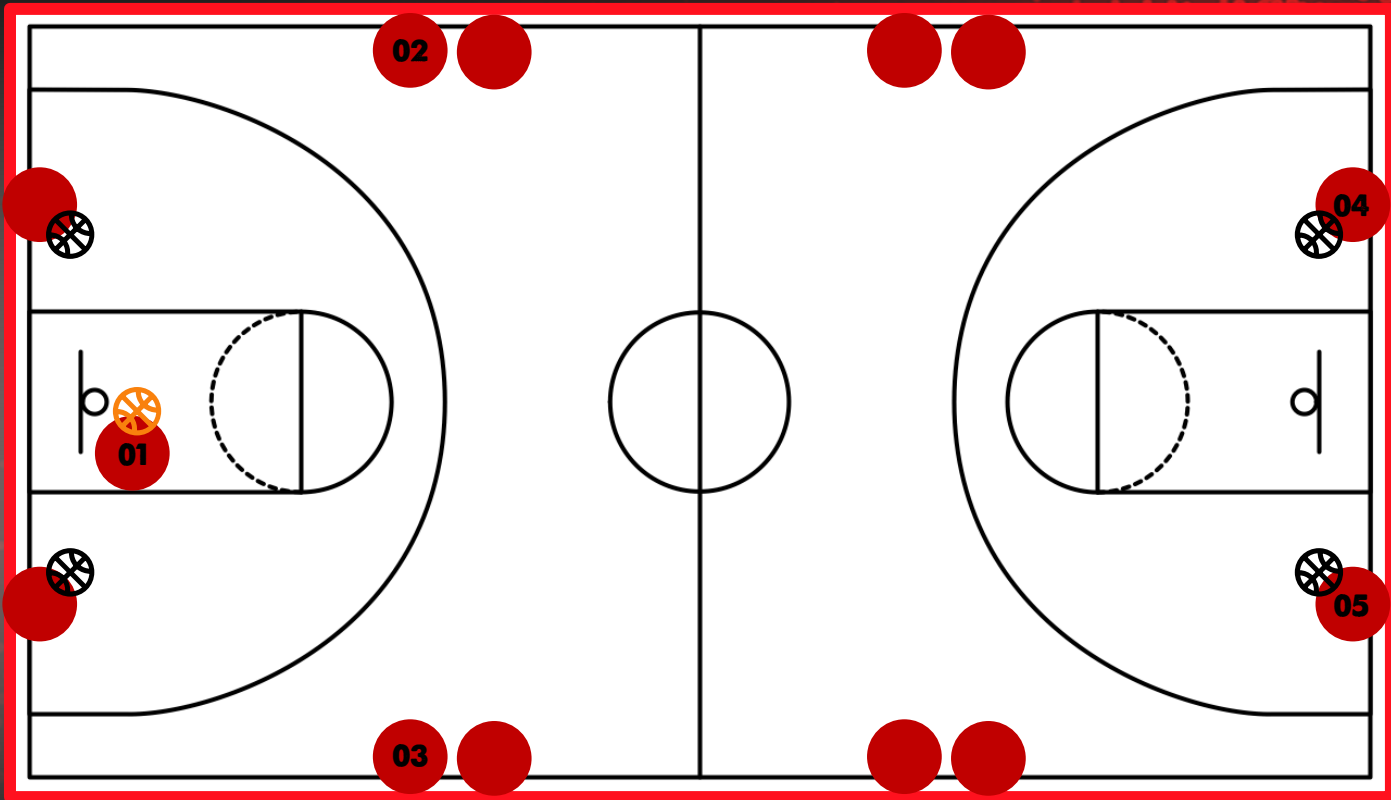


THE UVIC FULL COURT WEAWE

MY FAVOURITE TEAM BASKETBALL DRILL



UVIC FULL COURT WEAVE

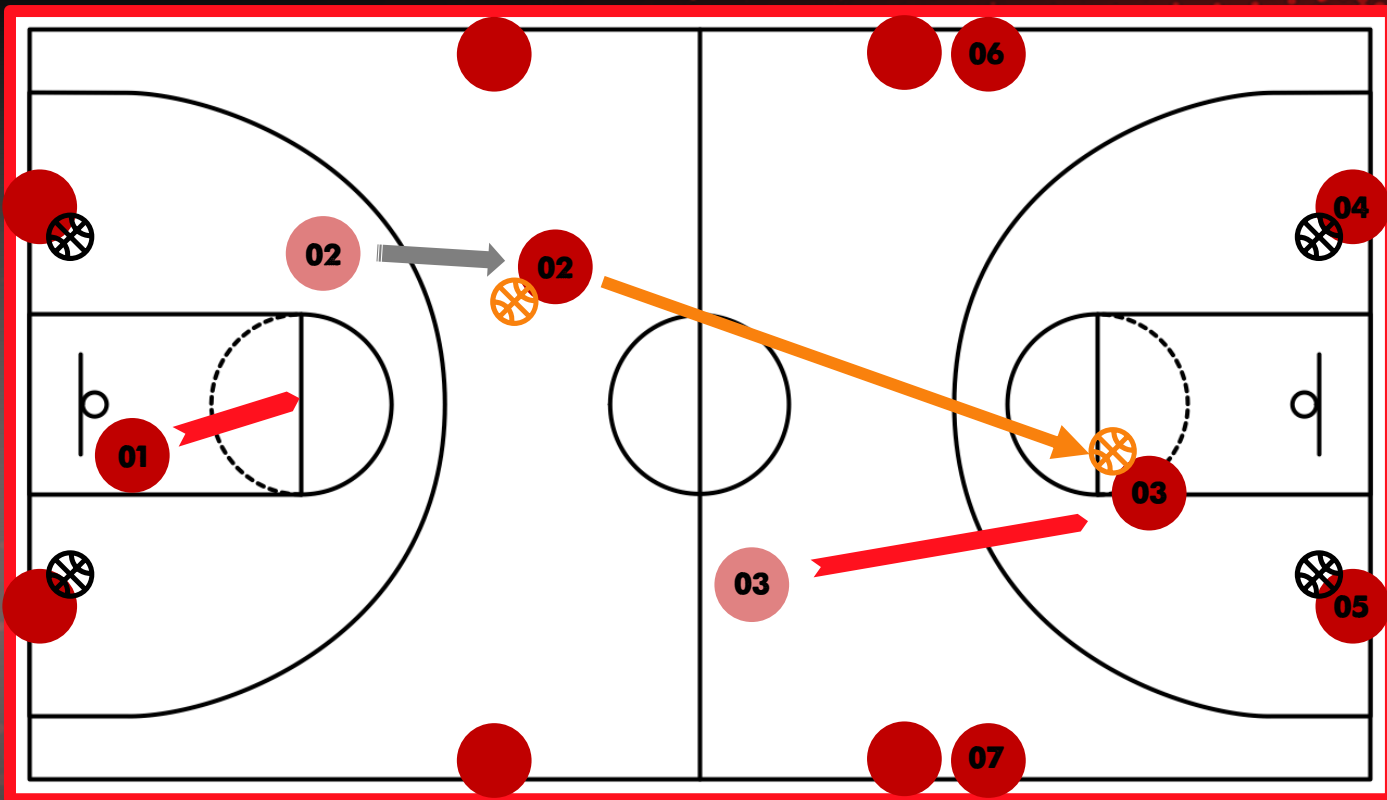


WHAT YOU WILL NEED:

-  5 BASKETBALLS
-  A FULL COURT
-  12+ PLAYERS
-  A STOPWATCH

OPTIONAL: SCOREBOARD TO TRACK MAKES AND MISSES

UVIC FULL COURT WEAVE



MOTION 2:

