



Drill: WARM UP 1

Category: Warm-Up

Track 1: 2:00 PM - 2:05 PM (5 min)

Focus: WARM UP

Drill Purpose/Intent

Drill Teams

Individual

Needed Equipment

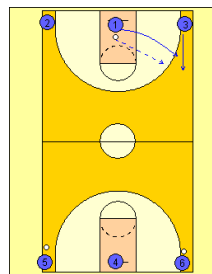
Needed Area

Half Court

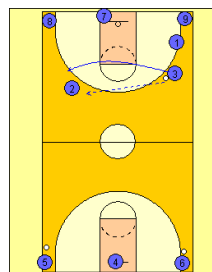
Drill Notes

Setup

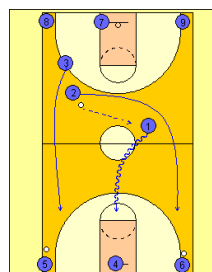
TREI JUCATORI PE BASELINE ,UNUL IN MIJLOC CU MINGE ,DOI PE COLTURI,CRISS CROSS.
 LA CELALAT PANOU ALTI TREI JUCATORI ,CEL DIN MIJLOC FARA MINGE ,CEI DIN COLTURI CU MINGE.
 JUCATORII CARE VIN DIN CRISS CROSS EXECUTA ,JUMP SHOT CEL DIN MIJLOC SI LAY UP CEILALTI DOI CARE PRIMESC MINGEA DE LA CEI DE PE COLTURI.
 CONTINUU PANA CAND SE REALIZEAZA 100 DE COSURI.



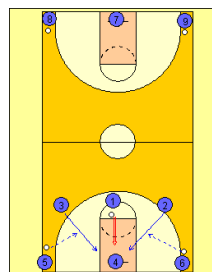
Running the Drill



Coaching Points



Variations

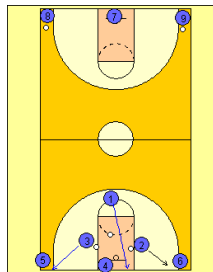




DAN CALANCEA

Practice Drill Pages

Date: 3/5/2013
Time: 2:00 PM
Location: SALA FOREX





DAN CALANCEA

Practice Drill Pages

Date: 3/5/2013
 Time: 2:00 PM
 Location: SALA FOREX

Drill: STRETCHING

Category: Conditioning

Track 1: 2:05 PM - 2:15 PM (10 min)

Focus: Body Control

Drill Purpose/Intent

Drill Teams

Needed Equipment

Needed Area

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Drill Notes

STRETCHING - No Instructions

2:05 PM (10 min) | Track 1



Drill: Inferno Drill

Track 1: 2:15 PM - 2:23 PM (8 min)

Category: Combination

Focus: Peer Pressure Drills

Drill Purpose/Intent

4 on 4 Offense and Defense Drill for Screening

Drill Teams

Individual

Needed Equipment

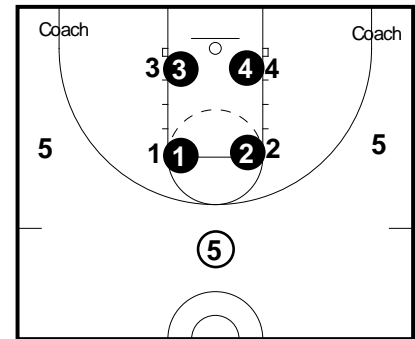
Needed Area

Half Court

Drill Notes

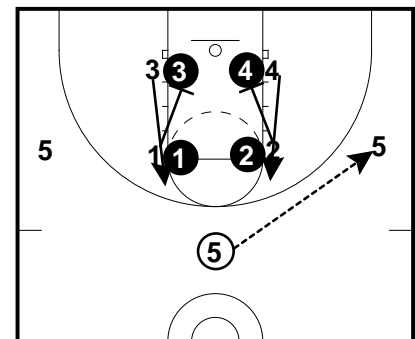
Inferno Drill

Players Start on on Elbows and Blocks.
This is an 8 minute drill: Switch Offense and Defense at 4 minute mark. No Substitutions!
OFFENSE RULES
MUST CATCH ON ELBOW OR BLOCK
DEFENSE
Don't Let The Offense Catch on the Block or Elbow
You decide how to make it competitive. You can go live on the catch. Stop on the catch-keep score for catches or defense 5 pushups for every catch.



