Introduction –
- "It's rarely tactical" – think skill as a solution
- The ability of players to execute fundamentals under pressure and physical duress is key in international basketball
- International basketball is about the ability to execute against physical defence
- Keys to improving skill execution against physicality –
  o Place an importance on stance and being "ball strong" – you get what you celebrate
  o Teach and drill pass and catch skills – underrated aspect of the modern game
  o Add a realistic element of contact to drills as much as possible
  o Blend constraints into your drills – distraction, contact on the handler, shot contest
  o Play 1 v 1 and 2 v2 more often
- Start drills with an element of physical duress, even 1v 0 ball handling and shooting drills

Ball toughness and pivoting
- Are your players tough with the hands, feet and eyes?
- Importance of maintaining stance, ball strength and vision under physical duress
- Catch and square up skills a feature of "ball tough"
- Creation of time and space key element of individual offence

Drill One – Partner pivoting/ball toughness
- Start off the short close-out (add close-out footwork to as many drills as you can)
- Pass and close-out, offence must catch and square up
- Defence pressure the ball, offence use pivots to protect the ball and maintain vision
- Ball sweep or high sweep
- Add one dribble into second pivot action with pass back to coach

Drill Two – 6 to 4 drill
- In pairs, each handler keeps the dribble alive against the defence within the key for eight seconds
- On the coach command, "defence" pass to coach, offence get open outside 3-point line and play 1 v 1 with a 4 second shot clock
- Importance of squaring shoulders at the 3-point line
- Finish through contact
- Concept of "double scores" – on an offensive rebound of a score, play it straight away
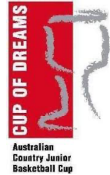
Leading, passing and catching –

Drill Three – 4 v 3 Birds in the Box
- 4 offensive players around the lane (metre off block and elbows)
- 3 defensive players
- Offence has to move the ball by the pass, no dribble, using fakes and pivots
- On the coach command, ball to coach, offence spread outside 3-point line, play 4 v 3 live
- CSU on every catch – forgotten skill!

Drill Four – 2 v 0/2 v 2 Augusta CSU drill
- 2 v 0 to start, leading into the catch & square-up (CSU)
- Ball toughness/strong through the pivot
- Use of the shot fake on the catch – underrated skill
- Build to 2 v 2 no dribble -coach as pressure release
- Build to live after three passes without a deflection or touch

Drill Five – 3 v 3 Dribble swing
- Guard, wing, wing
- Defence on the guard/handler
- 3 v 3 with handler having to reverse ball via dribble swing under pressure
- Defence working change of stance and hand positioning
- No DHO's – force people to get open
- Three perfect reps to live

Drill Six – 4 v 0/4 v 4 Cut Throat
- 4 lines on the base-line
- On command, first 4 sprint out to spacing
- Every catch – CSU, eyes to the rim – turnover if not executed
- Firm, flat passes into pass and cut
- Every cut starts and finishes at the 3-point line
- Build to 4 v 4 no dribble – emphasis on ball toughness, pivoting and ball toughness

Numerical disadvantage and decision making under duress

- Drill and play out traps and specific denial
- Expose young players to the situations of being trapped/doubled – will fast track decision making development
- Provide tools for players to handle the pressure and make sound plays under duress
- Importance of pivots and vision – handle the pressure with your eyes and your feet
- Will help build skills against the press – remember, "it's rarely tactical"
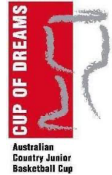
Drill Seven – 4 v 5 blitz
- Handler between the circles
- Other offensive players at each elbow and each corner
- Live bounce, on coach command trap (handler allow the trap)
- Handle the pressure – concept of short pass, long pass out of the trap
- Defence rotate and trap any pick and roll
- Build to DHO start – top block and deny reversal