

DR. DISH BE BETTER EVERY DAY DR. DISH BE BETTER EVERY DAY DR. DISH BE BETTER EVERY DAY DR. DISH BE BETTER EVERY DAY



**DR. DISH**

**SMALL SIDED GAMES**

*by Tony Miller utilizing Dr. Dish*



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## ***SMALL SIDED GAMES***

For years, basketball coaches have been modifying formats of play to recreate game-like scenarios. Whether it's through adjusting the number of players on the court (e.g., 3-on-3, 4-on-3, 2-on-2), the size of the court (e.g, half of half-court), or the rules of the game (no dribbling), these small-sided games (SSGs) help improve training environments for skill acquisition.

**If you aren't already, here are just a few of the reasons why you should be incorporating SSGs into your basketball training:**

- more space for exploration and development
- simplification of decision-making
- increased number of reps for players
- higher levels of engagement and fun



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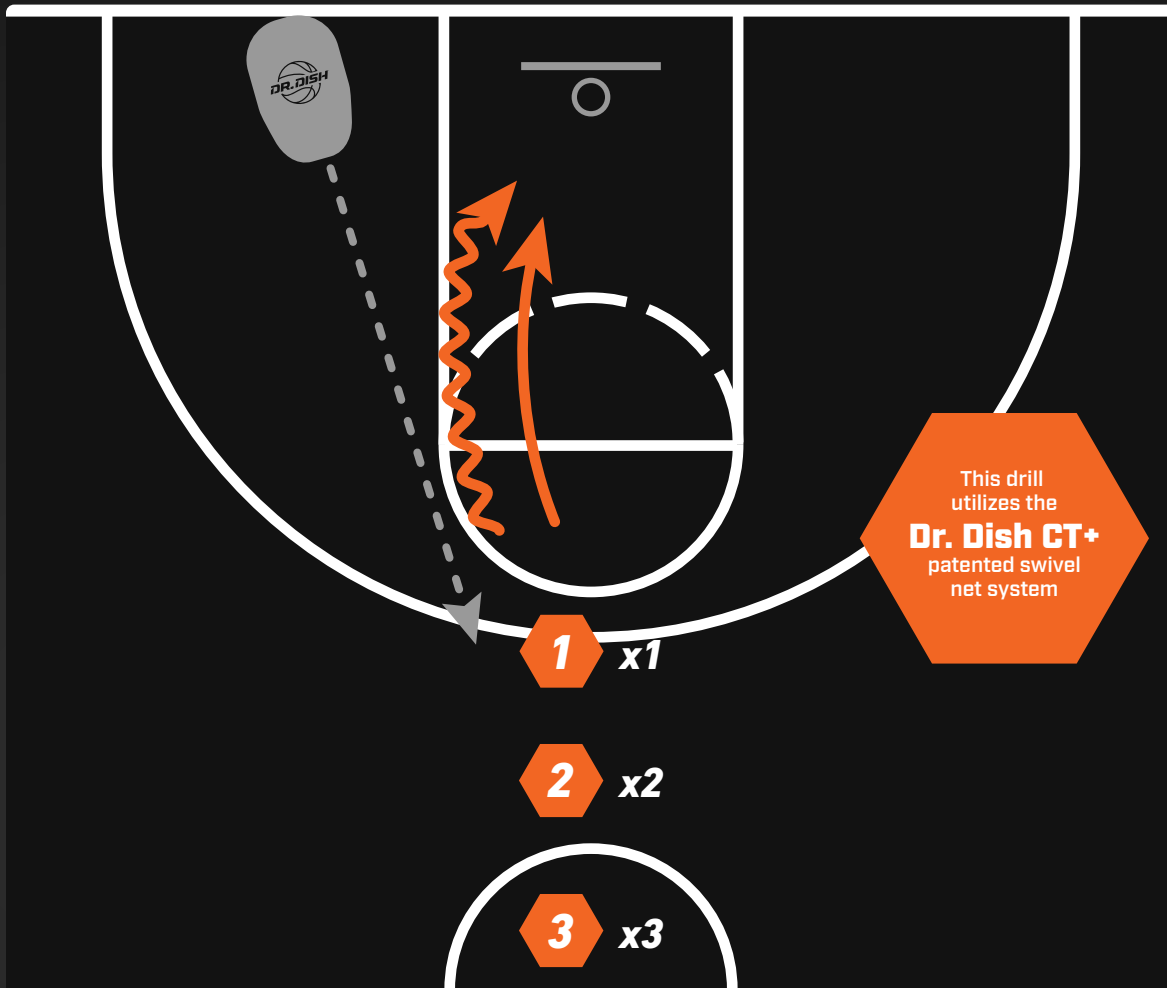
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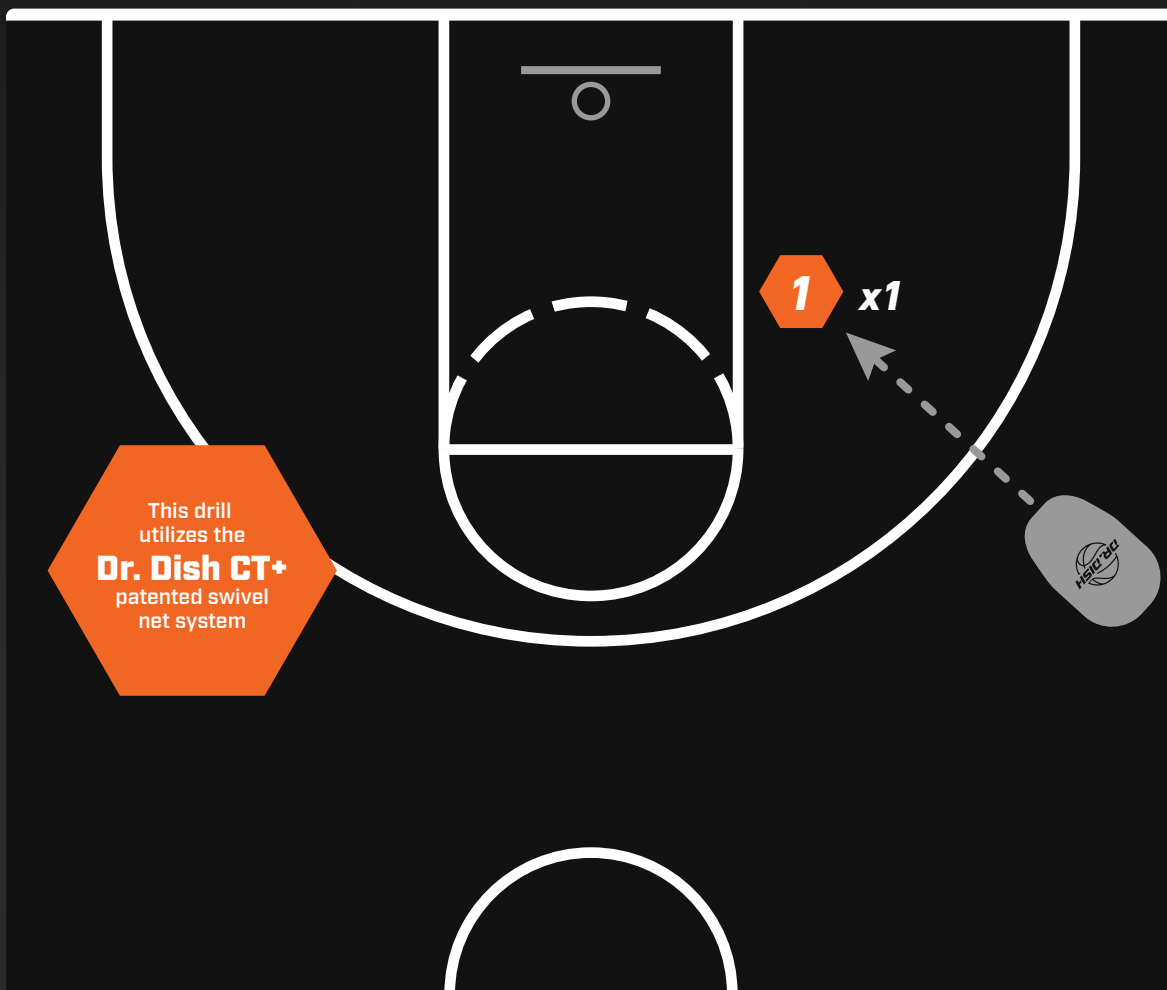
# 1 V 1 SMALL ADVANTAGE DRILLS



