

## Disadvantage Drills for Building Your Team

Notes by

Coach Troy Culley

*"Develop players who think quicker, make better decisions and exhibit greater confidence and composure under pressure"*

*"Learn how to turn defensive pressure into offensive advantage"*

*"Discover 12 "disadvantage drills" that will improve players' decision-making skills and give them confidence to be successful against adversity"*

**Description**

*(taken from Championship Productions.)*

**With Frank Allocco, De La Salle (CA) HS Head Coach;  
2x State Champions; 2000 National High School Coach of the Year; 2nd All-Time in the State of California in Winning Percentage; 9 final fours in past 13 years, California State Coach of the Year (2010, 2011); 2012 National Catholic Coach of the Year**

**Learn how to teach players to make better decisions in disadvantage situations using drills created by one of the country's top high school coaches. Legendary California high school coach Frank Allocco shares practice secrets like disadvantage drills that will help your team crush opponents. These drills prepare players by putting them in practice situations that are tougher than anything they'll encounter in a game.**

**Playing in an outnumbered situation creates athletes that think quicker, make better decisions and exhibit greater confidence and composure. Whether it's a 5-on-4 situation that works correct positioning on defense or 1-on-1 with a trailer drill that forces your ball handler to get to the rim quick, these drills will help athletes handle tough moments on the court.**

**Here are some of the key features of the DVD:**

- **Disadvantage drills to help young athletes play better and become better decision makers under pressure**
- **Strategies to teach players how to get rid of the ball before they get double-teamed and trapped**
- **Techniques to help players draw the defense to them and create open shots for their teammates**
- **Suggestions for teaching players to get open without the ball**
- **Drills that teach players to be strong with the ball**
- **Techniques that show players how to attack, turning defensive pressure into an offensive advantage**
- **Strategies to teach players to welcome the thought that everything is against them**

**Using on-court demonstrations, Coach Allocco shows how to use basic drills in a disadvantage situation. His dribble drills teach ball handlers to create space and attack when given the chance. With the offensive disadvantage drills, players learn how to handle a double team and how to be strong with the ball. The defensive disadvantage set covers key points like competition and communication. Fast-break drills are also used to prepare players for game-day scenarios. Finally, in the full-court disadvantage drills, players get to run up and down the court using many of the concepts covered in earlier sections.**

**One of the highlight drills in this presentation is a 2-on-1 build up to 5-on-5 and then back down to 2-on-1. This unique approach to a popular drill forces athletes to communicate as they slowly take players off the court. Also, by having nine possessions in one drill, fatigue begins to affect the players and their focus must increase.**

**Produced at the Spring 2013 Portland (OR) clinic. (63 minutes. 2014.)**

**Notes from the DVD**

- **Basketball is a game of adversity – always have a plan – practice and games.**
- **How many games are won or lost by 5 possessions or less?**
- **You have to make practice harder than games.**
- **Practice adversity and welcome the thought that everything is against you.**
- **Work on offense and defense in every drill that you do.**
- **Teach more than a game – problems of adolescence**
- **Players need to believe in each other. Every role is important.**
- **A team is an extension of a coach's personality.**
- **Your career can never be trivialized by numbers. (Wins & losses) Be a model the player's lives.**
- **Communication is concentration. If you're talking, you're thinking.**
- **Always do build-ups or progressions during practice.**
- **Be Louisville. Imagery – intense defensive pressure and strong getting to the rim.**
- **Book: Richard Bach – Illusions. "A group of amoeba in a river and when the current comes they grip to the rocks. Why do we always grip to the rocks? Because if you don't you'll go tumbling down and get smashed against the rocks. One day one amoeba let's go, get's smashed through the rocks like he was told and eventually ends up in a new colony of amoeba where he is treated like a messiah, one that could fly through water and the moral is that, the current knows where it is going, just let go."**
- **Drive so that you end up inside the backboard. Spinning is a sign of softness; you only spin when you can't get by somebody. Get your head down and get to the rim and guess what? You will tumble and get smashed against the rocks. Your shot will get blocked, you will make mistakes but eventually you will learn to adjust and adapt.**
- **Play the same speed whether on offense or defense.**

- What drills do you do that you like that you can put kids in disadvantage situations? A lot of things are going to go against you in a game but if the kids feel they have beat 6 or 7 kids it will make them more confident on the floor.
- The last thing I would want is to lose a game because a kid catches the ball and is doubled team and then he goes backwards and steps out of bounds.
- Clinics are great places to get ideas for your 'plan.' Coach talked about how he had a sheet with summer written at the top and he saw things that he liked throughout the day and the ideas it gave him and jotted these thoughts down.
- Coaches should practice their craft in the off-season just like players.

