

TIME OUT™

A MONTHLY BASKETBALL CLINIC

PRESENTS

**THE BEST
OF**

TIME OUT™

**BOOK TWO
DRILLS, INBOUND PLAYS,
MAN DEFENSE, AND
SPECIAL SITUATIONS**

BY

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CONTENTS

DRILLS

SHOOTING DRILLS

PAGES 5 - 16

Shooting Drill - Post And Guards (5), Big-Man Shooting Drills (5), One Minute Shooting Drills (5), Rapid Shooting Drill (6), Continuous Shooting Drill - I (6), Continuous Shooting Drill - II (7), Two Ball Continuous Shooting Drill (7), Down Screen Shooting Drill (7), Shooting Drill To Teach Movement (8), Jump Stop Shooting Drill (8), FT Contests (8), Warm Up Shooting Drill (9), Two Man Screening Shooting Drills (9), Inside Out Shooting Drills (9), Continuous Down Screen Shooting Drill (10), Knock-Out Shooting Drill (10), Jump Stop, Pass, And Shot Shooting Drill (10), Warm-Up Shooting Drill (11), Pressure Lay-Up Drill (11), Six Man Staggered Screen Shooting Drill (12), Two Man Shooting Drills (12), Shooting Drill - Baseline X (13), Shooting Drill - Elbow Jump Shots (13), Shooting Drills (13), Team Shooting Drills (14), Warm-Up Lay-Up Drills (15), Methods To Practice Foul Shooting (16), Pass And Follow Shooting Drill (16), Beat A Pro (16).

HALF COURT PASSING AND SCREENING DRILLS

PAGES 17 - 24

Drills To Teach Passing Game - I (17), Drills To Teach Passing Game - II (17), Drills To Teach Passing Game - III (17), Moving Without The Ball (18), Setting And Defending Screens (18), Passing And Catching (18), Defensive And Offensive Screening Drills (19), Screening Drill (19), Setting Screens (20), Passing And Reaction Drill (20), Warm-Up Dribble - Passing Drills (21), Two Man - Passing, Cutting, And Screening Drills (21), Screening Drill - Down Screen And Up Screen (22), Drills To Develop Ball Handling Skills (22), Teaching The Up Screen And Down Screen (23), Drills To Teach The Passing Game (24).

FULL COURT PASSING AND CATCHING DRILLS

PAGES 25 - 37

2 Man Fast Break Series (25), Conditioning Drills - Shooting And Dribbling (25), Around The World (26), Lobo (26), Guard Fly Shooting Drill (27), Post Sprint Shooting Drill (27), Full Court Drills To Teach Passing (27), Full Court Passing And Shooting Drills (28), Pass Ahead Lay-Up Drill (28), Moving-Passing-Catching (29), Celtics Passing Drill (29), The Eleven Man Fast Break (30), Full Court Fast Break Drills (30), Four Man Fast Break Drill - I (31), Four Man Fast Break Drill - II (31), Continuous V-Cut Passing Drill (32), Full Court Passing Drills (32), 4 On 1/4 On 3 Continuous Break (33), Two Man Full Court Drills (33), Five Man Lay-Up Drill (34), Full Court Passing And Lay-Up Drill (34), Full Court Passing And Shooting Drill (35), Full Court Lay-Ups (35), Outlet Passing And Shooting Drills (36), 4 Man Break (37), 3 On 1 Fast Break Drill (37).

FULL COURT TRANSITION

PAGES 38 - 44

Two On One Transition (38), Weave With Defense (38), Wide Weave With Transition (38), Read The Defense (39), 3 On 2 - 2 On 1 Team Transition (39), 1 On 1 To 3 On 3 (40), 3 Man 2 On 1 Fast Break Drill (40), Full Court Rebounding And Transition Drills (41), 2 On 2 Run Down (41), Fast Break Drills (42), Fast Break Combination Drill (42), Two Minute Game (43), 2 On 1 - 3 On 2 (43), Drills To Teach The Running Game (44).

REBOUNDING DRILLS

PAGES 45 - 51

Drills To Improve Rebounding (45), Rebounding Drills (45), Rebounding Skill Drills (45), Offensive Rebounding - I (46), Rebound Outlet Drill (46), Offensive Rebounding Drills (46), Rebounding Drills To Develop The Rebounding Principles (47), Offensive Rebounding - II (47), Man Defensive - Blockout Drills (48), Improving Blocking Out (48), Rebounding Principles (49), Offensive Rebounding Drill - 3 On 3 Live (50), Emphasizing Rebounding (51).

