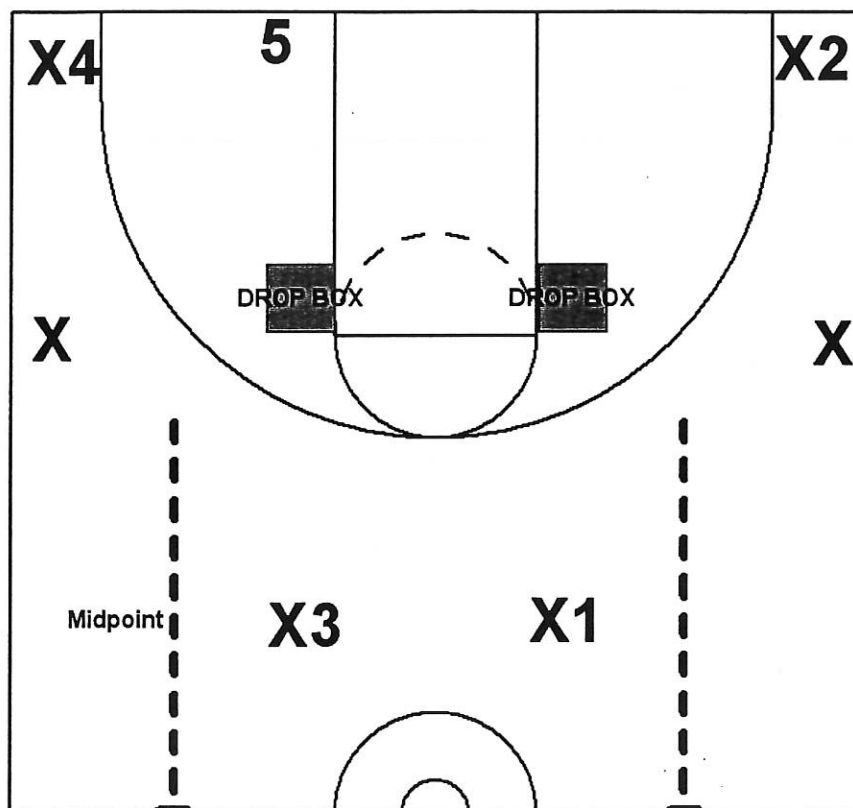


## OAKLAND BASKETBALL DRIBBLE DRIVE OFFENSE – TERMS

### COURT:

- There are six “X’s” on the court
- The top center of the free throw line is called the “T”
- There is a “DROP ZONE” located on both sides of the court (at the elbows)
- NOTE: If #1 has the ball on X1, player#3 stands on the midpoint line instead of on X3 in order to maintain proper spacing.



### TERMS:

“PITCH” – A pass by a player who tried to drive the ball but was stopped (at the top center of the free throw line) so he “pitches” the ball to the cutter behind him. All pitches should be positive.

“LOOP” – A dribble drive by a player where he cannot get by his defender so he stride stops in the drop zone and throws the ball to the “X” where it is met by a cutter. The cutter (X2 or X4) does not leave until the driver picks up his dribble. The passer “loops” to replace where the cutter came from.

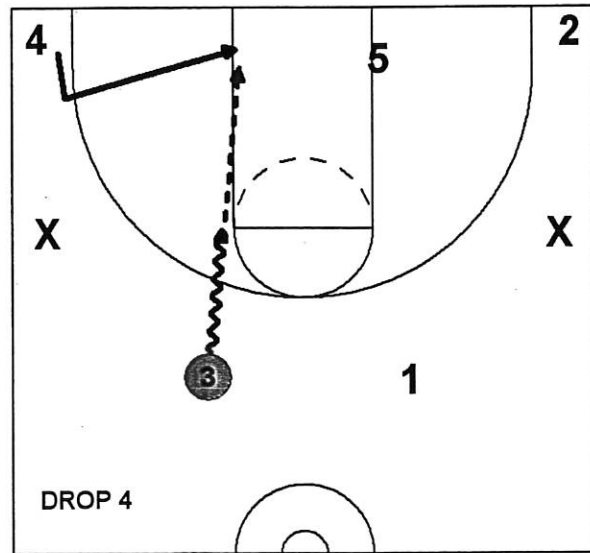
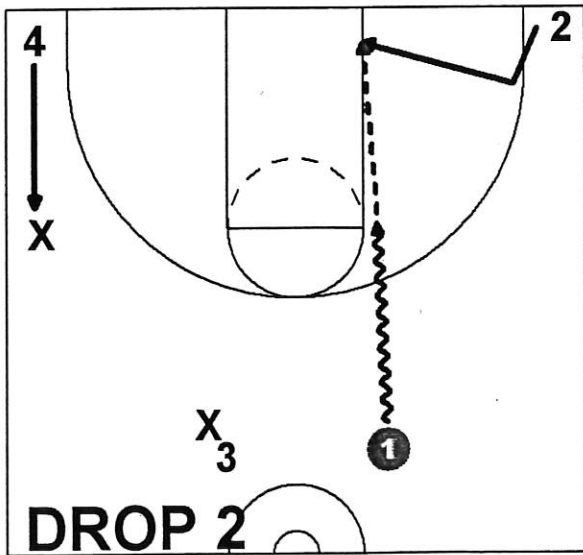
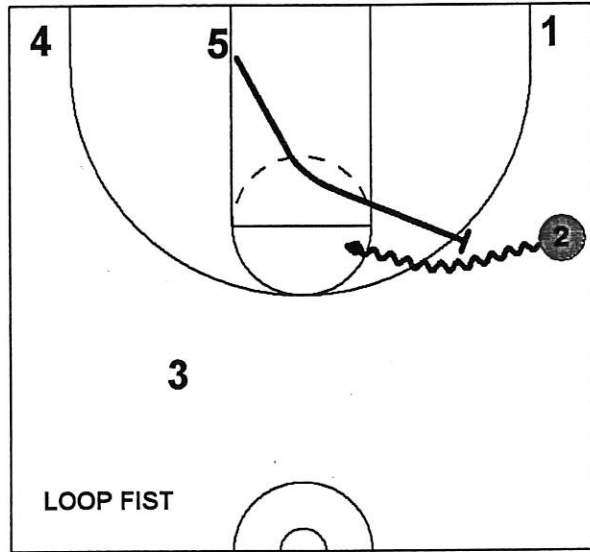
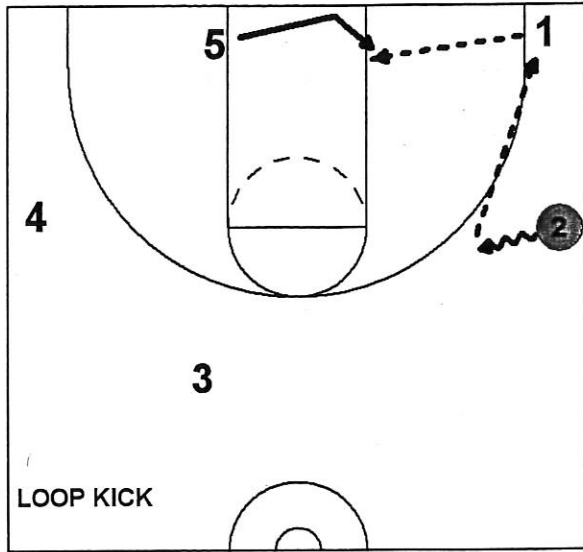
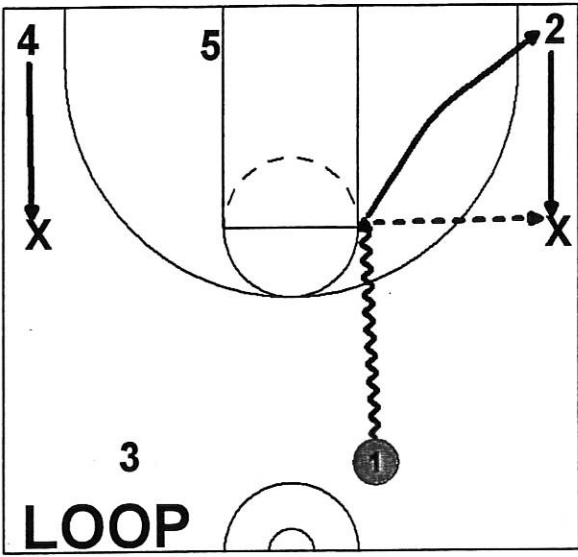
“KICK” – A drive and “kickback” pass to the man that the player originally received the ball from. This is a good opportunity for feeding the post.

