner. You must shoot at that spot until you make 2 in a row. Then you move to the wing and repeat. Point, wing, other corner, until you've went "around" the world (5 spots). In the last corner, you make 2 in a row, then you must make another 2 in a row at the same spot. After that, you run the drill backward.

If you make it all the way back to the start and there is still time left, shoot top-of-the-key 3's until the time is up.

This is all done with a rebounder and a passer (get good passing angle).

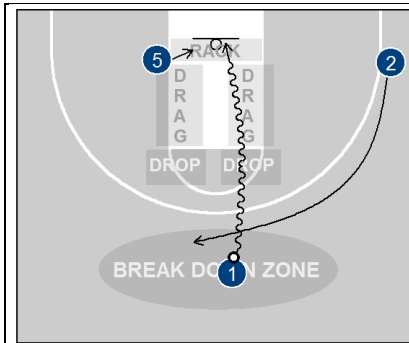
Scoring

- Record the number of completed spots - or if completed all a plus score.



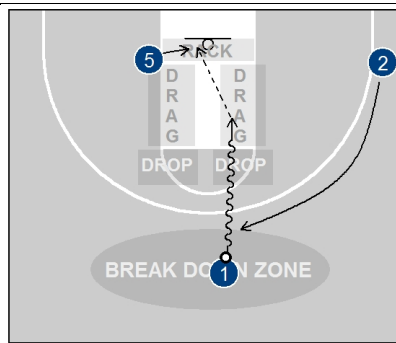
3-on-0 Dummy Breakdown - 1, 2 and 5

This example shows the reads of the station with the 1, 2 and 5 positions. Notice that the options here includes the 2 going to the back responsibility position.



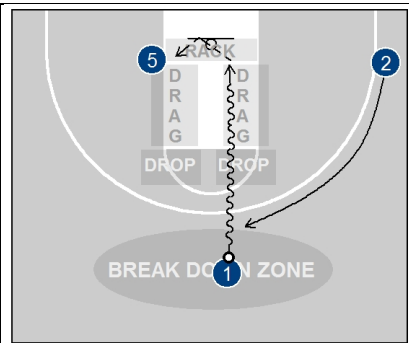
Rack Series: Rack to Score

O1 attacks to score.
O5 goes to clean-up position
O2 has back responsibility when the shot goes up. Must be patient, not leave until shot goes up



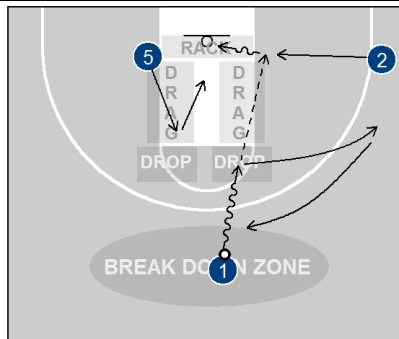
Rack Series: Rack to lob

O1 attacks to score, then lobs it to O5 early (as X5 would come out to help).
O5 goes to clean-up position, then catches the lob and scores.
O2 has back responsibility when the shot goes up.



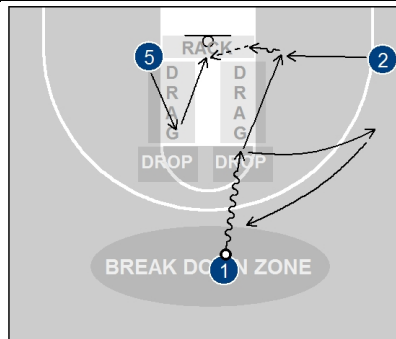
Rack Series: Rack Cleanup

O1 attacks to score, help arrives, so throws it off the backboard
O5 goes to clean-up position then scores the rebound
O2 has back responsibility when the shot goes up.



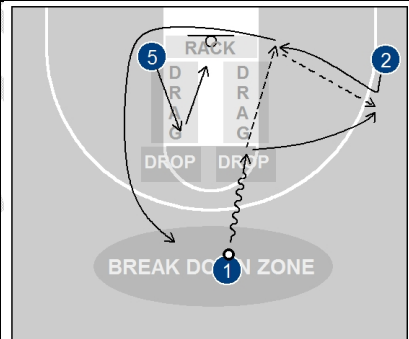
Drop Series: Drop 2 Backdoor to the 5

O1 attacks, stops in the drop zone.
O5 steps higher to clear space.
O2 goes back door (straight or off the fake) and gets the ball for the basket.
O1 must drag behind O2 to be an outlet
O5 steps in to clean up
O1 has back responsibility.



