SMALL-SIDED GAMES BOOK

www.transformingbball.com

TRANSFORMING
BASKETBALL

INTRODUCTION

Thank you so much for either purchasing this as a PDF product, or accessing it through being part of our Transforming Membership Community! This book is a collection of some of our favourite small-sided games at Transforming. These small-sided games cover multiple scenarios and are appropriate for all age-groups. If you use constraints effectively, you could even use many of these activities with beginners and professionals.

If you try any of these out in practice, I would love to hear how it goes! Please connect with me through the Transforming Community, or on Instagram through @transformingbasketball, or X through @transformbball. Send me a message and let me know what you liked. Even better, I would love to hear of any new ideas that you added to these base activities.



Thanks for the support!

Alex Sarama

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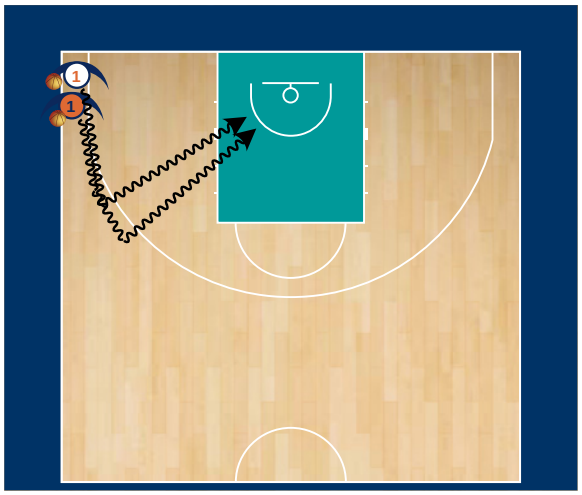
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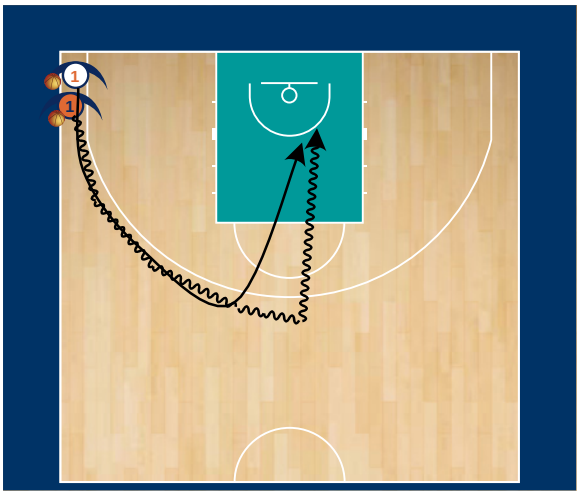
1-on-1 Around the Arc

1 / 2



Leader sets the pace. They will change speeds moving around the arc. The moment they step inside, it's a race to score a rim finish first.

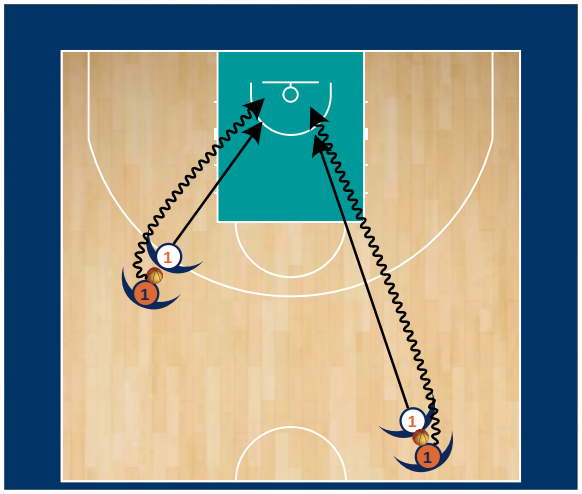
2 / 2



Load to playing against a live defender. Offense can go at anytime while dribbling around the arc!

- Bonus point if get defense to collide while dribbling around the arc
- Can pullback dribble and move backwards
- Skate dribble and move laterally
- Golden snitch if score with one dribble
- Dynamic 1-on-1 with coach
- Load in secondary offense and defense

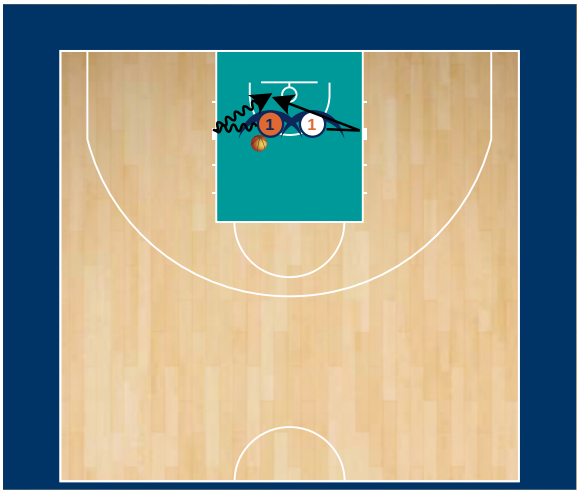
1-on-1 Blind Start



Ball on back. Defense moves as soon as they feel dribble is lifted!

- Change adv start, i.e. ball to hip, dribbling with hand on shoulder etc.
- Golden snitch for one or two dribble score
- Load in extra offense and defense
- Add octopus and stunt defense

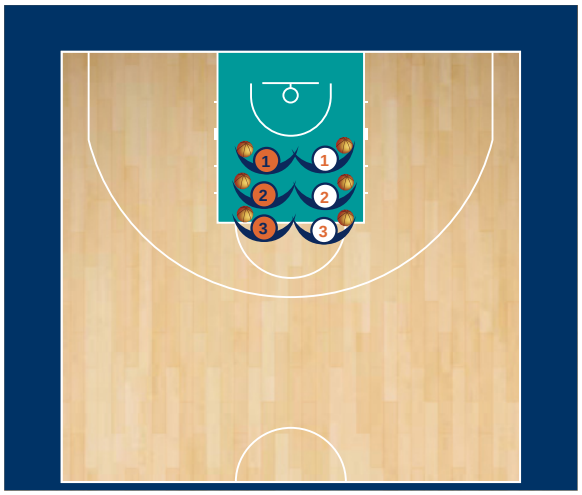
1-on-1 Block



Offense and defense make contact while dribbling. Live as soon as offense releases. Both must touch the block with one foot before playing the 1-on-1.

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1-on-1 Bump Tap

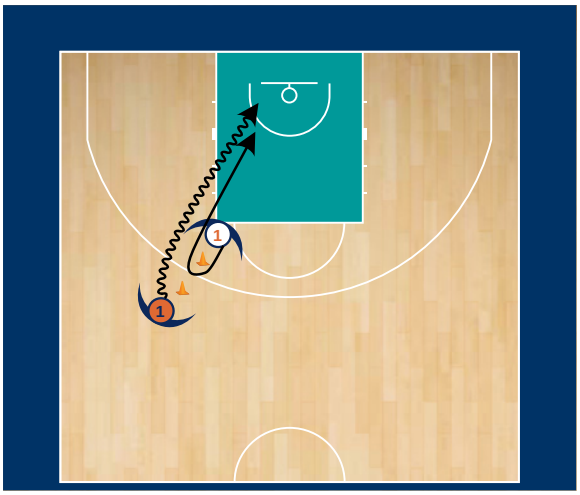


Bump the balls and first to score gets a point!

- Balance on outside leg, take one step
- Balance on inside leg, take one step
- Score using stride
- Change sides
- Extra point if steal or block opponent's balls
- Change angle
- Behind wrap, combo move etc

1-on-1 Cat & Mouse

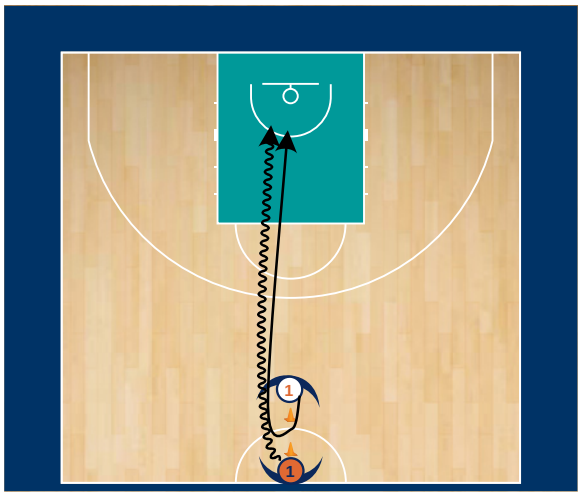
1 / 3



For younger player, play with just one cone to increase the advantage. Defense must go left or right around cone, cuing offense to start and play the 1-on-1.

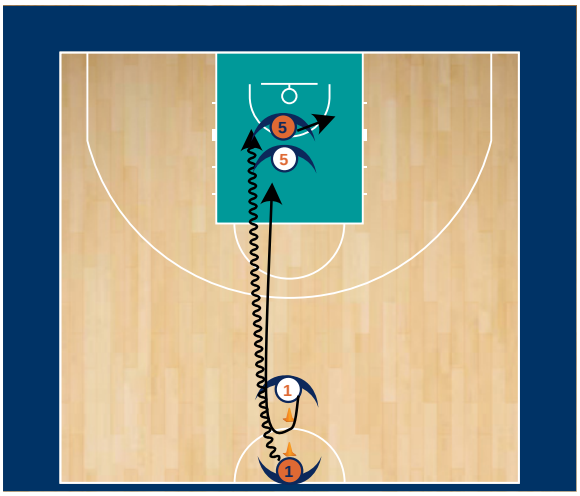
- One dribble score (golden snitch)
- Can't score inside key (work on rear-view)
- Start off dribble
- Start off pass, defense chase on catch

2 / 3



Change location and depth frequently. Provides offense to work on hostage or speed attack, defense can recover, poke at ball or rear view contest.

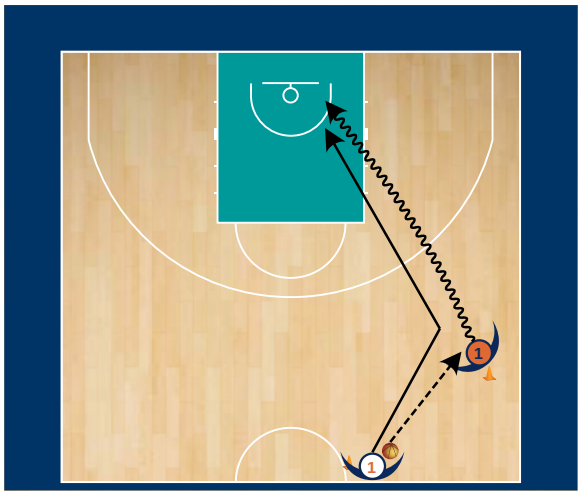
3 / 3



Load in second and third players accordingly. Put in random spacing alignments each time to further variability.

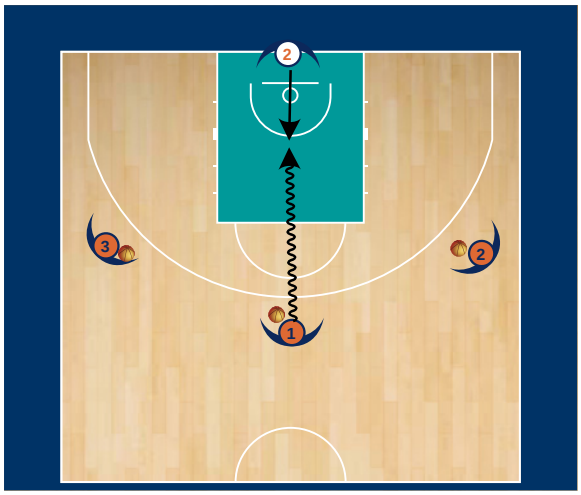
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1-on-1 Chasedown



1-on-1 Continuous Posters

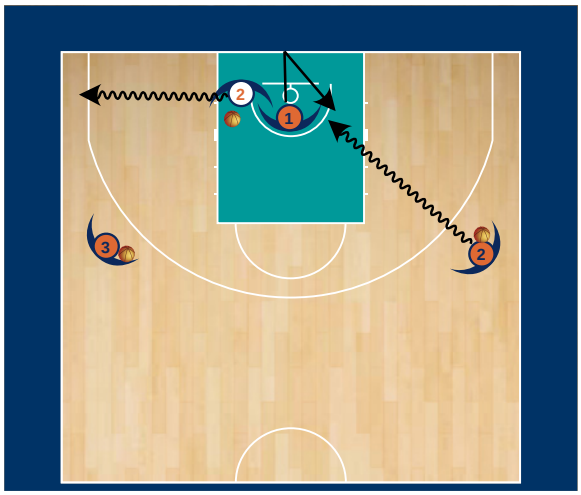
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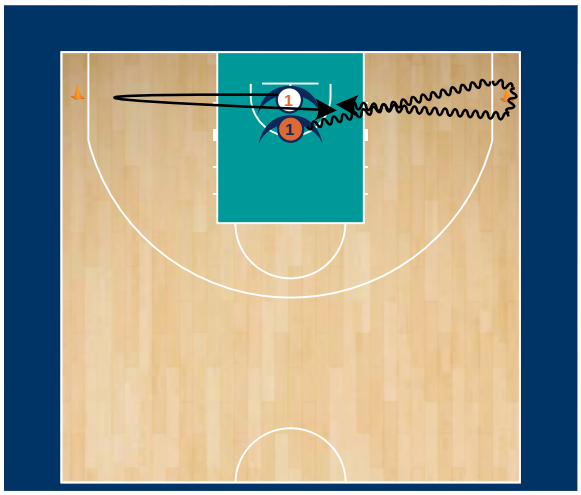
3 offensive players all with a ball. Any player can drive (connect) or coach can say name.

2 / 2

1-on-1 Corner Finishes



As soon as defense gets ball or there's a score, next offense goes while offense touches baseline and becomes new defender. Last defense goes to a new perimeter spot to get ready to drive again in a few moment' time.

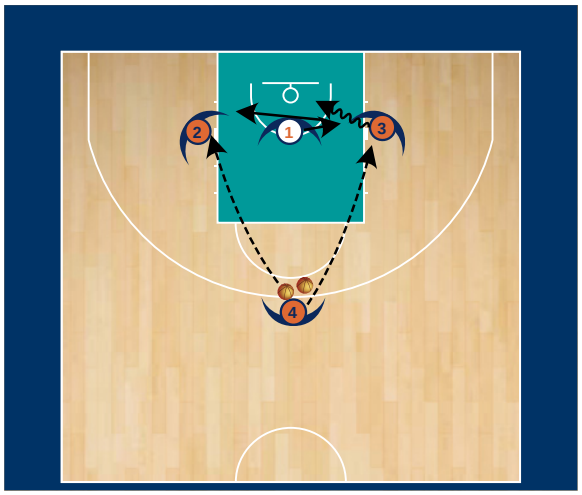


Offense can attack left or right, must go around the cone. Defense only has to get a foot on the 3PT line in the opposite corner.

Can change angles, e.g. have offense go around top while defense moves from corner, as well as making a 1-on-2.

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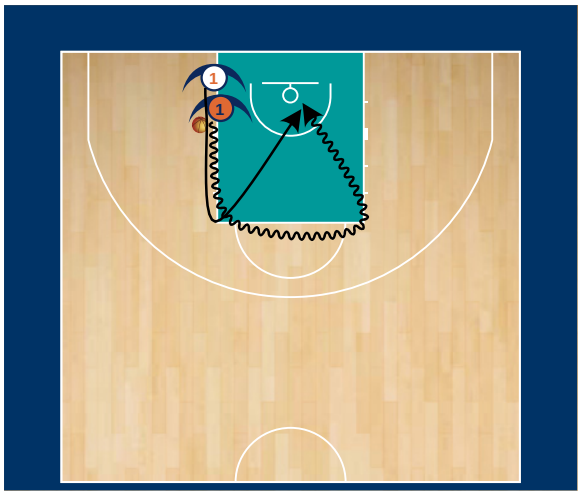
1-on-1 Double Contest



Handler will disguise their pass, either passing to 2 or 3. 1 must react and play defense accordingly. Play until the defense gets the ball or offense scores. As soon as this occurs, passer will send second pass to other player, and defense must get out and contest.

- Make second action a close-out to defend, or another action such as a DHO. Can randomize so it's unexpected.
- Once sending first pass, handler will work on skate dribbles laterally.
- Add defender to contest passes.

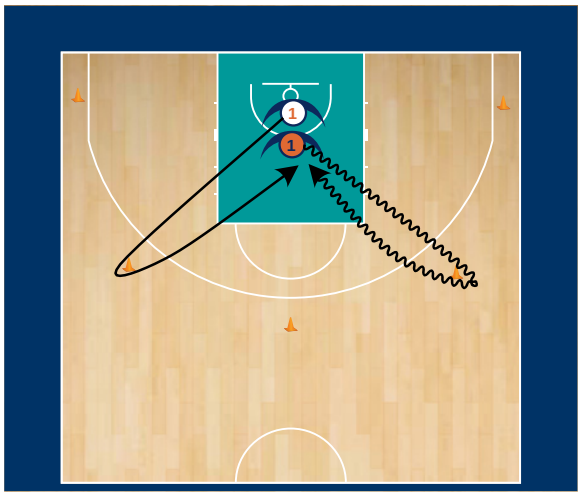
1-on-1 Elbow Touches



Offense has to touch both elbows with feet, defense only touches first elbow. Play live 1-on-1.

- Constrain number of dribbles offense can use

1-on-1 Five Spots



Offense can go around any cone. Defense must go opposite, unless it's the top cone in which they trail. Live 1-on-1.

- Can load to a 1-on-2
- Offense has one opportunity to change direction before they pick a cone
- Pass, run and receive on way around cone to practice finishing off the catch

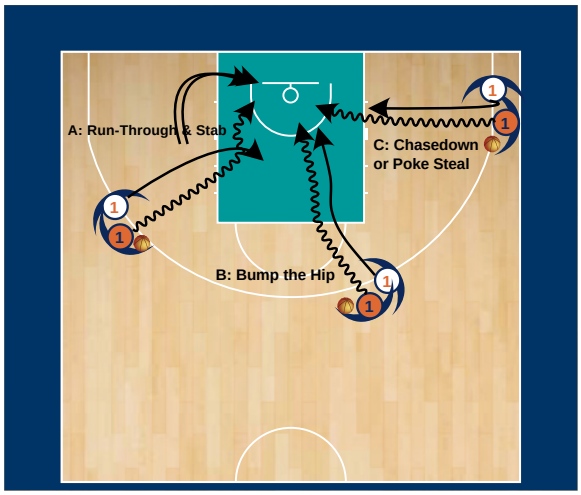
1-on-1 Guided Series Dynamic Starts



A list of ideas for dynamic starts to use before applying some of the guided coverages listed.

1-on-1 Guided vs Primary Def

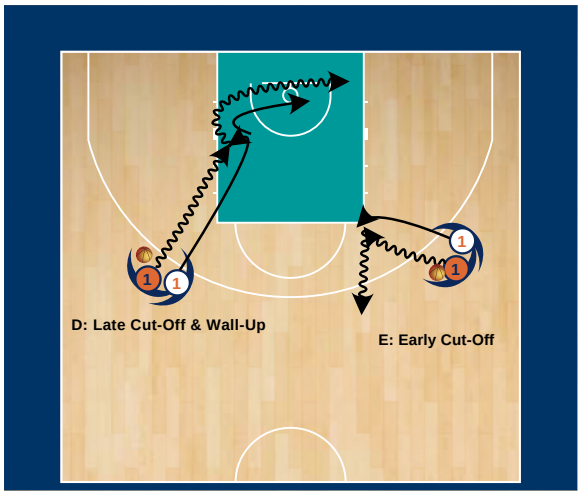
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Primary defender is guided and applies three different "A,B,C" coverages. Stay for any number of reps or a time period before rotating, but minimum 3 reps so different coverages can be applied.

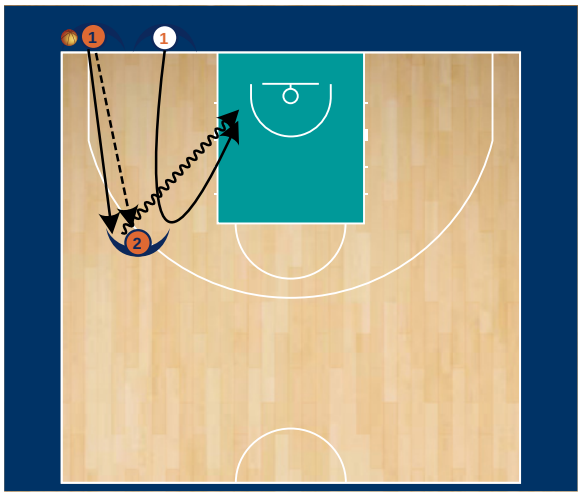
- Defense on both sides or script one side, e.g. start on right side of offense to finish on left hand
- Script locations, e.g. only corner or randomize
- Constrain where to finish on the backboard
- Mix the pairs to respect role of individual constraints
- Can script solutions for situations players find difficult

2 / 2



Load in option D. This cues the Nash Dribble OR Hip Turn & Dribble Backdown. If Option E, use a bounce-out protection plan, then flow into another drive with Option A, B, C or D given.

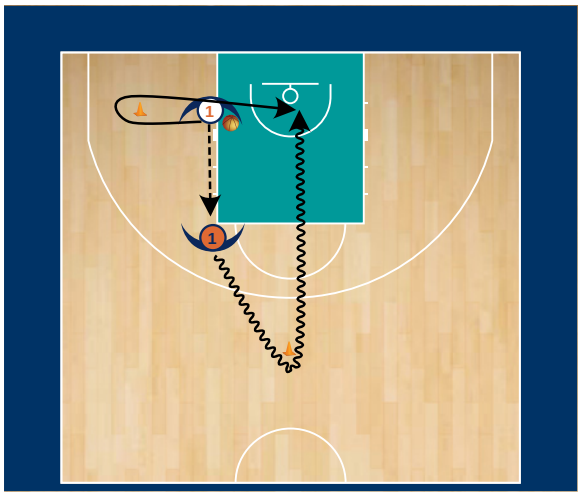
1-on-1 Hi-5



Player dribbles until the connection, pass off the dribble. Receiver puts ball on inside hip, with ouside hand up for x1 to hi-5 before recovering.

- Pivot cues curl and middle drive, inside hip cues baseline drive.
- Passer can backdoor cut instead of receiving as a hand-off.
- Load in secondary players.

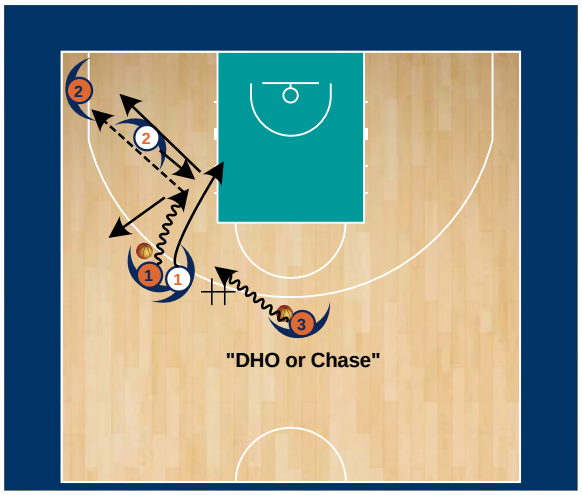
1-on-1 Loop



x1 starts with the ball and passes to offense. Immediately triggers the live 1-on-1.

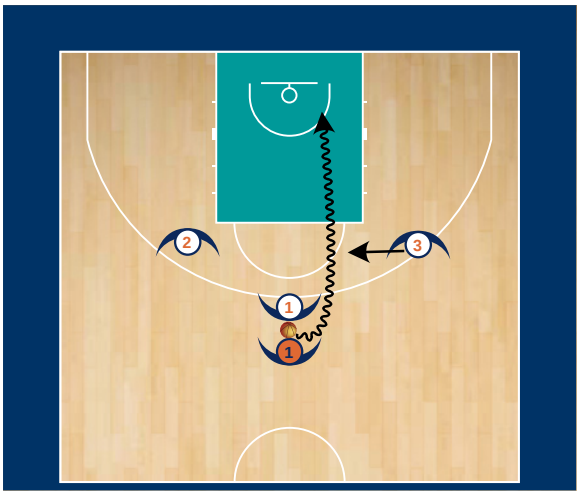
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1-on-1 Multi Primary & Stunt



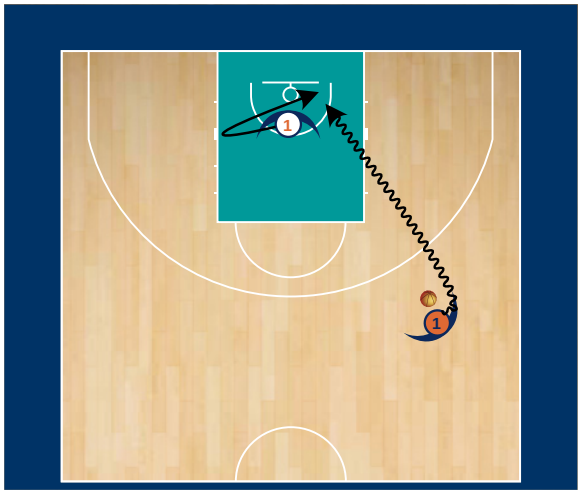
x1 will apply an ABCD coverage, x2 will either stunt, overhelp or begin too deep (whip it). If 1 passes, back out to space and play the DHO or Chase with 3, x1 is live. If 1 finishes, DHO or Chase is with 2.

1-on-1 Octopus



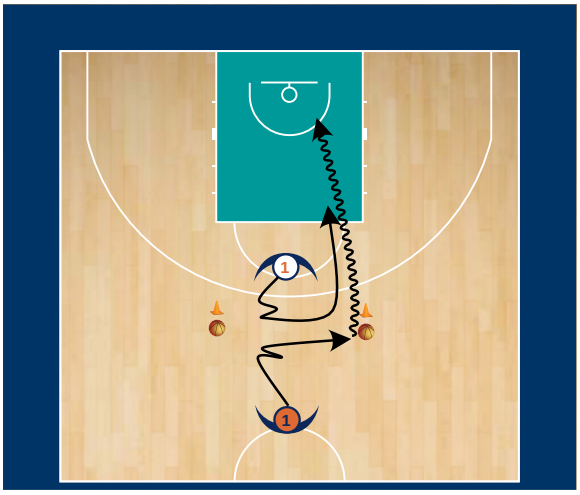
Use any static or dynamic start. Offense can stunt and reach in like octopus. Use a gather to avoid!

1-on-1 Paint Escape



Defense leads, offense reacts. Defense must get two feet outside paint before recovering.

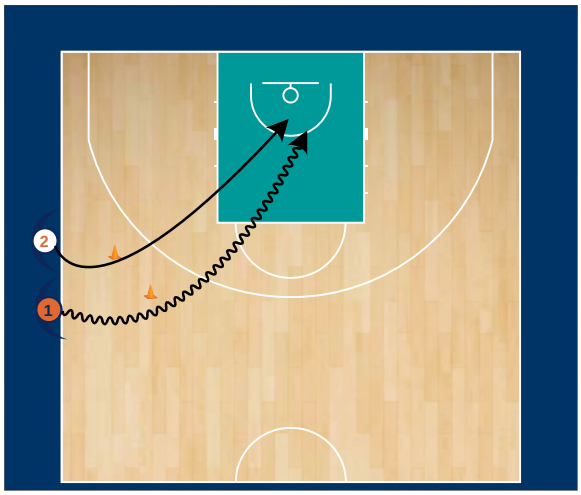
1-on-1 Shadow



Great game for working on deceptiveness and fakes. Offense can pick up either ball from the chair. Try to lose the shadow (defense) through changes of speed before picking up the ball.

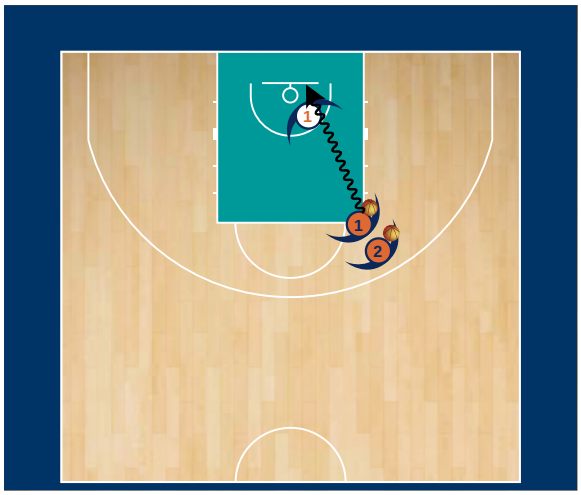
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1-on-1 Sideline Angle



Good set-up for providing affordances for across-the-rim finishes. If cut-off, may need a bounce-out protection plan.

1-on-1 Smile

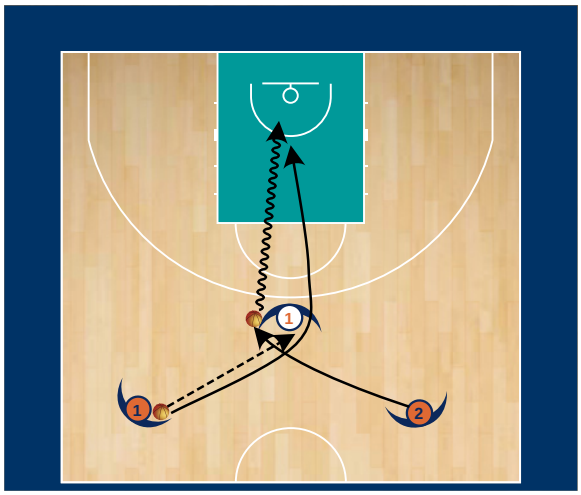


Defense can only play in smile. Apply bursts concept to improve time-on-task.

- Defense must wall-up remaining rooted (no jump)
- Defense can jump but only once, no second jump allowed
- Defense can only contest with their left hand
- Defense resets offense score to 0 with a charge

1-on-1 Surpise Hand-Off

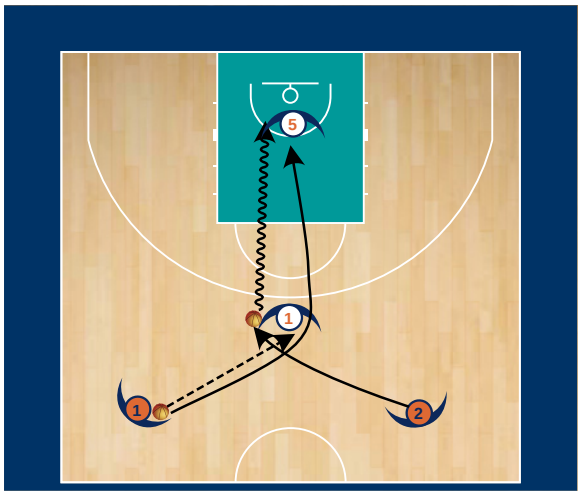
1 / 2



Pound dribbles/ combinations. Once player at trail connects, pass ball off the dribble. Both players will converge and the ball will be handed-off left or right, totally random. Play the 1-on-1 and apply offensive concepts to keep and maintain adv, while defensively working on contesting and recovery. Finish with offense immediately going to deny hand-off player, with defense inbounding ball.

- Can play a 2-on-1 using same set-up. Could be cued by coach saying live.

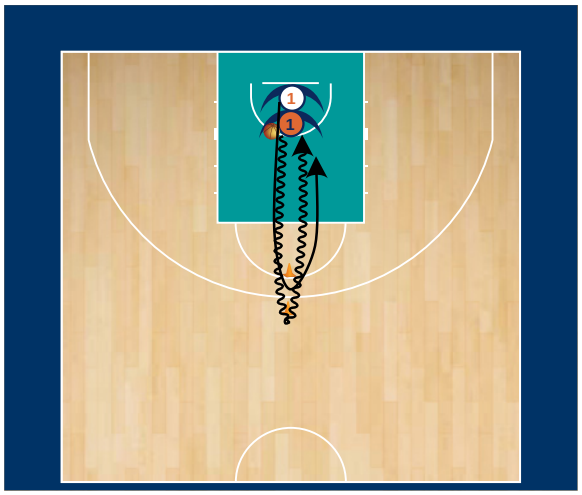
2 / 2



Can load into a 1-on-2 or 2-on-2 accordingly.

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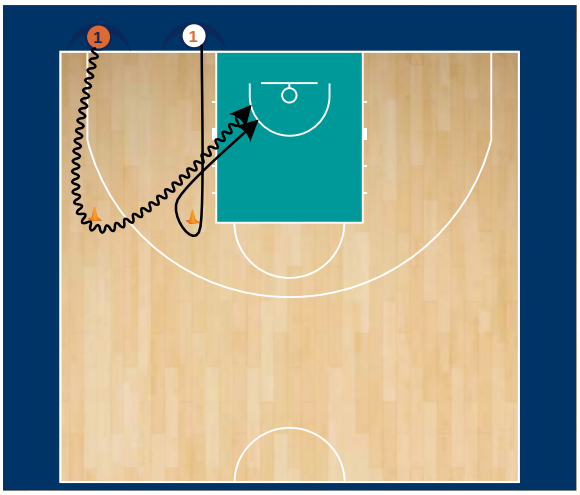
1-on-1 Trail



Offense leads, defense follows.

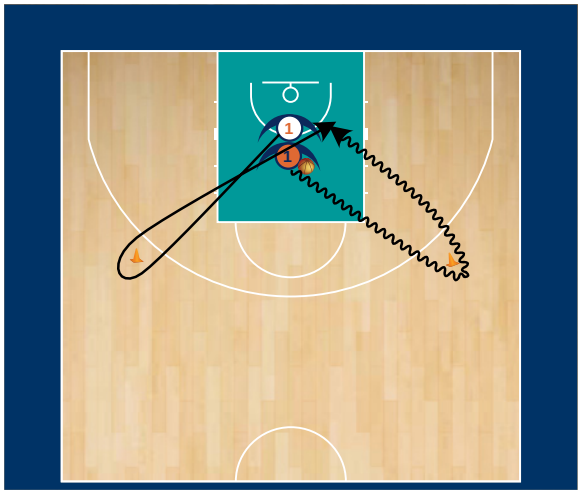
- Constrain location of finishes on rim
- Overhand/ underhand etc

1-on-1 Transition Finishes



Offense starts. Outside to inside, play 1-on-1. Can apply task constraints to offense as desired.

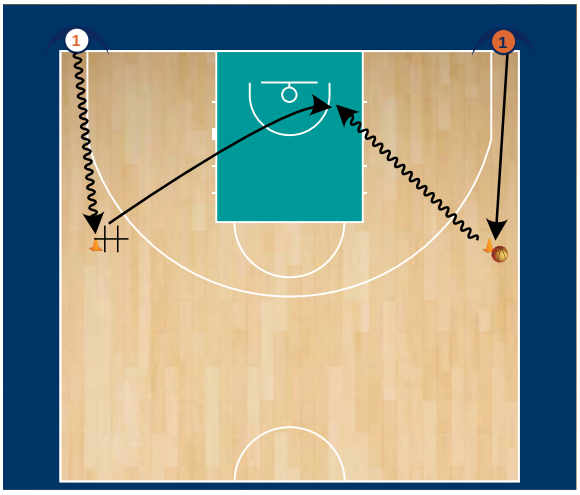
1-on-1 Wing Finishes



Offense initiates. Vary angles from outside inside to inside outside.

- Offense can perform a combo move at FT line to change direction they are going around.

1-on-1 Wing Touchdown

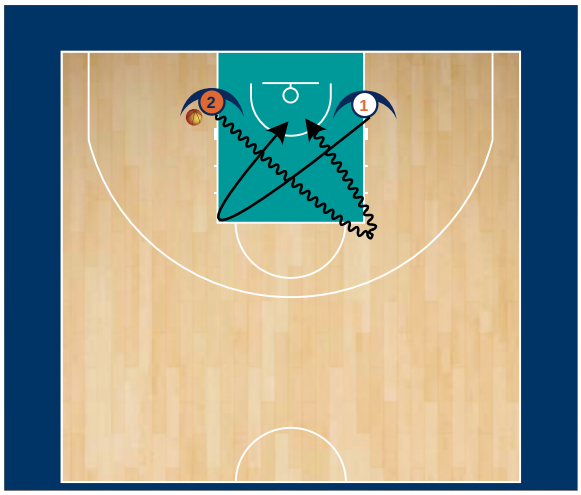


Cones are chairs. Defense leads, offense reacts. Defense will speed dribble and place the ball down on the chair, while offense sprints to pick up the ball. Play the live 1-on-1.

