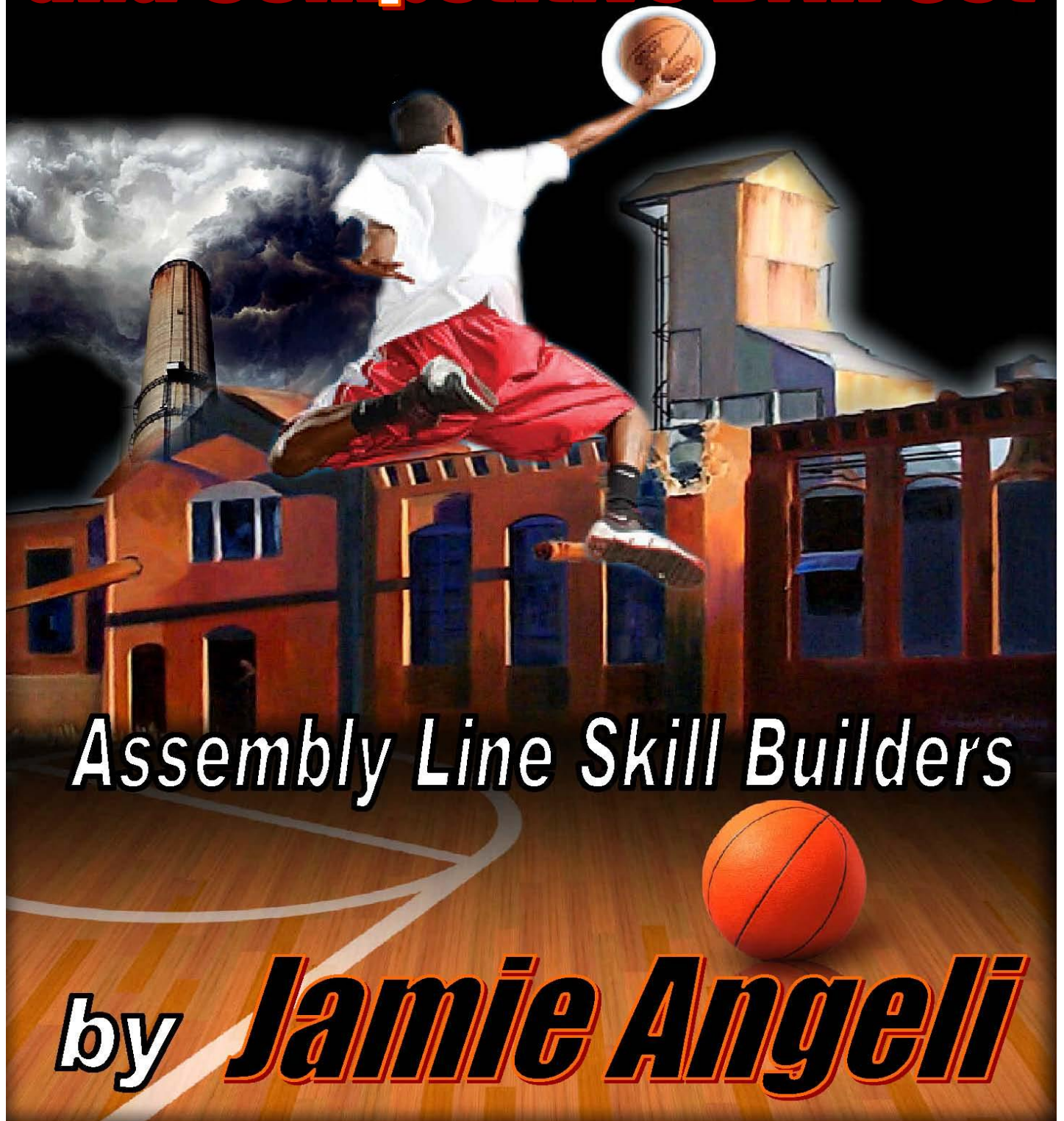


The Ultimate Repetitive and Competitive Drill Set



Assembly Line Skill Builders

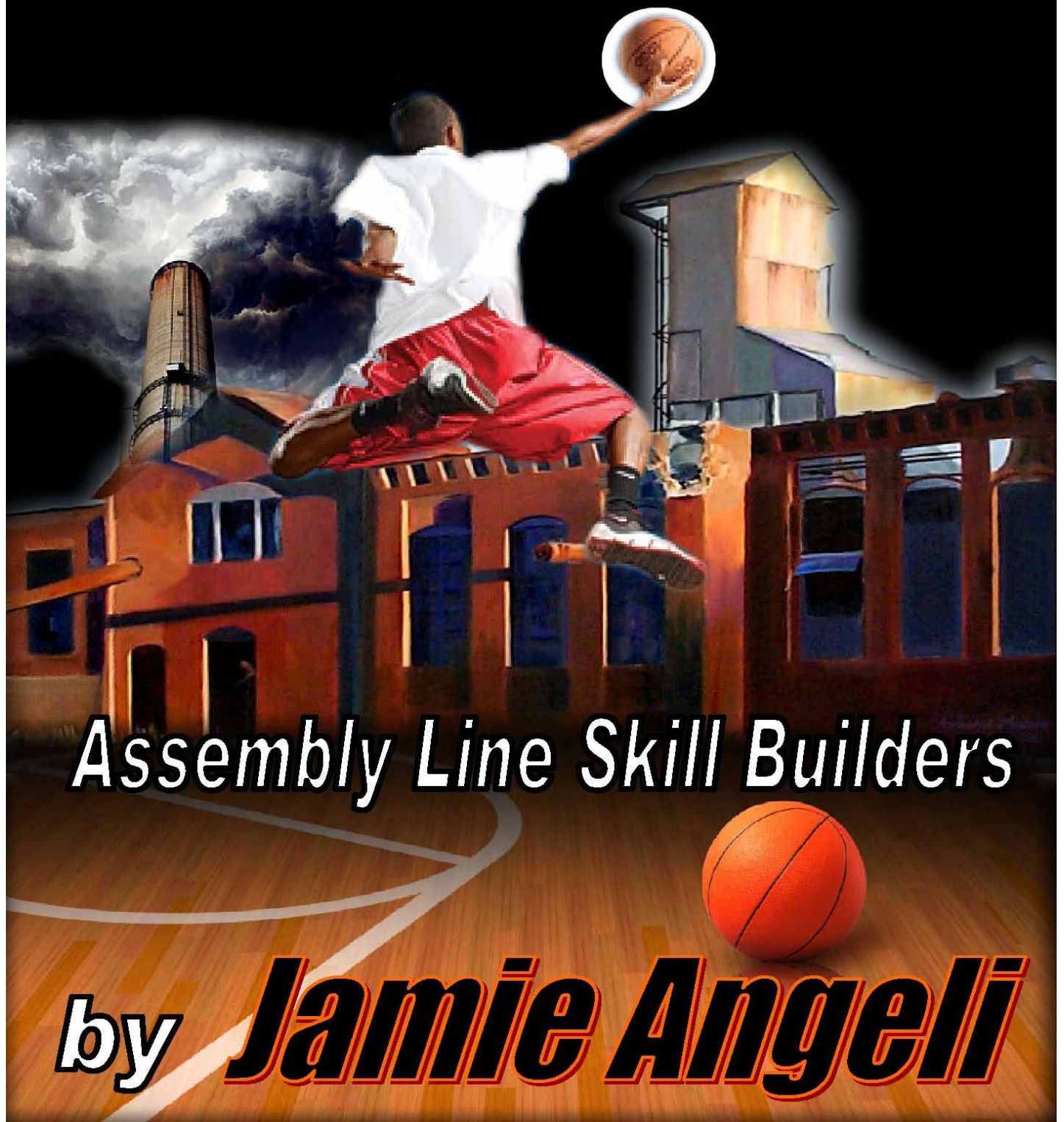
by Jamie Angeli

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Introduction



Assembly Line Skill Builders

by Jamie Angeli

Assembly Line Skill Builders

Ask a factory worker or someone who has worked on an assembly line and I would bet they could probably tell you that they could “do their job in their sleep”. The day-in, day-out repetitive nature of their job leads to an acquired skill level quite like nothing we have ever seen before.

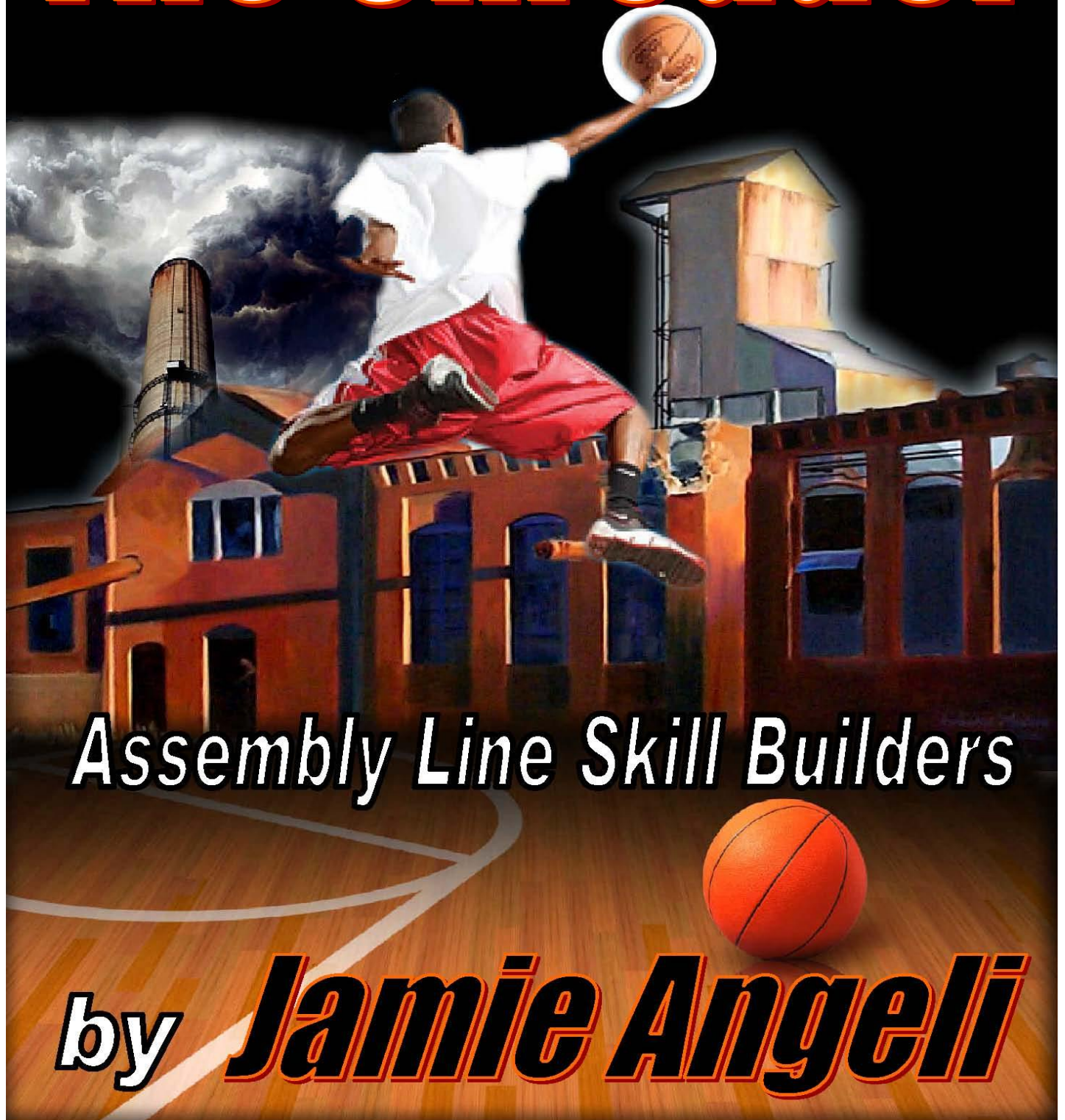
Let's take this one step further. Think about what you would see if you observed an assembly line in a factory. I have had such an experience. I noticed an almost choreographed — like precision to the steps involved in creating the finished product. It was truly awesome to see. I watched something start, with little or no value, and watched as it grew and developed over a short period of time into something of beauty and value.

I believe we can create the same atmosphere in practice — with our drill work. The “Fundamental Factory” is a detailed drill series — 10 in all — that will teach and reinforce important skills, both on offense and defense, in a repetitive and competitive environment. The drills follow a natural skill progression that I believe your players will appreciate and easily adapt to over a short period of time.

Each of the drills included last anywhere from 10 to 15 minutes. Your players will be challenged mentally and physically and I believe you and your team will love the unprecedented results!



The Shredder

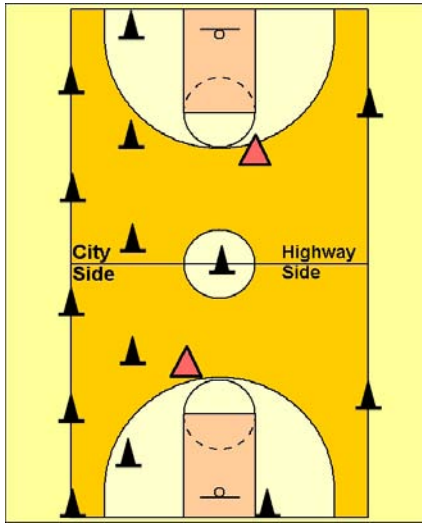


Assembly Line Skill Builders

by Jamie Angeli



The shredder



Fundamental Factory #1

Think I have developed one of the most comprehensive set of drills you can run with your team.

It is demanding and loaded with opportunities to develop skills both offensively and defensively. It's called **The Shredder**...and it is not for the weak! Here is how the court is layed out.

We break the court in half down the middle from basket to basket. The left side shown is the "city side". Here we are working on a low stance, quick cuts and change of direction...playing the game in the half court. The right side of the floor is called the "highway side". Here we work on full court defense and full court ball handling...playing the game in the open floor.

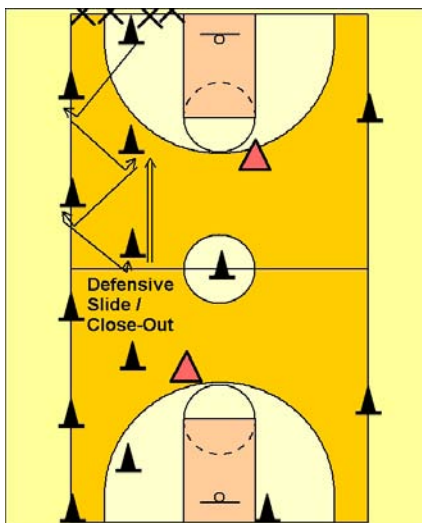
(10) cones on the left side of the floor spaced evenly as shown in the diagram

(you may want to put some tape marks down for the next time you run it).

(4) cones on the right side of the floor (end line, FT line extended, half court and other FT line extended).

(2) chairs or QB-Tee's at the left and right top of the key area. We use the QB-Tees extensively in our practice now to develop quickness when attacking the basket.

Enough basketballs so each player has his own ball. Basketballs should be waiting at the opposite end of the side you start.



Fundamental Factory #1

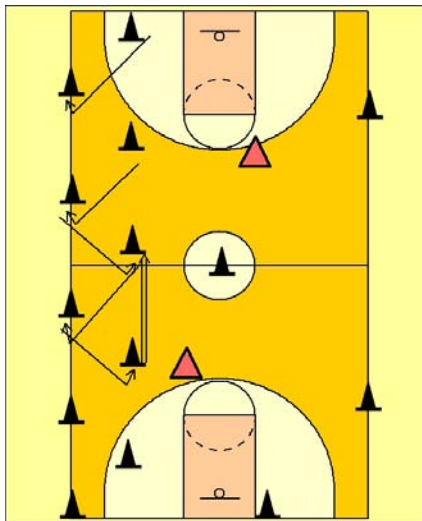
The Shredder

The drill starts with the entire team lined up behind cone number one.

One player steps out in front of the cone (facing his teammates) with "foot fire" and in a great defensive stance. He then shuffles to the first cone to his left, then shuffles to the cone to his right, and then to the cone to his left and then the right cone.

Teach them to shuffle with a low, wide stance without crossing feet. Outside hand should be up and out, inside hand should be down near the ball when shuffling. Push off the back foot and point with your lead foot. Flip hands when you change direction.

After (4) lane shuffles (or cones) he will sprint up and close-out on the cone in front of him. You are working on a good low stance with hands high on the close-out. Call "Ball" on the close-out.



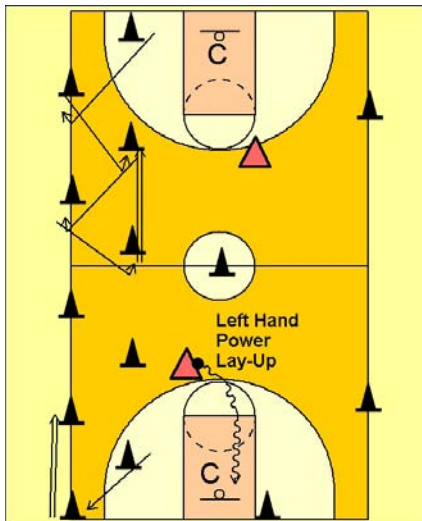
Fundamental Factory #1

The Shredder

After the player closes-out, he begins his shuffle back to the next cone to his immediate left. He will again have (4) lane shuffles or cones, and then close-out again to the cone in front of him.

When the first player started his close-out, the next player in line begins his (4) lane shuffles and close-out routine.

It won't take long before your entire team is inside the "Factory".



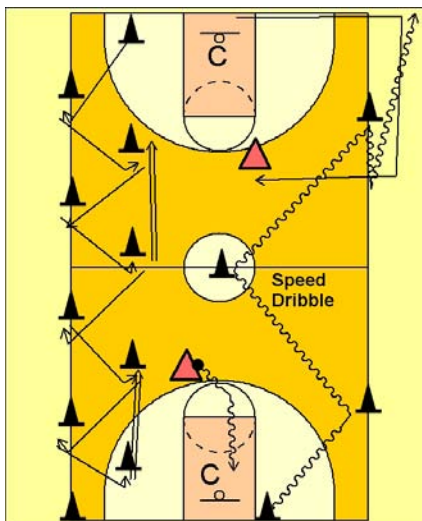
Fundamental Factory #1

The Shredder

Once the first player is done with his defensive shuffles, he will pick up a basketball waiting for him out-of-bounds.

He will hustle up to the chair or QB-Tee and set it down. He will then pick up the ball, rip the ball low and across his body and attack the left side of the lane. He will take the ball to the basket for a two foot power lay-up using his left hand.

Have a coach or manager with a blocking pad ready to bump the ballhandler down the lane when he reaches the FT line area. This will teach your players to get in a low and wide stance while maintaining balance as he attacks the basket in traffic.



Fundamental Factory #1

The Shredder

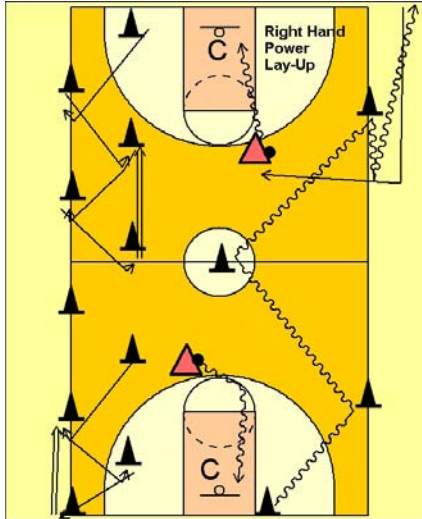
Once he shoots the lay-up and gets his own rebound, he moves to behind the cone on the endline on the right side of the floor. Now he is in the "highway area" and will work on handling the ball in the open court.

He speed dribbles at each cone, crossing over and changing hands when he reaches the cone.

When he gets to the last cone at the FT line extended, he works on coming to a quick stop and then uses a retreat dribble (as if coming into a trap). He dribbles back 2 or 3 dribbles while protecting the ball (ball should be behind him and arm should be up). After he retreats, he then speed dribbles off the floor.



He then takes his ball to the top of the key and places the ball on the chair or the QB-Tee. Of course, while all of this is going on, the other players are following behind him in the "Fundamental Factory".



Fundamental Factory #1

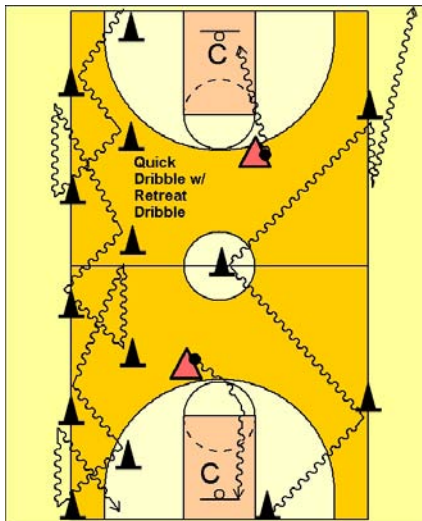
The Shredder

Our leader now picks up the ball off the chair or QB-Tee and attacks the right lane area, again receiving a bump from the coach as he reaches the FT line.

He will try and make the basket under pressure from the coach while coming to a two-foot jump stop and power lay-up.

Other players in the "factory" behind him will be ready to step in after he shoots the lay-up.

Not a bad workout for the coach using the pads either!



Fundamental Factory #1

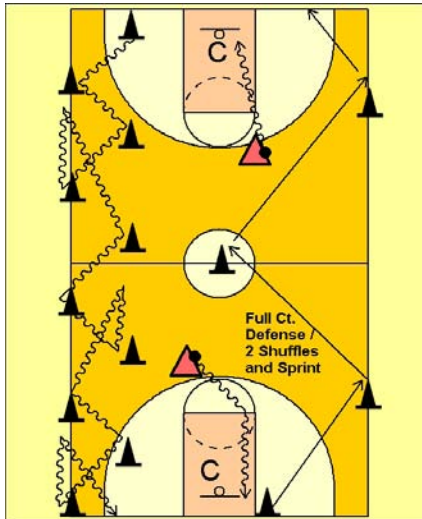
The Shredder

The next step for our leader in the "Factory", will be to get his ball out of the net from the power lay-up and get behind the cone on the endline.

If all of the defensive shuffle players are through the "city side" of the court, he may begin. Otherwise, he will wait until they are about 75% finished before starting his next series.

When he is ready, he will attack (3) cones on the dribble, using a good, low stance with quick cross-overs below the knees at each cone. Again, we are in the "city" area of the court and we are working on simulating handling the ball in the half court.

After he reaches his 3rd cone, he will use a retreat dribble back 2 or 3 dribbles, and then cross-over and attack the first cone diagonally he sees (proper cone shown in the diagram).



Fundamental Factory #1

The Shredder

When he finishes the quick zig zag dribbles with retreats through the cones, he will again go to the top of the key and place his ball in the chair or QB-Tee.

He again works on ripping the ball across his lower body and into the lane and the two-foot power lay-up, while being bumped with pads by the coach.

