

Drive and Kick Drill

Purpose:

This drill teaches your players how to explode off the dribble and attack gaps in the defense, forcing defenders to help, before passing it out to a teammate for an open shot. To keep the drill fun and competitive, the last player takes a shot from the corner.

Setup:

- One player under the ring with a basketball.
- One player on each corner and one at the top of the key.
- The rest of your players on the baseline waiting to come in.

Instructions:

1. The player with the ball under the ring will pass it to 3 in the corner and then fill their place.
2. 3 will attack the key with two hard dribbles before passing to 2 at the top of the key and then fill their place.
3. 2 will also attack the key with two hard dribbles before passing to 4 and then will fill their place.
4. 4 will take the shot from the corner and then join the end of the line.
5. The next person in the line out of bounds will rebound the shot by 4 and pass it to the corner.
6. Repeat for the required amount of minutes.



Scoring System:

- Can run the drill as a full team or split the group in half and use both ends of the court.
 - The drill is run against a time limit. I usually run it for 2 or 3 minutes.
1. The corner three-pointer is worth 3 points.
 2. If the rebounder catches the ball before it hits the ground a put-back is worth 2 points.

Variations:

Time - Vary the amount of time you run this drill depending on the age of your players.

Shot Distance - If you're coaching young players you can move the shooting corner in a bit and allow them to shoot from the mid-range.

Change Direction - Make sure you change the direction up half-way so that players are practicing to be confident driving with either hand.

One Hand or Two Hand Passing - While I believe young youth players should certainly master the two-handed pass first, as players get older they must get used to passing with one hand off the dribble.

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Practice Shot Fakes and Jabs - This is also a great drill to teach shot fakes and jabs before being explosive with correct footwork. Each time a player receives the ball get them to make a fake before driving.

Coaching Points:

- All players receiving the basketball must be down in stance ready to catch and shoot or drive with their target hands up.
- Players first steps on the drive **MUST** be explosive. Can't be slow and sloppy.
- You'll find players will travel A LOT when exploding out of triple threat. This is a great drill for them to practice being quick without travelling.
- After the two dribbles players shouldn't raise up to make the pass. Should stay low and be quick with it.
- Players must 'sell the drive' with their body, head, and eyes. Have to look like they're attacking the ring or the defense help.
- On the rebound put-back's, teach players not to bring the ball down below their chest or it will be easy for a guard to strip them in a game.
- Footwork. Stress that footwork is perfect on every catch.