

Drills & OOB Plays from Bob Anderson

The drills and Out-Of-Bounds plays below are courtesy of Bob Anderson, Tri-Cities Christian Junior High School Coach, Blountville, Tennessee.

The ideas are his, the diagramming is all I have done.

Thanks, Bob!

Drill 01 - Chair Dribble

Drill 02 - V-Cut Shooting

Drill 03 - Pass To Post And Cut

Drill 04 - Strong Side

OOB Play 01 - Bob Anderson OOB Play No 1

OOB Play 02 - Bob Anderson OOB Play No 2

OOB Play 03 - Bob Anderson OOB Play No 3

Basketball Drill

Drill Number: 01 **Name:** Chair Dribble
Type: Dribbling, Shooting

Description:

Set up five chairs (or other obstacles) around the three-point line as shown in the diagram.

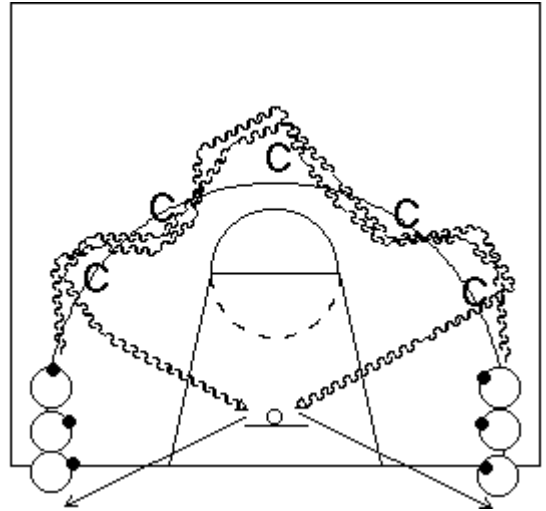
Players form two lines in the baseline corners of the court. All players have a ball.

Players dribble in a zig-zag pattern around the chairs with both lines operating at once and with both lines going to the outside of their respective first chair.

Players finish off at the other end with a lay-up and then move to the end of the other line.

Whilst the drill can get confusing it will surely help the players to learn to keep their heads up and to dribble and shoot under pressure.

A.



Variations:

1. Finish off with a reverse lay-up.
2. Finish off with a power (two-foot stop) lay-up.
3. Finish off with a short jump-shot.
4. Specify players can only use weak hand to dribble.
5. Specify a dribble move at each chair (e.g. crossover).
6. Players try to knock each others balls away as they dribble through chairs.

Points of Emphasis:

1. Keep your head up.
2. Protect the ball while dribbling.
3. Stay low and keep ball below knees.
4. Finish hard to the basket.

Basketball Drill

Drill Number: 02 **Name:** V-Cut Shooting
Type: Cutting, Shooting, Defense

Description:

Players form two lines at the wing spots (three-point line at free-throw line extended). Player in front of first line has ball. Player second in second line also has ball.

First player in second line (1) makes a v-cut towards baseline and posts up on low block to receive pass from (2) (see diagram A).

Player (1) pivots and shoots. Player (2) v-cuts to opposite block to receive pass from (3).

Player (1) rebounds own shot and passes out to next player in line opposite where they came from – player (4) in diagram B. Player 2 pivots, shoots and rebounds own shot. Player (1) plays defense on the pass to the next v-cutter from the opposite line (see diagram C).