VARIOUS DRILLS

PAGES 50 - 57

Various Drills - Offense And Defense (50), Reaction And Recovery (51), Teaching Drills (51), Dribbling Drills (52), Dribbling Techniques (52), Fun Drills (52), Various Drills - I (53), Drills To Teach The Jump Shot (53), Drills To Improve Open Court Reaction (54), Various Drills - II (54), Three On Three Play (54), Individual Improvement-Footwork (55), Individual Improvement-Jumping (55), Individual

Improvement-Hand Development (55), Defense Drills To Improve Full Court Offenses (56), Tip And Sprint (56), Three To Boards (56), Full Court Combination Drills (57), Concentration And Reaction Drill (57).

INBOUND PLAYS

MAN TO MAN BASELINE OUT OF BOUNDS PLAYS

PAGES 58 - 64

Man Baseline Out Of Bounds Plays - I (58), II (58), III (58), IV (59), V (59), VI (60), VII (60), VIII (60), IX (61), X (61), XI (61), Box - I (62), Box - II (62), Diamond Set (62), Quick Hitters - I (63), Quick Hitters - II (63), Quick Hitters - III (63), Quick Hitters - IV (64), Quick Hitters - V (64), Quick Hitters - VI (64).

ZONE BASELINE OUT OF BOUNDS PLAYS

PAGES 65 - 67

Zone Baseline Out Of Bounds Plays - I (65), II (65), III (65), IV (66), V (66), VI (66), Short Corner Attack (67).

MAN TO MAN SIDE OUT OF BOUNDS

PAGES 67 - 73

Quick Hitters - I (67), Quick Hitters - II (67), Quick Hitters - III (68), Quick Hitters - IV (68), Quick Hitters - V (68), Man To Man Side Out Of Bounds Plays - I (69), II (69), III (69), IV (70), V (70), VI (70), VII (71), VIII (71), IX (73).

INBOUND PLAYS

PAGES 72 - 74

Inbound Plays - I (72), Inbound Plays - II (73), Inbound Plays III (74), Inbound Plays - IV (74).

MAN TO MAN DEFENSE

INDIVIDUAL DEFENSE

PAGES 75 - 78

Guarding The Dribbler (75), Controlling The Dribbler (75), Defending the Dribble (75), Defensive Closeout Drills (76), Defensive Footwork Drills - I (76), Defensive Footwork Drills - II (76), Individual Defensive Drills (77), Individual Defensive Breakdown Drill (77), Defensive Drills-One On One (78).

2 ON 2 AND 3 ON 3 DRILLS

PAGES 79 - 88

Two Man Defensive Drill (79), Two Man Defense Drills (79), Basic Ballside Defensive Techniques (79), Two On Two Defensive Teaching Drills (80), Two On Two Defensive Combination Drill (80), Two On Two Defense (81), Two On Two Help And Recover (81), Defensive Drills - Two On Two (82), Three On Three Defense (83), Three Man Defensive Drills (83), Defensive Drills - Three On Three (84), 4 On 4 Shell Defensive Patterns (85), Defensive Shell Game (85), Shell Defensive Drills - I (86), Shell Defensive Drills - II (87), 4 On 4 Defensive Shell Drills (88).

DEFENSE ON THE HELPSIDE, POST, AND SCREEN

PAGES 89 - 91

Helpside Defense (89), Improving Man To Man Defense (89), Helpside Rotation (89), Post Defense - The Dive On The Ball (90), Defend The Post (90), Defending Screens (91), 3 On 3 Defensive Dive And Screen Drill (91).

TRANSITION DEFENSE

PAGES 92 - 95

Full Court Defensive Drills - I (92), Full Court Defensive Drills - II (92), Three On Three Full Court Drills (93), One On One Full Court With Dives And Closeout (93), Transition Basketball (94), 3 On 3 Rush Drills (94), Full Court Shell Defense (95), Rush Drills (95).

COMBINATION DEFENSIVE DRILLS

PAGES 96 - 98

Combination Drills (96), Defensive Reaction Drills (96), Defense - Disadvantage Drills (96), Man Defense - Ball Defense (97), Combination Defensive Drills (98).

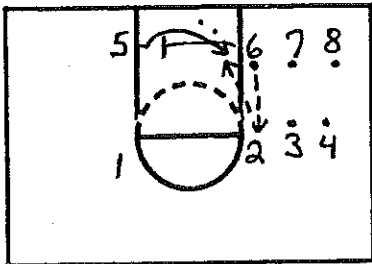
SPECIAL SITUATIONS

PAGES 99 - 108

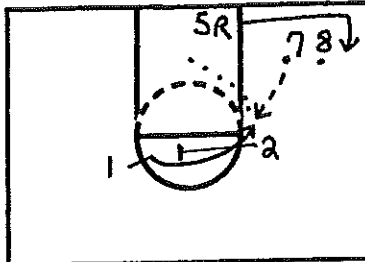
Full Court Man To Man Offense - 1-4 Set - I (99), Full Court Man To Man Offense - 1-4 Set - II (99), Full Court Man To Man Offense - I (100), Full Court Man To Man Offense - II (100), Full Court Man To Man Offense - Centerfield (101), Full Court Man To Man - Man On Ball (101), Full Court Zone Offense - I (102), Full Court Zone Offense - II (103), Half-Court Trap Attack - I (104), Half-Court Trap Attack - II (104), Get The Ball To Half Court (105), Sideline Full Court Plays (105), Full Court Last Second Shot Plays - I (106), Full Court Last Second Shot Plays - II (106), Center Jump Scoring Plays - I (107), Center Jump Scoring Plays - II (107).

