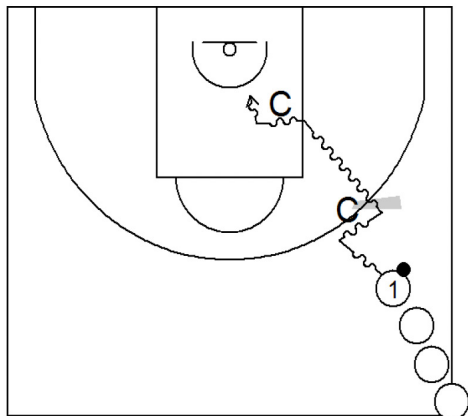


# THE COACHES CORNER

Fred Vinson on player development

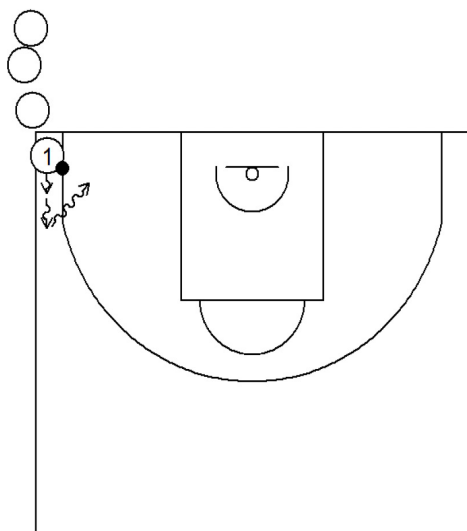
## Conditioning



players start dribble with split line hand. Coach can use pool noodle

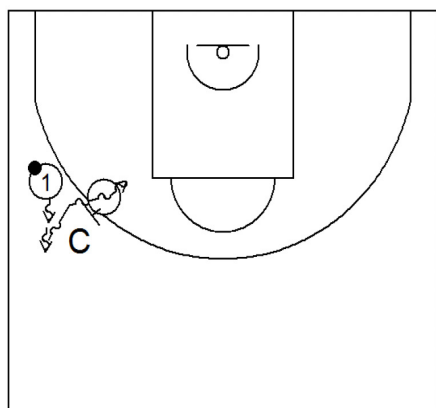
### 16 DEVELOPMENT DRILLS

1. **2 ball stationary dribbling** - pound the dribble with head up
  - a. simultaneous - high, waist, low (Knee)
  - b. alternate - high waist, low.



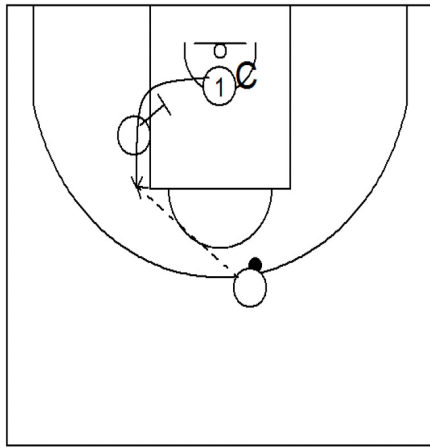
Attack the "Show"

2. **Shoulder resistance dribbling** - 2 balls. Coach provides resistance by placing hands on shoulders, hold and release. Keep the hips low, remain on balance.
  - a. simultaneous - high, waist, low (Knee).
  - b. alternate - high, waist, low (Knee).



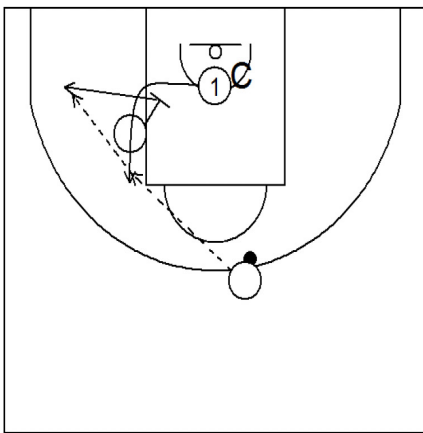
Attack the "Down"

3. **Comination 2 crossover drill (see diagram)** - Beat the first defender, Beat the Helper. Coach calls out the crossovers (e.g. front to between legs). Faster than game speed - don't worry about errors! Players start the dribble on the split line hand. First coach can use a pool noodle to try to defelct the dribble, make contact with the dribbling arm, or place it at a height the dribbler must get under when joining shoulder to hip with knee clip past the coach.



