



# Finishing Drills



## Table of Contents

1. **Finishing School**

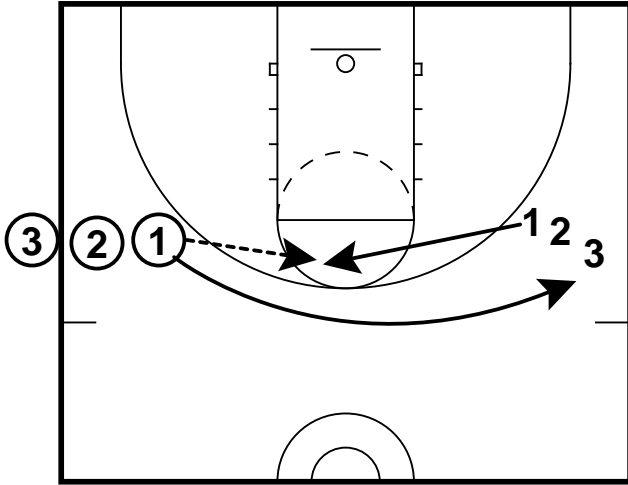
2



# 2 Line Shooting

## Finishing Drills

Frame 1



Player with ball passes to offensive player cutting in.

**Shots:** Layup, rip through layup, jumper, pull-up jumper, rip through pull-up jumper, three pointer, pull-up three pointer, rip through pull-up three pointer, backdoor, fade

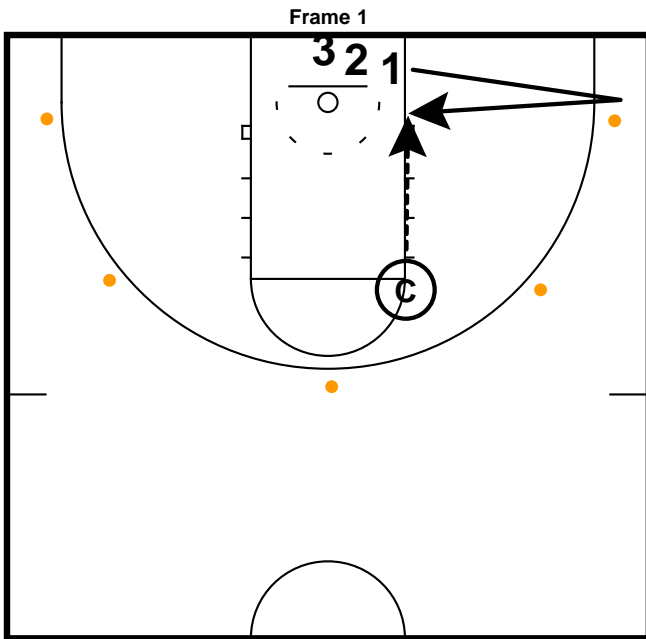
Passer goes behind the action, shooter gets own rebound.

This drill can be done from any 2 spots on the floor.



# 5 Spot Finishing

## Finishing Drills



5 Spots - 12 Makes at each spot

Player starts under rim and sprints to the spot and cuts quickly back door.

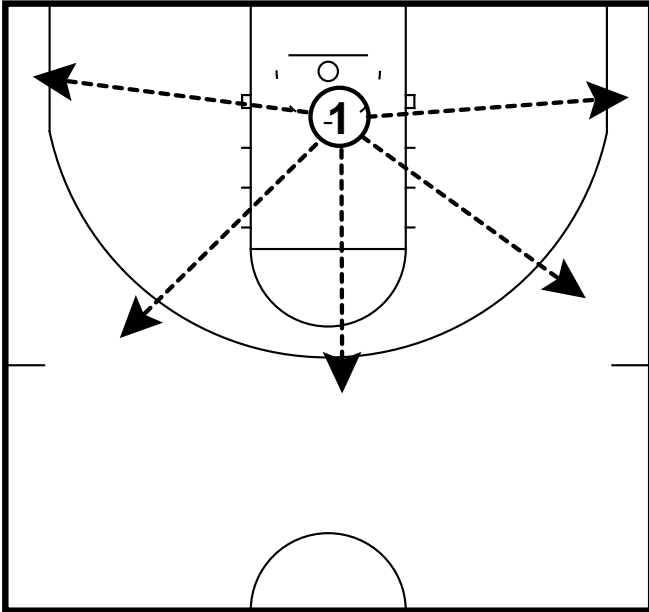
- 1st 3 Shots: Right hand finishes using backboard
- 2nd 3 Shots: Left hand reverse finishes using backboard
- 3rd 3 Shots: Right hand floaters
- 4th 3 Shots: Left hand floaters



# 5 Spot Rip Through

## Finishing Drills

Frame 1



Player spins the ball out to themselves.

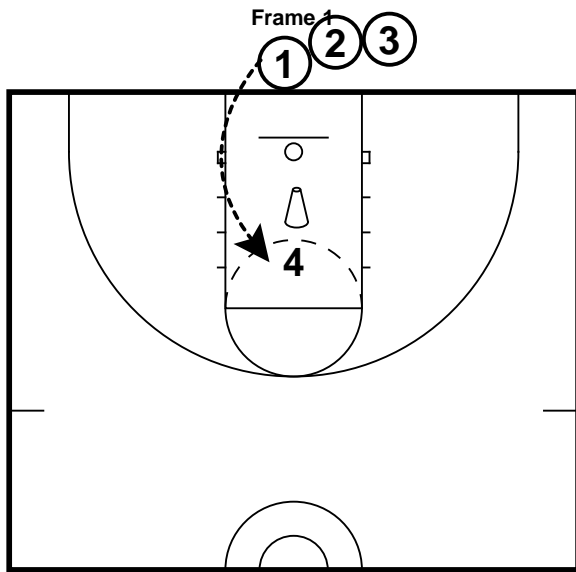
Player catches, rips through, and finishes at the rim (vary finishes).

Make 5 or 10 from each spot.