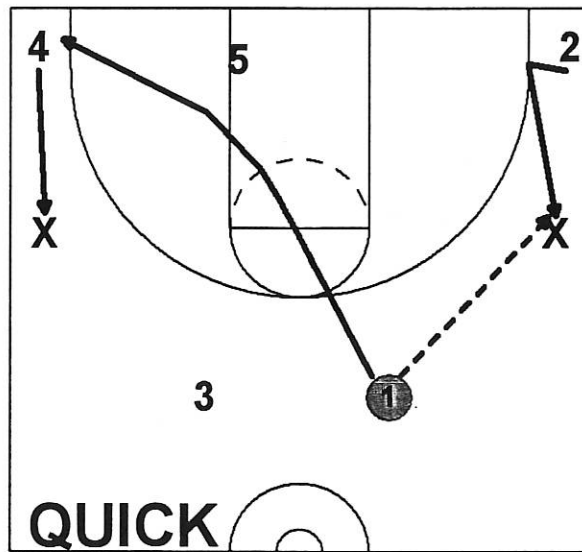
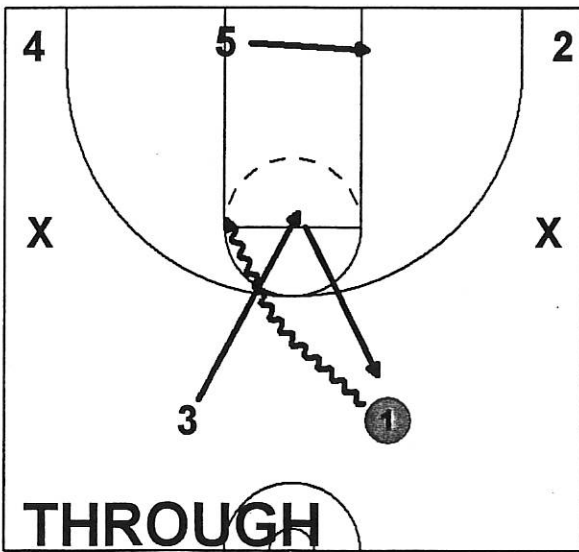
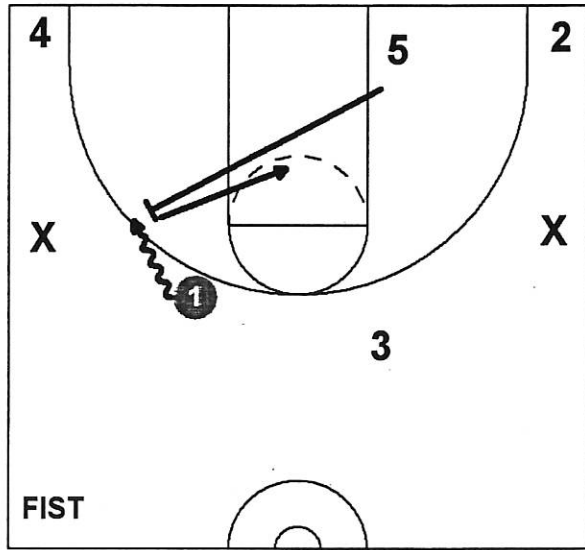
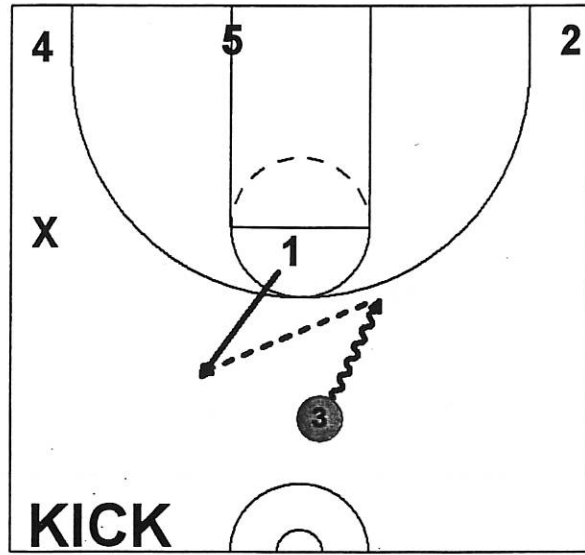
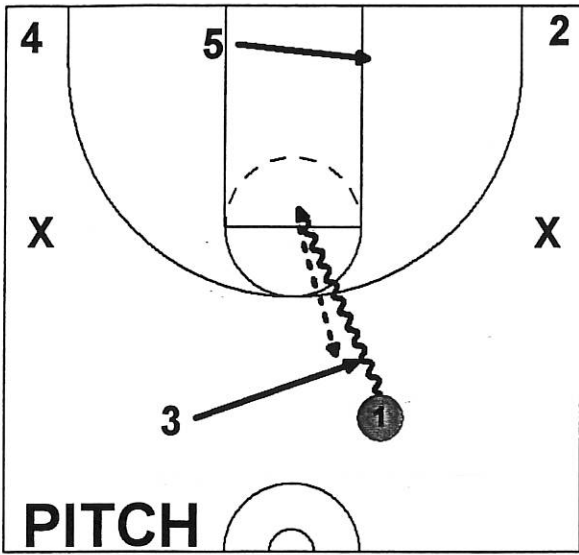
“DROP” – A specified man cuts back door.

