

THE

WARRIOR DRILLS

DEVELOPMENT of the PLAYER

CONDITIONING of the PLAYER

CONDITIONING of the TEAM

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SNOW VALLEY BASKETBALL SCHOOL -- 37 YEARS

WARRIOR DRILLS

SHOOTING OFFENSIVE SKILLS FOOTWORK CONDITIONING

This work is designed to condition the athlete and develop skill at the same time -- basketball specific.

Included in this brief notebook are drills which will give you an understanding of advanced work in player development.

The quality of a player's shot is in direct relation to the quality of his footwork.

Much of the credit goes to Mark Grabow of the Golden State Warrior's staff for the creation of such drills, used as he aided in the development of such players as Chris Mullin, Mitch Richmond, Tim Hardaway, Jud Buechler, and inside players at Pete Newell's Big Man's Camp.

Mark's work is now published in a notebook entitled On Court 100, a training manual published by Pro Fit-Elite Athletic Development. My input and additions are developed from Mark's ideas and from the needs of the professional, college, and high school athletes with whom I work.

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WARRIOR DRILLS

Warrior Drills

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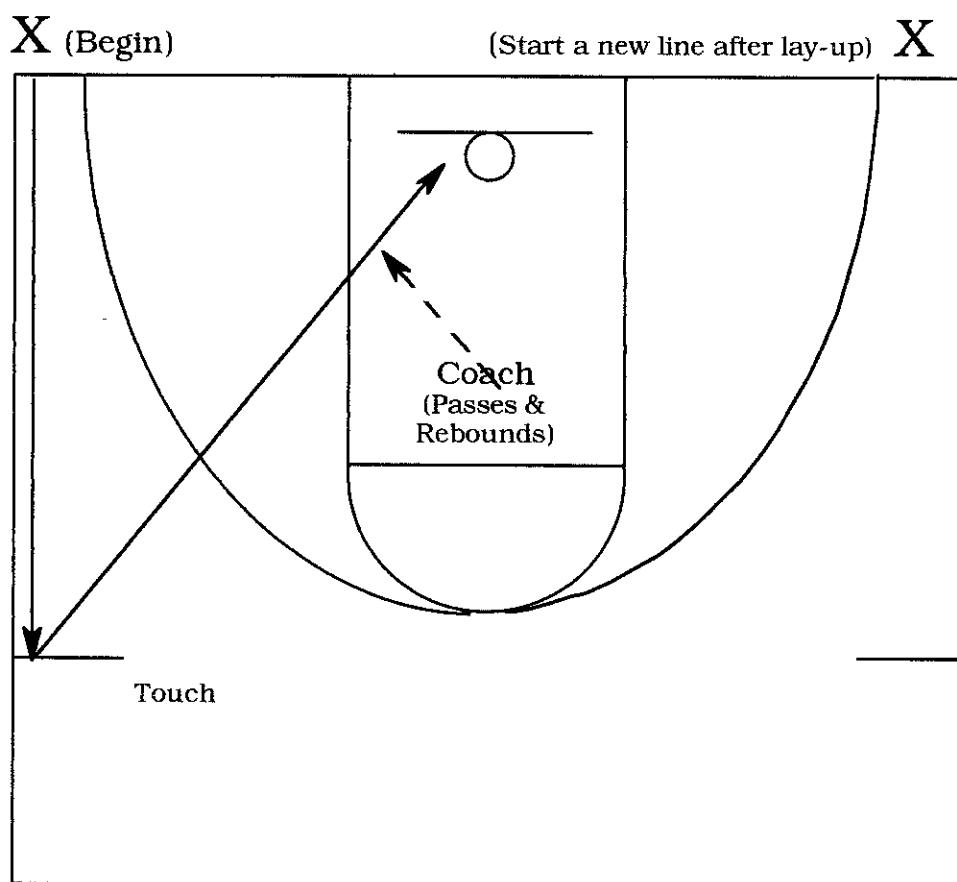
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Warrior Drills

Warm-up with lay-ups

1. Player starts at baseline and jogs to 28 foot mark.
2. Player touches mark, and sprints toward the basket.
3. Player receives ball from the coach and scores the lay-up.
4. Player starts new line on the other side of court.
5. The next player in line starts jogging when preceding player gets to the three point line.
6. Coach rebounds first lay-up and feeds next player.

Player



Pass - - - - ->

Cut —————>

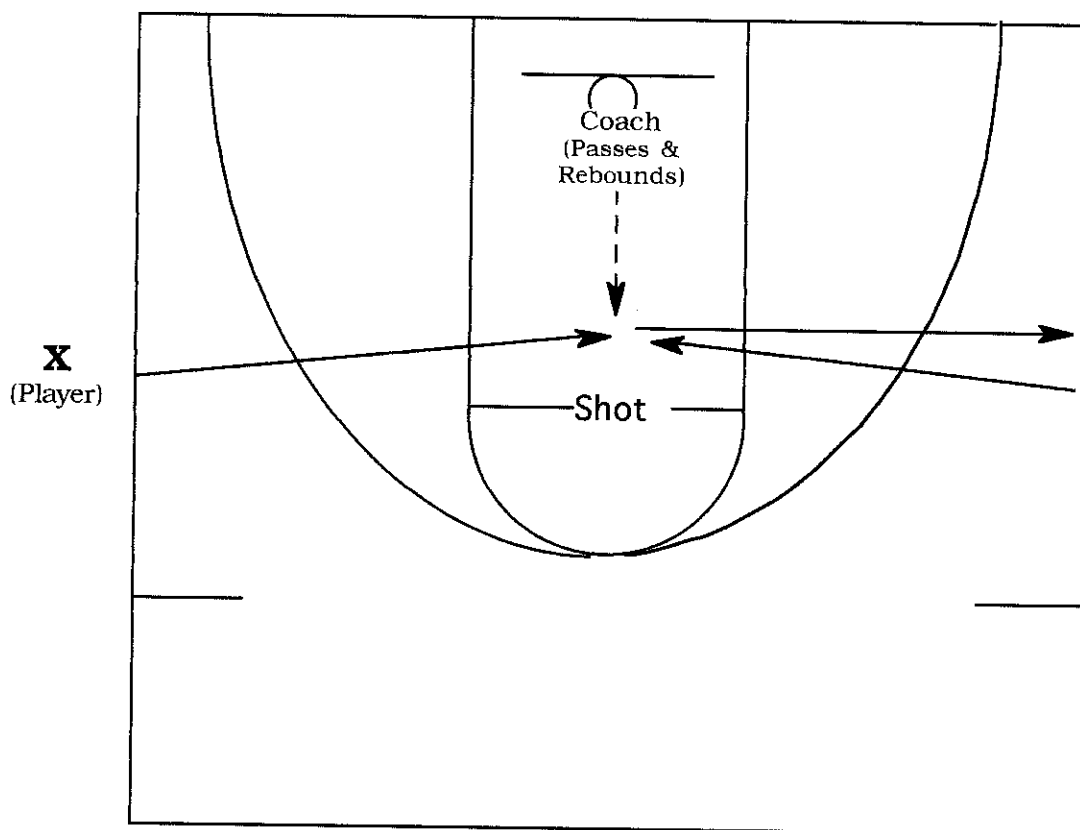
Warrior Drills

"Baby" jump shots

Player works on catch, footwork and shot while practicing the 8-10' jump shot
coach/teammate passes and rebounds

1. Player sprints from sideline, going to the right, catches with left-right footwork, up for shot.
2. Upon return from the other sideline, going to the left, catches with right-left footwork, up for shot.
3. Shoot ten shots, 5 coming from each direction.

- * Group work:
- 1 shot, meet at other sideline
 - 2 shots, meet at same sideline
 - 3 shots, meet at other sideline, etc.



Warrior Drills

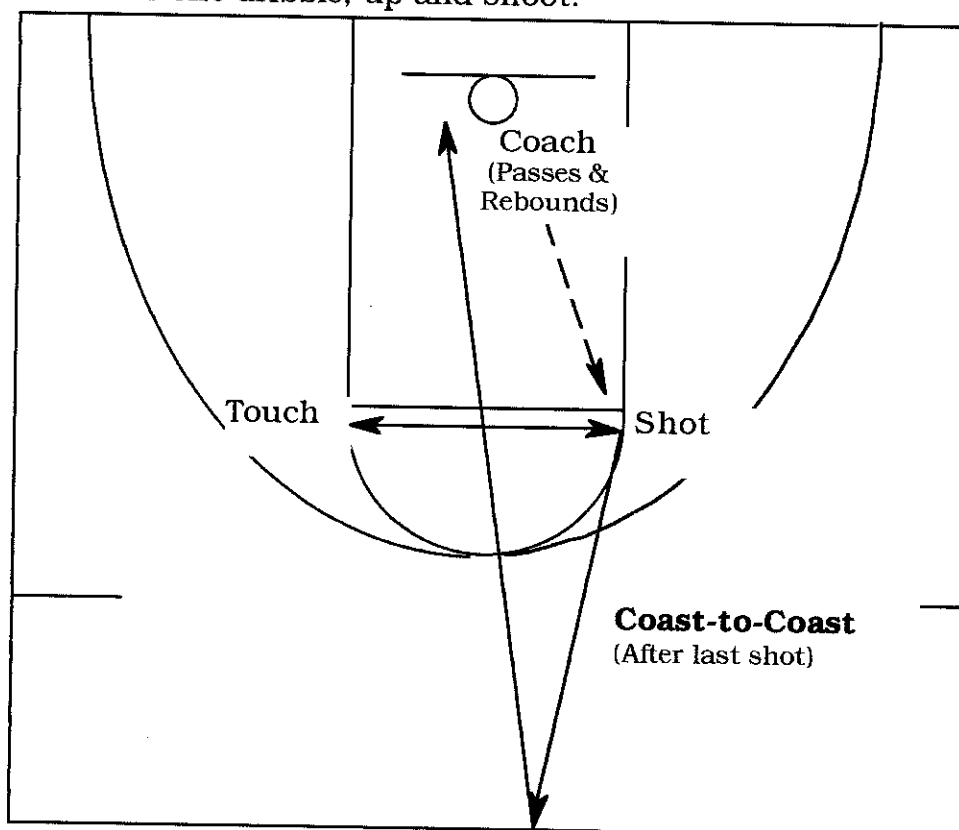
J-J

Coach/teammate passes and rebounds

1. To start: player moves to a spot then sprints to an opposite spot, catch and shoot using proper footwork for direction traveling.
2. Coach/teammate rebounds the ball and feeds the player who returns to first spot, touches and moves quickly to shooting spot, ready to catch and shoot.
3. Shoot 5 shots, make 5 shots, shoot ___, or make ___, your choice.
4. After last shot, or last shot made, sprint or backpedal to the mid-court circle, sprint to the basket, receive ball from the coach and score the power lay-up (this is called going "**Coast-to-Coast**").

Developing the drill:

1. Make the player use different spots on the floor each time he comes up, be sure that the direction for moving into the shot is different each time he comes up. First shot moving to his right, then second shot moving to his left.
2. Drill stays the same but the player catches, goes to the floor for one dribble, up and shoot.



Warrior Drills

Banana run

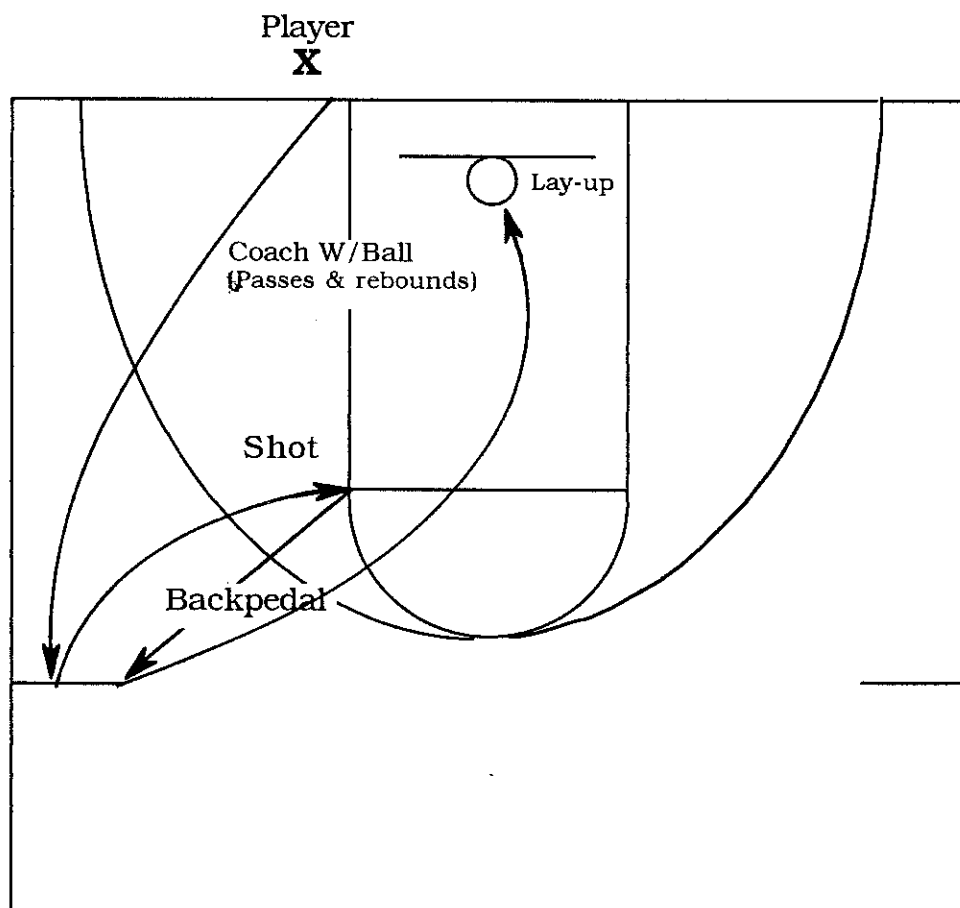
(See page 30)

Coach/teammate passes and rebounds

1. Player Sprints a banana cut to a designated point in the front court.
2. Player hits that point with foot and sprints to elbow.
3. Receives pass for jump shot. Good footwork, legs into shot as player receives ball.
4. Coach rebounds, shooter backpedals at an angle from which he came back to a point above the three point line.
5. Player then sprints to receive ball for lay-up.

Develop the drill:

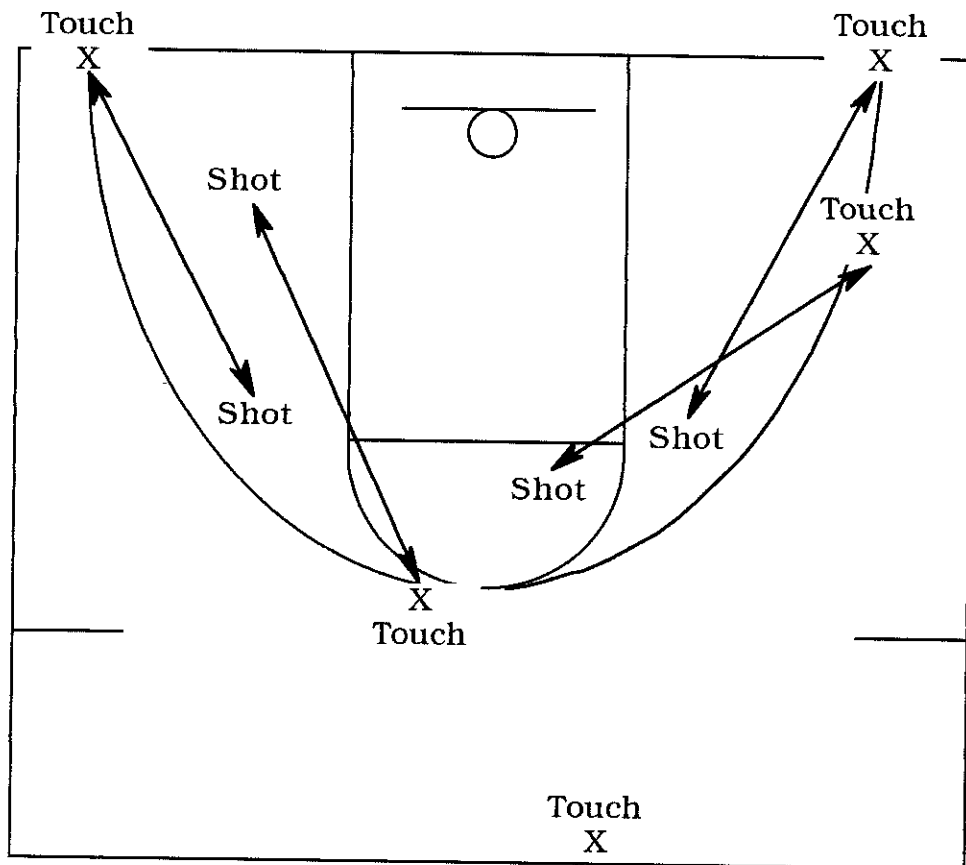
Add a single dribble drive prior to the jump shot.