Drop Series: Drop 2 Backdoor to the 5

Same as previous, but O2 passes to O5 stepping down from the T-position.
O5 scores
O1 has back responsibility.



Drop Series: Drop 2 Backdoor - Drag for O1

Same as previous but on the back door O2 is stopped by the big defender X5, and has to pass to O1 who is dragging behind the penetration.
O1 shoots.
O5 steps in to clean up
O2 sprints out to have back responsibility.

2-ball Shooting Drills

The advantage of running 2-ball shooting drills is that it allows you to run game-like shooting drills where you get player to pass, then cut like in the live offense.

The disadvantage can be that players will not get as many shots up as they might in other shooting drills.

The 2-ball shooting drills can be run at the same time as the post development drills at different ends of the gym.

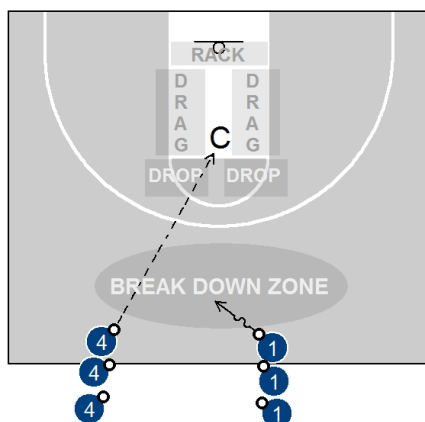
Instructions

The 2-ball shooting drills are designed to teach the perimeter players how to get shots from the spots they play in during games, and how to play together. Both players will get a shot, with one ball being passed by a coach/manager.

The easiest way to get the ball to the coach is to have one of the lines pass the ball to the coach to start the drill. Both players rebound their own ball.

If you don't have enough managers or coaches to man both ends of the floor have the following rotation:

- Balls only with one of the lines.
- A player is one of the passers.
- Shooters rebound their ball.
- 4-side rebounder step to the middle of the key to be the next passer. This happens while the next ball is in the air.
- Next team goes



Range

If some players don't have the range for three pointers they can shoot a pull-up at their range.

Variation

The variations of this drill only stop when the possibilities of the Dribble Drive are exhausted. You can devise all the different combinations the offense contains.

Communication

It's important that the players communicate what they do - if O4 drags, he shouts "Drag!", and so on.

Introduction

When starting out you might want to do these drills with one ball only, until players learn the terminology and reads, then add the second ball.

Coaches Calls

This is a Calipari drill, but Walberg uses much the same drill to teach players how to move off each other, but only with one ball. I feel the two balls keeps both players on their feet and interested, but Walberg's way of giving the players options is very useful.

Walberg will make a simple call, and then the players are free to use the options out of that:

- **Kickback** - O1 runs a kickback, and the players react off it.
- **Rack** - O1 can rack it either middle or lane, O4 moves off him

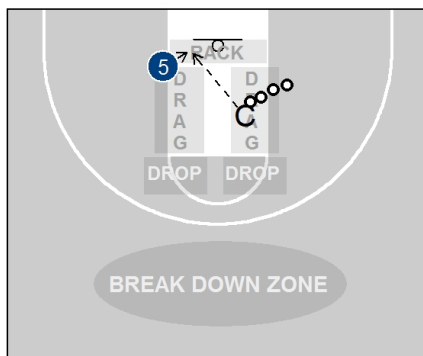
Walberg Post Series

The following drills are drills coach Walberg developed to teach his players how to finish around the basket in the Dribble Drive. This is all focused on quick finishes.

You should run a few of these drills every day, but be able to get through the ones you choose in 10 minutes once the players know their reads and fundamentals.

Passing can be done by a coach, a manager or a couple of perimeter players.

Walberg Quick-Ups Drill



The Quick-ups drill is designed to teach the post player to release the ball quickly.

Purpose

To teach the post player to not bring the ball down before he shoots it - the reason of most blocks in the post area.