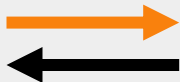
- ⚽ PLAYER 02 TAKES A COUPLE DRIBBLES UP COURT AND SENDS A DEEP PASS TO PLAYER 03 CUTTING TO THE HOOP
- ⚽ PLAYER 01 FOLLOWS HIS PASS UP THE SIDE OF THE COURT HE OUTLET PASSED TO

LEGEND

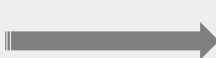
SHOT



PASS



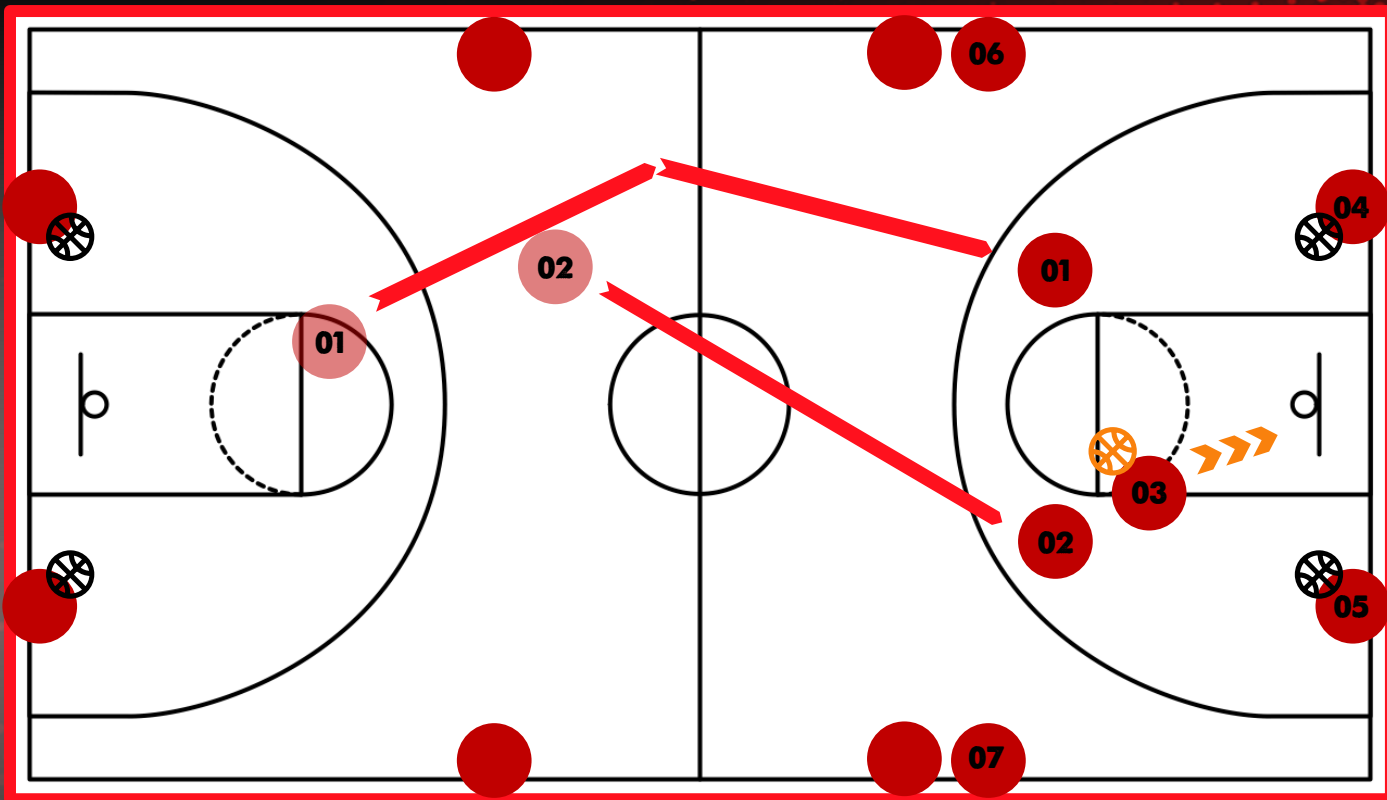
DRIBBLE



PLAYER MOVEMENT



UVIC FULL COURT WEAVE



MOTION 3:

