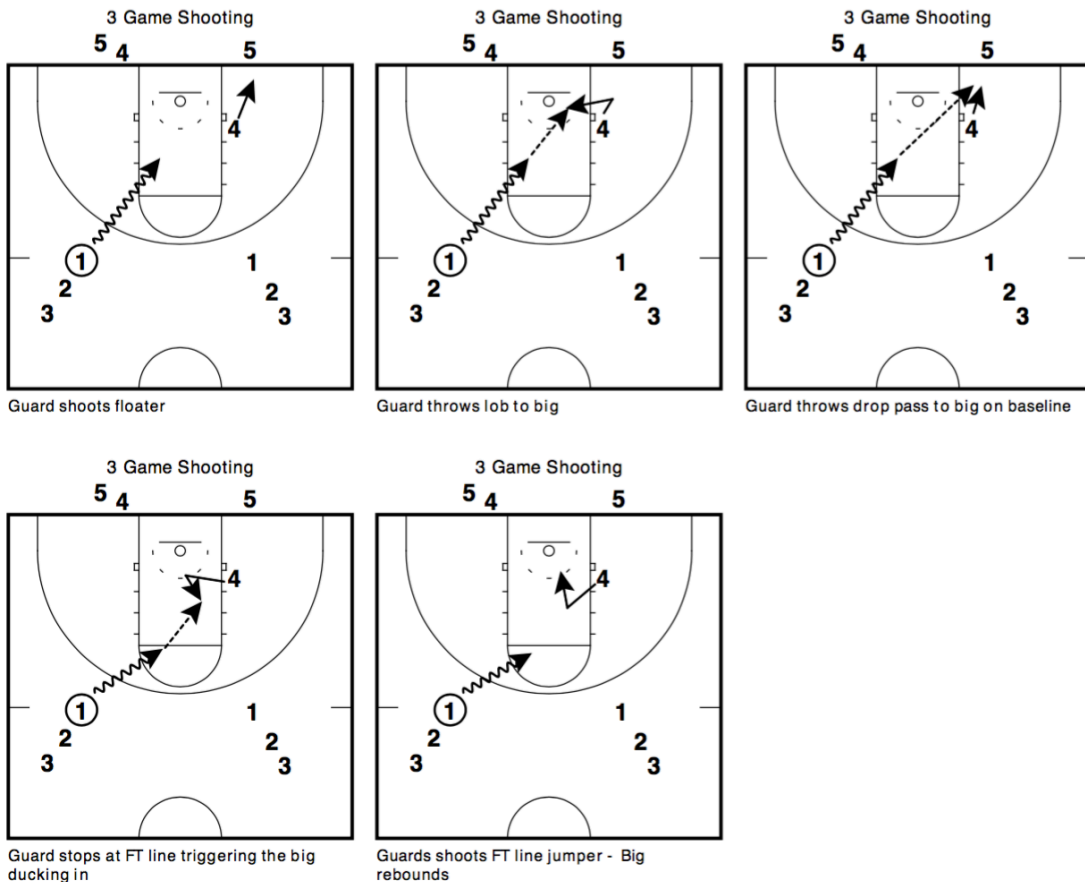


COACH MENZIES – PRACTICE DRILLS

1. Pre-Practice Warmup – 15 Minutes before practice
 - a. Form shooting – 3 Spots – Make 5 in a row. Move back and repeat
 - b. Guards and Bigs split with assistant coaches
 - c. Game-like shooting drills (Pin downs, off b/s, etc.)
 - d. We are ready to start when Coach walks on the floor

2. 3 Game Shooting
 - a. Guards in two lines up top – Bigs in two lines on the baseline – Guards are partnered with the big diagonal to them
 - b. Series:
 - i. Guard goes past foul line – Big spaces away – Guard shoots floater
 - ii. Guard goes past foul line – Big spaces away – Guard throws lob to big
 - iii. Guard goes past foul line – Big spaces away – Guard drops pass to big
 - iv. Guard stops at FT line – Big ducks in
 - v. Guard shoots FT line jumper – Big rebounds

