

FUNDAMENTAL FACTORY



Assembly Line Skill Builders

by Jamie Angeli



FUNDAMENTAL

FACTORY

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FUNDAMENTAL FACTORY



Introduction

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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.

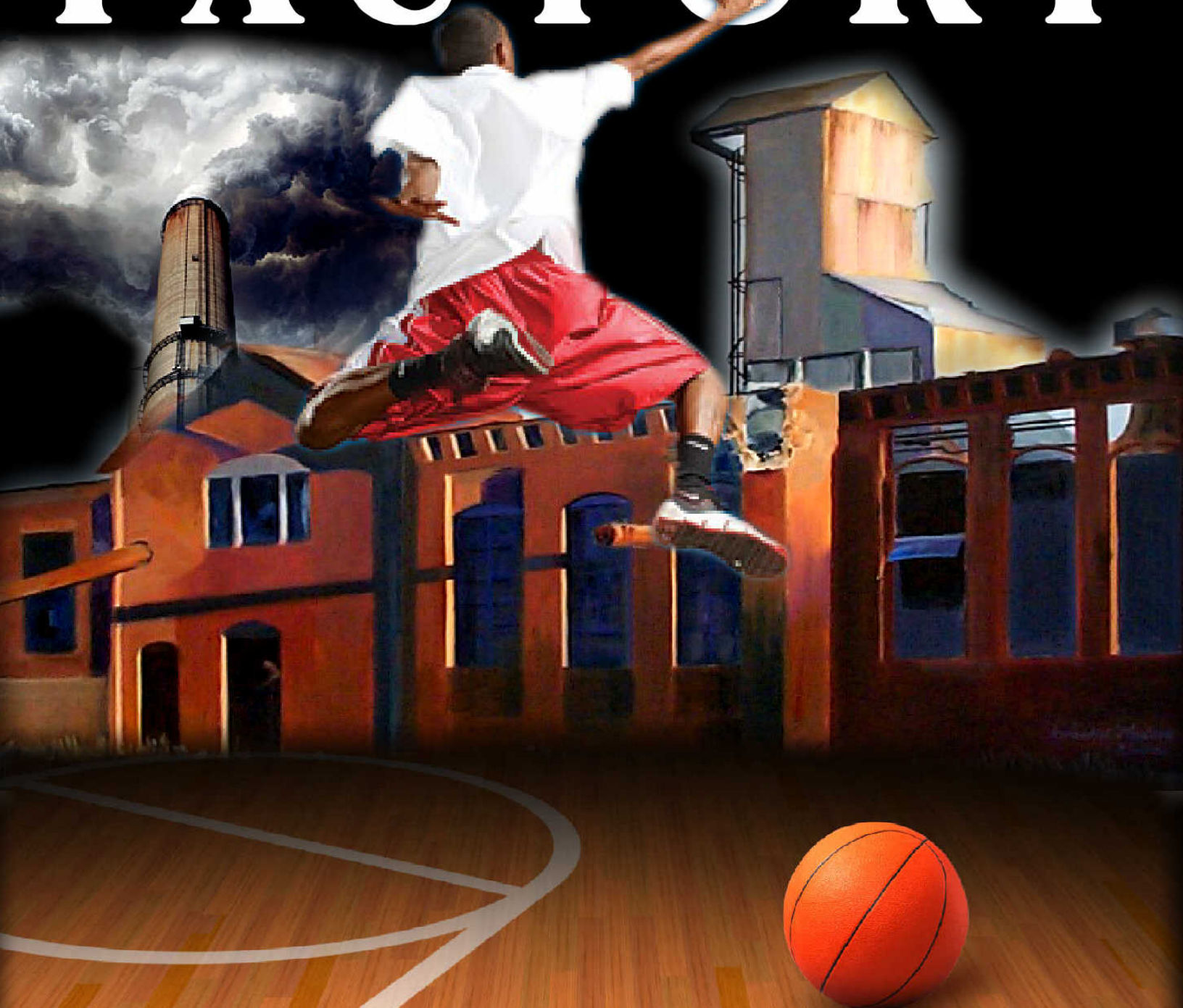
Let’s take this one step further. Think about what you would see if you observed an assembly line in a factory. I have had such an experience. I noticed an almost choreographed — like precision to the steps involved in creating the finished product. It was truly awesome to see. I watched something start, 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 offensive 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!



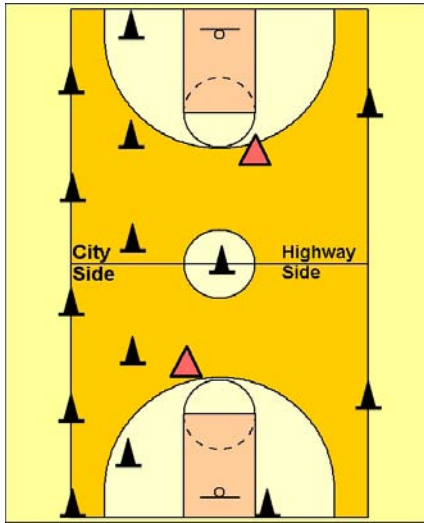
FUNDAMENTAL FACTORY



The Shredder



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.