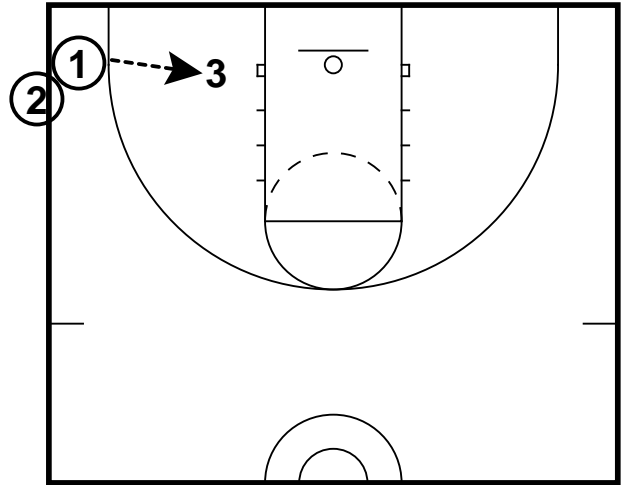


# Bethel Finishing School

## Finishing Drills



Frame 2



\*Passer becomes shooter. Shooter gets rebound and goes to end of line.\*

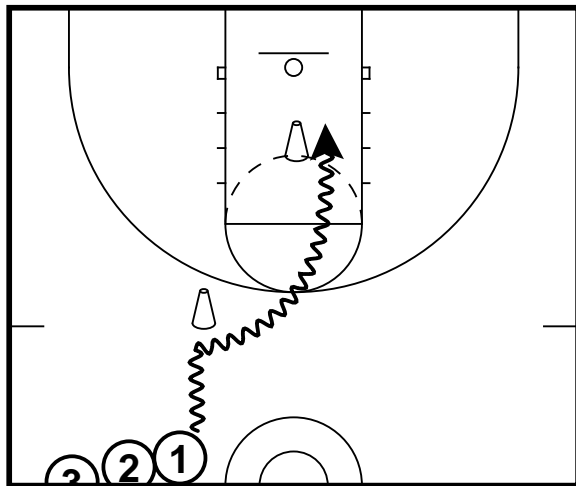
### No Dribble Series

1. One hand catch, one hand finish, extend
2. Euro with inside hand finish
3. Stride stop
4. Stride stop + 1 inch shot fake
5. Stride stop + Rondo
6. Stride stop + Up and Under

### Post Catch Series

1. 2 dribbles middle + finish on opposite side
2. 2 dribbles middle + finish over front of rim
3. 2 dribbles middle + spin the other way
4. 2 dribbles middle + fake spin + score
5. 2 dribbles middle + up and under

Frame 3



### Wing Drive Series

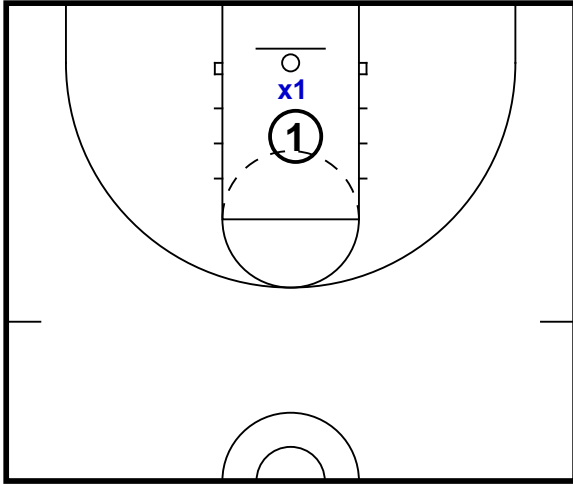
Dribble Moves - inside out, hesitation, veer  
Same Finishes



# Charge Circle 1 v 1 - No Dribble

## Finishing Drills

Frame 1



1 can spin ball to himself. Once he catches it, it's live without a dribble.

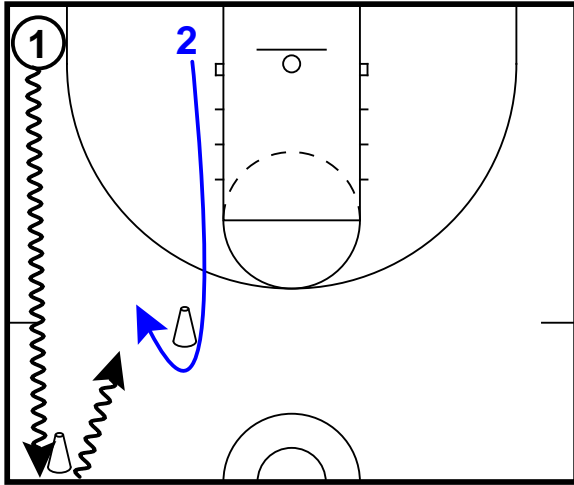
Variation: 1 dribble allowed



# Cleveland 1 v 1 Series

## Finishing Drills

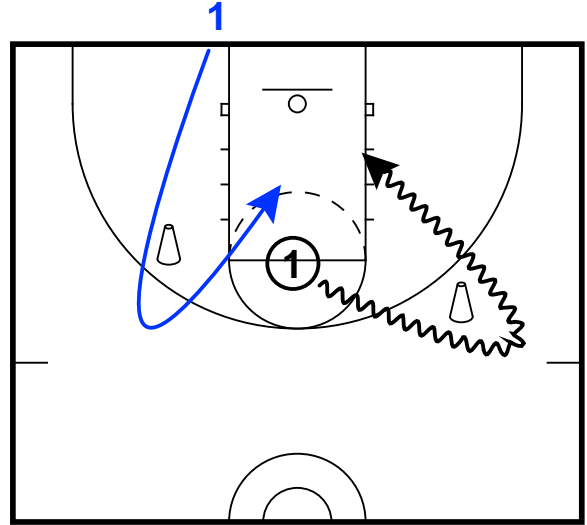
Frame 1



### Cleveland

1 dribbles to half-court, goes around cone, and comes back and attacks basket.  
2 sprints around cone and plays defense.  
1-on-1.

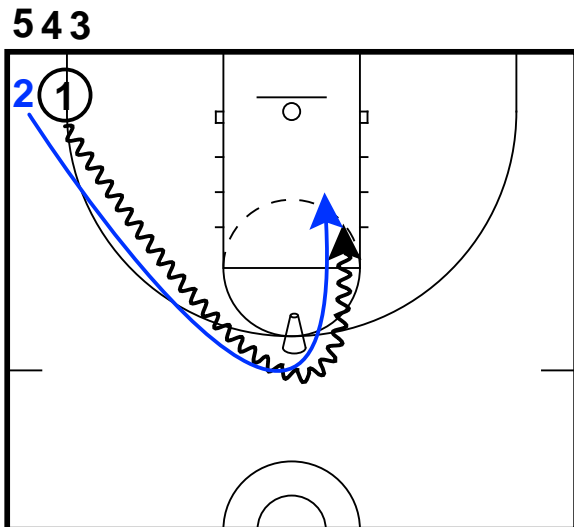
Frame 2



### Run Through 1v1

1 dribbles around cone.  
Defense runs around cone.  
Defense tries to run through and get a strip.