- Flip Angles
- Load to 2-on-2

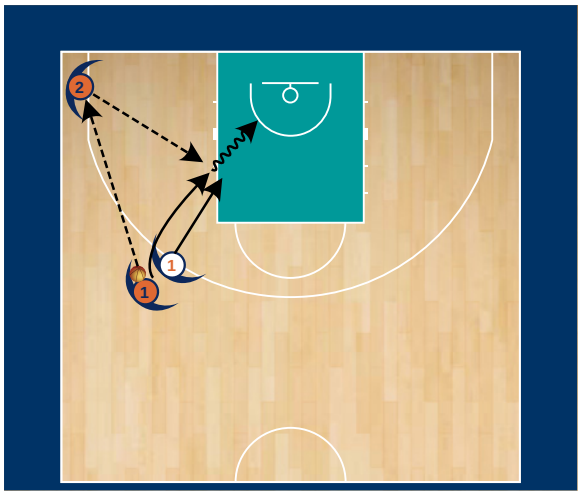
SSG Book

1-on-1 X Out



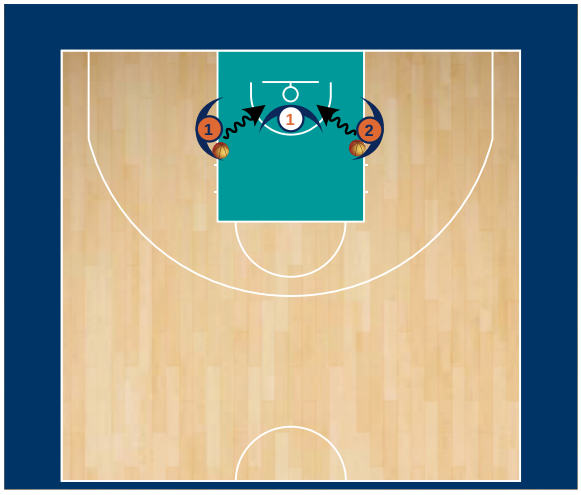
Hit the elbows and play the 1-on-1. Can add passer and finish off catch after hitting elbow.

1-on-1+1 Blind Cut



Defense recovers as soon as they see the pass go. Offense sends one hand pass off the dribble, receiving back for the finish.

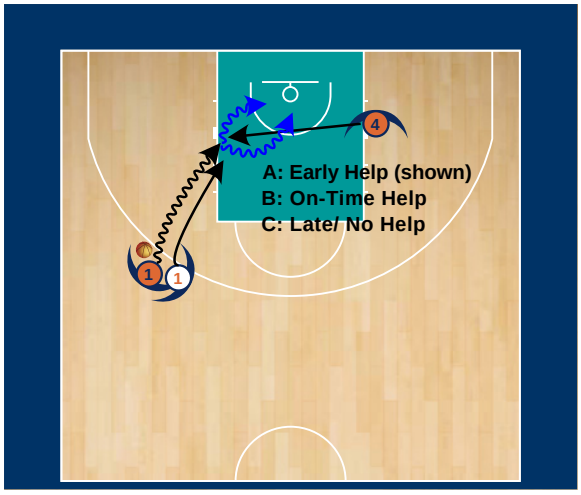
1-on-2 Chaos



Bursts concepts applied, offense and defense stay for 45 seconds. 1-on-2, defender tries to block or steal as many balls as possible, earning 1pt each time. Each basket made by offense is 1pt.

- Apply task constraints accordingly
- Also effective as 2-on-3
- Can pass to coach and score back from cut instead of off-the-dribble

1-on-2 Guided vs Primary & Help Def

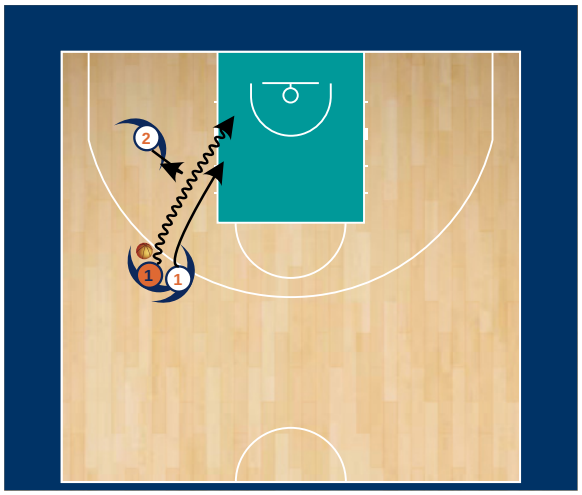


Defender x1 and uses the same guided coverages shown earlier. X4, the low help, has 3 options:

A = Early Help (outside smile)
B = On-Time Help (in smile)
C = Late Help (close to rim)

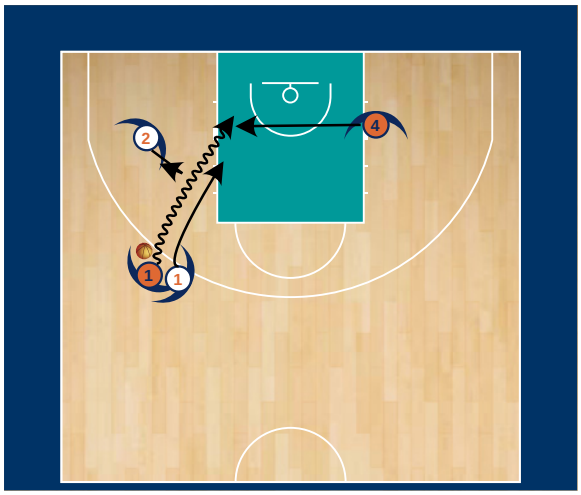
SSG Book

1-on-2 Guided vs Primary & Stunt Def



Primary defender applies same A,B,C,D coverages as shown in vs primary def. Now gap defender stunts in different places at ball.

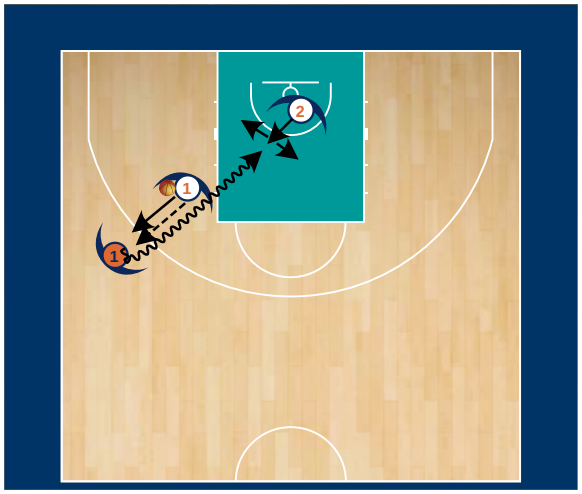
1-on-3 Guided vs Stunt, Primary & Hel



Defenders x1 and x2 use the same guided coverages shown earlier. X4, the low help, has x3 options:

A = Early Help (outside smile)
B = On-Time Help (in smile)
C = Late Help (close to rim)

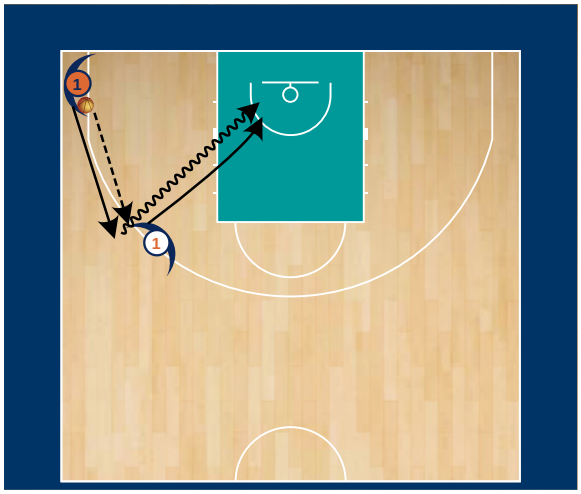
Perceptual Finishes



First guided defender passes and shades / runs off line baseline or middle. Help defender takes one step in front, then left or right. Offense must finish around help. Defense is scripted, not playing live.

- Offense complete in one or two dribbles
- Change start, i.e. blast cut or stampede
- One defender or both defenders can be live

1-on-1 Blast Pick-Up



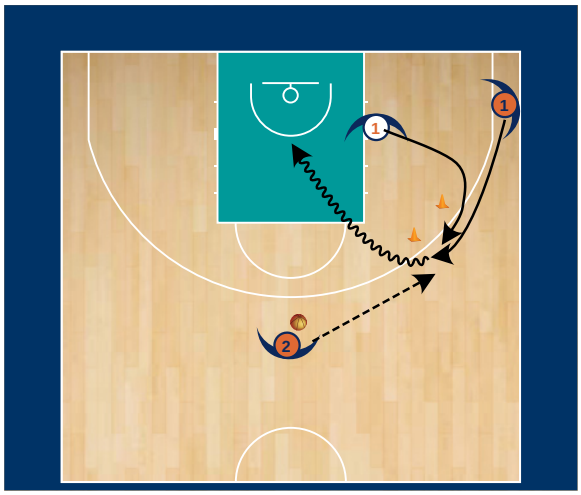
Offense makes extra pass facing rim when partner connects. Partner stands back to basket. On the blast cut, partner is a guided defender and either:

A - Places ball on inside for offense
B - Place ball on outside for offense
C - Drops ball in front (neutral)

x3 reps, x3 different letters. After giving the letter and cuing the dynamic 1-on-1, recover and play live 1-on-1.

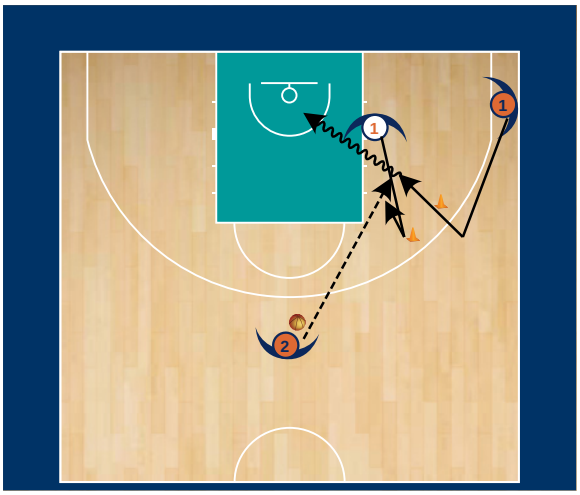
1-on-1 Blasts Cone Gate

1 / 3



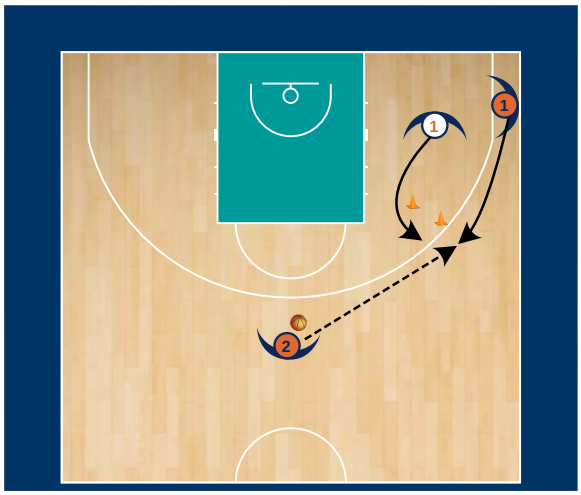
Offense initiates. Defense can chase through cones or touch inside cone.

2 / 3



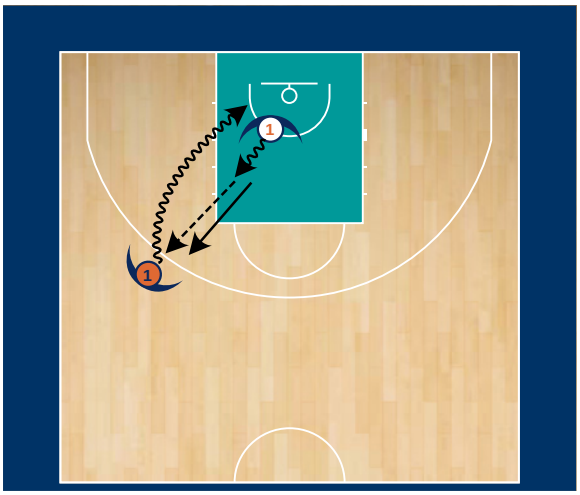
Inside cone touch shown. Come to post if backdoor cut is dirty and no pass decision available.

3 / 3



Change positioning of cones to simulate different decisions, e.g. coming off a screen-away.

1-on-1 Bounce Close-Outs



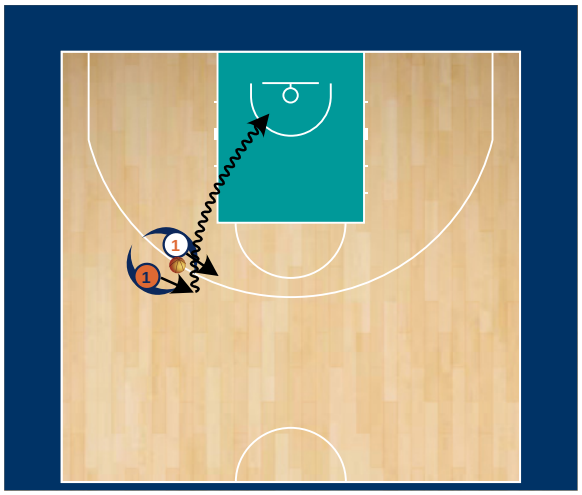
Defense starts in smile, takes one dribble towards offense and sends an underhand scoop. Play live 1-on-1 and attack the close-out.

- Offense must lateral shift before receiving ball
- Offense stampedes the catch

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1-on-1 Guided Catch Footwork

1 / 2

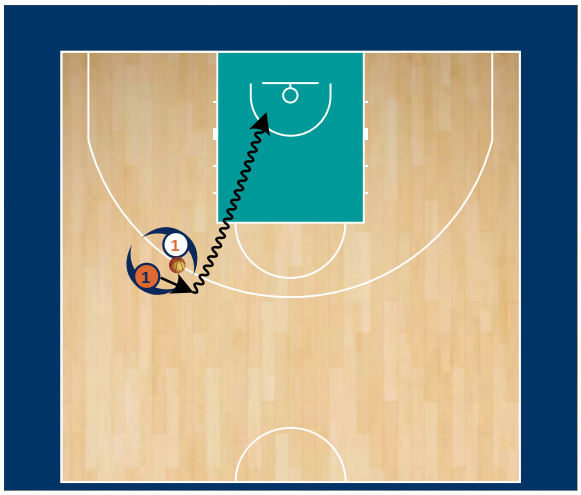


In pairs. x1 will drop the ball to the left or right, partner must catch on a jumpstop. x1 will then shuffle to cut the partner off, who must cross-step in the opposite direction.

x1 is not live initially but guided, can poke the ball lose or recover and perform a light wall-up.

- Same but off a stride stop vs jump stop
- Go to a new spot for all x3 reps

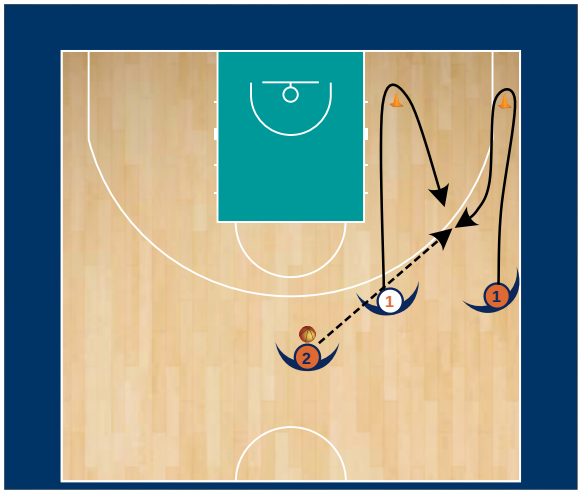
2 / 2



If partner doesn't move after dropping the ball, now offense just goes and attacks. Could be a stab or spike dribble subject to what the pivot foot is to avoid a travel call.

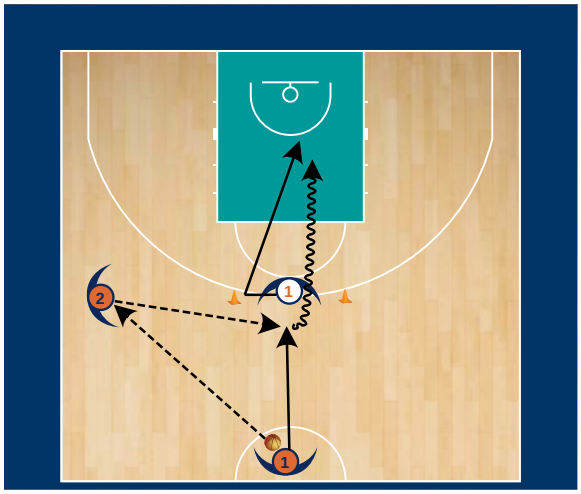
- Add weakside help defender
- Make primary defender live as offense catches
- Neutral and space pivot

1-on-1 Cone Blasts



Offense initiates, 1 looks to apply a 0 seconds reaction on the blast cut.

1-on-1 Cone Touch

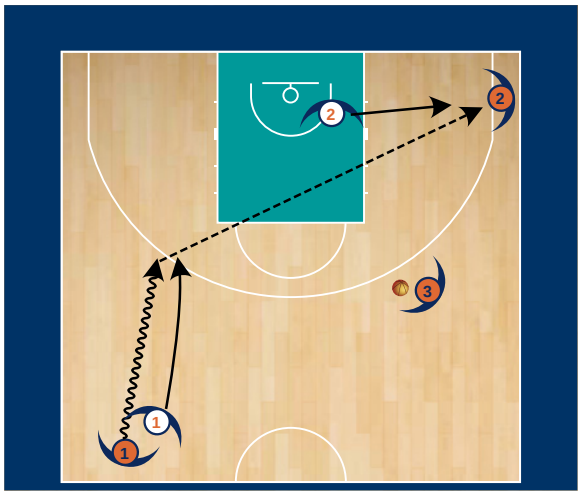


Useful for working on footwork off catch. As soon as ball is in air on way back to 1, defense will touch a cone. Offense will attack through the open space and play 1-on-1.

- Constrain stride or jump stop
- Stampede (catch and go without stopping)
- Defense can deny pass back

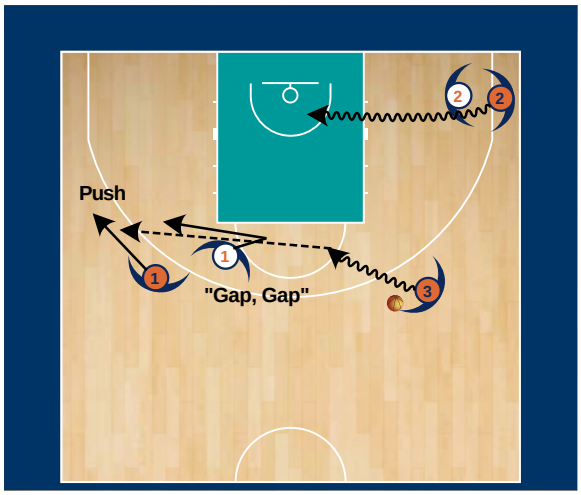
1-on-1 Multi Skip & Close-Out

1 / 2



x1 pressures 1 to the 45, contesting the corner skip. x2 can recover as soon as the ball leaves 1's hands. Ensure 2 remains inside the court with their footwork from the corner.

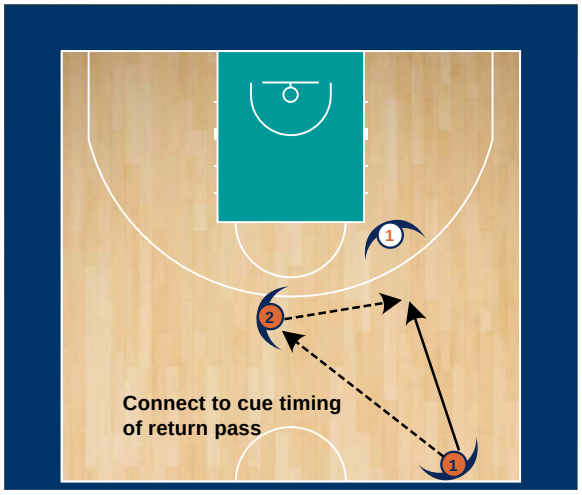
2 / 2



2 reads the close-out. x1 shifts to gap support after the skip, and stunts at 3's drive. Live off the second pass, which x1 can steal if stunt is up the line. x1 cannot backcut, only push and attack the close-out.

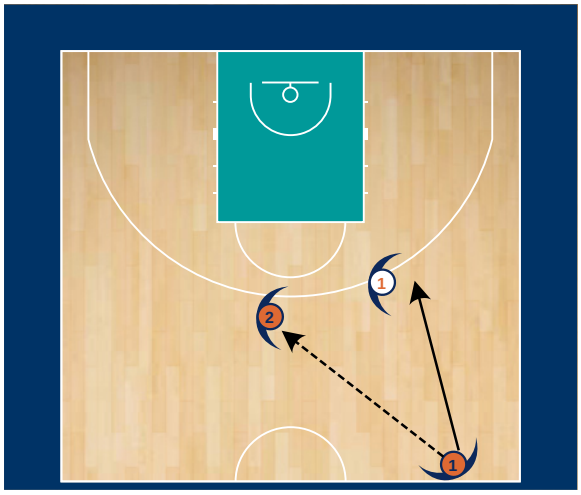
1-on-1 Sprint Ins

1 / 2



1 passes and sprints in, connecting the moment they want their teammate to pass. x1 must remain rooted inside or on the 3PT line. Play live 1-on-1, with 3pts for a 3PT shot or wide open rim finish, 2 pts for any other rim finish, 1 pt for mid-range.

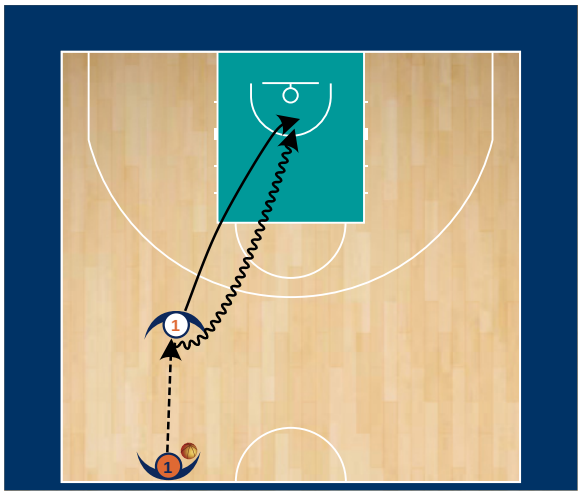
2 / 2



x1 will shift to a top lock position as soon as 1 approaches. Play the 1-on-1 with 2 facilitating and using dribble to create a passing angle.

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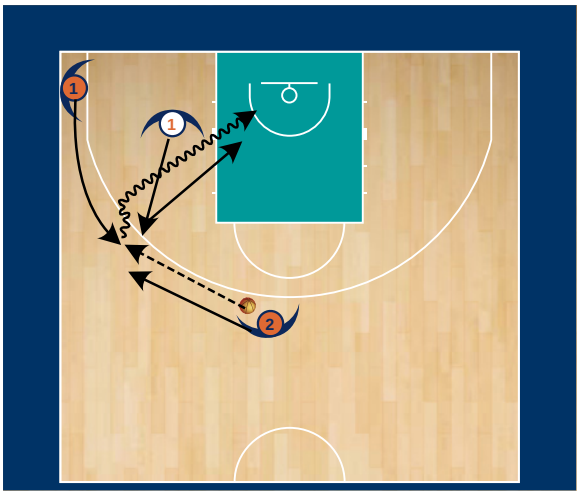
1-on-1 Sprint Pick-Up



Offense passes and waits till the catch before sprinting in. Guided defender places ball on platter left or right. Offense jump stops, uses a cross-step and plays the 1-on-1 without travelling.

- Offense must then practice running, receiving and spiking at full speed without having to stop to catch the ball.

1-on-1+1 Blast Cuts

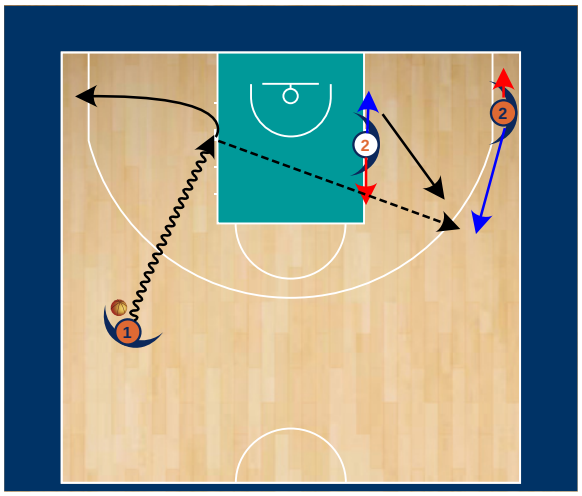


Static start used to enhance initial learning. Upon connection, corner player will sprint the blast cut. Guided defense coverages:

A - Shade baseline/ failed denial
B - Shade middle
C - Denial & windscreen wipers
D - Top Lock
E - Neutral (pass and cut

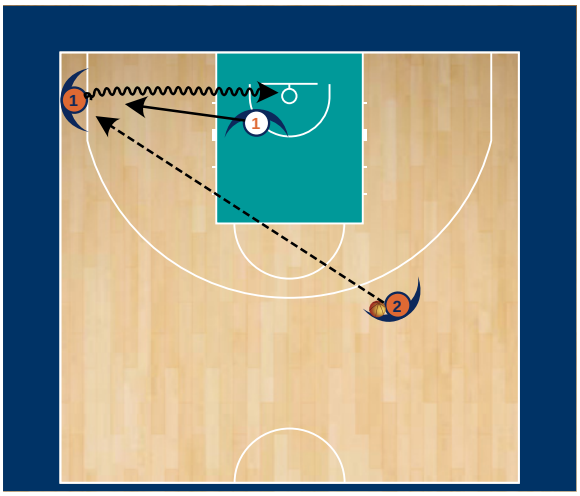
Progress to using a dynamic start, such as 2-on-1 stack.

1-on-1+1 Blind Close-Out



Defender moves on key line and is blind until the pass. As ball leaves passers hands can begin the close-out

1-on-1+1 Burst Close-Outs



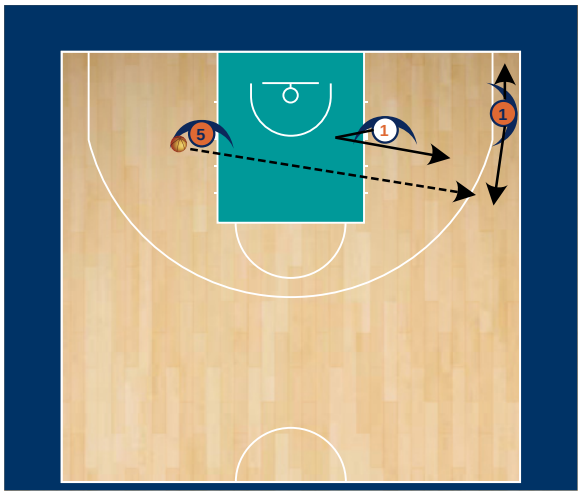
Burst close-outs. Role stay same for 60 seconds. Script location, e.g. only corner or change location every-time. Pass can come from perimeter or from post (match to player roles).

Defense can't close out till ball leaves passer's hands. Play guided or live. If guided, use:

A - Short Close-Out (Green)
B - Run and Stop (Amber)
C - Fly-By and Recover (Red)
D - Run-Off Line and Recover (Red)
E - Neutral

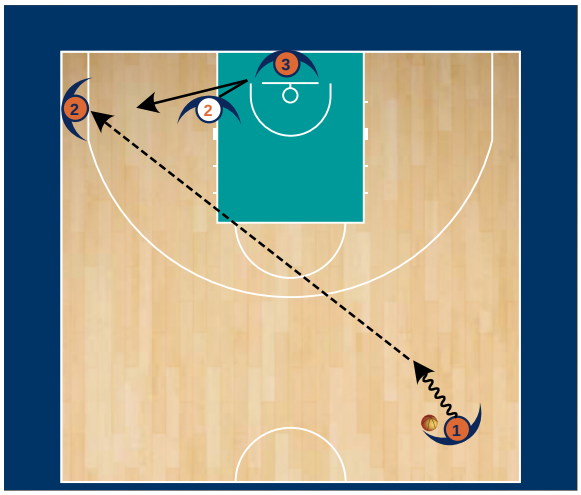
SSG Book

1-on-1+1 Corner Close-Outs



Defense begins by stunting and getting one foot inside the paint. This cues the kick-out. Offense breaks the 3 in a row to receive.

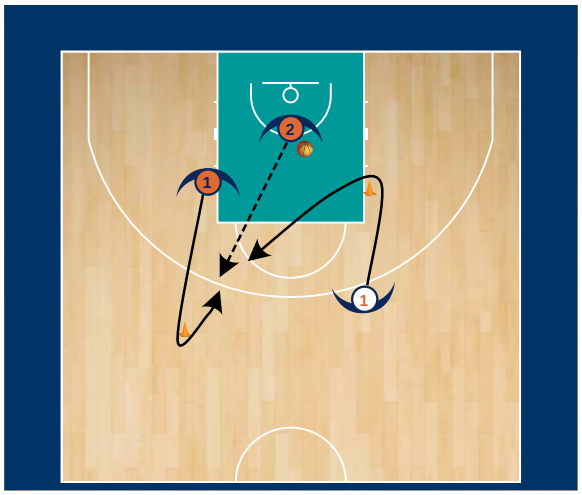
1-on-1+1 Skip & Hi-5



Choose any start. When ball is skipped, defense must hi-5 coach/ player standing under basket and close-out. Distance of coach/ hi-5 placement dictates the advantage.

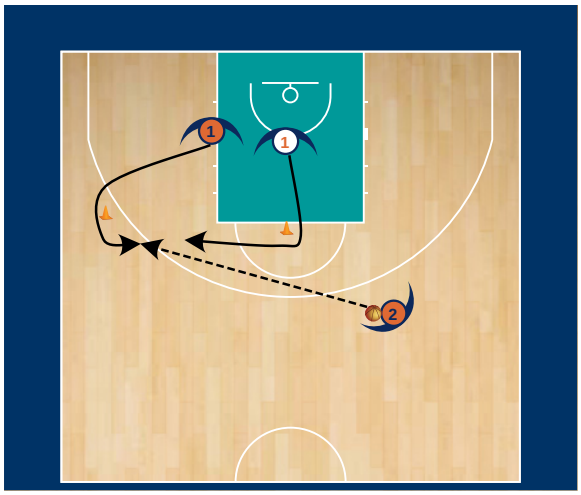
1-on-1 Catch me if you Can

1 / 4



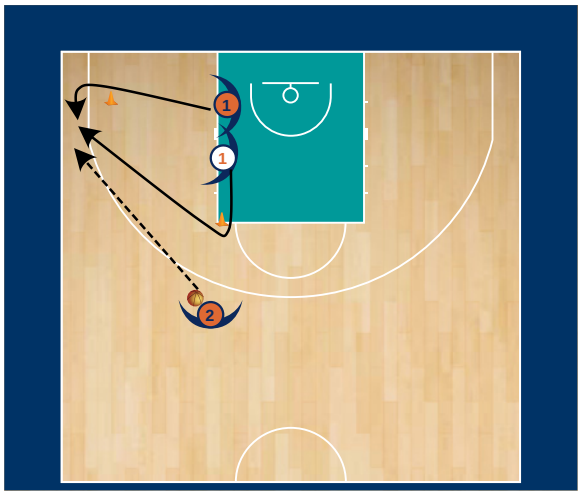
Defense initiates. If no pass, avoid contest shot and T Post feed to passer. Get the ball back on second cut for second 1-on-1 or use for trigger.

2 / 4



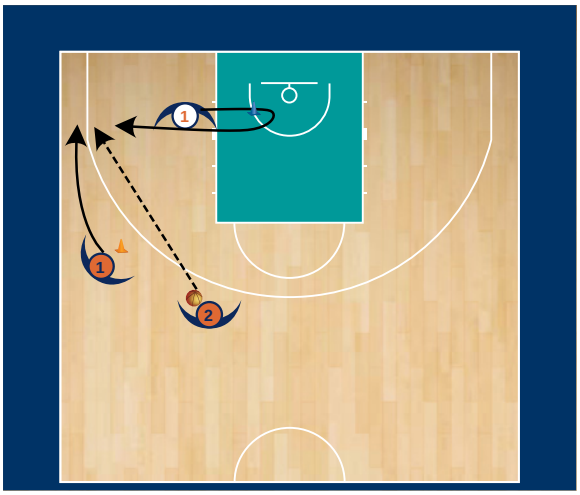
Same format, different alignment.

3 / 4

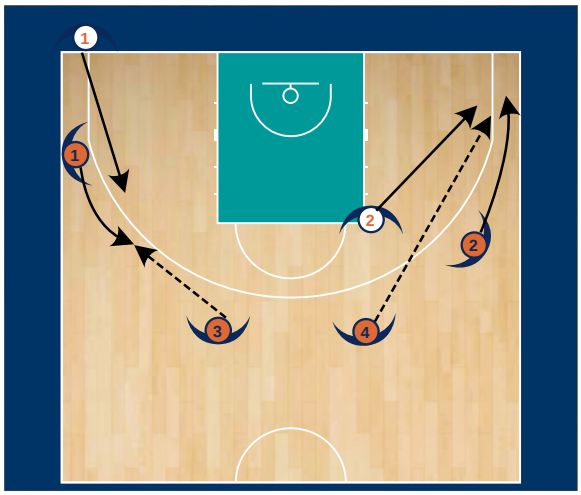


Wing get if frozen. Option to reduce adv and add second defender onto passer.

4 / 4



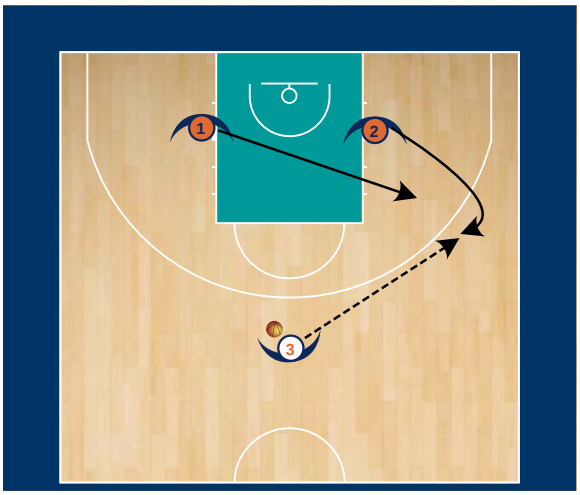
1-on-1 Drift and Lift



Defense can move as soon as offense take their first steps on the lift and drift.

If offense shots a heavy contest, regardless of miss or make defense gets 1pt. If offense makes a shot which is open or a light contest, they get 1pt. Offense can boomerang back to passer and run get if neutralized on the first attempt.

1-on-1 Exit Footwork

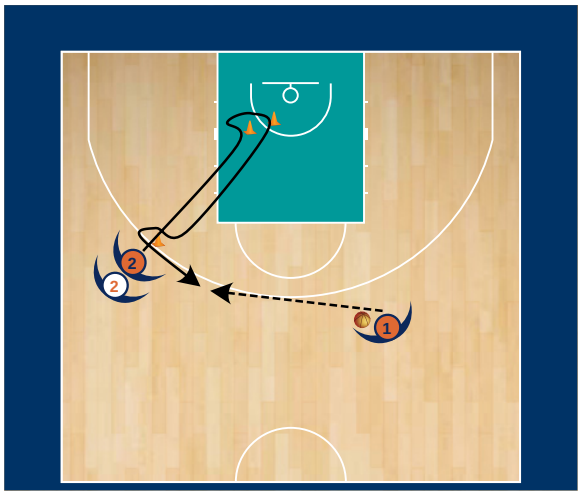


Passer dribbles the ball, the moment they look at either player it triggers that player to be offense, and the wekaside player to be defense. Live 1-on-1 off exit footwork, offense can only shoot outside the 3PT line.

- Add defender onto passer. Challenge to pass on time around the defnese (Messina Timing = while not after exit has occured).

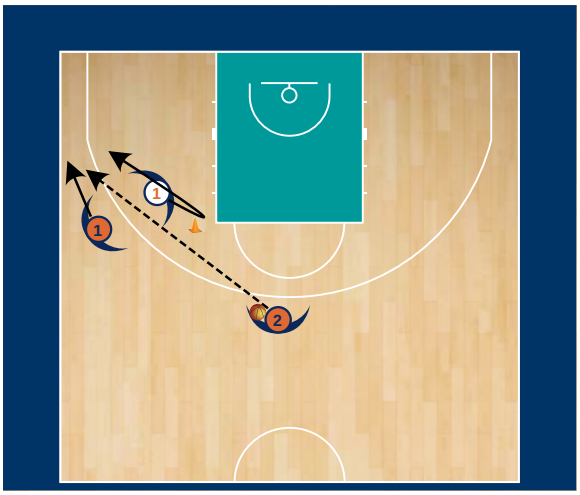
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1-on-1 Figure of 8's



Offense leads, defense must chase. Offense can choose in what direction to go around the cone in the smile. Defense must chase same direction but around second cone. On the exit, offense must go opposite direction around the cone to make the figure of 8.

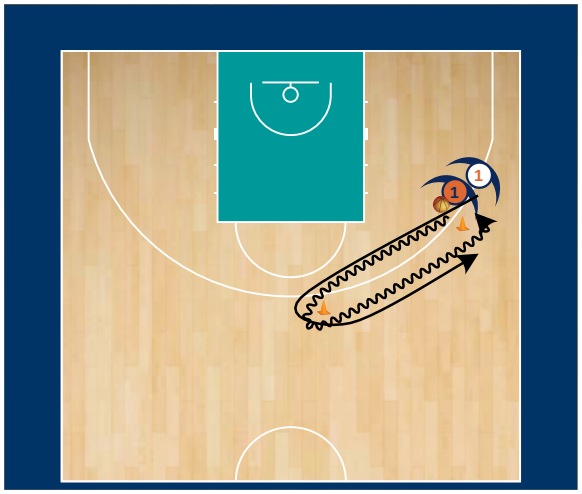
1-on-1 Push Off Shooting



As soon as defense moves, offense pushes off. Defense must get one foot outside cone. Pass and play the 1-on-1, offense can only shoot a 3PT or allow drive decision.

