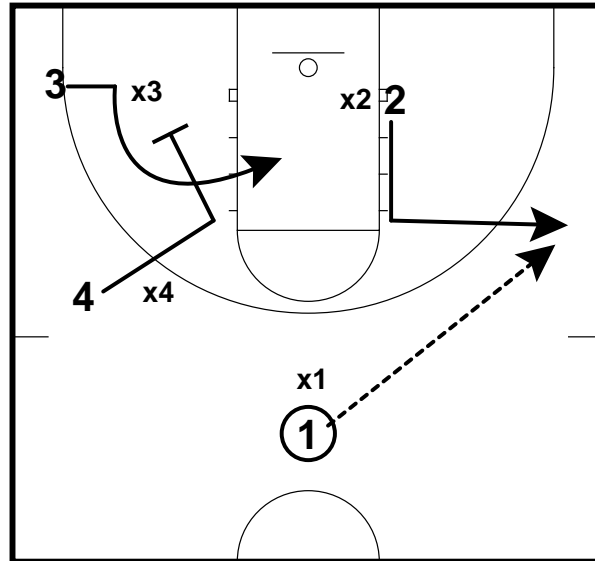


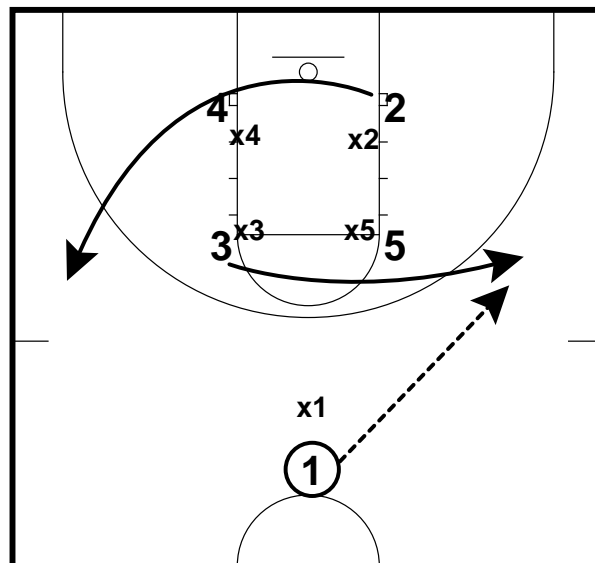
# Basketball Thoughts: Drillwork

## 4 on 4 Motion - NO DRIBBLE Motion Drills



- Drill starts out with a big / little downscreen and an L cut on the opposite side
  - Once the ball is initially entered, there is NO DRIBBLE
  - Points are given for reversals, passes, and baskets
  - If the ball is dribbled it is a turnover
- (NOTE: You can also play this 5 on 5 and 3 on 3)(You can also start with drill with a flare or backscreen)

## Motion Game Motion Drills



- Initiate action however you want
- POINTS: 2pts FG, 3pts 3FG, 2pts Reversal, 2pts OREB, 3pts Post Feed
- (NOTE: Add or subtract points for whatever your program emphasises or what you want to emphasize that day)

