

Dribble Drive Motion Offense

Breakdown Drills

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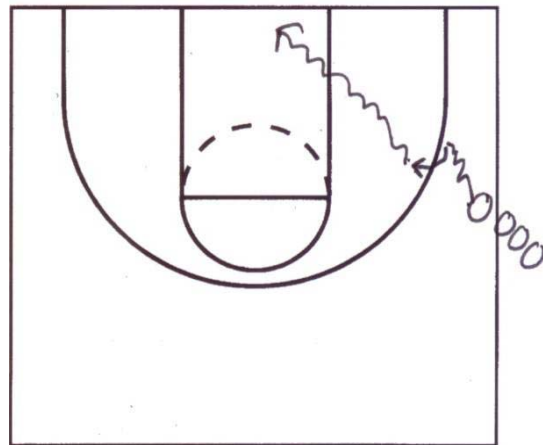
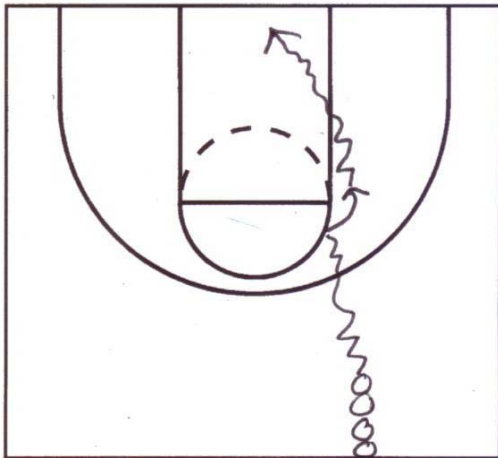
Many coaches hang their hat on defense but if you look at the number of skills required or listed in any general book on basketball you need to be spending a great deal more time on offense. The great teams that Rupp and Wooden coached practiced shooting for 40 minutes per practice. You need to be able to shoot in order to run this offense.

Lay up of the Dribble Moves:

Solid two foot jump stops; change of pace and direction; cover both sides of the floor from a variety of angles; watch their "vision"; drive aggressively in straight lines.

From Lane Line at Half Court:

1. Hesitation at the elbow to two foot jump stop at the "Rack 2" and lay up (keep shoulders parallel to backboard/baseline on the shot)
2. Dribble left handed to "Drop 2", crossover and go for lay up.
3. Left hand to "Drop 2", change direction between legs and drive to two foot jump stop at "Rack 2", right front pivot to the outside, shot fake, up & under to score.
4. Left hand dribble to "Drop 2" go behind back and drive to the "Rack 2", two foot jump stop and baby hook.

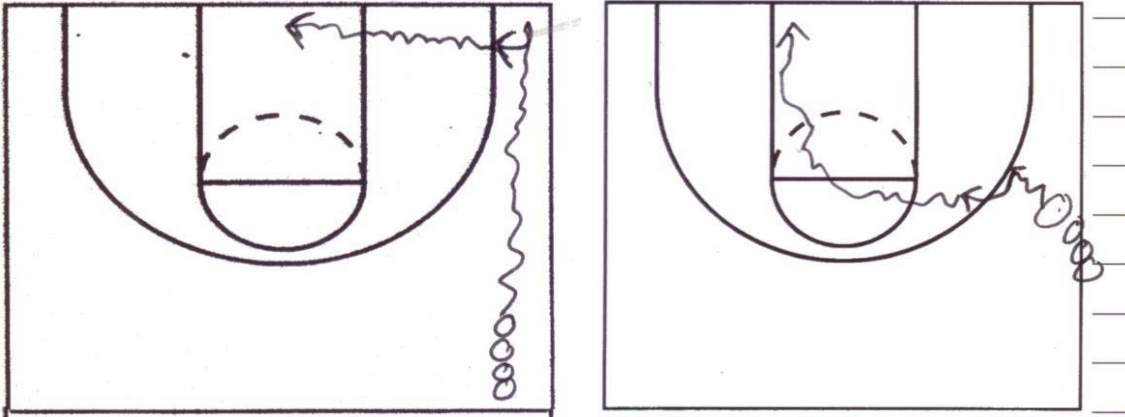


From Wing:

1. One dribble to overhand lay up.
2. One dribble to underhand lay up.
3. Left Hand lay up
4. Reverse lay up

From Half Court Side:

1. Drive to the corner, spin move and do a left handed lay up on the opposite side of the rim.
2. Drive to the corner, change direction right handed and do a right handed reverse lay up.
3. Drive to the corner, reverse pivot with exchange of hands and do a left handed lay up.