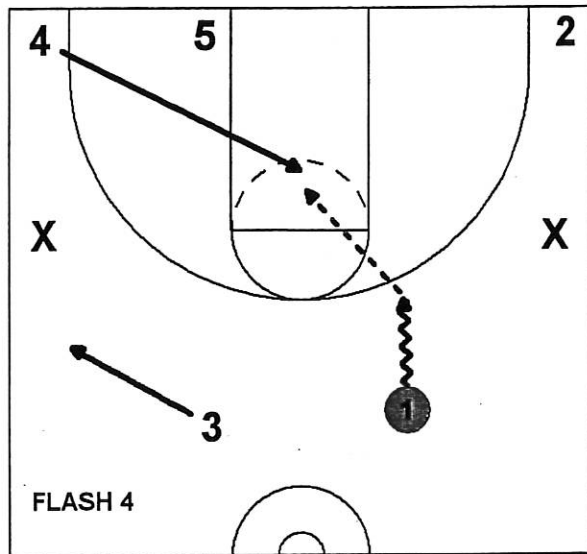
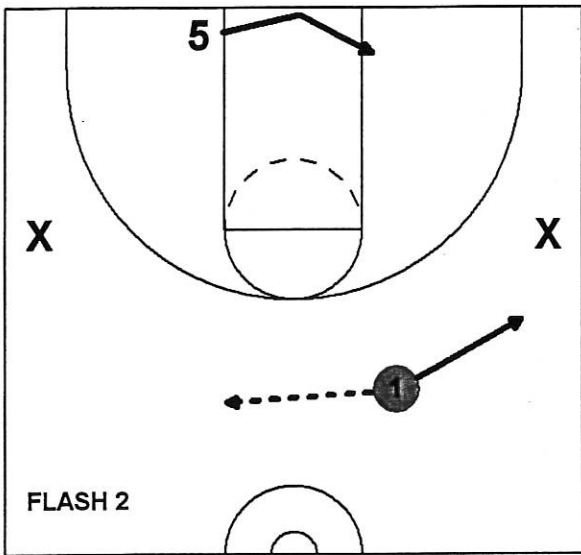
“FIST” – A call that signals #5 to sprint and set a ball-screen. Often successful after a loop or pitch.

“THROUGH” – A cut through the “T” which opens a driving lane behind him (i.e. #3 cuts through the “T” and #1 drives behind him).