The defense begins on the side of the offense. When the offense catches the ball, play is live.



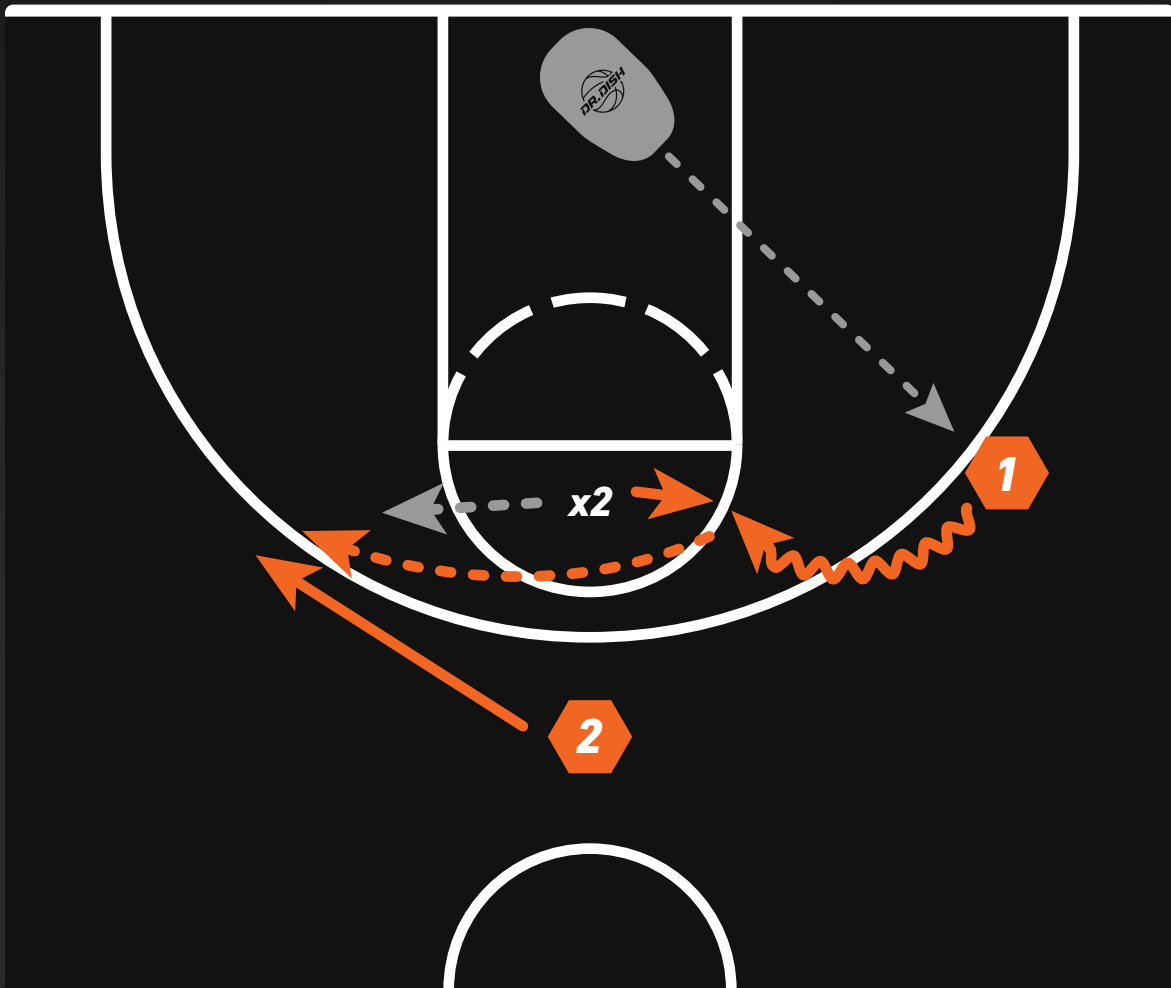
# POST 1 V 1 DRILLS



On the catch, play is live in the post.



# SHOOTING VS STUNT AND RECOVER DRILLS

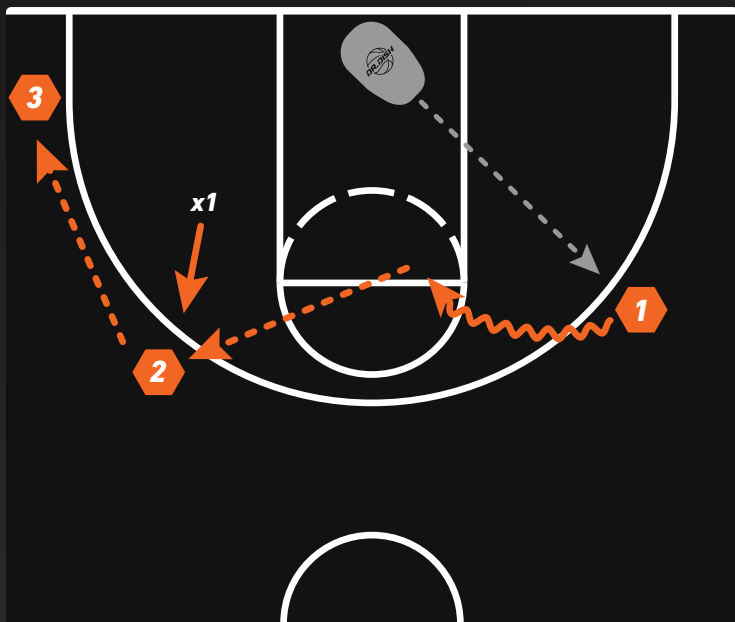


x2 stunts on the drive from 1 then closes out to the shooter as the pass is made. Play is live on the catch.

