



FastModel Sports - October Coaching Clinic



Table of Contents

1.	Dribble Drive Motion	3
1.1	Basics	3
1.1.1	DDM - Spots	3
1.1.2	DDM - Loop	4
1.1.3	Blood 22	5
1.1.4	Blood 33	6
1.1.5	Dribble Drop	7
1.2	Sets	8
1.2.1	BB	8
1.2.2	Duke	9
1.2.3	Pistol	10
1.2.4	Strong	11
1.2.5	T Cut	12
1.2.6	Throwback	13

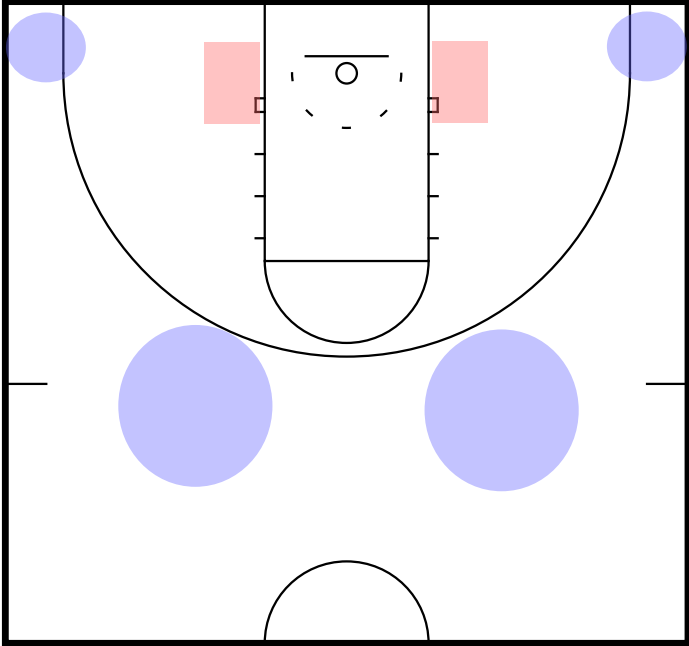
FastModel Sports - October Coaching Clinic - Contents (cont.)

1.2.7	V	15
2.	Special Teams	16
2.1	BLOB	16
2.1.1	BLOB - Ballscreen	16
2.1.2	Screen and Slip	17
2.1.3	Slice	19
2.2	SLOB	20
2.2.1	Mitchell	20
2.2.2	SLOB - FT Post UP	21
2.2.3	Weave	22
2.3	ATOs	23
2.3.1	Cyclone	23
2.3.2	POST UP - GUARD / BIG MAN	24
2.3.3	Pointer	25
2.4	End of Clock	26
2.4.1	BLOB less than :02	26
2.4.2	Chop	27
2.4.3	End Of Clock: 3 Point Shot	29
2.4.4	Last Second Shot	29
2.4.5	Rip Special	30

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Dribble Drive Motion

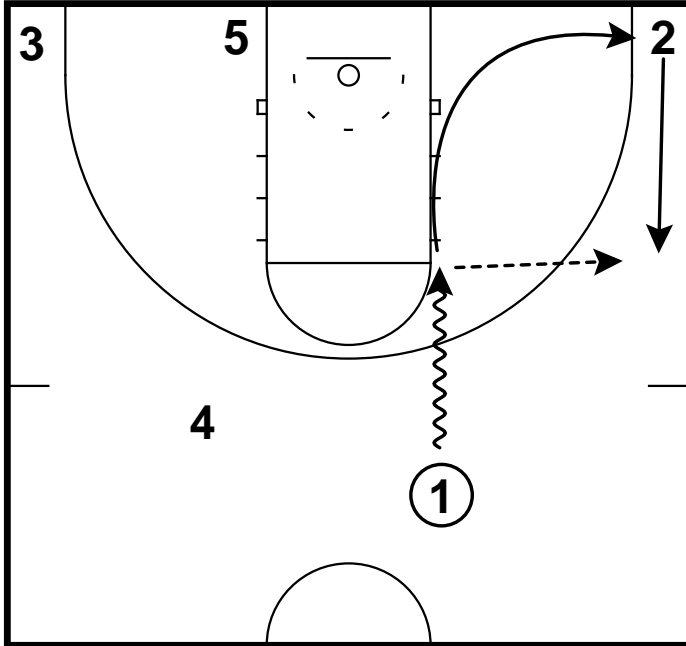
DDM - Spots
Dribble Drive Motion



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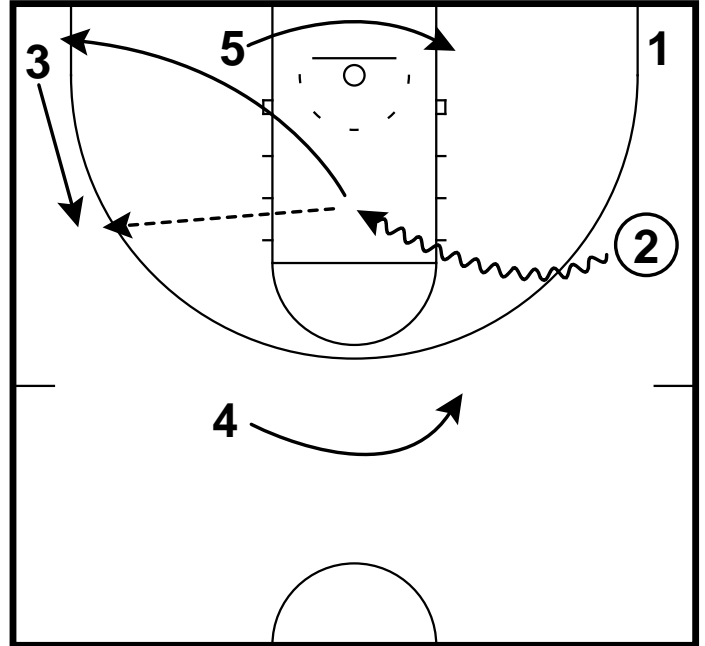
Dribble Drive Motion

DDM - Loop
Dribble Drive Motion



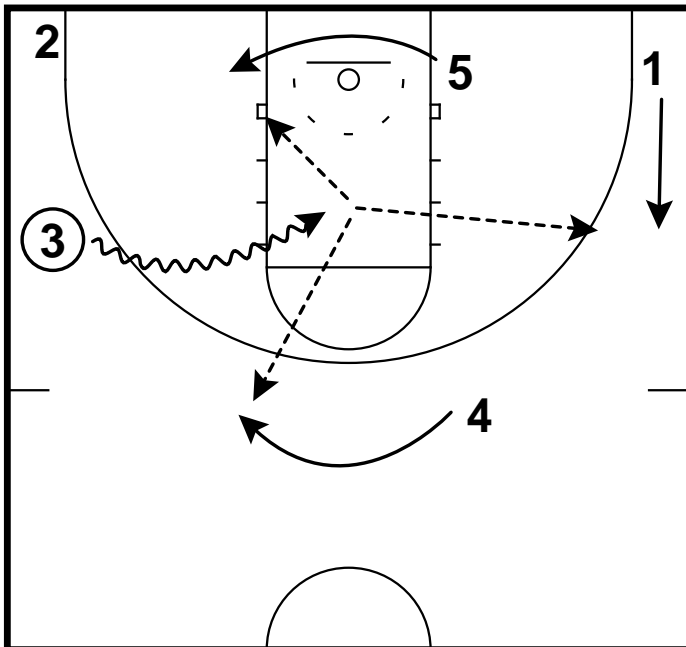
1 initiates DDM by attacking the drop zone with the dribble. 1 passes to 2 cutting up. 1 Loop cuts to the strong side corner.

DDM - Loop
Dribble Drive Motion



2 attacks the lane. 5 and 4 do not cut until 2 gets to lane line extended. 3 cuts up to meet the pass, 2 loop cuts to strong side corner.

DDM - Loop
Dribble Drive Motion

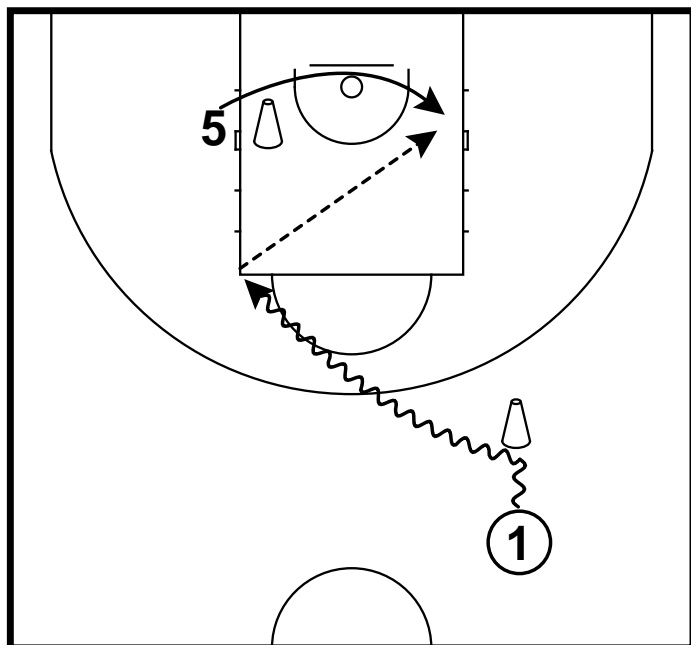


3 attacks the lane. 4 and 5 do not cut until 3 has reached lane line extended. 3 can score, pass to 1 to continue dribble weave, pass to 4 or 5 on the move.

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Dribble Drive Motion

Blood 22
Dribble Drive Motion



Practicing 1 & 5 positions they learn to make reads in the "Drop 2 & 3 Zones" as well as the "Rack 2 & 3 Zones"

You can run this as a full court drill

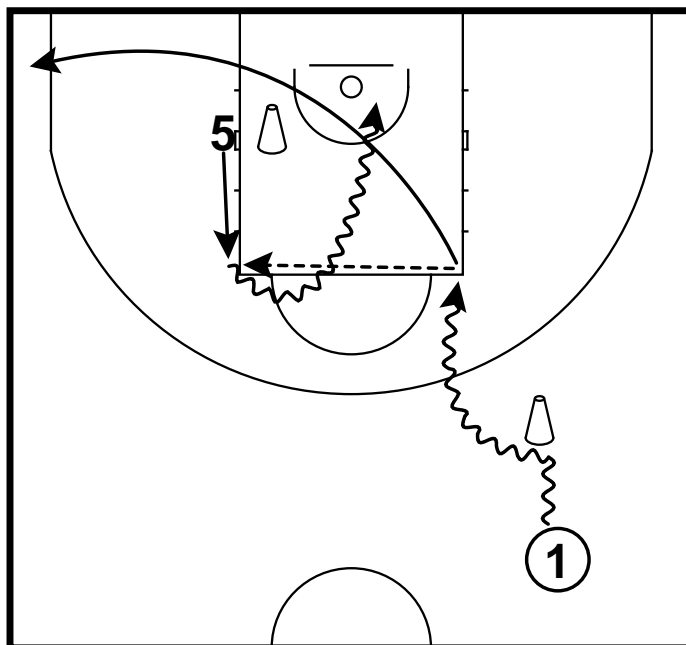
5 starts at the weak side block or short corner

Bigger/Stronger post probably would use the blocks more and smaller/quicker posts start in the short corner

If 1 gets to the "rack zones" we want him to get in the paint and make a strong move

The post player needs to make "great reads"

Blood 22
Dribble Drive Motion



1 drives hard to the "Drop 2"

5 flashes high post

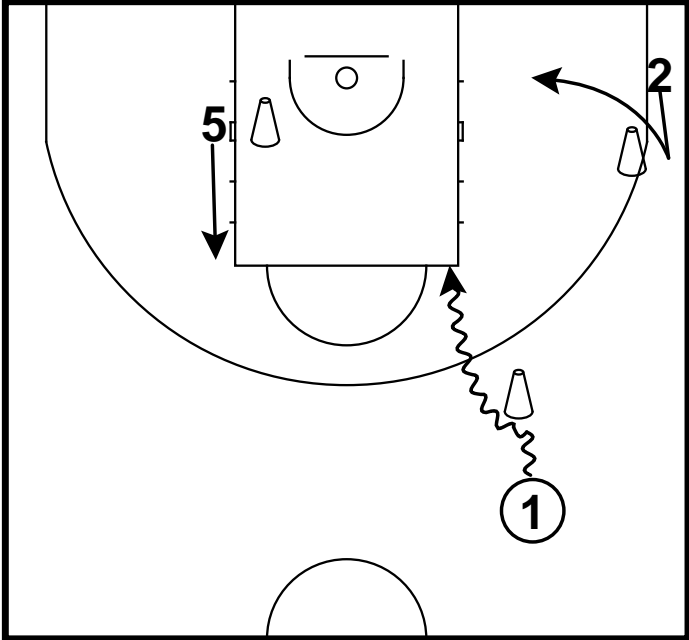
1 passes to 5 at the "drop 3" and cuts strong side corner

5 can either shoot or drive it hard off 1's cut to the rack zone

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Dribble Drive Motion

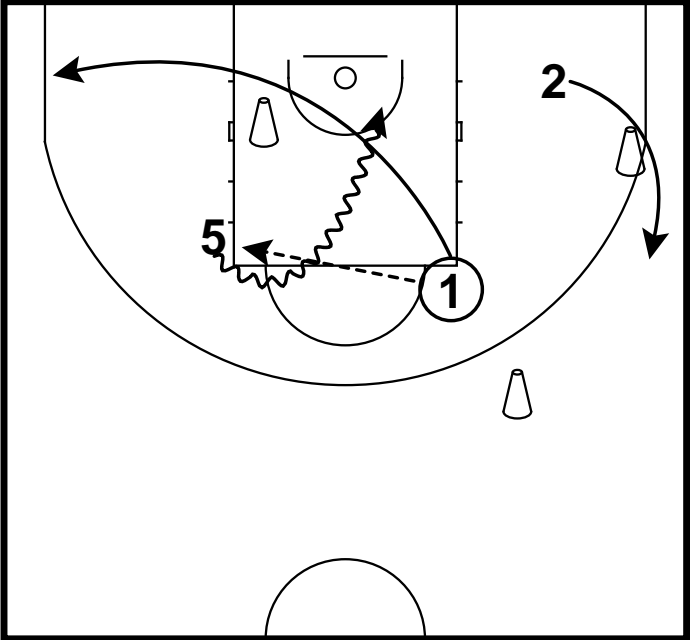
Blood 33
Dribble Drive Motion



1 drives to "Drop 2" and 2 is overplayed and cuts backdoor,
- 1 has the option to pass to 2 on the cut