### Disadvantage Drills

- Help make your players better decision makers under pressure.
- Help your players to play under pressure.
- Teach players to get rid of the ball before doubled team.
  - Chart how many times a player gets doubled team in a game.
- Draw the defense to you to create open shots for your team mates.
- Teaches players to move off the ball.
- Teaches players to be strong with the ball.
- Teaches players to attack.

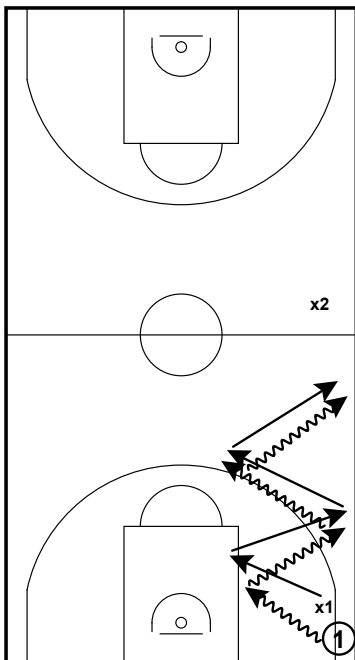
**“Remember that we have a responsibility to**

**“TEACH – MENTOR – INSPIRE”**

**kids to be the best players and people that  
they can be.**

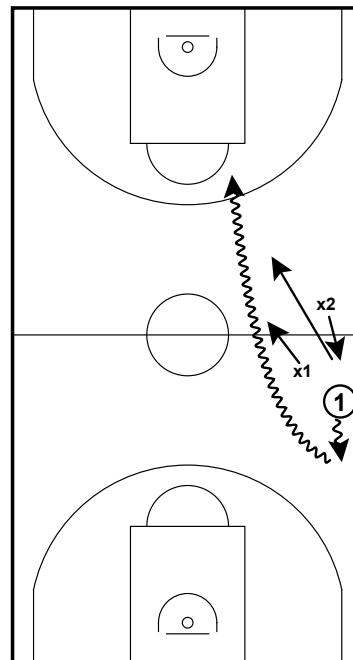
# Dribble Drills

Double Team



- Offensive player starts in the corner with a ball.
- Defender on the ball and a 2nd defender just over the halfway line.
- 1 v 1 zig-zag to the half.
- Not allowed over the rim line (mid-line)

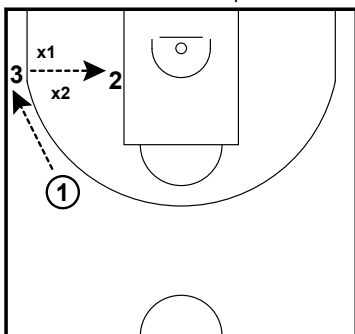
Double Team



- As offensive player gets near to the halfway line the 2nd defender looks to double team.
- Offensive player retreat dribbles and then looks to go 1v2 to score.
- When players get to the baseline, they run the same drill coming back down the opposite side of the floor.
- Defenders should be creating 'Havoc' the entire time they are on defense by talking and really getting after the offensive player.

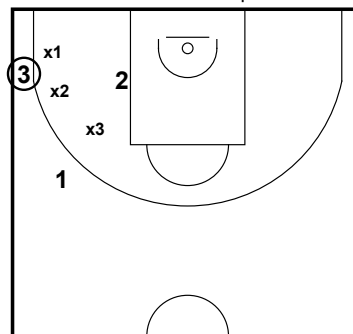
**Variations: Players can only use one hand left or right, go live all the way so if you blow by the first defender then you attack the second defender whilst the first recovers.**

Catch and Rip



- Ball is passed to offensive player in the corner.
- As the ball is in flight both defenders double team.
- Offensive player needs to rip through to his hip on the catch and then needs to make a pass out of the double team to the next offensive player positioned on the ballside block.
- **Players must not jump to make a pass.**

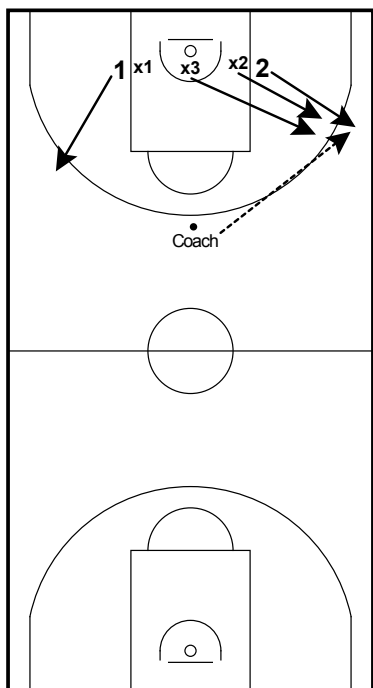
Catch and Rip



- Progression is adding an extra defender.
- Now when the ball is being double teamed in the corner, the offensive player looks to pass into the block or back to the top. The extra defender reads the situation and tries to get a steal.