- ⚽ PLAYER 03 FINISHED WITH A LAY UP
- ⚽ PLAYER 02 FOLLOWS HIS PASS UP TOWARDS PLAYER 03 AND STOPS AT THE ELBOW
- ⚽ PLAYER 01 FOLLOWS HIS INITIAL PASS UP COURT AND STOPS AT THE OTHER ELBOW

LEGEND

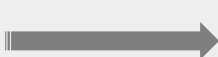
SHOT



PASS



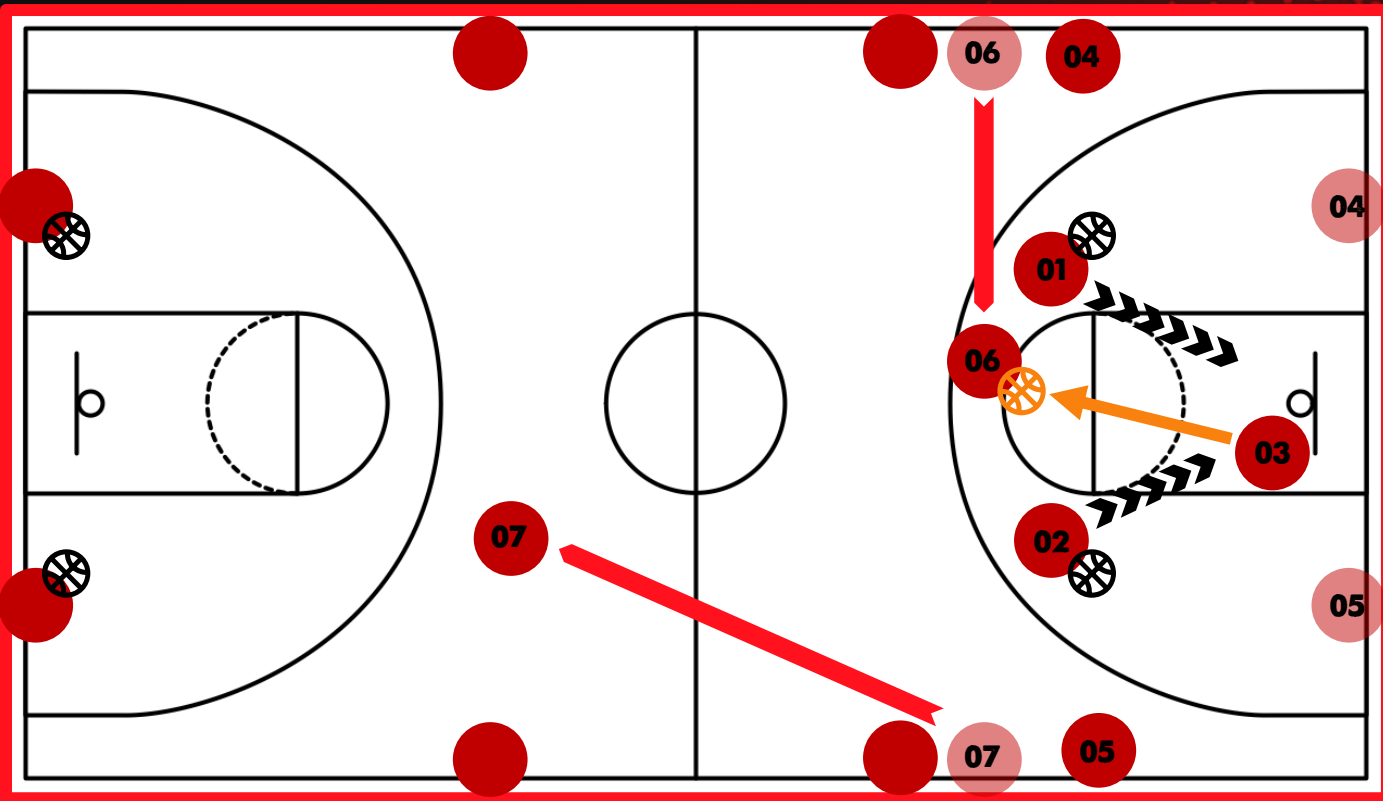
DRIBBLE



PLAYER MOVEMENT



UVIC FULL COURT WEAVE



MOTION 5:

- ⚽ PLAYER 03 OUTLET PASSES TO PLAYER 6 COMING TO THE TOP OF THE KEY
- ⚽ PLAYER 7 TAKES OFF UP COURT
- ⚽ PLAYERS 01 & 02 TAKE JUMP SHOTS FROM THE ELBOW
- ⚽ PLAYER 05 & 06 GO TO THE END OF THE LINE ON THE SIDELINE