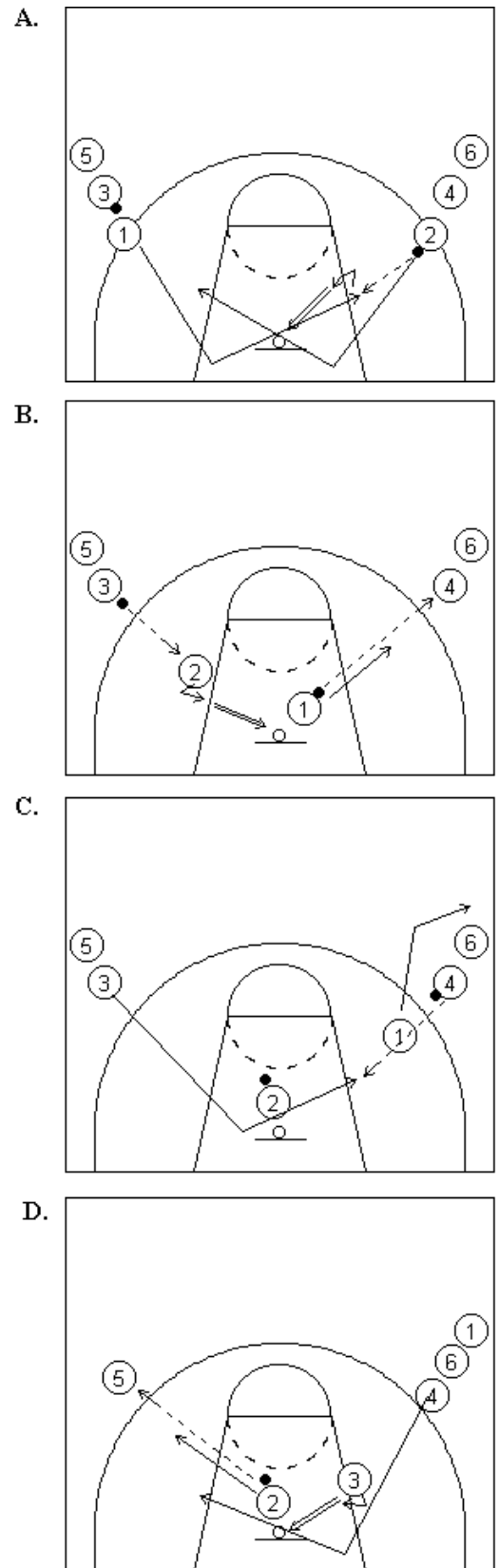
Drill continues side to side, with players v-cutting, posting up on low-block, pivoting, shooting, rebounding, passing to opposite line, defending the pass and moving to the end of the line.

Variations:

1. Different finishing moves.
Turn and face and shoot.
Post moves (drop-step etc.).

Points of Emphasis:

1. Good hard v-cut (explosive change of direction).
2. Jump stop (low, wide and balanced). Be a big target.
3. Strong, two-hand rebound, pivot and outlet pass.
4. Pressuring the pass.
5. Fake a pass to make a pass.



Basketball Drill

Drill Number: 03 **Name:** Pass to Post and Cut
Type: Passing, Cutting

Description:

Two post players are positioned at the high posts (each with a ball).

The remaining players form two lines. One player at the front of one of the lines has a ball (see diagram A).

The ball out front is simply passed back and forth between the two lines. After passing to the opposite line the front player cuts at the opposite post. He receives the pass from the post, returns the pass and then cuts inside and moves to the end of the opposite line (see diagram B).

This is repeated on the reverse side of the court (see diagram C & D).

