



Princeton Offense - Point Shooting Drills



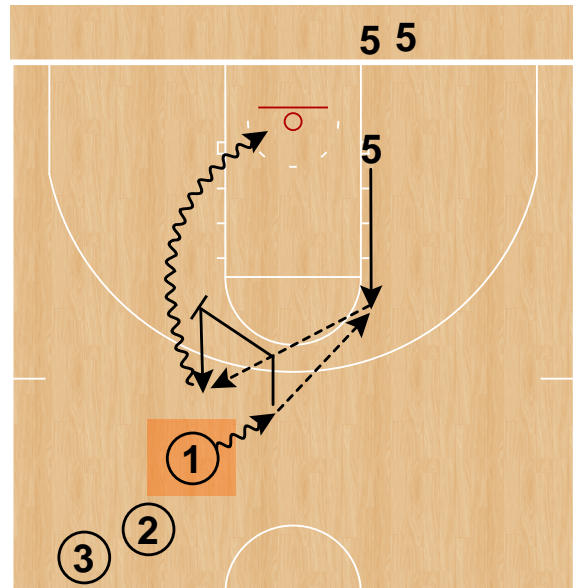
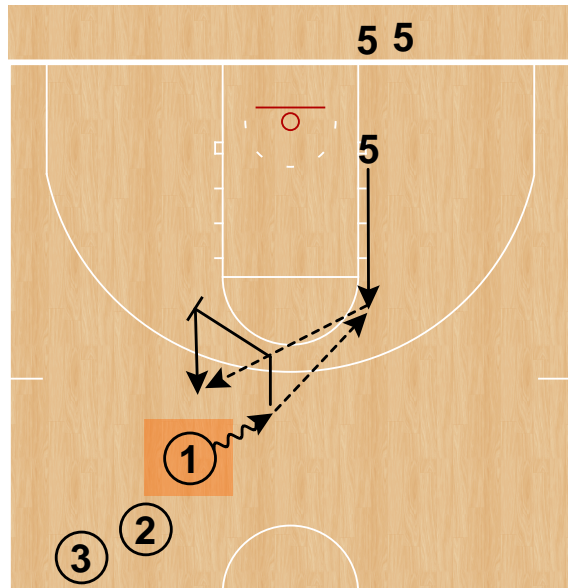
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Radius Athletics

Drill: Point Away Shooting



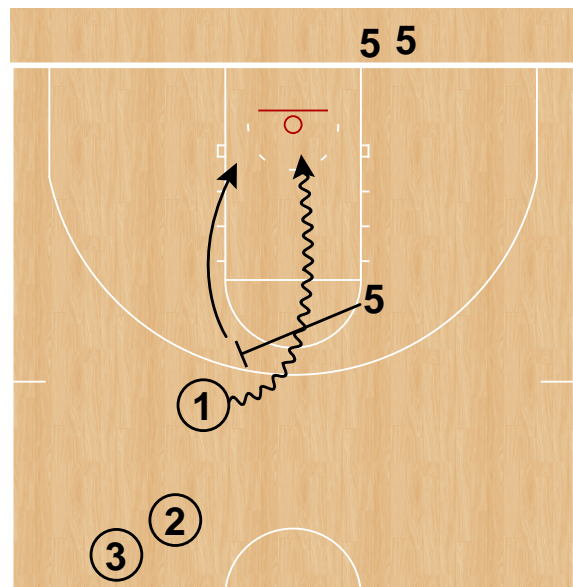
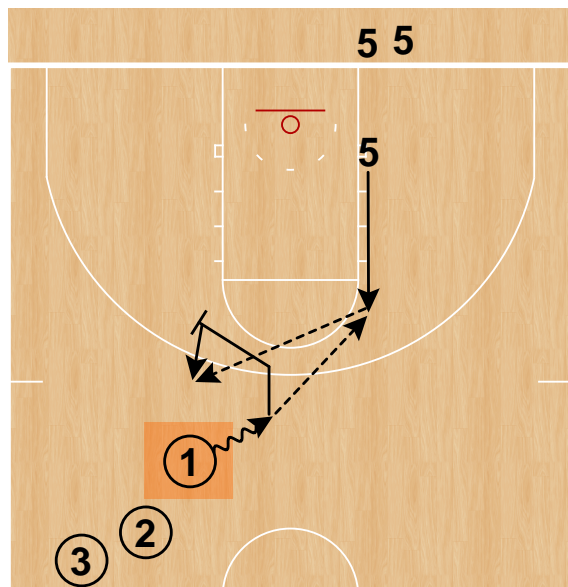
Set up: Guards with basketballs in a guard spot. Post on opposite block. Drill starts with guard centering with the dribble and 5 flashing to the PINCH. Make sure to execute these drills on both sides of the floor.

