



IMG ACADEMY

BASKETBALL

50 ELITE SKILL-DEVELOPMENT WORKOUTS

Advanced High School / National Team Players

20	Individual workouts
10	Two-player workouts
10	Three-player workouts
5 + 5	Solo and partner shooting-machine workouts
35 MIN	Warm-up + 7-minute handle + game-action work

NON-CONTACT | LIMITED-SPACE | COLLEGE-READY | SCIENCE-INFORMED

Prepared for IMG Academy Basketball

PROGRAM GUIDE Program Architecture

A 50-workout system built for advanced high school and national-team players

Core standard. Every workout lasts 35 minutes: 5 minutes of dynamic preparation, 7 minutes of one- or two-ball handling, and 23 minutes of theme work. All actions are non-contact, use one side of a half court, and split applicable repetitions evenly right and left.

#	Track	Count	Primary players	Development emphasis
1	Individual	20	10 G / 7 W / 3 P	Shot preparation, scoring craft, movement shooting, three-level reads
2	Two-player	10	Perimeter + G/B	Pass timing, DHO, pin-down, ball screen, re-space
3	Three-player	10	G / W / B	Spacing, cutting, Spain, Chicago, Pistol, continuous action
4	Solo machine	5	Perimeter	Catch-and-shoot, movement, off-dribble, three-level, timed test
5	Partner machine	5	Two perimeter players	Equal volume, action cues, reaction relocation, gauntlet

Locked design rules

Game-speed quality

Most work is performed at game speed with short teaching pauses; the goal is skill quality, not conditioning.

Progression

Each block begins with a stable solution and finishes with a visual or verbal read.

Finishing

Two-foot stops, stride stops, pivots, and counters replace contact-based finishing.

Measurement

Drills use time caps, make goals, or both. Shooting percentage is not the primary score.

Footwork

One-two and hop footwork are matched to pass angle, movement direction, and speed.

Space and equipment

One basket, one side of half court, basketballs, cones, and floor markers only.

PROGRAM GUIDE **How to Use the Manual**

Front page = session card. Back page = trainer detail and court diagrams.

5 MIN

DYNAMIC WARM-UP

Prepare movement qualities used later in the workout.

7 MIN

BALL HANDLING

Alternate one-ball and two-ball routines; eyes stay available.

23 MIN

THEME WORK

Three game-action blocks with stable-to-variable progression.

Trainer operating protocol

1. Define the window	Before the rep, show the exact start, route, and scoring window. Avoid vague instructions such as "get open."
2. Protect the first solution	Use the early segment to stabilize timing and footwork. Correct only the highest-value error.
3. Add information	Use the listed cue to change route, footwork, or finish. The cue should arrive late enough to require perception, not guessing.
4. Enforce the cap	When the time cap ends, move on. Record the target reached; do not turn missed goals into conditioning.
5. Mirror the side	All applicable targets are divided evenly right and left. Diagrams show the right-side action for clarity.
6. Stop degraded reps	If release timing, landing, or decision quality breaks down, use a brief reset. Quality is the dose.

Diagram legend

P1 / P2 / P3 Players	Solid red arrow Player movement	Dashed gold arrow Pass	Gold triangle Cone / screen line
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PROGRAM GUIDE Training Science Framework

Practice design that protects transfer, adaptability, and shot quality

The manual is science-informed, not a claim that one exact drill sequence is universally optimal.

The prescriptions apply established motor-learning ideas to advanced basketball practice while preserving the coach's responsibility to individualize for player history, body type, and current workload.

1. Representative action Routes, pass angles, stops, and cue timing preserve the information-movement relationship found in games.	2. Stable to variable Players first establish a functional solution, then adapt it to late cues, changed windows, and different pass locations.
3. External / holistic cues Language focuses on the outcome - window, line, rhythm, and target - rather than overloading the athlete with body-part instructions.	4. Functional variability Footwork is matched to context. The goal is a stable result through adaptable organization, not identical-looking repetitions.
5. Challenge-point control Make targets and time caps increase pressure without converting technical work into fatigue-based conditioning.	6. Visual discipline Players locate the rim early, keep peripheral access to the cue, and preserve a quiet final visual period before release.

Shot-quality control

Control point	Trainer sees	Immediate correction
Arrival	Base established before release; no late heel click	Reduce route distance or give the cue one beat earlier.
Ball pathway	Catch enters the pocket; no second dip	Improve pass location or remove one dribble.
Release / landing	Vertical force and stable landing inside the window	Stop the clock for a brief technical reset.

Research basis: Selected studies on representative shooting tasks, variable practice, attentional focus, gaze behavior, release variability, and intensity effects appear on page 118.

PROGRAM GUIDE **Dynamic Warm-Up Library**

Ten five-minute routines matched to the movement demands of the workout.

WU1 Ankle Stack + Landing Control	Prepare ankle stiffness, hip range, and quiet landings before shooting footwork. 0:00-1:00 ankle rocks and calf pulses 1:00-2:00 walking lunge with overhead reach 2:00-3:00 lateral lunge to adductor shift 3:00-4:00 snap-down to balanced stick 4:00-5:00 1-2 stop into shot pocket
WU2 Deceleration + Foot Replacement	Prime braking skill and rapid foot replacement for pull-ups and movement catches. 0:00-1:00 march-to-skip rhythm 1:00-2:00 forward lunge to hamstring sweep 2:00-3:00 lateral shuffle to stick 3:00-4:00 two-step acceleration to stride stop 4:00-5:00 hop replacement into shot pocket
WU3 Hip Turn + Crossover Readiness	Prepare transverse-plane movement for rejects, snakes, and crossover pull-ups. 0:00-1:00 hip open-close walk 1:00-2:00 reverse lunge with rotation 2:00-3:00 crossover step to lateral stick 3:00-4:00 drop-step and recover 4:00-5:00 split stance to square-up
WU4 Sprint-Stop-Shot Preparation	Connect speed into controlled shot preparation without turning the warm-up into conditioning. 0:00-1:00 low skip and arm rhythm 1:00-2:00 quad pull to lunge reach 2:00-3:00 three-step build to two-foot stop 3:00-4:00 sprint to 1-2 square-up 4:00-5:00 sprint to hop square-up
WU5 Pivot + Reorientation	Prepare balance and reorientation for finishes, post work, and counter footwork. 0:00-1:00 ankle and hip mobility flow 1:00-2:00 stride stop to front pivot 2:00-3:00 jump stop to reverse pivot 3:00-4:00 inside-foot turn to square 4:00-5:00 pivot counter into shot pocket

Programming note: The workout cards print the assigned routine in full. Coaches may substitute another library routine only when it better matches the athlete's movement needs without changing the 5- or 7-minute dose.

PROGRAM GUIDE **Dynamic Warm-Up Library**

Routines WU6-WU10: lateral, cutting, transition, post, and machine readiness.

WU6 Lateral Load + Re-Acceleration	Prime lateral force production for side-steps, escapes, and flare footwork. 0:00-1:00 lateral ankle rocks 1:00-2:00 Cossack shift at controlled depth 2:00-3:00 push-step to stick 3:00-4:00 lateral bound to balance 4:00-5:00 side-step into shot pocket
WU7 Cutting Angles + Body Alignment	Prepare curved and angled routes for cuts, pin-downs, and relocation shooting. 0:00-1:00 dynamic calf and hamstring sweep 1:00-2:00 45-degree lunge and recover 2:00-3:00 V-cut to stick 3:00-4:00 curl path to two-foot stop 4:00-5:00 fade path to shot pocket
WU8 Transition Alignment	Prepare orientation changes and balanced arrivals from transition speed. 0:00-1:00 A-march with posture reset 1:00-2:00 skip to controlled deceleration 2:00-3:00 turn-and-run to outside-foot stop 3:00-4:00 backpedal to hip turn and sprint 4:00-5:00 trail run into shot pocket
WU9 Post Base + Hip Mobility	Prepare the feet and hips for post seals, pivots, face-ups, and short-roll stops. 0:00-1:00 ankle rocks in wide base 1:00-2:00 lateral squat shift 2:00-3:00 drop-step pattern without ball 3:00-4:00 stride stop to pivot counter 4:00-5:00 face-up jab to balanced rise
WU10 Machine-Shooting Readiness	Prepare repeatable footwork and visual pickup before high-volume machine work. 0:00-1:00 ankle pulse and wrist rhythm 1:00-2:00 lunge reach with trunk rotation 2:00-3:00 hop-to-1-2 footwork exchange 3:00-4:00 relocate two steps and square 4:00-5:00 shot pocket rehearsals at five spots

Programming note: The workout cards print the assigned routine in full. Coaches may substitute another library routine only when it better matches the athlete's movement needs without changing the 5- or 7-minute dose.

PROGRAM GUIDE **Ball-Handling Library**

One-ball routines BH1-BH5. Each block is exactly seven minutes.

BH1 One-Ball Rhythm + Height Change	Control the ball at multiple heights without raising the torso or losing visual access. 1:00 waist-to-knee pounds, switch hand every 15 seconds 1:00 in-out to crossover 1:00 between-the-legs rhythm switches 1:00 hang dribble to low crossover 1:00 retreat dribble to re-attack 1:00 eyes-up random height changes 1:00 live-dribble pickup into shot pocket
BH2 One-Ball Lateral Separation	Move the defender's line with the dribble while keeping the ball outside the frame. 1:00 lateral push dribbles each hand 1:00 cross-push into space 1:00 between-push into space 1:00 behind-back escape 1:00 side-step dribble to pickup 1:00 retreat-crossover re-entry 1:00 coach cue: left, right, or stop
BH3 One-Ball Pocket + Screen Manipulation	Keep the dribble alive long enough to change the angle and preserve two-way options. 1:00 pocket dribble each hand 1:00 hip-to-hip snake dribbles 1:00 reject crossover 1:00 inside-out use-screen footwork 1:00 retreat to re-use 1:00 split-step pickup 1:00 cue chain: use, reject, or snake
BH4 One-Ball Pace + Stop Control	Create separation through timing and braking rather than through extra dribbles. 1:00 slow-fast pounds 1:00 hang-to-burst 1:00 dead-stop to re-accelerate 1:00 inside-foot stop with live dribble 1:00 stride-stop pickup 1:00 pivot out of pickup 1:00 coach cue: pull, pivot, or re-drive
BH5 One-Ball Pickup + Shot Creation	Win the transition from dribble to shot without exposing the ball or adding a gather step. 1:00 pocket-to-gather each hand 1:00 inside-hand pickup 1:00 cross-body pickup 1:00 one-two pickup into shot pocket 1:00 hop pickup into shot pocket 1:00 side-step pickup 1:00 cue chain: rise, pull-up, or pivot

Programming note: The workout cards print the assigned routine in full. Coaches may substitute another library routine only when it better matches the athlete's movement needs without changing the 5- or 7-minute dose.

PROGRAM GUIDE **Ball-Handling Library**

Two-ball routines BH6-BH10. Each block is exactly seven minutes.

BH6 Two-Ball Rhythm + Symmetry	Build independent hand control while keeping shoulders level and eyes available. 1:00 simultaneous waist pounds 1:00 alternating waist pounds 1:00 simultaneous low pounds 1:00 one high and one low, switch at 30 seconds 1:00 two-ball in-out rhythm 1:00 two-ball retreat and advance 1:00 eyes-up rhythm changes on cue
BH7 Two-Ball Height + Timing Contrast	Separate the timing demands of each hand without sacrificing posture. 1:00 alternating high-low pounds 1:00 staggered rhythm pounds 1:00 one ball pound, one ball in-out 1:00 one ball cross, one ball stationary 1:00 switch assignments every 15 seconds 1:00 two-ball lateral shifts 1:00 random coach clap changes rhythm
BH8 Two-Ball Movement Coordination	Coordinate lower-body movement with stable dribble timing in a confined space. 1:00 march with simultaneous pounds 1:00 lateral walk with alternating pounds 1:00 forward-retreat in a three-step box 1:00 two-ball V-dribbles while moving 1:00 drop-step and recover 1:00 split stance rhythm exchange 1:00 coach cue: advance, retreat, or freeze
BH9 Two-Ball Power + Change	Develop force into the floor while preserving soft hands and clean rebound timing. 1:00 power pounds at knee height 1:00 alternating power pounds 1:00 simultaneous cross exchanges 1:00 staggered cross exchanges 1:00 pound-cross-pause sequence 1:00 lateral power shifts 1:00 cue chain: power, cross, or retreat
BH10 Two-Ball Pickup + Control	Transfer two-ball control into a decisive, protected one-ball scoring pickup. 1:00 simultaneous pound to clean pickup 1:00 alternating pound to staggered pickup 1:00 one-ball live, one-ball secure switch 1:00 two-ball split stance to shot pocket 1:00 two-ball retreat to controlled stop 1:00 drop one ball and attack with the other 1:00 coach cue determines attacking hand

Programming note: The workout cards print the assigned routine in full. Coaches may substitute another library routine only when it better matches the athlete's movement needs without changing the 5- or 7-minute dose.

PROGRAM GUIDE **Table of Contents**
Workouts 01-20 | Individual development

#	Track	Level	Workout	Page
01	Guard	Foundation	Pocket-to-Release Shot Preparation	13
02	Guard	Foundation	One-Dribble Separation Scoring	15
03	Guard	Foundation	Change-of-Pace Pull-Up	17
04	Guard	Applied	Ball-Screen Footwork Without Contact	19
05	Guard	Applied	Relocation After Paint Touch	21
06	Guard	Applied	Snake and Short-Midrange Control	23
07	Guard	Advanced	Escape and Side-Step Three-Point Creation	25
08	Guard	Advanced	Transition-to-Trail Three-Point Scoring	27
09	Guard	Advanced	Late-Clock Shot Creation	29
10	Guard	Advanced	Three-Level Read Chain	31
11	Wing	Foundation	Wing Shot Preparation and 0.5 Decisions	33
12	Wing	Foundation	Drift-Lift Relocation Shooting	35
13	Wing	Applied	Pin-Down Curl and Fade Scoring	37
14	Wing	Applied	45-Cut and Window Finishing	39
15	Wing	Applied	Attack the Closeout: Pull-Up and Pivot Counters	41
16	Wing	Advanced	Slot-to-Corner Movement Threes	43
17	Wing	Advanced	Connector Scoring: Catch, Rip, and Re-Space	45
18	Post	Foundation	Seal, Drop Step, and Counter Footwork	47
19	Post	Applied	Face-Up and Stretch Scoring	49
20	Post	Advanced	Modern Post: Short Roll, Pop, and Touch Finish	51

PROGRAM GUIDE **Table of Contents**
Workouts 21-40 | Two- and three-player development

#	Track	Level	Workout	Page
21	Perimeter	Foundation	Passer-Shooter Rhythm	54
22	Perimeter	Foundation	Drift and Lift Partner Relocation	56
23	Perimeter	Foundation	Drive-Pitch and Re-Space	58
24	Guard-Wing	Applied	Dribble-Handoff Footwork and Reads	60
25	Wing	Applied	Pin-Down Curl, Straight, and Fade	62
26	Guard-Big	Applied	Ghost Screen, Slip, and Pop	64
27	Guard-Big	Applied	Ball-Screen Pocket and Short-Roll Scoring	66
28	Perimeter	Advanced	Cut, Replace, and Relocate	68
29	Perimeter	Advanced	Transition Drag and Pitch-Back	70
30	Guard-Wing	Advanced	Late-Clock Handoff and Re-Screen	72
31	Perimeter	Foundation	Pass-Cut-Fill Shooting	75
32	Perimeter	Foundation	Screen-Away and Replace	77
33	Wing	Foundation	Pin-Down with Lift Spacing	79
34	Guard-Wing	Applied	DHO Keep, Reject, and Hit	81
35	Guard-Big-Wing	Applied	Ball-Screen Shake and Roll	83
36	Guard-Big-Wing	Applied	Spain Action Scoring	85
37	Guard-Wing	Applied	Chicago Action: Pin-Down into Handoff	87
38	Perimeter	Advanced	Split Cut and Flare Scoring	89
39	Guard-Wing	Advanced	Pistol Action and Transition Spacing	91
40	Perimeter	Advanced	Continuous Three-Player Advantage Chain	93

PROGRAM GUIDE **Table of Contents**
Workouts 41-50 | Shooting-machine development

#	Track	Level	Workout	Page
41	Perimeter	Foundation	Five-Spot Catch-and-Shoot Precision	96
42	Perimeter	Applied	Movement Shooting Map	98
43	Guard-Wing	Applied	Off-the-Dribble Machine Scoring	100
44	All Perimeter	Advanced	Three-Level Machine Scoring	102
45	Perimeter	Advanced	Timed Game-Shot Challenge	104
46	Perimeter	Foundation	Alternating Shot-Quality Rounds	107
47	Guard-Wing	Applied	Partner Screen and Handoff into Machine Feed	109
48	Perimeter	Applied	Reaction Relocation Shooting	111
49	Wing	Advanced	Pin-Down, Flare, and Re-Screen Machine Work	113
50	All Perimeter	Advanced	College Shot-Making Gauntlet	115

Program reference pages

117	Assessment and progression	Session scoring and advancement rules
118	Research references	Selected motor-learning and shooting research



INDIVIDUAL DEVELOPMENT

WORKOUTS 01-20 | 20 TWO-PAGE CARDS

Position-specific guard, wing, and post scoring with progressive decision-making.

35 MIN
PER WORKOUT

NON-CONTACT
ALL ACTIONS

R / L
EQUAL REPS

01

INDIVIDUAL | GUARD | FOUNDATION **Pocket-to-Release Shot Preparation**

Front card: drill order, dose, and measurable standards

TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L**SESSION INTENT** Build a repeatable arrival into the shot pocket from stationary, lift, and short relocation footwork.**TRAINER LENS** The shot begins before the catch. Train the final two steps, hand readiness, and visual pickup as one coordinated action.**WORKOUT CARD**

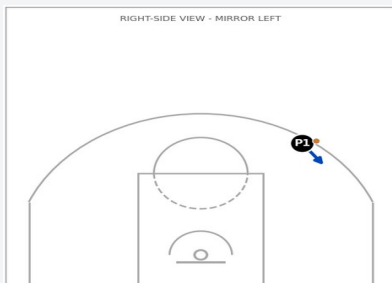
TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Ankle Stack + Landing Control: 0:00-1:00 ankle rocks and calf pulses; 1:00-2:00 walking lunge with overhead reach; 2:00-3:00 lateral lunge to adductor shift; 3:00-4:00 snap-down to balanced stick; 4:00-5:00 1-2 stop into shot pocket	Complete
7:00	Ball handling	One-Ball Rhythm + Height Change: 1:00 waist-to-knee pounds, switch hand every 15 seconds; 1:00 in-out to crossover; 1:00 between-the-legs rhythm switches; 1:00 hang dribble to low crossover; 1:00 retreat dribble to re-attack; 1:00 eyes-up random height changes; 1:00 live-dribble pickup into shot pocket	Eyes up
7:00	0.5 Catch-to-Load	Arrive behind the ball, catch on the move, and rise without a dip below the shooting pocket. Complete one-two footwork for the first half, then hop footwork for the second half; mirror the left side.	14 makes (7 each side); stretch 18 inside 7:00
8:00	Corner Lift Window	Sprint-lift along the arc, decelerate into the catch, and shoot while the shoulders square during the final step. Alternate outside-foot one-two and hop arrivals based on pass angle.	14 makes (7 each side); stretch 18 inside 8:00
8:00	Relocate on Flight	Move as the pass travels, show hands early, and shoot from the new window. The relocation is two or three efficient steps, not a wide loop.	12 makes (6 each side); stretch 16 inside 8:00
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

01

WORKOUT 01 | COACHING DETAIL **Pocket-to-Release Shot Preparation**

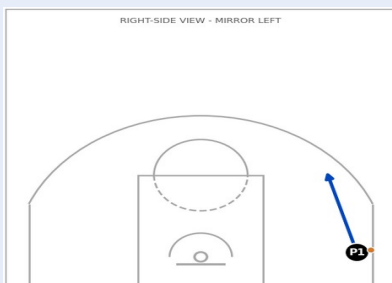
Right-side diagram shown. Mirror left unless the action is central.

1. 0.5 Catch-to-Load



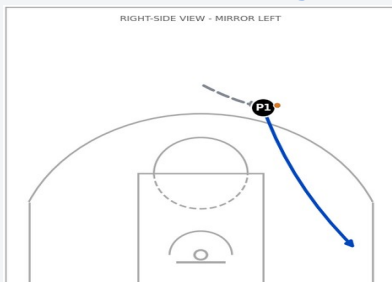
7:00 | 14 makes (7 each side); stretch 18 inside 7:00

2. Corner Lift Window



8:00 | 14 makes (7 each side); stretch 18 inside 8:00

3. Relocate on Flight



8:00 | 12 makes (6 each side); stretch 16 inside 8:00

SETUP Place markers at the right slot and wing. Begin one step behind the marker with a coach or self-toss available.

EXECUTE Arrive behind the ball, catch on the move, and rise without a dip below the shooting pocket. Complete one-two footwork for the first half, then hop footwork for the second half; mirror the left side.

COACHING CUES Hands arrive before the ball | Feet finish under the hips | Hold the finish until the ball reaches the rim

READ Trainer calls 'one-two' or 'hop' as the ball is released so the player must organize the feet late.

FIX Drifting forward after the catch or adding a second ball dip before the rise.

ADVANCE Start from a longer approach and require the same release timing without increasing gather steps.

SETUP Start in the deep corner with a marker at the wing shooting window and a second marker defining the lift lane.

EXECUTE Sprint-lift along the arc, decelerate into the catch, and shoot while the shoulders square during the final step. Alternate outside-foot one-two and hop arrivals based on pass angle.

COACHING CUES Beat the pass to the window | Do not cross the feet on the lift | Land in the same width used to rise

READ On 'high' the player lifts to the wing; on 'short' the player stops below the break and adjusts the feet to the pass.

FIX Running past the pass line and turning the catch into a sideways fade.

ADVANCE Add a shot fake and one-dribble pull-up when the trainer calls 'run-off.'

SETUP Begin at the slot, pass to the trainer at the top, and place two possible relocation markers at wing and corner depth.

EXECUTE Move as the pass travels, show hands early, and shoot from the new window. The relocation is two or three efficient steps, not a wide loop.

COACHING CUES Move on ball flight, not after the catch | Keep the chest available to the passer | See the rim before the ball enters the hands

READ Trainer points to the wing or corner window after receiving the pass; the player must relocate without false steps.

FIX Watching the pass instead of moving, which creates a late, rushed catch.

ADVANCE Use a hard plant and back-cut finish when the trainer takes away the relocation window.

QUALITY STANDARD Pass when every catch arrives in a balanced shooting base and the player completes the final cue block without an extra gather step.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L

SESSION INTENT Convert a clean catch into one decisive separation dribble and a balanced pull-up or pivot counter.

TRAINER LENS The one-dribble game is a precision problem: the dribble must change the defender's line, and the pickup must preserve vertical lift.

WORKOUT CARD

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Deceleration + Foot Replacement: 0:00-1:00 march-to-skip rhythm; 1:00-2:00 forward lunge to hamstring sweep; 2:00-3:00 lateral shuffle to stick; 3:00-4:00 two-step acceleration to stride stop; 4:00-5:00 hop replacement into shot pocket	Complete
7:00	Ball handling	Two-Ball Rhythm + Symmetry: 1:00 simultaneous waist pounds; 1:00 alternating waist pounds; 1:00 simultaneous low pounds; 1:00 one high and one low, switch at 30 seconds; 1:00 two-ball in-out rhythm; 1:00 two-ball retreat and advance; 1:00 eyes-up rhythm changes on cue	Eyes up
7:00	Rip-Push Pull-Up	Catch ready, rip outside the knee, push the ball beyond the defender's hip line, and rise from a controlled one-two stop. The dribble should create distance, not just movement.	12 makes (6 each direction); stretch 16 inside 7:00
8:00	Lateral Push-Cross Pull-Up	Use a lateral push or crossover to clear the cone, then stop on balance into a pull-up. Keep the shoulders level through the lateral move and square late.	12 makes (6 each side); stretch 16 inside 8:00
8:00	Stride Stop to Pivot Counter	Attack the elbow, land in a strong stride stop, and read the trainer. On 'rise,' shoot the pull-up; on 'wall,' front-pivot away and finish with a short jumper or inside-hand touch.	10 makes plus 6 clean pivot counters; stretch 14 makes

GLOBAL STANDARD

All targets split evenly right and left unless the action is central.

DECISION PHASE

First 60% stable; final 40% uses the listed visual or verbal cue.

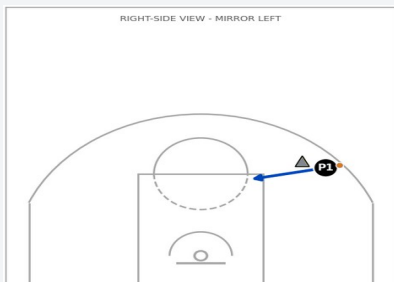
REST RULE

Use brief resets to protect shot quality. No conditioning finisher is added.

DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

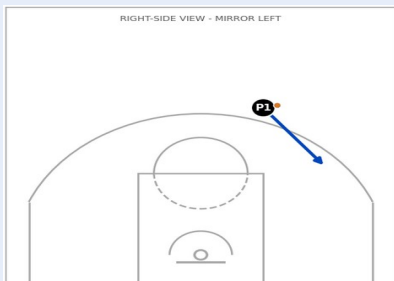
Right-side diagram shown. Mirror left unless the action is central.

1. Rip-Push Pull-Up



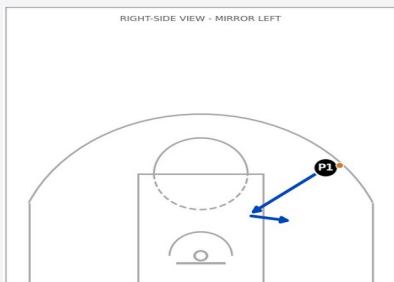
7:00 | 12 makes (6 each direction); stretch 16 inside 7:00

2. Lateral Push-Cross Pull-Up



8:00 | 12 makes (6 each side); stretch 16 inside 8:00

3. Stride Stop to Pivot Counter



8:00 | 10 makes plus 6 clean pivot counters; stretch 14 makes

SETUP Set a catch marker at the wing and a pull-up marker one long stride toward the elbow. Work both right and left drives.

EXECUTE Catch ready, rip outside the knee, push the ball beyond the defender's hip line, and rise from a controlled one-two stop. The dribble should create distance, not just movement.

COACHING CUES First step and dribble land together | Pickup outside the frame | Rise vertically after the brake

READ Trainer shades the top or baseline shoulder; attack the open line with one dribble.

FIX Taking a short dribble that leaves the player inside the imagined defender's reach.

ADVANCE Require a same-foot-same-hand pickup on the final four makes each side.

SETUP Start at the slot with a cone one body-width outside the frame and a shooting marker at the adjacent slot.

EXECUTE Use a lateral push or crossover to clear the cone, then stop on balance into a pull-up. Keep the shoulders level through the lateral move and square late.

COACHING CUES Move the ball before the torso | Win one body-width | Brake through the floor, not by leaning back

READ Trainer calls 'push' or 'cross' at the catch; the player executes the matching separation pattern.

FIX Opening the hips too early and turning the move into a drifting shot.

ADVANCE Add a side-step three when the player clears beyond the arc instead of entering the midrange.

SETUP Place a marker at each elbow and begin from the wing with one dribble available.

EXECUTE Attack the elbow, land in a strong stride stop, and read the trainer. On 'rise,' shoot the pull-up; on 'wall,' front-pivot away and finish with a short jumper or inside-hand touch.

COACHING CUES Stop before deciding | Keep the ball tight to the chin on the pivot | Create a new window with the pivot, not a fade

READ The verbal cue comes as the pickup begins, forcing the player to preserve both shot and pivot options.

FIX Preselecting the answer and losing balance when the opposite cue appears.

ADVANCE Remove the verbal cue and use the trainer's chest angle as the information source.

QUALITY STANDARD Pass when the player creates visible separation with one dribble and can pivot to a second solution without traveling or lowering the ball.

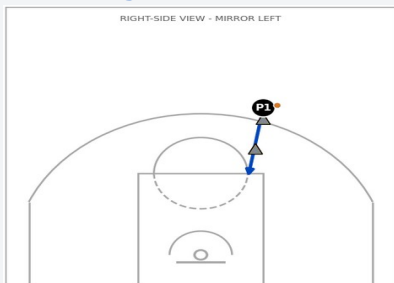
Coach check: The final cue should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L**SESSION INTENT** Use pace, braking, and re-acceleration to create pull-up windows without overdribbling.**TRAINER LENS** Elite pace is not slow motion. It is the ability to change the timing relationship between the ball, feet, and defender while staying organized.**WORKOUT CARD**

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Deceleration + Foot Replacement: 0:00-1:00 march-to-skip rhythm; 1:00-2:00 forward lunge to hamstring sweep; 2:00-3:00 lateral shuffle to stick; 3:00-4:00 two-step acceleration to stride stop; 4:00-5:00 hop replacement into shot pocket	Complete
7:00	Ball handling	One-Ball Pace + Stop Control: 1:00 slow-fast pounds; 1:00 hang-to-burst; 1:00 dead-stop to re-accelerate; 1:00 inside-foot stop with live dribble; 1:00 stride-stop pickup; 1:00 pivot out of pickup; 1:00 coach cue: pull, pivot, or re-drive	Eyes up
7:00	Hang-to-Burst Pull-Up	Enter with a controlled hang dribble, pause the torso without killing the ball, then burst one step past the cone into a pull-up. The rise should occur immediately after the separation step.	12 makes (6 each hand); stretch 16 inside 7:00
8:00	Retreat-Reattack Window	Attack the first marker, retreat under control to regain space, then re-enter with a crossover or inside-out into the pull-up window. Keep the dribble alive through the retreat.	12 makes; 6 right and 6 left; stretch 16
8:00	Pace Chain: Slow-Fast-Stop	Move through three pace phases: controlled entry, explosive middle step, and sharp stop into a pull-up or short floater. The trainer varies where the burst and stop occur.	10 makes from three cue sequences; stretch 14
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

Right-side diagram shown. Mirror left unless the action is central.

1. Hang-to-Burst Pull-Up



7:00 | 12 makes (6 each hand); stretch 16 inside 7:00

SETUP Begin at the slot with a cone at the top of the key representing the defender's outside foot.

EXECUTE Enter with a controlled hang dribble, pause the torso without killing the ball, then burst one step past the cone into a pull-up. The rise should occur immediately after the separation step.

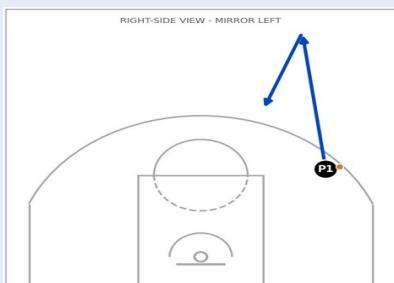
COACHING CUES Sell slow with the body, not a carry | Burst past the cone's hip | Brake tall and quiet

READ Trainer claps during the hang; first clap means burst, second clap means stay patient for one more bounce.

FIX Standing upright during the hang and losing the ability to accelerate.

ADVANCE Finish the final set from behind the arc with a hang-to-pull-up three.

2. Retreat-Reattack Window



8:00 | 12 makes; 6 right and 6 left; stretch 16

SETUP Place one marker at the wing and another two steps backward toward half court.

EXECUTE Attack the first marker, retreat under control to regain space, then re-enter with a crossover or inside-out into the pull-up window. Keep the dribble alive through the retreat.

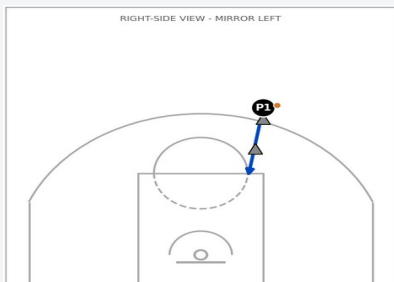
COACHING CUES Retreat with hips back and eyes forward | Reattack the defender's top foot | Do not cross the feet on the retreat

READ Trainer points top or baseline on the retreat; the re-entry must attack the indicated lane.

FIX Retreating too far and needing extra dribbles to return to scoring range.

ADVANCE Limit the entire sequence to three live dribbles from first attack to shot.

3. Pace Chain: Slow-Fast-Stop



8:00 | 10 makes from three cue sequences; stretch 14

SETUP Use three markers in a shallow diagonal from the slot to the elbow. Begin with space to approach the first marker.

EXECUTE Move through three pace phases: controlled entry, explosive middle step, and sharp stop into a pull-up or short floater. The trainer varies where the burst and stop occur.

COACHING CUES Each pace has a visible purpose | Ball stays connected to the outside hip | Finish the stop before the shot

READ Trainer calls 'one,' 'two,' or 'three' to identify the marker where the player must stop and score.

FIX Using the same speed through all three markers and relying on the final shot to create difficulty.

ADVANCE Add a pivot counter if the trainer steps into the final shooting window.

QUALITY STANDARD Pass when the player can change speed twice in one possession while keeping the final pull-up balanced and on time.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

04

INDIVIDUAL | GUARD | APPLIED **Ball-Screen
Footwork Without Contact**

Front card: drill order, dose, and measurable standards

TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L**SESSION INTENT** Train use, reject, and snake scoring footwork around a cone screen while preserving live-dribble options.**TRAINER LENS** The screen is an angle, not an object to circle. The ballhandler must arrive shoulder-to-hip with the screen line and exit with a scoring advantage.**WORKOUT CARD**

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Hip Turn + Crossover Readiness: 0:00-1:00 hip open-close walk; 1:00-2:00 reverse lunge with rotation; 2:00-3:00 crossover step to lateral stick; 3:00-4:00 drop-step and recover; 4:00-5:00 split stance to square-up	Complete
7:00	Ball handling	Two-Ball Movement Coordination: 1:00 march with simultaneous pounds; 1:00 lateral walk with alternating pounds; 1:00 forward-retreat in a three-step box; 1:00 two-ball V-dribbles while moving; 1:00 drop-step and recover; 1:00 split stance rhythm exchange; 1:00 coach cue: advance, retreat, or freeze	Eyes up
7:00	Use the Screen to Pocket Pull-Up	Set up the cone with one change of direction, brush the screen line, and take one pocket dribble into the pull-up. Keep the inside shoulder tight to the cone.	12 makes (6 each direction); stretch 16
8:00	Reject to Two-Foot Score	Show the screen setup, plant the outside foot, reject baseline, and arrive on two feet. Score with a short pull-up or pivot finish according to the cue.	14 makes at rim or short pull-up; 7 each side
8:00	Snake to Nail Read	Use the screen, keep the dribble alive, and snake across the cone's line to the nail. Stop under control for a pull-up, floater, or pivot counter.	10 makes plus 6 correct cue responses; stretch 14 makes

GLOBAL STANDARD

All targets split evenly right and left unless the action is central.