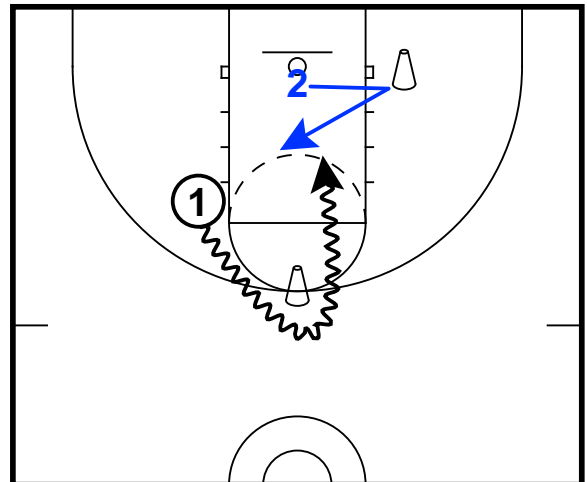
Frame 3



### Hostage 1v1

Offense dribbles around cone and defense bodies him up.  
Offense tries to initiate contact and get defender on hip.

Frame 4



### Paint 1v1

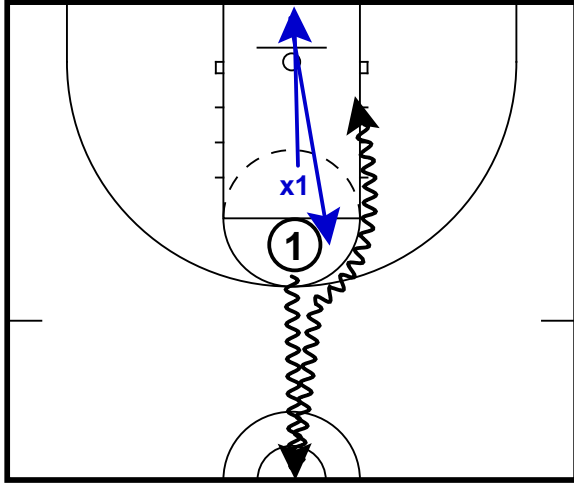
1 dribbles around cone.  
2 touches cone and then comes back.



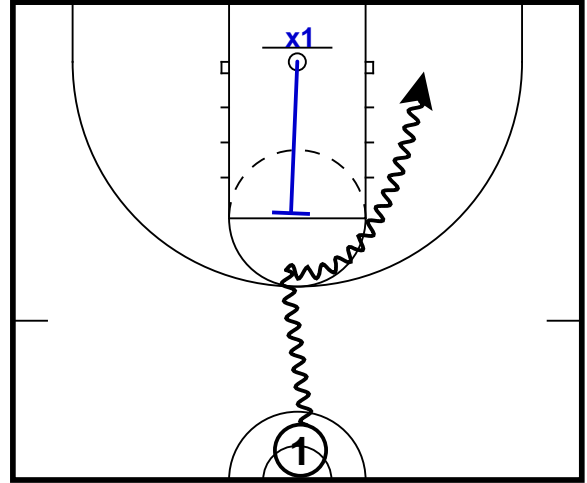
# Cleveland 1 v 1 Series

## Finishing Drills

Frame 5



Frame 6



### Wildcat 1 v 1

Drill starts when 1 takes off.

1 dribbles to half-court, x1 sprints to baseline.

x1 closes out and defends while 1 attacks the rim.

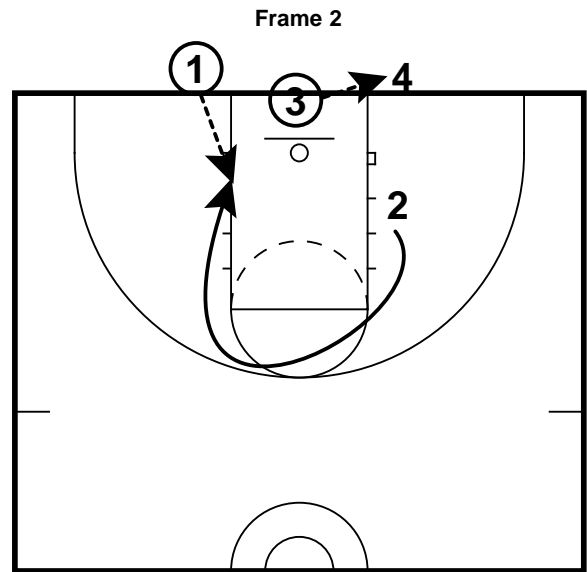
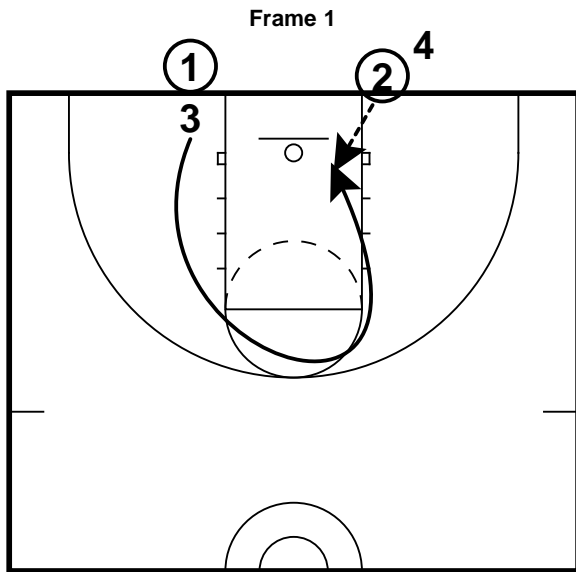
x1 closes out and tries to contain dribble while 1 looks to attack basket.