POP BACK
Option 2: rip it opposite and lane drive

1 enters to 5. WE WANT A ONE HAND BOUNCE PASS OFF THE DRIBBLE! Don't touch it with off hand.

From there we drill POINT AWAY options.

1 enters to 5 in the PINCH and simulates AWAY split screen. 1 **pops back**, 5 hits 1 on the pop back - Option 1: POP BACK for a 3PA

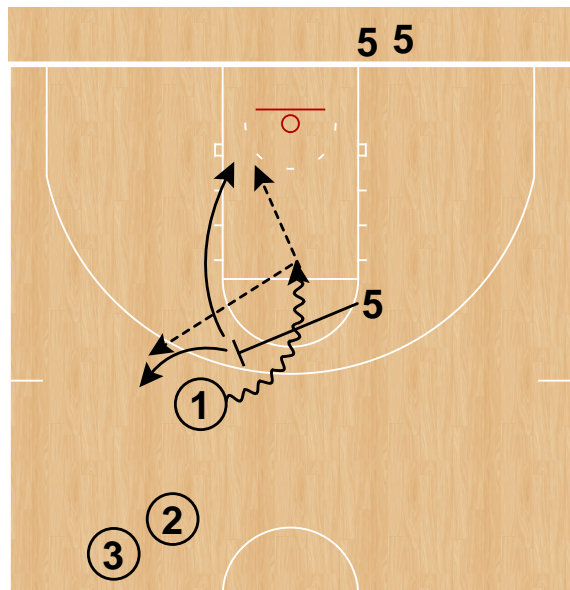


POP BACK - BALL SCREEN
1 simulates AWAY split screen and pops back. 5 passes to 1 on the POP BACK...

POP BACK - BALL SCREEN (cont.)
...5 follows pass and ball screens for 1. 1 drives to a finish using various finish techniques. 5 rolls

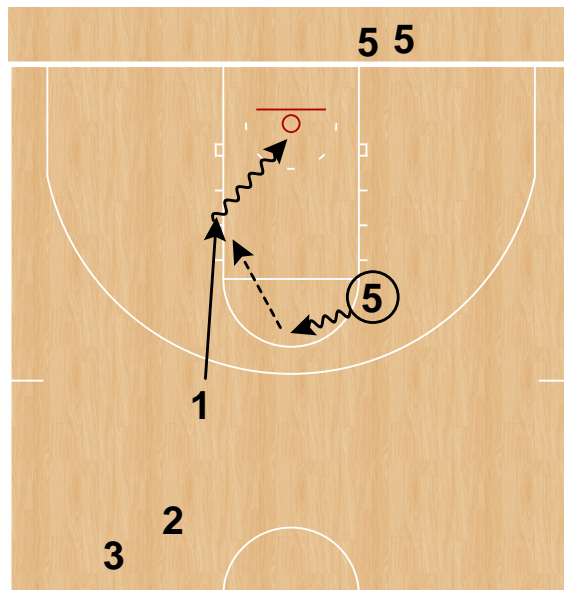
Radius Athletics

Drill: Point Away Shooting



POP BACK - BALL SCREEN (cont.)

Also rep hitting the roller using pocket, hook passes. 5 has RPO "roll pop option" so we rep both the roll and throwing back to pop.

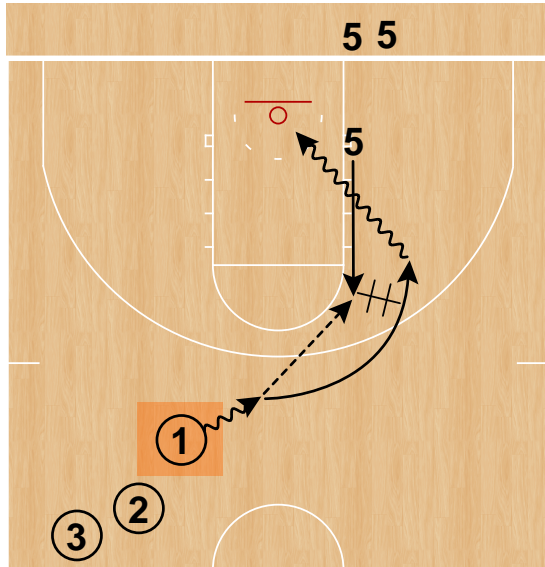


DRIBBLE-AT

1 has enter to 5 in the PINCH and simulated an AWAY split screen and POPS BACK. 5 dribbles at with 1 sending them on backdoor cut.

