



THREE OF A KIND

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Lesson 03: Preseason Sample Practice

Language: English

PRESEASON SAMPLE PRACTICE

INTRODUCTION

As we told you in the previous lesson, during the preseason we have different objectives than during the season. For this reason we use specific drills during this time with the following general objectives:

- To help the newcomers in the basic knowledge of our movements
- To prepare the team in the aerobic and anaerobic aspects of their physical preparation
- To combine practice off court with practice on court with the aim to prepare for what will be a long season for each player on our team
- To begin with the basic concepts of our game: individual defense, fast break and offensive movements
- It is also time for position specific drills. We use some drills dividing the players by position. The objective of these drills is to help the players in their knowledge of the specific movements by position
- It is important to emphasize that we always use basketball drills in our warm up

PRESEASON SAMPLE PRACTICE

Warm Up

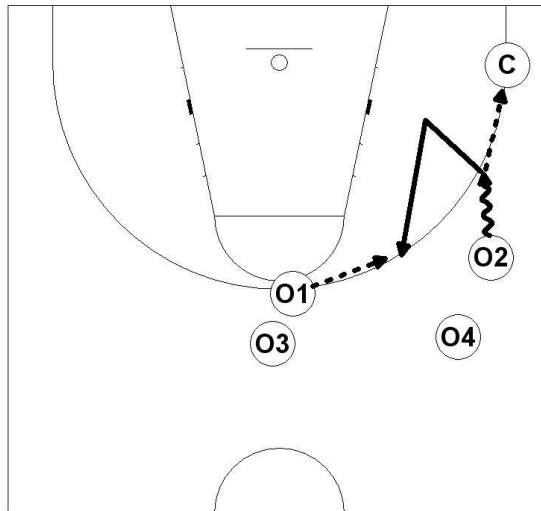
During the warm up we will run drills individually in two groups (Guards/Centers):

Drill 1 Guards

Graphic 01

Two lines of Guards. All players have a ball. O2 dribbles and passes to C. O2 V-Cuts and receives a pass from O1.

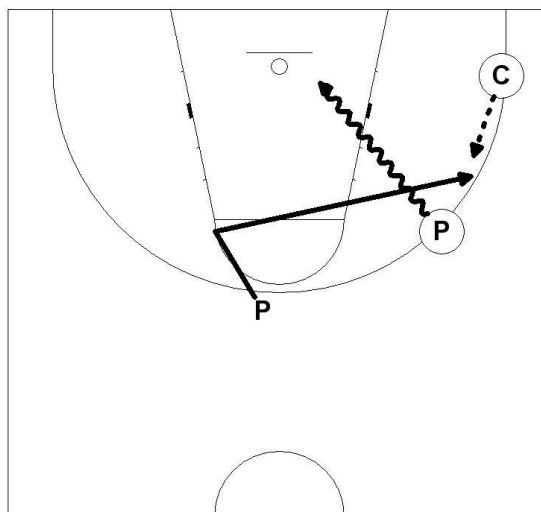
LESSON 03
ZO
DRILL GUARDS 01
GRAPHIC 01



Graphic 02

O2 dribbles in for a layup. O1 uses a V-Cut and receives a pass from C.

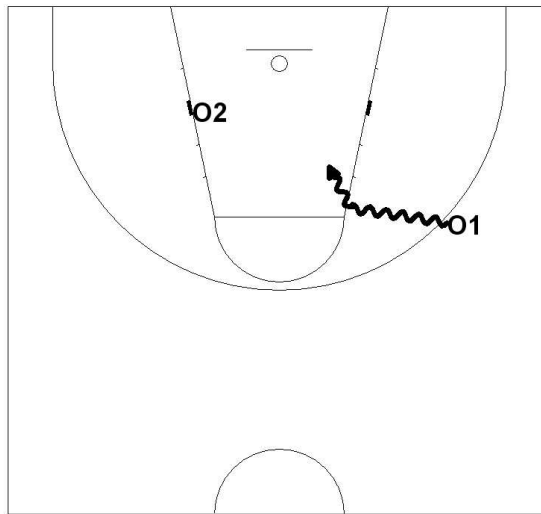
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DRILL GUARDS 01
GRAPHIC 02



Graphic 03

O1 dribble drives, shoots a jump shot and rebounds his own shot.