Warrior Drills

J-J

(Examples of shots and angles)



Warrior Drills

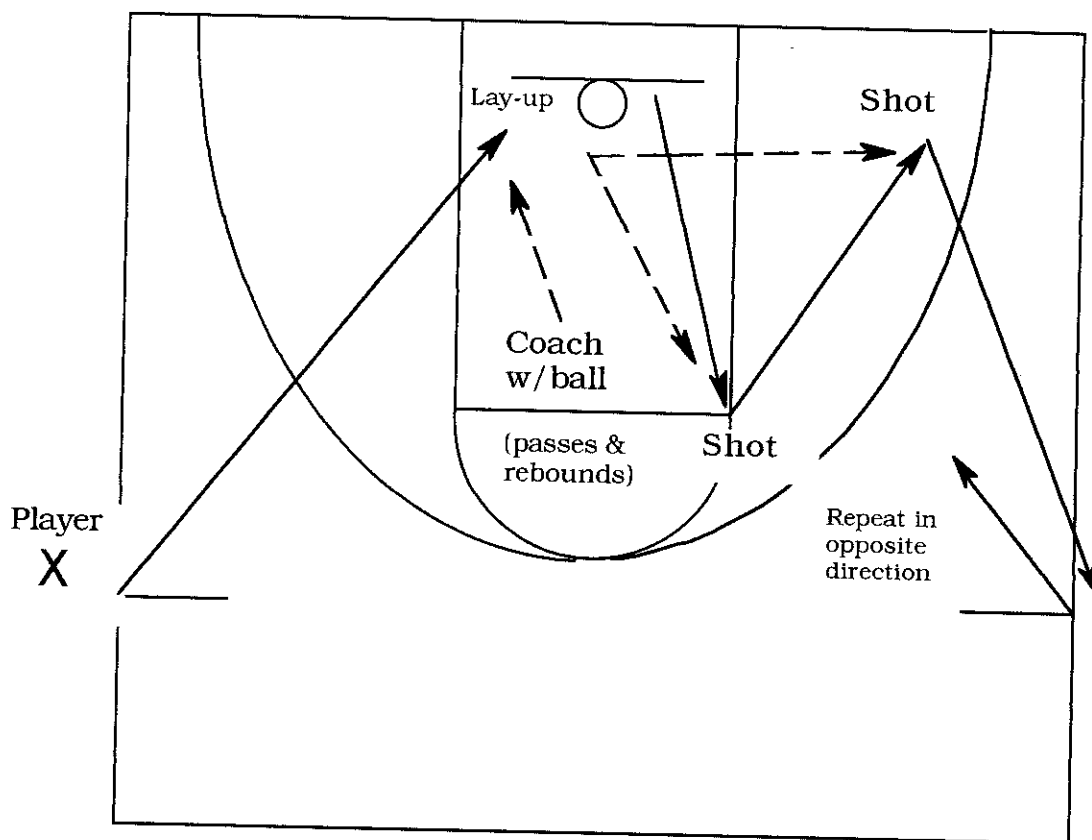
Lay-up...elbow...corner

Coach/teammate passes and rebounds

1. Coach/Teammate feeds player for a lay-up and rebounds shot.
2. Player moves to elbow, catches with right-left footwork (going left), shoots jump shot.
3. Player moves to corner, feet alive, legs ready to shoot: catch--shoot.
4. Player goes slowly up opposite sideline from start, explodes for lay-up, then elbow, then to corner.
5. Repeat 4 times.
6. Free-throws.

* Group work:

- 1 shot, meet at other sideline
- 2 shots, meet at same sideline
- 3 shots, meet at other sideline, etc.



Warrior Drills

Backpedal

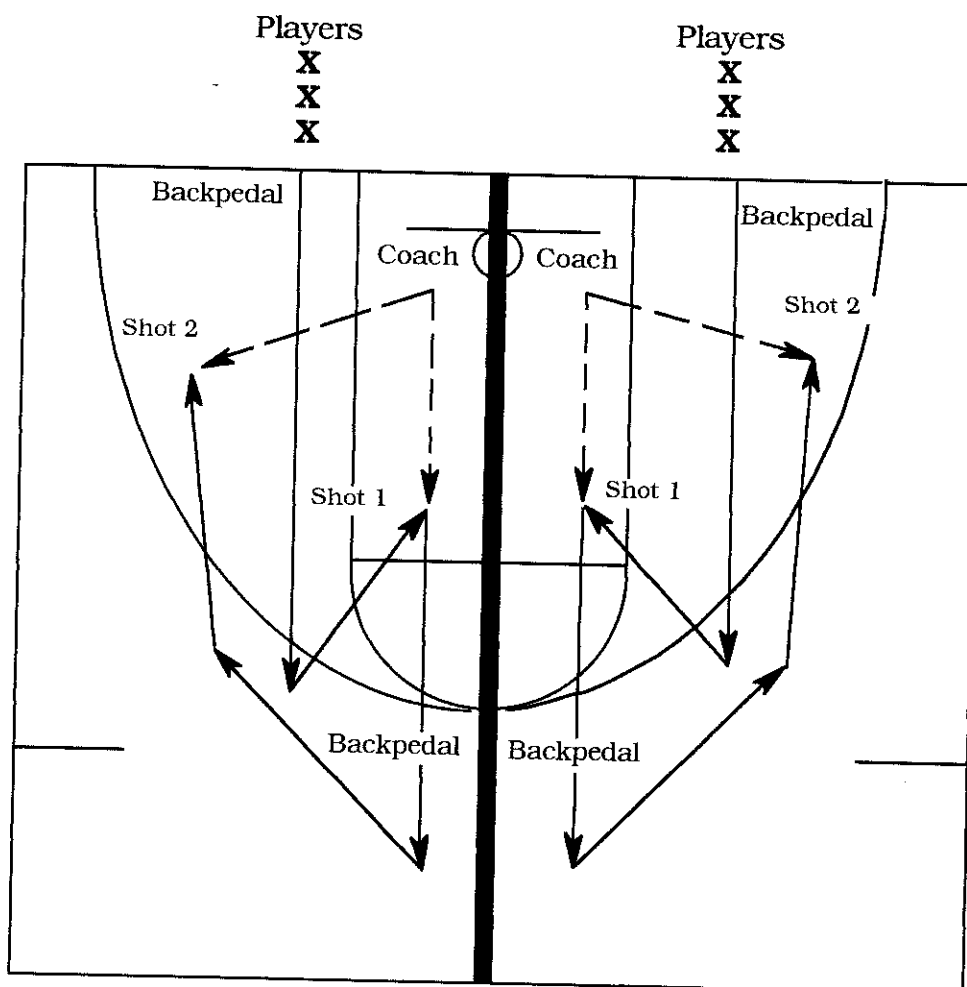
Coach/teammate passes and rebounds

Two lines going at same time

1. Backpedal until coach slams ball to ground, or yells "go."
2. Sprint to shot one, catch and shoot.
3. Backpedal from shot one until coach slams ball to ground.
4. Sprint to shot two, catch and shoot.
5. Switch lines and repeat.

Possible addition after each two shots:

Run coast-to-coast and score the power lay-up.



Warrior Drills

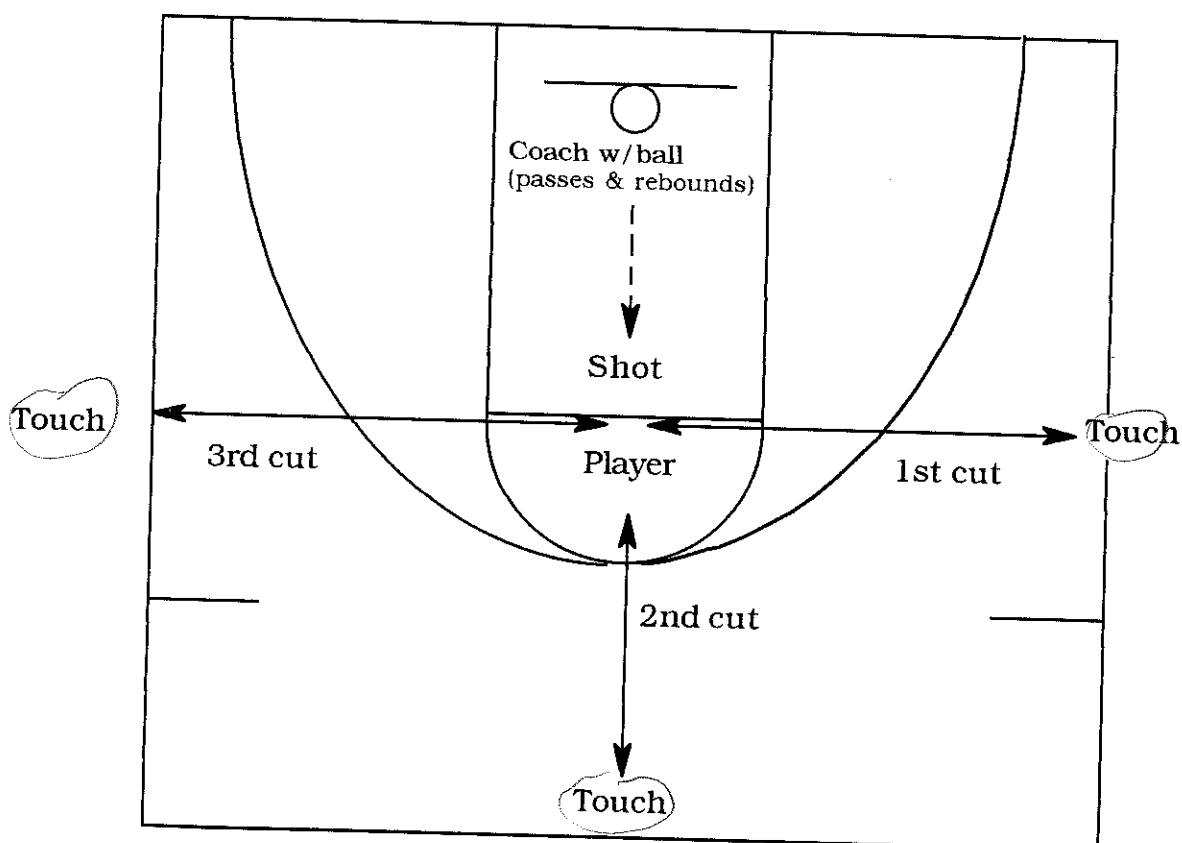
Circle the globe

Coach/teammate passes and rebounds

1. Player catches and uses appropriate footwork.
2. Player goes right, touches sideline, explodes back to free-throw line, catches and shoots using proper footwork.
3. Player goes to touch at mid-court, explodes back to free-throw line, catches and shoots using proper footwork.
4. Player goes to touch at left sideline, explodes back to the free-throw line, catches and shoots using proper footwork.
5. Four trips.

Develop the drill:

Add a single dribble drive prior to the jump shot.



Warrior Drills

Circle the globe--two players active

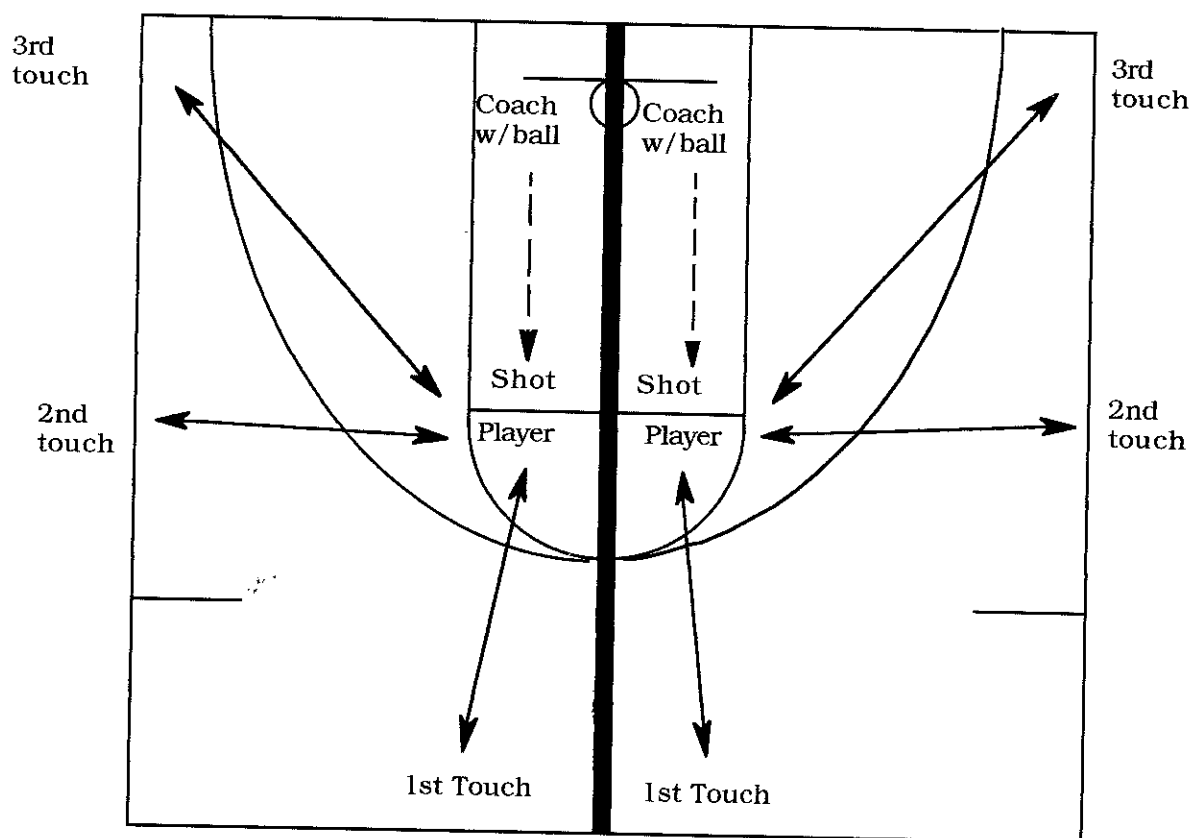
Coach/teammate passes and rebounds

Two lines going at the same time

1. Player catches and shoots using proper footwork.
2. Player goes several feet above the key, touches, explodes back to the free-throw line, catches and shoots using proper footwork.
3. Player goes to wing, touches, explodes back to the free-throw line, catches and shoots using proper footwork.
4. Player goes to corner, touches, explodes back to the free-throw line, catches and shoots using proper footwork.
5. Four trips.

Develop the drill:

Add a single dribble drive prior to the jump shot.

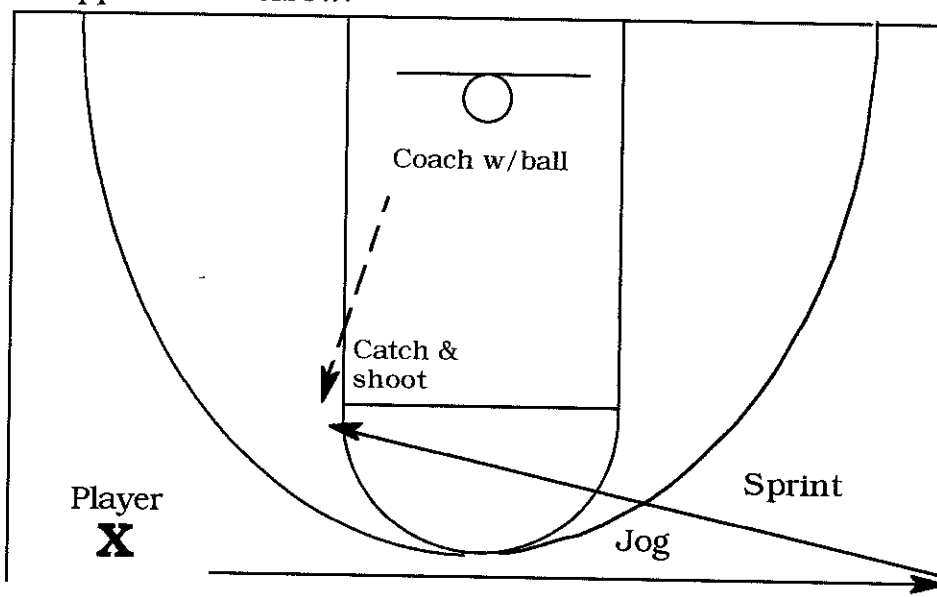


Warrior Drills

Long elbow

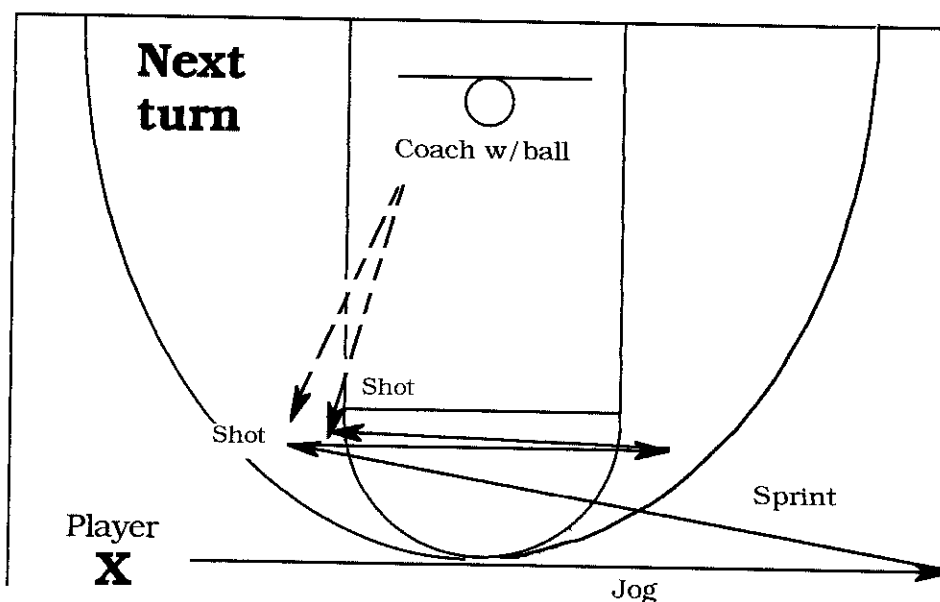
Coach/teammate passes and rebounds

1. Jog across court, touch sideline.
2. Explode into cut, catch and shoot (using proper footwork) at opposite 17' elbow.



Note: Second turn (concentrate on proper footwork)

3. Return to starting point, jog across court, touch sideline.
4. Explode into cut, catch and shoot at opposite 17' elbow.
5. Now start to add J-J. Second turn, shot and one J-J. third turn, shot and two J-J's, etc. to 5 J-J's.



