

# Fist Driving Series

**Purpose:**

- Learn the various actions involved in the Fist offense with driving, including kicking, post reacting, and circle reversing

**Scoring / Goals:**

- Goal is to complete the specific action the designated amount of times, finishing with a made jump shot or layup

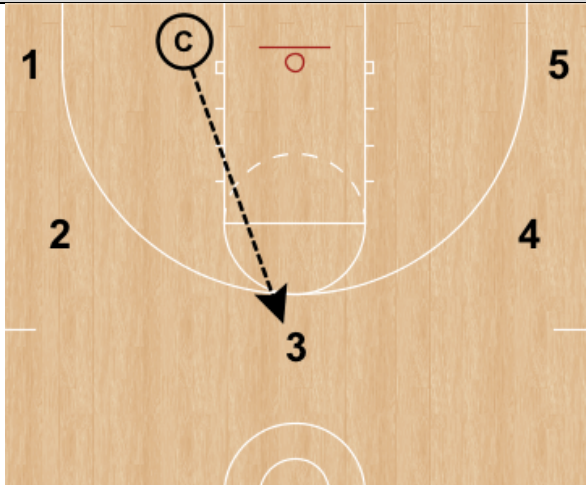
**Rules:**

- Cuts must be hard, otherwise there's a team consequence
- Must screen to sprint, otherwise there's a team consequence
- Must jump stop before passing, otherwise there's a team consequence
- Sideline players must count out the actions for the players on the court

**Teaching points:**

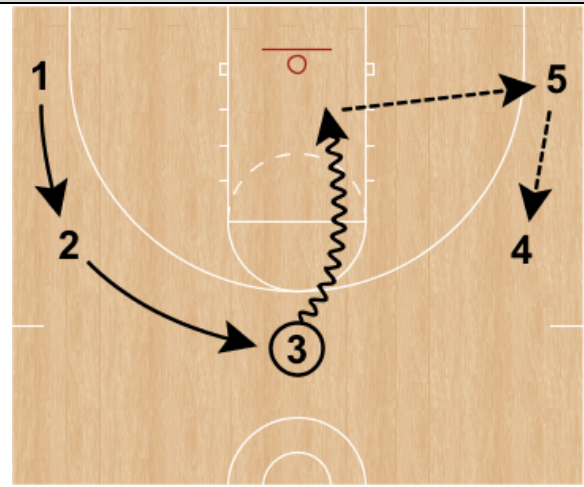
- Always fill up towards the ball
- Jump stop before kicking, catch with a hop and peak before passing
- In 5-out, players in front of drive stay, and players behind the drive "pull"
- In 4-out, players in front of drive "push," and players behind the drive "pull"
- On baseline drives, the corner and 45 degree spots must remain/get filled
- The cut back out to the corner should be as fast as the drive to the basket
- With two quick drives, first driver must post react (slide up or slide out)

Setup



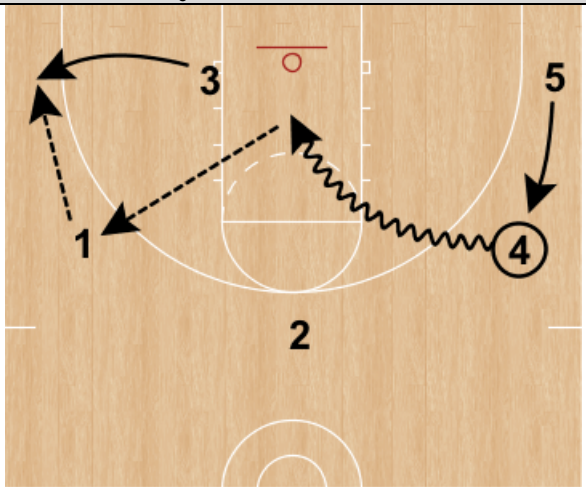
- Begin with five perimeter players if practicing 5-out, or four perimeter players if practicing 4-out
- Start by having the coach pass to a random player
- Complete each Progression's specific action the designated amount of times, then a new team comes on

