



DRILLBOOK

Pure Sweat Basketball Drills

by Drew Hanlen

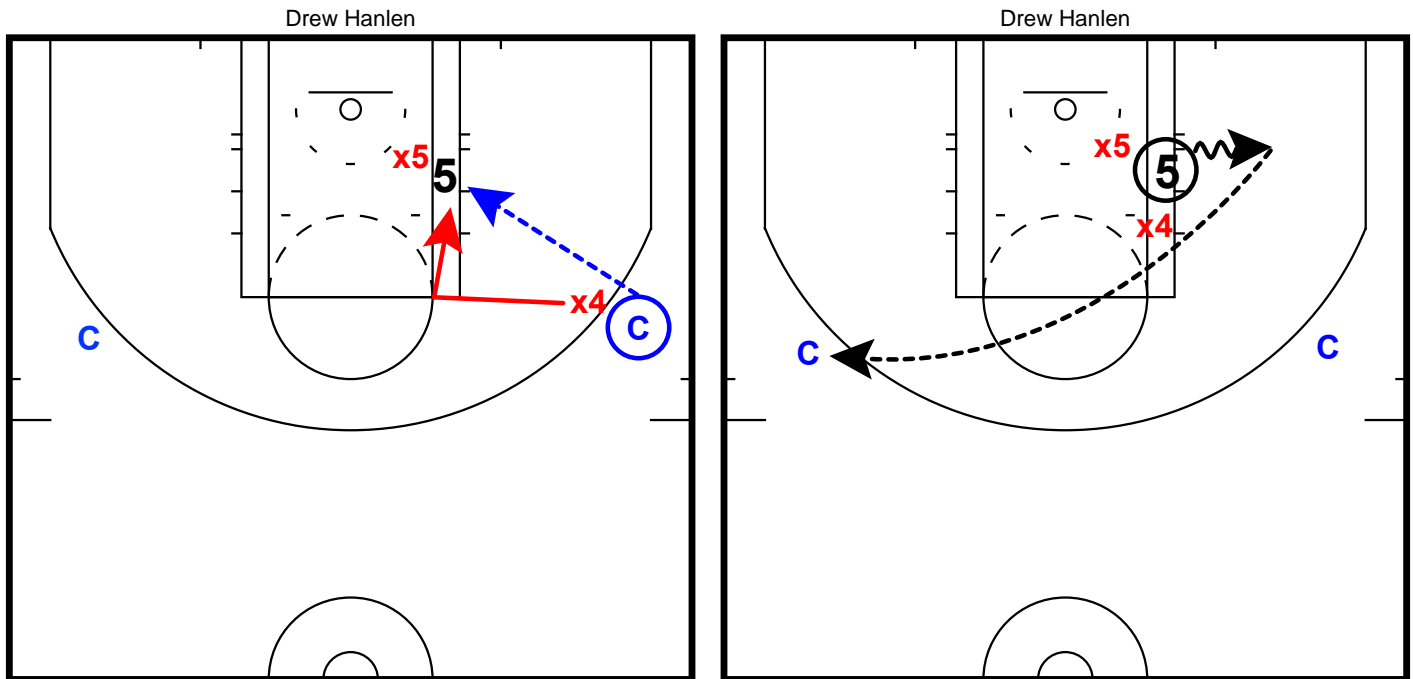
Pure Sweat Drill Book

Table of Contents

1.	Drew Hanlen Drills	2
1.1	1 vs 2 Post Double Pass Out	2
1.2	11 Man Drill: Continuous 3v2	4
1.3	1v2 Rebounding	5
1.4	2v2 Deny and Grind	6
1.5	2v2 Full Court Get Back	8
1.6	Combination Screen Drill	10
1.7	Game-Like Three-Man Weave	12
1.8	Get Open Drill	14
1.9	No Paint Drill	16
1.10	Webster Groves Paint Game	17

Pure Sweat Drill Book

1 vs 2 Post Double Pass Out



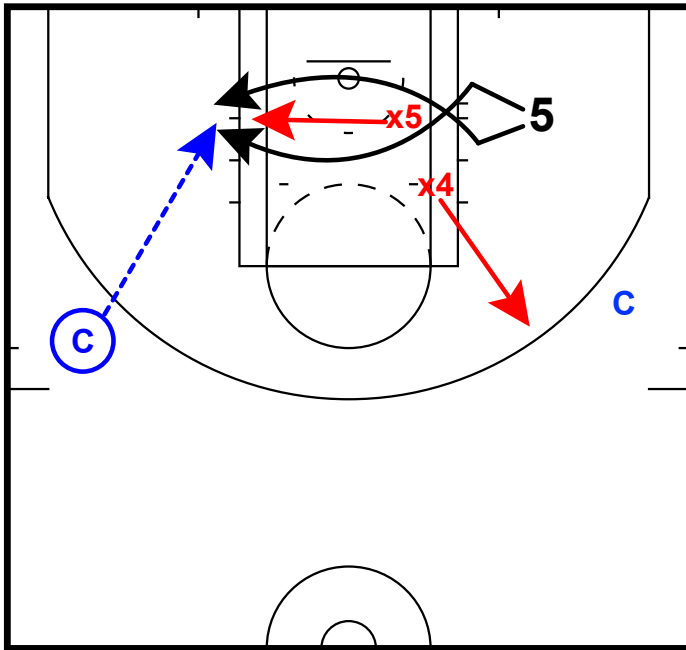
Coach will make a post entry to the offensive player. As soon as the coach makes the post entry, the defender that is guarding the coach will sprint and touch the elbow, then sprint to double the offensive player. On the catch, the offensive post player can attack right away before the double comes. If the offensive player is unable to score quickly before the double comes, they must retreat dribble out of the double team and complete a skip pass to the coach located on the weak-side wing.

After skipping the ball, the doubling defender will step off, while the offensive post will fight across the lane to re-establish position on the opposite block. The coach with the ball will pass the ball to the offensive player whenever they call for it. On the catch, players will play live 1v1.