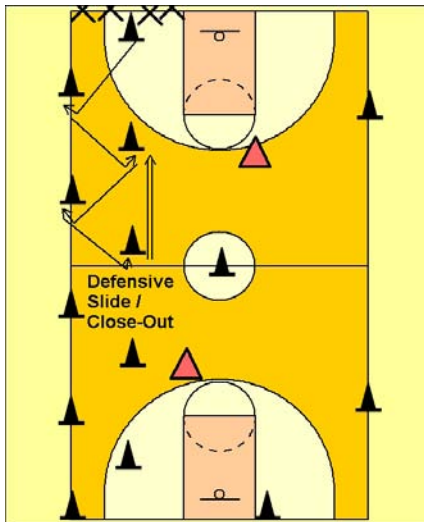
(10) cones on the left side of the floor spaced evenly as shown in the diagram

(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

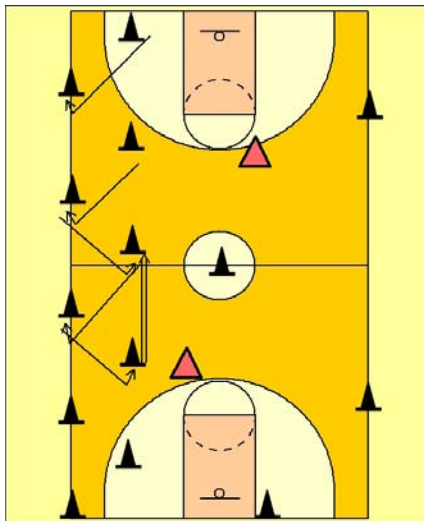
The Shredder

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.



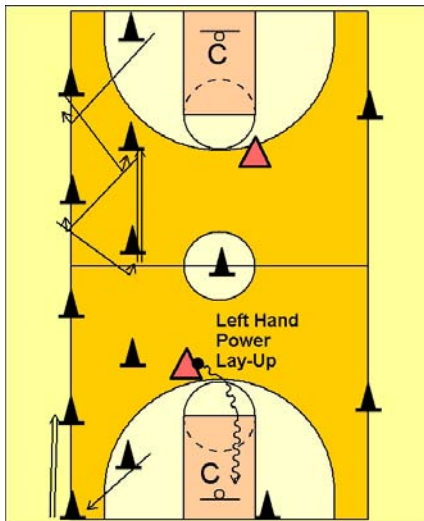
Fundamental Factory #1

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".



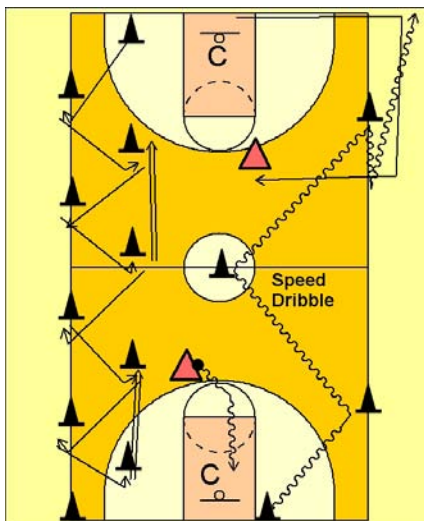
Fundamental Factory #1

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

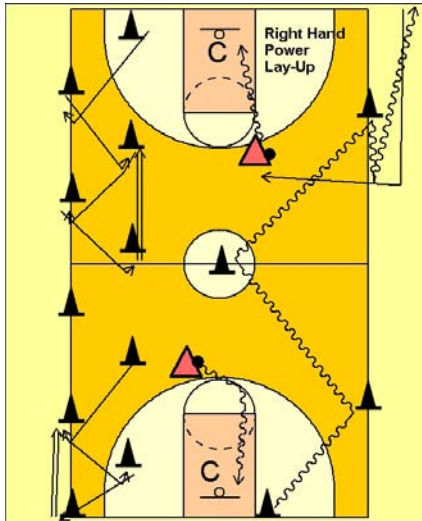
Once he shoots the lay-up and gets his own rebound, he moves to behind the cone on the endl ine on the right side of the floor. Now he is in the "highway area" and will work on handling the ball in the open court.

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 than 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

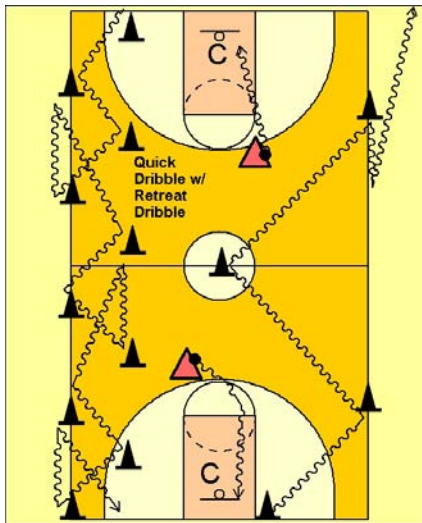
The Shredder

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

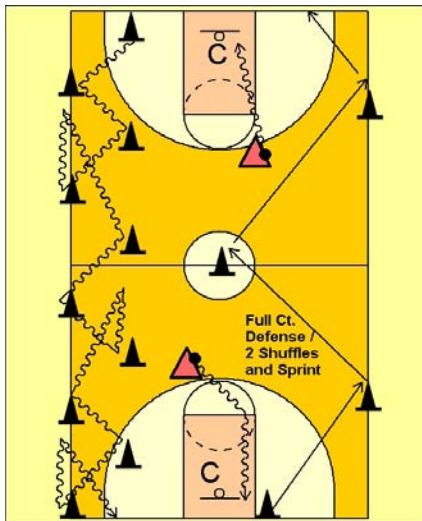
The Shredder

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 endlane.

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 endlane. 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!