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DRILL GUARDS 01
GRAPHIC 03

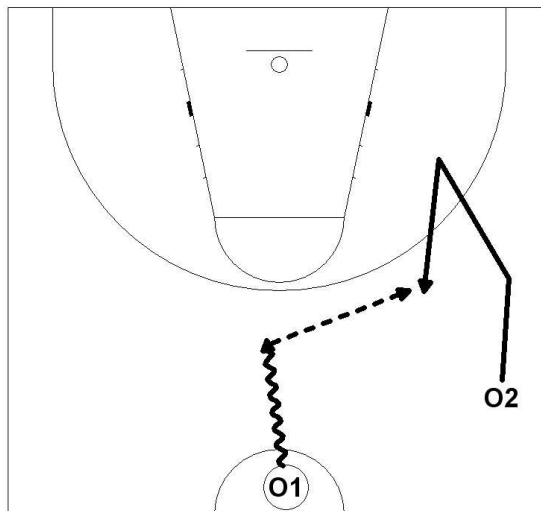


Drill 2 Guards

Graphic 01

O1 dribbles to the top of the key. O2 uses a V-Cut and receives a pass from O1

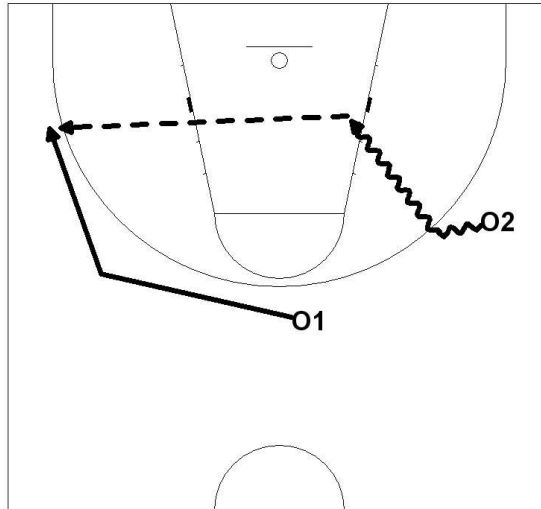
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DRILL GUARDS 02
GRAPHIC 01



Graphic 02

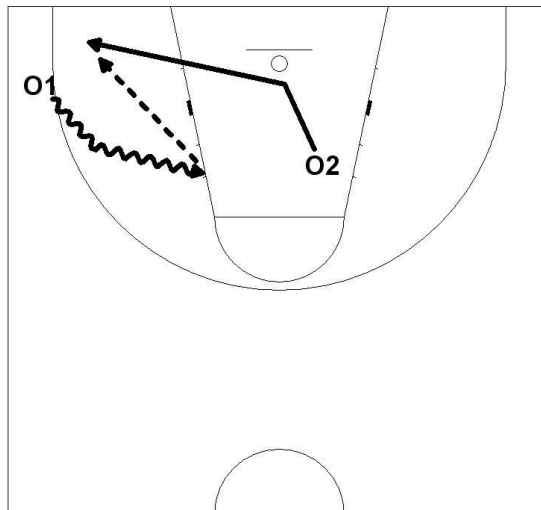
O2 catches the ball in a triple threat position, then dribble drives to the basket. As O2 dribbles O1 will rotate around the horn.

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DRILL GUARDS 02
GRAPHIC 02



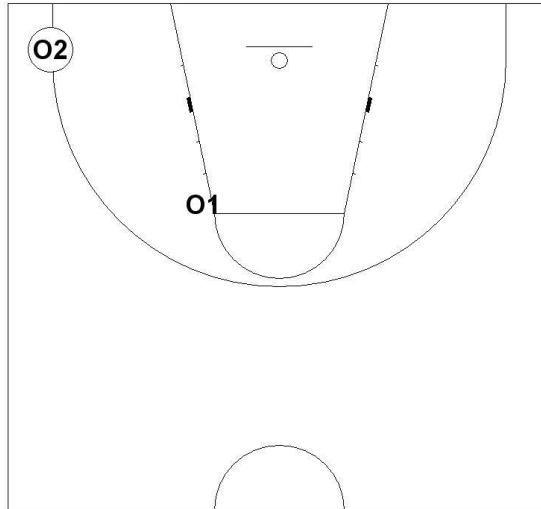
Graphic 03
O1 dribble drives and O2 replaces him in the corner, receiving a pass from O1.

LESSON 03
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DRILL GUARDS 02
GRAPHIC 03



Graphic 04
O2 shoots the ball.