Pure Sweat Drill Book

Step 3

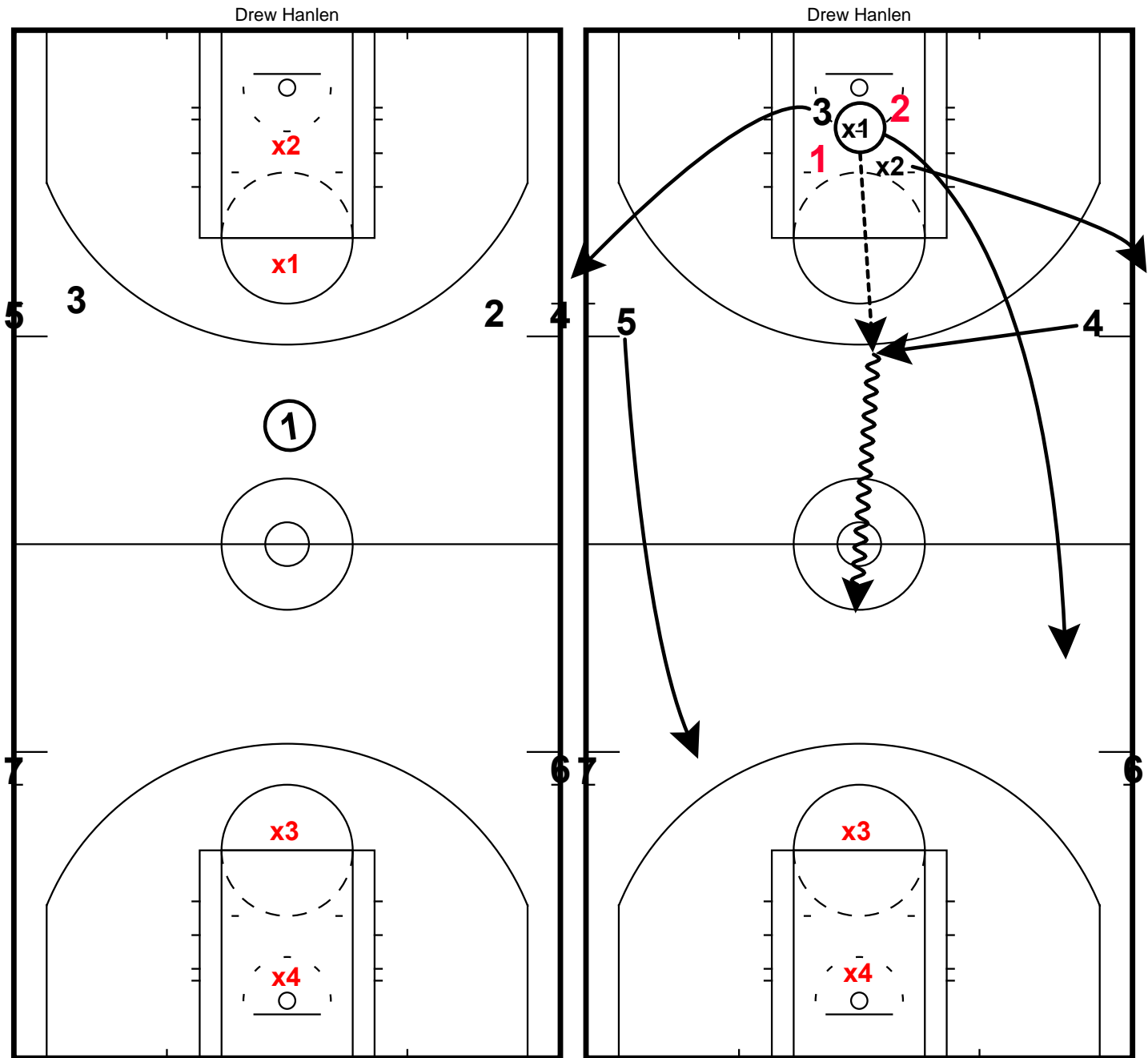
Drew Hanlen



If the offensive player scores, they will stay on offense and the doubling defender will become the defender, while the defender that just got scored on will become the doubling defender. If the defender gets a stop, they will move to offense and the offensive player will become the doubling defender, while the doubling defender will become the defender.

Pure Sweat Drill Book

Step 3

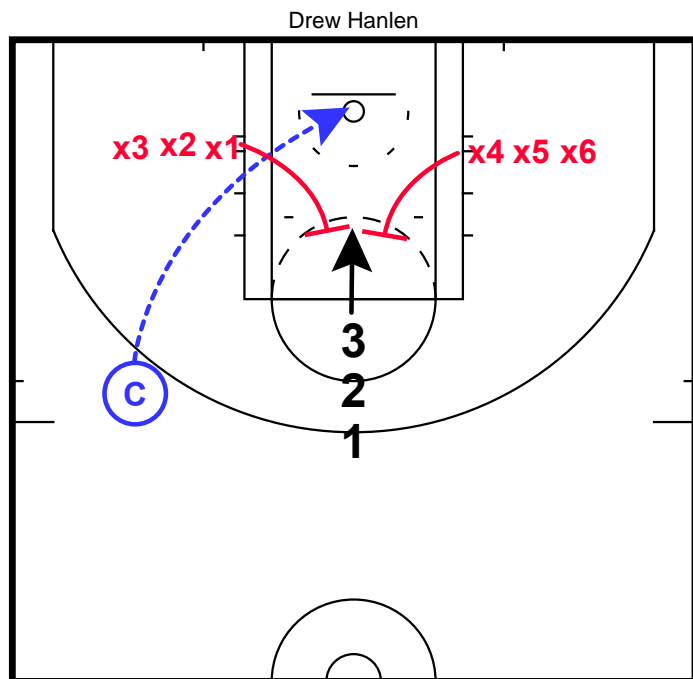


Conitnuous 3v2. Whoever gets the rebound will outlet to either sideline, then sprint the wing for a 3v2 break.

Both offensive and defensive players can get the rebound. Two of the players that don't get rebound stay as defenders and the other two join the outlet lines.

Pure Sweat Drill Book

1v2 Rebounding



1v2 Rebounding

* Coach has the ball on the wing. The offensive player will start on the free throw line, while a defender will be located on each block.

* Coach will shoot the ball. On the flight of the shot, both defenders will sprint to box out the offensive player, while the offensive player will try to get around the block outs and pursue the offensive rebound.