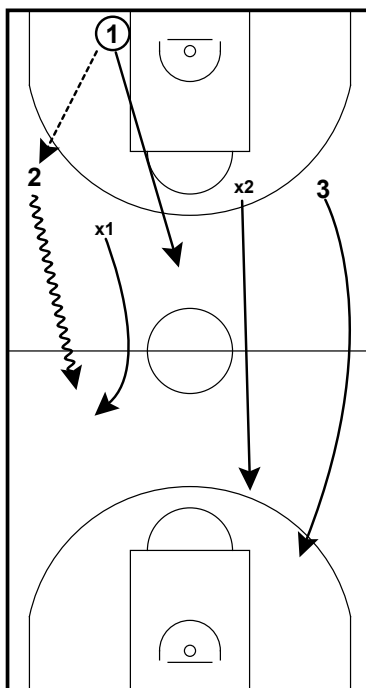
# Offensive Disadvantage

2 on 3 to 3 on 2 to 2 on 1 Attack



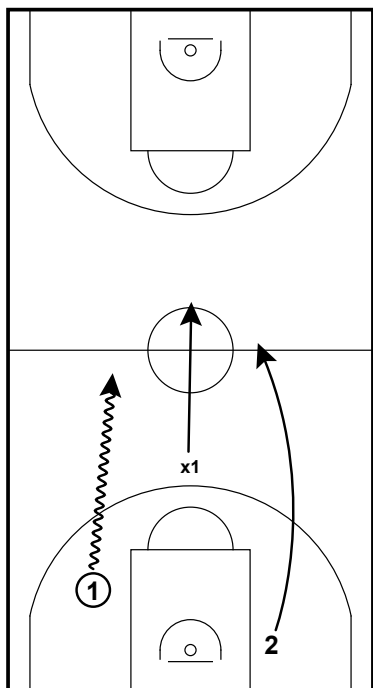
- Both offensive players start on the block with their defenders.
- Extra defender starts under the basket.
- Both offensive players cut to the wing and one will receive a pass off the coach.
- Extra defender has to double team the ball wherever it is.
- Play 2v3 half court.
- **Player not being double teamed has to get open as it is simply a 1v1 situation.**

2 on 3 to 3 on 2 to 2 on 1 Attack



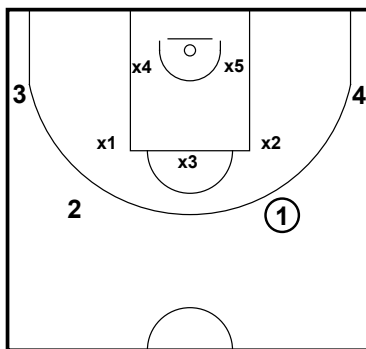
- After a made basket or a turnover the 3 players that were on defensive in the previous phase now inbound/push the ball and go 3v2 full court against the two players that were previously on offense.

2 on 3 to 3 on 2 to 2 on 1 Attack



- The offensive player that shoots the ball in the previous 3v2 phase then sprints back on defense and the two players who were just on defense inbound/push the ball and go 2v1 back down the floor.
- Keep score, make sure you always have a winner and a loser and that there is a consequence for the team that loses.**

4 on 5 Attack

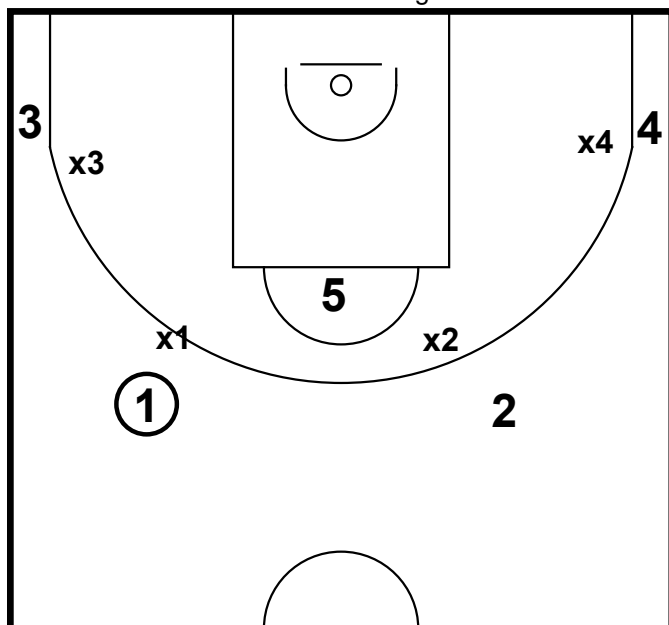


- Initial set up is 4 offensive players around the perimeter and 5 defenders in a 3-2 zone.
- Drive and draw 2 principle. Offensive player on the catch looks to dribble penetrate at the gap between two of the zone players.
- Offense is live from the start.
- Go by your opponent when you have single coverage, clip your hip and try and get into the lane.**

