



NORDIC HOOPS ANALYTICS

Decision-making

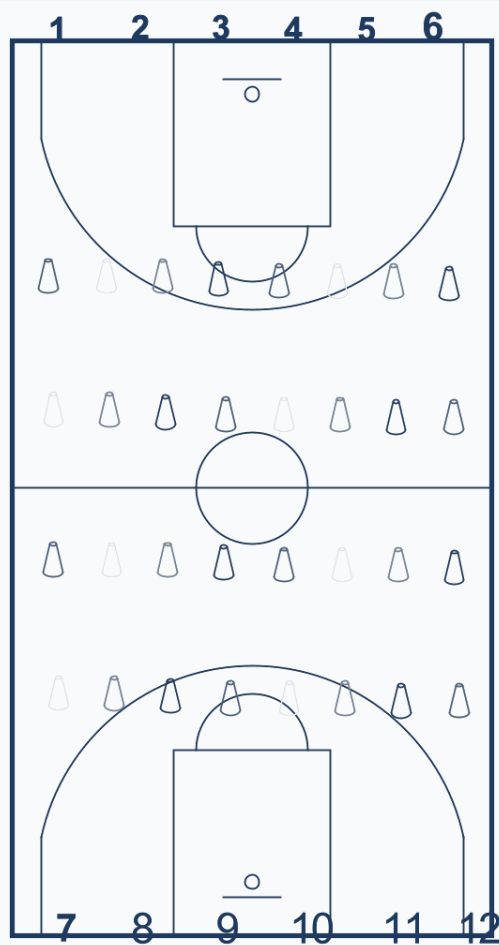
COACHES / DRILLS & PLAYS

40 adapted exercise cards, with diagrams where available

01 The bomb

DECISION-MAKING

COURT DIAGRAM



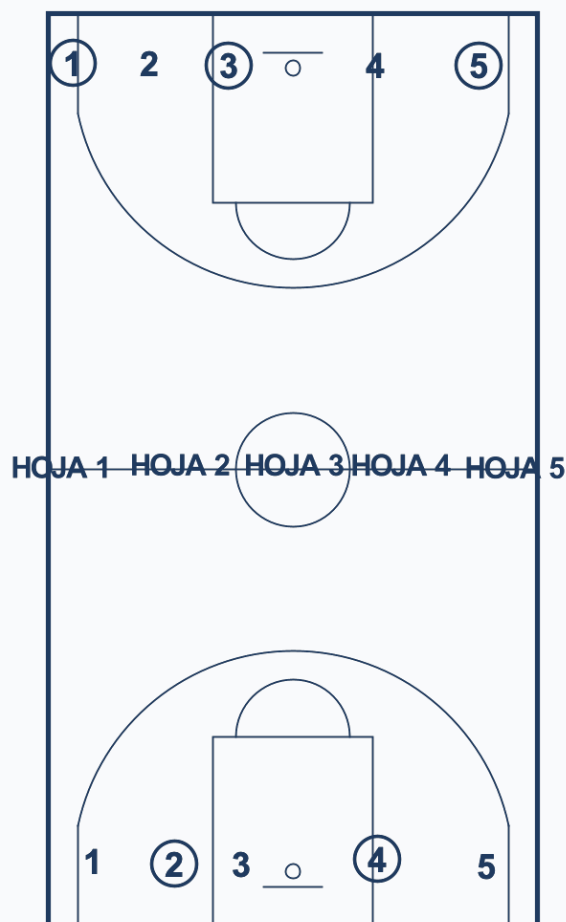
HOW TO RUN IT

Arrange four mixed-colour cone lines. Teams race to solve the coach's colour or number call without the ball, communicating under a short time limit.

02 Scrabble

DECISION-MAKING

COURT DIAGRAM



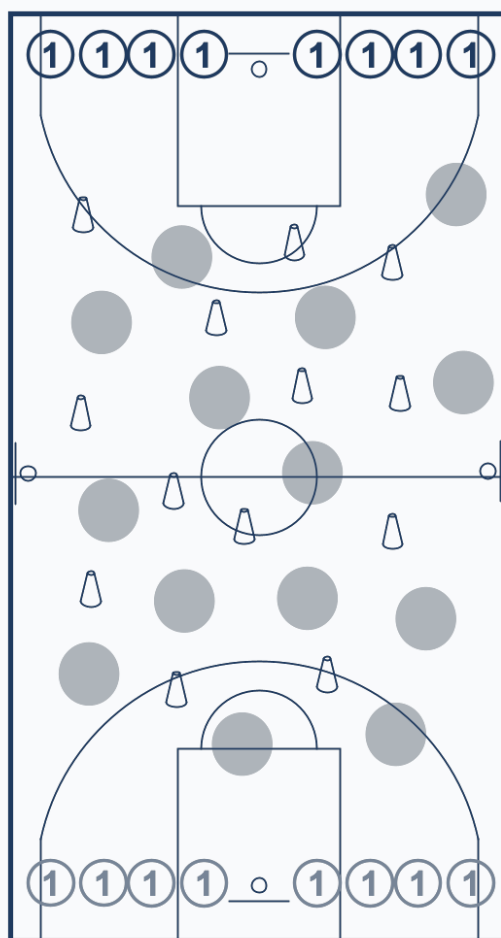
HOW TO RUN IT

Pairs move with one ball while collecting letter or word challenges. A pass and finish earns the next clue; think and coordinate before the attempt.

03 Treasures, pirates and sharks

DECISION-MAKING

COURT DIAGRAM



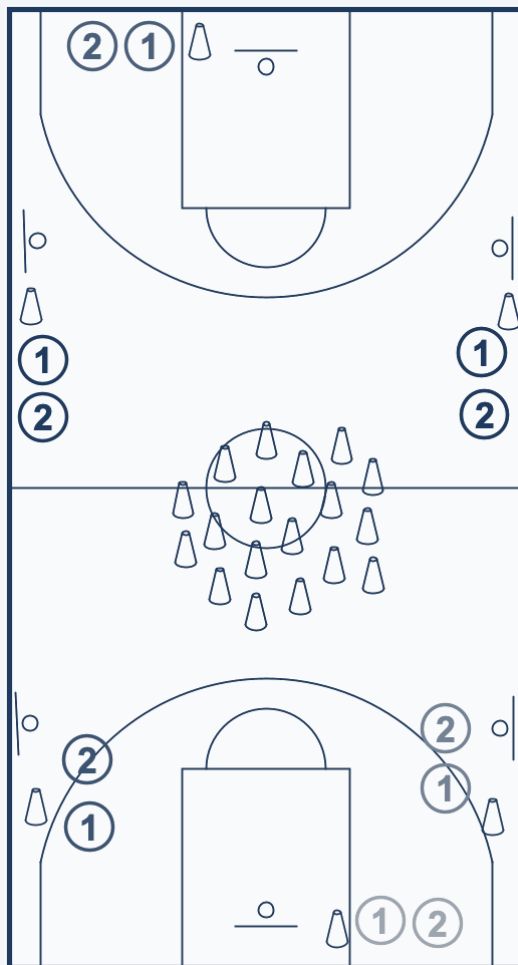
HOW TO RUN IT

Pirates dribble to collect cone treasures and place them in hoop boats. Sharks tag them; a tagged pirate drops the treasure and makes a free throw before returning.

04 The padlock

DECISION-MAKING

COURT DIAGRAM



HOW TO RUN IT

Pairs run to score from distance off the dribble. Each successful shot unlocks the next team cone or target; choose shots and organise the sequence.

05 Settlers of Catan

DECISION-MAKING

COURT DIAGRAM



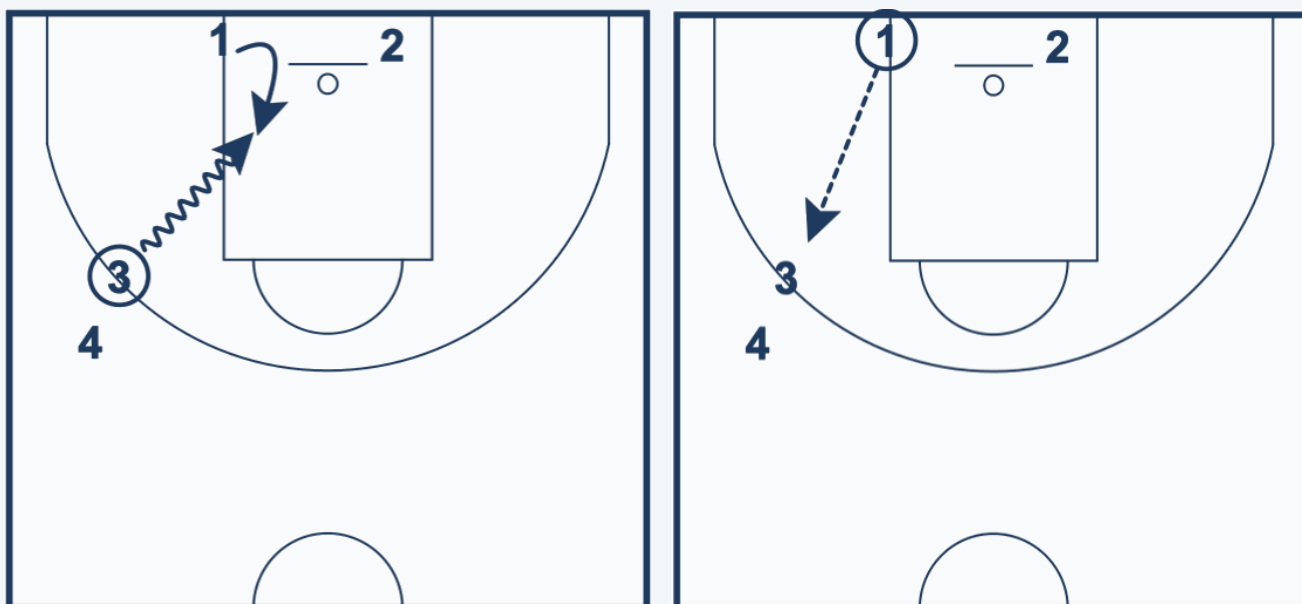
HOW TO RUN IT

Use coloured pieces, hoops and cones as a board-game court. Teams pass and finish to collect resources and decide where to build toward a points target.

06 Decision layup line

SKILLS

COURT DIAGRAM



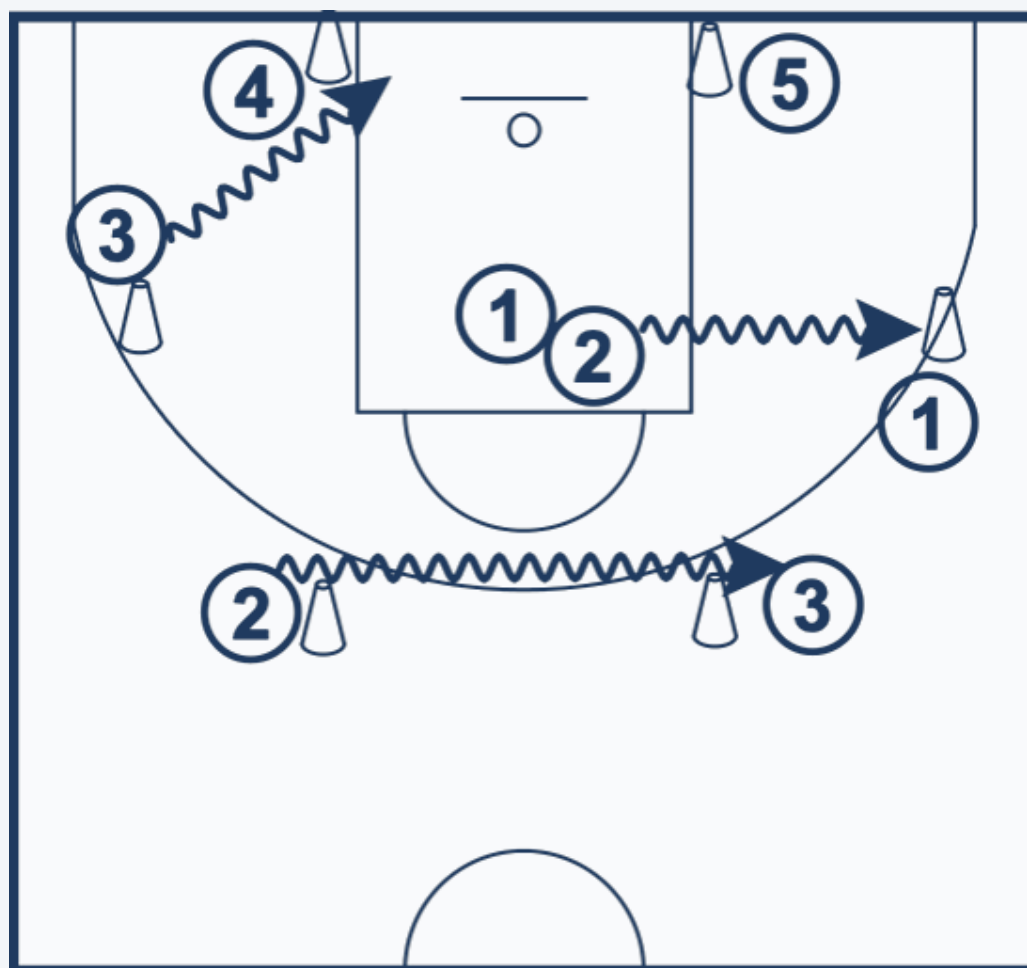
HOW TO RUN IT

Attackers start on the wing and receive from a low-post rebounder. Choose the finishing route from the defender's or passer's cue rather than repeating one layup.

