

Steve Wojciechowski - Creating a Championship Guard

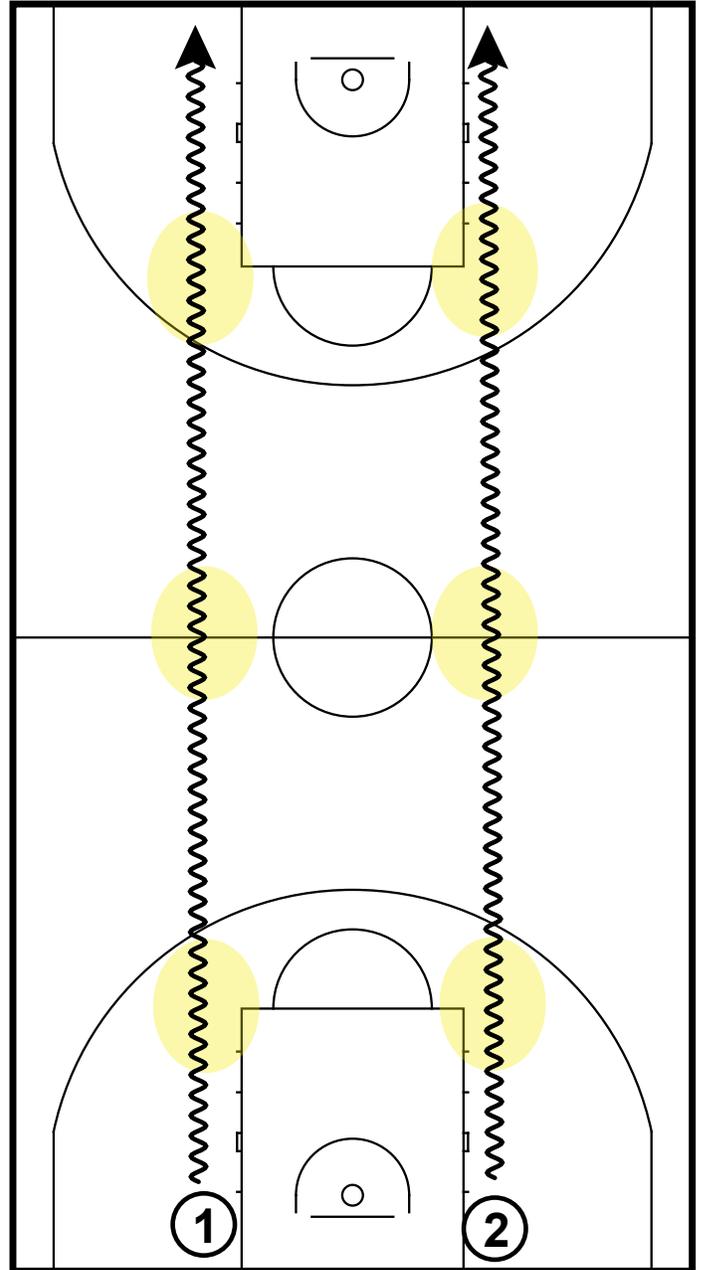
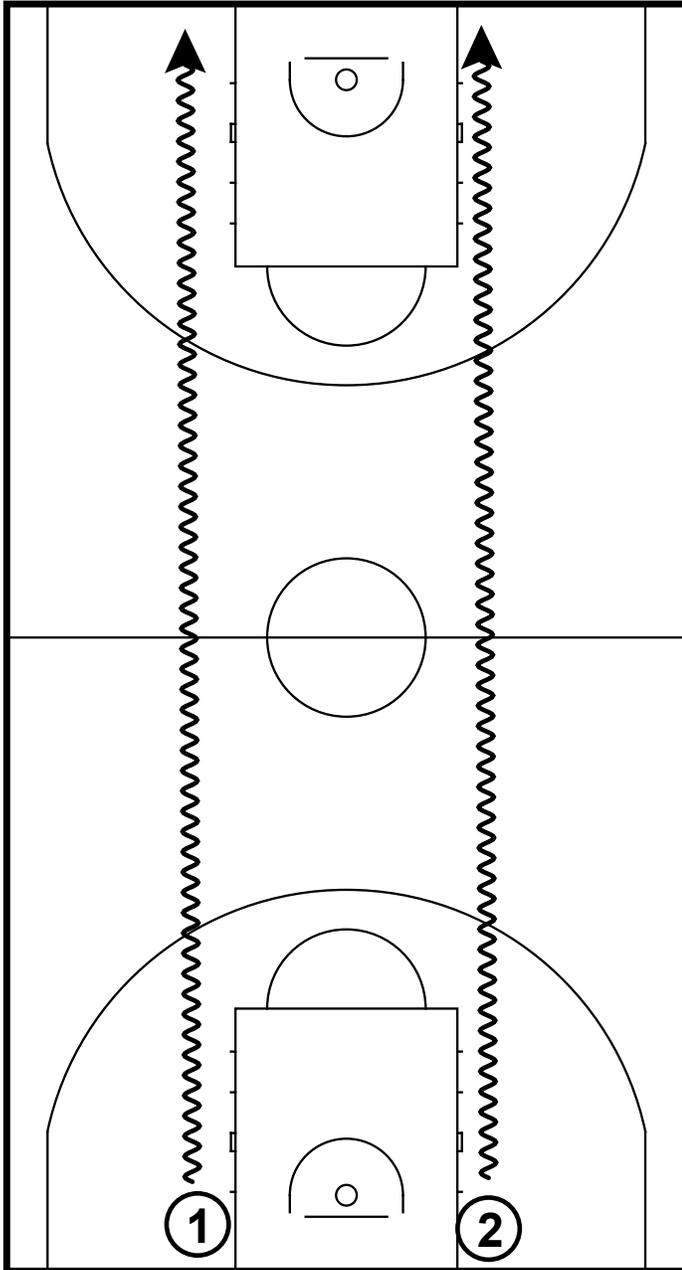
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Ball Handling

Full Court Ballhandling

Full Court Ballhandling



Skipping (2 Lengths - End and back)

- Two lines either side of the paint
- Players execute exercise to opposite baseline, when everyone has reached the other end they repeat coming back
- Players skip to the length of the floor dribbling the basketball ball in their right hand and then repeat using their left hand coming back