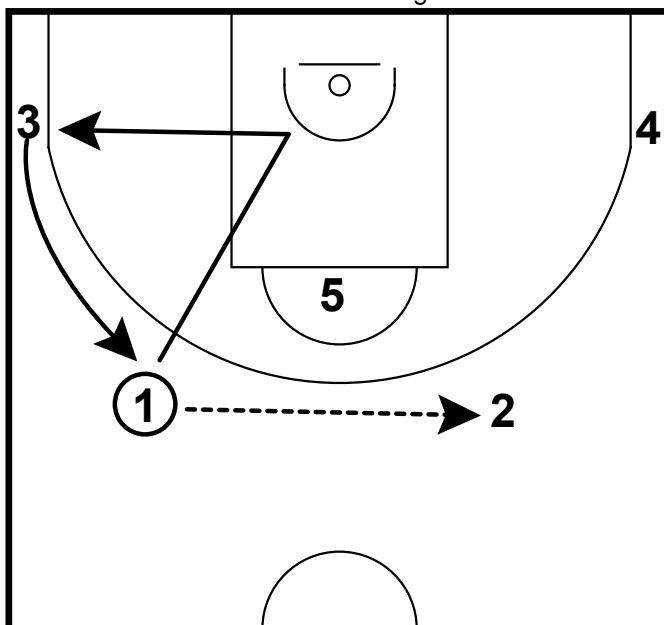
**Get in the habit of communicating.**

# Defensive Disadvantage

5 on 4 Passing



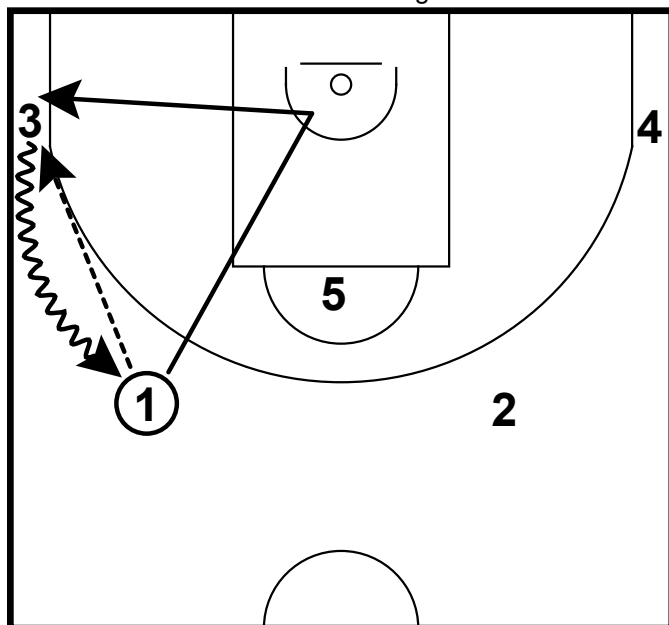
5 on 4 Passing



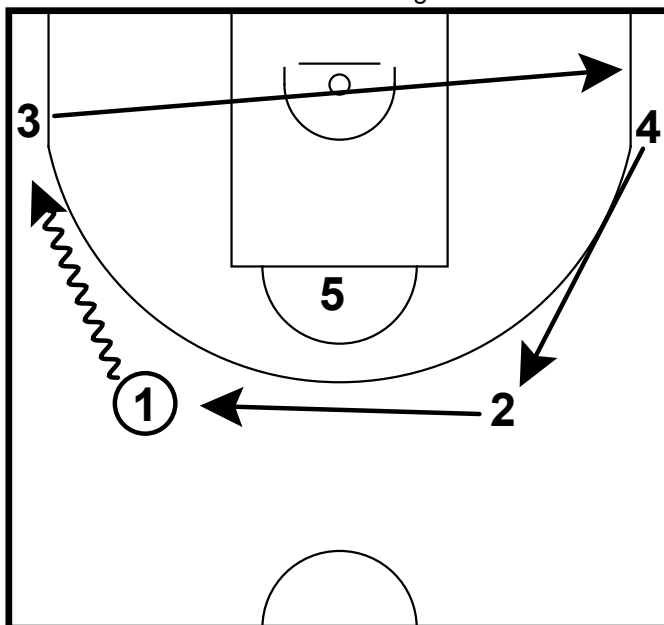
- Two guard set, 4 perimeter players all matched up man-man defense. Offensive player at the foul line is left open to begin with.
  - Take the defense out to work on the initial movements and when ready put the defense back in.
  - Using the previous movement offense now moves the ball.
  - Extra offensive player at the foul line is now active and at any point can be used as a pressure release by receiving a pass from the one of the 4 perimeter players.
- Offense needs to know it always has to fill four spots.**  
**Not trying to score off this drill, simply working on passing, cutting and reading the defense.**

- Pass across the top then player cuts through and fills the corner on the same side whilst corner lifts to the wing.