Use for both drifts and lifts in both directions.

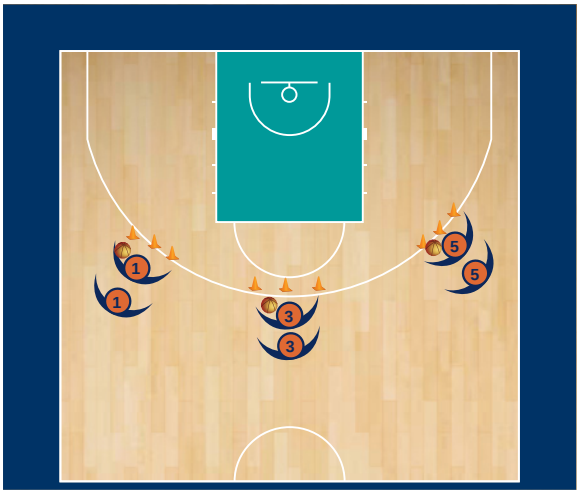
1-on-1 Shot Tag



Shot chase. Defender can only start going once offense reaches first cone.

- Add passer to work on shot off catch or pass.
- Change locations
- Add weakside rebounding pair

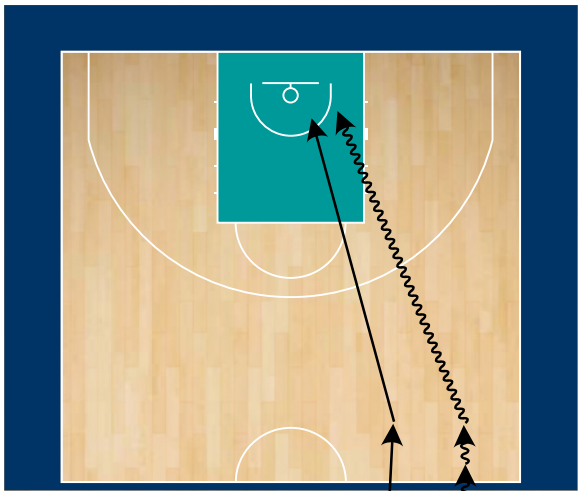
Move the Cones!



Each team starts with X number of cones. Make a 3PT shot and move one of your cones to another team! First team to win is team that removes all their cones.

- Change shots, ie. spot-up, off dribble, drift etc

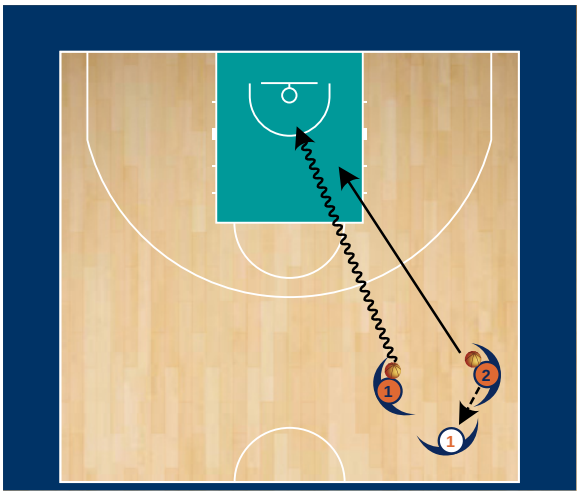
1-on-1 Change of Speed



Defense must remain level with offense. Before half, offense changes speed only walking and jogging. The moment they explode and full speed dribble after crossing the half, it becomes a live 1-on-1.

- Offense can explode in front or backcourt
- Defense has a ball too, first to score
- Play with other offensive and defensive players

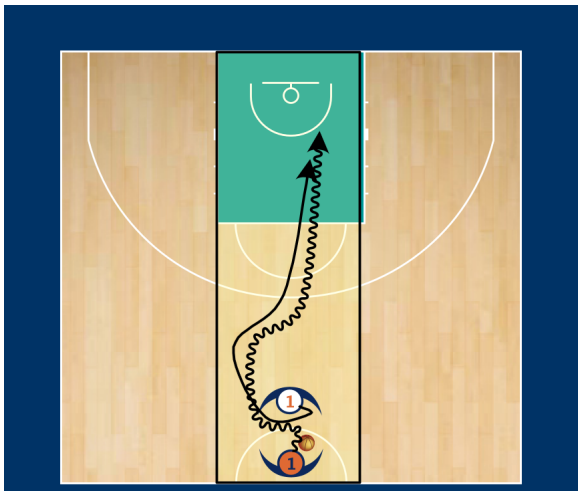
1-on-1 Dribble Combos into Finish



Players start on go given by waiting player. Perform any series of dribble combo, e.g. x5 scissors, x5 pound cross. First player to complete goes and keeps ball, while loser passes ball to waiting player and recovers for the 1-on-1.

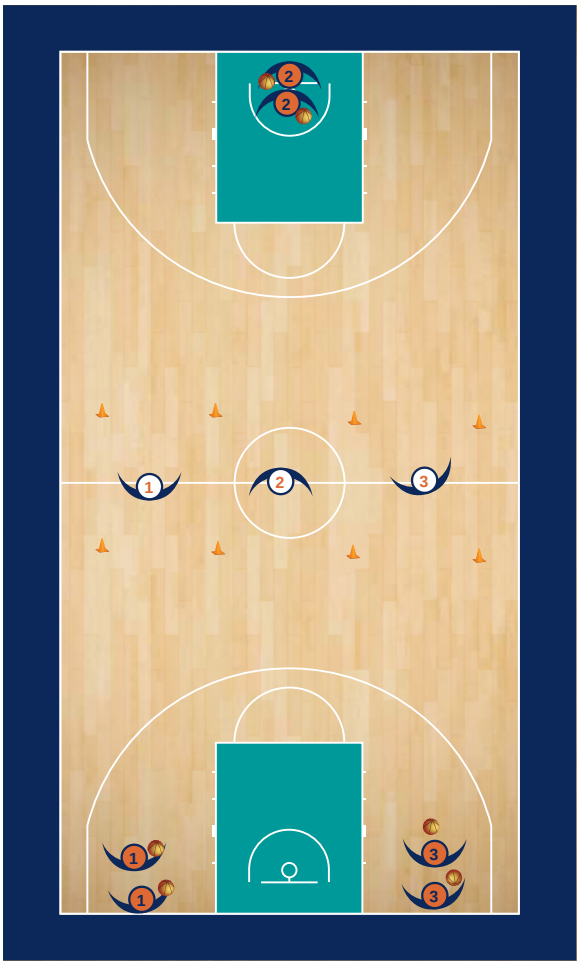
SSG Book

1-on-1 Grid



Tight space 1-on-1. Offense can only take x4 dribbles in a direction NOT facing the rim before it is a turn-over.

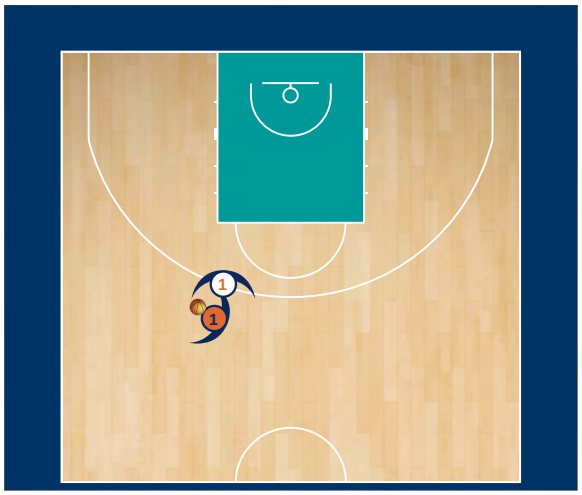
1-on-1 Grid Attack



Defenders stay for 1 minute and a half, can only play defense inside their grids. Offense have to score as many baskets as they can, defense force as many violations as possible.

- Add in other grids
- Add in extra defenders in paint to contest however they like
- Play with two teams against each other.

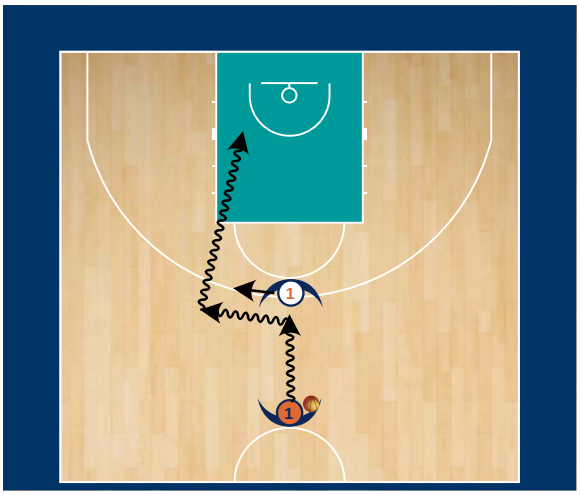
1-on-1 Guided Hip Turn



Offense starts with hip turn. On the hip turn, defense gives one coverage.

A = Over-Run (Counter)
B = Give Up Drive (Straight Line)
C = Gap (Shot)
D = Jam (Pull-Back or Skate)

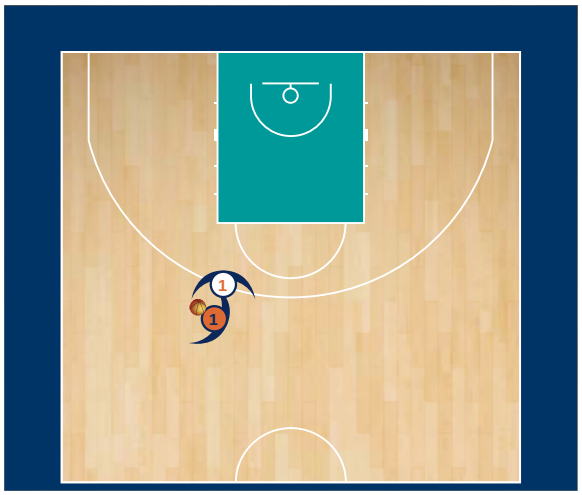
1-on-1 Guided Skates



Handler approaches guided defender and takes a big skate dribble left or right. "Time slows down." Guided defender will either:

A: Over-Run (counter and attack)
B: Leave Driving Lane (straight line attack)
C: Gap (shot)
D: Jam (another skate, pull-back or trigger).

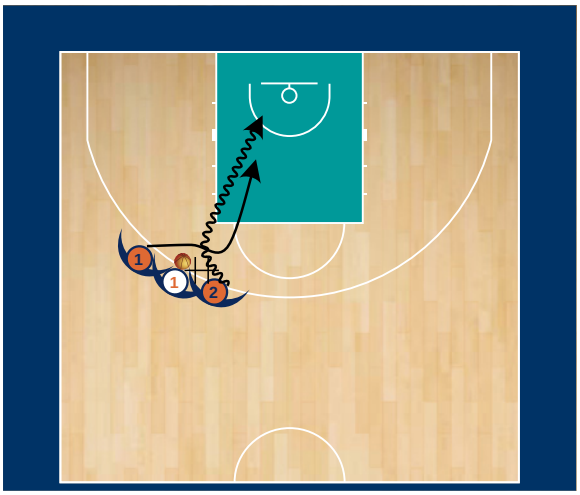
1-on-1 Hip Turn



Offense starts side on with outside foot inbetween defense. The moment they hip turn and open-up, play live 1-on-1. Could guide defender subject to decisions.

Can also play out of the mid-post to vary angle.

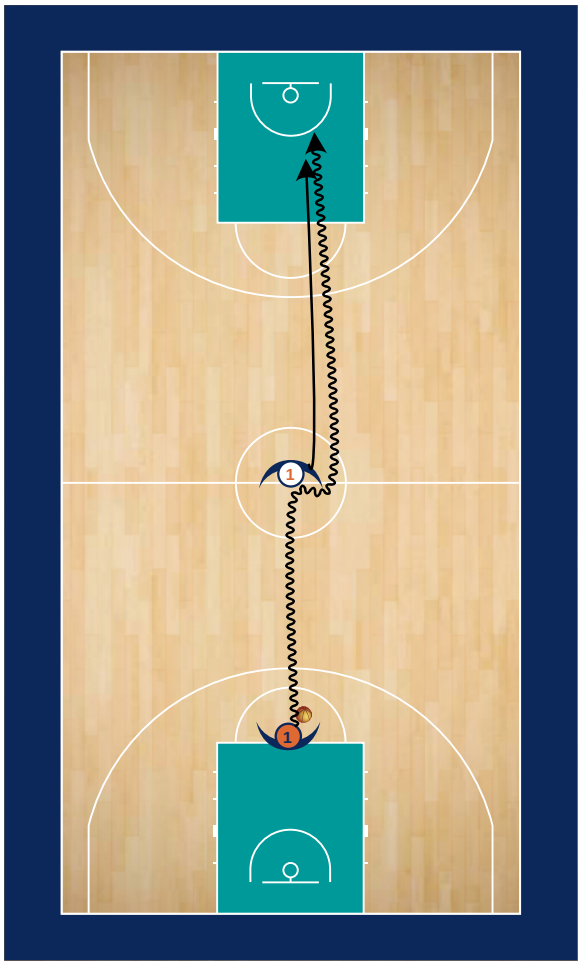
1-on-1 Hostage



Passer hands-ball off left or right. Receiver must hostage dribble before scoring!

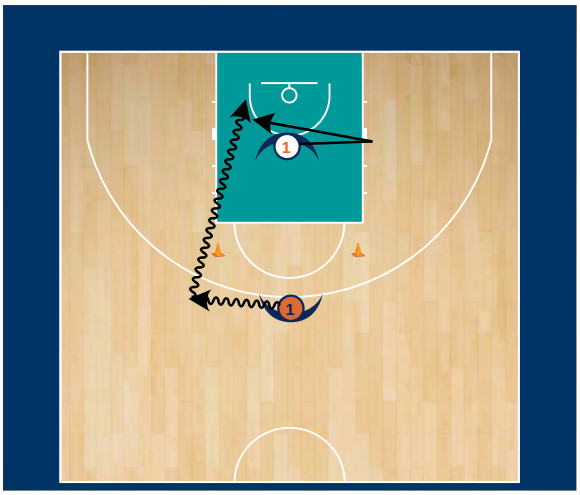
Load to doing off ball-screen/ extra offensive and defensive players.

1-on-1 Rooted



Defender must remain rooted on half-line / 3PT line: cannot come above the line but can only retreat. Play the live 1-on-1.

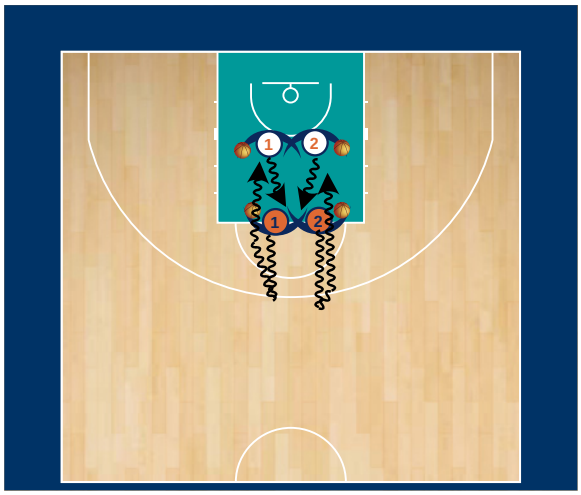
1-on-1 Skate and Push



Offense has one dribble on the skate to get in line with either cone. Defense must get one foot outside paint on opposite side to wherever offense goes. Then play the live 1-on-1.

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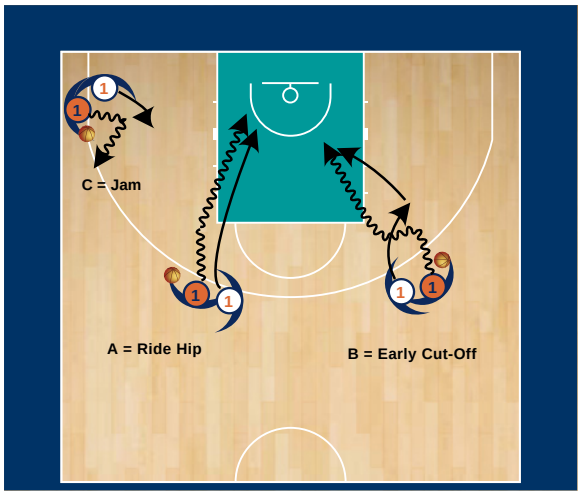
1-on-1 Spanish Dribbles



Players contact dribble at FT line. When coach says go, they have one dribble to retreat back to the 3PT line and one dribble to get to the smile for a rim finish. Must avoid the incoming traffic on the way in. First to score gets a paint.

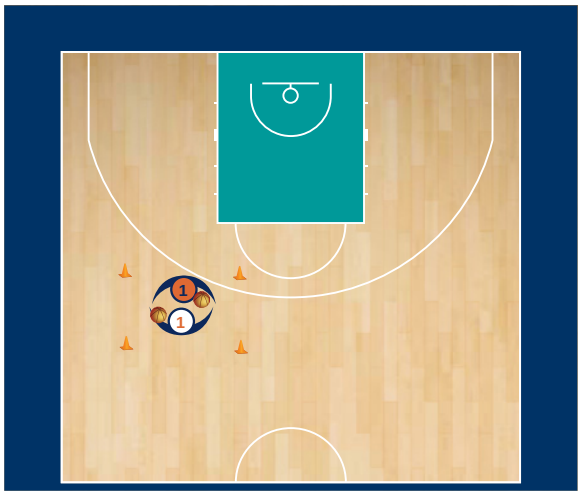
- Instead of retreat dribble, x2 skate dribbles to wing and drive from wing.

1-on-1 Straight Line or Counter



Three different coverages. Jam is same as cut-off but defender leaves no space. A counter is still possible but it would have to be protected (through legs or behind back). The bounce-out can be used here as shown for option C. No absolutes!

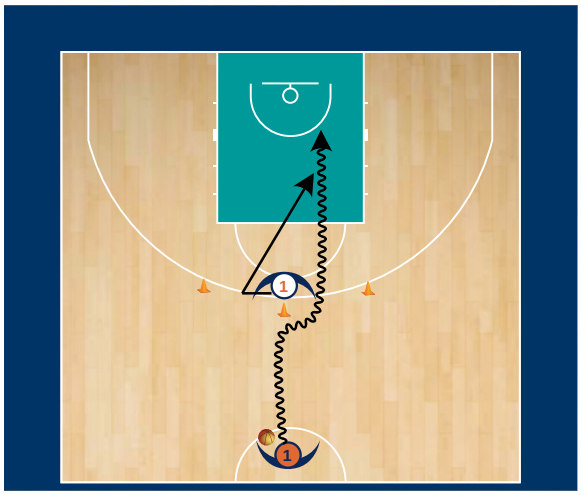
1-on-1 Sumo



Play in tight space. Attempt to knock-out partner's ball as many times as possible in 45 seconds.

- Constrain hand usage
- One player doesn't have a ball, becomes defense
- Load in extra player to pass to upon connection

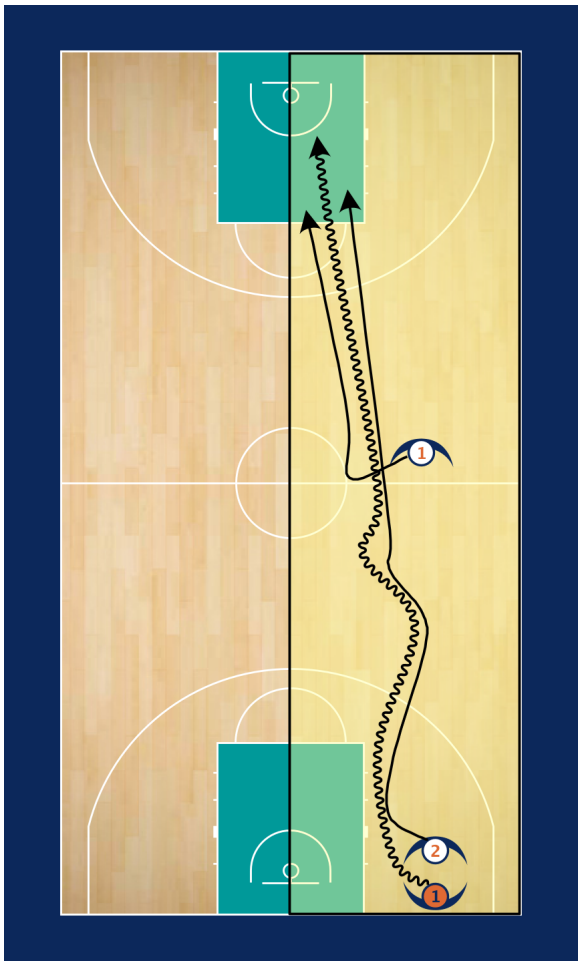
1-on-1 Through the Gate



At last moment defense steps into a gate. Offense goes through free gate and plays live 1-on-1. Complete start to end sequence in three dribbles.

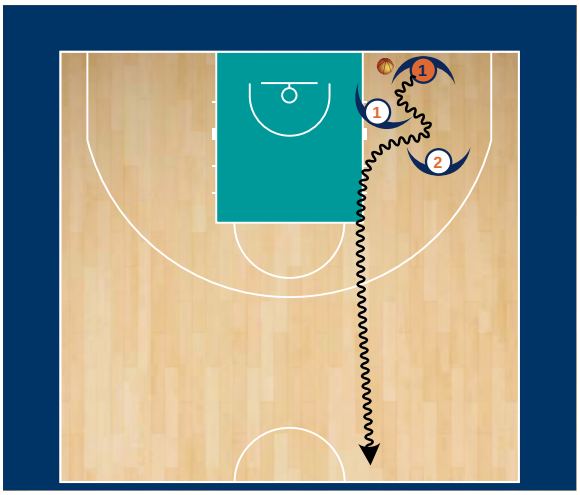
- Add second gate immediately in front or behind of first gate. 1-on-1 only against last gate defender.

1-on-2 HC Hit



As soon as handler crosses half-way, 1-on-1 becomes a 1-on-2. If defense steal the ball, immediately transition to next phrase of play.

1-on-2 Touchdown

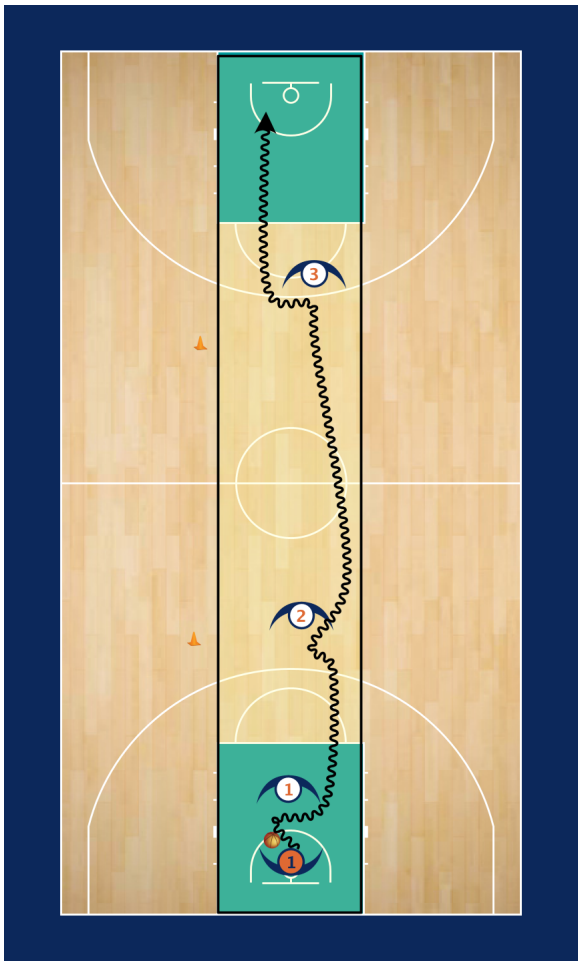


1-on-2. Offense has 8 seconds to score a touchdown, before coming back 2-on-1. If defense get the ball at anytime, immediately convert.

Emphasis pull-backs to create time & space, defensive pressure has to be high.

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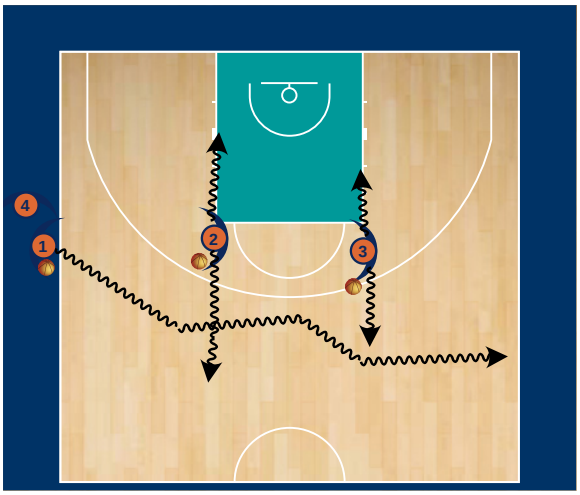
1-on-3 Gladiator



Gladiators! One colloseum, with the cone marking out the fighting pit for each gladiator defender. Attacking gladiator must defeat all the gladiators by getting to the last pit and scoring, without stepping out of the arena or losing the ball (losing a limb!).

- Only left / right hand
- Gladiator defenders also dribble
- Can only spend 4 seconds in each pit, 12 seconds to complete
- Only 3 dribbles in each pit, 9 dribbles total
- Allow middle gladiator to retreat if beat for 1-on-2

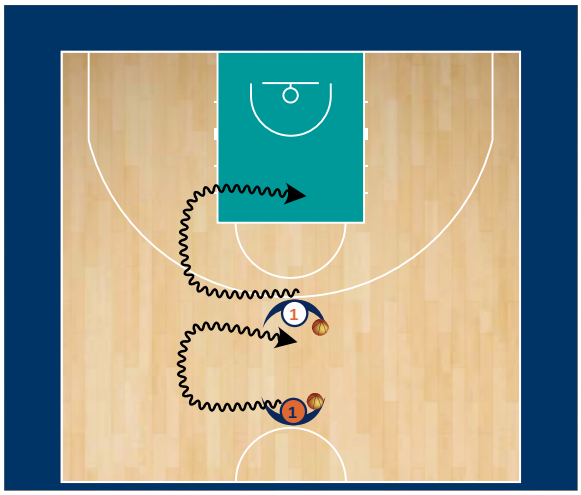
Line Tag



Play with and without basketballs. Taggers can only stay on the key line and move laterally! Can play sideline to sideline or baseline to baseline.

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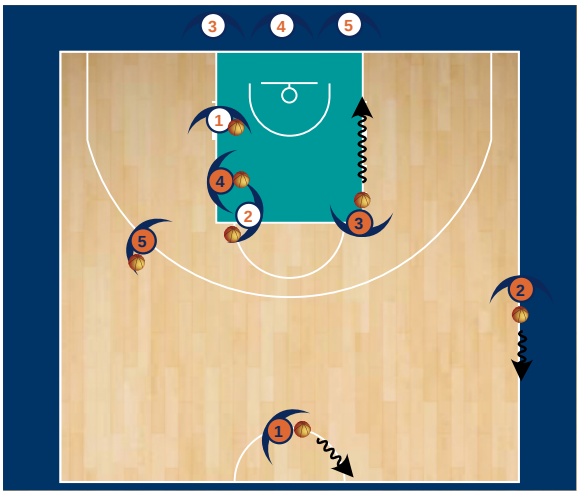
Mirror Dribbling



Mirror for x45 seconds then change. Lead gets a point each time they lose shadow by 1 foot. Shadow must maintain distance between lead. Lead can only move in straight lines not diagonally.

- Two balls
- Shadow doesn't have ball, gives BDT cues randomly for pass off dribble

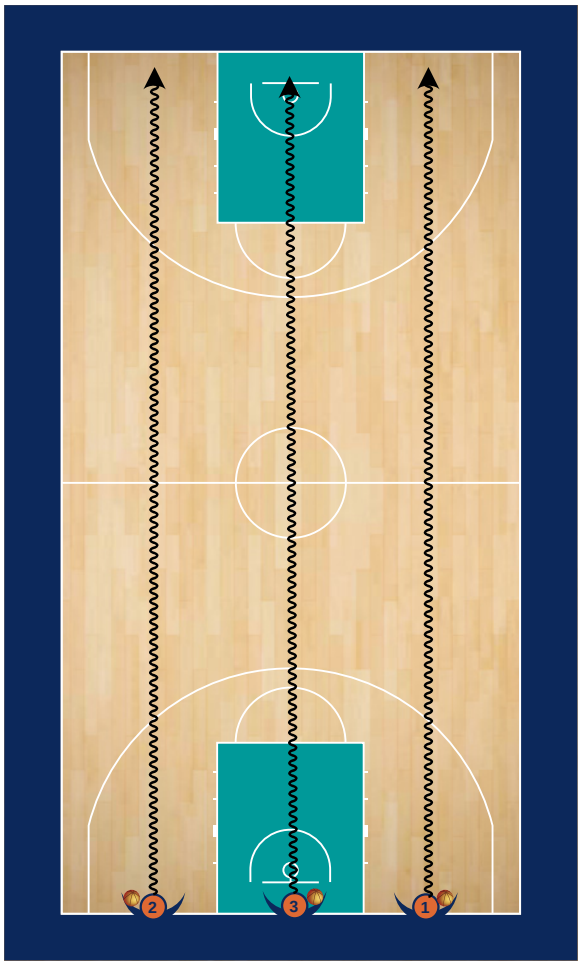
Pac Man Tag



Players can only stay on a line! If sandwiched like pac man by two taggers, out! After getting them out, taggers go and two new teammates come in. Play in teams or 2 taggers against everyone.

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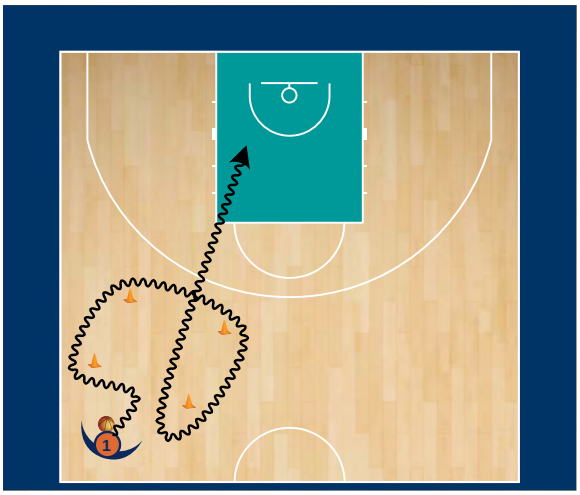
Push-Out Races



Dribble races. Work on PG push and full speed push-outs. Baseline to baseline in 3 dribbles. Adjust accordingly.

- Start off rebound like quarterback
- Add defenders on half-line
- Add combo moves/ constrain hand

Pylon Dribbles

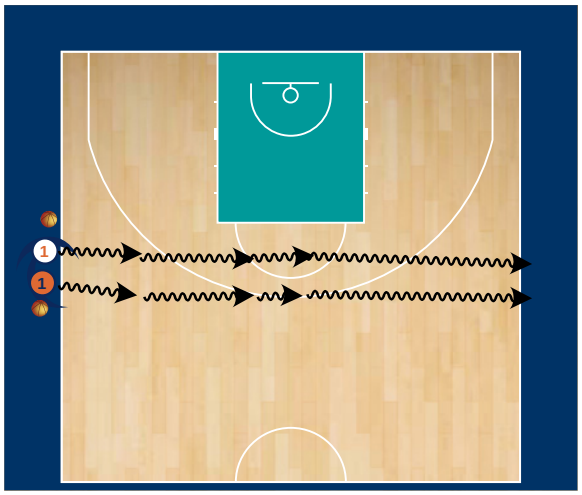


4 dribbles to get around the pylon, can't go inside. Encourages ability to take several steps in one and run with the ball. Use chairs vs cones so players don't look down. Coach can apply BDT cues all over the court, players have to make one hand passes if a pass cue is given before cutting to get ball back and score.

- Place defender in paint so finishes are contested

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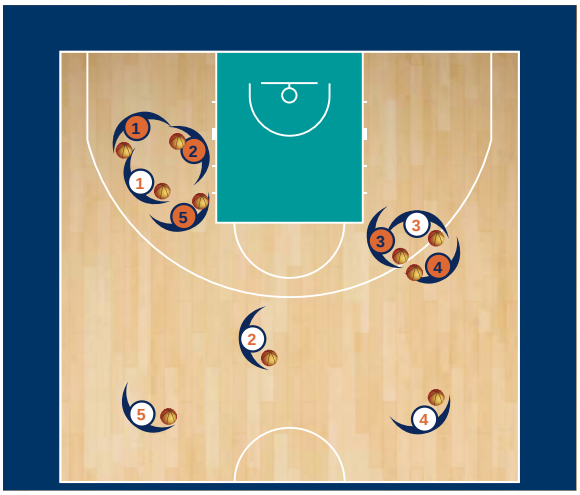
Red Light, Green Light



Designate lead player and shadow player. Lead has to change speeds as many times as possible, shadow copies. Stop & start, walk, skip, run.

- Add retreat and skate dribbles. Shadow can't get touched!
- Constrain hand
- Remove shadow ball, work on defensive footwork. +1 pt each time lead gets shadow separated by 1 foot.
- Shadow can give BDT cue

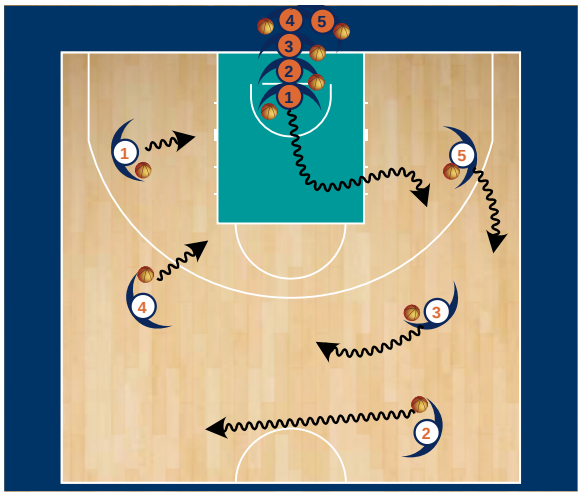
Team Knock-Out



One team designated knock-out, other team has to stay alive as long as possible (timed). Once all balls are knocked out of the grid, change roles. Knock-out team should work together to trap, triple team etc to speed it up.

- Only left hand
- Remove one ball for escapers, gives them a potential life-line if player being trapped can pass out to whatever player doesn't have ball. Game therefore ends when team only have one player left without the ball.

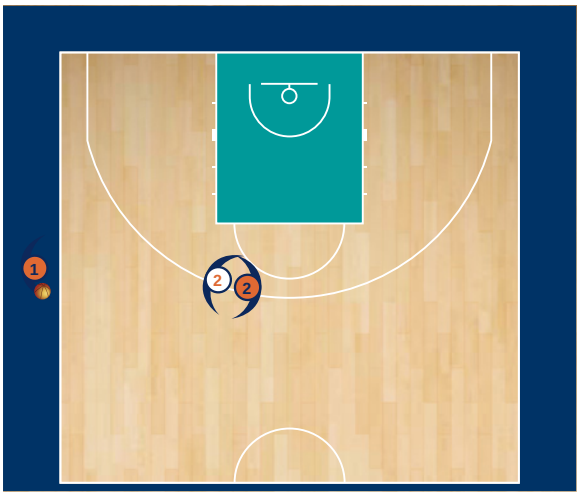
Team Tag



Works in any format from 2-on-2 to 6-on-6. Tagging team in one line baseline supporting the first tagger. First tagger dribbles out trying to tag any opposition player. Once tagged or if stepping out of bounds, wait as a team on the sideline. The timer stops once the team gets everyone out! Change roles & fastest time wins.

- Only weakhand
- Combo before tagging
- Chain tag
- Skipping
- Play full-court
- If score x3 lay-ups on all baskets can come back into the game

1-on-1 7 Seconds



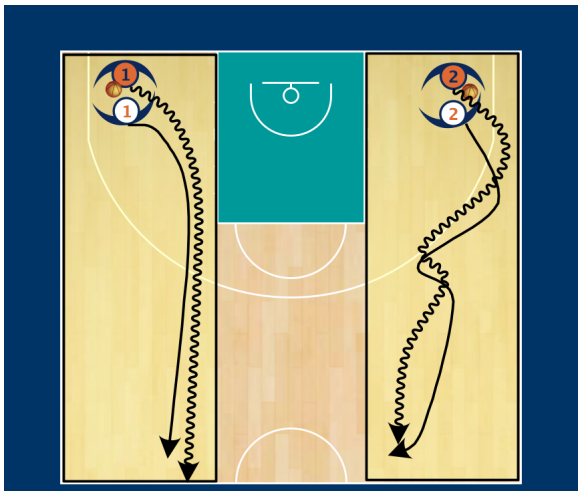
On the catch, a 7 second shot clock. Play 1-on-1 with points system:

- Defense gets stop before shot = 3pts
- Defense blocks shot = 2pts
- Defense forces airball = 1pt

- Offense gets open lay-up = 3pts
- Offense makes 3PT or rim finish = 2pts
- Offense scores mid-range = 1pt

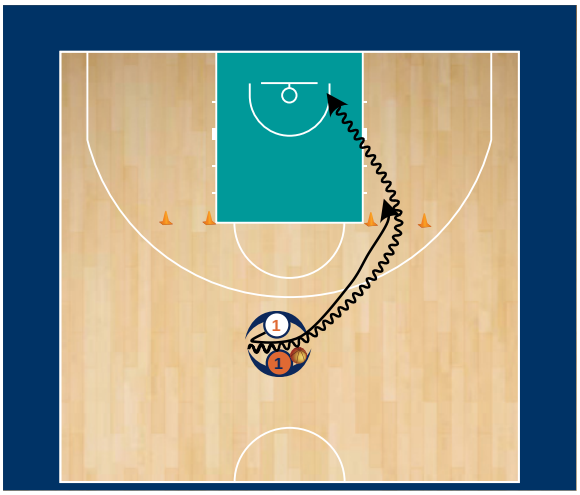
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1-on-1 Chest Blows



1-on-1 to the half and back. Scripted, every chest-blow is a point. Then play live, on a steal or violation offense immediately transitions to scoring a basket.

