1. PURSUIT DRILL

**Instructions:**
- One player chases the other around the free throw circle
  - The players can change direction or speed but cannot cross into the circle
- When one player tags the other, the players switch roles

**Volume:**
- 60 seconds ➔ Repeat 3x
  - Advanced: Use defensive footwork or resistance bands to increase difficulty

**Points of Emphasis:**
- Keep head up and read the court throughout the drill
EXTRA PASS DRILL

Instructions:
- Player 1 drives into the paint
- The defensive player (X1) steps up to stop the drive and the ballhandler kicks the ball to Player 2
- X1 closes out 2, who passes the ball
- Then, X1 closes out 3, who shoots (if open) or takes a one dribble pull-up
- The offensive players rotate one position and repeat

Volume:
- 30-45 seconds ➔ Repeat 4x
- Alternate who serves as the defensive player during each interval

Points of Emphasis:
- Talk constantly
- Make decisions that are appropriate for the position of the defensive player
Reaction Drills
THINKING DURING GAMES

3 TENNIS BALL DROPS

Instructions:
- Two players line up ten to fifteen feet apart
- One partner holds one tennis ball in each hand
- The other assumes a ready position
- At any time, the first partner drops one of the balls
- The pursuer tries to catch the ball before the second bounce
- Reset the position and repeat

Volume:
- 6-8 repetitions per partner ➔ Repeat 3x
- Advanced: Add difficulty by increasing the distance or utilizing defensive footwork

Points of Emphasis:
- Stay balanced
- Take a big first step but remain under control
4. RESPOND AND REACT

Instructions:
- The offensive player starts with the ball at the foul line while closely guarded by a defender
- The dribble reads the defender's moves in order to get to the basket
  - Fakes, ball moves and pivots are allowed
- Meanwhile, the coach asks simple basketball related questions for the ballhandler to answer

Volume:
- 30-60 seconds per partner ➔ Repeat 3x
- Advanced: Decrease the number of dribbles permitted

Points of Emphasis:
- Keep head up
- Perceive information with multiple senses
CROSS-STEP DRILL

Instructions:
• A coach stands at the foul line holding a ball on each side
• The player lines up opposite the coach
• The coach drops one of the balls (in this case the left basketball)
• The player cross-steps (with the left foot) to pick up the ball off the bounce
• After gaining possession, the player cross-steps with the non-pivot (right) foot and finishes with a power lay-up

Volume:
• About a dozen repetitions per player ➔ Alternate left and right side randomly

Points of Emphasis:
• Master footwork before increasing speed
• Keep head up
POWER LAY-UPS

Instructions:
- Two players line up on each block, facing the coach who is holding the ball at the foul line.
- The coach passes to one of the players.
  - The offensive player front pivots and finishes strong.
  - The defensive player sprints to play defense.
- Play until the defense recovers the ball.
- Pass the ball to the coach and reset immediately.

Volume:
- 30-45 seconds ➔ Repeat 2x.
- Allow each player to work from each side.

Points of Emphasis:
- Maintain a ready position.
- Finish with a power lay-up.