*in this instance, 2 is not open

Blood 33
Dribble Drive Motion

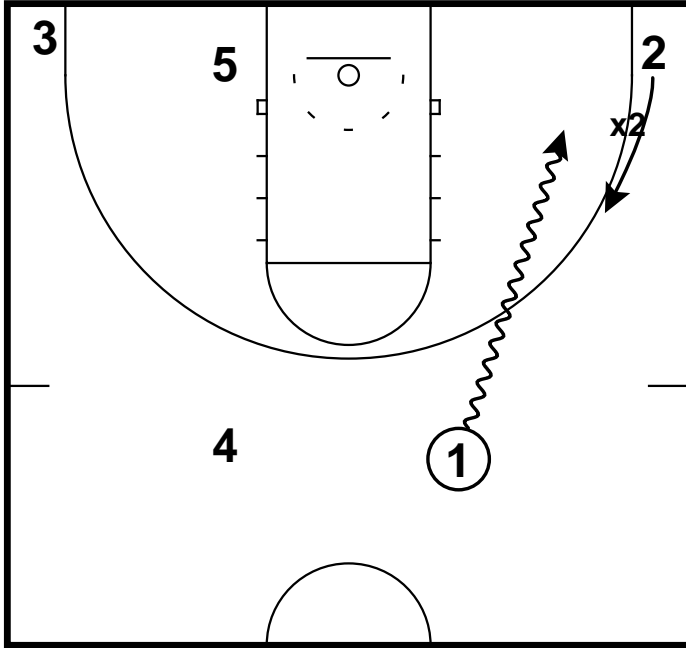


1 passes to 5 in the "Drop 3" zone and cuts through
5 drives over the top of 1's cut
2 drags behind to the "open window"

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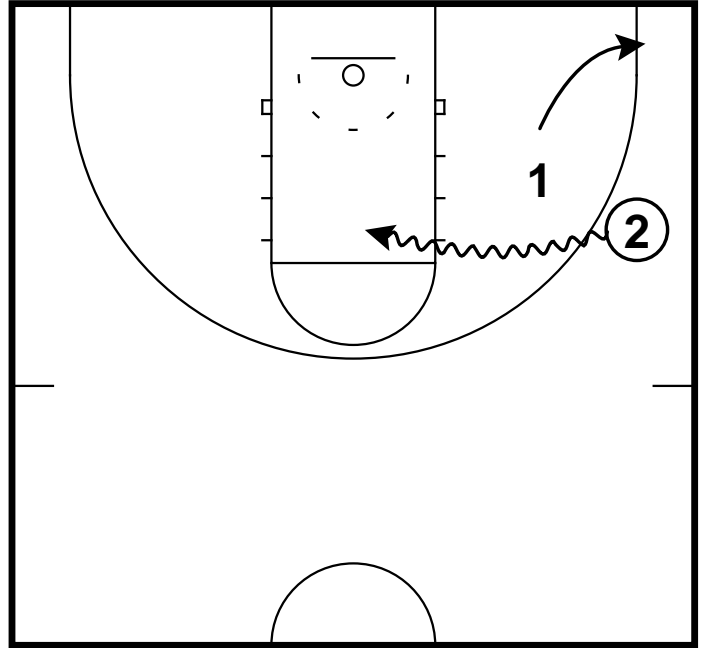
Dribble Drive Motion

Dribble Drop
Dribble Drive Motion



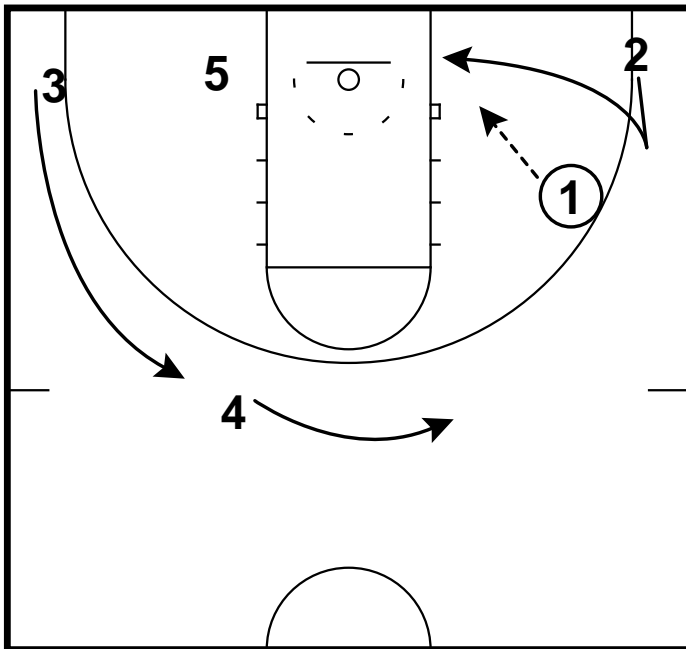
1 dribbles directly at x2. 2 cuts hard and "rubs" x2 into 1 as 1 leaves the dribble for 2. If 2 is open when receiving the ball, shoot it!

Dribble Drop
Dribble Drive Motion



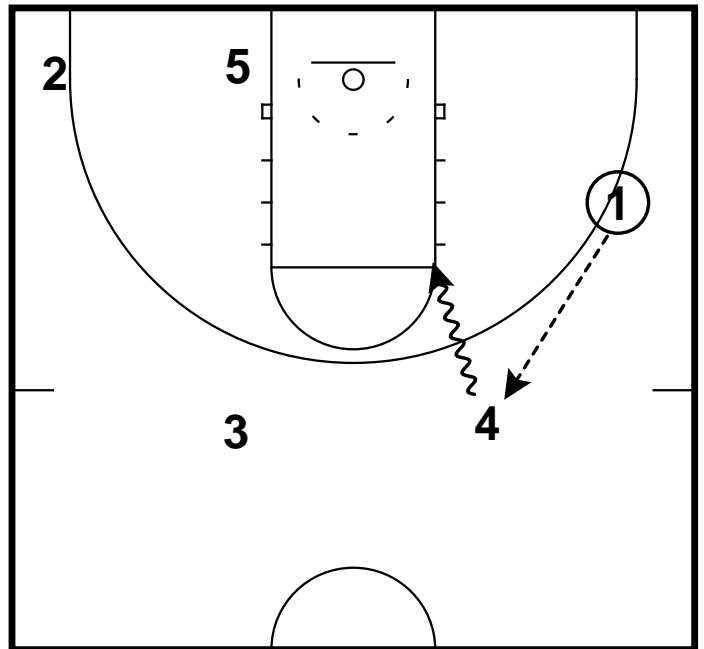
2 attacks the middle hard, 1 loops to strong side corner. 2 can also pass to 1 in the corner who attacks immediately.

Dribble Drop
Dribble Drive Motion



If 2 is denied, 2 yells "BACK" and cuts hard backdoor. 2 must cut and cut all the way through if she doesn't receive the ball. 4 cuts to the point and 3 spaces to the euro.

Dribble Drop
Dribble Drive Motion

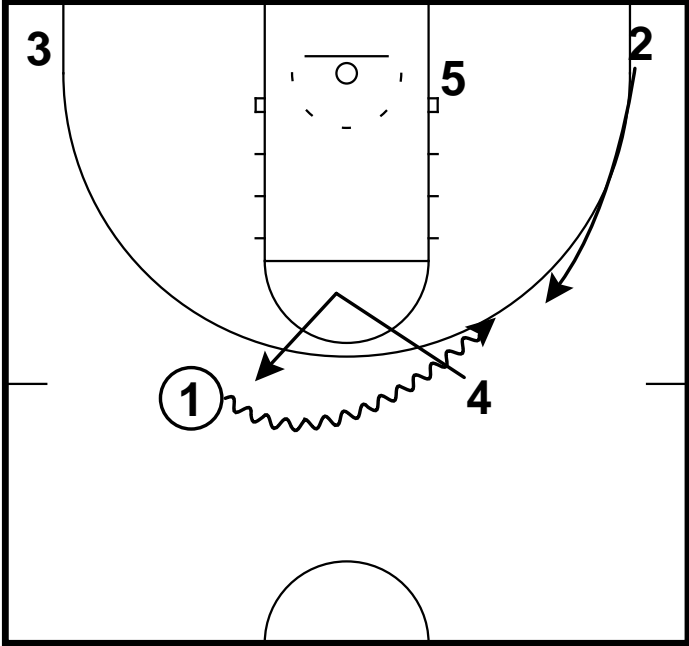


If 2 doesn't receive the backdoor pass, 1 passes the ball to 4 who initiates DDM by attacking the drop zone with the dribble.

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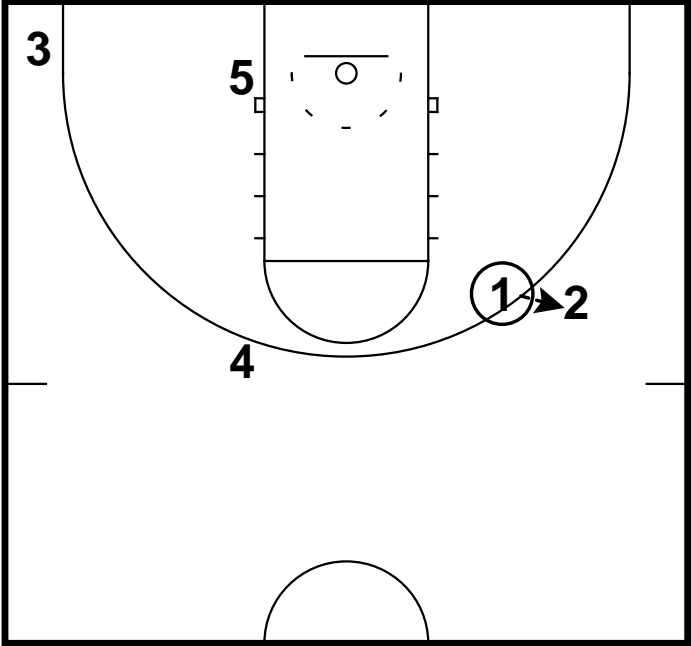
Dribble Drive Motion

BB
DDM - Sets



Point initiates it off a quick cut. 2 Sprints up for an immediate dribble drop as euro pops for 3.

BB
DDM - Sets

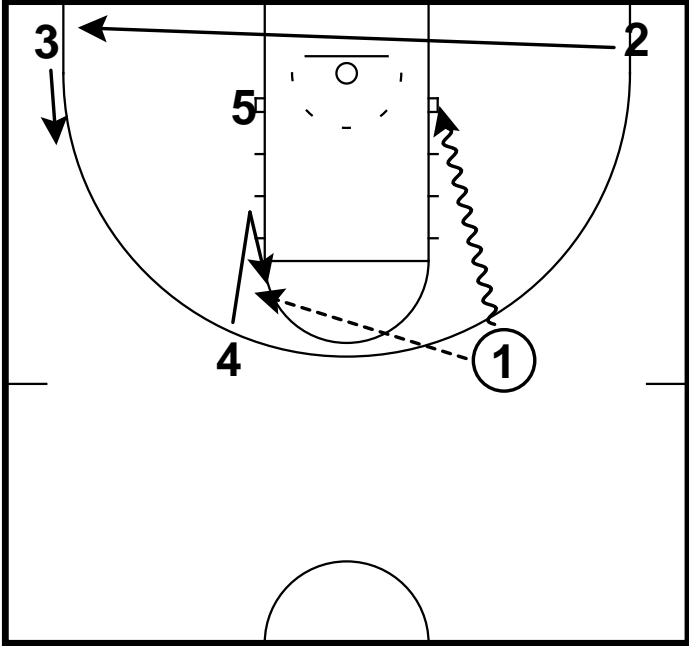


2 can shoot beyond 3, kick to 4 or 3 for quick shot.

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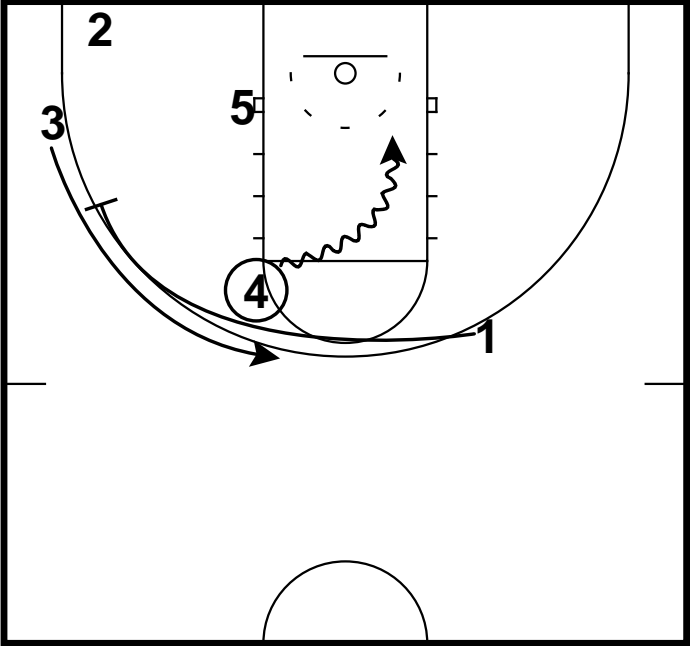
Dribble Drive Motion

Duke
DDM - Sets



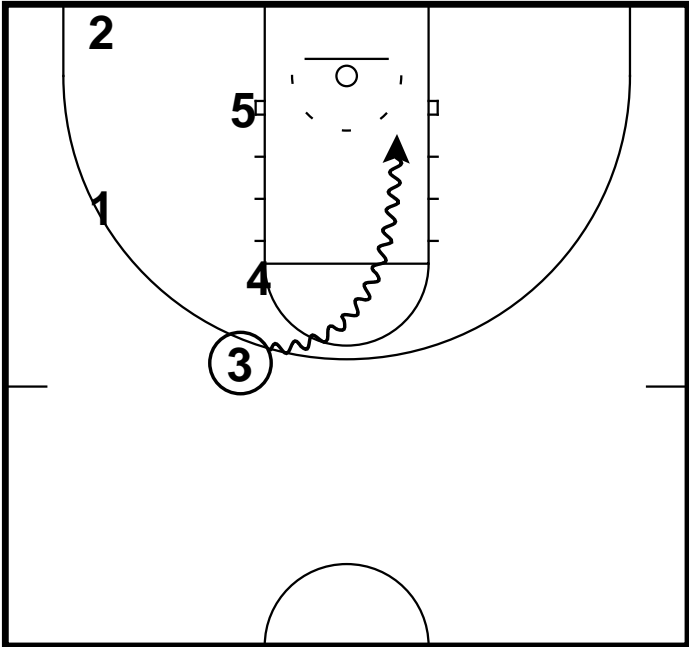
2 clears out as 4 sprints to get open around the elbow. 1 has option to drive to basket on clearout or pass to four.

Duke
DDM - Sets



If 1 hits 4, she then exchanges with 3 as 4 makes read to either attack basket or pass to 3 for handoff.

Duke
DDM - Sets

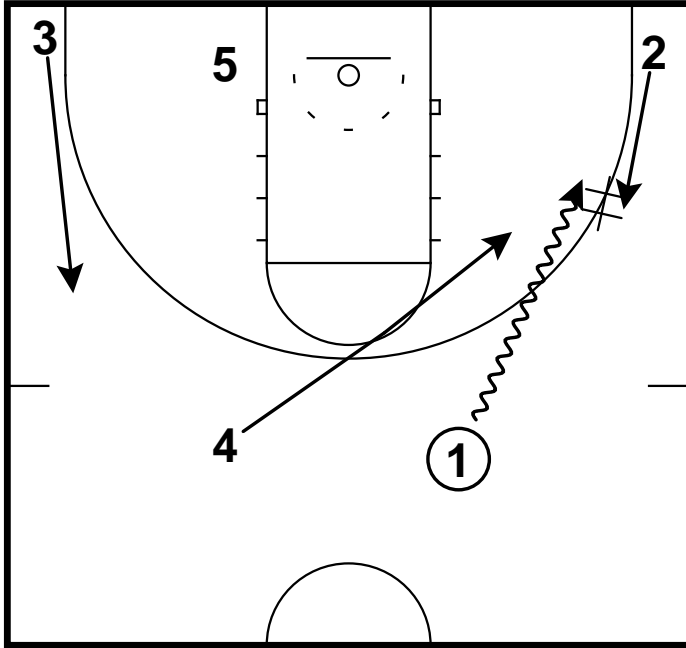


If 3 receives ball she can shoot 3 or penetrate.