He then puts the ball down and gets behind the cone on the endline. He is now ready to work on "highway" or open court defense.

He comes out with foot fire again in a good defensive stance. He then SHUFFLE SLIDES TWICE and then SPRINTS to the next cone to cut off his man, simulating stopping the basketball. Once he gets there and squares his

shoulders behind the cone, he again SHUFFLE SLIDES TWICE and then SPRINTS to the next cone at half court. Again, pretends to stop the ball, squares up on the ballhandler, and then SHUFFLE SLIDES TWICE and then SPRINTS to the last cone.

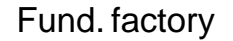
He has just completed ONE time through THE SHREDDER. I like to send them through AT LEAST twice. If you don't like their effort...send them through a THIRD time!

Shooting Machine

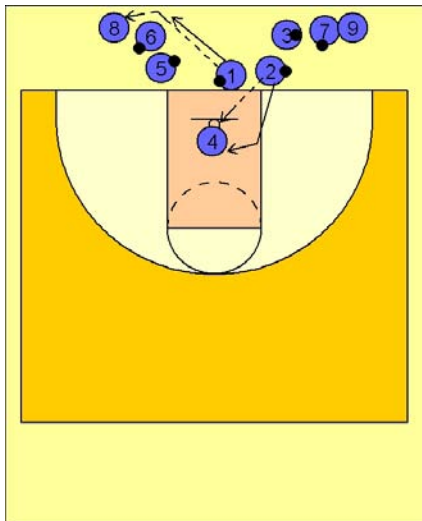


Assembly Line Skill Builders

by Jamie Angeli



1

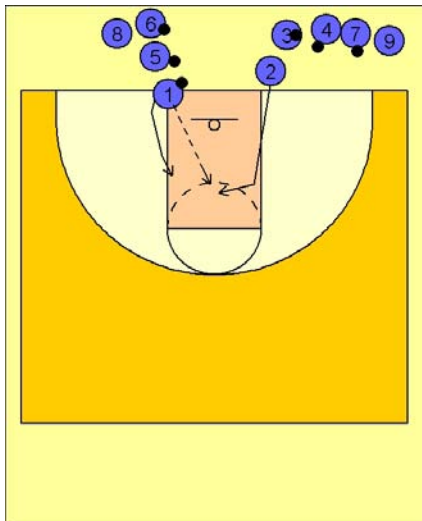


Fundamental Factory #2

Shooting Machine

The drill continues with players passing and cutting in front of the rim looking to catch and shoot.

This is a fast-moving drill. If you miss the shot, you CANNOT tip the ball in. You must quickly rebound the ball and pass it to the person in your next line.

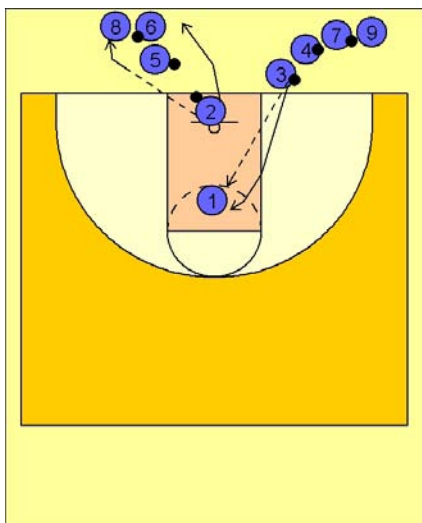


Fundamental Factory #2

Shooting Machine

We will have the last person in line when we start keep track of his shots. When he shoots (4) shots in close, we will move out to the dotted line on the circle.

You should be ready to move when the player yells "move" and each player cuts out a bit deeper in the lane.

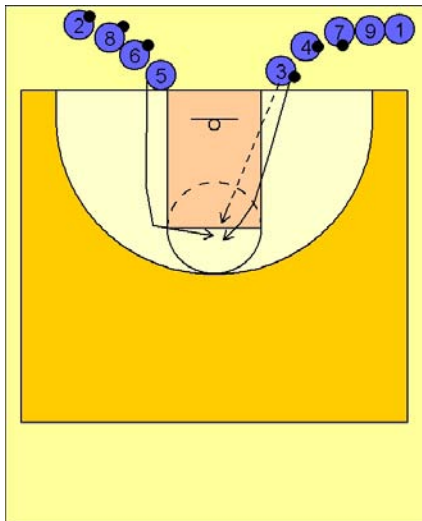


Fundamental Factory #2

Shooting Machine

Players continue to pass and cut with hands up at all times. Names are being called for each passer and receiver.

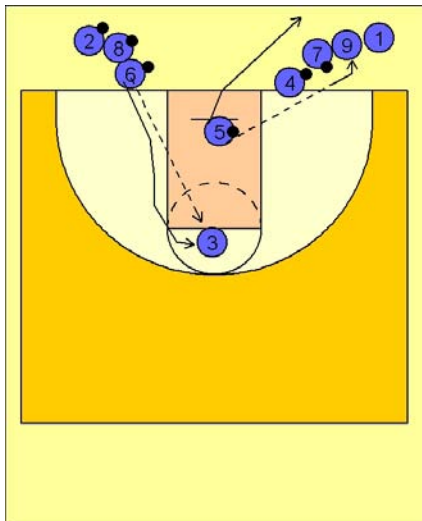
Extra effort and attention must be made to the player rebounding his shot and getting it to the player in his next line.



Fundamental Factory #2

Shooting Machine

After our designated player shoots (3) mid-lane shots, we will move out to the FT line and continue the drill.

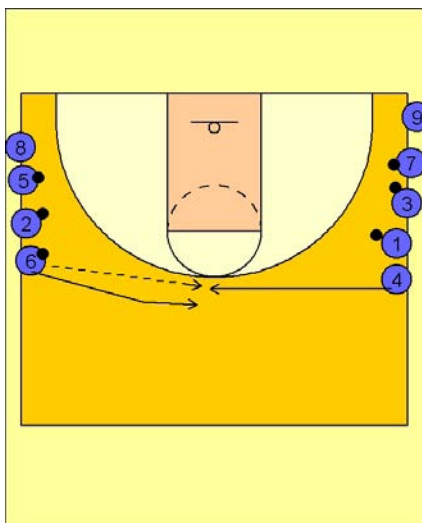


Fundamental Factory #2

Shooting Machine

The farther your move away from the basket, the more effort and concentration you must put into your passing and rebounding to keep the drill moving fluently.

Also pay special attention to the level of "talk". Players have a tendency to start "loud" and quickly will die off if you do not continually encourage them to talk and call the name of the player shooting the ball and making the pass.



Fundamental Factory #2

Shooting Machine

After (3) shots each at the FT line we quickly move to the wings, top of the key extended.

The same rotation drill continues with the first player without a ball cutting to the middle to catch and face and knock down the 3 point shot.

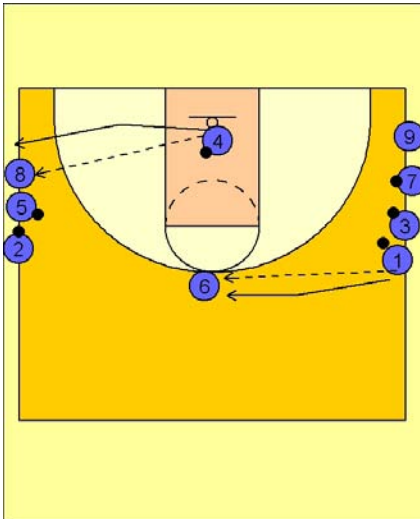
Continue to encourage players to talk and call out names of each player on the pass and on the catch.



Fundamental Factory #2

Shooting Machine

Again, because of the greater distance of the shot, it will take great hustle from your players to track down rebounds and get them back to the appropriate line.

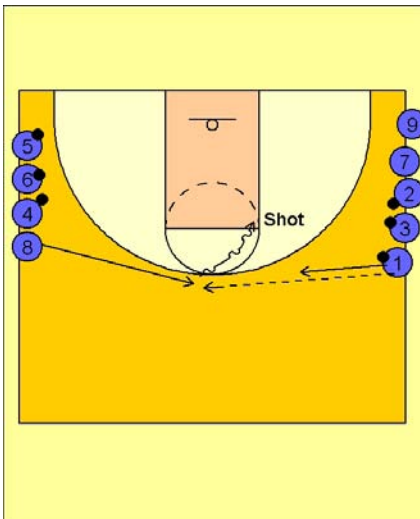


Fundamental Factory #2

Shooting Machine

For post players who are not 3 point shooters, they will catch and face the basket, shot fake and drive the ball to the elbow for the pull up jump shot.

Each player shoots (3) 3 pointers before moving on in the Shooting Machine.



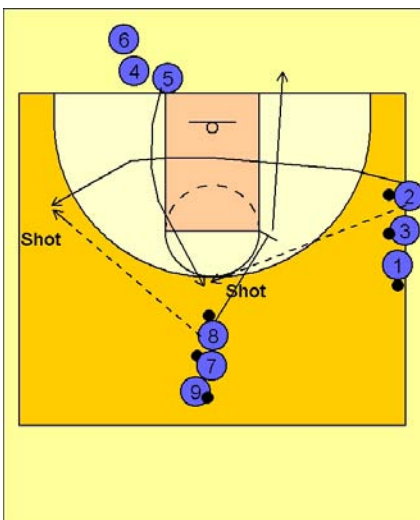
Fundamental Factory #2

Shooting Machine

Players hustle to three even lines. Both lines on top, each player will have a basketball. The line underneath the basket will not have a basketball.

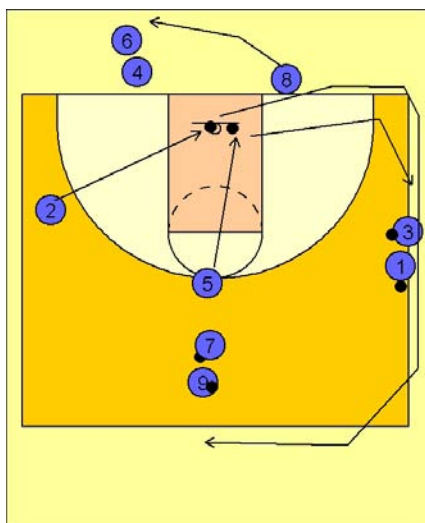
This series starts quickly with the person under the basket breaking up to the top for the shot. This action simulates the down screen action found in many sets and motion offense. If it is a post player, he can catch the ball at the FT line for the turn around jumper.

#2 passes the ball to #5 for the shot on top. When #2 passes, he cuts across the lane and out to the left wing for the 3 point shot. The first man in line on top, #8, passes to #2. #8 simulates screening away after passing.





I will show you in a moment how you can use your post players in this drill.



Fundamental Factory #2

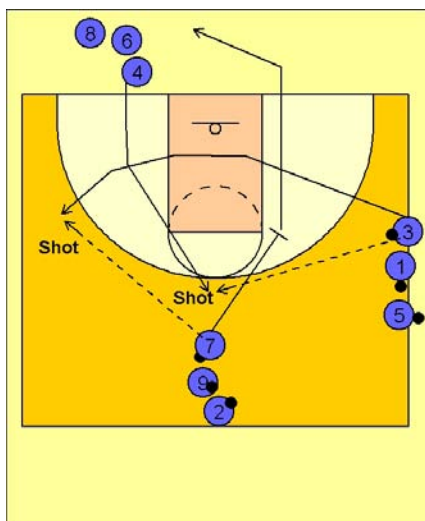
Shooting Machine

The rotation is quick and simple and will keep the drill moving.

The man who set the screen after passing to the wing, #8, will continue his movement down the lane line and to the back spot underneath the basket.

The wing shooter rebounds his shot and gets behind the line on top. The top shooter gets his rebound and gets behind the right wing line.

Once they secure the rebound, the next person under the basket is cutting to the top for the next shooting series.



Fundamental Factory #2

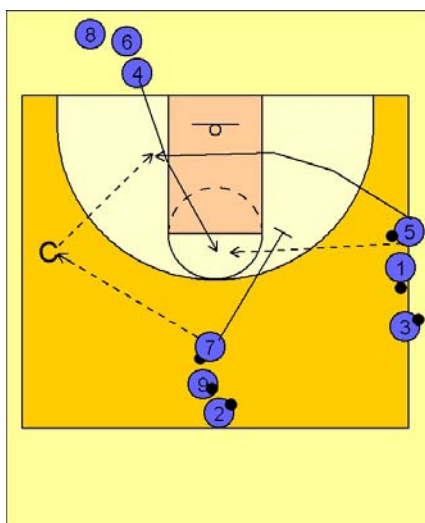
Shooting Machine

Here we see #4 sprinting to the top with his hands up calling for the ball. #3 passes to #4 on top for the shot and then cuts into the lane and out to the opposite wing for the 3 point shot on the left side of the floor.

#7 passes to #3 and then simulates the screen down after passing. He then cuts off the floor and under the basket.

#4 and #3 are rotating to the end of their next line. #3 at the back of the top line and #4 to the back of the wing line.

Continue to encourage players to talk and call out names of each player on the pass and on the catch.



Fundamental Factory #2

Shooting Machine

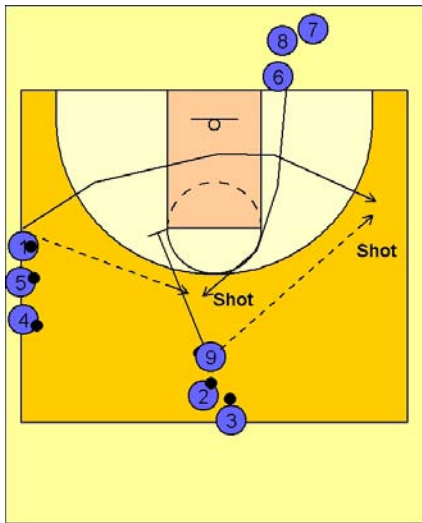
As promised, I will now show you how you can incorporate your post players into this "3 point" shooting drill.

The post player, #4, if coming from the OB line underneath, can simply make the adjustment and flash to the high post, rather than the 3 point line, for the shot.

When a post player is on the wing, such as #5 in this diagram, the coach will step in on the left wing. #5 reverses the ball to #7 on top. #7 recognizes that he has received a pass from a post player and will reverse the ball to the coach on the left wing. The coach will now enter the ball to #5 who has stopped above the low block. #5 will catch and utilize a post move to score. Rotate as



normal.

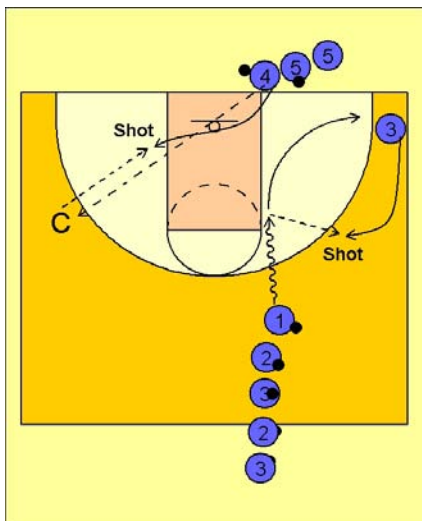


Fundamental Factory #2

Shooting Machine

After each player shoots (2) shots on top and (2) shots on the wing, we quickly hustle the lines to the other side of the floor and begin.

(2) shots for each player from the top AND from the wing and this series is completed.



Fundamental Factory #2

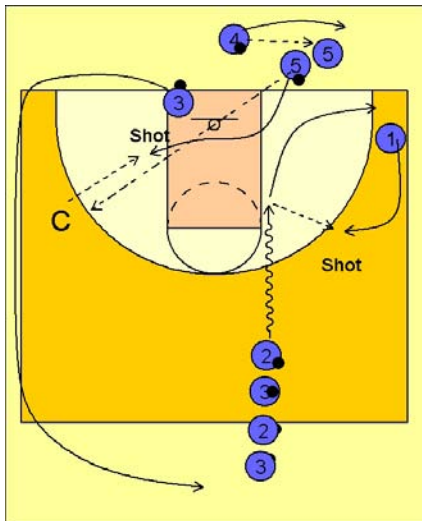
Shooting Machine

The Shooting Machine is just getting heated up! The players know where to hustle next and should make every effort to get the drill started without any lag time.

As you can see by the diagram, the perimeter players on top all have a ball. The player in the corner, #3, does not have a ball.

Here we are working on the drive and kick for the 3 point shot. We are implementing the Dribble Motion this season, so we work on the corner player coming up behind penetration into a positive passing angle for #1 to make the pass.

The coach on the other side is receiving passes from each post player why they execute a swim move across the lane, receive the ball in the post just above the block and execute a post move and score. They will also work on short corner entries on every other pass to the coach.



Fundamental Factory #2

Shooting Machine

The perimeter player on the right who shot the ball will get his rebound and take the ball to the end of the line on top.

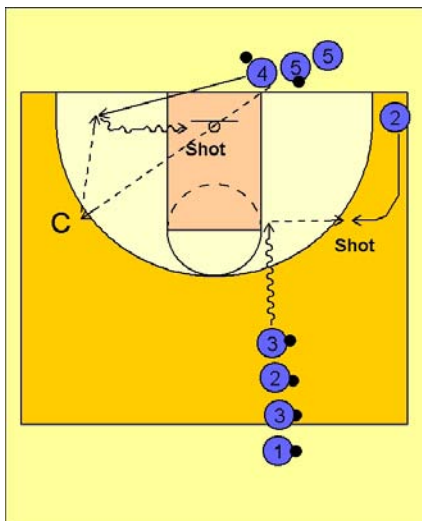
The man who passed to the wing, will execute a "loop" cut to the corner area and be ready for the next player driving the gap. He will slide up and catch the kick-out for the 3 point shot.

Our post are working on 5 moves:

Drop Step
Turn Around Jump Shot
Up and Under Move

Sikma Move (reverse pivot, face and attack)
Jump Hook

Moves are made to both directions.

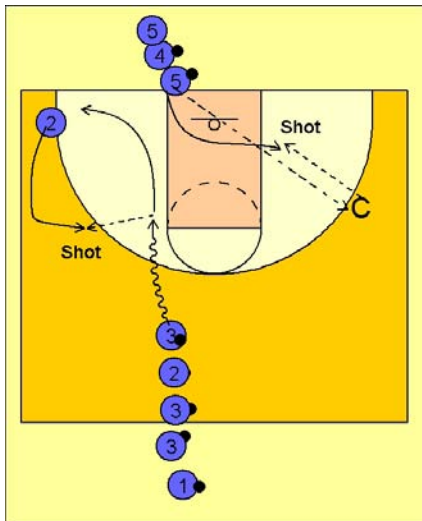


Fundamental Factory #2

Shooting Machine

As we mentioned earlier, the post player is cutting to the short corner on EVERY OTHER PASS to the coach.

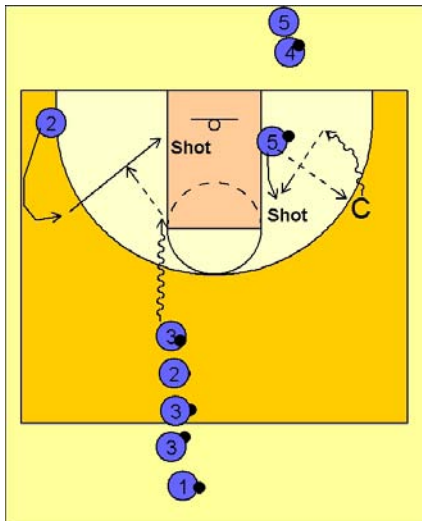
When he catches the ball in the short corner, he will rip the ball low across his body, face the basket and attack the rim. As he nears the basket he will turn his body and power slide to the rim, making sure to square his shoulders to the backboard on the shot.



Fundamental Factory #2

Shooting Machine

After each perimeter player shoots (2) three point shots, we will quickly move the lines to the left side of the floor.



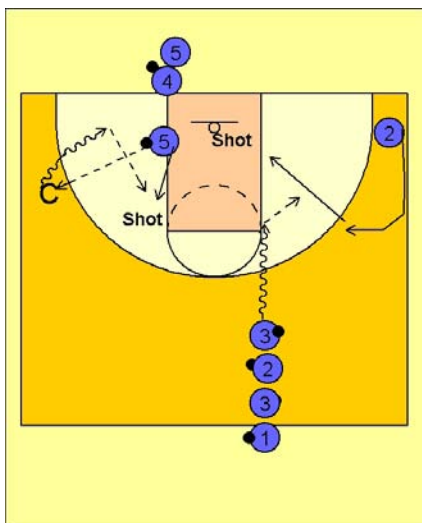
Fundamental Factory #2

Shooting Machine

After each player has shot (2) three point shots on each wing, we now progress to the back door lay-up.

The driver makes a pass fake at the wing, while the wing player, #2 in this diagram, plants his outside foot and cuts backdoor to the basket. #3 delivers the ball to #2 for the lay-up.

On the other side of the floor, the post players are working on cutting up to the FT line area as the coach or manager penetrates to the low block. We are simulating that #5's defender comes to help on penetration and the coach or manager kicks the ball back to #5 stepping up the lane line.

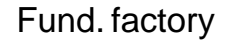


Fundamental Factory #2

Shooting Machine

Of course, we have to move the drill to the opposite side of the floor after the wing players have each shot (2) backdoor lay-ups.

The post players are now working on moving up the lane line for the 10 foot jump shot as the coach penetrates to the left low block while the perimeter players are working on backdoor lay-ups from the right side.



We have finally come to the last drill in this series. You can see the tremendous repetitions you have already received on various parts of the floor.

Drill starts with #2 passing out to the corner player and closes out calling "ball" with a good, low stance and hands high. #1 shoots the "3" while #2 contests and then turns to box out. #2 rebounds his own shot. The defender, #2, gets to the back of the line.



#6 now passes out to the next player in the corner line, #3, and repeats the same action of closing out, contesting and blocking out. #3 shoots and gets his rebound.

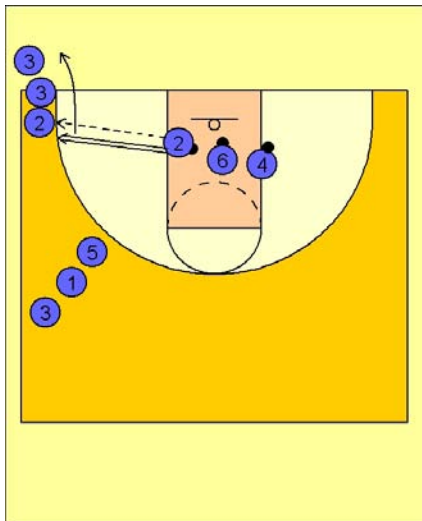
#2 takes the shot, follows his shot and rebounds the ball and then will be ready to pass the ball to the corner line and continue the drill.

A coach or manager should be positioned on the left side of the court for any long rebounds.



Once each player has taken (1) shot (or more if you decide) at each spot (right corner and right wing), we move the two lines to the top of the key (right and left) and quickly continue.

Same drill here. Pass, close-out, box-out. Shooter gets the rebound and passes out to the next line.