DECISION PHASE

First 60% stable; final 40% uses the listed visual or verbal cue.

REST RULE

Use brief resets to protect shot quality. No conditioning finisher is added.

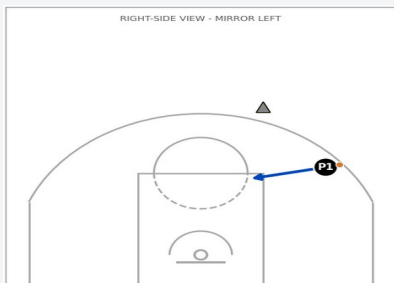
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

04

WORKOUT 04 | COACHING DETAIL **Ball-Screen Footwork Without Contact**

Right-side diagram shown. Mirror left unless the action is central.

1. Use the Screen to Pocket Pull-Up



7:00 | 12 makes (6 each direction); stretch 16

SETUP Set a cone at the slot as the screen and a second marker at the pocket pull-up window inside the arc.

EXECUTE Set up the cone with one change of direction, brush the screen line, and take one pocket dribble into the pull-up. Keep the inside shoulder tight to the cone.

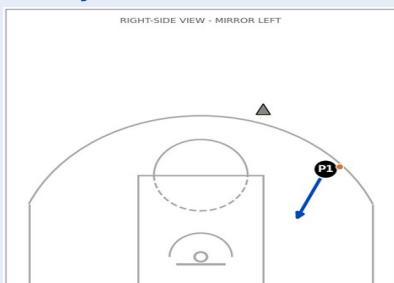
COACHING CUES Set the defender up before using | Shoulder passes the cone before the ball widens | Land above the screen line

READ Trainer calls 'under' for an immediate pull-up or 'chase' for one extra pocket dribble before rising.

FIX Rounding the cone and allowing the imagined defender to recover through the gap.

ADVANCE Move the screen cone one step higher and require a three-point pull-up on the 'under' cue.

2. Reject to Two-Foot Score



8:00 | 14 makes at rim or short pull-up; 7 each side

SETUP Use the same screen cone, with a finish marker on the baseline lane and a short pull-up marker at the elbow extended.

EXECUTE Show the screen setup, plant the outside foot, reject baseline, and arrive on two feet. Score with a short pull-up or pivot finish according to the cue.

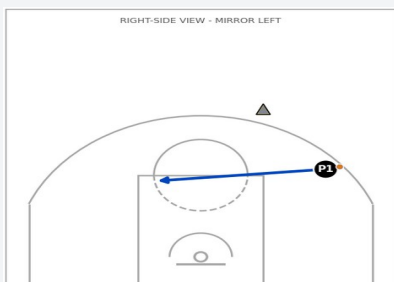
COACHING CUES Sell the use with eyes and shoulders | First rejection dribble gets downhill | Two feet create two scoring exits

READ Trainer calls 'space' for the pull-up or 'rim' for the two-foot finish as the player clears the cone.

FIX Rejecting before setting up the cone, making the action easy to sit on.

ADVANCE Add a re-screen: retreat after the reject, cross back over the cone, and score in the pocket.

3. Snake to Nail Read



8:00 | 10 makes plus 6 correct cue responses; stretch 14 makes

SETUP Set the screen cone at the slot and a marker at the nail. Begin outside the arc with either hand.

EXECUTE Use the screen, keep the dribble alive, and snake across the cone's line to the nail. Stop under control for a pull-up, floater, or pivot counter.

COACHING CUES Cross the screen line early | Keep the screener behind the hip | Arrive at the nail with the ball protected

READ Trainer shows high hands for a floater, low hands for a pull-up, or steps square for the pivot counter.

FIX Snaking too wide and arriving at the nail sideways.

ADVANCE Require the player to re-center the shot after contact-free shoulder rotation through the snake path.

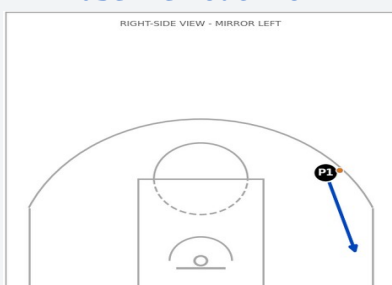
QUALITY STANDARD Pass when use, reject, and snake all begin from the same setup posture and the player reads the cue without adding a recovery dribble.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L**SESSION INTENT** Train drift, lift, and re-space shooting after a simulated paint touch and pass-out.**TRAINER LENS** Relocation is a timing skill. The shooter moves when the defense turns toward the ball, then arrives before the pass reaches the new window.**WORKOUT CARD**

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Cutting Angles + Body Alignment: 0:00-1:00 dynamic calf and hamstring sweep; 1:00-2:00 45-degree lunge and recover; 2:00-3:00 V-cut to stick; 3:00-4:00 curl path to two-foot stop; 4:00-5:00 fade path to shot pocket	Complete
7:00	Ball handling	One-Ball Rhythm + Height Change: 1:00 waist-to-knee pounds, switch hand every 15 seconds; 1:00 in-out to crossover; 1:00 between-the-legs rhythm switches; 1:00 hang dribble to low crossover; 1:00 retreat dribble to re-attack; 1:00 eyes-up random height changes; 1:00 live-dribble pickup into shot pocket	Eyes up
7:00	Baseline Touch to Drift	Touch the paint under control, deliver the pass, and drift behind the imagined low defender to the corner. Receive with outside-foot one-two or hop based on pass height.	14 makes (7 each corner); stretch 18
8:00	Middle Touch to Lift	After the paint touch, change direction immediately and lift into the passing window. Keep the route tight to the arc and square during the catch.	14 makes (7 each side); stretch 18
8:00	Pass-Out, Re-Space, Re-Attack	Drive, pass out, and relocate to the trainer's indicated window. On the return, shoot if feet are clear; if the trainer runs the player off, use one dribble to a two-foot finish.	10 jump-shot makes plus 6 two-foot finishes
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

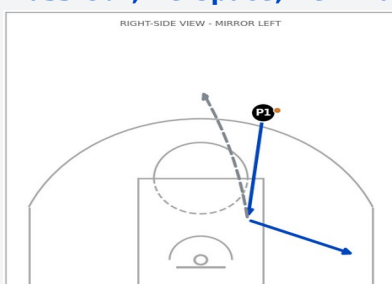
Right-side diagram shown. Mirror left unless the action is central.

1. Baseline Touch to Drift

7:00 | 14 makes (7 each corner); stretch 18

SETUP Start at the wing, drive to a paint marker, pass to the trainer, and place a drift marker in the deep corner.**EXECUTE** Touch the paint under control, deliver the pass, and drift behind the imagined low defender to the corner. Receive with outside-foot one-two or hop based on pass height.**COACHING CUES** Pass before drifting | Stay behind the defender's vision | Arrive low enough to shoot without stepping out**READ** Trainer can hold the return pass for one count; the player must maintain spacing rather than creeping toward the ball.**FIX** Drifting too early and allowing the imaginary defender to see both ball and shooter.**ADVANCE** On 'chase,' shot fake the return pass and take one side dribble into a pull-up.**2. Middle Touch to Lift**

8:00 | 14 makes (7 each side); stretch 18

SETUP Begin in the corner, attack a paint marker, pass to the trainer, and lift to a wing marker above the break.**EXECUTE** After the paint touch, change direction immediately and lift into the passing window. Keep the route tight to the arc and square during the catch.**COACHING CUES** Touch paint with the inside foot | Lift on the pass-out | Show both hands before the ball arrives**READ** Trainer points to a short lift or full lift; the player adjusts the stopping point while keeping the same shot rhythm.**FIX** Floating toward the sideline and receiving the pass with momentum away from the rim.**ADVANCE** Add a back-cut when the trainer steps into the lift window.**3. Pass-Out, Re-Space, Re-Attack**

8:00 | 10 jump-shot makes plus 6 two-foot finishes

SETUP Use a slot starting marker, a paint-touch marker, and two re-space options at wing and corner.**EXECUTE** Drive, pass out, and relocate to the trainer's indicated window. On the return, shoot if feet are clear; if the trainer runs the player off, use one dribble to a two-foot finish.**COACHING CUES** First relocation creates the second advantage | Catch facing the rim | One dribble must reach the scoring window**READ** The trainer's closeout cue is delivered as the ball travels: hand down means shoot, hand high means drive.**FIX** Receiving upright and needing a separate load before either shot or drive.**ADVANCE** Add a second relocation after the pass if the trainer denies the first window.**QUALITY STANDARD** Pass when the player relocates on the correct timing cue and converts the return catch into an immediate shot or one-dribble score.**Coach check:** The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L

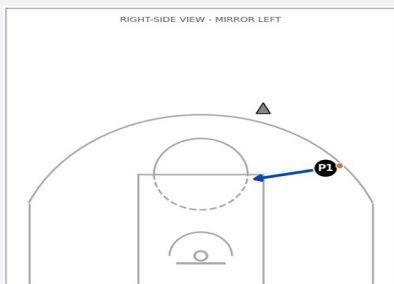
SESSION INTENT Own the nail, pocket, and short-corner scoring windows with balanced stops and compact touch shots.

TRAINER LENS Short midrange scoring is not a fallback. It is the guard's solution when the rim protector holds depth and the on-ball defender trails.

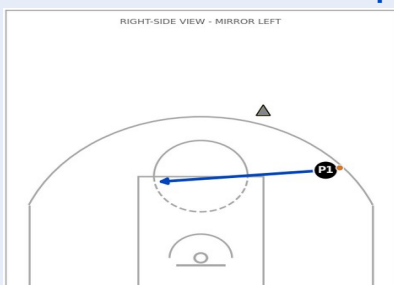
WORKOUT CARD

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Pivot + Reorientation: 0:00-1:00 ankle and hip mobility flow; 1:00-2:00 stride stop to front pivot; 2:00-3:00 jump stop to reverse pivot; 3:00-4:00 inside-foot turn to square; 4:00-5:00 pivot counter into shot pocket	Complete
7:00	Ball handling	Two-Ball Movement Coordination: 1:00 march with simultaneous pounds; 1:00 lateral walk with alternating pounds; 1:00 forward-retreat in a three-step box; 1:00 two-ball V-dribbles while moving; 1:00 drop-step and recover; 1:00 split stance rhythm exchange; 1:00 coach cue: advance, retreat, or freeze	Eyes up
7:00	Pocket Pull-Up Line	Use the cone tightly, take one pocket dribble, and rise from a compact one-two stop. The ball should reach the shot pocket before the final foot lands.	14 makes (7 each side); stretch 18
8:00	Snake to Inside-Foot Stop	Use the screen, snake across the line, and stop on the inside foot into a short pull-up. Keep the torso between the ball and the recovering defender line.	12 makes (6 each direction); stretch 16
8:00	Floater-Pivot Counter	Attack the pocket and arrive on two feet. On 'up,' release a compact floater; on 'wall,' pivot away and score from the short corner window.	10 floaters plus 8 pivot-counter makes
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO		

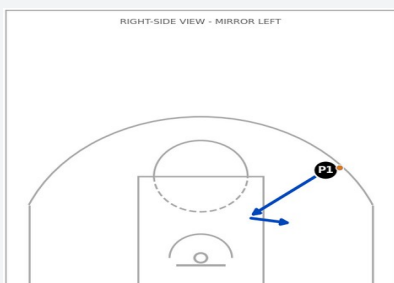
Right-side diagram shown. Mirror left unless the action is central.

1. Pocket Pull-Up Line

7:00 | 14 makes (7 each side); stretch 18

SETUP Place a screen cone at the slot and a pull-up marker at the near elbow pocket.**EXECUTE** Use the cone tightly, take one pocket dribble, and rise from a compact one-two stop. The ball should reach the shot pocket before the final foot lands.**COACHING CUES** Enter shoulder-to-hip | Ball arrives early | Land slightly forward but not through the shot**READ** Trainer calls 'tight' for the near pocket or 'wide' for a deeper elbow window.**FIX** Taking an extra gather dribble after already winning the pocket.**ADVANCE** Finish the final set with a same-foot stop to challenge pickup coordination.**2. Snake to Inside-Foot Stop**

8:00 | 12 makes (6 each direction); stretch 16

SETUP Set a cone at the screen line and a marker at the nail. Begin outside the arc.**EXECUTE** Use the screen, snake across the line, and stop on the inside foot into a short pull-up. Keep the torso between the ball and the recovering defender line.**COACHING CUES** Win the inside shoulder | Stop under the center of mass | Shoot before drifting to the far lane**READ** Trainer calls 'nail' or 'lane'; the player adjusts the stop one step without changing the snake shape.**FIX** Crossing the lane too far and turning a controlled stop into a fading shot.**ADVANCE** Add a reverse pivot if the trainer closes the shot window after the stop.**3. Floater-Pivot Counter**

8:00 | 10 floaters plus 8 pivot-counter makes

SETUP Begin at the wing with a marker in the lane line pocket and another at the short corner.**EXECUTE** Attack the pocket and arrive on two feet. On 'up,' release a compact floater; on 'wall,' pivot away and score from the short corner window.**COACHING CUES** Two feet before the read | Floater leaves above the eyes | Pivot creates vision before the shot**READ** Trainer alternates the cue late so the player must hold both solutions through the stop.**FIX** Leaning into the floater before the cue and losing the pivot option.**ADVANCE** Use an inside-hand touch finish instead of the short jumper on the final counter set.**QUALITY STANDARD** Pass when every snake arrives balanced at a defined window and the player can change solutions after the stop without traveling.**Coach check:** The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

INDIVIDUAL | GUARD | ADVANCED **Escape and Side-Step Three-Point Creation**

Front card: drill order, dose, and measurable standards

TOTAL
35 MIN

SPACE
1/2 COURT SIDE

CONTACT
NONE

EQUIPMENT
BALLS + MARKERS

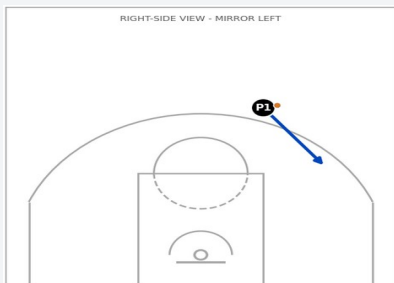
SIDES
EQUAL R / L

SESSION INTENT Create legal, efficient three-point separation with escape, side-step, and re-drive footwork.

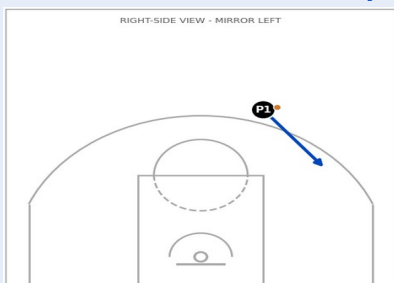
TRAINER LENS The purpose of lateral creation is not distance for its own sake. The move must clear the defender's reach while keeping the shot inside the player's force line.

WORKOUT CARD

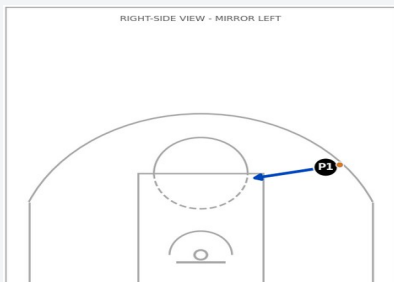
TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Lateral Load + Re-Acceleration: 0:00-1:00 lateral ankle rocks; 1:00-2:00 Cossack shift at controlled depth; 2:00-3:00 push-step to stick; 3:00-4:00 lateral bound to balance; 4:00-5:00 side-step into shot pocket	Complete
7:00	Ball handling	One-Ball Lateral Separation: 1:00 lateral push dribbles each hand; 1:00 cross-push into space; 1:00 between-push into space; 1:00 behind-back escape; 1:00 side-step dribble to pickup; 1:00 retreat-crossover re-entry; 1:00 coach cue: left, right, or stop	Eyes up
7:00	Escape Dribble Three	Attack the cone, plant, and escape laterally behind the arc with one dribble. Gather on balance and rise without drifting farther than the created window.	12 makes (6 each direction); stretch 16
8:00	Hard Closeout Side-Step	Catch shot-ready, sell the immediate rise, then side-step the imagined high hand and shoot. Use a push dribble only when needed to maintain legal spacing.	12 makes; 6 each side; stretch 16
8:00	Create-or-Re-Drive Read	Begin with the side-step action. If the trainer stays high, re-drive the top foot for a one-dribble pull-up; if the trainer drops, complete the three.	10 three-point makes plus 6 pull-up makes
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

1. Escape Dribble Three

7:00 | 12 makes (6 each direction); stretch 16

SETUP Start at the slot with a cone one body-width inside the arc and a shooting marker outside the cone.**EXECUTE** Attack the cone, plant, and escape laterally behind the arc with one dribble. Gather on balance and rise without drifting farther than the created window.**COACHING CUES** Plant outside the defender's foot | Ball and hips move together | Stop the lateral travel before release**READ** Trainer calls left or right on the attack step; the player escapes to the called side.**FIX** Jumping sideways through the release instead of converting lateral force into vertical lift.**ADVANCE** Add a small backward component for a true escape only after the lateral stop is clean.**2. Hard Closeout Side-Step**

8:00 | 12 makes; 6 each side; stretch 16

SETUP Begin at the wing with a catch marker and a second marker one body-width to either side.**EXECUTE** Catch shot-ready, sell the immediate rise, then side-step the imagined high hand and shoot. Use a push dribble only when needed to maintain legal spacing.**COACHING CUES** Shot threat comes before the side-step | Clear one body-width, not three | Toe and knee finish on the new shot line**READ** Trainer points to the closeout shoulder; side-step away from that shoulder.**FIX** Preloading the side-step and removing the credibility of the shot fake.**ADVANCE** On 'short,' reject the side-step and take one downhill dribble into a pull-up.**3. Create-or-Re-Drive Read**

8:00 | 10 three-point makes plus 6 pull-up makes

SETUP Use a wing catch marker, side-step marker, and elbow pull-up marker.**EXECUTE** Begin with the side-step action. If the trainer stays high, re-drive the top foot for a one-dribble pull-up; if the trainer drops, complete the three.**COACHING CUES** Read after the first separation | Re-drive immediately - no reset dribble | Keep the ball above the knee on the re-entry**READ** The trainer's hand position after the side-step determines shot or re-drive.**FIX** Admiring the first move and allowing the advantage to disappear before the second action.**ADVANCE** Make the final six reps fully random with no repeated answer allowed more than twice.**QUALITY STANDARD** Pass when the player creates a three-point window without traveling, fading, or needing a second setup dribble.**Coach check:** The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

08

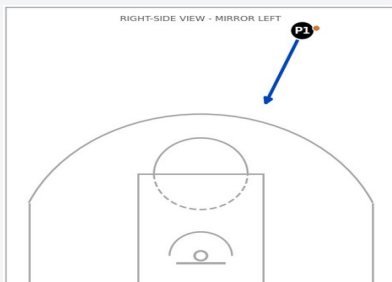
INDIVIDUAL | GUARD | ADVANCED **Transition-to-Trail Three-Point Scoring**

Front card: drill order, dose, and measurable standards

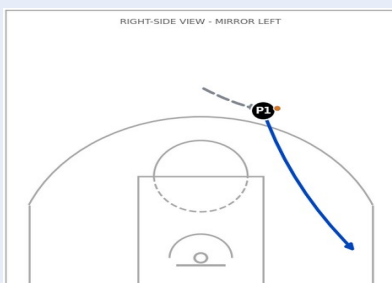
TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L**SESSION INTENT** Convert transition running patterns into balanced trail, slot, and pitch-back threes.**TRAINER LENS** Transition shooting quality depends on deceleration and early visual pickup. Speed should compress the preparation time, not distort the release.**WORKOUT CARD**

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Transition Alignment: 0:00-1:00 A-march with posture reset; 1:00-2:00 skip to controlled deceleration; 2:00-3:00 turn-and-run to outside-foot stop; 3:00-4:00 backpedal to hip turn and sprint; 4:00-5:00 trail run into shot pocket	Complete
7:00	Ball handling	Two-Ball Power + Change: 1:00 power pounds at knee height; 1:00 alternating power pounds; 1:00 simultaneous cross exchanges; 1:00 staggered cross exchanges; 1:00 pound-cross-pause sequence; 1:00 lateral power shifts; 1:00 cue chain: power, cross, or retreat	Eyes up
7:00	Trail Sprint to Slot Three	Run the trail line, shorten the final two steps, and arrive behind the pass. Use the footwork that best matches the pass angle while keeping the chest to the rim.	14 makes; alternate slots; stretch 18
8:00	Push-Ahead and Relocate	Deliver the push-ahead pass, sprint outside the ball, and relocate to the open window for the return. Arrive with hands and feet prepared before the pass.	12 makes (6 each side); stretch 16
8:00	Drag Reject to Pull-Up Three	Approach as if using the screen, reject across the cone's top foot, and pull up behind the arc. The rejection must occur before the imagined defense is set.	10 makes; 5 each direction; stretch 14
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

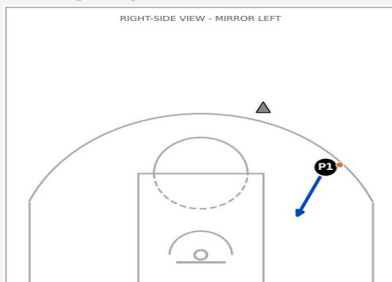
Right-side diagram shown. Mirror left unless the action is central.

1. Trail Sprint to Slot Three

7:00 | 14 makes; alternate slots; stretch 18

2. Push-Ahead and Relocate

8:00 | 12 makes (6 each side); stretch 16

3. Drag Reject to Pull-Up Three

8:00 | 10 makes; 5 each direction; stretch 14

SETUP Start near half court on one side with a slot marker above the break. A trainer delivers the pass as the player enters range.

EXECUTE Run the trail line, shorten the final two steps, and arrive behind the pass. Use the footwork that best matches the pass angle while keeping the chest to the rim.

COACHING CUES Run wide enough to see ball and rim | Shorten before the catch | Do not turn the trail into a forward jump

READ Trainer varies pass lead: ahead requires one-two; on-body requires hop replacement.

FIX Maintaining sprint stride length into the catch and losing the base.

ADVANCE Begin from a backpedal-to-turn transition before entering the trail line.

SETUP Begin with the ball above the break, pass ahead to the trainer on the wing, then continue into a corner or slot relocation.

EXECUTE Deliver the push-ahead pass, sprint outside the ball, and relocate to the open window for the return. Arrive with hands and feet prepared before the pass.

COACHING CUES Pass early, run through the pass | Relocate outside the imaginary defender | See the rim on the final two steps

READ Trainer points corner or slot after receiving; the player must choose the shortest legal route.

FIX Following the pass in a straight line and crowding the receiving player.

ADVANCE On 'cut,' continue to the rim for a two-foot finish instead of relocating.

SETUP Set a cone as a transition drag screen at the slot and begin with speed from above half court.

EXECUTE Approach as if using the screen, reject across the cone's top foot, and pull up behind the arc. The rejection must occur before the imagined defense is set.

COACHING CUES Change angle before the screen | Reject downhill then brake behind the line | Ball enters the pocket before the feet finish

READ Trainer calls 'use' or 'reject' late; use leads to a trail three, reject leads to the pull-up three.

FIX Running parallel to the arc and turning the shot into a lateral fade.

ADVANCE Add a pocket pull-up when the 'use' cue is paired with a chase signal.

QUALITY STANDARD Pass when transition speed produces the same shot alignment and landing control seen in stationary work.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L

SESSION INTENT Create a clean attempt within five seconds using a direct move, one counter, and a balanced release.

TRAINER LENS Late-clock skill is decision compression. The player must identify the best available window quickly without turning urgency into extra dribbles.

WORKOUT CARD

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Hip Turn + Crossover Readiness: 0:00-1:00 hip open-close walk; 1:00-2:00 reverse lunge with rotation; 2:00-3:00 crossover step to lateral stick; 3:00-4:00 drop-step and recover; 4:00-5:00 split stance to square-up	Complete
7:00	Ball handling	One-Ball Pickup + Shot Creation: 1:00 pocket-to-gather each hand; 1:00 inside-hand pickup; 1:00 cross-body pickup; 1:00 one-two pickup into shot pocket; 1:00 hop pickup into shot pocket; 1:00 side-step pickup; 1:00 cue chain: rise, pull-up, or pivot	Eyes up
7:00	Jab-Rocker One-Dribble Pull-Up	Use a sharp jab or rocker to move the cone line, then take one decisive dribble into the pull-up. The first threat must shift weight before the dribble begins.	12 makes; 6 each direction; stretch 16
8:00	Retreat-Crossover Three	Drive the cone, retreat with the ball protected, cross into the new line, and rise behind the arc. Limit the sequence to three dribbles.	10 makes; stretch 14 inside 8:00
8:00	Five-Second Random Solution	On the catch, the trainer starts a five-second count and presents one of three pictures: space, top-foot shade, or square wall. The player must choose immediate shot, one-dribble pull-up, or pivot counter.	8 scores from 12 timed possessions; stretch 10

GLOBAL STANDARD

All targets split evenly right and left unless the action is central.

DECISION PHASE

First 60% stable; final 40% uses the listed visual or verbal cue.

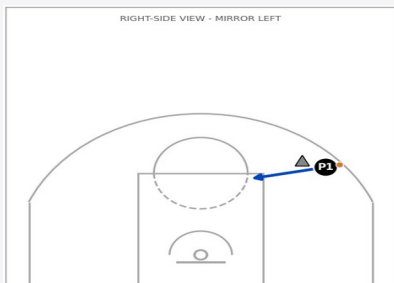
REST RULE

Use brief resets to protect shot quality. No conditioning finisher is added.

DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO		

Right-side diagram shown. Mirror left unless the action is central.

1. Jab-Rocker One-Dribble Pull-Up



7:00 | 12 makes; 6 each direction; stretch 16

SETUP Start at the wing in triple-threat with a cone at the defender's front foot and a pull-up marker one stride away.

EXECUTE Use a sharp jab or rocker to move the cone line, then take one decisive dribble into the pull-up. The first threat must shift weight before the dribble begins.

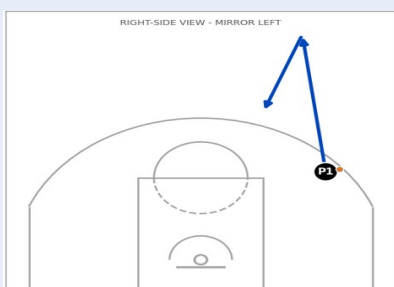
COACHING CUES Eyes and ball sell the first threat | One dribble reaches the window | No backward lean under time pressure

READ Trainer calls 'jab' or 'rocker' on the catch and starts a three-second count.

FIX Rushing the move before the feet load, producing a weak first step.

ADVANCE Require a same-side counter when the trainer blocks the called direction.

2. Retreat-Crossover Three



8:00 | 10 makes; stretch 14 inside 8:00

SETUP Begin at the slot, attack a cone inside the arc, and mark the retreat shooting window behind the line.

EXECUTE Drive the cone, retreat with the ball protected, cross into the new line, and rise behind the arc. Limit the sequence to three dribbles.

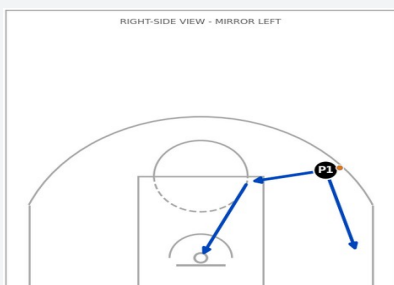
COACHING CUES Retreat creates vision | Cross low and outside the knee | Feet stop before the release

READ Trainer shows left or right during the retreat; cross into the indicated window.

FIX Taking a fourth setup dribble after the retreat and losing the clock advantage.

ADVANCE Use a behind-back escape instead of the crossover on the final set.

3. Five-Second Random Solution



8:00 | 8 scores from 12 timed possessions; stretch 10

SETUP Use three starting spots: slot, wing, and corner. The trainer stands as a visual cue, not a contact defender.

EXECUTE On the catch, the trainer starts a five-second count and presents one of three pictures: space, top-foot shade, or square wall. The player must choose immediate shot, one-dribble pull-up, or pivot counter.

COACHING CUES First read by one second | Maximum two live dribbles | Finish on balance even as the count closes

READ The trainer changes the picture after the first move on selected reps, forcing one counter only.

FIX Searching for a perfect shot and failing to produce any shot before the count.

ADVANCE Reduce the count to four seconds after two consecutive clean decisions.

QUALITY STANDARD Pass when the player produces a balanced attempt on at least 8 of 12 timed possessions with no more than one counter.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L

SESSION INTENT Integrate catch-and-shoot, pull-up, short-midrange, and two-foot finishing into one cue-driven guard workout.

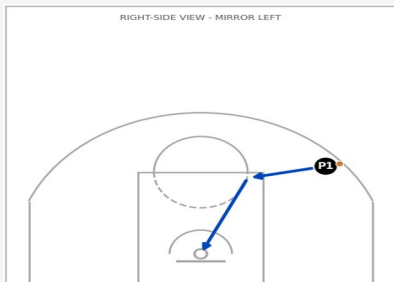
TRAINER LENS A complete scorer does not collect moves; the scorer recognizes which level is available and enters that window with minimal dribbles.

WORKOUT CARD

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Sprint-Stop-Shot Preparation: 0:00-1:00 low skip and arm rhythm; 1:00-2:00 quad pull to lunge reach; 2:00-3:00 three-step build to two-foot stop; 3:00-4:00 sprint to 1-2 square-up; 4:00-5:00 sprint to hop square-up	Complete
7:00	Ball handling	Two-Ball Pickup + Control: 1:00 simultaneous pound to clean pickup; 1:00 alternating pound to staggered pickup; 1:00 one-ball live, one-ball secure switch; 1:00 two-ball split stance to shot pocket; 1:00 two-ball retreat to controlled stop; 1:00 drop one ball and attack with the other; 1:00 coach cue determines attacking hand	Eyes up
7:00	Catch: Three, Pull-Up, or Finish	Catch shot-ready. Trainer's hand cue determines immediate three, one-dribble pull-up, or downhill two-foot finish. Use the same initial posture for all answers.	12 total makes with at least 3 at each level
8:00	Screen Read: Pull, Snake, or Reject	Approach from the wing and use one setup dribble. Trainer calls 'under,' 'trail,' or 'top' to trigger pull-up three, snake midrange, or reject score.	12 makes with 4 from each solution
8:00	Guard Transfer Challenge	Each possession begins with a catch or live dribble and ends at the best available level. Maximum three dribbles; no predetermined move; all finishes are non-contact.	10 scores from 15 random possessions; stretch 12
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

Right-side diagram shown. Mirror left unless the action is central.

1. Catch: Three, Pull-Up, or Finish



7:00 | 12 total makes with at least 3 at each level

SETUP Start at the wing with markers at the three-point line, elbow, and restricted-area edge.

EXECUTE Catch shot-ready. Trainer's hand cue determines immediate three, one-dribble pull-up, or downhill two-foot finish. Use the same initial posture for all answers.

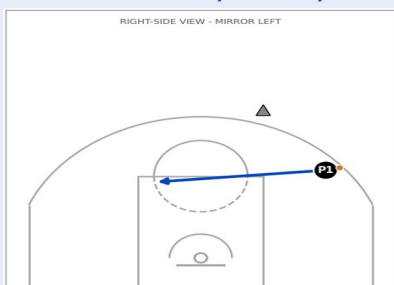
COACHING CUES Sell all three options on the catch | One dribble changes levels | Arrive on balance at every window

READ Cue appears as the pass leaves the trainer's hands, preventing preselection.

FIX Changing stance before the cue and revealing the intended answer.

ADVANCE Add a pivot counter at the rim when the trainer shows a late wall.

2. Screen Read: Pull, Snake, or Reject



8:00 | 12 makes with 4 from each solution

SETUP Set a screen cone at the slot with pull-up, nail, and reject markers.

EXECUTE Approach from the wing and use one setup dribble. Trainer calls 'under,' 'trail,' or 'top' to trigger pull-up three, snake midrange, or reject score.

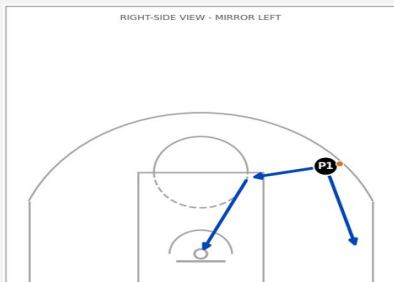
COACHING CUES Same setup for every read | Exit the screen line decisively | Score before the imagined help resets

READ The cue is delivered on the setup dribble and may change once on the final four reps.

FIX Turning the drill into three separate moves instead of one shared setup with different exits.

ADVANCE Complete the final six makes in a random order without repeating the same solution twice.

3. Guard Transfer Challenge



8:00 | 10 scores from 15 random possessions; stretch 12

SETUP Use slot, wing, and corner starts with the trainer providing pass and visual closeout cues.

EXECUTE Each possession begins with a catch or live dribble and ends at the best available level. Maximum three dribbles; no predetermined move; all finishes are non-contact.