Ball on Top

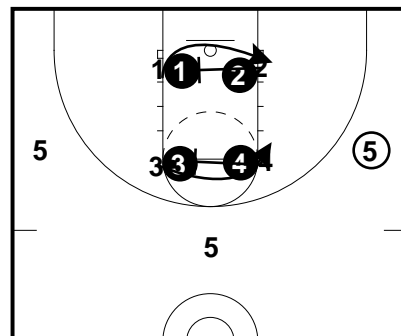
When the Ball is up top, Offensive Players downscreen. If passer can't get a pass to either elbow, he passes the ball to the next passer to continue the drill.





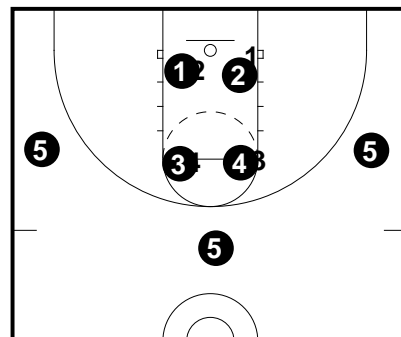
Ball on Wing

When the Ball is on the wing, players screen away from the ball



Switch Sides

At the 4 minute mark, switch sides.
DO NOT SUB IN FOR THE 8 PLAYERS IN THE "INFERNO"





DAN CALANCEA

Practice Drill Pages

Date: 3/5/2013
Time: 2:00 PM
Location: SALA FOREX

Drill: LAY UP 2.30
Track 1: 2:23 PM - 2:29 PM (6 min)

Category: Conditioning
Focus: Layups

Drill Purpose/Intent		Drill Teams
		Individual
Needed Equipment	Needed Area	Drill Notes
	Full Court	



DAN CALANCEA

Practice Drill Pages

Date: 3/5/2013
Time: 2:00 PM
Location: SALA FOREX

Drill: ARUNCARI LIBERE

Category: Offense

Track 1: 2:29 PM - 2:32 PM (3 min)

Focus: Shooting

Drill Purpose/Intent

Drill Teams

Individual

Needed Equipment

Needed Area

Half Court

Drill Notes

ARUNCARI LIBERE - No Instructions

2:29 PM (3 min) | Track 1



DAN CALANCEA

Practice Drill Pages

Date: 3/5/2013
Time: 2:00 PM
Location: SALA FOREX

Drill: 2 CONTRA 1
Track 1: 2:32 PM - 2:39 PM (7 min)

Category: Conditioning
Focus: Fundamentals

Drill Purpose/Intent

Needed Equipment

Needed Area

Full Court

Drill Teams

2 Teams
Team 1: 4 GABI CURSARU
Team 2: 14 BILJIANA STJEPANOVIC, 8
MADALINA CIOROIU

Drill Notes

2 CONTRA 1 - No Instructions

2:32 PM (7 min) | Track 1



DAN CALANCEA

Practice Drill Pages

Date: 3/5/2013
Time: 2:00 PM
Location: SALA FOREX

Drill: WATER BREAK

Category: Misc

Track 1: 2:39 PM - 2:40 PM (1 min)

Focus: None

Drill Purpose/Intent

Drill Teams

Needed Equipment

Needed Area

Drill Notes

WATER BREAK - No Instructions

2:39 PM (1 min) | Track 1



DAN CALANCEA

Practice Drill Pages

Date: 3/5/2013

Time: 2:00 PM

Location: SALA FOREX

Drill: 2 LA 2 CONTINUU

Track 1: 2:40 PM - 2:45 PM (5 min)

Category: Conditioning

Focus: Transition

Drill Purpose/Intent

SE INCEPE 2 CONTRA 2 ,IN PRELUNGIREA LINIEI DE ARUNCARI LIBERE ,DE O PARTE SI CEALALTA ,LA AMBELE COSURI ,INCA DOI JUCATORI.