Radius Athletics

Drill: Point Over Shooting



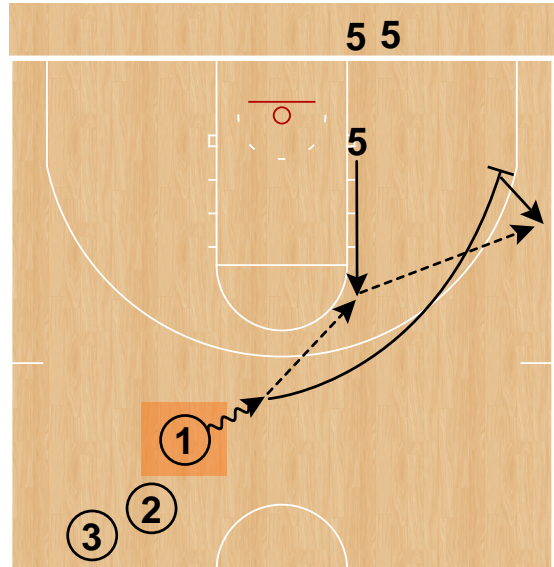
Set up: Guards with basketballs in a guard spot. Cost on opposite block. Drill starts with guard centering with the dribble and 5 flashing to the PINCH. Make sure to execute these drills on both sides of the floor.

1 enters to 5. WE WANT A ONE HAND BOUNCE PASS OFF THE DRIBBLE! Don't touch it with off hand.

From there we drill POINT OVER options.

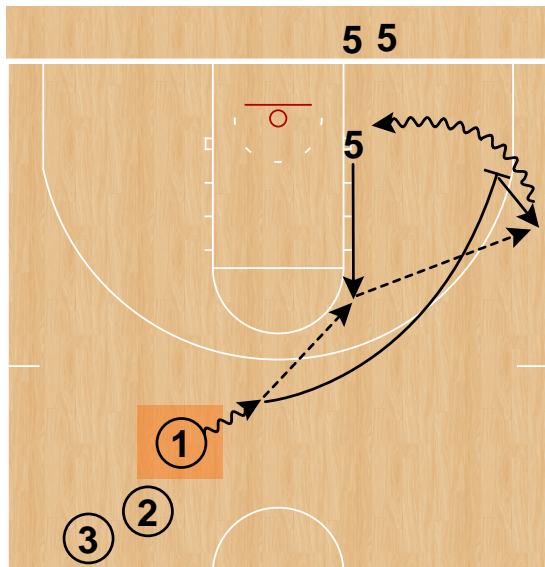
THROW AND GO

1 enters to 5 goes over the top for handoff. 1 scores applying various finishing techniques.



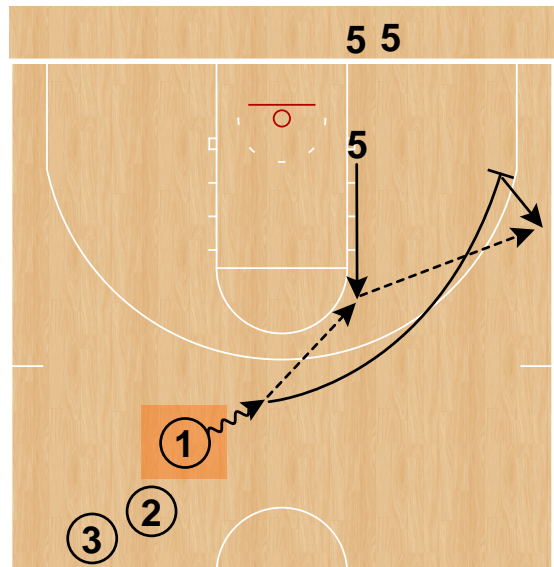
POP BACK

1 goes OVER simulates a SPLIT near the corner, POPS back, receives pass from 5 and pops back for 3pt shot.



POP BACK

1 goes OVER simulates a SPLIT near the corner, POPS back, receives pass from 5 and rips opposite and drives applying various finishing techniques.

