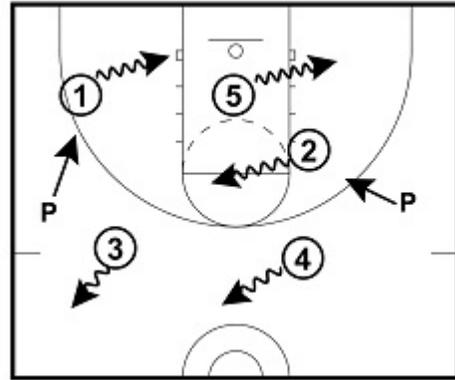


Dribbling Drills –

1 - Pirate Dribbling

For this drill, you'll need to assign a couple pirates. Everyone else has a basketball.

Everyone with a ball starts dribbling in an area of the court. If the pirate touches the ball, you are now a pirate and you give the ball to the person that touches your ball. You can't go after the person you just touched and get the ball back right away.



2 - What Time is it Mr. Fox?

This comes from soccer. I have seen a number of youth soccer coaches use this drill. It works for basketball too.

Each player needs a basketball. The coach stands at the foul line. Players line up along the baseline.

When the players are ready, they yell "What time is it Mr. Fox?"

The coach then calls out a time. In this example the coach will say "six o'clock".

So the players take 6 dribbles toward the coach.

Then the players ask again, "What time is it Mr. Fox?" And the coach calls out a time which signifies the number of dribbles that players should take.

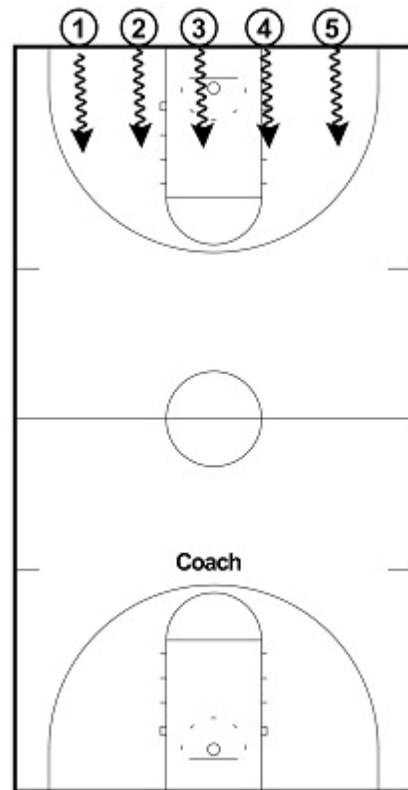
Repeat until some of the players get close to you. Then when players ask, "What time is it Mr. Fox?".... you instead yell "It's dinner time!!!"

When players hear "dinner time" they are supposed to dribble back to where they started as fast as they can. You (coach) run after them trying to tag them before they get back to the baseline.

Variations

Variation 1 - Let one of the players be Mr. Fox.

Variation 2 - Have the players hop toward you on two feet to work on their jumping and agility (the ball is optional).



3 - Coin Drop Relays

For this drill, you'll need a bunch of pennies (coins) and some egg cartons cut in half.

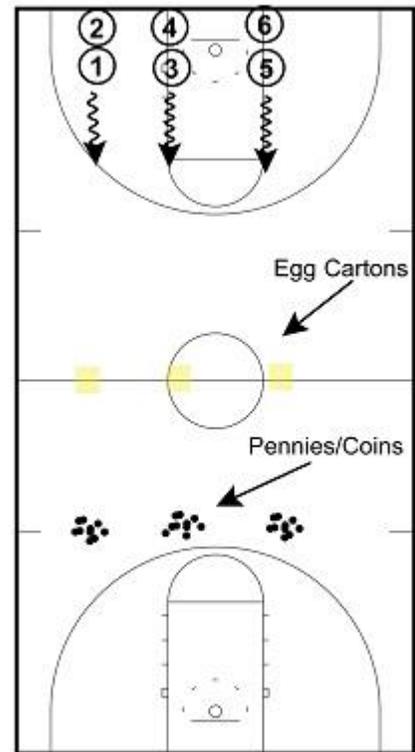
The teams line up at the start line. Group them into teams for the relay race.

At "Go," one player from each team races to the turn-back line, picks up one penny from her team's bowl (the bowl is optional), and runs to her team's egg carton.