5 on 4 Passing



5 on 4 Passing

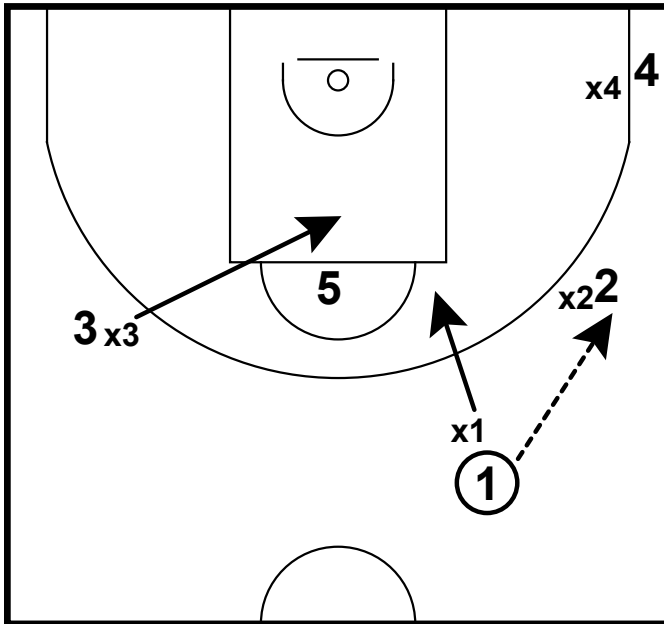


- Pass to the corner then the player still cuts through but the corner dribbles back up to the 45.

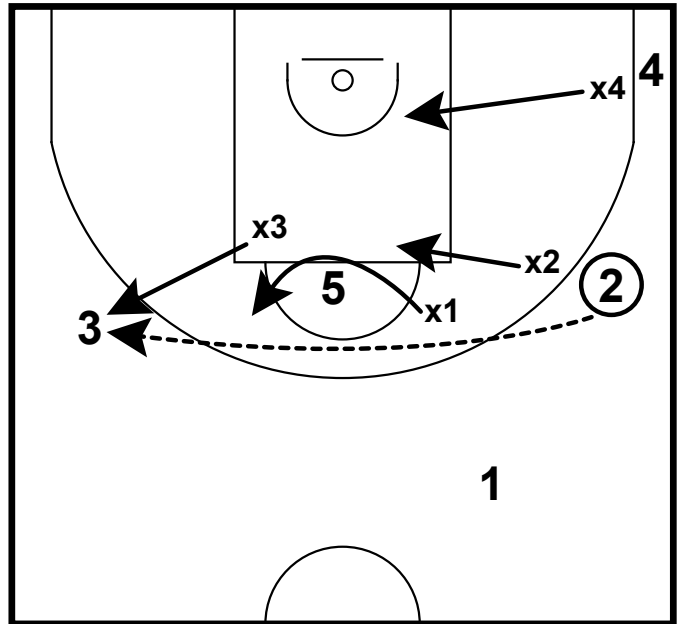
- Offensive player on the 45 dribbles to the corner instead of passing then that offensive player clears out weakside, other two rotate and we fill the four perimeter spots again.

# Defensive Disadvantage

5 on 4 Communication



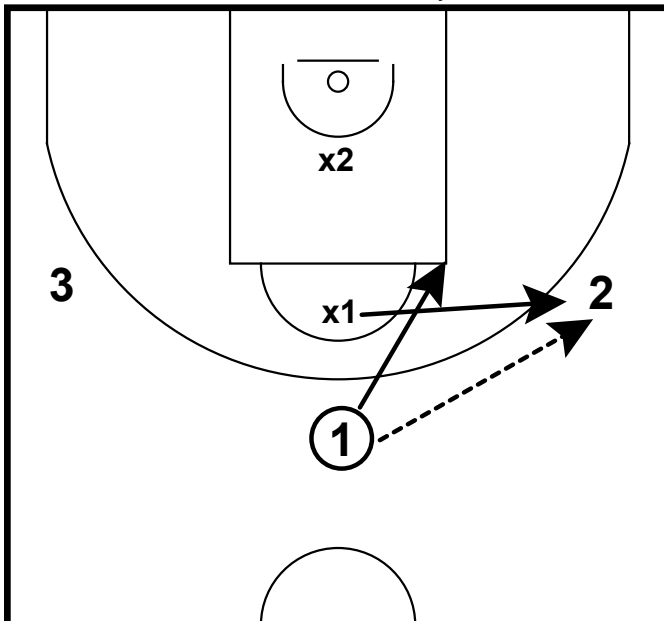
5 on 4 Communication



- Only rule is you can't throw to the offensive player at the foul line on the first pass therefore for the first possession defense should be in full denial.
- Defense must communicate, leave the furthest offensive player away from the ball open.
- Live play.