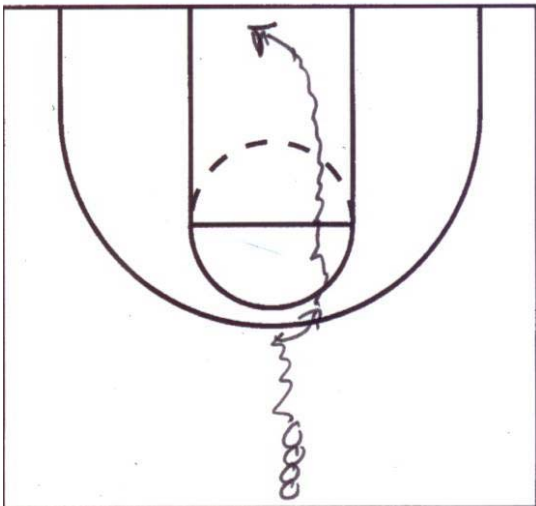


From the Wing:

1. Drive from the wing, crossover at the three point line, drive opposite to a two foot jump stop and a left handed layup.

Drive Middle:

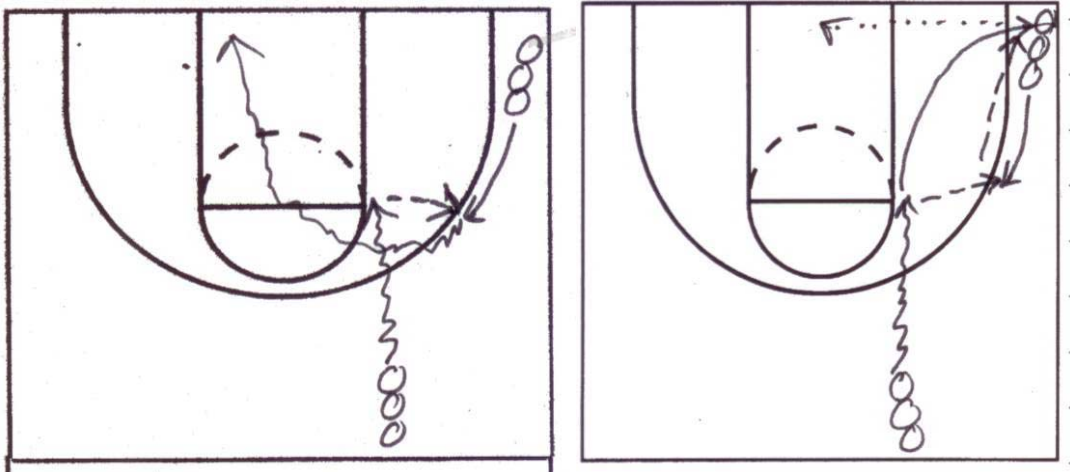
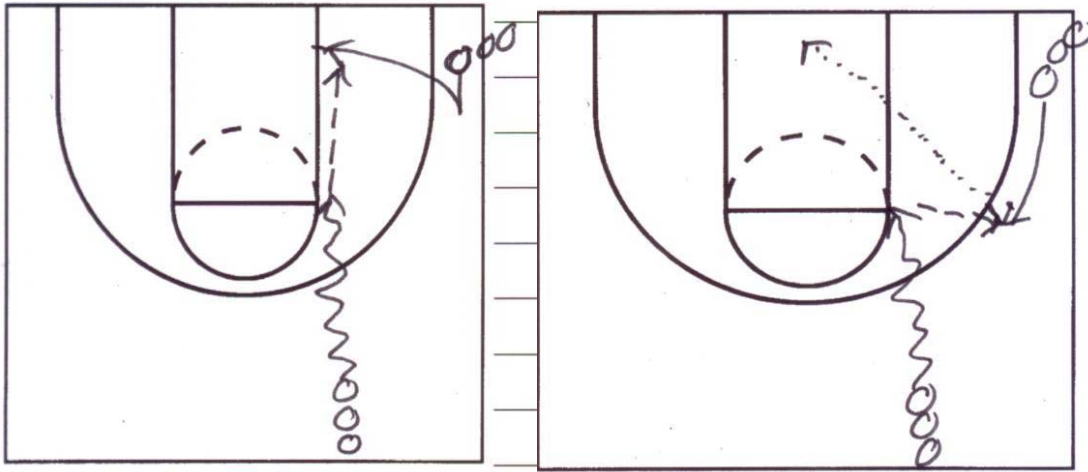
1. Stutter stop at the top of the key and drive to the front of the rim for a one foot lay up RH & LH.
2. Stutter stop at the top of the key and drive for a reverse lay up RH & LH (Princeton twist)



Two Man Drills:

