



## THE PERFECTION DRILL

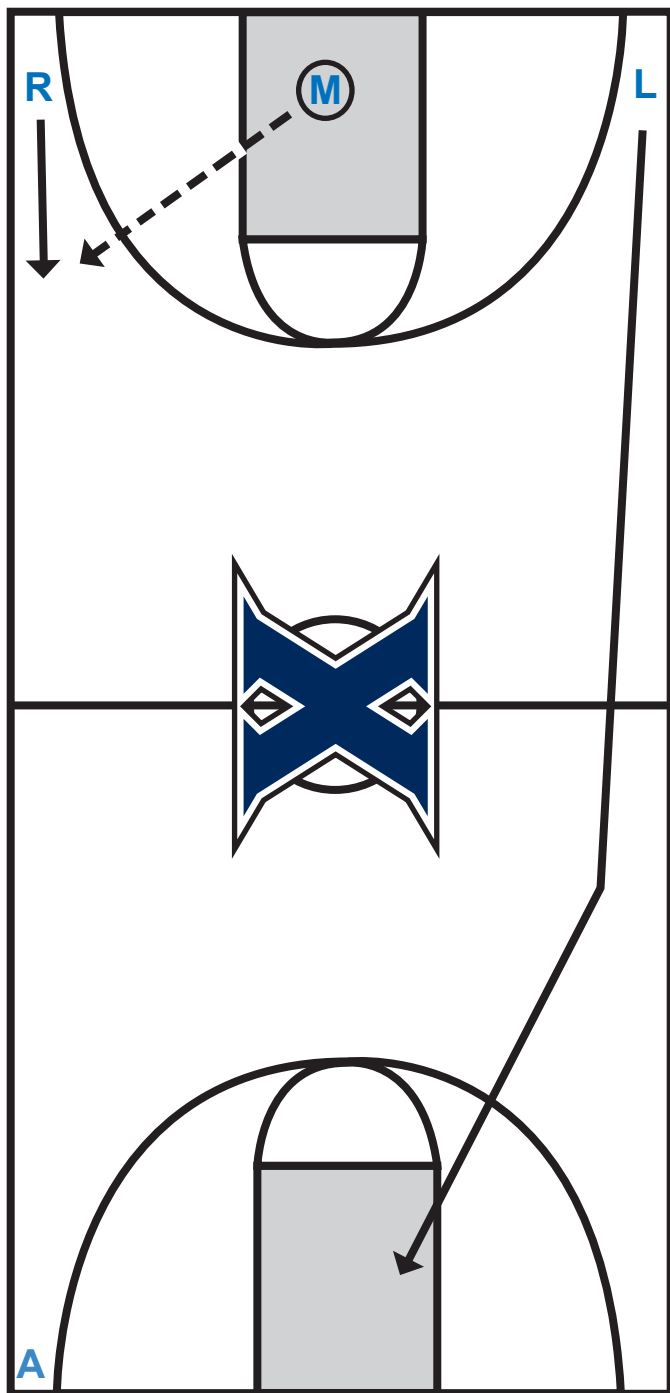
1. The drill begins by your team forming one line along a baseline. The line has two balls in it. The following progression takes place:
  - a. A player dribbles the length of the court and shoots a right hand layup. He gets his own rebound and dribbles the length of the court and shoots a second right hand layup. The next player in each line goes when the player in front of him is at halfcourt.
  - b. A player dribbles the length of the court and shoots a left hand layup, he gets his own rebound and dribbles the length of the court and shoots a 2nd left hand layup. The next player in each line goes when the player in front of him is at halfcourt.
  - c. "Box to box"- two players stand as wide as the lane. One ball is utilized. Both players run the length of the court passing back and forth to each other without dribbling. A player shoots a layup. The passer rebounds the ball and the shooter continues on, turns and runs back. The rebounder passes the ball to the shooter and they once again pass back and forth to each other without dribbling until the second layup is shot at the other end.
  - d. "Michigan"- Three players are standing along the baseline. The middle player passes to the player on his right side. The right player passes the ball back, the player on the left side runs wide to the basket and prepares for a pass from the middle. No dribble is allowed. A lay up is shot. Right and left cross as the middle player rebounds. Middle then passes the ball to left because he shot the layup. Repeat on way back. (see diagram #4)
  - e. "Three man weave"- Three or four passes. No dribbles allowed.
  - f. "Three man weave with jump shot"- Instead of a layup, a ten foot pull up is shot. A dribble by the shooter is permitted.