SHOOTING DRILL - POST AND GUARDS

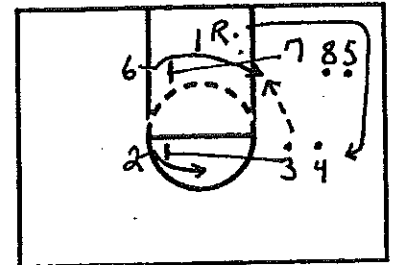
The following shooting drill provides continuous shooting for post and guards. The post player takes shots on the block and the guards shoot at the elbow. The players remain in the same line.



#5, #6, #7, and #8 are post players and #1, #2, #3, and #4 are the guards. #6 passes to #2 and screens across for #5. #5 comes to the block. #2 passes to #5 for the shot.



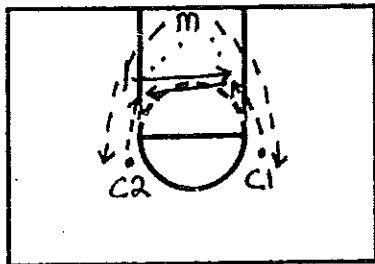
#5 rebounds and goes to the end of the line. #2 screens across for #1. #1 comes to the elbow. #7 steps up and passes to #1 for the shot.



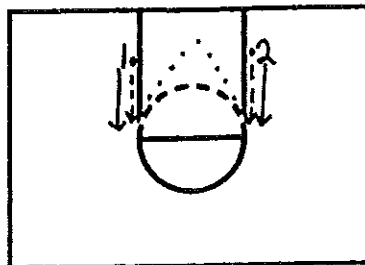
#1 rebounds and goes to the end of the line. #7 screens across for #6. #6 comes to the block. #3 steps up and passes to #6 for the shot. #3 goes and screens for #2 and the drill continues.

BIG-MAN SHOOTING DRILLS

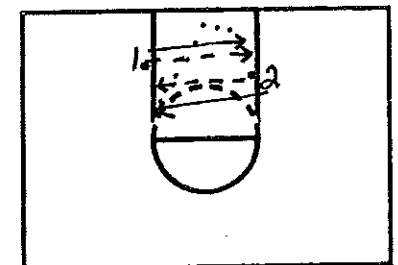
The shooting drills below are ideal for teaching big-man moves around the basket. Emphasis is on moving to the ball, jump stopping with balance, pivoting and scoring.



#1 moves across the lane and receives a pass from #C1. #1 catches, pivots and scores. #M rebounds and passes back to #C1. #1 then moves back across lane and receives pass from #C2. #1 scores and crosses lane again. #M rebounds and passes back to #C2.



#1 and #2 flip the ball out underhanded and go to ball. The ball is caught with both hands while coming to a jump stop. #1 and #2 pivot, square up, and score.



#1 and #2 flip the ball across the lane underhanded and go to the ball. The ball is caught while coming to a jump stop. #1 and #2 pivot, make the desired move and score.

ONE MINUTE SHOOTING DRILLS

An ideal method of getting a lot of good shooting practice is by the use of one minute shooting drills. The players are paired together at each basket with one ball. While one player is shooting, the other player serves as rebounder. Players rotate following each minute.

"Figure Eights" - The player begins under the basket and makes as many lay-ups as possible alternating right and left hand. This is ideal to warm-up with and build confidence. The rebounder is not used.

"Jumper On The Blocks" - The player shoots a short bank shot from the block on the foul line. Then quickly he crosses the lane to other block and receives pass from rebounder. The player shoots a short bank shot and crosses to other block.

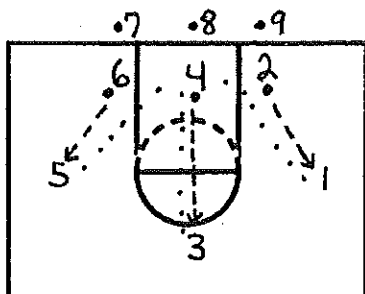
"Elbow To Elbow" - The player shoots jump shot from the elbow on foul line, then runs to opposite elbow and receives pass from rebounder. The player makes a jumper and runs to original elbow for next pass.

"Elbow To Baseline" - Same procedure as "elbow to elbow" but player shoots at elbow then goes to baseline for next shot.