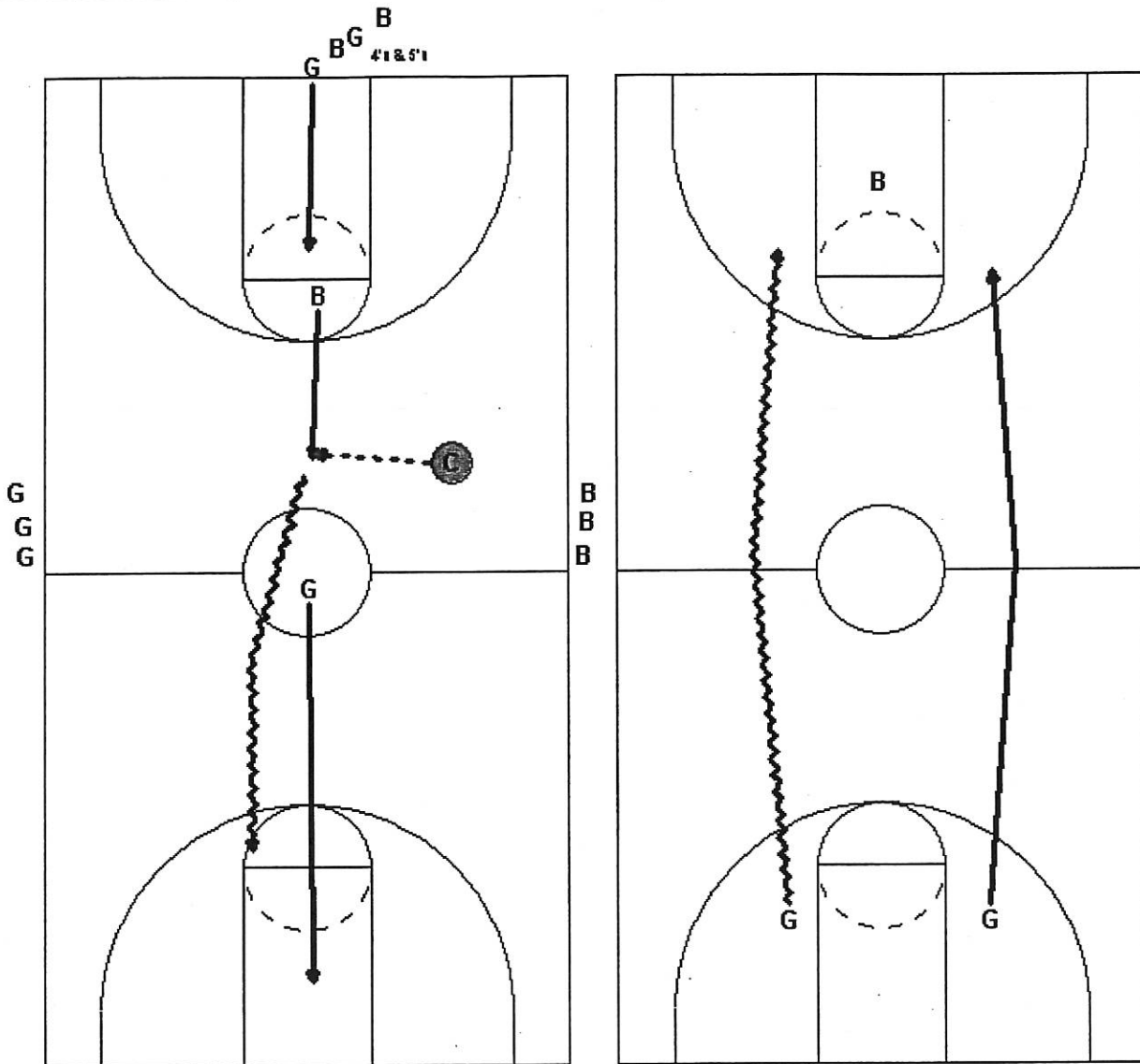
“QUICK” – A quick entry pass to a player for a one on one opportunity. The passer cuts to the opposite corner.







## BLOOD SERIES:



### DRILL: "11"

Notes:

B – BLACK G – GOLD

Coach Hits BLACK on the run at top of the key

GOLD in circle cannot move until BLACK has at least 1 foot in center circle  
(Gives offense slight advantage)

GOLD under basket chases down BLACK on flight of pass to BLACK

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1 Shot

2 on 1 coming back the other way

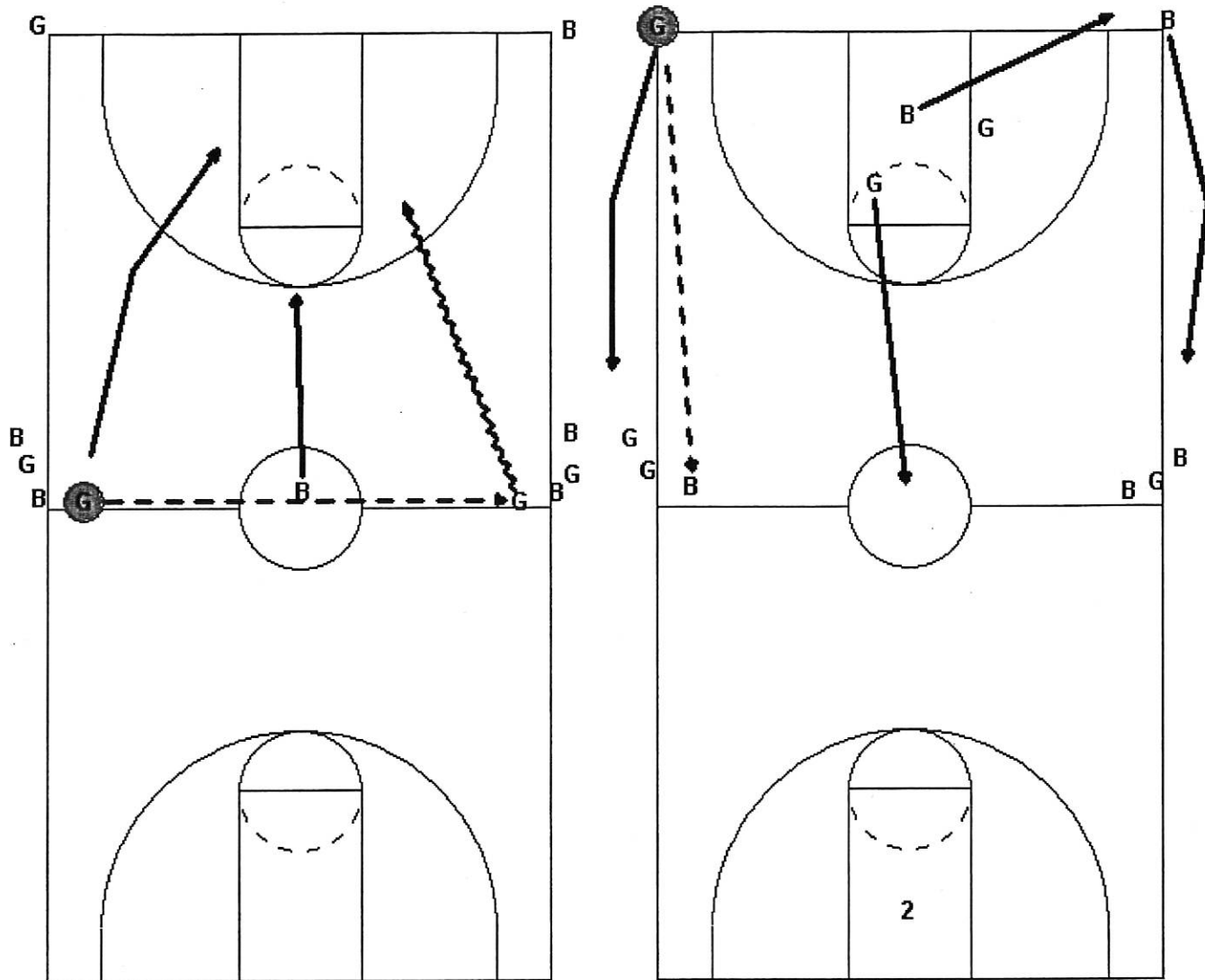
\*Next time GOLD will go against BLACK at half court and on baseline