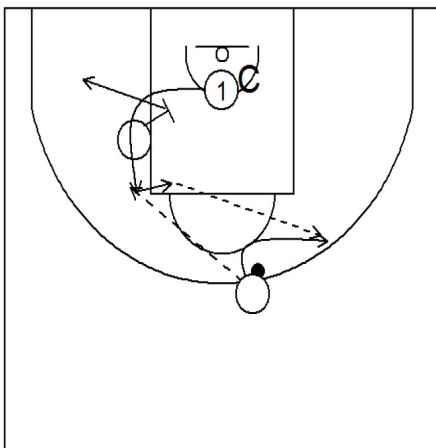
Shots off the Pin-Down Screen

**4. Combination 2 crossover** - Finishing pull-up move at the second Coach: Floater (one foot, two feet) Euro-step, Westbrook, two fakes to finish.



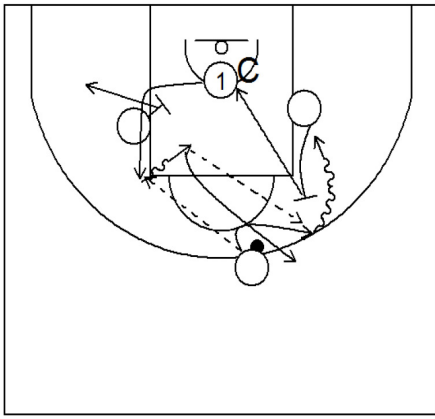
Shots off the Pin-Down Screen. Screener Pop

**5. Crab step attack the “Show” on the PNR (see diagram).** Dribbler keeps the shoulders to the basket. Fake with the eyes - get the help defenders to think you are going another direction than where you intend to attack. From seven spots: a. Corner. b. Miami. c. Slot. d. Nail. e. Slot. f. Miami. g. Corner. Repeat going other direction.

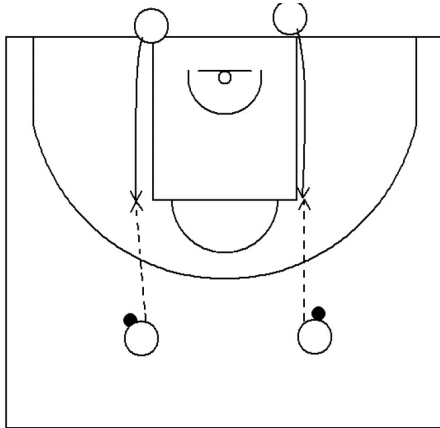


Shots off the Pin-Down Screen. Passer flairs

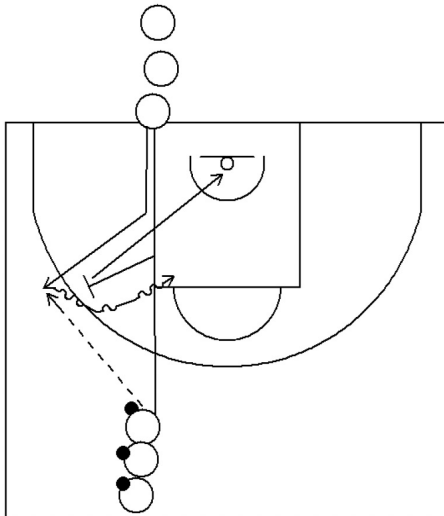
**6. Attacking “Down” PNR defense** - 2 crab dribble, crossover and get directly in front of your screener to attack the big defender. a. Miami. b. Slot. C. Nail. d. Slot. e. Miami. Repeat going other direction.



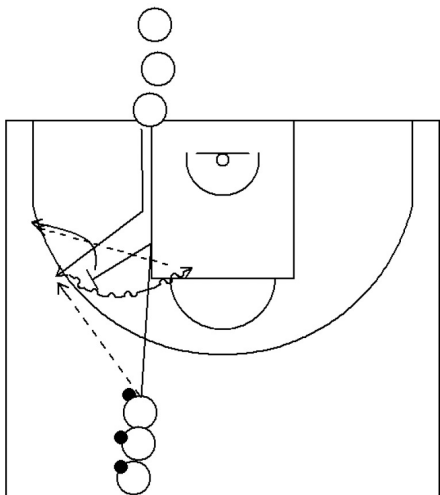
Shots off the Pin-Down Screen. Step up PNR



ELbow Catch Drills. Four consecutive catches, pivots.



L-Cut to PNR



L-Cut to PNR. Screener POP to shot

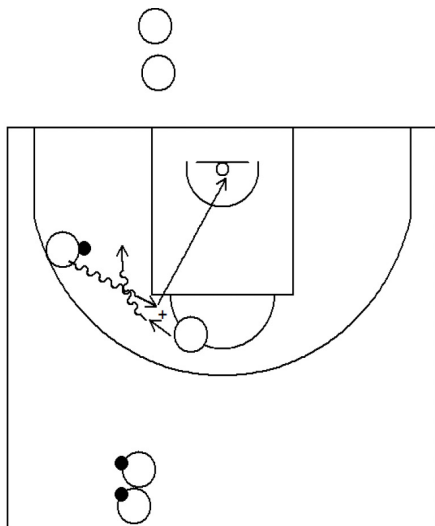
**7. Shots off the Pin-Down Screen.** Shoulders lower than your defender. Shoulder to shoulder with screener. Reach with inside foot, long step on the catch. Heel hits, hips turn into perfect feet. "Stop and Go" to get your defenders shoulders higher. Coach offer resistance by holding the cutter so he executes the Stop and Go. Both split courts.