- Ball is skipped then defense closeouts and rotates to leave offensive player furthest away from the ball open.

3 on 2 Earn Your Way Off

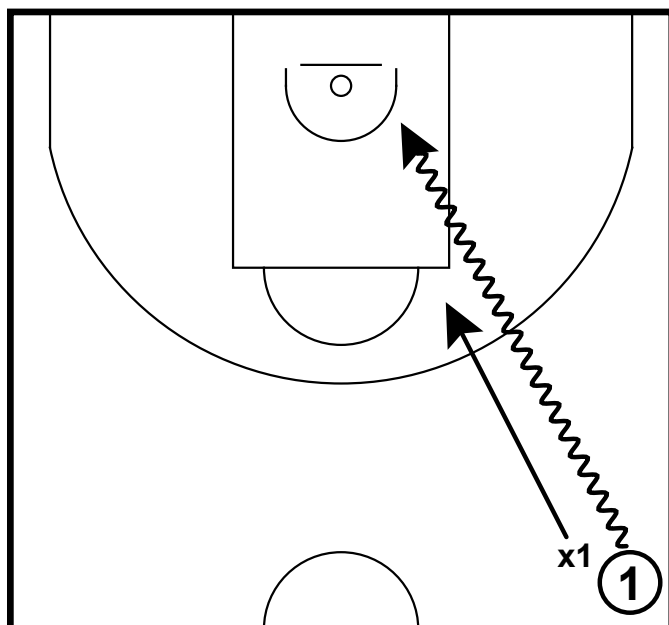


- 3 offensive players, 2 defensive players in a tandem.
- Defense has to earn it's way off. This happens whenever an offensive player shoots or turnovers the defender that rebounds or steals the ball switches with the offensive player.
- For example if 1 shot the ball, and x2 rebounded then 1 would go on defense and x2 would come out on offense.
- Attack the ballside elbow after a wing pass and the top defender has closed out.
- **Yell rebound on a shot attempt and communicate the first pass.**



# Fast Break Drills

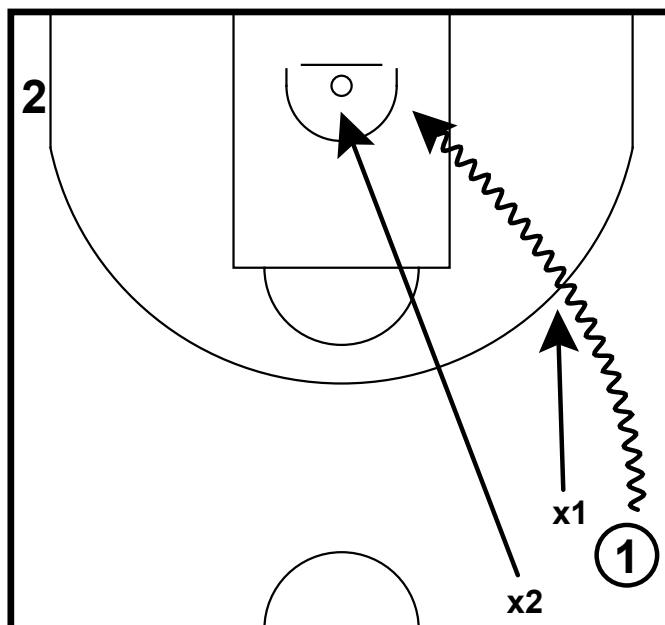
Fastbreak 1 on 1



**Communication is concentration.**

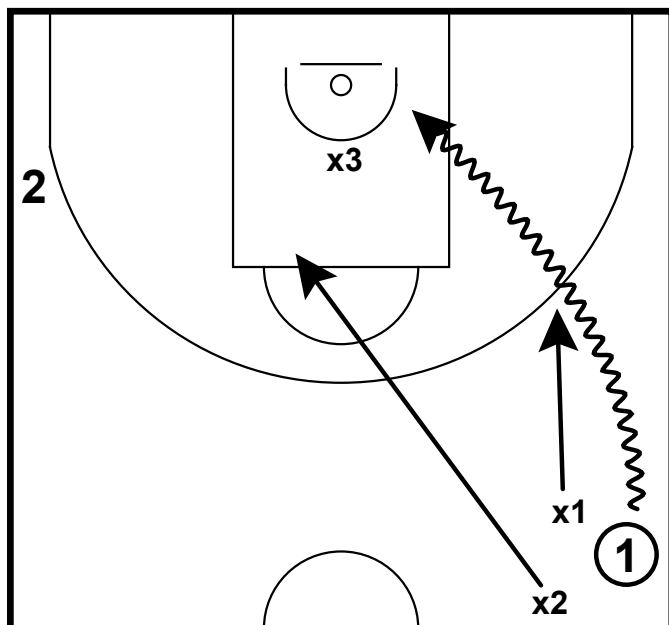
- 1v1 live to the basket.
- Defense to deny middle and remind themselves by saying no middle when they are playing defense.
- Offense has to be aggressive and get to the rim.