LEGEND

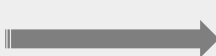
SHOT



PASS



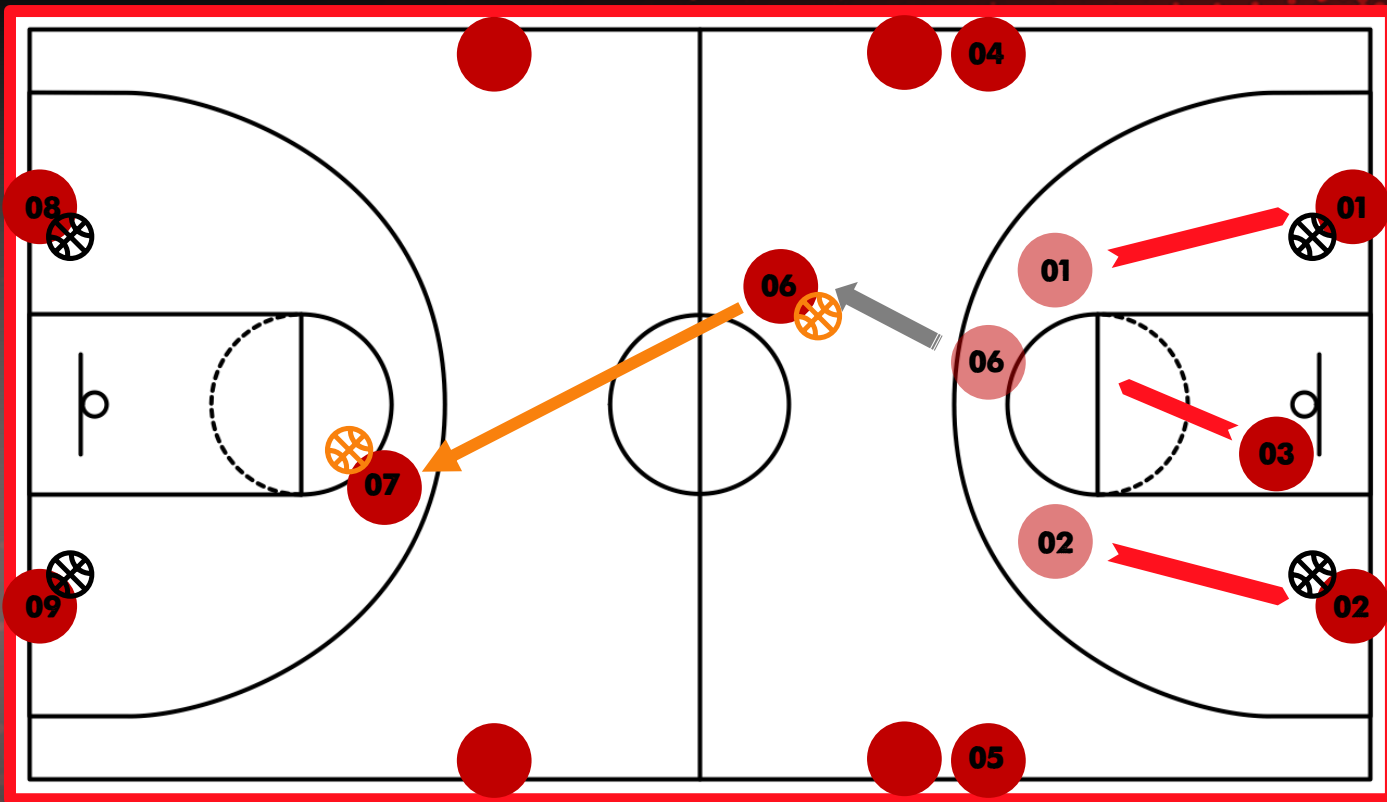
DRIBBLE



PLAYER MOVEMENT



UVIC FULL COURT WEAVE



MOTION 6:

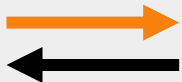
- PLAYER 01 & 02 COLLECT THEIR REBOUNDS AND HEAD TO THE BASE LINE
- PLAYER 6 DRIBBLES UP COURT AND GIVES A DEEP PASS TO PLAYER 07 CUTTING TO THE BASKET
- PLAYER 03 STARTS TO FOLLOW HIS PASS UP COURT

