

MORNING WORKOUT INDIVIDUALLY WITH GUARDS – SHOOTING DRILLS

DIMITIS ITOUDIS

Two-Time Euroleague Champion

The concept of individual practices

In the first part of our morning practices, we separate the players by their positions. This part can take between 15 and 60 minutes, depending on what and how much we want to work on. As for the guards, what we want to accomplish during these practices, besides skill development and shooting drills, is to have a better feeling about the spacing we have throughout our playbook. Our concept with these practices is to go through the teaching points from 1on0 drills to 3on0 drills. We want to teach players the right moment of a good replacing, spacing out, a hand-off, and various parts of the offensive system.

Warm up

For the warmup part, we worked mainly in 1on0 and 2on0, and we worked on different finishes like a straight layup, reversed layups, pulls, floaters, step-back jump shots and what the practice material of the given age group required. In these training sessions, we want to emphasize that the players always receive the ball in a triple threat position. Since we are talking about guards, we start each drill with a controlled dribble, developing their ball handling skills. We also teach players that the rim is a practical protecting point at a layup, which is why we use a lot of reversed layups in our individual drills. When players change direction, the last dribble should feel like the first part of the finishing option. We call it the rhythm dribble. The last one in this part is isolation when we separate the defender from the ball and attack with a change of rhythm.

Teaching points

1. Triple threat position
2. Pass from control dribble
3. Change of direction
4. Rhythm dribble
5. Isolation move

Spacing 2on0

In the next part, we build on the connection between the two players, in which spacing comes up, which also requires good timing. We can challenge the players by giving them score limits, and then we move to the next level. When we want to provide individual goals, we offer the goal as a percentage concerning different individual skills. After that, the drill continues until two drives and kickouts. The player with the ball can choose to drive to the baseline or middle, to which the off ball player must react. If we want to emphasize spacing, we can define that the drive goes to the middle twice in a row so that after the first kickout, the player must fill the corner. The next step is to make a close out after the pass, so we challenge the shot and also assign a defensive job.

One of the most important teaching points in this part is to receive the ball in a sound body position, from which they can shoot or attack the defence.

Teaching points

1. Drive to score
2. Timing and spacing
3. Body positioning
4. Stay low

Using the screens

In the next phase, the coach or a player will be the guided defender performing specific defensive tasks, such as a

hedge or ice. In this part, we can emphasize working on the left hand, which is usually the weak hand. When playing a pick and roll, players must read and react to different defensive tactical elements. Therefore, they have to protect the ball, attack the gap and split the defence if it's optional. We also work in the same concept with off ball screens, where a coach puts constant pressure on the ball player, making it difficult for him to protect the ball. Making the drill more complex, the player must dribble two balls. In the hand off situation, players must prepare the angle, so they have to separate the defence from the off ball player. When can this be combined with a hand-off, reverse, and pick-and-roll action with the coach? Coaches must always emphasize the playbook elements to vary the exercises in many ways.

Teaching points

1. Left hand
2. Protect the ball
3. Attack the gap
4. Split the defense
5. Prepare the angle

Three players connection

In the last part of the practice, we move to 3on0, where we can combine the previous elements according to the given goal. Since the elements practised so far must work at a skill level, the most significant emphasis is on full-speed execution. In this part, we also strive for a step-by-step approach, so we start with 3on0 spacing and then add different types of screens, as in the previous parts of the practice. In the end, we can break down our offence with 3 guards, where we can use our assistant coaches as the four and five men.