Point of

Attack with full head of steam

Emphasis:

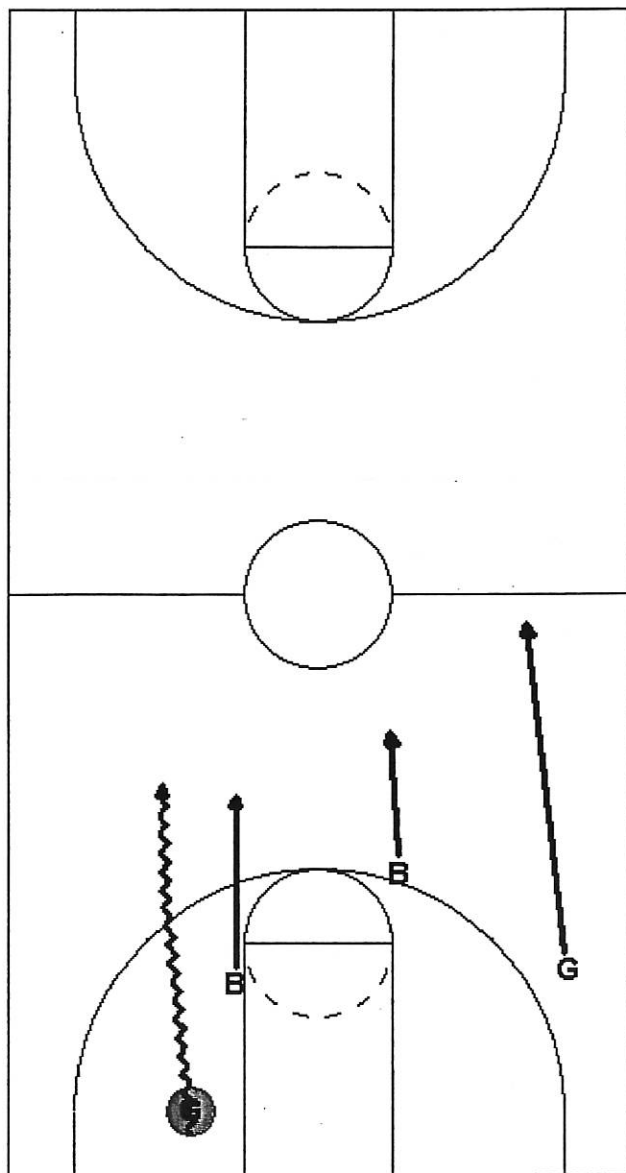
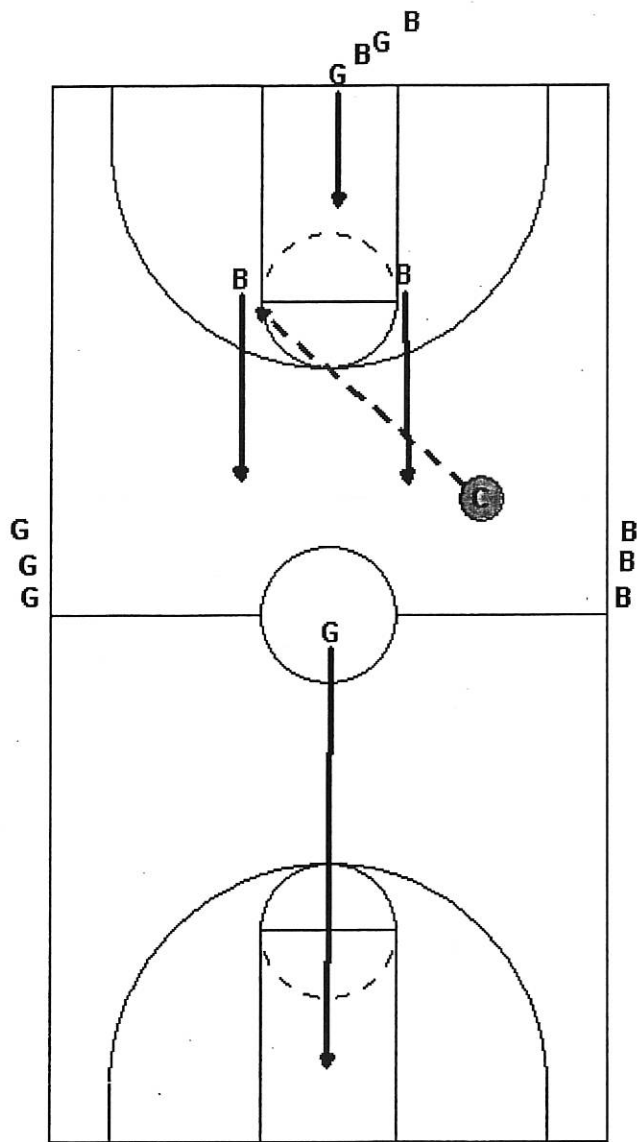
Throw ball high to BIGS