There, the player gets one chance to drop the penny into one cup of the carton -- without lowering their arm below waist height.

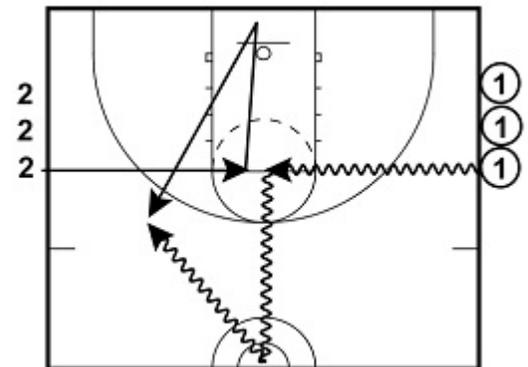
The player then runs back to the start line and the next player goes. The game ends when a team has gotten at least one penny in each cup of its egg carton.

Now once they get the hang of it, give each player a basketball and require them to dribble. They have to dribble without looking at the ball and develop coordination.



4 – High Five Drill

1. Two groups of players out of bounds, free throw line extended. Each player in group 1 (attackers) has a ball. Group 2 players (defenders) are on the opposite side.
2. Players 1 and 2 step in. Player 1 starts dribbling while player 2 starts running.
3. They meet at the free throw spot where they exchange a "high five".
4. Player 1 changes direction and dribbles fast to half court, he touches the midcourt line and attacks the basket. Player 2 runs under the basket and closes out defending against the advancing dribbler.
5. 1 on 1 follows. Both players can rebound a missed shot and shoot again to a score (at the same basket).
6. When a basket has been made or when a given number of shots (2 or 3) have been taken, players switch groups and roles.



Teaching Tips:

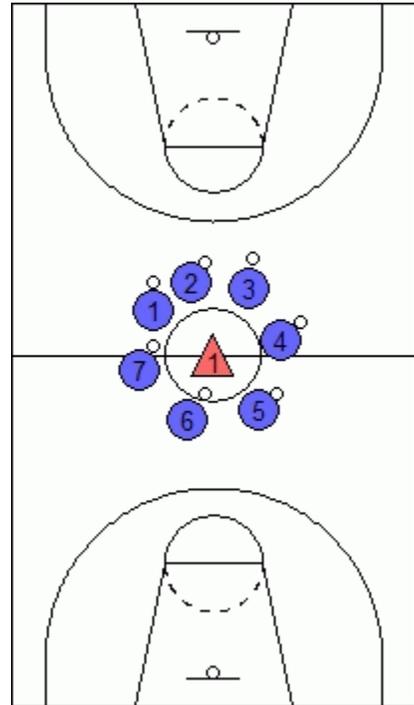
- The defensive player must play aggressively: Rush at the ball handler (never wait for him in the paint). Stop quickly so the attacker can't beat you. Contest any shots (including three pointers) and any drives to the basket.
- Work on proper defensive stance and footwork. Pay attention to the offensive player's strong side.
- The attacker has to create an advantage for himself (using dribble moves, hesitations and so on), trying to take an open shot or an easy drive to the basket.
- Don't stop! The attacker should make a move immediately and take advantage of the space they have in the open court. Get the defender on their heels and beat them right or left. A quick

inside-out dribble move or quick change of direction attacking the defender's top foot should allow the attacker to maintain momentum to the basket.

- Box out after any shots and fight for the rebound.

5 – F-A-S-T

1. Each person is given a basketball and is in a small circle in the middle of the court. The coach is to stand in the middle.
2. With a soft skin ball in your hands, call the name of a player and throw the ball into the air. The player will then leave their basketball and runs to get the soft skin ball.
3. Every other player then dribbles as fast as they can away from the person in the middle. When the player catches the ball and yells "stop", everyone must stop immediately and set their balls down beside them.
4. The player in the middle with the "soft" ball may take three steps toward the nearest student and attempt to throw the ball at them. If the target is hit with the ball, that person must give their basketball to the player that got them out and go to the center of the court. If the person throwing the ball misses or the ball is caught by the target, the original person stays in the middle. Everyone then returns to the middle and the ball is thrown in the air and a new name is called.