Instructions

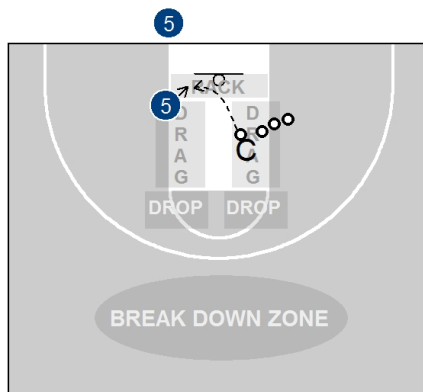
The coach has four balls and fires them at the post player super quickly (you might want to start with three balls, to ease them into it).

Post must catch and bring the ball up, then catch the next ball immediately.

Coaching Points

You can go half speed, then speed it up, to focus on the technique, but they will only really get it at full speed.

Walberg Lobs Drill



The Lobs drill is designed to teach the post player to finish on a guard lob pass, both off a straight pass and off the backboard (shot or pass).

The drill is much the same as the quick-ups drill.

Purpose

To teach the post player to finish in the air and to time their jump reading where the ball will go (straight lob, or off the backboard).

To teach the post player to jump-jump (see p. Post Fundamentals p. 22)

Instructions

The coach lobs four balls to the post player, one by one (you might want to start with three balls, to ease them into it).

Post must catch and finish in the air. If he doesn't dunk the ball he must jump-jump.

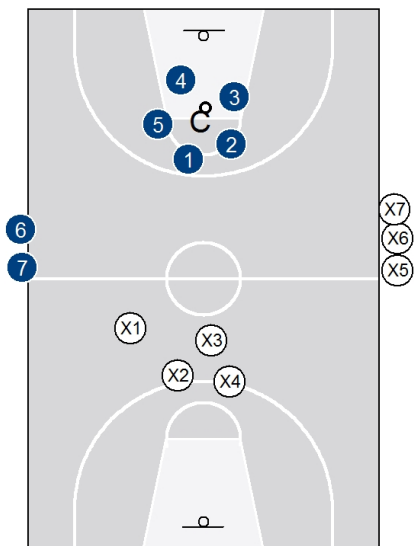
O4 passes then rotate.

Coaching Points

Keep the player guessing on where the pass will come - straight or backboard.

The jump-jump will get the player 2-3 easy baskets per game.

Break Breakdown



This is a break recognition drill working on and against numbers. Another continuous fast paced drill to also help in conditioning

Instructions

Team O is running circle on their half of the court until shot goes up from manager

- Team O takes rebound and starts break against team X
- Team O stays on offense until they are stopped twice in a row, turn it over, or are stopped with only 4 players

Team X can put 4, 5, 6, or 7 players on defense on their half of the court

Team O must recognize defensive numbers and do the following:

- against 4 players - must attack quickly
- against 5 players - run your offense
- against 6 or 7 players - use spacing rules to get your shot

Any offensive team must sprint back and run the circle to start the next sequence

Scoring

- All games are played to 11
- 2-pointer worth 2, 3-pointer worth 3
- Any score against 6 players you add a bonus point
- Any score against 7 players you automatically win game

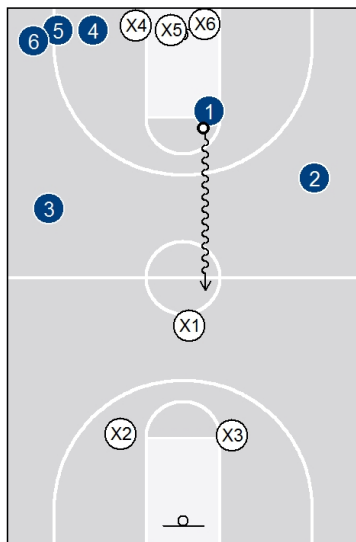
Players

- 5 on offense at all times against 4, 5, 6, or 7 defenders
- Minimum 14 players to complete this drill

Tips

- Offensive team must challenge shot by manager and go to boards or they automatically become the defense
- Defensive team must wait until half court to pick up
- Later on you may let them pick up full court
- You may only use 7 players on defense one time during the game.
- You cannot use the same defense twice in a row (on each change of possession)
- If you are stopped with 4 players you automatically become the defense
- The same is true for any turnover against any number of defenders
- After each offensive possession, offensive team must sprint back and run the circle again or they lose the ball for lack of hustle

Full Court Kings of the Court



Fast moving drill which combines defensive scoring with full court attacking basketball.