07 Avoid the middle

SKILLS

COURT DIAGRAM



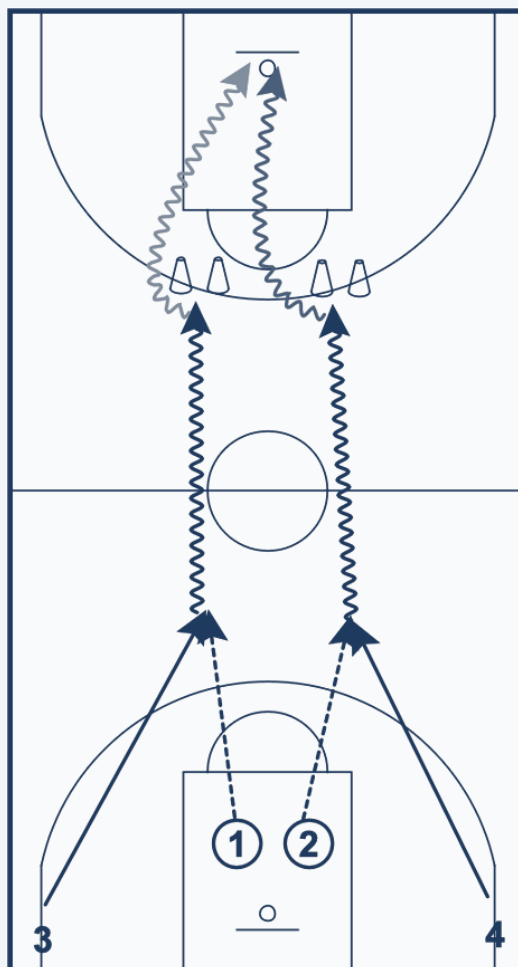
HOW TO RUN IT

Six cones form a hexagon with dribblers around it and two in the centre. The inner players scan and react to outside movement without losing ball control.

08 Read your teammate

SKILLS

COURT DIAGRAM



HOW TO RUN IT

Two passers start in the paint and two runners in the corners. Receive at speed with a zero step, use one dribble and read the teammate's line before finishing.

09 The name game

SKILLS

HOW TO RUN IT

Half the group has a ball and all move around the court. Call a teammate's name before passing, then relocate and find the next available receiver.

10 Add and multiply

SKILLS

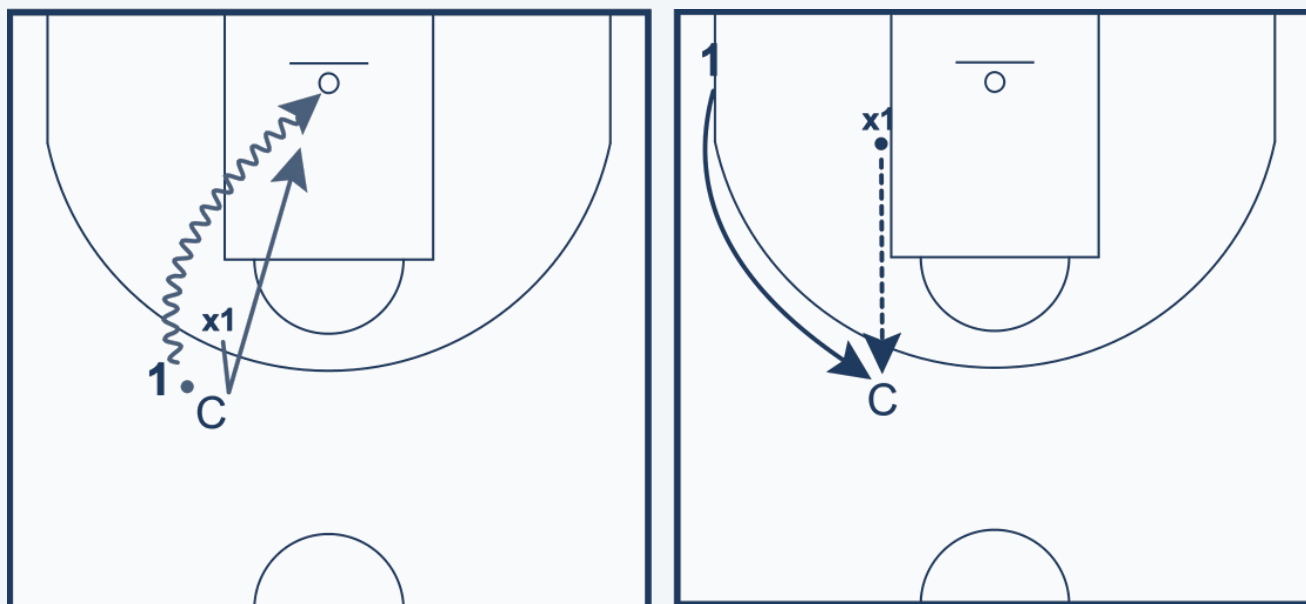
HOW TO RUN IT

Pairs alternate shooter and rebounder. Select shots to reach exactly 31 points within one minute without exceeding the total.

11 1v1 with offensive advantage

1v1

COURT DIAGRAM



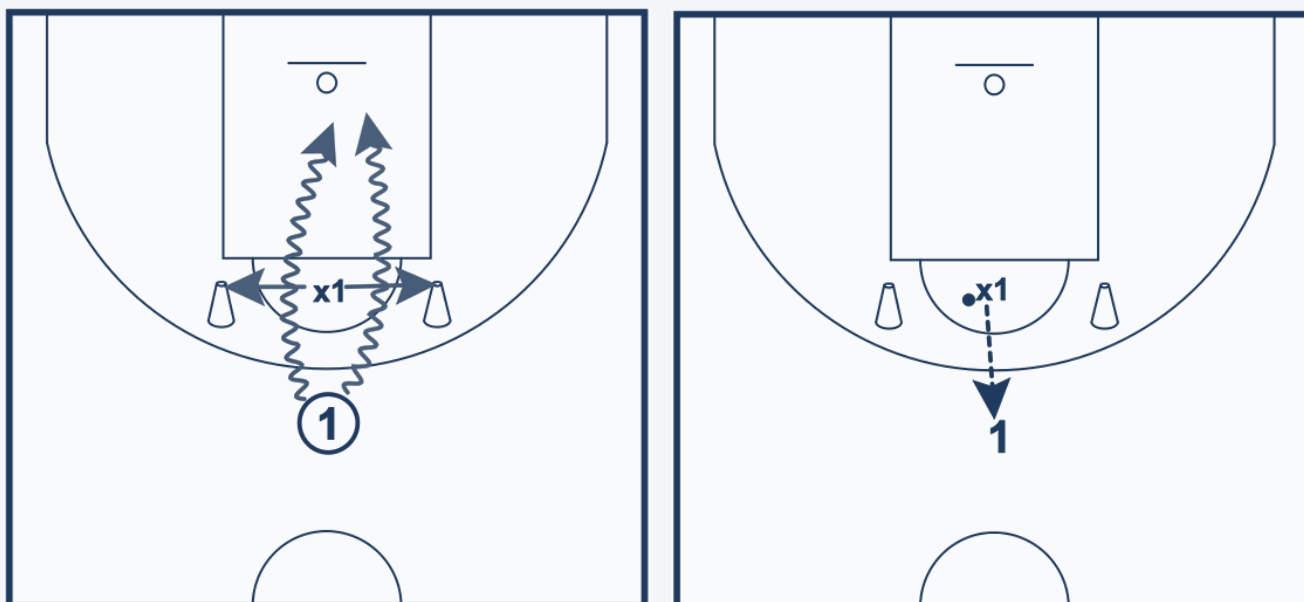
HOW TO RUN IT

The defender passes to a coach, allowing the attacker to move toward a handoff and attack the temporary angle before defense recovers.

12 1v1 touching a cone

1v1

COURT DIAGRAM



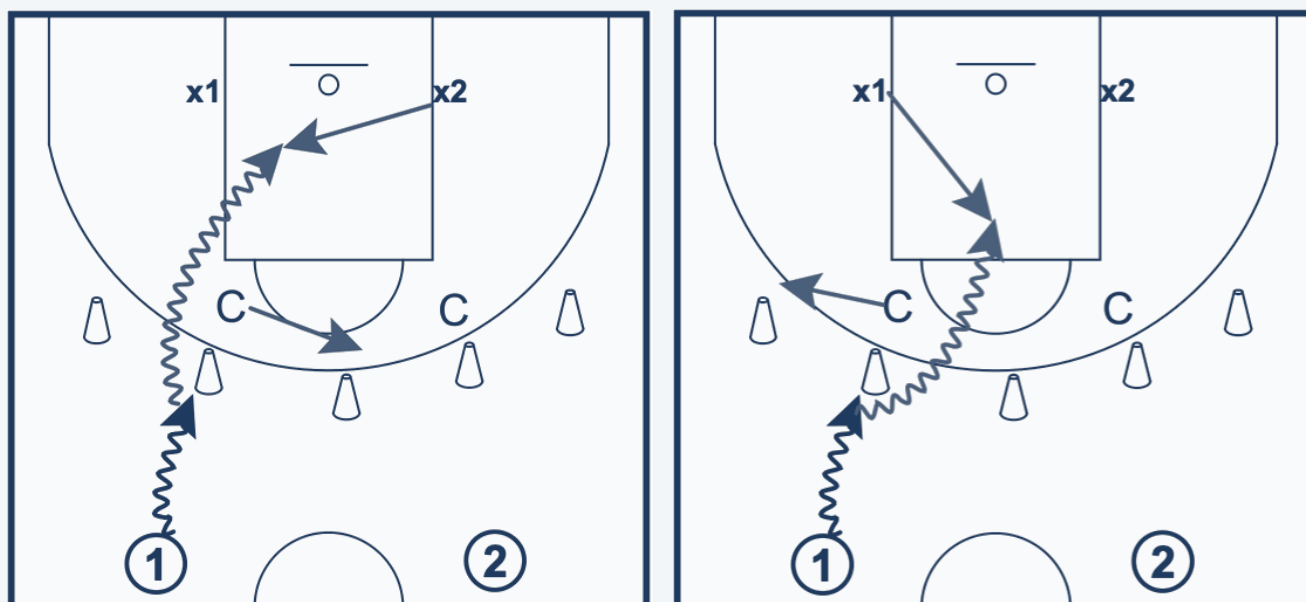
HOW TO RUN IT

The defender passes from between two cones to the attacker, then touches one cone before recovering. The attacker reads which side opens and finishes.

