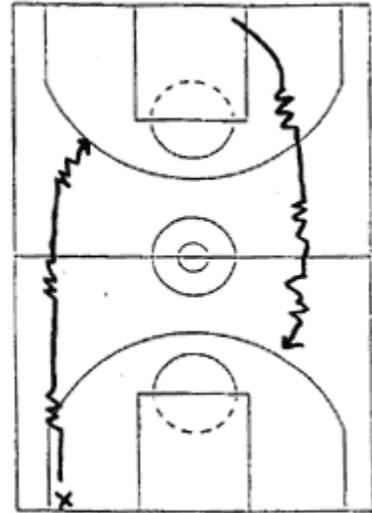
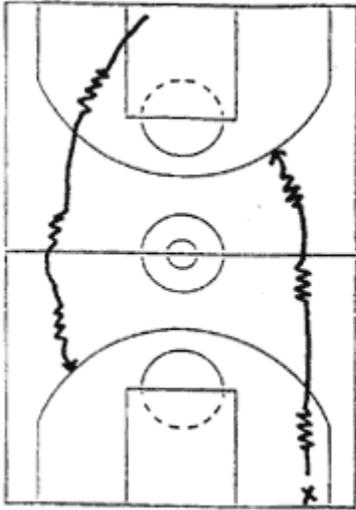


# Billy Donovan's Perimeter Player Workout

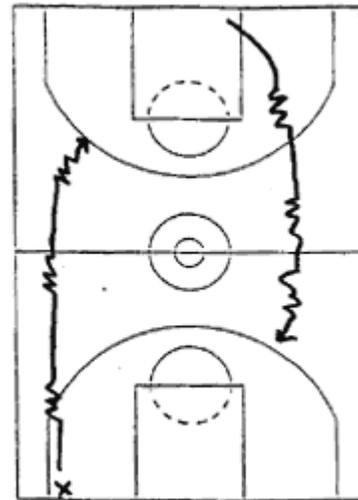
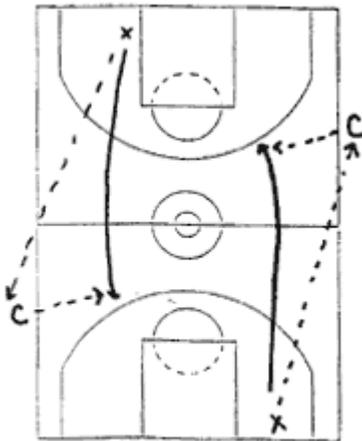
- Full Court Dribble Moves



3 dribble moves up each side. Then shoot a 3.  
Do all the same dribble moves for both trips up the floor. Must make 3 out of 4 to advance to next dribble move.

Now use the other hand.

- Full Court Transition Shooting



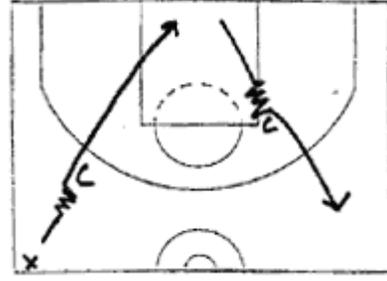
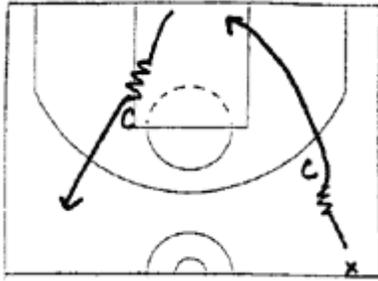
1. Advance pass to coach.
2. Sprint the length of the court & receive pass from coach & shoot a 3.
3. Get your rebound & advance pass to next coach.
4. Follow the pass & shoot another 3.

Challenge yourself to make 6 out of 10 or start over!