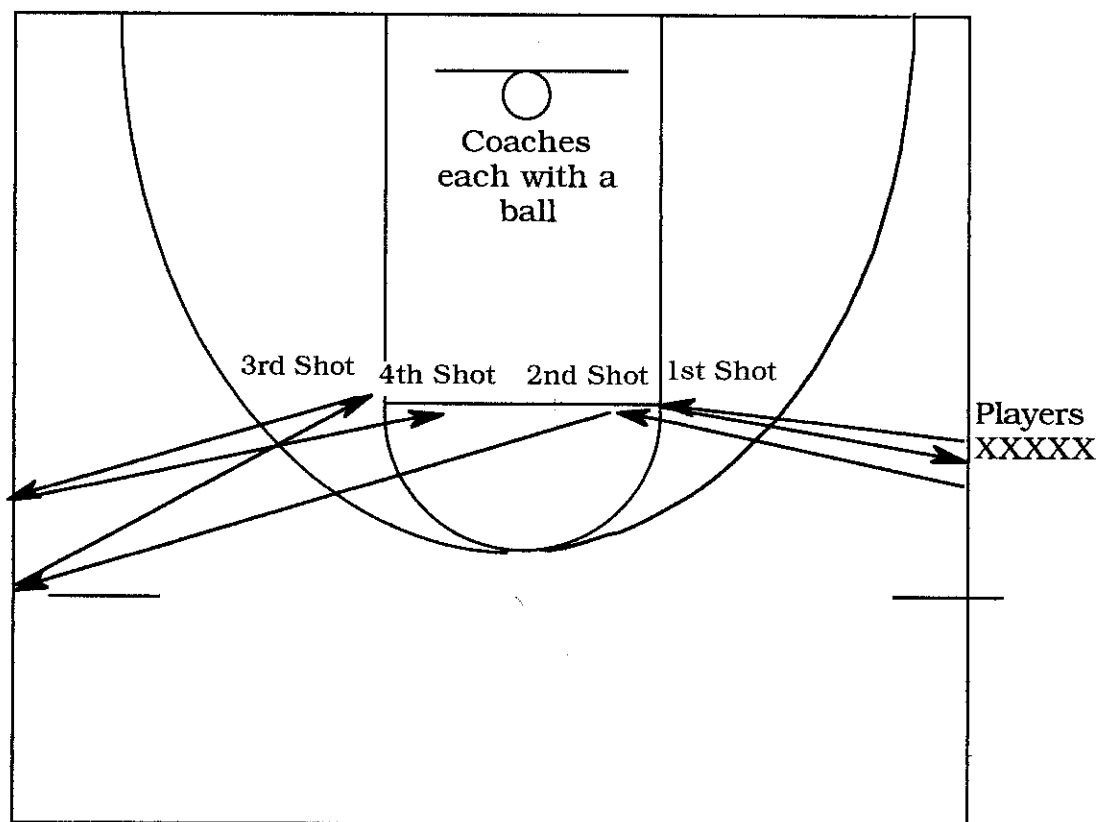
Warrior Drills

Short elbow--group work

Two coaches or teammates with ball will rebound and pass

1. Sprint from sideline to elbow, receive pass from coach1, shot.
2. Go to sideline, bust into second shot.
3. Go to opposite sideline, bust into third shot.
4. Go to same sideline, bust into fourth shot.
5. Start new line opposite side. Wait for teammates to finish.

Note: With second coach, second shooter starts as first shooter heads to opposite sideline after his second shot.
First coach takes his player through all four shots, then goes back to start a new player.

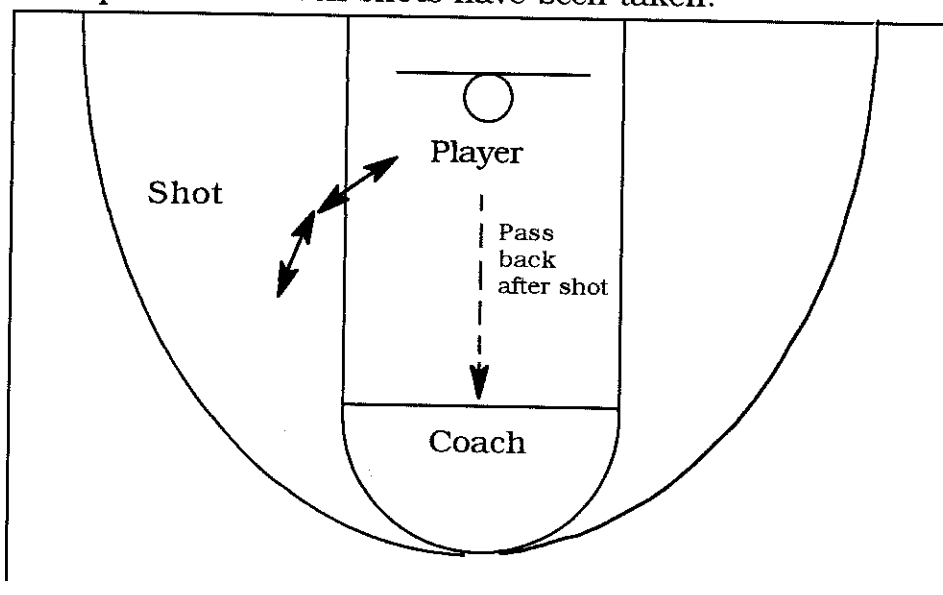


Warrior Drills

7-5-3-1

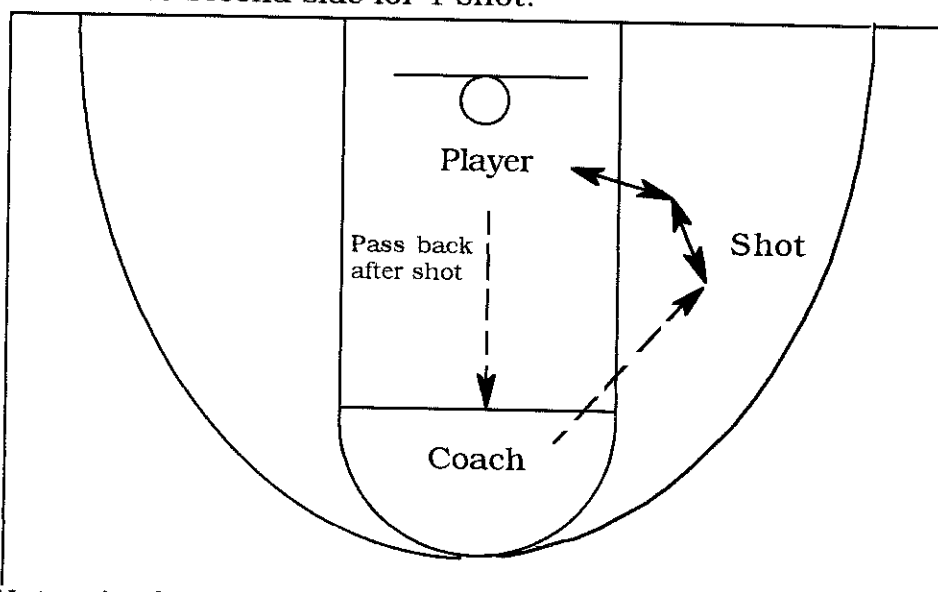
Coach/teammate passes

1. Player curves out for the shot from directly under basket.
2. Player follows and rebounds his shot, pass back to coach.
3. Curve out for second shot, rebounds shot, pass to coach.
4. Repeat until seven shots have been taken.



Then

5. Repeat on other side for 5 shots.
6. Then back to first side for 3 shots.
7. Back to second side for 1 shot.



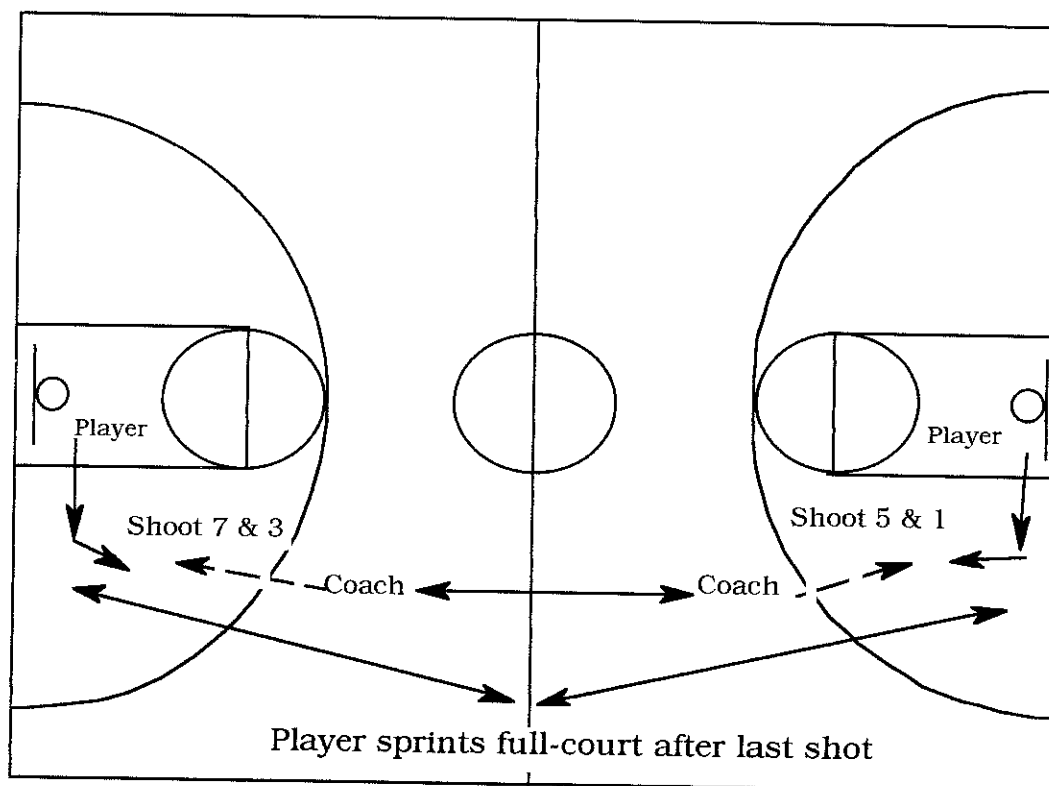
Note: Angle out may vary; even a flat or flare cut can be used.

Warrior Drills

7-5-3-1 full court

Coach/teammate passes

1. Player curves out for shot
2. Player follows shot, rebounds, and passes back to coach.
3. Player curves out for second shot.
4. Repeat until seven shots have been taken.
5. After seventh shot has been taken and rebounded, pass to coach .
6. The player sprints the length of the court and does the same series shooting five times.
7. After the fifth shot has been taken, the player passes to the coach and sprints the length of the floor.
8. Player takes three shots where he had previously taken seven.
9. When the third shot is rebounded and is in the coach's hands, the player sprints the length of the court for the last time and shoots 1 shot where he had previously taken five.



Warrior Drills

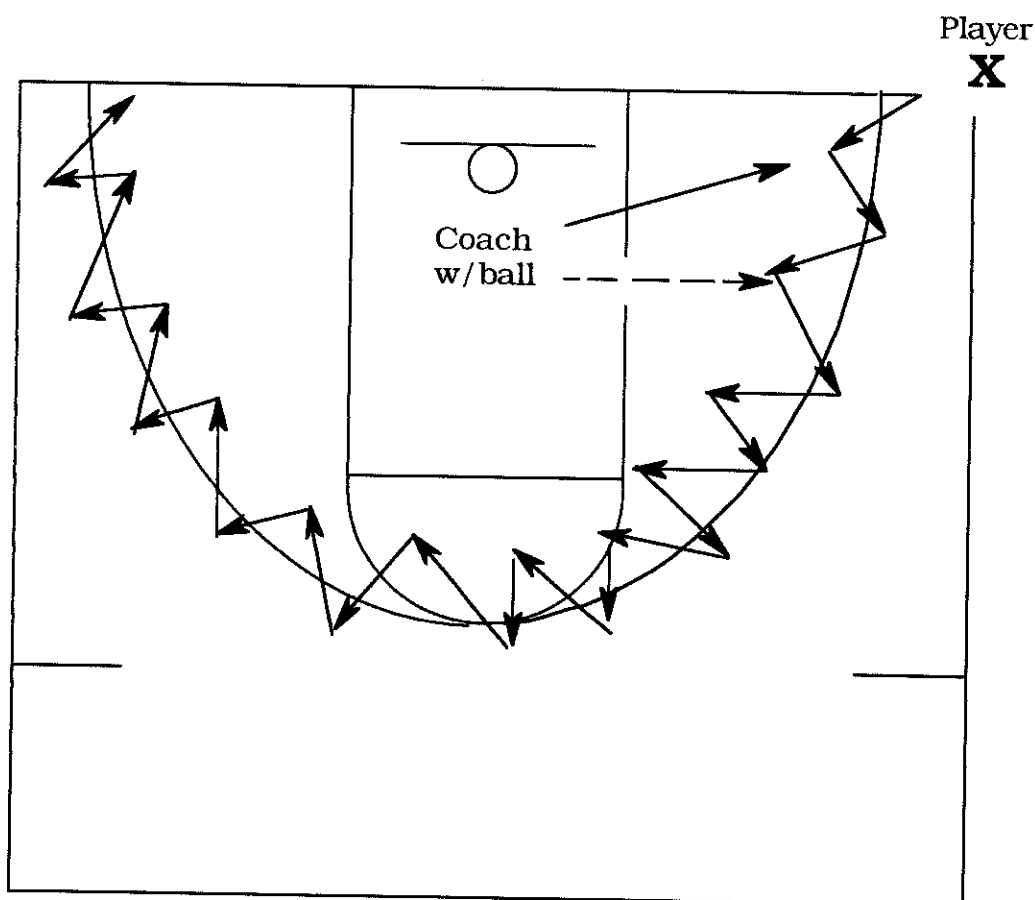
Catch-drive-shoot

Coach/teammate passes and rebounds

1. Player catches, drives left with one or two dribbles and pulls up for a jump shot.
2. After shooting player takes 1 or 2 steps straight back, legs loaded, feet alive.
3. Repeat catch, shoot and step back until player has taken last jump shot on opposite baseline.

Develop the drill:

1. Coaches may work together, start two players one behind the other, the second player starting after first player's third shot.
 2. Work back with drives to the right.
- Next turn,
3. Third turn, work to left 12 shots, come right back with right hand drives, working to starting point.



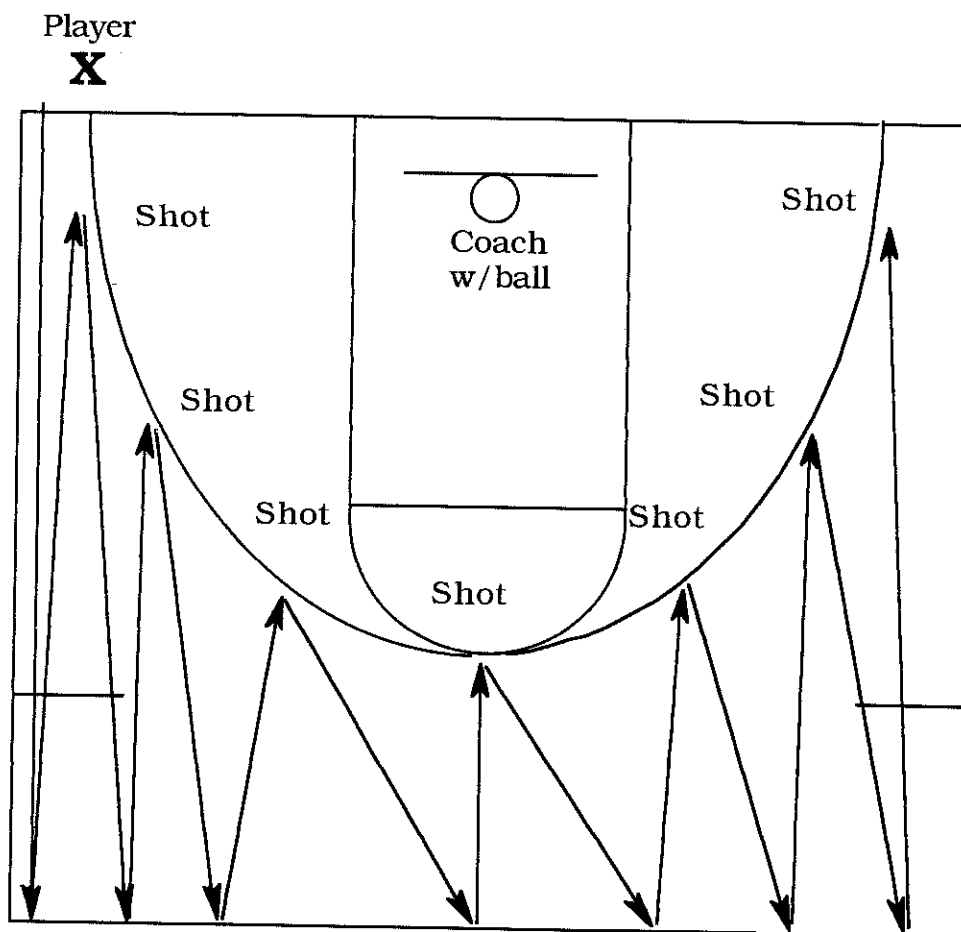
Note: If working with a group, shoot 5 shots; corner, wing, point, wing, corner; start second player as point shot is taken by first player.