Progression 1: Drive-Kick-Pass



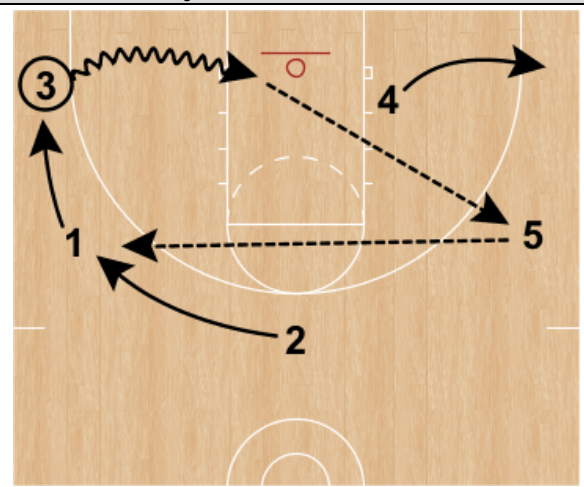
- 5<sup>th</sup> drive should end with a kick and a pass for a shot
- First player catches and drive, kicks to a teammate, and that teammate immediately passes to the next teammate
- This action exploits an opponent's help rotations
- Driver jump stops and kicks, teammate catches with a hop before passing

Progression 1: Drive-Kick-Pass



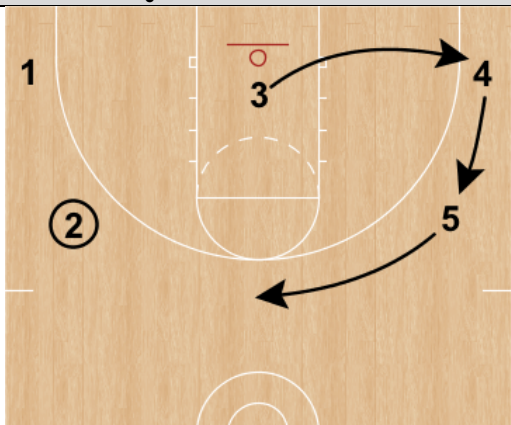
- Now wait momentarily until 3 has filled out, which he must do quickly
- Players behind the drive "pull" as players in front of the drive stay

Progression 1: Drive-Kick-Pass



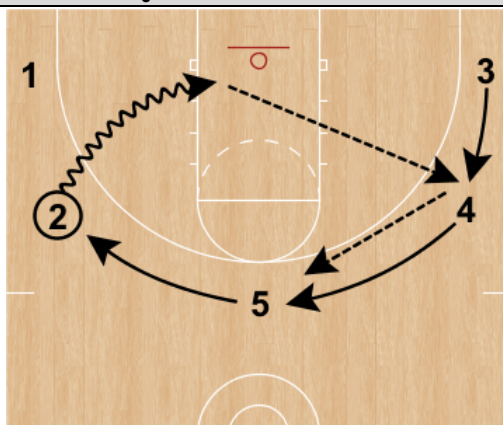
- On baseline drives, the corner and 45 degree spots must remain/get filled

Progression 1: Drive-Kick-Pass



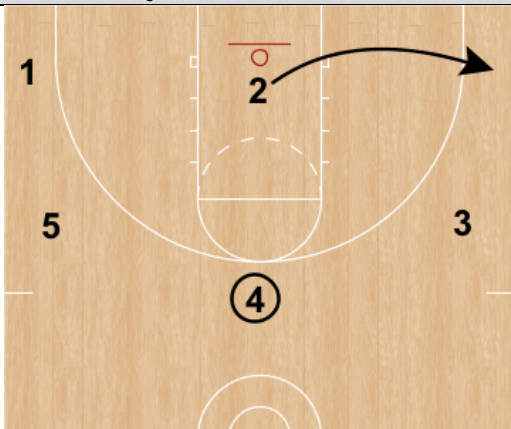
- Players must fill up and fill out quickly

Progression 1: Drive-Kick-Pass



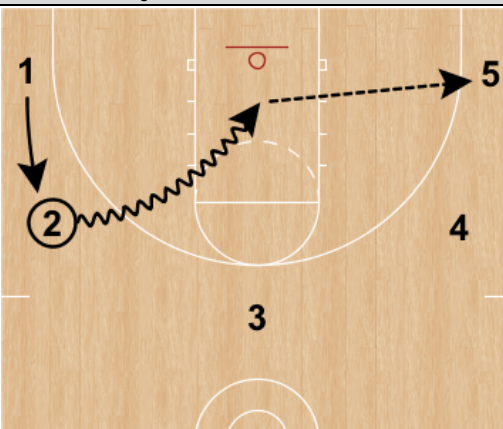
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Progression 1: Drive-Kick-Pass