**Perimeter Player Work-out #2**

# Billy Donovan's Perimeter Player Workout

- Half Court Dribble Moves

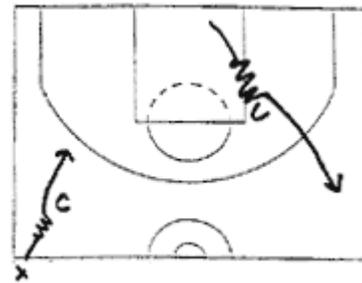
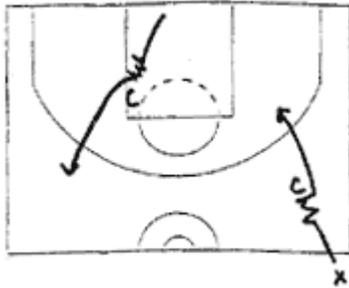


1. Start hard at first coach, then make a dribble move & go body-to-body past coach to the rim.
2. Do same move on your way out to the other side.

SAME THING ON BOTH SIDES  
Experiment with different moves.

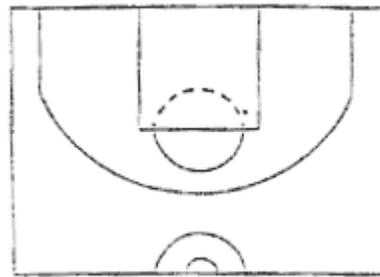
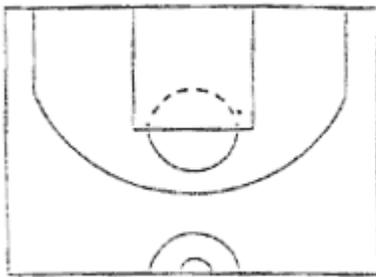
- Hesitation
- Cross-over
- Inside-out
- Inside-out
- Crossover
- Make up your own

- Half Court Dribble Moves with Pull Up Jumpers



1. The same drill as above, only this time you are pulling up for jumpers. You can shoot 15 footers or 3's.

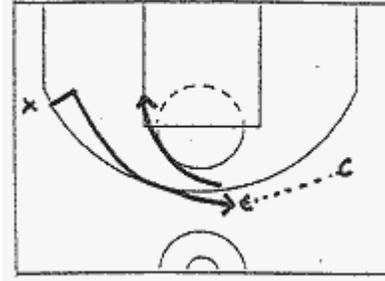
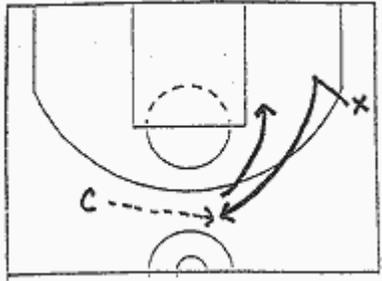
- Make Up Your Own



## Perimeter Player Work-out #3

- Rip-through Pull-ups

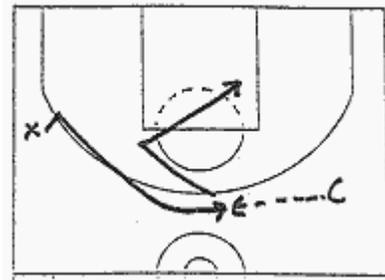
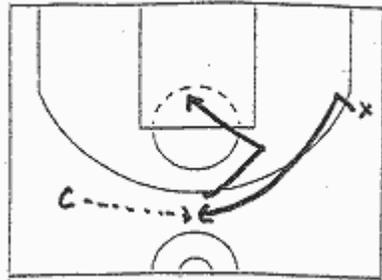
# Billy Donovan's Perimeter Player Workout



1. Player V-cuts to top of key & catches pass.
2. As he catches it, he Rips the ball through and goes hard in opposite direction for a pull-up

SAME THING ON BOTH SIDES

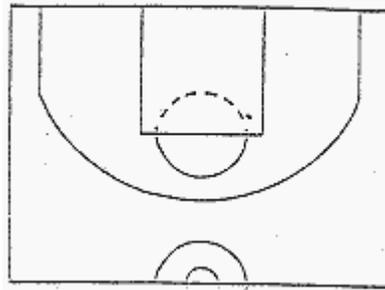
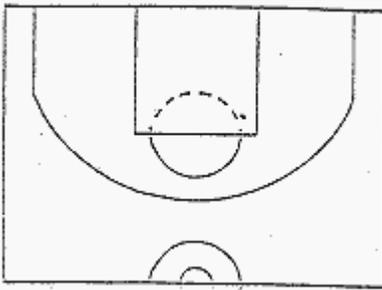
- Rip-throughs with a change of direction



1. Player V-cuts to top of key & catches pass.
2. As he catches it, he rips it through and goes hard in opponents direction.
3. Now the player must change direction, using one of the dribble moves discussed earlier & pull up for a jumper.