**8. Shots off the Pin-Down Screen - Screener Pops.** Cutter overhead hook pass to Screener.

**9. Shots off the Pin-Down Screen, Passer separate for shot.** Cutter catches, one dribble to the flair to shorten passing distance.

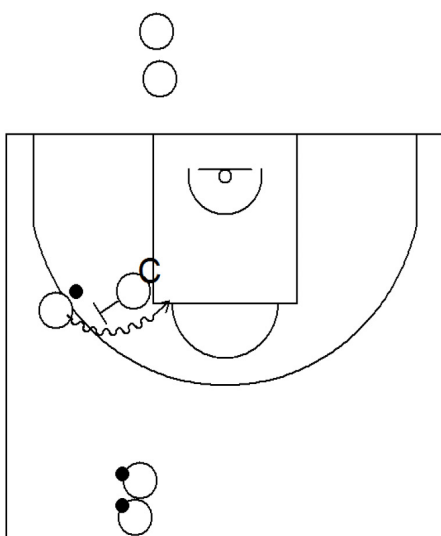
**10. Shots off the Pin-Down screen, 4th player in to step up PNR.**

- Dribbler shoots.
- Roller shoots.
- Cutter fills the Slot shoots.
- Dribbler pass to first screener shoots.



L-Cut. PNR. Screener POP to DHO

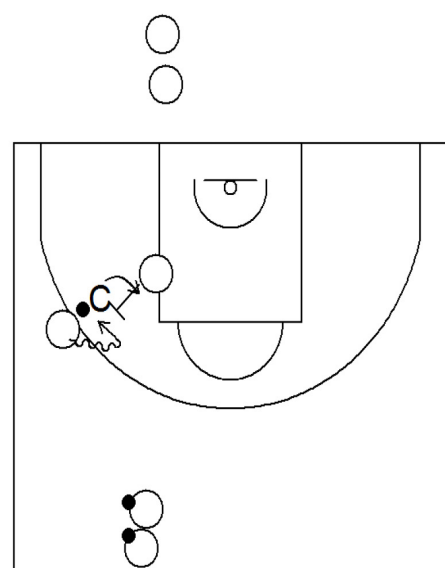
**11. Breakdown shooting on turnout catch.** One player tosses to the inside hand, catch pivot and shoot.



Shots off PNR. Coach defend dribbler on "Live Ball"  
Defend screener to "Show" "Down"

**12. Elbow catch Drills.** Left Elbow: Left foot reverse, left foot forward. Right foot forward. Right foot reverse. Right Elbow: Right foot reverse. Right foot forward. Left foot forward. Left foot reverse.

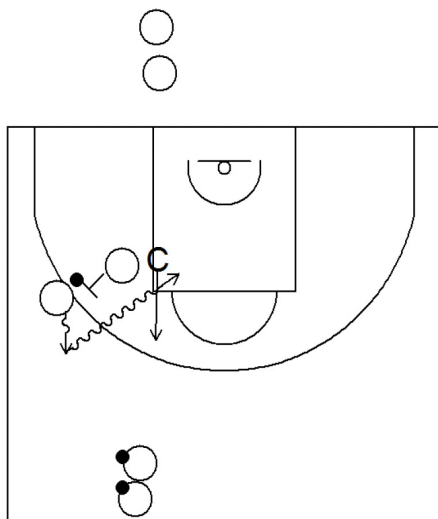
- Catch pivot to triple threat.
- Catch pivot to shot.
- Catch pivot, jab to one dribble finish.



Live ball or Dribble live, Coach goes under  
Crossover and shoot behind the screen

**13. L-Cut to Miami.** Same pivots as Elbow.

- Catch pivot to triple threat
- Catch pivot to driving lay-up
- Catch pivot jab to one dribble pull up
- 2 dribble off PNR
- PNR Pass to Screener Pop for shot.



"show" = crab and crossover

**14. Shots off the PNR** - Get separation before using the screen, two dribble separation before making the decision.

a. Miami - Live ball (dribble has not been used)

b. Slot - Live Ball

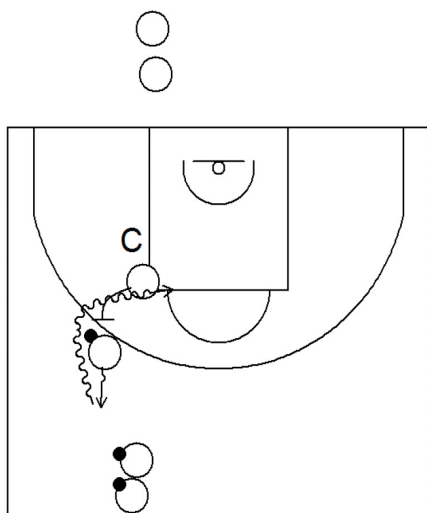
c. Slot opposite split court - Live Ball

d. Miami opposite split - Live ball

e. All four spots with live dribble

Coach defends the ball on "Live ball" so offense gets separation before using the screen. Go over. Go Under shots.