LEGEND

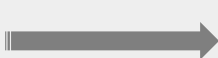
SHOT



PASS



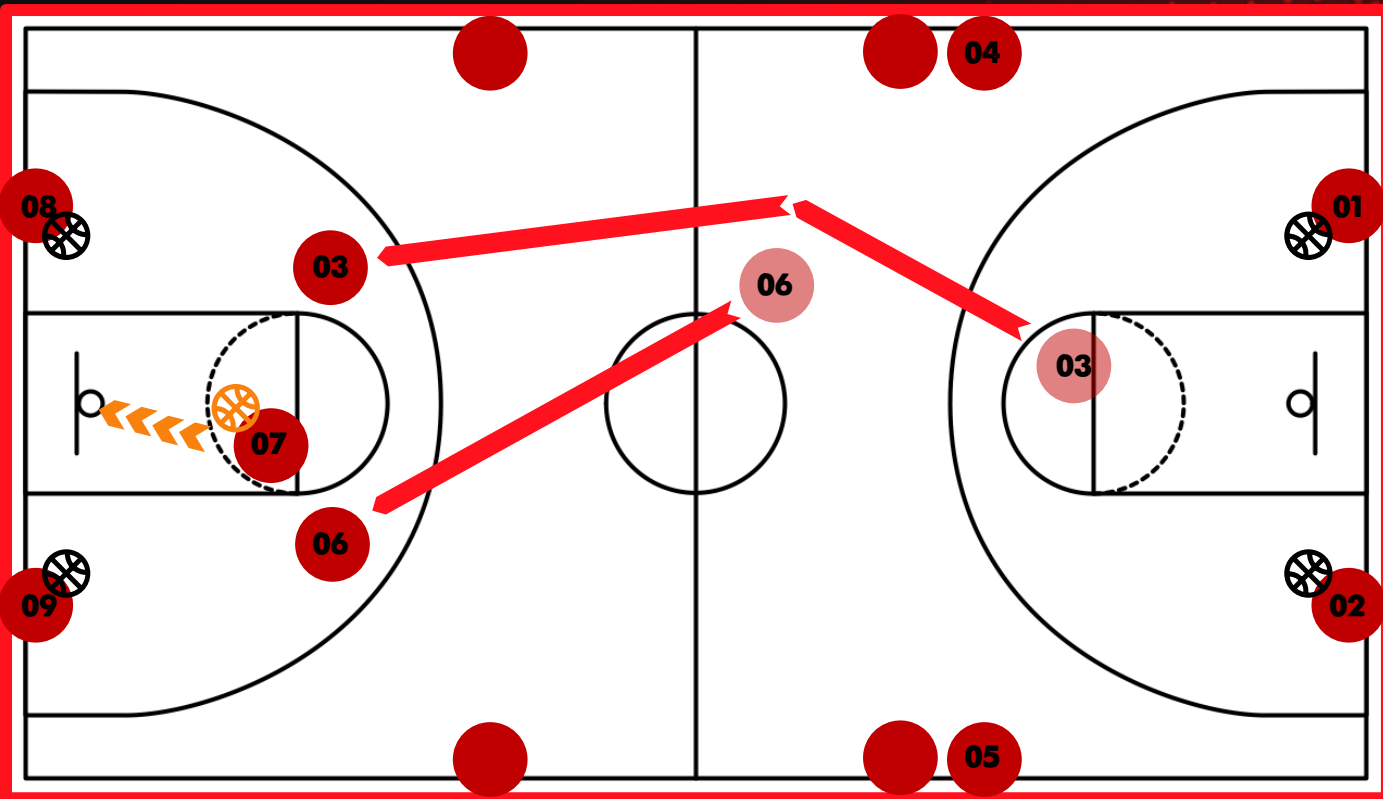
DRIBBLE



PLAYER MOVEMENT



UVIC FULL COURT WEAVE



MOTION 7:

- ⚽ PLAYER 07 FINISHES WITH A LAY UP
- ⚽ PLAYER 6 FOLLOWS THEIR PASS TO THE ELBOW AND STOPS
- ⚽ PLAYER 03 FOLLOWS THEIR PASS UP COURT TO THE OPPOSITE ELBOW AND STOPS