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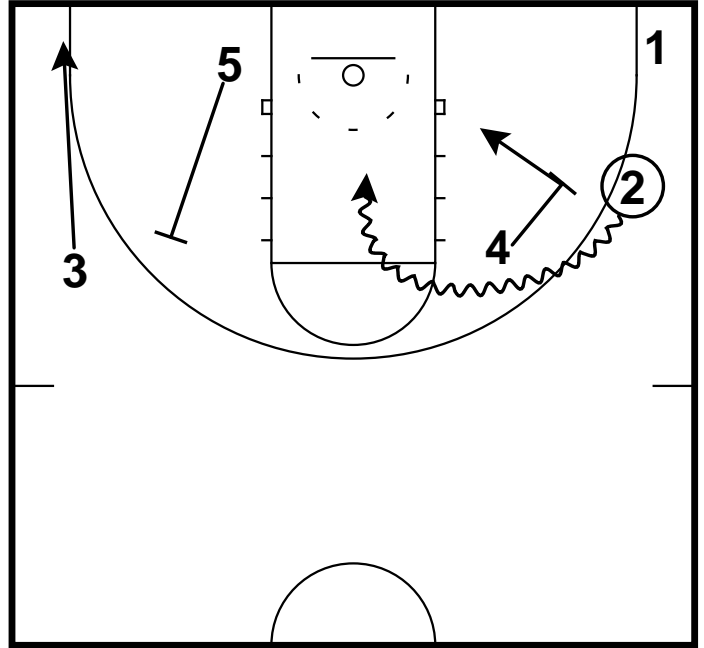
Dribble Drive Motion

Pistol
DDM - Sets



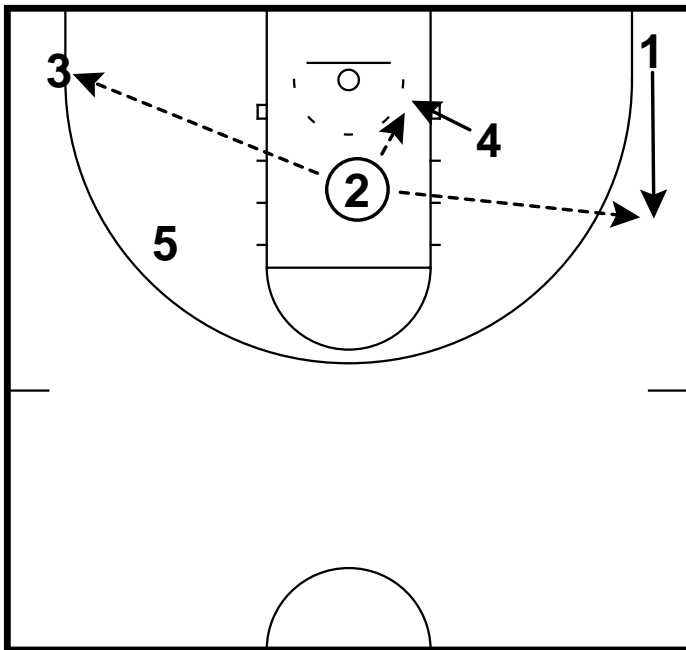
Out of transition 1 can up pass to to or DHO to 2 on the wing.
3 gets deep and comes back to the wing
4 trails in towards the strong wing

Pistol
DDM - Sets



1 continues to the corner
4 sets and on ball screen as 2 attacks the paint.
5 sets a back screen for 3 who spots up in the corner

Pistol
DDM - Sets

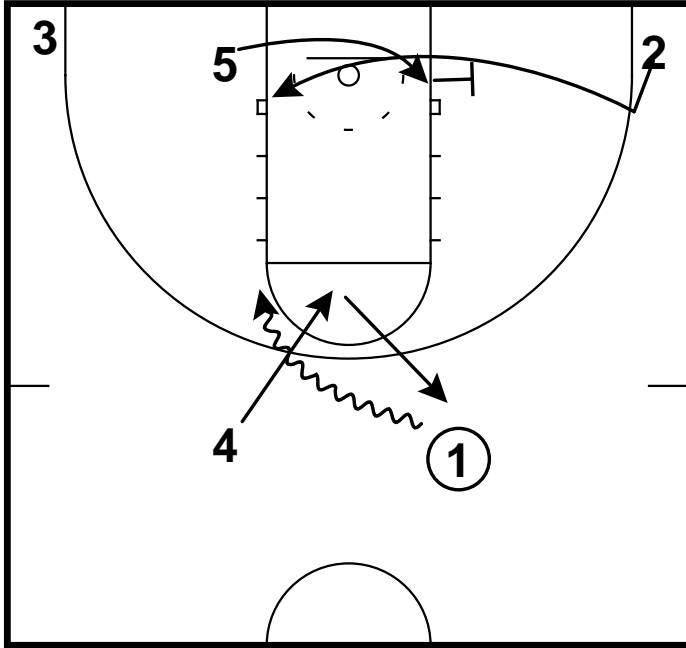


2 now has multiple options in the lane or to attack the rim.
1 is back on defense if they don't get the look for 3

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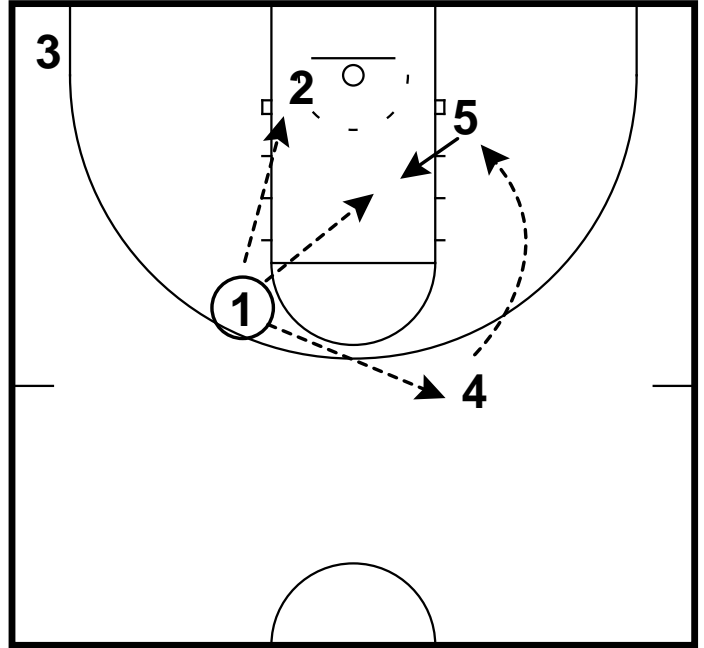
Dribble Drive Motion

Strong
DDM - Sets



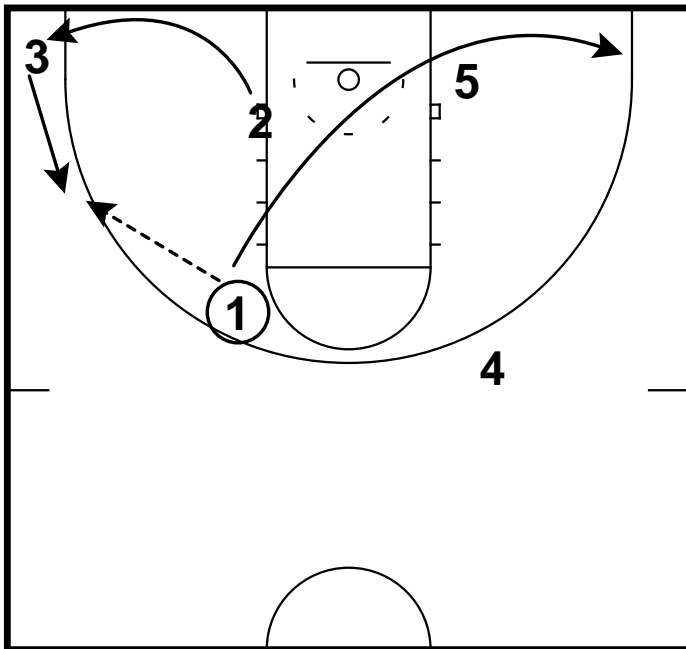
4 "Quick Cuts" to free throw line, 1 brushes off 4. 5 cuts opposite to set flex screen for 2.

Strong
DDM - Sets



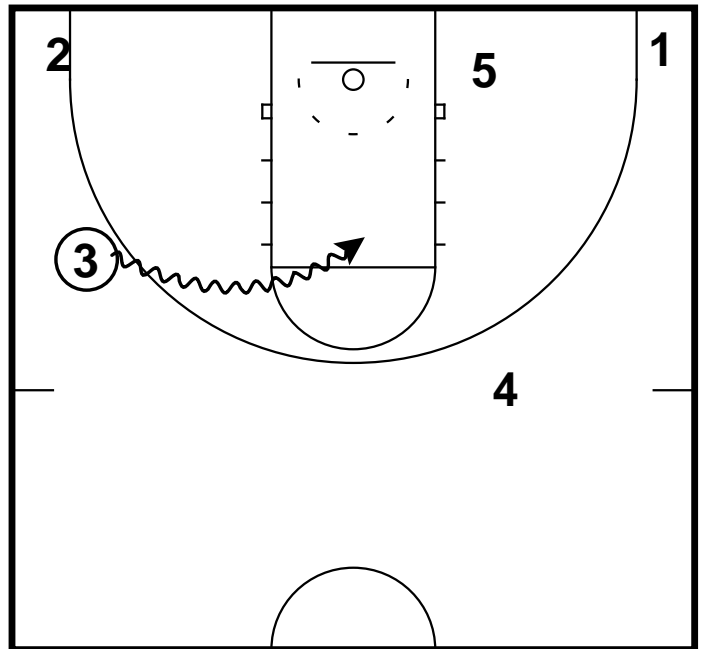
2 comes off flex screen for layup or post. 5 may flash back to middle on switch. 2 may pass back to 4 for immediate post entry.

Strong
DDM - Sets



If 2 is not open after flex screen, 1 passes to 3 stepping up. 2 cuts to corner, 1 opposite cuts.

Strong
DDM - Sets

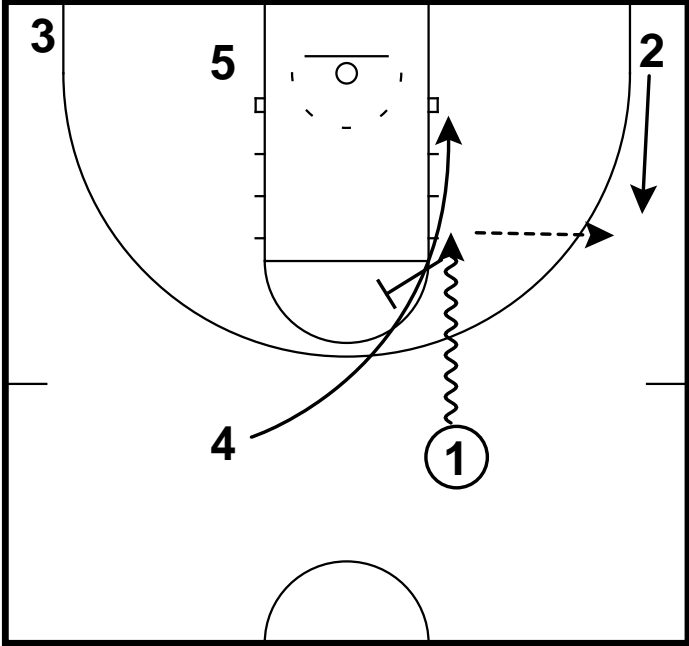


3 initiates DDM by attacking the drop zone with the dribble.

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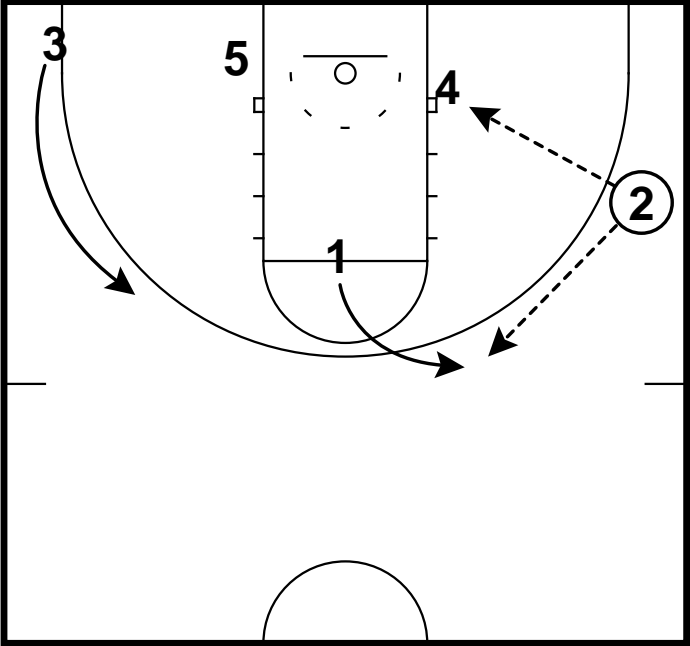
Dribble Drive Motion

T Cut
DDM - Sets



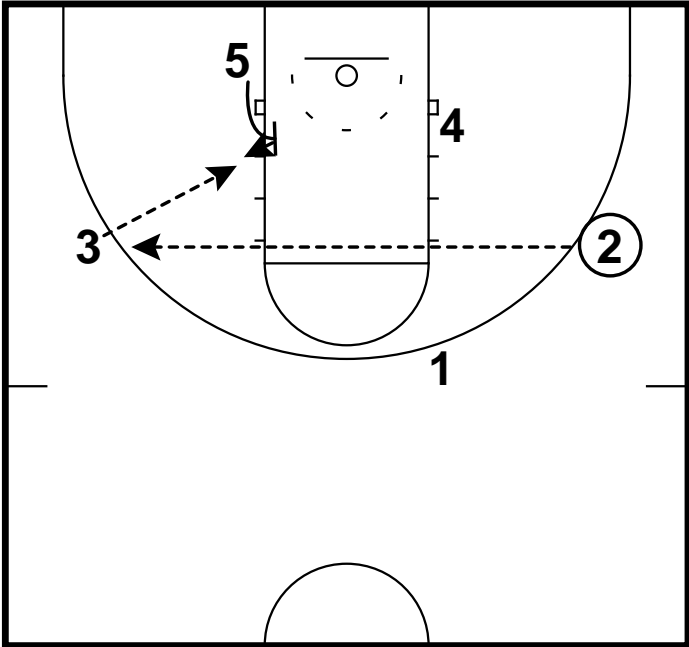
1 attacks drop zone and passes to 2 who catches below free throw line extended. 1 turns and sets a back screen for 4 cutting to the the block.

T Cut
DDM - Sets



2 enters to 4 for a score or back to 1 cutting back to the point.