Warrior Drills

Run the W

Coach/teammate passes and rebounds

1. Player starts in either corner, sprints to mid-court and touches.
2. Player sprints back to corner, catches and shoots using proper footwork. (A single dribble drive may be substituted).
3. Player sprints to mid-court while coach rebounds, touches, sprints back to wing, catches, and shoots using proper footwork. (Again, a dribble drive may be substituted).
4. Repeat around perimeter until a minimum of five to seven shots have been taken.

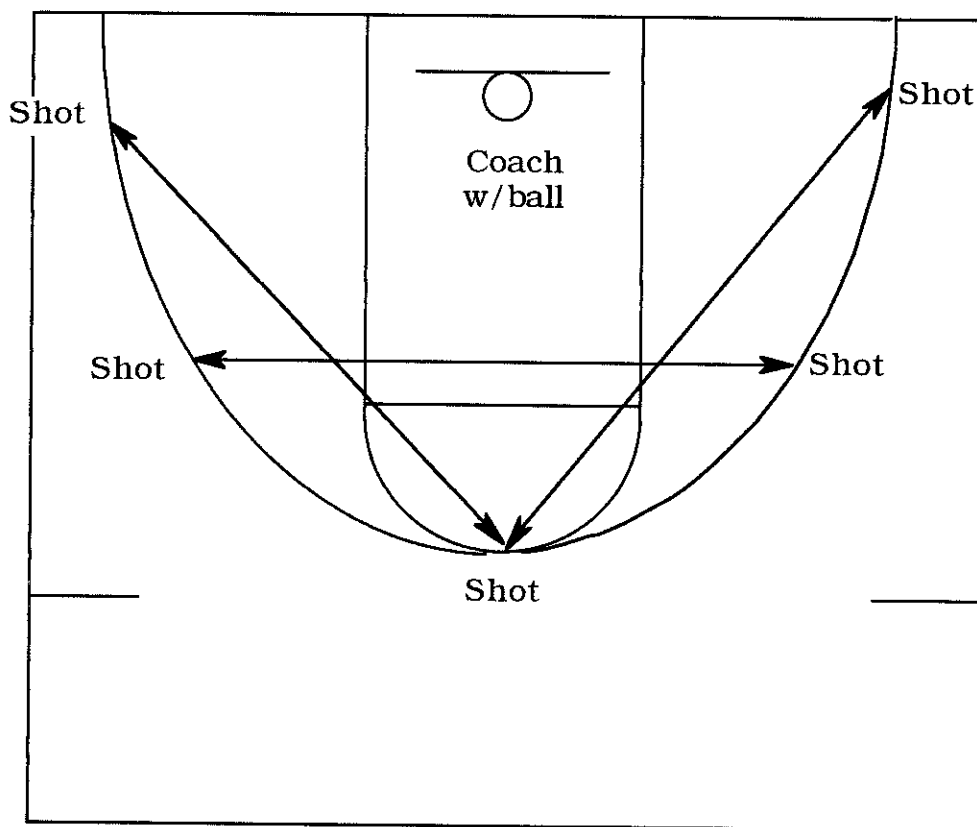


Warrior Drills

Three point shooting

Coach/teammate passes and rebounds

1. Player uses any two spots on each side of the court.
2. Player keeps moving back and forth between each shot focusing on catching, proper footwork, using legs and lifting the shot.
3. Player makes sure to KEEP FEET ALIVE if he hits his shooting spot before the pass is delivered.
4. Player shoots until requisite number of shots are made.
5. After last shot is made, player runs "coast-to-coast" for a power lay-up off an outlet pass from the coach.



- Sequence:
1. Wing to wing, shoot free throws.
 2. Point to corner, shoot free throws.
 3. Point to other corner, shoot free throws.
- Move on to next warrior drill

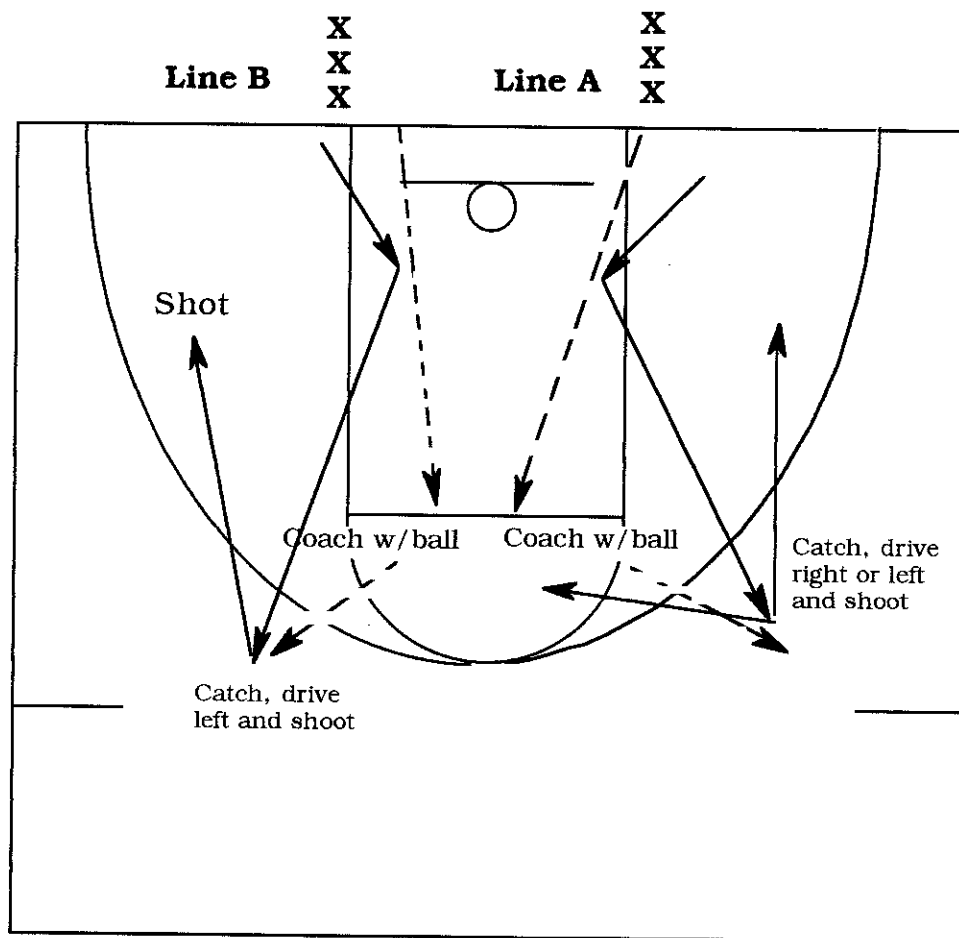
Warrior Drills

Lollipop shot

Coach/teammate passes

Note: Player can toss lollipop pass from baseline to three point line as an alternate process.

1. Player passes to coach after rebounding. (Once drill starts).
2. Coach tosses a lollipop pass beyond the three-point line.
3. Player jab steps into lane then sprints, catches ball with back to basket.
4. Player turns on predetermined pivot foot to view basket area.
5. Line A: drives left or right for a jump shot. Line
 B: same as line A but makes a two dribble move to the left for a shot.
6. Next player in line rebounds.



Note: I advocate freeing up shooting foot (foot same as hand); however, coach's or player's choice as to what pivot foot to work from.

Warrior Drills

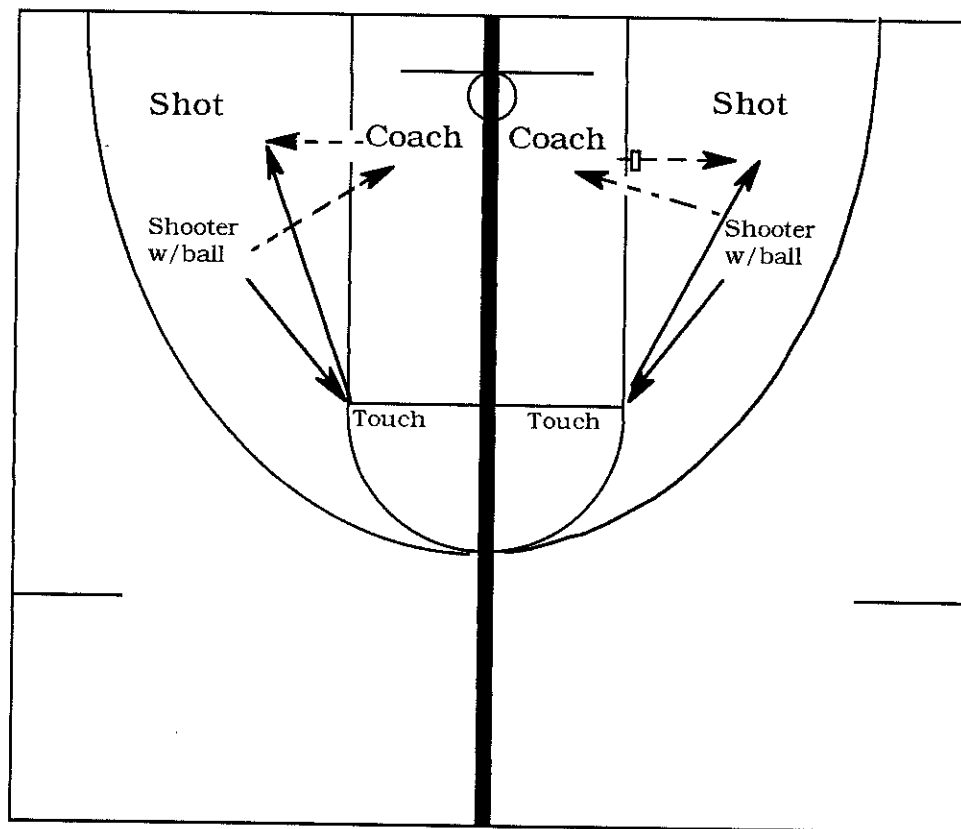
Crack back

Coach/teammate passes and rebounds

1. Player passes to coach to start drill.
2. Player moves to baseline or elbow.
3. On signal from coach, "CRACK BACK," the player quickly comes back to the spot he originated from, catches the ball and shoots using proper footwork.
4. Player repeats action for five shots.
5. After the last shot the player goes "Coast-to-Coast" and scores the power lay-up.

Develop the drill:

1. Change shooting spots and direction moving into shot.
2. Add catch, drive and shoot.



Warrior Drills

Supplement

- 1 -- Inside players
- 2 -- Additional shooting
- 3 -- Team conditioning

Following is a sampling of other drills in my notebook, drills which either enhance particular shots, develop the inside player, or condition the team. I provide these so that you can see the depth of the work that Mark Grabow has done; I have built some drills to add to this body of knowledge, but the great percentage of the work is Mark's.

Herb Livsey

Warrior Drills

for

INSIDE PLAYERS

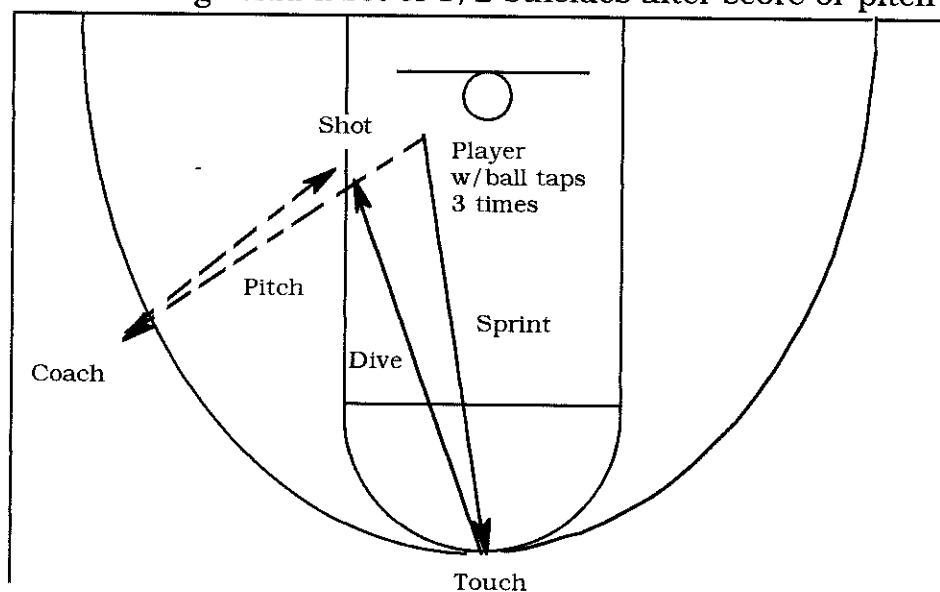
Warrior Drills

Tap...pitch...sprint...dive...catch

1. Player has the ball in both hands and taps the backboard three times.
2. The player then pitches (passes) the ball to the coach.
3. Player then sprints to the three point line touches and dives to the hole, shapes up, catching and scoring with a power move.

Idea: Add defense after the dive. Rotate two or three players.

Conditioning: Add a set of 1/2 suicides after score or pitch.



Note: The defense plays behind the, or defends as directed. Blocks off after shot, retrieves ball. Taps three times....

Also Note: Work drill both sides for each player in first workout.
Do not add defense until at least second workout.

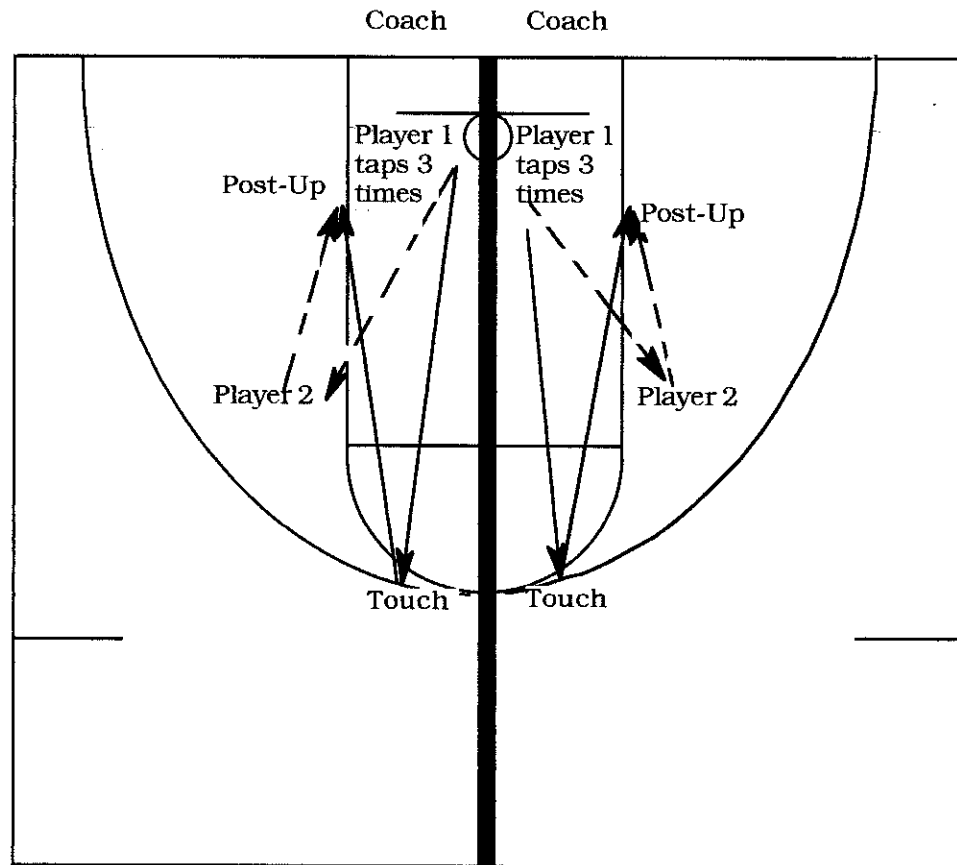
Warrior Drills

Tap-pitch-sprint-dive-catch-score

1. Player one taps the backboard three times, then outlets (pitches) to player two.
2. Player one sprints to top of key, touches and dives into post.
3. Player one receives good bounce pass from player two.
4. Player one posts up, catches and scores a power lay-up. (Good legs and good footwork).
5. Player one becomes player two, player two goes to end of line.