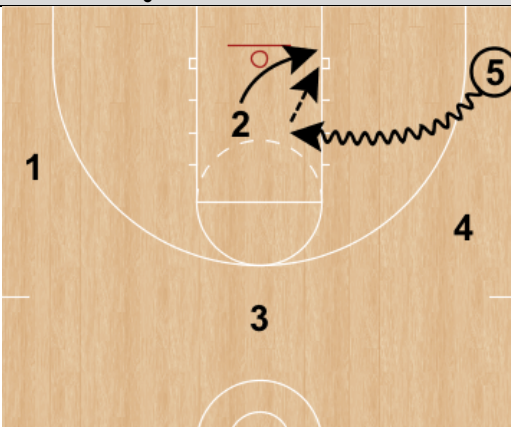
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- 5<sup>th</sup> drive should end with a kick and a pass for a shot

Progression 2: Drive-Kick-Drive



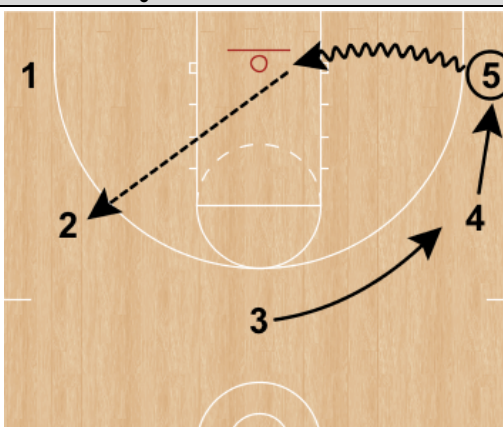
- Each drive-kick-drive should end with dish to post reactor for layup or short jumper. Outlet to coach quickly. Go five times before new team comes on
- First player drives and kicks, second player immediately drives as first players post reacts (slide up or slide out)

Progression 2: Drive-Kick-Drive



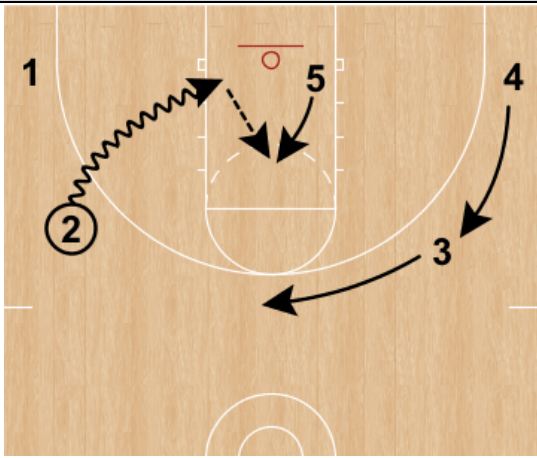
- Jump stop, "airer," then hit the post reactor for a layup or short jumper
- Quickly outlet to coach and fill to an open spot

Progression 2: Drive-Kick-Drive



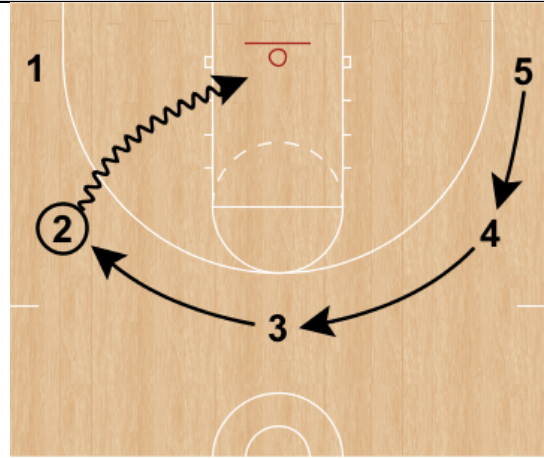
- Coach passes to new player, who once again drives and kicks
- With baseline drives, the corner and 45 degree spots must remain/get filled