T Cut
DDM - Sets

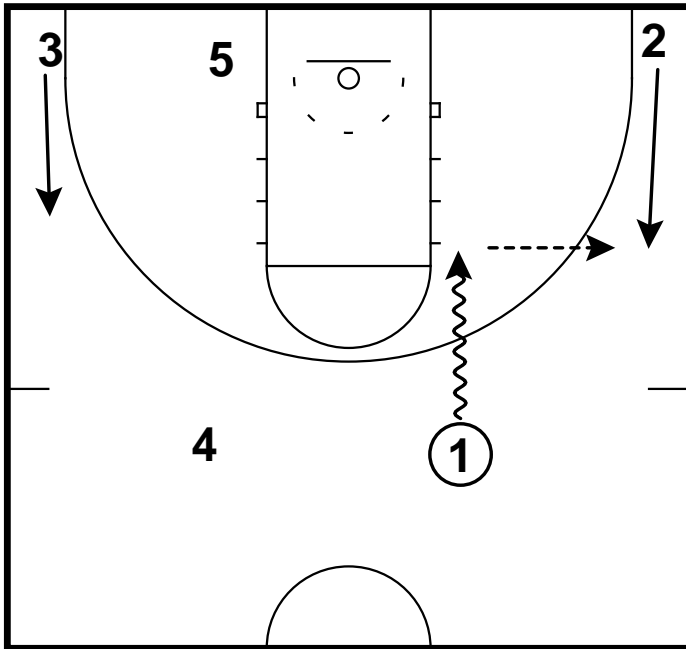


2 can also look for immediate skip and seal with the weakside guard and sweeper.

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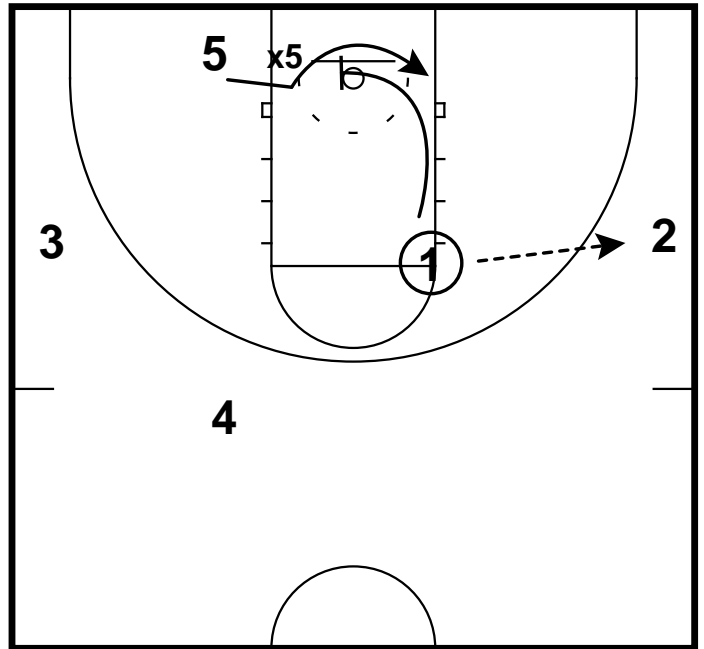
Dribble Drive Motion

Throwback
DDM - Sets



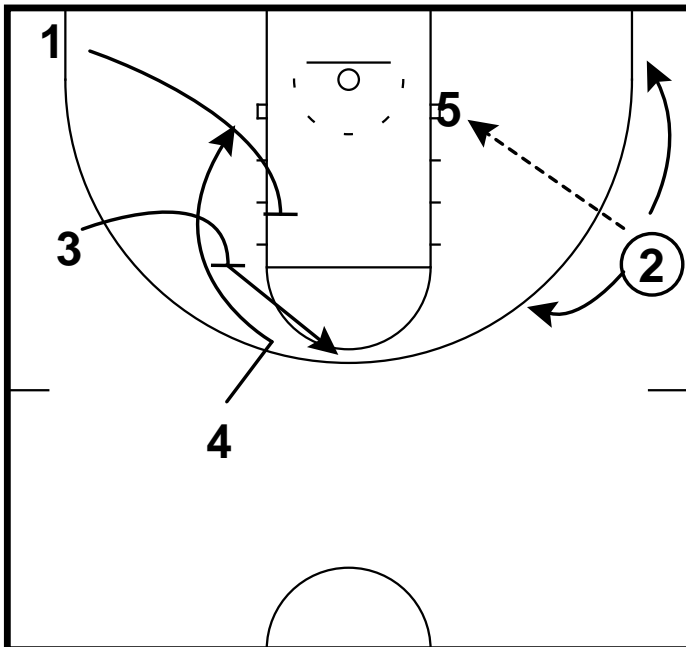
1 initiates by attacking drop zone/+ kick or dribble drop to 2.

Throwback
DDM - Sets



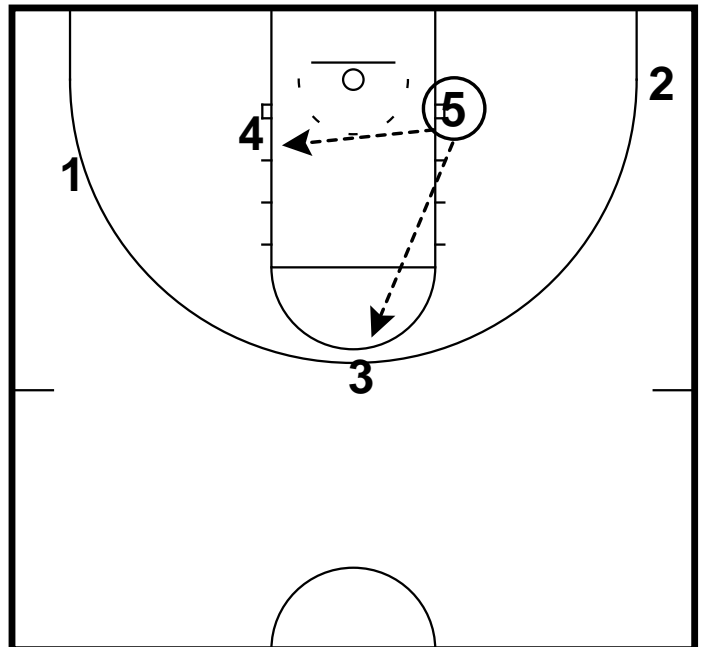
1 kicks to 2 and then sprints to set cross screen for 5. 5 sets up high and comes off low side. Can post up block or short corner.

Throwback
DDM - Sets



2 enters to 5 for immediate post move and score. 2 relocates after pass. 1 & 3 set a staggered back screen for 4 on post entry. 3 then flashes to the top for inside/out double team.

Throwback
DDM - Sets

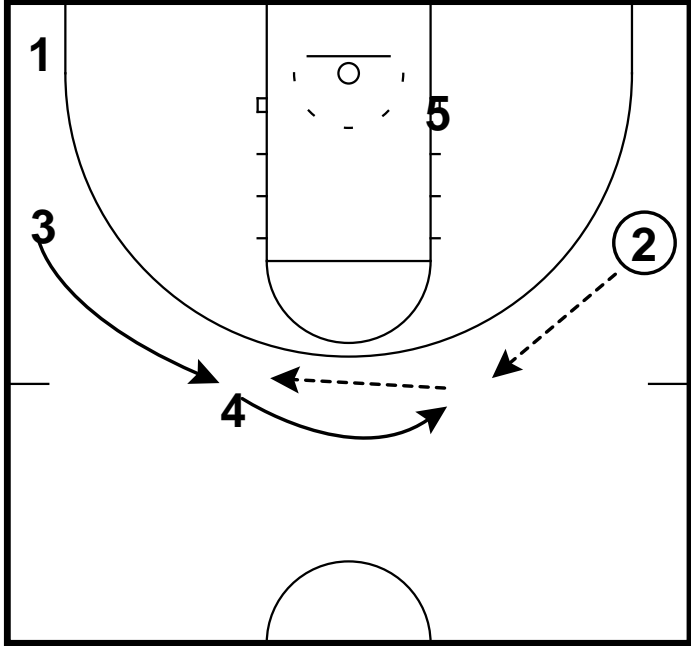


5 can hit 4 or 3 if she is double teamed. If the ball goes to 3 both posts duckin for immediate post entry

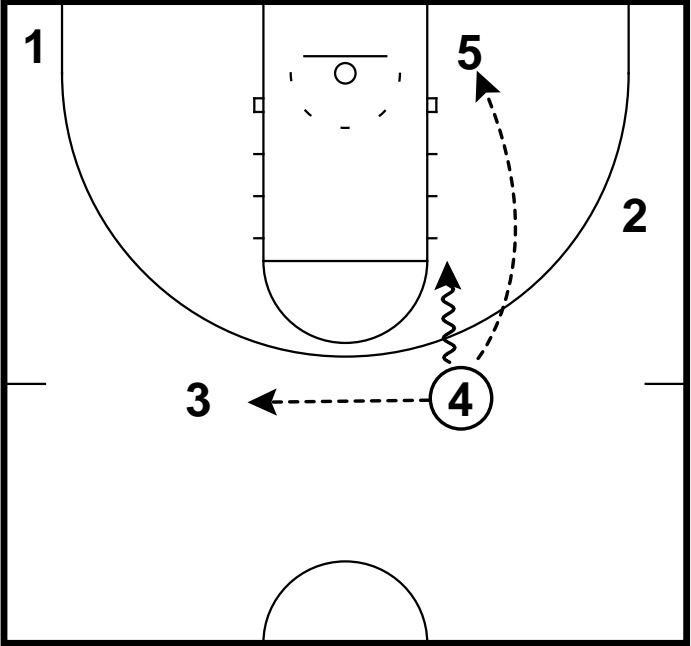
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Dribble Drive Motion

Throwback
DDM - Sets

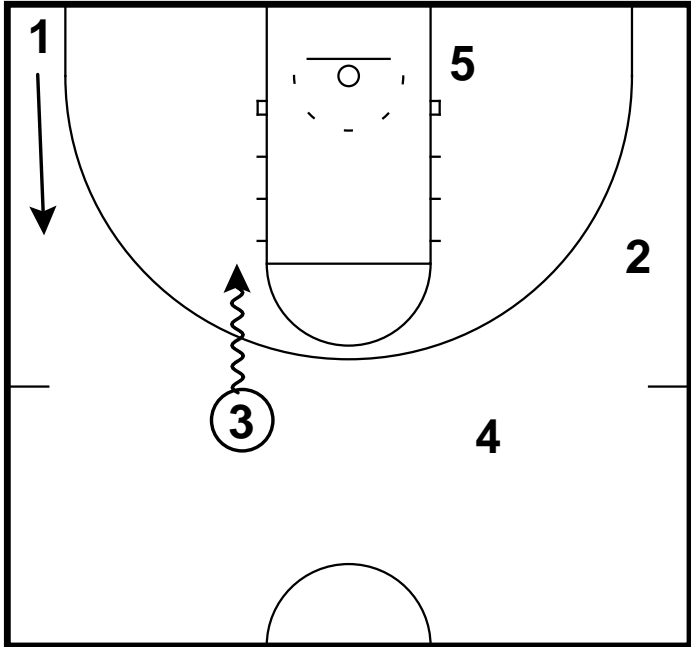


Throwback
DDM - Sets



If 2 does not enter to 5, 2 swings the ball to 4. 4 looks for hi-lo, attacks dropzone or swings to 3.

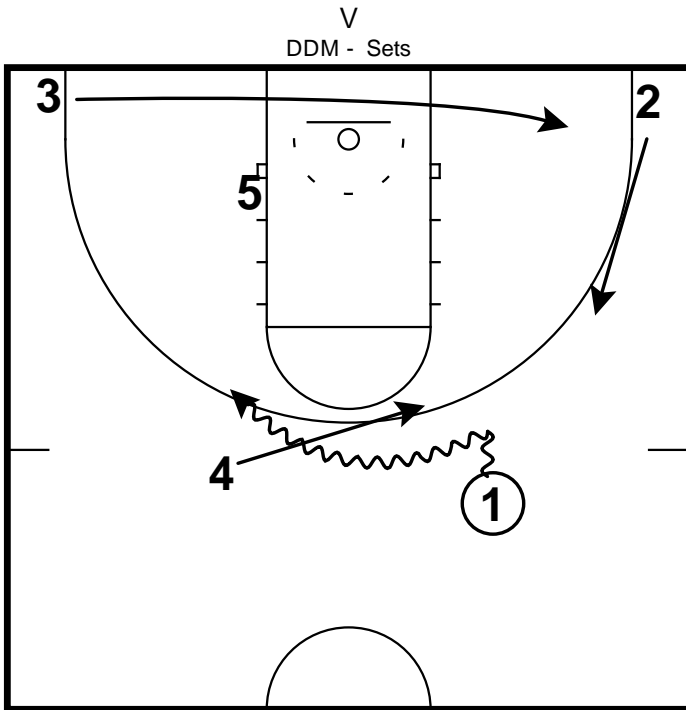
Throwback
DDM - Sets



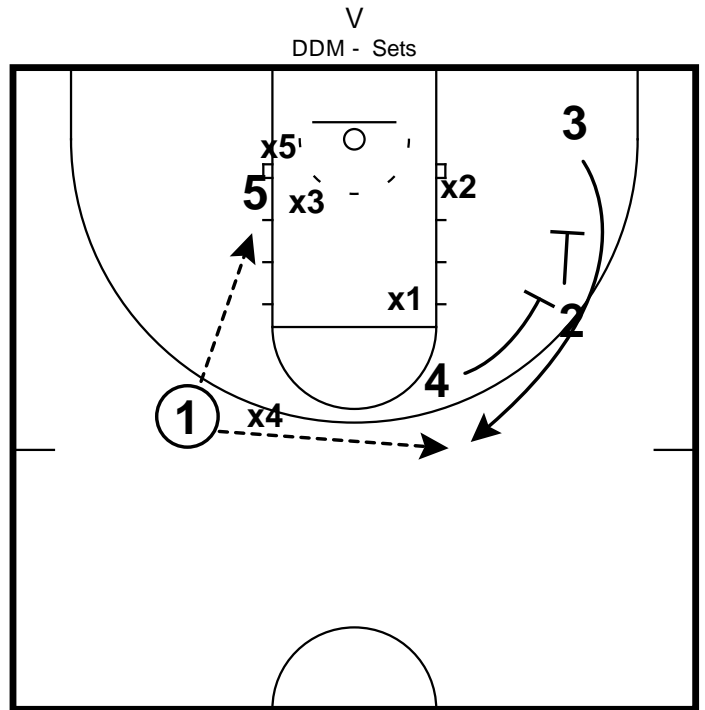
3 now initiates DDM by attacking the drop zone with the dribble.