Develop the drill:

1. Add defense for post-up.

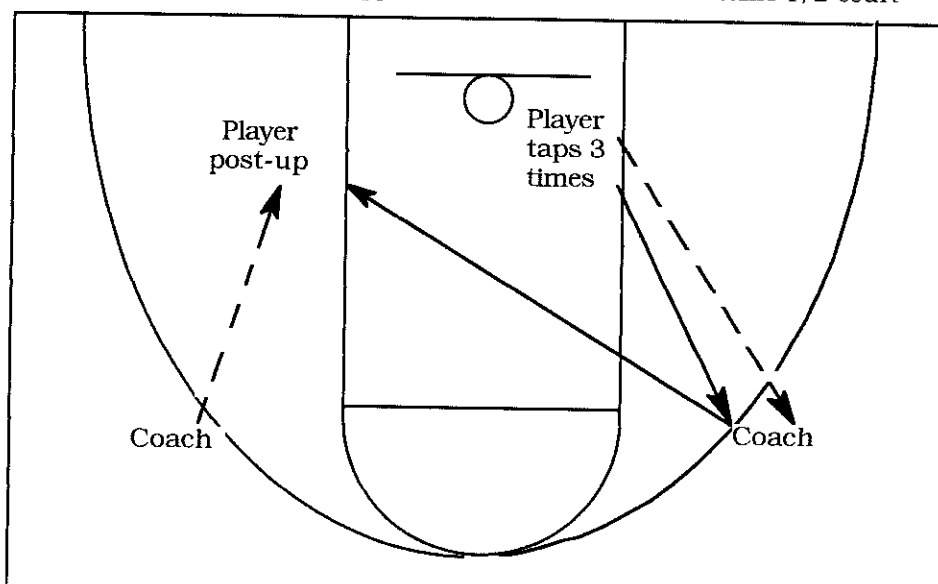
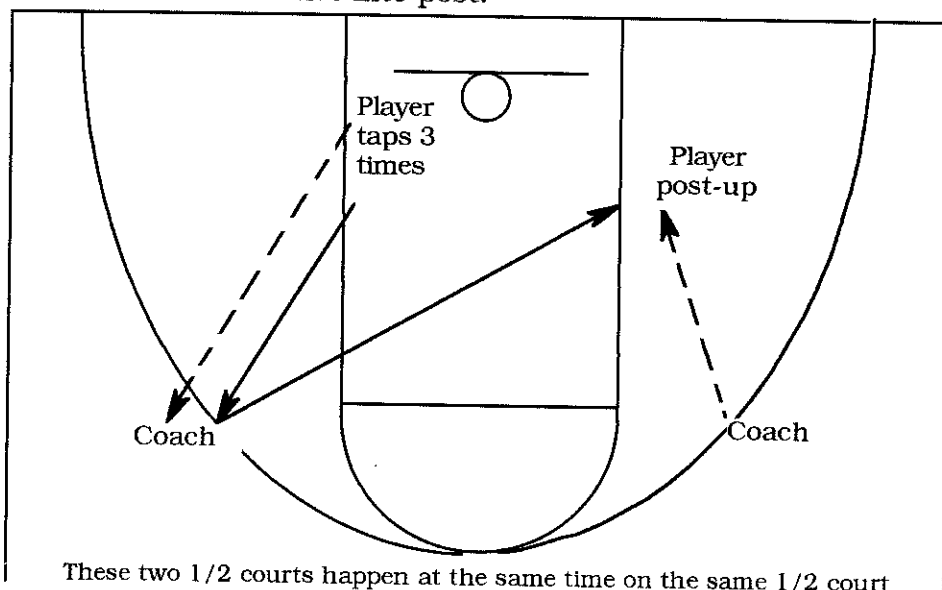


Warrior Drills

Tap-pitch-touch-dive-catch-score

1. Player has the ball in both hands and taps the backboard five times.
2. Pitch to coach at wing.
3. Player follows the pass and touches the ball in the coaches hands.
4. Player dives to opposite low post.
5. Player receives the pass from coach, after player demonstrates a strong post-up.
6. Player scores a baseline power lay-up, or turns highside for a jump shot, or turns baseline for a jumpshot.
7. Three turns on each side.

Develop the drill: Add defense for post-up. Defense retrieves shot, taps, pitches. offensive player goes to baseline opposite side to become defense for his teammate who will dive into post.

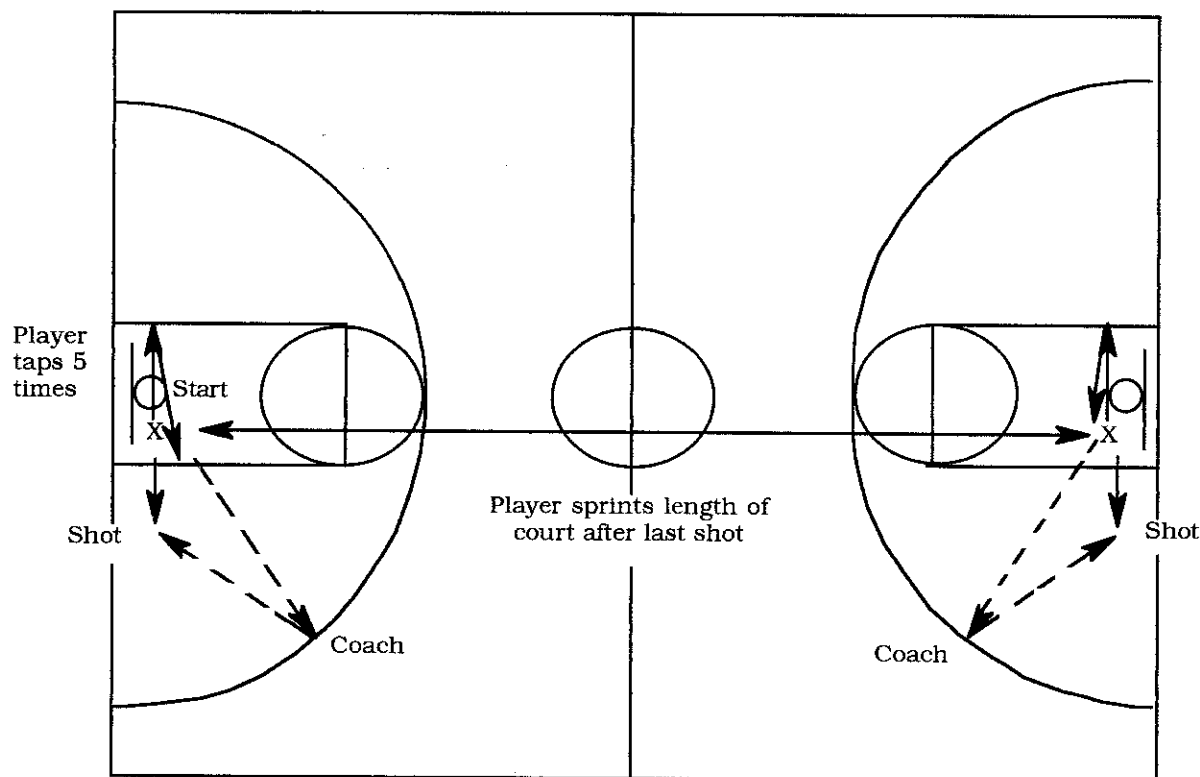


Warrior Drills

5-5-1: Tap-pitch-post / 5 shots / full-court drill

1. Player has the ball in both hands and taps the backboard five times.
2. Player pitches (passes) to the coach.
3. Player posts up for five shots, touching opposite block after retrieving his shot and outleting back to coach.
4. Player sprints the length of the court, dives into post.
5. Player posts up for five shots, same routine.
6. Finish the drill with the player sprinting the length of the court after the fifth shot for one shot or a touchdown pass from the coach, and a power lay-up.

Conditioning: Run 1/2 set of suicides after drill.



Note: by developing the drill this way, you can see that the post player works on both sides of the key in one turn.

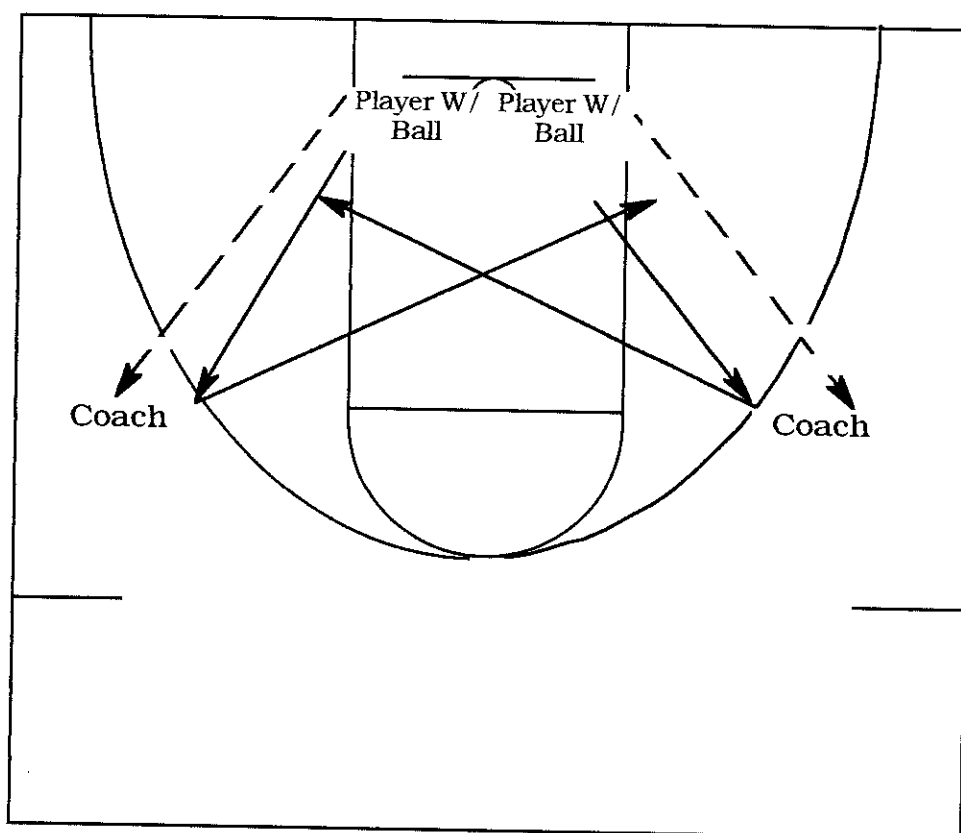
Score, outlet, go across key, come back into post, catch , score (5 times). Tapping merely starts the drill.

Warrior Drills

Two Players

Tap...pitch...touch...dive opposite...
shape up...catch...score

1. Tap three times.
2. Pitch to coach at wing. (Technique always: Outlet to wing, don't bring ball down. Outlet as if going on break).
3. Touch ball just passed.
4. Dive into opposite post. Shape up.
5. Catch pass from that wing.
6. Execute designated post shot.
7. Grab rebound.
8. Repeat on opposite side. Start with three taps.
9. Two new players then come on.



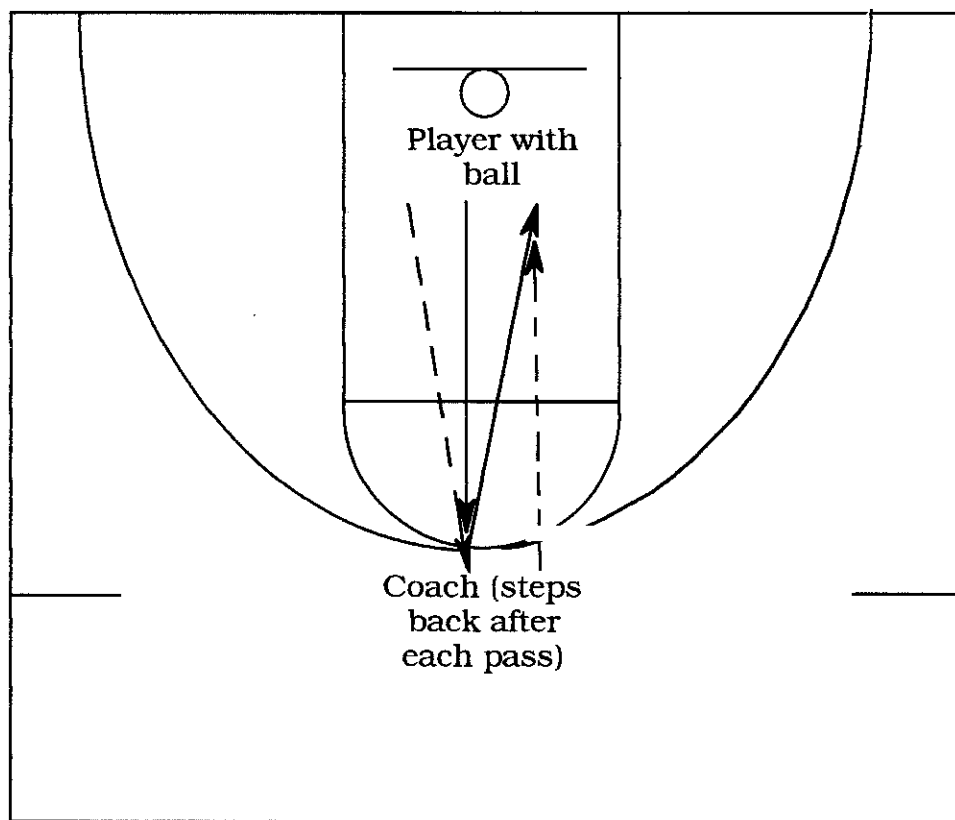
Warrior Drills

Over the top and control lay-up

1. Player taps the backboard three times, then outlets to coach.
2. Player touches the ball they passed.
3. Player dives to the basket.
4. Coach tosses the ball over the player's head for a catch.
5. Player scores lay-up. (Be sure to finish).
6. Player rebounds and passes to coach who has stepped back.
7. Player touches ball they have passed.
8. Continue the drill with coach stepping back after each pass until 5 lay-ups have been taken.

Conditioning and Agility:

1. With this drill for big men, add a set of half suicides, after finishing fifth lay-up or power shot.



Half Suicides:

1. Sprint to foul line, sprint to baseline, sprint to mid-court, sprint to baseline.
2. Go to free throw line to shoot 10.

Warrior Drills

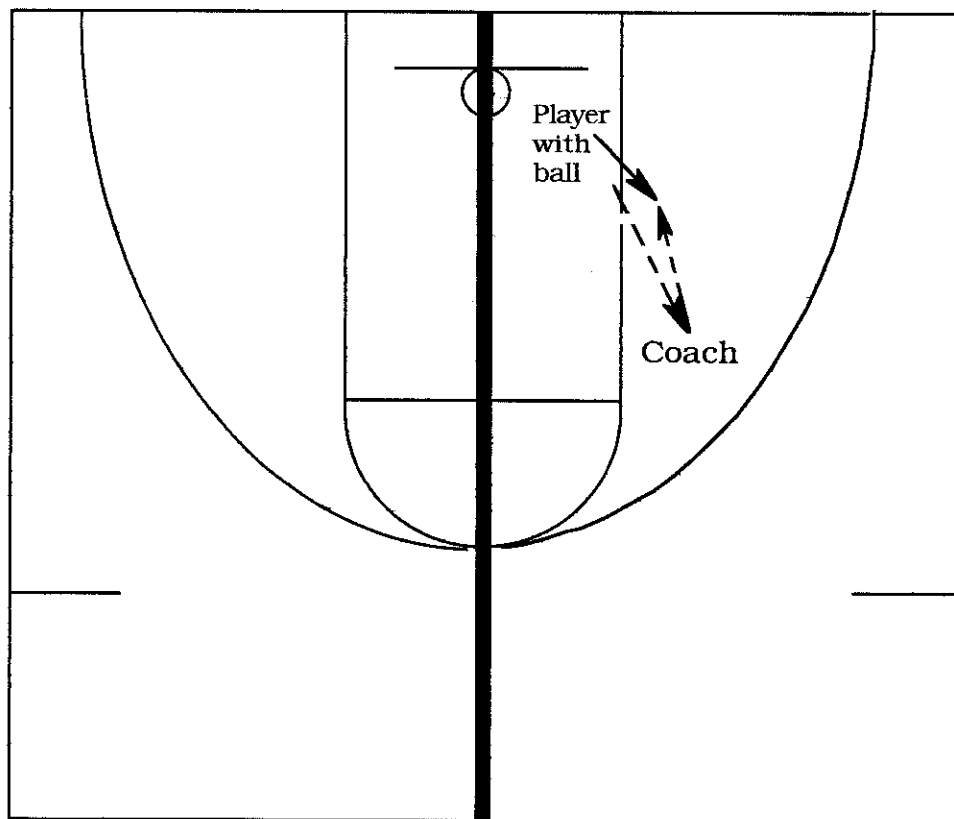
"Pepper"

1. Player starts under the basket and passes to coach.
2. The player follows the ball with 3 or 4 small steps.
3. Coach then gives a return pass to the player who has posted up.
4. Coach moves to a new spot on the floor while the player scores a quick power shot.
5. Player gets ball out of the net and finds coach on perimeter.
6. Player passes to coach and moves to the ball, calling for the ball.
7. Score five times , move to next player.

Develop the drill:

1. Add defense for post-up.

Work both sides of the court at the same time if necessary.



Note: This drill is designed for the player to catch in the post area and get to the basket. No finesse expected: Be a powerful and quick player to the basket.

Conditioning: Work to have player stay with drill for two minutes. 4, 5 and 6 are critical to the drill.