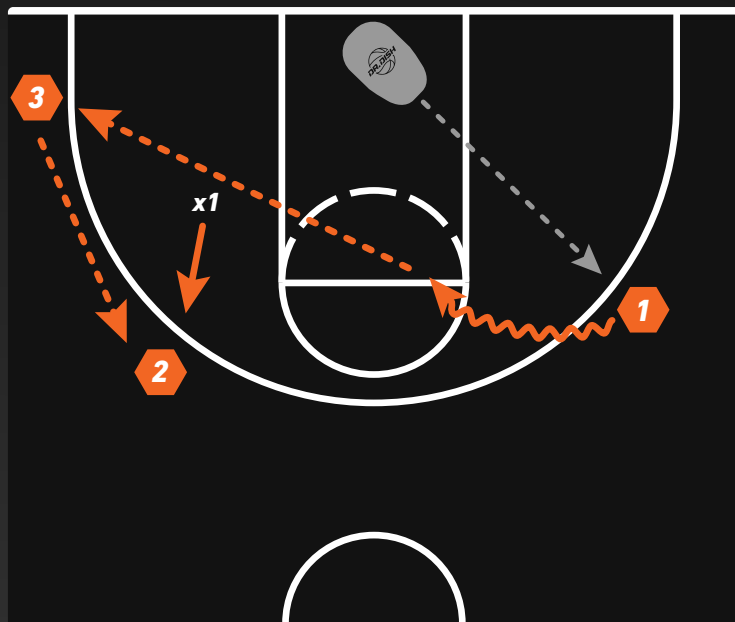


# EXTRA PASS SHOOTING

## DRILLS



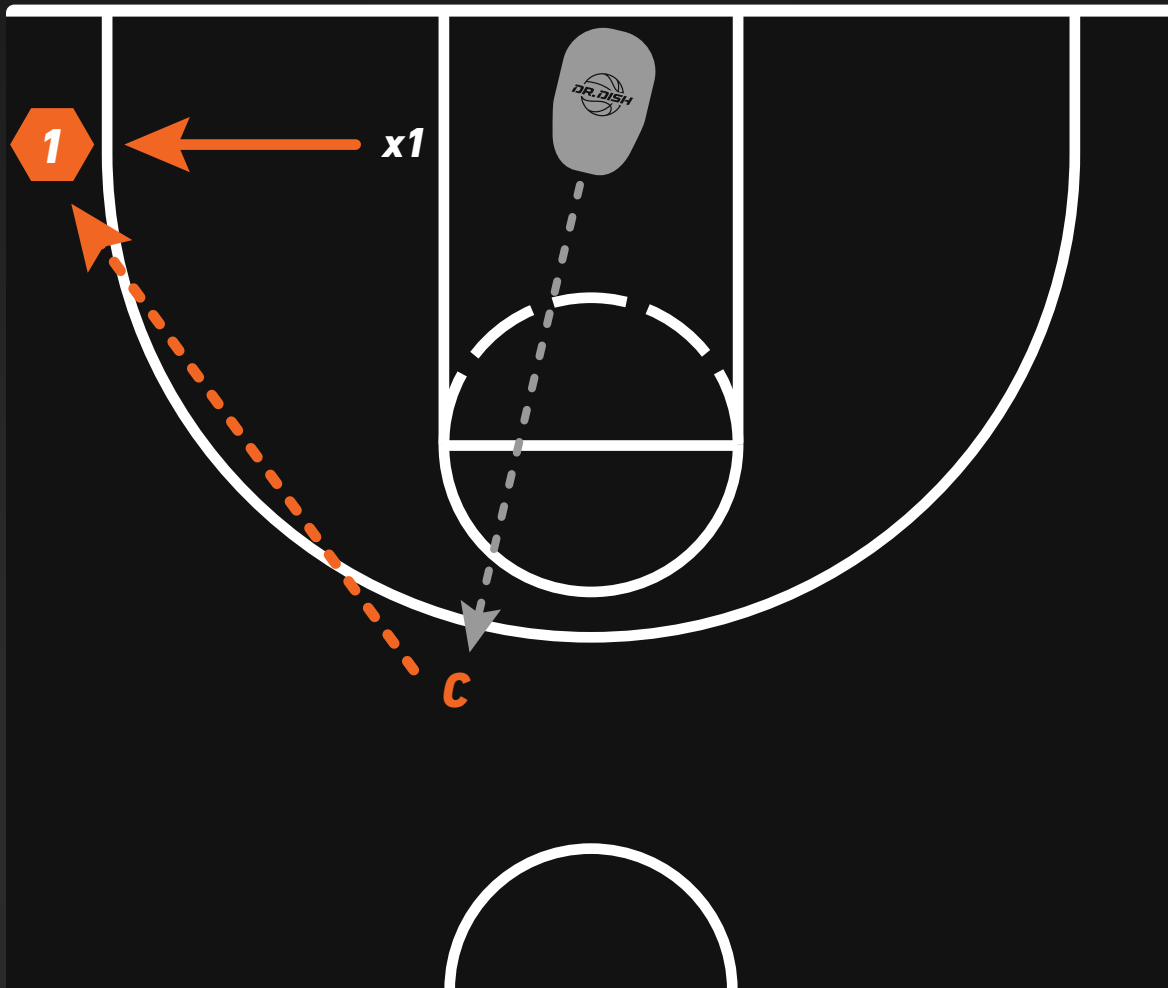
On the catch, player 1 drives to the paint, lands on two and passes to 2. Defender closes out and 2 makes the “extra pass” to 3 for a shot.



On the catch, player 1 drives to the paint, lands on two and passes to 3. Defender closes out and 3 makes the “extra pass” to 2 for a shot.



