



DRILLS TO TEACH “LAKER HOOPS”

- DEFENSE:
- 1) shell drill
 - 2) one on one deny wing
 - 3) one on one help side
 - 4) one on one roll out
 - 5) transition talk drill
 - 6) bull in ring
 - 7) lane shuffles
 - 8) defensive stance / quick feet

- PASSING:
- 1) Passing lines
 - 2) four corners
 - 3) pass and go behind
 - 4) full court wing pass lay-up
 - 5) bull in ring

- SHOOTING:
- 1) Lines
 - 2) 5-3-1
 - 3) Beat Larry Bird
 - 4) two bounce (foul shooting)

- OFFENSE:
- 1) 3 on 3 no dribble
 - 2) 7 passes or lay up
 - 3) 3 on 2 - 2 on 1
 - 4) 11 man fast break
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- Things to Start With:
- 1) defensive stance
 - 2) V-cut/backdoor to relieve pressure
 - 3) Floor Balance
 - 4) Passing
 - 5) Screen away from the ball
 - 6) Foot work