1-on-1 Close the Gate

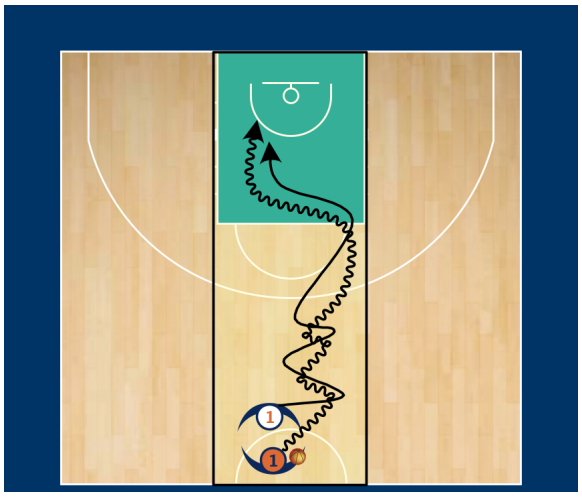


Offense has 8 seconds to score. Points system:

- Score inside middle gate = 3pts
- Score through small gates = 2pt
- Score through outside gate = 1pt

- Defense get stop before gates = 3pts
- Defense get stop through outside gates = 2pts
- Defense get stop through small gates = 1 pt

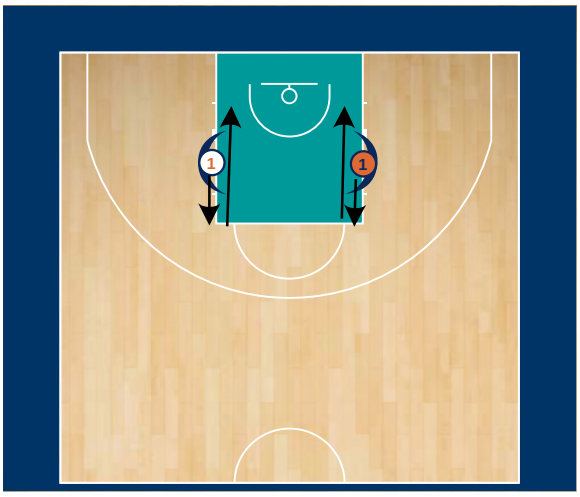
1-on-1 Lane Turns



Stay in-between the lane lines. Defense gets a point each time they turn the offense.

Bonus 2pts if they end with a stop AND defensive rebound. Nothing if offense scores or gets offensive rebound.

1-on-1 Mirror Game

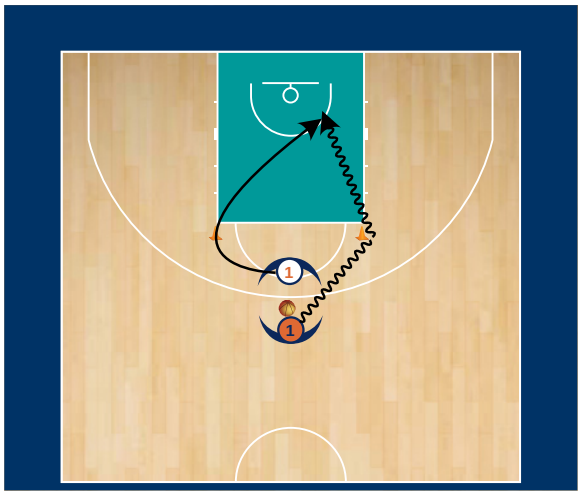


Designate the lead and the mirror. Lead gets +1 every-time defense is 1ft outside their hip. 30 seconds and change.

- Add ball
- Throw pass in and play live 1-on-1

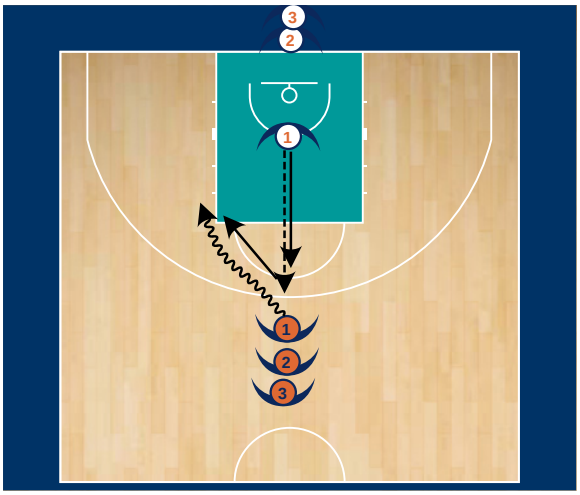
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1-on-1 Open & Chase



Defense initiates through hip turn and sprint around one side. Offense must go opposite, play live 1-on-1.

1-on-1 Protect the Paint

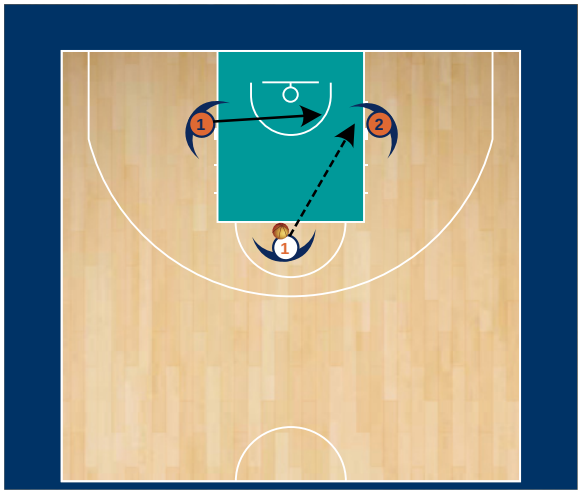


Similiar to bounce close-outs but played using paint boundaries.

Offense has 5 seconds to penetrate two feet through the paint. If defense force two foot outside, they get a point. A charge or steal is two points. If offense finish and score they get one point.

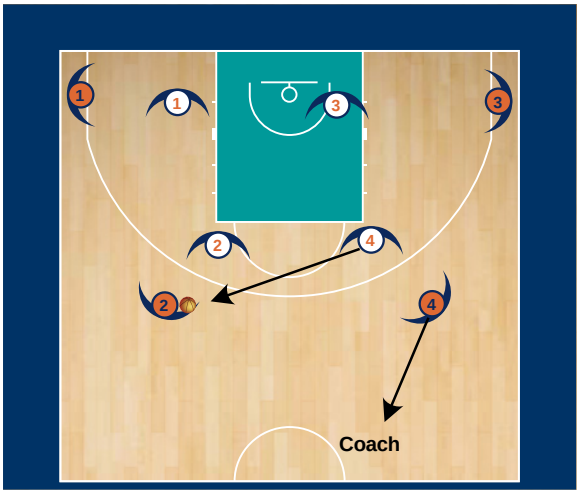
Constrain = don't allow change of direction. Then allow counters and bounce-outs into triggers.

1-on-1 Surprise



Pass goes to either player. Whoever doesn't receive the ball comes across to wall-up. No dribbles to begin with, eventually can add one option to take a relocation dribble.

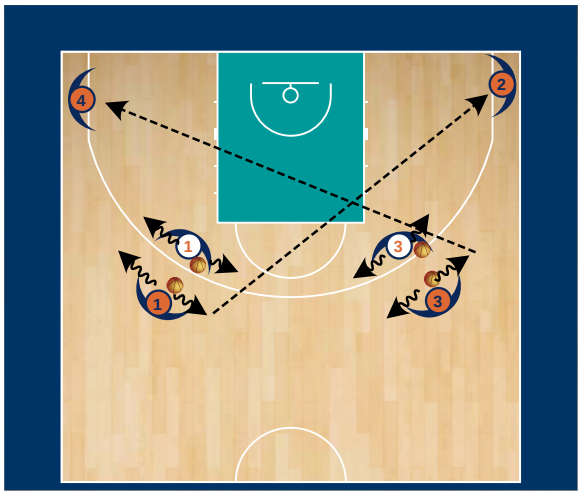
4-on-4 Prison Break



Play 4-on-4 with FIBA 3x3 rules and normal points scoring system. If coach calls a name of a defender, they must go to the coach and answer a coach (team specific to check for understanding or general knowledge!). If they get the answer wrong, they must wait 10 seconds until the next question. This allows the defense to random hit, double team and play aggressive defense with a +1 advantage.

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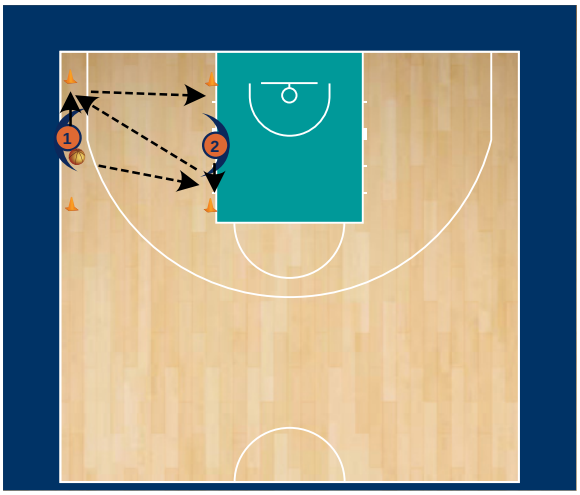
1-on-1 Ping Pong



Continuous skate dribbles. The moment coach or player in the corner connects, send one hand pass. Defense attempts to block the ball with two hands on the basketball. Perfect in-target pass = 1pt. Bursts for 60 secs.

- Load in PNR weapons. E.g. surf dribble/ pull-back off pick vs pass over / around show defender.
- Play H-O-R-S-E passing.

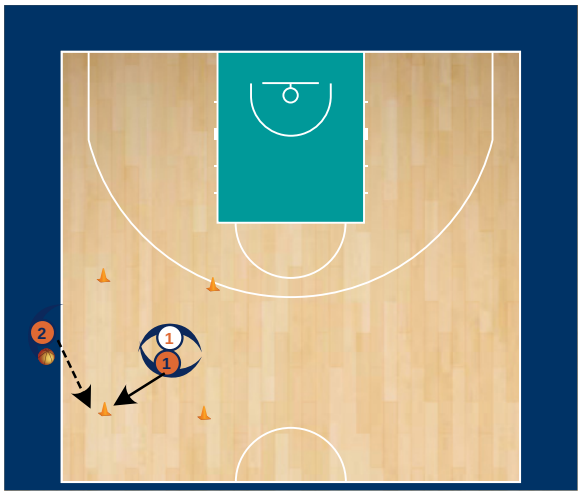
1-on-1 Tennis



Play tennis! One hand catch and pass, attempt to get a double bounce. Ball must bounce at least above the knees, otherwise it's in the net!

- Dribble combo before passing
- Play dribbling two balls
- Play doubles
- Rush the net. Get a deflection to earn a point

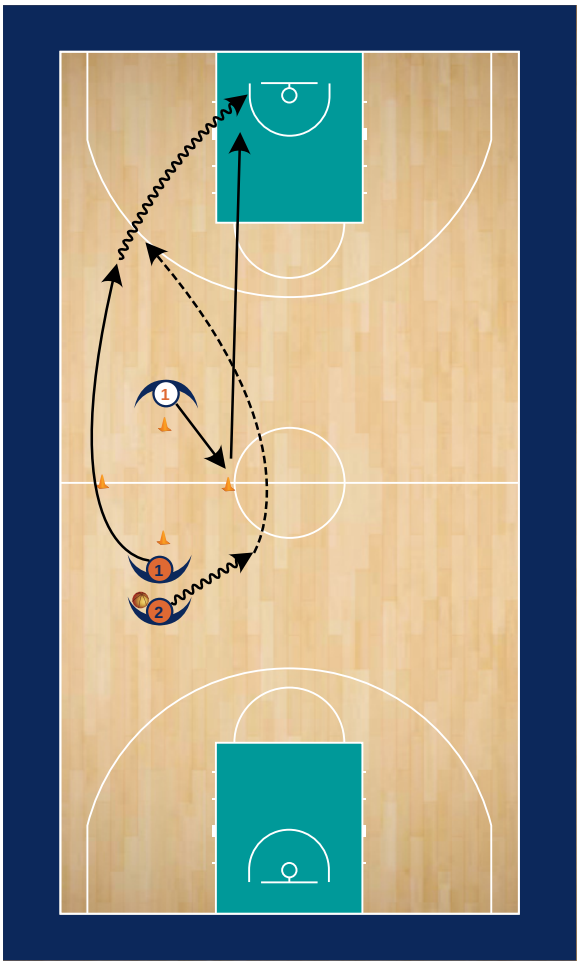
1-on-1+1 Grid Passing



Start in middle of grid. Receiver must connect using eyes and hands to show where they want to receive, while sealing defender. Can only receive the ball standing over one of the four pylons.

- Add defender onto inbounder
- Play live 2-on-2 after inbound start

1-on-1+1 Make a Lead

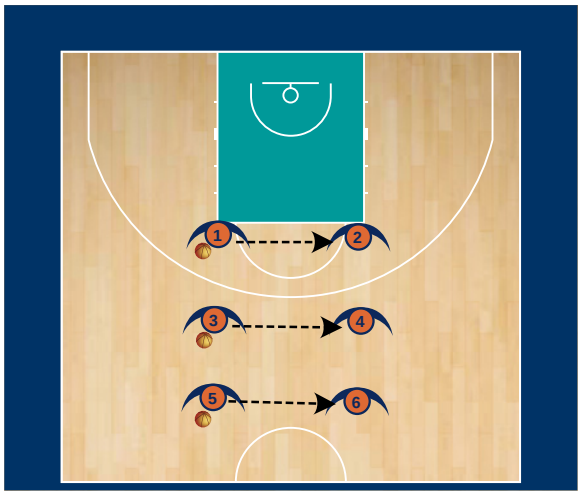


Work on weighted passes and concept of passing into space vs the player. Defense touches cone left or right. Offense must move opposite, while passer dribbles same side as defense and makes a one hand pass.

- Add extra defender onto passer, turn into a 2-on-2.
- Load single side offense and defense in back-court. Make decision to corner skip or pass to cutter based on low defender

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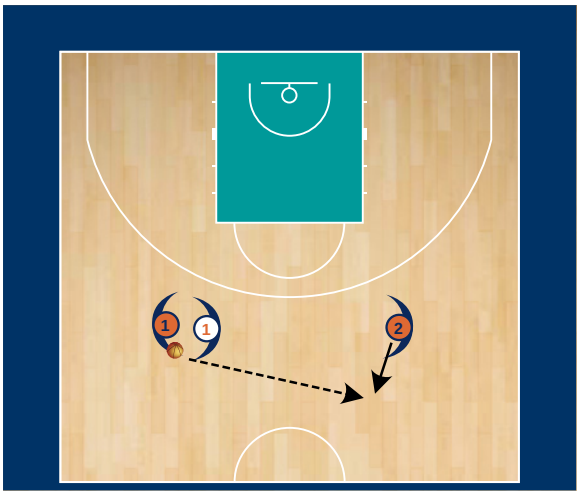
2-on-0 Rapid Fire



Rapid fire, first to 12 passes!

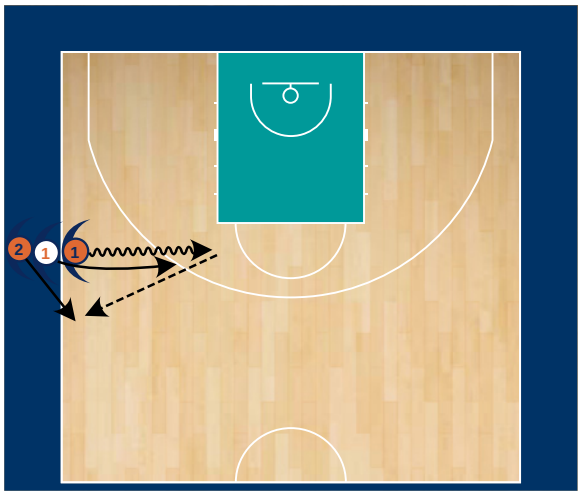
- Extras
- Bounce extras
- Hooks
- Combo push passes]
- Skate, wraps
- Baseball (sideline to sideline)

2-on-1 Three in a Row



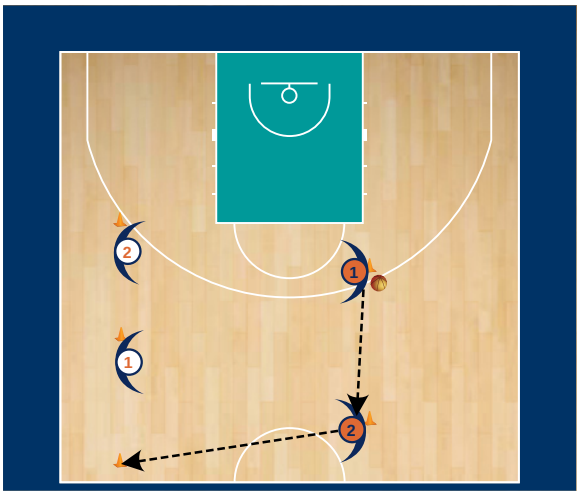
Break the 3 in a row! Can't pass until defender closes-out and touches ball. On a steal or deflection, immediately play either 1-on-1, 2-on-1 or 1-on-2 converting at the basket.

2-on-1 Pivot Surprise



Offense dribbles out, defense jams. Receiver must break 3-in-a-row and receive a clean pass.

2-on-2 Bowling Strikes

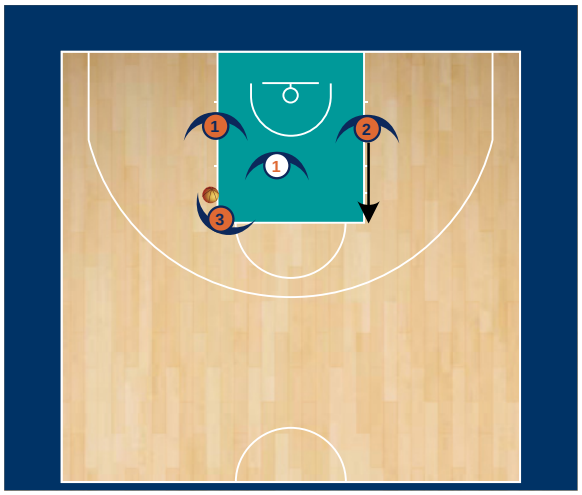


Bursts, play for 60 seconds then change. Offense trying to get as many strikes as they can, defense tries to protect the 3 cones. Offense can't dribble but can pass between each other and use fakes. If a miss, throw ball back and keep playing.

- Must dribble before pass
- Only pass with left hand
- No look is golden snitch!
- Change distances

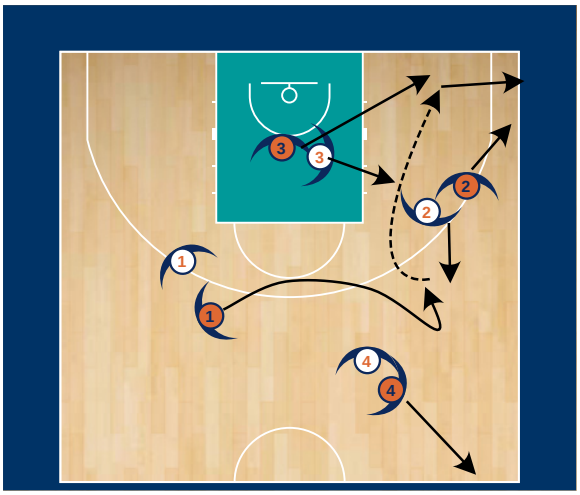
SSG Book

3-on-1 Passing



Can only pass left or right, no diagonal passes!

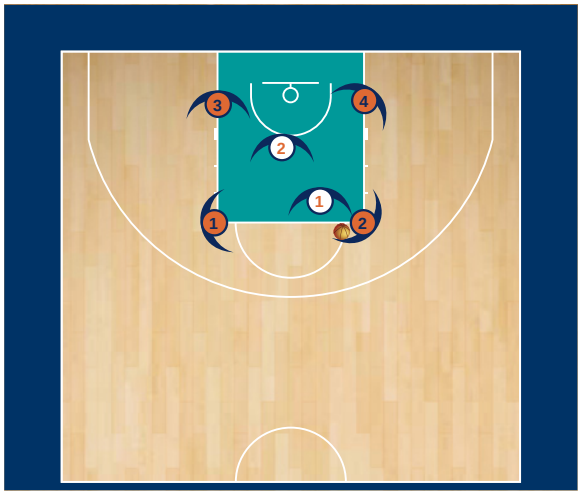
3-on-3 Touchdown



Touchdown! If tagged, must place ball down in exact location tagged.

- Only weak hand passes
- Golden snitch baseline to baseline
- American Football: snap & block!

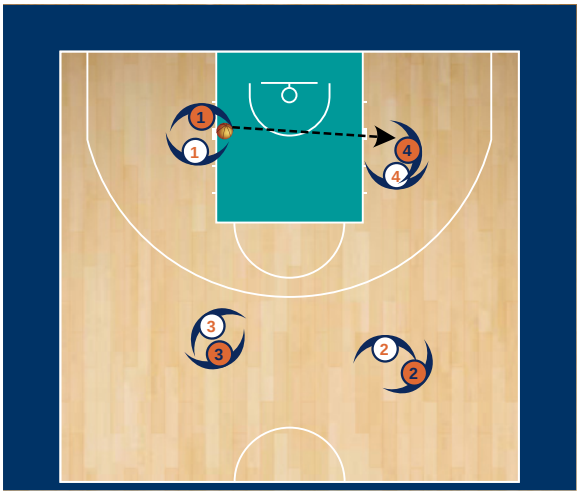
4-on-2 Rondo



4-on-2 Rondo. Also works as 3-on-2, 4-on-3 etc.

- Pass must go directly to receiver without moving. Move to catch = become defender
- Defense can tag player in possession of ball OR deflect to swap out
- Must connect and say who you are passing to
- No looks only
- Must pass as alley-oops (catch & pass in air)
- One dribble, one hand pass, make bigger
- Can exchange spots in Rondo through cutting

4-on-4 Keep-Away

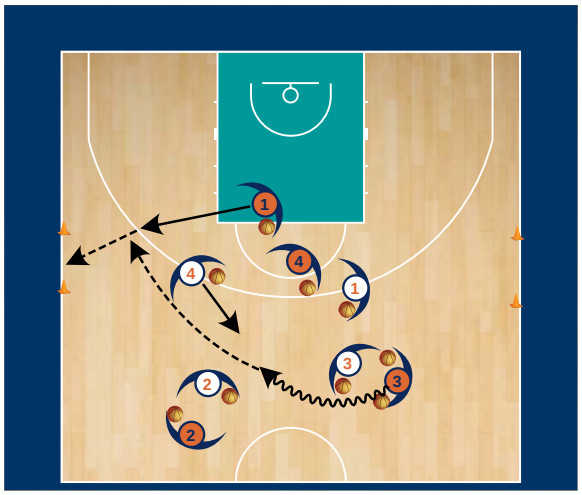


8 passes in a row = 1pt. Most points in X time.

- Only weak hand passes/ off dribble
- Only two players can be in same quadrant for 2 secs before it's a TO
- Connections
- Touch side or baseline after passing
- One player catches worth double (top lock)
- Get/ DHO worth double
- Must screen to get open

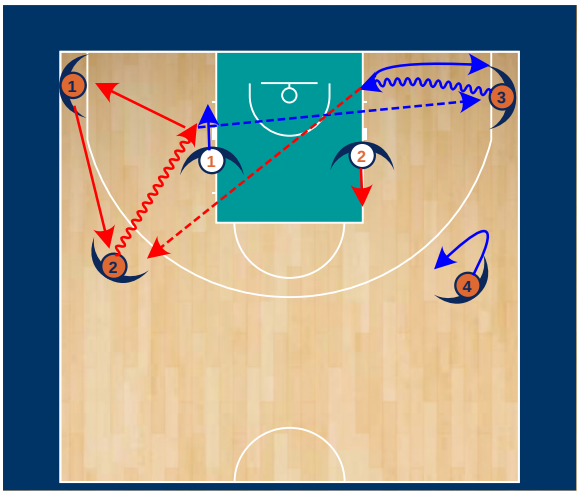
SSG Book

Basketball Handball



Every player dribbles a ball, with a tennis small or small foam ball as the "handball." Get a point for each goal scored by throwing the handball through the cone gate.

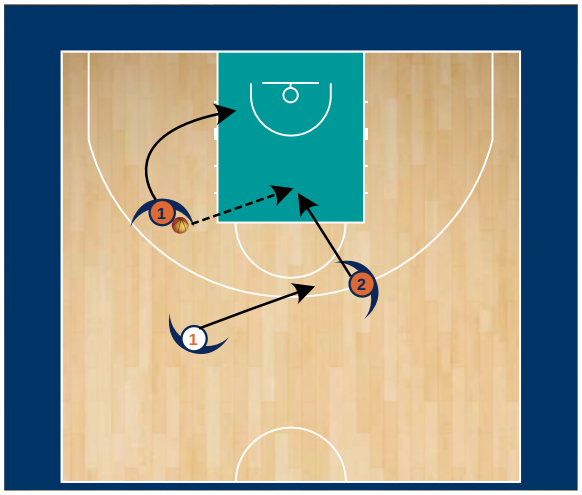
Four Spots



Bursts for 45 seconds. Guided defenders take away either corner or 45 lift pass. Always a baseline drive, exit out to space after.

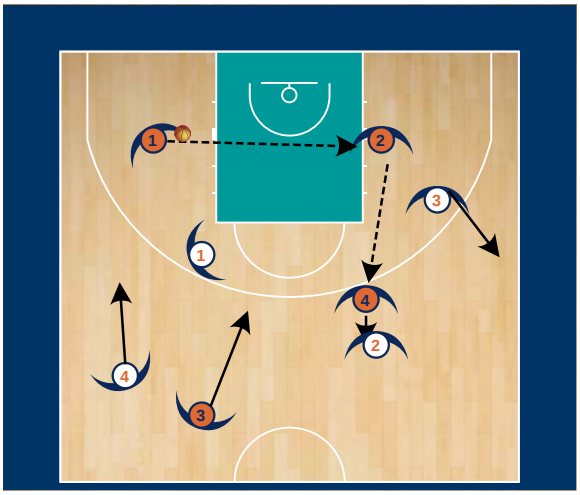
- Add in drive and extra
- Live defenders, can stunt / bluff etc
- No looks only

Hunter Tag



Highly effective format to be used between 3 and 6 players. Player with the ball cannot be tagged! Tagger can only tag a player without the ball. With 5 or 6 players, use two balls.

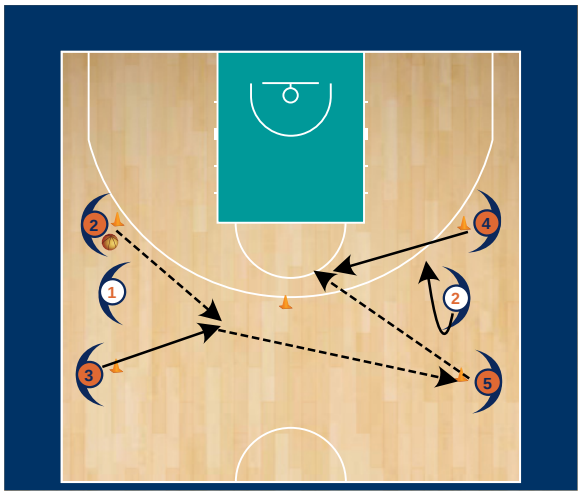
Pass Tag



Offense must pass the ball, attempting to tag all players on the opposing team with the ball to get them out. When in possession of the ball, can only take one step and cannot dribble. Therefore must work as a team to get everyone out.

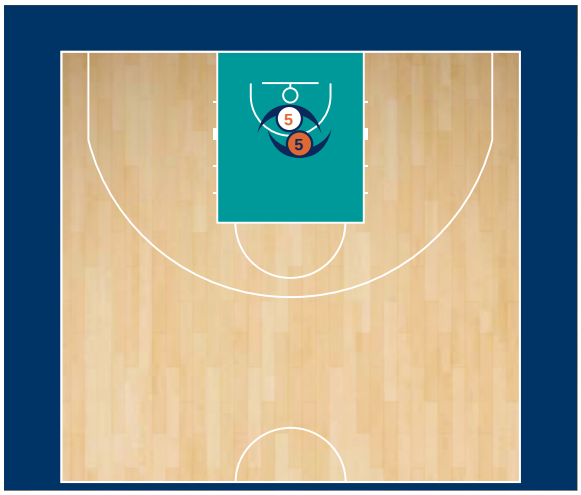
SSG Book

Take Two Passing



Bursts: stay for 60 seconds then change. Most passes/ steals can get. After passing sprint back to base to be ready to receive next pass from incoming players.

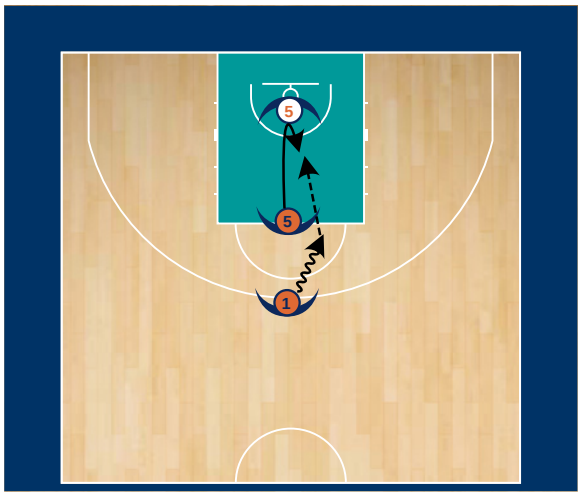
1-on-1 Quick-Ups



Post has to score as many times in 45 seconds, finishing one foot in smile. Coach or guided defender plays defense. Go up immediately from catch, alley-oop misses.

- No Dribble
- One Dribble
- Weak Hand Only
- Only using Net/ Glass

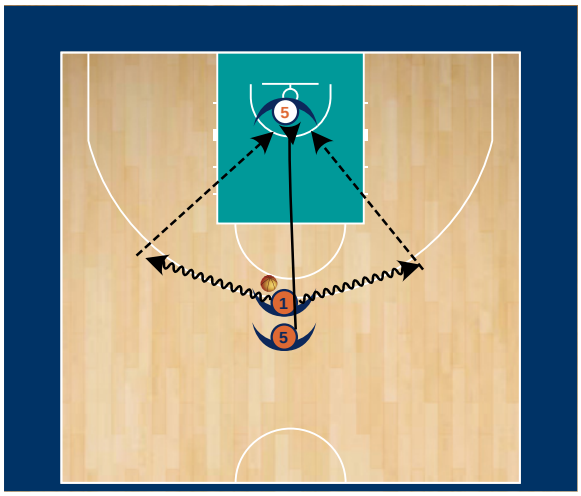
1-on-1+1 Deep Hooks



Burts, stay for 45 seconds. Defense only inside the smile, offense must get a deep seal. On catch, defense shades left or right. Offense must score applying a 0 seconds post hook. After each basket, rebound pass out to passer, touch FT line and come back.

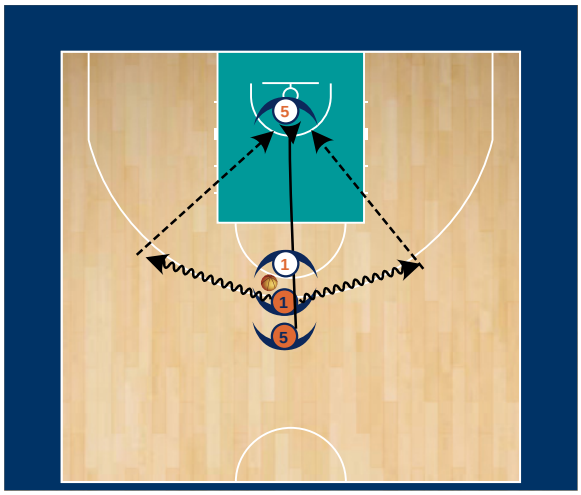
- Defense can front
- 3 seconds catch or come T Post and play. Neutral go into Grenade DHO.

1-on-1+1 Deep Seals



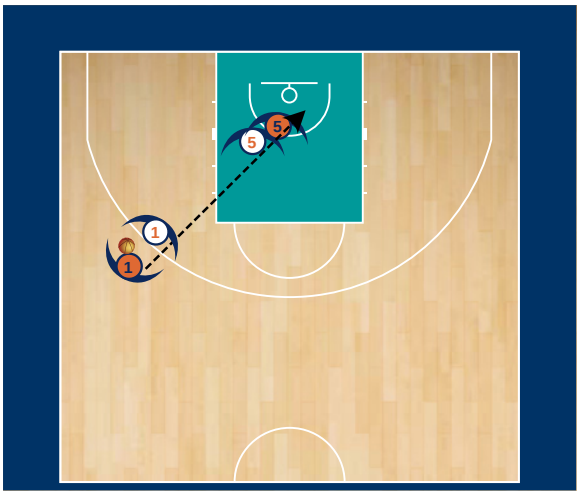
x5 can only play defense in the smile. 5 has three seconds to deep seal, catch and finish. Play until x5 secures the rebound.

2 / 4



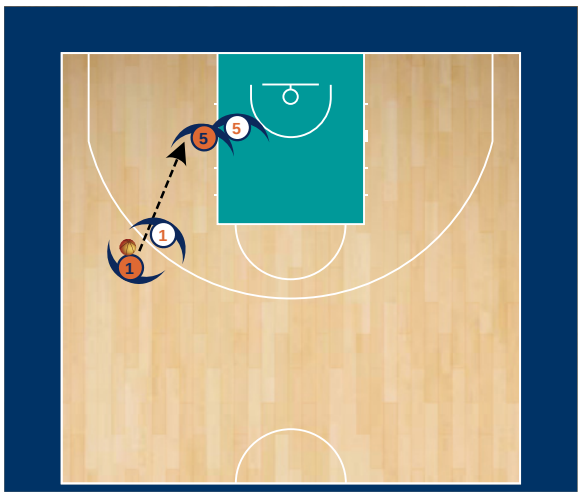
Load defender onto passer to contest pass into the post.

3 / 4



Scripted front. 1 must make a weighted lob pass, 5 holds the seal and finishes the 1-on-1. Could get second 1-on-1 off a DHO/ Get for 1 and x1 if a coach has a second ball.

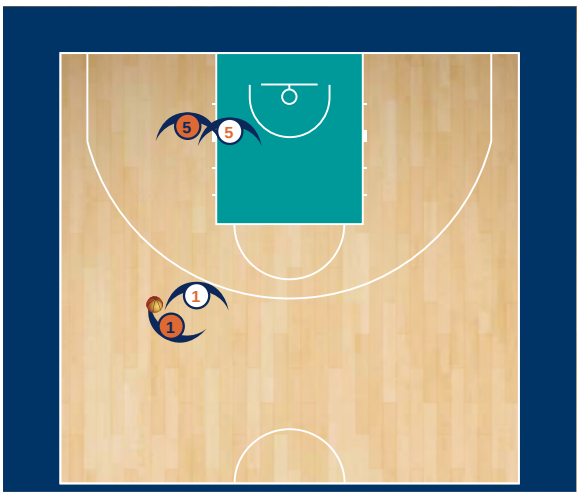
4 / 4



x5 not constrained with how they play defense, but must start in smile. If a deep seal cannot be achieved, 5 comes out to the T Post within a three second count.

Can load in other players to run post triggers (e.g. splits/ grenade) accordingly).

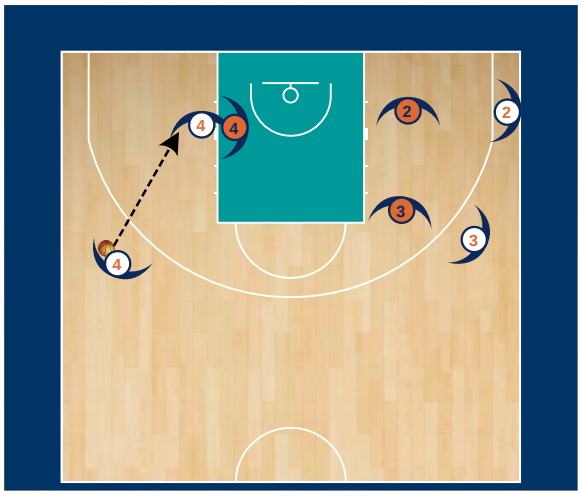
2-on-2 Continuous



Continuous 2-on-2. Only score through post-ups. Deep seal score in smile is worth 3pts, score off T post worth 2pts. Passer can speed or second cut after passing into post. Count 3 seconds to avoid 3 second calls.