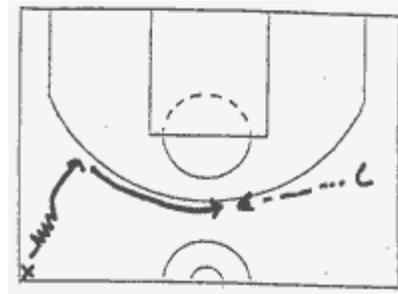
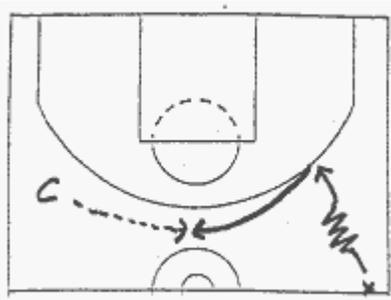
SAME THING ON BOTH SIDES

- Make Up Your Own



# Billy Donovan's Perimeter Player Workout

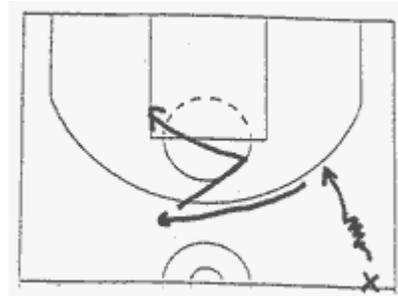
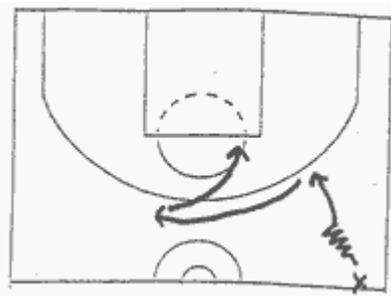
- 1/2 Court dribble moves & shooting on the move



1. Player makes a dribble move, then shoots a 3.
2. Miss or Make, the player sprints to the top of the key & receives a pass for another 3.

- SAME THING ON BOTH SIDES
- Make challenges for yourself, such as you have to make 7 out of 10 or it does not count!

- 1/2 Court dribble moves & pull ups

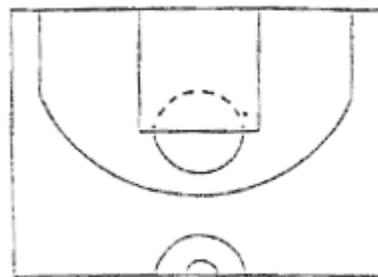
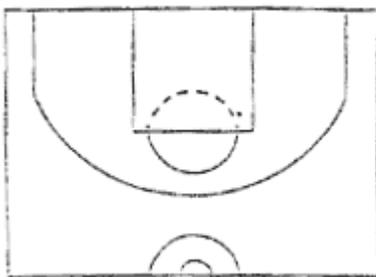


1. Same drill as above, but now after the three, the player sprints to the top of the key & receives pass and rips it thru for a pull up jumper.

Same drill but now you will change direction with a dribble move

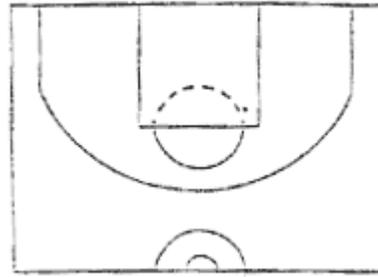
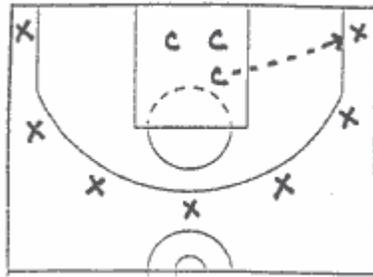
- crossover
- between legs
- behind-back

