



KICK. RELOCATE. ATTACK AGAIN.

— PRACTICE LAB —

Don't let the defense recover after the first paint touch.

1 ADVANTAGE DRILL

DRIVE → KICK → RELOCATE

PURPOSE:

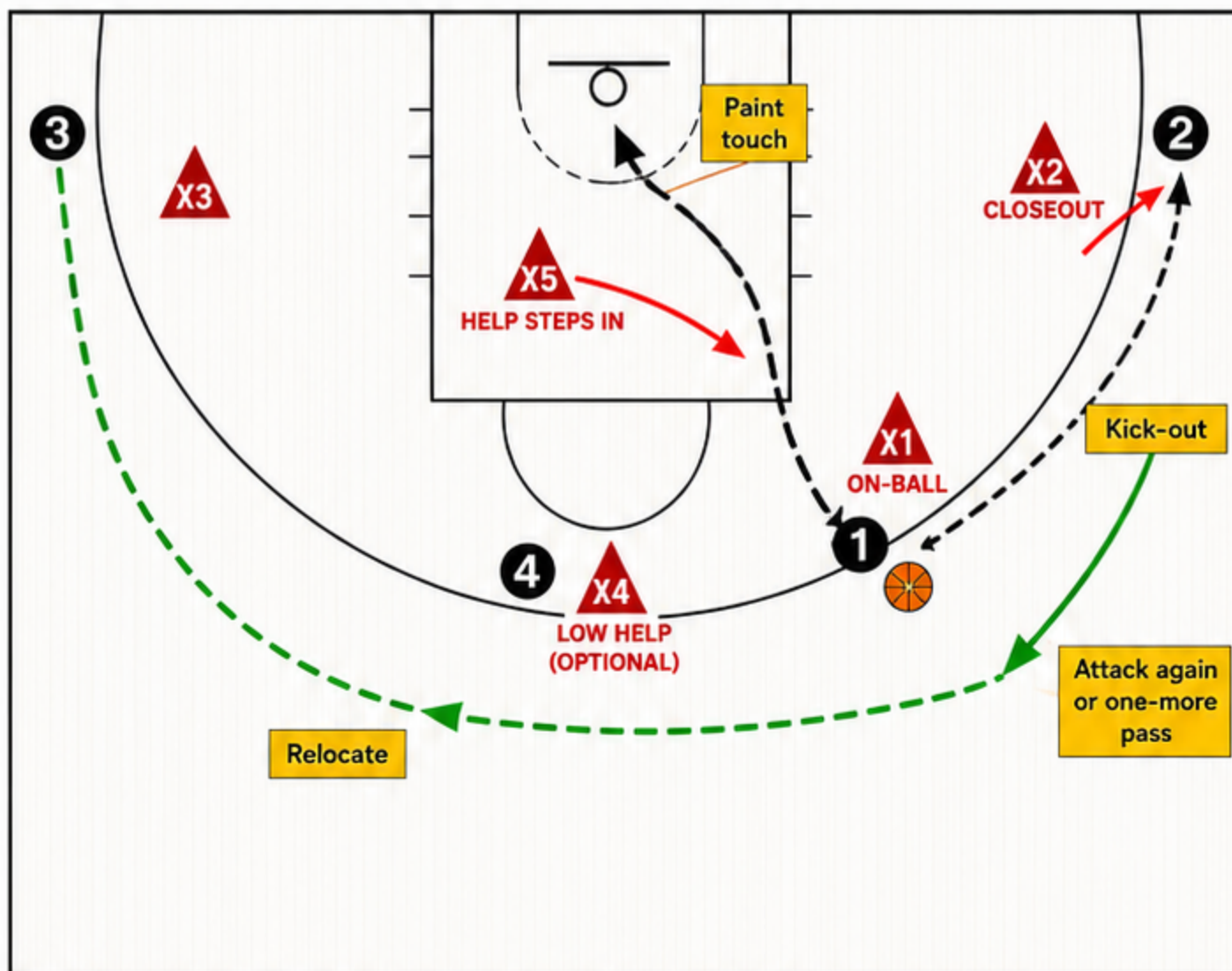
Teach players that the possession does not stop after the first kick-out. The initial paint touch forces help, the kick-out shifts the defense, and the perimeter player relocates or attacks again before the defense can recover.

SETUP:

- 4 offensive players to start: ballhandler, kick-out receiver, relocater / second perimeter player, and interior spacer or dunker.
- 3-4 defenders to start: on-ball defender, help defender, closeout defender, optional low help.
- Start with the ball on a side slot or wing.
- One shooter spaced in the corner or wing, one teammate lifted for the relocation / one-more option.
- 1 ball.
- Scoring example: 1 point for paint touch, 2 for kick-out three, 3 for kick → relocate → score or second attack finish.

EXECUTION:

1. Ballhandler drives aggressively to the paint and forces help.
2. Ball is kicked out to the first perimeter receiver.
3. As the pass is made, the next perimeter player relocates to open space or the receiver attacks the closeout.
4. Offense makes the next read: shoot, one-more pass, or attack again off the catch.
5. Reset and repeat from both sides.



2 TEACHING POINTS

- The first paint touch must force help.
- Kick the ball out on time, before the defense can fully recover.
- Relocate as the ball is in the air, not after the catch.
- Attack a long closeout or make the one-more pass.
- The possession stays alive after the first pass.

3 PROGRESSIONS

1. Walk-through
2. Half speed
3. Full speed
4. Add closeout defender
5. Add low help defender
6. Play live

4 VARIATIONS

- Start from either wing or slot.
- Require the receiver to shot fake and attack baseline.
- Add a one-more pass to the lifted shooter.
- Add a dunker-spot finish if low help rotates.
- Make it live 4-on-4 or 5-on-5.

5 FILM ROOM QUESTIONS

Pause the film after the kick-out.

1. What created the first advantage?
2. Which defender had to help on the drive?
3. Where should the relocation go?
4. Is the best next play the shot, the one-more pass, or the attack?
5. What makes the closeout long?
6. How does spacing create the second advantage?

6 CAN YOU TEACH THIS?

- ☐ Recognizes when the drive has forced help
- ☐ Delivers the kick-out on time
- ☐ Relocates into open space immediately
- ☐ Attacks the closeout without hesitation
- ☐ Makes the correct next read
- ☐ Maintains proper spacing
- ☐ Executes consistently at game speed

7 MASTERY CHALLENGE



Complete 8 consecutive possessions where the offense creates a paint touch, makes the kick-out, relocates correctly, and produces another paint touch or a high-quality shot. Reset after a poor read, late relocation, or spacing mistake.

8 GAME APPLICATION

- Use this when your driver can collapse the defense from the slot or wing.
- It punishes teams that over-help and then scramble back out.
- The next defensive adjustment may be earlier stunt help or switching the perimeter action.
- The next counter can be a one-more three, baseline attack, or drop-off to the dunker.

9 BUILD YOUR PLAYBOOK

WORKS GREAT WITH

1 EXTEND THE SCREEN



2 SWIVEL THE ANGLE



3 LIFT THE HELP



4 DROP BEHIND THE HELP



10 COACH'S NOTES

PERSONNEL ADJUSTMENTS: _____

TERMINOLOGY: _____

COUNTERS: _____

PRACTICE NOTES: _____

GAME-PLAN IDEAS: _____