Fundamental Factory #2

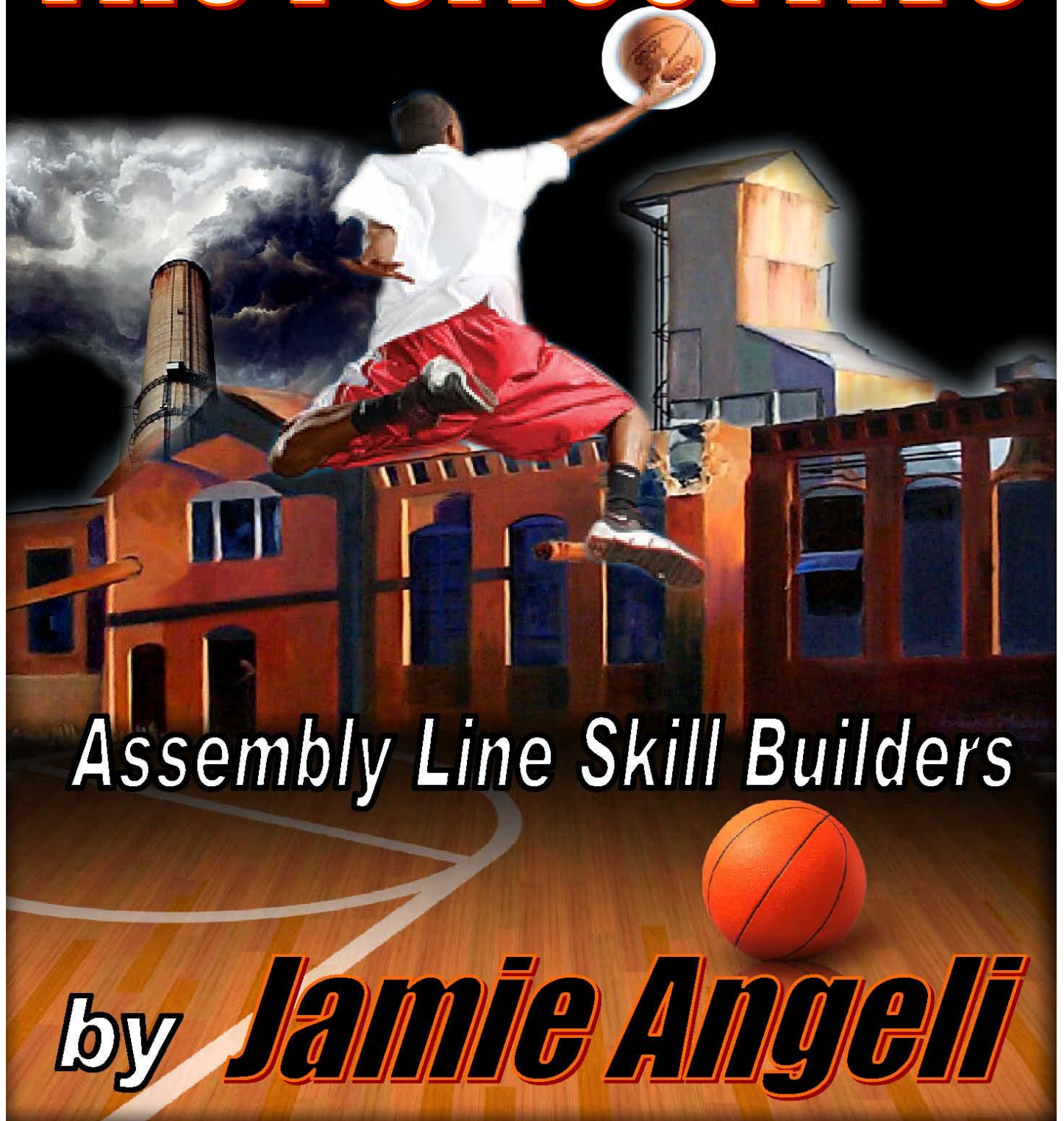
Shooting Machine

Once each player has taken a "3" at each top spot, we move to the left wing and left corner.

One shot each here and we have completed the Shooting Machine!

I have loved this "Shooting Machine" so much in practice, I have added it to our "pregame" warm-up.

The Perfect Five

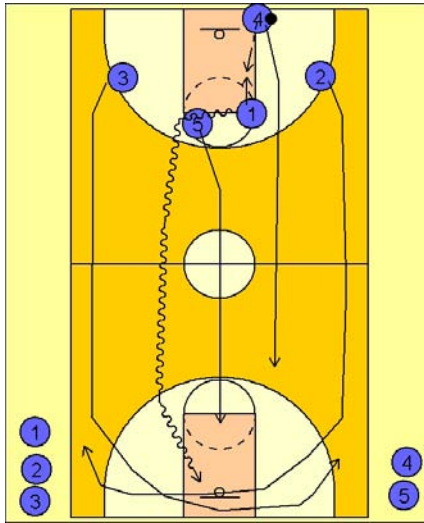


Assembly Line Skill Builders

by Jamie Angeli



The perfect 5



Fundamental Factory #3

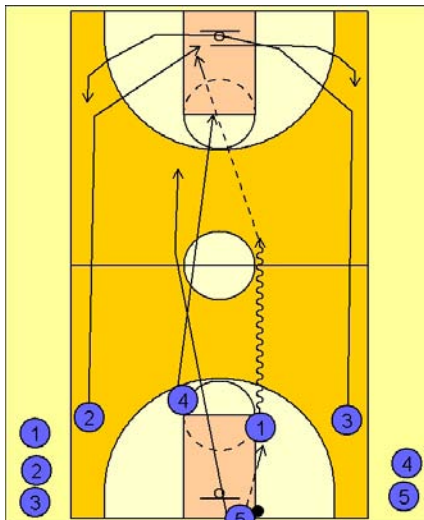
The Perfect 5 (FIRST SERIES)

Rules:

1) All players SPRINT the floor for 5 trips; 2) The ball DOES NOT touch the floor - only for PT. GUARD dribbling the ball up the floor; 3) #4 and #5 MUST get rebound before ball hits the floor and put back in the basket; 4) **Failing 1 thru 3 - START OVER AT THE VERY BEGINNING!**

#1 will drive the ball up the right sideline. #2 and #3 run outside lanes and cross out underneath. #4 and #5 will run to the low post and trailer spot and rebound any missed shots, tip it in and / or take it out. (You may run the post to the opposite block if you use the dribble motion offense).

FIRST TRIP: #1 takes the ball to the basket and shoots the lay-up.



Fundamental Factory #3

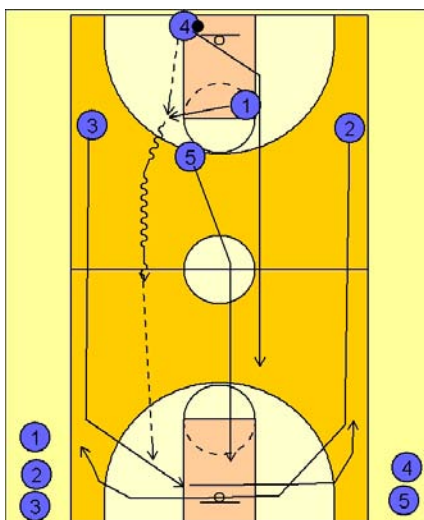
The Perfect 5 (FIRST SERIES)

SECOND TRIP: #1 passes to #2 cutting to the basket for the lay-up.

#2 and #3 cross out underneath the basket.

#4 hustles to get the ball out of the net and take it out. Remember, the ball cannot touch the floor. **If you do make a mistake, you may start the first trip over at the closest basket.**

#5 follows the play as the trailer opposite the point guard.



Fundamental Factory #3

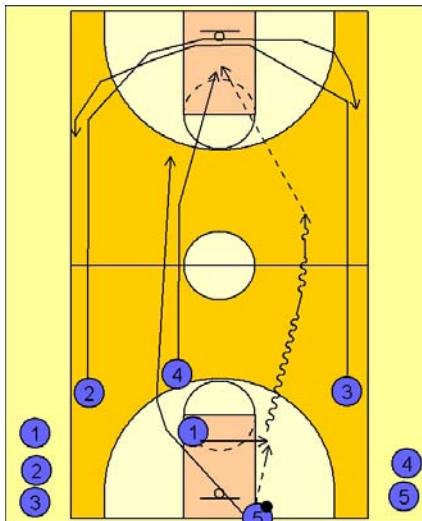
The Perfect 5 (FIRST SERIES)

THIRD TRIP: #1 will push the ball up and pass to #3 for the lay-up.

#2 and #3 cross out under the basket.

#5 now sprints to get the ball out of the net.

#4 now trails the play opposite the point guard.

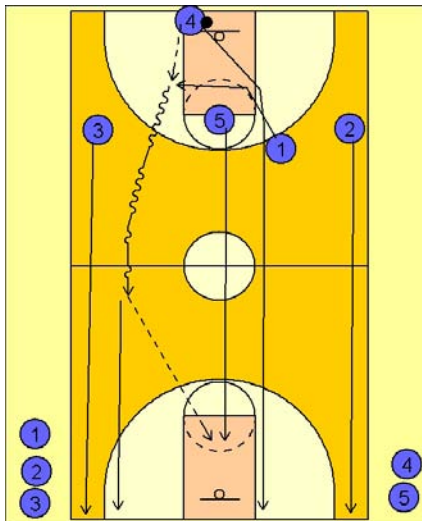


Fundamental Factory #3

The Perfect 5 (FIRST SERIES)

FOURTH TRIP: #1 pushes the ball up the right side of the floor and makes the over-the-top pass to #4 sprinting down the center of the lane.

#2 and #3 cross out under the basket while #5 sprints to trail the play opposite the point guard.



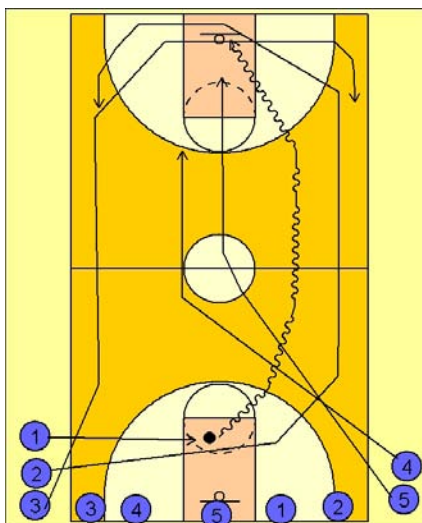
Fundamental Factory #3

The Perfect 5 (FIRST SERIES)

FIFTH TRIP: #1 now receives the inbounds from #4 and pushes the ball up the sideline.

#1 makes the over-the-top pass to #5 cutting down the middle of the lane.

#1, #2, #3 and #4 sprint off the court.

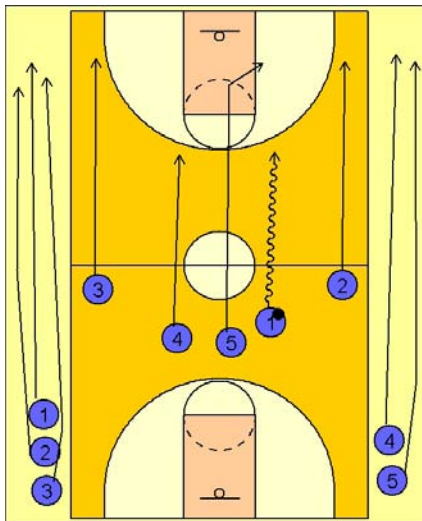


Fundamental Factory #3

The Perfect 5

5 new players waiting on the sideline step in immediately and begin another 5 TRIPS and repeat the same action as the first group.

Once this group finishes their PERFECT FIVE TRIPS, the group waiting will step in and begin a new series of 5 PERFECT TRIPS.



Fundamental Factory #3

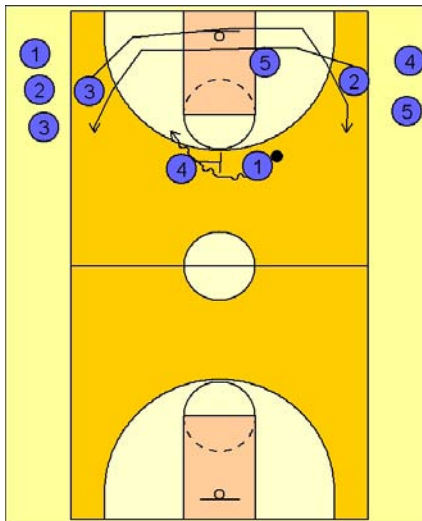
The Perfect 5 (SECOND SERIES)

On this series of 5 TRIPS we will be working on perimeter shots for the perimeter players and some post up options for the #4 and #5.

#1 drives the ball up the sideline.

#2 and #3 run their lanes while #5 runs to the ball side block.

#4 trails the play opposite the point guard #1.



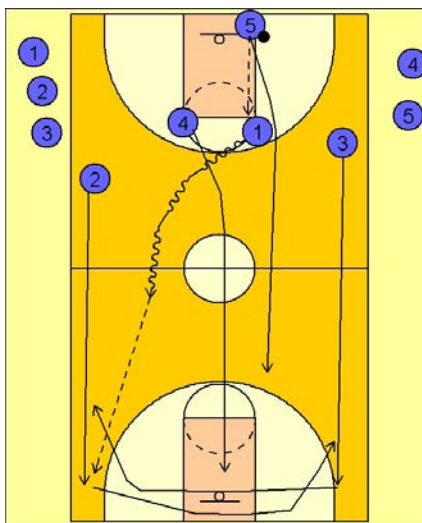
Fundamental Factory #3

The Perfect 5 (SECOND SERIES)

FIRST TRIP: #1 uses a pick from #4 at the top of the key and comes off the ball screen shooting the jump shot at the elbow or the three point shot.

Remember, the ball cannot touch the floor, so #4 and #5 have to read the ball coming off the rim (or through the net) and grab the rebound in time so the ball will not touch the floor.

Reminder, if they do make a mistake on any of the FIVE TRIPS, you may start the FIRST TRIP over at the nearest basket headed in the other direction (you do not have to go back to the rim that you started under - the basket you are at when you made the mistake is OK to start down the floor again).



Fundamental Factory #3

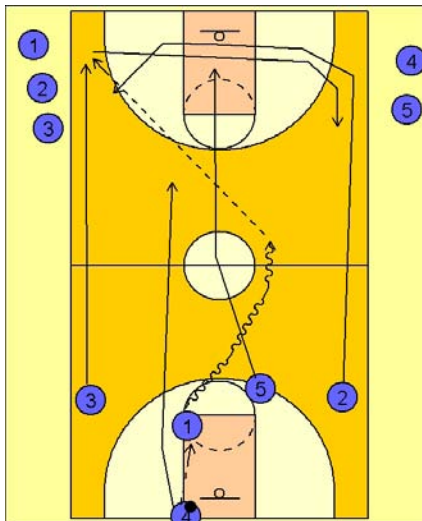
The Perfect 5 (SECOND SERIES)

SECOND TRIP: #1 pushes the ball up the sideline and passes ahead to #2 on the right wing / corner.

#2 shoots the 3 point shot. #4 and #5 must sprint to the basket to get the offensive rebound or ball out of the net. Remember, the ball cannot touch the floor.

#2 and #3 cross out under the basket.

#4 takes the ball out of bounds. #5 trails the play opposite the point guard. Again, both #4 and #5 crash the boards on the shot.

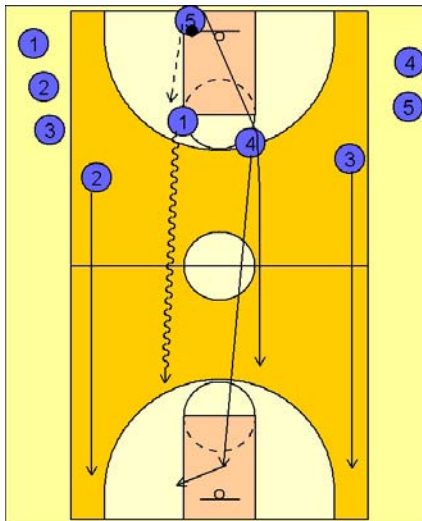


Fundamental Factory #3

The Perfect 5 (SECOND SERIES)

THIRD TRIP: #1 pushes the ball up the floor and now passes to the other wing, #3, for the 3 point shot.

#4 and #5 sprint to get the offensive rebound and take the ball out.

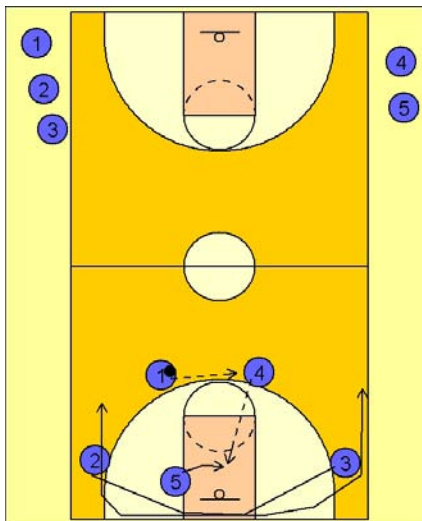


Fundamental Factory #3

The Perfect 5 (SECOND SERIES)

FOURTH TRIP: #1 drives the ball up the sideline. The first post down the floor, #4, runs down the middle of the lane and then breaks to the ball side block.

#5 trails the play opposite the point guard.

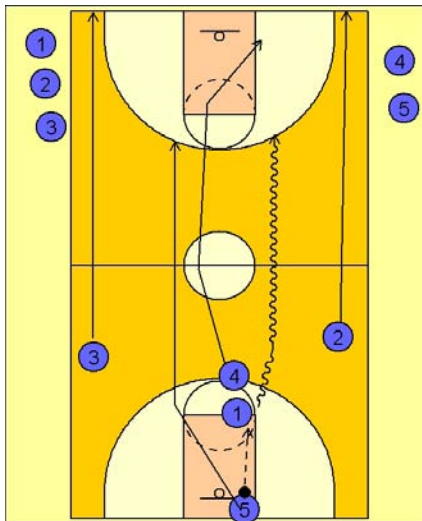


Fundamental Factory #3

The Perfect 5 (SECOND SERIES)

FOURTH TRIP: #1 now reverses the ball to #4 on top while #5 steps in the paint sealing his defender and looking for the high / low pass from #4. #5 scores the basket and immediately takes the ball out.

As soon as #5 shoots the ball, #2 and #3 cross out under the basket and we are ready to run up the floor for our 5th and final trip.

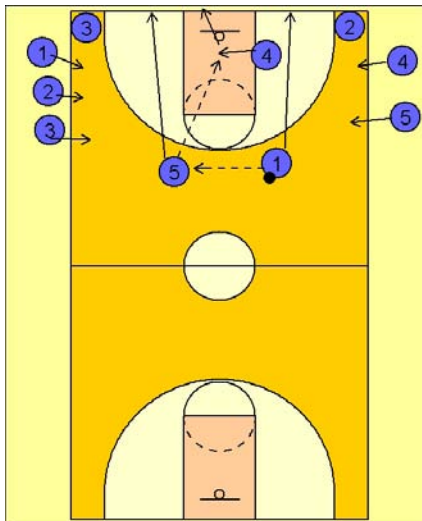


Fundamental Factory #3

The Perfect 5 (SECOND SERIES)

FIFTH TRIP: #1 pushes the ball up the sideline. #4 runs the middle of the floor and then to the ball side block. #5 trails the play opposite the point guard.

#2 and #3 sprint off the floor.



Fundamental Factory #3

The Perfect 5 (SECOND SERIES)

FIFTH TRIP: #1 now reverses the ball to #5 on top while #4 steps in the paint and looks for the high / low entry pass from #5.

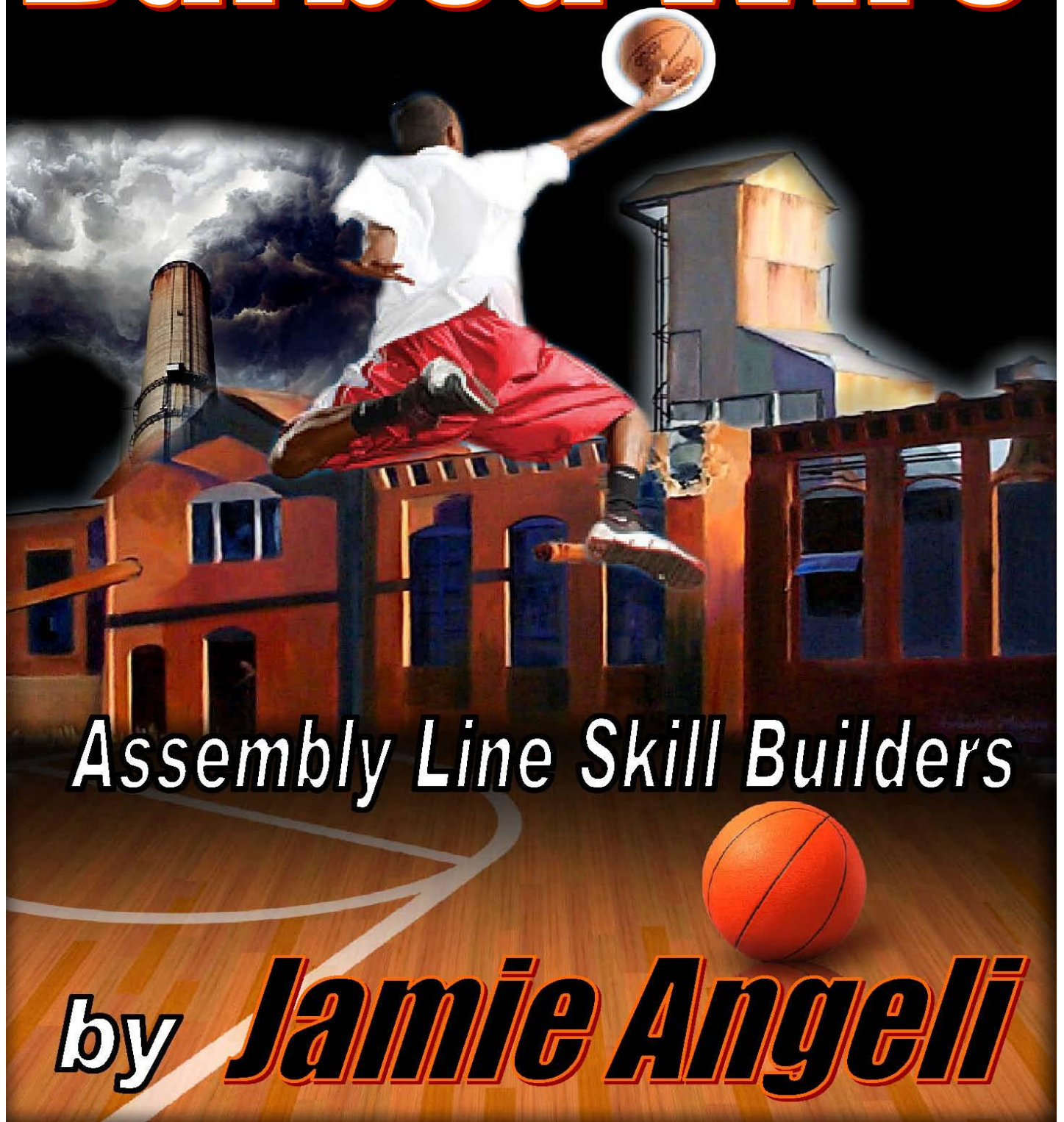
Next group steps in and repeats the actions of the previous group. I would suggest two options for continuing.