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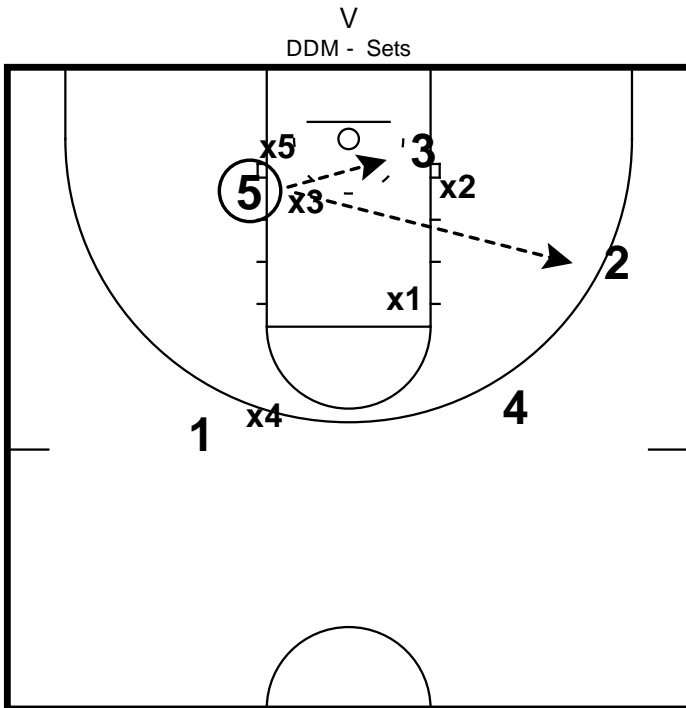
Dribble Drive Motion



Entered by quick cut. Three clears out for isolation on block.



1 can pass to 5 for score or look to 3 coming off a stagger screen with 2 & 4.

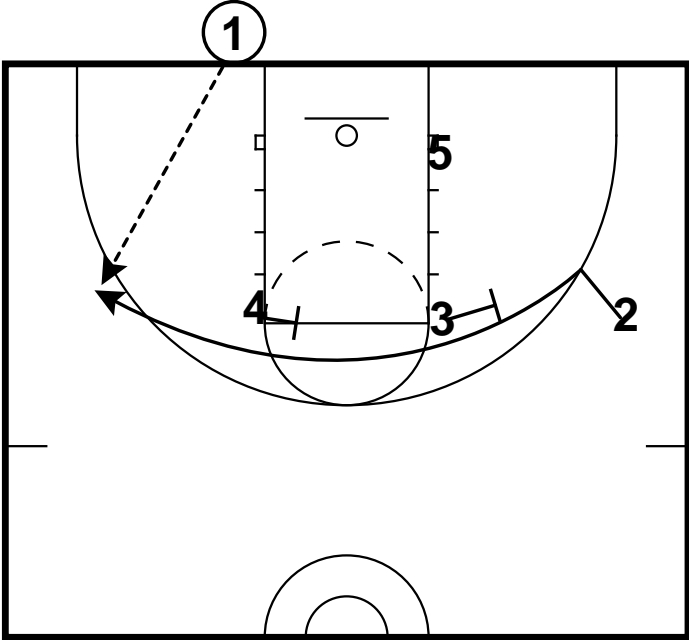


If the defense drops to help on the back door two should be open on perimeter for 3 point shot.

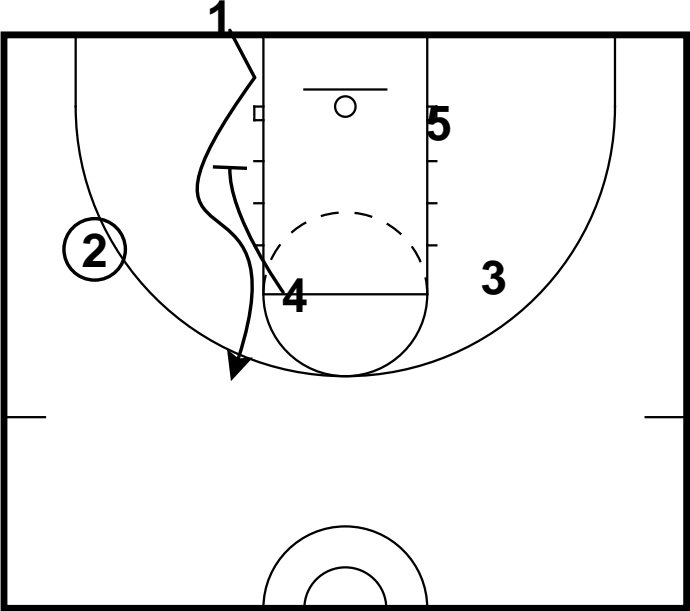
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Special Teams

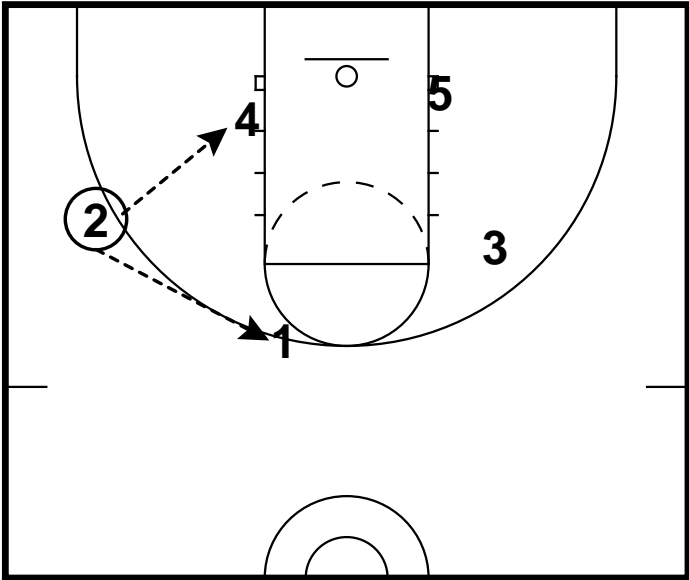
BLOB - Ballscreen
Offense - BLOBs



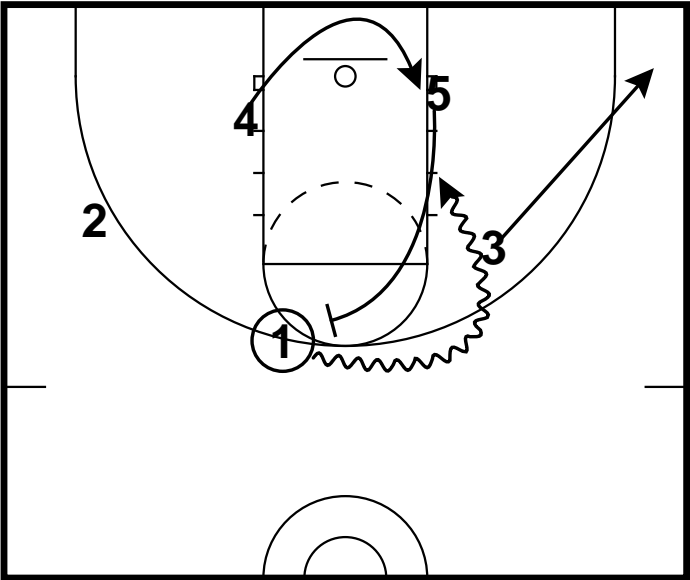
BLOB - Ballscreen
Offense - BLOBs



BLOB - Ballscreen
Offense - BLOBs



BLOB - Ballscreen
Offense - BLOBs

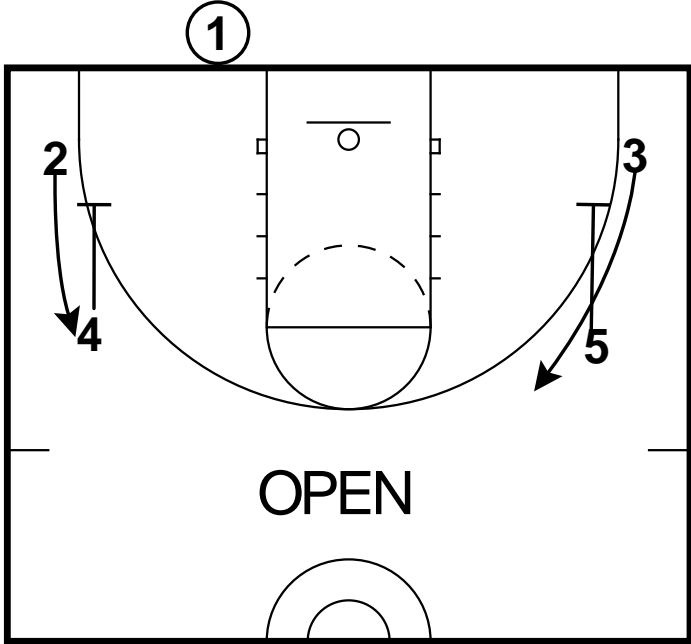


4 goes behind the defender

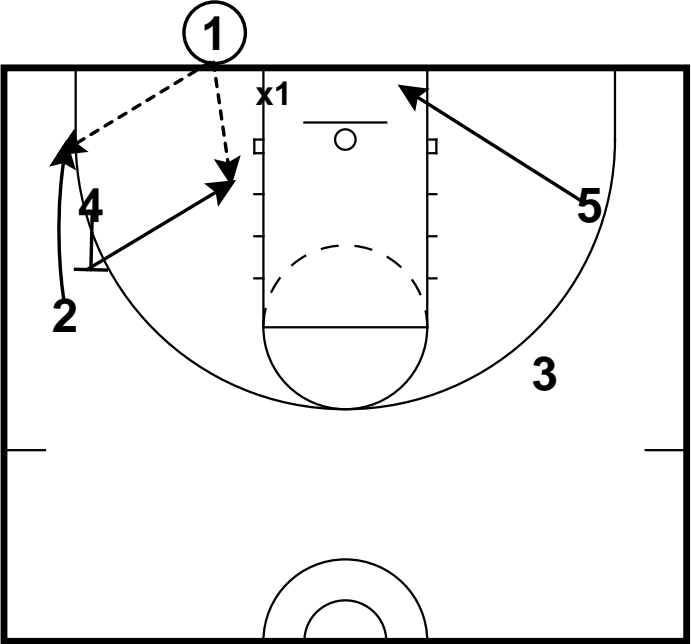
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Special Teams

