**BLOOD SERIES:**

![Diagram of basketball court with player positions labeled G and B.]

**DRILL: “11”**

**Notes:**

- B – BLACK G – GOLD
- Coach Hits BLACK on the run at top of the key
- GOLD in circle cannot move until BLACK has at least 1 foot in center circle
  (Gives offense slight advantage)
- GOLD under basket chases down BLACK on flight of pass to BLACK
  —
- 1 Shot
- 2 on 1 coming back the other way
- *Next time GOLD will go against BLACK at half court and on baseline

**Point of** Attack with full head of steam

**Emphasis:** Throw ball high to BIGS
DRILL: "22"

Notes:  
GOLD at half court can retreat on flight of pass to BLACK
2 on 1 with GOLD under basket chasing down BLACK

2 on 2 full court on the way back
*Next time GOLD will be the 2 on the ELBOWS receiving pass from Coach
DRILL: "BLOOD 33"

Notes: Live 3 on 3
- BLACK on Offense 4 minutes then SWITCH
- GOLD can’t move until BLACK touches center circle with 1 foot
- Can go Right and:
  1) SCORE
  2) PULL-UP JUMPER
  3) SKIP
  4) HIT POST ON FLASH UP LANE
- If he goes Left:
  POST RE-LOCATES
  Can score
  PULL-UP JUMPER
  LOOP/LOOP-KICK

DRILL: "BLOOD 44"

Notes: SAME AS PREVIOUS DRILL BUT LIVE 4 ON 4
DRILL 1: “DROP 2 BALL SHOOTING”

Notes: 2 executes a DROP
1\textsuperscript{st} time through – layup
2\textsuperscript{nd} time through – 2 foot lay-up
3\textsuperscript{rd} time through – jump shot

After 1 hits 2, 1 will SPRINT to corner to receive pass from Coach for 3 point shot
1 now takes the 2 spot and executes the 3 things above

DRILL 2: “LOOP SERIES” (Both sides)

Notes: After 1 hits 2 he will SPRINT to corner and receive pass from Coach
2 will execute the following
1\textsuperscript{st} time through - Shot from spot X
2\textsuperscript{nd} time through – get to rim for left hand layup
3\textsuperscript{rd} time through – pull-up jump shot

DRILL 3: “PITCH SERIES”

Notes: Guards at top two x spots
1 will drive left, and make POSITIVE pitch to 3
1\textsuperscript{st} time through – shot from pitch
2\textsuperscript{nd} time through – get to rim for right hand layup
3\textsuperscript{rd} time through – pull-up jump shot
After 1 makes pass, Coach will hit him for a jump shot
POST DRILLS

DRILL 1: “RE-LOCATION DRILL”

Notes: Offensive player starts at the X interlocking arms with Coach to force drive against pressure Post re-locates to other side and receives lob pass

DRILL 2: “FLASH”

Notes: Interlock arms at half court and get to drop box Post waits and recognizes offense is stuck He flashes and receives pass for shot.

DRILL 3: “SKIP”

Notes: On flight of ball, post seeks out the pad Seal and finish simply and safely
DRILL 4: “LOOP KICK”

Notes: Post works on going under defense on the kick and pushing defender up the lane.

DRILL 5: “LOOP FIST”

DRILL 6: “PITCH FIST”