# Competitive Layups

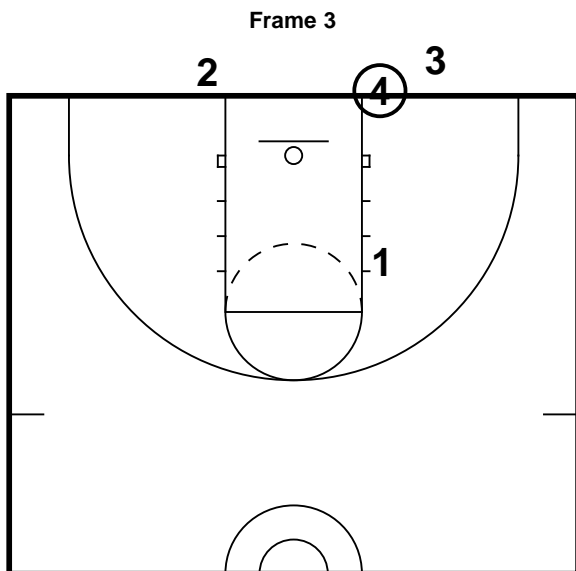
## Finishing Drills



3 cuts around elbows and receives pass from 2 for a layup.

Drill can be run to a certain amount of made layups or for a time period.

Vary your finishes.

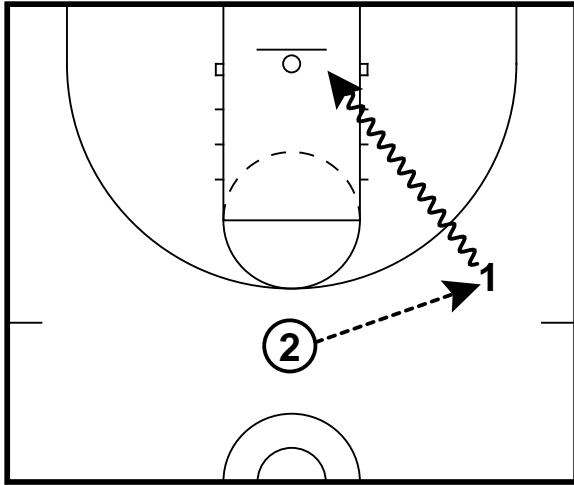




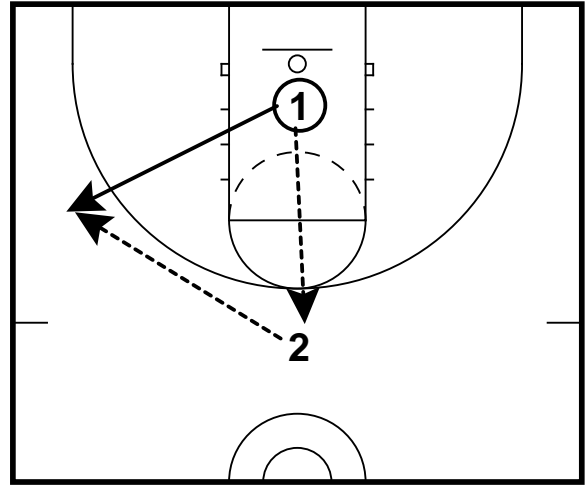
# Daily Dozen Layups

## Finishing Drills

Frame 1



Frame 2



### **6 Right, 6 Left**

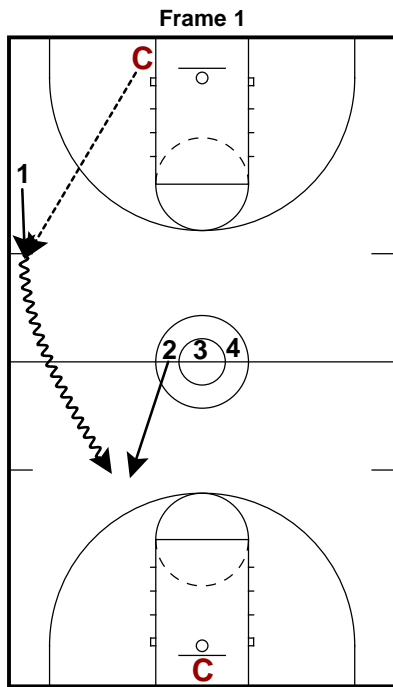
- 1.) Reach out straight drive
- 2.) Power off 2 with pad
- 3.) Pull-up bank at block
- 4.) Gather, pump fake, score
- 5.) Inside hand
- 6.) Front of rim

Get rebound, throw back out to teammate, cut to opposite wing, repeat same finish.  
Go until you shoot all 12 layups.

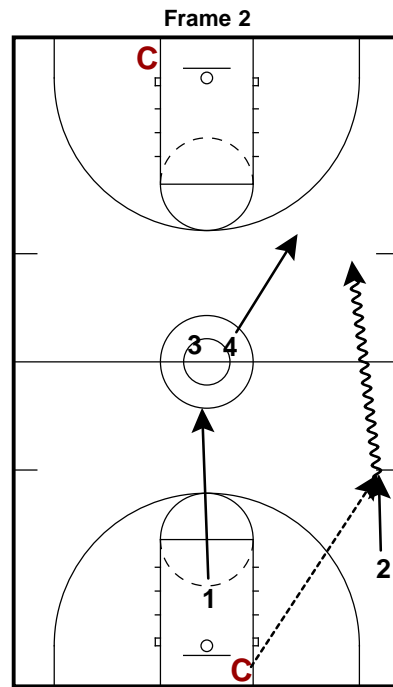


# Iona 1 v 1

## Finishing Drills



- 1 takes off.
- Coach passes to 1.
- 2 defends as soon as 1 crosses half.
- Whoever wins gets to go on offense the other way.