Drill Teams

Individual

Drill Notes

Needed Equipment

Needed Area

Full Court

4 JUCATORI IN TEREN(DOI LA DOI),ALTI PETRU IN PRELUNGIREA LINIEI DE ARUNCARI LIBERE,DE O PARTE SI CEALALTA ,LA AMBELE COSURI

2 LA 2 CONTINUU,JUCATORII DIN ATAC DEVIN APARATORI IMPOTRIVA CELOR DIN PRELUNGIREA LINIEI DE LIBERE





DAN CALANCEA

Practice Drill Pages

Date: 3/5/2013
Time: 2:00 PM
Location: SALA FOREX

Drill: ARUNCARI LIBERE

Category: Offense

Track 1: 2:45 PM - 2:48 PM (3 min)

Focus: Shooting

Drill Purpose/Intent

Drill Teams

Needed Equipment

Needed Area

Drill Notes

ARUNCARI LIBERE - No Instructions

2:45 PM (3 min) | Track 1



Drill: 1 1 player drill
Track 1: 2:48 PM - 2:56 PM (8 min)

Category: Offense
Focus: Transition

Drill Purpose/Intent

Drill designed to put players in offensive advantage and defensive disadvantage in transtion. Once players understand the drill, it can be run continuous with great teaching situations in a short amount of time.

Drill Teams

Individual

Drill Notes

Needed Equipment

Needed Area

Full Court

Initial Setup

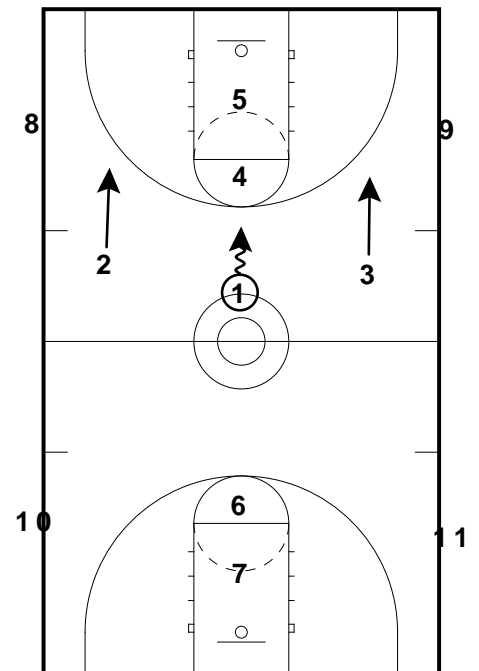
3-on-2 full court transition drill

1, 2, 3 here starting on offense - attacking 4 & 5 on defense.

Offense gets one shot only.

Whichever player rebounds (or takes a made shot out of the basket) starts break the other way with players 8 & 9 as outlets.

Those three attack defenders 6 & 7. There should always be 2 defenders and 2 outlet players waiting at the far end.



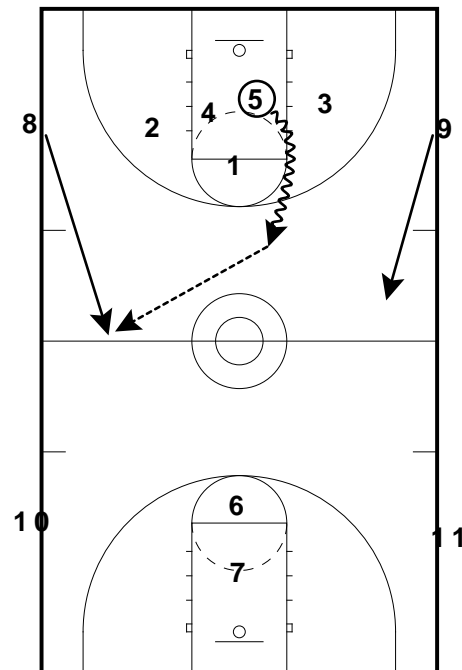


11-player drill cont.

Here, 5 gets the rebound and starts the break with outlet players 8 & 9.