- Make Up Your Own

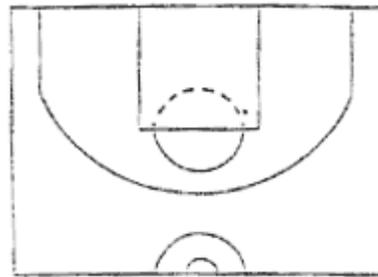


# Billy Donovan's Perimeter Player Workout

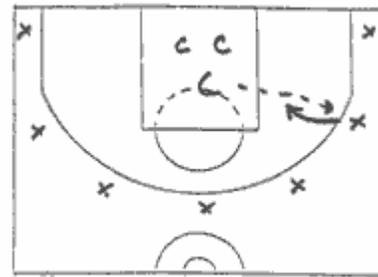
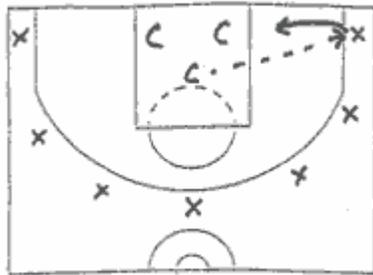
- Spot Shooting



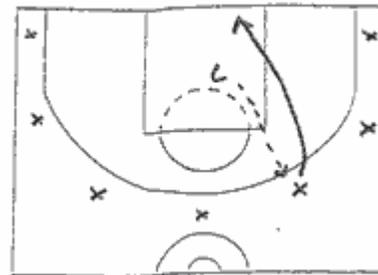
1. Player is in one spot at a time. He can shoot for a minute at a time, or until he makes 10, whatever you want to do.
2. Make sure to keep track of everything to set goals & records to measure improvement.



- 1/2 Court dribble moves & pull ups



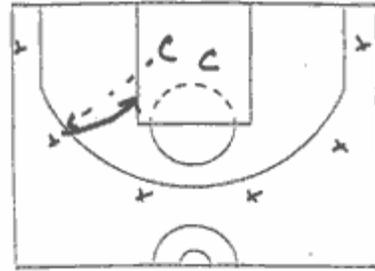
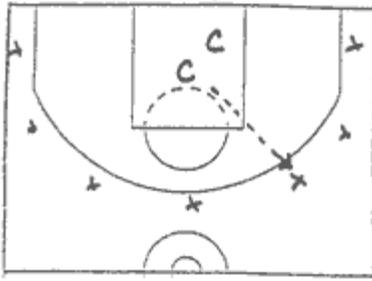
1. In this drill, the player will receive the pass, then ball fake & go right for a pull up jumper. In the same spot he will ball fake & go left for a pull up. Then he will do 2 more ball fakes, right & left, but now getting to the rim.



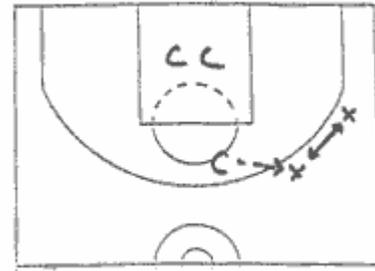
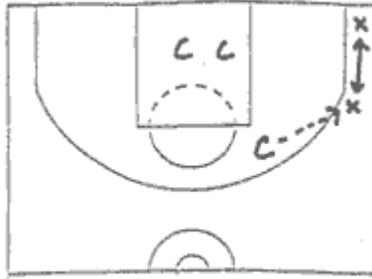
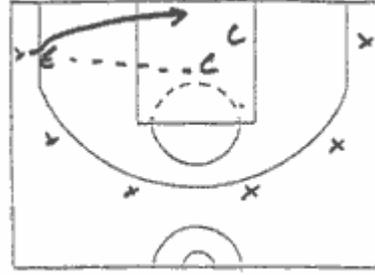
- Once again keep track of everything!