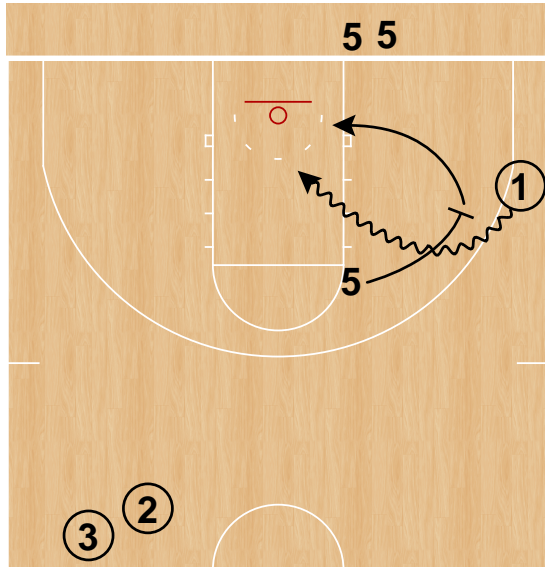


POP BACK - SIDE BALL SCREEN

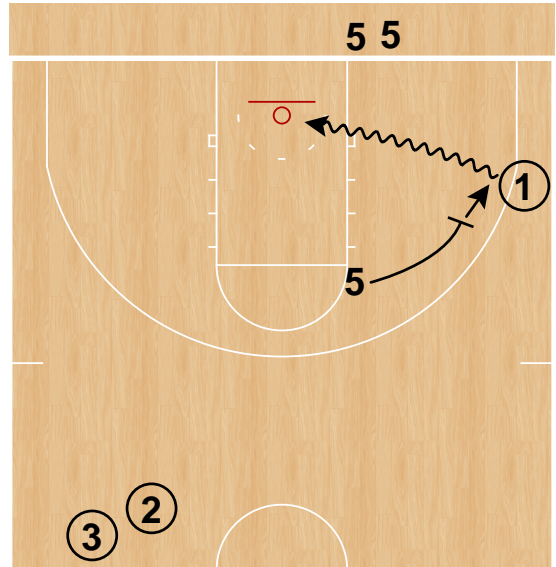
1 goes OVER simulates a SPLIT near the corner, POPS back, receives pass from 5...

Radius Athletics

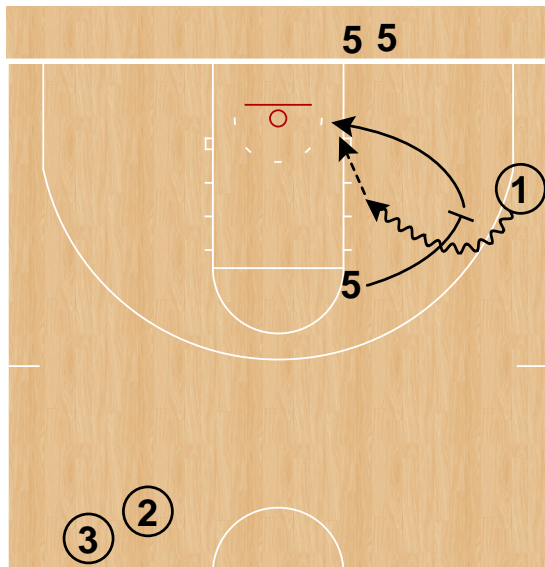
Drill: Point Over Shooting



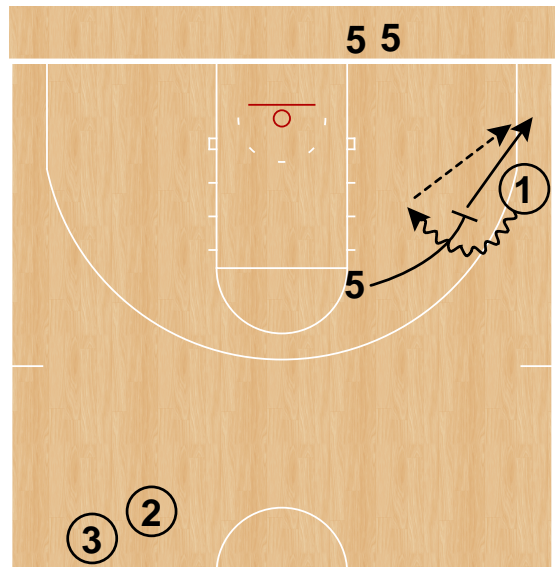
POP BACK - SIDE BALL SCREEN (cont.)
 ...5 follows into a side ball screen for 1. From here we work on various options in the ball screen. 1 comes off ball screen to score, 5 rolls.