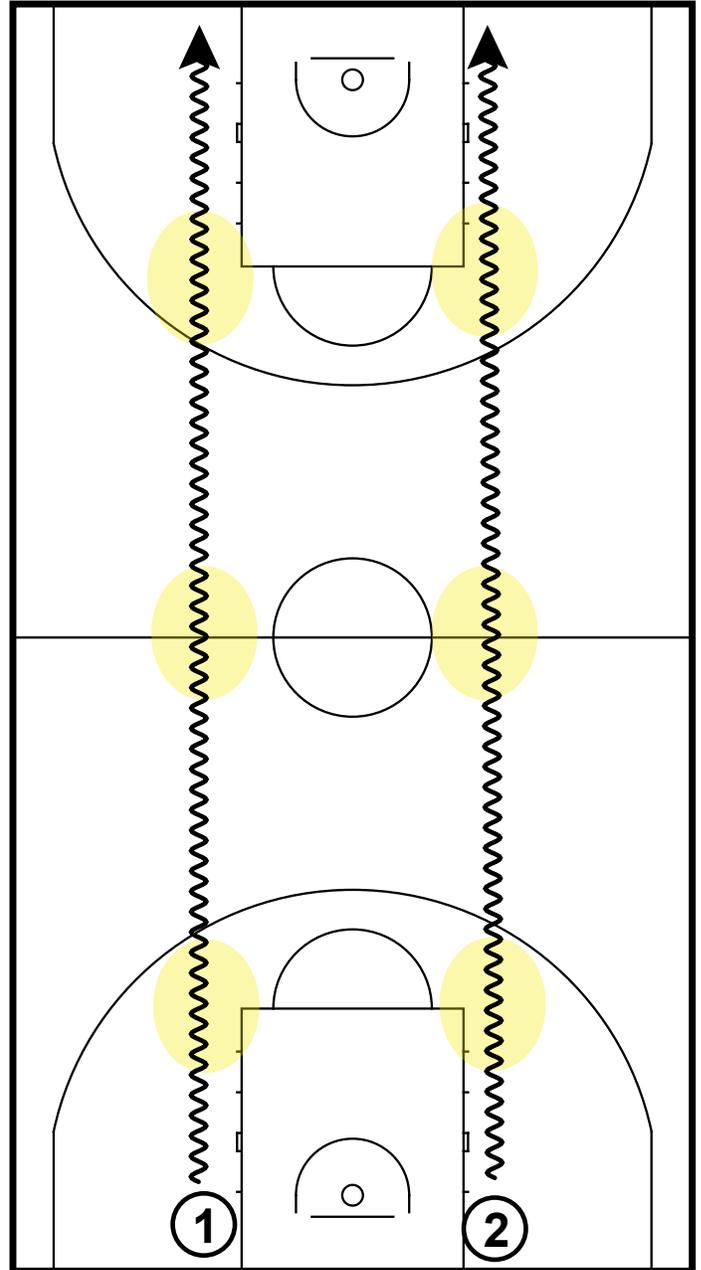
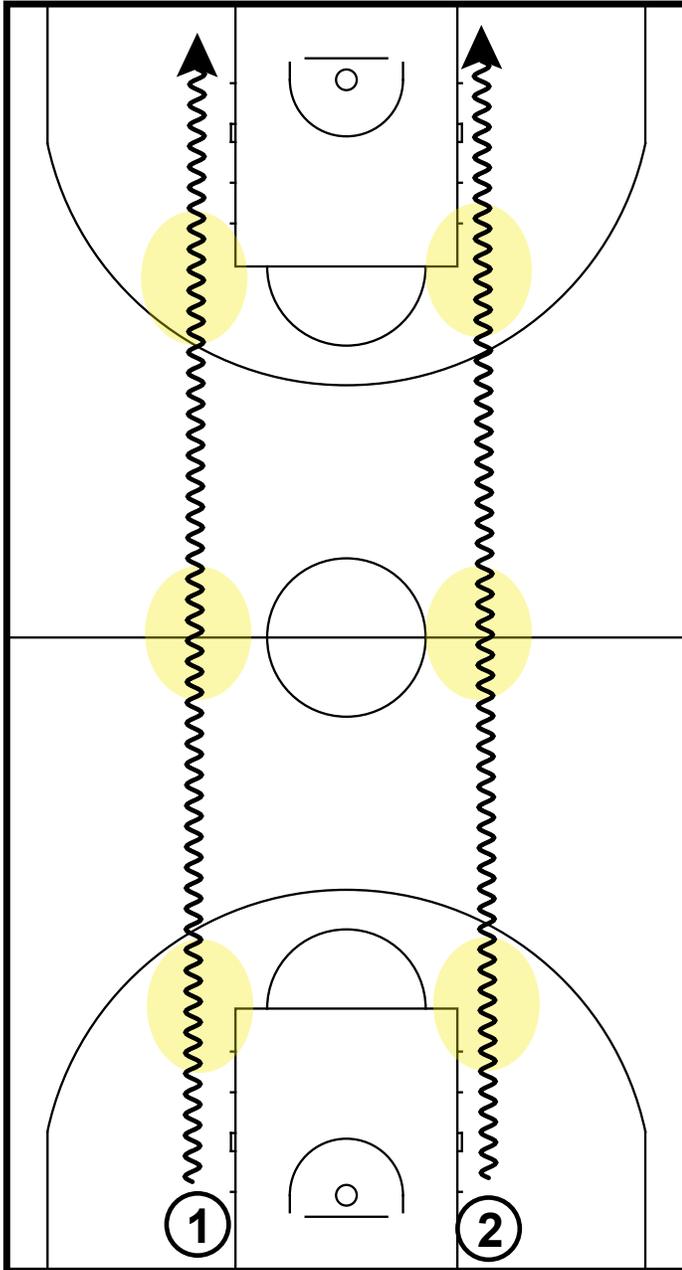
Stop and Go (2 Lengths - End and back)

- Players speed dribble and at the relevant points (both foul lines and the half) they raise their body up keeping the dribble alive, giving the impression they are stopping, hold for a second before exploding and repeating.
- Right hand up, left hand back

Ball Handling

Full Court Ballhandling

Full Court Ballhandling



In and Out (2 Lengths - End and back)

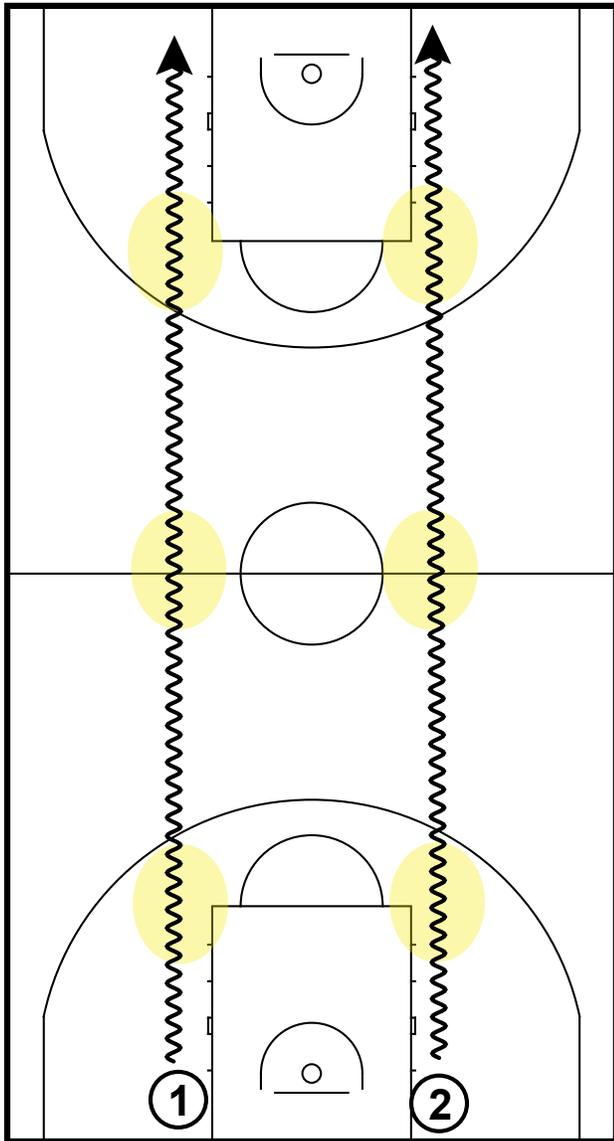
- Same as stop and go, but after you have raised up and slowed down you perform an in and out dribble before exploding forward again
- Right hand up, left hand back

Change Direction (2 Lengths - End and back)

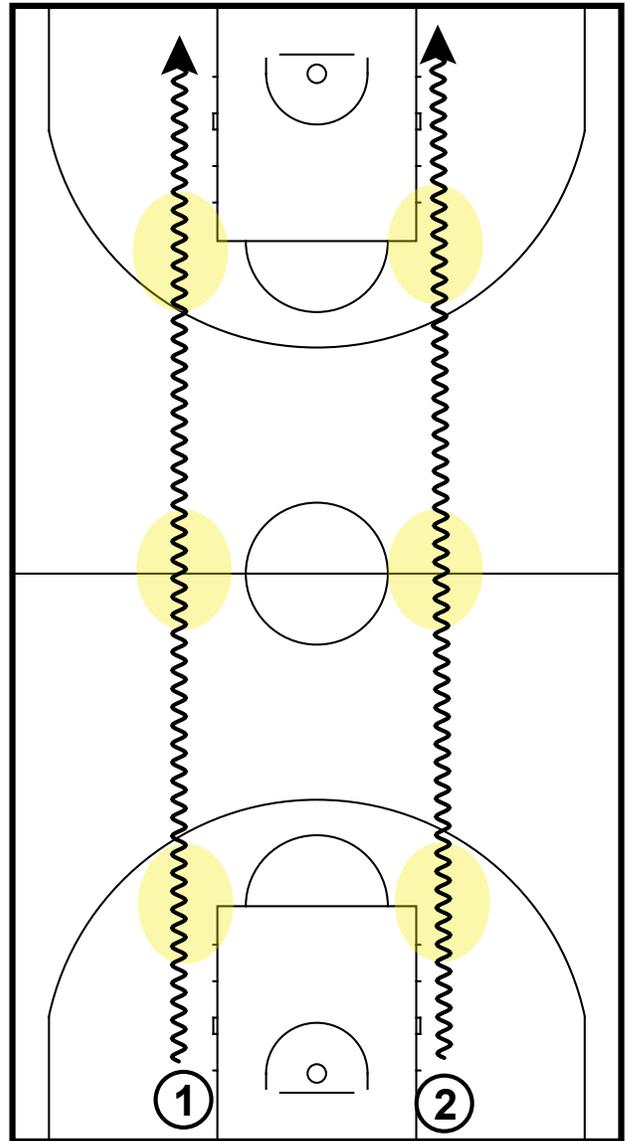
- Same as before, after you have raised up you now perform a cross over (in front, between, behind) and explode forward with the opposite hand.
- Importance in staying in a straight line north-south dribbles and not Zig-Zag

Ball Handling

Full Court Ballhandling



Full Court Ballhandling



Step Back / Retreat (2 Lengths - End and back)

- Players attack the relevant point (foul line or half) and when they get there plant their inside foot as if they have just stepped into the defender.
- They then perform two strong retreat dribbles.
- First dribble should create as much separation as you can, where the second dribble you would turn your body from vertical to horizontal