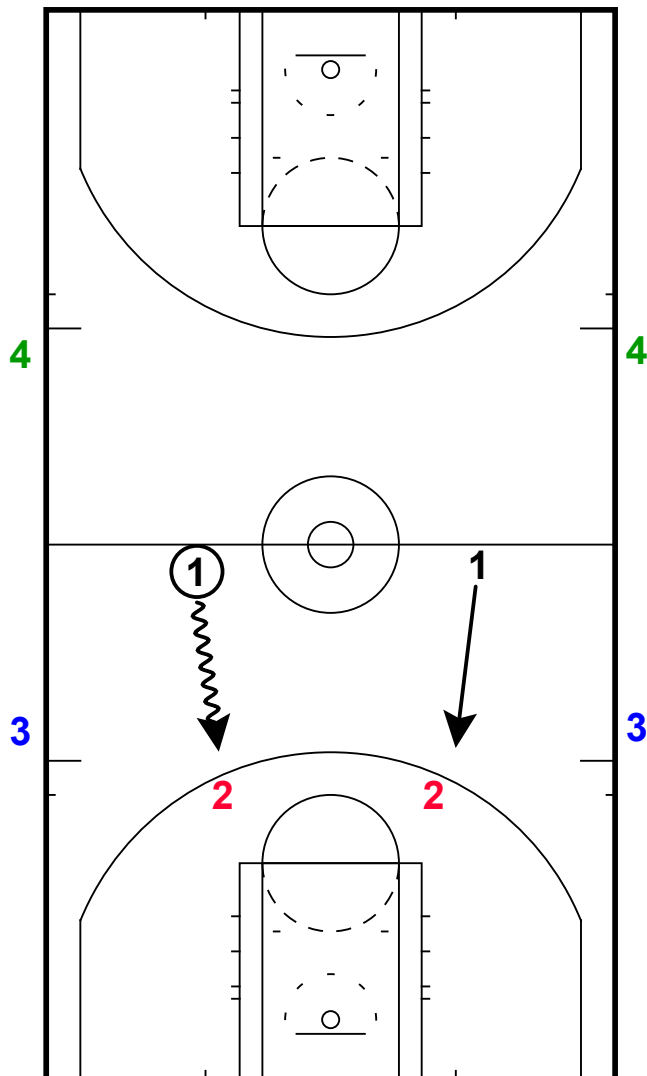
* Defenders do not pursue the rebound. Instead, they continue to box out and try to keep the offensive player from touching the rebound before the ball bounces twice. If the rebound bounces twice before the offensive player touches the ball, the defensive team gets one point. If the offensive player touches the ball in the air, the offensive team gets two points. If the offensive player touches the ball after one bounce, the offensive team gets one point. If the offensive player rebounds the ball in the air and finishes a put-back, the offensive team gets three points.

* Both teams play offense for threeminutes then defense for threeminutes. Team with most points at the end of six minutes wins.

Pure Sweat Drill Book

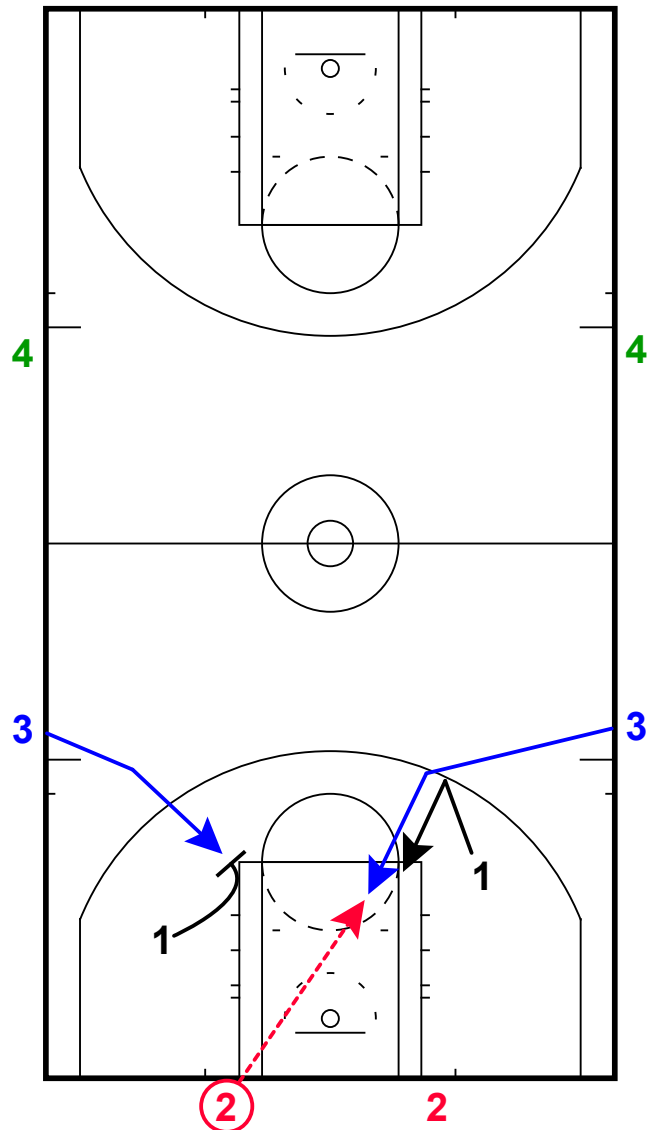
2v2 Deny and Grind

Drew Hanlen



Team 1 plays live 2v2 against Team 2. Team 1 gets three passes to score. Players get three dribbles max each time they have possession of the ball.

Drew Hanlen

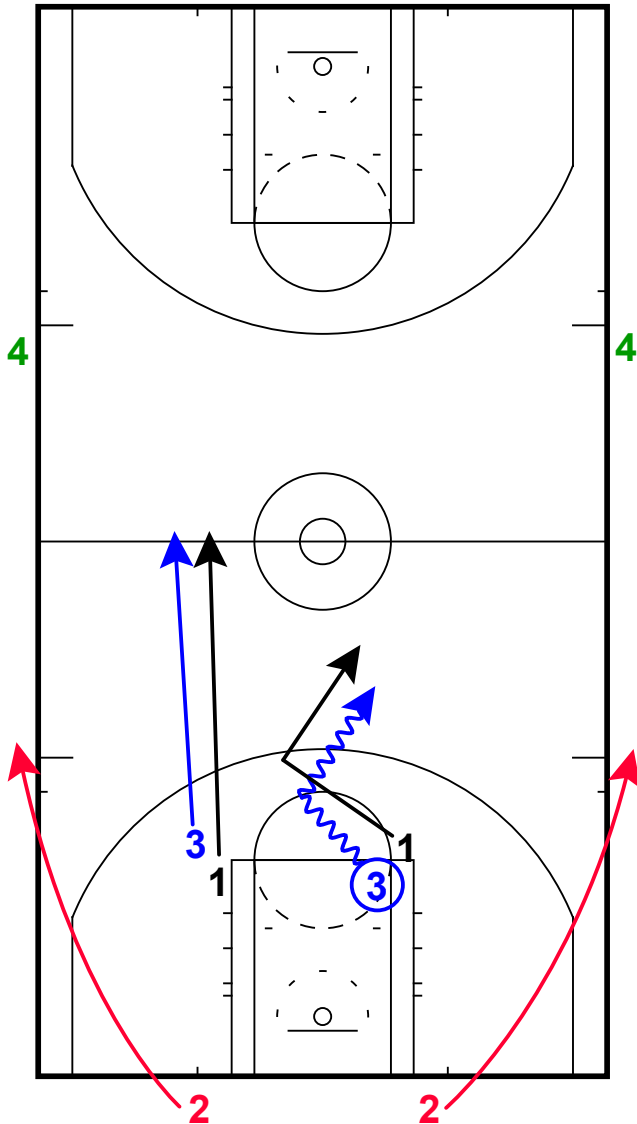


Team 2 takes the ball out, regardless if they get a stop or get scored on and inbounds the ball to Team 3, who will be face-guarded by Team 1. Team 3 must catch the ball in front of Team 1. No over-top passes. If Team 1 gets a steal on an inbounds pass or a 5 second call, they are awarded 5 points. If they get a 5 second call, they get the ball and get to transition against Team 3, who loses their offensive possession. If they get a steal, they can try to covert against Team 3. If they score, Team 2 takes out the ball and again tries to inbound the ball to Team 3. If they get stopped, Team 3 just takes off and plays full-court 2v2 against Team 1.