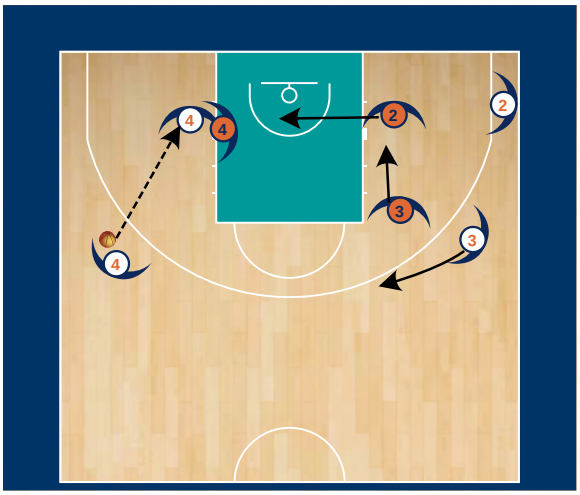
3-on-3 T Post Decisions

1 / 3



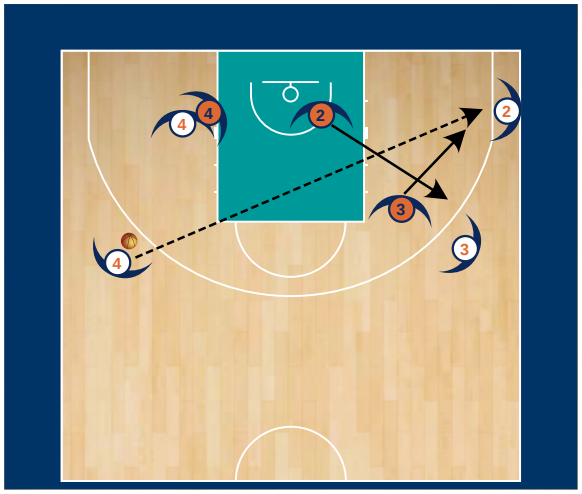
A) No Help

2 / 3



B) Early shift to help on the catch.

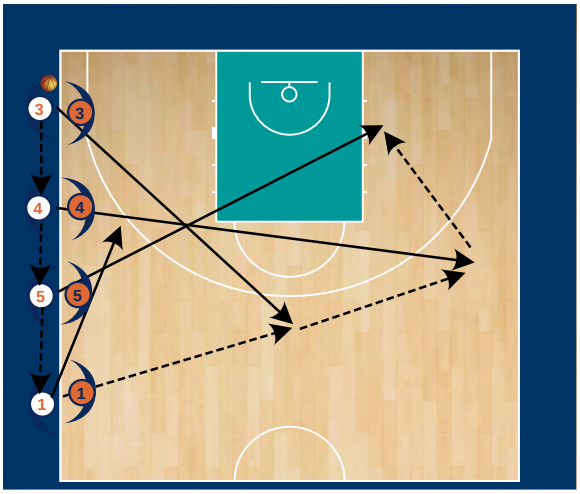
3 / 3



C) Over-help and skip

4-on-4 Korea into T Post

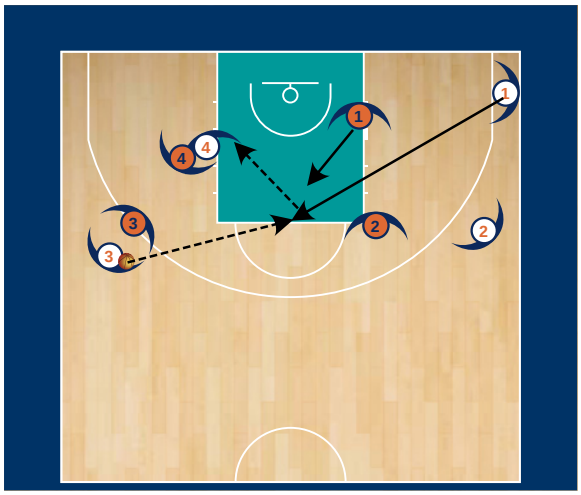
1 / 2



Korea start, defense follow offense and allow passes, live once ball goes to 45.

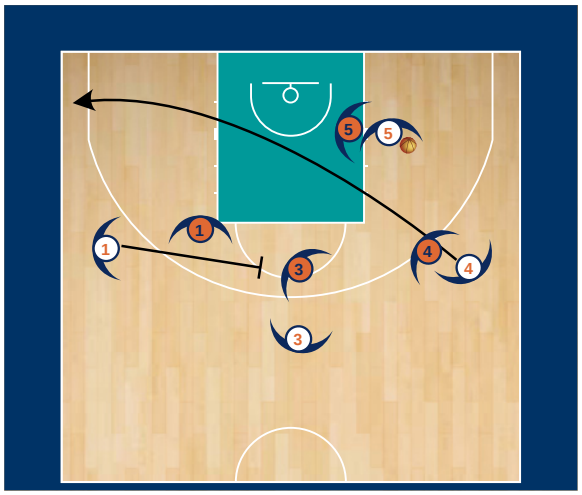
4-on-4 Post Reactions

1 / 3



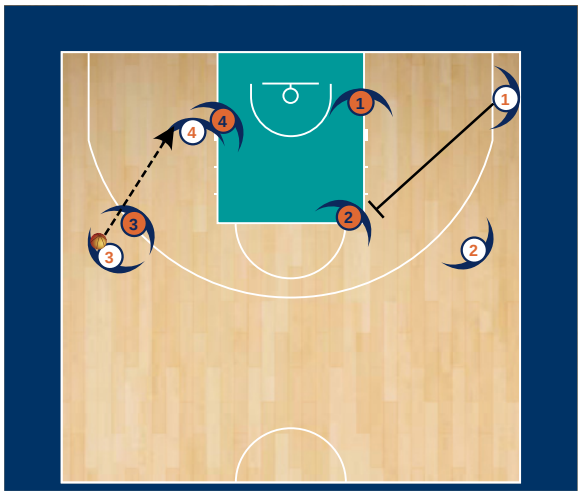
A) Defender fronts or 3/4 denies the post.

2 / 2



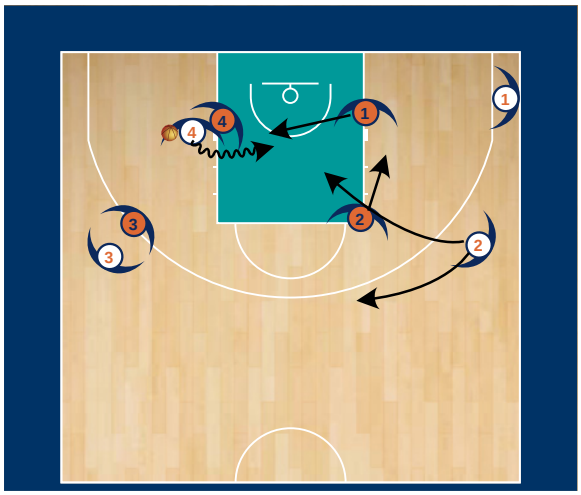
Apply same post reactions. If 4 is non-shooter, speed cut through otherwise stay.

2 / 3



B) Defender plays behind the post.

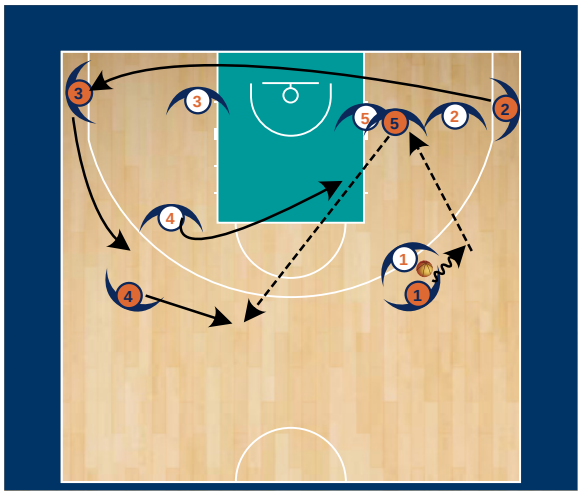
3 / 3



C) Defender plays behind the post and help engages or traps.

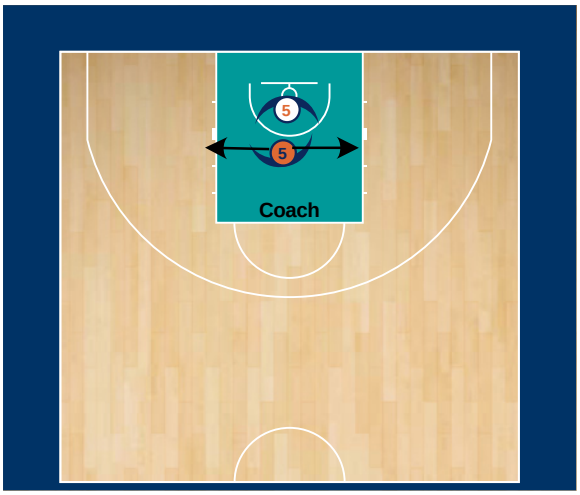
SSG Book

5-on-5 Post Surprise



5-on-5 Post-Up. Defense can double from any player! Offense must read situation and keep dominoes. Useful dynamic start to work on dominoes habits.

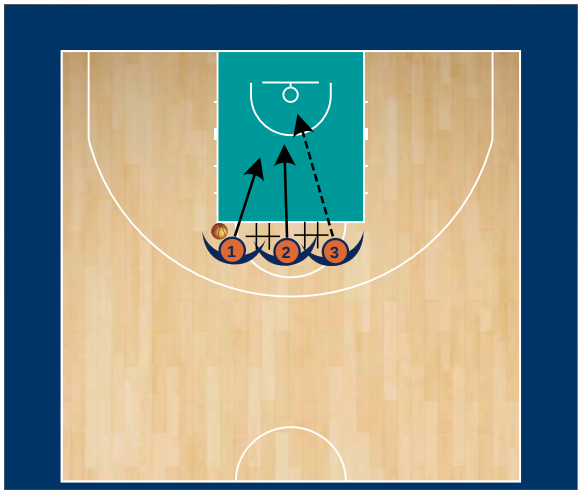
1-on-1 Shuffle Rebounds



Offense shuffles lane line to lane line, coach will shoot ball or throw off backboard hard. As soon as ball hits rim, defense can start moving but cannot rebound. Play live 1-on-1 and wall-up vs offense.

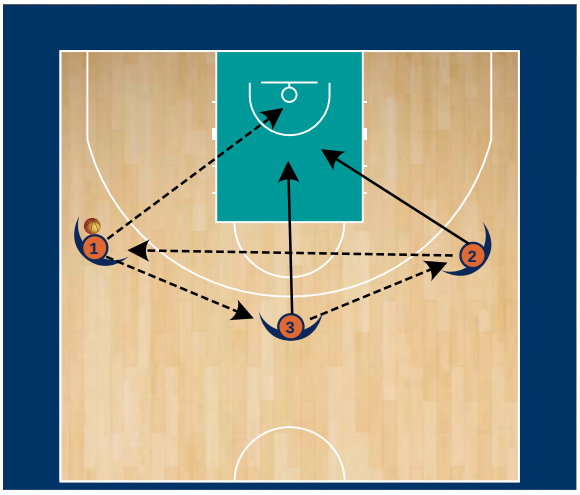
1-on-1+1 Hot Potato

1 / 2



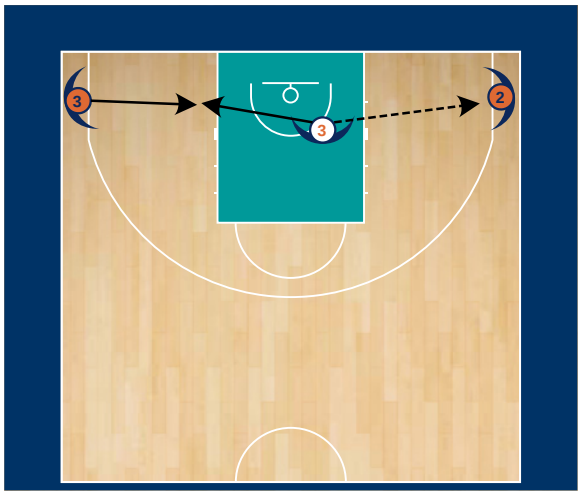
Players hand-ball off to each other like a hot potato (can also move in a weave while doing it). When coach says go, player who has ball shoots while other two players rebound and play until the score.

2 / 2



Same concept, now players do extra passes or skips. Play out the 1-on-1.

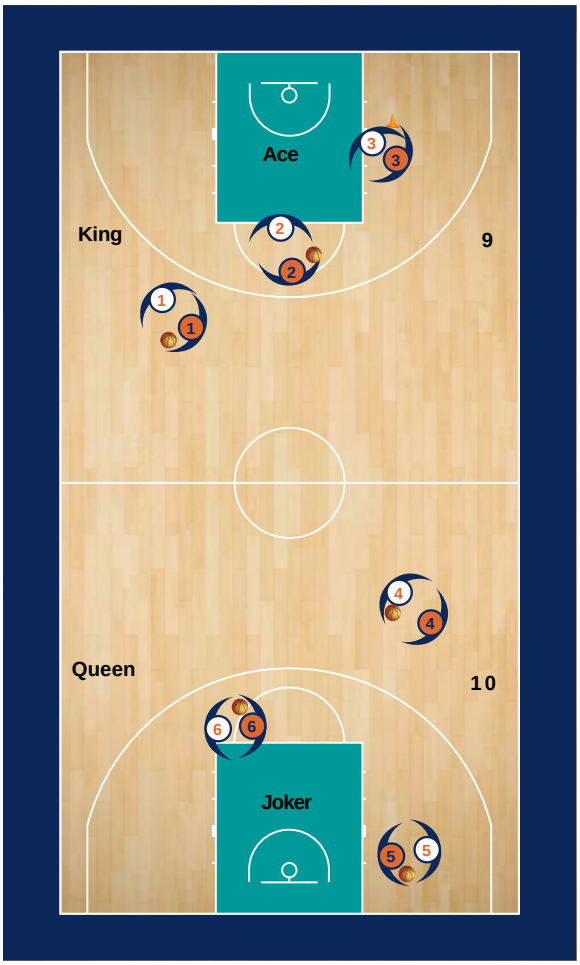
1-on-1+1 Weakside Rebounding



3 will self-toss, pivot out and pass to 3 who shoots the ball. On the release, 3 will jam up and crash the glass, attempting to get around x3. x3 will clear the paint on the weakside rebound to box 3 out. Play the live 1-on-1: whoever gets the rebound must finish through a put-back.

- Load in transition with shooter becoming inbounder.
- Load in two side to get more players working on jamming up / def box-outs

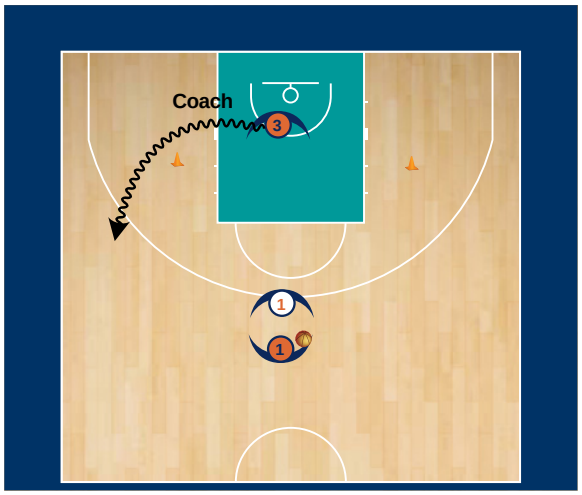
1-on-1 Aces



Each player draws a card at the start of practice to determine where they start. If offense scores, defense gets one chance to match. No match = rotate one spot down the court. Goal is to be on the ace court!

SSG Book

1-on-1 Exit Passes

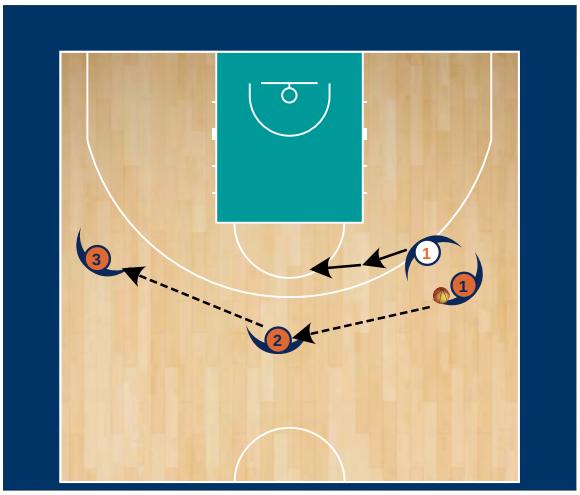


1 exits randomly left or right. x1 is blind, 1 must deceive x1 to pass on-time to the player exiting. x1 tries to steal ball.

1pt for made shot, in-time pass, deflection. Change after 45 seconds.

- Load in guided defender on 3 to give pop, backdoor, wiggle cut or curl decisions.

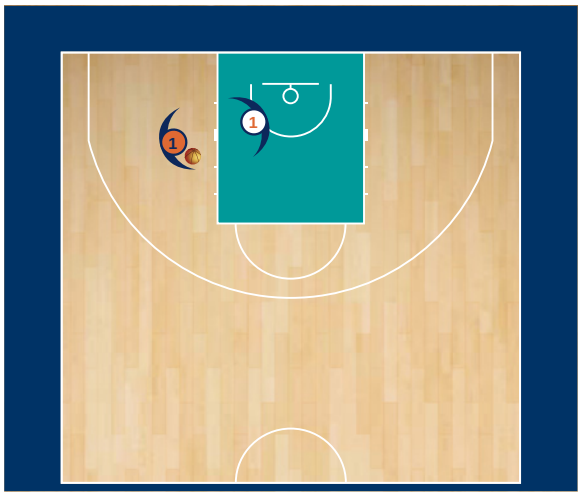
1-on-1 Gap Positioning



On each pass, x1 works on gap and nail help positioning. On pass back to 1 it is live.

Offense can also dribble or pick-up ball to simulate being in open vs closed stance.

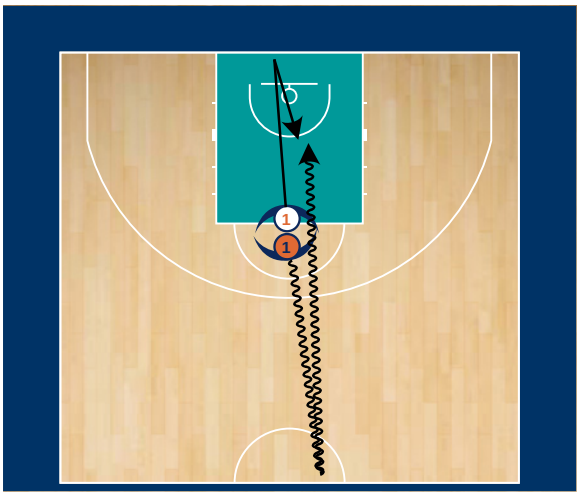
1-on-1 Pick-Up



Perform dribbles high and low, combos etc. Moment defense runs off the smile, live 1-on-1. Shot or drive deicsion for offense, always go to a new location. Great alternative to traditional form shooting.

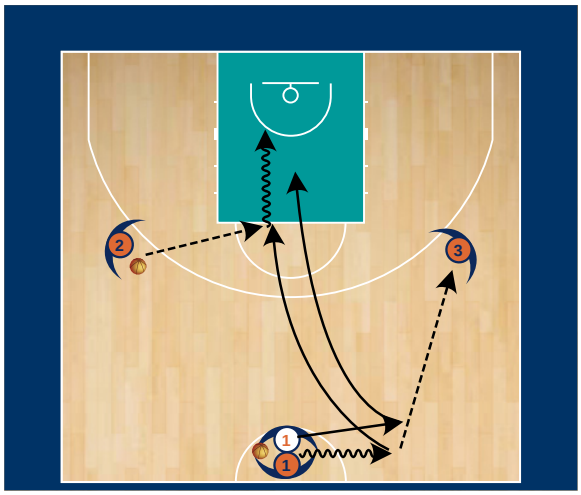
- Only dribble with left or right hand
- Variable distance
- Only shot decisions, no option to drive

1-on-1 Retreat



As soon as offense goes, defense reacts and must touch the baseline. Live 1-on-1.

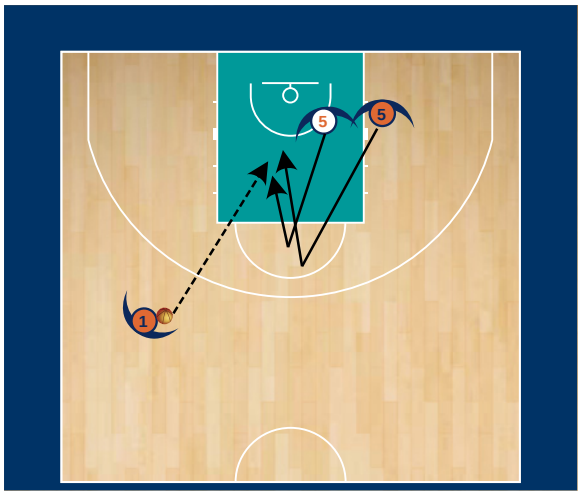
1-on-1 Two Ball



Two facilitators have a ball. Offense has to get ball to player who doesn't have it: offense can pass ball and change sides any time until handler passes ball. After passing, live 1-on-1 can receive it back from either side. Emphasise connections.

- Change location
- Play second 1-on-1 with passers
- Run a second 1-on-1 with facilitator setting a down screen

1-on-1+1 Get Flashes

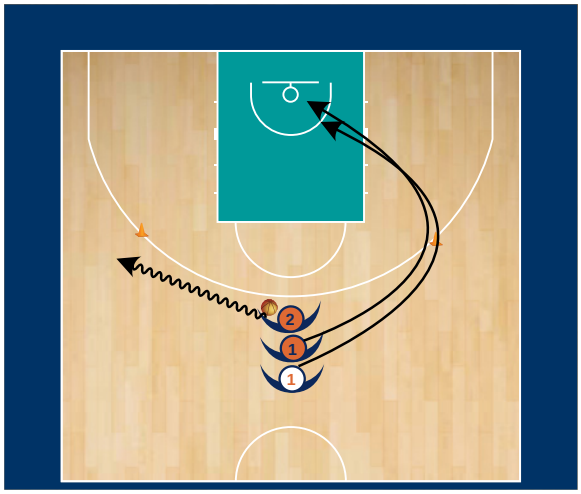


Work on dynamic 1-on-1 reads before the get. Can work on trail to top angle or corner to wing.

A - Deny
B - Top Lock Early
C - Failed Denial
D - Shade Opposite
E - Gap
F - Neutral (look to run get, play 2-on-1)

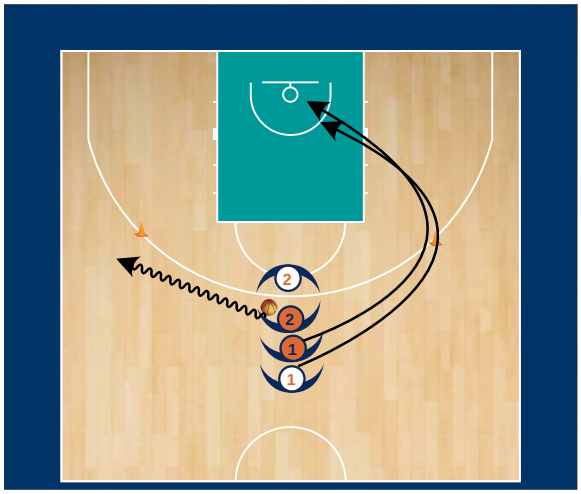
1-on-1+1 Trail & Cut

1 / 2



Passer skate dribbles in front of the cones left or right. Offense must curl around opposite cone while defense chases around the outside, attempt to block from behind.

2 / 2

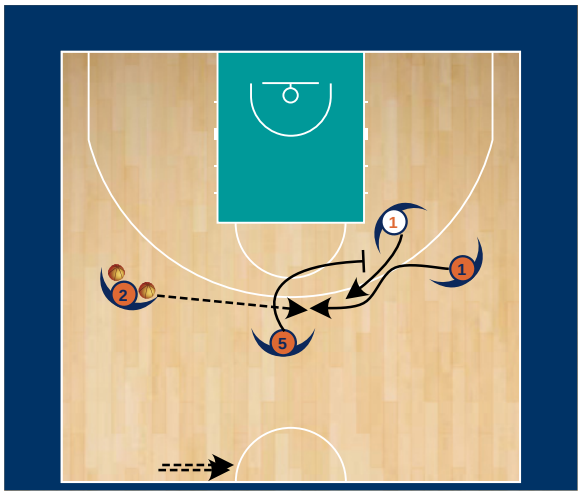


Load to a 2-on-2. Player 2 can pass to the cutter or choose to drive.

- Replace cones for people, can use to set a down screen if no advantage off first cut

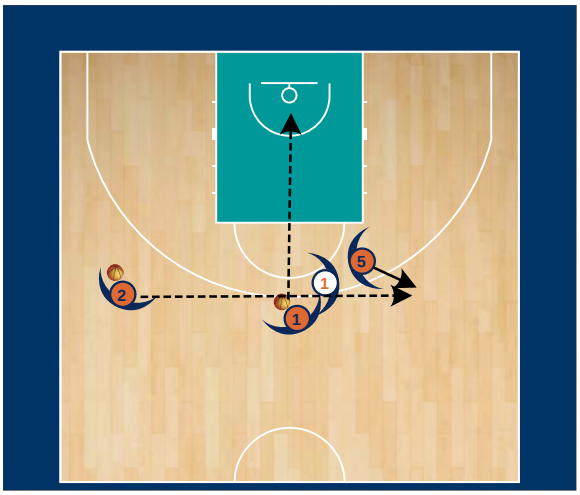
1-on-1+2 Get Open

1 / 4



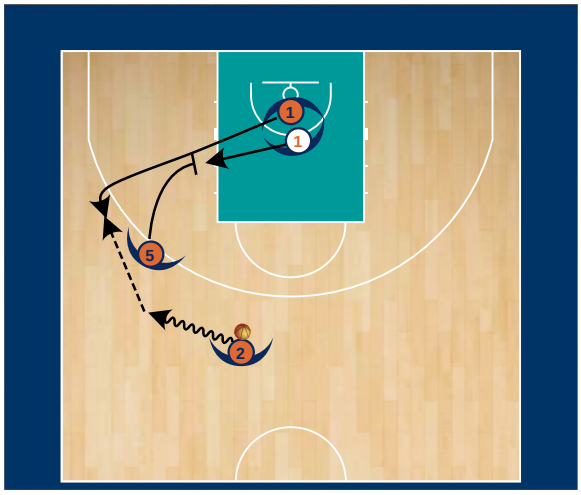
Start with screen-away. Can constrain offense, e.g. only threes, one dribble.

2 / 4



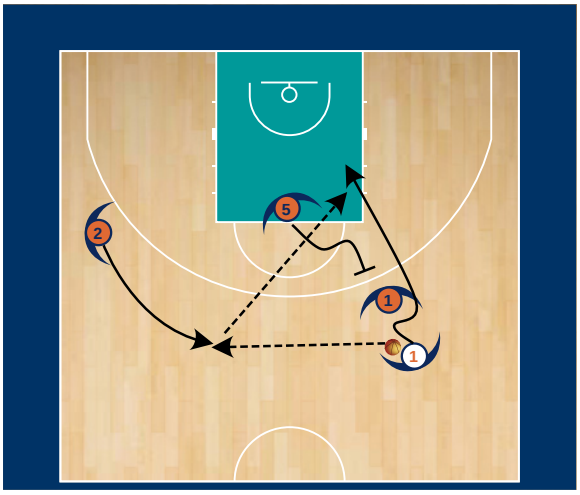
To improve time-on-task, set up second activity for handler and screener. Could be pass for a shot or a 1-on-1, e.g. DHO and after pitch recover to play D and wall-up.

3 / 4



Repeat same situation off different off-ball screens. E.g. down-screen, back-screen, flare etc. Screener here can come for ghost screen and then play 1-on-1 against passer after receiving ball (e.g. ghost screen, catch and drive while passer walls-up).

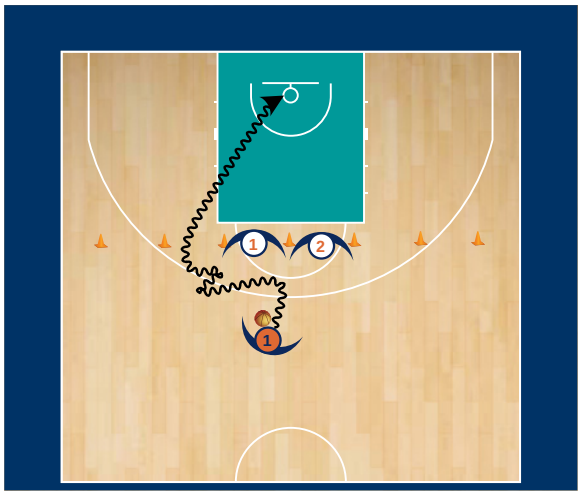
4 / 4



Coach can throw ball in for second 1-on-1 here.

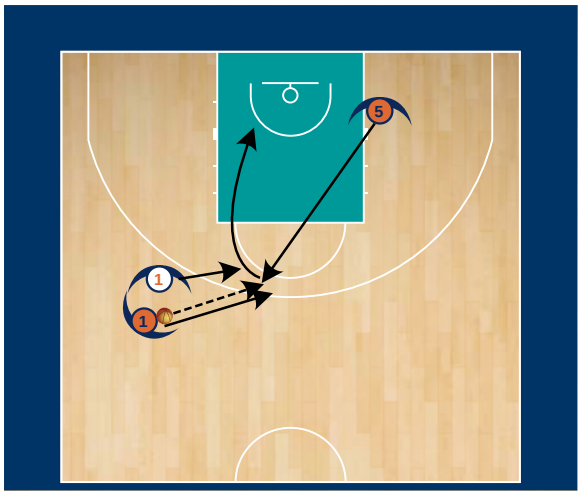
SSG Book

1-on-2 Find a Space



Two defenders protect the gates. Offense uses deception to enter through a window and convert the 1-on-2.

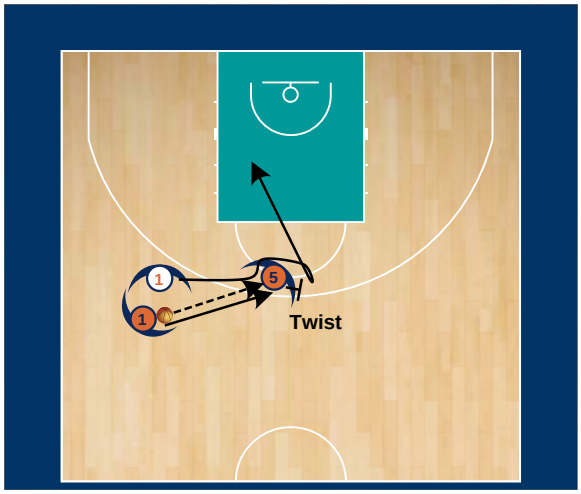
2-on-1 Smash or Slip



Run the get, focus on the decision to stay and hold the pick (smash) or slip and get out. Passer's defender will remain attached and shuffle cuing the smash, or open into gentleman's stance cuing the 2-on-1. Play it live.

Load in other coverages: under, dirty, top lock etc

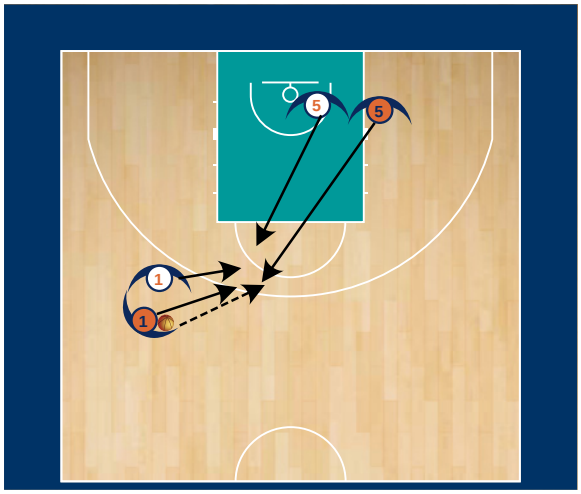
2-on-1 Twist vs Under



Play against the under, x3 reps. Use a different solution to beat the under each time. Run out of same trigger, i.e. get or a different trigger each rep. I.e. DHO, Get, Pick but always under.

Weapon Options:
- Pull Up Three
- Turn Corner
- Cat and Mouse
- Twist and Reject
- Twist and Slip
- Twist and Smash, Play the 2-on-1

2-on-2 Gets



2-on-2, stay for 3 reps. Every rep is a different location: flash from WS, trail get, wing get etc. Play live (Who am I, who am I guarding) or guided. If guided use:

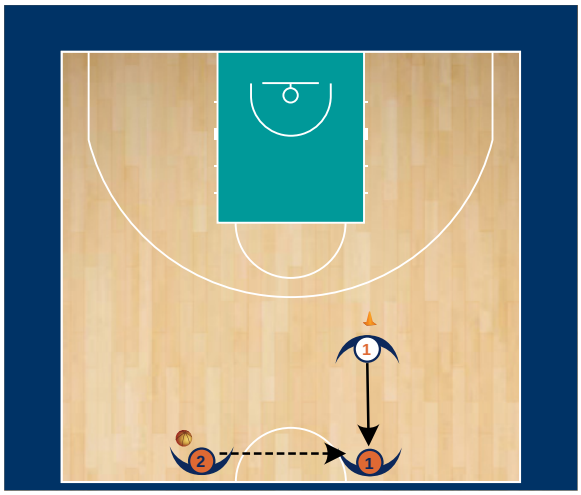
Passer Def:
A = Deny and Recover
B = Contact Slide
C = Make it Dirty
D = Chase but leave it clean
E = Switch

Receiver Def:
A = Failed Denial
B = Gap
C = Switch

SSG Book

1-on-1 Avoid the Pick

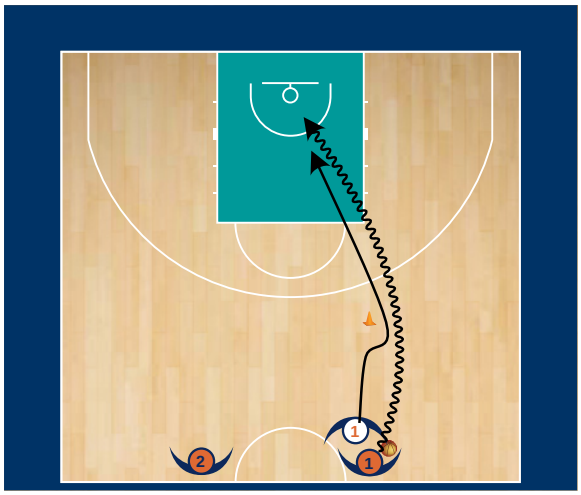
1 / 2



Cone is a chair, simulating a pick. On the pass, defense takes away time and space. Offense must space pivot until passer yells pick and it's live.

Handler attempting to play 1-on-1 and run x1 into the chair, x1 attempting to avoid the chair and negate the advantage.

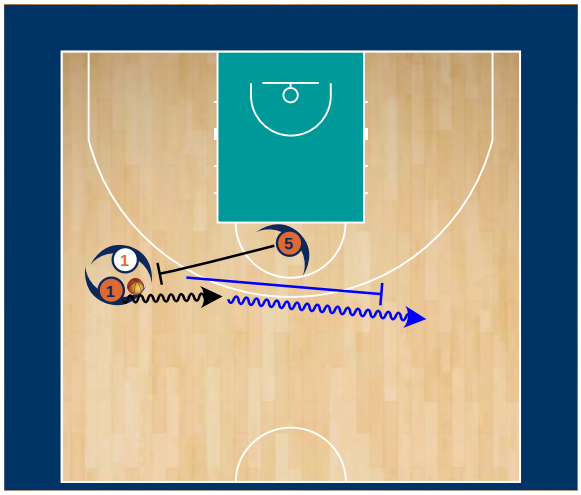
2 / 2



Off = 1 pt for a paint touch, 2 pt for a paint touch and rim finish. D = 1 pt for a stop, 2 pt for a stop outside the paint.

- Replace chair for real screener.

1-on-1+1 Cancel the Pick

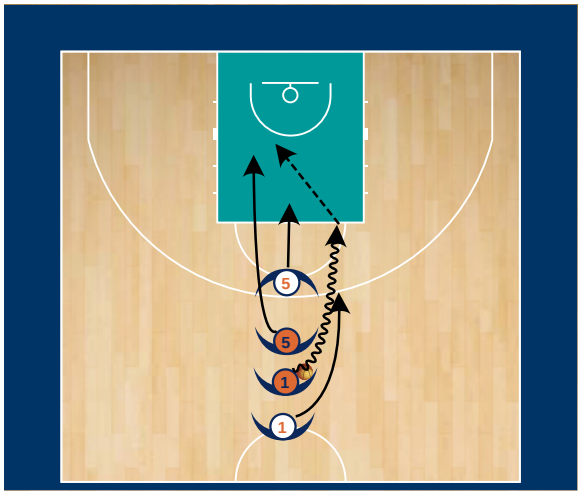


x3 instant picks, side to side. Offense can reject and score on any pick, which means game over for defense and immediately change roles. If offense cannot reject, they can only drag ball past pick but cannot score if they are forced into going over.