### DRILL: "SKIP 21"

- Notes:
- All 3 players straddle half court
  - GOLD skips ball across
  - BLACK cannot retreat until ball is above his head
  - If BLACK steals, he scores at the other end

Whichever GOLD scores (1 shot) sprints to half court and is now in middle  
Switch lines when you go back



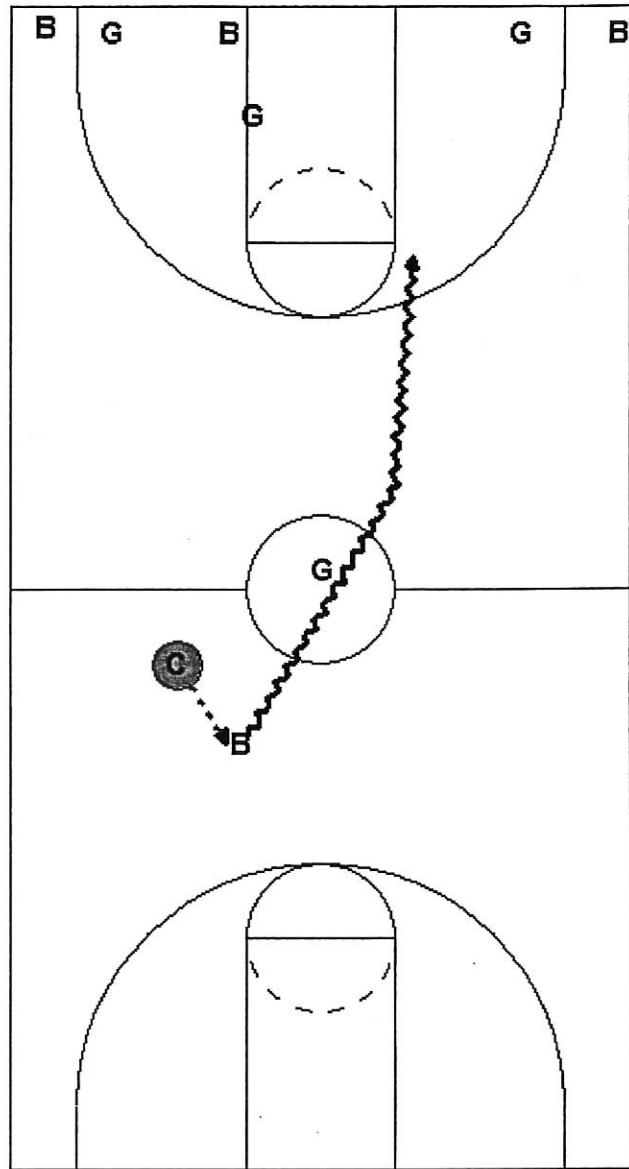
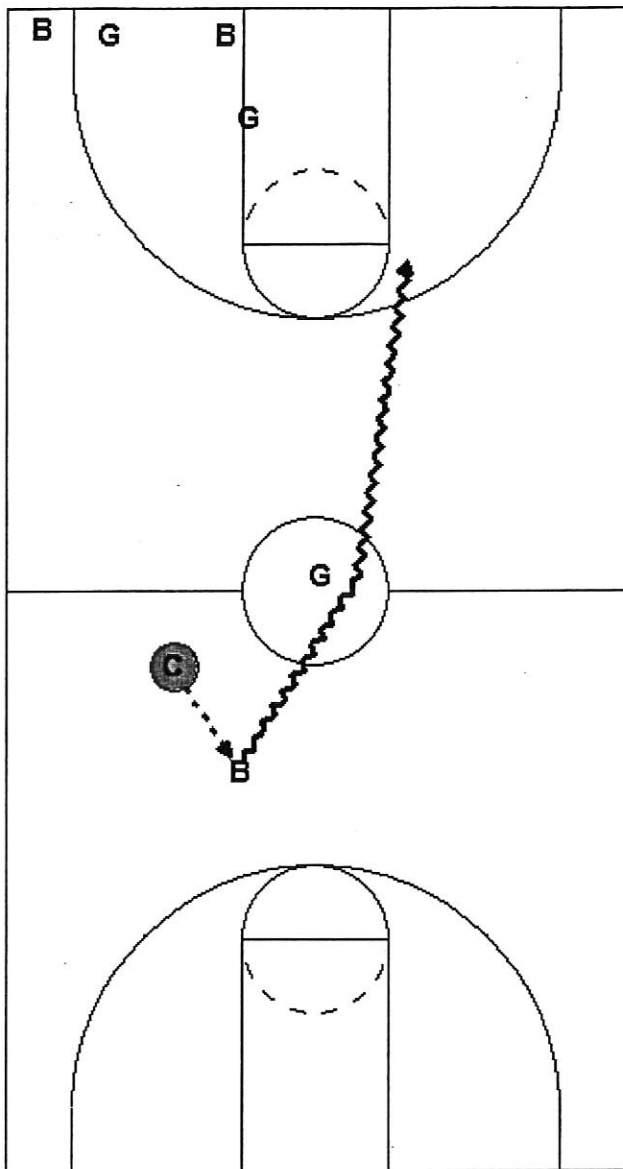
**DRILL: "22"**

Notes: GOLD at half court can retreat on flight of pass to BLACK  
 2 on 1 with GOLD under basket chasing down BLACK

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2 on 2 full court on the way back