COACHING CUES Identify space before naming a move | Attack the nearest available window | Do not sacrifice balance for novelty

READ Trainer varies space, angle, and second-effort cue to test transfer across the previous nine guard workouts.

FIX Forcing the preferred move when the cue clearly presents a simpler shot.

ADVANCE Require two consecutive possessions from different starting spots and different scoring levels.

QUALITY STANDARD Pass when the player reaches the target using all three scoring levels and makes the correct first read on at least 10 of 15 possessions.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L

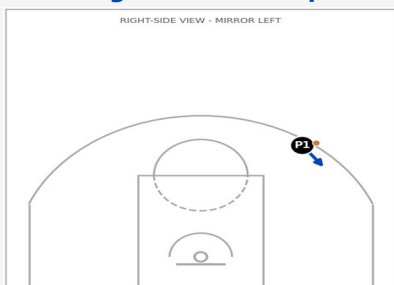
SESSION INTENT Build fast catch-to-action habits from the wing using shot-ready footwork and one decisive secondary option.

TRAINER LENS The wing's advantage often exists for less than a second. The catch must preserve shot, drive, and pass threats without a reset.

WORKOUT CARD

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Ankle Stack + Landing Control: 0:00-1:00 ankle rocks and calf pulses; 1:00-2:00 walking lunge with overhead reach; 2:00-3:00 lateral lunge to adductor shift; 3:00-4:00 snap-down to balanced stick; 4:00-5:00 1-2 stop into shot pocket	Complete
7:00	Ball handling	One-Ball Rhythm + Height Change: 1:00 waist-to-knee pounds, switch hand every 15 seconds; 1:00 in-out to crossover; 1:00 between-the-legs rhythm switches; 1:00 hang dribble to low crossover; 1:00 retreat dribble to re-attack; 1:00 eyes-up random height changes; 1:00 live-dribble pickup into shot pocket	Eyes up
7:00	Wing Catch-and-Square	Lift into the catch, square during the final step, and shoot immediately. Alternate one-two and hop footwork according to pass angle.	14 makes (7 each wing); stretch 18
8:00	0.5 Rip-to-Pull-Up	Catch shot-ready, rip through immediately, and take one long dribble into a balanced pull-up. The ball must cross the body before the defender line can recover.	12 makes (6 each direction); stretch 16
8:00	Shot-or-One-More Footwork	Receive the pass and read the trainer's hand. Hand down: shoot. Hand high: make the one-more pass, drift to the corner, receive again, and shoot.	12 makes plus 8 clean pass relocations
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

1. Wing Catch-and-Square



7:00 | 14 makes (7 each wing); stretch 18

SETUP Place a catch marker at each wing and begin one step below the marker. Use a trainer pass or controlled self-toss.

EXECUTE Lift into the catch, square during the final step, and shoot immediately. Alternate one-two and hop footwork according to pass angle.

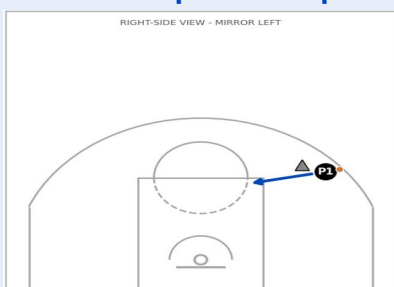
COACHING CUES Chest and hips organize before the catch | Catch inside the frame | Release before the imagined closeout arrives

READ Trainer calls 'inside' or 'outside' to identify which foot must organize the one-two arrival.

FIX Catching first and then turning the body to the rim.

ADVANCE Add a quick shot fake and one-dribble pull-up when the trainer shows a high hand.

2. 0.5 Rip-to-Pull-Up



8:00 | 12 makes (6 each direction); stretch 16

SETUP Start at the wing with a cone at the defender's top foot and a pull-up marker near the elbow extended.

EXECUTE Catch shot-ready, rip through immediately, and take one long dribble into a balanced pull-up. The ball must cross the body before the defender line can recover.

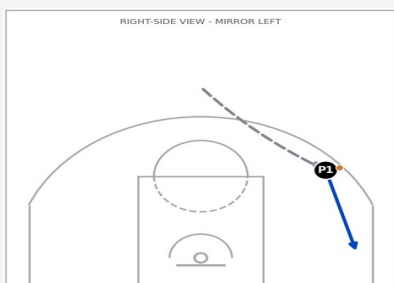
COACHING CUES Rip below the knee | First step wins the hip | Stop under the center of mass

READ Trainer shades middle or baseline with body position; attack the open shoulder.

FIX Using a false step or ball swing before the rip, allowing the advantage to close.

ADVANCE On 'wall,' convert the pull-up into a stride stop and reverse-pivot counter.

3. Shot-or-One-More Footwork



8:00 | 12 makes plus 8 clean pass relocations

SETUP Begin at the wing with the trainer at the slot and a relocation marker in the corner.

EXECUTE Receive the pass and read the trainer's hand. Hand down: shoot. Hand high: make the one-more pass, drift to the corner, receive again, and shoot.

COACHING CUES Decide before the ball reaches the pocket | Pass from the shot stance | Relocate immediately after the pass

READ The trainer alternates the hand cue late to prevent a preplanned answer.

FIX Dropping out of the shooting stance to make the pass, slowing the entire action.

ADVANCE Add a back-cut finish if the trainer jumps the one-more passing lane.

QUALITY STANDARD Pass when every catch produces a shot, rip, or pass inside one continuous movement with no stance reset.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

TOTAL
35 MIN**SPACE**
1/2 COURT SIDE**CONTACT**
NONE**EQUIPMENT**
BALLS + MARKERS**SIDES**
EQUAL R / L**SESSION INTENT** Own the two most common weak-side relocation routes: drift behind baseline penetration and lift behind middle penetration.**TRAINER LENS** Relocation spacing is relational. The wing moves to stay visible to the ball and unavailable to the rotating defender.**WORKOUT CARD**

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Cutting Angles + Body Alignment: 0:00-1:00 dynamic calf and hamstring sweep; 1:00-2:00 45-degree lunge and recover; 2:00-3:00 V-cut to stick; 3:00-4:00 curl path to two-foot stop; 4:00-5:00 fade path to shot pocket	Complete
7:00	Ball handling	Two-Ball Rhythm + Symmetry: 1:00 simultaneous waist pounds; 1:00 alternating waist pounds; 1:00 simultaneous low pounds; 1:00 one high and one low, switch at 30 seconds; 1:00 two-ball in-out rhythm; 1:00 two-ball retreat and advance; 1:00 eyes-up rhythm changes on cue	Eyes up
7:00	Baseline Drive Drift	As the trainer enters the paint, drift toward the corner while keeping the chest available. Catch with feet prepared and shoot before the closeout line arrives.	14 makes (7 each corner); stretch 18
8:00	Middle Drive Lift	Lift along the arc as the ball crosses the lane line, arrive behind the pass, and shoot with footwork matched to the pass lead.	14 makes (7 each side); stretch 18
8:00	Drift-or-Lift Recognition	The trainer initiates a baseline or middle drive angle. The player identifies the drive line, chooses drift or lift, and completes the catch-and-shoot.	12 makes from random cues; stretch 16

GLOBAL STANDARD

All targets split evenly right and left unless the action is central.

DECISION PHASE

First 60% stable; final 40% uses the listed visual or verbal cue.

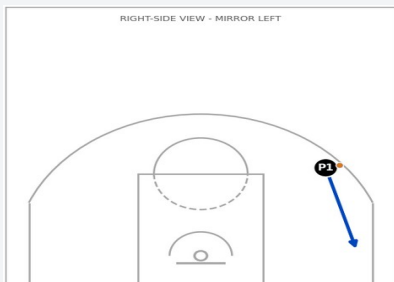
REST RULE

Use brief resets to protect shot quality. No conditioning finisher is added.

DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

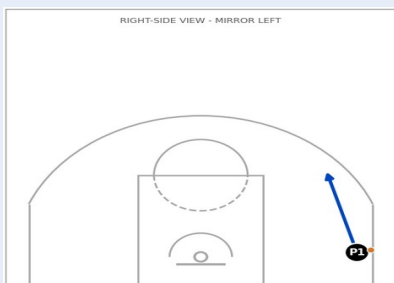
Right-side diagram shown. Mirror left unless the action is central.

1. Baseline Drive Drift



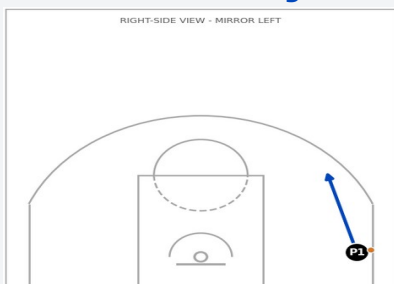
7:00 | 14 makes (7 each corner); stretch 18

2. Middle Drive Lift



8:00 | 14 makes (7 each side); stretch 18

3. Drift-or-Lift Recognition



8:00 | 12 makes from random cues; stretch 16

SETUP Start at the wing with the trainer simulating a baseline drive from the opposite slot. Mark the deep corner window.

EXECUTE As the trainer enters the paint, drift toward the corner while keeping the chest available. Catch with feet prepared and shoot before the closeout line arrives.

COACHING CUES Move when the ball wins baseline | Stay deep enough to stretch the low defender | Hands show before the pass

READ Trainer may stop short of the baseline; if so, hold the wing instead of drifting.

FIX Moving on every drive regardless of penetration angle and crowding the baseline.

ADVANCE Add a one-dribble side pull-up when the return pass arrives outside the shooting pocket.

SETUP Begin in the corner with a wing marker above the break. The trainer simulates a middle drive from the slot.

EXECUTE Lift along the arc as the ball crosses the lane line, arrive behind the pass, and shoot with footwork matched to the pass lead.

COACHING CUES Lift behind the drive, not beside it | Do not cross the feet | Square during the catch

READ Trainer can point to a short or full lift, requiring the player to stop at the available window.

FIX Lifting too early and allowing one defender to guard both player and ball.

ADVANCE On 'top-lock,' plant and back-cut to a two-foot finish.

SETUP Set starting markers at corner and wing with the trainer at the slot. Both relocation windows remain available.

EXECUTE The trainer initiates a baseline or middle drive angle. The player identifies the drive line, chooses drift or lift, and completes the catch-and-shoot.

COACHING CUES Read the ball's shoulder line | One relocation - no wandering | Arrive balanced at the new depth

READ No verbal cue is used; the drive angle is the information source.

FIX Watching the rim instead of the drive and reacting late to the route.

ADVANCE Add a second cue on the catch: shoot, side-step, or back-cut.

QUALITY STANDARD Pass when the player selects drift or lift from the penetration angle and reaches the shooting window before the return pass.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L

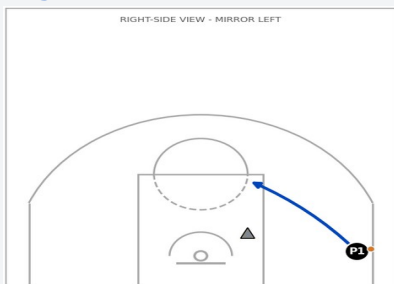
SESSION INTENT Train route discipline, shoulder angle, and shot preparation from curl, straight, and fade exits off a cone pin-down.

TRAINER LENS Off-screen scoring is a race for the next window. The cutter must read the defender line early and arrive with the feet ready for the selected exit.

WORKOUT CARD

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Cutting Angles + Body Alignment: 0:00-1:00 dynamic calf and hamstring sweep; 1:00-2:00 45-degree lunge and recover; 2:00-3:00 V-cut to stick; 3:00-4:00 curl path to two-foot stop; 4:00-5:00 fade path to shot pocket	Complete
7:00	Ball handling	One-Ball Lateral Separation: 1:00 lateral push dribbles each hand; 1:00 cross-push into space; 1:00 between-push into space; 1:00 behind-back escape; 1:00 side-step dribble to pickup; 1:00 retreat-crossover re-entry; 1:00 coach cue: left, right, or stop	Eyes up
7:00	Tight Curl to Two-Foot Pull-Up	Set up the cut, brush the cone shoulder-to-shoulder, curl into the lane, and stop on two feet for a short pull-up or touch shot.	12 makes (6 each side); stretch 16
8:00	Straight Exit to Wing Three	Sprint a straight exit, plant the inside foot near the cone, and arrive behind the pass. Use outside-inside one-two or hop based on pass angle.	14 makes (7 each side); stretch 18
8:00	Fade Read to Corner or Slot	Set up the screen, plant to create separation away from the cone, and fade into the trainer's indicated window. Square the hips during the final two steps.	12 makes from fades; stretch 16
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

Right-side diagram shown. Mirror left unless the action is central.

1. Tight Curl to Two-Foot Pull-Up


7:00 | 12 makes (6 each side); stretch 16

SETUP Set a cone as the pin-down near the block and a catch marker at the elbow. Start under the rim line.

EXECUTE Set up the cut, brush the cone shoulder-to-shoulder, curl into the lane, and stop on two feet for a short pull-up or touch shot.

COACHING CUES Change speed at the screen | Inside shoulder clears the cone | Two feet before the rise

READ Trainer calls 'curl' only after the player reaches the cone so the route cannot be preloaded.

FIX Looping away from the cone and giving the defender recovery space.

ADVANCE Add a pivot counter when the trainer walls the curl window.

2. Straight Exit to Wing Three


8:00 | 14 makes (7 each side); stretch 18

SETUP Use the same pin-down cone with a catch marker at the wing above the break.

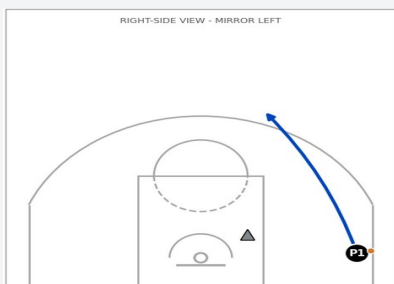
EXECUTE Sprint a straight exit, plant the inside foot near the cone, and arrive behind the pass. Use outside-inside one-two or hop based on pass angle.

COACHING CUES Win the top shoulder | Hands are ready before separation | Do not fade after the catch

READ Trainer delivers the pass high or low; the player adjusts footwork without changing the route.

FIX Turning to locate the ball before clearing the screen line.

ADVANCE Add a one-dribble pull-up when the trainer chases over the top.

3. Fade Read to Corner or Slot


8:00 | 12 makes from fades; stretch 16

SETUP Place the pin-down cone near the block and two fade windows: deep corner and slot-side wing.

EXECUTE Set up the screen, plant to create separation away from the cone, and fade into the trainer's indicated window. Square the hips during the final two steps.

COACHING CUES Fade because the defender trails under, not by habit | Create width before turning | Land in the same window used to rise

READ Trainer points corner or wing as the player reaches the cone.

FIX Backpedaling out of the cut and receiving the ball with no force line to the rim.

ADVANCE Finish with random curl, straight, or fade cues using the same setup.

QUALITY STANDARD Pass when all three exits share the same setup and the player can square without drifting away from the selected window.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L

SESSION INTENT Score from 45-degree cuts using two-foot stops, stride stops, pivots, and non-contact touch finishes.

TRAINER LENS Cutting creates the advantage; the finish preserves it. The wing should arrive able to score on either side of the rim without extending the route.

WORKOUT CARD

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Pivot + Reorientation: 0:00-1:00 ankle and hip mobility flow; 1:00-2:00 stride stop to front pivot; 2:00-3:00 jump stop to reverse pivot; 3:00-4:00 inside-foot turn to square; 4:00-5:00 pivot counter into shot pocket	Complete
7:00	Ball handling	Two-Ball Height + Timing Contrast: 1:00 alternating high-low pounds; 1:00 staggered rhythm pounds; 1:00 one ball pound, one ball in-out; 1:00 one ball cross, one ball stationary; 1:00 switch assignments every 15 seconds; 1:00 two-ball lateral shifts; 1:00 random coach clap changes rhythm	Eyes up
7:00	45 Cut to Two-Foot Finish	Time the 45 cut after the trainer's paint touch, catch on the move, and land on two feet before finishing. Alternate same-side and opposite-side finishes.	16 makes (8 each side); stretch 20
8:00	Stride Stop to Inside Pivot	Catch into a stride stop, protect the ball, and use an inside pivot to create a short jumper or touch finish away from the rim line.	12 makes; 6 each side; stretch 16
8:00	Cut Window Recognition	The trainer's drive angle determines whether the player 45-cuts, holds the corner, or slides to the dunker window. Complete a two-foot finish or short touch shot.	12 scores from 16 cue possessions

GLOBAL STANDARD

All targets split evenly right and left unless the action is central.

DECISION PHASE

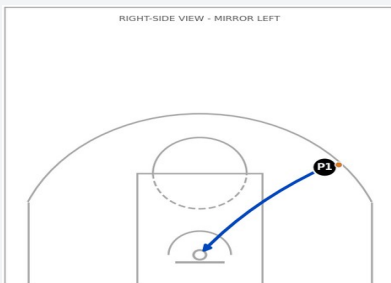
First 60% stable; final 40% uses the listed visual or verbal cue.

REST RULE

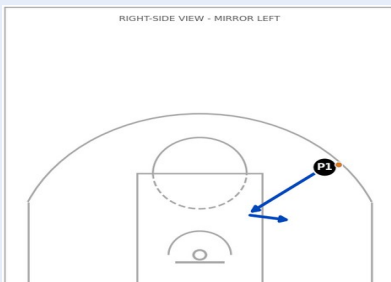
Use brief resets to protect shot quality. No conditioning finisher is added.

DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

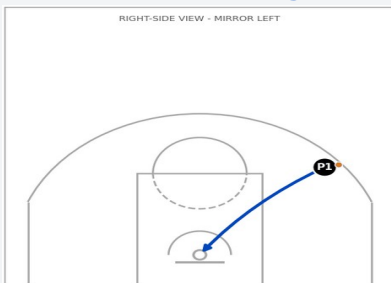
Right-side diagram shown. Mirror left unless the action is central.

1. 45 Cut to Two-Foot Finish

7:00 | 16 makes (8 each side); stretch 20

SETUP Start at the wing with a cut marker on the lane line and the trainer at the slot.**EXECUTE** Time the 45 cut after the trainer's paint touch, catch on the move, and land on two feet before finishing. Alternate same-side and opposite-side finishes.**COACHING CUES** Cut behind the defender's head | Catch outside the body | Two feet organize the finish**READ** Trainer points near or far side during the pass; the player chooses the matching finish without changing the cut line.**FIX** Running under the rim and removing the angle for a controlled finish.**ADVANCE** Add a reverse pivot if the trainer shows a late rim wall.**2. Stride Stop to Inside Pivot**

8:00 | 12 makes; 6 each side; stretch 16

SETUP Begin at the wing, cut to the lane line, and place a short-corner marker for the counter window.**EXECUTE** Catch into a stride stop, protect the ball, and use an inside pivot to create a short jumper or touch finish away from the rim line.**COACHING CUES** Stride stop absorbs the pass | Chin the ball on the pivot | Pivot creates the new sightline**READ** Trainer calls 'finish' or 'pivot' as the catch arrives.**FIX** Landing narrow and losing the base needed to pivot without traveling.**ADVANCE** Use a shot fake before the pivot counter on the final four makes.**3. Cut Window Recognition**

8:00 | 12 scores from 16 cue possessions

SETUP Use wing, corner, and dunker-window markers with the trainer at the slot.**EXECUTE** The trainer's drive angle determines whether the player 45-cuts, holds the corner, or slides to the dunker window. Complete a two-foot finish or short touch shot.**COACHING CUES** Move when the help defender turns | Do not cut into occupied space | Finish from the first available window**READ** No verbal cue; the trainer's drive path and pass angle provide the read.**FIX** Cutting on autopilot and closing the same lane the ballhandler is using.**ADVANCE** Add a pass-out relocation when the finish window is removed.**QUALITY STANDARD** Pass when the player arrives on balance, finishes both sides equally, and selects the correct cut window from the drive angle.**Coach check:** The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

INDIVIDUAL | WING | APPLIED **Attack the Closeout: Pull-Up and Pivot Counters**

Front card: drill order, dose, and measurable standards

TOTAL
35 MIN

SPACE
1/2 COURT SIDE

CONTACT
NONE

EQUIPMENT
BALLS + MARKERS

SIDES
EQUAL R / L

SESSION INTENT Turn long closeouts into one-dribble scoring while preserving balanced stops and a second solution.

TRAINER LENS The closeout attack is won at the catch. The wing should already know the defender's top foot, hand height, and available one-dribble window.

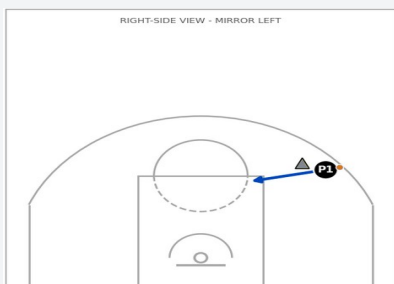
WORKOUT CARD

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Deceleration + Foot Replacement: 0:00-1:00 march-to-skip rhythm; 1:00-2:00 forward lunge to hamstring sweep; 2:00-3:00 lateral shuffle to stick; 3:00-4:00 two-step acceleration to stride stop; 4:00-5:00 hop replacement into shot pocket	Complete
7:00	Ball handling	One-Ball Pace + Stop Control: 1:00 slow-fast pounds; 1:00 hang-to-burst; 1:00 dead-stop to re-accelerate; 1:00 inside-foot stop with live dribble; 1:00 stride-stop pickup; 1:00 pivot out of pickup; 1:00 coach cue: pull, pivot, or re-drive	Eyes up
7:00	Shot Fake to One-Dribble Pull-Up	Catch in the shot pocket, show a compact rise, then take one dribble past the cone into a pull-up. Keep the ball high enough to avoid a second load.	12 makes (6 each direction); stretch 16
8:00	Stride Stop to Front-Pivot Jumper	Land in a strong stride stop, front-pivot away from the imaginary rim protector, and rise into a short jumper. Keep the pivot compact and legal.	12 makes; 6 each pivot direction
8:00	Closeout Choice Chain	Trainer varies closeout distance and hand height. Player chooses shot, one-dribble pull-up, or stride-stop counter with a maximum of one live dribble.	10 scores from 14 possessions; stretch 12
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

WORKOUT 15 | COACHING DETAIL **Attack the Closeout: Pull-Up and Pivot Counters**

Right-side diagram shown. Mirror left unless the action is central.

1. Shot Fake to One-Dribble Pull-Up



7:00 | 12 makes (6 each direction); stretch 16

SETUP Start at the wing with a cone at the closeout line and a pull-up marker near the elbow extended.

EXECUTE Catch in the shot pocket, show a compact rise, then take one dribble past the cone into a pull-up. Keep the ball high enough to avoid a second load.

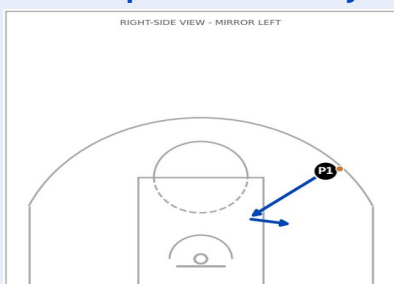
COACHING CUES Shot fake looks like the shot | Drive the top foot | Brake before the release

READ Trainer points to the closeout's high side; attack the opposite shoulder.

FIX Dropping the ball to the hip during the fake and slowing the attack.

ADVANCE Add a side-step three if the trainer closes short instead of running the player off.

2. Stride Stop to Front-Pivot Jumper



8:00 | 12 makes; 6 each pivot direction

SETUP Attack from the wing to a lane-line marker with one dribble. Place a counter marker one step outside the lane.

EXECUTE Land in a strong stride stop, front-pivot away from the imaginary rim protector, and rise into a short jumper. Keep the pivot compact and legal.

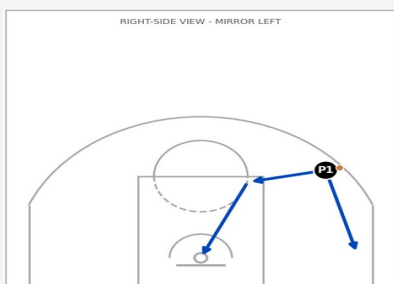
COACHING CUES Stop wide enough to pivot | Ball stays at chin level | Eyes return to the rim before the rise

READ Trainer calls pivot direction as the pickup begins.

FIX Swinging the pivot foot and traveling before the shot.

ADVANCE Add a shot fake into a second pivot when the trainer shows a late contest.

3. Closeout Choice Chain



8:00 | 10 scores from 14 possessions; stretch 12

SETUP Use a wing catch with three marked outcomes: immediate three, elbow pull-up, and short-corner pivot counter.

EXECUTE Trainer varies closeout distance and hand height. Player chooses shot, one-dribble pull-up, or stride-stop counter with a maximum of one live dribble.

COACHING CUES Read distance before hand | One decision, one counter | Every answer ends balanced

READ The trainer may change from high hand to square chest after the first step, requiring the pivot counter.

FIX Taking the same preferred answer regardless of the closeout picture.

ADVANCE Score two consecutive possessions with different solutions before moving sides.

QUALITY STANDARD Pass when the player attacks the closeout with one dribble or less and retains balance for a pivot counter when the lane closes.

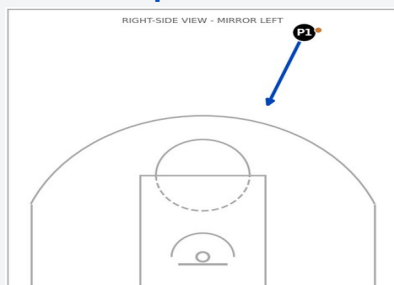
Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L**SESSION INTENT** Create three-point shots through sprint-out, drift, flare, and corner replacement routes.**TRAINER LENS** Movement threes require route precision and early body organization. The player should arrive at the line ready to release, not arrive and then build the shot.**WORKOUT CARD**

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Sprint-Stop-Shot Preparation: 0:00-1:00 low skip and arm rhythm; 1:00-2:00 quad pull to lunge reach; 2:00-3:00 three-step build to two-foot stop; 3:00-4:00 sprint to 1-2 square-up; 4:00-5:00 sprint to hop square-up	Complete
7:00	Ball handling	Two-Ball Power + Change: 1:00 power pounds at knee height; 1:00 alternating power pounds; 1:00 simultaneous cross exchanges; 1:00 staggered cross exchanges; 1:00 pound-cross-pause sequence; 1:00 lateral power shifts; 1:00 cue chain: power, cross, or retreat	Eyes up
7:00	Slot Sprint-Out Three	Sprint out on a shallow angle, shorten the final steps, and catch behind the line. Use a one-two arrival when the pass leads and a hop when it arrives on the body.	14 makes (7 each side); stretch 18
8:00	Corner Replace Three	Move on ball flight, stay behind the imaginary low defender, and arrive deep enough to preserve corner spacing. Shoot from a compact base.	14 makes (7 each corner); stretch 18
8:00	Flare-or-Drift Read	Begin near the slot. Trainer's body angle determines a flare to the wing or a drift to the corner. Change direction decisively and prepare the feet during the route.	12 makes from random routes; stretch 16
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

Right-side diagram shown. Mirror left unless the action is central.

1. Slot Sprint-Out Three



7:00 | 14 makes (7 each side); stretch 18

SETUP Begin near the lane line with a slot shooting marker above the break. The trainer passes as the player clears the marker.

EXECUTE Sprint out on a shallow angle, shorten the final steps, and catch behind the line. Use a one-two arrival when the pass leads and a hop when it arrives on the body.

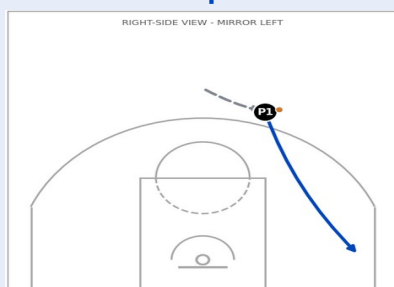
COACHING CUES Run to the shot line, not past it | Hands show early | Land inside the same footprint

READ Trainer alternates lead and body passes to force footwork adjustment.

FIX Opening the hips to the sideline and needing a full turn after the catch.

ADVANCE Add a one-dribble middle pull-up when the trainer chases the route.

2. Corner Replace Three



8:00 | 14 makes (7 each corner); stretch 18

SETUP Start at the wing, pass to the trainer at the top, and replace to the corner on the pass.

EXECUTE Move on ball flight, stay behind the imaginary low defender, and arrive deep enough to preserve corner spacing. Shoot from a compact base.

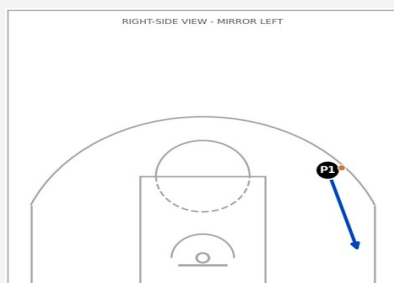
COACHING CUES Pass and move in one rhythm | Do not drift out of bounds | Square before the catch finishes

READ Trainer delays or speeds the return pass; the player maintains the correct window rather than creeping.

FIX Turning the relocation into a jog and receiving the ball late.

ADVANCE Use a corner shot fake and baseline one-dribble pull-up on the final set.

3. Flare-or-Drift Read



8:00 | 12 makes from random routes; stretch 16

SETUP Set one cone as a screening reference near the elbow and shooting markers at the wing and corner.

EXECUTE Begin near the slot. Trainer's body angle determines a flare to the wing or a drift to the corner. Change direction decisively and prepare the feet during the route.

COACHING CUES Read the defender line before cutting | Create width with the first step | Do not fade through the shot

READ No verbal cue; trainer turns hips over or under the cone to signal the route.

FIX Looking back for the ball before winning the route.

ADVANCE Add a curl-to-pull-up if the trainer trails tightly over the cone.

QUALITY STANDARD Pass when the player completes all movement threes without crossing the line, fading, or adding an extra preparation step.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

INDIVIDUAL | WING | ADVANCED Connector Scoring: Catch, Rip, and Re-Space

Front card: drill order, dose, and measurable standards

TOTAL
35 MIN

SPACE
1/2 COURT SIDE

CONTACT
NONE

EQUIPMENT
BALLS + MARKERS

SIDES
EQUAL R / L

SESSION INTENT Develop the versatile wing who can shoot, attack one gap, or move the defense and reappear in a second scoring window.

TRAINER LENS Connector skill is the ability to preserve advantage for the team while remaining a scoring threat. Every action should either finish the advantage or improve it.

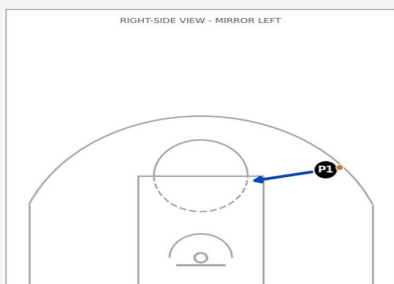
WORKOUT CARD

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Cutting Angles + Body Alignment: 0:00-1:00 dynamic calf and hamstring sweep; 1:00-2:00 45-degree lunge and recover; 2:00-3:00 V-cut to stick; 3:00-4:00 curl path to two-foot stop; 4:00-5:00 fade path to shot pocket	Complete
7:00	Ball handling	One-Ball Pickup + Shot Creation: 1:00 pocket-to-gather each hand; 1:00 inside-hand pickup; 1:00 cross-body pickup; 1:00 one-two pickup into shot pocket; 1:00 hop pickup into shot pocket; 1:00 side-step pickup; 1:00 cue chain: rise, pull-up, or pivot	Eyes up
7:00	Catch-Shoot or Touch Drive	Catch in a complete stance. Space cue: shoot. High-hand cue: use one touch dribble to the elbow and pull up. Keep both answers visually identical until the read.	12 makes with at least 5 threes and 5 pull-ups
8:00	Rip-Pass-Relocate	Rip middle, stop before the paint, pass back to the trainer, and relocate to the corner or slot window for the return shot. The pass should move the defense before the relocation begins.	12 makes plus 10 clean relocation passes
8:00	Connector Transfer Possessions	Player may shoot, take one-dribble pull-up, pass and relocate, or cut. Maximum two dribbles and one counter; every possession must end in a shot within six seconds.	10 correct scores from 15 possessions
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

WORKOUT 17 | COACHING DETAIL **Connector Scoring: Catch, Rip, and Re-Space**

Right-side diagram shown. Mirror left unless the action is central.

1. Catch-Shoot or Touch Drive



7:00 | 12 makes with at least 5 threes and 5 pull-ups

SETUP Start at the wing with a three-point marker and an elbow pull-up marker. Trainer delivers varied closeout cues.

EXECUTE Catch in a complete stance. Space cue: shoot. High-hand cue: use one touch dribble to the elbow and pull up. Keep both answers visually identical until the read.

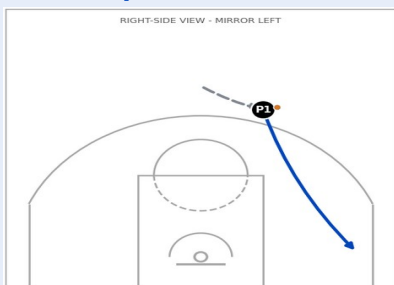
COACHING CUES Catch ready for the simplest score | Touch drive reaches the paint line | No extra gather

READ Cue arrives on ball flight and may change on the final four repetitions.

FIX Predetermining the drive and passing up an open catch-and-shoot three.

ADVANCE Add a stride-stop pivot if the trainer walls the elbow window.

2. Rip-Pass-Relocate



8:00 | 12 makes plus 10 clean relocation passes

SETUP Use wing and corner markers with the trainer at the slot. Begin with a live catch.

EXECUTE Rip middle, stop before the paint, pass back to the trainer, and relocate to the corner or slot window for the return shot. The pass should move the defense before the relocation begins.