# CONTESTED SHOOTING DRILLS

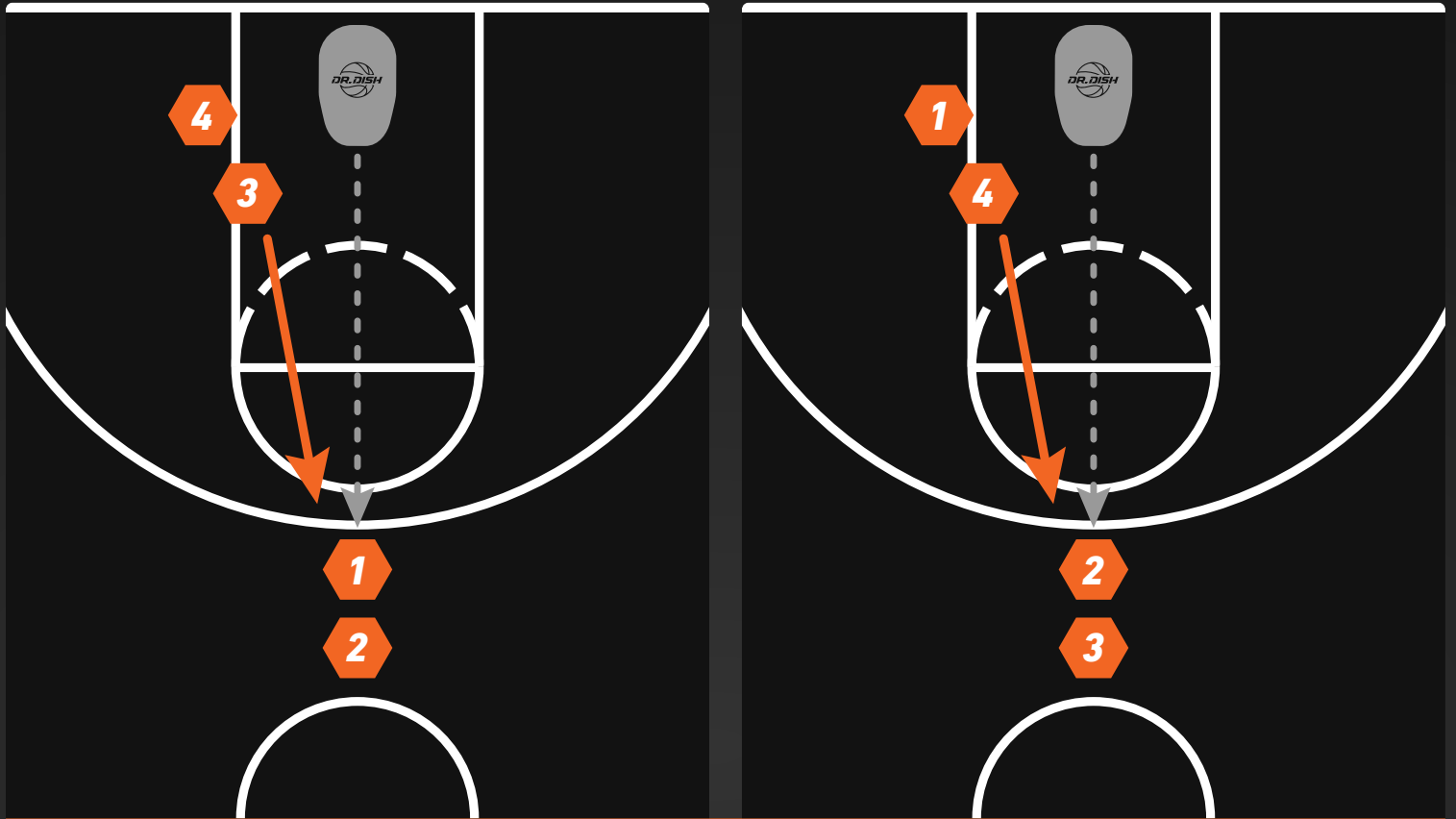


On the coach's catch, the defender starts to close out to the shooter. It's a catch-and-shoot from the corner.