13 1v1 with a live-ball read

1v1

COURT DIAGRAM



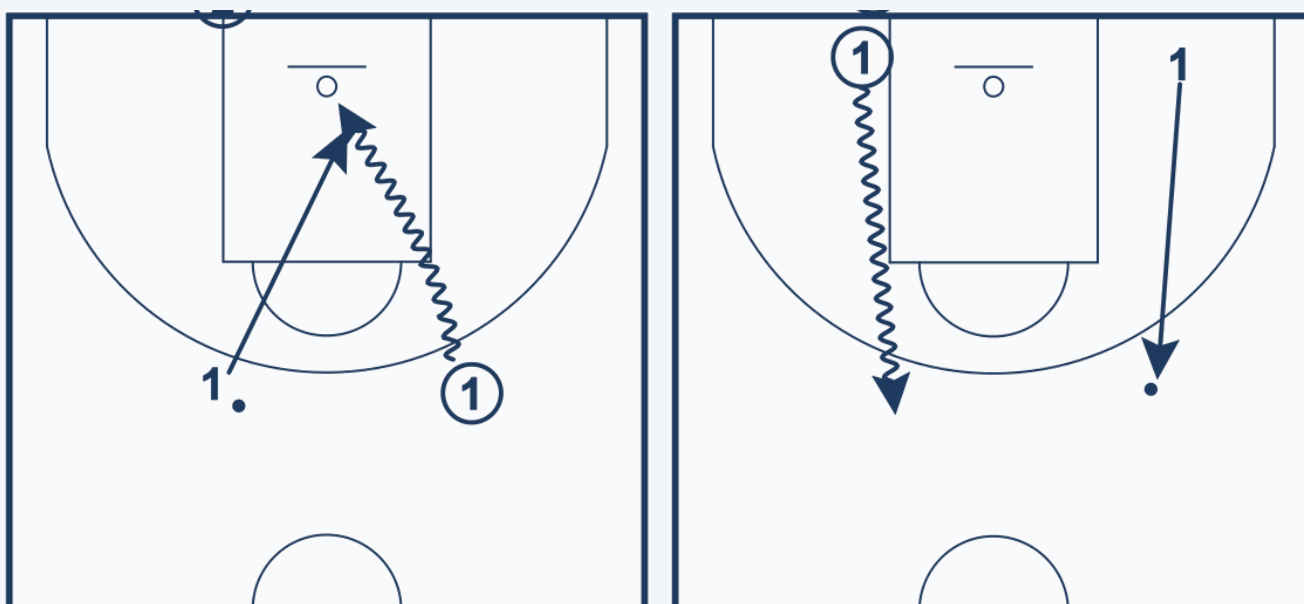
HOW TO RUN IT

Coaches and defenders occupy different perimeter gates. The ballhandler keeps dribbling, reads the open gate and changes pace or hand to exploit it.

14 Pass and defend 1v1

1v1

COURT DIAGRAM



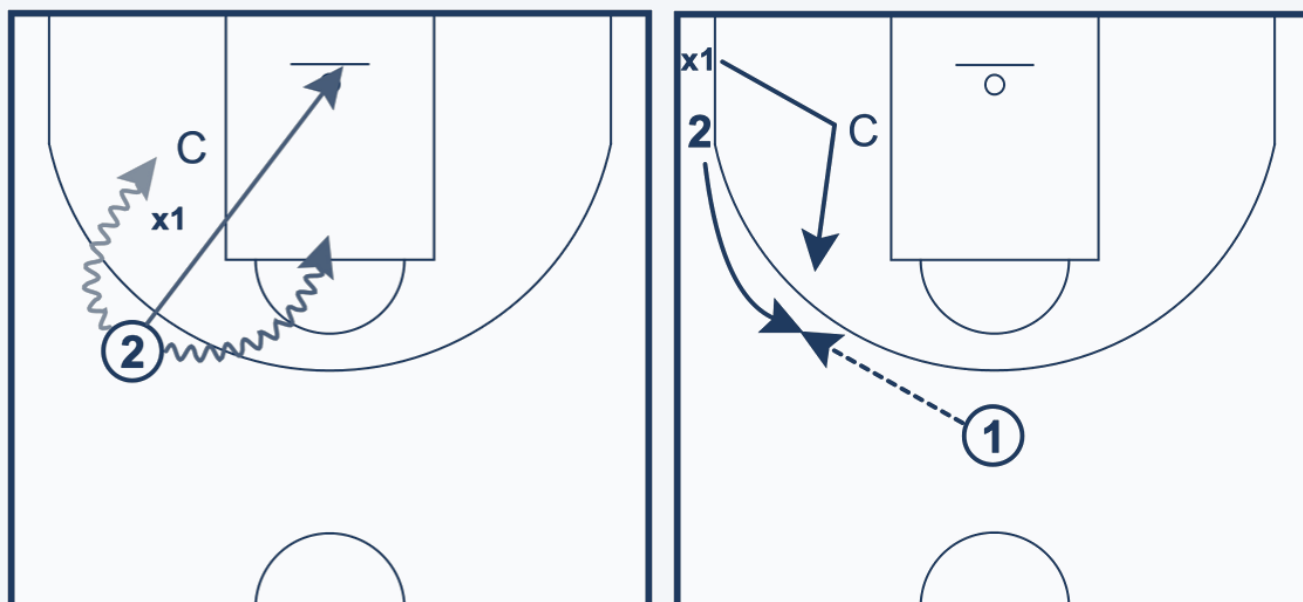
HOW TO RUN IT

A ballhandler starts from one line, passes and immediately becomes the defender. The receiver must recognise the transition moment and attack before the matchup is set.

15 Read the defender on the catch

1V1

COURT DIAGRAM



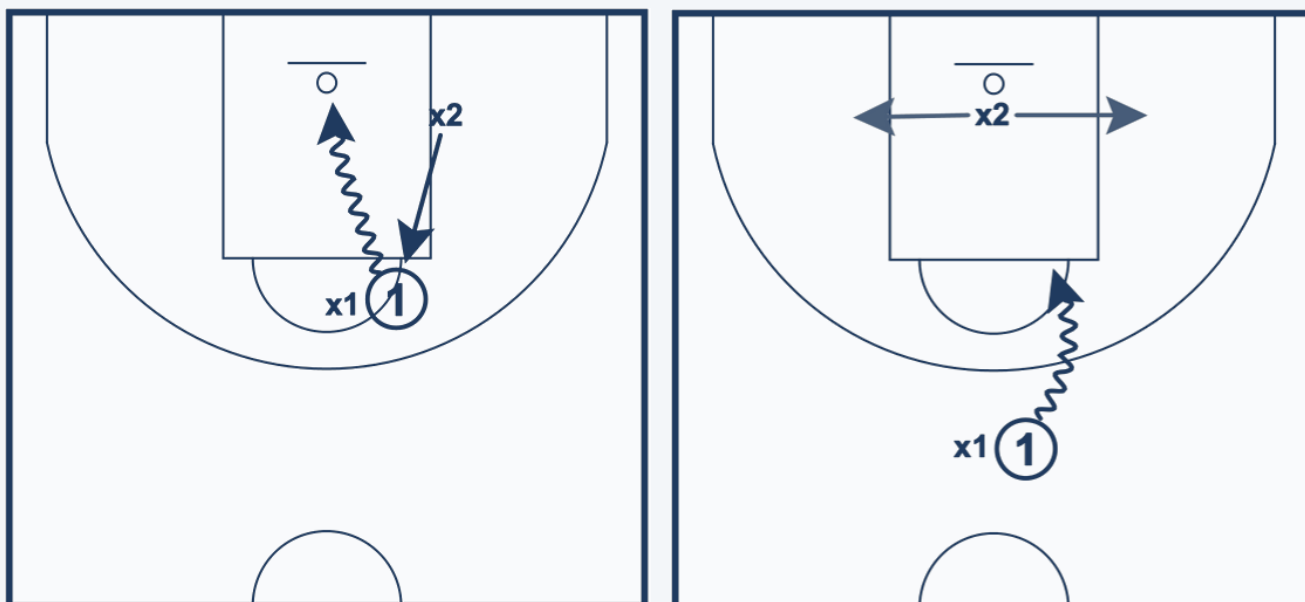
HOW TO RUN IT

A defender touches the coach's hand as the attacker runs to receive. Attack the space exposed by the recovery angle after the catch.

16 Launched 1v1 plus help

1V1

COURT DIAGRAM



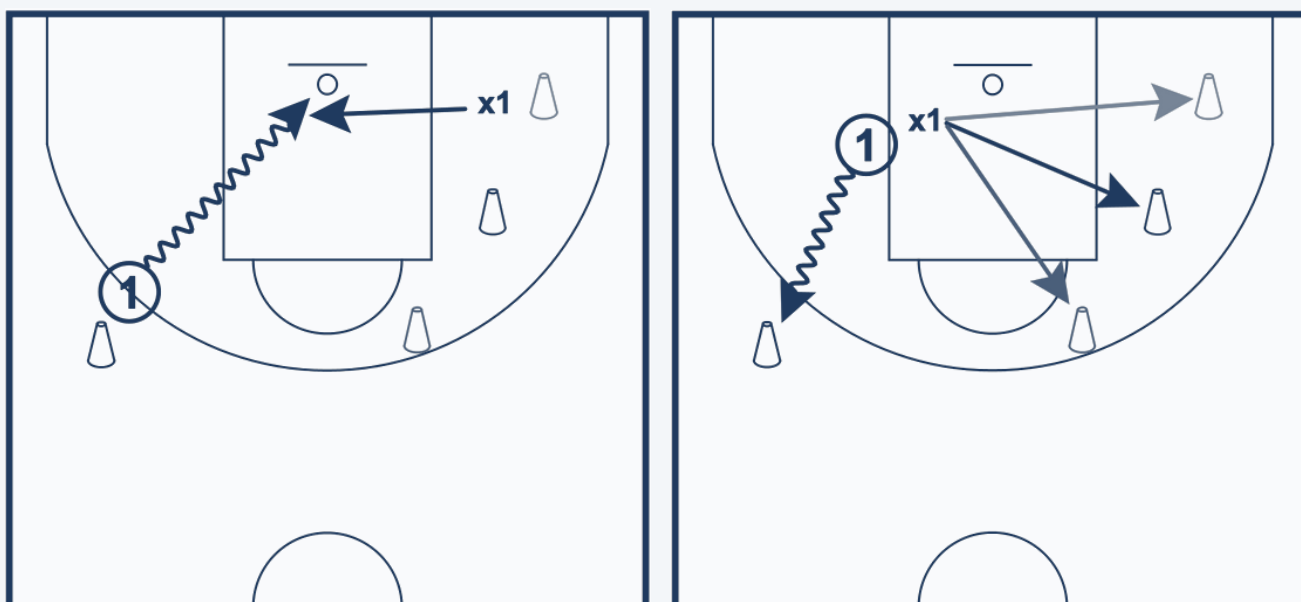
HOW TO RUN IT

A dribbler and defender walk from near mid court. On the change of pace, a helper steps away from the lane; read the remaining coverage and finish.

17 1v1 with corner help

1V1

COURT DIAGRAM



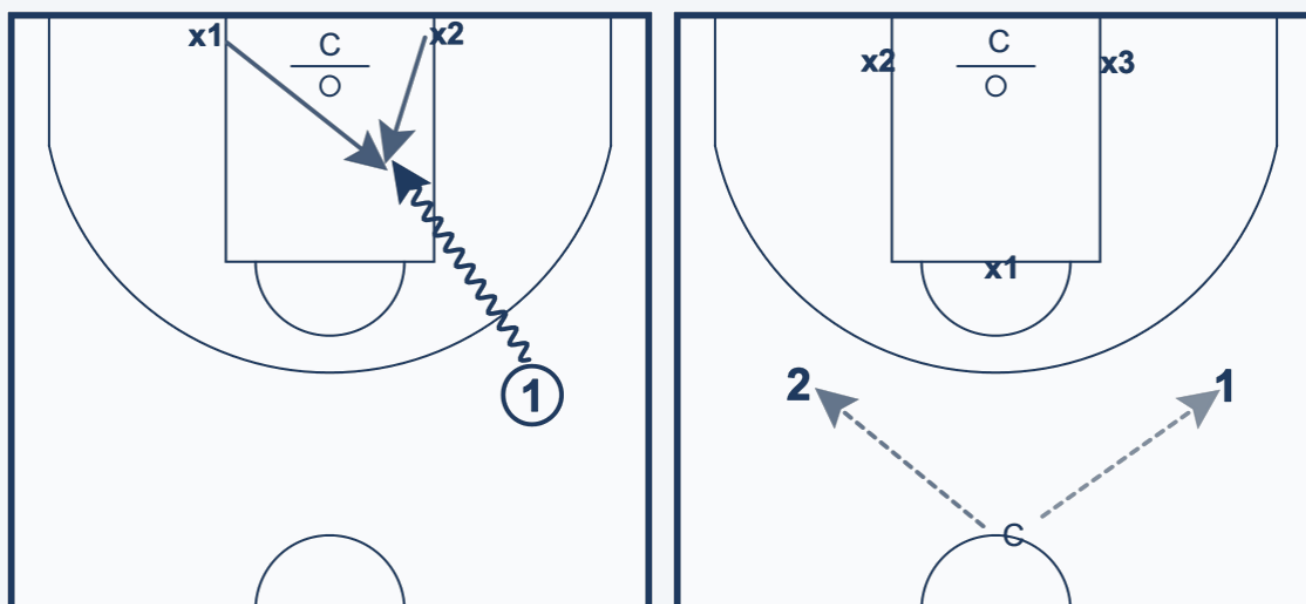
HOW TO RUN IT

The defender begins behind the ballhandler and chooses when to activate. A helper moves from the corner; the attacker reads contact and the open finishing angle.