Warrior Drills

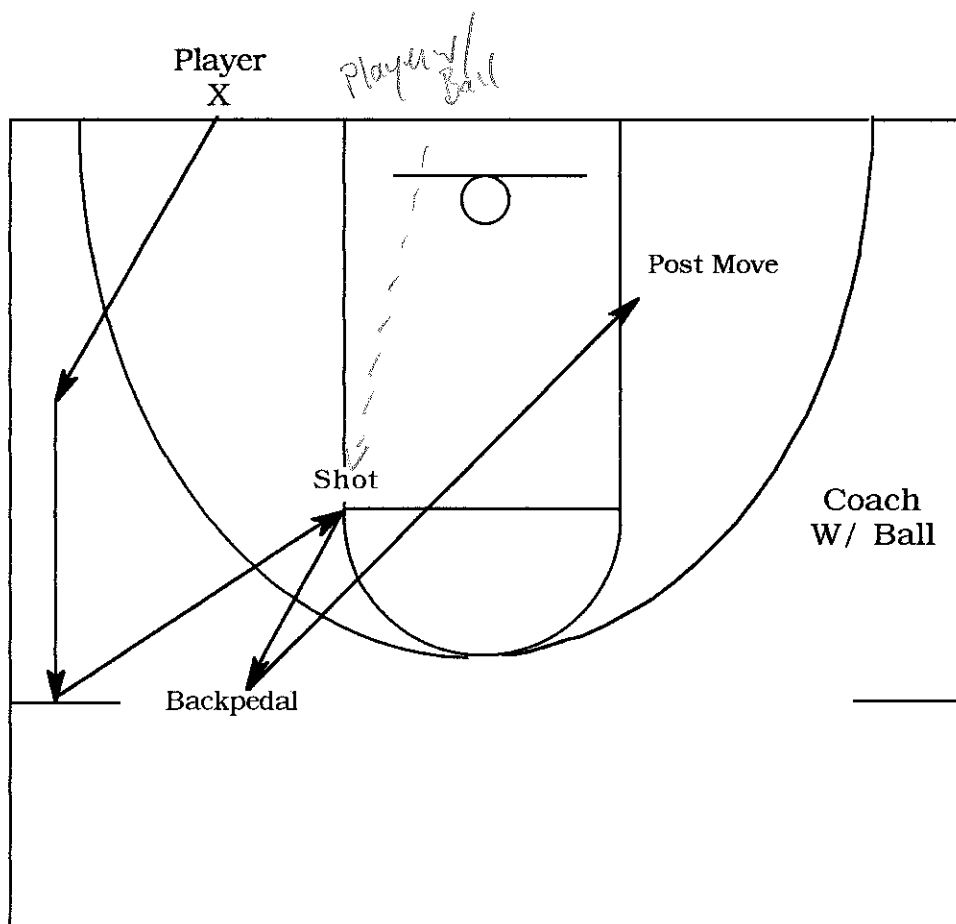
Banana run with post up

(See p. 7)

Coach/teammate passes and rebounds

1. Player Sprints a banana cut to a designated point in the front court.
2. Player hits that point with foot and sprints to elbow.
3. Receives pass for jump shot. Good footwork, legs into shot as player receives ball.
4. Coach rebounds, shooter backpedals at an angle from which he came back to a point above the three point line.
5. Player dives to opposite post, shapes up, catches, works on post shot.

Group work: Second player goes when first player starts to dive.



Warrior Drills

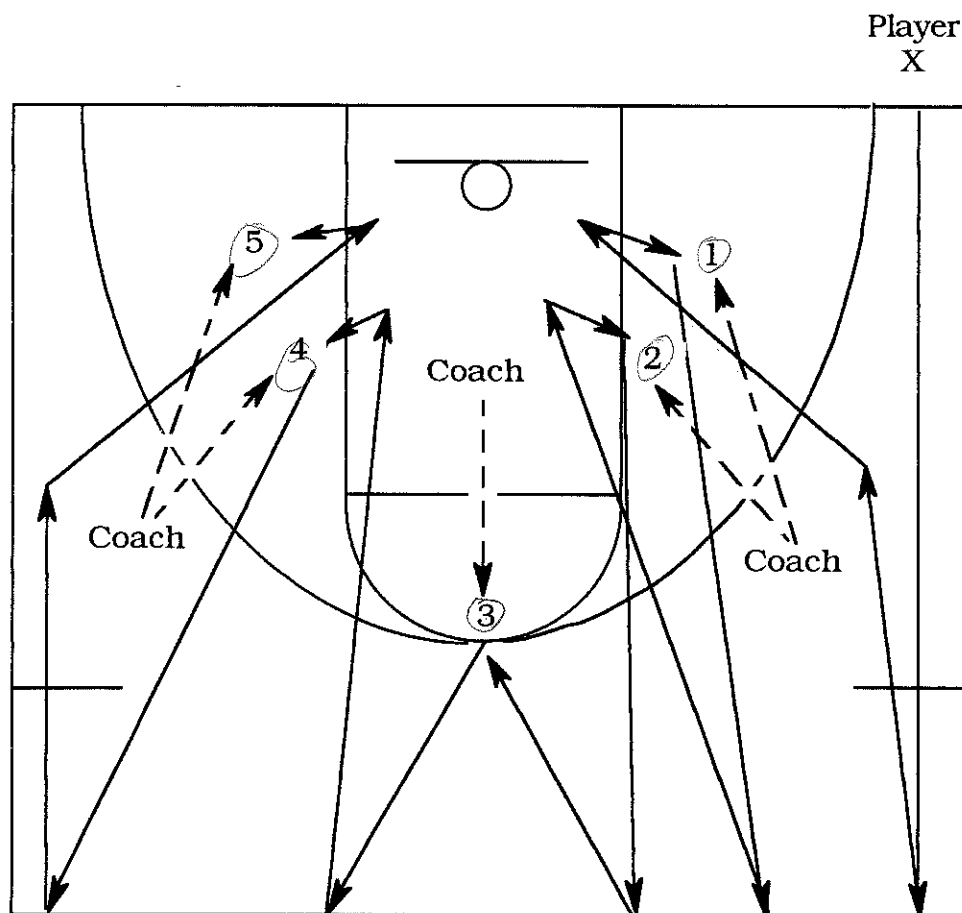
Run the W for post players

(See p.17)

Coach/teammate passes and rebounds for a total of 5 shots

1. Player starts in either corner, sprints to mid-court and touches.
2. Run lane as if on break, shape up in post, receive pass from wing
3. Player sprints to mid-court while coach rebounds, touches, sprints back to "gut", catches, turn and post.
4. Mid-court, trail, receive, outside shot or jump shot.
5. Mid-court, down "gut" other side and post up.
6. Mid-court, fill lane on break, shape up in post and finish.

Group work: Start second post player after first player takes trail jump shot.

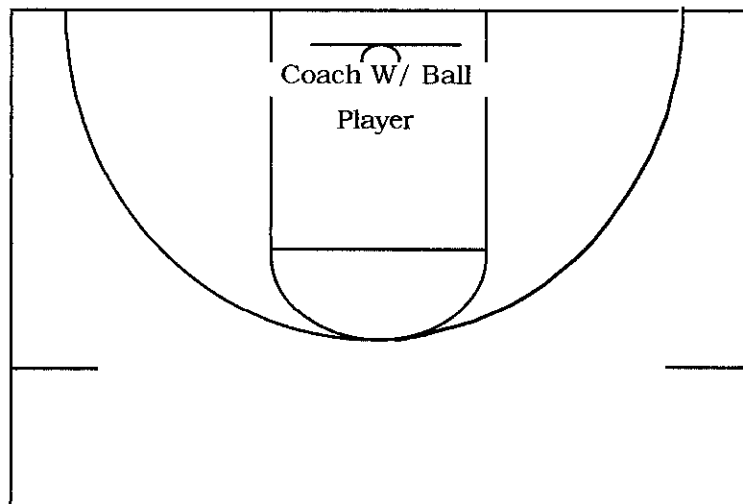


Warrior Drills

Inside player conditioning

Coach/teammate passes and rebounds

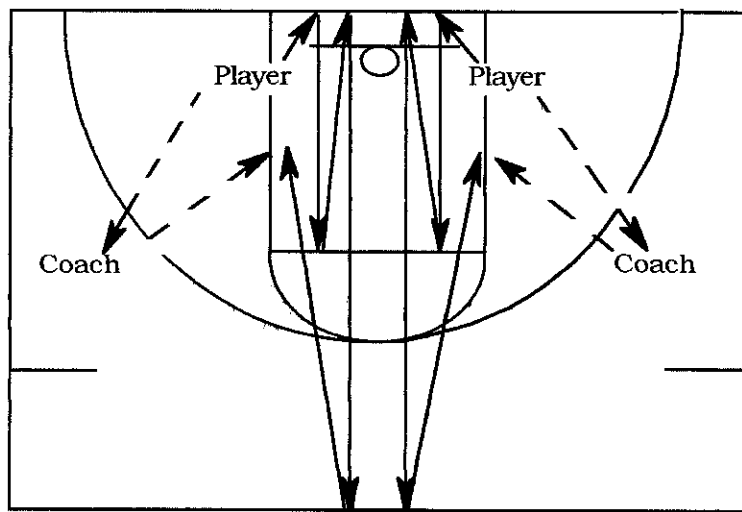
1. Post player faces downcourt, slides hard, left and right, to sides of key.
2. coach, behind player, almost directly under basket, tosses ball up, yells "go."
3. Player turns, reacts to ball, pursues ball if necessary, grabs-finishes-turns-slides until "go."
4. Ten finishes.



Tap...pitch...1/2 suicide...catch...score

Coach/teammate passes

1. Player taps three times and outlets to coach.
2. Player runs 1/2 of a suicide.
3. Coming off 1/2 suicide. player catches, scores, grabs ball, goes to other side, continues.
4. Two players can go at once.



Warrior Drills

Ricochet series for post players

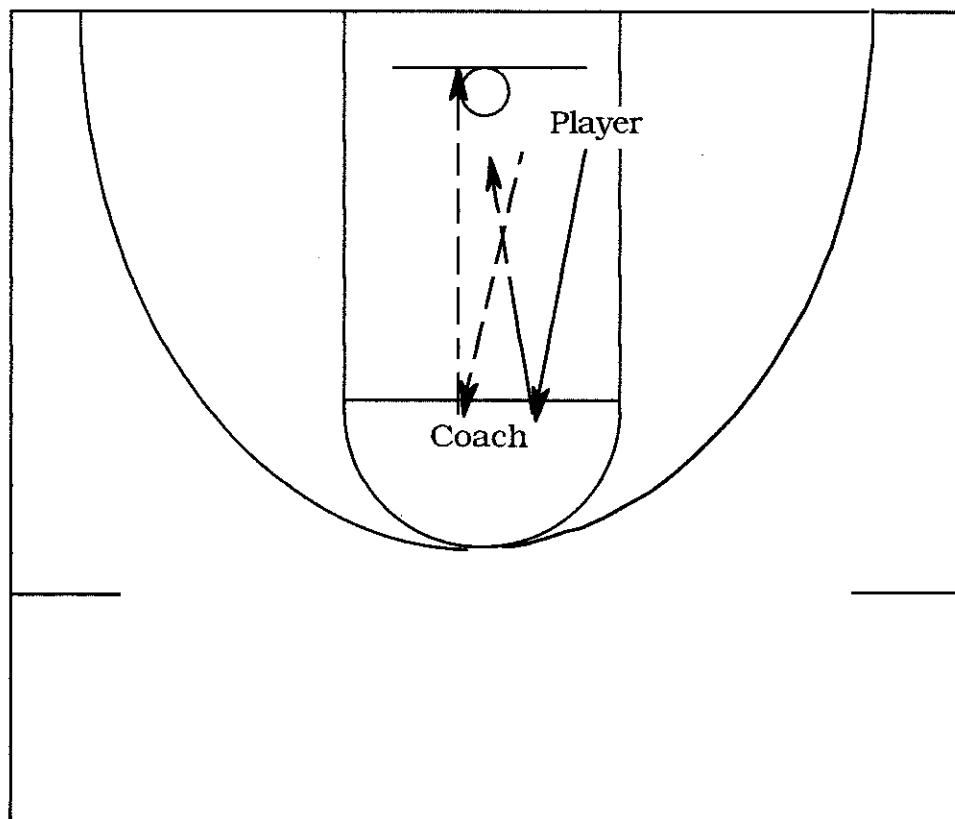
(Two drills)

One Ball

One Player

5 ricochets per set

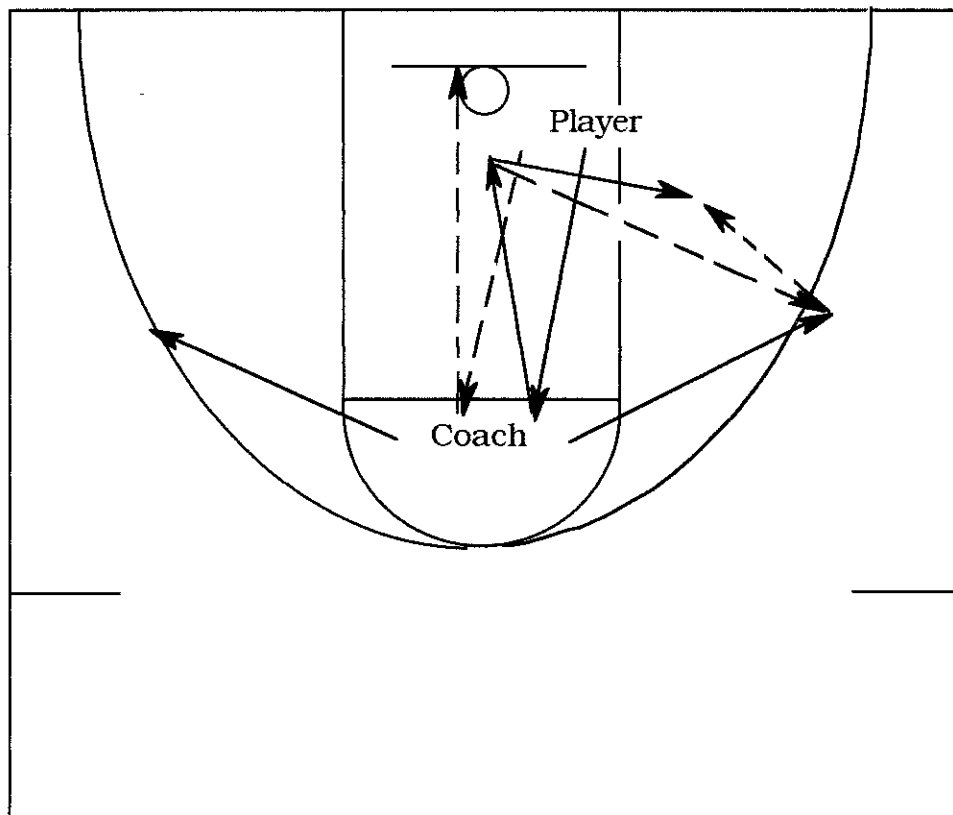
1. Player passes to coach, follows to touch ball.
2. Coach ricochets ball off backboard.
3. Player rebounds, scores, passes, follows to touch.



Warrior Drills

Ricochet series for post players (Continued)

1. Player passes to coach, follows to touch ball.
2. Coach ricochets ball off backboard, right side.
3. Player rebounds, outlets to right wing where coach has relocated.
4. Player posts, catches performs designated post shot.
5. Coach slides back to foul line area.
6. Player rebounds shot, passes to coach. Follows to touch.
7. Ricochet is to left side. Repeat, with coach going to left wing.
8. Repeat 4 to 6 repetitions.



Warrior Drills

SHOOTING

and

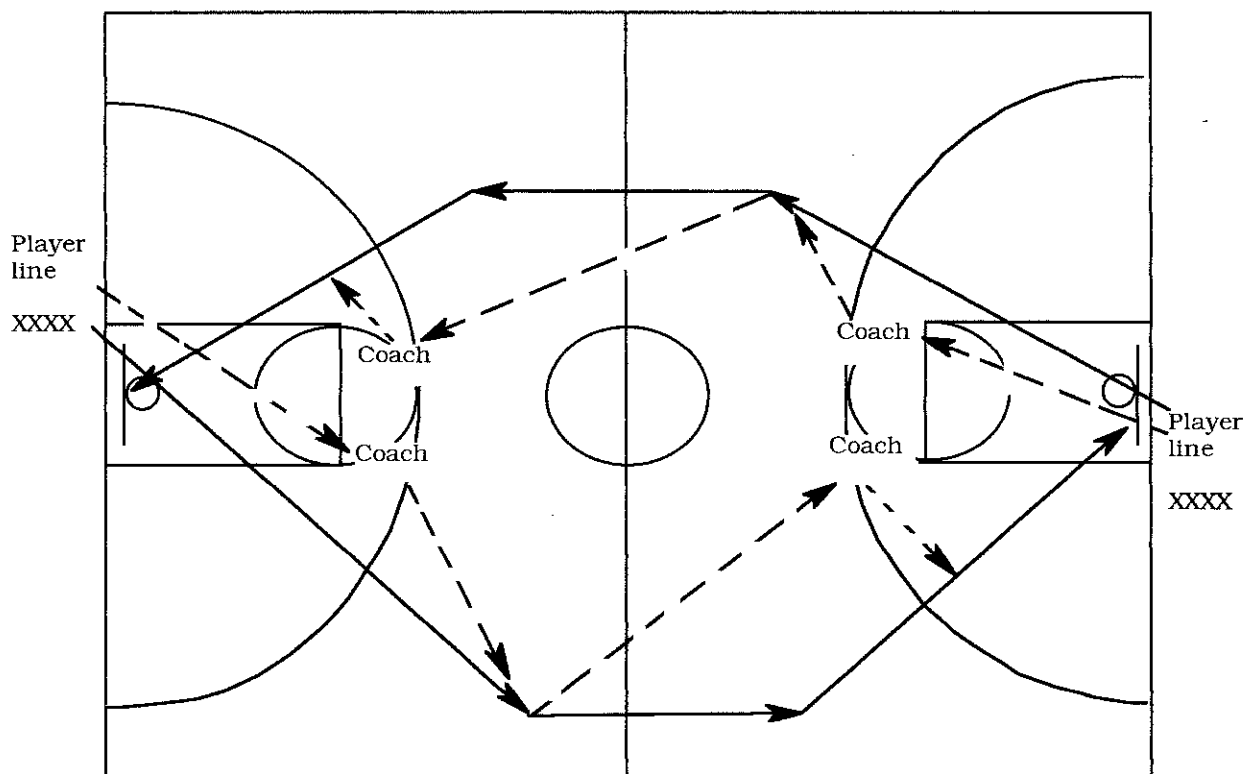
TEAM CONDITIONING

Warrior Drills

Team lay-ups

Both lines start at the same time

1. Player starts under the basket and passes to coach.
2. Coach passes back to player.
3. Player catches and passes to next coach.
4. Coach 2 passes to player.
5. Player finishes strong.
6. Player goes to the end of the line.
7. Players go for 4 minutes and look to make 72 shots (college court).



