

PERIMETER PLAYERS DEVELOPMENT

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There are several steps in motor learning materials:

1. **ACQUIRE THE KNOWLEDGE:** acquisition of and understanding of the technique should be applied
2. **MECHANICAL FASE;** a period when all the lessons learned should be automated through repeated mechanical movements (slow and easier conditions with a large number of repetitions).
3. **SPEED THE FASE;** when the adopted technique is repeated at a maximum speed of execution. Then a technique becomes a habit that is performed in game situations.
4. **READ AND REACT RIGHT MOVE AT THE RIGHT TIME;** in the speed of the game, which comes after many repetitions.
5. **GAME EXPERIENCE;** gain experience during the game.

INDIVIDUAL DEFENSE

PRINCIPLES:

1. **INDIVIDUAL RESPONSABILITY.**
2. **STANCE AND STEP PROGRESSION**
3. **STANCE AND RUNNING STEPS**
4. **ON THE BALL DEFENSE**
5. **OFF THE BALL DEFENSE**
6. **CLOSEOUT**
7. **BALL PRESSURE**
8. **DEFINE BALL SIDE AND HELP SIDE**
9. **DEFENSIVE POSITIONING AND MOVING WHILE THE BALL IS IN THE AIR**
10. **BLOCKING OUT ON THE BALL SIDE AND HELP SIDE**
11. **COMMUNICATION.**

OFFENSE

OFFENSIVE FOOTWORK

- **BASIC BODY CONTROL (QUICK STARTS, STEPS, TURNS, AND STOPS)**
- **PASSING AND CATCHING TECHNIQUE AND TACTIC**
- **BALLHANDLING BASICS**
- **DRIBBLE SKILLS**
- **GETTING OPEN (BALL SIDE: „V“ CUT, „L“ CUT: HELP SIDE: MOVING WITHOUT THE BALL)**
- **PENETRATION SKILLS AND DIFFERENT WAY OF FINISHING**

SHOOTING

- **STANCE AND SHOOTING FORM (FOOTWORK, SHOOTING HAND FORM, BALANCE HAND FORM, FOLLOW THROUGH)**
- **TWO CONTACT STOP, JUMP STOP (TECHNIQUE AND TACTIC)**
- **SHOT FAKE, DRIVE FAKE**
- **MIDRANGE JUMP SHOTS (PULL-UP JUMP SHOT, OFF THE DRIBBLE JUMP SHOT, CATCH AND SHOT SERIES)**
- **BANK SHOTS (TECHNIQUE, WHEN TO USE THE BANK SHOT, PULL-UP BANK SHOT)**
- **LONG RANGE (3-POINTS) JUMP SHOTS (OFF THE DRIBBLE, ON THE MOVE)**
- **TRANSITION JUMP SHOTS (2 AND 3 POINTS)**
- **SHOOTING AND SCORING OFF SCREENS (FOOTWORK, ON THE BALL SCREENS SHOOTING, OFF THE BALL SCREENS SHOOTING)**
- **MOVING WITHOUT THE BALL ON THE DRIBBLE DRIVE (DRIVE SIDE AND HELP SIDE)**

- Dribble improvement (ball protection, hesitation dribble, inside-out dribble, dribble between the legs, different way's of finishing /DIAGRAM 1/.
- Defensive stance, getting open to receive outlet pass, give & go, fast break dribble, middle range shooting /DIAGRAM 2/.