18 1v1, read the help side

1V1

COURT DIAGRAM



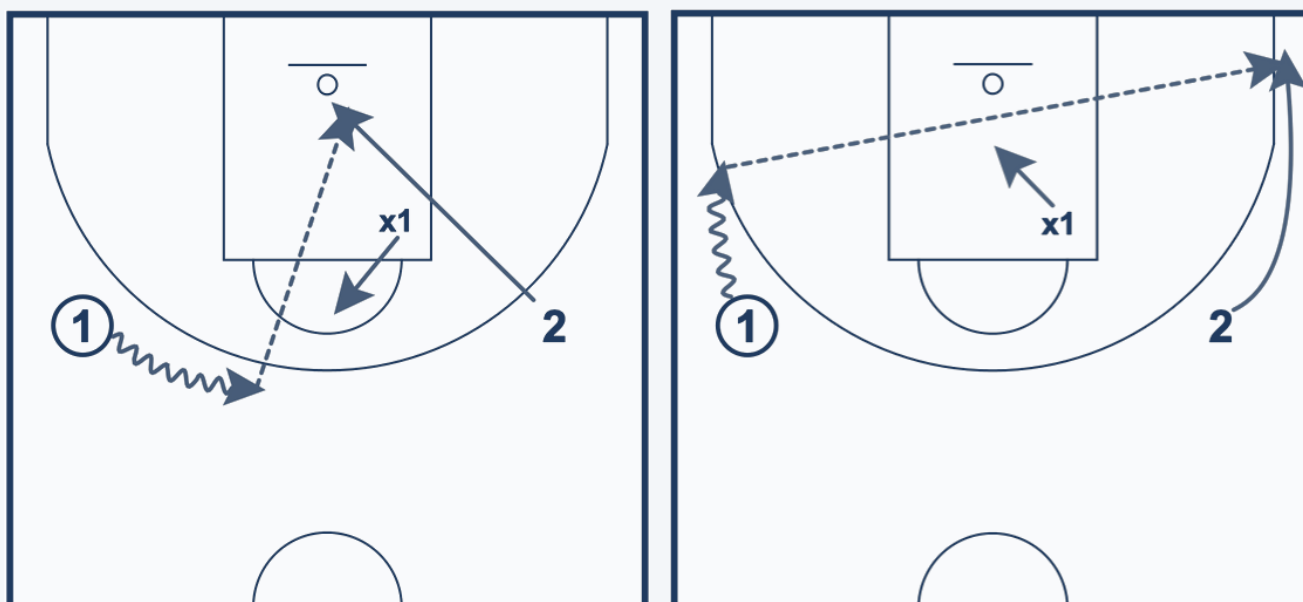
HOW TO RUN IT

The wing ballhandler attacks while a coach and two helpers occupy the paint. Read which defender commits, then finish or move the ball into free space.

19 Read stunt and recover

1V1

COURT DIAGRAM



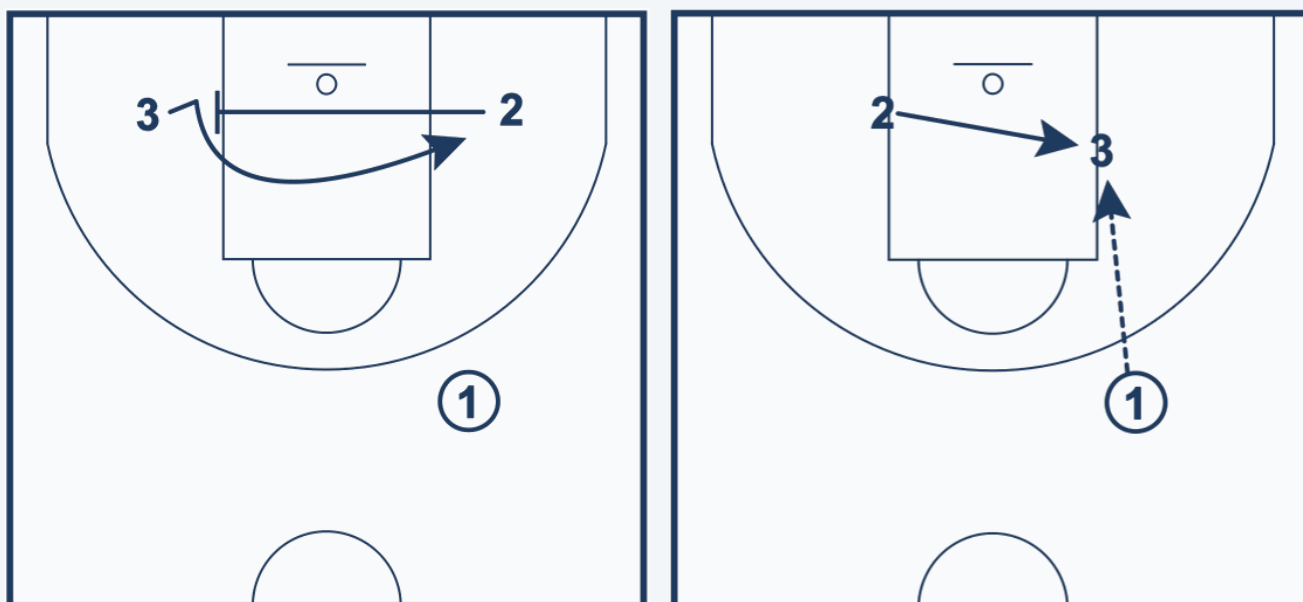
HOW TO RUN IT

Drive toward the baseline as a help defender makes a brief stunt. The weak-side teammate relocates; decide between the finish and the pass before recovery.

20 1v1 from a Flex screen

1v1

COURT DIAGRAM



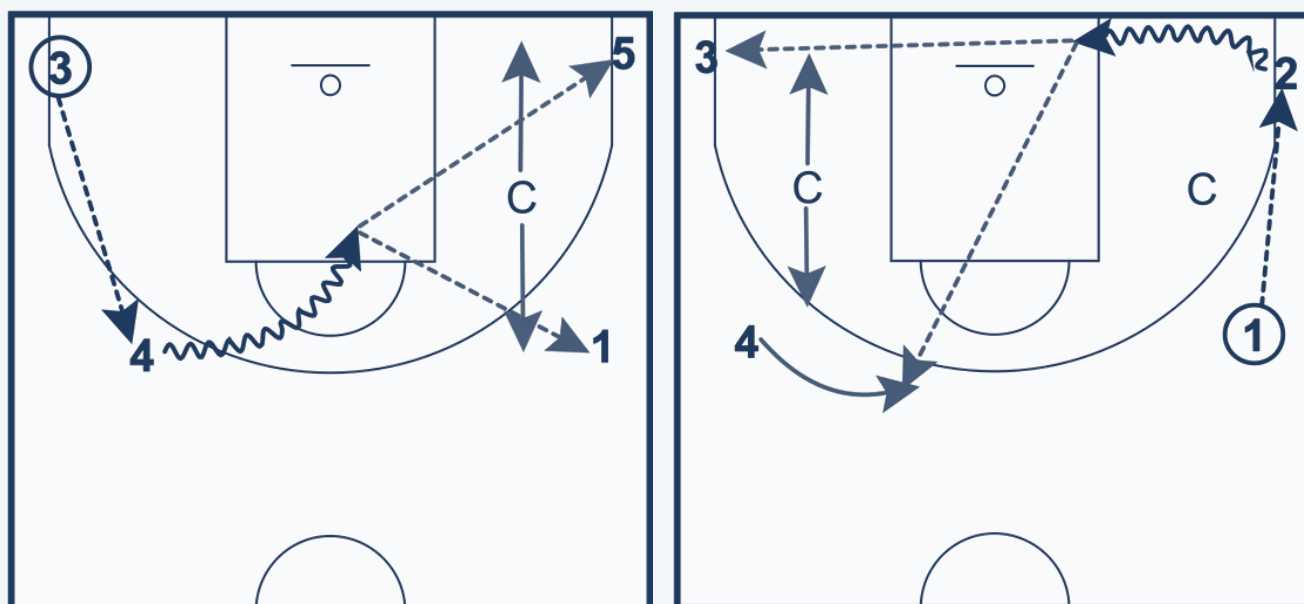
HOW TO RUN IT

A wing passer feeds a cutter using a horizontal Flex screen between the low posts. Catch through contact and read the defender's pursuit toward the basket.

21 Read the pass

PASSING & SPACING

COURT DIAGRAM



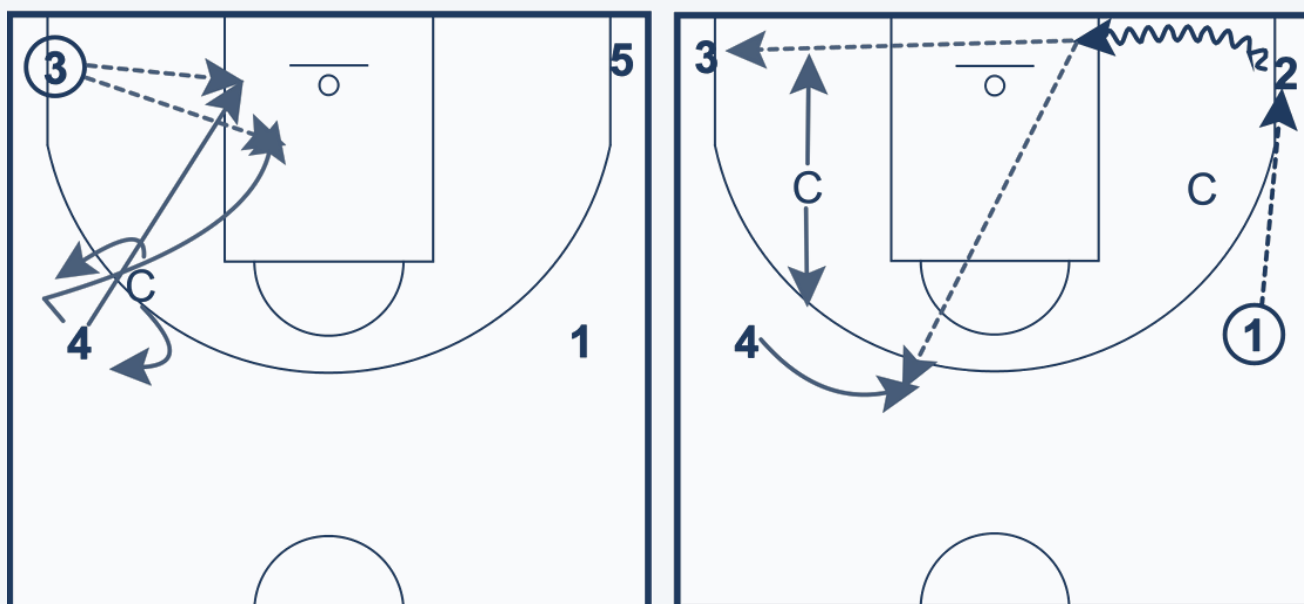
HOW TO RUN IT

Players rotate through wing and corner lines. A coach blocks one passing lane; the driver reads it and chooses the open extra pass.

