

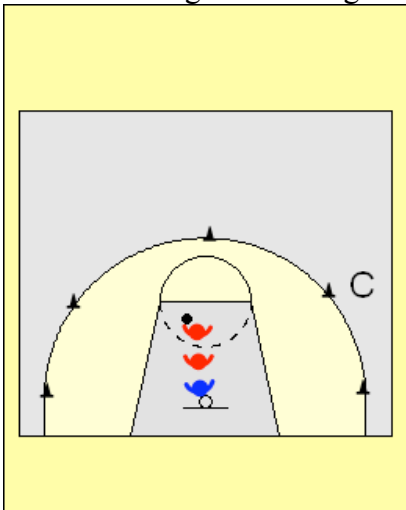
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Loading the toss drills

I spent yesterday working with the Saskatchewan boys and girls CP programs. It was a very rewarding day as we saw the players of both genders have break through moments in understanding and applying concepts of the game. The points of emphasis all weekend were:

- Attacking the open basket
- Spacing
- Movement off penetration
- Sealing and feeding the post



We set up for the three-player toss drill. The coach would call out the way to start the drill.

- Toss – self toss to three point line
- Dribble – dribble to the three point line
- Pass – pass to the coach and two players cut
- Choice – the first player in line chose the option

The rule was that the next group waiting to go could not fill the same offensive spots as the team that just went. The defender could not choose the same defensive option (guard the ball, guard the player without the ball or guard the basket.)

We found that this was a quick high-paced activity that loaded the drill mentally.

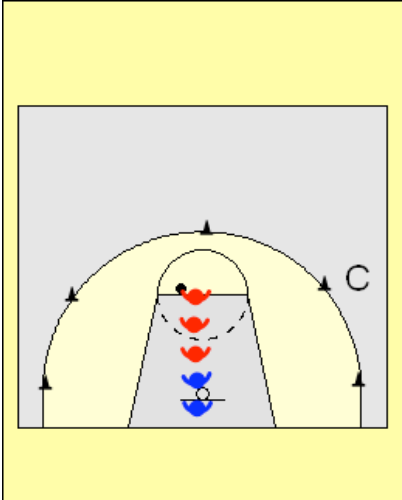
We further loaded the drill by adding in the post options also. The coach could call:

- Post toss
- Post dribble
- Post pass
- Post choice

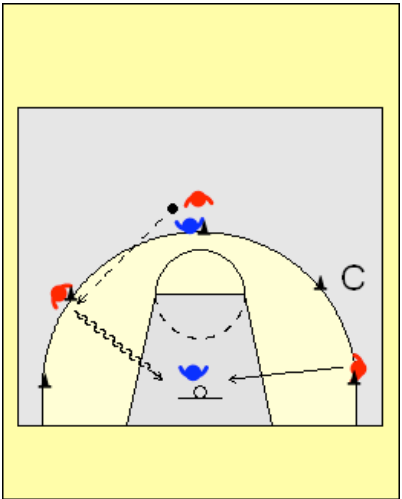
This was a great review and made sure the players were being alert.

5 player toss

We found that going to 5-player toss added another dimension to the players. To me it simulates what happens off the first pass out off penetration. The second pass is like the pass pass.

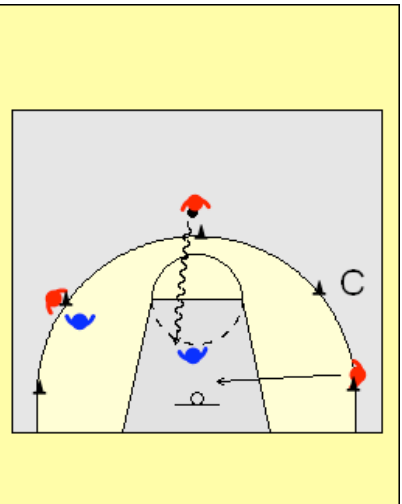


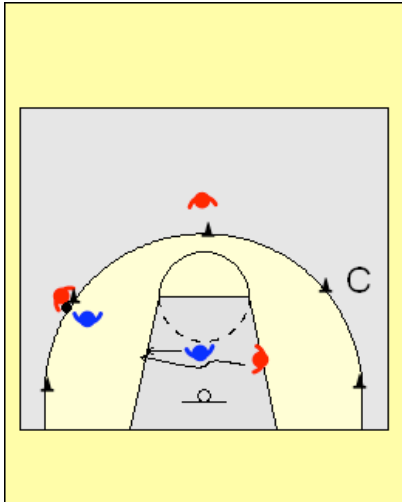
In this example, the player with the ball is guarded and there is one help defender. If the ball is passed quickly to force the long close out. The other offensive player realizes the basket is open and creates the small space 2-1.



Note: we were getting the players to understand that we do not always want to take the open three point shot. Sometimes we need to attack the basket to create fouls or to get a higher percentage shot if we are not a three-point shooter.

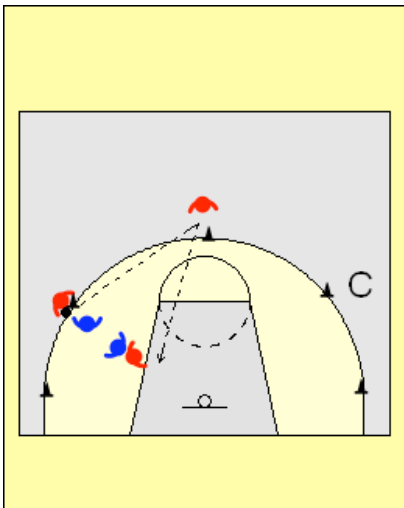
In this example, the player with the ball sees that one player is guarding the basket and attacks to create the small space two on one.





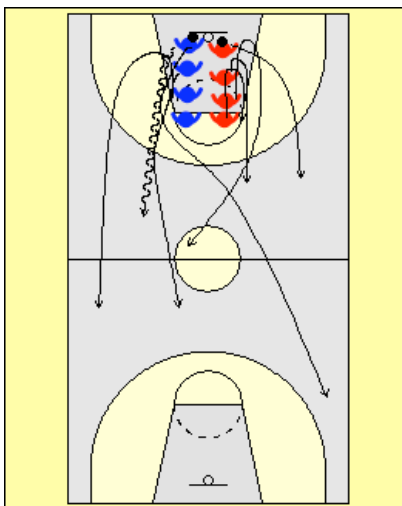
Post play out of five-player toss.

This was a very effective drill for teaching the passing triangle.



If the post was fronted the passer had to use the relay pass through the top to make the post entry. We could also worked on doubling in the post. The post had to escape dribble to make a pass. The perimeter players worked on spacing after passing. We did not want a perimeter player in the ball side corner or wing when the post had the ball.

We still threw in random penetration to see if both the perimeter and posts knew how to move. The players improved so much on their movement off penetration. The biggest thing was that they did not clog up space for others. There little movements up and down allowed them to receive easy passes where they had simple decisions on what to do next.



Serbian tip to 4 on 4

We concluded the day with the Serbian tip drill to play 4 on 4. Both teams start with a ball and do the rebound tip drill. The defensive team passes the ball to the player out of bounds. The last rebounder for offence started with a break out dribble. The offensive team scored a point if they could go **score –stop – score** (they went up the floor, back on defence and one more possession on offence). The defence scored a point if the could get a **stop –score – stop**. We found that the players paid more attention to details in each possession and took better care of the ball. When we did this drill the weekend before with traditional scoring, we had double-digit turnovers. We only had two turnovers for the entire drill. The took pride in a possession.