- "21" Shooting Game

# Billy Donovan's Perimeter Player Workout

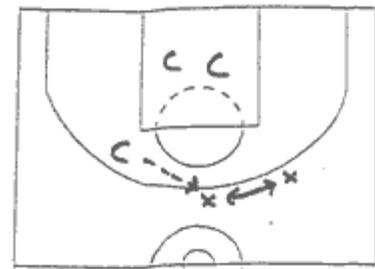


1. Player has to move all around the perimeter. He can't shoot from the same spot twice or shoot the same shot twice in a row. 3's are worth 3, ball fake pull-ups are worth 2, and a lay-up is worth one. Go all the way up to 21.



1. Player will move from spot to spot for 1 minute.

- Next spot

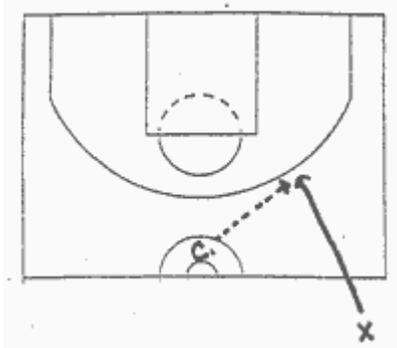


- Next spot

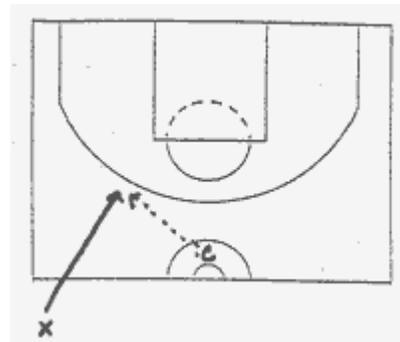
# Billy Donovan's Perimeter Player Workout

## Perimeter Player Work-out #6

- Transition Shooting

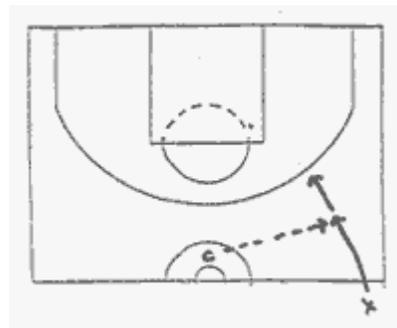


1. Player will sprint in from 3/4 court & receive pass from coach on the run
2. Player will shoot with no dribble

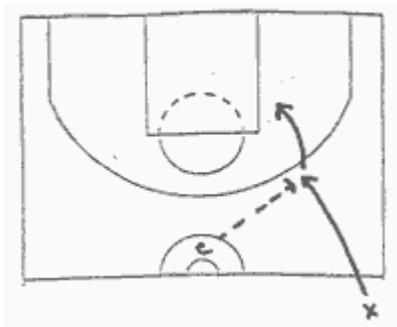


- Same thing on both sides

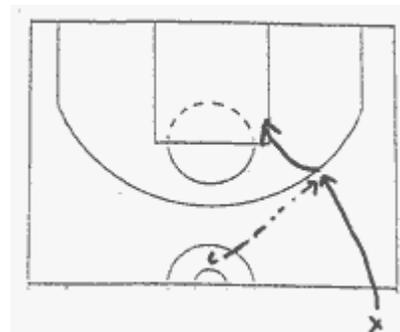
1. Same drill, but now the player can take a dribble



- Transition Shooting with Ball Fake

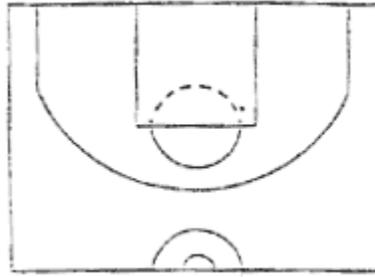


1. Same drill as above, now the player will ball fake, take one dribble right and pull up for a jumper



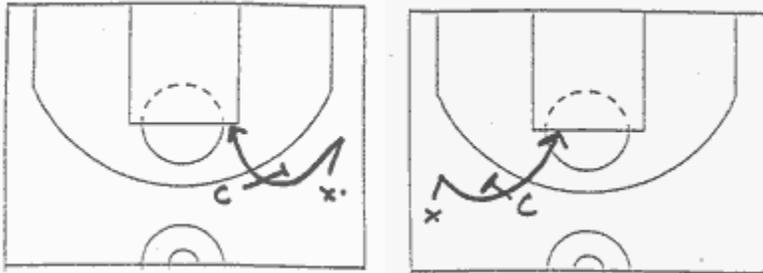
- Same thing, only this time the player will ball fake & go left.