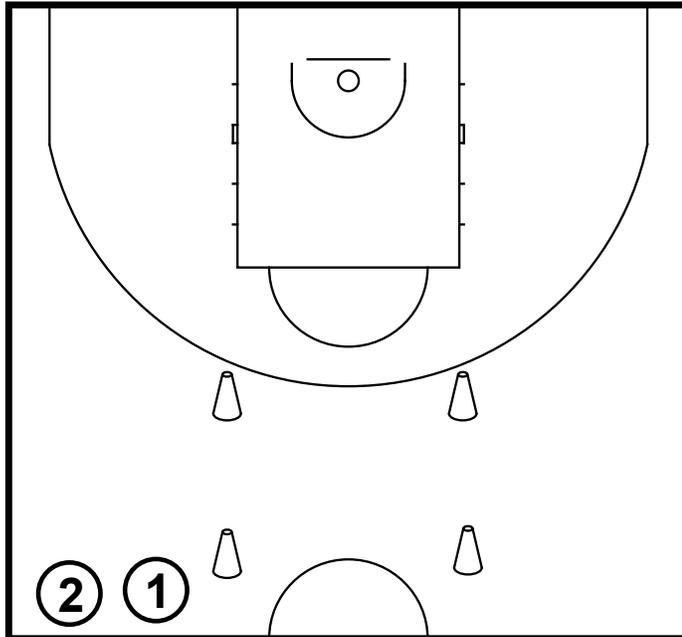
- 1 SPACE - 2 VISION

Full Court Speed Dribble (2 Lengths - End and back)

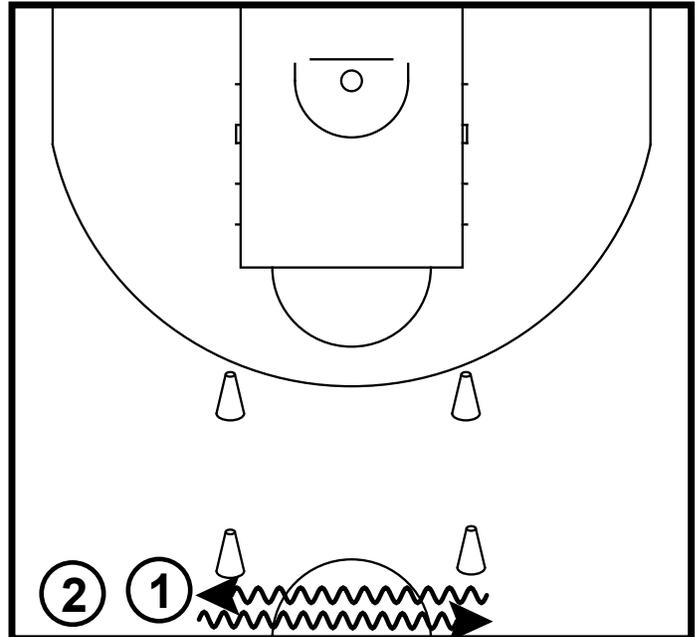
- Players speed dribble as fast as they can the length of the floor
- Alternate push ahead, example right hand dribble, left hand dribble, right hand etc
- Head in front of body, flat out sprint with the ball
- Maximum 4 dribbles

Ball Handling

Guard Box Drill



Guard Box Drill



Box Ball Handling

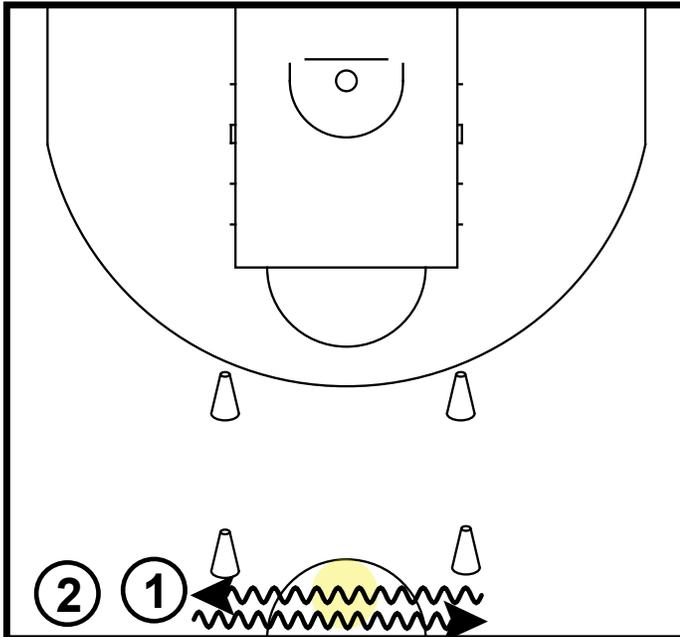
- 4 cones in the middle of the floor
- 15 feet apart
- Start behind bottom left, always facing the basket
- Each player makes two trips before rotating
- There and back is 1 trip

1. Slide Dribble

- Ball in your right hand
- Sideways motion
- 2/3 dribbles right then back with your left, one continuous motion

Ball Handling

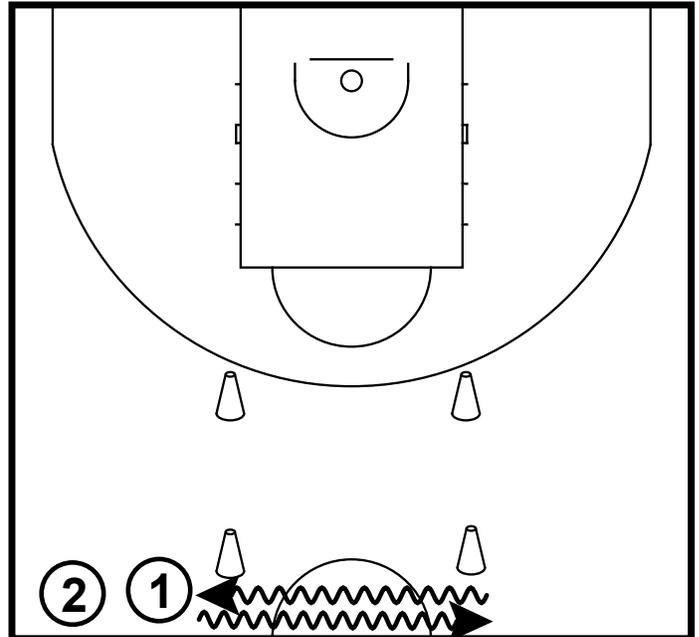
Guard Box Drill



2. Slide and Jab Dribble

- Ball in your right hand
 - Sideways motion
 - 2/3 dribbles right then back with your left, one continuous motion
 - Addition, when you get half way you now perform a jab step.
- Going right, I would jab with my left foot and then pull back. In a game this would be stepping into your defender and then stepping back to create space.
- Going left, jab with your right,

Guard Box Drill

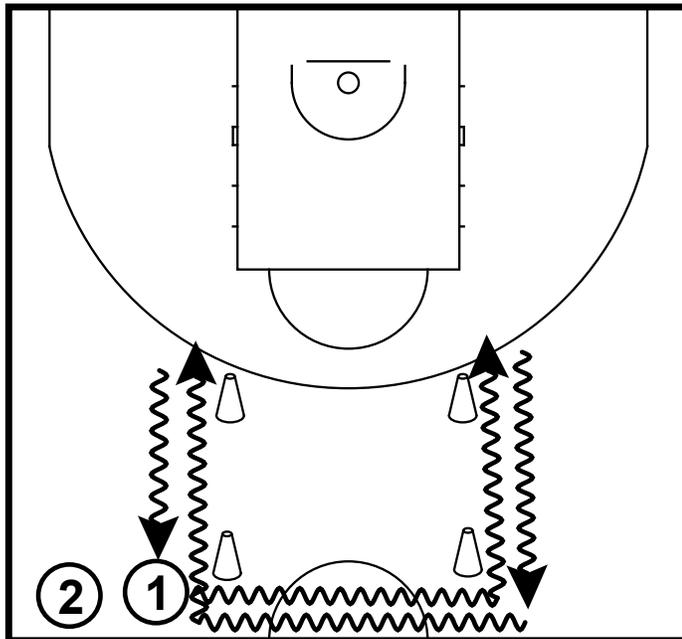


3. Cross Slide Dribble

- Same as #1 Slide dribble, but now when you get to the end you make an aggressive crossover in front of your body.
- 2 dribbles right, crossover
- 2 dribbles left, crossover
- Quicker, less dribbles.
- "The more ground you can cover with fewer dribbles, the better ball handler you are."

