

MICHIGAN DRILL

Setup:

This is a 3-on-0 full-court passing drill. Have the players form 3 lanes according to the diagram. The player in the middle lane has a basketball. The other 2 fill the outside lanes.

Execution:

- (1) Advance the basketball with 4-5 passes down the floor and shoot a lay-up
- (2) Players must pass via the middle with the exception of the last pass where optimal timing is the critical factor determining which pass to use!
- (3) The ball does not touch the floor for the entirety of the drill!
- (4) Follow the rotation indicated in diagram 2 when converting back!
- (5) Use only 2 passes on return trip

- (6) Work full speed if possible, but take skill level of the group in consideration

Purpose / Objectives:

- (1) Passing, catching and finishing in transition
- (2) Spacing and lane recognition
- (3) Conditioning
- (4) Communication