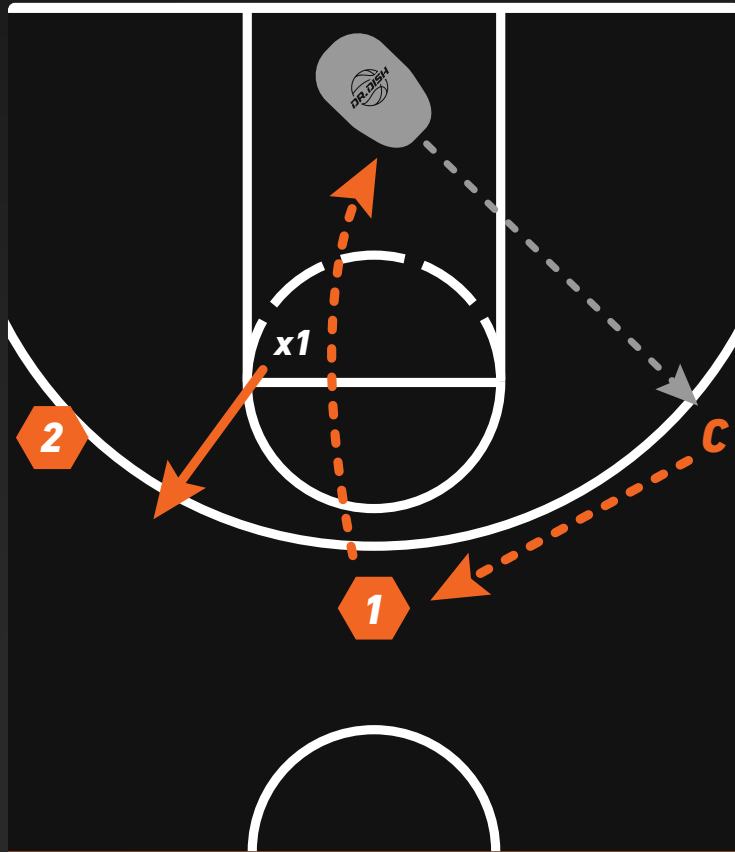
# CONTESTED SHOOTING DRILLS



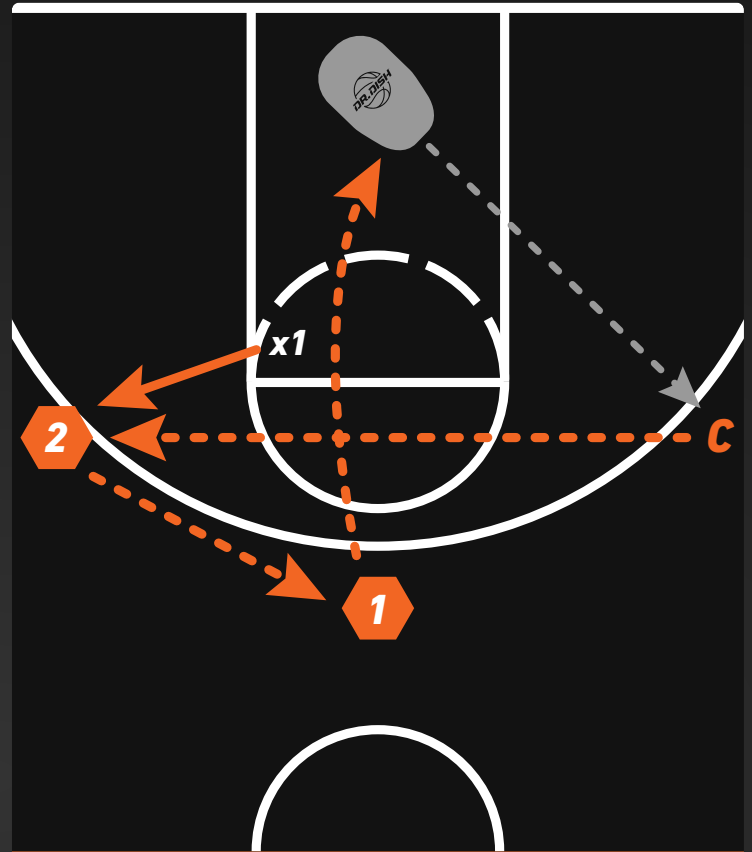
On the pass out from the Dish, the defender sprints to contest the shot.



# ZONE DECISION MAKING SHOOTING DRILLS



On the catch, the coach can pass to either player. In this frame, if 1 receives a pass, he must read the defender taking away the pass to 2. In this case, Player 1 would shoot.

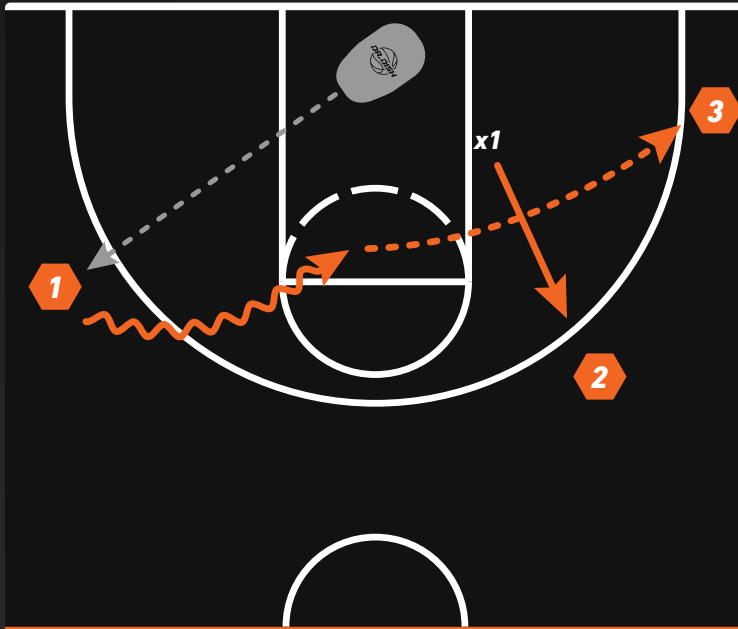


In this frame, Player 2 catches and recognizes Player 1 is open. A "one more" pass is made to 1 for the 3PA.