Ball Handling

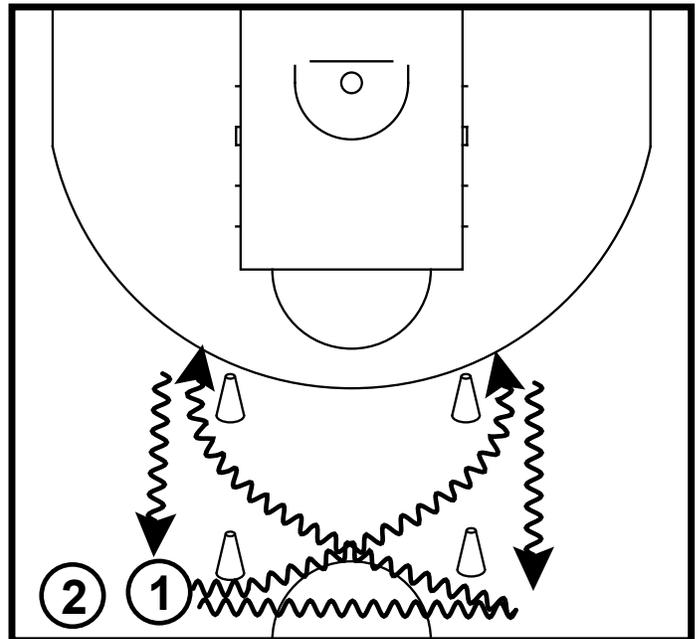
Guard Box Drill



4. Slide and Step Back Dribble

- Ball in your right hand
- Sideways motion
- Dribble past the cone, explode forward as if you are attacking a defender, plant your foot pass the cone and then perform the two retreat dribbles.
- **1 for SPACE, 2 for VISION**
- Repeat going the opposite way.
- 1 repetition is going right, attacking up, retreat, going left attacking up, retreat

Guard Box Drill

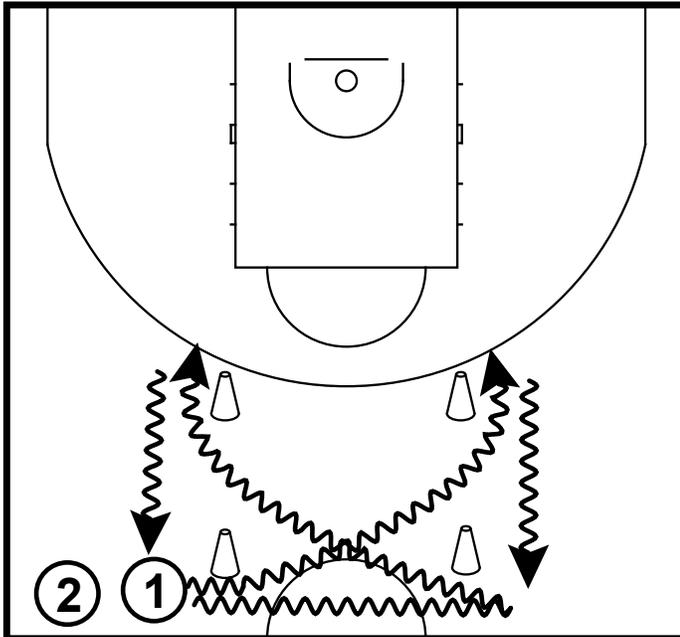


5. Slide and Cross Dribble

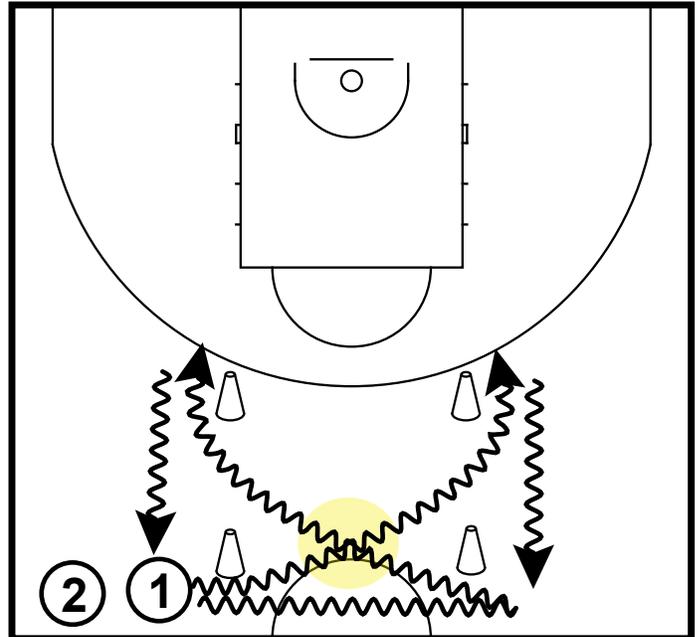
- Ball in your right hand
- Sideways motion
- Dribble past the cone, then instead of attacking forward like #4, you cross the ball over and attack on the diagonal. Get inside foot pass the cone and then retreat dribble (1 space, 2 vision) crossover and repeat going on the opposite diagonal.
- 1 trip is 2 diagonals

Ball Handling

Guard Box Drill



Guard Box Drill



5. Power Dribble

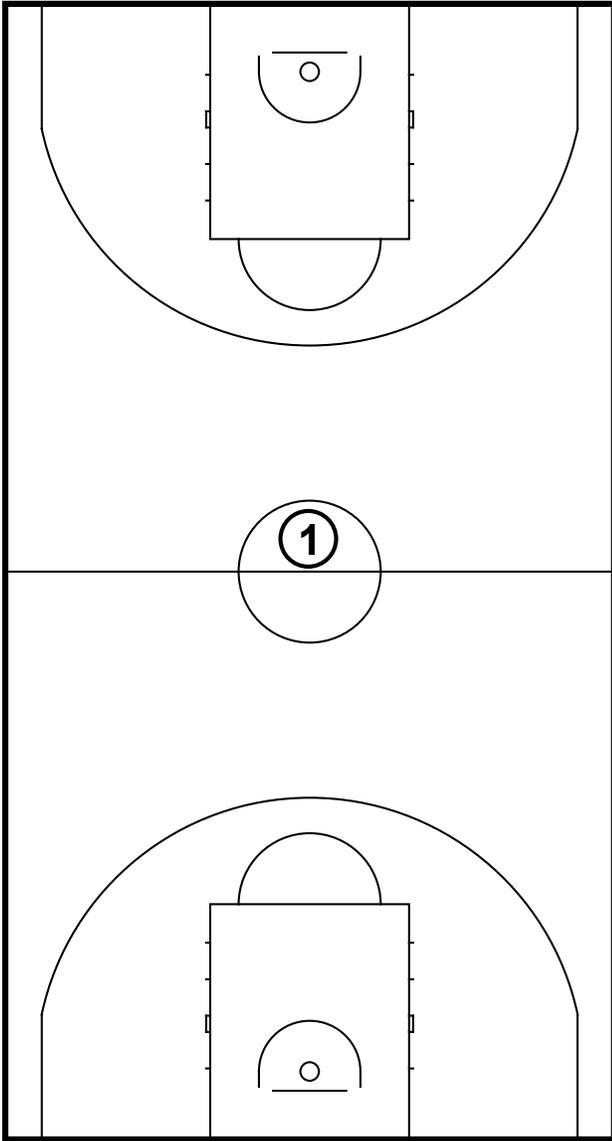
- Ball in your right hand
- Sideways motion
- Dribble past the cone, crossover but instead of full speed dribble, you drop in stance plant foot forward and take slow crab dribbles as you walk your defender to a spot
- As soon as you get past the cone, retreat dribble, crossover and repeat the opposite way.
- Slow and extended
- Low and wide
- Get defender on your hip

5. Power Dribble Half Spin

- Same as before but when you get half way, perform a half spin before you continue to attack the cone, retreat, crossover, repeat.
- Point guards - why are we doing it?
- Body and mind knows what it feels like and what you have to do in a game
- Have **VISION**
- **You have to be able to go from 75mph down to 0mph to run an offense and then explode back to 75.**