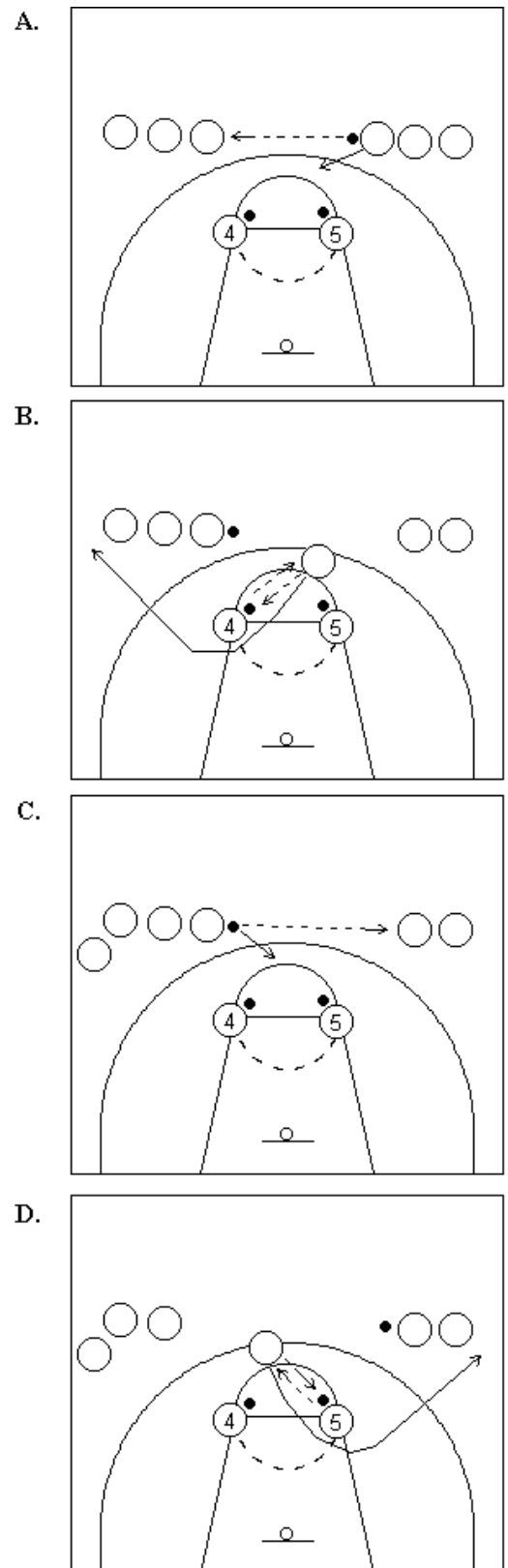
Rotate posts out if you wish to give other players a turn at this position.

Variations:

1. Vary types of passes made.

Points of Emphasis:

1. Sharp passes.
2. Call a name.
3. Hands up ready to receive.
4. Good hard cuts.



Basketball Drill

Drill Number: 04 **Name:** Strong Side
Type: Passing, Cutting

Description:

Players are positioned in four lines. Two lines are at half-court near sideline, the other two lines are at baseline near sideline.

The first two players in one half-court line have a ball, the front player in the other half-court line has a ball.

A single post player is stationed at the high post on the same side as the line with two balls.

Drills starts from line that has two balls.

First player passes to first player in baseline line and then cuts to basket. Baseline player passes to high post and cuts to opposite high post. High post passes to cutter for layup. Cutter / scorer moves to baseline line on opposite side. High post rebounds and outlets to first person in opposite line that doesn't have a ball. High post cuts behind baseline line and sprints up sideline to join opposite side half-court line (see diagram A).

The drill continues on the other side of the court (see diagram B).