1) Start over and repeat both series

2) Add a THIRD SERIES where your team has to execute your secondary offense into your half court offense (or just have them come down and run your half court offense).

I suggest adding the THIRD SERIES. You could give them a minimum number of passes before they shoot on this series....OR....yell out a particular option in the offense.

Barbed Wire

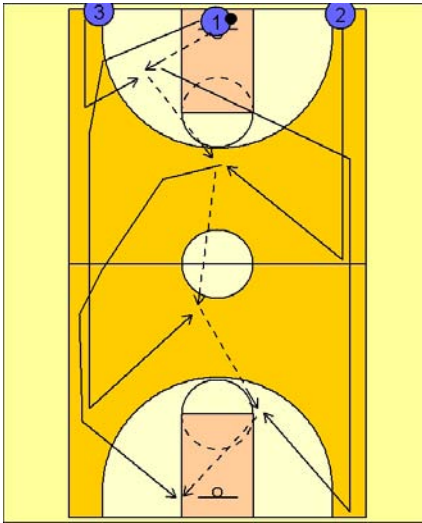


Assembly Line Skill Builders

by Jamie Angeli



Barbed wire



Fundamental Factory #4

Barbed Wire

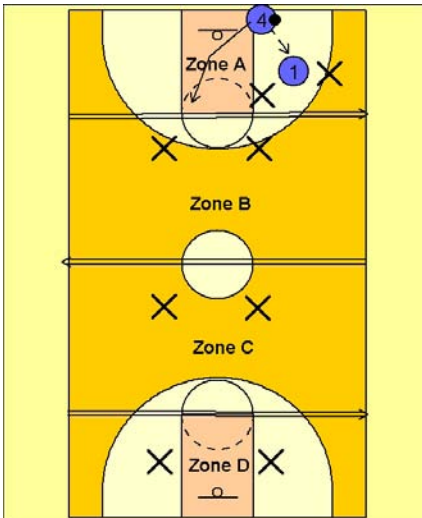
Great, great drill! We will use this "3 on 0 Cutback Drill" as a "WARM-UP" to Barbed Wire. Should not take you long to go DOWN and BACK.

Three lines with the ball in the middle.

Drill starts with both wings sprinting out. Designate a side to start on so that first ball side wing knows to run to the FT line extended and then cut back TO THE BALL in the middle. The opposite wing, at the same time, is sprinting to the half court line and then cutting back TO THE BALL in the middle. Each player will pass, follow his pass and cut behind and run to the next designated spot before cutting back.

You will stop and cut back at the FT line, half court line, opposite FT line and full court line and then shoot the lay-up on the last pass. After entire teams runs up the court, run the drill in the other direction, passing to the other side to begin this time.

EVERY PLAYER SHOULD CALL FOR THE BALL, CATCH, FACE AND LOOK UP THE FLOOR. IF HE CAN MAKE THE PASS - HE DOES - IF THE NEXT PLAYER IS NOT IN THE MIDDLE TO RECEIVE THE PASS - HE TAKES THE BALL UP THE FLOOR ON THE DRIBBLE UNTIL THE MIDDLE MAN IS IN PLACE TO RECEIVE THE BALL.



Fundamental Factory #4

Barbed Wire

Once your team has ran up and down the court with the "3 on 0 Cutback Drill", we now are ready to run Barbed Wire. We run it for 15 minutes running time.

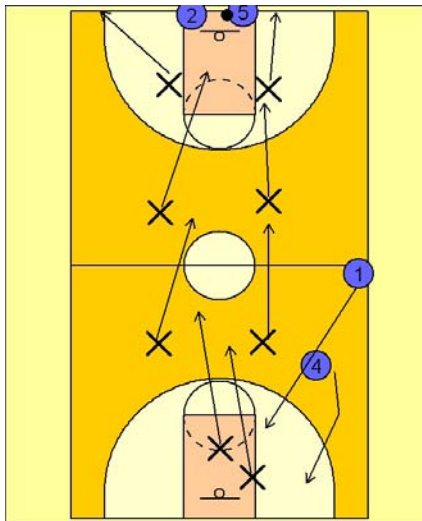
Have your players partner up in groups of (2). Try and separate your good ballhandlers. Spread the wealth on each two-man team.

The court is broken up into 4 zones with two defenders in each zone. The two defenders can pressure you man-to-man or double team the ball or player trying to receive the ball - it is their choice on how to defend - BUT MUST BE IN THEIR ZONE ONLY.

Each two-man team has the goal of getting through all 8 defenders and

scoring at the other end.

Coaches will referee.



Fundamental Factory #4

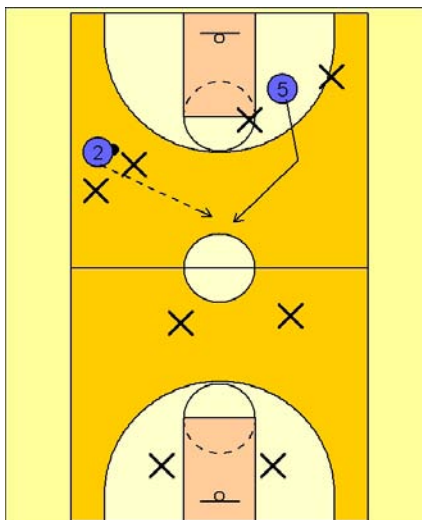
Barbed Wire

When there is a turnover, the offensive players will sprint to the end of the court and take the back defensive zone (Zone D).

Everyone else will move up a zone. The first zone defenders will go to the end of the offensive line of two-man groups stepping in. If there are no other teams (if you only have 10 players), then they will become the next two-man team to attack the "barbed wire".

This drill will give your players experience at handling "pressure". Teach them to relax and make the right decision / pass / dribble drive. Don't panic! The defense is hoping you will panic in this drill. Receivers should not "run to daylight" as your partner is probably under pressure and needs you to come

back to the ball.



Fundamental Factory #4

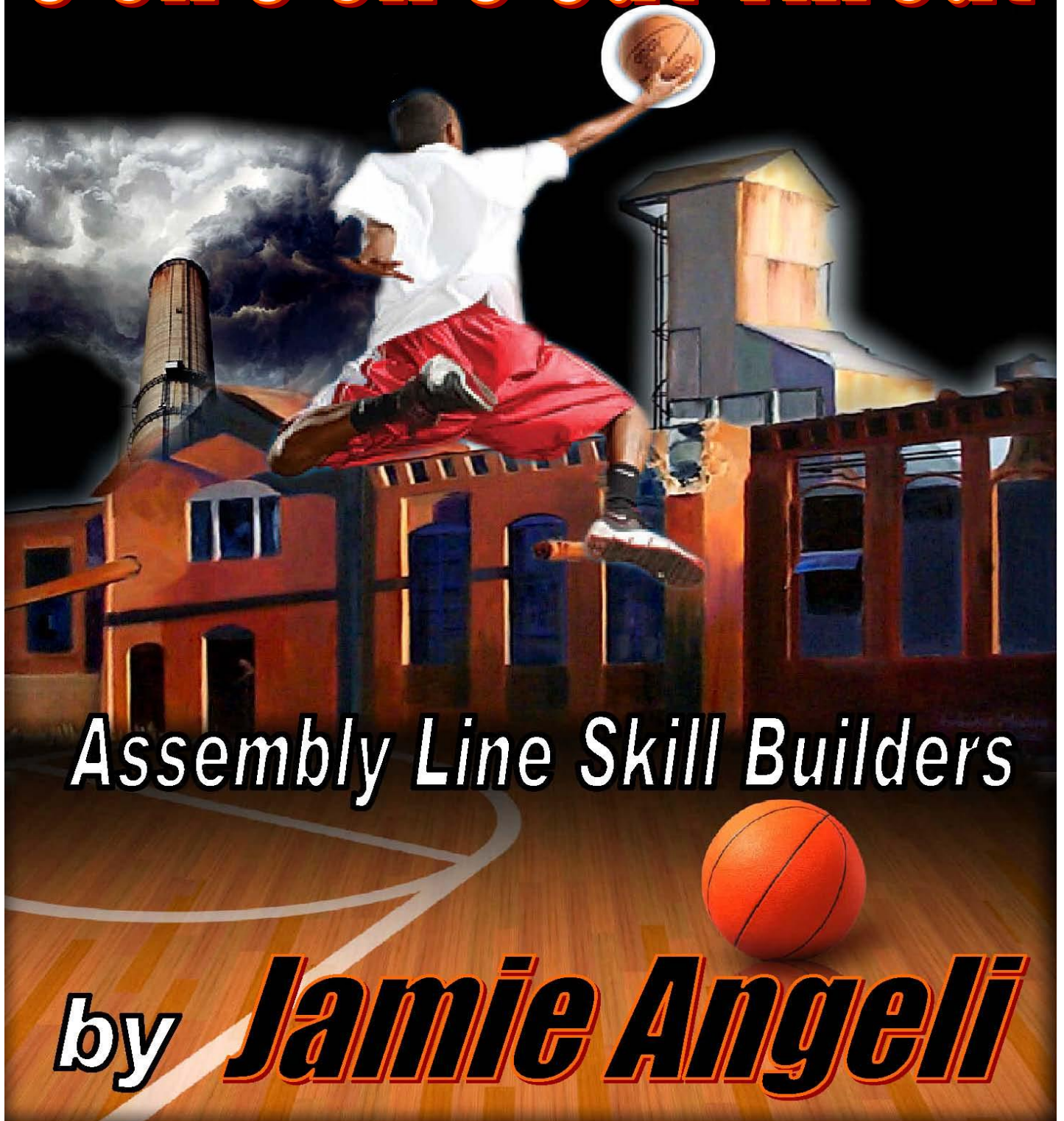
Barbed Wire

Here are the rules that MUST be enforced:

- 1) Every player who catches the ball, MUST turn and face and look up the floor BEFORE dribbling. Pass first - Dribble second. If they don't - blow the whistle - automatic turnover and everybody rotates.
- 2) If you lose the ball out of bounds and it is a turnover, we will rotate. If the ball is off the defender - we will take the ball out from where it went out.
- 3) We have each team keep track of their points. (1) point for each basket. If they are fouled in the act of shooting, it is (1) point. If they are fouled in the act of shooting and make the basket - (2) points.

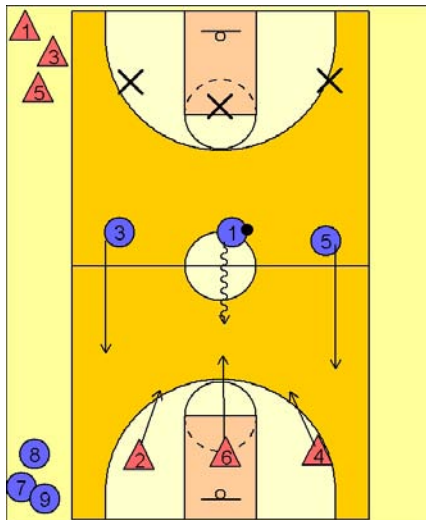
- 4) When it is over - as the coach - you decide what place finishers will be excused from running sprints.

3 on 3 on 3 Cut-Throat



Assembly Line Skill Builders

by Jamie Angeli

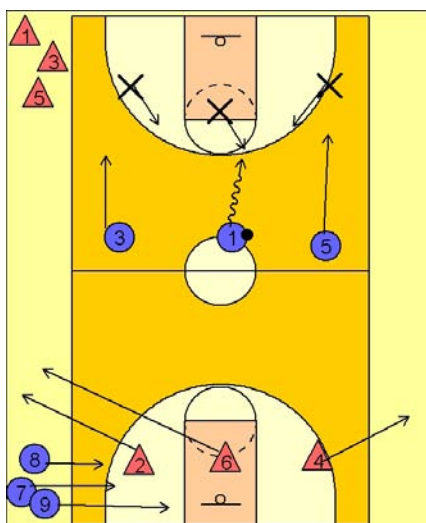
**3 on 3 on 3 cut-throat****Fundamental Factory #5****3 on 3 on 3 Cut-Throat**

You will have 9 players on the court (3 teams) at all times. Any other teams will be split up evenly at each end of the floor. You can have teams with a sub, if needed. You play 3 on 3 on one end. If the defense stops you, the defense now becomes offense and attacks the other 3 defenders waiting.

If you get scored on, your team is out. The team that scored gets to keep the ball and attack defenders on the other end. New defensive team comes on to replace team that left. If no extra team, they remain on the floor for next defensive possession.

(1) POINT for made basket. Fouled in the act of shooting is (1) POINT.
Fouled in the act of shooting and makes the basket - (2) POINTS - NO

FREETHROWS.

**Fundamental Factory #5****3 on 3 on 3 Cut-Throat**

It is CRUCIAL that you set RULES and ENFORCE those rules. On Offense - any individual who does not comply, it is an automatic turnover - drop the ball and get off the court...immediately. Your coaches / managers have to be watching closely to reinforce good / bad offense and defense.

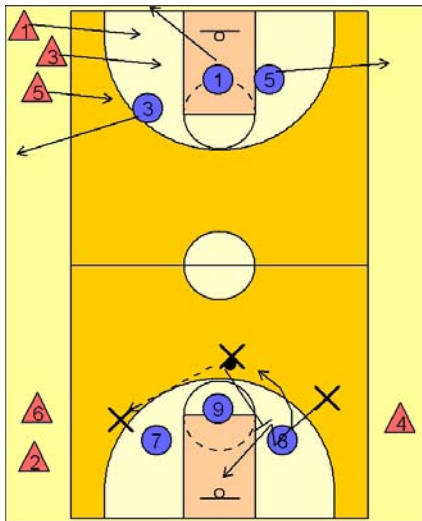
Offensive Rules

1) You must catch, rip the ball across your lower body, and face the basket....every time!

2) You cannot pass and stand. You MUST pass and cut, pass and screen away or pass - cut and replace yourself.

3) You CANNOT DRIBBLE after the point guard picks up the ball after half court. We do allow a dribble or two in the PAINT for power moves.

4) If you post up (high post or low post) and do not receive the ball, you must step out and back screen for the passer on the perimeter.



Fundamental Factory #5

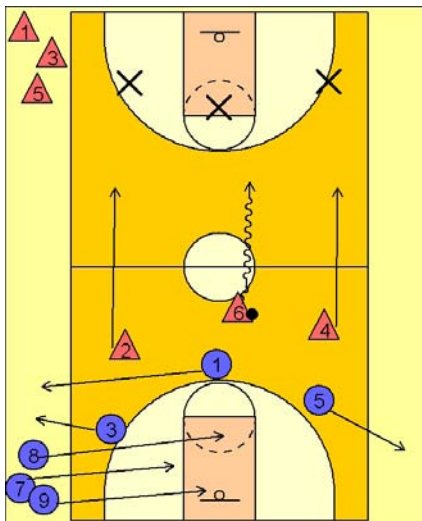
3 on 3 on 3 Cut-Throat

On Defense - failure to comply with rules below means an automatic point for the other team and we go the other direction. Defensive team who broke rule is out. Your coaches / managers have to be watching closely and reinforcing good / bad defensive rules.

Defensive Rules

- 1) Defensive stance at all times.
- 2) You must close-out with "hands high" calling "ball".
- 3) You must jump to the ball on all passes.

- 4) You must "talk" on all screens.



Fundamental Factory #5

3 on 3 on 3 Cut-Throat

Run this drill non-stop for 10 minutes. Teams must keep track of their points. Remember - (1) point for every basket - (1) point for fouled in the act of shooting - (2) points if fouled in the act of shooting and he makes the basket.

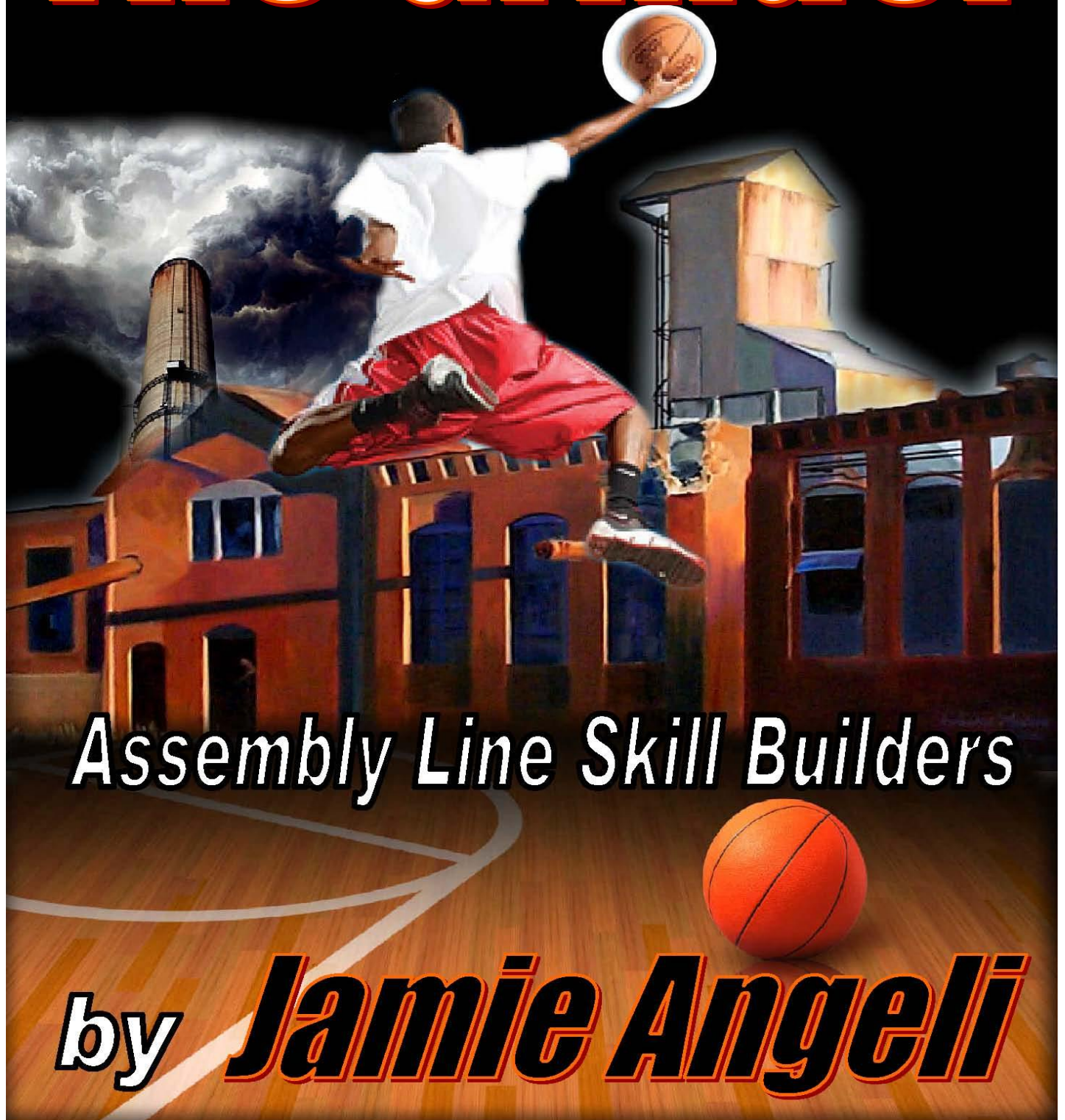
Losing teams run - winners rest (and clap / encourage players running). This is huge I think. You never want to create an atmosphere of "I'm better than you" - rather create a feeling of - "We are in this together".

There will be plenty of "turnovers" in the beginning. But believe me - it will improve quickly as players will understand and learn what it takes to "survive" in this competition.

You will see a noticed improvement when you use rules, repetition and competition to reinforce your offensive and defensive philosophies.

CONSIDER ADDING (3) DRIBBLES PER PLAYER AS YOU PROGRESS.

The Grinder

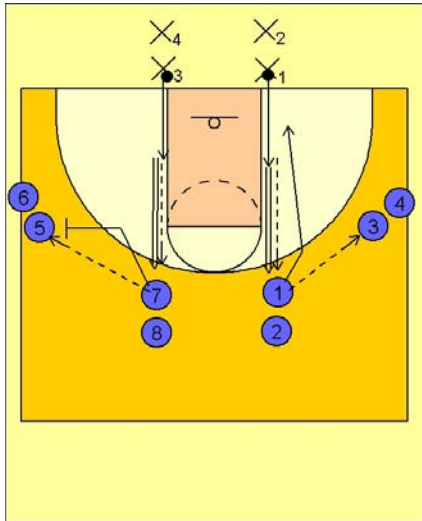


Assembly Line Skill Builders

by Jamie Angeli



The grinder



Fundamental Factory #6

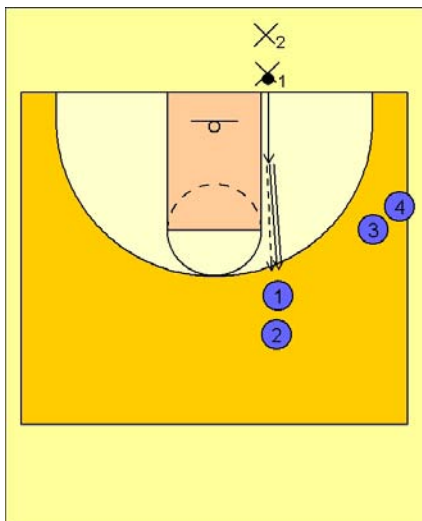
The Grinder - Part I

This is a great "assembly line" defensive drill that will provide your players repetitive drill work on:

- 1) Closing out with hands high
- 2) Pressuring the ball
- 3) Jumping to the ball on all passes
- 4) Not allowing cutters to cut in front of their face
- 5) Helping on dribble penetration to the baseline
- 6) Hedging on ball screens

The drill is run using both sides of the half court. You must have (12) players to run this drill. You can have more than (12), but not less than (12).

Two players in each of the (6) groups in the diagram. Any players over (12) can take the spot at the end of the lines on the baseline.



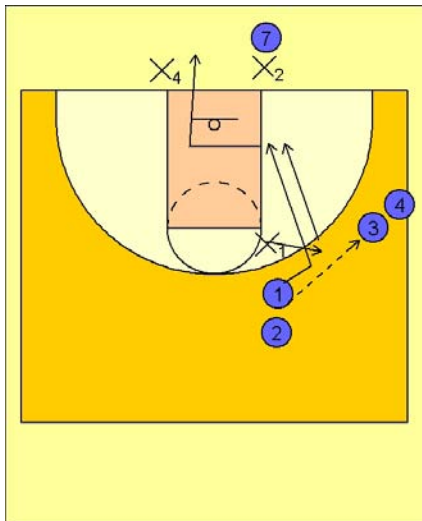
Fundamental Factory #6

The Grinder - Part I

As we mentioned in the last diagram, the drill does use all 6 groups and both sides of the court at one time.