LEGEND

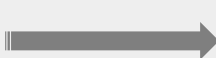
SHOT



PASS



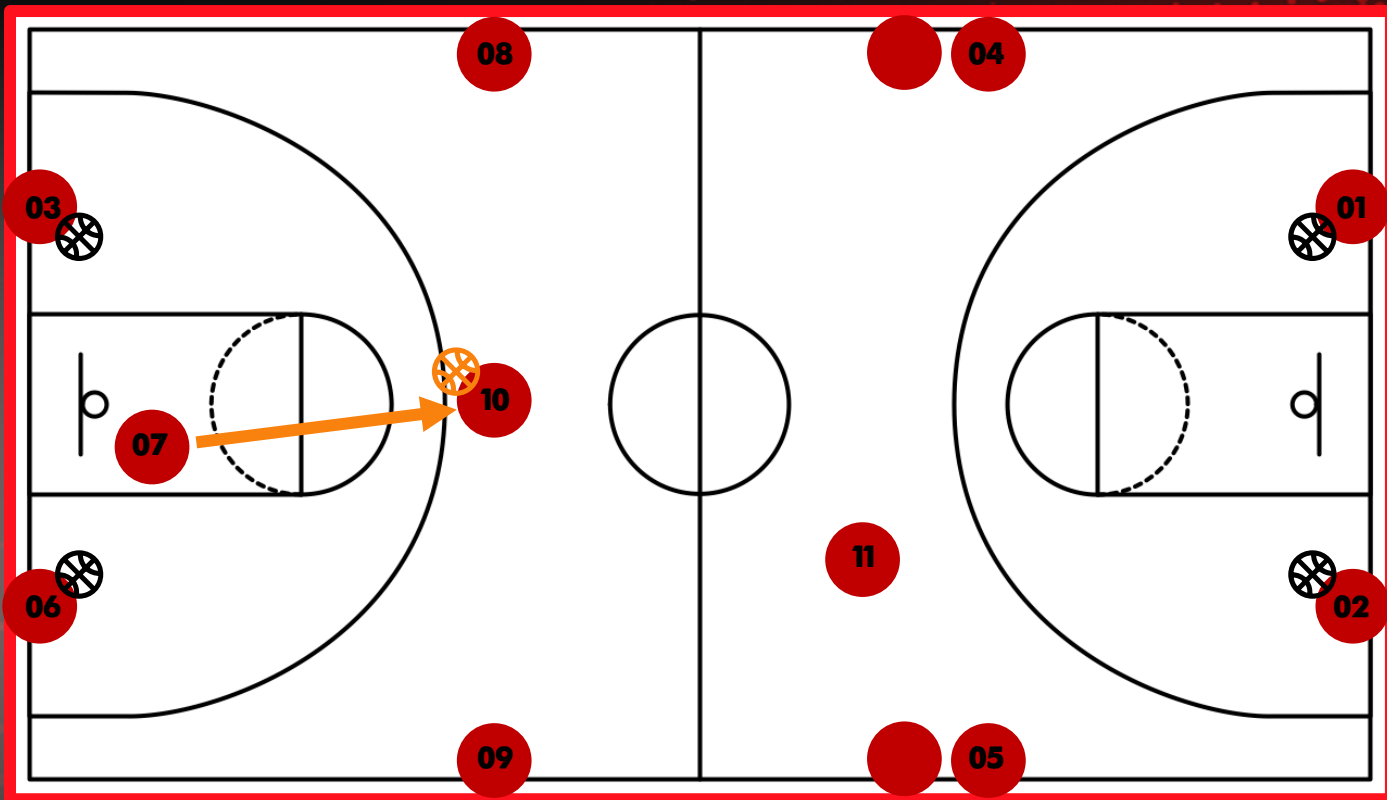
DRIBBLE



PLAYER MOVEMENT



UVIC FULL COURT WEAVE



MOTION 8:

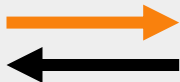
- ⚽ PLAYER 07 OUTLET PASSES TO PLAYER 10
- ⚽ PLAYERS 03 & 06 COLLECT THEIR REBOUND AND GO TO THE BASELINE
- ⚽ PLAYERS 08 & 09 HEAD TO THE SIDELINES
- ⚽ THE CYCLE IS COMPLETE AND STARTS OVER.

LEGEND

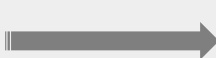
SHOT



PASS



DRIBBLE



PLAYER MOVEMENT



GOALS OF THE DRILL:

- ⊗ DEPENDING ON THE AGE AND SKILL LEVEL OF YOUR PLAYERS, AN 8 TO 10 MINUTE TIMER SHOULD BE SET ON THE SCOREBOARD
 - ⊗ MAKE A GAME OF IT!!