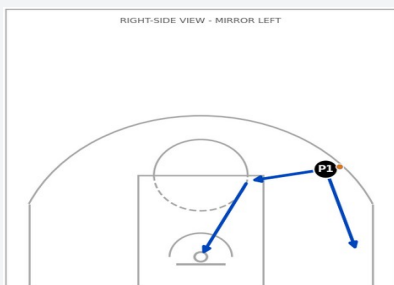
COACHING CUES Rip with scoring intent | Pass from balance | Re-space immediately after release

READ Trainer points to the open window only after receiving the pass.

FIX Relocating before the pass is secured and losing vision of the ball.

ADVANCE On 'deny,' back-cut the first relocation and finish on two feet.

3. Connector Transfer Possessions



8:00 | 10 correct scores from 15 possessions

SETUP Use wing, corner, and slot starts. Trainer provides pass, hand cue, and optional second closeout cue.

EXECUTE Player may shoot, take one-dribble pull-up, pass and relocate, or cut. Maximum two dribbles and one counter; every possession must end in a shot within six seconds.

COACHING CUES Preserve spacing before creating | Simple answer first | Move again after moving the ball

READ Trainer changes the first advantage picture across possessions and adds a late denial on selected reps.

FIX Holding the ball to evaluate every option instead of acting on the first clear advantage.

ADVANCE Require three consecutive correct decisions using three different solutions.

QUALITY STANDARD Pass when the player consistently chooses the simplest high-value answer and can re-enter the possession after passing.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

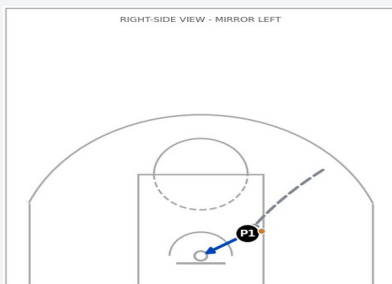
TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L

SESSION INTENT Build a strong non-contact post base with clean seals, drop steps, middle pivots, and touch finishes.

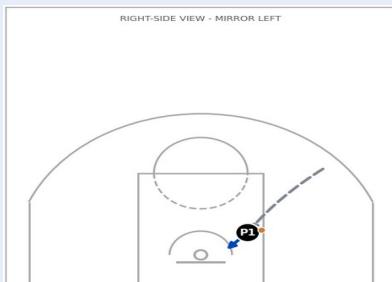
TRAINER LENS Post scoring starts with foot position and target presentation. The catch should already contain the angle for the first move and the balance for the counter.

WORKOUT CARD

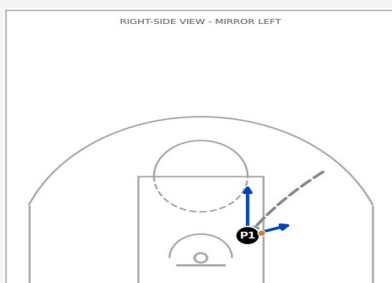
TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Post Base + Hip Mobility: 0:00-1:00 ankle rocks in wide base; 1:00-2:00 lateral squat shift; 2:00-3:00 drop-step pattern without ball; 3:00-4:00 stride stop to pivot counter; 4:00-5:00 face-up jab to balanced rise	Complete
7:00	Ball handling	Two-Ball Movement Coordination: 1:00 march with simultaneous pounds; 1:00 lateral walk with alternating pounds; 1:00 forward-retreat in a three-step box; 1:00 two-ball V-dribbles while moving; 1:00 drop-step and recover; 1:00 split stance rhythm exchange; 1:00 coach cue: advance, retreat, or freeze	Eyes up
7:00	Seal-to-Power Window	Step across the imaginary defender line, show a wide target, catch with two feet available, and finish from the near side using a controlled power step without contact.	16 makes (8 each block); stretch 20
8:00	Baseline Drop Step	Catch on two feet, feel the baseline line, drop the baseline foot past the cone, and finish without bringing the feet together. Keep the ball high and outside.	14 makes (7 each block); stretch 18
8:00	Middle Turn to Counter	Catch, turn middle into a jump hook or short jumper. On the trainer's wall cue, keep the pivot foot, reverse back baseline, and finish with touch.	12 hook or short-jumper makes plus 6 counters
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

1. Seal-to-Power Window

7:00 | 16 makes (8 each block); stretch 20

2. Baseline Drop Step

8:00 | 14 makes (7 each block); stretch 18

3. Middle Turn to Counter

8:00 | 12 hook or short-jumper makes plus 6 counters

SETUP Place a marker on each block and begin one step outside the lane. Trainer feeds from the wing.

EXECUTE Step across the imaginary defender line, show a wide target, catch with two feet available, and finish from the near side using a controlled power step without contact.

COACHING CUES Feet win before hands ask | Catch outside the lane line | Finish from balance, not momentum

READ Trainer varies pass side so the player must seal with the correct top foot.

FIX Reaching for the pass before establishing the base and getting pulled off the scoring line.

ADVANCE Add a quick middle shoulder fake before the power finish.

SETUP Start on the block with the trainer on the wing and a finish marker outside the restricted area.

EXECUTE Catch on two feet, feel the baseline line, drop the baseline foot past the cone, and finish without bringing the feet together. Keep the ball high and outside.

COACHING CUES Drop past the defender's heel | Ball stays above the shoulder | Second step finishes the angle

READ Trainer calls 'baseline' only after the catch; otherwise hold the base.

FIX Stepping under the rim and losing the backboard angle.

ADVANCE Use a reverse finish on the final four makes each side.

SETUP Begin on either block with a middle scoring marker and a baseline counter marker.

EXECUTE Catch, turn middle into a jump hook or short jumper. On the trainer's wall cue, keep the pivot foot, reverse back baseline, and finish with touch.

COACHING CUES Turn on balance before raising the ball | Shoulders protect the release | Counter uses the same pivot foot

READ Trainer shows open chest for middle or closes the middle line for the baseline counter.

FIX Committing the upper body before the feet establish the pivot.

ADVANCE Add an up-and-under only after the first pivot remains legal and balanced.

QUALITY STANDARD Pass when the player establishes the seal before the catch and completes both first move and counter without traveling or lowering the ball.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L

SESSION INTENT Develop face-up jab work, one-dribble pull-ups, trail threes, and balanced attack from the elbow and slot.

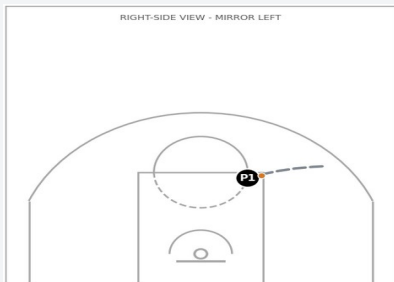
TRAINER LENS The modern post must threaten space immediately. A credible shot stance forces the defender to declare distance and creates the first driving line.

WORKOUT CARD

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Post Base + Hip Mobility: 0:00-1:00 ankle rocks in wide base; 1:00-2:00 lateral squat shift; 2:00-3:00 drop-step pattern without ball; 3:00-4:00 stride stop to pivot counter; 4:00-5:00 face-up jab to balanced rise	Complete
7:00	Ball handling	One-Ball Pace + Stop Control: 1:00 slow-fast pounds; 1:00 hang-to-burst; 1:00 dead-stop to re-accelerate; 1:00 inside-foot stop with live dribble; 1:00 stride-stop pickup; 1:00 pivot out of pickup; 1:00 coach cue: pull, pivot, or re-drive	Eyes up
7:00	Elbow Face-Up Jab Series	Catch on two feet, square, and use a jab or rocker to create a short jumper. Keep the ball in the shooting pocket so the jab remains connected to the rise.	12 makes; 6 each elbow; stretch 16
8:00	One-Dribble Face-Up Attack	Square, threaten the shot, and take one strong dribble to a two-foot stop. Finish with a short jumper, pivot counter, or inside-hand touch based on the cue.	12 scores (6 each direction); stretch 16
8:00	Trail and Pick-and-Pop Three	Run into a trail catch for the first series. Then simulate a screen, open the hips, and pop to the slot for the pass and shot.	12 threes; 6 trail and 6 pop; stretch 16
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

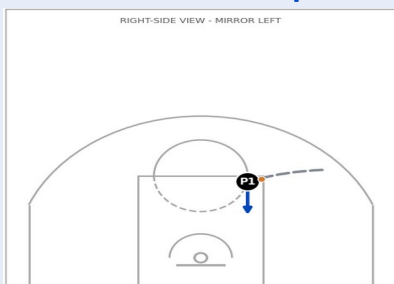
Right-side diagram shown. Mirror left unless the action is central.

1. Elbow Face-Up Jab Series



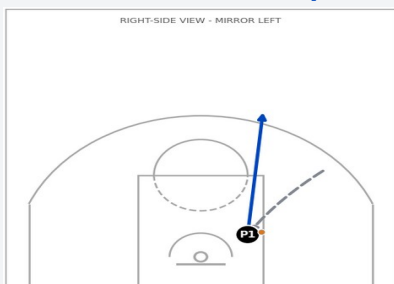
7:00 | 12 makes; 6 each elbow; stretch 16

2. One-Dribble Face-Up Attack



8:00 | 12 scores (6 each direction); stretch 16

3. Trail and Pick-and-Pop Three



8:00 | 12 threes; 6 trail and 6 pop; stretch 16

SETUP Begin at the elbow with a catch from the trainer. Place a cone at the defender's top foot.

EXECUTE Catch on two feet, square, and use a jab or rocker to create a short jumper. Keep the ball in the shooting pocket so the jab remains connected to the rise.

COACHING CUES Square before the jab | Jab moves the defender line | Rise vertically from the base

READ Trainer calls jab direction as the catch arrives.

FIX Swinging the ball away from the shot pocket and slowing the rise.

ADVANCE On 'close,' take one dribble past the cone into a pull-up.

SETUP Start at the elbow or short corner with a one-dribble scoring marker in the lane.

EXECUTE Square, threaten the shot, and take one strong dribble to a two-foot stop. Finish with a short jumper, pivot counter, or inside-hand touch based on the cue.

COACHING CUES Shot threat earns the driving lane | One dribble reaches the window | Two feet preserve the counter

READ Trainer shows high hand, square chest, or baseline shade to determine the finish.

FIX Driving upright and needing a second dribble to generate force.

ADVANCE Add a spin-away counter only when the two-foot stop is consistently legal.

SETUP Use a trail marker at the top and pop markers at both slots. Start from the lane line or simulated screen cone.

EXECUTE Run into a trail catch for the first series. Then simulate a screen, open the hips, and pop to the slot for the pass and shot.

COACHING CUES Arrive behind the ball | Open to see passer and rim | No backward drift on the pop

READ Trainer calls 'trail' or 'pop' after the player begins the route.

FIX Turning the pop into a backpedal and receiving with no shot force.

ADVANCE Add a one-dribble middle pull-up when the trainer runs the player off the line.

QUALITY STANDARD Pass when the post presents a credible shot on every face-up and can convert one dribble into a balanced second-level score.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

**INDIVIDUAL | POST | ADVANCED Modern Post:
Short Roll, Pop, and Touch
Finish**

Front card: drill order, dose, and measurable standards

TOTAL
35 MIN

SPACE
1/2 COURT SIDE

CONTACT
NONE

EQUIPMENT
BALLS + MARKERS

SIDES
EQUAL R / L

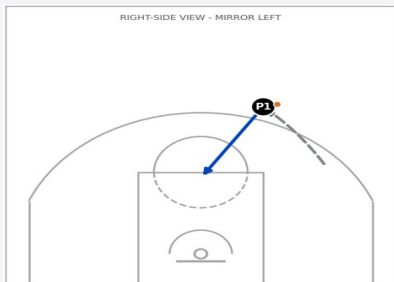
SESSION INTENT Integrate short-roll catches, pocket footwork, pop shooting, and quick non-contact finishing.

TRAINER LENS The modern screener must solve space on the move. The catch should arrive with vision, two-foot balance, and immediate access to pass, shot, or touch finish.

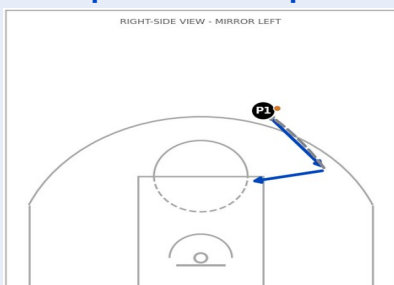
WORKOUT CARD

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Post Base + Hip Mobility: 0:00-1:00 ankle rocks in wide base; 1:00-2:00 lateral squat shift; 2:00-3:00 drop-step pattern without ball; 3:00-4:00 stride stop to pivot counter; 4:00-5:00 face-up jab to balanced rise	Complete
7:00	Ball handling	Two-Ball Pickup + Control: 1:00 simultaneous pound to clean pickup; 1:00 alternating pound to staggered pickup; 1:00 one-ball live, one-ball secure switch; 1:00 two-ball split stance to shot pocket; 1:00 two-ball retreat to controlled stop; 1:00 drop one ball and attack with the other; 1:00 coach cue determines attacking hand	Eyes up
7:00	Short-Roll Two-Foot Catch	Simulate the screen, open to the ball, and roll into a two-foot catch. Score with a short jumper or compact push shot before drifting deeper.	12 makes; 6 each lane line; stretch 16
8:00	Pop-Reattack Sequence	Screen, pop with the chest facing the passer, and catch. Space cue: shoot the three. High-hand cue: take one controlled dribble to the elbow and score.	10 three-point makes plus 6 one-dribble scores
8:00	Touch Finish and Re-Space Read	Trainer simulates penetration. Player either slides for a touch finish, short-corner relocates for a jumper, or rises to the slot for a pop three based on drive angle.	14 scores from 18 possessions
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

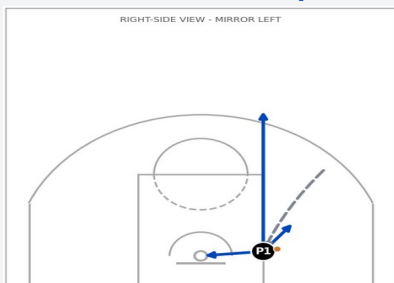
Right-side diagram shown. Mirror left unless the action is central.

1. Short-Roll Two-Foot Catch


7:00 | 12 makes; 6 each lane line; stretch 16

2. Pop-Reattack Sequence


8:00 | 10 three-point makes plus 6 one-dribble scores

3. Touch Finish and Re-Space Read


8:00 | 14 scores from 18 possessions

SETUP Set a screen cone at the slot and a short-roll marker near the foul-line pocket. Trainer passes from the wing.

EXECUTE Simulate the screen, open to the ball, and roll into a two-foot catch. Score with a short jumper or compact push shot before drifting deeper.

COACHING CUES Open to the pass on the roll | Catch on two feet | Score from the pocket before help arrives

READ Trainer shows hand low for push shot or hand high for short jumper.

FIX Catching while still moving sideways and losing the base.

ADVANCE Add a front-pivot finish when the trainer walls the first shot window.

SETUP Use a screen cone at the slot, a pop marker behind the arc, and an elbow pull-up marker.

EXECUTE Screen, pop with the chest facing the passer, and catch. Space cue: shoot the three. High-hand cue: take one controlled dribble to the elbow and score.

COACHING CUES Create separation before opening | Catch already loaded | One dribble gets below the closeout

READ Trainer varies the cue on ball flight and may take away the elbow for a pivot counter.

FIX Opening too early and never creating true pop separation.

ADVANCE Finish the final set with a side-step three when the closeout arrives square.

SETUP Start in the dunker window with markers at the rim, short corner, and slot pop area.

EXECUTE Trainer simulates penetration. Player either slides for a touch finish, short-corner relocates for a jumper, or rises to the slot for a pop three based on drive angle.

COACHING CUES Read the driver's lane | Move late enough to stay unseen | Finish or re-space in one action

READ No verbal cue; the penetration line determines the response.

FIX Moving early and occupying the same space as the driver.

ADVANCE Add a second relocation when the trainer denies the first window.

QUALITY STANDARD Pass when the player catches every roll and pop on balance and selects the correct scoring window from the penetration or closeout cue.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.



TWO-PLAYER DEVELOPMENT

WORKOUTS 21-30 | 10 TWO-PAGE CARDS

Pass timing, movement shooting, handoffs, screens, cuts, and two-player ball-screen solutions.

35 MIN
PER WORKOUT

NON-CONTACT
ALL ACTIONS

R / L
EQUAL REPS

TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L

SESSION INTENT Synchronize pass timing, shot preparation, and role exchange in high-quality catch-and-shoot work.

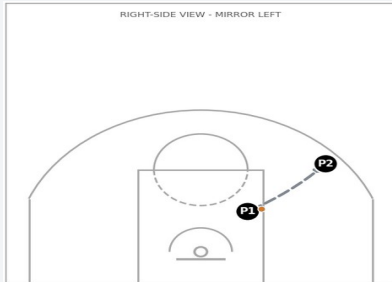
TRAINER LENS The passer trains the shot as much as the shooter. Pass location, timing, and verbal information should improve the receiver's release window.

WORKOUT CARD

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Ankle Stack + Landing Control: 0:00-1:00 ankle rocks and calf pulses; 1:00-2:00 walking lunge with overhead reach; 2:00-3:00 lateral lunge to adductor shift; 3:00-4:00 snap-down to balanced stick; 4:00-5:00 1-2 stop into shot pocket	Complete
7:00	Ball handling	One-Ball Rhythm + Height Change: 1:00 waist-to-knee pounds, switch hand every 15 seconds; 1:00 in-out to crossover; 1:00 between-the-legs rhythm switches; 1:00 hang dribble to low crossover; 1:00 retreat dribble to re-attack; 1:00 eyes-up random height changes; 1:00 live-dribble pickup into shot pocket	Eyes up
7:00	Five-Window Catch-and-Shoot	Passer delivers to the shooting pocket and follows to rebound. Shooter completes two makes at each window, then roles switch. Mirror the opposite side after both players complete the first side.	10 makes per player; stretch 14
8:00	Inside-Out Relocation Pair	Shooter passes inside to the passer, relocates on ball flight to the called window, receives, and shoots. After the rebound, roles exchange every three attempts.	12 makes per player; 6 each side
8:00	Partner Make-Pressure Ladder	At each window make three, then four, then five total between the pair. A miss does not reset the rung, but the next shot must occur within five seconds to preserve rhythm.	Complete 3-4-5 makes at three windows per player
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

Right-side diagram shown. Mirror left unless the action is central.

1. Five-Window Catch-and-Shoot



7:00 | 10 makes per player; stretch 14

SETUP Player 1 begins as passer near the lane line; Player 2 starts at corner, wing, and slot windows on one side. Both use one ball.

EXECUTE Passer delivers to the shooting pocket and follows to rebound. Shooter completes two makes at each window, then roles switch. Mirror the opposite side after both players complete the first side.

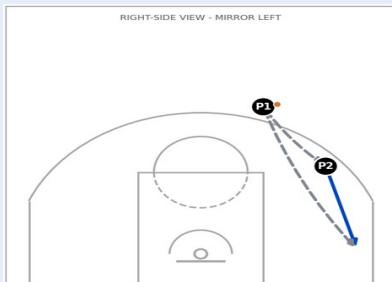
COACHING CUES Pass to the target hand | Shooter arrives before the ball | Role change happens without dead time

READ Passer varies slightly high, low, or lead passes so the shooter must choose one-two or hop footwork.

FIX Passer watching the make instead of moving into the rebound-and-exchange role.

ADVANCE Require the shooter to call the preferred footwork before the pass and adjust if the pass changes.

2. Inside-Out Relocation Pair



8:00 | 12 makes per player; 6 each side

SETUP Passer stands at the slot. Shooter begins at the wing with a corner and lift marker available.

EXECUTE Shooter passes inside to the passer, relocates on ball flight to the called window, receives, and shoots. After the rebound, roles exchange every three attempts.

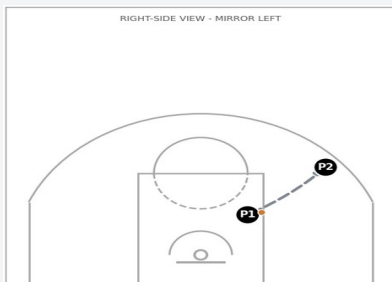
COACHING CUES Pass and move in one rhythm | Passer waits for the window to open | Shooter squares before the catch completes

READ Passer calls 'drift' or 'lift' after catching, making the route reactive.

FIX Shooter moves before the pass is secured or drifts into the passer's line.

ADVANCE Add a back-cut finish when the passer points to the denied relocation window.

3. Partner Make-Pressure Ladder



8:00 | Complete 3-4-5 makes at three windows per player

SETUP Choose corner, wing, and slot on one side. One player passes and rebounds while the other shoots; switch after each rung.

EXECUTE At each window make three, then four, then five total between the pair. A miss does not reset the rung, but the next shot must occur within five seconds to preserve rhythm.

COACHING CUES Quality pass before speed | Same landing on makes and misses | Communicate count and next window

READ On the final rung, passer calls one-two or hop as the ball is released.

FIX Chasing the clock with poor pass location and rushed footwork.

ADVANCE Use consecutive makes for the final five-make rung.

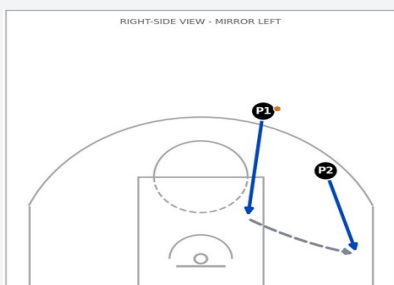
QUALITY STANDARD Pass when both players receive pocket-quality passes, maintain balanced footwork, and complete equal repetitions on both sides.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

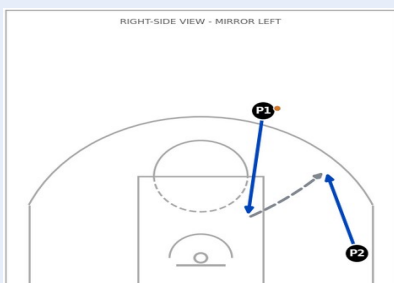
TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L**SESSION INTENT** Train two-player penetration spacing with precise drift, lift, and return-pass timing.**TRAINER LENS** The off-ball player reads the drive line; the driver reads the help line. The return pass should arrive only after the relocation has created a clean passing angle.**WORKOUT CARD**

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Cutting Angles + Body Alignment: 0:00-1:00 dynamic calf and hamstring sweep; 1:00-2:00 45-degree lunge and recover; 2:00-3:00 V-cut to stick; 3:00-4:00 curl path to two-foot stop; 4:00-5:00 fade path to shot pocket	Complete
7:00	Ball handling	Two-Ball Rhythm + Symmetry: 1:00 simultaneous waist pounds; 1:00 alternating waist pounds; 1:00 simultaneous low pounds; 1:00 one high and one low, switch at 30 seconds; 1:00 two-ball in-out rhythm; 1:00 two-ball retreat and advance; 1:00 eyes-up rhythm changes on cue	Eyes up
7:00	Baseline Drive-Drift	Driver attacks a paint marker without contact, jump-stops, and passes to the drifting shooter. Shooter moves behind the drive and catches ready to shoot. Switch roles every five attempts.	10 makes per player; 5 each side
8:00	Middle Drive-Lift	Driver attacks middle to a paint marker and passes back to the lifting shooter. Shooter stays behind the ball's path and arrives on balance.	12 makes per player; 6 each side
8:00	Drift-Lift Random Exchange	Handler chooses a baseline or middle penetration line. Partner reads the line, relocates, and shoots the pass-out. Switch roles after every three possessions.	8 correct makes per player from 12 possessions
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

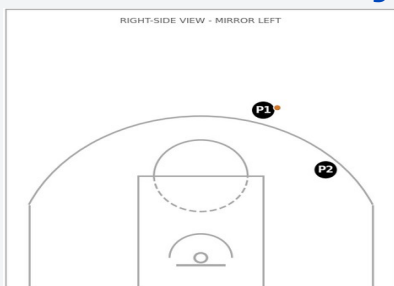
Right-side diagram shown. Mirror left unless the action is central.

1. Baseline Drive-Drift

7:00 | 10 makes per player; 5 each side

2. Middle Drive-Lift

8:00 | 12 makes per player; 6 each side

3. Drift-Lift Random Exchange

8:00 | 8 correct makes per player from 12 possessions

SETUP Driver starts at the wing with the ball; shooter starts one pass away at the opposite wing or corner. Mark the drift window.

EXECUTE Driver attacks a paint marker without contact, jump-stops, and passes to the drifting shooter. Shooter moves behind the drive and catches ready to shoot. Switch roles every five attempts.

COACHING CUES Driver touches paint before passing | Shooter drifts on the baseline win | Pass arrives outside the help line

READ Driver may stop short; shooter must hold rather than drift if baseline is not won.

FIX Shooter drifting on the first dribble and becoming visible too early.

ADVANCE Add one side dribble when the return pass arrives with a simulated high closeout.

SETUP Driver starts in the slot; shooter begins in the corner with a lift marker above the break.

EXECUTE Driver attacks middle to a paint marker and passes back to the lifting shooter. Shooter stays behind the ball's path and arrives on balance.

COACHING CUES Lift when the ball crosses the lane line | Driver passes from two feet | Shooter does not fade toward sideline

READ Driver calls 'short' or 'full' lift based on the imagined help position.

FIX Driver leaving the feet without a stable passing base.

ADVANCE Shooter back-cuts if the driver points at the top-lock cue.

SETUP One player handles from slot or wing while the partner begins weak-side. Use both drift and lift markers.

EXECUTE Handler chooses a baseline or middle penetration line. Partner reads the line, relocates, and shoots the pass-out. Switch roles after every three possessions.

COACHING CUES Read the drive shoulder | Relocate once and arrive early | Handler delivers on time, not after the window closes

READ No verbal route call; the penetration angle is the cue.

FIX Partner watches the rim instead of reading the handler's route.

ADVANCE Handler adds a pass fake before the real delivery to test the shooter's spacing patience.

QUALITY STANDARD Pass when both players choose drift or lift correctly from the drive line and the pass arrives before the imagined closeout recovers.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L

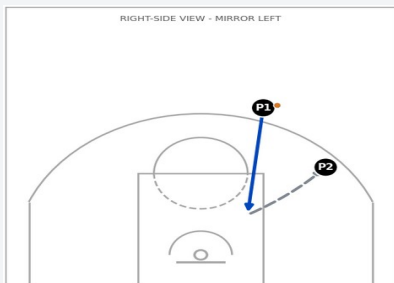
SESSION INTENT Create a second shot after the initial drive-and-pitch by teaching the driver to relocate immediately after passing.

TRAINER LENS The first pass does not end the possession. The driver must clear the lane and reappear in a second window while the receiver preserves the advantage.

WORKOUT CARD

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Deceleration + Foot Replacement: 0:00-1:00 march-to-skip rhythm; 1:00-2:00 forward lunge to hamstring sweep; 2:00-3:00 lateral shuffle to stick; 3:00-4:00 two-step acceleration to stride stop; 4:00-5:00 hop replacement into shot pocket	Complete
7:00	Ball handling	One-Ball Lateral Separation: 1:00 lateral push dribbles each hand; 1:00 cross-push into space; 1:00 between-push into space; 1:00 behind-back escape; 1:00 side-step dribble to pickup; 1:00 retreat-crossover re-entry; 1:00 coach cue: left, right, or stop	Eyes up
7:00	Drive-Pitch Shoot	Handler drives to the paint marker, stops on two feet, and pitches to the wing for a shot. Switch roles every five attempts and mirror sides.	10 makes per player; stretch 14
8:00	Pitch-Back Re-Space	Receiver catches as a shooter, then returns the ball to the driver's new window. Driver arrives shot-ready and completes the three. Switch every four possessions.	10 makes per player from driver relocation
8:00	Two-Pass Advantage Chain	Players execute drive-pitch, then choose immediate shot, pitch-back, or one-dribble re-drive based on a trainer cue. Roles alternate every possession.	Complete 12 team scores with no repeated finish more than twice
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO		

Right-side diagram shown. Mirror left unless the action is central.

1. Drive-Pitch Shoot

7:00 | 10 makes per player; stretch 14

SETUP Player 1 begins at the slot with the ball; Player 2 begins at the wing. Mark a paint-touch point and shooting windows on both sides.

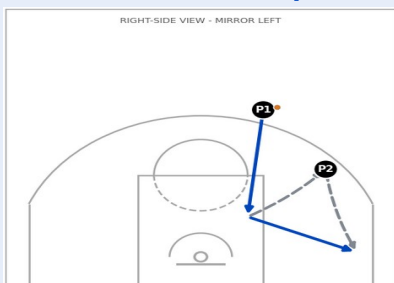
EXECUTE Handler drives to the paint marker, stops on two feet, and pitches to the wing for a shot. Switch roles every five attempts and mirror sides.

COACHING CUES Paint touch before pitch | Pass from balance | Receiver catches above the closeout line

READ Receiver shows hands high or low to vary pass location and footwork solution.

FIX Pitching before the handler has shifted the imaginary help defender.

ADVANCE Receiver shot-fakes and takes one dribble to the elbow when the handler calls 'run-off.'

2. Pitch-Back Re-Space

8:00 | 10 makes per player from driver relocation

SETUP Use slot, wing, and corner markers. Handler drives and pitches to the wing, then immediately relocates to corner or slot for a return pass.

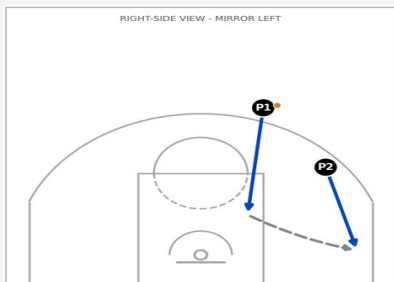
EXECUTE Receiver catches as a shooter, then returns the ball to the driver's new window. Driver arrives shot-ready and completes the three. Switch every four possessions.

COACHING CUES Driver exits the paint on the pass | Receiver keeps the ball in the shot pocket | Return pass leads the relocation

READ Receiver points to the open relocation window after the first catch.

FIX Driver standing to admire the pitch instead of moving into the second advantage.

ADVANCE Receiver attacks one dribble and delivers the pitch-back after a second paint touch.

3. Two-Pass Advantage Chain

8:00 | Complete 12 team scores with no repeated finish more than twice

SETUP Begin with a slot-wing alignment. Use markers for paint touch, drift, lift, and driver re-space.

EXECUTE Players execute drive-pitch, then choose immediate shot, pitch-back, or one-dribble re-drive based on a trainer cue. Roles alternate every possession.

COACHING CUES Every pass moves the defense | Re-space after moving the ball | Finish within two passes after the paint touch

READ Trainer displays hand down, high hand, or point-back to determine shot, re-drive, or pitch-back.

FIX Adding passes without creating a new advantage.

ADVANCE Set a six-second limit from first paint touch to final shot.

QUALITY STANDARD Pass when the driver consistently relocates after the pitch and both players can convert the second advantage without holding the ball.

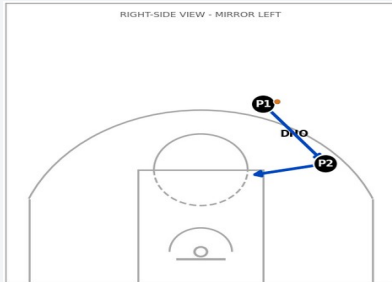
Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

TOTAL
35 MIN**SPACE**
1/2 COURT SIDE**CONTACT**
NONE**EQUIPMENT**
BALLS + MARKERS**SIDES**
EQUAL R / L**SESSION INTENT** Train handoff spacing, exchange timing, and three primary scoring exits without contact.**TRAINER LENS** A handoff is a moving screen-and-pass relationship. Both players must protect the exchange line and maintain enough spacing for the receiver to attack immediately.**WORKOUT CARD**

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Hip Turn + Crossover Readiness: 0:00-1:00 hip open-close walk; 1:00-2:00 reverse lunge with rotation; 2:00-3:00 crossover step to lateral stick; 3:00-4:00 drop-step and recover; 4:00-5:00 split stance to square-up	Complete
7:00	Ball handling	Two-Ball Height + Timing Contrast: 1:00 alternating high-low pounds; 1:00 staggered rhythm pounds; 1:00 one ball pound, one ball in-out; 1:00 one ball cross, one ball stationary; 1:00 switch assignments every 15 seconds; 1:00 two-ball lateral shifts; 1:00 random coach clap changes rhythm	Eyes up
7:00	Handoff Turn-the-Corner Pull-Up	Ballhandler dribbles toward the exchange and presents the ball outside the body. Receiver runs shoulder-to-hip past the handoff and uses one dribble into the pull-up. Switch roles every five attempts.	10 makes per receiver; 5 each side
8:00	Handoff Keep and Re-Space	Ballhandler approaches the handoff, keeps the ball when cued, attacks one dribble, then passes back to the receiver lifting behind the keep. Switch roles after four sequences.	8 keeper scores plus 8 partner threes per player
8:00	Handoff Reject-Back-Cut	Receiver sells the handoff route, plants outside the exchange, and back-cuts for the pass and two-foot finish. If the pass is denied, receiver re-spaces to the slot for a shot.	10 team scores per side; equal finishes
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

Right-side diagram shown. Mirror left unless the action is central.

1. Handoff Turn-the-Corner Pull-Up



7:00 | 10 makes per receiver; 5 each side

SETUP Ballhandler starts at the slot; receiver begins at the wing. Place an exchange marker and an elbow pull-up marker.

EXECUTE Ballhandler dribbles toward the exchange and presents the ball outside the body. Receiver runs shoulder-to-hip past the handoff and uses one dribble into the pull-up. Switch roles every five attempts.

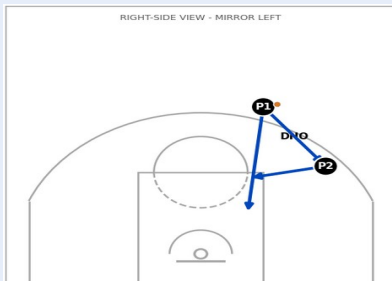
COACHING CUES Exchange outside the body | Receiver wins the handoff shoulder | One dribble reaches the pocket

READ Ballhandler calls 'tight' or 'wide' to change the receiver's exit angle.