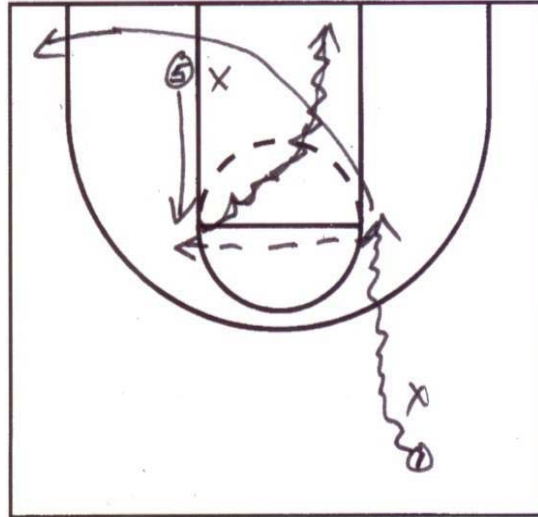
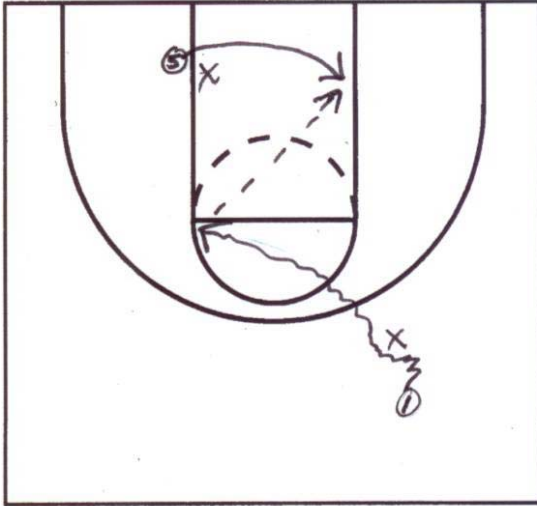
Do these with your 1 & 2 and 1 & 3 and do both sides.

1. Backdoor play off the drop zone. 1 dribbles to drop 2 and jump stops. 2 takes two steps up and cuts backdoor for lay up. 1 loops through to 2's previous position as per the continuity. Everyone should do these drills so that you develop your players at all positions. "Fake a pass to make a pass" is especially pertinent when developing pressure releases.
2. 1 dribbles to drop 2 and jump stops for a kick out pass to 2 for the three point shot and loops under to 2" line.
3. 1 dribbles to drop 2 and jump stops for kick out pass to 2 for the hard drive to the opposite side of the rim.
4. 1 dribbles to drop 2 and jump stops for kick out pass to 2. 2 does a hard step back move and throws an overhand pass to 1 in the corner for three point shot.



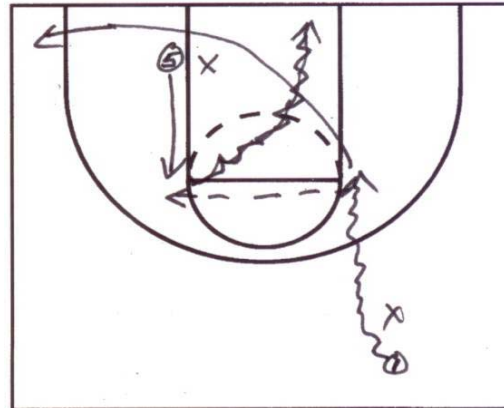
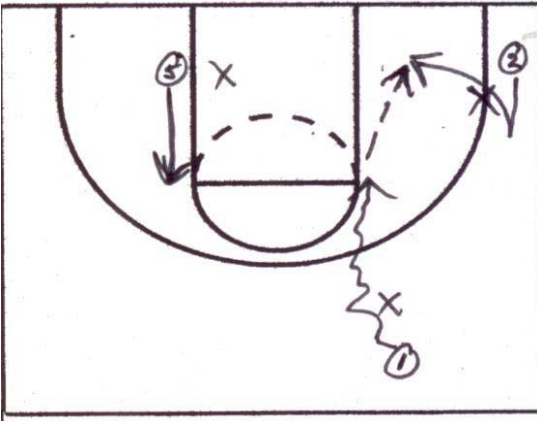
Blood 22:

Practicing the 1 and 5 positions they learn to make reads in the drop 2 & 3 zones as well as the rack 2 & 3 zones. You can run this as a full court drill. 5 starts at the weak side block or short corner. Bigger/stronger post probably would use the blocks more and smaller/quicker posts start in the short corner. If 1 gets to the rack zones we want him to get in the paint and make a strong move. The post player needs to make great reads.