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DRILL GUARDS 02
GRAPHIC 04

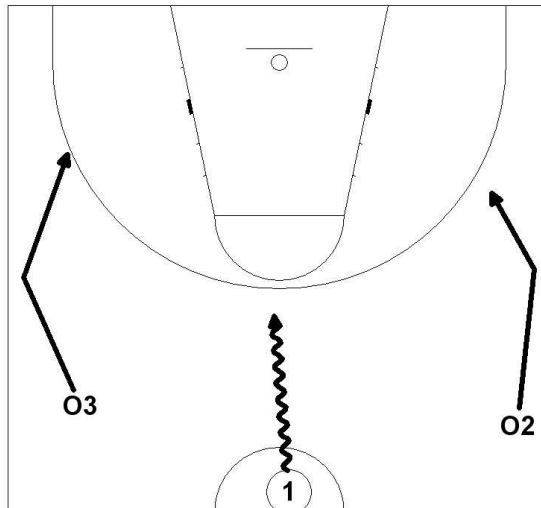


Drill 3 Guards

Graphic 01

O1 dribbles to the top of the key, O2 and O3 run to the wings.

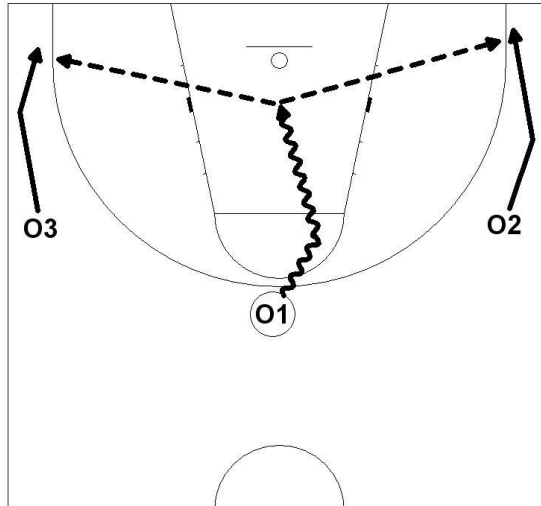
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DRILL GUARDS 03
GRAPHIC 01



Graphic 02

O1 stops and works on his isolation 1v1. As O1 dribble drives, O2 and O3 will open to the two corners. O1 can choose to pass to O2 or O3.

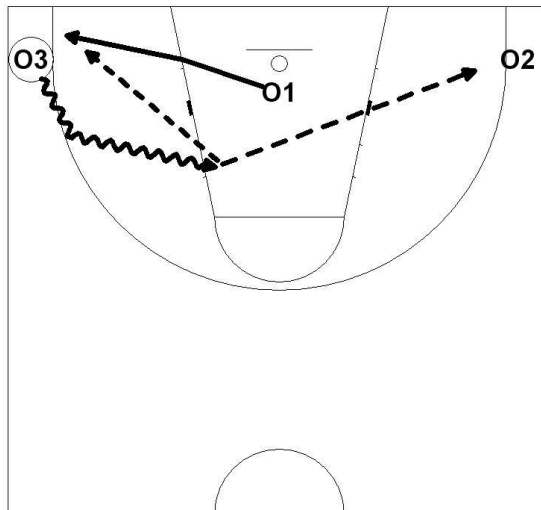
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DRILL GUARDS 03
GRAPHIC 02



Graphic 03

O3 after receiving the pass will dribble drive to the basket. O1 replaces him in the corner. O3 can choose to pass to O1 or O2 for a jump shot.

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DRILL GUARDS 03
GRAPHIC 03

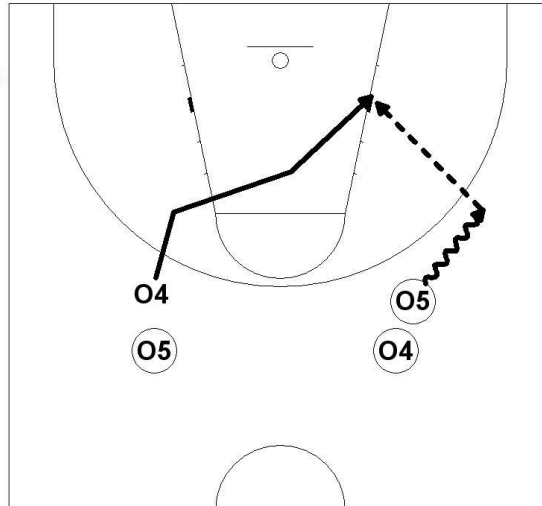


Drill 1 Centers

Graphic 01

O1 fakes cutting one way and then cuts to the low post. O2 will dribble laterally and then pass to O1 in the low post.