FIX Receiver reaching across the ballhandler and widening the exchange gap.

ADVANCE Receiver pulls behind the handoff for a three when the trainer calls 'under.'

2. Handoff Keep and Re-Space



8:00 | 8 keeper scores plus 8 partner threes per player

SETUP Use the same exchange alignment with a keeper lane marker and a partner lift marker.

EXECUTE Ballhandler approaches the handoff, keeps the ball when cued, attacks one dribble, then passes back to the receiver lifting behind the keep. Switch roles after four sequences.

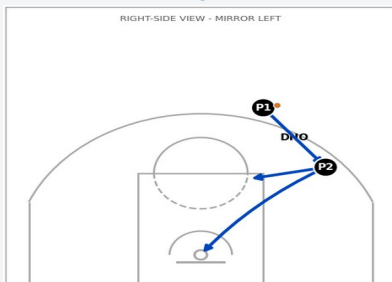
COACHING CUES Sell the exchange before keeping | Receiver clears then lifts | Keeper passes after drawing the help line

READ Trainer points to exchange or keep as the players close the gap.

FIX Keeper deciding too early and never making the handoff threat credible.

ADVANCE Add a keeper pull-up if the receiver's defender stays attached to the lift.

3. Handoff Reject-Back-Cut



8:00 | 10 team scores per side; equal finishes

SETUP Ballhandler starts at the wing; receiver approaches from the corner. Mark a back-cut lane and a slot re-space window.

EXECUTE Receiver sells the handoff route, plants outside the exchange, and back-cuts for the pass and two-foot finish. If the pass is denied, receiver re-spaces to the slot for a shot.

COACHING CUES Reject late at the exchange | Pass leads the cutter away from traffic | Finish on two feet

READ Trainer shows top-lock for back-cut or gap for normal handoff.

FIX Rejecting before the defense is moved by the exchange threat.

ADVANCE Run a second handoff after the receiver re-spaces instead of taking the immediate shot.

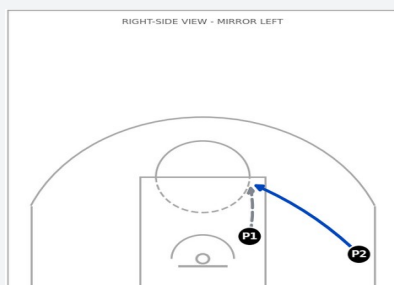
QUALITY STANDARD Pass when both players protect the exchange, maintain legal spacing, and read turn, keep, or reject from the cue without contact.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

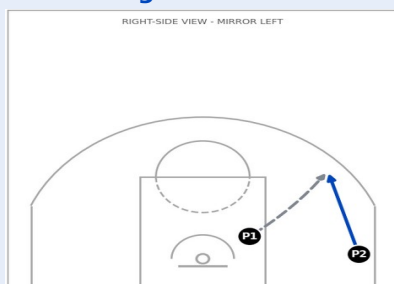
TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L**SESSION INTENT** Coordinate screener angle, cutter setup, and pass timing across three off-ball exits.**TRAINER LENS** The screener and cutter share responsibility for the window. The screener creates the route line; the cutter creates separation; the passer delivers after the read declares itself.**WORKOUT CARD**

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Cutting Angles + Body Alignment: 0:00-1:00 dynamic calf and hamstring sweep; 1:00-2:00 45-degree lunge and recover; 2:00-3:00 V-cut to stick; 3:00-4:00 curl path to two-foot stop; 4:00-5:00 fade path to shot pocket	Complete
7:00	Ball handling	One-Ball Pocket + Screen Manipulation: 1:00 pocket dribble each hand; 1:00 hip-to-hip snake dribbles; 1:00 reject crossover; 1:00 inside-out use-screen footwork; 1:00 retreat to re-use; 1:00 split-step pickup; 1:00 cue chain: use, reject, or snake	Eyes up
7:00	Pin-Down Curl Connection	Cutter sets up low, brushes the screen line without contact, curls to the elbow, receives the pass from the screener after a quick pivot, and shoots. Switch every five attempts.	10 makes per cutter; 5 each side
8:00	Straight Exit to Three	Cutter wins a straight line over the screen and receives a pocket pass at the wing. Screener opens to rebound and becomes the next cutter.	12 makes per player; 6 each side
8:00	Fade Exit and Re-Screen	Cutter reads the fade cue, plants away from the screen, and receives for a shot. On a deny cue, screener flips the angle and cutter uses the re-screen to the opposite window.	10 makes per player from fade or re-screen
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

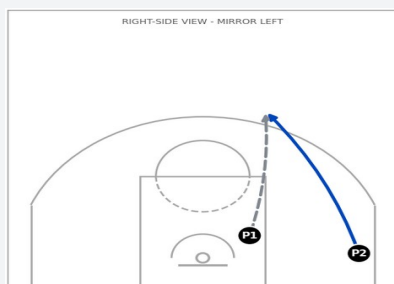
Right-side diagram shown. Mirror left unless the action is central.

1. Pin-Down Curl Connection

7:00 | 10 makes per cutter; 5 each side

2. Straight Exit to Three

8:00 | 12 makes per player; 6 each side

3. Fade Exit and Re-Screen

8:00 | 10 makes per player from fade or re-screen

SETUP Player 1 stands as a stationary no-contact screener near the block; Player 2 starts under the rim line. Use an elbow catch marker.

EXECUTE Cutter sets up low, brushes the screen line without contact, curls to the elbow, receives the pass from the screener after a quick pivot, and shoots. Switch every five attempts.

COACHING CUES Cutter changes speed at the screen | Screener pivots to see the target | Pass enters the curl window early

READ Screener calls 'curl' as the cutter reaches the screen, not before.

FIX Screener drifting into the cutter's route or cutter looping wide.

ADVANCE Cutter uses a two-foot stop and pivot counter when the screener calls 'wall.'

SETUP Set the no-contact screen near the block and a wing shooting marker above the break.

EXECUTE Cutter wins a straight line over the screen and receives a pocket pass at the wing. Screener opens to rebound and becomes the next cutter.

COACHING CUES Win the top shoulder | Pass arrives before the cutter turns fully | Land on the shot line

READ Passer varies pass lead to force one-two or hop footwork.

FIX Pass arriving behind the cutter and creating a fade.

ADVANCE Cutter takes one middle dribble into a pull-up when the passer calls 'chase.'

SETUP Use the same screen with fade markers at corner and slot. Both players remain on one side of the half court.

EXECUTE Cutter reads the fade cue, plants away from the screen, and receives for a shot. On a deny cue, screener flips the angle and cutter uses the re-screen to the opposite window.

COACHING CUES Fade with width, not backward steps | Screener flips after the first window closes | Passer waits for the second separation

READ Trainer or screener calls 'fade' or 'flip' at the screen line.

FIX Both players changing direction at once without establishing a new screen angle.

ADVANCE Finish with random curl, straight, fade, or flip reads.

QUALITY STANDARD Pass when the pair maintains clear route spacing and the pass consistently arrives in front of the cutter's movement.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L

SESSION INTENT Train screening deception and immediate spacing into ghost, slip, and pop scoring actions.

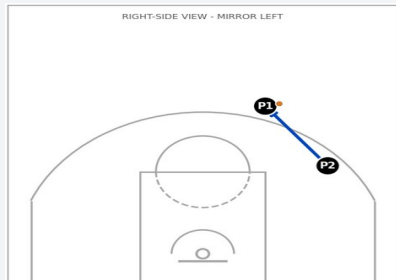
TRAINER LENS The screener's value is created by timing and angle, not contact. A convincing approach forces a defensive reaction before the player exits to space.

WORKOUT CARD

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Hip Turn + Crossover Readiness: 0:00-1:00 hip open-close walk; 1:00-2:00 reverse lunge with rotation; 2:00-3:00 crossover step to lateral stick; 3:00-4:00 drop-step and recover; 4:00-5:00 split stance to square-up	Complete
7:00	Ball handling	Two-Ball Movement Coordination: 1:00 march with simultaneous pounds; 1:00 lateral walk with alternating pounds; 1:00 forward-retreat in a three-step box; 1:00 two-ball V-dribbles while moving; 1:00 drop-step and recover; 1:00 split stance rhythm exchange; 1:00 coach cue: advance, retreat, or freeze	Eyes up
7:00	Ghost Screen to Pop Three	Screener sprints into the screen line, ghosts before arriving, and pops to the open window. Ballhandler uses one setup dribble and passes on time for the shot.	10 makes per player as popper; 5 each side
8:00	Early Slip to Touch Finish	Screener approaches, plants outside the screen line, and slips to the rim before setting. Ballhandler delivers a bounce or pocket pass for a two-foot, non-contact finish.	12 finishes per player; 6 each side
8:00	Ghost-Slip-Pop Read	Screener approaches on the same line each time. Trainer cues switch, blitz, or drop; pair responds with ghost pop, early slip, or short pop/roll score.	12 team scores with 4 from each action
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

Right-side diagram shown. Mirror left unless the action is central.

1. Ghost Screen to Pop Three



7:00 | 10 makes per player as popper; 5 each side

SETUP Ballhandler begins at the slot; screener starts on the wing and approaches a screen cone before exiting behind the arc.

EXECUTE Screener sprints into the screen line, ghosts before arriving, and pops to the open window. Ballhandler uses one setup dribble and passes on time for the shot.

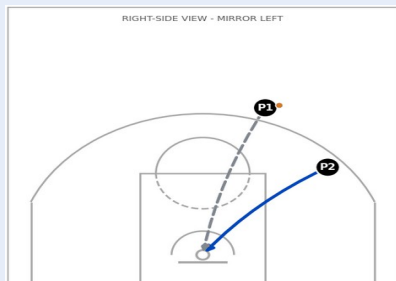
COACHING CUES Sell the screen with speed and angle | Ghost before contact range | Pass leads the pop away from recovery

READ Ballhandler calls 'ghost' late; otherwise screener completes the normal screen line and pops.

FIX Popper opening too early and never creating a defensive decision.

ADVANCE Ballhandler rejects the ghost and then pitches back to the popping partner.

2. Early Slip to Touch Finish



8:00 | 12 finishes per player; 6 each side

SETUP Use a slot ballhandler and wing screener with a slip lane marker near the rim.

EXECUTE Screener approaches, plants outside the screen line, and slips to the rim before setting. Ballhandler delivers a bounce or pocket pass for a two-foot, non-contact finish.

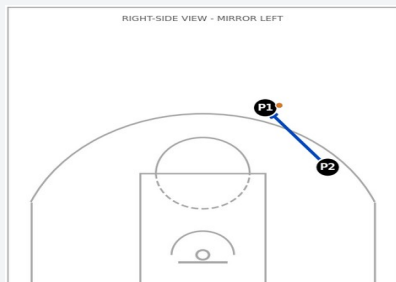
COACHING CUES Slip after the defender commits | Show a target early | Catch and finish on two feet

READ Ballhandler points low for pocket pass or high for lead pass.

FIX Slipping before the approach has influenced the imagined coverage.

ADVANCE Slip to a short-roll stop instead of the rim when the trainer calls 'drop.'

3. Ghost-Slip-Pop Read



8:00 | 12 team scores with 4 from each action

SETUP Begin in slot-wing alignment with pop, short-roll, and rim markers.

EXECUTE Screener approaches on the same line each time. Trainer cues switch, blitz, or drop; pair responds with ghost pop, early slip, or short pop/roll score.

COACHING CUES Same approach, different exit | Ballhandler keeps the dribble alive | Score before the defense can reset

READ Cue is delivered as the screener reaches the final two approach steps.

FIX Screener telegraphing the exit by changing speed too early.

ADVANCE Remove verbal cues and use trainer position as the coverage picture.

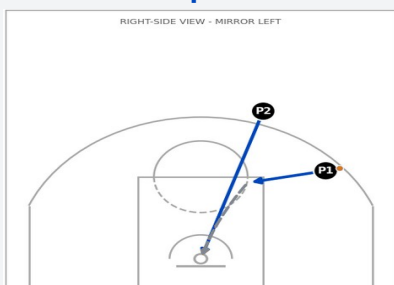
QUALITY STANDARD Pass when the screening approach looks identical across ghost, slip, and pop and both players complete equal roles.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

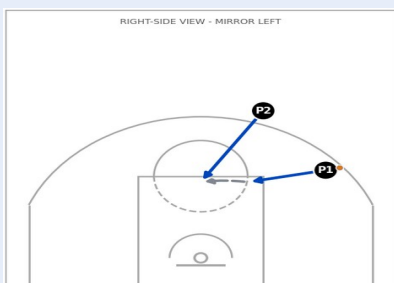
TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L**SESSION INTENT** Connect ballhandler pocket scoring with screener roll, short-roll, and pop decisions.**TRAINER LENS** Two-player ball-screen development should preserve the timing relationship between handler and screener. The handler cannot outrun the roll, and the screener cannot leave before the defense is engaged.**WORKOUT CARD**

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Hip Turn + Crossover Readiness: 0:00-1:00 hip open-close walk; 1:00-2:00 reverse lunge with rotation; 2:00-3:00 crossover step to lateral stick; 3:00-4:00 drop-step and recover; 4:00-5:00 split stance to square-up	Complete
7:00	Ball handling	One-Ball Pocket + Screen Manipulation: 1:00 pocket dribble each hand; 1:00 hip-to-hip snake dribbles; 1:00 reject crossover; 1:00 inside-out use-screen footwork; 1:00 retreat to re-use; 1:00 split-step pickup; 1:00 cue chain: use, reject, or snake	Eyes up
7:00	Pocket Pull-Up and Roll Timing	Screener arrives and holds the no-contact angle. Handler uses the screen to a pocket pull-up while screener rolls on the handler's second dribble. Alternate shot and roll finish every possession.	8 pull-up makes and 8 roll finishes per player role
8:00	Short Roll to Two-Foot Score	Handler uses the screen and delivers a pocket pass to the short roller. Roller catches on two feet and scores with a short jumper, push shot, or pivot counter.	10 short-roll makes per player; 5 each side
8:00	Use-Reject-Pop Chain	Trainer presents under, top-side, or switch coverage. Pair responds with handler pull-up, reject-and-finish, or screener pop shot.	12 team scores; 4 use, 4 reject, 4 pop
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

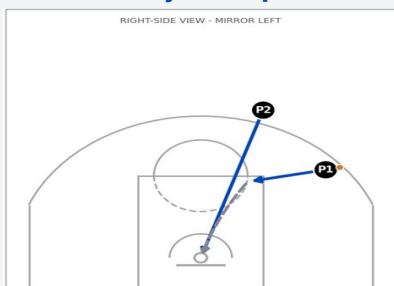
Right-side diagram shown. Mirror left unless the action is central.

1. Pocket Pull-Up and Roll Timing

7:00 | 8 pull-up makes and 8 roll finishes per player role

2. Short Roll to Two-Foot Score

8:00 | 10 short-roll makes per player; 5 each side

3. Use-Reject-Pop Chain

8:00 | 12 team scores; 4 use, 4 reject, 4 pop

SETUP Set a screen cone at the slot. Ballhandler starts outside the arc; screener begins one step below the screen line.

EXECUTE Screener arrives and holds the no-contact angle. Handler uses the screen to a pocket pull-up while screener rolls on the handler's second dribble. Alternate shot and roll finish every possession.

COACHING CUES Handler brushes the screen line | Roll begins after engagement | Pocket shot stays above the roll path

READ Trainer calls 'shot' or 'roll' on the handler's first dribble.

FIX Screener rolling too early and narrowing the handler's pocket.

ADVANCE Handler snakes before delivering the roll pass on the final set.

SETUP Ballhandler starts at the slot; screener rolls to a foul-line pocket marker. Use one ball.

EXECUTE Handler uses the screen and delivers a pocket pass to the short roller. Roller catches on two feet and scores with a short jumper, push shot, or pivot counter.

COACHING CUES Pass before the pocket closes | Roller catches facing the rim | Two feet preserve the counter

READ Handler shows high or low pass; trainer calls shot or pivot after the catch.

FIX Roller catching on one drifting foot and losing the ability to read.

ADVANCE Roller takes one controlled dribble to a touch finish on the 'space' cue.

SETUP Use screen, reject, and pop markers on one side. Both players rotate roles every three possessions.

EXECUTE Trainer presents under, top-side, or switch coverage. Pair responds with handler pull-up, reject-and-finish, or screener pop shot.

COACHING CUES Coverage read before second dribble | Screener adjusts after handler choice | Spacing remains at two levels

READ Coverage is shown by trainer position rather than a verbal call on the final six possessions.

FIX Both players attacking the same window after the read.

ADVANCE Complete three consecutive correct solutions with no repeated answer.

QUALITY STANDARD Pass when the handler and screener arrive at separate scoring levels and make the coverage response inside two dribbles.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L

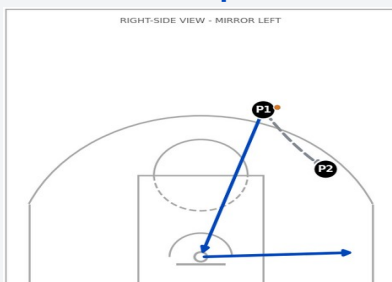
SESSION INTENT Build continuous two-player movement after passes using front cuts, back cuts, and replacement shooting.

TRAINER LENS Passing should trigger movement that improves spacing. The cut threatens the rim; the replacement creates the next perimeter window.

WORKOUT CARD

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Cutting Angles + Body Alignment: 0:00-1:00 dynamic calf and hamstring sweep; 1:00-2:00 45-degree lunge and recover; 2:00-3:00 V-cut to stick; 3:00-4:00 curl path to two-foot stop; 4:00-5:00 fade path to shot pocket	Complete
7:00	Ball handling	Two-Ball Movement Coordination: 1:00 march with simultaneous pounds; 1:00 lateral walk with alternating pounds; 1:00 forward-retreat in a three-step box; 1:00 two-ball V-dribbles while moving; 1:00 drop-step and recover; 1:00 split stance rhythm exchange; 1:00 coach cue: advance, retreat, or freeze	Eyes up
7:00	Pass-Cut-Replace Three	Wing holds the advantage, returns the pass to the replacing cutter, and follows to rebound. Switch initial positions every five attempts.	10 makes per player; 5 each side
8:00	Top-Lock Back Cut	Receiver steps toward the pass, plants outside the marker, and back-cuts for a lead pass and two-foot finish. Roles switch every four reps.	12 finishes per player; 6 each side
8:00	Continuous Cut-Relocate Read	Every pass triggers one action: front cut, back cut, or replace. The receiver must shoot, drive one gap, or return the ball to the new window within one second.	12 team scores in 8:00; no action repeated 3 times
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

Right-side diagram shown. Mirror left unless the action is central.

1. Pass-Cut-Replace Three

7:00 | 10 makes per player; 5 each side

SETUP Players begin slot and wing. The slot passes to the wing, basket-cuts through, then replaces to the corner or opposite slot.

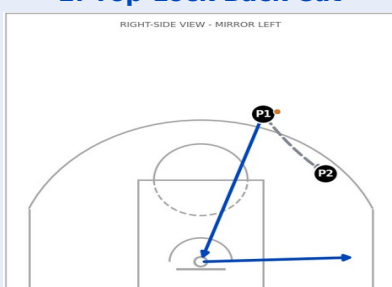
EXECUTE Wing holds the advantage, returns the pass to the replacing cutter, and follows to rebound. Switch initial positions every five attempts.

COACHING CUES Cut hard enough to move help | Replace after clearing the lane | Return pass meets the new window

READ Wing points corner or slot after the cutter clears the paint.

FIX Floating directly from pass to replacement without threatening the rim.

ADVANCE Wing back-cuts the return pass when the trainer denies the replacement.

2. Top-Lock Back Cut

8:00 | 12 finishes per player; 6 each side

SETUP One player starts at the wing and the passer at the slot. A marker represents the top-lock position.

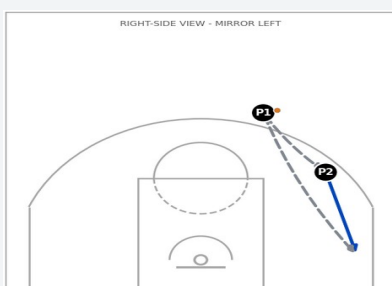
EXECUTE Receiver steps toward the pass, plants outside the marker, and back-cuts for a lead pass and two-foot finish. Roles switch every four reps.

COACHING CUES Sell the catch before cutting | Pass to space, not the body | Finish outside the rim line

READ Passer uses a hand cue to signal back cut or normal catch.

FIX Cutting before the defender line is moved by the catch threat.

ADVANCE Receiver stops in the short corner for a pull-up when the rim window closes.

3. Continuous Cut-Relocate Read

8:00 | 12 team scores in 8:00; no action repeated 3 times

SETUP Use slot, wing, corner, and rim markers. Players begin one pass apart.

EXECUTE Every pass triggers one action: front cut, back cut, or replace. The receiver must shoot, drive one gap, or return the ball to the new window within one second.

COACHING CUES Cut clears space for the next action | Receiver stays shot-ready | No standing after a pass

READ Trainer points rim, corner, or slot to choose the mover's route.

FIX Both players cutting into the same space or replacing before the lane clears.

ADVANCE Set a six-second limit from first pass to shot.

QUALITY STANDARD Pass when every pass produces an immediate purposeful cut or replacement and both players preserve one-side spacing.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L

SESSION INTENT Train a two-player transition connection through drag screens, rejects, pitch-backs, and trail shooting.

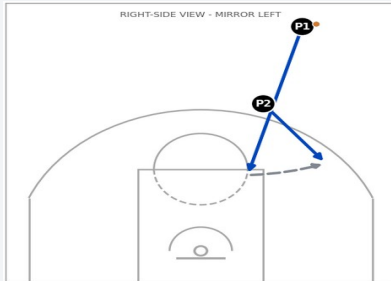
TRAINER LENS Transition actions succeed before the defense is organized. The pair must run into spacing, communicate the screen angle, and complete the shot without overhandling.

WORKOUT CARD

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Transition Alignment: 0:00-1:00 A-march with posture reset; 1:00-2:00 skip to controlled deceleration; 2:00-3:00 turn-and-run to outside-foot stop; 3:00-4:00 backpedal to hip turn and sprint; 4:00-5:00 trail run into shot pocket	Complete
7:00	Ball handling	One-Ball Pace + Stop Control: 1:00 slow-fast pounds; 1:00 hang-to-burst; 1:00 dead-stop to re-accelerate; 1:00 inside-foot stop with live dribble; 1:00 stride-stop pickup; 1:00 pivot out of pickup; 1:00 coach cue: pull, pivot, or re-drive	Eyes up
7:00	Drag Screen Pull-Up	Partner arrives on the move and sets a no-contact angle. Handler uses one setup dribble, brushes the line, and pulls behind the screen for a three.	10 makes per handler; 5 each side
8:00	Pitch-Back Trail Three	Lead player attacks a paint marker, stops, and pitches back to the trailer for a three. Trailer shortens steps and arrives behind the pass.	10 makes per player as trailer; 5 each side
8:00	Drag-Reject-Pitch Decision	Trainer shows under, top-side, or collapse coverage. Pair responds with pull-up, reject score, or pitch-back trail three.	12 team scores from 16 possessions
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

Right-side diagram shown. Mirror left unless the action is central.

1. Drag Screen Pull-Up



7:00 | 10 makes per handler; 5 each side

SETUP Handler begins above half court on one side; partner runs into a drag-screen cone at the slot.

EXECUTE Partner arrives on the move and sets a no-contact angle. Handler uses one setup dribble, brushes the line, and pulls behind the screen for a three.

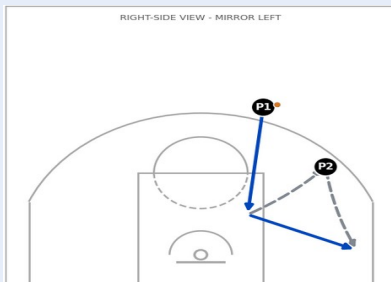
COACHING CUES Screener arrives early enough to be used | Handler changes pace into the screen | Pull-up stays behind the line

READ Screener calls angle left or right while running into the action.

FIX Screener stopping in the handler's path or handler rounding wide.

ADVANCE Handler rejects the drag when the trainer top-shades the screen.

2. Pitch-Back Trail Three



8:00 | 10 makes per player as trailer; 5 each side

SETUP Lead player pushes the ball to the wing; trailer follows to the slot behind the play.

EXECUTE Lead player attacks a paint marker, stops, and pitches back to the trailer for a three. Trailer shortens steps and arrives behind the pass.

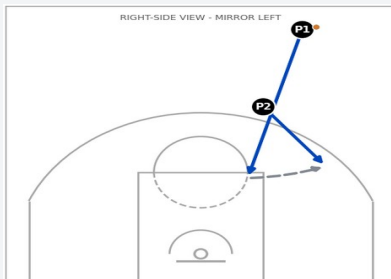
COACHING CUES Lead player wins paint first | Trailer stays behind the ball | Pitch-back hits the shot pocket

READ Lead player may call 'hold' to delay the trailer one count and improve spacing.

FIX Trailer running beside the ball and shrinking the pitch-back angle.

ADVANCE Trailer shot-fakes and takes one middle dribble into a pull-up.

3. Drag-Reject-Pitch Decision



8:00 | 12 team scores from 16 possessions

SETUP Use drag screen, reject lane, and trail pop markers. Players alternate handler and trailer every two possessions.

EXECUTE Trainer shows under, top-side, or collapse coverage. Pair responds with pull-up, reject score, or pitch-back trail three.

COACHING CUES Read before the second dribble | Trailer relocates after screening | Finish before the action becomes half-court

READ Coverage picture replaces verbal cue on the final eight possessions.

FIX Trailer standing after the screen instead of re-entering the play.

ADVANCE Reduce the possession clock to five seconds from screen arrival.

QUALITY STANDARD Pass when both players arrive at transition speed yet complete the drag or pitch-back with stable spacing and shot balance.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

30

TWO-PLAYER | GUARD-WING | ADVANCED **Late-Clock Handoff and Re-Screen**

Front card: drill order, dose, and measurable standards

TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L

SESSION INTENT Create a quality late-clock attempt through handoff, reject, keeper, and re-screen actions within six seconds.

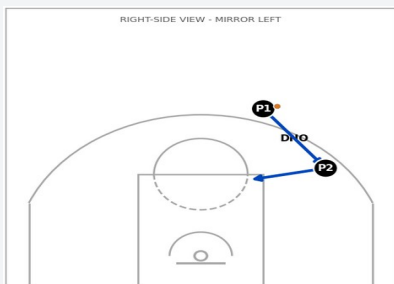
TRAINER LENS Late-clock two-player offense requires shared urgency. Both players must know when the first action is dead and flow directly into the counter without resetting.

WORKOUT CARD

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Sprint-Stop-Shot Preparation: 0:00-1:00 low skip and arm rhythm; 1:00-2:00 quad pull to lunge reach; 2:00-3:00 three-step build to two-foot stop; 3:00-4:00 sprint to 1-2 square-up; 4:00-5:00 sprint to hop square-up	Complete
7:00	Ball handling	Two-Ball Pickup + Control: 1:00 simultaneous pound to clean pickup; 1:00 alternating pound to staggered pickup; 1:00 one-ball live, one-ball secure switch; 1:00 two-ball split stance to shot pocket; 1:00 two-ball retreat to controlled stop; 1:00 drop one ball and attack with the other; 1:00 coach cue determines attacking hand	Eyes up
7:00	Handoff Pull-Up Under Six	Receiver turns the corner and creates a pull-up three or pocket jumper within the count. Roles switch every three attempts.	8 makes per receiver from 12 timed reps
8:00	Reject or Keeper Counter	Trainer top-locks the receiver or jumps the exchange. Receiver rejects to a two-foot finish, or ballhandler keeps and pulls up. The read must happen without stopping the action.	10 team scores from 14 possessions
8:00	Re-Screen Final Solution	If the first handoff creates no window, receiver retreats one dribble while partner flips the angle for a re-screen. Finish with pull-up, reject, or pop pass before the count.	8 scores from 12 six-second possessions
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

Right-side diagram shown. Mirror left unless the action is central.

1. Handoff Pull-Up Under Six



7:00 | 8 makes per receiver from 12 timed reps

SETUP Players begin slot and wing. A trainer starts a six-second count as the ballhandler initiates the handoff.

EXECUTE Receiver turns the corner and creates a pull-up three or pocket jumper within the count. Roles switch every three attempts.

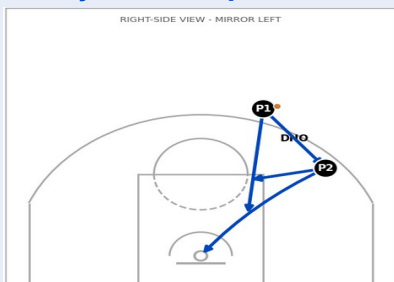
COACHING CUES Exchange by second two | One dribble to the window | Shot leaves before the count ends

READ Trainer calls 'under' or 'chase' as the exchange occurs.

FIX Using extra setup dribbles before the handoff and consuming the clock.

ADVANCE Reduce the clock to five seconds after two clean makes.

2. Reject or Keeper Counter



8:00 | 10 team scores from 14 possessions

SETUP Use the same handoff alignment with marked reject and keeper lanes.

EXECUTE Trainer top-locks the receiver or jumps the exchange. Receiver rejects to a two-foot finish, or ballhandler keeps and pulls up. The read must happen without stopping the action.

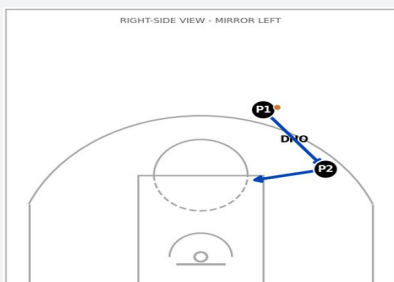
COACHING CUES Sell the handoff first | Counter attacks the open shoulder | Maximum two live dribbles

READ Trainer selects top-lock, jump, or neutral picture as players close the gap.

FIX Both players countering at once and occupying the same lane.

ADVANCE Add a pitch-back if the first counter draws the trainer into the paint.

3. Re-Screen Final Solution



8:00 | 8 scores from 12 six-second possessions

SETUP Begin with handoff alignment and a second screen marker one step higher or lower.

EXECUTE If the first handoff creates no window, receiver retreats one dribble while partner flips the angle for a re-screen. Finish with pull-up, reject, or pop pass before the count.

COACHING CUES First action flows directly into second | Screener flips with clear angle | Handler keeps vision during retreat

READ Trainer denies the first window on selected reps and then shows the second coverage picture.

FIX Stopping to discuss or reset between the handoff and re-screen.

ADVANCE Complete three consecutive timed scores using three different final solutions.

QUALITY STANDARD Pass when the pair produces a balanced attempt inside six seconds and flows from the first action to the counter without a dead possession.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.



THREE-PLAYER DEVELOPMENT

WORKOUTS 31-40 | 10 TWO-PAGE CARDS

Coordinated spacing and advanced actions with every player rotating through each role.

35 MIN
PER WORKOUT

NON-CONTACT
ALL ACTIONS

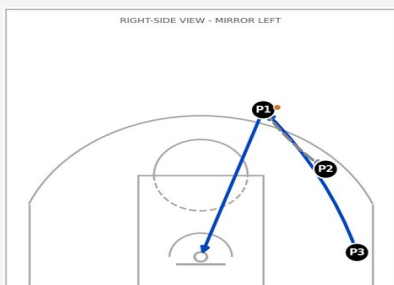
R / L
EQUAL REPS

TOTAL
35 MIN**SPACE**
1/2 COURT SIDE**CONTACT**
NONE**EQUIPMENT**
BALLS + MARKERS**SIDES**
EQUAL R / L**SESSION INTENT** Establish continuous spacing discipline through pass, basket cut, fill, and replacement shooting.**TRAINER LENS** Three-player spacing should remain self-correcting. When one player cuts, the other two must fill behind the movement without collapsing the same lane.**WORKOUT CARD**

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Cutting Angles + Body Alignment: 0:00-1:00 dynamic calf and hamstring sweep; 1:00-2:00 45-degree lunge and recover; 2:00-3:00 V-cut to stick; 3:00-4:00 curl path to two-foot stop; 4:00-5:00 fade path to shot pocket	Complete
7:00	Ball handling	One-Ball Rhythm + Height Change: 1:00 waist-to-knee pounds, switch hand every 15 seconds; 1:00 in-out to crossover; 1:00 between-the-legs rhythm switches; 1:00 hang dribble to low crossover; 1:00 retreat dribble to re-attack; 1:00 eyes-up random height changes; 1:00 live-dribble pickup into shot pocket	Eyes up
7:00	Pass-Cut-Fill Three	Slot passes to wing and cuts through. Corner fills to wing, wing passes to the filling player for the shot, and cutter exits to corner. Rotate continuously until each player makes eight.	24 team makes; 8 from each player
8:00	Back Cut and Replace	Wing steps toward the pass, back-cuts for a lead pass and two-foot finish. Corner fills to wing; slot replaces behind the pass for a second catch-and-shoot. Rotate roles every possession.	18 team finishes plus 12 replacement threes
8:00	Continuous Fill Read	Every pass triggers one cut and one fill. The receiver must shoot, back-cut, or make the next pass within one second. Finish each possession inside eight seconds.	15 scores from 20 possessions
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

Right-side diagram shown. Mirror left unless the action is central.

1. Pass-Cut-Fill Three



7:00 | 24 team makes; 8 from each player

SETUP Players begin at slot, wing, and corner on one side. Use one ball and three perimeter markers.

EXECUTE Slot passes to wing and cuts through. Corner fills to wing, wing passes to the filling player for the shot, and cutter exits to corner. Rotate continuously until each player makes eight.

