

## Skill Overload: Post Play Progression Drills

By David Thorpe

### Weak Hand Scoring

- Emphasize high arc, high release, off two fingers, follow through – snap wrist with same rotation

### Two-Man Peripheral Passing Drill

- Receiver on block, passer above 3pt line
- Eyes focused on passer, hands out, pass to outside hands, corral ball with one hand
- Progression: throw higher/lower, harder/faster, allow passers to coach

### Blind Pass Drill

- Receiver directly under front of rim facing basket, passer top of key
- Passer calls out name, receiver turns (opposite each time)
- Receiver catches and finishes with different hand each time, immediately up to finish, no gather/pivot
- Progression: Add a violent shot fake to gather

### Paint Scoring

- As many shots as possible – practice scoring, never the same shot twice in a row, for a time limit (no dunks)
- Progression: three passers out on the floor, each with a ball (low wing and top of key), shooter rebounds make and passes out – NOT a post-up – just looking to score
- Progression: coach stands behind receiver, points to passer he wants the ball to come from
- Progression: coach still points, other two fake the pass

### Thorpe Drills

- Bounce & Finish: Explode to ball at highest point, leave arms extended above head and explode back up to ball... try to dunk, even if you miss
- Shot Fake & Finish: Explode to ball at highest point, ball goes no further down than chin, violent shot fake (grunt), finish... no pivot, you can dunk... vary spot to start from
- Short Step Extension: Heels on marker above block line, off the board, shot fake, step and finish (put ball down to extend step)
- Long Step Extension: Heels on foul line, same as above
- Step-Hop: Hide ball from opposite side of lane, heels on foul line or just beyond
- Step-Hop to Shot Fake: Same thing but add a shot fake at the end with a power layup or dunk, sometimes a reverse

### Back-to-the-Basket

- Go-To Move: A move that you can finish 80% of the time against a player as tall or shorter than you
- Jump Hook: work on shooting sideways
  - Drill: nose under front of rim, slightly rounded arm swing
  - Drill: front of rim, perpendicular to backboard
  - Drill: toss to self above block; no dribbles, with dribbles, all strong hand, then weak hand... show ball without showing ball
- Turnaround Jump Shot: allow slight fade as long as they get good arc (require arc)
  - Drill: toss to self above block; no dribbles, with dribbles, all baseline, all middle, show ball without showing ball
- Freeze Fake: use both the jump hook and the turnaround jump shot, but always use a freeze fake or two in a row (1/4 of the violence of a shot fake)

- Drill: add a freeze fake or two before each shot attempt
  - Drill: use progression from hook, to show hook and turnaround, to adding a freeze fake to both
- Up & Under: going baseline and finishing with a hook or going middle and finishing with a power layup (no dribble is needed, practice with and without)
  - Drill: toss to self, make move baseline and middle
- Double Pivot: the up and under has been cut off, and instead the player extends his pivot in the same direction
  - Drill: toss to self, make move baseline and middle, no need for a dribble (add a dribble to complicate move but remember ONE DRIBBLE ONLY)
- Back-to-Basket Progression:
  - 5 minutes of jump hooks on each side
  - 5 minutes of turn around jump shot (show jump hook) on each side
  - 5 minutes of freeze fake to either jump hook or turnaround jump shot on each side
  - 5 minutes of up & under on each side
  - 5 minutes of double pivot on each side
  - 5 minutes of various moves with freeze fakes on each side
- Game Simulation
  - Drill: Make a move, put it in no matter what, outlet, sprint and block a shot, come back and execute a move, sprint again... no more than four total sets (different shot every time)
  - Drill: One-on-One... one dribble only, allow the catch, use a different move each time