

FDBA Domestic Coaches Drill Book: Team Offence

Name: Alford Series: Ball Reversal

Drill No: F3

Description:

This drill is to teach players how to correctly pass the ball from one side to the other.

The wings have already executed V-cuts to get free and the point (1) has made a pass to the right wing (2).

(1) makes a replacement cut to receive the ball back from (2). On the catch (1) executes a rip through and dribbles to get across the split line (imaginary line that runs from hoop to hoop down the center of the court) to make a pass to (3) who has timed is V-cut to get free.

This action is called "Dribble Swing"

If (1) cannot make a pass to (3) he must keep dribbling in protection dribble while waiting for two to complete his V-cut.

Keep dribble swinging until whistle or coaches yell "score" the players can the dribble in for a shot or lay-up

Rotations:

1. All three player out, three new players in.
2. Rotate clockwise or anticlockwise

Points of Emphasis:

1. Always pass at least a step off the split line towards the receiver
2. Cut below the block and get two feet inside the key
3. Have a receiving hand up (hand closest to sideline) on the way in and on the way out with palm facing the ball.
4. Slash arm and get a lead foot inside the key to explode outside the 3pt line above the block.

Diagram A.