Coach Defends screener, Live ball or dribble live, "Show". "Down" (dribbler gets in front of his screener, attack the screen defender).



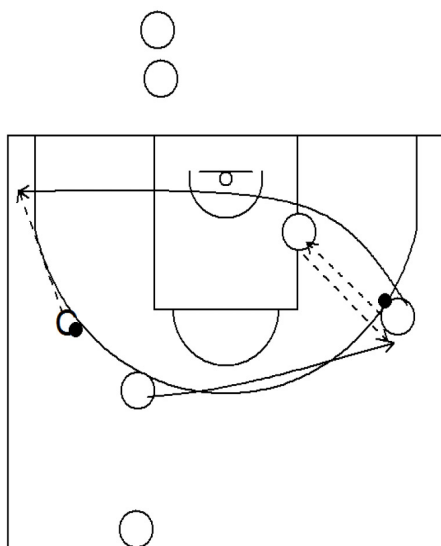
Step up PNR. Crab and get in front of screener - attack the big.

**15. Post feed drills** - Combination shots.

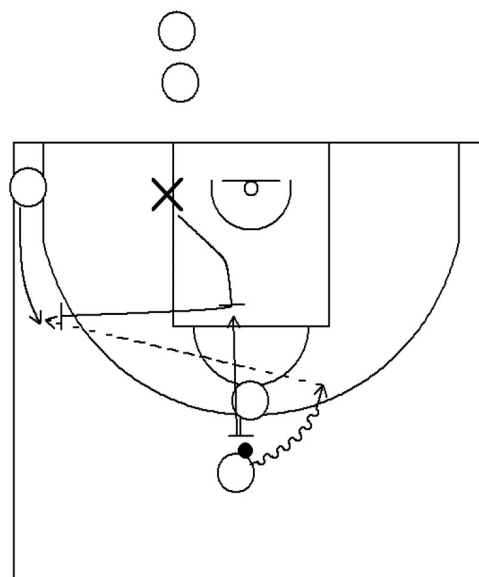
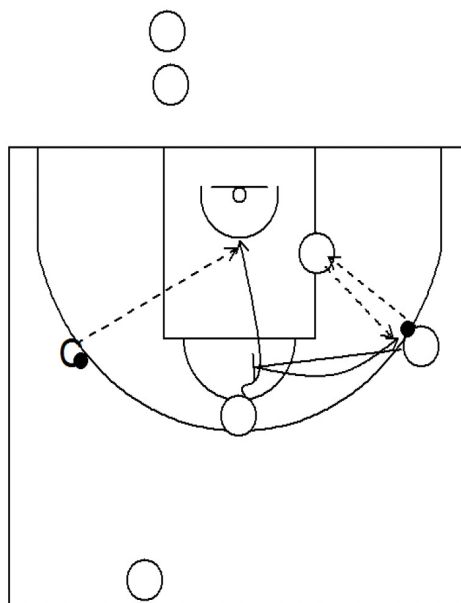
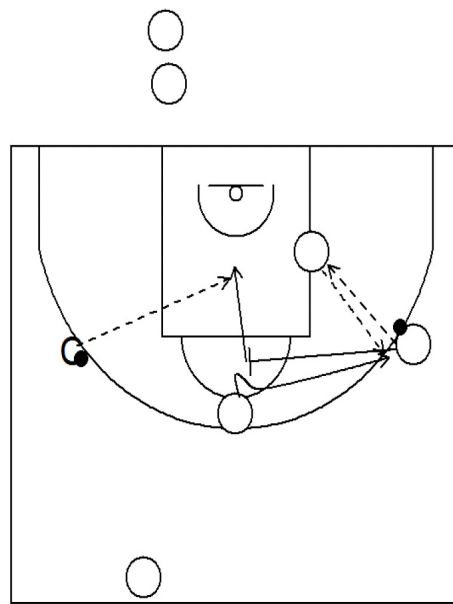
a. Post feed, rip cut to opposite corner, replace Miami - 2 shots

b. Screen above, cut to Miami, cut to rim - 2 shots

c. Screen above, curl to basket, replace at Miami - 2 shots.



**16. "TAG" close out 1 on 1** - Offense has 3 dribble limit



Tag the screen roll high, close out the pass  
1 on1 no middle no paint