22 Read the pass and cut

PASSING & SPACING

COURT DIAGRAM



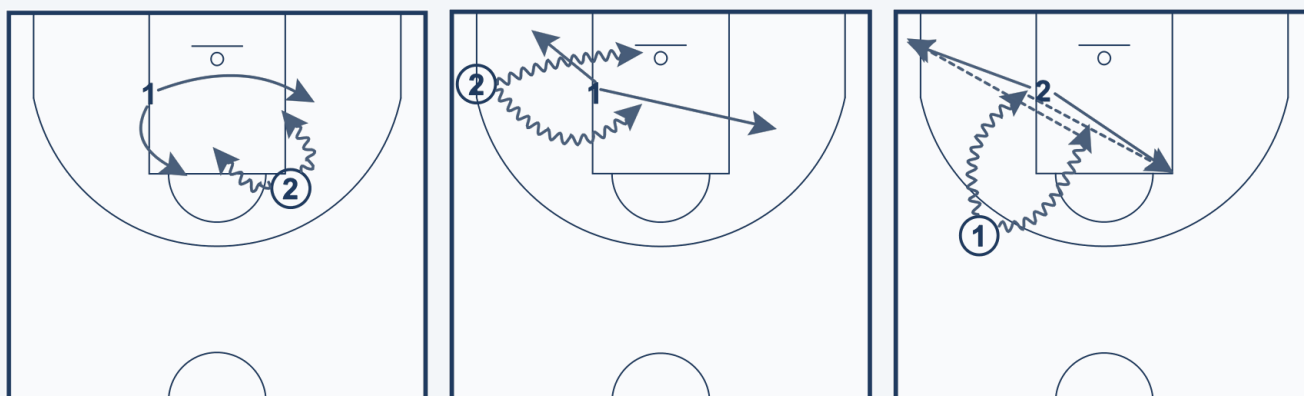
HOW TO RUN IT

Start with the same blocked-lane read, then the passer cuts into the gap the coach leaves. Link the pass choice to off-ball movement.

23 2v0 off-ball read

PASSING & SPACING

COURT DIAGRAM



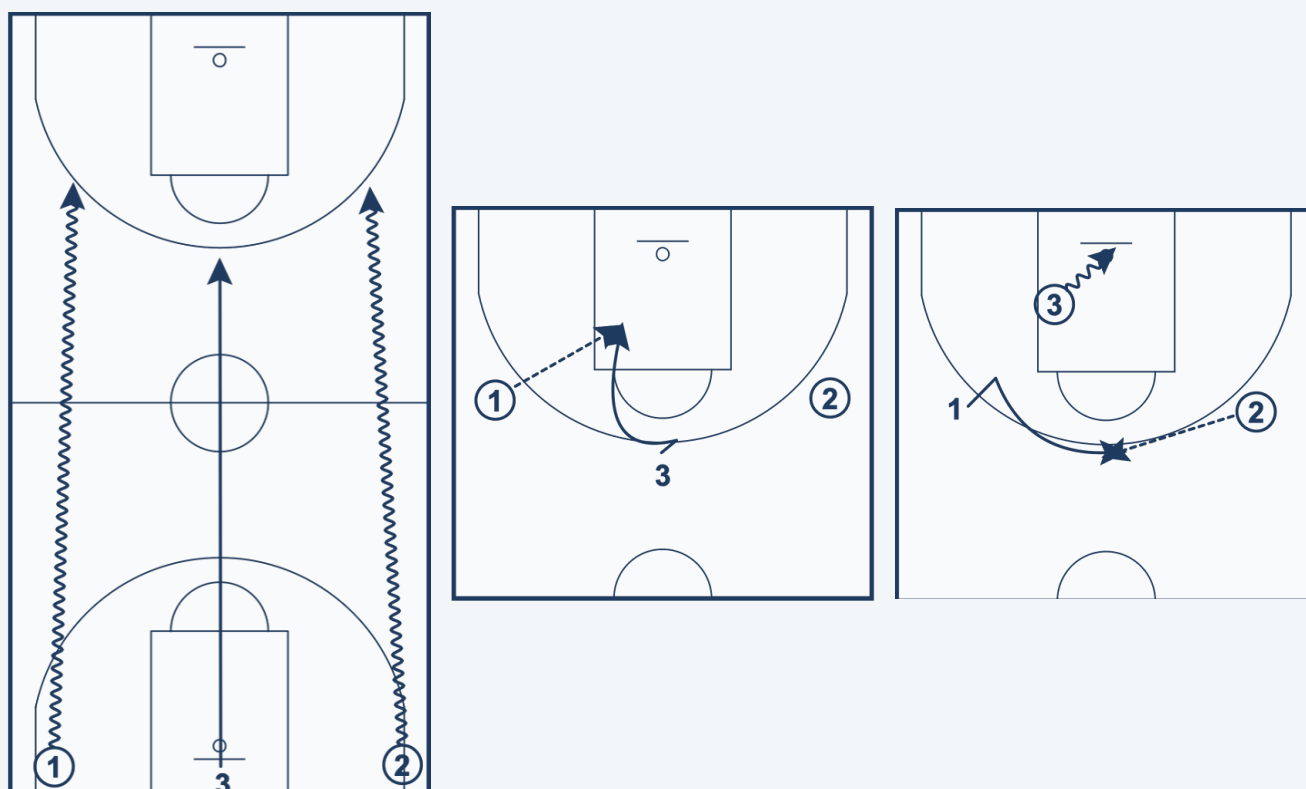
HOW TO RUN IT

A wing ballhandler drives baseline or middle. The low-post teammate reacts by lifting, cutting or spacing to keep a passing window open.

24 Play on arrival

PASSING & SPACING

COURT DIAGRAM



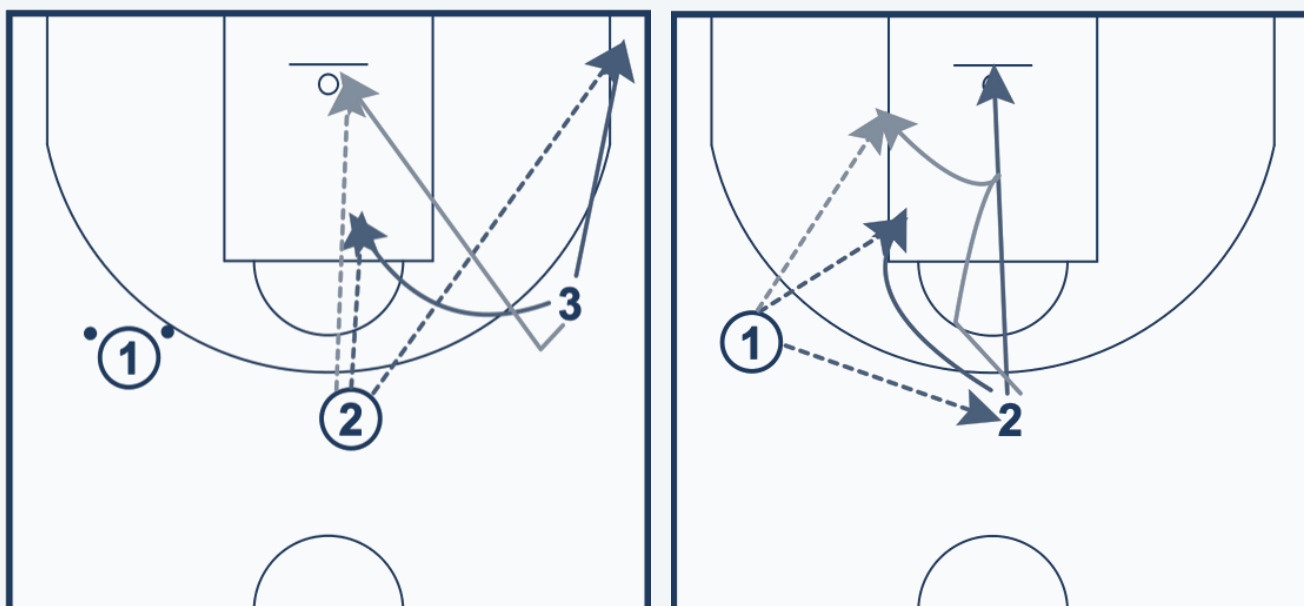
HOW TO RUN IT

Three players flow into half court from transition. As the wing receiver chooses a cut, the passer fills the vacated central space and stays available.

25 3v0 in reduced space

PASSING & SPACING

COURT DIAGRAM



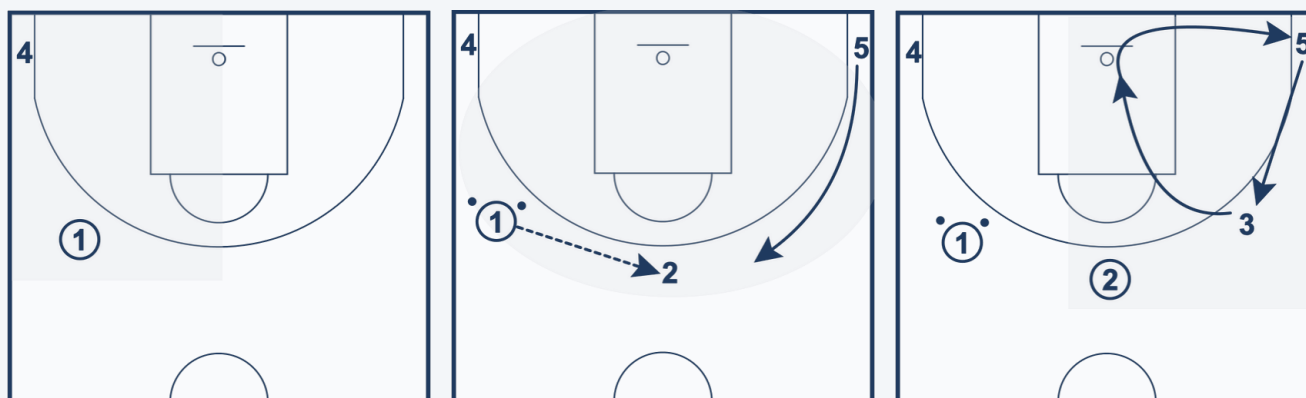
HOW TO RUN IT

Three players occupy tight spaces with multiple balls. Coordinate dribbles, exchanges and cuts without colliding or closing passing lanes.

26 5v0 in reduced space

PASSING & SPACING

COURT DIAGRAM



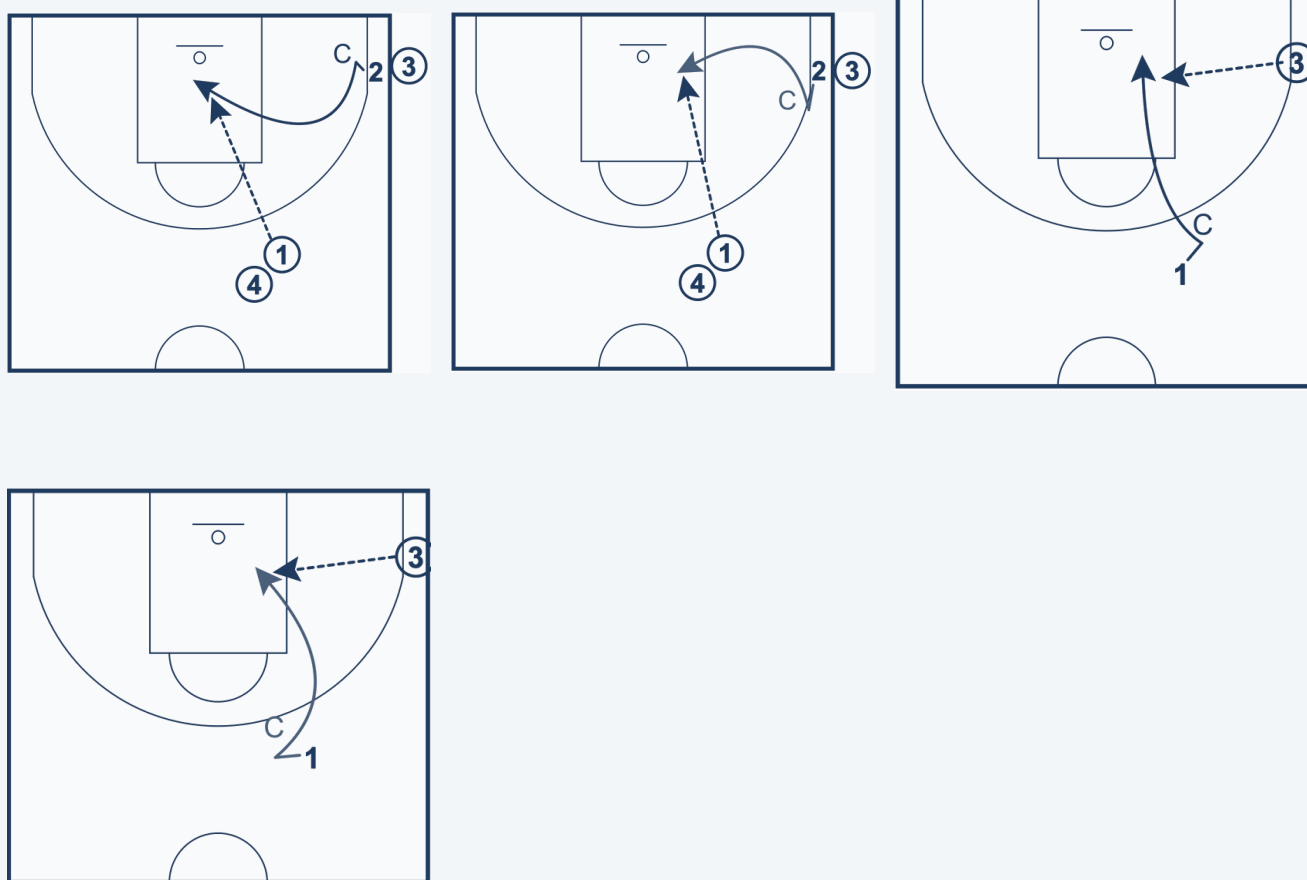
HOW TO RUN IT

Expand the reduced-space pattern to five players and three balls. Use cuts and replacements to maintain collective spacing as possessions move.