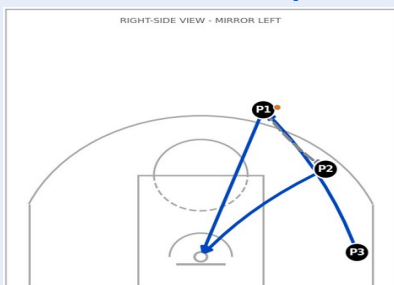
COACHING CUES Pass creates the cut | Fill only after the cutter clears | Shooter arrives behind the ball

READ Passer calls 'corner' or 'slot' to direct the cutter's exit and change the fill pattern.

FIX All three players moving at once before the lane is cleared.

ADVANCE Require consecutive makes from three different players before changing sides.

2. Back Cut and Replace



8:00 | 18 team finishes plus 12 replacement threes

SETUP Players align slot, wing, and corner. A marker at the wing represents a top-lock defender.

EXECUTE Wing steps toward the pass, back-cuts for a lead pass and two-foot finish. Corner fills to wing; slot replaces behind the pass for a second catch-and-shoot. Rotate roles every possession.

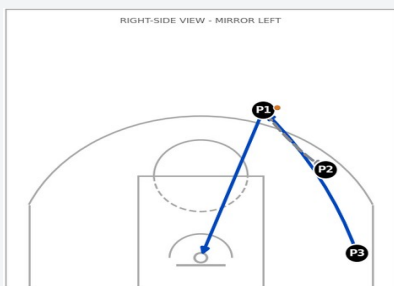
COACHING CUES Back cut after the catch threat | Replacement waits for the lane to clear | Second pass arrives on time

READ Slot shows hand cue: open palm for normal catch, point behind for back cut.

FIX Corner filling too early and blocking the passing lane to the cutter.

ADVANCE If the rim pass is denied, hit the filling corner for the immediate three.

3. Continuous Fill Read



8:00 | 15 scores from 20 possessions

SETUP Use slot, wing, corner, and rim markers. Start with any three adjacent spots on one side.

EXECUTE Every pass triggers one cut and one fill. The receiver must shoot, back-cut, or make the next pass within one second. Finish each possession inside eight seconds.

COACHING CUES One cutter, one filler | Hold width until the cut declares | Catch facing the next decision

READ Trainer points shot, rim, or next window as the ball travels.

FIX Players orbiting the perimeter without threatening the rim.

ADVANCE Complete five consecutive possessions with no spacing collision or held catch.

QUALITY STANDARD Pass when the group maintains one cutter and one filler on every pass and each player receives equal finishing and shooting repetitions.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L

SESSION INTENT Coordinate screen-away angles, cutter reads, and replacement spacing into catch-and-shoot opportunities.

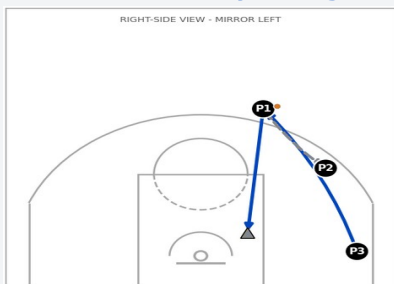
TRAINER LENS The screen-away action works when the ball is moved before the screen and the cutter reads the defender line rather than simply running a route.

WORKOUT CARD

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Cutting Angles + Body Alignment: 0:00-1:00 dynamic calf and hamstring sweep; 1:00-2:00 45-degree lunge and recover; 2:00-3:00 V-cut to stick; 3:00-4:00 curl path to two-foot stop; 4:00-5:00 fade path to shot pocket	Complete
7:00	Ball handling	Two-Ball Rhythm + Symmetry: 1:00 simultaneous waist pounds; 1:00 alternating waist pounds; 1:00 simultaneous low pounds; 1:00 one high and one low, switch at 30 seconds; 1:00 two-ball in-out rhythm; 1:00 two-ball retreat and advance; 1:00 eyes-up rhythm changes on cue	Eyes up
7:00	Pass-Screen-Away Straight Exit	Corner uses the screen to replace to slot for the return pass and shot. Screener exits to corner; passer fills behind. Rotate through all roles.	21 team makes; 7 per player
8:00	Curl and Pop Pair	Cutter curls the no-contact screen for a two-foot pull-up or finish. Screener opens and pops behind the action for the next pass and shot. Rotate every possession.	18 curl scores plus 12 pop threes
8:00	Screen-Away Read Chain	After the pass, screener sets away. Cutter reads straight, curl, fade, or back cut from trainer position. Screener then replaces to the vacated window.	15 team scores from 20 possessions
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

Right-side diagram shown. Mirror left unless the action is central.

1. Pass-Screen-Away Straight Exit



7:00 | 21 team makes; 7 per player

SETUP Players begin slot, wing, and corner. Slot passes to wing, then sets a no-contact screen-away for the corner player.

EXECUTE Corner uses the screen to replace to slot for the return pass and shot. Screener exits to corner; passer fills behind. Rotate through all roles.

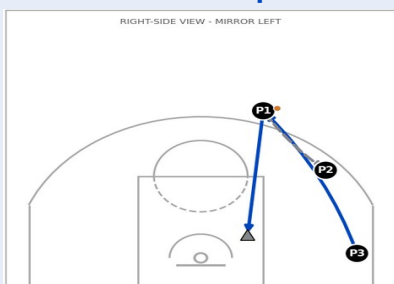
COACHING CUES Screen arrives after the pass | Cutter changes speed at the screen | Passer waits for separation

READ Screener calls 'straight' or 'fade' as the cutter reaches the screen.

FIX Screener leaving before the cutter uses the angle.

ADVANCE Add one-dribble pull-up when the cutter receives a chase cue.

2. Curl and Pop Pair



8:00 | 18 curl scores plus 12 pop threes

SETUP Passer holds the wing. Screener starts near the block; cutter begins in the corner. Mark curl and pop windows.

EXECUTE Cutter curls the no-contact screen for a two-foot pull-up or finish. Screener opens and pops behind the action for the next pass and shot. Rotate every possession.

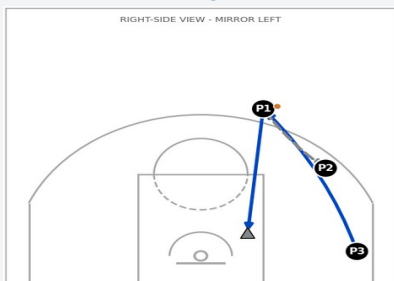
COACHING CUES Curl wins inside shoulder | Pop waits until cutter clears | Passer sees both levels

READ Passer chooses curl pass or pop pass from the trainer's help cue.

FIX Screener popping into the cutter's line before the first read resolves.

ADVANCE Cutter fades instead of curls when the trainer shows under coverage.

3. Screen-Away Read Chain



8:00 | 15 team scores from 20 possessions

SETUP Use slot, wing, and corner alignment with screen-away and back-cut markers.

EXECUTE After the pass, screener sets away. Cutter reads straight, curl, fade, or back cut from trainer position. Screener then replaces to the vacated window.

COACHING CUES Same setup for every cut | Read before changing speed | Screener exits after the cutter declares

READ Trainer becomes the coverage picture rather than giving a verbal route on the final half.

FIX Cutter preselecting a route and running into the trainer's position.

ADVANCE Complete four different successful reads in four consecutive possessions.

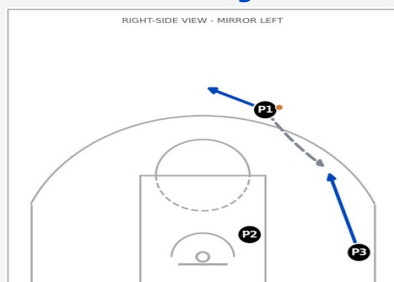
QUALITY STANDARD Pass when the group preserves timing between pass, screen, cut, and replacement and all three players can execute every role.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L**SESSION INTENT** Connect a pin-down cutter, screener, and weak-side lift into two-level scoring windows.**TRAINER LENS** A three-player pin-down must create a primary cut and a secondary spacing response. The third player cannot become a spectator or crowd the cutter's exit.**WORKOUT CARD**

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Cutting Angles + Body Alignment: 0:00-1:00 dynamic calf and hamstring sweep; 1:00-2:00 45-degree lunge and recover; 2:00-3:00 V-cut to stick; 3:00-4:00 curl path to two-foot stop; 4:00-5:00 fade path to shot pocket	Complete
7:00	Ball handling	One-Ball Lateral Separation: 1:00 lateral push dribbles each hand; 1:00 cross-push into space; 1:00 between-push into space; 1:00 behind-back escape; 1:00 side-step dribble to pickup; 1:00 retreat-crossover re-entry; 1:00 coach cue: left, right, or stop	Eyes up
7:00	Pin-Down Straight with Lift	Cutter exits straight for the catch-and-shoot. Screener opens to the rim, while passer lifts behind the action for the next repetition. Rotate roles.	21 team makes; 7 per player
8:00	Curl to Lift Pass	Cutter curls and catches on two feet. If trainer walls the curl, cutter pivots and passes to the lifting third player for a three. Rotate every possession.	18 curl scores plus 12 lift threes
8:00	Pin-Down Three-Read	Cutter reads the trainer, screener holds the angle then opens, and third player lifts or drifts to preserve spacing. Possession ends with cutter, screener, or spacer score.	15 scores from 20 possessions
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

Right-side diagram shown. Mirror left unless the action is central.

1. Pin-Down Straight with Lift

7:00 | 21 team makes; 7 per player

SETUP Player 1 passes from slot, Player 2 is a no-contact screener near the block, and Player 3 cuts from corner to wing. Mark a weak-side lift window.

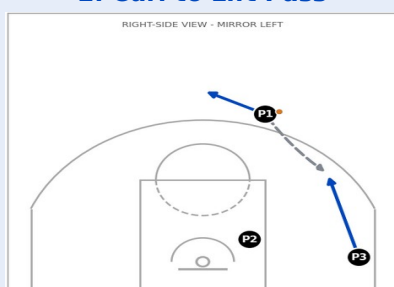
EXECUTE Cutter exits straight for the catch-and-shoot. Screener opens to the rim, while passer lifts behind the action for the next repetition. Rotate roles.

COACHING CUES Cutter clears the screen line | Screener opens after use | Passer lifts without crowding

READ Passer can call 'straight' or 'curl' as the cutter reaches the screen.

FIX Passer lifting before delivering the ball and changing the passing angle.

ADVANCE On chase cue, cutter takes one middle dribble and hits the lifting passer for a shot.

2. Curl to Lift Pass

8:00 | 18 curl scores plus 12 lift threes

SETUP Use the same alignment with a curl marker near the elbow and a lift marker at the slot.

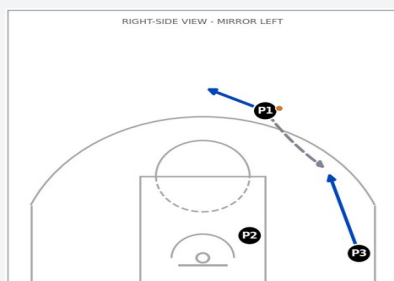
EXECUTE Cutter curls and catches on two feet. If trainer walls the curl, cutter pivots and passes to the lifting third player for a three. Rotate every possession.

COACHING CUES Curl receives before the paint closes | Two feet preserve pass and shot | Lift stays behind the ball

READ Trainer shows open lane for cutter score or wall for lift pass.

FIX Cutter leaving the feet without a clear finish or pass target.

ADVANCE Screener slips to the rim when the trainer overplays the lift.

3. Pin-Down Three-Read

8:00 | 15 scores from 20 possessions

SETUP Set straight, curl, and fade windows around one pin-down on a side. Third player begins in the slot.

EXECUTE Cutter reads the trainer, screener holds the angle then opens, and third player lifts or drifts to preserve spacing. Possession ends with cutter, screener, or spacer score.

COACHING CUES Primary read first | Secondary player moves after the cut | Three distinct levels remain available

READ Trainer shows trail, under, or switch picture.

FIX All three players reacting to the same cue and collapsing the floor.

ADVANCE Finish with six random possessions and require a different scorer on each of the final three.

QUALITY STANDARD Pass when the cutter creates the first advantage and the screener and spacer respond after, not before, the route is declared.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

TOTAL
35 MIN

SPACE
1/2 COURT SIDE

CONTACT
NONE

EQUIPMENT
BALLS + MARKERS

SIDES
EQUAL R / L

SESSION INTENT Train a three-player handoff with receiver turn, ballhandler keep, reject cut, and third-player spacing.

TRAINER LENS The third player gives the handoff room to breathe and becomes the release valve. Spacing must change only after the exchange read is clear.

WORKOUT CARD

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Hip Turn + Crossover Readiness: 0:00-1:00 hip open-close walk; 1:00-2:00 reverse lunge with rotation; 2:00-3:00 crossover step to lateral stick; 3:00-4:00 drop-step and recover; 4:00-5:00 split stance to square-up	Complete
7:00	Ball handling	Two-Ball Height + Timing Contrast: 1:00 alternating high-low pounds; 1:00 staggered rhythm pounds; 1:00 one ball pound, one ball in-out; 1:00 one ball cross, one ball stationary; 1:00 switch assignments every 15 seconds; 1:00 two-ball lateral shifts; 1:00 random coach clap changes rhythm	Eyes up
7:00	DHO Turn with Corner Drift	Receiver turns the handoff for a pull-up. If trainer steps into the pocket, receiver passes to the corner player drifting behind the action. Rotate all roles.	18 receiver makes plus 12 drift threes
8:00	Keeper with Lift Behind	Ballhandler sells the handoff and keeps to the paint marker. Receiver clears through; corner player lifts behind the keeper for the kick-out three.	18 keeper scores plus 12 lift threes
8:00	Reject and Re-Handoff	Receiver rejects the top-lock for a cut. If pass is unavailable, receiver exits to corner while ballhandler flows into a re-handoff with the third player lifting to wing.	15 team scores from 20 possessions

GLOBAL STANDARD

All targets split evenly right and left unless the action is central.

DECISION PHASE

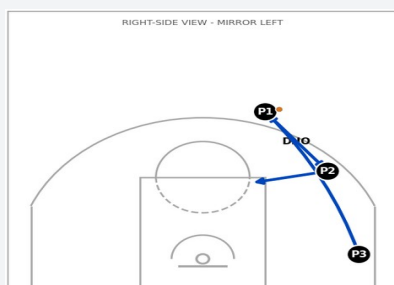
First 60% stable; final 40% uses the listed visual or verbal cue.

REST RULE

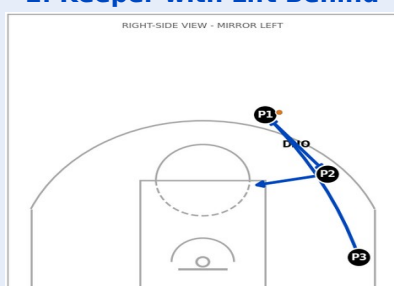
Use brief resets to protect shot quality. No conditioning finisher is added.

DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

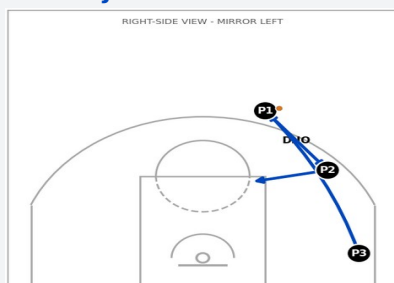
Right-side diagram shown. Mirror left unless the action is central.

1. DHO Turn with Corner Drift

7:00 | 18 receiver makes plus 12 drift threes

2. Keeper with Lift Behind

8:00 | 18 keeper scores plus 12 lift threes

3. Reject and Re-Handoff

8:00 | 15 team scores from 20 possessions

SETUP Ballhandler begins slot, receiver wing, spacer corner. Use exchange, pull-up, and drift markers.**EXECUTE** Receiver turns the handoff for a pull-up. If trainer steps into the pocket, receiver passes to the corner player drifting behind the action. Rotate all roles.**COACHING CUES** Exchange shoulder-to-hip | Corner drifts after the turn | Receiver stops on balance before pass or shot**READ** Trainer shows open pocket or help chest after the handoff.**FIX** Corner moving before the exchange and shrinking the handoff lane.**ADVANCE** Receiver snakes the handoff before finding the drift pass.**SETUP** Ballhandler approaches receiver at the wing; third player begins in the corner with a lift marker.**EXECUTE** Ballhandler sells the handoff and keeps to the paint marker. Receiver clears through; corner player lifts behind the keeper for the kick-out three.**COACHING CUES** Keep looks like the exchange | Receiver clears the lane | Lift occurs behind the paint touch**READ** Trainer calls 'score' for keeper finish or 'help' for lift pass.**FIX** Receiver standing after the fake exchange and blocking the lift angle.**ADVANCE** Keeper jump-stops and pivots to a re-handoff if the first lane closes.**SETUP** Use slot-wing-corner alignment with back-cut and second-handoff markers.**EXECUTE** Receiver rejects the top-lock for a cut. If pass is unavailable, receiver exits to corner while ballhandler flows into a re-handoff with the third player lifting to wing.**COACHING CUES** Reject late at the exchange | First action clears space for second | No pause between handoffs**READ** Trainer top-locks first receiver or stays neutral; group flows accordingly.**FIX** Resetting the ball at the top instead of transferring directly to the second action.**ADVANCE** Set a seven-second limit from first exchange approach to final shot.**QUALITY STANDARD** Pass when the group handles turn, keep, reject, and re-handoff without spacing collisions or dead catches.**Coach check:** The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L

SESSION INTENT Coordinate handler, roller, and weak-side shake spacing against common ball-screen pictures.

TRAINER LENS Three-player ball-screen offense depends on maintaining separate scoring levels: handler above, roller through the pocket, and spacer behind the help line.

WORKOUT CARD

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Hip Turn + Crossover Readiness: 0:00-1:00 hip open-close walk; 1:00-2:00 reverse lunge with rotation; 2:00-3:00 crossover step to lateral stick; 3:00-4:00 drop-step and recover; 4:00-5:00 split stance to square-up	Complete
7:00	Ball handling	One-Ball Pocket + Screen Manipulation: 1:00 pocket dribble each hand; 1:00 hip-to-hip snake dribbles; 1:00 reject crossover; 1:00 inside-out use-screen footwork; 1:00 retreat to re-use; 1:00 split-step pickup; 1:00 cue chain: use, reject, or snake	Eyes up
7:00	Use-Score with Shake	Handler uses the no-contact screen for a pocket score. If trainer tags the pocket, handler passes to the spacer shaking up behind the help. Rotate roles.	18 handler makes plus 12 shake threes
8:00	Pocket Pass to Roll	Handler reads drop depth. Deep drop: pull-up. High show: pocket pass to the roll. Spacer remains available but does not crowd the action.	18 roll finishes plus 12 handler threes
8:00	Shake-Roll-Pull Random	Trainer presents under, drop, or tag coverage. Group responds with pull-up three, roll score, or shake pass. Rotate every two possessions.	15 correct scores from 20 possessions

GLOBAL STANDARD

All targets split evenly right and left unless the action is central.

DECISION PHASE

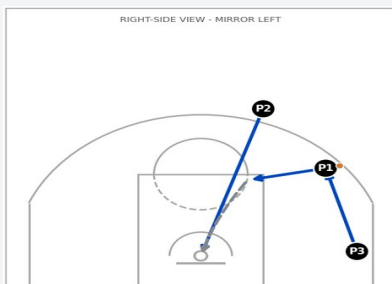
First 60% stable; final 40% uses the listed visual or verbal cue.

REST RULE

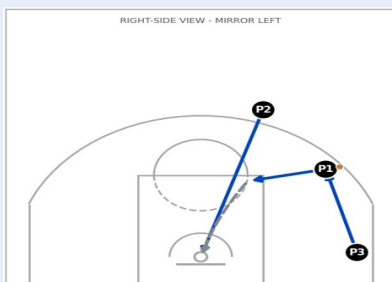
Use brief resets to protect shot quality. No conditioning finisher is added.

DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

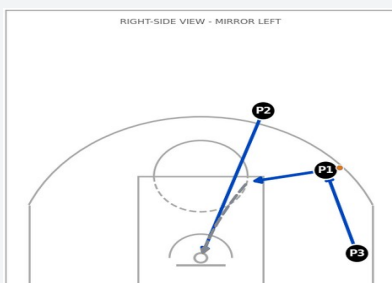
Right-side diagram shown. Mirror left unless the action is central.

1. Use-Score with Shake

7:00 | 18 handler makes plus 12 shake threes

2. Pocket Pass to Roll

8:00 | 18 roll finishes plus 12 handler threes

3. Shake-Roll-Pull Random

8:00 | 15 correct scores from 20 possessions

SETUP Handler starts slot, screener wing, spacer corner. Mark pocket pull-up, roll lane, and shake window.

EXECUTE Handler uses the no-contact screen for a pocket score. If trainer tags the pocket, handler passes to the spacer shaking up behind the help. Rotate roles.

COACHING CUES Handler brushes the screen | Spacer shakes after the tag | Roller stays below the pass line

READ Trainer shows no help for handler shot or tag for shake pass.

FIX Spacer lifting before the tag and allowing one defender to guard both windows.

ADVANCE Handler snakes before hitting the shake when the trainer trails.

SETUP Use the same alignment. Screener rolls to rim or short-roll marker; spacer holds corner depth.

EXECUTE Handler reads drop depth. Deep drop: pull-up. High show: pocket pass to the roll. Spacer remains available but does not crowd the action.

COACHING CUES Pass before the roll narrows | Roller shows target early | Spacer holds width until help commits

READ Trainer position provides deep or high coverage picture.

FIX Roller leaving before the handler engages the screen.

ADVANCE Roller catches short and pivots to the spacer if the trainer tags from corner.

SETUP Set one-side ball-screen alignment with handler, screener, and corner spacer.

EXECUTE Trainer presents under, drop, or tag coverage. Group responds with pull-up three, roll score, or shake pass. Rotate every two possessions.

COACHING CUES Coverage read by second dribble | Only one player enters each window | Pass travels before the defense recovers

READ No verbal call on final ten possessions; trainer's location is the cue.

FIX Handler forcing the roll pass when the shake window is the simpler answer.

ADVANCE Complete three consecutive correct reads with three different scorers.

QUALITY STANDARD Pass when the handler, roller, and spacer occupy distinct levels and identify the coverage solution inside two dribbles.

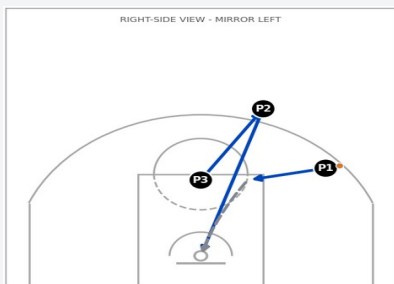
Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L**SESSION INTENT** Build the timing of ball screen, back screen, pop, and roll reads in a non-contact three-player Spain action.**TRAINER LENS** Spain action works through synchronized timing: the ball screen engages two defenders, the back screen delays the roller's defender, and the pop punishes the switch or tag.**WORKOUT CARD**

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Hip Turn + Crossover Readiness: 0:00-1:00 hip open-close walk; 1:00-2:00 reverse lunge with rotation; 2:00-3:00 crossover step to lateral stick; 3:00-4:00 drop-step and recover; 4:00-5:00 split stance to square-up	Complete
7:00	Ball handling	Two-Ball Movement Coordination: 1:00 march with simultaneous pounds; 1:00 lateral walk with alternating pounds; 1:00 forward-retreat in a three-step box; 1:00 two-ball V-dribbles while moving; 1:00 drop-step and recover; 1:00 split stance rhythm exchange; 1:00 coach cue: advance, retreat, or freeze	Eyes up
7:00	Spain Roll Finish	Handler uses the screen. Back-screener arrives behind the roller line without contact, then roller continues to the rim for the pass and two-foot finish. Rotate roles.	18 roll finishes; 6 per player in roller role
8:00	Back-Screener Pop Three	After setting the no-contact back-screen line, third player pops to space. Handler hits the pop if trainer switches or tags low; otherwise takes the pull-up.	15 pop threes plus 12 handler pull-ups
8:00	Spain Three-Way Read	Trainer presents drop, switch, or tag coverage. Handler chooses pull-up, roll pass, or pop pass; screeners adjust after the read. Rotate roles every possession.	15 correct scores from 20 possessions
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO		

Right-side diagram shown. Mirror left unless the action is central.

1. Spain Roll Finish



7:00 | 18 roll finishes; 6 per player in roller role

SETUP Handler starts slot, screener sets at the top, and third player begins behind the screener as the back-screener. Mark roll and pop windows.

EXECUTE Handler uses the screen. Back-screener arrives behind the roller line without contact, then roller continues to the rim for the pass and two-foot finish. Rotate roles.

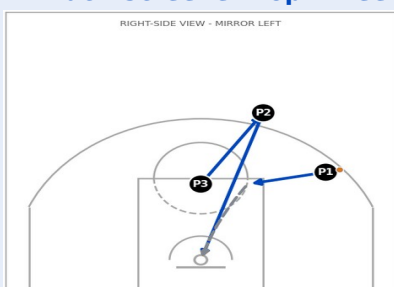
COACHING CUES Back screen arrives as roller leaves | Handler keeps the passing window | Roller stays on rim line

READ Trainer calls 'roll' when the rim lane remains open.

FIX Back-screener arriving early and alerting the coverage before the ball screen engages.

ADVANCE Handler snakes one dribble before delivering the roll pass.

2. Back-Screener Pop Three



8:00 | 15 pop threes plus 12 handler pull-ups

SETUP Use the same Spain alignment with a pop marker behind the arc.

EXECUTE After setting the no-contact back-screen line, third player pops to space. Handler hits the pop if trainer switches or tags low; otherwise takes the pull-up.

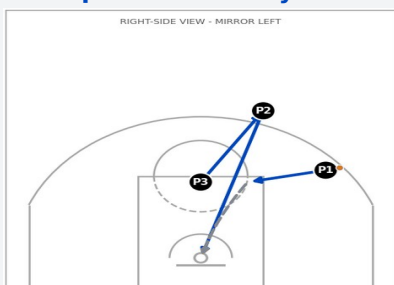
COACHING CUES Screen then pop - no drifting | Pop faces passer and rim | Handler reads the low defender

READ Trainer points switch or stay as the back screen occurs.

FIX Popper leaving before setting the screen line and never moving the defender.

ADVANCE Popper uses one-dribble side-step when the trainer closes high.

3. Spain Three-Way Read



8:00 | 15 correct scores from 20 possessions

SETUP Maintain the same starting alignment for roll, pop, and handler pull-up options.

EXECUTE Trainer presents drop, switch, or tag coverage. Handler chooses pull-up, roll pass, or pop pass; screeners adjust after the read. Rotate roles every possession.

COACHING CUES Same timing before the read | Handler stays patient to see two levels | Screeners separate after contact-free screen lines

READ Coverage is fully visual on the final ten possessions.

FIX Handler deciding before the back screen changes the coverage.

ADVANCE Complete four consecutive correct possessions with at least two different scorers.

QUALITY STANDARD Pass when the group preserves Spain timing and converts the trainer's coverage picture into the correct pull-up, roll, or pop solution.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L**SESSION INTENT** Link a pin-down directly into a dribble handoff with curl, turn, reject, and slip solutions.**TRAINER LENS** Chicago action creates advantage by layering two cuts without a pause. The receiver should flow from the pin-down into the handoff at one speed change and one decision point.**WORKOUT CARD**

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Cutting Angles + Body Alignment: 0:00-1:00 dynamic calf and hamstring sweep; 1:00-2:00 45-degree lunge and recover; 2:00-3:00 V-cut to stick; 3:00-4:00 curl path to two-foot stop; 4:00-5:00 fade path to shot pocket	Complete
7:00	Ball handling	One-Ball Pace + Stop Control: 1:00 slow-fast pounds; 1:00 hang-to-burst; 1:00 dead-stop to re-accelerate; 1:00 inside-foot stop with live dribble; 1:00 stride-stop pickup; 1:00 pivot out of pickup; 1:00 coach cue: pull, pivot, or re-drive	Eyes up
7:00	Pin-Down to Handoff Pull-Up	Cutter exits the screen, receives the handoff, and turns the corner into a pull-up. Screener opens to the rim. Rotate each possession.	18 receiver makes; 6 per player
8:00	Chicago Reject Back Cut	Cutter exits the pin-down, rejects the handoff, and back-cuts for a pass and finish. Original screener lifts behind the cut for the secondary shot.	15 back-cut finishes plus 12 lift threes
8:00	Chicago Slip and Pop Read	Trainer presents trail, switch, or top-lock. Group responds with receiver turn, original screener slip, or handoff player keep/pop pass. Rotate roles.	15 team scores from 20 possessions

GLOBAL STANDARD

All targets split evenly right and left unless the action is central.

DECISION PHASE

First 60% stable; final 40% uses the listed visual or verbal cue.

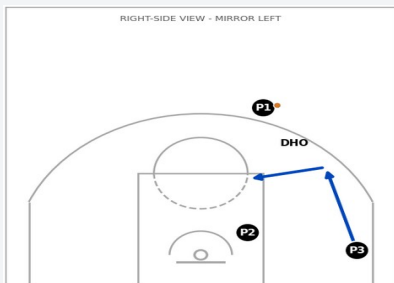
REST RULE

Use brief resets to protect shot quality. No conditioning finisher is added.

DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

Right-side diagram shown. Mirror left unless the action is central.

1. Pin-Down to Handoff Pull-Up



7:00 | 18 receiver makes; 6 per player

SETUP Player 1 holds at slot, Player 2 is no-contact screener near block, Player 3 cuts from corner off the pin-down into a handoff with Player 1.

EXECUTE Cutter exits the screen, receives the handoff, and turns the corner into a pull-up. Screener opens to the rim. Rotate each possession.

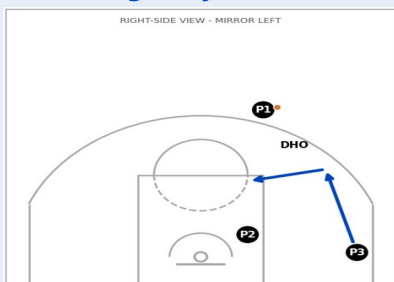
COACHING CUES Cutter keeps speed through both actions | Handoff protects the outside hip | Screener opens after use

READ Trainer calls under for pull-up three or chase for pocket pull-up.

FIX Cutter pausing between pin-down and handoff, allowing the defense to reset.

ADVANCE Handler keeps the ball if trainer jumps the handoff.

2. Chicago Reject Back Cut



8:00 | 15 back-cut finishes plus 12 lift threes

SETUP Use the same alignment with a back-cut lane and a lift marker for the original screener.

EXECUTE Cutter exits the pin-down, rejects the handoff, and back-cuts for a pass and finish. Original screener lifts behind the cut for the secondary shot.

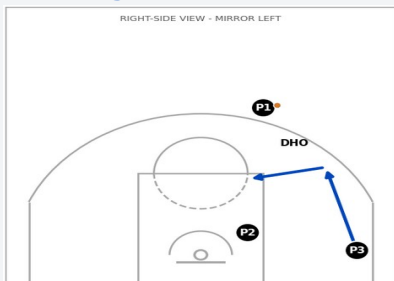
COACHING CUES Reject at the exchange | Pass leads the cutter | Lift begins after the rim cut

READ Trainer top-locks the handoff path to trigger reject.

FIX Cutter rejecting before selling the handoff line.

ADVANCE If rim pass is denied, hit the lifting screener immediately.

3. Chicago Slip and Pop Read



8:00 | 15 team scores from 20 possessions

SETUP Keep pin-down, handoff, slip, and pop windows on one side of the floor.

EXECUTE Trainer presents trail, switch, or top-lock. Group responds with receiver turn, original screener slip, or handoff player keep/pop pass. Rotate roles.

COACHING CUES First action flows into second | One player attacks rim, one stays perimeter | Read before extra dribble

READ Visual coverage replaces verbal calls on final possessions.

FIX All three players entering the middle of the floor after the handoff.

ADVANCE Run six consecutive random reads with no spacing correction from the trainer.

QUALITY STANDARD Pass when the group completes pin-down into handoff without a pause and preserves a rim, pocket, and perimeter window.

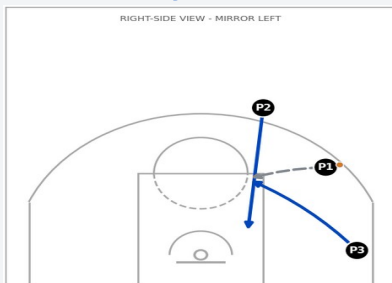
Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L**SESSION INTENT** Train post-entry or wing-entry split cuts into curl, flare, slip, and replacement shots.**TRAINER LENS** Split action is an off-ball timing problem. The first cutter moves the defender line; the second player reads that movement and exits to the opposite window.**WORKOUT CARD**

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Cutting Angles + Body Alignment: 0:00-1:00 dynamic calf and hamstring sweep; 1:00-2:00 45-degree lunge and recover; 2:00-3:00 V-cut to stick; 3:00-4:00 curl path to two-foot stop; 4:00-5:00 fade path to shot pocket	Complete
7:00	Ball handling	Two-Ball Height + Timing Contrast: 1:00 alternating high-low pounds; 1:00 staggered rhythm pounds; 1:00 one ball pound, one ball in-out; 1:00 one ball cross, one ball stationary; 1:00 switch assignments every 15 seconds; 1:00 two-ball lateral shifts; 1:00 random coach clap changes rhythm	Eyes up
7:00	Entry Split Curl	First cutter screens away; second cutter curls tightly for a pass and short pull-up. Entry player delivers after the curl clears the screen line.	18 curl makes; 6 per player
8:00	Split Flare Three	Second cutter reads under coverage, plants off the screen line, and flares to the three-point window. First cutter replaces behind the entry.	18 flare threes; 6 per player
8:00	Split-Slip-Flare Random	Trainer provides switch, trail, or under picture. Cutters select slip, curl, or flare; entry player reads the first open target. Rotate all roles.	15 correct scores from 20 possessions
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO		

Right-side diagram shown. Mirror left unless the action is central.

1. Entry Split Curl



7:00 | 18 curl makes; 6 per player

SETUP Player 1 holds at wing or short corner as the entry target. Players 2 and 3 begin slot and wing, then execute a no-contact split exchange.