Teaching Tips

Remind players that they must push the ball out in front of their bodies to speed dribble effectively.

Variations:

- The number of steps taken to get close to the target may be changed depending on the size of the gym.
- The circle in the middle can be close to the person throwing the ball or it can be moved away from the middle, depending on the gym size.

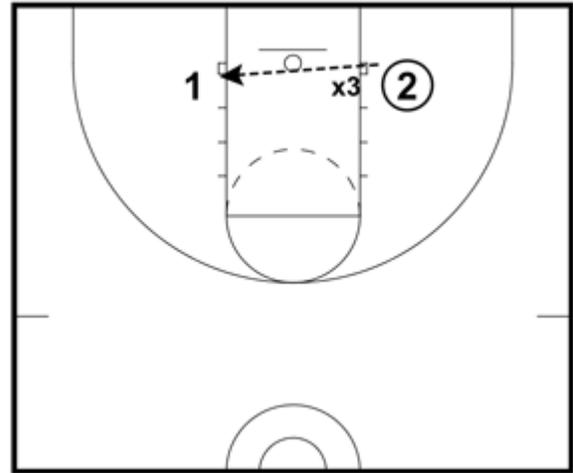
Passing Drills –

Monkey In The Middle

Two players are on offense. One player in the middle is the monkey and is on defense.

Offensive players pass the ball back and forth. They use fakes to get the ball past the defender. No lob passes are allowed. Wait for the defender to recover to the offense before throwing the next pass.

When the defender tips a pass, the passer goes to be the monkey in the middle.



Bull In The Ring

Four to five players form a circle around a defender which is the bull in the ring.

Offensive players cannot pass the ball to the person next to them.

When the ball is tipped, the passer turns into the bull in the ring.



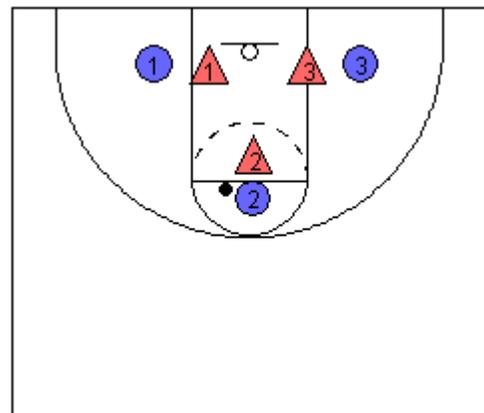
3-on-3/4-on-4/5-on-5 No Dribble Keep Away

Purpose of the Drill

This drill provides a fun way to teach kids to move without the ball to get open for a pass and provides a context for developing an understanding of effective spacing. For the passer, it provides practice in pivoting and protecting the ball from a defender. Obviously, it helps kids overcome dribble mania and to see the court.

Instructions

1. The team on offense keeps the ball for two minutes, which is one round. Depending on the age range, you might consider finding a fun piece of music that lasts about two minutes to make the drill more engaging.



2. The team with the ball gets one point every time they complete a pass to a teammate.
3. There has to be a pass every five seconds. If the team does not pass within the five seconds, they lose a point and the counting starts over. They can get negative points, but this isn't likely (In fact, if this is happening, you should stop the drill and teach the prerequisite cutting skills more thoroughly). The coach will count each five second sequence out loud.
4. A steal taking more than five seconds to pass, dribbling, or a pass that goes out of bounds erases a point, but the 'offense' gets the ball back for the remainder of the round.
5. After one round, the offense and defense change roles and you play round two.
6. Play for two or three complete cycles and provide the kids with positive rewards for their total completed passes. For instance, you could give kids some skittles or the like.
7. Feel free to adjust the time parameters to suit the age and abilities of your kids.

Points of Emphasis:

- Teach kids simple pivoting principles before turning them loose in this drill.
- Teach kids how to v-cut and backdoor cut.
- As the skill level of the kids advance, introduce screens away from the ball to free cutters.
- Provide defenders with the basics of defending the passing lanes effectively. This is a foundational drill for denial defensive techniques.

Chest pass in basketball

A chest pass is a very fast and flat pass. This enables a team to move quickly up a court in a precise and accurate fashion.

Stage one

- Stand with feet shoulder width apart, on the balls of your feet with back straight and knees slightly bent.
- Place hands on the sides of the ball with the thumbs directly behind the ball and fingers comfortably spread.
- The ball should be held in front of the chest with the elbows tucked in.