27 Continuous 2v0 backdoor read

PASSING & SPACING

COURT DIAGRAM



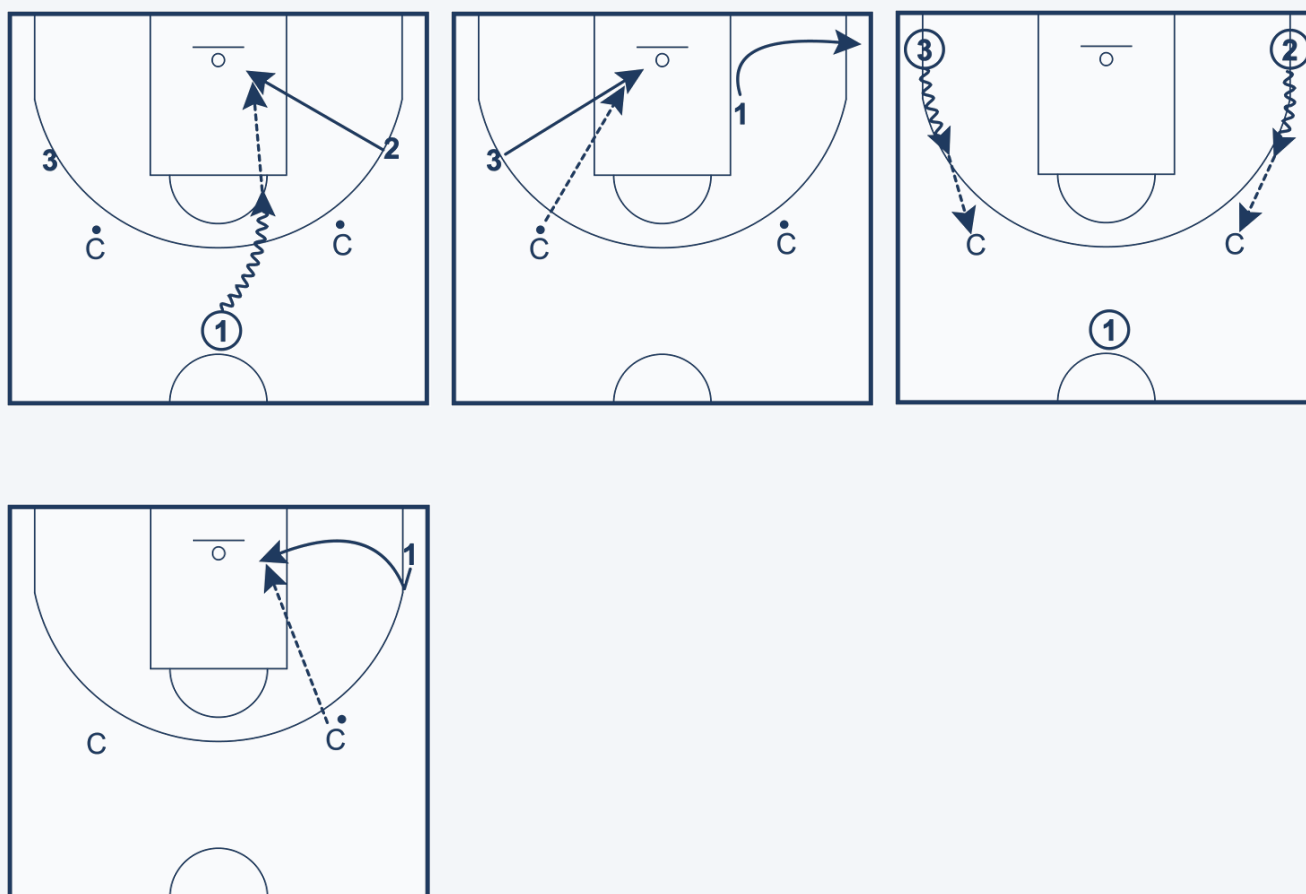
HOW TO RUN IT

A coach shows either the baseline or middle route. The cutter reads the open side and chooses backdoor or curl while the passer times the ball.

28 Dynamic backdoor line

PASSING & SPACING

COURT DIAGRAM



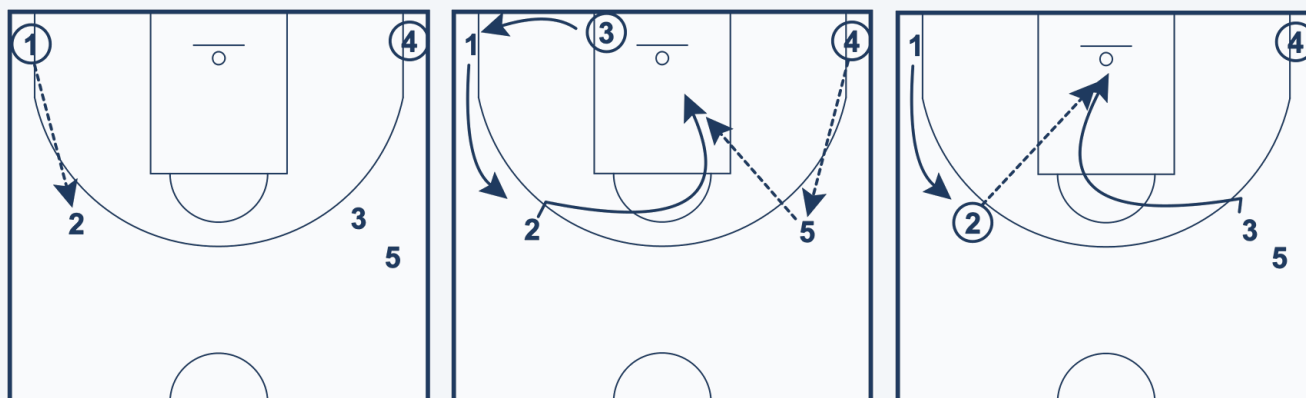
HOW TO RUN IT

Corner and top players exchange passes while two coaches vary their defensive positioning. Cut behind an overplaying defender and rotate into the next repetition.

29 3v0 banana-cut line

PASSING & SPACING

COURT DIAGRAM



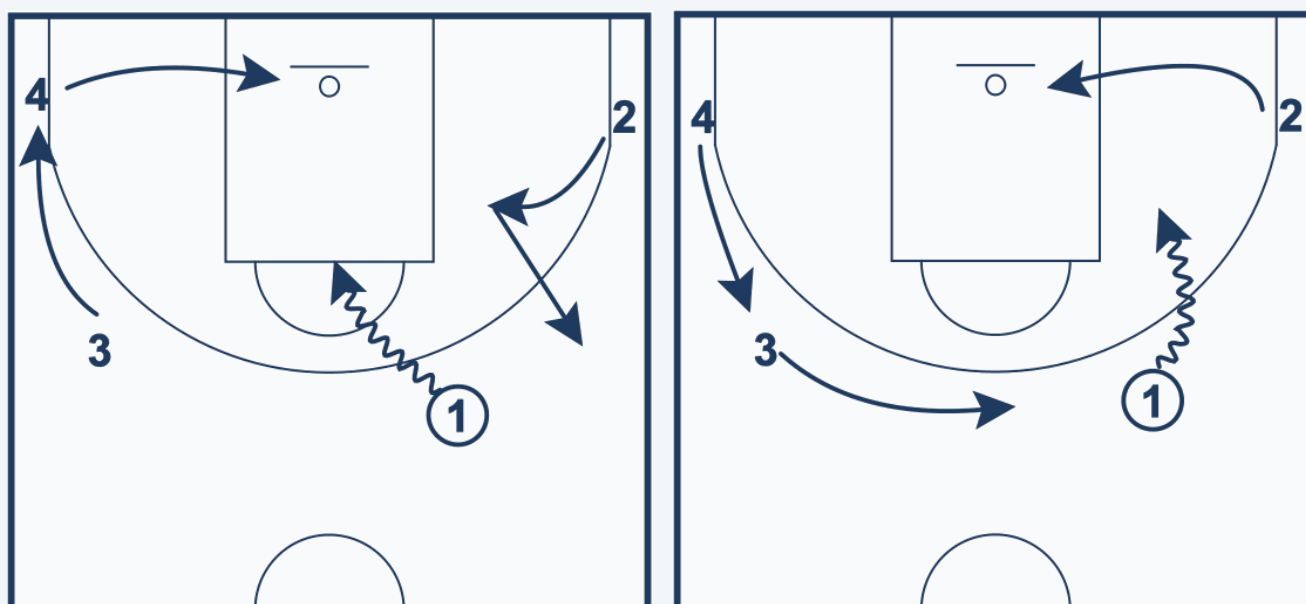
HOW TO RUN IT

A corner-to-wing pass triggers an off-ball banana-shaped cut from the opposite wing. Time the catch and keep the third player in a useful spacing spot.

30 Circular 4v0 movement

PASSING & SPACING

COURT DIAGRAM



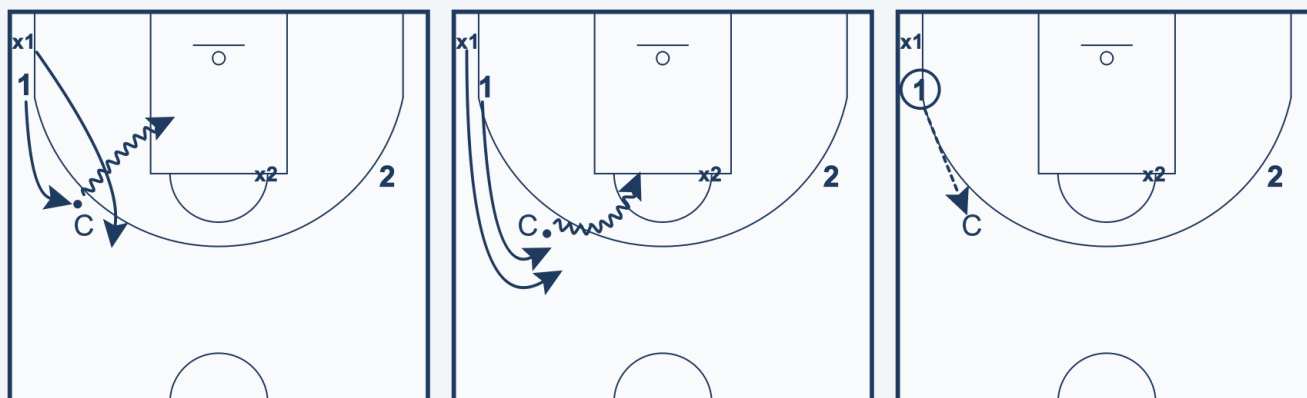
HOW TO RUN IT

Two wings and two corners react to the ballhandler's chosen drive. Make three passes before finishing, cutting and replacing in a circular pattern.