DIAGRAM 1

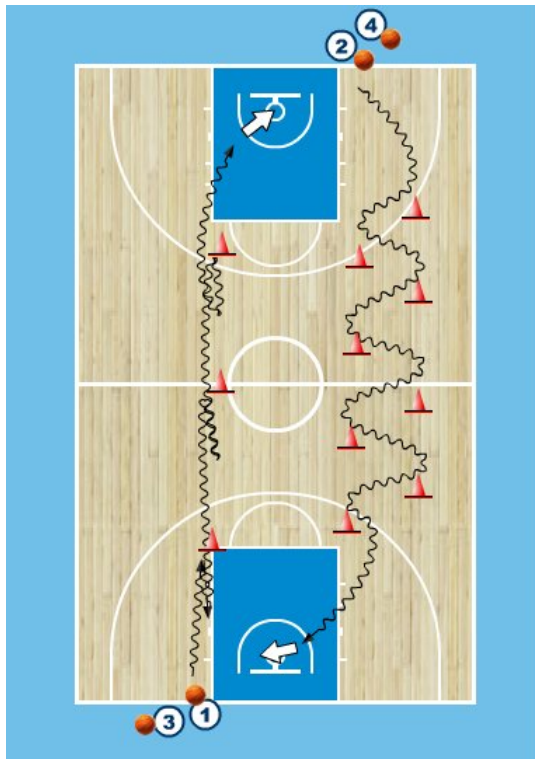
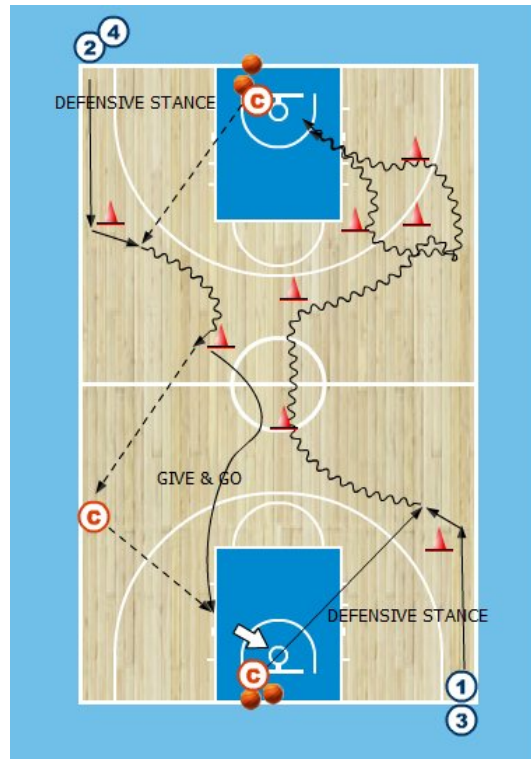


DIAGRAM 2



- Footwork with ball, specific dribble skills improvement, teaching an angles and tactical principles of an offense against different type of P&R defense /DIAGRAM 3/.
- Agility workout (close out-stopping with a short steps - feet in front of head, hand up), defensive stance, hand off (individual technique and tactic), fast break shooting options (use two contact stop) /DIAGRAM 4/.