Stage two

- Step in the direction of the pass by extending your legs, back and arms.
- Push the ball from the chest with both arms (not from one shoulder).
- Fingers are rotated behind the ball and the thumbs are turned down.
- The back of the hands face one another with the thumbs straight down.

Stage three

- Make sure the ball is released off the first and second fingers of both hands.
- Follow through to finish up with the arms fully extended, fingers pointing at the target and thumbs pointing to the floor.

Bounce pass in basketball

A bounce pass is a short pass that enables the player to find a teammate in a crowded area. The height of the ball makes it difficult for the opposition to reach and intercept.

Stage one

- Feet shoulder width apart in opposition, with knees bent.
- Place hands each side and slightly behind the ball, with the fingers comfortably spread.
- Hold the ball at waist level, with elbows tucked in.

Stage two

- Step in the direction of the pass, through extending your legs, back and arms.
- The wrist and fingers should be forced through the ball releasing it off the first and second fingers of both hands.
- Follow through with the arms fully extended, fingers pointing at the target and thumbs pointing to the floor.

Basketball technique for dribbling the ball

Good dribbling skills enable a player to keep control of the ball, travel past a defender, or to simply move the team forward.

Stage one

- Stand with feet shoulder width apart in opposition.
- Stand on the balls of your feet.
- Knees slightly bent and the trunk bent forward at the waist.

Stage two

- Push the ball downwards using fingertips.
- Extend the shoulder and elbow.
- Flex the wrist.
- Keep the head up and the ball slightly out in front (max 1 m).
- Keep the ball at waist level with your hand on top of the ball.
- Absorb the impact with fingertips and let the wrist flex and move the ball.

Basketball jump shot

The purpose of the jump shot is to allow the shooter to take aim from a higher position and therefore prevent a defender from blocking it.

Stage one

- Place feet shoulder width apart, toes pointing straight ahead, and knees bent.
- Place non-shooting hand on the side of the ball and the shooting hand at the back of the ball, with the elbow tucked in.
- Hold the ball at chest height.

Stage two

- Extend the legs/ankles by jumping straight up.
- Whilst in flight, extend back, shoulders and elbow.
- Flex the wrist and fingers forwards and release the ball at the highest point.
- After release, fingers should be pointed at the target, with the palm facing down.

Basketball lay-up technique

A lay-up provides a player with the opportunity to drive at the opponent's basket, jump close to the target and release the ball safely at the backboard. When used effectively it has the highest percentage chance of scoring points.

Stage one

- Dribble to the side of net.
- When a few metres away from the basket, hold the ball with both hands on the shooting hands side of the body.
- Place the non-shooting hand on the side of the ball, and shooting hand on top of the ball.

Stage two

- The last step before the lay-up jump should ensure that take off foot is opposite to the shooting hand (left foot/right hand).
- Flex the knee at takeoff.

Stage three

- Whilst jumping, extend the shooting knee and raise the ball up.
- Bring the ball between the shoulder and ear.
- Direct the wrist and fingers straight at the basket and release the ball at the highest point.
- Complete the follow through with the arm up and palm facing down, and hold until the ball has reached the basket.

Plays – These are simple play layouts. Feel free to use your own or make adjustments. When play calling, player with the ball will hold up or call one the number of the play and the team will get into the correct formation.