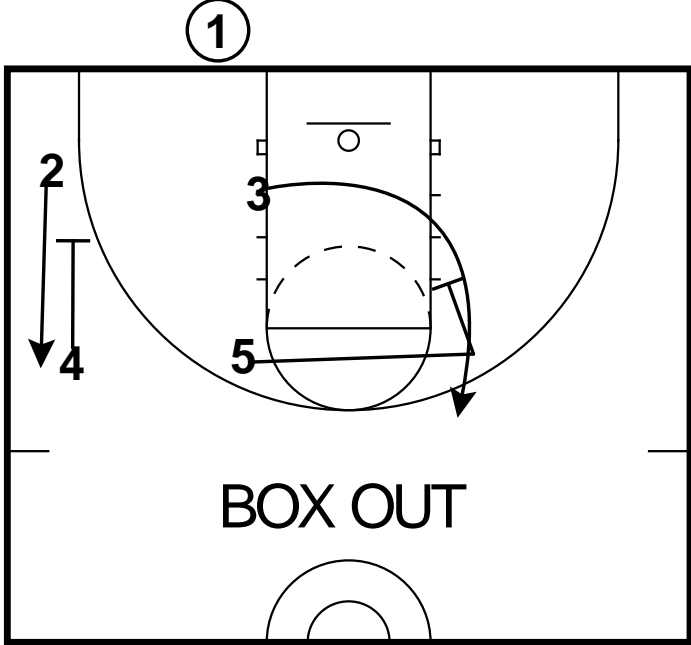
Screen and Slip
Offense - BLOBs



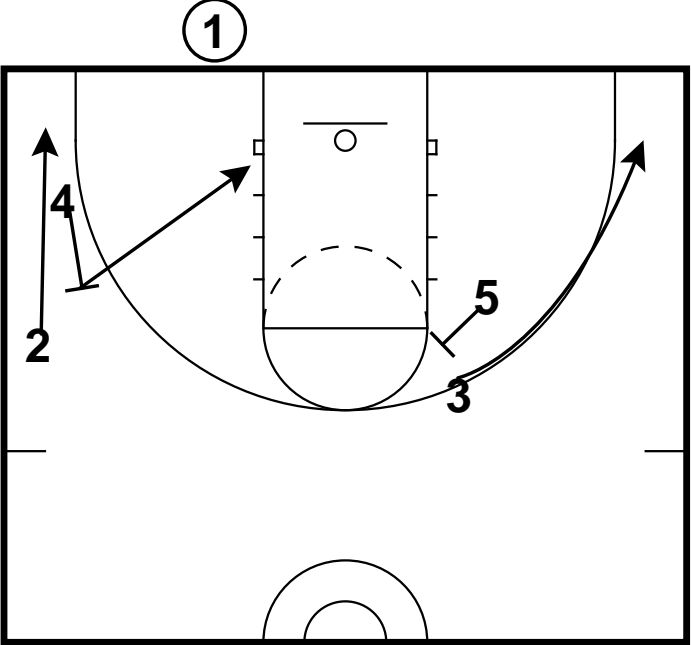
Screen and Slip
Offense - BLOBs



Screen and Slip
Offense - BLOBs



Screen and Slip
Offense - BLOBs

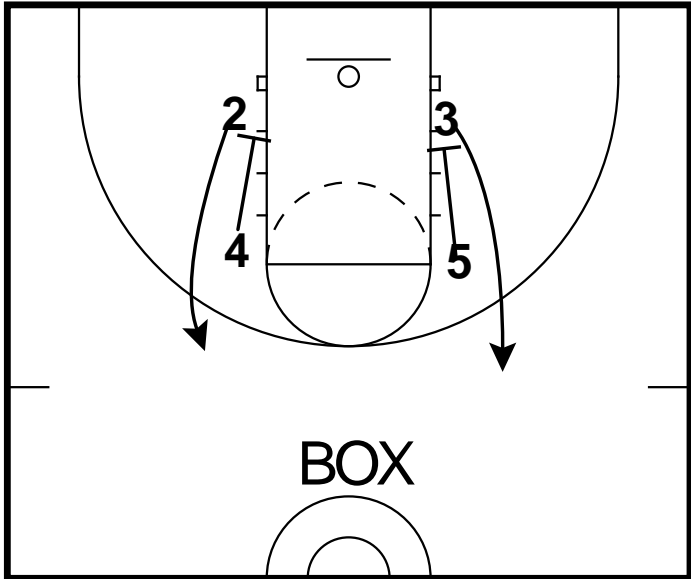


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Special Teams

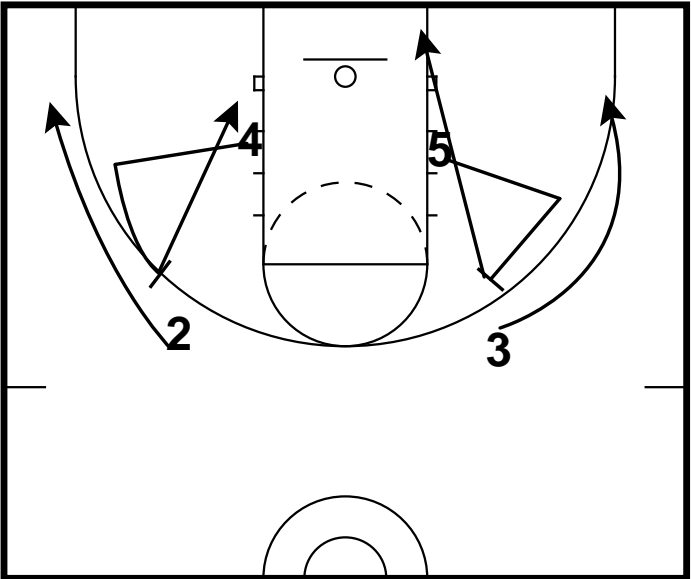
Screen and Slip
Offense - BLOBs

①



Screen and Slip
Offense - BLOBs

①

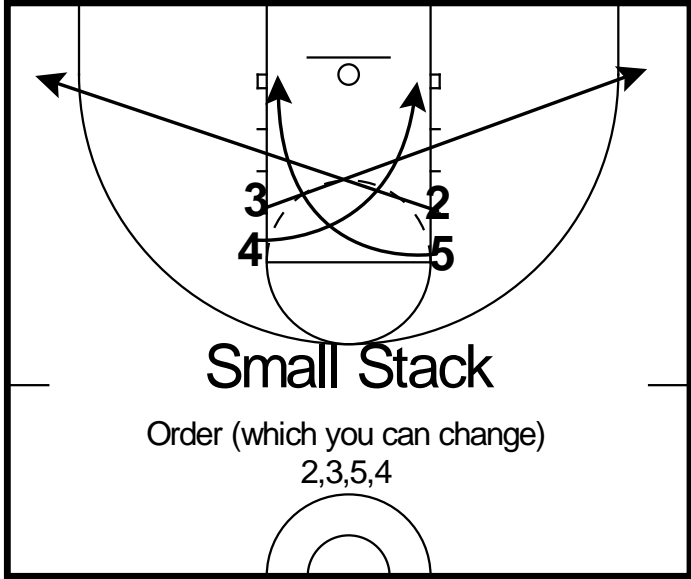


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Special Teams

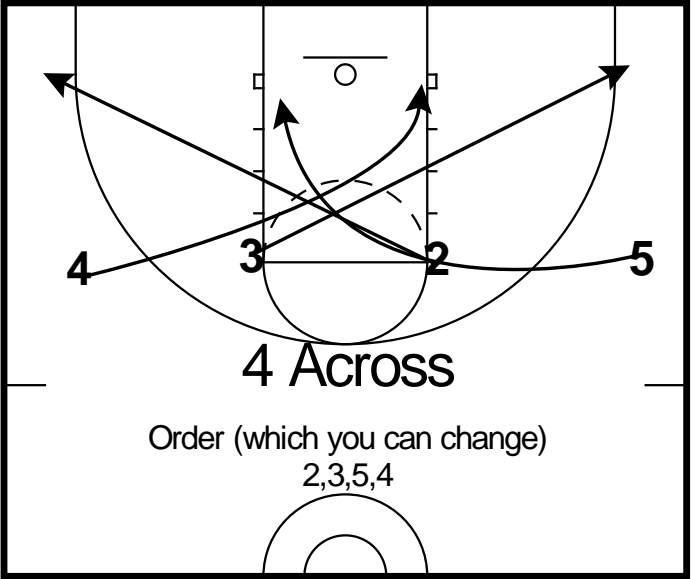
Slice
Offense - BLOBs

①



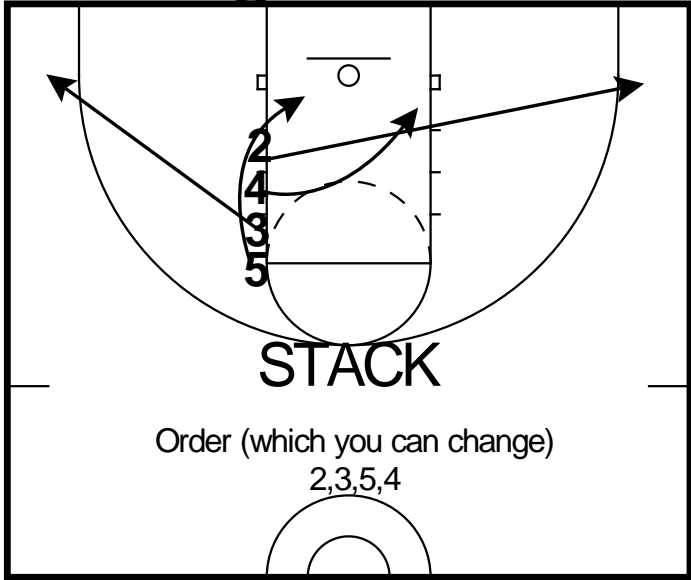
Slice
Offense - BLOBs

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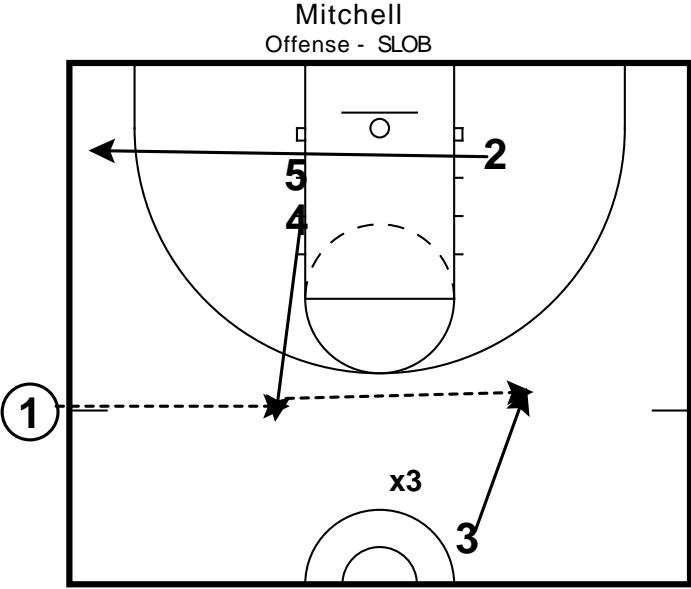
Slice
Offense - BLOBs

①



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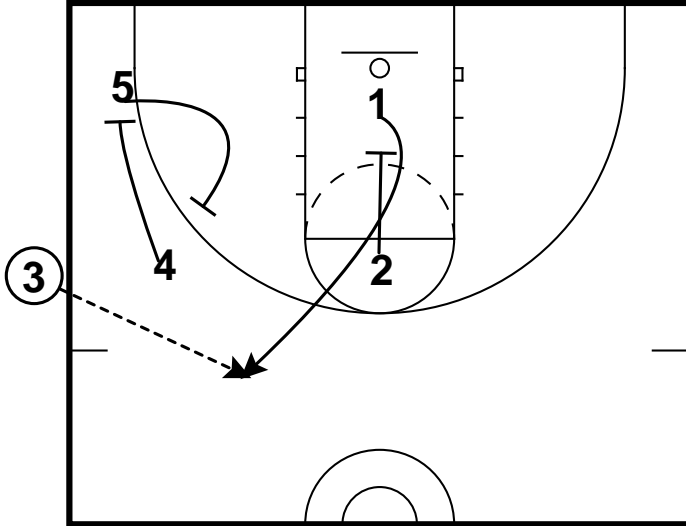
Special Teams



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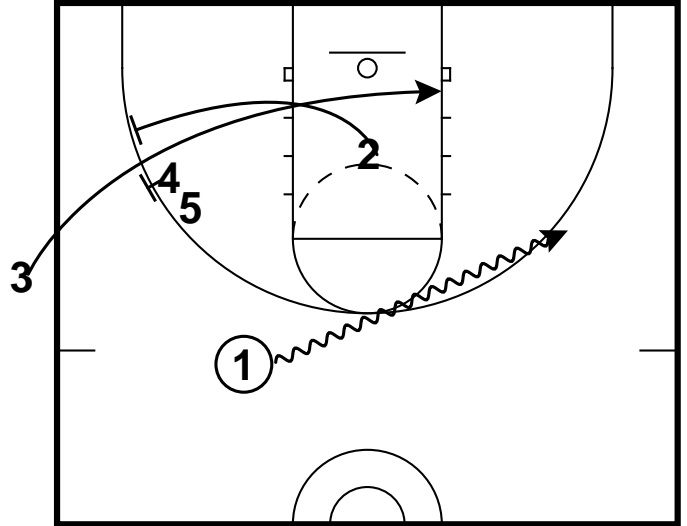
Special Teams

SLOB - FT Post UP
Offense - SLOB



2 downscreens for 1. if they switch, just sprint back to catch.
4 and 5 have false action to set up play

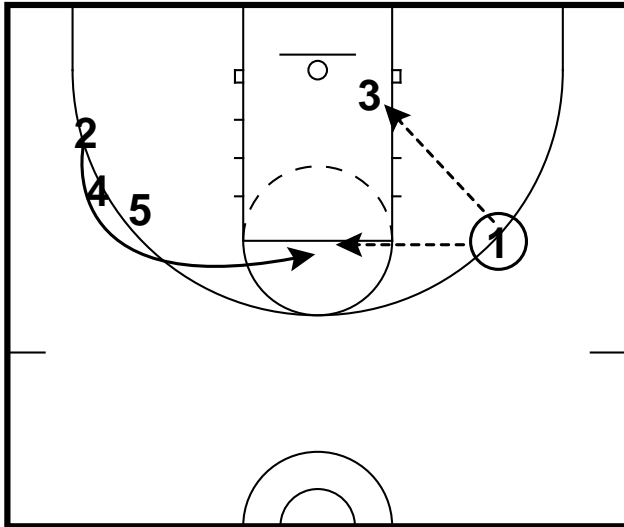
SLOB - FT Post UP
Offense - SLOB



If 1 can beat his man to the rim he does, if not, he dribbles to the Volleyball corner.

3 cuts between the elevator screen from 2 & 4

SLOB - FT Post UP
Offense - SLOB



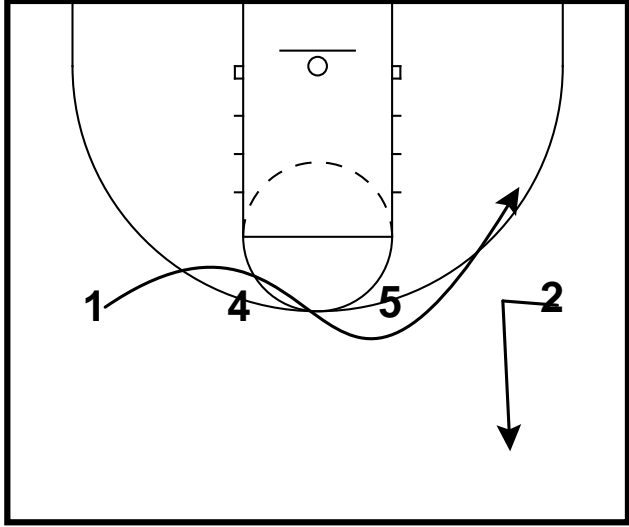
2 curls off double screen to FT line.

1 can pass to 2 or 3

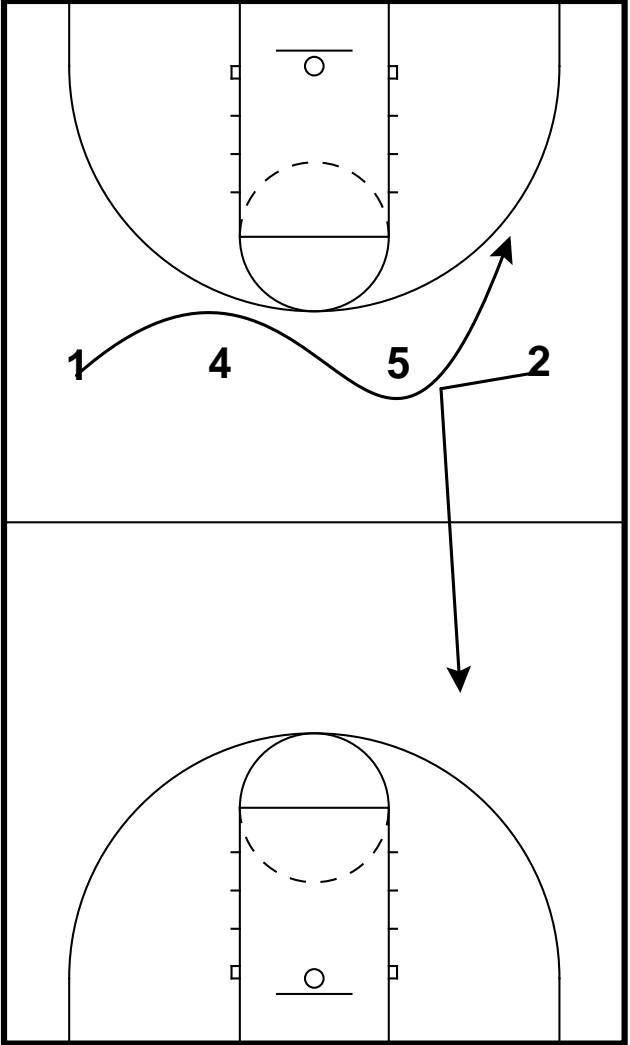
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Special Teams

Weave
Offense - SLOB



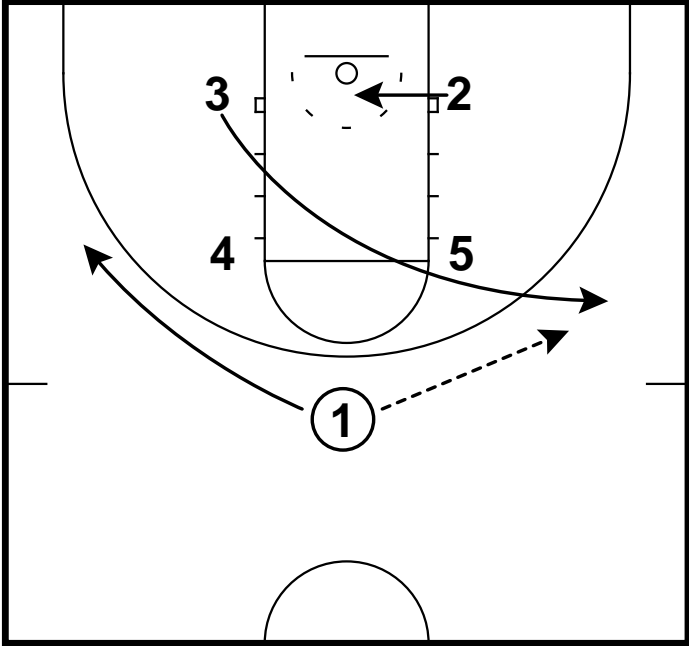
Weave
Offense - SLOB



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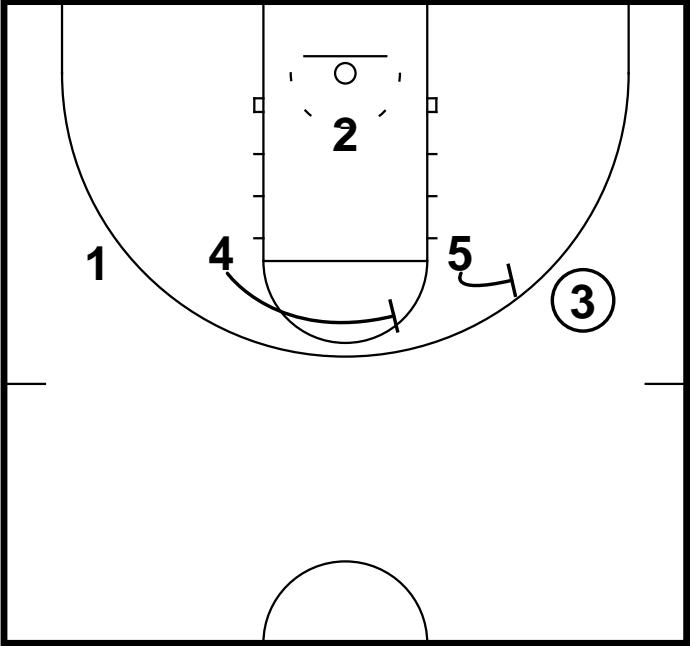
Special Teams

Cyclone
Offense - M2M Sets - Isolation



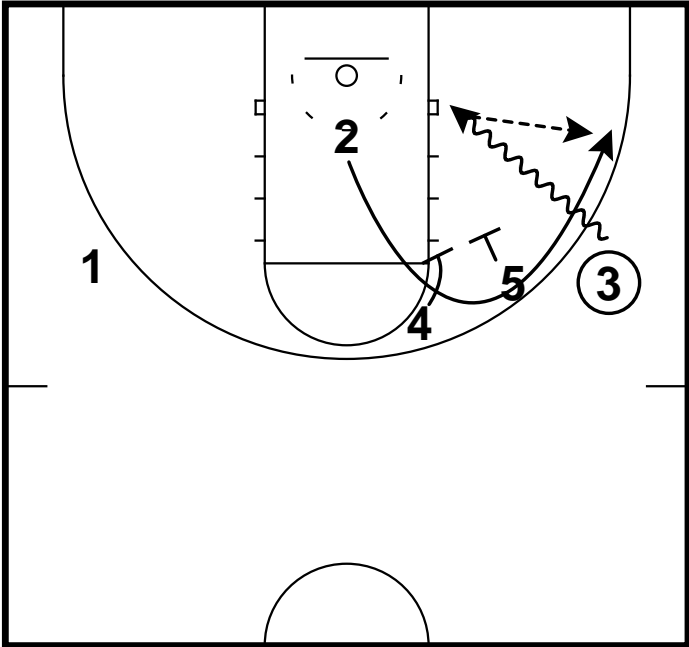
3 cuts up the lane and to the right wing to receive a pass from 1. 1 cuts to the weak side wing and 2 cuts to the middle of the lane.