DIAGRAM 3

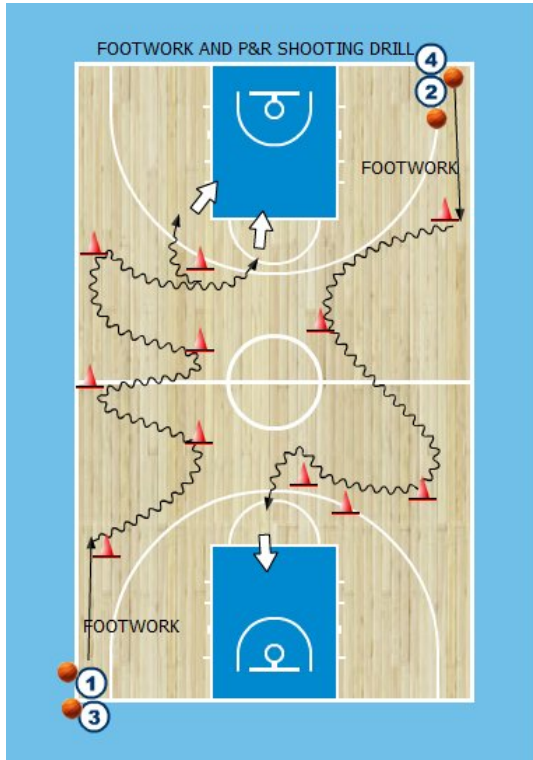
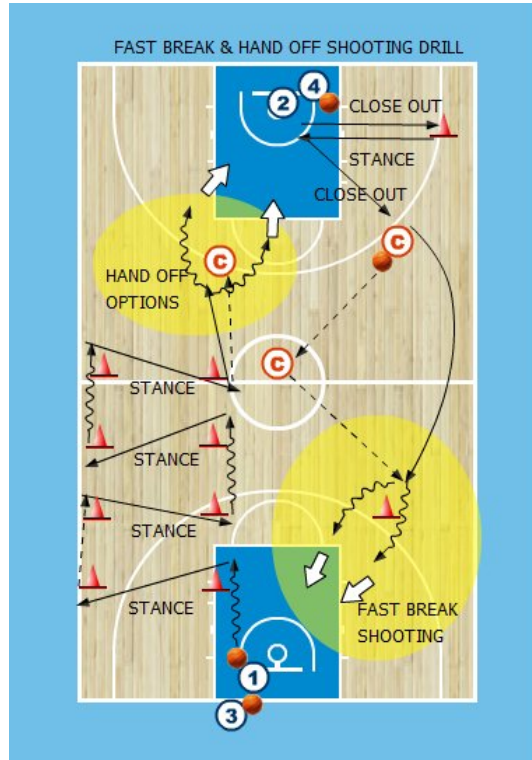
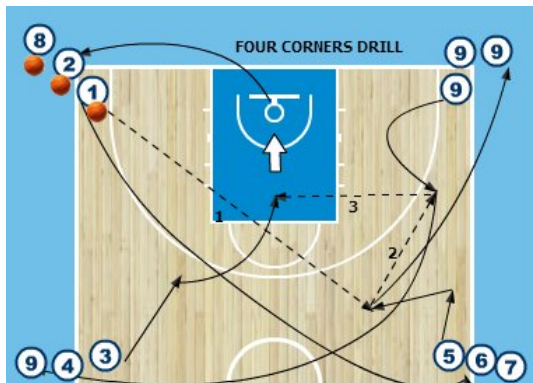


DIAGRAM 4



Four corners drill: two hands chest passing, one hand chest direct passing, one hand bounce passing, getting open, different ways of finishing / DIAGRAM 5/

DIAGRAM 5



- One hand dribble pass to coach, run around the cons, two contact stop, and shot using backboard. Options are: shot fake and shot, receive the ball, cross step in the middle and shot /DIAGRAM 6/.
- Agility drills: running step over the line and back, two foot jump, one foot jump), high dribble to half court line, dribble, change of direction (in-out, cross over, between the legs, behind the back...) and middle distance of the dribble shot (combine two contact and jump stop) /DIAGRAM 7/

DIAGRAM 6

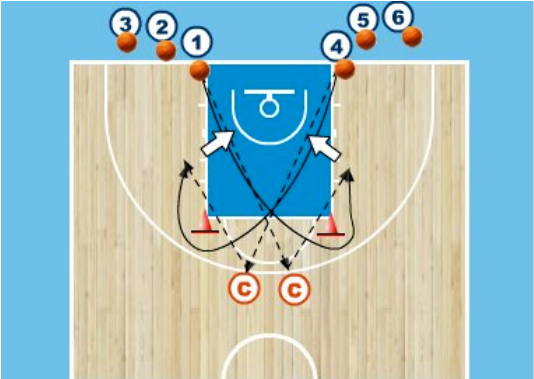
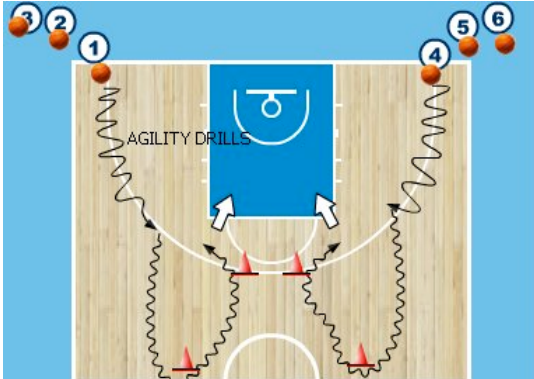


DIAGRAM 7



- Specific conditioning for shooting: defensive stance, running forward and backward, agility combination (stance, backpedal, sprint, shot). Option is 1 on 1 game. with of the dribble shot /DIAGRAM 8/.
- Low post moves drill: drop step to base line (no dribble); front pivot to the middle & semi-hook; power dribble to the middle & semi-hook; power dribble to the middle & up & under; power dribble to the middle & drop step to the base line; turnaround jump shot; short corner jump shot /DIAGRAM 9/.