### Rules

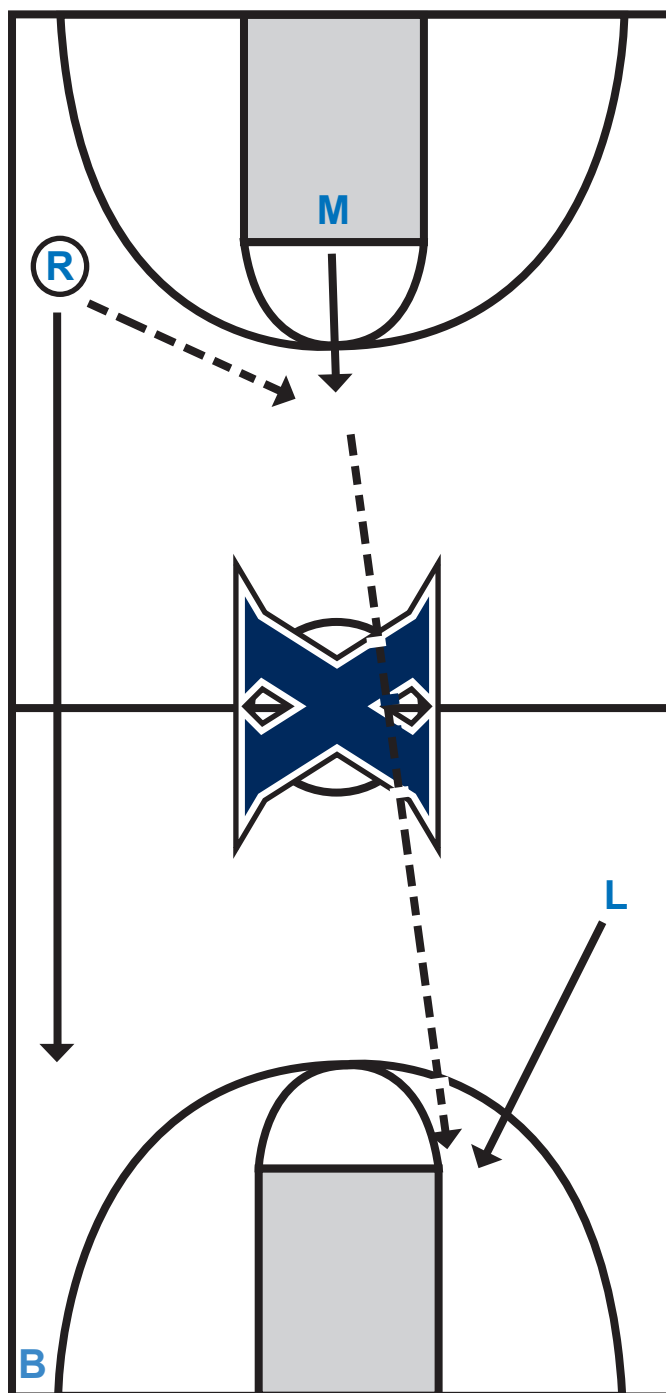
Any travel, bobbled pass, turnover pass or missed shot (exception for F) the group or player must go again until perfection takes place. Every player on the team goes once each on A, B, and twice each on C-F segments of perfection.