POP BACK - SIDE BALL SCREEN (cont.)
 1 rejects ball screen, 5 gets in taillights.



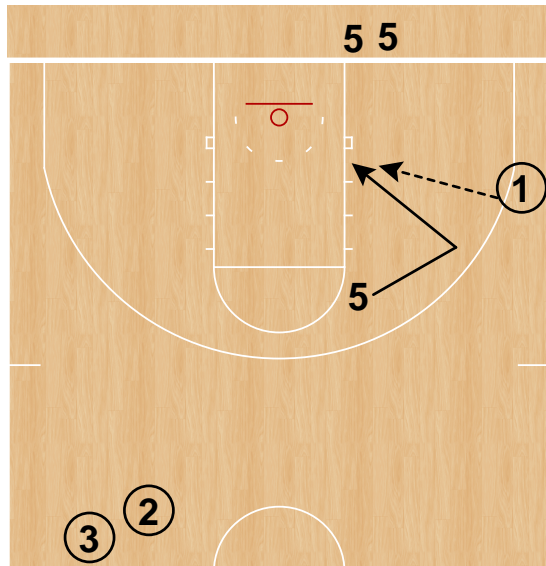
POP BACK - SIDE BALL SCREEN (cont.)
 1 uses the ball screen, hits the roller.



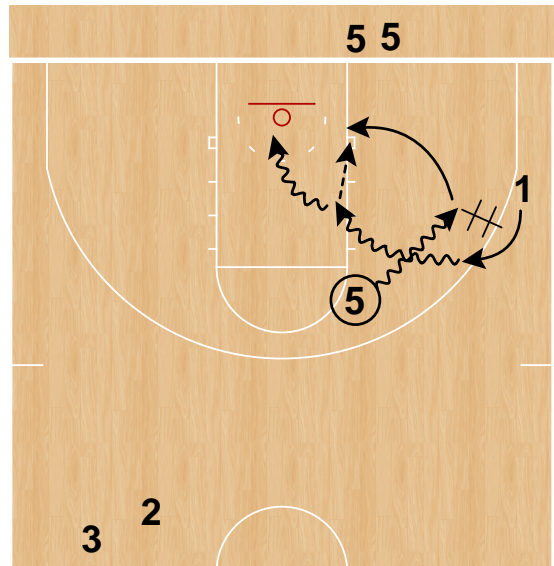
POP BACK - SIDE BALL SCREEN (cont.)
 1 uses the ball screen, 5 pops, 1 hits 5 on pop.