31 2v1 plus one with coverage

SMALL-SIDED GAMES

COURT DIAGRAM



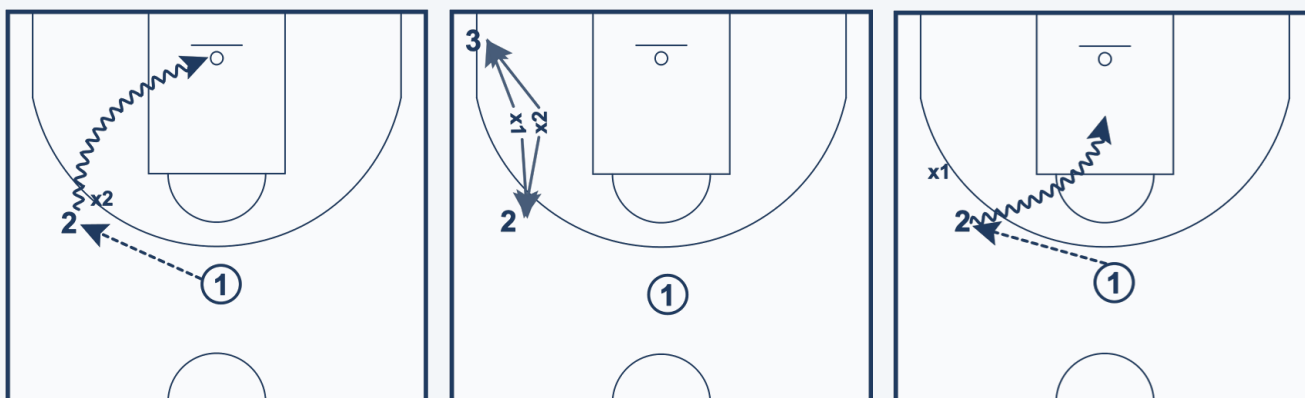
HOW TO RUN IT

A wing ballhandler attacks with a teammate on the weak side. One defender starts behind the ball and another in help; read the handoff and the rotating coverage.

32 2v2 with a strong-side edge

SMALL-SIDED GAMES

COURT DIAGRAM



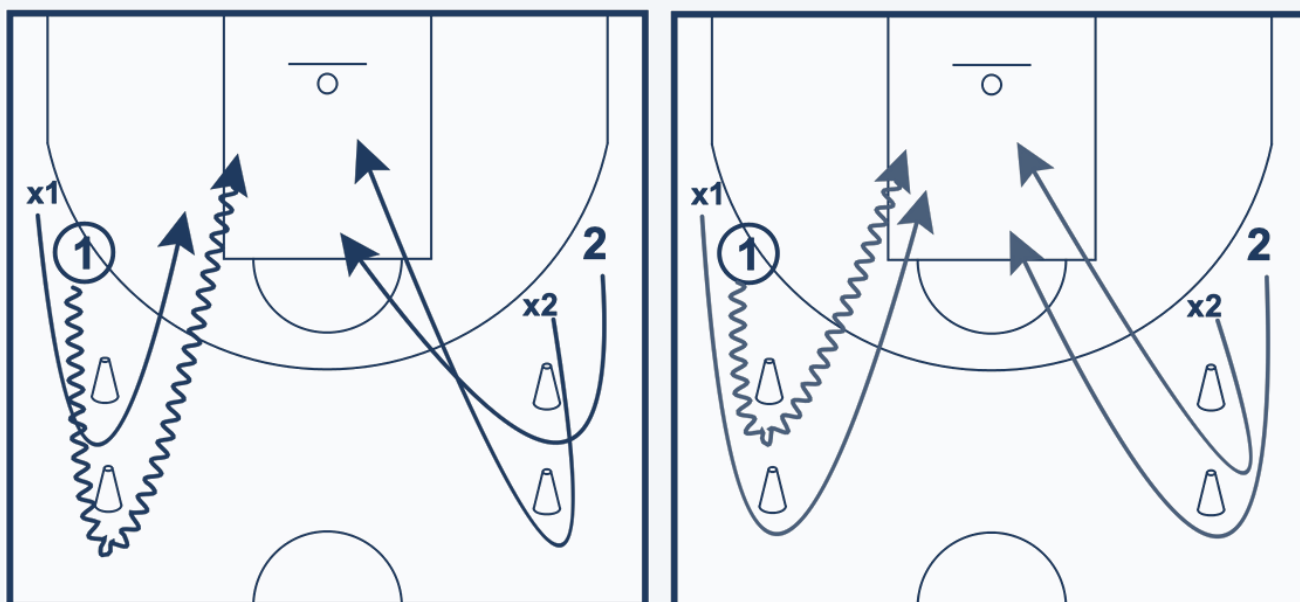
HOW TO RUN IT

A top passer and two receivers face defenders starting back to back. One defender chooses a receiver, creating a short advantage on the strong side.

33 Mirror 2v2 with chairs

SMALL-SIDED GAMES

COURT DIAGRAM



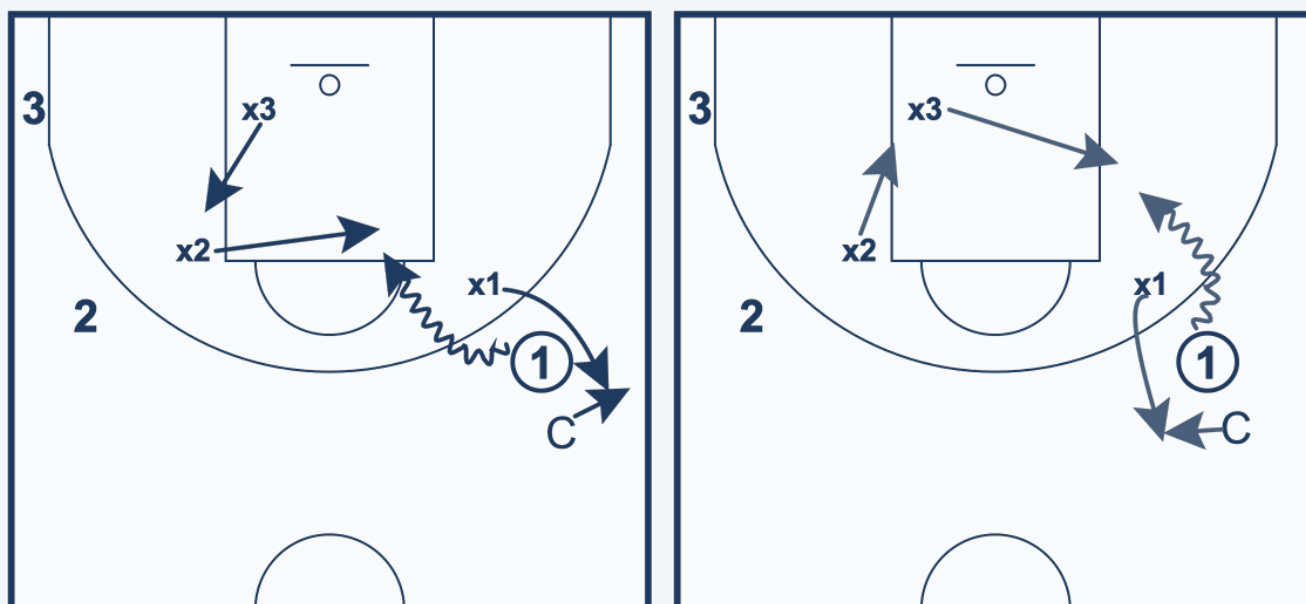
HOW TO RUN IT

Two mirrored ballhandler-defender pairs start facing away from the basket near chairs or cones. The turn creates an uneven transition; recognise the open lane.

34 3v2 plus one touching the coach

SMALL-SIDED GAMES

COURT DIAGRAM



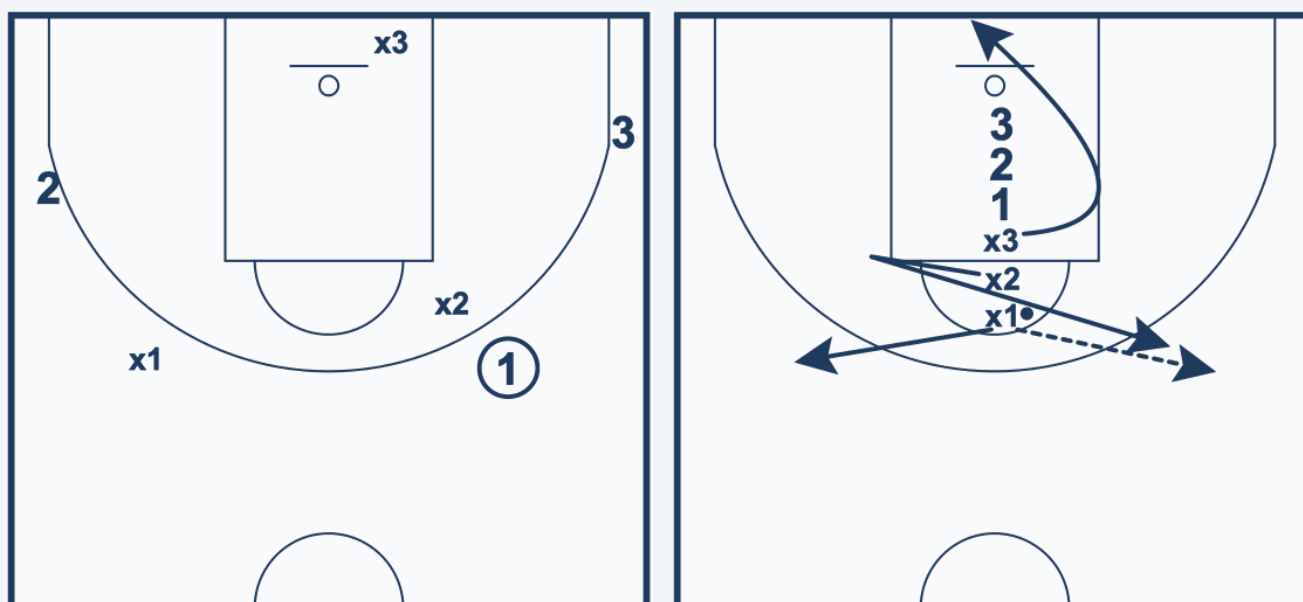
HOW TO RUN IT

Three attackers begin around the wing and weak side. A defender must touch the coach before joining, creating a temporary 3v2 to exploit.

35 3v3 ball toss

SMALL-SIDED GAMES

COURT DIAGRAM



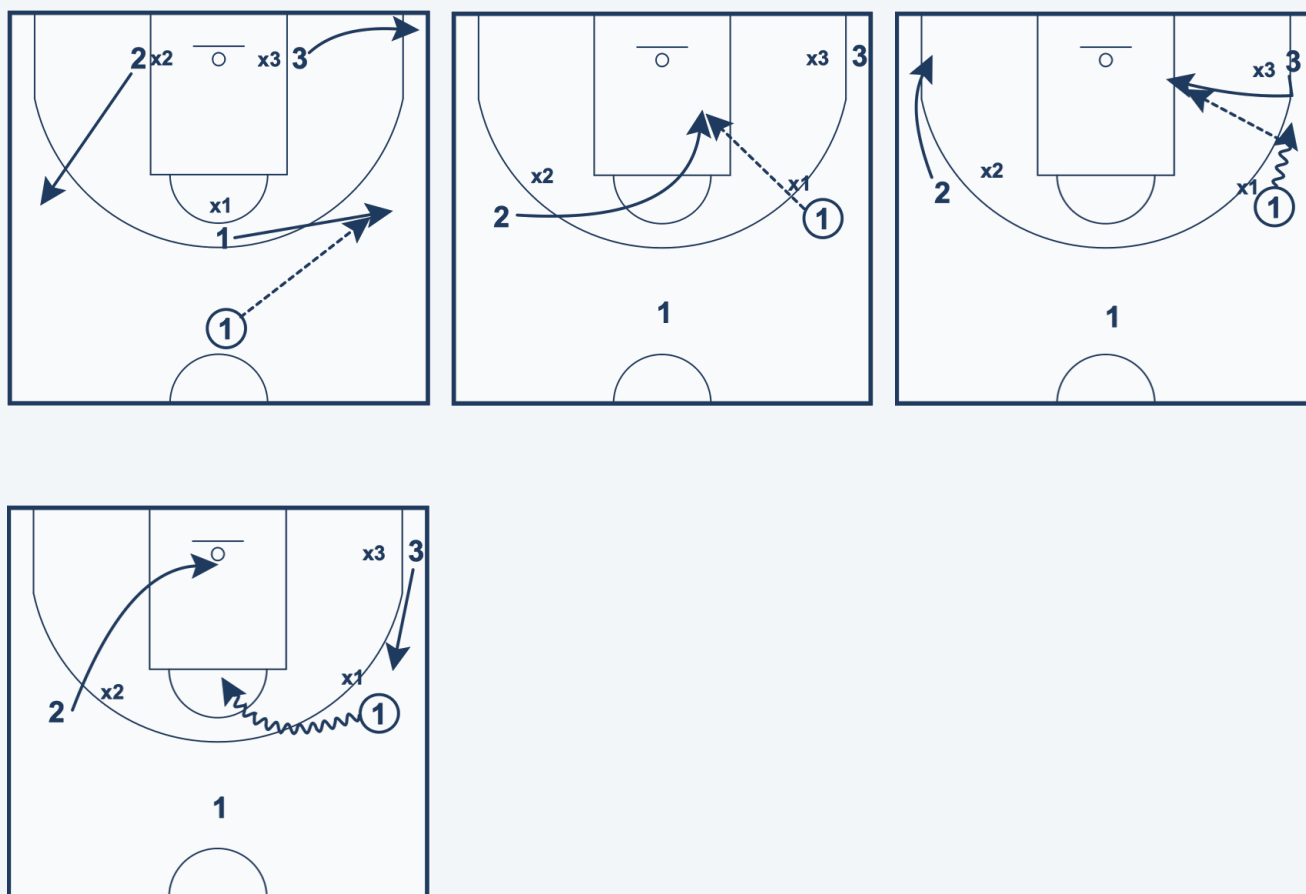
HOW TO RUN IT

Six players form a line; the first three defend and the last three attack after a tossed ball. Identify matchups and communicate during the chaotic start.