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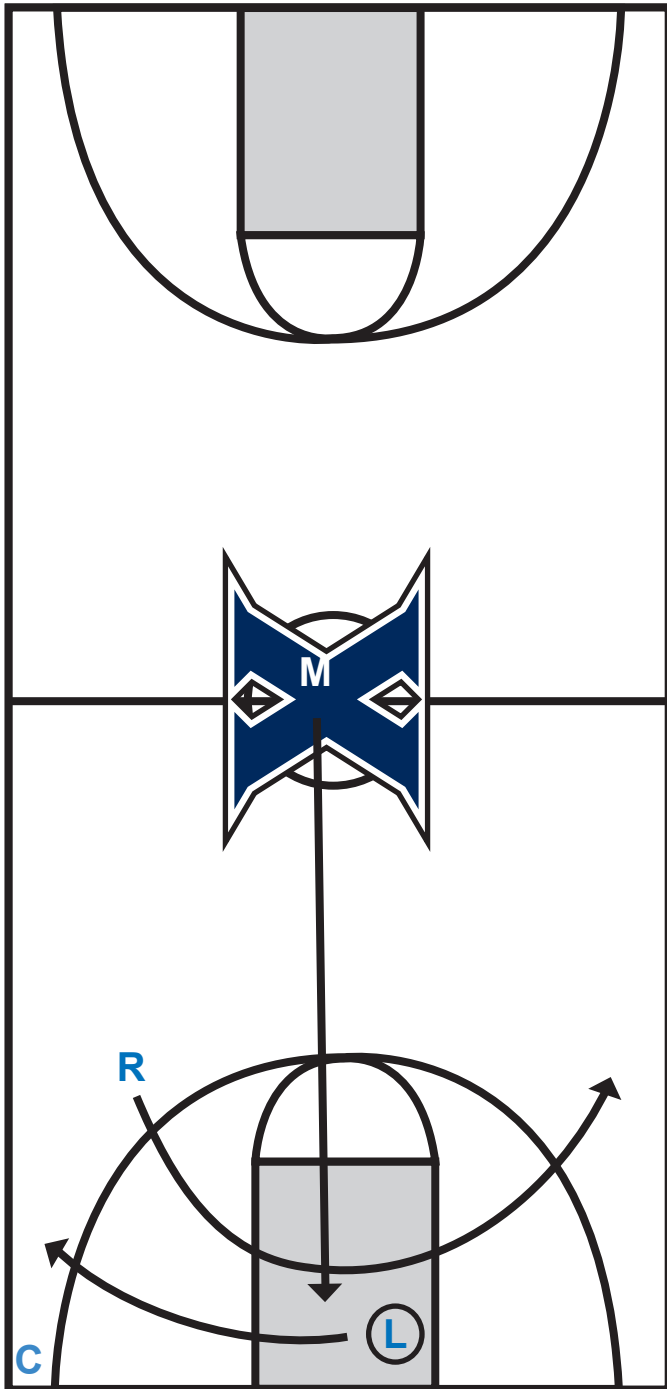
The **M** player passes to the **R** player. The **L** player runs wide and at an angle to the basket.



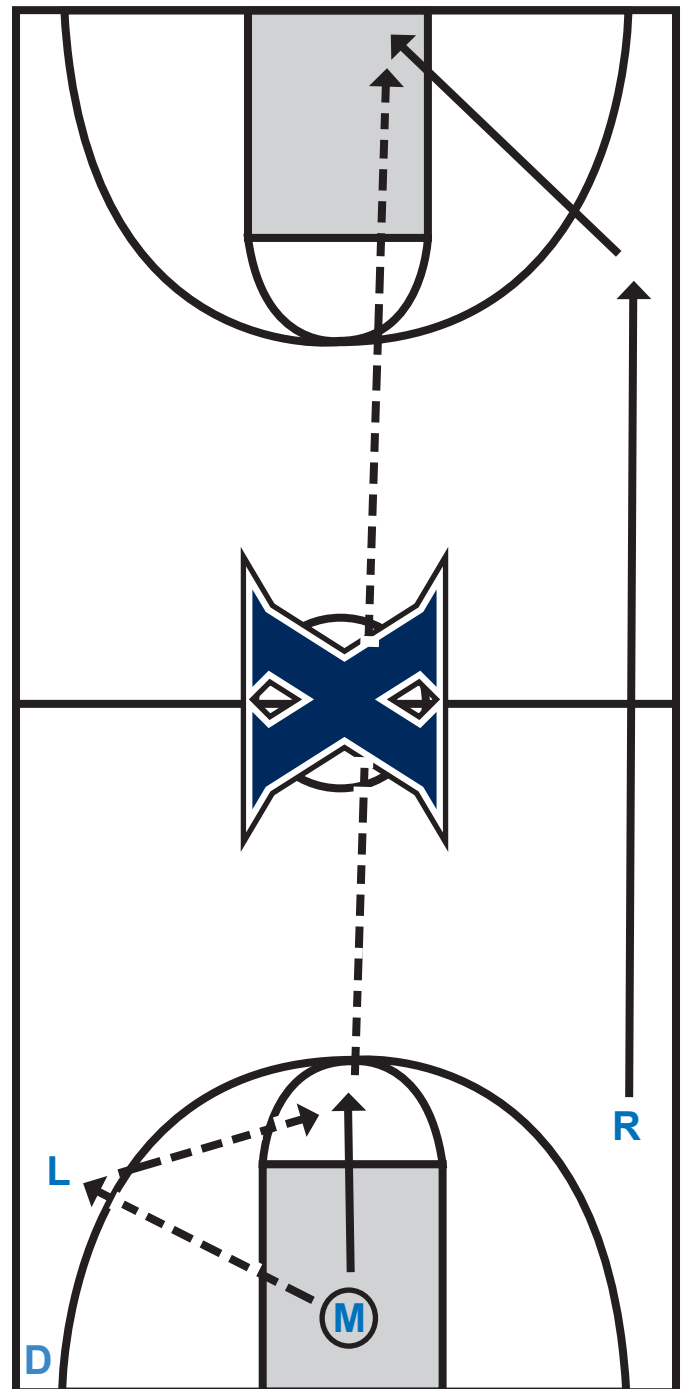
The **M** player receives a pass back from **R** and delivers a pass to **L** on the run so that **L** doesn't have to dribble