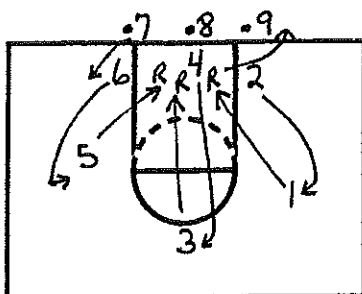
"Around The World" - The player moves around the perimeter approximately seventeen feet from the basket shooting jump shots. The shooter continues to move until ball is passed.

RAPID SHOOTING DRILL

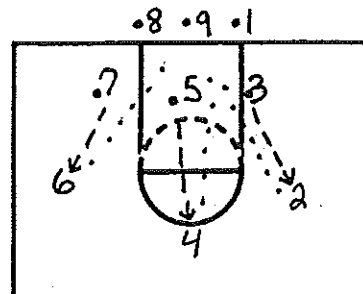
Diagrammed below is a good shooting which provides a lot of continuous shooting.



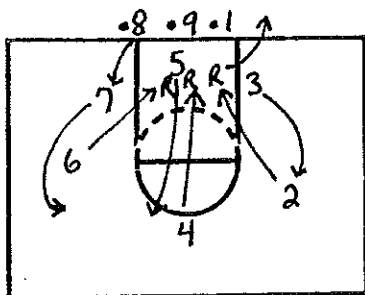
#5, #3, and #1 are on the perimeter. #6 passes to #5, #4 passes to #3, and #2 passes to #1. #5, #3 and #1 take shot and follow.



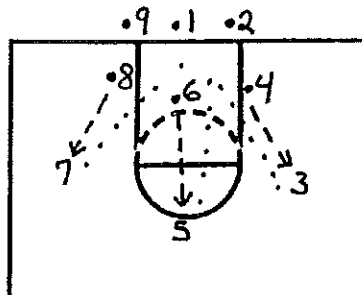
#5, #3 and #1 rebound shot. #6 replaces #5, #4 replaces #3, and #2 replaces #1. #7 steps on to the court with ball and #1 goes to end of the line.



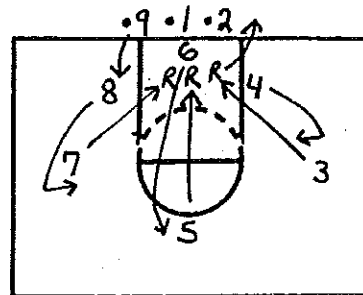
#7 passes to #6, #5 passes to #4, and #3 passes to #2. #6, #4 and #2 take shot and follow.



#6, #4, and #2 rebound shot. #7 replaces #6, #5 replaces #4, and #3 replaces #2. #8 steps on to the court with ball and #2 goes to the end of the line.



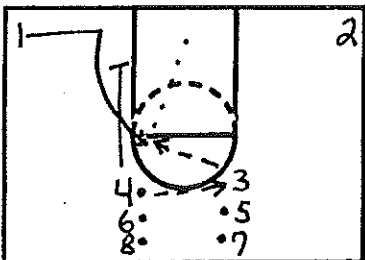
#8 passes to #7, #6 passes to #5, and #4 passes to #2. #7, #5 and #3 take shot and follow.



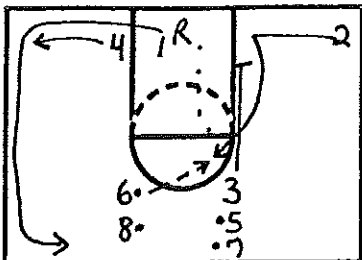
#7, #5, and #3 rebound shot. #8 replaces #7, #6 replaces #5, and #1 takes #3. #9 steps onto the court with ball and #3 goes to the end of the line.

CONTINUOUS SHOOTING DRILL - I

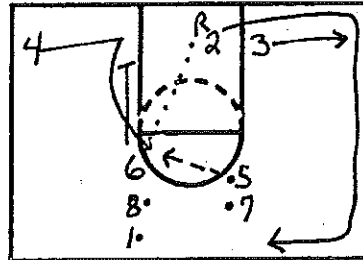
The shooting drill below provides continuous shooting with an organized pattern. A lot of shots can be taken in a short time. Passing, screening, and rebounding are also included. A shot fake and dribble may be added for the shooter.



#4 passes to #3 and screens down for #1. #1 comes to the screen, breaks to the elbow and receives #3's pass. #1 shoots jump shot.



#3 screens down after passing to #1. #2 breaks off screen and receives #6's pass. #2 shoots jump shot. #4 pops to corner. #1 rebounds own shot and sprints to back of line.



#6 screens down after passing to #2. #4 breaks off screen and receives #5's pass. #4 shoots jump shot. #3 pops to corner. #2 rebounds own shot and sprints to back of line. The drill continues.