 - ⊗ GET THE TEAM TO COUNT OUT THE NUMBER OF MADE SHOTS AND LAY UPS. KEEP NOTE OF THEM ON THE SCOREBOARD, AS WELL AS THE TEAMS' MISSED LAY UPS.
 - ⊗ WHEN THE TEAM IS COMFORTABLE WITH THE DRILL AND UNDERSTAND THE MECHANICS, START PUSHING THEM.
 - ⊗ GET THEM TO AIM TO BEAT THEIR PREVIOUS TOTAL MAKES.
 - ⊗ FOR EVERY MISSED LAY UP, THE TEAM HAS THAT MANY PUSH-UPS OR SET OF LINES, TO THE DISCRETION OF THE COACH.
 - ⊗ THIS WAS BY FAR THE BEST TEAM BUILDING DRILL I HAD AT MY HIGH SCHOOL. IT REALLY PUSHED US TO COMMUNICATE AND HELD US ACCOUNTABLE. WE PUSHED EACH OTHER TO GO FASTER AND HARDER EVERY TIME WE DID THIS DRILL.
 - ⊗ THANK YOU TO MY GRADE 10 BASKETBALL COACH AND UVIC ALUMNI, COLIN CUNNINGHAM FOR SHOWING OUR TEAM AND OUR SCHOOL THIS DRILL!
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