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The Half-Court “Chill” Drill

Purpose: This drill will enable you to work on an entire series of dribble moves at game speed.

Players start in the corner facing half-court with the ball in the outside hand (right hand according to the diagram in Figure 3.6). The player will perform a series of dribble moves at game speed and finish with a variety of moves. The player will perform the following moves at the particular spot on the floor.

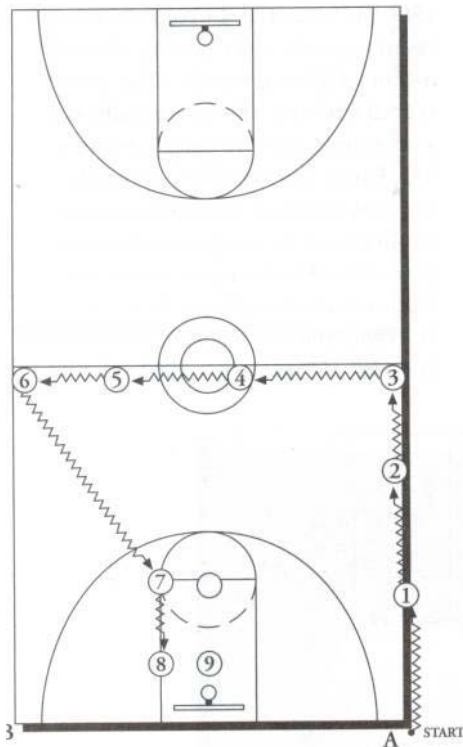


Figure 3.6

1. Stutter step/change of speed
2. In and out
3. Spin dribble (ball should be in your left hand after spin)
4. Pull-back crossover—visualize a double team and take two crab dribbles backward to create space. Then make a front change (crossover) into your right hand.
5. Hardaway’s Killer Crossover—between your legs (right to left) and then front change (left to right)
6. Around your back (ball should be in your left hand after going around your back)
7. Front change as you explode by the imaginary defender
8. Finishing moves:
 - a. Layup off one leg, shoot it high off the glass
 - b. Power layup off two legs, using your body to create space and protect the ball.
 - c. Pull-up bank shot dropping the ball into the corner of the box
9. Moves for the more advanced player:
 - a. Step back dribble move to create space—jump shot
 - b. Spin-drop-step to the front of the rim and shoot a left-handed baby hook. On your hook, take the ball from your hip with two hands and put your left

shoulder in your ear. Shoot it with your wrist and let the ball roll off of your fingertips.

- c. Same move as b. above but fake the hook shot, pivot on your right foot, and step across with your left for a power layup (up-and-under move).

Perform the drill beginning from Corner B, and begin with the ball in your left hand. All above references to which hand the ball is in would then be reversed.



Piscataway High School's version of the "Chill" Drill ends with a baby hook demonstrated to perfection by Bob Hurley's assistant Tony DiGiovanni at Honesdale in June 2002.