For the purpose of teaching you this great drill, I will first show you what the players on the right side of the court are doing, and then I will show you the left side.

On the right side, X1 is running out a few steps and then passing the ball to #1 on top. He continues his sprint to the close out with foot fire, a low stance and hands high.



Fundamental Factory #6

The Grinder - Part I

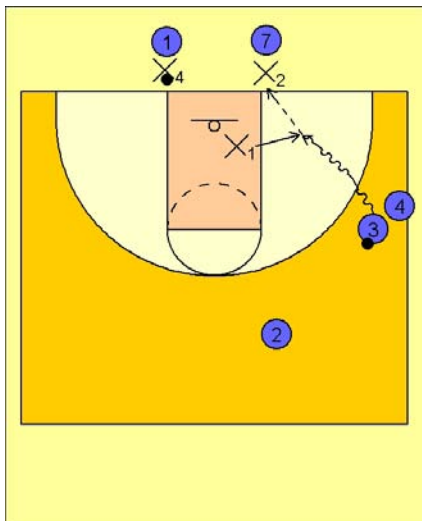
#1 catches and shot fakes and then passes to #3 on the right wing.

ON THE PASS, X1 is jumping to the ball.

#1 will try and cut in front of X1. X1 will jump out and force the cut behind him and down the lane.

Once #1 gets to the block he will cut under the basket and out off the floor to the back of the opposite line.

X1 opens up as #1 cuts away seeing both his man and the ball. He is in a "pistol" stance, point to both his man and the ball on the wing.

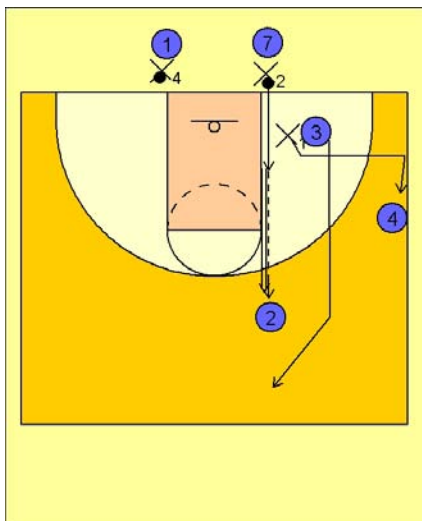


Fundamental Factory #6

The Grinder - Part I

Once #1 is off the floor, #3 quickly drives baseline while X1 slides over to stop penetration from #3.

Once X1 has made #3 pick up his dribble, #3 will give the ball to X2 in front of the baseline out of bounds line.

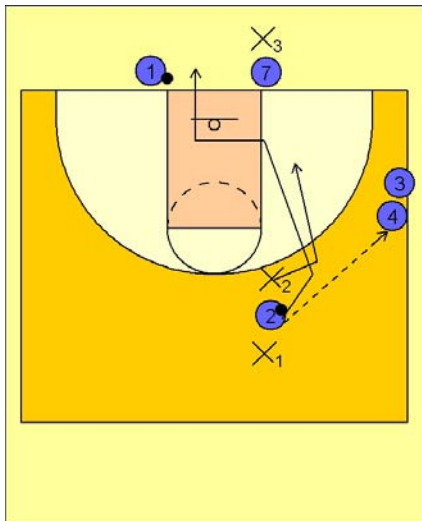


Fundamental Factory #6

The Grinder - Part I

#3 sprints to the top of the floor while X1 hustles behind the wing line on the right side.

X2 is quickly starting another series by throwing the ball out to #2.



Fundamental Factory #6

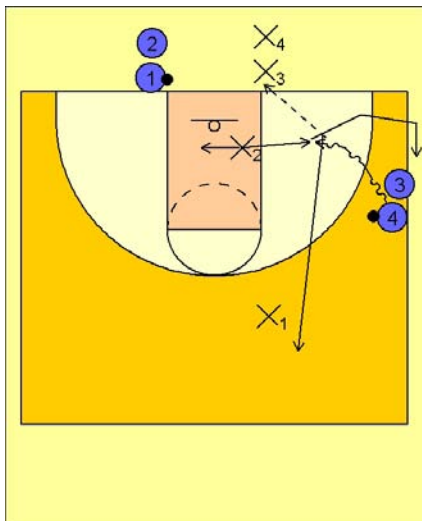
The Grinder - Part I

Again X2 sprints out and comes to a good close-out on #2 with his but down, foot fire and hands high.

#2 shot fakes and then passes to #4 on the right wing.

X2 jumps to the ball on the pass while #2 tries to cut in front of the face of X2. X2 bumps #2 behind him and then they both cut down the lane line. X1 must keep vision of his man cutting down the lane line and the ball on the wing.

#2 cuts to the low block and then across the lane, under the basket, and then out to the back of the opposite line underneath. X1 opens up and a "pistol" stance, pointing to both his man and the ball on the wing.



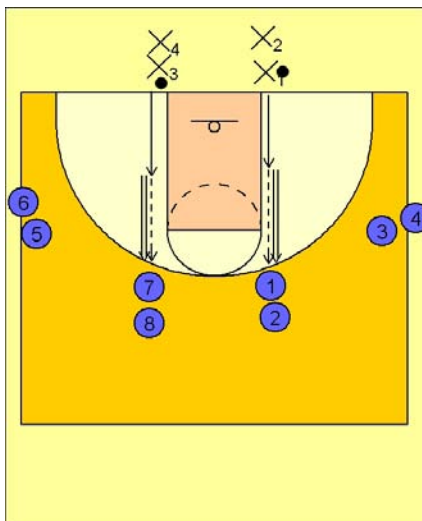
Fundamental Factory #6

The Grinder - Part I

As #2 leaves the court #4 is driving the ball hard to the baseline. X2 slides over to help stop the basketball.

#4 picks up his dribble and gives the ball to X3 standing in front of the OB line. X3 and X4 have come over from the LEFT SIDE of the floor - which we will describe in a moment.

Players then rotate with #4 sprinting up to the top while X2 hustles behind the wing line.

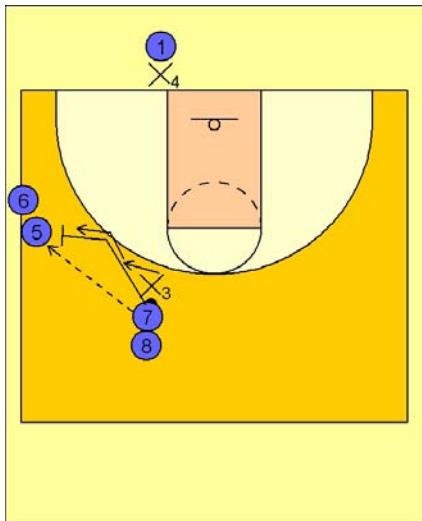


Fundamental Factory #6

The Grinder - Part I

That is exactly how the right side of the floor works. At the same time, the left side of the floor is working on close-outs and then hedging on the pick and roll.

We see here X3 running out a few steps and then passing the ball to #7. X3 again sprints out and comes to a good, low close-out on the ball with foot fire and hands high.



Fundamental Factory #6

The Grinder - Part I

Again, action on the right side of the floor continues as we have already diagrammed.

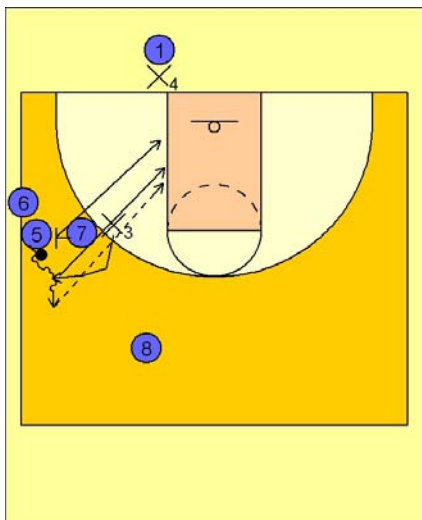
Let's look at the rotations on the left side of the floor.

X3 has just closed out on #7. #7 shot fakes and then passes the ball to #5 on the left wing.

X3 again jumps in the direction of the pass trying to cut off any cuts in front of his face from #7.

#7 now moves in position to set a ball screen on #5's imaginary defender. X3

moves over behind #7 ready to hedge (jump out) on the ball screen.



Fundamental Factory #6

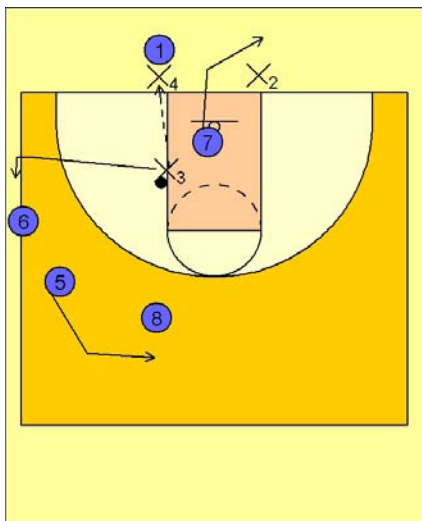
The Grinder - Part I

As #5 uses the ball screen from #7, X3 jumps out and forces #5 to either pick up his dribble or take a few dribbles toward half court. X3's goal is to not allow any penetration to the middle of the floor.

Once #5 picks up his dribble or retreats a dribble or two toward half court, X3 releases and sprints to the lane.

#7 has set the screen and rolled to the basket. In a game you should have help defenders on the roll man. X3 will still sprint back into the lane to pick up his man. #5 will actually throw the ball to the lane where X3 makes the obvious and easy steal. This is kind of like a defensive back or middle linebacker drill in football where they have to hustle back and find the ball and

make the interception.



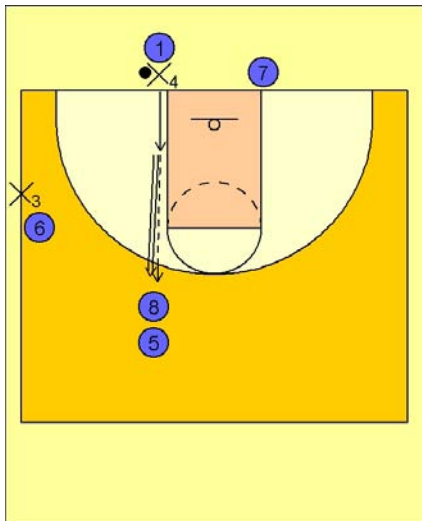
Fundamental Factory #6

The Grinder - Part I

#7 rolled off the screen and towards the basket and then off the floor. He will then move to the back of the OB line on the right side of the court.

X3 made the steal, gives the ball to the first person in line on the left OB line and will hustle to the back of the left wing line.

#5, who had dribbled off the pick and roll and passed inside, will now move to the back of the top left line.



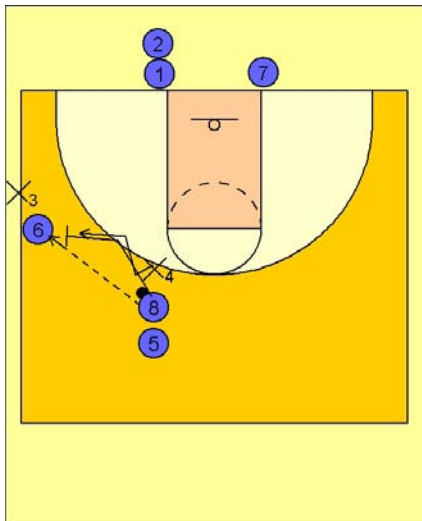
Fundamental Factory #6

The Grinder - Part I

X4 is now ready to begin another series and will pass the ball out to #8, sprint and close-out on the ball.

As a reminder, you have a set of players working on closing out, jumping to the ball, bumping the cutter behind, and helping on dribble penetration on the right side of the floor as this action is taking place on the left side of the floor.

As a coach, it is visually stimulating just think about it!



Fundamental Factory #6

The Grinder - Part I

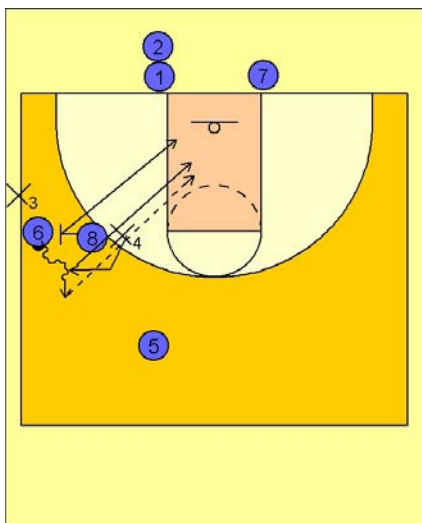
Let's take you through another rotation on the left side to make sure you have it.

X4 has passed the ball out, closed out on #8.

#8 shot fakes and then passes the ball to #6 on the left side of the floor.

X4 jumps in the direction of the pass, not allowing #8 to cut in front of his face.

#8 moves over to the left wing and sets a ball screen on #6's imaginary defender.

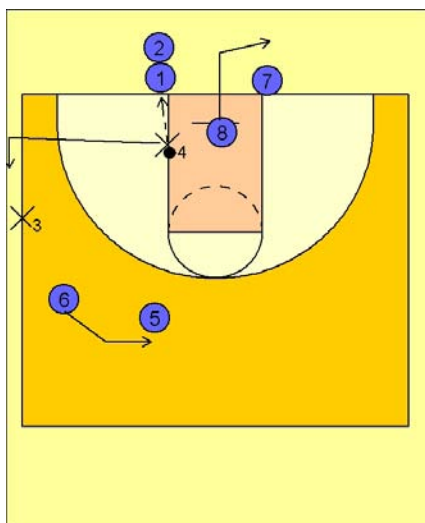


Fundamental Factory #6

The Grinder - Part I

#6 dribbles hard off the ball screen while X4 jumps out to hedge on the dribble and #8 rolling to the basket.

Once X4 has made #6 pick up his dribble or use a retreat dribble towards half court, X4 sprints to the lane and looks to steal the pass from #6 (who throws the ball to the lane). X4 finds the ball and makes the steal.



Fundamental Factory #6

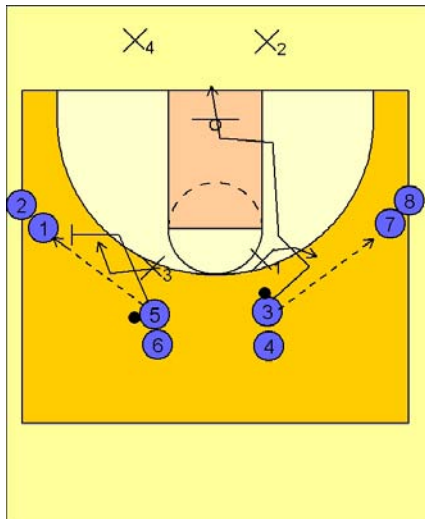
The Grinder - Part I

X4 hands the ball to #1 at the beginning of the line OB on the left side.

#8 has rolled to the basket and then off the floor to the back of the OB line on the right side.

#6 who just passed the ball inside for the steal from X4, moves to the top position behind #5.

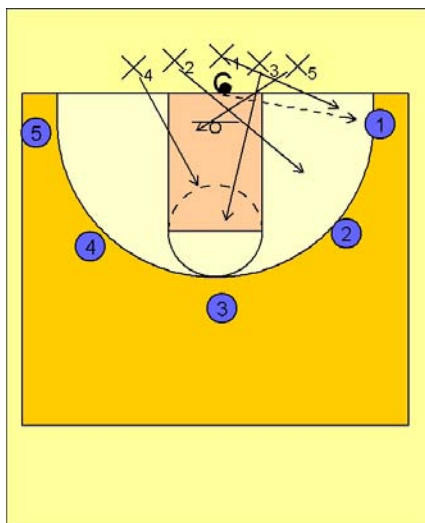
#1 is now ready to throw the ball out to #5 and continue the drill.



Fundamental Factory #6

The Grinder - Part I

It will certainly take a few reps in the early going for your players to remember where to rotate next, but after that - you should be flying through this drill with each player getting a great number of reps with the proper defensive techniques for close-outs, jumping to the ball, guarding cutters, stopping penetration, and defending ball screens on the wing.



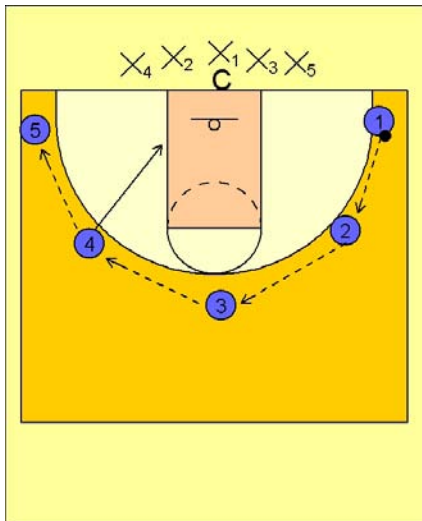
Fundamental Factory #6

The Grinder - Part II

This is a great drill we use that puts each of your players in just about every defensive situation possible.

We start with one offensive team on the court in each of the 5 positions shown. It is important that your #1 be the point guard, your #2 be the shooting guard, #3 your small forward or wing, #4 your power forward, and #5 your center.

The coach will hold the ball under the basket and then throw the ball out to the point guard in the left corner. Each player will sprint out to his PROPER defensive position based on location of the ball and his man. We use a "pack" defense, so we will not sprint out to a denial position one pass away, rather we will be in a help position with one player pressuring the ball.



Fundamental Factory #6

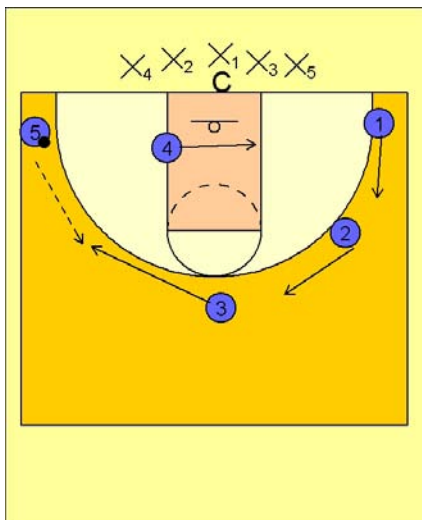
The Grinder - Part II

Before we continue we need to show you what pattern the offensive team will use. We will remove the defenders so you can better see what the defensive players will be asked to defend.

After #1 receives the pass from the coach, he will reverse the ball around the perimeter. #1 throws to #2, #2 passes to #3, #3 passes to #4 and #4 passes to #5 in the corner. Defensive players will be working on close-outs on the ball with hands high and then jumping to the ball in a help position on each perimeter pass.

On #4's pass to #5, #4 will make a basket cut, so your defenders will get work on jumping to the ball and defending basket cuts. #4 will stop at the ball side

low post while his defender works on a full front.

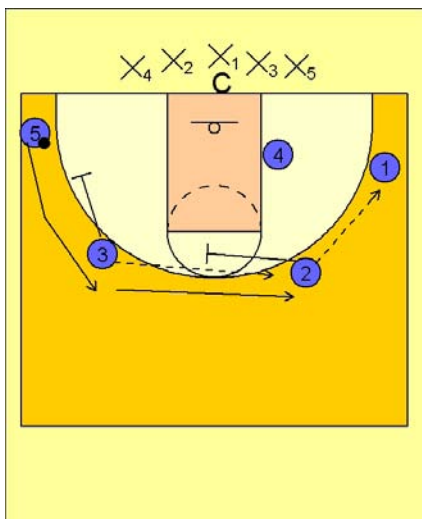


Fundamental Factory #6

The Grinder - Part II

#3, #2 and #1 slide up to keep proper spacing once #4 cut through to the lane.

#4 cut to the low post, held for a second or two and then cut across the lane to the opposite block as #5 reverses the ball to #3 cutting to the ball side wing.



Fundamental Factory #6

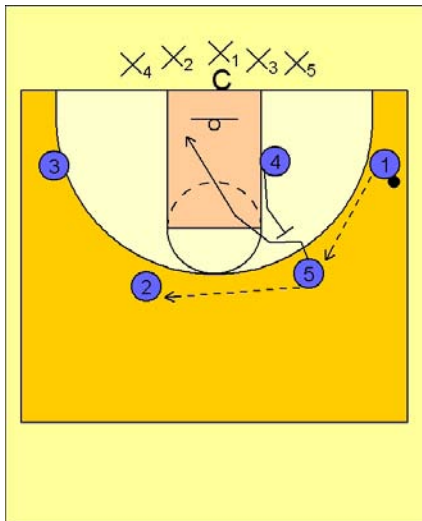
The Grinder - Part II

#3 now passes to #2 on the right side of the floor. #3 sets a down screen on #5, who breaks up to the top left wing spot. #2 would then pass to #1 in the right wing / corner area.

#2 will set a cross screen for #5 after he passed to #1 on the right wing / corner.

#5 will cut across to the right side of the floor off of #2's screen.

We have now worked on defending a down screen and a cross screen on the perimeter.



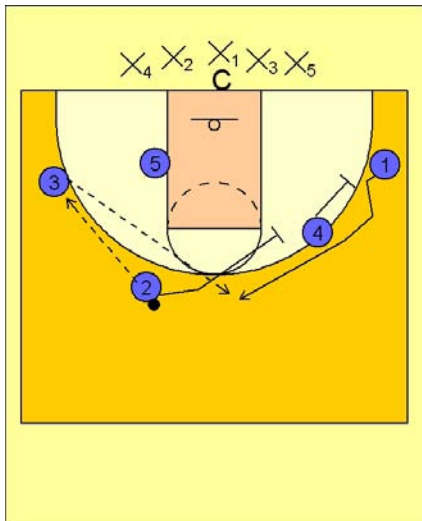
Fundamental Factory #6

The Grinder - Part II

#1 will now reverse the ball to #5 on the top right wing.

#5 passes across to #2 on the left top wing. We will now work on defending the back screen.

#4 will now step out and set a back screen for #5. We will duplicate the "screen the screener" action found in the popular flex offense.



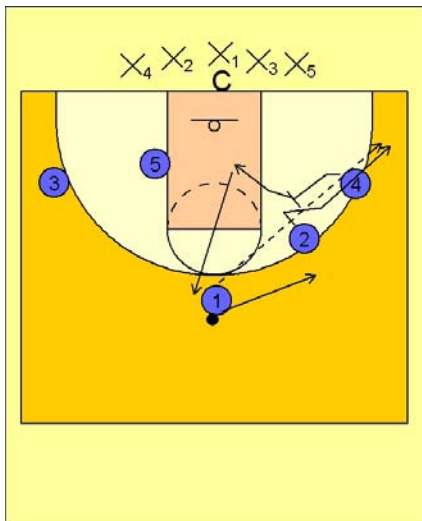
Fundamental Factory #6

The Grinder - Part II

We will now work on defending a double staggered screen.

#2 passes to #3 on the left wing and then #4 and #2 set a double staggered screen for #1.