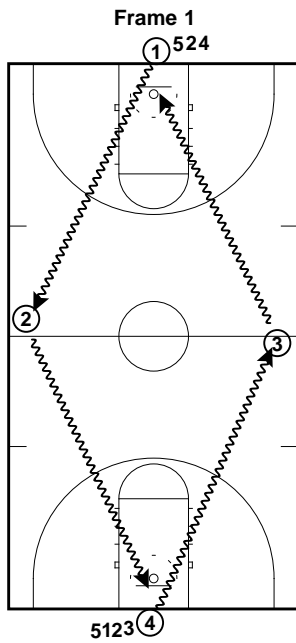


- Can run drill for time (most points wins).
- Can run drill as elimination (you lose and you're off)
- Can run drill until someone scores a set amount



# Kentucky Layups

## Finishing Drills

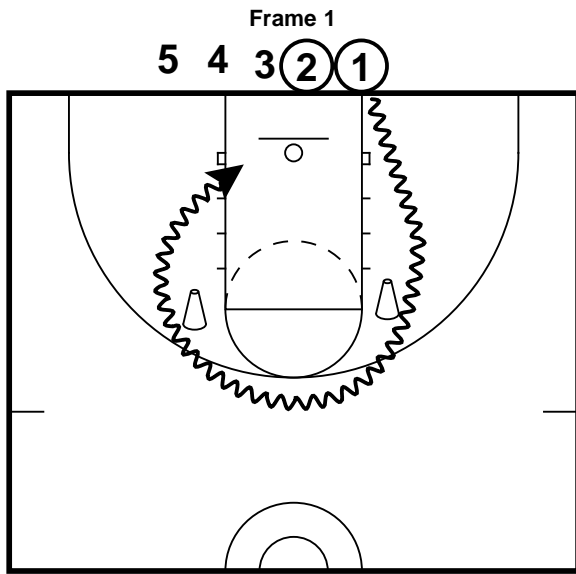


- Full Court Layup Drill - 4 balls.
- 2 Minutes on the clock.
- Goal is to make as many layups as possible.
- Drill starts with two balls start at half court facing each way and the other two balls start on the baseline. After a player shoots a layup the next person in line goes.
- Drill continues for 2 minutes to see how many makes they can get.



# Lefties and Righties

## Finishing Drills



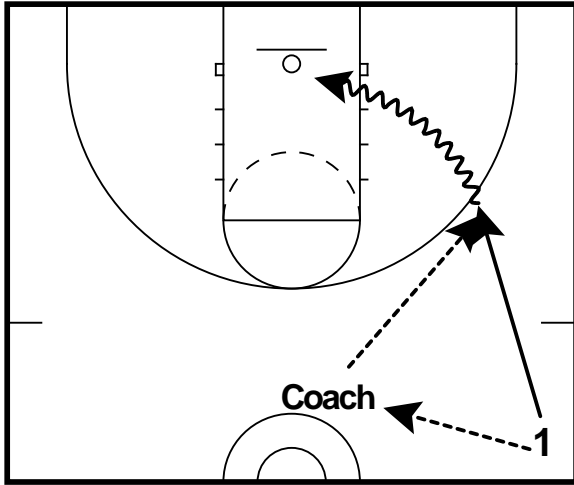
Player dribbles around both cones and shoots a layup.  
Teams are split and go for 2 minutes. Loser gets punished.  
Variation: Add a coach to use pads



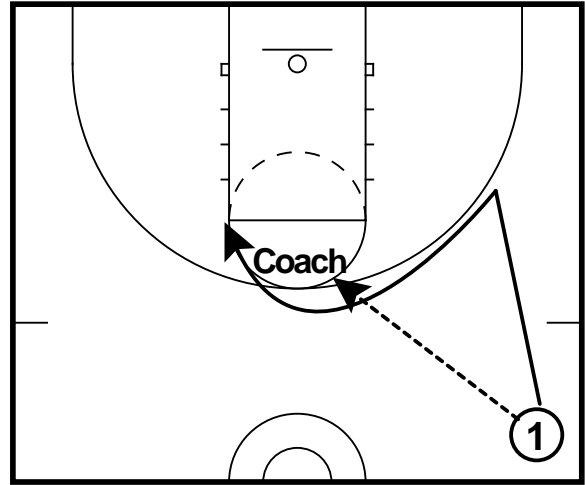
# Transition Finishes

## Finishing Drills

Frame 1



Frame 2



Offensive player sprints from half-court.  
Coach passes to player.  
Player catches and jump stops, sweeps, etc. and finishes at the basket.  
Player gets own rebound, gets in line on the other end of the court with another coach, and repeats.

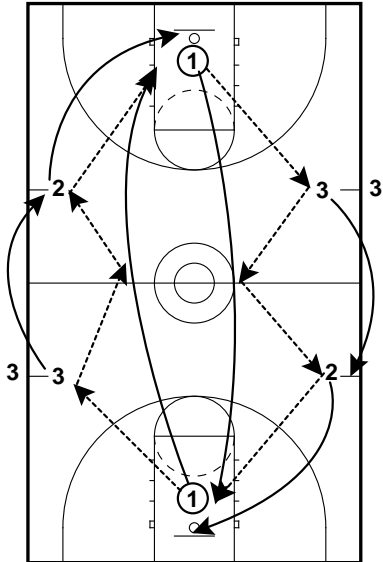
Variation:  
Player passes to coach, cuts down sideline, then comes off coach for a hand off.



# 101

## Toughness Drills

Frame 1



5 minutes to make 101 layups:

1 passes to 3, 3 passes back to 1, 1 to 2, 2 back to 1, 1 shoots layup.

After you pass, you follow the ball to the next spot.

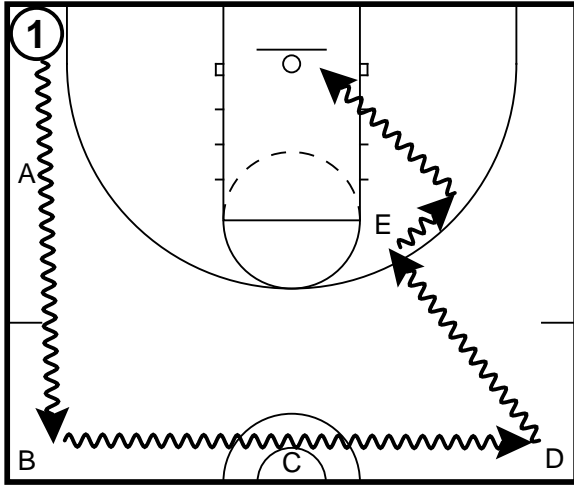
3 takes 2 spot. 2 takes 1 spot. 1 takes 3 spot.



# Chill Drill

## Dribbling Drills

Frame 1



Player follows sideline and half-court line.