Ball Handling

Kill the Grass

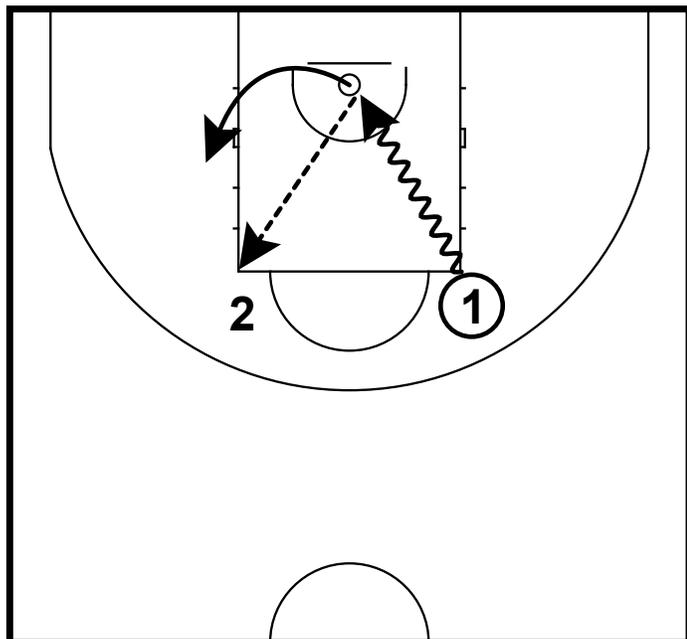


Kill the Grass

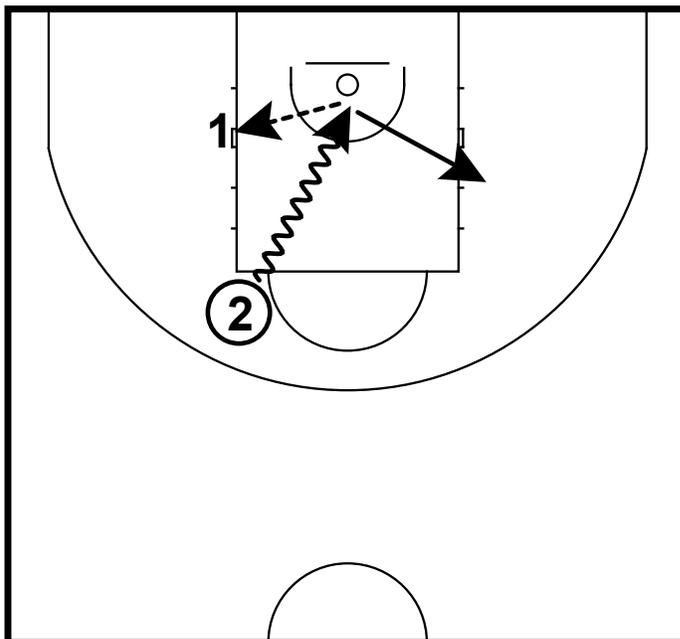
- 1 player in the centre circle with a ball
- 30 seconds - 1 minute (dependant on coach)
- You have to kill all the patches of grass in the circle
- Change of pace, direction, hands
- Crossovers, retreat / step back, jabs
- For the whole duration you are literally performing whatever you like to cover all the ground
- Great finisher / conditioning

Game Shot Series

Paint Finishes



Paint Finishes



Paint Finishes (25 Makes)

- 2 players with 1 ball
- Both start outside the paint
- Player with ball finishes using 1 dribble, rebounds his own shot and passes to his partner outside the paint and then relocates.

Moves:

- 1) Power layup
- 2) Running hook
- 3) Goofy foot layup (same hand, same foot)
- 4) Giant killer (floater)
- 5) Reverse layup

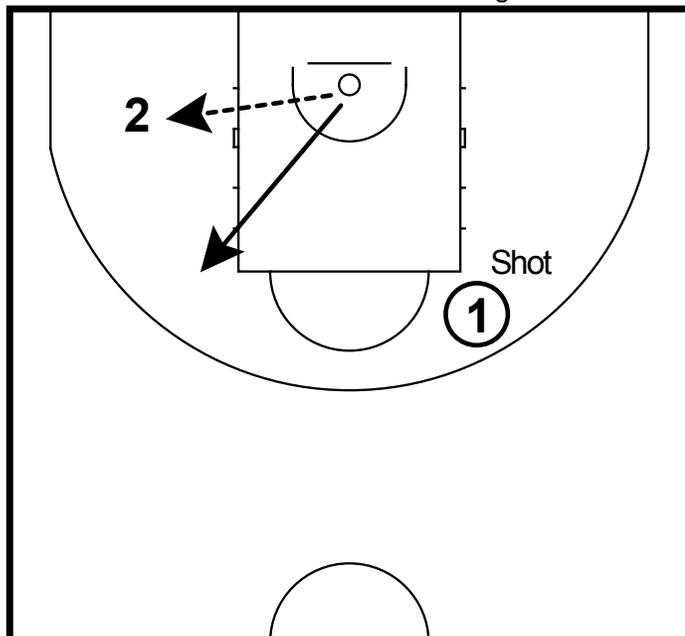
Paint Finishes

- Player 2 repeats catching the ball on the move and either finishes with no dribble or one dribble.
- Each basket counts as 1, make 25.
- After making 25, hit one free throw each before moving to the next section.

Can be done in groups of three as well as pairs, in this case use two balls instead of one.

Game Shot Series

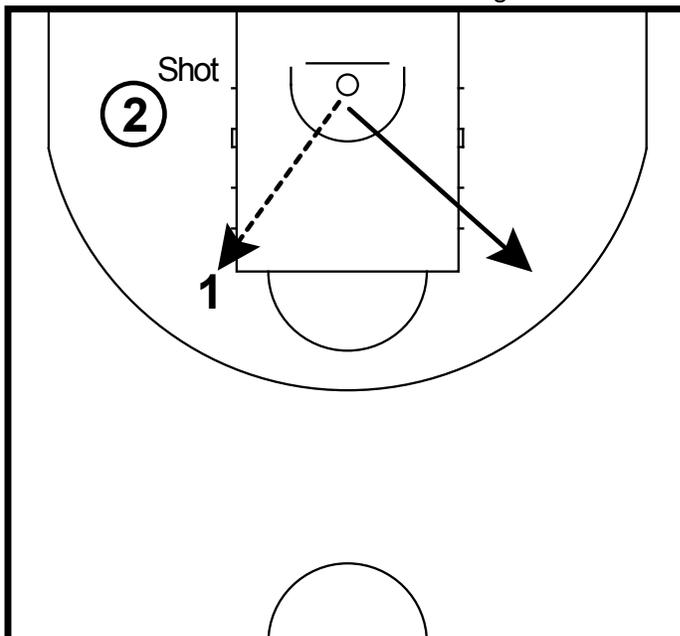
Catch and Shoot Mid Range



15ft Catch and Shoot (15 Makes)

- Same principle as the paint finishes, shot, rebound own shot, pass to partner and relocate to a different spot.
- **Call the name of the person you pass the ball too.**
- **Do not tolerate bad passes at all.**

Catch and Shoot Mid Range

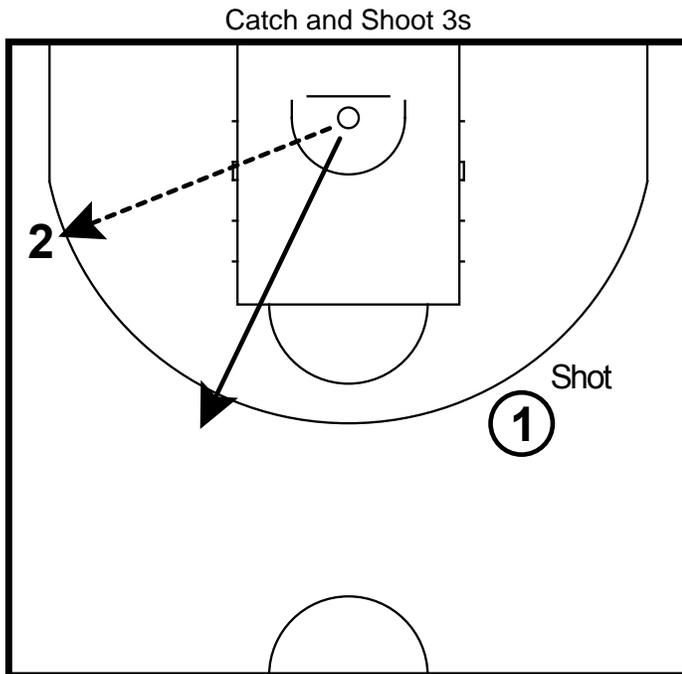


15ft Catch and Shoot

- Make 15 shots between the pair
- Each basket counts as one point.

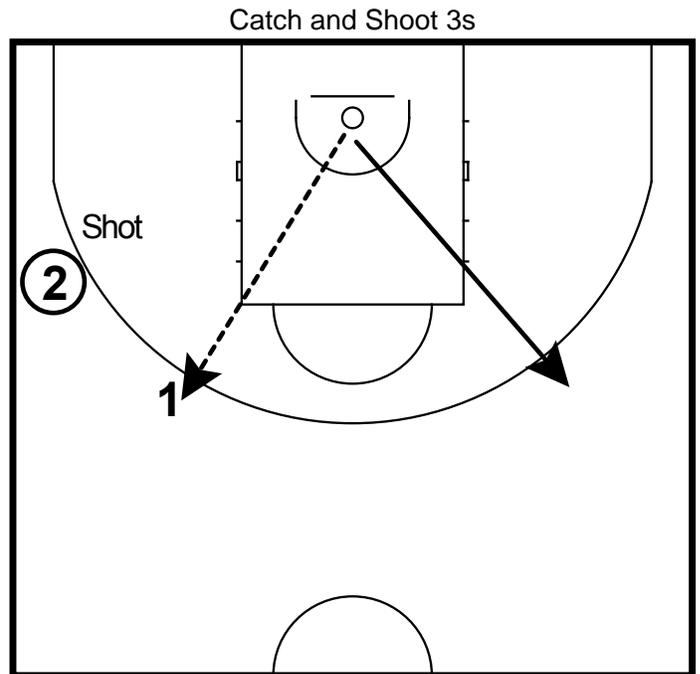
If in groups of three, add another ball.