#1 catches the ball at the top of key.



Fundamental Factory #6

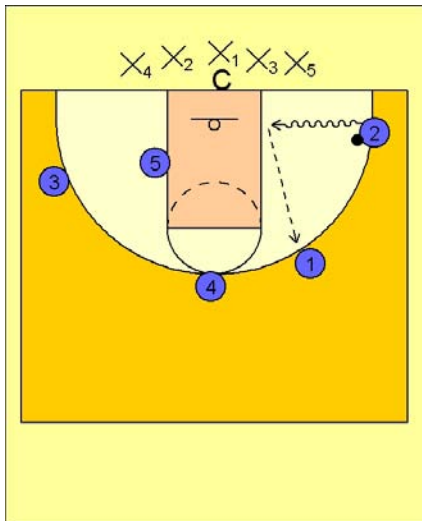
The Grinder - Part II

Now we work on defending the flare screen action.

Once #1 receives the pass, #4 sets a flare screen for #2. #2 breaks to the right corner area looking for the over the top pass from #1.

#4 cuts to the basket briefly after #2 cuts over the top.

#1 follows his pass to the right wing area while #4 breaks up to the top.



Fundamental Factory #6

The Grinder - Part II

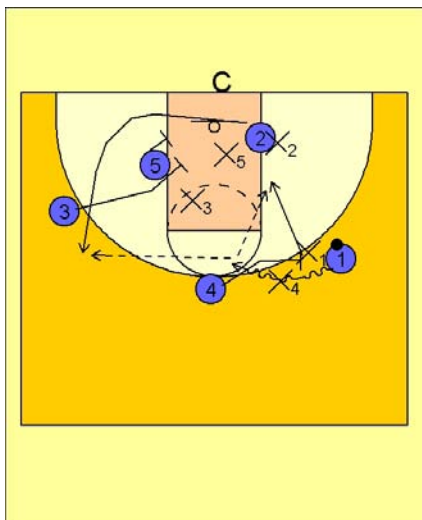
Once #2 catches the ball in the corner, he will look to drive baseline to the basket.

We now work on rotating over to stop penetration.

#5's defender would slide over and stop the ball while #4 or #3's defender would drop down and take the backside of the floor, preventing the pass to #5's man. The other perimeter players would collapse in the paint stopping all interior passes.

Once the ball is stopped, #2 will pass the ball out to #1 on the top right wing. We now work on recovering from the help defensive position out to the proper

ball pressure and "pack" defender positions.



Fundamental Factory #6

The Grinder - Part II

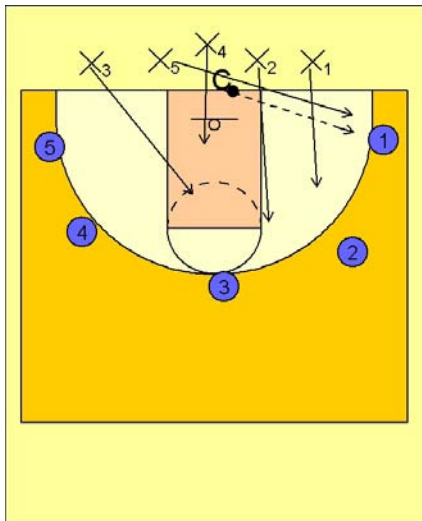
We conclude this series with #4 setting a ball screen on #1's defender. #4 will hedge out to stop penetration while #4 rolls to the basket.

On the other side of the floor, as will most ball screen action away, #3 and #5 will be setting a double screen for #2. #1 has the option to shoot the jumper off the ball screen, hit #4 rolling or hit #2 for the shot.

Teaching Point: On all double or double staggered screens, we defend it the same way each time.

We will trail the man tightly being screened, #2, often called "caboose". The man guarding the low man in the double or staggered screen (or furthest from

the ball), #5, will open up and help in the lane (perhaps to help on the "roll" man from the pick and roll). The man guarding the top screener (or closest to the ball), #3, will move up and be ready to help on any "curl" action from the offensive player.



Fundamental Factory #6

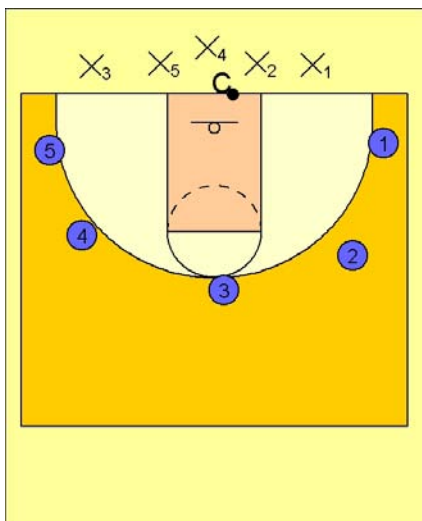
The Grinder - Part II

Once the shot is taken, contested and rebounded, we will quickly get the same offensive players back to their original positions.

The coach will throw the ball out to the #1 man again and THIS TIME, each of the defenders will hustle out and guard the next player in a clockwise rotation. X1 guards #2, X2 guards #3, X3 guards #4, X4 guards #5, and X5 guards #1 (you could also rotate a 6th or 7th man in at this time and rotate everybody around guarding each position).

The offense now repeats the same action in previous diagrams while being defended. When they complete it, we will rotate defenders again and so on until all defenders have guarded each position. Each player will get work at

guarding all situations. You can run all players through rather quickly in this manner. Flip offense to defense and you will have your team through in less than 10 minutes.



Fundamental Factory #6

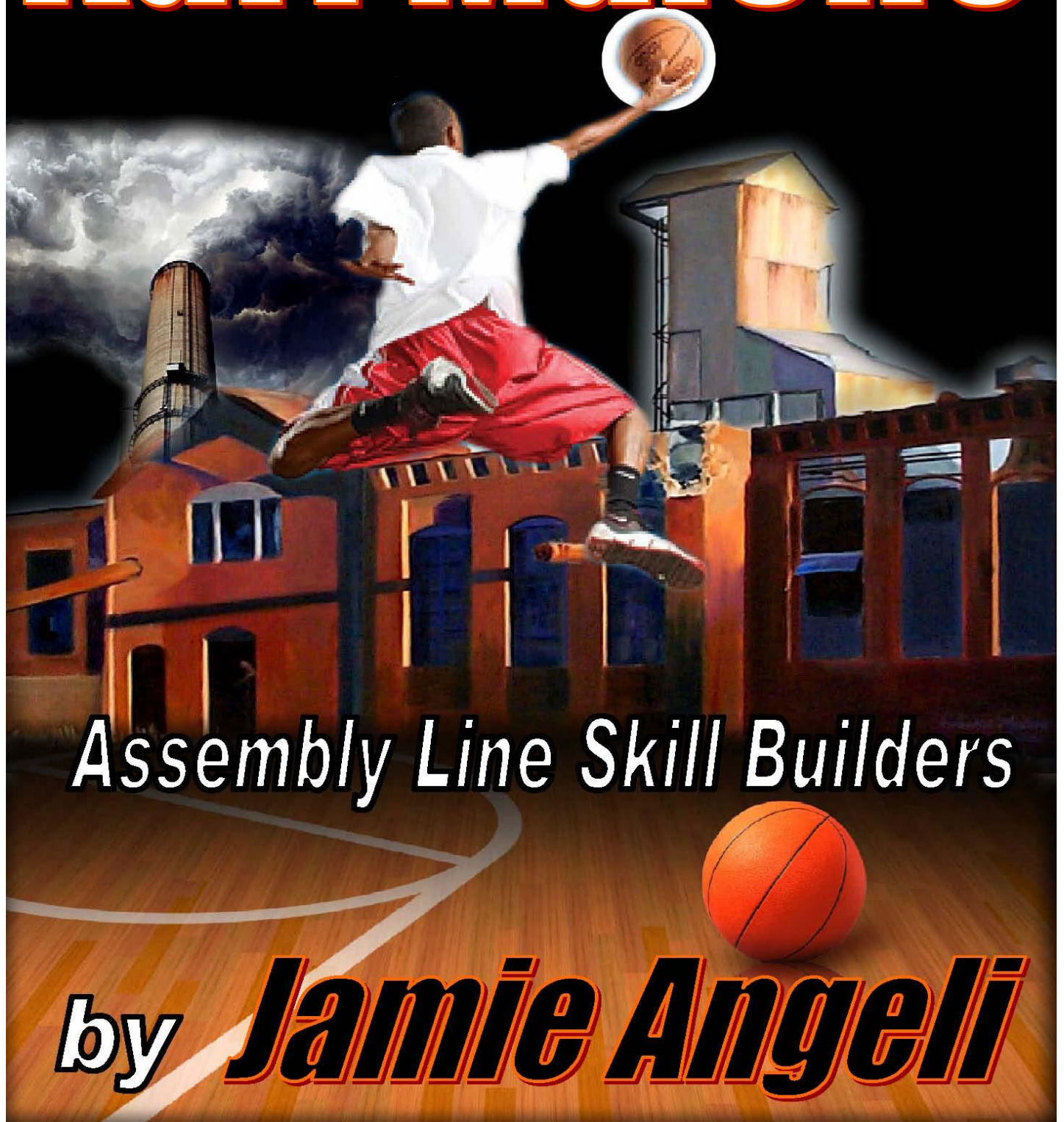
The Grinder - Part II

Your team has just had several great repetitions on guarding "game like" screening situations that emphasized:

- Closing out with hands high and with foot fire
- Ball Pressure
- Jumping to the ball on each pass
- Proper "Ball - You - Man" position
- Guarding the post
- Defending ball screens
- Defending double or double staggered screens

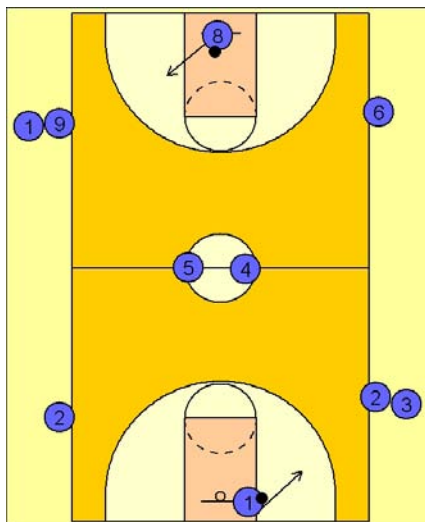
- Defending popular "flex screen" action
- Stopping dribbling penetration and recovering
- Finishing with a contested shot and rebound

Karl Malone



Assembly Line Skill Builders

by Jamie Angeli

**Karl malone****Fundamental Factory #7****Karl Malone**

Ok, I'm a bit "old school" with the name of this drill, but gave it this name many years ago when Karl Malone played exactly like this drill. Got the rebound and would be out on the break passing and catching for dunks.

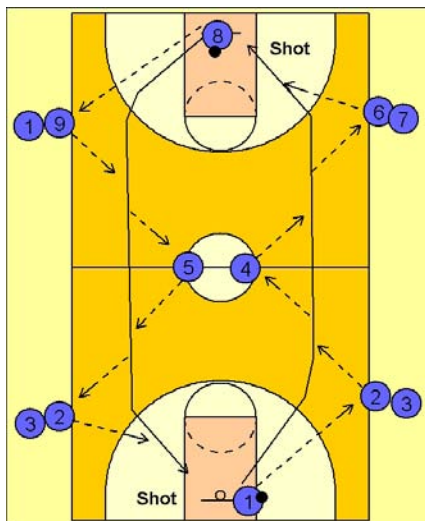
I truly think this is one of the best team drills you can implement. Great for team camaraderie - working towards one goal with skills that are within reach of all your players:

1) Catching and making passes at high speeds and 2) Finishing with a made layup.

I like to run this drill for 5 minutes (some nights right, some nights left). We

will have a goal for made layups, usually set from our best score to date (use the scoreboard - they love the visual as their numbers grow toward their goal!). Always try and raise the bar. They will usually accept your challenge of "double or nothing" if they don't make it! Which makes this more of a 10 minute drill.

This is how the court should look to begin. You need at LEAST 10 players to run this drill (I will show you an 8-man alternative at the end of this section). The line next to the basket in the direction you are going on each side must have at least two players.

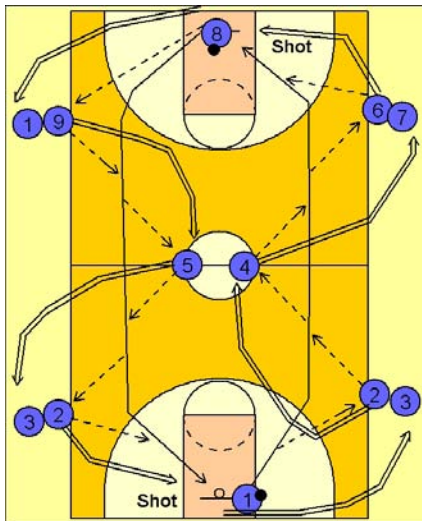
**Fundamental Factory #7****Karl Malone**

Player #1 and Player #8 start together running up their respective side lanes. They must pass to the first person in each line while running down the center of their lane. They must run with their hands up so as to quickly receive and deliver the next pass.

They receive the ball back from each line as they are running and then will finish with a made layup. They DO NOT run towards the line to make the pass, rather, they must run down the center of their lane catching the ball and making the next pass. THE BALL DOES NOT TOUCH THE FLOOR!

When the playes are finished making the layups at each end of the court, they will continue running out to the end of the line, freethrow line extended on the

other side. Let's look at the rotations as they run up the floor.



Fundamental Factory #7

Karl Malone

Let's look at the right side line. As #1 passes to #2 and then gets the ball back, #2 will run behind #1 and to the center position where #4 is standing.

#4 catches the pass from #1 and passes back quickly to #1 and then runs behind #1 to the back of the line, behind #7, free throw line extended.

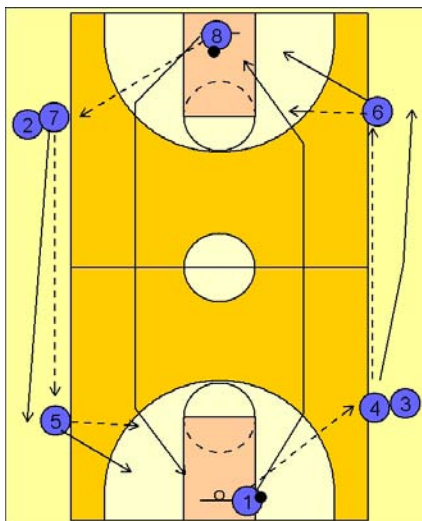
As soon as #6 passes back to #1, #1 goes in for the layup with #6 right behind him to rebound the ball out of the net.

#6 now takes the ball up the other sideline while the person who just made the trip, #1, runs behind the player waiting free throw line extended, #1 in this diagram.

This same action is taking place on the other side of the court.

When you get really good...try adding one more ball...and then another....start start them both in the middle and watch this drill really take off! No room for error!

Great conditioner with (4) basketballs. You will need 13-players for (3) balls and 14-players for (4) balls. Great summer camp drill as well!



Fundamental Factory #7

Karl Malone

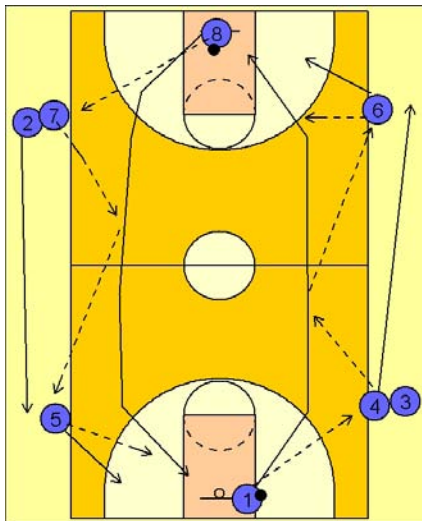
If you do not have 10 players, there is an alternative. You remove the two middle men and you can run a similar drill with (8) players - no less than (8).

Again, the line closest to the ball side you are running, must have two players.

Here we see players #1 and #8 outlet the ball to the wing players (#4 and #7). They sprint up the sideline as the wing players pass ahead to the next FT line extended player.

The player running the floor then gets the ball back near the FT line for the lay-up. Same rotations apply. Pass and follow your pass to the next line. Pass to the shooter, follow him in for the rebound and begin the next trip down

the floor.



Fundamental Factory #7

Karl Malone

One more option on the 8-man Karl Malone would be for the wing players to pass the ball back to the man running up the floor (as opposed to passing up the floor to the next receiving line).

The runner would then pass ahead to the next passing line and get the ball back for the lay-up.

Motion Builder



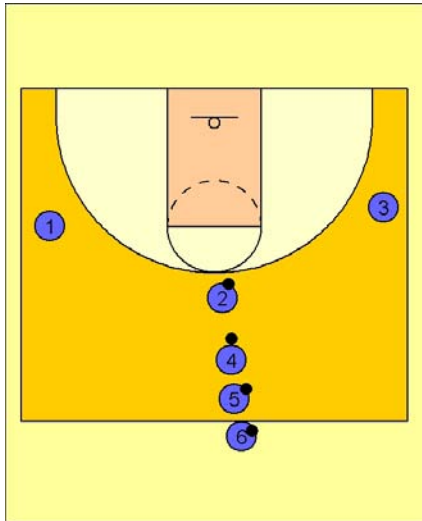
Assembly Line Skill Builders

by Jamie Angeli





Motion builder



Fundamental Factory #8

Motion Builder - Part I

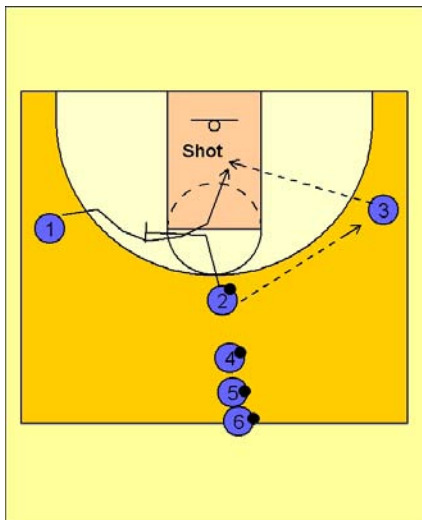
Here is the initial alignment for the Motion Builder - Part 1. YOU WILL NEED AT LEAST 4 PLAYERS AND 2 BASKETBALLS TO RUN THIS DRILL.

Three players start the drill. Ball starts on the top that has fourth player or additional players lined up.

Here we see #2 ready to start the drill.

Now...get ready to move and shoot, stressing these fundamental keys in this ENTIRE Motion Builder Series:

- game quickness
- hands are always up to receive the pass
- call for the basketball
- screener raise fist in the air and call person's name they are screening for
- proper screening angles
- great passes lead to great shots!



Fundamental Factory #8

Motion Builder - Part I

#2 starts the drill by passing to #3 on the right wing.

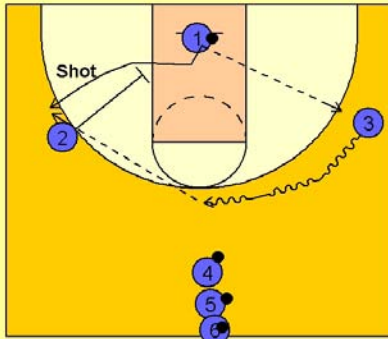
#2 sets up a good screening angle for #1 on the left wing. #1 sets up his man and "curls" off the screen from #2.

#3 delivers the pass to #1 in the lane for the layup.



Fundamental Factory #8

Motion Builder - Part I



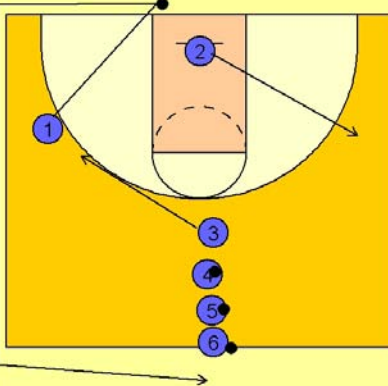
As soon as #1 makes the layup, he rebounds his own shot, takes the ball out of the basket and outlets the ball to PLAYER WHO JUST GAVE HIM THE ASSIST. #1 passes to #3.

#3 centers the ball on the dribble while #2 sets a down screen on the left low block area.

#1 sets up his defender and comes off the screen looking for the open jump shot on the left wing. #1 will take the shot.

Fundamental Factory #8

Motion Builder - Part I



The shooter, #1, will get his own rebound and get off the floor and return to the end of the line on top.

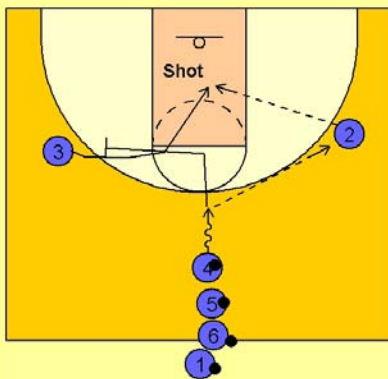
#2, after down screening, pops out to the vacant wing spot on the right side of the floor.

#3 continues in the direction he was dribbling and fills the open wing vacated by the shooter #1.

The next person in line with the ball, #4, quickly steps in and is ready to start the next session.

Fundamental Factory #8

Motion Builder - Part I



#4 dribbles up into the drill and enters the ball to #2 on the right wing.

#4 then sets a screen for #3 on the left wing.

#3 sets up his defender and "curls" around the screen set by #4.

#2 delivers the pass to #3 inside for the layup.



Fundamental Factory #8

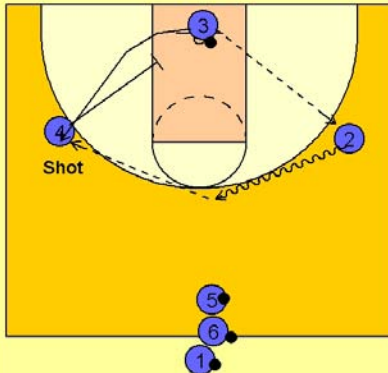
Motion Builder - Part I

Again, the shooter, #3, gets his own shot out of the net and outlets the ball TO THE PLAYER WHO GAVE HIM THE ASSIST. #3 outlets to #2 on the right wing.

#2 centers the ball on the dribble while #4 sets a down screen for #3.

#3 sets up his defender and comes off the down screen from #4, looking for the open jump shot on the left wing.

#2 makes the pass to #3 and #3 takes the shot.



Fundamental Factory #8

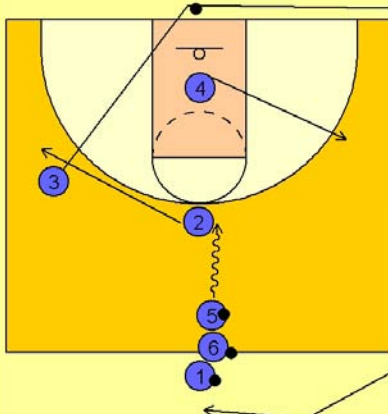
Motion Builder - Part I

The rotations remain the same. The shooter, #3, gets his own rebound and hustles off the floor and returns to the center line. #4 takes the open wing on the right side while #2 replaces the shooter on the left wing. #5 dribbles into the play and is ready to begin the next session.