Instructions

The defenders stay if they win, and points are scored on defense for each stop. This promotes defensive pride.

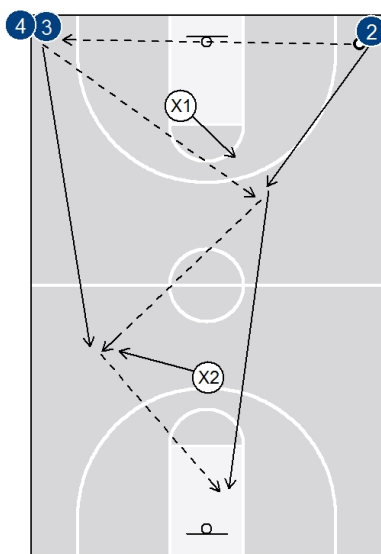
Offense must score to get on defense. Next team goes immediately on basket/stop. This keeps the pressure on the defense.

From 2-on-2 to 5-on-5 possible.

Scoring

First to 4-8 stops.

Spain 2-on-2 Full Court Competitive Passing



Passing and defense drill that's more difficult than it looks.

O3 and O2 must try to pass the ball up the floor and score while X1 and X2 are defending. They have unlimited passes.

Rotations

- Defender who forces turnover switches with attacker who caused it.
- Note: Can be run in teams, so both defenders rotate out.

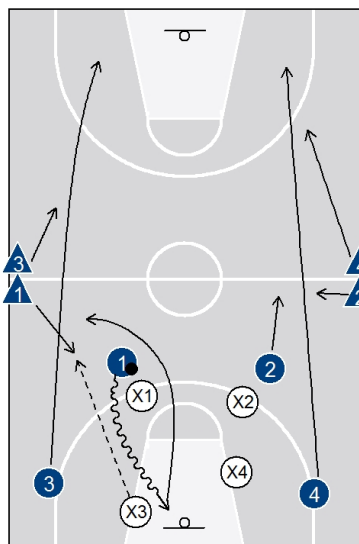
Notes

- Use the one-fake-pass technique.

Defenders must learn to read attackers to get out of defense.

No skip passes when they get good.

4-on-4-on-4 Italy



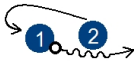
A good drill for teaching defensive balance is the four-on-four with continuity.

The team is divided into three squads: squad A on offense, squad B on defense, and squad C, off the floor at mid court.

After the shot, team A guards team C (the outlet pass must be made on the front half court), while team B goes to midcourt.

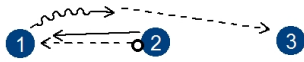
Primary 1-on-1 Basic Teaching – With Swim

1) Grab and Go



Players pair up and line up around the basket. Defender is static and offensive player goes by him by reaching, grabbing and going to the basket with one dribble.

2) Primary Move to Jump Stop

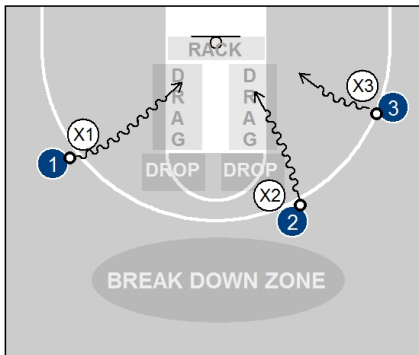


Performing primary moves away from the basket in pairs or threes. Offense goes to defense. Possible to run with two or three players.

Go through all options left, right and upfake.

- Jab right, go right (Sit in V, get low, quick jab, get shoulder and arms forward (swim) to take quickness out of the game.
- Rocker and go right
- Jab right, sweep and go left
- Sweep left, hesitate, go left
- Upfake, go right ("C")
- Upfake, go left ("J")

1-on-1 Primary



Offense has one dribble, must reach and swim (pull) and get to rim. Begin by having defense give space one side.

Keep defense honest by awarding 1 point for missed 3-pointers, 2 points for made 3-pointers and 3 points for layups.

Winners ball.

Make harder by allowing hard defense

Coaching Points

- Selling opposite is key.
- Players must reach out and pull themselves around the defender.

Primary - Primary/Secondary Dribble Lines

Players pair up and dribble across the court and back.