Fastbreak with Trailer



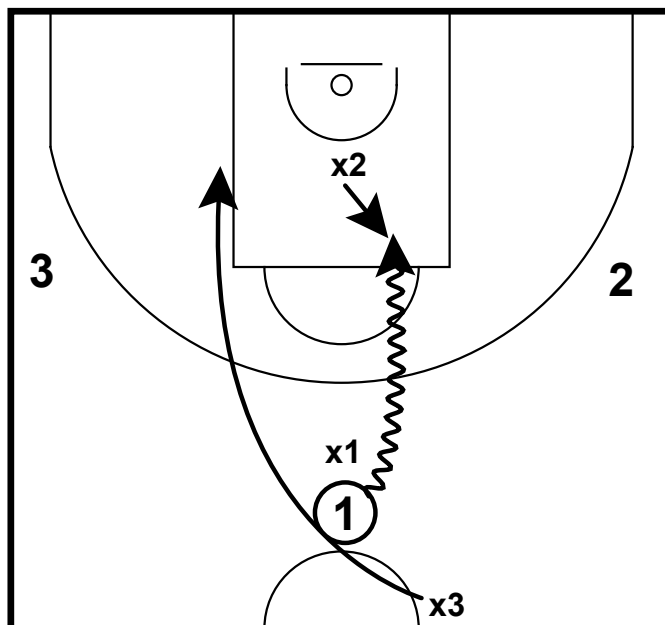
- Don't let the help defender get in front of you because you are playing with the ball. Get your head down and get by your defender in the 1v1 situation. **Need the confidence that no one can guard you.**
- Defender on the ball x1 is trying to stop the penetration. Whilst the trailer x2 sprints straight back to home.
- Reason for the trailer is to make the offensive player be aggressive and get by his man because if he is too slow then he will get double teamed by the trailer.
- Offensive player weakside is to remind trailer he has to get to home if he is beat and then he needs to keep moving to keep defender active.

Fastbreak with Trailer and Defender



- Same as before offense looks to beat his man and get to the basket.
- Home defender looks to step up and fill the gap whilst trailer now rotates to cover weakside offensive player.
- Trailer starts a couple of paces behind the halfway line whilst offense starts a couple in front.

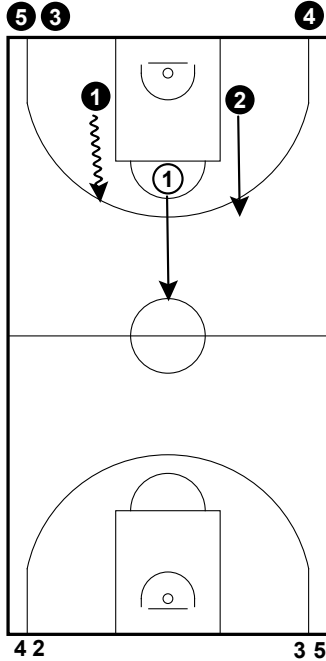
3 on 2 with a Trailer



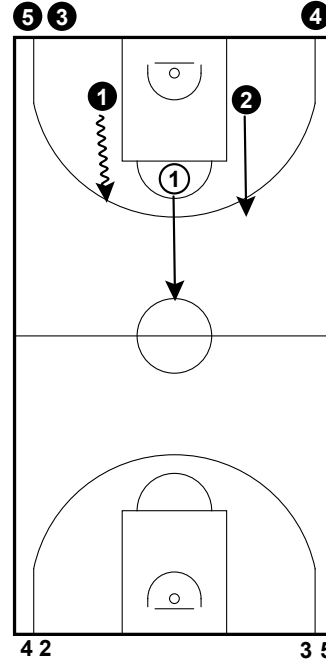
- Offense looks to beat his man at the top and get to the wing.
- Home defender will take the first pass.
- Trailer will rotate to the open man.
- For example if one penetrates right as shown, the home defender will step up and closeout on 2 if there is a kick out pass while trailer recovers weakside.
- Play live to score.