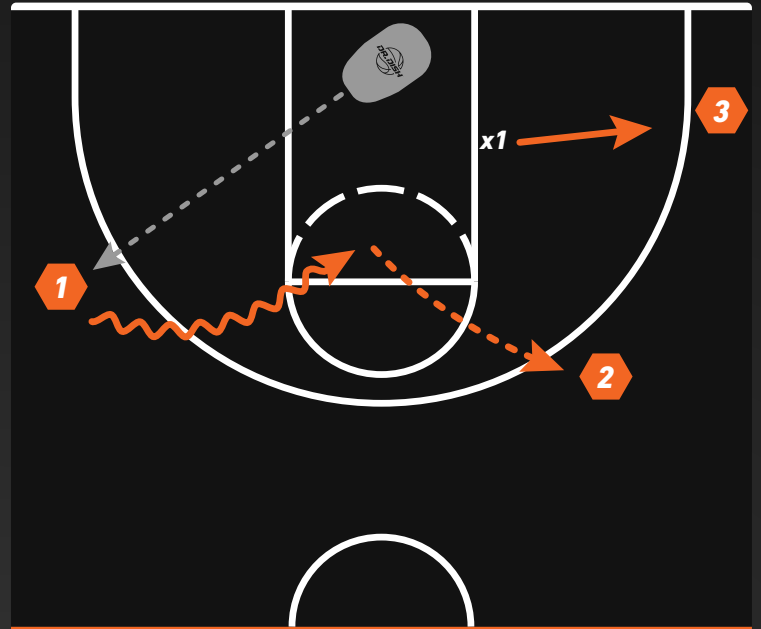


# DRIVE AND KICK (DECISION MAKING)

## DRILLS



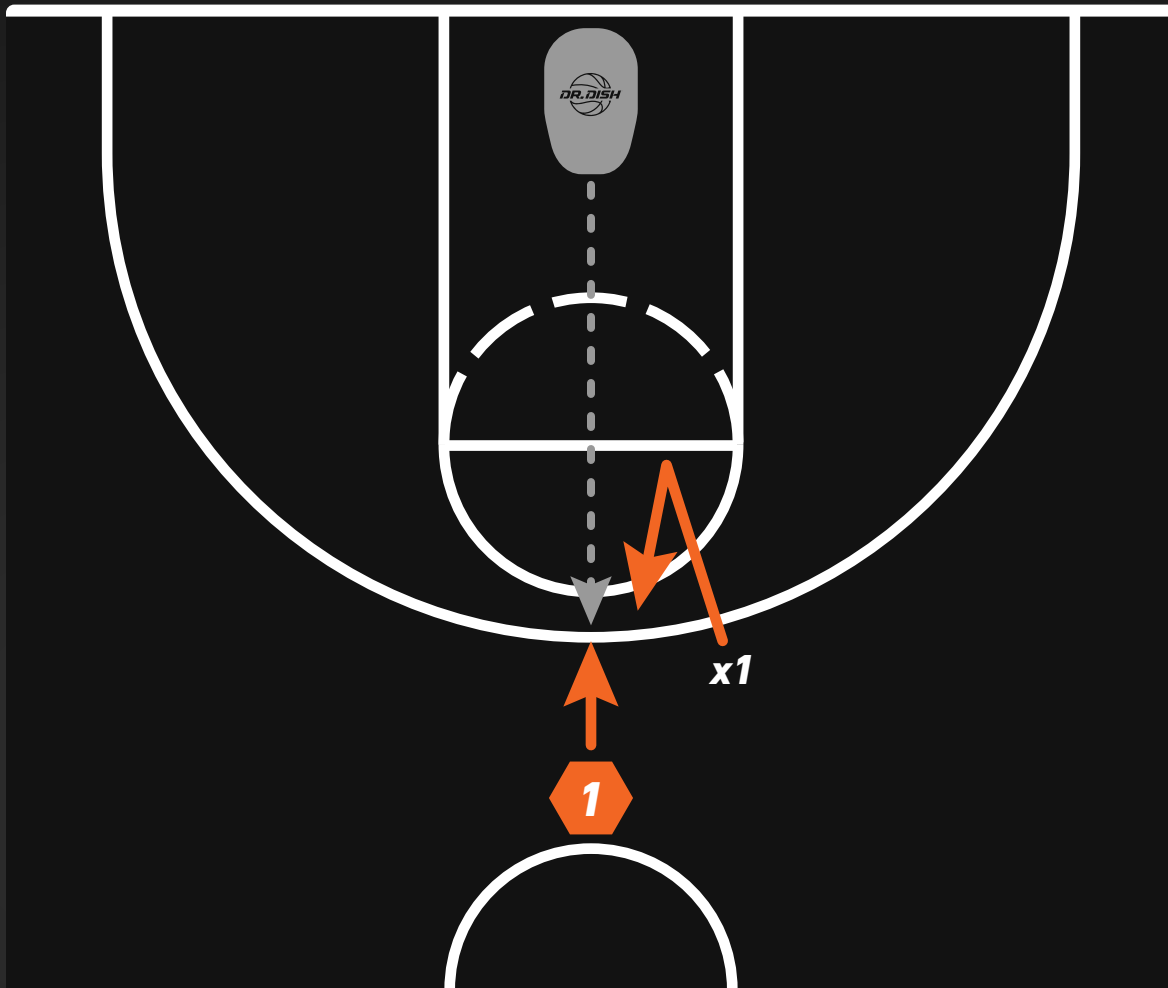
On the catch, the player drives to the paint, lands on two, then passes out to the open teammate.