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The **L** player shoots the lay up and crosses with **R** to return back to the original end. **M** rebounds the ball.



**M** passes to the **L** player - because **L** shot the layup. **L** return passes to **M** and **M** delivers a 3/4 court pass to **R** in stride for the groups second layup.



## 4-ON-3 CLOSEOUT DRILL

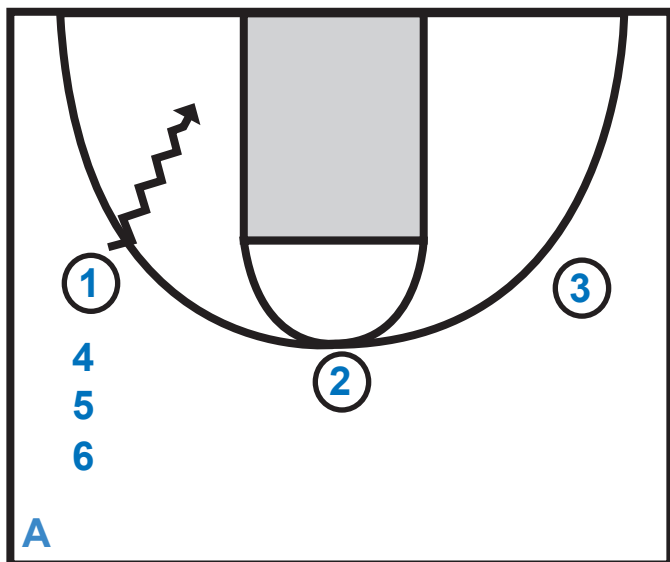
1. The drill begins with four offensive players versus three defensive players. The offensive players cannot move without the ball. The drill is halfcourt only.
2. The defense must get three consecutive stops to get out. Possession of the ball by the defense equals a stop. If the offense scores or is fouled before a "third consecutive stop" occurs, the consecutive stop count returns to zero.
3. The offense must shoot on three passes or less.
4. On every catch by an offensive player, one of the three defenders, the closest one, must actively closeout and defend the ball. A defender should not have to take two consecutive passes.

## 1-ON-1 "BUSTOUT" DRILL

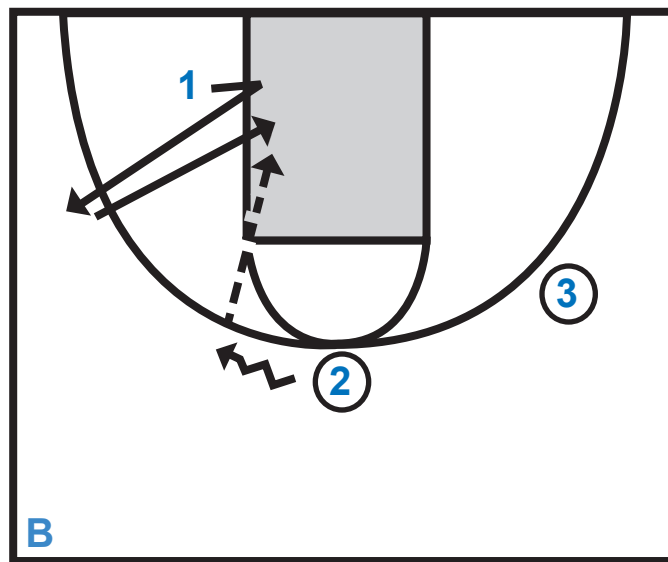
1. This is a one on one fullcourt drill. The defensive player is positioned at the foul line three quarter court level, the offensive player is at the top of the key directly behind the defender. The action begins with a coach yelling "shot."
2. On the "shot" the defensive player breaks to the outlet position and becomes the offensive player. The original offensive player attempts to deny the outlet and establishes three quarter court pressure on the catch.
3. They play one on one across half court. Once across halfcourt the offensive player passes to a coach on the wing and inside cuts the defense. Assuming the offensive player did not receive the pass on the inside cut, he then cuts through the lane and out opposite.
4. The ball is now skipped to the offensive player by the coach. They play one on one live from the wing. On the conclusion of the one on one action, offense and defense switch roles and return back down the court.