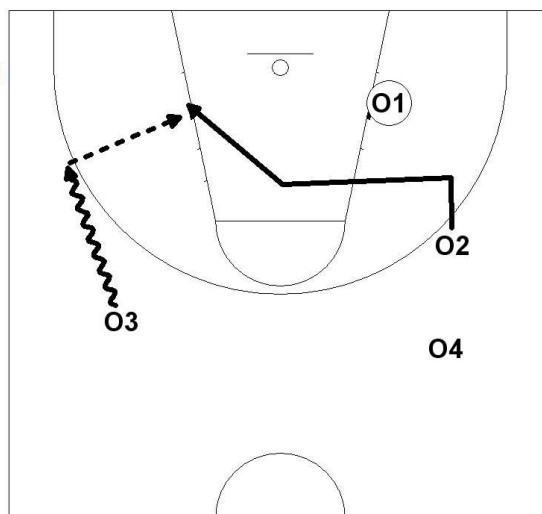
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DRILL CENTERS 01
GRAPHIC 01



Graphic 02

O2 will make a cut over O1 asking him for the ball. He will then continue and post up on the opposite low post, receiving a pass from O3. The continuation for the drill can be either changing the low post move or replacing the cut with a screen.

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DRILL CENTERS 01
GRAPHIC 02

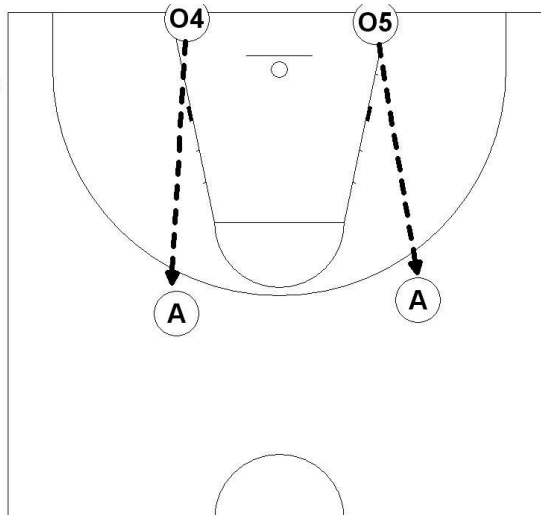


Drill 2 Centers

Graphic 01

O1 and O2 pass to C.

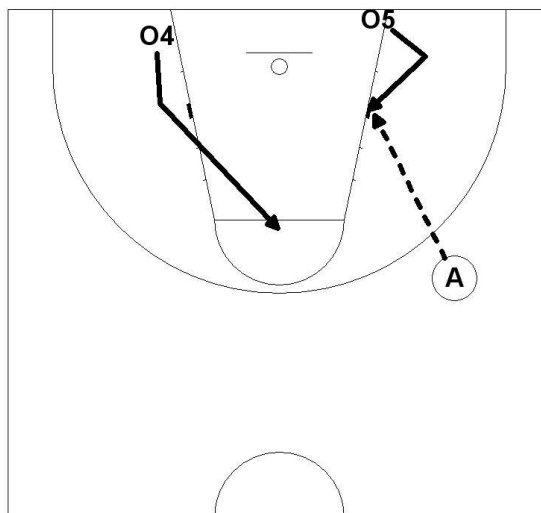
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DRILL CENTERS 02
GRAPHIC 01



Graphic 02

O2 will post up on the low post whilst O1 flashes to the high post. C will pass to O2

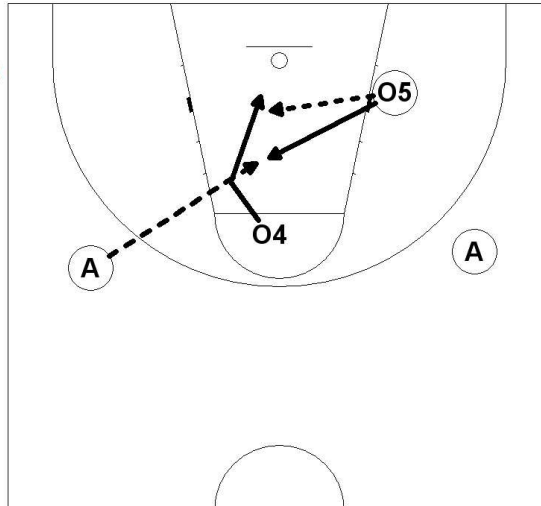
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DRILL CENTERS 02
GRAPHIC 02



Graphic 03

O1 will cut to the basket and receive a pass from O2, finishing at the basket. O2 will flash to the opposite mid post, receiving a pass from C and shooting the ball.