EXECUTE First cutter screens away; second cutter curls tightly for a pass and short pull-up. Entry player delivers after the curl clears the screen line.

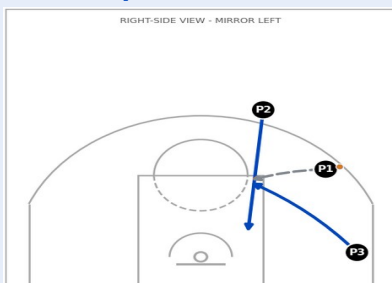
COACHING CUES Entry creates the trigger | Curl shoulder clears the screen | Pass meets the cutter before the lane narrows

READ Entry player calls curl or flare as the split begins.

FIX Cutters running side-by-side without a clear screen angle.

ADVANCE First cutter slips to the rim if trainer switches the split.

2. Split Flare Three



8:00 | 18 flare threes; 6 per player

SETUP Use the same entry alignment with a flare marker outside the wing.

EXECUTE Second cutter reads under coverage, plants off the screen line, and flares to the three-point window. First cutter replaces behind the entry.

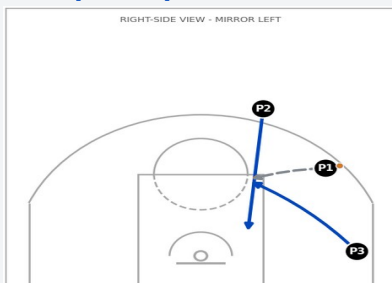
COACHING CUES Flare with width before turning | Entry pass leads away from recovery | Replacement maintains balance behind the ball

READ Trainer shows under or trail position to determine flare or curl.

FIX Backpedaling to the flare window and receiving off balance.

ADVANCE Add one middle dribble when trainer closes high on the flare.

3. Split-Slip-Flare Random



8:00 | 15 correct scores from 20 possessions

SETUP Keep curl, flare, slip, and replace windows visible on one side.

EXECUTE Trainer provides switch, trail, or under picture. Cutters select slip, curl, or flare; entry player reads the first open target. Rotate all roles.

COACHING CUES Read after the screen line forms | Entry player stays patient | Second action fills the vacated window

READ No verbal calls on final ten possessions.

FIX Entry player staring at the preferred cutter and missing the first open window.

ADVANCE Score with all three players in three consecutive possessions.

QUALITY STANDARD Pass when the cutters create a clear screen relationship and the entry player delivers to the first clean curl, flare, or slip window.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L

SESSION INTENT Train early-offense pitch, handoff, and corner movement through Pistol action on one side.

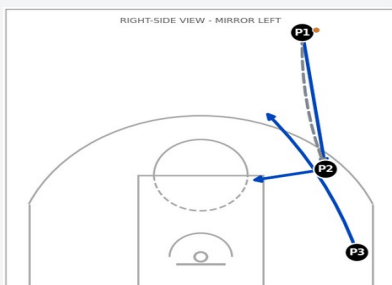
TRAINER LENS Pistol action is a spacing race. The ball, wing runner, and corner player must arrive in sequence so the defense cannot load to one line.

WORKOUT CARD

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Transition Alignment: 0:00-1:00 A-march with posture reset; 1:00-2:00 skip to controlled deceleration; 2:00-3:00 turn-and-run to outside-foot stop; 3:00-4:00 backpedal to hip turn and sprint; 4:00-5:00 trail run into shot pocket	Complete
7:00	Ball handling	One-Ball Pickup + Shot Creation: 1:00 pocket-to-gather each hand; 1:00 inside-hand pickup; 1:00 cross-body pickup; 1:00 one-two pickup into shot pocket; 1:00 hop pickup into shot pocket; 1:00 side-step pickup; 1:00 cue chain: rise, pull-up, or pivot	Eyes up
7:00	Pitch-Ahead into Handoff	Handler pitches ahead to the wing, follows into a handoff, and receiver turns the corner for a pull-up. Corner player drifts behind the drive. Rotate roles.	18 receiver makes; 6 per player
8:00	Pistol Keep and Corner Lift	After the pitch, original handler sells the handoff, keeps the ball, and attacks the lane. Corner player lifts behind the keep for the kick-out.	15 keeper scores plus 12 lift threes
8:00	Pistol Three-Way Read	Trainer presents under, top-lock, or help coverage. Group responds with receiver pull-up, reject cut, keeper score, or drift pass. Rotate each possession.	15 correct scores from 20 possessions
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

Right-side diagram shown. Mirror left unless the action is central.

1. Pitch-Ahead into Handoff



7:00 | 18 receiver makes; 6 per player

SETUP Handler advances up the sideline, wing runner fills above the break, and third player holds the corner. Mark pitch and handoff windows.

EXECUTE Handler pitches ahead to the wing, follows into a handoff, and receiver turns the corner for a pull-up. Corner player drifts behind the drive. Rotate roles.

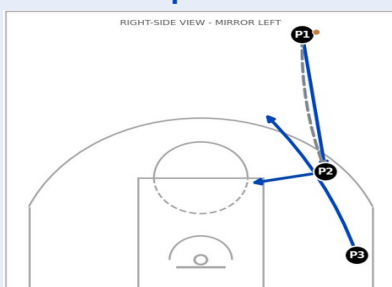
COACHING CUES Pitch early enough to create pace | Follow into exchange without closing space | Corner moves after the turn

READ Trainer shows open pocket or help for receiver shot or drift pass.

FIX Handler following too closely and crowding the handoff.

ADVANCE Receiver rejects the handoff when trainer top-locks.

2. Pistol Keep and Corner Lift



8:00 | 15 keeper scores plus 12 lift threes

SETUP Use the same alignment with a keeper lane and corner lift marker.

EXECUTE After the pitch, original handler sells the handoff, keeps the ball, and attacks the lane. Corner player lifts behind the keep for the kick-out.

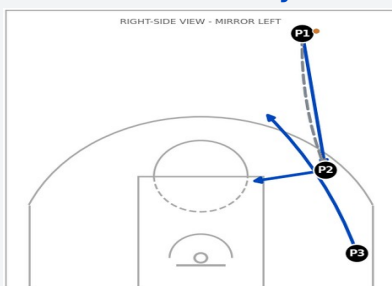
COACHING CUES Keep is late and convincing | Wing clears after pitch | Corner lift stays behind paint touch

READ Trainer calls score or help as the keeper reaches the lane line.

FIX Wing staying in the exchange area and blocking the keeper's lane.

ADVANCE Keeper jump-stops and pitches back to the wing if the trainer walls the lane.

3. Pistol Three-Way Read



8:00 | 15 correct scores from 20 possessions

SETUP Maintain pitch, handoff, keeper, reject, and drift windows on one side.

EXECUTE Trainer presents under, top-lock, or help coverage. Group responds with receiver pull-up, reject cut, keeper score, or drift pass. Rotate each possession.

COACHING CUES Pace into the action | One rim runner and two perimeter windows | Finish before half-court reset

READ Coverage is visual on the final ten possessions.

FIX Players jogging into fixed spots instead of maintaining transition timing.

ADVANCE Set a seven-second limit from first pitch to final shot.

QUALITY STANDARD Pass when the group enters Pistol at transition pace, preserves spacing, and converts the first coverage picture without resetting.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

40

THREE-PLAYER | PERIMETER | ADVANCED

Continuous Three-Player Advantage Chain

Front card: drill order, dose, and measurable standards

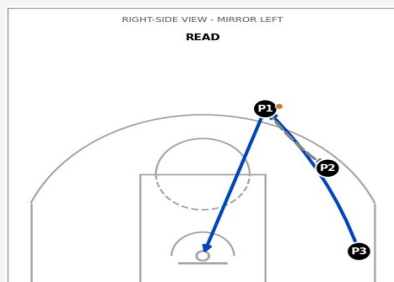
TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
BALLS + MARKERSSIDES
EQUAL R / L

SESSION INTENT Integrate pass-cut-fill, pin-down, handoff, and ball-screen spacing in a cue-driven transfer workout.

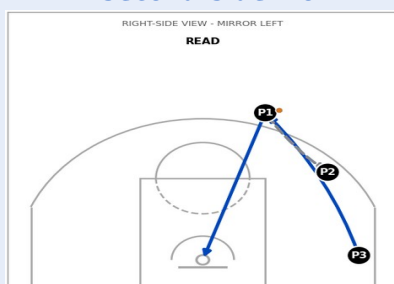
TRAINER LENS Transfer training should look variable but remain organized. The group must preserve spacing principles while solving a new cue each possession.

WORKOUT CARD

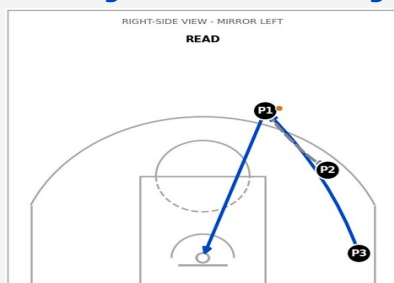
TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Sprint-Stop-Shot Preparation: 0:00-1:00 low skip and arm rhythm; 1:00-2:00 quad pull to lunge reach; 2:00-3:00 three-step build to two-foot stop; 3:00-4:00 sprint to 1-2 square-up; 4:00-5:00 sprint to hop square-up	Complete
7:00	Ball handling	Two-Ball Pickup + Control: 1:00 simultaneous pound to clean pickup; 1:00 alternating pound to staggered pickup; 1:00 one-ball live, one-ball secure switch; 1:00 two-ball split stance to shot pocket; 1:00 two-ball retreat to controlled stop; 1:00 drop one ball and attack with the other; 1:00 coach cue determines attacking hand	Eyes up
7:00	Action Call Conversion	Trainer calls 'cut,' 'away,' 'handoff,' or 'screen' as the first pass travels. Group executes the action and produces a shot inside eight seconds.	12 scores from 16 possessions
8:00	Second-Side Flow	If the first action does not create a shot, move the ball once and flow immediately into a second action: re-handoff, screen-away, or pin-down. Maximum three passes.	12 team scores with at least 4 second-side shots
8:00	College Transfer Challenge	Trainer presents an action cue and a coverage cue. Group must create the appropriate first or second-side shot, with no contact and no repeated final solution more than twice.	15 correct possessions from 20; stretch 17
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

1. Action Call Conversion

7:00 | 12 scores from 16 possessions

2. Second-Side Flow

8:00 | 12 team scores with at least 4 second-side shots

3. College Transfer Challenge

8:00 | 15 correct possessions from 20; stretch 17

SETUP Players begin slot, wing, and corner with markers for screen-away, handoff, and ball screen.

EXECUTE Trainer calls 'cut,' 'away,' 'handoff,' or 'screen' as the first pass travels. Group executes the action and produces a shot inside eight seconds.

COACHING CUES Call changes action, not spacing rules | First mover creates the window | Second mover fills after

READ Trainer may change the call once before the second pass on selected possessions.

FIX Players memorizing a sequence instead of reading how the first action changes space.

ADVANCE Require a different scorer on three consecutive possessions.

SETUP Start any action on one side with a marked opposite slot or corner window available within the same half court.

EXECUTE If the first action does not create a shot, move the ball once and flow immediately into a second action: re-handoff, screen-away, or pin-down. Maximum three passes.

COACHING CUES Do not force the first side | Ball moves before bodies reset | Second action starts on the catch

READ Trainer closes or opens the first window to determine whether the group finishes or flows.

FIX Standing after the first action fails and allowing the defense to organize.

ADVANCE Set a ten-second total possession limit with no more than two dribbles per player.

SETUP Use all one-side markers and allow trainer to choose starting alignment. Each player rotates guard, screener, and spacer roles.

EXECUTE Trainer presents an action cue and a coverage cue. Group must create the appropriate first or second-side shot, with no contact and no repeated final solution more than twice.

COACHING CUES Recognize before executing | Spacing survives every counter | Best available shot beats favorite action

READ All information is visual or one-word; no mid-possession coaching.

FIX Over-coordinating verbally and missing the live timing of the cue.

ADVANCE Complete the final five possessions without a correction, spacing collision, or late shot.

QUALITY STANDARD Pass when the group converts at least 15 of 20 cue possessions into organized shots while maintaining clear rim, midrange, and three-point levels.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.



SOLO SHOOTING-MACHINE

WORKOUTS 41-45 | 5 TWO-PAGE CARDS

High-quality volume, movement feeds, off-dribble creation, and timed game-shot tests.

35 MIN
PER WORKOUT

NON-CONTACT
ALL ACTIONS

R / L
EQUAL REPS

Five-Spot Catch-and-Shoot Precision

Front card: drill order, dose, and measurable standards

TOTAL
35 MIN

SPACE
1/2 COURT SIDE

CONTACT
NONE

EQUIPMENT
MACHINE + BALLS

SIDES
EQUAL R / L

SESSION INTENT Establish repeatable machine timing, pass-to-pocket efficiency, and balanced footwork across five perimeter windows.

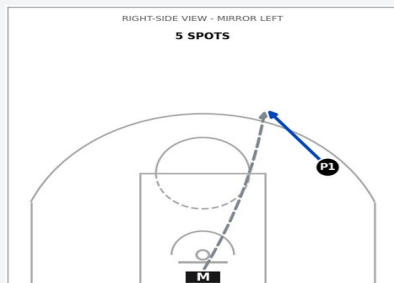
TRAINER LENS High-volume machine work is valuable only when every repetition protects the same visual pickup, base, and release sequence. Volume never excuses mechanical drift.

WORKOUT CARD

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Machine-Shooting Readiness: 0:00-1:00 ankle pulse and wrist rhythm; 1:00-2:00 lunge reach with trunk rotation; 2:00-3:00 hop-to-1-2 footwork exchange; 3:00-4:00 relocate two steps and square; 4:00-5:00 shot pocket rehearsals at five spots	Complete
7:00	Ball handling	One-Ball Rhythm + Height Change: 1:00 waist-to-knee pounds, switch hand every 15 seconds; 1:00 in-out to crossover; 1:00 between-the-legs rhythm switches; 1:00 hang dribble to low crossover; 1:00 retreat dribble to re-attack; 1:00 eyes-up random height changes; 1:00 live-dribble pickup into shot pocket	Eyes up
7:00	Five-Spot Calibration	Complete five makes at each spot using the footwork that matches the feed angle. Reset the feet between passes and hold the finish through rim contact.	25 makes; 5 at each spot; stretch 30
8:00	Angle-Matched Footwork	Approach from the angle that matches the feed, then choose outside-inside one-two or hop replacement. The release should remain identical across both arrivals.	24 makes; 12 one-two and 12 hop
8:00	Five-Spot Make Clock	Make four at a spot before advancing. Move efficiently, set the base, and protect shot quality. Rest 45 seconds, then repeat in the opposite direction.	20 makes in 4:00, then repeat opposite starting direction
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

Right-side diagram shown. Mirror left unless the action is central.

1. Five-Spot Calibration



7:00 | 25 makes; 5 at each spot; stretch 30

SETUP Set the machine at the baseline and program corner, wing, top, wing, corner feeds. Use one floor marker at each shooting window.

EXECUTE Complete five makes at each spot using the footwork that matches the feed angle. Reset the feet between passes and hold the finish through rim contact.

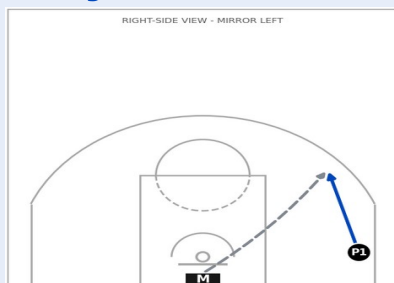
COACHING CUES See the rim before the catch | Ball enters the pocket without a dip | Land inside the shooting footprint

READ Alternate one-two and hop on successive makes at each spot.

FIX Allowing the machine rhythm to pull the player forward before the catch.

ADVANCE Move one step behind each marker and arrive into the pass rather than waiting stationary.

2. Angle-Matched Footwork



8:00 | 24 makes; 12 one-two and 12 hop

SETUP Program feeds to one wing, slot, and corner. Place an approach marker one step inside and one step behind each window.

EXECUTE Approach from the angle that matches the feed, then choose outside-inside one-two or hop replacement. The release should remain identical across both arrivals.

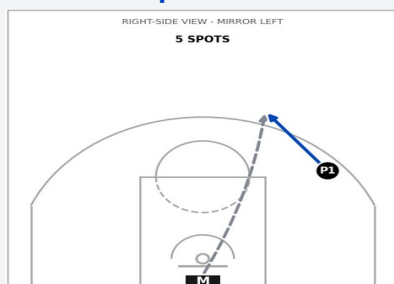
COACHING CUES Footwork solves pass angle | Shoulders square during the catch | No extra heel click or reset

READ Use a repeating call sequence: lead pass equals one-two; body pass equals hop.

FIX Forcing preferred footwork when the feed angle requires a different solution.

ADVANCE Randomize the machine's feed order and footwork call for the final eight makes.

3. Five-Spot Make Clock



8:00 | 20 makes in 4:00, then repeat opposite starting direction

SETUP Keep the five-spot program and begin in either corner. Use a visible timer but do not sprint between spots.

EXECUTE Make four at a spot before advancing. Move efficiently, set the base, and protect shot quality. Rest 45 seconds, then repeat in the opposite direction.

COACHING CUES Clock measures organization, not fatigue | Misses do not change mechanics | Next catch begins after full balance

READ On every fifth pass, use the opposite footwork from the previous repetition.

FIX Racing the relocation and receiving the ball before the base is available.

ADVANCE Raise the standard to 22 makes in 4:00 only after both directions remain mechanically stable.

QUALITY STANDARD Pass when the player completes the make clock in both directions without crossing the line, drifting, or adding a second load.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

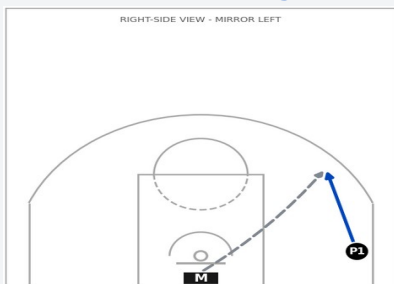
Movement Shooting Map

Front card: drill order, dose, and measurable standards

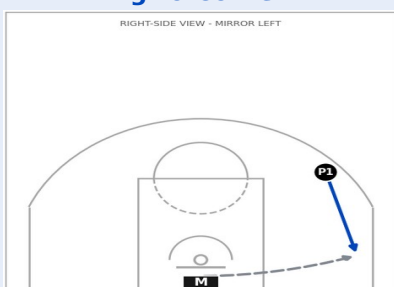
TOTAL
35 MIN**SPACE**
1/2 COURT SIDE**CONTACT**
NONE**EQUIPMENT**
MACHINE + BALLS**SIDES**
EQUAL R / L**SESSION INTENT** Use machine feeds to train lift, drift, flare, and short relocation threes at college pace.**TRAINER LENS** The machine should deliver to where the player is going, not where the player started. The athlete owns the route timing and must arrive before the feed reaches the window.**WORKOUT CARD**

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Machine-Shooting Readiness: 0:00-1:00 ankle pulse and wrist rhythm; 1:00-2:00 lunge reach with trunk rotation; 2:00-3:00 hop-to-1-2 footwork exchange; 3:00-4:00 relocate two steps and square; 4:00-5:00 shot pocket rehearsals at five spots	Complete
7:00	Ball handling	Two-Ball Rhythm + Symmetry: 1:00 simultaneous waist pounds; 1:00 alternating waist pounds; 1:00 simultaneous low pounds; 1:00 one high and one low, switch at 30 seconds; 1:00 two-ball in-out rhythm; 1:00 two-ball retreat and advance; 1:00 eyes-up rhythm changes on cue	Eyes up
7:00	Corner-to-Wing Lift	Lift on the machine's release cue, shorten the final steps, and catch at the wing. Alternate one-two and hop based on whether the pass leads or arrives on the body.	20 makes; 10 each side; stretch 24
8:00	Wing-to-Corner Drift	Take two efficient drift steps behind the imaginary drive, arrive deep in the corner, and shoot. Maintain chest access to the ball throughout the route.	20 makes; 10 each corner; stretch 24
8:00	Random Relocation Map	Begin at the trainer-selected start. As the machine cycles, respond to a one-word route cue and arrive at the correct feed window for the shot.	18 makes from random lift, drift, or flare feeds
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

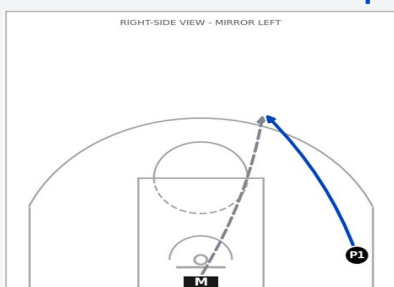
Right-side diagram shown. Mirror left unless the action is central.

1. Corner-to-Wing Lift

7:00 | 20 makes; 10 each side; stretch 24

2. Wing-to-Corner Drift

8:00 | 20 makes; 10 each corner; stretch 24

3. Random Relocation Map

8:00 | 18 makes from random lift, drift, or flare feeds

SETUP Program wing feeds. Start in the deep corner with a lift-lane marker along the arc.**EXECUTE** Lift on the machine's release cue, shorten the final steps, and catch at the wing. Alternate one-two and hop based on whether the pass leads or arrives on the body.**COACHING CUES** Move on the feed release | Stay on the arc | Arrive before reaching for the ball**READ** Every fourth repetition is a short lift one step below the break.**FIX** Running beyond the feed and fading back toward the rim.**ADVANCE** Add a one-dribble middle pull-up after a simulated high closeout call.**SETUP** Program corner feeds. Begin at the wing with a baseline-drive marker in the paint to orient the route.**EXECUTE** Take two efficient drift steps behind the imaginary drive, arrive deep in the corner, and shoot. Maintain chest access to the ball throughout the route.**COACHING CUES** Drift after the imaginary paint touch | Stay behind the low defender line | Do not step out of bounds**READ** Use alternating normal and late feeds; hold spacing on the late feed instead of creeping.**FIX** Drifting too early and standing in the corner before the feed begins.**ADVANCE** On a 'run-off' cue, shot fake and take one side dribble into a pull-up.**SETUP** Program three adjacent feed windows on one side and mark the possible starting locations.**EXECUTE** Begin at the trainer-selected start. As the machine cycles, respond to a one-word route cue and arrive at the correct feed window for the shot.**COACHING CUES** Route begins with the cue | One movement, one window | Eyes find rim before hands receive**READ** Cues are lift, drift, flare, or hold; no route may repeat more than twice.**FIX** Moving before the cue and guessing the feed order.**ADVANCE** Reduce cue lead time so the player must reorganize the feet later without rushing the release.**QUALITY STANDARD** Pass when the player arrives early to all four movement windows and preserves the same shot alignment across changing routes.**Coach check:** The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
MACHINE + BALLSSIDES
EQUAL R / L

SESSION INTENT Turn machine catches into one-dribble pull-ups, side-steps, and escape threes with precise pickups.

TRAINER LENS Off-the-dribble machine work must preserve the connection between the catch, first threat, separation dribble, and pickup. The ball should never pause between phases.

WORKOUT CARD

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Deceleration + Foot Replacement: 0:00-1:00 march-to-skip rhythm; 1:00-2:00 forward lunge to hamstring sweep; 2:00-3:00 lateral shuffle to stick; 3:00-4:00 two-step acceleration to stride stop; 4:00-5:00 hop replacement into shot pocket	Complete
7:00	Ball handling	One-Ball Pickup + Shot Creation: 1:00 pocket-to-gather each hand; 1:00 inside-hand pickup; 1:00 cross-body pickup; 1:00 one-two pickup into shot pocket; 1:00 hop pickup into shot pocket; 1:00 side-step pickup; 1:00 cue chain: rise, pull-up, or pivot	Eyes up
7:00	Catch to One-Dribble Pull-Up	Catch shot-ready, attack one direction with a single push dribble, and rise at the marker. Alternate middle and baseline attacks evenly.	18 makes; 9 each direction; stretch 22
8:00	Side-Step and Escape Three	Catch in the shot pocket, read the cue, and create one body-width with a side-step or slight escape. Stop lateral travel before release.	16 makes; 8 side-step and 8 escape
8:00	Random One-Dribble Decision	On each catch, respond to the trainer cue: space equals immediate three, high hand equals one-dribble pull-up, square chest equals side-step or escape. Maximum one dribble.	15 makes from 20 machine feeds

GLOBAL STANDARD

All targets split evenly right and left unless the action is central.

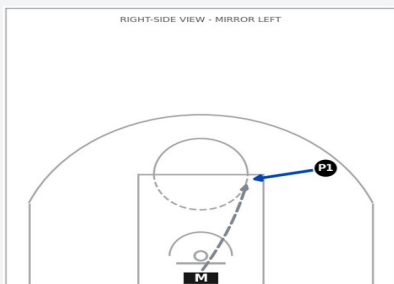
DECISION PHASE

First 60% stable; final 40% uses the listed visual or verbal cue.

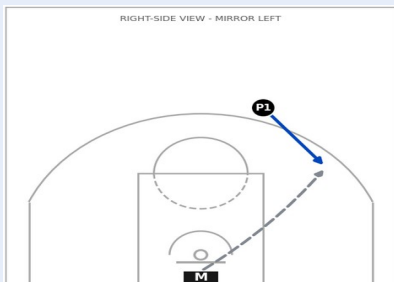
REST RULE

Use brief resets to protect shot quality. No conditioning finisher is added.

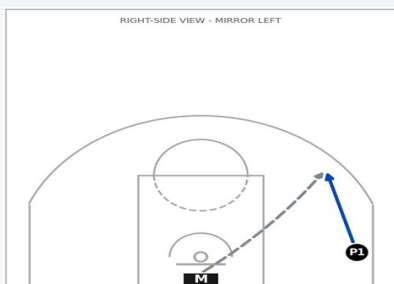
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO		

1. Catch to One-Dribble Pull-Up

7:00 | 18 makes; 9 each direction; stretch 22

2. Side-Step and Escape Three

8:00 | 16 makes; 8 side-step and 8 escape

3. Random One-Dribble Decision

8:00 | 15 makes from 20 machine feeds

SETUP Program wing and slot feeds. Place one pull-up marker inside each feed window.**EXECUTE** Catch shot-ready, attack one direction with a single push dribble, and rise at the marker. Alternate middle and baseline attacks evenly.**COACHING CUES** Catch threatens the three | Dribble reaches the scoring window | Pickup enters the pocket early**READ** Use a repeating cue sequence of middle, baseline, and choice.**FIX** Catching upright and needing an extra load before the dribble.**ADVANCE** Add a stride-stop pivot counter every fourth repetition.**SETUP** Program slot and wing feeds with lateral markers one body-width from each catch point.**EXECUTE** Catch in the shot pocket, read the cue, and create one body-width with a side-step or slight escape. Stop lateral travel before release.**COACHING CUES** Shot threat precedes the move | Clear the defender line, not the court | Vertical lift after lateral stop**READ** Alternate side-step and escape; trainer calls direction as the pass leaves the machine.**FIX** Continuing sideways through the release.**ADVANCE** Add a re-drive pull-up when the trainer calls 'chase' after the first move.**SETUP** Program three adjacent perimeter feeds with pull-up, side-step, and rim-line markers.**EXECUTE** On each catch, respond to the trainer cue: space equals immediate three, high hand equals one-dribble pull-up, square chest equals side-step or escape. Maximum one dribble.**COACHING CUES** Read on ball flight | Same catch stance for every answer | No recovery dribble**READ** Cue timing becomes later during the final ten feeds.**FIX** Preselecting a move based on feed location instead of reading the cue.**ADVANCE** Require five consecutive correct decisions before ending the block.**QUALITY STANDARD** Pass when the player converts the catch into the correct one-dribble solution without a pause, travel, or second setup dribble.**Coach check:** The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

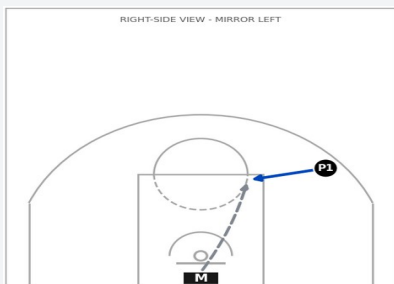
Three-Level Machine Scoring

Front card: drill order, dose, and measurable standards

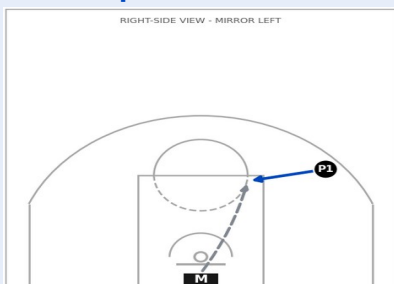
TOTAL
35 MIN**SPACE**
1/2 COURT SIDE**CONTACT**
NONE**EQUIPMENT**
MACHINE + BALLS**SIDES**
EQUAL R / L**SESSION INTENT** Use machine feeds to connect catch-and-shoot threes, one-dribble pull-ups, and two-foot finishes.**TRAINER LENS** The machine supplies the pass; the player still must read the available level. The catch should preserve access to three, pull-up, and rim without changing the starting stance.**WORKOUT CARD**

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Sprint-Stop-Shot Preparation: 0:00-1:00 low skip and arm rhythm; 1:00-2:00 quad pull to lunge reach; 2:00-3:00 three-step build to two-foot stop; 3:00-4:00 sprint to 1-2 square-up; 4:00-5:00 sprint to hop square-up	Complete
7:00	Ball handling	Two-Ball Pickup + Control: 1:00 simultaneous pound to clean pickup; 1:00 alternating pound to staggered pickup; 1:00 one-ball live, one-ball secure switch; 1:00 two-ball split stance to shot pocket; 1:00 two-ball retreat to controlled stop; 1:00 drop one ball and attack with the other; 1:00 coach cue determines attacking hand	Eyes up
7:00	Three-to-Pull-Up Conversion	Alternate immediate catch-and-shoot threes and one-dribble pull-ups. Keep the catch posture identical until the decision is called.	10 threes plus 10 pull-up makes
8:00	Pull-Up to Two-Foot Finish	Catch and attack. On pull cue, stop at the elbow. On rim cue, take a second dribble and land on two feet for an inside-hand or pivot finish.	10 pull-up makes plus 12 finishes
8:00	Three-Level Random Feed	Trainer provides space, high-hand, or wall cue on ball flight. Player shoots the three, one-dribble pull-up, or two-foot finish. Track decisions and makes.	18 scores from 24 feeds; at least 5 at each level
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO		

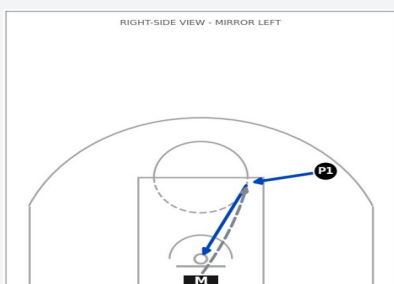
Right-side diagram shown. Mirror left unless the action is central.

1. Three-to-Pull-Up Conversion

7:00 | 10 threes plus 10 pull-up makes

2. Pull-Up to Two-Foot Finish

8:00 | 10 pull-up makes plus 12 finishes

3. Three-Level Random Feed

8:00 | 18 scores from 24 feeds; at least 5 at each level

SETUP Program wing and slot feeds with an elbow pull-up marker below each catch point.**EXECUTE** Alternate immediate catch-and-shoot threes and one-dribble pull-ups. Keep the catch posture identical until the decision is called.**COACHING CUES** Three threat stays real | One dribble changes level | Pull-up stops under the body**READ** Trainer calls 'three' or 'two' as the machine releases the pass.**FIX** Changing the feet before the cue and telegraphing the level.**ADVANCE** Use random calls and require no repeated answer more than twice.**SETUP** Program wing feeds with elbow and rim-line markers. Leave enough spacing for a one-dribble pull-up or two-dribble two-foot finish.**EXECUTE** Catch and attack. On pull cue, stop at the elbow. On rim cue, take a second dribble and land on two feet for an inside-hand or pivot finish.**COACHING CUES** First dribble wins the closeout | Second dribble reaches the rim window | Two feet preserve balance**READ** Trainer calls pull or rim after the first dribble begins.**FIX** Deciding too early and losing the alternate window.**ADVANCE** Add a reverse pivot counter when the trainer shows a late rim wall.**SETUP** Program corner, wing, and slot feeds with three scoring-level markers on each side.**EXECUTE** Trainer provides space, high-hand, or wall cue on ball flight. Player shoots the three, one-dribble pull-up, or two-foot finish. Track decisions and makes.**COACHING CUES** Simplest open level first | Maximum two dribbles | Balance is non-negotiable at every level**READ** Final eight feeds use visual cues only.**FIX** Forcing the rim when an uncontested three is available.**ADVANCE** Complete the final six feeds with three different levels in any order.**QUALITY STANDARD** Pass when the player reaches all three levels from the same catch stance and records at least 18 scores from 24 cue feeds.**Coach check:** The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

45

SOLO SHOOTING MACHINE | PERIMETER | ADVANCED

Timed Game-Shot Challenge

Front card: drill order, dose, and measurable standards

TOTAL
35 MIN**SPACE**
1/2 COURT SIDE**CONTACT**
NONE**EQUIPMENT**
MACHINE + BALLS**SIDES**
EQUAL R / L**SESSION INTENT** Test high-value movement and shot-creation actions under strict make clocks without allowing fatigue to degrade technique.**TRAINER LENS** The clock is a decision and organization constraint, not a conditioning tool. The player must protect shot quality while managing feed timing, relocation, and make pressure.**WORKOUT CARD**

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Machine-Shooting Readiness: 0:00-1:00 ankle pulse and wrist rhythm; 1:00-2:00 lunge reach with trunk rotation; 2:00-3:00 hop-to-1-2 footwork exchange; 3:00-4:00 relocate two steps and square; 4:00-5:00 shot pocket rehearsals at five spots	Complete
7:00	Ball handling	One-Ball Pickup + Shot Creation: 1:00 pocket-to-gather each hand; 1:00 inside-hand pickup; 1:00 cross-body pickup; 1:00 one-two pickup into shot pocket; 1:00 hop pickup into shot pocket; 1:00 side-step pickup; 1:00 cue chain: rise, pull-up, or pivot	Eyes up
7:00	Three-Minute Movement Block	Relocate into every feed and count makes for three minutes. Rest 45 seconds, then repeat starting from the opposite side.	18 makes in 3:00; repeat once after 45-second reset
8:00	One-Minute Make Ladder	Round 1 is catch-and-shoot; Round 2 adds one-dribble pull-up; Round 3 adds side-step; Round 4 is random cue. Stop each round when the target is reached or time expires.	4 rounds: 6, 7, 8, and 9 makes; 30-second reset
8:00	Final 25-Make College Test	Complete 10 movement threes, 10 one-dribble scores, and 5 trainer-choice shots inside five minutes. The order may alternate but category totals must be met.	25 makes in 5:00: 10 movement, 10 off-dribble, 5 choice

GLOBAL STANDARD

All targets split evenly right and left unless the action is central.