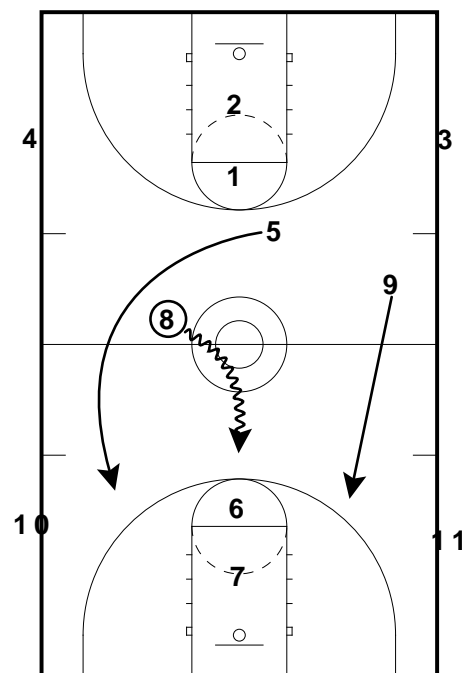
They will attack defenders 6 & 7.

Key to remember - player who gets rebound (or the ball after a make) is the one who starts the break and stays in the drill.



11-player drill cont.

Remaining players at the "non-play" side of the floor (1-4 in this example) reorganize to provide two waiting defenders.





DAN CALANCEA

Practice Drill Pages

Date: 3/5/2013
Time: 2:00 PM
Location: SALA FOREX

Drill: WATER BREAK

Category: Misc

Track 1: 2:56 PM - 2:57 PM (1 min)

Focus: None

Drill Purpose/Intent

Drill Teams

Needed Equipment

Needed Area

Drill Notes

WATER BREAK - No Instructions

2:56 PM (1 min) | Track 1



DAN CALANCEA

Practice Drill Pages

Date: 3/5/2013
 Time: 2:00 PM
 Location: SALA FOREX

Drill: ARUNCARI 1 2 MINUTE
 Track 1: 2:57 PM - 3:09 PM (12 min)

Category: Offense
 Focus: Shooting

Drill Purpose/Intent		Drill Teams
		Individual
Needed Equipment	Needed Area	Drill Notes
	Full Court	

ARUNCARI 1 2 MINUTE - No Instructions

2:57 PM (12 min) | Track 1



DAN CALANCEA

Practice Drill Pages

Date: 3/5/2013
 Time: 2:00 PM
 Location: SALA FOREX

Drill: 5 LA 5
 Track 1: 3:09 PM - 3:19 PM (10 min)

Category: Offense
 Focus: Fundamentals

Drill Purpose/Intent

Needed Equipment

Needed Area

Half Court

Drill Teams

2 Teams
 Team 1: 4 GABI CURSARU
 Team 2: 14 BILJIANA STJEPANOVIC, 8
 MADALINA CIOROIU

Drill Notes

5 LA 5 - No Instructions

3:09 PM (10 min) | Track 1



DAN CALANCEA

Practice Drill Pages

Date: 3/5/2013
Time: 2:00 PM
Location: SALA FOREX

Drill: 5 LA 5

Track 1: 3:19 PM - 3:29 PM (10 min)

Category: Offense
Focus: Fundamentals

Drill Purpose/Intent

Needed Equipment

Needed Area

Half Court

Drill Teams

2 Teams
Team 1: 4 GABI CURSARU
Team 2: 14 BILJIANA STJEPANOVIC, 8
MADALINA CIOROIU

Drill Notes

5 LA 5 - No Instructions

3:19 PM (10 min) | Track 1



DAN CALANCEA

Practice Drill Pages

Date: 3/5/2013
 Time: 2:00 PM
 Location: SALA FOREX

Drill: COOLING DOWN

Category: Conditioning

Track 1: 3:35 PM - 3:40 PM (5 min)

Focus: None

Drill Purpose/Intent

Drill Teams

Needed Equipment

Needed Area

Drill Notes

COOLING DOWN - No Instructions

3:35 PM (5 min) | Track 1



DAN CALANCEA

Practice Drill Pages

Date: 3/5/2013
Time: 2:00 PM
Location: SALA FOREX