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DRILL CENTERS 02
GRAPHIC 03



Stretching Drills with Athletic Trainer

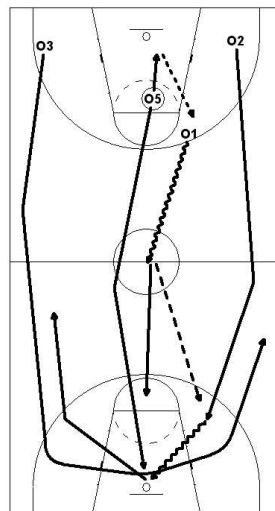
Transition Drills (4v0 Full Court)

We will have 3 teams of 4 players each. Try to make it every team to have one center and one point guard.

Graphic 01

After the rebound O5 outlets to O1, who dribbles down the center of the court. O2 and O3 run the lanes wide, with O2 receiving a pass to finish at the basket, continuing to the opposite lane, as does O3.

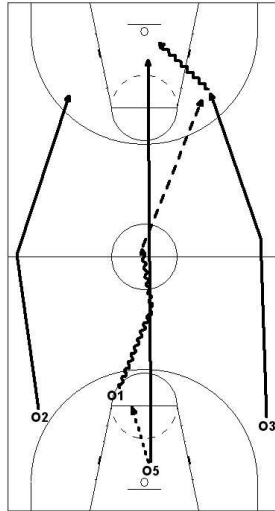
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TRANSITION DRILL 01
GRAPHIC 01



Graphic 02

The second time O3 receives a pass and scores the basket.

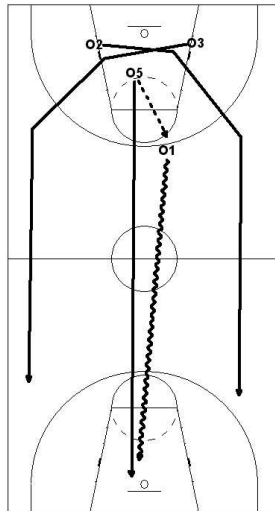
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TRANSITION DRILL 01
GRAPHIC 02



Graphic 03

The third time O1 receives the outlet from O5, dribbles to the opposite free throw line and shoots a jump shot.

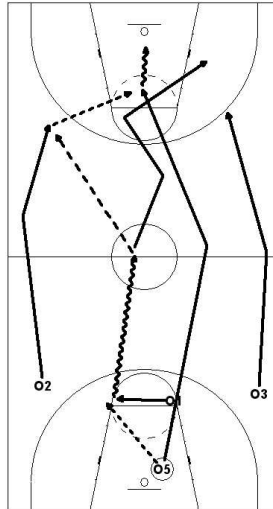
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TRANSITION DRILL 01
GRAPHIC 03



Graphic 04

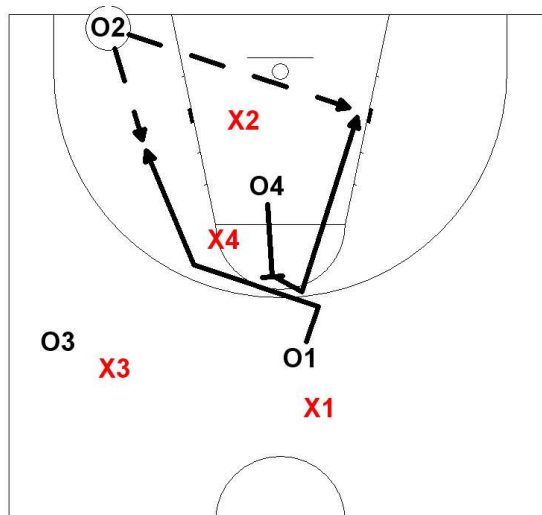
The fourth time O1 passes to O2, who in turn passes to O5, who finishes with a dunk. This way all four players have scored.

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TRANSITION DRILL 01
GRAPHIC 04



4v4 Full Court Pressing

LESSON 03
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4v4 FULL COURT
GRAPHIC 01



Players set up as in the diagram, working on their defense.

5v0 with the introduction of two new offensive calls

5v5 Half Court, with the 5-3 Rule

The 5-3 rule is: We give one team 5 successive half court offences. If the defense manage to stop them at least 3 times, then they (the defensive team) will become the offense, and will have 5 successive half court offences.