1. Ghost

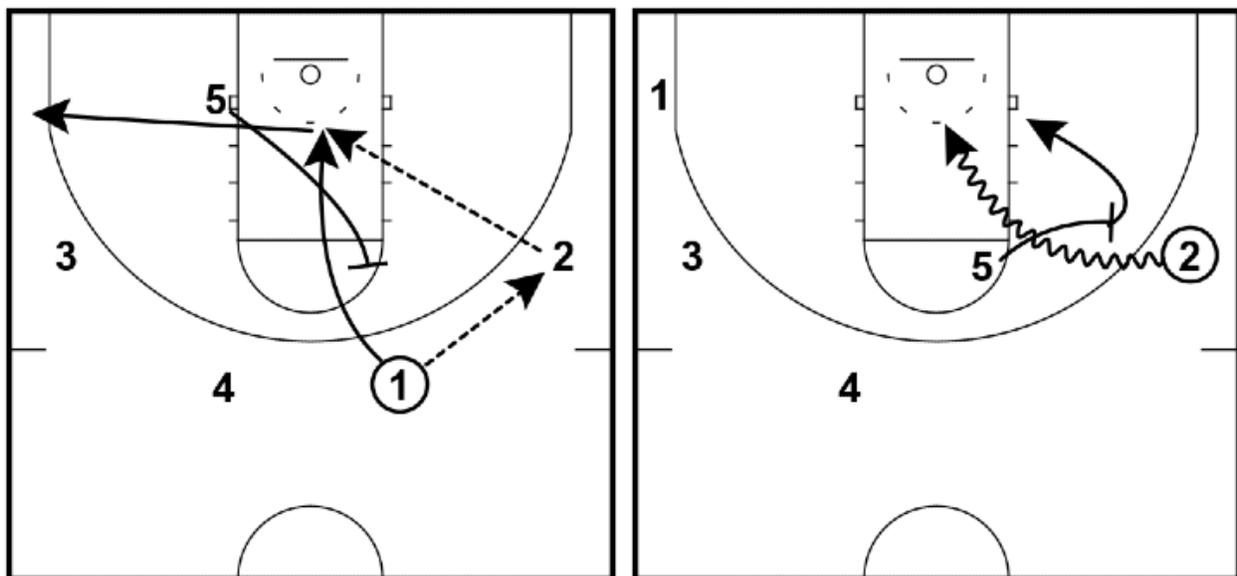
This play involves an up-screen for the guard leading to an open key. This can often lead to a simple pass inside and easy layup. If that option isn't available, the post player sets a screen on the wing.

Key Personnel:

- 5 should be a post player or the best screener on the team.
- 2 should be the player you want dribbling in a pick-and-roll.
- 1 should have the ability to finish at the rim with pressure.

Instructions:

Setup: The play begins in a 4-out 1-in formation with the 4 perimeter players above or in-line with the free-throw line.



1. The play starts with the point guard (1) making the pass to 2 on the wing.
2. As this pass is made, 5 sprints up and sets a strong screen on the back of 1's defender as 1 cuts off the screen towards the rim.
3. If this pass is open, 2 will make the pass inside the key to 1 for the layup.
4. If the layup isn't available, 1 clears out to the weak-side corner.
5. 5 will then immediately set an on-ball screen for 2 on the wing.

6. 2 attacks the rim off 5's screen as 5 rolls to the rim looking to create an opportunity to score.

7. As 2 is driving to the rim, 3 and 4 slide up and into open passing lanes for the potential open shot and also to play safety.

Coaching Points:

- It's crucial that 5 'hunts' for the 1's defender and then sets a strong screen if there's going to be a chance for the pass inside and open layup.
- 1 can cut ball-side or weak-side of the screen and should direct themselves towards the ball-side block looking to receive the basketball.
- 2 must be able to make smart decisions out of the wing spot.

2. Black

Overview of the Play:

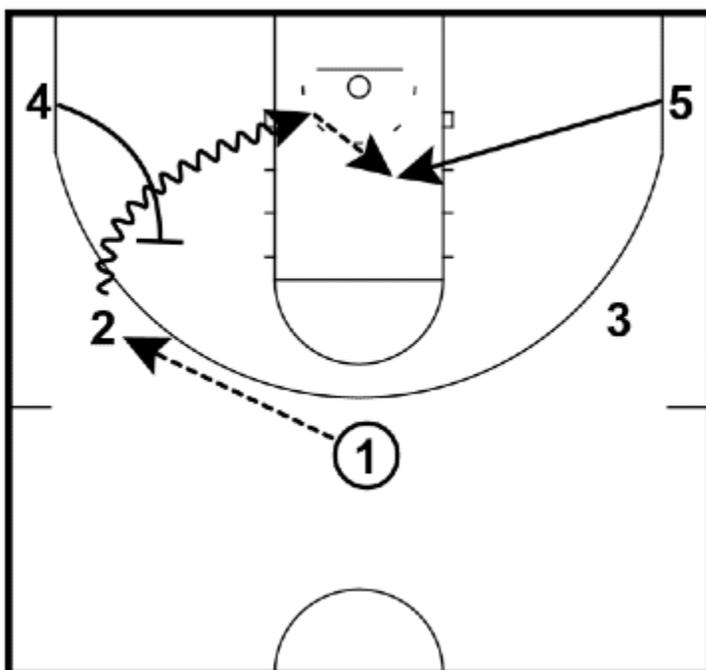
A quick play to catch the defense off-guard give the wing player an opportunity to attack the baseline. Also involves the opposite post flashing to the key to counter the defense stepping across to help.

