

# Perimeter Drills

## Perimeter Moves

### Reminders:

- Catch the ball off from down screens, flare screens, and off the break
- Catch the ball squared up, always using your inside foot as your pivot foot
- Do on both sides of the court and in different areas
- Should be done from 15 feet to behind the 3 point line
- If you don't have a passer, flip ball to self simulating coming off a screen

### Drills:

- Square up and shoot
- Square up, shot fake, explode to the basket
- Square up, sweep through, explode to the basket
- Square up, double sweep through, explode to the basket
- Square up, jab step, jab and go, jab and crossover, jab and shoot, or jab, shot fake, and go

## Squaring up Drills

- Flip ball to yourself & square up using your inside pivot foot
- You should be down in triple threat position and ready to shoot, dribble, or pass
- Go through many different moves (shot fakes, jab steps, sweep throughs) while staying in one spot
- **Be aggressive with the moves – they should be realistic and you should think about trying to get someone off balance**
- Stay low and always bring the ball back to triple threat position in between moves
- Flip the ball to the next spot and repeat
- You should go around the 3 point line to four different spots
- At the last spot, make a good move and go to the basket

## 2 Spot Shooting

- Needs a partner or rebounder
- Pick 2 spots on the floor (elbow to elbow, wing to baseline, etc.)
- Shoot from spot to spot working on squaring up and shooting
- OR Make an offensive move at each spot and either go all the way to basket or pull up for a jumper
- Partner rebounds and passes to you
- Do for a certain number of shots or for a time limit (30 seconds)

## Perimeter Drills Continued

### Rapid Fire

- Need 1 shooter, 1 passer, and 2 rebounders
- Pick an area on the floor
- The shooter is trying to get as many shots as they can
- Rebounders rebound the ball and pass it out to the passer
- Passer passes the ball to the shooter
- You can either go for a certain time limit or you can go for a certain amount of attempts or makes
- Rotate everyone through all of the positions and then try a different spot
- You should be working on having your body down and being ready to shoot the ball as quickly as you can

### 5 to 0

- Start with 5 points
- For every shot that you make, subtract 1 point
- For every shot that you miss, add 1 point
- When you get to 0, you have won!!
- You can shoot any type of shot that you want with this shooting drill (spot up shots, square up shots, etc...)
- This is a drill that you can do by yourself or with a group of people

### 32

- Keep score; the maximum score is 32
- There are five spots on the floor: left baseline, left wing, top of the key, right wing, right baseline
- Each spot requires 3 attempts
- At 1<sup>st</sup> spot:
  - 1<sup>st</sup>, Shoot a shot (worth 3 points for a make) – If you shoot 3's, you should shoot a 3 pointer; If not move inside the 3 point line
  - 2<sup>nd</sup>, Make a shot fake, take one dribble and pull up for a jump shot (worth 2 points for a make)
  - 3<sup>rd</sup>, Make a shot fake, go to the basket and finish (worth 1 point for a make)
- Continue to next spot and repeat
- There are a total of 6 points at each spot and a total of 30 points for the 5 spots
- After you have gone to all five spots, shoot 2 free throws (worth 1 point each)
- **Keep track of your score and try to reach a personal best each time you go through**

## Perimeter Drills Continued

### 5 Spot Finishing

- Put 5 balls on the ground around the 3 point line. There should be a ball on each baseline, on each wing, and one at the top of the key
- Start on one of the baselines. Pick up that ball and explode to the basket and finish.
- As soon as you shoot that ball, go to the next ball on the wing, pick it up, and explode to the basket.
- Proceed to the ball at the top of the key, the wing and then the other baseline.
- Once you are done with all 5 spots, go back and repeat any spot in which you missed your shot.
- Make sure that you go both directions – left and right.
- You should stay low when you pick up each ball and you should explode to the basket.
- You can work on a specific finish (two feet, one foot, big jump stop, double pump, shot fake, step through, etc...) or you can be creative and mix in all of the different finishes.
- **If you are by yourself, you can get your own rebound and slowly roll the ball out to the next spot...go after it, pick it up, and go**

### X-out

#### **Elbow to Elbow**

- Start on 1 elbow, take 1 dribble to the basket, jump stop, go up strong and finish
- Get your rebound and take 1 or 2 dribbles out to the opposite elbow with your hand closest to the sideline
- Turn toward the sideline, switch hands you are dribbling with and explode to the basket in 1 dribble, jump stop and finish strong. **Make sure that you are pushing the ball out in front of you on your dribble!!**
- Get your rebound and take 1 or 2 dribbles out to the opposite elbow with your hand closest to the sideline
- Turn toward the sideline, switch hands you are dribbling with and explode to the basket in 1 dribble, jump stop and finish strong
- Repeat and do for a certain number or for a time limit (30 seconds) You should not pick up the ball when changing directions
- **Mix up your finishes – add shot fakes, step throughs, and big jump stops!!**

#### **Wing to Wing – 15 feet from basket**

- Start on 1 wing, take 1 dribble to basket, jump stop and finish strong
- Get your rebound and take 1 or 2 dribbles out to other spot with your hand closest to the baseline
- Turn toward the baseline and explode to the basket in 1 dribble, jump stop and finish strong
- Continue to other spot dribbling with hand closest to baseline and repeat
- Repeat and do for a certain number or for a time limit (30 seconds)
- You should not pick up the ball when changing directions
- **Mix up your finishes – add shot fakes, step throughs, and big jump stops!!**

# Perimeter Drills Continued

## Cone Dribbling

- Place 6 cones about 6 feet apart on the court – **you can mix up the number of cones and distances between each cone**
- Use different dribbling moves between each of the cones
- When you make your move you should take a big, explosive step by the cone using the correct footwork (Example: If you are going right, your right foot should step by the cone)
- You should step by the cone, not sideways
- In between moves and cones, you should take small quick steps and make sure that you have your balance before you make the next move
- Mix up your moves using single moves, double moves, and triple moves
- **Concentrate on using the correct footwork, not on sprinting through the cones as fast as you can**
- Go as quick as you can, using the correct footwork
- You can also place 2 or 3 cones in a path towards the basket. Make moves on each of the cones and go in and score.

## Pitino full court moves

- Start at half court and dribble left handed towards the basket, make one of our dribbling moves at the 3 point line or free throw line and explode aggressively to the basket – **you should step past the defender and right by their hip!!**
- Get the ball out of the net and make the same move with your left hand at the free throw line going back to half court (simulating breaking the press)
- Turn around and do the same move to the basket only using your right hand this time
- Get the ball out of the net and make the same move with your right hand toward half court
- The dribbling moves that you should be using are the crossover, behind the back, stutter, stutter – crossover, and inside out. Work hard on all of these moves!!
- When you get to the basket go up off 2 feet and finish strong!! **You should be working on all of your different finishes.**
- Choose a different move and start again!!
- Do moves both in the middle and on the wings
- Make sure that you are going as hard as you can!!!! **You should be going hard at the defense, make a good and in control move and then explode to the defense.**

