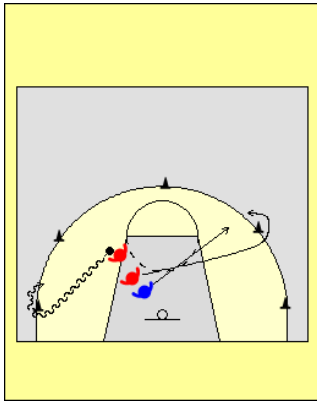


Loading the Toss Drills

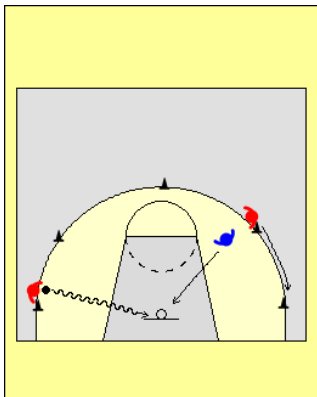
Last night during a coaching clinic in Moose Jaw Saskatchewan, I added some variations to the toss drills to give the players different looks. I wanted to make sure they understood the concepts and could execute them under varying conditions.



Dribble out

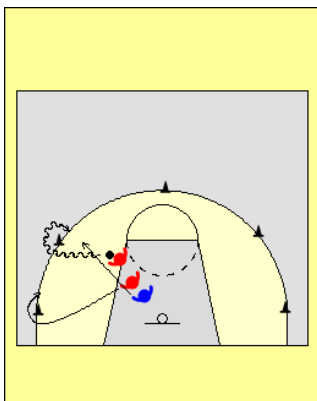
We placed five pylons at the perimeter spots. Some coaches like to use seven spots, adding in the two swing spots. The only problem I find is that in combination with the top and wings it can get crowded. The players have to understand crowding.

The first player in the line dribbles out and around one of the pylons. The second offensive player must sprint around another pylon. The defender chooses one of the three options: guard the ball, guard the basket, and guard the player without the ball.



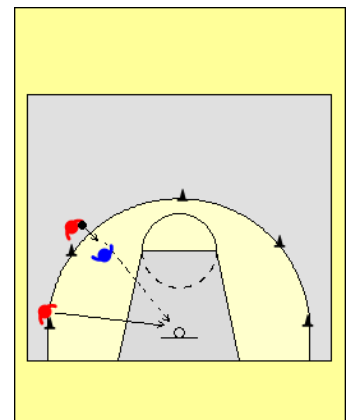
Guard the player without the ball

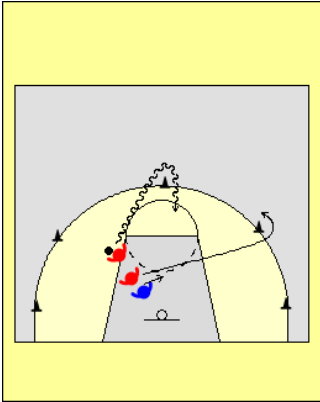
As the ball handler circles the pylon, he/she must see that the basket is open and attack it. The player without the ball must react to the dribble penetration with circle action and be pushed to the next spot. The defender can try to recover back to stop the ball. This forces the ball handler to get there with speed and score a contested lay up.



Guard the ball

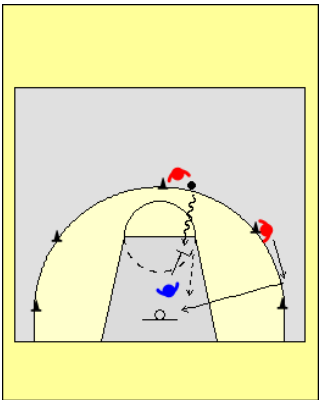
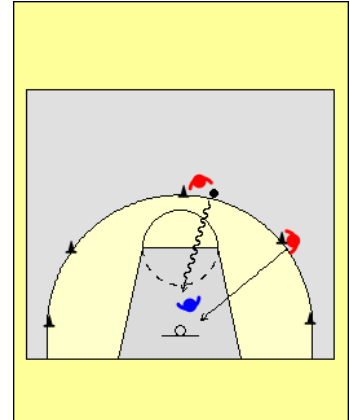
In this example, the defender chooses to guard the ball handler. The player without the ball must attack the open basket. The dribbler must be able to make the pass to the open player off the dribble.





Guard the basket

In this example, the defender guards the basket. If you are teaching attack to create the 2 on 1, both players must attack the shoulders of the defender.



Another way would be to emphasize circle action first. As the penetration occurs, the player without the ball reacts to the drive. If the defender creates an open basket, by helping up, the player without the ball attacks the open basket. If the defender stays in the driveline, get in the eyes of the passer.