Game Shot Series



Catch and Shoot Threes (10 Makes)

- Same principle as the previous two stages, shot, rebound own shot, pass to partner and relocate to a different spot.
- **Call the name of the person you pass the ball too.**
- **Do not tolerate bad passes at all.**

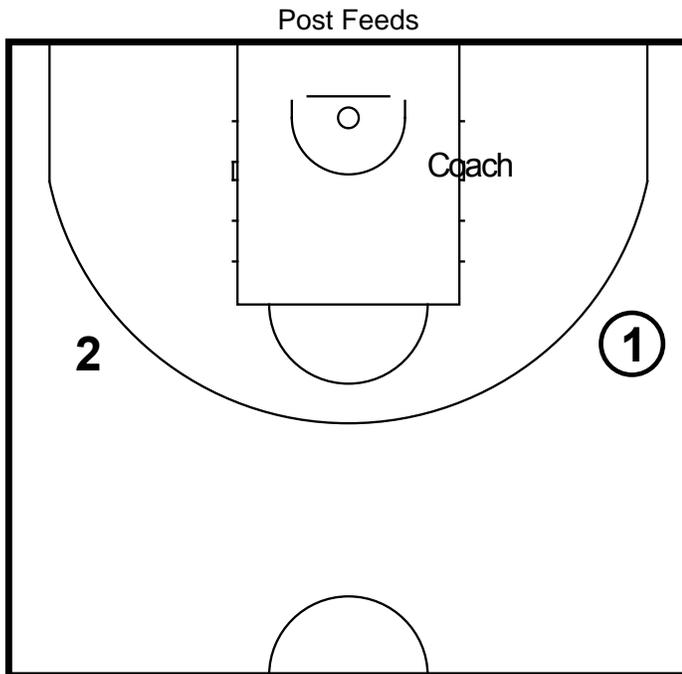


Catch and Shoot Threes

- Make 10 shots between the pair
- Each basket counts as one point.

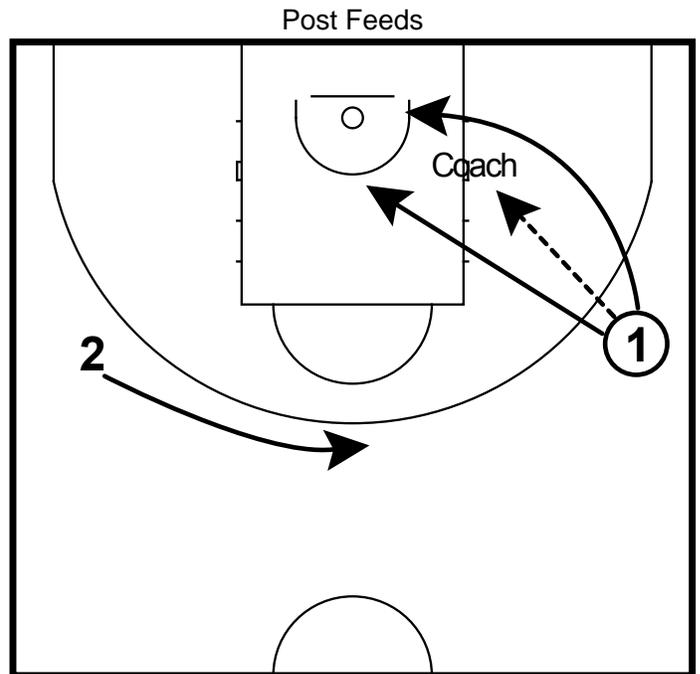
If in groups of three, add another ball.

Post Feeds



Initial Set Up

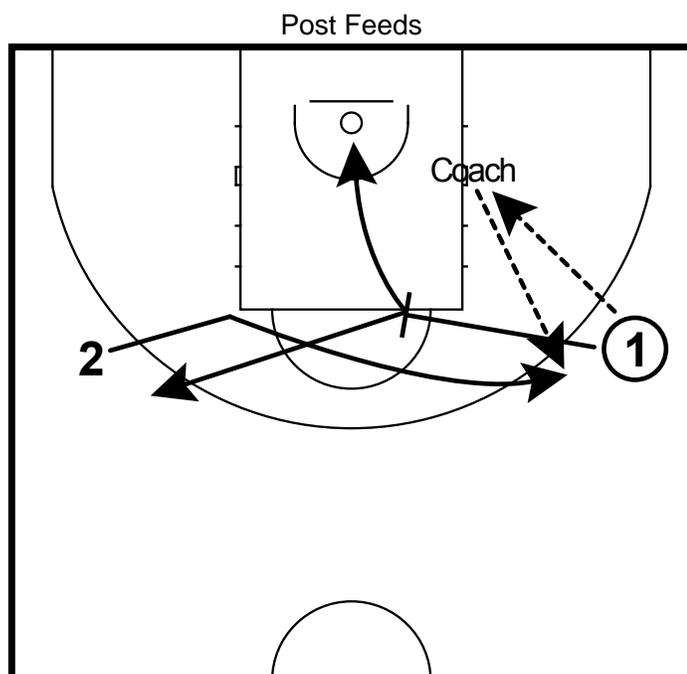
- Two players set up at the 45 (Free throw line extended)
- Coach or player in the post.
- Ball with the player the side of the post.
- Wing player passes into the post and the post makes a read.
- **Wing player must fake a pass and go opposite.**
- **Fake low and pass high**
- **Fake high to pass low**
- 10 makes
- Players can either cut to the baseline or middle and receive the ball back for a layup, screen away or relocation catch and shoot.
- Both sides of the floor.



Post Feed Basket Cut

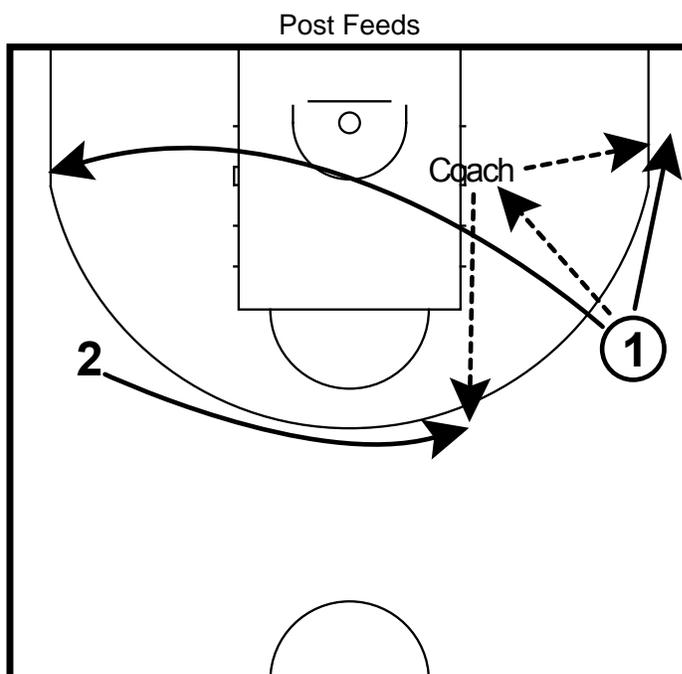
- Wing passes into the post and cuts either middle or baseline.
- Post passes back to the cutting player for a rim finish.
- Other wing player relocates at the top.

Post Feeds



Post Feed Screen Away Catch and Shoot

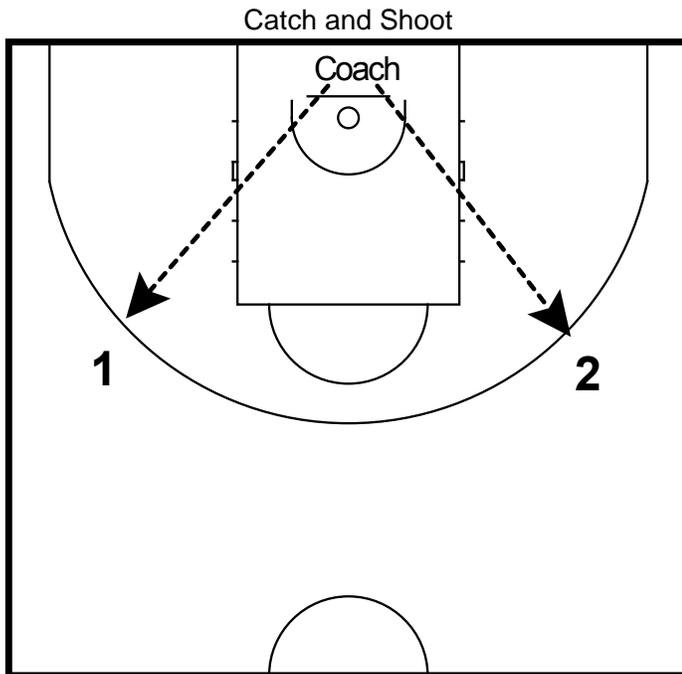
- Wing enters the ball into the post and screens away.
- Opposite wing cuts ballside
- Post player passes to the wing player coming off the screen for the catch and shoot jumpshot.
- Screener can either roll and receive a bounce pass from the post or clears out to the wing.



Post Feed Relocation Catch and Shoot

- Wing enters the ball into the post and basket cuts.
- Opposite wing relocates for the catch and shoot.