Note: Next player in line gets ball as it scores, passes to coach (or teammate) at elbow and moves downcourt. Each player: Two passes, two catches, and lay-up.

Warrior Drills

Speed dribble seven

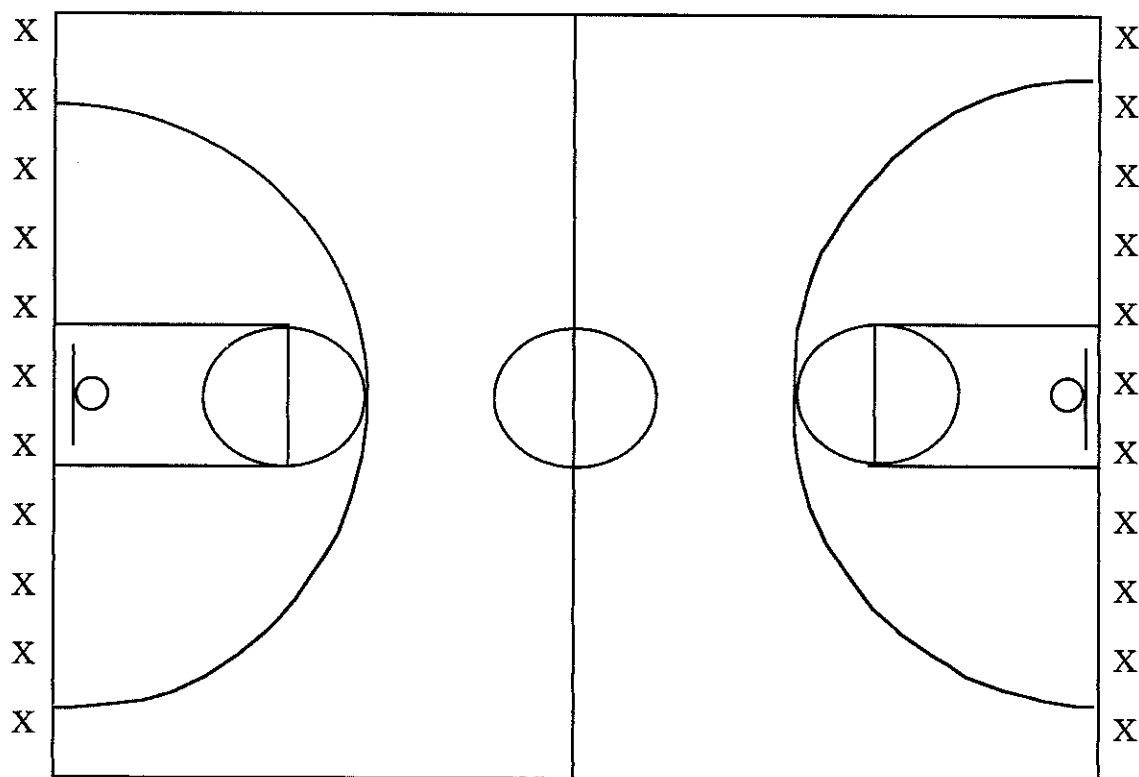
Each player needs a ball

1. Team splits into two groups and lines up on opposite endlines.
2. Group "A" begins to dribble at a slow pace towards the other endline. (Stay in line, turn around and continue when other baseline is reached).
3. Group "B" starts to speed dribble up and down the court.
4. Group "B" must pass Group "A" seven times, going baseline to baseline with speed dribble
5. Once Group "B" is done, the two groups reverse roles and Group "A" must pass Group "B" seven times.

Note: Group A stays in straight line; Group B doesn't as each will speed dribble differently as to speed. Group A goes into speed dribble as soon as last player of group B completes task. Group B gets into straight line goes slowly.

Group "A"

Group "B"

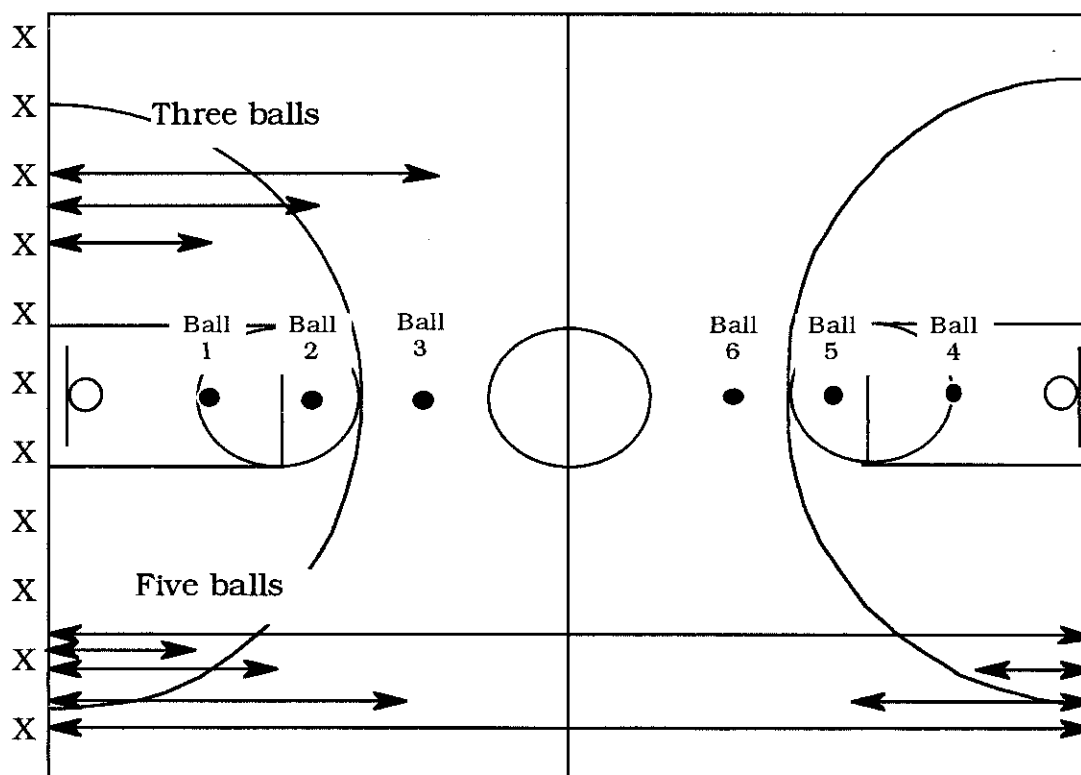


Warrior Drills

Run the basketballs

1. If coach says "three," the players sprint to the first ball, then back to the baseline, sprint to the second ball, back, sprint to third ball and back.
2. If coach says "five," players sprint the same as "three" then sprint full-court, sprint to two balls (touching opposite baseline after each touch) then sprint back home.

PLAYERS



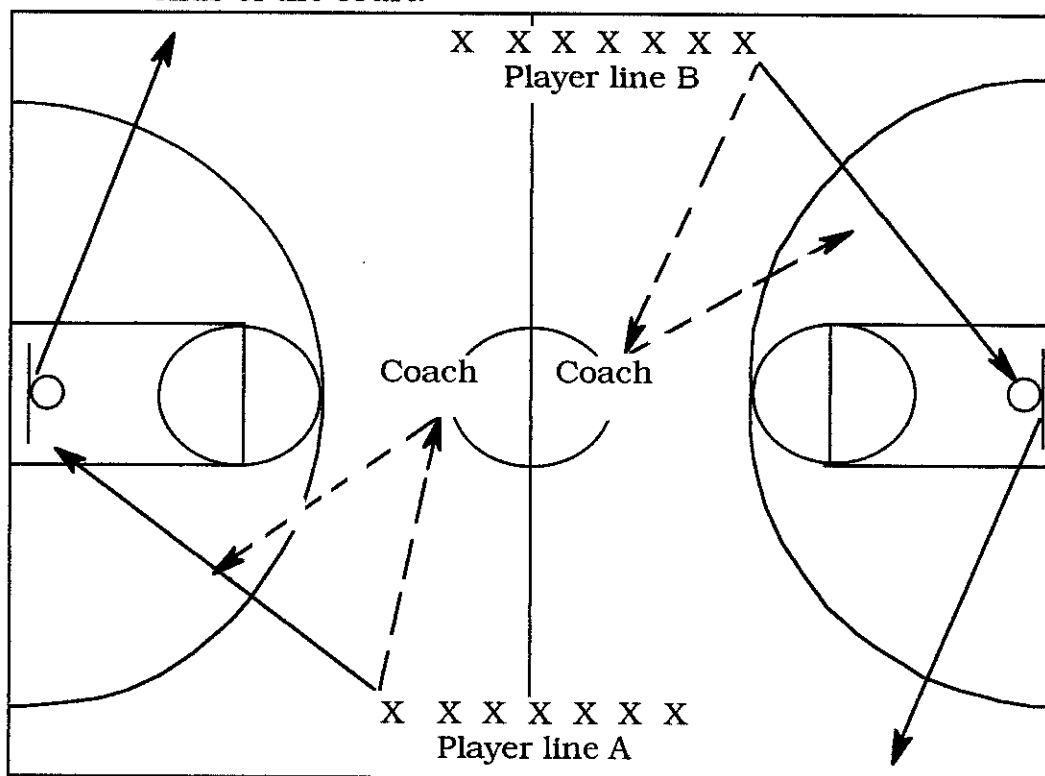
Warrior Drills

Team shooting drill

Each player needs a ball

1. Player begins with ball and passes to coach.
2. Player cuts to the basket and receives pass from coach.
3. Player takes shot designated by the coach. For example, first two shots are lay-ups. When they get back to starting side, shot may be caught inside three point line, jump shot (each side) . Develop from that point.
4. After pass to the first player, coach returns to original spot and receives pass from second player.
5. After first player takes his shot, he rebounds the ball and goes to opposite side. When all in his line has finished one side, the first player is heading up the same line in the same half-court to execute directed movement and shots from the opposite side.

Look at this diagram as two groups working at two opposite ends of the court.



Note: Instead of using coach to pass, you may want to use point guards.

Warrior Drills

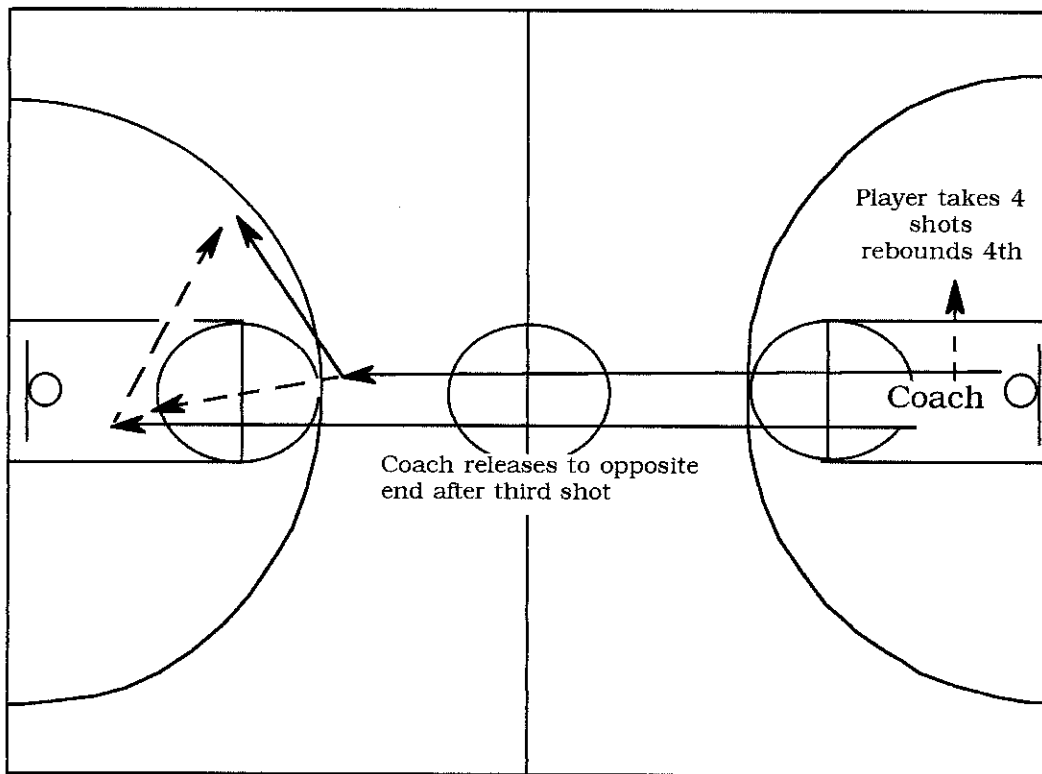
4-3-2-1 + lay-up

Coach/teammate passes and rebounds

1. Coach begins with ball and passes to player.
2. Player takes shot, moving into shot with proper footwork each time.
3. Player takes three shots with coach rebounding and passing.
4. Player rebounds the fourth shot and brings the ball down the court to within 15 feet of the coach who may go anywhere in the frontcourt.
5. Player passes to the coach.
6. Coach passes to player who has moved to the designated catch-shoot area.
7. Coach rebounds first two, player rebounds third and repeats full-court part of drill
8. Continue drill shooting two shots then one shot.
9. After the one shot, the coach rebounds the ball and throws a touchdown pass to the player for a lay-up.

Develop the drill:

1. Add a dribble prior to each shot.



Warrior Drills

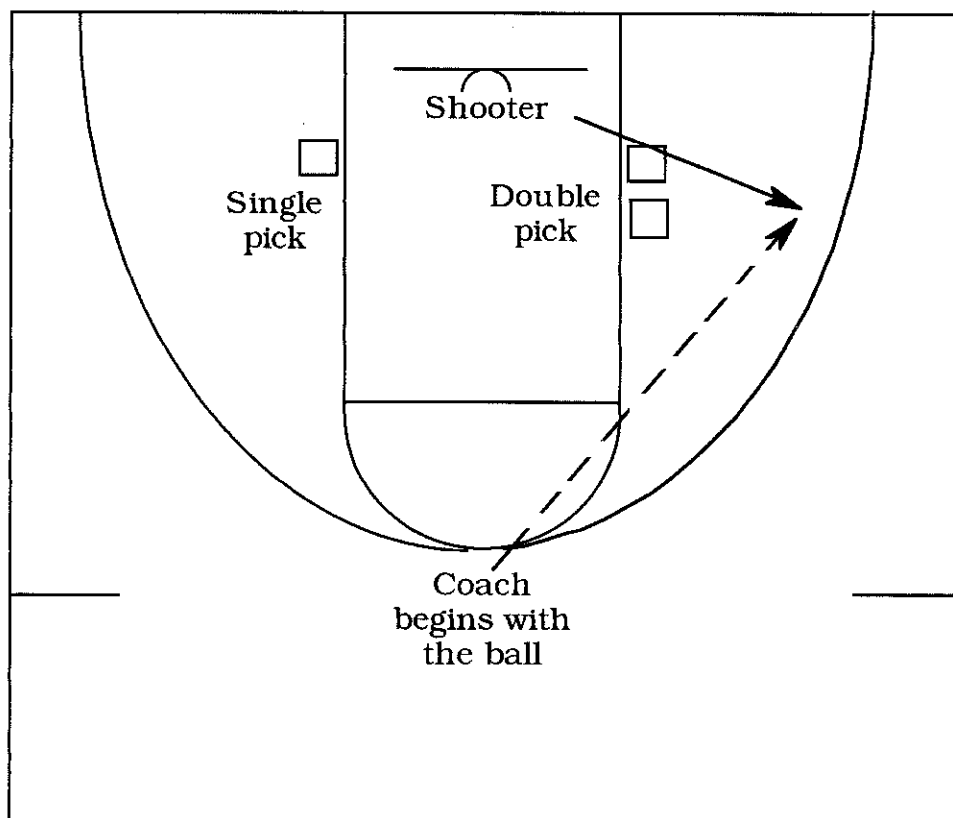
Shoot off single-double

1. Player starts under the basket.
2. Player fakes one way then cuts off the single or double pick.
3. Player catches and shoots using proper footwork.
4. Player gets rebound and passes to coach.
5. Player returns to position beneath the basket and repeats.
6. Take three to five shots.
7. After last shot then next player in line rebounds and passes to coach.

Note: player can use a curl, flare or direct (to three-point line) cut off the pick.