Progression 2: Drive-Kick-Drive



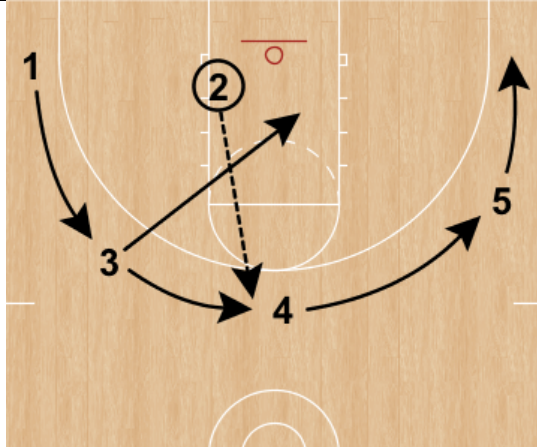
- Jump stop, "airerem," then hit the post reactor for a layup or short jumper
- Each drive-kick-drive should end with dish to post reactor for layup or short jumper. Outlet to coach quickly. Go five times before new team comes on

Progression 3: Drive - 2<sup>nd</sup> Cut



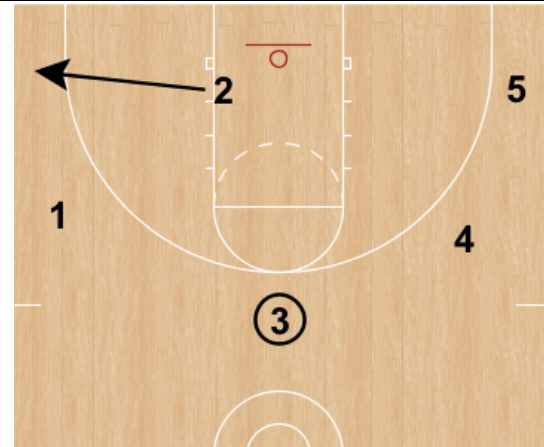
- On 5<sup>th</sup> drive, hit the teammate who the ball handler "peeks" at, cutting backdoor for a layup
- On the drive, driver should jump stop and back pivot to create space from defender
- The back pivot also initiates the "2<sup>nd</sup> Cut" movement of teammates

Progression 3: Drive - 2<sup>nd</sup> Cut



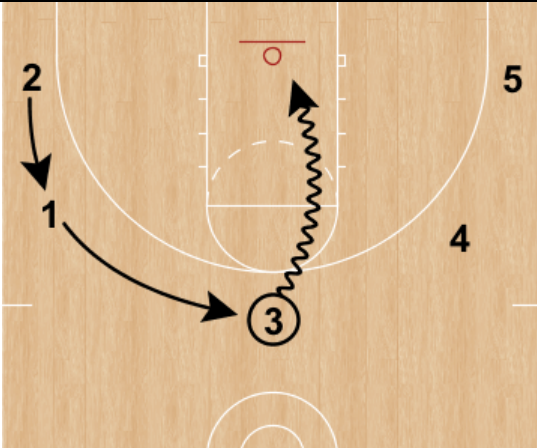
- Teammates who don't "pull" on the drive must still 2<sup>nd</sup> Cut on the back pivot
- The player who gets "peeked" at by the ball handler (3 in this situation) can circle reverse OR cut backdoor if it's available

Progression 3: Drive - 2<sup>nd</sup> Cut



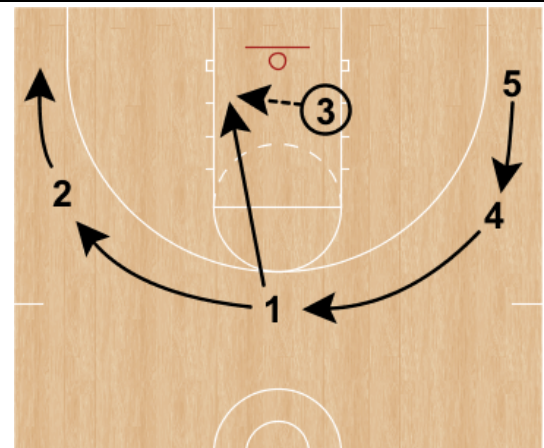
- Always fill out to corner quickly

Progression 3: Drive - 2<sup>nd</sup> Cut



• Continued...

Progression 3: Drive - 2<sup>nd</sup> Cut



- On 5<sup>th</sup> drive, hit the teammate who the ball handler "peeks" at, cutting backdoor for a layup