Player makes following sequence at each move:

A - inside out

B - Spin

C - Hesitation/Up 2, Back 2

D - Behind the back

E - Crossover

Mix up finishes; typically 3 sets

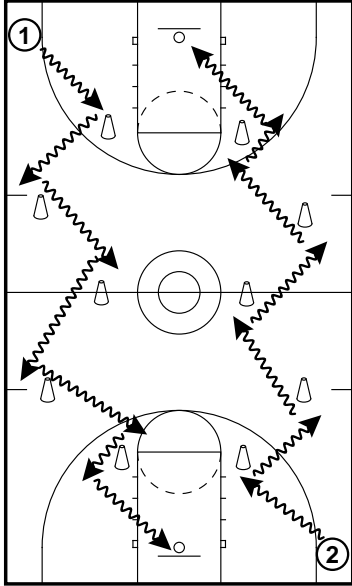




# Full-Court Dribble Series

## Dribbling Drills

Frame 1



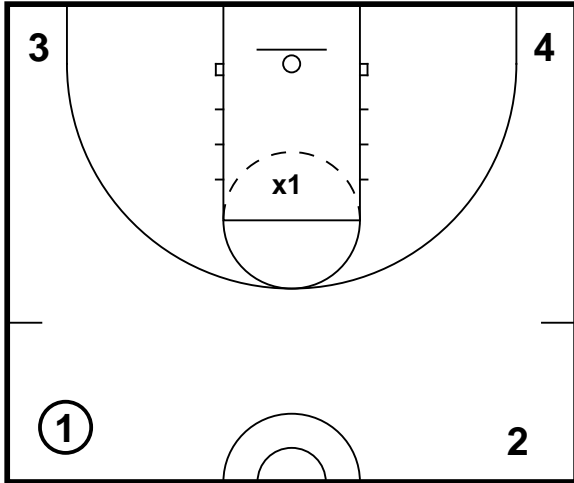
Player makes a change of direction move at each cone.  
(cross, BTL, BTB, spin, keep in one hand)  
Player finishes at basket.  
Can also be done with 2 balls (finish at end)



# Half Court 2-on-1

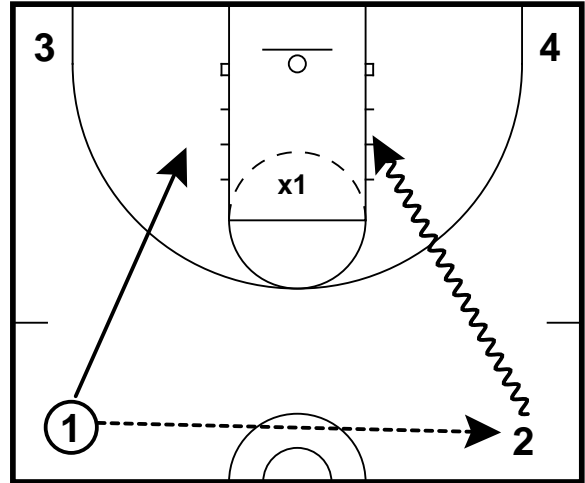
## Transition Drills

Frame 1



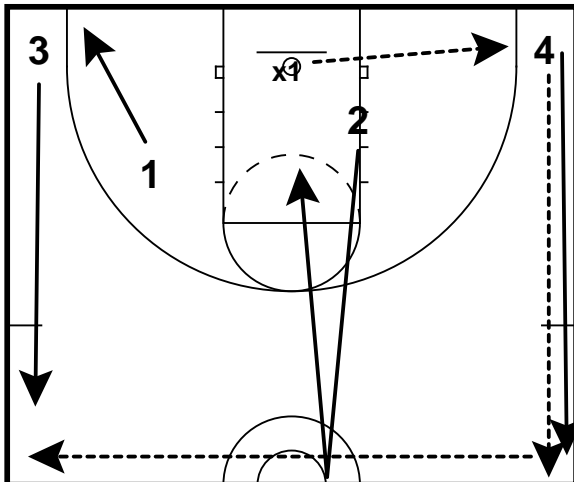
Initial Set Up

Frame 2



1 skips the ball to 2.  
2 and 1 try to score on x1.

Frame 3



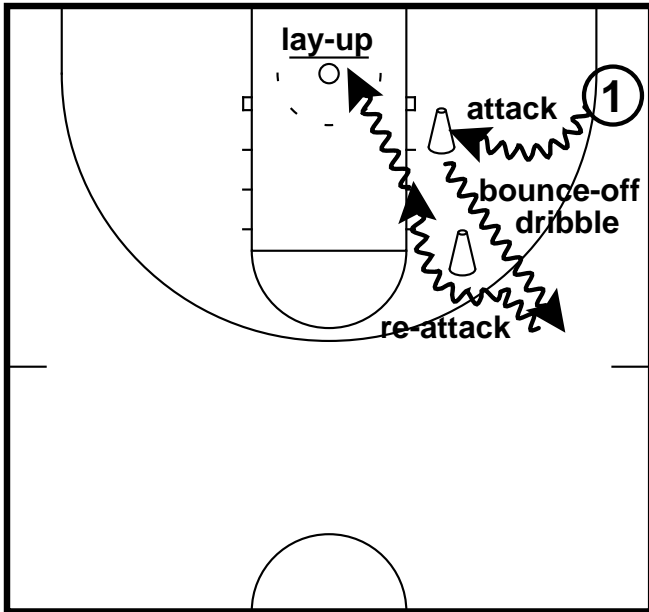
Shooter (2 in this instance) runs to touch half court and is now on defense.  
Defense gets rebound and outlets to 3 or 4 (4 in this case).  
4 then outlets to next man waiting, who skips the ball, and the drill continues.



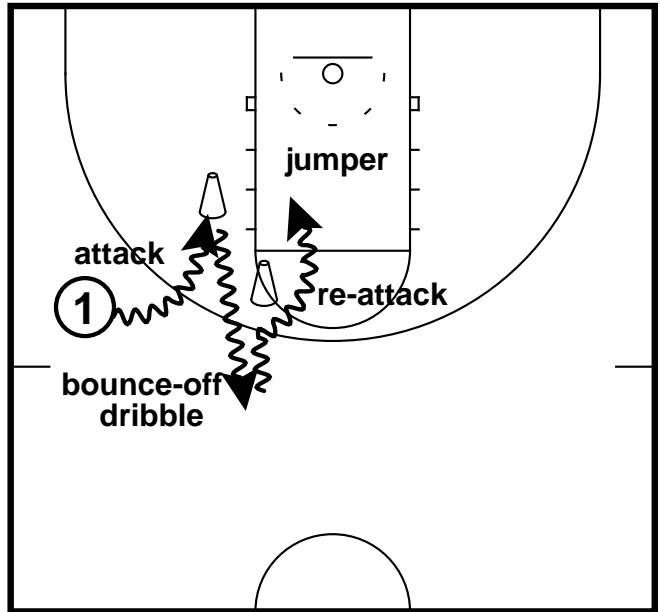
# Half-Court Bounce-Off

## Dribbling Drills

Frame 1



Frame 2



### **Bounce-Off Re-Attack Lay-Up Pattern**

Choose a dribble move and attack the middle.

