

Offensive Skill Development
Vince Oliver
Notre Dame High School Boys Basketball Coach

Points of Emphasis

- Product of habits
- Daily
- Competition

Supplies

- B.Y.O.B
- Cones
- Chairs/d-man (\$49)
- Pad (\$43)

Skill: Warm up/basics

- Mikan Drill
- Pistol Pete Ball handling
- Off the wall passing

**nugget=small groups/time limit*

Skill: Attack moves (always dribbling+ incorporate passing)

- Zig zag cone attack
 - contact (pad)
 - floater (broom stick)
 - pull up

**nugget=start cones further back*

- Attack gap v. zone
 - gap to skip
 - gap to bounce pass

**nugget= always dribbling/triple threat/incorporate pass*

Skill: Shooting

- 4:30 shooting

**nugget=station work/enough baskets?/track makes*