Pure Sweat Drill Book

2v2 Deny and Grind

Drew Hanlen

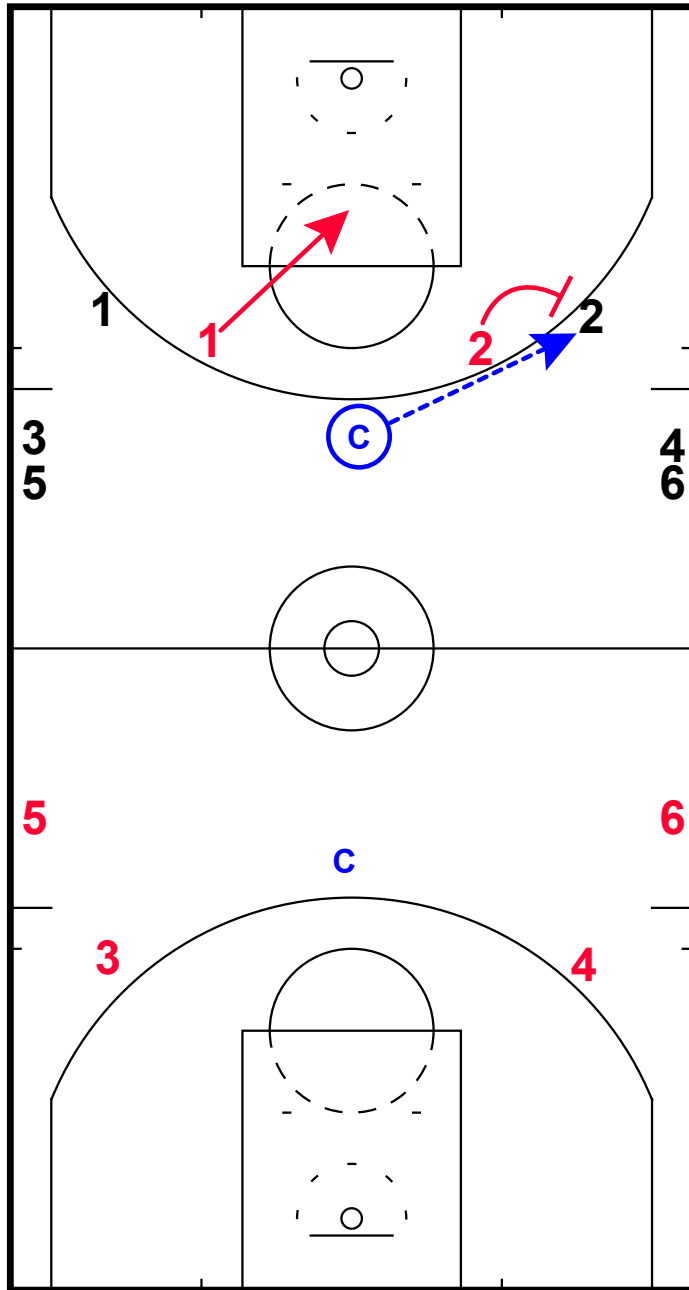


As soon as Team 3 successfully receives the inbounds pass (or stops Team 1 if they stole the inbounds pass and played live), they play full-court 2v2 against Team 1. No over-top passes until the handler gets passed half-court. After Team 2 scores or gets stopped, Team 1 will inbounds the ball to Team 4, while Team 2 denies. Drill continues. Continuous 2v2 full-court with inbounds denial.