Pretend help defense is in position. Instead of picking up the ball, or forcing a move, or forcing a shot, or making a bad pass, the Bounce-Off dribble allows you to withdraw and bounce away from a situation that you don't like while still keeping your options open.

Choose a dribble move and re-attack the area that you just bounced off.

Finish with a lay-up.

### **Bounce-Off Re-Attack Jump Shot Pattern**

Choose a dribble move and attack the rim.

Pretend help defense is in position. Just like the lay-up drill, you'll Bounce-Off the action because you don't like what you see.

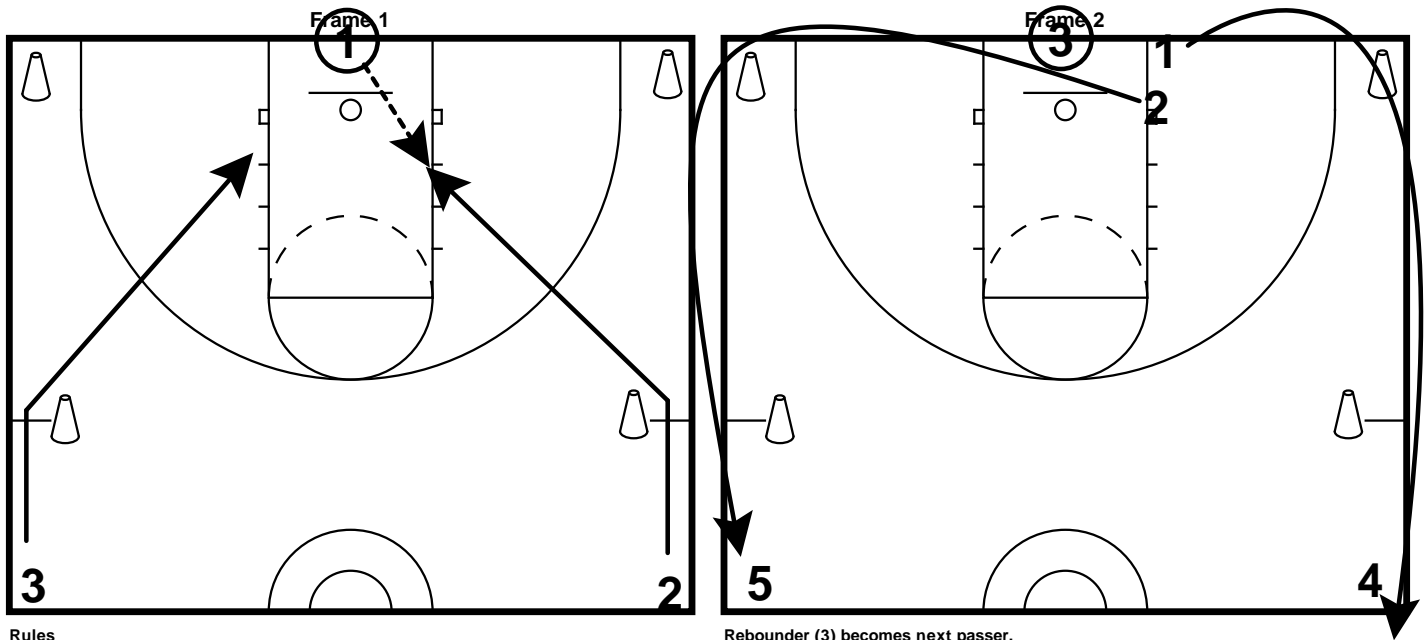
Now that you have space, choose a dribble move and re-attack the area that you just bounced off.

Pull up for a jump shot.



# Lakers Drill

## Transition Drills



### Rules

1. **MUST** go outside the cones or you have to start over
2. **MUST** be counting as a team or you start over
3. **OPTIONAL** (drill starts over with a miss)

**\*\*Can go for a score, time, or perfection\*\***

- 2 and 3 cut to the rim.  
1 passes to 2. 2 shoots layup.  
3 gets rebound.

Rebounder (3) becomes next passer.

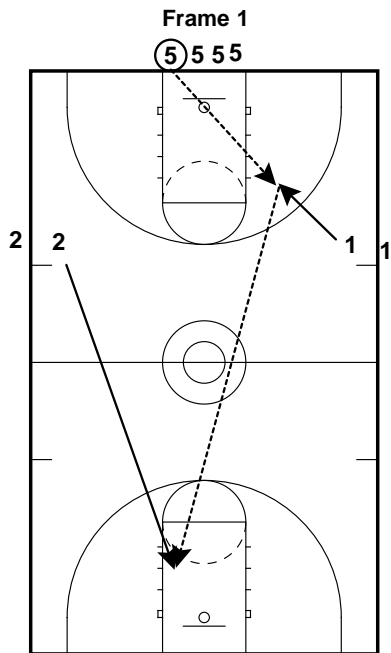
- 2 follows his momentum and runs around cone to other line.  
Passer (1) cuts to opposite line.

Drill continues with 5, 4, and 3

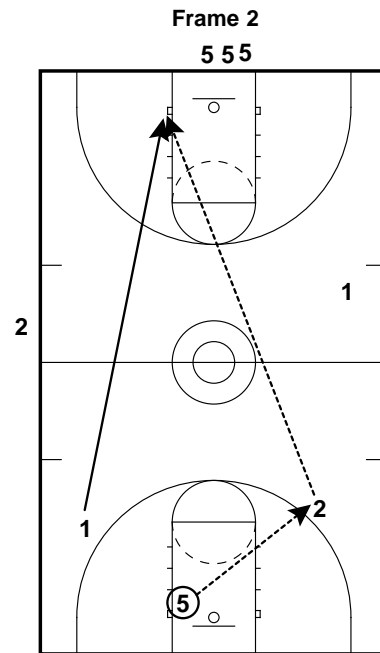


# Long and Short

## Transition Drills



Posts under basket, guards at half-court lines.  
5 takes ball out, outlets to 1, 1 hits a streaking 2.  
5 must get ball out of the net before it hits the floor.  
5 sprints down floor, 1 comes to elbow.