Run the drill for as long as you want! Put a TIME LIMIT or perhaps a SHOT MADE GOAL before they can stop. You may also want to split your team up into two groups and run this drill at each basket and compete for shots made in a time limit - or first team to make a certain number of shots.

Your players will love this drill! They are learning great fundamentals of the game through plenty of repetitive game shots while developing the necessary

conditioning and communication.



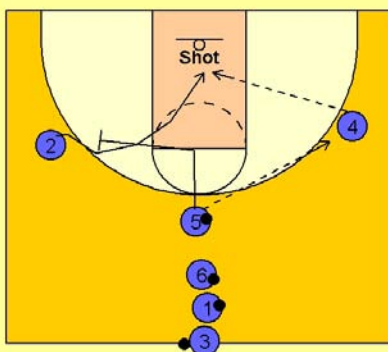
Fundamental Factory #8

Motion Builder - Part II

In "Part Two" of the Motion Builder we move the angle of the second screen.

The drill starts the same with the top man, #5, passing to the right wing player, #4, and then cuts down to the FT line and out to the wing to set a screen for #2.

#2 curls off the screen, receives the pass from #4 and shoots the lay-up.



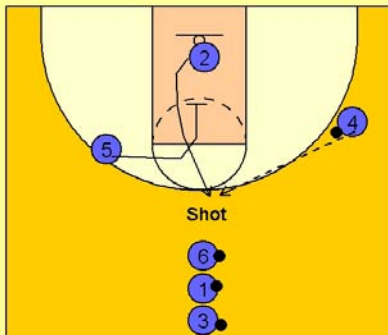


Fundamental Factory #8

Motion Builder - Part II

As soon as #2 curled off the screen, #5 will come back towards the FT line and then down to the dotted line area in the middle of the lane.

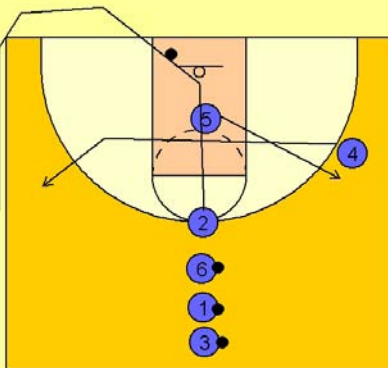
#5 screens for #2 and breaks up to the top for the jump shot.



Fundamental Factory #8

Motion Builder - Part II

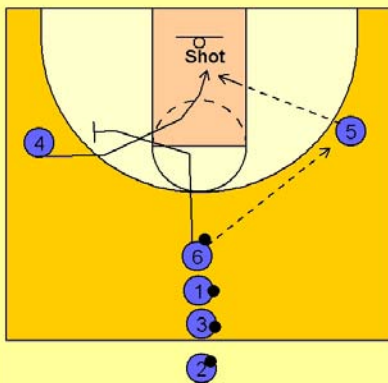
The rotation remain the same. The shooter, #2, follows his shot and gets his rebound. He then goes to the end of the line on top. The screener, #5, breaks out to the right wing, while the passer, #4 cuts across to the left wing.



Fundamental Factory #8

Motion Builder - Part II

#6 now passes to #5 and sets a screen on the left wing for #4. #4 curls in the lane and receives the pass from #5 for the lay-up.



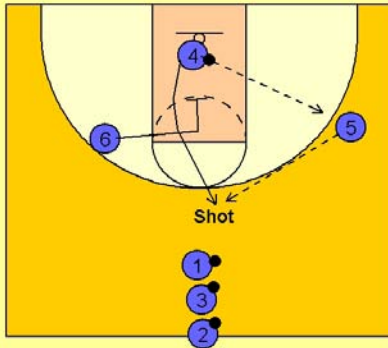


Fundamental Factory #8

Motion Builder - Part II

#6 cuts back into the lane as soon as #4 had curled off his screen. He is now in position to set the down screen near the dotted line in the mid-lane area.

#4 will pass the ball out to #5 on the right wing and then pass to #4 on top for the jump shot.



Fundamental Factory #8

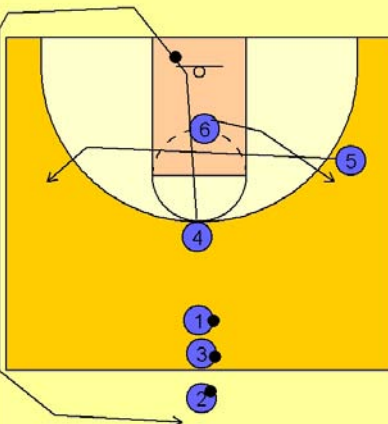
Motion Builder - Part II

Players quickly rotate. The shooter gets his own rebound and gets off the floor and back to the end of the line on top.

The screener, #6, breaks out to the right wing.

The passer, #5, cuts across the court out to the left wing.

On Motion Builder Part I, II and V, make sure to get equal repetitions on both sides of the floor.



Fundamental Factory #8

Motion Builder - Part III

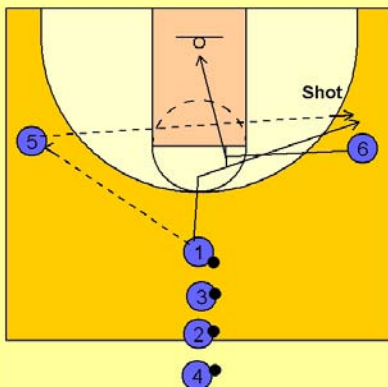
"Part Three" works on flare screens.

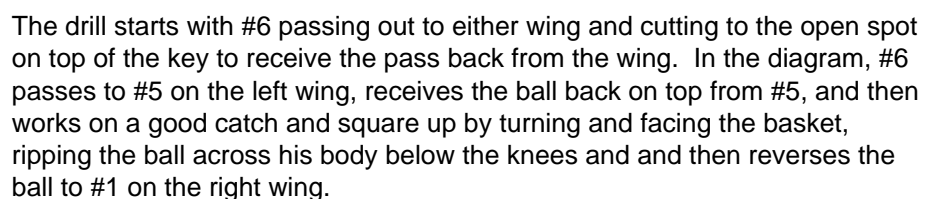
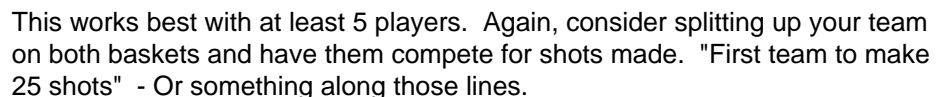
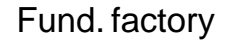
Here we see the first player in line entering the ball to either wing to start the drill.

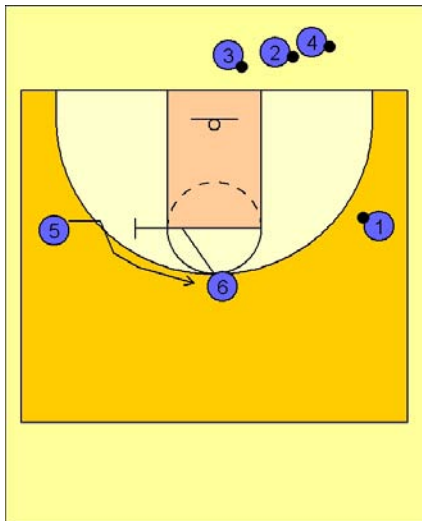
#1 passes to #5 on the left wing. #6 sprints in and sets a back screen on #1's imaginary defender. #1 cuts down to the FT line area after his entry pass and then uses a flare cut over the top of the screen by #6.

#5 skips to #1 on the right wing for the shot.

#6 screens and cuts to the basket for the rebound. He may tip-in misses.





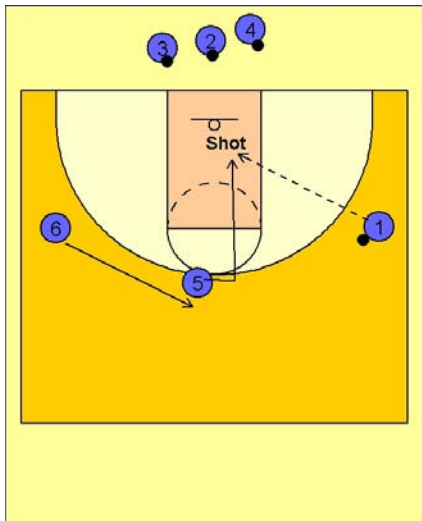


Fundamental Factory #8

Motion Builder - Part IV

After passing to #1 on the right wing, #6 will screen away on the perimeter for #5 on the left wing. A common action in the motion offense.

#5 breaks off the screen to the top of the key area.

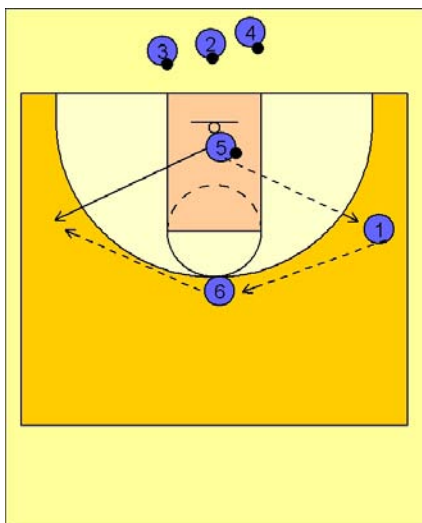


Fundamental Factory #8

Motion Builder - Part IV

On the first cut to the top in this group, #5 will make a basket cut and receive the ball from #1 for the lay-up.

#6, recognizes that #5 cut to the basket, fills up on top to keep proper spacing and floor balance.

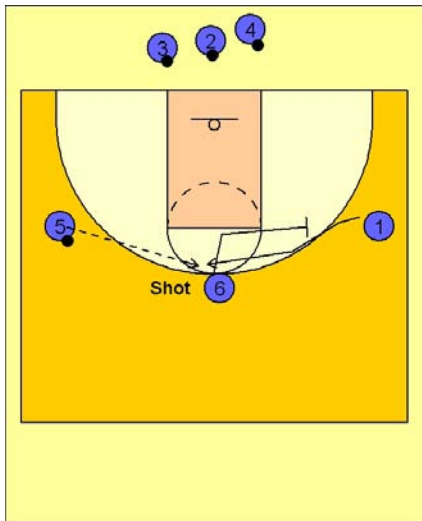


Fundamental Factory #8

Motion Builder - Part IV

#5 gets his own rebound out of the net and outlets the ball TO THE MAN WHO GAVE HIM THE PASS FOR THE LAY-UP (#1).

#5 passes to #1 and cuts out to the open spot on the floor - the wing on the left side. #1 catches and reverses the ball to #6 on top and again works on a good catch and square up by turning and facing the basket, ripping the ball across his body below the knees and then passes to #5 breaking out on the left wing.

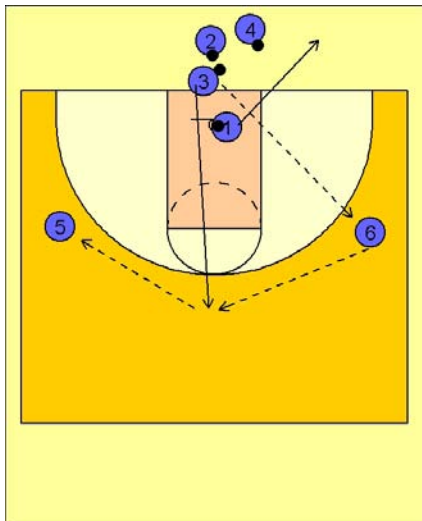


Fundamental Factory #8

Motion Builder - Part IV

Once #6 passes to #5 we will now work on a screen away jump shot with this three man group.

#6 screens away for #1, who cuts off the screen looking for the jump shot at the top of the key.



Fundamental Factory #8

Motion Builder - Part IV

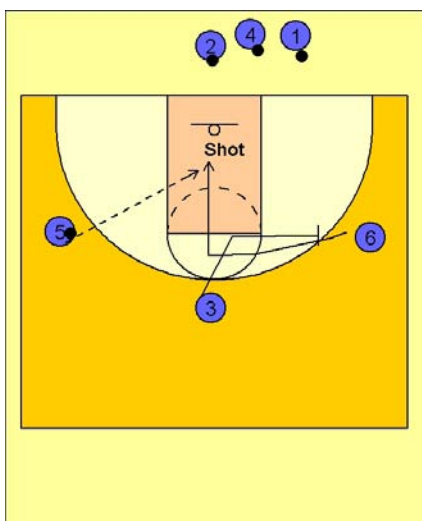
#1 will rebound his own shot and get off the floor as quickly as possible.

As soon as #1 shoots the jump shot, the next person in line, #3, is ready to start the next series.

As I told you in the beginning, IT IS VERY IMPORTANT that #3 remember which wing started the drill before him. He will now pass the ball out to the OPPOSITE WING. So, #3 knows to start this series by passing out to #6 on the RIGHT WING.

#3 passes to #6 on the right wing and then cuts to the open spot on the floor at the top of the key to receive the ball back from #6. #3 then reverses the ball

to #5 on the left wing.



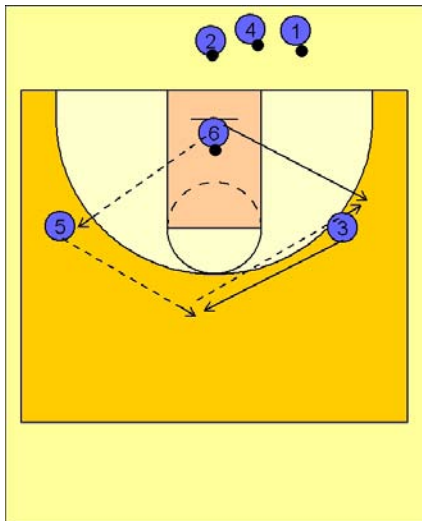
Fundamental Factory #8

Motion Builder - Part IV

The drill will continue in the same manner as the first group.

#3 had passed to #5 on the left wing and then screens away for #6 on the right wing.

Since this is the FIRST screen away with this group, #6 will cut to the top and then make a basket cut and receive the ball back from #5 for the lay-up.



Fundamental Factory #8

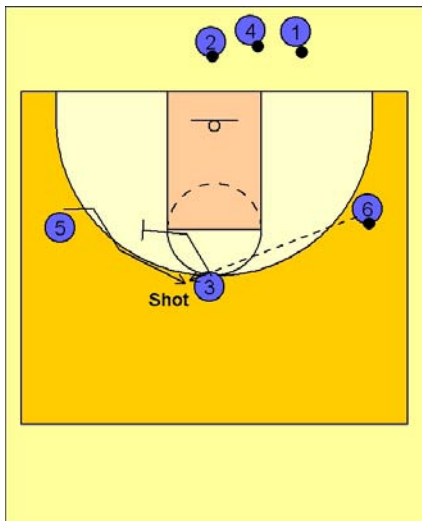
Motion Builder - Part IV

Again, #3 will recognize the empty hole on top created by #6's back cut, and will fill out on top for proper floor balance and spacing.

#6 gets his lay-up out of the net and passes back to THE MAN WHO GAVE HIM THE PASS FOR THE LAY-UP (#5).

Here #6 passes to #5 on the left wing and then breaks out to the open spot on the floor - the wing area on the right.

#5 reverses the ball to #3 on top who then works on a good catch and square up by turning and facing the basket, ripping the ball across his body below the knees and then passes the ball to #6 on the right wing.

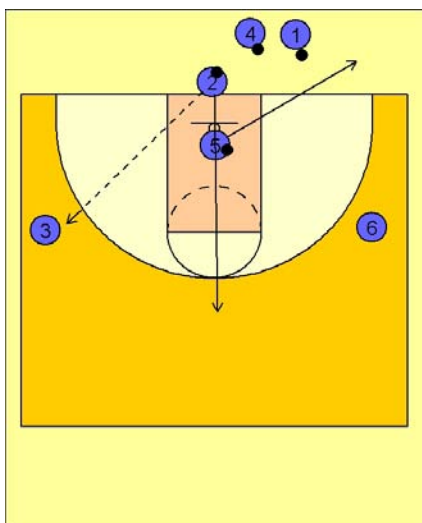


Fundamental Factory #8

Motion Builder - Part IV

Since this is the 2nd screen away action, we are working now on setting up the jump shot at the top of the key.

#3 screens away for #5 who sets up his man, and comes off the screen for the jump shot at the top of the key.



Fundamental Factory #8

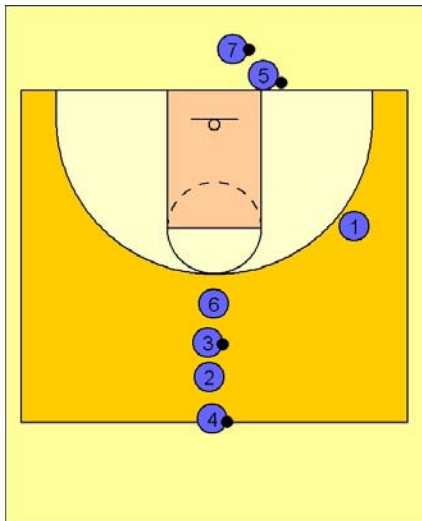
Motion Builder - Part IV

#5, as always, will rebound his own shot and get off the floor.

As #5 was shooting the jump shot, the next person in line, #2, is ready to start the next series by passing the ball out TO THE OPPOSITE SIDE OF THE FLOOR THE LAST GROUP STARTED WITH.

Here #2 passes to #3 on the left wing and breaks out to the open spot on the floor - the top of the key area.

And the drill continues....



Fundamental Factory #8

Motion Builder - Part V

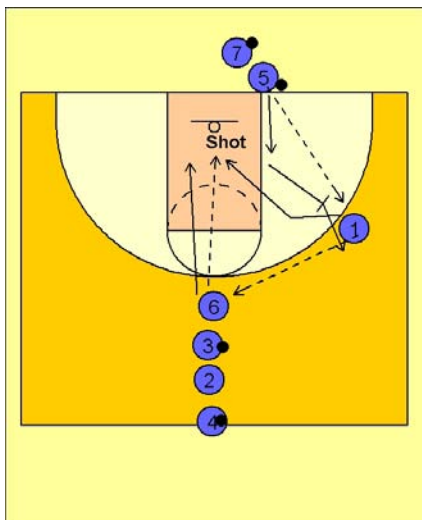
Our last series in this Motion Builder, "Part Five" involves the use of the back screen and the shots associated with it.

You need a minimum of (6) players to run this drill, although it will run better with (8). One player will start with a ball under the basket (#5). One player will be on either wing WITHOUT a basketball (#1).

The players on top will be spaced in such a way that the First and Third players DO NOT have basketballs. Second and Fourth will have basketballs. You need to have even numbers in the top line.

Any ADDITIONAL players should be under the basket behind #5 holding a

basketball (#7).



Fundamental Factory #8

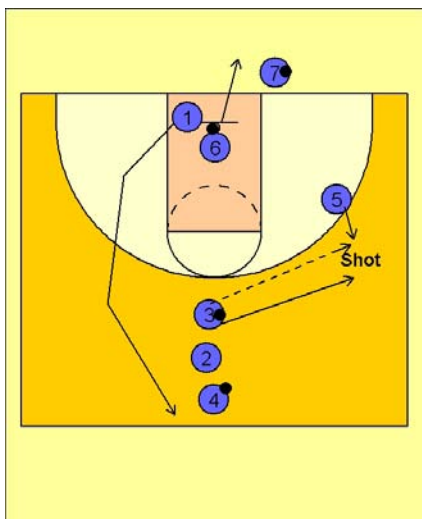
Motion Builder - Part V

The drill begins with #5 passing out to #1 on the right wing. #5 steps into the post area waiting for #1 to reverse the ball to #6 on top.

As soon as #1 passes the ball to #6, #5 will step out and set a back screen on the passer, #1.

#1 cuts to the basket off the back screen and receives the ball back from #6 for the lay-up. The rules for the top line are always the same. Pass and follow your pass. #6 passed to #1 and follows his pass in the lane.

#5 has set the back screen on #1 and then popped out to the right wing.



Fundamental Factory #8

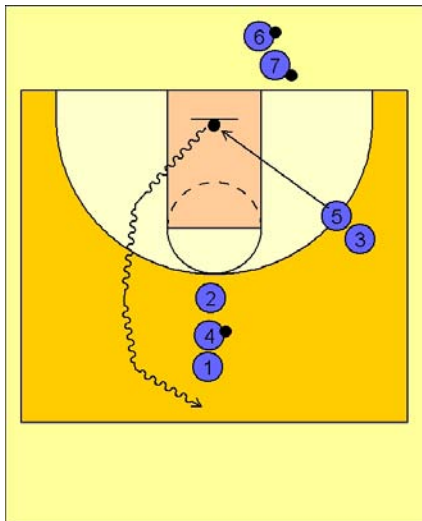
Motion Builder - Part V

#6 will get #1's rebound out of the net and get to the back of the OB line. #1 shoots the lay-up and hustles to the back of the top line.

#5 had just finished back screening for #1 and then popped out, or "shaping up" to receive the next pass from #3 and the jump shot.

#5 may step out and receive the pass for a three point shot or, he may screen and step to the ball and shoot the elbow jump shot if he is not a 3 point shooter.

As with the rule for the top line, #3 passes to #5 and "follows his pass" to the right wing.

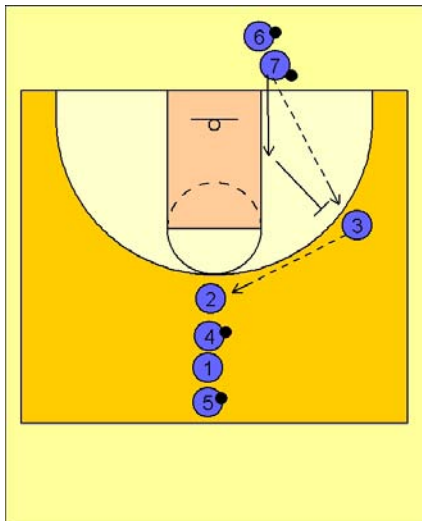


Fundamental Factory #8

Motion Builder - Part V

#5 takes the jump shot and follows his own shot, gets his rebound, and hustles back to the back of the top line.

#7 has the ball under the basket and is ready to start the next series.