\*Next time GOLD will be the 2 on the ELBOWS receiving pass from Coach



**DRILL: "BLOOD 33"**

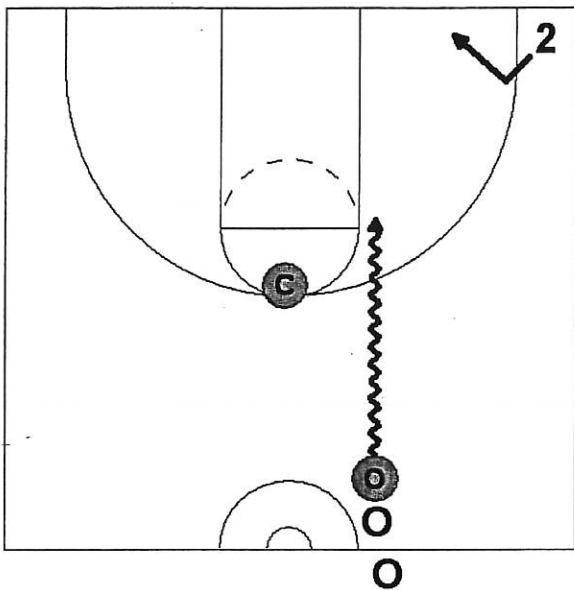
- Notes: Live 3 on 3
- BLACK on Offense 4 minutes then SWITCH
  - GOLD can't move until BLACK touches center circle with 1 foot
  - Can go Right and:
    - 1) SCORE
    - 2) PULL-UP JUMPER
    - 3) SKIP
    - 4) HIT POST ON FLASH UP LANE
  - If he goes Left:
    - POST RE-LOCATES
    - Can score
    - PULL-UP JUMPER
    - LOOP/LOOP-KICK

**DRILL: "BLOOD 44"**

- Notes: SAME AS PREVIOUS DRILL BUT LIVE 4 ON 4



## GUARDS



### DRILL 1: "DROP 2 BALL SHOOTING"

Notes: 2 executes a DROP

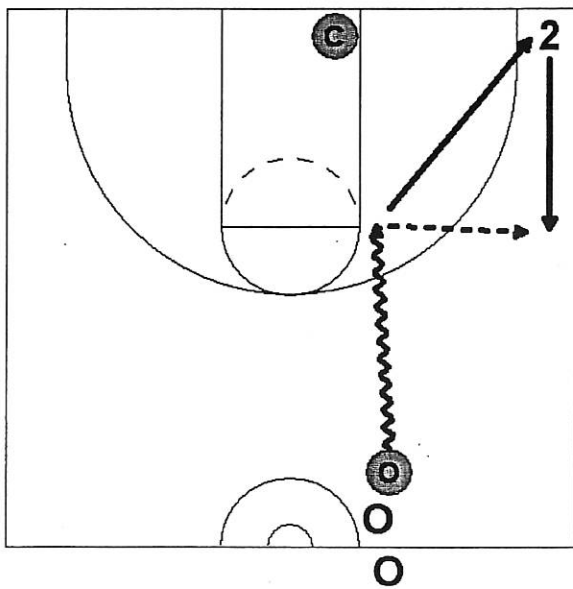
1<sup>st</sup> time through – layup

2<sup>nd</sup> time through – 2 foot lay-up

3<sup>rd</sup> time through – jump shot

After 1 hits 2, 1 will SPRINT to corner to receive pass from Coach for 3 point shot

1 now takes the 2 spot and executes the 3 things above



### DRILL 2: "LOOP SERIES" (Both sides)

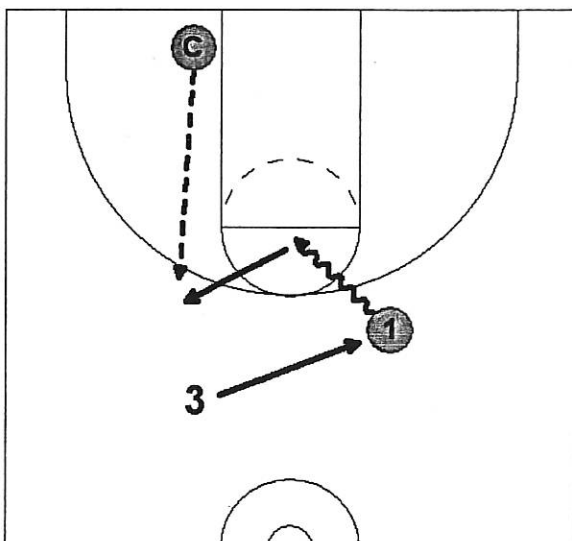
Notes: After 1 hits 2 he will SPRINT to corner and receive pass from Coach

2 will execute the following

1<sup>st</sup> time through - Shot from spot X

2<sup>nd</sup> time through – get to rim for left hand layup

3<sup>rd</sup> time through – pull-up jump shot



### DRILL 3: "PITCH SERIES"

Notes: Guards at top two x spots

1 will drive left, and make POSITIVE pitch to 3

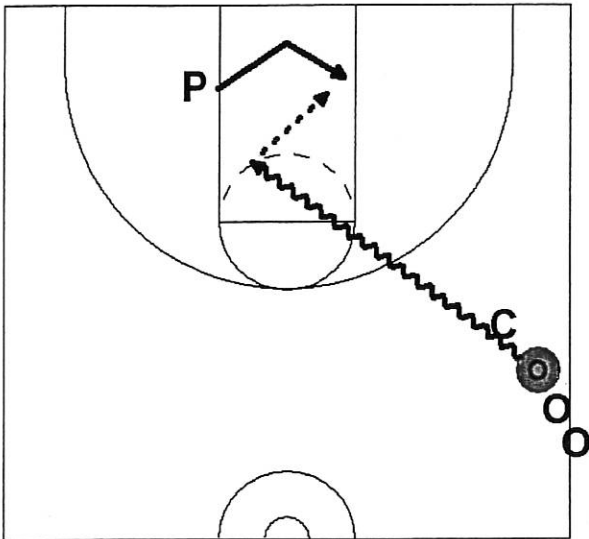
1<sup>st</sup> time through – shot from pitch