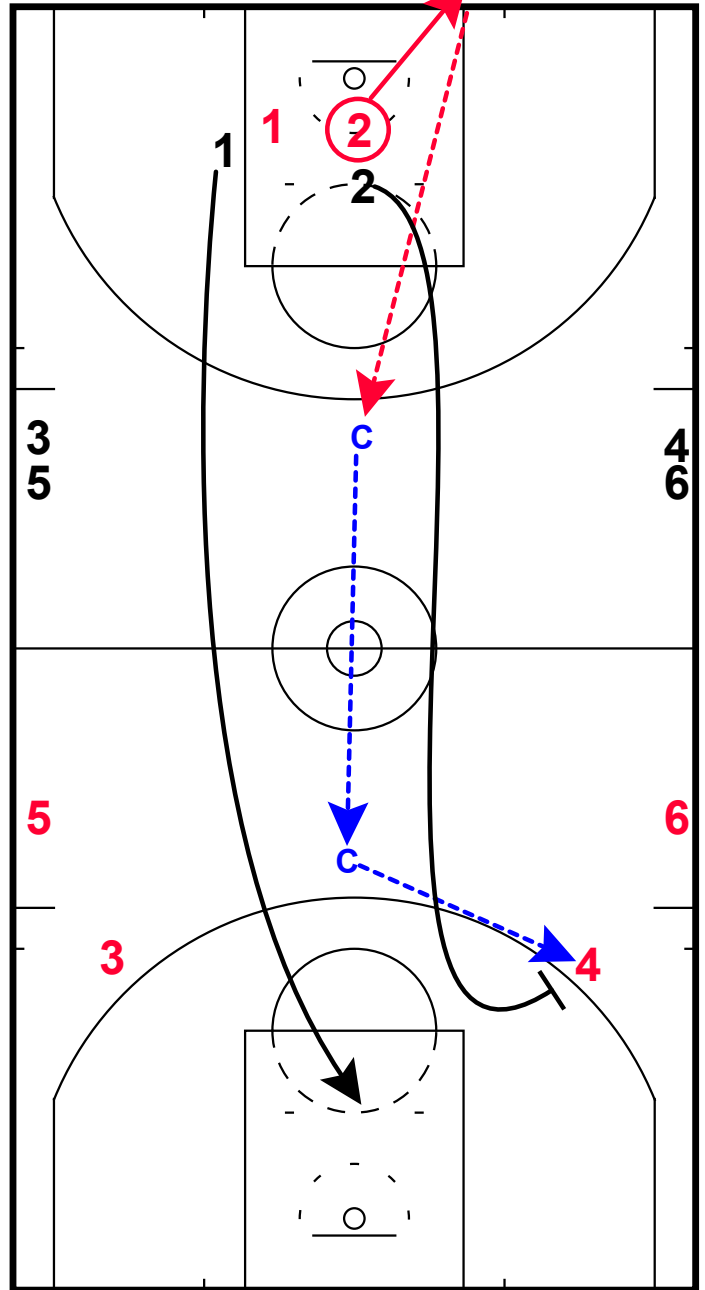
Pure Sweat Drill Book

2v2 Full Court Get Back

Drew Hanlen



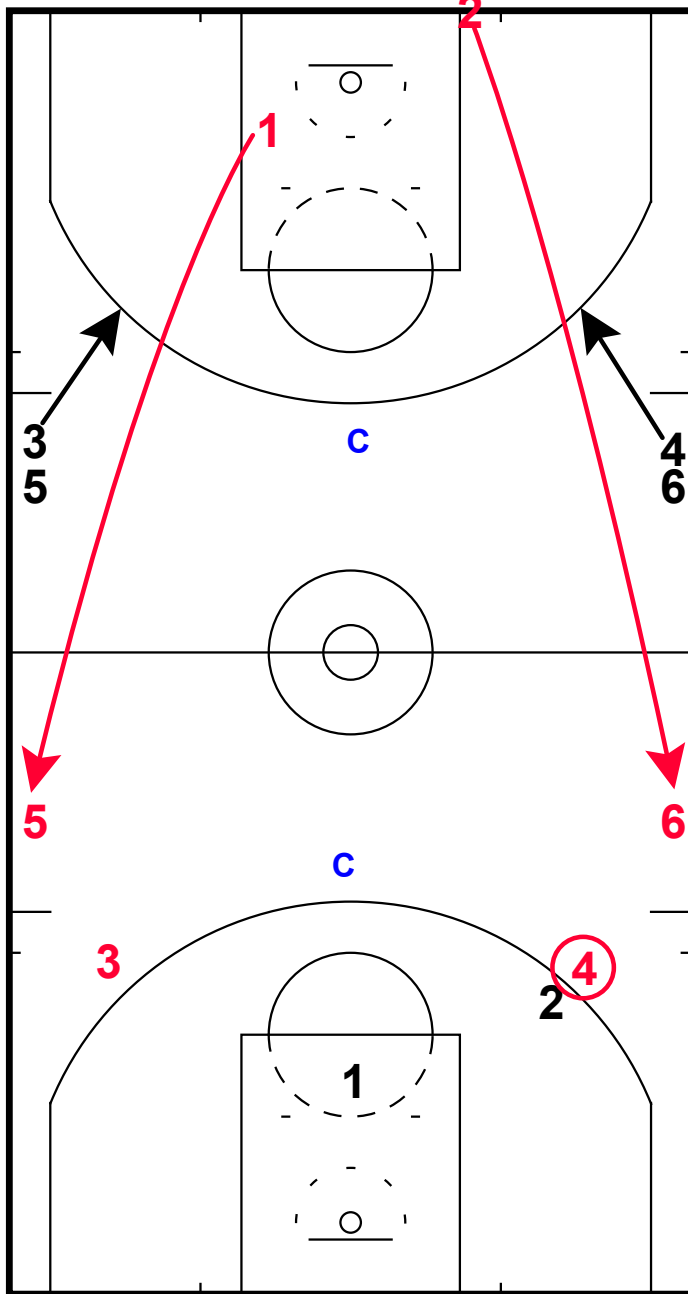
Drew Hanlen



Pure Sweat Drill Book

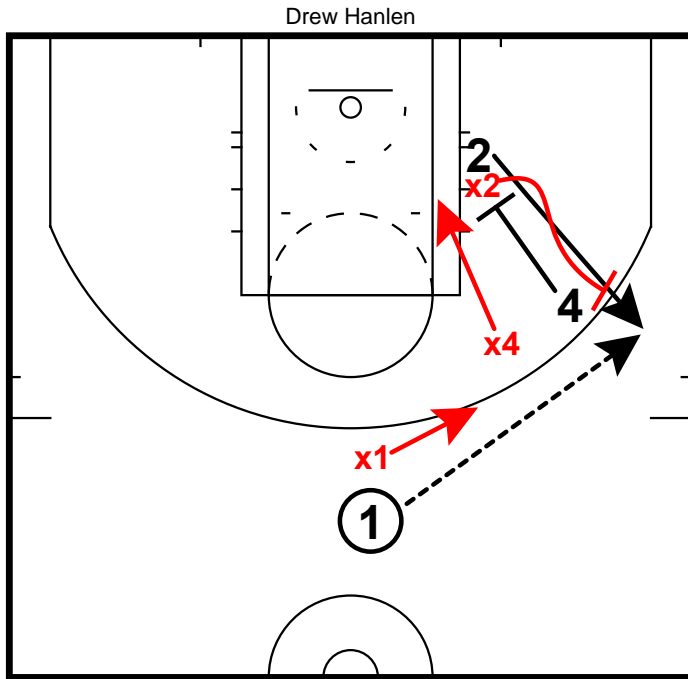
2v2 Full Court Get Back

Drew Hanlen

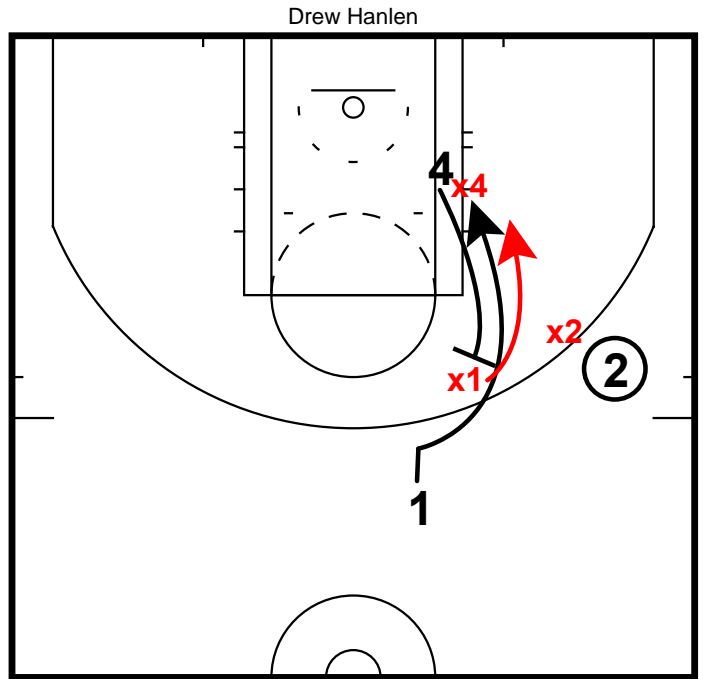


Pure Sweat Drill Book

Combination Screen Drill



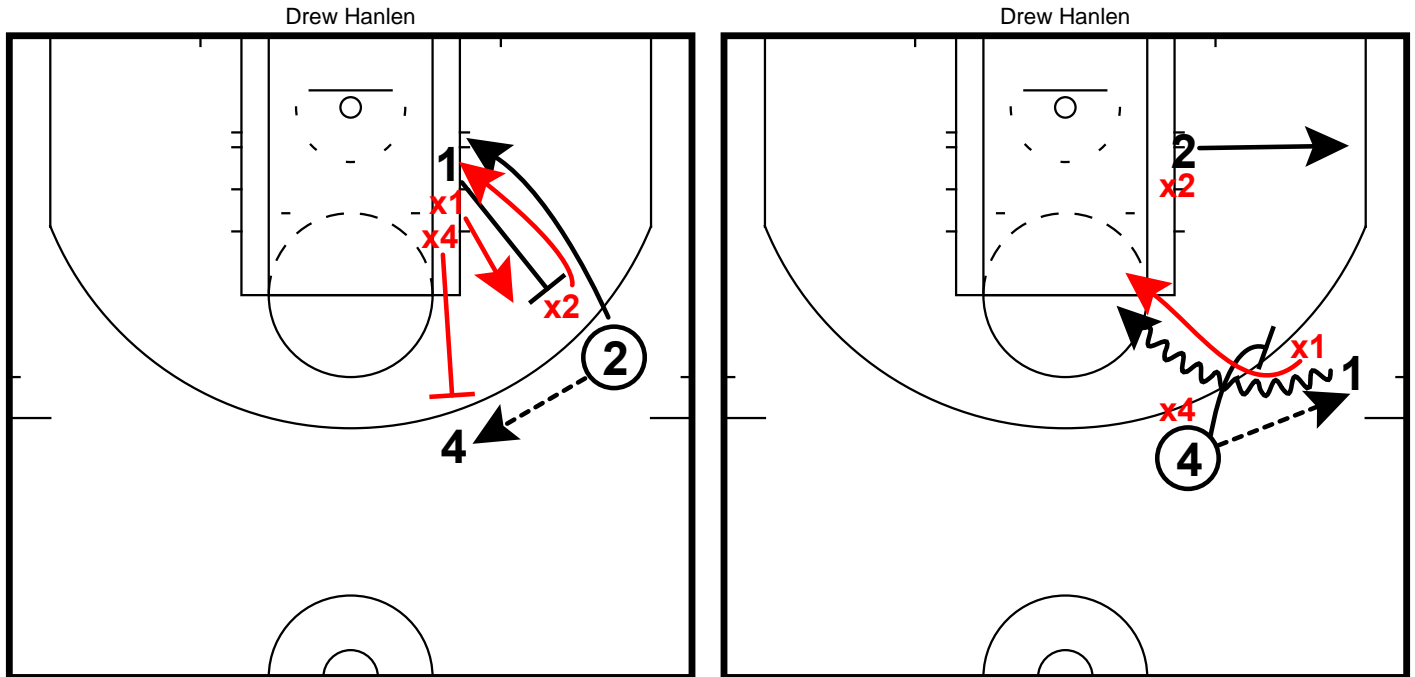
Step 1: Offensive post player on the wing (Player 4) will set a pindown for the offensive guard (Player 2), who will use the pindown and pop to the wing and receive a pass from the ball handler (Player 1).



Step 2: Offensive post player (Player 4) will then set a UCLA screen for the offensive player at the top of the key (Player 1). Defender guarding the player using the UCLA screen (x1) will jump to the ball then get through the UCLA screen, while the screeners defender (x4) will provide help if necessary.