DIAGRAM 8

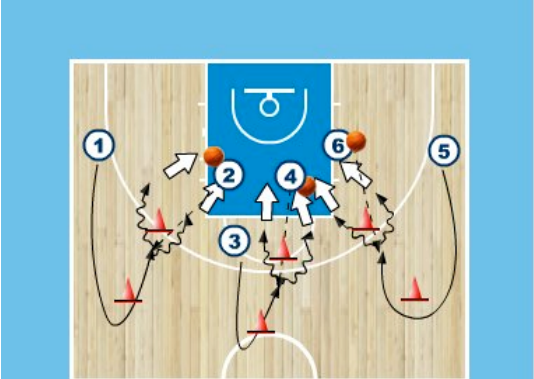
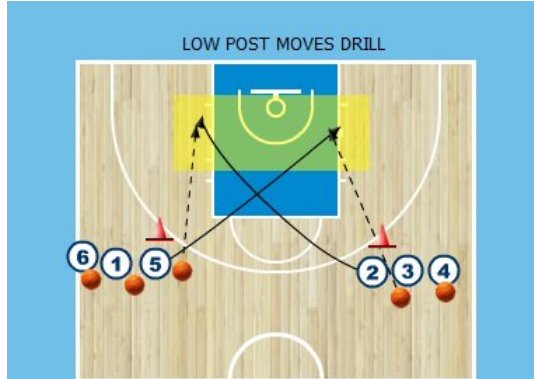


DIAGRAM 9



- Combination inside players drill (jumping, outlet pass, closeout, positioning and finishing) /DIAGRAM 10/
- Inside players shooting drill /DIAGRAM 11/

DIAGRAM 10

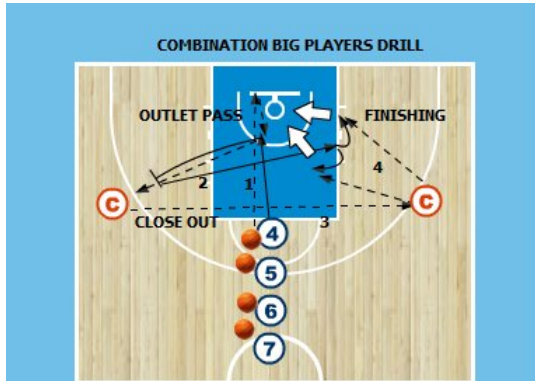
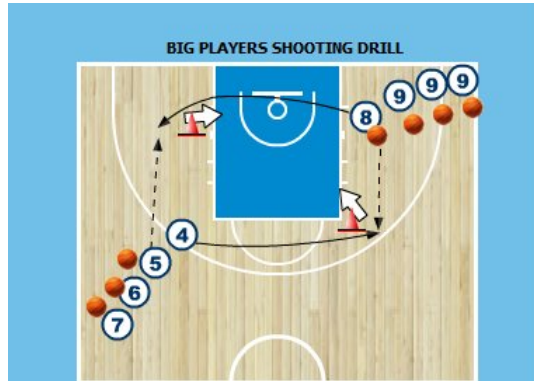
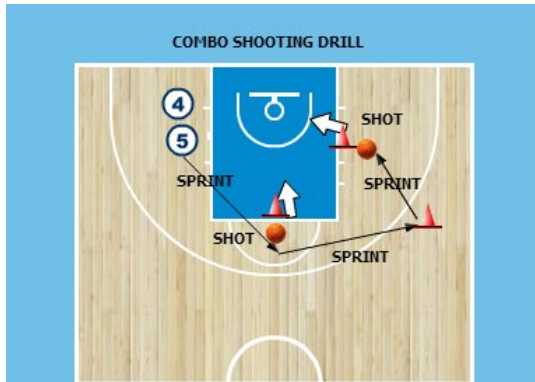