36 3v3 choosing attack spaces

SMALL-SIDED GAMES

COURT DIAGRAM



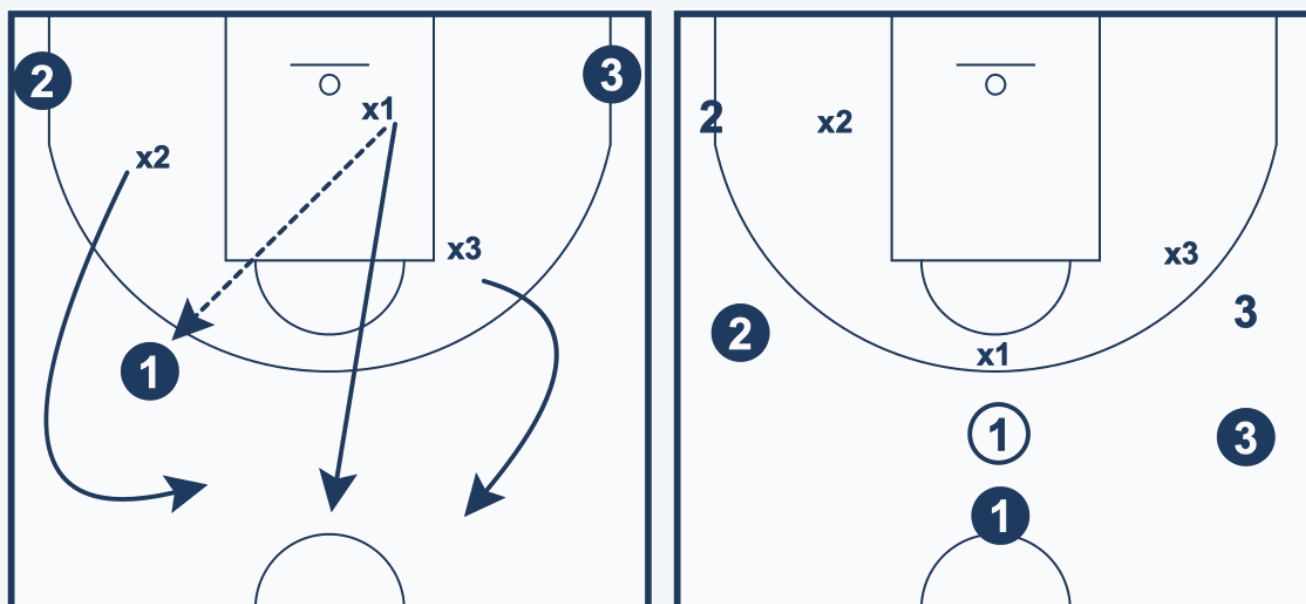
HOW TO RUN IT

A top ballhandler and three off-ball locations create contested choices. Move to the best open space as the coach introduces the pass and the defenders respond.

37 Continuous 3v3, uncertain rotation

SMALL-SIDED GAMES

COURT DIAGRAM



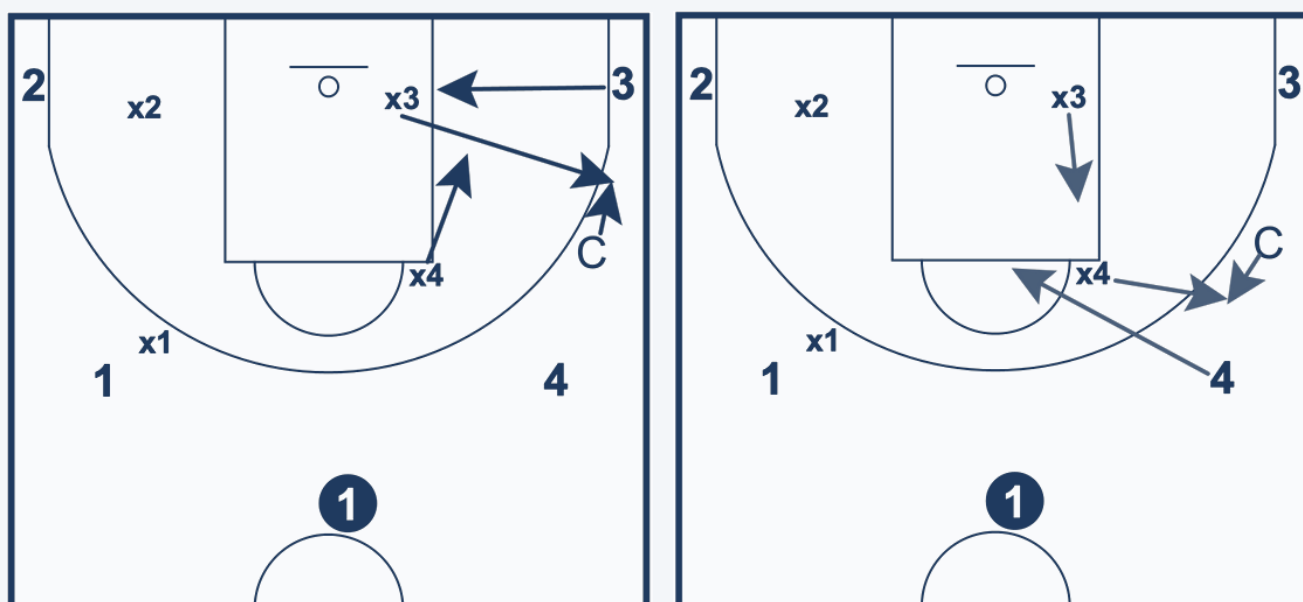
HOW TO RUN IT

Three teams rotate attack, defense and waiting. After each possession, players must identify their next role and transition without a predictable sequence.

38 4v4 with weak-side rotation

SMALL-SIDED GAMES

COURT DIAGRAM



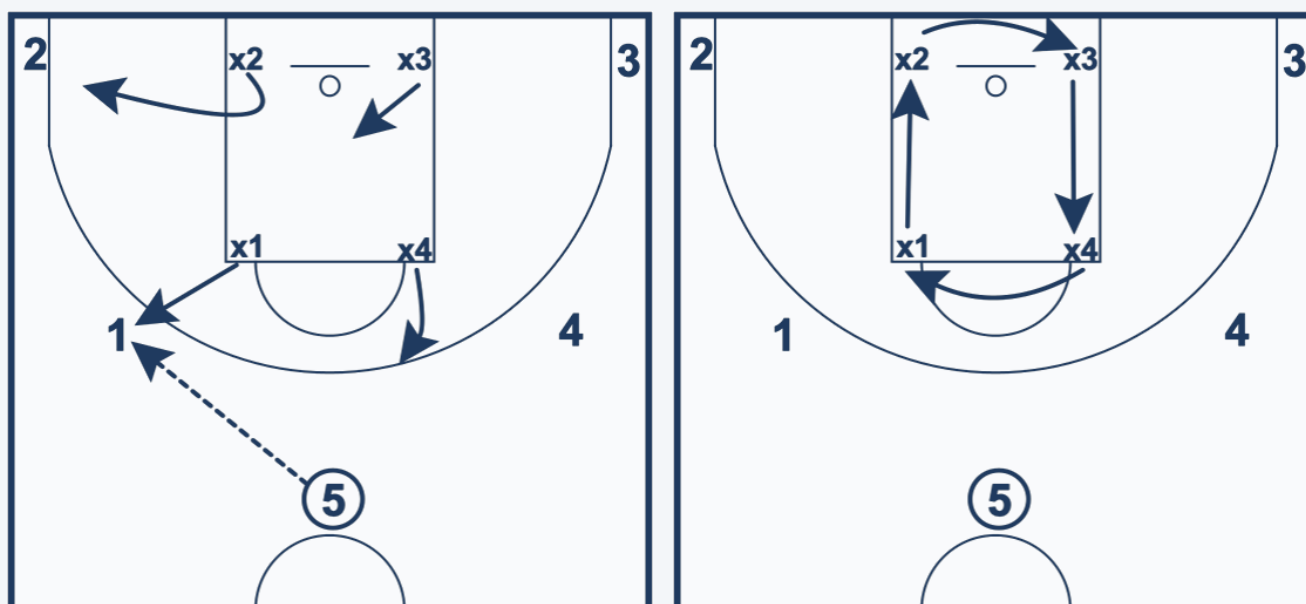
HOW TO RUN IT

Two wings and two corners play 4v4 while a coach alters the weak-side position. Attackers read the new passing or cutting gap; defenders communicate the rotation.

39 4v4 attacking a closeout

SMALL-SIDED GAMES

COURT DIAGRAM



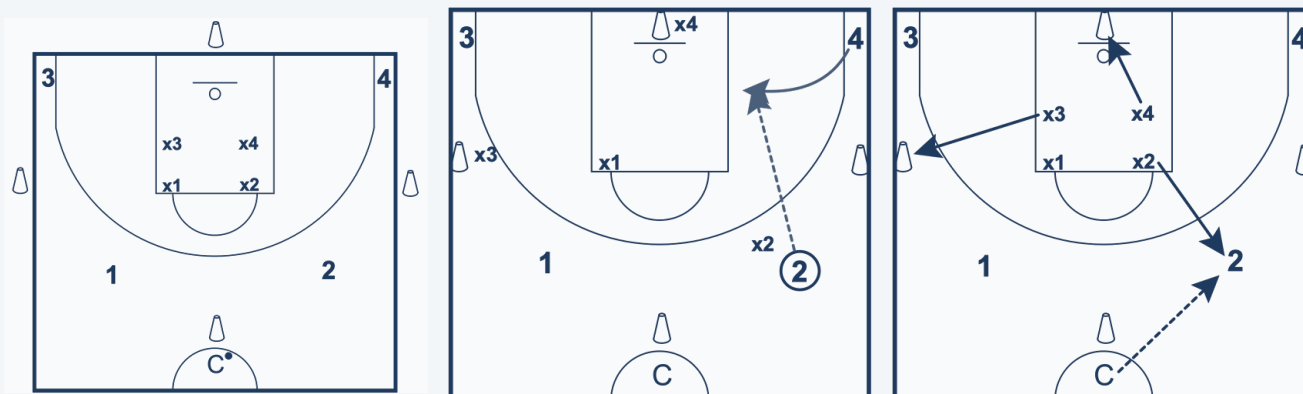
HOW TO RUN IT

Defenders begin inside the paint and close out to wings and corners on the pass. Attack the first unstable closeout with a decisive first dribble or extra pass.

40 4v4 defensive communication

SMALL-SIDED GAMES

COURT DIAGRAM



HOW TO RUN IT

Four attackers occupy shell positions while defenders start in the paint. The coach's signal and cones change assignments; defenders call out roles before the first pass.