Radius Athletics

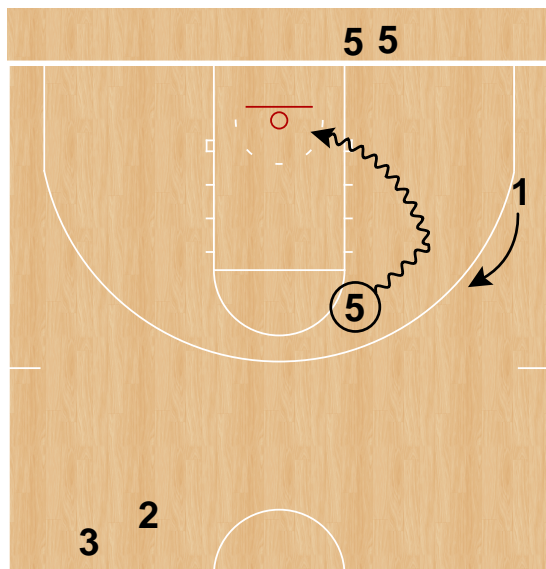
Drill: Point Over Shooting



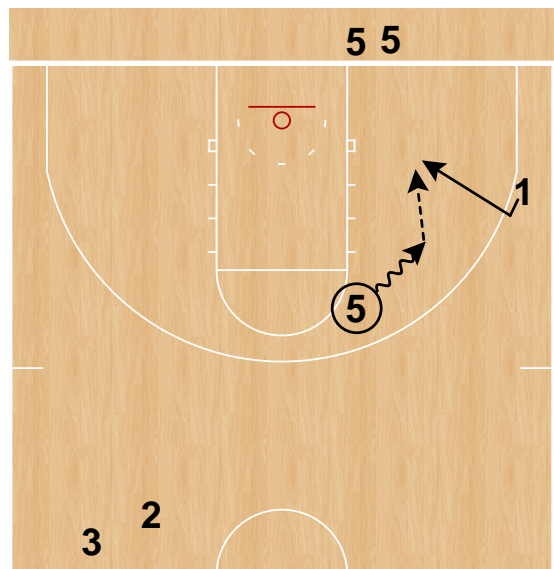
POP BACK - SIDE BALL SCREEN (cont.)
Slip - 5 slips the screen, 1 hits 5 on slip.



DHO DRIBBLE-AT
Now we are assuming 5 receives the pass in the pinch, 1 goes over the top to simulate a split near the corner, pops back and 5 dribbles at 1 (the pop back man).
5 dribbles at 1, 1 sets up for the handoff, comes over the top and takes handoff. We want 5 to deliver the handoff and "get a piece" of 1's defender. drill both 1 finishing from the handoff and hitting 5 on the roll.



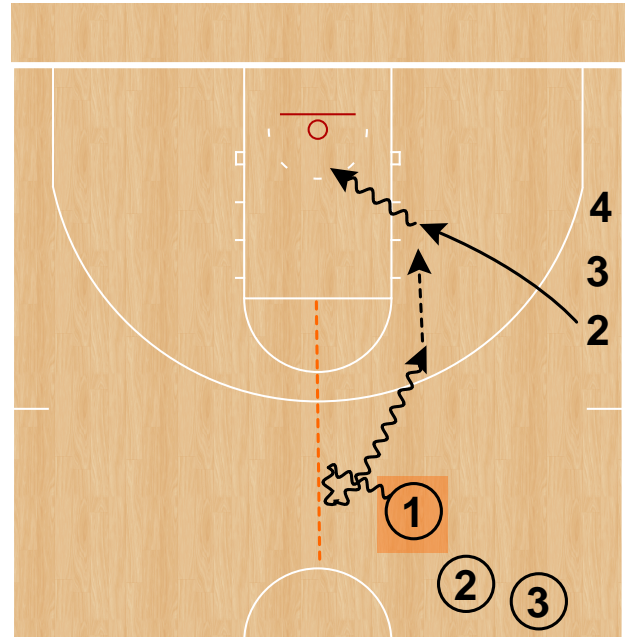
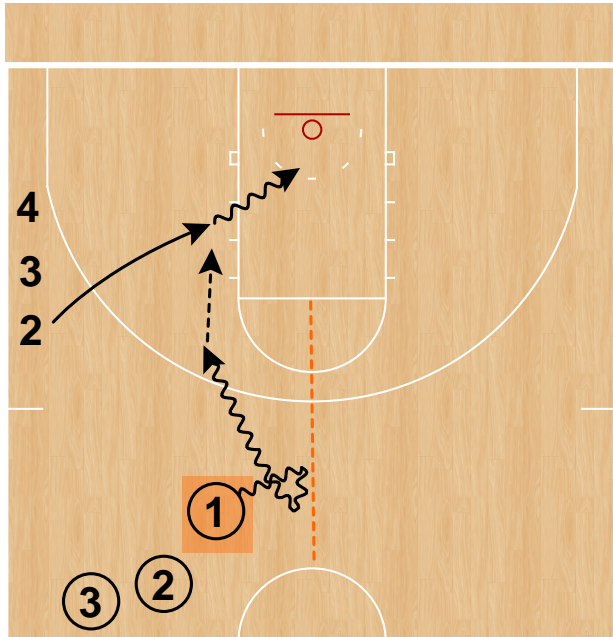
DHO - KEEP
5 aborts the handoff and **KEEPS** for a score.



DHO - DRIBBLE-AT BACKDOOR
1 sets up for the handoff, cuts backdoor for layup.

Radius Athletics

Drill: Point Spin Shooting



SPIN
 Players with basketball in line at GUARD SPOT. Line of players at FORWARD SPOT.

Flip the drill so you work on both sides.

Make centering dribble and SPIN at/near midline punch the gap in a dribble-at with 2. 2 cuts backdoor for layup. This is a one hand bounce pass off the dribble. We want the player at the forwards spot to stand up, WAIT for at least one dribble in your direction before cutting. The pass is delivered with one hand like "skipping rocks" to the cutter.