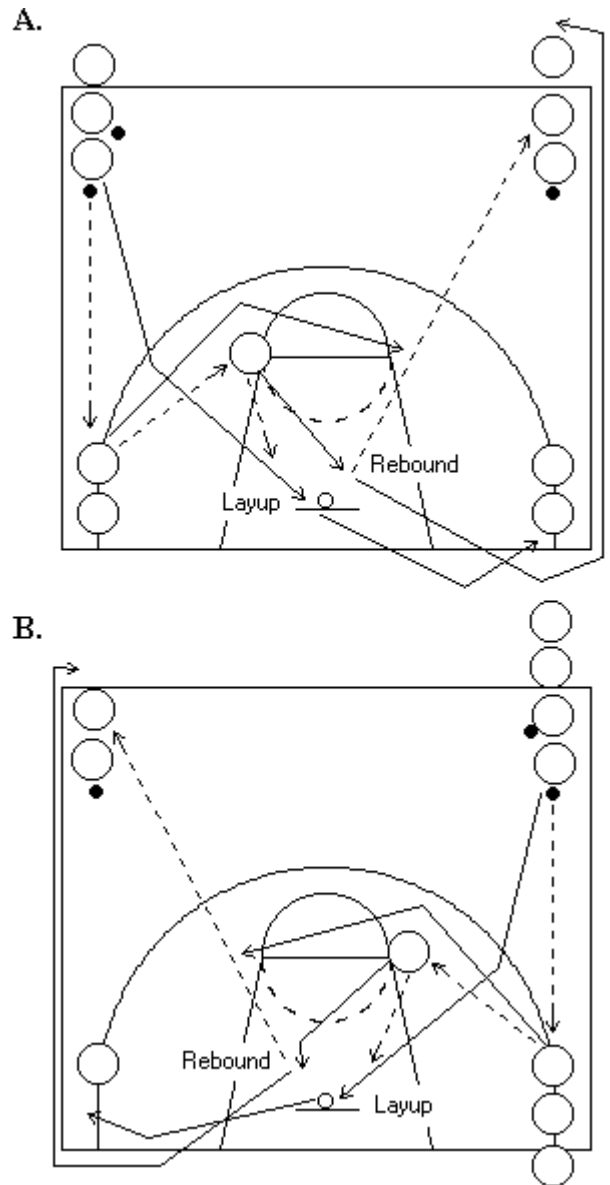
Note to keep the drill moving and to generate some traffic start the next ball as soon as new high post is cutting into position.

Variations:

1. Vary types of passes made.
2. Make short jumper rather than layup.

Points of Emphasis:

1. Sharp passes.
2. Call a name.
3. Hands up ready to receive.
4. Good hard cuts.
5. Finish hard to basket.



Basketball Out-Of-Bounds Play

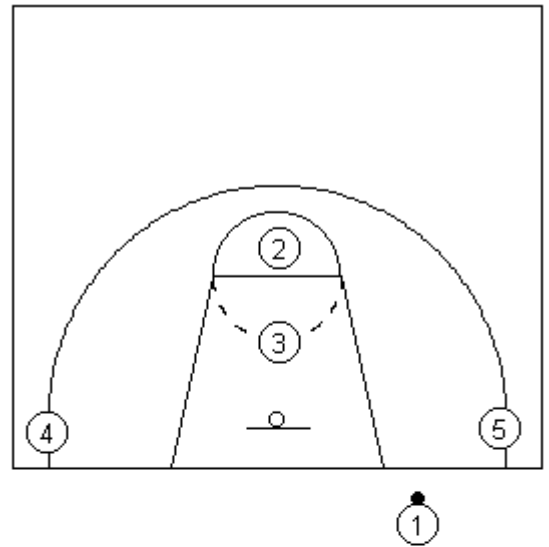
OOB Play No: 01 **Name:** Bob Anderson No. 1
Type: Offensive Baseline

Description:

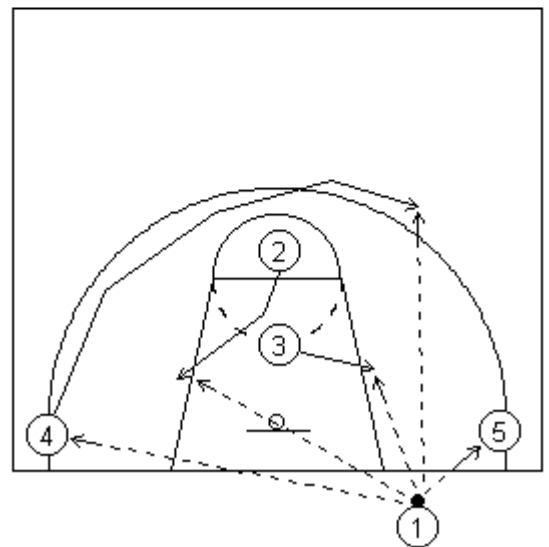
Players line up as shown in diagram A.