# Full Court Drills

2 on 1 to 3 on 2 to 4 on 3 to 5 on 4 to 5 on 5



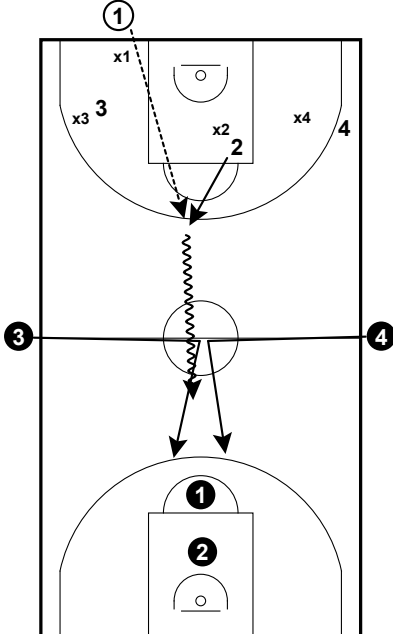
2 on 1 to 3 on 2 to 4 on 3 to 5 on 4 to 5 on 5 and back



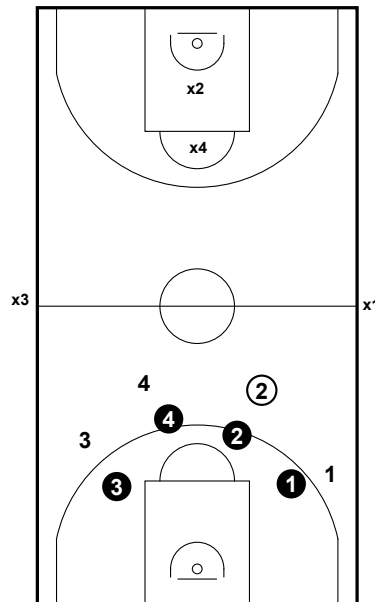
- Split the team in half and then half at each end on the baseline.
- Offense shoots a free throw and then gets back on defense.
- Defense go full court 2v1.
- After this possession the player on defense joined by two players from that end fo 3v2 against the team that just played offense.
- This is repeated back as 4v3 and then 5v4 before the last possession one player comes on instead of two and we go 5v5 to finish.
- Extra players start in the baseline corners as shown.
- Score - 2pt basket, 3pt three, +1 Offensive rebound, -1 turnover.
- Then set drill up so the opposite team has the advantage.

- Same as before but 9 possessions now.
- Go from 2v1 up to 5v5 and then from there back down to 2v1.
- Going up is plus +2 players and then coming back down -2 players.
- 21, 32, 43, 54, 55, 54, 43, 32, 21
- Passer and shooter stay.

4 on 4 on 4



4 on 4 on 4

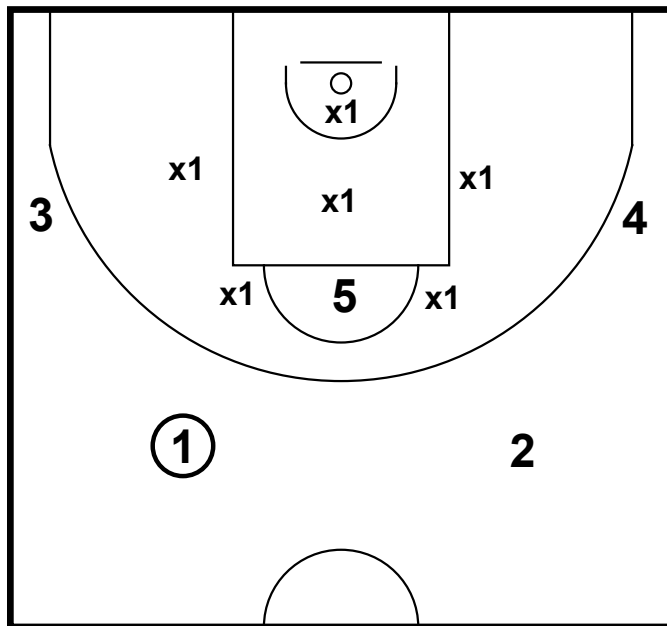


- Offense starts with the ball out of bounds and can look to run their press break.
- First defensive team is pressuring up to the halfway line.
- Second defensive team has two defenders back in a tandem and then two guys level with halfway, as soon as the ball crosses the half the two defenders have to sprint to the centre circle, high 5 and then recover back on defense.

- If couldn't score in transition then it is halfcourt 4v4. Team that scores keeps the ball and takes it out of bounds, defense then presses up to half court.
- Repeat going back down the floor.
- Drill runs for 4 minutes.
- Keep score and losers have a consequence.

# Extras

Half Court 5 on 6



- Defense sets up in a 2-3-1 zone due to the extra man.
- Defense looks to trap.
- When this happens there must be off ball movement to create passing angles on offense.