Pure Sweat Drill Book

Combination Screen Drill



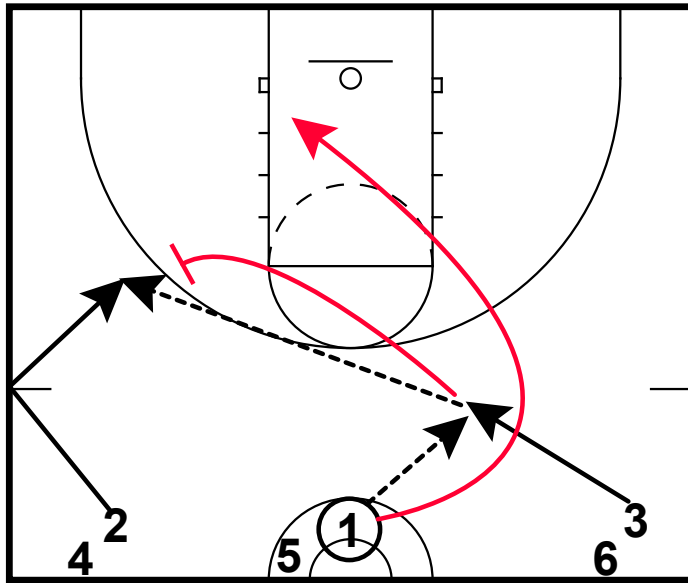
Step 3: After setting the UCLA screen, the screener (Player 4) will pop to the three-point line and receive a pass from the ball handler (Player 2). Offensive player on the block (Player 1) will immediately set a back screen for the offensive player on the wing that just made the pass (Player 2). Defender guarding the player using the UCLA screen (x2) will jump to the ball then get through the back screen, while the screeners defender (x1) will provide help if necessary.

Step 4: After setting the back screen, the screener (Player 1) will pop to the wing and receive a pass from the offensive post player (Player 4), who will then follow their pass and set an on-ball screen. Drill becomes live 3v3. Defenders should guard the ball screen using their teams defensive principles.