2<sup>nd</sup> time through – get to rim for right hand layup

3<sup>rd</sup> time through – pull-up jump shot

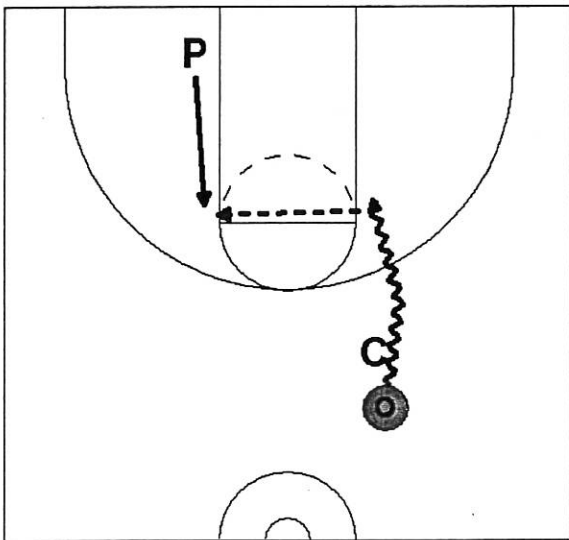
After 1 makes pass, Coach will hit him for a jump shot

## POST DRILLS



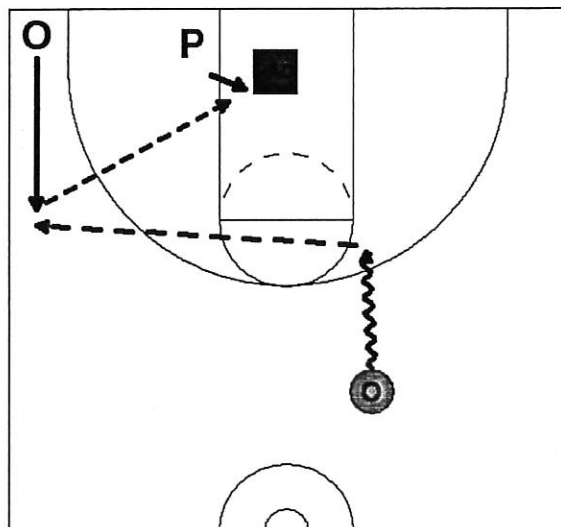
### DRILL 1: "RE-LOCATION DRILL"

Notes: Offensive player starts at the X interlocking arms with Coach to force drive against pressure  
Post re-locates to other side and receives lob pass



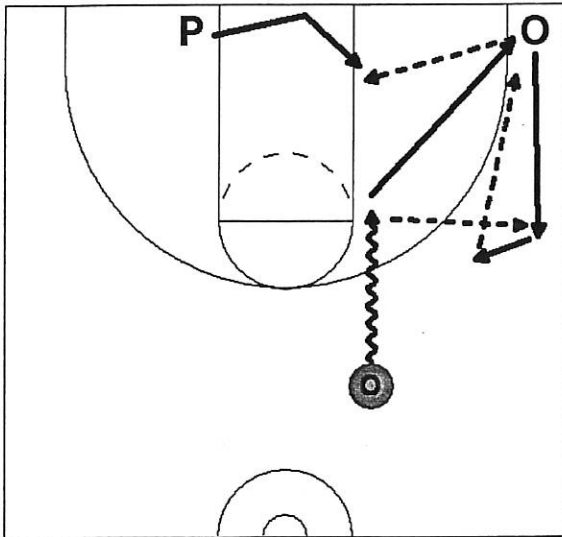
### DRILL 2: "FLASH"

Notes: Interlock arms at half court and get to drop box  
Post waits and recognizes offense is stuck  
He flashes and receives pass for shot.



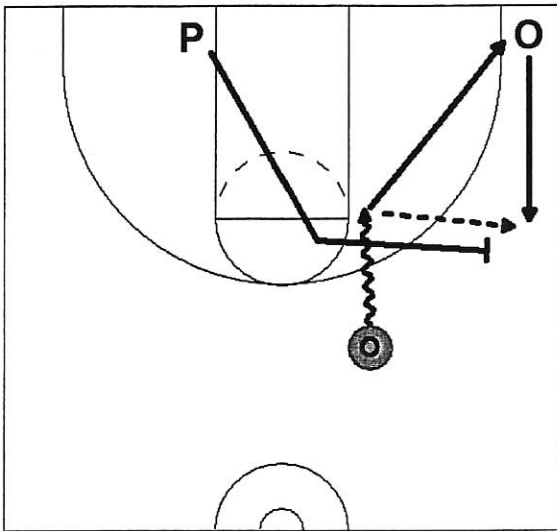
### DRILL 3: "SKIP"

Notes: On flight of ball, post seeks out the pad  
Seal and finish simply and safely

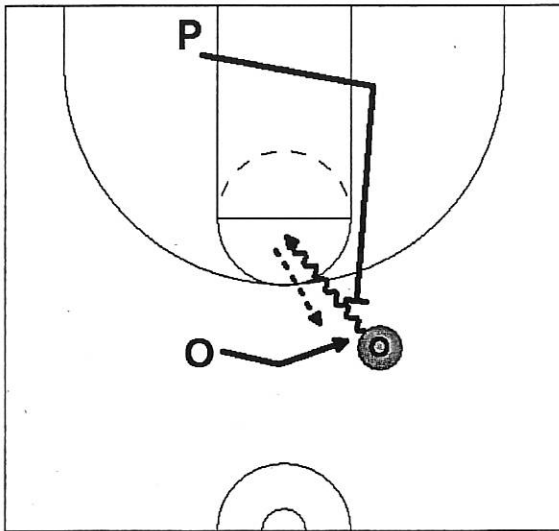


**DRILL 4: "LOOP KICK"**

Notes: Post works on going under defense on the kick and pushing defender up the lane.



**DRILL 5: "LOOP FIST"**



**DRILL 6: "PITCH FIST"**