If defense cancels the screen, get 1 pt. If offense rejects and scores, gets 1 pt but resets the defense.

- Add in steal unders
- Option to also Bingo
- Off catch and off dribble
- Load screener defender

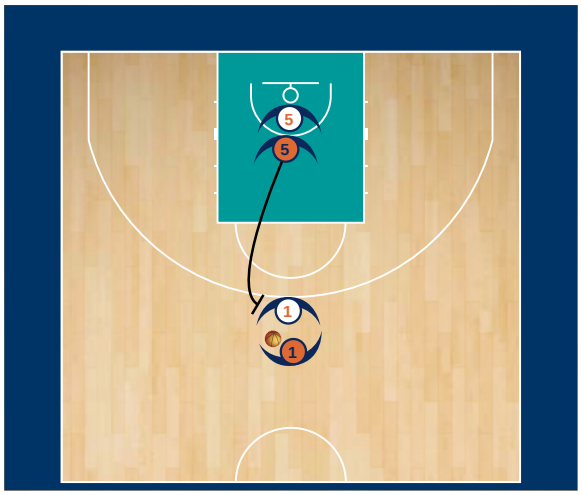
2-on-2 Australia



Stack start, work on decisions vs drop coverage.

SSG Book

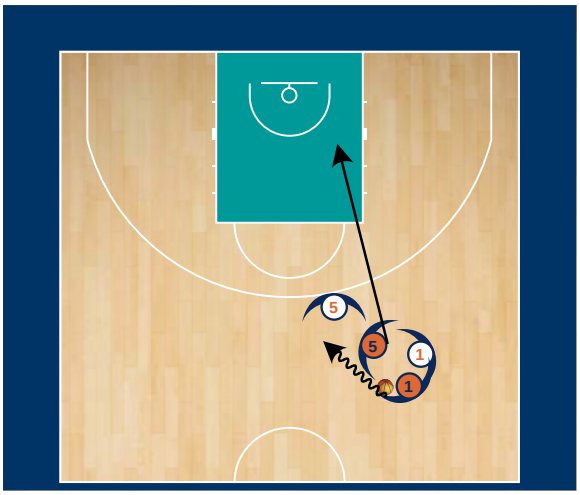
2-on-2 Call the Coverage



Restricted offense to allow defense to practice coverage calls. Offense cannot flip or ghost the pick, can only make contact. Defense works on "Name and Direction". If switching, showing or blitzing, add coverage call after. If weak/ strong, leave to name and direction.

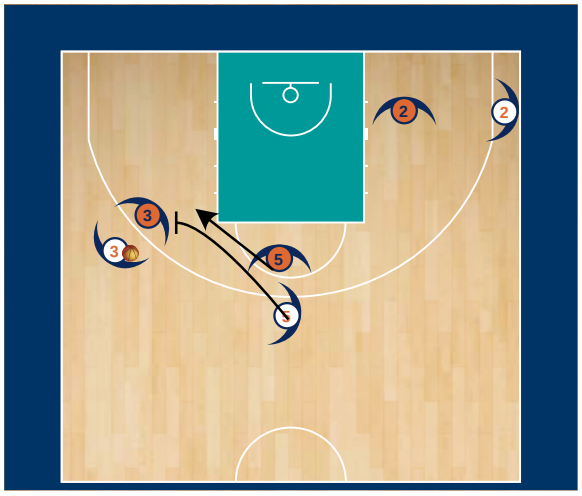
- Offense can then flip the pick as well as ghost screening
- On ball can steal an under

2-on-2 Gentleman Stance



Start with scripted gentleman's stance and slip. Play the 2-on-1 and keep the advantage, defense attempt to get back to neutral.

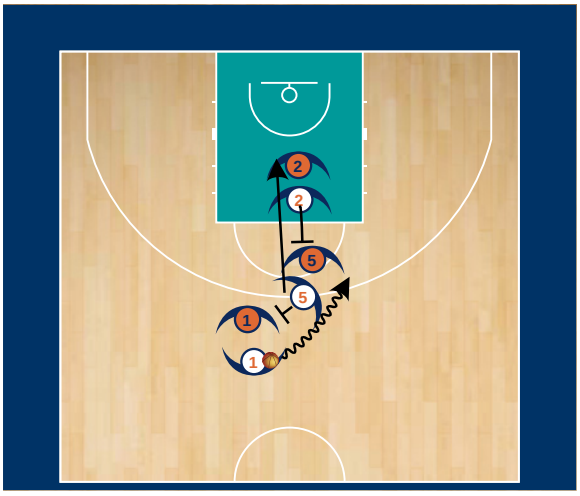
3-on-3 Hi-Lo vs Switch



Put players in a pick & roll situation.

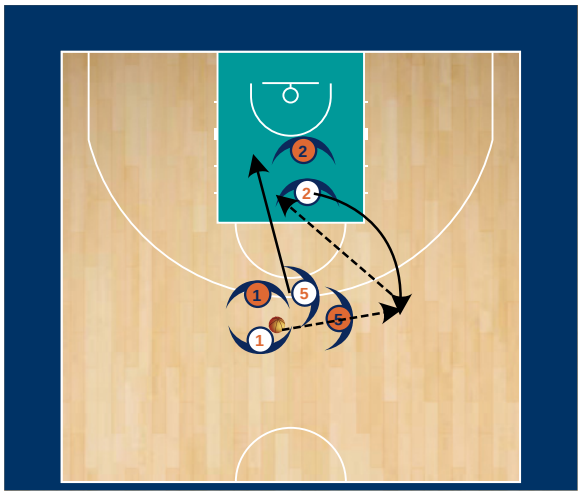
A) Defense Switches Over: Hold screen and flash for hi-lo.
B) Coverage B
C) Coverage C

3-on-3 Stack PNR



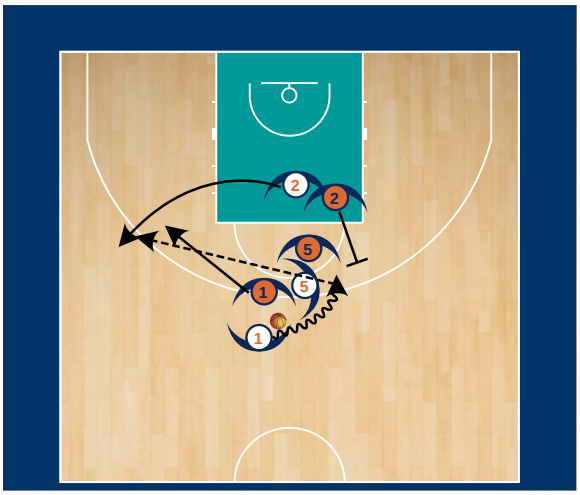
A) Vs Drop: Smash on backscreen and read if backscreen defender helps on roll or stays attached.

2 / 3



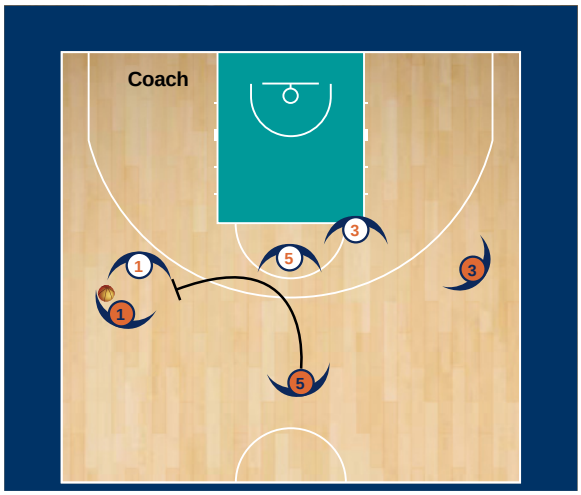
B) Vs Aggressive Coverage: Shallow cut in front of ball for relay pass into roller.

3 / 3



C) Vs Guard to Guard Switch: Shallow cut behind the ball to create close-out advantage.

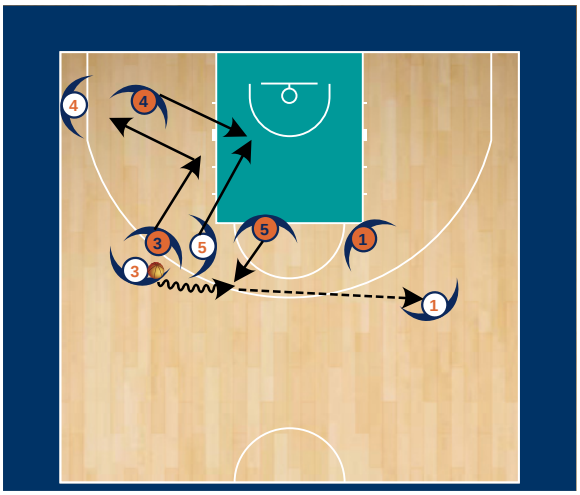
3-on-3 What Weapon vs Switch?



3-on-3 off drag, but can change pick type. Coach holds three sheets of paper behind back with big numbers: 5, 9 or 14. Defense can only switch. At moment of pick, coach holds up a number which is the shot clock.

5 secs = static solo
9 seconds = time to boomerang
12 seconds = time to look for post-up

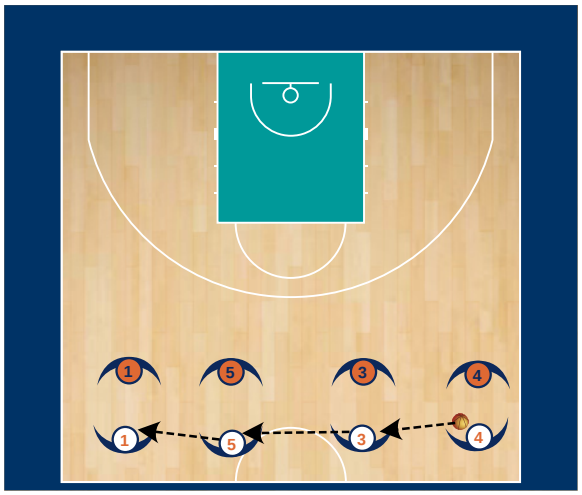
4-on-4 Scram Switch



Play off the pick and roll, work on executing the scram switch. Live once ball is passed ahead to the 45.

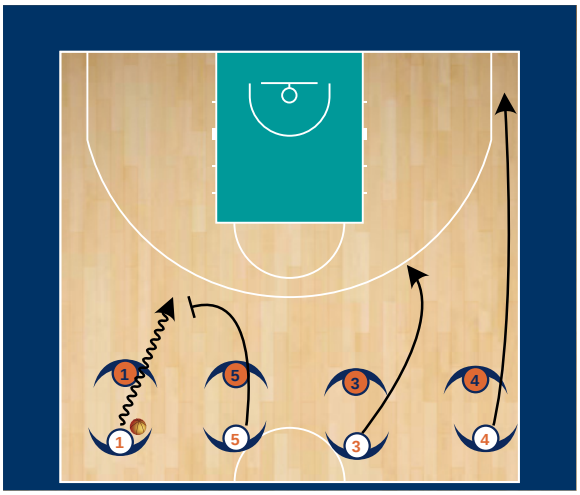
4-on-4 Swing to Random PNR

1 / 2



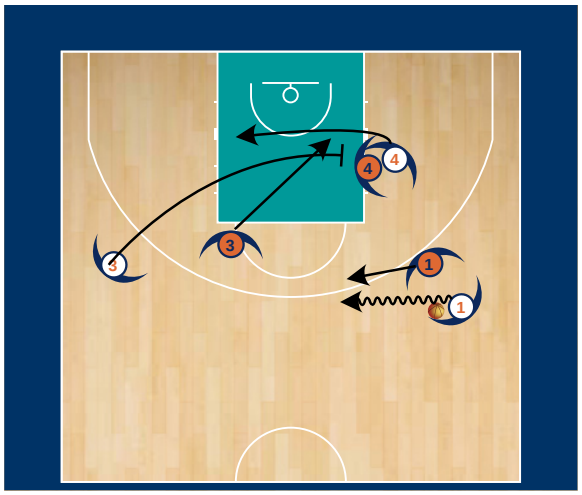
4-on-4 at half. Pass across until at opposite swing spot.

2 / 2



Can flow into any Pick & Roll spacing and any trigger. To create random PNR spacings if playing 5-on-5, whatever player has the ball when coach says go must be the handler. This naturally creates either Shakes, Wing or Elbow.

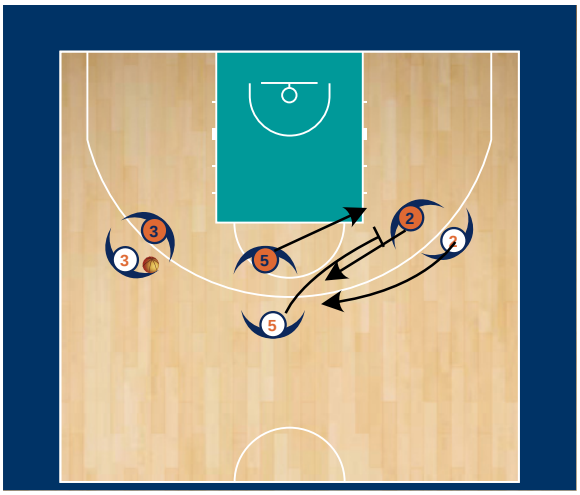
3-on-3 Cross Screen



45 cuts early, 1 attacks middle like coming off a ball screen. Cross screen Reads: A) Under, B) Over, C) Top Block

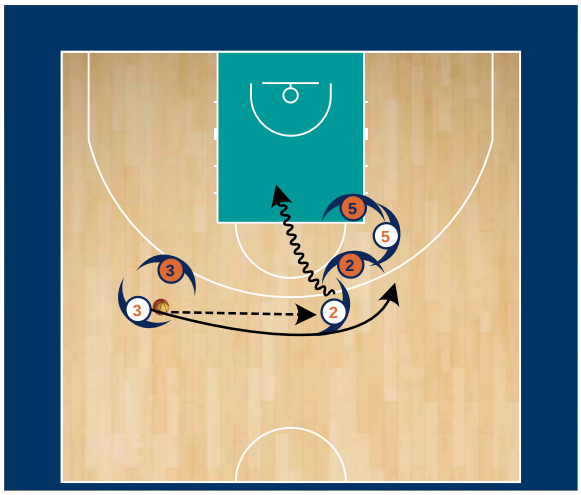
3-on-3 Touch Action

1 / 4



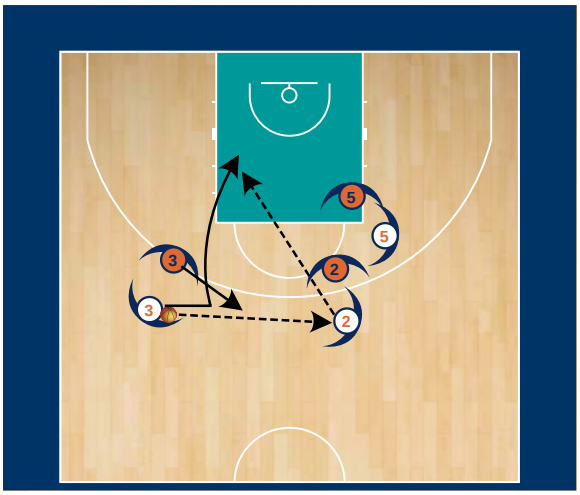
Can use any off-ball action. 3 on 3 pin away is used in this example.

2 / 4



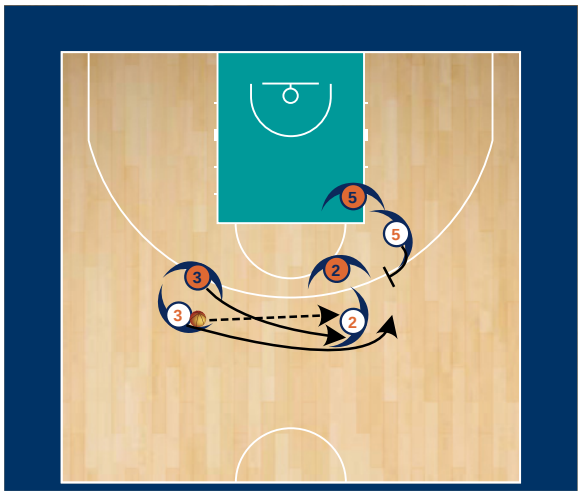
A) Keep - Defender shades baseline on the catch or is cheating to switch.

3 / 4



B) Denial Defense: Backcut and find cutter. If cutter not open, flow into action with 5.

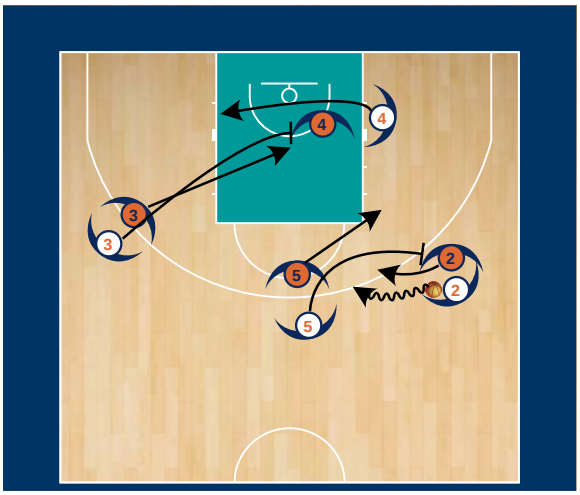
4 / 4



C) Touch into Action: If defender chasing, handoff into action.

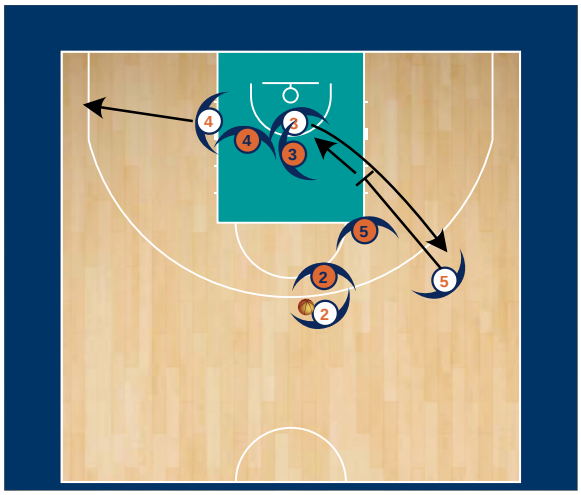
4-on-4 Cross Screen, Down Screen

1 / 2



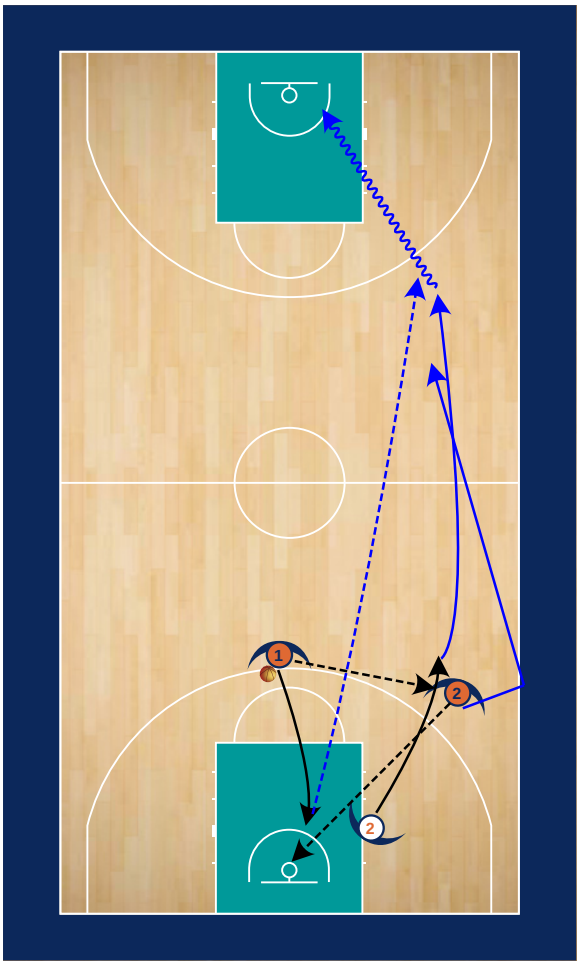
45 cut as 4 goes to set drag.
Cross screen as 2 comes off ball screen.

2/2



4 sets STS for 3.

1-on-1+1 Leak-Out

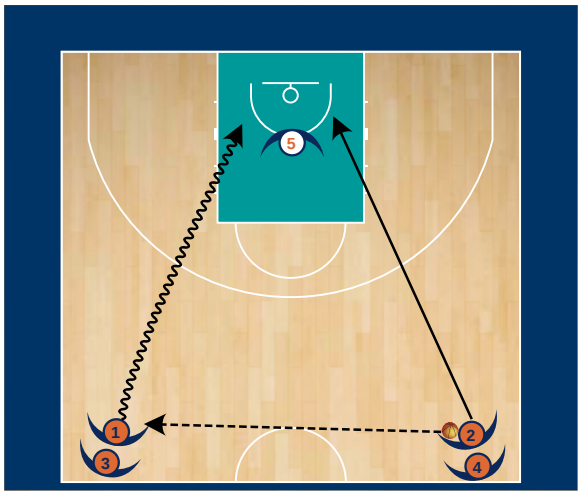


Extra pass, defender closes-out on flight of pass. Offense can only shoot a 3PT. Leak-out, defense must get two feet out of bounds before recovering. Passer rebounds and throws baseball pass or goes on PG push if dirty.

- Add second defender

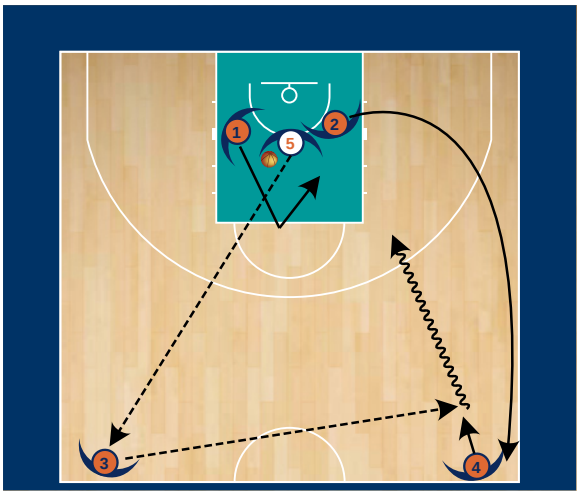
2-on-1 Continuous HC

1 / 2



Offense must pass ball across before triggering the 2-on-1. Can constrain, i.e. one pass to get it done.

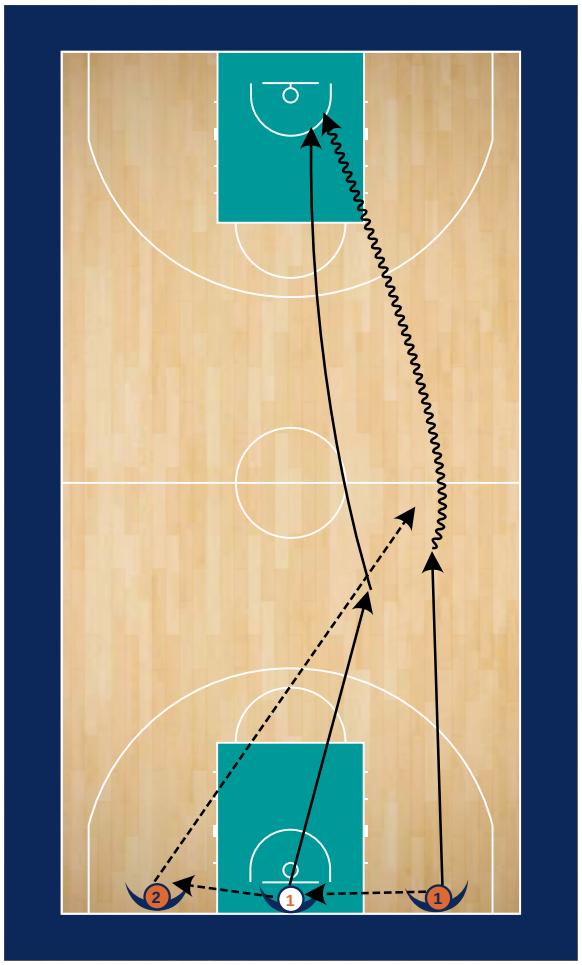
2 / 2



Player who turns-ball over or takes the shot plays defense, must touch FT line before the 2-on-1. Original defender gets ball and outlets to offense, who pass across before playing.

- Load to have second defender recover. Run in when offense get to 3PT line.

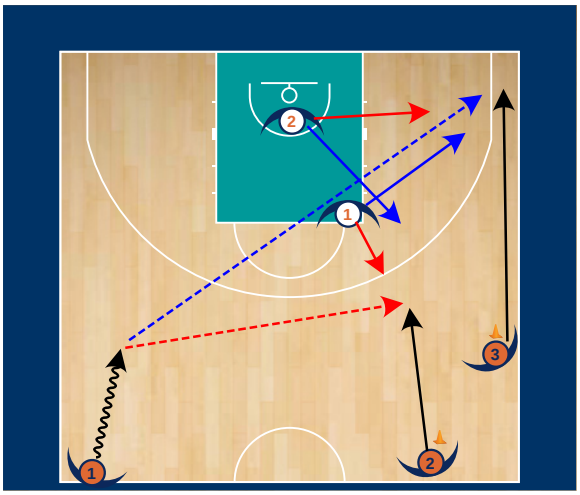
2-on-1 Skip or Push



Pass and go. Receiver must determine if cross-court pass is clean or dirty. If dirty, dribble push but must pass before HC.

- Receiver does 1, 2 or 3 combo dribbles upon catch. Coach calls as they receive, this determines advantage state.
- Add extra defender in front of 2.

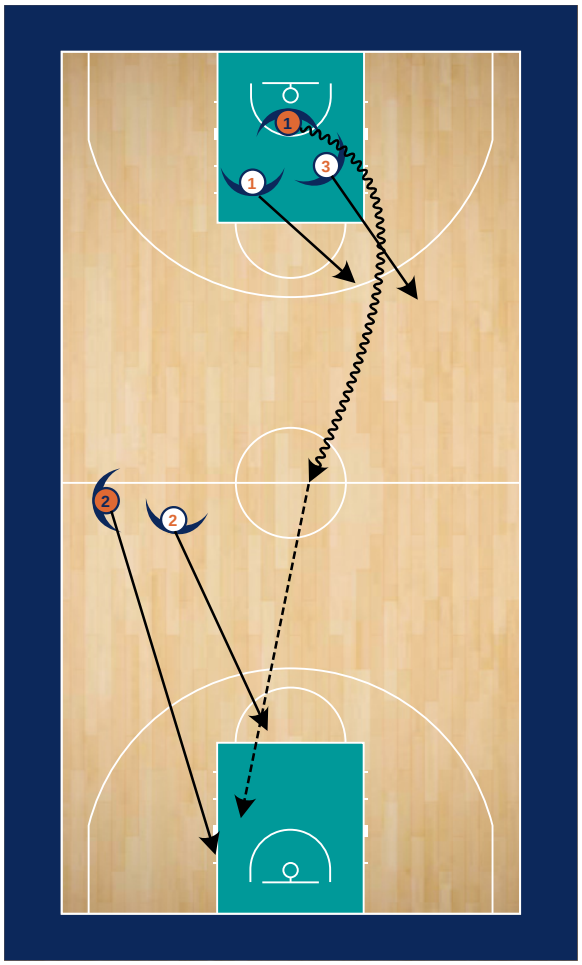
2-on-2 Two Side X-Out



Can be 45 or corner skip. If corner skip X out and play live, otherwise if 45 skip close-out straight.

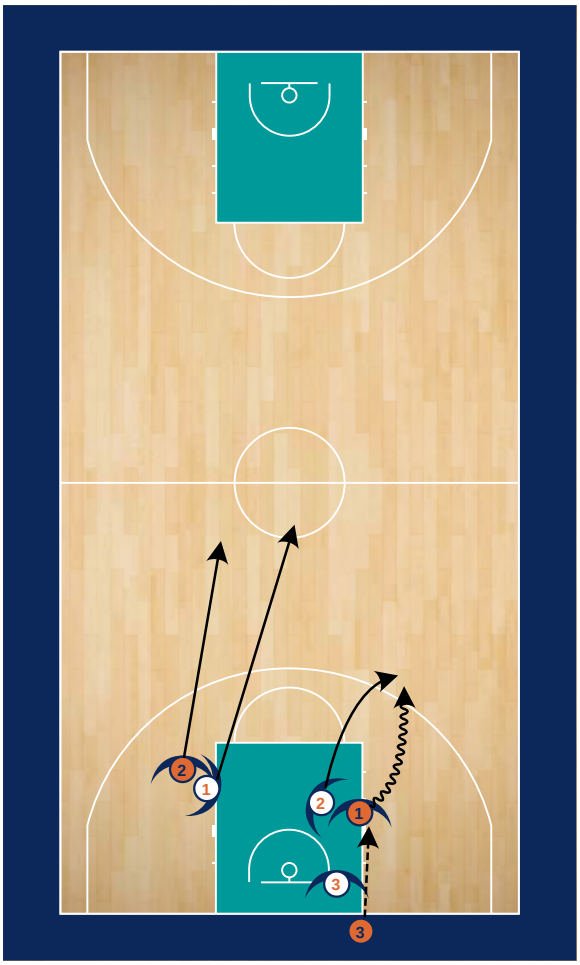
SSG Book

2-on-3 Outlet



2-on-3 off the static start. Offense can only pass once the ball gets past the half-line. If defense gets the ball, immediately transition into 3-on-2.

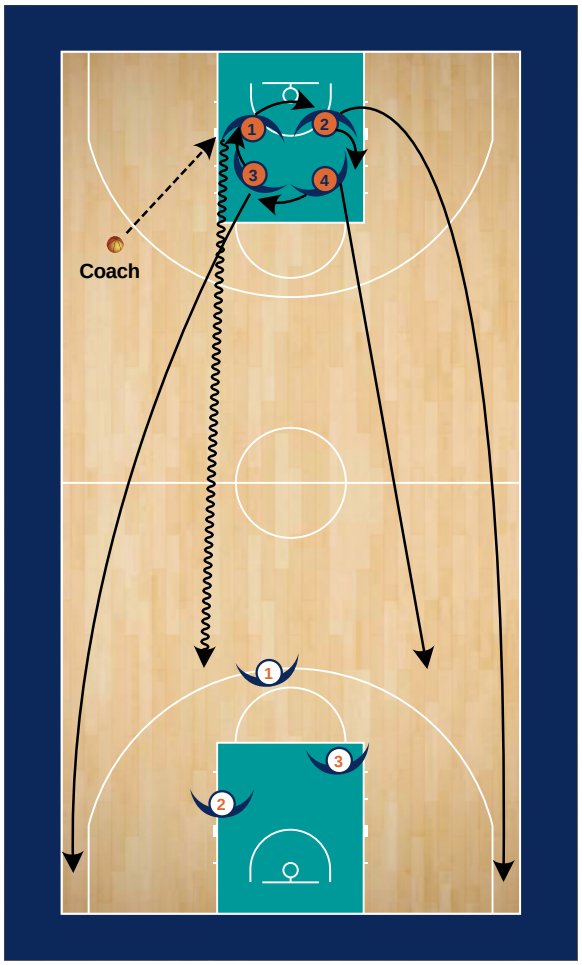
3-on-3 Rugby



Offense can only dribble forward and pass backwards.

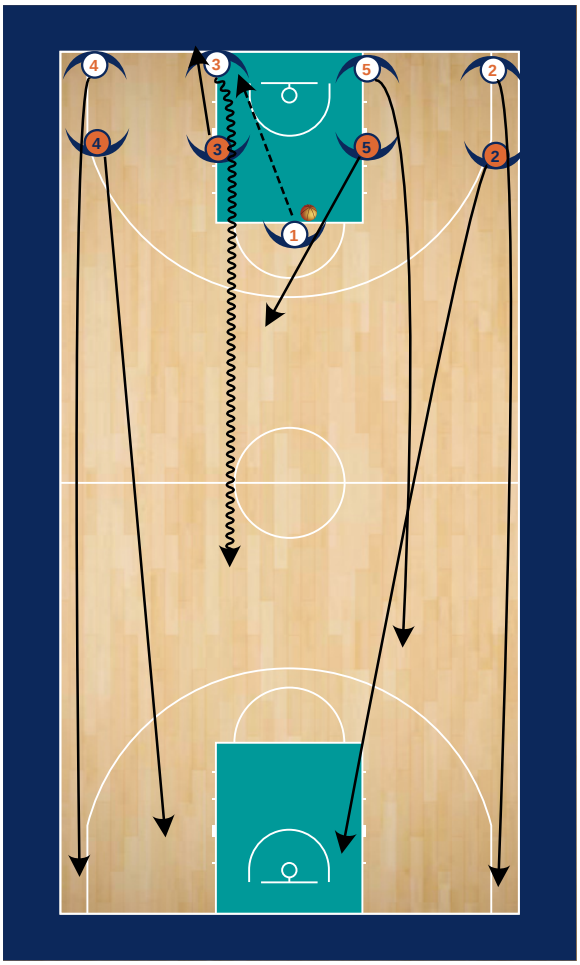
- Play any format from 2-on-2 to 5-on-5.

4-on-3 Two Side



Play off the two-side skip. Defense must take away single side kick-ahead and stop the ball. Load to 5-on-4 spacing.

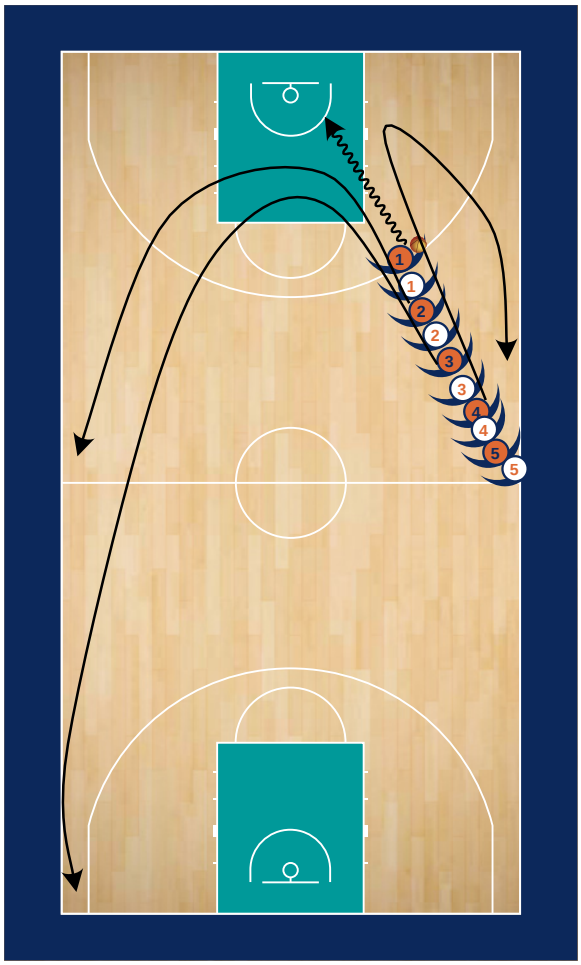
4-on-4 Line Touch



The matchup of whatever player receives the ball touches the baseline before recovering. Load to the ball and leave the furthest weak side player open. In this case x2 would be the "take 2" defender.

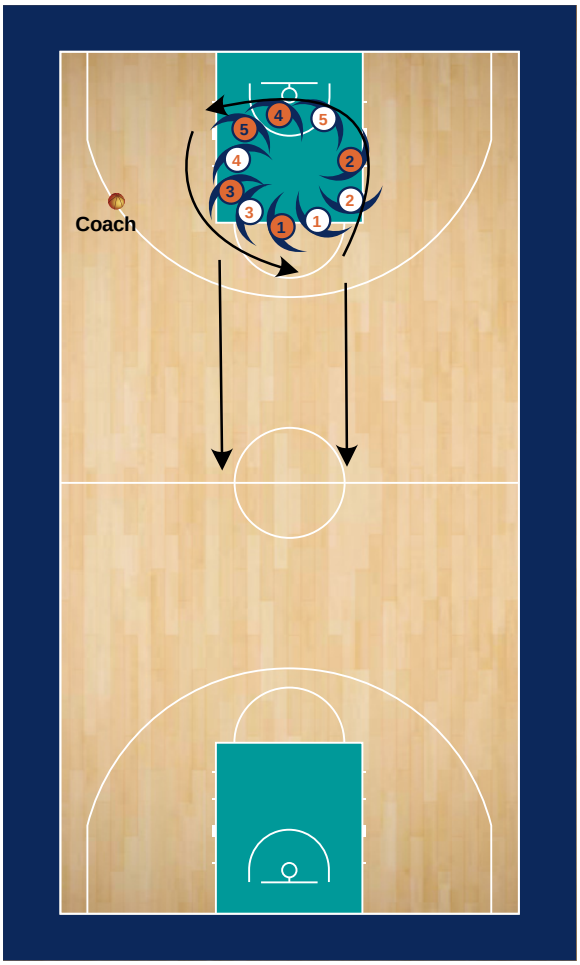
- Have one offensive player start on the defensive line
- Use tussle start with the offense and defense to randomize match-ups and locations

5-on-5 Train Transition



Train start. First player dribbles and shoots the lay-up, immediately transition into x3 trips.