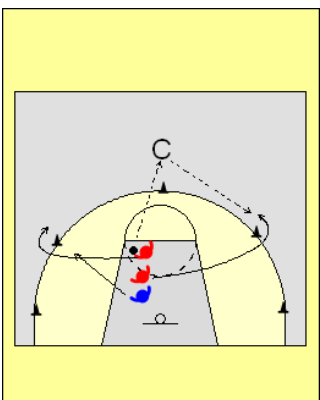
The key concept the players need to master:

- Attack the open basket
- Space
- Circle action on penetration

Please note: You can start all of the

- post toss drills,
- Pass and cut,

from a dribble. I hope you the coach can apply this to the drills I have already shown without me having to draw them for you.



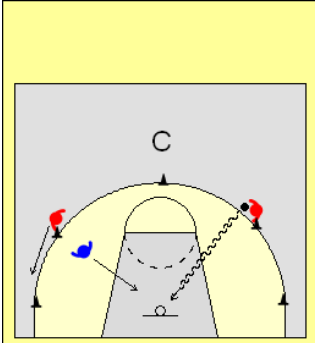
Pass from coach

Another way to challenge your players is by having them pass to the coach, circle the pylons and receive a pass back. Can the players still make the quick decisive reads when receiving a pass?

By loading the drills in different ways;

- Self toss
- Dribble out
- Pass

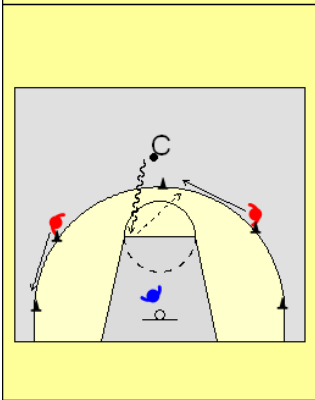
The coach is ensuring that the players understand the concept and are not just learning a drill.



In this version both players must be alert to receiving the pass. The defender still has the three choices available:

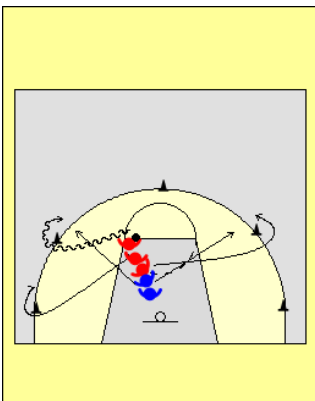
- Guard the ball
- Guard the basket
- Guard the player without the ball

On the catch, the player sees the open basket and attacks. The player without the ball reacts to the dribble with circle action.



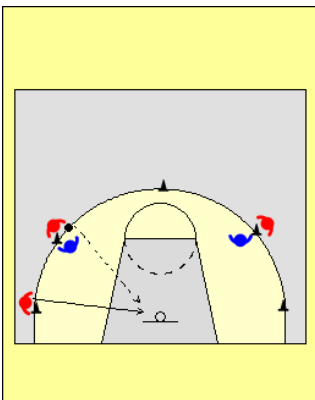
The coach penetrates

In this version, the coach decides to check the player's alertness to circle action off penetration. The coach dribbles first and then makes the pass. The players then read and react to the defender and the open basket concept.

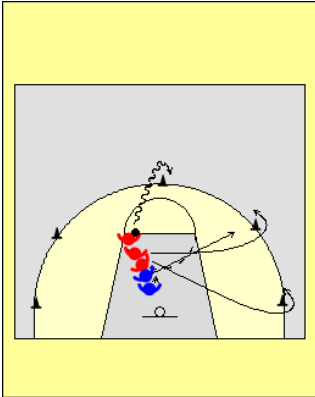


Five player toss

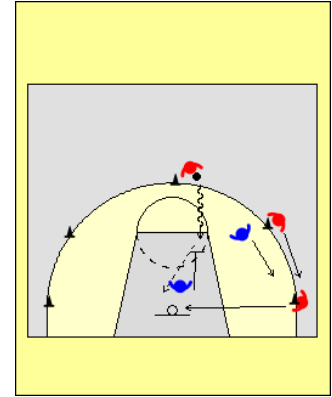
We also did the five player toss drills in Moose Jaw. In this example, we used the dribble outs. The offensive players fill three of the five spots. The defenders can mix up how they defend.



Here the player in the corner reads that the basket is open and attacks it. The ball handler must make the same quick read. The defensive players can scramble to defend ensuring that the other offensive players are alert to what is behind the play.



In this example, one defender guards the basket. The ball handler penetrates. The other offensive players react with circle action.



All of the concepts cover in two player drills can be done with five player toss drills. With more players on the floor, the distractions increase.