# Billy Donovan's Perimeter Player Workout



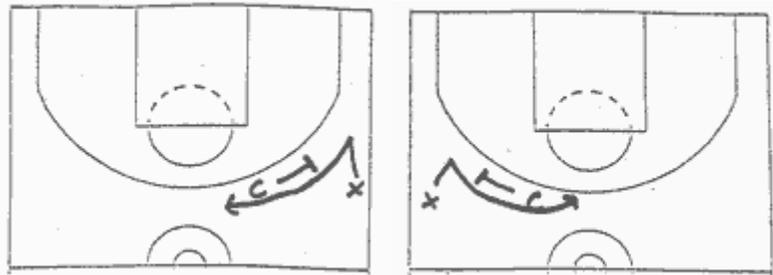
## Perimeter Player Work-out #7

- Pick & Roll Shooting (15 footers)



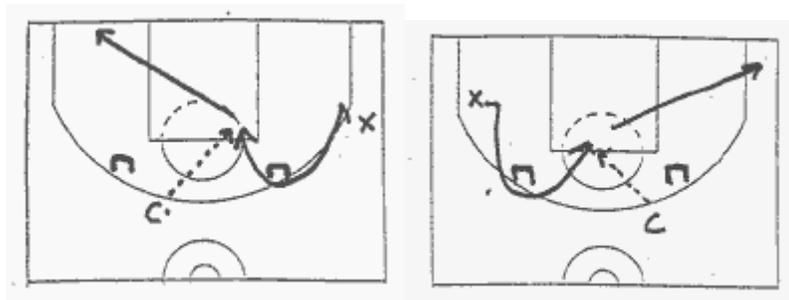
1. Coach sets screen at elbow.
2. Player dribble to level of screen & goes off body to body for a pull up jumper.

- Same on each sides



- Pick & Roll Shooting (3's)

1. Same as above, only shooting 3 pointers.

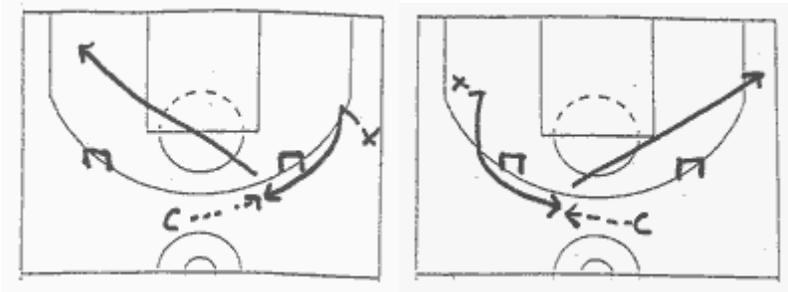


- Screen Shooting

1. Set 2 chairs up at the elbows extended.
2. After the player shoots he will go to the opposite short corner.

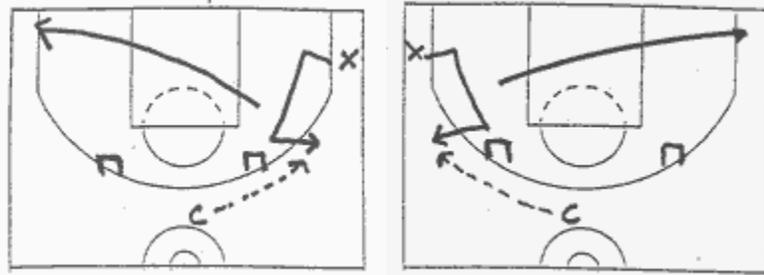
# Billy Donovan's Perimeter Player Workout

1. Curl off the chair on this side now
  - Go side to side until you achieve your goal.  
Ex. 8 out of 10 or 6 in a row.



- Screen Shooting

1. Same drill as above, but now the player will shoot 3's



1. Same drill as above, but this time the player will bump back as if his defender went under the screen.

- Same on this side