Key Personnel:

- The player who first receives the basketball on the wing (2) should be the player you want attacking the rim.
- 4 can be any player as long as they can set a strong screen.

Instructions:

Setup: The play starts in a 5-out formation with the post players in the corners.



1. The play starts with the point guard (1) passing to either wing. In this case, passing to 2.
2. As soon as this pass is made, the corner steps up and sets a strong screen on the wing player's defender.
3. 2 immediately rips the basketball through and attack the baseline.
4. If the defense is set up correctly, 5's defender will be in help position. To take advantage of the help, 5 flashes into the key and creates an angle for the correct pass.
5. 2 should either finish the drive or drop the pass to 5 for the score inside. 3 will be open on the perimeter if the defense rotates down correctly.

Coaching Points:

- It's incredibly important that 4 steps up to set the screen as soon as the pass is made to the wing. The timing of this screen is very important.
- The angle of the screen that 4 sets is very important too. If the screen is set too high, 2's defender can easily slip under and prevent the drive. The screen must be set on the backside of 2's defender.
- This can be an easy play for the opponent to pick up on if ran too many times, but it's great for a quick score when your team needs one occasionally.

3. Isolate

Overview of the Play:

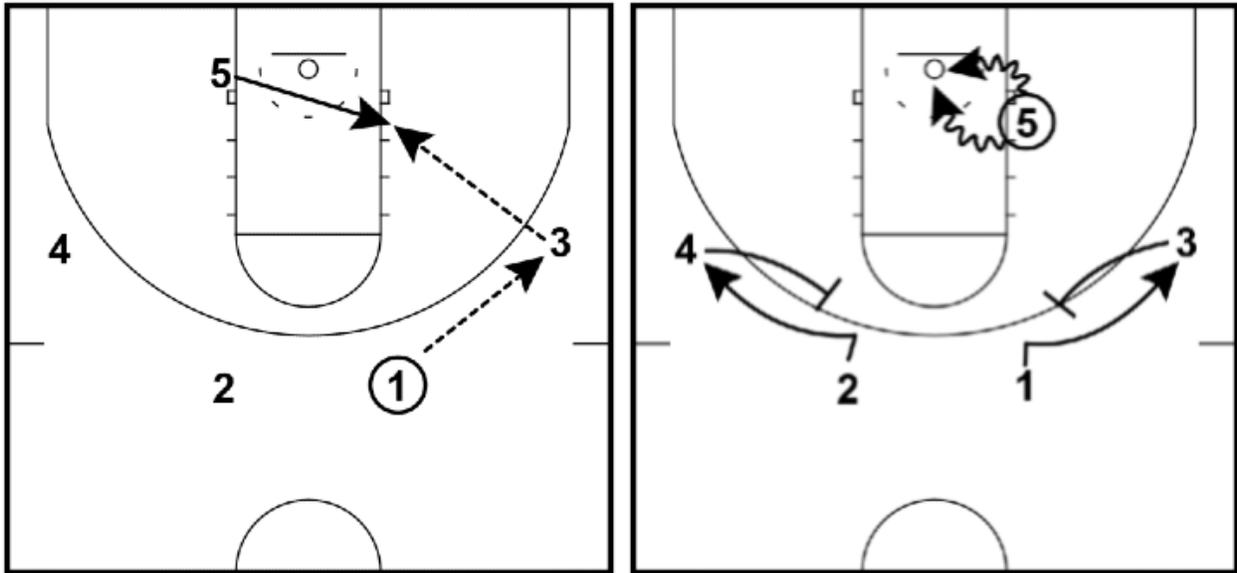
This play involves isolating your best mismatch on the low post and then keeping the 4 other offensive players active above the free-throw line to keep the defense busy. Great play against youth teams as most players don't understand help defense and will stay with their player.

