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[X2 Ki Maut By Zaheer Ahmad Novel](#)

Basketball Playbook

View Sketch Card **Plan**

Drills Passing Rondo

Team Fav Team Date 1/31/17 Offense 1-4 low Start 10:24
 Location Fav Location From 10:00 AM Till 11:30 AM 1-4 low breakdown 01 Length < 10 >
 Practice info Play/drill info Connect

No tag filter

Drills

- Big man drills
 - Bang, break and trail
 - High post - corner
- Conditioning
- Cutting
- Dribbling
 - Backup
 - Dribble fundamentals
 - Dribble with 2 balls Finish
 - Move the pylons
 - Pass and shot
 - Touch the pylons
- Footwork
- Free throws
- Hbw 1998
- Mini basket u6
- Offense
- Offense 1-4 low
- Passing
 - Dribble weave
 - Full court passing
 - Rondo**
 - Tjech 1
- Rebounding

Drills

Plays

Formations

Templates

Other

Info	Sketch	Description
Start time: 10:14 Drill time: 10 min Players: 6 Balls: 1 Rating: 5		Free throws, 3 lane pressure passing Based on the clinic of Rene Spandauw at the HBW Clinic on the 29th of December 1998. This is a full court 3 on 3 drill. You divide the floor into 3 lanes. One player has the ball in the middle of the floor. The other 2 take the outside lanes. Each player stays in the same lane the entire drill. You want to advance the basketball against pressure without turning it over. After each catch you're allowed one dribble. You can't use skip passes. You can't use lob passes. Both count as a turnover. If you score you receive 1 point. If you force a turnover you receive 1 point and possession of the basketball. You start over on the baseline. First team to a certain number of points wins. Losers run
Start time: 10:24 Drill time: 10 min Players: 3 Balls: 2 Rating: 5		Offense 1-4 low, 1-4 low breakdown 01 1-4 low breakdown - Based on NBC 2016 Go through the circle, beat the defender. 1 defender Each player on offense has a ball. Offense makes crossover dribbles until defender/coach gives signal to start. Offense has to go through the bucket circle, beat the defense and make a layup. Beat the defender with a fake, spin move, behind the back, between the legs etc..
Start time: 10:34 Drill time: 10 min Players: 3 Balls: 2 Rating: 5		Offense 1-4 low, 1-4 low breakdown 02 1-4 low breakdown - Based on NBC 2016 Play 1 on 1. Defender defensive stance, foot fires. Offense crossover dribbles, until defense is ready. Offense starts, defense reacts. Defense plays close out, and 1 on 1 to basket.

Move up
 Move down
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