Three different moves:

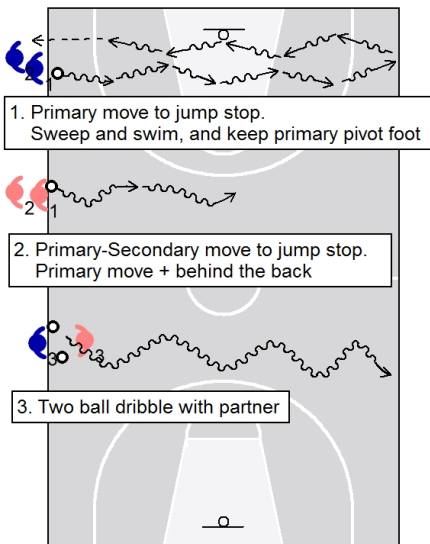
1) Primary move to jump stop:

- Sweep and swim.
- Keep primary pivot foot.

2) Primary/Secondary move to jump stop

- Primary move + behind the back
- 45-90-90 degrees

3) 2-ball dribble with partner as defender



Foul Drill

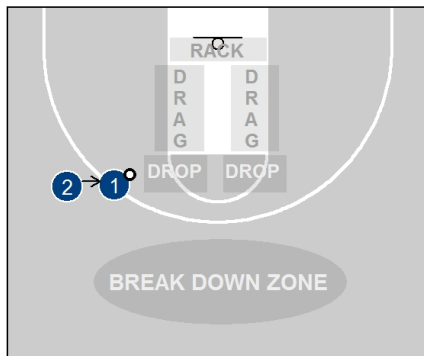
Player O1 must dribble the basketball and keep control of it while player O2 tries to get off him. Player O2 is allowed to foul.

Best results if player O2 is behind player O1, fouling with body.

1-on-1 Foul Sideline

Offense must try to stay within two narrow lines - defense must try to push him out.

Teaches leaning against defender to create space.

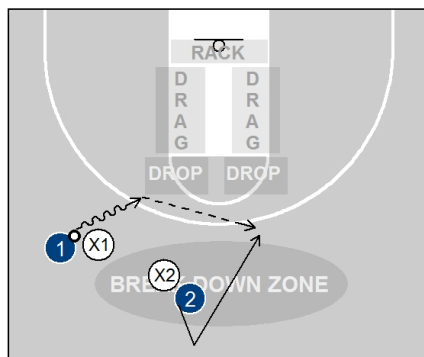


2-on-2 Foul

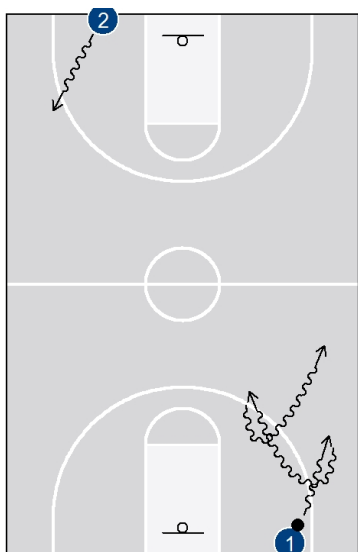
O1 and O2 must dribble exactly X number of dribbles and then pass to each other. X1 and X2 may do anything to get the ball off them, including fouling.

Works with 1, 2 or 3 dribbles.

If a team gets 5 passes opposition gets 5 pushups, then change around.



3 Forward - 2 Back



Ball handling drill, teaching both fundamental ball handling and the specific skill of backing out of a trap.

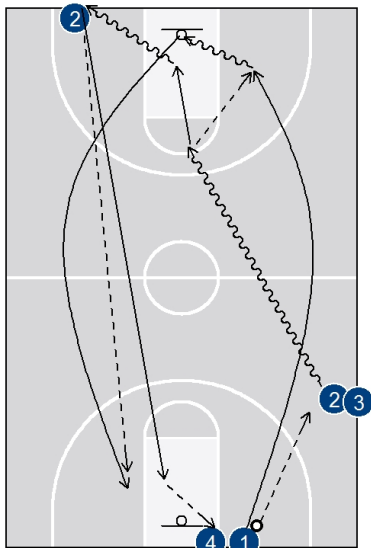
Players line up at both ends of the court.

A player dribbles up the sideline then stops and pulls back for one dribble, and makes a move sideways for one dribble before exploding up the court.

Moves:

- Crossover
- behind the back
- Roll
- Inside Out
- Between the legs

Air It Out



Conditioning drill that teaches fast break fundamentals and long baseball passes.