DIAGRAM 11



- Combo shooting drill /DIAGRAM 12/



- Combination agility-shooting drills /DIAGRAMS 13, 14/

DIAGRAM 13

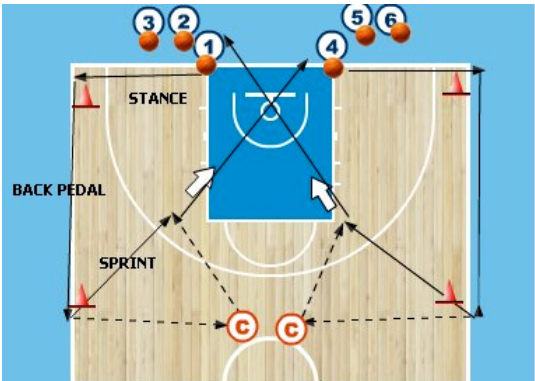
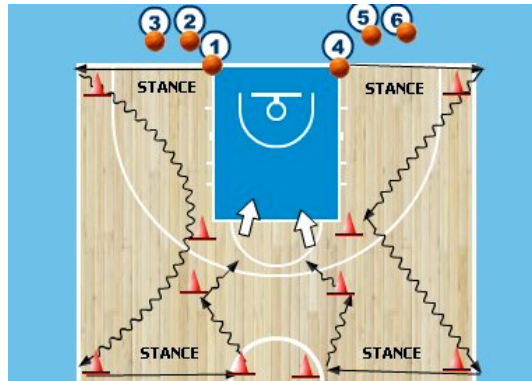


DIAGRAM 14

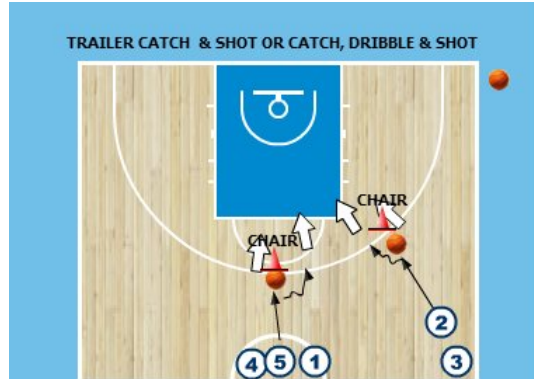


- Double five shooting drill: five ways of shooting from 5 spots; catch & shot, catch, left or right dribble & shot, catch, shot fake & shot, catch, drive fake & shot (back on missed shots and finish with make every spot) /DIAGRAM 15/
- Trailer pull-ups shooting drill /DIAGRAM 16/

DIAGRAM 15



DIAGRAM 16



- "L" cut shooting drill /DIAGRAM 17/
- Cross screen shooting drill /DIAGRAM 18/

DIAGRAM 17

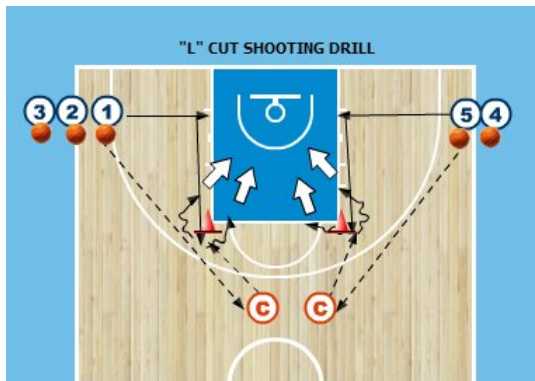
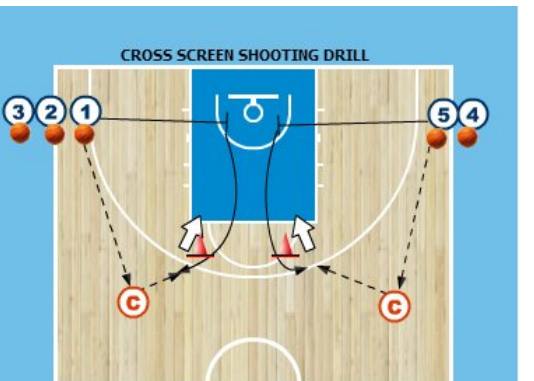