Develop the drill:

1. Add a dribble prior to each shot.
2. Add defense.

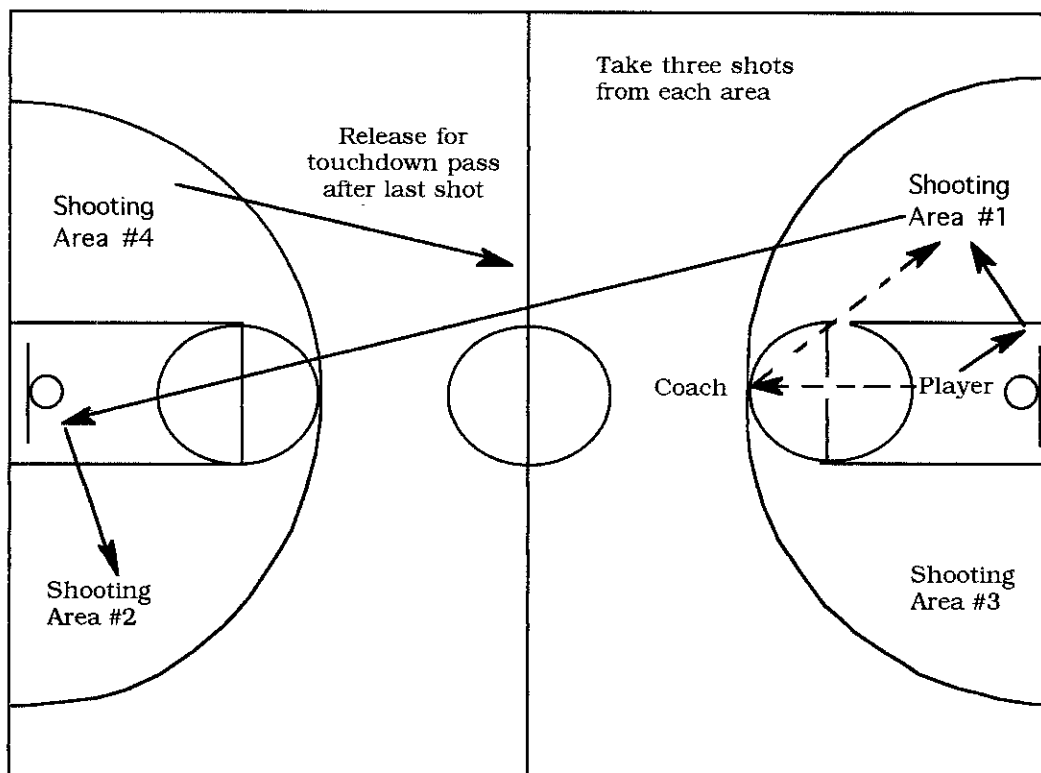


Warrior Drills

Cross 3's

Coach/teammate passes

1. Player passes to coach, comes off imaginary down screen, catches, shoots, rebounds and repeats for a total of three shots (more if desired).
2. Player rebounds, passes to coach, and takes off. Coach dribbles length of court into passing area at guard spot.
3. Player has sprinted length of floor and repeats for three shots from shooting spot #2.
4. Player advances to shooting area #3.
5. Player advances to shooting area #4.
6. After the last shot at shooting area #4 the player releases and receives a touchdown pass for a lay-up.
7. Next player in line goes next.

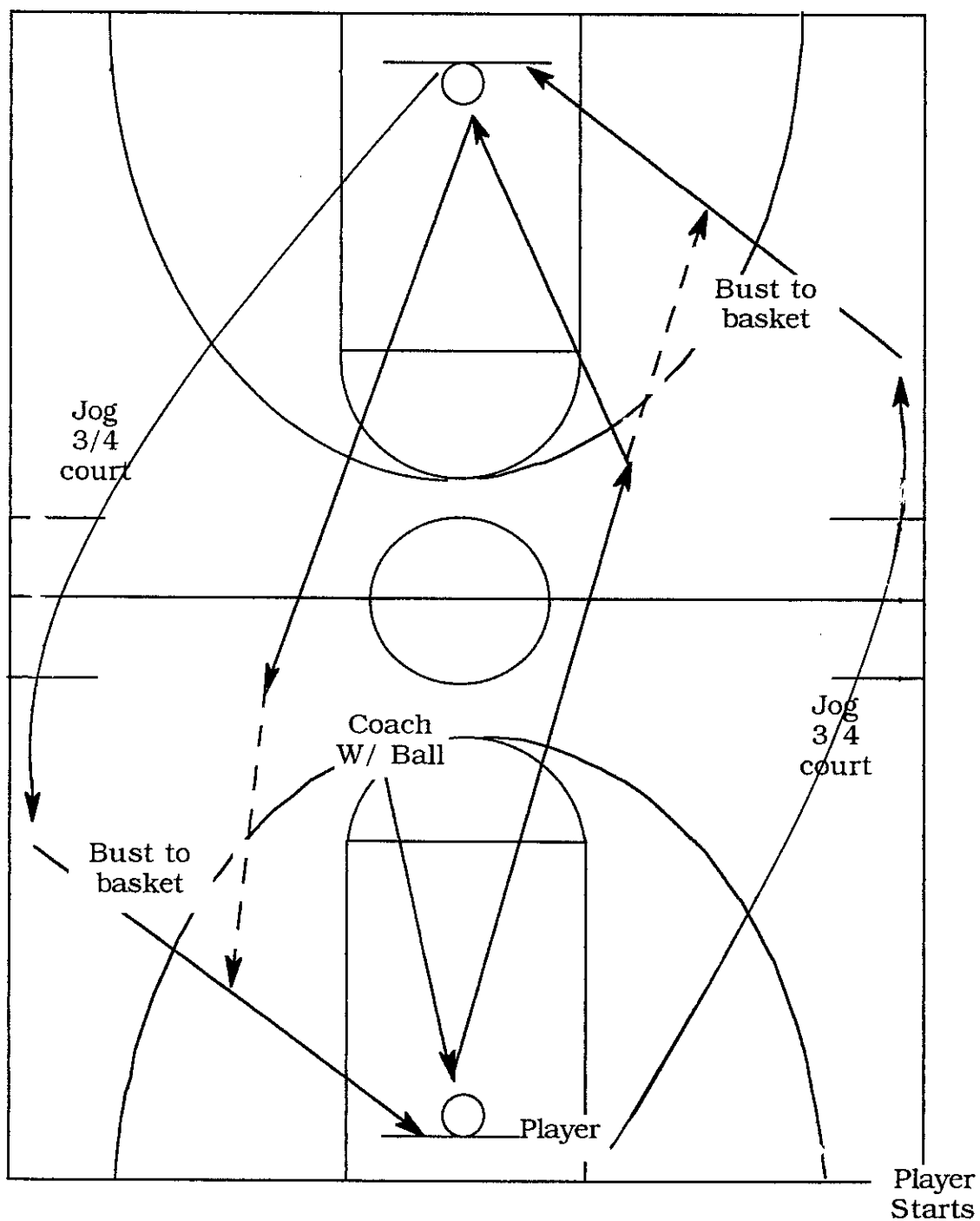


Warrior Drills

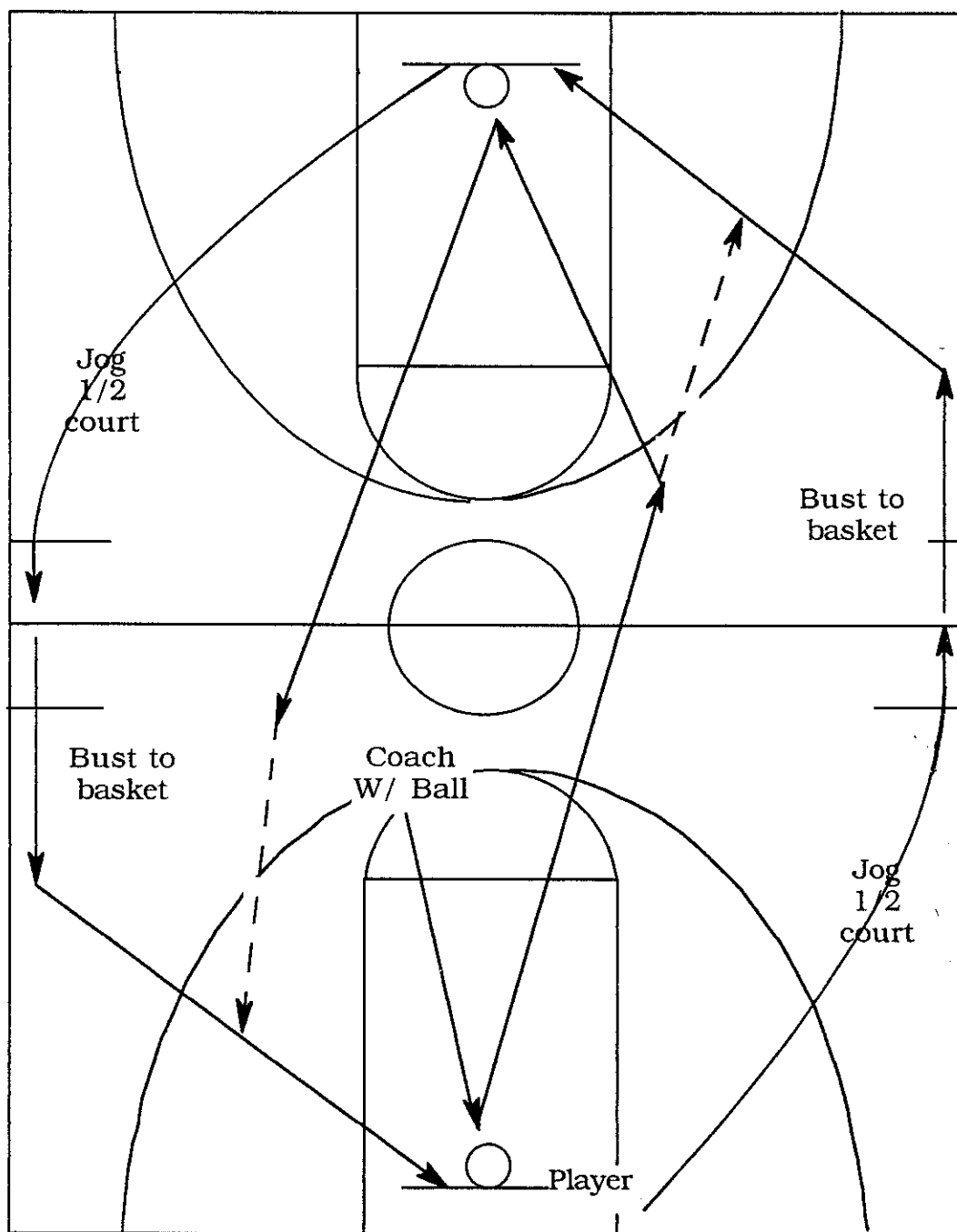
Full court lay-ups

Lay-up drive can go right to start, as shown, or left.

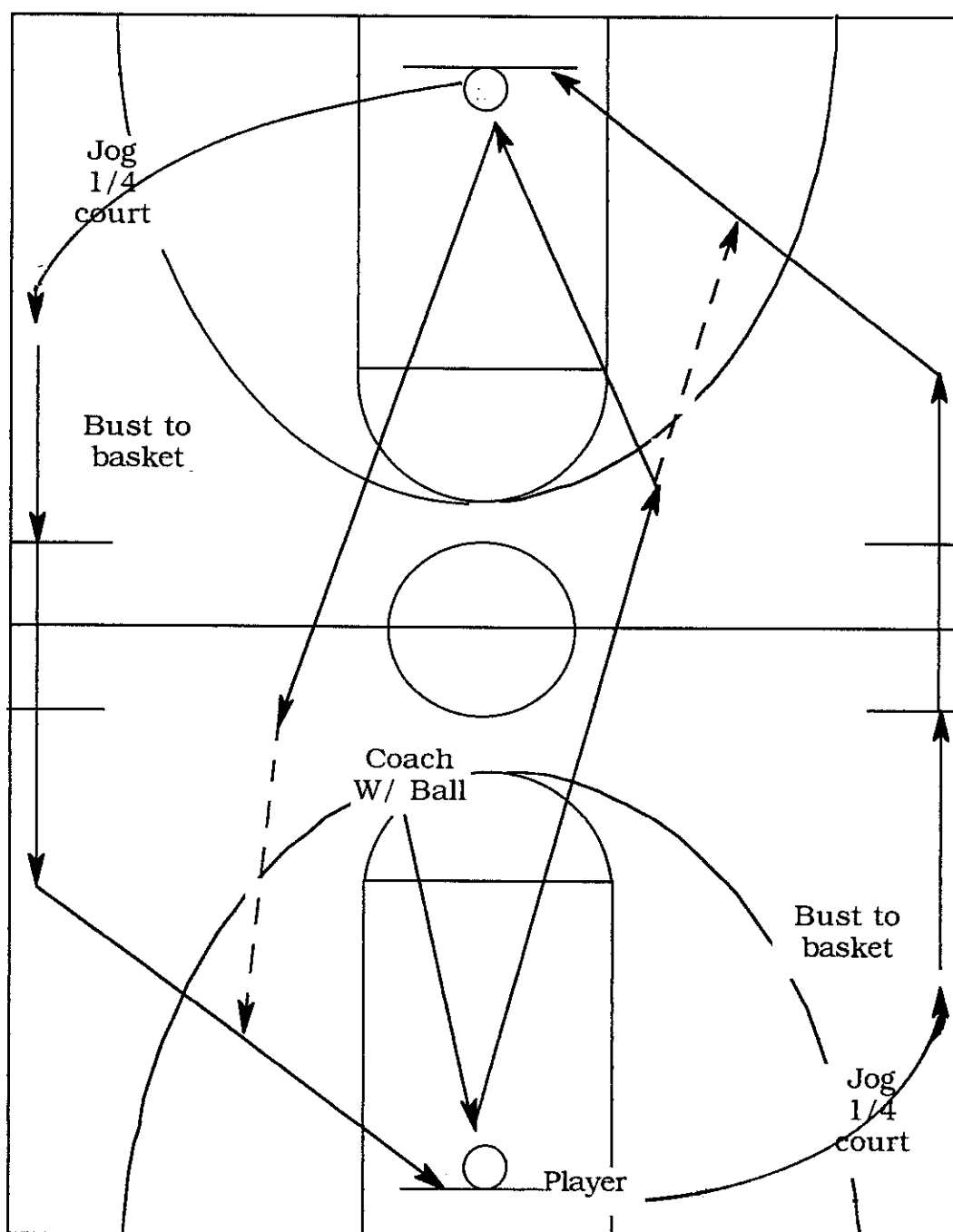
Note: If I run drill, I usually have to carry ball in last four trips.
A point guard should keep up with his dribble.



Warrior Drills
Full court lay-ups
(Continued)



Warrior Drills
Full court lay-ups
(Continued)

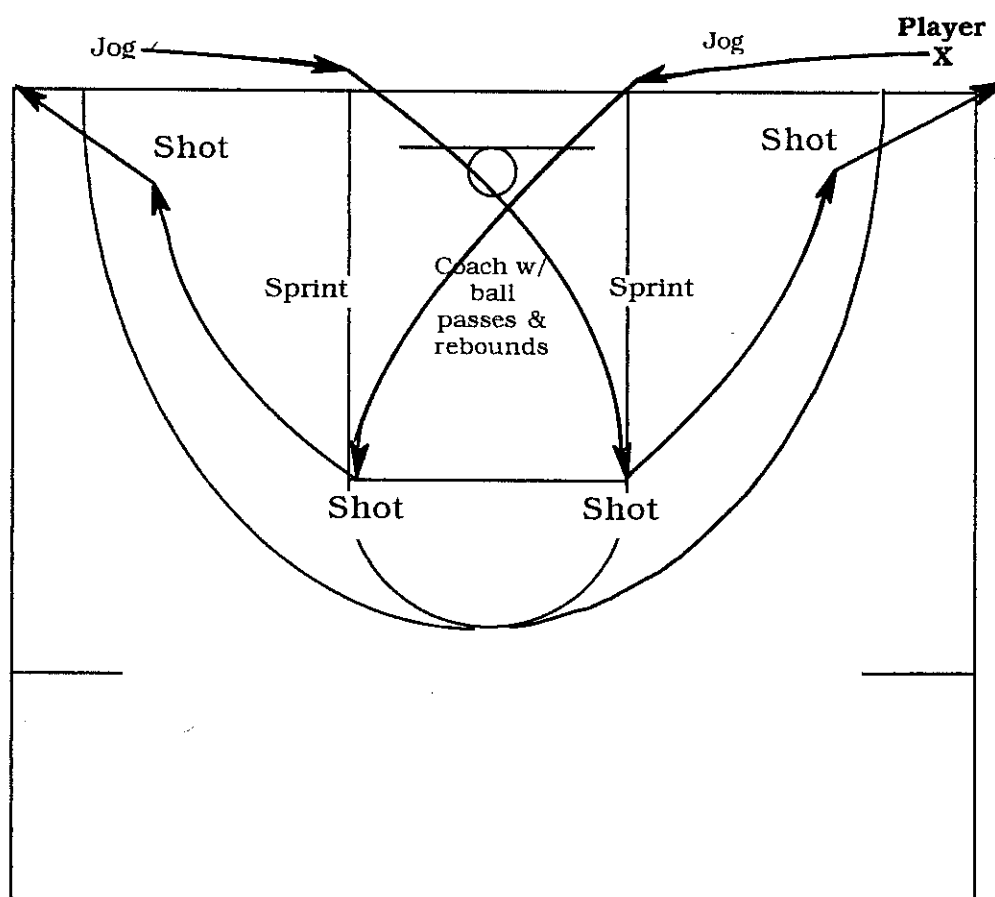


Warrior Drills

12-16 shots

Coach /teammate rebounds and passes

1. Player starts in corner and strides along the baseline at 50%.
2. When the player hits the paint he blasts to elbow.
3. Catch and shoot.
4. Player shuffles to short corner, catches and shoots.
5. Repeat in opposite direction.
6. Repeat for a total of 12-16 shots.



Warrior Drills

12-16 shots-full court

Coach/teammate rebounds and passes

1. Player starts in corner and strides along the baseline at 50%.
2. When the player hits the paint he blasts to elbow.
3. Catch and shoot.
4. Player shuffles to the corner, catches and shoots.
5. Repeat in opposite direction.
6. After fourth shot player goes down the sideline at 50% blasting for lay-up at elbow.
7. Player fades to corner and repeats four shot sequence.
8. After fourth shot player goes down sideline and repeats lay-up and four shot sequence.
9. After fourth shot player goes down sideline and repeats lay-up and four shot sequence.
10. Player shoots a total of 16 shots and 3 lay-ups.