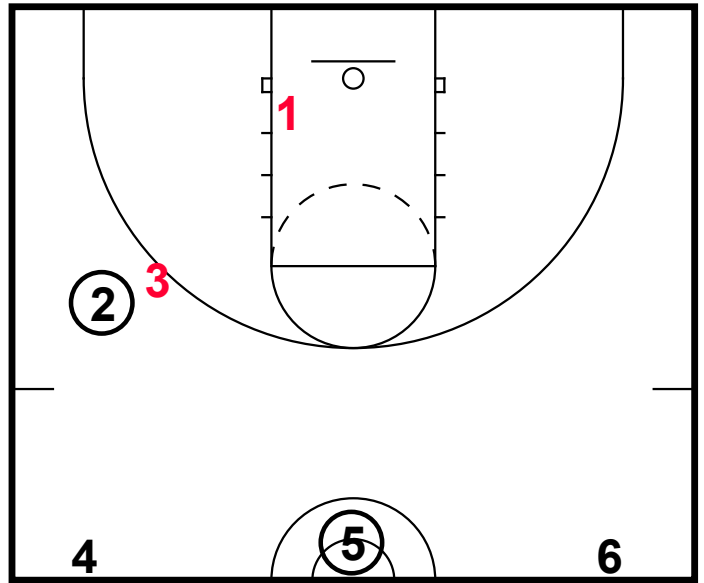
Pure Sweat Drill Book

Game-Like Three-Man Weave

Drew Hanlen



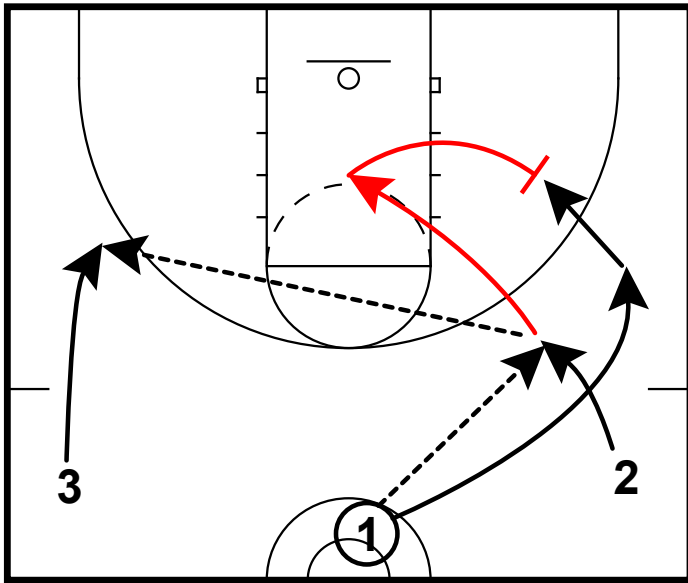
Drew Hanlen



Pure Sweat Drill Book

Three-Man Weave into Weak-Side Rebound

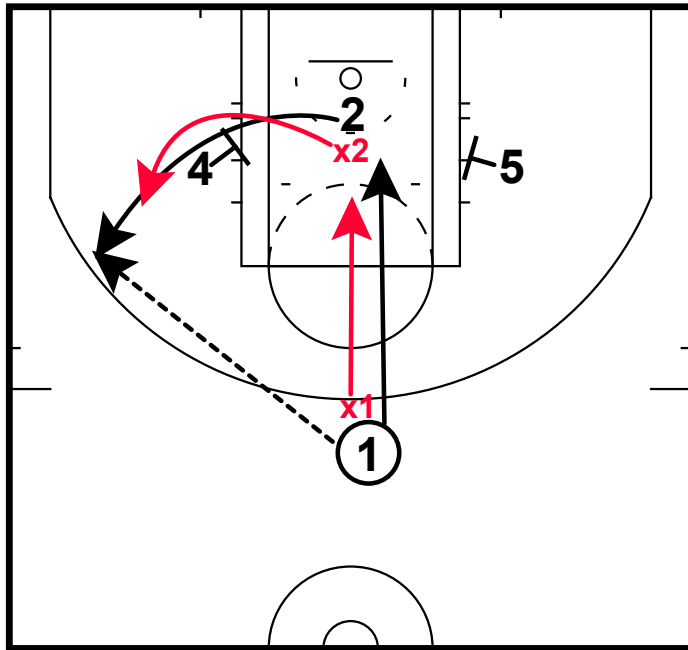
Drew Hanlen



Pure Sweat Drill Book

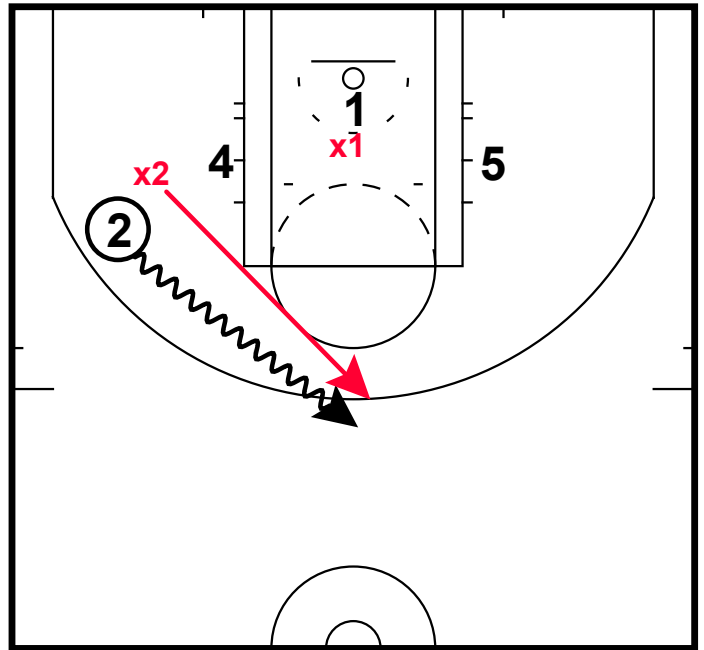
Three-Man Weave into Weak-Side Rebound

Drew Hanlen



2 uses screen from 4 as X2 chases and 1 passes to 2 and dives to the rim.

Drew Hanlen

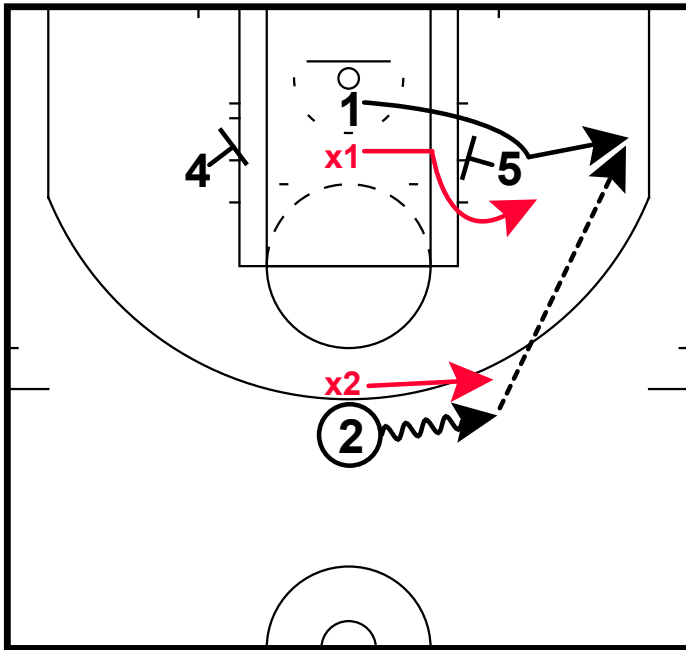


2 centers the ball with a dribble.