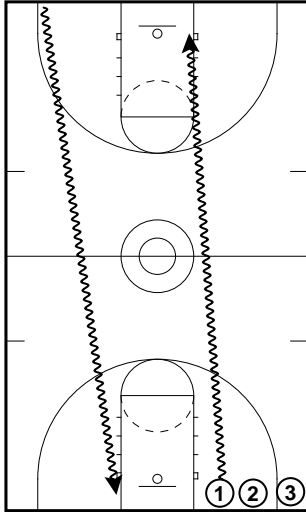
5 gets rebound, outlets to 2, who throws deep pass to 1 for layup.



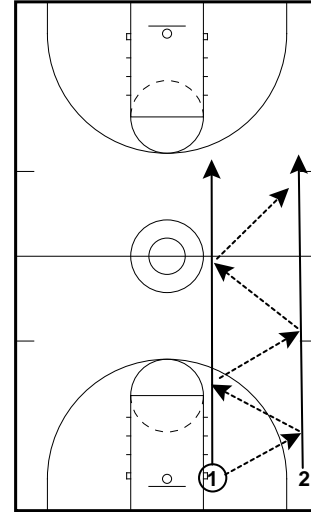
# Perfection Finisher

## Team Drills

Frame 1



Frame 2



**Part 1:** Speed dribble with right hand and finish, come back (must make 2 in a row to finish)

**Part 2:** Repeat with left hand.

If you miss, you go to the end of the line and start over.

When EVERYONE completes, move to Part 3.

**Part 3:** Pass back and forth. No drops or bobbles. If you drop or bobble, you go to end of the line. Keep going until everyone makes a successful chest pass up and back along with a successful bounce pass up and back.

**Part 4:** 3 Man Weave (3 passes). Each group of 3 needs 2 perfect trips before the team moves to Part 5.

**Part 5:** 3 Man Weave Jumpers (3 passes). Same as earlier weave, but now you get 1 chance for a putback. 2 perfect trips.

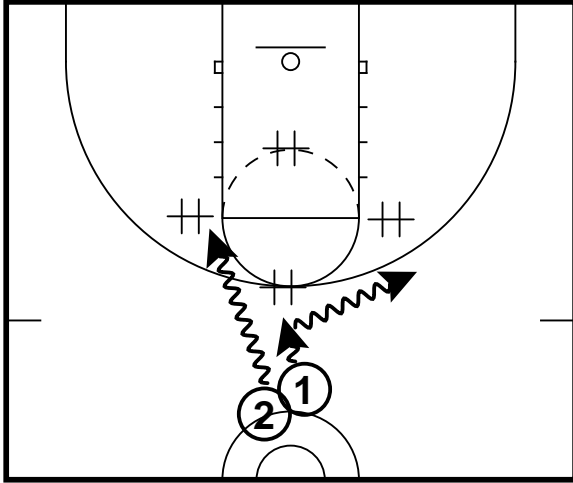
Time this the first time they do it. Next time you do this drill, they have to beat it or they repeat.



# St. Anthony's Chair Series

## Dribbling Drills

Frame 1



1. Inside out into jumper.
2. Between the legs 3 x (each chair)
3. Behind the back
4. Move at top chair, pull up jumper at bottom chair.
5. Side pro hop.
6. Around/behind the back finish.

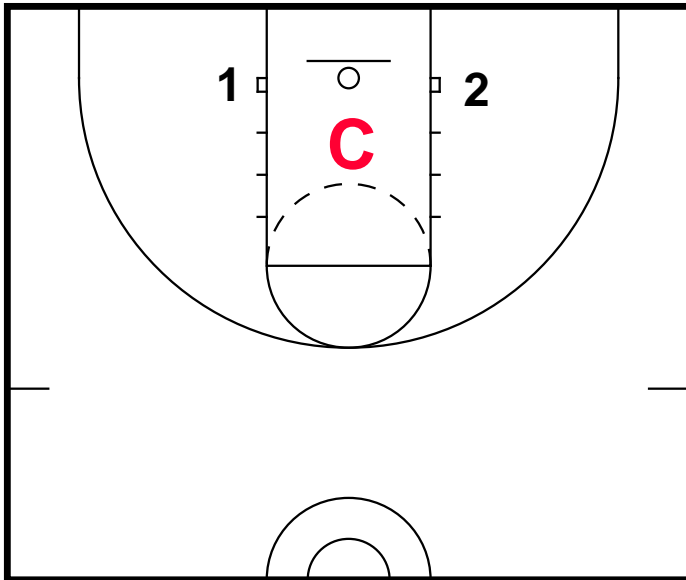
Everyone has a ball - very quick moving - alternate direction each player goes.



# Tough Guy Finishing

## Toughness Drills

Frame 1



Players are facing sideline.  
Coach rolls the ball.  
When he says go, it's live.  
Players stay on until a score.

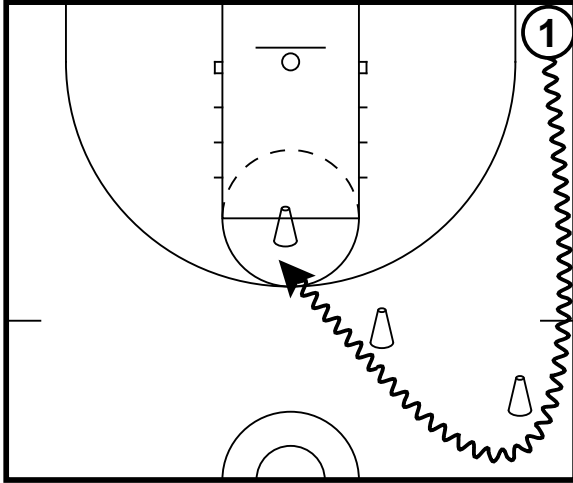




# Weak Hand Drill

## Dribbling Drills

Frame 1



Left hand dribble around first cone.  
Veer off at third cone without a coach.  
Veer off at second cone with a coach (pass to coach and get it back).

Work on different moves and different finishes.