

Mark Turgeon - University of Maryland
Player Development - 2013 Coaches vs Cancer Clinic -
Fort Washington, PA

Focus was on footwork, more importantly - Not Traveling!

Took this concept from Jim Larranaga - U Miami

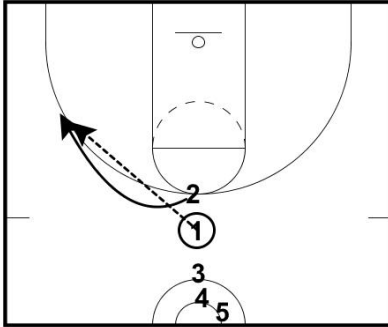
“Designate a number of basketballs that you can use for a drill. When there is a turnover, toss that ball out of the drill and put a new one in. When you run out, drill is over... they run. Might lead to quick shots though!”

Notes:

- Coach Turgeon really prefers the “1,2” step to the jump stop when shooting off the dribble.
- All of these drills he has his players do for about 3 minutes at a clip.
- On the break - get to rim (straight line drive) or get the ball into paint.
- “Run the ball to the middle”

Skill Development

Slide to shoot
Skill Development

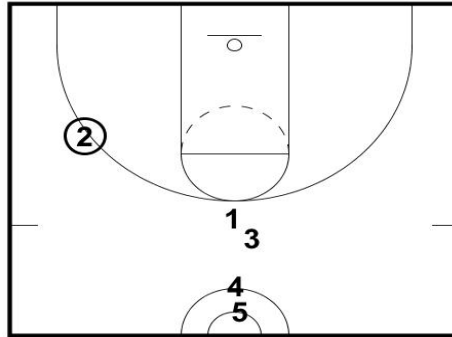


5 players, 4 basketballs. Player in the front of the line is without a ball

All Contents Proprietary

Skill Development

Slide to shoot
Skill Development

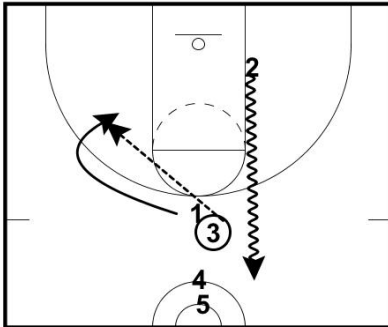


On the catch:
1. Jump shot
2. Inside drive
3. Sweep to baseline
4. Quick drive
5. 3 point shot

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Skill Development

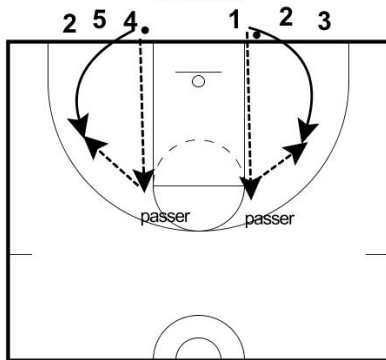
Slide to shoot
Skill Development



next player in line slides to catch from player behind him.

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Skill Development

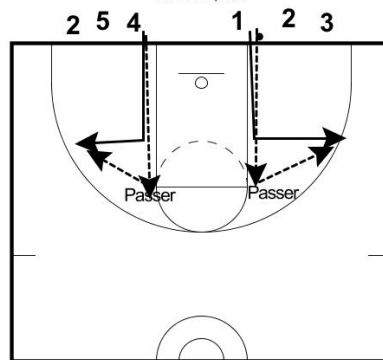
Inside pivot foot
Skill Development

12-15 footers
3 pointers
one dribble
Quick Decision Drives

**Always a bounce pass to the elbow

All Contents Proprietary

Skill Development

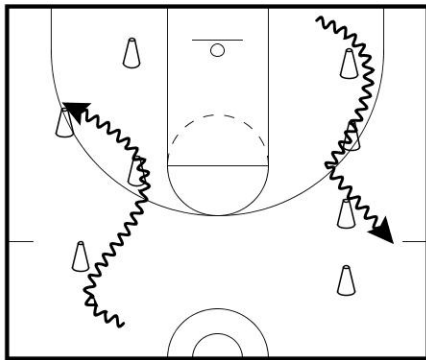
Outside Pivot Foot
Skill Development

12-15 footers
3 pointers
one dribble
Quick Decision Drives
Fake baseline - run middle
Sweep baseline

**Always a bounce pass to the elbow

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Skill Development

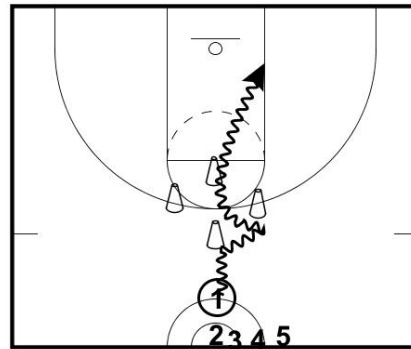
Dribbling
Skill Development

On Diagonal Cones:
1. Crossover
2. Between legs (Alternate each dribble)
3. Behind legs
4. Retreat Dribble

On Straight line cones back:
One hand only weave

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Skill Development

4 Cone Drill
Skill Development

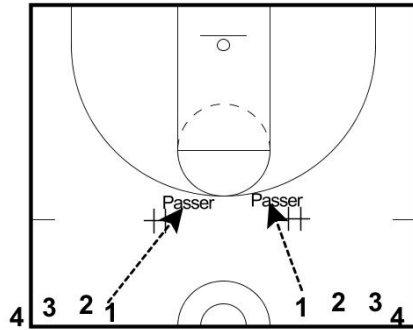
Drill is better if using chairs:

1. Behind back at 3 cones
2. IN and Out
3. Behind Back
4. Combo all three moves
Do with both hands...tight space to handle

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Skill Development

2 line follow the leader
Skill Development

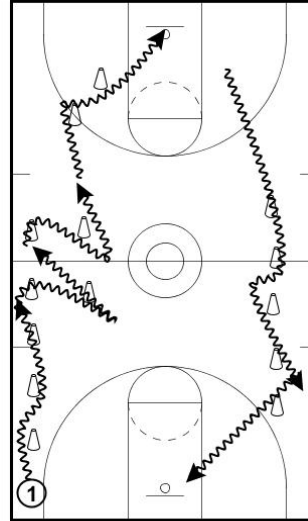


Hit the passer, take handoff, work on these actions:
1. Inside pivot foot
2. Outside drive
3. Stepover to the middle
4. Get pass on wing - Sprint to jumpers
5. Sprint to catch and drive

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Skill Development

Chris paul Finishing Drill
Skill Development



Use One hand the entire drill
Layup at each end

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