DIAGRAM 18



- Flex move shooting drill /DIAGRAM 19/
- Side line sprint shooting drill /DIAGRAM 20/

DIAGRAM 19

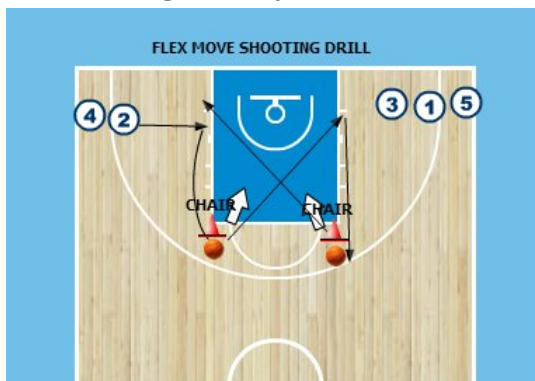
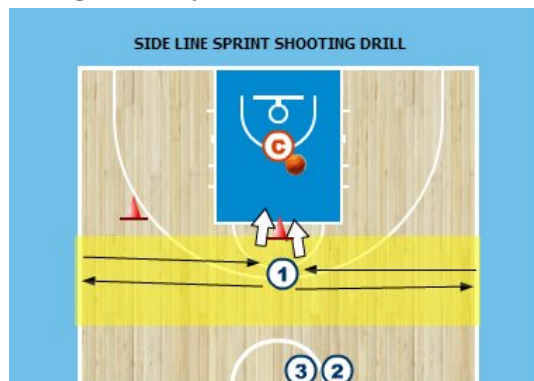
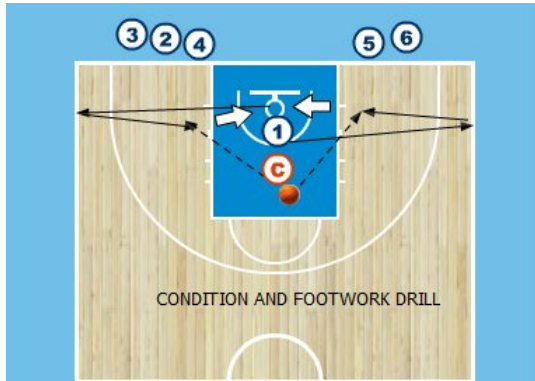


DIAGRAM 20



- Conditioning and footwork drill /DIAGRAM 21
DIAGRAM 21



- Connecting basketball conditioning and shooting (moving in defensive stance, changing direction, jumping, running forward and backward) /DIAGRAM 22/
- Drive & kick shooting full court drill /DIAGRAM 23/

