



Ronald Reagan Drill Summary

Installation

Defensive drills

Zig zag Series

1. Slow low and wide
2. Explode Explode
3. Explode run Explode
4. Chop and Pop (Offense)
5. Personnel closeout
6. Personnel with explode

Star closeout

- a. Digs
- b. Contest
- c. Pop back

Box Drill

3 line closeout personnel

Closeout help (F-F)

Closeout gap(G-G)

Triangle closeouts

- a. Explode
- b. Explode-R-Explode
- c. Jump to ball
- d. 2-2 positioning
- e. Ice
- f. Deny
- g. Stunt to deny
- h. Stunt to closeout
- i. Fire (Zone)
- j. 2X (Zone)

Consecutive closeouts

3 line personnel closeouts

Fill sink and body

4-4 baseline drives (Hot/ Go)

Jump to ball

Energizer (2-2) (3-3)

Tags

Individual Skills/ Shooting

Finishing

2:00 Drill

3:00 Drill

Bird Shooting

Closeout Shooting

4 Square Shooting/ Quick pitch

Sideline Series

- a. Walking pound
- b. Perfect catch
- c. Slow read/ Quick read
- d. Hesitation
- e. Partner passing
- f. Arc speed
- g. Arc Hesitation
- h. Arc Bounce out

4 square

1. Passing
2. Kickback
3. Skipback
4. Jumpskip
5. Snapback
6. Quick pitch
7. Bounce out
8. Drift
9. Nash/ Dribble moves
10. Control to go
11. Shot pass

Full court Italian

Quick pitch attack

Quick pitch attack escape (Punch)

Fat

Fill (Attack baseline)

Fill (Post feed)

Fill (Give and go)

Drag/ Deuce

Half-court Italian

2 line Series: (Guards)

1. Pitchback
2. Fingers (JS/SB/Nash)
3. FAN

(Guard Forward)

1. Quick pitch corner 3
2. Quick pitch Wing to high guard
3. Wing to wing by-pass 3
4. Baseline drift
5. Pitch back
6. Shot pass
7. P-High
8. Escape shooting
9. Top Flare shooting



4 Baskets Team Offense

- a. Fingers/ Slice/ Fan attack
- b. Fat Second cutter
- c. 3rd cutter
- d. Fan fat drift
- e. Bounce out Tap
- f. Bounce out T
- g. Fill
- h. Fingers swing /snapback
- i. Fingers snap step
- j. Baseline Series

Movement Decision Making

5-0 Transition/ Smoke conversion
4-4 drive and space
Attack 22
Attack 33
Cardinal

Defensive Breakdown

One on One/ Build Wall

Guards Stunt 1-1

Middle PNR touch wing 1-1

Middle PNR pop stunt 1-1

Step up roll touch 1-1

Step up pop stunt 1-1

Bigs 1-1

Middle pick and pop 1-1

Step up or ice 1-1

Positioning/ Shell

Stationary (2 count)

Cutters touch (G-F)

4-4 Stunt 1 dribble

4-4 Stunt 1 dribble quick swing

4-4 DHO

4-4 ICE

4-4 Switch/ Change

Rotation Drills

3-3 Circle

Draw charge

Beating Screens

Diamond

Down

Flare

Stagger

Multiple screening continuity

Combo

Floppy flare

Floppy Hi-low

POB Continuity

Butler 3x live

Mid 3x live

Step up 3x live

High PNR

Roll and replace side

Post Defense

5-5 Fire post

Conversion

5 vs Coaches

5 vs 1.5

5 vs 3/2

Circle

Line

Zone Sprints

Guard drills

2 vs. 3

2 vs. 4 high post

Forward drills

Back-line skip

Short corners

5 Man corner drills

Team Zone

5 out

7 vs 5

3 vs 5 (5)