On the catch, the player drives to the paint, lands on two. Defender closed out on 3 so the pass goes to 2 at the wing.



# QUICK CLOSEOUT DRILLS



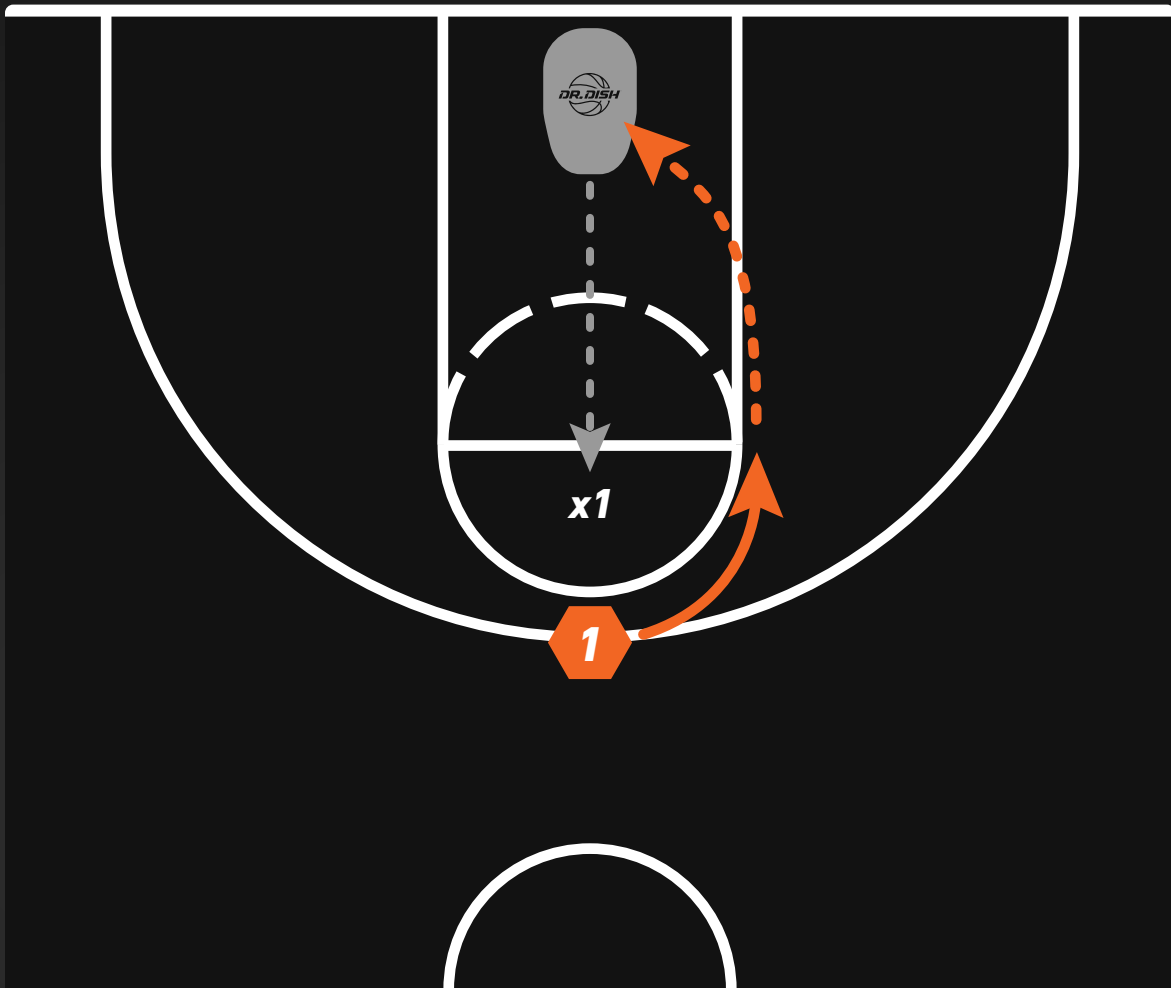
On the pass out to the shooter, the defender must touch the free throw line then contest the shooter.

*\*Fun drill just to work on shooting against a little pressure*



# SNATCH JUMPERS

## DRILLS



x1 stands facing the basket. On the catch, x1 hands the ball out either direction. 1 snatches the ball (on the snatch, x1 turns to contest the shot). 1 snatches and shoots.



# DR. DISH

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