Key Personnel:

- 5 should be the player you want to isolate inside.

Instructions:

Setup: Players start in a 4-out 1-in formation with the 4 outside players above the free-throw line on the wings and in the slots.



1. The play begins with the basketball being passed either wing. For this example, 1 passes the basketball to 3 on the ball-side wing.

2. 5 immediately flashes to the basketball to take advantage of their mismatch inside.

3. When the pass is made into the low post, the wing players both screen up for the slot players and they both replace each other. This keeps the defenders occupied.

4. 5 can back down in the post or face up and attack to the middle or baseline.

Coaching Points:

- This play can be used to take advantage of any mismatch in the post. This doesn't necessarily mean a post player and can even be your point guard if they have a favorable mismatch inside.
- This is a great play to use against a player who is in foul trouble. Put their match up on the block and have your offensive player attack them off the dribble and they'll likely foul.
- Unless it's completely open, players should refrain from passing into the post from the slot position as this can be easier for the defense to deflect or steal.

4. White

Overview of the Play:

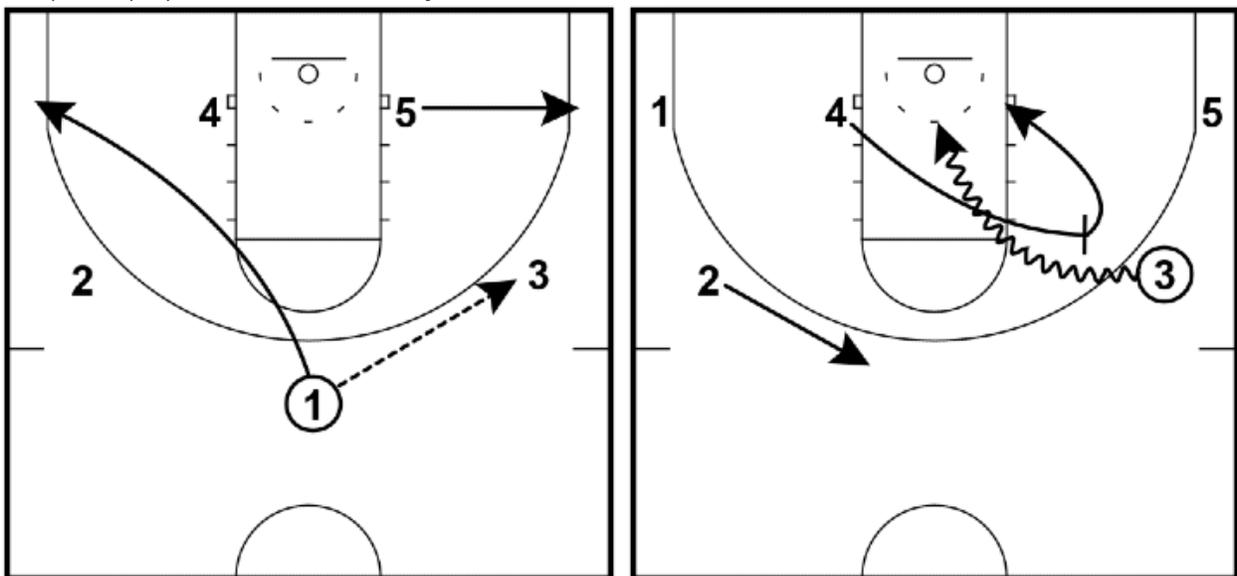
This is the perfect play to achieve a basic pick-and-roll with good spacing on the floor. The simplicity allows the play to be run effectively by teams of any age.

Key Personnel:

- The player who will have the screen set for them (3) will be the first player to receive a pass on the wing. Ensure this is who you want in the pick-and-roll.
- The screener (4) will always be the post player on the opposite block.

Instructions:

Setup: The play starts in a 3-out 2-in formation.



1. The play begins with the point guard (1) making a pass to either wing. Preferably to the player who you want to be the dribbler in the pick-and-roll (3).
2. 1 will immediately cut through to the opposite corner after making the pass to the wing.
3. The post player on the ball-side low block (5) will step out to the corner dragging the post defender out of the key.
4. 4 will then sprint off the weak-side low block and set a screen on the correct angle for 3.
5. 3 attacks the rim looking to score and 4 rolls to the hoop.
6. 2 slides to the top of the key for safety.