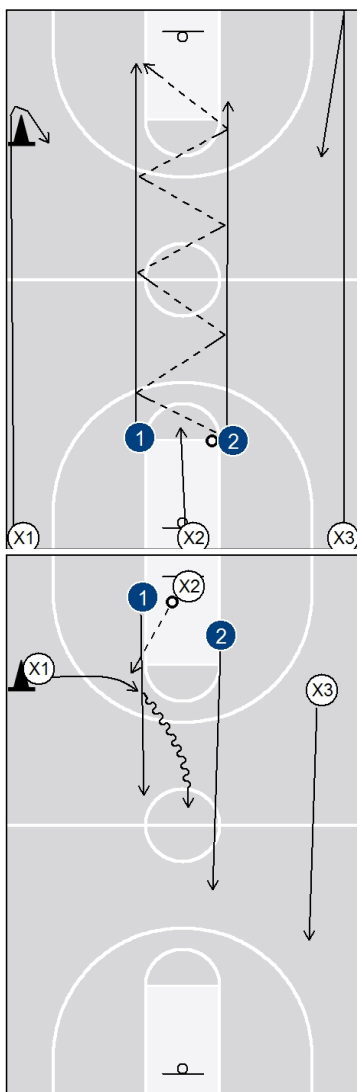
Instructions

- Players are lined up one end at foul line extended and baseline on the edge of the key with balls on the baseline.
- Two balls are used for the drill.
- O1 passes to O2, who speed dribbles up the court and jump stops inside the three point line.
- O2 sprints up the sideline and gets a pass for a no-dribble layup. As soon as O2 has shot the ball he sprints to the other end.
- O1 takes the ball out (out of bounds after a basket) and throws it long for O2. O1 can't dribble for the layup.
- O2 **must** sprint the court and rebound O1's shot and pass it to the next in line (**don't** let the shooter or next man in line rebound the ball, O2 must sprint for that rebound).

Tips

- Teach players to pass the long pass early and high, so the receiver doesn't have to slow down.

Chase The Dribbler



Chase the Dribbler teaches both high speed ball handling, general offense and defensive transition effort.

Instructions

Two O's just inside the foul line, three X's, one in each corner, one under basket.

Middle X passes to O at foul line, O's pass the ball up the court, trying to get a layup (no dribbles allowed). Middle X chases.

Left side outside X sprints around cone to be outlet, right side X sprints to baseline.

After the shot (no offensive rebounds allowed either end, as it's an advantage situation) defense takes the ball out (on a make) and passes to the player cutting around cone.

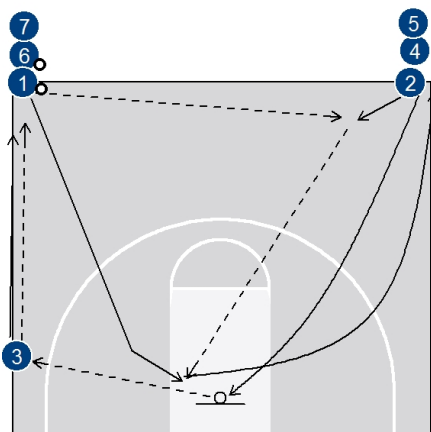
On 3-on-2 limited it to three passes, as we need to attack in the fast break, not set up.

Any turnovers/out-of-bounds are defense ball.

Scoring

2 and 3 pointers to 11.

Passing Layups



The passing layups drill is excellent for teaching how to lead passes to the shooter and teaching tip-in rebounding.

It's also good for consistency in layups and just the mechanics of layups at high speed.

Instructions

O1 passes to O2 and runs towards the basket. O2 takes one or two dribbles towards the basket and leads O1 with the pass.

O2 rebounds. Count a miss by O1 as a make if O2 can tip it in. On a make only count it as a make if the ball is rebounded before the ball hits the floor.

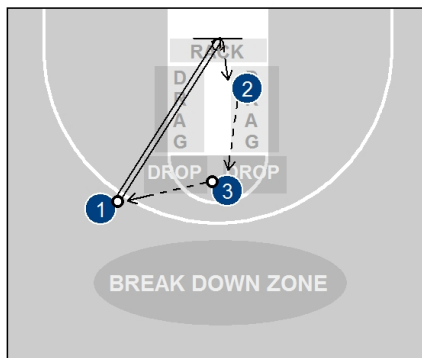
O2 passes to O3 then follows the ball. O3 passes to the next in line, then follows the ball.