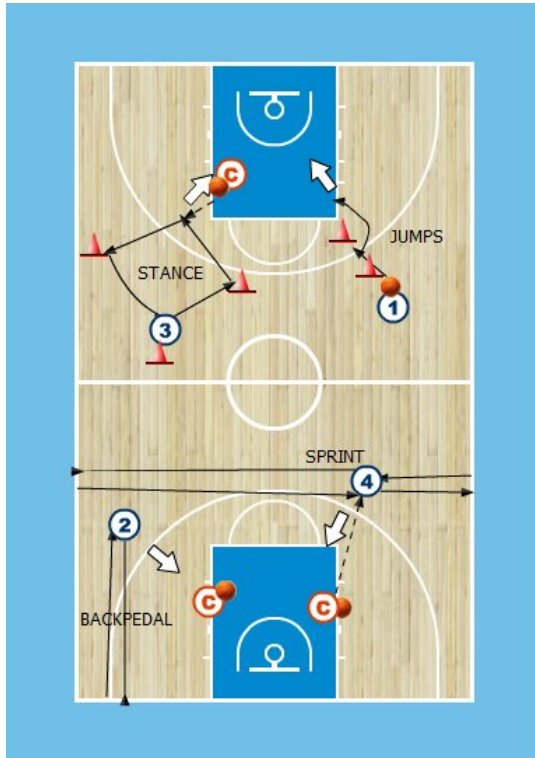
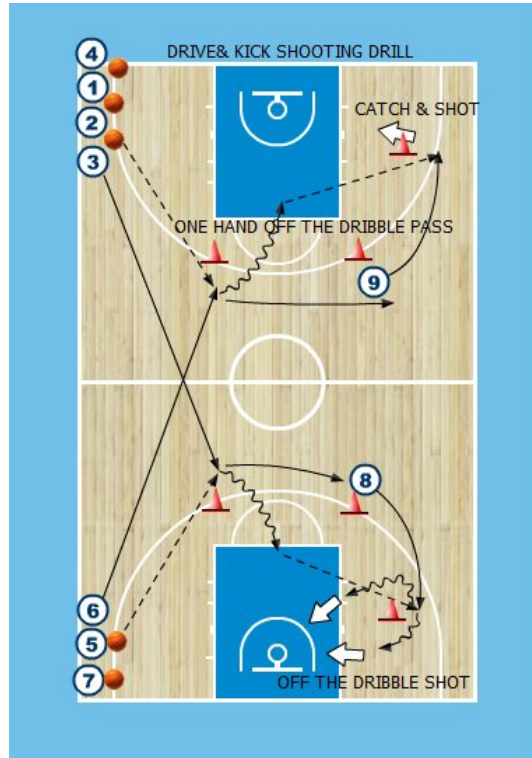


