

	DRILLS and PRACTICES	Player leaves you cut right behind her
Defense		
Negaunee Close out***	https://coachesinsider.com/womens-basketball/videos-womens-basketball/defense-three-man-closeoutnegaunee-drill-tom-izzo-mi-video-2/	So many good things. Do this almost every day. Then, change the shell to match the focus ie uconn cuts, ucla cuts, pnr etc. great video
Vegas Closeout***	https://youtu.be/mjb7OYmKijA	Do it better than you ever have. Dont let her get to the elbow! 2:12 has good demo of feet
Warmup defense	https://youtu.be/5CMTtMJX1CA?t=27s	Good close outs and mix ball defense, box out, and D slide
Izzo jump to-MSU closeout	https://youtu.be/aFzAw5o9MzE	Move-get there before she catches it. Jump to the ball. Get in the gaps. Lot of talk. Ff towards end.
4v4 shell end of vid 3:24 mark	https://youtu.be/KR0MGDd3ivM	This defense is when you can get up on a team. our defense is not up in the ball line as much.
Transitions		
Weave shooting***	https://youtu.be/DZI211q8aoU	Good passes lead to good shots. We do this almost every day. 91pts in 2:00. Weave layup and two shooters. 2s & 3s scored
Boomer Drill- weave shooting modified	https://www.jes-basketball.com/animated/dconditioningboomerdrill.html	Similar to weave shooting but the pass to the shooters comes from the wing
MSU***	https://youtu.be/g8AncgzV0Zg	There is a better vid cant find. This is good it shows 2v1, 3v2etc progression and 5v5 coaching to run sets.
ALSO MSU	https://www.jes-basketball.com/animated/dconditioningfastbreakprogression.html	Shows the setup of MSU.
Speed Drill***	https://youtu.be/3VT5-ewrRoM	Goal is 21 layups in 2:00
Laker 3 man passing	https://youtu.be/tToyIDxSdN0	Weave passing but good explanations. Pass ahead not back. Run lanes. Stay wide
11 man with two outlets	https://youtu.be/4ql1-vIRV64	I like 11 man bc it is continuously 3v2.
11 man	other way is one outlet and both defenders take off	
Ft transitions	Set up as a ft shot. On the shot play live. Can do with 5v5 and even 3v3	Do this almost every practice. Box out the ft and have a planned break based on if made or missed
Layups/Shooting		
Flayups	https://youtu.be/GgsPLf5S9Gk	We do this almost every day. We add in after the layup, player who took layup takes off for a fast break pass from the rebounder who made the bounce pass to start.

Handoffs	https://youtu.be/d0m9PgKSYSc?t=43s	Concepts will connect with horn sets and motion offense
Rip and drive	https://youtu.be/szOBT0zUIMg?t=41s	Good. Also instead of back to defender focus on step/jump to the ball
Dribble Drive kick	https://youtu.be/Ff3sONnWA-s	Great drill and can add drive kick drive kick shooting. After running as a shooting drill, add defense and have a 2v2 small sided game.
Dribble Drive handoff	https://youtu.be/TboA96t3CV0	Same as above. Add defense.
Continuous Shooting	https://youtu.be/csCp0LB1oWq	
POst MOves		
Catch and put back	https://www.youtube.com/watch?v=scTEsQJ5GRI	
Post series	https://youtu.be/1BkPSQL1ZzM	Face up and rip, jab and cross, jab-cross-dropstep, and fade
Zone offense		
3-2 weak Flash	https://youtu.be/cOjISXeotV0	Not great but some good points
Motion	https://youtu.be/lIbESjCsIRA	False Motion
Man concepts		
Pass and Cut	https://www.youtube.com/watch?v=7xAzANFC74c	Good explanations of moving without the ball, cutting, refilling, and spacing
Dribble Drive	https://youtu.be/5uTiBvtPCOw	Vance Wallberg- there is a better one out there. He talks too much on this so FF a lot but concepts are there
2 man drills	https://youtu.be/XJHIQv59EGc	Good concepts- I would use different footwork on kickbacks.
Principle based Offense	1/2 Part 1 of 2 videos	Well-explained concepts. On move and drive part, we do slightly differently.
	2/2 Part two of 2 videos	Additional part of movement
	Vs Zone Concepts vs Zone offense	
	Practice Different drills to use in practice	
Baseline OOB		
Taps	https://youtu.be/ojKZoR3Pw90	First taps run all game and then run 2nd late
Three	https://youtu.be/u6SboLI6q8Q	Perfect go to for an open shot. Another option, ball side pop out and middle screen.
Sideline oob		
flex	https://youtu.be/2kK1czsfBcc	Many options from the sideline and postups
Ducky	https://youtu.be/8L2EctvPCII	Celtics Weak block duck in and off ball action to draw