Cyclone
Offense - M2M Sets - Isolation



4 and 5 go to set a stagger ball screen for 3.

Cyclone
Offense - M2M Sets - Isolation

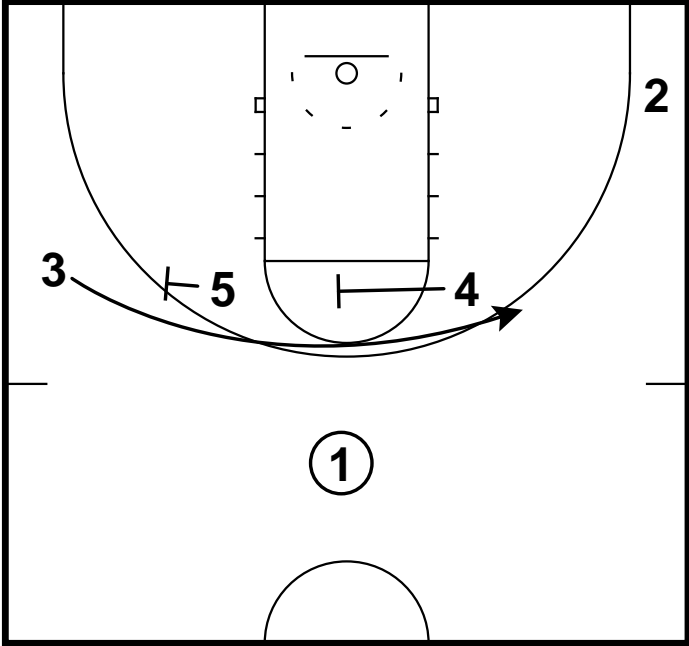


3 rejects the ball screen and attacks the baseline. 4 and 5 break off their ball screen to set a double down screen for 2. 3 throws to 2 for a three pointer.

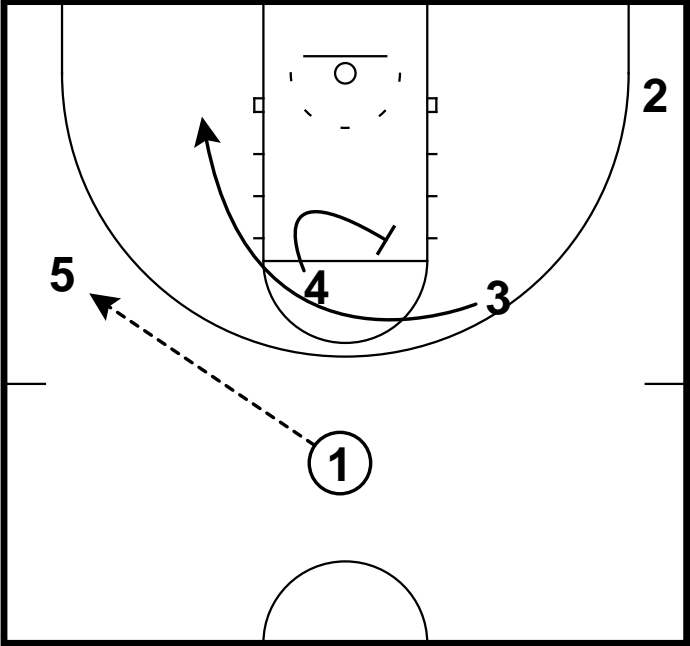
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Special Teams

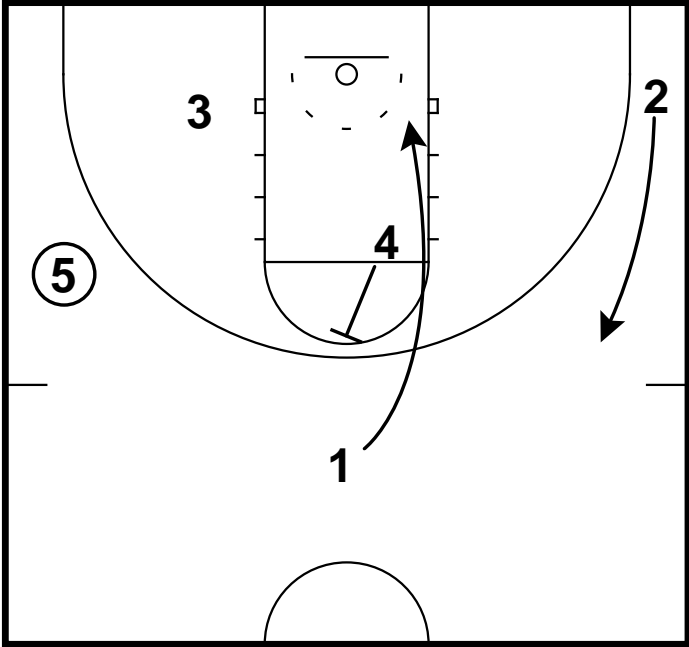
POST UP - GUARD / BIG MAN
Offense - M2M Sets - Isolation



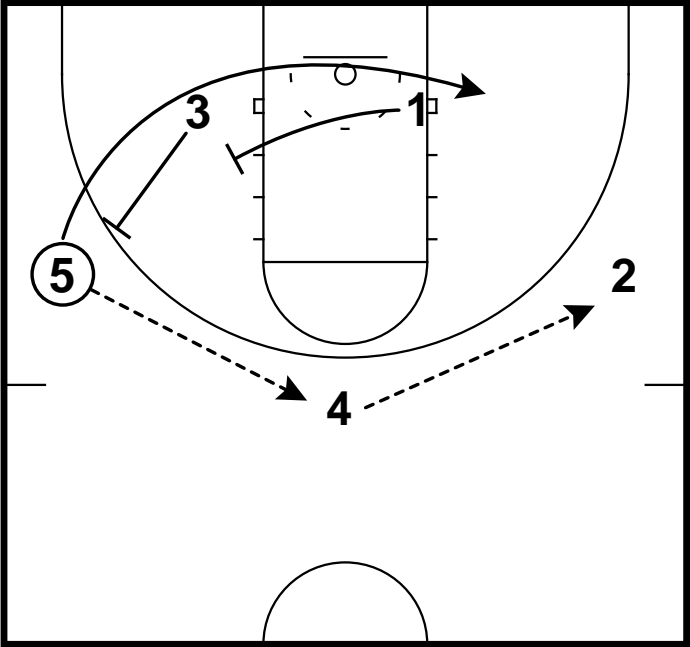
POST UP - GUARD / BIG MAN
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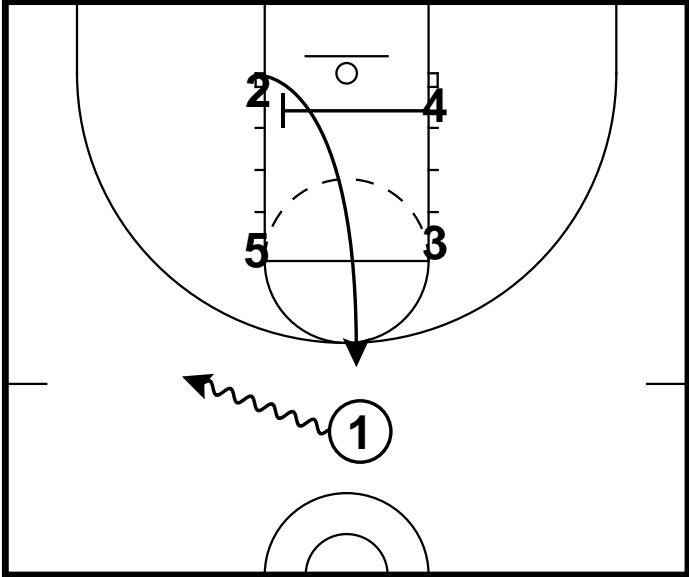
POST UP - GUARD / BIG MAN
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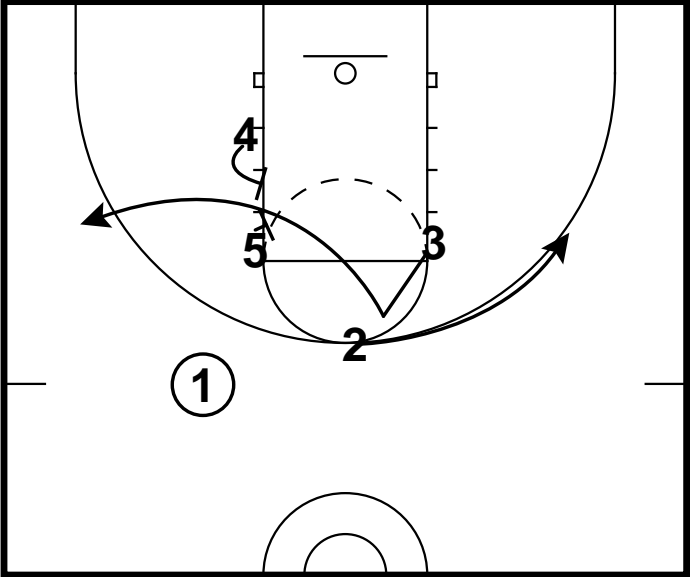
Special Teams

Pointer
Offense - M2M Sets - Elevator Screen



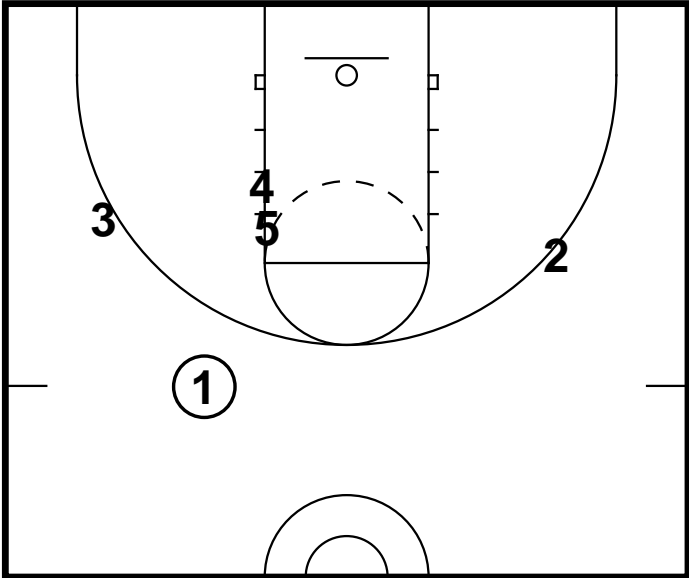
1 dribbles to wing to set up first elevator action

Pointer
Offense - M2M Sets - Elevator Screen



3 sets the fake flare screen then comes through the side elevator screen from 4 and 5

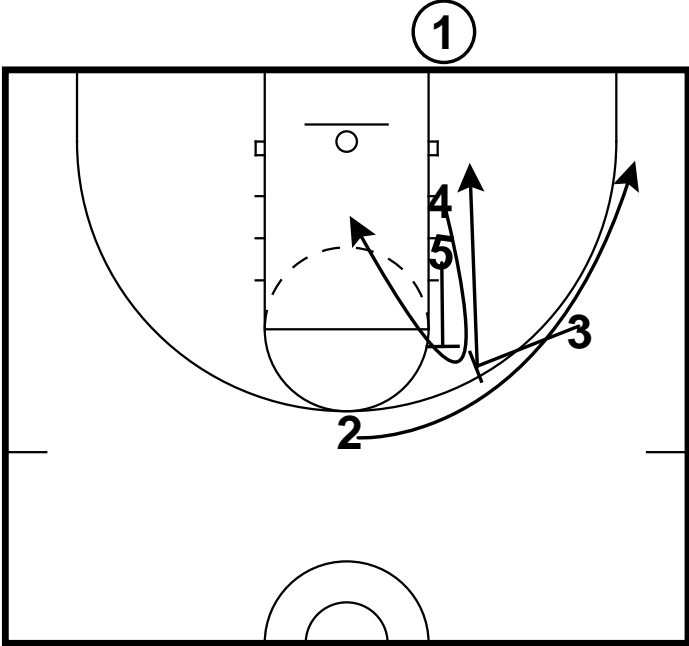
Pointer
Offense - M2M Sets - Elevator Screen



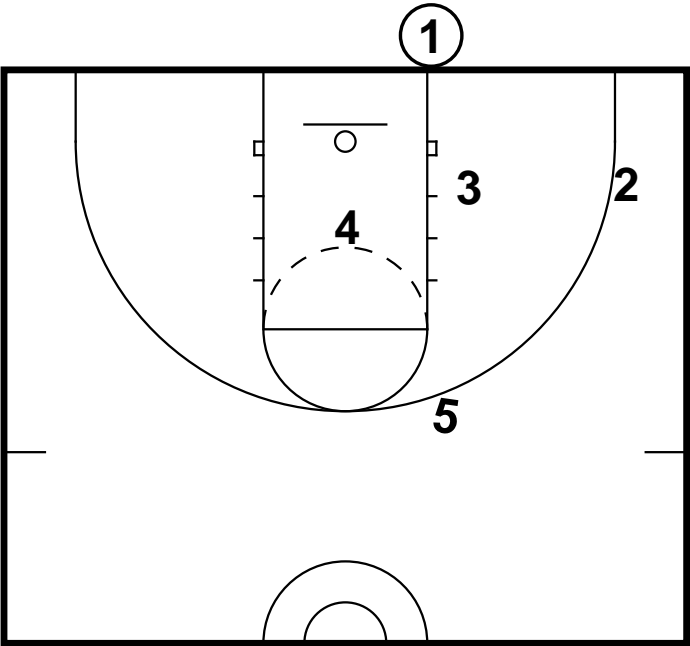
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Special Teams