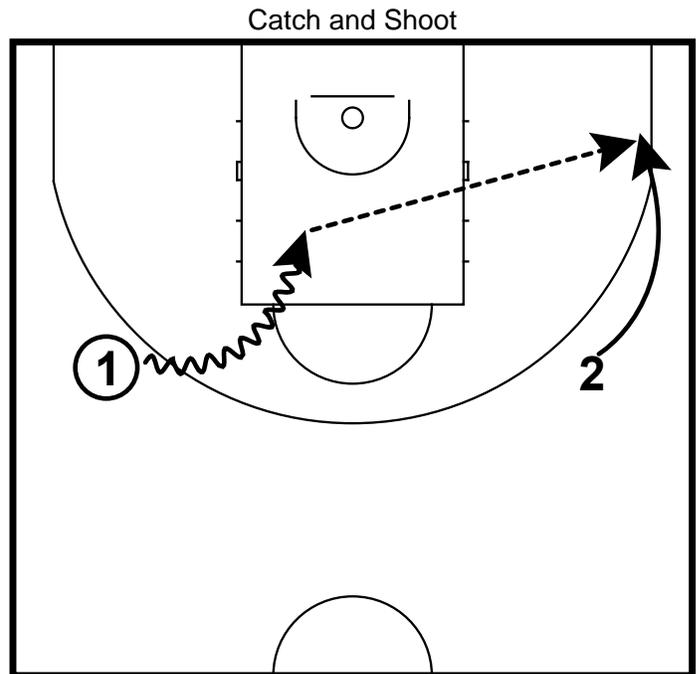
Penetrate and Kick



Initial Setup

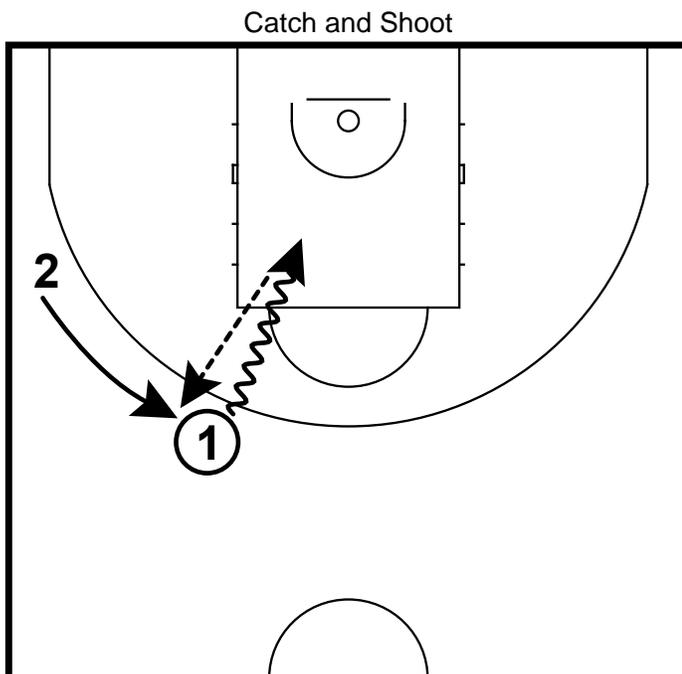
- Coach stands on the baseline with a basketball.
- 2 players at the 45
- Coach alternates which side he passes too.

Video showed 5 makes, but drill is usually 25 makes. Mixing it up from all of the different spots.



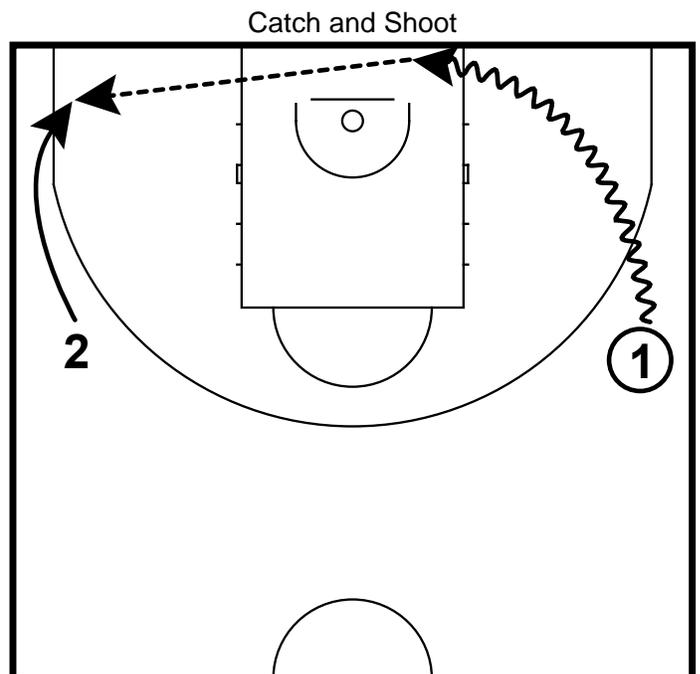
Corner Kick

- After receiving the pass from the coach, player attacks the paint, lands on a jump stop and makes the kick out pass.
- Dribble should be north-south and not east-west



Pitch Back

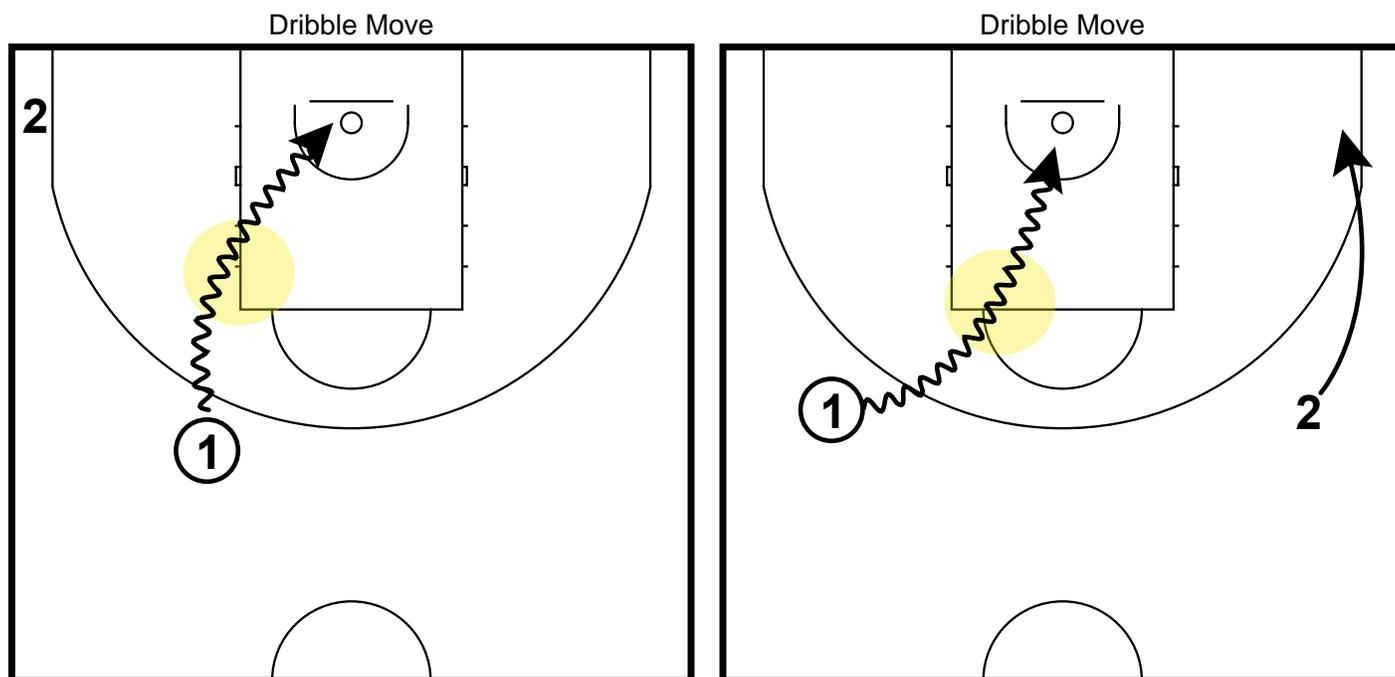
- Player who penetrates, stops on a jump stop, pivots and passes back to the wing player relocating for the catch and shoot.



Baseline Kick

- Player penetrates baseline and makes the pass to the relocating wing player in the corner for the catch and shoot.