Fundamental Factory #8

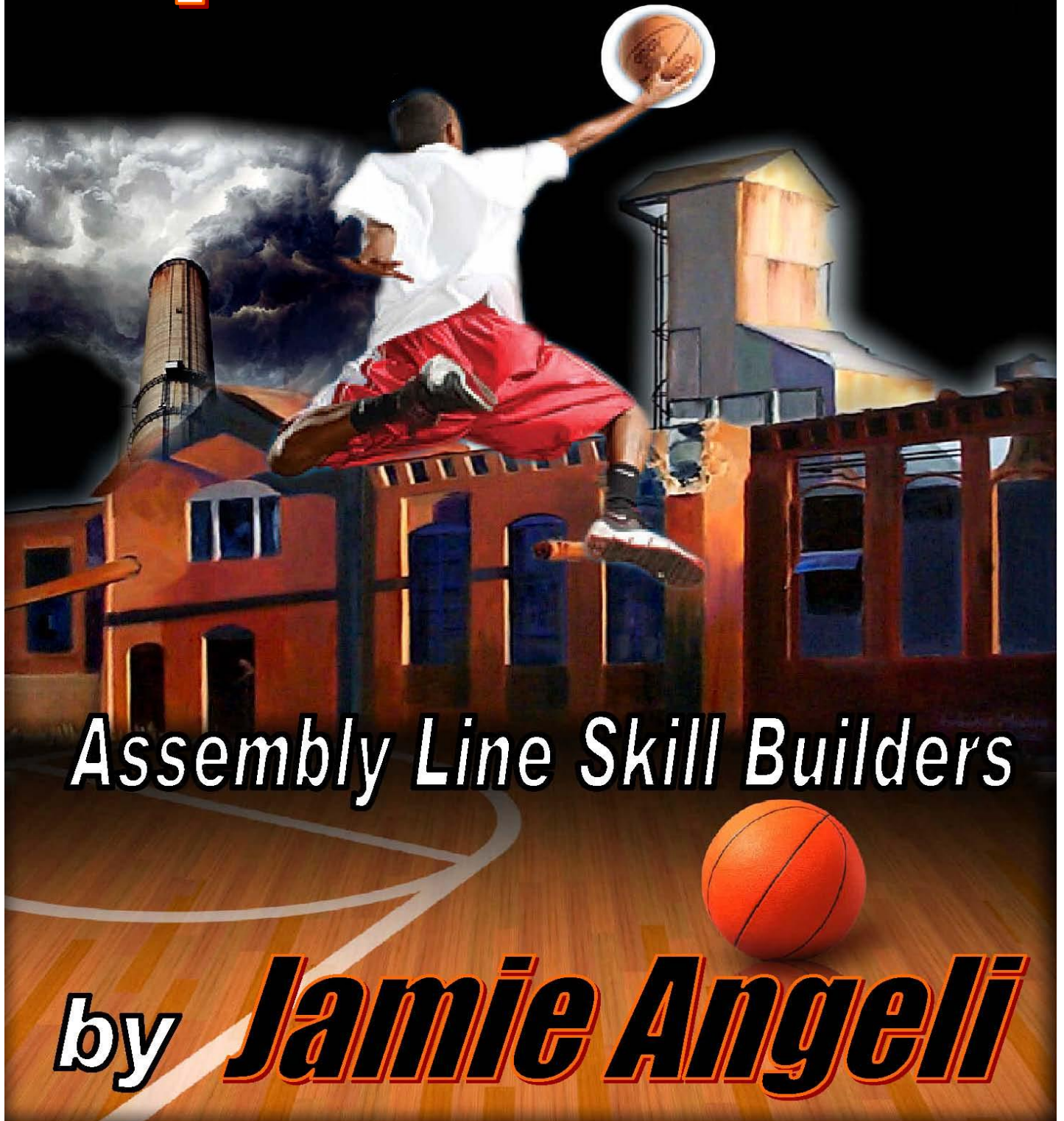
Motion Builder - Part V

#7 passes out to #3, steps in the lane and then waits for #3 to reverse the ball to #2 on top.

#7 will set the back screen for #3 and the rotation will continue the same as in the previous diagrams.

Players in the top line have to remember to always "follow their pass" in order to keep the right rotation.

Triple Shot Weave

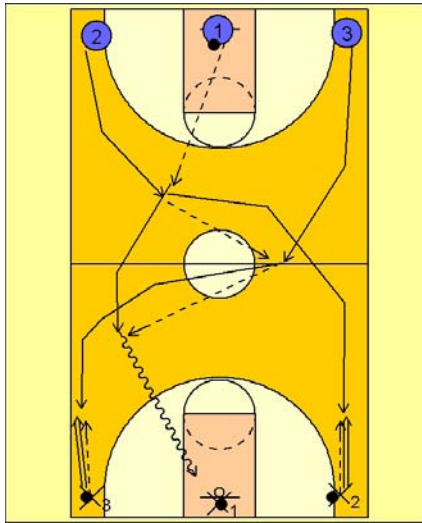


Assembly Line Skill Builders

by Jamie Angeli



Triple shot weave



Fundamental Factory #9

Triple Shot Weave

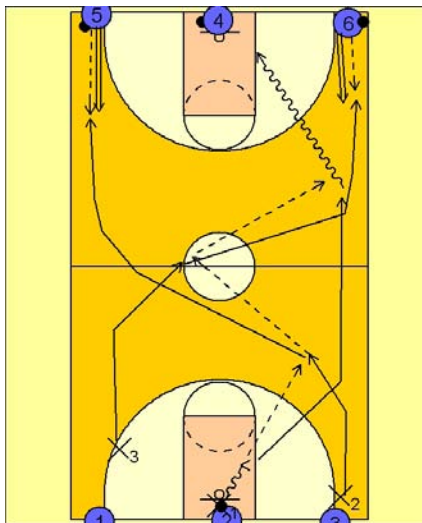
Split your team up into groups of 3 put half under each basket in three lines.

The drill starts with #1, #2 and #3 executing a 3-man weave down the floor. They will make (3) passes. #1 passes to #2 and cuts behind #2. #2 passes to #3 and cuts behind #3. #3 passes to #1 and cuts behind #1

#1 then takes the ball to the basket for the lay-up, or he can pull up for the jump shot.

#2 and #3 continue running their lanes and will receive a pass from X2 and X3 waiting out of bounds with basketballs. X2 and X3 will pass the ball out and then execute a good close-out on #2 and #3.

#2 and #3 take jump shots on the wings and rebound their own shots.



Fundamental Factory #9

Triple Shot Weave

X1 now starts the three man weave with X2 and X3 in the other direction. #4, #5 and #6 are waiting at the other end to make the appropriate passes to the wing players.

X1 now drives the ball to the basket while X2 and X3 shoot wing jumpers from passes they receive from #5 and #6 on the end line. #5 and #6 pass the ball out and close out on the shooters.

#4, #5 and #6 now attack the other basket and the drill continues.

Set a time limit of 10 minutes and a goal for baskets made, including the lay-ups (if you allow the guard in the middle to shoot the lay-up). Keep track

on the score board if possible. Great conditioner and skill developer.

The Gauntlet

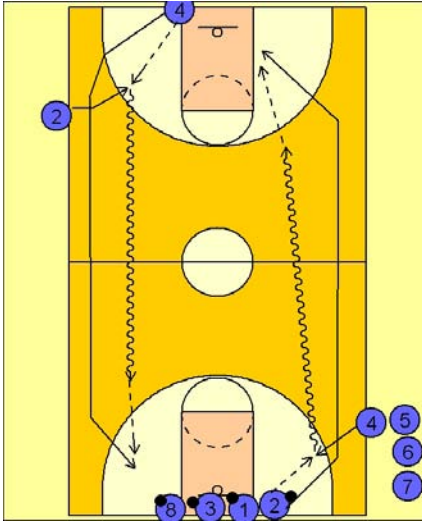


Assembly Line Skill Builders

by Jamie Angeli



The gauntlet



Fundamental Factory #10

The Gauntlet

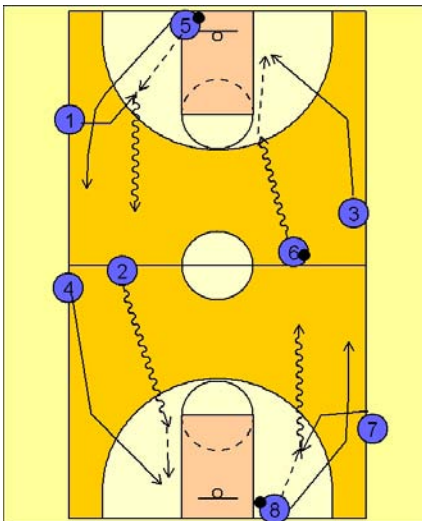
This is a progressive full court drill series starting with 2 on 0 and building up on each new drill. It will emphasize and teach: good passing; the speed dribble; lay-ups against pressure; defensive hustle, transition and communication; and conditioning.

For the first drill, the team will break up into groups of two. The first twosome starts with one player, #4, cutting to the basketball to receive the inbounds pass from #2. #4 speed dribbles the length of the court to the free throw line, and passes off to #2, who has cut full-speed up the sideline, and then 45 degrees to the hoop, for the lay-up.

The non-shooter, #4, grabs the rebound out of the net, before it can hit the

floor, steps out of bounds and passes quickly into #2, who is now on the opposite wing, and has cut onto the floor and to the basketball to receive the pass. They now repeat the drill up the other side of the court.

The next twosome in line starts when the first twosome reaches half court. The drill is continuous, no stopping.

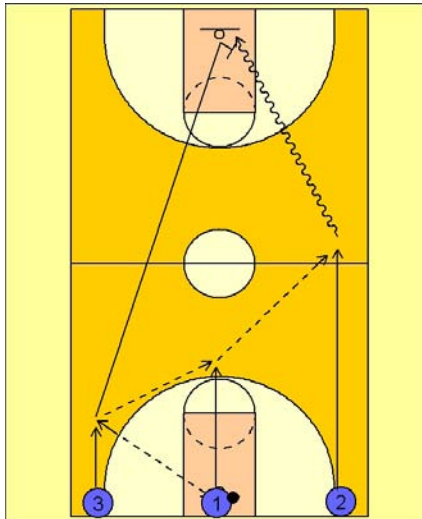


Fundamental Factory #10

The Gauntlet

Important Points:

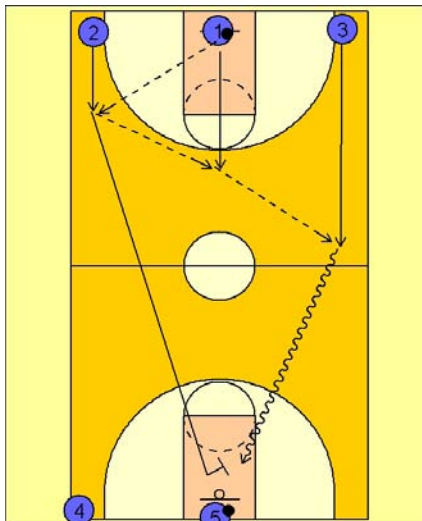
- Stress that the re-bouncer quickly snatch the ball out of the net and get it in-bounds, while his partner should be ready for the reception on the wing.
- The dribbler speed dribbles and comes to a jump stop before making the bounce pass for the lay-up.
- The shooter receives the pass on the move, makes the jump stop to get control, and lays the ball in off the glass.



Fundamental Factory #10

The Gauntlet

Our next series starts with groups of (3) under the basket. #1 passes to either wing. Each player sprints up the floor, staying in his lane. After passing to the first wing, the wing passes back to #1 and then sprints to the other end of the floor to try and stop the other wing from scoring.



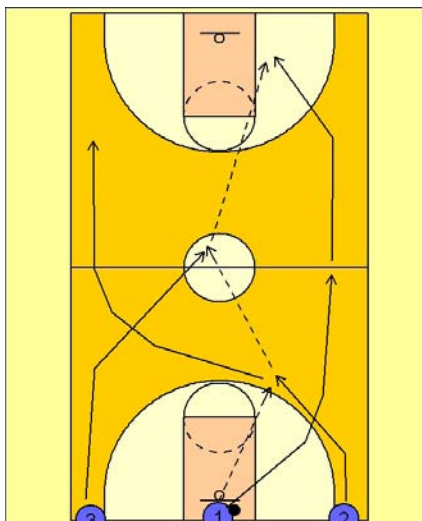
Fundamental Factory #10

The Gauntlet

#1 rebounds and starts the drill back up the floor.

#1 MUST pass the ball FIRST to the player WHO WAS NOT ON OFFENSE on the first trip down the floor. Here we see #1 passing to #2 to start the trip back up the floor. This is not only good for giving someone else a chance to play defense, but it also reinforces to #2 about the importance of trying to score on offense on one end and then getting back to defend the basket on the other end, regardless of if you score or not.

In this trip back #3 attacks the basket from the left side while #2 sprints back to stop the lay-up. Three more players are ready to start once these players complete the play.

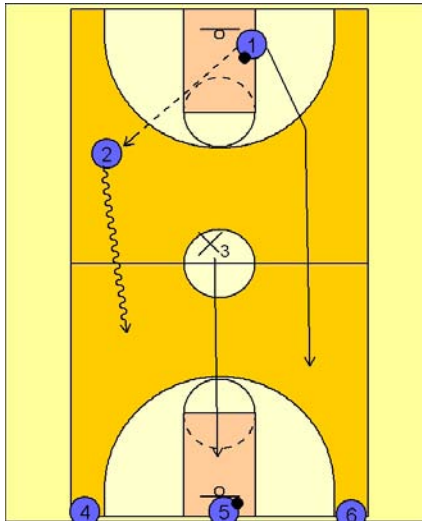


Fundamental Factory #10

The Gauntlet

Once the entire team has gone through the first progression described in the earlier diagrams, we will move on to the next progression of "The Gauntlet".

We remain in the same three man groups. This time they will execute a three-man weave down the floor, only making three passes for the lay-up. This will force the players to cover as much ground as possible while running as fast as they can. The middle man must stop and wait for #1 if he is not ready to catch the ball for the lay-up. There are no dribbles allowed in this drill.



Fundamental Factory #10

The Gauntlet

On the way back we will play 2 vs. 1.

The player who made the pass for the score is back on defense. #3 made the pass to #1 in the last diagram, so he is now the back defender.

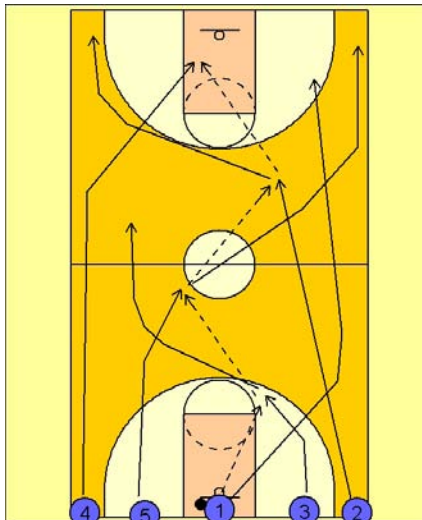
#1 or #2 MUST take the ball out of bounds first!

#1 outlets the ball to #2 and we attack up the floor, 2 on 1, trying to score.

The offensive player is encouraged to keep attacking the basket until he "engages" the defender. When the defender plays him, then he should look for the pass off to #1 (or vice versa). If he is not stopped, he should continue

to the basket for the lay-up.

Three new players are waiting to begin their session.



Fundamental Factory #10

The Gauntlet

Once the entire team has gone through the 3 on 0 weave down / 2 on 1 back, we will move to a 5-man weave.

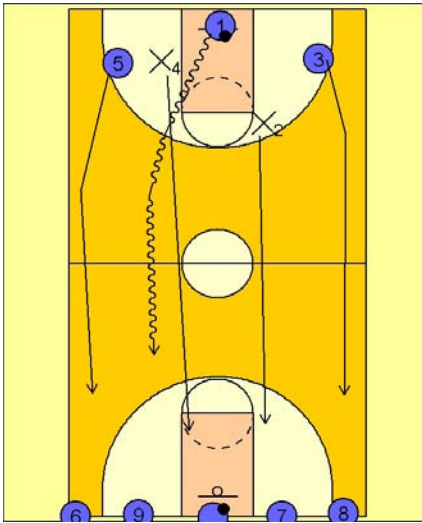
This series will involve (3) trips:

- 5 on 0 first trip
- 3 on 2 second trip
- 2 on 1 third trip

#1 enters the ball to #3 and then cuts behind two players on the right side of the floor (#3 and #2). #3 will pass to #5 and then cut behind two players on the left side of the floor (#5 and #4).

#5 passes to #2 and cuts behind #2 and #1 on the right side of the floor.

By this time #2 should be ready to make the pass to #4 for the lay-up.



Fundamental Factory #10

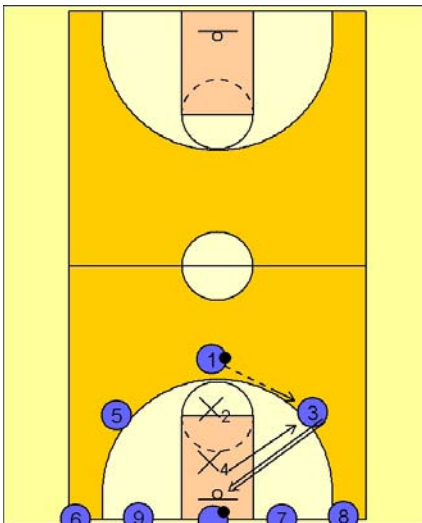
The Gauntlet

On the way back we will play 3 offense vs. 2 defenders.

#1, #3 or #5 MUST take the ball out of bounds first!

The rule is: The person who made the pass for the lay-up and the person who shot the lay-up will hustle back on defense. #4 made the lay-up and #2 passed to him - so both are sprinting back on defense.

#1, #3 and #5 push the ball up the floor trying to score against X4 and X2.



Fundamental Factory #10

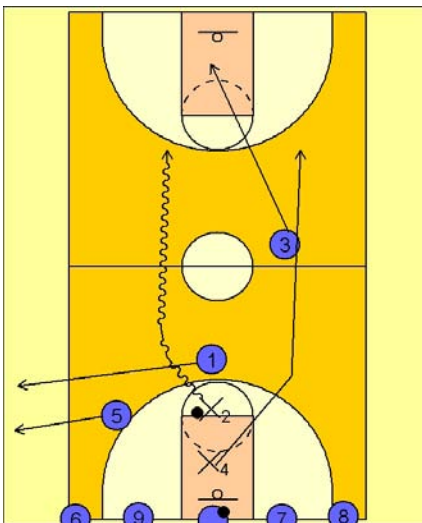
The Gauntlet

After we play 3 on 2, we still have a third and final trip to make in this particular series.

We will finish 2 on 1.

The rule is: The person who shoots the ball in the 3 on 2 trip, will sprint back on defense. If there is no shot because of a turnover, the person who made the pass for the turnover will get back on defense.

The two players playing defense (X2 and X4) will now take the ball down the floor 2 on 1 (against #3), since #3 shot the ball in this diagram.

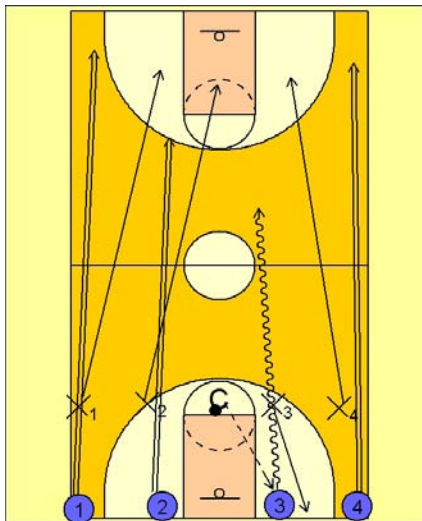


Fundamental Factory #10

The Gauntlet

As X2 and X4 attack the basket against #3, 5 more players are waiting to begin their (3) trips and the 5-man weave down the floor as soon as the 2 on 1 is completed.

X2 or X4 MUST take the ball out of bounds first!



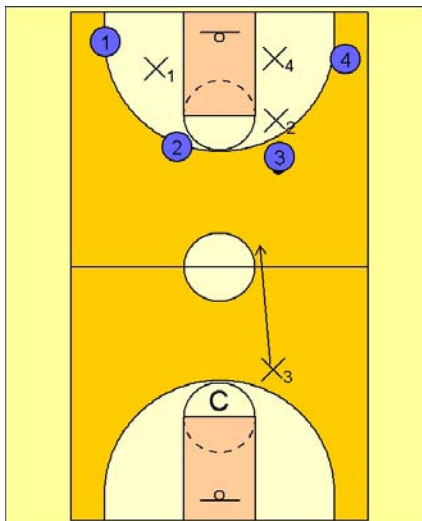
Fundamental Factory #10

The Gauntlet

Our last series in "The Gauntlet" might be my favorite. I think 5 vs. 4 or 4 vs. 3 is one of the best ways to teach your team to be tough defensively, how to rotate, and the philosophy of "collective" effort to stop an opponent - not the "your man / my man" mentality. This drill will really help in that regard.

The drill starts with (4) offensive players along the endline. (4) defensive players are matched up across the FT line in front of them (facing them).

The coach is at the FT line with the basketball. The coach starts the drill by passing to one of the (4) offensive players. Whomever he chooses, that corresponding defensive player must sprint to the endline and touch before getting back on defense.

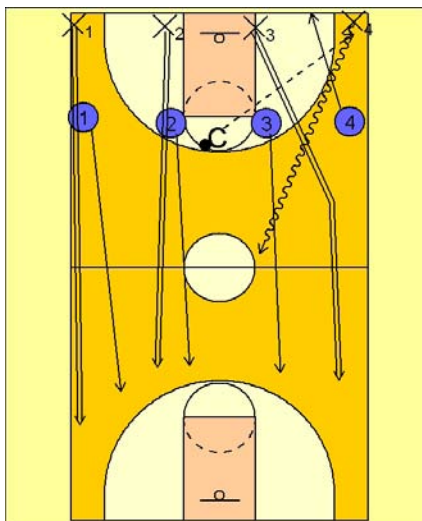


Fundamental Factory #10

The Gauntlet

As you can see, offensive players #1, #2, #3 and #4 are attacking defensive players X1, X2 and X4. These (3) defenders must stop the ball and keep them from scoring long enough for X3 to get back in the action.

This teaches great communication, hustle in transition, and the ability to anticipate the next pass.



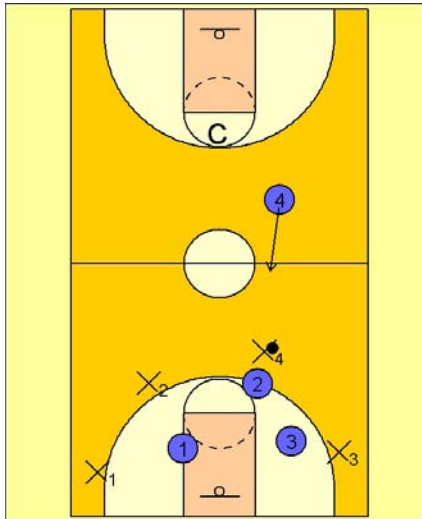
Fundamental Factory #10

The Gauntlet

Once the offensive team scores or is stopped, we will turn the teams around and come back in the other direction.

Here we see the coach throwing the ball to #4 with his defender, X4, sprinting to touch the endline before getting back on defense.

The offense players push the ball hard in hopes of scoring against 3 defenders - rather than be stopped and play against 4 defenders.



Fundamental Factory #10

The Gauntlet

We conclude the drill 4 offense vs. 3 defense with #4 sprinting in behind to even up the teams.

This concludes our progression series in "The Gauntlet".



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