Coaching Points:

- The main scoring options will be for 3 to finish at the rim, pass to 4 rolling to the hoop, or kick out to 1 in the corner if their defender helps.
- 4 must sprint off the low block before setting the screen. It's important for 4 to create separation between themselves and their defender.
- 3 should attack the rim looking to score first as that's the option that will most often be open.
- If possible, put the player who you want to dribble off the screen on the correct side so that they'll be attacking and finishing with their dominant hand.

5. Flip

Overview of the Play:

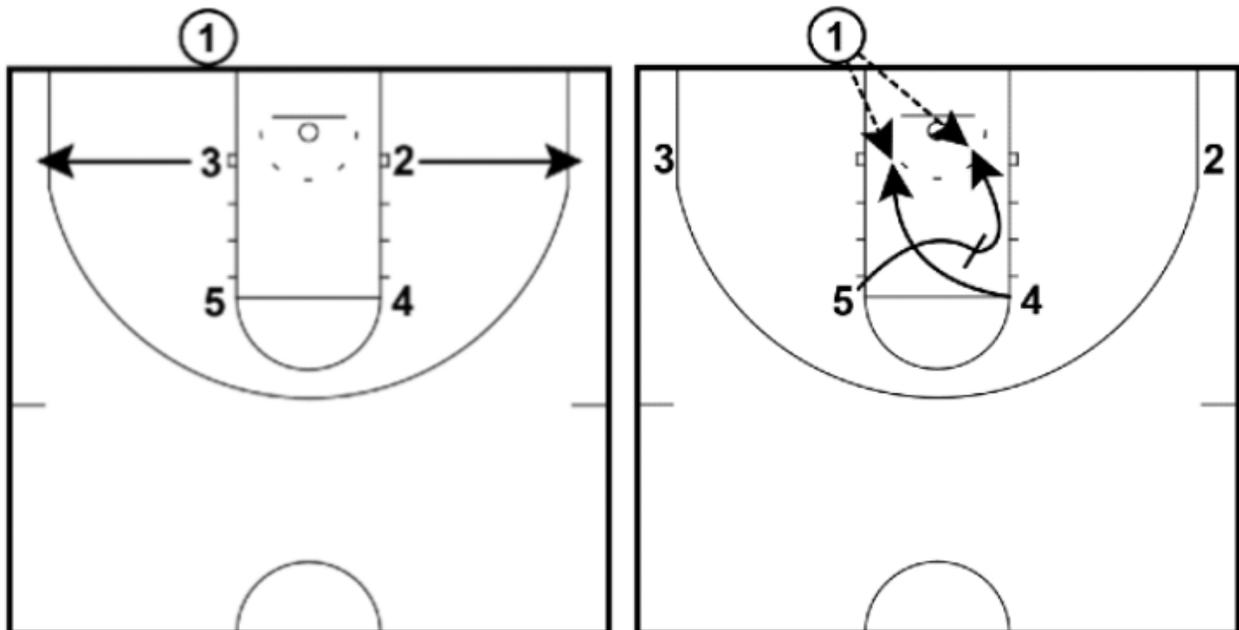
An incredibly simple play that often leads to an open layup under the basket. Involves a cross-screen at the top of the key and then two players attacking the rim.

Key Personnel:

- 1 should be the team's best passer.
- 4 and 5 should be players with the ability to finish at the rim under pressure.

Instructions:

Setup: The play begins in a box formation with the two bigs on the elbows and the two guards on the low blocks.



1. 1 slaps the basketball to start the play and the 2 and 3 immediately flash out to the corners calling for the ball to drag their defenders out.

2. The post player on the ball-side (5) sets a cross screen for 4.

3. 4 immediately flashes towards the ball-side low block calling for the basketball.

4. After screening, 5 seals off 4's defender and then flashes to the basketball on the opposite side of the rim calling for the basketball.

5. 1 reads the defense and makes the correct pass in for the layup.

Coaching Points:

- 5 must set the screen on the correct angle that doesn't allow 4's defender to slip under the screen and beat 4 to the rim. The screen should be set on the back hip.
- The post players must have target hands where they want the basketball as they're flashing towards the rim.
- 3 can cut to the top of the key and receive the lob pass over the top if the pass to 4 or 5 isn't available.