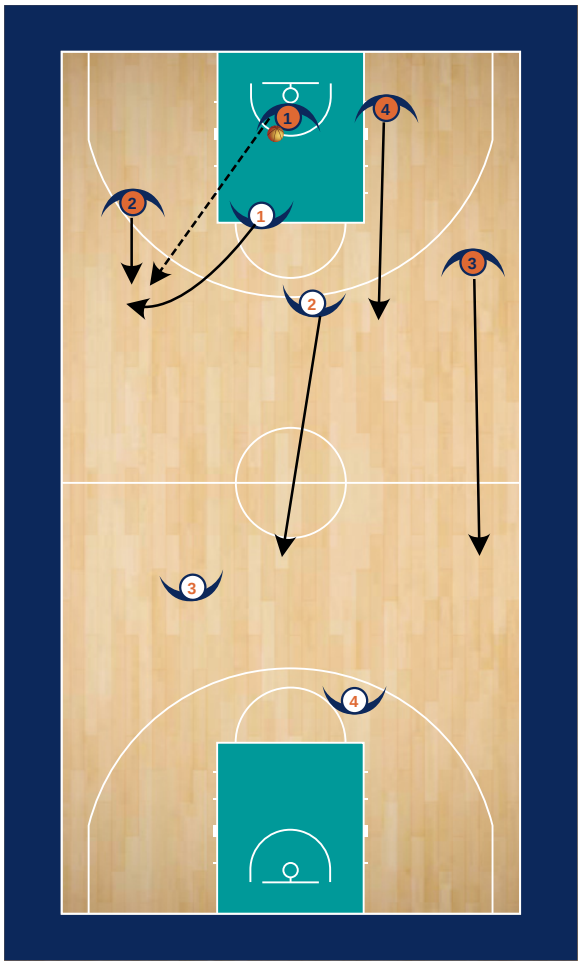
5-on-5 Wheel Start



Players wheel in the paint. On shot or pass in from coach, it is live going the other way. Coach may call out a players' name on either offense or defense to hi-5 before joining the action.

SSG Book

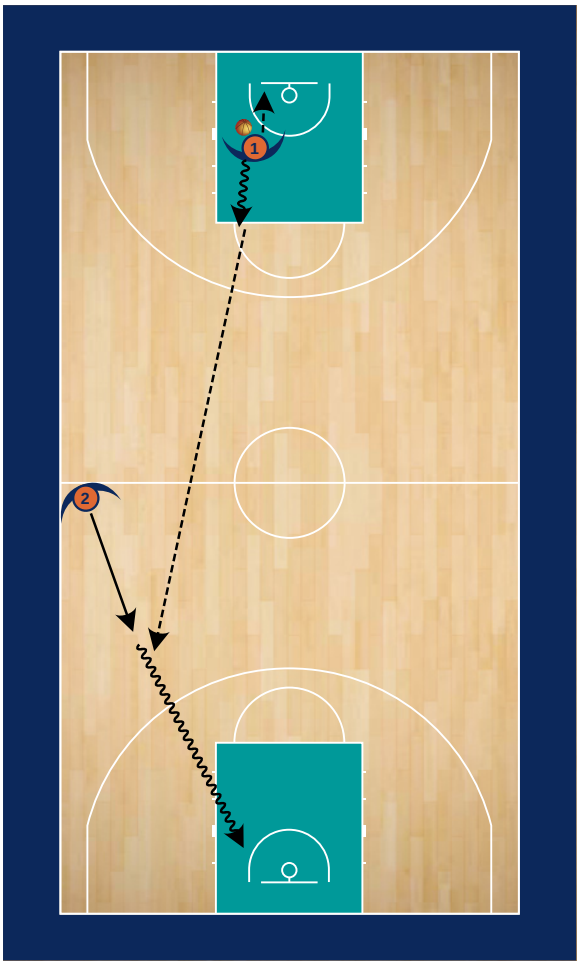
Animals Game



4-on-4, but x1 can only start in their front-court. Thus when the ball crosses half-court, becomes a 4-on-4.

- Only pass, no dribble
- Only one off-ball player allowed inside 3PT line

Breakout & Baseball

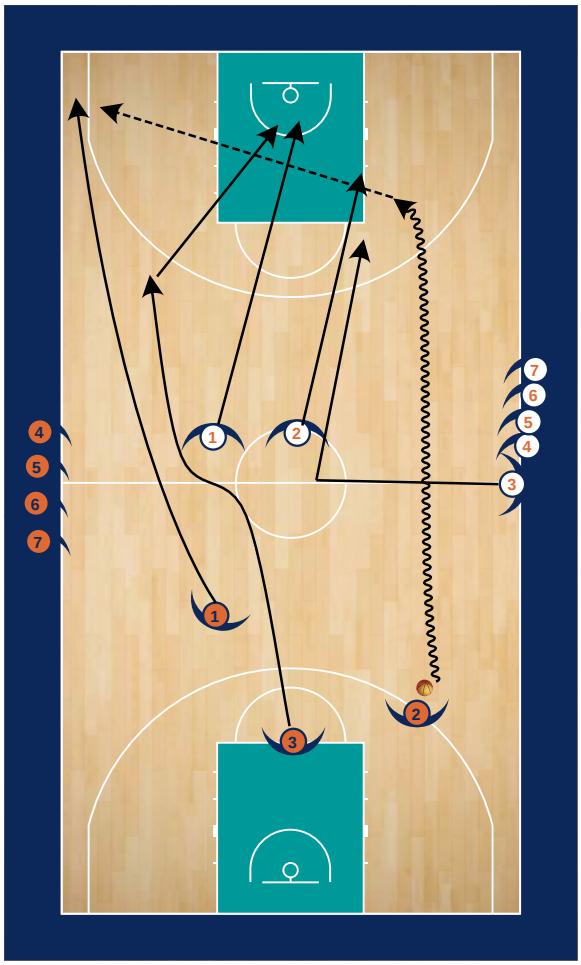


2 starts going once 1 secures rebound. Take one break-out dribble and send the kick-ahead. Perfect in-rhythm pass = 1 point. Play first person to 4 points.

- Add defender to contest break-out
- Add defender to contest finishes
- Add defenders: break-out and pass and break-out and PG push (dirty = no kick-ahead available.

SSG Book

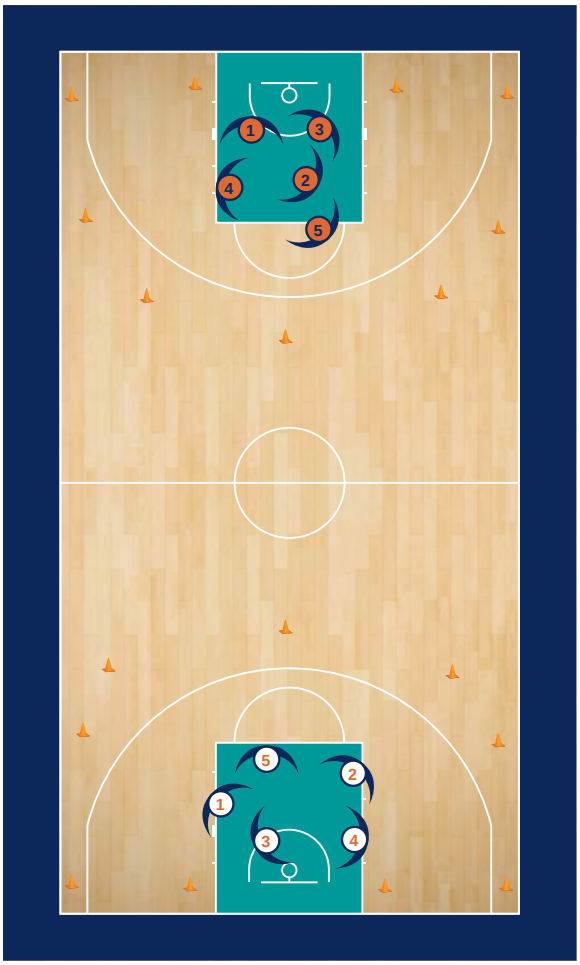
Circle Touch



Play any format from 2-on-2 to 4-on-4. As soon as the ball crosses the half, player on opposite team must touch centre circle before recovering. Offense must get score within time they have advantage. Defense gets ball and transitions, two new defenders go on.

- Only pass ball across line
- Limit dribbles
- TO if don't score with the +1

Spacing Races

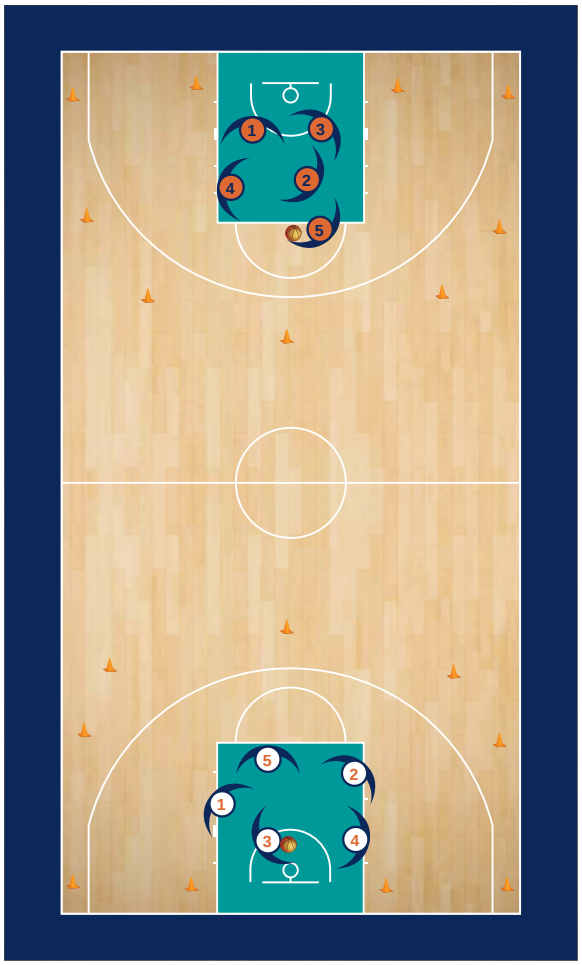


Two teams. Weaving in around the key. Coach will say one of four options:

4 Out Empty
4 Out Filled
5 Out Empty
5 Out Filled

Teams must immediately connect and self-organize to fill that spacing pattern down the other end of floor. First team to do it gets a point!

2 / 2



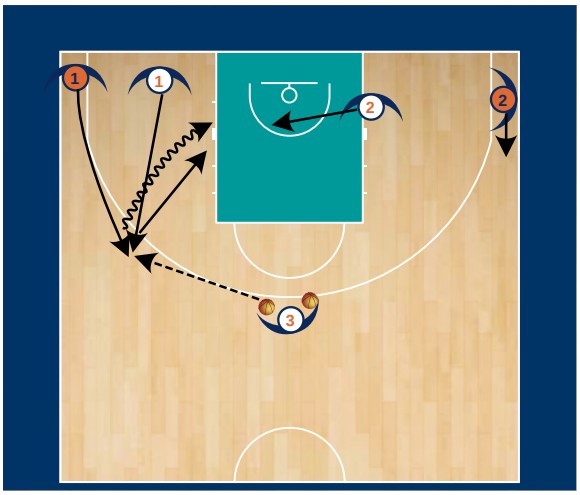
Now one player on each team starts with a ball, OR coach passes in randomly.

Now team must apply transition reaction concepts of seeking the sideline and keeping highway clear in front of the ball. Any crossing in front of the ball is a violation! Teams will flow into one of the four arrival spacing options naturally based on spacing and who receives the ball. First team to fill gets the point.

Make it 2 or 3 trips. Once filled, have to transition back applying same reactions.

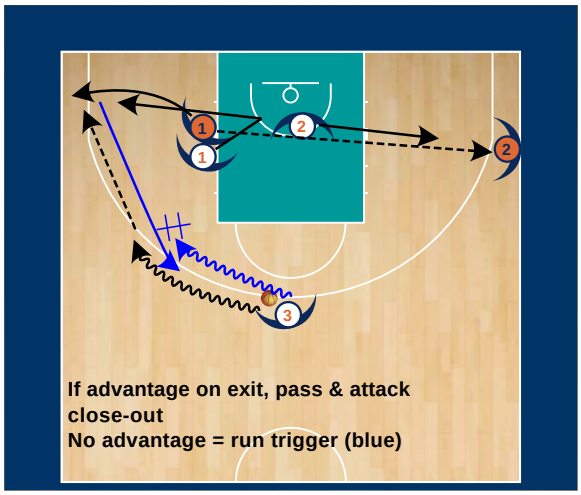
1-on-1 Multi Out to Space

1 / 3



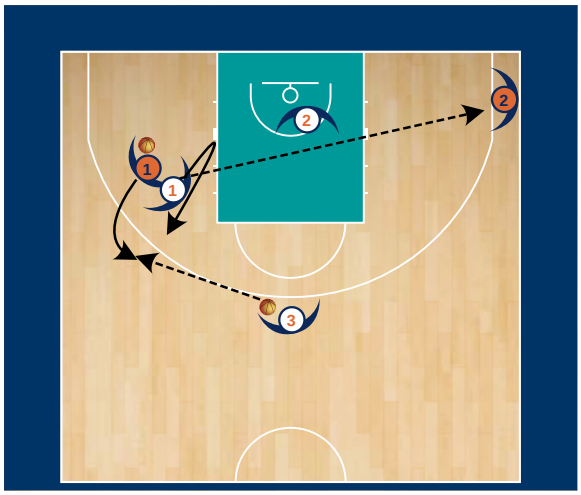
Self toss the ball and blast cut. X1 will either shade middle or shade baseline. x2 will then either help early or late cuing the kick-out.

2 / 3



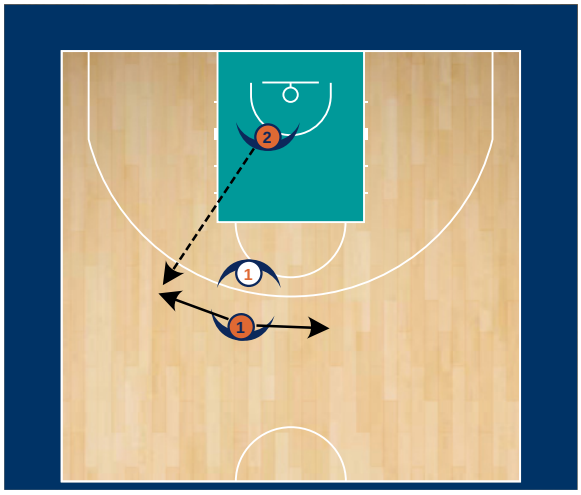
x2 closes out to 2 on the kick and plays the first 1-on-1. 1 then exits to the corner, with x1 getting one foot in the smile before closing out. If neutral, instead of receiving pass come for DHO/ Get with 3.

3 / 3



If the kick is made early due to overhelp positioning or very early help, replace on the exit while defender touches the block before recovering.

1-on-1+1 Second Cuts

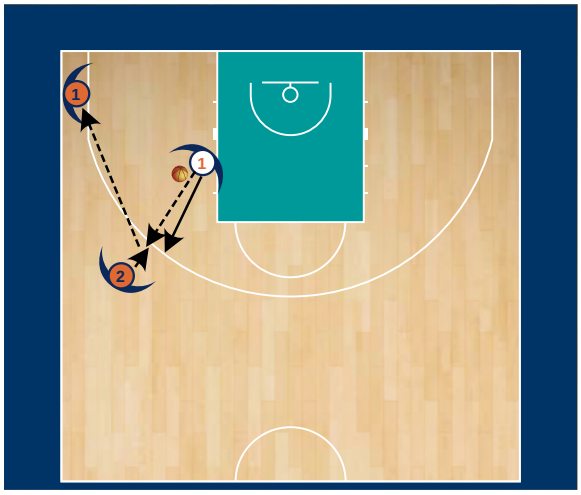


Throw ball of glass and land like a quarterback. 1 must second cut to get open and play the 1-on-1 while 2 gets out to space.

- Finish with an inbound, 1 transitions from offense to defense and denies x1.
- Load in other off-ball players for multiple second cuts. Flow into Spain PNR as 14 sec reset if can't get immediately go up.

2-on-1 Shooting

1 / 2

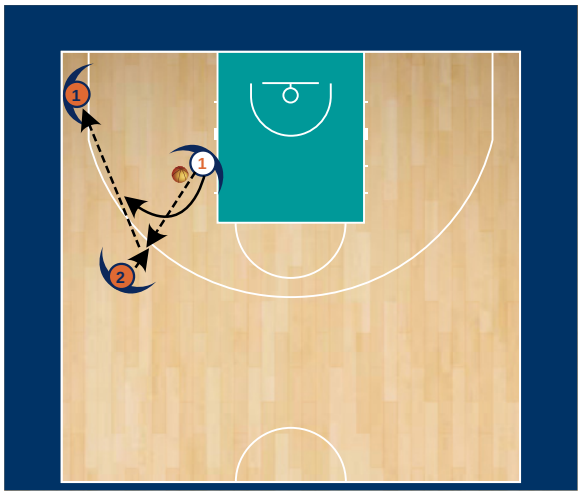


Form two-side, 45 stretched spacing. x3 reps on change. Pass goes to either corner or 45, x1 can either:

A - Short close-out
B - Normal close-out
C - Two-way close-out

Offense cannot move until the shot. On the shot, non-shooter rebounds and scores the put-back on a miss.

2 / 2



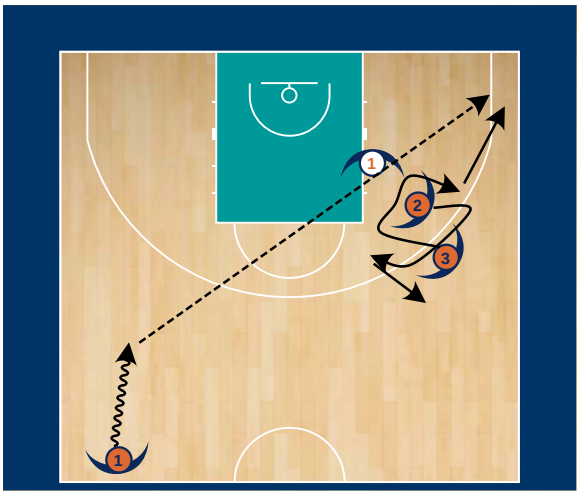
Load in other coverages:

D - Close-out & bluff to steal extra
E - Run-off line (drive decision)

If option E, x1 then either recovers and wall-ups or stays riding the hip to cue the pass or rim finish decision. Off-ball player must hold the corner, push or pull.

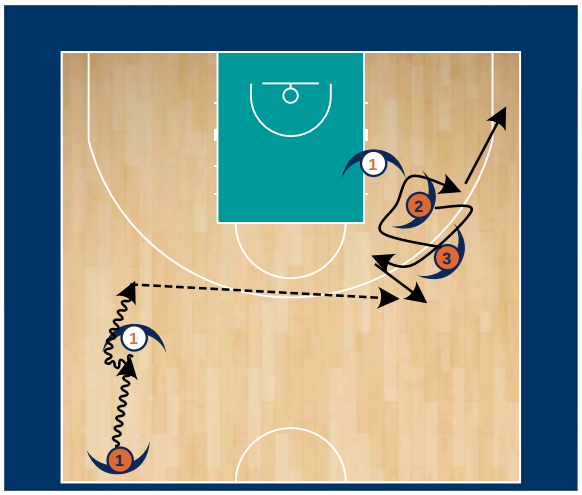
2-on-1 Two Side Skip

1 / 2



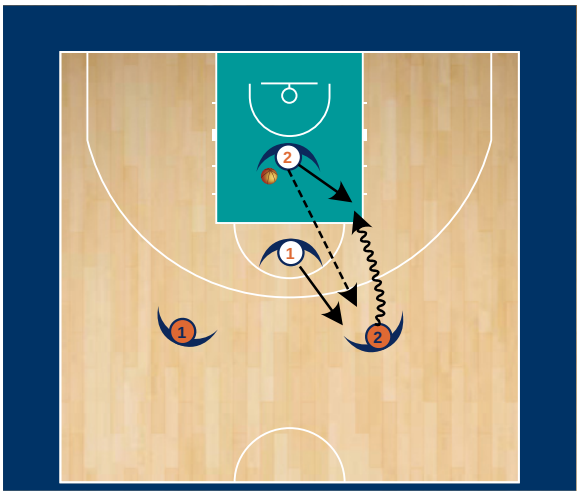
Dynamic start used for 2-on-1 shooting. Two side offense will use a weave start. As soon as offense takes first dribble, connect to form two-side and play the 2-on-1 on the skip. Defense can steal skip pass.

2 / 2



Load in a defender which the skip player must beat or pass around to get the ball to the two side before breaking the 3PT line.

2-on-1+1 Shooting



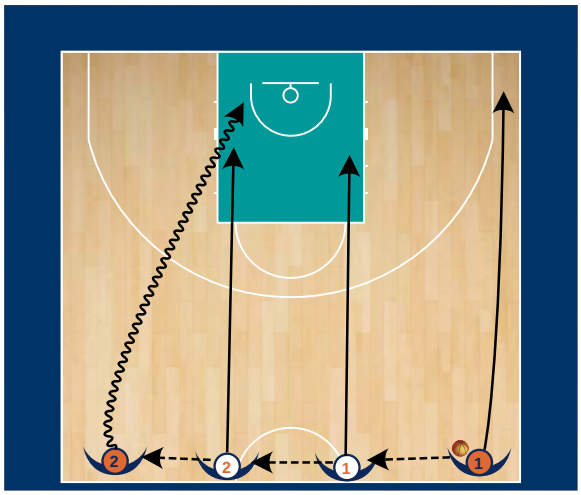
2-on-1+1. Great way to teach veer switching, second cuts and sixth sense vision on close-outs.

Option 1 = allow second defender to become active on any drive.

Option 2 = allow second defender to become activie immediately/ 3 seconds into the possession. Play from different locations.

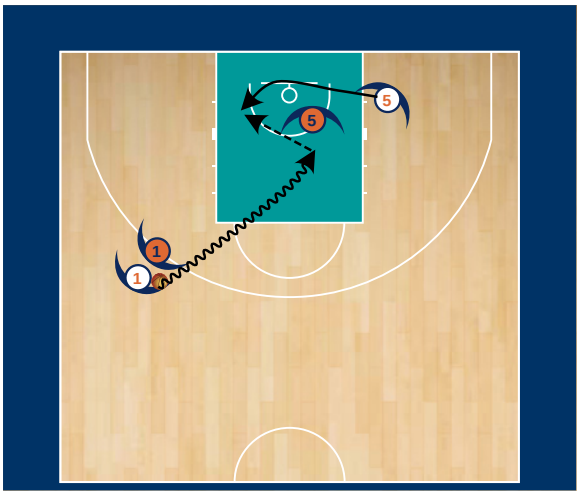
This will shape different affordances for offense.

2-on-2 Lateral Stack



Extra pass. As soon as pass goes, sprint to position. Play the 2-on-2. Can use same format to work on 2-on-1's, either in HC or FC.

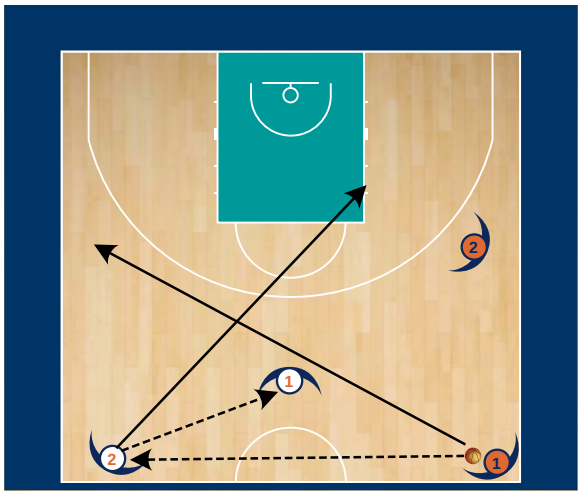
2-on-2 Post Pen Reaction



Pick any advantage start, such as blind start shown here. Live 2-on-2, post has to find a window. Either through wheel under, wheel up or verticality above the rim. Load to dynamic start and reading close-out. Shot decision vs drive means post scrums under.

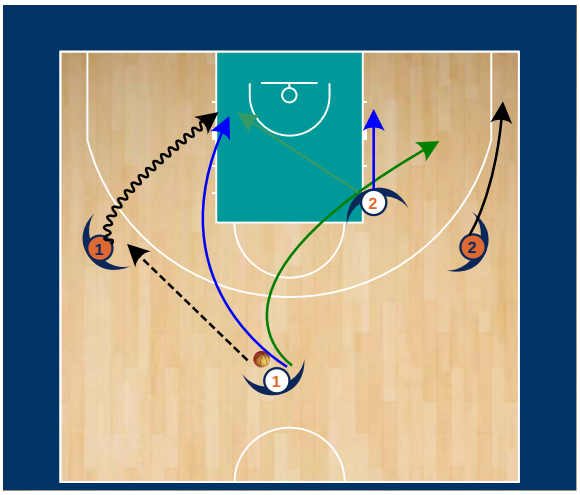
2-on-2 Weave

1 / 2



Weave start as dynamic intro into 2-on-2.

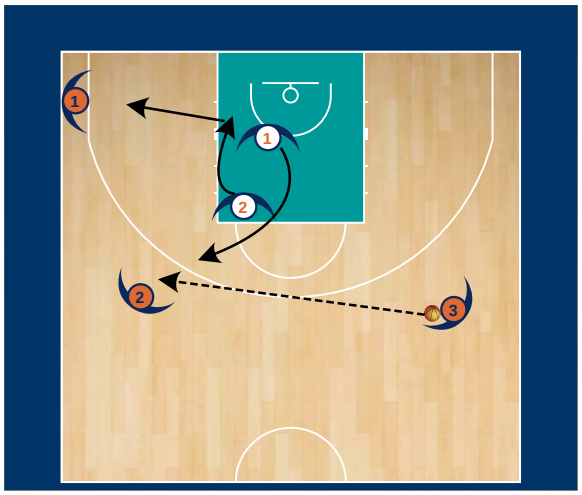
2 / 2



Decision to stay or peel switch. Offense applies dominoes reactions.

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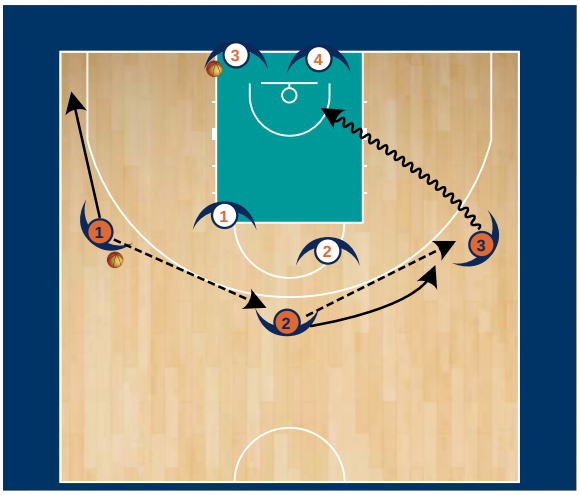
2-on-2 Wheel Skip



2-on-2 defense wheel up and down. On skip from 3 it's live. Play the 2-on-2.

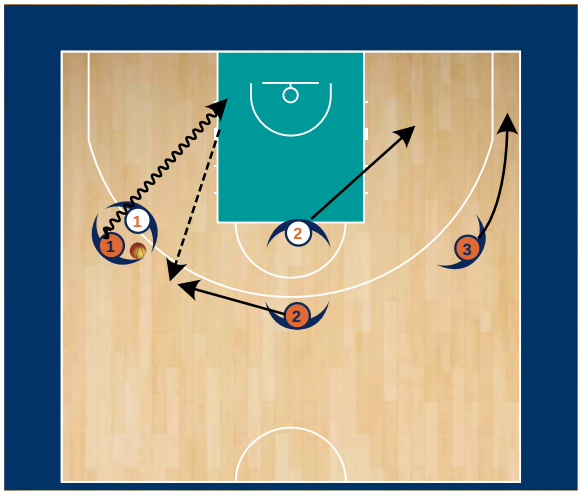
- Offense can wheel too to increase difficulty.

3-on-2 Bursts



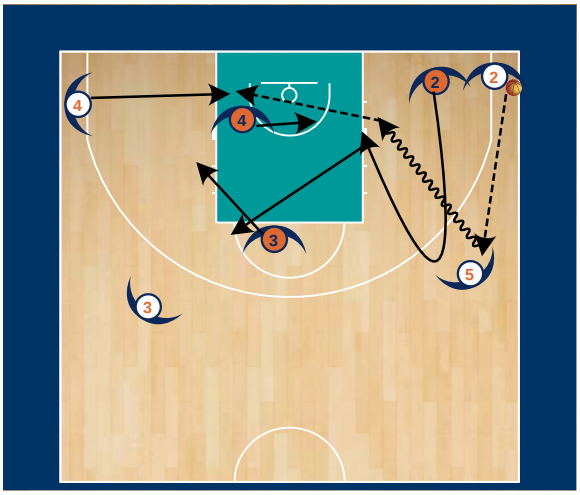
3-on-2 bursts. Offense must apply x3 rules of dominoes. Turn-over if they freeze on the ball, forget to apply penetration reaction OR refrain from getting out to space. On shot or turn-over, defense rebounds and sprints off while new two defenders run on and pass. Non-stop for x60 seconds before rotations. No ghost cuts allowed!

3-on-2 Zero Seconds



Offense cannot score, must have to apply a zero seconds drive or pass decision on each catch. Defense attempts to force an deflection, stop or bad pass! When coach says go, offense has to convert. Pt for offensive score, pt for defensive win. x3 reps and change.

3-on-3 Coach Tag

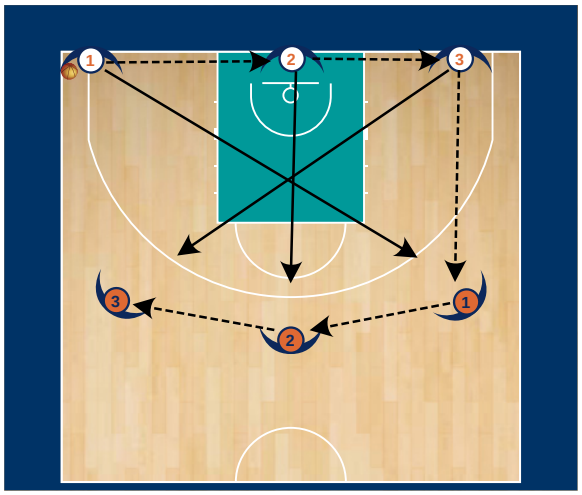


Connect when coach (5) connects with passer. Coach will put on inside hip, with outside hand for defense to tag. This triggers the live 3-on-3 with offense attempting to keep dominoes and defense staying or peel switching based on size of advantage.

If coach pivots, defense must chase and now it is a middle drive.

SSG Book

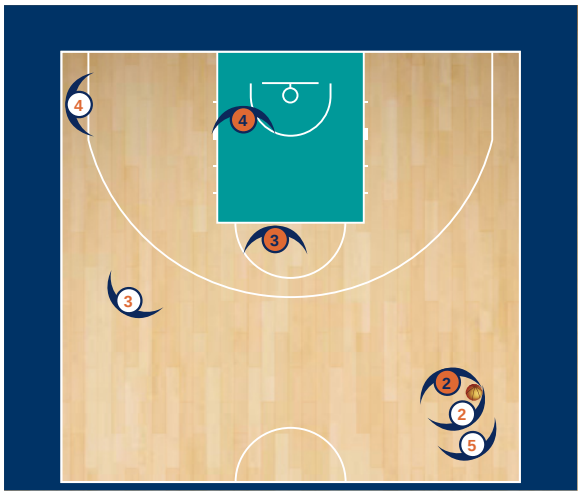
3-on-3 Criss Cross



Pass and close-out. Offense should attempt to keep dominoes off the 3-on-3. Can load to 4-on-4 with a post offense and defense.

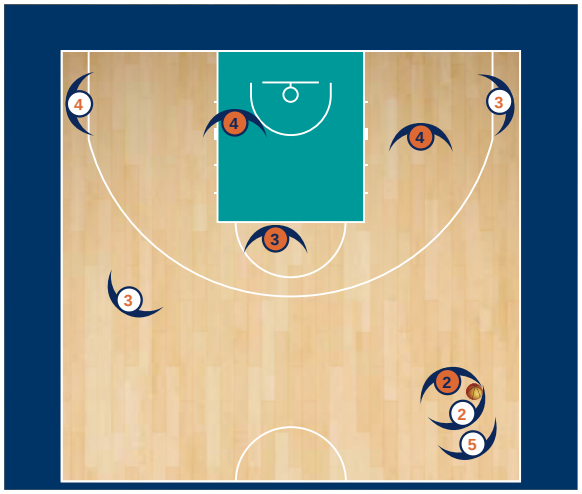
3-on-3 Two Side Coach Tag

1 / 3



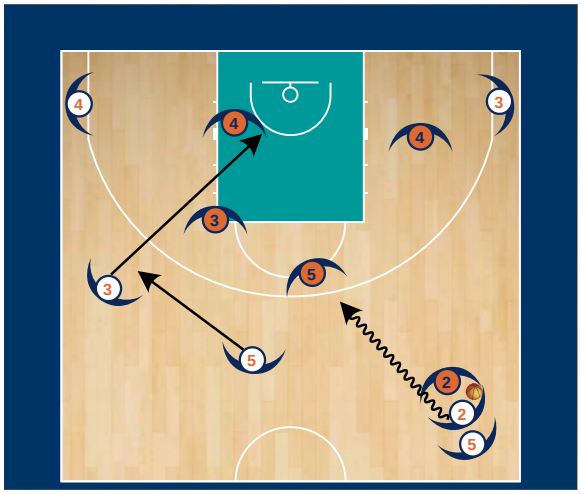
Coach (5) shows either hand and the defender must tag it. Coach can adjust the size of the advantage by being closer or further. Defence emphasizes reading if the offence's shoulders are in front of the defence in order to decide to help & peel switch or stay and stunt/ bluff before recovering.

2 / 3



Load to 4-on-4.

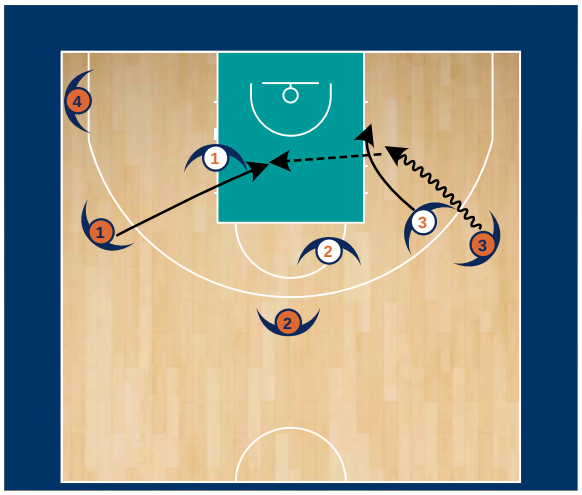
3 / 3



5-on-5. Play with different spacing alignements so players can apply dominoes concepts out of all patterns to prevent 1 guarding 2. This includes means alternating between 4 and 5 out spacing, as well as empty and filled corners.

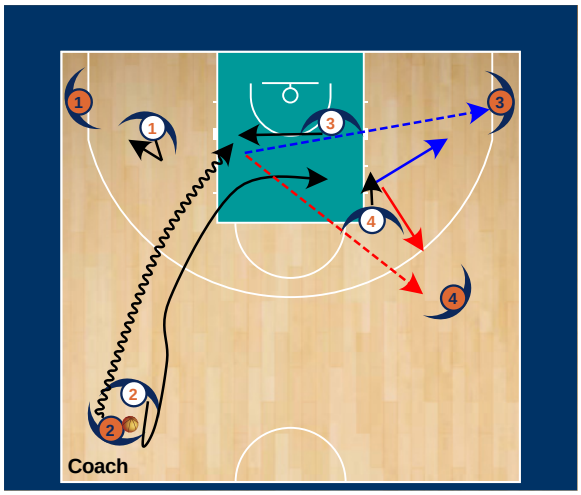
SSG Book

4-on-3 Bursts

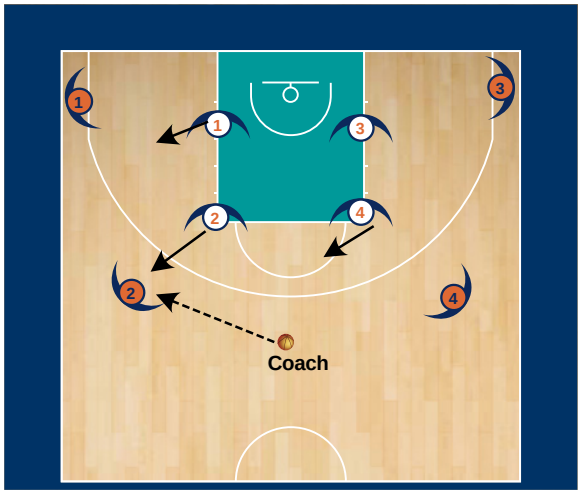


4-on-3 bursts concept. Ghost cuts only allowed on a drive not while the ball is on the perimeter. Defense applies rules of dominoes, otherwise it results in a TO. Trying to get as many points possible in time-frame.