BLOB less than :02
Offense - Late Game/ Special Teams



BLOB less than :02
Offense - Late Game/ Special Teams



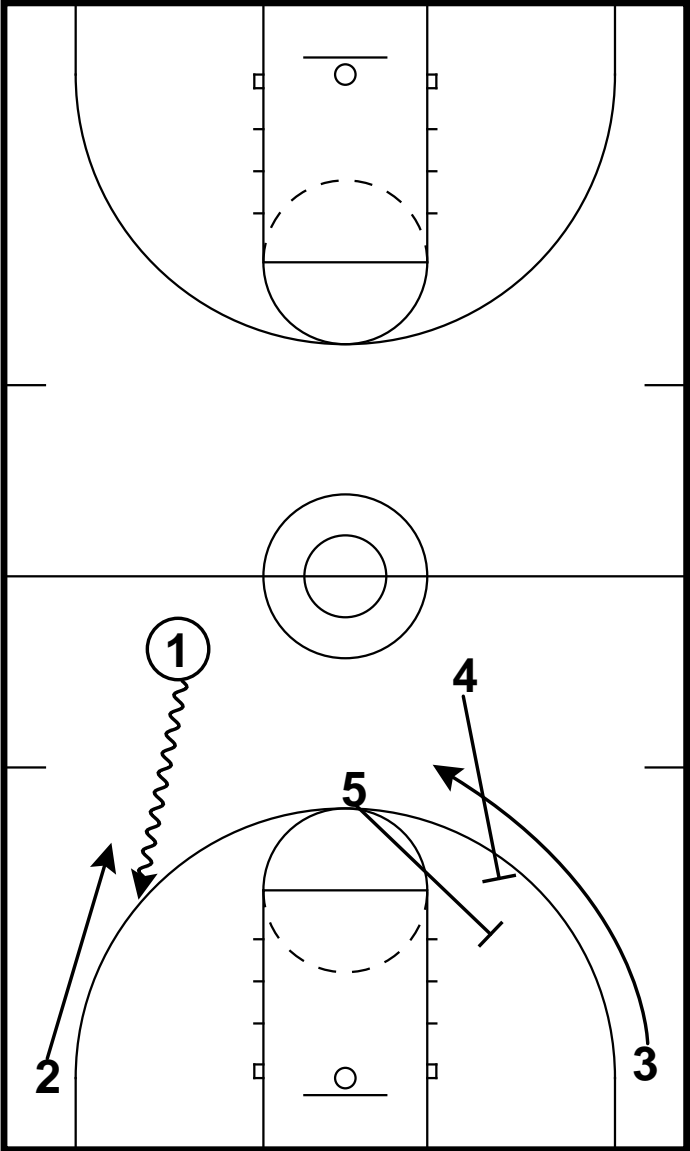
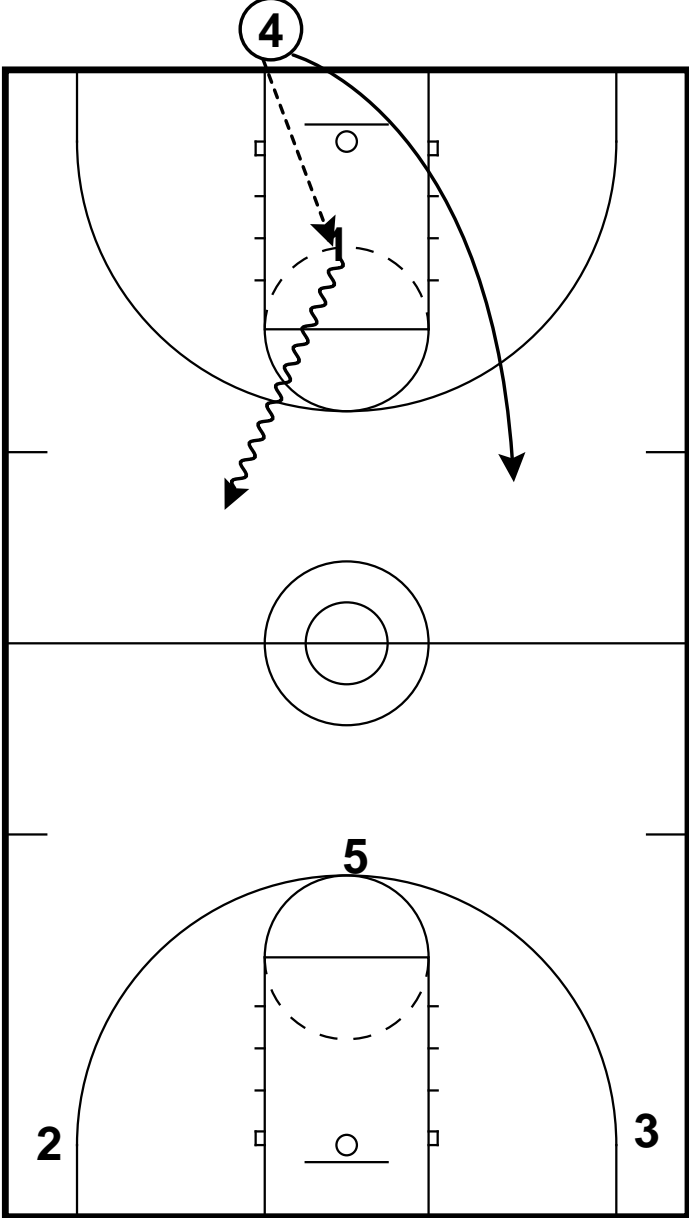
4 curls off 5 for the lob while 2 comes off the L screen from 5/3

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Special Teams

Chop
Offense - Late Game/ Special Teams

Chop
Offense - Late Game/ Special Teams



4 inbounds and goes opposite. 5 screens away from the ball.

* If 1 is denied 5 can go set a screen and will

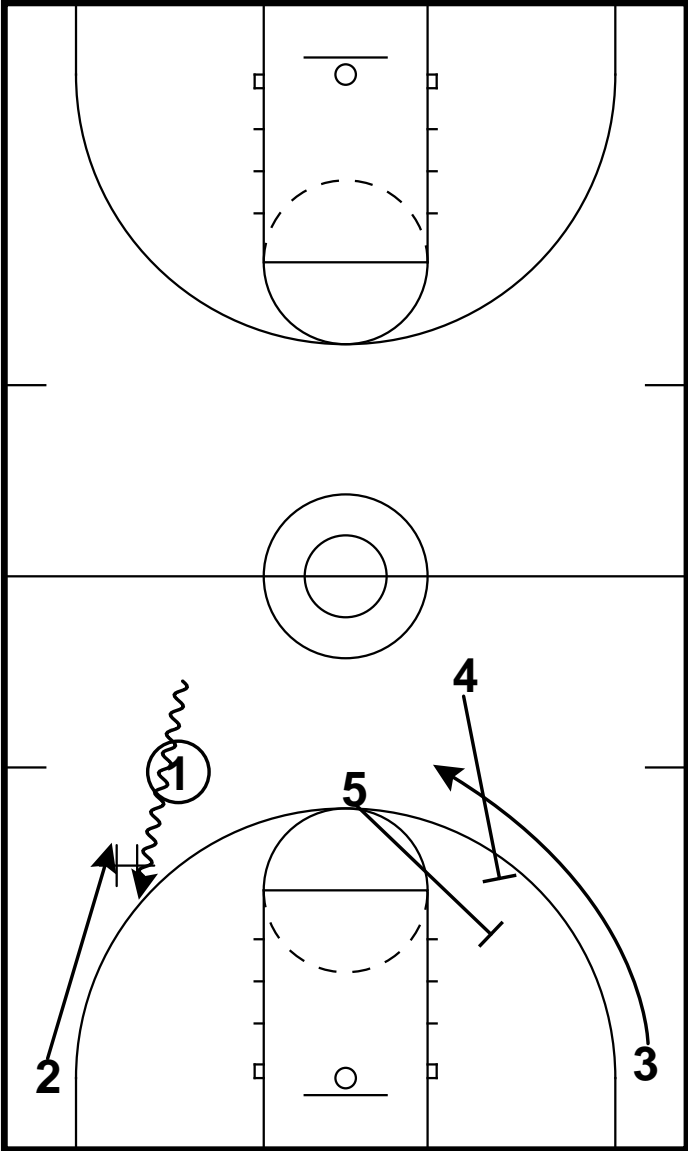
If you are tied, down 1 or 2

1 will fake a dribble hand off to 2 and go to the rim

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Special Teams

Chop
Offense - Late Game/ Special Teams



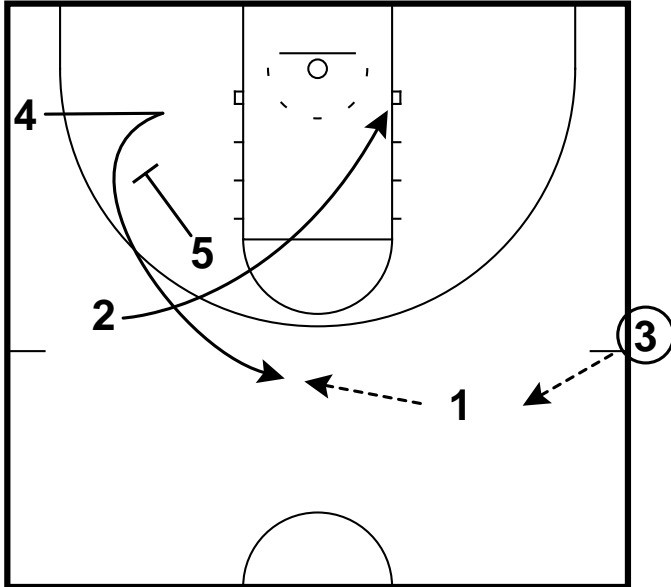
If you are down 3

- 1 will dribble hand off to 2
- 2 can shoot off the pitch back or hit 3 at the TOK for a 3

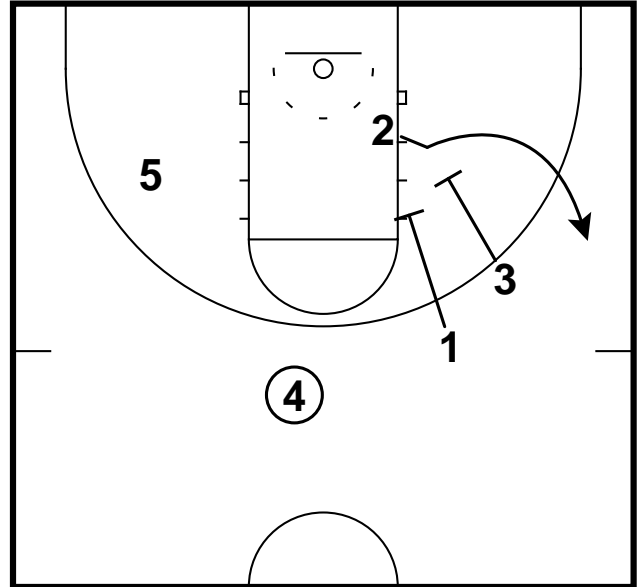
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Special Teams

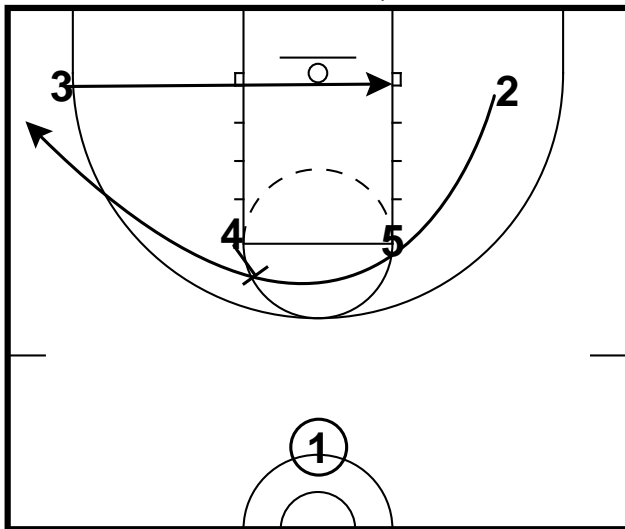
End Of Clock: 3 Point Shot
Offense - Late Game/ Special Teams



End Of Clock: 3 Point Shot
Offense - Late Game/ Special Teams

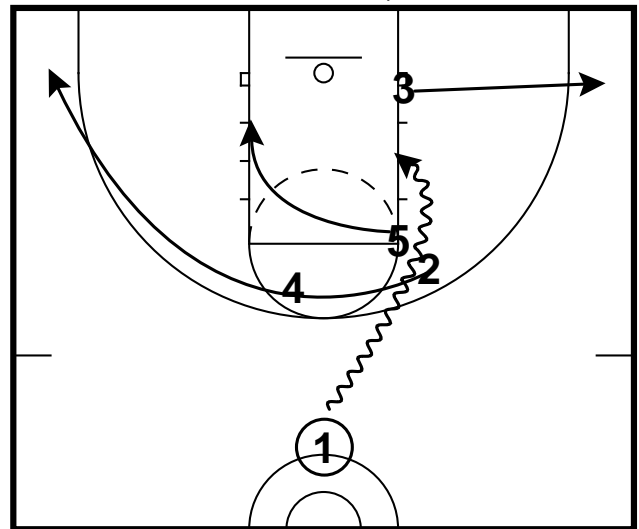


Last Second Shot
Offense - Late Game/ Special Teams



When 2 starts to move over the top, 3 sprints to the opposite block.

Last Second Shot
Offense - Late Game/ Special Teams

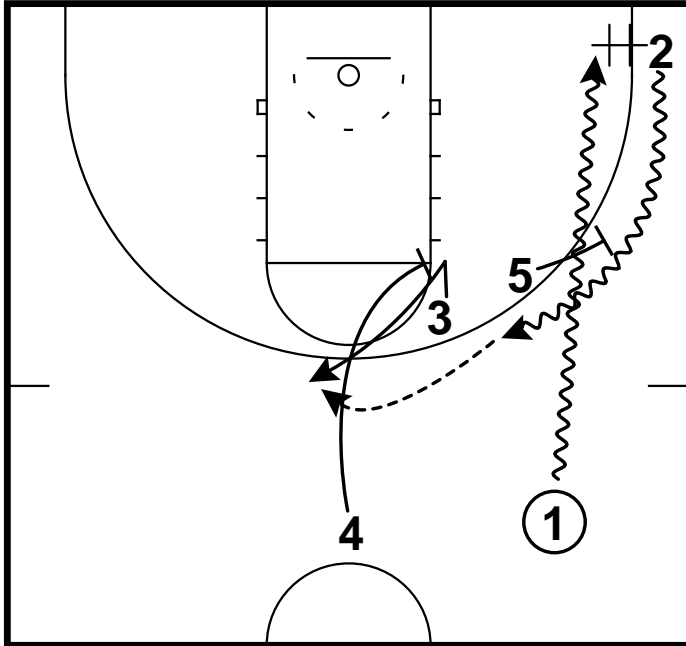


As 1 comes off 5,
(1) If there is a hard hedge, 5 sprints to opposite block for a lay-up.
(2) 3 sprints out to the corner for the 3pt shot

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Special Teams

Rip Special
Offense - Late Game/ Special Teams



1 sprint dribbles to 2 and dribble hand-offs. 2 comes off a pick from 5 as 4 flares 3 for a three pointer.