Penetrate and Kick

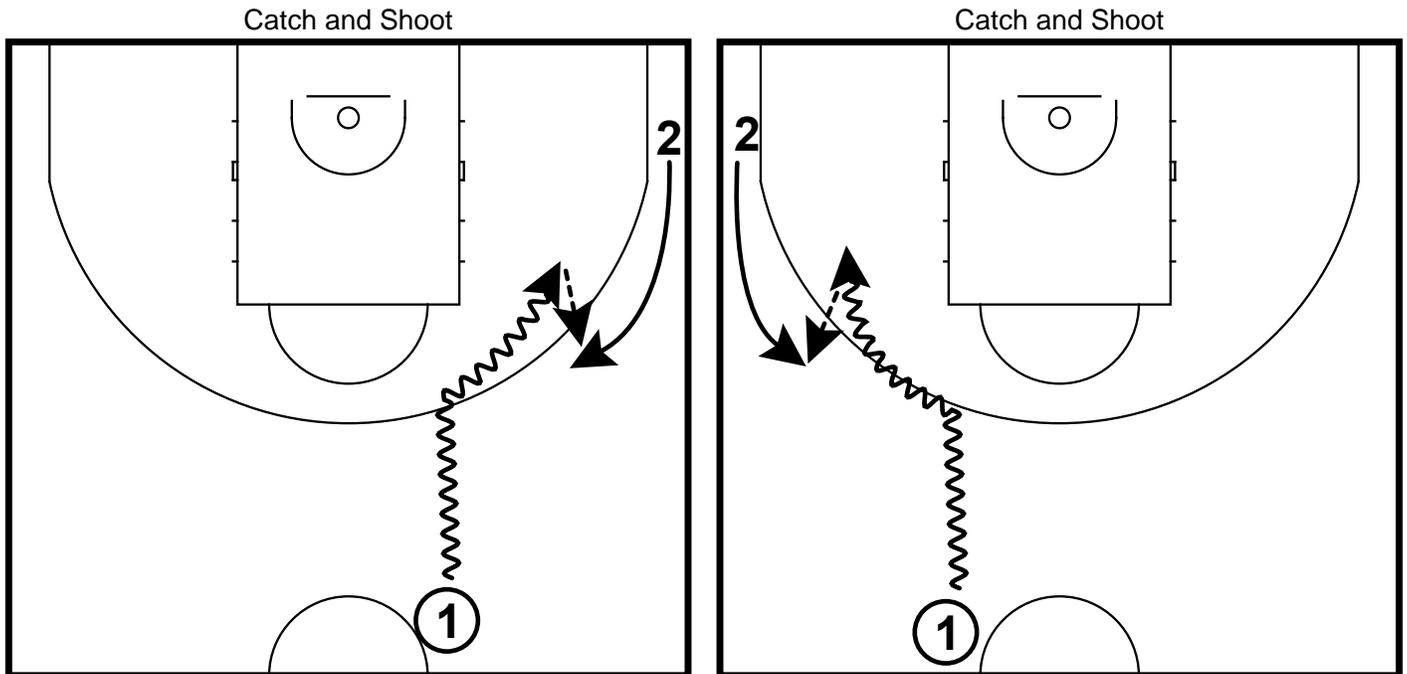


Dribble Move

- Now the drive and kick is being covered by the defender.
- Offensive player makes the read and with a change of pace, hesitation etc either finishes at the rim or pulls up for a jump shot.

5 makes, 25 normally. Mix up from different spots.

Dribble Handoff

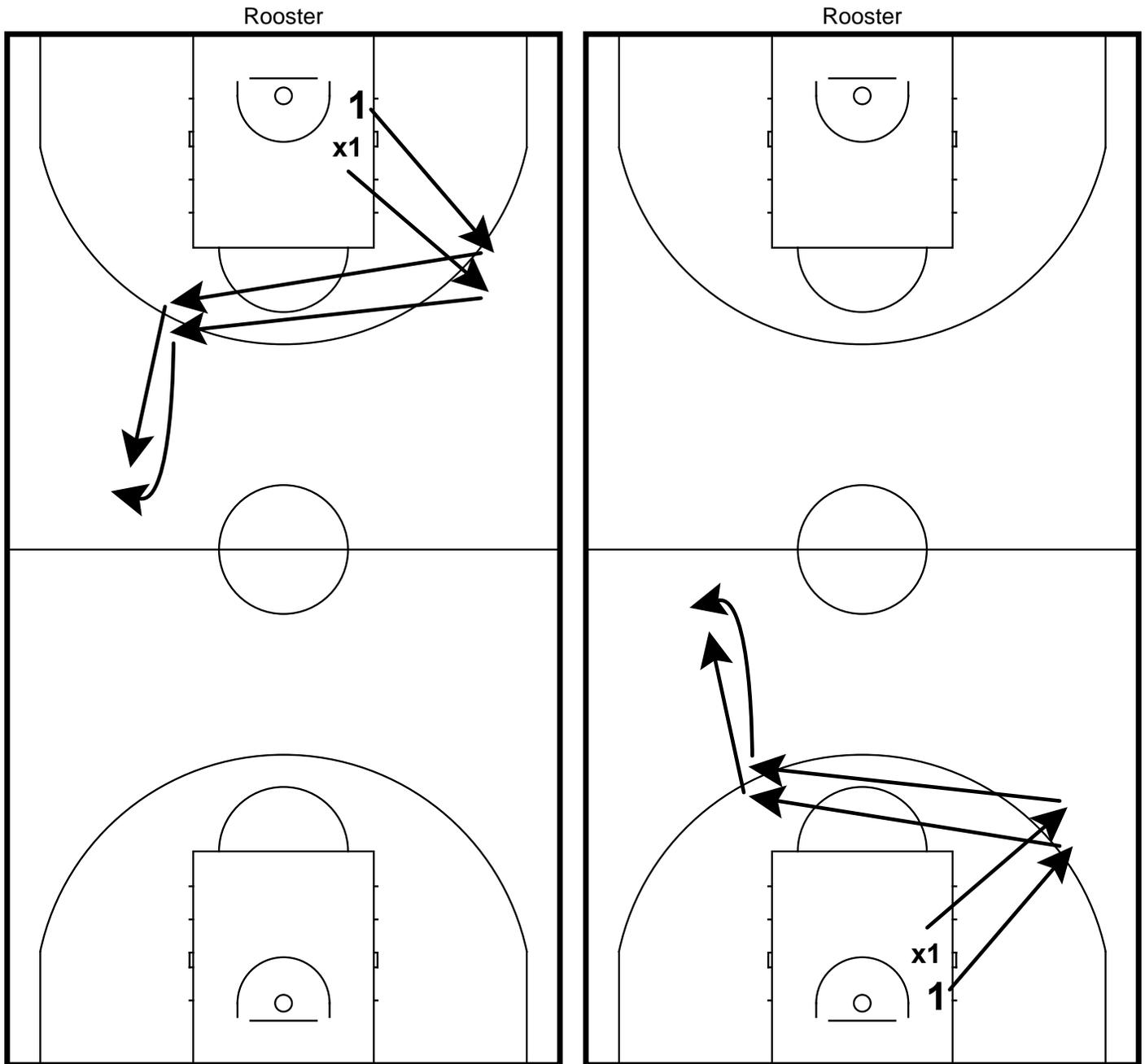


DHO Catch and Shoot

- Guard speed dribbles at the three point line and at the last minute changes direction to the wing and lands on a jumpstop.
- Wing player lifts to the ball and receives the short handoff and goes straight into the catch and shoot jumpshot.

5 makes, normally 25.

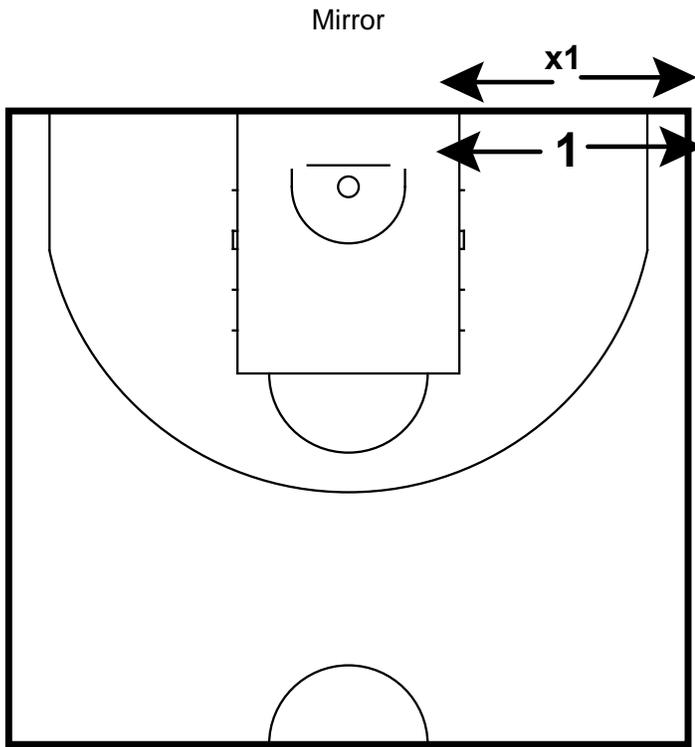
Defense



Rooster Full Court (FC)

- Paired drill
- Defender shadows partner full court
- Offense without a ball moves forward
- Defender must keep his chest opposite the offensive player.
- Defense is talking throughout
- If you are beat, sprint, recover and cutdown into stance
- Defend to the three point line
- Next player is waiting to run back

Defense



Mirror

- Offense on the court, defender stands opposite, the other side of the baseline.
- Offense slides side-side and the defender has to slide to keep his head level with the offensive players chest.