DIAGRAM 23



- 2 guards collaboration; drive & kick series /DIAGRAMS 24, 25, 26, 27,28, 29/

DIAGRAM 24

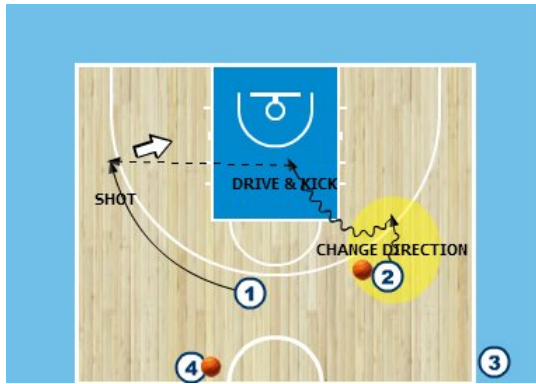


DIAGRAM 25

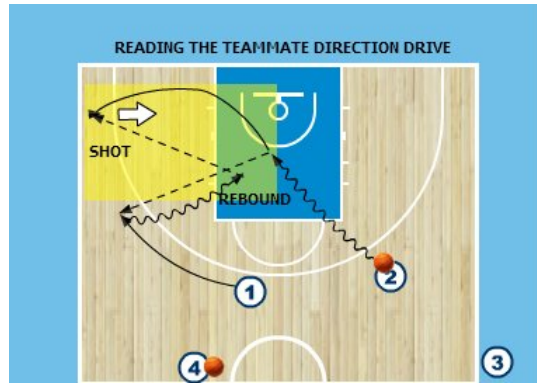


DIAGRAM 26

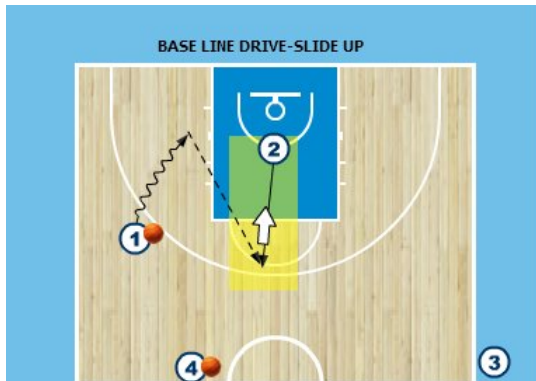


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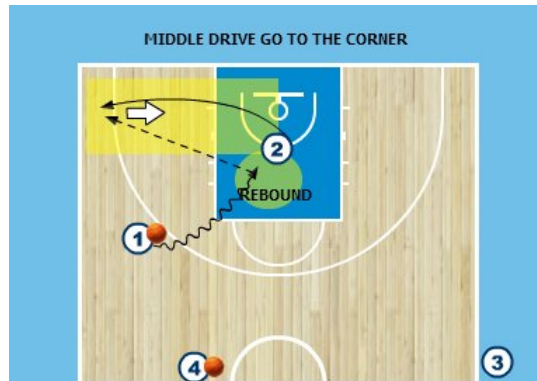


DIAGRAM 28

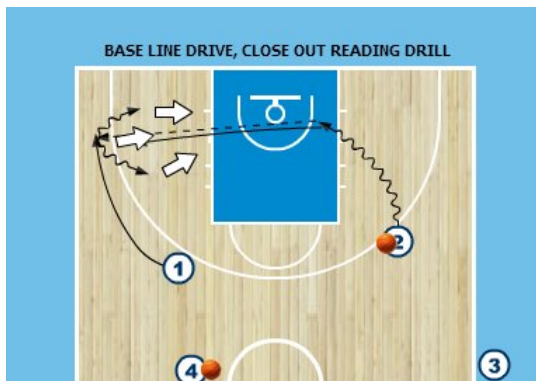
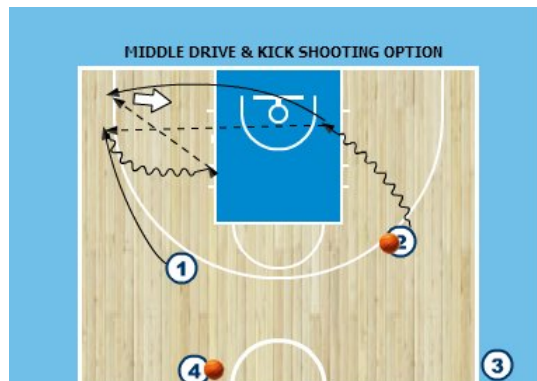
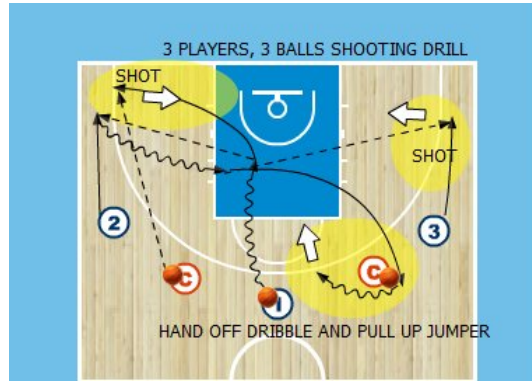
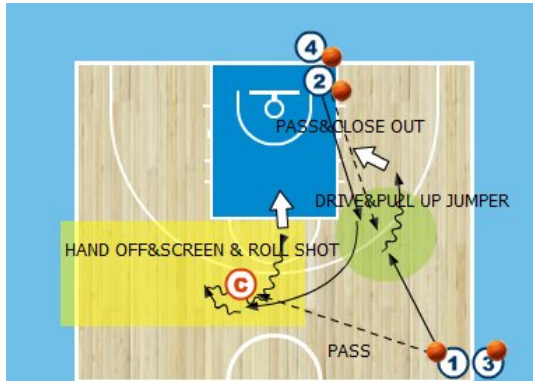


DIAGRAM 29



- Game situations shooting drills under psychological pressure /DIAGRAMS 30, 31/
 DIAGRAM 30
 DIAGRAM 31



- Combination shooting, closeout & box out drills /DIAGRAMS 32, 33/
 DIAGRAM 32
 DIAGRAM 33