4-on-4 Coach Touch

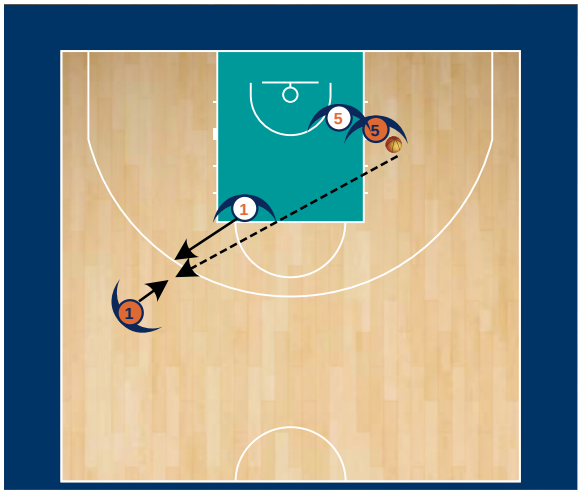


4-on-4 Dominoes Drill



Coach can pass to any offensivep player. On the pass defense close-out. Speed of the pass determines dominoes or neutral. If defense allow offense to shoot a catch and shoot 3PT off pass from catch, offense automatically gets an extra rep. x3 reps and change.

2-on-2 Neutral or Adv

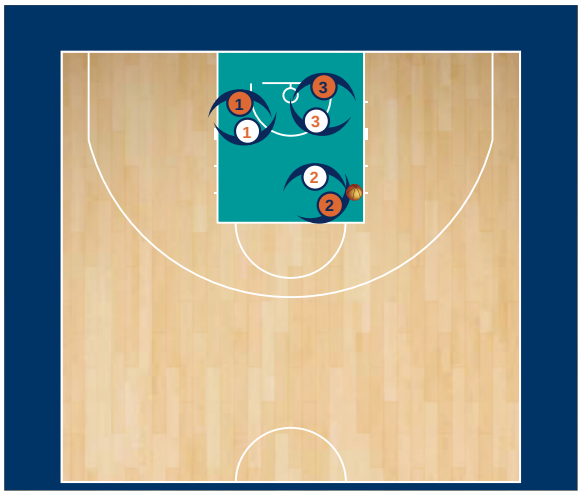


As 5 takes ones dribble towards the middle, x1 digs. Kick-out and play live. 1 must make a close-out read and 5 must anticipate whether it's advantage or neutral: react to penetration or come for a trigger.

Can guide:

A = Shade middle
B = Shade baseline
C = Neutral

3-on-3 Three Stages



2-on-2 or 3-on-3 in three stages. First stage inside paint, progress to HC for stages two and three. First to team to complete all 3 stages wins the game.

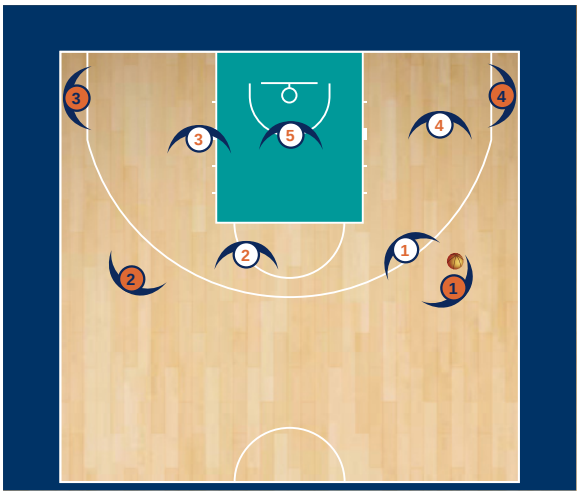
Stage 1 = complete 3 passes in a row inside the paint. No dribbles, gets or hand-offs. Must screen, seal and space pivot.

Stage 2 = score inside the 3PT area only through a cut or screen. Pass and cut, blast backdoor, ghost cut, flares and screen-aways etc.

Stage 3 = Run a two or three person action to finish. Can specify, i.e. pistol.

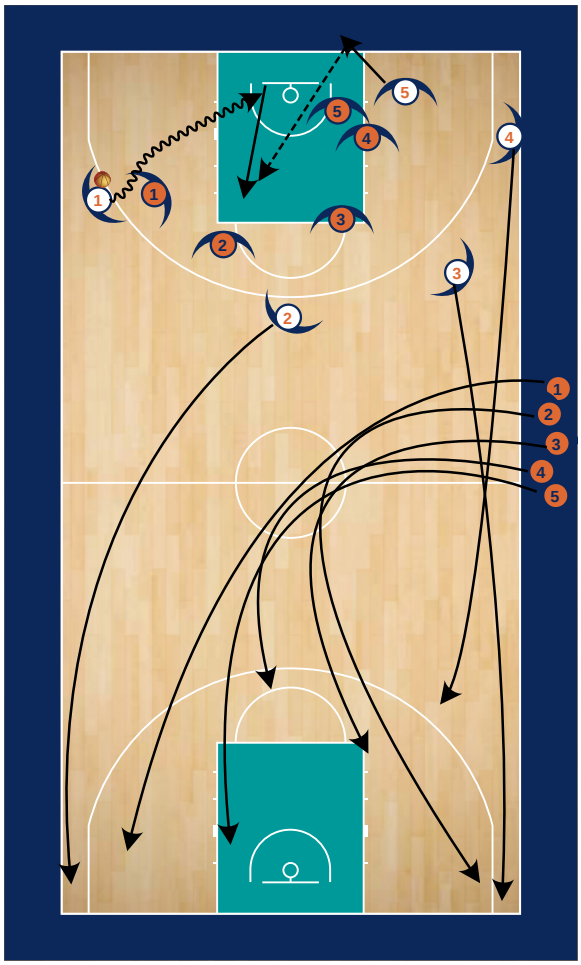
One team could still be at Stage 1 while other is on Stage 3. If defense get the ball, have to quickly transition to whatever stage they are at.

4-on-5 Attack



4-on-5, defense can zone or play man. Offense must create running triggers.

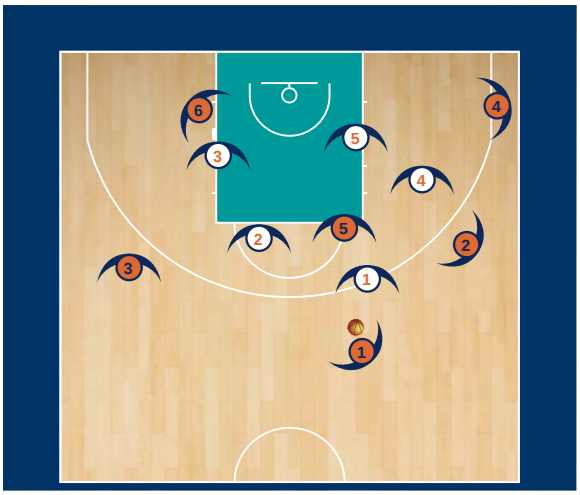
5-on-5-on-5 Charger



5-on-5-on-5 first team to 11 points using team scoring system. On a made basket, defense sprint off while next team waiting touch centre circle before sprinting on.

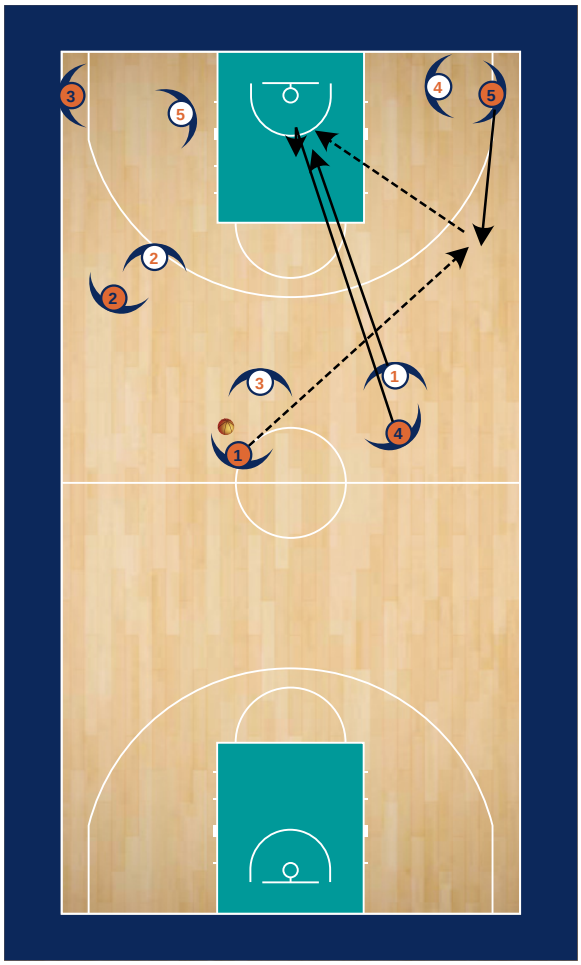
Can play same game 3-on-3 or 4-on-4.

6-on-5 Zone



6-on-5. Offense can be constrained to only passing, no dribbling or be totally free. Defense must assume all zone responses working against the disadvantage.

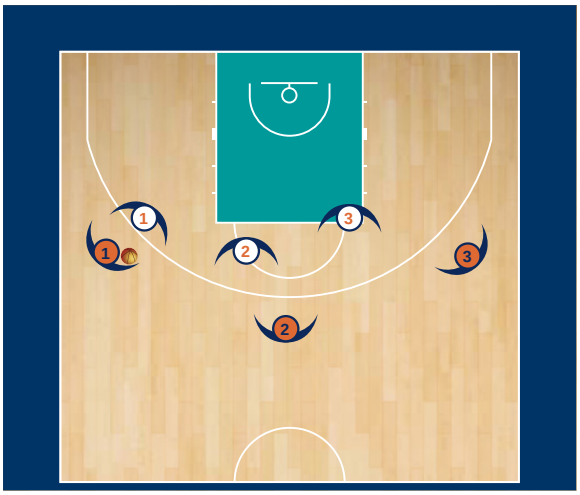
Attack the Mouse/ Turtle



Play any-format from 3-on-3 to 5-on-5. One player on each team is designated as the mouse. They have to play holding up a bib above their head with two hands. Offense must manipulate match-up by posting, adjust reactions accordingly.

- Use to attack turtle, now instead of posting inside beat on perimeter.
- See how defense respond given the mouse can't be used offensively. Do they double off them etc?

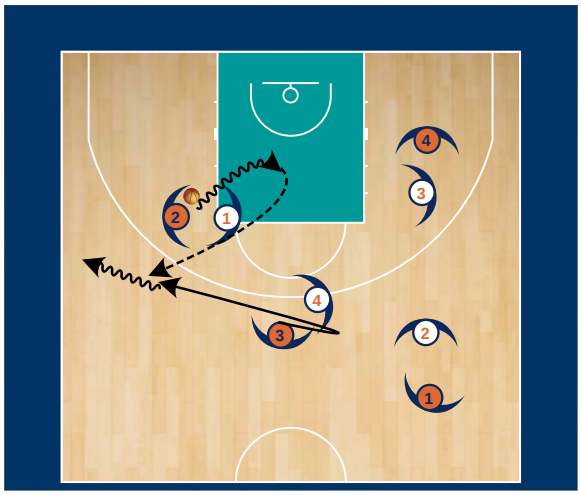
Battleship



Play battleship in any format from 2-on-2 to 5-on-5. First team that wins is team to complete the score from all positions:

1. Gets Locational: Wing, Trail
2. DHO Locational: Wing, Middle, Grenade
3. PNR Locational: Wing, Side, Middle
4. PNR Type: Drag, Punch, Step-Up, Chase, Get
5. Screen Type: Flare, Away, Zipper, Down Screen, Back-Screen

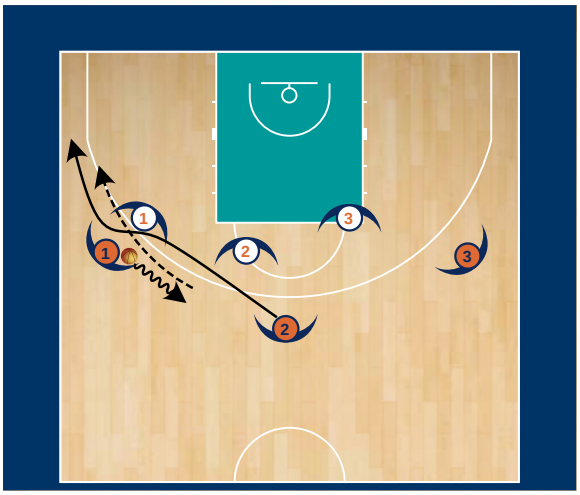
Cambio Game



If side baskets, play sideline to sideline. On 'cambio' call change baskets.

- Left hand only
- No dribble
- Alley-oop scores
- Dominoes freezes are turnovers
- Specified triggers if neutral
- Two side scores

Fortnite

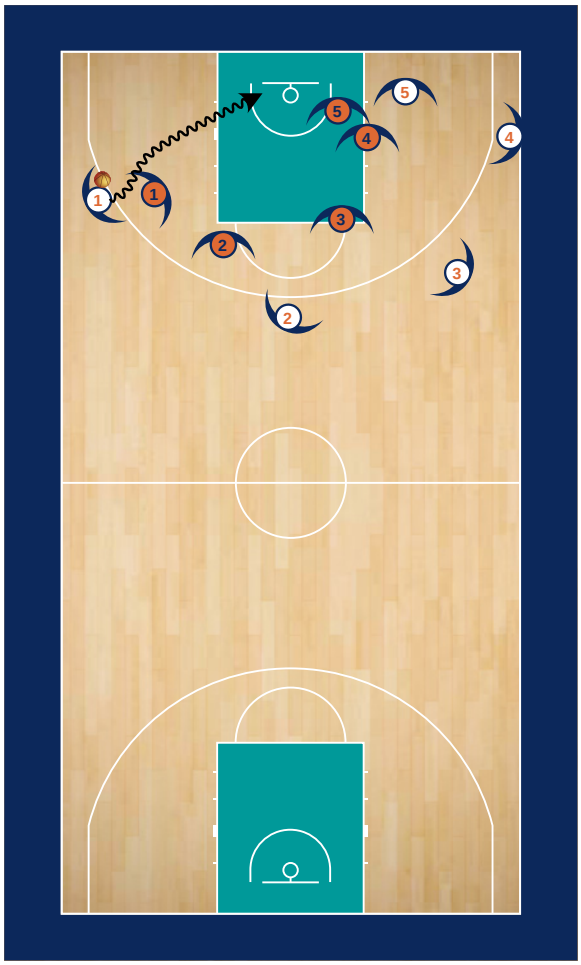


Play Fortnite in any format from 2-on-2 to 5-on-5. The aim is to win the game by using all the specified Pick & Roll weapons. This can be coverage specific with the defense only allowed to use one coverage, or can be random coverages. Examples of weapons to win the game:

Reject, Bingo, Pull-Up Three, Slip, Ghost Screen, Short Roll, Flip

SSG Book

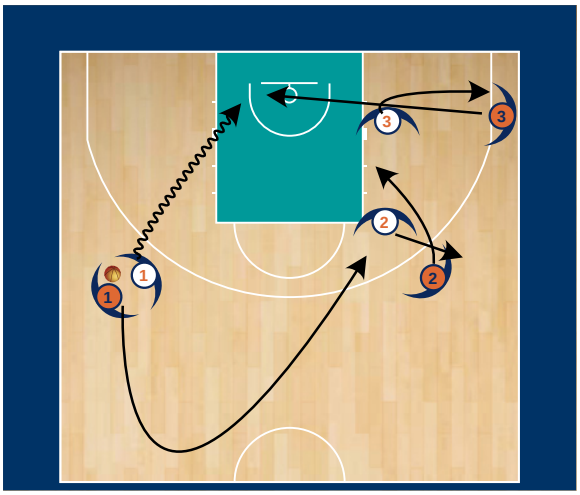
PPP Scoring



Play 5-on-5, stop when both teams complete 10 offensive possessions. Total number of points are divided by 10 to obtain the PPP. Highest PPP team wins.

- Shift to focus on the defense. Less than 1.0 PPP defensively = bonus, more than 1.20 PPP offensively = bonus

Scramble Touch Game

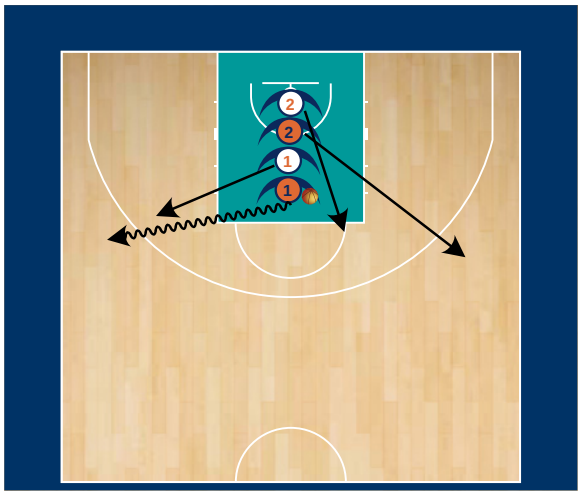


If player's name is called, possession changes and player with ball must touch half-line before recovering on defense. Offense must apply dominoes reactions while defense scrambles.

SSG Book

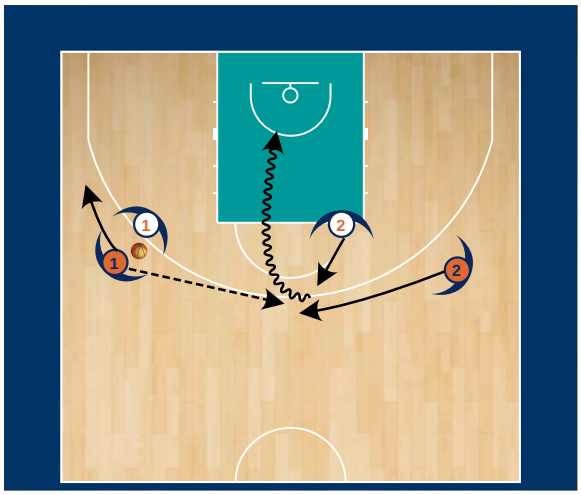
Stack Start

1 / 2



Player front of stack will talk task and go to any spacing spot on the perimeter. Defender will follow.
Second teammate will go a double gap away.

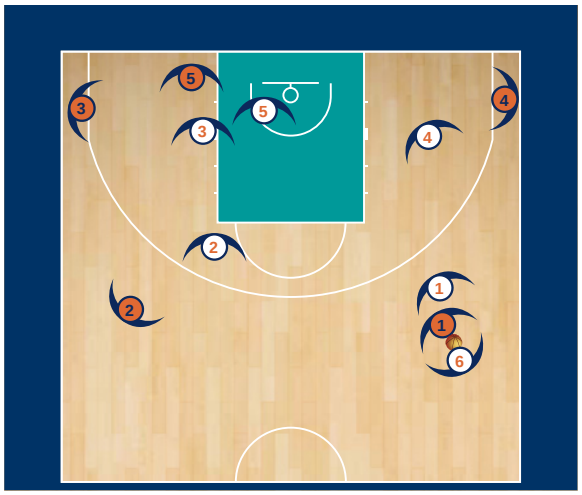
2 / 2



Look for the blast cut, but this could be any two-person trigger. Handler can reject if on-ball defender shifts towards the action.

Use this start in any format from 2-on-2 to 4-on-4.

Surpise Game



x3 reps, x3 different "surprises." Menu of surprises written on whiteboard with letters, tell the defense the order of letters before they go on to increase efficiency. Give the suprise, then transition up and back. Coach has ball, when they give to offense they turn round and the surprise begins.

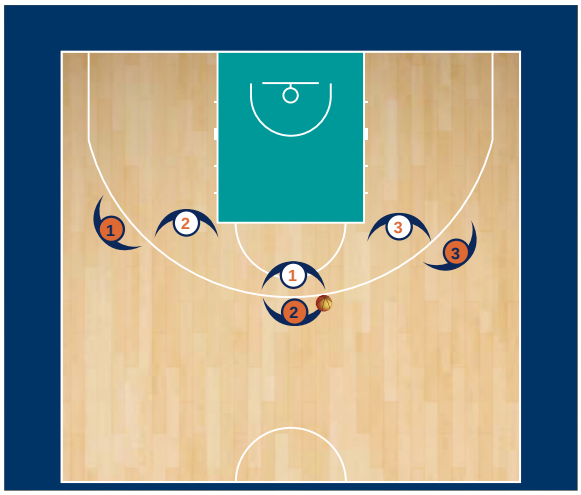
A - Shade Middle
B - Shade Baseline
C - Neutral
D - Single Side Overhelp
E- Low Man WS Overhelp
F - Blitz Two on Ball
G - Next
H - Change offense spacing (i.e. move one player)
I - Zone

Team Scoring System



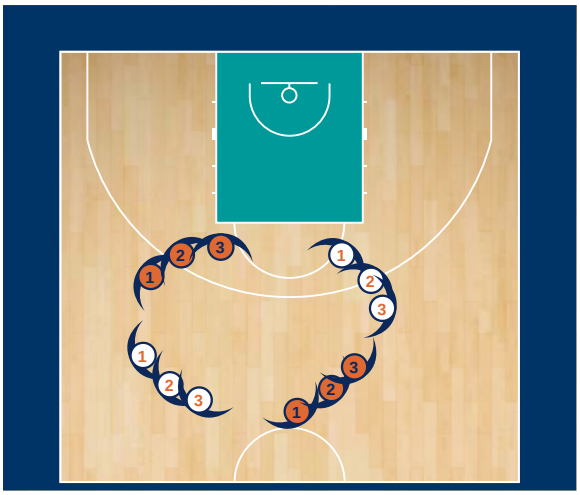
SSG Book

Floor is Lava Constraint



Play 2-on-2 to 5-on-5, offense can only receive ball on a cut inside paint or while outside the 3PT.

Bing, Bang, Bong

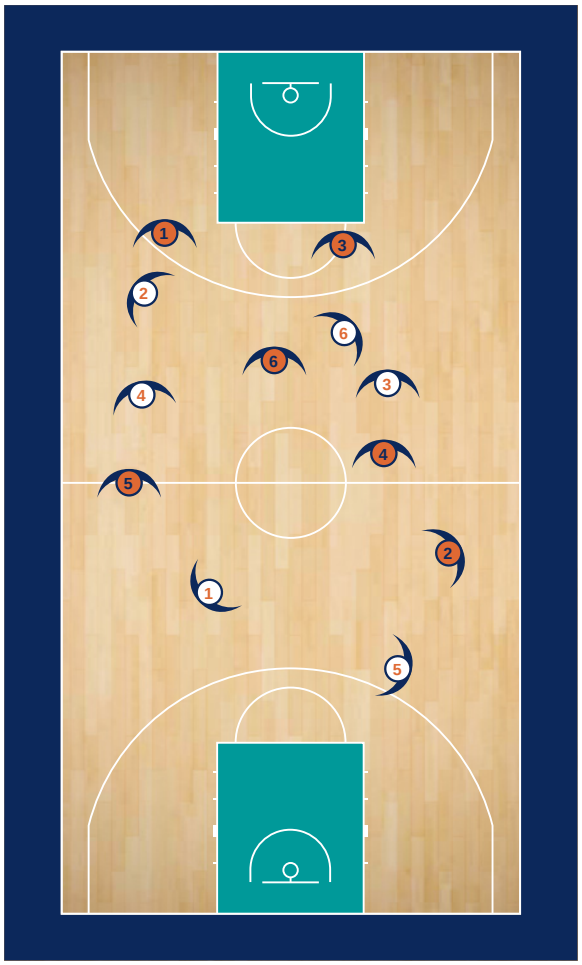


Groups of three, one person says bing, another bang and last person bong. Whoever says bong must then say the number of name of another team. Any team who laughs, hesitates or says the wrong order is out! Each round winning team gets a point.

- Instead of saying team number, say someone's name from another team
- Reverse the order! Bong, bang, bing!
- Point to someone to pass it on but say someone else's name

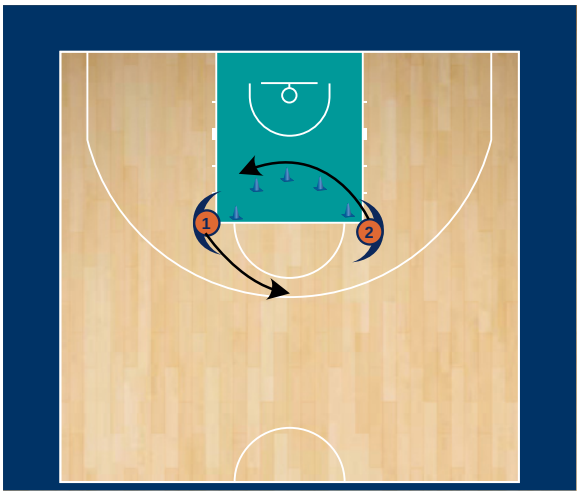
SSG Book

Capture the Flag



Capture the Flag. Get the bib or ball over the end-line! On a tag, possession change.

Circle Tag

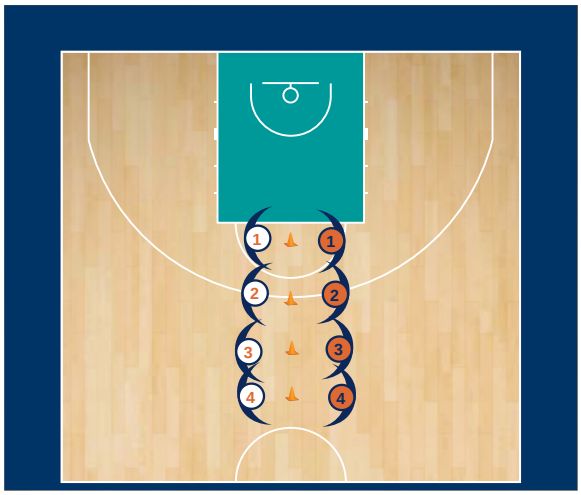


Circle tag. 12 seconds to tag partner, can't go inside the circle!

- Race, 3 laps around circle winners is first player back
- Dribble at same time
- Script movement, e.g. shuffle, backwards
- Add in BDT passing

SSG Book

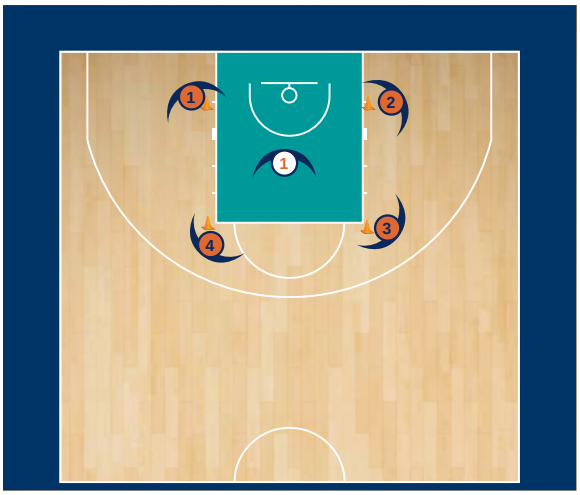
Cone Reaction



"Heads, Shoulders, Knees, Toes, Knees, Toes, CONE!"

- Play with different colours, call cone colour.

Pylon Exchanges

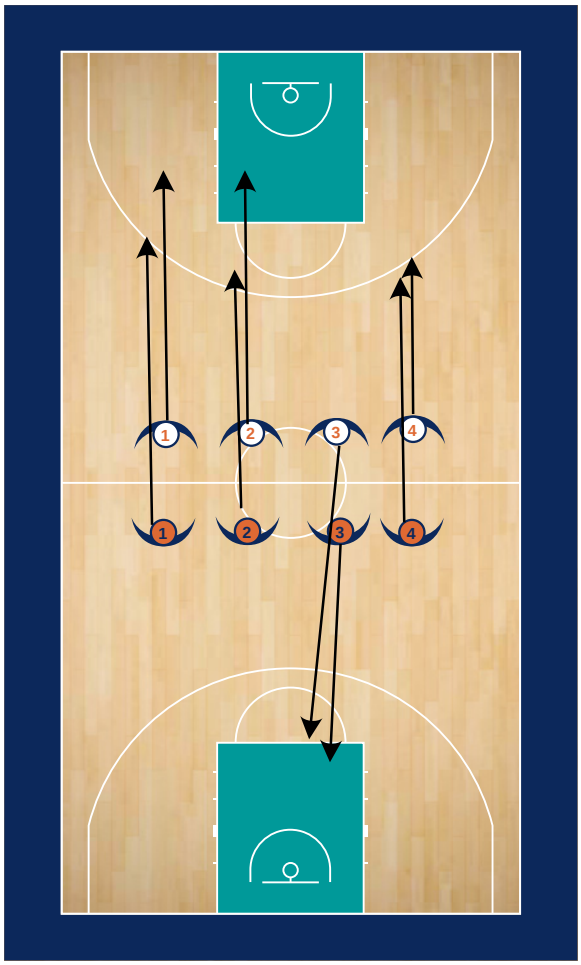


Playes on the outside must exchange spots, defense in the middle attempts to steal a spot while open.

- Everyone dribbles
- Pass before exchanging
- Most exchanges in a time period
- Can only two foot hop

SSG Book

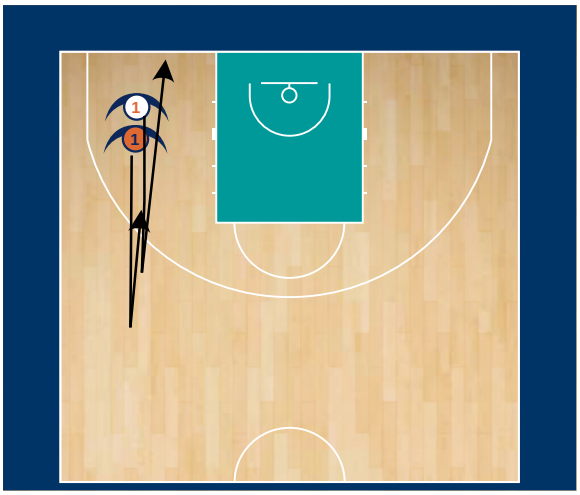
Rock, Paper, Scissors



Play rock, paper, scissors. Winner tries to escape and get back to home, loser tries to tag. Must stay in straight line to avoid collisions!

- Different starting locations, i.e. sitting down, out of lunge.
- Add a basketball
- 1-on-1 play till the rim finish
- 2-on-2

Sheep & Wolf Tag

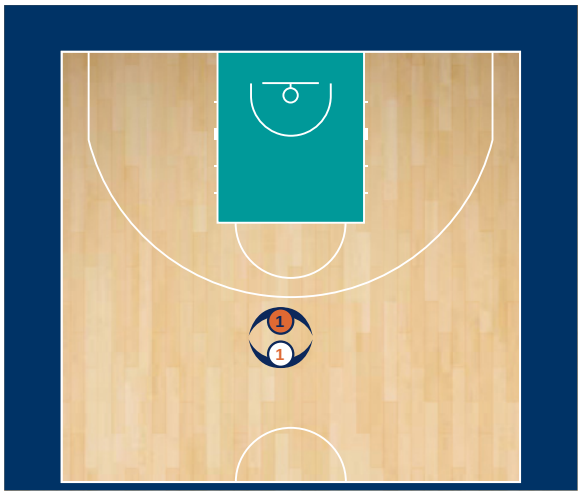


Lead is the wolf, trail is the sheep. Must keep same distance as wolf walks up. Wolf can change direction at any-time, sheep must get home before being tagged!

- Repeat side on, work on cross-steps and shuffles.
- Add a basketball

SSG Book

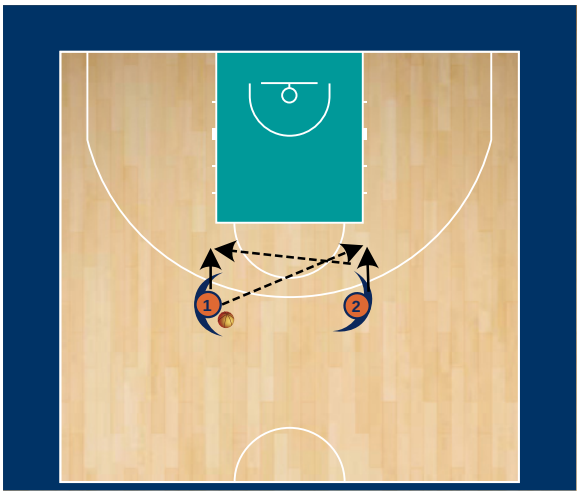
Stance Games



Players in pairs.

- Arms out wide, coach says left or right. First to hit partner's hand using the hand coach says get a point!
- Do same but balancing on one leg. Lose balance and other playrs get the point!
- Push in shoulders, whoever moves loses
- Hold wrist, try and get partner to slap themselves in face!

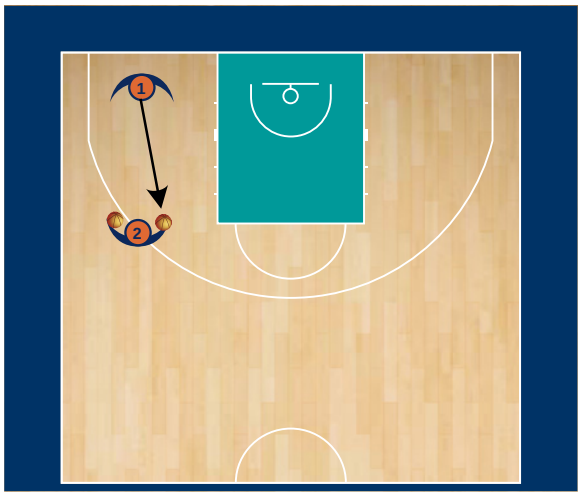
Tennis Ball Catches



In pairs, one tennis ball. Throw tennis ball in random directions high and low. Work on one and two hand catches. Great for warm-up.

- Must use cross-step
- Drop ball to close-out and catch

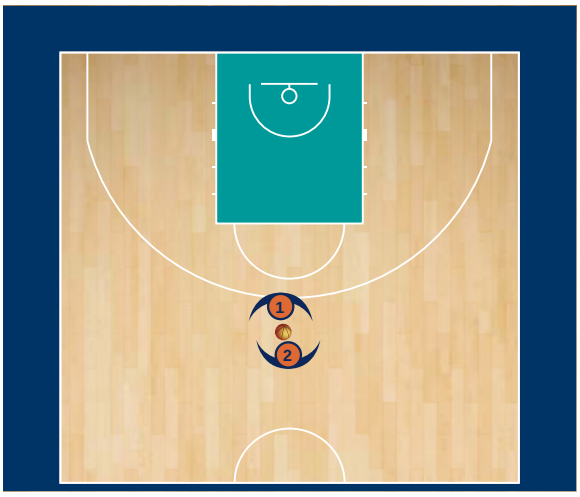
Tennis Ball Drops



Partner drops tennis ball in left or right hand, should bounce waist height. Moment it leaves the hands, partner explodes and catches before the second bounce. Emphasise stride stop landing.

- Change distance to tweak difficulty
- Throw second ball after first catch so player must land then hip step
- Throw ball to side of partner instead of dropping, more randomized
- Dribble a basketball
- Drop a basketball, catch and go into finish

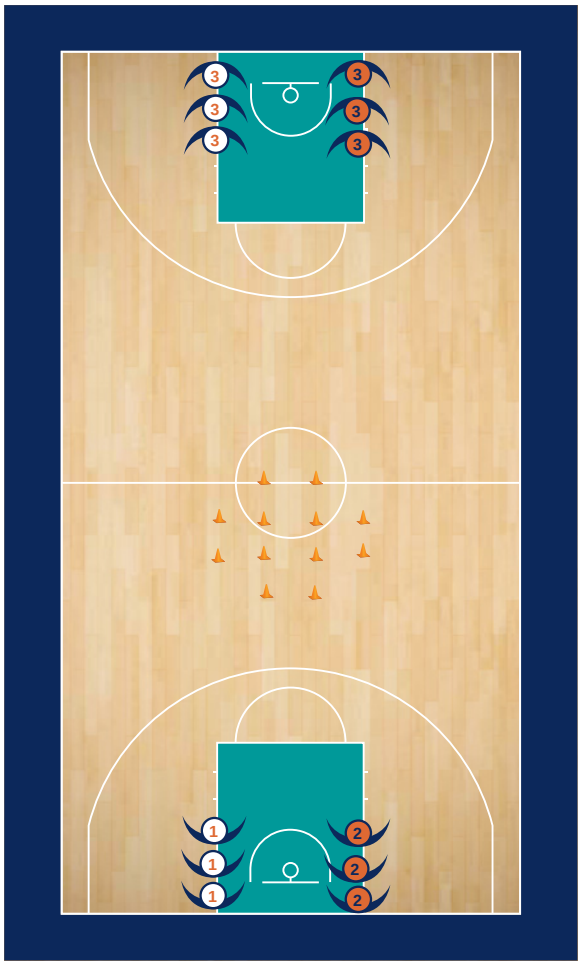
Tennis Ball Drops



Hold tennis ball in front of partner. Partner has two hands behind back. Must catch tennis ball with one or two hands before it bounces

- Dribble ball and catch same time
- Balance on one leg
- Hands start above tennis ball
- Use two tennis balls

Tic Tac Toe Relay



First team to get 3 in a row! Use different colour bibs or cones. Can load in have to make a shot/ finish etc before getting to place the marker in the grid.