Pure Sweat Drill Book

Get Open Drill

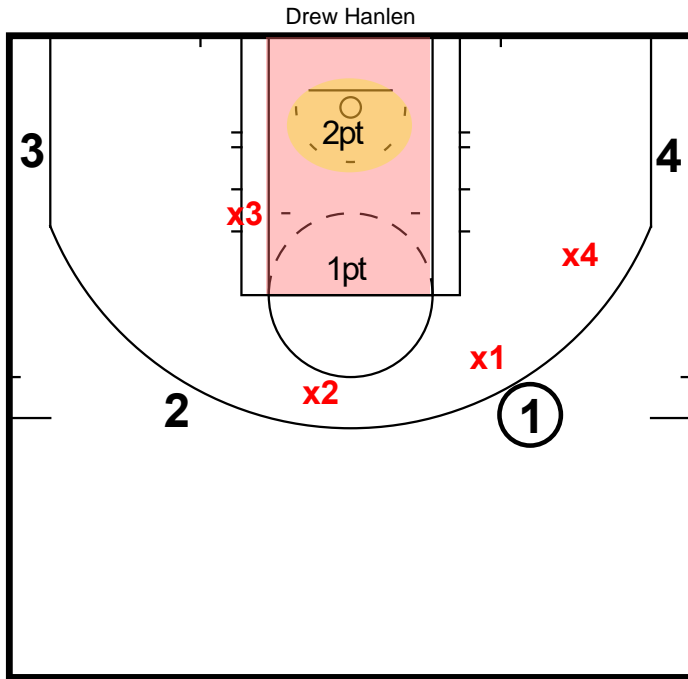
Drew Hanlen



1 uses a screen from 5. As X1 goes over top 1 fades to the corner.

Pure Sweat Drill Book

No Paint Drill



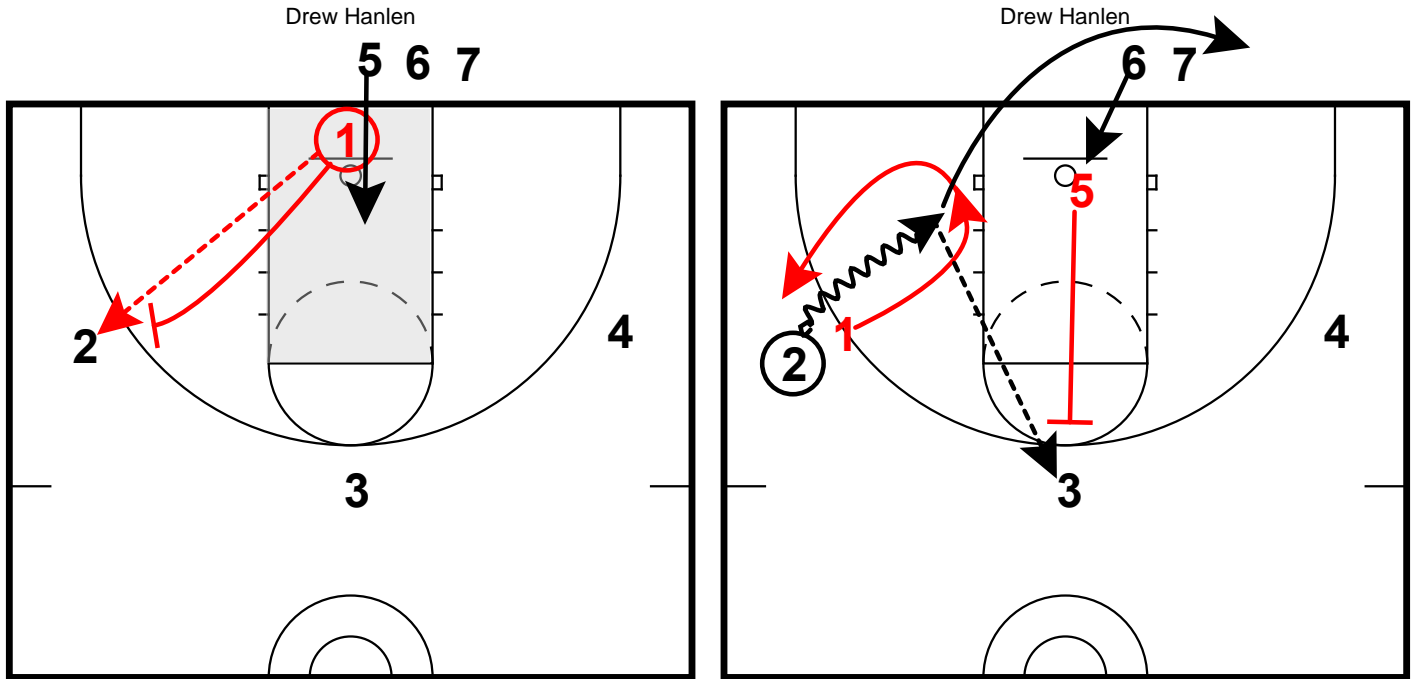
OFFENSE - Attack the paint with drive and kick.

DEFENSE - No straight line drives. Good gap positioning.

Scoring - 1 point for offense to get 2 feet in the paint. 2 points for a drive in to the charge circle.

Pure Sweat Drill Book

Webster Groves Paint Game



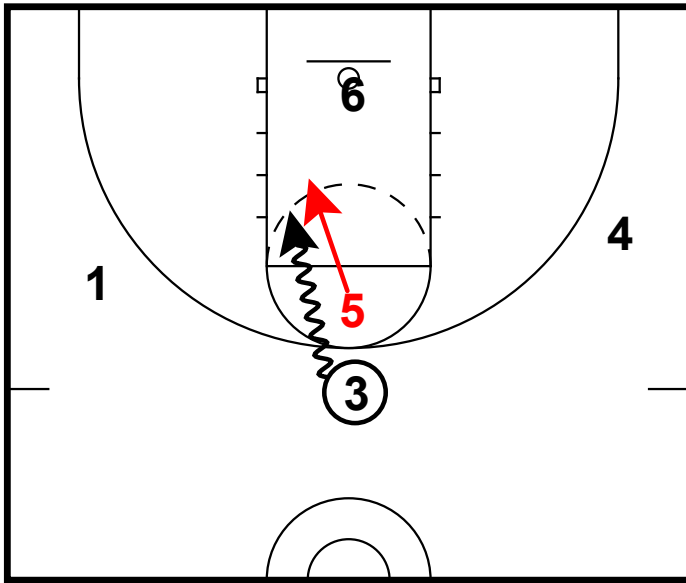
You need one ball. There will be no shots taken throughout the entire drill. Each player will keep track of their own score. Game is to 10 points. Player 1 passes the ball to Player 2 and then closes out under control. Player 2 tries to drive the ball and get two feet into the paint using two dribbles or less. If Player 1 does not allow Player 2 to get two feet in the paint, they get a point. If Player 2 successfully gets two feet in the paint, they get a point. Regardless who gets the point, Player 2 passes the ball to Player 3. As the ball is in the air to Player 3, Player 5 (who is under the basket, ready to close out) will close out on Player 3 to continue the drill.

Defense replaces the offensive player they just closed out on and guarded, while the offensive player rotates to the back of the line under the basket.

Pure Sweat Drill Book

Paint Game Frame 3

Drew Hansen 7 2



Variation of this Drill: You can also have a coach yell out which player the driver has to pass the ball to so that the defender under the rim can't cheat the drill and has to be ready to closeout and react to either of the other two offensive players.