O1 runs through to the other line.

Scoring

- It can be timed, with the team having to make more than the previous time.
- It can be a certain number of layups in a row, with a penalty if it isn't reached within a certain timeframe.
- It can be first goal is 20 in a row. If they miss its 19, then 18. For every miss they run one leg of a suicide. If they hit 19 in a row they'd run one leg (one miss), if they hit 16 in a row, a full suicide (4 misses), 12=2 suicides (8 misses).

50 Threes Drill



In groups of three, with two balls. One shooter, two feeders. There can be 2-3 teams per basket.

Each player shoots 50 3's and counts their makes, then the next player goes.

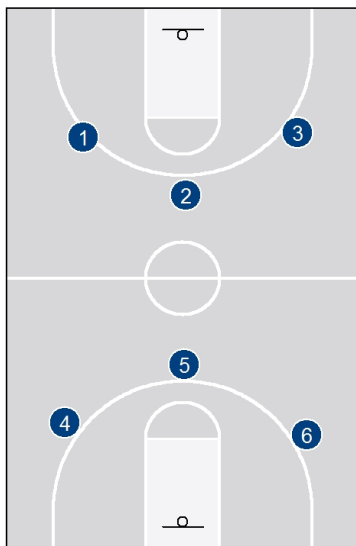
Two ways of doing it:

- 50 threes from same position
- 10 threes from each of 5 positions

Weekly progress is recorded by the coach.

For good teams players must reach 40 makes to not run after the drill. That goal should be adjusted to team ability.

6 Position 3-Point Shooting

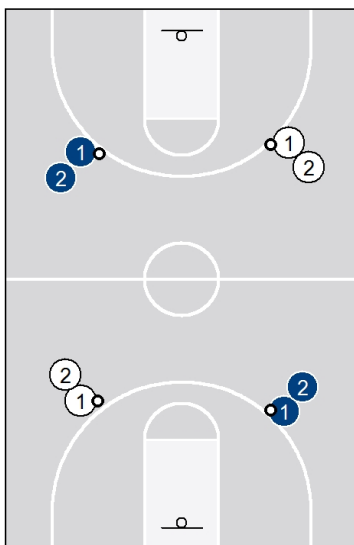


Players are divided into teams of 2-3.

Shooting from six positions, one minute from each position plus 5 seconds to change position.

Each team must make 30 shots (more for advanced level) or must run, and the teams as a whole must average 30 points.

7-up Shooting Drill



Competitive shooting drill.

Instructions

- Any number of teams of two players shooting on as many baskets as possible.
- One ball per team, shooter rebounding own shot, passing back to next person.
- Coach can choose any shot, typically 15 footers, 3's or "Layup, pull-up, 3".

Scoring

- All teams are trying to get to three baskets first.
- When first team gets to three all scores are reset.
- Team who reached goal is now going for four, rest of teams still going for three.
- First team to get to seven baskets win.

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The Dribble Drive Offense

The offense for a new generation

University of Kentucky coach John Calipari called it Princeton on steroids, and nearly got crucified for it, but as it has taken his teams to the Final Four time and again people have had to take notice.

It was labelled as a street-ball offense, but as people have gotten to know the X's and O's of the offense Vance Walberg worked on for 15 years it has become clear that this is a great invention that won't go away any time soon.

Players love to play and coaches love to teach this high-paced offense. Just a few of the advantages of the offense is that it is renowned for developing players and that players love to play in it because of the freedom it provides. This obviously makes the coach's life easier.

This book deals with the strengths and weaknesses of the Dribble Drive:

- The fundamentals needed to run the offense
- The basics needed to run it
- The reads and X's and O's
- How to enter into it, off the break or from a half court set,
- How to teach it.
- 90 pages of drills, including the best of Vance Walberg's and John Calipari's drills.
- Plays, entries and quick hitters
- Playing against sagging and switching defences

The book is for both coaches who are new to the Dribble Drive, and coaches who have a lot of experience with it, but need an easy-to-use reference book for all the finer details of the offense.

Coach Olesen has coached basketball since 1995, in three different European countries and on American camps. He's a professional basketball coach, coaching both children and adults.

www.coachdribbledrive.com