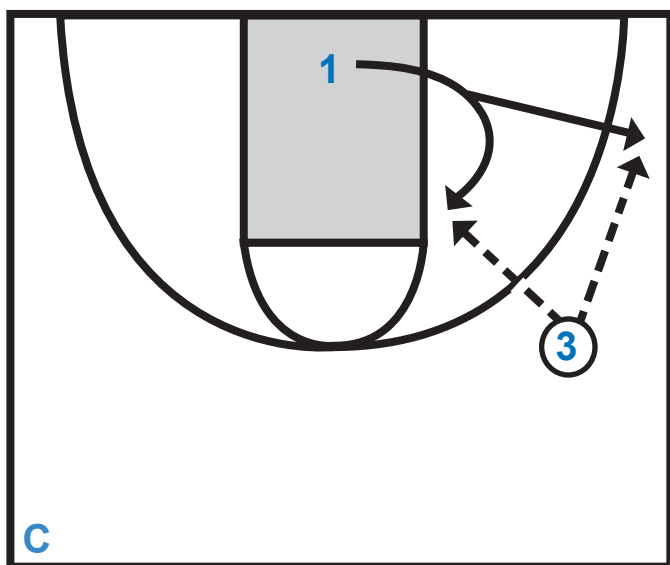
## 3 BALL SHOOTING DRILL



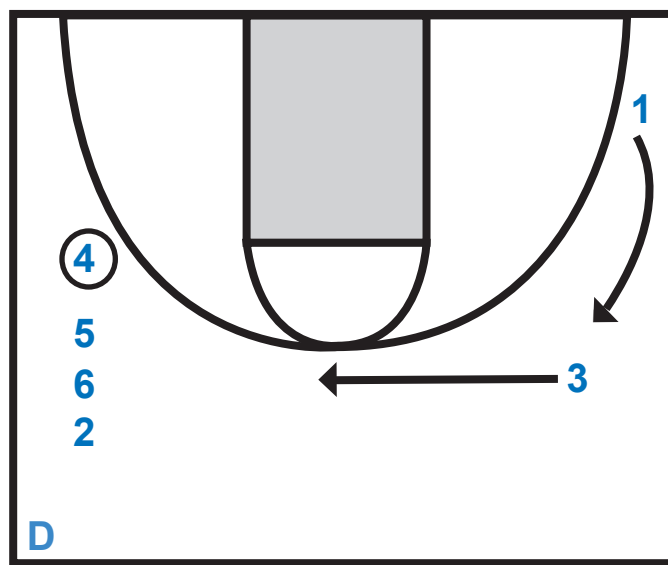
Players 1, 2, and 3 each have a basketball. A line of players is formed behind player 1. Player 1 drives the ball baseline and shoots a pull up jumpshot.



After shooting the pullup, 1 walks into the lane and breaks out to the sideline and backdoor cuts. 2 passes the ball to 1 as he dribbles at him.



After shooting the backdoor layup, 1 sprints through the lane and either curls or fades off of a turnout. 3 passes to 1 for 1's third shot in the drill.



A rotation now takes place clockwise. 1 assumes 3's position, 3 assumes 2's position, 2 assumes the back of the line, 4 assumes 1's original position. Player 4, 3, and 1 all have balls. The drill continues.



**xavier basketball**

***"Pressure is something you feel when you don't know what you're doing."***

***PEYTON MANNING***