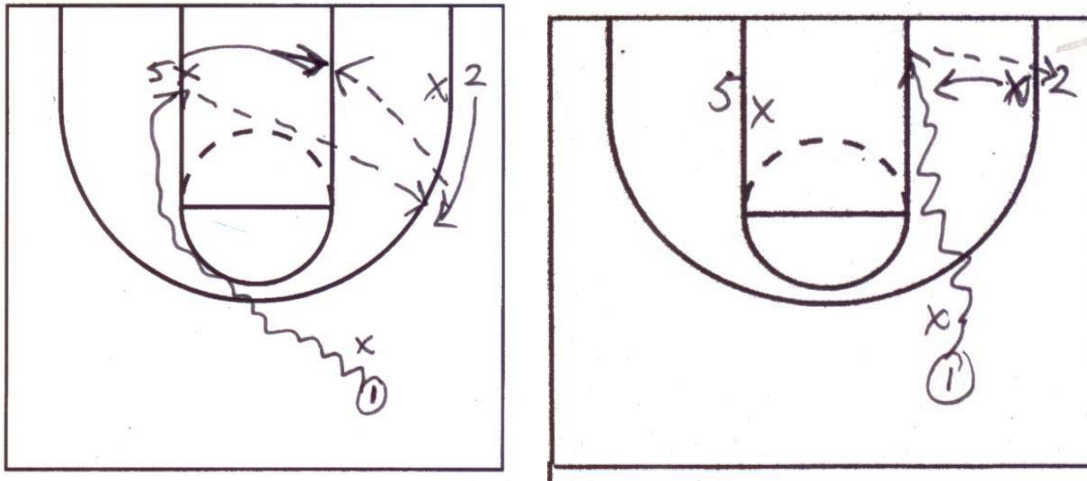
Blood 33:

1 drives to drop 2 and 2 is over played and cuts back door for the layup.



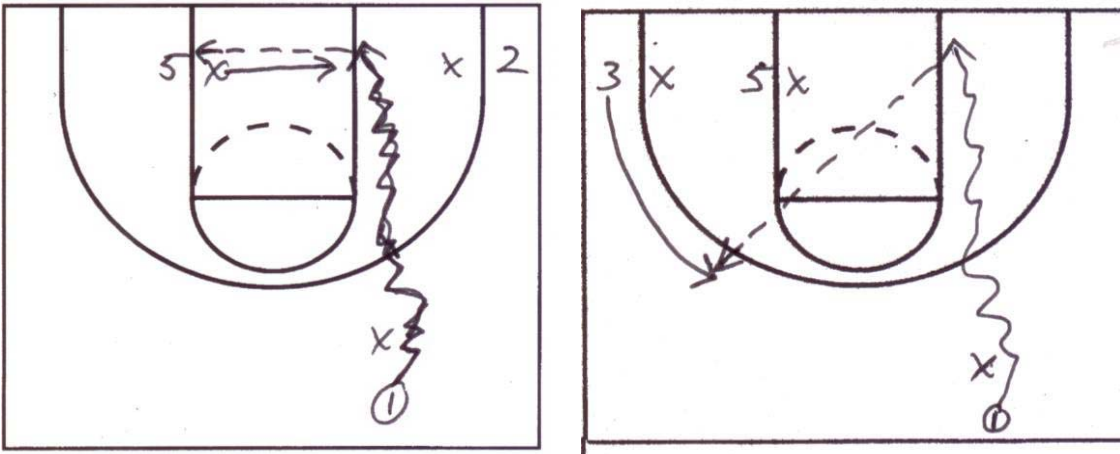
1 drives to drop 2 and 2 is over played and cuts back door but is not open. 1 passes to 5 at drop 3 and cuts through. 5 drives over top of 1's cut.

1 drives to rack 3 and kicks to 2 spotting up for an entry pass to 5.



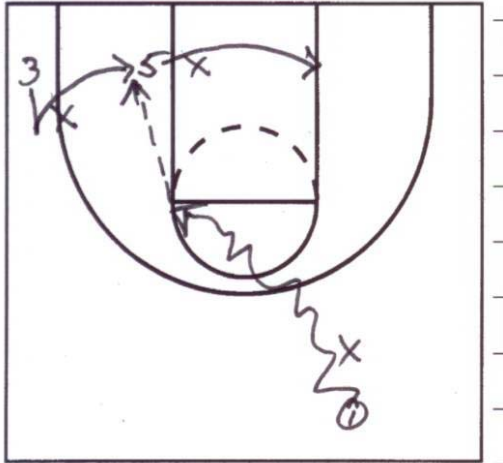
1 drives to rack 2 and dishes to 2 for the three point shot.

1 drives to rack 2 and 2 and 5 must read 5X on defense. If 5X helps across 1 dumps off to 5. If 5X helps up 1 lobs to 5.



1 drives rack 2 and passes to 3 for the three point shot.

1 drives rack 2 and passes to 3 for the post entry.



1 drives rack 3; 5 cuts weakside and 3 steps forward and then cuts back door for the layup.
 1 drives to rack 3 and 3 is not open on backdoor cut. 5 cuts to drop 2 for pass from 1. 1 cuts across and 5 drives over the top.