DECISION PHASE

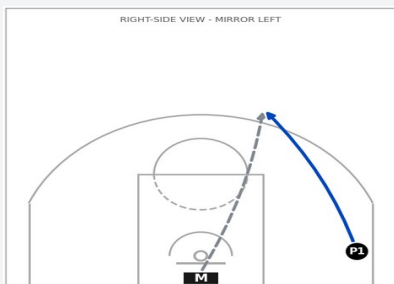
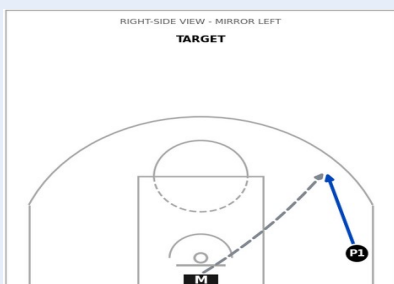
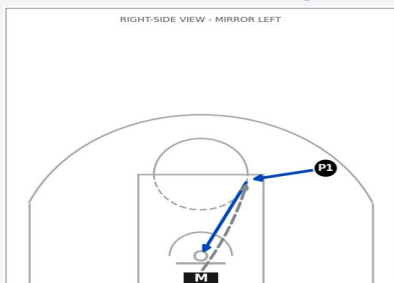
First 60% stable; final 40% uses the listed visual or verbal cue.

REST RULE

Use brief resets to protect shot quality. No conditioning finisher is added.

DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

Right-side diagram shown. Mirror left unless the action is central.

1. Three-Minute Movement Block**7:00 | 18 makes in 3:00; repeat once after 45-second reset****2. One-Minute Make Ladder****8:00 | 4 rounds: 6, 7, 8, and 9 makes; 30-second reset****3. Final 25-Make College Test****8:00 | 25 makes in 5:00: 10 movement, 10 off-dribble, 5 choice****SETUP** Program alternating wing and corner feeds. Mark a lift or drift start one step away from each shot window.**EXECUTE** Relocate into every feed and count makes for three minutes. Rest 45 seconds, then repeat starting from the opposite side.**COACHING CUES** Arrive before the feed | Use efficient steps | Release mechanics remain stable late in block**READ** Every fifth feed is a trainer-called hold, requiring the player to stay and shoot from the current window.**FIX** Turning the block into continuous running and catching without a base.**ADVANCE** Raise the target by two only if both rounds finish without technical breakdown.**SETUP** Program a single side with corner, wing, and slot feeds. Each round lasts one minute.**EXECUTE** Round 1 is catch-and-shoot; Round 2 adds one-dribble pull-up; Round 3 adds side-step; Round 4 is random cue. Stop each round when the target is reached or time expires.**COACHING CUES** Complexity increases, mechanics do not change | Misses are cleared immediately | Reset breathing between rounds**READ** Trainer controls the random cue during Round 4.**FIX** Carrying rushed footwork from a missed target into the next round.**ADVANCE** Repeat only the failed round and require the target with one fewer feed.**SETUP** Program three adjacent feed windows. Define movement, off-dribble, and choice sequences before starting.**EXECUTE** Complete 10 movement threes, 10 one-dribble scores, and 5 trainer-choice shots inside five minutes. The order may alternate but category totals must be met.**COACHING CUES** Track category count accurately | Best footwork for each feed | Last five look like first five**READ** Trainer can change the choice shot after the machine releases the ball.**FIX** Sacrificing shot selection to chase the last category total.**ADVANCE** Advanced standard: 30 makes in 5:00 with at least eight from each category.**QUALITY STANDARD** Pass when the player completes the final test inside five minutes while maintaining balanced landings and correct cue decisions.**Coach check:** The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.



PARTNER SHOOTING-MACHINE

WORKOUTS 46-50 | 5 TWO-PAGE CARDS

Equal-repetition partner rounds, action cues, reaction reads, and final gauntlet.

35 MIN
PER WORKOUT

NON-CONTACT
ALL ACTIONS

R / L
EQUAL REPS

Alternating Shot-Quality Rounds

Front card: drill order, dose, and measurable standards

TOTAL
35 MIN

SPACE
1/2 COURT SIDE

CONTACT
NONE

EQUIPMENT
MACHINE + BALLS

SIDES
EQUAL R / L

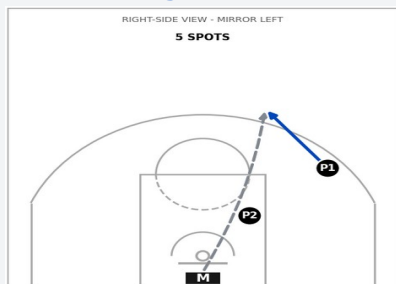
SESSION INTENT Use the machine to create equal-volume partner rounds with clear feedback, scoring, and role exchange.

TRAINER LENS The waiting partner is not resting passively. That player tracks footwork, makes, and one agreed quality cue while preparing for the next round.

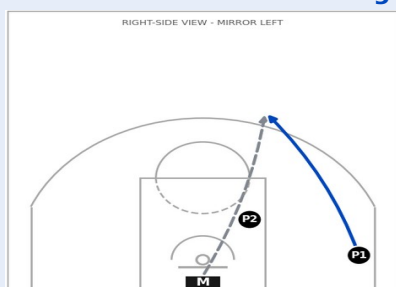
WORKOUT CARD

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Machine-Shooting Readiness: 0:00-1:00 ankle pulse and wrist rhythm; 1:00-2:00 lunge reach with trunk rotation; 2:00-3:00 hop-to-1-2 footwork exchange; 3:00-4:00 relocate two steps and square; 4:00-5:00 shot pocket rehearsals at five spots	Complete
7:00	Ball handling	Two-Ball Rhythm + Symmetry: 1:00 simultaneous waist pounds; 1:00 alternating waist pounds; 1:00 simultaneous low pounds; 1:00 one high and one low, switch at 30 seconds; 1:00 two-ball in-out rhythm; 1:00 two-ball retreat and advance; 1:00 eyes-up rhythm changes on cue	Eyes up
7:00	Alternating Five-Spot Round	Continue alternating five-feed rounds until both players reach ten makes. Start opposite directions so the machine rhythm remains continuous.	10 makes per player; 2 at each spot
8:00	Movement Round Exchange	Shooter completes three-feed movement rounds, then players exchange immediately. Both players complete equal lift and drift attempts.	12 movement makes per player; 6 each side
8:00	Partner Standard Ladder	Complete six team makes, then eight, then ten at progressively more difficult feed patterns. A rung is complete only when each player contributes half the makes.	Team ladder: 6, 8, 10 makes; each player contributes equally
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

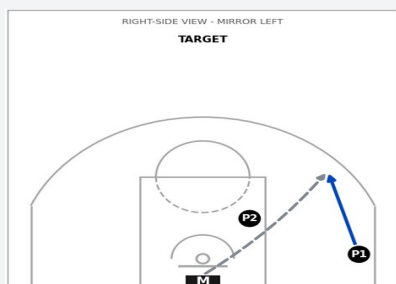
Right-side diagram shown. Mirror left unless the action is central.

1. Alternating Five-Spot Round

7:00 | 10 makes per player; 2 at each spot

2. Movement Round Exchange

8:00 | 12 movement makes per player; 6 each side

3. Partner Standard Ladder

8:00 | Team ladder: 6, 8, 10 makes; each player contributes equally

SETUP Program five perimeter feeds. Player 1 shoots one pass at each spot while Player 2 tracks makes and landing quality; switch after five feeds.**EXECUTE** Continue alternating five-feed rounds until both players reach ten makes. Start opposite directions so the machine rhythm remains continuous.**COACHING CUES** Partner gives one cue only | Shooter exits promptly after feed | Equal feeds and makes are tracked**READ** Partner calls one-two or hop before selected feeds.**FIX** Partner overcoaching between every shot and disrupting rhythm.**ADVANCE** Require the final three makes for each player to be consecutive at different spots.**SETUP** Program wing and corner feeds. One player shoots lift and drift routes while the partner calls the route and clears the rebound area.**EXECUTE** Shooter completes three-feed movement rounds, then players exchange immediately. Both players complete equal lift and drift attempts.**COACHING CUES** Cue precedes movement | Shooter arrives before feed | Exchange without changing machine timing**READ** Partner can call hold, lift, or drift as the machine cycles.**FIX** Shooter guessing the route from feed order rather than listening to the cue.**ADVANCE** Add a high-hand cue that turns the catch into one-dribble pull-up.**SETUP** Use three adjacent spots and alternate every two feeds. Track each player's contribution separately.**EXECUTE** Complete six team makes, then eight, then ten at progressively more difficult feed patterns. A rung is complete only when each player contributes half the makes.**COACHING CUES** Team total never hides unequal work | Quality pass timing from machine | Partner communicates count**READ** Final rung uses random one-two or hop calls from the waiting partner.**FIX** One player carrying the rung while the other receives fewer meaningful reps.**ADVANCE** Require the last two team makes to come from different players and different spots.**QUALITY STANDARD** Pass when both players complete identical feed counts, contribute equally to every target, and provide concise technical feedback.**Coach check:** The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

Partner Screen and Handoff into Machine Feed

Front card: drill order, dose, and measurable standards

TOTAL
35 MIN

SPACE
1/2 COURT SIDE

CONTACT
NONE

EQUIPMENT
MACHINE + BALLS

SIDES
EQUAL R / L

SESSION INTENT Layer no-contact partner actions before machine-fed shots to reproduce screen and handoff footwork at volume.

TRAINER LENS The partner action must shape the route before the feed. The machine should meet the player at the scoring window, not replace the timing of the action.

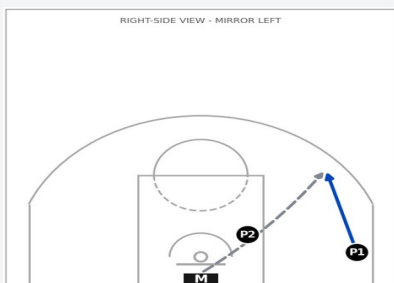
WORKOUT CARD

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Cutting Angles + Body Alignment: 0:00-1:00 dynamic calf and hamstring sweep; 1:00-2:00 45-degree lunge and recover; 2:00-3:00 V-cut to stick; 3:00-4:00 curl path to two-foot stop; 4:00-5:00 fade path to shot pocket	Complete
7:00	Ball handling	One-Ball Pocket + Screen Manipulation: 1:00 pocket dribble each hand; 1:00 hip-to-hip snake dribbles; 1:00 reject crossover; 1:00 inside-out use-screen footwork; 1:00 retreat to re-use; 1:00 split-step pickup; 1:00 cue chain: use, reject, or snake	Eyes up
7:00	Pin-Down into Machine Catch	Shooter sets up the partner, uses the screen line, and exits straight or curl to the programmed feed. Switch after five attempts.	10 makes per player; 5 each side
8:00	Handoff Footwork to Machine Shot	Shooter approaches shoulder-to-hip, simulates receiving the handoff, and arrives at the machine feed for a pull-up three or pocket jumper. Switch every four reps.	10 makes per player from turn or reject
8:00	Ghost-Screen Pop Feed	Sell the screen approach, exit before contact range, open to the ball, and catch the machine pass for the shot. Alternate ghost and full pop routes.	10 makes per player as popper; 5 each side
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO		

WORKOUT 47 | COACHING DETAIL **Partner Screen and Handoff into Machine Feed**

Right-side diagram shown. Mirror left unless the action is central.

1. Pin-Down into Machine Catch



7:00 | 10 makes per player; 5 each side

SETUP Partner sets a no-contact pin-down line near the block. Program wing feeds and mark curl and straight exits.

EXECUTE Shooter sets up the partner, uses the screen line, and exits straight or curl to the programmed feed. Switch after five attempts.

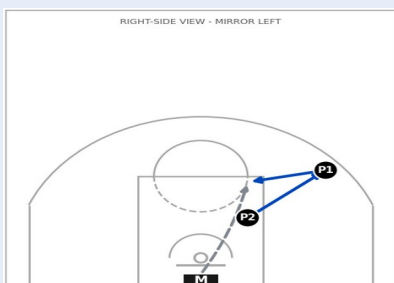
COACHING CUES Screen line is held without contact | Shooter changes speed at the screen | Feed meets the exit window

READ Partner calls straight or curl as the shooter reaches the screen.

FIX Partner drifting into the route or shooter leaving before the feed cycle begins.

ADVANCE Add a fade call and reprogram the feed to the corner window.

2. Handoff Footwork to Machine Shot



8:00 | 10 makes per player from turn or reject

SETUP Partner holds a second ball or mimics the handoff exchange at the wing while the machine is programmed to the pull-up or reject window.

EXECUTE Shooter approaches shoulder-to-hip, simulates receiving the handoff, and arrives at the machine feed for a pull-up three or pocket jumper. Switch every four reps.

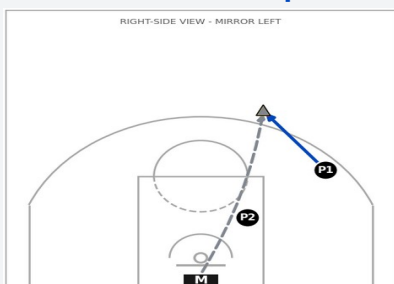
COACHING CUES Exchange line stays tight | Turn or reject is declared late | Machine catch enters the shot pocket

READ Partner calls turn, reject, or under as the shooter enters the exchange.

FIX Shooter widens around the partner and misses the programmed feed line.

ADVANCE Partner flips the exchange angle for a re-handoff route.

3. Ghost-Screen Pop Feed



8:00 | 10 makes per player as popper; 5 each side

SETUP Shooter approaches partner as if setting a screen, then ghosts to a programmed slot or wing feed.

EXECUTE Sell the screen approach, exit before contact range, open to the ball, and catch the machine pass for the shot. Alternate ghost and full pop routes.

COACHING CUES Approach creates the defensive reaction | Open after separation | Pop does not backpedal

READ Partner signals ghost or pop with a late hand cue.

FIX Opening the chest before creating separation and drifting into the feed.

ADVANCE On chase cue, shooter catches and uses one side dribble into a pull-up.

QUALITY STANDARD Pass when both players execute the same action volume and the partner cue changes the route without disrupting the machine feed window.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

Reaction Relocation Shooting

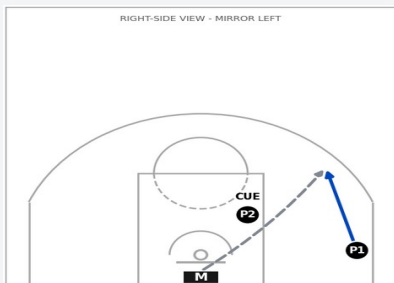
Front card: drill order, dose, and measurable standards

TOTAL
35 MIN**SPACE**
1/2 COURT SIDE**CONTACT**
NONE**EQUIPMENT**
MACHINE + BALLS**SIDES**
EQUAL R / L**SESSION INTENT** Use partner-provided visual cues to randomize lift, drift, flare, and hold decisions before machine feeds.**TRAINER LENS** The partner serves as the information source. The shooter must read the cue, move once, and organize the catch without guessing from the machine sequence.**WORKOUT CARD**

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Machine-Shooting Readiness: 0:00-1:00 ankle pulse and wrist rhythm; 1:00-2:00 lunge reach with trunk rotation; 2:00-3:00 hop-to-1-2 footwork exchange; 3:00-4:00 relocate two steps and square; 4:00-5:00 shot pocket rehearsals at five spots	Complete
7:00	Ball handling	Two-Ball Height + Timing Contrast: 1:00 alternating high-low pounds; 1:00 staggered rhythm pounds; 1:00 one ball pound, one ball in-out; 1:00 one ball cross, one ball stationary; 1:00 switch assignments every 15 seconds; 1:00 two-ball lateral shifts; 1:00 random coach clap changes rhythm	Eyes up
7:00	Lift-or-Drift Visual Read	Partner turns shoulders middle or baseline as the machine cycles. Shooter reads the angle, lifts or drifts, and catches for the shot. Switch after six feeds.	12 makes per player; 6 lift and 6 drift
8:00	Flare-or-Curl Signal	Shooter sets up the screen and reads partner hand position: palm high signals flare; palm low signals curl. Arrive at the programmed feed and score.	10 makes per player; 5 each route
8:00	Random Relocation Duel	Each player must record at least two makes from every route before reaching twelve. Misses do not carry over; partner tracks the route map.	First player to 12 makes; must use all 4 routes
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO		

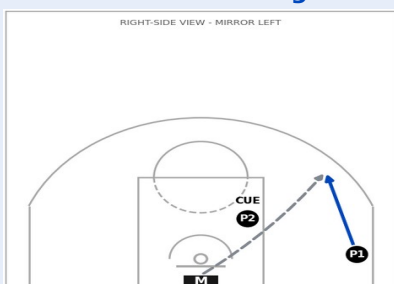
Right-side diagram shown. Mirror left unless the action is central.

1. Lift-or-Drift Visual Read



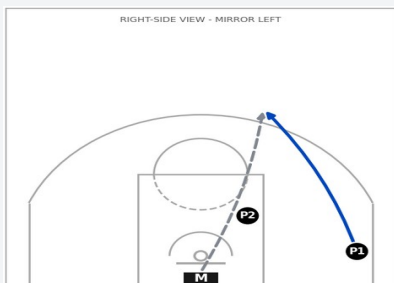
7:00 | 12 makes per player; 6 lift and 6 drift

2. Flare-or-Curl Signal



8:00 | 10 makes per player; 5 each route

3. Random Relocation Duel



8:00 | First player to 12 makes; must use all 4 routes

SETUP Program wing and corner feeds. Shooter begins between the two windows; partner stands in the paint as the drive-angle cue.

EXECUTE Partner turns shoulders middle or baseline as the machine cycles. Shooter reads the angle, lifts or drifts, and catches for the shot. Switch after six feeds.

COACHING CUES Read partner's shoulder line | One route only | Arrive before reaching

READ No verbal cue; partner changes drive angle on every feed.

FIX Shooter moving from memory before identifying the partner's angle.

ADVANCE Partner adds a late high-hand cue for one-dribble pull-up.

SETUP Partner holds a no-contact screen line near the elbow. Program wing and short-midrange feeds.

EXECUTE Shooter sets up the screen and reads partner hand position: palm high signals flare; palm low signals curl. Arrive at the programmed feed and score.

COACHING CUES Set up before reading | Route creates clear separation | Feet organize to the feed angle

READ Partner changes the signal late, within the final two setup steps.

FIX Shooter slowing before the screen to wait for the signal.

ADVANCE Add a straight-exit third option on the final round.

SETUP Program three adjacent feed windows. Players alternate two-feed rounds while the waiting partner calls lift, drift, flare, or hold.

EXECUTE Each player must record at least two makes from every route before reaching twelve. Misses do not carry over; partner tracks the route map.

COACHING CUES Competition cannot change footwork | Route variety is mandatory | Partner calls fairly and late

READ No route may repeat on consecutive feeds.

FIX Chasing the score by avoiding the weakest route.

ADVANCE Advanced standard: win only after a make from all four routes in the final six feeds.

QUALITY STANDARD Pass when both players complete all four relocation reads and the visual cue, not the machine order, drives the movement decision.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

TOTAL
35 MIN
SPACE
1/2 COURT SIDE
CONTACT
NONE
EQUIPMENT
MACHINE + BALLS
SIDES
EQUAL R / L
SESSION INTENT Train advanced off-ball route reads with a partner screen line and machine-timed feeds.

TRAINER LENS The screen partner controls angle and timing; the cutter controls setup and route. The machine creates repeatable pass speed so route quality can be evaluated precisely.

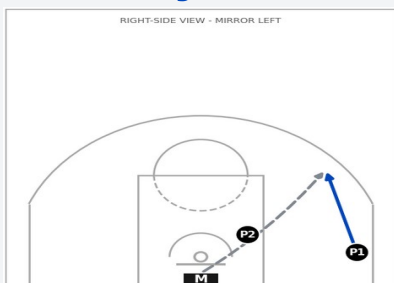
WORKOUT CARD

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Cutting Angles + Body Alignment: 0:00-1:00 dynamic calf and hamstring sweep; 1:00-2:00 45-degree lunge and recover; 2:00-3:00 V-cut to stick; 3:00-4:00 curl path to two-foot stop; 4:00-5:00 fade path to shot pocket	Complete
7:00	Ball handling	One-Ball Pace + Stop Control: 1:00 slow-fast pounds; 1:00 hang-to-burst; 1:00 dead-stop to re-accelerate; 1:00 inside-foot stop with live dribble; 1:00 stride-stop pickup; 1:00 pivot out of pickup; 1:00 coach cue: pull, pivot, or re-drive	Eyes up
7:00	Curl-Straight-Fade Series	Shooter uses the same setup, then responds to partner's curl, straight, or fade call. Switch roles after each six-feed set.	12 makes per player; 4 from each route
8:00	Re-Screen Flip	Shooter uses the first screen. On partner's deny cue, both flow into a flipped screen without stopping, and shooter exits to the second machine feed.	10 makes per player; at least 4 after the flip
8:00	Off-Ball Read Challenge	Partner presents trail, under, or top-lock picture. Shooter selects curl/straight, flare, or back-cut route and meets the corresponding feed. Switch after five feeds.	10 correct makes per player from 15 feeds
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

WORKOUT 49 | COACHING DETAIL **Pin-Down, Flare, and Re-Screen Machine Work**

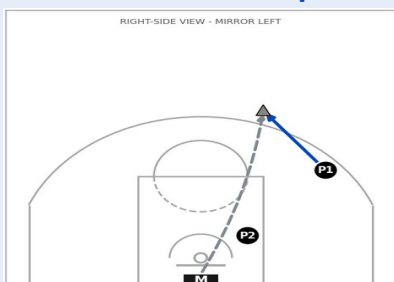
Right-side diagram shown. Mirror left unless the action is central.

1. Curl-Straight-Fade Series



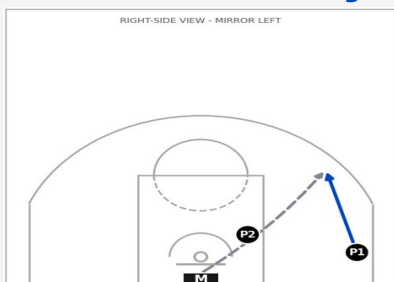
7:00 | 12 makes per player; 4 from each route

2. Re-Screen Flip



8:00 | 10 makes per player; at least 4 after the flip

3. Off-Ball Read Challenge



8:00 | 10 correct makes per player from 15 feeds

SETUP Partner holds a no-contact pin-down line near the block. Program curl, wing, and corner feed windows.

EXECUTE Shooter uses the same setup, then responds to partner's curl, straight, or fade call. Switch roles after each six-feed set.

COACHING CUES Same setup hides the route | Partner holds a clear angle | Shooter arrives balanced at three depths

READ Call is given as the shooter reaches the partner's outside foot.

FIX Shooter changing the setup speed based on the expected route.

ADVANCE Partner uses a visual hand signal instead of a verbal call.

SETUP Set primary and flipped screen positions one step apart. Program first and second feed windows.

EXECUTE Shooter uses the first screen. On partner's deny cue, both flow into a flipped screen without stopping, and shooter exits to the second machine feed.

COACHING CUES First route must look live | Flip creates a new angle | No pause between screens

READ Partner decides hold or flip after the shooter clears the first screen line.

FIX Both players turning at once without establishing the second angle.

ADVANCE Add a back-cut when the second window is denied.

SETUP Use screen, re-screen, back-cut, and flare markers with three programmed feed windows.

EXECUTE Partner presents trail, under, or top-lock picture. Shooter selects curl/straight, flare, or back-cut route and meets the corresponding feed. Switch after five feeds.

COACHING CUES Read defender picture, not route name | One decisive cut | Machine feed is the timing standard

READ Final ten feeds use only partner body position, no words.

FIX Shooter watching the machine rather than the partner cue.

ADVANCE Require three consecutive correct reads using three different routes.

QUALITY STANDARD Pass when each player reads the partner's coverage picture correctly on at least 10 of 15 feeds and maintains route-specific footwork.

Coach check: The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

College Shot-Making Gauntlet

Front card: drill order, dose, and measurable standards

TOTAL
35 MINSPACE
1/2 COURT SIDECONTACT
NONEEQUIPMENT
MACHINE + BALLSSIDES
EQUAL R / L

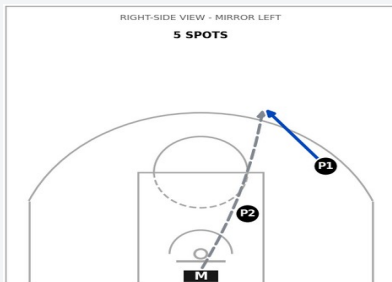
SESSION INTENT Complete a comprehensive partner-machine test of spot shooting, movement, off-dribble creation, and cue-based decisions.

TRAINER LENS The final workout measures execution under information and make pressure. Winning the gauntlet requires equal contribution, route variety, and technical stability - not rushed volume.

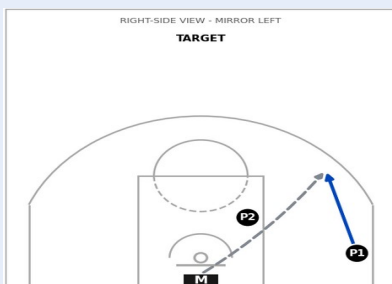
WORKOUT CARD

TIME	BLOCK	PRESCRIPTION	TARGET
5:00	Warm-up	Machine-Shooting Readiness: 0:00-1:00 ankle pulse and wrist rhythm; 1:00-2:00 lunge reach with trunk rotation; 2:00-3:00 hop-to-1-2 footwork exchange; 3:00-4:00 relocate two steps and square; 4:00-5:00 shot pocket rehearsals at five spots	Complete
7:00	Ball handling	Two-Ball Pickup + Control: 1:00 simultaneous pound to clean pickup; 1:00 alternating pound to staggered pickup; 1:00 one-ball live, one-ball secure switch; 1:00 two-ball split stance to shot pocket; 1:00 two-ball retreat to controlled stop; 1:00 drop one ball and attack with the other; 1:00 coach cue determines attacking hand	Eyes up
7:00	Equal-Share 30	Reach thirty team makes with exactly fifteen from each player. At least three makes per player must come from corner, wing, and slot locations.	30 team makes; exactly 15 per player
8:00	Action Gauntlet	Players alternate every two feeds and must complete six team makes from each action. Partner supplies the screen or cue, then roles switch.	24 team makes: 6 lift, 6 drift, 6 pin-down, 6 handoff
8:00	Final 20 Possessions	Partner presents a route and closeout picture; shooter must choose catch-and-shoot, movement shot, one-dribble pull-up, or back-cut finish. Track decision and make separately.	14 team scores from 20 random possessions; 7 per player minimum
GLOBAL STANDARD All targets split evenly right and left unless the action is central.		DECISION PHASE First 60% stable; final 40% uses the listed visual or verbal cue.	REST RULE Use brief resets to protect shot quality. No conditioning finisher is added.
DRILL	TARGET REACHED	ACTUAL MAKES / SCORE	TRAINER NOTE
1 / 2 / 3	YES / NO	_____	_____

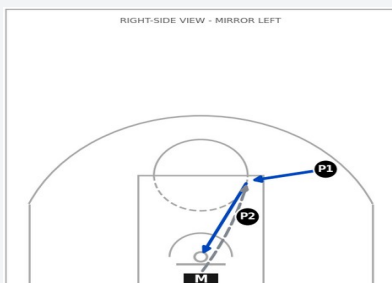
Right-side diagram shown. Mirror left unless the action is central.

1. Equal-Share 30

7:00 | 30 team makes; exactly 15 per player

2. Action Gauntlet

8:00 | 24 team makes: 6 lift, 6 drift, 6 pin-down, 6 handoff

3. Final 20 Possessions

8:00 | 14 team scores from 20 random possessions; 7 per player minimum

SETUP Program five perimeter feeds. Players alternate three-feed rounds and track individual totals.**EXECUTE** Reach thirty team makes with exactly fifteen from each player. At least three makes per player must come from corner, wing, and slot locations.**COACHING CUES** Equal share is mandatory | Every feed has a defined base | Communicate totals accurately**READ** Waiting partner calls footwork on the third feed of every round.**FIX** One player taking extra feeds to carry the total.**ADVANCE** Complete the final six team makes as alternating makes with no misses between partners.**SETUP** Program movement feed windows and set markers for lift, drift, pin-down, and handoff routes.**EXECUTE** Players alternate every two feeds and must complete six team makes from each action. Partner supplies the screen or cue, then roles switch.**COACHING CUES** Action quality before feed speed | Both players perform every role | Track category, not just total**READ** Trainer or waiting partner randomizes the action order after the first eight makes.**FIX** Avoiding the weakest action and accumulating makes in the easiest category.**ADVANCE** Advanced standard: complete all twenty-four with no category taking more than eight attempts.**SETUP** Use three machine feed windows and all partner cues from Workouts 46-49. Alternate shooter every possession.**EXECUTE** Partner presents a route and closeout picture; shooter must choose catch-and-shoot, movement shot, one-dribble pull-up, or back-cut finish. Track decision and make separately.**COACHING CUES** Correct decision precedes make | Maximum one counter | Final possession uses same standards as first**READ** No verbal cue on the final ten; partner body position supplies the information.**FIX** Letting the competitive score override the correct read.**ADVANCE** Gold standard: 16 scores from 20 with at least four different final solutions and equal player contribution.**QUALITY STANDARD** Pass when the pair completes the gauntlet with equal contribution, at least four scoring solutions, and correct decisions on the final cue block.**Coach check:** The final cue block should preserve route timing, balance, and shot selection. A made shot with the wrong read does not count as a successful decision.

PROGRAM GUIDE **Assessment and Progression**

How to score a session and decide when to advance

A workout is passed by the combination of outcome and execution. A player does not advance merely because the make total was reached. The route, read, footwork, release, and landing must remain functional in the final variable segment.

Domain	College standard	Advanced standard	Score 0-2
Target	Meets listed make / time goal	Meets stretch goal without rushed reps	—
Decision	Correct first read on most cue reps	Correct read plus clean counter when picture changes	—
Footwork	No repeated extra steps or travels	Footwork adapts late to pass angle and cue	—
Shot quality	Stable pocket, release, and landing	Same quality across both sides and late reps	—
Spacing / timing	Arrives in the intended window	Creates the window early and preserves next action	—

Advancement rule

8-10 points	Advance to the next workout or use the listed advanced progression.
6-7 points	Repeat the workout once, targeting the two lowest domains.
0-5 points	Return to the prior workout in the track or reduce cue complexity while preserving game-speed quality.

Four-session audit

Workout / theme	S1	S2	S3	S4	Next decision
_____	—	—	—	—	Advance / Repeat / Regress
_____	—	—	—	—	Advance / Repeat / Regress
_____	—	—	—	—	Advance / Repeat / Regress
_____	—	—	—	—	Advance / Repeat / Regress

Medical and load note: Modify range, landing demand, and volume for injury restrictions or return-to-play status in collaboration with the athlete's sports medicine and performance staff.

These sources support the design principles of representative practice, adaptable movement solutions, visual-attentional control, and quality-preserving pressure. They do not validate every exact drill prescription or target in this coaching manual.

1	Burkaitė, G., Figueira, B., Schöllhorn, W., Coutinho, D., & Paulauskas, R. (2025). Differential shooting training in youth basketball players: an analysis of performance effects. <i>Frontiers in Psychology</i> , 16, 1709103. https://doi.org/10.3389/fpsyg.2025.1709103
2	Court Gold, C. L., Clark, B., Lascu, A., Gorman, A. D., Ball, N., & Maloney, M. A. (2025). Sampling perception-action couplings from competition create representative basketball shooting tasks. <i>Psychology of Sport and Exercise</i> , 78, 102828.
3	Marcolin, G., Camazzola, N., Panizzolo, F. A., Grigoletto, D., & Paoli, A. (2018). Different intensities of basketball drills affect jump shot accuracy of expert and junior players. <i>PeerJ</i> , 6, e4250. https://doi.org/10.7717/peerj.4250
4	Shooli, M., Saemi, E., Shetab Boushehri, N., Seifourian, M., & Simpson, T. (2024). Effects of self-controlled practice and focus of attention on free throw accuracy among skilled basketball players. <i>Human Movement Science</i> , 94, 103187. https://doi.org/10.1016/j.humov.2024.103187
5	Slegers, N., Lee, D., & Wong, G. (2021). The relationship of intra-individual release variability with distance and shooting performance in basketball. <i>Journal of Sports Science and Medicine</i> , 20(3), 508-515.
6	Zhao, X., Zhao, C., Liu, N., & Li, S. (2024). Investigating the eye movement characteristics of basketball players executing 3-point shots at varied intensities and their correlation with shot accuracy. <i>PeerJ</i> , 12, e17634. https://doi.org/10.7717/peerj.17634

Manual design note

Workout targets are coaching standards for advanced high school / national-team players. Trainers should adjust pass speed, route distance, make target, and cue timing to preserve the intended decision and shot quality for the individual athlete.

END OF MANUAL