1. On the slap of the ball, player 2 cuts off screen set by player 3 and goes to low block.
2. Player 3 goes to opposite low block.
Both player 2 and player 3 post up, big, wide and strong.
3. Player 4 goes high to the ball side to provide and outlet.
4. Initially we also have the option of going to either corner for that shot.

A.



B.



Basketball Out-Of-Bounds Play

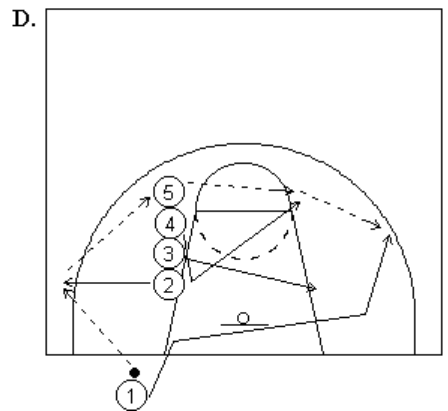
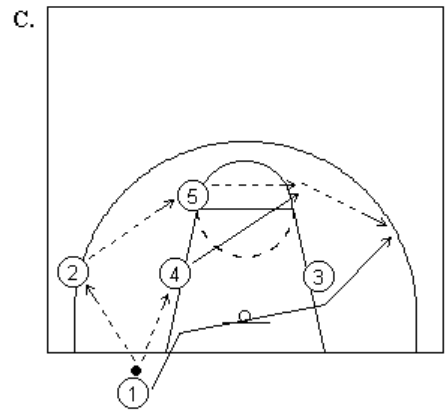
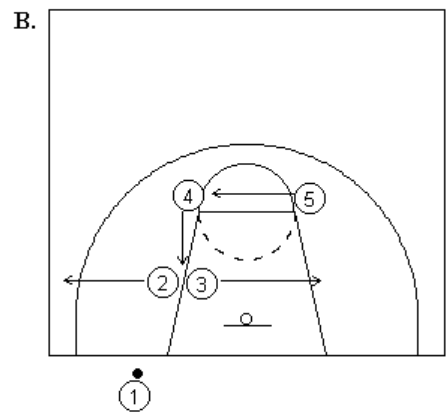
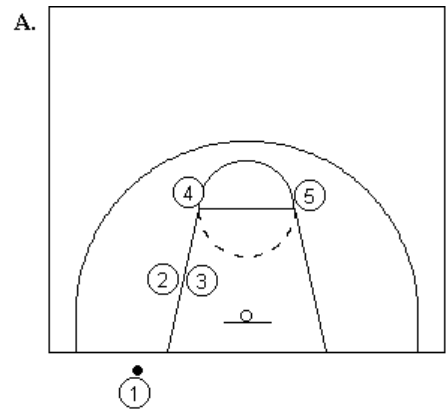
OOB Play No: 02 **Name:** Bob Anderson No. 2
Type: Offensive Baseline

Description:

This is a useful play against a zone defense.

Players line up as shown in diagram A.

1. On the slap of the ball, player 2 goes to the ballside corner and player 3 goes to the opposite low block.
2. Player 4 slashes to the ball and player 5 fills his position. If the pass is not made to player 4 he goes and fills player 5's position at the other high post.
3. Player 1 passes the ball into player 2 in the corner, player 1 then cuts to opposite side.
4. The ball is reversed through player 5 and player 4 to player 1.
5. Player 1 can shoot or look to pass into the low post to player 3 who is sealing their defender and posting up big.
6. Diagram D shows how to run essentially the same play out of a stack set. This is just an attempt to disguise the play.



Basketball Out-Of-Bounds Play

OOB Play No: 03 **Name:** Bob Anderson No. 3
Type: Offensive Baseline

Description:

Players line up as shown in diagram A.

1. On the slap of the ball, players 4 & 5 crossover and post up on each low block.
2. Player 2 cuts to ballside wing.
3. Player 3 slashes to the ball through the gap made by the exit of players 4 & 5.

A.

