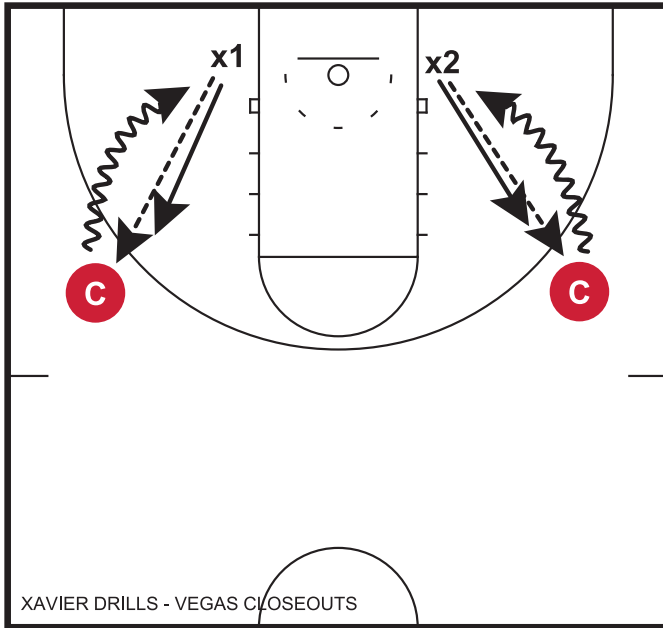




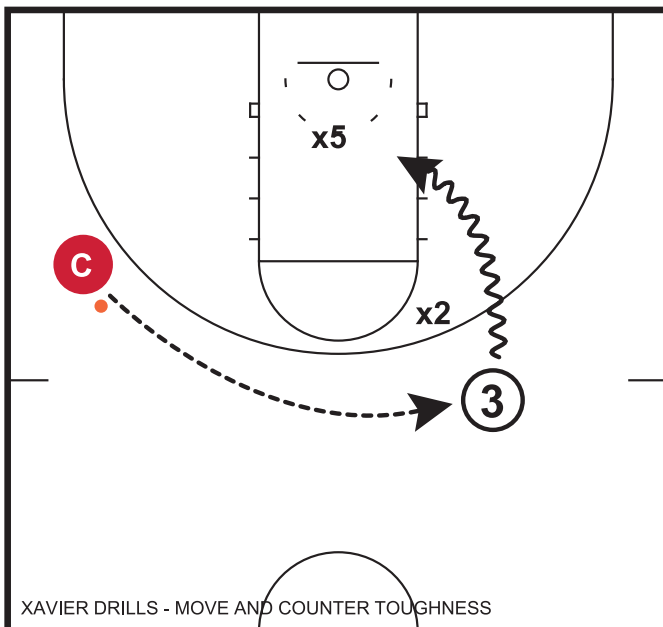
XAVIER DRILLS - VEGAS CLOSEOUTS



- Start with a 2 lines of players at each block.
- The first person in line throws the ball out to the coach who is standing on the wing.
- Player must then close out to coach with high hands.
- Coach will then test player with 1 or two dribbles toward the basket.

Testing Editor

XAVIER DRILLS - MOVE & COUNTER TOUGHNESS



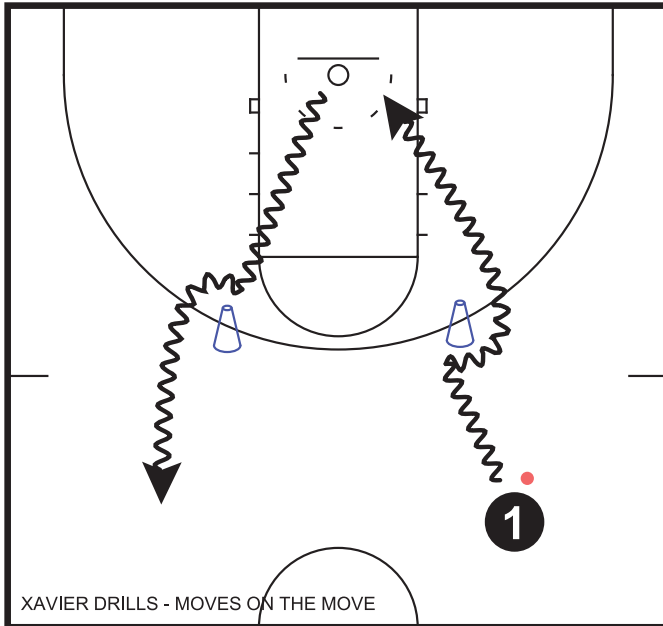
- Coach throws a high arcing pass to the offense
- Offense rips the ball while defense gets into the shirt of the offense
- Offensive drives by the defense (the defense cannot move laterally)
- Offense tries to finish over the help defender at the rim, use a counter move if needed

Keys

1. Be tough (with the initial rip and with the finish)
2. Use counter move on a big defender

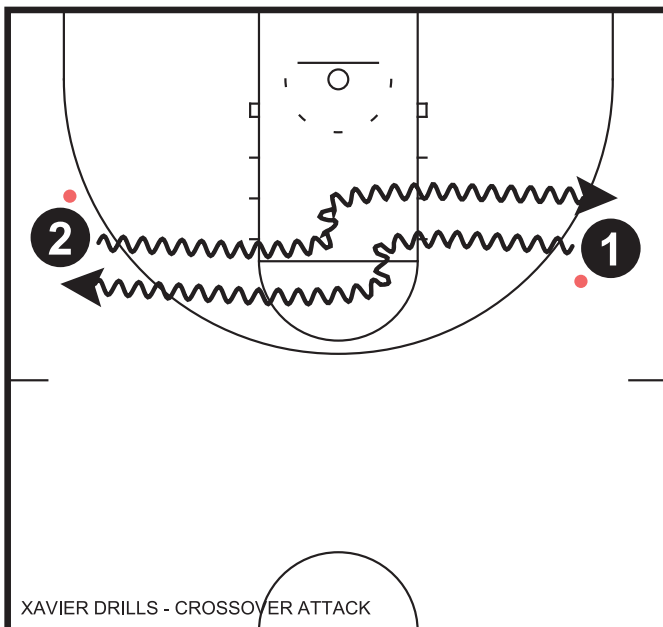


XAVIER DRILLS - MOVES ON THE MOVE



- Players start at half court with a basketball.
- There are two cones set up on the court, one at the 3pt line off to the side, near the elbow of the key.
- Players dribble at the cone and execute the required cross over.
- On the way back to center, the player executes that cross over again.

XAVIER DRILLS - CROSSOVER ATTACK



- Players partner up and are situated across from each other on opposite sides of the court.
- They dribble at each other and crossover when they meet.
- Try and go progressively faster as your players improve. This will push them.

DRILLS PROVIDED BY:

RICK CARTER

ASSISTANT COACH - FIRST YEAR AT X

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GRADUATED: MICHIGAN STATE, 2002

