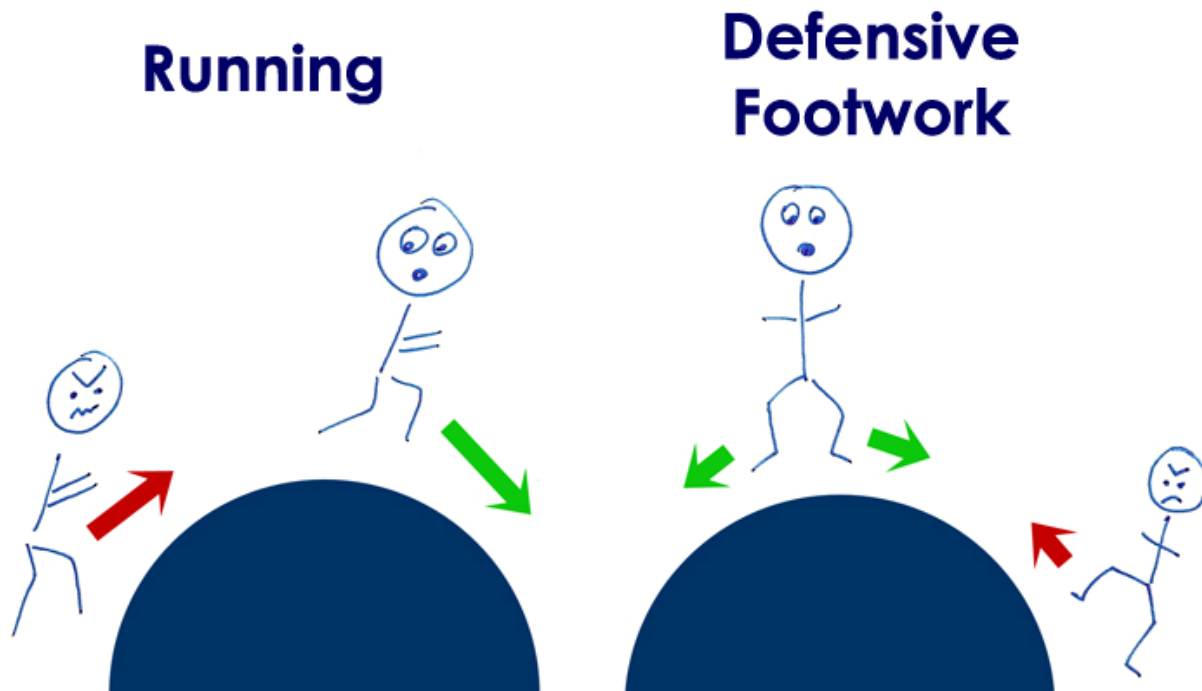


Reaction Drills

THINKING DURING GAMES

1 PURSUIT DRILL



Instructions:

- One player chases the other around the free throw circle
 - The players can change direction or speed but cannot cross into the circle
- When one player tags the other, the players switch roles

Volume:

- 60 seconds → Repeat 3x
 - *Advanced:* Use defensive footwork or resistance bands to increase difficulty

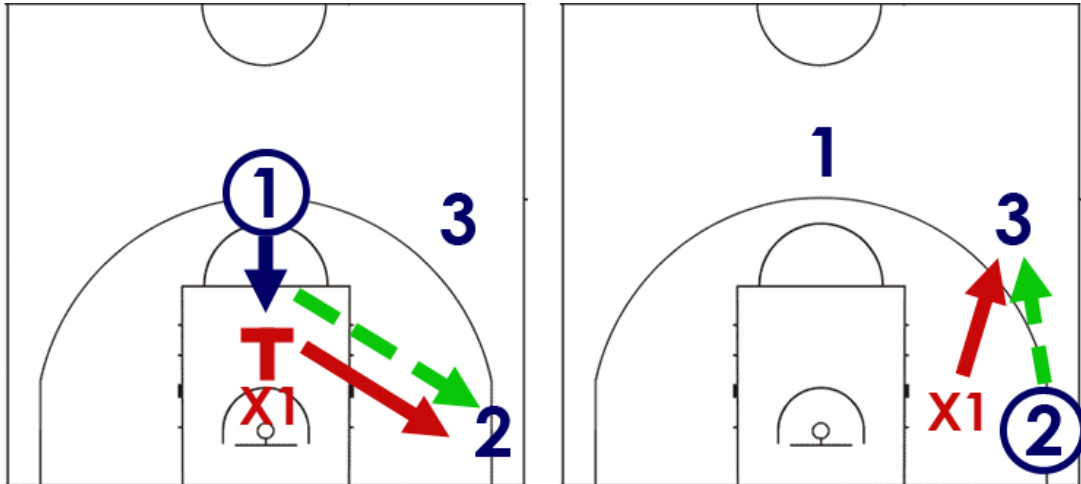
Points of Emphasis:

- Keep head up and read the court throughout the drill

Reaction Drills

THINKING DURING GAMES

2 EXTRA PASS DRILL



Instructions:

- Player 1 drives into the paint
- The defensive player (X1) steps up to stop the drive and the ballhandler kicks the ball to Player 2
- X1 closes out 2, who passes the ball
- Then, X1 closes out 3, who shoots (if open) or takes a one dribble pull-up
- The offensive players rotate one position and repeat

Volume:

- 30-45 seconds → Repeat 4x
- Alternate who serves as the defensive player during each interval

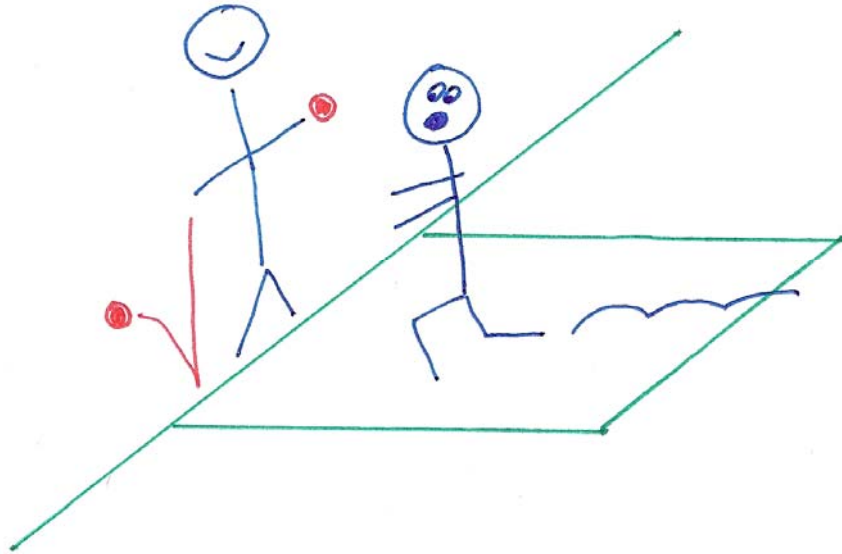
Points of Emphasis:

- Talk constantly
- Make decisions that are appropriate for the position of the defensive player

Reaction Drills

THINKING DURING GAMES

3 TENNIS BALL DROPS



Instructions:

- Two players line up ten to fifteen feet apart
- One partner holds one tennis ball in each hand
- The other assumes a ready position
- At any time, the first partner drops one of the balls
- The pursuer tries to catch the ball before the second bounce
- Reset the position and repeat

Volume:

- 6-8 repetitions per partner → Repeat 3x
- *Advanced:* Add difficulty by increasing the distance or utilizing defensive footwork

Points of Emphasis:

- Stay balanced
- Take a big first step but remain under control

Reaction Drills

THINKING DURING GAMES

4 RESPOND AND REACT



Instructions:

- The offensive player starts with the ball at the foul line while closely guarded by a defender
- The dribbler reads the defender's moves in order to get to the basket
 - Fakes, ball moves and pivots are allowed
- Meanwhile, the coach asks simple basketball related questions for the ballhandler to answer

Volume:

- 30-60 seconds per partner → Repeat 3x
- *Advanced*: Decrease the number of dribbles permitted

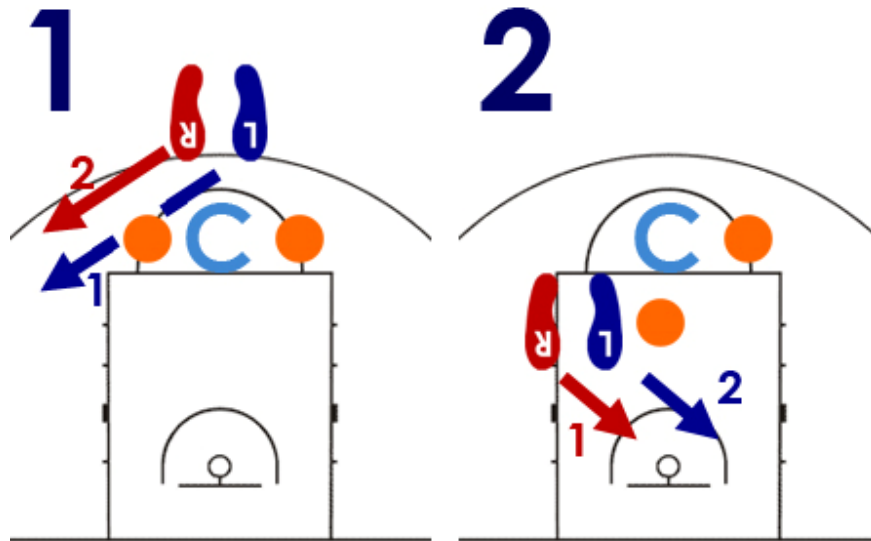
Points of Emphasis:

- Keep head up
- Perceive information with multiple senses

Reaction Drills

THINKING DURING GAMES

5 CROSS-STEP DRILL



Instructions:

- A coach stands at the foul line holding a ball on each side
- The player lines up opposite the coach
- The coach drops one of the balls (in this case the left basketball)
- The player cross-steps (with the left foot) to pick up the ball off the bounce
- After gaining possession, the player cross-steps with the non-pivot (right) foot and finishes with a power lay-up

Volume:

- About a dozen repetitions per player → Alternate left and right side randomly

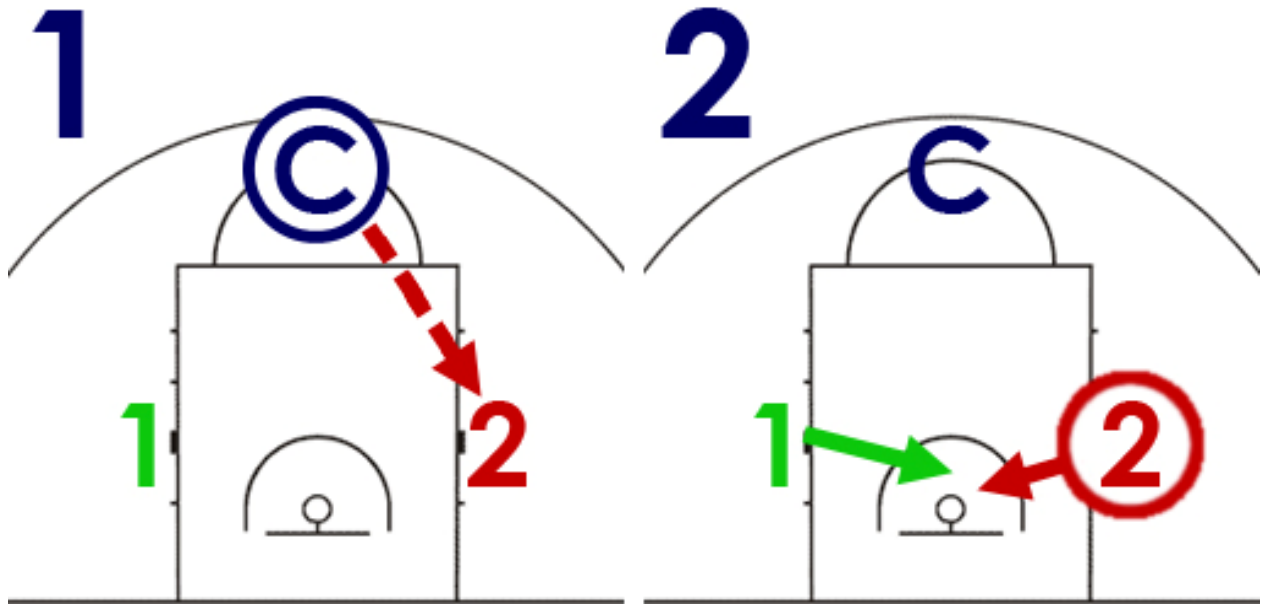
Points of Emphasis:

- Master footwork before increasing speed
- Keep head up

Reaction Drills

THINKING DURING GAMES

6 POWER LAY-UPS



Instructions:

- Two players line up on each block, facing the coach who is holding the ball at the foul line
- The coach passes to one of the players.
 - The offensive player front pivots and finishes strong
 - The defensive player sprints to play defense
- Play until the defense recovers the ball
- Pass the ball to the coach and reset immediately

Volume:

- 30-45 seconds → Repeat 2x
- Allow each player to work from each side

Points of Emphasis:

- Maintain a ready position
- Finish with a power lay-up