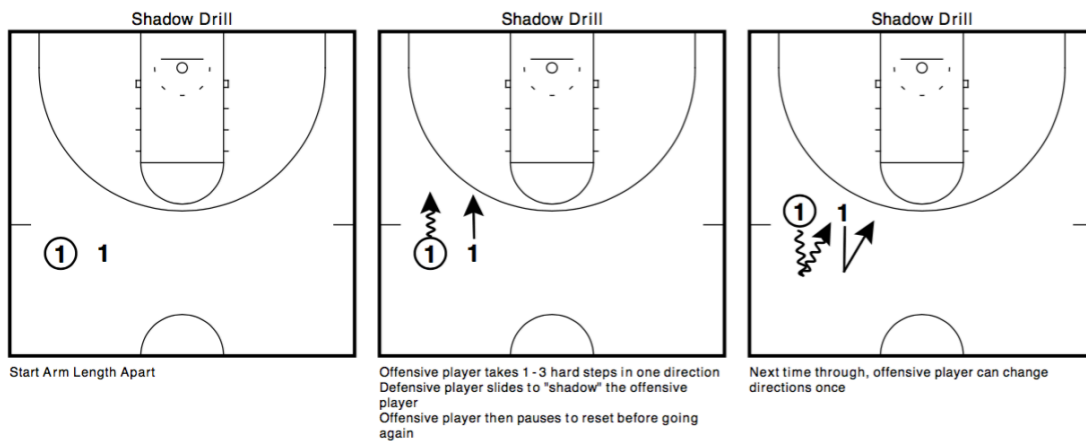
Coach Menzies Practice Drills



3. 3's, 2's, 1's
 - a. 5 Spots – We use 1 or 2 managers at each basket – 3 or 4 players per basket
 - b. Start in the corner – Shoot a 3 (manager short closeout) – Run to opposite corner
 - c. Back to starting corner – Shoot a Pull-up (Manager runs by) – Go to opposite side
 - d. End with a layup on both sides
 - e. Same process on two wings
 - f. Finish at the top of the key
 - g. Keep track of your total makes – Can make it competition between baskets

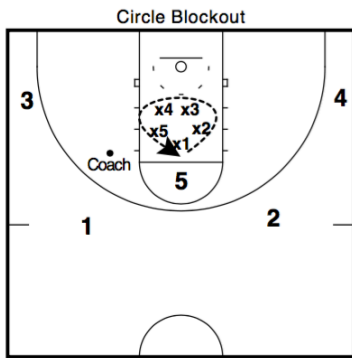
4. Defensive Shadow Drill
 - a. Two players face each other, arm length apart
 - b. "Offensive Player" takes 1-3 hard steps in one direction, defense slides to shadow – Offensive player pauses to allow reset before moving again
 - c. Next time around, add a change of direction to the slides
 - d. Teaching Points: In a stance, butt down, watch mid-section, hands out

Coach Menzies Practice Drills

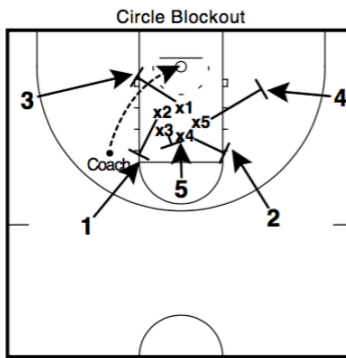


5. Circle Boxout Drill
 - a. Offense starts 4 around perimeter and 1 at FT line
 - b. Defense circles around inside paint
 - c. Shot goes up – Defense must communicate and box out crashing offense
 - d. Have to get 3 clean rebounds to get out

Coach Menzies Practice Drills



Defensive players are rotating in a circle
Coach has a ball ready to shoot

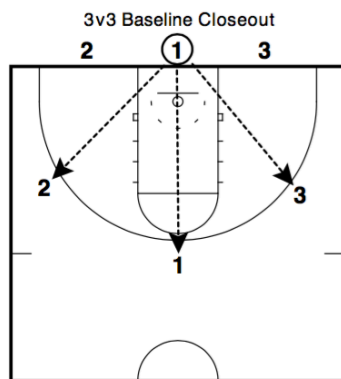


On the shot, they defense must point and communicate to find a man to box out
Defense must come up with 3 straight clean rebounds to get out

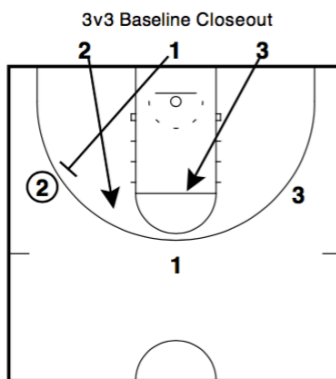
6. 3v3 Baseline Closeout Drill

- a. 3 Players start on baseline and 3 at the two wings and top of the key
- b. Player with ball on baseline throws it out to any of the 3 players, defense then closes out and reacts to where the ball is thrown (1 on ball, others in deny or help)

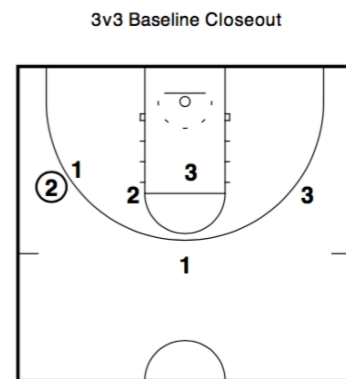
Coach Menzies Practice Drills



Defense can pass to any of the 3 spots on the floor



The passer always closes out to the ball
The other two defenders close out to their help positions on the floor



The ball then becomes live and you play 3v3